

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	8.0 km	Ritmo	Tempo
1	602	Samuel Vieira Dos Reis	M	Os Tolinhos	SEN M	1	1	0:48:30.690	5:24	1:26:36.435
2	570	Dinis Almeida	M	A. C. S. Mamede	SEN M	2	2	0:51:20.627	5:39	1:30:36.877
3	512	Tiago Cordeiro	M		SEN M	3	3	0:48:30.264	5:43	1:31:39.904
4	546	Gabriel Braz	M	Saca Trilhos Anadia	SEN M	4	4	0:51:59.081	6:04	1:37:08.528
5	538	Daniel Matias	M	TiMim	SEN M	5	5	0:54:46.732	6:05	1:37:23.219
6	593	Ivo Castro	M		SEN M	6	6	0:53:41.156	6:06	1:37:42.930
7	616	Wilson Ribeiro	M	TiMim	SEN M	7	7	0:58:09.828	6:15	1:40:12.415
8	626	Ruben Gomes	M	CPR A-DO-BARBAS	SEN M	8	8	0:55:25.286	6:19	1:41:13.562
9	622	Vital Sousa	M	CCRD Arrimal/Morcegos	SEN M	9	9	0:56:22.274	6:23	1:42:21.030
10	599	Pedro Ricardo	M	URDJ	M40	1	10	0:55:11.402	6:27	1:43:16.017
11	575	Tiago Rosa	M	A. C. S. Mamede	SEN M	10	11	0:57:16.569	6:29	1:43:51.193
12	611	Sebastião Cruz	M		SEN M	11	12	0:57:40.605	6:29	1:43:55.808
13	548	Fernando Neves	M	G.D.C. Eirapedrense	M50	1	13	0:59:56.171	6:33	1:45:03.551
14	621	Vitor Godinho	M		M45	1	14	0:59:28.576	6:42	1:47:21.376
15	554	João Ferreira	M	Casas In-Tek	SEN M	12	15	0:55:49.035	6:45	1:48:05.713
16	507	Agostinho Pereira	M		SEN M	13	16	1:01:16.266	6:49	1:49:15.590
17	638	André Fernandes	M	Grupo Alegre Unido Bajouca	M45	2	17	1:00:38.729	6:50	1:49:21.837
18	528	Igor Silva	M	Trilho do Castelejo	SEN M	14	18	1:01:15.569	6:51	1:49:53.050
19	606	Luis Belo	M	Os Tolinhos	M55	1	19	0:58:26.336	6:52	1:49:53.711
20	630	Alexandre Sousa	M	CPR A-DO-BARBAS	SEN M	15	20	0:58:52.033	6:53	1:50:17.310
21	540	Rui Prazeres	M	A. C. S. Mamede	M40	2	21	1:02:21.629	6:54	1:50:24.627
22	628	Pedro Rodrigues	M	CPR A-DO-BARBAS	M50	2	22	1:01:53.402	6:57	1:51:22.793
23	584	Leandro Ribeiro	M	ARCD MENDIGA	SUB23 M	1	23	1:02:29.213	7:01	1:52:34.560
24	623	Hilário Louro	M	Brigada do Reumático	M45	3	24	1:05:08.292	7:04	1:53:15.283
25	549	Tommy Batista	M	Limited Edition	SEN M	16	25	1:03:57.346	7:05	1:53:41.895
26	624	Nuno Ferreira	M	CPR A-DO-BARBAS	M40	3	26	1:04:40.130	7:06	1:53:50.275
27	567	Marco Pereira	M		SEN M	17	27	1:01:44.831	7:07	1:53:58.264
28	515	Nuno Paulo	M	Minde Run	M45	4	28	1:04:28.566	7:07	1:53:58.995
29	531	Margarida Barreto	F	A. C. S. Mamede	SEN F	1	1	1:04:34.944	7:08	1:54:21.792
30	571	Isidro Oliveira	M	A. C. S. Mamede	M60	1	29	1:04:11.516	7:08	1:54:22.217
31	596	Pedro Fojo	M		SEN M	18	30	1:03:35.839	7:10	1:54:49.397
32	572	Carlos Carreira	M	A. C. S. Mamede	M60	2	31	1:03:36.607	7:11	1:55:10.752
33	541	Bruno Reis	M	A. C. S. Mamede	M40	4	32	1:04:11.035	7:11	1:55:13.423
34	535	Telmo Madeira	M	Chitas de Alcobça	M40	5	33	1:05:43.350	7:14	1:55:51.037
35	527	Tiago Branco	M	Chitas de Alcobça	M40	6	34	1:05:43.429	7:14	1:55:51.809
36	629	Paulo Monteiro	M	CPR A-DO-BARBAS	M50	3	35	1:02:29.051	7:14	1:55:56.624
37	598	Filipe Pereira	M	Seita Run	SEN M	19	36	1:05:53.474	7:15	1:56:23.344
38	597	Guillaume Ribeiro	M	Seita Run	SEN M	20	37	1:06:03.510	7:20	1:57:32.485
39	569	Célio Rogado	M	Zés das Corridas	SEN M	21	38	1:05:41.510	7:26	1:59:04.907
40	618	Paula Pita	F	Porto de Mos a Correr	F45	1	2	1:04:58.672	7:29	1:59:44.903
41	591	Narciso Cordeiro	M	CCRD Arrimal/Morcegos	M55	2	39	1:07:05.215	7:32	2:00:36.140
42	589	Paulo Silva	M	RÓDINHAS-Master Vantagem/ Oxygen	M50	4	40	1:07:11.954	7:31	2:00:40.674
43	608	Fábio Ferreira	M		SEN M	22	41	1:05:58.952	7:33	2:01:01.632
44	607	Pedro Pereira	M		SEN M	23	42	1:07:49.048	7:35	2:01:40.678
45	504	David Pinta	M	TiMim	SEN M	24	43	1:07:15.934	7:37	2:02:03.940
46	511	Dario Oliveira	M	ACBATALHA	M40	7	44	1:07:23.306	7:39	2:02:33.720
47	614	José Rafael	M	RR Contabilidade Trail Team	M55	3	45	1:07:22.902	7:40	2:02:46.179
48	533	Celso Santos	M	Clube Desportivo Ribeirense	SEN M	25	46	1:05:47.497	7:41	2:03:04.918
49	582	Fábio Costa	M	ARCD MENDIGA	SEN M	26	47	1:09:05.383	7:41	2:03:16.755
50	542	Luís Alberto Duque Vieira	M	A. C. S. Mamede	M45	5	48	1:08:08.310	7:42	2:03:17.227
51	525	Nuno Reis	M		SEN M	27	49	1:07:51.562	7:44	2:03:56.361
52	514	João Afonso	M	Minde Run	M50	5	50	1:09:24.311	7:44	2:04:02.642
53	620	Dorisa Portela	F	SWAT TEAM	F40	1	3	1:06:25.732	7:47	2:04:45.627
54	592	Luis Mendes	M		SEN M	28	51	1:07:51.642	7:51	2:05:44.517
55	605	Fábio Sousa	M		SEN M	29	52	1:13:01.606	7:54	2:06:40.802
56	543	Pedro Fetal	M	A. C. S. Mamede	SEN M	30	53	1:09:09.166	7:55	2:06:42.758
57	637	Casimiro	M	ACBATALHA	M45	6	54	1:10:39.198	7:54	2:06:47.798
58	556	Pedro Pereira	M	Clube Desportivo Ribeirense	M40	8	55	1:13:40.001	8:01	2:08:39.044
59	547	Alexandre Ferreira	M		SUB23 M	2	56	1:05:05.462	8:02	2:08:44.245
60	581	Eduardo De Sousa Martins	M	ARCD MENDIGA	SEN M	31	57	1:13:44.000	8:02	2:08:50.571
61	532	António Palmeira	M	Clube Desportivo Ribeirense	M45	7	58	1:10:35.852	8:02	2:09:00.021
62	559	Vando Silva	M	RÓDINHAS-Master Vantagem/ Oxygen	SEN M	32	59	1:09:22.929	8:04	2:09:25.586
63	550	Joao Gaspar	M	Canitas Leitões	M45	8	60	1:11:56.299	8:12	2:11:21.624
64	627	Susana Pereira	F	CPR A-DO-BARBAS	F50	1	4	1:14:18.278	8:12	2:11:21.993
65	635	Ana Paula Das Neves Santos	F	Os Tolinhos	F60	1	5	1:14:07.704	8:16	2:12:27.339
66	523	João Carreira	M		SEN M	33	61	1:12:53.307	8:21	2:13:46.109
67	555	César Rosário	M		SEN M	34	62	1:15:35.560	8:21	2:13:53.320
68	564	Lourenço Gomes	M		M50	6	63	1:14:14.756	8:26	2:15:14.344
69	586	Patrícia Rodrigues	F	ARCD MENDIGA	SUB23 F	1	6	1:15:22.183	8:27	2:15:31.798
70	594	Ana Lucia Duarte	F	OCS Arrabida trail team	F50	2	7	1:13:45.246	8:33	2:16:54.350
71	612	Dinis Francisco	M	Midlifesport	M50	7	64	1:14:51.294	8:35	2:17:33.441
72	576	Tomas Cunha	M	A. C. S. Mamede	SUB23 M	3	65	1:18:49.557	8:36	2:17:41.544
73	587	Mauro Moraes	M		SEN M	35	66	1:13:29.933	8:35	2:17:47.163
74	574	Flávio Vicente	M	A. C. S. Mamede	M40	9	67	1:14:28.054	8:37	2:17:56.591



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



Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	8.0 km	Ritmo	Tempo
75	537	Luís Serra	M	Rebanhus Team	SEN M	36	68	1:17:38.044	8:40	2:18:57.775
76	619	Paula Galito	F	Amigos da Corrida	F40	2	8	1:17:33.943	8:40	2:18:57.775
77	522	Miguel Soares	M	Trilho do Castelejo	M45	9	69	1:16:31.970	8:43	2:19:39.161
78	604	Luís Reis	M		M45	10	70	1:13:05.200	8:43	2:19:51.203
79	520	Daniel Reis	M		SEN M	37	71	1:14:45.174	8:45	2:20:10.868
80	588	Thomas Goulding	M		SEN M	38	72	1:18:56.304	8:50	2:21:31.423
81	506	Sara Alves	F	Grupo Alegre Unido Bajouca	SEN F	2	9	1:19:21.587	8:52	2:22:07.174
82	583	Filipe Alves	M	ARCD MENDIGA	SEN M	39	73	1:17:42.440	8:54	2:22:50.173
83	505	Fernando Bastos	M		M55	4	74	1:18:32.835	8:58	2:23:35.391
84	524	Paula Monteiro	F		SEN F	3	10	1:18:15.047	8:58	2:23:45.091
85	566	Sónia Cardoso	F	FLIP S	F40	3	11	1:20:04.056	9:03	2:25:05.574
86	595	Pedro Carvalho	M	ARCD Venda da Luisa	M45	11	75		9:13	2:27:45.869
87	625	Joana Grácio	F	CPR A-DO-BARBAS	SEN F	4	12	1:19:57.230	9:16	2:28:25.958
88	545	Rodrigo Albano	M	Rewarding kms	M40	10	76	1:17:04.326	9:18	2:29:05.176
89	544	Armando Dos Santos Coelho	M	Rewarding Kms	M40	11	77	1:17:04.256	9:18	2:29:05.518
90	573	Miguel Leitão	M	A. C. S. Mamede	M45	12	78	1:23:14.431	9:32	2:32:46.684
91	557	Horácio Videira	M	HV	M40	12	79	1:23:21.218	9:42	2:35:25.328
92	536	Patrícia Piedade	F	Puxa por ti	F40	4	13	1:24:54.820	9:46	2:36:31.782
93	580	Ana Conceição	F	ARCD MENDIGA	SEN F	5	14	1:20:29.670	9:53	2:38:15.450
94	579	Sandrine Oliveira	F	A. C. S. Mamede	F45	2	15	1:26:26.872	9:57	2:39:30.925
95	519	Bruno Neves	M		SEN M	40	80	1:25:22.162	9:58	2:39:41.797
96	615	Rodrigo Santos	M		SUB23 M	4	81	1:30:34.380	10:02	2:40:51.747
97	578	Carina Rodrigues	F	A. C. S. Mamede	F45	3	16	1:26:29.716	10:12	2:43:23.169
98	526	Goncalo Ramos	M	CCR Alqueidão da serra	M40	13	82	1:29:05.478	10:21	2:45:56.271
99	551	Carlos Oliveira	M	Canitas Leitões	M45	13	83	1:28:03.305	10:22	2:45:58.820
100	590	Susana	F	Os Tolinhos	F50	3	17	1:31:01.114	10:22	2:46:00.491
101	529	Sara Costa	F	Trilho do Castelejo	F45	4	18	1:28:32.149	10:23	2:46:22.968
102	577	Silvia Vicente	F	A. C. S. Mamede	F40	5	19	1:34:04.370	10:29	2:47:55.289
103	633	Nuno Fernandes	M	Opraticante.pt	M45	14	84	1:30:11.658	10:32	2:48:42.426
104	517	Ilda	F	TiMim	F45	5	20	1:28:11.835	10:36	2:49:59.027
105	518	Silvina Baptista	F	TiMim	F45	6	21	1:28:12.250	10:36	2:49:59.264
106	563	Zita Franco	F	Ninho Team - Porto de Mós	F40	6	22	1:34:38.551	10:43	2:51:49.727
107	561	Marco Franco	M	Ninho Team - Porto de Mós	M45	15	85	1:34:37.355	10:43	2:51:52.518
108	562	David Ribeiro	M	Ninho Team - Porto de Mós	M40	14	86	1:36:22.361	10:43	2:51:53.132
109	631	David Silva	M	OPraticante.pt	M55	5	87	1:32:10.379	10:55	2:54:48.337
110	609	Simão Carreira	M		SUB23 M	5	88	1:34:40.293	10:55	2:54:58.033
111	610	Ana Rufino	F	TRIBO NR	F40	7	23	1:36:23.566	10:56	2:55:02.288
112	636	Paulo Domingues	M	TRIBO NR	M45	16	89	1:36:25.492	10:56	2:55:10.986
113	617	Vera Miguel	F		F40	8	24	1:36:32.291	11:00	2:56:20.747
114	632	Miguel Silva	M	OPraticante.pt	SEN M	41	90	1:36:34.112	11:00	2:56:20.956
115	539	Ana Paula Martins	F	Clube Veteranos do Lis	F50	4	25	1:44:13.926	11:52	3:10:07.224
116	634	Zina Fernandes	F	OPraticante.pt	F45	7	26	1:45:53.557	12:30	3:20:14.726