



Trail Bem Viver

Bem Viver
14 de Maio
Marco de Canaveses
Chrono.pt
Classificação Geral



Trail Longo 20,00 Km.

Pos.	Dor. Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	90 Paulo Costa,	A.D.AMARANTE TRAIL R	S20	1	1:42:35.98	05:08	
2	2 César Barros,	Sá Tecnosol Outdoor	S20	2	1:45:32.70	05:17	0:02:57
3	89 Vitor Costa,	A.D.AMARANTE TRAIL R	M40	1	1:48:31.54	05:26	0:05:56
4	8 Antonio dos reis maia,	Kunalama runners	S20	3	1:49:51.94	05:30	0:07:16
5	122 Manuel Barbosa,	AMIGO TRAIL RUN	M40	2	1:52:24.17	05:37	0:09:48
6	125 Tiago Manuel Monteiro Soares,	MoinhosRun ADRM	S20	4	1:55:38.50	05:47	0:13:03
7	177 Rui Pedro Povo,	Clube Atletismo Fafe	M40	3	1:55:42.30	05:47	0:13:06
8	92 José Barros,	A.D.AMARANTE TRAIL R	S20	5	1:57:00.49	05:51	0:14:24
9	185 Patrick Marques,	Fridão Sem Limites	M40	4	1:58:09.19	05:54	0:15:33
10	164 Carlos Ferreira,	BTT Alegria // TUBANI	M40	5	2:01:24.86	06:04	0:18:49
11	26 Celso Oliveira,	LION RUNNERS-G.D.Leõe	S20	6	2:01:51.72	06:06	0:19:16
12	94 José Pereira,	A.D.AMARANTE TRAIL R	S20	7	2:01:56.53	06:06	0:19:21
13	55 Sérgio Manuel Pinto Carneiro,	Descola	S20	8	2:02:35.57	06:08	0:20:00
14	141 Pedro Miguel Pereira Vieira,	Mountain Runners	S20	9	2:03:14.17	06:10	0:20:38
15	195 Nuno Lemos,	Clube Atletismo Fafe	S20	10	2:04:15.39	06:13	0:21:39
16	559 Sérgio Monteiro,	C.I.A. Alpendurada	S20	11	2:05:21.67	06:16	0:22:46
17	45 Aurélio António Pereira Vieira,	Casa do Povo de Soalhães	M40	6	2:07:12.14	06:22	0:24:36
18	73 Paulo Nunes,	BTT Alegria // TUBANI	M40	7	2:07:30.60	06:23	0:24:55
19	77 David Miguel Lemos Queirós,		S20	12	2:08:09.68	06:24	0:25:34
20	70 Filipe Pinto,	BTT Alegria // TUBANI	S20	13	2:09:10.96	06:28	0:26:35
21	100 Miguel Barros,	A.D.Amarante Trail Running	M40	8	2:09:55.94	06:30	0:27:20
22	101 José Luís Pereira,	A.D.Amarante Trail Running	S20	14	2:10:08.73	06:30	0:27:33
23	34 Luis Miguel Ferreira,	LION RUNNERS-G.D.Leõe	M40	9	2:10:45.16	06:32	0:28:09
24	151 António Manuel Moura Pinto,	Mocidade SanGemil AC	S20	15	2:11:06.76	06:33	0:28:31
25	140 Emanuel Filipe Gomes Mota,	Descola	S20	16	2:11:21.15	06:34	0:28:45
26	132 Inês Moreira,	Moinhos Run - ADRM	SF20	1	2:12:42.78	06:38	0:30:07
27	53 Duarte Gil Ribeiro Barbosa,		M40	10	2:13:05.03	06:39	0:30:29
28	13 Paula Soares,	Autistic Runners / Luís Mota	SF20	2	2:14:02.77	06:42	0:31:27
29	113 Flávio José Pereira Santos,	Leões de Tardariz	S20	17	2:15:29.69	06:46	0:32:54
30	95 António Mendes,	A.D.AMARANTE TRAIL R	S20	18	2:15:42.32	06:47	0:33:06
31	145 Joel Ferreira,	Os Aventureiros	S20	19	2:16:29.68	06:49	0:33:54
32	171 Rúben Miguel Mendes Alves,		M40	11	2:18:02.72	06:54	0:35:27
33	102 Telmo Silva,	A.D.Amarante Trail Running	M40	12	2:18:48.42	06:56	0:36:12
34	120 José Madureira,	AMIGO TRAIL RUN	S20	20	2:19:25.10	06:58	0:36:49
35	163 Fernando António Silva Sampaio,	LION RUNNERS- G.D. Leõe	S20	21	2:19:31.79	06:59	0:36:56
36	24 Pedro Gaio,	LION RUNNERS-G.D.Leõe	M40	13	2:19:32.00	06:59	0:36:56
37	20 José Sá,	LION RUNNERS-G.D.Leõe	S20	22	2:19:32.80	06:59	0:36:57
38	176 Pedro Miguel Costa Silva,	Clube Atletismo Fafe	M40	14	2:19:48.65	06:59	0:37:13
39	133 Cláudia Moreira,	Moinhos Run - ADRM	SF20	3	2:21:00.96	07:03	0:38:25
40	111 Alípio lopes,	Individual	M50	1	2:21:34.56	07:05	0:38:59
41	208 Agostinho Sousa, o		M50	2	2:22:10.58	07:07	0:39:35
42	75 Francisco José Gomes da costa,	Rosário Extreme	M50	3	2:23:34.69	07:11	0:40:59
43	170 Eurico Fernando Duarte Magalhães,		S20	23	2:23:42.66	07:11	0:41:07
44	178 João Vieira Mendes,	Clube Atletismo Fafe	S20	24	2:23:57.78	07:12	0:41:22
45	9 António José Loureiro,	Autistic Runners / Luís M	M50	4	2:24:33.22	07:14	0:41:57
46	58 José Alberto S. Freitas,	NOVA LINHA Trail Runner	M40	15	2:25:31.26	07:17	0:42:55
47	136 Marisa Valério Rodrigues,	Sport Clube Beira Mar	SF20	4	2:25:38.43	07:17	0:43:02

48	108	António Cunha,		M40	16	2:26:02.87	07:18	0:43:27
49	162	Victor Azevedo,	ADC C J CLARK De Castel	M40	17	2:26:07.74	07:18	0:43:32
50	114	Pedro Martins,		M40	18	2:26:10.44	07:19	0:43:34
51	123	Nuno Pereira,	AMIGO TRAIL RUN	M40	19	2:27:04.90	07:21	0:44:29
52	21	Serafim Ramos,	LION RUNNERS -G.D.I	M50	5	2:28:15.23	07:25	0:45:39
53	165	António Carlos Silva Teixeira,	Fridão Sem Limites	M50	6	2:29:03.76	07:27	0:46:28
54	46	Paulo Gonçalves,	Polrunners	S20	25	2:29:24.20	07:28	0:46:48
55	103	Lúcio Simão Morais Ferreira da Cunha,		M40	20	2:29:41.69	07:29	0:47:06
56	155	Pedro Coelho,	Individual	M40	21	2:31:06.31	07:33	0:48:30
57	166	Pedro Silva,	MARCO RUNERS	S20	26	2:31:19.47	07:34	0:48:43
58	168	Pedro Nogueira,	MARCO RUNNERS	S20	27	2:31:21.52	07:34	0:48:46
59	96	Manuel Sousa,	A.D.Amarante Trail Running	M40	22	2:31:26.50	07:34	0:48:51
60	64	patricia ribeiro,	Mountain Runners	SF20	5	2:32:17.80	07:37	0:49:42
61	56	José Soares,	NOVA LINHA Trail Runner	S20	28	2:32:20.37	07:37	0:49:44
62	174	Pedro Pinto,	Clube Atletismo Fafe	S20	29	2:34:07.25	07:42	0:51:31
63	129	Simão Sousa,	Moinhos Run - ADRM	S20	30	2:35:01.00	07:45	0:52:25
64	65	Pedro Oliveira,	Andatrilhos Freamunde	S20	31	2:35:06.00	07:45	0:52:30
65	22	Domingos Faria,	LION RUNNERS-G.D.Leão	M40	23	2:35:26.00	07:46	0:52:50
66	98	Marco Magalhães,	A.D.Amarante Trail Running	M40	24	2:36:01.00	07:48	0:53:25
67	28	Paulo Brás,	LION RUNNERS-G.D.Leão	M50	7	2:38:35.00	07:56	0:55:59
68	152	Pedro Miguel Teixeira Cabral,	PJF	S20	32	2:39:00.00	07:57	0:56:24
69	93	Marco Nunes,	A.D.AMARANTE TRAIL R	S20	33	2:40:23.00	08:01	0:57:47
70	160	Adélia Tavares,	ADC C J CLARK De Castel	F50	1	2:40:51.00	08:03	0:58:15
71	144	Nuno Alexandre Alves Vieira,		M40	25	14:59:44.60	44:59	13:17:09
72	187	Antonio rocha,	GENEROSOS RUNNERS	S20	34	14:59:46.45	44:59	13:17:10
73	97	Ricardo Magalhães,	A.D.Amarante Trail Running	SF20	6	15:00:36.00	45:02	13:18:00
74	68	Rui Madureira,	Apanhó ganso	S20	35	15:01:08.11	45:03	13:18:32
75	128	Miguel Santos,	Moinhos Run - ADRM	S20	36	15:03:05.02	45:09	13:20:29
76	66	Nuno Costa,	Andatrilhos Freamunde	S20	37	15:03:15.72	45:10	13:20:40
77	109	Eduardo Ribeiro,	A.D.Amarante Trail Running	M40	26	15:03:19.32	45:10	13:20:43
78	116	Silvio Pinto,	A.D.Amarante Trail Running	S20	38	15:03:19.75	45:10	13:20:44
79	148	José João da Silva Gil da Costa,	Individual	M50	8	15:03:53.21	45:12	13:21:17
80	210	Jose Gomes, o		S20	39	15:03:54.00	45:12	13:21:18
81	175	Jorge Cruz,	BTT Alegria // TUBANI	S20	40	15:04:31.61	45:14	13:21:56
82	76	José Maria Dias Leal,	Rosário Extreme	M40	27	15:05:04.15	45:15	13:22:28
83	81	Rodigo Pinheiro Aguiar,	F.C.Aliviada Trail Runners	M40	28	15:07:31.79	45:23	13:24:56
84	172	jose rodrigues costa,	individual	M50	9	15:07:39.79	45:23	13:25:04
85	126	Luísa cruz,	moinhosrun adrm	SF20	7	15:08:46.12	45:26	13:26:10
86	192	Tiago Vieira,	Btt ás 9	S20	41	15:09:02.31	45:27	13:26:26
87	190	Joana Rita Pinto Vieira,		SF20	8	15:10:27.66	45:31	13:27:52
88	191	Jorge Miguel Alves de Moura,		S20	42	15:10:31.23	45:32	13:27:55
89	209	Daniel Neves, o		S20	43	15:10:32.00	45:32	13:27:56
90	189	Claudio Rafael Moreira Nunes,	Bttas9	S20	44	15:11:42.82	45:35	13:29:07
91	71	Daniel Barbosa,	BTT Alegria // TUBANI	S20	45	15:12:10.28	45:37	13:29:34
92	130	Rui Quinta,	Moinhos Run - ADRM	M50	10	15:12:13.61	45:37	13:29:38
93	134	Carlos Gonçalves,	Moinhos Run - ADRM	S20	46	15:12:14.48	45:37	13:29:38
94	107	Joana Isabel Pinheiro Azevedo,		SF20	9	15:12:16.04	45:37	13:29:40
95	161	Ana Paula Pinto,	ADC C J CLARK De Castel	SF20	10	15:12:59.62	45:39	13:30:24
96	52	Nuno Frederico Ferreira Gomes	Lourenço Carneiro,	S20	47	15:13:12.01	45:40	13:30:36
97	72	Carlos Vieira,	BTT Alegria // TUBANI	S20	48	15:13:13.81	45:40	13:30:38
98	156	António Ribeiro,	Fcp	M50	11	15:13:14.94	45:40	13:30:39
99	60	celia soares,	Mountain Runners	SF20	11	15:13:22.06	45:40	13:30:46
100	150	Rui belarmino teixeira queiroz,	Individual	S20	49	15:13:23.39	45:40	13:30:47
101	38	Ernesto Martins,	LION RUNNERS-G.D.Leão	M50	12	15:13:24.43	45:40	13:30:48
102	84	Marcelo Pinto,	GENEROSOS RUNNERS	S20	50	15:14:02.00	45:42	13:31:26
103	149	Maria do Carmo Machado Marin	Individual	F50	2	15:14:37.24	45:44	13:32:01
104	12	Carlos Silva Ferreira,	Autistic Runners / Luís Mota	M40	29	15:14:37.74	45:44	13:32:02
105	67	DINA MORIM,		SF20	12	15:14:58.53	45:45	13:32:23

106	74 Marcelo Teles,	GTT - ARMAZÉM DO CAF	S20	51	15:14:59.47	45:45	13:32:23
107	33 Miguel Mendes,	LION RUNNERS-G.D.Leõe	S20	52	15:15:04.00	45:45	13:32:28
108	139 Anselmo Vieira,	Descola	S20	53	15:17:35.29	45:53	13:34:59
109	167 Pedro de Miranda,	MARCO RUNNERS	S20	54	15:19:32.42	45:59	13:36:56
110	7 Diogo Ivo Torres Múrias,	pixelrunbiketrip	S20	55	15:21:13.57	46:04	13:38:38
111	62 Emilio Joao Carvalho,	Mountain Runners	M40	30	15:23:04.30	46:09	13:40:28
112	110 Marta Daniela Miranda Peixoto,	Fisiojoane	SF20	13	15:23:19.10	46:10	13:40:43
113	82 Nuno Alexandre,	Nocturnos de Paredes	M40	31	15:25:48.74	46:17	13:43:13
114	186 Helder Augusto Ferreira Camilo,	Moinhos run - ADRM	S20	56	15:26:23.69	46:19	13:43:48
115	63 liliana Magalhaes,	Mountain Runners	SF20	14	15:26:26.07	46:19	13:43:50
116	146 Bruno Castelo,	Os Aventureiros	S20	57	15:26:42.68	46:20	13:44:07
117	142 Manuel Teixeira,	#StopBombingYemen	M40	32	15:29:08.14	46:27	13:46:32
118	43 Daniela Sarmento,	LION RUNNERS-G.D.Leõe	F40	1	15:29:45.16	46:29	13:47:09
119	88 Claudia Coelho,	GENEROSOS RUNNERS	SF20	15	15:29:47.09	46:29	13:47:11
120	41 Ricardo Freitas,	LION RUNNERS-G.D.Leõe	S20	58	15:29:59.07	46:30	13:47:23
121	54 José Pedro Teixeira Correia,		S20	59	15:32:39.06	46:38	13:50:03
122	61 Claudia sousa,	Mountain Runners	SF20	16	15:33:11.18	46:40	13:50:35
123	50 Filipe Pereira,	LION RUNNERS-G.D.LEÕE	S20	60	15:33:15.05	46:40	13:50:39
124	11 António Joaquim Magalhães,	Autistic Runners / Luís Mota	M50	13	15:33:21.48	46:40	13:50:45
125	179 João Soares,	LION RUNNERS - G.D. Leí	S20	61	15:33:24.89	46:40	13:50:49
126	15 Fábio André Martins Alves,	rtransp	S20	62	15:33:32.83	46:41	13:50:57
127	157 JORGE ROCHA,	INVICTA RUNNERS TEAM	S20	63	15:33:37.79	46:41	13:51:02
128	49 Norberto Aguiar,	LION RUNNERS-G.D.Leõe	S20	64	15:34:00.46	46:42	13:51:24
129	138 Mário Estêvão,	BTT Alegria // TUBANI	S20	65	15:34:08.20	46:42	13:51:32
130	115 Paulo Carvalho,		M40	33	15:34:13.79	46:43	13:51:38
131	169 Pedro Miguel Carvalho oliveira,	Kunala ma runners	S20	66	15:35:29.33	46:46	13:52:53
132	106 Antonio Rodrigues,	Mountain Runners	M40	34	15:35:41.26	46:47	13:53:05
133	35 Ricardo Beirão,	LION RUNNERS-G.D.Leõe	M50	14	15:35:52.74	46:48	13:53:17
134	30 Luís de Almeida,	LION RUNNERS-G.D.Leõe	M50	15	15:35:58.07	46:48	13:53:22
135	25 Cristina Gonçalves,	LION RUNNERS-G.D.Leõe	F40	2	15:36:02.20	46:48	13:53:26
136	42 Susana Luis,	LION RUNNERS-G.D.Leõe	F40	3	15:36:03.00	46:48	13:53:27
137	27 Miguel Fonseca,	LION RUNNERS-G.D.Leõe	M40	35	15:36:08.18	46:48	13:53:32
138	143 Diogo Martins,		S20	67	15:36:56.43	46:51	13:54:20
139	118 André Martins,	A.D.Amarante Trail Running	S20	68	15:38:04.77	46:54	13:55:29
140	159 Andreia Teixeira,	ADC C J CLARK De Castel	SF20	17	15:40:03.43	47:00	13:57:27
141	105 Paulo Nuno Barbosa Sampaio,		M40	36	15:43:16.20	47:10	14:00:40
142	188 Paula Costa,	Kikas Team	SF20	18	15:47:37.32	47:23	14:05:01
143	104 Daniel Filipe Costa Teixeira,		S20	69	15:48:12.83	47:25	14:05:37
144	47 Luisa Maria da Fonseca Barbosa,		F40	4	15:49:41.22	47:29	14:07:05
145	48 Armando Jorge Pereira,		M40	37	15:49:41.89	47:29	14:07:06
146	32 Ana Isabel Oliveira,	LION RUNNERS-G.D.Leõe	SF20	19	15:55:44.15	47:47	14:13:08
147	86 Sofia Tadeu,	GENEROSOS RUNNERS	SF20	20	16:00:02.40	48:00	14:17:26
148	87 Rodrigo Ferraz,	GENEROSOS RUNNERS	M50	16	16:00:05.67	48:00	14:17:30
149	59 Antonio Silva,	Mountain Runners	S20	70	16:02:09.03	48:06	14:19:33
150	173 Nuno Gabriel Correia Magalhães,		S20	71	16:06:24.24	48:19	14:23:48
151	182 Paulo JoséPintoMonteiro,		S20	72	16:06:25.71	48:19	14:23:50
152	44 Raquel Santos,	LION RUNNERS-G.D.Leõe	SF20	21	16:06:31.37	48:20	14:23:55
153	17 Carla Sofia Fonseca Neves,	Maugénio	SF20	22	16:07:09.41	48:21	14:24:33
154	18 Noémia Maria Carvalho Pinto,	Maugénio	SF20	23	16:07:09.60	48:21	14:24:34
155	154 Paulina soares,		F50	3	16:08:51.79	48:27	14:26:16
156	36 Miguel José Beirão,	LION RUNNERS-G.D.Leõe	M40	38	16:12:29.62	48:37	14:29:54
157	153 José Joaquim Monteiro Ribeiro,	Individual	M40	39	16:14:47.48	48:44	14:32:11
158	37 Susana Faria,	LION RUNNERS-G.D.Leõe	SF20	24	16:15:34.18	48:47	14:32:58
159	39 Bruno Monteiro,	LION RUNNERS-G.D.Leõe	S20	73	16:15:39.00	48:47	14:33:03
160	184 José Samuel de Couto Pinto,		S20	74	16:18:27.69	48:55	14:35:52
161	183 Nuno MiguelTeixeira,		S20	75	16:18:31.05	48:56	14:35:55
162	14 Ricardo Ivo Torres Múrias,	pixelrunbiketrip	M40	40	16:24:59.87	49:15	14:42:24
163	6 Márcia Alexandra Gonçalves Ca	Piratas Team	S20	76	16:25:02.59	49:15	14:42:27