

### III Trail de Santa Iria 2015

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25 de Janeiro de 2015

Organização:

Associação Branzelo Ativo (ABA)

Comissão de Festas Santa Iria 2015

Classificação geral Trail - 37km



Cronometragem by



Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	3336	Coelho, David		M40_37	1	4:12:08.79	06:49	
2	3360	Moreira, Bruno		SENM37	1	4:20:05.86	07:02	0:07:57
3	3003	Marques, Pedro	Paredes Aventura	M40_37	2	4:20:07.03	07:02	0:07:58
4	3206	Pinto, Pedro	Individual	SENM37	2	4:39:32.92	07:33	0:27:24
5	3182	Ferreira, Marco	DAR - Desportivo Atlético Recardaes	SENM37	3	4:43:49.83	07:40	0:31:41
6	3005	Aragão, Tiago	CTAD – Trilhos de Cinfães	SENM37	4	4:45:28.98	07:43	0:33:20
7	3216	Carvalho, Diogo	Nast	M40_37	3	4:46:30.21	07:45	0:34:21
8	3131	Vieira, Carlos	Individual	SENM37	5	4:47:00.97	07:45	0:34:52
9	3190	Marques, Nuno	Poteentes	SENM37	6	4:52:01.64	07:54	0:39:53
10	3228	Santos, Tiago	DAR - Desportivo Atlético Recardaes	SENM37	7	4:53:51.71	07:57	0:41:43
11	3000	Sousa, Lucinda	Gondomar Futsal clube	F40_37	1	4:54:04.87	07:57	0:41:56
12	3154	Borges, João	Addicted to trail	SENM37	8	4:54:06.52	07:57	0:41:58
13	3352	Tavares, Paulo	Individual	SENM37	9	4:55:59.22	08:00	0:43:50
14	3130	Ramos, Carlos	Individual	SENM37	10	5:02:20.84	08:10	0:50:12
15	3251	Freitas, Joaquim	Grupo Dramático e Recreativo da Retorta	SENM37	11	5:02:35.88	08:11	0:50:27
16	3111	Silva, Adelino	LOBA.pt	SENM37	12	5:05:05.80	08:15	0:52:57
17	3153	Silva, Humberto	LOBA.pt	SENM37	13	5:07:47.69	08:19	0:55:39
18	3284	Carvalho, António	CCDTCM Gondomar	M40_37	4	5:07:55.80	08:19	0:55:47
19	3194	Domingues, Paulo	Shots International Runners	SENM37	14	5:07:58.08	08:19	0:55:49
20	3207	Rocha, Pedro	Individual	SENM37	15	5:08:47.83	08:21	0:56:39
21	3299	Faria, Joaquim	Clube Spiridon de Gaia	M40_37	5	5:08:54.51	08:21	0:56:46
22	3144	hidalgo, francisco	Individual	SENM37	16	5:11:44.70	08:26	0:59:36
23	3196	jorge, paulo	Individual	SENM37	17	5:11:45.17	08:26	0:59:36
24	3273	FERREIRA, JOSE	Individual	M50_37	1	5:17:50.40	08:35	1:05:41
25	3170	Figueiredo, José	Individual	SENM37	18	5:19:32.79	08:38	1:07:24
26	3185	Lopes, Miguel	Addicted to trail	SENM37	19	5:20:35.07	08:40	1:08:26
27	3137	carneiro, Fernando	Nast	SENM37	20	5:23:20.74	08:44	1:11:12
28	3272	Capela, José	MINHO AVENTURA	M50_37	2	5:24:34.09	08:46	1:12:25
29	3361	Rocha, Ricardo		SENM37	21	5:24:35.45	08:46	1:12:26
30	3142	Llma, Filipe	Individual	SENM37	22	5:25:45.51	08:48	1:13:37
31	3320	Gomes, Paulo	No Tomorrow Running Team	M40_37	6	5:25:46.51	08:48	1:13:38
32	3351	Pinheiro, João	Trailistas Eu é que sei	SENM37	23	5:30:51.56	08:57	1:18:43
33	3193	Seabra, Nuno	LOBA.pt	SENM37	24	5:30:52.12	08:57	1:18:43
34	3198	Oliveira, Paulo	Individual	SENM37	25	5:31:03.97	08:57	1:18:55
35	3214	Penedo, Ricardo	Individual	SENM37	26	5:31:17.06	08:57	1:19:08
36	3197	Machado, Paulo	Individual	SENM37	27	5:33:51.28	09:01	1:21:42
37	3143	Sousa, Filipe	Vira Montes	SENM37	28	5:34:09.73	09:02	1:22:01
38	3201	Barbosa, Pedro	Not Run Alone	SENM37	29	5:34:44.91	09:03	1:22:36
39	3129	Brás, Carlos	Nast	SENM37	30	5:37:51.15	09:08	1:25:42
40	3235	Pereira, Rui	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	SENM37	31	5:38:10.84	09:08	1:26:02
41	3161	Alves, Joaquim	Individual	SENM37	32	5:38:11.76	09:08	1:26:03

42	3282 Amores, Alberto	Individual	M40_37	7	<b>5:38:12.41</b>	09:08	1:26:03
43	3167 Xará, Jorge	LOBA.pt	SENM37	33	<b>5:39:15.48</b>	09:10	1:27:06
44	3292 Silva, César	Os Rompe Solas	M40_37	8	<b>5:40:52.80</b>	09:13	1:28:44
45	3327 Figueiredo, Telmo	Individual	M40_37	9	<b>5:41:02.11</b>	09:13	1:28:53
46	3301 Maia, Jorge	Budeguita Runners	M40_37	10	<b>5:41:54.30</b>	09:14	1:29:45
47	3113 Silva, Alberto	Individual	SENM37	34	<b>5:42:17.45</b>	09:15	1:30:08
48	3300 Anjos, Jorge	Individual	M40_37	11	<b>5:42:35.85</b>	09:16	1:30:27
49	3305 NUNES, JOSÉ	USGUNAS	M40_37	12	<b>5:43:45.25</b>	09:17	1:31:36
50	3140 Salvador, Fernando	Paredes Aventura	SENM37	35	<b>5:44:53.19</b>	09:19	1:32:44
51	3165 Barbosa, Jorge	PAREDES AVENTURA	SENM37	36	<b>5:44:53.66</b>	09:19	1:32:45
52	3308 Silva, Jose	Not Run Alone	M40_37	13	<b>5:48:56.21</b>	09:26	1:36:47
53	3138 Pecegueiro, Fernando	Individual	SENM37	37	<b>5:49:18.70</b>	09:26	1:37:10
54	3330 Teixeira, Eduardo	HP	M40_37	14	<b>5:51:13.70</b>	09:30	1:39:05
55	3121 PEREIRA, ANTONIO	PORTOCARGO	SENM37	38	<b>5:52:00.43</b>	09:31	1:39:51
56	3208 Escadas, Pedro	Individual	SENM37	39	<b>5:53:27.13</b>	09:33	1:41:18
57	3156 Dinis, João	Individual	SENM37	40	<b>5:54:24.13</b>	09:35	1:42:15
58	3139 Remlgado, Fernando	CCD-Siemens	SENM37	41	<b>5:55:57.01</b>	09:37	1:43:48
59	3256 CARVALHO, ELISABETE	TROCOPASSO RUNNERS	SENF37	1	<b>5:56:31.08</b>	09:38	1:44:22
60	3307 RODRIGUES, JOSÉ	TROCOPASSO RUNNERS	M40_37	15	<b>5:56:33.43</b>	09:38	1:44:24
61	3166 Fernandes, Jorge	LOBA.pt	SENM37	42	<b>5:56:59.36</b>	09:39	1:44:50
62	3324 Sousa, Pedro	Individual	M40_37	16	<b>6:00:08.49</b>	09:44	1:47:59
63	3333 Domingues, Paulo	All About	M40_37	17	<b>6:01:23.00</b>	09:46	1:49:14
64	3313 Sá, Luís	Individual	M40_37	18	<b>6:02:42.02</b>	09:48	1:50:33
65	3270 lopes, alipio	Individual	M50_37	3	<b>6:03:59.09</b>	09:50	1:51:50
66	3112 Azevedo, Alberto	Individual	SENM37	43	<b>6:05:10.75</b>	09:52	1:53:02
67	3002 Natividade, Carlos	Paredes Aventura	M50_37	4	<b>6:08:48.54</b>	09:58	1:56:40
68	3210 Correia, Ricardo	Addicted to trail	SENM37	44	<b>6:10:43.05</b>	10:01	1:58:34
69	3184 Alves, Miguel	Uma Vez Perdi-me no Monte	SENM37	45	<b>6:12:47.28</b>	10:05	2:00:38
70	3162 Gonçalves, Joaquim	Individual	SENM37	46	<b>6:12:48.35</b>	10:05	2:00:39
71	3187 Abreu, Nuno	Individual	SENM37	47	<b>6:13:13.79</b>	10:05	2:01:05
72	3309 Verraest, Lieven	Individual	M40_37	19	<b>6:14:07.03</b>	10:07	2:01:58
73	3316 Silva, Nuno	Turbulentos	M40_37	20	<b>6:15:29.00</b>	10:09	2:03:20
74	3263 Rosa, Marta	Addicted to trail	SENF37	2	<b>6:15:29.91</b>	10:09	2:03:21
75	3264 Lage, Paula	Individual	SENF37	3	<b>6:16:30.29</b>	10:11	2:04:21
76	3127 Quelhas, Manuel	Paredes Aventura	SENM37	48	<b>6:16:30.73</b>	10:11	2:04:22
77	3348 Travessas, Sandra	Turbulentos	F40_37	2	<b>6:16:53.83</b>	10:11	2:04:45
78	3199 Rodrigues, Paulo	Individual	SENM37	49	<b>6:18:38.34</b>	10:14	2:06:29
79	3118 Santos, André	Rainha Club	SENM37	50	<b>6:18:43.11</b>	10:14	2:06:34
80	3346 González, Margarita	Individual	F40_37	3	<b>6:19:19.13</b>	10:15	2:07:10
81	3323 Machado, Paulo	Individual	M40_37	21	<b>6:19:43.05</b>	10:16	2:07:34
82	3311 Gonçalves, Luis	Individual	M40_37	22	<b>6:19:43.43</b>	10:16	2:07:34
83	3278 MOREIRA, PAULO	Individual	M50_37	5	<b>6:20:03.69</b>	10:16	2:07:55
84	3152 Teixeira, Hugo	Individual	SENM37	51	<b>6:21:41.29</b>	10:19	2:09:32
85	3181 Escadas, Marco	Individual	SENM37	52	<b>6:21:41.59</b>	10:19	2:09:33
86	3222 CARVALHO, SÉRGIO	Individual	SENM37	53	<b>6:23:32.62</b>	10:22	2:11:24
87	3146 Cardoso, Germano	Individual	SENM37	54	<b>6:23:34.55</b>	10:22	2:11:26
88	3151 Rocha, Helder	Individual	SENM37	55	<b>6:23:59.03</b>	10:23	2:11:50
89	3172 Vidal, José	Individual	SENM37	56	<b>6:24:00.56</b>	10:23	2:11:52
90	3178 Mendes, Manuel	Rainha Club	SENM37	57	<b>6:25:07.74</b>	10:25	2:12:59
91	3224 Lages, Telmo	Individual	SENM37	58	<b>6:25:09.93</b>	10:25	2:13:01
92	3126 Azevedo, Carlos	Individual	SENM37	59	<b>6:26:09.25</b>	10:26	2:14:00
93	3265 Campos, Raquel	Shots International Runners	SENF37	4	<b>6:26:11.16</b>	10:26	2:14:02
94	3212 Henriques, Ricardo	Shots International Runners	SENM37	60	<b>6:26:12.68</b>	10:26	2:14:04
95	3180 Dias, Marco	Individual	SENM37	61	<b>6:26:14.33</b>	10:26	2:14:05
96	3183 Oliveira, Mário	Shots International Runners	SENM37	62	<b>6:26:14.71</b>	10:26	2:14:06
97	3312 LEÇA, LUIS	TROCOPASSO RUNNERS	M40_37	23	<b>6:26:49.34</b>	10:27	2:14:40

98	3004	Madureira, Flor	Leões do Veneza	F40_37	4	<b>6:26:50.86</b>	10:27	2:14:42
99	3168	sousa, jose	Individual	SENM37	63	<b>6:26:57.55</b>	10:28	2:14:49
100	3298	Silva, Joaquim	Individual	M40_37	24	<b>6:27:06.00</b>	10:28	2:14:57
101	3188	Gonçalves, Nuno	Individual	SENM37	64	<b>6:29:19.81</b>	10:31	2:17:11
102	3157	Gonçalves, João	Individual	SENM37	65	<b>6:31:38.88</b>	10:35	2:19:30
103	3281	Silva, Adelino	CCD-Siemens	M40_37	25	<b>6:32:10.14</b>	10:36	2:20:01
104	3303	Santos, Jose	Individual	M40_37	26	<b>6:33:03.08</b>	10:37	2:20:54
105	3128	Magalhães, Carlos	Umaaventuraem.com	SENM37	66	<b>6:33:27.05</b>	10:38	2:21:18
106	3253	Craveiro, Blandina	Addicted to trail	SENF37	5	<b>6:35:18.93</b>	10:41	2:23:10
107	3276	Meneses, Mário	Individual	M50_37	6	<b>6:36:24.13</b>	10:43	2:24:15
108	3291	NAVEGA, CARLOS	SEM ROTA	M40_37	27	<b>6:40:16.70</b>	10:49	2:28:08
109	3335	Sousa, Paulo	All About	M40_37	28	<b>6:41:04.15</b>	10:50	2:28:55
110	3293	BARREIRO, DAVID	Individual	M40_37	29	<b>6:41:27.40</b>	10:51	2:29:18
111	3321	Lucas, Paulo	Individual	M40_37	30	<b>6:47:03.69</b>	11:00	2:34:55
112	3204	Gonçalves, Pedro	Individual	SENM37	67	<b>6:49:29.03</b>	11:04	2:37:20
113	3325	Fernandes, Rui	Individual	M40_37	31	<b>6:50:20.18</b>	11:05	2:38:11
114	3329	Ferreira, Mário	ADEFACEC / VC Máquinas e Ferramentas	M40_37	32	<b>6:51:14.23</b>	11:07	2:39:05
115	3116	Oliveira, André	ANDRÉ OLIVEIRA	SENM37	68	<b>6:51:51.31</b>	11:08	2:39:42
116	3205	Pereira, Pedro	Individual	SENM37	69	<b>6:51:54.14</b>	11:08	2:39:45
117	3136	Neves, Fausto	Individual	SENM37	70	<b>6:52:01.78</b>	11:08	2:39:53
118	3304	Neves, José	Voleibol Runners	M40_37	33	<b>6:54:59.99</b>	11:13	2:42:51
119	3334	Brandão, Manuel	All About	M40_37	34	<b>6:55:36.65</b>	11:14	2:43:28
120	3173	Silva, José	Individual	SENM37	71	<b>6:55:40.40</b>	11:14	2:43:31
121	3227	Borges, Tiago	Individual	SENM37	72	<b>6:59:20.45</b>	11:20	2:47:11
122	3288	Martins, António	Individual	M40_37	35	<b>7:01:17.83</b>	11:23	2:49:09
123	3290	Martins, Carlos	Individual	M40_37	36	<b>7:01:26.95</b>	11:23	2:49:18
124	3268	Neta, Susana	Individual	SENF37	6	<b>7:02:43.35</b>	11:25	2:50:34
125	3145	Santos, Geraldo	Individual	SENM37	73	<b>7:06:16.30</b>	11:31	2:54:07
126	3155	Fernandes, João	Individual	SENM37	74	<b>7:06:32.34</b>	11:32	2:54:23
127	3174	Rocha, Luis	Individual	SENM37	75	<b>7:06:59.34</b>	11:32	2:54:50
128	3331	Correia, Elísio	HP	M40_37	37	<b>7:11:21.95</b>	11:40	2:59:13
129	3306	pacheco, jose	ALL ABOUT	M40_37	38	<b>7:11:31.36</b>	11:40	2:59:22
130	3192	Pinto, Nuno	Umaaventuraem.com	SENM37	76	<b>7:14:30.11</b>	11:45	3:02:21
131	3171	Jesus, José	Individual	SENM37	77	<b>7:16:24.66</b>	11:48	3:04:16
132	3223	Vidal, Sérgio	Individual	SENM37	78	<b>7:18:33.26</b>	11:51	3:06:24
133	3189	Ferreira, Nuno	CCD-Siemens	SENM37	79	<b>7:21:32.17</b>	11:56	3:09:23
134	3234	Martins, Rui	All About	SENM37	80	<b>7:24:22.65</b>	12:01	3:12:14
135	3349	Santos, Paula	All About	F40_37	5	<b>7:24:24.25</b>	12:01	3:12:15
136	3280	Malheiro, Abílio	Individual	M40_37	39	<b>7:24:25.59</b>	12:01	3:12:17
137	3332	Silva, Marco	All About	M40_37	40	<b>7:24:26.28</b>	12:01	3:12:17
138	3231	Gomes, Francisco	Shots International Runners	SENM37	81	<b>7:24:27.14</b>	12:01	3:12:18
139	3259	Silva, Liliana	Rainha Club	SENF37	7	<b>7:24:28.61</b>	12:01	3:12:20
140	3135	RAINHO, EURICO	Individual	SENM37	82	<b>7:26:23.35</b>	12:04	3:14:14
141	3317	Abreu, Nuno	Individual	M40_37	41	<b>7:26:23.36</b>	12:04	3:14:14
142	3344	FARIA, MANUELA	PORTOCARGO	F40_37	6	<b>7:26:40.00</b>	12:04	3:14:31
143	3133	RAMALHÃO, DANIEL	PORTOCARGO	SENM37	83	<b>7:26:41.37</b>	12:04	3:14:32
144	3158	Fernandes, Joao	Individual	SENM37	84	<b>7:26:51.52</b>	12:05	3:14:43
145	3195	EUSÉBIO, PAULO	DESPORTONOLIMITE	SENM37	85	<b>7:27:16.77</b>	12:05	3:15:08
146	3179	Silva, Márcio	Individual	SENM37	86	<b>7:27:17.81</b>	12:05	3:15:09
147	3164	BAOBOSA, JORGE	DESPORTONOLIMITE	SENM37	87	<b>7:27:54.20</b>	12:06	3:15:45
148	3175	Terêncio, Luis	Individual	SENM37	88	<b>7:28:01.29</b>	12:07	3:15:52
149	3203	Magalhães, Pedro	Individual	SENM37	89	<b>7:28:31.10</b>	12:07	3:16:22
150	3225	Mendonça, Telmo	Individual	SENM37	90	<b>7:29:07.13</b>	12:08	3:16:58
151	3169	Bessa, José	Individual	SENM37	91	<b>7:32:37.04</b>	12:14	3:20:28
152	3319	Alves, Paulo	Individual	M40_37	42	<b>7:34:05.43</b>	12:16	3:21:56
153	3274	sousa, josé	os barriguitas	M50_37	7	<b>7:35:12.68</b>	12:18	3:23:04

154	3217	Sousa, Ricardo	Individual	SENM37	92	<b>7:35:15.39</b>	12:18	3:23:06
155	3209	Carvalho, Renato	Individual	SENM37	93	<b>7:35:16.07</b>	12:18	3:23:07
156	3261	Pedro, Margarida	Individual	SENF37	8	<b>7:35:24.30</b>	12:18	3:23:15
157	3254	Monteiro, Carla	Individual	SENF37	9	<b>7:37:08.03</b>	12:21	3:24:59
158	3283	Guimarães, Alberto	Individual	M40_37	43	<b>7:37:08.24</b>	12:21	3:24:59
159	3229	Cunha, Tomas	Individual	SENM37	94	<b>7:39:15.72</b>	12:25	3:27:07
160	3159	Oliveira, João	PRT/AD Quinta	SENM37	95	<b>7:41:24.83</b>	12:28	3:29:16
161	3211	Reis, Ricardo	Individual	SENM37	96	<b>7:41:28.12</b>	12:28	3:29:19
162	3350	Vieira, Vania	Individual	SENF37	10	<b>7:42:20.13</b>	12:30	3:30:11
163	3347	Oliveira, Paula	Individual	F40_37	7	<b>7:45:08.30</b>	12:34	3:32:59
164	3218	Carvalho, Rodolfo	Individual	SENM37	97	<b>7:53:21.25</b>	12:48	3:41:12
165	3110	Santos, Acácio	Individual	SENM37	98	<b>7:53:22.16</b>	12:48	3:41:13
166	3132	Gomes, Celestino	Individual	SENM37	99	<b>8:01:21.50</b>	13:01	3:49:13
167	3255	Freitas, Cristina	Melres Trail Running - Ordem para Arriar	SENF37	11	<b>8:02:04.37</b>	13:02	3:49:55
168	3200	Serra, Paulo	Individual	SENM37	100	<b>8:08:08.52</b>	13:12	3:56:00
169	3258	SOUSA, JOANA	Individual	SENF37	12	<b>8:16:19.85</b>	13:25	4:04:11
170	3285	Fernandes, Antonio	Individual	M40_37	44	<b>8:16:19.96</b>	13:25	4:04:11
171	3275	Sampaio, Manuel	Individual	M50_37	8	<b>8:16:20.16</b>	13:25	4:04:11
172	3123	Moura, Bruno	Individual	SENM37	101	<b>8:16:20.66</b>	13:25	4:04:12
173	3340	Fernandes, Alexandra	Individual	F40_37	8	<b>8:16:21.60</b>	13:25	4:04:13
174	3266	Andrade, Raquel	Individual	SENF37	13	<b>8:16:22.09</b>	13:25	4:04:13
175	3122	Pinheiro, António	Team Duas Faces	SENM37	102	<b>8:32:13.70</b>	13:51	4:20:05
176	3296	Malhão, João	Individual	M40_37	45	<b>8:34:58.54</b>	13:55	4:22:50
177	3176	Queirós, Luís	Individual	SENM37	103	<b>8:37:34.75</b>	13:59	4:25:26
178	3250	Rosa, Ana	Addicted to trail	SENF37	14	<b>8:52:07.25</b>	14:23	4:39:58
179	3318	Costa, Paulo	Individual	M40_37	46	<b>8:53:05.42</b>	14:24	4:40:56
180	3287	Franco, Antonio	Os Finos	M40_37	47	<b>8:53:40.17</b>	14:25	4:41:31
181	3289	Maia, Carlos	Os Finos	M40_37	48	<b>8:53:40.52</b>	14:25	4:41:32
182	3286	Oliveira, António	Os Finos	M40_37	49	<b>8:53:41.88</b>	14:25	4:41:33
183	3252	Marques, Ana	FASTaoprato	SENF37	15	<b>8:58:51.52</b>	14:34	4:46:43
184	3322	Soares, Paulo	Individual	M40_37	50	<b>9:01:03.09</b>	14:37	4:48:54
185	3260	Figueiroa, Margarida	Individual	SENF37	16	<b>9:01:04.45</b>	14:37	4:48:55
186	3341	ALVES, FERNANDA	TOU QUE NEM POSSO	F40_37	9	<b>9:02:03.01</b>	14:39	4:49:54
187	3342	ARAÚJO, ISABEL	TOU QUE NEM POSSO	F40_37	10	<b>9:02:03.27</b>	14:39	4:49:54
188	3277	SOARES, MÁRIO	TOU QUE NEM POSSO	M50_37	9	<b>9:02:04.22</b>	14:39	4:49:55