

VII Trail Trilhos do Ceireiro
Trail Longo

POS	Bib	Name	Team	Gender	PosG	Cat	PosC	Time	AVG
1	33	Jorge Filipe Loureiro	Runners Do Demo	Male	1	M40	1	1:57:52	4'42"/km
2	18	António Ferreira	Runners Do Demo	Male	2	M50	1	2:02:15	4'53"/km
3	42	José Manuel Gomes	Fox Running Team	Male	3	M45	1	2:09:41	5'11"/km
4	48	Jorge Amaral	TRAIL - Grupo Desportivo de Tran	Male	4	M45	2	2:12:28	5'17"/km
5	32	Davide Pacheco	DURIUS - ATLÉTICO CLUBE PESQU	Male	5	MSenior	1	2:13:11	5'19"/km
6	40	Bruno Bispo	Runners Do Demo	Male	6	M40	2	2:16:58	5'28"/km
7	21	Carlos Ferreira	Viseu 360	Male	7	M45	3	2:20:36	5'37"/km
8	16	Gérson Silva Faria	CLUBE DESPORTIVO DE LEOMIL	Male	8	M40	3	2:21:20	5'39"/km
9	3	Miguel Castro	TRAIL - Grupo Desportivo de Tran	Male	9	M50	2	2:23:43	5'44"/km
10	29	João Neto	Runners Do Demo	Male	10	M40	4	2:27:03	5'52"/km
11	12	Bruno Ramos Santos	Runners SERNANCELHE Terra da C	Male	11	MSenior	2	2:27:03	5'52"/km
12	35	Alcino	ALB LamegoBike	Male	12	M40	5	2:32:22	6'05"/km
13	7	Carlos Fernandes	CDC Macieira	Male	13	M50	3	2:32:30	6'06"/km
14	44	Bruno Alexandre Mor	Individual	Male	14	MSenior	3	2:37:33	6'18"/km
15	19	Paulo Silva	Endovelico Trail Team	Male	15	M50	4	2:38:14	6'19"/km
16	26	Rui Ferreira	Viseu 360	Male	16	M45	4	2:40:04	6'24"/km
17	27	José Aparício	Team Contagante	Male	17	M55	1	2:40:23	6'24"/km
18	10	Céu Nunes	CLUBE DESPORTIVO DE LEOMIL	Female	1	F50	1	2:42:29	6'29"/km
19	22	Sónia Gomes	Runners Do Demo	Female	2	FSenior	1	2:42:39	6'30"/km
20	24	Rui Carrito	Coimbra Trail Running	Male	18	MSenior	4	2:45:33	6'37"/km
21	36	Sergio Cunha	Individual	Male	19	M40	6	2:45:39	6'37"/km
22	47	João Menezes	Linces do marão	Male	20	MSenior	5	2:45:42	6'37"/km
23	25	Rodrigo Carvalho	AltoCanto	Male	21	M40	7	2:46:14	6'38"/km
24	38	Rui Borges	Floponor Team	Male	22	MSenior	6	2:46:52	6'40"/km
25	15	Philippe Silva	Individual	Male	23	M50	5	2:50:27	6'49"/km
26	31	Goreti Coelho	Esgalhada Trail Team	Female	3	F40	1	2:50:33	6'49"/km
27	14	José Luís Gomes Pinto	CLUBE DESPORTIVO DE LEOMIL	Male	24	M45	5	2:50:43	6'49"/km
28	13	Ana Sofia Lopes Jubil	CLUBE DESPORTIVO DE LEOMIL	Female	4	F40	2	2:55:06	7'00"/km
29	4	Telmo Cardoso	Bruxos e cavalgadas gostosas	Male	25	M45	6	3:00:37	7'13"/km
30	37	Miguel Fonseca	ADFA-Desportos de Natureza	Male	26	MSub23	1	3:03:29	7'20"/km
31	17	Pedro Barros	1LéguaD'Trail	Male	27	MSenior	7	3:05:28	7'25"/km
32	5	Pedro Jose Ribeiro Fr	Individual	Male	28	M40	8	3:06:19	7'27"/km
33	2	José Gonçalves	TEAM LANTEMIL	Male	29	M55	2	3:08:11	7'31"/km
34	46	Paula Cristina Correia	Individual	Female	5	F50	2	3:08:15	7'31"/km
35	9	Mario Paulo Castro	Individual	Male	30	M55	3	3:11:25	7'39"/km
36	39	Ines Amaral	Tombaminis Trail Team	Female	6	F50	3	3:16:24	7'51"/km
37	6	João Saraiva	GDM	Male	31	M55	4	3:19:09	7'57"/km
38	20	Rui Diogo Da Silva Ne	CLUBE DESPORTIVO DE LEOMIL	Male	32	MSenior	8	3:29:03	8'21"/km
39	11	Helder Amaral	Associação Beselguense	Male	33	M40	9	3:29:07	8'21"/km