

1º GP Montanha da Covilhã - COVILHÃ UP HILL

Campeonato Distrital

16/6/2024

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	111	Lara Duarte	PENTA CLUBE COVILHÃ	Female	1	FS20	1	00:35:52	3'35"/km
2	113	Mariana Reis	PENTA CLUBE COVILHÃ	Female	2	FS20	2	00:36:53	3'41"/km
3	86	Tiago Queiroz	GD MATA	Male	1	MS20	1	00:41:07	4'06"/km
4	51	Fernando Matos	G C A DONAS	Male	2	MV55	1	00:44:48	4'28"/km
5	17	Nuno Gamboa	C BENFICA C BRANCO	Male	3	MV40	1	00:46:47	4'40"/km
6	120	Miguel Pereira	PENTA CLUBE COVILHÃ	Male	4	MSenior	1	00:47:34	4'45"/km
7	28	Nuno Pires	C UNIÃO IDANHENSE	Male	5	MV40	2	00:47:40	4'46"/km
8	116	Rafael Pereira	PENTA CLUBE COVILHÃ	Male	6	MSenior	2	00:47:52	4'47"/km
9	73	Gonçalo Sá	GD MATA	Male	7	MV50	1	00:50:15	5'01"/km
10	50	Daniel Anastácio	G C A DONAS	Male	8	MV50	2	00:50:50	5'05"/km
11	112	Luís Reis	PENTA CLUBE COVILHÃ	Male	9	MV45	1	00:51:21	5'08"/km
12	117	Rui Pais	PENTA CLUBE COVILHÃ	Male	10	MV55	2	00:52:50	5'17"/km
13	107	Amaro Teixeira	PENTA CLUBE COVILHÃ	Male	11	MSenior	3	00:53:37	5'21"/km
14	15	Paulo Neto	Associação Desportiva do Fundão	Male	12	MV45	2	00:54:24	5'26"/km
15	65	Bruno Silveira	GD MATA	Male	13	MSenior	4	00:55:03	5'30"/km
16	110	José Trigo	PENTA CLUBE COVILHÃ	Male	14	MS23	1	00:55:55	5'35"/km
17	87	Vitor Hugo Santos	GD MATA	Male	15	MV45	3	00:56:43	5'40"/km
18	81	Ricardo Santos	GD MATA	Male	16	MSenior	5	00:57:01	5'42"/km
19	108	Ana Oliveira	PENTA CLUBE COVILHÃ	Female	3	FSenior	1	00:57:12	5'43"/km
20	78	Paulo Fernandes	GD MATA	Male	17	MV50	3	00:58:06	5'48"/km
21	115	Nélson Feiteira	PENTA CLUBE COVILHÃ	Male	18	MV40	3	00:58:20	5'50"/km
22	405	Francisco Rabasquinho	PENTA CLUBE COVILHÃ	Male	19	MS20	2	00:59:08	5'54"/km
23	27	Marta Xavier	C UNIÃO IDANHENSE	Female	4	FV35	1	01:02:03	6'12"/km
24	80	Pedro Passarinha	GD MATA	Male	20	MV35	1	01:02:05	6'12"/km
25	109	António Santos	PENTA CLUBE COVILHÃ	Male	21	MV55	3	01:02:34	6'15"/km
26	122	Francisco Madeira	G C A DONAS	Male	22	MV60	1	01:03:30	6'21"/km
27	64	Bruno Oliveira	GD MATA	Male	23	MV45	4	01:05:19	6'31"/km
28	72	Gonçalo Pinto	GD MATA	Male	24	MV35	2	01:06:34	6'39"/km
29	82	Rui Fernandes	GD MATA	Male	25	MV45	5	01:07:50	6'47"/km
30	114	Marta Soares	PENTA CLUBE COVILHÃ	Female	5	FV45	1	01:09:35	6'57"/km
31	67	Diogo Fernandes	GD MATA	Male	26	MS23	2	01:11:27	7'08"/km
32	68	Fernando Santos	GD MATA	Male	27	MV60	2	01:13:40	7'22"/km
33	70	Frederico Lanzinha	GD MATA	Male	28	MSenior	6	01:14:14	7'25"/km
34	71	Gabriela Santos	GD MATA	Female	6	FV45	2	01:19:06	7'54"/km
35	77	Paulo Delgado	GD MATA	Male	29	MV45	6	01:23:25	8'20"/km
36	85	Susete Ferreira	GD MATA	Female	7	FV40	1	01:25:13	8'31"/km
37	83	Sandra Ferreira	GD MATA	Female	8	FSenior	2	01:31:24	9'08"/km
38	74	Ilda Sá	GD MATA	Female	9	FV50	1	01:31:26	9'08"/km
39	84	Silvia Moraes	GD MATA	Female	10	FV60	1	01:32:11	9'13"/km
40	66	Denise De Sene	GD MATA	Female	11	FV60	2	01:36:52	9'41"/km