



DOURO River Trail



Classificação Geral e Escalão

Trail Longo

9/2/2020

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Ritmo	Diferença
1	238	Tiago Pereira	Futebol Clube Penafiel	M	S	1	01:47:31	5.38	00:00:00
2	158	Sandro Gomes	Sentir Escariz running	M	S	2	01:58:27	5.92	00:10:56
3	239	Paulo Moreira	Aliados Trail Running Team	M	S	3	02:01:08	6.06	00:13:37
4	276	Bruno Teixeira	A.D.Amarante	M	M40	1	02:03:26	6.17	00:15:55
5	150	Pedro Miguel Pereira Vieira	Amigo Trail Run	M	S	4	02:03:50	6.19	00:16:19
6	283	Carlos Queirós	A.D.Amarante	M	S	5	02:05:43	6.29	00:18:12
7	295	Joel Pinto	A.D Marco 09	M	S	6	02:06:47	6.34	00:19:16
8	292	Paula Soares	A.D.Amarante	F	SF	1	02:08:39	6.43	00:21:08
9	138	Rui Alvim	RUNRIVER - ESCOLA ATLETISMO DE RIO TINTO	M	M40	2	02:09:49	6.49	00:22:18
10	57	Pedro Castro	A.D Marco 09	M	S	7	02:09:51	6.49	00:22:20
11	45	Luis Fonsecs	Caminheiros de Paços	M	M40	3	02:10:27	6.52	00:22:56
12	78	Sérgio Monteiro	Sardonisca Runners	M	S	8	02:11:55	6.6	00:24:24
13	31	Alfredo Moreira	Moinhos Run - ADRM	M	M40	4	02:12:29	6.62	00:24:58
14	125	Ricardo Pereira	Team Lantemil	M	S	9	02:12:41	6.63	00:25:10
15	94	Pedro Guimarães	CTAD - Consumo Zero	M	M40	5	02:12:43	6.64	00:25:12
16	265	Nuno Rocha	Nocturnos de Paredes	M	M40	6	02:13:24	6.67	00:25:53
17	140	José Almeida	Sporting Club Santacruzense	M	M50	1	02:13:25	6.67	00:25:54
18	171	Abilio Magalhães	Emna Runners	M	M50	2	02:14:43	6.74	00:27:12
19	179	João Oliveira	Chaves Running Team	M	M40	7	02:14:51	6.74	00:27:20
20	23	Alfredo Ribeiro	Linces do Marão	M	S	10	02:15:15	6.76	00:27:44
21	278	isaac costa	marão trail	M	M40	8	02:16:30	6.83	00:28:59
22	174	André Manita	Factor X / S4L / Medense FC	M	S	11	02:16:31	6.83	00:29:00
23	183	LUIS RODRIGUES	Chaves Running Team	M	M40	9	02:16:46	6.84	00:29:15
24	300	Sergio Vieira	CDM Running	M	S	12	02:16:49	6.84	00:29:18
25	75	Telmo Reis	LOUSADA RUNNERS	M	M40	10	02:16:58	6.85	00:29:27
26	53	Paulo Carvalho	CDM Running	M	M40	11	02:17:31	6.88	00:30:00
27	244	Nuno Silva	The Newbies	M	S	13	02:17:44	6.89	00:30:13
28	87	José Carlos Dias	CTAD - Consumo Zero	M	M50	3	02:17:45	6.89	00:30:14
29	48	Paulo Elias	SF2002	M	S	14	02:19:18	6.97	00:31:47
30	58	Miguel Ângelo Ferreira	CDM Running	M	M40	12	02:19:52	6.99	00:32:21
31	120	Antero Roque	Sporting Club Santacruzense	M	S	15	02:20:01	7	00:32:30
32	237	José Monteiro	A.D Marco 09	M	S	16	02:20:02	7	00:32:31
33	99	João Oliveira	Amigos 100 Limites	M	S	17	02:20:11	7.01	00:32:40
34	17	Jorge Gomes	Outlaw Runners	M	M40	13	02:20:18	7.02	00:32:47
35	117	Marco Teixeira	Friande FLG	M	S	18	02:20:21	7.02	00:32:50
36	260	Joaquim Manuel Silva Correia	Duelo D'ocasiao	M	M40	14	02:21:21	7.07	00:33:50
37	241	Pedro Monteiro	Turbo Kings 2.0 /AD Ancede	M	S	19	02:21:30	7.08	00:33:59
38	133	Miguel Santos	Moinhos Run - ADRM	M	M40	15	02:21:44	7.09	00:34:13
39	34	Simão Ferreira	ADEPE	M	S	20	02:21:52	7.09	00:34:21
40	184	GONÇALO MORAIS	Chaves Running Team	M	M40	16	02:21:56	7.1	00:34:25
41	20	Helder Moreira	Elefantes runners	M	S	21	02:22:45	7.14	00:35:14
42	268	Jonas Faria	Fisioperformance Running	M	S	22	02:22:45	7.14	00:35:14
43	285	Marcos Silva	GONDOMAR	M	S	23	02:23:50	7.19	00:36:19
44	270	Nelson Lopes	TurboTrilhos	M	S	24	02:23:59	7.2	00:36:28

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
45	271	Rui Heliodoro Sousa	TurboTrilhos	M	S	25		02:24:02	7.2	00:36:31
46	24	RICARDO MEIRA	AMVE - ASSOCIAÇÃO MOINHO VERMOIM	M	M40	17		02:24:10	7.21	00:36:39
47	146	Nuno António da Mota Pereira	Amigo Trail Run	M	M40	18		02:25:09	7.26	00:37:38
48	43	Bruno Ferreira	Turbo Kings 2.0 /AD Ancede	M	S	26		02:25:33	7.28	00:38:02
49	100	Gonçalo Silva	Tejao	M	S	27		02:25:36	7.28	00:38:05
50	92	Pedro Ribeiro	CTAD - Consumo Zero	M	M50	4		02:25:39	7.28	00:38:08
51	175	Daniel Terra	Factor X / S4L / Medense FC	M	S	28		02:25:51	7.29	00:38:20
52	202	Rui Queiros	000	M	S	29		02:26:09	7.31	00:38:38
53	68	Sandra Ferreira	SPORTING CLUBE DE ESPINHO/ANTONIO LEITÃO	F	SF	2		02:27:08	7.36	00:39:37
54	115	Daniel Carvalho	Tarouca	M	S	30		02:27:08	7.36	00:39:37
55	77	Luis Marques	JUFacc	M	S	31		02:27:09	7.36	00:39:38
56	235	Joao Brandao	CDM Running	M	S	32		02:27:14	7.36	00:39:43
57	178	Miguel Carvalho		M	S	33		02:27:16	7.36	00:39:45
58	207	Gonçalo Nunes	ANAG	M	S	34		02:27:17	7.36	00:39:46
59	149	Armando João Ribeiro	Amigo Trail Run	M	M40	19		02:28:30	7.43	00:40:59
60	162	João Silva	Sentir Escariz running	M	S	35		02:28:33	7.43	00:41:02
61	212	Ibraim Sousa	MSS contabilidade trail team	M	M40	20		02:28:47	7.44	00:41:16
62	214	Filipe Póvoas	MSS contabilidade trail team	M	S	36		02:28:47	7.44	00:41:16
63	147	Joaquim Manuel Pereira Teixeira	Amigo Trail Run	M	M40	21		02:28:49	7.44	00:41:18
64	32	José Rosário	Sporting Club Santacruzense	M	M40	22		02:29:27	7.47	00:41:56
65	245	Mario Lima	Avesrunners	M	M40	23		02:29:30	7.48	00:41:59
66	143	BRUNO MARANTE	BIGODES DE TINTO	M	S	37		02:29:55	7.5	00:42:24
67	35	António Barbosa	Clube trilheiros e amigos	M	S	38		02:29:56	7.5	00:42:25
68	236	Miguel Brandão	LOUSADA RUNNERS	M	S	39		02:29:56	7.5	00:42:25
69	102	Carlos Miguel Ribeiro	ADEPE	M	S	40		02:31:22	7.57	00:43:51
70	101	Ricardo Rodrigues	Penafiel	M	M40	24		02:31:24	7.57	00:43:53
71	259	Márcio Botelho	Duelo D'ocasiao	M	S	41		02:32:18	7.62	00:44:47
72	88	jorge rodrigues	CTAD - Consumo Zero	M	M40	25		02:32:38	7.63	00:45:07
73	156	José Oliveira	Sentir Escariz running	M	M40	26		02:32:43	7.64	00:45:12
74	33	Joaquim Baptista	Outlaw Runners	M	M40	27		02:32:49	7.64	00:45:18
75	55	Filipe Santos	S.c espinho/atletismo antonio leitão equipa trail	M	S	42		02:33:32	7.68	00:46:01
76	219	Ruben Salgado	GTT - ARMAZÉM DO CAFFÉ	M	S	43		02:33:53	7.69	00:46:22
77	112	Vitor Folgado	Outlaw Runners	M	M40	28		02:34:04	7.7	00:46:33
78	114	BRUNO MELO	PORTO SENTIDO RUNNERS	M	S	44		02:34:29	7.72	00:46:58
79	163	Mário Pinho	Sentir Escariz running	M	M40	29		02:34:43	7.74	00:47:12
80	185	NORBERTO COSTA	Chaves Running Team	M	M50	5		02:35:08	7.76	00:47:37
81	204	Nelson Pedrogam	Team Turtle Lover's	M	S	45		02:35:09	7.76	00:47:38
82	8	filipe pinho	Outlaw Runners	M	M40	30		02:35:50	7.79	00:48:19
83	25	Rui Lopes Silva		M	S	46		02:36:37	7.83	00:49:06
84	145	Bruno Ferreira	Lordelo Paredes	M	S	47		02:36:50	7.84	00:49:19
85	290	Filipe Escobar	Equipa A	M	M40	31		02:37:10	7.86	00:49:39
86	228	Sérgio Silva	MSS contabilidade trail team	M	S	48		02:37:15	7.86	00:49:44
87	196	Victor Azevedo	MSS contabilidade trail team	M	M40	32		02:37:15	7.86	00:49:44
88	201	José Salas	MSS contabilidade trail team	M	M40	33		02:37:17	7.86	00:49:46

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
89	136	Paulo Rodrigues	ATAL	M	M50	6		02:38:20	7.92	00:50:49
90	243	Hugo Faria	The Newbies	M	S	49		02:38:24	7.92	00:50:53
91	132	Simão Sousa	Moinhos Run - ADRM	M	S	50		02:38:26	7.92	00:50:55
92	242	Marcelo Teixeira	The Newbies	M	S	51		02:38:58	7.95	00:51:27
93	64	Ricardo Santos	Os cansados	M	S	52		02:38:58	7.95	00:51:27
94	186	ARTUR DIAS	Chaves Running Team	M	M50	7		02:39:02	7.95	00:51:31
95	28	Nuno Faria	DESAOSIMAO	M	S	53		02:39:03	7.95	00:51:32
96	284	António Loureiro	Autistic Runners	M	M50	8		02:39:08	7.96	00:51:37
97	258	Marcos De Sousa	Nova Linha Trail Runners	M	S	54		02:39:43	7.99	00:52:12
98	30	Florindo Pereira	Nova Linha Trail Runners	M	M50	9		02:39:44	7.99	00:52:13
99	104	José Bernardo Carmo	Sportac runing	M	S	55		02:40:13	8.01	00:52:42
100	165	Toni Paiva	Sentir Escariz running	M	M40	34		02:40:18	8.02	00:52:47
101	273	José António Gonçalves	TEAM CM - VALONGO	M	M40	35		02:40:33	8.03	00:53:02
102	189	Rui Samuel Gonçalves	GTT - ARMAZÉM DO CAFFÈ	M	S	56		02:40:57	8.05	00:53:26
103	277	Blandine Craveiro	marão trail	F	F40	1		02:41:05	8.05	00:53:34
104	83	Filipe Bastos	Clube Atletismo Fafe	M	M40	36		02:41:07	8.06	00:53:36
105	128	Pedro Gomes	Sicó Trilhos	M	S	57		02:41:19	8.07	00:53:48
106	255	MARIO NOGUEIRA	AD MARCO 09	M	S	58		02:42:04	8.1	00:54:33
107	5	João Sousa	Gafanha da Nazaré	M	M40	37		02:42:58	8.15	00:55:27
108	293	José Luís Pereira	A.D.Amarante	M	M40	38		02:43:07	8.16	00:55:36
109	47	Luis Miguel Silva	SF2002	M	S	59		02:43:13	8.16	00:55:42
110	113	Jorge Santos	Outlaw Runners	M	M50	10		02:43:26	8.17	00:55:55
111	154	carlos alberto	GENEROSOS RUNNERS	M	M40	39		02:43:32	8.18	00:56:01
112	177	Marta Moreira	Factor X / S4L / Medense FC	F	SF	3		02:43:34	8.18	00:56:03
113	262	António Gonçalves	Arouca trail running	M	M50	11		02:43:38	8.18	00:56:07
114	267	José Leal	Graficel	M	M50	12		02:43:42	8.19	00:56:11
115	166	Paulo Gomes	Sentir Escariz running	M	S	60		02:44:04	8.2	00:56:33
116	223	António Póvoas	MSS contabilidade trail team	M	M50	13		02:44:36	8.23	00:57:05
117	266	Carlos Ferreira	Sportac runing	M	M50	14		02:44:38	8.23	00:57:07
118	62	José Manuel Braga Ferreira	GTT - ARMAZÉM DO CAFFÈ	M	M50	15		02:45:09	8.26	00:57:38
119	240	Daniel Brandão		M	S	61		02:45:59	8.3	00:58:28
120	51	Rui Teixeira	Amigos das Sapatilhas	M	S	62		02:46:02	8.3	00:58:31
121	69	Joel Silva	Insane Trail Team	M	M40	40		02:46:31	8.33	00:59:00
122	60	Fábio Ferreira Soares	Kunalamarunners	M	S	63		02:46:31	8.33	00:59:00
123	226	Mario Fernando Brito Silva Aleixo	Sportac runing	M	M40	41		02:46:33	8.33	00:59:02
124	89	Marieta Branco	CTAD - Consumo Zero	F	F40	2		02:46:33	8.33	00:59:02
125	129	João Rocha	NAVR	M	S	64		02:47:11	8.36	00:59:40
126	61	Luis Teixeira	Bombi Challenge	M	M40	42		02:47:12	8.36	00:59:41
127	2	André Moreira	JA Seguros Runners	M	S	65		02:47:14	8.36	00:59:43
128	160	Rui Figueiredo	Sentir Escariz running	M	M40	43		02:48:06	8.41	01:00:35
129	118	Filipe Nascimento	PORTO SENTIDO RUNNERS	M	M40	44		02:48:21	8.42	01:00:50
130	1	Damião Duarte	Travassós Running Fafe	M	S	66		02:48:29	8.42	01:00:58
131	91	Anabela Cordeiro	CTAD - Consumo Zero	F	F40	3		02:48:40	8.43	01:01:09
132	181	CEU COSTA	Chaves Running Team	F	F50	1		02:48:52	8.44	01:01:21
133	291	Nelson Meira	Minhotaurus OCR Team	M	S	67		02:50:19	8.52	01:02:48
134	134	Hugo Soares	Moinhos Run - ADRM	M	S	68		02:50:56	8.55	01:03:25
135	22	Frederico Sacramento	XXX	M	M50	16		02:51:08	8.56	01:03:37
136	95	Pedro Oliveira	CTAD - Consumo Zero	M	M40	45		02:51:16	8.56	01:03:45
137	286	Manuel Barbosa	Paredes Running	M	M40	46		02:51:37	8.58	01:04:06

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138	11	Mario Branco	MSS contabilidade trail team	M	S	69	02:51:44	8.59	01:04:13
139	294	Patrícia Palmeira	Ultimagem	F	F40	4	02:51:49	8.59	01:04:18
140	248	André Cristiano	Tesos & Mouraria	M	S	70	02:52:00	8.6	01:04:29
141	256	TIAGO MARINHO	AD MARCO 09	M	S	71	02:52:04	8.6	01:04:33
142	9	Filipe Sousa	MaisSaúde- Fisioterapia e Osteopatia	M	S	72	02:52:13	8.61	01:04:42
143	164	Alcino Gouveia	Sentir Escariz running	M	M40	47	02:52:16	8.61	01:04:45
144	109	Nuno Cunha	SMILE FOR NATURE	M	S	73	02:52:23	8.62	01:04:52
145	105	Vitor Carneiro	TEAM 1328	M	M40	48	02:53:13	8.66	01:05:42
146	37	Sérgio Almeida	Outlaw Runners	M	M40	49	02:53:27	8.67	01:05:56
147	176	Rui Oliveira	Factor X / S4L / Medense FC	M	S	74	02:55:04	8.75	01:07:33
148	42	José Carvalho	The fast ones	M	M40	50	02:55:43	8.79	01:08:12
149	261	Antonio Matos	Clube trilheiros e amigos	M	M50	17	02:56:37	8.83	01:09:06
150	206	Rui Paralta	Team Turtle Lover's	M	S	75	02:56:43	8.84	01:09:12
151	73	Sérgio Pinto	Caça Raposas	M	M40	51	02:57:07	8.86	01:09:36
152	106	Cristina Divisão de Ambiente	Valongo	F	F40	5	02:57:18	8.87	01:09:47
153	21	Alcideo Moreira	Elefantes runners	M	M40	52	02:57:23	8.87	01:09:52
154	257	Pedro Costa	Guimarães	M	M50	18	02:57:45	8.89	01:10:14
155	135	Joao Silva	War house gym	M	S	76	02:58:17	8.91	01:10:46
156	131	Dylan Valente	War house gym	M	S	77	02:58:18	8.92	01:10:47
157	139	Jorge Almeida	Soplabifana	M	M40	53	02:59:00	8.95	01:11:29
158	254	João Santos	Os ferozes	M	S	78	02:59:14	8.96	01:11:43
159	250	António Silva	Os ferozes	M	S	79	02:59:14	8.96	01:11:43
160	251	Miguel Rocha	Os ferozes	M	S	80	02:59:15	8.96	01:11:44
161	199	Paula Carvalho	AMVE - ASSOCIAÇÃO MOINHO VERMOIM	F	F40	6	02:59:26	8.97	01:11:55
162	108	Jorge Guimarães	SMILE FOR NATURE	M	S	81	02:59:34	8.98	01:12:03
163	234	Alexandre Assunção	Os Mancos	M	M40	54	02:59:35	8.98	01:12:04
164	264	Andre Cabrita	Triatlo de Faro	M	M40	55	02:59:45	8.99	01:12:14
165	137	David Tavares	RUNRIVER - ESCOLA ATLETISMO DE RIO TINTO	M	M50	19	02:59:52	8.99	01:12:21
166	274	Marco Nunes	A.D.Amarante	M	M40	56	03:00:03	9	01:12:32
167	275	Alice Pereira	A.D.Amarante	F	F40	7	03:00:03	9	01:12:32
168	81	Hugo Romano	Caça Raposas	M	M40	57	03:00:15	9.01	01:12:44
169	74	Pedro Vieira	Caça Raposas	M	M40	58	03:00:17	9.01	01:12:46
170	190	Ricardo Sarmento	A Correr desde 1976	M	M40	59	03:00:37	9.03	01:13:06
171	63	Maria Lemos	GTT - ARMAZÉM DO CAFFÈ	F	F50	2	03:01:32	9.08	01:14:01
172	66	Francisco Ferreira	O Que Queremos é Monte	M	M40	60	03:03:41	9.18	01:16:10
173	227	António Luís	MSS contabilidade trail team	M	M50	20	03:04:08	9.21	01:16:37
174	220	Cristina Cardoso	CMTRAIL	F	SF	4	03:04:08	9.21	01:16:37
175	215	Marçal Domingues	CMTRAIL	M	S	82	03:04:10	9.21	01:16:39
176	103	Rui Ribeiro		M	S	83	03:04:12	9.21	01:16:41
177	233	LUÍS FERREIRA	Os Mancos	M	M40	61	03:05:23	9.27	01:17:52
178	157	Flora Santos	Sentir Escariz running	F	F40	8	03:05:25	9.27	01:17:54
179	144	RUI FARIA	BIGODES DE TINTO	M	S	84	03:05:41	9.28	01:18:10
180	142	Jonas Maia	BIGODES DE TINTO	M	S	85	03:05:42	9.29	01:18:11
181	211	CRISTIANA SILVA	-	F	SF	5	03:08:09	9.41	01:20:38
182	161	Ana Cabral	Sentir Escariz running	F	SF	6	03:08:09	9.41	01:20:38
183	151	Carlos Campos		M	M50	21	03:08:11	9.41	01:20:40
184	152	Ana Silva		F	F40	9	03:08:12	9.41	01:20:41

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185	209	Marco José Gomes Oliveira	AMVE - ASSOCIAÇÃO MOINHO VERMOIM	M	S		86	03:09:09	9.46	01:21:38
186	200	FILIFE OLIVEIRA	AMVE - ASSOCIAÇÃO MOINHO VERMOIM	M	S		87	03:09:09	9.46	01:21:38
187	188	CARLOS TEIXEIRA	Chaves Running Team	M	M50		22	03:09:43	9.49	01:22:12
188	49	André Elias	SF2002	M	S		88	03:10:11	9.51	01:22:40
189	194	José Madureira		M	M50		23	03:10:13	9.51	01:22:42
190	85	Susana Luís	GD Leões da Guarda - Lion Runners	F	F40		10	03:10:13	9.51	01:22:42
191	167	Marco Pinheiro	War house gym	M	S		89	03:11:03	9.55	01:23:32
192	121	Paulo Cardoso	MOTOBIKEREBELOS	M	M40		62	03:12:46	9.64	01:25:15
193	263	Hélder Agostinho		M	M40		63	03:13:45	9.69	01:26:14
194	173	Andre Tavares		M	S		90	03:14:11	9.71	01:26:40
195	210	Nelson Cristiano Pacheco de Freitas Freitas	Warehouse Running Team Trail	M	M40		64	03:17:21	9.87	01:29:50
196	52	Carla Ferreira	O Que Queremos é Monte	F	F40		11	03:17:24	9.87	01:29:53
197	246	Paulo Cortinhas	Correrias - Canal de Corrida	M	M40		65	03:17:24	9.87	01:29:53
198	222	Ricardo Fernandes	Travassós Running Fafe	M	S		91	03:17:24	9.87	01:29:53
199	224	Fátima Freitas	Travassós Running Fafe	F	F40		12	03:17:26	9.87	01:29:55
200	119	Pedro Pereira	NAVR	M	S		92	03:17:29	9.87	01:29:58
201	180	AMITAF COSTA	Chaves Running Team	F	F50		3	03:17:38	9.88	01:30:07
202	247	Nelo Chapeiro Ou Quim	Tesos & Mouraria	M	M40		66	03:19:42	9.99	01:32:11
203	249	Nuno Ricardo	Tesos & Mouraria	M	S		93	03:19:45	9.99	01:32:14
204	86	Renato Botelho	Bila's trail team	M	M40		67	03:19:50	9.99	01:32:19
205	38	Gisela Lopes	Bila's trail team	F	F40		13	03:19:55	10	01:32:24
206	217	Marcelo Teles	GTT - ARMAZÉM DO CAFFÉ	M	S		94	03:20:32	10.03	01:33:01
207	218	Dina Morim	GTT - ARMAZÉM DO CAFFÉ	F	SF		7	03:20:34	10.03	01:33:03
208	19	Ricardo Silva		M	M40		68	03:20:58	10.05	01:33:27
209	288	VITOR QUEIROS	AD MARCO 09	M	S		95	03:21:00	10.05	01:33:29
210	203	Hugo Lemos	Team Turtle Lover's	M	S		96	03:21:02	10.05	01:33:31
211	229	Flavio Soares	CAL - Clube Atletismo de Lamas	M	M40		69	03:21:16	10.06	01:33:45
212	41	Ricardo Silva	Tendência Visual	M	S		97	03:21:49	10.09	01:34:18
213	116	Joao Teixeira	Friande FLG	M	M50		24	03:22:08	10.11	01:34:37
214	231	paulo silva	Porreirinhos	M	M50		25	03:22:40	10.13	01:35:09
215	232	Marcelo Ferreira	Porreirinhos	M	S		98	03:22:46	10.14	01:35:15
216	170	Helder Teixeira	XXX	M	S		99	03:23:22	10.17	01:35:51
217	18	João Da Costa		M	M40		70	03:24:48	10.24	01:37:17
218	289	Francesco Renna	REN	M	S		100	03:24:49	10.24	01:37:18
219	13	Rui Correia	MSS contabilidade trail team	M	M40		71	03:27:24	10.37	01:39:53
220	282	Virgínia Guedes	-	F	SF		8	03:27:41	10.38	01:40:10
221	76	Maria Magalhães	Caça Raposas	F	F40		14	03:28:18	10.42	01:40:47
222	272	Elisabete Araújo	.	F	SF		9	03:30:49	10.54	01:43:18
223	281	Eduardo Pinto	Piratas Running Team	M	M40		72	03:30:54	10.55	01:43:23
224	79	Clara Lima	Caça Raposas	F	F50		4	03:31:08	10.56	01:43:37
225	80	Paulo Moreira	Caça Raposas	M	M50		26	03:31:09	10.56	01:43:38
226	221	João Santana	João Santana	M	M50		27	03:32:21	10.62	01:44:50
227	93	Daniela Fernandes	CTAD - Consumo Zero	F	F40		15	03:33:38	10.68	01:46:07
228	96	Jamille Silva	CTAD - Consumo Zero	F	SF		10	03:33:48	10.69	01:46:17
229	192	Mario Neves	Vale de cambra	M	M40		73	03:34:03	10.7	01:46:32
230	59	Lindolfo Sol	BORA L' ANDAR	M	M40		74	03:37:56	10.9	01:50:25
231	98	António Pinheiro	NAC Trail	M	M40		75	03:37:57	10.9	01:50:26
232	296	Vitor Santos	XTrilhosTeam	M	S		101	03:38:48	10.94	01:51:17

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Ritmo	Diferenca
233	230	Teresa Tavares	CAL - Clube Atletismo de Lamas	F	F40	16	03:42:20	11.12	01:54:49
234	54	Célia Oliveira		F	F40	17	03:43:00	11.15	01:55:29
235	169	Marlene Costa	A.T.A.L	F	F40	18	03:43:00	11.15	01:55:29
236	82	Andre Barroso	Vila Nova de Famalicão	M	M40	76	03:43:00	11.15	01:55:29
237	36	José Gonçalves		M	M50	28	03:45:06	11.26	01:57:35
238	70	Olga Lopes	Os Peregrinos	F	SF	11	03:46:57	11.35	01:59:26
239	155	claudia coelho	GENEROSOS RUNNERS	F	SF	12	03:46:59	11.35	01:59:28
240	71	Antonio Rodrigues	Os Peregrinos	M	M50	29	03:47:10	11.36	01:59:39
241	193	Fátima Barros		F	F50	5	03:53:06	11.66	02:05:35
242	16	Liliana Teixeira	Lesmas & Caracois	F	SF	13	03:53:19	11.67	02:05:48
243	182	JOSE CARREIRA	Chaves Running Team	M	S	102	03:53:24	11.67	02:05:53
244	107	Sofia Campos	GTT - ARMAZÉM DO CAFFÈ	F	F40	19	03:53:24	11.67	02:05:53
245	130	Eduardo Castro	Eduardo	M	M50	30	03:54:18	11.72	02:06:47
246	124	Helder Lopes	Mud_intolerance	M	S	103	03:54:26	11.72	02:06:55
247	44	André Rocha	Mud_intolerance	M	S	104	03:54:26	11.72	02:06:55
248	111	Fernando Rodrigues	Vila Lusa Imobiliária	M	M40	77	03:58:47	11.94	02:11:16
249	122	Tiago Ferraz	Mud_intolerance	M	S	105	03:58:51	11.94	02:11:20
250	27	Tony Lopes	Mud_intolerance	M	S	106	03:58:51	11.94	02:11:20
251	39	Daniel Fortuna	Tendência Visual	M	S	107	04:07:19	12.37	02:19:48
252	40	Ricardo Fortuna	Tendência Visual	M	S	108	04:07:20	12.37	02:19:49
253	198	Kevin Rodrigues	RUN4FUN	M	S	109	04:08:49	12.44	02:21:18
254	195	Mariana Pereira	RUN4FUN	F	SF	14	04:08:50	12.44	02:21:19
255	72	Pedro Manuel Oliveira	Requião, Portugal	M	S	110	04:28:39	13.43	02:41:08
256	126	João Reis	CDM Running	M	S	111	04:29:45	13.49	02:42:14