

Resultados

Trail 22Km

Resultado (Multiple Items)

Escalão	Nome	Clube	Tempo
F40			
	Lucinda Sousa	Ginasio Factor X	2:31:46
	Flor Madureira	G.D.Leões do Veneza	3:01:42
	Ana Paula Pinto	Run To Be Alive	3:06:08
	Alexandra Fernandes	Virgin Active Health Club	3:10:23
	Maria Isabel Martins	Cool Running	3:11:04
	Paula Cristina Silva	(blank)	3:14:43
	Maria Rosário Magalhães	(blank)	3:26:34
	Cristina Quelhas	(blank)	3:40:46
	Fernanda Maria Ferreira de Paiva	(blank)	3:46:35
	Susana Maria Nogueira Teixeira	LagareSport	3:48:21
	Sérgia Ricardo	MAIA A.C.	3:55:38
	Paula Oliveira	(blank)	4:07:36
	Carla Maria Moura Neves	(blank)	4:19:21
	Rosa Maria Fernandes Moreira	(blank)	4:19:47
F50			
	Lucinda Alves	Família Alves	3:18:39
	Maria José Francisco	(blank)	3:41:41
FSen			
	Joana Tomás	(blank)	2:33:56
	Elisabete Carvalho	(blank)	2:49:23
	Susana Neta	(blank)	2:54:24
	Joana Sousa	Virgin Active Health Club	2:54:35
	Sandra Azevedo	Desnível Positivo/ Sport Zone	2:58:55
	Nicole Mendes	Virgin Active Health Club	3:02:37
	Raquel Andrade	Virgin Active Gaia	3:02:41
	Tania Covas Costa	.COM	3:05:08
	Anabela Keta	MAIA A.C.	3:05:33
	Brígida Raquel Dias Pinto	Longusbike - Amigos do Trail	3:09:12
	Patrícia Leite	Running Class HP Arrábida	3:10:56
	Daniela Barbosa	ZUPPER	3:18:37
	Sandra Lage	MAIA A.C.	3:20:43
	Ana Santos	Os Carros Vassoura	3:22:20
	Ana Maria Amaral	4x75	3:26:33
	Sandra Miranda	Urban Team	3:27:16
	Zélia Viana	Caetano Runners	3:33:57
	Ana Paula Soares Vieira	LagareSport	3:36:23
	Sónia Isabel Rocha Ferreira	LagareSport	3:36:26
	Joana Rodrigues Sousa	(blank)	3:37:55
	Susana Almeida	Running Class HP Arrábida	3:41:57
	Carla Freitas	Running Class HP Arrábida	3:41:59
	Carla Sofia Lima Leite Nunes Gar	(blank)	3:42:35
	Ana Luis Reis	Team Açai	3:42:50
	Celine Reis	(blank)	3:42:53
	Susana Oliveira	Kangaroo Runners	3:42:57
	Sofia Azevedo	MAIA A.C.	3:45:18

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Escalão	Nome	Clube	Tempo
FSen	Orlanda Maria Barbosa Cabral	LagareSport	3:48:16
	Liliana Pereira	É de Shot International	3:49:42
	Raquel Campos	É de Shot International	3:49:42
	Teresa Sousa	Kangaroo Runners	3:49:51
	Alexandra Freitas	(blank)	3:50:04
	Filipa Silva	(blank)	3:50:28
	Mariana Duarte de Magalhães	(blank)	3:50:39
	Vera Alexandra Ferreira da Silva	Running Class HP Arrábida	3:51:46
	Susana Moreira	Holmes Place Arrábida	3:53:00
	Joana Isabel Pinheiro Azevedo	(blank)	3:57:02
	Helena Barros	No Tomorrow Running Team	4:07:06
	Alda Rocha	(blank)	4:07:41
	Patrícia Gonçalves	Lagoela Bike	4:07:47
	Paula Lopes	No Tomorrow Running Team	4:07:52
	Ana Costa	(blank)	4:08:09
	Sara Rocha	Kangaroo Runners	4:15:41
	Marta Ambrósio	(blank)	4:15:45
	Mafalda Rocha	Kangaroo Runners	4:15:49
M40			
	Belmiro Ferreira	Leões da Guarda	1:55:12
	Armandino Taborda	Longus Trilhos	2:03:31
	Joaquim Sousa	Team INOV-8 Portugal	2:06:09
	António Magalhães	Leões da Guarda	2:10:26
	António Amador	Team INOV-8 Portugal	2:11:46
	António Martins	Toyota	2:13:11
	Eduardo Oliveira	ADEFACEC	2:16:37
	João Casal	Team INOV-8 Portugal	2:17:15
	Joaquim Manuel Jesus Lopes	Porto Runners	2:22:06
	Rolando Santos	Engomadoria L&A TEAM	2:24:16
	Manuel Emídio Rocha	Porto Runners	2:29:33
	Mateus Silva	(blank)	2:30:58
	Clemente Teixeira	É de Shot International	2:34:59
	Leandro Freitas	Viana Trail	2:36:34
	Eduardo Teixeira	(blank)	2:36:53
	Fernando Figueiredo	Ginasio Factor X	2:38:18
	Carlos Pereira	Lince	2:38:21
	Domingos Manuel Correia Presa	Virgin Active Health Club	2:38:28
	Vitor Coelho	Run Team Lantermil	2:38:32
	Pedro Pratas	Castro Mozinho/Martos/BFour/HRV	2:40:32
	Fernando Abilio Santos Vieira	(blank)	2:45:46
	José Manuel Abreu Carvalho	Grupo Dramático Recreativo Retorta	2:48:17
	Jorge Manuel Nogueira Magalhães	Grupo Dramático Recreativo Retorta	2:48:20
	Paulo Luís Nunes	Porto Runners	2:48:22
	David Sousa	Sunset Runners	2:48:45
	José Sá	(blank)	2:49:12
	Miguel Sá	RunZUPPER	2:52:56
	Carlos Mota Dias	No Tomorrow Running Team	2:53:17
	João Meixedo	GD4C	2:53:55
	Fernando Rocha	Virgin Active Health Club	2:54:33

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Escalão	Nome	Clube	Tempo
M40	Luis Manuel Teixeira Leça	(blank)	2:56:20
	António Morais	Porto Runners	2:56:48
	Joaquim Paulo Correia Silva	Confraria Trotamontes	3:00:03
	José Miguel Neves	(blank)	3:01:04
	Jorge Miguel Marques	Porto Runners	3:02:17
	Francisco Moreira	Os Barriguitas	3:02:19
	Francelino Fernandes	Virgin Active Health Club	3:02:50
	Eduardo Paulo Pinto Teixeira	(blank)	3:03:14
	Octavio Andrade	.COM	3:05:07
	Hélder Rodrigues	groupama trail team	3:07:01
	Miguel Rui Pinto	Virgin Active Health Club	3:09:18
	José Silva	Sunset Runners	3:10:55
	António Freitas	Run To Be Alive	3:11:02
	Sérgio Paulo Martins Ferreira Re	(blank)	3:11:09
	José Fernandes Ferreira	Porto Runners	3:11:50
	Adelino Silva	CCD - Siemens	3:12:17
	João Paulo Oliveira	(blank)	3:12:45
	Germano Santos	(blank)	3:13:03
	Rafael Dias	A. C. Alfenense	3:13:04
	João José Martins	(blank)	3:14:37
	Carlos Navega	Sem Rota	3:15:21
	Jaime Sousa	Ginasio Factor X	3:16:28
	Vitor Fernandes	GAIA-RUNNING	3:22:06
	Jorge Manuel Braga Ribeiro	(blank)	3:26:16
	Luis Ribeiro	(blank)	3:26:18
	Pedro Matos	GAIA-RUNNING	3:28:54
	Emanuel Pinto Silva	Running Class HP Arrábida	3:32:03
	Ricardo Afonso	MBTT	3:36:42
	Orlando Parente	Run To Be Alive	3:38:19
	Antonio Carneiro	groupama trail team	3:39:09
	Paulo Neves	Clube Veteranos Porto	3:39:40
	Rui Pinho	Porto Runners	3:40:38
	Pedro Reis	(blank)	3:42:16
	Victor Ventura	Kangaroo Runners	3:43:44
	Rui Filipe da Silva Pinto	Kanguru	3:46:40
	Alberto Quintiais	Run To Be Alive	3:50:42
	João Morais	(blank)	3:52:28
	José Ricardo	MAIA A.C.	3:55:40
	Paulo Costa	(blank)	3:55:45
	José Marcelo Pinheiro	(blank)	3:56:17
	Luis Carlos Lobo	All-titudes trail team	4:01:08
M50			
	Francisco Manuel Soares	JOBRA-Associação de Jovens da Branca	2:23:18
	Américo Pinto	CCDT C.M. Gondomar	2:24:03
	Carlos Frias	Leões da Guarda	2:30:12
	Leopoldo Fernandes	Leões da Guarda	2:30:33
	Manuel Augusto Correia Ferreira	Longusbike - Amigos do Trail	2:35:15
	Antonio Barbosa	Centro de Atletismo de Ermesinde	2:36:22
	Augusto Pereira	CCDT C.M. Gondomar	2:40:45

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Escalão	Nome	Clube	Tempo
M50	António Teixeira	Leões da Guarda	2:43:57
	Mário Meneses	Porto Runners	2:56:52
	Paulo Valente	Porto Runners	3:06:19
	Alípio Manuel Almeida Lopes	(blank)	3:10:21
	Luis Sousa Pires	Porto Runners	3:15:10
	Augusto Silva	Run To Be Alive	3:16:20
	Abilio Alves	Família Alves	3:18:50
	José Andrade	MAIA A.C.	3:27:43
	Fernando Vieira	GAIA-RUNNING	3:28:52
	Cândido Rocha	(blank)	3:33:04
	Alfredo Santos	Sem Rota	3:34:24
	Mário Palmeirão	(blank)	3:39:48
	Sérgio Ferreira Rodrigues	(blank)	3:42:40
	Manuel Moura	Os Barriguitas	3:49:49
M60			
	Avelino Pereira	CCDT C.M. Gondomar	3:41:48
	Fernando Paiva Santos	AFIS/Ovar	3:57:04
MSen			
	Diogo Fernandes	Offtel runners/JV	1:54:41
	Gabriel Coutinho	ADEFACEC	2:08:42
	Luís Gil	Pura Fibra - Maia	2:12:11
	Tiago Daniel da Cunha Rocha	Longusbike - Amigos do Trail	2:15:32
	João Pedro Pedrosa Nunes	C.F.OLIVEIRA DO DOURO	2:15:49
	Fernando Taborda	Longus Trilhos	2:16:25
	Telmo Sampaio Ferreira	(blank)	2:21:41
	Joaquim Freitas	RunZUPPER	2:22:19
	Marco Paulo Vides	Clube dos Galitos	2:22:39
	Sérgio Suzano	Cool Running	2:23:03
	Igor Lopes da Silva	(blank)	2:23:30
	Joao Loureiro	(blank)	2:25:52
	André Sousa	(blank)	2:26:33
	Bruno Mendes	paramos running team	2:28:28
	Tiago Teixeira	Ginasio Factor X	2:28:45
	Pedro Silva Pereira	No Tomorrow Running Team	2:28:51
	Albino Magalhães	Parjovem	2:29:23
	José Filipe Sousa Lima	GD Santander Totta	2:30:09
	Vítor André da Silva Cardoso	GDR Moimenta	2:30:16
	Cláudio Maia	(blank)	2:30:24
	Pedro Miguel Ferreira Alves	(blank)	2:30:38
	Jose Paulo Ribeiro	Ginasio Factor X	2:30:49
	Fernando Salvador	Paredes Aventura	2:31:04
	Vasco Batista	EARO - EGO SPORT	2:31:33
	Sergio Santos	Engomadoria L&A TEAM	2:31:50
	Luis Azevedo	(blank)	2:31:52
	Victor Fernandes	Urban Team	2:32:59
	António João da Rocha Machado	Longusbike - Amigos do Trail	2:33:03
	Tiago Pinheiro	(blank)	2:33:09
	Ricardo Manuel Ferreira	(blank)	2:33:17
	Pedro Pinto	ADEFACEC	2:33:33

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Escalão	Nome	Clube	Tempo
MSen	Tiago Sousa	ADEFACEC	2:33:39
	Pedro Cruz	Longus Trilhos	2:33:53
	Hélder Silva	(blank)	2:33:59
	Manuel Quelhas	Núcleo de Montanha de Espinho	2:34:07
	Helder Campos	(blank)	2:34:10
	Paulo Domingues	É de Shot International	2:34:57
	Fábio Pascoal	Virgin Active Health Club	2:35:47
	André Miguel Oliveira	Virgin Active Health Club	2:38:05
	Vitor Miguel Ferreira Pinto	Longusbike - Amigos do Trail	2:38:52
	Carlos Alexandre Moreira da Silva	LagareSport	2:40:26
	Pedro França	(blank)	2:40:30
	Paulo Sérgio Tavares	Associação BragActive	2:42:15
	Flávio Oliveira	Engomadoria L&A TEAM	2:42:38
	Jorge Vieira	Lagoela Bike	2:43:15
	Carlos Sousa	(blank)	2:43:49
	Hélder Mendes	(blank)	2:44:07
	Guilherme Martins	Movimento de Juventude de Merelim	2:44:41
	Ricardo Jesus Ribeiro	Cool Running	2:44:57
	Ricardo de Sousa Fernandes	Leões da Guarda	2:45:43
	Hélder Gomes	Engomadoria L&A TEAM	2:46:01
	Carlos Azevedo	(blank)	2:46:05
	Tiago Costa	Núcleo de Montanha de Espinho	2:47:03
	Bruno Ismael Lima	Virgin Active Health Club	2:48:11
	Sérgio Henriques Machado Silva	Virgin Active Health Club	2:48:14
	Jorge Silva	(blank)	2:48:52
	Márcio Castro	No Tomorrow Running Team	2:49:10
	José Rodrigues	(blank)	2:49:25
	Nuno Lago de Carvalho Marques	MAIA A.C.	2:49:27
	José Cruz	Run To Be Alive	2:49:51
	Joaquim Coelho	Run To Be Alive	2:49:57
	Ricardo Silva	Urban Team	2:50:04
	Paulo Jorge Castro Silva Cunha	LagareSport	2:50:10
	Angelo Cabral	Cabral's Team	2:50:30
	Celso Santos	Engomadoria L&A TEAM	2:50:33
	Paulo Pinho	(blank)	2:51:57
	Armando Pereira	(blank)	2:52:23
	Pedro Sá	Running Team	2:52:34
	Leonel Fernando Sousa Neves	Box Ideal Running Team	2:52:54
	Helder Fernando Vieira Azevedo	NAST	2:53:05
	Filipe Lopes	Engomadoria L&A TEAM	2:53:09
	Nuno Alexandre da Costa Ribeiro	Porto Runners	2:53:15
	Nuno Sobral	Team Duas Faces	2:53:36
	Telmo Figueiredo	(blank)	2:53:43
	Humberto Pousa	(blank)	2:54:27
	Carlos Manuel Ferreira Martins	Box Ideal Running Team	2:54:29
	Luís Sá	(blank)	2:55:03
	José Sousa	Kangaroo Runners	2:57:24
	Marco Dias	(blank)	2:58:01
	Bruno Cunha	(blank)	2:58:28

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Trail 22Km

Escalão	Nome	Clube	Tempo
MSen	Airam Prieto Martin	(blank)	2:58:40
	Jorge Rego	Desnível Positivo/ Sport Zone	2:58:53
	Hugo Moita	(blank)	2:59:29
	Sérgio Moreira	Blue O	2:59:35
	André Azevedo	(blank)	3:00:00
	Mário Gouveia	Confraria Trotamontes	3:00:05
	Ricardo Henriques	É de Shot International	3:00:09
	Rui Machado	(blank)	3:00:12
	Manuel Fernandes	A.D. Amarante Trail Running	3:00:19
	Nuno Martins	(blank)	3:00:42
	Hugo Gonçalves	(blank)	3:01:37
	Pedro Fão	Vianarunners	3:01:52
	Fernando Remelgado	CCD - Siemens	3:01:53
	Joel Marques	(blank)	3:01:56
	Diogo Oliveira Aguiar	(blank)	3:02:25
	Rui Filipe Sengo e Silva	(blank)	3:02:27
	Hélder Costa	(blank)	3:03:17
	Nuno Marques	Engomadoria L&A TEAM	3:04:14
	Pedro Serra	Engomadoria L&A TEAM	3:05:11
	Oscar Cristóvão Vieira Dias	(blank)	3:05:36
	Fernando Carneiro	(blank)	3:05:46
	Domingos José Cepeda Morais	Longusbike - Amigos do Trail	3:05:58
	Sérgio Pedro Moreira Gerales	RunZUPPER	3:06:12
	Carlos Silva	(blank)	3:06:15
	Daniel Lopes	Sem Rota	3:06:21
	Joaquim Manuel Camarinha Bar	Sem Rota	3:06:23
	Nuno Seabra	GAM Team Trail	3:06:49
	Tiago Oliveira	Ginasio Factor X	3:06:50
	Pedro Bento	GRFNZ/AUTOSIMPORTADOS	3:06:53
	Filipe Sousa	GRFNZ/AUTOSIMPORTADOS	3:06:54
	Sérgio Vidal	GRFNZ/AUTOSIMPORTADOS	3:06:55
	Sérgio Álvaro Silva	GAM Team Trail	3:07:04
	Luís Miguel Fernandes de Brito	Longus Trilhos	3:07:31
	António Loureiro	(blank)	3:07:34
	Pedro Filipe Silva	MelresTrail Running	3:07:51
	Luiz Loureiro	Virgin Active Health Club	3:08:19
	Rui Neves	(blank)	3:08:20
	Luís Pinho	(blank)	3:08:44
	Tiago Joaquim Sousa	4x75	3:08:47
	Paulo Pereira	(blank)	3:09:18
	Cândido Silva	(blank)	3:09:26
	Filipe França	(blank)	3:09:32
	António Pereira Silva	Confraria Trotamontes	3:10:02
	Eduardo Sampaio	(blank)	3:10:04
	Pedro Gil Martins	(blank)	3:10:10
	Fernando Zenha	Virgin Active Health Club	3:10:59
	Diogo Andrade Silva	(blank)	3:11:06
	Herve Marrinhas	(blank)	3:11:21
	José Magalhaes	(blank)	3:11:25

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Trail 22Km

Escalão	Nome	Clube	Tempo
MSen	Anthony Nunes Lopes	Engomadoria L&A TEAM	3:11:37
	Bruno Machado	D4E/MAFATE/Urban Team	3:11:38
	Tiago Carvalho	(blank)	3:12:18
	Pedro Barbosa	(blank)	3:13:01
	Cipriano Sousa	Leões da Guarda	3:13:05
	Ivan Teixeira	(blank)	3:13:23
	Alexandre Neves	CCDT C.M. Gondomar	3:13:52
	Paulo Jorge Azevedo Silva	(blank)	3:14:02
	Ivo Dias	Longusbike - Amigos do Trail	3:14:11
	André Miguel dos Santos Noguei	Longusbike - Amigos do Trail	3:14:29
	Marco Rodrigues	(blank)	3:14:31
	Tiago Arsénio Ribeiro Teixeira	Guimbra	3:15:00
	Sérgio Paulo Dias Fontes	(blank)	3:16:18
	Mário Simões	(blank)	3:18:11
	Jorge Manuel Nunes da Silva Roc	CF Jesuítas	3:18:42
	António Pedro Pereira Machado	Longusbike - Amigos do Trail	3:18:59
	Pedro Cardoso	Os Poteeentes	3:20:48
	Nuno Alves	groupama trail team	3:22:15
	Paulo Moreno Silva	Virgin Active Health Club	3:22:17
	Marco Antonio	ADEFACEC	3:23:03
	Mário Jorge Sousa Almeida	Box Ideal Running Team	3:23:45
	Ricardo Ramos	Vianarunners	3:24:32
	Jorge Bernardino Teixeira Lima	(blank)	3:25:46
	Sérgio Paulo Silva	(blank)	3:26:31
	Miguel Cruz	ADEFACEC	3:27:20
	Bernardino Andrade	MAIA A.C.	3:27:55
	Bruno Matos	(blank)	3:29:25
	Carlos Daniel Azevedo Pereira	Sem Rota	3:32:04
	Filipe Daniel Neves Pereira	(blank)	3:32:49
	Paulo José Ferreira Dias	Box Ideal Running Team	3:32:52
	Nuno Amen	(blank)	3:33:02
	Carlos Viana	Caetano Runners	3:33:49
	Rui Campos	Urban Team	3:37:35
	Ricardo Campos	Urban Team	3:37:37
	Rui Martins	(blank)	3:37:58
	José Rodrigo Cabral	(blank)	3:39:05
	Óscar Mendes	(blank)	3:39:23
	João Leal Fernandes	(blank)	3:39:30
	Joao Martins	É de Shot International	3:40:33
	Luis Filipe Silva Oliveira	LagareSport	3:44:08
	Pedro Miguel Rodrigues Cunha	LagareSport	3:44:10
	Pedro Brito	(blank)	3:46:47
	Daniel Augusto Ferraz Barbosa	LagareSport	3:48:15
	Mário Martins	(blank)	3:48:29
	Paulo Campos	Running Class HP Arrábida	3:49:56
	Rui Magalhães	MAIA A.C.	3:50:03
	Tiago Miguel Soeiro	(blank)	3:51:15
	João Miguel Marques	No Tomorrow Running Team	3:53:18
	José Duarte Neves	(blank)	3:53:55

Resultados

Trail 22Km

Escalão	Nome	Clube	Tempo
MSen	Edgar Cunha	(blank)	3:56:00
	Mark Velhote	Vodafone	3:59:07
	André Neves	(blank)	3:59:10
	Michael Campos	Run To Be Alive	4:00:19
	Carlos Guedes	All-titudes trail team	4:01:11
	Rui Miguel Fernandes de Oliveira	(blank)	4:01:36
	Pedro Tavares	Running Team	4:06:13