

VII TRail Rota do Bolinhol

Clasificación General

Conjunta

Trail Curto

13,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	686	Ferreira, Amãºndio	QRITMO	13SEM	1	1:03:46.28	04:54	
2	344	Mendes, AªScar	ARCAA	13M40	1	1:04:14.17	04:56	0:00:28
3	748	Macedo, Avelino	VVC	13M40	2	1:04:49.89	04:59	0:01:04
4	396	Santos, Marco	CBRUN	13SEM	2	1:05:11.89	05:01	0:01:26
5	593	Carneiro, Ricardo	IND	13M40	3	1:05:26.12	05:02	0:01:40
6	729	Faria, Marco	VIZELA	13M40	4	1:05:32.35	05:02	0:01:46
7	342	Veloso, Carlos	ARCAA	13M40	5	1:06:11.78	05:06	0:02:26
8	659	Loureiro, Nelson	Opraticant	13M40	6	1:06:26.47	05:07	0:02:40
9	731	Pereira, Luciano	VIZELA	13M40	7	1:07:01.64	05:09	0:03:16
10	343	Ribeiro, Bruno	ARCAA	13M40	8	1:07:47.16	05:13	0:04:01
11	450	Correia, Marco	FCV	13M40	9	1:07:49.11	05:13	0:04:03
12	345	Araªºjo, SãºRgio	ARCAA	13SEM	3	1:10:25.00	05:25	0:06:39
13	453	Bessa, Carlos	FCV	13SEM	4	1:11:04.95	05:28	0:07:19
14	341	SILVA, Josãº	ARCAA	13M40	10	1:11:05.20	05:28	0:07:19
15	735	Barros, Leonel	VIZELA	13SEM	5	1:12:02.31	05:32	0:08:16
16	317	Carneiro, Agostinho	ADMARCO 09	13M50	1	1:12:10.19	05:33	0:08:24
17	730	Fernandes, Abílio	VIZELA	13M50	2	1:12:27.33	05:34	0:08:41
18	346	Sousa, Ricardo	ARCAA	13SEM	6	1:13:05.00	05:37	0:09:19
19	651	Ribeiro, Ramiro	NBA	13M40	11	1:14:12.63	05:43	0:10:27
20	676	Campos, SãºRgio	QRITMO	13M40	12	1:14:49.32	05:45	0:11:03
21	595	Oliveira, Tiago	IND	13SEM	7	1:15:17.77	05:48	0:11:32
22	386	Martins, SãºRgio	CAF-SCF	13M50	3	1:15:43.28	05:49	0:11:57
23	391	Barros, Diogo	CBRUN	13M40	13	1:16:03.11	05:51	0:12:17
24	645	Pereira, Joaquim	NAI	13M40	14	1:16:21.26	05:52	0:12:35
25	732	Carvalho, Nuno	VIZELA	13SEM	8	1:16:51.56	05:55	0:13:06
26	740	Mororo, Leandro	VVC	13SEM	9	1:17:03.66	05:56	0:13:18
27	439	Soares, Rosa	ELCT	13SEF	1	1:17:16.77	05:57	0:13:31
28	682	Pinto, Sebastião	QRITMO	13M40	15	1:17:36.55	05:58	0:13:51
29	681	Marinho, Filipe	QRITMO	13M40	16	1:17:36.61	05:58	0:13:51
30	650	Pedrosa, Josãº	NBA	13M40	17	1:19:03.39	06:05	0:15:17
31	643	Alves, Carlos	NAI	13M40	18	1:19:03.81	06:05	0:15:18
32	678	Carvalho, Josãº	QRITMO	13M40	19	1:19:21.85	06:06	0:15:36
33	775	Augusto, Jose	IND	13M50	4	1:19:31.32	06:07	0:15:45
34	364	Romano, Hugo	C. Raposas	13M50	5	1:19:47.72	06:08	0:16:02
35	321	Oliveira, Leonardo	ADOSA	13SEM	10	1:20:19.49	06:11	0:16:33
36	584	Silva, Paulo	IND	13M40	20	1:20:26.03	06:11	0:16:40
37	777	Araªºjo, Josãº	ZENIT AUTO	13SEM	11	1:20:40.44	06:12	0:16:54
38	689	Monteiro, FãºBio	QRITMO	13SEM	12	1:21:44.68	06:17	0:17:59
39	672	Fernandes, Josãº	Pio.Parque	13M50	6	1:21:46.96	06:17	0:18:01
40	526	Fontãº, Bruno	IND	13M40	21	1:22:03.51	06:19	0:18:18
41	393	Ribeiro, RogãºRio	CBRUN	13M40	22	1:22:19.08	06:20	0:18:33
42	404	Gonãºsalves, NãºLson	CSJMAR	13SEM	13	1:22:23.75	06:20	0:18:38
43	739	Campos, Ricardo	VIZELA	13SEM	14	1:22:34.96	06:21	0:18:49
44	673	Machado, Manuel	Pio.Parque	13M50	7	1:22:54.98	06:23	0:19:09
45	773	Faria da Silva, Helder	samidell	13SEM	15	1:23:00.55	06:23	0:19:15
46	447	Sampaio, Paulo	FCV	13M40	23	1:23:03.24	06:23	0:19:17

Clasificación General**Conjunta****Trail Curto****13,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
47	387	Silva, Carlos	CAF-SCF	13M40	24	1:23:03.96	06:23	0:19:18
48	591	CÃ©sar Silva, Paulo	IND	13M40	25	1:23:14.84	06:24	0:19:29
49	318	Dinis, Joaquim	ADOSA	13M50	8	1:23:20.68	06:25	0:19:35
50	403	Laranjeira, JoÃ£o	CSJMAR	13M40	26	1:23:41.68	06:26	0:19:56
51	618	Magalhaes, Manuel	MOVEIRAS	13M50	9	1:23:47.90	06:27	0:20:02
52	516	Pereira, Jorge	IND	13M40	27	1:24:38.50	06:31	0:20:52
53	484	Ribeiro, AntÃ³nio	IND	13M50	10	1:24:40.00	06:31	0:20:54
54	587	Alves, Manuel	IND	13M50	11	1:24:47.01	06:31	0:21:01
55	680	Oliveira, Carlos	QRITMO	13M50	12	1:24:47.13	06:31	0:21:01
56	535	Alberto Teixeira Coelho, Daniel	IND	13SEM	16	1:24:48.00	06:31	0:21:02
57	401	Lopes, Maximino	CRCANDO	13M40	28	1:24:50.00	06:32	0:21:04
58	697	Fernandes, Vitor	RorizAvent	13SEM	17	1:24:55.89	06:32	0:21:10
59	638	Moreira, Fernando	Mesao Frio	13M50	13	1:25:03.46	06:33	0:21:17
60	736	Lopes, ClÃ¡udio	VIZELA	13SEM	18	1:25:53.48	06:36	0:22:07
61	323	Figueiredo, VÃ¡tor	AFR F	13M50	14	1:25:54.43	06:36	0:22:08
62	685	Carreiras, Pedro	QRITMO	13SEM	19	1:26:19.78	06:38	0:22:34
63	613	Fernandes, SÃ©rgio	Lusavouga	13M40	29	1:27:07.33	06:42	0:23:21
64	416	Gomes, CÃ©sar	DRGN	13M50	15	1:27:16.28	06:43	0:23:30
65	589	Azevedo, Rui	IND	13M50	16	1:27:24.88	06:43	0:23:39
66	454	Silva, CÃ©sar	FCV	13SEM	20	1:27:47.54	06:45	0:24:02
67	612	Freitas Teixeira, Adriano	Lusavouga	13M50	17	1:28:14.74	06:47	0:24:29
68	621	Abreu, Joaquim	MOVEIRAS	13M50	18	1:28:33.39	06:49	0:24:47
69	646	TimÃ³teo, FÃ¡bio	NAI	13SEM	21	1:29:14.29	06:52	0:25:28
70	422	Azevedo, JosÃ©	Destemidos	13M50	19	1:29:16.62	06:52	0:25:31
71	766	Oliveira, Eduardo	ELCT	13SEM	22	1:29:20.02	06:52	0:25:34
72	303	Sousa, Jose	ACB	13M50	20	1:29:26.64	06:53	0:25:41
73	561	Torres, Daniel	IND	13SEM	23	1:29:34.62	06:53	0:25:49
74	625	Freitas, Bruno	MOVEIRAS	13M40	30	1:30:09.62	06:56	0:26:24
75	320	Oliveira, Carla	ADOSA	13SEF	2	1:30:16.15	06:57	0:26:30
76	627	Real, Jose	MOVEIRAS	13M40	31	1:30:16.29	06:57	0:26:30
77	679	Araújo, Jorge	QRITMO	13M50	21	1:30:24.87	06:57	0:26:39
78	377	Ortiga, Heitor	CAAT	13M50	22	1:30:52.61	06:59	0:27:07
79	716	Matos, AntÃ³nio	Trilheiros	13M50	23	1:30:57.89	07:00	0:27:12
80	513	Tinas, Vitor	IND	13M40	32	1:31:06.49	07:00	0:27:20
81	749	Alves, Filipe	VVC	13SEM	24	1:31:09.03	07:01	0:27:23
82	628	Coelho, Jose	MOVEIRAS	13M50	24	1:31:13.69	07:01	0:27:28
83	442	Loureiro, Pedro	ERDAL	13SEM	25	1:31:18.66	07:01	0:27:33
84	747	Ferreira, Carla	VVC	13F40	1	1:31:20.64	07:02	0:27:35
85	463	Gomes, Armindo	Hotbikes	13M40	33	1:31:26.07	07:02	0:27:40
86	691	Machado, JosÃ©	QRITMO	13SEM	26	1:31:29.83	07:02	0:27:44
87	417	Maciel, Pedro	DRGN	13M40	34	1:31:43.28	07:03	0:27:57
88	418	Rocha, Andreia	DRGN	13SEF	3	1:31:44.46	07:03	0:27:58
89	746	Peixoto, Ricardo	VVC	13M40	35	1:32:34.06	07:07	0:28:48
90	433	Fernandes, Vitor	DRGN	13M40	36	1:32:42.84	07:08	0:28:57
91	441	Faria, Rui	ERDAL	13M40	37	1:32:53.15	07:09	0:29:07
92	460	Pinto, FlÃ¡vio	Fojo trail	13M40	38	1:33:06.10	07:10	0:29:20
93	690	Carreiras, VÃ¡tor	QRITMO	13SEM	27	1:33:12.22	07:10	0:29:26
94	434	LeitÃ£o, LuÃ¡s	DRGN	13SEM	28	1:33:22.94	07:11	0:29:37
95	462	Pena, Rui	GDT	13M40	39	1:33:24.66	07:11	0:29:39
96	698	ferreira, Pedro	Rorizavent	13M40	40	1:33:34.73	07:12	0:29:49
97	770	Azevedo, Diogo	IND	13SEM	29	1:33:38.49	07:12	0:29:52
98	475	Bessa, AdÃ£o	IND	13M50	25	1:34:00.65	07:14	0:30:15
99	602	Carvalho, JosÃ©	INDividual	13M50	26	1:34:40.89	07:17	0:30:55
100	565	SILVA, Alberto	IND	13SEM	30	1:35:02.19	07:19	0:31:16
101	385	Silva, Filipa	CAF-FR	13SEF	4	1:35:11.96	07:19	0:31:26
102	585	Rocha, Raul	IND	13M40	41	1:35:12.50	07:19	0:31:27
103	374	Oliveira, AndrÃ©	C. Raposas	13SEM	31	1:35:26.15	07:20	0:31:40
104	657	Pinto, Ricardo	Never ALON	13M40	42	1:35:33.64	07:21	0:31:48

Classificação Geral**Conjunta****Trail Curto****13,00 Km.**

Pos.	Dor.	Nome	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
105	415	Pereira, Paulo	DRGN	13M40	43	1:35:42.56	07:22	0:31:57
106	420	Alves, Susana	DRGN	13SEF	5	1:35:43.00	07:22	0:31:57
107	316	Oliveira, OlegãRio	ADEPE	13M50	27	1:36:09.66	07:24	0:32:24
108	683	Pereira, Michael	QRITMO	13SEM	32	1:36:17.75	07:24	0:32:32
109	684	SÃi, MãiRcio	QRITMO	13SEM	33	1:36:18.12	07:24	0:32:32
110	754	Miguel Azevedo Pereira, Tiago	Vapesol	13SEM	34	1:36:27.24	07:25	0:32:41
111	776	Almeida, Josã©	A Noite Pa	13M50	28	1:36:29.61	07:25	0:32:44
112	677	Fernandes, Manuel	QRITMO	13M40	44	1:36:33.91	07:26	0:32:48
113	490	., Miguel	IND	13M40	45	1:36:36.05	07:26	0:32:50
114	315	Azevedo, Bruno	ADEPE	13M40	46	1:36:52.62	07:27	0:33:07
115	623	Pereira, Adelino	MOVEIRAS	13M40	47	1:36:56.90	07:27	0:33:11
116	449	Freitas, Paulo	FCV	13M40	48	1:36:58.93	07:28	0:33:13
117	312	Carreira, Carlos	ADE-TR	13M40	49	1:37:01.61	07:28	0:33:16
118	440	Rita Ferreira, Ana	ELCT	13SEF	6	1:37:21.92	07:29	0:33:36
119	583	PEREIRA, Lucia	IND	13SEF	7	1:37:22.12	07:29	0:33:36
120	438	Lopes, Paulo	ELCT	13SEM	35	1:37:22.51	07:29	0:33:37
121	408	Silva, Bruno	Cansados	13SEM	36	1:37:27.58	07:30	0:33:42
122	537	Pedrosa, Paulo	IND	13SEM	37	1:37:36.52	07:31	0:33:51
123	497	Silva, Jorge	IND	13M40	50	1:37:41.89	07:31	0:33:56
124	588	Carvalho, Valdemar	IND	13M50	29	1:37:50.71	07:32	0:34:05
125	592	Oliveira, Cristina	IND	13F40	2	1:38:04.93	07:33	0:34:19
126	688	Rodrigues, Andrã©	QRITMO	13SEM	38	1:38:05.61	07:33	0:34:20
127	566	Rocha, Filipe	IND	13SEM	39	1:38:08.67	07:33	0:34:23
128	310	Braga, Manuel	ADE-TR	13M50	30	1:38:14.52	07:33	0:34:29
129	606	Bessa, Josã©	JB	13M50	31	1:38:20.22	07:34	0:34:34
130	675	., Sãrgio	Pio.Parque	13SEM	40	1:38:24.42	07:34	0:34:38
131	674	Palma, Carlos	Pio.Parque	13M40	51	1:38:24.53	07:34	0:34:39
132	413	Correia, Jorge	DD'OcasiÃo	13SEM	41	1:38:38.10	07:35	0:34:52
133	597	Almeida, Augusto	INDEPENDEN	13M50	32	1:38:42.04	07:36	0:34:56
134	419	Rocha, Angã©Lica	DRGN	13SEF	8	1:38:47.61	07:36	0:35:02
135	476	Ceia, Ricardo	IND	13M50	33	1:38:49.62	07:36	0:35:04
136	622	Oliveira, Joaquim	MOVEIRAS	13M40	52	1:38:53.82	07:36	0:35:08
137	590	Fernandes, Josã©	IND	13M40	53	1:39:02.84	07:37	0:35:17
138	714	Teixeira, Marcelo	TheNewbies	13SEM	42	1:39:21.18	07:39	0:35:35
139	378	Rodrigues, Antã³Nio	CAAT	13M50	34	1:39:31.17	07:39	0:35:45
140	362	Vieira, Pedro	C. Raposas	13M50	35	1:39:53.48	07:41	0:36:07
141	710	da Silva, Filipe	TDM	13SEM	43	1:40:00.79	07:42	0:36:15
142	769	Matos, Antã³Nio	IND	13M40	54	1:40:02.95	07:42	0:36:17
143	723	CUNHA, Antonio	UNIDOS PEL	13M40	55	1:40:07.23	07:42	0:36:21
144	518	Silva, Leandro	IND	13M40	56	1:40:10.95	07:42	0:36:25
145	319	Ribeiro, Alexandre	ADOSA	13M40	57	1:40:21.16	07:43	0:36:35
146	486	Rodrigues, Laura	IND	13F40	3	1:40:37.56	07:44	0:36:52
147	624	Ferreira, Helder	MOVEIRAS	13M40	58	1:41:01.06	07:46	0:37:15
148	530	Gomes, Miguel	IND	13SEM	44	1:41:34.14	07:49	0:37:48
149	349	Maia, Rute	Airorun	13SEF	9	1:41:34.61	07:49	0:37:49
150	755	Correia, Jorge	VÃ¡-Caminha	13M40	59	1:41:46.17	07:50	0:38:00
151	381	Moreira, Vera	CAAT	13SEF	10	1:41:54.08	07:50	0:38:08
152	324	Pereira, Deolinda	AIRORUN	13F50	1	1:41:56.85	07:51	0:38:11
153	619	Freitas, Manuel	MOVEIRAS	13M50	36	1:41:58.32	07:51	0:38:12
154	421	Martins, Fernando	Destemidos	13M50	37	1:42:01.32	07:51	0:38:15
155	546	de AraÃjo, Hugo	IND	13SEM	45	1:42:26.01	07:53	0:38:40
156	452	Costa, Hã©Lder	FCV	13M40	60	1:42:26.35	07:53	0:38:40
157	427	Pereira, Josã©	Destemidos	13SEM	46	1:42:28.00	07:53	0:38:42
158	407	Teixeira, Nuno	Caminhadas	13M40	61	1:42:32.86	07:53	0:38:47
159	406	Santos, Tiago	CSJMAR	13SEM	47	1:42:42.31	07:54	0:38:56
160	545	Braga, Emanuel	IND	13SEM	48	1:42:51.30	07:55	0:39:05
161	527	goncalves, Manuel	IND	13M40	62	1:42:55.18	07:55	0:39:09
162	668	Ribeiro, Patrã-Cia	Pegasus	13SEF	11	1:43:01.99	07:56	0:39:16

Clasificación General

Conjunta

Trail Curto

13,00 Km.

Pos.	Dor.	Nome	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
163	708	PEREIRA, Joel	TARTARUGAS	13SEM	49	1:43:03.72	07:56	0:39:18
164	620	Melo, Orlando	MOVEIRAS	13M50	38	1:43:23.37	07:57	0:39:37
165	340	Correia, CãTia	AMVE	13SEF	12	1:43:24.54	07:57	0:39:39
166	576	Sousa, Miguel	IND	13SEM	50	1:43:27.44	07:57	0:39:41
167	742	GraÀa, JoãO	VVC	13M50	39	1:43:48.43	07:59	0:40:02
168	459	soares, Tiago	Fojo Trail	13SEM	51	1:43:57.34	08:00	0:40:11
169	325	Ferreira, Paula	AKUAFIT	13F40	4	1:44:26.95	08:02	0:40:41
170	772	Mota, Filipe	ZENIT AUTO	13SEM	52	1:44:40.07	08:03	0:40:54
171	523	PINTO, Filipe	IND	13M40	63	1:44:41.04	08:03	0:40:55
172	498	Pinto, Manuel	IND	13M50	40	1:44:47.36	08:04	0:41:01
173	540	Neto, Rui	IND	13SEM	53	1:44:48.82	08:04	0:41:03
174	648	Ribeiro, Ana	NAI	13SEF	13	1:44:54.86	08:04	0:41:09
175	382	Pinheiro, Tiago	CAAT	13SEM	54	1:45:03.31	08:05	0:41:17
176	443	., Silva	Embalmudo	13M50	41	1:45:03.83	08:05	0:41:18
177	368	Pinto, Carla	C. Raposas	13F40	5	1:45:21.10	08:06	0:41:35
178	541	Machado, Carlos	IND	13SEM	55	1:45:32.89	08:07	0:41:47
179	797	Costa, Ricardo	IND	13SEM	56	1:46:02.18	08:09	0:42:16
180	640	Alves Pereira gomes, Joaquim	Modelos	13M40	64	1:46:17.22	08:11	0:42:31
181	461	Lopes, Ricardo	Fojo trail	13SEM	57	1:46:24.47	08:11	0:42:38
182	399	Costa, Adriana	CBRUN	13SEF	14	1:46:24.48	08:11	0:42:38
183	774	., Henrique	IND	13M40	65	1:46:25.03	08:11	0:42:39
184	488	Cunha, Marcelino	IND	13M40	66	1:47:13.97	08:15	0:43:28
185	435	Pinheiro, CãNdida	Duros da S	13F50	2	1:47:16.78	08:15	0:43:31
186	398	Fernandes, Marco	CBRUN	13SEM	58	1:47:40.54	08:17	0:43:55
187	655	Machado, Filipe	Never ALON	13M40	67	1:47:43.08	08:17	0:43:57
188	383	Cunha, Rui	CAAT	13SEM	59	1:47:52.17	08:18	0:44:06
189	563	silva, Joel	IND	13SEM	60	1:47:55.89	08:18	0:44:10
190	607	Alexandra VilaÀa de Matos, M	Km c/treta	13F40	6	1:48:00.12	08:18	0:44:14
191	528	Machado, Rui	IND	13M40	68	1:48:00.79	08:19	0:44:15
192	560	Santos, Moiss©S	IND	13SEM	61	1:48:01.54	08:19	0:44:16
193	761	Sousa, Rui	Wolves	13M40	69	1:48:03.53	08:19	0:44:18
194	756	Miranda, AntªNio	Wolves	13M50	42	1:48:03.55	08:19	0:44:18
195	635	Morais, Josã©	Marcha e C	13SEM	62	1:48:07.43	08:19	0:44:21
196	451	Mendes, Jorge	FCV	13M40	70	1:48:20.72	08:20	0:44:35
197	701	Perliteiro, AssunãO	S. CajÀ³	13F50	3	1:48:29.66	08:21	0:44:44
198	392	Fernandes, Marcela	CBRUN	13F40	7	1:48:35.12	08:21	0:44:49
199	446	Leite, Paulo	FCV	13M50	43	1:48:38.01	08:21	0:44:52
200	329	ARAÀJO, Diogo	AMVE	13SEM	63	1:48:38.92	08:21	0:44:53
201	334	Rui Pereira, Josã©	AMVE	13M50	44	1:48:49.40	08:22	0:45:03
202	521	Torres, Paulo	IND	13M40	71	1:49:02.62	08:23	0:45:17
203	575	Manuel Fernandes Azevedo, Pec	IND	13SEM	64	1:49:03.14	08:23	0:45:17
204	642	Torcato, JoãO	NAI	13M50	45	1:49:09.19	08:24	0:45:23
205	663	Silva Gouveia, Domingos	Os Pinocos	13M40	72	1:49:09.52	08:24	0:45:24
206	615	Alexandre Freitas Sousa, Paulo	Lusavouga	13SEM	65	1:49:33.50	08:26	0:45:48
207	389	Neto, Diana	CAF-SCF	13SEF	15	1:49:38.05	08:26	0:45:52
208	671	Carvalho, Josã©	Pio.Parque	13M50	46	1:49:41.39	08:26	0:45:55
209	302	FERNANDES, Cristiano	A NOITE PA	13M40	73	1:49:51.12	08:27	0:46:05
210	653	Machado, Sara	NBA	13SEF	16	1:49:51.73	08:27	0:46:06
211	311	BrÀs, GlãRia	ADE-TR	13F50	4	1:49:55.04	08:27	0:46:09
212	333	Marinho, TomãS	AMVE	13M40	74	1:49:58.65	08:28	0:46:13
213	414	QueirÀ³s, Juliana	DIVE	13SEF	17	1:50:10.00	08:28	0:46:24
214	630	Coelho, Pedro	MadCrazyEp	13M40	75	1:50:13.19	08:29	0:46:27
215	813	Leite, Josã©	IND	13M50	47	1:50:16.92	08:29	0:46:31
216	430	do CÃ©u, Maria	DRGN	13F50	5	1:50:19.70	08:29	0:46:34
217	351	Miranda, Davide	Bbox&gym	13SEM	66	1:50:27.82	08:30	0:46:42
218	314	Manuel AdÃ£o Martins, Pedro	ADEPE	13M50	48	1:50:41.92	08:31	0:46:56
219	448	Neto, Ana	FCV	13F40	8	1:50:42.59	08:31	0:46:57
220	718	Ferreira, Henrique	Twogym	13M40	76	1:50:43.65	08:31	0:46:58

Clasificación General**Conjunta****Trail Curto****13,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
221	629	Pinto, Ricardo	MadCrazyBu	13M40	77	1:50:55.76	08:32	0:47:10
222	687	Carvalho, Andreia	QRITMO	13SEF	18	1:50:57.65	08:32	0:47:12
223	596	Martins, Helena	IND	13SEF	19	1:51:10.02	08:33	0:47:24
224	495	Mota, Sã©Rgio	IND	13M40	78	1:51:10.40	08:33	0:47:24
225	503	Silva, Rui	IND	13M40	79	1:51:23.00	08:34	0:47:37
226	522	CARLOS COELHO, Avelino	IND	13M40	80	1:51:24.87	08:34	0:47:39
227	707	SILVA, Antª³Nio	TARTARUGAS	13SEM	67	1:51:33.15	08:35	0:47:47
228	363	Dias, Maria	C. Raposas	13F50	6	1:51:57.57	08:37	0:48:12
229	357	Moreira, Paulo	C. Raposas	13M50	49	1:51:57.65	08:37	0:48:12
230	508	Pereira, Hugo	IND	13M40	81	1:52:06.15	08:37	0:48:20
231	437	Tavares, Anabela	ELCT	13F40	9	1:52:18.41	08:38	0:48:32
232	347	Freitas, Leandro	ATV	13M50	50	1:52:36.79	08:40	0:48:51
233	480	Carvalho, Daniel	IND	13M50	51	1:52:39.52	08:40	0:48:54
234	634	Pinheira, Sã³Nia	Marcha e C	13F40	10	1:52:47.67	08:41	0:49:02
235	652	Ferreira, Rui	NBA	13SEM	68	1:52:51.53	08:41	0:49:06
236	479	Ribeiro, Rosa	IND	13F50	7	1:52:57.32	08:41	0:49:11
237	375	Magalhães, Antª³Nio	C. Raposas	13SEM	69	1:53:18.26	08:43	0:49:32
238	472	Brandão, Ernesto	IND	13M50	52	1:53:30.51	08:44	0:49:45
239	405	Viana, Inã's	CSJMAR	13SEF	20	1:54:00.66	08:46	0:50:15
240	616	Daniela Pinto Teixeira, Carla	Lusavouga	13SEF	21	1:54:06.08	08:47	0:50:20
241	306	Fernandes, Daniel	ACB	13M40	82	1:54:20.26	08:48	0:50:34
242	332	Marinho, Manuel	AMVE	13M50	53	1:54:32.42	08:49	0:50:46
243	395	Peixoto, Hugo	CBRUN	13SEM	70	1:54:33.49	08:49	0:50:47
244	745	Campos, Nuno	VVC	13M40	83	1:54:56.33	08:50	0:51:10
245	741	Pinheiro, Pedro	VVC	13M50	54	1:54:57.69	08:51	0:51:12
246	722	JORGE, Carlos	UNIDOS PEL	13M50	55	1:55:42.18	08:54	0:51:56
247	720	CARDOSO, Artur	UNIDOS PEL	13M50	56	1:55:42.84	08:54	0:51:57
248	429	Fonseca, Antª³Nio	DRGN	13M50	57	1:55:45.87	08:54	0:52:00
249	574	Dias, Miguel	IND	13SEM	71	1:55:59.31	08:55	0:52:13
250	782	Silva, Sandra	S R Granja	13F40	11	1:56:01.23	08:55	0:52:15
251	88	NUNES, Antonio	IND	13M50	58	1:56:22.11	08:57	0:52:36
252	524	Miguel Sousa Castro, Jose	IND	13M40	84	1:56:31.11	08:58	0:52:45
253	485	JosÁ© Machado Ribeiro, Alfred	IND	13M50	59	1:56:35.52	08:58	0:52:50
254	445	JosÁ© Silva, Maria	FCV	13F50	8	1:56:36.62	08:58	0:52:51
255	359	Magalhães, Manuel	C. Raposas	13M50	60	1:56:37.37	08:58	0:52:51
256	603	Silva, Clara	INDividual	13F40	12	1:57:05.31	09:00	0:53:19
257	721	FONSECA, Maria	UNIDOS PEL	13F50	9	1:57:07.16	09:01	0:53:21
258	544	Cascais, Diogo	IND	13SEM	72	1:57:13.31	09:01	0:53:27
259	757	Leal, Miguel	Wolves	13M50	61	1:57:14.15	09:01	0:53:28
260	558	Pereira, Deusa	IND	13SEF	22	1:57:17.63	09:01	0:53:32
261	330	Pinto, Pedro	AMVE	13SEM	73	1:57:37.82	09:03	0:53:52
262	765	Silva, ClãªUdia	CAAT	13SEF	23	1:57:39.47	09:03	0:53:53
263	356	Ribeiro, Alda	Braguinhas	13F40	13	1:58:08.86	09:05	0:54:23
264	338	Magalhães, José	AMVE	13M50	62	1:58:16.72	09:06	0:54:31
265	580	Coelho, Telmo	IND	13SEM	74	1:58:22.55	09:06	0:54:37
266	728	Pereira, Cristina	VIZELA	13F40	14	1:58:34.39	09:07	0:54:48
267	694	Alves, Rui	Raposas ma	13M40	85	1:59:08.81	09:10	0:55:23
268	693	alves, Paulo	Raposas	13M40	86	1:59:09.81	09:10	0:55:24
269	388	Seixal, Nuno	CAF-SCF	13SEM	75	1:59:15.39	09:10	0:55:29
270	727	Abreu, Bianca	VIZELA	13F40	15	1:59:16.59	09:11	0:55:31
271	656	Sousa, Fatima	Never ALON	13F40	16	1:59:32.30	09:12	0:55:46
272	654	Cardoso, Lino	Never ALON	13M50	63	1:59:32.83	09:12	0:55:47
273	525	Cardoso, Pedro	IND	13M40	87	1:59:54.37	09:13	0:56:08
274	56	Ribeiro, Diogo	CRCANDO	13SEM	76	2:00:00.83	09:14	0:56:15
275	559	., Vasco	IND	13SEM	77	2:00:02.21	09:14	0:56:16
276	367	Pinto, Fernanda	C. Raposas	13F50	10	2:00:18.03	09:15	0:56:32
277	358	Lima, Clara	C. Raposas	13F50	11	2:00:22.64	09:16	0:56:37
278	670	Barradas, Sara	PegasusIND	13SEF	24	2:00:28.57	09:16	0:56:43

Clasificación General

Conjunta

Trail Curto

13,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
279	567	Lopes, Diogo	IND	13SEM	78	2:00:30.95	09:16	0:56:45
280	557	Borges, Josã©	IND	13SEM	79	2:00:31.03	09:16	0:56:45
281	547	Pedro Correia, Rui	IND	13SEM	80	2:00:32.03	09:16	0:56:46
282	397	Vieira, Marlene	CBRUN	13SEF	25	2:00:33.03	09:16	0:56:47
283	529	Pinheiro, Leonel	IND	13SEM	81	2:00:47.84	09:18	0:57:02
284	432	Ferreira, Ana	DRGN	13F40	17	2:01:01.19	09:19	0:57:15
285	605	Pereira, Amã©ncio	Individual	13SEM	82	2:01:18.73	09:20	0:57:33
286	304	Tinoco, Josefina	ACB	13F50	12	2:01:23.34	09:20	0:57:37
287	783	Fernandes, Simao	GDSantande	13M40	88	2:01:24.04	09:20	0:57:38
288	703	Machado, Rita	Santander	13F40	18	2:01:26.48	09:20	0:57:40
289	412	Pereira, Carlos	DD'Ocasio	13M40	89	2:01:35.54	09:21	0:57:50
290	411	Costa, Paula	DDOcasiao	13F40	19	2:01:38.59	09:21	0:57:53
291	372	Rocha, Marta	C. Raposas	13F40	20	2:02:04.87	09:23	0:58:19
292	471	Ferreira, Amã©rico	IND	13M50	64	2:02:21.10	09:25	0:58:35
293	353	Veloso, Isaura	Braguinhas	13F50	13	2:02:37.57	09:26	0:58:52
294	719	BENTO, Joaquim	UNIDOS PEL	13M50	65	2:02:39.10	09:26	0:58:53
295	350	Alberto Alves da Silva, Carlos	ArcoRun	13M50	66	2:02:54.99	09:27	0:59:09
296	577	Pedro Ferreira leite, Luã-S	IND	13SEM	83	2:04:32.36	09:35	1:00:46
297	717	Moreira, Fã¡tima	Twogym	13F40	21	2:05:11.88	09:38	1:01:26
298	335	Ribeiro, Rita	AMVE	13F50	14	2:05:20.49	09:38	1:01:34
299	515	Cunha, ãngelo	IND	13M40	90	2:05:26.73	09:39	1:01:41
300	509	Azevedo, Francisco	IND	13M40	91	2:05:49.09	09:41	1:02:03
301	468	Oliveira, Lidio	IND	13M50	67	2:06:07.48	09:42	1:02:21
302	532	Marta Abreu Freitas, Daniela	IND	13SEF	26	2:06:08.70	09:42	1:02:23
303	489	Silva, Susana	IND	13F40	22	2:06:13.15	09:43	1:02:27
304	534	Ricardo Monteiro da Silva, And	IND	13SEM	84	2:06:15.74	09:43	1:02:30
305	502	Silva, Raul	IND	13M40	92	2:07:11.26	09:47	1:03:25
306	506	Sampaio, Isabel	IND	13F40	23	2:07:11.58	09:47	1:03:26
307	614	Teixeira, Liliana	Lusavouga	13SEF	27	2:07:21.34	09:48	1:03:35
308	724	COSTA, Susana	UNIDOS PEL	13SEF	28	2:07:53.52	09:50	1:04:08
309	492	Ribeiro, Ivone	IND	13F50	15	2:08:14.34	09:52	1:04:28
310	586	Ribeiro, Míuel	IND	13SEM	85	2:08:14.95	09:52	1:04:29
311	784	Magalhães, ãngelo	IND	13M40	93	2:08:30.62	09:53	1:04:45
312	779	Arajo, Paulo	ZENIT AUTO	13M40	94	2:08:48.02	09:54	1:05:02
313	743	Silva, Aurora	VVC	13F50	16	2:08:49.08	09:55	1:05:03
314	352	FERNANDES, Sandra	BeautyRuns	13SEF	29	2:09:04.49	09:56	1:05:18
315	539	Sousa, Rita	IND	13SEF	30	2:09:04.78	09:56	1:05:19
316	711	PINTO, Isabel	TEMOS PENA	13F40	24	2:09:24.11	09:57	1:05:38
317	763	dik, Jorge	individual	13M50	68	2:09:36.60	09:58	1:05:51
318	564	Sampaio, Ivo	IND	13SEM	86	2:10:08.97	10:01	1:06:23
319	542	Maria Ferreira Fernandes, Dulce	IND	13SEF	31	2:11:05.77	10:05	1:07:20
320	402	Pedrosa, Cãlia	CSJMAR	13F40	25	2:12:03.34	10:09	1:08:17
321	725	PINTO, Hugo	UNIDOS PEL	13SEM	87	2:12:12.66	10:10	1:08:27
322	726	SILVA, Ana	UNIDOS PEL	13SEF	32	2:12:12.78	10:10	1:08:27
323	457	Isabel Lemos, Ana	FisioRun	13SEF	33	2:12:53.36	10:13	1:09:07
324	455	Lima, Rui	FisioRun	13M40	95	2:12:53.74	10:13	1:09:08
325	713	Soares, Manuel	The Lost	13M40	96	2:13:35.25	10:17	1:09:49
326	609	Domingues, Vera	Lobos	13F40	26	2:13:37.01	10:17	1:09:51
327	326	Barbosa, Manuela	AMVE	13F40	27	2:13:39.79	10:17	1:09:54
328	753	Fernando da Silva Magalhães,	Vapesol	13M50	69	2:13:59.53	10:18	1:10:14
329	354	Matias, Manuela	Braguinhas	13F50	17	2:14:16.72	10:20	1:10:31
330	360	Peixoto, Luis	C. Raposas	13M50	70	2:14:31.98	10:21	1:10:46
331	800	Alves, Paula	IND	13F40	28	2:15:39.42	10:26	1:11:53
332	744	Sousa, Paula	VVC	13F40	29	2:15:43.67	10:26	1:11:58
333	380	Silva, Sandra	CAAT	13F40	30	2:16:05.92	10:28	1:12:20
334	511	Ferreira, Wendy	IND	13F40	31	2:16:13.09	10:29	1:12:27
335	669	Almeida, Helena	Pegasus	13SEF	34	2:16:27.47	10:30	1:12:41
336	633	Gonlves, Elsa	Marcha e C	13F40	32	2:16:27.73	10:30	1:12:42

Clasificación General**Conjunta****Trail Curto****13,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
337	636	Silva, Isabel	Marcha e C	13SEF	35	2:16:39.90	10:31	1:12:54
338	608	Ferreira, Ana	Km c/treta	13F40	33	2:17:10.31	10:33	1:13:24
339	644	Matos, Carina	NAI	13SEF	36	2:17:35.06	10:35	1:13:49
340	667	MARTINS, Paula	PROMESSAS	13SEF	37	2:17:38.96	10:35	1:13:53
341	632	Pereira, Helena	Marcha e C	13F40	34	2:17:46.73	10:36	1:14:01
342	355	Ribeiro, Maria	Braguinhas	13F50	18	2:17:59.26	10:37	1:14:13
343	467	Sampaio, Josã©	IND	13M50	71	2:18:36.96	10:40	1:14:51
344	759	Carvalho, Isabel	Wolves	13F50	19	2:19:52.06	10:46	1:16:06
345	308	Oliveira, Lucia	ACB	13F40	35	2:19:54.13	10:46	1:16:08
346	637	Pereira, Rita	Marcha e C	13F40	36	2:19:54.30	10:46	1:16:08
347	631	Agostinha, Maria	Marcha e C	13F40	37	2:19:54.72	10:46	1:16:09
348	798	Costa, Sara	IND	13F40	38	2:20:17.62	10:48	1:16:32
349	424	Silva, Josã©	Destemidos	13M50	72	2:20:31.63	10:49	1:16:46
350	551	Pereira, Vã-Tor	IND	13SEM	88	2:21:58.34	10:55	1:18:12
351	709	Oliveira, Paula	TDM	13SEF	38	2:22:09.54	10:56	1:18:24
352	499	Jorge Faria, Ricardo	IND	13M40	97	2:22:31.83	10:58	1:18:46
353	481	Martins, Joaquim	IND	13M50	73	2:23:04.59	11:00	1:19:19
354	487	Faria, Teresa	IND	13F40	39	2:23:08.16	11:01	1:19:22
355	336	Cruz, DãRio	AMVE	13M40	98	2:23:23.79	11:02	1:19:38
356	500	Seabra, Jorge	IND	13M40	99	2:23:29.10	11:02	1:19:43
357	569	Abreu, CãTia	IND	13SEF	39	2:23:47.97	11:04	1:20:02
358	554	Campos, Sã©Rgio	IND	13SEM	89	2:23:48.65	11:04	1:20:03
359	483	., Agostinho	IND	13M40	100	2:23:59.18	11:05	1:20:13
360	647	Alves, Raquel	NAI	13SEF	40	2:24:19.73	11:06	1:20:34
361	309	Linhares, Filipa	ADE Trail	13F50	20	2:25:12.47	11:10	1:21:26
362	322	Rita, Ana	ADTTR	13SEF	41	2:25:26.36	11:11	1:21:40
363	550	ALVES, Rui	IND	13SEM	90	2:25:41.54	11:12	1:21:56
364	553	EMMANUEL DE OLIVEIRA M	IND	13SEM	91	2:25:41.99	11:12	1:21:56
365	768	Oliveira, Elisabete	IND	13SEF	42	2:25:43.06	11:13	1:21:57
366	641	Matos, Manuel	NAI	13M50	74	2:27:25.20	11:20	1:23:39
367	704	silva, Paula	T Sem Medo	13F50	21	2:27:25.88	11:20	1:23:40
368	533	Azevedo, Paula	IND	13SEF	43	2:28:13.47	11:24	1:24:27
369	573	Paula Ferreira, Ana	IND	13SEF	44	2:28:48.36	11:27	1:25:02
370	579	Silva Moreira, Raquel	IND	13SEF	45	2:28:48.71	11:27	1:25:03
371	510	Filipe Camães, Luis	IND	13M40	101	2:29:35.82	11:30	1:25:50
372	712	BARROS, SãLvia	TEMOS PENA	13SEF	46	2:32:26.22	11:44	1:28:40
373	458	de Oliveira Marques, Renato	FocusTrail	13SEM	92	2:35:33.11	11:58	1:31:47
374	464	Machado, Joaquim	IFC	13M50	75	2:35:33.54	11:58	1:31:48
375	469	Barroso, Paulo	IND	13M50	76	2:36:05.21	12:00	1:32:19
376	758	Coelho, Cristina	Wolves	13F50	22	2:38:39.93	12:12	1:34:54
377	705	carvalho, Armindo	T Sem Medo	13M40	102	2:38:48.32	12:13	1:35:02
378	570	Pacheco, Marco	IND	13SEM	93	2:40:24.20	12:20	1:36:38
379	571	Lopes, Diana	IND	13SEF	47	2:40:24.54	12:20	1:36:39
380	517	Moreira, Afonso	IND	13M40	103	2:41:21.13	12:25	1:37:35
381	548	Vieira, Patrã-Cia	IND	13SEF	48	2:41:21.75	12:25	1:37:36
382	423	Machado, Rosa	Destemidos	13F40	40	2:42:13.82	12:29	1:38:28
383	428	Silva, Sofia	Destemidos	13SEF	49	2:42:14.67	12:29	1:38:29
384	425	Silva, Armindo	Destemidos	13M40	104	2:42:16.13	12:29	1:38:30
385	507	Antunes, Renato	IND	13M40	105	2:43:46.69	12:36	1:40:01
386	702	Fonseca, Marta	S. Cajã³	13F40	41	2:46:59.02	12:51	1:43:13
387	512	Gonãsalves, Regina	IND	13F40	42	2:47:38.28	12:54	1:43:52
388	665	Fonseca, Carolina	PCRunners	13SEF	50	2:49:11.24	13:01	1:45:25
389	664	Meireles, Liliana	PCRunners	13F40	43	2:49:29.30	13:02	1:45:43
390	328	RITA FERNANDES, Ana	AMVE	13SEF	51	2:50:29.56	13:07	1:46:44
391	514	MIGUEL AZEVEDO, Rui	IND	13M40	106	2:50:29.73	13:07	1:46:44
392	578	Brãs, Daniel	IND	13SEM	94	2:52:56.10	13:18	1:49:10
393	649	Cartucho, Lara	NAI	13SEF	52	2:52:57.34	13:18	1:49:11
394	760	Rodrigues, Sandra	Wolves	13F40	44	2:52:58.71	13:18	1:49:13

Clasificación General**Conjunta****Trail Curto****13,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
395	666	Daniel Cunha Magalhães, Hug	PEGASUS OC	13SEM	95	2:53:14.22	13:20	1:49:28
396	581	Ribeiro, Sara	IND	13SEF	53	2:53:14.28	13:20	1:49:28
397	568	Manuel Martins Veloso, Carlos	IND	13SEM	96	2:53:14.97	13:20	1:49:29
398	562	LÃ°cia Ribeiro Braga, Ana	IND	13SEF	54	2:53:15.36	13:20	1:49:29
399	493	Carvalho, Isabel	IND	13F40	45	3:00:11.98	13:52	1:56:26
400	658	Oliveira, Adã-Lia	O que quer	13F50	23	3:03:28.75	14:07	1:59:43
401	473	Ribeiro, Fernanda	IND	13F50	24	3:03:30.09	14:07	1:59:44
402	331	Lima, Ana	AMVE	13SEF	55	3:03:42.29	14:08	1:59:56
403	327	Silva, Davide	AMVE	13SEM	97	3:03:44.39	14:08	1:59:58
404	611	Ferreira, Fã;Tima	Lobos do m	13SEF	56	3:06:12.58	14:19	2:02:27
405	610	Almeida, Bruno	Lobos do m	13SEM	98	3:06:13.15	14:19	2:02:27
406	410	Moreira, Bruno	Controlar	13SEM	99	3:06:34.17	14:21	2:02:48
407	543	Queiros, JoãoO	IND	13SEM	100	3:06:56.17	14:23	2:03:10
408	715	Sousa, Sandra	Trilheiros	13SEF	57	3:10:32.51	14:39	2:06:47
409	699	Fonseca, Artur	Ruptura T	13M40	107	3:10:35.10	14:40	2:06:49
410	661	Santos, Maria	Opticalia	13SEF	58	3:19:37.27	15:21	2:15:51
411	662	Almeida, JoãoO	Opticalia	13SEM	101	3:19:41.00	15:22	2:15:55
412	549	Areias, Daniela	IND	13SEF	59	3:22:42.89	15:36	2:18:57
413	572	Mendes, Sara	IND	13SEF	60	3:22:46.00	15:36	2:19:00

VII TRail Rota do Bolinhol

Clasificación General

Femenina

Trail Curto

13,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	439	Soares, Rosa	ELCT	13SEF	1	1:17:16.77	05:57	
2	320	Oliveira, Carla	ADOSA	13SEF	2	1:30:16.15	06:57	0:12:59
3	747	Ferreira, Carla	VVC	13F40	1	1:31:20.64	07:02	0:14:04
4	418	Rocha, Andreia	DRGN	13SEF	3	1:31:44.46	07:03	0:14:27
5	385	Silva, Filipa	CAF-FR	13SEF	4	1:35:11.96	07:19	0:17:55
6	420	Alves, Susana	DRGN	13SEF	5	1:35:43.00	07:22	0:18:26
7	440	Rita Ferreira, Ana	ELCT	13SEF	6	1:37:21.92	07:29	0:20:05
8	583	PEREIRA, Lucia	IND	13SEF	7	1:37:22.12	07:29	0:20:05
9	592	Oliveira, Cristina	IND	13F40	2	1:38:04.93	07:33	0:20:48
10	419	Rocha, Angã©lica	DRGN	13SEF	8	1:38:47.61	07:36	0:21:31
11	486	Rodrigues, Laura	IND	13F40	3	1:40:37.56	07:44	0:23:21
12	349	Maia, Rute	Airorun	13SEF	9	1:41:34.61	07:49	0:24:18
13	381	Moreira, Vera	CAAT	13SEF	10	1:41:54.08	07:50	0:24:37
14	324	Pereira, Deolinda	AIRORUN	13F50	1	1:41:56.85	07:51	0:24:40
15	668	Ribeiro, Patrã-Cia	Pegasus	13SEF	11	1:43:01.99	07:56	0:25:45
16	340	Correia, CãTia	AMVE	13SEF	12	1:43:24.54	07:57	0:26:08
17	325	Ferreira, Paula	AKUAFIT	13F40	4	1:44:26.95	08:02	0:27:10
18	648	Ribeiro, Ana	NAI	13SEF	13	1:44:54.86	08:04	0:27:38
19	368	Pinto, Carla	C. Raposas	13F40	5	1:45:21.10	08:06	0:28:04
20	399	Costa, Adriana	CBRUN	13SEF	14	1:46:24.48	08:11	0:29:07
21	435	Pinheiro, CãNdida	Duros da S	13F50	2	1:47:16.78	08:15	0:30:00
22	607	Alexandra Vilaãa de Matos, M	Km c/treta	13F40	6	1:48:00.12	08:18	0:30:43
23	701	Perliteiro, AssunãO	S. Cajã³	13F50	3	1:48:29.66	08:21	0:31:13
24	392	Fernandes, Marcela	CBRUN	13F40	7	1:48:35.12	08:21	0:31:18
25	389	Neto, Diana	CAF-SCF	13SEF	15	1:49:38.05	08:26	0:32:21
26	653	Machado, Sara	NBA	13SEF	16	1:49:51.73	08:27	0:32:35
27	311	Brãs, Glãªria	ADE-TR	13F50	4	1:49:55.04	08:27	0:32:38
28	414	Queirãs, Juliana	DIVE	13SEF	17	1:50:10.00	08:28	0:32:53
29	430	do Cãu, Maria	DRGN	13F50	5	1:50:19.70	08:29	0:33:03
30	448	Neto, Ana	FCV	13F40	8	1:50:42.59	08:31	0:33:26
31	687	Carvalho, Andreia	QRITMO	13SEF	18	1:50:57.65	08:32	0:33:41
32	596	Martins, Helena	IND	13SEF	19	1:51:10.02	08:33	0:33:53
33	363	Dias, Maria	C. Raposas	13F50	6	1:51:57.57	08:37	0:34:41
34	437	Tavares, Anabela	ELCT	13F40	9	1:52:18.41	08:38	0:35:01
35	634	Pinheira, Sãªnia	Marcha e C	13F40	10	1:52:47.67	08:41	0:35:31
36	479	Ribeiro, Rosa	IND	13F50	7	1:52:57.32	08:41	0:35:40
37	405	Viana, Inãªs	CSJMAR	13SEF	20	1:54:00.66	08:46	0:36:44
38	616	Daniela Pinto Teixeira, Carla	Lusavouga	13SEF	21	1:54:06.08	08:47	0:36:49
39	782	Silva, Sandra	S R Granja	13F40	11	1:56:01.23	08:55	0:38:44
40	445	Josã© Silva, Maria	FCV	13F50	8	1:56:36.62	08:58	0:39:20
41	603	Silva, Clara	INDividual	13F40	12	1:57:05.31	09:00	0:39:48
42	721	FONSECA, Maria	UNIDOS PEL	13F50	9	1:57:07.16	09:01	0:39:50
43	558	Pereira, Deusa	IND	13SEF	22	1:57:17.63	09:01	0:40:01
44	765	Silva, Clãdia	CAAT	13SEF	23	1:57:39.47	09:03	0:40:22
45	356	Ribeiro, Alda	Braguinhas	13F40	13	1:58:08.86	09:05	0:40:52
46	728	Pereira, Cristina	VIZELA	13F40	14	1:58:34.39	09:07	0:41:17

Classificação Geral**Femenina****Trail Curto****13,00 Km.**

Pos.	Dor.	Nome	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
47	727	Abreu, Bianca	VIZELA	13F40	15	1:59:16.59	09:11	0:42:00
48	656	Sousa, Fatima	Never ALON	13F40	16	1:59:32.30	09:12	0:42:15
49	367	Pinto, Fernanda	C. Raposas	13F50	10	2:00:18.03	09:15	0:43:01
50	358	Lima, Clara	C. Raposas	13F50	11	2:00:22.64	09:16	0:43:06
51	670	Barradas, Sara	PegasusIND	13SEF	24	2:00:28.57	09:16	0:43:12
52	397	Vieira, Marlene	CBRUN	13SEF	25	2:00:33.03	09:16	0:43:16
53	432	Ferreira, Ana	DRGN	13F40	17	2:01:01.19	09:19	0:43:44
54	304	Tinoco, Josefina	ACB	13F50	12	2:01:23.34	09:20	0:44:06
55	703	Machado, Rita	Santander	13F40	18	2:01:26.48	09:20	0:44:09
56	411	Costa, Paula	DDOcasiao	13F40	19	2:01:38.59	09:21	0:44:22
57	372	Rocha, Marta	C. Raposas	13F40	20	2:02:04.87	09:23	0:44:48
58	353	Veloso, Isaura	Braguinhas	13F50	13	2:02:37.57	09:26	0:45:21
59	717	Moreira, Fã Tima	Twogym	13F40	21	2:05:11.88	09:38	0:47:55
60	335	Ribeiro, Rita	AMVE	13F50	14	2:05:20.49	09:38	0:48:03
61	532	Marta Abreu Freitas, Daniela	IND	13SEF	26	2:06:08.70	09:42	0:48:52
62	489	Silva, Susana	IND	13F40	22	2:06:13.15	09:43	0:48:56
63	506	Sampaio, Isabel	IND	13F40	23	2:07:11.58	09:47	0:49:55
64	614	Teixeira, Liliana	Lusavouga	13SEF	27	2:07:21.34	09:48	0:50:04
65	724	COSTA, Susana	UNIDOS PEL	13SEF	28	2:07:53.52	09:50	0:50:37
66	492	Ribeiro, Ivone	IND	13F50	15	2:08:14.34	09:52	0:50:57
67	743	Silva, Aurora	VVC	13F50	16	2:08:49.08	09:55	0:51:32
68	352	FERNANDES, Sandra	BeautyRuns	13SEF	29	2:09:04.49	09:56	0:51:47
69	539	Sousa, Rita	IND	13SEF	30	2:09:04.78	09:56	0:51:48
70	711	PINTO, Isabel	TEMOS PENA	13F40	24	2:09:24.11	09:57	0:52:07
71	542	Maria Ferreira Fernandes, Dulce	IND	13SEF	31	2:11:05.77	10:05	0:53:49
72	402	Pedrosa, Cã Lia	CSJMAR	13F40	25	2:12:03.34	10:09	0:54:46
73	726	SILVA, Ana	UNIDOS PEL	13SEF	32	2:12:12.78	10:10	0:54:56
74	457	Isabel Lemos, Ana	FisioRun	13SEF	33	2:12:53.36	10:13	0:55:36
75	609	Domingues, Vera	Lobos	13F40	26	2:13:37.01	10:17	0:56:20
76	326	Barbosa, Manuela	AMVE	13F40	27	2:13:39.79	10:17	0:56:23
77	354	Matias, Manuela	Braguinhas	13F50	17	2:14:16.72	10:20	0:57:00
78	800	Alves, Paula	IND	13F40	28	2:15:39.42	10:26	0:58:22
79	744	Sousa, Paula	VVC	13F40	29	2:15:43.67	10:26	0:58:27
80	380	Silva, Sandra	CAAT	13F40	30	2:16:05.92	10:28	0:58:49
81	511	Ferreira, Wendy	IND	13F40	31	2:16:13.09	10:29	0:58:56
82	669	Almeida, Helena	Pegasus	13SEF	34	2:16:27.47	10:30	0:59:10
83	633	Gonçalves, Elsa	Marcha e C	13F40	32	2:16:27.73	10:30	0:59:11
84	636	Silva, Isabel	Marcha e C	13SEF	35	2:16:39.90	10:31	0:59:23
85	608	Ferreira, Ana	Km c/treta	13F40	33	2:17:10.31	10:33	0:59:53
86	644	Matos, Carina	NAI	13SEF	36	2:17:35.06	10:35	1:00:18
87	667	MARTINS, Paula	PROMESSAS	13SEF	37	2:17:38.96	10:35	1:00:22
88	632	Pereira, Helena	Marcha e C	13F40	34	2:17:46.73	10:36	1:00:30
89	355	Ribeiro, Maria	Braguinhas	13F50	18	2:17:59.26	10:37	1:00:42
90	759	Carvalho, Isabel	Wolves	13F50	19	2:19:52.06	10:46	1:02:35
91	308	Oliveira, Lucia	ACB	13F40	35	2:19:54.13	10:46	1:02:37
92	637	Pereira, Rita	Marcha e C	13F40	36	2:19:54.30	10:46	1:02:37
93	631	Agostinha, Maria	Marcha e C	13F40	37	2:19:54.72	10:46	1:02:38
94	798	Costa, Sara	IND	13F40	38	2:20:17.62	10:48	1:03:01
95	709	Oliveira, Paula	TDM	13SEF	38	2:22:09.54	10:56	1:04:53
96	487	Faria, Teresa	IND	13F40	39	2:23:08.16	11:01	1:05:51
97	569	Abreu, Cã Tia	IND	13SEF	39	2:23:47.97	11:04	1:06:31
98	647	Alves, Raquel	NAI	13SEF	40	2:24:19.73	11:06	1:07:03
99	309	Linhares, Filipa	ADE Trail	13F50	20	2:25:12.47	11:10	1:07:55
100	322	Rita, Ana	ADTTR	13SEF	41	2:25:26.36	11:11	1:08:09
101	768	Oliveira, Elisabete	IND	13SEF	42	2:25:43.06	11:13	1:08:26
102	704	silva, Paula	T Sem Medo	13F50	21	2:27:25.88	11:20	1:10:09
103	533	Azevedo, Paula	IND	13SEF	43	2:28:13.47	11:24	1:10:56
104	573	Paula Ferreira, Ana	IND	13SEF	44	2:28:48.36	11:27	1:11:31

Clasificación General**Femenina****Trail Curto****13,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
105	579	Silva Moreira, Raquel	IND	13SEF	45	2:28:48.71	11:27	1:11:32
106	712	BARROS, SãLvia	TEMOS PENA	13SEF	46	2:32:26.22	11:44	1:15:09
107	758	Coelho, Cristina	Wolves	13F50	22	2:38:39.93	12:12	1:21:23
108	571	Lopes, Diana	IND	13SEF	47	2:40:24.54	12:20	1:23:08
109	548	Vieira, Patrã-Cia	IND	13SEF	48	2:41:21.75	12:25	1:24:05
110	423	Machado, Rosa	Destemidos	13F40	40	2:42:13.82	12:29	1:24:57
111	428	Silva, Sofia	Destemidos	13SEF	49	2:42:14.67	12:29	1:24:58
112	702	Fonseca, Marta	S. Cajã ³	13F40	41	2:46:59.02	12:51	1:29:42
113	512	Gonãsalves, Regina	IND	13F40	42	2:47:38.28	12:54	1:30:21
114	665	Fonseca, Carolina	PCRunners	13SEF	50	2:49:11.24	13:01	1:31:54
115	664	Meireles, Liliana	PCRunners	13F40	43	2:49:29.30	13:02	1:32:12
116	328	RITA FERNANDES, Ana	AMVE	13SEF	51	2:50:29.56	13:07	1:33:13
117	649	Cartucho, Lara	NAI	13SEF	52	2:52:57.34	13:18	1:35:40
118	760	Rodrigues, Sandra	Wolves	13F40	44	2:52:58.71	13:18	1:35:42
119	581	Ribeiro, Sara	IND	13SEF	53	2:53:14.28	13:20	1:35:57
120	562	Lãcia Ribeiro Braga, Ana	IND	13SEF	54	2:53:15.36	13:20	1:35:58
121	493	Carvalho, Isabel	IND	13F40	45	3:00:11.98	13:52	1:42:55
122	658	Oliveira, Adã-Lia	O que quer	13F50	23	3:03:28.75	14:07	1:46:12
123	473	Ribeiro, Fernanda	IND	13F50	24	3:03:30.09	14:07	1:46:13
124	331	Lima, Ana	AMVE	13SEF	55	3:03:42.29	14:08	1:46:25
125	611	Ferreira, FãTima	Lobos do m	13SEF	56	3:06:12.58	14:19	1:48:56
126	715	Sousa, Sandra	Trilheiros	13SEF	57	3:10:32.51	14:39	1:53:16
127	661	Santos, Maria	Opticalia	13SEF	58	3:19:37.27	15:21	2:02:20
128	549	Areias, Daniela	IND	13SEF	59	3:22:42.89	15:36	2:05:26
129	572	Mendes, Sara	IND	13SEF	60	3:22:46.00	15:36	2:05:29

VII TRail Rota do Bolinhol

Clasificación General

Masculina

Trail Curto

13,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	686	Ferreira, Amãºndio	QRITMO	13SEM	1	1:03:46.28	04:54	
2	344	Mendes, AªScar	ARCAA	13M40	1	1:04:14.17	04:56	0:00:28
3	748	Macedo, Avelino	VVC	13M40	2	1:04:49.89	04:59	0:01:04
4	396	Santos, Marco	CBRUN	13SEM	2	1:05:11.89	05:01	0:01:26
5	593	Carneiro, Ricardo	IND	13M40	3	1:05:26.12	05:02	0:01:40
6	729	Faria, Marco	VIZELA	13M40	4	1:05:32.35	05:02	0:01:46
7	342	Veloso, Carlos	ARCAA	13M40	5	1:06:11.78	05:06	0:02:26
8	659	Loureiro, Nelson	Opraticant	13M40	6	1:06:26.47	05:07	0:02:40
9	731	Pereira, Luciano	VIZELA	13M40	7	1:07:01.64	05:09	0:03:16
10	343	Ribeiro, Bruno	ARCAA	13M40	8	1:07:47.16	05:13	0:04:01
11	450	Correia, Marco	FCV	13M40	9	1:07:49.11	05:13	0:04:03
12	345	Araªºjo, SãºRgio	ARCAA	13SEM	3	1:10:25.00	05:25	0:06:39
13	453	Bessa, Carlos	FCV	13SEM	4	1:11:04.95	05:28	0:07:19
14	341	SILVA, Josãº	ARCAA	13M40	10	1:11:05.20	05:28	0:07:19
15	735	Barros, Leonel	VIZELA	13SEM	5	1:12:02.31	05:32	0:08:16
16	317	Carneiro, Agostinho	ADMARCO 09	13M50	1	1:12:10.19	05:33	0:08:24
17	730	Fernandes, Abílio	VIZELA	13M50	2	1:12:27.33	05:34	0:08:41
18	346	Sousa, Ricardo	ARCAA	13SEM	6	1:13:05.00	05:37	0:09:19
19	651	Ribeiro, Ramiro	NBA	13M40	11	1:14:12.63	05:43	0:10:27
20	676	Campos, SãºRgio	QRITMO	13M40	12	1:14:49.32	05:45	0:11:03
21	595	Oliveira, Tiago	IND	13SEM	7	1:15:17.77	05:48	0:11:32
22	386	Martins, SãºRgio	CAF-SCF	13M50	3	1:15:43.28	05:49	0:11:57
23	391	Barros, Diogo	CBRUN	13M40	13	1:16:03.11	05:51	0:12:17
24	645	Pereira, Joaquim	NAI	13M40	14	1:16:21.26	05:52	0:12:35
25	732	Carvalho, Nuno	VIZELA	13SEM	8	1:16:51.56	05:55	0:13:06
26	740	Mororo, Leandro	VVC	13SEM	9	1:17:03.66	05:56	0:13:18
27	682	Pinto, Sebastião	QRITMO	13M40	15	1:17:36.55	05:58	0:13:51
28	681	Marinho, Filipe	QRITMO	13M40	16	1:17:36.61	05:58	0:13:51
29	650	Pedrosa, Josãº	NBA	13M40	17	1:19:03.39	06:05	0:15:17
30	643	Alves, Carlos	NAI	13M40	18	1:19:03.81	06:05	0:15:18
31	678	Carvalho, Josãº	QRITMO	13M40	19	1:19:21.85	06:06	0:15:36
32	775	Augusto, Jose	IND	13M50	4	1:19:31.32	06:07	0:15:45
33	364	Romano, Hugo	C. Raposas	13M50	5	1:19:47.72	06:08	0:16:02
34	321	Oliveira, Leonardo	ADOSA	13SEM	10	1:20:19.49	06:11	0:16:33
35	584	Silva, Paulo	IND	13M40	20	1:20:26.03	06:11	0:16:40
36	777	Araªºjo, Josãº	ZENIT AUTO	13SEM	11	1:20:40.44	06:12	0:16:54
37	689	Monteiro, FãºBio	QRITMO	13SEM	12	1:21:44.68	06:17	0:17:59
38	672	Fernandes, Josãº	Pio.Parque	13M50	6	1:21:46.96	06:17	0:18:01
39	526	Fontãº, Bruno	IND	13M40	21	1:22:03.51	06:19	0:18:18
40	393	Ribeiro, RogãºRio	CBRUN	13M40	22	1:22:19.08	06:20	0:18:33
41	404	Gonãºsalves, NãºLson	CSJMAR	13SEM	13	1:22:23.75	06:20	0:18:38
42	739	Campos, Ricardo	VIZELA	13SEM	14	1:22:34.96	06:21	0:18:49
43	673	Machado, Manuel	Pio.Parque	13M50	7	1:22:54.98	06:23	0:19:09
44	773	Faria da Silva, Helder	samidell	13SEM	15	1:23:00.55	06:23	0:19:15
45	447	Sampaio, Paulo	FCV	13M40	23	1:23:03.24	06:23	0:19:17
46	387	Silva, Carlos	CAF-SCF	13M40	24	1:23:03.96	06:23	0:19:18

Clasificación General**Masculina****Trail Curto****13,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
47	591	CÂsar Silva, Paulo	IND	13M40	25	1:23:14.84	06:24	0:19:29
48	318	Dinis, Joaquim	ADOSA	13M50	8	1:23:20.68	06:25	0:19:35
49	403	Laranjeira, João	CSJMAR	13M40	26	1:23:41.68	06:26	0:19:56
50	618	Magalhaes, Manuel	MOVEIRAS	13M50	9	1:23:47.90	06:27	0:20:02
51	516	Pereira, Jorge	IND	13M40	27	1:24:38.50	06:31	0:20:52
52	484	Ribeiro, Antão	IND	13M50	10	1:24:40.00	06:31	0:20:54
53	587	Alves, Manuel	IND	13M50	11	1:24:47.01	06:31	0:21:01
54	680	Oliveira, Carlos	QRITMO	13M50	12	1:24:47.13	06:31	0:21:01
55	535	Alberto Teixeira Coelho, Daniel	IND	13SEM	16	1:24:48.00	06:31	0:21:02
56	401	Lopes, Maximino	CRCANDO	13M40	28	1:24:50.00	06:32	0:21:04
57	697	Fernandes, Vitor	RorizAvent	13SEM	17	1:24:55.89	06:32	0:21:10
58	638	Moreira, Fernando	Mesao Frio	13M50	13	1:25:03.46	06:33	0:21:17
59	736	Lopes, Cláudio	VIZELA	13SEM	18	1:25:53.48	06:36	0:22:07
60	323	Figueiredo, Vã-Tor	AFR F	13M50	14	1:25:54.43	06:36	0:22:08
61	685	Carreiras, Pedro	QRITMO	13SEM	19	1:26:19.78	06:38	0:22:34
62	613	Fernandes, Sãrgio	Lusavouga	13M40	29	1:27:07.33	06:42	0:23:21
63	416	Gomes, CãSar	DRGN	13M50	15	1:27:16.28	06:43	0:23:30
64	589	Azevedo, Rui	IND	13M50	16	1:27:24.88	06:43	0:23:39
65	454	Silva, CãSar	FCV	13SEM	20	1:27:47.54	06:45	0:24:02
66	612	Freitas Teixeira, Adriano	Lusavouga	13M50	17	1:28:14.74	06:47	0:24:29
67	621	Abreu, Joaquim	MOVEIRAS	13M50	18	1:28:33.39	06:49	0:24:47
68	646	Timoteo, Fábio	NAI	13SEM	21	1:29:14.29	06:52	0:25:28
69	422	Azevedo, Josã	Destemidos	13M50	19	1:29:16.62	06:52	0:25:31
70	766	Oliveira, Eduardo	ELCT	13SEM	22	1:29:20.02	06:52	0:25:34
71	303	Sousa, Jose	ACB	13M50	20	1:29:26.64	06:53	0:25:41
72	561	Torres, Daniel	IND	13SEM	23	1:29:34.62	06:53	0:25:49
73	625	Freitas, Bruno	MOVEIRAS	13M40	30	1:30:09.62	06:56	0:26:24
74	627	Real, Jose	MOVEIRAS	13M40	31	1:30:16.29	06:57	0:26:30
75	679	Araújo, Jorge	QRITMO	13M50	21	1:30:24.87	06:57	0:26:39
76	377	Ortiga, Heitor	CAAT	13M50	22	1:30:52.61	06:59	0:27:07
77	716	Matos, Antão	Trilheiros	13M50	23	1:30:57.89	07:00	0:27:12
78	513	Tinas, Vitor	IND	13M40	32	1:31:06.49	07:00	0:27:20
79	749	Alves, Filipe	VVC	13SEM	24	1:31:09.03	07:01	0:27:23
80	628	Coelho, Jose	MOVEIRAS	13M50	24	1:31:13.69	07:01	0:27:28
81	442	Loureiro, Pedro	ERDAL	13SEM	25	1:31:18.66	07:01	0:27:33
82	463	Gomes, Armindo	Hotbikes	13M40	33	1:31:26.07	07:02	0:27:40
83	691	Machado, José	QRITMO	13SEM	26	1:31:29.83	07:02	0:27:44
84	417	Maciel, Pedro	DRGN	13M40	34	1:31:43.28	07:03	0:27:57
85	746	Peixoto, Ricardo	VVC	13M40	35	1:32:34.06	07:07	0:28:48
86	433	Fernandes, Vitor	DRGN	13M40	36	1:32:42.84	07:08	0:28:57
87	441	Faria, Rui	ERDAL	13M40	37	1:32:53.15	07:09	0:29:07
88	460	Pinto, Flávio	Fojo trail	13M40	38	1:33:06.10	07:10	0:29:20
89	690	Carreiras, Vã-Tor	QRITMO	13SEM	27	1:33:12.22	07:10	0:29:26
90	434	Leitão, Luã-S	DRGN	13SEM	28	1:33:22.94	07:11	0:29:37
91	462	Pena, Rui	GDT	13M40	39	1:33:24.66	07:11	0:29:39
92	698	ferreira, Pedro	Rorizavent	13M40	40	1:33:34.73	07:12	0:29:49
93	770	Azevedo, Diogo	IND	13SEM	29	1:33:38.49	07:12	0:29:52
94	475	Bessa, Adão	IND	13M50	25	1:34:00.65	07:14	0:30:15
95	602	Carvalho, Josã	INDividual	13M50	26	1:34:40.89	07:17	0:30:55
96	565	SILVA, Alberto	IND	13SEM	30	1:35:02.19	07:19	0:31:16
97	585	Rocha, Raul	IND	13M40	41	1:35:12.50	07:19	0:31:27
98	374	Oliveira, Andrã	C. Raposas	13SEM	31	1:35:26.15	07:20	0:31:40
99	657	Pinto, Ricardo	Never ALON	13M40	42	1:35:33.64	07:21	0:31:48
100	415	Pereira, Paulo	DRGN	13M40	43	1:35:42.56	07:22	0:31:57
101	316	Oliveira, Olegário	ADEPE	13M50	27	1:36:09.66	07:24	0:32:24
102	683	Pereira, Michael	QRITMO	13SEM	32	1:36:17.75	07:24	0:32:32
103	684	Sã, Mãrcio	QRITMO	13SEM	33	1:36:18.12	07:24	0:32:32
104	754	Miguel Azevedo Pereira, Tiago	Vapesol	13SEM	34	1:36:27.24	07:25	0:32:41

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Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
105	776	Almeida, Josã©	A Noite Pa	13M50	28	1:36:29.61	07:25	0:32:44
106	677	Fernandes, Manuel	QRITMO	13M40	44	1:36:33.91	07:26	0:32:48
107	490	., Miguel	IND	13M40	45	1:36:36.05	07:26	0:32:50
108	315	Azevedo, Bruno	ADEPE	13M40	46	1:36:52.62	07:27	0:33:07
109	623	Pereira, Adelino	MOVEIRAS	13M40	47	1:36:56.90	07:27	0:33:11
110	449	Freitas, Paulo	FCV	13M40	48	1:36:58.93	07:28	0:33:13
111	312	Carreira, Carlos	ADE-TR	13M40	49	1:37:01.61	07:28	0:33:16
112	438	Lopes, Paulo	ELCT	13SEM	35	1:37:22.51	07:29	0:33:37
113	408	Silva, Bruno	Cansados	13SEM	36	1:37:27.58	07:30	0:33:42
114	537	Pedrosa, Paulo	IND	13SEM	37	1:37:36.52	07:31	0:33:51
115	497	Silva, Jorge	IND	13M40	50	1:37:41.89	07:31	0:33:56
116	588	Carvalho, Valdemar	IND	13M50	29	1:37:50.71	07:32	0:34:05
117	688	Rodrigues, Andrã©	QRITMO	13SEM	38	1:38:05.61	07:33	0:34:20
118	566	Rocha, Filipe	IND	13SEM	39	1:38:08.67	07:33	0:34:23
119	310	Braga, Manuel	ADE-TR	13M50	30	1:38:14.52	07:33	0:34:29
120	606	Bessa, Josã©	JB	13M50	31	1:38:20.22	07:34	0:34:34
121	675	., Sã©rgio	Pio.Parque	13SEM	40	1:38:24.42	07:34	0:34:38
122	674	Palma, Carlos	Pio.Parque	13M40	51	1:38:24.53	07:34	0:34:39
123	413	Correia, Jorge	DD'Ocasiã£o	13SEM	41	1:38:38.10	07:35	0:34:52
124	597	Almeida, Augusto	INDEPENDEN	13M50	32	1:38:42.04	07:36	0:34:56
125	476	Ceia, Ricardo	IND	13M50	33	1:38:49.62	07:36	0:35:04
126	622	Oliveira, Joaquim	MOVEIRAS	13M40	52	1:38:53.82	07:36	0:35:08
127	590	Fernandes, Josã©	IND	13M40	53	1:39:02.84	07:37	0:35:17
128	714	Teixeira, Marcelo	TheNewbies	13SEM	42	1:39:21.18	07:39	0:35:35
129	378	Rodrigues, Antã³nio	CAAT	13M50	34	1:39:31.17	07:39	0:35:45
130	362	Vieira, Pedro	C. Raposas	13M50	35	1:39:53.48	07:41	0:36:07
131	710	da Silva, Filipe	TDM	13SEM	43	1:40:00.79	07:42	0:36:15
132	769	Matos, Antã³nio	IND	13M40	54	1:40:02.95	07:42	0:36:17
133	723	CUNHA, Antonio	UNIDOS PEL	13M40	55	1:40:07.23	07:42	0:36:21
134	518	Silva, Leandro	IND	13M40	56	1:40:10.95	07:42	0:36:25
135	319	Ribeiro, Alexandre	ADOSA	13M40	57	1:40:21.16	07:43	0:36:35
136	624	Ferreira, Helder	MOVEIRAS	13M40	58	1:41:01.06	07:46	0:37:15
137	530	Gomes, Miguel	IND	13SEM	44	1:41:34.14	07:49	0:37:48
138	755	Correia, Jorge	Vã£-Caminha	13M40	59	1:41:46.17	07:50	0:38:00
139	619	Freitas, Manuel	MOVEIRAS	13M50	36	1:41:58.32	07:51	0:38:12
140	421	Martins, Fernando	Destemidos	13M50	37	1:42:01.32	07:51	0:38:15
141	546	de Araã£jo, Hugo	IND	13SEM	45	1:42:26.01	07:53	0:38:40
142	452	Costa, Hã£lder	FCV	13M40	60	1:42:26.35	07:53	0:38:40
143	427	Pereira, Josã©	Destemidos	13SEM	46	1:42:28.00	07:53	0:38:42
144	407	Teixeira, Nuno	Caminhadas	13M40	61	1:42:32.86	07:53	0:38:47
145	406	Santos, Tiago	CSJMAR	13SEM	47	1:42:42.31	07:54	0:38:56
146	545	Braga, Emanuel	IND	13SEM	48	1:42:51.30	07:55	0:39:05
147	527	goncalves, Manuel	IND	13M40	62	1:42:55.18	07:55	0:39:09
148	708	PEREIRA, Joel	TARTARUGAS	13SEM	49	1:43:03.72	07:56	0:39:18
149	620	Melo, Orlando	MOVEIRAS	13M50	38	1:43:23.37	07:57	0:39:37
150	576	Sousa, Miguel	IND	13SEM	50	1:43:27.44	07:57	0:39:41
151	742	Graã£sa, Joã£o	VVC	13M50	39	1:43:48.43	07:59	0:40:02
152	459	soares, Tiago	Fojo Trail	13SEM	51	1:43:57.34	08:00	0:40:11
153	772	Mota, Filipe	ZENIT AUTO	13SEM	52	1:44:40.07	08:03	0:40:54
154	523	PINTO, Filipe	IND	13M40	63	1:44:41.04	08:03	0:40:55
155	498	Pinto, Manuel	IND	13M50	40	1:44:47.36	08:04	0:41:01
156	540	Neto, Rui	IND	13SEM	53	1:44:48.82	08:04	0:41:03
157	382	Pinheiro, Tiago	CAAT	13SEM	54	1:45:03.31	08:05	0:41:17
158	443	., Silva	Embalmudo	13M50	41	1:45:03.83	08:05	0:41:18
159	541	Machado, Carlos	IND	13SEM	55	1:45:32.89	08:07	0:41:47
160	797	Costa, Ricardo	IND	13SEM	56	1:46:02.18	08:09	0:42:16
161	640	Alves Pereira gomes, Joaquim	Modelos	13M40	64	1:46:17.22	08:11	0:42:31
162	461	Lopes, Ricardo	Fojo trail	13SEM	57	1:46:24.47	08:11	0:42:38

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Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
163	774	., Henrique	IND	13M40	65	1:46:25.03	08:11	0:42:39
164	488	Cunha, Marcelino	IND	13M40	66	1:47:13.97	08:15	0:43:28
165	398	Fernandes, Marco	CBRUN	13SEM	58	1:47:40.54	08:17	0:43:55
166	655	Machado, Filipe	Never ALON	13M40	67	1:47:43.08	08:17	0:43:57
167	383	Cunha, Rui	CAAT	13SEM	59	1:47:52.17	08:18	0:44:06
168	563	silva, Joel	IND	13SEM	60	1:47:55.89	08:18	0:44:10
169	528	Machado, Rui	IND	13M40	68	1:48:00.79	08:19	0:44:15
170	560	Santos, Moisés	IND	13SEM	61	1:48:01.54	08:19	0:44:16
171	761	Sousa, Rui	Wolves	13M40	69	1:48:03.53	08:19	0:44:18
172	756	Miranda, Antão	Wolves	13M50	42	1:48:03.55	08:19	0:44:18
173	635	Morais, José	Marcha e C	13SEM	62	1:48:07.43	08:19	0:44:21
174	451	Mendes, Jorge	FCV	13M40	70	1:48:20.72	08:20	0:44:35
175	446	Leite, Paulo	FCV	13M50	43	1:48:38.01	08:21	0:44:52
176	329	ARAÚJO, Diogo	AMVE	13SEM	63	1:48:38.92	08:21	0:44:53
177	334	Rui Pereira, José	AMVE	13M50	44	1:48:49.40	08:22	0:45:03
178	521	Torres, Paulo	IND	13M40	71	1:49:02.62	08:23	0:45:17
179	575	Manuel Fernandes Azevedo, Pec	IND	13SEM	64	1:49:03.14	08:23	0:45:17
180	642	Torcatto, João	NAI	13M50	45	1:49:09.19	08:24	0:45:23
181	663	Silva Gouveia, Domingos	Os Pinocos	13M40	72	1:49:09.52	08:24	0:45:24
182	615	Alexandre Freitas Sousa, Paulo	Lusavouga	13SEM	65	1:49:33.50	08:26	0:45:48
183	671	Carvalho, José	Pio.Parque	13M50	46	1:49:41.39	08:26	0:45:55
184	302	FERNANDES, Cristiano	A NOITE PA	13M40	73	1:49:51.12	08:27	0:46:05
185	333	Marinho, Tomás	AMVE	13M40	74	1:49:58.65	08:28	0:46:13
186	630	Coelho, Pedro	MadCrazyEp	13M40	75	1:50:13.19	08:29	0:46:27
187	813	Leite, José	IND	13M50	47	1:50:16.92	08:29	0:46:31
188	351	Miranda, Davide	Bbox&gym	13SEM	66	1:50:27.82	08:30	0:46:42
189	314	Manuel Adão Martins, Pedro	ADEPE	13M50	48	1:50:41.92	08:31	0:46:56
190	718	Ferreira, Henrique	Twogym	13M40	76	1:50:43.65	08:31	0:46:58
191	629	Pinto, Ricardo	MadCrazyBu	13M40	77	1:50:55.76	08:32	0:47:10
192	495	Mota, Sérgio	IND	13M40	78	1:51:10.40	08:33	0:47:24
193	503	Silva, Rui	IND	13M40	79	1:51:23.00	08:34	0:47:37
194	522	CARLOS COELHO, Avelino	IND	13M40	80	1:51:24.87	08:34	0:47:39
195	707	SILVA, Antão	TARTARUGAS	13SEM	67	1:51:33.15	08:35	0:47:47
196	357	Moreira, Paulo	C. Raposas	13M50	49	1:51:57.65	08:37	0:48:12
197	508	Pereira, Hugo	IND	13M40	81	1:52:06.15	08:37	0:48:20
198	347	Freitas, Leandro	ATV	13M50	50	1:52:36.79	08:40	0:48:51
199	480	Carvalho, Daniel	IND	13M50	51	1:52:39.52	08:40	0:48:54
200	652	Ferreira, Rui	NBA	13SEM	68	1:52:51.53	08:41	0:49:06
201	375	Magalhães, Antão	C. Raposas	13SEM	69	1:53:18.26	08:43	0:49:32
202	472	Brandão, Ernesto	IND	13M50	52	1:53:30.51	08:44	0:49:45
203	306	Fernandes, Daniel	ACB	13M40	82	1:54:20.26	08:48	0:50:34
204	332	Marinho, Manuel	AMVE	13M50	53	1:54:32.42	08:49	0:50:46
205	395	Peixoto, Hugo	CBRUN	13SEM	70	1:54:33.49	08:49	0:50:47
206	745	Campos, Nuno	VVC	13M40	83	1:54:56.33	08:50	0:51:10
207	741	Pinheiro, Pedro	VVC	13M50	54	1:54:57.69	08:51	0:51:12
208	722	JORGE, Carlos	UNIDOS PEL	13M50	55	1:55:42.18	08:54	0:51:56
209	720	CARDOSO, Artur	UNIDOS PEL	13M50	56	1:55:42.84	08:54	0:51:57
210	429	Fonseca, Antão	DRGN	13M50	57	1:55:45.87	08:54	0:52:00
211	574	Dias, Miguel	IND	13SEM	71	1:55:59.31	08:55	0:52:13
212	88	NUNES, Antonio	IND	13M50	58	1:56:22.11	08:57	0:52:36
213	524	Miguel Sousa Castro, Jose	IND	13M40	84	1:56:31.11	08:58	0:52:45
214	485	José Machado Ribeiro, Alfred	IND	13M50	59	1:56:35.52	08:58	0:52:50
215	359	Magalhães, Manuel	C. Raposas	13M50	60	1:56:37.37	08:58	0:52:51
216	544	Cascais, Diogo	IND	13SEM	72	1:57:13.31	09:01	0:53:27
217	757	Leal, Miguel	Wolves	13M50	61	1:57:14.15	09:01	0:53:28
218	330	Pinto, Pedro	AMVE	13SEM	73	1:57:37.82	09:03	0:53:52
219	338	Magalhães, José	AMVE	13M50	62	1:58:16.72	09:06	0:54:31
220	580	Coelho, Telmo	IND	13SEM	74	1:58:22.55	09:06	0:54:37

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13,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
221	694	Alves, Rui	Raposas ma	13M40	85	1:59:08.81	09:10	0:55:23
222	693	alves, Paulo	Raposas	13M40	86	1:59:09.81	09:10	0:55:24
223	388	Seixal, Nuno	CAF-SCF	13SEM	75	1:59:15.39	09:10	0:55:29
224	654	Cardoso, Lino	Never ALON	13M50	63	1:59:32.83	09:12	0:55:47
225	525	Cardoso, Pedro	IND	13M40	87	1:59:54.37	09:13	0:56:08
226	56	Ribeiro, Diogo	CRCANDO	13SEM	76	2:00:00.83	09:14	0:56:15
227	559	., Vasco	IND	13SEM	77	2:00:02.21	09:14	0:56:16
228	567	Lopes, Diogo	IND	13SEM	78	2:00:30.95	09:16	0:56:45
229	557	Borges, Josã©	IND	13SEM	79	2:00:31.03	09:16	0:56:45
230	547	Pedro Correia, Rui	IND	13SEM	80	2:00:32.03	09:16	0:56:46
231	529	Pinheiro, Leonel	IND	13SEM	81	2:00:47.84	09:18	0:57:02
232	605	Pereira, Amã£ncio	Individual	13SEM	82	2:01:18.73	09:20	0:57:33
233	783	Fernandes, Simao	GDSantande	13M40	88	2:01:24.04	09:20	0:57:38
234	412	Pereira, Carlos	DD'Ocasiã£o	13M40	89	2:01:35.54	09:21	0:57:50
235	471	Ferreira, Amã£©Rico	IND	13M50	64	2:02:21.10	09:25	0:58:35
236	719	BENTO, Joaquim	UNIDOS PEL	13M50	65	2:02:39.10	09:26	0:58:53
237	350	Alberto Alves da Silva, Carlos	ArcoRun	13M50	66	2:02:54.99	09:27	0:59:09
238	577	Pedro Ferreira leite, Luã-S	IND	13SEM	83	2:04:32.36	09:35	1:00:46
239	515	Cunha, Â,Ngelo	IND	13M40	90	2:05:26.73	09:39	1:01:41
240	509	Azevedo, Francisco	IND	13M40	91	2:05:49.09	09:41	1:02:03
241	468	Oliveira, Lidio	IND	13M50	67	2:06:07.48	09:42	1:02:21
242	534	Ricardo Monteiro da Silva, And	IND	13SEM	84	2:06:15.74	09:43	1:02:30
243	502	Silva, Raul	IND	13M40	92	2:07:11.26	09:47	1:03:25
244	586	Ribeiro, Miguel	IND	13SEM	85	2:08:14.95	09:52	1:04:29
245	784	Magalhã£es, Â,Ngelo	IND	13M40	93	2:08:30.62	09:53	1:04:45
246	779	Araã£jo, Paulo	ZENIT AUTO	13M40	94	2:08:48.02	09:54	1:05:02
247	763	dik, Jorge	individual	13M50	68	2:09:36.60	09:58	1:05:51
248	564	Sampaio, Ivo	IND	13SEM	86	2:10:08.97	10:01	1:06:23
249	725	PINTO, Hugo	UNIDOS PEL	13SEM	87	2:12:12.66	10:10	1:08:27
250	455	Lima, Rui	FisioRun	13M40	95	2:12:53.74	10:13	1:09:08
251	713	Soares, Manuel	The Lost	13M40	96	2:13:35.25	10:17	1:09:49
252	753	Fernando da Silva Magalhã£es,	Vapesol	13M50	69	2:13:59.53	10:18	1:10:14
253	360	Peixoto, Luis	C. Raposas	13M50	70	2:14:31.98	10:21	1:10:46
254	467	Sampaio, Josã©	IND	13M50	71	2:18:36.96	10:40	1:14:51
255	424	Silva, Josã©	Destemidos	13M50	72	2:20:31.63	10:49	1:16:46
256	551	Pereira, Vã-Tor	IND	13SEM	88	2:21:58.34	10:55	1:18:12
257	499	Jorge Faria, Ricardo	IND	13M40	97	2:22:31.83	10:58	1:18:46
258	481	Martins, Joaquim	IND	13M50	73	2:23:04.59	11:00	1:19:19
259	336	Cruz, DãRio	AMVE	13M40	98	2:23:23.79	11:02	1:19:38
260	500	Seabra, Jorge	IND	13M40	99	2:23:29.10	11:02	1:19:43
261	554	Campos, Sã©Rgio	IND	13SEM	89	2:23:48.65	11:04	1:20:03
262	483	., Agostinho	IND	13M40	100	2:23:59.18	11:05	1:20:13
263	550	ALVES, Rui	IND	13SEM	90	2:25:41.54	11:12	1:21:56
264	553	EMMANUEL DE OLIVEIRA M	IND	13SEM	91	2:25:41.99	11:12	1:21:56
265	641	Matos, Manuel	NAI	13M50	74	2:27:25.20	11:20	1:23:39
266	510	Filipe Camã£es, Luis	IND	13M40	101	2:29:35.82	11:30	1:25:50
267	458	de Oliveira Marques, Renato	FocusTrail	13SEM	92	2:35:33.11	11:58	1:31:47
268	464	Machado, Joaquim	IFC	13M50	75	2:35:33.54	11:58	1:31:48
269	469	Barroso, Paulo	IND	13M50	76	2:36:05.21	12:00	1:32:19
270	705	carvalho, Armindo	T Sem Medo	13M40	102	2:38:48.32	12:13	1:35:02
271	570	Pacheco, Marco	IND	13SEM	93	2:40:24.20	12:20	1:36:38
272	517	Moreira, Afonso	IND	13M40	103	2:41:21.13	12:25	1:37:35
273	425	Silva, Armindo	Destemidos	13M40	104	2:42:16.13	12:29	1:38:30
274	507	Antunes, Renato	IND	13M40	105	2:43:46.69	12:36	1:40:01
275	514	MIGUEL AZEVEDO, Rui	IND	13M40	106	2:50:29.73	13:07	1:46:44
276	578	Brã£s, Daniel	IND	13SEM	94	2:52:56.10	13:18	1:49:10
277	666	Daniel Cunha Magalhã£es, Hug	PEGASUS OC	13SEM	95	2:53:14.22	13:20	1:49:28
278	568	Manuel Martins Veloso, Carlos	IND	13SEM	96	2:53:14.97	13:20	1:49:29

Clasificación General**Masculina****Trail Curto****13,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
279	327	Silva, Davide	AMVE	13SEM	97	3:03:44.39	14:08	1:59:58
280	610	Almeida, Bruno	Lobos do m	13SEM	98	3:06:13.15	14:19	2:02:27
281	410	Moreira, Bruno	Controlar	13SEM	99	3:06:34.17	14:21	2:02:48
282	543	Queiros, João	IND	13SEM	100	3:06:56.17	14:23	2:03:10
283	699	Fonseca, Artur	Ruptura T	13M40	107	3:10:35.10	14:40	2:06:49
284	662	Almeida, João	Opticalia	13SEM	101	3:19:41.00	15:22	2:15:55

VII TRail Rota do Bolinhol

Clasificación de clubes por puestos

(Equipos formados por 3 componentes.)

1º	ARCAA		19 Puntos
	344 Mendes, Áscar	Veteranos Masc M40 13km	2º
	342 Veloso, Carlos	Veteranos Masc M40 13km	7º
	343 Ribeiro, Bruno	Veteranos Masc M40 13km	10º
2º	VIZELA		30 Puntos
	729 Faria, Marco	Veteranos Masc M40 13km	6º
	731 Pereira, Luciano	Veteranos Masc M40 13km	9º
	735 Barros, Leonel	Seniores Masc 13km	15º
3º	QRITMO		49 Puntos
	686 Ferreira, AmãçNdio	Seniores Masc 13km	1º
	676 Campos, Sã©Rgio	Veteranos Masc M40 13km	20º
	682 Pinto, Sebastião	Veteranos Masc M40 13km	28º
4º	IND		59 Puntos
	593 Carneiro, Ricardo	Veteranos Masc M40 13km	5º
	595 Oliveira, Tiago	Seniores Masc 13km	21º
	775 Augusto, Jose	Veteranos Masc M50 13km	33º
5º	CBRUN		68 Puntos
	396 Santos, Marco	Seniores Masc 13km	4º
	391 Barros, Diogo	Veteranos Masc M40 13km	23º
	393 Ribeiro, Rogã©Rio	Veteranos Masc M40 13km	41º
6º	FCV		70 Puntos
	450 Correia, Marco	Veteranos Masc M40 13km	11º
	453 Bessa, Carlos	Seniores Masc 13km	13º
	447 Sampaio, Paulo	Veteranos Masc M40 13km	46º
7º	VVC		110 Puntos
	748 Macedo, Avelino	Veteranos Masc M40 13km	3º
	740 Mororo, Leandro	Seniores Masc 13km	26º
	749 Alves, Filipe	Seniores Masc 13km	81º
8º	NAI		124 Puntos
	645 Pereira, Joaquim	Veteranos Masc M40 13km	24º
	643 Alves, Carlos	Veteranos Masc M40 13km	31º
	646 Timã³teo, Fã;Bio	Seniores Masc 13km	69º
9º	ADOSA		159 Puntos
	321 Oliveira, Leonardo	Seniores Masc 13km	35º
	318 Dinis, Joaquim	Veteranos Masc M50 13km	49º
	320 Oliveira, Carla	Seniores Fem 13km	75º
10º	MOVEIRAS		193 Puntos
	618 Magalhaes, Manuel	Veteranos Masc M50 13km	51º

Clasificación de clubes por puestos

(Equipos formados por 3 componentes.)

	621 Abreu, Joaquim	Veteranos Masc M50 13km	68º
	625 Freitas, Bruno	Veteranos Masc M40 13km	74º
11º	Pio.Parque	213 Puntos	
	672 Fernandes, Josã©	Veteranos Masc M50 13km	39º
	673 Machado, Manuel	Veteranos Masc M50 13km	44º
	675 ., Sérgio	Seniores Masc 13km	130º
12º	ELCT	216 Puntos	
	439 Soares, Rosa	Seniores Fem 13km	27º
	766 Oliveira, Eduardo	Seniores Masc 13km	71º
	440 Rita Ferreira, Ana	Seniores Fem 13km	118º
13º	DRGN	239 Puntos	
	416 Gomes, Cã©sar	Veteranos Masc M50 13km	64º
	417 Maciel, Pedro	Veteranos Masc M40 13km	87º
	418 Rocha, Andreia	Seniores Fem 13km	88º
14º	CSJMAR	251 Puntos	
	404 Gonçlves, Nã©lson	Seniores Masc 13km	42º
	403 Laranjeira, Joã©	Veteranos Masc M40 13km	50º
	406 Santos, Tiago	Seniores Masc 13km	159º
15º	NBA	259 Puntos	
	651 Ribeiro, Ramiro	Veteranos Masc M40 13km	19º
	650 Pedrosa, Josã©	Veteranos Masc M40 13km	30º
	653 Machado, Sara	Seniores Fem 13km	210º
16º	CAF-SCF	276 Puntos	
	386 Martins, Sã©rgio	Veteranos Masc M50 13km	22º
	387 Silva, Carlos	Veteranos Masc M40 13km	47º
	389 Neto, Diana	Seniores Fem 13km	207º
17º	C. Raposas	277 Puntos	
	364 Romano, Hugo	Veteranos Masc M50 13km	34º
	374 Oliveira, Andrã©	Seniores Masc 13km	103º
	362 Vieira, Pedro	Veteranos Masc M50 13km	140º
18º	Lusavouga	336 Puntos	
	613 Fernandes, Sã©rgio	Veteranos Masc M40 13km	63º
	612 Freitas Teixeira, Adriano	Veteranos Masc M50 13km	67º
	615 Alexandre Freitas Sousa, Paulo	Seniores Masc 13km	206º
19º	CAAT	368 Puntos	
	377 Ortiga, Heitor	Veteranos Masc M50 13km	78º
	378 Rodrigues, Antã³nio	Veteranos Masc M50 13km	139º
	381 Moreira, Vera	Seniores Fem 13km	151º
20º	Destemidos	381 Puntos	
	422 Azevedo, Josã©	Veteranos Masc M50 13km	70º
	421 Martins, Fernando	Veteranos Masc M50 13km	154º
	427 Pereira, Josã©	Seniores Masc 13km	157º
21º	ADEPE	439 Puntos	
	316 Oliveira, Olegã©rio	Veteranos Masc M50 13km	107º
	315 Azevedo, Bruno	Veteranos Masc M40 13km	114º
	314 Manuel Adã©lfo Martins, Pedro	Veteranos Masc M50 13km	218º
22º	ADE-TR	456 Puntos	
	312 Carreira, Carlos	Veteranos Masc M40 13km	117º
	310 Braga, Manuel	Veteranos Masc M50 13km	128º
	311 Brã©s, Glã©ria	Veteranos Fem F50 13km	211º

Clasificación de clubes por puestos

(Equipos formados por 3 componentes.)

23º	ZENIT AUTO	519 Puntos
	777 Araújo, Josã©	Seniores Masc 13km 37º
	772 Mota, Filipe	Seniores Masc 13km 170º
	779 Araújo, Paulo	Veteranos Masc M40 13km 312º
24º	Never ALON	562 Puntos
	657 Pinto, Ricardo	Veteranos Masc M40 13km 104º
	655 Machado, Filipe	Veteranos Masc M40 13km 187º
	656 Sousa, Fatima	Veteranos Fem M40 13km 271º
25º	AMVE	566 Puntos
	340 Correia, Cã¡Tia	Seniores Fem 13km 165º
	329 ARAÚJO, Diogo	Seniores Masc 13km 200º
	334 Rui Pereira, Josã©	Veteranos Masc M50 13km 201º
26º	ACB	599 Puntos
	303 Sousa, Jose	Veteranos Masc M50 13km 72º
	306 Fernandes, Daniel	Veteranos Masc M40 13km 241º
	304 Tinoco, Josefina	Veteranos Fem F50 13km 286º
27º	UNIDOS PEL	636 Puntos
	723 CUNHA, Antonio	Veteranos Masc M40 13km 143º
	722 JORGE, Carlos	Veteranos Masc M50 13km 246º
	720 CARDOSO, Artur	Veteranos Masc M50 13km 247º
28º	Wolves	646 Puntos
	756 Miranda, Antã³nio	Veteranos Masc M50 13km 194º
	761 Sousa, Rui	Veteranos Masc M40 13km 193º
	757 Leal, Miguel	Veteranos Masc M50 13km 259º
29º	Marcha e C	765 Puntos
	635 Morais, Josã©	Seniores Masc 13km 195º
	634 Pinheira, Sã³nia	Veteranos Fem M40 13km 234º
	633 Gonçãlves, Elsa	Veteranos Fem M40 13km 336º
30º	Braguinhas	885 Puntos
	356 Ribeiro, Alda	Veteranos Fem M40 13km 263º
	353 Veloso, Isaura	Veteranos Fem F50 13km 293º
	354 Matias, Manuela	Veteranos Fem F50 13km 329º

VII TRail Rota do Bolinhol

Clasificación General

Conjunta

Trail Longo

20,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	25	Ferreira, João	AIRORUN	20SEM	1	1:33:07.08	04:39	
2	43	Teixeira, Renato	CAAT	20SEM	2	1:36:02.59	04:48	0:02:56
3	29	Fonseca, Paulo	ARCAA	20M40	1	1:41:45.27	05:05	0:08:38
4	77	Cunha, André	ERDAL	20M40	2	1:44:44.85	05:14	0:11:38
5	52	Lopes, Pedro	CBRUN	20SEM	3	1:45:15.49	05:16	0:12:08
6	79	Silva, Vã-Tor	ERDAL	20SEM	4	1:46:25.65	05:19	0:13:19
7	198	Oliveira, Pedro	365Running	20SEM	5	1:47:07.43	05:21	0:14:00
8	187	Araújo, Joel	ARCAA	20M40	3	1:48:12.27	05:25	0:15:05
9	192	Cunha, Bruno	IND	20SEM	6	1:50:03.74	05:30	0:16:57
10	31	Leal, Tiago	ARCAA	20SEM	7	1:50:40.69	05:32	0:17:34
11	128	Teixeira, Luã-S	LBCHAVES	20M40	4	1:53:07.98	05:39	0:20:01
12	812	Ferreira, Pedro	IND	20SEM	8	1:53:23.81	05:40	0:20:17
13	20	Amorim, Hãlder	ADCAR	20SEM	9	1:53:32.39	05:41	0:20:25
14	157	Silva, Hãlder	QTRILHO	20M40	5	1:53:38.76	05:41	0:20:32
15	159	Silva, Sã-Lvia	QTRILHO	20SEF	1	1:53:39.06	05:41	0:20:32
16	150	Fãlix, Josã	Promessas	20M40	6	1:53:41.72	05:41	0:20:35
17	152	Teixeira, Rafael	Promessas	20SEM	10	1:53:43.10	05:41	0:20:36
18	64	Valente, André	DD'Ocasão	20SEM	11	1:54:11.90	05:43	0:21:05
19	40	Carvalho, Antã Nio	CAAT	20M40	7	1:54:41.83	05:44	0:21:35
20	76	Santos, João	ERDAL	20M40	8	1:54:41.85	05:44	0:21:35
21	53	Da Cruz, João	CBRUN	20SEM	12	1:55:00.22	05:45	0:21:53
22	154	ãngelo Alves, Miguel	QTRILHO	20M50	1	1:56:01.97	05:48	0:22:55
23	49	De Oliveira, Miguel	CBRUN	20M40	9	1:57:06.43	05:51	0:23:59
24	174	Silva, Carlos	Trilhos&Am	20M50	2	1:57:35.26	05:53	0:24:28
25	50	Filipe Silva, Luã-S	CBRUN	20M40	10	1:58:09.05	05:54	0:25:02
26	146	Vaz, Manuel	Oqueqremos	20M50	3	1:58:32.24	05:56	0:25:25
27	153	lopes, Hugo	Promessas	20SEM	13	1:59:21.85	05:58	0:26:15
28	155	Freitas, Gualter	QTRILHO	20M50	4	1:59:35.84	05:59	0:26:29
29	35	Barbosa, Hãlder	Boavista	20M40	11	1:59:40.55	05:59	0:26:34
30	132	Filipe, Eduardo	Lobos mont	20SEM	14	1:59:49.32	05:59	0:26:42
31	51	Oliveira, Leandro	CBRUN	20SEM	15	1:59:51.60	06:00	0:26:45
32	48	Machado, Ricardo	CAF-SCF	20M50	5	2:00:53.02	06:03	0:27:46
33	34	MANUEL MENDES LOPES, Jo	BTT POLVOR	20M50	6	2:00:54.15	06:03	0:27:47
34	172	Silva, Nuno	TheNewbies	20SEM	16	2:01:06.41	06:03	0:27:59
35	131	Cardoso, Jorge	Lobos do m	20SEM	17	2:01:15.73	06:04	0:28:09
36	78	Miguel Santos, Luã-S	ERDAL	20SEM	18	2:01:18.91	06:04	0:28:12
37	21	Mendes, Joaquim	ADEPE	20M40	12	2:02:25.61	06:07	0:29:19
38	235	Magalhães, Luís	Dã-lhe Gás	20SEM	19	2:02:28.82	06:07	0:29:22
39	117	Dinis Gomes Ferreira, Pedro	IND	20SEM	20	2:02:40.00	06:08	0:29:33
40	156	Lemos, Jorge	QTRILHO	20M50	7	2:02:44.77	06:08	0:29:38
41	189	Silva, Sãlrgio	ARCAA	20M40	13	2:04:13.11	06:13	0:31:06
42	60	Fernandes Cardoso, Antã Nio	Carvalho	20M50	8	2:05:30.55	06:17	0:32:24
43	104	Manuel Campos Araújo, Josã	IND	20M40	14	2:05:33.55	06:17	0:32:27
44	158	Mendes, Jorge	QTRILHO	20M40	15	2:06:04.20	06:18	0:32:57
45	22	Faria, Fernando	ADEPE	20M40	16	2:07:29.61	06:22	0:34:23
46	11	Freitas, Filipe	ACB	20M40	17	2:07:39.83	06:23	0:34:33

Classificação Geral**Conjunta****Trail Longo****20,00 Km.**

Pos.	Dor.	Nome	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
47	144	Oliveira, Paulo	O que quer	20M50	9	2:07:55.62	06:24	0:34:49
48	54	Leite, Adriano	CBRUN	20SEM	21	2:08:13.41	06:25	0:35:06
49	166	oliveira, Fatima	TEMOS PENA	20F50	1	2:09:47.95	06:29	0:36:41
50	38	Silva, FãBio	C. Amizade	20SEM	22	2:10:20.67	06:31	0:37:14
51	109	Pereira, Vasco	IND	20SEM	23	2:10:21.55	06:31	0:37:15
52	75	Fernandes, Bruno	ERDAL	20M40	18	2:11:15.62	06:34	0:38:09
53	86	Pereira, Paulo	IND	20M50	10	2:11:20.25	06:34	0:38:13
54	41	Borges, Hã©Lder	CAAT	20M40	19	2:11:57.02	06:36	0:38:50
55	141	Moura, Raul	Nova Linha	20M40	20	2:12:33.13	06:38	0:39:26
56	72	Sousa, Adriana	ELCT	20F40	1	2:13:03.10	06:39	0:39:56
57	94	Silva, Ricardo	IND	20M40	21	2:13:16.75	06:40	0:40:10
58	92	Carlos Fernandes, Jose	IND	20M40	22	2:13:23.17	06:40	0:40:16
59	173	Mota, Carlos	Trepadores	20M50	11	2:14:22.91	06:43	0:41:16
60	193	Oliveira, Filipe	IND	20M40	23	2:14:33.42	06:44	0:41:26
61	17	Ferreira, Ricardo	ADCAR	20M40	24	2:14:36.69	06:44	0:41:30
62	169	MOTA, Goncalo	TREPADORES	20M50	12	2:14:57.77	06:45	0:41:51
63	183	Carneiro, Ricardo	Warehouse	20SEM	24	2:15:31.31	06:47	0:42:24
64	81	Gomes, Helena	FCPF	20F40	2	2:15:59.72	06:48	0:42:53
65	63	Correia, Andrã©	DD'OcasiÃ£o	20M40	25	2:17:13.55	06:52	0:44:07
66	47	Rodrigues, Susana	CAF-FR	20SEF	2	2:17:24.56	06:52	0:44:18
67	123	Vieira Castro, Andrã©	IND	20M40	26	2:17:37.87	06:53	0:44:31
68	118	Machado, Bruno	IND	20M40	27	2:17:59.11	06:54	0:44:52
69	176	Pereira, Rui	VIZELA	20SEM	25	2:18:38.50	06:56	0:45:32
70	122	Ribeiro, Severino	IND	20M50	13	2:19:09.89	06:57	0:46:03
71	129	Caseiro, Miguel	Lobos Mont	20M40	28	2:19:29.98	06:58	0:46:23
72	197	Ferraz, Luã-S	PCRunners	20M40	29	2:19:31.50	06:59	0:46:25
73	190	Correia, Raquel	PCRunners	20SEF	3	2:19:33.95	06:59	0:46:27
74	15	., Ciano	AD Carvalh	20M40	30	2:19:55.35	07:00	0:46:48
75	18	Miranda, Carlos	ADCAR	20SEM	26	2:19:56.17	07:00	0:46:49
76	67	Santos, Sã©Rgio	Destemidos	20M40	31	2:21:16.55	07:04	0:48:10
77	130	Adelino Ferreira Costa Antunes,	Lobos do M	20M40	32	2:21:17.29	07:04	0:48:10
78	80	Fernandes, Daniel	ERDAL	20SEM	27	2:21:35.60	07:05	0:48:29
79	16	Vilas Boas, Rui	ADCAR	20M40	33	2:23:06.56	07:09	0:50:00
80	181	Ferreira, Bruno	Warehouse	20M40	34	2:23:12.10	07:10	0:50:05
81	42	Pena, Luciano	CAAT	20SEM	28	2:23:56.00	07:12	0:50:49
82	185	OLIVEIRA, Luisa	temos pena	20F40	3	2:24:03.83	07:12	0:50:57
83	98	Ribeiro, Conceiã§Ão	IND	20F40	4	2:24:13.14	07:13	0:51:06
84	163	Andrade, Vã-Tor	T Sem Medo	20M50	14	2:24:24.49	07:13	0:51:17
85	143	Moura, Diogo	Nova linha	20SEM	29	2:25:20.44	07:16	0:52:13
86	171	Lima, Miguel	The Lost	20M50	15	2:25:24.99	07:16	0:52:18
87	165	de Oliveira, Helder	TDM	20SEM	30	2:25:47.96	07:17	0:52:41
88	100	Alberto, Carlos	IND	20M40	35	2:26:20.97	07:19	0:53:14
89	115	Pereira, Vitor	IND	20SEM	31	2:26:52.37	07:21	0:53:45
90	57	Pereira, Manuel	CRCANDO	20M50	16	2:27:32.00	07:23	0:54:25
91	95	Silva, Jorge	IND	20M40	36	2:28:42.67	07:26	0:55:36
92	140	Silva, Carlos	Nova Linha	20M40	37	2:28:45.73	07:26	0:55:39
93	108	CASTRO, Joao	IND	20M40	38	2:29:20.83	07:28	0:56:14
94	106	Pereira, Aida	Lion Runners	20F40	5	2:29:35.20	07:29	0:56:28
95	83	Pinto, Bruno	GDLG	20M40	39	2:29:35.46	07:29	0:56:28
96	103	Fernandes, Filipe	IND	20M40	40	2:29:44.70	07:29	0:56:38
97	27	Moreira, Liliana	AMVE	20SEF	4	2:29:48.79	07:29	0:56:42
98	24	Carvalho, Joã©O	AFR F	20M40	41	2:29:49.00	07:29	0:56:42
99	199	Martins, Rui	IND	20M40	42	2:29:55.94	07:30	0:56:49
100	160	BrandÃ£o, Rui	Rebortec	20SEM	32	2:30:36.77	07:32	0:57:30
101	138	Couto, Agostinho	Nova Linha	20M50	17	2:30:59.66	07:33	0:57:53
102	137	Quintas, Paulo	Nast	20M50	18	2:31:22.33	07:34	0:58:15
103	23	Pinheiro, Cã©Sar	ADNA	20M40	43	2:32:26.17	07:37	0:59:19
104	105	PINTO, Rui	IND	20M40	44	2:32:28.61	07:37	0:59:22

Clasificación General**Conjunta****Trail Longo****20,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
105	114	Hugo, Vitor	IND	20M40	45	2:33:34.95	07:41	1:00:28
106	180	Cristiano Pacheco de Freitas, Ne	WAREHOUSE	20M40	46	2:35:12.64	07:46	1:02:06
107	200	Neto, Rui	IND	20M40	47	2:37:37.02	07:53	1:04:30
108	196	Lopes, Josã©	IND	20M40	48	2:37:38.17	07:53	1:04:31
109	12	Ribeiro, Cristiana	ACB	20F40	6	2:38:21.36	07:55	1:05:14
110	110	Manuel Leite Barroso, Sergio	IND	20SEM	33	2:38:27.69	07:55	1:05:21
111	201	Silva, Vitor	IND	20SEM	34	2:38:28.84	07:55	1:05:22
112	82	Mendonça, Antão	FCV	20M50	19	2:39:46.11	07:59	1:06:39
113	46	Cunha, Andrea	CAF-FR	20F40	7	2:40:10.37	08:01	1:07:03
114	124	Pimenta, Pedro	IND	20M40	49	2:40:25.25	08:01	1:07:18
115	127	Moura, Miguel	Individual	20M50	20	2:40:45.47	08:02	1:07:38
116	66	Ferreira, Armindo	Destemidos	20M50	21	2:40:48.35	08:02	1:07:41
117	69	Pimenta, Antão	Destemidos	20SEM	35	2:41:31.31	08:05	1:08:24
118	195	Antônio Oliveira Ferreira, Josã	IND	20M50	22	2:41:37.67	08:05	1:08:31
119	125	Marinho, Fábio	IND	20F40	8	2:42:00.39	08:06	1:08:53
120	149	Miranda, Daniel	Pastilhas	20M40	50	2:42:15.33	08:07	1:09:08
121	161	Lopes, Miguel	SemLimites	20M40	51	2:43:23.96	08:10	1:10:17
122	26	Carvalho, Paula	AMVE	20F50	2	2:44:54.98	08:15	1:11:48
123	99	Abreu, Narciso	IND	20M40	52	2:45:23.76	08:16	1:12:17
124	65	Silva, João	Destemidos	20M50	23	2:45:39.10	08:17	1:12:32
125	97	Martins, Miguel	IND	20M40	53	2:46:13.48	08:19	1:13:06
126	168	OLIVEIRA, Sãlvia	TEMOS PENA	20F40	9	2:46:18.85	08:19	1:13:12
127	142	Teixeira, Pedro	Nova Linha	20M40	54	2:47:54.15	08:24	1:14:47
128	39	Araújo, Celso	CAAT	20M50	24	2:48:44.71	08:26	1:15:38
129	135	Alves, Luis	Mesão Frio	20M50	25	2:49:02.19	08:27	1:15:55
130	164	Lopes, Fernando	TDM	20M50	26	2:49:19.06	08:28	1:16:12
131	87	silva, Fernando	IND	20M50	27	2:49:49.36	08:29	1:16:42
132	151	Cunha, Joel	Promessas	20SEM	36	2:50:23.67	08:31	1:17:17
133	71	Miguel Fernandes Gonçalves, E. T.	Fenix	20SEM	37	2:51:38.21	08:35	1:18:31
134	167	BARROS, Susana	TEMOS PENA	20F40	10	2:54:51.65	08:45	1:21:45
135	45	Cruz, Rui	CAB	20M40	55	2:54:54.22	08:45	1:21:47
136	44	Cruz, Alcina	CAB	20M40	56	2:54:55.89	08:45	1:21:49
137	70	Oliveira, Alice	Duros da s	20F50	3	2:56:45.81	08:50	1:23:39
138	170	Ferreira, Carla	Temos pena	20F40	11	2:57:39.65	08:53	1:24:33
139	73	Pereira, Filipe	ELCT	20M40	57	2:59:08.45	08:57	1:26:01
140	13	Ferreira, Joaquim	ACVERM	20M50	28	3:04:32.27	09:14	1:31:25
141	14	Azevedo, Fábio	ACVERM	20F50	4	3:04:33.26	09:14	1:31:26
142	84	., Samarão	IND	20F40	12	3:09:01.45	09:27	1:35:54
143	68	Pereira, Liliana	Destemidos	20SEF	5	3:11:22.79	09:34	1:38:16
144	33	Magalhães, Lurdes	B.T.M.	20F50	5	3:25:45.60	10:17	1:52:39
145	89	Grilo, Norberta	IND	20F50	6	3:34:00.45	10:42	2:00:53
146	120	Valverde, Pedro	IND	20SEM	38	3:37:47.72	10:53	2:04:41

VII TRail Rota do Bolinhol

Clasificación General

Femenina

Trail Longo

20,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	159	Silva, Sã-Lvia	QTRILHO	20SEF	1	1:53:39.06	05:41	
2	166	oliveira, Fatima	TEMOS PENA	20F50	1	2:09:47.95	06:29	0:16:09
3	72	Sousa, Adriana	ELCT	20F40	1	2:13:03.10	06:39	0:19:24
4	81	Gomes, Helena	FCPF	20F40	2	2:15:59.72	06:48	0:22:21
5	47	Rodrigues, Susana	CAF-FR	20SEF	2	2:17:24.56	06:52	0:23:46
6	190	Correia, Raquel	PCRunners	20SEF	3	2:19:33.95	06:59	0:25:55
7	185	OLIVEIRA, Luisa	temos pena	20F40	3	2:24:03.83	07:12	0:30:25
8	98	Ribeiro, ConceiãO	IND	20F40	4	2:24:13.14	07:13	0:30:34
9	106	Pereira, Aida	Lion Runners	20F40	5	2:29:35.20	07:29	0:35:56
10	27	Moreira, Liliana	AMVE	20SEF	4	2:29:48.79	07:29	0:36:10
11	12	Ribeiro, Cristiana	ACB	20F40	6	2:38:21.36	07:55	0:44:42
12	46	Cunha, Andrea	CAF-FR	20F40	7	2:40:10.37	08:01	0:46:31
13	125	Marinho, FãTima	IND	20F40	8	2:42:00.39	08:06	0:48:21
14	26	Carvalho, Paula	AMVE	20F50	2	2:44:54.98	08:15	0:51:16
15	168	OLIVEIRA, SãLvia	TEMOS PENA	20F40	9	2:46:18.85	08:19	0:52:40
16	167	BARROS, Susana	TEMOS PENA	20F40	10	2:54:51.65	08:45	1:01:13
17	70	Oliveira, Alice	Duros da s	20F50	3	2:56:45.81	08:50	1:03:07
18	170	Ferreira, Carla	Temos pena	20F40	11	2:57:39.65	08:53	1:04:01
19	14	Azevedo, FãTima	ACVERM	20F50	4	3:04:33.26	09:14	1:10:54
20	84	., SamarãO	IND	20F40	12	3:09:01.45	09:27	1:15:22
21	68	Pereira, Liliana	Destemidos	20SEF	5	3:11:22.79	09:34	1:17:44
22	33	Magalhães, Lurdes	B.T.M.	20F50	5	3:25:45.60	10:17	1:32:07
23	89	Grilo, Norberta	IND	20F50	6	3:34:00.45	10:42	1:40:21

VII TRail Rota do Bolinhol

Clasificación General

Masculina

Trail Longo

20,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	25	Ferreira, João	AIRORUN	20SEM	1	1:33:07.08	04:39	
2	43	Teixeira, Renato	CAAT	20SEM	2	1:36:02.59	04:48	0:02:56
3	29	Fonseca, Paulo	ARCAA	20M40	1	1:41:45.27	05:05	0:08:38
4	77	Cunha, André	ERDAL	20M40	2	1:44:44.85	05:14	0:11:38
5	52	Lopes, Pedro	CBRUN	20SEM	3	1:45:15.49	05:16	0:12:08
6	79	Silva, Vã-Tor	ERDAL	20SEM	4	1:46:25.65	05:19	0:13:19
7	198	Oliveira, Pedro	365Running	20SEM	5	1:47:07.43	05:21	0:14:00
8	187	Araújo, Joel	ARCAA	20M40	3	1:48:12.27	05:25	0:15:05
9	192	Cunha, Bruno	IND	20SEM	6	1:50:03.74	05:30	0:16:57
10	31	Leal, Tiago	ARCAA	20SEM	7	1:50:40.69	05:32	0:17:34
11	128	Teixeira, Luã-S	LBCHAVES	20M40	4	1:53:07.98	05:39	0:20:01
12	812	Ferreira, Pedro	IND	20SEM	8	1:53:23.81	05:40	0:20:17
13	20	Amorim, Hãlder	ADCAR	20SEM	9	1:53:32.39	05:41	0:20:25
14	157	Silva, Hãlder	QTRILHO	20M40	5	1:53:38.76	05:41	0:20:32
15	150	Fãlix, Josã	Promessas	20M40	6	1:53:41.72	05:41	0:20:35
16	152	Teixeira, Rafael	Promessas	20SEM	10	1:53:43.10	05:41	0:20:36
17	64	Valente, André	DD'Ocasão	20SEM	11	1:54:11.90	05:43	0:21:05
18	40	Carvalho, Antãnio	CAAT	20M40	7	1:54:41.83	05:44	0:21:35
19	76	Santos, João	ERDAL	20M40	8	1:54:41.85	05:44	0:21:35
20	53	Da Cruz, João	CBRUN	20SEM	12	1:55:00.22	05:45	0:21:53
21	154	ãngelo Alves, Miguel	QTRILHO	20M50	1	1:56:01.97	05:48	0:22:55
22	49	De Oliveira, Miguel	CBRUN	20M40	9	1:57:06.43	05:51	0:23:59
23	174	Silva, Carlos	Trilhos&Am	20M50	2	1:57:35.26	05:53	0:24:28
24	50	Filipe Silva, Luã-S	CBRUN	20M40	10	1:58:09.05	05:54	0:25:02
25	146	Vaz, Manuel	Oqueqremos	20M50	3	1:58:32.24	05:56	0:25:25
26	153	lopes, Hugo	Promessas	20SEM	13	1:59:21.85	05:58	0:26:15
27	155	Freitas, Gualter	QTRILHO	20M50	4	1:59:35.84	05:59	0:26:29
28	35	Barbosa, Hãlder	Boavista	20M40	11	1:59:40.55	05:59	0:26:34
29	132	Filipe, Eduardo	Lobos mont	20SEM	14	1:59:49.32	05:59	0:26:42
30	51	Oliveira, Leandro	CBRUN	20SEM	15	1:59:51.60	06:00	0:26:45
31	48	Machado, Ricardo	CAF-SCF	20M50	5	2:00:53.02	06:03	0:27:46
32	34	MANUEL MENDES LOPES, Jo	BTT POLVOR	20M50	6	2:00:54.15	06:03	0:27:47
33	172	Silva, Nuno	TheNewbies	20SEM	16	2:01:06.41	06:03	0:27:59
34	131	Cardoso, Jorge	Lobos do m	20SEM	17	2:01:15.73	06:04	0:28:09
35	78	Miguel Santos, Luã-S	ERDAL	20SEM	18	2:01:18.91	06:04	0:28:12
36	21	Mendes, Joaquim	ADEPE	20M40	12	2:02:25.61	06:07	0:29:19
37	235	Magalhães, Luís	Dã-lhe Gãs	20SEM	19	2:02:28.82	06:07	0:29:22
38	117	Dinis Gomes Ferreira, Pedro	IND	20SEM	20	2:02:40.00	06:08	0:29:33
39	156	Lemos, Jorge	QTRILHO	20M50	7	2:02:44.77	06:08	0:29:38
40	189	Silva, Sãrgio	ARCAA	20M40	13	2:04:13.11	06:13	0:31:06
41	60	Fernandes Cardoso, Antãnio	Carvalhal	20M50	8	2:05:30.55	06:17	0:32:24
42	104	Manuel Campos Araújo, Josã	IND	20M40	14	2:05:33.55	06:17	0:32:27
43	158	Mendes, Jorge	QTRILHO	20M40	15	2:06:04.20	06:18	0:32:57
44	22	Faria, Fernando	ADEPE	20M40	16	2:07:29.61	06:22	0:34:23
45	11	Freitas, Filipe	ACB	20M40	17	2:07:39.83	06:23	0:34:33
46	144	Oliveira, Paulo	O que quer	20M50	9	2:07:55.62	06:24	0:34:49

Clasificación General

Masculina

Trail Longo

20,00 Km.

Pos.	Dor.	Nome	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
47	54	Leite, Adriano	CBRUN	20SEM	21	2:08:13.41	06:25	0:35:06
48	38	Silva, FãBio	C. Amizade	20SEM	22	2:10:20.67	06:31	0:37:14
49	109	Pereira, Vasco	IND	20SEM	23	2:10:21.55	06:31	0:37:15
50	75	Fernandes, Bruno	ERDAL	20M40	18	2:11:15.62	06:34	0:38:09
51	86	Pereira, Paulo	IND	20M50	10	2:11:20.25	06:34	0:38:13
52	41	Borges, HãLder	CAAT	20M40	19	2:11:57.02	06:36	0:38:50
53	141	Moura, Raul	Nova Linha	20M40	20	2:12:33.13	06:38	0:39:26
54	94	Silva, Ricardo	IND	20M40	21	2:13:16.75	06:40	0:40:10
55	92	Carlos Fernandes, Jose	IND	20M40	22	2:13:23.17	06:40	0:40:16
56	173	Mota, Carlos	Trepadores	20M50	11	2:14:22.91	06:43	0:41:16
57	193	Oliveira, Filipe	IND	20M40	23	2:14:33.42	06:44	0:41:26
58	17	Ferreira, Ricardo	ADCAR	20M40	24	2:14:36.69	06:44	0:41:30
59	169	MOTA, Goncalo	TREPADORES	20M50	12	2:14:57.77	06:45	0:41:51
60	183	Carneiro, Ricardo	Warehouse	20SEM	24	2:15:31.31	06:47	0:42:24
61	63	Correira, Andrã	DD'Ocasião	20M40	25	2:17:13.55	06:52	0:44:07
62	123	Vieira Castro, Andrã	IND	20M40	26	2:17:37.87	06:53	0:44:31
63	118	Machado, Bruno	IND	20M40	27	2:17:59.11	06:54	0:44:52
64	176	Pereira, Rui	VIZELA	20SEM	25	2:18:38.50	06:56	0:45:32
65	122	Ribeiro, Severino	IND	20M50	13	2:19:09.89	06:57	0:46:03
66	129	Caseiro, Miguel	Lobos Mont	20M40	28	2:19:29.98	06:58	0:46:23
67	197	Ferraz, Luã-S	PCRunners	20M40	29	2:19:31.50	06:59	0:46:25
68	15	., Ciano	AD Carvalh	20M40	30	2:19:55.35	07:00	0:46:48
69	18	Miranda, Carlos	ADCAR	20SEM	26	2:19:56.17	07:00	0:46:49
70	67	Santos, SãRgio	Destemidos	20M40	31	2:21:16.55	07:04	0:48:10
71	130	Adelino Ferreira Costa Antunes,	Lobos do M	20M40	32	2:21:17.29	07:04	0:48:10
72	80	Fernandes, Daniel	ERDAL	20SEM	27	2:21:35.60	07:05	0:48:29
73	16	Vilas Boas, Rui	ADCAR	20M40	33	2:23:06.56	07:09	0:50:00
74	181	Ferreira, Bruno	Warehouse	20M40	34	2:23:12.10	07:10	0:50:05
75	42	Pena, Luciano	CAAT	20SEM	28	2:23:56.00	07:12	0:50:49
76	163	Andrade, Vã-Tor	T Sem Medo	20M50	14	2:24:24.49	07:13	0:51:17
77	143	Moura, Diogo	Nova linha	20SEM	29	2:25:20.44	07:16	0:52:13
78	171	Lima, Miguel	The Lost	20M50	15	2:25:24.99	07:16	0:52:18
79	165	de Oliveira, Helder	TDM	20SEM	30	2:25:47.96	07:17	0:52:41
80	100	Alberto, Carlos	IND	20M40	35	2:26:20.97	07:19	0:53:14
81	115	Pereira, Vitor	IND	20SEM	31	2:26:52.37	07:21	0:53:45
82	57	Pereira, Manuel	CRCANDO	20M50	16	2:27:32.00	07:23	0:54:25
83	95	Silva, Jorge	IND	20M40	36	2:28:42.67	07:26	0:55:36
84	140	Silva, Carlos	Nova Linha	20M40	37	2:28:45.73	07:26	0:55:39
85	108	CASTRO, Joao	IND	20M40	38	2:29:20.83	07:28	0:56:14
86	83	Pinto, Bruno	GDLG	20M40	39	2:29:35.46	07:29	0:56:28
87	103	Fernandes, Filipe	IND	20M40	40	2:29:44.70	07:29	0:56:38
88	24	Carvalho, JoãO	AFR F	20M40	41	2:29:49.00	07:29	0:56:42
89	199	Martins, Rui	IND	20M40	42	2:29:55.94	07:30	0:56:49
90	160	Brandão, Rui	Rebortec	20SEM	32	2:30:36.77	07:32	0:57:30
91	138	Couto, Agostinho	Nova Linha	20M50	17	2:30:59.66	07:33	0:57:53
92	137	Quintas, Paulo	Nast	20M50	18	2:31:22.33	07:34	0:58:15
93	23	Pinheiro, CãSar	ADNA	20M40	43	2:32:26.17	07:37	0:59:19
94	105	PINTO, Rui	IND	20M40	44	2:32:28.61	07:37	0:59:22
95	114	Hugo, Vitor	IND	20M40	45	2:33:34.95	07:41	1:00:28
96	180	Cristiano Pacheco de Freitas, Ne	WAREHOUSE	20M40	46	2:35:12.64	07:46	1:02:06
97	200	Neto, Rui	IND	20M40	47	2:37:37.02	07:53	1:04:30
98	196	Lopes, Josã	IND	20M40	48	2:37:38.17	07:53	1:04:31
99	110	Manuel Leite Barroso, Sergio	IND	20SEM	33	2:38:27.69	07:55	1:05:21
100	201	Silva, Vitor	IND	20SEM	34	2:38:28.84	07:55	1:05:22
101	82	Mendonça, AntãNio	FCV	20M50	19	2:39:46.11	07:59	1:06:39
102	124	Pimenta, Pedro	IND	20M40	49	2:40:25.25	08:01	1:07:18
103	127	Moura, Miguel	INDividual	20M50	20	2:40:45.47	08:02	1:07:38
104	66	Ferreira, Armindo	Destemidos	20M50	21	2:40:48.35	08:02	1:07:41

Clasificación General**Masculina****Trail Longo****20,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
105	69	Pimenta, Ant�nio	Destemidos	20SEM	35	2:41:31.31	08:05	1:08:24
106	195	Ant�nio Oliveira Ferreira, Jos�	IND	20M50	22	2:41:37.67	08:05	1:08:31
107	149	Miranda, Daniel	Pastilhas	20M40	50	2:42:15.33	08:07	1:09:08
108	161	Lopes, Miguel	SemLimites	20M40	51	2:43:23.96	08:10	1:10:17
109	99	Abreu, Narciso	IND	20M40	52	2:45:23.76	08:16	1:12:17
110	65	Silva, Jo�o	Destemidos	20M50	23	2:45:39.10	08:17	1:12:32
111	97	Martins, Miguel	IND	20M40	53	2:46:13.48	08:19	1:13:06
112	142	Teixeira, Pedro	Nova Linha	20M40	54	2:47:54.15	08:24	1:14:47
113	39	Ara�jo, Celso	CAAT	20M50	24	2:48:44.71	08:26	1:15:38
114	135	Alves, Luis	Mes�o Frio	20M50	25	2:49:02.19	08:27	1:15:55
115	164	Lopes, Fernando	TDM	20M50	26	2:49:19.06	08:28	1:16:12
116	87	silva, Fernando	IND	20M50	27	2:49:49.36	08:29	1:16:42
117	151	Cunha, Joel	Promessas	20SEM	36	2:50:23.67	08:31	1:17:17
118	71	Miguel Fernandes Gon�alves, E. T. F�nix	E. T. F�nix	20SEM	37	2:51:38.21	08:35	1:18:31
119	45	Cruz, Rui	CAB	20M40	55	2:54:54.22	08:45	1:21:47
120	44	Cruz, Alcina	CAB	20M40	56	2:54:55.89	08:45	1:21:49
121	73	Pereira, Filipe	ELCT	20M40	57	2:59:08.45	08:57	1:26:01
122	13	Ferreira, Joaquim	ACVERM	20M50	28	3:04:32.27	09:14	1:31:25
123	120	Valverde, Pedro	IND	20SEM	38	3:37:47.72	10:53	2:04:41

VII TRail Rota do Bolinhol

Clasificación de clubes por puestos

(Equipos formados por 3 componentes.)

1º	ARCAA		21 Puntos
	29 Fonseca, Paulo	Veteranos Masc M40 20km	3º
	187 Araújo, Joel	Veteranos Masc M40 20km	8º
	31 Leal, Tiago	Seniores Masc 20km	10º
2º	ERDAL		30 Puntos
	77 Cunha, André	Veteranos Masc M40 20km	4º
	79 Silva, Vã-Tor	Seniores Masc 20km	6º
	76 Santos, João	Veteranos Masc M40 20km	20º
3º	CBRUN		49 Puntos
	52 Lopes, Pedro	Seniores Masc 20km	5º
	53 Da Cruz, João	Seniores Masc 20km	21º
	49 De Oliveira, Miguel	Veteranos Masc M40 20km	23º
4º	QTRILHO		51 Puntos
	157 Silva, Hãlder	Veteranos Masc M40 20km	14º
	159 Silva, Sã-Lvia	Seniores Fem 20km	15º
	154 Ângelo Alves, Miguel	Veteranos Masc M50 20km	22º
5º	IND		60 Puntos
	192 Cunha, Bruno	Seniores Masc 20km	9º
	812 Ferreira, Pedro	Seniores Masc 20km	12º
	117 Dinis Gomes Ferreira, Pedro	Seniores Masc 20km	39º
6º	Promessas		60 Puntos
	150 Fãlix, Josã	Veteranos Masc M40 20km	16º
	152 Teixeira, Rafael	Seniores Masc 20km	17º
	153 lopes, Hugo	Seniores Masc 20km	27º
7º	CAAT		75 Puntos
	43 Teixeira, Renato	Seniores Masc 20km	2º
	40 Carvalho, Antã³nio	Veteranos Masc M40 20km	19º
	41 Borges, Hãlder	Veteranos Masc M40 20km	54º
8º	ADCAR		149 Puntos
	20 Amorim, Hãlder	Seniores Masc 20km	13º
	17 Ferreira, Ricardo	Veteranos Masc M40 20km	61º
	18 Miranda, Carlos	Seniores Masc 20km	75º
9º	Destemidos		309 Puntos
	67 Santos, Sãrgio	Veteranos Masc M40 20km	76º
	66 Ferreira, Armindo	Veteranos Masc M50 20km	116º
	69 Pimenta, Antã³nio	Seniores Masc 20km	117º
10º	Nova Linha		320 Puntos
	140 Silva, Carlos	Veteranos Masc M40 20km	92º

Clasificación de clubes por puestos

(Equipos formados por 3 componentes.)

138 Couto, Agostinho	Veteranos Masc M50 20km	101º
142 Teixeira, Pedro	Veteranos Masc M40 20km	127º