

Nome da Prova: Grande Trail Secreto
 Organizador: G.R.CorredouraTrail Team
 Classe: Trail
 Categoria: Classificação Trail Curto 16km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	9.0 km	Ritmo	Tempo
1	545	EDGAR FRAZÃO	M	FATIMA TRAIL TEAM	SEN M	1	1	0:51:12.272	5:16	1:24:19.617
2	525	SAMUEL REIS	M	Os Tolinhos	M35	1	2	0:53:07.647	5:17	1:24:46.582
3	637	TOMÁS ESTEVÃES	M	OCS - Arrábida Trail Team	SUB23 M	1	3	0:52:14.041	5:18	1:24:55.424
4	569	CARLOS FERNANDES	M	Crossmates	M35	2	4	0:57:26.869	5:33	1:28:55.085
5	537	RENATO LOPES	M		M45	1	5	0:54:28.331	5:41	1:30:57.881
6	598	TIAGO LÉ	M	FATIMA TRAIL TEAM	SEN M	2	6	0:56:14.087	5:44	1:31:59.918
7	576	VITAL SOUSA	M	CCRDArrimal/Morcegos	SEN M	3	7	0:57:30.457	5:45	1:32:03.848
8	588	SAMUEL REIS	M	A. C. S. Mamede	SEN M	4	8	0:57:39.327	5:52	1:33:52.088
9	677	ANA OLIVEIRA	F	Furfor Running Project	SEN F	1	1	0:57:59.512	5:54	1:34:27.155
10	620	FILIFE AZEVEDO	M	CPR A-do-Barbas	SEN M	5	9	0:57:13.179	5:56	1:35:03.986
11	683	GONÇALO FERREIRA	M	LIZ RUNNERS	M40	1	10	0:58:44.761	5:59	1:35:58.690
12	574	WILSON RIBEIRO	M	TiMim	M35	3	11	1:00:33.724	6:00	1:36:14.659
13	662	RICARDO VITORINO	M	FATIMA TRAIL TEAM	M40	2	12	1:00:36.851	6:04	1:37:06.497
14	504	RICARDO VIEIRA	M	FATIMA TRAIL TEAM	SEN M	6	13	1:01:06.326	6:07	1:37:59.803
15	651	GONÇALO LOPES	M	SB VIDROS - VIDRALA	M40	3	14	1:01:39.721	6:11	1:39:01.018
16	642	JOEL PEDRO	M	Trilho do Castelejo	M50	1	15	1:01:58.115	6:19	1:41:16.958
17	617	ALEXANDRE SOUSA	M	CPR A-do-Barbas	M35	4	16	1:00:54.294	6:20	1:41:21.494
18	587	RUI PRAZERES	M	A. C. S. Mamede	M45	2	17	1:03:20.732	6:20	1:41:32.437
19	564	JOÃO NEPOMUCENO	M	100 Gás Trail Team	M45	3	18	1:01:41.268	6:23	1:42:16.088
20	634	SÉRGIO GAMEIRO	M	FATIMA TRAIL TEAM	M45	4	19	1:05:09.936	6:24	1:42:31.324
21	646	RICARDO GONÇALVES	M	FATIMA TRAIL TEAM	M50	2	20	1:02:07.420	6:25	1:42:50.426
22	678	NUNO REIS	M	FATIMA TRAIL TEAM	M45	5	21	1:02:08.263	6:25	1:42:50.665
23	539	AGOSTINHO PEREIRA	M		M35	5	22	1:04:14.938	6:25	1:42:54.371
24	573	ACÁCIO GOMES	M	ARCD MENDIGA	M50	3	23	1:03:03.061	6:27	1:43:32.008
25	514	HÉLDER COSTA	M	Porto de Mos a Correr	M50	4	24	1:05:48.289	6:31	1:44:22.694
26	644	JOSÉ RAFAEL	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M55	1	25	1:05:49.926	6:37	1:45:53.323
27	605	FLÁVIO CARREIRA	M	Trilho do Castelejo	M40	4	26	1:04:13.410	6:39	1:46:38.869
28	590	LUCAS VAZ	M	Bombeiros Voluntários Ortigosa	SUB23 M	2	27	1:06:53.588	6:40	1:46:49.941
29	531	HÉLDER CEBOLEIRO	M	Terrantéz Trail Team	SEN M	7	28	1:06:02.363	6:42	1:47:30.140
30	659	JOEL COELHO	M	A. C. S. Mamede	M40	5	29	1:06:55.423	6:44	1:47:48.287
31	661	TIAGO ROSA	M	A. C. S. Mamede	SEN M	8	30	1:06:09.185	6:47	1:48:34.172
32	536	ALBERICO ROSA	M	FATIMA TRAIL TEAM	M35	6	31	1:03:50.163	6:47	1:48:49.084
33	645	JOSÉ VENDEIRO	M	CCRDArrimal/Morcegos	M50	5	32	1:07:04.845	6:48	1:48:57.536
34	641	ANDRÉ SANTOS	M	Terrantéz Trail Team	M35	7	33	1:07:33.157	6:48	1:49:07.181
35	567	TIAGO MAGALHÃES	M	RUNNERS DO DEMO	M40	6	34	1:09:44.476	6:51	1:49:48.408
36	556	FÁBIO COSTA	M	ARCD MENDIGA	M35	8	35	1:06:56.795	6:52	1:49:57.895
37	614	PEDRO RODRIGUES	M	CPR A-do-Barbas	M55	2	36	1:08:13.170	6:53	1:50:20.390
38	640	CARLOS VALINHO	M	CPR A-do-Barbas	M40	7	37	1:08:45.112	6:55	1:50:57.408
39	511	JOÃO DIAS	M	Os Tolinhos	M40	8	38	1:09:19.335	6:57	1:51:22.462
40	506	RICARDO NARCISO	M	ARCD MENDIGA	SEN M	9	39	1:09:06.309	6:59	1:51:48.854
41	524	MÁRIO CARIDADE	M	Canal_Nandices_YouTube	M40	9	40	1:10:46.469	6:58	1:51:49.712
42	552	RODOLFO MARQUES	M	CRP Ribafria	M35	9	41	1:11:54.960	7:00	1:52:13.983
43	668	RICARDO LAGE	M		SEN M	10	42	1:10:44.991	7:00	1:52:16.033
44	502	DAVID MATEUS	M	Terrantéz Trail Team	SEN M	11	43	1:10:54.856	7:02	1:52:36.665
45	571	PEDRO PEREIRA	M	Constância Mountain Runners	M35	10	44	1:10:34.809	7:02	1:52:46.094
46	628	HORÁCIO GASPAS	M	G.A.Caranguejeira	M50	6	45	1:10:47.022	7:05	1:53:21.958
47	632	RUI PEREIRA	M	CA BARREIRA	M65	1	46	1:10:10.531	7:06	1:53:35.415
48	554	TIAGO BRANCO	M	Chitas de Alcobaça	M40	10	47	1:09:46.531	7:06	1:53:54.589
49	563	TELMO MADEIRA	M	Chitas de Alcobaça	M45	6	48	1:09:45.943	7:06	1:53:55.118
50	635	BRUNO COSTA	M	Grupo desportivo Concha Azul	SEN M	12	49	1:12:18.610	7:06	1:53:55.182
51	624	PEDRO NICOLAU	M		M45	7	50	1:11:29.926	7:08	1:54:24.389
52	586	ANTÓNIO MATOS	M	Os Tolinhos	M55	3	51	1:10:26.833	7:10	1:54:45.316
53	543	CÁTIA FERREIRA	F		SEN F	2	2	1:10:25.467	7:11	1:55:02.244
54	557	FILIFE SOARES	M	Trilho do Castelejo	M45	8	52	1:10:49.148	7:11	1:55:14.445
55	585	NUNO PAIXAO	M	Amiais de baixo	M35	11	53	1:13:36.619	7:12	1:55:26.408
56	579	JOÃO PEDROSA	M	100 Pernas	SUB23 M	3	54	1:10:24.150	7:13	1:55:39.577
57	625	HUGO	M		M45	9	55	1:10:24.234	7:13	1:55:45.601
58	530	NELSON OLIVEIRA	M	FATIMA TRAIL TEAM	M40	11	56	1:13:35.095	7:14	1:55:57.896
59	532	RUBEN VICENTE	M		SEN M	13	57	1:12:21.157	7:18	1:57:09.091
60	669	NUNO CORDEIRO	M	XPLOSE BOX	M40	12	58	1:12:46.570	7:21	1:57:45.948
61	599	ANTÓNIO PALMEIRA	M	Cromos Trail Team	M45	10	59	1:12:27.991	7:22	1:58:05.283
62	601	PAULO SILVA	M	Cromos Trail Team	M35	12	60	1:12:27.981	7:22	1:58:06.776
63	593	DANY FERREIRA	M	FATIMA TRAIL TEAM	M35	13	61	1:10:26.450	7:24	1:58:35.462
64	544	EMANUEL DIAS	M		SEN M	14	62	1:11:57.430	7:26	1:58:58.402
65	609	LUIS VALENTE	M	Trilho do Castelejo	SEN M	15	63	1:12:15.256	7:26	1:59:08.284
66	542	RUI MATIAS	M	TiMim	M45	11	64	1:14:12.128	7:26	1:59:10.606
67	578	PEDRO MARQUES	M	Formigas Atómicas	SEN M	16	65	1:12:01.920	7:27	1:59:14.547
68	619	LUIS FERNANDES	M	CPR A-do-Barbas	M40	13	66	1:13:54.907	7:28	1:59:36.078
69	680	BEATRIZ SIMÕES LOPES	F		SEN F	3	3	1:15:13.801	7:28	1:59:37.930
70	675	VÁLTER LUÍS	M	FATIMA TRAIL TEAM	M40	14	67	1:14:31.344	7:28	1:59:38.330
71	597	ANTONIO MARTINS	M	COA Corvus Trail Team	M65	2	68	1:16:50.303	7:28	1:59:51.087
72	565	JOÃO VIEIRA	M	Twopikas	M40	15	69	1:11:29.021	7:29	1:59:55.775
73	654	DINIS SANTOS	M		M50	7	70	1:13:45.179	7:29	1:59:59.234
74	695	PEDRO ACHEGA	M		SEN M	17	71	1:14:08.639	7:31	2:00:24.615
75	548	FILIFE MOREIRA	M	Porto de Mos a Correr	M45	12	72	1:13:34.222	7:31	2:00:29.044
76	665	LUIS HENRIQUES	M	CPR A-do-Barbas	M50	8	73	1:14:10.383	7:32	2:00:40.777
77	500	DANIEL MATIAS	M	TiMim	SEN M	18	74	1:15:13.431	7:33	2:01:01.773
78	638	GONÇALO SIMÕES	M	DNMG	M40	16	75	1:13:45.276	7:33	2:01:03.133
79	618	CÁTIA MONTEZ	F	CPR A-do-Barbas	SEN F	4	4	1:13:45.536	7:36	2:01:39.875
80	612	NUNO FERREIRA	M	CPR A-do-Barbas	M45	13	76	1:13:44.741	7:36	2:01:41.314
81	611	PEDRO FETAL	M	A. C. S. Mamede	SEN M	19	77	1:15:45.359	7:36	2:01:50.176
82	549	RICARDO PERALTA	M	TiMim	SEN M	20	78	1:14:28.721	7:39	2:02:28.860
83	584	NELSON LUZ	M	Murtal Run	M35	14	79	1:14:12.169	7:40	2:02:45.170
84	580	PATRÍCIA RODRIGUES	F	ARCD MENDIGA	SEN F	5	5	1:17:04.810	7:40	2:02:45.309
85	529	LUIS LOPES	M	FATIMA TRAIL TEAM	M45	14	80	1:16:17.437	7:41	2:02:59.898

Nome da Prova: Grande Trail Secreto
 Organizador: G.R. Corredoura Trail Team
 Classe: Trail
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Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	9.0 km	Ritmo	Tempo
86	627	GONALO CAROLINO	M	Xplose	M40	17	81	1:16:02.188	7:41	2:03:05.982
87	600	PEDRO PEREIRA	M	Cromos Trail Team	M40	18	82	1:16:58.874	7:42	2:03:23.347
88	606	DAVID MARQUES	M	Terrant�z Trail Team	M40	19	83	1:11:13.678	7:43	2:03:33.538
89	615	JOANA GR�CIO	F	CPR A-do-Barbas	F40	1	6	1:14:57.110	7:44	2:04:03.883
90	622	JO�O AFONSO	M	Terrant�z Trail Team	M50	9	84	1:16:44.863	7:47	2:04:52.025
91	681	H�LDER PINTO	M	Porto de Mos a Correr	M45	15	85	1:17:40.267	7:48	2:05:06.950
92	623	DIOGO CARDOSO	M		M35	15	86	1:16:36.481	7:51	2:05:49.441
93	636	THIERRY PEREIRA	M	FATIMA TRAIL TEAM	M45	16	87	1:16:33.306	7:52	2:06:07.372
94	562	DANIEL REIS	M	SVPP	M35	16	88	1:17:08.490	7:58	2:07:31.268
95	631	CRISTIANO CASALINHO	M	CA BARREIRA	M40	20	89	1:19:11.688	8:02	2:08:48.081
96	572	TIAGO SANTOS	M	Const�ncia Mountain Runners	SEN M	21	90	1:15:11.834	8:02	2:08:48.081
97	660	MARGARIDA BARRETO	F	A. C. S. Mamede	SEN F	6	7	1:16:25.150	8:04	2:09:15.404
98	568	MARILIA NORO	F	RUNNERS DO DEMO	F35	1	8	1:20:09.721	8:04	2:09:18.435
99	616	CELSO SALGUEIRO	M	CPR A-do-Barbas	M45	17	91	1:19:07.982	8:07	2:09:58.705
100	656	NARCISO CORDEIRO	M	C.C.R.D.Arrimal	M55	4	92	1:17:55.691	8:09	2:10:34.873
101	558	PEDRO SANTOS	M	Trilho do Castelejo	SEN M	22	93	1:21:45.295	8:10	2:10:50.605
102	674	BRUNO GASPAR	M		M40	21	94	1:21:08.551	8:10	2:10:58.883
103	697	VITOR REIS	M	Serra D Aire Trail Team	M55	5	95	1:22:31.979	8:12	2:11:26.246
104	647	LU�S PASCOAL	M	NFC Running Team	M50	10	96	1:23:20.078	8:13	2:11:38.304
105	671	RUI PEREIRA	M	FATIMA TRAIL TEAM	M45	18	97	1:16:44.020	8:14	2:11:54.036
106	621	CARLOS FRESCO	M	Xplose	M35	17	98	1:20:55.437	8:14	2:12:00.149
107	613	SUSANA PEREIRA	F	CPR A-do-Barbas	F50	1	9	1:23:17.530	8:15	2:12:02.805
108	629	TIAGO CARVALHO	M	Xplose	SEN M	23	99	1:18:32.262	8:18	2:13:08.017
109	682	ANA PAULA SANTOS	F	Porto de Mos a Correr	F60	1	10	1:24:05.378	8:21	2:13:53.233
110	720	ANA VIEIRA	F		F40	2	11	1:26:39.707	8:38	2:18:10.287
111	602	RUBEN SANTOS	M	Trilho do Castelejo	SEN M	24	100	1:27:13.452	8:43	2:19:38.695
112	559	CRISTINA BARRIOS	F	SINMETRO	F45	1	12	1:24:54.646	8:44	2:19:49.329
113	520	NUNO FONTES	M	ARRIBAS	M35	18	101	1:22:41.925	8:44	2:20:03.733
114	521	EDUARDO DOMINGOS	M	NHP Trail Team	M35	19	102	1:22:41.151	8:44	2:20:06.126
115	507	BERNARDO MENESES	M	ARCD MENDIGA	SUB23 M	4	103	1:25:36.280	8:49	2:21:15.015
116	535	MARCO FRANCO	M	Ninho Team - Porto de M�s	M45	19	104	1:25:39.167	8:49	2:21:23.647
117	550	JO�O SERRA	M	ARCD MENDIGA	SEN M	25	105	1:24:50.878	8:51	2:21:51.442
118	581	MARGARIDA GOMES	F	ARCD MENDIGA	F50	2	13	1:28:16.697	8:53	2:22:24.505
119	607	SAMUEL PINTO	M	Trilho do Castelejo	SEN M	26	106	1:27:16.274	8:53	2:22:25.277
120	519	FILIPE LEITE	M	NHP Trail Team	M35	20	107	1:27:24.422	8:54	2:22:42.721
121	526	F�BIO DOMINGUES	M	SVPP	SEN M	27	108	1:25:27.443	8:55	2:22:54.662
122	648	RICARDO FAUSTINO	M		M40	22	109	1:25:22.134	8:55	2:22:57.815
123	589	PATR�CIA ROQUE	F		F35	2	14	1:22:48.963	8:55	2:22:59.902
124	509	DAVID PINTA	M	TiMim	SEN M	28	110	1:22:15.900	8:56	2:23:06.390
125	591	JO�O RAIMUNDO	M		SEN M	29	111	1:27:52.207	8:55	2:23:08.738
126	566	LURDES VITAL	F	Serra D Aire Trail Team	F50	3	15	1:30:41.782	9:04	2:25:11.271
127	676	RAFAEL MARTINHO	M		SEN M	30	112	1:28:44.156	9:05	2:25:23.293
128	608	RUDI PARDAL	M	Trilho do Castelejo	M35	21	113	1:27:27.601	9:06	2:25:51.765
129	503	PEDRO MATIAS	M	TiMim	M40	23	114	1:27:34.185	9:06	2:25:52.039
130	610	ABEL CARREIRA	M	Trilho do Castelejo	M50	11	115	1:22:29.830	9:11	2:27:07.323
131	546	GONALO MOTAS	M	Motas&Manuel	M35	22	116	1:29:13.382	9:18	2:29:07.355
132	592	RUI LAMEIRO	M	Os Cabrinhas	SEN M	31	117		9:22	2:30:19.267
133	538	C�SAR FERREIRA	M		M50	12	118	1:30:30.543	9:32	2:32:52.184
134	626	MIGUEL SOARES	M	Trilho do Castelejo	M45	20	119	1:31:50.288	9:35	2:33:32.392
135	541	JORGE GALHISPO	M	GAC AOC	M50	13	120	1:33:00.631	9:40	2:34:57.256
136	513	DANIEL ALEXANDRE	M	TiMim	M40	24	121	1:33:16.206	9:40	2:34:59.739
137	510	MARIANA VIEGAS	F	ARCD MENDIGA	SEN F	7	16	1:36:33.443	9:45	2:36:14.709
138	655	CARLOS	M	SCFZ Trail Runners	M50	14	122	1:33:36.756	9:46	2:36:29.752
139	672	RENATO SANTOS	M	SCPOMBAL/TRAIL TEAM	M40	25	123	1:31:14.483	9:46	2:36:34.393
140	653	AD�LIA SANTOS	F		F45	2	17	1:32:04.012	9:48	2:37:12.085
141	670	J�LIO GASPAR	M		M55	6	124	1:36:11.964	9:49	2:37:15.217
142	596	V�NIA SANTOS	F	Trilho do Castelejo	SEN F	8	18	1:36:23.084	9:49	2:37:21.025
143	551	SARA COSTA	F	Trilho do Castelejo	F50	4	19	1:39:29.478	9:53	2:38:24.072
144	528	IVAN ANTUNES	M	FATIMA TRAIL TEAM	M35	23	125	1:12:19.502	9:58	2:39:30.429
145	512	VERA MIGUEL	F	TiMim	F40	3	20	1:39:37.868	9:57	2:39:32.671
146	595	NUNO LOURENO	M	Porto de Mos a Correr	M50	15	126	1:32:29.198	10:00	2:40:17.649
147	501	IN�S MARTO	F	TiMim	SEN F	9	21		10:05	2:41:31.367
148	657	CATARINA RODRIGUES	F	A. C. S. Mamede	SEN F	10	22	1:37:21.595	10:07	2:41:58.172
149	505	PEDRO SANTOS	M	Os Tolinhos	M40	26	127	1:39:57.134	10:10	2:42:46.008
150	673	ANA COELHO	F		F40	4	23	1:38:52.350	10:13	2:43:37.746
151	522	JO�O M. ROSA	M	Os Tolinhos	M60	1	128	1:33:40.300	10:20	2:45:32.699
152	534	DAVID RIBEIRO	M	Ninho Team	M40	27	129	1:42:17.732	10:20	2:45:41.326
153	533	ZITA FRANCO	F	Ninho Team	F40	5	24	1:42:14.528	10:21	2:45:41.932
154	639	FILIPA SIM�ES	F	DNMG	F40	6	25	1:39:48.904	10:21	2:45:50.434
155	696	OCTAVIO VAZ�O	M		M55	7	130	1:41:49.153	10:38	2:50:25.351
156	582	VALERIO BARRETO	M	Tem roda encravada	M40	28	131	1:37:06.456	10:46	2:52:34.989
157	583	TIAGO SILVA	M	Tem roda encravada	M35	24	132	1:37:06.501	10:46	2:52:35.032
158	604	CARLOS SANTOS	M		M65	3	133	1:38:18.699	10:47	2:52:54.344
159	516	FRANCISCO GABRIEL	M	Peniche a Correr	SEN M	32	134	1:41:50.073	10:53	2:54:30.117
160	649	TIAGO MORAES	M	TR	M35	25	135	1:46:07.545	11:09	2:58:46.800
161	650	RAFAELA SOBREIRO	F	TR	F35	3	26	1:46:23.167	11:09	2:58:47.723
162	630	ANA AFONSO	F	CA BARREIRA	F40	7	27	1:49:23.355	11:17	3:00:50.513
163	633	F�BIO OLIVEIRA	M		SEN M	33	136	1:48:48.919	11:28	3:03:33.502
164	517	ANDR� PINTO	M		M35	26	137	1:52:59.143	11:28	3:03:42.169
165	523	RODRIGO SANTOS	M	SVPP	SUB23 M	5	138	1:53:46.154	11:57	3:11:33.564
166	527	SIM�O CARREIRA	M	SVPP	SEN M	34	139	1:53:45.299	11:57	3:11:35.335
167	553	MILTON DUARTE	M		SEN M	35	140	2:17:52.050	13:39	3:38:41.256
168	575	CRISTINA OLIVEIRA	F	100 Pressa	F45	3	28	2:20:10.219	14:36	3:53:53.193