

## TRAIL DE ALVELOS AM - 25K - CLASSIFICAÇÃO GERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
1	174	SEN-M	1	JOSÉ CARVALHO	1:52:42.979		1:52:42.979	0:04:30.519	CLUBE ACADÉMICO MOGADOURO
2	296	VET-M40	1	AIRES SOUSA	1:57:15.197	0:04:32.218	1:57:15.197	0:04:41.407	FUTEBOL CLUBE DE PENAFIEL
3	295	VET-M40	2	ORLANDO VALENTE	2:03:23.920	0:10:40.941	2:03:23.920	0:04:56.156	FUTEBOL CLUBE DE PENAFIEL
4	189	SEN-M	2	JÉRÔME DA ROCHA RODRIGUES	2:03:26.240	0:10:43.261	2:03:23.326	0:04:56.133	EDV - VIANA TRAIL
5	52	SEN-M	3	MARCO PAULO GEMELGO SILVA	2:05:12.362	0:12:29.383	2:05:07.709	0:05:00.308	ASSOCIAÇÃO DESPORTIVA GALOMAR
6	135	VET-M40	3	RUI LARANJEIRA	2:06:30.143	0:13:47.164	2:06:28.928	0:05:03.557	BIKESEVEN ESPOSENDE - KTM
7	294	VET-M40	4	GABRIEL FAGUNDES MEIRA	2:08:49.461	0:16:06.482	2:08:46.157	0:05:09.046	EDV - VIANA TRAIL
8	232	SEN-F	1	ROSA MADUREIRA	2:09:35.931	0:16:52.952	2:09:35.931	0:05:11.037	FUTEBOL CLUBE DE PENAFIEL
9	276	SEN-M	4	JOÃO PAULO LIMA RODRIGUES	2:09:45.483	0:17:02.504	2:09:45.483	0:05:11.419	VIDA ATIVA RUNNERS
10	258	VET-M40	5	JOSE CARLOS MACEDO PEREIRA	2:10:20.936	0:17:37.957	2:10:20.936	0:05:12.837	DESNIVEL POSITIVO
11	26	VET-M40	6	ANDRÉ GUEDES	2:12:55.410	0:20:12.431	2:12:54.464	0:05:18.978	SNEAKERS POWERAPRT
12	59	SEN-M	5	GONÇALO MARIA PINHEIRO TORRES	2:17:16.587	0:24:33.608	2:17:11.449	0:05:29.257	CAES D AVENIDA
13	218	SEN-M	6	HELIO SERGIO GONÇALVES COSTA	2:17:17.186	0:24:34.207	2:17:12.543	0:05:29.301	CICLO UCHA BARCELOS TRAIL
14	238	SEN-M	7	ARTUR JORGE CARVALHO DA COSTA	2:17:35.447	0:24:52.468	2:17:32.123	0:05:30.084	DESNIVEL POSITIVO
15	226	SEN-M	8	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
16	151	VET-M50	1	NARCISO DA COSTA MARQUES	2:18:19.649	0:25:36.670	2:18:19.649	0:05:31.985	CLUBE DE MONTANHISMO DE BRAGA
17	138	SEN-M	9	AMÂNDIO FARIA DE FREITAS	2:18:42.948	0:25:59.969	2:18:42.948	0:05:32.917	EDV - VIANA TRAIL
18	158	SEN-M	10	PAULO JORGE DA GRAÇA VILA	2:19:03.049	0:26:20.070	2:19:02.265	0:05:33.690	PADELA NATURAL TEAM
19	172	VET-M40	7	JOSÉ NEVES	2:19:10.609	0:26:27.630	2:19:06.954	0:05:33.878	ORALKLASS ALIANÇA - AMIGOS DO TRAIL
20	283	SEN-M	11	RICARDO ANDRE RAMOS MIRANDA	2:19:10.685	0:26:27.706	2:19:09.497	0:05:33.979	EXPERENCIAR
21	193	SEN-M	12	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
22	122	SEN-M	13	FRANCISCO JOÃO CRUZ FERNANDES	2:21:58.197	0:29:15.218	2:21:55.798	0:05:40.631	
23	125	VET-M50	2	ARNALDO RODRIGUES	2:22:11.861	0:29:28.882	2:22:10.505	0:05:41.220	DESNIVEL POSITIVO
24	196	SEN-M	14	LUÍS FILIPE SALGADO OLIVEIRA N°ATRP 1504	2:23:17.186	0:30:34.207	2:23:09.497	0:05:43.579	
25	46	VET-M40	8	FERNANDO ANTONIO TEIXEIRA SOARES	2:23:44.526	0:31:01.547	2:23:39.995	0:05:44.799	
26	55	SEN-M	15	CARLOS MIGUEL DA COSTA FERREIRA	2:23:54.329	0:31:11.350	2:23:48.373	0:05:45.134	SANTO TIRSO RUNNERS
27	108	SEN-M	16	ARSENIO EIRAS DE ALMEIDA	2:24:10.691	0:31:27.712	2:24:06.600	0:05:45.864	
28	212	VET-M40	9	ADRIANO LOUREIRO DE SÁ	2:24:23.661	0:31:40.682	2:24:23.661	0:05:46.546	ALVELINHOS RUNNING
29	220	SEN-M	17	RICARDO ALBERTO PEREIRA AMORIM REGO	2:24:35.231	0:31:52.252	2:24:33.543	0:05:46.941	VIDA ATIVA RUNNERS
30	306	VET-M40	10	JOAQUIM HENRIQUE SANTOS FARIA	2:24:35.528	0:31:52.549	2:24:32.558	0:05:46.902	
31	252	SEN-M	18	RUI MANUEL GUIMARÃES PEREIRA FERNANDES	2:24:55.860	0:32:12.881	2:24:48.533	0:05:47.541	FAFE RUNNERS
32	199	SEN-M	19	CARLOS MIGUEL OLIVEIRA COELHO	2:25:05.131	0:32:22.152	2:25:00.049	0:05:48.001	TRAIL ME
33	53	SEN-M	20	FILIPE MIRANDA DE ALMEIDA	2:26:10.866	0:33:27.887	2:26:06.640	0:05:50.665	
34	27	VET-M40	11	ANTÓNIO AFONSO	2:26:11.070	0:33:28.091	2:26:11.070	0:05:50.842	XTRAIL RUNNING TEAM
35	244	SEN-M	21	,RUI MANUEL CAMPOS DA SILVA	2:27:29.789	0:34:46.810	2:27:29.789	0:05:53.991	
36	204	SEN-M	22	BRUNO FILIPE DE SA CAMPELO	2:27:29.982	0:34:47.003	2:27:28.918	0:05:53.956	PADELA NATURAL TEAM
37	66	SEN-M	23	ANDRÉ MESQUITA GUIMARÃES	2:28:04.540	0:35:21.561	2:27:58.016	0:05:55.120	
38	207	SEN-M	24	STEPHANE SIMOES	2:28:16.396	0:35:33.417	2:28:14.215	0:05:55.768	EDV - VIANA TRAIL
39	131	VET-M40	12	JOSE ANTONIO MOREIRA DA COSTA	2:28:43.354	0:36:00.375	2:28:38.169	0:05:56.726	
40	303	SEN-M	25	CARLOS MIRANDA	2:28:54.499	0:36:11.520	2:28:50.893	0:05:57.235	DESNIVEL POSITIVO
41	251	SEN-M	26	MIGUEL CARVALHO	2:29:07.793	0:36:24.814	2:29:02.423	0:05:57.696	
42	227	SEN-M	27	ANDRÉ RICARDO DIOGO DE SOUSA	2:29:26.100	0:36:43.121	2:29:18.538	0:05:58.341	CASA DE ROMAO
43	209	SEN-M	28	PEDRO CALDAS	2:30:18.245	0:37:35.266	2:30:16.077	0:06:00.643	EDV - VIANA TRAIL
44	136	SUB-M23	1	JOÃO ANDRADE	2:30:26.209	0:37:43.230	2:30:21.888	0:06:00.875	AVEIRO ROOKIE TEAM
45	62	SEN-M	29	PAULO JORGE PEREIRA	2:31:46.580	0:39:03.601	2:31:42.993	0:06:04.119	PAPAKM
46	236	SEN-M	30	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
47	83	VET-M40	13	DIONISIO MANUEL CORREIA SOUSA	2:32:12.926	0:39:29.947	2:32:06.760	0:06:05.070	
48	262	SEN-M	31	INUO FILIPE SILVA MELO	2:32:43.495	0:40:00.516	2:32:37.986	0:06:06.319	RUN 4 ALL
49	286	SEN-M	32	AURELIO BRUNO LIMA REBELO	2:33:05.372	0:40:22.393	2:32:55.259	0:06:07.010	BISMARCK
50	224	SEN-M	33	JOSÉ CARLOS GONCALVES DE MATOS	2:33:24.212	0:40:41.233	2:33:13.128	0:06:07.725	



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51	301	SEN-M	34	VITOR CARLOS CARNEIRO	2:33:50.314	0:41:07.335	2:33:47.861	0:06:09.114	FAMA RUNNERS
52	217	VET-M40	14	ANTONIO PEDRO SANTA FERREIRA CORREIA PRA	2:33:59.872	0:41:16.893	2:33:52.228	0:06:09.289	PEREDES AVENTURA
53	162	VET-M40	15	NELSON FERNANDO SOARES DOS SANTOS	2:33:59.899	0:41:16.920	2:33:52.250	0:06:09.290	
54	241	SEN-M	35	JORGE BARBOSA	2:34:00.898	0:41:17.919	2:33:52.629	0:06:09.305	PEREDES AVENTURA
55	171	VET-M40	16	NUNO DINIS FERNANDES SILVA SIMÕES	2:34:38.242	0:41:55.263	2:34:32.410	0:06:10.896	
56	148	SEN-M	36	CARLOS ALBERTO AZEVEDO SIMÕES	2:35:58.659	0:43:15.680	2:35:47.799	0:06:13.911	ALVELINHOS RUNNING
57	213	SEN-M	37	JOSÉ CARLOS FERNANDES LOPES	2:35:58.686	0:43:15.707	2:35:48.168	0:06:13.926	ALVELINHOS RUNNING
58	216	VET-M40	17	DIOGO MACHADO ALVES DE OLIVEIRA	2:36:36.765	0:43:53.786	2:36:32.910	0:06:15.716	
59	297	SEN-M	38	SÉRGIO MIGUEL DA COSTA MACHADO SANTOS	2:36:46.798	0:44:03.819	2:36:45.605	0:06:16.224	DIDÁXIS TRAIL
60	246	VET-M50	3	ANGELO FERNANDO DOS SANTOS MARTINS PEREIRA	2:37:18.483	0:44:35.504	2:37:02.591	0:06:16.903	CENTRO CICLISTA DE GONDOMAR
61	208	SEN-M	39	SERGIO RAMOS	2:37:31.467	0:44:48.488	2:37:28.722	0:06:17.948	
62	192	VET-M40	18	MANUEL JOAQUIM FERREIRA GONÇALVES	2:37:44.175	0:45:01.196	2:37:34.279	0:06:18.171	ALVELINHOS RUNNING
63	264	SEN-M	40	EDUARDO JORGE MONTEIRO RODRIGUES	2:37:52.655	0:45:09.676	2:37:45.787	0:06:18.631	
64	240	SUB-M23	2	FLÁVIO EMANUEL PEREIRA PINTO	2:38:05.439	0:45:22.460	2:37:49.812	0:06:18.792	ACADEMIA MILITAR
65	274	SEN-M	41	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
66	186	VET-M40	19	JULIO MACEDO FERNANDES	2:39:13.254	0:46:30.275	2:39:04.289	0:06:21.771	DOMINGO A CORRER AS 9 ÁGUÍAS DE ALVELOS
67	290	VET-M40	20	PAULO REIS	2:39:20.110	0:46:37.131	2:39:17.456	0:06:22.298	FAMA RUNNERS
68	20	SEN-M	42	NUNO MIGUEL LIMA GONÇALVES	2:39:48.157	0:47:05.178	2:39:37.542	0:06:23.101	
69	309	VET-M40	21	FERNANDO PINHEIRO MENDES	2:40:37.339	0:47:54.360	2:40:31.255	0:06:25.250	CUF
70	84	SEN-M	43	LEANDRO ANDRÉ VIEIRA LIMA	2:40:42.630	0:47:59.651	2:40:38.012	0:06:25.520	AMIGOS DA MONTANHA
71	300	VET-M40	22	RUI VELOSO	2:41:06.909	0:48:23.930	2:41:03.958	0:06:26.558	FAMA RUNNERS
72	285	SEN-F	2	PAULA LAGE	2:41:40.784	0:48:57.805	2:41:38.574	0:06:27.942	PEREDES AVENTURA
73	298	SEN-M	44	VITOR RIBEIRO	2:41:40.810	0:48:57.831	2:41:38.719	0:06:27.948	DIDÁXIS TRAIL
74	248	SEN-M	45	DIOGO SOARES DA COSTA ALMEIDA	2:41:55.528	0:49:12.549	2:41:51.794	0:06:28.471	
75	14	SEN-M	46	NUNO MIGUEL FERNANDES CRUZ	2:42:17.137	0:49:34.158	2:42:14.162	0:06:29.366	BARCELOS SAUDÁVEL
76	230	VET-M50	4	VIRGILIO FERREIRA PALMEIRO	2:42:22.944	0:49:39.965	2:42:22.944	0:06:29.717	NO PAIN NO GAIN
77	255	SEN-M	47	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
78	259	SEN-M	48	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
79	147	SEN-M	49	CARLOS MANUEL GONÇALVES REIS	2:44:32.891	0:51:49.912	2:44:28.161	0:06:34.726	VIDA ATIVA RUNNERS
80	82	VET-M40	23	PAULO JORGE PINHO FERREIRA	2:44:34.099	0:51:51.120	2:44:23.507	0:06:34.540	CTR VALE DE CAMBRA
81	161	VET-M50	5	MANUEL FERREIRA PIRES BRAGA	2:44:41.228	0:51:58.249	2:44:41.228	0:06:35.249	TRAIL RUNNING ESPOSENDE
82	97	VET-M40	24	ANTÓNIO MANUEL LOPES GRANDE	2:45:18.540	0:52:35.561	2:45:14.220	0:06:36.568	TRAIL ME
83	13	SEN-M	50	HELDER FILIPE DA SILVA MARTINS	2:45:18.742	0:52:35.763	2:45:15.601	0:06:36.624	GRIMES
84	265	SEN-M	51	MIGUEL FILIPE GONÇALVES CARVALHO SOARES	2:45:44.878	0:53:01.899	2:45:40.563	0:06:37.622	
85	187	VET-M40	25	LUÍS ANTÓNIO DA COSTA CARVALHO GUISE	2:45:50.777	0:53:07.798	2:45:46.288	0:06:37.851	VIMARUNNERS
86	247	SUB-M23	3	CARLOS MIGUEL MELO SARAIVA	2:45:54.117	0:53:11.138	2:45:39.299	0:06:37.571	ACADEMIA MILITAR
87	100	VET-M50	6	JOSÉ CARLOS FERNANDES PONTE	2:46:22.706	0:53:39.727	2:46:21.168	0:06:39.246	EDV - VIANA TRAIL
88	94	SEN-M	52	JESUS ANTÓNIO FARIA CAMPOS	2:46:42.442	0:53:59.463	2:46:35.746	0:06:39.829	GDCTCMB
89	40	SEN-F	3	CARLA DANIELA SÁ ALMEIDA MELO SERENO	2:47:05.355	0:54:22.376	2:47:04.259	0:06:40.970	LYRA
90	39	VET-M40	26	ANTÓNIO PEDRO MOTA DE MELO SERENO	2:47:05.479	0:54:22.500	2:47:03.909	0:06:40.956	LYRA
91	41	SEN-M	53	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
92	35	VET-M40	27	ANTÓNIO LUIS ESTEVES COELHO	2:48:00.605	0:55:17.626	2:47:53.969	0:06:42.958	TRAIL ME
93	312	SEN-M	54	MARCIO NARCISO BARBOSA CRUZ	2:48:00.710	0:55:17.731	2:47:53.709	0:06:42.948	TRAIL ME
94	205	SEN-M	55	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
95	51	SEN-M	56	GUILHERME MANUEL LOPES LOBO	2:48:14.464	0:55:31.485	2:48:10.513	0:06:43.620	
96	50	SEN-M	57	JOÃO MARTINHO DE AZEVEDO SOUSA	2:48:14.503	0:55:31.524	2:48:10.292	0:06:43.611	
97	221	SEN-M	58	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
98	93	SEN-M	59	JOEL ALPOIM CARIDADE	2:49:25.842	0:56:42.863	2:49:24.033	0:06:46.561	PADELA NATURAL TEAM
99	63	SEN-M	60	HELDER MANUEL ALVES REBELO PEREIRA DA SILVA	2:49:26.537	0:56:43.558	2:49:19.225	0:06:46.369	GTT - TEAM
100	291	VET-M50	7	ANTÓNIO PEREIRA DA CRUZ	2:49:27.563	0:56:44.584	2:49:21.394	0:06:46.455	LIJÓ BIKE



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101	198	SEN-M	61	JOÃO VIEIRA	2:50:45.277	0:58:02.298	2:50:37.556	0:06:49.502	THUNDERRUNNERS
102	68	VET-M40	28	MIGUEL ÂNGELO SALGUEIRO ARAÚJO	2:50:51.763	0:58:08.784	2:50:45.736	0:06:49.829	TRAIL ME
103	32	VET-M40	29	FERNANDO JORGE CASTRO DE OLIVEIRA	2:51:19.605	0:58:36.626	2:51:17.844	0:06:51.113	FFIT GAIA TRAIL
104	87	SEN-M	62	JOÃO FILIPE JARDIM CORREIA SIMÕES	2:51:31.611	0:58:48.632	2:51:22.599	0:06:51.303	
105	183	VET-M40	30	RODRIGO BOUÇA	2:51:34.450	0:58:51.471	2:51:26.660	0:06:51.466	ONESOUL CROSSFIT
106	141	SEN-M	63	JOÃO MANUEL MACIEL GRILO	2:51:40.641	0:58:57.662	2:51:33.779	0:06:51.751	FUNNY RUN
107	299	VET-M40	31	PAULO LOUREIRO	2:51:56.034	0:59:13.055	2:51:52.640	0:06:52.505	FAMA RUNNERS
108	157	SEN-M	64	RICARDO FERNANDES	2:52:13.553	0:59:30.574	2:52:10.308	0:06:53.212	PAPAKM
109	308	VET-M40	32	ANTONIO FILIPE BASTOS FONTES	2:52:14.482	0:59:31.503	2:52:07.966	0:06:53.118	C. A.L
110	154	SEN-F	4	ELISABETE CARVALHO	2:52:22.726	0:59:39.747	2:52:05.564	0:06:53.022	TROCOPASSO RUNNERS
111	156	VET-M40	33	JOSÉ RODRIGUES	2:52:22.880	0:59:39.901	2:52:05.406	0:06:53.016	TROCOPASSO RUNNERS
112	76	SEN-M	65	CLÁUDIO FERNANDO ALMEIDA TAVEIRA	2:52:23.586	0:59:40.607	2:52:07.214	0:06:53.088	GISP
113	260	VET-M40	34	MANUEL EMIDIO DE FREITAS ROCHA	2:52:49.872	1:00:06.893	2:52:41.543	0:06:54.461	PORTO RUNNERS
114	176	VET-M40	35	VITOR MANUEL GOMES DA SILVA	2:53:10.119	1:00:27.140	2:53:10.119	0:06:55.604	FRIENDS TEAM
115	67	SEN-M	66	ANDRÉ FILIPE LOPES BARREIRA	2:53:11.428	1:00:28.449	2:53:05.095	0:06:55.403	
116	69	VET-M40	36	LIEVEN VERRAEST	2:53:18.988	1:00:36.009	2:53:16.987	0:06:55.879	SUNDAY TRAINING
117	250	SUB-M23	4	JOSÉ FERNANDO ALMEIDA DE CARVALHO	2:53:37.532	1:00:54.553	2:53:22.818	0:06:56.112	ACADEMIA MILITAR
118	263	SUB-M23	5	AMÉRICO FILIPE BASTOS COSTA PEREIRA	2:53:38.419	1:00:55.440	2:53:15.154	0:06:55.806	ACADEMIA MILITAR
119	182	VET-M40	37	JOSÉ SOUSA	2:53:45.369	1:01:02.390	2:53:30.499	0:06:56.419	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO
120	98	SEN-M	67	FRANCISCO ISMAEL MONIZ CARNEIRO	2:53:45.681	1:01:02.702	2:53:34.805	0:06:56.592	A.D. ESMERIZ RUNNING
121	210	SEN-F	5	FATINHA PINTO	2:53:59.142	1:01:16.163	2:53:59.142	0:06:57.565	
122	288	SEN-M	68	RUI SAMUEL SOUSA CARVALHO COSTA GONÇALVE	2:53:59.832	1:01:16.853	2:53:58.161	0:06:57.526	BENJAMIM ARAUJO
123	129	SEN-M	69	RICARDO MIGUEL DA SILVA PEREIRA	2:54:50.449	1:02:07.470	2:54:40.166	0:06:59.206	ALVELINHOS RUNNING
124	282	SEN-M	70	CARLOS ALBERTO LONGRAS FIGUEIREDO	2:54:53.834	1:02:10.855	2:54:44.727	0:06:59.389	
125	117	SEN-M	71	RICARDO MANUEL AZEVEDO BOUCINHA	2:55:17.786	1:02:34.807	2:55:10.103	0:07:00.404	TRINCA METAS
126	270	SEN-M	72	NUNO MAIA	2:55:20.431	1:02:37.452	2:55:09.687	0:07:00.387	3HUNDRED TEAM
127	168	SEN-M	73	FILIPE PEREIRA	2:55:28.584	1:02:45.605	2:55:20.373	0:07:00.814	
128	245	VET-M50	8	PAULO JOSÉ DA SILVA BARROS MOREIRA	2:55:37.544	1:02:54.565	2:55:37.544	0:07:01.501	TURBOLENTOS
129	128	VET-M40	38	JOSÉ JOAQUIM CRISTA NUNES	2:56:30.224	1:03:47.245	2:56:28.121	0:07:03.524	FFIT GAIA TRAIL
130	269	SEN-M	74	NUNO RICARDO DIAS SILVA	2:57:15.902	1:04:32.923	2:57:05.538	0:07:05.021	3HUNDRED TEAM
131	149	SEN-M	75	RUI PEDRO SIMÕES MACHADO	2:57:32.253	1:04:49.274	2:57:21.446	0:07:05.657	ALVELINHOS RUNNING
132	206	SEN-M	76	JOSÉ RICARDO RAMALHO DE SOUSA	2:58:13.126	1:05:30.147	2:58:13.126	0:07:07.725	
133	45	VET-M40	39	PAULO JOSÉ FARINHA DE CAMPOS	2:58:35.695	1:05:52.716	2:58:31.917	0:07:08.476	
134	123	VET-M40	40	NELSON CÉSAR FERREIRA DA SILVA CARVALHO	2:58:56.563	1:06:13.584	2:58:45.670	0:07:09.026	ALVELINHOS RUNNING
135	275	VET-M40	41	JORGE COSTA	2:59:04.065	1:06:21.086	2:59:00.888	0:07:09.635	EDV - VIANA TRAIL
136	211	SEN-M	77	RICARDO MIGUEL GONÇALVES DE SOUSA	3:00:09.249	1:07:26.270	3:00:00.812	0:07:12.032	TARTARUGAS VELOZES
137	152	VET-M40	42	LUIS LEÇA	3:00:24.775	1:07:41.796	3:00:07.999	0:07:12.319	TROCOPASSO RUNNERS
138	140	SEN-F	6	FLORA CATARINA MACIEL LEITE	3:00:52.071	1:08:09.092	3:00:45.086	0:07:13.803	FUNNY RUN
139	253	SEN-M	78	JOÃO MANUEL PINHO SOUSA VIEIRA MENDES	3:01:16.728	1:08:33.749	3:01:08.744	0:07:14.749	FAFE RUNNERS
140	254	SEN-M	79	PEDRO MIGUEL SOARES PINTO	3:01:16.861	1:08:33.882	3:01:09.393	0:07:14.775	FAFE RUNNERS
141	103	SEN-M	80	PEDRO MONTEIRO	3:01:36.197	1:08:53.218	3:01:31.919	0:07:15.676	EDV - VIANA TRAIL
142	266	VET-M40	43	BENJAMIM BATISTA DA CRUZ	3:01:40.344	1:08:57.365	3:01:38.677	0:07:15.947	
143	102	VET-M40	44	JOSE MANUEL DOS SANTOS COSTA	3:02:03.957	1:09:20.978	3:01:58.533	0:07:16.741	
144	61	SEN-M	81	PAULO OLIVEIRA BERGE	3:02:20.646	1:09:37.667	3:02:07.489	0:07:17.099	ASSOCIAÇÃO DESPORTIVA DA EFACEC
145	219	SEN-M	82	RUI FILIPE RIBEIRO ALVES	3:03:14.442	1:10:31.463	3:03:07.608	0:07:19.504	TRAIL ME
146	86	SEN-M	83	LEANDRO RICARDO OLIVEIRA PINTO SIMÕES	3:03:25.436	1:10:42.457	3:03:09.729	0:07:19.589	
147	145	SEN-M	84	HUGO PEIXOTO	3:03:32.632	1:10:49.653	3:03:29.711	0:07:20.388	FFIT GAIA TRAIL
148	239	VET-M40	45	NUNO CÁCERES	3:03:37.305	1:10:54.326	3:03:29.550	0:07:20.382	PORTORUNNERS
149	195	SEN-M	85	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
150	292	VET-F40	1	MIRA MATIAS	3:03:53.826	1:11:10.847	3:03:52.596	0:07:21.303	NO PAIN NO GAIN



## TRAIL DE ALVELOS AM - 25K - CLASSIFICAÇÃO GERAL

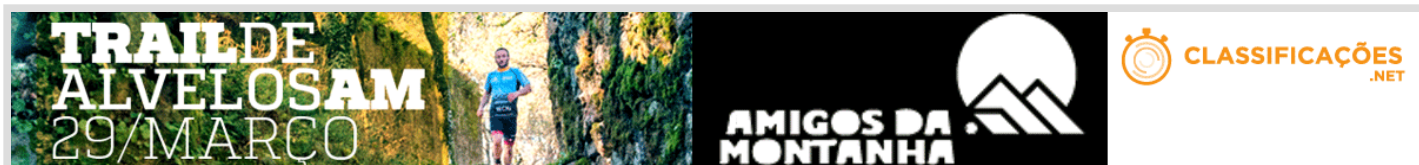
Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
151	36	VET-M40	46	CARLOS MANUEL BARBOSA QUEIROS	3:04:01.287	1:11:18.308	3:03:47.206	0:07:21.088	LEONE RUNNERS
152	150	VET-M50	9	ARNALDO MARINHO	3:04:20.081	1:11:37.102	3:04:05.855	0:07:21.834	LEOES DO VENEZA
153	160	SEN-F	7	SONIA SOFIA PARENTE	3:04:32.118	1:11:49.139	3:04:28.945	0:07:22.757	EDV - VIANA TRAIL
154	95	SEN-M	86	JOSÉ ANTÓNIO FERREIRA DA COSTA	3:05:12.459	1:12:29.480	3:04:58.935	0:07:23.957	
155	34	VET-F40	2	LÚCIA COSTA	3:05:20.808	1:12:37.829	3:05:18.078	0:07:24.723	EDV - VIANA TRAIL
156	310	SEN-M	87	JOEL MONTEIRO	3:05:22.410	1:12:39.431	3:05:11.025	0:07:24.441	PADELA NATURAL TEAM
157	304	SEN-M	88	MIGUEL MOREIRA	3:05:40.188	1:12:57.209	3:05:31.797	0:07:25.271	CAES AVENIDA
158	137	SEN-M	89	CARLOS ANDRÉ GONÇALVES NOVAIS	3:06:00.412	1:13:17.433	3:05:54.687	0:07:26.187	BARCELOS TEAM PORTUGAL
159	60	VET-M40	47	MÁRIO JORGE FERREIRA	3:06:11.223	1:13:28.244	3:05:59.358	0:07:26.374	ASSOCIAÇÃO DESPORTIVA DA EFACEC
160	105	SEN-M	90	VITOR MATOS	3:06:11.366	1:13:28.387	3:05:46.695	0:07:25.867	ASSOCIAÇÃO DESPORTIVA DA EFACEC
161	110	SEN-M	91	CARLOS EDUARDO BOAVENTURA FERNANDES	3:06:18.544	1:13:35.565	3:06:16.456	0:07:27.058	VIDA ATIVA RUNNERS
162	121	VET-F40	3	SUSANA MARIA MIRANDA DA SILVA	3:06:18.917	1:13:35.938	3:06:15.538	0:07:27.021	VIDA ATIVA RUNNERS
163	257	SEN-M	92	SERGIO ALBERTO MACEDO PEREIRA	3:06:19.898	1:13:36.919	3:06:06.334	0:07:26.653	
164	106	SEN-M	93	JOAQUIM MANUEL SOARES MIRANDA	3:06:20.474	1:13:37.495	3:06:17.486	0:07:27.099	VIDA ATIVA RUNNERS
165	184	VET-M40	48	PAULO FARIA	3:06:40.773	1:13:57.794	3:06:35.885	0:07:27.835	TRAIL ME
166	113	SEN-M	94	VITOR BRUNO MARTINS VILAÇA FARIA	3:07:02.624	1:14:19.645	3:06:56.224	0:07:28.648	BOLAS ROLANTES
167	311	VET-F40	4	CÉLIA MARIA SAMPAIO	3:07:22.441	1:14:39.462	3:07:18.692	0:07:29.547	
168	231	VET-M40	49	JOSÉ CARLOS SILVA GOMES	3:08:00.776	1:15:17.797	3:07:51.596	0:07:30.863	DOMINGO A CORRER AS 9 ÁGUIAS DE ALVELOS
169	273	SEN-M	95	SÉRGIO DANIEL LEITE TEIXEIRA	3:08:15.210	1:15:32.231	3:08:07.170	0:07:31.486	
170	191	VET-M40	50	ALEXANDRINO MANUEL OLIVEIRA RIBEIRO	3:08:36.685	1:15:53.706	3:08:25.649	0:07:32.225	
171	16	VET-M40	51	ANTÓNIO VILAS BOAS ROSA	3:08:44.204	1:16:01.225	3:08:34.209	0:07:32.568	ALVELINHOS RUNNING
172	142	SEN-M	96	DOMINICO COUTO DE LEMOS	3:08:58.097	1:16:15.118	3:08:45.182	0:07:33.007	
173	302	SEN-M	97	TIAGO JOSÉ DOMINGUES	3:09:13.863	1:16:30.884	3:09:13.218	0:07:34.128	NO PAIN NO GAIN
174	85	SEN-M	98	ANDRÉ PINHO	3:09:17.810	1:16:34.831	3:09:12.229	0:07:34.089	ASSOCIAÇÃO S4L
175	261	VET-F40	5	RAQUEL GUIMARÃES	3:09:51.721	1:17:08.742	3:09:43.588	0:07:35.343	
176	243	SEN-M	99	JOSÉ PAULO TEIXEIRA RODRIGUES LIMA	3:11:55.854	1:19:12.875	3:11:54.127	0:07:40.565	SUNDAY TRAINING
177	233	VET-M40	52	AMERICO JOSÉ MAGALHÃES AREIAS	3:11:56.002	1:19:13.023	3:11:48.683	0:07:40.347	
178	126	SEN-M	100	DANIEL CASANOVA PINTO OLIVEIRA	3:12:25.455	1:19:42.476	3:12:15.121	0:07:41.404	AASM
179	64	VET-M40	53	JOSE LUIS VILLAVERDE SANISIDRO	3:12:49.120	1:20:06.141	3:12:39.296	0:07:42.371	
180	78	VET-M40	54	DAVID JOEL MONTEIRO RODRIGUES	3:12:49.145	1:20:06.166	3:12:35.185	0:07:42.207	GISP
181	197	SEN-M	101	HUGO MIGUEL CARVALHO CAMPOS	3:13:48.931	1:21:05.952	3:13:40.760	0:07:44.830	THUNDERRUNNERS
182	132	SEN-M	102	HELDER MIGUEL CARVALHO TORRES	3:13:52.011	1:21:09.032	3:13:49.302	0:07:45.172	VIDA ATIVA RUNNERS
183	190	SEN-F	8	MARIA DE FATIMA MIRANDA MARIZ	3:13:52.156	1:21:09.177	3:13:48.276	0:07:45.131	VIDA ATIVA RUNNERS
184	96	VET-M40	55	PAULO JORGE DA SILVA SEABRA	3:13:58.258	1:21:15.279	3:13:49.445	0:07:45.177	
185	179	SEN-M	103	JOÃO LIMA	3:14:22.954	1:21:39.975	3:14:13.755	0:07:46.150	BLIP.PT
186	22	VET-M40	56	PEDRO MIGUEL GONÇALVES DA SILVA BARBOSA	3:14:33.706	1:21:50.727	3:14:23.980	0:07:46.559	INVICTA RUNNERS TEAM
187	42	VET-M40	57	RUI MANUEL PERESTRELO MESQUITA	3:15:44.860	1:23:01.881	3:15:40.455	0:07:49.618	
188	119	SEN-M	104	SÉRGIO LARANJEIRA	3:15:59.177	1:23:16.198	3:15:59.177	0:07:50.367	TRAIL TÓNICO
189	30	SEN-M	105	HUGO MANUEL LOPES DE SOUSA	3:16:18.588	1:23:35.609	3:16:10.023	0:07:50.800	TARTARUGAS VELOZES
190	23	SEN-M	106	JOSÉ CARLOS MARTINS	3:16:18.774	1:23:35.795	3:16:10.442	0:07:50.817	TARTARUGAS VELOZES
191	228	SEN-M	107	MIGUEL VIAMONTE SILVA CARVALHO AROSO	3:16:34.428	1:23:51.449	3:16:29.316	0:07:51.572	
192	21	SUB-F23	1	ANA ISABEL FARIA CARDOSO	3:16:48.684	1:24:05.705	3:16:38.201	0:07:51.928	
193	91	SEN-M	108	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
194	203	VET-M40	58	JOAQUIM PAULO MADUREIRA QUEIRÓS	3:17:57.873	1:25:14.894	3:17:45.134	0:07:54.605	
195	144	SEN-M	109	SERGIO ALEXANDRE PIRES MONTEIRO	3:18:58.570	1:26:15.591	3:18:55.761	0:07:57.430	FFIT GAIA TRAIL
196	188	SEN-M	110	ANDRÉ DE ARAÚJO ALVES FERREIRA	3:19:04.351	1:26:21.372	3:18:57.664	0:07:57.506	
197	19	SEN-M	111	MÁRIO ANDRÉ MARQUES LUIS	3:19:10.094	1:26:27.115	3:19:02.805	0:07:57.712	XTRAIL RUNNING TEAM
198	177	SEN-F	9	JOANA PEREIRA DA SILVA	3:19:37.026	1:26:54.047	3:19:25.723	0:07:58.628	PADELA NATURAL TEAM
199	229	SEN-M	112	ANDRÉ PEREIRA DA SILVA	3:19:37.166	1:26:54.187	3:19:25.521	0:07:58.620	PADELA NATURAL TEAM
200	118	VET-M40	59	HUMBERTO FONTES	3:19:57.461	1:27:14.482	3:19:44.957	0:07:59.398	FONTESERVICE - MULTISERVIÇOS EM IMÓVEIS





## TRAIL DE ALVELOS AM - 25K - CLASSIFICAÇÃO GERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
201	167	SEN-M	113	NILTON PATRICK BORJA	3:20:37.743	1:27:54.764	3:20:29.581	0:08:01.183	MAIA NORTH SIDE RUN
202	194	VET-M40	60	MIGUEL JORGE FERNANDES DEARAÚJO VIEIRA	3:20:48.222	1:28:05.243	3:20:38.028	0:08:01.521	AASM
203	58	SEN-M	114	JORGE DUARTE AZEVEDO	3:21:01.999	1:28:19.020	3:20:55.761	0:08:02.230	ASSOCIAÇÃO S4L
204	153	SEN-F	10	M. JOÃO RICARDO	3:21:25.706	1:28:42.727	3:21:08.180	0:08:02.727	TROCOPASSO RUNNERS
205	43	SEN-M	115	JOÃO PEDRO RODRIGUES DE SOUSA	3:21:33.908	1:28:50.929	3:21:28.100	0:08:03.524	ASSOCIAÇÃO S4L
206	175	SEN-M	116	ZACARIAS MIGUEL SILVA OLIVEIRA	3:22:00.191	1:29:17.212	3:21:55.033	0:08:04.601	
207	287	VET-M50	10	MARIO COSTA	3:22:00.890	1:29:17.911	3:21:56.713	0:08:04.668	MOREIRA RELAX RUNNERS
208	201	SEN-M	117	NUNO ALEXANDRE LOPES DOS SANTOS	3:22:01.441	1:29:18.462	3:21:49.050	0:08:04.362	
209	155	VET-F40	6	CARLA NEVES	3:22:50.769	1:30:07.790	3:22:33.340	0:08:06.133	TROCOPASSO RUNNERS
210	163	VET-M50	11	JOSÉ LUIS PEREIRA DOS SANTOS ALMEIDA	3:22:54.356	1:30:11.377	3:22:34.767	0:08:06.190	DEUSES DAS MONTANHAS
211	146	VET-F40	7	MARIA DA GRAÇA CALEIRO DA COSTA	3:24:49.379	1:32:06.400	3:24:44.400	0:08:11.376	VIDA ATIVA RUNNERS
212	115	SEN-M	118	ABILIO OSCAR BARROS GUIMARAES CASANOVA	3:25:22.253	1:32:39.274	3:25:17.626	0:08:12.705	VIDA ATIVA RUNNERS
213	143	SEN-M	119	HELSEF FILIPE RIBEIRO VILAS BOAS	3:25:22.258	1:32:39.279	3:25:18.387	0:08:12.735	VIDA ATIVA RUNNERS
214	215	VET-F40	8	ANA CAROLINA LOPES FERREIRA	3:25:46.069	1:33:03.090	3:25:40.077	0:08:13.603	NAST
215	214	SEN-M	120	HELDER FERNANDO VIEIRA AZEVEDO	3:25:46.232	1:33:03.253	3:25:40.532	0:08:13.621	NAST
216	165	SEN-M	121	MICHAEL CAMPOS	3:26:07.599	1:33:24.620	3:25:48.632	0:08:13.945	DEUSES DAS MONTANHAS
217	277	SEN-F	11	MARCIA VILAS BOAS BANDEIRA	3:26:55.848	1:34:12.869	3:26:51.865	0:08:16.474	VIDA ATIVA RUNNERS
218	134	SEN-M	122	VITOR HUGO PINHEIRO DA SILVA	3:26:55.946	1:34:12.967	3:26:53.863	0:08:16.554	VIDA ATIVA RUNNERS
219	178	SEN-M	123	JOÃO NUNES DE OLIVEIRA MORAIS MEIRA	3:26:56.531	1:34:13.552	3:26:51.427	0:08:16.457	VIANA TRAIL
220	92	SEN-M	124	HUGO PINTO	3:26:57.536	1:34:14.557	3:26:41.385	0:08:16.055	
221	24	SEN-M	125	PEDRO ALEXANDRE PIMENTA PEREIRA SILVA	3:29:08.489	1:36:25.510	3:28:58.839	0:08:21.553	2SLOW2RUN
222	272	SEN-F	12	ANDREIA SUSANA DA COSTA MAIA	3:29:55.111	1:37:12.132	3:29:51.267	0:08:23.650	
223	281	VET-M40	61	DOMINGOS BANNOS	3:31:08.731	1:38:25.752	3:30:56.879	0:08:26.275	OS SELVAGENS
224	280	VET-F40	9	AMÉLIA MOREIRA	3:31:08.924	1:38:25.945	3:30:57.924	0:08:26.316	OS SELVAGENS
225	284	VET-M50	12	JOAQUIM RODRIGUES SAMPAIO	3:31:15.769	1:38:32.790	3:31:06.914	0:08:26.676	DESNIVEL POSITIVO
226	202	SEN-M	126	ANTÓNIO PEDRO SILVA TEIXEIRA	3:33:17.974	1:40:34.995	3:33:04.831	0:08:31.393	
227	88	VET-F40	10	PAULA CRISTINA ALMEIDA DE OLIVEIRA	3:33:43.925	1:41:00.946	3:33:34.420	0:08:32.576	
228	180	SEN-F	13	CARLA ISABEL SOUSA GONÇALVES	3:34:32.478	1:41:49.499	3:34:29.130	0:08:34.765	VIDA ATIVA RUNNERS
229	112	SEN-M	127	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
230	307	VET-M40	62	GEORGE FERREIRA ARAÚJO	3:35:34.239	1:42:51.260	3:35:24.607	0:08:36.984	GDCTCMB
231	242	VET-M40	63	LEONEL CARLOS CARDOSO TEIXEIRA PINTO	3:35:58.923	1:43:15.944	3:35:47.181	0:08:37.887	
232	293	SEN-F	14	ANDREA DOMINGUES	3:36:04.723	1:43:21.744	3:36:04.723	0:08:38.588	NO PAIN NO GAIN
233	99	SEN-M	128	RUI MIGUEL SIMÕES FERREIRA	3:37:22.618	1:44:39.639	3:37:08.115	0:08:41.124	
234	29	VET-M50	13	RUI MAN SA RANGEL	3:37:43.473	1:45:00.494	3:37:41.590	0:08:42.463	FFIT GAIA TRAIL
235	38	SEN-M	129	PAULO JORGE VIEIRA FARIA	3:37:47.879	1:45:04.900	3:37:39.103	0:08:42.364	
236	11	VET-M40	64	JORGE MANUEL YONG PINTO	3:37:54.719	1:45:11.740	3:37:49.248	0:08:42.769	
237	77	VET-M40	65	ARTUR JORGE TOMÁSIO DUARTE	3:38:59.533	1:46:16.554	3:38:43.783	0:08:44.951	GISP
238	79	VET-M40	66	JOSÉ MIGUEL BARROS	3:38:59.563	1:46:16.584	3:38:44.815	0:08:44.992	GISP
239	72	VET-M40	67	JORGE ALEXANDRE GONÇALVES AIRES	3:38:59.684	1:46:16.705	3:38:45.185	0:08:45.007	GISP
240	71	SEN-M	130	JORGE MANUEL DUQUE LADEIRA	3:38:59.767	1:46:16.788	3:38:43.782	0:08:44.951	GISP
241	44	VET-M40	68	JOÃO PAULO DIAS GONÇALVES	3:38:59.831	1:46:16.852	3:38:45.158	0:08:45.006	GISP
242	74	SEN-M	131	DANIEL JOÃO MARQUES DA SILVA	3:38:59.863	1:46:16.884	3:38:44.558	0:08:44.982	GISP
243	75	VET-M40	69	JOSÉ ROLINHO CARVALHO MONTEIRO	3:38:59.918	1:46:16.939	3:38:44.882	0:08:44.995	GISP
244	70	SEN-M	132	JOSÉ MANUEL DE CASTRO FERREIRA	3:38:59.925	1:46:16.946	3:38:44.715	0:08:44.988	GISP
245	279	VET-M40	70	VICTOR MANUEL FONSECA TEIXEIRA	3:44:34.135	1:51:51.156	3:44:28.840	0:08:58.753	NAST
246	278	SEN-F	15	SONIA DOLORES FERREIRA ALVES	3:44:34.481	1:51:51.502	3:44:28.358	0:08:58.734	NAST
247	235	SEN-M	133	RUI MIGUEL DA COSTA TEIXEIRA	3:44:38.046	1:51:55.067	3:44:23.949	0:08:58.557	
248	111	SEN-M	134	JOEL CUNHA FREITAS	3:46:04.237	1:53:21.258	3:46:02.315	0:09:02.492	FFIT GAIA TRAIL
249	185	VET-M50	14	AUGUSTO JOSÉ CANDOSO TAVARES	3:51:42.046	1:58:59.067	3:51:35.255	0:09:15.810	ALIVE
250	225	SEN-M	135	PAULO MANUEL MONTEIRO DA COSTA	3:51:49.494	1:59:06.515	3:51:36.912	0:09:15.876	A.D.A



## TRAIL DE ALVELOS AM - 25K - CLASSIFICAÇÃO GERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
251	166	VET-M50	15	VALENTIM CASTRO DA GUIA	3:55:56.435	2:03:13.456	3:55:44.843	0:09:25.793	EDV - VIANA TRAIL
252	200	SEN-M	136	RICARDO MANUEL VASCONCELOS CARVALHO	3:56:30.040	2:03:47.061	3:56:16.825	0:09:27.073	
253	159	SEN-F	16	BERTA DALILA CARVALHO	3:57:37.816	2:04:54.837	3:57:26.629	0:09:29.865	
254	237	SEN-F	17	SARA MARINHO	3:57:47.158	2:05:04.179	3:57:36.919	0:09:30.276	
255	256	SEN-F	18	ANA ISABEL ABREU MENDONÇA	3:57:54.415	2:05:11.436	3:57:45.103	0:09:30.604	A.D.AMARANTE TRAIL RUNNING
256	65	VET-M40	71	VITOR MANUEL JACOB ESTRELA	3:59:16.660	2:06:33.681	3:59:12.788	0:09:34.111	EDV - VIANA TRAIL
257	104	SEN-M	137	RUI MIGUEL DE SOUSA FERREIRA FERNANDES	4:03:42.440	2:10:59.461	4:03:26.515	0:09:44.260	
258	89	VET-F40	11	FERNANDA ALVES	4:12:58.255	2:20:15.276	4:12:49.591	0:10:06.783	
259	18	SEN-F	19	ANA LUISA FERREIRA PATRICIO	4:27:35.859	2:34:52.880	4:27:29.004	0:10:41.960	XTRAIL RUNNING TEAM
260	17	SEN-M	138	FERNANDO CARLOS MOREIRA RAMOS	4:27:35.901	2:34:52.922	4:27:28.856	0:10:41.954	XTRAIL RUNNING TEAM