



II Trail Solidario Ribeirão



Classificação Geral

Trail 16 km

Pos.	Dor.	Nome	Clube	Cat.	Pos.Cat	Tempo	T/Km.	Dif.
1	221	José Teixeira,	Fisioactive	M40M	1	1:10:25.06	04:24	
2	207	Carlos Queiros,	A.D.Amarante Trail Running	SENM	1	1:12:23.44	04:31	0:01:58
3	23	Marco Santos,	Team Corpus 3	SENM	2	1:12:34.68	04:32	0:02:10
4	220	José Araújo,	Fisioactive	M45M	1	1:13:45.18	04:37	0:03:20
5	44	João Cruz,	CB RUN	SENM	3	1:13:52.41	04:37	0:03:27
6	298	Armindo Araújo,	Liberdade F C	M50M	1	1:13:52.68	04:37	0:03:28
7	94	Ricardo Miranda,	Aguias de Alvelos	SENM	4	1:16:00.66	04:45	0:05:36
8	37	Sérgio Monteiro,	Team Corpus 6	SENM	5	1:16:14.00	04:46	0:05:49
9	183	Renato Costa,	Fisioactive	SENM	6	1:16:18.86	04:46	0:05:54
10	73	Gualter Freitas,	Guimarruning Fisiovera Lemos	M45M	2	1:16:20.48	04:46	0:05:55
11	93	Marcelo Martins,	EDL Trail	SENM	7	1:16:22.89	04:46	0:05:58
12	337	Manuel Vieira,	A.D.Amarante Trail Running	M45M	3	1:16:31.74	04:47	0:06:07
13	284	Antonio Moreira,	INSANOS	M40M	2	1:16:50.60	04:48	0:06:26
14	342	Tiago Sousa,	Team Lantemil	SENM	8	1:17:51.01	04:52	0:07:26
15	115	Marco Andrade,	AFIPRE TEAM / CHRONO.PT	M40M	3	1:18:03.63	04:53	0:07:39
16	4	Paulo Oliveira,	Team Corpus 5	S25M	1	1:18:21.95	04:54	0:07:57
17	182	Ricardo Campos,	Fisioactive	M35M	1	1:18:30.01	04:54	0:08:05
18	99	SERGIO MARTINS,	A.R.DE NEGRELOS	M45M	4	1:18:49.75	04:56	0:08:25
19	155	Rui Pinto,		M40M	4	1:18:58.89	04:56	0:08:34
20	343	Rafael Sá,	Team Corpus 7	S25M	2	1:19:03.77	04:56	0:08:39
21	300	Diogo Costa,	B. V Famalicão	S25M	3	1:19:03.94	04:56	0:08:39
22	70	JORGE FERREIRA,	GD AIRÃO CURVIÃ	M40M	5	1:19:32.82	04:58	0:09:08
23	68	Sérgio Pereira,	ErmidaFit	SENM	9	1:19:46.90	04:59	0:09:22
24	170	Pedro Maciel,	Dragon Club	M35M	2	1:20:07.75	05:00	0:09:43
25	194	Luís Sousa,	Airorun	SENM	10	1:20:30.06	05:02	0:10:05
26	224	Paulo Duarte,	Alexandra Carvalho Team	S25M	4	1:20:35.78	05:02	0:10:11
27	306	Vitor Ferreira,	Atlético Clube Vale São Cosme	SENM	11	1:20:36.66	05:02	0:10:12
28	331	Sérgio Sampaio,	FisioPedro	M40M	6	1:20:43.91	05:03	0:10:19
29	334	Tozé carvalho,	AFIPRE TEAM / CHRONO.PT	M40M	7	1:20:57.91	05:04	0:10:33
30	178	Carlos Silva,	Airorun	SENM	12	1:21:00.75	05:04	0:10:36
31	40	Duarte Barbosa,		M45M	5	1:21:07.14	05:04	0:10:42
32	51	Pedro Fernandes,	Amigos Do Empeno - Trail Running	S25M	5	1:21:07.93	05:04	0:10:43
33	134	Ricardo Rocha,	FAST AO KM	M40M	8	1:21:32.80	05:06	0:11:08
34	24	Paulo Gomes,	Team Corpus 4	SENM	13	1:21:57.28	05:07	0:11:32
35	96	André Mesquita Guimarães,	Fisioactive	M40M	9	1:21:57.90	05:07	0:11:33
36	192	Alipio Fernandes,	Petro Basto	M55M	1	1:22:41.36	05:10	0:12:16
37	75	Nuno Simões,	Pamuk	M45M	6	1:22:51.03	05:11	0:12:26
38	176	Francisco Carneiro,	AD Esmeriz Running	M40M	10	1:22:55.20	05:11	0:12:30
39	186	Jorge Araújo,	Fisioactive	M50M	2	1:23:04.70	05:12	0:12:40
40	339	Jose Dias,	AD Esmeriz Running	M55M	2	1:23:28.82	05:13	0:13:04
41	338	Sem Nome,		??????		1:23:37.62	05:14	0:13:13
42	254	Fernando Silva,	Alexandra Carvalho Team	M40M	11	1:23:59.12	05:15	0:13:34
43	98	MANUEL GOMES,	A.R.DE NEGRELOS	M50M	3	1:24:17.27	05:16	0:13:52

44	100 Joaquim Silva,	Team Lantemil	M45M	7	1:24:19.24	05:16	0:13:54
45	97 LUIS MARTINS,	A.R.DE NEGRELOS	M55M	3	1:24:27.79	05:17	0:14:03
46	256 Tiago Araújo,		SENM	14	1:24:33.60	05:17	0:14:09
47	149 RICARDO CASTRO,	PÓ NA LAMA TRAIL RUNNERS	M35M	3	1:24:34.32	05:17	0:14:09
48	54 Ricardo Maia,	Team Lantemil	SENM	15	1:24:36.59	05:17	0:14:12
49	279 JOSE COSTA Costa,	Fisioactive	M45M	8	1:24:48.81	05:18	0:14:24
50	7 Luís Costa,	ribeirao	S25M	6	1:25:30.63	05:21	0:15:06
51	321 Manuel Gomes,	Fama Runners	M45M	9	1:25:44.30	05:22	0:15:19
52	21 Paulo Coelho,	Clube atletismo de fafe	M45M	10	1:26:13.24	05:23	0:15:48
53	199 Manuel Costa,	A.C. VERMOIM	M55M	4	1:27:16.04	05:27	0:16:51
54	225 Tozé Ls,	Dragon Club	M40M	12	1:27:32.32	05:28	0:17:07
55	218 Francisco Morais,	Fisioactive	M40M	13	1:27:33.32	05:28	0:17:08
56	308 Miguel Pereira,	Lobos do Monte	M40M	14	1:27:57.53	05:30	0:17:33
57	252 Álvaro Sousa,	Os Santa Apolónia	M45M	11	1:27:58.21	05:30	0:17:33
58	60 David Ferreira,	Amigos do Empeno - Trail Running	M35M	4	1:27:58.55	05:30	0:17:34
59	160 Ricardo Pais,	ErmidaFit	M35M	5	1:28:20.48	05:31	0:17:55
60	309 Fausto Teixeira,	Lobos do Monte	M45M	12	1:28:40.03	05:33	0:18:15
61	230 Jorge Ferreira,		M45M	13	1:28:40.43	05:33	0:18:15
62	255 Miguel Freitas,	PÓ NA LAMA TRAIL RUNNERS	M35M	6	1:28:43.21	05:33	0:18:18
63	250 Vitor Horácio Correia,	Team Lantemil	M35M	7	1:29:09.11	05:34	0:18:44
64	210 Gilberto Ribeiro,		M40M	15	1:29:18.24	05:35	0:18:53
65	217 Martinho Costa,		M50M	4	1:29:22.11	05:35	0:18:57
66	332 Daniel Magalhães,	FisioPedro	SENM	16	1:29:22.42	05:35	0:18:57
67	74 Marcos Ourives,	2MUCHRUN	M35M	8	1:29:37.59	05:36	0:19:13
68	63 Bruno Pereira,	Fisioactive	M35M	9	1:29:45.55	05:37	0:19:21
69	116 Paulo Abreu,	AFIPRE TEAM / CHRONO.PT	M45M	14	1:29:52.34	05:37	0:19:27
70	171 Daniel Reis,		M35M	10	1:30:04.30	05:38	0:19:39
71	329 Miguel Gonçalves,	FisioPedro	SENM	17	1:30:12.10	05:38	0:19:47
72	191 Filipe Martinho,	Super Lesmas	M40M	16	1:30:21.07	05:39	0:19:56
73	219 Abílio Faria,	Fisioactive	M50M	5	1:30:45.31	05:40	0:20:20
74	196 Daniel Rocha,	Gaviões	M40M	17	1:30:46.00	05:40	0:20:21
75	195 Paulo Moreira,	Gaviões	M45M	15	1:30:47.00	05:40	0:20:22
76	55 Nuno Reis,		M40M	18	1:31:04.76	05:42	0:20:40
77	130 José Costa,	A.C. VERMOIM	M50M	6	1:31:07.44	05:42	0:20:42
78	349 Helder,	ARPO	M35M	11	1:31:12.19	05:42	0:20:47
79	141 António Neto,	TRIFITROFA	M60M	1	1:31:39.92	05:44	0:21:15
80	41 Rui Silva,		SENM	18	1:32:46.12	05:48	0:22:21
81	253 Filipe Faria,		M35M	12	1:33:22.39	05:50	0:22:57
82	148 ANDRÉ OLIVEIRA,	PÓ NA LAMA TRAIL RUNNERS	M35M	13	1:33:33.96	05:51	0:23:09
83	245 Tó Machado,	Por Joane	M50M	7	1:33:54.94	05:52	0:23:30
84	246 Xavier Oliveira,	Por Joane	M45M	16	1:33:55.35	05:52	0:23:30
85	26 Eduardo Barbosa,	Bota & Siga	M40M	19	1:34:00.88	05:53	0:23:36
86	11 Hugo Ramos,	MAGNUNSSSENS	M35M	14	1:34:26.97	05:54	0:24:02
87	2 Filipe Rodrigues,	Team Lantemil	M35M	15	1:34:34.97	05:55	0:24:10
88	85 Emanuel Freitas,	Team Lantemil	SENM	19	1:35:11.66	05:57	0:24:47
89	328 João Pedro Silva,	FisioPedro	M35M	16	1:35:27.00	05:58	0:25:02
90	264 Joao Paulo Soares,	Trofamteam	SENM	20	1:35:32.54	05:58	0:25:08
91	164 Silvério Pereira,	ErmidaFit	M45M	17	1:35:51.97	05:59	0:25:27
92	175 Filipe Ribeiro,	A.C. VERMOIM	M45M	18	1:35:52.91	06:00	0:25:28
93	82 Pedro Catarino,	Dragon Club	SENM	21	1:36:16.15	06:01	0:25:51
94	324 Jose Sousa,	Lebres do Sado	M45M	19	1:36:18.89	06:01	0:25:54
95	323 Paulo Leite,		M45M	20	1:36:30.29	06:02	0:26:05
96	32 Rui Azevedo,		M45M	21	1:36:53.67	06:03	0:26:29
97	258 Sandra Castro,	PÓ NA LAMA TRAIL RUNNERS	SENF	1	1:36:56.42	06:04	0:26:31
98	267 jose gonçalves,	CALCANTES	M50M	8	1:37:00.99	06:04	0:26:36
99	198 Telmo Garcia,	Amigos Das Cubas	S25M	7	1:37:07.73	06:04	0:26:43
100	72 Paulo Ribeiro,	Dragon Club	M45M	22	1:37:12.20	06:05	0:26:47
101	58 Fernando Duarte Ferreira,	Porto	M60M	2	1:37:14.67	06:05	0:26:50
102	129 Ricardo Maia,	Amigos das cubas	S25M	8	1:37:22.15	06:05	0:26:57

103	12 José Oliveira,	Strong Team	M50M	9	1:37:23.80	06:05	0:26:59
104	229 Patrícia Carvalho,	Amigos Do Empeno - Trail Running	SENF	2	1:37:27.89	06:05	0:27:03
105	84 Ricardo Alves,		M35M	17	1:37:29.84	06:06	0:27:05
106	38 Miguel Mendes,	Fisioactive	M45M	23	1:38:59.21	06:11	0:28:34
107	165 Daniel Marco Gomes Miranda,	Os Pastilhas	M40M	20	1:39:00.03	06:11	0:28:35
108	212 Ricardo ferreira,	Gaviões	M40M	21	1:39:12.94	06:12	0:28:48
109	241 Alexandre Sá,		SENM	22	1:39:46.61	06:14	0:29:22
110	177 Ana Santos,		S25F	1	1:40:53.62	06:18	0:30:29
111	214 Manuel silva,	Gaviões	M50M	10	1:40:55.01	06:18	0:30:30
112	211 Domingos Pereira,	Gaviões	M50M	11	1:41:00.78	06:19	0:30:36
113	213 Tiago Cunha,	Gaviões	M35M	18	1:41:01.39	06:19	0:30:36
114	325 Nuno Neto,	AD Esmeriz Running	SENM	23	1:41:19.78	06:20	0:30:55
115	341 Adriano Ferreira,		M50M	12	1:41:23.49	06:20	0:30:58
116	90 José Freitas,	Ad.Pedome	M45M	24	1:41:26.02	06:20	0:31:01
117	18 Sandra Silva,	Befitness Runners	M35F	1	1:41:44.41	06:22	0:31:19
118	47 Flavio Ferreira,		SENM	24	1:41:52.60	06:22	0:31:28
119	19 Celina Silva,	ASSOCIAÇÃO FIGUEIREDO .S RUI	M35F	2	1:41:56.89	06:22	0:31:32
120	83 Armindo Fernandes,		M50M	13	1:41:58.56	06:22	0:31:34
121	20 Fernando Costa Costa,	Fertur	M55M	5	1:42:04.82	06:23	0:31:40
122	222 José Magalhães,	Fisioactive	M60M	3	1:42:13.97	06:23	0:31:49
123	53 Miguel Teixeira,	Team Lantemil	M40M	22	1:42:14.33	06:23	0:31:49
124	76 Raquel Guimarães,	Pamuk	M45F	1	1:42:26.51	06:24	0:32:02
125	46 Armindo Ferreira,		M50M	14	1:43:19.89	06:27	0:32:55
126	242 Lola Pereira,	Por Joane	M35F	3	1:43:22.27	06:28	0:32:57
127	92 Tiago Fernandes,	Eu e o meu primo	SENM	25	1:43:22.58	06:28	0:32:58
128	61 António Manuel Abreu Coelho,	Trofa	M40M	23	1:43:27.84	06:28	0:33:03
129	283 Helder Neves,	EM'FORÇA	SENM	26	1:43:46.60	06:29	0:33:22
130	344 Miguel Barbosa,	GDU Oliveirençe	M40M	24	1:44:46.65	06:33	0:34:22
131	132 Bruno Pereira,		M35M	19	1:45:10.92	06:34	0:34:46
132	147 Joana Maia,	Alexandra carvalho team	S25F	2	1:45:51.39	06:37	0:35:26
133	303 ***** , Dorsal 303		??????		1:45:55.36	06:37	0:35:30
134	251 João Machado,	Fisioactive	M35M	20	1:45:55.75	06:37	0:35:31
135	326 ***** , Dorsal 326		??????		1:46:01.52	06:38	0:35:37
136	299 Fancisco Maia,	B. V Famalicão	M45M	25	1:46:02.56	06:38	0:35:38
137	215 Manuel Paiva,	Gaviões	M45M	26	1:46:11.07	06:38	0:35:46
138	345 Augusto carvalho,	GDU Oliveirençe	SENM	27	1:46:13.00	06:38	0:35:48
139	273 Nuno Ramos,	Bota & Siga	S25M	9	1:46:29.42	06:39	0:36:04
140	275 Vera Moreira,	Trofamteam	SENF	3	1:46:47.92	06:40	0:36:23
141	9 João Maia,	MAGNUNSSSENS	SENM	28	1:47:09.40	06:42	0:36:44
142	197 Paulo Araújo,	Paulo Araújo	M45M	27	1:47:42.73	06:44	0:37:18
143	79 Vasco Costa,	Vila Nova de Famalicão	SENM	29	1:47:49.00	06:44	0:37:24
144	335 Paula Cristina,	Runners TV	M40F	1	1:47:53.68	06:45	0:37:29
145	104 Luis Serra,	Team Lantemil	M60M	4	1:48:11.16	06:46	0:37:46
146	304 vasco Faria,	CB RUN	M35M	21	1:49:22.01	06:50	0:38:57
147	120 Paulo Monteiro,	TIRSO TEAM	M40M	25	1:49:27.05	06:50	0:39:02
148	336 Carina Silva,	Alexandra Carvalho team	SENF	4	1:50:05.58	06:53	0:39:41
149	52 Lopes Armindo,	Fisioactive	M50M	15	1:50:07.81	06:53	0:39:43
150	88 Raul Silva,	Ad.Pedome	M45M	28	1:50:46.19	06:55	0:40:21
151	244 Davide Melo,	Por Joane	M45M	29	1:52:04.86	07:00	0:41:40
152	262 Maria Teixeira,		M50F	1	1:52:32.34	07:02	0:42:07
153	240 Marisa Doreta,		M40F	2	1:52:33.00	07:02	0:42:08
154	174 Filipe Martins,	Bora lá	M40M	26	1:53:08.62	07:04	0:42:44
155	173 Gonçalo Correia,	Bora lá	M40M	27	1:53:09.62	07:04	0:42:45
156	163 Anabela Gonçalves,	ErmidaFit	M45F	2	1:53:23.50	07:05	0:42:59
157	278 Hugo Costa,	ProFisio Team	SENM	30	1:53:25.09	07:05	0:43:00
158	167 Tiago Pereira,	Os Pastilhas	S25M	10	1:53:55.16	07:07	0:43:30
159	150 Avelino Pereira,	Bota & Siga	M45M	30	1:54:07.45	07:08	0:43:42
160	135 Manuel Rocha,	FAST AO KM	M60M	5	1:54:16.87	07:09	0:43:52
161	5 Catarina Santos,	AS TRAILERS	SENF	5	1:54:27.63	07:09	0:44:03

162	312 Sérgio Costa,		SENM	31	1:54:29.54	07:09	0:44:05
163	259 Marta Fonseca,		M45F	3	1:54:38.64	07:10	0:44:14
164	22 Pedro Nuno Silva,	Kiquipa	M35M	22	1:54:42.70	07:10	0:44:18
165	158 Ricardo Costa,	HabCarpintaria	SENM	32	1:54:57.18	07:11	0:44:32
166	190 Pedro Silva,	Maganha - Trofa	M40M	28	1:56:00.00	07:15	0:45:35
167	25 António Caridade,	Team Lantemil	M40M	29	1:56:41.40	07:18	0:46:16
168	33 André da Silva,	Team Lantemil	M40M	30	1:56:41.49	07:18	0:46:16
169	81 Carlos Ribeiro,	Bota & Siga	M40M	31	1:56:52.57	07:18	0:46:28
170	276 Lucas Maia Silva Silva,		M40M	32	1:56:52.78	07:18	0:46:28
171	59 André Malheiro,		M35M	23	1:57:18.08	07:20	0:46:53
172	13 Vitor Cerqueira,	Casa FC Porto de VN Famalicão	SENM	33	1:57:49.42	07:22	0:47:24
173	243 José Moreira,	Por Joane	M55M	6	1:57:49.87	07:22	0:47:25
174	10 Emanuel Correia,	MAGNUNSSSENS	S25M	11	1:58:02.31	07:23	0:47:37
175	62 Rogério Ribeiro,	Kiquipa	M40M	33	1:58:04.67	07:23	0:47:40
176	307 Alzira Armado,	Lobos do Monte	M45F	4	1:58:17.89	07:24	0:47:53
177	8 Paulo Santos,	MAGNUNSSSENS	M35M	24	1:58:20.31	07:24	0:47:55
178	34 Carlos Morais,		M45M	31	1:58:36.16	07:25	0:48:11
179	30 LUIS MAGALHAES,	AS TRAILERS	M40M	34	1:58:39.55	07:25	0:48:15
180	28 CELIA ALVES,	AS TRAILERS	M45F	5	1:58:39.59	07:25	0:48:15
181	305 Hugo Peixoto,	CB RUN	S25M	12	1:58:45.76	07:25	0:48:21
182	42 Maria José Alves,	CB RUN	SENF	6	1:58:46.05	07:25	0:48:21
183	95 Raquel Maia,	Alexandra Carvalho Team	SENF	7	1:58:49.73	07:26	0:48:25
184	39 Isabel Fernandes,	Fisioactive	M45F	6	1:58:58.72	07:26	0:48:34
185	14 Carla Sofia Araújo,	Team Lantemil	M35F	4	1:59:04.12	07:27	0:48:39
186	15 Miguel Araújo,	Team Lantemil	M40M	35	1:59:04.93	07:27	0:48:40
187	340 S/nome, S/nome		??????		2:00:31.74	07:32	0:50:07
188	200 Jorge Azevedo,		M40M	36	2:01:04.41	07:34	0:50:39
189	185 Luís Pereira,	Team Lantemil	M40M	37	2:01:06.23	07:34	0:50:41
190	237 António Gonçalves,		M55M	7	2:01:37.46	07:36	0:51:12
191	78 Bruno Guedes,	Porto Sentido Runners	M35M	25	2:01:38.91	07:36	0:51:14
192	260 Sebastião Pereira,		M45M	32	2:01:43.04	07:36	0:51:18
193	346 João Carvalho,	GDU Oliveirençe	SENM	34	2:02:16.18	07:39	0:51:51
194	80 Nelson Oliveira,		SENM	35	2:06:23.21	07:54	0:55:58
195	327 Cararina Reis,	Lobos do Monte	SENF	8	2:09:11.22	08:04	0:58:46
196	310 Carvalho Lusos XXI,	LUSOS XXI	M35M	26	2:09:11.46	08:04	0:58:46
197	216 Alfredo Machado,	Casa FC Porto de VN Famalicão	M45M	33	2:11:32.70	08:13	1:01:08
198	101 Maria José Santos,	Team Lantemil	M50F	2	2:11:32.81	08:13	1:01:08
199	294 Patricia Silva,	Opraticante.pt	M35F	5	2:12:41.03	08:18	1:02:16
200	295 Susana Rodrigues,	Opraticante.pt	M40F	3	2:12:42.48	08:18	1:02:17
201	179 Joaquim Ferreira,	A.C. VERMOIM	M55M	8	2:13:27.00	08:20	1:03:02
202	180 Fátima Azevedo,	A.C. VERMOIM	M45F	7	2:13:29.07	08:21	1:03:04
203	29 PAULA AFONSO,	AS TRAILERS	M40F	4	2:13:34.72	08:21	1:03:10
204	103 Mario Vilaca,		M35M	27	2:15:57.59	08:30	1:05:33
205	266 André Cunha,	cUnHaX	S25M	13	2:17:53.80	08:37	1:07:29
206	105 Bruno Vasconcelos,		M35M	28	2:18:49.66	08:41	1:08:25
207	106 otilia azevedo,		M35F	6	2:18:50.34	08:41	1:08:25
208	347 Bruna Cadilha,		S25F	3	2:20:02.62	08:45	1:09:38
209	187 Adriano Ferreira,	AD Carril	M35M	29	2:20:03.18	08:45	1:09:38
210	138 Daniela Sousa,		M35F	7	2:20:27.26	08:47	1:10:02
211	139 Rui Pereira,		M40M	38	2:20:27.34	08:47	1:10:02
212	31 PAULA SANTOS,	AS TRAILERS	M40F	5	2:23:13.71	08:57	1:12:49
213	293 Nuno Fernandes,	Opraticante.pt	SENM	36	2:23:56.09	09:00	1:13:31
214	330 José Pedro Cunha,	FisioPedro	SENM	37	2:25:02.28	09:04	1:14:37
215	188 Manuela Cadilhe,		M45F	8	2:26:40.06	09:10	1:16:15
216	265 Raul Cunha,	cUnHaX	M50M	16	2:26:59.69	09:11	1:16:35
217	16 Vítor Mendes,	Befitness Runners	M35M	30	2:31:29.51	09:28	1:21:05
218	17 Andreia Pelicano,	Befitness Runners	M35F	8	2:31:29.65	09:28	1:21:05
219	272 João Cruz,		M35M	31	2:32:40.02	09:33	1:22:15
220	282 Mónica Sousa,		SENF	9	2:33:37.41	09:36	1:23:12

221	89 Cristina Fernandes,	Ad.Pedome	M40F	6	2:35:57.69	09:45	1:25:33
222	238 Ana Sousa,	Ad.Pedome	SENF	10	2:35:57.86	09:45	1:25:33