

Trilhos Moinhos da Gândara

Trilhos
Moinhos da Gandara
Figueira da Foz
23 de Junho
Chrono.pt



Classificação Geral Trail Curto 12,00 Km.

Pos.	Dor.	Nome	Clube	Cat	Pos. Cat.	Tempo	Km./h.	Diferencia
1	525	Vítor Pleno	CPT Sobral Ceira	S	1	1:01:38.01	11,68	
2	582	António Quaresma	Ozxtreme Bio Team Run	40	1	1:02:19.47	11,55	0:00:41
3	533	Luis Rodrigues	CPT Sobral Ceira	S	2	1:02:31.92	11,52	0:00:54
4	621	Pedro Oliveira		40	2	1:03:37.75	11,32	0:02:00
5	542	bruno alexandre		S	3	1:05:44.23	10,95	0:04:06
6	622	Filipe Carvalheiro		50	1	1:06:38.17	10,81	0:05:00
7	505	Tiago Filipe Bernardes Silva	Gatões BTT	S	4	1:06:46.66	10,78	0:05:09
8	506	André Magalhães	ARSM - Assoc. Rec. S. Miguel	S	5	1:06:55.91	10,76	0:05:18
9	593	Paulo Neves	C.c.r.d.liceia	S	6	1:07:06.93	10,73	0:05:29
10	566	MÁRCIO RODRIGUES	ACDRS QUINHENDROS	S	7	1:07:20.59	10,69	0:05:43
11	551	José Miguel Ferreira Rodrig	Moinhos da Gandara Trail	S25	1	1:07:54.93	10,60	0:06:17
12	623	Hugo Barqueiro		S	8	1:09:19.97	10,39	0:07:42
13	552	Alex Pedro da Silva	GRVilaverdense	S	9	1:10:27.87	10,22	0:08:50
14	548	João Barradas	ADCP	S	10	1:11:41.91	10,04	0:10:04
15	620	Jorge Miguel da Costa Simão	Gatões BTT	S	11	1:12:03.30	9,99	0:10:25
16	624	Telmo Pedro		40	3	1:12:31.26	9,93	0:10:53
17	602	Nuno Duarte	Bio Team Run	S25	2	1:13:26.31	9,80	0:11:48
18	573	Filipe Lopes	Bio Team Run	40	4	1:13:28.13	9,80	0:11:50
19	607	vitor Cação	Gatões BTT	40	5	1:14:24.74	9,68	0:12:47
20	597	Carlos Palaio	GRVilaverdense	40	6	1:15:33.75	9,53	0:13:56
21	609	Rafael Nogueira Pereira		J	1	1:17:24.78	9,30	0:15:47
22	618	Luís Martins	Associação O Mundo da Corrida	40	7	1:17:31.54	9,29	0:15:54
23	565	Mário Neves	C.c.r.d.liceia	50	2	1:18:43.08	9,15	0:17:05
24	547	Vitor Tomaz	Bio Team Run	40	8	1:20:45.00	8,92	0:19:07
25	534	João Galoto	Bio Team Run	S	12	1:20:45.27	8,92	0:19:07
26	587	André Pedro Rodrigues dos	Trilhos de Samuel	40	9	1:20:54.17	8,90	0:19:16
27	549	Fred José	ADCP	40	10	1:20:56.87	8,90	0:19:19
28	591	Nuno Filipe Marques Nascir	GRVilaverdense	S	13	1:20:57.08	8,89	0:19:19
29	529	José Cardoso		40	11	1:21:02.98	8,89	0:19:25
30	613	José das Neves Batata		50	3	1:21:04.63	8,88	0:19:27
31	562	Paulo Guilherme Tavares M	Bio Team Run	50	4	1:22:36.23	8,72	0:20:58
32	556	Pedro Boia	GRVilaverdense	40	12	1:24:26.39	8,53	0:22:48
33	570	Nuno Azul	Bio Team Run	40	13	1:24:35.25	8,51	0:22:57
34	500	Célia Margarida Oliveira M	Moinhos da Gandara Trail	40F	1	1:24:38.02	8,51	0:23:00
35	580	Ricardo Manuel Santos Pere	Emcantos AITeam	S	14	1:24:45.21	8,50	0:23:07
36	598	Rui Manuel Faria Ferreira	Casa do Benfica da Figueira da Foz	50	5	1:25:02.09	8,47	0:23:24
37	538	Bruno B. Ferreira	ACDRS QUINHENDROS	S	15	1:25:12.53	8,45	0:23:35
38	541	Carlos Neves	Grupo Maravilha	S	16	1:25:38.75	8,41	0:24:01
39	512	Liliana Azenha	ARSM - Assoc. Rec. S. Miguel	40F	2	1:25:54.68	8,38	0:24:17
40	589	Diogo Simões	Moinhos da Gandara Trail	S	17	1:27:28.81	8,23	0:25:51
41	606	Nuno Alexandre Matias Goi	GRVilaverdense	S	18	1:27:50.03	8,20	0:26:12
42	550	Nelson Cláudio da Silva Aze	GRVilaverdense	40	14	1:28:15.62	8,16	0:26:38
43	590	Marco	Pampas Trail Team	40	15	1:28:17.66	8,16	0:26:40

44	559	Anabela Fonseca	Bio Team Run	40F	3	1:28:33.52	8,13	0:26:56
45	575	Filipe Guerra	Moinhos da Gandara Trail	S	19	1:29:12.80	8,07	0:27:35
46	596	Fausto Carvalho	ARSM - Assoc. Rec. S. Miguel	50	6	1:29:17.51	8,06	0:27:40
47	608	Luis Azenha	Bio Team Run	S	20	1:30:36.41	7,95	0:28:58
48	625	Nuno Ribeiro		S	21	1:31:06.82	7,90	0:29:29
49	579	Fernando Ferrão	PÉS TROIKADOS CSCS	S	22	1:31:34.20	7,86	0:29:56
50	532	Rui Jorge do Espírito Santo	Bio Team Run	40	16	1:32:29.79	7,79	0:30:52
51	611	Vitor Manuel Mesquita dos	GRVilaverdense	40	17	1:32:38.87	7,77	0:31:01
52	527	José Miguel Simões	Espécie de atletas	40	18	1:33:45.34	7,68	0:32:07
53	530	João Ricardo Marques Simão	Moinhos da Gandara Trail	S	23	1:34:50.07	7,59	0:33:12
54	501	Carina Isabel Jordão da Silva	Moinhos da Gandara Trail	SF	1	1:34:52.53	7,59	0:33:15
55	539	Vânia Paixão	ACDRS QUINHENDROS	SF	2	1:35:21.38	7,55	0:33:43
56	583	Alexandre Daniel Santos Fe	Trilhos de Samuel	S	24	1:36:32.19	7,46	0:34:54
57	619	Célia Santos	ARCD Venda da Luisa	40F	4	1:36:36.65	7,45	0:34:59
58	563	Francisco Mendes	Bio Team Run	40	19	1:37:32.29	7,38	0:35:54
59	509	Jorge Marques	ATVB	50	7	1:38:02.10	7,34	0:36:24
60	536	Diogo Figueiredo		S25	3	1:38:28.47	7,31	0:36:50
61	561	Catarina Sofia Oliveira Rom	GRVilaverdense	40F	5	1:38:57.02	7,28	0:37:19
62	555	Maria João	Bio Team Run	40F	6	1:39:58.04	7,20	0:38:20
63	584	Ivan Cardoso costa	Trilhos de Samuel	S	25	1:41:20.59	7,11	0:39:43
64	599	Gabriel Oliveira Ferreira		J	2	1:41:56.24	7,06	0:40:18
65	592	Rosália Pedrosa	Funcional Active Sports	40F	7	1:42:00.31	7,06	0:40:22
66	528	Eurico Nogueira	Espécie de atletas	S	26	1:43:06.78	6,98	0:41:29
67	553	João Miguel Oliveira Namor	GRVilaverdense	40	20	1:43:09.69	6,98	0:41:32
68	513	Miguel Santos	"RG ""Levanta Poeira""	40	21	1:43:47.55	6,94	0:42:10
69	588	André Curto	Moinhos da Gandara Trail	40	22	1:44:00.85	6,92	0:42:23
70	558	Carla Felamino	Moinhos da Gandara Trail	40F	8	1:44:01.00	6,92	0:42:23
71	571	David Costa	Bio Team Run	S	27	1:44:01.87	6,92	0:42:24
72	568	Jorge Manuel Neto Gaspar	QUIAIOS RUN TEAM	50	8	1:44:18.54	6,90	0:42:41
73	521	Gisela Margarida Alves Jorg	ATBV	40F	9	1:44:41.90	6,88	0:43:04
74	604	Pedro Miguel Oliveira Lopes	GRVilaverdense	40	23	1:47:18.86	6,71	0:45:41
75	567	Dora Dourado	Bio Team Run	40F	10	1:51:22.49	6,47	0:49:44
76	560	Domingos Feliciano	Bio Team Run	50	9	1:51:23.74	6,46	0:49:46
77	535	Alcidio Figueiredo		50	10	1:51:36.88	6,45	0:49:59
78	574	Luís Marinheiro	Emcantos AITeam	40	24	1:51:58.80	6,43	0:50:21
79	600	JOAO PATRICIO		40	25	1:52:00.09	6,43	0:50:22
80	595	Isabel Pego	Escola de Atletismo Coimbra/Intermarché C	40F	11	1:52:22.41	6,41	0:50:44
81	594	Jorge Alves	Escola de Atletismo Coimbra/Intermarché C	40	26	1:52:22.88	6,41	0:50:45
82	526	Luís Silva	Espécie de atletas	40	27	1:52:37.17	6,39	0:50:59
83	507	Christophe Garcia Loureiro		S25	4	1:53:52.44	6,32	0:52:14
84	557	Maria Fátima Rocha Oliveira	GRVilaverdense	40F	12	1:54:27.00	6,29	0:52:49
85	612	Avelino José Guerra Freitas	GRVilaverdense	50	11	1:54:27.75	6,29	0:52:50
86	515	Nuno Alves	Runing grupo "levanta poeira"	50	12	1:54:31.92	6,29	0:52:54
87	576	Marco Silva		40	28	1:56:30.62	6,18	0:54:53
88	569	Maria Caniceiro	Emcantos AITeam	50F	1	1:56:37.44	6,17	0:54:59
89	581	Leonel Marques de Oliveira	Emcantos AITeam	S	28	1:59:22.80	6,03	0:57:45
90	520	João Pedro da Silva Dâmaso	Grupo Maravilha	S	29	1:59:25.34	6,03	0:57:47
91	519	Helia Gil	Grupo Maravilha	SF	3	1:59:25.39	6,03	0:57:47
92	586	João Filipe dos santos Duarte	Trilhos de Samuel	S	30	1:59:27.23	6,03	0:57:49
93	601	Rita Carvalho	ARSM - Assoc. Rec. S. Miguel	SF	4	2:01:38.26	5,92	1:00:00
94	617	João Filipe Figueiredo Capir	GRVilaverdense	S	31	2:03:12.78	5,84	1:01:35
95	616	Ana Lucia Teixeira Alemão	GRVilaverdense	S25F	1	2:03:13.71	5,84	1:01:36
96	522	Jorge Mateus Simão dos San	Pinhal Total Oleiros Aventura	S	32	2:05:17.27	5,75	1:03:39
97	504	João Carlos Melanda Simões	Moinhos da Gandara Trail	S	33	2:05:17.61	5,75	1:03:40
98	615	Maria de Fátima Silva Teixe	GRVilaverdense	50F	2	2:06:08.31	5,71	1:04:30
99	524	Mário Gonçalves de Freitas		50	13	2:06:14.71	5,70	1:04:37
100	577	Flávio Martins	Amigos do Descanso	S	34	2:07:44.76	5,64	1:06:07
101	546	Silvério de Sousa Mendes		40	29	2:11:33.59	5,47	1:09:56

102	517	Liliana Catarina Azenha Rodrigues	SF	5	2:15:47.10	5,30	1:14:09
103	511	João Serra	S	35	2:15:48.06	5,30	1:14:10
104	605	Fernanda Margarida Lemos GRVilaverdense	40F	13	2:15:57.78	5,30	1:14:20
105	543	Cláudia Machado Emcantos AITeam	40F	14	2:16:51.59	5,26	1:15:14
106	544	Nelson Simões Emcantos AITeam	40	30	2:16:52.21	5,26	1:15:14
107	572	Idalia Pinto Bio Team Run	S25F	2	2:18:23.95	5,20	1:16:46
108	578	Ana Ferreira	40F	15	2:18:26.55	5,20	1:16:49
109	564	Sofia Mendes Bio Team Run	40F	16	2:18:27.47	5,20	1:16:49
110	523	Cristina Pires	40F	17	2:19:46.06	5,15	1:18:08
111	614	Maria Alexandra Pinto da Si GRVilaverdense	40F	18	2:21:56.14	5,07	1:20:18
112	545	Tânia Marisa Marques Fern GRVilaverdense	SF	6	2:21:59.25	5,07	1:20:21