2º TRAIL SOLIDÁRIO CVP MACIEIRA DE RATES

CRUZ VERMELHA PORTUGUESA Centro Humanitário Macieira de Rates

CLASSIFICAÇÃO GERAL

Posição Geral	TEMPO	DORSAL	NOME	EQUIPA	Escalão
1	01:21:17	1	AMÂNDIO ANTUNES	AFIFENSE TRAIL	Vet Masc
2	01:22:07	217	SALVADOR OLIVEIRA	MACIEIRA SAUDÁVEL RUNNERS	Sen Masc
3	01:22:19	308	HÉLDER RIBEIRO	AIRÓRUN	Sen Masc
4	01:23:09	299	TIAGO FILIPE AZEVEDO OLIVEIRA	UMFCA WARRIORS	Sen Masc
5	01:24:18	219	SÉRGIO MONTEIRO	A.CU.R.A 4 TRAIL	Sen Masc
6	01:24:36	235	JOSE LUIS MATOS BOUCINHA	INDIVIDUAL	Sen Masc
7	01:26:10	119	SÉRGIO SAMPAIO	FISIOPEDRO	Vet Masc
8	01:26:18	261	CARLOS CÉSAR SILVA PAREDES	FISIOPEDRO	Sen Masc
9	01:27:58	117	LUÍS MIGUEL SOUSA CAMPOS	INDIVIDUAL	Sen Masc
10	01:28:05	182	JOAQUIM SILVA RODRIGUES	ACRRORIZ	Vet Masc
11	01:29:02	372	CIANO RIBEIRO	A. D. CARVALHAL	Vet Masc
12	01:30:28	124	SÉRGIO PEREIRA	ERMIDAFIT	Sen Masc
13	01:30:31	189	JOSÉ CASTRO	B.T.M.	Vet Masc
14	01:30:33	340	MARCO SANTOS	TESCO TEAM RUNNING	Sen Masc
15	01:30:35	303	DOMINGOS VALE	BARCELOS RUNNERS	Vet Masc
16	01:30:48	149	ANTÓNIO FERNANDES CARDOSO	A. D. CARVALHAL	Vet Masc
17	01:31:12	336	ANDRE MARTINS	TESCO TEAM RUNNING	Vet Masc
18	01:31:36	239	ARLINDO FERREIRA	MACIEIRA SAUDÁVEL RUNNERS	Vet Masc
19	01:32:12	221	NUNO CARAÇA	UMFCA WARRIORS	Sen Masc
20	01:32:37	307	MARCO ROCHA	DRAGON CLUB	Vet Masc
21	01:32:52	237	PAULO PEREIRA	DRAGON CLUB	Vet Masc
22	01:32:54	338	DINIS RIBEIRO	TESCO TEAM RUNNING	Sen Masc
23	01:32:56	163	NUNO LOMBA	APÚLIA A CORRER	Sen Masc
24	01:33:20	113	RICARDO PAIS	ERMIDAFIT	Sen Masc
25	01:33:36	311	FRANCISCO PEREIRA	AIRÓRUN	Vet Masc
26	01:34:23	136	JOSÉ PEREIRA	AIRÓRUN	Vet Masc
27	01:34:24	333	ORLANDO SILVA	DETRASPAFRENTE RUNNING TEAM	Sen Masc
28	01:34:37	220	PAULO SÉRGIO RIBEIRO GOMES	A.CU.R.A 4 TRAIL	Sen Masc
29	01:34:46	154	CESAR LOPES FERNANDES	APÚLIA A CORRER	Sen Masc
30	01:34:58	378	OSVALDO RIBEIRO	INDIVIDUAL	Vet Masc
31	01:35:00	181	MANUEL JOAQUIM MACIEL MIRANDA	ACRRORIZ	Vet Masc
32	01:35:07	362	DAVID GONÇALVES	FACTOR X / S4L / MEDENSEFC	Sen Masc
33	01:35:14	112	TELMA DUARTE	ERMIDAFIT	Sen Fem
34	01:35:49	258	MANUEL RIBEIRO	ADECA BEAT	Vet Masc
35	01:37:37	260	CARLOS VILAS-BOAS	FISIPADRÃO/LUSOSPORT	Vet Masc
36	01:37:47	376	MÁRIO GONÇALVES	OLÍMPICO VIANENSE TRAIL	Vet Masc
37	01:38:01	377	LUIS LIMA	UMFCA WARRIORS	Sen Masc
38	01:38:25	320	SÉRGIO GAMEIRO	INDIVIDUAL	Vet Masc
39	01:38:41	371	JULIO MACEDO FERNANDES	A. D. CARVALHAL	Vet Masc
40	01:38:49	257	ABÍLIO FARIA	ADECA BEAT	Vet Masc
41	01:38:51	195	SÉRGIO PEIXOTO	ADECA BEAT	Sen Masc
42	01:38:55	319	JOSÉ CASTRO	AIRÓRUN	Sen Masc
43	01:39:00	155	BRUNO ALBERTO SILVA FREITAS	INDIVIDUAL	Sen Masc
44	01:39:11	343	RICARDO RODRIGUES	TESCO TEAM RUNNING	Sen Masc
45	01:39:16	375	RICARDO BRIOTE	ADE TRAIL RUNNING	Sen Masc
46	01:39:21	388	RICARDO MIRANDA	INDIVIDUAL	Sen Masc
47	01:39:23	357	HELDER MENDES	INDIVIDUAL	Sen Masc
48	01:39:27	111	MIGUEL SOARES	INDIVIDUAL	Sen Masc

49	01:39:31	140	CASIMIRO ARAÚJO	AIRÓRUN	Vet Masc
50	01:39:34	389	BRUNO COSTA	INDIVIDUAL	Sen Masc
51	01:39:37	265	PAULO COELHO	INDIVIDUAL	Sen Masc
52	01:39:42	214	GABRIEL SILVA	DRAGON CLUB	Sen Masc
53	01:40:15	300	FILIPE ADELINO AZEVEDO SANTOS	DRAGON CLUB	Sen Masc
54	01:40:48	383	ANTONIO FERNANDO SILVA FERREIRA	BLANC	Vet Masc
55	01:41:45	133	NUNO ANDRÉ SILVA GOMES	FISIOPEDRO	Sen Masc
56	01:42:03	293	JOÃO SILVA	DRAGON CLUB	Vet Masc
57	01:42:21	360	RUI AZEVEDO	INDIVIDUAL	Vet Masc
58	01:42:56	289	MANUEL GOMES	FAMA RUNNERS	Vet Masc
59	01:43:02	347	JOSE COSTA	INDIVIDUAL	Sen Masc
60	01:43:04	367	SÉRGIO ARAÚJO	INDIVIDUAL	Sen Masc
61	01:43:07	150	NUNO SÁ	SULFATO DE PEÚGA	Sen Masc
62	01:43:10	184	JOÃO RODRIGUES	INDIVIDUAL	Sen Masc
63	01:43:39	255	AGOSTINHO BARROS	ADECA BEAT	Vet Masc
64	01:44:00	287	JOSE COSTA	FAMA RUNNERS	Vet Masc
65	01:44:02	186	CARLA SERENO	INDIVIDUAL	Vet Fem
66	01:44:04	187	ANTÓNIO PEDRO SERENO	INDIVIDUAL	Vet Masc
67	01:44:22	203	RUI MANUEL CAMPINHO VILAS BOAS	A. D. CARVALHAL	Vet Masc
68	01:44:35	231	LUÍS MACHADO CERQUEIRA	B'LIFE OUTDOOR TEAM	Sen Masc
69	01:44:37	198	RAUL PEREIRA FERNANDES	CERVEIRA TEAM RUNNING/CLUBE CELTAS DO MINHO	Vet Masc
70	01:44:40	225	RUI LEITÃO	VARZIM SPORT CLUBE	Vet Masc
71	01:47:51	207	JORGE GUILHERME LOPES BRITO	INDIVIDUAL	Vet Masc
72	01:47:54	279	OTAVIO RODRIGUES BRITO	INDIVIDUAL	Vet Masc
73	01:47:55	344	SARA FERREIRA	TESCO TEAM RUNNING	Sen Fem
74	01:47:58	211	RUI PEDRO SILVA ARAÚJO	INDIVIDUAL	Sen Masc
75	01:48:34	157	MIGUEL CRUZ	INDIVIDUAL	Sen Masc
76	01:49:04	244	VITOR MANSILHAS	INDIVIDUAL	Sen Masc
77	01:50:06	345	ANTÓNIO FERREIRA	DRAGON CLUB	Vet Masc
78	01:50:26	148	SÉRGIO SILVA	ACADEMIA FERNANDA RIBEIRO	Vet Masc
79	01:50:28	243	SANDRA ARAÚJO	INDIVIDUAL	Sen Fem
80	01:50:31	197	MANUEL JOAQUIM FERREIRA DA COSTA	MACIEIRA SAUDÁVEL RUNNERS	Sen Masc
81	01:50:43	104	VITOR MANUEL PEREIRA DA SILVA	INDIVIDUAL	Vet Masc
82	01:51:05	254	JOSÉ CASTRO	ADECA BEAT	Sen Masc
83	01:52:19	246	CONCEIÇÃO QUEIROZ	GTT-ARMAZÉM DO CAFFÈ	Vet Fem
84	01:53:48	366	JORGE MOREIRA	INDIVIDUAL	Sen Masc
85	01:54:04	137	DEOLINDA FARIA	AIRÓRUN	Vet Fem
86	01:54:07	218	ANTÓNIO GOMES	A.CU.R.A 4 TRAIL	Vet Masc
87	01:54:58	298	JOÃO CASTRO	INDIVIDUAL	Sen Masc
88	01:55:02	274	VITOR NOVO	INDIVIDUAL	Sen Masc
89	01:55:08	341	RUBEN DIONÍSIO	TESCO TEAM RUNNING	Sen Masc
90	01:55:24	132	MIGUEL FREITAS GONÇALVES	FISIOPEDRO	Sen Masc
91	01:55:27	152	NUNO COSTA	GTT ARMAZÉM DO CAFFÉ	Sen Masc
92	01:56:10	151	MANUEL ANTÓNIO	B'LIFE OUTDOOR TEAM	Vet Masc
93	01:56:16	322	LUIS MOTA	AIRÓRUN	Vet Masc
94	01:56:39	192	ANTÓNIO FONSECA	DRAGON CLUB	Vet Masc
95	01:57:19	223	ÁLVARO VALE	ADE TRAIL RUNNING	Sen Masc
96	01:57:21	153	CARLOS ALMEIDA	INDIVIDUAL	Vet Masc
97	01:57:27	346	JOSÉ SILVA	INDIVIDUAL	Vet Masc
98	01:57:39	324	JOAQUIM COELHO	INVICTA RUNNERS TEAM	Sen Masc
99	01:57:42	306	TIAGO DE ARAÚJO	INDIVIDUAL	Sen Masc
100	01:57:43	302	MARLENE COSTA	BARCELOS RUNNERS	Vet Fem

101	01:57:44	134	FLORINDA FERNANDES	TEAM WORKOUT 48/CAM	Vet Fem
102	01:57:49	349	JOAQUIM PADRÃO ARAÚJO	INDIVIDUAL	Sen Masc
103	01:57:53	100	JOSÉ PADRÃO	JUNTA DE FREGUESIA DE MACIEIRA DE RATES	Sen Masc
104	01:59:02	196	RICARDO JOSÉ DA SILVA MENDANHA	INDIVIDUAL	Sen Masc
105	01:59:55	385	TIAGO COSTA	INDIVIDUAL	Sen Masc
106	02:00:05	173	HÉLDER MANUEL MORAIS PEREIRA	INDIVIDUAL	Sen Masc
107	02:00:08	278	NILZA CONDE PAIXÃO	INDIVIDUAL	Vet Fem
108	02:01:29	120	BRUNO RICARDO MARQUES GUEDES	PORTO SENTIDO RUNNERS	Sen Masc
109	02:01:37	365	PAULO ROCHA	FACTOR X / S4L / MEDENSEFC	Sen Masc
110	02:01:51	284	ANTÓNIO JOSÉ FERREIRA MARTINS	ESTRELAS BTT	Sen Masc
111	02:02:08	280	PEDRO MIGUEL SILVA	INDIVIDUAL	Vet Masc
112	02:02:13	384	JOÃO PEDRO FERREIRA GOMES	BLANC	Sen Masc
113	02:02:19	262	JOÃO COELHO	INDIVIDUAL	Sen Masc
114	02:02:37	321	ANDRÉ TORRES	ARCA BARCELOS RUNNERS	Vet Masc
115	02:02:48	315	SERGIO GOMES	GANITA SPORTIVE	Vet Masc
116	02:03:06	277	LIEVEN VERRAEST	INDIVIDUAL	Vet Masc
117	02:03:55	205	RICARDO MANUEL DA COSTA	B V BARCELINHOS	Sen Masc
118	02:03:58	326	RICARDO MANUEL CARVALHO RIBEIRO	VIDAATIVARUNNERS	Sen Masc
119	02:04:02	206	LUÍS ANTÓNIO DE ARAÚJO OLIVEIRA	B V BARCELINHOS	Sen Masc
120	02:05:10	368	ALBANO CARDEIRAS	INDIVIDUAL	Sen Masc
121	02:05:59	240	ALZIRA ALVES	MACIEIRA SAUDÁVEL RUNNERS	Vet Fem
122	02:07:46	342	RICARDO MOTA	TESCO TEAM RUNNING	Sen Masc
123	02:07:50	309	ANTÓNIO VILAÇA	AIRÓRUN	Vet Masc
124	02:08:12	102	FERNANDO FERREIRA VILARINHO	INDIVIDUAL	Vet Masc
125	02:09:05	147	PAULO COSTA	M. & COSTAS GRUPO	Vet Masc
126	02:09:11	318	JORGE ARAUJO	GANITA SPORTIVE	Vet Masc
127	02:09:30	234	ANA CLÁUDIA ALVES DIAS	MACIEIRA SAUDÁVEL RUNNERS	Sen Fem
128	02:10:02	130	JOSÉ MÁRIO MAGALHÃES DE PEREIRA	ESENFCVPOA	Vet Masc
129	02:10:58	363	JULIO SOUSA	FACTOR X / S4L / MEDENSEFC	Sen Masc
130	02:11:01	364	RICARDO SOUSA	FACTOR X / S4L / MEDENSEFC	Vet Masc
131	02:11:03	115	SILVÉRIO PEREIRA	ERMIDAFIT	Vet Masc
132	02:11:12	144	FRANCISCO VARZIM	M. & COSTAS GRUPO	Vet Masc
133	02:11:21	202	PEDRO MIGUEL FERREIRA CATARINO	INDIVIDUAL	Sen Masc
134	02:11:28	263	DELFIM COSTA	INDIVIDUAL	Sen Masc
135	02:11:55	348	ANDRÉ FONSECA	INDIVIDUAL	Sen Masc
136	02:12:01	227	JOAQUIM MANUEL FARIA SARAIVA	INDIVIDUAL	Sen Masc
137	02:12:11	291	JOSÉ MIGUEL CARNEIRO	FAMA RUNNERS	Vet Masc
138	02:12:14	241	LILIANA ALVES	ALIVE RUNNERS	Sen Fem
139	02:12:16	114	ANABELA MONTEIRO GONÇALVES	ERMIDAFIT	Vet Fem
140	02:12:19	185	JOÃO NOVAIS	INDIVIDUAL	Vet Masc
141	02:12:22	337	CARINA OLIVEIRA	TESCO TEAM RUNNING	Sen Fem
142	02:12:24	339	FABIO MATOS	TESCO TEAM RUNNING	Sen Masc
143	02:12:35	304	ISABEL COSTA	BARCELOS RUNNERS	Sen Fem
144	02:12:50	264	PEDRO MANUEL SANTOS MARIZ	INDIVIDUAL	Sen Masc
145	02:13:12	353	PATRÍCIA ARAÚJO	INDIVIDUAL	Sen Fem
146	02:13:14	354	DANIEL MILHAZES	INDIVIDUAL	Sen Masc
147	02:13:57	170	JOÃO RIBEIRO LARANJEIRA	INDIVIDUAL	Sen Masc
148	02:13:59	317	JOAQUIM CARVALHO	GANITA SPORTIVE	Vet Masc
149	02:14:02	228	MADALENA SOFIA ALVES DIAS	MACIEIRA SAUDÁVEL RUNNERS	Sen Fem
150	02:14:06	242	SÉRGIO PEDRO FERREIRA	INDIVIDUAL	Sen Masc
151	02:14:11	352	TEOTÓNIO BOUCINHA	INDIVIDUAL	Vet Masc
152	02:14:45	316	JOSE CARVALHO	GANITA SPORTIVE	Vet Masc

153	02:16:49	108	MARTA ALEXANDRA MARIZ DE OLIVEIRA	INDIVIDUAL	Sen Fem
154	02:16:50	109	PEDRO MIGUEL DOS SANTOS FERREIRA	INDIVIDUAL	Sen Masc
155	02:16:53	209	PAULO FERREIRA	INDIVIDUAL	Sen Masc
156	02:17:02	329	PIMENTA JOAQUIM	VIDAATIVARUNNERS	Vet Masc
157	02:17:31	175	ANDRÉ ARAÚJO ALVES FERREIRA	VIDAATIVARUNNERS	Sen Masc
158	02:18:00	107	BRUNO RODRIGUES	INDIVIDUAL	Sen Masc
159	02:18:11	294	MARIA SILVA	DRAGON CLUB	Vet Fem
160	02:19:06	238	FRANCISCO MANUEL LIMA DINIS	INDIVIDUAL	Sen Masc
161	02:19:43	382	MARIA TERESA DA SILVA COSTA	MACIEIRA SAUDÁVEL RUNNERS	Sen Fem
162	02:19:46	288	MARGARIDA PINTO	FAMA RUNNERS	Vet Fem
163	02:19:54	190	SÓNIA SANTOS	AIRÓRUN	Vet Fem
164	02:19:56	201	CARLOS MARTINS	AIRÓRUN	Sen Masc
165	02:22:07	386	GONÇALO MARTINS	INDIVIDUAL	Sen Masc
166	02:22:09	387	JOÃO ARANTES	INDIVIDUAL	Sen Masc
167	02:22:21	210	RICARDO MIGUEL SILVA ARAUJO	INDIVIDUAL	Sen Masc
168	02:22:37	138	BRUNO SOUSA	AIRÓRUN	Sen Masc
169	02:23:01	204	CARLOS ALBERTO LOPES ALVES	INDIVIDUAL	Sen Masc
170	02:23:02	200	LUÍS MIGUEL ANDRADE DE MAGALHÃES	INDIVIDUAL	Sen Masc
171	02:23:05	177	JOSÉ MIGUEL ARAÚJO ALVES FERREIRA	VIDAATIVARUNNERS	Sen Masc
172	02:23:07	172	PAULO JOAQUIM FERREIRA ALVES	VIDAATIVARUNNERS	Vet Masc
173	02:23:25	273	ISABEL MARTINS	INDIVIDUAL	Vet Fem
174	02:23:27	272	PEDRO TRISTAO	INDIVIDUAL	Vet Masc
175	02:23:33	323	JOSÉ PAIXÃO	INDIVIDUAL	Vet Masc
176	02:23:42	282	ANA MOREIRA	INDIVIDUAL	Sen Fem
177	02:23:48	283	ALICE FONSECA	GTT ARMAZÉM DO CAFFÉ	Sen Fem
178	02:23:55	301	HELDER OLIVEIRA	INDIVIDUAL	Sen Masc
180	02:24:02	224	CARLOS SERRA	VIDAATIVARUNNERS	Vet Masc
181	02:24:06	286	CARLOS VALE	VIDAATIVARUNNERS	Vet Masc
182	02:24:08	314	JOSE CUNHA	GANITA SPORTIVE	Vet Masc
183	02:24:10	212	ELISABETE PEREIRA	OLÍMPICO VIANENSE TRAIL	Vet Fem
184	02:24:13	213	JAIME PEREIRA	OLÍMPICO VIANENSE TRAIL	Vet Masc
185	02:24:16	381	MARINA SALGUEIRO	OLÍMPICO VIANENSE TRAIL	Vet Fem
186	02:25:13	313	VANIA PEREIRA	AIRÓRUN	Vet Fem
187	02:25:37	296	MARIA ADELAIDE MARTINS FERREIRA	INDIVIDUAL	Sen Fem
188	02:25:45	297	ANA MARIA MARTINS FERREIRA	INDIVIDUAL	Vet Fem
189	02:25:53	101	JOAQUIM SILVA	NRC PORTO	Sen Masc
190	02:26:34	105	ADELINO DIAS DA CRUZ	INDIVIDUAL	Vet Masc
191	02:27:49	233	HUGO MIGUEL LOMBA CARVALHO	B'LIFE OUTDOOR TEAM	Sen Masc
192	02:30:06	166	RUI MANUEL ALVES FIGUEIRAS	INDIVIDUAL	Vet Masc
193	02:30:35	191	LAURINDA MARTINS	APÚLIA A CORRER	Vet Fem
194	02:30:39	236	RICARDO MANUEL MARTINS PADRÃO	INDIVIDUAL	Sen Masc
195	02:31:03	188	ANA BRITO	APÚLIA A CORRER	Sen Fem
196	02:31:15	361	RUI COSTA	INDIVIDUAL	Vet Masc
197	02:32:44	178	CARLOS CAMPOS	INDIVIDUAL	Vet Masc
198	02:33:13	208	ANA MARQUES	INDIVIDUAL	Sen Fem
199	02:33:15	179	MARIA COELHO	INDIVIDUAL	Vet Fem
200	02:34:23	269	FERNANDO LOPES	MONDAY RUNNERS	Vet Masc
201	02:34:25	268	CARLA AZEVEDO	MONDAY RUNNERS	Sen Fem
202	02:34:30	267	DIANA FERREIRA	MONDAY RUNNERS	Sen Fem
203	02:34:43	270	CARLOS MONTEIRO	MONDAY RUNNERS	Vet Masc
204	02:37:42	122	FREDERICO ANDRÉ SANTOS VIEIRA	PORTO SENTIDO RUNNERS	Sen Masc
205	02:38:38	110	FILIPA ISABEL FONSECA DA CRUZ	B'LIFE OUTDOOR TEAM	Sen Fem
206	02:38:40	229	PEDRO BOGAS GONÇALVES	B'LIFE OUTDOOR TEAM	Vet Masc

207	02:38:42	370	LURDES PINHEIRO	INDIVIDUAL	Vet Fem
208	02:38:46	116	JOAQUIM PINHEIRO	ERMIDAFIT	Vet Masc
209	02:39:35	266	FLOR FERNANDES	VILA VERDE A CORRER	Vet Fem
210	02:39:37	369	MARIA TEJO	VILA VERDE A CORRER	Sen Fem
211	02:39:39	145	ROSALINA COSTA	M. & COSTAS GRUPO	Vet Fem
212	02:40:13	290	PAULA RIBEIRO	FAMA RUNNERS	Vet Fem
213	02:40:47	245	PAULA SILVA	INDIVIDUAL	Vet Fem
214	02:41:19	380	DOMINGOS TORRE	OLÍMPICO VIANENSE TRAIL	Vet Masc
215	02:41:22	379	ADÉLIA LOBO	OLÍMPICO VIANENSE TRAIL	Vet Fem
216	02:45:36	127	CRISTINA CAMPOS	DEMÓNIOS	Vet Fem
217	02:45:41	125	CRISTINA NEVES	DEMÓNIOS	Vet Fem
218	02:47:12	183	CECÍLIA FERREIRA	OUR LIFE	Sen Fem
219	02:47:15	165	RAFAEL SILVA	OUR LIFE	Sen Masc
220	02:47:32	169	PAULO SOUSA	INDIVIDUAL	Sen Masc
221	02:48:04	121	VITOR MANUEL ALMEIDA MARTINS	PORTO SENTIDO RUNNERS	Sen Masc
222	02:48:16	126	MÁRCIO DORNELLAS	DEMÓNIOS	Sen Masc
223	02:48:18	129	CONCEIÇÃO FERREIRA	DEMÓNIOS	Vet Fem
224	02:48:25	141	DEOLINDA PEREIRA	AIRÓRUN	Vet Fem
225	02:48:28	310	SILVINA OLIVEIRA	AIRÓRUN	Vet Fem
226	02:51:43	171	SALETE OLIVEIRA	INDIVIDUAL	Sen Fem
227	02:55:17	222	ALEXANDRE MANUEL RIBEIRO DA COSTA	INDIVIDUAL	Sen Masc
228	02:55:18	216	FÁTIMA NOVAIS	INDIVIDUAL	Sen Fem
229	02:56:52	359	ANA ISABEL OLIVEIRA	MACIEIRA SAUDÁVEL RUNNERS	Sen Fem
230	02:56:55	143	INÊS SILVA	INDIVIDUAL	Vet Fem
231	02:57:18	103	VICTOR HUGO BERNARDES SILVA	INDIVIDUAL	Vet Masc
232	03:03:28	156	MARA ROCHA	ERMIDAFIT	Sen Fem
233	03:03:31	390	ANA CAROLINA PEREIRA	INDIVIDUAL	Sen Fem
234	03:05:34	373	FLÁVIA FERNANDES	INDIVIDUAL	Sen Fem
235	03:05:37	374	PHILIP PACHECO	INDIVIDUAL	Sen Masc



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Centro Humanitário
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CLASSIFICAÇÃO SENIORES MASCULINOS

Posição Escalão	TEMPO	DORSAL	Posição Geral	NOME	EQUIPA
1	01:22:07	217	2	SALVADOR OLIVEIRA	MACIEIRA SAUDÁVEL RUNNERS
2	01:22:19	308	3	HÉLDER RIBEIRO	AIRÓRUN
3	01:23:09	299	4	TIAGO FILIPE AZEVEDO OLIVEIRA	UMFCA WARRIORS
4	01:24:18	219	5	SÉRGIO MONTEIRO	A.CU.R.A 4 TRAIL
5	01:24:36	235	6	JOSE LUIS MATOS BOUCINHA	INDIVIDUAL
6	01:26:18	261	8	CARLOS CÉSAR SILVA PAREDES	FISIOPEDRO
7	01:27:58	117	9	LUÍS MIGUEL SOUSA CAMPOS	INDIVIDUAL
9	01:30:28	124	12	SÉRGIO PEREIRA	ERMIDAFIT
10	01:30:33	340	14	MARCO SANTOS	TESCO TEAM RUNNING
11	01:32:12	221	19	NUNO CARAÇA	UMFCA WARRIORS
12	01:32:54	338	22	DINIS RIBEIRO	TESCO TEAM RUNNING
13	01:32:56	163	23	NUNO LOMBA	APÚLIA A CORRER
14	01:33:20	113	24	RICARDO PAIS	ERMIDAFIT
15	01:34:24	333	27	ORLANDO SILVA	DETRASPAFRENTE RUNNING TEAM
16	01:34:37	220	28	PAULO SÉRGIO RIBEIRO GOMES	A.CU.R.A 4 TRAIL
17	01:34:46	154	29	CESAR LOPES FERNANDES	APÚLIA A CORRER
18	01:35:07	362	32	DAVID GONÇALVES	FACTOR X / S4L / MEDENSEFC
19	01:38:01	377	37	LUIS LIMA	UMFCA WARRIORS
20	01:38:51	195	41	SÉRGIO PEIXOTO	ADECA BEAT
21	01:38:55	319	42	JOSÉ CASTRO	AIRÓRUN
22	01:39:00	155	43	BRUNO ALBERTO SILVA FREITAS	INDIVIDUAL
23	01:39:11	343	44	RICARDO RODRIGUES	TESCO TEAM RUNNING
24	01:39:16	375	45	RICARDO BRIOTE	ADE TRAIL RUNNING
25	01:39:21	388	46	RICARDO MIRANDA	INDIVIDUAL
26	01:39:23	357	47	HELDER MENDES	INDIVIDUAL
27	01:39:27	111	48	MIGUEL SOARES	INDIVIDUAL
28	01:39:34	389	50	BRUNO COSTA	INDIVIDUAL
29	01:39:37	265	51	PAULO COELHO	INDIVIDUAL
30	01:39:42	214	52	GABRIEL SILVA	DRAGON CLUB
31	01:40:15	300	53	FILIPE ADELINO AZEVEDO SANTOS	DRAGON CLUB
32	01:41:45	133	55	NUNO ANDRÉ SILVA GOMES	FISIOPEDRO
33	01:43:02	347	59	JOSE COSTA	INDIVIDUAL
34	01:43:04	367	60	SÉRGIO ARAÚJO	INDIVIDUAL
35	01:43:07	150	61	NUNO SÁ	SULFATO DE PEÚGA
36	01:43:10	184	62	JOÃO RODRIGUES	INDIVIDUAL
37	01:44:35	231	68	LUÍS MACHADO CERQUEIRA	B'LIFE OUTDOOR TEAM
38	01:47:58	211	74	RUI PEDRO SILVA ARAÚJO	INDIVIDUAL
39	01:48:34	157	75	MIGUEL CRUZ	INDIVIDUAL
40	01:49:04	244	76	VITOR MANSILHAS	INDIVIDUAL
41	01:50:31	197	80	MANUEL JOAQUIM FERREIRA DA COSTA	MACIEIRA SAUDÁVEL RUNNERS
42	01:51:05	254	82	JOSÉ CASTRO	ADECA BEAT
43	01:53:48	366	84	JORGE MOREIRA	INDIVIDUAL
44	01:54:58	298	87	JOÃO CASTRO	INDIVIDUAL
45	01:55:02	274	88	VITOR NOVO	INDIVIDUAL
46	01:55:08	341	89	RUBEN DIONÍSIO	TESCO TEAM RUNNING
47	01:55:24	132	90	MIGUEL FREITAS GONÇALVES	FISIOPEDRO
48	01:55:27	152	91	NUNO COSTA	GTT ARMAZÉM DO CAFFÉ
49	01:57:19	223	95	ÁLVARO VALE	ADE TRAIL RUNNING

50	01:57:39	324	98	JOAQUIM COELHO	INVICTA RUNNERS TEAM
51	01:57:42	306	99	TIAGO DE ARAÚJO	INDIVIDUAL
52	01:57:49	349	102	JOAQUIM PADRÃO ARAÚJO	INDIVIDUAL
53	01:57:53	100	103	JOSÉ PADRÃO	JUNTA DE FREGUESIA DE MACIEIRA DE RATES
54	01:59:02	196	104	RICARDO JOSÉ DA SILVA MENDANHA	INDIVIDUAL
55	01:59:55	385	105	TIAGO COSTA	INDIVIDUAL
56	02:00:05	173	106	HÉLDER MANUEL MORAIS PEREIRA	INDIVIDUAL
57	02:01:29	120	108	BRUNO RICARDO MARQUES GUEDES	PORTO SENTIDO RUNNERS
58	02:01:37	365	109	PAULO ROCHA	FACTOR X / S4L / MEDENSEFC
59	02:01:51	284	110	ANTÓNIO JOSÉ FERREIRA MARTINS	ESTRELAS BTT
60	02:02:13	384	112	JOÃO PEDRO FERREIRA GOMES	BLANC
61	02:02:19	262	113	JOÃO COELHO	INDIVIDUAL
62	02:03:55	205	117	RICARDO MANUEL DA COSTA	B V BARCELINHOS
63	02:03:58	326	118	RICARDO MANUEL CARVALHO RIBEIRO	VIDAATIVARUNNERS
64	02:04:02	206	119	LUÍS ANTÓNIO DE ARAÚJO OLIVEIRA	B V BARCELINHOS
65	02:05:10	368	120	ALBANO CARDEIRAS	INDIVIDUAL
66	02:07:46	342	122	RICARDO MOTA	TESCO TEAM RUNNING
67	02:10:58	363	129	JULIO SOUSA	FACTOR X / S4L / MEDENSEFC
68	02:11:21	202	133	PEDRO MIGUEL FERREIRA CATARINO	INDIVIDUAL
69	02:11:28	263	134	DELFIM COSTA	INDIVIDUAL
70	02:11:55	348	135	ANDRÉ FONSECA	INDIVIDUAL
71	02:12:01	227	136	JOAQUIM MANUEL FARIA SARAIVA	INDIVIDUAL
72	02:12:24	339	142	FABIO MATOS	TESCO TEAM RUNNING
73	02:12:50	264	144	PEDRO MANUEL SANTOS MARIZ	INDIVIDUAL
74	02:13:14	354	146	DANIEL MILHAZES	INDIVIDUAL
75	02:13:57	170	147	JOÃO RIBEIRO LARANJEIRA	INDIVIDUAL
76	02:14:06	242	150	SÉRGIO PEDRO FERREIRA	INDIVIDUAL
77	02:16:50	109	154	PEDRO MIGUEL DOS SANTOS FERREIRA	INDIVIDUAL
78	02:16:53	209	155	PAULO FERREIRA	INDIVIDUAL
79	02:17:31	175	157	ANDRÉ ARAÚJO ALVES FERREIRA	VIDAATIVARUNNERS
80	02:18:00	107	158	BRUNO RODRIGUES	INDIVIDUAL
81	02:19:06	238	160	FRANCISCO MANUEL LIMA DINIS	INDIVIDUAL
82	02:19:56	201	164	CARLOS MARTINS	AIRÓRUN
83	02:22:07	386	165	GONÇALO MARTINS	INDIVIDUAL
84	02:22:09	387	166	JOÃO ARANTES	INDIVIDUAL
85	02:22:21	210	167	RICARDO MIGUEL SILVA ARAUJO	INDIVIDUAL
86	02:22:37	138	168	BRUNO SOUSA	AIRÓRUN
87	02:23:01	204	169	CARLOS ALBERTO LOPES ALVES	INDIVIDUAL
88	02:23:02	200	170	LUÍS MIGUEL ANDRADE DE MAGALHÃES	INDIVIDUAL
89	02:23:05	177	171	JOSÉ MIGUEL ARAÚJO ALVES FERREIRA	VIDAATIVARUNNERS
90	02:23:55	301	178	HELDER OLIVEIRA	INDIVIDUAL
91	02:25:53	101	189	JOAQUIM SILVA	NRC PORTO
92	02:27:49	233	191	HUGO MIGUEL LOMBA CARVALHO	B'LIFE OUTDOOR TEAM
93	02:30:39	236	194	RICARDO MANUEL MARTINS PADRÃO	INDIVIDUAL
94	02:37:42	122	204	FREDERICO ANDRÉ SANTOS VIEIRA	PORTO SENTIDO RUNNERS
95	02:47:15	165	219	RAFAEL SILVA	OUR LIFE
96	02:47:32	169	220	PAULO SOUSA	INDIVIDUAL
97	02:48:04	121	221	VITOR MANUEL ALMEIDA MARTINS	PORTO SENTIDO RUNNERS
98	02:48:16	126	222	MÁRCIO DORNELLAS	DEMÓNIOS
99	02:55:17	222	227	ALEXANDRE MANUEL RIBEIRO DA COSTA	INDIVIDUAL
100	03:05:37	374	235	PHILIP PACHECO	INDIVIDUAL



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CLASSIFICAÇÃO SENIORES FEMININAS

Posição Escalão	TEMPO	DORSAL	Posição Geral	NOME	EQUIPA
1	01:35:14	112	33	TELMA DUARTE	ERMIDAFIT
2	01:47:55	344	73	SARA FERREIRA	TESCO TEAM RUNNING
3	01:50:28	243	79	SANDRA ARAÚJO	INDIVIDUAL
4	02:09:30	234	127	ANA CLÁUDIA ALVES DIAS	MACIEIRA SAUDÁVEL RUNNERS
5	02:12:14	241	138	LILIANA ALVES	ALIVE RUNNERS
6	02:12:22	337	141	CARINA OLIVEIRA	TESCO TEAM RUNNING
7	02:12:35	304	143	ISABEL COSTA	BARCELOS RUNNERS
9	02:13:12	353	145	PATRÍCIA ARAÚJO	INDIVIDUAL
10	02:14:02	228	149	MADALENA SOFIA ALVES DIAS	MACIEIRA SAUDÁVEL RUNNERS
11	02:16:49	108	153	MARTA ALEXANDRA MARIZ DE OLIVEIRA	INDIVIDUAL
12	02:19:43	382	161	MARIA TERESA DA SILVA COSTA	MACIEIRA SAUDÁVEL RUNNERS
13	02:23:42	282	176	ANA MOREIRA	INDIVIDUAL
14	02:23:48	283	177	ALICE FONSECA	GTT ARMAZÉM DO CAFFÉ
15	02:25:37	296	187	MARIA ADELAIDE MARTINS FERREIRA	INDIVIDUAL
16	02:31:03	188	195	ANA BRITO	APÚLIA A CORRER
17	02:33:13	208	198	ANA MARQUES	INDIVIDUAL
18	02:34:25	268	201	CARLA AZEVEDO	MONDAY RUNNERS
19	02:34:30	267	202	DIANA FERREIRA	MONDAY RUNNERS
20	02:38:38	110	205	FILIPA ISABEL FONSECA DA CRUZ	B'LIFE OUTDOOR TEAM
21	02:39:37	369	210	MARIA TEJO	VILA VERDE A CORRER
22	02:47:12	183	218	CECÍLIA FERREIRA	OUR LIFE
23	02:51:43	171	226	SALETE OLIVEIRA	INDIVIDUAL
24	02:55:18	216	228	FÁTIMA NOVAIS	INDIVIDUAL
25	02:56:52	359	229	ANA ISABEL OLIVEIRA	MACIEIRA SAUDÁVEL RUNNERS
26	03:03:28	156	232	MARA ROCHA	ERMIDAFIT
27	03:03:31	390	233	ANA CAROLINA PEREIRA	INDIVIDUAL
28	03:05:34	373	234	FLÁVIA FERNANDES	INDIVIDUAL



CLASSIFICAÇÃO VETERANOS

Posição Escalão	TEMPO	DORSAL	Posição Geral	NOME	EQUIPA
1	01:21:17	1	1	AMÂNDIO ANTUNES	AFIFENSE TRAIL
2	01:26:10	119	7	SÉRGIO SAMPAIO	FISIOPEDRO
3	01:28:05	182	10	JOAQUIM SILVA RODRIGUES	ACRRORIZ
4	01:29:02	372	11	CIANO RIBEIRO	A. D. CARVALHAL
5	01:30:31	189	13	JOSÉ CASTRO	B.T.M.
6	01:30:35	303	15	DOMINGOS VALE	BARCELOS RUNNERS
7	01:30:48	149	16	ANTÓNIO FERNANDES CARDOSO	A. D. CARVALHAL
9	01:31:12	336	17	ANDRE MARTINS	TESCO TEAM RUNNING
10	01:31:36	239	18	ARLINDO FERREIRA	MACIEIRA SAUDÁVEL RUNNERS
11	01:32:37	307	20	MARCO ROCHA	DRAGON CLUB
12	01:32:52	237	21	PAULO PEREIRA	DRAGON CLUB
13	01:33:36	311	25	FRANCISCO PEREIRA	AIRÓRUN
14	01:34:23	136	26	JOSÉ PEREIRA	AIRÓRUN
15	01:34:58	378	30	OSVALDO RIBEIRO	INDIVIDUAL
16	01:35:00	181	31	MANUEL JOAQUIM MACIEL MIRANDA	ACRRORIZ
17	01:35:49	258	34	MANUEL RIBEIRO	ADECA BEAT
18	01:37:37	260	35	CARLOS VILAS-BOAS	FISIPADRÃO/LUSOSPORT
19	01:37:47	376	36	MÁRIO GONÇALVES	OLÍMPICO VIANENSE TRAIL
20	01:38:25	320	38	SÉRGIO GAMEIRO	INDIVIDUAL
21	01:38:41	371	39	JULIO MACEDO FERNANDES	A. D. CARVALHAL
22	01:38:49	257	40	ABÍLIO FARIA	ADECA BEAT
23	01:39:31	140	49	CASIMIRO ARAÚJO	AIRÓRUN
24	01:40:48	383	54	ANTONIO FERNANDO SILVA FERREIRA	BLANC
25	01:42:03	293	56	JOÃO SILVA	DRAGON CLUB
26	01:42:21	360	57	RUI AZEVEDO	INDIVIDUAL
27	01:42:56	289	58	MANUEL GOMES	FAMA RUNNERS
28	01:43:39	255	63	AGOSTINHO BARROS	ADECA BEAT
29	01:44:00	287	64	JOSE COSTA	FAMA RUNNERS
30	01:44:04	187	66	ANTÓNIO PEDRO SERENO	INDIVIDUAL
31	01:44:22	203	67	RUI MANUEL CAMPINHO VILAS BOAS	A. D. CARVALHAL
32	01:44:37	198	69	RAUL PEREIRA FERNANDES	CERVEIRA TEAM RUNNING/CLUBE CELTAS DO MINHO
33	01:44:40	225	70	RUI LEITÃO	VARZIM SPORT CLUBE
34	01:47:51	207	71	JORGE GUILHERME LOPES BRITO	INDIVIDUAL
35	01:47:54	279	72	OTAVIO RODRIGUES BRITO	INDIVIDUAL
36	01:50:06	345	77	ANTÓNIO FERREIRA	DRAGON CLUB
37	01:50:26	148	78	SÉRGIO SILVA	ACADEMIA FERNANDA RIBEIRO
38	01:50:43	104	81	VITOR MANUEL PEREIRA DA SILA	INDIVIDUAL
39	01:54:07	218	86	ANTÓNIO GOMES	A.CU.R.A 4 TRAIL
40	01:56:10	151	92	MANUEL ANTÓNIO	B'LIFE OUTDOOR TEAM
41	01:56:16	322	93	LUIS MOTA	AIRÓRUN
42	01:56:39	192	94	ANTÓNIO FONSECA	DRAGON CLUB
43	01:57:21	153	96	CARLOS ALMEIDA	INDIVIDUAL
44	01:57:27	346	97	JOSÉ SILVA	INDIVIDUAL
45	02:02:08	280	111	PEDRO MIGUEL SILVA	INDIVIDUAL
46	02:02:37	321	114	ANDRÉ TORRES	ARCA BARCELOS RUNNERS
47	02:02:48	315	115	SERGIO GOMES	GANITA SPORTIVE
48	02:03:06	277	116	LIEVEN VERRAEST	INDIVIDUAL

49	02:07:50	309	123	ANTÓNIO VILAÇA	AIRÓRUN
50	02:08:12	102	124	FERNANDO FERREIRA VILARINHO	INDIVIDUAL
51	02:09:05	147	125	PAULO COSTA	M. & COSTAS GRUPO
52	02:09:11	318	126	JORGE ARAUJO	GANITA SPORTIVE
53	02:10:02	130	128	JOSÉ MÁRIO MAGALHÃES DE PEREIRA	ESENFCVPOA
54	02:11:01	364	130	RICARDO SOUSA	FACTOR X / S4L / MEDENSEFC
55	02:11:03	115	131	SILVÉRIO PEREIRA	ERMIDAFIT
56	02:11:12	144	132	FRANCISCO VARZIM	M. & COSTAS GRUPO
57	02:12:11	291	137	JOSÉ MIGUEL CARNEIRO	FAMA RUNNERS
58	02:12:19	185	140	JOÃO NOVAIS	INDIVIDUAL
59	02:13:59	317	148	JOAQUIM CARVALHO	GANITA SPORTIVE
60	02:14:11	352	151	TEOTÓNIO BOUCINHA	INDIVIDUAL
61	02:14:45	316	152	JOSE CARVALHO	GANITA SPORTIVE
62	02:17:02	329	156	PIMENTA JOAQUIM	VIDAATIVARUNNERS
63	02:23:07	172	172	PAULO JOAQUIM FERREIRA ALVES	VIDAATIVARUNNERS
64	02:23:27	272	174	PEDRO TRISTAO	INDIVIDUAL
65	02:23:33	323	175	JOSÉ PAIXÃO	INDIVIDUAL
66	02:24:02	224	180	CARLOS SERRA	VIDAATIVARUNNERS
67	02:24:06	286	181	CARLOS VALE	VIDAATIVARUNNERS
68	02:24:08	314	182	JOSE CUNHA	GANITA SPORTIVE
69	02:24:13	213	184	JAIME PEREIRA	OLÍMPICO VIANENSE TRAIL
70	02:26:34	105	190	ADELINO DIAS DA CRUZ	INDIVIDUAL
71	02:30:06	166	192	RUI MANUEL ALVES FIGUEIRAS	INDIVIDUAL
72	02:31:15	361	196	RUI COSTA	INDIVIDUAL
73	02:32:44	178	197	CARLOS CAMPOS	INDIVIDUAL
74	02:34:23	269	200	FERNANDO LOPES	MONDAY RUNNERS
75	02:34:43	270	203	CARLOS MONTEIRO	MONDAY RUNNERS
76	02:38:40	229	206	PEDRO BOGAS GONÇALVES	B'LIFE OUTDOOR TEAM
77	02:38:46	116	208	JOAQUIM PINHEIRO	ERMIDAFIT
78	02:41:19	380	214	DOMINGOS TORRE	OLÍMPICO VIANENSE TRAIL
79	02:57:18	103	231	VICTOR HUGO BERNARDES SILVA	INDIVIDUAL



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CLASSIFICAÇÃO VETERANAS

Posição Escalão	TEMPO	DORSAL	Posição Geral	NOME	EQUIPA
1	01:44:02	65	186	CARLA SERENO	INDIVIDUAL
2	01:52:19	83	246	CONCEIÇÃO QUEIROZ	GTT-ARMAZÉM DO CAFFÈ
3	01:54:04	85	137	DEOLINDA FARIA	AIRÓRUN
4	01:57:43	100	302	MARLENE COSTA	BARCELOS RUNNERS
5	01:57:44	101	134	FLORINDA FERNANDES	TEAM WORKOUT 48/CAM
6	02:00:08	107	278	NILZA CONDE PAIXÃO	INDIVIDUAL
7	02:05:59	121	240	ALZIRA ALVES	MACIEIRA SAUDÁVEL RUNNERS
9	02:12:16	139	114	ANABELA MONTEIRO GONÇALVES	ERMIDAFIT
10	02:18:11	159	294	MARIA SILVA	DRAGON CLUB
11	02:19:46	162	288	MARGARIDA PINTO	FAMA RUNNERS
12	02:19:54	163	190	SÓNIA SANTOS	AIRÓRUN
13	02:23:25	173	273	ISABEL MARTINS	INDIVIDUAL
14	02:24:10	183	212	ELISABETE PEREIRA	OLÍMPICO VIANENSE TRAIL
15	02:24:16	185	381	MARINA SALGUEIRO	OLÍMPICO VIANENSE TRAIL
16	02:25:13	186	313	VANIA PEREIRA	AIRÓRUN
17	02:25:45	188	297	ANA MARIA MARTINS FERREIRA	INDIVIDUAL
18	02:30:35	193	191	LAURINDA MARTINS	APÚLIA A CORRER
19	02:33:15	199	179	MARIA COELHO	INDIVIDUAL
20	02:38:42	207	370	LURDES PINHEIRO	INDIVIDUAL
21	02:39:35	209	266	FLOR FERNANDES	VILA VERDE A CORRER
22	02:39:39	211	145	ROSALINA COSTA	M. & COSTAS GRUPO
23	02:40:13	212	290	PAULA RIBEIRO	FAMA RUNNERS
24	02:40:47	213	245	PAULA SILVA	INDIVIDUAL
25	02:41:22	215	379	ADÉLIA LOBO	OLÍMPICO VIANENSE TRAIL
26	02:45:36	216	127	CRISTINA CAMPOS	DEMÓNIOS
27	02:45:41	217	125	CRISTINA NEVES	DEMÓNIOS
28	02:48:18	223	129	CONCEIÇÃO FERREIRA	DEMÓNIOS
29	02:48:25	224	141	DEOLINDA PEREIRA	AIRÓRUN
30	02:48:28	225	310	SILVINA OLIVEIRA	AIRÓRUN
31	02:56:55	230	143	INÊS SILVA	INDIVIDUAL



CLASSIFICAÇÃO EQUIPAS		
Posição	**EQUIPA**	**Tempo 5 Primeiros Elementos**
1	AIRÓRUN	07:48:44
2	TESCO TEAM RUNNING	08:01:45
3	DRAGON CLUB	08:15:32
4	ADECA BEAT	08:28:13
5	MACIEIRA SAUDÁVEL RUNNERS	08:59:43
6	ERMIDAFIT	09:02:21
7	FAMA RUNNERS	10:39:06
8	GANITA SPORTIVE	11:04:51
9	VIDAATIVARUNNERS	11:24:43
10	B'LIFE OUTDOOR TEAM	11:25:52
11	OLÍMPICO VIANENSE TRAIL	11:31:45

EQUIPA MAIS NUMEROSA EM PROVA		
1	AIRÓRUN	16 atletas