

Trail Penedo da Moura



Classificação geral

Conjunta

Trail Curto

15,00 Km.

Pos.	Dor.	Nome	Clube	Categoria	Pos.	Tempo	Km./h.
1	3039	Marcelo Costa,	UMFCA Warriors	TCSM	1	1:20:21.85	11,20
2	3020	Nuno Carneiro,	BeFitness Runners	TCSM	2	1:24:37.88	10,64
3	1064	Ricardo Carreira,	Individual	TCSM	3	1:26:09.48	10,45
4	1002	Ricardo Rodrigues,	Individual	TCSM	4	1:28:55.42	10,12
5	1048	Tiago Oliveira,	UMFCA Warriors	TCSM	5	1:29:28.01	10,06
6	1510	paulo pereira,	Dragon	TCM40	1	1:30:07.97	9,99
7	1062	Hélder Ribeiro,	airorun	TCSM	6	1:30:39.66	9,93
8	1555	Raul Silva,	ProFisio Team	TCM40	2	1:31:46.23	9,81
9	3499	Helder Rodrigues,	Fisiojoane	TCSM	7	1:32:17.32	9,75
10	1013	Sérgio Monteiro,	A.Cu.R.A. 4 Trail	TCSM	8	1:32:49.17	9,70
11	1535	Patrick Marques,	F.S.L.	TCM40	3	1:32:56.41	9,68
12	3047	SÉRGIO PEREIRA,	Tesco Team Running	TCSM	9	1:33:07.08	9,67
13	1039	Sérgio Pereira,	ERMIDAFIT	TCSM	10	1:34:56.63	9,48
14	1038	Ricardo Pais,	ERMIDAFIT	TCSM	11	1:34:58.00	9,48
15	4090	Joaquim Coelho,	EARO	TCM50	1	1:35:56.98	9,38
16	1019	Luis Fernandes,	Alive Runners	TCSM	12	1:36:41.15	9,31
17	1538	Helder Lemos,	Tesco Team Running	TCM40	4	1:37:10.50	9,26
18	3050	Nuno Caraça,	UMFCA Warriors	TCSM	13	1:38:35.70	9,13
19	1540	Abilio Martins Almeida,	Individual	TCM40	5	1:38:52.03	9,10
20	3498	Libório Vilela,	Fisiojoane	TCSM	14	1:39:02.11	9,09
21	1094	Micael Guimarães,	Individual	TCSM	15	1:39:59.52	9,00
22	1057	Helder Faria,	Amigos da Onça	TCSM	16	1:40:31.23	8,95
23	1044	Paulo Elias,	BeFitness Runners	TCSM	17	1:41:23.48	8,88
24	1037	Telma Duarte,	ERMIDAFIT	TCSF	1	1:41:41.62	8,85
25	1551	Carlos Fernandes,	FREZITE	TCM50	2	1:42:25.54	8,79
26	3010	Vasco Marinho,	Individual	TCSM	18	1:42:30.90	8,78
27	3032	Nuno Freitas,	Individual	TCSM	19	1:42:54.52	8,75
28	3511	Lucas Morgado,	Royal Wellness Club	TCM40	6	1:43:30.69	8,70
29	3049	Alexandre Silva,	Fama Runners	TCSM	20	1:43:30.80	8,70
30	1529	Amadeu Soares,	Individual	TCM40	7	1:43:43.02	8,68
31	3999	Artur Mendes,	Fisiojoane	TCM40	8	1:43:43.59	8,68
32	3022	Bruno Mendes,	Individual	TCSM	21	1:44:39.78	8,60
33	1558	Paulo Moura,	ProFisio Team	TCM40	9	1:45:16.67	8,55
34	3072	Vitor Mansilhas,		TCSM	22	1:45:25.18	8,54
35	3075	Marco Salgado,	Individual	TCSM	23	1:45:37.00	8,52
36	3513	RENATO OLIVEIRA,	PORTOCARGO	TCM40	10	1:45:42.84	8,51
37	8002	Tânia Salgado,	Minho Aventura	TCSF	2	1:46:57.54	8,42
38	1001	Felisberto Arcipreste,	Individual	TCSM	24	1:47:16.92	8,39
39	1099	António Pedro Vieira,	Fama Runners	TCSM	25	1:48:30.33	8,29
40	1047	Pedro Ferreira,	Airão Trail Team	TCSM	26	1:48:50.39	8,27
41	3061	nelson Vaz,	ProFisio Team	TCSM	27	1:48:57.73	8,26
42	1016	André Fraga,	Individual	TCSM	28	1:49:09.41	8,25
43	3995	Xavier Oliveira,	Fisiojoane	TCM40	11	1:49:18.35	8,23
44	1544	Manuel Gomes,	Fama Runners	TCM40	12	1:49:24.80	8,23

45	1557	Sandra Moura,	ProFisio Team	TCF40	1	1:50:35.53	8,14
46	1556	Narciso Machado,	ProFisio Team	TCM50	3	1:50:39.56	8,13
47	1041	André Costa,	BeFitness Runners	TCSM	29	1:50:44.24	8,13
48	1017	Rogério Santos,	Individual	TCSM	30	1:51:24.95	8,08
49	3507	Armando Oliveira,	magic frends runners	TCM40	13	1:51:27.82	8,08
50	1093	Jorge Pereira,	ProFisio Team	TCSM	31	1:51:37.15	8,06
51	1012	Ângela Soares,	Individual	TCSF	3	1:51:41.65	8,06
52	1009	Zé Casanova,	Puxa e Empurra	TCSM	32	1:51:42.79	8,06
53	3023	Sandra Araújo,	Individual	TCSF	4	1:51:48.59	8,05
54	1518	André Castro,	Individual	TCM40	14	1:52:02.52	8,03
55	1512	Casimiro Tavares,	Amigos do Caneco	TCM50	4	1:52:25.50	8,01
56	3528	PAULO QUINTAS,	Individual	TCM40	15	1:52:47.88	7,98
57	1024	Pedro Vieira,	A.D.Sebolido Trail Bor	TCSM	33	1:53:20.14	7,94
58	1015	Rui Goncalves,	GTT - Armazém do Cal	TCSM	34	1:53:54.72	7,90
59	3514	Victor Almeida,	Almeida family	TCM40	16	1:53:59.34	7,90
60	3998	José Moreira,	Fisiojoane	TCM40	17	1:54:07.51	7,89
61	1511	LUIZ BLANQUET,	Individual	TCM50	5	1:54:08.06	7,89
62	3997	José Sotelo,	Fisiojoane	TCM40	18	1:54:58.35	7,83
63	1063	Luís Da Fonseca,	A.Cu.R.A. 4 Trail	TCSM	35	1:55:08.91	7,82
64	3526	Vitor Dinis,	BeFitness Runners	TCM40	19	1:55:11.69	7,81
65	1536	Jorge Vale,	Fama Runners	TCM50	6	1:55:46.69	7,77
66	3065	João Paulo Marques,	Individual	TCSM	36	1:56:04.64	7,75
67	3017	Daniel Soares,	Individual	TCSM	37	1:56:08.64	7,75
68	3078	Nuno Almeida,	Guimarunning Moscad	TCSM	38	1:57:35.56	7,65
69	3066	Martinho Sousa,	Individual	TCSM	39	1:57:35.77	7,65
70	3033	Bruno Barbosa,	Individual	TCSM	40	1:58:07.03	7,62
71	1049	João Rodrigues,	Individual	TCSM	41	1:58:17.83	7,61
72	3077	Daniela Ferrera,	Individual	TCSF	5	1:58:21.23	7,60
73	1006	Vasco faria,	Evolution trail team An	TCSM	42	1:59:09.95	7,55
74	1032	José Lima,	FREZITE	TCSM	43	1:59:18.86	7,54
75	3517	JOSÉ COSTA,	A. C. VERMOIM	TCM40	20	2:00:57.69	7,44
76	1507	Carlos Cardoso,	Individual	TCM40	21	2:01:14.12	7,42
77	4006	António Ferreira,	A. C. VERMOIM	TCM50	7	2:01:20.42	7,42
78	3509	Carlos Alves,	Individual	TCM40	22	2:01:54.16	7,38
79	3069	Álvaro Ferreira,	Individual	TCSM	44	2:01:54.80	7,38
80	3052	Daniel Oliveira,	Airão Trail Team	TCSM	45	2:01:55.13	7,38
81	4013	Rosa Oliveira,	EARO	TCF50	1	2:01:55.43	7,38
82	4010	Goreti Sousa,	ProFisio Team	TCF50	2	2:02:54.80	7,32
83	3510	José Fernandes,	Individual	TCM40	23	2:03:08.58	7,31
84	3003	Marina Graça,	Kalenji Runners Braga	TCSF	6	2:04:34.27	7,23
85	3013	Flávio Sampaio,	Individual	TCSM	46	2:04:35.33	7,22
86	3994	Vitor Silva,	Fama Runners	TCM40	24	2:04:36.07	7,22
87	4012	Julio Ferreira,	Individual	TCM50	8	2:05:36.27	7,17
88	4005	JOAQUIM FERREIRA,	A. C. VERMOIM	TCM50	9	2:05:55.29	7,15
89	1559	José Silva,	Individual	TCM40	25	2:06:25.03	7,12
90	1043	Rita Cruz,	BeFitness Runners	TCSF	7	2:06:45.44	7,10
91	1026	Jorge Meireles,	FREZITE	TCSM	47	2:06:48.60	7,10
92	3506	Armindo Fernandes,	Individual	TCM40	26	2:06:55.49	7,09
93	1097	Pedro Oliveira,	Fama Runners	TCSM	48	2:07:02.89	7,08
94	3083	Rafael Costa,	Fama Runners	TCSM	49	2:07:03.17	7,08
95	3534	Miguel Machado,	Trilhos D'Aventura	TCM40	27	2:08:28.76	7,01
96	3074	Mafalda Reis,	Individual	TCSF	8	2:08:28.77	7,01
97	3048	Lígia Santos,	Fama Runners	TCSF	9	2:08:34.02	7,00
98	3515	FRANCISCO MIRANDA,	A. C. VERMOIM	TCM40	28	2:08:34.62	7,00
99	1060	Paulo Laranjo,	Individual	TCSM	50	2:09:58.87	6,92
100	3059	Nelson Machado,	ProFisio Team	TCSM	51	2:10:23.23	6,90
101	3002	Sergio Torre,	Individual	TCSM	52	2:10:42.93	6,89
102	1506	Paula Sá,	Online Team	TCF40	2	2:11:18.49	6,85

103	3018	André Fernandes,		TCSM	53	2:11:24.08	6,85
104	3019	José Tiago Fernandes,	Eu e o meu Primo	TCSM	54	2:11:24.38	6,85
105	3084	Jorge Vale,	Fama Runners	TCSM	55	2:11:29.14	6,84
106	3021	Rúben Lima,		TCSM	56	2:11:30.79	6,84
107	3525	Carlos Faria,	Individual	TCM40	29	2:11:53.85	6,82
108	3545	Sérgio Ferreira,	Fama Runners	TCM40	30	2:11:57.00	6,82
109	3523	Paula Oliveira,	Go-Fama	TCF40	3	2:12:29.10	6,79
110	3027	Carlos Palma,	Individual	TCSM	57	2:12:46.46	6,78
111	3029	Antonio Vilas BOAS,	Individual	TCSM	58	2:12:50.60	6,78
112	1011	Pedro Sousa,	Evolution trail team An	TCSM	59	2:12:54.88	6,77
113	1061	Rui Costa,	A.Cu.R.A. 4 Trail	TCSM	60	2:13:17.24	6,75
114	1505	Pedro rocha,	Individual	TCM50	10	2:13:21.34	6,75
115	3529	Ernesto Freitas,	Individual	TCM40	31	2:13:40.53	6,73
116	4011	Rosa Araujo,	Individual	TCF50	3	2:13:50.94	6,72
117	1040	Helena Castro,	BeFitness Runners	TCSF	10	2:14:12.47	6,71
118	3530	Antonio Coelho,	Individual	TCM40	32	2:15:19.94	6,65
119	3058	Rui Vaz,	ProFisio Team	TCSM	61	2:15:41.52	6,63
120	1550	Carlos Espírito Santo,	Fama Runners	TCM40	33	2:15:43.54	6,63
121	3501	MARTA FONSECA,	Individual	TCF40	4	2:15:47.37	6,63
122	1503	Sergio Oliveira,	Individual	TCM40	34	2:15:49.32	6,63
123	1522	Anabela Gonçalves,	ERMIDAFIT	TCF40	5	2:15:55.86	6,62
124	1027	Ricardo Maia,	FREZITE	TCSM	62	2:16:25.41	6,60
125	1504	António Gomes,	A.Cu.R.A. 4 Trail	TCM40	35	2:16:45.14	6,58
126	3044	Carlos filipe Silva almeida	Individual	TCSF	11	2:16:50.24	6,58
127	1018	sergio martins,	Individual	TCSM	63	2:17:17.28	6,56
128	3508	Élia Oliveira,	magic frends runners	TCF40	6	2:18:07.78	6,52
129	4004	Nilda Magalhães,	magic frends runners	TCF50	4	2:18:08.14	6,52
130	3028	Cristóvão Magalhães,	Individual	TCSM	64	2:18:13.31	6,51
131	3086	Amadeu Coelho,	Família Azevedo	TCSM	65	2:18:23.60	6,50
132	3081	Pedro Pereira,	Guimarunning Moscad	TCSM	66	2:19:21.35	6,46
133	3042	Carla Pinto,	Individual	TCSF	12	2:19:34.13	6,45
134	3041	Maria José Alves,	Individual	TCSF	13	2:19:35.10	6,45
135	1005	Bruno Silva,	Evolution trail team An	TCSM	67	2:19:42.37	6,44
136	3045	Marisa Pereira,	Tesco Team Running	TCSF	14	2:20:07.98	6,42
137	3046	Ana Ferreira,	Tesco Team Running	TCSF	15	2:20:08.63	6,42
138	3037	Carlos Ribeiro,	Individual	TCSM	68	2:20:08.97	6,42
139	4008	Antero Moreira,	Biclasfriends	TCM50	11	2:20:33.86	6,40
140	3531	Alcides Rodrigues,	Biclasfriends	TCM40	36	2:20:34.82	6,40
141	1523	Silvério Pereira,	ERMIDAFIT	TCM40	37	2:20:35.00	6,40
142	1091	Francisco Dinis,	Fama Runners	TCSM	69	2:20:56.29	6,39
143	1514	Luís Rodrigues,	Individual	TCM40	38	2:20:57.42	6,39
144	3080	José Peixoto,	Guimarunning Moscad	TCSM	70	2:21:38.28	6,35
145	3079	Marcia Sousa,	Guimarunning Moscad	TCSF	16	2:21:39.44	6,35
146	3054	Rui Polido,	Individual	TCSF	17	2:21:44.92	6,35
147	3060	MaRio Costa,	ProFisio Team	TCSM	71	2:21:51.92	6,34
148	1056	Fernando Silva,	FREZITE	TCSM	72	2:22:10.69	6,33
149	1033	Andre Alexandre Vasconci	FREZITE	TCSM	73	2:22:10.76	6,33
150	1010	Pedro Gonçalves,	Evolution trail team An	TCSM	74	2:22:22.61	6,32
151	1508	Lucas Vilela,	Individual	TCM40	39	2:22:23.00	6,32
152	3056	Sergio Neves,	ProFisio Team	TCSM	75	2:22:59.55	6,29
153	1004	Hugo Peixoto,	Evolution trail team An	TCSM	76	2:23:00.23	6,29
154	3540	Elsa Moreira,	ProFisio Team	TCF40	7	2:23:00.24	6,29
155	3542	Anabela de Freitas Teixeira	Fama Runners	TCF40	8	2:23:28.87	6,27
156	1023	Vitor Hugo Alves,	Individual	TCSM	77	2:23:38.64	6,27
157	3071	Hélder Neves,	Individual	TCSM	78	2:24:22.67	6,23
158	3067	Carlos Coelho,	Individual	TCSM	79	2:24:30.46	6,23
159	1509	cristiano pimenta,	Individual	TCM40	40	2:24:43.74	6,22
160	3996	Anabela Flores,	Fama Runners	TCF40	9	2:24:50.55	6,21

161	3532	César Almeida,	Individual	TCM40	41	2:25:12.86	6,20
162	3053	Joana Alves,	Na boa	TCSF	18	2:26:11.66	6,16
163	3001	Eduarda Barros,	Individual	TCSF	19	2:26:57.53	6,12
164	1052	Elisabete Rente,	Salseiros	TCSF	20	2:27:37.11	6,10
165	1055	Paulo Clemente,	Salseiros	TCSM	80	2:27:39.44	6,10
166	3527	Francisco Silva,	Biclasfriends	TCM40	42	2:28:15.18	6,07
167	4009	Fernando Lopes,	Biclasfriends	TCM50	12	2:28:15.53	6,07
168	3082	Kevin Silva,	Fama Runners	TCSM	81	2:29:11.03	6,03
169	1073	Daniela Marques,	Fama Runners	TCSF	21	2:29:12.52	6,03
170	3040	Jose Costa,	Individual	TCSM	82	2:29:23.31	6,02
171	3536	ILDA PINHEIRO,	Individual	TCF40	10	2:30:13.83	5,99
172	3535	Celeste Ramos,	A D ESMERIZ RUNN	TCF40	11	2:30:13.94	5,99
173	8003	Sebastião Pereira,		TCM40	43	2:30:54.07	5,96
174	3011	Francisco Marinho,	Individual	TCSM	83	2:31:20.03	5,95
175	3076	João Saldanha,	Individual	TCSM	84	2:32:13.81	5,91
176	3541	Carlos Gonçalves,	Individual	TCM40	44	2:32:46.46	5,89
177	1025	Ricardo Amorim,	FREZITE	TCSM	85	2:34:22.10	5,83
178	1020	Liliana Gomes,	Individual	TCSF	22	2:34:26.61	5,83
179	1065	BRUNO VASCONCELOS	Individual	TCSM	86	2:35:05.68	5,80
180	1066	mario vilaca,	Individual	TCSM	87	2:35:07.46	5,80
181	3522	Patrícia Silva,	Go-Fama	TCF40	12	2:35:38.89	5,78
182	3497	Marta Peixoto,	Fisiojoane	TCSF	23	2:35:39.13	5,78
183	3062	Susana Ferreira,	ProFisio Team	TCSF	24	2:35:40.87	5,78
184	3504	FRANCISCO MARINHO,	Individual	TCM40	45	2:36:20.61	5,76
185	1501	José Luis Costa,	Individual	TCM40	46	2:36:21.39	5,76
186	1042	Sandra Silva,	BeFitness Runners	TCSF	25	2:36:22.68	5,76
187	3085	Rosária Ferreira,	Fama Runners	TCSF	26	2:37:24.56	5,72
188	3038	Antonio Rocha,	Individual	TCSM	88	2:38:12.49	5,69
189	3043	Leonardo Sousa,	Individual	TCSM	89	2:38:13.37	5,69
190	3036	Sergio Rocha,	Individual	TCSM	90	2:38:15.26	5,69
191	3068	André Rodrigues,	Individual	TCSM	91	2:38:17.07	5,69
192	1502	Ricardo Pimenta,	Individual	TCM40	47	2:38:35.74	5,68
193	1095	Vitor Santos,	Individual	TCSM	92	2:39:04.16	5,66
194	3004	Tomás Oliveira,	Individual	TCSM	93	2:40:09.07	5,62
195	3512	bety Osório,	magic frends runners	TCF40	13	2:40:28.12	5,61
196	3051	João Bastos,	Individual	TCSM	94	2:40:36.22	5,60
197	4001	MARIA ALEXANDRINA	OnlineTeam	TCF50	5	2:41:14.18	5,58
198	3539	Natália Alves,	Na boa	TCF40	14	2:42:51.91	5,53
199	1092	Rogério Sá,	Fama Runners	TCSM	95	2:43:28.82	5,51
200	1519	Rosa Fontes,	ERMIDAFIT	TCF40	15	2:46:00.34	5,42
201	4003	FERNANDA MACEDO,	OnlineTeam	TCF50	6	2:46:18.88	5,41
202	8001	Sergio Santos,		TCSM	96	2:48:21.98	5,35
203	4002	ANTONIO PAULINO OL	OnlineTeam	TCM50	13	2:48:55.74	5,33
204	1542	Mário Cunha,	Go-Fama	TCM40	48	2:49:09.71	5,32
205	3520	Goreti Cunha,	Go-Fama	TCF40	16	2:49:13.01	5,32
206	3009	Helder Costa,	Individual	TCSM	97	2:50:57.67	5,26
207	3015	Sergio Mesquita,	Individual	TCSM	98	2:50:58.29	5,26
208	3057	Vanessa Mendes,	ProFisio Team	TCSM	99	2:53:00.25	5,20
209	3012	Tiago Faria,	Individual	TCSM	100	2:54:05.31	5,17
210	1528	Paula Santos,	Individual	TCF40	17	3:07:47.99	4,79
211	3505	CARLOS FADIGAS,	Individual	TCM40	49	3:09:24.48	4,75
212	3524	Margarida Pereira,	Go-Fama	TCF40	18	3:19:41.71	4,51
213	3521	Paula Moreira,	Go-Fama	TCF40	19	3:19:42.02	4,51
214	3026	Eva Teixeira,	Individual	TCSF	27	3:25:57.84	4,37
215	3518	Armando Amaro,	Individual	TCM40	50	3:26:01.88	4,37
216	4089	Odete Coelho,	Guimarunning Moscadi	TCF50	7	3:27:48.38	4,33