

# II Trilho de S. Tomé

Trail (25 km) Geral

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	Nuno Tinoco	024	ESC. DE ATLETISMO DE COIMBRA	10:38:28	01:34:23
2	Orlando Pires	002	ARSAO MIGUEL POIARES	10:47:02	01:42:57
3	Nuno Vasconcelos	033	COIMBRA TRAIL RUNNING	11:05:52	01:44:30
4	Jorge Rodrigues	035	RAIL RUNNERS	10:50:33	01:46:28
5	Paulo Carvalho	070	COIMBRA TRAIL RUNNING	10:51:26	01:47:21
6	Pedro Simões	018	ARSAO MIGUEL POIARES	10:51:52	01:47:47
7	Luis Pereira	037		10:53:45	01:49:40
8	Fernando Carvalho	095	O MUNDO DA CORRIDA	10:54:05	01:50:00
9	Vitor Oliveira	056	TOCHA RUNNERS	10:55:31	01:51:26
10	Pedro Mendes	028	JUICE PLUS + NATURAL TEAM	10:55:33	01:51:28
11	Márcio Loureiro	049	SR JARDOEIRA	10:55:43	01:51:38
12	Rui Ferreira	076	COIMBRA TRAIL RUNNING	10:56:55	01:52:50
13	Hilário Pinto	014	G. D. ASSEMPARK	10:57:05	01:53:00
14	José Cordeiro	081	PÉ NA PINHA	10:57:35	01:53:30
15	José Carlos Leal	020	BTTRAIN	10:58:08	01:54:03
16	Marco Rodrigues	040	ARSAO MIGUEL POIARES	10:59:01	01:54:56
17	Jorge Tiago	087	COIMBRA TRAIL RUNNING	10:59:06	01:55:01
18	Jorge Justo	045	O MUNDO DA CORRIDA	10:59:44	01:55:39
19	Valter Lopes	057	DIAS & FILHOS	11:00:53	01:56:48
20	Carlos Abreu	012	G. D. ASSEMPARK	11:01:52	01:57:47
21	Jorge Pessoa	043		11:02:06	01:58:01
22	Francisco Pais	039	O MUNDO DA CORRIDA	11:02:28	01:58:23
23	António Silva	003	ARSAO MIGUEL POIARES	11:02:39	01:58:34
24	Carla Cabral	036	GINÁSIO EXTREME FIT	11:03:01	01:58:56
25	Jorge Pedro	010	MOUNTAIN TRAILS	11:03:51	01:59:46
26	Tiago Cação	091	COIMBRA TRAIL RUNNING	11:04:03	01:59:58
27	Fernando Homem	064	C.A.S.P.A	11:04:13	02:00:08
28	Miguel Ribeiro	077	LÁGRIMAS TEAM	11:07:16	02:03:11
29	Júlio Marques	093	MONTANHA CLUBE	11:07:18	02:03:13
30	João Santos	038		11:07:32	02:03:27
31	Sérgio Forte	063	ONE MAN TRAIL	11:08:26	02:04:21
32	António Carvalho	021	ARSAO MIGUEL POIARES	11:10:19	02:06:14
33	Gonçalo Rodrigues	078	O MUNDO DA CORRIDA	11:10:27	02:06:22
34	Luis Silva	066	O MUNDO DA CORRIDA	11:10:29	02:06:24
35	José Simões	051	ARSAO MIGUEL POIARES	11:10:40	02:06:35

36	Nuno Neves	054	ARSAO MIGUEL POIARES	11:11:10	02:07:05
37	Pedro Veríssimo	069		11:13:20	02:09:15
38	Humberto Teixeira	071	VIRIATHVS RUNNERS VISEU	11:14:33	02:10:28
39	Rui Paralta	080		11:14:37	02:10:32
40	João Rainho	017		11:14:39	02:10:34
41	Paulo Faria	029		11:14:40	02:10:35
42	José Santos	050	SANTOS	11:14:44	02:10:39
43	Filipe Santis	065	COIMBRA TRAIL RUNNING	11:17:31	02:13:26
44	Adriano Tabanez	074	CHARON	11:17:39	02:13:34
45	João Rosinha	019		11:18:02	02:13:57
46	Paula Penedo	034	RAIL RUNNERS	11:18:34	02:14:29
47	Vera Bizarro	067	O MUNDO DA CORRIDA	11:18:37	02:14:32
48	Renato Carvalho	042	ADCR POLÍCIA JUDICIÁRIA	11:18:50	02:14:45
49	Nelson Lé	053	"MEIO CAÍDOS"	11:19:08	02:15:03
50	Daniel Crespo	079	C. POVO DE SOUSELAS	11:19:26	02:15:21
51	Gastão Sousa	097	FKC A-TEAM	11:19:30	02:15:25
52	Edgar Pires	006	ARSAO MIGUEL POIARES	11:20:57	02:16:52
53	Luis Miranda	083	BOTACHAVE	11:22:21	02:18:16
54	João Miranda	085	BOTACHAVE	11:22:22	02:18:17
55	David Silva	058	FARMÁCIA LUCIANO E MATOS	11:22:25	02:18:20
56	Rui Zi	047	QUIAIOS RUN TEAM	11:24:44	02:20:39
57	Joel Martinho	005	COIMBRA TRAIL RUNNING	11:24:48	02:20:43
58	Bruno Marques	073	CHARON	11:24:50	02:20:45
59	Salvador Mascarenhas	009	COIMBRA TRAIL RUNNING	11:25:07	02:21:02
60	Filipe Serra	031	LOUZANWOLVES	11:26:02	02:21:57
61	Hugo Bera	068	COIMBRA TRAIL RUNNING	11:26:06	02:22:01
62	Maria Medina	008	COIMBRA TRAIL RUNNING	11:26:07	02:22:02
63	António Paulo	013	G. D. ASSEMPARK	11:26:09	02:22:04
64	João Coroado	046	COIMBRA TRAIL RUNNING	11:26:11	02:22:06
65	Ana Geraldo	059	COIMBRA TRAIL RUNNING	11:26:18	02:22:13
66	Nuno Reis	030	BTTRAIN	11:26:53	02:22:48
67	Renato Santos	082		11:34:00	02:29:55
68	Ricardo Mesquita	027	SCALKOKAS	11:34:02	02:29:57
69	Luisa Mota	041	CALVÃO RUNNERS	11:35:37	02:31:32
70	Pedro Bandeira	060	GOES TRAIL RUNNING	11:35:39	02:31:34
71	Eduardo Ferreira	007	TOCHA RUNNERS	11:35:47	02:31:42
72	Fernando Luis	001	O MUNDO DA CORRIDA	11:38:31	02:34:26
73	Isabel Trindade	023	O MUNDO DA CORRIDA	11:38:34	02:34:29
74	Paulo Jordão	072	VALE DO PRANTO	11:40:13	02:36:08

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75	Miguel Gonçalves	090	MORCEGOS DO CHICHARO	11:42:06	02:38:01
76	Carlos Castanheira	061	GOES TRAIL RUNNING	11:50:13	02:46:08
77	Filipa Cancela	011	G. D. ASSEMPARK	11:52:12	02:48:07
78	Artur Freitas	086	ADM	11:52:30	02:48:25
79	Telmo Lages	052		11:57:51	02:53:46
80	Josephine Marques	084	BOTACHAVE	12:02:56	02:58:51
81	Jeroen Hollander	062	TRECHO	12:06:11	03:02:06
82	Luísa Baptista	092		12:07:11	03:03:06
83	Filipa Ângela	098	G. D. ASSEMPARK	12:07:30	03:03:25
84	Luís Coelho	026	CLUBE DOS ATLETAS TORTOS	12:07:32	03:03:27

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## II Trilho de S. Tomé

### Trail Geral Femininos

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	Carla Cabral	036	GINÁSIO EXTREME FIT	11:03:01	01:58:56
2	Paula Penedo	034	RAIL RUNNERS	11:18:34	02:14:29
3	Vera Bizarro	067	O MUNDO DA CORRIDA	11:18:37	02:14:32
4	Maria Medina	008	COIMBRA TRAIL RUNNING	11:26:07	02:22:02
5	Ana Geraldo	059	COIMBRA TRAIL RUNNING	11:26:18	02:22:13
6	Luisa Mota	041	CALVÃO RUNNERS	11:35:37	02:31:32
7	Isabel Trindade	023	O MUNDO DA CORRIDA	11:38:34	02:34:29
8	Filipa Cancela	011	G. D. ASSEMPARK	11:52:12	02:48:07
9	Josephine Marques	084	BOTACHAVE	12:02:56	02:58:51
10	Luísa Baptista	092		12:07:11	03:03:06
11	Filipa Ângela	098	G. D. ASSEMPARK	12:07:30	03:03:25

# II Trilho de S. Tomé

## Trail Geral Masculinos

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	Nuno Tinoco	024	ESC. DE ATLETISMO DE COIMBRA	10:38:28	01:34:23
2	Orlando Pires	002	ARSAO MIGUEL POIARES	10:47:02	01:42:57
3	Nuno Vasconcelos	033	COIMBRA TRAIL RUNNING	11:05:52	01:44:30
4	Jorge Rodrigues	035	RAIL RUNNERS	10:50:33	01:46:28
5	Paulo Carvalho	070	COIMBRA TRAIL RUNNING	10:51:26	01:47:21
6	Pedro Simões	018	ARSAO MIGUEL POIARES	10:51:52	01:47:47
7	Luis Pereira	037		10:53:45	01:49:40
8	Fernando Carvalho	095	O MUNDO DA CORRIDA	10:54:05	01:50:00
9	Vitor Oliveira	056	TOCHA RUNNERS	10:55:31	01:51:26
10	Pedro Mendes	028	JUICE PLUS + NATURAL TEAM	10:55:33	01:51:28
11	Márcio Loureiro	049	SR JARDOEIRA	10:55:43	01:51:38
12	Rui Ferreira	076	COIMBRA TRAIL RUNNING	10:56:55	01:52:50
13	Hilário Pinto	014	G. D. ASSEMPARK	10:57:05	01:53:00
14	José Cordeiro	081	PÉ NA PINHA	10:57:35	01:53:30
15	José Carlos Leal	020	BTTRAIN	10:58:08	01:54:03
16	Marco Rodrigues	040	ARSAO MIGUEL POIARES	10:59:01	01:54:56
17	Jorge Tiago	087	COIMBRA TRAIL RUNNING	10:59:06	01:55:01
18	Jorge Justo	045	O MUNDO DA CORRIDA	10:59:44	01:55:39
19	Valter Lopes	057	DIAS & FILHOS	11:00:53	01:56:48
20	Carlos Abreu	012	G. D. ASSEMPARK	11:01:52	01:57:47
21	Jorge Pessoa	043		11:02:06	01:58:01
22	Francisco Pais	039	O MUNDO DA CORRIDA	11:02:28	01:58:23
23	António Silva	003	ARSAO MIGUEL POIARES	11:02:39	01:58:34
24	Jorge Pedro	010	MOUNTAIN TRAILS	11:03:51	01:59:46
25	Tiago Cação	091	COIMBRA TRAIL RUNNING	11:04:03	01:59:58
26	Fernando Homem	064	C.A.S.P.A	11:04:13	02:00:08
27	Miguel Ribeiro	077	LÁGRIMAS TEAM	11:07:16	02:03:11
28	Júlio Marques	093	MONTANHA CLUBE	11:07:18	02:03:13
29	João Santos	038		11:07:32	02:03:27
30	Sérgio Forte	063	ONE MAN TRAIL	11:08:26	02:04:21
31	António Carvalho	021	ARSAO MIGUEL POIARES	11:10:19	02:06:14
32	Gonçalo Rodrigues	078	O MUNDO DA CORRIDA	11:10:27	02:06:22
33	Luis Silva	066	O MUNDO DA CORRIDA	11:10:29	02:06:24
34	José Simões	051	ARSAO MIGUEL POIARES	11:10:40	02:06:35
35	Nuno Neves	054	ARSAO MIGUEL POIARES	11:11:10	02:07:05

36	Pedro Veríssimo	069		11:13:20	02:09:15
37	Humberto Teixeira	071	VIRIATHVS RUNNERS VISEU	11:14:33	02:10:28
38	Rui Paralta	080		11:14:37	02:10:32
39	João Rainho	017		11:14:39	02:10:34
40	Paulo Faria	029		11:14:40	02:10:35
41	José Santos	050	SANTOS	11:14:44	02:10:39
42	Filipe Santis	065	COIMBRA TRAIL RUNNING	11:17:31	02:13:26
43	Adriano Tabanez	074	CHARON	11:17:39	02:13:34
44	João Rosinha	019		11:18:02	02:13:57
45	Renato Carvalho	042	ADCR POLÍCIA JUDICIÁRIA	11:18:50	02:14:45
46	Nelson Lé	053	"MEIO CAÍDOS"	11:19:08	02:15:03
47	Daniel Crespo	079	C. POVO DE SOUSELAS	11:19:26	02:15:21
48	Gastão Sousa	097	FKC A-TEAM	11:19:30	02:15:25
49	Edgar Pires	006	ARSAO MIGUEL POIARES	11:20:57	02:16:52
50	Luis Miranda	083	BOTACHAVE	11:22:21	02:18:16
51	João Miranda	085	BOTACHAVE	11:22:22	02:18:17
52	David Silva	058	FARMÁCIA LUCIANO E MATOS	11:22:25	02:18:20
53	Rui Zi	047	QUIAIOS RUN TEAM	11:24:44	02:20:39
54	Joel Martinho	005	COIMBRA TRAIL RUNNING	11:24:48	02:20:43
55	Bruno Marques	073	CHARON	11:24:50	02:20:45
56	Salvador Mascarenhas	009	COIMBRA TRAIL RUNNING	11:25:07	02:21:02
57	Filipe Serra	031	LOUZANWOLVES	11:26:02	02:21:57
58	Hugo Bera	068	COIMBRA TRAIL RUNNING	11:26:06	02:22:01
59	António Paulo	013	G. D. ASSEMPARK	11:26:09	02:22:04
60	João Coroado	046	COIMBRA TRAIL RUNNING	11:26:11	02:22:06
61	Nuno Reis	030	BTTRAIN	11:26:53	02:22:48
62	Renato Santos	082		11:34:00	02:29:55
63	Ricardo Mesquita	027	SCALKOKAS	11:34:02	02:29:57
64	Pedro Bandeira	060	GOES TRAIL RUNNING	11:35:39	02:31:34
65	Eduardo Ferreira	007	TOCHA RUNNERS	11:35:47	02:31:42
66	Fernando Luis	001	O MUNDO DA CORRIDA	11:38:31	02:34:26
67	Paulo Jordão	072	VALE DO PRANTO	11:40:13	02:36:08
68	Miguel Gonçalves	090	MORCEGOS DO CHICHARO	11:42:06	02:38:01
69	Carlos Castanheira	061	GOES TRAIL RUNNING	11:50:13	02:46:08
70	Artur Freitas	086	ADM	11:52:30	02:48:25
71	Telmo Lages	052		11:57:51	02:53:46
72	Jeroen Hollander	062	TRECHO	12:06:11	03:02:06
73	Luís Coelho	026	CLUBE DOS ATLETAS TORTOS	12:07:32	03:03:27



## II Trilho de S. Tomé

Trail < 40 F

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	Carla Cabral	036	GINÁSIO EXTREME FIT	11:03:01	01:58:56
2	Paula Penedo	034	RAIL RUNNERS	11:18:34	02:14:29
3	Vera Bizarro	067	O MUNDO DA CORRIDA	11:18:37	02:14:32
4	Maria Medina	008	COIMBRA TRAIL RUNNING	11:26:07	02:22:02
5	Ana Geraldo	059	COIMBRA TRAIL RUNNING	11:26:18	02:22:13
6	Luisa Mota	041	CALVÃO RUNNERS	11:35:37	02:31:32
7	Filipa Cancela	011	G. D. ASSEMPARK	11:52:12	02:48:07
8	Josephine Marques	084	BOTACHAVE	12:02:56	02:58:51
9	Filipa Ângela	098	G. D. ASSEMPARK	12:07:30	03:03:25

## II Trilho de S. Tomé

Trail < 50 F

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	Luísa Baptista	092		12:07:11	03:03:06

# II Trilho de S. Tomé

Trail > 50 F

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	Isabel Trindade	023	O MUNDO DA CORRIDA	11:38:34	02:34:29

# II Trilho de S. Tomé

Trail < 40 M

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	Nuno Tinoco	024	ESC. DE ATLETISMO DE COIMBRA	10:38:28	01:34:23
2	Nuno Vasconcelos	033	COIMBRA TRAIL RUNNING	11:05:52	01:44:30
3	Paulo Carvalho	070	COIMBRA TRAIL RUNNING	10:51:26	01:47:21
4	Fernando Carvalho	095	O MUNDO DA CORRIDA	10:54:05	01:50:00
5	Pedro Mendes	028	JUICE PLUS + NATURAL TEAM	10:55:33	01:51:28
6	Márcio Loureiro	049	SR JARDOEIRA	10:55:43	01:51:38
7	Rui Ferreira	076	COIMBRA TRAIL RUNNING	10:56:55	01:52:50
8	Valter Lopes	057	DIAS & FILHOS	11:00:53	01:56:48
9	Carlos Abreu	012	G. D. ASSEMPARK	11:01:52	01:57:47
10	Fernando Homem	064	C.A.S.P.A	11:04:13	02:00:08
11	Miguel Ribeiro	077	LÁGRIMAS TEAM	11:07:16	02:03:11
12	Sérgio Forte	063	ONE MAN TRAIL	11:08:26	02:04:21
13	Gonçalo Rodrigues	078	O MUNDO DA CORRIDA	11:10:27	02:06:22
14	Luis Silva	066	O MUNDO DA CORRIDA	11:10:29	02:06:24
15	Nuno Neves	054	ARSAO MIGUEL POIARES	11:11:10	02:07:05
16	Pedro Veríssimo	069		11:13:20	02:09:15
17	Rui Paralta	080		11:14:37	02:10:32
18	Renato Carvalho	042	ADCR POLÍCIA JUDICIÁRIA	11:18:50	02:14:45
19	Daniel Crespo	079	C. POVO DE SOUSELAS	11:19:26	02:15:21
20	Edgar Pires	006	ARSAO MIGUEL POIARES	11:20:57	02:16:52
21	Luis Miranda	083	BOTACHAVE	11:22:21	02:18:16
22	João Miranda	085	BOTACHAVE	11:22:22	02:18:17
23	David Silva	058	FARMÁCIA LUCIANO E MATOS	11:22:25	02:18:20
24	Rui Zi	047	QUIAIOS RUN TEAM	11:24:44	02:20:39
25	Joel Martinho	005	COIMBRA TRAIL RUNNING	11:24:48	02:20:43
26	Bruno Marques	073	CHARON	11:24:50	02:20:45
27	Filipe Serra	031	LOUZANWOLVES	11:26:02	02:21:57
28	Hugo Bera	068	COIMBRA TRAIL RUNNING	11:26:06	02:22:01
29	Nuno Reis	030	BTTRAIN	11:26:53	02:22:48
30	Renato Santos	082		11:34:00	02:29:55
31	Ricardo Mesquita	027	SCALKOKAS	11:34:02	02:29:57
32	Pedro Bandeira	060	GOES TRAIL RUNNING	11:35:39	02:31:34
33	Eduardo Ferreira	007	TOCHA RUNNERS	11:35:47	02:31:42
34	Miguel Gonçalves	090	MORCEGOS DO CHICHARO	11:42:06	02:38:01
35	Artur Freitas	086	ADM	11:52:30	02:48:25

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36	Telmo Lages	052		11:57:51	02:53:46
37	Luís Coelho	026	CLUBE DOS ATLETAS TORTOS	12:07:32	03:03:27

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## II Trilho de S. Tomé

Trail < 50 M

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	Orlando Pires	002	ARSAO MIGUEL POIARES	10:47:02	01:42:57
2	Jorge Rodrigues	035	RAIL RUNNERS	10:50:33	01:46:28
3	Pedro Simões	018	ARSAO MIGUEL POIARES	10:51:52	01:47:47
4	Luis Pereira	037		10:53:45	01:49:40
5	Vitor Oliveira	056	TOCHA RUNNERS	10:55:31	01:51:26
6	Hilário Pinto	014	G. D. ASSEMPARK	10:57:05	01:53:00
7	José Carlos Leal	020	BTTRAIN	10:58:08	01:54:03
8	Marco Rodrigues	040	ARSAO MIGUEL POIARES	10:59:01	01:54:56
9	Jorge Tiago	087	COIMBRA TRAIL RUNNING	10:59:06	01:55:01
10	Francisco Pais	039	O MUNDO DA CORRIDA	11:02:28	01:58:23
11	Jorge Pedro	010	MOUNTAIN TRAILS	11:03:51	01:59:46
12	Tiago Cação	091	COIMBRA TRAIL RUNNING	11:04:03	01:59:58
13	João Santos	038		11:07:32	02:03:27
14	José Simões	051	ARSAO MIGUEL POIARES	11:10:40	02:06:35
15	Humberto Teixeira	071	VIRIATHVS RUNNERS VISEU	11:14:33	02:10:28
16	Paulo Faria	029		11:14:40	02:10:35
17	Filipe Santis	065	COIMBRA TRAIL RUNNING	11:17:31	02:13:26
18	Adriano Tabanez	074	CHARON	11:17:39	02:13:34
19	João Rosinha	019		11:18:02	02:13:57
20	Nelson Lé	053	"MEIO CAÍDOS"	11:19:08	02:15:03
21	Gastão Sousa	097	FKC A-TEAM	11:19:30	02:15:25
22	Salvador Mascarenhas	009	COIMBRA TRAIL RUNNING	11:25:07	02:21:02
23	António Paulo	013	G. D. ASSEMPARK	11:26:09	02:22:04
24	Paulo Jordão	072	VALE DO PRANTO	11:40:13	02:36:08
25	Carlos Castanheira	061	GOES TRAIL RUNNING	11:50:13	02:46:08

## II Trilho de S. Tomé

Trail > 50 M

#	NOME	DORSAL	EQUIPA	CHEGADA	TEMPO
1	José Cordeiro	081	PÉ NA PINHA	10:57:35	01:53:30
2	Jorge Justo	045	O MUNDO DA CORRIDA	10:59:44	01:55:39
3	Jorge Pessoa	043		11:02:06	01:58:01
4	António Silva	003	ARSAO MIGUEL POIARES	11:02:39	01:58:34
5	Júlio Marques	093	MONTANHA CLUBE	11:07:18	02:03:13
6	António Carvalho	021	ARSAO MIGUEL POIARES	11:10:19	02:06:14
7	João Rainho	017		11:14:39	02:10:34
8	José Santos	050	SANTOS	11:14:44	02:10:39
9	João Coroado	046	COIMBRA TRAIL RUNNING	11:26:11	02:22:06
10	Fernando Luis	001	O MUNDO DA CORRIDA	11:38:31	02:34:26
11	Jeroen Hollander	062	TRECHO	12:06:11	03:02:06