



TRAIL DO MONTE MEDA



Classificação Geral

Trail Longo 28 km

Pos.	Dor.	Nome	Clube	Cat.	Pos.Cat	Tempo	T/Km.	Dif.
1	2	Bruno José Coelho de Sousa,	Trail Team Bifase	SML	1	2:18:48.69	04:57	
2	140	Mario Fonseca,	Dr. Merino/4moove	SML	2	2:19:41.12	04:59	0:00:52
3	255	Leonel Cunha,	Trail Team Bifase	SML	3	2:25:45.73	05:12	0:06:57
4	253	Miguel Martins,	Dr. Merino/4moove	SML	4	2:45:01.73	05:54	0:26:13
5	102	Marcelo Araújo,	Team trail 3pros15	SML	5	2:46:29.37	05:57	0:27:40
6	256	André Guedes,	Dr. Merino/4moove	V40ML	1	2:50:06.98	06:05	0:31:18
7	251	António Freitas,	Dr. Merino/4moove	V40ML	2	2:50:23.08	06:05	0:31:34
8	104	Adriano Fernando Lopes Mendes,	Brabus runners	SML	6	2:50:29.18	06:05	0:31:40
9	172	Ricardo Vieira,	Brabus runners	V40ML	3	2:54:57.74	06:15	0:36:09
10	145	Joao Ribeiro,	Oralklass - Amigos do Trail	SML	7	2:58:32.89	06:23	0:39:44
11	151	FERNANDO CARVALHO,	NÓS ACREDITAMOS	V40ML	4	3:02:23.57	06:31	0:43:35
12	171	Helder Barbosa,	Boavista Trail	SML	8	3:03:11.13	06:33	0:44:22
13	154	Amadeu Teixeira,	NÓS ACREDITAMOS	V50ML	1	3:03:20.28	06:33	0:44:31
14	169	Ricardo Ferreira,	Boavista Trail	SML	9	3:03:28.64	06:33	0:44:40
15	149	FRANCISCO LEMOS,	NÓS ACREDITAMOS	V50ML	2	3:03:59.81	06:34	0:45:11
16	158	Marco Pinto,	Brabus runners	SML	10	3:06:02.35	06:39	0:47:13
17	257	Carlos Silva,	Clube Trilheiros & Amigos	V40ML	5	3:06:58.07	06:41	0:48:09
18	183	Luis Miguel Santos,	Vimarunners	SML	11	3:10:24.97	06:48	0:51:36
19	184	Sérgio Gomes,	TOG Associação Running Team	V40ML	6	3:13:18.57	06:54	0:54:30
20	148	JOSE PINTO,	NÓS ACREDITAMOS	SML	12	3:16:05.24	07:00	0:57:16
21	144	Bruno Cunha,	Brabus runners	SML	13	3:17:32.84	07:03	0:58:44
22	163	Antonio Pinto,	Monte Dos Amigos	SML	14	3:17:44.15	07:04	0:58:55
23	157	NUNO SIMOES,	pamuk	V40ML	7	3:17:52.82	07:04	0:59:04
24	127	José Fernando Leal da Costa e Silva,		SML	15	3:19:23.71	07:07	1:00:35
25	186	Manuel Carvalho,	V.N. Famalicão	V40ML	8	3:20:25.54	07:09	1:01:37
26	173	Nuno Nunes,	Dá-lhe Gás Running team	SML	16	3:22:24.12	07:14	1:03:35
27	142	Miguel Pinto,	Amigos do Pedal TrailLagares	S23ML	1	3:22:56.75	07:15	1:04:08
28	112	Antonio Teles,	Clube Trilheiros & Amigos	SML	17	3:24:44.19	07:19	1:05:55
29	118	Adriano Ferreira,	A. D. Carril	SML	18	3:25:23.82	07:20	1:06:35
30	170	Luís Magalhães,	Boavista Trail	SML	19	3:26:00.34	07:21	1:07:11
31	125	Adriano Matias Dos Santos Lima C	HORA DO LOBO TRAIL	V50ML	3	3:31:33.66	07:33	1:12:45
32	111	Vitor Cruz,	ACruz / Ambicruz	SML	20	3:31:59.45	07:34	1:13:10
33	185	Marta Silva,	TOG Associação Running Team	V40FL	1	3:32:56.59	07:36	1:14:08
34	252	Diogo Fernandes,	Dr. Merino/4moove	SML	21	3:32:56.95	07:36	1:14:08
35	176	Bruno Miguel Tavares,	Grupo de Corrida de Argoncilhe	V40ML	9	3:33:55.17	07:38	1:15:06
36	254	Paulo Barbosa,	Trail Team Bifase	S23ML	2	3:35:43.46	07:42	1:16:54
37	180	João Ricardo,	Vimarunners	SML	22	3:37:39.84	07:46	1:18:51
38	117	gabriela fonseca,	Dive Into the Mountains	S23FL	1	3:41:25.13	07:54	1:22:36
39	105	Paulo Sampaio,	Lousada Runners	V40ML	10	3:42:49.88	07:57	1:24:01
40	156	Raquel Guimarães,	pamuk	V40FL	2	3:43:39.94	07:59	1:24:51
41	121	José Valente,		SML	23	3:47:49.65	08:08	1:29:01
42	166	Paulo Ferreira,	Boavista Trail	V50ML	4	3:48:16.90	08:09	1:29:28
43	106	Rui Morais,		V40ML	11	3:49:46.41	08:12	1:30:57

44	175 Jaime Ribeiro,	Lousada Hotwheels Runners	SML	24	3:50:39.46	08:14	1:31:50
45	182 Vitor Silva,	Dá-lhe Gás Running team	SML	25	3:51:54.84	08:17	1:33:06
46	1376 Jaime Fernandes,		V40ML	12	3:52:34.48	08:18	1:33:45
47	136 Emídio Quinteira,	Entre os Montes	SML	26	3:52:39.58	08:19	1:33:51
48	141 Liliana Gomes,	Dr. Merino/4moove	SFL	1	3:53:09.69	08:20	1:34:21
49	101 Jorge Mesquita,	TOG Associação Running Team	V40ML	13	3:55:31.92	08:25	1:36:43
50	114 Bruno Silva,	TrailLovers	SML	27	4:01:03.32	08:37	1:42:14
51	137 Mario Rodrigues,	Metralhas Runners	V40ML	14	4:01:26.97	08:37	1:42:38
52	147 Jose Rodrigues Costa,	runners do demo	V50ML	5	4:03:40.60	08:42	1:44:52
53	138 António Silva,	Clube Trilheiros & Amigos	V40ML	15	4:03:48.09	08:42	1:44:59
54	181 Artur Costa,	Paços Runners	V40ML	16	4:03:48.50	08:42	1:45:00
55	155 Helder Costa,	Motivação	V40ML	17	4:05:34.74	08:46	1:46:46
56	122 Marcos Leandro Gomes Ribeiro,		SML	28	4:06:08.41	08:47	1:47:19
57	167 Pedro Silva,	Boavista Trail	SML	29	4:07:39.04	08:51	1:48:50
58	120 Rogerio Abreu,	A. D. Carril	V40ML	18	4:09:24.13	08:54	1:50:35
59	150 ANTONIO PEREIRA,	NÓS ACREDITAMOS	V50ML	6	4:11:30.92	08:59	1:52:42
60	115 Paulo Pinheiro,	oslobos btt sai da frente	SML	30	4:14:43.08	09:06	1:55:54
61	133 Manuel Guedes,	C.I.A. Alpendorada	V40ML	19	4:20:11.09	09:18	2:01:22
62	146 José Gaspar Fernandes,	Vaiatéondeosteuspéstelevar	V50ML	7	4:23:31.47	09:25	2:04:42
63	126 Andrew Gibb,		V40ML	20	4:30:41.68	09:40	2:11:53
64	135 Ricardo Teixeira,		V50ML	8	4:30:43.13	09:40	2:11:54
65	153 Paulo Lima,		SML	31	4:31:29.64	09:42	2:12:41
66	132 Ricardo Maia,	Amigos das Cubas	S23ML	3	4:47:39.08	10:16	2:28:50
67	130 Telmo Garcia,	Amigos Das Cubas	S23ML	4	4:48:11.01	10:18	2:29:22
68	159 Ricardo Pimenta,	Correr Leça	SML	32	4:49:00.24	10:19	2:30:11
69	164 Carlos Pereira,		V40ML	21	4:51:42.94	10:25	2:32:54
70	179 Paulo Azevedo,	Lusitanos	V50ML	9	4:53:19.40	10:29	2:34:30
71	160 Paulo Duarte,		V40ML	22	4:55:21.14	10:33	2:36:32
72	134 António Pinto,		V50ML	10	4:56:12.57	10:35	2:37:24
73	123 Vitor Costa,	O que queremos e monte	SML	33	4:58:51.51	10:40	2:40:03
74	119 César Lobo,	A. D. Carril	V40ML	23	4:58:56.25	10:41	2:40:07
75	129 Pedro Tomás,		SML	34	4:59:55.26	10:43	2:41:06
76	174 Diogo Costa,		SML	35	4:59:58.35	10:43	2:41:09
77	178 Bruna Coelho,	HORA DO LOBO TRAIL	SFL	2	5:01:00.03	10:45	2:42:11
78	177 Alfredo Rocha,	HORA DO LOBO TRAIL	V40ML	24	5:01:06.23	10:45	2:42:17