

25K - Trail do Gavião

Classificação Geral

Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
1	1	LUÍS SEMEDO	ACPORTALEGRE/UTSM	M: 1	Trail Longo	01:58:42.88	04:44	12.6kph	MSEN: 1
2	85	JOAO FERNANDES	ZONA ALTA TRAIL	M: 2	Trail Longo	02:00:44.61	04:49	12.4kph	MSEN: 2
3	99	BRUNO PEREIRA	INDIVIDUAL	M: 3	Trail Longo	02:08:47.60	05:09	11.6kph	M40: 1
4	60	JOÃO ÁGUA	FITNIS - SUPLEMENTOS ALIMENTARES	M: 4	Trail Longo	02:16:02.42	05:26	11.0kph	MSEN: 3
5	63	HELDER ANTUNES	ABCANSADO TRAIL	M: 5	Trail Longo	02:17:26.88	05:29	10.9kph	MSEN: 4
6	149	FILIFE LOURENÇO	ABCANSADO TRAIL	M: 6	Trail Longo	02:19:13.88	05:34	10.8kph	M45: 1
7	133	IVO INÁCIO	NEXTGREEN RACING TEAM	M: 7	Trail Longo	02:20:07.48	05:36	10.7kph	MSEN: 5
8	146	HUGO GOMES	3B TRIATLO	M: 8	Trail Longo	02:24:09.49	05:45	10.4kph	MSEN: 6
9	130	MANUEL NOGUEIRA	INDIVIDUAL	M: 9	Trail Longo	02:24:17.34	05:46	10.4kph	M40: 2
10	93	PEDRO CARRILHO	PENHASTRILTEAM	M: 10	Trail Longo	02:27:48.39	05:54	10.1kph	M45: 2
11	71	JOÃO ALVES	GO!RUNNERS/OUTPRO STORE	M: 11	Trail Longo	02:28:02.98	05:55	10.1kph	MSEN: 7
12	113	MIGUEL NUNES	ABCANSADO TRAIL	M: 12	Trail Longo	02:30:39.18	06:01	10.0kph	MSEN: 8
13	41	DIOGO SILVA	COA / CORVUS TRAIL TEAM	M: 13	Trail Longo	02:32:46.79	06:06	9.8kph	MSEN: 9
14	105	LUIS DAVID	PENHASTRILTEAM	M: 14	Trail Longo	02:33:28.52	06:08	9.8kph	M45: 3
15	123	RAFAEL COELHO	QUENIANOS DO RIBATEJO	M: 15	Trail Longo	02:34:14.51	06:10	9.7kph	MSEN: 10
16	126	HUGO SEQUEIRA	ACPORTALEGRE/UTSM	M: 16	Trail Longo	02:34:24.54	06:10	9.7kph	MSEN: 11
17	104	SÉRGIO BATISTA	PENHASTRILTEAM	M: 17	Trail Longo	02:34:44.88	06:11	9.7kph	M40: 3
18	15	JOÃO FARINHAS	TÁLENTOS TEAM	M: 18	Trail Longo	02:35:46.68	06:13	9.6kph	M45: 4
19	116	TIAGO DIAS	PENHASTRILTEAM	M: 19	Trail Longo	02:37:14.88	06:17	9.5kph	MSEN: 12
20	40	CARLOS PARENTE	OS TRINCA ESPINHAS	M: 20	Trail Longo	02:38:00.53	06:19	9.5kph	M45: 5
21	1228	JOÃO PEDRO	DAP TRAIL TEAM	M: 21	Trail Longo	02:38:11.65	06:19	9.5kph	MSEN: 13
22	141	JOSÉ HENRIQUES	INDIVIDUAL	M: 22	Trail Longo	02:38:31.06	06:20	9.5kph	M55: 1
23	81	PAULO GAÍÃO	ZONA ALTA TRAIL	M: 23	Trail Longo	02:38:33.72	06:20	9.5kph	M45: 6
24	74	JOSÉ BIZARRO	INIJOVEM-NISA	M: 24	Trail Longo	02:39:01.21	06:21	9.4kph	M40: 4
25	135	JOAO SIMOES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	M: 25	Trail Longo	02:39:21.68	06:22	9.4kph	MSEN: 14
26	4	JOÃO NEPOMUCENO	100 GÁS TRAIL TEAM	M: 26	Trail Longo	02:39:26.15	06:22	9.4kph	M45: 7
27	142	VITOR MARQUES	QUENIANOS DO RIBATEJO	M: 27	Trail Longo	02:41:24.13	06:27	9.3kph	MSEN: 15
28	44	NUNO OLIVEIRA	OS COXOS E O MIGUEL	M: 28	Trail Longo	02:42:03.22	06:28	9.3kph	M40: 5
29	47	HENRIQUE PEREIRA	OS COXOS E O MIGUEL	M: 29	Trail Longo	02:43:14.54	06:31	9.2kph	MSEN: 16
30	62	ESTEVÃO MARQUES	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 30	Trail Longo	02:43:15.81	06:31	9.2kph	M50: 1
31	26	NUNO POMBINHO	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 31	Trail Longo	02:43:21.52	06:32	9.2kph	MSEN: 17
32	70	CLAUDIO PIEDADE	INIJOVEM-NISA	M: 32	Trail Longo	02:43:22.34	06:32	9.2kph	MSEN: 18
33	125	FILIFE RASTEIRO	AJC/GLASSDRIVE	M: 33	Trail Longo	02:43:26.24	06:32	9.2kph	M40: 6
34	27	LUIS FELICIO	OS TRINCA ESPINHAS	M: 34	Trail Longo	02:43:49.00	06:33	9.2kph	M40: 7
35	92	MIGUEL RENTO	RANDOM RUNNERS	M: 35	Trail Longo	02:44:24.16	06:34	9.1kph	MSUB23: 1
36	119	FÁBIO TIRAPICOS	INDIVIDUAL	M: 36	Trail Longo	02:44:37.77	06:35	9.1kph	MSEN: 19
37	140	JOAO CONDE	ULTRAS SÃO MAMEDE	M: 37	Trail Longo	02:45:35.93	06:37	9.1kph	MSEN: 20
38	148	NUNO ASSIS	DAP TRAIL TEAM	M: 38	Trail Longo	02:46:55.23	06:40	9.0kph	MSEN: 21
39	45	FILIFE DIAS	INDIVIDUAL	M: 39	Trail Longo	02:47:20.29	06:41	9.0kph	MSEN: 22
40	86	PEDRO TAVARES	ACPORTALEGRE/UTSM	M: 40	Trail Longo	02:49:22.74	06:46	8.9kph	M45: 8
41	100	ANABELA REMÉDIOS	INDIVIDUAL	F: 1	Trail Longo	02:49:39.63	06:47	8.8kph	F45: 1
42	78	JOEL FERREIRA	INDIVIDUAL	M: 41	Trail Longo	02:50:33.36	06:49	8.8kph	MSEN: 23
43	80	EDGAR GASPAR	CASA DO BENFICA EM ABRANTES	M: 42	Trail Longo	02:50:59.38	06:50	8.8kph	MSEN: 24
44	103	ESTEVÃO RIBEIRO	INDIVIDUAL	M: 43	Trail Longo	02:51:03.80	06:50	8.8kph	M60: 1
45	120	RUBEN ANTUNES	LOURIÇAL DO CAMPO TRAIL TEAM	M: 44	Trail Longo	02:51:05.89	06:50	8.8kph	MSEN: 25
46	101	RICARDO CARRONDO	AMIGOS DO PEDAL - CORTES DO MEIO	M: 45	Trail Longo	02:51:42.58	06:52	8.7kph	MSEN: 26
47	95	FRANCISCO ROLDÃO	RANDOM RUNNERS	M: 46	Trail Longo	02:51:53.80	06:52	8.7kph	MSEN: 27
48	136	ALBERTO HENRIQUES	CBRUNNING TEAM	M: 47	Trail Longo	02:53:43.18	06:56	8.6kph	M50: 2
49	117	ANTONIO PARREIRA	GDAK	M: 48	Trail Longo	02:53:45.35	06:57	8.6kph	M40: 8
50	69	JOÃO LOPES	RX RUNNERS	M: 49	Trail Longo	02:53:53.83	06:57	8.6kph	MSEN: 28
51	145	RODOLFO DEYLLLOT	OS TOLINHOS DA CORRIDA	M: 50	Trail Longo	02:54:24.26	06:58	8.6kph	M50: 3
52	110	LEONEL BATISTA	LASORI PSATELARIA / ASES DO PEDAL	M: 51	Trail Longo	02:54:43.08	06:59	8.6kph	M45: 9
53	150	CARLOS ISIDRO	SAPATRILHOS	M: 52	Trail Longo	02:55:51.57	07:02	8.5kph	M45: 10
54	1099	LUIS GAIATO	ALL-CAYA	M: 53	Trail Longo	02:56:33.48	07:03	8.5kph	MJUN: 1
55	28	SÉRGIO CARINHAS	ACPORTALEGRE/UTSM	M: 54	Trail Longo	02:56:35.33	07:03	8.5kph	M50: 4
56	21	SÓNIA PACHECO	OS TRINCA ESPINHAS	F: 2	Trail Longo	02:57:59.00	07:07	8.4kph	FSEN: 1
57	61	DIOGO GOMES	LEBRES DO RIBATEJO TRAIL TEAM	M: 55	Trail Longo	02:58:03.29	07:07	8.4kph	MSEN: 29

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Classificação Geral

Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
58	109	RUBEN DUQUE	ZONA ALTA TRAIL	M: 56	Trail Longo	02:58:45.93	07:09	8.4kph	MSEN: 30
59	16	HÉLDER CONSTANTINO	TÁLENTOS TEAM	M: 57	Trail Longo	02:58:51.26	07:09	8.4kph	M45: 11
60	18	MIGUEL RAPOSO	TÁLENTOS TEAM	M: 58	Trail Longo	02:59:00.31	07:09	8.4kph	MSEN: 31
61	107	FILIFE DAVID	PENHASTRILTEAM	M: 59	Trail Longo	02:59:58.58	07:11	8.3kph	MSEN: 32
62	36	ALVARO LENTE	ALVERCA URBAN RUNNERS	M: 60	Trail Longo	03:00:17.63	07:12	8.3kph	MSEN: 33
63	155	JORGE SANTOS	INDIVIDUAL	M: 61	Trail Longo	03:00:54.11	07:14	8.3kph	M50: 5
64	53	PEDRO VALENTE	INIJOVEM-NISA	M: 62	Trail Longo	03:01:19.56	07:15	8.3kph	M45: 12
65	106	CARLA SEMEDO	ACPORTALEGRE/UTSM	F: 3	Trail Longo	03:01:36.94	07:15	8.3kph	F40: 1
66	1065	DORA BICHO	ACPORTALEGRE/UTSM	F: 4	Trail Longo	03:01:41.23	07:16	8.3kph	F45: 2
67	79	CARLOS CRUZ	SPORT ARRONCHES E BENFICA	M: 63	Trail Longo	03:02:08.23	07:17	8.2kph	M40: 9
68	94	PEDRO ALFAIATE	CASA DO BENFICA EM ABRANTES	M: 64	Trail Longo	03:02:46.89	07:18	8.2kph	M40: 10
69	30	RICARDO FAZENDAS	INIJOVEM-NISA	M: 65	Trail Longo	03:03:12.02	07:19	8.2kph	M45: 13
70	72	JOÃO ROSADO	INDIVIDUAL	M: 66	Trail Longo	03:04:01.48	07:21	8.2kph	M55: 2
71	59	VERÓNICA FEITEIRA	OS TRINCA ESPINHAS	F: 5	Trail Longo	03:04:51.52	07:23	8.1kph	FSEN: 2
72	137	DANIEL LUIS	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 67	Trail Longo	03:05:30.54	07:25	8.1kph	MSEN: 34
73	42	ANDRÉ RELVAS	DAP TRAIL TEAM	M: 68	Trail Longo	03:06:56.11	07:28	8.0kph	MSEN: 35
74	114	PEDRO PEREIRA	ABCANSADO TRAIL	M: 69	Trail Longo	03:07:48.85	07:30	8.0kph	M45: 14
75	154	JORGE NUNES	TOMAR RUNNERS	M: 70	Trail Longo	03:08:04.02	07:31	8.0kph	M40: 11
76	139	ANDRÉ TAVARES	ACPORTALEGRE/UTSM	M: 71	Trail Longo	03:08:30.25	07:32	8.0kph	MSEN: 36
77	66	PEDRO ISIDORO	HERBALIFE NUTRITION GAVIÃO	M: 72	Trail Longo	03:08:35.03	07:32	8.0kph	MSEN: 37
78	131	PEDRO ALMEIDA	ALCATEIA	M: 73	Trail Longo	03:08:38.27	07:32	8.0kph	MSEN: 38
79	5	MANUEL SILVA	COA / CORVUS TRAIL TEAM	M: 74	Trail Longo	03:09:34.24	07:34	7.9kph	M45: 15
80	37	SERGIO DORES	OS COXOS E O MIGUEL	M: 75	Trail Longo	03:09:48.80	07:35	7.9kph	M40: 12
81	1244	ANTÓNIO MAURÍCIO	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 76	Trail Longo	03:10:02.13	07:36	7.9kph	M50: 6
82	156	SANDRA SANTOS	INDIVIDUAL	F: 6	Trail Longo	03:11:10.60	07:38	7.8kph	F45: 3
83	91	RICARDO APURA	QUENIANOS DO RIBATEJO	M: 77	Trail Longo	03:11:14.68	07:38	7.8kph	M40: 13
84	129	JOSÉ ALEIXO	UNIÃO FCI DE TOMAR	M: 78	Trail Longo	03:14:05.99	07:45	7.7kph	M60: 2
85	143	EMMANUEL DOMINGOS	INDIVIDUAL	M: 79	Trail Longo	03:14:10.08	07:46	7.7kph	MSEN: 39
86	77	RICARDO LUÍS	SPURO RUNNING	M: 80	Trail Longo	03:15:00.28	07:48	7.7kph	M40: 14
87	43	ALEXANDRE CARVALHO	MATILHA RUNNING	M: 81	Trail Longo	03:15:59.35	07:50	7.7kph	M45: 16
88	108	DAVID TABORDA	ABCANSADO TRAIL	M: 82	Trail Longo	03:16:46.40	07:52	7.6kph	M40: 15
89	19	FERNANDO NASCIMENTO	TÁLENTOS TEAM	M: 83	Trail Longo	03:20:46.67	08:01	7.5kph	M50: 7
90	121	LUIS OLIVEIRA	LOURIÇAL DO CAMPO TRAIL TEAM	M: 84	Trail Longo	03:21:12.39	08:02	7.5kph	MSEN: 40
91	34	NUNO LUCAS	TÁLENTOS TEAM	M: 85	Trail Longo	03:25:35.06	08:13	7.3kph	M45: 17
92	112	CARLOS RANGEL	INDIVIDUAL	M: 86	Trail Longo	03:26:00.73	08:14	7.3kph	M60: 3
93	56	MÓNICA NAPITA	OS TRINCA ESPINHAS	F: 7	Trail Longo	03:27:00.37	08:16	7.2kph	FSEN: 3
94	46	RICARDO CALHAU	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 87	Trail Longo	03:29:07.59	08:21	7.2kph	MSEN: 41
95	32	JOSÉ OLIVEIRA	C.A.S.P.A. - CLUBE AMADOR SÓ PARA ATLETISMO	M: 88	Trail Longo	03:29:36.91	08:23	7.2kph	M50: 8
96	111	PEDRO CATROGA	QUENIANOS DO RIBATEJO	M: 89	Trail Longo	03:31:32.19	08:27	7.1kph	MSEN: 42
97	128	MANUEL MARTINS	UNIÃO FCI DE TOMAR	M: 90	Trail Longo	03:31:54.29	08:28	7.1kph	M60: 4
98	127	ALBERTO GRAÇA	UNIÃO FCI DE TOMAR	M: 91	Trail Longo	03:31:59.94	08:28	7.1kph	M60: 5
99	6	PEDRO LOURENÇO	MATILHA RUNNING	M: 92	Trail Longo	03:32:07.34	08:29	7.1kph	M50: 9
100	33	JOAQUIM CARRILHO	SSCGD	M: 93	Trail Longo	03:33:56.08	08:33	7.0kph	M50: 10
101	147	MADALENA FONTINHAS	3B TRIATLO	F: 8	Trail Longo	03:34:01.54	08:33	7.0kph	FSEN: 4
102	24	RUI LAGINHA	TÁLENTOS TEAM	M: 94	Trail Longo	03:34:18.33	08:34	7.0kph	M50: 11
103	157	LUÍS MARQUES	INDIVIDUAL	M: 95	Trail Longo	03:36:08.43	08:38	6.9kph	MSEN: 43
104	1014	JOÃO VINAGRE	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 96	Trail Longo	03:37:03.52	08:40	6.9kph	M55: 3
105	22	LUÍS SILVA	TÁLENTOS TEAM	M: 97	Trail Longo	03:38:01.55	08:43	6.9kph	M45: 18
106	17	SANDRA CONSTANTINO	TÁLENTOS TEAM	F: 9	Trail Longo	03:39:00.17	08:45	6.8kph	F45: 4
107	1179	RAQUEL CORREIA	SAPATRILOS	F: 10	Trail Longo	03:40:26.16	08:49	6.8kph	F45: 5
108	51	PAULO COSTA	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 98	Trail Longo	03:40:28.08	08:49	6.8kph	M40: 16
109	87	CARLOS EIRA	CALMA - TOMAR	M: 99	Trail Longo	03:40:34.07	08:49	6.8kph	M55: 4
110	25	SEVERINO ROSA	SSCGD	M: 100	Trail Longo	03:40:35.64	08:49	6.8kph	M60: 6
111	88	ANTÓNIO TRINDADE	CALMA - TOMAR	M: 101	Trail Longo	03:40:38.71	08:49	6.8kph	M50: 12
112	55	RITA MACHADO	INDIVIDUAL	F: 11	Trail Longo	03:41:54.77	08:52	6.8kph	FSEN: 5

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Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
113	52	RUI VALENTE	INDIVIDUAL	M: 102	Trail Longo	03:41:54.80	08:52	6.8kph	M45: 19
114	73	TERESA REALINHO	INDIVIDUAL	F: 12	Trail Longo	03:42:50.16	08:54	6.7kph	FSEN: 6
115	151	TIAGO FONSECA	MATILHA RUNNING	M: 103	Trail Longo	03:42:56.36	08:55	6.7kph	M45: 20
116	35	JOSE CAMELO	MATILHA RUNNING	M: 104	Trail Longo	03:42:57.63	08:55	6.7kph	M45: 21
117	97	VICTOR AGOSTINHO	RX RUNNERS	M: 105	Trail Longo	03:45:01.77	09:00	6.7kph	MSEN: 44
118	58	ALEXANDRE MONTEIRO	GRUPO DESPORTIVO DE ALEGRETE	M: 106	Trail Longo	03:45:22.47	09:00	6.7kph	MSEN: 45
119	11	FERNANDA FRANÇA	CLUBE OGMA	F: 13	Trail Longo	03:48:34.62	09:08	6.6kph	F45: 6
120	10	JOAQUIM BEXIGA	CLUBE OGMA	M: 107	Trail Longo	03:48:35.45	09:08	6.6kph	M50: 13
121	1226	BRUNO MARQUÊS	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 108	Trail Longo	03:51:03.56	09:14	6.5kph	M40: 17
122	122	VITOR RODRIGUES	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 109	Trail Longo	03:51:05.40	09:14	6.5kph	M45: 22
123	134	PAULO ALVES	MATILHA RUNNING	M: 110	Trail Longo	03:52:07.18	09:17	6.5kph	M45: 23
124	124	RUI BARBOSA	MATILHA RUNNING	M: 111	Trail Longo	03:52:08.63	09:17	6.5kph	M45: 24
125	83	ANSELMO MAIA	INDIVIDUAL	M: 112	Trail Longo	03:52:45.63	09:18	6.4kph	M45: 25
126	14	SUSANA FARINHAS	TÁLENTOS TEAM	F: 14	Trail Longo	03:55:26.92	09:25	6.4kph	F45: 7
127	118	PAULO VICENTE	COA / CORVUS TRAIL TEAM	M: 113	Trail Longo	03:57:27.16	09:29	6.3kph	M45: 26
128	115	TIAGO GONÇALVES	INDIVIDUAL	M: 114	Trail Longo	03:57:38.58	09:30	6.3kph	MSEN: 46
129	144	CÉSAR SERROTE	SHARISH GIN/GD PIRANHAS DO ALQUEVA	M: 115	Trail Longo	04:00:33.92	09:37	6.2kph	MSEN: 47
130	102	RENATO PEDRO	DOMINGUEIROS	M: 116	Trail Longo	04:01:35.14	09:39	6.2kph	MSEN: 48
131	89	CLAUDIO RODRIGUES	SPORT ARRONCHES E BENFICA	M: 117	Trail Longo	04:07:41.54	09:54	6.1kph	MSEN: 49
132	29	PEDRO RASTEIRO	TÁLENTOS TEAM	M: 118	Trail Longo	04:14:47.41	10:11	5.9kph	M40: 18
133	13	LUCÍA FERNANDES	OS TRINCA ESPINHAS	F: 15	Trail Longo	04:19:55.13	10:23	5.8kph	F45: 8
134	12	RAMIRO GALOCHA	OS TRINCA ESPINHAS	M: 119	Trail Longo	04:19:55.51	10:23	5.8kph	M50: 14
135	67	CHRISTINE WILMAN	PORTAOESTEPORTUGAL	F: 16	Trail Longo	04:41:43.89	11:16	5.3kph	F60: 1
136	68	FRANCOIS WILMAN	PORTAOESTEPORTUGAL	M: 120	Trail Longo	05:16:58.36	12:40	4.7kph	M60: 7
137	54	ALEXANDRA SIMÃO	COA / CORVUS TRAIL TEAM	F: 17	Trail Longo	05:17:03.70	12:40	4.7kph	FSEN: 7
138	57	JOÃO ALEXANDRE	COA / CORVUS TRAIL TEAM	M: 121	Trail Longo	05:17:05.13	12:41	4.7kph	MSEN: 50
139	138	JOSE FERNANDES	GLASSDRIVE	M: 122	Trail Longo	02:39:19.49	06:22	9.4kph	:
140	160	MARCO VINTEM	INDIVIDUAL	M: 123	Trail Longo	02:50:13.03	06:48	8.8kph	:
141	48	PEDRO PUJOL	SAI DA FRENTE	M: 124	Trail Longo	03:10:49.50	07:37	7.9kph	:
142	1265	EDUARDO LÉRIAS	CASA DO BENFICA EM PORTALEGRE	M: 125	Trail Longo	03:12:37.63	07:42	7.8kph	:
143	50	CARLOS FERREIRA	SAI DA FRENTE	M: 126	Trail Longo	03:35:15.72	08:36	7.0kph	:
144	49	RITA MONTEIRO	SAI DA FRENTE	F: 18	Trail Longo	03:55:05.24	09:24	6.4kph	:
145	96	PEDRO CARMO	ACPORTALEGRE/UTSM	M: 127	Trail Longo	03:14:43.00	07:47	7.7kph	: