

20K - III Trail dos Açudes Sentieiras 2018

Geral Individual

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	218	ANTÓNIO ALMEIDA	01:42:20.23		Trail20K		5:07/K	11,7kph	1	34	
2.	326	Luis Mota	01:55:23.83		Trail20K		5:46/K	10,4kph	2	48	
3.	312	Luis Alexandre	01:58:51.91		Trail20K		5:57/K	10,1kph	3	42	
4.	206	André Rosário	02:01:18.13		Trail20K		6:04/K	9,9kph	4	29	
5.	322	MANUEL NOGUEIRA	02:02:29.54		Trail20K		6:07/K	9,8kph	5	42	
6.	404	Francisco Galo (Francisco e An	02:03:35.59		Trail20K		6:11/K	9,7kph	6	54	
7.	303	Paulo Roque	02:05:12.09		Trail20K		6:16/K	9,6kph	7	45	
8.	220	SÉRGIO CAMPOS	02:07:45.54		Trail20K		6:23/K	9,4kph	8	31	
9.	305	João Paulo Oliveira Nepomuceno	02:07:58.57		Trail20K		6:24/K	9,4kph	9	44	
10.	321	NUNO GOMES	02:15:04.95		Trail20K		6:45/K	8,9kph	10	46	
11.	323	Luis Morgado	02:16:27.30		Trail20K		6:49/K	8,8kph	11	48	
12.	219	CLÁUDIO MARIANO	02:16:33.63		Trail20K		6:50/K	8,8kph	12	28	
13.	502	Arsénio Fernandes	02:18:40.27		Trail20K		6:56/K	8,7kph	13	62	
14.	403	José Fonseca	02:21:49.24		Trail20K		7:05/K	8,5kph	14	53	
15.	307	Luis Lobato	02:23:38.98		Trail20K		7:11/K	8,4kph	15	45	
16.	319	Jose Ribeiro	02:24:15.61		Trail20K		7:13/K	8,3kph	16	41	
17.	215	Nuno Mendes	02:28:45.88		Trail20K		7:26/K	8,1kph	17	37	
18.	1000	Glória Serrazina	02:28:46.39		Trail20K		7:26/K	8,1kph	18	60	
19.	309	Francisco Vieira	02:33:03.32		Trail20K		7:39/K	7,8kph	19	43	
20.	300	Carlos Isidro	02:35:01.57		Trail20K		7:45/K	7,7kph	20	46	
21.	315	Hugo Gabriel	02:38:50.25		Trail20K		7:57/K	7,6kph	21	42	
22.	201	Tiago Pombo	02:41:09.84		Trail20K		8:03/K	7,4kph	22	35	
23.	221	RAFAEL COELHO	02:41:20.89		Trail20K		8:04/K	7,4kph	23	28	
24.	313	João Silva	02:41:39.14		Trail20K		8:05/K	7,4kph	24	46	
25.	503	FERNANDO MOURA	02:42:05.51		Trail20K		8:06/K	7,4kph	25	62	
26.	208	Márcio Fernandes	02:42:23.98		Trail20K		8:07/K	7,4kph	26	38	
27.	700	Lina Mateus	02:42:50.51		Trail20K		8:09/K	7,4kph	27	39	
28.	209	César Ferreira	02:42:50.52		Trail20K		8:09/K	7,4kph	28	34	
29.	500	Alberto Graça	02:43:36.52		Trail20K		8:11/K	7,3kph	29	64	
30.	900	Carolina Feliz	02:44:12.80		Trail20K		8:13/K	7,3kph	30	59	
31.	405	Raul Martins	02:44:47.77		Trail20K		8:14/K	7,3kph	31	52	
32.	316	José Fontinha	02:45:52.37		Trail20K		8:18/K	7,2kph	32	41	
33.	150	Henrique Dias	02:48:19.58		Trail20K		8:25/K	7,1kph	33	21	
34.	328	Rui Dias	02:48:51.72		Trail20K		8:27/K	7,1kph	34	46	
35.	301	Manuel Lopes da Silva	02:50:09.11		Trail20K		8:30/K	7,1kph	35	44	
36.	310	Pedro Carmo	02:54:11.48		Trail20K		8:43/K	6,9kph	36	40	
37.	212	João Lobato	02:54:24.29		Trail20K		8:43/K	6,9kph	37	38	
38.	304	Carlos Mendes	02:54:25.08		Trail20K		8:43/K	6,9kph	38	44	
39.	202	Fabio Navarro	02:55:01.20		Runner		8:45/K	6,9kph	39	23	
40.	801	Lígia Coelho	02:55:54.14		Trail20K		8:48/K	6,8kph	40	48	

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41.	324	César Pires	02:56:19.20	Trail20K	8:49/K	6,8kph	41	40
42.	501	Manuel Martins	02:56:55.25	Trail20K	8:51/K	6,8kph	42	64
43.	205	Claudio Silva	03:00:13.70	Trail20K	9:01/K	6,7kph	43	38
44.	224	Fábio condeço	03:00:39.08	Trail20K	9:02/K	6,6kph	44	24
45.	504	Carlos Moreira	03:01:47.00	Trail20K	9:05/K	6,6kph	45	65
46.	901	TERESA MENDES	03:02:34.15	Trail20K	9:08/K	6,6kph	46	50
47.	306	Lourenço Nogueira	03:02:34.76	Trail20K	9:08/K	6,6kph	47	45
48.	217	António Manuel Alberto - Tó ma	03:08:22.06	Trail20K	9:25/K	6,4kph	48	33
49.	401	Joao Manuel Damas Jacinto	03:08:39.02	Trail20K	9:26/K	6,4kph	49	53
50.	200	David Clemente	03:10:59.57	Trail20K	9:33/K	6,3kph	50	36
51.	216	Carlos Rodrigues	03:11:19.21	Trail20K	9:34/K	6,3kph	51	37
52.	702	Mariana Henriques	03:11:41.64	Trail20K	9:35/K	6,3kph	52	28
53.	211	Sérgio Martinho	03:11:42.98	Trail20K	9:35/K	6,3kph	53	34
54.	703	Carina Silva	03:14:34.01	Trail20K	9:44/K	6,2kph	54	38
55.	317	Miguel Vitorino	03:16:48.48	Trail20K	9:50/K	6,1kph	55	41
56.	204	Tiago Nascimento	03:16:53.31	Trail20K	9:51/K	6,1kph	56	27
57.	311	Anselmo Maia	03:22:29.89	Trail20K	10:07/ K	5,9kph	57	47
58.	806	Raquel Correia	03:27:00.13	Trail20K	10:21/ K	5,8kph	58	47
59.	704	Andreia Filipa Alves Batista	03:27:00.19	Trail20K	10:21/ K	5,8kph	59	34
60.	308	Sérgio Jesus	03:27:00.38	Trail20K	10:21/ K	5,8kph	60	45
61.	214	Paulo Fraga da Costa	03:49:20.60	Trail20K	11:28/ K	5,2kph	61	39
62.	213	Ricardo Calhau	03:49:21.30	Trail20K	11:28/ K	5,2kph	62	31
63.	325	Carlos Grácio	03:49:22.12	Trail20K	11:28/ K	5,2kph	63	47
64.	805	Margarida Sousa - Guida Sousa	03:58:21.55	Trail20K	11:55/ K	5,0kph	64	41
65.	804	Cláudia Ferreira	03:58:22.56	Trail20K	11:55/ K	5,0kph	65	46
66.	701	Patricia Antunes	03:58:22.67	Trail20K	11:55/ K	5,0kph	66	39
67.	225	Carlos Tereso	04:13:02.17	Trail20K	12:39/ K	4,7kph	67	30
68.	207	Hélder Carbolla	04:13:03.42	Trail20K	12:39/ K	4,7kph	68	35
69.	802	Helena xavier	04:18:06.82	Trail20K	12:54/ K	4,6kph	69	49
70.	803	Gabriela Marques	04:18:06.96	Trail20K	12:54/ K	4,6kph	70	40