

Trilhos Do Arroz Doce



Classificação Geral

Trail Longo

24,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	T/Km.	Dif.
1	164	Diogo Pinheiro,	Coimbra Trail Running	TLSEM	1	1:46:25.16	04:26	
2	159	Fernando Marques,	Dci Pedrulha Mealhada	TLSEM	2	1:46:57.13	04:27	0:00:32
3	166	Manuel Pinto,	Tribo NR	TL40M	1	2:01:48.67	05:05	0:15:24
4	172	André Miguel Lamei	Montanha clube trail running/EFA	TLSEM	3	2:01:51.75	05:05	0:15:27
5	1	Sérgio Gonçalves,	BTTRAIN	TLSEM	4	2:07:47.09	05:19	0:21:22
6	4	Arnaldo Ferreira,	BTTRAIN	TL40M	2	2:09:05.77	05:23	0:22:41
7	34	Alex Mendes,	Abutres	TL40M	3	2:09:20.35	05:23	0:22:55
8	2	Pedro Ferreira,	Falsos Lentos	TL40M	4	2:09:41.92	05:24	0:23:17
9	18	Tiago Taborda,	Tribo NR	TLSEM	5	2:12:12.56	05:31	0:25:48
10	167	Nuno Pessoa,	Tribo NR	TL40M	5	2:13:03.26	05:33	0:26:38
11	13	Joze Ferreira,	Dci Pedrulha Mealhada	TL40M	6	2:13:31.22	05:34	0:27:06
12	23	Vasco Ferreira,	Singular	TLSEM	6	2:16:53.41	05:42	0:30:28
13	30	Miguel Fernandes Via	Turbo Mulas	TL23M	1	2:17:53.86	05:45	0:31:29
14	33	Nuno Engenheiro,	Corvos bike team	TL40M	7	2:18:18.14	05:46	0:31:53
15	169	Pedro Manso,	Individual	TLSEM	7	2:19:56.58	05:50	0:33:32
16	28	Micael Arromba,	BESOUROS.COM	TLSEM	8	2:20:06.97	05:50	0:33:42
17	3	Acílio Noro,	SOURE MOV	TL40M	8	2:20:32.64	05:51	0:34:08
18	9	Fábio Silva,	ACBatalha	TLSEM	9	2:20:52.65	05:52	0:34:28
19	161	João Carlos Pereira,	out 2 run/ Miro	TL40M	9	2:21:23.36	05:53	0:34:58
20	157	António Manuel de J	Atletismo Clube da Tocha	TL40M	10	2:22:18.91	05:56	0:35:54
21	6	Aurélio Saúde,	Jogging Lovers Coimbra	TL40M	11	2:22:29.88	05:56	0:36:05
22	170	Luis Mendes,	Abutres	TL40M	12	2:24:52.44	06:02	0:38:27
23	31	Paulo Cavaleiro,	Leitão & Cavaleiro	TL50M	1	2:27:24.32	06:09	0:40:59
24	11	LUÍS MACHADO,	ACDRS QUINHENDROS	TLSEM	10	2:30:10.02	06:15	0:43:45
25	27	Luis Nunes,		TL40M	13	2:31:09.65	06:18	0:44:45
26	156	Hugo Marouvo,	SOURE MOV	TLSEM	11	2:32:00.46	06:20	0:45:35
27	16	Nuno Garcia,		TLSEM	12	2:37:14.61	06:33	0:50:50
28	10	Leonel Concho,	ACDRS QUINHENDROS	TL40M	14	2:40:31.17	06:41	0:54:06
29	168	Marcos Alves,	Tribo NR	TL40M	15	2:46:06.67	06:55	0:59:42
30	153	Rui Lopes,	Ozxtreme/ADCRPereira	TL50M	2	2:46:47.86	06:57	1:00:23
31	19	Pedro Monteiro,		TL40M	16	2:55:30.98	07:19	1:09:06
32	152	Filipe Costa,	Ozxtreme/ADCRPereira	TL50M	3	2:57:51.90	07:25	1:11:27
33	17	Hugo carvalho,	fruta da 5ª	TL23M	2	2:58:06.00	07:25	1:11:41
34	25	Rui Santos,	BlackBulls / Clube de Condeixa	TL40M	17	2:58:07.06	07:25	1:11:42
35	154	Katy Lopes,	Ozxtreme/ADCRPereira	TLSEF	1	3:04:23.14	07:41	1:17:58
36	15	Cláudia Isidoro,	Coimbra Trail Running	TL40F	1	3:05:37.16	07:44	1:19:12
37	158	Helena Lopes,	Tribo NR	TL40F	2	3:10:12.30	07:56	1:23:47
38	29	Filipe Pinheiro,	Turbo Mulas	TL23M	3	3:10:59.68	07:57	1:24:35
39	160	Marcelo Coutinho,	this side up- run team	TL40M	18	3:13:01.91	08:03	1:26:37
40	163	Natália José,	Coimbra Trail Running	TLSEF	2	3:15:38.97	08:09	1:29:14
41	21	Carla santos,		TL40F	3	3:17:31.00	08:14	1:31:06
42	20	Henrique Santos,		TL40M	19	3:17:31.28	08:14	1:31:06

43	32	jorge ramos,	individual	TL60M	1	3:17:43.18	08:14	1:31:18
44	8	Paulo Matafome,	Tribo NR	TLSEM	13	3:28:59.53	08:42	1:42:35
45	12	Pedro Elias,	Tribo NR	TL50M	4	3:29:06.27	08:43	1:42:41
46	24	Luis Vizeu,	out 2 run/ Miro	TL40M	20	3:33:28.71	08:54	1:47:04
47	22	Bruna Santos,		TL23F	1	4:04:23.33	10:11	2:17:58
48	26	Luz Costa,		TL40F	4	4:12:20.00	10:31	2:25:55
DESCA. 162		João Carlos Silva,	Coimbra Trail Running	TLSEM				
DESCA. 155		Renata Vinagre,	Ozxtreme/ADCRPereira	TL23F				
DESCA. 165		António Campos,	Tribo NR	TL40M				