

6º Trail CTM Vila Pouca de Aguiar - Trail Curto

POS	DORSAL	NOME	CLUBE	ESCALÃO	TEMPO
1	829	JOSE MACEDO	CARCOBA	M40	01:39:17.351
2	876	ANTÓNIO CAMPOS	CTM VILA POUCA DE AGUIAR	M40	01:42:09.820
3	735	NORBERTO LOUREIRO	STCAR	M30	01:43:24.917
4	723	MANUEL DIAS	SHUSS	M30	01:43:51.735
5	545	DIOGO MACHADO	CHAVES RUNNING TEAM	M30	01:45:25.115
6	854	DAVID LEITE	BRAVOS & BRAVITAS	M50	01:47:52.582
7	505	VALENTIM HENRIQUES	CLUBE DESPORTIVO ASAS DO MILÉNIO	M50	01:49:34.152
8	574	ANTONIO CARVALHO	CABECEIRAS BIKE TEAM	M40	01:51:41.553
9	796	MÁRCIO MÁRCIO	BRAVOS & BRAVITAS	M30	01:52:44.018
10	588	FÁBIO NUNES	FRIDÃO SEM LIMITES	Seniores M	01:52:51.153
11	848	JOSÉ PINHEIRO	A.D.AMARANTE TRAIL RUNNING	M40	01:53:39.799
12	743	ALFREDO MOREIRA	MOINHOS RUN – ADRM	M40	01:55:25.289
13	861	PEDRO FACEIRA	INDIVIDUAL	Seniores M	01:58:07.758
14	726	HUGO LOUREIRO	ALIANÇA DE GANDRA	M30	01:58:09.812

15	851	NUNO MOURA	A.D.AMARANTE TRAIL RUNNING	M40	01:59:33.950
16	891	ALFREDO GOMES	PEDRAS BIKERS TEAM	Seniores M	02:00:01.171
17	546	CÂNDIDO MORAIS	CHAVES RUNNING TEAM	M50	02:01:32.220
18	839	ARSÊNIO RODRIGUES	POWERFIT	M50	02:03:12.578
19	722	BRUNO RICARDO PINHO	BOAVISTA TRAIL	M30	02:05:56.767
20	780	FILIPE SANTOS	BRAVOS & BRAVITAS	Seniores M	02:06:08.202
21	507	FERNANDO SILVA	NOS ACREDITAMOS	M50	02:06:13.921
22	822	RICARDO TEIXEIRA	INDIVIDUAL	Seniores M	02:06:40.769
23	834	RUI PEDRO DA SILVA OLIVEIRA	INDIVIDUAL	Seniores M	02:06:50.933
24	875	GUILHERMINO MEIRELES	CTM VILA POUCA DE AGUIAR	M40	02:08:33.113
25	872	VÍTOR FERREIRA	CTM VILA POUCA DE AGUIAR	M30	02:09:28.783
26	733	AGOSTINHO MARAFÃO	INDIVIDUAL	M50	02:09:32.271
27	772	GABRIEL FACEIRA	LINCES DO MARÃO	M30	02:09:35.625
28	539	EDUARDO PEREIRA	HAKYPNEUS TEAM	M30	02:09:41.957

29	882	TIAGO PEREIRA	CHAVES RUNNING TEAM	M30	02:10:25.736
30	914	CARLOS BORGES	CHAVES RUNNING TEAM	M40	02:10:29.069
31	779	GIL COUTO	CLUBE DE TRAIL DO ALVÃO	M40	02:11:19.035
32	795	MARCELO MARCELO	BRAVOS & BRAVITAS	M50	02:11:26.851
33	515	MANUEL NEVES	LAMEGO TRIBO RUNNERS	M60	02:11:59.307
34	874	PEDRO SÁ	CTM VILA POUCA DE AGUIAR	M40	02:12:37.227
35	813	MIGUEL SILVA	INDIVIDUAL	M50	02:15:41.585
36	538	TIAGO PIMENTA	HAKYPNEUS TEAM	M30	02:16:26.967
37	768	ANTÓNIO SILVA	B.V.A	M30	02:16:37.813
38	781	ANDRÉ ANDRÉ	BRAVOS & BRAVITAS	Seniores M	02:16:42.896
39	852	NUNO TEIXEIRA	BRAVOS & BRAVITAS	M30	02:16:51.114
40	501	NELSON AGUIAR	SFLUR	M40	02:16:55.117
41	749	JOSE PINTO	VILA POUCA DE AGUIAR	M50	02:17:18.653
42	510	SANDRA PEREIRA	NOS ACREDITAMOS	F40	02:17:23.415
43	520	JOSÉ RAPOSO	TÁLENTOS TEAM	M50	02:17:25.310
44	550	LEANDRO TEIXEIRA	NOS ACREDITAMOS	M30	02:17:35.314

45	880	CÉU COSTA	CHAVES RUNNING TEAM	F50	02:17:53.761
46	825	CARLOS PINTO	INDIVIDUAL	M40	02:19:22.875
47	840	MARCO ALMEIDA	POWERFIT	M30	02:19:29.573
48	878	RAQUEL CAMPOS	VILA POUCA DE AGUIAR	F40	02:19:43.742
49	859	FERNANDA TAVARES	CHAVES RUNNING TEAM	F30	02:19:49.731
50	821	PAULO ALVES	INDIVIDUAL	Seniores M	02:20:02.260
51	892	ALBERTINO GOMES	PEDRAS BIKERS TEAM	Seniores M	02:20:04.909
52	774	ALEXANDRE ALVES	INDIVIDUAL	Seniores M	02:20:08.134
53	802	SÉRGIO SÉRGIO	BRAVOS & BRAVITAS	M40	02:20:27.058
54	858	NUNO REBELO	POWERFIT	M30	02:21:34.771
55	712	ANDRÉ MATOS	RAPOSAS VOADORAS BTT	M30	02:23:30.306
56	534	RAQUEL RIBEIRO	ARRASTASSOLAS	F40	02:24:09.186
57	865	PAULO CAMPOS	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	M40	02:24:12.665
58	856	JOÃO SOUSA	BRAVOS & BRAVITAS	M40	02:24:47.378

59	563	DIANA BATSITA	SETE E PICO	Seniores F	02:24:57.932
60	862	LEONEL SILVA	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	M40	02:25:06.617
61	705	LUIS GONÇALVES	CAMIR – CLUBE AMADOR DE MIRANDELA	M40	02:25:09.168
62	512	MARTINHA MARTINE	NOS ACREDITAMOS	F50	02:25:13.582
63	509	NATERCIA FREITAS	NOS ACREDITAMOS	F30	02:25:15.668
64	907	FERNANDA CARNEIRO	CHAVES RUNNING TEAM	F40	02:25:35.533
65	866	LEONARDO PORTILHO	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	Seniores M	02:25:54.184
66	519	FERNANDO NASCIMENTO	TÁLENTOS TEAM	M50	02:26:14.194
67	757	TOMÁS JOÃO AIRES FERREIRA FERREIRA	MARÃO-Z-BIKE	M50	02:26:20.689
68	738	JORGE BERNARDINO VALVERDE	INDIVIDUAL	M40	02:26:25.835
69	586	TIAGO SOARES	MIRANDELA A CORRER	M30	02:26:36.945
70	734	DANIEL COSTA	INDIVIDUAL	Seniores M	02:26:57.470

71	762	MANUEL ABOBELEIRA	GEADAS RUNNING	M40	02:27:15.836
72	603	JOEL MAGALHÃES	INDIVIDUAL	Seniores M	02:27:22.896
73	823	RÉMI FERREIRA	LINCES DO MARÃO	Seniores M	02:27:24.456
74	564	FLÁVIA BATISTA	SETE E PICO	F30	02:27:37.822
75	756	ANTÓNIO CARVALHO	INDIVIDUAL	M50	02:27:40.489
76	915	JOÃO FERNANDES	#CAZAQUISTÃO#	Seniores M	02:29:11.092
77	833	LUIS FERNANDES	#CAZAQUISTÃO#	M40	02:29:13.348
78	766	RICARDO SARMENTO	CABANES ON FIRE	M40	02:29:36.600
79	502	LUIS LAFARGA	INDIVIDUAL	M40	02:29:39.177
80	736	MARTA BARBEITO	INDIVIDUAL	F30	02:29:41.410
81	755	TÂNIA RIBEIRO	GEADAS RUNNING	Seniores F	02:29:45.360
82	906	NUNO CUNHA	GEADAS RUNNING	M30	02:29:48.041
83	566	TIAGO CECÍLIO	SETE E PICO	Seniores M	02:29:50.453
84	523	AMÉRICO BOTELHO	GEADAS RUNNING	M30	02:30:14.921
85	600	PEDRO TEIXEIRA	CABECEIRAS BIKE TEAM	M30	02:30:56.846

86	855	MARIA MARIA	BRAVOS & BRAVITAS	F40	02:31:04.455
87	530	JOSÉ RODRIGUES	PRESTÍGIO – IMOBILIÁRIA MAIA	M50	02:31:22.949
88	511	ARMANDO CARDOSO	NOS ACREDITAMOS	M40	02:31:55.794
89	845	FRANCISCO FREITAS	GAIA-RUNNING	M50	02:33:48.939
90	724	MIGUEL TAVEIRA	SHUSS	M30	02:33:52.049
91	579	LEONARDO PINTO	INDIVIDUAL	M30	02:33:56.911
92	742	PAULO SANTOS	LAMEGO PELOS TRILHOS	M40	02:34:00.269
93	793	MARIA CARMO	BRAVOS & BRAVITAS	F50	02:34:04.315
94	908	DUARTE AVILA SANTOS	CTM VILA POUCA DE AGUIAR	Seniores M	02:34:25.922
95	884	SIMÃO LIMA	INDIVIDUAL	Seniores M	02:34:28.550
96	575	TELMO OLIVEIRA	CABECEIRAS BIKE TEAM	M30	02:35:12.874
97	701	ARTUR JOSÉ GONÇALVES FERREIRA	CABECEIRAS BIKE TEAM	M30	02:35:25.198
98	909	JULIA AREDE	GAIA-RUNNING	Seniores F	02:35:27.326
99	728	DANIEL CARVALHO	LINCES DO MARÃO	Seniores M	02:35:46.561

100	773	JOÃO SOUSA	LINCES DO MARÃO	Seniores M	02:35:48.538
101	877	HUGO PINTO	ELOQUENTE	M30	02:36:02.709
102	816	DUARTE LOBO	INDIVIDUAL	M40	02:36:13.478
103	771	DUARTE MELO	INDIVIDUAL	M30	02:37:25.340
104	581	ANTÓNIO PEREIRA	MEADAS	M50	02:37:46.811
105	750	TIAGO CARVALHO	INDIVIDUAL	M30	02:37:56.447
106	798	PEDRO ALMEIDA	BRAVOS & BRAVITAS	Seniores M	02:39:08.911
107	589	GASPAR OLIVEIRA	PÉS DE CHUMBO RUNNERS	M50	02:39:55.183
108	604	EMANUEL FERNANDES	INDIVIDUAL	Seniores M	02:39:57.734
109	758	FILIPE RODRIGUES	SUPER LESMAS	M40	02:40:45.351
110	797	PATRICIA SANTOS	BRAVOS & BRAVITAS	F30	02:43:00.315
111	850	MARCO NUNES	A.D.AMARANTE TRAIL RUNNING	M30	02:43:06.343
112	847	LUÍSA TEIXEIRA	A.D.AMARANTE TRAIL RUNNING	F40	02:43:12.199
113	869	PEDRO CUSTÓDIO	BRAVOS & BRAVITAS	M30	02:44:55.078
114	557	NUNO SILVA	EDV-VIANATRIL	M30	02:45:06.310
115	783	CARLOS SILVA	BRAVOS & BRAVITAS	M40	02:45:42.211

116	918	SILVIA SILVIA	BRAVOS & BRAVITAS	F40	02:45:45.089
117	803	SÓNIA QUEIRÓS	BRAVOS & BRAVITAS	F40	02:45:50.218
118	540	JOÃO CARVALHO	HAKYPNEUS TEAM	Seniores M	02:45:54.846
119	587	JORGE CARVAHO	INDIVIDUAL	M50	02:46:18.563
120	764	NUNO COUTO	CABANES ON FIRE	M40	02:47:39.507
121	537	CARLOS MACHADO	HAKYPNEUS TEAM	M40	02:47:46.741
122	529	PAULO PERES	MIRANDELA A CORRER	M40	02:48:23.075
123	841	FERNANDO MACHADO	GAIA-RUNNING	M40	02:48:46.086
124	559	SALOME CERQUEIRA	EDV-VIANATRIL	F40	02:48:54.531
125	800	RICARDO FERREIRA	BRAVOS & BRAVITAS	M40	02:49:45.034
126	718	JOSÉ DUARTE	LAMEGO PELOS TRILHOS	M60	02:50:50.065
127	838	JOSÉ VIEIRA	POWERFIT	M50	02:51:01.873
128	799	PEDRO BASTOS	BRAVOS & BRAVITAS	M40	02:55:05.393
129	794	MANUEL GOMES	BRAVOS & BRAVITAS	M50	02:55:52.089
130	808	VITOR TERROR	BRAVOS & BRAVITAS	M30	02:55:55.210

131	710	AIDA RODRIGUEZ RIVERA	CLUB DE MONTAÑA FORMIGUEIROS / SAN CLODIO-LUGO-GALICIA / PROBA	F30	02:56:02.165
132	709	MONICA RODRIGUEZ RIVERA	CLUB DE MONTAÑA FORMIGUEIROS / SAN CLODIO-LUGO-GALICIA / PROBA	F40	02:56:05.829
133	711	JOSE MANUEL BARREIRO MACHADO	CLUB DE MONTAÑA FORMIGUEIROS / SAN CLODIO-LUGO-GALICIA / PROBA	M40	02:56:07.218
134	552	FÁTIMA AFONSO	CHAVES RUNNING TEAM	F50	02:57:14.568
135	860	SUSANA FERREIRA	INSANE TRAIL TEAM	F40	02:57:41.241
136	879	JOEL SILVA	INSANE TRAIL TEAM	M40	02:57:46.333
137	744	NUNO PEREIRA	INDIVIDUAL	M30	02:58:18.259
138	541	LUIS CAMPILLO	INDIVIDUAL	M30	03:00:18.383
139	740	SUATI ALMEIDA	INDIVIDUAL	M30	03:00:28.158
140	739	RICARDO EIRA	INDIVIDUAL	M30	03:00:32.120
141	514	SALOME SOUSA	NOS ACREDITAMOS	F50	03:02:32.645
142	760	ESTER LIMA	RUN4FUN	F50	03:02:44.149
143	560	SUSANA MATOS	EDV-VIANATRIL	F40	03:03:19.611

144	864	DANIEL SILVA	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	Seniores M	03:03:46.186
145	867	NUNO SANTOS	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	M30	03:03:49.513
146	809	ANTÓNIO ALBUQUERQUE	BRAVOS & BRAVITAS	M40	03:06:05.312
147	790	JOSÉ HERDEIRO	BRAVOS & BRAVITAS	M40	03:06:07.594
148	716	DIOGO LUCENA	MEADAS	Seniores M	03:06:50.220
149	580	BRUNO LIMA	MEADAS	M40	03:07:46.627
150	549	ALVARO CARDOSO	NOS ACREDITAMOS	M50	03:09:27.266
151	863	CONCEIÇÃO PEREIRA	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	F50	03:10:00.592
152	805	SÓNIA TAVARES	BRAVOS & BRAVITAS	F30	03:10:20.534
153	842	FERNANDO VIEIRA	GAIA-RUNNING	M60	03:10:25.588
154	542	MARILENE FARIA	CHAVES RUNNING TEAM	F40	03:10:28.494
155	503	MARTA CABRAL	INDIVIDUAL	F40	03:10:46.238

156	504	ANTÓNIO CABRAL	INDIVIDUAL	M40	03:10:47.676
157	521	ELISABETE LOURENÇO	TÁLENTOS TEAM	F40	03:11:12.463
158	522	CREMILDE RAPOSO	TÁLENTOS TEAM	F50	03:11:20.658
159	592	MANUEL PENELAS	INDIVIDUAL	M50	03:12:39.942
160	776	ALCINO COSTA	INDIVIDUAL	M40	03:12:46.463
161	787	ISABEL ISABEL	BRAVOS & BRAVITAS	F30	03:12:49.549
162	702	ANTÓNIO PESSOA	LAMEGO	M40	03:14:55.946
163	513	AURORA SILVA	NOS ACREDITAMOS	F40	03:16:54.790
164	913	VERA LEITE	BRAVOS & BRAVITAS	F30	03:17:03.953
165	730	LUIZ BLANQUET BLANQUET	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	M50	03:19:14.716
166	835	CRISTIANA CASTRO	VILA REAL	F30	03:21:14.977
167	814	MARÍLIA GUEDES	GEADAS RUNNING	F30	03:26:16.227
168	527	ANTÓNIO QUADROS	GEADAS RUNNING	M40	03:26:18.284
169	526	SANDRINA QUEIROZ	GEADAS RUNNING	F40	03:26:22.267

170	547	BORJA ESTEBAN	INDIVIDUAL	M30	03:26:28.473
171	786	FERNANDO FERNANDO	BRAVOS & BRAVITAS	M40	03:27:12.242
172	815	CARLA CARNEIRO	INDIVIDUAL	F30	03:27:26.220
173	765	SANDRA COUTO	CABANES ON FIRE	F30	03:28:16.282
174	843	HELDER OLIVEIRA	GAIA-RUNNING	M50	03:28:39.543
175	767	ANABELA SILVA	CABANES ON FIRE	F40	03:29:27.643
176	500	MARGARIDA OLIVEIRA	PAREDES AVENTURA	F40	03:29:29.781
177	912	MARIA DO CARMO	MIRANDELA A CORRER	F50	03:32:50.065
178	849	ANA MENDONÇA	A.D.AMARANTE TRAIL RUNNING	F30	03:32:57.125
179	770	CARLA GONÇALVES	RUN4FUN	F40	03:36:23.979
180	837	CÁTIA CARVALHO	POWERFIT	Seniores F	03:39:16.286
181	836	LILIANA SOUSA	POWERFIT	F30	03:39:21.475
182	819	ANTÓNIO CARDOSO	PITUFOS TEAM	Seniores M	03:40:54.369
183	820	INÊS FRANCISCO	PITUFOS TEAM	Seniores F	03:40:57.641
184	818	GONÇALO SARDINHA	PITUFOS TEAM	Seniores M	03:41:08.895

185	556	MARIA COELHO	LAMEGO PELOS TRILHOS	F50	03:43:53.332
186	846	LUÍSA MARIZ	RUN4FUN	F50	03:43:54.213
187	555	EDUARDO LUIS	LAMEGO PELOS TRILHOS	M40	03:44:00.909
188	868	PAULA TAVARES	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	F40	03:44:31.346
189	752	GISELA LOPES	INDIVIDUAL	F40	03:44:36.247
190	536	CRISTINA RAMIRES	MIRANDELA A CORRER	F40	03:45:18.467
191	567	SANDRA GOMES	SETE E PICO	F40	03:45:23.538
192	719	MANUEL SILVA	ARRASTASSOLAS	M50	03:45:25.276
193	775	CÁTIA COSTA	INDIVIDUAL	F30	03:50:37.911
194	916	ARTUR MORAIS	INDIVIDUAL	M50	03:50:41.990
195	593	JOÃO TEIXEIRA	INDIVIDUAL	M40	03:50:46.390
196	708	JOSÉ MACHADO	INDIVIDUAL	M60	03:50:48.269
197	568	CLÁUDIO MARINHO	SETE E PICO	M40	03:50:52.304
198	759	CARLOS LIMA	RUN4FUN	M50	03:54:56.536
199	741	OLEMA GONÇALVES	MIRANDELA A CORRER	F50	03:54:59.887
200	791	LILIANA CANEDO	BRAVOS & BRAVITAS	F40	03:58:07.913

201	830	ANTÓNIO CRUZ	INDIVIDUAL	M40	04:00:13.677
202	543	JOSÉ CARREIRA	CHAVES RUNNING TEAM	M30	04:00:29.638
203	601	GUILHERME FONTINHA	VILA REAL	M50	04:00:38.568
204	602	PALMIRA FONTINHA	VILA REAL	F50	04:00:41.750
205	525	PAULO NUNES	TÁLENTOS TEAM	M50	04:00:48.181
206	524	ISABEL NUNES	TÁLENTOS TEAM	F50	04:00:54.063
207	754	GISELA LOPES	INDIVIDUAL	F40	04:00:58.678
208	753	GISELA LOPES	INDIVIDUAL	F40	04:01:01.256
209	769	ALEXANDRE SOUSA	INDIVIDUAL	Seniores M	04:01:30.895
210	807	VIRGINA VIRGINA	BRAVOS & BRAVITAS	F40	04:02:06.213
211	824	PEDRO RAMIRES	MIRANDELA A CORRER	Seniores M	04:02:11.199
212	885	ALEXANDRA GONÇALVES	RUN4FUN	F40	04:02:25.849
213	778	EDITE SANTOS	INDIVIDUAL	F50	04:02:31.379
214	561	LIGIA FERNANDES	EDV-VIANATRIL	F40	04:02:38.170
215	558	CELIA CERQUEIRA	EDV-VIANATRIL	F40	04:02:54.342
216	590	NUNO DINIS	INDIVIDUAL	M30	04:04:23.316
217	883	JOSÉ PARENTE	INDIVIDUAL	Seniores	04:04:25.454

				M	
218	761	LETÍCIA ALMEIDA SOUSA	INDIVIDUAL	F30	04:04:32.123
219	720	JOÃO RESENDE	INVICTA RUNNERS TEAM	M40	04:04:43.415
220	785	DORINDA GOMES	BRAVOS & BRAVITAS	F40	04:09:25.987
221	806	VALTER MOTA	BRAVOS & BRAVITAS	M40	04:09:29.237
222	804	SONIA RAQUEL	BRAVOS & BRAVITAS	F40	04:09:31.662
223	788	JOANA SILVA	BRAVOS & BRAVITAS	F30	04:09:33.421
224	745	JOÃO LOUREIRO	INDIVIDUAL	M30	04:13:00.108
225	812	TERESA TORRINHAS MORAIS	VILA NOVA DE GAIA	F40	04:17:48.465
226	910	ANA SANTOS	INDIVIDUAL	F30	04:18:46.313
227	531	ERMESINDA CARVALHO	PRESTÍGIO – IMOBILIÁRIA MAIA	F50	04:19:04.466
228	893	PAULO MARQUES	PEDRAS BIKERS TEAM	Seniores M	04:23:43.735
229	895	MANUEL MELO	PEDRAS BIKERS TEAM	M30	04:23:44.543
230	886	ALEXANDRE LAMEIRA	PEDRAS BIKERS TEAM	M40	04:23:47.933
231	889	ELISABETE	PEDRAS BIKERS	F30	04:23:53.149

		CORREIA	TEAM		
232	888	EMA LEAL DA COSTA	PEDRAS BIKERS TEAM	F40	04:23:54.600
233	887	CARLOS PINTO	PEDRAS BIKERS TEAM	M50	04:24:01.961
234	890	CÁTIA MARQUES	PEDRAS BIKERS TEAM	F30	04:24:10.846
235	747	AMÂNDIO TAVEIRA	INDIVIDUAL	M60	04:36:43.857
236	746	ALEXANDRE MATOS	INDIVIDUAL	M50	04:36:46.608
237	919	SOFIA LEAL	BRAVOS & BRAVITAS	F30	04:38:37.655
238	801	ROSA ROSA	BRAVOS & BRAVITAS	F40	04:38:41.351