

# Trilhos do Almourol - Trail Longo

## Classificação Geral

Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
1	7	AITE TAMANG	VITÓRIA FC TRAIL RUNNING	M: 1	Trail Longo	03:08:46.34	04:43	12.7kph	MSen: 1
2	179	ANTÓNIO ALMEIDA	VITÓRIA FC TRAIL RUNNING	M: 2	Trail Longo	03:08:56.68	04:43	12.7kph	MSen: 2
3	21	MIGUEL ARSÉNIO	TRILHO PERDIDO EVENTOS / IMPORLUX	M: 3	Trail Longo	03:10:44.49	04:46	12.6kph	MSub23: 1
4	8	LUÍS SEMEDO	AC PORTALEGRE / UTM	M: 4	Trail Longo	03:11:51.72	04:47	12.5kph	MSen: 3
5	180	DIOGO BAENA	VITÓRIA FC TRAIL RUNNING	M: 5	Trail Longo	03:13:28.31	04:50	12.4kph	MSen: 4
6	182	JOÃO DA COSTA LOPES	VITÓRIA FC TRAIL RUNNING	M: 6	Trail Longo	03:19:02.48	04:58	12.1kph	MSen: 5
7	211	HÉLDER LOPES GROSSO	VITÓRIA FC TRAIL RUNNING	M: 7	Trail Longo	03:26:48.24	05:10	11.6kph	MSen: 6
8	127	VIRGÍLIO GOMES	CPA TRAIL TEAM	M: 8	Trail Longo	03:28:14.03	05:12	11.5kph	M50: 1
9	199	FILIPE COSTA	CLUBE DESPORTIVO DE ESPITE	M: 9	Trail Longo	03:29:36.14	05:14	11.5kph	MSen: 7
10	176	TIAGO CANTANTE ROMÃO	CPA TRAIL TEAM	M: 10	Trail Longo	03:30:02.33	05:15	11.4kph	MSen: 8
11	183	PEDRO RIBEIRO	VITÓRIA FC TRAIL RUNNING	M: 11	Trail Longo	03:32:39.77	05:18	11.3kph	MSen: 9
12	186	CARLOS CALDERA	VITÓRIA FC TRAIL RUNNING	M: 12	Trail Longo	03:35:23.25	05:23	11.1kph	M40: 1
13	79	GONÇALO CARITA	AC PORTALEGRE / UTM	M: 13	Trail Longo	03:37:00.56	05:25	11.1kph	MSen: 10
14	181	CUSTODIO ANTÓNIO	VITÓRIA FC TRAIL RUNNING	M: 14	Trail Longo	03:38:14.43	05:27	11.0kph	M40: 2
15	185	GERVÁSIO GARCIA	VITÓRIA FC TRAIL RUNNING	M: 15	Trail Longo	03:38:59.87	05:28	11.0kph	M40: 3
16	283	SÉRGIO CORREIA	ZONA ALTA TRAIL	M: 16	Trail Longo	03:41:54.30	05:32	10.8kph	MSen: 11
17	303	MIGUEL COTRIM	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 17	Trail Longo	03:42:49.15	05:34	10.8kph	MSen: 12
18	125	LUÍS SILVA	CPA TRAIL TEAM	M: 18	Trail Longo	03:44:07.19	05:36	10.7kph	MSen: 13
19	272	CARLOS BÁRBARA	A. C. S. MAMEDE	M: 19	Trail Longo	03:44:31.23	05:36	10.7kph	MSen: 14
20	281	JOÃO FERNANDES	ZONA ALTA TRAIL	M: 20	Trail Longo	03:45:34.66	05:38	10.6kph	MSen: 15
21	232	ROGÉRIO GUERREIRO COSTA	VITÓRIA FC TRAIL RUNNING	M: 21	Trail Longo	03:47:06.07	05:40	10.6kph	M40: 4
22	279	ANDRÉ ROSÁRIO	ZONA ALTA TRAIL	M: 22	Trail Longo	03:47:08.21	05:40	10.6kph	MSen: 16
23	193	BRUNO GONÇALVES	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	M: 23	Trail Longo	03:50:54.70	05:46	10.4kph	MSen: 17
24	257	RICARDO MORDOMO	CLUBE DESPORTIVO DE ESPITE	M: 24	Trail Longo	03:51:46.07	05:47	10.4kph	MSen: 18
25	296	HÉLDER PEREIRA	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 25	Trail Longo	03:52:45.61	05:49	10.3kph	M40: 5
26	63	FABIO MENDES	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	M: 26	Trail Longo	03:53:06.34	05:49	10.3kph	MSen: 19
27	270	RICARDO CARREIRA	A. C. S. MAMEDE	M: 27	Trail Longo	03:53:23.11	05:50	10.3kph	MSen: 20
28	167	LUÍS ALEXANDRE	TRILHOS DOS TEMPLÁRIOS / XPORFIT	M: 28	Trail Longo	03:54:07.69	05:51	10.3kph	M40: 6
29	165	RICARDO FERREIRA	TRILHOS DOS TEMPLÁRIOS / XPORFIT	M: 29	Trail Longo	03:55:52.29	05:53	10.2kph	MSen: 21
30	206	SUSANA ECHEVERRÍA	COIMBRA TRAIL RUNNING	F: 1	Trail Longo	03:56:05.26	05:54	10.2kph	F45: 1
31	295	MIGUEL LOPES	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 30	Trail Longo	03:57:08.96	05:55	10.1kph	MSen: 22
32	81	DAVID GONÇALVES	INDIVIDUAL	M: 31	Trail Longo	03:58:30.87	05:57	10.1kph	MSen: 23
33	267	NUNO CARDOSO	INDIVIDUAL	M: 32	Trail Longo	03:58:34.82	05:57	10.1kph	M40: 7
34	282	MIGUEL RIBEIRO	ZONA ALTA TRAIL	M: 33	Trail Longo	03:59:50.26	05:59	10.0kph	M40: 8
35	20	PEDRO PINHEIRO	TRILHO PERDIDO EVENTOS / IMPORLUX	M: 34	Trail Longo	04:00:13.16	06:00	10.0kph	M45: 1
36	225	LUÍS NARCISO	O MUNDO DA CORRIDA	M: 35	Trail Longo	04:01:30.48	06:02	9.9kph	MSen: 24
37	170	JOÃO GRADE	TRILHOS DOS TEMPLÁRIOS / XPORFIT	M: 36	Trail Longo	04:04:39.00	06:06	9.8kph	MSen: 25
38	299	LUÍS GRAÇA	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 37	Trail Longo	04:05:31.10	06:08	9.8kph	M40: 9
39	126	MANUEL DE SOUSA	CPA TRAIL TEAM	M: 38	Trail Longo	04:05:41.63	06:08	9.8kph	M45: 2
40	144	HUGO MIGUEL	TRILHO PERDIDO EVENTOS / IMPORLUX	M: 39	Trail Longo	04:06:17.90	06:09	9.7kph	M40: 10
41	138	JOSÉ BARRINHA	CLUBE DE FUTEBOL GUADIANA	M: 40	Trail Longo	04:06:21.76	06:09	9.7kph	M45: 3
42	178	RICARDO FONSECA	VITÓRIA FC TRAIL RUNNING	M: 41	Trail Longo	04:08:13.66	06:12	9.7kph	MSub23: 2
43	121	VANDA RAQUEL	TOP GYM	F: 2	Trail Longo	04:08:20.58	06:12	9.7kph	FSen: 1
44	238	PAULO DELGADO	CALMA - TOMAR	M: 42	Trail Longo	04:08:31.32	06:12	9.7kph	M40: 11
45	260	JOSÉ MIGUEL PEREIRA	ATR - ALGARVE TRAIL RUNNING	M: 43	Trail Longo	04:08:37.26	06:12	9.7kph	M40: 12
46	228	JOSÉ FERREIRA	PAINHO TRAIL	M: 44	Trail Longo	04:08:40.20	06:13	9.7kph	M45: 4
47	44	PAULO ROQUE	INDIVIDUAL	M: 45	Trail Longo	04:11:03.82	06:16	9.6kph	M45: 5
48	38	HENRIQUE DIAS	CARACOL TRAIL TEAM	M: 46	Trail Longo	04:11:47.45	06:17	9.5kph	MSub23: 3
49	195	MICAEL COSTA	CLUBE DESPORTIVO DE ESPITE	M: 47	Trail Longo	04:13:07.49	06:19	9.5kph	MSen: 26
50	70	HÉLDER PINTO	CCRD BURINHOSA	M: 48	Trail Longo	04:14:59.19	06:22	9.4kph	M40: 13
51	148	PEDRO XAVIER SANTOS	GRUPO DESPORTIVO SANTANDER TOTTA	M: 49	Trail Longo	04:15:17.64	06:22	9.4kph	M45: 6
52	304	ANTÓNIO SOARES	OPRATICANTE.PT	M: 50	Trail Longo	04:16:44.93	06:25	9.3kph	M50: 2
53	61	PEDRO FREITAS	CARACOL TRAIL TEAM	M: 51	Trail Longo	04:18:02.27	06:27	9.3kph	MSen: 27

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Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
54	261	FILIFE RODRIGUES	OZXTREME/ADCRPEREIRA	M: 52	Trail Longo	04:18:38.12	06:27	9.3kph	MSen: 28
55	16	MIGUEL FERREIRA	UNIÃO FCI DE TOMAR	M: 53	Trail Longo	04:19:29.98	06:29	9.2kph	MSen: 29
56	246	PAULO ALVES	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	M: 54	Trail Longo	04:19:32.98	06:29	9.2kph	M45: 7
57	213	PAULO NOGUEIRA	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	M: 55	Trail Longo	04:19:37.52	06:29	9.2kph	M40: 14
58	24	DAVID SOUSA	TRILHO PERDIDO EVENTOS / IMPORLUX	M: 56	Trail Longo	04:19:55.58	06:29	9.2kph	MSen: 30
59	263	JOSÉ VITAL	CLAC ENTRONCAMENTO / ONDATRILHOS	M: 57	Trail Longo	04:22:47.91	06:34	9.1kph	M55: 1
60	274	DUARTE GIL BARBOSA	HORA DO LOBO	M: 58	Trail Longo	04:23:56.66	06:35	9.1kph	M45: 8
61	154	JOSÉ FONSECA	UNIÃO FCI DE TOMAR	M: 59	Trail Longo	04:24:13.56	06:36	9.1kph	M50: 3
62	106	DIOGO ROBERTO	INDIVIDUAL	M: 60	Trail Longo	04:24:26.65	06:36	9.1kph	MSen: 31
63	123	JOÃO NEPOMUCENO	DÁ-LHE GÁS TEAM	M: 61	Trail Longo	04:25:10.00	06:37	9.1kph	M45: 9
64	294	ABEL VALENTE	REGIMENTO DE ENGENHARIA Nº 1	M: 62	Trail Longo	04:29:40.56	06:44	8.9kph	M40: 15
65	203	ADRIANO SIMPLICIO	INDIVIDUAL	M: 63	Trail Longo	04:29:53.01	06:44	8.9kph	MSen: 32
66	1007	TIAGO ALMEIDA	GRUPO SPORTIVO ADICENSE	M: 64	Trail Longo	04:31:58.13	06:47	8.8kph	MSen: 33
67	184	RICARDO CONDE	BOAVISTA TRAIL	M: 65	Trail Longo	04:32:05.37	06:48	8.8kph	MSen: 34
68	119	JOSÉ PEREIRA	PHOENIX EVORUN	M: 66	Trail Longo	04:33:57.98	06:50	8.8kph	MSen: 35
69	107	MARIO RODRIGUES	FEDERAÇÃO FAMÍLIA PARA PAZ MUNDIAL E UNIFICAÇÃO	M: 67	Trail Longo	04:34:41.85	06:52	8.7kph	M50: 4
70	35	NUNO NUNES	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 68	Trail Longo	04:35:10.03	06:52	8.7kph	MSen: 36
71	300	JOÃO SANCHES	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 69	Trail Longo	04:35:29.19	06:53	8.7kph	M50: 5
72	145	FERNANDO OLIVEIRA	HORA DO LOBO TRAIL - CF PEROSINHO - ATLETISMO	M: 70	Trail Longo	04:35:33.33	06:53	8.7kph	M60: 1
73	143	PAULO ALVES	STRAVISTAS VENDA PINHEIRO	M: 71	Trail Longo	04:35:41.47	06:53	8.7kph	M40: 16
74	62	LEONEL CAMPOS	CLAC ENTRONCAMENTO / ONDATRILHOS	M: 72	Trail Longo	04:36:26.09	06:54	8.7kph	M55: 2
75	139	WESLEN LUCENA	MADRUGAS	M: 73	Trail Longo	04:37:13.93	06:55	8.7kph	MSen: 37
76	287	RODRIGO NOGUEIRA	INDIVIDUAL	M: 74	Trail Longo	04:37:17.57	06:55	8.7kph	MSen: 38
77	60	EURICO ROSADO	MATILHA RUNNING	M: 75	Trail Longo	04:38:44.16	06:58	8.6kph	M45: 10
78	85	RUI PENA	COA / CORVUS TRAIL TEAM	M: 76	Trail Longo	04:39:18.43	06:58	8.6kph	MSen: 39
79	205	RICARDO MASSENA GAGO	SALAMANDRECOS	M: 77	Trail Longo	04:39:32.44	06:59	8.6kph	M40: 17
80	200	JOAQUIM TEIXEIRA	CARACOL TRAIL TEAM	M: 78	Trail Longo	04:39:45.90	06:59	8.6kph	M60: 2
81	297	RODRIGO LOPES	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 79	Trail Longo	04:40:03.95	07:00	8.6kph	M40: 18
82	58	ANTÓNIO SIMÕES	RX RUNNERS	M: 80	Trail Longo	04:41:06.93	07:01	8.5kph	M40: 19
83	72	HUGO PINTO	CLUBE EFACEC	M: 81	Trail Longo	04:41:13.00	07:01	8.5kph	MSen: 40
84	48	NUNO GRANADAS	TURRES TRAIL TEAM	M: 82	Trail Longo	04:41:26.54	07:02	8.5kph	MSen: 41
85	249	DINIS SANTOS	CLUBE DESPORTIVO DE ESPITE	M: 83	Trail Longo	04:41:31.64	07:02	8.5kph	MSen: 42
86	172	RUI GONÇALVES	INDIVIDUAL	M: 84	Trail Longo	04:41:34.31	07:02	8.5kph	M40: 20
87	209	HUGO LOPES	ABUTRES	M: 85	Trail Longo	04:42:09.28	07:03	8.5kph	MSen: 43
88	57	JOANA ALVES	CARACOL TRAIL TEAM	F: 3	Trail Longo	04:42:15.09	07:03	8.5kph	FSen: 2
89	37	GONÇALO SILVA	CARACOL TRAIL TEAM	M: 86	Trail Longo	04:42:16.88	07:03	8.5kph	MSen: 44
90	36	CARLOS MENDES	CARACOL TRAIL TEAM	M: 87	Trail Longo	04:42:23.02	07:03	8.5kph	MSen: 45
91	302	VÍTOR SANTOS	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 88	Trail Longo	04:42:31.29	07:03	8.5kph	M45: 11
92	266	LEONARDO ARAÚJO	BLACKBULLS / CLUBE DE CONDEIXA	M: 89	Trail Longo	04:43:03.70	07:04	8.5kph	MSen: 46
93	317	PAULA VALENTE	ANSIBIKERS	F: 4	Trail Longo	04:43:42.17	07:05	8.5kph	FSen: 3
94	116	HUMBERTO PESTANA	AD IALBAX	M: 90	Trail Longo	04:46:14.65	07:09	8.4kph	M40: 21
95	153	MIGUEL SARAIVA	CA BARREIRA	M: 91	Trail Longo	04:46:52.97	07:10	8.4kph	M50: 6
96	250	TIAGO GREGÓRIO	S C POVOENSE - CARACÓIS DE CORRIDA	M: 92	Trail Longo	04:48:13.98	07:12	8.3kph	MSen: 47
97	75	SOFIA QUENTAL	AD IALBAX	F: 5	Trail Longo	04:48:35.00	07:12	8.3kph	FSen: 4
98	201	MARCO MENDES	ASSOCIAÇÃO POMBAL JOVEM	M: 93	Trail Longo	04:48:43.75	07:13	8.3kph	MSen: 48
99	251	CIRILO FORMIGA	ZIMBRA FOX RUNNERS	M: 94	Trail Longo	04:49:48.01	07:14	8.3kph	M60: 3
100	276	RUI MAGALHÃES	CLUBE MILLENNIUM BCP	M: 95	Trail Longo	04:49:55.42	07:14	8.3kph	M50: 7
101	115	MARISA MARTINS	PHOENIX EVORUN	F: 6	Trail Longo	04:51:24.72	07:17	8.2kph	FSen: 5
102	244	JOSÉ MIGUEL SANTOS	S C POVOENSE - CARACÓIS DE CORRIDA	M: 96	Trail Longo	04:52:06.98	07:18	8.2kph	M45: 12

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103	105	CARINA SILVA	CLAC ENTRONCAMENTO / ONDATRILHOS	F: 7	Trail Longo	04:52:40.64	07:19	8.2kph	FSen: 6
104	132	ROBERTO CANEIRA	SCD GLÓRIA DO RIBATEJO	M: 97	Trail Longo	04:54:02.47	07:21	8.2kph	M45: 13
105	149	TIAGO FERNANDES	GRUPO DESPORTIVO DA PARREIRA	M: 98	Trail Longo	04:54:05.59	07:21	8.2kph	MSen: 49
106	163	VITOR DINIZ	TOMAR RUNNERS	M: 99	Trail Longo	04:54:16.78	07:21	8.2kph	M45: 14
107	33	MIGUEL ANTÓNIO PEREIRA	MADRUGAS	M: 100	Trail Longo	04:54:24.67	07:21	8.2kph	M50: 8
108	189	RICARDO MONRAIA	AD IALBAX	M: 101	Trail Longo	04:57:02.31	07:25	8.1kph	M40: 22
109	84	MARIA DE JESUS MONRAIA	AD IALBAX	F: 8	Trail Longo	04:57:03.16	07:25	8.1kph	F45: 2
110	83	GONÇALO RIJO	INDIVIDUAL	M: 102	Trail Longo	04:57:22.38	07:26	8.1kph	M45: 15
111	55	BÁRBARA SÁ MARQUES	SANTANA FUTEBOL CLUBE - TRAIL TEAM	F: 9	Trail Longo	04:59:30.11	07:29	8.0kph	FSen: 7
112	17	SIMÃO PETULANTE	COA / CORVUS TRAIL TEAM	M: 103	Trail Longo	04:59:51.02	07:29	8.0kph	M45: 16
113	253	MARKETA MARTINS	CBA	F: 10	Trail Longo	05:00:44.37	07:31	8.0kph	F40: 1
114	25	IVONE FERREIRA	TRILHO PERDIDO EVENTOS / IMPORLUX	F: 11	Trail Longo	05:01:38.22	07:32	8.0kph	F45: 3
115	215	ARTUR VASQUES	GRUPO DESPORTIVO DE MÊDA	M: 104	Trail Longo	05:02:45.42	07:34	7.9kph	MSen: 50
116	175	LUÍS SIMÕES	TRAIL DOTEXUGO - REDONDO	M: 105	Trail Longo	05:02:55.88	07:34	7.9kph	M40: 23
117	311	FRANCISCO MARTINS	CASA DO BENFICA EM ABRANTES	M: 106	Trail Longo	05:03:07.84	07:34	7.9kph	M50: 9
118	54	PEDRO TAVARES	AC PORTALEGRE / UTM	M: 107	Trail Longo	05:03:14.38	07:34	7.9kph	M45: 17
119	161	SÉRGIO COSTA	INDIVIDUAL	M: 108	Trail Longo	05:03:45.49	07:35	7.9kph	M40: 24
120	22	VANDA MATIAS	TRILHO PERDIDO EVENTOS / IMPORLUX	F: 12	Trail Longo	05:04:51.16	07:37	7.9kph	F45: 4
121	227	RENATO BARROS	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	M: 109	Trail Longo	05:04:52.81	07:37	7.9kph	M55: 3
122	231	FAUSTINO MATOS	INDIVIDUAL	M: 110	Trail Longo	05:05:03.68	07:37	7.9kph	M40: 25
123	41	MIGUEL DUARTE PEDRO	SALAMANDRECOS	M: 111	Trail Longo	05:06:17.22	07:39	7.8kph	M50: 10
124	155	PEDRO MACHADO	SHOTS INTERNATIONAL RUNNERS / KANSHA	M: 112	Trail Longo	05:09:54.13	07:44	7.7kph	M40: 26
125	31	VITOR CAMÕES	INDIVIDUAL	M: 113	Trail Longo	05:10:18.28	07:45	7.7kph	MSen: 51
126	188	JOSÉ RAPOSO	GRUPO DESPORTIVO SANTANDER TOTTA	M: 114	Trail Longo	05:10:52.30	07:46	7.7kph	M50: 11
127	252	ANTÓNIO MARTINS	CBA	M: 115	Trail Longo	05:11:09.46	07:46	7.7kph	M60: 4
128	87	ANTÓNIO LOPES	SCD GLÓRIA DO RIBATEJO	M: 116	Trail Longo	05:11:28.30	07:47	7.7kph	M45: 18
129	64	JOÃO LARANJEIRA	ADE TRAIL RUNNING	M: 117	Trail Longo	05:12:38.79	07:48	7.7kph	MSen: 52
130	256	CARMEN FERREIRA	ASSOCIAÇÃO VALE GRANDE	F: 13	Trail Longo	05:13:37.44	07:50	7.7kph	F50: 1
131	187	AMÍLCAR RAMOS	GRVILAVERDENSE	M: 118	Trail Longo	05:14:10.96	07:51	7.6kph	M40: 27
132	34	VITOR PEREIRA	ÁGUEDA ACTION CLUB - ACTIB	M: 119	Trail Longo	05:14:25.92	07:51	7.6kph	MSen: 53
133	202	MARTA FONSECA	INDIVIDUAL	F: 14	Trail Longo	05:14:26.55	07:51	7.6kph	FSen: 8
134	133	JOSÉ SANTOS	TINTOL RUNNERS	M: 120	Trail Longo	05:14:39.44	07:51	7.6kph	MSen: 54
135	271	FILIPA CASIMIRO	A. C. S. MAMEDE	F: 15	Trail Longo	05:14:45.78	07:52	7.6kph	FSen: 9
136	319	JOSÉ CARLOS LEAL BRITO	INDIVIDUAL	M: 121	Trail Longo	05:15:23.37	07:53	7.6kph	M50: 12
137	104	ANA PAULA SANTOS	CCRD BURINHOSA	F: 16	Trail Longo	05:15:31.95	07:53	7.6kph	F55: 1
138	198	MIGUEL MARQUES	PALMELENSE FC	M: 122	Trail Longo	05:16:11.39	07:54	7.6kph	M40: 28
139	241	CYNTHIA MAIA	INDIVIDUAL	F: 17	Trail Longo	05:16:19.66	07:54	7.6kph	F40: 2
140	15	MÁRIO CARIDADE	COA / CORVUS TRAIL TEAM	M: 123	Trail Longo	05:16:56.54	07:55	7.6kph	MSen: 55
141	243	JOÃO MARAL	SS CGD	M: 124	Trail Longo	05:17:01.83	07:55	7.6kph	M50: 13
142	23	LUIS SILVA	TRILHO PERDIDO EVENTOS / IMPORLUX	M: 125	Trail Longo	05:18:08.45	07:57	7.5kph	M50: 14
143	269	HUGO CARREIRA BRASANA	A. C. S. MAMEDE	M: 126	Trail Longo	05:19:49.05	07:59	7.5kph	MSen: 56
144	158	ANA SORAIA GOMES	OCS STRENDURE RUNNING TEAM	F: 18	Trail Longo	05:21:00.76	08:01	7.5kph	F40: 3
145	285	ANTÓNIO CARVALHO	FIGUEIRA KAYAK CLUBE	M: 127	Trail Longo	05:21:01.98	08:01	7.5kph	M60: 5
146	109	MANUEL VICTORINO	C.C.D. O ALVITEJO	M: 128	Trail Longo	05:21:23.58	08:02	7.5kph	M60: 6
147	316	ANA DUARTE	ACMF ARRABIDA TRAIL TEAM	F: 19	Trail Longo	05:21:24.94	08:02	7.5kph	F45: 5
148	278	ANA TOMÉ	ZONA ALTA TRAIL	F: 20	Trail Longo	05:25:15.05	08:07	7.4kph	F45: 6
149	219	CARLOS MARTINS	GDC FIDELIDADE	M: 129	Trail Longo	05:28:43.60	08:13	7.3kph	M45: 19
150	102	RUI MARÇAL	PACE.MAKERS	M: 130	Trail Longo	05:28:49.55	08:13	7.3kph	M45: 20
151	284	RUBEN DUQUE	ZONA ALTA TRAIL	M: 131	Trail Longo	05:29:17.25	08:13	7.3kph	MSen: 57
152	100	MANUEL MORENO	HL RUNNERS CLUB	M: 132	Trail Longo	05:29:26.98	08:14	7.3kph	M60: 7
153	230	CARLA SANTOS	ZIMBRA FOX RUNNERS	F: 21	Trail Longo	05:29:53.98	08:14	7.3kph	F40: 4
154	94	CARLOS ESTEVES	MATILHA RUNNING	M: 133	Trail Longo	05:30:18.40	08:15	7.3kph	M50: 15
155	95	RUI AZEVEDO	MATILHA RUNNING	M: 134	Trail Longo	05:30:18.75	08:15	7.3kph	M45: 21
156	111	NUNO ALMEIDA	GRUPO DESPORTIVO SANTANDER TOTTA	M: 135	Trail Longo	05:30:25.03	08:15	7.3kph	M45: 22
157	268	CARLA HENRIQUES	ASSOCIAÇÃO VALE GRANDE	F: 22	Trail Longo	05:32:44.56	08:19	7.2kph	F40: 5
158	280	DIOGO MAIA	ZONA ALTA TRAIL	M: 136	Trail Longo	05:32:48.77	08:19	7.2kph	MSen: 58

# Trilhos do Almourol - Trail Longo

## Classificação Geral

Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
159	247	SANDRO RODRIGUES	AURORA TRAIL	M: 137	Trail Longo	05:33:51.49	08:20	7.2kph	M40: 29
160	76	NUNO FERREIRA	CLUBE VODAFONE	M: 138	Trail Longo	05:34:44.75	08:22	7.2kph	MSen: 59
161	255	LOURENÇO BRAY	INDIVIDUAL	M: 139	Trail Longo	05:34:55.36	08:22	7.2kph	M40: 30
162	220	PAULO BISPO	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 140	Trail Longo	05:35:37.47	08:23	7.2kph	M50: 16
163	51	ARTUR COSTA	RX RUNNERS	M: 141	Trail Longo	05:35:46.67	08:23	7.1kph	M40: 31
164	264	LILIANA AGUIAR	INDIVIDUAL	F: 23	Trail Longo	05:36:09.85	08:24	7.1kph	F40: 6
165	171	JOÃO MARTINS	CARACOL TRAIL TEAM	M: 142	Trail Longo	05:36:38.31	08:24	7.1kph	M50: 17
166	273	DAVID TEIXEIRA	C+RUNNERS	M: 143	Trail Longo	05:38:00.85	08:27	7.1kph	MSen: 60
167	118	CARLOS LOURENÇO	PINHAL TOTAL - OLEIROS AVENTURA	M: 144	Trail Longo	05:38:39.90	08:27	7.1kph	M45: 23
168	265	MARIA ELISA SANTOS	OCS STRENDURE RUNNING TEAM	F: 24	Trail Longo	05:39:25.22	08:29	7.1kph	FSen: 10
169	248	ANA CAMARINHA	OCS STRENDURE RUNNING TEAM	F: 25	Trail Longo	05:39:25.69	08:29	7.1kph	F40: 7
170	305	FÁTIMA MARTINS	INDIVIDUAL	F: 26	Trail Longo	05:39:26.57	08:29	7.1kph	F45: 7
171	146	NUNO GONÇALVES	BRT - BEER RUN TEAM	M: 145	Trail Longo	05:39:35.21	08:29	7.1kph	M40: 32
172	150	SÓNIA NETO	TOMAR RUNNERS	F: 27	Trail Longo	05:40:17.26	08:30	7.1kph	FSen: 11
173	292	ARLINDO DOMINGUES	REGIMENTO DE ENGENHARIA Nº 1	M: 146	Trail Longo	05:40:19.22	08:30	7.1kph	M45: 24
174	173	RUI FARINHA	OS MATRECOS	M: 147	Trail Longo	05:42:18.15	08:33	7.0kph	M40: 33
175	56	NUNO MARQUES	SANTANA FUTEBOL CLUBE - TRAIL TEAM	M: 148	Trail Longo	05:43:33.93	08:35	7.0kph	M40: 34
176	194	PEDRO CRUZ	CLUBE EFACEC	M: 149	Trail Longo	05:43:38.68	08:35	7.0kph	M40: 35
177	49	MÁRIO FERREIRA	CLUBE EFACEC	M: 150	Trail Longo	05:43:58.13	08:35	7.0kph	M45: 25
178	52	DAVID CLEMENTE	CUAB	M: 151	Trail Longo	05:44:36.27	08:36	7.0kph	MSen: 61
179	92	NUNO BARATA	COA / CORVUS TRAIL TEAM	M: 152	Trail Longo	05:45:00.23	08:37	7.0kph	M45: 26
180	28	LINA MATEUS	RBS SHOES	F: 28	Trail Longo	05:45:46.76	08:38	6.9kph	F40: 8
181	204	CARLOS COSTA	TRAILLERS	M: 153	Trail Longo	05:45:49.08	08:38	6.9kph	M50: 18
182	289	PEDRO LOPES	INDIVIDUAL	M: 154	Trail Longo	05:45:54.85	08:38	6.9kph	M40: 36
183	168	MARCO SOARES	TRILHOS DOS TEMPLÁRIOS / XPORFIT	M: 155	Trail Longo	05:46:46.44	08:40	6.9kph	M40: 37
184	242	RICARDO DENGUE	INDIVIDUAL	M: 156	Trail Longo	05:47:35.10	08:41	6.9kph	M40: 38
185	124	SILVYA SANTOS	INDIVIDUAL	F: 29	Trail Longo	05:48:29.74	08:42	6.9kph	FSen: 12
186	293	ANTÓNIO MARQUES	REGIMENTO DE ENGENHARIA Nº 1	M: 157	Trail Longo	05:48:30.23	08:42	6.9kph	M40: 39
187	50	GABRIEL MOREIRA	INDIVIDUAL	M: 158	Trail Longo	05:48:31.10	08:42	6.9kph	M60: 8
188	113	JOÃO BARROS	BIMEC	M: 159	Trail Longo	05:48:32.89	08:42	6.9kph	M45: 27
189	288	MARIA JOSÉ FELISARDO	OCS STRENDURE RUNNING TEAM	F: 30	Trail Longo	05:49:02.55	08:43	6.9kph	F45: 8
190	312	NUNO FREITAS	GRUPO SPORTIVO ADICENSE	M: 160	Trail Longo	05:49:16.45	08:43	6.9kph	M40: 40
191	66	RICARDO PATO	OCS STRENDURE RUNNING TEAM	M: 161	Trail Longo	05:50:40.13	08:46	6.8kph	MSen: 62
192	71	LUÍS EMÍDIO	COA / CORVUS TRAIL TEAM	M: 162	Trail Longo	05:51:32.85	08:47	6.8kph	M50: 19
193	229	PEDRO AMARAL	HERE FOR BEER	M: 163	Trail Longo	05:53:15.46	08:49	6.8kph	M50: 20
194	151	RICARDO GODINHO	MONSANTO RUNNING TEAM	M: 164	Trail Longo	05:53:51.56	08:50	6.8kph	M40: 41
195	26	MIGUEL HENRIQUES	TRILHO PERDIDO EVENTOS / IMPORLUX	M: 165	Trail Longo	05:54:13.34	08:51	6.8kph	MSen: 63
196	275	CARLOS COSTA	CLUBE MILLENNIUM BCP	M: 166	Trail Longo	05:58:21.59	08:57	6.7kph	M55: 4
197	114	RENATO ESTEVES	TRILHOS DOS TEMPLÁRIOS / XPORFIT	M: 167	Trail Longo	05:58:21.87	08:57	6.7kph	MSen: 64
198	237	JOANA EIRA	CALMA - TOMAR	F: 31	Trail Longo	05:58:28.19	08:57	6.7kph	FSen: 13
199	235	CARLOS EIRA	CALMA - TOMAR	M: 168	Trail Longo	05:58:30.47	08:57	6.7kph	M55: 5
200	177	AUGUSTO SOUSA	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	M: 169	Trail Longo	06:00:36.18	09:00	6.7kph	M45: 28
201	53	JOÃO SILVA	COA / CORVUS TRAIL TEAM	M: 170	Trail Longo	06:03:24.98	09:05	6.6kph	M45: 29
202	318	RUI MANUEL PINHO	INDIVIDUAL	M: 171	Trail Longo	06:04:09.29	09:06	6.6kph	M45: 30
203	174	ANSELMO MAIA	INDIVIDUAL	M: 172	Trail Longo	06:04:19.62	09:06	6.6kph	M45: 31
204	45	JOÃO HENRIQUES	SS CGD	M: 173	Trail Longo	06:05:43.23	09:08	6.6kph	M45: 32
205	142	MIGUEL TAVARES	BRT - BEER RUN TEAM	M: 174	Trail Longo	06:06:55.19	09:10	6.5kph	M45: 33
206	308	JOANA PEREIRA	GRUPO SPORTIVO ADICENSE	F: 32	Trail Longo	06:07:40.72	09:11	6.5kph	FSen: 14
207	120	SEVERINO ROSA	SS CGD	M: 175	Trail Longo	06:11:05.77	09:16	6.5kph	M60: 9
208	234	JOSÉ FONTINHA	COA / CORVUS TRAIL TEAM	M: 176	Trail Longo	06:11:59.28	09:17	6.5kph	M40: 42
209	157	CARLOS RANGEL	INDIVIDUAL	M: 177	Trail Longo	06:12:59.42	09:19	6.4kph	M60: 10
210	192	SÉRGIO SIMÕES	INDIVIDUAL	M: 178	Trail Longo	06:13:04.31	09:19	6.4kph	MSen: 65
211	223	CARLOS CARDOSO	SOMAS1KM	M: 179	Trail Longo	06:14:23.23	09:21	6.4kph	M40: 43
212	214	GUSTAVO BAETA	SANTIAGOBIKES	M: 180	Trail Longo	06:15:00.54	09:22	6.4kph	M40: 44
213	254	MARIANA HENRIQUES	COA / CORVUS TRAIL TEAM	F: 33	Trail Longo	06:16:06.51	09:24	6.4kph	FSen: 15
214	97	RUI MARGULHO	ALGARUNNERS	M: 181	Trail Longo	06:19:35.71	09:29	6.3kph	M40: 45
215	29	RICARDO PATRÍCIO	EQUIPA DA TRETA	M: 182	Trail Longo	06:20:09.88	09:30	6.3kph	MSen: 66
216	169	SANDRA CALDAS	TRILHOS DOS TEMPLÁRIOS / XPORFIT	F: 34	Trail Longo	06:20:19.91	09:30	6.3kph	F40: 9
217	86	LUIZ FELICIO	OS TRINCA ESPINHAS	M: 183	Trail Longo	06:21:58.84	09:32	6.3kph	MSen: 67

# Trilhos do Almourol - Trail Longo

## Classificação Geral

Pos	Dorsal	Nome	Equipa	Sexo	Type	Tempo	T/Km	Km/h	Cat/Pos
218	103	SÓNIA MARÇAL	PACE.MAKERS	F: 35	Trail Longo	06:24:12.43	09:36	6.2kph	F45: 9
219	101	JOÃO BENTO	OS PONTA BRANCA / UDA	M: 184	Trail Longo	06:25:43.70	09:38	6.2kph	MSen: 68
220	291	HÉLIO CORREIA	GRUPO SPORTIVO ADICENSE	M: 185	Trail Longo	06:26:30.87	09:39	6.2kph	MSen: 69
221	42	ANA DUARTE	AD IALBAX	F: 36	Trail Longo	06:27:33.35	09:41	6.2kph	F40: 10
222	98	LUÍS CRUZ	INDIVIDUAL	M: 186	Trail Longo	06:29:11.33	09:43	6.2kph	M40: 46
223	233	JOEL JACINTO	GRVILAVERDENSE	M: 187	Trail Longo	06:30:52.69	09:46	6.1kph	M40: 47
224	221	RICARDO PEREIRA	GRVILAVERDENSE	M: 188	Trail Longo	06:30:53.97	09:46	6.1kph	MSen: 70
225	117	PAULO ALVES	ARCD VENDA DA LUISA	M: 189	Trail Longo	06:33:29.16	09:50	6.1kph	M40: 48
226	226	CLAUDIO SEQUEIRA	INDIVIDUAL	M: 190	Trail Longo	06:35:55.14	09:53	6.1kph	MSen: 71
227	320	BRUNO CORREIA	INDIVIDUAL	M: 191	Trail Longo	06:37:01.30	09:55	6.0kph	M40: 49
228	91	LARA FELGUEIRAS	INDIVIDUAL	F: 37	Trail Longo	06:38:46.18	09:58	6.0kph	FSen: 16
229	90	JORGE SOUSA	INDIVIDUAL	M: 192	Trail Longo	06:38:46.82	09:58	6.0kph	MSen: 72
230	140	ANDRÉ PINTO	INDIVIDUAL	M: 193	Trail Longo	06:45:03.86	10:07	5.9kph	MSen: 73
231	43	VITOR AFONSO LOURENÇO	JOBRINDE - MONTES SALOIOS	M: 194	Trail Longo	06:46:22.72	10:09	5.9kph	M50: 21
232	130	ISADORA COSTA	4 AO KM	F: 38	Trail Longo	06:47:15.74	10:10	5.9kph	FSen: 17
233	131	VITOR GONÇALVES	4 AO KM	M: 195	Trail Longo	06:47:16.60	10:10	5.9kph	M50: 22
234	224	ÁLVARO FURTADO	SS CGD	M: 196	Trail Longo	06:50:56.84	10:16	5.8kph	M60: 11
235	236	ANTÓNIO TRINDADE	CALMA - TOMAR	M: 197	Trail Longo	06:53:13.30	10:19	5.8kph	M50: 23
236	240	HELENA VASCONCELOS	INDIVIDUAL	F: 39	Trail Longo	06:56:01.22	10:24	5.8kph	F45: 10
237	239	ALFREDO CHAMBEL	INDIVIDUAL	M: 198	Trail Longo	06:56:01.24	10:24	5.8kph	M50: 24
238	156	MIGUEL VITORINO	CARACOL TRAIL TEAM	M: 199	Trail Longo	06:56:36.63	10:24	5.8kph	M40: 50
239	39	JOSÉ GARCEZ	ÉVORA NIGHT RUNNERS	M: 200	Trail Longo	07:00:45.77	10:31	5.7kph	M40: 51
240	67	ALVARO VALE	ADE TRAIL RUNNING	M: 201	Trail Longo	07:24:44.71	11:07	5.4kph	MSen: 74
241	65	SALETE OLIVEIRA	ADE TRAIL RUNNING	F: 40	Trail Longo	07:24:45.37	11:07	5.4kph	FSen: 18
242	59	MARCO CARDOSO	ZONA ALTA TRAIL	M: 202	Trail Longo	07:34:50.73	11:22	5.3kph	M50: 25
243	88	ANTÓNIO PARDAL	ESPAÇO SHAMBALA	M: 203	Trail Longo	07:56:05.79	11:54	5.0kph	M60: 12
244	159	DANIEL CAVALHEIRO	INDIVIDUAL	M: 204	Trail Longo	05:05:01.48	07:37	7.9kph	:
245	298	TIAGO RAMOS	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M: 205	Trail Longo	05:42:19.66	08:33	7.0kph	:
246	96	PEDRO CORDEIRO	MATILHA RUNNING	M: 206	Trail Longo	03:02:18.42	04:33	13.2kph	:
247	68	JOÃO ANTUNES	QUADRILHEIROS RUNNERS	M: 207	Trail Longo	03:03:23.51	04:35	13.1kph	:
DQ	47	AURÉLIO FARIAS	HL RUNNERS CLUB	M: 208	Trail Longo	06:38:21.12	09:57	6.0kph	:



# Classificação por Equipas

14-04-2019

## Trilhos do Almourol - Trail Longo

23:04:02

Pos	Equipa	Pontuação	QtdAtletas	Ult. Atleta																
1	Vitória Fc Trail Runn	8	3	5																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>1</td><td>7</td><td>Aite</td><td>Tamang</td></tr><tr><td>2</td><td>179</td><td>António</td><td>Almeida</td></tr><tr><td>5</td><td>180</td><td>Diogo</td><td>Baena</td></tr></table>					Pos	Dorsal	Nome		1	7	Aite	Tamang	2	179	António	Almeida	5	180	Diogo	Baena
Pos	Dorsal	Nome																		
1	7	Aite	Tamang																	
2	179	António	Almeida																	
5	180	Diogo	Baena																	
2	Cpa Trail Team	36	3	18																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>8</td><td>127</td><td>Virgílio</td><td>Gomes</td></tr><tr><td>10</td><td>176</td><td>Tiago</td><td>Cantante Romão</td></tr><tr><td>18</td><td>125</td><td>Luís</td><td>Silva</td></tr></table>					Pos	Dorsal	Nome		8	127	Virgílio	Gomes	10	176	Tiago	Cantante Romão	18	125	Luís	Silva
Pos	Dorsal	Nome																		
8	127	Virgílio	Gomes																	
10	176	Tiago	Cantante Romão																	
18	125	Luís	Silva																	
3	Zona Alta Trail	58	3	22																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>16</td><td>283</td><td>Sérgio</td><td>Correia</td></tr><tr><td>20</td><td>281</td><td>João</td><td>Fernandes</td></tr><tr><td>22</td><td>279</td><td>André</td><td>Rosário</td></tr></table>					Pos	Dorsal	Nome		16	283	Sérgio	Correia	20	281	João	Fernandes	22	279	André	Rosário
Pos	Dorsal	Nome																		
16	283	Sérgio	Correia																	
20	281	João	Fernandes																	
22	279	André	Rosário																	
4	Clube De Atletismo De	73	3	31																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>17</td><td>303</td><td>Miguel</td><td>Cotrim</td></tr><tr><td>25</td><td>296</td><td>Hélder</td><td>Pereira</td></tr><tr><td>31</td><td>295</td><td>Miguel</td><td>Lopes</td></tr></table>					Pos	Dorsal	Nome		17	303	Miguel	Cotrim	25	296	Hélder	Pereira	31	295	Miguel	Lopes
Pos	Dorsal	Nome																		
17	303	Miguel	Cotrim																	
25	296	Hélder	Pereira																	
31	295	Miguel	Lopes																	
5	Trilho Perdido Evento	78	3	40																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>3</td><td>21</td><td>Miguel</td><td>Arsénio</td></tr><tr><td>35</td><td>20</td><td>Pedro</td><td>Pinheiro</td></tr><tr><td>40</td><td>144</td><td>Hugo</td><td>Miguel</td></tr></table>					Pos	Dorsal	Nome		3	21	Miguel	Arsénio	35	20	Pedro	Pinheiro	40	144	Hugo	Miguel
Pos	Dorsal	Nome																		
3	21	Miguel	Arsénio																	
35	20	Pedro	Pinheiro																	
40	144	Hugo	Miguel																	
6	Clube Desportivo De E	82	3	49																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>9</td><td>199</td><td>Filipe</td><td>Costa</td></tr><tr><td>24</td><td>257</td><td>Ricardo</td><td>Mordomo</td></tr><tr><td>49</td><td>195</td><td>Micael</td><td>Costa</td></tr></table>					Pos	Dorsal	Nome		9	199	Filipe	Costa	24	257	Ricardo	Mordomo	49	195	Micael	Costa
Pos	Dorsal	Nome																		
9	199	Filipe	Costa																	
24	257	Ricardo	Mordomo																	
49	195	Micael	Costa																	
7	Trilhos Dos Templário	94	3	37																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>28</td><td>167</td><td>Luís</td><td>Alexandre</td></tr><tr><td>29</td><td>165</td><td>Ricardo</td><td>Ferreira</td></tr><tr><td>37</td><td>170</td><td>João</td><td>Grade</td></tr></table>					Pos	Dorsal	Nome		28	167	Luís	Alexandre	29	165	Ricardo	Ferreira	37	170	João	Grade
Pos	Dorsal	Nome																		
28	167	Luís	Alexandre																	
29	165	Ricardo	Ferreira																	
37	170	João	Grade																	

Pos	Equipa	Pontuação	QtdAtletas	Ult. Atleta																
8	Montanha Clube Trail	105	3	56																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>23</td><td>193</td><td>Bruno</td><td>Gonçalves</td></tr><tr><td>26</td><td>63</td><td>Fabio</td><td>Mendes</td></tr><tr><td>56</td><td>246</td><td>Paulo</td><td>Alves</td></tr></table>					Pos	Dorsal	Nome		23	193	Bruno	Gonçalves	26	63	Fabio	Mendes	56	246	Paulo	Alves
Pos	Dorsal	Nome																		
23	193	Bruno	Gonçalves																	
26	63	Fabio	Mendes																	
56	246	Paulo	Alves																	
9	Ac Portalegre / Utsm	135	3	118																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>4</td><td>8</td><td>Luís</td><td>Semedo</td></tr><tr><td>13</td><td>79</td><td>Gonçalo</td><td>Carita</td></tr><tr><td>118</td><td>54</td><td>Pedro</td><td>Tavares</td></tr></table>					Pos	Dorsal	Nome		4	8	Luís	Semedo	13	79	Gonçalo	Carita	118	54	Pedro	Tavares
Pos	Dorsal	Nome																		
4	8	Luís	Semedo																	
13	79	Gonçalo	Carita																	
118	54	Pedro	Tavares																	
10	Caracol Trail Team	181	3	80																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>48</td><td>38</td><td>Henrique</td><td>Dias</td></tr><tr><td>53</td><td>61</td><td>Pedro</td><td>Freitas</td></tr><tr><td>80</td><td>200</td><td>Joaquim</td><td>Teixeira</td></tr></table>					Pos	Dorsal	Nome		48	38	Henrique	Dias	53	61	Pedro	Freitas	80	200	Joaquim	Teixeira
Pos	Dorsal	Nome																		
48	38	Henrique	Dias																	
53	61	Pedro	Freitas																	
80	200	Joaquim	Teixeira																	
11	A. C. S. Mamede	181	3	135																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>19</td><td>272</td><td>Carlos</td><td>Bárbara</td></tr><tr><td>27</td><td>270</td><td>Ricardo</td><td>Carreira</td></tr><tr><td>135</td><td>271</td><td>Filipa</td><td>Casimiro</td></tr></table>					Pos	Dorsal	Nome		19	272	Carlos	Bárbara	27	270	Ricardo	Carreira	135	271	Filipa	Casimiro
Pos	Dorsal	Nome																		
19	272	Carlos	Bárbara																	
27	270	Ricardo	Carreira																	
135	271	Filipa	Casimiro																	
12	Clac Entroncamento /	236	3	103																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>59</td><td>263</td><td>José</td><td>Vital</td></tr><tr><td>74</td><td>62</td><td>Leonel</td><td>Campos</td></tr><tr><td>103</td><td>105</td><td>Carina</td><td>Silva</td></tr></table>					Pos	Dorsal	Nome		59	263	José	Vital	74	62	Leonel	Campos	103	105	Carina	Silva
Pos	Dorsal	Nome																		
59	263	José	Vital																	
74	62	Leonel	Campos																	
103	105	Carina	Silva																	
13	Ad Ialbox	299	3	108																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>94</td><td>116</td><td>Humberto</td><td>Pestana</td></tr><tr><td>97</td><td>75</td><td>Sofia</td><td>Quental</td></tr><tr><td>108</td><td>189</td><td>Ricardo</td><td>Monraia</td></tr></table>					Pos	Dorsal	Nome		94	116	Humberto	Pestana	97	75	Sofia	Quental	108	189	Ricardo	Monraia
Pos	Dorsal	Nome																		
94	116	Humberto	Pestana																	
97	75	Sofia	Quental																	
108	189	Ricardo	Monraia																	
14	Coa / Corvus Trail Te	330	3	140																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>78</td><td>85</td><td>Rui</td><td>Pena</td></tr><tr><td>112</td><td>17</td><td>Simão</td><td>Petulante</td></tr><tr><td>140</td><td>15</td><td>Mário</td><td>Caridade</td></tr></table>					Pos	Dorsal	Nome		78	85	Rui	Pena	112	17	Simão	Petulante	140	15	Mário	Caridade
Pos	Dorsal	Nome																		
78	85	Rui	Pena																	
112	17	Simão	Petulante																	
140	15	Mário	Caridade																	
15	Grupo Desportivo Sant	333	3	156																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>51</td><td>148</td><td>Pedro</td><td>Xavier Santos</td></tr><tr><td>126</td><td>188</td><td>José</td><td>Raposo</td></tr><tr><td>156</td><td>111</td><td>Nuno</td><td>Almeida</td></tr></table>					Pos	Dorsal	Nome		51	148	Pedro	Xavier Santos	126	188	José	Raposo	156	111	Nuno	Almeida
Pos	Dorsal	Nome																		
51	148	Pedro	Xavier Santos																	
126	188	José	Raposo																	
156	111	Nuno	Almeida																	

Pos	Equipa	Pontuação	QtdAtletas	Ult. Atleta																
16	Matilha Running	386	3	155																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>77</td><td>60</td><td>Eurico</td><td>Rosado</td></tr><tr><td>154</td><td>94</td><td>Carlos</td><td>Esteves</td></tr><tr><td>155</td><td>95</td><td>Rui</td><td>Azevedo</td></tr></table>					Pos	Dorsal	Nome		77	60	Eurico	Rosado	154	94	Carlos	Esteves	155	95	Rui	Azevedo
Pos	Dorsal	Nome																		
77	60	Eurico	Rosado																	
154	94	Carlos	Esteves																	
155	95	Rui	Azevedo																	
17	Regimento De Engenhar	423	3	186																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>64</td><td>294</td><td>Abel</td><td>Valente</td></tr><tr><td>173</td><td>292</td><td>Arlindo</td><td>Domingues</td></tr><tr><td>186</td><td>293</td><td>António</td><td>Marques</td></tr></table>					Pos	Dorsal	Nome		64	294	Abel	Valente	173	292	Arlindo	Domingues	186	293	António	Marques
Pos	Dorsal	Nome																		
64	294	Abel	Valente																	
173	292	Arlindo	Domingues																	
186	293	António	Marques																	
18	Clube Efacec	436	3	177																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>83</td><td>72</td><td>Hugo</td><td>Pinto</td></tr><tr><td>176</td><td>194</td><td>Pedro</td><td>Cruz</td></tr><tr><td>177</td><td>49</td><td>Mário</td><td>Ferreira</td></tr></table>					Pos	Dorsal	Nome		83	72	Hugo	Pinto	176	194	Pedro	Cruz	177	49	Mário	Ferreira
Pos	Dorsal	Nome																		
83	72	Hugo	Pinto																	
176	194	Pedro	Cruz																	
177	49	Mário	Ferreira																	
19	Calma - Tomar	441	3	199																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>44</td><td>238</td><td>Paulo</td><td>Delgado</td></tr><tr><td>198</td><td>237</td><td>Joana</td><td>Eira</td></tr><tr><td>199</td><td>235</td><td>Carlos</td><td>Eira</td></tr></table>					Pos	Dorsal	Nome		44	238	Paulo	Delgado	198	237	Joana	Eira	199	235	Carlos	Eira
Pos	Dorsal	Nome																		
44	238	Paulo	Delgado																	
198	237	Joana	Eira																	
199	235	Carlos	Eira																	
20	Grupo Sportivo Adicen	462	3	206																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>66</td><td>1007</td><td>Tiago</td><td>Almeida</td></tr><tr><td>190</td><td>312</td><td>Nuno</td><td>Freitas</td></tr><tr><td>206</td><td>308</td><td>Joana</td><td>Pereira</td></tr></table>					Pos	Dorsal	Nome		66	1007	Tiago	Almeida	190	312	Nuno	Freitas	206	308	Joana	Pereira
Pos	Dorsal	Nome																		
66	1007	Tiago	Almeida																	
190	312	Nuno	Freitas																	
206	308	Joana	Pereira																	
21	Ocs Strendure Running	481	3	169																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>144</td><td>158</td><td>Ana</td><td>Soraia Gomes</td></tr><tr><td>168</td><td>265</td><td>Maria</td><td>Elisa Santos</td></tr><tr><td>169</td><td>248</td><td>Ana</td><td>Camarinha</td></tr></table>					Pos	Dorsal	Nome		144	158	Ana	Soraia Gomes	168	265	Maria	Elisa Santos	169	248	Ana	Camarinha
Pos	Dorsal	Nome																		
144	158	Ana	Soraia Gomes																	
168	265	Maria	Elisa Santos																	
169	248	Ana	Camarinha																	
22	Ss Cgd	552	3	207																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>141</td><td>243</td><td>João</td><td>Maral</td></tr><tr><td>204</td><td>45</td><td>João</td><td>Henriques</td></tr><tr><td>207</td><td>120</td><td>Severino</td><td>Rosa</td></tr></table>					Pos	Dorsal	Nome		141	243	João	Maral	204	45	João	Henriques	207	120	Severino	Rosa
Pos	Dorsal	Nome																		
141	243	João	Maral																	
204	45	João	Henriques																	
207	120	Severino	Rosa																	
23	Grvilaverdense	578	3	224																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>131</td><td>187</td><td>Amílcar</td><td>Ramos</td></tr><tr><td>223</td><td>233</td><td>Joel</td><td>Jacinto</td></tr><tr><td>224</td><td>221</td><td>Ricardo</td><td>Pereira</td></tr></table>					Pos	Dorsal	Nome		131	187	Amílcar	Ramos	223	233	Joel	Jacinto	224	221	Ricardo	Pereira
Pos	Dorsal	Nome																		
131	187	Amílcar	Ramos																	
223	233	Joel	Jacinto																	
224	221	Ricardo	Pereira																	



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