

TRAIL DA RAPOSA 15 Km Geral Absoluta

Pos.	Dor. Nome	Clube	
1	275 , Asdrubal Freitas	Inov-8 Team Portugal	1:12:39.71
2	284 , Bruno Silva	Afacycles Sport	1:17:22.42
3	579 , Joaquim Rocha	Industrias do Norte	1:17:22.73
4	616 , Armandino Taborda	Individual	1:18:02.66
5	458 , Paulo Sousa	G.D.C. Castelo Paiva	1:20:18.90
6	573 , Vitor Penetra	Desnivel Positivo	1:20:30.13
7	117 , Sérgio Duarte	Team DUAS FACES	1:20:45.36
8	652 , Maciel Lopes	Individual	1:21:13.19
9	643 Samuel Pereira	Individual	1:24:26.05
10	140 , Fernando Carneiro	Nast	1:25:33.68
11	330 , Helder Gomes	KeMedo Team	1:25:51.61
12	465 , Pedro Leite	Run and Shine Funs	1:25:58.42
13	487 , Rogerio Soares	Individual	1:26:04.13
14	644 , Pedro Pratas	Individual	1:26:45.00
15	481 , Ricardo Moreira	Amigos do Pedal/Gabinete de Estética Ana Vieira	1:27:20.00
16	294 , Carlos Jesus	PenaQempena	1:29:42.67
17	265 , António Freitas	Nast	1:29:48.62
18	427 , Nelson Noval	Individual	1:30:33.25
19	627 , David Ferreira	Paredes Aventura	1:31:25.52
20	531 , Vitor Barros	IDEALKORPUS	1:31:25.93
21	264 , António Ferreira	Individual	1:32:00.56
22	520 , Ulisses Costa	Run4all	1:32:05.00
23	466 , Pedro Magalhaens	Ordins Runners	1:32:11.14
24	268 , António Pinto	Individual	1:32:12.69
25	379 , José Ribeiro	Run4All	1:32:49.85
26	528 , Eduardo Soares	IDEALKORPUS	1:33:44.15
27	610 , Pedro Teixeira	Idealkorpus	1:34:03.85
28	233 , Abel Rodrigues	Ordins Runners	1:35:16.14
29	544 , paulo silva	Industrias do Norte	1:35:36.59
30	406 , Marcio Carvalho	KeMedo Team	1:36:30.16
31	418		1:37:53.93
32	440 , Nuno Sobral	Team DUAS FACES	1:37:56.48
33	583 , Antonio Reimão	SapoPoupas	1:37:59.42
34	439 , Nuno Silva	Ordins Runners	1:38:00.66
35	261 , Antonio Babo	RUN4ALL	1:38:02.71
36	471 , Pedro Santos	TEAM DUAS FACES	1:38:32.58
37	340 , Inuo Melo	RUN4ALL	1:38:37.51
38	586 , Carlos Ferraz	IDEALKORPUS	1:38:52.99
39	310 , Daniel Pereira	Individual	1:39:03.33
40	381 , José Silva	Run4All	1:39:28.77
41	576 , Hugo Sousa	Individual	1:39:34.83
42	407 , MARCIO ROCHA	Individual	1:39:39.72
43	298 , Carlos Sousa	Ordins Runners	1:39:59.37
44	324 , Filipe Pereira	KeMedo Team	1:40:01.20
45	317 , EMANUEL COSTA	Individual	1:40:37.83
46	479 , Ricardo Marques	IDEALKORPUS	1:40:41.98

47	280 , Bruno Costa	IDEALKORPUS	1:40:42.41
48	462 , Pedro Cunha	Ordins Runners	1:42:10.72
49	354 , João Pereira	LagareSport	1:42:58.36
50	314 , Dário Rodrigues	KeMedo Team	1:43:40.00
51	492 , Rui Gomes	Corridas de Pernas Por Ar	1:43:41.23
52	434 , Nuno Marques	KeMedo Team	1:45:05.65
53	581 , António Ribeiro	Bota pró monte	1:45:23.22
54	567 , Tiago VEiga	Individual	1:45:31.07
55	421 , Mauro Cardoso	Individual	1:45:33.93
56	378 , José Pinheiro	ADA Trail Running	1:45:41.03
57	361 , Joaquim Costa	Individual	1:45:58.59
58	377 , José Moreira	Run4All	1:46:05.92
59	468 , Pedro Marques	KeMedo Team	1:47:07.15
60	438 , Nuno Silva	FRANGO 1966	1:47:08.45
61	430 , Nuno Cunha	Corridas de Pernas Pro AR	1:47:36.28
62	143 , Fernando Pereira	Individual	1:47:43.06
63	345 , Jaime Martinho	Individual	1:47:58.11
64	297 , Carlos Seca	Individual	1:47:58.25
65	470 , Pedro Quintas	Individual	1:47:58.33
66	168 , Jorge Silveira	KGB	1:48:12.53
67	578 , Manuel Inacio	Funky Runners	1:48:16.24
68	319 , Fabio Oliveira	Run&Shine Fans	1:48:36.28
69	483 , Ricardo Ramos	Run&Shine Fans	1:48:36.41
70	394 , Luís Ferreira	IDEALKORPUS	1:48:50.28
71	311 , Daniel Santos	Individual	1:48:50.48
72	266 , António Gaspar	run&shine fans	1:48:53.17
73	429 , Norberto Fernandes	Individual	1:49:14.23
74	273 , Arnaldo Santos	Corredores Nocturnos de Paredes	1:49:15.94
75	566 , Tiago Dias	Leixões	1:49:20.93
76	362 , Joaquim Ferraz	Funky Runners	1:49:37.67
77	285 , Bruno Teixeira	Individual	1:49:39.25
78	614 , Ricardo Oliveira	Individual	1:49:40.40
79	328 , Gil Castro	PenaQempena	1:50:05.75
80	356 , João Peres	IDEALKORPUS	1:50:47.67
81	457 , Paulo Sousa	KeMedo Team	1:51:47.02
82	639 , Albino Ribeiro	Individual	1:51:59.95
83	269 , António Reis	Individual	1:52:03.74
84	504 , Sérgio Vale	IDEALKORPUS	1:52:11.56
85	435 , Nuno Pinto	IDEALKORPUS	1:52:11.86
86	336 , Hugo Costa	Individual	1:52:18.64
87	326 , Francisco Rebelo	Quím peno runners	1:52:18.88
88	403 , Manuel Teixeira	LUSOS XXI	1:52:20.21
89	278 , Blandine Craveiro	Addicted to Trail	1:52:21.16
90	606 , José Alves	Individual	1:52:23.05
91	641 , Ana Torres	Individual	1:52:30.00
92	287 , Bruno Vale	Individual	1:52:37.41
93	303 , César Sousa	Individual	1:52:39.49
94	512 , Susana Pereira	Corridas de Pernas Pro AR	1:53:18.78
95	398 , Luís Vieira	Individual	1:54:11.55
96	478 , Ricardo Lopes	Ordins Runners	1:54:11.76

97	411 , Maria Leão	Individual	1:54:59.08
98	338 , Hugo Marques	Funky Runners	1:55:00.04
99	609 , João Pinheiro	Individual	1:55:30.01
100	484 , Ricardo Vieira	Roupesolas	1:55:48.08
101	584 , Fernando Rocha	Roupesolas	1:55:55.83
102	491 , Rui Caetano	IDEALKORPUS	1:56:04.93
103	611 , Tiago dias	Leixões	1:56:05.93
104	517 , Teresa Mota	IDEALKORPUS	1:56:08.07
105	291 , Carlos Alberto	LagareSport	1:56:18.20
106	357 , João Queirós	Run4all	1:56:20.66
107	237 , agostinho moreira	@venida caffe	1:56:29.61
108	437 , Nuno Salgado	Corredores Nocturnos de Paredes	1:56:41.89
109	580 , Tiago Frutuoso	Corridas de Pernas Pro Ar	1:56:55.20
110	490 , Ruben Vieira	Amigos do Pedal/Gabinete de Estética Ana Vieira	1:57:09.49
111	371 , JOSE CABRAL	INDIVIDUAL	1:57:10.05
112	436 , Nuno Rocha	Individual	1:57:27.56
113	359 , Joao Silva	Individual	1:57:28.13
114	272 , Armando Sousa	Ginásio Factor X	1:58:18.81
115	516 , Helena Gomes	Individual	1:58:25.58
116	128 , Carlos Sorte	Individual	1:58:26.19
117	493 , Rui Carvalho	Run4all	1:58:47.26
118	283 , Bruno Melo	Run4All	1:58:48.15
119	282 , Bruno Magalhães	Run4All	1:58:54.92
120	442 , Nuno Sousa	RUN4ALL	1:58:55.67
121	600 , Vitor Almeida	The Beauty & The Beasts	1:59:29.49
122	446 , Patricia Ribeiro	Individual	1:59:41.09
123	318 , Emanuel Ferreira	Individual	2:00:19.63
124	601 , Catia Marinho	Restaurante Marinho	2:00:24.32
125	289 , Carla Pacheco	IDEALKORPUS	2:00:37.84
126	480 , Ricardo Moreira	Individual	2:01:09.86
127	404 , Manuela Mota	IDEALKORPUS	2:01:30.26
128	369 , Jorge Sousa	Individual	2:01:49.81
129	358 , João Rocha	Individual	2:01:50.12
130	456 , Paulo Soares	Individual	2:02:08.31
131	592 , Hugo Ferreira	IDEALKORPUS	2:02:24.86
132	234 , Acácio Teixeira	Corredores Nocturnos de Paredes	2:02:31.56
133	417 , Mário teixeira	IDEALKORPUS	2:02:59.62
134	384 , Leandro Ramos	LUSOS XXI	2:03:15.43
135	105 , Rui Carvalho	Individual	2:03:21.22
136	397 , Luís Pinto	Individual	2:03:49.40
137	496 , Salvador Santos	Individual	2:03:49.57
138	241 , Alexandra Santos	IDEALKORPUS	2:03:51.48
139	495 , Salete Silva	IDEALKORPUS	2:03:51.98
140	399 , Luís Vilar	Individual	2:03:57.34
141	271 , António Suzano	FACTOR X	2:04:06.97
142	360 , João Soares	IDEALKORPUS	2:04:36.82
143	243 , Alfredo Silva	Individual	2:04:42.63
144	329 , Gil Silva	Vai indo que eu vou lá ter	2:04:46.54
145	262 , António Barbosa	Individual	2:04:46.55
146	518		2:05:10.55

147	323 , Filipe Oliveira	Ordins Runners	2:05:18.03
148	296 , Carlos Oliveira	Ordins Runners	2:05:18.89
149	546 , Pedro Silva	Quím peno Team	2:07:10.78
150	252 , Ana Pereira	LagareSport	2:07:23.84
151	322 , Filipe Mota	IDEALKORPUS	2:07:30.19
152	593 , Carlos Nogueira	IDEALKORPUS	2:07:30.40
153	526 , José Teixeira	omatasede	2:07:47.07
154	353 , João Fernandes	IDEALKORPUS	2:08:52.40
155	463 , Pedro Ferraz	Corredores Nocturnos de Paredes	2:08:59.72
156	113 , Aurora Mourato	Corridas de Pernas Pro Ar	2:09:07.38
157	640 Ana Rosa		2:09:20.38
158	339 , Inês Almeida	Individual	2:09:30.18
159	331 , Hélder Marques	KeMedo Team	2:10:11.13
160	647 Tomaz Correia		2:10:21.13
161	401 Manuel Moura	Os Barriguitas	2:10:22.25
162	368 , Jorge Sousa	individual	2:11:04.26
163	426 , Nelson Moreira	Individual	2:11:08.80
164	349 , Joana Sousa	LagareSport	2:11:58.71
165	301 , Cátia Pinheiro	Individual	2:12:56.26
166	508 , Sonia Mota	Elitianos	2:12:58.34
167	467 , Pedro Maia	Elitianos	2:12:58.98
168	460 , Pedro Antunes	Run&Shine fans	2:13:03.12
169	348 , Joana Ferreira	Individual	2:13:31.23
170	242 , Alexandre Teixeira	Individual	2:13:31.88
171	279 , Bruna Nunes	Gymrecarei	2:13:50.61
172	321 , Fernanda Costa	Ginasio Factor X	2:13:50.99
173	363 , Joaquim Sousa	FAXTOR X	2:15:08.94
174	419 , Marta Lopes	Elitianos	2:15:21.64
175	395 , Luis Gonçalves	Elitianos	2:15:21.90
176	521 , VALDEMAR SILVA	INDIVIDUAL	2:15:42.54
177	393 , Luís Cunha	Recarei Gym	2:15:58.96
178	370 , José Afonso	deuses das montanhas	2:17:34.97
179	335 , Hugo Correia	Individual	2:17:57.38
180	472 , Pedro Silva	Individual	2:17:58.05
181	628 , Bruno Costa	Individual	2:18:05.61
182	447 , Paula Figueiredo	""Os TurboMula"" D.O.C."	2:18:05.77
183	428 Nelson Vinha	IDEALKORPUS	
184	103 , Ana Cruz	IDEALKORPUS	2:18:45.38
185	236 , Adília Teixeira	IDEALKORPUS	2:19:01.24
186	416 , Mário Ribeiro	FACTOR X	2:19:02.41
187	519 , Teresa Sousa	Kangaroo runners	2:19:12.98
188	469 , Pedro Nogueira	Corredores Nocturnos de Paredes	2:21:03.44
189	341 , Irina oliveira	Corredores Nocturnos de Paredes	2:21:03.52
190	613 , Ruben Novais	Individual	2:21:04.15
191	618 , simão sousa	Individual	2:21:04.17
192	392 , Luis Almeida	deuses das montanhas	2:21:13.39
193	292 , Carlos Araújo	Deuses das Montanhas	2:21:13.82
194	313 , Dário Lourenço	IDEALKORPUS	2:21:23.17
195	281 , Bruno Lourenço	IDEALKORPUS	2:21:23.30
196	485 , Roberto Rios	Vai indo que eu vou lá ter	2:21:29.25

197	415 , Mariana Marta	Penaqempena Runners	2:21:29.54
198	249 , Ana Magalhaes	Run4all	2:21:30.13
199	373 , Jose Fernandes	Run&Shine Fans	2:21:38.86
200	235 , Adelaide Vigário	FACTOR X	2:21:41.95
201	400 , Manuel Barbosa	IDEALKORPUS	2:21:44.48
202	270 , Antonio Silva	Team Running EU e os MIÚDOS	2:21:56.25
203	312 , Daniela Rocha	LagareSport	2:21:57.52
204	530 , Tânia Rocha	Individual	2:21:58.60
205	432 , Nuno Lacerda	Extreme Academy	2:22:00.64
206	638 , Silvia Batista	Individual	2:22:05.64
207	646 Pedro Martins		2:22:06.30
208	645 Ricardo Brito		2:22:06.50
209	383 , José Teixeira	Individual	2:22:07.53
210	464 , Pedro Figueiredo	""Os Turbo Mula"" D.O.C."	2:22:25.48
211	257 , André Gomes	LUSOS XXI	2:22:30.48
212	351 , João Carvalho	LUSOS XXI	2:22:33.44
213	591 , Verónica Carneiro	U&ME	2:23:49.46
214	260 , Antonio Almeida	RUN4ALL	2:24:14.83
215	170 , manuel Moura	Individual	2:25:03.40
216	250 , Ana Mendonça	TrueDreams	2:25:47.12
217	585 , Nuno Madeira	Individual	2:25:47.13
218	525 , Victor Certal	Fox Team	2:25:47.14
219	503 , Sérgio Luís	Individual	2:25:47.15
220	524 , Vera Sousa	Individual	2:25:47.16
221	500 , Sandra Teixeira	Run4all	2:25:47.17
222	454 , Paulo Pereira	Running Team Maia	2:25:55.79
223	246 , Ana Costa	Running Team Maia	2:26:11.91
224	333 , Helena Barros	NO TOMORROW RUNNING TEAM	2:26:12.94
225	327 , Gaspar Sousa	NO TOMORROW RUNNING TEAM	2:26:13.01
226	107 , antónio queiroz	gondomar futsal	2:26:52.03
227	486 , Rogério Silva	Vai indo que eu vou lá ter	2:27:32.76
228	513 , Susana Sousa	Individual	2:27:58.56
229	386 , Liliana Magalhães	Individual	2:28:39.58
230	445 , Patrícia Ferreira	Individual	2:29:03.74
231	424 , Nelson Ferreira	Individual	2:29:03.77
232	522 , Vânia Rodrigues	Individual	2:29:16.37
233	387 , Liliana Sousa	Individual	2:29:16.81
234	505 , Sílvia Teixeira	Team Duas Faces	2:29:23.36
235	247 , Ana Ferreira	IDEALKORPUS	2:29:49.87
236	263 , António Carvalho	Funky Runners	2:29:59.96
237	577 , Cesar Serrão	Funky Runners	2:30:00.25
238	305 , Claudia Pereira	Corridas de Pernas Por Ar	2:30:24.12
239	290 , Carla Pereira	Corridas de Pernas Pro Ar	2:30:24.76
240	539 , Martinha Moreira	SapoPoupas	2:30:36.23
241	410 , Maria Francisco	Individual	2:31:23.18
242	352 , João Costa	Individual	2:31:23.47
243	144 , Fernando Vieira	GAIA-RUNNING	2:31:57.02
244	390 , lucilia Barreira	Individual	2:32:42.74
245	293 , Carlos Ferreira	LagareSport	2:33:41.63
246	253 , Ana Sousa	FACTOR X	2:34:41.01

247	332 , Helder Martins	Vai indo que eu vou lá ter	2:34:43.93
248	451 , Paulo Moreira	Vai indo que eu vou lá ter	2:34:54.51
249	372 , José Correia	Individual	2:34:59.91
250	594 , Rui Quinta	RUN&SHINE fans	2:35:16.24
251	251 , Ana Oliveira	Ordins Runners	2:35:21.24
252	473 , Pedro Sousa	RUN&SHINE fans	2:35:59.29
253	595 , Rui Quinta	RUN&SHINE fans	2:35:59.30
254	494 , Arlete Sousa	IDEALKORPUS	2:36:06.53
255	534 , alberto martins	Individual	2:36:09.99
256	382 , José Soares	Individual	2:36:25.65
257	589 , António Barros	IDEALKORPUS	2:36:48.25
258	608 , Pedro Silva	Individual	2:37:07.36
259	245 , Ana Arriscado	Individual	2:37:34.49
260	499 , Sandra Pinto	Individual	2:37:35.00
261	575 , João Campos	IDEALKORPUS	2:39:42.08
262	574 , Armanda Santos	IDEALKORPUS	2:39:42.13
263	588 , Avelina Rocha	IDEALKORPUS	2:40:04.81
264	587 , Silvia Rocha	IDEALKORPUS	2:40:05.17
265	286 , Bruno Teixeira	Xuxus	2:41:32.14
266	255 , Anabela martins	Xuxus	2:41:35.82
267	254 , Ana tato	Xuxus	2:42:18.12
268	244 , Amandio Nunes	Run&Shine Fans	2:42:32.80
269	309 , Daniel Lopes	Individual	2:43:03.51
270	295 , Carlos Magalhães	Run&Shine fans	2:43:29.80
271	506 , Silvia Viana	Individual	2:44:45.63
272	420 , Marta Nogueira	Individual	2:44:46.60
273	488 , Rosa Correia	Individual	2:44:56.49
274	425 , Nelson Montalvão	""Os TurboMula"" D.O.C."	2:45:04.21
275	634 , Vania Guedes	individual	2:45:55.27
276	624 , Vera Sousa	Individual	2:46:25.18
277	625 , Jose Soares	Individual	2:46:24.50
278	344 , Isabel Costa	IDEALKORPUS	2:48:16.61
279	449 , Paulo Costa	IDEALKORPUS	2:48:16.67
280	502 , Daniel Barbosa	Individual	2:48:16.77
281	238 , Alcino Duarte	RUN&SHINE	2:48:23.87
282	514 , Tania Gilvaz	Fox Team	2:49:55.50
283	337 , Hugo Lopes	The fox team	2:50:57.56
284	239 , aldina oliveira	the fox team	2:50:58.56
285	605 , Mafalda Alves	Zumba na Sobreira	2:51:03.93
286	104 , Ana Alves	Individual	2:51:10.14
287	474 , Pedro Teixeira	Individual	2:51:32.79
288	523 , Ventura Meireles	Individual	2:51:58.28
289	258 , Andreia Machado	Individual	2:54:16.43
290	346 , Joana Abreu	KGB	2:54:25.05
291	443 , Olivia Barbosa	KGB	2:54:25.15
292	529 , Sara Oliveira	QGB	2:54:25.46
293	334 , Hélia Dias	Individual	2:55:58.74
294	422 , Miguel Dias	Individual	2:56:00.38
295	515 , Tania Rebelo	Penaquempena	3:01:29.87
296	342 , Irina Vale	Individual	3:02:00.40

297	509 , Susana Braga	PenaQempena Runners	3:02:19.50
298	620 , Sandra lima	Reumáticas do trail	3:03:36.65
299	248 , Ana Gonçalves	Individual	3:05:55.67
300	320 , Fátima Costa	Bota p'ro Monte	3:06:33.73
301	299 , Carolina Leal	Bota p'ro Monte	3:06:34.42
302	347 , Joana Correia	Xuxus	3:07:30.65
303	501 , cristiana silva	Individual	3:07:31.21
304	385 , Liliana Costa	Individual	3:07:33.39
305	350 , João Machado	FAST AO KM	3:07:54.39
306	450 , Paulo Cunha	Ordins Runners	3:09:37.75
307	615 , Andreia Marques	Individual	3:10:09.65
308	288 , Carina Oliveira	Ordins Runners	3:09:38.95
309	452 , Paulo Neves	LagareSport	3:09:39.10
310	444 , Orlanda Cabral	LagareSport	3:09:39.31
311	489 , Rosa Mendonça	Funky Runners	3:10:18.61
312	304 , Claudia Coelho	Funky Runners	3:10:19.30
313	476 , Rafaela Carvalho	Funky Runners	3:10:34.18
314	274 , Ascensão Barbosa	Individual	3:13:10.46
315	380 , José Rocha	Molha a Palavra	3:15:32.13
316	637 , Vitor Certal	Individual	3:15:33.13
317	459 , Pêdra Costa	Bota p'ro Monte	3:17:54.00
318	374 , José Fernandes	The fox team	3:22:23.39
319	137 , Eduardo Merino	RUN&SHINE	3:24:40.69
320	507 , Sonia Moreira	RUN&SHINE	3:24:41.20
321	405 , Márcia Moreira	Individual	3:27:49.75
322	612 , Suzana Sousa	individual	3:31:49.35
323	423 , Natércia Nunes	Individual	3:31:49.73
324	649 , Maria Pereira	Individual	3:31:50.00
325	617 , Estela Oliveira	Individual	3:32:22.59
326	433 , Nuno Lameirinhas	FAST AO KM	3:34:33.96
327	389 , Lúcia Lemos	Molha a Palavra	3:39:35.14
328	596 , Teresa Sá	Halcon Viagens Paredes	3:39:35.62
329	414 , Maria Rocha	Molha a Palavra	3:39:47.59
330	477 , Raquel Marques	Molhar a palavra	3:39:48.62
331	366 , Jorge Costa	Molha a Palavra	3:39:49.00
332	510 , Susana Cambey	Quím peno runners	3:39:50.29
333	632 , Diana Gonçalves	Quím Peno Team	3:40:25.14
334	240 , Alexandra de Sá	Halcon Viagens Paredes	3:40:25.74
335	111 Fernanda Sousa	Individual	3:41:03.05