

5º Trail Running CTM Vila Pouca de Aguiar - Resultados Provisórios

TRAIL LONGO

TRAIL CURTO

GERAL

GERAL/GÉNERO

ESCALÃO

TRAIL LONGO - 28.00km

Pos. Dorsal			Atleta	Clube	Pos. Escalão		Tempo	Diferença
1	1	PT	JOÃO OLIVEIRA	CHAVES RUNNING TEAM	1	M40	02:51:54.802	
2	118	ES	MARCOS ANTONIO PASCUAL FIDALGO	CASTRO TRAIL	1	M30	02:51:54.803	+00:00:00.001
3	87	PT	LUIS NOVAIS	INDIVIDUAL	2	M40	02:56:14.871	+00:04:20.069
4	93	PT	APRÍGIO ALEXANDRE CONCEIÇÃO CHAVES	CHAVES RUNNING TEAM	1	Seniores M	02:56:23.839	+00:04:29.037
5	109	PT	ANTÓNIO AMORIM	SERVIÇOS SOCIAIS DA CÂMARA MUNICIPAL SANTA MARIA DA FEIRA	3	M40	02:57:03.257	+00:05:08.455
6	92	PT	JOSÉ PEREIRA	A.D.AMARANTE TRAIL RUNNING	4	M40	03:03:05.574	+00:11:10.772
7	114	PT	JOÃO GONÇALVES	CTM VILA POUCA DE AGUIAR	1	M50	03:04:49.799	+00:12:54.997
8	110	PT	IVAN SILVA	LIMITLESS	2	M30	03:07:09.479	+00:15:14.677
9	12	PT	LUIS FONSECA	CAMINHEIROS DE PAÇOS	5	M40	03:08:41.174	+00:16:46.372

10	117	ES	CASTOR SALGADO	AVIVA GALIZA	6	M40	03:15:55.637	+00:24:00.835
11	73	PT	GAUDÊNCIO MANUEL SANTOS LOPES	C. B. VISEU RUNNING TEAM	7	M40	03:17:03.380	+00:25:08.578
12	21	PT	FILIPPE BRAZ	MOLONI RUNNING TEAM	8	M40	03:17:11.777	+00:25:16.975
13	26	PT	ANTÔNIO TAVEIRA	C.A .NSC	9	M40	03:18:23.315	+00:26:28.513
14	104	PT	JOSÉ SOUSA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	3	M30	03:19:44.055	+00:27:49.253
15	51	PT	LUÍS TEIXEIRA	INDIVIDUAL	4	M30	03:19:48.495	+00:27:53.693
16	100	PT	MANUEL CHANTRE	ENTRE OS MONTES	10	M40	03:20:54.502	+00:28:59.700
17	48	PT	JORGE CATARINO	INSANE TRAIL TEAM	5	M30	03:22:33.710	+00:30:38.908
18	44	PT	NORBERTO COSTA	CHAVES RUNNING TEAM	1	M60	03:24:44.145	+00:32:49.343
19	95	PT	BRUNO CANTO	INDIVIDUAL	6	M30	03:28:52.400	+00:36:57.598
20	65	PT	DUARTE BARBOSA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	11	M40	03:32:26.525	+00:40:31.723
21	16	PT	HELDER SILVA	MIRANDELAACORRER	12	M40	03:32:27.621	+00:40:32.819
22	131	CH	CARLOS DA SILVA	ROLEX SPORT	13	M40	03:32:35.355	+00:40:40.553
23	41	PT	LUÍS RODRIGUES	CHAVES RUNNING TEAM	14	M40	03:33:35.928	+00:41:41.126
24	129	PT	CÉSAR SOUSA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	15	M40	03:34:36.812	+00:42:42.010
25	22	PT	ANDRÉ LOPES	MOLONI RUNNING TEAM	7	M30	03:37:14.053	+00:45:19.251

26	20	PT	NUNO ANGÉLICO	MOLONI RUNNING TEAM	8	M30	03:37:14.853	+00:45:20.051
27	36	PT	GONÇALO MORAIS	CHAVES RUNNING TEAM	16	M40	03:37:30.017	+00:45:35.215
28	58	PT	JOAQUIM GABRIEL CRUZ SILVA	CENTRO M.M.C_PESQUEIRA	17	M40	03:37:42.323	+00:45:47.521
29	112	PT	SÉRGIO VILELA	CTM VILA POUCA DE AGUIAR	9	M30	03:40:18.325	+00:48:23.523
30	67	PT	LUIS FERREIRA	INDIVIDUAL	10	M30	03:40:29.011	+00:48:34.209
31	45	PT	ANTÓNIO MAGALHÃES	CHAVES RUNNING TEAM	18	M40	03:40:47.641	+00:48:52.839
32	82	PT	ANTÓNIO FERREIRA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	11	M30	03:41:00.055	+00:49:05.253
33	115	PT	CARLOS SOUSA	CTM VILA POUCA DE AGUIAR	19	M40	03:41:40.389	+00:49:45.587
34	99	PT	JOSÉ NETO	ENTRE OS MONTES	2	M50	03:42:12.566	+00:50:17.764
35	52	ES	JOSÉ GUEDES	CUETO DEL OSO	12	M30	03:43:23.476	+00:51:28.674
36	64	PT	TÂNIA MACHADO COELHO	INDIVIDUAL	1	F30	03:43:24.491	+00:51:29.689
37	127	PT	FERNANDO GONÇALVES	CTM VILA POUCA DE AGUIAR	13	M30	03:43:42.819	+00:51:48.017
38	13	PT	CLÁUDIO SANTA	CTM VILA POUCA DE AGUIAR	14	M30	03:44:23.729	+00:52:28.927
39	84	PT	FERNANDO JORGE DE OLIVEIRA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	2	M60	03:44:27.320	+00:52:32.518
40	72	PT	MARCO DIAS	MIRANDELAACORRER	15	M30	03:44:43.713	+00:52:48.911
41	70	PT	CARLOS AZEVEDO	MIRANDELAACORRER	20	M40	03:44:47.771	+00:52:52.969

42	43	PT	MIGUEL ALMEIDA	CHAVES RUNNING TEAM	21	M40	03:44:58.790	+00:53:03.988
43	103	PT	EMÍDIO QUINTEIRA	ENTRE OS MONTES	16	M30	03:47:12.634	+00:55:17.832
44	128	PT	NUNO A PERDIGÃO NASCIMENTO	INDIVIDUAL	17	M30	03:48:16.115	+00:56:21.313
45	63	PT	PAULO JORGE DA EIRA ALVES	INDIVIDUAL	18	M30	03:48:16.947	+00:56:22.145
46	2	PT	RAQUEL CAMPOS	SHOTS INTERNATIONAL RUNNERS	2	F30	03:49:40.039	+00:57:45.237
47	83	PT	ANTÓNIO BAPTISTA	CLUBE DE MONTANHISMO DE BRAGA	3	M50	03:51:59.581	+01:00:04.779
48	94	PT	HELENA SILVA	INDIVIDUAL	1	F50	03:52:12.958	+01:00:18.156
49	68	PT	ANTÓNIO FREITAS	INDIVIDUAL	22	M40	03:52:21.162	+01:00:26.360
50	86	PT	NUNO SAAVEDRA DUARTE	OS PIMENTINHAS	19	M30	03:52:51.078	+01:00:56.276
51	90	PT	NUNO ALBERTO GONÇALVES DA CUNHA	GEADAS RUNNING	20	M30	03:54:41.533	+01:02:46.731
52	105	PT	NUNO MONTEIRO	INDIVIDUAL	21	M30	03:55:32.699	+01:03:37.897
53	46	PT	ARTUR DIAS	CHAVES RUNNING TEAM	4	M50	03:55:36.909	+01:03:42.107
54	31	PT	NUNO FERNANDES	REUMÁTICOS DA BILA	23	M40	03:55:41.805	+01:03:47.003
55	28	PT	VICTOR VITAL	REUMÁTICOS DA BILA	22	M30	03:55:49.152	+01:03:54.350
56	14	PT	JORGE BARBOSA	PAREDES AVENTURA	24	M40	03:57:32.450	+01:05:37.648
57	91	PT	RUI GOMES	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	23	M30	03:59:42.968	+01:07:48.166

58	19	PT	ÁLVARO SARAIVA	MOLONI RUNNING TEAM	25	M40	03:59:45.815	+01:07:51.013
59	98	PT	PAULO PEREIRA	100PERNAS TEAM	26	M40	04:01:24.265	+01:09:29.463
60	108	PT	LILIANA CARDOSO	BRAVOS E BRAVITAS RUN	3	F30	04:04:34.573	+01:12:39.771
61	59	PT	FILIFE VILHENA	RUNNING MACHINES	27	M40	04:10:21.198	+01:18:26.396
62	88	PT	RODRIGO OLIVEIRA	INDIVIDUAL	28	M40	04:10:51.183	+01:18:56.381
63	125	PT	RAFAELA BENTO	INDIVIDUAL	4	F30	04:10:54.530	+01:18:59.728
64	42	PT	MARIA CÉU COSTA	CHAVES RUNNING TEAM	2	F50	04:10:55.327	+01:19:00.525
65	61	PT	LUIS MIGUEL RIBEIRO	CR CANDOSO	29	M40	04:13:44.888	+01:21:50.086
66	54	PT	TONI FERREIRA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	24	M30	04:17:42.008	+01:25:47.206
67	107	PT	JOEL SILVA	INSANE TRAIL TEAM	30	M40	04:17:53.467	+01:25:58.665
68	71	PT	PEDRO GOMES	MIRANDELAACORRER	25	M30	04:20:57.396	+01:29:02.594
69	49	PT	LUIS FILIFE EMÍLIO DOS SANTOS	INSENE TRAIL TEAM	31	M40	04:21:49.840	+01:29:55.038
70	79	PT	ALFREDO ROCHA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	32	M40	04:22:36.419	+01:30:41.617
71	10	PT	CRISTINA SARAIVA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	3	F50	04:26:12.353	+01:34:17.551
72	60	PT	ERNESTO MARTINS	LION RUNNERS – G.D. LEÕES DA GUARDA	5	M50	04:26:14.711	+01:34:19.909
73	81	PT	GISELA COSTA	HORA DO LOBO TRAIL - CF PEROSINHO	5	F30	04:26:21.705	+01:34:26.903

ATLETISMO

74	126	PT	PEDRO SARMENTO COSTA	INDIVIDUAL	33	M40	04:27:04.207	+01:35:09.405
75	76	PT	MANUEL PINTO	SEMPRE A 30	6	M50	04:27:07.142	+01:35:12.340
76	96	PT	ANA COSTA	100PERNAS TEAM	6	F30	04:27:13.103	+01:35:18.301
77	113	PT	LÚCIA LEMOS	CTM VILA POUCA DE AGUIAR	4	F50	04:36:02.851	+01:44:08.049
78	62	PT	DANIEL SILVA	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	26	M30	04:41:12.304	+01:49:17.502
79	101	PT	PEDRO PRATAS	TEAM TRAIL KALENJI	34	M40	04:49:15.531	+01:57:20.729
80	102	PT	NELSON SANTOS	TEAM TRAIL KALENJI	35	M40	04:49:16.701	+01:57:21.899
81	39	PT	JOSÉ CARLOS CARREIRA	CHAVES RUNNING TEAM	27	M30	04:52:16.102	+02:00:21.300
82	57	PT	MARIA MANUELA FRANCO	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	7	F30	04:52:23.150	+02:00:28.348
83	78	PT	BRUNA COELHO	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	8	F30	04:52:23.994	+02:00:29.192
84	97	PT	PEDRO GONÇALVES	100PERNAS TEAM	28	M30	04:52:31.415	+02:00:36.613
85	69	PT	HUMBERTO ESTEVES	MIRANDELAACORRER	36	M40	04:52:32.349	+02:00:37.547
86	74	PT	GINA MARIA SILVE REI LOPES	C. B. VISEU RUNNING TEAM	9	F30	04:53:25.981	+02:01:31.179
87	75	PT	MARLENE SOFIA LOPES ALMEIDA	C. B. VISEU RUNNING TEAM	10	F30	04:53:26.896	+02:01:32.094
88	130	PT	RUI SÁ	HORA DO LOBO TRAIL - CF PEROSINHO	7	M50	04:57:39.804	+02:05:45.002

ATLETISMO

89	121	PT	PATRICK LAMAS FERNANDES	NB BAR TEAM	2	Seniores M	05:00:47.814	+02:08:53.012
90	122	PT	HELDER SOUSA POÇO	NB BAR TEAM	3	Seniores M	05:00:50.318	+02:08:55.516
91	111	PT	ÂNGELO COSTA	CTM VILA POUCA DE AGUIAR	4	Seniores M	05:02:00.895	+02:10:06.093
92	15	PT	MARGARIDA RIBEIRO NEVES	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	5	F50	05:02:51.195	+02:10:56.393