



II Trail do Lince



Classificação Geral

Trail Curto

14,00 Km.

Pos.	Dor. Nome	Clube	Categoria/Pos.	Tempo	Km./h. Diferença
1	185 Nicolás Mateos,	Salomon Suunto Ambassadors	SMTC	1 1:26:29.20	9,71
2	206 Nuno Roque,	SHFIT TRAIL TEAM	SMTC	2 1:26:42.85	9,69 0:00:14
3	124 Leonardo Brazete,		JTC	1 1:26:56.82	9,66 0:00:28
4	151 Marco Capela,	Clube Terras do Coa	SMTC	3 1:28:28.41	9,50 0:01:59
5	113 Luis Sanches,	Clube Terras do Coa	JTC	2 1:31:27.19	9,19 0:04:58
6	174 Filipe Vicente,	Brothers team	SMTC	4 1:31:43.81	9,16 0:05:15
7	112 Daniel Baptista,	ADM Trail Team	SMTC	5 1:31:48.80	9,15 0:05:20
8	164 PAULO PERNADAS PEI	Terras do Coa	SMTC	6 1:32:42.88	9,06 0:06:14
9	114 Rui Isento,	ADM Trail Team	SMTC	7 1:34:45.08	8,87 0:08:16
10	211 David Silva,	CDCF Aldeia de Santo António	SMTC	8 1:35:05.59	8,83 0:08:37
11	146 Sérgio Fragona,	Soltem o Rebanho	VMTC	1 1:35:27.34	8,80 0:08:58
12	176 Ricardo Mendonça,	SH FIT TRAIL TEAM	VMTC	2 1:37:15.39	8,64 0:10:46
13	125 Jorge Antunes,	ABCansado trail	VMTC	3 1:37:16.36	8,64 0:10:47
14	119 Francisco Batista,	Shfit Trail Team	SMTC	9 1:39:00.30	8,48 0:12:31
15	175 Vitor Vicente,	Brothers team	SMTC	10 1:39:07.56	8,47 0:12:39
16	210 Marco Sanches,	CDCF Aldeia de Santo António	SMTC	11 1:39:53.88	8,41 0:13:25
17	189 Armindo Rodrigues,	Retiro das Adegas / Churrasqueira da Q	VMTC	4 1:42:49.38	8,17 0:16:20
18	157 António Gaspar,	SHFIT TRAIL TEAM	VMTC	5 1:43:44.56	8,10 0:17:16
19	233 Marco Rodrigues,	Penta Clube da Covilhã/Sport Hotel Tra	VMTC	6 1:44:14.16	8,06 0:17:45
20	198 Artur Pires,	Zerooo	VMTC	7 1:45:04.98	7,99 0:18:36
21	116 João Paulo Coelho Martin	Clube de Montanhismo da Guarda	VMTC	8 1:46:13.10	7,91 0:19:44
22	213 Pedro Vinhas,	CDCF Aldeia de Santo António	SMTC	12 1:46:15.53	7,91 0:19:47
23	122 Marcos Carreira,	Clube Terras do Coa - Sabugal	SMTC	13 1:46:20.11	7,90 0:19:51
24	182 Carlos Chagas,	Clube Montanhismo da Guarda	VMTC	9 1:46:32.94	7,88 0:20:04
25	214 Amílcar Fernandes,	CDCF Aldeia de Santo António	VMTC	10 1:47:44.39	7,80 0:21:15
26	218 João Emanuel Santos,	Grupo Desportivo de Trancoso	SMTC	14 1:48:06.98	7,77 0:21:38
27	104 Edgar Conceição,	CBRunning TEAM	VMTC	11 1:49:31.00	7,67 0:23:02
28	166 Gonçalo Paiva,	Polis Fit Trail	VMTC	12 1:50:44.46	7,59 0:24:15
29	168 Ricardo Morais,	SHFIT TRAIL TEAM	SMTC	15 1:51:21.82	7,54 0:24:53
30	27 Rogerio Palmeiro,	SHFIT TRAIL TEAM	VMTC	13 1:51:25.65	7,54 0:24:57
31	197 Filipe Rodrigues,	Zerooo	VMTC	14 1:51:57.56	7,50 0:25:29
32	184 Rui Melo,	Guarda Runners	VMTC	15 1:52:35.40	7,46 0:26:06
33	156 Duarte Vaz,	Polis Fit Trail	SMTC	16 1:52:43.50	7,45 0:26:16
34	203 Jose Miguel Pacheco Gom	TERRAS DO COA - SABUGAL	VMTC	16 1:54:05.14	7,36 0:27:36
35	217 Rogério Batista,	Clube Terras do Coa - Sabugal	SMTC	17 1:54:07.34	7,36 0:27:38
36	212 Pedro Gil,	CDCF Aldeia de Santo António	SMTC	18 1:54:33.87	7,33 0:28:05
37	209 Nicole Nobre,	CDCF Aldeia de Santo António	SFTC	1 1:55:24.07	7,28 0:28:55
38	140 David Lucas,	Acrialbi/AQD	SMTC	19 1:56:26.56	7,21 0:29:58
39	200 António João Moreira,	ACR Senhora do Desterro	VMTC	17 1:56:30.70	7,21 0:30:02
40	154 Nuno Mateus,	SHFIT TRAIL TEAM	SMTC	20 1:56:37.25	7,20 0:30:08
41	137 Pedro Caetano,	Acrialbi/AQD	VMTC	18 1:56:44.19	7,20 0:30:15
42	106 manuel manata,	Clube Terras do Coa	SMTC	21 1:57:23.39	7,16 0:30:54
43	132 Peres Carvalho,	Abcansado Trail	VMTC	19 1:57:29.41	7,15 0:31:00
44	133 João Gonçalves,		SMTC	22 1:58:12.11	7,11 0:31:43
45	107 Rui Leitão,	SHFIT TRAIL TEAM	VMTC	20 1:58:28.31	7,09 0:31:59
46	224 António Madeira,	Terras do Coa	VMTC	21 1:58:55.20	7,06 0:32:26
47	170 Pedro Marques,		SMTC	23 1:59:03.84	7,06 0:32:35
48	115 Francisco Rebelo,	ABCansado Trail	VMTC	22 1:59:22.86	7,04 0:32:54
49	201 Jose Antonio Martín Sánci	Club Deportivo U Lagartu Running de I	SMTC	24 2:00:10.25	6,99 0:33:41
50	199 Serafim Ventura,		SMTC	25 2:00:14.49	6,99 0:33:45
51	160 Paulo Antunes,		VMTC	23 2:00:36.08	6,97 0:34:07
52	196 António Gabriel da Cunha	Zerooo	VMTC	24 2:00:40.26	6,96 0:34:11
53	171 Catarina Oliveira,		SFTC	2 2:00:41.12	6,96 0:34:12
54	167 Paula Alexandre,	SHFIT TRAIL TEAM	SFTC	3 2:00:45.00	6,96 0:34:16
55	149 Nuno Teixeira,	Clube Terras do Coa- Sabugal	VMTC	25 2:00:53.10	6,95 0:34:24

56	177 RUI João,	Clube Terras do Côa	SMTC	26	2:01:17.55	6,93 0:34:49
57	123 Telmo Marques,		SMTC	27	2:01:36.35	6,91 0:35:07
58	207 António Pessegueiro,	Guarda Runners	VMTC	26	2:01:48.02	6,90 0:35:19
59	152 Liliana Ramos,	Clube Terras do Côa	SFTC	4	2:01:52.49	6,89 0:35:23
60	208 Joaquim Corte,	Guarda Runners	VMTC	27	2:02:38.72	6,85 0:36:10
61	181 Pedro Nunes,		VMTC	28	2:03:03.00	6,83 0:36:34
62	153 Fernando Ramos,	Clube Terras do Côa	VMTC	29	2:04:44.93	6,73 0:38:16
63	190 Cecília Monteiro,	Clube de Montanhismo da Guarda	VFTC	1	2:06:01.63	6,67 0:39:33
64	202 Francisco Vaz,	Polis Fit Trail	VMTC	30	2:06:21.53	6,65 0:39:53
65	111 Amândio Miguel,	CRC Penalobo	VMTC	31	2:06:33.29	6,64 0:40:04
66	229 Manuel Antunes,	Clube terras do côa	SMTC	28	2:07:31.58	6,59 0:41:03
67	223 Paulo Ferreira,		VMTC	32	2:08:16.65	6,55 0:41:48
68	163 Rui Dionisio,	Polis fit trail	SMTC	29	2:10:38.64	6,43 0:44:10
69	226 Pedro Oliveira,		SMTC	30	2:10:46.54	6,42 0:44:18
70	144 José Manuel Saiago Rami	Polis Fit Trail	VMTC	33	2:11:38.13	6,38 0:45:09
71	145 Isabel Ramires,	Polis Fit Trail	VFTC	2	2:11:39.38	6,38 0:45:10
72	130 MARIA MONTEIRO,	CLUBE DE MONTANHISMO DA GU	VFTC	3	2:11:59.75	6,36 0:45:31
73	129 RUI PACHECO,	CLUBE DE MONTANHISMO DA GU	VMTC	34	2:12:01.82	6,36 0:45:33
74	180 Lino Rodrigues,	Allcains RUN	VMTC	35	2:12:54.08	6,32 0:46:25
75	216 Cristina Sanches,	ALLcainsRUN	VFTC	4	2:12:54.25	6,32 0:46:25
76	117 Pedro Caramelo,	Pé Ligeiro de Gouveia	SMTC	31	2:12:56.55	6,32 0:46:28
77	187 Cláudia Carrilho,	CCDR Colmeal da Torre	SFTC	5	2:13:50.24	6,28 0:47:21
78	193 Armando Rodrigues,		VMTC	36	2:13:53.42	6,27 0:47:24
79	173 Hortense Baptista,	CBRunning	VFTC	5	2:15:52.95	6,18 0:49:24
80	103 Gabriel Almeida,	CBRunning TEAM	VMTC	37	2:19:24.91	6,03 0:52:56
81	150 Tiago Craveiro,	Grupo BTT de Manteigas	VMTC	38	2:20:13.35	5,99 0:53:44
82	192 Pedro Cunha,		SMTC	32	2:20:39.38	5,97 0:54:10
83	136 Bruno Manuel,	Acrialbi/AQD	SMTC	33	2:25:01.02	5,79 0:58:32
84	135 Luis Rodrigues,	Acrialbi/ AQD	VMTC	39	2:25:01.96	5,79 0:58:33
85	120 Célia Cordeiro,	Shfit Trail Team	VFTC	6	2:25:11.52	5,79 0:58:43
86	118 Cláudio Abrantes,		SMTC	34	2:27:34.26	5,69 1:01:05
87	195 Sergio Pires,	Clube Terras do Côa	VMTC	40	2:28:12.43	5,67 1:01:43
88	169 Jose Cacheira,	ABCansado Trail	SMTC	35	2:28:29.98	5,66 1:02:01
89	110 Nelma Susana Fortuna M	CCDR Colmeal da Torre	SFTC	6	2:29:03.78	5,64 1:02:35
90	191 Paula Inacio,	SHFIT TRAIL TEAM	VFTC	7	2:29:14.13	5,63 1:02:45
91	221 João Filipe Martins de Campos,		SMTC	36	2:29:14.90	5,63 1:02:46
92	100 Isabel Pires,	Clube terras do coa	VFTC	8	2:29:50.76	5,61 1:03:22
93	227 Gabriela Gouveia,	Clube Terras do coa	SFTC	7	2:30:03.05	5,60 1:03:34
94	194 Lorraine Cox,		VFTC	9	2:30:22.34	5,59 1:03:53
95	142 Andreia Fonseca,	Polis Fit Trail	SFTC	8	2:31:36.33	5,54 1:05:07
96	126 Sara Antunes,	ABCansado trail	SFTC	9	2:32:09.61	5,52 1:05:41
97	128 Inês Nunes,		SFTC	10	2:32:22.03	5,51 1:05:53
98	228 Susana Prelhaz Martins,	ABCansado	VFTC	10	2:33:17.93	5,48 1:06:49
99	240 Filipe, Rui		VMTC	41	2:33:19.82	5,48 1:06:51
100	109 Natália Pinheiro,	OS PENUCHOS	SFTC	11	2:34:51.73	5,42 1:08:23
101	108 Cecília Barros,	OS PENUCHOS	VFTC	11	2:34:53.12	5,42 1:08:24
102	234 Hugo Daniel Marques Pereira,		JTC	3	2:38:49.85	5,29 1:12:21
103	235 João Vítor Fernandes Pereira,		SMTC	37	2:38:56.40	5,29 1:12:27
104	205 Marta Cameijo,	CTC-Club Terras do Côa	SFTC	12	2:40:56.10	5,22 1:14:27
105	121 Nuno Matias,		VMTC	42	2:44:30.08	5,11 1:18:01
106	239 Gomes, Nuno		VMTC	43	2:44:33.00	5,10 1:18:04
107	178 Armando Loureiro,		VMTC	44	2:44:33.48	5,10 1:18:04
108	215 Sergio Paulo Teixugueira Valadares,		VMTC	45	2:44:34.10	5,10 1:18:05
109	155 Cláudia Vaz,	Polis Fit Trail	SFTC	13	2:45:31.09	5,08 1:19:02
110	141 Ana Carvalho,	POLIS FIT TRAIL	SFTC	14	2:45:32.14	5,07 1:19:03
111	225 José Correia,	CTC - Clube Terras do Côa	VMTC	46	2:45:50.16	5,07 1:19:21
112	101 Sofia Carrondo,	Amigos do Pedal - Cortes do Meio	SFTC	15	2:49:43.22	4,95 1:23:14
113	102 Mónica Tomás,		SFTC	16	2:49:43.41	4,95 1:23:14
114	204 Telmo Carreira5,	Amigos da marta	SMTC	38	2:49:43.94	4,95 1:23:15
115	143 Rita Santos,	Polis Fit Trail	SFTC	17	2:49:44.39	4,95 1:23:15
116	183 Artur Castro,		SMTC	39	2:50:39.25	4,92 1:24:10
117	241 Baltazar, Francois		VMTC	47	2:50:41.02	4,92 1:24:12
118	231 João Pombo,	Polis Fit Trail	VMTC	48	2:57:00.81	4,75 1:30:32
119	222 JOSÉ JORGE,	POLIS FIT TRAIL	VMTC	49	2:57:02.71	4,74 1:30:34
120	238 Reis, johanna		SFTC	18	3:01:15.17	4,63 1:34:46
121	148 Vitor Lucaa,	Polis fit trail	SMTC	40	3:05:06.62	4,54 1:38:38
122	147 Marisa Ramires,	Polis fit trail	SFTC	19	3:05:08.68	4,54 1:38:40
123	138 Cecília Pissarra,	Polis Fit Trail	VFTC	12	3:13:12.42	4,35 1:46:43
124	105 Fabiana Gomes Bragança,		VFTC	13	3:35:10.11	3,90 2:08:41

125	179 Sandra Amado,		VFTC	14	3:35:10.67	3,90 2:08:42
126	158 Zulmira Dias,	Pólis fit trail	VFTC	15	3:35:16.00	3,90 2:08:47
127	159 Artur Bidarra,	Pólis fit trail	VMTC	50	3:35:17.73	3,90 2:08:49



II Trail do Lince



Primeiros classificados por categorias

VFTC

Vet. Fem. T. Curto

Posto	Nome	Clube	Tempo
1	Cecilia Monteiro,	Clube de Montanhismo da Guarda	2:06:02
2	Isabel Ramires,	Polis Fit Trail	2:11:39
3	MARIA MONTEIRO,	CLUBE DE MONTANHISMO DA GUARDA	2:12:00

VMTC

Vet. Masc. T. Curto

Posto	Nome	Clube	Tempo
1	Sérgio Fragona,	Soltem o Rebanho	1:35:27
2	Ricardo Mendonça,	SH FIT TRAIL TEAM	1:37:15
3	Jorge Antunes,	ABCansado trail	1:37:16

JTC

Junior Trail Curto

Posto	Nome	Clube	Tempo
1	Leonardo Brazete,		1:26:57
2	Luis Sanches,	Clube Terras do Côa	1:31:27
3	Hugo Daniel Marques Pereira,		2:38:50

SFTC

Sénior Fem. T. Curto

Posto	Nome	Clube	Tempo
1	Nicole Nobre,	CDCF Aldeia de Santo António	1:55:24
2	Catarina Oliveira,		2:00:41
3	Paula Alexandre,	SHFIT TRAIL TEAM	2:00:45

SMTC

Sénior Masc. T. Curto

Posto	Nome	Clube	Tempo
1	Nicolás Mateos,	Salomon Suunto Ambassadors	1:26:29
2	Nuno Roque,	SHFIT TRAIL TEAM	1:26:43
3	Marco Capela,	Clube Terras do Coa	1:28:28