

6º Trail CTM Vila Pouca de Aguiar - Trail Longo

POS	DORSAL	NOME	CLUBE	ESCALÃO	TEMPO
1	136	LEONEL CUNHA	TEAM TRAIL BIFASE	M30	03:01:00.800
2	107	VITOR COSTA	A.D.AMARANTE TRAIL RUNNING	M40	03:01:05.733
3	125	PAULO COSTA	A.D.AMARANTE TRAIL RUNNING	M40	03:01:08.141
4	55	RAFAEL CRUZ	ORALKLASS – AMIGOS DO TRAIL	M30	03:11:52.811
5	121	FILIPE CARNEIRO	ORALKLASS – AMIGOS DO TRAIL	M30	03:26:18.176
6	88	TIAGO SUBTIL	AFIFENSE TRAIL	M30	03:27:10.412
7	130	RICARDO NUNES	FRIDÃO SEM LIMITES	M30	03:28:56.350
8	143	BRUNO SILVA	BRAVOS & BRAVITAS	M30	03:30:53.178
9	106	RICARDO PEREIRA	RP STUDIO / TRAIL RUNNING SCHOOL	M30	03:33:04.094
10	82	ANDRE MACHADO	ADOSA – OS SANTA APOLÓNIA	Seniores M	03:38:18.183
11	92	MANUEL CHANTRE	CLUBE DE TRAIL DO ALVÃO	M50	03:38:45.983
12	42	NORBERTO COSTA	CHAVES RUNNING TEAM	M60	03:38:52.360
13	1	JOÃO OLIVEIRA	CHAVES RUNNING TEAM	M40	03:39:25.410
14	51	ARTHUR MATOS	EDV-VIANATRIL	M50	03:39:48.564
15	14	FRANCISCO LEMOS	NOS ACREDITAMOS	M50	03:39:56.655
16	37	GONÇALO	CHAVES RUNNING TEAM	M40	03:40:01.831

		MORAIS			
17	16	JOSE PINTO	NOS ACREDITAMOS	M30	03:40:03.132
18	63	VITOR FONSECA	ÉJÁLI...CLUBE DE AMIGOS TRAILRUNNERS	M30	03:42:34.676
19	127	JOSÉ ANTÓNIO SOUSA	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	M30	03:43:49.057
20	80	AMADEU TEIXEIRA	NÓS ACREDITAMOS	M50	03:43:57.250
21	61	MARCO SILVA	S. MAMEDE DO CORONADO – TROFA	M30	03:48:14.190
22	66	JOÃO SILVA	INDIVIDUAL	M30	03:48:23.181
23	74	JOSE FARIA	TEAM LANTEMIL	M30	03:49:17.230
24	129	ANDREIA ALMEIDA	FRIDÃO SEM LIMITES	Seniores F	03:55:07.253
25	109	MANU CRUZ	VAIATEONDEOSPESTELEVAREM	M50	03:55:17.828
26	50	SERGIO RAMOS	EDV-VIANATRIL	M40	03:56:02.582
27	86	ROSALIA SILVA	TEAM LANTEMIL	F30	03:56:30.779
28	134	CARLOS SOUSA	CTM VILA POUCA DE AGUIAR	M50	04:00:53.957
29	87	FÁBIO RODRIGUES	INDIVIDUAL	Seniores M	04:02:42.614
30	56	LUÍS PEREIRA	TEAM LANTEMIL	M40	04:02:44.232
31	85	ELISABETE SANTOS	TEAM LANTEMIL	F40	04:03:51.499
32	62	CARLOS AZEVEDO	ÉJÁLI...CLUBE DE AMIGOS TRAILRUNNERS	M40	04:03:59.232
33	77	LUIS FERREIRA	INDIVIDUAL	M30	04:05:45.860

34	73	LUIS NOVAIS	INDIVIDUAL	M40	04:05:47.296
35	10	JORGE BARBOSA	PAREDES AVENTURA	M40	04:05:51.368
36	76	NUNO PERDIGÃO	INDIVIDUAL	M30	04:07:25.020
37	12	JOSÉ NETO	CLUBE DE TRAIL DO ALVÃO	M50	04:09:14.372
38	137	ELISEU LEITE	LAUNDOS-POVOA DE VARZIM	M40	04:09:56.235
39	122	MARIA GONÇALVES	ORALKLASS – AMIGOS DO TRAIL	F30	04:10:22.473
40	100	JORGE QUEIRÓS	BRAVOS & BRAVITAS	M40	04:12:04.275
41	27	JOAQUIM SILVA	TEAM LANTEMIL	M40	04:12:42.690
42	25	LUÍS RIBEIRO	ARRASTASSOLAS	M40	04:16:12.728
43	24	PEDRO CARVALHO	ARRASTASSOLAS	M40	04:16:17.140
44	45	ARTUR DIAS	CHAVES RUNNING TEAM	M50	04:16:18.737
45	154	RICARDO SOUSA	A.D.AMARANTE TRAIL RUNNING	M30	04:16:21.545
46	126	RUI GOMES	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	M30	04:18:27.088
47	118	ANA VIEIRA	ORALKLASS – AMIGOS DO TRAIL	F30	04:18:44.821
48	131	RAFAELA BENTO	CTM VILA POUCA DE AGUIAR	F30	04:20:03.463
49	84	RICARDO MENDES	ADOSA – OS SANTA APOLÓNIA	M30	04:21:29.765
50	78	ELISABETE ALVES	TROGLODITAS RUNNERS	F30	04:23:05.989
51	94	VALTER PINHO	BRAVOS & BRAVITAS	Seniores M	04:24:07.508

52	89	LUIS MANUEL OLIVEIRA	GRUPO DESPORTIVO SANTANDER TOTTA	M40	04:25:48.866
53	105	JOÃO CLARO	INDIVIDUAL	M50	04:26:41.739
54	110	EDGAR TAVARES	EVORAMONTE	M30	04:27:57.959
55	116	ELISABETE REPAS	GAIA-RUNNING	F50	04:29:45.511
56	26	SILVIO FREITAS	INDIVIDUAL	M30	04:30:55.646
57	83	SILVIA PEREIRA	ADOSA – OS SANTA APOLÓNIA	F40	04:31:54.103
58	102	ANA SILVA	BRAVOS & BRAVITAS	F40	04:32:07.735
59	98	NUNO ALBERGARIA	BRAVOS & BRAVITAS	M30	04:33:31.965
60	101	DANIEL OLIVEIRA	BRAVOS & BRAVITAS	M30	04:33:34.249
61	31	JOÃO LAGE	MIRANDELA A CORRER	M40	04:35:30.090
62	133	ÂNGELO COSTA	CTM VILA POUCA DE AGUIAR	M30	04:39:34.344
63	108	FÁBIO CAMPOS	INDIVIDUAL	Seniores M	04:40:33.926
64	79	VITOR GONÇALVES	TROGLODITAS RUNNERS	M30	04:41:06.125
65	72	NUNO MESQUITA	CLÃ DO NORTE	M30	04:52:30.071
66	44	VITOR CORREIA	ARRASTASSOLAS	M40	04:58:10.408
67	119	MÁRIO SANTOS	ARRASTASSOLAS	M30	04:58:12.075
68	67	LILIANA CARVALHO	PIMENTINHAS	F30	05:03:47.658

69	68	SAAVEDRA DUARTE	PIMENTINHAS	M40	05:04:00.837
70	111	JOSÉ GASPAR FERNANDES	VAIATEONDEOSTEUSPESTELEVAR	M50	05:06:40.561
71	57	JOSÉ RODRIGUES	MIRANDELA A CORRER	M40	05:11:08.250
72	52	ANDREIA PEREIRA	TEAM LANTEMIL	F30	05:14:39.623
73	128	MIGUEL TEIXEIRA	TEAM LANTEMIL	M40	05:14:44.659
74	99	MIKE MIKE	BRAVOS & BRAVITAS	M40	05:16:36.715
75	95	RUI TEIXEIRA	BRAVOS & BRAVITAS	M30	05:16:42.402
76	69	CRISTINA MOURA	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	F50	05:21:24.386
77	13	EDUARDO PINTO	INDIVIDUAL	M40	05:23:34.825
78	117	EDUARDO JOSÉ EDUARDO TEIXEIRA	GAIA-RUNNING	M50	05:28:08.729
79	103	ANA ANJOS	BRAVOS & BRAVITAS	Seniores F	05:32:12.919
80	96	PAULA FERREIRA	BRAVOS & BRAVITAS	F30	05:32:14.048
81	70	MARGARIDA NEVES	EQUIPA HORA DO LOBO TRAIL – C.F. DE PEROSINHO ATLETISMO	F50	05:33:30.113
82	153	PEDRO GONÇALVES	INDIVIDUAL	M30	05:40:00.911
83	123	ANTONIO CONDE	–	M50	05:44:53.873
84	81	AFONSO CARVALHAIS	CASA LAPÃO	Seniores M	05:59:18.639