

1º Trail CTM Vila Pouca de Aguiar - Trail Curto

POS	DORSAL	NOME	CLUBE	ESCALÃO	TEMPO
1	198	Artur Rodrigues	C U A Benaventense	MT SM	1:18:00,02
2	170	CARLOS VALENTE	NUCLEO DE ATLETISMO VILA REAL	MT M40	1:18:17,07
3	231	João Amorim	FC Penafiel	MT SM	1:21:32,05
4	230	Aires Sousa	FC Penafiel	MT M40	1:22:48,01
5	187	António Correia	CTM- atleta	MT SM	1:25:05,02
6	210	António Silva	C Indep. Argoncilhe	MT M40	1:26:21,05
7	65	Augusto Antunes	ADRC Gilmonde	MT M40	1:26:23,07
8	43	Jose Monteiro	Bairro de Carcavelos	MT M50	1:26:29,05
9	71	Luis Saraiva	Individual	MT SM	1:26:50,07
10	186	João Gonçalves	CTM	MT M50	1:26:55,08
11	35	José REIS	C.I.Argoncilhe	MT M50	1:31:21,05
12	86	Paulo Costa	Individual	MT SM	1:33:43,05
13	174	Henrique Machado	Individual	MT M40	1:34:32,06
14	64	João Antunes	ADRC Gilmonde	MT SM	1:35:01,03
15	208	João Barbosa	Individual	MT M40	1:35:04,00

16	226	Norberto Costa	Individual	MT M60	1:39:57,09
17	225	João Dias	Individual	MT SM	1:40:32,07
18	207	Luis Filipe Sá	Individual	MT SM	1:40:56,02
19	159	Lucinda Moreira	FC Penafiel	MT VF	1:42:36,05
20	4	Carlos Frias	G.D.Leões da Guarda	MT M50	1:42:36,07
21	180	José Araújo	Individual	MT SM	1:44:23,10
22	250	Rui Duarte	Individual	MT M40	1:44:27,03
23	11	Mario Vazquez	Individual	MT SM	1:44:43,05
24	140	Nuno Teixeira	TRT Trail Runer Team	MT SM	1:45:28,01
25	16	JAIME	Individual	MT M40	1:45:33,07
26	236	Júlia Conceição	Individual	MT VF	1:47:01,09
27	52	Rui Martins	Brunheiro's Runners	MT SM	1:53:52,07
28	185	Carlos Oliveira	NAVR	MT SM	1:53:59,01
29	82	Ângelo Costa	CTM Vila Pouca	MT SM	1:54:50,04
30	213	ANTONIO DIAS	Rio Largo – Espinho	MT M40	1:55:10,09
31	106	Tiago Pereira	Team hospital bikers	MT SM	1:55:24,01
32	179	Tiago	Individual	MT SM	1:56:50,00

		Machado			
33	238	Manuel Pinto	Individual	MT M50	1:56:53,09
34	158	Vasco Pereira	Team Hospital Bikers	MT SM	1:56:54,07
35	192	Pedro Goucho	Falta Muito?	MT M40	1:57:15,04
36	54	Rita Rebelo	Terroros do Asfalto	MT SF	1:57:23,09
37	155	João Teixeira	Cósmicos	MT SM	1:57:25,00
38	193	Guilhermino Meireles	Individual	MT SM	1:59:36,09
39	190	Sandra Dias	Caminhas ou Trilhas?	MT SF	2:00:19,03
40	74	Joaquim Vaz	Individual	MT M40	2:00:22,05
41	211	José Falcão	Rio Largo – Espinho	MT M60	2:01:13,09
42	171	Michael Dias	Individual	MT SM	2:02:21,00
43	18	Regina Monteiro	Individual	MT SF	2:02:49,10
44	105	Gil Palas	Team hospital bikers	MT M40	2:05:11,03
45	182	António Perdigão	Individual	MT SM	2:05:12,02
46	224	Paula Chaves	Individual	MT VF	2:06:12,01
47	44	Nuno Couto	A Correr desde 1976	MT SM	2:07:04,07
48	175	Luis Pereira	Individual	MT SM	2:09:25,01

49	38	Carlos Sousa	Individual	MT M40	2:13:08,03
50	96	Luís Sousa	Individual	MT M40	2:15:26,02
51	13	Isabel Moreira	CTM Vila Pouca de Aguiar	MT SF	2:16:00,05
52	189	Marco Marques	Individual	MT SM	2:16:51,04
53	102	José Janela	team famalicão / AFA Cycles	MT M50	2:16:52,01
54	101	Mariana Rodrigues	team famalicão / AFA Cycles	MT SF	2:16:52,05
55	176	Rui Pereira	Individual	MT SM	2:19:16,05
56	141	Gil Oliveira	Individual	MT SM	2:21:31,07
57	20	Maria Oliveira	Chaves running team	MT SF	2:21:31,08
58	148	Luís Moura	Individual	MT SM	2:21:53,04
59	212	Adriano Queirós	Rio Largo – Espinho	MT M60	2:22:04,02
60	7	Jorge Yong	Individual	MT M40	2:22:58,07
61	149	Ricardo Pereira	SerHumano	MT SM	2:27:14,06
62	219	Daniel Faceira	Individual	MT SM	2:27:34,08
63	241	Márcio Loureiro	Individual	MT SM	2:32:35,07
64	214	Vera Lucia Augusto	Run To Be Alive	MT SF	2:35:10,06
65	184	Ricardo Almeida	Individual	MT SM	2:38:16,09

66	183	Rosana Machado	Individual	MT SF	2:38:16,10
67	218	Manuela Fonseca	Individual	MT SF	2:39:05,02
68	217	Mário Fonseca	Individual	MT M50	2:39:06,03
69	162	isabel barra	o praticante /asas do milenium)	MT VF	2:44:32,08
70	70	João Pereira	Individual	MT M40	2:44:33,02
71	69	Jacinto Magalhaes	Individual	MT M50	2:44:35,07
72	72	Lucia Lemos	Individual	MT SF	2:45:21,09
73	53	Ricardo Dias	Individual	MT SM	2:49:05,08
74	248	Ana Campos	Individual	MT SF	2:50:44,05
75	56	Luis Nobrega	Individual	MT SM	2:50:46,00
76	66	Jacelino Moreira	Individual	MT M40	2:57:25,07
77	67	Tiago Moreira	Individual	MT SM	3:07:34,07
78	161	david silva	o praticante (asas do milenium)	MT M50	3:36:33,08
79	163	elisete manuel	o praticante (asas do milenium)	MT SF	3:36:34,03