



S O U S Õ E S . T R A I L

FELGUEIRAS



Classificação Geral

Trail Curto

17,00 Km.

Posição	Dorsal	Nome	Equipa	Categoria/Pos.	Tempo	Km/h.	Diferença	
1	667	Bruno Daniel da Silva Sousa,	Casa Myzê Team	SMTC	1	1:30:16.66	11,30	
2	545	José losada,	TROGLODITAS RUNNERS	M40TC	1	1:30:22.93	11,29	0:00:06
3	612	Jorge Neto,	NBA BARROSAS	SMTC	2	1:30:24.99	11,28	0:00:08
4	642	Nuno Branco,	Olimpico Vianense	SMTC	3	1:30:32.49	11,27	0:00:15
5	611	Daniel Martins,	NBA BARROSAS	SMTC	4	1:31:51.63	11,11	0:01:35
6	609	Arménio Santos,	NBA BARROSAS	M45TC	1	1:32:52.38	10,98	0:02:35
7	610	Ramiro Ribeiro,	NBA BARROSAS	SMTC	5	1:35:39.17	10,66	0:05:22
8	580	Sergio monteiro,	Duo trail	M45TC	2	1:39:14.49	10,28	0:08:57
9	730	António Costa,		M50TC	1	1:39:15.00	10,28	0:08:58
10	738	Adriano Teixeira,	Infantesrunners	M50TC	2	1:43:59.74	9,81	0:13:43
11	600	José Pedrosa,	OS PRIMOS	M40TC	2	1:44:11.86	9,79	0:13:55
12	638	Rafael Adriano,	Olimpico Vianense	SMTC	6	1:45:21.11	9,68	0:15:04
13	523	FABIO silva,	NOS ACREDITAMOS	SMTC	7	1:45:43.67	9,65	0:15:27
14	659	Carlos Silva,	The Newbies	SMTC	8	1:45:52.29	9,63	0:15:35
15	624	Paulo Baltasar Martins,	Individual	M50TC	3	1:46:08.93	9,61	0:15:52
16	566	Fernando Moreira Moreira,	Mesão Frio	M45TC	3	1:47:10.33	9,52	0:16:53
17	607	Cardoso Lino,	NBA BARROSAS	M50TC	4	1:47:41.10	9,47	0:17:24
18	558	Rui Heliodoro Sousa,	TurboTrilhos	SMTC	9	1:48:23.30	9,41	0:18:06
19	723	Mario Gonçalves,	Olimpico Vianense	M50TC	5	1:48:26.25	9,41	0:18:09
20	520	JOSE DUARTE,	NOS ACREDITAMOS	M45TC	4	1:48:34.34	9,40	0:18:17
21	537	Marco Teixeira,		M23TC	1	1:48:35.73	9,39	0:18:19
22	526	Helder Costa,	Manu's Therapy Trail Running	SMTC	10	1:50:22.49	9,24	0:20:05
23	510	Marco Borejão Pinto,	100 Treino	SMTC	11	1:50:27.02	9,23	0:20:10
24	740	Fernando Teles,	STAFF CMFelgueiras	M60TC	1	1:50:32.21	9,23	0:20:15
25	727	ricardo alves,	bimba seguros	SMTC	12	1:50:42.10	9,21	0:20:25
26	597	José Oliveira,	PetroBasto	M55TC	1	1:50:53.72	9,20	0:20:37
27	596	Avelino Martins,	PetroBasto	M60TC	2	1:51:21.45	9,16	0:21:04
28	728	Sergio Ramos,	EDV Viana Trail	M40TC	3	1:52:34.62	9,06	0:22:18
29	724	Gilberto Fernandes,	RINUS FAFE	SMTC	13	1:52:59.03	9,03	0:22:42
30	616	Flávio Fernandes,	NBA BARROSAS	M50TC	6	1:53:08.81	9,02	0:22:52
31	557	Nelson Lopes,	TurboTrilhos	SMTC	14	1:53:09.56	9,01	0:22:53
32	674	Nuno Carvalho,		SMTC	15	1:53:19.91	9,00	0:23:03
33	629	João Passos,	Olimpico Vianense	M50TC	7	1:54:40.69	8,90	0:24:24
34	582	Rui Faria,	BIGODES DE TINTO	SMTC	16	1:54:41.28	8,89	0:24:24
35	572	Filipe Bastos,	Clube atletismo fafe	M45TC	5	1:54:43.15	8,89	0:24:26
36	590	Paulo Duarte,	Alexandra Carvalho TEAM	SMTC	17	1:54:48.67	8,89	0:24:32
37	725	Cidália Novais,	RINUS FAFE	F40TC	1	1:54:48.87	8,89	0:24:32
38	586	Nuno Faria,		SMTC	18	1:54:50.77	8,88	0:24:34
39	622	Rafael Ferreira,	Clube atletismo fafe	SMTC	19	1:55:56.31	8,80	0:25:39
40	749	Bruno Fonseca,	100 Treino	SMTC	20	1:56:11.99	8,78	0:25:55
41	676	Inácio Ribeiro,	Amigos das Sapatilhas	M40TC	4	1:56:35.70	8,75	0:26:19
42	522	FERNANDO silva,	NOS ACREDITAMOS	M50TC	8	1:57:12.24	8,70	0:26:55
43	714	Vitor Cardoso,	TOG - Trinca Orelhas de Gato	SMTC	21	1:57:23.24	8,69	0:27:06
44	726	Rui Castro,	RINUS FAFE	SMTC	22	1:57:49.66	8,66	0:27:33
45	680	Sergio Fonseca,	Feltrail	M45TC	6	1:57:50.83	8,66	0:27:34
46	692	João leite,	Vizela nos pés	M45TC	7	1:57:55.86	8,65	0:27:39
47	677	António Coelho,		M40TC	5	1:58:17.78	8,62	0:28:01
48	543	Damião Duarte,	Travassós Running Fafe	SMTC	23	1:58:50.96	8,58	0:28:34
49	564	Rosalina Marinho,	Travassós Running Fafe	F50TC	1	1:59:53.31	8,51	0:29:36
50	568	Cesário Leite,	Brabus runners	SMTC	24	2:00:35.14	8,46	0:30:18
51	577	Jorge Santos,	Bodyform - S L Felgueiras	M60TC	3	2:00:54.15	8,44	0:30:37
52	746	Paulo Alexandre Freitas Sousa,	Infantesrunners	SMTC	25	2:00:54.68	8,44	0:30:38
53	544	BRUNO MELO,	PORTO SENTIDO RUNNERS	SMTC	26	2:01:17.08	8,41	0:31:00
54	618	Márcia Silva,	NBA BARROSAS	SFTC	1	2:01:27.88	8,40	0:31:11
55	641	Jose Afonso,	Olimpico Vianense	M50TC	9	2:01:32.31	8,39	0:31:15
56	633	Paulo Freitas,	F C Vizela	M40TC	6	2:01:58.20	8,36	0:31:41
57	698	Carlos Silva,	TOG - Trinca Orelhas de Gato	SMTC	27	2:03:24.54	8,27	0:33:08
58	689	Anabela Cristina,	Amigos das sapatilhas	F45TC	1	2:03:24.61	8,27	0:33:08
59	619	Armando Teixeria,		M55TC	2	2:03:37.86	8,25	0:33:21
60	601	BRUNO FONTÃO,	OS PRIMOS	SMTC	28	2:04:14.76	8,21	0:33:58
61	709	Fernando Vital,	TOG - Trinca Orelhas de Gato	M55TC	3	2:04:18.85	8,21	0:34:02
62	574	Vitor Ribeiro,	Brabus runners	SMTC	29	2:04:26.22	8,20	0:34:09
63	615	Zeza Carvalho,	NBA BARROSAS	F40TC	2	2:05:40.08	8,12	0:35:23

64	548	José Manuel Braga Ferreira,	GTT - Armazem do Caffé	M50TC	10	2:06:42.01	8,05	0:36:25
65	528	Paulo Ribeiro,	Manu's Therapy Trail Running	M45TC	8	2:06:49.73	8,04	0:36:33
66	25	ARMANDO CARDOSO,	NOS ACREDITAMOS	M45TC	9	2:06:54.33	8,04	0:36:37
67	603	Jorge Pinheiro,	Fisioperformance running	M40TC	7	2:07:23.01	8,01	0:37:06
68	23	MARTINHA MARTINE,	NOS ACREDITAMOS	F50TC	2	2:07:26.76	8,00	0:37:10
69	594	Mario Braga,	Alexandra Carvalho TEAM	M45TC	10	2:07:58.95	7,97	0:37:42
70	620	Lino Moreira,	Os TurboMula	M60TC	4	2:08:33.94	7,93	0:38:17
71	666	Luis Neves,		M23TC	2	2:09:09.04	7,90	0:38:52
72	614	Fátima Sousa,	NBA BARROSAS	F45TC	2	2:09:26.57	7,88	0:39:10
73	567	Natália Lima,	Brabus runners	SFTC	2	2:10:23.69	7,82	0:40:07
74	518	NATERCIA FREITAS,	NOS ACREDITAMOS	SFTC	3	2:10:51.82	7,80	0:40:35
75	711	Rui Rocha,	TOG - Trinca Orelhas de Gato	M23TC	3	2:11:17.01	7,77	0:41:00
76	602	LUI\$ PEDROSA,	OS PRIMOS	SMTC	30	2:13:00.65	7,67	0:42:44
77	553	Americo Botelho,	Geadas Running	SMTC	31	2:13:00.82	7,67	0:42:44
78	549	Maria Lemos,	GTT - Armazem do Caffé	F50TC	3	2:13:15.74	7,65	0:42:59
79	540	Eliana Teixeira,	Fridão Sem Limites	SFTC	4	2:13:20.07	7,65	0:43:03
80	541	Manuel Teixeira,	Fridão	M40TC	8	2:13:37.18	7,63	0:43:20
81	608	Filipe Machado,	NBA BARROSAS	M45TC	11	2:14:03.39	7,61	0:43:46
82	688	António Oliveira,	Brabus runners	SMTC	32	2:15:31.85	7,53	0:45:15
83	570	Carla Machado,	Regadas Runners	F45TC	3	2:15:32.05	7,53	0:45:15
84	690	Filipe Alferes,	Regadas Runners	M45TC	12	2:15:34.18	7,52	0:45:17
85	569	Orlando Alves,	Regadas Runners	M45TC	13	2:15:34.75	7,52	0:45:18
86	734	Manuel Sampaio,	Individual	M50TC	11	2:16:42.67	7,46	0:46:26
87	729	Gabriel Carvalho,		M45TC	14	2:17:53.71	7,40	0:47:37
88	660	Jose Silva,	The Newbies	M40TC	9	2:18:15.00	7,38	0:47:58
89	631	Jaime Pereira,	Olimpico Vianense	M55TC	4	2:19:03.00	7,34	0:48:46
90	653	Eunice Salgado,		F40TC	3	2:19:09.00	7,33	0:48:52
91	665	Eduardo Nascimento,	AGEAS	M45TC	15	2:19:24.82	7,32	0:49:08
92	556	Alcino Araújo,	Vila Nova de Gaia	M50TC	12	2:19:37.51	7,31	0:49:21
93	648	André Cristiano,	Tesos & Mouraria	SMTC	33	2:19:52.54	7,29	0:49:36
94	737	Vitor Sousa,	Infantesrunners	SMTC	34	2:20:25.78	7,26	0:50:09
95	583	Bruno Marante,	BIGODES DE TINTO	SMTC	35	2:21:32.80	7,21	0:51:16
96	671	Rui Guimarães,		M45TC	16	2:21:36.25	7,20	0:51:19
97	672	António Cunha,		SMTC	36	2:21:36.95	7,20	0:51:20
98	651	António Miguel Magalhães,	almostrunners	M40TC	10	2:23:23.43	7,11	0:53:06
99	735	José Diogo Ribeiro,	CR CANDOSO	SMTC	37	2:23:23.91	7,11	0:53:07
100	657	Lucy Araújo,	ACR Fervença	SFTC	5	2:24:01.45	7,08	0:53:44
101	684	Carlos Peixoto,	100 Treino	SMTC	38	2:24:33.04	7,06	0:54:16
102	647	Nelo Chapeiro Ou Quim,	Tesos & Mouraria	M45TC	17	2:24:39.88	7,05	0:54:23
103	701	Jorge Martins,	TOG - Trinca Orelhas de Gato	M45TC	18	2:25:22.81	7,02	0:55:06
104	587	Mariana Rodrigues,	Gazela	SFTC	6	2:25:26.59	7,01	0:55:10
105	700	João Pedro Martins,	TOG - Trinca Orelhas de Gato	M23TC	4	2:25:50.59	6,99	0:55:34
106	547	Helder Rodrigues,		M40TC	11	2:26:26.09	6,97	0:56:09
107	639	Marco Maciel,	Olimpico Vianense	M40TC	12	2:27:13.59	6,93	0:56:57
108	613	Marco Vaz,	NBA BARROSAS	M40TC	13	2:27:14.88	6,93	0:56:58
109	640	Rosa Salgueiro,	Olimpico Vianense	F45TC	4	2:27:16.21	6,93	0:56:59
110	706	Nelson Santos,	TOG - Trinca Orelhas de Gato	M40TC	14	2:27:52.95	6,90	0:57:36
111	599	Juliana Moura,		SFTC	7	2:27:57.79	6,89	0:57:41
112	678	Antonio José Morais Fonseca,	Feltrail	SMTC	39	2:28:02.57	6,89	0:57:46
113	645	Alexandra Carvalho,	Alexandra Carvalho TEAM	SFTC	8	2:28:05.00	6,89	0:57:48
114	696	André Moreira,	TOG - Trinca Orelhas de Gato	SMTC	40	2:28:21.90	6,88	0:58:05
115	702	Manuel Barros,	TOG - Trinca Orelhas de Gato	M60TC	5	2:29:23.07	6,83	0:59:06
116	719	Abilio Ferreira,	Aves Runners	M40TC	15	2:29:23.11	6,83	0:59:06
117	683	Sílvia Estrela,		SFTC	9	2:30:17.86	6,79	1:00:01
118	536	João Teixeira,	João Teixeira	M50TC	13	2:30:18.19	6,79	1:00:01
119	637	JOAQUIM silva,	NOS ACREDITAMOS	M50TC	14	2:30:43.10	6,77	1:00:26
120	527	Natália Pinto,	Manu's Therapy Trail Running	SFTC	10	2:30:44.99	6,77	1:00:28
121	604	Manuel Matos,	NBA BARROSAS	M60TC	6	2:31:17.20	6,74	1:01:00
122	606	Tânia Ribeiro,	NBA BARROSAS	F23TC	1	2:31:21.86	6,74	1:01:05
123	605	Ana Ribeiro,	NBA BARROSAS	F23TC	2	2:31:22.49	6,74	1:01:05
124	539	Susana Crasto,	Alexandra Carvalho TEAM	F45TC	5	2:31:34.00	6,73	1:01:17
125	679	Paulo Teixeira,	Feltrail	M45TC	19	2:31:45.36	6,72	1:01:28
126	593	Edgar De Sousa,	Alexandra Carvalho TEAM	M45TC	20	2:32:22.13	6,69	1:02:05
127	731	Ricardo Silva,		SMTC	41	2:32:33.45	6,69	1:02:16
128	708	Paulo Ferreira,	TOG - Trinca Orelhas de Gato	M45TC	21	2:35:39.43	6,55	1:05:22
129	693	Viviana Santos,	TOG - Trinca Orelhas de Gato	F45TC	6	2:35:39.85	6,55	1:05:23
130	703	Antonieta Ribeiro,	TOG - Trinca Orelhas de Gato	SFTC	11	2:36:40.74	6,51	1:06:24
131	625	Antonio Fernandes,	Alexandra Carvalho TEAM	M45TC	22	2:36:44.48	6,51	1:06:27
132	585	Daniel Peres,		SMTC	42	2:37:44.17	6,47	1:07:27
133	670	Nuno Machado,	Snack Runners	M40TC	16	2:39:11.23	6,41	1:08:54
134	669	Mauro Silva,	Snack Runners	SMTC	43	2:39:13.30	6,41	1:08:56
135	634	Alcina Manuela Oliveira Soares Pereira,		SFTC	12	2:39:36.80	6,39	1:09:20
136	673	Ismael Novais,		SMTC	44	2:41:54.07	6,30	1:11:37
137	579	Natália Bento,	Travassós Running Fafe	F45TC	7	2:41:55.73	6,30	1:11:39
138	508	Maria José Oliveira,	TROGLODITAS RUNNERS	F40TC	4	2:43:15.48	6,25	1:12:58

139	704	Beatriz Almeida,	TOG - Trinca Orelhas de Gato	F45TC	8	2:46:46.33	6,12	1:16:29
140	663	JOSE MANUEL FERNANDES,	Alexandra Carvalho TEAM	M40TC	17	2:47:47.65	6,08	1:17:31
141	675	José Mendes,		M45TC	23	2:47:52.05	6,08	1:17:35
142	682	Pedro Resende,		SMTC	45	2:48:34.44	6,05	1:18:17
143	542	Marcelo Carvalho,	100 Treino	SMTC	46	2:48:54.40	6,04	1:18:37
144	736	Fátima Freitas,	ADITR TRAVASSÓS RUNNING FAFE	F40TC	5	2:50:01.10	6,00	1:19:44
145	695	Rita Morais,	TOG - Trinca Orelhas de Gato	SFTC	13	2:50:04.20	6,00	1:19:47
146	712	Sónia Garcês,	TOG - Trinca Orelhas de Gato	SFTC	14	2:50:07.94	6,00	1:19:51
147	694	Ana Moreira,	TOG - Trinca Orelhas de Gato	F40TC	6	2:50:08.39	6,00	1:19:51
148	661	SÍLVIA SILVA,	Alexandra Carvalho TEAM	SFTC	15	2:55:12.01	5,82	1:24:55
149	662	FERNANDO SILVA,	Alexandra Carvalho TEAM	M45TC	24	2:55:16.01	5,82	1:24:59
150	748	sara Brandão,		SFTC	16	2:56:55.47	5,77	1:26:38
151	649	Ismael Ramos,		SMTC	47	2:57:20.14	5,75	1:27:03
152	741	Maria Pereira,	STAFF CMFelgueiras	F55TC	1	2:57:20.80	5,75	1:27:04
153	743	André Resende,	STAFF CMFelgueiras	SMTC	48	2:57:23.10	5,75	1:27:06
154	563	Ricardo Lemos,		M45TC	25	2:57:43.96	5,74	1:27:27
155	575	Carla Costa,	Lesmas&Caracois	F40TC	7	3:00:21.62	5,66	1:30:05
156	524	JOSÉ PINTO,	PIPOCAS & BOMBOCAS	M55TC	5	3:03:26.59	5,56	1:33:10
157	525	MAGDA PEREIRA,	PIPOCAS & BOMBOCAS	SFTC	17	3:03:34.24	5,56	1:33:17
158	658	Márcio Neves,	ACR Ferverça	SMTC	49	3:04:06.44	5,54	1:33:49
159	668	Ana Martins,	As Lutadoras	SFTC	18	3:05:42.21	5,49	1:35:25
160	530	David Costa,	Manu's Therapy Trail Running	M40TC	18	3:06:53.39	5,46	1:36:36
161	707	Paulo Soares,	TOG - Trinca Orelhas de Gato	SMTC	50	3:07:36.29	5,44	1:37:19
162	635	Anabela Gil,	As Lutadoras	F40TC	8	3:08:07.15	5,42	1:37:50
163	521	Sónia Silva,	Mountain runners	SFTC	19	3:08:48.17	5,40	1:38:31
164	534	Vitor Pedroso,	OS ROTOS BTT	M40TC	19	3:08:57.29	5,40	1:38:40
165	573	Sandra Pinto,	Travassós Running Fafe	SFTC	20	3:11:11.57	5,34	1:40:55
166	722	Isabel Gonçalves,	Olimpico Vianense	F40TC	9	3:11:19.53	5,33	1:41:03
167	591	Sonia Miranda,	Alexandra Carvalho TEAM	F40TC	10	3:12:35.28	5,30	1:42:18
168	561	Bruna Costa,	Alexandra Carvalho TEAM	SFTC	21	3:12:38.72	5,30	1:42:22
169	589	FERNANDO CAMPOS,	Alexandra Carvalho TEAM	M45TC	26	3:13:09.28	5,28	1:42:52
170	623	Cláudia Lopes,	As Lutadoras	SFTC	22	3:14:11.34	5,25	1:43:54
171	636	Alfredo Gil,	Individual	M40TC	20	3:14:20.91	5,25	1:44:04
172	529	Sandra João,	Manu's Therapy Trail Running	F40TC	11	3:23:46.44	5,01	1:53:29
173	571	Anabela Mota,	Travassós Running Fafe	F50TC	4	3:24:28.55	4,99	1:54:12
174	713	Virgínia Ferreira,	TOG - Trinca Orelhas de Gato	SFTC	23	3:26:21.43	4,94	1:56:04
175	710	Rosa Gonçalves,	TOG - Trinca Orelhas de Gato	SFTC	24	3:26:28.73	4,94	1:56:12
176	705	Raquel Marques,	TOG - Trinca Orelhas de Gato	F55TC	2	3:40:31.04	4,63	2:10:14
177	699	Carlos Conde,	TOG - Trinca Orelhas de Gato	M45TC	27	3:40:45.91	4,62	2:10:29
178	691	Carla Baptista,	Fafe	F40TC	12	3:55:00.68	4,34	2:24:44
179	621	Ricardo Costa,		SMTC	51	3:55:00.90	4,34	2:24:44
180	546	Susana Pereira,		F40TC	13	4:09:37.88	4,09	2:39:21
181	565	Fernando Moreira Moreira,	Paralelo hamonioso	SMTC	52	4:09:38.79	4,09	2:39:22
182	509	Irene Silva,	TROGLODITAS RUNNERS	F45TC	9	4:28:54.62	3,79	2:58:38
183	687	Pedro Fernandes,	TROGLODITAS RUNNERS	SMTC	53	4:31:33.66	3,76	3:01:17