

IV Trail e Caminhada Rota da Maçã de Montanha

Trail Curto

19/10/2024



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	554	Ruben Henrique Cardoso Pereira Borges	AFIPRE TEAM	Male	1	MSenior	1	00:53:25	4'27"/km
2	534	Renato Teixeira	AFIPRE TEAM	Male	2	MSenior	2	00:53:34	4'27"/km
3	557	João Lourosa	Clube Desportivo de Tondela	Male	3	MS23	1	00:55:34	4'37"/km
4	555	Gonçalo Cunha	AFIPRE TEAM	Male	4	MS23	2	00:57:05	4'45"/km
5	547	João Fernandes	AFIPRE TEAM	Male	5	MSenior	3	00:57:35	4'47"/km
6	572	Norberto Celestino Vasques Loureiro	Linces do Marão	Male	6	M40	1	00:58:03	4'50"/km
7	539	António José Oliveira Carvalho	AFIPRE TEAM	Male	7	M50	1	00:59:18	4'56"/km
8	520	Pedro Almeida	Runners SERNANCELHE Terra da Castanha	Male	8	M50	2	01:00:24	5'02"/km
9	543	Diogo Costa	AFIPRE TEAM	Male	9	MSenior	4	01:04:04	5'20"/km
10	562	José Nunes	Individual	Male	10	M50	3	01:04:05	5'20"/km
11	542	Daniel Duarte	Individual	Male	11	M40	2	01:07:20	5'36"/km
12	566	José Carlos Lopes Osório Lima	CDL Trilhos da Maçã	Male	12	M50	4	01:08:49	5'44"/km
13	561	António Lourenço	DouroExcellence Runners	Male	13	M50	5	01:10:02	5'50"/km
14	535	Pedro Simão Rodrigues Gouveia	Individual	Male	14	M40	3	01:11:56	5'59"/km
15	533	Constantino Coutinho	Parente Óptica Medica	Male	15	MSenior	5	01:11:59	5'59"/km
16	532	Ana Tavares	Runners Do Demo	Female	1	F40	1	01:12:37	6'03"/km
17	510	André Santiago	DouroExcellence Runners	Male	16	MSenior	6	01:13:26	6'07"/km
18	551	Bruno Madureira	AFIPRE TEAM	Male	17	M40	4	01:13:36	6'08"/km
19	577	Raquel Morgado	CLUBE DESPORTIVO DE LEOMIL	Female	2	FS23	1	01:14:02	6'10"/km
20	536	Pedro Nogueira	ADA Lamego Tribo Runners	Male	18	M40	5	01:14:04	6'10"/km
21	506	Pedro Miguel Correia Vieira	A.D. Amarante Trail Running	Male	19	M40	6	01:14:33	6'12"/km
22	550	Jose Fernandez	Independiente	Male	20	M40	7	01:14:59	6'14"/km
23	575	Paulo Dantas	Individual	Male	21	M50	6	01:15:38	6'18"/km
24	512	Diana Mendonça	Lamaecus D'Ouro	Female	3	F40	2	01:16:04	6'20"/km
25	526	Tiago Domingues Branquinho	Papelaria Heidi	Male	22	MS23	3	01:17:00	6'25"/km
26	544	Afonso De Sousa Barros	TEAM LANTEMIL	Male	23	MS23	4	01:17:28	6'27"/km
27	545	Daniel Fernando Torres Barros	TEAM LANTEMIL	Male	24	M40	8	01:17:28	6'27"/km
28	564	Carlos Cunha	Dragões da Vila	Male	25	M50	7	01:18:00	6'30"/km
29	560	Fernando Silva Vaz	AFIPRE TEAM	Male	26	M50	8	01:18:12	6'31"/km
30	559	Rosa Vaz	AFIPRE TEAM	Female	4	F50	1	01:18:15	6'31"/km
31	529	Bruno Duarte	AFIPRE TEAM	Male	27	M40	9	01:19:23	6'36"/km
32	541	Eduardo Cardoso	Individual	Male	28	M50	9	01:19:56	6'39"/km
33	537	Vitor Pinto	Individual	Male	29	M50	10	01:19:58	6'39"/km
34	548	Hugo João Pereira Da Cruz	Runners Sernancelhe Terra da Castanha	Male	30	MSenior	7	01:21:01	6'45"/km
35	505	António Félix	Sorrisos team	Male	31	M50	11	01:21:24	6'47"/km
36	500	Hugo Pinto	DouroBTT CCPAD	Male	32	M40	10	01:22:27	6'52"/km
37	517	Bruno Jorge Frontoura Silva	Mirandela a Correr	Male	33	M40	11	01:22:40	6'53"/km
38	565	Miguel Almeida	4Seasons	Male	34	M50	12	01:22:58	6'54"/km
39	556	Patrícia Alexandra Saraiva Henriques Costa	Individual	Female	5	FSenior	1	01:23:10	6'55"/km
40	546	Rui Filipe	Individual	Male	35	M40	12	01:23:29	6'57"/km
41	540	Bruno Miguel Dias Ribeiro	AFIPRE TEAM	Male	36	MSenior	8	01:24:43	7'03"/km
42	553	António Neiva Rodrigues	AFIPRE TEAM	Male	37	M50	13	01:24:44	7'03"/km
43	518	Tania Machado	Lamaecus D'Ouro	Female	6	FSenior	2	01:25:37	7'08"/km
44	514	Ruben Ferreira	Lamaecus D'Ouro	Male	38	MSenior	9	01:25:58	7'09"/km
45	501	Artur Morais	Caretos OCR	Male	39	M50	14	01:26:04	7'10"/km
46	567	Angelo Paiva	Runners Do Demo	Male	40	M40	13	01:26:23	7'11"/km
47	574	João Sequeira	Clube Desportivo Sanfinense	Male	41	M40	14	01:26:38	7'13"/km
48	568	Liliana Rego	CLUBE DESPORTIVO DE LEOMIL	Female	7	F40	3	01:28:03	7'20"/km
49	573	André Moutinho	Individual	Male	42	MSenior	10	01:28:04	7'20"/km
50	530	Augusto Teixeira	GD Campia	Male	43	M50	15	01:29:00	7'25"/km
51	531	Celso Araújo	AFIPRE TEAM	Male	44	M50	16	01:32:37	7'43"/km

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Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
52	558	Diogo Manuel Monteiro De Jesus	Individual	Male	45	MSenior	11	01:33:50	7'49"/km
53	515	Rui Filipe Quintas Alves	Individual	Male	46	M40	15	01:36:18	8'01"/km
54	516	Sandra Cristina Seixas Vilarés Da Silva	Mirandela a Correr	Female	8	F40	4	01:37:46	8'08"/km
55	519	Roberto Alves	Papelaria Heidi	Male	47	M40	16	01:39:11	8'15"/km
56	511	Lina Soares	Lamaecus D'Ouro	Female	9	F40	5	01:39:34	8'17"/km
57	527	Carlos Ribeiro	Individual	Male	48	M40	17	01:39:44	8'18"/km
58	570	Marco Cunha	Dragões da Vila	Male	49	M50	17	01:43:40	8'38"/km
59	569	Célia Costa	Dragões da Vila	Female	10	F40	6	01:43:41	8'38"/km
60	571	Agostinho Almeida	Dragões da Vila	Male	50	M50	18	01:43:42	8'38"/km
61	507	Paula Cristina Soledade Pinheiro	Individual	Female	11	F50	2	01:43:42	8'38"/km
62	509	Pedro Simão Ferreira	Lamaecus D'Ouro	Male	51	M40	18	01:45:03	8'45"/km
63	528	Teresa Taveira	Individual	Female	12	F50	3	01:49:13	9'06"/km
64	508	João Paulo Pinto	Individual	Male	52	MSenior	12	01:49:13	9'06"/km
65	504	Alberto Manuel Pinto Marques	Individual	Male	53	M50	19	01:54:47	9'34"/km
66	552	Maria Helena Azevedo	AFIPRE TEAM	Female	13	F50	4	01:58:36	9'53"/km
67	521	Emilia Paula Santos	Gansos Trail & Caminhada	Female	14	F50	5	02:00:31	10'02"/km
68	522	Teresa Mateus	Gansos Trail & Caminhada	Female	15	F50	6	02:00:32	10'02"/km
69	549	Paulo Coutinho	Individual	Male	54	M50	20	02:07:03	10'35"/km