



Nome da Prova: Trail Serra D'Aire 2024  
Organizador: Serra D'Aire Trail Team  
Classe: Trail  
Categoria: Classificação Geral 18km



Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	7.5 km	Ritmo	Tempo
1	642	JOÃO LOPES	M	C.D. Os Águias de Alpiarça	SEN M	1	1	0:29:54.574	4:47	1:26:13.239
2	879	ANDRÉ FILIPE	M	CPR A-do-Barbas	M35	1	2	0:30:38.857	4:55	1:28:29.103
3	548	LUÍS CANCELA	M	Clube Desportivo em Movimento	M50	1	3	0:30:38.439	4:55	1:28:30.140
4	710	PEDRO FERNANDES	M	Monsanto Running Team	M45	1	4	0:31:36.089	4:58	1:29:33.565
5	753	JESUS OLIVEIRA	M	Trilho Perdido Eventos / Imporlux	M35	2	5	0:30:31.592	4:59	1:29:46.354
6	852	JOÃO RIBEIRO	M	ASC Sobrado	M35	3	6	0:31:25.133	4:59	1:29:56.881
7	615	RENATO LOPES	M	FÁTIMA TRAIL TEAM	M45	2	7	0:30:41.788	5:00	1:30:10.894
8	861	NUNO SERRADA	M	A. C. S. Mamede	M45	3	8	0:31:51.019	5:03	1:31:05.187
9	883	RICARDO MENDES	M	Clube de Atletismo de Ferreira do Zêzere	M35	4	9	0:31:52.006	5:03	1:31:08.321
10	632	RAFAEL REIS	M	FÁTIMA TRAIL TEAM	SEN M	2	10	0:31:45.482	5:04	1:31:20.813
11	670	FÁBIO RODRIGUES	M	A. C. S. Mamede	SEN M	3	11	0:31:20.062	5:05	1:31:45.337
12	624	PEDRO FILIPE ANDRÉ MACHADO	M	CPALCANENATRIL	M35	5	12	0:32:14.627	5:07	1:32:18.150
13	716	ANDRE ROBERTO	M	A. C. S. Mamede	SUB23 M	1	13	0:32:24.824	5:14	1:34:22.066
14	546	TIAGO LÉ	M	FÁTIMA TRAIL TEAM	SEN M	4	14	0:33:01.517	5:14	1:34:27.376
15	843	PATRICIO GASPAS	M	Ama(dores) Trail Team/ACRU	SEN M	5	15	0:32:48.632	5:15	1:34:32.084
16	547	LUÍS SILVA DUARTE RUFINO DOS SANTOS	M	Clube Desportivo em Movimento	M40	1	16	0:32:18.236	5:17	1:35:13.420
17	878	FILIPE AZEVEDO	M	CPR A-do-Barbas	SEN M	6	17	0:32:35.736	5:17	1:35:13.891
18	810	DINIS SANTOS	M	Clube Desportivo de Espite	M35	6	18	0:31:45.595	5:21	1:36:33.607
19	684	GONÇALO FILIPE LIDONIO DIAS	M	Chamusca Trail	M40	2	19	0:33:24.397	5:22	1:36:46.328
20	571	ALEXANDRE HENRIQUES	M	Chamusca Trail	M35	7	20	0:32:50.672	5:23	1:36:57.096
21	560	CARLOS MANUEL DIAS SIMÕES	M	Ama(dores) Trail Team/ACRU	M40	3	21	0:33:46.854	5:23	1:36:58.492
22	773	FÁBIO MENDONÇA	M	OCS - Arrábida Trail Team	SEN M	7	22	0:34:14.566	5:25	1:37:39.549
23	819	CLÁUDIO	M	Ama(dores) Trail Team/ACRU	SEN M	8	23	0:34:01.228	5:27	1:38:11.817
24	504	RAUL PEREIRA	M	Nocturnos Trail Team	M45	4	24	0:33:44.911	5:28	1:38:35.661
25	572	GONÇALO CAMPOS	M	Tramagal Sport União	M45	5	25	0:33:53.640	5:31	1:39:18.765
26	556	BRUNO CAETANO	M		M35	8	26	0:36:27.645	5:31	1:39:30.847
27	928	WILSON RIBEIRO	M	TiMim	M35	9	27	0:35:01.457	5:34	1:40:23.721
28	920	CLÁUDIO PINHEIRO ALVES	M	Clube de Atletismo de Ferreira do Zêzere	M40	4	28	0:36:10.180	5:36	1:41:08.014
29	680	RENATO SATURNINO	M	CPALCANENATRIL	M40	5	29	0:34:11.838	5:39	1:41:48.008
30	765	ROGÉRIO DUARTE	M	C.D. Os Águias de Alpiarça	M50	2	30	0:34:24.073	5:39	1:41:53.957
31	845	KEVIN AMOEDO	M	cr7 fitness crunch Aveiro	M35	10	31	0:38:37.492	5:39	1:41:54.588
32	922	NELSON HELENO	M	ASSSCC - Ar Livre e Aventura	SEN M	9	32	0:34:01.911	5:41	1:42:20.053
33	894	CLÁUDIO LOURENÇO	M	Algarunners	M35	11	33	0:35:44.811	5:42	1:42:44.159
34	644	DAVID SANTOS	M	Viver a Vida	M45	6	34	0:34:58.428	5:45	1:43:30.511
35	623	NUNO MAURÍCIO	M	FÁTIMA TRAIL TEAM	M45	7	35	0:36:26.987	5:45	1:43:43.987
36	754	IVO OLIVEIRA	M	Ama(dores) Trail Team/ACRU	SEN M	10	36	0:36:34.579	5:45	1:43:44.518
37	916	FILIPE NOGUEIRA	M	NCA Águias	M50	3	37	0:36:26.090	5:49	1:44:43.749
38	588	ANA PAULA RODRIGUES	F	Saca Trilhos Anadia	SEN F	1	1	0:36:51.449	5:49	1:44:46.146
39	762	JORGE GARRIDO	M	SARTIM	M40	6	38	0:36:12.491	5:49	1:44:47.307
40	902	PEDRO QUELHAS	M	Trail da Amizade Runners	M45	8	39	0:35:50.647	5:51	1:45:29.407
41	908	PAULO CORREIA	M	Trilho Perdido Eventos / Imporlux	M55	1	40	0:36:43.745	5:52	1:45:38.844
42	770	RUI CANTO	M	Caracol Trail Team	M35	12	41	0:36:33.145	5:52	1:45:46.319
43	580	IVAN ANTUNES	M	FÁTIMA TRAIL TEAM	M35	13	42	0:37:33.212	5:52	1:45:51.102
44	842	PAULO OLIVEIRA	M	Ama(dores) Trail Team/ACRU	M40	7	43	0:36:14.060	5:54	1:46:15.692
45	846	ALEXANDRE CARVALHO	M	Chamusca Trail	SEN M	11	44	0:36:45.040	5:54	1:46:29.459
46	841	DÁRIO MOURA	M	FÁTIMA TRAIL TEAM	M35	14	45	0:38:41.606	5:55	1:46:47.605
47	544	TIAGO SIMÕES	M	Clube de Atletismo de Ferreira do Zêzere	M45	9	46	0:37:11.286	5:57	1:47:24.038
48	833	PEDRO VILA-VERDE	M		SEN M	12	47	0:37:56.137	5:59	1:47:46.599
49	552	DANNY FERREIRA	M		M35	15	48	0:36:30.526	6:00	1:48:03.538
50	884	PAULO CASSACA	M	Chamusca Trail	M50	4	49	0:36:32.821	6:02	1:48:47.339
51	692	NUNO MENDES	M	SicóTrilhos	M35	16	50	0:36:42.821	6:02	1:48:51.063
52	709	LUÍS LOPES	M	SicóTrilhos	SEN M	13	51	0:38:33.906	6:02	1:48:51.063
53	592	GONÇALO REIS	M	FÁTIMA TRAIL TEAM	SEN M	14	52	0:38:45.832	6:03	1:49:05.286
54	687	OSVALDO OVELHEIRO	M		M40	8	53	0:36:47.229	6:04	1:49:26.288
55	829	CARLOS FERREIRA	M	Caracol Trail Team	M55	2	54	0:37:58.872	6:05	1:49:29.726
56	751	RODOLFO MARQUES	M	CRP Ribafria	M35	17	55	0:37:39.503	6:04	1:49:36.404
57	514	NUNO OLIVEIRA	M	Poço de Soudo	M45	10	56	0:39:21.089	6:06	1:50:02.201
58	512	MOLEIRO	M	Ama(dores) Trail Team/ACRU	M35	18	57	0:37:38.718	6:08	1:50:27.346
59	933	ANDRÉ SANTOS	M	Terrantéz Trail Team	SEN M	15	58	0:39:46.327	6:07	1:50:28.256
60	768	LUÍS CASTRO	M	Avenida Trail/Campesino RFC	SEN M	16	59	0:35:05.271	6:08	1:50:29.225
61	740	RUI PIRES	M	FÁTIMA TRAIL TEAM	M35	19	60	0:38:06.985	6:08	1:50:34.675
62	664	BRUNO MENDES	M	Ama(dores) Trail Team/ACRU	SEN M	17	61	0:37:55.058	6:08	1:50:36.594
63	853	LUÍS REIS	M		M45	11	62	0:37:20.306	6:08	1:50:38.257
64	643	JOÃO ANTUNES	M	FÁTIMA TRAIL TEAM	M40	9	63	0:38:21.800	6:09	1:50:53.380
65	869	FERNANDO JESUS	M	Atletismo Clube da Tocha	M60	1	64	0:39:04.202	6:10	1:51:10.544
66	876	SÉRGIO GAMEIRO	M	FÁTIMA TRAIL TEAM	M45	12	65	0:37:16.400	6:10	1:51:14.399
67	848	NUNO DUARTE	M		SEN M	18	66	0:38:43.957	6:12	1:51:41.361
68	630	RUI PAULO SANTOS	M	TRILHO DOS CÁGADOS	M50	5	67	0:38:44.467	6:12	1:51:43.022
69	659	HUGO BENTO	M	Team Arrebenta Pedra	M45	13	68	0:39:14.133	6:12	1:51:45.941
70	651	RUBEN VICENTE	M	Copofonia Team	SEN M	19	69	0:39:00.821	6:12	1:51:48.404
71	915	FILIPE MAURÍCIO	M	Rx Runners	SUB23 M	2	70	0:39:38.143	6:12	1:51:51.615
72	780	GONÇALO FERREIRA	M	Nocturnos Trail Team	M40	10	71	0:37:10.781	6:13	1:51:56.198
73	866	ELIO ANDRE	M	SR. CAMARNAL	M40	11	72	0:40:16.548	6:13	1:52:06.540
74	685	CARLOS FRAZÃO	M	CPALCANENATRIL	M45	14	73	0:39:19.873	6:13	1:52:11.684
75	862	NUNO SANTOS	M	NCA Águias	M45	15	74	0:37:41.485	6:14	1:52:12.436
76	731	MOREIRA	M	Interfer	M45	16	75	0:39:21.162	6:14	1:52:32.964
77	877	ANA BONIFÁCIO	F	CPR A-do-Barbas	SEN F	2	2	0:38:15.447	6:15	1:52:33.769
78	755	SAMUEL DUARTE	M	CPALCANENATRIL	SEN M	20	76	0:37:48.995	6:15	1:52:49.109
79	503	ANTÓNIO MAIA	M	SARTIM	M40	12	77	0:38:50.242	6:17	1:53:15.686
80	885	FÁBIO CARVALHO	M	Trilhos Pina Manique	SEN M	21	78	0:37:02.210	6:17	1:53:20.502
81	614	CLIFE SOUSA	M	Casa do Povo de São Pedro	M35	20	79	0:39:18.435	6:18	1:53:29.881
82	712	JORGE BATISTA	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M40	13	80	0:37:57.062	6:18	1:53:39.903
83	758	PAULA PINTO	F	APSOM	F35	1	3	0:38:21.880	6:19	1:53:42.861
84	865	JOAO ANDRE	M	SR. CAMARNAL	M45	17	81	0:40:26.077	6:18	1:53:47.100
85	521	LUÍS MARQUES	M	Tramagal Sport União	M55	3	82	0:37:07.766	6:19	1:53:56.227
86	881	RICARDO RODRIGUES	M	Trail da Amizade Runners	M35	21	83	0:39:38.826	6:20	1:54:03.164
87	640	TIAGO MONTEIRO	M	Thomar Athletics	M40	14	84	0:38:53.292	6:20	1:54:08.534
88	893	ANTÓNIO PEREIRA	M	Grupo Alegre Unido Bajouca	M45	18	85	0:39:16.261	6:20	1:54:11.755
89	873	FILIPE SOUSA	M	Juventude Atlético Clube	M40	15	86	0:39:46.439	6:20	1:54:12.322
90	870	LUÍS MOTA	M	CLUBE OGMA	M50	6	87	0:38:59.166	6:21	1:54:22.135



Nome da Prova: Trail Serra D'Aire 2024  
Organizador: Serra D'Aire Trail Team  
Classe: Trail  
Categoria: Classificação Geral 18km



Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	7.5 km	Ritmo	Tempo
91	681	DIOGO NUNES	M	SicóTrilhos	M35	22	88	0:39:51.684	6:21	1:54:23.642
92	737	NELSON OLIVEIRA	M	FÁTIMA TRAIL TEAM	M45	19	89	0:39:31.890	6:21	1:54:31.178
93	763	ALBERICO ROSA	M	FÁTIMA TRAIL TEAM	M40	16	90	0:39:37.001	6:21	1:54:34.383
94	522	ANTÓNIO DANIEL FERREIRA	M	Thomar Athletics	SEN M	22	91	0:37:43.199	6:21	1:54:36.274
95	837	PAULO MENDES	M	ARLU TRAIL	M40	17	92	0:42:30.219	6:21	1:54:41.400
96	534	ANDRÉ MARIANO	M	Santana FC Trail Team	SEN M	23	93	0:38:33.290	6:24	1:55:14.790
97	791	PAULO CORREIA	M	A. C. S. Mamede	M35	23	94	0:40:00.754	6:24	1:55:24.036
98	633	RITA MAIA	F	FÁTIMA TRAIL TEAM	SEN F	3	4	0:39:35.224	6:27	1:56:10.701
99	583	SANTOS	M	Associação Desportiva do Fundão	M45	20	95	0:40:30.781	6:27	1:56:15.982
100	720	VITOR NEVES	M	FÁTIMA TRAIL TEAM	M55	4	96	0:39:46.655	6:28	1:56:41.882
101	786	NELSON COSTA	M	FÁTIMA TRAIL TEAM	M45	21	97	0:42:21.303	6:29	1:56:53.558
102	618	DANY FERREIRA	M	FÁTIMA TRAIL TEAM	M35	24	98	0:41:09.963	6:32	1:57:52.578
103	652	RUI BRILHANTE	M	Trilho Perdido Eventos / Imporlux	M45	22	99	0:41:03.850	6:32	1:57:54.103
104	564	FRANCISCO OLIVEIRA	M	SCD Glória do Ribatejo	M65	1	100	0:42:43.211	6:33	1:58:06.758
105	628	LIÇÍNIO FLORÊNCIO	M	Best - Batalha Escola de Triatlo	M45	23	101	0:41:52.422	6:35	1:58:35.182
106	531	LUÍS SOUSA	M		M50	7	102	0:41:12.436	6:36	1:58:56.798
107	930	NELSON DIOGO	M	OCS - Arrábida Trail Team	M40	18	103	0:41:02.954	6:37	1:59:06.877
108	793	JOÃO FERREIRA	M	FÁTIMA TRAIL TEAM	M35	25	104	0:42:54.713	6:36	1:59:12.142
109	524	PEDRO SAMPAIO	M		M40	19	105	0:42:56.462	6:36	1:59:14.669
110	620	SIMÃO PETULANTE	M	Strendure Running Team	M50	8	106	0:43:20.655	6:38	1:59:47.885
111	645	GONÇALO HENRIQUES	M	ADAR - Associação Desportiva de Aldeia da Ribeira	SEN M	24	107	0:42:06.072	6:39	1:59:52.780
112	899	DAVID MARQUES	M	Talentos Objetivos	M35	26	108	0:43:22.117	6:39	1:59:59.902
113	569	FILIPPE SOARES	M	Trilho do Castelejo	M45	24	109	0:40:17.125	6:40	2:00:12.224
114	703	SERGIO RODRIGUES	M	Trilho Perdido Eventos / Imporlux	M40	20	110	0:38:49.973	6:43	2:01:01.945
115	895	RENATO ALEXANDRE FERREIRA	M	Grupo Alegre Unido Bajouca	SEN M	25	111	0:39:24.539	6:43	2:01:06.025
116	723	NUNO MIGUEL SALES	M	Escaladaasmontanhas	M40	21	112	0:41:50.129	6:43	2:01:08.489
117	654	AFONSO	M	Associação Desportiva do Fundão	M45	25	113	0:42:42.680	6:43	2:01:14.543
118	1276	JOÃO GOMES	M	SicóTrilhos	SUB23 M	3	114	0:39:51.253	6:43	2:01:16.170
119	772	RUI PEREIRA	M	CA Barreira	M65	2	115	0:43:26.008	6:45	2:01:44.818
120	816	ADELINO PEREIRA	M	FÁTIMA TRAIL TEAM	M60	2	116	0:42:49.204	6:46	2:01:48.795
121	784	RUI SOARES	M	OCS - Arrábida Trail Team	M40	22	117	0:43:28.205	6:45	2:01:55.141
122	565	TIAGO SILVA	M	Ama(dores) Trail Team/ACRU	SEN M	26	118	0:42:37.543	6:46	2:02:02.762
123	658	DANIEL FIALHO	M		M40	23	119	0:42:29.444	6:46	2:02:04.679
124	864	VÍTOR ALEXANDRE MENDES RIBEIRO	M	Los Caribeños	M40	24	120	0:43:21.947	6:47	2:02:27.639
125	903	DANIEL MARTINS	M	TRILHO DOS CAGADOS	M35	27	121	0:42:45.573	6:48	2:02:32.621
126	938	PEDRO MACHADO	M	FÁTIMA TRAIL TEAM	M45	26	122	0:42:03.497	6:48	2:02:46.338
127	600	FREDERICO NEVES	M	Ama(dores) Trail Team/ACRU	M40	25	123	0:43:49.048	6:49	2:02:55.667
128	907	DANIEL VIEIRA	M	SARTIM	M45	27	124	0:41:51.885	6:49	2:02:57.988
129	589	GONÇALO FERREIRA	M	UCC - União Casal e Curvaceiras	SEN M	27	125	0:42:52.230	6:49	2:03:04.617
130	774	NELSON AGUIAR	M	Desafios Positivos D+	M45	28	126	0:42:22.168	6:50	2:03:13.809
131	515	ANTÓNIO CARREIRO	M	FastEnergy	M55	5	127	0:42:38.010	6:51	2:03:24.243
132	924	NUNO BELO	M	Hct Running Team	M40	26	128	0:42:29.476	6:51	2:03:24.640
133	657	PEDRO NICOLAU	M	Team Arrebenta Pedra	M45	29	129	0:43:33.851	6:50	2:03:24.927
134	554	JOÃO FERREIRA	M	Thomar Athletics	M35	28	130	0:42:47.052	6:51	2:03:37.933
135	797	KEVIN REGALADO	M	Tainadas Run Team	SEN M	28	131	0:43:59.159	6:52	2:03:40.782
136	715	CARLOS CARREIRA	M	A. C. S. Mamede	M60	3	132	0:44:15.491	6:52	2:03:42.638
137	641	EMÍDIO JORGE LOURENÇO TEIXEIRA	M	Thomar Athletics	M35	29	133	0:41:48.798	6:52	2:03:44.438
138	673	MIGUEL CARVALHEIRO	M	Rusty Team	M45	30	134	0:44:04.329	6:45	2:03:57.043
139	900	SAMUEL LUÍS	M		SEN M	29	135	0:40:59.620	6:53	2:04:08.813
140	530	DAVIDE MANUEL	M	Ama(dores) Trail Team/ACRU	M40	27	136	0:40:58.132	6:53	2:04:11.345
141	577	CLÁUDIO SILVA	M	Grupo de Cicloturismo Barquinense	M35	30	137	0:42:24.497	6:55	2:04:31.947
142	578	JOSÉ CARLOS MATIAS	M		M65	3	138	0:43:32.175	6:54	2:04:33.481
143	713	PEDRO FETAL	M	A. C. S. Mamede	M35	31	139	0:44:01.764	6:55	2:04:46.271
144	880	CARLOS FERREIRA	M		SEN M	30	140	0:45:21.493	6:57	2:05:18.603
145	519	CARLOS MENDES	M	FÁTIMA TRAIL TEAM	M55	6	141	0:44:42.731	6:57	2:05:21.819
146	533	LUIS LOPES	M	FÁTIMA TRAIL TEAM	M45	31	142	0:44:46.011	6:58	2:05:41.554
147	844	SARA MENDES	F	cr7 fitness crunch Aveiro	SEN F	4	5	0:46:18.659	7:01	2:06:32.390
148	801	LEONEL CAMPOS	M	CLAC Entrocamento	M60	4	143	0:45:18.683	7:01	2:06:33.116
149	836	FILIPPE CRUZ	M	Terrantéz Trail Team	M40	28	144	0:44:21.292	7:02	2:06:55.152
150	858	ILIDIO FARIA	M	Copofonia Team	M40	29	145	0:40:22.806	7:02	2:06:55.479
151	634	FILIPPE VASCONCELOS	M	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	M45	32	146	0:43:53.305	7:05	2:07:43.324
152	934	MARIA LUÍSA BASTOS ALMEIDA	F	Trilho Perdido Eventos / Imporlux	F45	1	6	0:44:55.736	7:05	2:07:46.095
153	832	DAVID SIMÕES	M	ARLU TRAIL	M40	30	147	0:47:28.986	7:07	2:08:31.400
154	738	NÁDIA SOUSA	F	Thomar Athletics	F35	2	7	0:44:08.386	7:08	2:08:33.859
155	923	VÍTOR DIAS PEREIRA	M	Thomar Athletics	M50	9	148	0:44:37.887	7:08	2:08:34.806
156	707	MÁRIO	M	CozidoScalabitano	M50	10	149	0:45:26.973	7:08	2:08:40.229
157	711	FILIPPE NEVES	M	FÁTIMA TRAIL TEAM	M55	7	150	0:46:16.011	7:10	2:09:11.317
158	937	RICARDO PERALTA	M	TiMim	SEN M	31	151	0:45:03.037	7:10	2:09:17.288
159	505	CARLOS MIGUEL	M		M50	11	152	0:46:52.296	7:11	2:09:19.822
160	581	MARCO SANTOS	M	Santana FC Trail Team	M35	32	153	0:43:57.647	7:11	2:09:36.263
161	871	CESAR TÁFULA	M		M45	33	154	0:45:31.436	7:11	2:09:41.329
162	898	DIOGO OLIVEIRA	M	Murtal Run	M35	33	155	0:46:45.739	7:12	2:10:00.707
163	830	GERMANO CAPELA	M	CA Barreira	M55	8	156	0:46:40.606	7:13	2:10:05.138
164	608	JOAO GASPARD	M	Bairro dos Anjos	M50	12	157	0:46:42.124	7:13	2:10:06.652
165	936	ANDRÉ GONÇALVES	M	Ama(dores) Trail Team/ACRU	M35	34	158	0:44:18.968	7:13	2:10:06.930
166	714	ISIDRO OLIVEIRA	M	A. C. S. Mamede	M65	4	159	0:47:36.797	7:16	2:11:07.875
167	834	NÉLIO FREIXO	M	Furões do Alentejo	M40	31	160	0:48:45.662	7:16	2:11:10.389
168	935	CIDÁLIA SILVA	F	FÁTIMA TRAIL TEAM	F45	2	8	0:44:59.424	7:21	2:12:33.294
169	639	MARCO GOMES	M	Team Arrebenta Pedra	M45	34	161	0:50:18.162	7:22	2:12:54.197
170	921	CARLOS MATIAS	M	Trail da Ladeira Running Team	M45	35	162	0:45:09.163	7:22	2:13:01.143
171	764	ALEXANDER STORMS	M	NFC Running Team	M45	36	163	0:50:45.757	7:23	2:13:08.329
172	619	SERGIO SOUSA	M		SEN M	32	164	0:42:38.533	7:25	2:13:47.483
173	726	VÁLTER LUÍS	M	FÁTIMA TRAIL TEAM	M45	37	165	0:48:53.198	7:25	2:13:50.477
174	792	ANA CONCEIÇÃO	F	ARCD MENDIGA	SEN F	5	9	0:47:48.043	7:26	2:13:51.057
175	567	JOÃO GONÇALVES	M		SEN M	33	166	0:49:36.428	7:25	2:13:54.211
176	886	JORGE SOARES	M	ARLU TRAIL	SEN M	34	167	0:56:59.749	7:29	2:14:41.326
177	663	CINDY SANTOS CAPAZ	F	CPALCANENATRIL	F35	3	10	0:48:37.576	7:29	2:14:55.560
178	510	SERGIO RODELO	M	Run Crew Trail Montijo	M50	13	168	0:49:22.900	7:30	2:15:13.219
179	551	VÍTOR SERRA	M	Grupo Recreativo Janz e Associados	M50	14	169	0:49:55.730	7:30	2:15:16.659
180	540	NUNO GOMES	M		M45	38	170	0:47:06.073	7:33	2:16:03.707



Nome da Prova: Trail Serra D'Aire 2024  
Organizador: Serra D'Aire Trail Team  
Classe: Trail  
Categoria: Classificação Geral 18km



Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	7.5 km	Ritmo	Tempo
181	888	RUI PEREIRA	M	FÁTIMA TRAIL TEAM	M45	39	171	0:49:07.986	7:33	2:16:06.493
182	610	RICARDO JORGE	M	C.D. Os Águias de Alpiarça	SEN M	35	172	0:53:37.896	7:33	2:16:22.678
183	594	MANUELA EDUARDA FERREIRA MENDES	F	Desafios Positivos D +	F40	1	11	0:49:07.050	7:34	2:16:23.905
184	743	HELDER FAIA	M	CCD MATRIZ BORBA TRAIL	M40	32	173	0:51:34.461	7:34	2:16:37.631
185	686	DAVID PINTA	M	TiMim	M35	35	174	0:48:59.524	7:36	2:16:59.823
186	607	HELDER MATIAS	M	UCC - União Casal e Curvaceiras	SEN M	36	175	0:47:40.213	7:37	2:17:20.112
187	507	JOÃO	M	Terrantêz Trail Team	M45	40	176	0:47:32.299	7:37	2:17:24.500
188	669	FRANCISCO HENRIQUES	M	CPALCANENATRIL	SEN M	37	177	0:45:32.604	7:38	2:17:46.041
189	831	PEDRO CORREIA	M	ARLU TRAIL	M50	15	178	0:51:33.281	7:39	2:18:05.475
190	889	DIANA LOURENÇO	F	GRF Benedita - Atletismo	F35	4	12	0:47:53.321	7:39	2:18:06.396
191	736	NUNO PINTO	M	Linces de Montemor	M40	33	179	0:51:53.100	7:40	2:18:16.108
192	612	EMANUEL MELO	M	Casa do Povo de São Pedro	M45	41	180	0:46:08.726	7:41	2:18:22.380
193	732	ANTÓNIO MIRANDA	M	Associação Desportiva do Fundão	M45	42	181	0:47:08.410	7:41	2:18:26.520
194	622	HELDER MARTINS	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M45	43	182	0:47:41.871	7:42	2:18:43.338
195	919	TIAGO OLIVEIRA	M	SicóTrilhos	M40	34	183	0:46:35.886	7:41	2:18:46.615
196	855	RUI	M	Wolf Team Run	M40	35	184	0:50:16.081	7:42	2:19:06.649
197	856	VÍTOR SANTOS	M	Wolf Team Run	M35	36	185	0:50:16.077	7:42	2:19:09.245
198	757	NUNO PAIXAO	M	Wolf Team Run	M35	37	186	0:46:55.255	7:44	2:19:35.789
199	840	LINO FERREIRA	M	ARLU TRAIL	M45	44	187	0:49:21.312	7:45	2:19:38.683
200	730	TIAGO REIS	M	FÁTIMA TRAIL TEAM	SEN M	38	188	0:48:04.576	7:46	2:20:11.367
201	575	CRISTIANO CORREIA	M		M35	38	189	0:48:55.168	7:47	2:20:13.915
202	927	ALEXANDRE PEREIRA	M		M45	45	190	0:49:04.035	7:47	2:20:15.049
203	818	JOÃO AFONSO	M	Terrantêz Trail Team	M50	16	191	0:50:38.678	7:47	2:20:32.697
204	798	PEDRO CARMO	M	CLAC Entroncamento	M45	46	192	0:48:46.567	7:48	2:20:35.241
205	683	SILVIA COSTA	F	CPALCANENATRIL	F35	5	13	0:49:54.622	7:50	2:21:03.532
206	835	MANUEL DEUS	M	ARLU TRAIL	M60	5	193	0:49:20.686	7:49	2:21:09.159
207	661	ROBERTO FERRÃO	M	Associação amigos do barro branco	M40	36	194	0:55:19.712	7:52	2:22:06.423
208	526	CARLOS ALEXANDRE	M	Trilhos & Outros	M40	37	195	0:54:40.857	7:53	2:22:07.746
209	562	BÁRBARA SÁ	F	Santana FC Trail Team	F40	2	14	0:49:38.708	7:54	2:22:23.814
210	585	JOÃO SANTOS	M	Terrantêz Trail Team	M35	39	196	0:53:47.388	7:54	2:22:34.762
211	875	SILVIA LOPES	F	SUPERFRESCO TRAIL TEAM	F40	3	15	0:52:01.646	7:55	2:22:49.412
212	882	THIERRY PEREIRA	M	FÁTIMA TRAIL TEAM	M50	17	197	0:49:43.168	7:56	2:22:57.652
213	701	CARLOS TRABULO	M		M65	5	198	0:52:04.987	7:58	2:23:34.606
214	808	JORGE CARTAXO	M	RUN2EAT	SEN M	39	199	0:54:59.601	8:00	2:24:23.657
215	847	MANUEL AGOSTINHO	M	Os Matreos	M50	18	200	0:52:35.784	8:02	2:24:42.121
216	767	EMÍLIO PAULINO	M	ACPORTALEGRE/UTSM	M65	6	201	0:53:46.099	8:04	2:25:25.849
217	911	MARIA CABRAL	F	ACPORTALEGRE/UTSM	F45	3	16	0:53:52.124	8:03	2:25:28.341
218	783	FERNANDO PEREIRA	M	Santana FC Trail Team	M45	47	202	0:49:18.161	8:09	2:26:53.951
219	817	ANA PAULA BARATA	F	SARTIM	F45	4	17	0:51:13.425	8:09	2:26:55.969
220	820	JORGE C. SANTOS	M	Terrantêz Trail Team	M55	9	203	0:52:25.862	8:09	2:26:56.253
221	890	BRUNO GOMES	M	SARTIM	M40	38	204	0:51:13.302	8:09	2:26:58.133
222	913	LURDES GASPAR	F	ARLU TRAIL	F50	1	18	0:53:48.184	8:09	2:26:58.937
223	584	ALEXANDRE ESPIRITO SANTO	M		M40	39	205	0:57:46.474	8:10	2:27:03.483
224	693	JOÃO CATATÃO	M	Chamusca Trail	M50	19	206	0:48:56.841	8:10	2:27:18.492
225	698	FÁTIMA VASSALO	F	Chamusca Trail	F50	2	19	0:53:41.827	8:10	2:27:18.877
226	926	JOÃO CALADO	M	CALMA - Tomar	M45	48	207	0:56:57.512	8:12	2:27:50.678
227	647	PAULO COSTA	M	Xterra Trail Golegã	M50	20	208	0:58:12.730	8:11	2:27:51.058
228	665	SOFIA PINTO	F	Thomar Athletics	F35	6	20	0:55:06.659	8:13	2:27:53.440
229	827	VÍTOR BALTÁZAR	M	Correr Lisboa	M55	10	209	0:56:16.446	8:12	2:27:55.909
230	538	EDUARDA GONÇALVES	F		F35	7	21	0:57:46.384	8:12	2:27:59.083
231	539	JOÃO COSTA	M	100 Gás Trail Team	M35	40	210	0:57:41.714	8:12	2:28:01.108
232	631	NUNO VAZ OLIVEIRA	M	#100Sola	M40	40	211	0:58:14.930	8:12	2:28:06.616
233	824	AMILCAR DINIS	M	Os Tolinhos	SEN M	40	212	0:52:31.542	8:13	2:28:08.867
234	579	JORGE GALHISPO	M	GAC AOC	M50	21	213	0:52:29.289	8:13	2:28:13.954
235	850	LUÍS LOPES	M	RUN2EAT	M35	41	214	0:55:17.240	8:14	2:28:33.909
236	733	BRUNO SANTOS	M	Ama(dores) Trail Team/ACRU	SEN M	41	215	0:49:16.743	8:15	2:28:46.489
237	591	BRUNO JACQUET	M	Até à Meta	M40	41	216	0:57:05.999	8:15	2:28:56.571
238	613	MILTON RAMALHO	M	Casa do Povo de São Pedro	M35	42	217	0:54:58.641	8:16	2:29:03.954
239	606	RAQUEL SÁ	F		F35	8	22	0:56:59.500	8:16	2:29:08.194
240	887	BEATRIZ GUIOMAR	F	Trail da Ladeia Running Team	SEN F	6	23	0:56:54.553	8:17	2:29:33.324
241	906	FÁTIMA MONTEIRO	F	Resistentes	F55	1	24	0:53:16.860	8:17	2:29:34.909
242	520	NÉLIA PEDROSA	F	Bairro dos Anjos	F45	5	25	0:54:44.509	8:18	2:29:35.912
243	860	SAMUEL SOUSA	M	Os Tolinhos	SEN M	42	218	0:52:33.408	8:17	2:29:39.351
244	8	PEDRO HENRIQUE NUNES	M	Saca Trilhos Anadia	SEN M	43	219	0:51:24.594	8:19	2:29:53.073
245	778	LUIS ARINTO	M	CASA DO PESSOAL DA RTP	M40	42	220	0:55:28.957	8:18	2:29:54.468
246	849	DANIELA HENGELER	F		F35	9	26	0:51:24.373	8:19	2:29:55.589
247	761	PEDRO SILVA	M	CRP Ribafria	M35	43	221	0:53:22.595	8:18	2:29:55.620
248	905	MÓNICA VAZ	F	Resistentes	F45	6	27	0:56:18.181	8:18	2:29:57.648
249	660	SAMUEL MARGARIDO	M	Team Rebeldex	M35	44	222	0:56:29.683	8:18	2:29:59.853
250	789	MÁRIO ALEXANDRE ALMEIDA DUARTE SALGI	M	C.A.S.P.A. - Clube Amador Só Para Atletismo	M50	22	223	0:50:30.654	8:19	2:30:05.822
251	826	RUI SOARES	M		M35	45	224	0:56:15.325	8:20	2:30:19.682
252	511	VÍTOR MARTINS	M	Correr Ourém	M60	6	225	0:51:03.498	8:20	2:30:23.623
253	794	CARMEN SILVA	F	CA Barreira	F50	3	28	0:53:22.810	8:21	2:30:50.462
254	568	RICARDO SOARES	M	Poço de Soudo	SEN M	44	226	0:51:39.794	8:23	2:31:19.067
255	807	MARCO OLIVEIRA	M	Papa Léguas	M40	43	227	1:01:42.017	8:24	2:31:43.522
256	734	HÉLIO FRANCISCO	M	SerranosRun Team	M45	49	228	0:59:01.807	8:26	2:31:51.472
257	675	JORGE LOPES	M	Trail da Ladeia Running Team	M50	23	229	0:54:25.459	8:26	2:32:04.319
258	901	PEDRO MENDES	M	Trilho Perdido Eventos / Importlux	M50	24	230	0:56:48.219	8:29	2:32:56.430
259	656	ANTÓNIO CANAS	M		M45	50	231	0:59:19.227	8:30	2:33:27.619
260	863	ANÍBAL GODINHO	M	Caracol Trail Team	M60	7	232	1:01:45.738	8:30	2:33:28.636
261	756	JULIANA DE SOUSA SALGUEIRO	F	#FedimaTeam / Fitness Factory Alcobaca	F35	10	29	0:55:40.386	8:32	2:33:54.467
262	744	CARLOS MACEDO	M	A.D.Amarante Trail Running	M65	7	233	0:54:34.781	8:34	2:34:18.102
263	917	FRANCISCO FERREIRA	M	Os Tolinhos	M55	11	234	0:55:40.275	8:37	2:35:27.495
264	918	SUSANA BÉRTOLO	F	Os Tolinhos	F50	4	30	0:56:28.421	8:37	2:35:28.384
265	662	MIGUEL OLIVEIRA	M	ADAR - Associação Desportiva de Aldeia da Ribeira	M50	25	235	0:53:30.544	8:39	2:36:05.036
266	604	TIAGO REIS	M	ALEBS - SA	M35	46	236	1:04:25.395	8:43	2:37:21.583
267	914	RITA GUEDES	F	Casa do Benfica em Abrantes	F40	4	31	0:56:21.719	8:45	2:37:30.227
268	672	SARA NEUBERG	F		F35	11	32	1:04:03.375	8:45	2:37:35.471
269	896	JORGE CLÉRIGO	M	Forasteiros	M50	26	237	0:54:57.720	8:49	2:38:46.822
270	748	BORGAS	M		M35	47	238	1:02:24.251	8:49	2:38:46.946

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	7.5 km	Ritmo	Tempo
271	929	SILVINA BAPTISTA	F	TiMim	F50	5	33	0:56:41.106	8:49	2:38:48.721
272	769	JOÃO MOURA	M		M70	1	239	0:57:53.726	8:50	2:39:12.380
273	821	SANDRA SANTOS	F	Terrantéz Trail Team	F50	6	34	0:57:09.664	8:50	2:39:13.662
274	724	MARCO PASCOAL	M	VILAVENTURA - TRAIL	M40	44	240	1:02:06.870	8:51	2:39:47.298
275	708	JOÃO LOPES	M	VILAVENTURA - TRAIL	SEN M	45	241	1:02:04.648	8:51	2:39:48.464
276	787	JOSÉ CARDOSO	M	Santana FC Trail Team	M60	8	242	0:56:05.953	8:54	2:40:26.155
277	741	GONCALO AUGUSTO	M		M40	45	243	0:59:21.303	8:54	2:40:31.075
278	904	JOANA GUIOMAR	F	A. C. S. Mamede	F40	5	35	0:58:28.591	8:56	2:40:57.223
279	648	VASCO CARVALHO	M		M45	51	244	0:56:09.705	8:56	2:41:00.521
280	563	PAULO GONÇALVES	M	FÁTIMA TRAIL TEAM	M45	52	245	0:53:55.067	8:57	2:41:16.627
281	909	PATRICIA LOPES	F	Casa do Benfica em Abrantes	F40	6	36	0:54:38.262	8:58	2:41:41.482
282	825	CARLOS ANTUNES	M	SCFZ Trail Runners	M50	27	246	0:56:04.367	9:00	2:42:02.126
283	785	VITOR FERNANDES	M	Chamusca Trail	M45	53	247	1:00:46.773	9:00	2:42:15.559
284	553	GINA OLIVEIRA	F		F55	2	37	0:57:46.031	9:00	2:42:17.263
285	897	JOÃO PEREIRA	M	FIDELIDADE GDC	M35	48	248	0:55:15.543	9:00	2:42:19.222
286	635	GONÇALO FRAZÃO	M		M40	46	249	0:51:36.840	9:00	2:42:20.989
287	814	ELISABETE LOPES MATEUS	F	Caracol Trail Team	F35	12	38	0:58:36.603	9:00	2:42:23.225
288	542	CÉSAR FERREIRA	M		M50	28	250	1:01:47.711	9:01	2:42:41.910
289	718	JOAQUIM VIEIRA	M	Ama(dores) Trail Team/ACRU	M55	12	251	0:49:20.237	9:02	2:42:49.668
290	535	RENATO LOPES	M	Juventude Ouriense	M50	29	252	0:58:23.424	9:04	2:43:33.076
291	144	LUIS MIGUEL	M		M50	30	253	0:58:47.009	9:04	2:43:42.013
292	779	SAMUEL LUIS	M		SEN M	46	254	0:58:00.976	9:05	2:43:52.267
293	805	DUARTE BAPTISTA	M		SEN M	47	255	0:57:44.686	9:05	2:43:53.492
294	668	MÓNICA BRANCO	F	CPALCANENATRIL	F35	13	39	0:50:09.067	9:06	2:43:54.585
295	782	JOANA GORDO	F	FÁTIMA TRAIL TEAM	SEN F	7	40	0:49:05.019	9:06	2:43:56.309
296	851	RUBEN GARRIDO	M	SARTIM	SEN M	48	256	0:49:59.032	9:07	2:44:09.144
297	771	TELMO OLIVEIRA	M		M40	47	257	0:59:49.002	9:07	2:44:23.363
298	696	HELDER RODRIGUES	M	Grupeta Running Team	M45	54	258	1:04:54.717	9:11	2:45:45.385
299	629	HENRIQUE RIBEIRO	M	SerranosRun Team	M50	31	259	0:58:31.700	9:12	2:46:00.295
300	739	LUÍS DELGADO	M	Clube de Atletismo da Nazaré	M60	9	260	1:00:38.831	9:13	2:46:19.846
301	570	SARA CORREIA	F	Santana FC Trail Team	SEN F	8	41	1:04:14.406	9:16	2:47:07.753
302	566	MARTA SA	F	Santana FC Trail Team	F40	7	42	1:04:13.592	9:16	2:47:09.339
303	543	MIGUEL RIBEIRO LOPES	M	Ama(dores) Trail Team/ACRU	SEN M	49	261	0:59:01.136	9:18	2:47:37.338
304	508	NORBERTO ABREU	M	Barbichas do Lis	M45	55	262	0:59:16.846	9:21	2:48:36.591
305	728	LAURA MARQUES	F	Aderrun	SEN F	9	43	1:00:04.611	9:23	2:49:17.356
306	653	ANA RODRIGUES	F		SEN F	10	44	0:56:15.979	9:24	2:49:19.268
307	745	MARA CARDOSO	F	Miro trail	F40	8	45	0:58:56.264	9:24	2:49:22.193
308	800	TERESA VENTURA	F	CLAC Entrocamento	F40	9	46	1:02:51.099	9:26	2:50:09.608
309	775	DÁRIO MARREIROS	M	RUN2EAT	M55	13	263	1:01:53.266	9:27	2:50:28.234
310	749	PAULO PEREIRA	M	Quenianos do Ribatejo	M40	48	264	0:59:27.554	9:29	2:51:03.714
311	509	CLÁUDIA MENDES	F	CBA-S Casa do Benfica em Abrantes	F45	7	47	0:59:48.247	9:32	2:51:46.351
312	813	ANDRÉ FERREIRA	M	Caracol Trail Team	M40	49	265	1:01:21.062	9:34	2:52:33.552
313	555	PAULA RODRIGUES	F	Correr Lisboa	F45	8	48	1:04:57.962	9:34	2:52:36.112
314	776	GABRIELLA ALMEIDA	F	RUN2EAT	SEN F	11	49	1:03:29.181	9:34	2:52:44.557
315	603	HUGO SILVA	M	ALEBS - SA	M35	49	266	1:04:26.841	9:38	2:53:48.545
316	586	VITOR BRAZ	M	Chamusca Trail	M60	10	267	0:58:43.134	9:39	2:53:54.056
317	705	RITA RIBEIRO	F	FÁTIMA TRAIL TEAM	SEN F	12	50	1:07:31.808	9:40	2:54:22.297
318	671	CÉLIA CATARINO	F	Correr Lisboa	F55	3	51	1:04:58.647	9:40	2:54:27.202
319	536	RUI NETO	M	Bairro dos Anjos	M45	56	268	1:01:58.251	9:41	2:54:45.783
320	602	FILIPA VICENTE	F	ALEBS - SA	F35	14	52	1:04:30.773	9:43	2:55:16.952
321	573	ALEXANDRA PEREIRA	F	Poço de Soudo	SEN F	13	53	1:06:39.712	9:43	2:55:19.056
322	804	PEDRO DIAS	M		M40	50	269	1:01:44.407	9:43	2:55:19.112
323	574	MARIANA MARTINS	F	Poço de Soudo	SEN F	14	54	1:06:40.807	9:43	2:55:20.568
324	517	ANASTÁCIO	F		F55	4	55	1:04:37.518	9:47	2:56:24.989
325	605	RAQUEL CORREIA	F	COA / CORVUS TRAIL TEAM	F50	7	56	1:02:26.077	9:47	2:56:26.333
326	513	ANASTÁCIA CORREIA	F		F55	5	57	1:04:44.483	9:49	2:57:00.662
327	557	LUIS REIS	M		SEN M	50	270		9:50	2:57:13.257
328	688	FILIPA OLIVEIRA	F		F45	9	58	1:04:22.929	9:52	2:58:01.270
329	52	WESLEN GOMES	M	Madrugas de Almeirim Running Team	SEN M	51	271	1:07:27.313	9:53	2:58:08.969
330	621	ANABELA SALGADO	F	Caracol Trail Team	F60	1	59	1:07:00.453	9:57	2:59:27.680
331	582	SOFIA GALINHA	F	Xterra Trail Golegã	F45	10	60	1:07:20.759	9:57	2:59:27.777
332	717	NUNO SANTOS	M		M50	32	272	1:06:45.206	9:58	2:59:48.412
333	598	SARA QUITÉRIA	F	Os Matrecos	F35	15	61	1:05:40.752	10:01	3:00:20.216
334	616	FERNANDA PRATAS	F	COA / CORVUS TRAIL TEAM	F65	1	62	1:07:45.730	10:02	3:00:45.546
335	839	ANA GARRIDO	F	Chamusca Trail	F45	11	63	1:06:14.590	10:03	3:01:15.645
336	809	ADÉLIA VIEIRA	F	FÁTIMA TRAIL TEAM	F50	8	64	1:07:16.308	10:04	3:01:33.978
337	609	CABRIELA CARRACO	F	Soure Mov	F40	10	65	1:07:37.720	10:13	3:04:16.646
338	868	MARCO MONTEIRO	M		M45	57	273	1:05:32.660	10:14	3:04:22.660
339	760	SARA MOREIRA	F	Grupo Desportivo do Pinheiro Grande	F55	6	66	1:11:01.111	10:14	3:04:32.341
340	721	ALICE SANTOS	F	Trilho Perdido Eventos / Imporlux	F55	7	67	1:11:02.037	10:15	3:04:53.915
341	752	ELSA HENRIQUES	F	Aderrun	F40	11	68	1:08:21.341	10:19	3:06:01.582
342	593	SUSANA MADEIRA	F	Desafios Positivos D+	F45	12	69	1:16:44.915	10:21	3:06:34.575
343	735	OLINDA SERRADOR	F	Terrantéz Trail Team	F50	9	70	1:11:16.911	10:25	3:07:58.332
344	561	INÉS ALVOEIRO	F	Santana FC Trail Team	F35	16	71	1:13:54.445	10:26	3:08:01.974
345	529	NUNO SILVA	M		M50	33	274	1:12:10.870	10:29	3:09:19.057
346	527	PATRICIA GONÇALVES	F	Academia 100%	F45	13	72	1:10:34.622	10:31	3:09:56.616
347	147	JOÃO ASCENSO	M		M50	34	275	1:03:28.519	10:32	3:10:06.655
348	528	JOSÉ GONÇALVES	M	Academia 100%	M45	58	276	1:10:32.362	10:32	3:10:09.285
349	678	LISANDRA JOAQUIM	F	SicóTrilhos	SEN F	15	73	1:07:47.033	10:34	3:10:35.141
350	655	HUGO BARROS	M	SicóTrilhos	M35	50	277	1:07:47.766	10:34	3:10:35.494
351	706	TIAGO FREIRE	M	SicóTrilhos	SEN M	52	278	1:07:48.422	10:34	3:10:36.832
352	679	SARA GONÇALVES	F	SicóTrilhos	SEN F	16	74	1:07:43.396	10:34	3:10:38.755
353	667	RUBEN MARGARIDO	M	Trail da Ladeia Running Team	SEN M	53	279	1:05:26.661	10:35	3:10:53.357
354	796	HELENA PEDRADAS	F	Terrantéz Trail Team	F65	2	75	1:13:28.130	10:39	3:12:08.974
355	912	PAULA BARROSO	F	C.D. Os Águias de Alpiarça	F45	14	76	1:13:39.878	10:42	3:13:05.392
356	910	VIRGINIA SILVA	F	As Lesmitas	F50	10	77	1:16:33.174	11:00	3:18:12.730
357	806	RUI ALMEIDA	M	Sport Clube de Paradelas	M45	59	280	1:12:01.110	11:00	3:18:16.888
358	576	FERNANDO ALMEIDA	M	Grupo de Ciclismo Barquinense	M45	60	281	1:04:36.676	11:01	3:18:29.303
359	719	SÓNIA NOGUEIRA	F	Centro de marcha e corrida alcanena	F45	15	78	1:09:19.473	11:18	3:23:26.294
360	788	SUSANA FIDALGO	F	Chamusca Trail	F45	16	79	1:15:19.226	11:19	3:23:55.242





Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	7.5 km	Ritmo	Tempo
361	812	RITA SOUTO	F	RUN2EAT	F35	17	80	1:15:09.191	11:20	3:24:22.757
362	811	MARIANA DINIS	F	RUN2EAT	SEN F	17	81	1:15:11.438	11:20	3:24:23.334
363	750	SANDRA CORREIA	F	Trilho Perdido Eventos / Imporlux	F55	8	82	1:15:18.644	11:28	3:26:47.740
364	799	MONICA VENTURA	F	CLAC Entroncamento	F40	12	83	1:16:36.186	11:40	3:30:14.303
365	689	MÓNICA ROSA	F	Mar.team.chel	SEN F	18	84	1:16:50.011	11:39	3:30:14.593
366	506	TIAGO SANTOS	M	100 Pressa	M35	51	282	1:12:51.761	11:51	3:33:47.729
367	617	ELSA COELHO	F	On Our Own	F40	13	85	1:20:10.492	12:38	3:47:44.190
368	626	RITA COELHO	F	C.D. Os Águias de Alpiarça	F45	17	86	1:23:42.173	12:40	3:48:09.713
369	891	JULIANA GREGÓRIO	F	C.D. Os Águias de Alpiarça	F35	18	87	1:23:40.275	12:40	3:48:09.751
370	596	ISABEL AMERICA	F	FLIPART	F60	2	88	1:24:53.646	12:56	3:53:07.684
371	859	CARLOS GOUVEIA	M	SARTIM	M45	61	283	1:24:02.744	13:23	4:01:10.071
372	545	CRISTINA PEREIRA OLIVEIRA	F	100 Pressa	F45	18	89	1:23:28.029	13:27	4:02:25.255
373	781	OTÍLIA VEDOR	F	Chamusca Trail	F45	19	90	1:25:48.399	13:47	4:08:23.878
374	532	FÁTIMA PEREIRA	F		F45	20	91	1:26:29.986	13:50	4:09:17.068
375	932	MARIA DO ROSÁRIO SANTOS BARROS	F	RRBR	F55	9	92	1:26:28.681	13:49	4:09:17.784