

# Trilho do Castelejo

## Associação de Aventura de Alvados

Pos. Geral	Pos. ao Escalão	Dorsal	Nome	ClubeMilleniumBCP	Escalão	Km	Tempo chegada Real	Tempo de Prova	Tempo Interme. 11km	Tempo Interme. 30km
1	1	39	Cesário Morgado	Os Amigos do B!	Sénior	21	11:02:35	1:57:29	0:52:25	
2	1	225	David Marques	CA Barreira	M40	21	11:02:35	1:57:29	0:57:16	
3	2	114	Carlos Armindo R. Valente	Atlético Club S. Mamede	M40	21	11:04:00	1:58:54	0:56:41	
4	1	154	António Nunes	CRP Ribafria	M50	21	11:13:20	2:08:14	1:00:15	
5	3	242	Daniel Jaulino		M40	21	11:13:35	2:08:29	1:02:09	
6	4	140	José Marçal	CLAC	M40	21	11:14:01	2:08:55	1:04:38	
7	5	131	Rui Roberto	COC	M40	21	11:14:26	2:09:20	1:07:23	
8	2	191	Fernando Neves	GDC Eirapedrense	Sénior	21	11:19:17	2:14:11	1:06:18	
9	3	243	David Oliveira		Sénior	21	11:19:31	2:14:25	1:02:08	
10	6	152	José Carlos Brito	CLAC	M40	21	11:19:46	2:14:40	1:06:26	
11	4	120	Flávio Vicente	Atlético Club S. Mamede	Sénior	21	11:20:41	2:15:35	1:06:28	
12	5	233	Cristóvão Estrada Gomes	Veteranos do Liz	Sénior	21	11:22:55	2:17:49	1:05:29	
13	2	188	Abílio	GDC Eirapedrense	M50	21	11:23:09	2:18:03	1:12:40	
14	6	223	Daniel Baptista	CA Barreira	Sénior	21	11:24:38	2:19:32	1:06:30	
15	7	124	Carlos Sousa	C. Montanha T.Novas	M40	21	11:25:08	2:20:02	1:10:29	
16	7	20	Pedro Ricardo		Sénior	21	11:25:26	2:20:19	1:10:10	
17	1	222	Carina Matias	CA Barreira	SéniorF	21	11:26:26	2:21:20	1:08:50	
18	8	224	Daniel Lourenço	CA Barreira	Sénior	21	11:28:39	2:23:33	1:10:38	
19	9	11	Paulo Jorge L. Sequeira		Sénior	21	11:28:40	2:23:34	1:09:54	
20	10	153	Mário Salgueiro	CLAC	Sénior	21	11:31:56	2:26:50	1:09:00	
21	11	156	Hugo Magalhães	GP Runners	Sénior	21	11:33:58	2:28:52	1:13:49	
22	2	226	Dulcinea Silva	CA Barreira	SéniorF	21	11:34:17	2:29:11	1:11:31	
23	1	228	Sara de Brito	CA Barreira	M40F	21	11:34:38	2:29:32	1:15:20	
24	8	117	Leonel Silva Eusébio	Atlético Club S. Mamede	M40	21	11:34:59	2:29:53	1:11:08	
25	12	146	Luis Filipe Sá		Sénior	21	11:35:24	2:30:18	1:14:30	
26	13	145	Marco Filipe		Sénior	21	11:37:08	2:32:02	1:14:30	
27	9	189	Jorge Gomes	GDC Eirapedrense	M40	21	11:37:10	2:32:04	1:17:48	
28	14	81	Vasco Estrada Marques	Veteranos do Liz	Sénior	21	11:37:39	2:32:33	1:08:45	
29	10	118	Luís Gonçalves P. Neto	Atlético Club S. Mamede	M40	21	11:39:40	2:34:34	1:15:14	
30	15	211	Gonçalo Nuno F. Faustino		Sénior	21	11:41:08	2:36:02	1:14:53	
31	11	170	Luis Alvaro	GD Banco BPI	M40	21	11:42:04	2:36:58	1:15:47	
32	16	171	Paulo Alvaro	GD Banco BPI	Sénior	21	11:42:04	2:36:58	1:15:47	
33	12	100	Henrique Narciso	CLAC	M40	21	11:42:42	2:37:36	1:11:32	
34	13	227	Miguel Saraiva	CA Barreira	M40	21	11:42:49	2:37:43	1:25:43	
35	17	180	Luís Miguel Sales H. Avelar		Sénior	21	11:43:38	2:38:32	1:17:48	
36	18	143	Hélder Nuno F. Martins		Sénior	21	11:44:10	2:39:04	1:22:42	
37	19	144	Ricardo Miguel M. Ferreira		Sénior	21	11:44:10	2:39:04	1:22:41	
38	14	91	João Dias	CLAC	M40	21	11:45:05	2:39:59	1:19:06	
39	3	96	Luís Rei	CLAC	M50	21	11:45:53	2:40:47	1:11:26	
40	20	142	Nuno M. Chuva Vasco		Sénior	21	11:47:47	2:42:41	1:24:10	
41	21	192	Roberto Reis	GDC Eirapedrense	Sénior	21	11:48:11	2:43:05	1:27:12	
42	22	193	Charles Custodio	GDC Eirapedrense	Sénior	21	11:49:15	2:44:09	1:24:39	
43	15	256	Miguel Almeida	E.S.Mte Caparica	M40	21	11:49:16	2:44:10	1:25:08	
44	16	115	Carlos Duarte Maurício	Atlético Club S. Mamede	M40	21	11:50:06	2:45:00	1:18:07	
45	17	122	Victor Ferreira	Corremais.com	M40	21	11:52:14	2:47:08	1:24:47	
46	23	264	Fernado Pinto	Necrun	Sénior	21	11:52:15	2:47:09	1:24:28	
47	18	136	Armando Cruz		M40	21	11:52:16	2:47:10	1:19:25	
48	19	94	José Carlos Batista	CLAC	M40	21	11:52:16	2:47:10	1:15:54	
49	24	248	Paulo Santos		Sénior	21	11:57:40	2:52:34	1:22:41	
50	4	187	José Matias	GDC Eirapedrense	M50	21	11:58:31	2:53:25	1:24:36	
51	5	234	Álvaro Fernandes	AA Lebres do Sado	M50	21	12:00:31	2:55:25	1:22:56	
52	25	194	António Marques		Sénior	21	12:00:32	2:55:26	1:22:40	
53	26	178	Ludgero Alexandre F. Faustino		Sénior	21	12:00:32	2:55:26	1:24:18	
54	20	46	Paulo Hermenegildo Pais	ClubeMilleniumBCP	M40	21	12:00:46	2:55:40	1:23:02	
55	21	190	Fernando Santos	GDC Eirapedrense	M40	21	12:01:58	2:56:52	1:28:31	
56	27	159	Leonel Borges	GP Runners	Sénior	21	12:03:08	2:58:02	1:29:12	
57	28	157	Nuno Mourato	GP Runners	Sénior	21	12:03:09	2:58:03	1:27:12	
58	29	263	Ricardo Manuel Machado	Ciclonatur Garmin	Sénior	21	12:04:50	2:59:44	1:29:34	
59	30	208	João Almeida	Ciclonatur Garmin	Sénior	21	12:04:50	2:59:44	1:29:35	
60	31	35	Carlos Jorge P. Borrego	Ciclonatur Garmin	Sénior	21	12:04:51	2:59:45	1:29:35	
61	22	206	Joaquim Fernandes	AA Lebres do Sado	M40	21	12:05:13	3:00:07	1:29:12	
62	6	110	Hernâni Monteiro	Amigos Vale Silencio	M50	21	12:07:55	3:02:49	1:40:31	
63	32	241	Pedro Basso		Sénior	21	12:10:11	3:05:05	1:14:30	
64	23	101	Jorge Santos	CLAC	M40	21	12:11:51	3:06:45	1:27:43	
65	24	255	Vergílio Oliveira	A.A.Pombal	M40	21	12:11:54	3:06:48	1:12:50	
66	7	57	Arnaldo Antunes S. Pinteus	ClubeMilleniumBCP	M50	21	12:13:25	3:08:19	1:22:27	

67	25	12	José Manuel Morgado	Alhandra S. Clube	M40	21	12:13:40	3:08:34	1:10:35	
68	33	161	Márcio Nogueira	GP Runners	Sénior	21	12:14:15	3:09:09	1:33:55	
69	34	160	Nelson Saturnino	GP Runners	Sénior	21	12:14:15	3:09:09	1:34:18	
70	26	75	Jorge Manuel M. Silva		M40	21	12:14:31	3:09:25	1:29:13	
71	27	252	Fernando Ferreira		M40	21	12:14:31	3:09:25	1:32:13	
72	1	236	José Avelino Pereira	Atlético Club S. Mamede	M60	21	12:16:53	3:11:47	1:39:35	
73	35	95	Bruno Salgueiro	CLAC	Sénior	21	12:18:44	3:13:38	1:29:04	
74	28	92	João Martins	CLAC	M40	21	12:19:40	3:14:34	1:29:53	
75	8	186	Manuel Pereira	GDC Eirapedrense	M50	21	12:19:41	3:14:35	1:32:53	
76	29	169	Fernando Morais	GD Banco BPI	M40	21	12:20:32	3:15:26	1:34:20	
77	30	125	Telmo Alexandre Abreu		M40	21	12:21:07	3:16:01	1:33:31	
78	31	164	José Gabriel L. S. Pinto	Seixeira-Juncal	M40	21	12:22:01	3:16:55	1:42:51	
79	36	163	Carlos Alberto F. Ascenso	Seixeira-Juncal	Sénior	21	12:22:01	3:16:55	1:42:51	
80	37	166	João Paulo A. Catarino		Sénior	21	12:22:54	3:17:48	1:43:17	
81	3	97	Elsa Dinis	CLAC	SéniorF	21	12:25:05	3:19:59	1:32:08	
82	32	93	Ludovico Capito	CLAC	M40	21	12:25:06	3:20:00	1:34:04	
83	38	69	José Carlos Martins	Ciclonatur Garmin	Sénior	21	12:25:33	3:20:27	1:46:26	
84	2	62	Manuel Dimas e Silva Cordeiro		M60	21	12:26:39	3:21:33	1:35:14	
85	39	16	Pedro Miguel Francisco	INCENTEA	Sénior	21	12:26:51	3:21:45	1:33:42	
86	40	15	Carlo Alves		Sénior	21	12:28:54	3:23:48	1:49:44	
87	33	34	José Magro	OMundodaCorrida.com	M40	21	12:29:23	3:24:17	1:36:00	
88	9	210	Orlando Gabriel S. Ferreira		M50	21	12:29:53	3:24:47	1:40:38	
89	41	262	João Dias		Sénior	21	12:31:17	3:26:11	1:26:43	
90	34	72	Fernando Silva	Amigos Vale Silencio	M40	21	12:32:57	3:27:51	1:48:20	
91	42	109	Filipe Ramalho	Amigos Vale Silencio	Sénior	21	12:34:09	3:29:03	1:47:26	
92	43	59	Luís Duarte	Asas do Millenium	Sénior	21	12:34:09	3:29:03	1:12:40	
93	2	53	Maria Céu M. M. Silva	ClubeMilleniumBCP	M40F	21	12:34:34	3:29:28	1:39:36	
94	4	181	Dora Moleiro		SéniorF	21	12:34:45	3:29:39	1:41:05	
95	44	182	José Azevedo		Sénior	21	12:34:58	3:29:52	1:41:04	
96	45	240	Rui Miguel S. M. Carvalho		Sénior	21	12:40:44	3:35:38	1:41:54	
97	3	260	Jorge Silva	Os Pesados	M60	21	12:40:59	3:35:53	1:51:41	
98	46	235	Rui Miguel G. Jorge		Sénior	21	12:40:59	3:35:53	1:49:43	
99	4	205	Mayer Raposo	AA Lebres do Sado	M60	21	12:42:10	3:37:04	1:52:06	
100	35	198	Miguel Castela	AA Lebres do Sado	M40	21	12:43:43	3:38:37	1:52:07	
101	36	49	Octávio José F. Lopes	ClubeMilleniumBCP	M40	21	12:46:51	3:41:45	1:56:20	
102	3	47	Paula Batalha	ClubeMilleniumBCP	M40F	21	12:51:14	3:46:08	1:52:58	
103	37	40	José Carlos Melo	Run 4 Fun	M40	21	12:52:49	3:47:43	1:53:09	
104	38	179	Nelson Manuel C. Lopes		M40	21	12:52:50	3:47:44	1:52:22	
105	47	86	Raul Quaresma	OMundodaCorrida.com	Sénior	21	12:53:05	3:47:59	1:17:49	
106	10	85	António Madeira		M50	21	12:53:06	3:48:00	1:31:46	
107	11	141	João Farinha	Os Birrentos	M50	21	12:53:45	3:48:39	1:19:25	
108	5	30	Cristina Isabel R. Paulo		SéniorF	21	11:48:20	2:43:14	1:44:44	

Dnf	Dnf	17	Mario Silva	**	M40	21	n levou	#VALOR!	1:15:52	
Dnf	Dnf	174	Gonçalo Mendes	**	M40	21	erro	#VALOR!	1:51:41	
Dnf	Dnf	172	Maria Celeste B.L. Queiroz	**	M40F	21	erro	#VALOR!	1:51:41	
Dnf	Dnf	27	Luís Santos		Sénior	40	erro	#VALOR!	1:24:40	4:12:13
Dnf	Dnf	129	Fernando Salvador	**	Sénior	40	erro	#VALOR!	1:15:21	3:37:51
Dnf	Dnf	249	Hugo Pina		Sénior	40	n levou	#VALOR!	1:22:42	4:11:57

Dstart	Dstart	1	Carlos Manuel		M40					
Dstart	Dstart	3	Nuno Manuel M. Silva		Sénior					
Dstart	Dstart	5	Helder Branco		Sénior					
Dstart	Dstart	17	Mário Silva		M40					
Dstart	Dstart	21	João Lobo		M40					
Dstart	Dstart	22	Vitória Nascimento		SéniorF					
Dstart	Dstart	25	Francisco Monte		Sénior					
Dstart	Dstart	41	António Pedro Santos		M40					
Dstart	Dstart	42	Miguel Frederico Cardoso Moniz		M40					
Dstart	Dstart	71	João Guilherme B. Menezes		Sénior					
Dstart	Dstart	74	Paulo Alexandre F. Lourenço		Sénior					
Dstart	Dstart	78	Jose Narciso		Sénior					
Dstart	Dstart	80	Dora Pinto		M40					
Dstart	Dstart	83	Paulo Ricardo F. Patricio		Sénior					
Dstart	Dstart	112	Joaquim Pereira Rato		Sénior					
Dstart	Dstart	168	Jorge Morgado		M40					
Dstart	Dstart	237	Narciso Cordeiro		M40					
Dstart	Dstart	244	Paulo Cavaleiro		M50					
Dstart	Dstart	247	Jorge Polidoro		M40					
Dstart	Dstart	250	Prudencio Berrocal Martinez		Sénior					
Dstart	Dstart	251	Filipe Sousa		M40					
Dstart	Dstart	253	Susana Cândia		SéniorF					