



III Trail Solidário do Ribeirão



Classificação Geral

Trail 16km

Pos.	Dor. Nome	Clube	Categoria/Pos.	Tempo	Km./h. Diferencia
1	1662 Diogo Fernandes,	SiM Summit	SM	1 1:03:22.45	15,15
2	1732 Amândio Ferreira,	Rumo á Aventura	SM	2 1:04:57.62	14,78 0:01:36
3	1789 Nuno Carneiro,	NAST - núcleo associativo de Santo Tirso	SM	3 1:05:52.05	14,57 0:02:30
4	1707 Marco André Pinheiro,	Fisioactive	VM35	1 1:06:27.31	14,45 0:03:05
5	1620 André Costa,	NAST - núcleo associativo de Santo Tirso	SM	4 1:12:04.20	13,32 0:08:42
6	1791 Diogo Carvalho,	Trepadores	VM50	1 1:12:06.12	13,31 0:08:44
7	1751 Paulo Pereira,	Dragon Club	VM40	1 1:12:28.16	13,25 0:09:06
8	1903 Helder Rodrigues,	SC Espinho / Antonio Leitão	VM35	2 1:12:37.27	13,22 0:09:15
9	19 Armindo Araújo,	Núcleo Sporting Clube Portugal Famalicão	VM55	1 1:12:43.79	13,20 0:09:22
10	1693 Pedro Maciel,	Dragon Club	VM35	3 1:12:52.37	13,17 0:09:30
11	1937 Luis Sousa,	AiroRun	SM	5 1:13:26.00	13,07 0:10:04
12	1600 Marco Santos,	Adosa - Os Santa Apolónia	SM	6 1:13:26.30	13,07 0:10:04
13	106 Oliveira, Paulo		Sub25M	1 1:13:27.00	13,07 0:10:05
14	1736 Fábio Rodrigues,	Team Sindeq	Sub25M	2 1:13:35.46	13,05 0:10:13
15	1611 Tiago Conceição,	Turbulentos	SM	7 1:14:17.25	12,92 0:10:55
16	1706 Bruno Rodrigues,	Trail Timeout Aventura	VM35	4 1:14:59.76	12,80 0:11:38
17	14 Vitor Coelho,	Team Sindeq	VM45	1 1:15:12.24	12,77 0:11:50
18	1826 Ricardo Azevedo,		VM35	5 1:15:13.68	12,76 0:11:52
19	1866 CLÁUDIA PEREIRA,	INDIVIDUAL	VF40	1 1:16:18.00	12,58 0:12:56
20	1922 Mário Martins,		VM35	6 1:16:18.20	12,58 0:12:56
21	1938 Carlos Silva,	AiroRun	SM	8 1:16:32.71	12,54 0:13:11
22	1761 António Rocha,		SM	9 1:16:42.00	12,52 0:13:20
23	1877 Felisberto Arcipreste,	Tia Bolacha	VM35	7 1:17:29.57	12,39 0:14:08

24	1608 Rui Alexandre Silva,	Fisioactive	SM	10	1:17:41.92	12,36 0:14:20
25	1623 RUI ARAÚJO,	Fisioactive	Sub25M	3	1:17:44.00	12,35 0:14:22
26	1920 Tiago Sousa,	TEAM LANTEMIL	SM	11	1:17:52.24	12,33 0:14:30
27	1811 Sergio Pereira,	Protek running	SM	12	1:17:54.44	12,32 0:14:32
28	1699 EMANUEL FREITAS,	TEAM LANTEMIL	VM35	8	1:18:07.58	12,29 0:14:46
29	1698 Alexandre Pinto,	Amigo Trail Run	SM	13	1:18:12.80	12,28 0:14:51
30	12 Nuno Oliveira,	Team Sindeq	VM40	2	1:18:16.00	12,27 0:14:54
31	1686 Jorge Sousa,	Blasqem Runners	SM	14	1:18:18.42	12,26 0:14:56
32	112 Costa, Rodrigo	Tesco Team	VM50	2	1:18:19.00	12,26 0:14:57
33	1773 Mariana Machado,	Running Force	SF	1	1:18:25.82	12,24 0:15:04
34	1607 Paulo Gomes,	Fisioactive	SM	15	1:18:35.96	12,22 0:15:14
35	1838 Tozé Gonçalves,	Dragon Club	VM40	3	1:19:00.03	12,15 0:15:38
36	102 Cunha, Eduardo	àguias de Alvelos	VM40	4	1:19:00.42	12,15 0:15:38
37	1964 Rui Silva,		VM40	5	1:20:00.33	12,00 0:16:38
38	1891 Narciso Marques,	braga	VM60	1	1:20:16.40	11,96 0:16:54
39	1627 Amaro Barbosa,	Fisioactive	SM	16	1:20:18.16	11,96 0:16:56
40	1836 Rafael Sá,	Dragon Club	Sub25M	4	1:20:54.28	11,87 0:17:32
41	1763 Miguel De Oliveira,	Airão Trail Team	VM40	6	1:21:29.04	11,78 0:18:07
42	1764 José Nogueira,	Coronado Runners	VM45	2	1:21:54.86	11,72 0:18:33
43	121 Campos, Sérgio		VM45	3	1:22:08.22	11,69 0:18:46
44	1844 Nuno Gomes,	FisioPedro Trail	SM	17	1:22:14.24	11,67 0:18:52
45	1642 Hélder Miguel Santos,		VM40	7	1:22:31.36	11,63 0:19:09
46	1703 Marco Filipe Silva Moreir	TEAM LANTEMIL	VM40	8	1:22:33.00	11,63 0:19:11
47	1795 Tiago Sá,	BTT Carreira	SM	18	1:22:34.16	11,63 0:19:12
48	1727 Miguel Pereira,	Lobos do monte	VM40	9	1:22:40.57	11,61 0:19:19
49	1943 Luís Pereira,	TEAM LANTEMIL	VM40	10	1:22:41.60	11,61 0:19:20
50	1648 António Cunha,		VM45	4	1:22:43.00	11,61 0:19:21
51	1757 Jorge Ferreira,	TEMOS PENA	VM45	5	1:23:03.36	11,56 0:19:41
52	1780 Jose Silva,	GDC de Serafão	SM	19	1:23:04.78	11,56 0:19:43
53	1926 Pedro Fernandes,	Amigos Do Empeno - Trail Running	SM	20	1:23:14.95	11,53 0:19:53
54	1606 Joaquim Oliveira,	Fisioactive	VM50	3	1:23:16.29	11,53 0:19:54
55	1675 Vitor Mendes,	Befitness	VM35	9	1:23:30.34	11,50 0:20:08
56	1644 Rui Teixeira,	TEAM LANTEMIL	VM40	11	1:23:32.51	11,49 0:20:11
57	1948 Manuel Costa,	TEAM LANTEMIL	VM45	6	1:23:34.86	11,49 0:20:13
58	1622 Abílio Faria,	Fisioactive	VM50	4	1:23:36.00	11,48 0:20:14
59	1705 Daniel Soares,	Trail Timeout Aventura	SM	21	1:23:43.01	11,47 0:20:21

60	1894 Nuno Silva,	The Newbies	SM	22	1:25:07.70	11,28 0:21:46
61	1830 Luís Sá,		SM	23	1:25:13.00	11,27 0:21:51
62	1822 Vítor Mota,		VM45	7	1:25:13.52	11,27 0:21:52
63	1721 Pedro Nogueira,	TEAM CORPOS 3	SM	24	1:25:55.14	11,17 0:22:33
64	1860 Pedro Rodrigues,	OPRATICANTE.PT-AFIPRE TEAM	VM40	12	1:26:15.94	11,13 0:22:54
65	1848 FERNANDO Costa,	A.D.Carril	VM50	5	1:26:19.30	11,12 0:22:57
66	1775 Sérgio Pereira,	Lobos do Monte BTT	VM40	13	1:26:26.49	11,11 0:23:04
67	1913 Vítor Silva,	TEAM LANTEMIL	VM35	10	1:26:49.69	11,06 0:23:28
68	101 Pereira, Bruno	Grupeta running Team	VM40	14	1:26:51.00	11,05 0:23:29
69	103 Barbosa, Paulo	águias de Alvelos	VM35	11	1:26:52.00	11,05 0:23:30
70	1846 Daniel Neto,	FisioPedro Trail	SM	25	1:26:54.73	11,05 0:23:33
71	11 António Neto,	TRIFITROFA	VM60	2	1:27:05.78	11,02 0:23:44
72	1895 Carlos Silva,	The Newbies	SM	26	1:27:17.22	11,00 0:23:55
73	1647 Rosalia Silva,	TEAM LANTEMIL	VF35	1	1:27:18.29	11,00 0:23:56
74	1722 Gilberto Ribeiro,	TEAM CORPOS 3	VM40	15	1:27:20.22	10,99 0:23:58
75	1632 RICARDO MEIRA MEIR	Fisioactive	VM45	8	1:27:21.31	10,99 0:23:59
76	1886 José Costa,	Silva Costa	VM50	6	1:27:28.95	10,98 0:24:07
77	107 Ferreira, Helder	Team Lantemil	VM40	16	1:27:30.00	10,97 0:24:08
78	1933 Joao Dias,	dias&dias a correr	VM45	9	1:27:32.00	10,97 0:24:10
79	1637 Miguel Araújo,	TEAM LANTEMIL	VM40	17	1:28:21.91	10,87 0:25:00
80	1618 Elisabete Santos,	TEAM LANTEMIL	VF45	1	1:28:22.55	10,86 0:25:01
81	1788 Marlene Santos,	Papamedalhas	VF35	2	1:28:25.16	10,86 0:25:03
82	1652 Rogério Torres,	TEAM LANTEMIL	VM35	12	1:28:30.81	10,85 0:25:09
83	1725 Luís Ferraz,		VM35	13	1:28:32.93	10,84 0:25:11
84	6 Pedro Voga,	SUNDAY BTT	VM40	18	1:28:44.74	10,82 0:25:23
85	1740 João Silva,	TEMOS PENA	VM55	2	1:30:07.03	10,65 0:26:45
86	1801 Mário Costa,	Profisio Team	VM40	19	1:30:21.99	10,63 0:27:00
87	1750 Rui Samuel Gonçalves,	GTT - ARMAZÉM DO CAFFÈ	VM35	14	1:30:29.28	10,61 0:27:07
88	1871 Pedro Queirós,	Individual	VM50	7	1:30:29.42	10,61 0:27:07
89	1777 Jose Silva,	GDC de Serafão	VM35	15	1:30:36.36	10,60 0:27:14
90	1870 Raul Silva,	Individual	VM40	20	1:30:55.51	10,56 0:27:34
91	1601 Daniel Marco Gomes Mira	Pastilhas Team	VM40	21	1:30:56.53	10,56 0:27:35
92	1882 Bruno Lopes,	Boavista trail	VM35	16	1:30:59.48	10,55 0:27:37
93	18 Manuel costa,		VM60	3	1:31:19.65	10,51 0:27:58
94	1673 Marcelo Teixeira,	The Newbies	SM	27	1:31:20.00	10,51 0:27:58
95	1900 António Neves,	Fardetas	VM40	22	1:31:20.02	10,51 0:27:58

96	1641 Jose Rodrigues,	A.D.Carril	VM45	10	1:31:30.79	10,49 0:28:09
97	1737 Manuel Silva,	TEMOS PENA	VM45	11	1:31:34.52	10,48 0:28:13
98	1671 Amílcar Ferreira,	ARCORUN	VM45	12	1:31:40.27	10,47 0:28:18
99	24 Paulo Ribeiro,	Dragon Club	VM45	13	1:31:42.25	10,47 0:28:20
100	1640 Ana Freitas,	A.D.Carril	VF45	2	1:32:01.34	10,43 0:28:39
101	1869 Adriano Ferreira,	O Que Queremos é Monte / AD Carril	VM35	17	1:32:01.76	10,43 0:28:40
102	1805 Luís Oliveira,		SM	28	1:32:21.33	10,40 0:28:59
103	1700 Gabriel Sousa,	Solemates	SM	29	1:33:09.09	10,31 0:29:47
104	15 Cristina Teixeira,		SF	2	1:33:10.80	10,30 0:29:49
105	1827 Bruno Moreira,	TEAM LANTEMIL	SM	30	1:33:13.23	10,30 0:29:51
106	1837 Pedro Catarino,	Dragon Club	SM	31	1:33:23.37	10,28 0:30:01
107	9 Sergio Santos,	Papamedalhas	VM40	23	1:33:24.43	10,28 0:30:02
108	1728 André Vieira De Castro,		VM40	24	1:33:28.93	10,27 0:30:07
109	1902 José Pinto,	Patos Bravos	VM50	8	1:33:39.96	10,25 0:30:18
110	1840 Tiago Pereira,	Pastilhas team	Sub25M	5	1:33:54.80	10,22 0:30:33
111	22 Jorge Machado,	Adosa - Os Santa Apolónia	VM50	9	1:33:58.92	10,22 0:30:37
112	1876 Filipe Lopes,	Rock The Mountains	VM35	18	1:33:59.25	10,21 0:30:37
113	1701 Nuno Gomes,	B.T.M.	VM35	19	1:34:23.84	10,17 0:31:02
114	1930 Ricardo Maia,		Sub25M	6	1:34:27.59	10,16 0:31:06
115	1730 FILIPE RIBEIRO,	A.C. VERMOIM	VM45	14	1:34:28.83	10,16 0:31:07
116	1683 Carlos Ribeiro,	Trail4Fun	VM45	15	1:34:38.96	10,14 0:31:17
117	1603 Bruno Pereira,	Endovelico	VM35	20	1:34:50.97	10,12 0:31:29
118	1794 Délio Coutinho,	BTT Carreira	VM45	16	1:34:58.51	10,11 0:31:37
119	1605 Miguel Mendes,	Fisioactive	VM45	17	1:35:04.07	10,10 0:31:42
120	1625 Rui Pereira,		VM35	21	1:35:09.31	10,09 0:31:47
121	1643 João Machado,	Squadra Di Potenza	VM35	22	1:35:14.22	10,08 0:31:52
122	1806 José Ferreira,		SM	32	1:35:26.73	10,06 0:32:05
123	1946 Carlos Sousa,	ECConsult	VM40	25	1:35:34.45	10,05 0:32:12
124	16 JOSE VELOSO,	O Praticante / Afipre Team	VM60	4	1:35:39.79	10,04 0:32:18
125	1678 Tiago Teixeira,	Pistões partidos	SM	33	1:35:40.07	10,03 0:32:18
126	1863 Pedro Gonçalves,	OPraticante.pt	VM40	26	1:35:41.32	10,03 0:32:19
127	1778 Francisco Andre,	GDC de Serafão	SM	34	1:35:46.80	10,02 0:32:25
128	1911 Rui Pereira,	Patos Bravos	VM55	3	1:35:49.67	10,02 0:32:28
129	1832 Domingos Martins,	Lion Runners-G. D. Leões da Guarda	VM40	27	1:35:52.73	10,01 0:32:31
130	1714 Bruno Moura,		VM35	23	1:36:02.68	10,00 0:32:41
131	1713 Raquel Andrade,		VF35	3	1:36:03.63	9,99 0:32:42

132	1733 Duarte Barbosa,	Hora do Lobo	VM45	18	1:36:03.87	9,99 0:32:42
133	1865 Flávio Sampaio,	A D Esmeriz Running	SM	35	1:36:11.95	9,98 0:32:50
134	1810 Ricardo Pais,	Protek running	VM35	24	1:36:18.42	9,97 0:32:56
135	21 Filipe Sousa,	MaisSaúde - Fisioterapia e Osteopatia	SM	36	1:36:18.62	9,97 0:32:57
136	1839 Lili Ls,	Dragon Club	VF35	4	1:36:28.74	9,95 0:33:07
137	1651 Fernando Ferreira,	TEAM LANTEMIL	VM40	28	1:36:47.86	9,92 0:33:26
138	1723 Sergio Monteiro,	TEAM CORPOS 3	SM	37	1:36:48.63	9,92 0:33:27
139	1881 Silvio Freitas,		VM35	25	1:36:53.57	9,91 0:33:32
140	1626 Sandra Silva,	NAST - núcleo associativo de Santo Tirso	VF35	5	1:36:55.00	9,91 0:33:33
141	113 Azevedo, Luís		SM	38	1:36:56.00	9,90 0:33:34
142	100 Silva, Helder	Bata e Siga	VM40	29	1:36:57.00	9,90 0:33:35
143	1907 Diogo Lopes,	Habcarpintaria	SM	39	1:37:07.01	9,89 0:33:45
144	1679 Vítor Ferreira,	Pistões partidos	SM	40	1:37:35.90	9,84 0:34:14
145	1735 Sérgio Carvalho,	TEMOS PENA	VM40	30	1:38:10.07	9,78 0:34:48
146	1879 Vera Moreira,	Trofamteam	SF	3	1:38:28.26	9,75 0:35:06
147	1820 Jorge Cardoso,	Jiracing	SM	41	1:38:40.19	9,73 0:35:18
148	1821 Vitor Maia,	Jiracing	SM	42	1:38:40.20	9,73 0:35:18
149	1774 Albino Faria,	BTT Carreira	VM50	10	1:38:49.09	9,71 0:35:27
150	1867 TIAGO CUNHA,	MOUTADOS	VM35	26	1:38:59.62	9,70 0:35:38
151	1962 ******, Dorsal 1962		??????		1:39:16.51	9,67 0:35:55
152	1663 José Leça Leça,	Sem medo	VM55	4	1:39:58.00	9,60 0:36:36
153	1850 Susana Fernandes,	FF	VF40	2	1:40:02.84	9,60 0:36:41
154	1808 Manuel Rocha,		VM40	31	1:40:05.32	9,59 0:36:43
155	1766 João Rocha,		Sub25M	7	1:40:10.63	9,58 0:36:49
156	1833 Miguel Teixeira,	TEAM LANTEMIL	VM40	32	1:40:19.00	9,57 0:36:57
157	1718 António Machado,		VM50	11	1:40:19.73	9,57 0:36:58
158	1738 Bruno Nogueira,	TEMOS PENA	Sub25M	8	1:40:27.34	9,56 0:37:05
159	1635 Rosa Vaz,	TOP TOP RUNNERS	VF50	1	1:40:41.96	9,53 0:37:20
160	1634 Fernando Vaz,	TOP TOP RUNNERS	VM50	12	1:40:42.82	9,53 0:37:21
161	1813 Silverio Pereira,	Protek running	VM50	13	1:40:47.72	9,53 0:37:26
162	1710 Júlio Ferreira,	Intratáveis	VM60	5	1:40:48.53	9,52 0:37:27
163	114 Amorim, Daniel	ACDAV	VM35	27	1:40:50.00	9,52 0:37:28
164	1655 Nuno Costa,	GTT - ARMAZÉM DO CAFFÈ	SM	43	1:40:57.94	9,51 0:37:36
165	1829 Hugo Silva,	Núcleo do Sporting Clube de Portugal de Vila Nova	VM40	33	1:41:02.75	9,50 0:37:41
166	1818 Ricardo Branco,	Family team	SM	44	1:41:03.34	9,50 0:37:41
167	1628 André Silva,	Núcleo do Sporting Clube de Portugal de Vila Nova	VM35	28	1:41:03.50	9,50 0:37:42

168	17 Ana Monteiro,		SF	4	1:41:05.00	9,50 0:37:43
169	1889 Irma Martins,		SF	5	1:41:05.00	9,50 0:37:43
170	1936 Rui Pinto,		VM40	34	1:41:06.00	9,50 0:37:44
171	1636 Rui Santos,	Núcleo do Sporting Clube de Portugal de Vila Nova	VM45	19	1:41:06.49	9,50 0:37:44
172	1715 Lola Pereira,	Por Joane	VF35	6	1:41:08.52	9,49 0:37:47
173	1935 Luis Oliveira,		Sub25M	9	1:41:09.58	9,49 0:37:48
174	1716 Xavier Oliveira,	Por Joane	VM45	20	1:41:10.58	9,49 0:37:49
175	1753 Emanuel Correia,	MAGNUNSSSENS	Sub25M	10	1:41:12.11	9,49 0:37:50
176	1619 Helena Castro,	NAST - núcleo associativo de Santo Tirso	SF	6	1:41:50.95	9,43 0:38:29
177	1680 Rogério Oliveira,		VM35	29	1:41:57.51	9,42 0:38:36
178	1772 Joaquim Machado,		VM50	14	1:41:58.96	9,41 0:38:37
179	119 Miranda, Marelene	BTM	VF35	7	1:42:03.00	9,41 0:38:41
180	120 Gomes, Carlos	BTM	VM40	35	1:42:04.00	9,41 0:38:42
181	1759 Ricardo Oliveira,	A D Esmeriz Running	VM35	30	1:42:26.57	9,37 0:39:05
182	1932 Helder Silva,		SM	45	1:42:30.42	9,37 0:39:08
183	1660 Celina Silva,	Figueiredos Runners & Friends	VF35	8	1:42:32.09	9,36 0:39:10
184	1931 Henrique Faria,		SM	46	1:42:32.18	9,36 0:39:10
185	1674 Francisco Simoes,		VM35	31	1:42:34.34	9,36 0:39:12
186	1944 Manuel Araujo,		VM45	21	1:42:36.13	9,36 0:39:14
187	1765 susana maria ribeiro,	Mouquim afacycles	VF45	3	1:42:37.58	9,36 0:39:16
188	20 Bruno Ribeiro,	Apulia a Correr	VM35	32	1:42:37.94	9,36 0:39:16
189	1809 Telma Duarte,	Protek running	SF	7	1:42:39.00	9,35 0:39:17
190	1929 Luís Serra,	Rebanhu's Team	SM	47	1:42:41.82	9,35 0:39:20
191	1815 Luis Coelho,	Protek running	VM45	22	1:42:46.80	9,34 0:39:25
192	1790 Monica Moreira,	Trepadores	VF45	4	1:42:55.01	9,33 0:39:33
193	1905 Francisco Duarte,	New Cycle Team - Ncteam Btt	VM40	36	1:42:59.08	9,32 0:39:37
194	1784 Raul Silva,	ADEPE	VM45	23	1:43:06.95	9,31 0:39:45
195	1720 Paulo Figueiredo,	TEAM CORPOS 3	VM35	33	1:43:38.77	9,26 0:40:17
196	1762 Simão Fonseca,		VM40	37	1:43:42.59	9,26 0:40:21
197	1796 Pedro Seara,	Impermeáveis Seara	Sub25M	11	1:44:06.40	9,22 0:40:44
198	1861 Ricardo Rocha,	FAST AO KM	VM40	38	1:44:13.49	9,21 0:40:51
199	1819 Bruno Pulga,	A.D.Carril	VM35	34	1:44:24.82	9,20 0:41:03
200	1694 Lucas Maia Silva,	Índios do Monte	VM40	39	1:44:27.87	9,19 0:41:06
201	13 Helder Oliveira,	Team Sindeq	SM	48	1:44:34.36	9,18 0:41:12
202	1893 Hugo Faria,	The Newbies	SM	49	1:45:10.82	9,13 0:41:49
203	1744 Tiago Fernandes,	FITNESS UP	VM35	35	1:45:20.50	9,11 0:41:59

204	1896 Jose Silva,	The Newbies	VM40	40	1:45:22.00	9,11 0:42:00
205	5 Paula Silva,	Sérgio Rodrigues Fotografia	VF45	5	1:45:29.96	9,10 0:42:08
206	1704 Avelino Pereira,	Bota&Siga	VM50	15	1:45:48.61	9,07 0:42:27
207	1612 Ivone Ferreira,		VF40	3	1:45:59.22	9,06 0:42:37
208	1901 Nuno Sampaio,		VM45	24	1:46:02.00	9,05 0:42:40
209	1884 André Oliveira,		Sub25M	12	1:46:10.38	9,04 0:42:48
210	1841 Pedro Silva,	Silva team	VM40	41	1:46:21.94	9,03 0:43:00
211	1666 Eduardo Santos,	Otz-Bike	SM	50	1:46:23.91	9,02 0:43:02
212	1947 Filipe Martins,	visão oculista	VM40	42	1:46:24.92	9,02 0:43:03
213	1654 Jorge Silva,	No Pain No Gain	VM40	43	1:46:26.00	9,02 0:43:04
214	1695 Carlos Ribeiro,		VM45	25	1:46:27.00	9,02 0:43:05
215	105 Carneiro, Maria	Nast	VF35	9	1:46:27.00	9,02 0:43:05
216	1928 Simão Vilaça,	Turbulentos	VM35	36	1:46:29.00	9,02 0:43:07
217	1664 Lurdes Pinheiro Pinheiro,	Sem medo	VF45	6	1:47:06.07	8,96 0:43:44
218	1681 Joachim Suhm,		VM50	16	1:47:24.90	8,94 0:44:03
219	1807 Márcia Silva,		SF	8	1:47:59.17	8,89 0:44:37
220	1665 Joaquim Fernandes Pinhei	Sem medo	VM50	17	1:48:01.92	8,89 0:44:40
221	1614 Luis Gomes,	TEAM LANTEMIL	VM45	26	1:48:03.58	8,88 0:44:42
222	1708 Sofia Pereira,	TEAM LANTEMIL	VF35	10	1:48:06.69	8,88 0:44:45
223	1672 Sergio Mota,	keKalo	VM45	27	1:48:33.21	8,84 0:45:11
224	1965 ******, Dorsal 1965		?????		1:48:54.56	8,82 0:45:33
225	1793 Bruno Amorim,		SM	51	1:49:10.85	8,79 0:45:49
226	1792 Marco Martins,		SM	52	1:49:11.65	8,79 0:45:50
227	1898 Marisa Doreta,	Fardetas	VF40	4	1:50:05.80	8,72 0:46:44
228	1745 tiago maia,	DRAGONS	Sub25M	13	1:50:28.58	8,69 0:47:07
229	1878 Marta Fonseca,		VF45	7	1:50:34.00	8,68 0:47:12
230	1828 José Pereira Da Fonseca,	Braguinhas Runners	VM60	6	1:51:20.14	8,62 0:47:58
231	8 Rafa Silva,	Eramosamigos para correr	VM35	37	1:51:38.19	8,60 0:48:16
232	1749 Marlene Ferreira,	DRAGONS	VF40	5	1:51:40.00	8,60 0:48:18
233	1677 Rosa Coelho,		VF50	2	1:51:53.63	8,58 0:48:32
234	1624 Emanuel Leal,	Famalicão em forma	VM35	38	1:51:58.18	8,57 0:48:36
235	1629 Elisabete Gonçalves,	Famalicão em forma	VF40	6	1:51:59.26	8,57 0:48:37
236	1785 Joana Oliveira,		SF	9	1:52:49.09	8,51 0:49:27
237	1771 José Martins,	NAST	VM45	28	1:52:57.75	8,50 0:49:36
238	1824 Paulo Araújo,	Outizal	VM40	44	1:53:05.36	8,49 0:49:43
239	1934 Pedro Cunha,	Outizal	VM35	39	1:53:07.82	8,49 0:49:46

240	1748 Lucinda Gomes,	Lions	VF55	1	1:53:13.58	8,48 0:49:52
241	1814 Anabela Gonçalves,	Protek running	VF45	8	1:53:14.12	8,48 0:49:52
242	1630 Joel Marques,	FAST AO KM	VM35	40	1:53:21.80	8,47 0:50:00
243	1862 Manuel Rocha,	FAST AO KM	VM60	7	1:53:21.97	8,47 0:50:00
244	117 Vale, Alvaro	ADE Trail	VM35	41	1:53:22.00	8,47 0:50:00
245	118 Ribeiro, Jerusa	Apúlia a Correr	VF40	7	1:53:23.00	8,47 0:50:01
246	1921 Pedro Dinis,	Corre Comigo, Riba de Ave	VM40	45	1:53:37.31	8,45 0:50:15
247	1711 Carlos Azevedo,	TEAM LANTEMIL	VM35	42	1:53:47.51	8,44 0:50:26
248	1726 Teresa Vargas,	OPRATICANTE.PT-AFIPRE TEAM	SF	10	1:53:48.27	8,44 0:50:26
249	1858 Adelaide Veludo,	OPRATICANTE.PT-AFIPRE TEAM	VF60	1	1:53:48.68	8,44 0:50:27
250	1712 Antonio Moreira,	TEAM LANTEMIL	VM40	46	1:54:08.28	8,41 0:50:46
251	1834 Andreia Pereira,	TEAM LANTEMIL	VF35	11	1:54:09.63	8,41 0:50:48
252	1892 Anabela Silva,		VF40	8	1:54:41.47	8,37 0:51:19
253	1908 Nelson Maia,		VM40	47	1:55:33.90	8,31 0:52:12
254	1769 Joana Castro,	Rumo à Aventura	SF	11	1:55:55.84	8,28 0:52:34
255	1758 Carla Ferreira,	TEMOS PENA	VF40	9	1:56:02.02	8,27 0:52:40
256	1883 Alfredo Machado,	Famalicão em Forma	VM50	18	1:56:07.48	8,27 0:52:45
257	1739 Goreti Silva,	TEMOS PENA	VF55	2	1:56:09.00	8,27 0:52:47
258	1724 Nuno Ferreira,	Papamedalhas	VM35	43	1:56:16.09	8,26 0:52:54
259	1631 DARIO CRUZ DARIO C	Fisioactive	VM45	29	1:56:26.89	8,25 0:53:05
260	1888 Luis Serra,	TEAM LANTEMIL	VM60	8	1:57:27.34	8,17 0:54:05
261	1885 Paulo Areal Sousa,	Team Shark	VM40	48	1:57:28.00	8,17 0:54:06
262	116 o, Nanjo	Tesco Team	VM40	49	1:57:29.00	8,17 0:54:07
263	1613 Fernando Ferreira Vilarinh	Barcelos Runners	VM45	30	1:58:28.03	8,10 0:55:06
264	1776 Alexandre Sameiro,	GDC de Serafão	VM40	50	1:58:28.46	8,10 0:55:06
265	1942 Humberto Gonçalves,	GDC de Serafão	VM35	44	1:58:28.97	8,10 0:55:07
266	1868 Vasco Silva,	TESCO TEAM	VM40	51	1:58:29.00	8,10 0:55:07
267	1667 Jorge Cunha,	Atletas Fim de Semana	VM55	5	1:58:29.54	8,10 0:55:08
268	1645 Domingos Araujo,	Conf D.A.S	VM50	19	2:00:11.94	7,99 0:56:50
269	1649 Rui Araújo,	SiM Summit	Sub25M	14	2:00:13.38	7,99 0:56:51
270	1880 Rui Pedro Veloso,	Aventureiros	SM	53	2:00:13.97	7,99 0:56:52
271	1767 Nelson Veloso,	Aventureiros	SM	54	2:00:15.84	7,98 0:56:54
272	1887 Manuel Luis Mendes Carvalho,		VM50	20	2:00:30.12	7,97 0:57:08
273	1747 Rosinha Barros,	DRAGONS	VF55	3	2:00:37.05	7,96 0:57:15
274	1746 Amelia Ramos,	DRAGONS	VF40	10	2:00:38.00	7,96 0:57:16
275	1670 Alice Oliveira,	Famalicão em forma	VF45	9	2:00:53.89	7,94 0:57:32

276	1823 Mário Serra,	Outizal	SM	55	2:01:04.54	7,93 0:57:43
277	1825 João Pedro,	Outizal	SM	56	2:01:05.08	7,93 0:57:43
278	1690 Maximo Ribeiro,		VM40	52	2:01:08.88	7,93 0:57:47
279	1689 Sonia Ferreira,	RorizAventura	VM40	53	2:01:08.99	7,93 0:57:47
280	1691 Angelo Ribeiro,	RorizAventura	VM45	31	2:01:09.59	7,92 0:57:48
281	1864 João Ferreira,		SM	57	2:01:13.46	7,92 0:57:51
282	1742 FÁTIMA AZEVEDO,	A.C. VERMOIM	VF45	10	2:01:39.46	7,89 0:58:17
283	1741 JOAQUIM FERREIRA,	A.C. VERMOIM	VM55	6	2:01:39.57	7,89 0:58:18
284	1658 Carla Ferreira,	Fisioactive	VF40	11	2:02:15.14	7,85 0:58:53
285	1849 Jorge Fernandes,	FF	VM45	32	2:02:15.74	7,85 0:58:54
286	1685 Nilda Magalhães,	Casa da costura/fisicorpus/citybike	VF50	3	2:02:18.35	7,85 0:58:56
287	1684 Susana Moreira,	Casa da Costura/fisicorpus/cotybike	VF40	12	2:02:18.77	7,85 0:58:57
288	1904 Pedro Serra,	Endovelico	VM35	45	2:02:21.50	7,85 0:59:00
289	1687 Rui Silva,		VM35	46	2:02:33.39	7,83 0:59:11
290	7 Maria Teixeira,	TURMA TOP	VF50	4	2:02:46.40	7,82 0:59:24
291	1752 Gonçalo Carvalho,	TEMOS PENA	Sub25M	15	2:03:08.93	7,80 0:59:47
292	1688 Francisco Gomes,	TEMOS PENA	VM50	21	2:03:09.62	7,80 0:59:48
293	1731 Fábio Moreira,		Sub25M	16	2:03:59.26	7,74 1:00:37
294	1963 *****, Dorsal 1963		?????		2:03:59.65	7,74 1:00:38
295	1843 DIOGO GUIMARÃES,	RorizAventura	Sub25M	17	2:04:15.86	7,73 1:00:54
296	1661 Manuel Peixoto,		VM50	22	2:04:18.85	7,72 1:00:57
297	1804 Paulo Rodrigues,		SM	58	2:04:24.29	7,72 1:01:02
298	1912 José Luís Moreira,	LOJA STAFF	VM55	7	2:04:44.83	7,70 1:01:23
299	23 Carmo Machado,	Mãe da Mariana	VF50	5	2:05:02.86	7,68 1:01:41
300	200 Sem, Nome		SM	59	2:05:04.00	7,68 1:01:42
301	1906 Helder Quaresma,	TEAM CORPOS 3	VM35	47	2:05:08.79	7,67 1:01:47
302	1831 António Moreira,		VM60	9	2:05:27.23	7,65 1:02:05
303	1816 Paula Silva,	Protek running	VF45	11	2:05:45.00	7,63 1:02:23
304	1910 Rui Miguel Pereira,	Patos Bravos	Sub25M	18	2:05:46.62	7,63 1:02:25
305	1835 Maria Silva,	Dragon Club	VF45	12	2:05:54.41	7,63 1:02:32
306	1692 Filipe Faria,	Arrastadeiras team	VM50	23	2:06:10.32	7,61 1:02:48
307	1760 Victor Tomada,	Trail Timeout Aventura	SM	60	2:07:12.52	7,55 1:03:51
308	1729 José Macedo,		SM	61	2:07:23.37	7,54 1:04:01
309	1853 Susana Rodrigues,	OPRATICANTE.PT-AFIPRE TEAM	VF40	13	2:07:36.21	7,52 1:04:14
310	1852 José Martins,	OPRATICANTE.PT-AFIPRE TEAM	VM35	48	2:07:36.45	7,52 1:04:14
311	1939 Horácio Ferreira,	Oliveirinhas	VM40	54	2:08:57.87	7,44 1:05:36

312	1940 Mónica Oliveira,	Oliveirinhas	VF35	12	2:09:00.70	7,44 1:05:39
313	109 Bastos, Sérgio	Team Lantemil	VM40	55	2:09:02.00	7,44 1:05:40
314	1659 Liliana Sa,	Individual	SF	12	2:09:45.80	7,40 1:06:24
315	1817 Guilhermina Ferreira,	TEAM LANTEMIL	VF45	13	2:09:46.29	7,40 1:06:24
316	1639 Joaquim Silva,	TEAM LANTEMIL	VM45	33	2:09:46.33	7,40 1:06:24
317	1787 Antonio Caridade,	TEAM LANTEMIL	VM40	56	2:09:46.73	7,40 1:06:25
318	1770 Rui Pereira,	Coronado Runners	VM40	57	2:10:32.73	7,35 1:07:11
319	1890 Hugo Carneiro,		SM	62	2:10:47.59	7,34 1:07:26
320	1923 Juliana Costa,	Colégio do Ave	SF	13	2:11:06.80	7,32 1:07:45
321	1924 Rui Miguel Costa,	Colégio do Ave	VM40	58	2:11:08.13	7,32 1:07:46
322	1925 Odília Esteves,	Colégio do Ave	VF35	13	2:11:10.04	7,32 1:07:48
323	1799 Ricardo Machado,	Juntossomosmaisfortes	VM35	49	2:13:35.28	7,19 1:10:13
324	1798 Manuela Rocha,	Juntossomosmaisfortes	SF	14	2:13:35.42	7,19 1:10:13
325	1657 Francisco Ferreira,	Fisioactive	VM40	59	2:13:36.29	7,19 1:10:14
326	1782 Telmo Santos,	GDC de Serafão	SM	63	2:13:52.92	7,17 1:10:31
327	1717 Francisco Melo,	Por Joane	VM45	34	2:14:17.25	7,15 1:10:55
328	1875 Elisabete Martins,	Girls Trail Power	SF	15	2:14:39.02	7,13 1:11:17
329	1802 Paula Alves,	Profisio Team	VF40	14	2:14:41.00	7,13 1:11:19
330	1847 Ricardo Braz,	Coronado runners	VM35	50	2:15:15.60	7,10 1:11:54
331	1754 Catia Moreira,	Cr team	SF	16	2:17:05.12	7,00 1:13:43
332	1755 Ricardo Silva,	Cr team	SM	64	2:17:09.03	7,00 1:13:47
333	1874 Sonia Fernandes,	Girls Trail Power	VF40	15	2:17:12.00	7,00 1:13:50
334	1638 Carla Sofia Araújo,	TEAM LANTEMIL	VF35	14	2:20:22.00	6,84 1:17:00
335	1734 Rosa Oliveira,	TEMOS PENA	VF40	16	2:20:23.13	6,84 1:17:01
336	1668 Marilia Cunha,	Atletas Fim de Semana	VF45	14	2:20:40.80	6,82 1:17:19
337	1669 Luisa Cunha,	Atletas Fim de Semana	VF50	6	2:20:41.00	6,82 1:17:19
338	1656 José Coelho,	Fisioactive	VM45	35	2:20:53.66	6,81 1:17:32
339	1855 Helena Santos,	OPRATICANTE.PT-AFIPRE TEAM	SF	17	2:22:34.24	6,73 1:19:12
340	1851 Nuno Fernandes,	OPRATICANTE.PT-AFIPRE TEAM	SM	65	2:22:49.70	6,72 1:19:28
341	1919 Tiago Carneiro,	A D Esmeriz Running	SM	66	2:23:09.27	6,71 1:19:47
342	1917 Pedro Oliveira,	A D Esmeriz Running	SM	67	2:23:11.28	6,70 1:19:49
343	1842 Rui Lima,		VM35	51	2:24:09.42	6,66 1:20:47
344	1676 Andreia Pelicano,	Befitness	VF35	15	2:25:41.45	6,59 1:22:19
345	1646 Irene Silva,	Conf D.A.S	VF45	15	2:27:03.06	6,53 1:23:41
346	110 Dantas, Margarida	Team Lantemil	VF35	16	2:27:05.00	6,53 1:23:43
347	1927 Marta Daniela Almeida Rodrigues,		Sub25F	1	2:28:39.33	6,46 1:25:17

348	1897 Alzira Almeida,	Turbulentos	VF40	17	2:28:42.00	6,46 1:25:20
349	1803 Joana Campos,		SF	18	2:30:21.05	6,39 1:26:59
350	1615 Andreia Barbosa,	Coronado Runners	Sub25F	2	2:31:53.47	6,32 1:28:31
351	1617 Sandra Machado,	É PRA MENINOS	SF	19	2:32:10.09	6,31 1:28:48
352	1812 Natália Pereira,	Protek running	SF	20	2:32:42.84	6,29 1:29:21
353	1610 DANIELA BARBOSA,	TESCO TEAM	SF	21	2:34:01.03	6,23 1:30:39
354	1653 Ana Lima,	É PRA MENINOS	SF	22	2:35:22.36	6,18 1:32:00
355	1743 Patricia Lima,		VF35	17	2:35:22.57	6,18 1:32:01
356	111 Araújo, Isabel	Canal Correrias	SF	23	2:37:12.00	6,11 1:33:50
357	1918 Marco Araújo,	A D Esmeriz Running	SM	68	2:37:11.50	6,11 1:33:50
358	1916 Bruno Oliveira,	A D Esmeriz Running	VM35	52	2:37:14.27	6,11 1:33:52
359	1859 Filomena Soares,	OPRATICANTE.PT-AFIPRE TEAM	VF60	2	2:42:15.94	5,92 1:38:54