



## EPIC TRAIL SOLIDÁRIO ADIB

25 de Abril de 2015

### Classificação por categorias

#### *Vet M50 Masc Trail 30km*

P.Cat.	Nome	Clube	Tempo
1	Teixeira, Amadeu	Individual	2:51:51
2	Ferreira, Jose	Individual	3:00:40
3	Vilela, Fernando	Individual	3:00:40
4	Gomes, José	Noctiluzes	3:16:27
5	Teixeira, Manuel	Individual	3:30:26
6	Sousa, Jose	Individual	3:40:29
7	Oliveira, Armando	Lousada Runners	3:58:48
8	Emidio, Manuel	Individual	4:08:42
9	Henriques, Paulo	Tou Que Nem Posso	4:15:19
10	Soares, Mário	Tou Que Nem Posso	4:15:19

#### *Vet F40 Fem Trail 30km*

P.Cat.	Nome	Clube	Tempo
1	Silva, Rosa	Noctiluzes	4:11:32
2	Loureiro, Maria	Budeguita Runners	4:15:29

#### *Vet M40 Masc Trail 30km*

P.Cat.	Nome	Clube	Tempo
1	Maritns, António		2:22:04
2	Cidras, Marcos	Individual	2:37:18
3	Fernandez, Adolfo	Individual	2:44:45
4	Jesus, António	lousada runners	2:51:19
5	Caldas, Paulo	Individual	2:55:41
6	Oliveira, Augusto	Individual	2:57:02
7	Sousa, Dionisio	Individual	2:59:54
8	Gomes, António	Individual	3:14:08
9	Teixeira, Eduardo	CTAD-TRILHOSDECINFAES	3:20:24
10	Correia, Orlando	Individual	3:22:17
11	Barbosa, Pedro	Invicta Runners Team	3:29:07
12	Costa, Jose	Individual	3:29:39
13	Santos, Manuel		3:29:58
14	Pinho, António	Individual	3:30:08
15	Rodrigues, José	Individual	3:33:21
16	Ferreira, Jose	Individual	3:36:23

17	Fontes, Humberto	FONTEService	3:42:11
18	Moreira, Arnaldo	Individual	4:09:50

### *Seniores Fem Trail 30km*

<b>P.Cat.</b>	<b>Nome</b>	<b>Clube</b>	<b>Tempo</b>
1	Santos, Sara	rainha club	4:25:40
2	Martins, Vera	Tou Que Nem Posso	4:49:51

### *Seniores Masc Trail 30km*

<b>P.Cat.</b>	<b>Nome</b>	<b>Clube</b>	<b>Tempo</b>
1	Leão, César	UNIDADE ESPECIAL DE CORRIDA	2:37:05
2	Silva, Helder	Individual	2:47:27
3	Silva, Adriano	Individual	2:49:27
4	Silva, Andre	Rainha Club	2:55:26
5	Monteiro, Ricardo	Individual	2:55:48
6	Melo, Inuo	RUN 4 ALL	2:58:06
7	Pereira, Américo	Academia Militar	3:06:32
8	Pereira, Pedro	Individual	3:07:07
9	Carvalho, José	Academia Militar	3:09:16
10	Pinheiro, Pedro	Academia Militar	3:11:49
11	Freitas, Paulo	Individual	3:12:19
12	Dias, Joaquim	Individual	3:14:08
13	Pinto, José	Individual	3:14:52
14	Saraiva, Carlos	Academia Militar	3:17:21
15	Gonçalves, César	Individual	3:18:53
16	Ferreira, Vasco	BTT Cerca - Duathlon Team	3:19:36
17	Pinho, José	Individual	3:25:16
18	Mendes, Manuel	rainha club	3:27:39
19	Costa, Jose	Individual	3:28:10
20	Costa, Hugo	Rainha Club	3:28:22
21	Argão, Francisco	Individual	3:29:06
22	Ribeiro, Bruno	Individual	3:29:18
23	Ferreira, Pedro	BTT Cerca - Duathlon Team	3:32:49
24	Lages, Telmo	Individual	3:42:59
25	Pedrosa, Luis	Individual	3:47:01
26	Oliveira, Vasco	Individual	3:53:39
27	Matos, Diogo	Individual	3:58:32
28	Gonçalves, André	Individual	3:58:44
29	Airosa, Rui	Budeguita Runners	4:06:12
30	Marques, Pedro		4:07:33
31	Loureiro, Tiago	Budeguita Runners	4:38:35



## EPIC TRAIL SOLIDÁRIO ADIB

25 de Abril de 2015

### Classificação Geral Feminina - Trail longo 30 km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	406	Silva, Rosa	Noctiluzes	F40_30	1	<b>4:11:32.62</b>	08:23	
2	405	Loureiro, Maria	Budeguita Runners	F40_30	2	<b>4:15:29.29</b>	08:31	0:03:56
3	474	Santos, Sara	rainha club	SENF30	1	<b>4:25:40.00</b>	08:51	0:14:07
4	430	Martins, Vera	Tou Que Nem Posso	SENF30	2	<b>4:49:51.33</b>	09:40	0:38:18



## EPIC TRAIL SOLIDÁRIO ADIB

25 de Abril de 2015

### Classificação Geral Masculina - Trail longo 30 km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	481	Maritns, António		M40_30	1	<b>2:22:04.27</b>	04:44	
2	466	Leão, César	UNIDADE ESPECIAL DE CORRIDA	SENM30	1	<b>2:37:05.50</b>	05:14	0:15:01
3	463	Cidras, Marcos	Individual	M40_30	2	<b>2:37:18.56</b>	05:15	0:15:15
4	408	Fernandez, Adolfo	Individual	M40_30	3	<b>2:44:45.68</b>	05:30	0:22:42
5	479	Silva, Helder	Individual	SENM30	2	<b>2:47:27.37</b>	05:35	0:25:23
6	431	Silva, Adriano	Individual	SENM30	3	<b>2:49:27.62</b>	05:39	0:27:24
7	400	Duarte, César	Individual	???	???	<b>2:50:39.07</b>		
8	480	Jesus, António	lousada runners	M40_30	4	<b>2:51:19.33</b>	05:43	0:29:15
9	419	Teixeira, Amadeu	Individual	M50_30	1	<b>2:51:51.67</b>	05:44	0:29:48
10	435	Silva, Andre	Rainha Club	SENM30	4	<b>2:55:26.14</b>	05:51	0:33:22
11	418	Caldas, Paulo	Individual	M40_30	5	<b>2:55:41.72</b>	05:51	0:33:38
12	407	Monteiro, Ricardo	Individual	SENM30	5	<b>2:55:48.41</b>	05:52	0:33:44
13	402	Carvalho, Miguel	Individual	???	???	<b>2:55:50.10</b>		
14	410	Oliveira, Augusto	Individual	M40_30	6	<b>2:57:02.47</b>	05:54	0:34:58
15	467	Melo, Inuo	RUN 4 ALL	SENM30	6	<b>2:58:06.39</b>	05:56	0:36:02
16	411	Sousa, Dionisio	Individual	M40_30	7	<b>2:59:54.44</b>	06:00	0:37:50
17	423	Ferreira, Jose	Individual	M50_30	2	<b>3:00:40.14</b>	06:01	0:38:36
18	422	Vilela, Fernando	Individual	M50_30	3	<b>3:00:40.63</b>	06:01	0:38:37
19	433	Pereira, Américo	Academia Militar	SENM30	7	<b>3:06:32.90</b>	06:13	0:44:29
20	454	Pereira, Pedro	Individual	SENM30	8	<b>3:07:07.55</b>	06:14	0:45:04
21	444	Carvalho, José	Academia Militar	SENM30	9	<b>3:09:16.54</b>	06:19	0:47:13
22	455	Pinheiro, Pedro	Academia Militar	SENM30	10	<b>3:11:49.37</b>	06:24	0:49:45
23	452	Freitas, Paulo	Individual	SENM30	11	<b>3:12:19.33</b>	06:25	0:50:15
24	468	Gomes, António	Individual	M40_30	8	<b>3:14:08.35</b>	06:28	0:52:04
25	443	Dias, Joaquim	Individual	SENM30	12	<b>3:14:08.42</b>	06:28	0:52:04
26	447	Pinto, José	Individual	SENM30	13	<b>3:14:52.28</b>	06:30	0:52:48
27	424	Gomes, José	Noctiluzes	M50_30	4	<b>3:16:27.45</b>	06:33	0:54:23
28	437	Saraiva, Carlos	Academia Militar	SENM30	14	<b>3:17:21.05</b>	06:35	0:55:17
29	438	Gonçalves, César	Individual	SENM30	15	<b>3:18:53.46</b>	06:38	0:56:49
30	477	Ferreira, Vasco	BTT Cerca - Duathlon Team	SENM30	16	<b>3:19:36.78</b>	06:39	0:57:33
31	412	Teixeira, Eduardo	CTAD-TRILHOSDECINFAES	M40_30	9	<b>3:20:24.70</b>	06:41	0:58:21
32	417	Correia, Orlando	Individual	M40_30	10	<b>3:22:17.22</b>	06:45	1:00:13
33	464	Pinho, José	Individual	SENM30	17	<b>3:25:16.47</b>	06:51	1:03:12
34	473	Mendes, Manuel	rainha club	SENM30	18	<b>3:27:39.28</b>	06:55	1:05:35
35	445	Costa, Jose	Individual	SENM30	19	<b>3:28:10.25</b>	06:56	1:06:06
36	442	Costa, Hugo	Rainha Club	SENM30	20	<b>3:28:22.86</b>	06:57	1:06:19
37	403	Martins, Paulo	Individual	???	???	<b>3:28:54.64</b>		
38	475	Argão, Francisco	Individual	SENM30	21	<b>3:29:06.02</b>	06:58	1:07:02
39	133	Barbosa, Pedro	Invicta Runners Team	M40_30	11	<b>3:29:07.05</b>	06:58	1:07:03
40	436	Ribeiro, Bruno	Individual	SENM30	22	<b>3:29:18.24</b>	06:59	1:07:14

41	414 Costa, Jose	Individual	M40_30	12	<b>3:29:39.95</b>	06:59	1:07:36
42	482 Santos, Manuel		M40_30	13	<b>3:29:58.08</b>	07:00	1:07:54
43	409 Pinho, António	Individual	M40_30	14	<b>3:30:08.45</b>	07:00	1:08:04
44	401 Teixeira, Manuel	Individual	M50_30	5	<b>3:30:26.42</b>	07:01	1:08:22
45	478 Ferreira, Pedro	BTT Cerca - Duathlon Team	SENM30	23	<b>3:32:49.86</b>	07:06	1:10:46
46	416 Rodrigues, José	Individual	M40_30	15	<b>3:33:21.00</b>	07:07	1:11:17
47	415 Ferreira, Jose	Individual	M40_30	16	<b>3:36:23.22</b>	07:13	1:14:19
48	471 Sousa, Jose	Individual	M50_30	6	<b>3:40:29.56</b>	07:21	1:18:26
49	413 Fontes, Humberto	FONTESservice	M40_30	17	<b>3:42:11.16</b>	07:24	1:20:07
50	472 Lages, Telmo	Individual	SENM30	24	<b>3:42:59.87</b>	07:26	1:20:56
51	448 Pedrosa, Luis	Individual	SENM30	25	<b>3:47:01.48</b>	07:34	1:24:57
52	461 Oliveira, Vasco	Individual	SENM30	26	<b>3:53:39.48</b>	07:47	1:31:35
53	465 Matos, Diogo	Individual	SENM30	27	<b>3:58:32.99</b>	07:57	1:36:29
54	434 Gonçalves, André	Individual	SENM30	28	<b>3:58:44.35</b>	07:57	1:36:40
55	421 Oliveira, Armando	Lousada Runners	M50_30	7	<b>3:58:48.20</b>	07:58	1:36:44
56	458 Airosa, Rui	Budeguita Runners	SENM30	29	<b>4:06:12.31</b>	08:12	1:44:08
57	530 Marques, Pedro		SENM30	30	<b>4:07:33.26</b>	08:15	1:45:29
58	425 Emidio, Manuel	Individual	M50_30	8	<b>4:08:42.95</b>	08:17	1:46:39
59	469 Moreira, Arnaldo	Individual	M40_30	18	<b>4:09:50.41</b>	08:20	1:47:46
60	427 Henriques, Paulo	Tou Que Nem Posso	M50_30	9	<b>4:15:19.68</b>	08:31	1:53:16
61	426 Soares, Mário	Tou Que Nem Posso	M50_30	10	<b>4:15:19.72</b>	08:31	1:53:16
62	460 Loureiro, Tiago	Budeguita Runners	SENM30	31	<b>4:38:35.00</b>	09:17	2:16:31



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1	481	Maritns, António		M40_30	1	<b>2:22:04.27</b>	04:44	
2	466	Leão, César	UNIDADE ESPECIAL DE CORRIDA	SENM30	1	<b>2:37:05.50</b>	05:14	0:15:01
3	463	Cidras, Marcos	Individual	M40_30	2	<b>2:37:18.56</b>	05:15	0:15:15
4	408	Fernandez, Adolfo	Individual	M40_30	3	<b>2:44:45.68</b>	05:30	0:22:42
5	479	Silva, Helder	Individual	SENM30	2	<b>2:47:27.37</b>	05:35	0:25:23
6	431	Silva, Adriano	Individual	SENM30	3	<b>2:49:27.62</b>	05:39	0:27:24
7	400	Duarte, César	Individual	???	???	<b>2:50:39.07</b>		
8	480	Jesus, António	lousada runners	M40_30	4	<b>2:51:19.33</b>	05:43	0:29:15
9	419	Teixeira, Amadeu	Individual	M50_30	1	<b>2:51:51.67</b>	05:44	0:29:48
10	435	Silva, Andre	Rainha Club	SENM30	4	<b>2:55:26.14</b>	05:51	0:33:22
11	418	Caldas, Paulo	Individual	M40_30	5	<b>2:55:41.72</b>	05:51	0:33:38
12	407	Monteiro, Ricardo	Individual	SENM30	5	<b>2:55:48.41</b>	05:52	0:33:44
13	402	Carvalho, Miguel	Individual	???	???	<b>2:55:50.10</b>		
14	410	Oliveira, Augusto	Individual	M40_30	6	<b>2:57:02.47</b>	05:54	0:34:58
15	467	Melo, Inuo	RUN 4 ALL	SENM30	6	<b>2:58:06.39</b>	05:56	0:36:02
16	411	Sousa, Dionisio	Individual	M40_30	7	<b>2:59:54.44</b>	06:00	0:37:50
17	423	Ferreira, Jose	Individual	M50_30	2	<b>3:00:40.14</b>	06:01	0:38:36
18	422	Vilela, Fernando	Individual	M50_30	3	<b>3:00:40.63</b>	06:01	0:38:37
19	433	Pereira, Américo	Academia Militar	SENM30	7	<b>3:06:32.90</b>	06:13	0:44:29
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21	444	Carvalho, José	Academia Militar	SENM30	9	<b>3:09:16.54</b>	06:19	0:47:13
22	455	Pinheiro, Pedro	Academia Militar	SENM30	10	<b>3:11:49.37</b>	06:24	0:49:45
23	452	Freitas, Paulo	Individual	SENM30	11	<b>3:12:19.33</b>	06:25	0:50:15
24	468	Gomes, António	Individual	M40_30	8	<b>3:14:08.35</b>	06:28	0:52:04
25	443	Dias, Joaquim	Individual	SENM30	12	<b>3:14:08.42</b>	06:28	0:52:04
26	447	Pinto, José	Individual	SENM30	13	<b>3:14:52.28</b>	06:30	0:52:48
27	424	Gomes, José	Noctiluzes	M50_30	4	<b>3:16:27.45</b>	06:33	0:54:23
28	437	Saraiva, Carlos	Academia Militar	SENM30	14	<b>3:17:21.05</b>	06:35	0:55:17
29	438	Gonçalves, César	Individual	SENM30	15	<b>3:18:53.46</b>	06:38	0:56:49
30	477	Ferreira, Vasco	BTT Cerca - Duathlon Team	SENM30	16	<b>3:19:36.78</b>	06:39	0:57:33
31	412	Teixeira, Eduardo	CTAD-TRILHOSDECINFAES	M40_30	9	<b>3:20:24.70</b>	06:41	0:58:21
32	417	Correia, Orlando	Individual	M40_30	10	<b>3:22:17.22</b>	06:45	1:00:13
33	464	Pinho, José	Individual	SENM30	17	<b>3:25:16.47</b>	06:51	1:03:12
34	473	Mendes, Manuel	rainha club	SENM30	18	<b>3:27:39.28</b>	06:55	1:05:35
35	445	Costa, Jose	Individual	SENM30	19	<b>3:28:10.25</b>	06:56	1:06:06
36	442	Costa, Hugo	Rainha Club	SENM30	20	<b>3:28:22.86</b>	06:57	1:06:19
37	403	Martins, Paulo	Individual	???	???	<b>3:28:54.64</b>		
38	475	Argão, Francisco	Individual	SENM30	21	<b>3:29:06.02</b>	06:58	1:07:02
39	133	Barbosa, Pedro	Invicta Runners Team	M40_30	11	<b>3:29:07.05</b>	06:58	1:07:03
40	436	Ribeiro, Bruno	Individual	SENM30	22	<b>3:29:18.24</b>	06:59	1:07:14

41	414 Costa, Jose	Individual	M40_30	12	<b>3:29:39.95</b>	06:59	1:07:36
42	482 Santos, Manuel		M40_30	13	<b>3:29:58.08</b>	07:00	1:07:54
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45	478 Ferreira, Pedro	BTT Cerca - Duathlon Team	SENM30	23	<b>3:32:49.86</b>	07:06	1:10:46
46	416 Rodrigues, José	Individual	M40_30	15	<b>3:33:21.00</b>	07:07	1:11:17
47	415 Ferreira, Jose	Individual	M40_30	16	<b>3:36:23.22</b>	07:13	1:14:19
48	471 Sousa, Jose	Individual	M50_30	6	<b>3:40:29.56</b>	07:21	1:18:26
49	413 Fontes, Humberto	FONTEService	M40_30	17	<b>3:42:11.16</b>	07:24	1:20:07
50	472 Lages, Telmo	Individual	SENM30	24	<b>3:42:59.87</b>	07:26	1:20:56
51	448 Pedrosa, Luis	Individual	SENM30	25	<b>3:47:01.48</b>	07:34	1:24:57
52	461 Oliveira, Vasco	Individual	SENM30	26	<b>3:53:39.48</b>	07:47	1:31:35
53	465 Matos, Diogo	Individual	SENM30	27	<b>3:58:32.99</b>	07:57	1:36:29
54	434 Gonçalves, André	Individual	SENM30	28	<b>3:58:44.35</b>	07:57	1:36:40
55	421 Oliveira, Armando	Lousada Runners	M50_30	7	<b>3:58:48.20</b>	07:58	1:36:44
56	458 Airosa, Rui	Budeguita Runners	SENM30	29	<b>4:06:12.31</b>	08:12	1:44:08
57	530 Marques, Pedro		SENM30	30	<b>4:07:33.26</b>	08:15	1:45:29
58	425 Emidio, Manuel	Individual	M50_30	8	<b>4:08:42.95</b>	08:17	1:46:39
59	469 Moreira, Arnaldo	Individual	M40_30	18	<b>4:09:50.41</b>	08:20	1:47:46
60	406 Silva, Rosa	Noctiluzes	F40_30	1	<b>4:11:32.62</b>	08:23	1:49:29
61	427 Henriques, Paulo	Tou Que Nem Posso	M50_30	9	<b>4:15:19.68</b>	08:31	1:53:16
62	426 Soares, Mário	Tou Que Nem Posso	M50_30	10	<b>4:15:19.72</b>	08:31	1:53:16
63	405 Loureiro, Maria	Budeguita Runners	F40_30	2	<b>4:15:29.29</b>	08:31	1:53:25
64	474 Santos, Sara	rainha club	SENF30	1	<b>4:25:40.00</b>	08:51	2:03:36
65	460 Loureiro, Tiago	Budeguita Runners	SENM30	31	<b>4:38:35.00</b>	09:17	2:16:31
66	430 Martins, Vera	Tou Que Nem Posso	SENF30	2	<b>4:49:51.33</b>	09:40	2:27:47