



Trilhos S. Miguel 2018



Classificação Geral

Trail 17 km

Pos.	Dor.	Nome	Clube	Cat.	Pos.Cat	Tempo	T/Km.	Dif.
1	83	Paulo Amaral,	Escola Atletismo Coimbra / Intermarch	M40	1	1:14:03.45	04:21	
2	36	Vitor Pleno,	Cpt Sobral de Ceira	SM	1	1:14:06.92	04:22	0:00:04
3	32	Gustavo Barandas,	Escola de Atletismo de Coimbra / Inter	SM	2	1:15:46.94	04:27	0:01:44
4	30	ORLANDO PÍRES,	Formobiketrialrunning	M45	1	1:15:50.03	04:28	0:01:47
5	26	Vítor Godinho,	Escola de Atletismo de Coimbra - Inter	M45	2	1:16:22.79	04:30	0:02:20
6	90	João Silva,	ACDRS QUINHENDROS	M40	2	1:18:37.17	04:37	0:04:34
7	113	José Josus,		M50	1	1:18:52.78	04:38	0:04:50
8	150	Eduardo Moreira,	SC Povoense	M40	3	1:19:10.61	04:39	0:05:08
9	59	Tiago Rafael Mendes Duarte,	Atletismo Clube da Tocha	SM	3	1:19:21.79	04:40	0:05:19
10	137	Vitor Cardoso,		M40	4	1:19:38.99	04:41	0:05:36
11	38	Paulo Neves,	C.c.r.d.liceia	SM	4	1:20:07.64	04:43	0:06:05
12	89	Ricardo Santos,	VIKINGS TRAIL RUNNERS / CCR /	SM	5	1:20:52.44	04:45	0:06:49
13	106	Pedro Cardoso,	ASSSCC Ar Livre e Aventura	M40	5	1:22:44.80	04:52	0:08:42
14	88	Valter Lopes,	ACDRS QUINHENDROS	SM	6	1:22:47.09	04:52	0:08:44
15	25	Alfredo Miguel Oliveira Gaspar,	GRVilaverdense	SM	7	1:24:26.02	04:58	0:10:23
16	99	António Manuel Oliveira Ferrolho,	Figueira kayak Clube	M45	3	1:24:27.33	04:58	0:10:24
17	3	André Magalhães,	ARSM-RECREATIVO SÃO MIGUEI	SM	8	1:24:27.93	04:58	0:10:25
18	51	José Manuel Jesus Zananar,	Atletismo clube da Tocha	M50	2	1:24:33.32	04:58	0:10:30
19	77	Joaquim Paulo Rodrigues Baltazar,	ARCD Venda da Luisa	SM	9	1:24:38.84	04:59	0:10:36
20	42	Vasco Morais Pinheiro de Sousa,	Coimbra Trail Rrunning	M50	3	1:26:35.16	05:06	0:12:32
21	107	Jorge Simões,	GATÕES BTT	SM	10	1:26:43.43	05:06	0:12:40
22	33	Tiago Silva,	SC Automóveis & MM Fisio	SM	11	1:27:39.49	05:09	0:13:36
23	101	João Franco,		SM	12	1:27:42.19	05:10	0:13:39
24	12	Arnaldo Ferreira,	BTTRAIN	M40	6	1:27:50.62	05:10	0:13:48
25	8	Vitor Manuel da Silva Gonçalves,	VIKINGS TRAIL RUNNERS/ CCR AM	M50	4	1:27:54.73	05:10	0:13:52
26	85	Pedro Filipe Dias Moreira,	Escola de Atletismo de Coimbra/Intern	SM	13	1:28:40.43	05:13	0:14:37
27	73	Artur Jorge Henriques Gândara,	ARCD Venda da Luisa	SM	14	1:28:42.52	05:13	0:14:40
28	110	Lourenço,		SM	15	1:28:57.09	05:14	0:14:54
29	72	Vera Susana Gonçalves Ferreira Ber	ARCD Venda da Luisa	SF	1	1:29:42.46	05:17	0:15:39
30	78	Jose Manuel Amado Marques,	ARCD Venda da Luisa	M50	5	1:29:46.00	05:17	0:15:43
31	138	Paulo Batista,		M45	4	1:29:47.00	05:17	0:15:44
32	31	Nélio Oliveira,	Atletismo Clube da Tocha	SM	16	1:29:48.00	05:17	0:15:45
33	100	Bruno Alexandre da Silva Marques,	Atletismo Clube da Tocha	SM	17	1:29:49.00	05:17	0:15:46
34	19	PAULO AÇAFRÃO,	Grupo Desportivo Ferreirense	M50	6	1:29:51.00	05:17	0:15:48
35	95	Filipe Saltão,	ACRDS Quinhendros	SM	18	1:30:28.22	05:19	0:16:25
36	20	Alex Pedro da Silva,	GRVilaverdense	SM	19	1:30:44.45	05:20	0:16:41
37	39	Mário Neves,	C.c.r.d.liceia	M50	7	1:31:09.43	05:22	0:17:06
38	21	Amilcar José da Silva Ramos,	GRVilaverdense	M40	7	1:31:51.05	05:24	0:17:48
39	62	Diogo Alheio,	Dias & Filhos Bike Team	SM	20	1:32:47.48	05:27	0:18:44
40	102	Paulo Acúrsio,	Grupo Desportivo Ferreirense	M50	8	1:32:50.31	05:28	0:18:47
41	140	João Vaz,		M40	8	1:33:20.66	05:29	0:19:18
42	34	Andreia Baptista,	SC Automóveis & MM Fisio	SF	2	1:33:34.12	05:30	0:19:31
43	18	José Maçarria,	MAREZIA BAR	M50	9	1:33:35.07	05:30	0:19:32

44	75	Carlos Manuel Lopes Quinteiro,	ARCD Venda da Luisa	M50	10	1:33:37.07	05:30	0:19:34
45	27	Nuno Filipe Correia Rodrigues,	GRVilaverdense	M45	5	1:34:41.05	05:34	0:20:38
46	133	Rafael Figueiredo,		SM	21	1:34:59.85	05:35	0:20:57
47	44	José Carlos Simões,	ACRDS QUINHENDROS	M45	6	1:35:53.70	05:38	0:21:51
48	66	JOSE COCENAS,	INDIVIDUAL	M50	11	1:36:24.42	05:40	0:22:21
49	46	Nuno Almeida,	Atletismo Clube da Tocha	SM	22	1:38:18.01	05:47	0:24:15
50	86	Pedro Galhano,	SCPovoense-Caracóis de Corrida	SM	23	1:39:42.24	05:52	0:25:39
51	28	Fernando Fontes Marques dos Santo	GRVilaverdense	M50	12	1:40:05.87	05:53	0:26:03
52	15	Carlos Manuel de Oliveira Palaio,	GRVilaverdense	M45	7	1:41:59.18	06:00	0:27:56
53	52	Ricardo Manuel Santos Pereira,	EmCantos AITeam	SM	24	1:42:01.99	06:00	0:27:59
54	11	Augusto Silva,	Vikings Trail Runners / CCR Alcaideq	M50	13	1:42:15.96	06:01	0:28:13
55	70	Nancy Cantante,	GRVilaverdense	SF	3	1:42:20.48	06:01	0:28:17
56	22	Lurdes Gil,	Grupo Desportivo Ferreirense	F45	1	1:42:26.65	06:02	0:28:24
57	37	Virgílio Neto,	Casa do Benfica Condeixa	M40	9	1:43:21.58	06:05	0:29:19
58	60	Elton Pinho,	Pé d'Atleta RunWalk Team	SM	25	1:43:34.05	06:06	0:29:31
59	91	Antonio Silva,	ACDRS QUINHENDROS	M60	1	1:43:57.49	06:07	0:29:54
60	92	Cidália Maria dos Santos Oliveira,	ACDRS QUINHENDROS	F45	2	1:45:26.86	06:12	0:31:24
61	1	Pedro Figueiredo,	Bio Team Run	SM	26	1:45:35.56	06:13	0:31:33
62	122	José Nunes,		SM	27	1:45:42.13	06:13	0:31:39
63	55	Rui Daniel Cruz Reis,	CLUBE NATURALMENTE BENFEI	SM	28	1:48:01.61	06:21	0:33:59
64	84	Luís António Pinto Pereira,	C,M,M Escaravelhos Team	M50	14	1:48:19.20	06:22	0:34:16
65	68	Ricardo Emanuel Pereira,	GRVilaverdense	SM	29	1:48:39.10	06:23	0:34:36
66	10	Paula coto,	GRVilaverdense	F45	3	1:48:40.16	06:24	0:34:37
67	23	Paulo Sérgio Carvalho Freitas Pereir	GRVilaverdense	M45	8	1:48:40.85	06:24	0:34:38
68	134	Fernando Costa,		M50	15	1:48:50.12	06:24	0:34:47
69	24	Patrícia Isabel da Costa Simões,	VIKINGS TRAIL RUNNERS / CCR / SF		4	1:49:00.72	06:25	0:34:58
70	4	Marina Cabral Mota de Carvalho,	ARSM - Associação Recreativa de S. M	SF	5	1:49:10.17	06:25	0:35:07
71	9	Vitor Santos,	GRVilaverdense	M40	10	1:49:10.80	06:25	0:35:08
72	149	Dany Mateus,		SM	30	1:49:24.49	06:26	0:35:21
73	103	Anabela Rodrigues Fonseca,	Bio team run	F45	4	1:50:39.89	06:31	0:36:37
74	58	Rosa Guardão,	ACDRS QUINHENDROS	F45	5	1:50:57.48	06:32	0:36:54
75	141	Urânia Chuva,		F40	1	1:51:09.02	06:32	0:37:06
76	104	Ana Reis,	S c Povoense Caracóis de Corrida	SF	6	1:51:43.74	06:34	0:37:41
77	63	Sofia Alexandra Jorge Simões,	Grupo Desportivo Ferreirense	SF	7	1:52:38.50	06:38	0:38:36
78	45	Vanessa Reboca,	Figueira Kayak Clube	F40	2	1:52:41.96	06:38	0:38:39
79	6	Sandra Agra,	VIKINGS TRAIL RUNNERS/ CCR A	SF	8	1:53:42.09	06:41	0:39:39
80	5	Daniel Gonçalves Marcos,	VIKINGS TRAIL RUNNERS / CCR /	SM	31	1:53:42.67	06:41	0:39:40
81	13	Fausto Henrique Matos Carvalho,	ARSM - Associação Recreativa de São	M60	2	1:53:43.62	06:41	0:39:41
82	81	Marisa Fernandes,		SF	9	1:53:44.57	06:41	0:39:42
83	87	Jorge Pereira,	Individual	SM	32	1:55:00.93	06:46	0:40:58
84	94	Vânia Paixão,	ACDRS QUINHENDROS	SF	10	1:55:51.78	06:49	0:41:49
85	14	Inês Santos,	Vikings Trail Runners / Ccr Alcabideq	SF	11	1:56:28.17	06:51	0:42:25
86	40	Moisés Nunes,	ARSM - Associação Recreativa de S. M	M50	16	1:56:31.08	06:51	0:42:28
87	105	Albino Leonardo,		M45	9	1:58:04.98	06:57	0:44:02
88	49	Isabel Trindade,	O MUNDO DA CORRIDA	F50	1	1:58:23.01	06:58	0:44:20
89	80	Ivan Costa,		SM	33	1:58:54.02	07:00	0:44:51
90	139	Nuno Ribeiro,		SM	34	1:59:52.89	07:03	0:45:50
91	67	Hernâni Pedroso,	Individual	M45	10	2:00:26.09	07:05	0:46:23
92	57	Paulo Rocha,	GRVilaverdense	M40	11	2:03:34.04	07:16	0:49:31
93	146	Anabela Colaço,		F40	3	2:03:52.57	07:17	0:49:50
94	47	Joao,	Vikings trail runners CCR/alcabideque	SM	35	2:05:09.19	07:22	0:51:06
95	71	Ana Carolina Jacob Melo,	VIKINGS TRAIL RUNNERS / CCR /	SF	12	2:05:26.34	07:23	0:51:23
96	98	Sónia Lima,	CASA DO BENFICA CONDEIXA	F40	4	2:05:33.29	07:23	0:51:30
97	65	Marisa Amaral de Almeida,	Casa do Benfica Condeixa	SF	13	2:05:41.46	07:24	0:51:38
98	135	Dora Dourado,		F40	5	2:06:42.00	07:27	0:52:39
99	131	Carina Jordão,		SF	14	2:06:43.43	07:27	0:52:40
100	136	David Costa,		SM	36	2:06:45.00	07:27	0:52:42
101	111	Julia Legkova,		SF	15	2:06:46.00	07:27	0:52:43
102	74	Carla Susana Marques Freire,	ARCD Venda da Luisa	F40	6	2:08:51.40	07:35	0:54:48

103	64 Orlando Almeida,	Casa do Benfica Condeixa	SM	37	2:08:52.62	07:35	0:54:50
104	53 Tiago Guiomar,	VIKINGS TRAIL RUNNERS / CCR /	SM	38	2:09:13.32	07:36	0:55:10
105	124 Rita Carvalho,		SF	16	2:09:14.64	07:36	0:55:12
106	54 Alexandra Maia,	GRVilaverdense	F40	7	2:09:19.83	07:36	0:55:17
107	35 Maria Dias Rodrigues,		SF	17	2:09:41.10	07:38	0:55:38
108	76 Cristina Isabel da Silva Melo,	ARCD Venda da Luisa	F45	6	2:15:28.74	07:58	1:01:26
109	50 Fernando Luis,	O MUNDO DA CORRIDA	M60	3	2:15:30.22	07:58	1:01:27
110	82 Telmo Rodrigues,		SM	39	2:22:07.81	08:22	1:08:05
111	97 Tiago Gonçalves,		SM	40	2:22:13.24	08:22	1:08:10
112	96 João Melanda,	GRVilaverdense	SM	41	2:22:14.85	08:22	1:08:12
113	2 NUNO MIGUEL DIAS ALVES,	CASA DO BENFICA DE CONDEIXA /	M45	11	2:25:48.10	08:35	1:11:45
114	16 Maria Fátima Rocha Oliveira,	GRVilaverdense	F40	8	2:27:26.93	08:40	1:13:24
115	17 Diogo Miguel Oliveira Palaio,	GRVilaverdense	SM	42	2:27:28.02	08:40	1:13:25
116	108 Luis Caridade,		M40	12	2:43:29.53	09:37	1:29:27