

TRAIL LOUSA - CAPITAL DO QUEIJO FRESCO

Dorsal	Lugar	Atleta	Clube	P.ESCALÃO	TEMPO
113	1	Jose Geada	Associação vale Grande	1	01:19:10
141	2	Luis Hernandez	Team Trailquilidade	2	01:19:58
157	3	EDUARDO OLIVEIRA	INDIVIDUAL	3	01:31:01
155	4	Xavier Rosa	INDIVIDUAL	4	01:32:51
139	5	Rui Henriques	Rebels	5	01:36:53
119	6	Paulo Portela	Portela TEAM	6	01:44:58
114	7	jose caetano	INDIVIDUAL	7	01:44:59
99	8	PAULO COSTA	INDIVIDUAL	8	01:47:42
103	9	Hernani Macedo	INDIVIDUAL	9	01:47:44
156	10	JORGE BARREIRA	INDIVIDUAL	10	01:48:13
130	11	João Melo	ECOrredores	11	01:48:32
136	12	Hugo Rebelo	Rebels	12	01:49:54
111	13	Bruna Franco	INDIVIDUAL	1	02:05:54
150	14	Elisabete Rocha	INDIVIDUAL	2	02:10:36
110	15	José Jorge	INDIVIDUAL	13	02:12:00
142	16	Tiago Brandão	INDIVIDUAL	14	02:18:21
143	17	Pedro Brandão	INDIVIDUAL	15	02:18:22
153	18	Manuela Folgado	INDIVIDUAL	3	02:20:22
112	19	Sérgio Cortez	INDIVIDUAL	16	02:21:23
163	20	ANTONIO PINHO	INDIVIDUAL	17	02:24:32
109	21	Nuno Marquês	INDIVIDUAL	18	02:25:55
151	22	sonia Marques	INDIVIDUAL	4	02:31:51
101	23	Carla Maria Silva de Oliveira	INDIVIDUAL	5	02:31:52
100	24	José Manuel Borges de Carvalho	INDIVIDUAL	19	02:33:23
131	25	Cornelia Stoeckli	INDIVIDUAL	6	02:36:31
154	26	Sónia Costa	INDIVIDUAL	7	02:39:53
148	27	CATARINA PAULINO	INDIVIDUAL	8	02:43:23
149	28	ILIANA SERRÃO	INDIVIDUAL	9	02:43:25
115	29	rosa caetano	INDIVIDUAL	10	02:43:44
116	30	Fernando Jorge Matias	INDIVIDUAL	20	02:43:47
117	31	Ana Paula Alho Pantaleão Matias	INDIVIDUAL	11	02:43:48
135	32	Susana Catarina Pinheiro Pina	Clube Trail Running Vale de Cambra	12	02:47:28
145	33	Mário Jorge de Almeida Rodrigues	Panteras do Asfalto	21	02:47:29
123	34	Elvira Grego Esteves	INDIVIDUAL	13	02:48:12
491	35	MANUELA FONSECA	INDIVIDUAL	14	02:57:36
124	36	Elisabete Grego Esteves	INDIVIDUAL	15	02:52:42
125	37	Marta Sofia Silva Santos	INDIVIDUAL	16	02:52:47
481	38	RUI CORTES	INDIVIDUAL	22	03:02:38
560	39	Raquel Ortas Rodrigues	Legionários	17	03:02:44
164	40	FANCISCO JANELA	INDIVIDUAL	23	03:26:18
146	41	Inês Janela Pascoal	INDIVIDUAL	18	03:26:34
138	42	Márcia Janela	Tarahumaras	19	03:26:35

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Dorsal	Lugar	Atleta	Clube	P.ESCALÃO	TEMPO
152	43	Paulo dos Santos	INDIVIDUAL	24	03:28:29
104	44	Sandra Gaspar de Jesus Peçanha	Uns correm outros quase	20	03:45:29
126	45	Graça Maria Dias O Pereira Prudente	Uns correm outros quase	21	03:47:26
121	46	Telma Mestre	INDIVIDUAL	22	03:54:23
120	47	Conceição Santos	INDIVIDUAL	23	03:54:27
122	48	Mónica Carvalho	INDIVIDUAL	24	03:54:29
105	49	Marco Filipe	Uns correm outros quase	25	03:54:55
106	50	Catarina Filipe	Uns correm outros quase	25	03:55:01
166	51	PATRICIA RAMOS	INDIVIDUAL	26	04:00:28
167	52	PEDRO PEREIRA	INDIVIDUAL	27	04:00:30
165	53	ALHEDO RAMOS	INDIVIDUAL	28	04:00:31
161	54	TIAGO MANSO	INDIVIDUAL	29	04:13:08
162	55	MARIANA MIRANDA	INDIVIDUAL	30	04:13:12
160	56	JOÃO MIRANDA	INDIVIDUAL	31	04:13:16
159	57	HELENA MATOS	INDIVIDUAL	26	04:13:27
158	58	RUTE FERREIRA	INDIVIDUAL	27	04:15:29