



TRAIL DE ALVELOS AM - 25K - CLASSIFICAÇÃO FEMENINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
1	232	SEN-F	1	ROSA MADUREIRA	2:09:35.931		2:09:35.931	0:05:11.037	FUTEBOL CLUBE DE PENAFIEL
2	285	SEN-F	2	PAULA LAGE	2:41:40.784	0:32:04.853	2:41:38.574	0:06:27.942	PAREDES AVENTURA
3	40	SEN-F	3	CARLA DANIELA SÁ ALMEIDA MELO SERENO	2:47:05.355	0:37:29.424	2:47:04.259	0:06:40.970	LYRA
4	154	SEN-F	4	ELISABETE CARVALHO	2:52:22.726	0:42:46.795	2:52:05.564	0:06:53.022	TROCOPASSO RUNNERS
5	210	SEN-F	5	FATINHA PINTO	2:53:59.142	0:44:23.211	2:53:59.142	0:06:57.565	
6	140	SEN-F	6	FLORA CATARINA MACIEL LEITE	3:00:52.071	0:51:16.140	3:00:45.086	0:07:13.803	FUNNY RUN
7	292	VET-F40	1	MIRA MATIAS	3:03:53.826	0:54:17.895	3:03:52.596	0:07:21.303	NO PAIN NO GAIN
8	160	SEN-F	7	SONIA SOFIA PARENTE	3:04:32.118	0:54:56.187	3:04:28.945	0:07:22.757	EDV - VIANA TRAIL
9	34	VET-F40	2	LUCIA COSTA	3:05:20.808	0:55:44.877	3:05:18.078	0:07:24.723	EDV - VIANA TRAIL
10	121	VET-F40	3	SUSANA MARIA MIRANDA DA SILVA	3:06:18.917	0:56:42.986	3:06:15.538	0:07:27.021	VIDA ATIVA RUNNERS
11	311	VET-F40	4	CÉLIA MARIA SAMPAIO	3:07:22.441	0:57:46.510	3:07:18.692	0:07:29.547	
12	261	VET-F40	5	RAQUEL GUIMARÃES	3:09:51.721	1:00:15.790	3:09:43.588	0:07:35.343	
13	190	SEN-F	8	MARIA DE FATIMA MIRANDA MARIZ	3:13:52.156	1:04:16.225	3:13:48.276	0:07:45.131	VIDA ATIVA RUNNERS
14	21	SUB-F23	1	ANA ISABEL FARIA CARDOSO	3:16:48.684	1:07:12.753	3:16:38.201	0:07:51.928	
15	177	SEN-F	9	JOANA PEREIRA DA SILVA	3:19:37.026	1:10:01.095	3:19:25.723	0:07:58.628	PADELA NATURAL TEAM
16	153	SEN-F	10	M. JOÃO RICARDO	3:21:25.706	1:11:49.775	3:21:08.180	0:08:02.727	TROCOPASSO RUNNERS
17	155	VET-F40	6	CARLA NEVES	3:22:50.769	1:13:14.838	3:22:33.340	0:08:06.133	TROCOPASSO RUNNERS
18	146	VET-F40	7	MARIA DA GRAÇA CALEIRO DA COSTA	3:24:49.379	1:15:13.448	3:24:44.400	0:08:11.376	VIDA ATIVA RUNNERS
19	215	VET-F40	8	ANA CAROLINA LOPES FERREIRA	3:25:46.069	1:16:10.138	3:25:40.077	0:08:13.603	NAST
20	277	SEN-F	11	MARCIA VILAS BOAS BANDEIRA	3:26:55.848	1:17:19.917	3:26:51.865	0:08:16.474	VIDA ATIVA RUNNERS
21	272	SEN-F	12	ANDREIA SUSANA DA COSTA MAIA	3:29:55.111	1:20:19.180	3:29:51.267	0:08:23.650	
22	280	VET-F40	9	AMÉLIA MOREIRA	3:31:08.924	1:21:32.993	3:30:57.924	0:08:26.316	OS SELVAGENS
23	88	VET-F40	10	PAULA CRISTINA ALMEIDA DE OLIVEIRA	3:33:43.925	1:24:07.994	3:33:34.420	0:08:32.576	
24	180	SEN-F	13	CARLA ISABEL SOUSA GONÇALVES	3:34:32.478	1:24:56.547	3:34:29.130	0:08:34.765	VIDA ATIVA RUNNERS
25	293	SEN-F	14	ANDREA DOMINGUES	3:36:04.723	1:26:28.792	3:36:04.723	0:08:38.588	NO PAIN NO GAIN
26	278	SEN-F	15	SONIA DOLORES FERREIRA ALVES	3:44:34.481	1:34:58.550	3:44:28.358	0:08:58.734	NAST
27	159	SEN-F	16	BERTA DALILA CARVALHO	3:57:37.816	1:48:01.885	3:57:26.629	0:09:29.865	
28	237	SEN-F	17	SARA MARINHO	3:57:47.158	1:48:11.227	3:57:36.919	0:09:30.276	
29	256	SEN-F	18	ANA ISABEL ABREU MENDONÇA	3:57:54.415	1:48:18.484	3:57:45.103	0:09:30.604	A.D.AMARANTE TRAIL RUNNING
30	89	VET-F40	11	FERNANDA ALVES	4:12:58.255	2:03:22.324	4:12:49.591	0:10:06.783	
31	18	SEN-F	19	ANA LUISA FERREIRA PATRICIO	4:27:35.859	2:17:59.928	4:27:29.004	0:10:41.960	XTRAIL RUNNING TEAM