

VII Trail Trilhos do Ceireiro
Trail Curto

POS	Bib	Name	Team	Gender	PosG	Cat	PosC	Time	AVG
1	201	Paulo Pires	Runners Do Demo	Male	1	M45	1	1:15:01	5'00"/km
2	195	António Jorge Figueira	Individual	Male	2	M45	2	1:15:31	5'02"/km
3	198	Antonio Manuel Dos Santos	CLUBE DESPORTIVO DE LEOMIL	Male	3	MSenior	1	1:19:05	5'16"/km
4	129	Celso Fonseca	Individual	Male	4	MSenior	2	1:22:01	5'28"/km
5	157	Mário Almeida	CLUBE DESPORTIVO DE LEOMIL	Male	5	M45	3	1:22:06	5'28"/km
6	178	Pedro Almeida	Runners de Sernancelhe	Male	6	M50	1	1:24:37	5'38"/km
7	196	César Almeida	Espigueiros Runners - Caparrosin	Male	7	M40	1	1:26:17	5'45"/km
8	124	André Santos	Individual	Male	8	MSenior	3	1:26:20	5'45"/km
9	208	Romain Libault	Individual	Male	9	M40	2	1:26:24	5'45"/km
10	174	Frederico Fernandes	Wolfpack TR	Male	10	M40	3	1:27:09	5'48"/km
11	176	Manuel Gomes	LAMEGO PELOS TRILHOS	Male	11	M50	2	1:27:31	5'50"/km
12	185	Alex Machado	Runners Do Demo	Male	12	M40	4	1:29:51	5'59"/km
13	106	António Branquinho	Individual	Male	13	M40	5	1:30:12	6'00"/km
14	152	Tiago Júlio	TRAIL - Grupo Desportivo de Trai	Male	14	MSenior	4	1:30:42	6'02"/km
15	238	Fábio Pereira	GDR Granja - TRUTAS DO MAU	Male	15	MSenior	5	1:31:04	6'04"/km
16	206	Rodrigo Ferreira	EMPATA TRILHOS	Male	16	MSenior	6	1:31:39	6'06"/km
17	226	Agnelo Marques	DRAGÕES DO CÔA	Male	17	M50	3	1:32:19	6'09"/km
18	101	Luís Diogo Lopes Marinho	Individual	Male	18	MSenior	7	1:32:21	6'09"/km
19	116	Pedro Miguel Da Silva	Individual	Male	19	MSenior	8	1:33:20	6'13"/km
20	255	António Manuel Da Fonseca	Fox Running Team	Male	20	M45	4	1:33:23	6'13"/km
21	221	Bruno Tracana	GDCR LAJES	Male	21	M45	5	1:33:34	6'14"/km
22	204	Vítor Ferreira	Fox Running Team	Male	22	M45	6	1:34:56	6'19"/km
23	231	António Pereira	Running4fun	Male	23	M60	1	1:35:15	6'21"/km
24	45	João Baptista	Runners de Sernancelhe	Male	24	MSub23	1	1:36:07	6'24"/km
25	107	Pedro Miguel Santos	Individual	Male	25	MSenior	9	1:36:24	6'25"/km
26	225	David Ceifão	DRAGÕES DO CÔA	Male	26	MSenior	10	1:36:31	6'26"/km
27	254	Rosa Maria De Almeida	CLUBE DESPORTIVO DE LEOMIL	Female	1	F50	1	1:36:44	6'26"/km
28	154	Manuel Vieira	Trilhados - ACD Santiago	Male	27	M55	1	1:36:50	6'27"/km
29	224	Artur Quirino	Esgalhada Trail Team	Male	28	M45	7	1:37:20	6'29"/km
30	109	José Figueiredo	Espigueiros Runners - Caparrosin	Male	29	M60	2	1:38:27	6'33"/km
31	173	Liliane Amaral	Wolfpack TR	Female	2	FSenior	1	1:38:32	6'34"/km
32	246	Hugo Salgado	Runners SERNANCELHE Terra da	Male	30	M40	6	1:38:40	6'34"/km
33	230	Manuel Pina	Les Big Mecs	Male	31	M55	2	1:39:14	6'36"/km
34	188	Francisco Ventura	ADFA-Desportos de Natureza	Male	32	M45	8	1:39:27	6'37"/km
35	253	Luís Filipe F. Brito	VNRUNNERS	Male	33	MSenior	11	1:39:47	6'39"/km
36	110	Pedro Emanuel Monteiro	LAMEGO PELOS TRILHOS	Male	34	MSenior	12	1:39:49	6'39"/km
37	111	David Silva Kotchetov	CLUBE DESPORTIVO DE LEOMIL	Male	35	MSub23	2	1:39:50	6'39"/km
38	223	Rui Manuel Fernandes	Orimarão	Male	36	M55	3	1:40:25	6'41"/km
39	239	Laura	Reset Gym	Female	3	FSenior	2	1:40:31	6'42"/km
40	250	Carlos Jorge Madail N	CATR	Male	37	M50	4	1:41:14	6'44"/km
41	123	Tiago Caetano	Individual	Male	38	MSenior	13	1:41:17	6'45"/km
42	100	Nuno Rocha	Fox Running Team	Male	39	MSenior	14	1:41:36	6'46"/km
43	120	Jose Dias Dantas	Reset Gym	Male	40	M60	3	1:41:51	6'47"/km
44	251	Lucas Marta	Individual	Male	41	MSub23	3	1:42:03	6'48"/km
45	108	Nuno Filipe Do Nascimento	Individual	Male	42	M45	9	1:42:10	6'48"/km
46	180	Ricardo Gomes	A.R.D. Os Povoenses	Male	43	MSenior	15	1:42:21	6'49"/km
47	140	Luís Miguel Loureiro F	Silgueiros Runners	Male	44	M45	10	1:42:55	6'51"/km
48	151	Carlos Matos	Trilhados - ACD Santiago	Male	45	M50	5	1:43:14	6'52"/km
49	214	Tiago Lopes	Individual	Male	46	MSenior	16	1:43:29	6'53"/km

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50	148	José Victor Ribeiro Do Individual	Male 47	MSenior 17	1:43:47	6'55"/km
51	190	José Frias Runners Do Demo	Male 48	M45 11	1:44:00	6'56"/km
52	203	Ernesto Bernardino Si Individual	Male 49	M55 4	1:44:16	6'57"/km
53	160	José Alves Gonçalves Wolfpack TR	Male 50	MSenior 18	1:45:26	7'01"/km
54	234	Angelo Sá Runners da Vitela	Male 51	MSenior 19	1:45:37	7'02"/km
55	235	Nuno Santos Runners da Vitela	Male 52	MSenior 20	1:45:39	7'02"/km
56	138	Vanessa Ferraz Individual	Female 4	FSenior 3	1:45:40	7'02"/km
57	41	José Pereira Runners Do Demo	Male 53	M45 12	1:45:46	7'03"/km
58	147	Ana Paula Magina Trilhados - ACD Santiago	Female 5	F50 2	1:45:47	7'03"/km
59	141	Paulo Milheiro Individual	Male 54	M40 7	1:46:15	7'05"/km
60	175	Luís Fernandes Wolfpack TR	Male 55	MSenior 21	1:46:37	7'06"/km
61	183	Maria Augusta Fernan Individual	Female 6	F40 1	1:46:51	7'07"/km
62	182	Márcio Filipe De Alme Individual	Male 56	MSenior 22	1:46:52	7'07"/km
63	134	Teresa Teixeira Espigueiros Runners - Caparrosin	Female 7	F45 1	1:47:35	7'10"/km
64	184	David Cruz Silgueiros Runners	Male 57	MSenior 23	1:47:37	7'10"/km
65	232	Nuno Miguel Gomes CR Ferreira de Aves	Male 58	M40 8	1:47:50	7'11"/km
66	136	José Santos EMPATA TRILHOS	Male 59	MSenior 24	1:48:06	7'12"/km
67	121	Gabriel Silva Queiriga Trail	Male 60	MSenior 25	1:48:23	7'13"/km
68	213	Paulo Sousa Sem Clube	Male 61	M45 13	1:50:18	7'21"/km
69	217	Vitor Almeida Os cansados	Male 62	MSenior 26	1:50:42	7'22"/km
70	215	Alexandre Almeida Os cansados	Male 63	M40 9	1:50:46	7'23"/km
71	193	Marisa Alexandra Ribe TRAIL - Grupo Desportivo de Trai	Female 8	FSenior 4	1:51:43	7'26"/km
72	143	António Rebelo Trilhados - ACD Santiago	Male 64	M60 4	1:53:09	7'32"/km
73	181	Paulo Pires Individual	Male 65	M40 10	1:53:13	7'32"/km
74	186	Rita Gomes Individual	Female 9	FSenior 5	1:53:54	7'35"/km
75	247	Rui Ferreira Individual	Male 66	M40 11	1:53:56	7'35"/km
76	127	Bruno Figueiredo Individual	Male 67	M40 12	1:54:31	7'38"/km
77	170	José Sampaio Individual	Male 68	M40 13	1:55:42	7'42"/km
78	149	Ricardo Jorge Dos San TRAIL - Grupo Desportivo de Trai	Male 69	MSenior 27	1:55:46	7'43"/km
79	172	Ricardo Alves Gonçalves Wolfpack TR	Male 70	MSenior 28	1:55:47	7'43"/km
80	171	André Alexandre Cruz Individual	Male 71	MSenior 29	1:55:49	7'43"/km
81	130	Joao Regencio Individual	Male 72	MSenior 30	1:57:20	7'49"/km
82	115	Rui Andrade Individual	Male 73	M45 14	1:57:53	7'51"/km
83	202	Sergio Rodrigues Viseu 360	Male 74	M60 5	1:59:08	7'56"/km
84	229	Luis Barboza Tombaminis Trail Team	Male 75	M55 5	1:59:30	7'58"/km
85	227	Nuno Direito Tombaminis Trail Team	Male 76	M50 6	1:59:53	7'59"/km
86	218	Alexandre Marques ASDREQ	Male 77	MSenior 31	1:59:55	7'59"/km
87	161	Xavier ASDREQ	Male 78	M40 14	1:59:55	7'59"/km
88	113	João Rodrigues Individual	Male 79	M50 7	2:00:46	8'03"/km
89	216	Miguel Cardoso LAMEGO PELOS TRILHOS	Male 80	MSenior 32	2:03:18	8'13"/km
90	142	Helena Melo Espigueiros Runners - Caparrosin	Female 10	F45 2	2:03:19	8'13"/km
91	236	João Dias Runners da Vitela	Male 81	MSenior 33	2:03:55	8'15"/km
92	252	Fátima Costa Viriathvs Runners Viseu	Female 11	F55 1	2:04:17	8'17"/km
93	210	Alexandre Martins Squad Runners	Male 82	MSenior 34	2:04:24	8'17"/km
94	209	Luciano Almeida Squad Runners	Male 83	MSenior 35	2:04:25	8'17"/km
95	207	Tiago Monteiro Individual	Male 84	MSenior 36	2:04:25	8'17"/km
96	167	Rui Teixeira Individual	Male 85	M45 15	2:05:41	8'22"/km
97	137	Tiago Gomes Individual	Male 86	MSenior 37	2:05:51	8'23"/km
98	135	Mário Rodrigues Runners Terra da Castanha Sernã	Male 87	M45 16	2:05:59	8'23"/km
99	146	Delfim Silva Individual	Male 88	M50 8	2:06:49	8'27"/km

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100	249	José Silva	Floponor Team	Male 89	M40 15	2:07:17	8'29"/km
101	156	Elsa Pereira	Individual	Female 12	FSenior 6	2:07:17	8'29"/km
102	132	Carina Alexandra Jesu	Silgueiros Runners	Female 13	F40 2	2:07:20	8'29"/km
103	245	Bruno Azevedo	Floponor Team	Male 90	MSenior 38	2:09:37	8'38"/km
104	163	Luisa Martins	Trilhados - ACD Santiago	Female 14	F45 3	2:09:47	8'39"/km
105	241	Marta Chaves	Floponor Team	Female 15	F40 3	2:10:28	8'41"/km
106	139	Carla Cristina Lopes D	Silgueiros Runners	Female 16	FSenior 7	2:11:42	8'46"/km
107	23	Carlos Gomes	Individual	Male 91	M40 16	2:12:01	8'48"/km
108	119	Hugo Filipe Santos Du	Team Contagante	Male 92	M40 17	2:12:09	8'48"/km
109	187	António Matos	Individual	Male 93	M60 6	2:12:43	8'50"/km
110	168	Nuno Olho Azul	Os Galgos	Male 94	M45 17	2:15:46	9'03"/km
111	158	Pedro Sousa	ASDREQ	Male 95	M40 18	2:16:07	9'04"/km
112	159	Rodrigo Emanuel Deu	Runners SERNANCELHE Terra da	Male 96	MSub23 4	2:16:45	9'07"/km
113	144	Susana Lopes	Team Contagante	Female 17	F40 4	2:17:42	9'10"/km
114	145	Hélder Lopes	Team Contagante	Male 97	M45 18	2:17:42	9'10"/km
115	240	Humberto Simões	Floponor Team	Male 98	M45 19	2:17:51	9'11"/km
116	242	José Luis Figueiredo	Floponor Team	Male 99	M45 20	2:17:52	9'11"/km
117	197	Marc Van Schendel	Reset Gym	Male 100	M40 19	2:18:51	9'15"/km
118	205	Sofia Caldeira	Fox Running Team	Female 18	FSenior 8	2:19:45	9'19"/km
119	243	Dina Freitas	Floponor Team	Female 19	F45 4	2:19:48	9'19"/km
120	244	Ricardo Santos	Floponor Team	Male 101	M40 20	2:19:49	9'19"/km
121	191	Miguel Batista	Viriathvs Runners Viseu	Male 102	M50 9	2:21:01	9'24"/km
122	177	Dinis Figueiredo Estev	ASDREQ	Male 103	M50 10	2:21:01	9'24"/km
123	150	António Pereira	Runners SERNANCELHE Terra da	Male 104	M45 21	2:21:27	9'25"/km
124	194	Tiago Pereira	Individual	Male 105	MSenior 39	2:21:30	9'26"/km
125	189	Rafael X	Individual	Male 106	MSenior 40	2:22:00	9'28"/km
126	112	Isabel Rodrigues	Individual	Female 20	F55 2	2:22:18	9'29"/km
127	200	Alice Rebelo	Reset Gym	Female 21	F55 3	2:23:25	9'33"/km
128	102	Susana Cunha	Bruxos e cavalgadas gostosas	Female 22	F45 5	2:23:45	9'35"/km
129	114	José António Marques	Individual	Male 107	M55 6	2:24:14	9'36"/km
130	219	Margarida Figueiredo	É PRECISO CORAGEM	Female 23	F50 3	2:25:15	9'41"/km
131	104	Joaquim Carvalho	DURIUS - ATLÉTICO CLUBE PESQI	Male 108	M45 22	2:27:18	9'49"/km
132	222	Zé De Viseu	Silgueiros Runners	Male 109	M45 23	2:30:41	10'02"/km
133	125	Cristina Borges	Team Contagante	Female 24	F50 4	2:32:11	10'08"/km
134	228	Ana Direito	Tombaminis Trail Team Mangual	Female 25	F45 6	2:32:36	10'10"/km
135	103	Milene Ladeira	Viriathvs Runners Viseu	Female 26	FSenior 9	2:32:40	10'10"/km
136	165	Alda Nascimento	Individual	Female 27	F50 5	2:39:41	10'38"/km
137	166	Dora Fernandes	Individual	Female 28	F45 7	2:39:41	10'38"/km
138	128	Mónica Figueiredo	Individual	Female 29	FSenior 10	2:40:18	10'41"/km
139	118	Luís Teixeira	Gente da Nave	Male 110	M50 11	2:40:24	10'41"/km
140	212	Maria Alhais	Individual	Female 30	FSenior 11	3:17:12	13'08"/km
141	211	Laurinda Ribeiro	Individual	Female 31	F55 4	3:17:13	13'08"/km
142	133	Rui Antunes	Trilhos do Ceireiro - Associação E	Male 111	M45 24	3:18:14	13'12"/km
143	122	Carla Duarte	Team Contagante	Female 32	F50 6	3:18:14	13'12"/km