



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1093	Alex Silva	Atletismo Clube da Tocha	Male	1	M45	1	01:55:43	6'25"/km
2	943	Daniel Palma	DAP Trail TEAM	Male	2	Mjunior	1	01:55:59	6'26"/km
3	933	Nuno Roque	Grupo Convívio e Amizade nas Donas	Male	3	M40	1	02:01:03	6'43"/km
4	1005	Ricardo Sousa	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	4	MSenior	1	02:05:24	6'58"/km
5	1079	César Manuel De Jesus Figueiredo	Atletismo Clube da Tocha	Male	5	M45	2	02:05:25	6'58"/km
6	1002	Rui Pais	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	6	M55	1	02:08:11	7'07"/km
7	1094	Marco Correia	Trail Team Vila de Mouros	Male	7	M45	3	02:11:02	7'16"/km
8	1031	Gil Pinho	Trail Team Vila de Mouros	Male	8	M40	2	02:13:28	7'24"/km
9	1006	Luís Reis	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	9	M45	4	02:13:36	7'25"/km
10	1023	André Matos Luís Braz	2600TR	Male	10	Mjunior	2	02:13:42	7'25"/km
11	1089	Jose Zananar	Atletismo Clube da Tocha	Male	11	M55	2	02:15:27	7'31"/km
12	916	Luis Morais	CORRER POR CASTELO BRANCO	Male	12	M60	1	02:15:29	7'31"/km
13	1080	Rui Varanda	Atletismo Clube da Tocha	Male	13	M45	5	02:15:54	7'33"/km
14	1090	Miguel Pereira	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	14	MSenior	2	02:15:54	7'33"/km
15	1061	Joao Soares	Individual	Male	15	MSenior	3	02:15:57	7'33"/km
16	966	Ruben Venâncio	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	16	MS23	1	02:17:13	7'37"/km
17	1007	Ricardo Pinheiro	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	17	MSenior	4	02:17:23	7'37"/km
18	1040	Mickael Da Costa Massano	AD Manteigas Trail Team	Male	18	M40	3	02:19:23	7'44"/km
19	908	Nuno Calvário	Associação Desportiva do Fundão	Male	19	M40	4	02:21:30	7'51"/km
20	1099	José Henriques	Individual	Male	20	M60	2	02:21:47	7'52"/km
21	1008	Helder Maceiras	Associação Desportiva do Fundão	Male	21	MSenior	5	02:22:20	7'54"/km
22	913	Bruno Luís	CORRER POR CASTELO BRANCO	Male	22	M40	5	02:25:51	8'06"/km
23	1050	Daniel Bordadagua	GD Teixosense	Male	23	M40	6	02:27:36	8'12"/km
24	1049	Carlos Carloto	GD Teixosense	Male	24	M35	1	02:27:37	8'12"/km
25	1068	Luís Jesus	Grupo Convívio e Amizade nas Donas	Male	25	M45	6	02:28:01	8'13"/km
26	1078	Ana Bigode	SALAMANDRECOS	Female	1	F45	1	02:28:28	8'14"/km
27	942	José Trigo	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	26	MS23	2	02:29:13	8'17"/km
28	900	Margarida Romão	Sharish Gin/GD Piranhas do Alqueva	Female	2	FSenior	1	02:31:13	8'24"/km
29	1032	Eduardo Manuel Romão Palmeiro	Individual	Male	27	M55	3	02:31:13	8'24"/km
30	1097	Martim Velez	Individual	Male	28	M40	7	02:32:35	8'28"/km
31	1060	Raquel Teixeira	AD Manteigas Trail Team	Female	3	FSenior	2	02:33:18	8'31"/km
32	1087	Paulo Salvador Pacheco Rodrigues	Monsanto Running Team	Male	29	M55	4	02:35:00	8'36"/km
33	1021	Pedro Lopes	Individual	Male	30	MSenior	6	02:35:31	8'38"/km
34	919	João Madeira	Individual	Male	31	MSenior	7	02:35:50	8'39"/km
35	987	Celso Ramos	Núcleo de Desporto da Filarmónica Erada	Male	32	M40	8	02:36:51	8'42"/km
36	1045	Bruno Moreno Teles	ALLcains RUN	Male	33	M35	2	02:36:53	8'42"/km
37	961	Ricardo Santos	Team P. Moles	Male	34	M45	7	02:37:11	8'43"/km
38	1043	David Lucas	Individual	Male	35	M35	3	02:38:06	8'47"/km
39	915	Sergio Rodrigues	CORRER POR CASTELO BRANCO	Male	36	M55	5	02:38:24	8'48"/km
40	1059	João Miguel Martins Domingues	Himalaias Trail	Male	37	MSenior	8	02:39:53	8'52"/km
41	1700	Carlos Manuel Da Piedade Lourenço	Himalaias Trail	Male	38	M50	1	02:39:54	8'53"/km
42	981	Miguel Ramos	Individual	Male	39	M55	6	02:40:22	8'54"/km
43	1054	Nuno Fernandes	Team P. Moles	Male	40	MSenior	9	02:40:50	8'56"/km
44	1038	Corry	Trail Team Vila de Mouros	Male	41	M55	7	02:41:18	8'57"/km
45	995	David Morgado	Individual	Male	42	M35	4	02:41:23	8'57"/km
46	911	Micael André Janeiro Barata	CORRER POR CASTELO BRANCO	Male	43	M35	5	02:41:26	8'58"/km
47	1098	Patrícia Pires Mesquita	CORRER POR CASTELO BRANCO	Female	4	F40	1	02:41:27	8'58"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
48	1003	Marta Soares	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	5	F45	2	02:41:29	8'58"/km
49	944	Helder Neves	Associação Desportiva do Fundão	Male	44	M40	9	02:41:58	8'59"/km
50	940	Ricardo Lopes	Trilhos Marotos	Male	45	M45	8	02:42:31	9'01"/km
51	1712	Luís Dias	HAUS Real Estate	Male	46	M35	6	02:43:15	9'04"/km
52	1044	Duarte Carreiro	Praça Running Club	Male	47	MSenior	10	02:43:38	9'05"/km
53	967	Nuno Pina Da Costa	Club União Idanhense	Male	48	M40	10	02:44:26	9'08"/km
54	1039	Marco Lívio Martins Gonçalves	ATR - Algarve Trail Running	Male	49	M50	2	02:44:52	9'09"/km
55	934	José Manuel De Jesus Raposo	Tálenos Team	Male	50	M65	1	02:45:00	9'10"/km
56	906	Paulo Avó	Individual	Male	51	M35	7	02:45:01	9'10"/km
57	947	Bruno Charrinho	ASAP TEAM	Male	52	M35	8	02:45:52	9'12"/km
58	1057	Ricardo Barata Pires	ALLcains RUN	Male	53	M35	9	02:46:03	9'13"/km
59	976	Nuno Craveiro	Individual	Male	54	M50	3	02:46:12	9'14"/km
60	989	Tiago Gonçalves	Núcleo de Desporto da Filarmónica Erada	Male	55	M35	10	02:46:33	9'15"/km
61	962	Fábio Oliveira	Team P. Moles	Male	56	M40	11	02:46:33	9'15"/km
62	1010	António Belo	Individual	Male	57	M65	2	02:46:52	9'16"/km
63	1025	Pedro Castro	Individual	Male	58	M35	11	02:47:29	9'18"/km
64	998	Bruno Miguel Da Cunha Almeida	Individual	Male	59	M40	12	02:47:47	9'19"/km
65	994	Teresa Antão	Casa do Benfica de Castelo Branco	Female	6	F40	2	02:48:35	9'21"/km
66	918	Nuno Nunes	Individual	Male	60	M50	4	02:49:27	9'24"/km
67	983	Duarte Nuno Costa Dos Anjos Ferreira	Mifião X	Male	61	M45	9	02:50:47	9'29"/km
68	1088	Rui Manuel Januário Paulo	Stravistas da Venda do Pinheiro	Male	62	M55	8	02:51:10	9'30"/km
69	1072	Carolina Guedes	Correr Queluz	Female	7	FSenior	3	02:51:10	9'30"/km
70	1073	Justin Vos	Correr Queluz	Male	63	MSenior	11	02:51:11	9'30"/km
71	979	Ricardo Do Carmo	Individual	Male	64	M40	13	02:51:23	9'31"/km
72	927	José Fernandes Amaro	Liz Runners	Male	65	M45	10	02:51:38	9'32"/km
73	1074	Januario Pinheiro Gaspar	AD Manteigas Trail Team	Male	66	M45	11	02:52:02	9'33"/km
74	924	Custódio Ventura	Ativo Team Running Correr na Vila	Male	67	M40	14	02:52:10	9'33"/km
75	955	Luís Miguel Dias Gonçalves	Individual	Male	68	M45	12	02:52:16	9'34"/km
76	1047	João Carlos Figueira Amaral Rodrigues	Individual	Male	69	M40	15	02:52:22	9'34"/km
77	954	André Varanda	Keep Running	Male	70	M35	12	02:52:24	9'34"/km
78	1012	Kevin Clemente	LRMO	Male	71	MSenior	12	02:52:26	9'34"/km
79	932	Cristina Leão	ALLcains RUN	Female	8	F50	1	02:52:28	9'34"/km
80	1064	Nuno Oliveira	ALLcains RUN	Male	72	M45	13	02:52:28	9'34"/km
81	950	Júnio Pereira	ASAP TEAM	Male	73	M45	14	02:53:40	9'38"/km
82	968	Duarte Morgado	Clube Idanhense - CUI	Male	74	M40	16	02:54:49	9'42"/km
83	1046	Duarte Nuno Félix Dias	Individual	Male	75	MSenior	13	02:57:20	9'51"/km
84	953	António Matos	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Male	76	M65	3	02:57:31	9'51"/km
85	958	Claudia Isabe Marques Domingos	Grupo Convívio e Amizade nas Donas	Female	9	F35	1	02:57:31	9'51"/km
86	917	Tiago Gonçalves	CORRER POR CASTELO BRANCO	Male	77	M40	17	02:59:11	9'57"/km
87	920	André Santos	Individual	Male	78	M35	13	03:00:38	10'02"/km
88	1069	Daniel Pereira	AD Manteigas Trail Team	Male	79	M45	15	03:00:39	10'02"/km
89	1070	Susete Margarida Antunes Da Silva	Clube Desportivo de Espite	Female	10	F45	3	03:03:06	10'10"/km
90	1037	Marije	Trail Team Vila de Mouros	Female	11	F50	2	03:03:48	10'12"/km
91	1041	Veronica Santos	ALLcains RUN	Female	12	FSenior	4	03:03:48	10'12"/km
92	985	Rui Lucas	U. D. BELMONTE RUNNERS	Male	80	M40	18	03:04:18	10'14"/km
93	931	João Veríssimo	ALLcains RUN	Male	81	M50	5	03:05:08	10'17"/km
94	969	Nuno Caetano	Individual	Male	82	M40	19	03:05:49	10'19"/km
95	960	Joaquim José Alves Rebelo	Os Trinca Espinhas	Male	83	M65	4	03:06:22	10'21"/km
96	1055	Joel Albuquerque	AD Manteigas Trail Team	Male	84	M40	20	03:06:49	10'22"/km
97	1020	Davide Alves	LdC runners	Male	85	M35	14	03:07:11	10'23"/km
98	959	Carlos Farinha	Projecto blue O / FPAD	Male	86	M45	16	03:08:28	10'28"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
99	1063	João Trindade	AD Manteigas Trail Team	Male	87	M35	15	03:08:41	10'28"/km
100	986	Elia Sofia Martins Ferreira	Individual	Female	13	F35	2	03:09:21	10'31"/km
101	1026	Anselmo Maia	Individual	Male	88	M50	6	03:09:25	10'31"/km
102	1084	Tiago Caramelo	Individual	Male	89	MSenior	14	03:10:09	10'33"/km
103	926	Jose Maria	GD Mata	Male	90	M50	7	03:10:10	10'33"/km
104	818	António Soares	Individual	Male	91	M50	8	03:10:13	10'34"/km
105	941	Joaquim Varanda	Keep Running	Male	92	M60	3	03:10:34	10'35"/km
106	1034	Marília Andrade	Sport Arronches e Benfica	Female	14	FSenior	5	03:11:13	10'37"/km
107	951	Pedro Miguel De Matos Dias	Keep Running	Male	93	M50	9	03:12:03	10'40"/km
108	1066	Luis Santiago	Rota D'Ossa	Male	94	M55	9	03:12:04	10'40"/km
109	1028	Daniel Conchinha	Grupo Desportivo Arenense	Male	95	M35	16	03:13:06	10'43"/km
110	956	João Santos	Individual	Male	96	M45	17	03:13:34	10'45"/km
111	997	Fred Faisca	Individual	Male	97	M40	21	03:13:37	10'45"/km
112	1011	Sofia Rocha	Trail Team Vila de Mouros	Female	15	FSenior	6	03:14:20	10'47"/km
113	923	Nuno Fernandes	Ativo Team Running Correr na Vila	Male	98	M50	10	03:14:24	10'48"/km
114	921	João Carvalho	LdC runners	Male	99	MSenior	15	03:14:38	10'48"/km
115	1062	Ivo Tomaz	Individual	Male	100	MSenior	16	03:15:17	10'51"/km
116	1030	José Fernandes	Glassdrive /Dafipor	Male	101	M40	22	03:17:39	10'58"/km
117	1042	Pedro Silveiro	Individual	Male	102	M40	23	03:18:33	11'01"/km
118	945	Ana Isabel Cabecas	U. D. BELMONTE RUNNERS	Female	16	F55	1	03:20:39	11'08"/km
119	929	Mafalda Duarte	ALLcains RUN	Female	17	F45	4	03:20:58	11'09"/km
120	1067	Ilda Santos	Associação Desportiva do Fundão	Female	18	F45	5	03:21:01	11'10"/km
121	1029	Marco Silva	Glassdrive /Dafipor	Male	103	M45	18	03:22:37	11'15"/km
122	1100	Frederico Lanzinha	Grupo Desportivo da Mata	Male	104	MSenior	17	03:23:42	11'19"/km
123	937	Fernando José De Jesus Nascimento	Tálenos Team	Male	105	M55	10	03:29:41	11'38"/km
124	935	Elisabete Ramos Lourenço	Tálenos Team	Female	19	F45	6	03:29:41	11'38"/km
125	1014	Luís Rodrigues	Acrialbi/ AQD	Male	106	M45	19	03:31:25	11'44"/km
126	1035	Armindo João Duarte Courela	idividual	Male	107	MSenior	18	03:31:26	11'44"/km
127	1015	Nuno Ramalho	Acrialbi/ AQD	Male	108	M45	20	03:31:26	11'44"/km
128	1001	Ana Morgadinho	Trail Team Vila de Mouros	Female	20	F45	7	03:32:24	11'48"/km
129	988	Luis Sousa	Trail Team Vila de Mouros	Male	109	M50	11	03:32:25	11'48"/km
130	1027	Josefina Beijoca	Sport Arronches e Benfica	Female	21	F45	8	03:33:31	11'51"/km
131	1022	Jorge Humberto Pereira	MTT Montes Saloios	Male	110	M60	4	03:34:22	11'54"/km
132	1081	Mario Zarro	Amantes Trail & Run	Male	111	M45	21	03:41:41	12'18"/km
133	1033	Francisco Domingues	Trail Team Vila de Mouros	Male	112	M50	12	03:41:43	12'19"/km
134	972	Nuno Miguel Garrido Cardoso	Individual	Male	113	M35	17	03:42:09	12'20"/km
135	984	Joana Bicho	Individual	Female	22	FSenior	7	03:42:35	12'22"/km
136	1009	Mario Adonis	ALLcains RUN	Male	114	M35	18	03:43:05	12'23"/km
137	1085	Carla Reis	Individual	Female	23	F40	3	03:44:10	12'27"/km
138	1092	Luis Costa	Individual	Male	115	M45	22	03:44:10	12'27"/km
139	982	Magda Coelho	U. D. BELMONTE RUNNERS	Female	24	F35	3	03:54:06	13'00"/km
140	1016	Daniela Sofia Mimoso Marques	Individual	Female	25	FSenior	8	03:56:51	13'09"/km
141	1017	Daniel Filipe Lopes	Individual	Male	116	MSenior	19	03:56:51	13'09"/km
142	1052	Patricia Alexandra Dias Horta	Individual	Female	26	F45	9	03:56:53	13'09"/km
143	948	Miguel Dinis	ALLcains RUN	Male	117	M50	13	03:59:06	13'17"/km
144	1086	Carla Cruz	Alter Runners	Female	27	F50	3	04:03:01	13'30"/km
145	999	João Filipe Rocha Fradinho	Individual	Male	118	M35	19	04:08:33	13'48"/km
146	991	Joaquim Pepe Roque	Individual	Male	119	M55	11	04:09:29	13'51"/km
147	1058	Elisabete Azougado	Tálenos Team	Female	28	F50	4	04:10:26	13'54"/km
148	936	Cremilde Maria Silva Flamino Raposo	Tálenos Team	Female	29	F55	2	04:10:27	13'54"/km
149	1091	Jorge Lopes	Individual	Male	120	M45	23	04:13:43	14'05"/km
150	1077	Silvia Moraes	Grupo Desportivo da Mata	Female	30	F60	1	04:21:55	14'33"/km
151	952	José Andrade	Keep Running	Male	121	M55	12	04:27:48	14'52"/km

Ultra Trilhos da Gardunha
Trail Sprint
26/10/2024
18000



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
152	1095	Gi Ribeiro	Alter Runners	Female	31	F55	3	04:34:00	15'13"/km
153	1019	Jaime Gama	Individual	Male	122	M50	14	04:38:14	15'27"/km
154	1082	Ana Rodrigues	Individual	Female	32	F35	4	04:38:16	15'27"/km
155	1083	Elisia Gonçalves	Individual	Female	33	F35	5	04:38:17	15'27"/km
156	910	João Pedro Martins Nunes	CORRER POR CASTELO BRANCO	Male	123	MSenior	20	04:38:18	15'27"/km