

III TRAIL DE ESPOSENDE

Feminino - 25KM

Seniores

Pos	frontal	nome	tempo
1	201	CARLA PEREIRA	03:01:30
2	216	OLGA MARTINS	03:06:53
3	1589	ANA SOUSA	03:09:14
4	2200	RAQUEL ANDRADE	03:23:52
5	217	SUSANA RODRIGUES	03:26:26
6	1494	ANDREIA SOFIA DA SILVA PINHEIRO	03:32:04
7	2320	CELINA LANDEIRA	03:34:23
8	2323	JOANA SILVA	03:39:31
9	1271	HELENA SOUSA	03:48:39
10	170	OLGA MARTINS	03:48:58
11	1966	RITA CRUZ	03:51:31
12	1053	ANDRA ALVES JULIO	03:54:06
13	1448	VERONICA MOREIRA	03:55:44
14	1965	TANIA BATEIRA	04:01:35
15	1017	ONDINA SALGADO	04:04:41
16	1772	VERA SILVA	04:12:20
17	1081	CARLA SOFIA GONÇALVES PINTO	04:18:21
18	1366	SÓNIA BRÁS	04:23:44
19	200	GISA MARTINS	04:28:06
20	1089	MÓNICA SOFIA RAFAEL FERREIRA	04:29:07
21	1206	SILVIA FARIA	04:29:57
22	1374	CRISTIANA SOFIA MACHADO MARTINS	04:36:54
23	1442	DIANA RIBEIRO	04:40:07
24	1302	SANDRA MANUELA DA SILVA ZEFERINO	04:59:15
25	2141	CARLA MOREIRA	05:24:09

Veteranos 40

Pos	frontal	nome	tempo
1	1323	MARIA AUGUSTA DA COSTA LOUREIRO	03:19:59
2	212	GORETI CORREIA	03:22:53
3	1532	MARTA MANUELA TORRES OLIVEIRA E SILVA	03:26:38
4	1224	STÉPHANIE SOUSA	03:38:16
5	1612	KETA BATISTA	03:45:00
6	163	CÉLIA SAMPAIO	03:46:13
7	1162	MARIA AUGUSTA DO ROSÁRIO DA SILVA ROLEIRA MARINHO	03:47:02
8	1168	FLORINDA FERNANDES	03:51:38
9	1977	HELENA GOMES	03:51:46
10	1756	AIDA PRESA	03:52:39
11	1277	MIOSETE SILVA	03:54:23
12	1964	MANUELA FARIA	04:01:28
13	2356	IRIS MARGARIDA CARLÃO ARAÚJO RIBEIRO	04:01:32
14	1421	CRISTINA IGLESIAS	04:01:41
15	182	CARLA GONÇALVES	04:01:51
16	1095	CÉLIA VITAL	04:05:02
17	1910	MARGARIDA MAGALHÃES	04:07:01
18	1591	ANA DIAS	04:07:56
19	1596	VIRGINIA TEIXEIRA	04:08:05
20	177	ELSA RODRIGUES	04:09:51
21	224	SOLANGE CABRAL	04:10:23
22	1789	ALEXANDRA DENISE BARRENTO MORAIS	04:20:59
23	1234	CARMO VEIGA	04:22:17
24	2296	ELISABETE CARVALHO	04:22:21
25	2041	LISETA FERNANDA DE SOUSA PINTO	04:25:36
26	1450	CARLA MORIM	04:41:39

Veteranos 50

Pos	frontal	nome	tempo
1	179	ROSA NOGUEIRA	03:39:26
2	2361	ELISABETE REPAS	04:12:50

III TRAIL DE ESPOSENDE

Masculino - 25KM

Seniores

Pos	frontal	nome	tempo
1	1683	LINO PINTO	02:24:09
2	1637	LUÍS PEDRO FERREIRA DE SOUSA MARTINS	02:24:22
3	1107	NUNO PEREIRA	02:24:49
4	193	IGOR MOREIRA	02:31:18
5	2153	FRANCISCO JOÃO CRUZ FERNANDES	02:32:28
6	1440	BRUNO COSTA	02:37:50
7	1329	JOSÉ PEREIRA	02:38:00
8	2017	PAULO JORGE DA COSTA SIMÕES	02:40:46
9	1457	PAULO PINTO	02:42:35
10	2061	RICARDO MIRANDA	02:44:28
11	2337	CARLOS MANUEL MIRANDA COELHO	02:45:32
12	173	NUNO FIGUEIREDO	02:45:55
13	1253	FILIPPE SARAIVA	02:46:40
14	1677	PEDRO CALDAS	02:46:57
15	1836	PEDRO ALVES	02:47:08
16	223	EDUARDO CUNHA	02:49:49
17	1012	EMANUEL ORLANDO PINHEIRO BENTO DA COSTA	02:51:02
18	1999	Hugo Marante Lima	02:51:31
19	2216	ANDRÉ MARTINS ALVES	02:51:37
20	1662	BERNARDINO	02:51:48
21	1105	TIAGO SOUSA	02:51:51
22	1675	RICARDO SOUSA	02:52:07
23	1044	FRANCISCO JOSÉ BARBOSA GOMES	02:52:13
24	221	BRUNO MARQUES	02:54:10
25	2336	JOSÉ FIGUEIREDO	02:54:10
26	1001	NUNO PEDRO CRUZEIRO LOMBA	02:55:19
27	1068	SERGIO RAMOS	02:56:06
28	1058	CESAR LOPES FERNANDES	03:01:23
29	2132	HUGO EZEQUIEL ARAUJO SÁ	03:05:31
30	161	BRUNO IAT	03:06:27
31	2063	NUNO MANUEL COELHO PAREDINHA	03:06:38
32	1563	CARLOS ALBERTO AZEVEDO SIMÕES	03:06:43
33	187	LUIS LOBO	03:07:22
34	1629	JORGE FILIPE COSTA PEIXOTO	03:07:38
35	1790	TIAGO SOUSA	03:07:43
36	1678	MARCO SILVA	03:07:57
37	1123	SAMUEL AMORIM	03:08:03
38	2038	JOSÉ CRUZ	03:08:09
39	2364	PEDRO FERREIRA PINTO	03:08:25

40	1293	PAULO JORGE REIS FILIPE	03:09:57
41	1153	FILIPE MIRANDA ALMEIDA	03:09:58
42	197	ANTÓNIO VIEIRA	03:10:21
43	1921	BRUNO PIRES	03:10:25
44	2105	JORGE SOUSA	03:10:35
45	2019	NUNO ARAUJO	03:10:59
46	2104	JOSE FERNANDES CAPITAO PEREIRA	03:11:04
47	160	NELSON S LEAL	03:11:55
48	209	PAULO OLIVEIRA	03:12:53
49	1761	RICARDO SOUSA	03:13:04
50	1866	MIGUEL CASTRO	03:13:12
51	2075	DUARTE BRUNO DA SILVA CONCEIÇÃO	03:14:05
52	2203	RICHARD PEREIRA DE AMORIM	03:14:46
53	174	HUGO CASAL	03:14:55
54	1138	ANTONIO ROCHA	03:16:48
55	1889	RICARDO MANUEL DOS SANTOS COUTINHO BARREIRO	03:17:11
56	1051	EMANUEL MOREIRA DA COSTA	03:17:25
57	1048	MARCO FERNANDES	03:17:40
58	1118	PAULO FILIPE LOUREIRO FERREIRA	03:18:13
59	1622	PAULO GOMES	03:18:25
60	2046	CELESTINO FARIA	03:18:43
61	181	LUCIANO	03:19:01
62	1443	CARLOS ALBERTO PEIXOTO SOARES	03:22:27
63	1015	JORGE BORGES	03:23:32
64	1751	RENATO LOPES	03:23:45
65	2201	BRUNO MOURA	03:23:55
66	204	DIOGO	03:25:09
67	164	PEDRO FERREIRA	03:26:41
68	2139	PEDRO MIGUEL BAPTISTA PEREIRA	03:26:47
69	2117	LUIS FILIPE SILVA FERREIRA	03:27:22
70	191	RUI VILAS BOAS	03:28:27
71	1892	RICARDO SILVA	03:28:40
72	2068	LUIS MIGUEL BRAGA	03:29:04
73	1815	LUIS FERREIRA	03:29:11
74	1846	VASCO PAULO MORAIS ESCOBAR	03:29:50
75	180	TIAGO COSTA	03:30:16
76	2219	TIAGO RAFAEL DA COSTA MARTINS	03:30:25
77	203	JOEL GOMES	03:32:37
78	1891	DANIEL LEITE	03:32:55
79	215	RICARDO FERREIRA	03:33:00
80	1909	MIGUEL FILIPE GONÇALVES DE CARVALHO SOARES	03:33:06
81	1890	JOAO BEZERRA	03:33:12
82	1386	HENRIQUE MATOS	03:33:23
83	2026	ALEXANDRE MARQUES	03:33:26
84	2331	Jorge Costa	03:33:35
85	1771	ARTUR COSTA	03:34:07
86	172	DANIEL SILVA	03:35:27
87	183	JOSE FERREIRA	03:36:07
88	1256	JOSÉ MIGUEL FREITAS TEIXEIRA	03:36:41
89	2324	FILIPE MACHADO	03:37:11

90	1879	FERNANDO ENES	03:38:04
91	2357	MANUEL JESUS	03:38:31
92	1565	SERGIO JOSE BARROS SOUTO	03:38:36
93	1556	HELIO BORGES	03:38:46
94	210	JOSÉ PAULO LIMA	03:39:13
95	2076	PAULO MESQUITA	03:40:43
96	2189	JORGE EMANUEL BARBOSA JAQUES	03:41:02
97	1513	RUI GOMES	03:42:14
98	1062	CARLOS MANUEL CERQUEIRA ALVES	03:42:28
99	169	DANIEL FERNANDES	03:44:10
100	228	NUNO OLIVEIRA	03:44:16
101	1518	FILIPE BRANCO	03:44:24
102	1096	TIAGO MANUEL CEPA AREIAS	03:44:46
103	202	MARTINHO DIAS	03:45:27
104	1958	VITOR GOMES	03:46:37
105	2081	MIGUEL LOPES	03:46:41
106	1165	ALBERTO BARBOSA	03:48:28
107	1726	VITOR SANTOS	03:49:26
108	1036	HUGO ALEXANDRE PALMEIRA	03:50:05
109	1251	PAULO CARLOS MARQUES MIRANDA	03:50:52
110	1387	PEDRO MARQUES	03:50:59
111	1382	CÉSAR TEIXEIRA	03:51:20
112	1297	JOÃO PAULO PEIXOTO TORRES	03:51:36
113	168	NUNO CUNHA	03:52:33
114	1590	JOAO PEDRO MONTEIRO	03:54:27
115	1449	MIGUEL LOPES	03:55:54
116	185	CARLOS MOREIRA	03:56:10
117	2286	BRUNO AMADEU BRIOSO DA SILVA	03:56:14
118	2174	MICAEL DOMINGUES	03:57:06
119	2178	LUÍS VIZEU	03:57:16
120	1252	JOÃO VITOR FARIA COUTO	03:57:18
121	226	PEDRO SANTOS	03:57:58
122	2014	FERNANDO FRANCISCO DA CUNHA PEREIRA	03:58:16
123	1116	JORGE RODRIGUES	03:58:51
124	2333	ANDRÉ AMORIM	04:03:30
125	1161	BRUNO VILAÇA	04:03:44
126	1018	MARCELO TELES	04:04:44
127	2362	HELDER SILVA	04:04:50
128	176	CARLOS TEIXEIRA	04:05:33
129	1948	RICARDO MANUEL MACHADO PEREIRA	04:05:39
130	1120	ZÉ LUIS	04:05:44
131	192	MARCO AFONSO	04:07:16
132	207	PEDRO OLIVEIRA	04:09:06
133	206	RICARDO MONTEIRO	04:11:32
134	1997	TIAGO FREITAS CAMBOA	04:12:16
135	1127	LUÍS PEDRO PEIXOTO TORRES	04:12:24
136	1078	DOMINGOS TEIXEIRA	04:12:39
137	1163	BRUNO ANDRADE	04:16:22
138	1144	LUÍS PINHEIRO	04:16:31
139	2342	MIGUEL JOSÉ	04:18:21

140	1963	NELSON JORGE TAVARES PEREIRA	04:20:25
141	1032	FLÁVIO ORTINS	04:20:29
142	1708	RICARDO JORGE TAVARES CORREIA	04:22:06
143	1994	NELSON ALEXANDRE ALVES SÁ FERREIRA	04:23:31
144	2265	PEDRO MANUEL DA SILVA MAIA	04:24:08
145	1744	PEDRO LOURENÇO	04:24:12
146	1877	GUSTAVO	04:24:18
147	2071	TIAGO FERREIRA	04:24:48
148	2029	MÁRIO RUI VIEIRA RODRIGUES	04:24:53
149	1324	MARCELO MARTINS DOMINGUES	04:28:55
150	1174	MARCO PINHEIRO	04:29:11
151	1230	VICTOR MANUEL MARQUES FERNANDES	04:30:29
152	1525	BRUNO FILIPE BRANCO FERREIRA	04:34:06
153	2010	RUI MANUEL VIEIRA GUIMARÃES	04:36:18
154	1893	FRANCISCO BARTOLOMEU	04:36:51
155	1996	RUI TEIXEIRA PINTO	04:38:15
156	1063	NUNO MANUEL MARTINS	04:41:47
157	2344	DIOGO CARDOSO	04:42:06
158	1495	ANTONIO JOSÉ GOMEZ SOARES	05:02:56
159	1050	ANTÓNIO JOSÉ MENDES GRÁCIO	05:02:59
160	1132	ARTUR FONSECA	05:24:17

Veteranos 40

Pos	frontal	nome	tempo
1	234	ADRIANO SÁ	02:33:09
2	211	RUI LARANJEIRA	02:36:28
3	2102	ARTUR MATOS	02:44:14
4	1699	STEPHANE SIMOES	02:44:19
5	194	NUNO SILVA	02:47:20
6	1139	FRANCISCO PINHEIRO	02:50:39
7	214	PAULO DOMINGUES	02:52:36
8	1204	JOÃO ANTUNES	02:56:35
9	1151	MIGUEL LIRA	02:56:39
10	1029	PEDRO PEREIRA	02:57:44
11	2016	NUNO JORGE BASTOS SARAIVA	02:58:18
12	227	RUI ARAÚJO	03:00:14
13	1990	DUARTE GIL RIBEIRO BARBOSA	03:01:05
14	2225	JOÃO MANUEL SOUSA MOREIRA	03:01:10
15	2360	FERNANDO AREZES	03:01:36
16	165	HENRIQUE FARIA	03:04:24
17	218	PEDRO PEREIRA	03:04:50
18	2000	LUIS MARINHA	03:05:20
19	1471	DIOGO M. A. OLIVEIRA	03:05:41
20	1721	JOSÉ DIAS	03:06:15
21	1381	ANDRÉ DIAS	03:06:25
22	2367	JOSÉ CARLOS SALDANHA	03:07:00
23	1039	JOSE FERNANDO DA SILVA LOPES	03:08:37
24	2011	SIMAO COSTA	03:09:05
25	2241	JOÃO PEDRO CARVALHAL SOARES FERREIRA	03:09:17
26	2169	ANDRÉ SALEIRO	03:09:25
27	2198	JOSÉ SILVA	03:10:43
28	2072	JOSE ANTONIO PEREIRA LOPES	03:12:57
29	1332	CÉSAR SOUSA	03:13:33
30	1992	MARCO PAULO COSTA BOTELHO	03:15:14
31	1073	RUI FRANCO	03:15:44
32	198	MIGUEL ARAÚJO	03:16:04
33	1533	DUARTE PAULO RIBEIRO	03:16:23
34	2326	JOÃO CARLOS VIANA CUNHA COSTA	03:17:34
35	1925	Vitor Rocha	03:17:43
36	2281	LUÍS GUISE	03:18:49
37	1924	PAULO SÉRGIO COUTINHO MARTINS	03:18:56
38	1135	JOAQUIM FERNANDES PINHEIRO	03:19:41
39	195	NELSON CARVALHO	03:22:12
40	2013	PEDRO Mouro	03:22:42
41	2358	CARLOS FREIXO	03:23:07
42	2040	ANTÓNIO PEDRO MACEDO DE SOUSA COELHO	03:23:13
43	188	LUIS CAMPOS	03:23:40
44	175	DANIEL FONSECA	03:24:26
45	2196	DOMINGOS ROCHA	03:24:42
46	1150	ANTÓNIO CARLOS MARTINS ROLEIRA MARINHO	03:24:50

47	1292	JERONIMO JOSE RIBEIRO DA SILVA	03:26:23
48	1436	MARCO PAULO DA SILVA DIAS	03:27:17
49	1069	JOSÉ SILVA	03:28:09
50	1904	JOAQUIM CARLOS DA SILVA COELHO	03:28:32
51	1388	RUI PEREIRA	03:30:21
52	1035	FILIPPE GONÇALVES	03:30:30
53	1592	TIAGO ALMEIDA	03:32:46
54	1274	PAULO MARQUES	03:32:51
55	184	JOSÉ ORGANISTA	03:35:17
56	1030	CLÁUDIO	03:35:23
57	1896	NELSON DUARTE	03:35:43
58	1459	VÍTOR DINIS	03:35:48
59	2073	LUTZ WELLING	03:37:01
60	220	RUI PEREIRA	03:37:50
61	1867	LUIS NECO	03:38:59
62	1739	RUI OLIVEIRA	03:39:11
63	2146	TIAGO VIDAL LEAL	03:39:35
64	1110	PAULO FERNANDES	03:39:41
65	1065	PAULO	03:39:55
66	1743	JOSE MIGUEL ARAUJO PEREIRA	03:40:24
67	1142	JOSÉ MARIA GOUVEIA MARTINS	03:40:51
68	1988	NUNO NABEIRO	03:41:21
69	1696	RICARDO PEREIRA	03:44:21
70	162	PEDRO BARBOSA	03:46:12
71	2244	HENDRIK	03:46:32
72	1060	J. HENRIQUE MATOS	03:47:44
73	178	LUÍS MARQUES	03:48:02
74	1409	ARTUR FERREIRA	03:48:34
75	1830	JOSÉ NUNES	03:49:40
76	1295	DOMINGOS TORRE	03:53:57
77	2157	JOAQUIM VIDAL	03:54:12
78	1367	PAULO VILARINHO	03:56:03
79	1993	JORGE AUGUSTO OLIVEIRA GUERRA	03:56:19
80	1995	RUI MANUEL OLIVEIRA TEIXEIRA	03:56:22
81	2190	JOÃO MOTA	03:59:21
82	1221	JOSÉ JOAQUIM GONÇALVES DUARTE	04:01:24
83	1455	NUNO MIGUEL CARNEIRO	04:02:11
84	2047	ALVARO NUNES	04:05:14
85	2245	NUNO RODRIGUES	04:10:30
86	1266	FRANCISCO JOSÉ PIRES VIANA CARAMALHO	04:11:09
87	1983	JOSÉ CARLOS RODRIGUES LOUREIRO	04:20:50
88	1788	FRANCISCO MANUEL DA CUNHA GONÇALVES	04:21:04
89	1941	MANUEL ANTÓNIO MENESES DE ARAÚJO	04:22:24
90	1759	MIGUEL MACHADO	04:23:39
91	1064	JOSÉ MANUEL AMARO	04:28:10
92	1205	LUIS TEIXEIRA	04:28:15
93	1499	SÉRGIO IGLESIAS	04:32:42
94	1806	JOSÉ CARLOS ARAÚJO	04:36:58
95	1549	JOSÉ MOTA	05:00:18
96	1960	JOSÉ MANUEL PATARATA	05:02:33
97	1839	PAULO JORGE DE SOUSA MAGALHÃES	05:30:41

98	1098	JOSÉ GENTIL ALMEIDA FERREIRA	05:59:05
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Veteranos 50

Pos	frontal	nome	tempo
1	1974	AUGUSTO ANTUNES	02:42:09
2	171	CARLOS GANDRA	02:53:54
3	232	JOSE SANTOS	02:59:09
4	1130	ARNALDO RODRIGUES	03:03:26
5	199	RUI SOARES	03:03:32
6	2109	JOAQUIM SÁ	03:04:39
7	2006	JORGE MAIA	03:06:02
8	1086	MÁRIO LIMA	03:10:08
9	196	JOSÉ CARDOSO	03:10:47
10	1372	JOSÉ RODRIGUES	03:10:51
11	2115	JOÃO BATISTA FERREIRA DE SOUSA	03:17:52
12	229	JOSÉ COSTA	03:19:09
13	1222	ADELINO BRITO	03:21:41
14	190	ANTÓNIO GOMES	03:21:44
15	219	JOSE MACHADO	03:24:14
16	1049	ADELINO FERNANDES	03:24:32
17	1425	CARLOS ALBERTO BRANCO AMORIM SOARES	03:31:32
18	1980	ALBINO SOUSA ABREU	03:32:09
19	189	FIRMINO SILVA	03:35:54
20	2120	PAULO JOSÉ MOREIRA	03:39:08
21	1698	JOSE MANUEL RODRIGUES VIEIRA	03:40:19
22	1526	RUI FIAL TORRES	03:43:42
23	1714	ANTÓNIO	03:45:34
24	2130	LUÍS DE ALMEIDA	03:52:46
25	1926	CAMILO NETO	04:07:10
26	1791	JOAQUIM FILIPE REIS LOUREIRO DOS SANTO	04:17:17
27	1391	JOÃO SOARES	04:19:55
28	1463	PAULO JORGE RODRIGUES DOS SANTOS	04:20:42
29	1368	JOÃO GIL	04:23:21
30	2154	AVELINO DIAS	04:23:52
31	225	JOSÉ RIBEIRO	04:28:04
32	1500	MÁRIO PINHÃO	04:36:13
33	2012	RUI QUINTA	04:38:27
34	2003	ANTONIO BERMÚDEZ BILBAO	04:49:17
35	2143	RUI SÁ	04:58:11
36	1567	RAUL FERREIRA	05:02:35
37	1466	LUIS FILIPE FERREIRA	05:05:12