



30-06-2019
Minas da Borralha – Salto – Montalegre
Projeto Raízes



Wolfram Trail - Minas da Borralha 2019

CLASSIFICAÇÃO GERAL - TRAIL LONGO - 25Km



Posição	Dorsal	Nome	Clube	Categoria	P. Categ.	Tempo	Km/h	Dif.
1	92	Emílio Carvalho,	The Rookies	M40TL	1	2:18:40.00	10,82	
2	920	Daniel Costa,	Clube atletismo Fafe	SMTL	1	2:28:06.65	10,13	0:09:27
3	57	Diogo Machado,	Chaves Running Team	SMTL	2	2:28:19.18	10,11	0:09:39
4	114	Paulo Mendes,	CR CANDOSO	M45TL	1	2:28:52.90	10,08	0:10:13
5	118	Artur Gonçalves,		SMTL	3	2:30:31.96	9,97	0:11:52
6	912	João Rocha,		M40TL	2	2:30:58.93	9,94	0:12:19
7	105	António Campos,	CTMVila Pouca de Aguiar	M40TL	3	2:32:44.93	9,82	0:14:05
8	3	Patrício Simeiro,	Fitas Suplementos Alimentares	M40TL	4	2:34:31.23	9,71	0:15:51
9	10	Nuno Sérgio Guimarães,	Trogloditas runners	SMTL	4	2:37:02.42	9,55	0:18:22
10	47	Henrique Silva,	BRAGUINHAS RUNNERS	M45TL	2	2:39:18.13	9,42	0:20:38
11	36	José Pereira,	A.D. Amarelo	SMTL	5	2:41:37.92	9,28	0:22:58
12	116	Paulo Ribeiro,	Adosa os santa Apolonia	M45TL	3	2:41:45.54	9,27	0:23:06
13	51	Rui Sousa,	TROGLODITAS RUNNERS	M40TL	5	2:41:46.43	9,27	0:23:06
14	62	Norberto Costa,	Chaves Running Team	M60TL	1	2:41:49.03	9,27	0:23:09
15	73	Mário Castro,	CLUBE ATLETISMO FAFE	SMTL	6	2:42:17.04	9,24	0:23:37
16	55	Cândido Morais,	Chaves Running Team	M50TL	1	2:46:04.57	9,03	0:27:25
17	87	RICARDO MEIRA MEIRA,	ADOSA OS SANTA APOLONIA	M40TL	6	2:47:46.64	8,94	0:29:07
18	38	José Fins,	BRAGUINHAS RUNNERS	M50TL	2	2:53:05.32	8,67	0:34:25
19	53	João Oliveira,	Chaves Running Team	M40TL	7	2:54:16.70	8,61	0:35:37
20	39	Rui Borges,	NAVR	M50TL	3	2:54:32.49	8,59	0:35:52
21	97	Ricardo Castro,	Pô na lama	SMTL	7	2:55:31.29	8,55	0:36:51
22	12	Cesar Costa,	Lethis trail team	SMTL	8	2:57:54.81	8,43	0:39:15
23	107	Carlos Sousa,	CTMVila Pouca de Aguiar	M50TL	4	2:59:59.37	8,33	0:41:19
24	64	Jose Gomes,	Nocturnos de Paredes	M50TL	5	3:00:21.98	8,32	0:41:42
25	112	Guilhemino Meireles,	CTMVila Pouca de Aguiar	M40TL	8	3:00:34.17	8,31	0:41:54
26	18	Tiago Pereira,	Paúlhas Team	SMTL	9	3:02:22.15	8,23	0:43:42
27	30	Luís Fontinha,	Bilarunners	M55TL	1	3:03:38.71	8,17	0:44:59
28	54	Artur Dias,	Chaves Running Team	M50TL	6	3:04:25.85	8,13	0:45:46
29	9	Nuno Sendão,	LETHES TRAIL TEAM	M40TL	9	3:05:48.34	8,07	0:47:08
30	65	Daniel Silva,	Nocturnos de Paredes	SMTL	10	3:05:52.47	8,07	0:47:12
31	60	Fátima Amoinha,	Chaves Running Team	SFTL	1	3:06:02.69	8,06	0:47:23
32	63	Carlos Borges,	Chaves Running Team	M40TL	10	3:07:15.29	8,01	0:48:35
33	91	Rui Carvalho,	The Rookies	SMTL	11	3:08:29.81	7,96	0:49:50
34	99	João Claro,		M50TL	7	3:08:35.52	7,95	0:49:56
35	71	Maria Jesus Mourais,	AD LALBAX	F45TL	1	3:09:05.42	7,93	0:50:25
36	17	Paulo Sa,		SMTL	12	3:09:06.89	7,93	0:50:27
37	37	Federico Simeiro,	Noticias de Colmeias Atletismo	M45TL	4	3:09:07.05	7,93	0:50:27
38	98	José pedro Valadares Torres,		SMTL	13	3:09:08.05	7,93	0:50:28
39	915	Sem Nome, Dorsal 915		?????		3:09:12.75	7,93	0:50:33

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40	72	Ricardo Monzina,	AD LALBAX	M40TL	11	3:10:03.96	7,89	0:51:24
41	5	Orlando Campos,	FISIO.	M40TL	12	3:11:52.54	7,82	0:53:13
42	111	Sérgio Vilela,	CTM Vila Pouca de Aguiar	SMTL	14	3:12:27.32	7,79	0:53:47
43	26	Paulo Rodrigues,	Boticos Galicos Trail Runners	M40TL	13	3:13:21.73	7,76	0:54:42
44	14	Oscar Lucas,	Boticos Galicos Trail Runners	M45TL	5	3:13:23.02	7,76	0:54:43
45	96	Sandra Castro,	PÓ NA LAMA TRAIL RUNNERS	SFTL	2	3:13:50.94	7,74	0:55:11
46	33	Manuel António Geaça,	Palmeira runners	M50TL	8	3:14:17.84	7,72	0:55:38
47	66	Miguel Moura,		SMTL	15	3:14:55.25	7,70	0:56:15
48	69	Domingos Barros,	Amigos da montanha	M45TL	6	3:15:32.30	7,67	0:56:52
49	52	Miguel Almeida,	Chaves Running Team	M45TL	7	3:16:15.63	7,64	0:57:36
50	56	Céu Costa,	Chaves Running Team	F50TL	1	3:17:11.43	7,61	0:58:31
51	19	Nelson Carvalho,	CORRERIAS	SMTL	16	3:18:20.27	7,56	0:59:40
52	22	Fernando Paula,	Individual	M55TL	2	3:19:09.67	7,53	1:00:30
53	20	Sandra Araújo,	FISIO.	SFTL	3	3:19:11.45	7,53	1:00:31
54	7	Pedro Sendão,	LETHES TRAIL TEAM	M45TL	8	3:20:08.69	7,50	1:01:29
55	40	José Sousa,		M45TL	9	3:22:31.87	7,41	1:03:52
56	48	José Mendes,		M50TL	9	3:25:25.57	7,30	1:06:46
57	74	Mario Rodrigues,	Metallhas Runners	M40TL	14	3:25:48.08	7,29	1:07:08
58	2	Daniel Gomes Miranda,	Pastilhas Team	M40TL	15	3:27:10.67	7,24	1:08:31
59	49	Dama Martin,		SFTL	4	3:28:23.89	7,20	1:09:44
60	8	Helena Gomes,	WOLVES	F45TL	2	3:28:49.52	7,18	1:10:10
61	76	Carlos Alves,	Pés de Chumbo Runners	M40TL	16	3:29:01.50	7,18	1:10:22
62	21	Vitor Mamilhas,	FISIO.	SMTL	17	3:32:41.96	7,05	1:14:02
63	108	Ângelo Costa,	CTM Vila Pouca de Aguiar	SMTL	18	3:33:37.21	7,02	1:14:57
64	16	Maria Sá,	Dive Into the Mountains	F50TL	2	3:34:45.07	6,98	1:16:05
65	109	Manuel Ferreira,	CTM Vila Pouca de Aguiar	M60TL	2	3:39:43.00	6,83	1:21:03
66	41	Ligia Mendes,		F40TL	1	3:40:01.55	6,82	1:21:22
67	294	Fátima Vieira,	Nocturnos de Paredes	F55TL	1	3:40:03.99	6,82	1:21:24
68	42	Fernando Morais,	Ginásio Clube de Bragança	M40TL	17	3:44:09.72	6,69	1:25:30
69	44	Cristina Silva,	Sérgio Rodrigues Fotografia	F40TL	2	3:45:59.40	6,64	1:27:19
70	113	Filipe Rodrigues,	CTM Vila Pouca de Aguiar	M40TL	18	3:47:26.34	6,60	1:28:46
71	119	Paulo Cortinhas,	Coverias	M45TL	10	3:48:40.90	6,56	1:30:01
72	83	Nuno Santos,	AVENTUREIROS	M40TL	19	3:49:31.27	6,54	1:30:51
73	70	Vitor Martin,	Alexandra Carvalho TEAM	M40TL	20	3:51:05.50	6,49	1:32:26
74	110	Ricardo Grilo,	CTM Vila Pouca de Aguiar	M40TL	21	3:52:27.11	6,45	1:33:47
75	94	Eduardo Pinto,		M45TL	11	3:53:11.32	6,43	1:34:31
76	45	Jorge MALA,	Budeguia Runners	M50TL	10	3:55:03.50	6,38	1:36:24
77	106	Lúcia Lemos,	CTM Vila Pouca de Aguiar	F50TL	3	3:56:54.49	6,33	1:38:14
78	13	Lino Abreu,	Dive Into The Mountains	M40TL	22	3:57:18.09	6,32	1:38:38
79	34	Paulo Ribeiro,	Dive Into the Mountains	M40TL	23	3:57:19.02	6,32	1:38:39
80	23	Pedro Costa,	Dive Into the mountains	M40TL	24	3:57:35.36	6,31	1:38:55
81	103	Luís Marques,	Alexandra Carvalho team	M45TL	12	4:00:01.22	6,25	1:41:21
82	68	Amélia Moreira,	Amigos da montanha	F50TL	4	4:03:27.82	6,16	1:44:48
83	32	Natália Pinto,	Mam's Therapy Trail Running	SFTL	5	4:04:19.03	6,14	1:45:39
84	28	Manuela Pinto,	Mam's Therapy Trail Running	SFTL	6	4:05:08.06	6,12	1:46:28
85	27	João Ribeiro,	Mam's Therapy Trail Running	M40TL	25	4:05:12.47	6,12	1:46:32
86	1	Rui Silva Marante,	PASTILHAS TEAM	SMTL	19	4:09:22.11	6,02	1:50:42
87	46	Vasco VIEIRA,	Budeguia Runners	SMTL	20	4:12:30.22	5,94	1:53:50
88	117	Sandra Ferreira,	Arcorum	F45TL	3	4:13:00.00	5,93	1:54:20

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89	15	João Paulo Vieira,	DIVE Into the Mountain	M45TL	13	4:14:13.21	5,90	1:55:33
90	84	Simão Fernandes,	AVENTUREEROS	SMTL	21	4:16:48.14	5,84	1:58:08
91	86	Sónia Brás,	ADA Amante Trail Running	SFTL	7	4:16:59.46	5,84	1:58:19
92	85	João Pena Gil,	ADA Amante Trail Running	M60TL	3	4:17:00.88	5,84	1:58:21
93	50	Daniel Nogueira,		M40TL	26	4:19:20.20	5,78	2:00:40
94	31	Albertina Machado,	Bilsumers	F50TL	5	5:21:52.49	4,66	3:03:12
95	6	Amând Courvoisier,		M40TL	27	5:21:52.67	4,66	3:03:13