

Trail Manuelino

Trail Longo

05/5/2024

30000



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	29	Pedro Gomes	Ansibikers	Male	1	MSenior	1	02:44:24	5'28"/km
2	11	Nuno Coelho	Ansibikers	Male	2	M40	1	02:47:18	5'34"/km
3	19	João Afonso Lourenço	Adões Trail	Male	3	MSenior	2	03:09:02	6'18"/km
4	23	Rui Valente	Trail da Amizade Runners	Male	4	M40	2	03:17:05	6'34"/km
5	35	Luiz Mota	Individual	Male	5	M50	1	03:21:00	6'42"/km
6	22	Micael Marques	Individual	Male	6	MSenior	3	03:21:59	6'43"/km
7	26	Manuel Rodrigues	Independiente	Male	7	M60	1	03:27:05	6'54"/km
8	16	Manuel Filipe	NCA Águias	Male	8	M50	2	03:27:10	6'54"/km
9	24	Vitor Nelson Esteves Torres Da Silva	Cerveira Team Running	Male	9	M50	3	03:41:02	7'22"/km
10	17	Carlos António Gaspar	Chícharo Run Team A. Alvaiázere	Male	10	M50	4	03:49:31	7'39"/km
11	25	Inês Tomás	SCPOMBAL/TRAIL TEAM	Female	1	FSenior	1	04:10:46	8'21"/km
12	15	Vânia Leal	Vilaventura Trail	Female	2	FSenior	2	04:10:47	8'21"/km
13	33	Paulo Fernandes	Individual	Male	11	M50	5	04:15:35	8'31"/km
14	21	Julio Loureiro	100 Gás Trail Team	Male	12	M50	6	04:16:55	8'33"/km
15	14	Simão Ferreira	Trail da Amizade Runners	Male	13	MS23	1	04:19:47	8'39"/km
16	28	Joselito Pereira	Vilaventura Trail	Male	14	M50	7	04:19:50	8'39"/km
17	34	Tiago Manuel Fernandes Mateus	O MUNDO DA CORRIDA	Male	15	M40	3	04:41:26	9'22"/km
18	18	Nuno Martins	Trail da Amizade Runners	Male	16	MSenior	4	04:41:27	9'22"/km
19	31	Agostinho Barros	Individual	Male	17	M50	8	05:59:00	11'58"/km