



Nome da Prova: 14º Trilho do Castelejo
Organizador: Trilho do Castelejo
Classe: Trail
Categoria: Classificação Geral 30km



Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	5.0 km	15.0 km	Ritmo	Tempo
1	29	BRUNO PEREIRA	M	Caracol Trail Team	M45	1	1	0:29:46.732	1:51:39.634	5:40	2:50:08.599
2	47	SÉRGIO JERÓNIMO	M	Maratona dos lapiás	M45	2	2	0:29:48.889	1:51:40.289	5:46	2:53:00.896
3	22	EMANUEL BATISTA	M	A. C. S. Mamede	M50	1	3	0:30:00.110	1:51:48.045	5:58	2:59:15.795
4	26	ENDY	M	RÓÓDINHAS / Master Vantagem	M35	1	4	0:29:58.847	1:54:39.604	5:59	2:59:35.348
5	3	ANDRÉ BENTO	M	G.R.CORREDOURA	SEN M	1	5	0:29:58.165	1:54:33.095	6:02	3:01:29.641
6	38	FABIO LAMAS	M	FATIMA TRAIL TEAM	M45	3	6	0:32:08.561	2:00:10.368	6:20	3:10:05.355
7	32	RICARDO CRUZ	M	Crossmates	SEN M	2	7	0:31:57.738	2:02:20.993	6:28	3:14:08.078
8	50	JOEL FERREIRA	M	G. R. CORREDOURA	SEN M	3	8	0:30:53.178	2:01:41.087	6:30	3:15:05.706
9	14	GIL VICENTE	M	Caracol Trail Team	M50	2	9	0:32:16.254	2:06:32.901	6:35	3:17:36.259
10	9	DAVID CÂNDIDO	M	G.R.CORREDOURA	M40	1	10	0:31:58.725	2:06:32.214	6:38	3:19:06.411
11	8	FABIO COSTA	M	ARCD MENDIGA	M35	2	11	0:34:23.564	2:06:41.352	6:41	3:20:44.495
12	24	LÚIS REIS	M		M45	4	12	0:32:02.282	2:03:27.081	6:44	3:22:05.797
13	30	FÁBIO DANIEL RIBEIRO COSTA	M	Clínica Europa running team	M35	3	13	0:32:04.226	2:06:36.674	6:45	3:22:44.290
14	15	JORGE SERRAZINA	M	Clube de Atletismo de Óbidos	M65	1	14	0:33:51.368	2:09:53.747	6:49	3:24:42.865
15	37	BRUNO PEIXOTO	M	Clínica Europa running team	M35	4	15	0:33:46.437	2:12:07.430	6:51	3:25:46.033
16	33	MANUEL FILIPE	M	NCA Águas	M55	1	16	0:35:18.667	2:14:27.461	7:04	3:32:19.685
17	7	HUGO FERREIRA	M	ARCD MENDIGA	SEN M	4	17	0:35:16.847	2:12:26.525	7:07	3:33:57.177
18	19	PEDRO SOUSA	M	Clube SOSI	M55	2	18	0:33:52.386	2:16:36.137	7:20	3:40:12.344
19	11	PAULO ROSA	M	Generg	M50	3	19	0:34:18.776	2:16:48.841	7:26	3:43:29.459
20	25	CARLOS MARQUES	M		M50	4	20	0:35:53.741	2:24:41.385	7:29	3:44:35.361
21	23	CARLOS DINIS	M	SerranosRun Team	M40	2	21	0:36:55.129	2:22:11.501	7:30	3:45:18.255
22	4	ANDRÉ CORDEIRO	M	ARCD MENDIGA	SEN M	5	22	0:35:19.804	2:23:03.555	7:38	3:49:04.390
23	42	LUCAS VAZ	M	Grupo Alegre Unido da Bajouca	SUB23 M	1	23	0:34:19.167	2:20:57.532	7:39	3:49:52.833
24	16	PAULA PITA	F	Porto de Mos a Correr	F45	1	1	0:37:21.965	2:25:29.016	7:41	3:50:32.573
25	18	CÉSAR ORVALHO	M		M40	3	24	0:37:57.704	2:30:23.350	7:42	3:51:14.246
26	49	LIDIA TIRNOVSCHI	F		F40	1	2	0:37:59.419	2:27:23.351	7:42	3:51:29.026
27	35	JOÃO MENDES	M	Não Fazemos Nem Mais Um K....	M60	1	25	0:39:20.593	2:27:23.351	7:57	3:58:52.419
28	21	PEDRO SANTOS	M	Fajarda Runners	M40	4	26	0:37:24.130	2:34:22.874	8:24	4:12:27.390
29	12	FREDERICO CRASTO	M	LIZ RUNNERS	M45	5	27	0:37:46.452	2:34:24.469	8:41	4:20:46.623
30	6	CELSO SANTOS	M	G.R.CORREDOURA	SEN M	6	28	0:36:53.508	2:35:41.739	8:48	4:24:01.420
31	13	THOMAS GOULDING	M	Grupo Desportivo Concha Azul	M35	5	29	0:39:44.865	2:44:30.696	8:51	4:25:50.470
32	28	IGOR PAULO	M	Chamusca Trail	M35	6	30	0:39:05.795	2:42:59.264	8:55	4:27:40.333
33	31	MIGUEL JUDAS	M		M50	5	31	0:38:19.995	2:54:08.535	8:58	4:29:11.202
34	41	DAVID COELHO	M	On Our Own	M45	6	32	0:45:32.325	2:53:12.422	9:06	4:33:15.458
35	48	ANA CASTELHANO	F	CRP- Ribafria	F45	2	3	0:39:40.359	2:54:01.132	9:07	4:33:46.156
36	20	ANTÓNIO SIMÕES	M		M55	3	33	0:40:48.811	2:54:35.272	9:15	4:37:51.719
37	51	PEDRO RAMOS	M	Trilhos do Costume	M55	4	34	0:45:30.606	2:59:21.831	9:37	4:48:56.110
38	36	CLAUDINO ALMEIDA REBELO	M	Clube de Atletismo de Óbidos	M60	2	35	0:47:06.523	3:03:38.961	9:54	4:57:18.246
39	10	DAVID CLEMENTE	M	Desafios Positivos D+	M40	5	36	0:47:50.804	3:12:32.820	10:08	5:04:18.961
40	5	INÊS JERÓNIMO	F	LIZ RUNNERS	F45	3	4	0:47:12.545	3:17:10.846	10:22	5:11:07.643
41	40	TELMA SOFIA HOMEM SILVÉRIO	F		F35	1	5	0:46:33.833	3:15:58.340	10:31	5:15:44.907
42	39	LÚIS MIGUEL ARSÉNIO SABINO	M		M40	6	37	0:46:44.711	3:15:56.906	10:31	5:15:45.104
43	45	SANDRA QUINTINO	F	3 por 1	F45	4	6	0:46:31.585	3:15:56.044	10:31	5:15:45.253
44	44	PATRÍCIA PIEDADE	F	ADAR - Associação Desportiva de Aldeia da Ribeira	F40	2	7	0:49:15.518	3:17:02.774	10:43	5:21:40.559