

Nome da Prova: 7º Trail Carreiros do Pastor Arrimalano

Organizador: CCRD Arrimal / Os Mocegos

Classe: Trail

Categoria: Classificação Geral 20km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	14.0 km	Ritmo	Tempo
1	127	JOÃO TOMÁS	M	A. C. S. Mamede	SEN M	1	1	1:01:38.568	4:44	1:34:43.508
2	57	SAMUEL REIS	M		M35	1	2	1:02:52.673	4:51	1:37:10.033
3	51	LUÍS SILVA	M	GRF Benedita - Atletismo	M35	2	3	1:06:35.406	5:04	1:41:34.470
4	90	RENATO SATURNINO	M	NFC Running Team	M40	1	4	1:07:05.898	5:09	1:43:15.326
5	62	DANIEL VIEIRA	M	FATIMA TRAIL TEAM	SEN M	2	5	1:08:15.740	5:13	1:44:34.435
6	68	JOEL PEDRO	M	Trilho do Castelejo	M50	1	6	1:08:54.168	5:17	1:45:55.449
7	25	RUI BACHAREL	M	Pé na Pinha	M40	2	7	1:10:22.560	5:20	1:46:48.695
8	138	DAVID SANTOS	M	Viver a Vida	M45	1	8	1:10:01.676	5:22	1:47:33.080
9	35	RICARDO SOUSA	M	TiMim	M40	3	9	1:08:45.288	5:24	1:48:03.156
10	112	RICARDO VITORINO	M	FATIMA TRAIL TEAM	M40	4	10	1:11:15.526	5:24	1:48:11.275
11	58	FLÁVIO CARREIRA	M	Trilho do Castelejo	M40	5	11	1:10:49.076	5:28	1:49:29.874
12	87	RUI FERNANDES	M	NFC Running Team	M45	2	12	1:12:03.591	5:30	1:50:14.068
13	22	DANIEL CARPINTEIRO	M	ARCD MENDIGA	SEN M	3	13	1:12:03.266	5:31	1:50:37.434
14	91	ANTÓNIO REIS	M	Crossmates	SUB23 M	1	14	1:11:52.111	5:32	1:50:56.221
15	70	MARCELO COELHO	M	GRF Benedita - Atletismo	SUB23 M	2	15	1:11:50.252	5:33	1:51:00.479
16	73	RICARDO CRUZ	M	Trail Blazers	SEN M	4	16	1:12:44.531	5:34	1:51:23.016
17	124	ENDY	M	RÓÓDINHAS / Master Vantagem	M35	3	17	1:12:52.757	5:34	1:51:25.714
18	104	LUIZ COELHO	M		M35	4	18	1:13:19.449	5:34	1:51:36.445
19	36	ACÁCIO GOMES	M	ARCD MENDIGA	M50	2	19	1:14:20.584	5:37	1:52:28.441
20	21	FÁBIO COSTA	M	ARCD MENDIGA	M35	5	20	1:14:26.149	5:38	1:52:47.545
21	103	SÉRGIO GAMEIRO	M	FATIMA TRAIL TEAM	M45	3	21	1:14:07.615	5:38	1:52:58.568
22	42	RAFAEL LOPES	M	GRF Benedita - Atletismo	SEN M	5	22	1:14:07.008	5:40	1:53:21.115
23	38	BERNARDO MENESES	M	ARCD MENDIGA	SUB23 M	3	23	1:15:18.184	5:40	1:53:26.481
24	113	ALBERICO ROSA	M	FATIMA TRAIL TEAM	M35	6	24	1:13:06.826	5:41	1:53:54.358
25	78	HUGO BENTO	M	FISICOLUCURA	M45	4	25	1:14:28.098	5:41	1:53:57.961
26	135	NUNO MARTINS	M	CCRDArrimal/Morcegos	M45	5	26	1:16:13.070	5:50	1:56:39.709
27	81	LUCAS VAZ	M	Grupo Alegre Unido Bajouca	SUB23 M	4	27	1:16:16.980	5:50	1:56:51.002
28	88	JOÃO ANTUNES	M	FATIMA TRAIL TEAM	M40	6	28	1:15:27.017	5:51	1:57:00.447
29	60	CÉLIO ROGADO	M	G.R.Corredoura	SEN M	6	29	1:15:22.203	5:52	1:57:24.487
30	13	DANIEL MATIAS	M	TiMim	SEN M	7	30	1:16:02.924	5:52	1:57:24.678
31	75	NUNO GUERRA	M		M40	7	31	1:17:34.458	5:52	1:57:32.554
32	10	DAVID MATEUS	M	Terrantêz Trail Team	SEN M	8	32	1:17:46.874	5:52	1:57:35.397
33	89	PEDRO SAMPAL	M		M40	8	33	1:17:48.500	5:54	1:58:02.186
34	39	FILIFE SOARES	M	Trilho do Castelejo	M45	6	34	1:18:00.996	5:56	1:58:48.993
35	67	SANTOS	M	Associação Desportiva Fundação	M45	7	35	1:17:53.780	5:59	1:59:43.786
36	132	EURICO SILVA	M	FATIMA TRAIL TEAM	M40	9	36	1:18:25.485	6:01	2:00:20.165
37	148	BRUNO PEIXOTO	M		SEN M	9	37	1:19:32.684	6:01	2:00:41.581
38	55	BRUNO REIS	M	A. C. S. Mamede	M40	10	38	1:19:32.954	6:04	2:01:29.288
39	107	MARCO FIGUEIREDO	M	Clube atletismo Óbidos	M45	8	39	1:21:18.860	6:06	2:02:18.871
40	20	JOSÉ RAFAEL	M	ADAR.. ASSOCIAÇÃO DESPORTIVA ALDEIA DA RIBEIRA	M55	1	40	1:19:53.910	6:08	2:02:41.285
41	122	HÉLDER CEBOLEIRO	M	Terrantêz Trail Team	SEN M	10	41	1:19:40.500	6:09	2:03:01.089
42	119	DANY FERREIRA	M	FATIMA TRAIL TEAM	M35	7	42	1:21:04.030	6:11	2:03:40.063
43	18	MILTON DUARTE	M	GDRU UNIDOS	SEN M	11	43	1:20:39.503	6:11	2:03:41.064
44	64	GONÇALO FERREIRA	M	ARCD MENDIGA	SEN M	12	44	1:20:51.125	6:11	2:03:42.069
45	123	LUIZ PAIXÃO	M	Korpoativo / Penacova	SEN M	13	45	1:22:34.424	6:12	2:04:07.159
46	108	PEDRO MANSO	M	FATIMA TRAIL TEAM	M45	9	46	1:21:42.590	6:13	2:04:21.763
47	76	ÂNGELO PACHECO	M	NFC Running Team	M40	11	47	1:23:16.027	6:16	2:05:20.425
48	23	NELSON LOPES	M	NFC Running Team	M45	10	48	1:23:16.172	6:16	2:05:23.416
49	137	JOAQUIM TEIXEIRA	M	Caracol Trail Team	M65	1	49	1:23:16.106	6:16	2:05:41.863
50	116	BARTOLOMEU PACIÊNCIA	M	CRP- Ribafria	M45	11	50	1:23:42.777	6:18	2:06:09.762
51	19	RODOLFO DEYLLLOT	M	Cromos Trail Team	M55	2	51	1:22:09.271	6:19	2:06:27.264
52	9	MÁRIO CARIDADE	M	Canal_Nandices_YouTube	M40	12	52	1:22:24.084	6:20	2:07:04.316
53	29	LUÍS VIEIRA	M	A. C. S. Mamede	M45	12	53	1:21:50.905	6:22	2:07:19.177
54	146	ÍLDO SANTOS	M		M45	13	54	1:23:20.518	6:21	2:07:20.609
55	59	IVO SANTOS	M	Hallstar	M35	8	55	1:23:20.518	6:22	2:07:25.096
56	126	CARLOS CARREIRA	M	A. C. S. Mamede	M60	1	56	1:22:27.508	6:22	2:07:35.097
57	49	NUNO MENDES	M	Caracol Trail Team	M40	13	57	1:23:36.886	6:23	2:07:45.484
58	120	PEDRO SERRAZINA LUÍS	M	Here for Beer	SUB23 M	5	58	1:24:02.814	6:23	2:07:46.117
59	98	LUIZ LOPES	M	FATIMA TRAIL TEAM	M45	14	59	1:23:48.334	6:25	2:08:22.986
60	77	JOÃO TERESO	M	NFC Running Team	M55	3	60	1:24:27.282	6:28	2:09:19.886
61	74	LUÍS PASCOAL	M	NFC Running Team	M50	3	61	1:27:06.684	6:33	2:11:05.599
62	43	JACINTO ANSELMO	M	ARCD MENDIGA	M40	14	62	1:26:26.115	6:33	2:11:19.954
63	65	DINIS PRUDENCIO	M	GRF Benedita - Atletismo	M50	4	63	1:24:05.891	6:35	2:11:45.283
64	97	ANTÓNIO MARTINHO	M	Caminhos dos monges tarouca	M60	2	64	1:27:21.320	6:35	2:11:52.311
65	31	RUI MATIAS	M	TiMim	M45	15	65	1:24:29.149	6:36	2:12:12.406
66	17	CÁTIA FERREIRA	F		SEN F	1	1	1:27:50.402	6:42	2:14:07.544
67	85	HUGO FERREIRA	M	ARCD MENDIGA	SEN M	14	66	1:24:12.191	6:43	2:14:33.727
68	5	RUI LUÍS	M	Swatteam	M50	5	67	1:27:21.414	6:46	2:15:25.633
69	54	CARLOS RODRIGUES	M		M40	15	68	1:28:22.054	6:48	2:16:05.569
70	99	PATRICIA RODRIGUES	F	ARCD MENDIGA	SEN F	2	2	1:29:31.514	6:50	2:16:43.929
71	121	TIAGO DURÃO	M	ARCD MENDIGA	SEN M	15	69	1:29:26.882	6:51	2:17:07.412
72	61	MARCELO COSTA	M	ARCD MENDIGA	SEN M	16	70	1:29:31.965	6:51	2:17:07.654
73	105	NARCISO CORDEIRO	M	CCRDArrimal/Morcegos	M55	4	71	1:27:42.274	6:53	2:17:48.749
74	24	EMANUEL DIAS	M		SEN M	17	72	1:28:31.356	6:53	2:17:52.068
75	26	BRUNO FONSECA	M	G.R.Corredoura	SEN M	18	73	1:26:14.163	6:54	2:18:13.317
76	72	ALEXANDRE VIEIRA	M		M45	16	74	1:28:54.105	6:56	2:18:42.645
77	30	GLÓRIA SERRAZINA	F	CRP- Ribafria	F65	1	3	1:30:15.384	6:56	2:18:47.900
78	15	RICARDO GONÇALVES	M	G.R.Corredoura	SEN M	19	75	1:32:01.066	6:59	2:19:44.560

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	14.0 km	Ritmo	Tempo
79	3	DAVID PINTA	M	TiMim	SEN M	20	76	1:29:43.692	7:02	2:20:43.460
80	149	DAVID COELHO	M	On Our Own	M45	17	77	1:35:17.774	7:05	2:21:48.997
81	111	JOÃO REIS	M	GDRC UNIDOS	SEN M	21	78	1:29:53.007	7:05	2:21:55.310
82	50	RUI MARQUES	M		M45	18	79	1:28:18.051	7:08	2:22:45.379
83	41	PAULO RODRIGUES	M		M50	6	80	1:28:06.330	7:08	2:22:51.636
84	92	ANA CASTELHANO	F	CRP- Ribafria	F45	1	4	1:33:37.179	7:13	2:24:38.754
85	117	SÉRGIO MOUTINHO	M		M40	16	81	1:34:14.014	7:18	2:26:18.851
86	131	SÍLVIA JORGE	F	FATIMA TRAIL TEAM	F40	1	5	1:34:39.252	7:19	2:26:36.000
87	125	MARCO RIBEIRO	M		M45	19	82	1:34:54.137	7:24	2:28:12.761
88	102	NUNO LOPES	M	Here for Beer	M45	20	83	1:36:30.940	7:24	2:28:14.036
89	86	RUBEN SANTOS	M	Trilho do Castelejo	SEN M	22	84	1:32:48.634	7:27	2:29:02.098
90	27	ROGÉRIO SANTOS	M	ADAR.. ASSOCIAÇÃO DESPORTIVA ALDEIA DA RIBEI	M45	21	85	1:36:18.446	7:28	2:29:19.794
91	133	OFÉLIA ELIAS	F	GDST - Grupo Desportivo SantanderTotta	F45	2	6	1:36:03.054	7:28	2:29:37.429
92	56	JOÃO MADEIRA	M	PORTO DE MÓS A CORRER	M45	22	86	1:35:14.897	7:31	2:30:27.788
93	16	HUGO MARQUES	M	G.R.Corredoura	SEN M	23	87	1:37:39.345	7:31	2:30:40.417
94	145	JULIANA SALGUEIRO	F		F35	1	7	1:40:13.291	7:32	2:30:57.900
95	82	SONIA CARDOSO	F	Trilhos da baga	F40	2	8	1:37:46.436	7:35	2:31:41.162
96	100	MARGARIDA GOMES	F	ARCD MENDIGA	F50	1	9	1:40:55.216	7:41	2:33:57.222
97	37	MARIANA VIEGAS	F	ARCD MENDIGA	SEN F	3	10	1:39:13.682	7:44	2:34:41.535
98	128	FÁTIMA ANTUNES	F	FATIMA TRAIL TEAM	F50	2	11	1:40:41.912	7:44	2:34:49.827
99	118	ANTÓNIO SIMÕES	M		M50	7	88	1:40:19.630	7:46	2:35:25.819
100	32	MARCO FRANCO	M	Ninho Team - Porto de Mós	M45	23	89	1:41:16.322	7:48	2:36:12.526
101	130	DUARTE BATISTA	M	ARCD MENDIGA	SUB23 M	6	90	1:38:22.820	7:50	2:36:43.725
102	129	ABEL CARREIRA	M	Trilho do Castelejo	M50	8	91	1:40:20.112	7:58	2:39:27.960
103	4	PEDRO SANTOS	M	Os Tolinhos	M40	17	92	1:43:09.412	7:59	2:40:03.739
104	106	HUGO FARIA	M	FATIMA TRAIL TEAM	M45	24	93	1:40:41.897	8:06	2:42:18.302
105	79	RITA REIS	F	G.R.Corredoura	SEN F	4	12	1:46:53.193	8:21	2:47:13.526
106	28	JOÃO M. ROSA	M	Os Tolinhos	M60	3	94	1:43:42.001	8:30	2:50:08.637
107	63	MANUEL VICTORINO	M	CCD o Alvitejo	M65	2	95	1:46:30.381	8:32	2:50:52.029
108	147	VANIA ROSA	F		F40	3	13	1:48:10.315	8:36	2:52:15.891
109	95	ANA DINIS	F	TRINCÁPITOS	F35	2	14	1:53:10.700	8:37	2:52:37.273
110	96	MARIO COUTINHO	M	TRINCÁPITOS	M45	25	96	1:53:11.242	8:37	2:52:38.569
111	7	VERA MIGUEL	F	TiMim	F40	4	15	1:52:24.680	8:55	2:58:34.157
112	40	SARA COSTA	F	Trilho do Castelejo	F50	3	16	1:52:24.875	8:55	2:58:34.743
113	71	GONÇALO RAMOS	M	CCR Alqueidao da Serra	M40	18	97	1:55:51.757	8:55	2:58:37.058
114	34	ZITA FRANCO	F	Ninho Team - Porto de Mós	F40	5	17	1:55:51.450	8:58	2:59:30.433
115	33	DAVID RIBEIRO	M	Ninho Team - Porto de Mós	M40	19	98	1:55:18.740	8:58	2:59:41.477
116	80	CATARINA PEREIRA	F	G.R.Corredoura	F40	6	18	1:57:47.164	9:17	3:05:48.134
117	93	LUÍS MIGUEL ARSÉNIO SABIN M			M40	20	99	1:58:35.534	9:18	3:06:11.444
118	94	TELMA SOFIA HOMEM SILVÉR F			F35	3	19	1:58:37.473	9:18	3:06:11.676
119	8	DANIEL ALEXANDRE	M	TiMim	M40	21	100	1:58:16.337	9:24	3:08:07.205
120	53	RODRIGO SOUSA	M	AVL Alqueidão	M35	9	101	1:58:45.904	9:24	3:08:14.965