



Nome da Prova: Trail Trilhos da Lapa
Organizador: ARCD Mendiga
Classe: Trail
Categoria: Classificação Geral 16km



Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos S	Pos Cat	7.0 km	Ritmo	Tempo
1	65	Nuno Serrada	M	ACBatalha	M 40		1	1 0:39:43.336	4:58	1:19:30.455
2	76	David Santos	M	ADAR - Associação Desportiva de Aldeia da Ribeira	SUB 23 M		2	1 0:38:45.776	5:00	1:20:13.621
3	5	Gabriel Braz	M	Saca Trilhos Anadia	SEN M		3	1 0:41:48.785	5:14	1:23:55.075
4	77	Joel Pedro	M	Trilho do Castelejo	M 50		4	1 0:41:45.464	5:14	1:23:56.973
5	61	Gonçalo Lopes	M	Clube Veteranos do Lis	M 40		5	2 0:42:48.747	5:24	1:26:26.702
6	88	Daniel Matias	M	TiMim	SEN M		6	2 0:44:10.179	5:26	1:27:06.371
7	85	André Bento	M	G.R.Corredoura	SEN M		7	3 0:44:14.609	5:30	1:27:59.260
8	111	Sérgio Jerónimo	M	Maratona dos Lapiás	M 45		8	1 0:42:57.277	5:32	1:28:31.373
9	10	Ricardo Vieira	M	G.R.Corredoura	SEN M		9	4 0:44:22.345	5:36	1:29:42.178
10	110	Hélder Costa	M	Porto Mós a Correr	M 50		10	2 0:45:17.921	5:45	1:32:08.023
11	44	Daniel Carpinteiro	M	ARCD MENDIGA	SEN M		11	5 0:49:04.364	5:47	1:32:44.358
12	19	Acácio Gomes	M	CCRD Arrimal/Morcegos	M 45		12	2 0:47:11.587	5:48	1:32:50.905
13	81	Jorge Batista	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M 40		13	3 0:45:20.322	5:52	1:34:06.600
14	55	Luis Belo	M	Os Tolinhos	M 60		14	1 0:47:49.722	5:55	1:34:50.543
15	68	Manuel Filipe	M	Notícias de Colmeias Atletismo	M 55		15	1 0:48:48.254	5:57	1:35:25.164
16	48	Paulo Manuel Costa	M		M 50		16	3 0:49:02.466	5:59	1:36:01.086
17	16	Paulo Fialho	M	Trilho do Castelejo	M 40		17	4 0:45:33.685	6:01	1:36:38.201
18	107	Tomas Cunha	M	A. C. S. Mamede	SUB 23 M		18	2 0:48:08.449	6:04	1:37:21.956
19	37	Helder Moringa	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M 50		19	4 0:49:08.444	6:05	1:37:27.094
20	66	Tiago Branco	M	Chitas de Alcobaça	M 40		20	5 0:49:11.322	6:05	1:37:30.634
21	32	Diogo Vendeiro	M	CCRD Arrimal/Morcegos	SEN M		21	6 0:46:35.936	6:06	1:37:43.676
22	8	Francisco Martín	M	Velocity	SEN M		22	7 0:49:09.143	6:08	1:38:13.338
23	60	Leandro Santos	M	Clube Veteranos do Lis	M 40		23	6 0:48:35.916	6:10	1:38:39.492
24	86	Pedro Barros	M	Os Tolinhos	M 40		24	7 0:49:03.929	6:10	1:38:55.429
25	70	José Rafael	M	RR Contabilidade Trail Team	M 55		25	2 0:49:02.292	6:11	1:39:00.319
26	115	Luis Nobre	M	Nobre Brindes	M 50		26	5 0:48:52.467	6:13	1:39:31.332
27	112	António Maia	M	SARTIM	M 40		27	8 0:49:08.255	6:14	1:39:43.020
28	106	Carlos Cunha	M	A. C. S. Mamede	M 45		28	3 0:49:06.374	6:14	1:40:02.662
29	102	Rui Prazeres	M	A. C. S. Mamede	M 40		29	9 0:49:28.573	6:16	1:40:16.552
30	4	Edgar	M	C.r.amieirinhense	M 45		30	4 0:50:46.649	6:16	1:40:20.841
31	28	Luis De Sousa	M	G.R.Corredoura	M 45		31	5 0:50:17.017	6:16	1:40:23.782
32	52	Ricardo	M	G.R.Corredoura	SEN M		32	8 0:50:18.326	6:16	1:40:27.498
33	33	Pedro Aires	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M 55		33	3 0:50:19.516	6:18	1:40:55.434
34	103	Carlos Carreira	M	A. C. S. Mamede	M 60		34	2 0:49:31.977	6:18	1:40:58.234
35	11	Tiago Durão	M		SEN M		35	9 0:52:23.229	6:18	1:41:04.178
36	54	Andreia Pereira	F	G.R.Corredoura	SEN F		1	1 0:49:59.442	6:20	1:41:21.847
37	100	Bruno Reis	M	A. C. S. Mamede	M 40		36	10 0:51:26.029	6:21	1:41:46.762
38	71	Bruno Pereira	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M 40		37	11 0:49:00.995	6:29	1:43:48.517
39	13	Hugo Marques	M	G.R.Corredoura	SEN M		38	10 0:52:51.938	6:35	1:45:30.368
40	30	Luis Tavares	M	SEN M			39	11 0:52:13.787	6:36	1:45:42.662
41	53	Judith Ribeiro	F	Os Tolinhos	F 50		2	1 0:52:11.214	6:36	1:45:45.268
42	42	Rodolfo Marques	M	CRP - Ribafria	SEN M		40	12 0:54:10.678	6:36	1:45:50.983
43	104	Isidro Oliveira	M	A. C. S. Mamede	M 60		41	3 0:52:53.081	6:37	1:46:01.374
44	1	Helder S G Pinto	M		M 45		42	6 0:53:53.093	6:38	1:46:19.806
45	63	Pedro Rodrigues	M	Clube Veteranos do Lis	M 55		43	4 0:52:16.560	6:38	1:46:22.124
46	31	José Vendeiro	M	CCRD Arrimal/Morcegos	M 50		44	6 0:53:59.291	6:41	1:47:14.049
47	90	Paulo Sabio	M	Newoxygen	M 40		45	12 0:53:54.670	6:47	1:48:35.339
48	40	João Montez	M	ADAR - Associação Desportiva de Aldeia da Ribeira	SEN M		46	13 0:53:49.986	6:48	1:48:55.548
49	74	João Dias	M	Os Tolinhos	SEN M		47	14 0:53:48.176	6:49	1:49:12.409
50	57	Miguel Guilhermino	M	URDJuncalense	SEN M		48	15 0:54:09.494	6:50	1:49:34.082
51	83	António Palmeira	M	Clube Desportivo Ribeirense	M 45		49	7 0:55:00.060	6:52	1:49:59.853
52	116	Rogério Santos	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M 40		50	13 0:55:22.255	6:53	1:50:21.686
53	2	Ana Paula Santos	F		F 60		3	1 0:56:17.179	6:53	1:50:24.564
54	72	Pedro Serrazina	M	CRP - Ribafria	M 40		51	14 0:56:25.370	6:54	1:50:42.768
55	36	Agostinho Pereira	M		SEN M		52	16 1:00:13.427	6:57	1:51:20.304
56	69	Narciso Cordeiro	M	O Pastor Arrimalano	M 55		53	5 0:55:59.729	6:58	1:51:38.851
57	82	José Lemos	M	Os Tolinhos	M 60		54	4 0:55:06.670	7:00	1:52:06.342
58	87	Amilcar Dinis	M	Os Tolinhos	SEN M		55	17 0:54:23.955	7:00	1:52:06.384
59	95	Jacinto Anselmo	M	ARCD MENDIGA	M 40		56	15 0:57:02.277	7:02	1:52:41.931
60	105	Luis Vieira	M	A. C. S. Mamede	M 45		57	8 0:54:47.504	7:02	1:52:46.469
61	15	Carlos Valinho	M	Trilho do Castelejo	M 40		58	16 0:56:16.156	7:06	1:53:59.823
62	73	David Pinta	M	TiMim	SEN M		59	18 0:58:06.729	7:09	1:54:36.109
63	84	Celso Santos	M	Clube Desportivo Ribeirense	SEN M		60	19 0:56:04.859	7:09	1:54:45.514
64	25	Leandro Ribeiro	M		SUB 23 M		61	3 0:57:06.303	7:12	1:55:30.646
65	27	Paulo Sérgio	M	G.R.Corredoura	SEN M		62	20 0:54:54.765	7:13	1:55:44.226
66	26	Tiago Pinto	M	G.R.Corredoura	M 40		63	17 0:54:41.012	7:14	1:55:49.891
67	39	André Cordeiro	M	ARCD MENDIGA	SEN M		64	21 0:58:14.550	7:14	1:56:03.971
68	34	Marcelo Costa	M		SEN M		65	22 0:58:15.211	7:14	1:56:04.826
69	51	David Coelho	M	OnOurOwn	M 40		66	18 0:55:28.982	7:21	1:57:38.618
70	58	José Martins	M	Clube Veteranos do Lis	M 55		67	6 0:59:29.231	7:24	1:58:34.335
71	79	Miguel Soares	M	Trilho do Castelejo	M 45		68	9 1:00:12.723	7:26	1:59:06.672
72	9	Patrícia Rodrigues	F		SUB 23 F		4	1 0:59:27.456	7:26	1:59:08.799
73	67	Hugo Carolino	M	Safados Do Trail	M 40		69	19 0:58:58.834	7:37	2:02:01.035
74	20	Cláudio Sousa	M	Domplex	M 45		70	10 1:02:38.205	7:38	2:02:26.821
75	23	Rui Monteiro	M	Crazy runners	M 55		71	7 1:02:36.137	7:38	2:02:28.448
76	47	Ruben Santos	M	Trilho do Castelejo	SUB 23 M		72	4 1:00:11.854	7:41	2:03:01.062
77	89	João Vicente	M	Casa da Girafa Team	SEN M		73	23 1:01:19.510	7:41	2:03:13.347
78	22	Bruno Fonseca	M	G.R.Corredoura	SEN M		74	24 1:00:10.779	7:42	2:03:21.719
79	92	Pedro Santos	M	Os Tolinhos	M 40		75	20 1:01:26.610	7:44	2:03:50.262
80	6	Marta Ribeiro	F	Os Tolinhos	F 45		5	1 1:01:10.569	7:44	2:03:51.004
81	29	Goncalo Ramos	M	CCR Alqueidão da serra	M 40		76	21 1:03:34.420	7:49	2:05:15.213
82	18	Margarida Gomes	F		F 45		6	2 1:02:36.933	7:53	2:06:15.778
83	91	Duarte Silva	M		M 50		77	7 1:04:20.907	7:58	2:07:40.320
84	94	Fábio Costa	M	ARCD MENDIGA	SEN M		78	25 1:07:27.722	7:58	2:07:53.131
85	75	Elton Cruz	M		SEN M		79	26 1:00:14.604	8:00	2:07:59.309

Nome da Prova: Trail Trilhos da Lapa

Organizador: ARCD Mendiga

Classe: Trail

Categoria: Classificação Geral 16km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos S	Pos Cat	7.0 km	Ritmo	Tempo
86	21	João M. Rosa	M		M 60	80	5	1:01:18.382	8:07	2:09:56.185
87	119	Duarte Batista	M		SUB 23 M	81	5	1:01:25.030	8:10	2:10:56.903
88	56	Ana Vieira	F	CPR. A-do-Barbas	F 40	7	1	1:05:17.233	8:13	2:11:41.091
89	38	Mariana Viegas	F	ARCD MENDIGA	SEN F	8	2	1:05:18.222	8:14	2:11:54.904
90	117	Anselmo Maia	M		M 50	82	8	1:06:23.487	8:17	2:12:37.832
91	80	Cláudio	M	Casa da Girafa Team	M 50	83	9	1:08:37.006	8:23	2:14:18.281
92	24	Correia	M		M 60	84	6	1:06:43.089	8:27	2:15:22.356
93	49	Marina Tomé	F	CCRD Arrimal/Morcegos	SEN F	9	3	1:08:53.857	8:27	2:15:30.598
94	50	Rodrigo	M	CCRD Arrimal/Morcegos	SEN M	85	27	1:08:55.330	8:27	2:15:32.442
95	93	Telmo Matos	M	ARCD MENDIGA	SEN M	86	28	1:07:29.023	8:27	2:15:33.269
96	17	João Meneses	M	G.R.Corredoura	SEN M	87	29	1:05:54.713	8:28	2:15:36.331
97	113	Sónia Almeida Filipe	F	Os Tolinhos	F 40	10	2	1:07:26.766	8:38	2:18:24.577
98	78	Sara Costa	F	Trilho do Castelejo	F 45	11	3	1:10:15.831	8:48	2:20:52.606
99	35	Nuno Moita	M		SEN M	88	30	1:06:46.257	8:50	2:21:25.760
100	101	Sandrine Oliveira	F	A. C. S. Mamede	F 45	12	4	1:08:12.172	9:01	2:24:34.793
101	14	João Silva	M	CCRD Arrimal/Morcegos	SEN M	89	31	1:08:55.893	9:03	2:24:58.777
102	114	Nuno Vieira	M		M 40	90	22	1:08:58.127	9:03	2:24:59.096
103	59	Ana Paula Martins	F	Clube Veteranos do Lis	F 50	14	2	1:20:55.600	9:59	2:39:53.764
104	96	Carlos Novo	M	Os Tolinhos	M 50	91	10	1:21:05.096	10:10	2:42:43.596