

# 13K - Trail do Gavião

## Classificação Geral

| Pos | Dorsal | Nome              | Equipa                                      | Sexo  | Type        | Tempo       | T/Km  | Km/h    | Cat/Pos   |
|-----|--------|-------------------|---------------------------------------------|-------|-------------|-------------|-------|---------|-----------|
| 1   | 1142   | PAULO PERNES      | ASSOCIAÇÃO DESPORTIVA DE CASTELO DE VIDE    | M: 1  | Trail Curto | 01:11:29.08 | 05:29 | 10.9kph | MSEN: 1   |
| 2   | 1331   | PAULO FERREIRA    | CLUBE SEM                                   | M: 2  | Trail Curto | 01:13:14.75 | 05:38 | 10.6kph | MSEN: 2   |
| 3   | 1311   | DIONÍSIO MASSENA  | ASSOCIAÇÃO DESPORTIVA DE CASTELO DE VIDE    | M: 3  | Trail Curto | 01:16:49.74 | 05:54 | 10.2kph | M45: 1    |
| 4   | 1212   | JOÃO PAULINO      | SPORT ARRONCHES E BENFICA                   | M: 4  | Trail Curto | 01:17:41.84 | 05:58 | 10.0kph | MJUN: 1   |
| 5   | 1143   | NUNO MARIQUITO    | ASSOCIAÇÃO DESPORTIVA DE CASTELO DE VIDE    | M: 5  | Trail Curto | 01:18:30.27 | 06:02 | 9.9kph  | MSEN: 3   |
| 6   | 1233   | LUIS RODRIGUES    | ACPORTALEGRE/UTSM                           | M: 6  | Trail Curto | 01:19:57.88 | 06:09 | 9.8kph  | M45: 2    |
| 7   | 1078   | JOÃO RIBEIRO      | SPORT ARRONCHES E BENFICA                   | M: 7  | Trail Curto | 01:21:13.43 | 06:14 | 9.6kph  | M40: 1    |
| 8   | 1023   | JOSÉ FELIZARDO    | OS TRINCA ESPINHAS                          | M: 8  | Trail Curto | 01:23:11.51 | 06:23 | 9.4kph  | M50: 1    |
| 9   | 1301   | VITOR RODRIGUES   | CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE   | M: 9  | Trail Curto | 01:25:10.94 | 06:33 | 9.2kph  | MSEN: 4   |
| 10  | 1013   | JOSE RIBEIRO      | CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE   | M: 10 | Trail Curto | 01:25:27.57 | 06:34 | 9.1kph  | M40: 2    |
| 11  | 1165   | ANTÓNIO NOVA      | ACPORTALEGRE/UTSM                           | M: 11 | Trail Curto | 01:26:03.16 | 06:37 | 9.1kph  | M50: 2    |
| 12  | 1262   | JOSE SILVA        | CASA DO BENFICA EM ABRANTES                 | M: 12 | Trail Curto | 01:26:29.44 | 06:39 | 9.0kph  | M55: 1    |
| 13  | 1136   | JOÃO GARÇAO       | SPORT ARRONCHES E BENFICA                   | M: 13 | Trail Curto | 01:26:30.37 | 06:39 | 9.0kph  | MSEN: 5   |
| 14  | 1332   | RUI BATISTA       | CPCD SENTIEIRAS                             | M: 14 | Trail Curto | 01:26:43.64 | 06:40 | 9.0kph  | M45: 3    |
| 15  | 1335   | ARSÉNIO FERNANDES | ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL   | M: 15 | Trail Curto | 01:27:24.49 | 06:43 | 8.9kph  | M60: 1    |
| 16  | 1075   | GONÇALO HEITOR    | INDIVIDUAL                                  | M: 16 | Trail Curto | 01:27:39.97 | 06:44 | 8.9kph  | MSEN: 6   |
| 17  | 1240   | MÁRIO RAMOS       | PENHA STRAILTEAM                            | M: 17 | Trail Curto | 01:28:06.54 | 06:46 | 8.9kph  | MSEN: 7   |
| 18  | 1026   | ARMINDO RODRIGUES | RETIRO DAS ADEGAS / CHURRASQUEIRA DA QUINTA | M: 18 | Trail Curto | 01:28:17.43 | 06:47 | 8.8kph  | M40: 3    |
| 19  | 1055   | RUI BRITO         | MBT-MONFORTE BIKE RUN TEAM                  | M: 19 | Trail Curto | 01:28:36.42 | 06:48 | 8.8kph  | M40: 4    |
| 20  | 1286   | NELSON CHAGAS     | BTTSOR                                      | M: 20 | Trail Curto | 01:28:51.25 | 06:50 | 8.8kph  | MSEN: 8   |
| 21  | 1077   | LUIS SALGUEIRO    | OS TRINCA ESPINHAS                          | M: 21 | Trail Curto | 01:30:42.18 | 06:58 | 8.6kph  | M45: 4    |
| 22  | 1260   | ANTÓNIO CALHA     | ASSOCIAÇÃO DESPORTIVA DE CASTELO DE VIDE    | M: 22 | Trail Curto | 01:30:57.35 | 06:59 | 8.6kph  | M40: 5    |
| 23  | 1170   | RUI VARANDAS      | SPORT ARRONCHES E BENFICA                   | M: 23 | Trail Curto | 01:31:18.39 | 07:01 | 8.5kph  | MSEN: 9   |
| 24  | 1020   | BRUNO SILVA       | NEXTGREEN RACING TEAM                       | M: 24 | Trail Curto | 01:31:23.16 | 07:01 | 8.5kph  | MSEN: 10  |
| 25  | 1197   | PEDRO VAZ         | GRUPO DESPORTIVO ARENENSE                   | M: 25 | Trail Curto | 01:31:27.21 | 07:02 | 8.5kph  | MSEN: 11  |
| 26  | 1275   | NELSON AGUIAR     | SFLUR / VIVER ALMONDA                       | M: 26 | Trail Curto | 01:32:11.49 | 07:05 | 8.5kph  | M40: 6    |
| 27  | 1241   | PEDRO VALÉRIO     | INDIVIDUAL                                  | M: 27 | Trail Curto | 01:32:19.93 | 07:06 | 8.4kph  | MSEN: 12  |
| 28  | 1157   | CARLOS OURO       | CEX                                         | M: 28 | Trail Curto | 01:32:31.19 | 07:07 | 8.4kph  | M40: 7    |
| 29  | 23     | RUI PERDIGÃO      | C.A.S.P.A. - CLUBE AMADOR SÓ PARA ATLETISMO | M: 29 | Trail Curto | 01:33:32.54 | 07:11 | 8.3kph  | M50: 3    |
| 30  | 1321   | RUI DIAS          | BARQUINHA RUNNING TEAM                      | M: 30 | Trail Curto | 01:34:48.20 | 07:17 | 8.2kph  | M45: 5    |
| 31  | 1164   | TOME PERPETUA     | INDIVIDUAL                                  | M: 31 | Trail Curto | 01:35:02.08 | 07:18 | 8.2kph  | M50: 4    |
| 32  | 1195   | TIAGO FERNANDES   | LEBRES DO RIBATEJO TRAIL TEAM               | M: 32 | Trail Curto | 01:35:22.25 | 07:20 | 8.2kph  | MSEN: 13  |
| 33  | 1220   | JOÃO TURÍBIA      | ASSOCIAÇÃO DESPORTIVA DE CASTELO DE VIDE    | M: 33 | Trail Curto | 01:35:22.46 | 07:20 | 8.2kph  | MSUB23: 1 |
| 34  | 1059   | JOSÉ DUARTE       | OS MATRECOS                                 | M: 34 | Trail Curto | 01:35:49.98 | 07:22 | 8.1kph  | M55: 2    |
| 35  | 1124   | IVAN MARQUES      | GJM                                         | M: 35 | Trail Curto | 01:36:12.08 | 07:24 | 8.1kph  | MSUB23: 2 |
| 36  | 1313   | PEDRO RITO        | INDIVIDUAL                                  | M: 36 | Trail Curto | 01:37:20.82 | 07:29 | 8.0kph  | M45: 6    |
| 37  | 1323   | MÁRIO SANTOS      | BARQUINHA RUNNING TEAM                      | M: 37 | Trail Curto | 01:37:22.32 | 07:29 | 8.0kph  | MSEN: 14  |
| 38  | 75     | NELSON BERNARDINO | INDIVIDUAL                                  | M: 38 | Trail Curto | 01:37:41.69 | 07:30 | 8.0kph  | MSEN: 15  |
| 39  | 1239   | JORGE BONACHO     | PENHA STRAILTEAM                            | M: 39 | Trail Curto | 01:37:42.66 | 07:30 | 8.0kph  | MSEN: 16  |
| 40  | 1019   | TIAGO BRAGANÇA    | INDIVIDUAL                                  | M: 40 | Trail Curto | 01:37:47.82 | 07:31 | 8.0kph  | MSEN: 17  |
| 41  | 1290   | EDGAR CONCEIÇÃO   | CBRUNNING TEAM                              | M: 41 | Trail Curto | 01:38:35.29 | 07:35 | 7.9kph  | M40: 8    |
| 42  | 1322   | JOÃO NEVES        | ASSOCIAÇÃO DESPORTIVA DE CASTELO DE VIDE    | M: 42 | Trail Curto | 01:38:46.41 | 07:35 | 7.9kph  | MJUV: 1   |
| 43  | 1110   | CARLA FERNANDES   | CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE   | F: 1  | Trail Curto | 01:38:53.53 | 07:36 | 7.9kph  | F40: 1    |
| 44  | 1274   | LUÍS FERREIRA     | ACTIB - ÁGUEDA ACTION CLUB                  | M: 43 | Trail Curto | 01:38:54.88 | 07:36 | 7.9kph  | MSEN: 18  |
| 45  | 1229   | JOAQUIM PAIXÃO    | PAIXAO TRAIL TEAM                           | M: 44 | Trail Curto | 01:39:28.14 | 07:39 | 7.8kph  | MSEN: 19  |
| 46  | 1336   | LÍGIA COELHO      | ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL   | F: 2  | Trail Curto | 01:39:42.66 | 07:40 | 7.8kph  | F45: 1    |
| 47  | 1187   | EDUARDO RUA       | CEX                                         | M: 45 | Trail Curto | 01:39:48.63 | 07:40 | 7.8kph  | MSEN: 20  |
| 48  | 1122   | RAPHAEL SILVEIRO  | INDIVIDUAL                                  | M: 46 | Trail Curto | 01:39:54.07 | 07:41 | 7.8kph  | MSEN: 21  |

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|-----|--------|-------------------|-------------------------------------------|-------|-------------|-------------|-------|--------|----------|
| 49  | 1334   | BENTO SEMEDO      | A2EL PUBLICIDADE - NISA                   | M: 47 | Trail Curto | 01:39:59.89 | 07:41 | 7.8kph | M55: 3   |
| 50  | 1246   | IZALDO BARATA     | ALLCAINS RUN                              | M: 48 | Trail Curto | 01:40:04.27 | 07:41 | 7.8kph | M45: 7   |
| 51  | 1243   | DORA RICARDO      | OS TRINCA ESPINHAS                        | F: 3  | Trail Curto | 01:40:28.34 | 07:43 | 7.8kph | FSEN: 1  |
| 52  | 1317   | ANTÓNIO FERREIRA  | INDIVIDUAL                                | M: 49 | Trail Curto | 01:41:21.21 | 07:47 | 7.7kph | MSEN: 22 |
| 53  | 1333   | SÉRGIO ROQUE      | ACDG                                      | M: 50 | Trail Curto | 01:41:24.34 | 07:48 | 7.7kph | M40: 9   |
| 54  | 1277   | JOÃO EDRAL        | PENHASTRILTEAM                            | M: 51 | Trail Curto | 01:41:54.85 | 07:50 | 7.7kph | MSEN: 23 |
| 55  | 1279   | JOSÉ LIMA         | BODYGYM                                   | M: 52 | Trail Curto | 01:41:55.59 | 07:50 | 7.7kph | M45: 8   |
| 56  | 1324   | JOÃO FERNANDES    | GLASSDRIVE                                | M: 53 | Trail Curto | 01:42:12.25 | 07:51 | 7.6kph | MSEN: 24 |
| 57  | 1242   | ANDRÉ FERNANDES   | INDIVIDUAL                                | M: 54 | Trail Curto | 01:42:25.88 | 07:52 | 7.6kph | MSEN: 25 |
| 58  | 1045   | MARIA CABRAL      | ACPORTALEGRE/UTSM                         | F: 4  | Trail Curto | 01:42:28.21 | 07:52 | 7.6kph | F45: 2   |
| 59  | 1159   | LINO CAMPOS       | INDIVIDUAL                                | M: 55 | Trail Curto | 01:43:24.88 | 07:57 | 7.5kph | M40: 10  |
| 60  | 158    | JOSÉ CÓIAS        | DAP TRAIL TEAM                            | M: 56 | Trail Curto | 01:43:34.63 | 07:58 | 7.5kph | MSEN: 26 |
| 61  | 1169   | RUI GAVANCHA      | GRUPO DESPORTIVO ARENENSE                 | M: 57 | Trail Curto | 01:43:35.57 | 07:58 | 7.5kph | M45: 9   |
| 62  | 1300   | JOAQUIM ALMEIDA   | OS TRINCA ESPINHAS                        | M: 58 | Trail Curto | 01:43:47.48 | 07:59 | 7.5kph | M45: 10  |
| 63  | 1034   | JOSE TRINDADE     | ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL | M: 59 | Trail Curto | 01:43:47.94 | 07:59 | 7.5kph | M50: 5   |
| 64  | 1150   | GONÇALO GRAÇA     | TEAM BAGAÇO                               | M: 60 | Trail Curto | 01:44:04.21 | 08:00 | 7.5kph | MJUV: 2  |
| 65  | 1032   | RUI NUNES         | TÁLENTOS TEAM                             | M: 61 | Trail Curto | 01:44:12.63 | 08:00 | 7.5kph | M40: 11  |
| 66  | 1072   | TIAGO SILVA       | INDIVIDUAL                                | M: 62 | Trail Curto | 01:44:32.21 | 08:02 | 7.5kph | MSEN: 27 |
| 67  | 1337   | JOÃO VENÂNCIO     | MY FRIENDS                                | M: 63 | Trail Curto | 01:45:01.34 | 08:04 | 7.4kph | M50: 6   |
| 68  | 1015   | CARLOS DUARTE     | INDIVIDUAL                                | M: 64 | Trail Curto | 01:45:02.43 | 08:04 | 7.4kph | M50: 7   |
| 69  | 1316   | CÉSAR PIRES       | CEM QUEFAS                                | M: 65 | Trail Curto | 01:46:12.49 | 08:10 | 7.3kph | M40: 12  |
| 70  | 1146   | RUI ASSIS         | INDIVIDUAL                                | M: 66 | Trail Curto | 01:46:12.96 | 08:10 | 7.3kph | MSEN: 28 |
| 71  | 1048   | ROBERTO MENDES    | INDIVIDUAL                                | M: 67 | Trail Curto | 01:47:00.19 | 08:13 | 7.3kph | MSEN: 29 |
| 72  | 1328   | HELDER FAIA       | 33CLBIKE                                  | M: 68 | Trail Curto | 01:47:02.18 | 08:14 | 7.3kph | MSEN: 30 |
| 73  | 1307   | CATARINA SINTRA   | LAMA SOLTA                                | F: 5  | Trail Curto | 01:47:13.91 | 08:14 | 7.3kph | F40: 2   |
| 74  | 1137   | SÉRGIO CARDOSO    | CEX                                       | M: 69 | Trail Curto | 01:48:01.30 | 08:18 | 7.2kph | M45: 11  |
| 75  | 1252   | FILIPPE GARCIA    | RF'S PLACE                                | M: 70 | Trail Curto | 01:48:21.32 | 08:20 | 7.2kph | M40: 13  |
| 76  | 84     | JOÃO CASTRO       | INDIVIDUAL                                | M: 71 | Trail Curto | 01:48:21.61 | 08:20 | 7.2kph | MSEN: 31 |
| 77  | 1171   | JOSE CRUZ         | 20KMS ALMEIRIM - DESPORTOS MONTANHA       | M: 72 | Trail Curto | 01:48:34.96 | 08:21 | 7.2kph | M50: 8   |
| 78  | 1027   | JOÃO FEITEIRA     | SPORT ARRONCHES E BENFICA                 | M: 73 | Trail Curto | 01:48:35.94 | 08:21 | 7.2kph | M55: 4   |
| 79  | 38     | MÁRIO OLIVEIRA    | OS COXOS E O MIGUEL                       | M: 74 | Trail Curto | 01:48:50.26 | 08:22 | 7.2kph | M40: 14  |
| 80  | 1189   | JORGE MARTINS     | INDIVIDUAL                                | M: 75 | Trail Curto | 01:48:55.74 | 08:22 | 7.2kph | M50: 9   |
| 81  | 1227   | DANIEL FERNANDES  | INDIVIDUAL                                | M: 76 | Trail Curto | 01:49:06.38 | 08:23 | 7.1kph | MJUN: 2  |
| 82  | 1111   | MARISA BRAVO      | A. D. V. A.                               | F: 6  | Trail Curto | 01:49:44.21 | 08:26 | 7.1kph | FSEN: 2  |
| 83  | 1225   | LUIS FERREIRA     | SNACK - BAR O CAXOTE                      | M: 77 | Trail Curto | 01:49:54.50 | 08:27 | 7.1kph | MSEN: 32 |
| 84  | 1152   | JOÃO MARQUES      | TEAM BAGAÇO                               | M: 78 | Trail Curto | 01:50:19.97 | 08:29 | 7.1kph | MJUV: 3  |
| 85  | 1287   | ANA FÉLIX         | CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE | F: 7  | Trail Curto | 01:50:24.26 | 08:29 | 7.1kph | FSEN: 3  |
| 86  | 1295   | VICTOR ANTUNES    | CAMIÑEROS                                 | M: 79 | Trail Curto | 01:50:26.00 | 08:29 | 7.1kph | M55: 5   |
| 87  | 1291   | CATARINA OLIVEIRA | INDIVIDUAL                                | F: 8  | Trail Curto | 01:50:28.43 | 08:29 | 7.1kph | FSEN: 4  |
| 88  | 1155   | CLÁUDIO SILVA     | BTTSOR                                    | M: 80 | Trail Curto | 01:50:35.66 | 08:30 | 7.1kph | MSEN: 33 |
| 89  | 1341   | ANA MARGARIDA     | O ALVITEJO                                | F: 9  | Trail Curto | 01:51:38.68 | 08:35 | 7.0kph | F50: 1   |
| 90  | 1327   | JOÃO LOPES        | VILAVENTURA -TRAIL RUNNING TEAM           | M: 81 | Trail Curto | 01:51:53.20 | 08:36 | 7.0kph | MSEN: 34 |
| 91  | 1309   | MARCO PASCOAL     | VILAVENTURA -TRAIL RUNNING TEAM           | M: 82 | Trail Curto | 01:51:55.96 | 08:36 | 7.0kph | MSEN: 35 |
| 92  | 1101   | RUI MILAGAIA      | SÃO MIGUEL BIKE                           | M: 83 | Trail Curto | 01:52:00.48 | 08:36 | 7.0kph | MSEN: 36 |
| 93  | 1098   | ANTÓNIO MARQUES   | INDIVIDUAL                                | M: 84 | Trail Curto | 01:52:15.40 | 08:38 | 6.9kph | MSEN: 37 |
| 94  | 1298   | LUÍS RODRIGUES    | ACRIALBI-AQD                              | M: 85 | Trail Curto | 01:52:17.02 | 08:38 | 6.9kph | M40: 15  |
| 95  | 1268   | JORGE FERNANDES   | INDIVIDUAL                                | M: 86 | Trail Curto | 01:52:19.87 | 08:38 | 6.9kph | MSEN: 38 |
| 96  | 1140   | ADRIANA ÁGUA      | INDIVIDUAL                                | F: 10 | Trail Curto | 01:52:20.72 | 08:38 | 6.9kph | FSEN: 5  |
| 97  | 1050   | DANIEL PEDROSA    | INDIVIDUAL                                | M: 87 | Trail Curto | 01:53:40.54 | 08:44 | 6.9kph | MSEN: 39 |
| 98  | 1158   | AMADEU GONÇALVES  | NA                                        | M: 88 | Trail Curto | 01:53:48.56 | 08:45 | 6.9kph | M40: 16  |
| 99  | 1002   | HUGO BARATA       | AI NÓSJAMOR                               | M: 89 | Trail Curto | 01:53:51.98 | 08:45 | 6.9kph | M40: 17  |
| 100 | 1340   | LUISA JORGE       | MY FRIENDS                                | F: 11 | Trail Curto | 01:54:16.90 | 08:47 | 6.8kph | FSEN: 6  |
| 101 | 1175   | PEDRO NUNES       | AGDAK                                     | M: 90 | Trail Curto | 01:54:21.87 | 08:47 | 6.8kph | M40: 18  |
| 102 | 1003   | LUIS CAETANO      | RX RUNNERS                                | M: 91 | Trail Curto | 01:54:35.41 | 08:48 | 6.8kph | M45: 12  |
| 103 | 1235   | ODETE BARBAS      | ACPORTALEGRE/UTSM                         | F: 12 | Trail Curto | 01:54:45.32 | 08:49 | 6.8kph | F45: 3   |
| 104 | 1144   | NELSON CATAMBAS   | INDIVIDUAL                                | M: 92 | Trail Curto | 01:55:19.90 | 08:52 | 6.8kph | MSEN: 40 |
| 105 | 1208   | CATARINA DIAS     | AS SARDINHAS                              | F: 13 | Trail Curto | 01:55:29.12 | 08:53 | 6.8kph | FSEN: 7  |
| 106 | 1153   | JOANA MENDES      | AS SARDINHAS                              | F: 14 | Trail Curto | 01:55:31.73 | 08:53 | 6.8kph | FSEN: 8  |

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|-----|--------|---------------------|-------------------------------------------|--------|-------------|-------------|-------|--------|----------|
| 107 | 1167   | ANTÓNIO ALVES       | SÃO BARTOLOMEU TRAIL TEAM                 | M: 93  | Trail Curto | 01:55:33.19 | 08:53 | 6.8kph | M55: 6   |
| 108 | 1211   | ANA ROSÁRIO         | INDIVIDUAL                                | F: 15  | Trail Curto | 01:57:46.87 | 09:03 | 6.6kph | F45: 4   |
| 109 | 1294   | MIGUEL FERREIRA     | CAMIÑEROS                                 | M: 94  | Trail Curto | 01:57:49.75 | 09:03 | 6.6kph | M40: 19  |
| 110 | 1112   | HELDER ARGUELLES    | SPORT ARRONCHES E BENFICA                 | M: 95  | Trail Curto | 01:57:49.92 | 09:03 | 6.6kph | M40: 20  |
| 111 | 1180   | NUNO RODRIGUES      | INDIVIDUAL                                | M: 96  | Trail Curto | 01:57:52.97 | 09:04 | 6.6kph | MSEN: 41 |
| 112 | 1296   | SARA ANTUNES        | ABCANSADO TRAIL                           | F: 16  | Trail Curto | 01:57:53.29 | 09:04 | 6.6kph | FSEN: 9  |
| 113 | 1092   | FILIPA CALDEIRA     | INDIVIDUAL                                | F: 17  | Trail Curto | 01:57:57.43 | 09:04 | 6.6kph | FSEN: 10 |
| 114 | 1292   | BÁRBARA SILVA       | INDIVIDUAL                                | F: 18  | Trail Curto | 01:58:01.72 | 09:04 | 6.6kph | FSEN: 11 |
| 115 | 1206   | MARIO ADONIS        | ALLCAINS RUN                              | M: 97  | Trail Curto | 01:58:15.52 | 09:05 | 6.6kph | MSEN: 42 |
| 116 | 1086   | NUNO RAMALHO        | RAPOSEIRA BIKE/TRAIL                      | M: 98  | Trail Curto | 01:58:53.02 | 09:08 | 6.6kph | M40: 21  |
| 117 | 1035   | GONÇALO DIAS        | BV LEIRIA                                 | M: 99  | Trail Curto | 01:59:15.67 | 09:10 | 6.5kph | MSEN: 43 |
| 118 | 1057   | CARLOS FERNANDES    | TÁLENTOS TEAM                             | M: 100 | Trail Curto | 01:59:19.78 | 09:10 | 6.5kph | M45: 13  |
| 119 | 1052   | VASCO BAPTISTA      | INDIVIDUAL                                | M: 101 | Trail Curto | 01:59:23.41 | 09:11 | 6.5kph | M45: 14  |
| 120 | 1218   | FERNANDO ROSÁRIO    | RX RUNNERS                                | M: 102 | Trail Curto | 01:59:30.06 | 09:11 | 6.5kph | M45: 15  |
| 121 | 1091   | PAULO SANTOS        | INDIVIDUAL                                | M: 103 | Trail Curto | 02:00:01.29 | 09:13 | 6.5kph | MSEN: 44 |
| 122 | 1314   | CÁTIA FERREIRA      | VILAVENTURA -TRAIL RUNNING TEAM           | F: 19  | Trail Curto | 02:00:17.43 | 09:15 | 6.5kph | FSEN: 12 |
| 123 | 1304   | JOSÉ PRESADO        | DAP TRAIL TEAM                            | M: 104 | Trail Curto | 02:00:23.93 | 09:15 | 6.5kph | MSEN: 45 |
| 124 | 1285   | LINO RODRIGUES      | ALLCAINS RUN                              | M: 105 | Trail Curto | 02:00:36.63 | 09:16 | 6.5kph | M45: 16  |
| 125 | 1217   | DIOGO VITAL         | LEBRES DO RIBATEJO TRAIL TEAM             | M: 106 | Trail Curto | 02:00:40.10 | 09:16 | 6.5kph | MSEN: 46 |
| 126 | 1168   | MARTA SÁ            | SANTANA FC TRAIL TEAM                     | F: 20  | Trail Curto | 02:00:46.09 | 09:17 | 6.5kph | FSEN: 13 |
| 127 | 1053   | JOÃO JACINTO        | CEM QUEFAS                                | M: 107 | Trail Curto | 02:01:03.38 | 09:18 | 6.4kph | M50: 10  |
| 128 | 1073   | ANA PATO            | INDIVIDUAL                                | F: 21  | Trail Curto | 02:01:08.85 | 09:19 | 6.4kph | FSEN: 14 |
| 129 | 1293   | JOÃO PINTO          | SP URB                                    | M: 108 | Trail Curto | 02:01:11.12 | 09:19 | 6.4kph | MSEN: 47 |
| 130 | 1184   | FÁTIMA DINIS        | ALLCAINS RUN                              | F: 22  | Trail Curto | 02:01:15.42 | 09:19 | 6.4kph | F45: 5   |
| 131 | 1213   | MARTA RODRIGUES     | ALLCAINS RUN                              | F: 23  | Trail Curto | 02:01:18.12 | 09:19 | 6.4kph | FSEN: 15 |
| 132 | 1320   | EDUARDO RIBEIRO     | CAMIÑEROS                                 | M: 109 | Trail Curto | 02:01:49.99 | 09:22 | 6.4kph | M45: 17  |
| 133 | 1068   | RUI ALVES           | TÁLENTOS TEAM                             | M: 110 | Trail Curto | 02:01:55.43 | 09:22 | 6.4kph | M45: 18  |
| 134 | 1103   | CRISTINA ALMEIDA    | INDIVIDUAL                                | F: 24  | Trail Curto | 02:02:17.03 | 09:24 | 6.4kph | FSEN: 16 |
| 135 | 1042   | BRUNO BICHO         | CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE | M: 111 | Trail Curto | 02:02:22.65 | 09:24 | 6.4kph | M40: 22  |
| 136 | 1025   | CLÁUDIO LOPES       | GARAGEM 33                                | M: 112 | Trail Curto | 02:02:43.63 | 09:26 | 6.4kph | MSEN: 48 |
| 137 | 1339   | ANA DINIZ           | MY FRIENDS                                | F: 25  | Trail Curto | 02:02:57.75 | 09:27 | 6.3kph | FSEN: 17 |
| 138 | 1338   | ELISABETE VENÂNCIO  | MY FRIENDS                                | F: 26  | Trail Curto | 02:02:58.17 | 09:27 | 6.3kph | F50: 2   |
| 139 | 1125   | ANTÓNIO PERINHA     | DAP TRAIL TEAM                            | M: 113 | Trail Curto | 02:03:26.80 | 09:29 | 6.3kph | MSEN: 49 |
| 140 | 1160   | MARIA SOUSA         | INDIVIDUAL                                | F: 27  | Trail Curto | 02:03:26.80 | 09:29 | 6.3kph | FSEN: 18 |
| 141 | 1205   | HÉLDER NOGUEIRA     | INDIVIDUAL                                | M: 114 | Trail Curto | 02:04:46.66 | 09:35 | 6.3kph | M45: 19  |
| 142 | 1030   | CREMILDE RAPOSO     | TÁLENTOS TEAM                             | F: 28  | Trail Curto | 02:04:50.28 | 09:36 | 6.2kph | F55: 1   |
| 143 | 1192   | VERA MARTINHO       | PONTO AVENTURA TEAM                       | F: 29  | Trail Curto | 02:04:51.86 | 09:36 | 6.2kph | FSEN: 19 |
| 144 | 1203   | CARLOS SILVÉRIO     | PONTO AVENTURA TEAM                       | M: 115 | Trail Curto | 02:04:52.27 | 09:36 | 6.2kph | MSEN: 50 |
| 145 | 1029   | ELISABETE LOURENÇO  | TÁLENTOS TEAM                             | F: 30  | Trail Curto | 02:04:57.45 | 09:36 | 6.2kph | F40: 3   |
| 146 | 1186   | PAULO MARQUES       | CBI                                       | M: 116 | Trail Curto | 02:05:02.13 | 09:37 | 6.2kph | M45: 20  |
| 147 | 1210   | M MARÇAL            | INIJOVEM-NISA                             | F: 31  | Trail Curto | 02:05:28.71 | 09:39 | 6.2kph | F50: 3   |
| 148 | 1071   | CLÁUDIA MOURATO     | INDIVIDUAL                                | F: 32  | Trail Curto | 02:05:54.43 | 09:41 | 6.2kph | F40: 4   |
| 149 | 1299   | PEDRO CAETANO       | ACRIALBI-AQD                              | M: 117 | Trail Curto | 02:06:28.34 | 09:43 | 6.2kph | M45: 21  |
| 150 | 1282   | GABRIEL ALMEIDA     | CBRUNNING TEAM                            | M: 118 | Trail Curto | 02:06:29.20 | 09:43 | 6.2kph | M45: 22  |
| 151 | 1064   | BRUNO ALVES         | INDIVIDUAL                                | M: 119 | Trail Curto | 02:06:30.59 | 09:43 | 6.2kph | MSEN: 51 |
| 152 | 1163   | CRISTINA MENDES     | INDIVIDUAL                                | F: 33  | Trail Curto | 02:06:46.43 | 09:45 | 6.2kph | F45: 6   |
| 153 | 1062   | BRUNO FERREIRA      | INDIVIDUAL                                | M: 120 | Trail Curto | 02:07:07.44 | 09:46 | 6.1kph | MSEN: 52 |
| 154 | 1082   | ANDREIA MOUZINHO    | RAPOSEIRA BIKE/TRAIL                      | F: 34  | Trail Curto | 02:07:11.72 | 09:47 | 6.1kph | FSEN: 20 |
| 155 | 1245   | NUNO PASCOAL        | INDIVIDUAL                                | M: 121 | Trail Curto | 02:07:23.35 | 09:47 | 6.1kph | MSEN: 53 |
| 156 | 1230   | EZEQUIEL BICHO      | INDIVIDUAL                                | M: 122 | Trail Curto | 02:07:24.37 | 09:48 | 6.1kph | M45: 23  |
| 157 | 1297   | BRUNO MANUEL        | ACRIALBI-AQD                              | M: 123 | Trail Curto | 02:07:35.03 | 09:48 | 6.1kph | MSEN: 54 |
| 158 | 1109   | JOAQUIM REBELO      | OS TRINCA ESPINHAS                        | M: 124 | Trail Curto | 02:08:30.91 | 09:53 | 6.1kph | M60: 2   |
| 159 | 1116   | PAULO GALÃO         | SPORT ARRONCHES E BENFICA                 | M: 125 | Trail Curto | 02:08:52.91 | 09:54 | 6.1kph | MSEN: 55 |
| 160 | 1141   | ANDRÉ PINHEIRO      | SPORT ARRONCHES E BENFICA                 | M: 126 | Trail Curto | 02:08:54.17 | 09:54 | 6.1kph | MSEN: 56 |
| 161 | 1190   | ANDREIA CARVALHINHO | CLUBE 4 ESTILOS                           | F: 35  | Trail Curto | 02:08:58.55 | 09:55 | 6.0kph | FSEN: 21 |
| 162 | 1188   | JOSÉ ANTUNES        | INDIVIDUAL                                | M: 127 | Trail Curto | 02:09:23.33 | 09:57 | 6.0kph | M50: 11  |
| 163 | 1126   | RUBEN HILÁRIO       | TEAM BAGAÇO                               | M: 128 | Trail Curto | 02:09:27.04 | 09:57 | 6.0kph | MSEN: 57 |
| 164 | 1128   | JOSÉ ANDRADE        | CAMINHANTES DA RATINHA                    | M: 129 | Trail Curto | 02:09:33.04 | 09:57 | 6.0kph | M40: 23  |
| 165 | 1162   | FERNANDA PRATAS     | INDIVIDUAL                                | F: 36  | Trail Curto | 02:10:08.37 | 10:00 | 6.0kph | F60: 1   |

# 13K - Trail do Gavião

## Classificação Geral

| Pos | Dorsal | Nome              | Equipa                              | Sexo   | Type        | Tempo       | T/Km  | Km/h   | Cat/Pos   |
|-----|--------|-------------------|-------------------------------------|--------|-------------|-------------|-------|--------|-----------|
| 166 | 1310   | MANUEL DOMINGOS   | INDIVIDUAL                          | M: 130 | Trail Curto | 02:10:34.04 | 10:02 | 6.0kph | M60: 3    |
| 167 | 1172   | IVONE LEAL        | INDIVIDUAL                          | F: 37  | Trail Curto | 02:10:36.93 | 10:02 | 6.0kph | F50: 4    |
| 168 | 1049   | CATARINA OLIVEIRA | 10TOSTÕES                           | F: 38  | Trail Curto | 02:12:25.31 | 10:11 | 5.9kph | FSEN: 22  |
| 169 | 1201   | MARIA ALMEIDA     | 20KMS ALMEIRIM - DESPORTOS MONTANHA | F: 39  | Trail Curto | 02:12:28.53 | 10:11 | 5.9kph | F40: 5    |
| 170 | 1312   | NUNO PENÊDA       | INDIVIDUAL                          | M: 131 | Trail Curto | 02:12:52.21 | 10:13 | 5.9kph | M45: 24   |
| 171 | 1041   | TATIANA CALADO    | INDIVIDUAL                          | F: 40  | Trail Curto | 02:12:55.52 | 10:13 | 5.9kph | FSEN: 23  |
| 172 | 1281   | ANDRÉ DIOGO       | QUENIANOS DO RIBATEJO               | M: 132 | Trail Curto | 02:13:00.90 | 10:13 | 5.9kph | MSEN: 58  |
| 173 | 1080   | SUSANA PARENTE    | OS TRINCA ESPINHAS                  | F: 41  | Trail Curto | 02:13:36.67 | 10:16 | 5.8kph | F40: 6    |
| 174 | 1127   | PAULA CORDEIRO    | OS TRINCA ESPINHAS                  | F: 42  | Trail Curto | 02:13:36.90 | 10:16 | 5.8kph | F45: 7    |
| 175 | 1005   | ANDRÉ GOMES       | RANDOM RUNNERS                      | M: 133 | Trail Curto | 02:13:38.96 | 10:16 | 5.8kph | MSEN: 59  |
| 176 | 1033   | PAULA CACHOLA     | TÁLENTOS TEAM                       | F: 43  | Trail Curto | 02:13:48.96 | 10:17 | 5.8kph | F45: 8    |
| 177 | 1096   | LILIANA DIAS      | INDIVIDUAL                          | F: 44  | Trail Curto | 02:14:02.71 | 10:18 | 5.8kph | FSEN: 24  |
| 178 | 1224   | ALEXANDRA ANDRÉ   | IPC TEAM                            | F: 45  | Trail Curto | 02:14:11.65 | 10:19 | 5.8kph | F50: 5    |
| 179 | 1028   | ISABEL NUNES      | TÁLENTOS TEAM                       | F: 46  | Trail Curto | 02:14:13.04 | 10:19 | 5.8kph | F55: 2    |
| 180 | 1024   | PAULO NUNES       | TÁLENTOS TEAM                       | M: 134 | Trail Curto | 02:14:15.75 | 10:19 | 5.8kph | M55: 7    |
| 181 | 1238   | VITOR LOPES       | RF'S PLACE                          | M: 135 | Trail Curto | 02:14:37.63 | 10:21 | 5.8kph | MSEN: 60  |
| 182 | 1060   | JÚLIO MARTINS     | TÁLENTOS TEAM                       | M: 136 | Trail Curto | 02:15:27.72 | 10:25 | 5.8kph | M45: 25   |
| 183 | 1131   | LUÍS SANTOS       | CAMINHANTES DA RATINHA              | M: 137 | Trail Curto | 02:15:30.79 | 10:25 | 5.8kph | MSEN: 61  |
| 184 | 1074   | ANABELA CARVALHO  | INDIVIDUAL                          | F: 47  | Trail Curto | 02:15:52.19 | 10:27 | 5.7kph | FSEN: 25  |
| 185 | 1083   | ISABEL MENDES     | RAPOSEIRA BIKE/TRAIL                | F: 48  | Trail Curto | 02:17:27.42 | 10:34 | 5.7kph | F45: 9    |
| 186 | 1223   | DIOGO BRANCO      | INDIVIDUAL                          | M: 138 | Trail Curto | 02:17:31.39 | 10:34 | 5.7kph | MSEN: 62  |
| 187 | 1061   | PAULO RODRIGUES   | PR BIKE TEAM/SASBIKES               | M: 139 | Trail Curto | 02:17:46.53 | 10:35 | 5.7kph | MSUB23: 3 |
| 188 | 1129   | PEDRO NOBRE       | CAMINHANTES DA RATINHA              | M: 140 | Trail Curto | 02:18:48.79 | 10:40 | 5.6kph | M45: 26   |
| 189 | 1022   | MARIA EMÍDIO      | TÁLENTOS TEAM                       | F: 49  | Trail Curto | 02:19:11.46 | 10:42 | 5.6kph | F50: 6    |
| 190 | 1100   | MIGUEL GAIATO     | INDIVIDUAL                          | M: 141 | Trail Curto | 02:20:45.08 | 10:49 | 5.5kph | MSEN: 63  |
| 191 | 1176   | NUNO PAISANA      | AGDAK                               | M: 142 | Trail Curto | 02:21:26.90 | 10:52 | 5.5kph | M45: 27   |
| 192 | 1016   | MADALENA CARTAXO  | INDIVIDUAL                          | F: 50  | Trail Curto | 02:21:37.36 | 10:53 | 5.5kph | F40: 7    |
| 193 | 1278   | SANDRA ALVES      | ALLCAINS RUN                        | F: 51  | Trail Curto | 02:21:43.02 | 10:54 | 5.5kph | FSEN: 26  |
| 194 | 1264   | ALBIN ALMEIDA     | INDIVIDUAL                          | M: 143 | Trail Curto | 02:21:46.62 | 10:54 | 5.5kph | MSEN: 64  |
| 195 | 1113   | ELISABETE PEREIRA | SPORT ARRONCHES E BENFICA           | F: 52  | Trail Curto | 02:21:58.76 | 10:55 | 5.5kph | FSEN: 27  |
| 196 | 1063   | SÉRGIO FRANCISCO  | INDIVIDUAL                          | M: 144 | Trail Curto | 02:22:00.45 | 10:55 | 5.5kph | MSEN: 65  |
| 197 | 1008   | ANA MATOS         | PATHFINDERS                         | F: 53  | Trail Curto | 02:22:29.22 | 10:57 | 5.5kph | FSEN: 28  |
| 198 | 1102   | JUDITE SILVA      | INDIVIDUAL                          | F: 54  | Trail Curto | 02:23:41.82 | 11:03 | 5.4kph | FSEN: 29  |
| 199 | 1254   | RICARDO ALEXANDRE | INDIVIDUAL                          | M: 145 | Trail Curto | 02:24:32.13 | 11:07 | 5.4kph | MSEN: 66  |
| 200 | 1271   | LUIS ALEXANDRE    | INDIVIDUAL                          | M: 146 | Trail Curto | 02:24:32.51 | 11:07 | 5.4kph | MSEN: 67  |
| 201 | 1147   | RICARDO GODINHO   | INDIVIDUAL                          | M: 147 | Trail Curto | 02:24:34.58 | 11:07 | 5.4kph | MSEN: 68  |
| 202 | 1166   | RUTE PEREIRA      | INDIVIDUAL                          | F: 55  | Trail Curto | 02:26:16.13 | 11:15 | 5.3kph | FSEN: 30  |
| 203 | 1047   | ANTÓNIO RASTEIRO  | TÁLENTOS TEAM                       | M: 148 | Trail Curto | 02:26:52.19 | 11:17 | 5.3kph | M60: 4    |
| 204 | 1066   | CÉLIA SOBRAL      | TÁLENTOS TEAM                       | F: 56  | Trail Curto | 02:28:11.66 | 11:23 | 5.3kph | F45: 10   |
| 205 | 1058   | MARIA FERNANDES   | TÁLENTOS TEAM                       | F: 57  | Trail Curto | 02:28:13.12 | 11:24 | 5.3kph | F45: 11   |
| 206 | 1069   | ANA ROLO          | TÁLENTOS TEAM                       | F: 58  | Trail Curto | 02:28:13.22 | 11:24 | 5.3kph | F45: 12   |
| 207 | 1010   | PEDRO FLORINDO    | INDIVIDUAL                          | M: 149 | Trail Curto | 02:28:39.36 | 11:26 | 5.2kph | MSEN: 69  |
| 208 | 1134   | VERA ISAÍAS       | INDIVIDUAL                          | F: 59  | Trail Curto | 02:28:46.97 | 11:26 | 5.2kph | FSEN: 31  |
| 209 | 1135   | NUNO CALADO       | INDIVIDUAL                          | M: 150 | Trail Curto | 02:28:49.82 | 11:26 | 5.2kph | M40: 24   |
| 210 | 1079   | HUGO VALÉRIO      | ABC GAVIÕES / IMPRITEJO             | M: 151 | Trail Curto | 02:28:52.86 | 11:27 | 5.2kph | MSEN: 70  |
| 211 | 1090   | PEDRO CARITA      | INDIVIDUAL                          | M: 152 | Trail Curto | 02:28:54.07 | 11:27 | 5.2kph | MSEN: 71  |
| 212 | 1108   | DIAMANTINO ROQUE  | CASA DO BENFICA EM PORTALEGRE       | M: 153 | Trail Curto | 02:28:57.11 | 11:27 | 5.2kph | MSEN: 72  |
| 213 | 1084   | LÚCIA BARBAS      | RAPOSEIRA BIKE/TRAIL                | F: 60  | Trail Curto | 02:29:14.57 | 11:28 | 5.2kph | FSEN: 32  |
| 214 | 1181   | JÉSSICA FILIPE    | CENTRO CÍVICO DE ALFERRAREDE-VELHA  | F: 61  | Trail Curto | 02:29:51.05 | 11:31 | 5.2kph | FJUN: 1   |
| 215 | 1182   | DEONILDE MARQUES  | INDIVIDUAL                          | F: 62  | Trail Curto | 02:29:51.48 | 11:31 | 5.2kph | F45: 13   |
| 216 | 1177   | JOSE ANDRE        | FRANCISCO ANDRE SEGUROS             | M: 154 | Trail Curto | 02:30:03.87 | 11:32 | 5.2kph | MSEN: 73  |
| 217 | 1123   | PAULO SIMÃO       | INDIVIDUAL                          | M: 155 | Trail Curto | 02:30:07.80 | 11:32 | 5.2kph | M55: 8    |
| 218 | 1011   | PAULA OLIVEIRA    | INDIVIDUAL                          | F: 63  | Trail Curto | 02:31:15.61 | 11:38 | 5.2kph | F45: 14   |
| 219 | 1039   | RUTE PEREIRA      | TOGETHER                            | F: 64  | Trail Curto | 02:31:37.93 | 11:39 | 5.1kph | F40: 8    |
| 220 | 1076   | MÁRCIO SILVA      | INDIVIDUAL                          | M: 156 | Trail Curto | 02:33:31.54 | 11:48 | 5.1kph | MSEN: 74  |
| 221 | 1132   | LUÍS MOURATO      | BANCALEIRO TRAIL\BIKES              | M: 157 | Trail Curto | 02:33:31.98 | 11:48 | 5.1kph | M40: 25   |
| 222 | 1276   | SOFIA VIEIRA      | RX RUNNERS                          | F: 65  | Trail Curto | 02:34:04.30 | 11:51 | 5.1kph | F45: 15   |
| 223 | 1117   | RUI TEIXEIRA      | O GANG DOS COXOS                    | M: 158 | Trail Curto | 02:36:49.00 | 12:03 | 5.0kph | M40: 26   |
| 224 | 1319   | VITOR BOAVIDA     | TKT                                 | M: 159 | Trail Curto | 02:36:57.95 | 12:04 | 5.0kph | M50: 12   |

# 13K - Trail do Gavião

## Classificação Geral

| Pos | Dorsal | Nome               | Equipa                     | Sexo   | Type        | Tempo       | T/Km  | Km/h    | Cat/Pos  |
|-----|--------|--------------------|----------------------------|--------|-------------|-------------|-------|---------|----------|
| 225 | 1253   | HERLANDER GOMES    | INDIVIDUAL                 | M: 160 | Trail Curto | 02:40:10.30 | 12:19 | 4.9kph  | M60: 5   |
| 226 | 1154   | PAULO FERREIRA     | CEM QUEFAS                 | M: 161 | Trail Curto | 02:40:21.96 | 12:20 | 4.9kph  | M50: 13  |
| 227 | 1017   | FRANCISCO GARÇÃO   | BLACKDOGRUNNERS            | M: 162 | Trail Curto | 02:42:03.41 | 12:27 | 4.8kph  | M45: 28  |
| 228 | 1012   | ALBERTO GARÇÃO     | INDIVIDUAL                 | M: 163 | Trail Curto | 02:42:08.41 | 12:28 | 4.8kph  | M45: 29  |
| 229 | 1037   | JUSTINA ALMEIDA    | INDIVIDUAL                 | F: 66  | Trail Curto | 02:42:15.81 | 12:28 | 4.8kph  | F50: 7   |
| 230 | 1104   | PATRÍCIA ROSA      | PACE.MAKERS                | F: 67  | Trail Curto | 02:44:09.86 | 12:37 | 4.8kph  | FSEN: 33 |
| 231 | 1018   | SUSANA MADEIRA     | PACE.MAKERS                | F: 68  | Trail Curto | 02:44:10.14 | 12:37 | 4.8kph  | F40: 9   |
| 232 | 1284   | INÊS BARRIGUINHA   | RUNNING GIRLS              | F: 69  | Trail Curto | 02:45:10.03 | 12:42 | 4.7kph  | FSEN: 34 |
| 233 | 1289   | MARÍLIA RODRIGUES  | INDIVIDUAL                 | F: 70  | Trail Curto | 02:45:10.43 | 12:42 | 4.7kph  | FSEN: 35 |
| 234 | 1004   | JOÃO TEODORO       | INDIVIDUAL                 | M: 164 | Trail Curto | 02:46:16.51 | 12:47 | 4.7kph  | M50: 14  |
| 235 | 1056   | MONICA BRITO       | MBT-MONFORTE BIKE RUN TEAM | F: 71  | Trail Curto | 02:48:47.35 | 12:59 | 4.6kph  | F40: 10  |
| 236 | 1185   | INÊS DIOGO         | QUENIANOS DO RIBATEJO      | F: 72  | Trail Curto | 02:49:25.21 | 13:01 | 4.6kph  | FSEN: 36 |
| 237 | 1288   | SUSANA CHAMBEL     | INDIVIDUAL                 | F: 73  | Trail Curto | 02:53:07.97 | 13:19 | 4.5kph  | F40: 11  |
| 238 | 1302   | ANA FRANÇA         | AJC/GLASSDRIVE             | F: 74  | Trail Curto | 02:53:26.83 | 13:20 | 4.5kph  | F40: 12  |
| 239 | 1038   | NUNO MIRANDA       | TOGETHER                   | M: 165 | Trail Curto | 02:53:31.36 | 13:20 | 4.5kph  | M45: 30  |
| 240 | 1054   | ANTÓNIO CAEIRO     | INDIVIDUAL                 | M: 166 | Trail Curto | 02:55:46.64 | 13:31 | 4.4kph  | M45: 31  |
| 241 | 2087   | RITA RAMOS         | RX RUNNERS                 | F: 75  | Trail Curto | 02:58:30.36 | 13:43 | 4.4kph  | FSEN: 37 |
| 242 | 1305   | PAULO COSMA        | INDIVIDUAL                 | M: 167 | Trail Curto | 03:01:29.55 | 13:57 | 4.3kph  | M40: 27  |
| 243 | 1306   | TERESA COSMA       | INDIVIDUAL                 | F: 76  | Trail Curto | 03:01:34.08 | 13:58 | 4.3kph  | FSEN: 38 |
| 244 | 1231   | PAULO FEIJÃO       | INDIVIDUAL                 | M: 168 | Trail Curto | 03:03:50.13 | 14:08 | 4.2kph  | M45: 32  |
| 245 | 1115   | CARLA PINHÃO       | INDIVIDUAL                 | F: 77  | Trail Curto | 03:06:31.84 | 14:20 | 4.2kph  | F45: 16  |
| 246 | 1121   | PAULA BAREJO       | INDIVIDUAL                 | F: 78  | Trail Curto | 03:06:34.54 | 14:21 | 4.2kph  | F45: 17  |
| 247 | 1148   | CARLA NOBRE        | GIMY                       | F: 79  | Trail Curto | 03:06:44.81 | 14:21 | 4.2kph  | F40: 13  |
| 248 | 1255   | MARIA SAUDADES     | INDIVIDUAL                 | F: 80  | Trail Curto | 03:06:46.07 | 14:22 | 4.2kph  | F50: 8   |
| 249 | 1248   | CLARA ESTEVES      | INDIVIDUAL                 | F: 81  | Trail Curto | 03:06:46.54 | 14:22 | 4.2kph  | F40: 14  |
| 250 | 1272   | MARIANA PIRES      | INIJOVEM-NISA              | F: 82  | Trail Curto | 03:15:26.70 | 15:02 | 4.0kph  | F45: 18  |
| 251 | 1051   | OLGA VIEIRA        | INIJOVEM-NISA              | F: 83  | Trail Curto | 03:15:29.38 | 15:02 | 4.0kph  | F45: 19  |
| 252 | 1120   | DANIELA NASCIMENTO | GANG DOS COXOS             | F: 84  | Trail Curto | 03:16:53.76 | 15:08 | 4.0kph  | FSEN: 39 |
| 253 | 1149   | SOFIA FERREIRA     | BARQUINHA RUNNING TEAM     | F: 85  | Trail Curto | 03:17:52.35 | 15:13 | 3.9kph  | FSEN: 40 |
| 254 | 1114   | CLÁUDIA FERREIRA   | BARQUINHA RUNNING TEAM     | F: 86  | Trail Curto | 03:17:54.65 | 15:13 | 3.9kph  | F45: 20  |
| 255 | 1280   | ANA DIAS           | BARQUINHA RUNNING TEAM     | F: 87  | Trail Curto | 03:17:55.33 | 15:13 | 3.9kph  | F40: 15  |
| 256 | 1193   | MARTA PALHIM       | INDIVIDUAL                 | F: 88  | Trail Curto | 03:20:56.82 | 15:27 | 3.9kph  | FSEN: 41 |
| 257 | 1194   | TÂNIA RIBEIRO      | INDIVIDUAL                 | F: 89  | Trail Curto | 03:20:57.01 | 15:27 | 3.9kph  | FSEN: 42 |
| 258 | 1006   | AMERICO LOURENÇO   | MATILHA RUNNING            | M: 169 | Trail Curto | 03:49:46.73 | 17:40 | 3.4kph  | M60: 6   |
| 259 | 1107   | FATIMA CATROGA     | CHARMOSOS TRAIL TEAM       | F: 90  | Trail Curto | 03:49:48.96 | 17:40 | 3.4kph  | F45: 21  |
| 260 | 1119   | ANA LOPES          | GANG DOS COXOS             | F: 91  | Trail Curto | 03:50:46.37 | 17:45 | 3.4kph  | FSEN: 43 |
| 261 | 1118   | ANA BATISTA        | GANG DOS COXOS             | F: 92  | Trail Curto | 03:50:52.98 | 17:45 | 3.4kph  | FSEN: 44 |
| 262 | 1106   | VASCO CATROGA      | COA / CORVUS TRAIL TEAM    | M: 170 | Trail Curto | 03:50:53.73 | 17:45 | 3.4kph  | M45: 33  |
| 263 | 1040   | MARIA VALÉRIO      | OS TRINCA ESPINHAS         | F: 93  | Trail Curto | 01:40:30.80 | 07:43 | 7.8kph  | :        |
| 264 | 1202   | FÁBIO MENDES       | INDIVIDUAL                 | M: 171 | Trail Curto | 02:13:10.88 | 10:14 | 5.9kph  | :        |
| 265 | 1151   | RODRIGO MIGUEL     | TEAM BAGAÇO                | M: 172 | Trail Curto | 02:35:55.25 | 11:59 | 5.0kph  | :        |
| 266 | 1183   | MIGUEL DINIS       | ALLCAINS RUN               | M: 173 | Trail Curto | 01:10:15.40 | 05:24 | 11.1kph | :        |
| 267 | 1174   | CARLOS GRAÇA       | INDIVIDUAL                 | M: 174 | Trail Curto | 01:53:57.50 | 08:45 | 6.8kph  | :        |
| 268 | 1173   | VANDA MATIAS       | INDIVIDUAL                 | F: 94  | Trail Curto | 01:53:57.87 | 08:45 | 6.8kph  | :        |



# Classificação por Equipas

17-11-2019

## 13K - Trail do Gavião

19:04:53

| Pos                                                                                                                                                                                                                                                                          | Equipa                                    | Pontuação | QtdAtletas | Ult. Atleta |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-----------|------------|-------------|-----|--------|------|--|----|------|---------|-----------|----|------|----------|-----------|----|------|-------|-----------|
| 1                                                                                                                                                                                                                                                                            | Associação Desportiva De Castelo De Vide  | 9         | 3          | 5           |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>1</td><td>1142</td><td>Paulo</td><td>Pernes</td></tr><tr><td>3</td><td>1311</td><td>Dionísio</td><td>Massena</td></tr><tr><td>5</td><td>1143</td><td>Nuno</td><td>Mariquito</td></tr></table>    |                                           |           |            |             | Pos | Dorsal | Nome |  | 1  | 1142 | Paulo   | Pernes    | 3  | 1311 | Dionísio | Massena   | 5  | 1143 | Nuno  | Mariquito |
| Pos                                                                                                                                                                                                                                                                          | Dorsal                                    | Nome      |            |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 1                                                                                                                                                                                                                                                                            | 1142                                      | Paulo     | Pernes     |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 3                                                                                                                                                                                                                                                                            | 1311                                      | Dionísio  | Massena    |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 5                                                                                                                                                                                                                                                                            | 1143                                      | Nuno      | Mariquito  |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 2                                                                                                                                                                                                                                                                            | Sport Arronches E Benfica                 | 24        | 3          | 13          |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>4</td><td>1212</td><td>João</td><td>Paulino</td></tr><tr><td>7</td><td>1078</td><td>João</td><td>Ribeiro</td></tr><tr><td>13</td><td>1136</td><td>João</td><td>Garçao</td></tr></table>          |                                           |           |            |             | Pos | Dorsal | Nome |  | 4  | 1212 | João    | Paulino   | 7  | 1078 | João     | Ribeiro   | 13 | 1136 | João  | Garçao    |
| Pos                                                                                                                                                                                                                                                                          | Dorsal                                    | Nome      |            |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 4                                                                                                                                                                                                                                                                            | 1212                                      | João      | Paulino    |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 7                                                                                                                                                                                                                                                                            | 1078                                      | João      | Ribeiro    |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 13                                                                                                                                                                                                                                                                           | 1136                                      | João      | Garçao     |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 3                                                                                                                                                                                                                                                                            | Clube De Atletismo Trail Runners Da Ponte | 62        | 3          | 43          |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>9</td><td>1301</td><td>Vitor</td><td>Rodrigues</td></tr><tr><td>10</td><td>1013</td><td>Jose</td><td>Ribeiro</td></tr><tr><td>43</td><td>1110</td><td>Carla</td><td>Fernandes</td></tr></table>  |                                           |           |            |             | Pos | Dorsal | Nome |  | 9  | 1301 | Vitor   | Rodrigues | 10 | 1013 | Jose     | Ribeiro   | 43 | 1110 | Carla | Fernandes |
| Pos                                                                                                                                                                                                                                                                          | Dorsal                                    | Nome      |            |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 9                                                                                                                                                                                                                                                                            | 1301                                      | Vitor     | Rodrigues  |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 10                                                                                                                                                                                                                                                                           | 1013                                      | Jose      | Ribeiro    |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 43                                                                                                                                                                                                                                                                           | 1110                                      | Carla     | Fernandes  |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 4                                                                                                                                                                                                                                                                            | Acportalegre/Utsm                         | 75        | 3          | 58          |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>6</td><td>1233</td><td>Luis</td><td>Rodrigues</td></tr><tr><td>11</td><td>1165</td><td>António</td><td>Nova</td></tr><tr><td>58</td><td>1045</td><td>Maria</td><td>Cabral</td></tr></table>      |                                           |           |            |             | Pos | Dorsal | Nome |  | 6  | 1233 | Luis    | Rodrigues | 11 | 1165 | António  | Nova      | 58 | 1045 | Maria | Cabral    |
| Pos                                                                                                                                                                                                                                                                          | Dorsal                                    | Nome      |            |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 6                                                                                                                                                                                                                                                                            | 1233                                      | Luis      | Rodrigues  |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 11                                                                                                                                                                                                                                                                           | 1165                                      | António   | Nova       |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 58                                                                                                                                                                                                                                                                           | 1045                                      | Maria     | Cabral     |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 5                                                                                                                                                                                                                                                                            | Os Trinca Espinhas                        | 80        | 3          | 51          |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>8</td><td>1023</td><td>José</td><td>Felizardo</td></tr><tr><td>21</td><td>1077</td><td>Luis</td><td>Salgueiro</td></tr><tr><td>51</td><td>1243</td><td>Dora</td><td>Ricardo</td></tr></table>    |                                           |           |            |             | Pos | Dorsal | Nome |  | 8  | 1023 | José    | Felizardo | 21 | 1077 | Luis     | Salgueiro | 51 | 1243 | Dora  | Ricardo   |
| Pos                                                                                                                                                                                                                                                                          | Dorsal                                    | Nome      |            |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 8                                                                                                                                                                                                                                                                            | 1023                                      | José      | Felizardo  |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 21                                                                                                                                                                                                                                                                           | 1077                                      | Luis      | Salgueiro  |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 51                                                                                                                                                                                                                                                                           | 1243                                      | Dora      | Ricardo    |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 6                                                                                                                                                                                                                                                                            | Penhastrailteam                           | 110       | 3          | 54          |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>17</td><td>1240</td><td>Mário</td><td>Ramos</td></tr><tr><td>39</td><td>1239</td><td>Jorge</td><td>Bonacho</td></tr><tr><td>54</td><td>1277</td><td>João</td><td>Edral</td></tr></table>         |                                           |           |            |             | Pos | Dorsal | Nome |  | 17 | 1240 | Mário   | Ramos     | 39 | 1239 | Jorge    | Bonacho   | 54 | 1277 | João  | Edral     |
| Pos                                                                                                                                                                                                                                                                          | Dorsal                                    | Nome      |            |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 17                                                                                                                                                                                                                                                                           | 1240                                      | Mário     | Ramos      |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 39                                                                                                                                                                                                                                                                           | 1239                                      | Jorge     | Bonacho    |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 54                                                                                                                                                                                                                                                                           | 1277                                      | João      | Edral      |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 7                                                                                                                                                                                                                                                                            | Arsm - Associação Recreativa De S. Miguel | 124       | 3          | 63          |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>15</td><td>1335</td><td>Arsénio</td><td>Fernandes</td></tr><tr><td>46</td><td>1336</td><td>Lígia</td><td>Coelho</td></tr><tr><td>63</td><td>1034</td><td>Jose</td><td>Trindade</td></tr></table> |                                           |           |            |             | Pos | Dorsal | Nome |  | 15 | 1335 | Arsénio | Fernandes | 46 | 1336 | Lígia    | Coelho    | 63 | 1034 | Jose  | Trindade  |
| Pos                                                                                                                                                                                                                                                                          | Dorsal                                    | Nome      |            |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 15                                                                                                                                                                                                                                                                           | 1335                                      | Arsénio   | Fernandes  |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 46                                                                                                                                                                                                                                                                           | 1336                                      | Lígia     | Coelho     |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |
| 63                                                                                                                                                                                                                                                                           | 1034                                      | Jose      | Trindade   |             |     |        |      |  |    |      |         |           |    |      |          |           |    |      |       |           |

| Pos | Equipa                                                                                                                                                                                                                                                                      | Pontuação | QtdAtletas | Ult. Atleta |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------|-------------|--|----|------|---------|----------|-----|------|---------|-----------|-----|------|---------|-----------|--|--|--|
| 8   | Cex                                                                                                                                                                                                                                                                         | 149       | 3          | 74          |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|     | <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>28</td><td>1157</td><td>Carlos</td><td>Ouro</td></tr><tr><td>47</td><td>1187</td><td>Eduardo</td><td>Rua</td></tr><tr><td>74</td><td>1137</td><td>Sérgio</td><td>Cardoso</td></tr></table>      | Pos       | Dorsal     | Nome        |  | 28 | 1157 | Carlos  | Ouro     | 47  | 1187 | Eduardo | Rua       | 74  | 1137 | Sérgio  | Cardoso   |  |  |  |
| Pos | Dorsal                                                                                                                                                                                                                                                                      | Nome      |            |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 28  | 1157                                                                                                                                                                                                                                                                        | Carlos    | Ouro       |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 47  | 1187                                                                                                                                                                                                                                                                        | Eduardo   | Rua        |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 74  | 1137                                                                                                                                                                                                                                                                        | Sérgio    | Cardoso    |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 9   | Allcains Run                                                                                                                                                                                                                                                                | 289       | 3          | 124         |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|     | <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>50</td><td>1246</td><td>Izaldo</td><td>Barata</td></tr><tr><td>115</td><td>1206</td><td>Mario</td><td>Adonis</td></tr><tr><td>124</td><td>1285</td><td>Lino</td><td>Rodrigues</td></tr></table> | Pos       | Dorsal     | Nome        |  | 50 | 1246 | Izaldo  | Barata   | 115 | 1206 | Mario   | Adonis    | 124 | 1285 | Lino    | Rodrigues |  |  |  |
| Pos | Dorsal                                                                                                                                                                                                                                                                      | Nome      |            |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 50  | 1246                                                                                                                                                                                                                                                                        | Izaldo    | Barata     |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 115 | 1206                                                                                                                                                                                                                                                                        | Mario     | Adonis     |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 124 | 1285                                                                                                                                                                                                                                                                        | Lino      | Rodrigues  |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 10  | Vilaventura -Trail Running Team                                                                                                                                                                                                                                             | 303       | 3          | 122         |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|     | <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>90</td><td>1327</td><td>João</td><td>Lopes</td></tr><tr><td>91</td><td>1309</td><td>Marco</td><td>Pascoal</td></tr><tr><td>122</td><td>1314</td><td>Cátia</td><td>Ferreira</td></tr></table>    | Pos       | Dorsal     | Nome        |  | 90 | 1327 | João    | Lopes    | 91  | 1309 | Marco   | Pascoal   | 122 | 1314 | Cátia   | Ferreira  |  |  |  |
| Pos | Dorsal                                                                                                                                                                                                                                                                      | Nome      |            |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 90  | 1327                                                                                                                                                                                                                                                                        | João      | Lopes      |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 91  | 1309                                                                                                                                                                                                                                                                        | Marco     | Pascoal    |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 122 | 1314                                                                                                                                                                                                                                                                        | Cátia     | Ferreira   |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 11  | My Friends                                                                                                                                                                                                                                                                  | 304       | 3          | 137         |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|     | <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>67</td><td>1337</td><td>João</td><td>Venâncio</td></tr><tr><td>100</td><td>1340</td><td>Luisa</td><td>Jorge</td></tr><tr><td>137</td><td>1339</td><td>Ana</td><td>Diniz</td></tr></table>       | Pos       | Dorsal     | Nome        |  | 67 | 1337 | João    | Venâncio | 100 | 1340 | Luisa   | Jorge     | 137 | 1339 | Ana     | Diniz     |  |  |  |
| Pos | Dorsal                                                                                                                                                                                                                                                                      | Nome      |            |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 67  | 1337                                                                                                                                                                                                                                                                        | João      | Venâncio   |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 100 | 1340                                                                                                                                                                                                                                                                        | Luisa     | Jorge      |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 137 | 1339                                                                                                                                                                                                                                                                        | Ana       | Diniz      |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 12  | Team Bagaço                                                                                                                                                                                                                                                                 | 311       | 3          | 163         |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|     | <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>64</td><td>1150</td><td>Gonçalo</td><td>Graça</td></tr><tr><td>84</td><td>1152</td><td>João</td><td>Marques</td></tr><tr><td>163</td><td>1126</td><td>Ruben</td><td>Hilário</td></tr></table>   | Pos       | Dorsal     | Nome        |  | 64 | 1150 | Gonçalo | Graça    | 84  | 1152 | João    | Marques   | 163 | 1126 | Ruben   | Hilário   |  |  |  |
| Pos | Dorsal                                                                                                                                                                                                                                                                      | Nome      |            |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 64  | 1150                                                                                                                                                                                                                                                                        | Gonçalo   | Graça      |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 84  | 1152                                                                                                                                                                                                                                                                        | João      | Marques    |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 163 | 1126                                                                                                                                                                                                                                                                        | Ruben     | Hilário    |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 13  | Tãlentos Team                                                                                                                                                                                                                                                               | 316       | 3          | 133         |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|     | <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>65</td><td>1032</td><td>Rui</td><td>Nunes</td></tr><tr><td>118</td><td>1057</td><td>Carlos</td><td>Fernandes</td></tr><tr><td>133</td><td>1068</td><td>Rui</td><td>Alves</td></tr></table>      | Pos       | Dorsal     | Nome        |  | 65 | 1032 | Rui     | Nunes    | 118 | 1057 | Carlos  | Fernandes | 133 | 1068 | Rui     | Alves     |  |  |  |
| Pos | Dorsal                                                                                                                                                                                                                                                                      | Nome      |            |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 65  | 1032                                                                                                                                                                                                                                                                        | Rui       | Nunes      |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 118 | 1057                                                                                                                                                                                                                                                                        | Carlos    | Fernandes  |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 133 | 1068                                                                                                                                                                                                                                                                        | Rui       | Alves      |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 14  | Barquinha Running Team                                                                                                                                                                                                                                                      | 320       | 3          | 253         |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|     | <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>30</td><td>1321</td><td>Rui</td><td>Dias</td></tr><tr><td>37</td><td>1323</td><td>Mário</td><td>Santos</td></tr><tr><td>253</td><td>1149</td><td>Sofia</td><td>Ferreira</td></tr></table>       | Pos       | Dorsal     | Nome        |  | 30 | 1321 | Rui     | Dias     | 37  | 1323 | Mário   | Santos    | 253 | 1149 | Sofia   | Ferreira  |  |  |  |
| Pos | Dorsal                                                                                                                                                                                                                                                                      | Nome      |            |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 30  | 1321                                                                                                                                                                                                                                                                        | Rui       | Dias       |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 37  | 1323                                                                                                                                                                                                                                                                        | Mário     | Santos     |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 253 | 1149                                                                                                                                                                                                                                                                        | Sofia     | Ferreira   |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 15  | Dap Trail Team                                                                                                                                                                                                                                                              | 322       | 3          | 139         |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
|     | <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>60</td><td>158</td><td>José</td><td>Cóias</td></tr><tr><td>123</td><td>1304</td><td>José</td><td>Presado</td></tr><tr><td>139</td><td>1125</td><td>António</td><td>Perinha</td></tr></table>    | Pos       | Dorsal     | Nome        |  | 60 | 158  | José    | Cóias    | 123 | 1304 | José    | Presado   | 139 | 1125 | António | Perinha   |  |  |  |
| Pos | Dorsal                                                                                                                                                                                                                                                                      | Nome      |            |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 60  | 158                                                                                                                                                                                                                                                                         | José      | Cóias      |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 123 | 1304                                                                                                                                                                                                                                                                        | José      | Presado    |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |
| 139 | 1125                                                                                                                                                                                                                                                                        | António   | Perinha    |             |  |    |      |         |          |     |      |         |           |     |      |         |           |  |  |  |

| Pos                                                                                                                                                                                                                                                                              | Equipa                 | Pontuação | QtdAtletas | Ult. Atleta |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-----------|------------|-------------|-----|--------|------|--|-----|------|---------|------------|-----|------|----------|----------|-----|------|---------|----------|
| 16                                                                                                                                                                                                                                                                               | Camiñeros              | 327       | 3          | 132         |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>86</td><td>1295</td><td>Victor</td><td>Antunes</td></tr><tr><td>109</td><td>1294</td><td>Miguel</td><td>Ferreira</td></tr><tr><td>132</td><td>1320</td><td>Eduardo</td><td>Ribeiro</td></tr></table> |                        |           |            |             | Pos | Dorsal | Nome |  | 86  | 1295 | Victor  | Antunes    | 109 | 1294 | Miguel   | Ferreira | 132 | 1320 | Eduardo | Ribeiro  |
| Pos                                                                                                                                                                                                                                                                              | Dorsal                 | Nome      |            |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 86                                                                                                                                                                                                                                                                               | 1295                   | Victor    | Antunes    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 109                                                                                                                                                                                                                                                                              | 1294                   | Miguel    | Ferreira   |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 132                                                                                                                                                                                                                                                                              | 1320                   | Eduardo   | Ribeiro    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 17                                                                                                                                                                                                                                                                               | Acrialbi-Aqd           | 400       | 3          | 157         |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>94</td><td>1298</td><td>Luís</td><td>Rodrigues</td></tr><tr><td>149</td><td>1299</td><td>Pedro</td><td>Caetano</td></tr><tr><td>157</td><td>1297</td><td>Bruno</td><td>Manuel</td></tr></table>      |                        |           |            |             | Pos | Dorsal | Nome |  | 94  | 1298 | Luís    | Rodrigues  | 149 | 1299 | Pedro    | Caetano  | 157 | 1297 | Bruno   | Manuel   |
| Pos                                                                                                                                                                                                                                                                              | Dorsal                 | Nome      |            |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 94                                                                                                                                                                                                                                                                               | 1298                   | Luís      | Rodrigues  |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 149                                                                                                                                                                                                                                                                              | 1299                   | Pedro     | Caetano    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 157                                                                                                                                                                                                                                                                              | 1297                   | Bruno     | Manuel     |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 18                                                                                                                                                                                                                                                                               | Cem Quefas             | 422       | 3          | 226         |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>69</td><td>1316</td><td>César</td><td>Pires</td></tr><tr><td>127</td><td>1053</td><td>João</td><td>Jacinto</td></tr><tr><td>226</td><td>1154</td><td>Paulo</td><td>Ferreira</td></tr></table>        |                        |           |            |             | Pos | Dorsal | Nome |  | 69  | 1316 | César   | Pires      | 127 | 1053 | João     | Jacinto  | 226 | 1154 | Paulo   | Ferreira |
| Pos                                                                                                                                                                                                                                                                              | Dorsal                 | Nome      |            |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 69                                                                                                                                                                                                                                                                               | 1316                   | César     | Pires      |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 127                                                                                                                                                                                                                                                                              | 1053                   | João      | Jacinto    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 226                                                                                                                                                                                                                                                                              | 1154                   | Paulo     | Ferreira   |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 19                                                                                                                                                                                                                                                                               | Rx Runners             | 444       | 3          | 222         |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>102</td><td>1003</td><td>Luis</td><td>Caetano</td></tr><tr><td>120</td><td>1218</td><td>Fernando</td><td>Rosário</td></tr><tr><td>222</td><td>1276</td><td>Sofia</td><td>Vieira</td></tr></table>    |                        |           |            |             | Pos | Dorsal | Nome |  | 102 | 1003 | Luis    | Caetano    | 120 | 1218 | Fernando | Rosário  | 222 | 1276 | Sofia   | Vieira   |
| Pos                                                                                                                                                                                                                                                                              | Dorsal                 | Nome      |            |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 102                                                                                                                                                                                                                                                                              | 1003                   | Luis      | Caetano    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 120                                                                                                                                                                                                                                                                              | 1218                   | Fernando  | Rosário    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 222                                                                                                                                                                                                                                                                              | 1276                   | Sofia     | Vieira     |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 20                                                                                                                                                                                                                                                                               | Raposeira Bike/Trail   | 455       | 3          | 185         |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>116</td><td>1086</td><td>Nuno</td><td>Ramalho</td></tr><tr><td>154</td><td>1082</td><td>Andreia</td><td>Mouzinho</td></tr><tr><td>185</td><td>1083</td><td>Isabel</td><td>Mendes</td></tr></table>   |                        |           |            |             | Pos | Dorsal | Nome |  | 116 | 1086 | Nuno    | Ramalho    | 154 | 1082 | Andreia  | Mouzinho | 185 | 1083 | Isabel  | Mendes   |
| Pos                                                                                                                                                                                                                                                                              | Dorsal                 | Nome      |            |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 116                                                                                                                                                                                                                                                                              | 1086                   | Nuno      | Ramalho    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 154                                                                                                                                                                                                                                                                              | 1082                   | Andreia   | Mouzinho   |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 185                                                                                                                                                                                                                                                                              | 1083                   | Isabel    | Mendes     |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 21                                                                                                                                                                                                                                                                               | Caminhantes Da Ratinha | 535       | 3          | 188         |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>164</td><td>1128</td><td>José</td><td>Andrade</td></tr><tr><td>183</td><td>1131</td><td>Luís</td><td>Santos</td></tr><tr><td>188</td><td>1129</td><td>Pedro</td><td>Nobre</td></tr></table>          |                        |           |            |             | Pos | Dorsal | Nome |  | 164 | 1128 | José    | Andrade    | 183 | 1131 | Luís     | Santos   | 188 | 1129 | Pedro   | Nobre    |
| Pos                                                                                                                                                                                                                                                                              | Dorsal                 | Nome      |            |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 164                                                                                                                                                                                                                                                                              | 1128                   | José      | Andrade    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 183                                                                                                                                                                                                                                                                              | 1131                   | Luís      | Santos     |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 188                                                                                                                                                                                                                                                                              | 1129                   | Pedro     | Nobre      |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 22                                                                                                                                                                                                                                                                               | Inijovem-Nisa          | 648       | 3          | 251         |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>147</td><td>1210</td><td>M</td><td>Marçal</td></tr><tr><td>250</td><td>1272</td><td>Mariana</td><td>Pires</td></tr><tr><td>251</td><td>1051</td><td>Olga</td><td>Vieira</td></tr></table>            |                        |           |            |             | Pos | Dorsal | Nome |  | 147 | 1210 | M       | Marçal     | 250 | 1272 | Mariana  | Pires    | 251 | 1051 | Olga    | Vieira   |
| Pos                                                                                                                                                                                                                                                                              | Dorsal                 | Nome      |            |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 147                                                                                                                                                                                                                                                                              | 1210                   | M         | Marçal     |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 250                                                                                                                                                                                                                                                                              | 1272                   | Mariana   | Pires      |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 251                                                                                                                                                                                                                                                                              | 1051                   | Olga      | Vieira     |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 23                                                                                                                                                                                                                                                                               | Gang Dos Coxos         | 773       | 3          | 261         |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| <table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>252</td><td>1120</td><td>Daniela</td><td>Nascimento</td></tr><tr><td>260</td><td>1119</td><td>Ana</td><td>Lopes</td></tr><tr><td>261</td><td>1118</td><td>Ana</td><td>Batista</td></tr></table>      |                        |           |            |             | Pos | Dorsal | Nome |  | 252 | 1120 | Daniela | Nascimento | 260 | 1119 | Ana      | Lopes    | 261 | 1118 | Ana     | Batista  |
| Pos                                                                                                                                                                                                                                                                              | Dorsal                 | Nome      |            |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 252                                                                                                                                                                                                                                                                              | 1120                   | Daniela   | Nascimento |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 260                                                                                                                                                                                                                                                                              | 1119                   | Ana       | Lopes      |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |
| 261                                                                                                                                                                                                                                                                              | 1118                   | Ana       | Batista    |             |     |        |      |  |     |      |         |            |     |      |          |          |     |      |         |          |

| Pos | Equipa | Pontuação | QtdAtletas | Ult. Atleta |
|-----|--------|-----------|------------|-------------|
| 23  |        |           |            |             |