

Trail do Côa

Trail Curto

07/7/2024

14000



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	322	David Pestana	Bombeiros de Mêda	Male	1	M40	1	01:13:52	5'16"/km
2	294	Ilidio Moreiras	Atletismo de Miranda do Douro C.D.M.D.	Male	2	M40	2	01:15:06	5'21"/km
3	239	José Carlos Albuquerque Lopes	Grupo Convívio e Amizade nas Donas	Male	3	M40	3	01:19:46	5'41"/km
4	282	Tiago Carreira	ADFA Desportos de Natureza	Male	4	MSenior	1	01:20:26	5'44"/km
5	213	Miguel Castro	TRAIL - Grupo Desportivo de Trancoso	Male	5	M50	1	01:23:51	5'59"/km
6	309	Mário Santos	Individual	Male	6	M40	4	01:24:39	6'02"/km
7	224	David Silva	Individual	Male	7	M40	5	01:25:02	6'04"/km
8	238	André Filipe Albuquerque Lopes	Grupo Convívio e Amizade nas Donas	Male	8	MSenior	2	01:25:44	6'07"/km
9	277	Guilherme Fortuna	AD Manteigas Trail Team	Male	9	MSenior	3	01:29:09	6'22"/km
10	237	Frederico Matos	AD Manteigas Trail Team	Male	10	M40	6	01:29:09	6'22"/km
11	247	Ruben Venâncio	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	11	MS23	1	01:31:54	6'33"/km
12	265	Nuno Alves	Grupo Desportivo Águias do Canhoso	Male	12	M40	7	01:34:17	6'44"/km
13	278	Alberto Fernandes	Individual	Male	13	MSenior	4	01:34:30	6'45"/km
14	313	Francisco Barros	Papa-léguas	Male	14	M40	8	01:37:08	6'56"/km
15	311	Nuno Miguel Fernandes Marcos	Individual	Male	15	M40	9	01:38:41	7'02"/km
16	281	Tiago Nascimento	ADFA-Desportos de Natureza	Male	16	MSenior	5	01:38:42	7'03"/km
17	225	Vasco Ramos	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Male	17	MS23	2	01:38:43	7'03"/km
18	204	José Miguel Lourenço	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Male	18	MS23	3	01:38:53	7'03"/km
19	261	Carlos Filipe Da Silva Chagas	Papa léguas	Male	19	M50	2	01:39:33	7'06"/km
20	283	Daniel Casteleira	Trail Team Vila de Mouros	Male	20	M50	3	01:40:00	7'08"/km
21	285	Rui Gonçalves	Belmonte Runners	Male	21	M40	10	01:41:18	7'14"/km
22	307	Carlos Lopes	Individual	Male	22	M50	4	01:41:40	7'15"/km
23	270	Luis Carlos Neves Serra	AD Manteigas Trail Team	Male	23	M40	11	01:44:29	7'27"/km
24	325	Antonio Lopes	Guarda Runners	Male	24	M50	5	01:44:38	7'28"/km
25	205	Humberto Dias	Running4Fun Team Viseu	Male	25	M50	6	01:44:51	7'29"/km
26	1	Ana Beatriz Lages	Boavista Trail	Female	1	F40	1	01:45:06	7'30"/km
27	320	Ricardo Alves	Individual	Male	26	M40	12	01:45:11	7'30"/km
28	217	Tiago Cardoso	Individual	Male	27	MSenior	6	01:45:30	7'32"/km
29	286	Nuno Mendes	Individual	Male	28	MSenior	7	01:45:31	7'32"/km
30	222	Sérgio Caetano	TRAIL - Grupo Desportivo de Trancoso	Male	29	M40	13	01:45:45	7'33"/km
31	258	Ana Paula Magina	Trilhados - ACD Santiago	Female	2	F50	1	01:45:56	7'34"/km
32	287	Luís Miguel Dinis Gonçalves	Individual	Male	30	M40	14	01:47:45	7'41"/km
33	284	Maria Marques	AD Manteigas Trail Team	Female	3	F50	2	01:47:46	7'41"/km
34	251	Susana Terras	AD Manteigas Trail Team	Female	4	FSenior	1	01:47:46	7'41"/km
35	250	Daniel Costa	Grupo Convívio e Amizade nas Donas	Male	31	M40	15	01:49:22	7'48"/km
36	259	Paulo Sousa	Individual	Male	32	M40	16	01:51:06	7'56"/km
37	272	Susana Vaz Preto	Atletismo de Miranda do Douro C.D.M.D.	Female	5	F40	2	01:51:37	7'58"/km
38	223	André Filipe Batista Leitão	AD Manteigas Trail Team	Male	33	MSenior	8	01:52:18	8'01"/km
39	240	António Rebelo	Trilhados - ACD Santiago	Male	34	M50	7	01:52:29	8'02"/km
40	306	Filipa Matos	Individual	Female	6	F40	3	01:52:34	8'02"/km
41	289	María Odete Fernandes Martins	Atletismo de Miranda do Douro C.D.M.D.	Female	7	FSenior	2	01:53:33	8'06"/km
42	255	Januario Pinheiro Gaspar	AD Manteigas Trail Team	Male	35	M40	17	01:54:48	8'12"/km
43	209	Amândio Miguel	CRCP - Trilhos do Lobo	Male	36	M50	8	01:55:31	8'15"/km
44	200	Domingos Ricardo	Raiar	Male	37	M50	9	01:55:35	8'15"/km
45	243	Florbelá Correia	CORRER POR CASTELO BRANCO	Female	8	FSenior	3	01:55:58	8'17"/km
46	248	João Pereira	Trail Team Vila de Mouros	Male	38	M40	18	01:56:13	8'18"/km
47	303	Joanna Gonçalves Dos Reis	CDCF Aldeia de Santo António	Female	9	FSenior	4	01:56:25	8'18"/km
48	304	João Pedro Dias Pereira	Individual	Male	39	MSenior	9	01:56:26	8'19"/km



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49	269	Rogério Sousa Batista	ASA - CDCF	Male	40	MSenior	10	01:56:41	8'20"/km
50	308	Manuel Antunes	Arrebenta barrocos	Male	41	MSenior	11	01:56:41	8'20"/km
51	252	Joel Albuquerque	AD Manteigas Trail Team	Male	42	M40	19	01:56:43	8'20"/km
52	302	Ana Celina De Matos Martins	Individual	Female	10	FSenior	5	01:57:08	8'22"/km
53	262	José Figueiredo	Papa léguas	Male	43	M50	10	01:57:17	8'22"/km
54	263	Nuno Albuquerque	Papa léguas	Male	44	M40	20	01:57:17	8'22"/km
55	301	Lourenço Gerales	VASCOM	Male	45	MS23	4	01:57:36	8'24"/km
56	249	Sandra Martins	Grupo Convívio e Amizade nas Donas	Female	11	F40	4	01:58:36	8'28"/km
57	276	Daniel Cruz	VASCOM	Male	46	MSenior	12	01:59:42	8'33"/km
58	312	Pedro Nunes	Clube Terras do Côa	Male	47	M40	21	01:59:42	8'33"/km
59	233	Rui Alves	Guarda Runners	Male	48	M50	11	02:00:08	8'34"/km
60	305	Pedro	Belmonte Runners	Male	49	MSenior	13	02:00:58	8'38"/km
61	310	Nicole Nobre	Grupo Desportivo da Mata	Female	12	F40	5	02:01:13	8'39"/km
62	299	Filipe Veloso Rodrigues	Individual	Male	50	M50	12	02:03:06	8'47"/km
63	207	Joaquim Guilherme Mendes Pais	Sena Clube	Male	51	M40	22	02:03:07	8'47"/km
64	275	Nuno Livramento	Grupo Desportivo Águias do Canhoso	Male	52	M40	23	02:04:31	8'53"/km
65	221	João Araújo	AD Manteigas Trail Team	Male	53	MSenior	14	02:04:32	8'53"/km
66	297	Bruno Tracana	GDCR LAJES	Male	54	M40	24	02:05:01	8'55"/km
67	293	Carla Marcos	Atletismo de Miranda do Douro C.D.M.D.	Female	13	FSenior	6	02:05:05	8'56"/km
68	234	Marcos Neca	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Male	55	MSenior	15	02:05:45	8'58"/km
69	229	Pedro Vinhas	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Male	56	MSenior	16	02:05:45	8'58"/km
70	231	Maria Madalena De Jesus Marques Bento Dias	Individual	Female	14	F50	3	02:05:59	8'59"/km
71	206	Marcos Carreira	Individual	Male	57	MSenior	17	02:06:14	9'01"/km
72	314	Carlos Manuel Monteiro Pereira	ASA - CDCF	Male	58	MSenior	18	02:09:14	9'13"/km
73	264	Marisa Filipa Cantarinho Jacinto Carvalho	ALLcainsRUN	Female	15	FSenior	7	02:11:29	9'23"/km
74	317	Luisa Martins	Trilhados - ACD Santiago	Female	16	F40	6	02:11:30	9'23"/km
75	215	Lidia Baltazar	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Female	17	F40	7	02:11:42	9'24"/km
76	212	António José Gaspar Correia	Grupo btt de Manteigas	Male	59	M50	13	02:12:02	9'25"/km
77	279	André Mota	VASCOM	Male	60	MSenior	19	02:12:35	9'28"/km
78	256	Diogo João Frias Gaspar	AD Manteigas Trail Team	Male	61	MS23	5	02:13:56	9'34"/km
79	227	Cecília Barros	CDCF ASA	Female	18	F50	4	02:15:47	9'41"/km
80	292	Sofia Do Céu Esteves	Atletismo de Miranda do Douro C.D.M.D.	Female	19	FSenior	8	02:16:22	9'44"/km
81	235	Claudia Domingos	Grupo Convívio e Amizade nas Donas	Female	20	FSenior	9	02:17:11	9'47"/km
82	245	Rodrigo Gaspar	Individual	Male	62	MS23	6	02:18:28	9'53"/km
83	244	Tiago Gaspar	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	63	M40	25	02:18:29	9'53"/km
84	267	Jorge Gerales	VASCOM	Male	64	M50	14	02:18:42	9'54"/km
85	266	Helena Gerales	VASCOM	Female	21	F50	5	02:18:42	9'54"/km
86	246	José Faro	Running4fun Team Viseu	Male	65	M50	15	02:19:34	9'58"/km
87	291	José Peres	Running4Fun Team Viseu	Male	66	M50	16	02:19:52	9'59"/km
88	290	Silvia Coelho	Running4Fun Team Viseu	Female	22	F50	6	02:19:52	9'59"/km
89	300	Mara Almeida	Trail Team Vila de Mouros	Female	23	FSenior	10	02:21:06	10'04"/km
90	315	Davide Pinheiro	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Male	67	MSenior	20	02:21:17	10'05"/km
91	218	Ana Isabel Cabecas	Belmonte Runners	Female	24	F50	7	02:21:20	10'05"/km
92	202	Rafael Salero	Individual	Male	68	MSenior	21	02:22:36	10'11"/km
93	254	Beatriz Vaz	Guarda Runners	Female	25	FSenior	11	02:23:04	10'13"/km
94	295	Miguel Baptista	Individual	Male	69	MSenior	22	02:25:30	10'23"/km
95	232	Sofia Rocha	Individual	Female	26	FSenior	12	02:25:37	10'24"/km
96	271	Lúcia Novais	Trail Team Vila de Mouros	Female	27	F50	8	02:25:45	10'24"/km

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Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
97	296	Patrícia Quintela	Trail Team Vila de Mouros	Female	28	F50	9	02:25:47	10'24"/km
98	201	Carla Pires Clamote	Individual	Female	29	F40	8	02:26:24	10'27"/km
99	298	Ana Morgadinho	Trail Team Vila de Mouros	Female	30	F40	9	02:27:08	10'30"/km
100	323	Claudia Massano	ADM Trail Team	Female	31	F40	10	02:33:59	10'59"/km
101	268	Jose Vaz Correia	Individual	Male	70	M50	17	02:34:15	11'01"/km
102	226	Natália Maria Prata Pinheiro	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Female	32	F40	11	02:38:47	11'20"/km
103	216	Rodolfo Brito Da Silva	Boavista Trail	Male	71	M40	26	02:40:39	11'28"/km
104	280	Gonçalo José Fonseca Pires	Individual	Male	72	MS23	7	02:49:38	12'07"/km
105	230	Bruno Pires	Individual	Male	73	MS23	8	02:51:39	12'15"/km
106	338	Marco Lajes	Individual	Male	74	MSenior	23	02:51:39	12'15"/km
107	257	Filipe Costa Sousa	Trail Team Vila de Mouros	Male	75	M40	27	02:56:51	12'38"/km
108	260	Ana Marília Dionísio	Guarda Runners	Female	33	FSenior	13	03:07:46	13'24"/km
109	253	Vitor Nunes	Trilhos do Lobo CRCP - Penalobo	Male	76	MSenior	24	03:07:48	13'24"/km
110	321	Lisete Pinto	Grupo Desportivo da Mata	Female	34	F40	12	03:26:58	14'47"/km