

TRAIL ÁGUIAS DE ALVELOS 2019

10 de Março de 2019

Classificações

CLASSIFICAÇÃO GERAL			TRAIL CURTO				
Dorsal	Class.	Class. Esc.	Atleta	Clube	Sexo	Tempo Oficial	Escalão
1273	1	1	BRUNO SILVA	AGUIAS DE ALVELOS	M	1:06:04	MSEN TC
1025	2	2	JOAO FERREIRA	AIRORUN	M	1:06:10	MSEN TC
1000	3	3	NELSON LOUREIRO		M	1:08:45	MSEN TC
1040	4	1	CARLOS VELOSO	AIRORUN	M	1:09:50	M40 TC
1255	5	2	CARLOS MONTEIRO	F. C. VIZELA	M	1:10:12	M40 TC
1180	6	3	IGOR MOREIRA	MELGACO ALVARINHO TRAIL TEAM	M	1:14:00	M40 TC
1102	7	4	FABIO CORREIA	ESPINHO	M	1:14:16	MSEN TC
1349	8	5	FRANCISCO FERNANDES	AGUIAS DE ALVELOS	M	1:14:29	MSEN TC
1186	9	6	RICARDO SA	AKUAFIT	M	1:14:41	MSEN TC
1147	10	1	ARMINDO ARAUJO	LIBERDADE FUTEBOL CLUBE	M	1:17:14	M50 TC
1285	11	7	SALVADOR OLIVEIRA	B.T.M.	M	1:17:17	MSEN TC
1104	12	1	NUNO CARVALHO	REALENSE FUTEBOL CLUBE	M	1:17:35	MSUB23 TC
1139	13	8	SERGIO ARAUJO	BROTHERS TRAIL TEAM	M	1:17:42	MSEN TC
1150	14	4	GABRIEL MEIRA	EDVIANA TRAIL	M	1:17:55	M40 TC
1242	15	9	MARCO SANTOS	ADOSAOS SANTA APOLONIA	M	1:18:12	MSEN TC
1127	16	2	JOSE FALCAO	ARCA BARCELOS RUNNERS	M	1:18:29	M50 TC
1093	17	5	PEDRO GILVAZ		M	1:18:51	M40 TC
1313	18	10	BRUNO RODRIGUES	MINHO E LIMA TRAIL	M	1:19:13	MSEN TC
1019	19	11	PAULO MACEDO		M	1:19:35	MSEN TC
1176	20	6	PAULO PEREIRA	DRAGON CLUB	M	1:19:58	M40 TC
1021	21	12	RUI FERNANDES	CLUBE ATLETISMO FAFE	M	1:20:35	MSEN TC
1007	22	13	VASCO COSTA	ARC VALE S. COSME	M	1:20:37	MSEN TC
1171	23	14	PEDRO MACIEL	DRAGON CLUB	M	1:20:41	MSEN TC
1058	24	2	RAFAEL SA	DRAGON CLUB	M	1:21:16	MSUB23 TC
1001	25	15	HENRIQUE LOUREIRO		M	1:21:26	MSEN TC
1088	26	16	HELIO COSTA	UCHA TRAIL TEAM	M	1:21:47	MSEN TC
1298	27	7	NUNO ARAUJO	OLIMPICO VIANENSE	M	1:21:54	M40 TC
1274	28	1	LAURA SILVA	AGUIAS DE ALVELOS	F	1:23:01	FSEN TC
1170	29	8	JOSE MARTINS	DRAGON CLUB	M	1:23:18	M40 TC
1289	30	17	JOAQUIM MENDES	ADEPE	M	1:23:46	MSEN TC
1055	31	18	RUI SOUSA	PALMEIRA RUNNERS	M	1:24:02	MSEN TC
1084	32	19	NUNO FIGUEIREDO		M	1:24:24	MSEN TC
1308	33	20	RICARDO MIRANDA	AGUIAS DE ALVELOS	M	1:24:25	MSEN TC
1290	34	9	SERGIO RAMOS	EDVIANA TRAIL	M	1:24:28	M40 TC
1054	35	21	PEDRO PEREIRA	ADEPE	M	1:24:29	MSEN TC
1105	36	3	DANIEL CARDOSO	AIRORUN	M	1:24:48	M50 TC
1056	37	22	SERGIO TORRE		M	1:25:34	MSEN TC
1075	38	10	ANTONIO CARDOSO	A.D.CARVALHAL	M	1:25:57	M40 TC
1321	39	4	MARIO GONCALVES	OLIMPICO VIANENSE	M	1:26:32	M50 TC
1235	40	11	STEPHANE SIMOES	EDVIANA TRAIL	M	1:27:00	M40 TC
1210	41	12	NUNO MARTINS	MAGIC FRIENDS RUNNERS	M	1:27:04	M40 TC
1060	42	5	JOAQUIM RODRIGUES	ACRRORIZ	M	1:28:02	M50 TC
1243	43	3	LUIS PEREIRA	ADEPE	M	1:28:27	MSUB23 TC
1059	44	6	MANUEL MIRANDA	ACRRORIZ	M	1:28:46	M50 TC
1310	45	23	JORGE SANTOS		M	1:28:59	MSEN TC
1202	46	24	RUI SILVA	DRAGON CLUB	M	1:29:09	MSEN TC
1181	47	13	ANTONIO GONCALVES	DRAGON CLUB	M	1:29:16	M40 TC
1297	48	7	JOSE MACHADO	CYCLONES SANITOP	M	1:29:19	M50 TC
1178	49	4	JOAO RIBEIRO		M	1:29:22	MSUB23 TC
1198	51	2	JOANA FERNANDES	AKUAFIT	F	1:29:42	FSEN TC
1201	50	25	RUI PINHO	AKUAFIT	M	1:29:42	MSEN TC
1026	52	14	JOSE PEREIRA	AIRORUN	M	1:30:09	M40 TC
1346	53	15	JORGE BRITO		M	1:30:37	M40 TC
1314	54	8	FERNANDO ALVES	OLIMPICO VIANENSE	M	1:30:41	M50 TC
1023	55	26	NUNO FERNANDES		M	1:31:23	MSEN TC
1132	56	27	JOSE LOPES	VIDAATVARUNNERS	M	1:31:29	MSEN TC
1049	57	9	JOSE CAVALCANTE	GUIMARUNNING	M	1:31:40	M50 TC
1133	58	16	DOMINGOS PEIXOTO	PALMEIRA RUNNERS	M	1:32:24	M40 TC
1208	59	28	NUNO LOPES		M	1:32:39	MSEN TC
1050	60	17	JOAO SILVA		M	1:32:45	M40 TC
1219	61	18	MIGUEL ALVES		M	1:32:51	M40 TC
1114	63	19	ARSENIO BATATA	PES DE CHUMBO RUNNERS	M	1:33:16	M40 TC
1306	62	29	JOSE PEREIRA	PHOENIX EVORUN	M	1:33:16	MSEN TC
1351	64	3	SANDRA ARAUJO		F	1:33:16	FSEN TC
1311	65	30	VITOR SOUSA	LANHAS TT	M	1:33:40	MSEN TC

1213	66	20	PAULO FREITAS	F. C. VIZELA	M	1:33:42	M40 TC
1103	67	31	ANDRE SILVA	ESPINHO	M	1:33:55	MSEN TC
1249	68	32	AMARO COSTA	EDVIANA TRAIL	M	1:33:56	MSEN TC
1113	69	33	HUGO CUNHA	REALENSE FUTEBOL CLUBE	M	1:33:57	MSEN TC
1121	70	34	MARCOS OURIVES	2MUCHRUN	M	1:34:08	MSEN TC
1038	71	35	NUNO GOMES	B.T.M.	M	1:34:10	MSEN TC
1109	72	36	FRANCISCO SILVA	C.C TEAM	M	1:34:14	MSEN TC
1309	73	4	SILVIA DOMINGUEZ	GMTA E CHUVONERS	F	1:34:14	FSEN TC
1190	74	21	RUI DANTAS	AKUAFIT	M	1:34:17	M40 TC
1163	75	37	JOAO PEREIRA	PES DE CHUMBO RUNNERS	M	1:34:18	MSEN TC
1257	76	38	MAURO ROXO	ADE TRAIL RUNNING	M	1:34:21	MSEN TC
1091	77	39	ZE MORAIS	F. C. VIZELA	M	1:34:27	MSEN TC
1205	78	5	NUNO BAPTISTA	ADOSAOS SANTA APOLONIA	M	1:34:30	MSUB23 TC
1286	79	40	CESAR MACHADO		M	1:34:40	MSEN TC
1152	80	22	JOSE COSTA	PALMEIRA RUNNERS	M	1:34:42	M40 TC
1248	81	41	RUI VIEIRA	EU VOU	M	1:35:11	MSEN TC
1209	82	42	LUIS FERRAZ	TEAM CARACOLETAS	M	1:35:26	MSEN TC
1237	83	23	PEDRO CALDAS	EDVIANA TRAIL	M	1:35:38	M40 TC
1158	84	24	ANTONIO BOAS	ARCA BARCELOS RUNNERS	M	1:35:46	M40 TC
1072	85	25	IGOR AFANAS		M	1:35:49	M40 TC
1012	86	26	RUI MACIEL	ALEXANDRA CARVALHO TEAM	M	1:36:07	M40 TC
1138	87	27	ANTONIO VILACA	PES DE CHUMBO RUNNERS	M	1:36:12	M40 TC
1004	89	10	JOAQUIM DINIS	ADOSAOS SANTA APOLONIA	M	1:36:27	M50 TC
1005	88	5	CARLA OLIVEIRA	ADOSAOS SANTA APOLONIA	F	1:36:27	FSEN TC
1301	90	28	CESAR GOMES	AMIGOS DOS TRAILS	M	1:36:34	M40 TC
1107	91	29	PAULO OLIVEIRA	PES DE CHUMBO RUNNERS	M	1:36:47	M40 TC
1162	92	43	FABIO ANDRE	PES DE CHUMBO RUNNERS	M	1:36:47	MSEN TC
1122	93	30	ANTONIO GRANDE	TRAIL ME	M	1:37:19	M40 TC
1226	94	31	FERNANDO PEREIRA	DRAGON CLUB	M	1:37:20	M40 TC
1006	95	32	PAULO AZEVEDO	LANHAS TT	M	1:37:30	M40 TC
1008	97	34	PAULO COELHO	CLUBE ATLETISMO FAFE	M	1:37:38	M40 TC
1307	96	33	FILIPE BASTOS		M	1:37:38	M40 TC
1031	98	11	MANUEL PEREIRA	FERREIROLUX	M	1:37:49	M50 TC
1108	99	6	LUIS ROCHA	C.C TEAM	M	1:37:57	MSUB23 TC
1259	100	35	PAULO RIBEIRO	DRAGON CLUB	M	1:38:06	M40 TC
1022	101	6	SARA ARAUJO	B.T.M.	F	1:38:20	FSEN TC
1197	102	36	PAULO SOUSA	AKUAFIT	M	1:38:25	M40 TC
1096	103	37	PAULO FRANCA		M	1:38:28	M40 TC
1315	104	12	PAULO FRANCISCO	OLIMPICO VIANENSE	M	1:39:05	M50 TC
1296	105	13	CARLOS GOMES	AGUAS DE ALVELOS	M	1:39:17	M50 TC
1156	106	14	LOPES ARMINDO	ARC VALE S. COSME	M	1:39:25	M50 TC
1073	107	15	RAUL FERNANDES	CERVERA TEAM RUNNING	M	1:39:38	M50 TC
1200	108	44	PEDRO MIRANDA	AKUAFIT	M	1:39:57	MSEN TC
1002	110	45	PEDRO CATARINO	DRAGON CLUB	M	1:40:07	MSEN TC
1128	109	16	JOAQUIM CARVALHO	REALENSE FUTEBOL CLUBE	M	1:40:07	M50 TC
1030	111	17	CONSTANTINO MOREIRA	FERREIROLUX	M	1:40:25	M50 TC
1148	112	46	GABRIEL SILVA	DRAGON CLUB	M	1:40:48	MSEN TC
1041	113	47	JOSE ROCHA		M	1:41:03	MSEN TC
1081	114	38	JOAQUIM PINTO	RIBEIRAS TRAIL	M	1:41:09	M40 TC
1095	115	1	ELISABETE MINISTRO	PALMEIRA RUNNERS	F	1:41:09	F40 TC
1191	116	39	CARLOS RODRIGUES	AKUAFIT	M	1:41:33	M40 TC
1278	117	40	CARLOS RIBEIRO		M	1:42:17	M40 TC
1358	118	48	SERGIO NEIVA	GANITA SPORTAVE	M	1:42:39	MSEN TC
1291	119	41	JOAO LEITE		M	1:42:55	M40 TC
1353	120	42	JOSE PADRAO	ARCA BARCELOS RUNNERS	M	1:42:59	M40 TC
1245	121	49	CARLOS RIBEIRO	ADEPE	M	1:43:01	MSEN TC
1304	122	43	DAVID CUNHA	AGUAS DE ALVELOS	M	1:43:03	M40 TC
1214	123	50	RICARDO CRAVEIRO	MAGIC FRIENDS RUNNERS	M	1:43:04	MSEN TC
1045	124	7	MARLENE MIRANDA	B.T.M.	F	1:43:24	FSEN TC
1177	125	7	RAFAEL VIANA		M	1:43:33	MSUB23 TC
1037	126	18	ANTONIO MENDONCA		M	1:43:36	M50 TC
1067	127	51	RENATO LOPES	MUS RUNNERS	M	1:44:03	MSEN TC
1270	128	52	ARTUR BOAS		M	1:44:13	MSEN TC
1032	129	53	JOSE GONCALVES		M	1:44:37	MSEN TC
1187	130	44	HUGO SILVA	AKUAFIT	M	1:45:00	M40 TC
1189	131	54	DAVID DIAS	AKUAFIT	M	1:45:00	MSEN TC
1063	132	55	MIGUEL ANGELO		M	1:45:17	MSEN TC
1227	133	19	ANTONIO AZEVEDO	DOUROCONTA	M	1:45:20	M50 TC
1294	134	56	DIOGO AZEVEDO		M	1:45:52	MSEN TC
1207	135	8	JULIANA PINHEIRAL	ADE TRAIL RUNNING	F	1:46:00	FSEN TC
1185	136	9	LUCIA DIAS	ARCA BARCELOS RUNNERS	F	1:46:14	FSEN TC
1160	138	21	ALBERTO SA	INTRATAVEIS	M	1:46:39	M50 TC
1161	137	20	JULIO FERREIRA	INTRATAVEIS	M	1:46:39	M50 TC
1061	139	45	PAULO PEIXOTO	XPLOD TT	M	1:46:42	M40 TC

1092	140	2	MARIA SILVA	F. C. VIZELA	F	1:46:44	F40 TC
1044	141	46	CARLOS GOMES	B.T.M.	M	1:46:47	M40 TC
1017	143	57	CARLOS CAMPAINHA	ALEXANDRA CARVALHO TEAM	M	1:46:54	MSEN TC
1018	142	10	ELIANA PEREIRA	ALEXANDRA CARVALHO TEAM	F	1:46:54	FSEN TC
1224	144	47	PAULO ARAUJO	ARC VALE S. COSME	M	1:47:15	M40 TC
1179	146	9	RUI JOAO		M	1:47:28	MSUB23 TC
1244	145	8	PAULO RIBEIRO		M	1:47:28	MSUB23 TC
1182	147	58	JOEL SILVA	ARCA BARCELOS RUNNERS	M	1:47:42	MSEN TC
1305	148	48	EDUARDO NASCIMENTO	AGEAS	M	1:47:42	M40 TC
1323	150	49	RUI FIGUEIRAS	A.D.CARVALHAL	M	1:47:43	M40 TC
1330	149	59	MIGUEL LINHARES	A.D.CARVALHAL	M	1:47:43	MSEN TC
1145	151	50	NUNO OLIVEIRA	CONSERVATORIO DE MUSICA DE VILA DO CONDE	M	1:48:21	M40 TC
1083	152	60	CESAR BRANDAO	TRAIL ME	M	1:48:39	MSEN TC
1087	153	51	BRUNO AZEVEDO	ADEPE	M	1:48:43	M40 TC
1356	154	52	PAULO REMELHE	GANITA SPORTAVE	M	1:48:45	M40 TC
1280	155	53	BRUNO EIRAS	LANHAS TT	M	1:48:48	M40 TC
1131	156	61	JOSE RODRIGUES		M	1:48:50	MSEN TC
1129	157	11	LENINHA COSTA		F	1:48:52	FSEN TC
1173	158	12	ANGELICA ROCHA	DRAGON CLUB	F	1:48:57	FSEN TC
1027	160	3	DEOLINDA FARIA	AIRORUN	F	1:49:08	F40 TC
1036	159	54	HELDER AZEVEDO	AIRORUN	M	1:49:08	M40 TC
1172	161	13	ANDREIA ROCHA	DRAGON CLUB	F	1:49:15	FSEN TC
1166	162	55	ANTONIO FONSECA	DRAGON CLUB	M	1:49:16	M40 TC
1220	163	56	ARSELIO REMELHE		M	1:49:33	M40 TC
1144	164	62	MARCIO ARAUJO	BROTHERS TRAIL TEAM	M	1:49:53	MSEN TC
1350	165	57	RUI CORREIA		M	1:50:02	M40 TC
1090	166	14	ISABEL SILVA	F. C. VIZELA	F	1:50:21	FSEN TC
1035	167	4	BELEM MARQUES	MAGIC FRIENDS RUNNERS	F	1:52:03	F40 TC
1174	168	63	HELDER CATARINO	DRAGON CLUB	M	1:52:14	MSEN TC
1080	169	22	JOSE MOURA	RIBEIRAS TRAIL	M	1:52:25	M50 TC
1295	170	64	DANIEL SILVA		M	1:53:12	MSEN TC
1137	171	23	MANUEL SOUSA		M	1:53:14	M50 TC
1011	172	58	FILIPE LIMA	ALEXANDRA CARVALHO TEAM	M	1:53:20	M40 TC
1218	173	65	NUNO SILVA	EDVIANA TRAIL	M	1:53:21	MSEN TC
1236	174	5	SALOME CERQUEIRA	EDVIANA TRAIL	F	1:53:24	F40 TC
1111	175	1	CONCEICAO QUEIROZ	PHOENIX EVORUN	F	1:54:13	F50 TC
1246	176	66	VITOR OLIVEIRA	ARCA BARCELOS RUNNERS	M	1:54:15	MSEN TC
1265	177	67	MANUEL CARDOSO		M	1:54:18	MSEN TC
1070	178	15	CLARISSE COUTO		F	1:54:21	FSEN TC
1231	179	59	ANTONIO FIGUEIREDO	EU VOU	M	1:54:24	M40 TC
1253	180	68	CASIMIRO CUNHA	VAMOS EQUIPE	M	1:55:15	MSEN TC
1204	181	16	SUSANA RODRIGUES	CLUBE ATLETISMO FAFE	F	1:55:24	FSEN TC
1303	182	60	ERNESTO MACEDO	RUNNERS FLYLONDON TEEM	M	1:55:31	M40 TC
1064	183	69	ALEXANDRE RIBEIRO	GUIMARUNNING	M	1:55:44	MSEN TC
1034	184	6	LURDES PINHEIRO	SEM MEDO	F	1:55:53	F40 TC
1151	185	7	SONIA SANTOS	AIRORUN	F	1:55:54	F40 TC
1355	186	61	PAULO GOMES	GANITA SPORTAVE	M	1:55:56	M40 TC
1239	187	17	MARINA MARTINS	VAMOS EQUIPE	F	1:56:00	FSEN TC
1228	188	18	NOEMIA FERREIRA	OLIMPICO VIANENSE	F	1:56:16	FSEN TC
1262	189	10	LUIS LEITAO		M	1:56:22	MSUB23 TC
1234	190	62	RICARDO ROCHA	FAST AO KM	M	1:56:47	M40 TC
1357	191	63	SERGIO GOMES	GANITA SPORTAVE	M	1:57:05	M40 TC
1284	192	70	HUGUINHO GOMES	ADE TRAIL RUNNING	M	1:57:09	MSEN TC
1222	193	64	ALEXANDRE RODRIGUES	VAMOS EQUIPE	M	1:57:12	M40 TC
1241	194	8	CONCEICAO VILASBOAS		F	1:57:12	F40 TC
1140	195	19	PATRICIA ARAUJO	BROTHERS TRAIL TEAM	F	1:57:22	FSEN TC
1033	196	2	NILDA MAGALHAES	FISICORPUS CASA DA COSTURA	F	1:57:25	F50 TC
1149	197	9	CELIA MEIRA	EDVIANA TRAIL	F	1:57:32	F40 TC
1047	198	71	PEDRO PEREIRA	GUIMARUNNING	M	1:57:39	MSEN TC
1240	199	24	ALBINO FARIA	BTT CARREIRA	M	1:57:45	M50 TC
1155	200	72	JOAO CASTRO		M	1:58:22	MSEN TC
1074	201	25	JOSE FONSECA	BRAGUINHAS RUNNERS	M	1:58:28	M50 TC
1195	202	10	MARIA CACHETAS	AKUAFIT	F	1:58:32	F40 TC
1199	203	11	PAULA FERREIRA	AKUAFIT	F	1:58:38	F40 TC
1292	204	20	MAFALDA REIS	FISIO	F	1:58:51	FSEN TC
1312	205	21	DIANA OLIVEIRA	MAGIC FRIENDS RUNNERS	F	1:58:55	FSEN TC
1085	206	73	PEDRO SILVA	LANHAS TT	M	1:59:06	MSEN TC
1251	207	65	NUNO LOPES	GDRC ALTO AVILHO	M	1:59:15	M40 TC
1112	208	74	NUNO CARACA	UMFCA WARRIORS	M	1:59:48	MSEN TC
1142	209	22	SOLANGE SOUSA	BIA TEAM	F	1:59:50	FSEN TC
1143	210	66	NELSON SOUSA	BIA TEAM	M	1:59:50	M40 TC
1167	211	23	DANIELA BOAS	DRAGON CLUB	F	2:00:00	FSEN TC
1261	212	26	ANTONIO ROSA	ALVELINHOS RUNNING	M	2:00:10	M50 TC
1299	213	67	JOSE CARVALHO	ALVELINHOS RUNNING	M	2:00:10	M40 TC

1279	214	68	JOSE PEREIRA		M	2:00:11	M40 TC
1101	215	24	SONIA PINHEIRO	VIZELA	F	2:00:12	FSEN TC
1154	216	12	ELIA OLIVEIRA	MAGIC FRIENDS RUNNERS	F	2:00:50	F40 TC
1010	217	69	SERGIO SILVA		M	2:01:08	M40 TC
1233	218	13	SUSANA MATOS	EDWIANA TRAIL	F	2:01:30	F40 TC
1094	219	14	ANA CARVALHO	F. C. VIZELA	F	2:01:52	F40 TC
1258	220	70	SERGIO SILVA		M	2:02:03	M40 TC
1316	222	3	ELISABETE PEREIRA	OLIMPICO VIANENSE	F	2:02:07	F50 TC
1317	221	27	JAIME PEREIRA	OLIMPICO VIANENSE	M	2:02:07	M50 TC
1052	223	15	FATIMA COSTA	FAMA RUNNERS	F	2:02:26	F40 TC
1194	224	25	SARA CUNHA	AKUAFIT	F	2:02:33	FSEN TC
1320	225	16	CARLA CRUZ	OLIMPICO VIANENSE	F	2:02:43	F40 TC
1252	226	26	CONSTANCA BRITO	ARCA BARCELOS RUNNERS	F	2:02:47	FSEN TC
1068	227	17	ISALRA VELOSO	BRAGUINHAS RUNNERS	F	2:03:09	F40 TC
1267	228	27	FILIPA CRUZ		F	2:03:46	FSEN TC
1283	229	28	JOAO CRUZ	ARCA BARCELOS RUNNERS	M	2:04:07	M50 TC
1046	230	18	ALEXANDRA FERNANDES	GUIMARUNNING	F	2:05:07	F40 TC
1141	231	75	VICTOR ARAUJO	BROTHERS TRAIL TEAM	M	2:05:17	MSEN TC
1126	232	19	CIDALIA RODRIGUES	ARCA BARCELOS RUNNERS	F	2:05:49	F40 TC
1134	233	20	ANDRA JULIO	GTT ARMAZEM DO CAFFE	F	2:06:01	F40 TC
1057	234	28	EDUARDA BARROS		F	2:06:52	FSEN TC
1211	235	21	GORETI CARVALHO		F	2:06:55	F40 TC
1328	236	29	MANUEL FERNANDES		M	2:06:55	M50 TC
1326	237	71	ALVARO SANTOS	NECESSIDADES F.C	M	2:07:10	M40 TC
1327	238	72	FRANCISCO FONSECA	NECESSIDADES F.C	M	2:07:13	M40 TC
1229	239	73	PATRICIO RODRIGUES	BAGARINHO TEMOS TEMPO	M	2:07:15	M40 TC
1266	240	29	ODETE CARDOSO		F	2:07:31	FSEN TC
1024	242	22	MARGARIDA PINTO	ARPO	F	2:07:51	F40 TC
1196	241	30	CATARINA PINTO	AKUAFIT	F	2:07:51	FSEN TC
1282	243	23	ANA BRITO		F	2:07:52	F40 TC
1264	244	24	MARIA FERREIRA		F	2:08:03	F40 TC
1062	245	25	MARIA RIBEIRO	BRAGUINHAS RUNNERS	F	2:08:11	F40 TC
1065	246	76	FERNANDO PEREIRA		M	2:08:37	MSEN TC
1293	247	30	JOSE COSTA		M	2:08:48	M50 TC
1319	248	77	OSCAR SOUSA	OLIMPICO VIANENSE	M	2:08:52	MSEN TC
1230	249	31	SANDRA FIGUEIREDO	EU VOU	F	2:08:57	FSEN TC
1169	250	26	MARIA CEU	DRAGON CLUB	F	2:09:02	F40 TC
1115	251	31	JOSE TEIXEIRA		M	2:09:22	M50 TC
1348	252	27	ALEXANDRA OLIVEIRA	B.T.M.	F	2:09:25	F40 TC
1203	253	28	PAULA OLIVEIRA	JUNTOS SOMOS UM	F	2:09:41	F40 TC
1232	254	32	MANUELA MARQUES	EU VOU	F	2:09:45	FSEN TC
1250	255	74	TEOTONIO BOUCINHA	BOUCINHA	M	2:10:00	M40 TC
1082	256	33	TANIA MACHADO		F	2:10:28	FSEN TC
1015	257	32	DOMINGOS ARAUJO	D.A.S.CONFECCOES	M	2:10:53	M50 TC
1016	258	29	IRENE SILVA	D.A.S.CONFECCOES	F	2:10:53	F40 TC
1116	259	33	JOAQUIM FERREIRA	A.C. VERMOIM	M	2:11:18	M50 TC
1117	260	30	FATIMA AZEVEDO	A.C. VERMOIM	F	2:11:18	F40 TC
1263	261	31	ANA FERREIRA		F	2:11:34	F40 TC
1119	262	34	LINO SOUSA	SPARTAN BEER TEAM	M	2:11:42	M50 TC
1359	263	35	JOSE CUNHA	GANTA SPORTAVE	M	2:12:18	M50 TC
1324	264	32	ANA ROCHA	B.T.M.	F	2:12:24	F40 TC
1051	265	34	VANIA COSTA	FAMA RUNNERS	F	2:12:43	FSEN TC
1188	266	33	ELSA FERREIRA	AKUAFIT	F	2:13:00	F40 TC
1123	267	35	IVONE FERRAZ	TEAM CARACOLETAS	F	2:13:29	FSEN TC
1268	268	36	CATIA SALGADO	GTT ARMAZEM DO CAFFE	F	2:13:33	FSEN TC
1146	269	34	LILIANA FERREIRA	GARRAFEIRA LORD	F	2:13:34	F40 TC
1020	270	75	ANTONIO PEREIRA	BENNIE	M	2:13:54	M40 TC
1287	271	35	ELIZABETH ORTIZ	BRAGUINHAS RUNNERS	F	2:13:59	F40 TC
1300	272	78	RICARDO COSTA		M	2:14:42	MSEN TC
1325	273	76	JOAO LOURENCO	C RUNNERS	M	2:16:11	M40 TC
1318	274	37	PAULA BROTA	OLIMPICO VIANENSE	F	2:16:34	FSEN TC
1276	275	38	LILIANA SILVA		F	2:16:50	FSEN TC
1277	276	39	FILIPA MARQUES		F	2:16:50	FSEN TC
1175	277	40	FATIMA ARAUJO	DRAGON CLUB	F	2:17:28	FSEN TC
1352	278	36	MANUEL FERNANDES		M	2:20:09	M50 TC
1212	280	37	JOAQUIM GOMES		M	2:20:10	M50 TC
1260	279	77	PAULO FERNANDES	MELGACO ALVARINHO TRAIL TEAM	M	2:20:10	M40 TC
1168	281	36	FATIMA ROCHA	DRAGON CLUB	F	2:21:40	F40 TC
1110	283	41	MARTA OLIVEIRA	VAMOS EQUIPE	F	2:22:26	FSEN TC
1215	282	37	CARLA TEIXEIRA		F	2:22:26	F40 TC
1164	285	38	LIVIA SOUSA		F	2:22:41	F40 TC
1165	286	79	ANTONIO COSTA		M	2:22:41	MSEN TC
1183	284	42	MONICA SILVA		F	2:22:41	FSEN TC
1192	287	43	MARIA MARTINS	AKUAFIT	F	2:22:47	FSEN TC

1066	288	44	MADALENA FONTES	PHOENIX EVORUN	F	2:22:52	FSEN TC
1193	289	45	MARTA BORGES	AKUAFIT	F	2:24:27	FSEN TC
1347	290	38	AUGUSTO LOPES		M	2:25:38	M50 TC
1238	291	78	ANTONIO MATOS	TRAIL TEAM MONTARIA	M	2:28:19	M40 TC
1360	292	39	MANUEL FIGUEIREDO		M	2:28:29	M50 TC
1135	293	79	DAVID COSTA	MANUS THERAPY	M	2:37:36	M40 TC
1206	294	80	VITOR FERREIRA	MANCOS	M	2:38:31	M40 TC
1216	295	80	EDUARDO SOUSA	OS MANCOS	M	2:38:32	MSEN TC
1217	296	81	VITOR AZEVEDO	OS MANCOS	M	2:38:32	M40 TC
1221	297	81	VALENTIM COELHO	OS MANCOS	M	2:38:32	MSEN TC
1223	298	46	ALDA RIBEIRO	BRAGUINHAS RUNNERS	F	2:40:36	FSEN TC
1254	299	47	JOANA BARBOSA	VAMOS EQUIPE	F	2:40:36	FSEN TC
1247	300	40	JOSE CARNEIRO		M	2:48:05	M50 TC
1106	301	48	ELSA GONCALVES	F. C. VIZELA	F	2:48:43	FSEN TC
1100	302	82	HUGO SILVA	GTT ARMAZEM DO CAFFE	M	2:50:39	M40 TC
1157	303	49	CLEIA SANTIAGO	GTT ARMAZEM DO CAFFE	F	2:51:32	FSEN TC
1077	304	83	ROLANDO MARQUES	RIBEIRAS TRAIL	M	3:00:27	M40 TC
1136	305	50	SANDRA JOAO	MANUS THERAPY	F	3:02:36	FSEN TC
1269	306	51	CATARINA LARA	EUGENIOS	F	3:02:36	FSEN TC
1069	307	4	ISABEL LOPES	LION RUNNERS G. D. LEOES DA GUARDA	F	3:03:11	F50 TC
1302	308	39	SANDRA SILVA	VAMOS EQUIPE	F	3:20:18	F40 TC



TRAIL ÁGUAS DE ALVELOS 2019

10 de Março de 2019

Classificações

CLASSIFICAÇÃO GERAL			TRAIL LONGO				
Dorsal	Class.	Class. Esc.	Atleta	Clube	Sexo	Tempo Oficial	Escalação
5	1	1	BRUNO RIBEIRO	AGUIAS DE ALVELOS	M	1:59:03	MSEN TL
110	2	2	OSCAR MENDES	AGUIAS DE ALVELOS	M	1:59:03	MSEN TL
107	3	3	SERGIO SA	AGUIAS DE ALVELOS	M	1:59:03	MSEN TL
63	4	4	NUNO FERNANDES	CLUBE ATLETISMO FAFE	M	2:00:35	MSEN TL
116	5	1	MARCO FARIA	F. C. VIZELA	M	2:01:02	M40 TL
2	6	5	MARCO PINHEIRO	ARC VALE S. COSME	M	2:02:04	MSEN TL
150	7	2	JOAO RODRIGUES	AMIGOS DA MONTANHA	M	2:05:53	M40 TL
109	8	6	PABLO FREIJANES	OPRATICANTE.PT / BOAVISTA FUTEBOL CLUBE	M	2:10:19	MSEN TL
105	9	7	JOSE ARNEJO	GMTA E CHUVONERS	M	2:11:18	MSEN TL
67	10	3	RUI POVO	CLUBE ATLETISMO FAFE	M	2:11:39	M40 TL
76	11	4	NUNO CARDOSO		M	2:12:26	M40 TL
4	12	8	RICARDO CAMPOS	ARC VALE S. COSME	M	2:13:39	MSEN TL
160	13	9	BRUNO COSTA	ARCA BARCELOS RUNNERS	M	2:14:15	MSEN TL
98	14	10	DANEL COSTA	CLUBE ATLETISMO FAFE	M	2:15:06	MSEN TL
103	15	11	CARLOS FERREIRA	SIM SUMMIT	M	2:15:15	MSEN TL
53	16	1	CARLOS COELHO	TRAIL ME	M	2:15:47	MSUB23 TC
93	17	12	PEDRO VALE	ARCA BARCELOS RUNNERS	M	2:16:12	MSEN TL
120	18	13	HUGO ARAUJO	AGUIAS DE ALVELOS	M	2:18:59	MSEN TL
25	19	5	GUALTER FREITAS	GUMARUNNING	M	2:19:41	M40 TL
61	20	14	DAVID GONCALVES	FACTOR X / S4L / MEDENSE FC	M	2:20:00	MSEN TL
64	21	15	NUNO GUIMARAES	TROGLODITAS RUNNERS	M	2:22:45	MSEN TL
128	22	16	FILIPE CARNEIRO	ORALKLASS AMIGOS DO TRAIL	M	2:23:02	MSEN TL
23	23	2	JOSE RIBEIRO	ARC VALE S. COSME	M	2:23:20	MSUB23 TC
124	24	6	JOAO PEREIRA		M	2:23:24	M40 TL
130	25	17	DIOGO LOPES	EDVVIANA TRAIL	M	2:23:30	MSEN TL
3	26	18	BRUNO PEREIRA	ADECA	M	2:24:20	MSEN TL
42	27	7	HENRIQUE SILVA	BRAGUINHAS RUNNERS	M	2:26:05	M40 TL
127	28	19	MARCELO MARTINS	AGUIAS DE ALVELOS	M	2:26:22	MSEN TL
113	29	8	ARTUR MATOS	EDVVIANA TRAIL	M	2:26:34	M40 TL
12	30	9	MANUEL CARVALHO	ADOSAOS SANTA APOLONIA	M	2:27:46	M40 TL
48	31	10	CARLOS MARTINS	AIRORUN	M	2:27:53	M40 TL
74	32	20	PEDRO TORRES	AMIGOS DA MONTANHA	M	2:28:35	MSEN TL
49	33	21	HELDER RIBEIRO	AIRORUN	M	2:28:44	MSEN TL
58	34	22	RICARDO AZEVEDO		M	2:29:38	MSEN TL
62	35	23	INUO MELO	SIM SUMMIT	M	2:29:40	MSEN TL
43	36	11	JOSE FINS	BRAGUINHAS RUNNERS	M	2:30:28	M40 TL
18	37	12	LUIS FREITAS	AIRORUN	M	2:30:58	M40 TL
148	38	24	SERGIO ALMEIDA	AFRIKANRUNNERS	M	2:31:29	MSEN TL
20	39	1	JOAQUIM PINHEIRO	SEM MEDO	M	2:36:50	M50 TL
162	40	25	NUNO LOMBA	APULIA A CORRER	M	2:36:53	MSEN TL
147	41	26	SERGIO MATOS	EDVVIANA TRAIL	M	2:36:57	MSEN TL
11	42	13	JOSE ROCHA	A.D.CARVALHAL	M	2:37:47	M40 TL
78	43	27	HUGO LOBO		M	2:38:13	MSEN TL
47	44	2	JORGE MEIRELES	BRAGUINHAS RUNNERS	M	2:39:03	M50 TL
132	45	28	ANTONIO ROCHA		M	2:40:19	MSEN TL
28	46	29	PAULO MARTINS		M	2:41:01	MSEN TL
27	47	14	MIGUEL SOARES	GUMARUNNING	M	2:41:21	M40 TL
46	48	30	FILIPE BRAGA	GUMARUNNING	M	2:41:21	MSEN TL
157	49	3	JOAO PASSOS	OLIMPICO VIANENSE	M	2:41:39	M50 TL
137	50	4	CARLOS PEDRINHAS	AMIGOS DA MONTANHA	M	2:41:42	M50 TL
16	51	15	JOSE COSTA	ARPO	M	2:42:25	M40 TL
32	52	31	XAVIER AMORIM	A.D.CARVALHAL	M	2:42:47	MSEN TL
134	53	32	RAFAEL ESCRIVAES	GTT ARMAZEM DO CAFFE	M	2:43:04	MSEN TL
73	54	33	NUNO CRUZ	ARCA BARCELOS RUNNERS	M	2:43:09	MSEN TL
50	55	16	ARMANDO MOREIRA	RIBEIRAS TRAIL	M	2:43:25	M40 TL
7	56	34	BRUNO RIBEIRO	SUNDAY BTT CASA VOGA	M	2:44:12	MSEN TL
6	57	17	RUI BOAS	A.D.CARVALHAL	M	2:45:34	M40 TL
91	58	1	SILVIA PEREIRA	ADOSAOS SANTA APOLONIA	F	2:45:43	F40 TL
145	59	18	JOAO DIAS	DIAS E DIAS A CORRER	M	2:45:44	M40 TL
15	60	19	NELSON CARVALHO	A.D.CARVALHAL	M	2:46:12	M40 TL
21	61	1	RAQUEL ANDRADE		F	2:47:22	FSEN TL
22	62	35	BRUNO MOURA		M	2:47:23	MSEN TL
159	63	36	MIGUEL SOARES	ARCA BARCELOS RUNNERS	M	2:48:55	MSEN TL
92	64	5	JOSE CARDOSO	ARCA BARCELOS RUNNERS	M	2:49:30	M50 TL
96	65	37	ARTUR GIL	PES DE CHUMBO RUNNERS	M	2:50:31	MSEN TL

154	66	20	MIGUEL PEREIRA	LOBOS DO MONTE RUN	M	2:51:22	M40 TL
153	67	21	FAUSTO TEIXEIRA	LOBOS DO MONTE RUN	M	2:51:22	M40 TL
29	68	6	ARNALDO MARINHO	GRUPO DESPORTIVO LEOES DO VENEZA	M	2:54:43	M50 TL
175	69	22	MANUEL GONCALVES	ALVELINHOS RUNNING	M	2:54:48	M40 TL
35	70	38	VITOR GONCALVES	TROGLODITAS RUNNERS	M	2:54:53	MSEN TL
36	71	2	ELISABETE ALVES	TROGLODITAS RUNNERS	F	2:54:53	FSEN TL
72	72	39	MARCO MARQUES		M	2:55:53	MSEN TL
88	73	7	ANTONINHO GONCALVES	DESNIVEL POSITIVO	M	2:55:54	M50 TL
82	74	23	RIACRDO FERNANDES	AFRIKANRUNNERS	M	2:56:03	M40 TL
51	75	40	PEDRO FONSECA	RIBEIRAS TRAIL	M	2:56:25	MSEN TL
68	76	24	RICARDO PEREIRA	A.D.CARVALHAL	M	2:56:35	M40 TL
17	77	41	VASCO FARIA	CB RUN	M	2:56:49	MSEN TL
33	78	2	SANDRA MESQUITA	ADOSAOS SANTA APOLONIA	F	2:57:21	F40 TL
90	79	42	RICARDO MENDES	ADOSAOS SANTA APOLONIA	M	2:58:10	MSEN TL
138	80	43	CARLOS MARTINS		M	2:59:33	MSEN TL
75	81	8	FERNANDO AREZES	GTT ARMAZEM DO CAFFE	M	2:59:45	M50 TL
126	82	25	ALBERTO CASTRO	B.T.M.	M	3:00:49	M40 TL
142	83	26	MARCO MACHADO	AFRIKANRUNNERS	M	3:00:52	M40 TL
19	84	9	JOSE LECA	SEM MEDO	M	3:01:30	M50 TL
40	85	44	HELDER BARROSO	BRAGUINHAS RUNNERS	M	3:03:17	MSEN TL
45	86	27	PAULO FERNANDES	BRAGUINHAS RUNNERS	M	3:03:17	M40 TL
83	87	10	FIRMINO SILVA	ARCA BARCELOS RUNNERS	M	3:03:35	M50 TL
54	88	28	JORGE PINHEIRO	RIBEIRAS TRAIL	M	3:05:29	M40 TL
55	89	11	JOSE FERREIRA	GTT ARMAZEM DO CAFFE	M	3:06:06	M50 TL
41	90	12	JOSE FERNANDES	BRAGUINHAS RUNNERS	M	3:07:07	M50 TL
151	91	3	MARCIA BANDEIRA	AMIGOS DA MONTANHA	F	3:07:07	F40 TL
77	92	3	JOAO SANTOS	LOBOS DO MONTE RUN	M	3:07:35	MSUB23 TC
133	93	13	MANUEL SAMPAIO		M	3:07:38	M50 TL
122	94	4	RAQUEL VASCONCELOS	NO TOMORROW RUNNING TEAM	F	3:07:45	F40 TL
125	95	29	PAULO GOMES	NO TOMORROW RUNNING TEAM	M	3:07:45	M40 TL
115	96	45	NELSON FREITAS	AFRIKANRUNNERS	M	3:09:09	MSEN TL
84	97	30	EMANUEL MARTINS	AFRIKANRUNNERS	M	3:09:09	M40 TL
117	98	31	DOMINGOS GONCALVES	AFRIKANRUNNERS	M	3:09:10	M40 TL
24	99	32	GUILHERME MARTINS	MOVIMENTO JUVENTUDE DE MERELIM	M	3:10:02	M40 TL
152	100	46	DAVID TEIXEIRA	ARVORE VILA DO CONDE	M	3:10:29	MSEN TL
30	101	3	SANDRA COSTA	GUMARUNNING	F	3:10:56	FSEN TL
97	102	33	JOSE RIBEIRO	PES DE CHUMBO RUNNERS	M	3:11:33	M40 TL
146	103	34	NELSON DIAS	DIAS E DIAS A CORRER	M	3:12:44	M40 TL
102	104	47	NUNO ALMEIDA		M	3:13:04	MSEN TL
143	105	48	VITOR RAMALHO	B.T.M.	M	3:13:25	MSEN TL
80	106	35	ARMANDO OLIVEIRA	MAGIC FRIENDS RUNNERS	M	3:13:50	M40 TL
85	107	49	NUNO COSTA	GTT ARMAZEM DO CAFFE	M	3:14:36	MSEN TL
141	108	36	MANUEL GUEDES	C.I.A. ALPENDORADA	M	3:14:43	M40 TL
135	109	5	CRISTINA SILVA	SERGIO RODRIGUES FOTOGRAFIA	F	3:15:27	F40 TL
174	110	50	HERNANI		M	3:15:47	MSEN TL
65	111	1	MARIA LEMOS	GTT ARMAZEM DO CAFFE	F	3:16:57	F50 TL
87	112	51	RUI GONCALVES	GTT ARMAZEM DO CAFFE	M	3:16:57	MSEN TL
70	113	52	FERNANDO SOUSA	SPARTAN BEER TEAM	M	3:18:17	MSEN TL
119	114	53	HELDER NEVES	EMFORCA	M	3:19:55	MSEN TL
99	115	54	PEDRO MAIA	GTT ARMAZEM DO CAFFE	M	3:20:12	MSEN TL
95	116	6	SANDRA SILVA	CORRER SOC. RECREATIVA DA GRANJA	F	3:21:03	F40 TL
149	117	37	NELSON NUNES	AFRIKANRUNNERS	M	3:21:41	M40 TL
94	118	38	OSVALDO RODRIGUES	CORRER SOC. RECREATIVA DA GRANJA	M	3:23:09	M40 TL
56	119	4	LUISA PINTO	GUMARUNNING	F	3:24:00	FSEN TL
31	120	55	NUNO ALMEIDA	GUMARUNNING	M	3:24:01	MSEN TL
79	121	56	TIAGO SAMPAIO	GTT ARMAZEM DO CAFFE	M	3:25:01	MSEN TL
156	122	2	SAMEIRO OLIVEIRA	BRAGUINHAS RUNNERS	F	3:25:32	F50 TL
172	123	39	FILIFE RIBEIRO	A.C. VERMOIM	M	3:31:28	M40 TL
173	124	57	PEDRO TOMAS		M	3:31:30	MSEN TL
139	125	3	PAULA ANDRADE	NO TOMORROW RUNNING TEAM	F	3:34:27	F50 TL
140	126	14	FERNANDO ANDRADE	NO TOMORROW RUNNING TEAM	M	3:34:27	M50 TL
34	127	40	RAUL CURVA		M	3:37:54	M40 TL
38	128	15	ERNESTO MARTINS	LION RUNNERS G. D. LEOES DA GUARDA	M	3:38:24	M50 TL
39	129	58	JOAO SOARES	LION RUNNERS G. D. LEOES DA GUARDA	M	3:38:25	MSEN TL
114	130	59	LUIS CAMPOS		M	3:40:12	MSEN TL
100	131	7	LUISA RODRIGUES	CR CANDOSO	F	3:41:20	F40 TL
144	132	5	DORA DIAS	NO TOMORROW RUNNING TEAM	F	3:41:22	FSEN TL
155	133	8	ANA BARROSO	NO TOMORROW RUNNING TEAM	F	3:41:22	F40 TL
101	134	6	LUISA MOTA		F	3:43:19	FSEN TL
71	135	7	CLAUDIA MOURA		F	3:44:57	FSEN TL
89	136	9	ELISIA GGONCALVES	DESNIVEL POSITIVO	F	3:47:12	F40 TL
57	137	60	IVO SILVA	SPARTAN BEER TEAM	M	3:55:25	MSEN TL
59	138	61	JOAO SIMOES	SPARTAN BEER TEAM	M	3:55:25	MSEN TL
131	139	8	DIANA RIBEIRO	AMIGOS DA MONTANHA	F	3:58:34	FSEN TL

136	140	4	ISABEL MARTINS	AMIGOS DA MONTANHA	F	3:58:35	F50 TL
52	141	10	ROSA GAMA	RIBEIRAS TRAIL	F	4:01:42	F40 TL
13	142	41	ARTUR FONSECA	RUPTURA TOTAL	M	4:19:27	M40 TL
69	143	62	MIGUEL CRUZ		M	4:20:54	MSEN TL
129	144	9	JOANA MAIA		F	4:22:19	FSEN TL
158	145	10	RAQUEL MAIA		F	4:22:19	FSEN TL