



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	54	Jose Meneses	Nocturnos de Paredes	Male	1	M40	1	01:53:34	4'43"/km
2	2	António Ferreira	Runners do demo	Male	2	M50	1	01:57:26	4'53"/km
3	49	Luís Filipe Paulo	Atletismo de Miranda do Douro C.D.M.D.	Male	3	M40	2	01:58:33	4'56"/km
4	53	Alírio Sebastião	Atletismo de Miranda do Douro C.D.M.D.	Male	4	M40	3	02:00:18	5'00"/km
5	62	José Manuel Gomes Nunes	Fox Running Team	Male	5	M40	4	02:05:35	5'13"/km
6	9	Sergio Carrasco Santos	C.D. Asturias Himalaya	Male	6	M40	5	02:07:31	5'18"/km
7	24	Natercia Silvestre	ABCansado Trail	Female	1	F40	1	02:17:54	5'44"/km
8	52	Fernando Gomes	Atletismo de Miranda do Douro C.D.M.D.	Male	7	M40	6	02:19:56	5'49"/km
9	55	Júlio Mano	Individual	Male	8	M40	7	02:20:46	5'51"/km
10	58	Miguel Gonçalves	Clube de Montanhismo da Guarda	Male	9	M40	8	02:21:47	5'54"/km
11	47	Nelson Videira	Ara alfandeguense	Male	10	M40	9	02:22:08	5'55"/km
12	14	Marco Sanches	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Male	11	M40	10	02:23:02	5'57"/km
13	19	Vasco Miguel Cordeiro Lopes	Grupo Desportivo da Parreira	Male	12	M40	11	02:23:19	5'58"/km
14	43	António José Azevedo Mateus	Runners de Sernancelhe	Male	13	M40	12	02:24:38	6'01"/km
15	12	Pedro Miguel Manteigas Dos Santos	Boavista Trail	Male	14	M50	2	02:25:24	6'03"/km
16	32	Jorge Taborda	Trail Team Vila de Mouros	Male	15	MSenior	1	02:26:35	6'06"/km
17	17	Raul Cardosa	Individual	Male	16	M50	3	02:26:36	6'06"/km
18	44	David Graça	AD Manteigas Trail Team	Male	17	MSenior	2	02:30:28	6'16"/km
19	11	Mirko Bruno Martin	Club Deportivo U Lagartu Running	Male	18	M40	13	02:30:44	6'16"/km
20	30	Gabriela Gonçalves	Individual	Female	2	F40	2	02:31:13	6'18"/km
21	26	Cláudio Santarém	AD Manteigas Trail Team	Male	19	MSenior	3	02:32:26	6'21"/km
22	35	Nelson Feiteira	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	20	M40	14	02:34:58	6'27"/km
23	31	Hugo Miguel Duarte Martins	Individual	Male	21	MSenior	4	02:38:04	6'35"/km
24	57	Rosária Sebastião	Atletismo de Miranda do Douro C.D.M.D.	Female	3	F40	3	02:38:52	6'37"/km
25	2	Serafim Ventura	CDCF ALDEIA DE SANTO ANTÓNIO SABUGAL	Male	22	MSenior	5	02:40:12	6'40"/km
26	60	Ricardo M. S. Baptista	Trail Team Vila de Mouros	Male	23	M40	15	02:41:05	6'42"/km
27	28	Vitor Graça	AD Manteigas Trail Team	Male	24	MSenior	6	02:41:07	6'42"/km
28	48	Fernando Gonçalves	CDCF Aldeia de Santo António	Male	25	M40	16	02:41:15	6'43"/km
29	25	Daniel Silva	Individual	Male	26	M40	17	02:41:59	6'44"/km
30	51	Anabela Cameirão	Atletismo de Miranda do Douro C.D.M.D.	Female	4	F40	4	02:42:29	6'46"/km
31	63	Ccd Crédito Agrícola	CCD CRÉDITO AGRÍCOLA	Male	27	M40	18	02:43:46	6'49"/km
32	40	Artur Quirino	Esgalhada Trail Team	Male	28	M40	19	02:44:37	6'51"/km
33	59	Duarte Escobar	Ara alfandeguense	Male	29	M50	4	02:46:06	6'55"/km
34	18	Tiago Anjos	WD 40 TEAM	Male	30	M40	20	02:46:06	6'55"/km
35	46	Alfredo Rodrigues	GDCR LAJES	Male	31	M40	21	02:49:01	7'02"/km
36	4	José Antunes	Running4Fun Team Viseu	Male	32	M50	5	02:49:49	7'04"/km
37	50	Anabela Martins	Atletismo de Miranda do Douro C.D.M.D.	Female	5	FSenior	1	02:50:05	7'05"/km
38	23	Filipe J. Afonso	Clube de Montanhismo da Guarda	Male	33	M40	22	02:54:20	7'15"/km
39	22	Eduardo Bárbara	ADM Trail Team	Male	34	MSenior	7	02:54:20	7'15"/km
40	8	Cláudia Sofia Freitas Rocha	Clube de Montanha do Funchal	Female	6	FSenior	2	02:56:18	7'20"/km
41	45	Tiago Ferreira	Penta Clube da Covilhã	Male	35	MSenior	8	02:56:19	7'20"/km
42	29	José Gonçalves	Individual	Male	36	M40	23	02:57:23	7'23"/km
43	56	Pedro Ferreira	Freixo de Numão	Male	37	MSenior	9	02:59:05	7'27"/km
44	5	Celina Dias Oliveira	Running4Fun Team Viseu	Female	7	F50	1	03:02:40	7'36"/km
45	38	Mari Loise	Guarda Runners	Female	8	FSenior	3	03:02:40	7'36"/km
46	21	Ricardo Veiga	Obikwelus da Guarda	Male	38	M40	24	03:09:55	7'54"/km
47	3	Filipe Cruz	Individual	Male	39	M40	25	03:10:38	7'56"/km
48	36	Marta Vicente	GDCR LAJES	Female	9	F40	5	03:13:54	8'04"/km
49	27	Vitor Rodrigues	Individual	Male	40	MSenior	10	03:17:02	8'12"/km

Trail do Côa
Trail Longo
07/7/2024
24000



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
50	37	José Santos	EMPATA TRILHOS	Male	41	MSenior	11	03:25:09	8'32"/km
51	85	Maria Mendes	ADM Trail Team	Female	10	F50	2	03:39:53	9'09"/km
52	41	Francisco Domingues	Trail Team Vila de Mouros	Male	42	M50	6	03:39:54	9'09"/km
53	6	Paula Cristina Marques Inácio	Trail Team Vila de Mouros	Female	11	F50	3	03:50:45	9'36"/km
54	16	Corry Van Huisseling	Trail Team Vila de Mouros	Male	43	M50	7	03:54:45	9'46"/km
55	15	Marije Hosper	Trail Team Vila de Mouros	Female	12	F50	4	03:54:45	9'46"/km
56	33	Ana Paula Santos	Individual	Female	13	F40	6	04:06:20	10'15"/km
57	7	Paulo Antunes	Trail Team Vila de Mouros	Male	44	M50	8	04:06:22	10'15"/km