



III TRAIL VALE DO ÂNCORA



CLASSIFICAÇÃO GERAL - TRAIL CURTO 15 KM

Posição	Dorsal	Nome	Clube / Equipa	Categoria	P. Categ.	Tempo	Km/h	Dif.
1	584	Marcelo Costa,	AMC TRAIL	SMTC	1	1:19:22.69	11,34	
2	627	Avelino macedo,	Vila Verde a Correr	M40TC	1	1:19:23.87	11,34	0:00:01
3	576	Nuno Castel-Branco,	Olimpico Vianense	SMTC	2	1:21:28.54	11,05	0:02:06
4	631	Joao Martins,	Vila Verde a Correr	SMTC	3	1:24:15.70	10,68	0:04:53
5	568	Filipe Meneses,	Ker Sport Trail Running	SMTC	4	1:25:29.75	10,53	0:06:07
6	593	JOAO AFONSO,	Academia Desportiva Arcos de Valdevez	M40TC	2	1:25:59.89	10,47	0:06:37
7	565	Nils MOTYL,	Union Athlé Perpignan 66	SMTC	5	1:27:21.27	10,30	0:07:58
8	516	JOÃO BARBOSA,	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	M40TC	3	1:28:27.18	10,18	0:09:04
9	553	Carlos Alves,	OADA - Os Amigos da Aventura	SMTC	6	1:28:32.78	10,17	0:09:10
10	594	Óscar Pino Suárez,	Objetivo Trail	SMTC	7	1:28:50.19	10,13	0:09:27
11	543	Artur rocha,	AMC TRAIL	M40TC	4	1:29:10.53	10,09	0:09:48
12	633	Tiago Santos,	Vila Verde a Correr	SMTC	8	1:30:17.89	9,97	0:10:55
13	653	Carlos Loureiro,		M40TC	5	1:32:26.53	9,74	0:13:04
14	544	Paulo Amorim,		SMTC	9	1:32:32.29	9,73	0:13:09
15	608	Paulo Macedo,		SMTC	10	1:32:54.22	9,69	0:13:31
16	559	Sérgio Pereira,	Protek Running	SMTC	11	1:32:56.60	9,68	0:13:34
17	549	António Ribeiro,	OADA - Os Amigos da Aventura	SMTC	12	1:33:27.73	9,63	0:14:05
18	610	Rodrigues,	Vila Verde a correr	SMTC	13	1:35:34.76	9,42	0:16:12
19	639	Luís Magalhães,		SMTC	14	1:35:58.60	9,38	0:16:36
20	512	Manuel Rego,		M40TC	6	1:36:35.43	9,32	0:17:12
21	658	Sem Nome,		SMTC	15	1:37:17.34	9,25	0:17:54
22	657	José Lopes,		M50TC	1	1:37:34.88	9,22	0:18:12
23	615	MAR,	MAR	M40TC	7	1:38:12.76	9,16	0:18:50
24	616	Jomi,	Jomi	M50TC	2	1:39:10.10	9,08	0:19:47
25	586	Nuno Felgueiras,	Team Workout 48/CAM	SMTC	16	1:39:32.52	9,04	0:20:10
26	592	Pedro Gonçalves,	GTRunners	M40TC	8	1:39:57.10	9,00	0:20:34
27	660	André Maia,		SMTC	17	1:40:41.13	8,94	0:21:18
28	517	ANDRE SILVA,	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	SMTC	18	1:41:15.21	8,89	0:21:52
29	632	Ricardo Fernandes,	Vila Verde a Correr	M40TC	9	1:41:32.22	8,86	0:22:09
30	555	José Gonçalves,	OADA - Os Amigos da Aventura	M40TC	10	1:43:26.77	8,70	0:24:04
31	572	Carlos Nogueira,		M40TC	11	1:43:35.55	8,69	0:24:13
32	500	Anabela Fernandes,		SFTC	1	1:44:06.72	8,65	0:24:44
33	546	Raul Curva,		M40TC	12	1:44:40.20	8,60	0:25:17
34	638	Henrique Alves,	Vilar de Mouros	M40TC	13	1:45:34.63	8,53	0:26:12
35	550	Carlos Oliveira,	OADA - Os Amigos da Aventura	M40TC	14	1:45:45.65	8,51	0:26:23
36	642	Sem Nome,		SMTC	19	1:48:11.52	8,32	0:28:49
37	504	Filipe Alves,	Desnivel Positivo	M40TC	15	1:50:39.08	8,13	0:31:16
38	558	Ricardo Pais,	Protek Running	SMTC	20	1:50:39.27	8,13	0:31:16
39	536	Joana Barros,	Team Workout 48/CAM	SFTC	2	1:50:41.72	8,13	0:31:19
40	566	Patrick MOTYL,	CAP ou pas CAP ?	M50TC	3	1:50:46.47	8,13	0:31:23
41	596	Augusta Rodrigues,	MAR	F40TC	1	1:52:44.42	7,98	0:33:21
42	623	Hugo Martins,	Vila Verde a Correr	SMTC	21	1:52:49.63	7,98	0:33:27

III TRAIL VALE DO ÂNCORA
Classificação Trail Curto

04-08-2019
Vile - Caminha
Associação Social Cultural e Desportiva de Vile

43	509	Agostinho Novais,		M40TC	16	1:52:59.72	7,97	0:33:37
44	508	Eduardo Martins,	AMC Trail	M40TC	17	1:53:14.97	7,95	0:33:52
45	562	Silvério Pereira,	Protek Running	M40TC	18	1:53:27.36	7,93	0:34:04
46	532	Elisabete Ministro,	Palmeira Runners	F40TC	2	1:53:28.20	7,93	0:34:05
47	515	Fernando Sousa,	Individual	M50TC	4	1:53:31.99	7,93	0:34:09
48	505	Frutuoso Sousa,	AMC TRAIL	SMTC	22	1:53:55.50	7,90	0:34:33
49	621	Marco Barros,	ASCD Vile	SMTC	23	1:53:57.07	7,90	0:34:34
50	542	Florinda Fernandes,	Team Workout 48 / CAM	F40TC	3	1:54:03.61	7,89	0:34:41
51	510	Manuel Vale,		M40TC	19	1:54:28.59	7,86	0:35:06
52	545	Luis Maia,		SMTC	24	1:55:15.90	7,81	0:35:53
53	567	Jorge Pinto,		M40TC	20	1:55:27.64	7,80	0:36:05
54	595	Noemy,	Ultra Life Team	SFTC	3	1:56:26.17	7,73	0:37:03
55	644	Sem Nome,		SMTC	25	1:56:27.33	7,73	0:37:04
56	597	TITO,		M40TC	21	1:57:51.34	7,64	0:38:28
57	643	Sem Nome,		SMTC	26	1:57:57.83	7,63	0:38:35
58	548	Henrique Gonçalves,	OADA - Os Amigos da Aventura	SMTC	27	1:58:14.45	7,61	0:38:51
59	551	Alexandre Areias,	OADA - Os Amigos da Aventura	SMTC	28	1:58:27.32	7,60	0:39:04
60	520	Bruno Leite,	Vila do Conde	SMTC	29	1:58:48.48	7,58	0:39:25
61	587	Carlos Vale,	Vilachotos Trail	M40TC	22	1:59:19.43	7,54	0:39:56
62	564	Luis Coelho,	Protek Running	M40TC	23	1:59:24.13	7,54	0:40:01
63	640	Tiago Pinheiro,		SMTC	30	1:59:56.56	7,50	0:40:34
64	501	Paulo Bastos,		M40TC	24	2:01:09.70	7,43	0:41:47
65	535	Rosa,	TOP TOP RUNNERS	F50TC	1	2:03:21.22	7,30	0:43:58
66	534	Fernando Silva Vaz,	TOP TOP RUNNERS	M50TC	5	2:03:21.53	7,30	0:43:59
67	625	Marco Sousa,	Ancora	SFTC	4	2:03:27.92	7,29	0:44:05
68	531	João Ministro,	Palmeira Runners	M50TC	6	2:03:33.53	7,28	0:44:11
69	654	Fabiola Salgado,		SFTC	5	2:04:05.99	7,25	0:44:43
70	652	Roberto Salgado,		M40TC	25	2:04:09.05	7,25	0:44:46
71	630	Paula Sousa,	Vila Verde a Correr	F40TC	4	2:04:11.39	7,25	0:44:48
72	626	Aldo Mota,	Vila Verde a Correr	M40TC	26	2:04:13.27	7,25	0:44:50
73	629	Pedro Pinheiro,	Vila Verde a Correr	M40TC	27	2:04:16.47	7,24	0:44:53
74	614	Rocio Rey,	Objetivo Trail	SFTC	6	2:04:22.32	7,24	0:44:59
75	579	Leandro veiga,	AMC TRAIL	SMTC	31	2:06:39.56	7,11	0:47:17
76	585	Marino,		SMTC	32	2:06:41.46	7,10	0:47:18
77	583	Chinês,		SMTC	33	2:06:46.19	7,10	0:47:23
78	582	Beni,		SMTC	34	2:06:46.92	7,10	0:47:24
79	525	Marta Dias,	Melgaço Alvarinho Trail Team	SFTC	7	2:08:20.02	7,01	0:48:57
80	556	Cristiano Pinto,	valença	SMTC	35	2:08:33.63	7,00	0:49:11
81	528	Rafa,	Mais Monte	M50TC	7	2:08:45.94	6,99	0:49:23
82	529	Sole,	Mais Monte	SFTC	8	2:08:47.38	6,99	0:49:24
83	613	Ludovico Franco,	Team Pikoka	M40TC	28	2:09:07.81	6,97	0:49:45
84	540	José Mendes,	ADOSA - OS SANTA APOLONIA	M40TC	29	2:11:04.67	6,87	0:51:42
85	573	Amândia Alves,		F40TC	5	2:12:16.96	6,80	0:52:54
86	628	Peles,	Vila Verde a Correr	SMTC	36	2:12:18.33	6,80	0:52:55
87	527	Fernando,	Mais Monte	M50TC	8	2:13:44.98	6,73	0:54:22
88	636	Francisco,	Vila Verde a Correr	SMTC	37	2:13:50.80	6,72	0:54:28
89	575	Catarina Amorim,		SFTC	9	2:15:22.38	6,65	0:55:59

III TRAIL VALE DO ÂNCORA
Classificação Trail Curto

04-08-2019
Vile - Caminha
Associação Social Cultural e Desportiva de Vile

90	655	Angelo Barbosa,		SMTC	38	2:15:23.44	6,65	0:56:00
91	604	Sergio Fernandes,	Aveiro	SMTC	39	2:16:17.50	6,60	0:56:55
92	607	Sergio Fernandes,	Aveiro	SMTC	40	2:16:20.38	6,60	0:56:57
93	637	Jose Viana,	Vilar de Mouros	SMTC	41	2:16:23.08	6,60	0:57:00
94	612	Monia Ribeiro,	GTT ARMAZÉM DO CAFFÈ	SFTC	10	2:17:11.75	6,56	0:57:49
95	591	Jaime Silva,	Vilachotos Trail	M40TC	30	2:17:14.07	6,56	0:57:51
96	590	Patrícia Lemos,	Vilachotos Trail	SFTC	11	2:17:14.91	6,56	0:57:52
97	589	José Ribeiro,	Vilachotos Trail	SMTC	42	2:17:16.82	6,56	0:57:54
98	588	João Amorim,	Vilachotos Trail	SMTC	43	2:17:18.93	6,55	0:57:56
99	656	Telmo Dias,		SMTC	44	2:19:27.25	6,45	1:00:04
100	622	Ricardo Costa,	HabCarpintaria	SMTC	45	2:19:41.03	6,44	1:00:18
101	526	Elson,	HABcarpintaria	SMTC	46	2:19:43.54	6,44	1:00:21
102	634	Tiago Lopes,	Vila Verde a Correr	SMTC	47	2:20:50.56	6,39	1:01:28
103	659	David Azevedo,		M40TC	31	2:21:33.06	6,36	1:02:10
104	552	Xavier Areias,	OADA - Os Amigos da Aventura	SMTC	48	2:21:53.95	6,34	1:02:31
105	561	Anabela Gonçalves,	Protek Running	F40TC	6	2:23:37.92	6,27	1:04:15
106	578	Isabel Domingues,	LEBRES MINHOTAS	F40TC	7	2:24:54.83	6,21	1:05:32
107	574	Augusta Martins,	Acra Running	F40TC	8	2:26:06.35	6,16	1:06:43
108	611	Elisia Gonçalves,	Desnivel positivo	F40TC	9	2:27:01.01	6,12	1:07:38
109	577	Mónica Domingues,	LEBRES MINHOTAS	SFTC	12	2:27:11.16	6,11	1:07:48
110	602	Manuel Freire,	Clube Trilheiros & Amigos	M40TC	32	2:30:03.35	6,00	1:10:40
111	603	Becas,	Clube Trilheiros & Amigos	M40TC	33	2:30:03.63	6,00	1:10:41
112	554	Vera Domingues,	OADA - Os Amigos da Aventura	SMTC	49	2:31:12.78	5,95	1:11:50
113	601	Paulo Cerqueira,	Afifense Trail	M40TC	34	2:32:02.20	5,92	1:12:39
114	570	Frederico Rangel,	Rangel Inc	M40TC	35	2:32:25.29	5,90	1:13:02
115	563	Paula Silva,	Protek Running	F40TC	10	2:34:09.69	5,84	1:14:47
116	537	Luis Pereira,	Trofa team	SMTC	50	2:34:34.59	5,82	1:15:12
117	606	Sergio Fernandes,	Aveiro	SMTC	51	2:34:38.83	5,82	1:15:16
118	538	Sara Ferreira,	Trofa Team	SFTC	13	2:34:42.09	5,82	1:15:19
119	519	José Fonseca,	Braguinhas Runners	M50TC	9	2:35:34.81	5,79	1:16:12
120	533	Aurora Silva,	Braguinhas Runners	F40TC	11	2:35:36.37	5,78	1:16:13
121	569	Rodolfo Rangel,	Rangel Inc	SMTC	52	2:35:56.00	5,77	1:16:33
122	503	Joaquim Ribeiro,	Viana do Castelo	M40TC	36	2:36:57.38	5,73	1:17:34
123	624	ANA RITA COSTA DA SILVA,	Ancora	SFTC	14	2:38:34.01	5,68	1:19:11
124	513	Filipe Lourenço,	MinhoAventura	M40TC	37	2:39:21.57	5,65	1:19:59
125	530	Manuel Peixoto,		M40TC	38	2:39:28.53	5,64	1:20:06
126	518	Antonio Regueira,		M40TC	39	2:40:56.95	5,59	1:21:34
127	635	Rafa Pinheiro,	Vila Verde a Correr	SMTC	53	2:54:15.27	5,16	1:34:52
128	600	João cerqueira,	Afifense Trail	SMTC	54	2:54:15.99	5,16	1:34:53
129	641	Sergio Fernandes,	Aveiro	SFTC	15	2:54:18.88	5,16	1:34:56
130	571	Gustavo Rangel,	Rangel Inc	SMTC	55	2:56:03.22	5,11	1:36:40
131	507	Sofia Oliveira,		F40TC	12	3:01:19.85	4,96	1:41:57
132	547	Ligia Fernandes,	EDV Viana Trail	F40TC	13	3:01:24.87	4,96	1:42:02
133	506	Rosa Oliveira,		F40TC	14	3:01:57.54	4,95	1:42:35
134	560	Nátália Pereira,	Protek Running	SFTC	16	3:06:23.16	4,83	1:47:00
135	609	Sílvia Barros,		SFTC	17	3:13:42.03	4,65	1:54:19
136	598	Lurdes Ramos,	Afifense Trail	F40TC	15	3:13:43.20	4,65	1:54:20

III TRAIL VALE DO ÂNCORA
Classificação Trail Curto

04-08-2019
Vile - Caminha
Associação Social Cultural e Desportiva de Vile

137	599	Carina,	Afifense Trail	F40TC	16	3:13:43.21	4,65	1:54:20
138	541	Andreia Vieira,	Boavista Trail	F40TC	17	3:38:16.00	4,12	2:18:53
139	618	Pedro Costa,	Academia Desportiva de Arcos de Valdevez	M40TC	40	3:54:49.19	3,83	2:35:26
140	617	Carlos Dias,	Academia Desportiva de Arcos de Valdevez	SMTC	56	3:55:00.67	3,83	2:35:38