

C.Individual

C.Equipa

Pódio

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Etapa:

Trail ▼

Percurso:

Trail Longo ▼

Escalaão:

Geral ▼

Local:

Chegada ▼

(126)

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença
1	511	Bruno Ferreira	Desafios	01:27:11.113	00:00:00.000
2	438	Carlos Ferreira	Nast	01:30:31.623	00:03:20.510
3	474	Francisco Fernandes	Águias de Alvelos	01:33:06.457	00:05:55.344
4	475	Bruno Ribeiro	Águias de Alvelos	01:35:37.157	00:08:26.044
5	503	Sérgio Suzano	ORALKLASS-AMIGOS DO TRAIL	01:45:10.157	00:17:59.044
6	420	Humberto Reis	Team Lantemil	01:45:31.660	00:18:20.547
7	436	Carlos Cruz	Os Rompe Solas	01:45:35.910	00:18:24.797
8	430	Daniel Pereira	Team Lantemil	01:45:54.417	00:18:43.304
9	452	Rodrigo	Team Lantemil	01:45:56.660	00:18:45.547
10	479	Carlos Gandra	GTT - ARMAZÉM DO CAFFÈ	01:46:05.910	00:18:54.797
11	418	Sérgio Pereira	ErmidaFit	01:47:02.413	00:19:51.300
12	470	César Canito	GTT - ARMAZÉM DO CAFFÈ	01:47:59.667	00:20:48.554
13	477	Alcides Barbosa	Individual	01:48:33.417	00:21:22.304
14	428	João Pereira	Individual	01:51:01.923	00:23:50.810
14	520	Marco Silva	Individual	01:51:01.923	00:23:50.810
15	429	Rui Franco	GTT - ARMAZÉM DO CAFFÈ	01:51:41.247	00:24:30.134
16	407	Ricardo Pais	ErmidaFit	01:51:42.683	00:24:31.570
17	459	Jose Lopes	GTT - ARMAZÉM DO CAFFÈ	01:51:54.927	00:24:43.814
18	502	Sérgio Anunciação	ORALKLASS-AMIGOS DO TRAIL	01:52:14.927	00:25:03.814
19	453	Nuno Lomba	Apúlia a Correr	01:52:17.423	00:25:06.310
20	449	Rui Araújo	Individual	01:52:34.677	00:25:23.564
21	497	Miguel Marques	Marques e Cruz	01:52:47.183	00:25:36.070
22	522	Jorge Araujo	Individual	01:54:11.930	00:27:00.817
23	499	Samuel Amorim	G. D. Castelense	01:54:17.183	00:27:06.070
24	448	Antonio	trincametas	01:54:37.933	00:27:26.820
25	444	Alexandre Lourenço	Individual	01:54:57.717	00:27:46.604
26	464	Markus Renn	Springbok	01:55:49.933	00:28:38.820
27	402	Fernando Carneiro	Nast	01:56:02.687	00:28:51.574
28	485	Alcino Gouveia	ASCÁRIOS ESCARIZ	01:56:05.443	00:28:54.330
29	422	Bruno Teles	Arrasa Montanhas	01:56:36.937	00:29:25.824
30	493	Jorge Brites	AZtrail	01:57:16.440	00:30:05.327
31	540	Simao Costa	clube de atletismo da Póvoa de Varzim	01:57:31.437	00:30:20.324
32	417	Mário Lima	Individual	01:57:37.940	00:30:26.827
33	460	Eugenio Cunha	Individual	01:57:42.690	00:30:31.577
34	516	Marco Marques	Individual	01:58:31.943	00:31:20.830
35	468	Bruno Ribeiro	Individual	01:59:18.257	00:32:07.144
36	535	Vitor Silva	Individual	02:01:47.700	00:34:36.587
37	528	Rui Castro	Varzim sport Club	02:02:14.450	00:35:03.337
38	419	José Martins	Nast	02:02:17.707	00:35:06.594
39	409	José Silva	baptistas	02:02:21.450	00:35:10.337
40	510	Sérgio Ferreira	Desafios	02:02:41.210	00:35:30.097
41	405	Telma Duarte	ErmidaFit	02:03:43.707	00:36:32.594

42	455	Manuel Carriço	Individual	02:03:45.963	00:36:34.850
43	437	Vitor Pereira	Chora Runners	02:05:30.707	00:38:19.594
44	482	Raquel Andrade	Nascidos para Correr	02:05:39.217	00:38:28.104
45	483	Bruno Moura	Nascidos para Correr	02:05:39.460	00:38:28.347
46	442	Ricardo Boucinha	trincametas	02:05:55.210	00:38:44.097
47	484	José Oliveira	ASCÁRIOS ESCARIZ	02:07:03.223	00:39:52.110
48	426	Fátima Oliveira	GTT - ARMAZÉM DO CAFFÈ	02:08:26.507	00:41:15.394
49	425	Tiago Correia	GTT - ARMAZÉM DO CAFFÈ	02:08:27.467	00:41:16.354
49	406	Marcelo Teles	GTT - ARMAZÉM DO CAFFÈ	02:08:27.467	00:41:16.354
50	421	Sérgio Coelho	GTT - ARMAZÉM DO CAFFÈ	02:08:28.467	00:41:17.354
51	450	Paulo Loureiro	Team Lantemil	02:08:49.473	00:41:38.360
52	529	João Alexandre	White Devils	02:10:00.217	00:42:49.104
53	488	Sérgio Costa	trail team kick off	02:10:46.990	00:43:35.877
54	435	Luísa Azevedo	Team Lantemil	02:11:26.973	00:44:15.860
55	427	Rui Rêgo	Nast	02:11:42.723	00:44:31.610
56	519	Alberto Guimaraes	Individual	02:14:37.737	00:47:26.624
57	411	Dimitri Matos	GTT - ARMAZÉM DO CAFFÈ	02:14:43.250	00:47:32.137
58	476	Marco Ferreira	clube zupper	02:14:50.480	00:47:39.367
59	415	Hugo Moreira	GTT - ARMAZÉM DO CAFFÈ	02:15:00.483	00:47:49.370
60	458	Jose Barbosa	clube de atletismo da Póvoa de Varzim	02:15:14.983	00:48:03.870
61	441	Susana Costa	minho aventura	02:17:10.057	00:49:58.944
62	440	Paulo Oliveira	fama runners	02:17:11.237	00:50:00.124
63	424	Ondina Salgado	GTT - ARMAZÉM DO CAFFÈ	02:17:33.487	00:50:22.374
64	537	José Amaro	Individual	02:17:33.737	00:50:22.624
65	527	Jose Cunha	nocturnos de paredes	02:17:40.737	00:50:29.624
66	445	Alberto Sá	InsanOs	02:18:16.990	00:51:05.877
67	404	Rui Teixeira	Team Lantemil	02:18:20.747	00:51:09.634
68	500	Rui Braga	Onesoul crossfit	02:19:28.997	00:52:17.884
69	505	Antonio Archer	extreme	02:19:38.990	00:52:27.877
70	496	Veronica Moreira	Individual	02:20:09.743	00:52:58.630
71	501	Catarina Amorim	G. D. Castelense	02:20:28.500	00:53:17.387
72	463	David Ribeiro	Springbok	02:20:49.750	00:53:38.637
73	469	Joaquim Oliveira	InsanOs	02:21:09.560	00:53:58.447
74	473	José Coelho	eu e só eu. mais alguém?	02:21:45.497	00:54:34.384
75	539	José Carneiro	Individual	02:22:59.250	00:55:48.137
76	456	Pedro Valente	Arrasa Montanhas	02:24:52.007	00:57:40.894
77	536	Nuno Martins	Individual	02:24:53.257	00:57:42.144
78	414	Ricardo Alves	Individual	02:26:09.507	00:58:58.394
79	447	Bruno Machado	Individual	02:27:18.763	01:00:07.650
80	515	Pedro Leite	Desafios	02:29:41.017	01:02:29.904
81	495	Manuel Santos	Papamilhas	02:29:41.517	01:02:30.404
82	413	Vitor Campos	brave runners	02:30:00.517	01:02:49.404
83	533	António Sá	Alvatrilhos	02:31:07.520	01:03:56.407
84	486	Ernesto Martins	LION RUNNERS G. D. Leões da Guarda	02:31:57.030	01:04:45.917
85	487	Mário Soares	LION RUNNERS G. D. Leões da Guarda	02:31:57.523	01:04:46.410
86	504	Florinda Fernandes	team workout 48	02:32:01.523	01:04:50.410
87	416	Liliana Araújo	GTT - ARMAZÉM DO CAFFÈ	02:32:57.523	01:05:46.410
88	471	Carla Monteiro	Núcleo Montanha Espinho	02:35:54.030	01:08:42.917
89	439	Fernando Vilarinho	Individual	02:36:28.323	01:09:17.210

90	518	Bruno Andrade	Lacraus	02:37:10.283	01:09:59.170
91	446	Emanuel Gomes	Alvatrilhos	02:38:20.787	01:11:09.674
92	465	Miguel Macedo	SOLINCA GUIMARÃES	02:40:24.557	01:13:13.444
92	466	Jose Ferreira	SOLINCA GUIMARÃES	02:40:24.557	01:13:13.444
93	498	Carla Morim	Individual	02:40:27.043	01:13:15.930
94	431	Ana Ferreira	Individual	02:40:52.543	01:13:41.430
95	454	Rogério Lopes	Team Lantemil	02:40:58.550	01:13:47.437
96	432	Marta Santos	Individual	02:41:08.793	01:13:57.680
97	401	Vitor Costa	Amigos Vale Silêncio	02:41:53.297	01:14:42.184
98	403	Ana Borges	Amigos da Onça	02:42:12.297	01:15:01.184
99	408	José Araújo	Team Lantemil	02:43:11.300	01:16:00.187
100	538	Paula Ribeiro	Individual	02:49:11.563	01:22:00.450
101	507	Jani Mendes	Desafios	02:49:42.823	01:22:31.710
102	517	Luís Pinheiro	Lacraus	02:49:44.320	01:22:33.207
103	524	Maria Martins	Asas nos Pés	02:49:52.817	01:22:41.704
103	523	Carlos Monte	Asas nos Pés	02:49:52.817	01:22:41.704
104	481	Jorge Loureiro	Individual	02:53:26.327	01:26:15.214
105	443	Antonio Bilbao	ULTRAFONDO CANTABRIA	02:55:30.077	01:28:18.964
106	494	Júlio Terra	AZtrail	03:02:27.603	01:35:16.490
107	490	Vera Nogueira	Individual	03:02:28.097	01:35:16.984
108	462	Joana Silva	Salgueiros Running	03:06:44.613	01:39:33.500
109	434	Diogo Santos	RunRun	03:08:57.360	01:41:46.247
110	433	Silvia Couto	RunRun	03:09:01.363	01:41:50.250
111	451	Pedro Silva	12k é puxado	03:10:15.367	01:43:04.254
112	480	Ricardo Dias	Individual	03:10:16.113	01:43:05.000
113	513	Diana Funina	Desafios	03:18:54.887	01:51:43.774
114	508	Claudia Pereira	Desafios	03:18:55.383	01:51:44.270
115	478	Sara Vigário	Salgueiros Running	03:20:11.637	01:53:00.524
116	472	Bruno Vigário	Salgueiros Running	03:20:11.950	01:53:00.837
117	457	Artur Fonseca	Ruptura Total	03:20:17.887	01:53:06.774
118	509	Filipe Martins	Desafios	03:27:17.403	02:00:06.290
119	514	Bruno Ferreira	Desafios	03:27:54.907	02:00:43.794
120	512	Isabel Carneiro	Desafios	03:28:12.657	02:01:01.544
120	526	Celeste Abrunhosa	Desafios	03:28:12.657	02:01:01.544
121	506	Carlos Costa	Desafios	03:28:30.663	02:01:19.550