



Sousões Trail

Felgueiras
14 de Maio
Vale do Bugio e Ferro
Chrono.pt



Classificação Geral 8,00 Km.

| Pos. | Dor. Nome | Clube | Cat. | Pos. Cat. | Tempo | T/Km. | Dif. |
|------|---|--------------------------|------|-----------|-------------------|-------|---------|
| 1 | 1122 Flávio Fernandes | NBA Barrosas | M40C | 1 | 1:30:12.47 | 05:01 | |
| 2 | 1108 Ricardo José de Castro Dias | Falta Muito? | M40C | 2 | 1:30:54.03 | 05:03 | 0:00:42 |
| 3 | 1144 Fernando Gonçalves | Clube Atletismo Fafe | M40C | 3 | 1:32:11.26 | 05:07 | 0:01:59 |
| 4 | 1104 Abílio Martins | Os2hoRas | M40C | 4 | 1:32:31.18 | 05:08 | 0:02:19 |
| 5 | 1161 Fernando Jorge Ribeiro de Sousa Carvalho | | M40C | 5 | 1:32:32.96 | 05:08 | 0:02:21 |
| 6 | 1130 Joaquim Leal | Dá-Lhe Gás | SC | 1 | 1:32:38.67 | 05:09 | 0:02:27 |
| 7 | 1143 Albano Subtil Seca | Clube Atletismo Fafe | M40C | 6 | 1:32:48.36 | 05:09 | 0:02:36 |
| 8 | 1167 cristiano jose moreira santos | | SC | 2 | 1:33:07.03 | 05:10 | 0:02:55 |
| 9 | 63 Carlos Prudêncio | Dá-Lhe Gás | SC | 3 | 1:34:09.20 | 05:14 | 0:03:57 |
| 10 | 1134 Adriano Freitas Teixeira | | M40C | 7 | 1:34:32.69 | 05:15 | 0:04:21 |
| 11 | 1010 Marco Oliveira | Leões de Tardariz Trail | M40C | 8 | 1:37:03.45 | 05:24 | 0:06:51 |
| 12 | 1028 Marco André de Sousa Pinto | | SC | 4 | 1:37:04.95 | 05:24 | 0:06:53 |
| 13 | 1045 Joel Armando Sousa Teixeira | Os Lobos Do Saibro | SC | 5 | 1:37:51.10 | 05:26 | 0:07:39 |
| 14 | 1018 Filipe Ricardo Pinto Ferreira | Os Lobos Do Saibro | SC | 6 | 1:38:18.01 | 05:28 | 0:08:06 |
| 15 | 1113 PAULO BALTASAR SILVEIRA individual | | M40C | 9 | 1:38:41.53 | 05:29 | 0:08:30 |
| 16 | 1127 Fernando Oliveira | NBA Barrosas | M60C | 1 | 1:38:50.00 | 05:29 | 0:08:38 |
| 17 | 79 Paulo Sousa | | M40C | 10 | 1:38:55.54 | 05:30 | 0:08:44 |
| 18 | 91 Sérgio Fernandes | | SC | 7 | 1:39:04.14 | 05:30 | 0:08:52 |
| 19 | 1067 Rui Heliodoro Teixeira de Oliveira e souza | | SC | 8 | 1:39:08.60 | 05:30 | 0:08:57 |
| 20 | 1106 ricardo sampaio | Brabus runners | SC | 9 | 1:39:23.17 | 05:31 | 0:09:11 |
| 21 | 1080 António Torres Manso | | SC | 10 | 1:39:49.82 | 05:33 | 0:09:38 |
| 22 | 1105 Álvaro Carvalhinho | Os2hoRas | SC | 11 | 1:42:31.18 | 05:42 | 0:12:19 |
| 23 | 1177 Floriano Manuel Granja De Frei | GYM PURA FORMA | SC | 12 | 1:42:31.72 | 05:42 | 0:12:20 |
| 24 | 1131 Vitor Silva | Dá-Lhe Gás | SC | 13 | 1:42:38.24 | 05:42 | 0:12:26 |
| 25 | 1027 José Santos | Leões de Tardariz Trail | M40C | 11 | 1:43:13.52 | 05:44 | 0:13:02 |
| 26 | 89 jorge Nadir Coelho | | SC | 14 | 1:43:40.63 | 05:46 | 0:13:29 |
| 27 | 1019 Joaquim Ventura | Os Lobos Do Saibro | SC | 15 | 1:44:13.72 | 05:47 | 0:14:02 |
| 28 | 1109 Dario Manuel Oliveira Cardoso | Leões de Tardariz Trail | M40C | 12 | 1:44:37.41 | 05:49 | 0:14:25 |
| 29 | 1128 Silva José | | M40C | 13 | 1:45:34.25 | 05:52 | 0:15:22 |
| 30 | 1120 Nuno Ricardo Carvalho Da Silva | | SC | 16 | 1:48:12.33 | 06:01 | 0:18:00 |
| 31 | 1119 Carlos Joaquim Carvalho Da Silva | | SC | 17 | 1:48:13.63 | 06:01 | 0:18:02 |
| 32 | 5 Rui Manuel costa fontes | vitória | M40C | 14 | 1:48:16.47 | 06:01 | 0:18:04 |
| 33 | 1095 Bruno Filipe Carvalho Pereira | Amigos das Sapatilhas | SC | 18 | 1:48:16.81 | 06:01 | 0:18:05 |
| 34 | 1135 José Carlos Carvalho de souza | Red Line | SC | 19 | 1:49:13.07 | 06:04 | 0:19:01 |
| 35 | 1158 Carla Isabel Carvalho de Sousa | Red Line | SFC | 1 | 1:49:13.61 | 06:04 | 0:19:02 |
| 36 | 1089 Cristovão Alberto Teixeira Samç | Amigos das Sapatilhas | M40C | 15 | 1:49:13.74 | 06:04 | 0:19:02 |
| 37 | 1159 Hugo Filipe Lopes Moreira Perei | Red Line | SC | 20 | 1:49:15.70 | 06:04 | 0:19:04 |
| 38 | 1032 JOSÉ FERNANDO MARTINS I FELTRAIL | | SC | 21 | 1:49:28.46 | 06:05 | 0:19:16 |
| 39 | 1033 SÉRGIO MANUEL MORAIS C FELTRAIL | | M40C | 16 | 1:49:30.99 | 06:05 | 0:19:19 |
| 40 | 1017 Flávio José Da Costa Teixeira | Os Lobos Do Saibro | SC | 22 | 1:50:31.11 | 06:08 | 0:20:19 |
| 41 | 1101 Carlos Ribeiros? | Os2hoRas | SC | 23 | 1:50:38.37 | 06:09 | 0:20:26 |
| 42 | 64 Pedro Dias | Dá-Lhe Gás | SC | 24 | 1:50:40.07 | 06:09 | 0:20:28 |
| 43 | 1116 Hugo Tiago Da Silva Faria | | SC | 25 | 1:50:43.41 | 06:09 | 0:20:31 |
| 44 | 8 Davide António de Barros Pereir | Sotrael Airões a Pedalar | SC | 26 | 1:50:47.76 | 06:09 | 0:20:36 |
| 45 | 1075 Carlos Manuel Peixoto Cunha | | SC | 27 | 1:50:50.16 | 06:09 | 0:20:38 |

| | | | | | | | | |
|-----|------|--|------------------------|------|----|-------------------|-------|---------|
| 46 | 1175 | Paulo António Teixeira Lopes | GYM PURA FORMA | SC | 28 | 1:50:53.17 | 06:10 | 0:20:41 |
| 47 | 1157 | José Ricardo Oliveira Martins | Pi ADA trail running | SC | 29 | 1:50:58.32 | 06:10 | 0:20:46 |
| 48 | 1129 | Carlos Cunha | Dá-Lhe Gás | SC | 30 | 1:50:59.98 | 06:10 | 0:20:48 |
| 49 | 59 | fernando magalhaes | | SC | 31 | 1:51:06.79 | 06:10 | 0:20:55 |
| 50 | 1151 | Gonçalo Aroso | | M40C | 17 | 1:52:05.84 | 06:14 | 0:21:54 |
| 51 | 1097 | José Carlos Silva lemos | | SC | 32 | 1:52:30.15 | 06:15 | 0:22:18 |
| 52 | 1079 | Manuel Cândido Moura da Silva | | SC | 33 | 1:52:38.80 | 06:15 | 0:22:27 |
| 53 | 1098 | Nuno Miguel da Silva Lemos | | SC | 34 | 1:52:59.82 | 06:17 | 0:22:48 |
| 54 | 1064 | Nuno Miguel Freitas Melo | | SC | 35 | 1:53:01.32 | 06:17 | 0:22:49 |
| 55 | 1111 | Nelson David Moura Lopes | | SC | 36 | 1:53:01.90 | 06:17 | 0:22:50 |
| 56 | 1162 | VITOR JOSE LEITE FERNANI SOLITARIO | | SC | 37 | 1:53:32.15 | 06:18 | 0:23:20 |
| 57 | 1169 | Sergio Araújo | Sousa sport | M40C | 18 | 1:54:03.20 | 06:20 | 0:23:51 |
| 58 | 1060 | Fernando Pedro da Costa Gonçalves | | SC | 38 | 1:54:30.28 | 06:22 | 0:24:18 |
| 59 | 1066 | Joel Pinto | | SC | 39 | 1:54:31.17 | 06:22 | 0:24:19 |
| 60 | 1052 | Arlindo Jorge Costa Silva | ARRASTA O PE | M40C | 19 | 1:55:06.29 | 06:24 | 0:24:54 |
| 61 | 1004 | Filipe Alexandre Mendes Moura | Amigos das Sapatilhas | M40C | 20 | 1:55:28.55 | 06:25 | 0:25:17 |
| 62 | 1034 | JOSÉ CARLOS DA CRUZ MAI FELTRAIL | | M40C | 21 | 1:55:30.52 | 06:25 | 0:25:19 |
| 63 | 1057 | Alberto Ricardo Fernandes Luca | Falta Muito? | SC | 40 | 1:55:34.16 | 06:25 | 0:25:22 |
| 64 | 1001 | Sandro Davide Sousa Afonso | Brabus runners | SC | 41 | 1:56:27.08 | 06:28 | 0:26:15 |
| 65 | 1107 | José Inácio Teixeira Ribeiro | Amigos das Sapatilhas | M40C | 22 | 1:56:38.22 | 06:29 | 0:26:26 |
| 66 | 1008 | Marcelo Teixeira | | SC | 42 | 1:56:52.36 | 06:30 | 0:26:40 |
| 67 | 1146 | Lino Moreira | Os TurboMula | M60C | 2 | 1:57:30.82 | 06:32 | 0:27:19 |
| 68 | 1156 | Albertina Cunha | Nocturnos de Paredes | SFC | 2 | 1:57:39.69 | 06:32 | 0:27:28 |
| 69 | 1068 | VIRGILIO MANUEL DE CARV FELTRAIL | | M40C | 23 | 1:58:14.30 | 06:34 | 0:28:02 |
| 70 | 81 | Torcato Costa | | M40C | 24 | 1:58:23.39 | 06:35 | 0:28:11 |
| 71 | 1093 | verissimo jose da costa oliveira | Amigos das Sapatilhas | M40C | 25 | 2:00:37.15 | 06:42 | 0:30:25 |
| 72 | 1091 | Cristiana Correia | | SFC | 3 | 2:00:37.36 | 06:42 | 0:30:25 |
| 73 | 55 | dinis veloso | | M40C | 26 | 2:00:48.62 | 06:43 | 0:30:37 |
| 74 | 74 | LUIS SAMPAIO | | M40C | 27 | 2:00:48.68 | 06:43 | 0:30:37 |
| 75 | 1124 | Marco Vaz | NBA Barrosas | SC | 43 | 2:01:52.25 | 06:46 | 0:31:40 |
| 76 | 1136 | Nuno Miguel Carvalho Duarte | Travassós Running Fafe | SC | 44 | 2:02:22.83 | 06:48 | 0:32:11 |
| 77 | 1166 | Filipe Bento | Travassós Running Fafe | M40C | 28 | 2:02:23.13 | 06:48 | 0:32:11 |
| 78 | 1220 | Helder Ferreira Ribeiro | | SC | 45 | 2:03:28.62 | 06:52 | 0:33:17 |
| 79 | 1154 | António Costa | | M60C | 3 | 2:03:44.41 | 06:52 | 0:33:32 |
| 80 | 1012 | Mauro Fernando Lopes da Silva | | SC | 46 | 2:03:56.25 | 06:53 | 0:33:44 |
| 81 | 1149 | Roberto Carlos Macedo Martins | | SC | 47 | 2:04:01.10 | 06:53 | 0:33:49 |
| 82 | 73 | Ismael Ribeiro | | M40C | 29 | 2:04:07.13 | 06:54 | 0:33:55 |
| 83 | 1090 | Bruno Miguel Sampaio Ventura | | SC | 48 | 2:04:21.45 | 06:55 | 0:34:09 |
| 84 | 1072 | André Sousa | | SC | 49 | 2:04:35.19 | 06:55 | 0:34:23 |
| 85 | 1035 | ANTONIO JOSÉ MORAIS CUN FELTRAIL | | SC | 50 | 2:05:33.60 | 06:59 | 0:35:22 |
| 86 | 1022 | Sandra Pereira | Nós Acreditamos | SFC | 4 | 2:05:35.40 | 06:59 | 0:35:23 |
| 87 | 1047 | David Antonio Basto Estrela | Lixenses | SC | 51 | 2:05:50.31 | 06:59 | 0:35:38 |
| 88 | 1083 | Rui Pedro Marinho Pinto | | SC | 52 | 2:06:00.99 | 07:00 | 0:35:49 |
| 89 | 1148 | Antonio Martins Pereira | 100 Atalhos | M40C | 30 | 2:06:09.39 | 07:01 | 0:35:57 |
| 90 | 1170 | João dias | | SC | 53 | 2:06:12.91 | 07:01 | 0:36:01 |
| 91 | 1055 | Silvia Maria Basto Estrela | Lixenses | SFC | 5 | 2:06:14.86 | 07:01 | 0:36:03 |
| 92 | 1207 | Avelino Dias | Sousa sport | SC | 54 | 2:06:59.74 | 07:03 | 0:36:48 |
| 93 | 1168 | Adriano pereira | Sousa sport | SC | 55 | 2:07:17.58 | 07:04 | 0:37:06 |
| 94 | 1026 | Paula Fonseca | Nós Acreditamos | F40C | 1 | 2:08:58.79 | 07:10 | 0:38:47 |
| 95 | 1139 | Jorge Manuel Monteiro Coelho | Villa de Basto | M40C | 31 | 2:09:06.66 | 07:10 | 0:38:55 |
| 96 | 90 | José Ricardo fario | | SC | 56 | 2:09:19.97 | 07:11 | 0:39:08 |
| 97 | 1102 | Rui Filipe Costa | Os2hoRas | SC | 57 | 2:09:39.26 | 07:12 | 0:39:27 |
| 98 | 1180 | joao paulo gomes leite | | M40C | 32 | 2:09:44.36 | 07:12 | 0:39:32 |
| 99 | 1039 | JOSE DUARTE SILVA PEREIR FAMILIA PEREIRA | | M40C | 33 | 2:10:28.14 | 07:15 | 0:40:16 |
| 100 | 1094 | Nuno Marques | Os Turbomula | M40C | 34 | 2:10:39.20 | 07:16 | 0:40:27 |
| 101 | 96 | Rudolfo Silvao | | SC | 58 | 2:11:12.37 | 07:17 | 0:41:00 |
| 102 | 33 | Manuel Ferreira sampaio | Nós Acreditamos | M40C | 35 | 2:11:20.55 | 07:18 | 0:41:09 |
| 103 | 1051 | Edgar Soares Meireles | | SC | 59 | 2:11:58.37 | 07:20 | 0:41:46 |

| | | | | | | | |
|-----|------|--|------|----|-------------------|-------|---------|
| 104 | 1152 | Carlos Alberto Soares da Silva | SC | 60 | 2:14:52.20 | 07:30 | 0:44:40 |
| 105 | 1153 | Hugo Leandro Miranda Costa | SC | 61 | 2:14:53.81 | 07:30 | 0:44:42 |
| 106 | 1103 | Heitor Neto Os2hoRas | SC | 62 | 2:15:02.07 | 07:30 | 0:44:50 |
| 107 | 54 | francisco carvalho | SC | 63 | 2:16:03.17 | 07:34 | 0:45:51 |
| 108 | 60 | filipe teixeira | SC | 64 | 2:16:04.36 | 07:34 | 0:45:52 |
| 109 | 1176 | Filipe Gonçalves Dias GYM PURA FORMA | SC | 65 | 2:16:15.95 | 07:34 | 0:46:04 |
| 110 | 1174 | Emanuel Fernando Moreira de F GYM PURA FORMA | SC | 66 | 2:16:16.74 | 07:34 | 0:46:05 |
| 111 | 49 | Joel Alexandre Pinto e Silva Insane Trail Team | M40C | 36 | 2:16:23.07 | 07:35 | 0:46:11 |
| 112 | 75 | Susana Ferreira | SFC | 6 | 2:16:24.99 | 07:35 | 0:46:13 |
| 113 | 1163 | Ana Lúcia Lopes Teixeira | F40C | 2 | 2:16:28.21 | 07:35 | 0:46:16 |
| 114 | 1023 | Fernando Silva Nós Acreditamos | M40C | 37 | 2:16:32.20 | 07:35 | 0:46:20 |
| 115 | 1058 | José Francisco Garcia de Magalhães Falta Muito? | SC | 67 | 2:16:42.81 | 07:36 | 0:46:31 |
| 116 | 1043 | Nuno Miguel de Sousa Machado | M40C | 38 | 2:16:48.91 | 07:36 | 0:46:37 |
| 117 | 1112 | Carlos Filipe de Castro Coelho | SC | 68 | 2:17:16.43 | 07:38 | 0:47:04 |
| 118 | 94 | Abilio Esteveso | M40C | 39 | 2:17:20.90 | 07:38 | 0:47:09 |
| 119 | 86 | António Vasco | SC | 69 | 2:17:24.25 | 07:38 | 0:47:12 |
| 120 | 82 | Luis Lima | SC | 70 | 2:17:24.37 | 07:38 | 0:47:12 |
| 121 | 83 | Filipe Ribeiro | SC | 71 | 2:17:24.55 | 07:38 | 0:47:13 |
| 122 | 85 | Hugo Felisberto | SC | 72 | 2:17:24.91 | 07:38 | 0:47:13 |
| 123 | 84 | Tiago Ferreira | SC | 73 | 2:17:25.60 | 07:38 | 0:47:14 |
| 124 | 1126 | Elisabete Gonçalves NBA Barrosas | F40C | 3 | 2:17:25.74 | 07:38 | 0:47:14 |
| 125 | 92 | Pedro Araújo | M40C | 40 | 2:17:28.16 | 07:38 | 0:47:16 |
| 126 | 1123 | Ramiro Ribeiro NBA Barrosas | SC | 74 | 2:17:28.32 | 07:38 | 0:47:16 |
| 127 | 1125 | Nelson Almeida NBA Barrosas | SC | 75 | 2:17:29.93 | 07:38 | 0:47:18 |
| 128 | 1147 | Pedro daniel Costa Pereira 100 Atalhos | SC | 76 | 2:17:41.06 | 07:39 | 0:47:29 |
| 129 | 1024 | Marco Queirós Nós Acreditamos | SC | 77 | 2:17:52.58 | 07:40 | 0:47:41 |
| 130 | 1054 | Joaquim Jose Sanfins Heleno dos Lixenses | SC | 78 | 2:18:17.08 | 07:41 | 0:48:05 |
| 131 | 1059 | António Pedro Teixeira Silveira Amigos das Sapatilhas | SC | 79 | 2:18:19.71 | 07:41 | 0:48:08 |
| 132 | 87 | Salomé Sousa | F40C | 4 | 2:19:30.25 | 07:45 | 0:49:18 |
| 133 | 1087 | Fernando Jorge Teixeira Dias | SC | 80 | 2:19:37.90 | 07:45 | 0:49:26 |
| 134 | 1088 | José Camilo Teixeira Dias | M40C | 41 | 2:19:39.09 | 07:46 | 0:49:27 |
| 135 | 1053 | Ricardo Carvalho Nós Acreditamos | SC | 81 | 2:19:59.55 | 07:47 | 0:49:48 |
| 136 | 1182 | Filipe Miguel Costa Pereira 100 Atalhos | SC | 82 | 2:20:07.53 | 07:47 | 0:49:56 |
| 137 | 23 | CRISTIANO FERREIRA FELTRAIL | SC | 83 | 2:21:03.48 | 07:50 | 0:50:51 |
| 138 | 1037 | Patrícia Marina Pires Faria Red Line | SFC | 7 | 2:23:09.51 | 07:57 | 0:52:58 |
| 139 | 1020 | TIAGO ALBUQUERQUE DA COSTA PINTO DE ALMEIDA | SC | 84 | 2:23:10.03 | 07:57 | 0:52:58 |
| 140 | 1038 | Fernando Manuel Mesquita Lopes | M40C | 42 | 2:23:10.55 | 07:57 | 0:52:59 |
| 141 | 1029 | Natália Maria da Silva Lima | SFC | 8 | 2:23:22.32 | 07:58 | 0:53:10 |
| 142 | 1056 | Eugénio Alberto Mendes Macha Falta Muito? | M40C | 43 | 2:24:09.43 | 08:01 | 0:53:57 |
| 143 | 1164 | alcides freire turbo mula | M40C | 44 | 2:24:25.24 | 08:01 | 0:54:13 |
| 144 | 1099 | Nelson Montalvão Os TurboMula | M40C | 45 | 2:24:25.40 | 08:01 | 0:54:13 |
| 145 | 1013 | Manuel Oliveira Leões de Tardariz Trail | M40C | 46 | 2:24:39.26 | 08:02 | 0:54:27 |
| 146 | 1046 | Eliandro Bruno Lopes da Silva | SC | 85 | 2:25:42.31 | 08:06 | 0:55:30 |
| 147 | 1070 | Sílvia Daniela da Silva Lima | SFC | 9 | 2:25:46.91 | 08:06 | 0:55:35 |
| 148 | 1069 | Osvaldo José Castro Fernandes | SC | 86 | 2:25:47.80 | 08:06 | 0:55:36 |
| 149 | 1007 | Alcina Manuela Oliveira Soares Sotrovel Airões a Pedalar | SFC | 10 | 2:26:10.76 | 08:07 | 0:55:59 |
| 150 | 1062 | Catarina Isabel Magalhães da Sil Fapomed, SA | SFC | 11 | 2:27:34.99 | 08:12 | 0:57:23 |
| 151 | 1014 | Agostinho Cardoso Leões de Tardariz Trail | M40C | 47 | 2:30:01.74 | 08:20 | 0:59:50 |
| 152 | 88 | José Manuel Lopes Faria | SC | 87 | 2:30:03.57 | 08:20 | 0:59:52 |
| 153 | 1118 | Andreia Patrícia Cunha Moura Los conquistadores | SFC | 12 | 2:32:50.05 | 08:29 | 1:02:38 |
| 154 | 1117 | Marco Leandro Marinho da Silva Los conquistadores | SC | 88 | 2:32:53.97 | 08:30 | 1:02:42 |
| 155 | 1061 | Dores de Freitas Magalhães Fapomed, SA | F40C | 5 | 2:33:22.73 | 08:31 | 1:03:11 |
| 156 | 1063 | Sandra Cristina Ferrás Dias Fapomed, SA | SFC | 13 | 2:33:25.19 | 08:31 | 1:03:13 |
| 157 | 1050 | Jorge Salgueiro MANOS SALGUEIRO | M40C | 48 | 2:33:40.78 | 08:32 | 1:03:29 |
| 158 | 1049 | Ricardo Salgueiro MANOS SALGUEIRO | M40C | 49 | 2:33:42.87 | 08:32 | 1:03:31 |
| 159 | 57 | Nélson Silva | SC | 89 | 2:34:50.13 | 08:36 | 1:04:38 |
| 160 | 58 | Cláudia Ramos | SFC | 14 | 2:35:07.95 | 08:37 | 1:04:56 |
| 161 | 1096 | Fernando Miguel Dias Oliveira | M40C | 50 | 2:35:49.65 | 08:39 | 1:05:38 |

