

II Trail de Avintes



Classificação Geral

Trail Longo 20,00 Km.

Pos.	Dor. Nome	Clube	Cat.	Pos.Cat	Tempo	T/Km.	Dif.
1	331 Victor Fernandes,	CTAD - Trilhos de Cinfães	S-M-L	1	1:27:04.99	04:21	
2	339 Fernando Lemos,	Gaia Trail	S-M-L	2	1:31:05.27	04:33	0:04:00
3	300 Paulo Pinto,		S-M-L	3	1:31:18.77	04:34	0:04:14
4	277 Luis Gil,	Gaia Trail	S-M-L	4	1:31:21.79	04:34	0:04:17
5	338 Dinis Gonçalves,	Gaia Trail	S-M-L	5	1:32:32.36	04:38	0:05:27
6	225 Cristiano Santos,	YogurNest	S-M-L	6	1:34:31.12	04:44	0:07:26
7	213 Bruno Santos,	CTAD - Trilhos de Cinfães	S-M-L	7	1:34:49.54	04:44	0:07:45
8	250 Helder Rocha,	Douroconta Trail Team	S-M-L	8	1:35:14.34	04:46	0:08:09
9	249 Gonçalo Pais,	YogurtNest	S-M-L	9	1:36:58.40	04:51	0:09:53
10	203 Antonio Amador,	Ori-Estarreja	M45-ML	1	1:37:34.39	04:53	0:10:29
11	308 Pedro Gilvaz,	Monte dos Amigos / G.D.R. Juv	S-M-L	10	1:44:54.01	05:15	0:17:49
12	326 Sergio Rodrigues,	São João da Serra	S-M-L	11	1:45:24.42	05:16	0:18:19
13	311 Ricardo Silva,	São João da Serra	S-M-L	12	1:45:25.98	05:16	0:18:21
14	262 João Oliveira,	Trinca Orelhas de Gato	S-M-L	13	1:45:37.55	05:17	0:18:33
15	279 Luís Teixeira,	Centro Clinico de Gaia	S-M-L	14	1:45:47.41	05:17	0:18:42
16	322 Sergio Lourenço,	CTAD - Trilhos de Cinfães	M45-ML	2	1:46:23.97	05:19	0:19:19
17	268 José Sousa,	São João da Serra	S-M-L	15	1:48:02.65	05:24	0:20:58
18	273 José Ribeiro,	Gondomar Futsal Clube	S-M-L	16	1:48:03.74	05:24	0:20:59
19	231 Cesar Teixeira,	Gaia Running	M45-ML	3	1:49:38.80	05:29	0:22:34
20	341 José Parente,		M45-ML	4	1:49:55.62	05:30	0:22:51
21	237 Fernando Gomes,	KeMedo team	M45-ML	5	1:50:48.00	05:32	0:23:43
22	332 Viriato Dias,	CTAD - Trilhos de Cinfães	S-M-L	17	1:51:37.54	05:35	0:24:33
23	269 José Dias,	CTAD - Trilhos de Cinfães	M45-ML	6	1:51:37.62	05:35	0:24:33
24	283 Márcio Costa,	Márcio Costa Reciclagem de m	S-M-L	18	1:51:39.76	05:35	0:24:35
25	298 Paulo Madeira,	Gaia Trail	S-M-L	19	1:55:36.29	05:47	0:28:31
26	257 Hugo Ribeiro,	Centro Clinico de Gaia	S-M-L	20	1:56:39.03	05:50	0:29:34
27	215 Bruno Monteiro,	Gaia Vertical	S-M-L	21	1:56:43.85	05:50	0:29:39
28	303 Pedro Ferreira,	Factor X / S4L / Medense FC	S-M-L	22	1:57:00.35	05:51	0:29:55
29	206 António Ferreira,		S-M-L	23	1:57:06.27	05:51	0:30:01
30	320 Sérgio Ferreira,	CNC	S-M-L	24	1:59:03.94	05:57	0:31:59
31	242 Fernando Ribeiro,	100meta	M45-ML	7	1:59:05.75	05:57	0:32:01
32	212 Augusto Oliveira,		M45-ML	8	1:59:10.60	05:58	0:32:06
33	219 Carlos Fernandes,		S-M-L	25	1:59:48.11	05:59	0:32:43
34	218 Carlos Fernandes,	Atalanta Runners	S-M-L	26	1:59:50.39	06:00	0:32:45
35	238 Fernando Oliveira,		M45-ML	9	2:01:14.32	06:04	0:34:09
36	318 Rui Rodrigues,	MOUNTAIN RUNNERS	S-M-L	27	2:01:15.40	06:04	0:34:10
37	321 Sergio Gomes,	Trinca Orelhas de Gato	S-M-L	28	2:01:17.30	06:04	0:34:12
38	287 Miguel Pinto,	Amigos do Pedal TrailLagares	S-M-L	29	2:01:26.04	06:04	0:34:21
39	259 Isabel Almeida,	CTAD - Trilhos de Cinfães	M45-FL	1	2:01:29.85	06:04	0:34:25
40	222 César Sousa,		S-M-L	30	2:01:35.00	06:05	0:34:30
41	336 Vitor Pereira,		S-M-L	31	2:04:08.29	06:12	0:37:03
42	330 Victor Cardoso,	Trinca Orelhas de Gato	S-M-L	32	2:04:10.28	06:13	0:37:05
43	221 Carlos Silva,	Trinca Orelhas de Gato	S-M-L	33	2:05:22.80	06:16	0:38:18
44	245 Filipe Oliveira,	Ginasio Elite Corpus	S-M-L	34	2:05:38.98	06:17	0:38:34
45	234 Fernanda Machado,	Aliança de Gandra	S-F-L	1	2:08:14.83	06:25	0:41:10
46	301 Paulo Fernandes,		M45-ML	10	2:09:10.85	06:28	0:42:06

47	314 Roberto Costa,	YogurNest	S-M-L	35	2:09:12.42	06:28	0:42:07
48	267 Jorge Rodrigues,		S-M-L	36	2:09:13.14	06:28	0:42:08
49	304 Pedro Gomes,	Trinca Orelhas de Gato	S-M-L	37	2:09:26.99	06:28	0:42:22
50	335 Vitor Araújo,		M45-ML	11	2:09:41.98	06:29	0:42:37
51	325 Sérgio Pereira,	Aliança de Gandra	S-M-L	38	2:09:42.17	06:29	0:42:37
52	263 Joao Pereira,	CF Perosinho	S-M-L	39	2:09:58.71	06:30	0:42:54
53	648 Miguel Leal, 02	Yogurnest	M45-ML	12	2:10:05.00	06:30	0:43:00
54	252 Hélder Rodrigues,	TrepaTrilhos Trail Team	S-M-L	40	2:10:44.00	06:32	0:43:39
55	223 Christian Maibohm,		S-M-L	41	2:10:45.00	06:32	0:43:40
56	210 Artur Ferreira,	Unidos Á Fresca	S-M-L	42	2:10:50.00	06:32	0:43:45
57	329 Vicente Sousa,	Trinca Orelhas de Gato	S-M-L	43	2:12:10.00	06:36	0:45:05
58	334 Vítor Gonçalves,	EDV - VIANA TRAIL	S-M-L	44	2:12:22.00	06:37	0:45:17
59	229 David Martins,	Avintes Javalis Trail Team.	S-M-L	45	2:12:33.00	06:38	0:45:28
60	232 Elisabete Alves,	EDV - VIANA TRAIL	S-F-L	2	2:12:35.00	06:38	0:45:30
61	264 Joaquim Lobato,	Fit2labor	M45-ML	13	2:14:05.00	06:42	0:47:00
62	310 Ricardo Pereira,	Endure endurance sports	M45-ML	14	2:14:11.00	06:43	0:47:06
63	240 Fernando Pereira,	Gondomar Futsal Clube	M45-ML	15	2:14:23.00	06:43	0:47:18
64	294 Nuno Neves,	100meta	S-M-L	46	2:14:37.00	06:44	0:47:32
65	256 Hugo Leite,	Norte trilhos	S-M-L	47	2:15:08.00	06:45	0:48:03
66	254 Henrique Silva,		M45-ML	16	2:15:43.00	06:47	0:48:38
67	251 Hélder Moreira,	Aliança de Gandra	S-M-L	48	2:17:09.00	06:51	0:50:04
68	288 Mónica Barbosa,	Tartarugas do Asfalto	S-F-L	3	2:17:20.00	06:52	0:50:15
69	260 Isabel Santos,	100meta	S-F-L	4	2:17:21.00	06:52	0:50:16
70	239 Fernando Reis,	Running Team Maia	S-M-L	49	2:17:32.00	06:53	0:50:27
71	220 Carlos Pereira,		M45-ML	17	2:17:41.00	06:53	0:50:36
72	281 Manuel Jesus,		M45-ML	18	2:19:14.00	06:58	0:52:09
73	313 Ricas Almeida,		S-M-L	50	2:19:21.00	06:58	0:52:16
74	208 António Miranda,	YogurNest	M45-ML	19	2:19:22.00	06:58	0:52:17
75	317 Rui Neves,	sem pressa	S-M-L	51	2:19:25.00	06:58	0:52:20
76	337 Vitor Silva,	Arrastassolas	S-M-L	52	2:19:26.00	06:58	0:52:21
77	306 Pedro Magalhães,	Arrastassolas	S-M-L	53	2:19:37.00	06:59	0:52:32
78	302 Pedro Carvalho,	Arrastassolas	S-M-L	54	2:19:47.00	06:59	0:52:42
79	305 Pedro Lopes,	Arrastassolas	S-M-L	55	2:19:48.00	06:59	0:52:43
80	286 Mario Santos,	Arrastassolas	S-M-L	56	2:20:07.00	07:00	0:53:02
81	340 Duarte Dias,		S-M-L	57	2:20:17.00	07:01	0:53:12
82	333 Vitor Correia,	Arrastassolas	S-M-L	58	2:20:21.00	07:01	0:53:16
83	296 Paulo Gil,		S-M-L	59	2:20:28.00	07:01	0:53:23
84	233 Esmeralda Fiúza,		M45-FL	2	2:20:43.00	07:02	0:53:38
85	319 Rute Pais,	YogurNest	S-F-L	5	2:22:22.00	07:07	0:55:17
86	226 Cristina Saraiva,	vamoslá	M45-FL	3	2:23:15.00	07:10	0:56:10
87	265 Jorge Sousa,	Individual	S-M-L	60	2:23:21.00	07:10	0:56:16
88	209 António Teixeira,	Clube ZUPPER	M45-ML	20	2:23:22.00	07:10	0:56:17
89	246 Florinda Fernandes,	TEAM WORKOUT 48/CAM	M45-FL	4	2:26:36.00	07:20	0:59:31
90	253 Helena Gomes,	MoinhosRun-ADRM	S-F-L	6	2:27:18.00	07:22	1:00:13
91	323 Sergio Moura,	Metralhas	S-M-L	61	2:31:37.57	07:35	1:04:33
92	285 Margarida Neves,	vamoslá	M45-FL	5	2:33:05.16	07:39	1:06:00
93	289 Nelson Moura,	Team Moura	S-M-L	62	2:34:07.00	07:42	1:07:02
94	274 Josefa Araújo,		S-F-L	7	2:34:18.41	07:43	1:07:13
95	214 Bruno Pereira,		S-M-L	63	2:34:21.40	07:43	1:07:16
96	299 Paulo Oliveira,	Minho Aventura	S-M-L	64	2:34:24.16	07:43	1:07:19
97	236 Fernando Costa,		M45-ML	21	2:38:24.06	07:55	1:11:19
98	270 Jose Mora,	Semnome	S-M-L	65	2:38:54.74	07:57	1:11:50
99	216 Bruno Sá,	Semnome	S-M-L	66	2:38:56.00	07:57	1:11:51
100	217 Carla Moreira,	Arrastassolas	S-F-L	8	2:38:56.18	07:57	1:11:51
101	327 Valdemar Almeida,	Invicta Runners Team	M45-ML	22	2:39:49.72	07:59	1:12:45
102	241 Fernando Pereira,	Trinca Orelhas de Gato	S-M-L	67	2:40:44.44	08:02	1:13:39
103	278 Luis Ribeiro,	Arrastassolas	S-M-L	68	2:40:45.24	08:02	1:13:40
104	290 Nuno Duarte,	GDCT Unicre	S-M-L	69	2:41:13.35	08:04	1:14:08
105	297 Paulo Macedo,	Pari Passu	M45-ML	23	2:41:29.63	08:04	1:14:25

106	324 Sérgio Oliveira,	Running Team Maia	S-M-L	70	2:41:40.00	08:05	1:14:35
107	235 Fernando Rodrigues,		M45-ML	24	2:50:50.94	08:33	1:23:46
108	328 Vânia Costa,	Power Trail Team	S-F-L	9	2:52:03.94	08:36	1:24:59
109	291 Nuno Cruz,	Power Trail Team	S-M-L	71	2:52:04.68	08:36	1:25:00
110	248 Gisela Costa,		S-F-L	10	2:53:16.99	08:40	1:26:12
111	243 Fernando Oliveira,	Running Team Maia	S-M-L	72	2:53:17.47	08:40	1:26:12
112	293 Nuno Ferreira,	Running Team Maia	S-M-L	73	2:55:09.46	08:45	1:28:04
113	272 José ferreira,	-	S-M-L	74	2:55:34.73	08:47	1:28:30
114	295 Paulo Sousa,		S-M-L	75	2:56:21.46	08:49	1:29:16
115	227 Daniel Silva,	Hora do Lobo Trail	S-M-L	76	2:56:23.00	08:49	1:29:18
116	204 António Pinheiro,	Dr. Merino/4moove	S-M-L	77	2:56:30.00	08:49	1:29:25
117	200 Alcino Araujo,		M45-ML	25	2:56:43.17	08:50	1:29:38
118	284 Marco Moreira,	Aliança de Gandra	S-M-L	78	3:00:28.75	09:01	1:33:24
119	282 Manuel Silva,	Arrastassolas	M45-ML	26	3:00:29.06	09:01	1:33:24
120	230 Diana Leite,		S-F-L	11	3:01:03.05	09:03	1:33:58
121	228 Daniela Leite,		S-F-L	12	3:01:06.80	09:03	1:34:02
122	276 Liliana Gomes,	Bolhas nos pés	S-F-L	13	3:06:23.15	09:19	1:39:18