

Geral por Escalão

Trail Longo

31/10/2020

Seniores Masculinos						
Pos	Dorsal	Nome	Clube	Tempo	Diferença	Ritmo
1	2	Jérôme Rodrigues	VELHA GUARDA	01:58:35	00:00:00	4,74
2	211	Carlos Coelho	Trail me	02:03:23	00:04:48	4,94
3	192	Ricardo Sousa		02:03:40	00:05:05	4,95
4	196	João Henrique da Cruz	Trail Team Bifase	02:09:03	00:10:28	5,16
5	213	Nuno Guimarães	Trogloditas Runners	02:09:04	00:10:29	5,16
6	214	Oihan Amurrio Olalde		02:11:15	00:12:40	5,25
7	197	José Luís Ferreira Carvalho	Dragon Club	02:16:09	00:17:34	5,45
8	14	Paulo Ribeiro	Apúlia a Correr	02:16:16	00:17:41	5,45
9	35	Francisco Fernandes	B.T.M	02:19:08	00:20:33	5,57
10	191	Tiago Faria		02:21:09	00:22:34	5,65
11	37	Pedro Torres	Vidaativarunners	02:22:56	00:24:21	5,72
12	215	Pedro Maciel	Dragon Club	02:25:47	00:27:12	5,83
13	32	Pedro Lopes	B.T.M	02:26:32	00:27:57	5,86
14	202	Igor Lysyi	AiróRun	02:33:37	00:35:02	6,14
15	22	César Fernandes	Apúlia a Correr	02:35:22	00:36:47	6,21
16	15	Xavier Amorim	A.D.CARVALHAL	02:35:23	00:36:48	6,22
17	167	Helio Costa	Ucha Trail Team	02:37:21	00:38:46	6,29
18	29	Nuno Gomes	B.T.M	02:38:07	00:39:32	6,32
19	187	Vasco Faria	CB RUN	02:38:21	00:39:46	6,33
20	184	Rui Lobo Castro	Rinus FAFE	02:38:41	00:40:06	6,35
21	153	Michel SILVA	Vila Verde	02:41:02	00:42:27	6,44
22	186	Carlos Martins		02:43:42	00:45:07	6,55
23	218	Filipe Santos	Dragon Club	02:43:50	00:45:15	6,55
24	168	Bruno Pereira	Nós Acreditamos	02:43:55	00:45:20	6,56
25	21	José Boucinha	VF'S	02:44:09	00:45:34	6,57
26	170	Jorge Vieira	Os Arrastões	02:44:34	00:45:59	6,58
27	11	Carlos Miranda		02:48:02	00:49:27	6,72
28	20	PAULO OLIVEIRA	Vidaativarunners	02:54:10	00:55:35	6,97
29	207	Cristiano Silva	B.T.M	02:56:34	00:57:59	7,06
30	28	Vitor Ramalho	B.T.M	02:57:37	00:59:02	7,10
31	193	José Gonçalves		02:58:00	00:59:25	7,12
32	27	Diogo Araújo	B.T.M	03:00:43	01:02:08	7,23
33	34	Helder Torres	B.T.M	03:00:44	01:02:09	7,23
34	175	Nuno Cunha	SMILE FOR NATURE	03:01:18	01:02:43	7,25
35	160	Filipe Sousa	MaisSaúde- Fisioterapia e Osteopatia	03:05:49	01:07:14	7,43
36	4	José Faria	VELHA GUARDA	03:06:06	01:07:31	7,44
37	178	Diogo Almeida	Berg Outdoor	03:07:45	01:09:10	7,51
38	201	paulo oliveira	VF's	03:23:27	01:24:52	8,14
39	13	Luis Vaz	Phoenix Evorun	03:23:34	01:24:59	8,14
40	181	Mario Vilaca	Eramosamigosparacorrer	03:31:41	01:33:06	8,47
41	156	Vitor Alves		03:31:41	01:33:06	8,47
42	180	Marco Ferreira	Aventureiros	03:58:49	02:00:14	9,55
43	25	Nuno Costa	GTT - ARMAZÉM DO CAFFÈ	03:58:50	02:00:15	9,55

Seniores Femininos						
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Pos	Dorsal	Nome	Clube	Tempo	Diferença	Ritmo
1	36	Diana Ferreira	B.T.M	02:46:31	00:00:00	6,66
2	221	Marta Reis	Juventude Cortegacense	02:49:42	00:03:11	6,79
3	208	Marlene Miranda	B.T.M	03:02:40	00:16:09	7,31
4	3	Mariana Bellester	Trail-Running.pt	03:06:07	00:19:36	7,44
5	26	Juliana Pinheiral	ADE Trail Running	03:30:06	00:43:35	8,40
6	165	Cristiana Machado	Team Lantermil	03:31:54	00:45:23	8,48

M40						
Pos	Dorsal	Nome	Clube	Tempo	Diferença	Ritmo
1	210	Emílio Carvalho	The Rookies	02:00:26	00:00:00	4,82
2	222	Bruno Ribeiro	Aguias de Alvelos	02:01:34	00:01:08	4,86
3	226	Paulo Pereira	Dragon Club	02:14:51	00:14:25	5,39
4	182	Marco Rocha	Temos Pena	02:16:08	00:15:42	5,45
5	155	Gualter Freitas	Fisiovera Lemos	02:20:39	00:20:13	5,63
6	217	Carlos Martins	AiróRun	02:23:12	00:22:46	5,73
7	18	João Rodrigues	Amigos da Montanha	02:23:12	00:22:46	5,73
8	8	Nuno Campos	Barcelos	02:23:26	00:23:00	5,74
9	220	Toze Ferreira		02:24:29	00:24:03	5,78
10	17	José Rocha	A.D.CARVALHAL	02:24:43	00:24:17	5,79
11	189	Francisco Gomes	Apúlia a Correr	02:25:29	00:25:03	5,82
12	194	Nuno Ferreira	Trail me	02:28:11	00:27:45	5,93
13	164	Ângelo Nogueira	Team Lantermil	02:37:21	00:36:55	6,29
14	161	Sérgio Silva	Runforest	02:37:36	00:37:10	6,30
15	200	Bernardo Carrera Giraldez	trail running nigran	02:38:36	00:38:10	6,34
16	188	Pedro Jordão Ribeiro	KalMachines	02:39:34	00:39:08	6,38
17	69	Joaquim Miranda	Vidaativarunners	02:43:16	00:42:50	6,53
18	203	Pedro Rocha	Trail me	02:46:18	00:45:52	6,65
19	162	Tiago Vilas Boas	FLORESTA BTT	02:48:44	00:48:18	6,75
20	33	José Alberto Castro	B.T.M	02:49:28	00:49:02	6,78
21	179	Rui Figueiras	A.D.CARVALHAL	02:52:14	00:51:48	6,89
22	163	Rui Dias	Pi-Linha Runners	02:54:12	00:53:46	6,97
23	158	André Vieira De Castro		02:55:38	00:55:12	7,03
24	12	Rui Vilas Boas	A.D.CARVALHAL	02:59:22	00:58:56	7,17
25	195	Filipe Ribeiro	A.C. VERMOIM	03:00:06	00:59:40	7,20
26	6	Bruno Lopes	Boavista Trail	03:00:44	01:00:18	7,23
27	24	Armando Oliveira	MAGIC FRIENDS RUNNERS	03:01:46	01:01:20	7,27
28	31	Ricardo Rocha	B.T.M	03:08:12	01:07:46	7,53
29	30	Carlos Jorge Gomes	B.T.M	03:08:12	01:07:46	7,53
30	219	Marcelino Mota	BRAGARUNNERS	03:10:19	01:09:53	7,61
31	19	Joaquim Silva	Team Lantermil	03:18:13	01:17:47	7,93
32	10	Jorge Pinto	ADE Trail Running	03:21:03	01:20:37	8,04

F40						
Pos	Dorsal	Nome	Clube	Tempo	Diferença	Ritmo
1	7	Fátima Melo	Love Tiles	02:23:31	00:00:00	5,74
2	1	Elisabete Santos	Team Lantermil	02:46:53	00:23:22	6,68
3	183	Cidalia Novais	Rinus FAFE	02:49:30	00:25:59	6,78
4	16	Sandra Dias	Team Lantermil	02:56:37	00:33:06	7,06
5	216	Márcia Bandeira	Amigos da Montanha	03:03:19	00:39:48	7,33
6	159	Sameiro Franguinha	Spin&Run Esposende	03:08:37	00:45:06	7,54
7	151	Vanessa Borja	Atlético Desportivo de São Pedro	03:10:36	00:47:05	7,62
8	169	Mónica Martins	Team Lantermil	03:14:52	00:51:21	7,79

Pos	Dorsal	Nome	Clube	Tempo	Diferença	Ritmo
9	204	Manuela Sa	Team Lantemil	03:18:14	00:54:43	7,93
10	206	Solange Sousa		03:23:50	01:00:19	8,15
11	39	Ana Carolina Pereira	ADE Trail Running	03:30:07	01:06:36	8,40
12	9	Andreia Vieira	Boavista Trail	04:28:53	02:05:22	10,76

M50						
Pos	Dorsal	Nome	Clube	Tempo	Diferença	Ritmo
1	198	Jose Lopes	Dive into the mountains	02:36:16	00:00:00	6,25
2	154	Paulo Azevedo	Zenit Automóveis	02:56:42	00:20:26	7,07
3	38	manuel ferreira braga	ADE Trail Running	03:08:37	00:32:21	7,54
4	185	Celso Silva Araújo	Vila Nova de Famalicão	03:24:45	00:48:29	8,19
5	171	fernando rocha	grupo desportivo leoes do veneza	03:30:52	00:54:36	8,43
6	157	ANTONIO DE LONGRAS	IMPETUS	03:51:24	01:15:08	9,26
7	172	Manuel Lima	EXPERIENCIAR	04:16:52	01:40:36	10,27

F50						
Pos	Dorsal	Nome	Clube	Tempo	Diferença	Ritmo
1	23	ÉLIA OLIVEIRA	MAGIC FRIENDS RUNNERS	03:43:42	00:00:00	8,95