

VII Trail Terras de Ansião - 18K

Classificação Geral

Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
1	525	BRUNO SILVA	CLUBE VETERANOS DO LIS	M: 1	Trail Curto	01:21:32.09	04:31	13.2kph	MSen: 1
2	568	NUNO GONCALVES	RUNCROSSTRAIL	M: 2	Trail Curto	01:21:39.60	04:32	13.2kph	M40: 1
3	605	CLÁUDIO BICA	INDIVIDUAL	M: 3	Trail Curto	01:22:57.19	04:36	13.0kph	MSen: 2
4	409	DAVID CRUZ	G.R.CORREDOURA	M: 4	Trail Curto	01:25:19.63	04:44	12.7kph	MSen: 3
5	366	JOAO ALVES	G.R.CORREDOURA	M: 5	Trail Curto	01:26:11.03	04:47	12.5kph	MSen: 4
6	382	DIOGO PIMENTA	DCI/TRILHOS LUSO BUSSACO	M: 6	Trail Curto	01:27:19.21	04:51	12.4kph	MSen: 5
7	500	ÁLVARO CASTELÃO	ACRU/AMADORES TRAIL TEAM	M: 7	Trail Curto	01:28:56.00	04:56	12.1kph	MSen: 6
8	507	CELSO MARQUES	NEXEBRA TRAIL TEAM	M: 8	Trail Curto	01:31:46.00	05:05	11.8kph	MSen: 7
9	320	JOEL BATISTA	LOURIVAL BIKE TEAM	M: 9	Trail Curto	01:32:03.07	05:06	11.7kph	MSen: 8
10	450	SÉRGIO VIEIRA	VESPINGA SAUDÁVEL/FET	M: 10	Trail Curto	01:32:23.78	05:07	11.7kph	MSen: 9
11	346	DAVID PEREIRA	WWW.PROJETOAMELIA.ORG	M: 11	Trail Curto	01:33:26.76	05:11	11.6kph	M40: 2
12	352	BRUNO GOMES	DA-LHE GÁS TEAM	M: 12	Trail Curto	01:33:38.33	05:12	11.5kph	MJunior: 1
13	404	JORGE RODRIGUES	BIKEBROTHERS / RODRICONCEPT	M: 13	Trail Curto	01:33:40.95	05:12	11.5kph	MSen: 10
14	480	FERNANDO FREIRE	DA-LHE GÁS TEAM	M: 14	Trail Curto	01:33:41.36	05:12	11.5kph	MSen: 11
15	351	JOÃO MARKES	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	M: 15	Trail Curto	01:35:53.86	05:19	11.3kph	M45: 1
16	521	JOSE SILVA	CASA DO BENFICA ABRANTES	M: 16	Trail Curto	01:37:31.23	05:25	11.1kph	M55: 1
17	457	ANTONIO REIS	EXPOFAT	M: 17	Trail Curto	01:38:06.11	05:27	11.0kph	M50: 1
18	514	RUI CADETE	LAMA SOLTA	M: 18	Trail Curto	01:38:12.66	05:27	11.0kph	M40: 3
19	515	CARLOS DURO	A.D.R ÁGUAS BELAS	M: 19	Trail Curto	01:38:14.41	05:27	11.0kph	M60: 1
20	569	DENISE PEREIRA	RUNCROSSTRAIL	F: 1	Trail Curto	01:38:30.13	05:28	11.0kph	FSen: 1
21	326	LUIS NEVES	MARINHAI AC	M: 20	Trail Curto	01:38:40.66	05:28	10.9kph	M40: 4
22	427	JOSÉ LOPES	INDIVIDUAL	M: 21	Trail Curto	01:39:21.41	05:31	10.9kph	M45: 2
23	531	RICARDO FERREIRA	ZONA ALTA TRAIL	M: 22	Trail Curto	01:39:26.22	05:31	10.9kph	MSen: 12
24	341	FILIPE CALDEIRA	SCFZ TRAIL RUNNERS	M: 23	Trail Curto	01:39:43.55	05:32	10.8kph	M40: 5
25	477	JORGE CRUZ	CENTRO TRAIL CARLOS SÁ PENACOVA TEAM	M: 24	Trail Curto	01:40:10.33	05:33	10.8kph	M40: 6
26	497	ANDRÉ COSTA	ANSIDENTE CLINICA DENTÁRIA	M: 25	Trail Curto	01:40:24.00	05:34	10.8kph	MJunior: 2
27	455	MÁRIO FERNANDES	TFT SPARTAN WARRIORS	M: 26	Trail Curto	01:40:34.45	05:35	10.7kph	M45: 3
28	314	JOÃO DÂMASO	GRUPO MARAVILHA	M: 27	Trail Curto	01:41:36.48	05:38	10.6kph	MSen: 13
29	452	LUIS LOPES	VESPINGA SAUDÁVEL/FET	M: 28	Trail Curto	01:41:55.19	05:39	10.6kph	M40: 7
30	316	PAULO NUNES	CORRER LISBOA	M: 29	Trail Curto	01:42:26.62	05:41	10.5kph	M45: 4
31	334	GILDO SANTOS	ABUTRES	M: 30	Trail Curto	01:42:39.65	05:42	10.5kph	M45: 5
32	579	CARLOS NOGUEIRA	INDIVIDUAL	M: 31	Trail Curto	01:43:08.76	05:43	10.5kph	M45: 6
33	482	WILSON SUBTIL	INDIVIDUAL	M: 32	Trail Curto	01:43:25.44	05:44	10.4kph	M45: 7
34	359	NUNO ARELO	NÃO DÁ +	M: 33	Trail Curto	01:43:32.68	05:45	10.4kph	MSen: 14
35	451	RUI FRESCO	VESPINGA SAUDÁVEL/FET	M: 34	Trail Curto	01:44:14.46	05:47	10.4kph	M45: 8
36	453	SAUL PEREIRA	VESPINGA SAUDÁVEL/FET	M: 35	Trail Curto	01:44:20.82	05:47	10.4kph	MSen: 15
37	458	VITOR NEVES	EXPOFAT	M: 36	Trail Curto	01:44:48.50	05:49	10.3kph	M50: 2
38	536	BRUNO ANTUNES	VILAVENTURA - TRAIL RUNNING TEAM	M: 37	Trail Curto	01:44:49.76	05:49	10.3kph	MSen: 16
39	401	JOÃO ANTUNES	INDIVIDUAL	M: 38	Trail Curto	01:44:50.44	05:49	10.3kph	MSen: 17
40	504	HELDER DOMINGUES	INDIVIDUAL	M: 39	Trail Curto	01:45:02.45	05:50	10.3kph	M40: 8
41	325	FILIPE ANTÓNIO	TRAIL DA LADEIA RUNNING TEAM	M: 40	Trail Curto	01:45:04.88	05:50	10.3kph	M45: 9
42	478	WILLIAM FERREIRA	LAMA SOLTA	M: 41	Trail Curto	01:45:36.43	05:52	10.2kph	MSen: 18
43	575	RUI FARIA	INDIVIDUAL	M: 42	Trail Curto	01:45:44.51	05:52	10.2kph	M40: 9
44	464	SÉRGIO FERREIRA	BARCOUÇO BIKE TEAM // TP PASCOAL // 111 SPORT	M: 43	Trail Curto	01:45:48.46	05:52	10.2kph	MSen: 19
45	448	FABIO ROXO	DA-LHE GÁS TEAM	M: 44	Trail Curto	01:46:14.82	05:54	10.2kph	MSen: 20
46	509	FERNANDO JACINTO	GASOTOS-GRUPO ATLÉTICO DOS SOUTOS	M: 45	Trail Curto	01:46:17.88	05:54	10.2kph	M50: 3
47	390	TIAGO JOAQUIM	SCFZ TRAIL RUNNERS	M: 46	Trail Curto	01:46:27.29	05:54	10.1kph	MSen: 21
48	499	TIAGO CLARO	ASSOCIAÇÃO POMBAL JOVEM	M: 47	Trail Curto	01:46:53.32	05:56	10.1kph	MSen: 22
49	571	RENATO SANTOS	VILAVENTURA - TRAIL RUNNING TEAM	M: 48	Trail Curto	01:47:44.10	05:59	10.0kph	MSen: 23
50	468	JOSE SANTOS	INDIVIDUAL	M: 49	Trail Curto	01:47:50.48	05:59	10.0kph	M40: 10
51	363	SARA PEDROSA	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	F: 2	Trail Curto	01:47:56.47	05:59	10.0kph	FSen: 2
52	429	ANA OLIVEIRA	FIGUEIRA KAYAK CLUBE	F: 3	Trail Curto	01:48:13.69	06:00	10.0kph	FSen: 3
53	556	FERNANDO ALHAU	COIMBRA TRAIL RUNNING	M: 50	Trail Curto	01:48:16.06	06:00	10.0kph	M55: 2
54	534	PEDRO VITORINO	INDIVIDUAL	M: 51	Trail Curto	01:48:16.28	06:00	10.0kph	M40: 11
55	611	FRANCISCO SIMÕES	INDIVIDUAL	M: 52	Trail Curto	01:49:36.02	06:05	9.9kph	MSub23: 1

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Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
56	465	ALEXANDRE RODRIGUES	CORK TRAIL TEAM	M: 53	Trail Curto	01:49:42.09	06:05	9.8kph	MSub23: 2
57	435	RODRIGO SANTOS	DA-LHE GÁS TEAM	M: 54	Trail Curto	01:49:44.60	06:05	9.8kph	MSen: 24
58	412	JOAQUIM VIEIRA	AMA(DORES) TRAIL TEAM	M: 55	Trail Curto	01:49:52.00	06:06	9.8kph	M50: 4
59	327	JOSE LEAL	MARINHAIS AC	M: 56	Trail Curto	01:50:23.41	06:07	9.8kph	M40: 12
60	517	DOMINGOS CASIMIRO	A.D.R ÁGUAS BELAS	M: 57	Trail Curto	01:50:30.27	06:08	9.8kph	M50: 5
61	489	NELSON VIEIRA	VILAVENTURA - TRAIL RUNNING TEAM	M: 58	Trail Curto	01:50:40.83	06:08	9.8kph	MSen: 25
62	431	ELIANA RAIMUNDO	DA-LHE GÁS TEAM	F: 4	Trail Curto	01:50:48.27	06:09	9.7kph	FSen: 4
63	511	RUI CARREIRA	GASOTOS-GRUPO ATLÉTICO DOS SOUTOS	M: 59	Trail Curto	01:50:58.21	06:09	9.7kph	M55: 3
64	589	DANIEL ANTUNES	VILAVENTURA - TRAIL RUNNING TEAM	M: 60	Trail Curto	01:51:55.48	06:13	9.6kph	MSub23: 3
65	387	LUIZ FERREIRA	INDIVIDUAL	M: 61	Trail Curto	01:52:02.72	06:13	9.6kph	M45: 10
66	526	PEDRO JESUS	DA-LHE GÁS TEAM	M: 62	Trail Curto	01:52:26.62	06:14	9.6kph	M40: 13
67	420	FÁBIO MENDES	INDIVIDUAL	M: 63	Trail Curto	01:52:33.07	06:15	9.6kph	MSen: 26
68	483	ANDRÉ LOPES	TRAIL DA LADEIA RUNNING TEAM	M: 64	Trail Curto	01:52:56.34	06:16	9.6kph	MSen: 27
69	545	SÉRGIO LOPES	SUPERFRESCO TRAIL TEAM	M: 65	Trail Curto	01:53:15.19	06:17	9.5kph	MSen: 28
70	460	PEDRO RIBEIRO	TARTARUGAS SOLIDÁRIAS	M: 66	Trail Curto	01:53:19.95	06:17	9.5kph	M40: 14
71	608	JOÃO GASPAR	INDIVIDUAL	M: 67	Trail Curto	01:53:51.49	06:19	9.5kph	MSen: 29
72	400	TELMO RODRIGUES	INDIVIDUAL	M: 68	Trail Curto	01:54:20.96	06:21	9.4kph	MSen: 30
73	340	MAGDA CALDEIRA	SCFZ TRAIL RUNNERS	F: 5	Trail Curto	01:54:37.60	06:22	9.4kph	FSen: 5
74	384	RODRIGO NOGUEIRA	INDIVIDUAL	M: 69	Trail Curto	01:54:45.48	06:22	9.4kph	MJuv: 1
75	544	LUÍS MARTINS	ARCD VENDA DA LUISA	M: 70	Trail Curto	01:54:57.50	06:23	9.4kph	M40: 15
76	554	CLARINDA SANTOS	MOSCARDOS	F: 6	Trail Curto	01:55:31.68	06:25	9.3kph	F40: 1
77	303	JULIO LOUREIRO	DA-LHE GÁS TEAM	M: 71	Trail Curto	01:55:39.29	06:25	9.3kph	M45: 11
78	558	MARIO SALGADO	INDIVIDUAL	M: 72	Trail Curto	01:55:46.82	06:25	9.3kph	M45: 12
79	419	RUI NEVES	CSCRF CHARNECA	M: 73	Trail Curto	01:56:16.31	06:27	9.3kph	MSen: 31
80	456	FILIPE NEVES	EXPOFAT	M: 74	Trail Curto	01:56:23.06	06:27	9.3kph	M45: 13
81	322	JOSÉ DIAS	DA-LHE GÁS TEAM	M: 75	Trail Curto	01:56:27.16	06:28	9.3kph	M45: 14
82	323	SILVIA DIAS	DA-LHE GÁS TEAM	F: 7	Trail Curto	01:56:27.19	06:28	9.3kph	F40: 2
83	462	CÉSAR SIMÕES	TFT SPARTAN WARRIORS	M: 76	Trail Curto	01:57:00.66	06:30	9.2kph	MSen: 32
84	547	PAULO FREITAS	SUPERFRESCO TRAIL TEAM	M: 77	Trail Curto	01:57:17.99	06:30	9.2kph	MSen: 33
85	510	MÁRIO CARVALHO	GASOTOS-GRUPO ATLÉTICO DOS SOUTOS	M: 78	Trail Curto	01:57:23.18	06:31	9.2kph	M40: 16
86	532	NELSON LOPES	INDIVIDUAL	M: 79	Trail Curto	01:57:25.23	06:31	9.2kph	M45: 15
87	490	NELSON MARTINS	INDIVIDUAL	M: 80	Trail Curto	01:57:36.90	06:32	9.2kph	M45: 16
88	551	MIGUEL MATIAS	CSCRF CHARNECA	M: 81	Trail Curto	01:57:37.26	06:32	9.2kph	M40: 17
89	308	ROGÉRIO FERNANDES	SÓBE - SÓBIMEU	M: 82	Trail Curto	01:57:45.53	06:32	9.2kph	MSen: 34
90	473	EDUARDO NEVES	LAMA SOLTA	M: 83	Trail Curto	01:57:53.89	06:32	9.2kph	MSen: 35
91	309	LUIS MENDES	NEXEBRA TRAIL TEAM	M: 84	Trail Curto	01:58:01.55	06:33	9.2kph	M45: 17
92	467	JORGE PIMENTA	CORRER LISBOA	M: 85	Trail Curto	01:58:10.03	06:33	9.1kph	M40: 18
93	555	ANTÓNIO GOMES	INDIVIDUAL	M: 86	Trail Curto	01:58:11.93	06:33	9.1kph	M45: 18
94	463	PAULO GONÇALVES	VESPINGA SAUDÁVEL/FET	M: 87	Trail Curto	01:58:22.06	06:34	9.1kph	M45: 19
95	405	RUI ABREU	DA-LHE GÁS TEAM	M: 88	Trail Curto	01:58:26.34	06:34	9.1kph	M40: 19
96	417	CARLOS LUÍS	INDIVIDUAL	M: 89	Trail Curto	01:59:07.99	06:37	9.1kph	MJunior: 3
97	312	JORGE FARIA	CUMIBROA BIKE'S RUNNING TEAM	M: 90	Trail Curto	01:59:14.34	06:37	9.1kph	M40: 20
98	388	PAULO ARAÚJO	SLOW RUNNERS POMBAL	M: 91	Trail Curto	01:59:15.24	06:37	9.1kph	M45: 20
99	402	PAULO GOMES	CORRER LISBOA	M: 92	Trail Curto	01:59:15.64	06:37	9.1kph	M45: 21
100	495	PEDRO NATARIO	DREAM TEAM	M: 93	Trail Curto	01:59:19.56	06:37	9.1kph	M40: 21
101	496	LUÍS MENDES	DREAM TEAM	M: 94	Trail Curto	01:59:21.90	06:37	9.0kph	MSen: 36
102	542	PAULO CASTRO	INDIVIDUAL	M: 95	Trail Curto	01:59:22.48	06:37	9.0kph	M45: 22
103	425	CLAUDIO CARVALHO	INDIVIDUAL	M: 96	Trail Curto	01:59:29.51	06:38	9.0kph	MSub23: 4
104	369	LUIS CARREIRA	INDIVIDUAL	M: 97	Trail Curto	01:59:29.89	06:38	9.0kph	M45: 23
105	389	DAVID SANTOS	SIE	M: 98	Trail Curto	01:59:44.09	06:39	9.0kph	M45: 24
106	486	PEDRO SANTOS	TIMIM	M: 99	Trail Curto	02:00:01.81	06:40	9.0kph	M40: 22
107	348	LISETE ANTUNES	DA-LHE GÁS TEAM	F: 8	Trail Curto	02:00:18.67	06:41	9.0kph	FSen: 6
108	588	FERNANDO MEDEIROS	AVELAR SUNSET TRAIL - 22 JUNHO 2019	M: 100	Trail Curto	02:00:19.94	06:41	9.0kph	M50: 6
109	508	RICARDO GAMEIRO	CPT COIMBRA	M: 101	Trail Curto	02:00:20.37	06:41	9.0kph	M40: 23
110	535	CARLA SANTOS	CPT COIMBRA	F: 9	Trail Curto	02:00:23.79	06:41	9.0kph	F40: 3
111	362	VERA DUARTE	CORRER LISBOA	F: 10	Trail Curto	02:00:30.94	06:41	9.0kph	F45: 1
112	543	RAUL MARTINS	INDIVIDUAL	M: 102	Trail Curto	02:00:38.72	06:42	9.0kph	M50: 7
113	449	OCTÁVIO LOPES	VESPINGA SAUDÁVEL/FET	M: 103	Trail Curto	02:00:49.97	06:42	8.9kph	M40: 24
114	347	ISABEL MONIZ	INDIVIDUAL	F: 11	Trail Curto	02:00:59.31	06:43	8.9kph	F50: 1

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Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
115	393	VÍTOR FERREIRA	PORTO DE MÓS A CORRER	M: 104	Trail Curto	02:02:06.38	06:47	8.8kph	M40: 25
116	475	ANDRE PEREIRA	TIMIM	M: 105	Trail Curto	02:02:07.53	06:47	8.8kph	MSen: 37
117	600	SARA DOMINGOS	INDIVIDUAL	F: 12	Trail Curto	02:02:21.23	06:47	8.8kph	F40: 4
118	355	JORGE LOPES	INDIVIDUAL	M: 106	Trail Curto	02:02:24.17	06:48	8.8kph	M45: 25
119	392	ÁLVARO PINHEIRO	COIMBRA TRAIL RUNNING	M: 107	Trail Curto	02:02:34.09	06:48	8.8kph	MSen: 38
120	368	DIOGO MENDES	VILAVENTURA - TRAIL RUNNING TEAM	M: 108	Trail Curto	02:02:35.10	06:48	8.8kph	MSen: 39
121	345	DANIEL GARIZO	SCFZ TRAIL RUNNERS	M: 109	Trail Curto	02:02:51.16	06:49	8.8kph	M45: 26
122	586	CÉLIA SANTOS	ARCD VENDA DA LUISA	F: 13	Trail Curto	02:02:56.68	06:49	8.8kph	F40: 5
123	470	FERNANDO FERREIRA	SOBREVIVENTES	M: 110	Trail Curto	02:03:06.00	06:50	8.8kph	MSen: 40
124	441	BRIGITTE GERIA	GEAR UP	F: 14	Trail Curto	02:03:27.07	06:51	8.7kph	F45: 2
125	365	JORGE LOPES	INDIVIDUAL	M: 111	Trail Curto	02:03:37.14	06:52	8.7kph	M45: 27
126	307	GRAÇA QUEIROZ	INDIVIDUAL	F: 15	Trail Curto	02:03:37.78	06:52	8.7kph	F45: 3
127	379	VITOR SILVA	CERVEIRA TEAM RUNNING	M: 112	Trail Curto	02:04:17.56	06:54	8.7kph	M45: 28
128	418	RICARDO GOMES	INDIVIDUAL	M: 113	Trail Curto	02:04:19.55	06:54	8.7kph	MSen: 41
129	466	PAULA MARTINS	INDIVIDUAL	F: 16	Trail Curto	02:04:20.61	06:54	8.7kph	F40: 6
130	513	JOAO SANTOS	INDIVIDUAL	M: 114	Trail Curto	02:04:37.92	06:55	8.7kph	M45: 29
131	394	RUI PALRINHAS	FLASHOVER-BVPENELA	M: 115	Trail Curto	02:05:12.24	06:57	8.6kph	MSen: 42
132	411	PAULO BOTELHO	TIMIM	M: 116	Trail Curto	02:05:21.23	06:57	8.6kph	M40: 26
133	410	ILDA BOTELHO	TIMIM	F: 17	Trail Curto	02:05:21.73	06:57	8.6kph	F40: 7
134	436	CARLA SILVA	DA-LHE GÁS TEAM	F: 18	Trail Curto	02:05:39.32	06:58	8.6kph	FSen: 7
135	311	CARLOS MENDES	CUMIBROA BIKE'S RUNNING TEAM	M: 117	Trail Curto	02:06:10.86	07:00	8.6kph	MSen: 43
136	344	CANDIDA GONÇALVES	DA-LHE GÁS TEAM	F: 19	Trail Curto	02:07:03.19	07:03	8.5kph	F40: 8
137	582	AMÂNDIA ALVES	INDIVIDUAL	F: 20	Trail Curto	02:07:12.47	07:04	8.5kph	F40: 9
138	391	CARLA GONÇALVES	DA-LHE GÁS TEAM	F: 21	Trail Curto	02:07:27.15	07:04	8.5kph	F40: 10
139	446	FERNANDO RIBEIRO	TIMIM	M: 118	Trail Curto	02:07:34.08	07:05	8.5kph	M40: 27
140	602	SAMUEL ANTÓNIO	INDIVIDUAL	M: 119	Trail Curto	02:07:38.20	07:05	8.5kph	MJuv: 2
141	408	HUMBERTO OLIVEIRA	CENTRO TRAIL CARLOS SÁ PENACOVA TEAM	M: 120	Trail Curto	02:08:20.33	07:07	8.4kph	M45: 30
142	560	VANIA LEAL	ASSOCIAÇÃO POMBAL JOVEM	F: 22	Trail Curto	02:08:33.74	07:08	8.4kph	FSen: 8
143	380	PEDRO MOREIRA	SLOW RUNNERS POMBAL	M: 121	Trail Curto	02:08:34.06	07:08	8.4kph	MSen: 44
144	372	VITOR SANTOS	DA-LHE GÁS TEAM	M: 122	Trail Curto	02:09:03.79	07:10	8.4kph	M40: 28
145	361	SUSANA GOMES	DA-LHE GÁS TEAM	F: 23	Trail Curto	02:09:05.98	07:10	8.4kph	FSen: 9
146	430	FILOMENA CARVALHO	INDIVIDUAL	F: 24	Trail Curto	02:09:08.06	07:10	8.4kph	F40: 11
147	606	606 606	INDIVIDUAL	M: 123	Trail Curto	02:09:33.70	07:11	8.3kph :	
148	319	RAFAEL ALMEIDA	INDIVIDUAL	M: 124	Trail Curto	02:09:34.22	07:11	8.3kph	M45: 31
149	498	ISABEL PARREIRAL	GEAR UP	F: 25	Trail Curto	02:09:51.81	07:12	8.3kph	FSen: 10
150	481	MÁRIO MEDEIROS	INDIVIDUAL	M: 125	Trail Curto	02:10:27.32	07:14	8.3kph	M50: 8
151	459	PEDRO SILVA	LORENZO - SPORT TEAM	M: 126	Trail Curto	02:10:27.68	07:14	8.3kph	MSen: 45
152	358	DIOGO ALVES	DA-LHE GÁS TEAM	M: 127	Trail Curto	02:11:17.93	07:17	8.2kph	MSub23: 5
153	321	MANUELA SILVA	DA-LHE GÁS TEAM	F: 26	Trail Curto	02:11:55.00	07:19	8.2kph	FSen: 11
154	584	CARLOS NOGUEIRA	VILAVENTURA - TRAIL RUNNING TEAM	M: 128	Trail Curto	02:11:57.13	07:19	8.2kph	M45: 32
155	580	AUGUSTO CUNHA	INDIVIDUAL	M: 129	Trail Curto	02:12:14.78	07:20	8.2kph	M60: 2
156	371	JOANA FRANCISCO	FLASHOVER-BVPENELA	F: 27	Trail Curto	02:12:17.38	07:20	8.2kph	FSen: 12
157	578	FERNANDO GOMES	INDIVIDUAL	M: 130	Trail Curto	02:12:29.30	07:21	8.2kph	M60: 3
158	471	RITA MENDES	SOBREVIVENTES	F: 28	Trail Curto	02:12:58.94	07:23	8.1kph	FSen: 13
159	603	BASILIO ANTÓNIO	INDIVIDUAL	M: 131	Trail Curto	02:13:12.16	07:24	8.1kph	M40: 29
160	343	CÉSAR FERREIRA	INDIVIDUAL	M: 132	Trail Curto	02:13:21.95	07:24	8.1kph	M45: 33
161	494	JOSÉ PINHEIRO	CORREIO DE ALBERGARIA TRAIL RUNNING	M: 133	Trail Curto	02:13:34.79	07:25	8.1kph	MSen: 46
162	541	BRUNO SILVA	NÃO DÁ +	M: 134	Trail Curto	02:13:43.27	07:25	8.1kph	MSen: 47
163	469	MIGUEL MARTINS	CORREIO DE ALBERGARIA TRAIL RUNNING	M: 135	Trail Curto	02:13:48.17	07:26	8.1kph	MSen: 48
164	353	JAIME SOUSA	ANSIBIKERS	M: 136	Trail Curto	02:14:04.00	07:26	8.1kph	M55: 4
165	381	SÉRGIO FACHADA	INDIVIDUAL	M: 137	Trail Curto	02:14:14.22	07:27	8.0kph	MSen: 49
166	373	MÁRIO MARTINS	INDIVIDUAL	M: 138	Trail Curto	02:14:14.62	07:27	8.0kph	MSen: 50
167	540	PATRÍCIA LOURENÇO	INDIVIDUAL	F: 29	Trail Curto	02:14:26.85	07:28	8.0kph	FSen: 14
168	375	JOÃO SIMOES	INDIVIDUAL	M: 139	Trail Curto	02:14:28.89	07:28	8.0kph	M60: 4
169	550	TIAGO RODRIGUES	INDIVIDUAL	M: 140	Trail Curto	02:14:40.63	07:28	8.0kph	MSen: 51
170	301	HELDER CARRASQUEIRA	DA-LHE GÁS TEAM	M: 141	Trail Curto	02:14:54.79	07:29	8.0kph	M40: 30
171	335	CRISTIANA LOPES	INDIVIDUAL	F: 30	Trail Curto	02:15:13.34	07:30	8.0kph	FSen: 15
172	337	CARLOS AFONSO	NEXEBRA TRAIL TEAM	M: 142	Trail Curto	02:15:16.50	07:30	8.0kph	M45: 34

VII Trail Terras de Ansião - 18K

Classificação Geral

Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
173	422	DANIELA SILVA	VILAVENTURA - TRAIL RUNNING TEAM	F: 31	Trail Curto	02:15:37.53	07:32	8.0kph	FSub23: 1
174	354	JOSE FERNANDES	INDIVIDUAL	M: 143	Trail Curto	02:15:41.87	07:32	8.0kph	MSen: 52
175	426	ALEXANDRE PINTO	FREE RUNNERS	M: 144	Trail Curto	02:15:44.12	07:32	8.0kph	M45: 35
176	461	JOÃO FERNANDES	L&F	M: 145	Trail Curto	02:15:49.87	07:32	8.0kph	MSen: 53
177	414	CLÁUDIA MOTA	POMBAL JORNAL	F: 32	Trail Curto	02:16:17.03	07:34	7.9kph	F40: 12
178	564	MIGUEL BALAIA	INDIVIDUAL	M: 146	Trail Curto	02:16:19.87	07:34	7.9kph	MSen: 54
179	576	JOAO FERNANDES	KONDORES	M: 147	Trail Curto	02:16:21.48	07:34	7.9kph	MSen: 55
180	572	ALMERINDO FERREIRA	LEVANTA POEIRA	M: 148	Trail Curto	02:17:12.08	07:37	7.9kph	M50: 9
181	454	RUI SIMÕES	TFT SPARTAN WARRIORS	M: 149	Trail Curto	02:17:34.16	07:38	7.9kph	M40: 31
182	505	EDUARDO JORGE	FORTALHÕES	M: 150	Trail Curto	02:18:05.96	07:40	7.8kph	MSen: 56
183	506	HUGO GODINHO	FORTALHÕES	M: 151	Trail Curto	02:18:07.16	07:40	7.8kph	MSen: 57
184	537	BRUNO LUCAS	DA-LHE GÁS TEAM	M: 152	Trail Curto	02:18:08.24	07:40	7.8kph	MSen: 58
185	434	CARINA SOUSA	DA-LHE GÁS TEAM	F: 33	Trail Curto	02:18:17.48	07:40	7.8kph	FSen: 16
186	302	FATIMA ANASTACIO	DA-LHE GÁS TEAM	F: 34	Trail Curto	02:19:06.19	07:43	7.8kph	F45: 4
187	399	PEDRO MENDES	TT AMIGOS DO NATAL	M: 153	Trail Curto	02:19:11.30	07:43	7.8kph	MSen: 59
188	574	PAULO SOUSA	TFT SPARTAN WARRIORS	M: 154	Trail Curto	02:19:39.68	07:45	7.7kph	M45: 36
189	370	MICHAEL GOUVEIA	INDIVIDUAL	M: 155	Trail Curto	02:19:54.29	07:46	7.7kph	MSen: 60
190	432	FLORIAN GASPAR	100 STRESS	M: 156	Trail Curto	02:19:54.76	07:46	7.7kph	MSen: 61
191	433	DIOGO CASEIRO	100 STRESS	M: 157	Trail Curto	02:19:56.31	07:46	7.7kph	MSen: 62
192	518	LUIS CASIMIRO	A.D.R ÁGUAS BELAS	M: 158	Trail Curto	02:20:19.22	07:47	7.7kph	MSub23: 6
193	377	CRISTINA SILVA	DA-LHE GÁS TEAM	F: 35	Trail Curto	02:20:19.46	07:47	7.7kph	F40: 13
194	581	FRANCISCO NOGUEIRA	INDIVIDUAL	M: 159	Trail Curto	02:20:24.52	07:48	7.7kph	MJuv: 3
195	364	NELSON CORDEIRO	DA-LHE GÁS TEAM	M: 160	Trail Curto	02:20:58.73	07:49	7.7kph	MSen: 63
196	415	SÓNIA PEREIRA	POMBAL JORNAL	F: 36	Trail Curto	02:21:00.13	07:50	7.7kph	F45: 5
197	546	RUI DIAS	SUPERFRESCO TRAIL TEAM	M: 161	Trail Curto	02:21:08.63	07:50	7.7kph	M45: 37
198	443	NUNO GOMES	INDIVIDUAL	M: 162	Trail Curto	02:21:49.11	07:52	7.6kph	MSen: 64
199	413	ANA CARVALHEIRO	INDIVIDUAL	F: 37	Trail Curto	02:21:52.07	07:52	7.6kph	FSen: 17
200	421	HELDER SILVA	INDIVIDUAL	M: 163	Trail Curto	02:21:52.81	07:52	7.6kph	M40: 32
201	378	ANA BÁRBARA	INDIVIDUAL	F: 38	Trail Curto	02:21:52.96	07:52	7.6kph	FSen: 18
202	516	ZULMIRA SILVA	A.D.R ÁGUAS BELAS	F: 39	Trail Curto	02:23:20.11	07:57	7.5kph	F45: 6
203	403	PAULA GOMES	CORRER LISBOA	M: 164	Trail Curto	02:23:45.40	07:59	7.5kph	M40: 33
204	350	ISABEL MATOS	INDIVIDUAL	F: 40	Trail Curto	02:24:28.42	08:01	7.5kph	F40: 14
205	333	CARLOS BATISTA	CORRER LISBOA	M: 165	Trail Curto	02:24:36.14	08:02	7.5kph	M45: 38
206	472	LUIS ALVES	INDIVIDUAL	M: 166	Trail Curto	02:25:16.30	08:04	7.4kph	MSen: 65
207	360	ZÉLIA CASEIRO	INDIVIDUAL	F: 41	Trail Curto	02:25:55.41	08:06	7.4kph	F50: 2
208	487	PEDRO FREIRE	VILAVENTURA - TRAIL RUNNING TEAM	M: 167	Trail Curto	02:26:51.03	08:09	7.4kph	M40: 34
209	336	PAULO DUARTE	INDIVIDUAL	M: 168	Trail Curto	02:26:53.78	08:09	7.4kph	MSen: 66
210	428	ANDREIA DIAS	FIGUEIRA KAYAK CLUBE	F: 42	Trail Curto	02:26:59.12	08:09	7.3kph	FSen: 19
211	488	FAUSTO CARDOSO	INDIVIDUAL	M: 169	Trail Curto	02:28:22.12	08:14	7.3kph	M55: 5
212	339	ISAAC GADANHA	INDIVIDUAL	M: 170	Trail Curto	02:28:22.81	08:14	7.3kph	MSen: 67
213	476	RENATO SANTOS	INDIVIDUAL	M: 171	Trail Curto	02:28:37.53	08:15	7.3kph	MSen: 68
214	474	JOÃO H SOUSA	INDIVIDUAL	M: 172	Trail Curto	02:28:46.49	08:15	7.3kph	M45: 39
215	439	LUÍS SIMÕES	INDIVIDUAL	M: 173	Trail Curto	02:28:51.94	08:16	7.3kph	MSen: 69
216	502	TERESA VENTURA	QUALQUERCOISA	F: 43	Trail Curto	02:29:04.76	08:16	7.2kph	FSen: 20
217	386	RICARDO PASSAGEM	INDIVIDUAL	M: 174	Trail Curto	02:29:29.49	08:18	7.2kph	M40: 35
218	485	VÍTOR FERNANDES	CALMA - TOMAR	M: 175	Trail Curto	02:29:39.51	08:18	7.2kph	M60: 5
219	573	RUI CAMPOS	INDIVIDUAL	M: 176	Trail Curto	02:29:40.83	08:18	7.2kph	MSen: 70
220	313	ANABELA MONTEIRO	CUMIBROA BIKE'S RUNNING TEAM	F: 44	Trail Curto	02:30:19.21	08:21	7.2kph	F45: 7
221	328	CARLOS MARQUES	MOLES & LESMAS	M: 177	Trail Curto	02:30:20.84	08:21	7.2kph	M45: 40
222	367	ANA BANITO	RX RUNNERS	F: 45	Trail Curto	02:30:23.21	08:21	7.2kph	F40: 15
223	395	CARLA FERNANDES	CORRER LISBOA	F: 46	Trail Curto	02:31:37.97	08:25	7.1kph	F40: 16
224	357	CRISTINA DINIS	CORRER LISBOA	F: 47	Trail Curto	02:31:38.82	08:25	7.1kph	F45: 8
225	356	JOSÉ DINIS	CORRER LISBOA	M: 178	Trail Curto	02:31:40.59	08:25	7.1kph	M50: 10
226	383	RODOLFO FERREIRA	INDIVIDUAL	M: 179	Trail Curto	02:32:30.46	08:28	7.1kph	M40: 36
227	501	MÓNICA VENTURA	QUALQUERCOISA	F: 48	Trail Curto	02:33:00.21	08:30	7.1kph	FSen: 21
228	552	RUI SIMOES	MOSCARDOS	M: 180	Trail Curto	02:33:05.18	08:30	7.1kph	M45: 41
229	529	ANIBAL LUIS	DA-LHE GÁS TEAM	M: 181	Trail Curto	02:34:01.16	08:33	7.0kph	M60: 6
230	549	SANDRA RIBEIRO	INDIVIDUAL	F: 49	Trail Curto	02:34:11.17	08:33	7.0kph	FSen: 22
231	318	MARCO OLIVEIRA	TRAIL DA LADEIA RUNNING TEAM	M: 182	Trail Curto	02:34:13.77	08:34	7.0kph	M40: 37
232	587	ANGELO MACHADO	INDIVIDUAL	M: 183	Trail Curto	02:34:22.16	08:34	7.0kph	MSen: 71

VII Trail Terras de Ansião - 18K

Classificação Geral

Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
233	530	MARILIA TEIXEIRA	INDIVIDUAL	F: 50	Trail Curto	02:34:43.37	08:35	7.0kph	FSen: 23
234	533	ANABELA FERREIRA	DA-LHE GÁS TEAM	F: 51	Trail Curto	02:36:59.90	08:43	6.9kph	F45: 9
235	570	SANDRA SANTOS	INDIVIDUAL	F: 52	Trail Curto	02:37:02.31	08:43	6.9kph	FSen: 24
236	491	MIGUEL PERES	ANSIBIKERS	M: 184	Trail Curto	02:37:03.18	08:43	6.9kph	M50: 11
237	416	SANDRA CARLOS	POMBAL JORNAL	F: 53	Trail Curto	02:37:06.29	08:43	6.9kph	F40: 17
238	503	JOAQUIM VENTURA	QUALQUERCOISA	M: 185	Trail Curto	02:37:35.58	08:45	6.9kph	M60: 7
239	329	NAMERCIO CUNHA	MOLES & LESMAS	M: 186	Trail Curto	02:38:30.38	08:48	6.8kph	M45: 42
240	583	MARISA GOMES	INDIVIDUAL	F: 54	Trail Curto	02:39:17.86	08:50	6.8kph	FSen: 25
241	324	NUNO LEAL	DA-LHE GÁS TEAM	M: 187	Trail Curto	02:41:20.13	08:57	6.7kph	MSen: 72
242	492	ELISABETE PEREIRA	JÁESTRADA	F: 55	Trail Curto	02:41:26.30	08:58	6.7kph	F40: 18
243	493	GILVANIA GASPAR	JÁESTRADA	F: 56	Trail Curto	02:41:26.87	08:58	6.7kph	F40: 19
244	519	RICARDO HENRIQUES	DA-LHE GÁS TEAM	M: 188	Trail Curto	02:42:26.66	09:01	6.6kph	MSen: 73
245	385	HÉLDER NOGUEIRA	INDIVIDUAL	M: 189	Trail Curto	02:44:21.95	09:07	6.6kph	M45: 43
246	528	MÓNICA CARVALHO	CLUBE TRAIL VELHA ACADEMIA	F: 57	Trail Curto	02:44:55.54	09:09	6.5kph	FSen: 26
247	305	JOÃO PEREIRA	CORRER LISBOA	M: 190	Trail Curto	02:45:07.85	09:10	6.5kph	M50: 12
248	527	DIOGO VIEIRA	CLUBE TRAIL VELHA ACADEMIA	M: 191	Trail Curto	02:45:28.72	09:11	6.5kph	MSen: 74
249	423	FATIMA CAETANO	DA-LHE GÁS TEAM	F: 58	Trail Curto	02:47:01.79	09:16	6.5kph	F40: 20
250	374	JOAO DUARTE	INDIVIDUAL	M: 192	Trail Curto	02:47:47.43	09:19	6.4kph	MSen: 75
251	585	VITOR ALMEIDA	DA-LHE GÁS TEAM	M: 193	Trail Curto	02:48:37.64	09:22	6.4kph	MSen: 76
252	406	ANABELA ROXO	DA-LHE GÁS TEAM	F: 59	Trail Curto	02:53:07.14	09:37	6.2kph	F45: 10
253	524	ALEXANDRA PIRES	INDIVIDUAL	F: 60	Trail Curto	02:53:07.56	09:37	6.2kph	F50: 3
254	317	LEONOR COELHO	INDIVIDUAL	F: 61	Trail Curto	02:53:49.16	09:39	6.2kph	F55: 1
255	442	ANABELA AMARAL	TRIBO NR	F: 62	Trail Curto	02:56:11.65	09:47	6.1kph	F45: 11
256	424	FLORBELA FERNANDES	TRIBO NR	F: 63	Trail Curto	02:56:17.08	09:47	6.1kph	F45: 12
257	376	MARIA FREIRE	INDIVIDUAL	F: 64	Trail Curto	02:56:28.64	09:48	6.1kph	F60: 1
258	444	DIOGO SILVA	INDIVIDUAL	M: 194	Trail Curto	02:57:22.69	09:51	6.1kph	MSen: 77
259	445	ANA MAGALHÃES	INDIVIDUAL	F: 65	Trail Curto	02:57:25.24	09:51	6.1kph	FSub23: 2
260	407	ISABEL RASTEIRO	CENTRO TRAIL CARLOS SÁ PENACOVA TEAM	F: 66	Trail Curto	02:57:41.84	09:52	6.1kph	FSen: 27
261	306	MANUELA MURTINHO	DA-LHE GÁS TEAM	F: 67	Trail Curto	02:59:04.39	09:56	6.0kph	F40: 21
262	440	ANABELA JORDÃO	INDIVIDUAL	F: 68	Trail Curto	02:59:14.71	09:57	6.0kph	F45: 13
263	612	612 612	INDIVIDUAL	M: 195	Trail Curto	03:13:14.95	10:44	5.6kph :	
264	566	FRANCISCO AMADO	N'TUNES BIKERS	M: 196	Trail Curto	03:14:30.61	10:48	5.6kph	MJuv: 4
265	565	FLÁVIO FERREIRA	N'TUNES BIKERS	M: 197	Trail Curto	03:14:32.05	10:48	5.6kph	MSen: 78
266	330	ANABELA GASPAR	MOLES & LESMAS	M: 198	Trail Curto	03:22:15.12	11:14	5.3kph	M45: 44
267	331	PEDRO SARAIVA	MOLES & LESMAS	M: 199	Trail Curto	03:22:15.92	11:14	5.3kph	M45: 45
268	610	610 610	INDIVIDUAL	M: 200	Trail Curto	03:22:48.44	11:16	5.3kph :	
269	609	609 609	INDIVIDUAL	M: 201	Trail Curto	03:22:48.65	11:16	5.3kph :	
270	601	CLAUDIA FREIRE	INDIVIDUAL	F: 69	Trail Curto	03:23:54.57	11:19	5.3kph	FSen: 28
271	523	RICARDO LEITÃO	INDIVIDUAL	M: 202	Trail Curto	03:30:15.42	11:40	5.1kph	M40: 38
272	522	ANA SEABRA	INDIVIDUAL	F: 70	Trail Curto	03:30:16.50	11:40	5.1kph	F50: 4
273	396	IRENE INÁCIO	CORRER LISBOA	F: 71	Trail Curto	03:36:23.61	12:01	5.0kph	F45: 14
274	315	DÍDIA FERREIRA	CORRER LISBOA	F: 72	Trail Curto	03:36:24.89	12:01	5.0kph	F40: 22
275	349	JOANA SILVA	CORRER LISBOA	F: 73	Trail Curto	03:44:22.19	12:27	4.8kph	FSen: 29
276	512	SILVIA FARTO	INDIVIDUAL	F: 74	Trail Curto	01:44:43.26	05:49	10.3kph :	