



# Trail Penedo da Moura



Classificação Geral e Escalão

Trail

13/7/2019

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Diferenca
1	3043	joao ferreira	Airorun	M	SM	1	01:25:41	00:00:00
2	3070	Amandio Ferreira	Rumo À Aventura	M	SM	2	01:25:42	00:00:01
3	3030	João Cruz	CB RUN	M	SM	3	01:27:30	00:01:49
4	2032	Marco André Pinheiro	ARC Vale S Cosme	M	SM	4	01:28:27	00:02:46
5	2025	Marcelo Araújo	Focoteam24	M	SM	5	01:32:34	00:06:53
6	2033	Ricardo Campos	ARC Vale S Cosme	M	SM	6	01:34:02	00:08:21
7	3044	Ricardo Sousa	Dive into the mountains	M	SM	7	01:35:24	00:09:43
8	3019	Pedro Oliveira	Dom Marco/Perfect Photo	M	SM	8	01:35:33	00:09:52
9	2034	Nuno Figueiredo	Dive into the mountains	M	SM	9	01:35:34	00:09:53
10	4031	Patrick Marques	Aliados Trail Running Team	M	V40M	1	01:35:34	00:09:53
11	2017	Ricardo Costa	Sofia Costa - Fisioterapeuta	M	SM	10	01:37:57	00:12:16
12	4057	Helder Silva	Paredes Aventura	M	V40M	2	01:38:09	00:12:28
13	2550	António Oliveira		M	V40M	3	01:38:18	00:12:37
14	2024	Nuno Faria	Focoteam24	M	SM	11	01:38:29	00:12:48
15	8011	Armindo Araújo	Liberdade Futebol Clube	M	V50M	1	01:38:47	00:13:06
16	2029	André Costa	Corredores da Noite	M	SM	12	01:39:13	00:13:32
17	4006	Paulo Ribeiro	Adosa - Os Santa Apolonia	M	V40M	4	01:41:19	00:15:38
18	4038	Luís Silva	Ei Team Trail	M	V40M	5	01:41:56	00:16:15
19	4056	HELDER SILVA	XPLODTT	M	V40M	6	01:43:36	00:17:55
20	2528	Adérito Silva	Dive into the mountains	M	V40M	7	01:43:38	00:17:57
21	2540	José Lascasas	Gondomar futsal	M	V50M	2	01:43:58	00:18:17
22	2514	Gualter Freitas	Guimarunning Fisiovera Lemos	M	V40M	8	01:44:21	00:18:40
23	3017	Rodrigo Araujo	Douroconta	M	SM	13	01:44:52	00:19:11
24	3059	Rodrigo Silva	Team Lantermil	M	SM	14	01:44:56	00:19:15
25	3034	Rafael Costa	Clube atletismo fafe	M	SM	15	01:45:33	00:19:52
26	3006	Bruno Rafael	Trompas Lusas	M	SM	16	01:45:33	00:19:52
27	3020	Rafael Ferreira		M	SM	17	01:45:34	00:19:53
28	5012	Manuel Ferreira	GD Airão Run	M	V50M	3	01:45:51	00:20:10
29	2515	Miguel De Oliveira	Airão Trail Team	M	V40M	9	01:46:08	00:20:27
30	4037	Leandro Pacheco	Monte Dos Amigos	M	V40M	10	01:46:20	00:20:39
31	2505	Nuno Martins	MAGIC FRIENDS RUNNERS	M	V40M	11	01:48:32	00:22:51
32	3013	António Silva		M	SM	18	01:48:53	00:23:12
33	3056	Rafael Lopes	XPLODTT	M	SM	19	01:49:48	00:24:07
34	2512	Hugo Sampaio	HabCarpintaria	M	V40M	12	01:50:00	00:24:19
35	3033	Victor Costa	A.D.Carril	M	SM	20	01:50:36	00:24:55
36	5006	Paulo Moreira		M	V50M	4	01:50:48	00:25:07
37	4039	Eliseu Leite	Lobo do Monte Run	M	V40M	13	01:50:48	00:25:07
38	2020	Pedro Fernandes	Amigos Do Empeno - Trail Running	M	SM	21	01:51:05	00:25:24
39	2500	Manuel Pinto	GTT ARMAZÉM DO CAFFÉ	M	V40M	14	01:51:10	00:25:29
40	2002	Artur Bonfim	GTT ARMAZÉM DO CAFFÉ	M	V40M	15	01:51:10	00:25:29
41	4025	Joaquim Coelho	Ei Team Trail	M	V40M	16	01:51:13	00:25:32
42	4011	Manuel Sousa	Clínica Ana Silva	M	V40M	17	01:51:24	00:25:43
43	2015	David Ferreira	Amigos do Empeno	M	V40M	18	01:51:25	00:25:44
44	2539	Manuel Carriço	Lobo do Monte Run	M	V50M	5	01:51:36	00:25:55
45	2510	André Mesquita Guimarães	Tu & Eu	M	V40M	19	01:51:41	00:26:00

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Diferenca
46	3040	Hugo Ribeiro	Havaianas	M	SM	22	01:51:50	00:26:09
47	2521	Adriano Teixeira	infantesruneres	M	V50M	6	01:51:56	00:26:15
48	4047	Mário Costa	ProFisio eupago Team	M	V40M	20	01:52:10	00:26:29
49	3002	Luís Silva	Adosa - Os Santa Apolonia	M	SM	23	01:52:11	00:26:30
50	4013	Paulo Silva	Retorta	M	V40M	21	01:52:19	00:26:38
51	3042	Bruno Machado		M	SM	24	01:52:47	00:27:06
52	4043	José Ferreira Costa	Arpo	M	V40M	22	01:53:03	00:27:22
53	3014	Cláudio Teixeira	Paredes Aventura	M	SM	25	01:53:13	00:27:32
54	4061	José Cruz	Ei Team Trail	M	V40M	23	01:53:14	00:27:33
55	5011	Paulo Baltasar Martins		M	V50M	7	01:53:28	00:27:47
56	2035	Carlos Ribeiro	Dive into the mountains	M	V40M	24	01:53:47	00:28:06
57	4052	Pedro Fernandes		M	V40M	25	01:54:04	00:28:23
58	4050	José Dario		M	V40M	26	01:54:05	00:28:24
59	2541	Manuel Gomes	Fama Runners	M	V40M	27	01:54:16	00:28:35
60	4001	MIGUEL ALVES	XPLODTT	M	V40M	28	01:54:38	00:28:57
61	4044	Rui Ramos		M	V40M	29	01:54:40	00:28:59
62	3027	Manuel Pereira		M	SM	26	01:54:57	00:29:16
63	2027	Jorge Balula	Escola dos Servicos	M	SM	27	01:54:57	00:29:16
64	5010	Manu cruz		M	V50M	8	01:55:20	00:29:39
65	5021	To Machado	Fisiojoane Levanta Ceddo	M	V50M	9	01:56:30	00:30:49
66	5000	Manuel costa	vermoim famalicao	M	V50M	10	01:56:44	00:31:03
67	4040	NUNO TEIXEIRA	PORTOCARGO RUNNERS	M	V40M	30	01:57:39	00:31:58
68	4023	Rui Martins	Barbatana Trail Team	M	V40M	31	01:57:41	00:32:00
69	4014	Ana Freitas	A.D.Carril	F	V40F	1	01:57:44	00:32:03
70	4004	Jose Rodrigues	A.D.Carril	M	V40M	32	01:57:45	00:32:04
71	3018	Adriano Ferreira	O Que Queremos é Monte	M	SM	28	01:58:00	00:32:19
72	3048	Bruno Pereira	CB RUN	M	SM	29	01:58:03	00:32:22
73	4035	LUIS RIBEIRO	PORTOCARGO RUNNERS	M	V40M	33	01:58:15	00:32:34
74	3007	Luis Neto	Ei Team Trail	M	SM	30	01:58:18	00:32:37
75	5017	Fernando Costa	A.D.Carril	M	V50M	11	01:59:17	00:33:36
76	4063	Mário Oliveira	AD Carril	M	V40M	34	01:59:34	00:33:53
77	4036	Lino Abreu	Dive into the mountains	M	V40M	35	01:59:48	00:34:07
78	3047	Rafael Silva		M	SM	31	02:00:29	00:34:48
79	2508	ARMANDO OLIVEIRA	MAGIC FRIENDS RUNNERS	M	V40M	36	02:01:12	00:35:31
80	4041	Pedro Teixeira	Lobo do Monte Run	M	V40M	37	02:01:17	00:35:36
81	3021	Ricardo Oliveira		M	SM	32	02:01:52	00:36:11
82	3038	Francisco Barreto	Castelo	M	SM	33	02:02:03	00:36:22
83	4003	Manuela FARIA	PORTOCARGO RUNNERS	F	V40F	2	02:02:04	00:36:23
84	3009	Bruno Pinho	Boavista Trail	M	SM	34	02:02:05	00:36:24
85	3025	Andre Fernandes	EU E O MEU PRIMO	M	SM	35	02:02:28	00:36:47
86	4064	André Vieira De Castro	argatintas	M	V40M	38	02:02:52	00:37:11
87	2545	Orlando Campos	Team dasilhas	M	V40M	39	02:03:13	00:37:32
88	3031	Daniela Araújo	Team Lantemil	F	SF	1	02:03:13	00:37:32
89	3051	João Fernandes		M	SM	36	02:03:13	00:37:32
90	4045	Susana Fernandes	FF	F	V40F	3	02:03:20	00:37:39
91	4029	José Meira Rodrigues	Paredes Aventura	M	V40M	40	02:03:21	00:37:40
92	4000	Rui Santos	Núcleo Sporting Clube de Portugal Vila Nova de Fam	M	V40M	41	02:03:23	00:37:42
93	3052	Rui Barbosa	ProFisio eupago Team	M	SM	37	02:03:58	00:38:17
94	4002	Augusto Gomes	Arpo	M	V40M	42	02:03:58	00:38:17
95	2026	Paulo Sousa	Focoteam24	M	SM	38	02:03:59	00:38:18
96	5018	Abilio Pereira	ProFisio eupago Team	M	V50M	12	02:04:01	00:38:20
97	4009	Rui Azevedo		M	V40M	43	02:04:05	00:38:24
98	2040	Rafael Costa	Fama Runners	M	SM	39	02:04:27	00:38:46

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99	4046	Alexandre Ribeiro	Vila do Conde	M	V40M	44		02:05:04	00:39:23
100	2523	Jorge Araújo	ARC Vale S Cosme	M	V50M	13		02:05:58	00:40:17
101	3053	Pedro Almeida	Bravos e Bravitas	M	SM	40		02:06:33	00:40:52
102	3005	Silvio Freitas		M	SM	41		02:07:10	00:41:29
103	5022	Xavier Oliveira	CB RUN	M	V50M	14		02:07:58	00:42:17
104	4026	Rogério Abreu	A.D.Carril	M	V40M	45		02:07:59	00:42:18
105	3026	Leandro Oliveira	CB RUN	M	SM	42		02:08:00	00:42:19
106	2520	Fernando Costa	Escola dos Servicos	M	V40M	46		02:09:31	00:43:50
107	2525	Paulo Ribeiro	Dive into the mountains	M	V40M	47		02:10:04	00:44:23
108	2535	Pedro Carvalho	Arrastassolas	M	V40M	48		02:10:04	00:44:23
109	2537	Luis Gordicho	Arrastassolas	M	V40M	49		02:10:08	00:44:27
110	2536	Pedro Magalhaes	Arrastassolas	M	V40M	50		02:10:09	00:44:28
111	5008	Paulo Graça	Monte Dos Amigos	M	V50M	15		02:10:37	00:44:56
112	2530	Carla Antunes	Dive into the mountains	F	V40F	4		02:10:54	00:45:13
113	2529	Rui Franco	Dive into the mountains	M	V40M	51		02:10:54	00:45:13
114	2047	João Paulo de Sousa	Manguelas - Run/Walk TEAM	M	SM	43		02:11:00	00:45:19
115	2009	Elson Carvalho	HabCarpintaria	M	SM	44		02:11:28	00:45:47
116	5020	José Moreira	Fisiojoane Levanta Cedo	M	V50M	16		02:11:31	00:45:50
117	2013	SERGIO ENES	Escola dos Servicos	M	SM	45		02:11:49	00:46:08
118	2016	António Monteiro	Escola dos Servicos	M	V40M	52		02:11:50	00:46:09
119	2018	José Dias	Escola dos Servicos	M	SM	46		02:11:51	00:46:10
120	5004	Carlos Natividade Silva	SiM Summit	M	V50M	17		02:12:29	00:46:48
121	4007	Manuel Freire	Clube Trilheiros & Amigos	M	V40M	53		02:12:30	00:46:49
122	3004	Vasco Escobar	Ei Team Trail	M	SM	47		02:12:31	00:46:50
123	3028	Miguel Pinto	Associação desportiva Monte dos Amigos	M	SM	48		02:12:31	00:46:50
124	7052	Sem Dados	Dive into the mountains	M	V40M	54		02:12:36	00:46:55
125	3029	Filipe Carvalho		M	SM	49		02:12:36	00:46:55
126	3045	Ricardo Magalhaes	Havaianas	M	SM	50		02:12:56	00:47:15
127	5003	José Leça	Sem medo	M	V50M	18		02:12:59	00:47:18
128	4055	Sónia Carvalho		F	V40F	5		02:13:35	00:47:54
129	3012	Ricardo Bomtempo		M	SM	51		02:13:36	00:47:55
130	2004	Filipe Serra		M	SM	52		02:14:54	00:49:13
131	3054	Cristina Flores	CAPV - Clube de Atletismo da Povia de Varzim	F	V40F	6		02:15:27	00:49:46
132	4058	Sandra Veloso	CAPV - Clube de Atletismo da Povia de Varzim	F	V40F	7		02:15:27	00:49:46
133	4034	Marco Moura		M	V40M	55		02:15:29	00:49:48
134	4030	Miguel Machado	Amigos do empeno trail running	M	V40M	56		02:15:51	00:50:10
135	2527	Maria Sá	Dive into the mountains	F	V50F	1		02:15:52	00:50:11
136	3032	Hugo Sousa		M	SM	53		02:16:15	00:50:34
137	4059	Sérgio Moreira	Blue O	M	V40M	57		02:16:22	00:50:41
138	3055	Gabriela Fonseca	Dive into the mountains	F	SF	2		02:16:28	00:50:47
139	2041	Jorge André Vale	Fama Runners	M	SM	54		02:16:35	00:50:54
140	4017	Pedro Miguel Guerra		M	V40M	58		02:16:37	00:50:56
141	5005	Vitor Almeida	5928667	M	V50M	19		02:16:39	00:50:58
142	2531	Anabela Batista	Dive into the mountains	F	V40F	8		02:18:19	00:52:38
143	4048	PAULO PEIXOTO	XPLODTT	M	V40M	59		02:18:19	00:52:38
144	2008	André Silva	Núcleo do Sporting Clube de Portugal de V. N. de F	M	SM	55		02:18:33	00:52:52
145	4032	Rui Araújo	A.D.Carril	M	V40M	60		02:19:24	00:53:43
146	4051	Carlos Sousa	ECConsult	M	V40M	61		02:19:40	00:53:59
147	4015	Paula Carvalho	Amve	F	V40F	9		02:19:43	00:54:02
148	5013	Mira Matias	Free tibet / Os Pecaninos	F	V50F	2		02:19:59	00:54:18
149	4027	Eduarda Freitas		F	V40F	10		02:20:18	00:54:37

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150	3050	Mário Macedo	Amve	M	SM	56	02:21:23	00:55:42
151	2532	Susana Carrasquinho		F	V40F	11	02:21:36	00:55:55
152	5016	Joaquim Leite	Lobo do Monte Run	M	V50M	20	02:21:44	00:56:03
153	5007	Fernando Cunha Lopes	TERROR DOS MONTES	M	V50M	21	02:22:37	00:56:56
154	4020	Susana Ribeiro	Mouquim	F	V40F	12	02:22:51	00:57:10
155	2542	José Manuel Silva	Fama Runners	M	V40M	62	02:22:52	00:57:11
156	2045	Daniel Oliveira	Airão Trail Team	M	SM	57	02:22:55	00:57:14
157	3057	Afonso Silva	Os Incríveis	M	SM	58	02:24:24	00:58:43
158	2511	Nuno Vaz Lopes	GDRC ALTO AVILHO	M	V40M	63	02:24:30	00:58:49
159	3016	Luisa Marques	Os Incríveis	F	SF	3	02:24:30	00:58:49
160	2504	Élia OLIVEIRA	MAGIC FRIENDS RUNNERS	F	V40F	13	02:26:29	01:00:48
161	4028	Cristiano Guimaraes	A NOITE PASSA A CORRER	M	V40M	64	02:26:31	01:00:50
162	2538	Carlos Espírito Santo	Fama Runners	M	V50M	22	02:26:33	01:00:52
163	2010	Ricardo Costa	HabCarpintaria	M	SM	59	02:26:38	01:00:57
164	3011	Amadeu Coelho		M	SM	60	02:26:45	01:01:04
165	4033	Elsa Rodrigues	Alexandra Carvalho Team	F	V40F	14	02:26:47	01:01:06
166	5014	Paulo Carneiro		M	V50M	23	02:33:41	01:08:00
167	5009	Sérgio Carneiro		M	V50M	24	02:33:42	01:08:01
168	2006	Flávio Rocha	Os Rotos	M	SM	61	02:34:03	01:08:22
169	4021	Luís Marques	Alexandra Carvalho Team	M	V40M	65	02:34:04	01:08:23
170	2005	Patricia Ferreira	Os Rotos	F	SF	4	02:34:15	01:08:34
171	5001	Manuel Cunha Lima		M	V50M	25	02:34:25	01:08:44
172	4018	PAULO FERREIRA	PORTOCARGO RUNNERS	M	V40M	66	02:34:34	01:08:53
173	4008	Fátima Costa		F	V40F	15	02:34:37	01:08:56
174	3022	Sofia Peixoto		F	SF	5	02:35:34	01:09:53
175	4053	Paula Alves	ProFisio eupago Team	F	V40F	16	02:35:57	01:10:16
176	4022	Cristina Silva		F	V40F	17	02:35:58	01:10:17
177	2012	Joana Alves	NA BOA	F	SF	6	02:36:58	01:11:17
178	3039	Fernando Cunha	A.D.Carril	M	SM	62	02:37:03	01:11:22
179	2507	Luís Rodrigues		M	V40M	67	02:43:34	01:17:53
180	2524	Pedro Costa	Dive into the mountains	M	V40M	68	02:43:41	01:18:00
181	3036	Nuno Alves		M	SM	63	02:44:05	01:18:24
182	5019	Iurdes alves	Rookies	F	V50F	3	02:45:07	01:19:26
183	5015	Mariana Parente	Clube atletismo da Póvoa de Varzim	F	V50F	4	02:45:46	01:20:05
184	4024	Conceição Rabaldo	Clube atletismo da Póvoa de Varzim	F	V40F	18	02:46:30	01:20:49
185	4010	Luís Monteiro	CMC Carapaus	M	V40M	69	02:48:20	01:22:39
186	3000	José Andrade		M	SM	64	02:51:06	01:25:25
187	2038	Maria Rocha	A.D.Carril	F	SF	7	02:52:51	01:27:10
188	2039	Ricardo Machado	A.D.Carril	M	SM	65	02:52:53	01:27:12
189	4054	Vania Jorge	Go Rookie	F	V40F	19	03:03:06	01:37:25
190	3010	Adriana Queirós		F	SF	8	03:03:06	01:37:25
191	3046	Vânia Costa		F	SF	9	03:05:22	01:39:41