

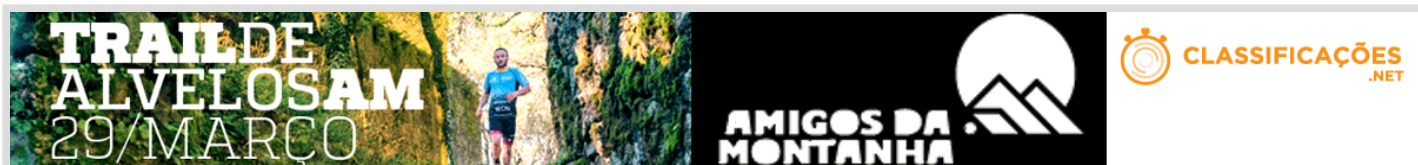
TRAIL DE ALVELOS AM - 25K - CLASSIFICAÇÃO SENIOR MASCULINO

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
1	174	JOSÉ CARVALHO	1:52:42.979		1:52:42.979	0:04:30.519	CLUBE ACADÉMICO MOGADOURO
2	189	JÉRÔME DA ROCHA RODRIGUES	2:03:26.240	0:10:43.261	2:03:23.326	0:04:56.133	EDV - VIANA TRAIL
3	52	MARCO PAULO GEMELGO SILVA	2:05:12.362	0:12:29.383	2:05:07.709	0:05:00.308	ASSOCIAÇÃO DESPORTIVA GALOMAR
4	276	JOÃO PAULO LIMA RODRIGUES	2:09:45.483	0:17:02.504	2:09:45.483	0:05:11.419	VIDA ATIVA RUNNERS
5	59	GONÇALO MARIA PINHEIRO TORRES	2:17:16.587	0:24:33.608	2:17:11.449	0:05:29.257	CAES D AVENIDA
6	218	HELIO SERGIO GONÇALVES COSTA	2:17:17.186	0:24:34.207	2:17:12.543	0:05:29.301	CICLO UCHA BARCELOS TRAIL
7	238	ARTUR JORGE CARVALHO DA COSTA	2:17:35.447	0:24:52.468	2:17:32.123	0:05:30.084	DESNIVEL POSITIVO
8	226	VITOR MANUEL MONTEIRO DA COSTA	2:18:19.612	0:25:36.633	2:18:17.357	0:05:31.894	A.D.AMARANTE TRAIL RUNNING
9	138	AMÂNDIO FARIA DE FREITAS	2:18:42.948	0:25:59.969	2:18:42.948	0:05:32.917	EDV - VIANA TRAIL
10	158	PAULO JORGE DA GRAÇA VILA	2:19:03.049	0:26:20.070	2:19:02.265	0:05:33.690	PADELA NATURAL TEAM
11	283	RICARDO ANDRE RAMOS MIRANDA	2:19:10.685	0:26:27.706	2:19:09.497	0:05:33.979	EXPERENCIAR
12	193	RICARDO MANUEL DOS SANTOS COUTINHO BARRE	2:21:02.759	0:28:19.780	2:20:57.324	0:05:38.292	CAAC - CLUBE DE ATLETISMO DE ARENTIM E C
13	122	FRANCISCO JOÃO CRUZ FERNANDES	2:21:58.197	0:29:15.218	2:21:55.798	0:05:40.631	
14	196	LUÍS FILIPE SALGADO OLIVEIRA N.ºATRP 1504	2:23:17.186	0:30:34.207	2:23:09.497	0:05:43.579	
15	55	CARLOS MIGUEL DA COSTA FERREIRA	2:23:54.329	0:31:11.350	2:23:48.373	0:05:45.134	SANTO TIRSO RUNNERS
16	108	ARSENIO EIRAS DE ALMEIDA	2:24:10.691	0:31:27.712	2:24:06.600	0:05:45.864	
17	220	RICARDO ALBERTO PEREIRA AMORIM REGO	2:24:35.231	0:31:52.252	2:24:33.543	0:05:46.941	VIDA ATIVA RUNNERS
18	252	RUI MANUEL GUIMARÃES PEREIRA FERNANDES	2:24:55.860	0:32:12.881	2:24:48.533	0:05:47.541	FAFE RUNNERS
19	199	CARLOS MIGUEL OLIVEIRA COELHO	2:25:05.131	0:32:22.152	2:25:00.049	0:05:48.001	TRAIL ME
20	53	FILIPE MIRANDA DE ALMEIDA	2:26:10.866	0:33:27.887	2:26:06.640	0:05:50.665	
21	244	RUI MANUEL CAMPOS DA SILVA	2:27:29.789	0:34:46.810	2:27:29.789	0:05:53.991	
22	204	BRUNO FILIPE DE SA CAMPELO	2:27:29.982	0:34:47.003	2:27:28.918	0:05:53.956	PADELA NATURAL TEAM
23	66	ANDRÉ MESQUITA GUIMARÃES	2:28:04.540	0:35:21.561	2:27:58.016	0:05:55.120	
24	207	STEPHANE SIMOES	2:28:16.396	0:35:33.417	2:28:14.215	0:05:55.768	EDV - VIANA TRAIL
25	303	CARLOS MIRANDA	2:28:54.499	0:36:11.520	2:28:50.893	0:05:57.235	DESNIVEL POSITIVO
26	251	MIGUEL CARVALHO	2:29:07.793	0:36:24.814	2:29:02.423	0:05:57.696	
27	227	ANDRÉ RICARDO DIOGO DE SOUSA	2:29:26.100	0:36:43.121	2:29:18.538	0:05:58.341	CASA DE ROMAO
28	209	PEDRO CALDAS	2:30:18.245	0:37:35.266	2:30:16.077	0:06:00.643	EDV - VIANA TRAIL
29	62	PAULO JORGE PEREIRA	2:31:46.580	0:39:03.601	2:31:42.993	0:06:04.119	PAPAKM
30	236	RICARDO MANUEL MARTINS DE SOUSA	2:32:03.144	0:39:20.165	2:31:57.867	0:06:04.714	CAAC - CLUBE DE ATLETISMO DE ARENTIM E C
31	262	INUO FILIPE SILVA MELO	2:32:43.495	0:40:00.516	2:32:37.986	0:06:06.319	RUN 4 ALL
32	286	AURELIO BRUNO LIMA REBELO	2:33:05.372	0:40:22.393	2:32:55.259	0:06:07.010	BISMARCK
33	224	JOSÉ CARLOS GONCALVES DE MATOS	2:33:24.212	0:40:41.233	2:33:13.128	0:06:07.725	
34	301	VITOR CARLOS CARNEIRO	2:33:50.314	0:41:07.335	2:33:47.861	0:06:09.114	FAMA RUNNERS
35	241	JORGE BARBOSA	2:34:00.898	0:41:17.919	2:33:52.629	0:06:09.305	PAREDES AVENTURA
36	148	CARLOS ALBERTO AZEVEDO SIMÕES	2:35:58.659	0:43:15.680	2:35:47.799	0:06:13.911	ALVELINHOS RUNNING
37	213	JOSÉ CARLOS FERNANDES LOPES	2:35:58.686	0:43:15.707	2:35:48.168	0:06:13.926	ALVELINHOS RUNNING
38	297	SÉRGIO MIGUEL DA COSTA MACHADO SANTOS	2:36:46.798	0:44:03.819	2:36:45.605	0:06:16.224	DIDÁXIS TRAIL
39	208	SERGIO RAMOS	2:37:31.467	0:44:48.488	2:37:28.722	0:06:17.948	
40	264	EDUARDO JORGE MONTEIRO RODRIGUES	2:37:52.655	0:45:09.676	2:37:45.787	0:06:18.631	
41	274	URBANO FILIPE DE ABREU VITORINO RIBEIRO	2:38:11.822	0:45:28.843	2:38:05.105	0:06:19.404	A.D.AMARANTE TRAIL RUNNING
42	20	NUNO MIGUEL LIMA GONÇALVES	2:39:48.157	0:47:05.178	2:39:37.542	0:06:23.101	
43	84	LEANDRO ANDRÉ VIEIRA LIMA	2:40:42.630	0:47:59.651	2:40:38.012	0:06:25.520	AMIGOS DA MONTANHA
44	298	VITOR RIBEIRO	2:41:40.810	0:48:57.831	2:41:38.719	0:06:27.948	DIDÁXIS TRAIL
45	248	DIOGO SOARES DA COSTA ALMEIDA	2:41:55.528	0:49:12.549	2:41:51.794	0:06:28.471	
46	14	NUNO MIGUEL FERNANDES CRUZ	2:42:17.137	0:49:34.158	2:42:14.162	0:06:29.366	BARCELOS SAUDÁVEL
47	255	ANTÓNIO DANIEL PINTO MENDES	2:42:38.074	0:49:55.095	2:42:31.319	0:06:30.052	A.D.AMARANTE TRAIL RUNNING
48	259	HUGO DANIEL FERNANDES DA SILVA	2:44:21.897	0:51:38.918	2:44:19.475	0:06:34.379	TRAIL RUNNING CLUBE BTT SANGUEDO
49	147	CARLOS MANUEL GONÇALVES REIS	2:44:32.891	0:51:49.912	2:44:28.161	0:06:34.726	VIDA ATIVA RUNNERS
50	13	HELDER FILIPE DA SILVA MARTINS	2:45:18.742	0:52:35.763	2:45:15.601	0:06:36.624	GRIMES



TRAIL DE ALVELOS AM - 25K - CLASSIFICAÇÃO SENIOR MASCULINO

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
51	265	MIGUEL FILIPE GONÇALVES CARVALHO SOARES	2:45:44.878	0:53:01.899	2:45:40.563	0:06:37.622	
52	94	JESUS ANTÓNIO FARIA CAMPOS	2:46:42.442	0:53:59.463	2:46:35.746	0:06:39.829	GDCTCMB
53	41	ALEXANDRE NEVES	2:47:18.026	0:54:35.047	2:47:11.897	0:06:41.275	C.C.D.T.C.M.GONDOMAR
54	312	MARCIO NARCISO BARBOSA CRUZ	2:48:00.710	0:55:17.731	2:47:53.709	0:06:42.948	TRAIL ME
55	205	TIAGO DINIS FARIA DE SOUSA	2:48:08.668	0:55:25.689	2:48:03.622	0:06:43.344	CAAC - CLUBE DE ATLETISMO DE ARENTIM E C
56	51	GUILHERME MANUEL LOPES LOBO	2:48:14.464	0:55:31.485	2:48:10.513	0:06:43.620	
57	50	JOÃO MARTINHO DE AZEVEDO SOUSA	2:48:14.503	0:55:31.524	2:48:10.292	0:06:43.611	
58	221	RUI MANUEL DE BRITO MACHADO	2:48:29.205	0:55:46.226	2:48:23.075	0:06:44.123	FILÓNAILS - SL NUTRITION- PEDALAR BIKE T
59	93	JOEL ALPOIM CARIDADE	2:49:25.842	0:56:42.863	2:49:24.033	0:06:46.561	PADELA NATURAL TEAM
60	63	HELDER MANUEL ALVES REBELO PEREIRA DA SI	2:49:26.537	0:56:43.558	2:49:19.225	0:06:46.369	GTT - TEAM
61	198	JOÃO VIEIRA	2:50:45.277	0:58:02.298	2:50:37.556	0:06:49.502	THUNDERRUNNERS
62	87	JOÃO FILIPE JARDIM CORREIA SIMÕES	2:51:31.611	0:58:48.632	2:51:22.599	0:06:51.303	
63	141	JOÃO MANUEL MACIEL GRILO	2:51:40.641	0:58:57.662	2:51:33.779	0:06:51.751	FUNNY RUN
64	157	RICARDO FERNANDES	2:52:13.553	0:59:30.574	2:52:10.308	0:06:53.212	PAPAKM
65	76	CLÁUDIO FERNANDO ALMEIDA TAVEIRA	2:52:23.586	0:59:40.607	2:52:07.214	0:06:53.088	GISP
66	67	ANDRÉ FILIPE LOPES BARREIRA	2:53:11.428	1:00:28.449	2:53:05.095	0:06:55.403	
67	98	FRANCISCO ISMAEL MONIZ CARNEIRO	2:53:45.681	1:01:02.702	2:53:34.805	0:06:56.592	A.D. ESMERIZ RUNNING
68	288	RUI SAMUEL SOUSA CARVALHO COSTA GONÇALVE	2:53:59.832	1:01:16.853	2:53:58.161	0:06:57.526	BENJAMIM ARAUJO
69	129	RICARDO MIGUEL DA SILVA PEREIRA	2:54:50.449	1:02:07.470	2:54:40.166	0:06:59.206	ALVELINHOS RUNNING
70	282	CARLOS ALBERTO LONGRAS FIGUEIREDO	2:54:53.834	1:02:10.855	2:54:44.727	0:06:59.389	
71	117	RICARDO MANUEL AZEVEDO BOUCINHA	2:55:17.786	1:02:34.807	2:55:10.103	0:07:00.404	TRINCA METAS
72	270	NUNO MAIA	2:55:20.431	1:02:37.452	2:55:09.687	0:07:00.387	3HUNDRED TEAM
73	168	FILIPE PEREIRA	2:55:28.584	1:02:45.605	2:55:20.373	0:07:00.814	
74	269	NUNO RICARDO DIAS SILVA	2:57:15.902	1:04:32.923	2:57:05.538	0:07:05.021	3HUNDRED TEAM
75	149	RUI PEDRO SIMÕES MACHADO	2:57:32.253	1:04:49.274	2:57:21.446	0:07:05.657	ALVELINHOS RUNNING
76	206	JOSÉ RICARDO RAMALHO DE SOUSA	2:58:13.126	1:05:30.147	2:58:13.126	0:07:07.725	
77	211	RICARDO MIGUEL GONÇALVES DE SOUSA	3:00:09.249	1:07:26.270	3:00:00.812	0:07:12.032	TARTARUGAS VELOZES
78	253	JOÃO MANUEL PINHO SOUSA VIEIRA MENDES	3:01:16.728	1:08:33.749	3:01:08.744	0:07:14.749	FAFE RUNNERS
79	254	PEDRO MIGUEL SOARES PINTO	3:01:16.861	1:08:33.882	3:01:09.393	0:07:14.775	FAFE RUNNERS
80	103	PEDRO MONTEIRO	3:01:36.197	1:08:53.218	3:01:31.919	0:07:15.676	EDV - VIANA TRAIL
81	61	PAULO OLIVEIRA BORGE	3:02:20.646	1:09:37.667	3:02:07.489	0:07:17.099	ASSOCIAÇÃO DESPORTIVA DA EFACEC
82	219	RUI FILIPE RIBEIRO ALVES	3:03:14.442	1:10:31.463	3:03:07.608	0:07:19.504	TRAIL ME
83	86	LEANDRO RICARDO OLIVEIRA PINTO SIMÕES	3:03:25.436	1:10:42.457	3:03:09.729	0:07:19.589	
84	145	HUGO PEIXOTO	3:03:32.632	1:10:49.653	3:03:29.711	0:07:20.388	FFIT GAIA TRAIL
85	195	ANDRÉ FILIPE GUEIRAL CABREIRA	3:03:45.537	1:11:02.558	3:03:43.731	0:07:20.949	CLUBE DE ATLETISMO DA PÓVOA DE VARZIM
86	95	JOSÉ ANTÓNIO FERREIRA DA COSTA	3:05:12.459	1:12:29.480	3:04:58.935	0:07:23.957	
87	310	JOEL MONTEIRO	3:05:22.410	1:12:39.431	3:05:11.025	0:07:24.441	PADELA NATURAL TEAM
88	304	MIGUEL MOREIRA	3:05:40.188	1:12:57.209	3:05:31.797	0:07:25.271	CAES AVENIDA
89	137	CARLOS ANDRÉ GONÇALVES NOVAIS	3:06:00.412	1:13:17.433	3:05:54.687	0:07:26.187	BARCELOS TEAM PORTUGAL
90	105	VITOR MATOS	3:06:11.366	1:13:28.387	3:05:46.695	0:07:25.867	ASSOCIAÇÃO DESPORTIVA DA EFACEC
91	110	CARLOS EDUARDO BOAVENTURA FERNANDES	3:06:18.544	1:13:35.565	3:06:16.456	0:07:27.058	VIDA ATIVA RUNNERS
92	257	SERGIO ALBERTO MACEDO PEREIRA	3:06:19.898	1:13:36.919	3:06:06.334	0:07:26.653	
93	106	JOAQUIM MANUEL SOARES MIRANDA	3:06:20.474	1:13:37.495	3:06:17.486	0:07:27.099	VIDA ATIVA RUNNERS
94	113	VITOR BRUNO MARTINS VILAÇA FARIA	3:07:02.624	1:14:19.645	3:06:56.224	0:07:28.648	BOLAS ROLANTES
95	273	SÉRGIO DANIEL LEITE TEIXEIRA	3:08:15.210	1:15:32.231	3:08:07.170	0:07:31.486	
96	302	TIAGO JOSÉ DOMINGUES	3:09:13.863	1:16:30.884	3:09:13.218	0:07:34.128	NO PAIN NO GAIN
97	85	ANDRÉ PINHO	3:09:17.810	1:16:34.831	3:09:12.229	0:07:34.089	ASSOCIAÇÃO S4L
98	243	JOSÉ PAULO TEIXEIRA RODRIGUES LIMA	3:11:55.854	1:19:12.875	3:11:54.127	0:07:40.565	SUNDAY TRAINING
99	126	DANIEL CASANOVA PINTO OLIVEIRA	3:12:25.455	1:19:42.476	3:12:15.121	0:07:41.404	AASM
100	197	HUGO MIGUEL CARVALHO CAMPOS	3:13:48.931	1:21:05.952	3:13:40.760	0:07:44.830	THUNDERRUNNERS



TRAIL DE ALVELOS AM - 25K - CLASSIFICAÇÃO SENIOR MASCULINO

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
101	132	HELDER MIGUEL CARVALHO TORRES	3:13:52.011	1:21:09.032	3:13:49.302	0:07:45.172	VIDA ATIVA RUNNERS
102	179	JOÃO LIMA	3:14:22.954	1:21:39.975	3:14:13.755	0:07:46.150	BLIP.PT
103	119	SÉRGIO LARANJEIRA	3:15:59.177	1:23:16.198	3:15:59.177	0:07:50.367	TRAIL TÓNICO
104	30	HUGO MANUEL LOPES DE SOUSA	3:16:18.588	1:23:35.609	3:16:10.023	0:07:50.800	TARTARUGAS VELOZES
105	23	JOSÉ CARLOS MARTINS	3:16:18.774	1:23:35.795	3:16:10.442	0:07:50.817	TARTARUGAS VELOZES
106	228	MIGUEL VIAMONTE SILVA CARVALHO AROSO	3:16:34.428	1:23:51.449	3:16:29.316	0:07:51.572	
107	91	SÉRGIO MIGUEL FERREIRA DA COSTA	3:17:57.813	1:25:14.834	3:17:46.559	0:07:54.662	A.D. ESMERIZ RUNNING
108	144	SERGIO ALEXANDRE PIRES MONTEIRO	3:18:58.570	1:26:15.591	3:18:55.761	0:07:57.430	FFIT GAIA TRAIL
109	188	ANDRÉ DE ARAÚJO ALVES FERREIRA	3:19:04.351	1:26:21.372	3:18:57.664	0:07:57.506	
110	19	MÁRIO ANDRÉ MARQUES LUIS	3:19:10.094	1:26:27.115	3:19:02.805	0:07:57.712	XTRAIL RUNNING TEAM
111	229	ANDRÉ PEREIRA DA SILVA	3:19:37.166	1:26:54.187	3:19:25.521	0:07:58.620	PADELA NATURAL TEAM
112	167	NILTON PATRICK BORJA	3:20:37.743	1:27:54.764	3:20:29.581	0:08:01.183	MAIA NORTH SIDE RUN
113	58	JORGE DUARTE AZEVEDO	3:21:01.999	1:28:19.020	3:20:55.761	0:08:02.230	ASSOCIAÇÃO S4L
114	43	JOÃO PEDRO RODRIGUES DE SOUSA	3:21:33.908	1:28:50.929	3:21:28.100	0:08:03.524	ASSOCIAÇÃO S4L
115	175	ZACARIAS MIGUEL SILVA OLIVEIRA	3:22:00.191	1:29:17.212	3:21:55.033	0:08:04.601	
116	201	NUNO ALEXANDRE LOPES DOS SANTOS	3:22:01.441	1:29:18.462	3:21:49.050	0:08:04.362	
117	115	ABILIO OSCAR BARROS GUIMARAES CASANOVA	3:25:22.253	1:32:39.274	3:25:17.626	0:08:12.705	VIDA ATIVA RUNNERS
118	143	HELSEI FILIPE RIBEIRO VILAS BOAS	3:25:22.258	1:32:39.279	3:25:18.387	0:08:12.735	VIDA ATIVA RUNNERS
119	214	HELDER FERNANDO VIEIRA AZEVEDO	3:25:46.232	1:33:03.253	3:25:40.532	0:08:13.621	NAST
120	165	MICHAEL CAMPOS	3:26:07.599	1:33:24.620	3:25:48.632	0:08:13.945	DEUSES DAS MONTANHAS
121	134	VITOR HUGO PINHEIRO DA SILVA	3:26:55.946	1:34:12.967	3:26:53.863	0:08:16.554	VIDA ATIVA RUNNERS
122	178	JOÃO NUNES DE OLIVEIRA MORAIS MEIRA	3:26:56.531	1:34:13.552	3:26:51.427	0:08:16.457	VIANA TRAIL
123	92	HUGO PINTO	3:26:57.536	1:34:14.557	3:26:41.385	0:08:16.055	
124	24	PEDRO ALEXANDRE PIMENTA PEREIRA SILVA	3:29:08.489	1:36:25.510	3:28:58.839	0:08:21.553	2SLOW2RUN
125	202	ANTÓNIO PEDRO SILVA TEIXEIRA	3:33:17.974	1:40:34.995	3:33:04.831	0:08:31.393	
126	112	PEDRO ALEXANDRE MARQUES DA SILVA DA COSTA	3:34:42.606	1:41:59.627	3:34:36.733	0:08:35.069	BOLAS ROLANTES
127	99	RUI MIGUEL SIMÕES FERREIRA	3:37:22.618	1:44:39.639	3:37:08.115	0:08:41.124	
128	38	PAULO JORGE VIEIRA FARIA	3:37:47.879	1:45:04.900	3:37:39.103	0:08:42.364	
129	71	JORGE MANUEL DUQUE LADEIRA	3:38:59.767	1:46:16.788	3:38:43.782	0:08:44.951	GISP
130	74	DANIEL JOÃO MARQUES DA SILVA	3:38:59.863	1:46:16.884	3:38:44.558	0:08:44.982	GISP
131	70	JOSÉ MANUEL DE CASTRO FERREIRA	3:38:59.925	1:46:16.946	3:38:44.715	0:08:44.988	GISP
132	235	RUI MIGUEL DE COSTA TEIXEIRA	3:44:38.046	1:51:55.067	3:44:23.949	0:08:58.557	
133	111	JOEL CUNHA FREITAS	3:46:04.237	1:53:21.258	3:46:02.315	0:09:02.492	FFIT GAIA TRAIL
134	225	PAULO MANUEL MONTEIRO DA COSTA	3:51:49.494	1:59:06.515	3:51:36.912	0:09:15.876	A.D.A
135	200	RICARDO MANUEL VASCONCELOS CARVALHO	3:56:30.040	2:03:47.061	3:56:16.825	0:09:27.073	
136	104	RUI MIGUEL DE SOUSA FERREIRA FERNANDES	4:03:42.440	2:10:59.461	4:03:26.515	0:09:44.260	
137	17	FERNANDO CARLOS MOREIRA RAMOS	4:27:35.901	2:34:52.922	4:27:28.856	0:10:41.954	XTRAIL RUNNING TEAM