

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
1	24	Vieira, Miguel	Movimento de Juventude de Merelim	SENM	1	31:57.71	03:12	
2	102	Ferreira, José		M40	1	32:04.01	03:12	00:00:06
3	155	Teixeira, Renato	GD Goma	SENM	2	32:48.70	03:17	00:00:51
4	1	Cruz, Santa	S.C. Braga	SENM	3	33:52.55	03:23	00:01:55
5	187	Macedo, Avelino	Vila Verde a Correr	M40	2	33:59.17	03:24	00:02:01
6	176	Guimarães, Nuno	TROGLODITAS RUNNERS	SENM	4	35:04.59	03:30	00:03:07
7	210	Martins, João	Vila Verde a Correr	M40	3	36:15.68	03:38	00:04:18
8	145	Falcão, Filipe		SENM	5	36:28.41	03:39	00:04:30
9	105	Costa, Carlos		SENM	6	37:08.80	03:43	00:05:11
10	195	Lopes, Tiago		SENM	7	37:21.94	03:44	00:05:24
11	44	Pontes, Bruno	Tribraga	M40	4	37:25.19	03:45	00:05:27
12	25	Machado, Hugo	LION RUNNERS - G. D. Leões da Guarda	SENM	8	37:42.03	03:46	00:05:44
13	23	Fernandes, Gabriel	Activus Fitness Club	SENM	9	37:43.45	03:46	00:05:45
14	119	Sousa, Diogo	Travassós Running Fafe	SENM	10	37:50.97	03:47	00:05:53
15	111	Rodrigues, Bruno	Rundiculous	SENM	11	38:15.99	03:50	00:06:18
16	118	Faria, Vítor	Palmeira Runners	M40	5	38:30.94	03:51	00:06:33
17	212	Santos, Tiago	Vila Verde a Correr	SENM	12	38:35.92	03:52	00:06:38
18	16	Antunes, Nuno		SENM	13	38:56.20	03:54	00:06:58
19	38	Ribeiro, João	Manu's Therapy Trail Running	M40	6	38:58.76	03:54	00:07:01
20	101	Meneses, Nuno	Vamos Equipa	M40	7	39:06.49	03:55	00:07:08
21	93	Marques, Narciso	limite vertical trekking	M60	1	39:08.56	03:55	00:07:11
22	206	Abreu, Rui		SENM	14	39:24.35	03:56	00:07:26
23	173	Sousa, Nuno	100 espaço trail team	M50	1	39:27.47	03:57	00:07:29
24	68	Lima, Marco		SENM	15	39:28.23	03:57	00:07:30
25	66	Gonçalves, Liliana		SENF	1	39:32.45	03:57	00:07:34
26	110	Monteiro, Cláudio	Douroconta Trail Team	M50	2	39:35.09	03:58	00:07:37
27	60	Pereira, Helder	Bixarada	SENM	16	39:52.01	03:59	00:07:54
28	48	Emanuel, Barbosa		SENM	17	40:03.54	04:00	00:08:06
29	143	Lopes, José	Palmeira Runner	M50	3	40:08.19	04:01	00:08:10
30	157	Cunha, Rui		SENM	18	40:29.86	04:03	00:08:32
31	12	Vieira, Jorge	Os Arrastões	SENM	19	40:39.31	04:04	00:08:41
32	135	Fins, José	Braguinhas Runners	M50	4	40:44.28	04:04	00:08:46
33	27	Costa, Hélder	Manu's Therapy Trail Running	SENM	20	40:46.05	04:05	00:08:48
34	126	Fernandes, Victor	GD Goma	M40	8	40:58.15	04:06	00:09:00
35	144	Carvalho, Henrique	Rundiculous	SENM	21	41:00.07	04:06	00:09:02
36	213	Sousa, Adelino	GD Goma	SENM	22	41:00.58	04:06	00:09:03
37	47	Silva, Rogério	Vimarunners	M40	9	41:18.89	04:08	00:09:21
38	42	Sousa, Nuno	Casa FC Porto da Póvoa de Lanhoso	M40	10	41:21.69	04:08	00:09:24
39	76	Ribeiro, Paulo	Manu's Therapy Trail Running	M40	11	41:45.33	04:11	00:09:47
40	156	costa, Manuel	núcleo do sporting clube de portugal de v n de Fam	M60	2	41:47.90	04:11	00:09:50
41	209	Brito, Jorge	Trepa Bikes	SENM	23	41:50.27	04:11	00:09:52
42	43	Sousa, Jorge	Casa FC Porto da Póvoa de Lanhoso	M40	12	42:27.08	04:15	00:10:29
43	62	Ramos, Serafim	LION RUNNERS - G. D. Leões da Guarda	M60	3	42:28.70	04:15	00:10:31
44	133	Barros, José	Rundiculous	SENM	24	42:31.28	04:15	00:10:33

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
45	81	Freitas, Rafael		SENM	25	42:50.56	04:17	00:10:53
46	80	Soares, Paula	GD Goma	F40	1	43:02.43	04:18	00:11:04
47	218	Matos, Emanuel	GD Goma	M40	13	43:04.14	04:18	00:11:06
48	17	Rocha, Albino		M50	5	43:26.03	04:21	00:11:28
49	146	Sanchez, Ramiro		M40	14	43:28.60	04:21	00:11:31
50	147	Alvarez, Alberto		M40	15	43:29.05	04:21	00:11:31
51	138	Silva, Nuno	Piratas das Montanhas	SENM	26	43:43.32	04:22	00:11:45
52	117	Maia, Hugo		SENM	27	43:51.85	04:23	00:11:54
53	177	Pinto, Daniel		M40	16	43:55.14	04:24	00:11:57
54	84	Ramalho, José	.COM-Clube Ori Minho	M50	6	44:06.17	04:25	00:12:08
55	181	Coelho, José		SENM	28	44:34.61	04:27	00:12:37
56	159	baptista, joana		SENF	2	44:34.80	04:27	00:12:37
57	63	Pereira, Manuel	Elite do Atletismo Nortenho	M40	17	44:47.76	04:29	00:12:50
58	179	Afonso, Dinis		SENM	29	44:48.74	04:29	00:12:51
59	131	Amorim, Francisco		SENM	30	45:00.61	04:30	00:13:03
60	72	Ferreira, Bruno		SENM	31	45:18.09	04:32	00:13:20
61	58	Coelho, João	AMC TRAIL	M40	18	45:19.62	04:32	00:13:22
62	21	Ministro, Elisabete	Palmeira Runners	F40	2	45:22.03	04:32	00:13:24
63	194	Morais, Carlos		M40	19	45:35.04	04:34	00:13:37
64	134	Fernandes, Christophe		SENM	32	45:35.63	04:34	00:13:38
65	83	Teixeira, Nelson		SENM	33	45:36.00	04:34	00:13:38
66	214	Dias, Isac	GD Goma	SENM	34	45:48.20	04:35	00:13:50
67	50	Pinheiro, Marco	Vimarunners	SENM	35	45:48.52	04:35	00:13:51
68	39	Martins, Manuel		M40	20	45:49.90	04:35	00:13:52
69	142	Lobo, Jorge		M60	4	45:59.34	04:36	00:14:01
70	223	Machado, Néelson		SENM	36	46:00.00	04:36	00:14:02
71	115	Freitas, Joaquim		M60	5	46:01.00	04:36	00:14:03
72	120	Cardeiras, Albano		SENM	37	46:51.83	04:41	00:14:54
73	211	Magalhães, Ricardo		SENM	38	46:56.90	04:42	00:14:59
74	217	Fernandes, Fábio		SENM	39	47:29.44	04:45	00:15:31
75	36	Fernandes, Nuno	AFLITOS DA PORTELA	M40	21	47:30.00	04:45	00:15:32
76	172	Mendes, Fernando	Amigos da borga	M40	22	47:31.00	04:45	00:15:33
77	168	Gomes, Eliseu	Amigos da borga	M40	23	47:32.06	04:45	00:15:34
78	191	Ferreira, Carla	Vila Verde a Correr	F40	3	47:39.15	04:46	00:15:41
79	215	Teixeira, Adelino	GD Goma	M40	24	47:40.00	04:46	00:15:42
80	104	Torres, Carlos		SENM	40	47:55.65	04:48	00:15:58
81	122	Lobo, Luis	GD Goma	SENM	41	47:57.00	04:48	00:15:59
82	3	Carvalho, Hugo	Trepa	SENM	42	47:58.00	04:48	00:16:00
83	184	Lopes, Anabela	TOP TOP RUNNERS	F40	4	48:07.15	04:49	00:16:09
84	185	Peixoto, Fábio	Automatistas	SENM	43	48:14.51	04:49	00:16:17
85	26	Coimbra, Ricardo	Os Estarolas	SENM	44	48:14.92	04:49	00:16:17
86	158	Oliveira, Luis		SENM	45	48:16.00	04:50	00:16:18
87	125	Sousa, Sílvia	GD Goma	SENF	3	48:48.77	04:53	00:16:51
88	69	Silva, Jose		SENM	46	48:58.76	04:54	00:17:01

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
89	95	Fonseca, José	Braguinhas Runners	M60	6	49:03.29	04:54	00:17:05
90	199	Pereira, Hugo		M40	25	49:04.00	04:54	00:17:06
91	94	Machado, Domingos	DUMIENSE XALLENGE RUNNERS	M60	7	49:20.23	04:56	00:17:22
92	20	Melo, João	Os Estarolas	SENM	47	49:23.55	04:56	00:17:26
93	190	Valente, Jose	Vila Verde a Correr	M40	26	49:43.22	04:58	00:17:45
94	67	Barbosa, Pedro		SENM	48	49:46.67	04:59	00:17:49
95	192	RAMALHO, SÉRGIO		M40	27	50:28.05	05:03	00:18:30
96	71	Mendes, Nuno	ASCFCMPL	M40	28	50:56.16	05:06	00:18:58
97	29	Alves, Elisabete	TROGLODITAS RUNNERS	SENF	4	51:00.47	05:06	00:19:02
98	100	Almeida, Sónia	Aventureiros	SENF	5	51:06.78	05:07	00:19:09
99	148	Rodrigues, Luís		M40	29	51:24.98	05:08	00:19:27
100	219	Pereira, Hugo		SENM	49	51:37.39	05:10	00:19:39
101	180	Carneiro, Paulo		M40	30	52:05.02	05:13	00:20:07
102	96	Gomes, Mário	Rundiculous	SENM	50	52:21.09	05:14	00:20:23
103	57	Maciel, Filipe		SENM	51	52:39.68	05:16	00:20:42
104	202	Duarte, Ricardo		M40	31	53:15.23	05:20	00:21:17
105	79	Pinto, Natália	Manu's Therapy Trail Running	SENF	6	53:18.53	05:20	00:21:21
106	109	Oliveira, Gonçalo		SENM	52	53:21.10	05:20	00:21:23
107	65	Eduardo, João	Elite do Atletismo Nortenho	SENM	53	53:48.24	05:23	00:21:50
108	137	Baptista, Fernando		SENM	54	54:05.92	05:25	00:22:08
109	91	Machado, Luís	MACAT	SENM	55	54:07.15	05:25	00:22:09
110	92	Fernades, Cátia	MACAT	SENF	7	54:07.91	05:25	00:22:10
111	205	Ferreira, Marco		SENM	56	54:10.73	05:25	00:22:13
112	13	Ministro, João	Palmeira Runners	M50	7	54:11.08	05:25	00:22:13
113	112	Duarte, Ricardo		SENM	57	54:42.48	05:28	00:22:44
114	203	Granja, Francisco		M60	8	54:50.22	05:29	00:22:52
115	182	Antunes, Ricardo		SENM	58	54:55.03	05:30	00:22:57
116	88	Olivira, José		M40	32	55:00.91	05:30	00:23:03
117	73	Pereira, Miguel	Mov'et	M40	33	55:07.14	05:31	00:23:09
118	121	Rodrigues, Alexandre	Vamos Equipa	M40	34	55:11.78	05:31	00:23:14
119	186	Gonçalves, Pedro	Automatistas	M40	35	55:23.86	05:32	00:23:26
120	216	Silva, Rafael		SENM	59	55:23.90	05:32	00:23:26
121	113	Bento, Natalia	Travassós Running Fafe	F40	5	55:25.85	05:33	00:23:28
122	204	Rebelo, Maria		F50	1	55:31.33	05:33	00:23:33
123	674	Dias, Pedro	SCMPL	SENM	60	55:35.46	05:34	00:23:37
124	18	Alves, Ismael	Bike&Beer	M40	36	55:43.19	05:34	00:23:45
125	9	Morgado, Pedro	Bike&Beer	SENM	61	55:43.67	05:34	00:23:46
126	19	Alves, Tiago	Bike&Beer	SENM	62	55:44.24	05:34	00:23:46
127	201	Lopes, Daniel		SENM	63	55:44.35	05:34	00:23:46
128	153	Mendes, João		M40	37	55:44.93	05:34	00:23:47
129	154	Silva, Carina		SENF	8	55:45.27	05:35	00:23:47
130	129	Peixoto, Manuel		M40	38	56:02.95	05:36	00:24:05
131	166	Oliveira, Marta	Amigos da borga	F40	6	56:04.12	05:36	00:24:06
132	167	Martins, Pedro	Amigos da borga	M40	39	56:05.00	05:36	00:24:07

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
133	207	Sousa, Bruno	Activus Fitness	SENM	64	56:11.94	05:37	00:24:14
134	169	Carneiro, Eva	Amigos da borga	F40	7	56:32.60	05:39	00:24:35
135	128	Coelho, Elisabete		SENF	9	56:36.82	05:40	00:24:39
136	64	Belchior, João	Elite do Atletismo Nortenho	M40	40	56:40.92	05:40	00:24:43
137	51	Silva, Aurora	Braguinhas Runners	F40	8	57:06.47	05:43	00:25:08
138	198	Pena, Luciano		SENM	65	57:07.71	05:43	00:25:10
139	162	Faustino, Alda		F40	9	57:13.79	05:43	00:25:16
140	170	Fernandes, Ana	Amigos da borga	SENF	10	57:44.13	05:46	00:25:46
141	97	Novais, Carlos	Aventureiros	SENM	66	57:58.14	05:48	00:26:00
142	77	Abreu, Lúcia		SENF	11	58:09.56	05:49	00:26:12
143	78	Abreu, Célia		SENF	12	58:10.62	05:49	00:26:13
144	208	Dias, Isabel		SENF	13	58:20.17	05:50	00:26:22
145	49	Teixeira, Cristina	ABRA - Associação Bracarense dos Amigos dos Animais	SENF	14	58:22.02	05:50	00:26:24
146	40	Sousa, Eulália	TOP TOP RUNNERS	F50	2	58:22.20	05:50	00:26:24
147	222	Ferreira, Paulo		M40	41	58:32.38	05:51	00:26:34
148	178	Martins, Glória		F40	10	58:55.13	05:54	00:26:57
149	55	Gomes, sergio		SENM	67	58:57.39	05:54	00:26:59
150	54	Martins, Gilberto		SENM	68	58:58.42	05:54	00:27:00
151	53	Leite, Arnaldo	Bike&Beer	SENM	69	59:01.00	05:54	00:27:03
152	34	João, Sandra	Manu's Therapy Trail Running	F40	11	59:59.28	06:00	00:28:01
153	107	Guimarães, Ana	Junta Freguesia Rendufinho	SENF	15	1:00:45.24	06:05	00:28:47
154	59	Lopes, Leticia	GD Goma	SENF	16	1:01:36.31	06:10	00:29:38
155	10	Lopes, Adriano		M40	42	1:01:37.90	06:10	00:29:40
156	61	Vieira, Tiago		SENM	70	1:01:39.73	06:10	00:29:42
157	74	Fernandes, Romulo	Reccua runners	SENM	71	1:01:41.00	06:10	00:29:43
158	140	Duarte, Liliana		F40	12	1:01:54.76	06:11	00:29:57
159	139	Cunha, Júlio		M40	43	1:01:55.00	06:12	00:29:57
160	85	Freitas, David		SENM	72	1:01:57.92	06:12	00:30:00
161	86	Matos, Ana		SENF	17	1:01:58.30	06:12	00:30:00
162	163	Fernandes, Carolina		F40	13	1:02:25.57	06:15	00:30:28
163	56	Grilo, Norberta		F40	14	1:03:43.11	06:22	00:31:45
164	221	Oliveira, Paulo		SENM	73	1:03:44.00	06:22	00:31:46
165	220	Freitas, José		SENM	74	1:03:45.70	06:23	00:31:48
166	33	Costa, David	Manu's Therapy Trail Running	M40	44	1:04:10.67	06:25	00:32:13
167	124	Ribeiro, Dinha	Braguinhas Runners	SENF	18	1:04:49.67	06:29	00:32:52
168	116	PERES, MÁRIO		SENM	75	1:04:53.65	06:29	00:32:56
169	183	Iulia, Andra		SENF	19	1:04:54.34	06:29	00:32:56
170	32	VELOSO, JOSÉ	TOP TOP RUNNERS	M60	9	1:04:54.72	06:29	00:32:57
171	75	Cumpana, Georgeta		F40	15	1:04:54.98	06:29	00:32:57
172	87	Cardoso, Ana	Braguinhas Runners	SENF	20	1:04:55.64	06:30	00:32:58
173	52	Sousa, Gabriel		SENM	76	1:04:57.43	06:30	00:32:59
174	171	Lopes, Cristina	Amigos da borga	SENF	21	1:05:16.09	06:32	00:33:18
175	132	Costa, Sylvie		SENF	22	1:06:19.06	06:38	00:34:21
176	22	Gonçalves, Silvana		SENF	23	1:06:19.63	06:38	00:34:22

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
177	136	Ortiz, Elizabeth	Braguinhas Runners	F40	16	1:07:44.64	06:46	00:35:47
178	164	Silva, Eva	Wild4sport	F40	17	1:10:09.76	07:01	00:38:12
179	165	Boa, Luis	Wild4sport	M50	8	1:10:10.95	07:01	00:38:13
180	193	Fernandes, Maria	Vila Verde a Correr	F50	3	1:12:02.47	07:12	00:40:04
181	189	Tejo, Maria	Vila Verde a Correr	SENF	24	1:12:02.47	07:12	00:40:04
182	150	Barbosa, Ana	Run	SENF	25	1:12:03.06	07:12	00:40:05

São Silvestre 100% Solidária Póvoa de Lanhoso

05/01/2020

Classificação por Equipas

1 Vila Verde a Correr		29 Pontos
187 Macedo, Avelino	Veteranos M40	5
210 Martins, João	Veteranos M40	7
212 Santos, Tiago	Seniores Masc	17
2 GD Goma		73 Pontos
155 Teixeira, Renato	Seniores Masc	3
126 Fernandes, Victor	Veteranos M40	34
213 Sousa, Adelino	Seniores Masc	36
3 Manu's Therapy Trail Running		91 Pontos
38 Ribeiro, João	Veteranos M40	19
27 Costa, Hélder	Seniores Masc	33
76 Ribeiro, Paulo	Veteranos M40	39
4 Runiculous		94 Pontos
111 Rodrigues, Bruno	Seniores Masc	15
144 Carvalho, Henrique	Seniores Masc	35
133 Barros, José	Seniores Masc	44
5 Palmeira Runners		190 Pontos
118 Faria, Vítor	Veteranos M40	16
21 Ministro, Elisabete	Veteranas F40	62
13 Ministro, João	Veteranos M50	112
6 Braguinhas Runners		258 Pontos
135 Fins, José	Veteranos M50	32
95 Fonseca, José	Veteranos M60	89
51 Silva, Aurora	Veteranas F40	137
7 Amigos da borga		284 Pontos
172 Mendes, Fernando	Veteranos M40	76
168 Gomes, Eliseu	Veteranos M40	77
166 Oliveira, Marta	Veteranas F40	131
8 Elite do Atletismo Nortenho		300 Pontos
63 Pereira, Manuel	Veteranos M40	57
65 Eduardo, João	Seniores Masc	107
64 Belchior, João	Veteranos M40	136
9 Bike&Beer		375 Pontos
18 Alves, Ismael	Veteranos M40	124
9 Morgado, Pedro	Seniores Masc	125
19 Alves, Tiago	Seniores Masc	126
10 TOP TOP RUNNERS		399 Pontos
184 Lopes, Anabela	Veteranas F40	83
40 Sousa, Eulália	Veteranas F50	146
32 VELOSO, JOSÉ	Veteranos M60	170