



Trail do Crasto



Classificação Geral

Trail Longo

32,00 Km.

Pos.	Dor. Nome	Clube	Categoria/Pos.	Tempo	Km./h. Diferença
1	43 Nelson Santos,	Runners do Demo	M40TL	1 2:37:55.63	12,16
2	3 Jorge Duarte,	Runners do Demo	SMTL	1 2:44:11.21	11,69 0:06:15
3	1 José Tomás,	ASDREQ	M50TL	1 2:44:54.49	11,64 0:06:58
4	2 António Ferreira,	Runners do Demo	M40TL	2 2:53:08.95	11,09 0:15:13
5	40 André Leal,	Viseu 360	SMTL	2 3:06:28.52	10,30 0:28:33
6	44 Tony Figueiredo,	Dão Nelas Runners	SMTL	3 3:07:07.47	10,26 0:29:11
7	20 Carlos Ferreira,	Viseu 360	M40TL	3 3:07:50.02	10,22 0:29:54
8	13 Nuno Miranda,	Runners do Demo	M40TL	4 3:09:18.16	10,14 0:31:22
9	12 Carlos Alberto Dias Alme	JAVALIS - Amizade & Glória	M40TL	5 3:10:56.38	10,06 0:33:00
10	30 Rafael Martins,	Runners do Demo	SMTL	4 3:13:35.69	9,92 0:35:40
11	48 Célio Camoes,	232 runners	M40TL	6 3:14:55.93	9,85 0:37:00
12	62 João Cabral,	Dão Nelas Runners	SMTL	5 3:22:29.91	9,48 0:44:34
13	24 Ricardo Simão,	Polis Fit Trail	SMTL	6 3:28:29.30	9,21 0:50:33
14	31 David Assis,	Casa do Povo de Mangualde	M50TL	2 3:31:04.19	9,10 0:53:08
15	41 Henrique Fernandes,	Dão Nelas Runners	M40TL	7 3:33:57.06	8,97 0:56:01
16	18 Mário José Silva Marinhei	Casa do Povo Abrunheira	M50TL	3 3:36:18.87	8,88 0:58:23
17	38 Nuno Oliveira,	Runners do Demo	M40TL	8 3:39:16.03	8,76 1:01:20
18	32 Nuno Salvador,	Dão Nelas Runners	M40TL	9 3:44:41.93	8,55 1:06:46
19	6 Gonçalo Couto,	Runners do Demo	SMTL	7 3:49:09.40	8,38 1:11:13
20	7 Amilcar Branco,	Viseu 360	M40TL	10 3:50:25.21	8,33 1:12:29
21	33 José Moreira,	Viriathvs Runners Viseu	M50TL	4 3:52:01.92	8,28 1:14:06
22	29 Carlos Barbosa,	Runners do Demo	SMTL	8 3:52:51.96	8,25 1:14:56
23	21 Nuno Barbosa,	Os Tolinhos	SMTL	9 3:55:25.92	8,16 1:17:30
24	54 Rui Gomes,	Viriathvs Runners Viseu	M40TL	11 3:57:17.89	8,09 1:19:22
25	45 Gonçalo Rodrigues,		S23MTL	1 3:57:51.03	8,07 1:19:55
26	36 Andreia Oliveira,	Runners do Demo	F40TL	1 4:01:19.56	7,96 1:23:24
27	39 Daniel Carvalho,	Tarouca	SMTL	10 4:01:20.00	7,96 1:23:24
28	51 Paulo Milheiro,	Viriathvs Runners Viseu	M40TL	12 4:01:25.00	7,95 1:23:29
29	35 RUI MIGUEL GIL,	Viriathvs Runners Viseu	SMTL	11 4:01:32.09	7,95 1:23:36
30	52 Bruno Matos,	Alcateia Running Team	SMTL	12 4:02:36.31	7,91 1:24:40
31	46 António Gregório Lopes,	Guarda Runners	M50TL	5 4:10:04.71	7,68 1:32:09
32	25 Ana Lopes,	Atlético Clube de Travanca	F40TL	2 4:12:17.12	7,61 1:34:21
33	5 João martins,		SMTL	13 4:25:10.40	7,24 1:47:14
34	47 Pedro Carvalho,		M40TL	13 4:28:36.43	7,15 1:50:40
35	55 Filipe Duarte,	WA/JMP Viseu	M40TL	14 4:43:51.68	6,76 2:05:56
36	56 Ricardo Carvalheira,		SMTL	14 4:43:56.76	6,76 2:06:01
37	10 Paulo Mendes,	Dão Nelas Runners	M40TL	15 4:45:30.27	6,73 2:07:34
38	19 Paulo Silva,	Team Contagiate	M40TL	16 4:50:55.89	6,60 2:13:00
39	53 Carla Sofia Garcez,		F40TL	3 4:53:47.00	6,54 2:15:51
40	42 Sérgio Rodrigues,		M60TL	1 4:53:48.48	6,54 2:15:52
41	4 Henrique Rocha,	Joana	M50TL	6 4:57:15.60	6,46 2:19:20
42	17 Margarida Albuquerque,	Viriathvs Runners Viseu	SFTL	1 5:10:04.00	6,19 2:32:08
43	34 Sónia Gomes,	Runners do Demo	SFTL	2 5:10:08.00	6,19 2:32:12
44	15 Fatima Guedes,	Team Contagiate	SFTL	3 5:10:50.00	6,18 2:32:54
45	26 Jose Rodrigues Costa,	Runners do Demo	M50TL	7 5:14:05.00	6,11 2:36:09
46	22 Rosa Correia,	Viriathvs Runners Viseu	F40TL	4 5:14:06.00	6,11 2:36:10
47	28 Graça Costa,	Runners do Demo	F50TL	1 5:14:07.00	6,11 2:36:11
48	16 Delmira Queiroz,	Team Contagiate	F50TL	2 5:51:51.31	5,46 3:13:55