



gerês trail adventure

RANKING APÓS A 3ª ETAPA - 43 Km's - MASCULINOS

Dorsal	Nome	1ª Etapa	2ª Etapa	3ª Etapa	Tempo
579	Vítor SILVA	01:48:08,42	01:20:41,25	01:14:52,98	04:23:42,65
599	Nuno SARAIVA	01:48:12,14	01:21:32,91	01:14:53,20	04:24:38,25
590	Vitor ROCHA	01:51:26,71	01:21:56,39	01:15:17,26	04:28:40,36
567	Luis OLIVEIRA	01:51:42,29	01:23:04,35	01:15:36,63	04:30:23,26
603	Mário LEAL	01:53:58,49	01:29:17,01	01:17:00,98	04:40:16,48
577	José PEREIRA	01:59:39,68	01:30:46,21	01:17:36,06	04:48:01,95
604	Manuel SILVA	02:00:29,80	01:33:20,11	01:25:01,64	04:58:51,55
580	Valdir COSTA	02:11:03,83	01:38:03,29	01:23:56,15	05:13:03,27
584	João ROSA	02:15:30,78	01:42:41,75	01:27:21,30	05:25:33,83
537	Alberto PINTO	02:15:01,69	01:43:21,66	01:31:55,12	05:30:18,46
539	Nuno LEITE	02:22:47,57	01:43:29,43	01:27:28,16	05:33:45,16
540	Rui LEITE	02:22:31,17	01:44:05,56	01:28:02,82	05:34:39,55
544	Paulo LOUREIRO	02:22:37,55	01:45:34,52	01:29:25,13	05:37:37,20
566	Joaquim ALMEIDA	02:22:29,99	01:42:51,79	01:32:45,03	05:38:06,81
519	Sérgio MACHADO	02:25:57,72	01:46:56,52	01:35:16,88	05:48:11,12
542	António CARVALHO	02:22:49,71	01:53:32,94	01:38:35,56	05:54:58,21
524	Rui TREMOCEIRO	02:22:35,93	01:46:55,84	01:45:43,50	05:55:15,27
576	Fernando GONÇALVES	02:27:21,38	01:49:32,10	01:38:52,61	05:55:46,09
589	Gomes SILVA	02:29:05,48	01:53:06,40	01:35:17,10	05:57:28,98
556	Rui PINTO	02:25:39,82	01:46:53,16	01:45:28,56	05:58:01,55
525	Jorge NORTE	02:38:59,78	01:45:29,47	01:34:21,72	05:58:50,97
522	Pedro PIRES	02:33:45,40	01:52:44,31	01:42:00,60	06:08:30,31
541	Nuno GOMES	02:38:07,32	02:01:20,97	01:40:52,82	06:20:21,11
507	Hugo BRITO	02:38:07,38	02:03:45,43	01:49:24,17	06:31:16,98
554	Rui PEREIRA	02:29:06,37	02:24:39,48	01:39:33,55	06:33:19,40
535	Miguel CONTRERAS	02:37:18,50	02:24:36,23	01:33:13,06	06:35:07,79
552	Nuno SIMOES	02:54:38,32	02:04:01,99	01:53:04,04	06:51:44,36
591	Hélder LEMOS	02:52:53,46	02:10:36,30	01:54:23,67	06:57:53,43
557	Rui MACHADO	03:06:11,89	02:13:47,07	01:47:05,39	07:07:04,35
565	Jorge SOUSA	03:07:13,28	02:16:38,33	01:48:43,45	07:12:35,06
511	Jorge JESUS	03:07:17,07	02:17:19,86	01:55:44,32	07:20:21,25
510	João SILVA	03:07:18,23	02:17:32,85	01:55:35,65	07:20:26,73
587	José SILVA	03:08:48,47	02:30:07,58	01:45:30,97	07:24:27,01
586	Luis BRAGA	03:08:52,12	02:30:06,68	01:46:54,36	07:25:53,16
585	José BOAS	03:14:20,96	02:30:06,76	01:45:30,17	07:29:57,90
526	Manuel SILVA	03:14:24,16	02:32:54,75	02:00:47,06	07:48:05,96
515	Marco ROSA	03:30:11,31	02:41:12,35	02:20:28,95	08:31:52,61
569	Fernando ALVES	03:27:54,90	02:52:45,27	02:17:16,84	08:37:57,01
568	Daniel FERNANDES	03:27:54,96	02:52:45,30	02:17:17,19	08:37:57,45
550	Alvaro KOEHLER	03:44:07,49	02:43:45,44	02:17:57,04	08:45:49,97
504	Luís MARQUES	03:54:30,17	02:53:18,72	02:22:29,54	09:10:18,43
538	Cláudio TERESO	03:54:30,27	02:54:08,71	02:24:38,96	09:13:17,93
501	Luís MADEIRA	03:48:13,68	03:10:21,14	02:28:46,19	09:27:21,01
601	Ricardo HELENO	04:00:22,00	03:24:19,45	02:35:54,20	10:00:35,65
588	José MENDES	04:36:37,60	03:13:42,79	02:24:11,90	10:14:32,29
605	João RIBEIRO	04:37:01,68	03:24:41,29	02:49:22,29	10:51:05,27
516	Ricardo JESUS	03:14:14,77	DNS	DNS	
595	João GUERREIRO	03:27:49,66	DNS	01:48:37,49	
582	Hugo LAPA	04:33:38,25	DNS	DNS	
530	Rodrigo ONOFRE	DNS	03:15:38,13	02:16:15,33	





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RANKING APÓS A 3ª ETAPA - 43 Km's - FEMININAS

Dorsal	Nome	1ª Etapa	2ª Etapa	3ª Etapa	Tempo
573	Sofia AGOSTINHO	02:32:00,40	01:49:32,15	01:37:23,97	05:58:56,52
536	Sara REIS	02:37:18,44	01:54:36,18	01:33:13,29	06:05:07,91
514	Lina ROSA	02:44:13,49	02:04:46,40	01:46:54,53	06:35:54,42
592	Rita INÁCIO	02:52:53,70	02:10:36,28	01:54:23,44	06:57:53,42
600	Marcela FERNANDES	03:44:36,46	01:57:40,85	01:38:35,46	07:20:52,77
548	Marta ROSSINI	03:44:07,26	02:43:45,19	02:05:11,94	08:33:04,39
534	Rita TOMÁS	04:10:39,35	02:45:56,14	02:07:25,31	09:04:00,80
503	Marta TOMADA	03:54:30,26	02:53:18,70	02:22:29,12	09:10:18,07
502	Rita FELIZOL	03:48:13,42	03:10:20,96	02:28:46,12	09:27:20,50
532	Monica JORGE	04:10:41,58	02:45:56,26	02:49:18,92	09:45:56,76
574	Ana COELHO	04:36:37,43	02:53:18,18	02:23:34,58	09:53:30,19
598	Ana SILVA	04:00:48,88	03:24:37,36	02:35:54,18	10:01:20,42
549	Sílvia PORTUGAL	04:00:14,48	03:30:39,15	02:30:31,99	10:01:25,62
546	Liliana COUCHINHO	04:10:38,88	03:18:21,97	02:49:17,18	10:18:18,03
594	Sandra GUERREIRO	03:27:49,54	DNS	01:48:37,11	
512	Sara PEREIRA	03:59:01,15	DNS	02:20:52,38	
583	Sara GOMES	04:36:37,74	DNS	DNS	
529	Isadora TACOEN	DNS	03:15:39,74	02:16:15,99	





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CLASSIFICAÇÃO DA 1ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	Dif. 1º
1	579	Vítor SILVA	43 - Masc	01:48:08,42	
2	599	Nuno SARAIVA	43 - Masc	01:48:12,14	00:00:03,72
3	590	Vitor ROCHA	43 - Masc	01:51:26,71	00:03:18,29
4	567	Luis OLIVEIRA	43 - Masc	01:51:42,29	00:03:33,87
5	603	Mário LEAL	43 - Masc	01:53:58,49	00:05:50,07
6	577	José PEREIRA	43 - Masc	01:59:39,68	00:11:31,26
7	604	Manuel SILVA	43 - Masc	02:00:29,80	00:12:21,38
8	580	Valdir COSTA	43 - Masc	02:11:03,83	00:22:55,40
9	537	Alberto PINTO	43 - Masc	02:15:01,69	00:26:53,27
10	584	João ROSA	43 - Masc	02:15:30,78	00:27:22,36
11	566	Joaquim ALMEIDA	43 - Masc	02:22:29,99	00:34:21,57
12	540	Rui LEITE	43 - Masc	02:22:31,17	00:34:22,75
13	524	Rui TREMOCEIRO	43 - Masc	02:22:35,93	00:34:27,51
14	544	Paulo LOUREIRO	43 - Masc	02:22:37,55	00:34:29,13
15	539	Nuno LEITE	43 - Masc	02:22:47,56	00:34:39,14
16	542	António CARVALHO	43 - Masc	02:22:49,71	00:34:41,29
17	556	Rui PINTO	43 - Masc	02:25:39,82	00:37:31,40
18	519	Sérgio MACHADO	43 - Masc	02:25:57,72	00:37:49,30
19	576	Fernando GONÇALVES	43 - Masc	02:27:21,38	00:39:12,96
20	589	Gomes SILVA	43 - Masc	02:29:05,48	00:40:57,06
21	554	Rui PEREIRA	43 - Masc	02:29:06,37	00:40:57,95
22	522	Pedro PIRES	43 - Masc	02:33:45,40	00:45:36,98
23	535	Miguel CONTRERAS	43 - Masc	02:37:18,50	00:49:10,08
24	541	Nuno GOMES	43 - Masc	02:38:07,32	00:49:58,90
25	507	Hugo BRITO	43 - Masc	02:38:07,38	00:49:58,96
26	525	Jorge NORTE	43 - Masc	02:38:59,78	00:50:51,36
27	591	Hélder LEMOS	43 - Masc	02:52:53,46	01:04:45,04
28	552	Nuno SIMOES	43 - Masc	02:54:38,32	01:06:29,90
29	557	Rui MACHADO	43 - Masc	03:06:11,89	01:18:03,47
30	565	Jorge SOUSA	43 - Masc	03:07:13,28	01:19:04,86
31	511	Jorge JESUS	43 - Masc	03:07:17,06	01:19:08,64
32	510	João SILVA	43 - Masc	03:07:18,23	01:19:09,81
33	587	José SILVA	43 - Masc	03:08:48,47	01:20:40,04
34	586	Luis BRAGA	43 - Masc	03:08:52,12	01:20:43,70
35	516	Ricardo JESUS	43 - Masc	03:14:14,77	01:26:06,35
36	585	José BOAS	43 - Masc	03:14:20,96	01:26:12,54
37	526	Manuel SILVA	43 - Masc	03:14:24,16	01:26:15,74
38	595	João GUERREIRO	43 - Masc	03:27:49,66	01:39:41,24
39	569	Fernando ALVES	43 - Masc	03:27:54,90	01:39:46,48
40	568	Daniel FERNANDES	43 - Masc	03:27:54,95	01:39:46,53
41	515	Marco ROSA	43 - Masc	03:30:11,31	01:42:02,89
42	550	Alvaro KOEHLER	43 - Masc	03:44:07,49	01:55:59,07
43	501	Luís MADEIRA	43 - Masc	03:48:13,68	02:00:05,26
44	504	Luís MARQUES	43 - Masc	03:54:30,17	02:06:21,75
45	538	Cláudio TERESO	43 - Masc	03:54:30,27	02:06:21,85



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CLASSIFICAÇÃO DA 1ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	Dif. 1º
46	601	Ricardo HELENO	43 - Masc	04:00:22,00	02:12:13,58
47	582	Hugo LAPA	43 - Masc	04:33:38,25	02:45:29,83
48	588	José MENDES	43 - Masc	04:36:37,60	02:48:29,18
49	605	João RIBEIRO	43 - Masc	04:37:01,68	02:48:53,26



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CLASSIFICAÇÃO DA 1ª ETAPA - 43 Km's - FEMININAS

Pos.	Dorsal	Nome	Categoria	Tempo	Dif. 1º
1	573	Sofia AGOSTINHO	43 - Fem	02:32:00,40	
2	536	Sara REIS	43 - Fem	02:37:18,44	00:05:18,04
3	514	Lina ROSA	43 - Fem	02:44:13,49	00:12:13,09
4	592	Rita INÁCIO	43 - Fem	02:52:53,70	00:20:53,30
5	594	Sandra GUERREIRO	43 - Fem	03:27:49,54	00:55:49,14
6	548	Marta ROSSINI	43 - Fem	03:44:07,26	01:12:06,86
7	600	Marcela FERNANDES	43 - Fem	03:44:36,46	01:12:36,06
8	502	Rita FELIZOL	43 - Fem	03:48:13,42	01:16:13,02
9	503	Marta TOMADA	43 - Fem	03:54:30,26	01:22:29,86
10	512	Sara PEREIRA	43 - Fem	03:59:01,15	01:27:00,75
11	549	Sílvia PORTUGAL	43 - Fem	04:00:14,48	01:28:14,08
12	598	Ana SILVA	43 - Fem	04:00:48,88	01:28:48,48
13	546	Liliana COUCHINHO	43 - Fem	04:10:38,88	01:38:38,48
14	534	Rita TOMÁS	43 - Fem	04:10:39,35	01:38:38,95
15	532	Monica JORGE	43 - Fem	04:10:41,58	01:38:41,18
16	574	Ana COELHO	43 - Fem	04:36:37,43	02:04:37,03
17	583	Sara GOMES	43 - Fem	04:36:37,74	02:04:37,34



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RANKING APÓS A 1ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
1	579	Vítor SILVA	43 - Masc	01:48:08,42			01:48:08,42	
2	599	Nuno SARAIVA	43 - Masc	01:48:12,14			01:48:12,14	00:00:03,72
3	590	Vitor ROCHA	43 - Masc	01:51:26,71			01:51:26,71	00:03:18,29
4	567	Luis OLIVEIRA	43 - Masc	01:51:42,29			01:51:42,29	00:03:33,87
5	603	Mário LEAL	43 - Masc	01:53:58,49			01:53:58,49	00:05:50,07
6	577	José PEREIRA	43 - Masc	01:59:39,68			01:59:39,68	00:11:31,26
7	604	Manuel SILVA	43 - Masc	02:00:29,80			02:00:29,80	00:12:21,38
8	580	Valdir COSTA	43 - Masc	02:11:03,83			02:11:03,83	00:22:55,40
9	537	Alberto PINTO	43 - Masc	02:15:01,69			02:15:01,69	00:26:53,27
10	584	João ROSA	43 - Masc	02:15:30,78			02:15:30,78	00:27:22,36
11	566	Joaquim ALMEIDA	43 - Masc	02:22:29,99			02:22:29,99	00:34:21,57
12	540	Rui LEITE	43 - Masc	02:22:31,17			02:22:31,17	00:34:22,75
13	524	Rui TREMOCEIRO	43 - Masc	02:22:35,93			02:22:35,93	00:34:27,51
14	544	Paulo LOUREIRO	43 - Masc	02:22:37,55			02:22:37,55	00:34:29,13
15	539	Nuno LEITE	43 - Masc	02:22:47,56			02:22:47,56	00:34:39,14
16	542	António CARVALHO	43 - Masc	02:22:49,71			02:22:49,71	00:34:41,29
17	556	Rui PINTO	43 - Masc	02:25:39,82			02:25:39,82	00:37:31,40
18	519	Sérgio MACHADO	43 - Masc	02:25:57,72			02:25:57,72	00:37:49,30
19	576	Fernando GONÇALVES	43 - Masc	02:27:21,38			02:27:21,38	00:39:12,96
20	589	Gomes SILVA	43 - Masc	02:29:05,48			02:29:05,48	00:40:57,06
21	554	Rui PEREIRA	43 - Masc	02:29:06,37			02:29:06,37	00:40:57,95
22	522	Pedro PIRES	43 - Masc	02:33:45,40			02:33:45,40	00:45:36,98
23	535	Miguel CONTRERAS	43 - Masc	02:37:18,50			02:37:18,50	00:49:10,08
24	541	Nuno GOMES	43 - Masc	02:38:07,32			02:38:07,32	00:49:58,90
25	507	Hugo BRITO	43 - Masc	02:38:07,38			02:38:07,38	00:49:58,96
26	525	Jorge NORTE	43 - Masc	02:38:59,78			02:38:59,78	00:50:51,36
27	591	Hélder LEMOS	43 - Masc	02:52:53,46			02:52:53,46	01:04:45,04
28	552	Nuno SIMOES	43 - Masc	02:54:38,32			02:54:38,32	01:06:29,90





RANKING APÓS A 1ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
29	557	Rui MACHADO	43 - Masc	03:06:11,89			03:06:11,89	01:18:03,47
30	565	Jorge SOUSA	43 - Masc	03:07:13,28			03:07:13,28	01:19:04,86
31	511	Jorge JESUS	43 - Masc	03:07:17,06			03:07:17,06	01:19:08,64
32	510	João SILVA	43 - Masc	03:07:18,23			03:07:18,23	01:19:09,81
33	587	José SILVA	43 - Masc	03:08:48,47			03:08:48,47	01:20:40,04
34	586	Luis BRAGA	43 - Masc	03:08:52,12			03:08:52,12	01:20:43,70
35	516	Ricardo JESUS	43 - Masc	03:14:14,77			03:14:14,77	01:26:06,35
36	585	José BOAS	43 - Masc	03:14:20,96			03:14:20,96	01:26:12,54
37	526	Manuel SILVA	43 - Masc	03:14:24,16			03:14:24,16	01:26:15,74
38	595	João GUERREIRO	43 - Masc	03:27:49,66			03:27:49,66	01:39:41,24
39	569	Fernando ALVES	43 - Masc	03:27:54,90			03:27:54,90	01:39:46,48
40	568	Daniel FERNANDES	43 - Masc	03:27:54,95			03:27:54,95	01:39:46,53
41	515	Marco ROSA	43 - Masc	03:30:11,31			03:30:11,31	01:42:02,89
42	550	Alvaro KOEHLER	43 - Masc	03:44:07,49			03:44:07,49	01:55:59,07
43	501	Luís MADEIRA	43 - Masc	03:48:13,68			03:48:13,68	02:00:05,26
44	504	Luís MARQUES	43 - Masc	03:54:30,17			03:54:30,17	02:06:21,75
45	538	Cláudio TERESO	43 - Masc	03:54:30,27			03:54:30,27	02:06:21,85
46	601	Ricardo HELENO	43 - Masc	04:00:22,00			04:00:22,00	02:12:13,58
47	582	Hugo LAPA	43 - Masc	04:33:38,25			04:33:38,25	02:45:29,83
48	588	José MENDES	43 - Masc	04:36:37,60			04:36:37,60	02:48:29,18
49	605	João RIBEIRO	43 - Masc	04:37:01,68			04:37:01,68	02:48:53,26





RANKING APÓS A 1ª ETAPA - 43 Km's - FEMININAS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
1	573	Sofia AGOSTINHO	43 - Fem	02:32:00,40			02:32:00,40	
2	536	Sara REIS	43 - Fem	02:37:18,44			02:37:18,44	00:05:18,04
3	514	Lina ROSA	43 - Fem	02:44:13,49			02:44:13,49	00:12:13,09
4	592	Rita INÁCIO	43 - Fem	02:52:53,70			02:52:53,70	00:20:53,30
5	594	Sandra GUERREIRO	43 - Fem	03:27:49,54			03:27:49,54	00:55:49,14
6	548	Marta ROSSINI	43 - Fem	03:44:07,26			03:44:07,26	01:12:06,86
7	600	Marcela FERNANDES	43 - Fem	03:44:36,46			03:44:36,46	01:12:36,06
8	502	Rita FELIZOL	43 - Fem	03:48:13,42			03:48:13,42	01:16:13,02
9	503	Marta TOMADA	43 - Fem	03:54:30,26			03:54:30,26	01:22:29,86
10	512	Sara PEREIRA	43 - Fem	03:59:01,15			03:59:01,15	01:27:00,75
11	549	Sílvia PORTUGAL	43 - Fem	04:00:14,48			04:00:14,48	01:28:14,08
12	598	Ana SILVA	43 - Fem	04:00:48,88			04:00:48,88	01:28:48,48
13	546	Liliana COUCHINHO	43 - Fem	04:10:38,88			04:10:38,88	01:38:38,48
14	534	Rita TOMÁS	43 - Fem	04:10:39,35			04:10:39,35	01:38:38,95
15	532	Monica JORGE	43 - Fem	04:10:41,58			04:10:41,58	01:38:41,18
16	574	Ana COELHO	43 - Fem	04:36:37,43			04:36:37,43	02:04:37,03
17	583	Sara GOMES	43 - Fem	04:36:37,74			04:36:37,74	02:04:37,34





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CLASSIFICAÇÃO DA 2ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Equipa	Categoria	Tempo	Dif. 1º
1	579	Vítor SILVA	Vimarunners	43 - Masc	01:20:41,25	
2	599	Nuno SARAIVA	AMARELO VIVO	43 - Masc	01:21:32,91	00:00:51,66
3	590	Vitor ROCHA	Individual	43 - Masc	01:21:56,39	00:01:15,14
4	567	Luis OLIVEIRA	individual	43 - Masc	01:23:04,35	00:02:23,10
5	603	Mário LEAL	Clube Ind. de Atletismo Ilha Azul	43 - Masc	01:29:17,01	00:08:35,76
6	577	José PEREIRA	Trilhandando	43 - Masc	01:30:46,21	00:10:04,96
7	604	Manuel SILVA	Moove Running Team	43 - Masc	01:33:20,11	00:12:38,86
8	580	Valdir COSTA	Minho Aventura	43 - Masc	01:38:03,29	00:17:22,04
9	584	João ROSA	Individual	43 - Masc	01:42:41,75	00:22:00,50
10	566	Joaquim ALMEIDA	Individual	43 - Masc	01:42:51,79	00:22:10,54
11	537	Alberto PINTO	station	43 - Masc	01:43:21,66	00:22:40,40
12	539	Nuno LEITE	Moove Trail Team	43 - Masc	01:43:29,43	00:22:48,18
13	540	Rui LEITE	Moove Trail Team	43 - Masc	01:44:05,55	00:23:24,30
14	525	Jorge NORTE	Norte	43 - Masc	01:45:29,47	00:24:48,22
15	544	Paulo LOUREIRO	Individual	43 - Masc	01:45:34,51	00:24:53,26
16	556	Rui PINTO	Clube Desportivo de Lousado	43 - Masc	01:46:53,16	00:26:11,91
17	524	Rui TREMOCEIRO	Individual	43 - Masc	01:46:55,84	00:26:14,59
18	519	Sérgio MACHADO	Farmácia Nova de Valpaços	43 - Masc	01:46:56,52	00:26:15,27
19	576	Fernando GONÇALVES	Trilhandando	43 - Masc	01:49:32,10	00:28:50,85
20	522	Pedro PIRES	A. A. Lebres do Sado	43 - Masc	01:52:44,31	00:32:03,06
21	589	Gomes SILVA	GDS	43 - Masc	01:53:06,40	00:32:25,14
22	542	António CARVALHO	Escapcar	43 - Masc	01:53:32,94	00:32:51,69
23	541	Nuno GOMES	Moove Trail Team	43 - Masc	02:01:20,97	00:40:39,71
24	507	Hugo BRITO	Individual	43 - Masc	02:03:45,43	00:43:04,18
25	552	Nuno SIMOES	Individual	43 - Masc	02:04:01,99	00:43:20,74
26	591	Hélder LEMOS	Individual	43 - Masc	02:10:36,30	00:49:55,05
27	557	Rui MACHADO	sarunners@poweredbycaesdaavenida	43 - Masc	02:13:47,07	00:53:05,82
28	565	Jorge SOUSA	Individual	43 - Masc	02:16:38,33	00:55:57,08
29	511	Jorge JESUS	Individual	43 - Masc	02:17:19,86	00:56:38,61
30	510	João SILVA	Individual	43 - Masc	02:17:32,85	00:56:51,60
31	535	Miguel CONTRERAS	Burututus	43 - Masc	02:24:36,23	01:03:54,98
32	554	Rui PEREIRA	Individual	43 - Masc	02:24:39,48	01:03:58,22
33	586	Luis BRAGA	Rambóia no Mato	43 - Masc	02:30:06,68	01:09:25,43
34	585	José BOAS	Rambóia no Mato	43 - Masc	02:30:06,76	01:09:25,51
35	587	José SILVA	Rambóia no Mato	43 - Masc	02:30:07,58	01:09:26,32
36	526	Manuel SILVA	Os Lobos	43 - Masc	02:32:54,75	01:12:13,50
37	515	Marco ROSA	Individual	43 - Masc	02:41:12,35	01:20:31,10
38	550	Alvaro KOEHLER	Individual	43 - Masc	02:43:45,44	01:23:04,19
39	569	Fernando ALVES	MIF	43 - Masc	02:52:45,27	01:32:04,02
40	568	Daniel FERNANDES	MIF	43 - Masc	02:52:45,30	01:32:04,05
41	504	Luís MARQUES	Individual	43 - Masc	02:53:18,72	01:32:37,47
42	538	Cláudio TERESO	Individual	43 - Masc	02:54:08,71	01:33:27,45
43	501	Luís MADEIRA	Trail2Fun	43 - Masc	03:10:21,14	01:49:39,89
44	588	José MENDES	Individual	43 - Masc	03:13:42,79	01:53:01,54
45	530	Rodrigo ONOFRE	naturodrisa	43 - Masc	03:15:38,13	01:54:56,88
46	601	Ricardo HELENO	Rita Estrela	43 - Masc	03:24:19,45	02:03:38,20
47	605	João RIBEIRO	Fecho 43	43 - Masc	03:24:41,29	02:04:00,04
DNS	516	Ricardo JESUS	2R RUN	43 - Masc	DNS	DNS
DNS	582	Hugo LAPA	MACACOS	43 - Masc	DNS	DNS
DNS	595	João GUERREIRO	Rainbow Runners	43 - Masc	DNS	DNS



gerês trail adventure

CLASSIFICAÇÃO DA 2ª ETAPA - 43 Km's - FEMININAS

Pos.	Dorsal	Nome	Equipa	Categoria	Tempo	Dif. 1º
1	573	Sofia AGOSTINHO	Agostinho	43 - Fem	01:49:32,15	
2	536	Sara REIS	Burututus	43 - Fem	01:54:36,18	00:05:04,02
3	600	Marcela FERNANDES	ACCVCAVI	43 - Fem	01:57:40,85	00:08:08,70
4	514	Lina ROSA	Individual	43 - Fem	02:04:46,40	00:15:14,25
5	592	Rita INÁCIO	Individual	43 - Fem	02:10:36,28	00:21:04,12
6	548	Marta ROSSINI	Individual	43 - Fem	02:43:45,19	00:54:13,03
7	534	Rita TOMÁS	Os Lobos	43 - Fem	02:45:56,14	00:56:23,99
8	532	Monica JORGE	Os Lobos	43 - Fem	02:45:56,26	00:56:24,10
9	574	Ana COELHO	Individual	43 - Fem	02:53:18,18	01:03:46,03
10	503	Marta TOMADA	Individual	43 - Fem	02:53:18,69	01:03:46,54
11	502	Rita FELIZOL	Trail2Fun	43 - Fem	03:10:20,96	01:20:48,80
12	529	Isadora TACOEN	naturodrisa	43 - Fem	03:15:39,74	01:26:07,58
13	546	Liliana COUCHINHO	Desnível Positivo	43 - Fem	03:18:21,97	01:28:49,82
14	598	Ana SILVA	Rita Estrela	43 - Fem	03:24:37,36	01:35:05,21
15	549	Sílvia PORTUGAL	Cães d'Avenida	43 - Fem	03:30:39,15	01:41:06,99
DNS	512	Sara PEREIRA	Sary	43 - Fem	DNS	DNS
DNS	583	Sara GOMES	MACACOS	43 - Fem	DNS	DNS
DNS	594	Sandra GUERREIRO	Rainbow Runners	43 - Fem	DNS	DNS



gerês trail adventure

RANKING APÓS A 2ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
1	579	Vítor SILVA	43 - Masc	01:48:08,42	01:20:41,25		03:08:49,67	
2	599	Nuno SARAIVA	43 - Masc	01:48:12,14	01:21:32,91		03:09:45,04	00:00:55,37
3	590	Vitor ROCHA	43 - Masc	01:51:26,71	01:21:56,39		03:13:23,10	00:04:33,43
4	567	Luis OLIVEIRA	43 - Masc	01:51:42,29	01:23:04,35		03:14:46,63	00:05:56,96
5	603	Mário LEAL	43 - Masc	01:53:58,49	01:29:17,01		03:23:15,50	00:14:25,83
6	577	José PEREIRA	43 - Masc	01:59:39,68	01:30:46,21		03:30:25,89	00:21:36,21
7	604	Manuel SILVA	43 - Masc	02:00:29,80	01:33:20,11		03:33:49,91	00:25:00,24
8	580	Valdir COSTA	43 - Masc	02:11:03,83	01:38:03,29		03:49:07,12	00:40:17,45
9	584	João ROSA	43 - Masc	02:15:30,78	01:42:41,75		03:58:12,53	00:49:22,86
10	537	Alberto PINTO	43 - Masc	02:15:01,69	01:43:21,66		03:58:23,34	00:49:33,67
11	566	Joaquim ALMEIDA	43 - Masc	02:22:29,99	01:42:51,79		04:05:21,78	00:56:32,11
12	539	Nuno LEITE	43 - Masc	02:22:47,56	01:43:29,43		04:06:17,00	00:57:27,32
13	540	Rui LEITE	43 - Masc	02:22:31,17	01:44:05,55		04:06:36,73	00:57:47,06
14	544	Paulo LOUREIRO	43 - Masc	02:22:37,55	01:45:34,51		04:08:12,07	00:59:22,40
15	524	Rui TREMOCEIRO	43 - Masc	02:22:35,93	01:46:55,84		04:09:31,77	01:00:42,10
16	556	Rui PINTO	43 - Masc	02:25:39,82	01:46:53,16		04:12:32,99	01:03:43,31
17	519	Sérgio MACHADO	43 - Masc	02:25:57,72	01:46:56,52		04:12:54,24	01:04:04,57
18	542	António CARVALHO	43 - Masc	02:22:49,71	01:53:32,94		04:16:22,65	01:07:32,98
19	576	Fernando GONÇALVES	43 - Masc	02:27:21,38	01:49:32,10		04:16:53,48	01:08:03,81
20	589	Gomes SILVA	43 - Masc	02:29:05,48	01:53:06,40		04:22:11,88	01:13:22,20
21	525	Jorge NORTE	43 - Masc	02:38:59,78	01:45:29,47		04:24:29,25	01:15:39,58
22	522	Pedro PIRES	43 - Masc	02:33:45,40	01:52:44,31		04:26:29,71	01:17:40,03
23	541	Nuno GOMES	43 - Masc	02:38:07,32	02:01:20,97		04:39:28,29	01:30:38,62
24	507	Hugo BRITO	43 - Masc	02:38:07,38	02:03:45,43		04:41:52,81	01:33:03,14
25	554	Rui PEREIRA	43 - Masc	02:29:06,37	02:24:39,48		04:53:45,85	01:44:56,18
26	552	Nuno SIMOES	43 - Masc	02:54:38,32	02:04:01,99		04:58:40,31	01:49:50,64
27	535	Miguel CONTRERAS	43 - Masc	02:37:18,50	02:24:36,23		05:01:54,73	01:53:05,06
28	591	Hélder LEMOS	43 - Masc	02:52:53,46	02:10:36,30		05:03:29,76	01:54:40,09





RANKING APÓS A 2ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
29	557	Rui MACHADO	43 - Masc	03:06:11,89	02:13:47,07		05:19:58,96	02:11:09,29
30	565	Jorge SOUSA	43 - Masc	03:07:13,28	02:16:38,33		05:23:51,61	02:15:01,94
31	511	Jorge JESUS	43 - Masc	03:07:17,06	02:17:19,86		05:24:36,92	02:15:47,25
32	510	João SILVA	43 - Masc	03:07:18,23	02:17:32,85		05:24:51,08	02:16:01,41
33	587	José SILVA	43 - Masc	03:08:48,47	02:30:07,58		05:38:56,04	02:30:06,37
34	586	Luis BRAGA	43 - Masc	03:08:52,12	02:30:06,68		05:38:58,80	02:30:09,13
35	585	José BOAS	43 - Masc	03:14:20,96	02:30:06,76		05:44:27,73	02:35:38,06
36	526	Manuel SILVA	43 - Masc	03:14:24,16	02:32:54,75		05:47:18,90	02:38:29,23
37	515	Marco ROSA	43 - Masc	03:30:11,31	02:41:12,35		06:11:23,66	03:02:33,98
38	569	Fernando ALVES	43 - Masc	03:27:54,90	02:52:45,27		06:20:40,17	03:11:50,50
39	568	Daniel FERNANDES	43 - Masc	03:27:54,95	02:52:45,30		06:20:40,26	03:11:50,59
40	550	Alvaro KOEHLER	43 - Masc	03:44:07,49	02:43:45,44		06:27:52,93	03:19:03,25
41	504	Luís MARQUES	43 - Masc	03:54:30,17	02:53:18,72		06:47:48,89	03:38:59,22
42	538	Cláudio TERESO	43 - Masc	03:54:30,27	02:54:08,71		06:48:38,97	03:39:49,30
43	501	Luís MADEIRA	43 - Masc	03:48:13,68	03:10:21,14		06:58:34,82	03:49:45,15
44	601	Ricardo HELENO	43 - Masc	04:00:22,00	03:24:19,45		07:24:41,45	04:15:51,78
45	588	José MENDES	43 - Masc	04:36:37,60	03:13:42,79		07:50:20,39	04:41:30,72
46	605	João RIBEIRO	43 - Masc	04:37:01,68	03:24:41,29		08:01:42,98	04:52:53,30
DSQ	516	Ricardo JESUS	43 - Masc	03:14:14,77	DNS			
DSQ	595	João GUERREIRO	43 - Masc	03:27:49,66	DNS			
DSQ	582	Hugo LAPA	43 - Masc	04:33:38,25	DNS			
DSQ	530	Rodrigo ONOFRE	43 - Masc	DNS	03:15:38,13			





RANKING APÓS A 2ª ETAPA - 43 Km's - FEMININAS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
1	573	Sofia AGOSTINHO	43 - Fem	02:32:00,40	01:49:32,15		04:21:32,55	
2	536	Sara REIS	43 - Fem	02:37:18,44	01:54:36,18		04:31:54,62	00:10:22,06
3	514	Lina ROSA	43 - Fem	02:44:13,49	02:04:46,40		04:48:59,89	00:27:27,34
4	592	Rita INÁCIO	43 - Fem	02:52:53,70	02:10:36,28		05:03:29,98	00:41:57,43
5	600	Marcela FERNANDES	43 - Fem	03:44:36,46	01:57:40,85		05:42:17,30	01:20:44,75
6	548	Marta ROSSINI	43 - Fem	03:44:07,26	02:43:45,19		06:27:52,45	02:06:19,89
7	503	Marta TOMADA	43 - Fem	03:54:30,26	02:53:18,69		06:47:48,95	02:26:16,40
8	534	Rita TOMÁS	43 - Fem	04:10:39,35	02:45:56,14		06:56:35,49	02:35:02,93
9	532	Monica JORGE	43 - Fem	04:10:41,58	02:45:56,26		06:56:37,83	02:35:05,28
10	502	Rita FELIZOL	43 - Fem	03:48:13,42	03:10:20,96		06:58:34,38	02:37:01,83
11	598	Ana SILVA	43 - Fem	04:00:48,88	03:24:37,36		07:25:26,24	03:03:53,69
12	546	Liliana COUCHINHO	43 - Fem	04:10:38,88	03:18:21,97		07:29:00,85	03:07:28,30
13	574	Ana COELHO	43 - Fem	04:36:37,43	02:53:18,18		07:29:55,61	03:08:23,05
14	549	Sílvia PORTUGAL	43 - Fem	04:00:14,48	03:30:39,15		07:30:53,63	03:09:21,07
DSQ	594	Sandra GUERREIRO	43 - Fem	03:27:49,54	DNS			
DSQ	512	Sara PEREIRA	43 - Fem	03:59:01,15	DNS			
DSQ	583	Sara GOMES	43 - Fem	04:36:37,74	DNS			
DSQ	529	Isadora TACOEN	43 - Fem	DNS	03:15:39,74			





gerês trail adventure

CLASSIFICAÇÃO DA 3ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Equipa	Categoria	Tempo	Dif. 1º
1	579	Vítor SILVA	Vimarunners	43 - Masc	01:14:52,98	
2	599	Nuno SARAIVA	AMARELO VIVO	43 - Masc	01:14:53,20	00:00:00,22
3	590	Vitor ROCHA	Individual	43 - Masc	01:15:17,26	00:00:24,28
4	567	Luis OLIVEIRA	individual	43 - Masc	01:15:36,63	00:00:43,65
5	603	Mário LEAL	Clube Ind. de Atletismo Ilha Azul	43 - Masc	01:17:00,98	00:02:08,00
6	577	José PEREIRA	Trilhandando	43 - Masc	01:17:36,06	00:02:43,08
7	580	Valdir COSTA	Minho Aventura	43 - Masc	01:23:56,15	00:09:03,17
8	604	Manuel SILVA	Moove Running Team	43 - Masc	01:25:01,64	00:10:08,66
9	584	João ROSA	Individual	43 - Masc	01:27:21,30	00:12:28,32
10	539	Nuno LEITE	Moove Trail Team	43 - Masc	01:27:28,16	00:12:35,18
11	540	Rui LEITE	Moove Trail Team	43 - Masc	01:28:02,82	00:13:09,84
12	544	Paulo LOUREIRO	Individual	43 - Masc	01:29:25,13	00:14:32,15
13	537	Alberto PINTO	station	43 - Masc	01:31:55,12	00:17:02,14
14	566	Joaquim ALMEIDA	Individual	43 - Masc	01:32:45,03	00:17:52,05
15	535	Miguel CONTRERAS	Burututus	43 - Masc	01:33:13,06	00:18:20,08
16	525	Jorge NORTE	Norte	43 - Masc	01:34:21,72	00:19:28,74
17	519	Sérgio MACHADO	Farmácia Nova de Valpaços	43 - Masc	01:35:16,88	00:20:23,90
18	589	Gomes SILVA	GDS	43 - Masc	01:35:17,10	00:20:24,12
19	542	António CARVALHO	Escapcar	43 - Masc	01:38:35,56	00:23:42,58
20	576	Fernando GONÇALVES	Trilhandando	43 - Masc	01:38:52,61	00:23:59,63
21	554	Rui PEREIRA	Individual	43 - Masc	01:39:33,55	00:24:40,57
22	541	Nuno GOMES	Moove Trail Team	43 - Masc	01:40:52,82	00:25:59,84
23	522	Pedro PIRES	A. A. Lebres do Sado	43 - Masc	01:42:00,60	00:27:07,62
24	556	Rui PINTO	Clube Desportivo de Lousado	43 - Masc	01:45:28,56	00:30:35,58
25	585	José BOAS	Rambóia no Mato	43 - Masc	01:45:30,17	00:30:37,19
26	587	José SILVA	Rambóia no Mato	43 - Masc	01:45:30,97	00:30:37,99
27	524	Rui TREMOCEIRO	Individual	43 - Masc	01:45:43,50	00:30:50,52
28	586	Luis BRAGA	Rambóia no Mato	43 - Masc	01:46:54,36	00:32:01,38
29	557	Rui MACHADO	sarunners@poweredbycaesdaavenida	43 - Masc	01:47:05,39	00:32:12,41
30	565	Jorge SOUSA	Individual	43 - Masc	01:48:43,45	00:33:50,47
31	595	João GUERREIRO	Rainbow Runners	43 - Masc	01:48:37,49	00:33:44,51
32	507	Hugo BRITO	Individual	43 - Masc	01:49:24,17	00:34:31,19
33	552	Nuno SIMOES	Individual	43 - Masc	01:53:04,04	00:38:11,06
34	591	Hélder LEMOS	Individual	43 - Masc	01:54:23,67	00:39:30,69
35	510	João SILVA	Individual	43 - Masc	01:55:35,65	00:40:42,67
36	511	Jorge JESUS	Individual	43 - Masc	01:55:44,32	00:40:51,34
37	526	Manuel SILVA	Os Lobos	43 - Masc	02:00:47,06	00:45:54,08
38	530	Rodrigo ONOFRE	naturorrisa	43 - Masc	02:16:15,33	01:01:22,35
39	569	Fernando ALVES	MIF	43 - Masc	02:17:16,84	01:02:23,86
40	568	Daniel FERNANDES	MIF	43 - Masc	02:17:17,19	01:02:24,21
41	550	Alvaro KOEHLER	Individual	43 - Masc	02:17:57,04	01:03:04,06
42	515	Marco ROSA	Individual	43 - Masc	02:20:28,95	01:05:35,97
43	504	Luís MARQUES	Individual	43 - Masc	02:22:29,54	01:07:36,56
44	588	José MENDES	Individual	43 - Masc	02:24:11,90	01:09:18,92
45	538	Cláudio TERESO	Individual	43 - Masc	02:24:38,96	01:09:45,98
46	501	Luís MADEIRA	Trail2Fun	43 - Masc	02:28:46,19	01:13:53,21
47	601	Ricardo HELENO	Rita Estrela	43 - Masc	02:35:54,20	01:21:01,22
48	605	João RIBEIRO	Fecho 43	43 - Masc	02:49:22,29	01:34:29,31
DNS	516	Ricardo JESUS	2R RUN	43 - Masc	DNS	DNS
DNS	582	Hugo LAPA	MACACOS	43 - Masc	DNS	DNS



CLASSIFICAÇÃO DA 3ª ETAPA - 43 Km's - FEMININAS

Pos.	Dorsal	Nome	Equipa	Categoria	Tempo	Dif. 1º
1	536	Sara REIS	Burututus	43 - Fem	01:33:13,29	
2	573	Sofia AGOSTINHO	Agostinho	43 - Fem	01:37:23,97	00:04:10,68
3	600	Marcela FERNANDES	ACCVCAVI	43 - Fem	01:38:35,46	00:05:22,17
4	514	Lina ROSA	Individual	43 - Fem	01:46:54,53	00:13:41,24
5	592	Rita INÁCIO	Individual	43 - Fem	01:54:23,44	00:21:10,15
6	548	Marta ROSSINI	Individual	43 - Fem	02:05:11,94	00:31:58,65
7	534	Rita TOMÁS	Os Lobos	43 - Fem	02:07:25,31	00:34:12,02
8	529	Isadora TACOEN	naturodrisa	43 - Fem	02:16:15,99	00:43:02,70
9	503	Marta TOMADA	Individual	43 - Fem	02:22:29,12	00:49:15,83
10	574	Ana COELHO	Individual	43 - Fem	02:23:34,58	00:50:21,29
11	502	Rita FELIZOL	Trail2Fun	43 - Fem	02:28:46,12	00:55:32,83
12	549	Sílvia PORTUGAL	Cães d'Avenida	43 - Fem	02:30:31,99	00:57:18,70
13	598	Ana SILVA	Rita Estrela	43 - Fem	02:35:54,18	01:02:40,89
14	546	Liliana COUCHINHO	Desnível Positivo	43 - Fem	02:49:17,18	01:16:03,89
15	532	Monica JORGE	Os Lobos	43 - Fem	02:49:18,92	01:16:05,63
16	512	Sara PEREIRA	Sary	43 - Fem	02:20:52,38	00:47:39,09
17	594	Sandra GUERREIRO	Rainbow Runners	43 - Fem	01:48:37,11	00:15:23,82
DNS	583	Sara GOMES	MACACOS	43 - Fem	DNS	DNS



gerês trail adventure

RANKING APÓS A 3ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
1	579	Vítor SILVA	43 - Masc	01:48:08,42	01:20:41,25	01:14:52,98	04:23:42,65	
2	599	Nuno SARAIVA	43 - Masc	01:48:12,14	01:21:32,91	01:14:53,20	04:24:38,24	00:00:55,59
3	590	Vitor ROCHA	43 - Masc	01:51:26,71	01:21:56,39	01:15:17,26	04:28:40,36	00:04:57,71
4	567	Luis OLIVEIRA	43 - Masc	01:51:42,29	01:23:04,35	01:15:36,63	04:30:23,26	00:06:40,61
5	603	Mário LEAL	43 - Masc	01:53:58,49	01:29:17,01	01:17:00,98	04:40:16,48	00:16:33,83
6	577	José PEREIRA	43 - Masc	01:59:39,68	01:30:46,21	01:17:36,06	04:48:01,95	00:24:19,29
7	604	Manuel SILVA	43 - Masc	02:00:29,80	01:33:20,11	01:25:01,64	04:58:51,55	00:35:08,90
8	580	Valdir COSTA	43 - Masc	02:11:03,83	01:38:03,29	01:23:56,15	05:13:03,27	00:49:20,62
9	584	João ROSA	43 - Masc	02:15:30,78	01:42:41,75	01:27:21,30	05:25:33,83	01:01:51,18
10	537	Alberto PINTO	43 - Masc	02:15:01,69	01:43:21,66	01:31:55,12	05:30:18,46	01:06:35,81
11	539	Nuno LEITE	43 - Masc	02:22:47,56	01:43:29,43	01:27:28,16	05:33:45,16	01:10:02,50
12	540	Rui LEITE	43 - Masc	02:22:31,17	01:44:05,55	01:28:02,82	05:34:39,55	01:10:56,90
13	544	Paulo LOUREIRO	43 - Masc	02:22:37,55	01:45:34,51	01:29:25,13	05:37:37,20	01:13:54,55
14	566	Joaquim ALMEIDA	43 - Masc	02:22:29,99	01:42:51,79	01:32:45,03	05:38:06,81	01:14:24,16
15	519	Sérgio MACHADO	43 - Masc	02:25:57,72	01:46:56,52	01:35:16,88	05:48:11,12	01:24:28,47
16	542	António CARVALHO	43 - Masc	02:22:49,71	01:53:32,94	01:38:35,56	05:54:58,21	01:31:15,56
17	524	Rui TREMOCEIRO	43 - Masc	02:22:35,93	01:46:55,84	01:45:43,50	05:55:15,27	01:31:32,62
18	576	Fernando GONÇALVES	43 - Masc	02:27:21,38	01:49:32,10	01:38:52,61	05:55:46,09	01:32:03,44
19	589	Gomes SILVA	43 - Masc	02:29:05,48	01:53:06,40	01:35:17,10	05:57:28,98	01:33:46,32
20	556	Rui PINTO	43 - Masc	02:25:39,82	01:46:53,16	01:45:28,56	05:58:01,55	01:34:18,89
21	525	Jorge NORTE	43 - Masc	02:38:59,78	01:45:29,47	01:34:21,72	05:58:50,97	01:35:08,32
22	522	Pedro PIRES	43 - Masc	02:33:45,40	01:52:44,31	01:42:00,60	06:08:30,31	01:44:47,65
23	541	Nuno GOMES	43 - Masc	02:38:07,32	02:01:20,97	01:40:52,82	06:20:21,11	01:56:38,45
24	507	Hugo BRITO	43 - Masc	02:38:07,38	02:03:45,43	01:49:24,17	06:31:16,98	02:07:34,33
25	554	Rui PEREIRA	43 - Masc	02:29:06,37	02:24:39,48	01:39:33,55	06:33:19,40	02:09:36,75
26	535	Miguel CONTRERAS	43 - Masc	02:37:18,50	02:24:36,23	01:33:13,06	06:35:07,79	02:11:25,14
27	552	Nuno SIMOES	43 - Masc	02:54:38,32	02:04:01,99	01:53:04,04	06:51:44,36	02:28:01,70
28	591	Hélder LEMOS	43 - Masc	02:52:53,46	02:10:36,30	01:54:23,67	06:57:53,43	02:34:10,78





gerês trail adventure

RANKING APÓS A 3ª ETAPA - 43 Km's - MASCULINOS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
29	557	Rui MACHADO	43 - Masc	03:06:11,89	02:13:47,07	01:47:05,39	07:07:04,35	02:43:21,70
30	565	Jorge SOUSA	43 - Masc	03:07:13,28	02:16:38,33	01:48:43,45	07:12:35,06	02:48:52,41
31	511	Jorge JESUS	43 - Masc	03:07:17,06	02:17:19,86	01:55:44,32	07:20:21,24	02:56:38,59
32	510	João SILVA	43 - Masc	03:07:18,23	02:17:32,85	01:55:35,65	07:20:26,73	02:56:44,08
33	587	José SILVA	43 - Masc	03:08:48,47	02:30:07,58	01:45:30,97	07:24:27,01	03:00:44,36
34	586	Luis BRAGA	43 - Masc	03:08:52,12	02:30:06,68	01:46:54,36	07:25:53,16	03:02:10,51
35	585	José BOAS	43 - Masc	03:14:20,96	02:30:06,76	01:45:30,17	07:29:57,90	03:06:15,25
36	526	Manuel SILVA	43 - Masc	03:14:24,16	02:32:54,75	02:00:47,06	07:48:05,96	03:24:23,31
37	515	Marco ROSA	43 - Masc	03:30:11,31	02:41:12,35	02:20:28,95	08:31:52,61	04:08:09,95
38	569	Fernando ALVES	43 - Masc	03:27:54,90	02:52:45,27	02:17:16,84	08:37:57,01	04:14:14,36
39	568	Daniel FERNANDES	43 - Masc	03:27:54,95	02:52:45,30	02:17:17,19	08:37:57,45	04:14:14,80
40	550	Alvaro KOEHLER	43 - Masc	03:44:07,49	02:43:45,44	02:17:57,04	08:45:49,97	04:22:07,31
41	504	Luís MARQUES	43 - Masc	03:54:30,17	02:53:18,72	02:22:29,54	09:10:18,43	04:46:35,78
42	538	Cláudio TERESO	43 - Masc	03:54:30,27	02:54:08,71	02:24:38,96	09:13:17,93	04:49:35,28
43	501	Luís MADEIRA	43 - Masc	03:48:13,68	03:10:21,14	02:28:46,19	09:27:21,01	05:03:38,36
44	601	Ricardo HELENO	43 - Masc	04:00:22,00	03:24:19,45	02:35:54,20	10:00:35,65	05:36:53,00
45	588	José MENDES	43 - Masc	04:36:37,60	03:13:42,79	02:24:11,90	10:14:32,29	05:50:49,64
46	605	João RIBEIRO	43 - Masc	04:37:01,68	03:24:41,29	02:49:22,29	10:51:05,27	06:27:22,61
DSQ	516	Ricardo JESUS	43 - Masc	03:14:14,77	DNS	DNS		
DSQ	595	João GUERREIRO	43 - Masc	03:27:49,66	DNS	01:48:37,49		
DSQ	582	Hugo LAPA	43 - Masc	04:33:38,25	DNS	DNS		
DSQ	530	Rodrigo ONOFRE	43 - Masc	DNS	03:15:38,13	02:16:15,33		





gerês trail adventure

RANKING APÓS A 3ª ETAPA - 43 Km's - FEMININAS

Pos.	Dorsal	Nome	Categoria	1ª Etapa	2ª Etapa	3ª Etapa	Tempo	Dif. 1º
1	573	Sofia AGOSTINHO	43 - Fem	02:32:00,40	01:49:32,15	01:37:23,97	05:58:56,52	
2	536	Sara REIS	43 - Fem	02:37:18,44	01:54:36,18	01:33:13,29	06:05:07,91	00:06:11,38
3	514	Lina ROSA	43 - Fem	02:44:13,49	02:04:46,40	01:46:54,53	06:35:54,42	00:36:57,90
4	592	Rita INÁCIO	43 - Fem	02:52:53,70	02:10:36,28	01:54:23,44	06:57:53,42	00:58:56,90
5	600	Marcela FERNANDES	43 - Fem	03:44:36,46	01:57:40,85	01:38:35,46	07:20:52,77	01:21:56,24
6	548	Marta ROSSINI	43 - Fem	03:44:07,26	02:43:45,19	02:05:11,94	08:33:04,39	02:34:07,86
7	534	Rita TOMÁS	43 - Fem	04:10:39,35	02:45:56,14	02:07:25,31	09:04:00,80	03:05:04,27
8	503	Marta TOMADA	43 - Fem	03:54:30,26	02:53:18,69	02:22:29,12	09:10:18,07	03:11:21,55
9	502	Rita FELIZOL	43 - Fem	03:48:13,42	03:10:20,96	02:28:46,12	09:27:20,50	03:28:23,98
10	532	Monica JORGE	43 - Fem	04:10:41,58	02:45:56,26	02:49:18,92	09:45:56,76	03:47:00,23
11	574	Ana COELHO	43 - Fem	04:36:37,43	02:53:18,18	02:23:34,58	09:53:30,19	03:54:33,66
12	598	Ana SILVA	43 - Fem	04:00:48,88	03:24:37,36	02:35:54,18	10:01:20,42	04:02:23,90
13	549	Sílvia PORTUGAL	43 - Fem	04:00:14,48	03:30:39,15	02:30:31,99	10:01:25,61	04:02:29,09
14	546	Liliana COUCHINHO	43 - Fem	04:10:38,88	03:18:21,97	02:49:17,18	10:18:18,03	04:19:21,51
DSQ	594	Sandra GUERREIRO	43 - Fem	03:27:49,54	DNS	01:48:37,11		
DSQ	512	Sara PEREIRA	43 - Fem	03:59:01,15	DNS	02:20:52,38		
DSQ	583	Sara GOMES	43 - Fem	04:36:37,74	DNS	DNS		
DSQ	529	Isadora TACOEN	43 - Fem	DNS	03:15:39,74	02:16:15,99		

