

Classificação Geral e Escalão

Trail Longo

1/10/2020

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Ritmo	Diferença
1	54	Ricardo Moreira	Fc Penafiel	M	S	1	02:02:19	5.56	00:00:00
2	53	Tiago Pereira	Futebol Clube Penafiel	M	S	2	02:02:21	5.56	00:00:02
3	84	Paulo Costa	A.D.Amarante	M	M40	1	02:07:03	5.78	00:04:44
4	85	Vitor Costa	A.D.Amarante	M	M40	2	02:07:03	5.78	00:04:44
5	48	JOSE Meneses	Nocturnos de Paredes	M	M40	3	02:12:29	6.02	00:10:10
6	71	Tiago Subtil	Afifense Trail	M	S	3	02:14:09	6.1	00:11:50
7	47	Carlos Vieira	AD Sebolido Trail Boneca Douro	M	S	4	02:16:59	6.23	00:14:40
8	79	Ricardo Nunes		M	S	5	02:22:36	6.48	00:20:17
9	61	Nádia Casteleiro	ORALKLASS - AMIGOS DO TRAIL	F	SF	1	02:24:35	6.57	00:22:16
10	82	José Pinheiro	A.D.Amarante	M	M45	1	02:25:31	6.61	00:23:12
11	93	Joao Oliveira	GANSOS	M	S	6	02:25:36	6.62	00:23:17
12	81	Telmo Silva	A.D.Amarante	M	M40	4	02:27:25	6.7	00:25:06
13	89	SERGIO CARNEIRO	AD MARCO 09	M	S	7	02:28:09	6.73	00:25:50
14	116	Adão Monteiro	Fridão Sem Limites	M	S	8	02:28:10	6.73	00:25:51
15	16	José Carlos Dias	CTAD - Consumo Zero	M	M50	1	02:29:11	6.78	00:26:52
16	46	Ruben Barbosa		M	S	9	02:30:57	6.86	00:28:38
17	92	Manuel Pinheiro	Fridão Sem Limites	M	M50	2	02:32:27	6.93	00:30:08
18	73	Carlos Fonseca		M	M45	2	02:35:07	7.05	00:32:48
19	74	Luís Azevedo	Trail a passo de caracol	M	S	10	02:35:20	7.06	00:33:01
20	65	BRUNO MOREIRA	AD MARCO 09	M	S	11	02:38:55	7.22	00:36:36
21	98	Alexandre Lourenço	STAFF TPM	M	M40	5	02:39:49	7.26	00:37:30
22	55	Rui Azevedo	STAFF TPM	M	M45	3	02:39:50	7.27	00:37:31
23	72	antonio coelho	sempre perdidos	M	M45	4	02:40:05	7.28	00:37:46
24	62	Alexandra Fernandes	ORALKLASS - AMIGOS DO TRAIL	F	F50	1	02:40:44	7.31	00:38:25
25	22	Jorge Moreira	Amigos do Pedal	M	M50	3	02:42:14	7.37	00:39:55
26	67	PEDRO NOGUEIRA	AD MARCO 09	M	S	12	02:42:39	7.39	00:40:20
27	94	Carmino Gomes	Nocturnos de Paredes	M	M45	5	02:42:54	7.4	00:40:35
28	43	Nuno Duarte	Pimentinhas	M	M40	6	02:43:34	7.43	00:41:15
29	87	GISELA SOUSA	AD MARCO 09	F	F40	1	02:44:36	7.48	00:42:17
30	88	MARGARIDA SOUSA	AD MARCO 09	F	F40	2	02:45:15	7.51	00:42:56
31	95	Mário Lima	Póvoa de Varzim	M	M50	4	02:45:45	7.53	00:43:26
32	33	Adriano Pinto		M	M40	7	02:46:59	7.59	00:44:40
33	10	Paulo Moreira		M	M45	6	02:48:48	7.67	00:46:29
34	56	Antoniocarlos Carlos		M	M55	1	02:49:04	7.68	00:46:45
35	96	Ana Botelho	Cinfães a Correr	F	SF	2	02:50:16	7.74	00:47:57
36	86	Angela Soares	A.D.Amarante	F	SF	3	02:50:33	7.75	00:48:14
37	70	Marco Barejão Pinto	100 Treino	M	S	13	02:51:13	7.78	00:48:54
38	40	João Cardoso	Cinfães a Correr	M	S	14	02:51:35	7.8	00:49:16
39	17	Falcão Fialho	CTAD - Consumo Zero	M	M40	8	02:51:46	7.81	00:49:27
40	28	Vitor Jesus	Cinfães a Correr	M	M45	7	02:52:32	7.84	00:50:13
41	90	António Alves	Fridão Sem Limites	M	M40	9	02:53:06	7.87	00:50:47
42	83	Luisa Teixeira	A.D.Amarante	F	F40	3	02:53:41	7.89	00:51:22
43	18	jorge rodrigues	CTAD - Consumo Zero	M	M45	8	02:55:40	7.98	00:53:21
44	44	António Loureiro	Autistic Runners	M	M50	5	02:56:04	8	00:53:45
45	60	Cristina Arreiol	Boavista Trail	F	SF	4	02:56:40	8.03	00:54:21

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Ritmo	Diferenca
46	77	David Camelo	Espinho	M	S	15	03:01:02	8.23	00:58:43
47	35	José Mendes	Boavista Trail	M	M55	2	03:02:05	8.28	00:59:46
48	11	Cesar Sousa		M	M40	10	03:03:29	8.34	01:01:10
49	123	Hugo Gonalo Esteves da Rocha	Meninos	M	M40	11	03:05:28	8.43	01:03:09
50	122	Reinaldo Branco	Meninos	M	M55	3	03:05:29	8.43	01:03:10
51	25	Nuno Faria		M	S	16	03:06:24	8.47	01:04:05
52	19	Marieta Branco	CTAD - Consumo Zero	F	F40	4	03:07:03	8.5	01:04:44
53	99	Andrea Cunha		F	SF	5	03:11:07	8.69	01:08:48
54	120	Vera Barbosa		F	SF	6	03:11:08	8.69	01:08:49
55	76	André Cristiano	Tesos & Mouraria	M	S	17	03:11:10	8.69	01:08:51
56	78	Antonio Miranda	YogurtNest	M	M45	9	03:11:57	8.73	01:09:38
57	59	Heitor Cardoso	Cinfães a Correr	M	M55	4	03:13:27	8.79	01:11:08
58	38	Bruno Pereira	Endovelico	M	S	18	03:17:26	8.97	01:15:07
59	27	João Bernardo	Cinfães a Correr	M	M50	6	03:17:30	8.98	01:15:11
60	24	Isidro Almeida	Cinfães a Correr	M	S	19	03:17:36	8.98	01:15:17
61	26	Vasco Miguel Ferreira Cardoso	Cinfães a Correr	M	M40	12	03:17:53	8.99	01:15:34
62	39	Miguel Martins		M	M50	7	03:18:54	9.04	01:16:35
63	57	Sérgio Gaião	OCS	M	S	20	03:18:54	9.04	01:16:35
64	52	Paulo Cardoso	MOTOBIKEREBELOS	M	M45	10	03:20:19	9.11	01:18:00
65	21	João Sousa	Casa Jovase	M	M40	13	03:20:19	9.11	01:18:00
66	14	Marta Mendes	CTAD - Consumo Zero	F	F40	5	03:23:45	9.26	01:21:26
67	15	Carla Varandas	CTAD - Consumo Zero	F	SF	7	03:23:48	9.26	01:21:29
68	37	Pedro Serra	Endovelico	M	S	21	03:25:33	9.34	01:23:14
69	75	Nelo Chapeiro Ou Quim	Tesos & Mouraria	M	M45	11	03:26:10	9.37	01:23:51
70	49	Filipe Pinheiro	Fridão Sem Limites	M	M40	14	03:30:48	9.58	01:28:29
71	66	JOSE NOGUEIRA	AD MARCO 09	M	S	22	03:33:07	9.69	01:30:48
72	63	Rui Carmo		M	M45	12	03:38:12	9.92	01:35:53
73	68	RODRIGO AGUIAR	AD MARCO 09	M	M50	8	03:47:45	10.35	01:45:26
74	32	Rui Monteiro	Cinfães a Correr	M	S	23	03:51:09	10.51	01:48:50
75	97	Carlos Peixoto	101 Treino	M	S	24	03:51:41	10.53	01:49:22
76	64	Paulina Soares	Tog-trinca orelhas gato	F	F55	1	04:00:29	10.93	01:58:10
77	31	Sara Mota	Vassouras Trail Longo	F	SF	8	04:09:29	11.34	02:07:10
78	13	Vitor Queirós	AD MARCO 09	M	S	25	04:09:30	11.34	02:07:11
79	51	Eduardo Barbosa		M	S	26	04:09:30	11.34	02:07:11