

TROFÉU “BEST RUNNERS BARCELOS”

Trail Longo

Seniores Masculinos

		Rota do Leite		Rota dos Peregrinos		São Gonçalo			
Pos	Nome	Clube	Tempo	Pontos	Tempo	Pontos	Tempo	Pontos	Total
1	Carlos Coelho	Trail me	02:03:23	95	02:05:41	95	02:23:06	95	285
2	Bruno Pereira	EDV - VIANA TRAIL			02:04:39	100	02:18:40	100	200
3	Ricardo Sousa		02:03:40	90	02:11:11	80			170
4	Ricardo Rego	B.T.M.			02:09:35	90	02:30:37	75	165
5	Hugo Araujo	Águias de Alvelos			02:15:42	75	02:29:41	80	155
6	Nuno Guimarães	Trogloditas Runners	02:09:04	80			02:32:47	70	150
7	Paulo Ribeiro	Apúlia a Correr	02:16:16	65	02:34:52	21	02:51:16	50	136
8	Pedro Lopes	B.T.M	02:26:32	40	02:25:26	60	03:00:34	24	124
9	Marcelo	Águias de Alvelos			02:26:58	50	02:49:02	60	110
10	Francisco Fernandes	B.T.M	02:19:08	60	02:28:34	45			105
11	Xavier Amorim	A.D Carvalhal	02:35:23	27	02:25:40	55	03:02:42	21	103
12	Jérôme Rodrigues	VELHA GUARDA	01:58:35	100					100
13	Francisco Castro						02:27:26	90	90
14	João Henrique da Cruz	Trail Team Bifase	02:09:03	85					85
15	Miguel	A.D.Amarante Trail Running			02:10:29	85			85
16	Francisco João Cruz Fernand						02:29:07	85	85
17	Helder Amorim	A.D Carvalhal			02:24:49	65	03:05:06	15	80
18	Oihan Amurrio Olalde		02:11:15	75					75
19	José Luís Ferreira Carvalho	Dragon Club	02:16:09	70					70
20	Gilberto Pimenta	Oralklass-Amigos do Trail			02:23:16	70			70
21	César Fernandes	Apúlia a Correr	02:35:22	30	02:30:15	40			70
22	Nuno Costa	GTT - ARMAZÉM DO CAFFÈ	03:58:50	1	03:43:27	1	02:47:18	65	67
23	Pedro Torres	VIDAATIVARUNNERS	02:22:56	50	02:40:06	8	0,13185	8	66
24	Helio Costa	ucha trail team	02:37:21	24	02:30:16	35			59
25	Tiago Faria		02:21:09	55					55
26	Filipe Barros						02:49:04	55	55
27	David Gonçalves	S4L / Medense FC			02:39:06	10	02:54:22	45	55
28	Bruno Pereira	Nós Acreditamos Run Team	02:43:55	6	03:07:50	1	02:55:36	40	47
29	Pedro Maciel	Dragon Club	02:25:47	45					45
30	Diogo Araújo	B.T.M.	03:00:43	1	02:36:07	18	03:02:43	18	37
31	Nuno Gomes	B.T.M.	02:38:07	21	02:36:08	15			36
32	Igor Lysyi	AiróRun	02:33:37	35					35
33	Sérgio Monteiro	Team Lantermil					02:55:37	35	35
34	Carlos Miranda		02:48:02	3	02:31:10	30			33
35	João Barbosa	Copos e trilhos					02:57:02	30	30
36	Nuno Figueiredo	Águias de Alvelos			02:31:26	27			27
37	Fernando Sousa	Lobos do monte run					03:00:16	27	27
38	Paulo Barbosa	Águias de Alvelos			02:33:00	24			24
39	Vasco Faria	CB RUN	02:38:21	18					18
40	PAULO OLIVEIRA	VIDAATIVARUNNERS	02:54:10	2	02:41:22	6	0,13184	10	18
41	Michel Silva	Vila Verde	02:41:02	12	02:47:09	5			17
42	Rui Lobo Castro	Rinus FAFE	02:38:41	15					15
43	Ricardo Ferreira	Phoenix Evorun			02:36:32	12			12

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44	Pedro Vale	ARCA BarceloS runners				03:05:20	12	12	
45	Carlos Martins		02:43:42	10				10	
46	Filipe Santos	Dragon Club	02:43:50	8				8	
47	António Barbosa	Clube Trilheiros & Amigos				03:13:05	6	6	
48	Jorge Vieira	Os Arrastões	02:44:34	4	02:53:40	2		6	
49	José Boucinha	VF'S	02:44:09	5				5	
50	Ricardo Pereira	TEAM LANTEMIL				03:13:28	5	5	
51	Ricardo Miranda	Águias de Alvelos			02:48:31	4		4	
52	Ricardo Rego	Clube_Alexandra Carvalho Team				03:16:47	4	4	
53	Helder Torres	B.T.M	03:00:44	1	02:50:32	3		4	
54	Vitor Ramalho	B.T.M.	02:57:37	2	02:54:45	1	03:25:59	1	4
55	Nuno Miguel Portela Loureiro					03:17:20	3	3	
56	José Faria	Velha Guarda	03:06:06	1	02:59:41	1	03:50:22	1	3
57	Vitor Alves		03:31:41	1	03:00:38	1	04:07:26	1	3
58	Nuno Ervalho	A.D Carvalhal			02:53:14	2			2
59	Jorge Carvalho				02:53:18	2			2
60	Cristiano Silva	B.T.M	02:56:34	2					2
61	Bruno Pereira	BestMove				03:17:21	2	2	
62	João Filipe Santos Garrido	Barcelmalhas				03:18:40	2	2	
63	Elden	Vila verde a correr				0,13947	2	2	
64	Filipe Sousa	MaisSaúde- Fisioterapia e Os	03:05:49	1		04:09:56	1	2	
65	Mario Vilaca	Eramosamigosparacorrer	03:31:41	1		04:07:25	1	2	
66	Luis Vaz	Phoenix Evorun	03:23:34	1		04:15:35	1	2	
67	José Matos				02:56:45	1		1	
68	José Gonçalves		02:58:00	1				1	
69	Bruno Moura				02:58:44	1		1	
70	Nuno Cunha	SMILE FOR NATURE	03:01:18	1				1	
71	Pedro Morgado				03:04:47	1		1	
72	Diogo Almeida	Berg Outdoor	03:07:45	1				1	
73	Carlos Ribeiro	Boavista trail			03:18:03	1		1	
74	Rui Costa	Boavista trail			03:18:03	1		1	
75	Gabriel Sousa					03:23:11	1	1	
76	paulo oliveira	VF's	03:23:27	1				1	
77	César Silva	A.D Carvalhal			03:24:10	1		1	
78	Idir Zibouche				03:24:33	1		1	
79	Ricardo Nuno Magalhães Fei	PCRunners				03:27:18	1	1	
80	Ricardo Araújo					03:27:32	1	1	
81	João Silva	Phoenix Evorun				03:28:32	1	1	
82	Carlos Oliveira				03:31:08	1		1	
83	Francisco Aragao				03:31:08	1		1	
84	Miguel Valente				03:31:08	1		1	
85	João De Oliveira Machado	Minho Aventura				03:39:07	1	1	
86	Roberto Rancaño				03:42:20	1		1	
87	Alberto Carreira				03:47:21	1		1	
88	Marco Ferreira	Aventureiros	03:58:49	1				1	

Seniores Femininos

		Rota do Leite		Rota dos Peregrinos		São Gonçalo			
Pos	Nome	Clube	Tempo	Pontos	Tempo	Pontos	Tempo	Pontos	Total
1	Diana Ferreira	B.T.M.	02:46:31	100	02:54:40	100	03:19:55	100	300

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2	Mariana Bellester	Trail-Running.pt	03:06:07	85	03:20:09	95	03:50:22	80	260
3	Marlene Miranda	B.T.M.	03:02:40	90	03:12:16	80			170
4	Juliana Pinheiral	ADE trail running	03:30:06	80	03:57:41	90			170
5	Marta Reis	Juventude Cortegacense	02:49:42	95					95
6	Diana Cláudia Fernandes Cac	Individual					03:21:53	95	95
7	Daniela Filipa Silva Vilas Boa	TEAM LANTEMIL					03:24:55	90	90
8	Manuela Pinto	Manu's Therapy Trail Running					03:35:26	85	85
9	Cristiana Machado	Team Lantemil	03:31:54	75					75
10	Cristina Teixeira						04:15:14	75	75

Masters 40 Masculinos

		Rota do Leite		Rota dos Peregrinos		São Gonçalo			
Pos	Nome	Clube	Tempo	Pontos	Tempo	Pontos	Tempo	Pontos	Total
1	Emílio Carvalho	The Rookies	02:00:26	100	02:04:35	95	02:30:29	90	285
2	Bruno Ribeiro	Águias de Alvelos	02:01:34	95	02:12:43	90	02:21:25	100	285
3	Marco Rocha	Temos Pena	02:16:08	85	02:20:00	85	02:43:36	80	250
4	Nuno Campos	Barcelos	02:23:26	65	02:33:26	50	02:47:24	75	190
5	Gualter Freitas	Que trilhos Fisiovera Lemos	02:20:39	80	02:29:59	60	02:59:51	50	190
6	José Rocha	A.D Carvalhal	02:24:43	55	02:27:07	70			125
7	Joaquim Silva	TEAM LANTEMIL	03:18:13	1	02:26:54	75	03:00:54	45	121
8	Ciano Ribeiro	A.D Carvalhal			02:30:34	55	02:57:25	55	110
9	Paulo	A.D.Amarante Trail Running			01:58:44	100			100
10	Ricardo Jorge Gonçalves da	EDV - VIANA TRAIL					02:23:53	95	95
11	Paulo Pereira	Dragon Club	02:14:51	90					90
12	João Ribeiro	Manu's Therapy Trail Running					02:36:51	85	85
13	Ricardo Silva	Habcarpintaria			02:25:42	80			80
14	Carlos Martins	AiróRun	02:23:12	75					75
15	Sérgio Silva	Runforest	02:37:36	35	02:35:53	40			75
16	João Rodrigues	Amigos da Montanha	02:23:12	70	03:42:27	1			71
17	Carlos Peixoto	Amigos da Montanha					02:48:45	70	70
18	José Barbosa	Individual			02:29:31	65			65
19	Jose Martins	Dragon Club					02:53:00	65	65
20	Toze Ferreira		02:24:29	60					60
21	Miguel Novais	Barcelos Team Portugal					02:54:02	60	60
22	Francisco Gomes	Apúlia a Correr	02:25:29	50					50
23	Nuno Ferreira	Trail me	02:28:11	45					45
24	Ângelo Nogueira	Team Lantemil	02:37:21	40					40
25	Marcos Ourives						03:05:00	40	40
26	Rui Vilas Boas	A.D Carvalhal	02:59:22	6	02:55:23	21	03:20:20	10	37
27	Manuel Barbosa	Copos e trilhos					03:05:51	35	35
28	Bernardo Carrera Giraldez	trail running nigran	02:38:36	30					30
29	Ricardo Briote	ADE trail running			02:43:49	30			30
30	Joaquim Carvalho	S4L / Medense FC					03:10:36	30	30
31	Joaquim Miranda	Vidaativarunners	02:43:16	24	03:06:59	4	03:36:22	1	29
32	Pedro Jordão Ribeiro	KalMachines	02:39:34	27					27
33	Marcio Pires	Individual			02:49:34	27			27
34	Luís Ferraz	Pés de chumbo runners					03:12:02	27	27
35	Pedro Rocha	Trail me	02:46:18	21	03:01:16	5			26
36	Rui Couto	Individual			02:49:56	24			24
37	Ricardo Sousa	Bmedical					03:12:36	24	24

TROFÉU “BEST RUNNERS BARCELOS”

38	RICARDO LEMOS	Individual				03:13:10	21	21	
39	Tiago Vilas Boas	FLORESTA BTT	02:48:44	18				18	
40	Pedro Silva	Boavista trail			02:55:24	18		18	
41	Eliseu Leite	Lobos do monte run				03:14:04	18	18	
42	André Vieira De Castro	Individual	02:55:38	8	02:57:16	8	03:39:37	1	17
43	José Alberto Castro	B.T.M	02:49:28	15					15
44	Ricardo Costa	Individual			02:55:24	15			15
45	Luís Gonçalves	Copos e trilhos				03:14:24	15		15
46	Rui Figueiras	A.D.CARVALHAL	02:52:14	12					12
47	Rui Neto	Individual			02:56:54	12			12
48	Luís Pereira	TEAM LANTEMIL				03:16:42	12		12
49	Rui Dias	Pi-Linha Runners	02:54:12	10					10
50	Filipe	ADE trail running			02:57:05	10			10
51	Daniel Fernandes	Águias de Alvelos				03:24:26	8		8
52	Jose Lopes	Boavista trail			02:57:54	6			6
53	Mário Lima	Duros trail				03:25:23	6		6
54	Armando Oliveira	Magic Friends Runners	03:01:46	3	03:19:44	2	03:51:41	1	6
55	Filipe Ribeiro	A.C. VERMOIM	03:00:06	5					5
56	José Costa					03:28:23	5		5
57	Carlos Jorge Gomes	B.T.M.	03:08:12	2	03:12:16	3			5
58	Bruno Lopes	Boavista Trail	03:00:44	4					4
59	Bruno Sousa	Copos e trilhos				03:28:57	4		4
60	Filipe Abreu	Boavista trail			03:12:17	2	03:34:51	2	4
61	Ricardo Rocha	B.T.M.	03:08:12	2	03:28:23	1	03:51:04	1	4
62	Vítor Martins	Alexandra Carvalho Team				03:30:05	3		3
63	Manuel Lima	ADE trail running	03:21:03	1	03:20:06	2			3
64	Marcelino Mota	BRAGARUNNERS	03:10:19	2					2
65	Paulo Marques	Bmedical				03:31:12	2		2
66	Amaro Costa	EDV - VIANA TRAIL				03:32:30	2		2
67	Pedro Rocha	ADE trail running			03:21:00	1			1
68	José Sousa	Associação de Atletismo Lebres do Sado			03:24:08	1			1
69	Loic Ferron	Individual			03:24:31	1			1
70	Edgar Costa	B.T.M.			03:26:53	1			1
71	Daniel Silva					03:39:07	1		1
72	Helder Marques	Sob Efeito Trail				03:41:17	1		1
73	Pedro Marques	Kemedo Team				03:41:19	1		1
74	Nuno Jaime	Bmedical				03:41:44	1		1
75	Rui Costa	Individual			03:43:26	1			1
76	André Dias	Individual			03:44:17	1			1
77	José Paulo Lima	Bmedical				03:47:34	1		1
78	Sérgio Gomes	Os preguiças team				03:50:52	1		1
79	Iván Martin	C.A.R. Marisqueiro			04:00:08	1			1
80	João Soares	G.D. Leões da Guarda - LION RUNNERS				04:11:53	1		1
81	JORGE ROCHA	G.D. Leões da Guarda - LION RUNNERS				04:11:54	1		1
82	Filipe Leitão	Gondomar Futsal Clube			04:17:16	1			1
83	Álvaro Augusto País Dias Da					04:44:37	1		1
84	Paulo Laranjo	Individual				05:09:47	1		1

TROFÉU “BEST RUNNERS BARCELOS”

Masters 40 Femininos

		Rota do Leite		Rota dos Peregrinos		São Gonçalo			
Pos	Nome	Clube	Tempo	Pontos	Tempo	Pontos	Tempo	Pontos	Total
1	Fátima Melo	Love Tiles	02:23:31	100	02:31:24	100	02:43:44	100	300
2	Elisabete Santos	TEAM LANTEMIL	02:46:53	95	03:03:56	80	03:07:55	95	270
3	Sandra Dias	Team Lantemil	02:56:37	85	03:03:55	85	03:23:11	85	255
4	Paula Almeida	Individual			02:49:32	95			95
5	Cidalia Novais	Rinus FAFE	02:49:30	90					90
6	Raquel Andrade	Individual			03:01:44	90			90
7	Eliana Pereira	Alexandra Carvalho Team					03:23:04	90	90
8	Márcia Bandeira	Amigos da Montanha	03:03:19	80					80
9	Marlene Barbosa	Minho Aventura					03:39:07	80	80
10	Sameiro Franguinha	Spin&Run Esposende	03:08:37	75					75
11	Anabela Silva	Individual			03:40:03	75			75
12	Paula Cristina Pereira Da Silv	Sérgio Rodrigues Fotografia					04:15:14	75	75
13	Vanessa Borja	Atlético Desportivo de São Pe	03:10:36	70					70
14	Lisa Pinto	Individual			03:42:19	70			70
15	Ivone Silva						04:56:07	70	70
16	Mónica Martins	Team Lantemil	03:14:52	65					65
17	MMatias	Braguinhas Runners					04:56:07	65	65
18	Manuela Sa	Team Lantemil	03:18:14	60					60
19	Solange Sousa		03:23:50	55					55
20	Ana Carolina Pereira	ADE Trail Running	03:30:07	50					50
21	Andreia Vieira	Boavista Trail	04:28:53	45					45

Masters 50 Masculinos

		Rota do Leite		Rota dos Peregrinos		São Gonçalo			
Pos	Nome	Clube	Tempo	Pontos	Tempo	Pontos	Tempo	Pontos	Total
1	manuel ferreira braga	ADE trail running	03:08:37	90	03:04:31	80	04:07:20	65	235
2	Adriano Sá	Águias de Alvelos			02:14:03	100	02:30:38	100	200
3	Miguel Alves	Q-TRILHO			02:41:32	90	02:59:56	95	185
4	Jose Lopes	Dive into the mountains	02:36:16	100					100
5	José Sanroman	Individual			02:21:37	95			95
6	Paulo Azevedo	Zenit Automóveis	02:56:42	95					95
7	Jorge Miguel Freitas Campos						03:01:39	90	90
8	Manuel Carriço	Lobos do Monte			02:56:07	85			85
9	João Santos	Barcelmalhas					03:05:17	85	85
10	Celso Silva Araújo	Vila Nova de Famalicão	03:24:45	85					85
11	Miguel Araújo	Trail Me					03:05:25	80	80
12	fernando rocha	grupo desportivo leoes do ve	03:30:52	80					80
13	Manuel Sampaio	Individual			03:13:44	75			75
14	Antonio Carneiro Matos						03:27:07	75	75
15	ANTONIO DE LONGRAS	IMPETUS	03:51:24	75					75
16	Pedro Coelho	Moreira Relax Runners			03:39:22	70			70
17	Jorge Pinto	ADE trail running					04:06:36	70	70
18	Narciso Marques	Individual			03:43:02	65			65

TROFÉU “BEST RUNNERS BARCELOS”

19	Ernesto Martins	G.D. Leões da Guarda - LION RUNNERS	04:11:54	60	60
20	Alcindo Silva	XTrail Running	03:47:29	55	55
21	Ramiro Batista	Spin & Run Esposende	04:14:36	55	55
22	Paulo Genesio	Pés de chumbo runners	04:20:46	50	50

Masters 50 Femininos

			Rota do Leite	Rota dos Peregrinos	São Gonçalo				
Pos	Nome	Clube	Tempo	Pontos	Tempo	Pontos	Tempo	Pontos	Total
1	ÉLIA OLIVEIRA	MAGIC FRIENDS RUNNERS	03:43:42	100	03:43:27	90	04:45:18	95	285
2	Maria Da Conceição Queiroz	Spin & Run Esposende					03:50:48	100	100
3	For Madureira	Barcelos			03:20:15	95			95