

Trail Serras de Fafe - Aboim

Aboim

12 de Abril de 2015

Organização:

Run4fun



Classificação Geral Feminina Trail Curto 13,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	T/Km.	Dif.
1	534	Catarino, Fatima	ONESOUL CROSSFIT	SENF13	1	1:21:45.12	6:17	
2	727	Pereira, Merceana	Individual	SENF13	2	1:33:19.33	7:11	0:11:34
3	540	Lima, Flávia	Ginásio Pura Forma	SENF13	3	1:38:26.43	7:34	0:16:41
4	617	Freitas, Tânia	Pura Forma Felgueiras	SENF13	4	1:38:26.50	7:34	0:16:42
5	582	Moreira, Mónica	NAST	F40_13	1	1:39:57.45	7:41	0:18:12
6	527	Santos, Diana	ONESOUL CROSSFIT	SENF13	5	1:43:50.31	7:59	0:22:05
7	536	Oliveira, Fátima	OneSoul CrossFit	SENF13	6	1:50:46.09	8:31	0:29:01
8	723	Monteiro, Maria	Individual	SENF13	7	1:54:46.40	8:50	0:33:01
9	543	Teixeira, Georgina	RED LINE	SENF13	8	1:56:37.62	8:58	0:34:53
10	840	Silva, Rosa	Individual	F40_13	2	1:57:54.35	9:04	0:36:09
11	566	Silva, Juliana	FISIOJOANE	SENF13	9	2:00:52.01	9:18	0:39:07
12	549	Freitas, Isabel	Saturday's Running	F40_13	3	2:01:13.53	9:20	0:39:29
13	554	Rego, Joana	Team Prozis	SENF13	10	2:01:14.91	9:20	0:39:30
14	734	Marinho, Catarina		SENF13	11	2:02:41.17	9:26	0:40:56
15	733	Marinho, Sara		SENF13	12	2:03:04.99	9:28	0:41:20
16	611	Leite, Sara	ginásio Pura Forma	SENF13	13	2:05:14.03	9:38	0:43:29
17	589	Silva, Patrícia	Ginásio Pura Forma	SENF13	14	2:05:50.42	9:41	0:44:05
18	578	LEITE, MARIANA	PURA FORMA - FELGUI	SENF13	15	2:06:30.91	9:44	0:44:46
19	511	Freitas, Aurélie	Saturday's Running	SENF13	16	2:06:46.65	9:45	0:45:02
20	531	Costa, Elisabete	Saturday's Running	F40_13	4	2:06:47.88	9:45	0:45:03
21	530	Costa, Elisabete	Costa Sousa	F40_13	5	2:07:11.06	9:47	0:45:26
22	500	Carvalho, Adriana	FISIOJOANE	SENF13	17	2:07:28.37	9:48	0:45:43
23	579	Peixoto, Marta	Individual	SENF13	18	2:07:29.74	9:48	0:45:45
24	616	Pereira, Sonia	Individual	SENF13	19	2:09:21.21	9:57	0:47:36
25	583	Caridade, Neuza	Edv Viana trail	SENF13	20	2:13:33.49	10:16	0:51:48
26	532	Teixeira, Elisabete	batidinhos team	SENF13	21	2:15:17.72	10:24	0:53:33
27	520	MACEDO, CATARINA	RED LINE	SENF13	22	2:15:32.86	10:26	0:53:48
28	504	ALVES, ANABELA	RED LINE	SENF13	23	2:15:36.04	10:26	0:53:51
29	574	Gonçalve, Manuela	NUM CORRAS NÃO	SENF13	24	2:16:55.75	10:32	0:55:11
30	502	PAIVA, ANA	Já tive dias melhores	F40_13	6	2:19:34.57	10:44	0:57:50
31	610	Freitas, Sandrine	Saturday's Running	SENF13	25	2:22:14.93	10:57	1:00:30
32	568	Curvo, Lilian	Saturday's Running	SENF13	26	2:22:22.25	10:57	1:00:37
33	515	Teixeira, Carla	GINÁSIO PURA FORMA	SENF13	27	2:22:45.17	10:59	1:01:00
34	553	Lopes, Joana	ginásio Pura Forma	SENF13	28	2:23:05.78	11:00	1:01:21
35	550	ribeiro, isabel	Individual	F40_13	7	2:27:56.41	11:23	1:06:11
36	552	FERNANDES, JOANA	Já tive dias melhores	F40_13	8	2:28:26.04	11:25	1:06:41
37	588	Guimarães, Patrícia	Saturday's Running	SENF13	29	2:28:32.07	11:26	1:06:47
38	567	Queiroz, Adelaide	Saturday's Running	F40_13	9	2:36:06.77	12:01	1:14:22
39	577	Lopes, Maria	Individual	SENF13	30	2:40:51.45	12:22	1:19:06
40	514	Andrade, Carla	Individual	SENF13	31	2:40:57.64	12:23	1:19:13
41	503	Torres, Ana	ONESOUL CROSSFIT	SENF13	32	2:46:40.03	12:49	1:24:55
42	609	Rodrigues, Sandra	ONESOUL CROSSFIT	F40_13	10	2:47:11.19	12:52	1:25:26
43	526	Silva, Daniela	Team Prozis	SENF13	33	2:49:27.83	13:02	1:27:43
44	524	Antas, Cristiana	Team Prozis	SENF13	34	2:49:36.49	13:03	1:27:51
45	608	Amorim, Sandra	Individual	F40_13	11	2:55:35.03	13:30	1:33:50

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Classificação Geral Masculina Trail Curto 13,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	T/Km.	Dif.
1	537	Gonçalves, Fernando	Individual	M40_13	1	1:12:59.20	5:37	
2	573	Lopes, Maciel	Individual	SENM13	1	1:16:28.84	5:53	0:03:30
3	587	Correia, Orlando	Individual	M40_13	2	1:16:36.16	5:54	0:03:37
4	522	Fernandes, César	Individual	SENM13	2	1:17:38.83	5:58	0:04:40
5	544	Oliveira, Hélder	FISIOJOANE	SENM13	3	1:17:42.72	5:59	0:04:44
6	501	Seca, Albano	Individual	M40_13	3	1:17:59.85	6:00	0:05:01
7	575	Ferreira, Marco	RED LINE	SENM13	4	1:20:29.90	6:12	0:07:31
8	613	Mendes, Sérgio	Sociedade Recreio Capanense	SENM13	5	1:20:32.10	6:12	0:07:33
9	558	Lopes, João	Sociedade Recreio Capanense	M40_13	4	1:20:41.93	6:12	0:07:43
10	572	Vilela, Luís	Sociedade Recreio Capanense	M50_13	1	1:20:43.21	6:13	0:07:44
11	584	Lapeira, Nuno	Sociedade Recreio Capanense	M40_13	5	1:21:46.09	6:17	0:08:47
12	517	Castro, Carlos	mais ATLETA	M40_13	6	1:22:14.80	6:20	0:09:16
13	604	Faria, Rui	TALUDOS PÁ	SENM13	6	1:22:28.66	6:21	0:09:30
14	561	Coelho, Jorge	Ginásio Pura Forma	SENM13	7	1:23:12.80	6:24	0:10:14
15	728	Lourenço, Miguel	Individual	SENM13	8	1:23:57.69	6:28	0:10:59
16	546	Moreno, Hugo	Sociedade Recreio Capanense	M40_13	7	1:24:43.23	6:31	0:11:44
17	571	Pacheco, Luís	Sociedade Recreio Capanense	SENM13	9	1:24:44.27	6:31	0:11:45
18	618	Correia, Tiago	ONESOUL CROSSFIT	SENM13	10	1:27:13.72	6:43	0:14:15
19	730	Castro, Jorge	Sociedade Recreio Capanense	SENM13	11	1:27:26.04	6:44	0:14:27
20	538	Pereira, Fernando	Individual	SENM13	12	1:27:46.38	6:45	0:14:47
21	557	Lázaro, João	Boccasballs	M40_13	8	1:27:55.69	6:46	0:14:57
22	598	Aires, Ricardo	Fridão Sem Limites	SENM13	13	1:28:11.77	6:47	0:15:13
23	518	Reis, Carlos	Individual	SENM13	14	1:30:02.37	6:56	0:17:03
24	508	Mendes, António	Sociedade Recreio Capanense	M40_13	9	1:30:04.59	6:56	0:17:06
25	551	martinho, jaime	Individual	SENM13	15	1:30:06.37	6:56	0:17:07
26	560	Maia, Jonas	Individual	SENM13	16	1:30:07.26	6:56	0:17:08
27	831	Costa, Miguel	Individual	SENM13	17	1:32:49.58	7:08	0:19:51
28	597	Moreira, Pedro	Individual	SENM13	18	1:33:21.50	7:11	0:20:23
29	601	Figueiredo, Romão	ONESOUL CROSSFIT	SENM13	19	1:34:55.70	7:18	0:21:57
30	581	CT, Miguel	Individual	SENM13	20	1:35:27.47	7:21	0:22:28
31	591	Dias, Paulo	Team Prozis	SENM13	21	1:35:57.32	7:23	0:22:58
32	585	Moura, Nuno	Individual	SENM13	22	1:38:12.71	7:33	0:25:14
33	602	Costa, Rui	Individual	SENM13	23	1:40:14.20	7:43	0:27:15
34	605	Franco, Rui	ONESOUL CROSSFIT	M40_13	10	1:40:29.17	7:44	0:27:30
35	533	Teixeira, Fabio	Individual	SENM13	24	1:42:42.72	7:54	0:29:44
36	565	Sousa, José	Red Line	SENM13	25	1:42:49.06	7:55	0:29:50
37	559	Oliveira, João	Sociedade Recreio Capanense	SENM13	26	1:42:50.00	7:55	0:29:51
38	562	AMORIM, JOSE	RED LINE	SENM13	27	1:43:39.94	7:58	0:30:41
39	547	Pereira, Hugo	ONESOUL CROSSFIT	SENM13	28	1:43:50.63	7:59	0:30:52
40	506	Buffon, André	Taludos Pá	SENM13	29	1:44:29.37	8:02	0:31:30
41	620	Almeida, Marco	Individual	SENM13	30	1:44:57.23	8:04	0:31:58
42	516	Barbosa, Carlos	Individual	M40_13	11	1:45:49.90	8:08	0:32:51
43	724	Martins, Armando	Individual	SENM13	31	1:46:04.09	8:10	0:33:05
44	545	Magalhães, Hugo	Associação Desportiva de Mira	SENM13	32	1:54:26.84	8:48	0:41:28
45	569	Antunes, Luís	Associação Desportiva de Mira	SENM13	33	1:54:27.60	8:48	0:41:29

46	731 Marques, Carlos	Individual	SENM13	34	1:54:41.57	8:49	0:41:43
47	600 Vale, Ricardo	Individual	SENM13	35	1:54:49.61	8:50	0:41:51
48	596 MACEDO, PEDRO	RED LINE	SENM13	36	1:56:37.13	8:58	0:43:38
49	556 Costa, João	Individual	M50_13	2	1:57:53.85	9:04	0:44:55
50	599 Lázaro, Ricardo	Boccasballs	SENM13	37	2:00:52.95	9:18	0:47:54
51	725 Matos, Bruno	Individual	SENM13	38	2:01:14.18	9:20	0:48:15
52	510 MOREIRA, ARTUR	Já tive dias melhores	M40_13	12	2:01:15.12	9:20	0:48:16
53	529 Silva, Eliandro	Individual	SENM13	39	2:02:14.71	9:24	0:49:16
54	509 Pires, António	Ginásio Pura Forma	SENM13	40	2:05:50.41	9:41	0:52:51
55	607 Sousa, Rui	Costa Sousa	M40_13	13	2:07:20.55	9:48	0:54:22
56	594 PEIXOTO, PAULO	Já tive dias melhores	M40_13	14	2:07:21.17	9:48	0:54:22
57	542 Monteiro, Frederico	Individual	SENM13	41	2:09:13.16	9:56	0:56:14
58	580 Rolo, Michel	Individual	SENM13	42	2:14:16.09	10:20	1:01:17
59	521 Sampaio, Cedrico	batidinhos team	SENM13	43	2:15:08.88	10:24	1:02:10
60	595 Pinto, Paulo	NUM CORRAS NÃO	M40_13	15	2:16:48.64	10:31	1:03:50
61	539 Oliveira, Filipe	NUM CORRAS NÃO	SENM13	44	2:16:51.05	10:32	1:03:52
62	563 MAGALHAES, JOSE	Já tive dias melhores	M50_13	3	2:19:34.53	10:44	1:06:36
63	612 Ferreira, Sergio	Individual	SENM13	45	2:24:14.57	11:06	1:11:16
64	541 Silva, Francisco	Individual	SENM13	46	2:24:14.97	11:06	1:11:16
65	525 Silva, Cristiano	Ninja Team	SENM13	47	2:35:54.28	12:00	1:22:55
66	570 Cardoso, Luis	Ninja Team	SENM13	48	2:35:54.59	12:00	1:22:56
67	593 Gonçalves, Paulo		SENM13	49	2:36:22.45	12:02	1:23:23
68	513 Rodrigues, Bruno	Individual	SENM13	50	2:40:55.86	12:23	1:27:57
69	528 Silva, Domingos	Individual	SENM13	51	2:40:55.50	12:23	1:27:57
70	592 Gonçalves, Paulo	Individual	SENM13	52	2:40:56.88	12:23	1:27:58
71	564 Prego, José	ONESOUL CROSSFIT	M40_13	16	2:47:11.10	12:52	1:34:12
72	615 Rodrigues, Sérgio	Team Prozis	SENM13	53	2:48:49.47	12:59	1:35:50
73	603 Cunha, Rui	Team Prozis	SENM13	54	2:49:16.67	13:01	1:36:18
74	519 Taipina, Carlos	Team Prozis	M40_13	17	2:49:32.22	13:02	1:36:33