

2º TRAIL RUNNING CTM VILA POUCA DE AGUIAR

31 DE MAIO DE 2015

MEIA MARATONA 21KM

RESULTADOS

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	JOSE CARVALHO	326	CLUBE ACADEMICO DE MOGADOURO	M 35-39	01:28:25	00:04:13	
2	CARLOS VALENTE	367	NÚCLEO DE ATLETISMO DE VILA REAL	M 45-49	01:29:00	00:04:14	00:00:35
3	ARTUR RODRIGUES	375	CSM	M 35-39	01:30:20	00:04:18	00:01:55
4	CARLOS LOPES	327	CLUBE ACADÉMICO DE MOGADOURO	M 30-34	01:30:21	00:04:18	00:01:56
5	PAULO PEREIRA	201	CCDR FUNDO VILA	M 35-39	01:35:28	00:04:33	00:07:03
6	LUIS SARAIVA	389	CTM VILA POUCA DE AGUIAR	M Elite 18 - 29	01:36:47	00:04:37	00:08:22
7	FERNANDO GONÇALVES	340	FAFE RUNNERS	M 50-54	01:38:36	00:04:42	00:10:11
8	ANTÓNIO CAMPOS	384	CTM VILA POUCA DE AGUIAR	M 40-44	01:42:57	00:04:54	00:14:32
9	RENATO SILVA	394	CALDAS DE SÃO JORGE SPORT CLUB	M 45-49	01:44:34	00:04:59	00:16:09
10	LUIS NOVAIS	354	CALISTHENICS ADDICTED	M 35-39	01:44:41	00:04:59	00:16:16
11	JOSÉ MACHADO	370	NÚCLEO DE ATLETISMO DE VILA REAL	M 45-49	01:47:25	00:05:07	00:19:00
12	SAMUEL TOMÁS	366	INDIVIDUAL	M 35-39	01:47:25	00:05:07	00:19:00
13	ANTONIO AMORIM	395	CALDAS DE SÃO JORGE SPORT CLUB	M 40-44	01:49:35	00:05:13	00:21:10
14	PAULO RODRIGUES	313	GALAICUS TRAIL RUNNERS	M 35-39	01:50:17	00:05:15	00:21:52
15	PAULO REIS	358	ESPINHO RUNNERS	M 45-49	01:51:10	00:05:18	00:22:45
16	IVAN SILVA	357	CORRIDAURBANA.COM	M 35-39	01:51:30	00:05:19	00:23:05
17	NUNO SILVA	368	NÚCLEO DE ATLETISMO DE VILA REAL	M 35-39	01:52:15	00:05:21	00:23:50
18	CARLOS MORAIS	316	INDIVIDUAL	M 35-39	01:54:57	00:05:28	00:26:32
19	JOSE GOMES	424	CTM VILA POUCA DE AGUIAR	M 50-54	01:55:02	00:05:29	00:26:37
20	NUNO ALMEIDA	399	CTM VILA POUCA DE AGUIAR	M 40-44	01:55:04	00:05:29	00:26:39
21	TOMAS BARROSO	378	CHAVES RUNNING TEAM	M 45-49	01:55:34	00:05:30	00:27:09
22	JOSE TEIXEIRA	377	CHAVES RUNNING TEAM	M 35-39	01:55:34	00:05:30	00:27:09
23	JOSÉ BARROS	336	INDIVIDUAL	M 35-39	01:56:38	00:05:33	00:28:13
24	ESTÊVÃO GONÇALVES	338	SNEAKERS POWER/APRT	M 35-39	01:56:47	00:05:34	00:28:22
25	RUI FERNANDES	346	FAFE RUNNERS	M 35-39	01:58:07	00:05:37	00:29:42
26	JOÃO ALVES	333	INDIVIDUAL	M 40-44	01:58:59	00:05:40	00:30:34
27	NUNO MORAIS	372	NÚCLEO DE ATLETISMO DE VILA REAL	M 35-39	01:58:59	00:05:40	00:30:34
28	RUI VALENTE	332	INDIVIDUAL	M 30-34	01:59:06	00:05:40	00:30:41
29	PAULO ABREU	419	BOAVISTA FUTEBOL CLUBE	M 40-44	02:00:14	00:05:44	00:31:49
30	JOAO BARBOSA	355	INDIVIDUAL	M 40-44	02:00:53	00:05:45	00:32:28

31	ORLANDO PEREIRA	330	O PRATICANTE	M 40-44	02:01:44	00:05:48	00:33:19
32	PAULO MARTINS	359	CALISTHENICS ADDICTED	M 30-34	02:03:44	00:05:54	00:35:19
33	GUILHERMINO MEIRELES	383	CTM VILA POUCA DE AGUIAR	M 35-39	02:03:44	00:05:54	00:35:19
34	ANTÓNIO PINTO	352	INDIVIDUAL	M 35-39	02:03:45	00:05:54	00:35:20
35	MANUEL FERREIRA	203	CCDR FUNDO VILA	M 55-59	02:04:29	00:05:56	00:36:04
36	ISMAEL SILVA	202	CCDR FUNDO VILA	M 55-59	02:04:29	00:05:56	00:36:04
37	PEDRO ALVES	300	INDIVIDUAL	M 35-39	02:04:29	00:05:56	00:36:04
38	AUGUSTO SILVA	341	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 60	02:04:29	00:05:56	00:36:04
39	MANUEL DOMINGUES	392	CALDAS DE SÃO JORGE SPORT CLUB	M 45-49	02:05:03	00:05:57	00:36:38
40	JOÃO FERREIRA	353	INDIVIDUAL	M Elite 18 - 29	02:05:36	00:05:59	00:37:11
41	VASCO PEREIRA	307	INDIVIDUAL	M 35-39	02:05:56	00:06:00	00:37:31
42	ALBANO SECA	360	FAFE RUNNERS	M 40-44	02:06:45	00:06:02	00:38:20
43	ARSÉNIO RODRIGUES	397	CTM VILA POUCA DE AGUIAR	M 45-49	02:08:50	00:06:08	00:40:25
44	PEDRO NUNES	380	NÚCLEO ATLETISMO VILA REAL	N/D	02:08:50	00:06:08	00:40:25
45	TIAGO MACHADO	348	CALISTHENICS ADDICTED	M 35-39	02:08:55	00:06:08	00:40:30
46	CARLOS SOUSA	381	CTM VILA POUCA DE AGUIAR	M 45-49	02:09:08	00:06:09	00:40:43
47	RICARDO FERRÃO	391	CALDAS DE SÃO JORGE SPORT CLUB	M 35-39	02:09:43	00:06:11	00:41:18
48	BRUNO PEIXOTO	324	INDIVIDUAL	M 35-39	02:09:45	00:06:11	00:41:20
49	SERGIO ALVES	325	INDIVIDUAL	M 30-34	02:09:45	00:06:11	00:41:20
50	RUI FRAGA	398	CTM VILA POUCA DE AGUIAR	M 35-39	02:09:45	00:06:11	00:41:20
51	JOÃO MORGADO	308	SERHUMANO	M 40-44	02:09:45	00:06:11	00:41:20
52	LUIS FERREIRA	349	CALISTHENICS ADDICTED	M 35-39	02:11:04	00:06:14	00:42:39
53	MARTINHO SANTOS	393	CALDAS DE SÃO JORGE SPORT CLUB	M 45-49	02:12:27	00:06:18	00:44:02
54	CARLOS FERREIRA	403	INDIVIDUAL	M 40-44	02:12:43	00:06:19	00:44:18
55	ANTONIO DIAS	422	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 50-54	02:16:38	00:06:30	00:48:13
56	ALEXANDRE SERAFIM	315	INDIVIDUAL	M 30-34	02:16:38	00:06:30	00:48:13
57	ANTONIO BATISTA	339	INDIVIDUAL	M 35-39	02:19:19	00:06:38	00:50:54
58	HELDER SILVA	400	CTM VILA POUCA DE AGUIAR	N/D	02:19:20	00:06:38	00:50:55
59	PEDRO SÁ	337	INDIVIDUAL	M 40-44	02:20:14	00:06:41	00:51:49
60	BRUNO RAMALHO	334	INDIVIDUAL	M Elite 18 - 29	02:21:37	00:06:45	00:53:12
61	MANUEL PINTO	385	CTM VILA POUCA DE AGUIAR	M 50-54	02:21:42	00:06:45	00:53:17
62	SANDRA CABRAL	302	INDIVIDUAL	F 40-49	02:22:14	00:06:46	00:53:49
63	PEDRO FONTE	362	INDIVIDUAL	M 35-39	02:25:40	00:06:56	00:57:15
64	RUI PEREIRA	426	CTM VILA POUCA DE AGUIAR	N/D	02:26:36	00:06:59	00:58:11
65	HELENA MOURÃO	388	G D C CASTELO DE PAIVA	N/D	02:26:47	00:06:59	00:58:22
66	CARLOS COELHO	344	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M 35-39	02:27:45	00:07:02	00:59:20
67	LUÍS OLIVEIRA	345	A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M Elite 18 - 29	02:27:45	00:07:02	00:59:20

68	ANDRÉ GUIMARÃES	343 A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	M Elite 18 - 29	02:27:45	00:07:02	00:59:20
69	ARMANDO FONTÃO	351 INDIVIDUAL	M 40-44	02:29:41	00:07:08	01:01:16
70	ÂNGELO COSTA	382 CTM VILA POUCA DE AGUIAR	M Elite 18 - 29	02:31:40	00:07:13	01:03:15
71	LUÍS PEREIRA	369 NÚCLEO DE ATLETISMO DE VILA REAL	M 30-34	02:32:16	00:07:15	01:03:51
72	JOSÉ RODRIGUES	320 PRESTÍGIO 2000	M 50-54	02:32:54	00:07:17	01:04:29
73	LEONOR TATO	305 INDIVIDUAL	F 30-39	02:35:38	00:07:25	01:07:13
74	JOSE BARROS	425 CTM VILA POUCA DE AGUIAR	N/D	02:35:47	00:07:25	01:07:22
75	MÁRIO GASPAR	309 SERHUMANO	M 50-54	02:36:13	00:07:26	01:07:48
76	CARLA SANTOS	310 SERHUMANO	F 40-49	02:36:13	00:07:26	01:07:48
77	JOSÉ VILELA	405 INDIVIDUAL	M 45-49	02:36:13	00:07:26	01:07:48
78	BRUNO RODRIGUES	322 PRESTÍGIO 2000	M Elite 18 - 29	02:42:01	00:07:43	01:13:36
79	FERNANDO MARINHO	404 INDIVIDUAL	M 30-34	02:42:01	00:07:43	01:13:36
80	LUIS OLIVEIRA	301 INDIVIDUAL	M 40-44	02:44:04	00:07:49	01:15:39
81	HUGO PINTO	427 CTM VILA POUCA DE AGUIAR	N/D	02:44:22	00:07:50	01:15:57
82	CATIA MARQUES	428 CTM VILA POUCA DE AGUIAR	N/D	02:44:22	00:07:50	01:15:57
83	JOAO FERNANDES	420 CTM VILA POUCA DE AGUIAR	M Elite 18 - 29	02:46:46	00:07:56	01:18:21
84	HUGO CARVALHO	390 CALISTHENICS ADDICTED	M 35-39	02:46:49	00:07:57	01:18:24
85	LUÍSA RODRIGUES	328 O PRATICANTE	F 30-39	02:51:07	00:08:09	01:22:42
86	MANUEL CARVALHO	365 INDIVIDUAL	M 35-39	02:51:07	00:08:09	01:22:42
87	MANUEL EMIDIO	312 INDIVIDUAL	M 60	02:52:07	00:08:12	01:23:42
88	RITA MACHADO	376 CALISTHENICS ADDICTED	F Elite 18 - 29	02:54:12	00:08:18	01:25:47
89	MARCO TEIXEIRA	329 O PRATICANTE	M 35-39	02:56:11	00:08:23	01:27:46
90	LÚCIA LEMOS	350 CTM VILA POUCA DE AGUIAR	F 50+	02:56:11	00:08:23	01:27:46
91	ROSANA MACHADO	361 CALISTHENICS ADDICTED	F Elite 18 - 29	02:56:15	00:08:24	01:27:50
92	RICARDO CABRAL	335 CALISTHENICS ADDICTED	M 35-39	02:56:20	00:08:24	01:27:55
93	JOSE TAVARES	318 INDIVIDUAL	M 45-49	02:58:56	00:08:31	01:30:31
94	CARMEN LIMA	373 INDIVIDUAL	F 30-39	03:02:08	00:08:40	01:33:43
95	VERA NOGUEIRA	374 CSM	F 30-39	03:02:11	00:08:41	01:33:46
96	CARLOS BESSA	311 INDIVIDUAL	M 40-44	03:03:36	00:08:45	01:35:11
97	MARGARIDA OLIVEIRA	306 INDIVIDUAL	F 40-49	03:03:36	00:08:45	01:35:11
98	CARLOS MARQUES	317 INDIVIDUAL	M 30-34	03:07:35	00:08:56	01:39:10
99	FERNANDO MARINHO	396 INDIVIDUAL	M 30-34	03:07:48	00:08:57	01:39:23
100	BRUNA CAMPOS	386 BRUNICHA	F Elite 18 - 29	03:07:49	00:08:57	01:39:24
101	MANUEL TEIXEIRA	423 CTM VILA POUCA DE AGUIAR	N/D	03:10:59	00:09:06	01:42:34
102	CARLOS DIAS	363 INDIVIDUAL	M 35-39	03:10:59	00:09:06	01:42:34
103	SOFIA FEIJO	379 CHAVES RUNNING TEAM	F 30-39	03:15:06	00:09:17	01:46:41

104	LUIS PEREIRA	303	INDIVIDUAL	M 35-39	03:22:20	00:09:38	01:53:55
105	ERMESINDA CARVALHO	321	PRESTÍGIO 2000	F 50+	03:42:44	00:10:36	
106	SAMUEL SALVADOR	304	INDIVIDUAL	M Elite 18 - 29	04:03:11	00:11:35	
107	DEBORAH RIBEIRO	323	PRESTÍGIO 2000	F Elite 18 - 29	04:35:15	00:13:06	
108	SANDRA ALMEIDA	319	INDIVIDUAL	M 40-44	04:35:55	00:13:08	