

Lamecum Trail

Trail Longo

29/9/2024

23000



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	147	Paulo Manuel Monteiro Da Costa	A.D. Amarante Trail Running	Male	1	M45	1	01:57:15	5'05"/km
2	148	Diogo Andrade Ferreira	EDV - VIANA TRAIL	Male	2	MS23	1	02:02:24	5'19"/km
3	149	Luís Félix	Linces do Marão	Male	3	M40	1	02:07:02	5'31"/km
4	142	José Manuel Gomes Nunes	Fox Running Team	Male	4	M45	2	02:08:44	5'35"/km
5	110	Mário Almeida	CLUBE DESPORTIVO DE LEOMIL	Male	5	M45	3	02:12:30	5'45"/km
6	116	Gérson Silva Faria	Clube desportivo de leomil	Male	6	M45	4	02:12:31	5'45"/km
7	153	Paula Soares	Individual	Female	1	FSenior	1	02:14:14	5'50"/km
8	126	Julio Teixeira	A.D. Amarante Trail Running	Male	7	M50	1	02:17:48	5'59"/km
9	114	José A. Nunes	CLUBE DESPORTIVO DE LEOMIL	Male	8	M60	1	02:25:02	6'18"/km
10	138	Orlando Rocha	EDV - VIANA TRAIL	Male	9	M40	2	02:26:50	6'23"/km
11	152	Davide Pacheco	DURIUS - ATLÉTICO CLUBE PESQUEIRA	Male	10	MSenior	1	02:29:56	6'31"/km
12	133	Alcino	DouroExcellence Runners	Male	11	M40	3	02:33:12	6'39"/km
13	125	Rui Cardoso	Individual	Male	12	M45	5	02:34:39	6'43"/km
14	104	Laurindo Osório	Valongo Trail Team	Male	13	M50	2	02:35:44	6'46"/km
15	120	Vítor Guedes	Sernancelhe Terra da Castanha	Male	14	M40	4	02:37:31	6'50"/km
16	154	Armando Ribeiro	Amigos Trail Run	Male	15	M50	3	02:38:11	6'52"/km
17	151	Linabel Iramaia Pimentel Araujo	UPFITRAIL - FLAMENGO DE ITAÚNA	Female	2	FSenior	2	02:39:49	6'56"/km
18	103	Mónica Isabela Lopes Amorim	Nósquipa	Female	3	F40	1	02:45:17	7'11"/km
19	102	Ezequiel Mendes Dos Reis	Nósquipa	Male	16	M40	5	02:45:17	7'11"/km
20	137	Daniel Gomes	jaualis100limites	Male	17	M55	1	02:46:20	7'13"/km
21	112	João Pereira	Strendure Running Team	Male	18	M55	2	02:46:21	7'13"/km
22	146	Inês Ferreira	Amigos Atletismo Mafra	Female	4	FSenior	3	02:49:05	7'21"/km
23	150	Sérgio Xavier	Individual	Male	19	M40	6	02:49:07	7'21"/km
24	111	Bárbara Santos	LINCES DO MARÃO	Female	5	FSenior	4	02:55:45	7'38"/km
25	122	António Namora Raimundo	Individual	Male	20	M40	7	02:56:08	7'39"/km
26	106	Bruno António Amaral Pereira	Individual	Male	21	M40	8	03:09:04	8'13"/km