

2º Trail CTM Vila Pouca de Aguiar - Trail Curto

POS	DORSAL	NOME	CLUBE	ESCALÃO	TEMPO
1	326	JOSÉ CARVALHO	CLUBE ACADÉMICO DE MOGADOURO	M 35-39	01:28:25
2	367	CARLOS VALENTE	NÚCLEO DE ATLETISMO DE VILA REAL	M 45-49	01:29:00
3	375	ARTUR RODRIGUES	CSM	M 35-39	01:30:20
4	327	CARLOS LOPES	CLUBE ACADÉMICO DE MOGADOURO	M 30-34	01:30:21
5	201	PAULO PEREIRA	CCDR FUNDO VILA	M 35-39	01:35:28
6	389	LUIS SARAIVA	CTM VILA POUCA DE AGUIAR	M Elite 18 - 29	01:36:47
7	340	FERNANDO GONÇALVES	FAFE RUNNERS	M 50-54	01:38:36
8	384	ANTÓNIO CAMPOS	CTM VILA POUCA DE AGUIAR	M 40-44	01:42:57
9	394	RENATO SILVA	CALDAS DE SÃO JORGE SPORT CLUB	M 45-49	01:44:34
10	354	LUIS NOVAIS	CALISTHENICS ADDICTED	M 35-39	01:44:41
11	370	JOSÉ MACHADO	NÚCLEO DE ATLETISMO DE VILA REAL	M 45-49	01:47:25
12	366	SAMUEL TOMÁS	INDIVIDUAL	M 35-39	01:47:25
13	395	ANTONIO AMORIM	CALDAS DE SÃO JORGE SPORT CLUB	M 40-44	01:49:35

14	313	PAULO RODRIGUES	GALAICUS TRAIL RUNNERS	M 35-39	01:50:17
15	358	PAULO REIS	ESPINHO RUNNERS	M 45-49	01:51:10
16	357	IVAN SILVA	CORRIDAURBANA.COM	M 35-39	01:51:30
17	368	NUNO SILVA	NÚCLEO DE ATLETISMO DE VILA REAL	M 35-39	01:52:15
18	316	CARLOS MORAIS	INDIVIDUAL	M 35-39	01:54:57
19	424	JOSE GOMES	CTM VILA POUCA DE AGUIAR	M 50-54	01:55:02
20	399	NUNO ALMEIDA	CTM VILA POUCA DE AGUIAR	M 40-44	01:55:04
21	378	TOMAS BARROSO	CHAVES RUNNING TEAM	M 45-49	01:55:34
22	377	JOSE TEIXEIRA	CHAVES RUNNING TEAM	M 35-39	01:55:34
23	336	JOSÉ BARROS	INDIVIDUAL	M 35-39	01:56:38
24	338	ESTÊVÃO GONÇALVES	SNEAKERS POWER/APRT	M 35-39	01:56:47
25	346	RUI FERNANDES	FAFE RUNNERS	M 35-39	01:58:07
26	333	JOÃO ALVES	INDIVIDUAL	M 40-44	01:58:59
27	372	NUNO MORAIS	NÚCLEO DE ATLETISMO DE VILA REAL	M 35-39	01:58:59
28	332	RUI VALENTE	INDIVIDUAL	M 30-34	01:59:06
29	419	PAULO ABREU	BOAVISTA FUTEBOL CLUBE	M 40-44	02:00:14

30	355	JOAO BARBOSA	INDIVIDUAL	M 40-44	02:00:53
31	330	ORLANDO PEREIRA	O PRATICANTE	M 40-44	02:01:44
32	359	PAULO MARTINS	CALISTHENICS ADDICTED	M 30-34	02:03:44
33	383	GUILHERMINO MEIRELES	CTM VILA POUCA DE AGUIAR	M 35-39	02:03:44
34	352	ANTÓNIO PINTO	INDIVIDUAL	M 35-39	02:03:45
35	203	MANUEL FERREIRA	CCDR FUNDO VILA	M 55-59	02:04:29
36	202	ISMAEL SILVA	CCDR FUNDO VILA	M 55-59	02:04:29
37	300	PEDRO ALVES	INDIVIDUAL	M 35-39	02:04:29
38	341	AUGUSTO SILVA	A.D.R.L.C.E – ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 60	02:04:29
39	392	MANUEL DOMINGUES	CALDAS DE SÃO JORGE SPORT CLUB	M 45-49	02:05:03
40	353	JOÃO FERREIRA	INDIVIDUAL	M Elite 18 - 29	02:05:36
41	307	VASCO PEREIRA	INDIVIDUAL	M 35-39	02:05:56
42	360	ALBANO SECA	FAFE RUNNERS	M 40-44	02:06:45
43	397	ARSÉNIO RODRIGUES	CTM VILA POUCA DE AGUIAR	M 45-49	02:08:50
44	380	PEDRO NUNES	NÚCLEO ATLETISMO	N/D	02:08:50

			VILA REAL		
45	348	TIAGO MACHADO	CALISTHENICS ADDICTED	M 35-39	02:08:55
46	381	CARLOS SOUSA	CTM VILA POUCA DE AGUIAR	M 45-49	02:09:08
47	391	RICARDO FERRÃO	CALDAS DE SÃO JORGE SPORT CLUB	M 35-39	02:09:43
48	324	BRUNO PEIXOTO	INDIVIDUAL	M 35-39	02:09:45
49	325	SERGIO ALVES	INDIVIDUAL	M 30-34	02:09:45
50	398	RUI FRAGA	CTM VILA POUCA DE AGUIAR	M 35-39	02:09:45
51	308	JOÃO MORGADO	SERHUMANO	M 40-44	02:09:45
52	349	LUIS FERREIRA	CALISTHENICS ADDICTED	M 35-39	02:11:04
53	393	MARTINHO SANTOS	CALDAS DE SÃO JORGE SPORT CLUB	M 45-49	02:12:27
54	403	CARLOS FERREIRA	INDIVIDUAL	M 40-44	02:12:43
55	422	ANTONIO DIAS	A.D.R.L.C.E – ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 50-54	02:16:38
56	315	ALEXANDRE SERAFIM	INDIVIDUAL	M 30-34	02:16:38
57	339	ANTONIO BATISTA	INDIVIDUAL	M 35-39	02:19:19
58	400	HELDER SILVA	CTM VILA POUCA DE AGUIAR	N/D	02:19:20

59	337	PEDRO SÁ	INDIVIDUAL	M 40-44	02:20:14
60	334	BRUNO RAMALHO	INDIVIDUAL	M Elite 18 - 29	02:21:37
61	385	MANUEL PINTO	CTM VILA POUCA DE AGUIAR	M 50-54	02:21:42
62	302	SANDRA CABRAL	INDIVIDUAL	F 40-49	02:22:14
63	362	PEDRO FONTE	INDIVIDUAL	M 35-39	02:25:40
64	426	RUI PEREIRA	CTM VILA POUCA DE AGUIAR	N/D	02:26:36
65	388	HELENA MOURÃO	G D C CASTELO DE PAIVA	N/D	02:26:47
66	344	CARLOS COELHO	A.D.R.L.C.E – ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 35-39	02:27:45
67	345	LUÍS OLIVEIRA	A.D.R.L.C.E – ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M Elite 18 - 29	02:27:45
68	343	ANDRÉ GUIMARÃES	A.D.R.L.C.E – ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M Elite 18 - 29	02:27:45
69	351	ARMANDO FONTÃO	INDIVIDUAL	M 40-44	02:29:41
70	382	ÂNGELO COSTA	CTM VILA POUCA DE AGUIAR	M Elite 18 - 29	02:31:40
71	369	LUÍS PEREIRA	NÚCLEO DE	M 30-34	02:32:16

			ATLETISMO DE VILA REAL		
72	320	JOSÉ RODRIGUES	PRESTÍGIO 2000	M 50-54	02:32:54
73	305	LEONOR TATO	INDIVIDUAL	F 30-39	02:35:38
74	425	JOSE BARROS	CTM VILA POUCA DE AGUIAR	N/D	02:35:47
75	309	MÁRIO GASPAS	SERHUMANO	M 50-54	02:36:13
76	310	CARLA SANTOS	SERHUMANO	F 40-49	02:36:13
77	405	JOSÉ VILELA	INDIVIDUAL	M 45-49	02:36:13
78	322	BRUNO RODRIGUES	PRESTÍGIO 2000	M Elite 18 - 29	02:42:01
79	404	FERNANDO MARINHO	INDIVIDUAL	M 30-34	02:42:01
80	301	LUIS OLIVEIRA	INDIVIDUAL	M 40-44	02:44:04
81	427	HUGO PINTO	CTM VILA POUCA DE AGUIAR	N/D	02:44:22
82	428	CATIA MARQUES	CTM VILA POUCA DE AGUIAR	N/D	02:44:22
83	420	JOAO FERNANDES	CTM VILA POUCA DE AGUIAR	M Elite 18 - 29	02:46:46
84	390	HUGO CARVALHO	CALISTHENICS ADDICTED	M 35-39	02:46:49
85	328	LUÍSA RODRIGUES	O PRATICANTE	F 30-39	02:51:07
86	365	MANUEL CARVALHO	INDIVIDUAL	M 35-39	02:51:07

87	312	MANUEL EMIDIO	INDIVIDUAL	M 60	02:52:07
88	376	RITA MACHADO	CALISTHENICS ADDICTED	F Elite 18 - 29	02:54:12
89	329	MARCO TEIXEIRA	O PRATICANTE	M 35-39	02:56:11
90	350	LÚCIA LEMOS	CTM VILA POUCA DE AGUIAR	F 50+	02:56:11
91	361	ROSANA MACHADO	CALISTHENICS ADDICTED	F Elite 18 - 29	02:56:15
92	335	RICARDO CABRAL	CALISTHENICS ADDICTED	M 35-39	02:56:20
93	318	JOSE TAVARES	INDIVIDUAL	M 45-49	02:58:56
94	373	CARMEN LIMA	INDIVIDUAL	F 30-39	03:02:08
95	374	VERA NOGUEIRA	CSM	F 30-39	03:02:11
96	311	CARLOS BESSA	INDIVIDUAL	M 40-44	03:03:36
97	306	MARGARIDA OLIVEIRA	INDIVIDUAL	F 40-49	03:03:36
98	317	CARLOS MARQUES	INDIVIDUAL	M 30-34	03:07:35
99	396	FERNANDO MARINHO	INDIVIDUAL	M 30-34	03:07:48
100	386	BRUNA CAMPOS	BRUNICHA	F Elite 18 - 29	03:07:49
101	423	MANUEL TEIXEIRA	CTM VILA POUCA DE AGUIAR	N/D	03:10:59

102	363	CARLOS DIAS	INDIVIDUAL	M 35-39	03:10:59
103	379	SOFIA FEIJO	CHAVES RUNNING TEAM	F 30-39	03:15:06
104	303	LUIS PEREIRA	INDIVIDUAL	M 35-39	03:22:20
105	321	ERMESINDA CARVALHO	PRESTÍGIO 2000	F 50+	03:42:44
106	304	SAMUEL SALVADOR	INDIVIDUAL	M Elite 18 - 29	04:03:11
107	323	DEBORAH RIBEIRO	PRESTÍGIO 2000	F Elite 18 - 29	04:35:15
108	319	SANDRA ALMEIDA	INDIVIDUAL	M 40-44	04:35:55