

## 1º Trail CTM Vila Pouca de Aguiar - Trail Longo

POS	DORSAL	NOME	CLUBE	ESCALÃO	TEMPO
1	227	Orlando Valente	FC Penafiel	T M40	2:57:26,00
2	85	Maria Madureira	Futebol clube Penafiel	T SF	3:06:33,06
3	17	Claudio Quelhas	Individual	T SM	3:06:47,06
4	209	Paulo Pinto	Rio Largo – Espinho	T M40	3:13:08,01
5	1	João Oliveira	Chaves	T SM	3:13:19,07
6	21	Carlos Gonçalves	Núcleo de Atletismo de Vila Real	T SM	3:14:37,09
7	12	nuno fernandes	Minho Aventura	T SM	3:18:44,09
8	23	Andre Cunha	guimaraes running	T SM	3:20:40,09
9	42	Jorge Costa	Individual	T SM	3:23:14,04
10	58	Victor Costa	Individual	T SM	3:23:23,05
11	19	Pascoal Melo	Minho Aventura	T M40	3:23:59,07
12	172	Marco Filipe	Sneakers Power/A.R.T.	T SM	3:24:34,00
13	152	Agostinho Costa	CCDR FUNDO DE VILA	T M50	3:34:52,04
14	153	Mário Oliveira	CCDR FUNDO DE VILA	T M50	3:37:28,05
15	223	Aprigio Chaves	Individual	T SM	3:37:40,03

16	243	Luis Pinto	Individual	T M50	3:40:46,02
17	160	cirilo formiga	o praticante (asas do milenium)	T M50	3:42:45,07
18	40	Ruben Monteiro	TRT Trail Runner Team	T SM	3:42:45,10
19	222	José Silva	Individual	T M40	3:42:46,06
20	191	Bruno Dias	Caminhas ou Trilhas?	T M40	3:46:02,00
21	228	Manuel Sá	FC Penafiel	T SM	3:51:40,04
22	100	Adriano Fernandes	Sabroso Sport Clube	T M50	3:52:07,09
23	173	Carlos Lopes	Individual	T SM	3:54:14,03
24	15	JOSÉ SOUSA	ASSOCIAÇÃO ATLETISMO LEBRES SADO	T M40	3:54:14,03
25	166	LUIS LETRA	Individual	T SM	3:54:33,02
26	139	Daniel Silva	Minho Aventura	T M40	3:54:37,07
27	39	Tiago Pinto	Individual	T SM	3:54:40,00
28	61	Nelio Silva	Individual	T SM	3:58:31,10
29	204	Serafim Batista	Rio Largo – Espinho	T M40	3:59:16,08
30	239	Samuel Salvador	Individual	T SM	3:59:42,05
31	216	António Morais	Individual	T M40	4:00:21,04
32	247	Duarte Teixeira	Individual	T M40	4:01:43,09

33	165	Manuel Chantre	NUCLEO DE ATLETISMO VILA REAL	T M40	4:03:07,03
34	94	Paulo Rodrigues	btt Boticas	T SM	4:05:30,09
35	199	Carlos Ferreira	Individual	T SM	4:06:09,03
36	246	Paulo Paiva	Individual	T SM	4:09:02,07
37	206	Alain Couto	Rio Largo – Espinho	T M40	4:10:56,01
38	197	Carlos Coelho	Individual	T SM	4:10:56,01
39	49	Nuno Maia	Individual	T SM	4:11:44,01
40	203	Carlos Cardoso	Rio Largo – Espinho	T M40	4:11:58,04
41	164	antonio soares	o praticante (asas do milenium)	T M40	4:14:13,09
42	25	Vítor Ferreira	TRT – Trail Runner Team	T SM	4:17:52,06
43	59	Miguel Sabroso	Individual	T SM	4:17:54,01
44	202	José Pereira	Rio Largo – Espinho	T SM	4:18:12,08
45	168	JOSE VILARINHO	NUCLEO DE ATLETISMO VILA REAL	T SM	4:18:54,05
46	242	João Gonçalves	Individual	T M40	4:19:06,02
47	27	Jorge Quinteira	REALTINTAS/CYBER CAFE – V.G.V.R.	T SM	4:19:09,09
48	28	Emidio	REALTINTAS/CYBER	T SM	4:19:10,00

		Quinteira	CAFE – V.G.V.R.		
49	48	Mário Meneses	Porto Runners	T M50	4:19:34,06
50	57	Carlos Pereira	Individual	T SM	4:20:41,09
51	89	Flor Madureira	G.D.Leões do Veneza	T VF	4:20:42,05
52	60	César Barros	Individual	T SM	4:21:39,06
53	215	Nuno Costa	Individual	T M40	4:22:53,09
54	36	Alexandre Neves	CCDTCMGondomar	T SM	4:23:22,02
55	33	António Carvalho	C.C.D.C.M.Gondomar	T M40	4:23:28,04
56	34	Joana Almeida	C.C.D.C.M.Gondomar	T SF	4:23:28,07
57	9	Carlos Azevedo	Individual	T SM	4:25:38,07
58	10	Marco Dias	Individual	T SM	4:25:39,08
59	31	Helder Ferreira	REALTINTAS/CYBER CAFE – V.G.V.R.	T SM	4:31:08,07
60	95	Carlos Alves	Individual	T M40	4:31:09,01
61	194	Carlos Navega	Rio Largo – Espinho	T M40	4:31:25,02
62	142	NUNO SILVA	Individual	T SM	4:31:29,05
63	6	Paulo Machado	Individual	T SM	4:31:30,05
64	22	Cristina Saraiva	Individual	T VF	4:35:24,00

65	169	JOÃO ROCHA	NUCLEO ATLETISMO VILA REAL	T SM	4:37:53,02
66	205	Jorge Tavares	Rio Largo – Espinho	T SM	4:39:31,07
67	150	Jorge Barbosa	Individual	T SM	4:39:34,02
68	87	Luis Marques	TRT Trail Runner Team	T SM	4:42:51,08
69	30	Luis Vieira	REALTINTAS/CYBER CAFE – V.G.V.R.	T M40	4:45:14,06
70	201	Joaquim Barbosa	Rio Largo – Espinho	T SM	4:45:15,10
71	80	Mauro Fernandes	lojaoito.pt	T SM	4:48:06,02
72	37	Leonardo Maia	Minho Aventura	T SM	4:48:06,06
73	41	Rui Fernandes	BTTMatosinhos	T M40	4:49:27,07
74	46	HelenaMourao	Individual	T VF	4:56:19,10
75	244	Carlos Pinto	Individual	T M50	4:58:05,00
76	195	Paulo Silva	Individual	T M40	4:58:48,01
77	200	Daniel Lopes	Rio Largo – Espinho	T SM	4:59:38,04
78	5	Orlando orreia	Individual	T M40	5:01:54,06
79	3	Pedro Sá	Individual	T SM	5:01:55,08
80	32	eduardo medeiros	ginasio clube de bragaça	T M50	5:08:26,08
81	26	Pedro Ferreira	REALTINTAS/CYBER CAFE – V.G.V.R.	T SM	5:11:28,01

82	220	Gonçalo Sousa	Confraria Trotamontes	T SM	5:15:51,07
83	51	José Bessa	BTT Matosinhos	T SM	5:16:36,05
84	78	Helena Silva	Individual	T VF	5:43:56,07
85	14	Luis Terencio	Individual	T SM	5:43:58,10
86	221	Júlia Silva	Individual	T SF	5:59:03,10
87	245	Lima Carmen	Individual	T SF	6:04:00,00