

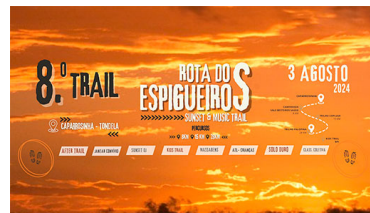
Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	681	Rui Figueiredo	Saca Trilhos Anadia	Male	1	MSenior	1	01:12:36	4'50"/km
2	631	Nelson Loureiro	OPraticante.pt	Male	2	M40	1	01:15:10	5'00"/km
3	793	José Madeira	Individual	Male	3	MSenior	2	01:18:44	5'14"/km
4	672	Emanuel Rocha	Gang da Pedra	Male	4	MSenior	3	01:20:30	5'22"/km
5	667	Luciano Pereira	Promessas do Atletismo	Male	5	M40	2	01:21:01	5'24"/km
6	720	Daniel Mendes	Saca Trilhos Anadia	Male	6	M40	3	01:21:20	5'25"/km
7	788	João Alves	Clube Desportivo de Tondela	Male	7	MSenior	4	01:21:43	5'26"/km
8	755	José Eduardo	Individual	Male	8	M40	4	01:21:53	5'27"/km
9	664	Sérgio Manito	Saca Trilhos Anadia	Male	9	M40	5	01:23:01	5'32"/km
10	536	Jorge Santos	Saca Trilhos Anadia	Male	10	M40	6	01:24:42	5'38"/km
11	675	Carlos Alves	Promessas do Atletismo	Male	11	M40	7	01:28:29	5'53"/km
12	677	Rafa Miranda	Promessas do Atletismo	Male	12	M40	8	01:28:29	5'53"/km
13	573	Norberto Loureiro	Linces do Marão	Male	13	MSenior	5	01:28:40	5'54"/km
14	562	António Almeida	Javalis do Dão	Male	14	M40	9	01:30:03	6'00"/km
15	564	Carlos Cunha	DCI/Trilhos Luso Bussaco	Male	15	M50	1	01:31:23	6'05"/km
16	533	Ricardo Ferreira	Javalis do Dão	Male	16	M40	10	01:32:17	6'09"/km
17	684	José Duarte	Individual	Male	17	M40	11	01:32:20	6'09"/km
18	696	André Coelho	Cunfil em Movimento	Male	18	MSenior	6	01:32:27	6'09"/km
19	644	Do Delio	Limoux Triathlon Club	Male	19	M40	12	01:32:38	6'10"/km
20	787	Carlos Ribeiro	Clube Desportivo de Tondela	Male	20	M40	13	01:33:53	6'15"/km
21	722	José Martins	Viriathvs Runners Viseu	Male	21	M50	2	01:34:06	6'16"/km
22	507	Nuno Gomes	Running4fun Team Viseu	Male	22	M40	14	01:34:10	6'16"/km
23	789	Rafael Pais	Clube Desportivo de Tondela	Male	23	MSenior	7	01:34:29	6'17"/km
24	748	João Cabral	Dão Nelas Runners	Male	24	MSenior	8	01:34:55	6'19"/km
25	746	Luís Manuel Lírio Morais	C. R. Ferreira de Aves	Male	25	M40	15	01:35:13	6'20"/km
26	723	Helder Marcolino	Individual	Male	26	MSenior	9	01:35:26	6'21"/km
27	615	Márcia Martins	DCI/Trilhos Luso Bussaco	Female	1	F40	1	01:35:31	6'22"/km
28	803	José Mari	Individual	Male	27	M50	3	01:36:59	6'27"/km
29	809	Tiago Ferreira	Fox Running Team	Male	28	MSenior	10	01:37:00	6'28"/km
30	571	Maurício Marques	Fitness Lafões Club	Male	29	MSenior	11	01:37:16	6'29"/km
31	819	Augusto Ferreira	Carcavelos Caravela Seguros	Male	30	M50	4	01:37:16	6'29"/km
32	700	João Dias	Individual	Male	31	MSenior	12	01:37:34	6'30"/km
33	648	António Pereira	Running4Fun Team Viseu	Male	32	M60	1	01:37:51	6'31"/km
34	697	Fábio Boto	Dão Nelas Runners	Male	33	MSenior	13	01:38:23	6'33"/km
35	747	Anabela Morais	C. R. Ferreira de Aves	Female	2	F40	2	01:39:04	6'36"/km
36	699	Fábio Cruz	Dão Nelas Runners	Male	34	MSenior	14	01:41:17	6'45"/km
37	556	Anabela Vinha	WalkandRun-WeRun	Female	3	F40	3	01:41:35	6'46"/km
38	558	João Regêncio	Individual	Male	35	MSenior	15	01:41:47	6'47"/km
39	733	Bruno Tracana	GDCR DAS LAJES	Male	36	M40	16	01:42:02	6'48"/km
40	782	Jorge Silva	Viseu Trail	Male	37	M60	2	01:42:25	6'49"/km
41	701	Luís Marques	Individual	Male	38	MSenior	16	01:43:10	6'52"/km
42	790	Sérgio Carvalho	Individual	Male	39	MSenior	17	01:43:24	6'53"/km
43	724	Carlos Cardoso	Individual	Male	40	M40	17	01:43:25	6'53"/km
44	774	Vasco	Os amantes do bagaço	Male	41	M50	5	01:44:19	6'57"/km
45	559	Mafalda Moniz	OCS - Arrábida Trail Team	Female	4	FSenior	1	01:44:29	6'58"/km
46	731	Daniel Matos	ADC Santa Isabel Trail & Running	Male	42	M40	18	01:45:08	7'00"/km
47	688	Alberto Marques	Espigueiros Runners - Caparrosinha	Male	43	M60	3	01:45:21	7'01"/km
48	555	Élio Oliveira	EU TU E A MONTANHA	Male	44	MSenior	18	01:45:57	7'03"/km
49	778	Gabriel Marques	Trail Runners Family	Male	45	MS23	1	01:46:30	7'06"/km
50	642	Jorge Pereira	SEGIMPRIMA RUNNING TEAM	Male	46	MSenior	19	01:46:35	7'06"/km
51	776	Joel Cunha	Promessas do Atletismo	Male	47	M40	19	01:46:57	7'07"/km
52	660	Rui Nogueira	Runners Do Demo	Male	48	M40	20	01:47:05	7'08"/km
53	584	João Santos	Associação os Vouzelenses	Male	49	M40	21	01:48:08	7'12"/km

8 Trail Rota dos Espigueiros

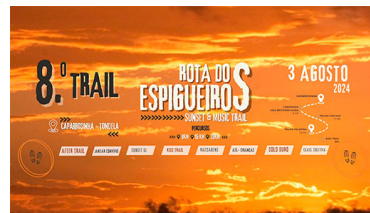
Trail Curto

03/8/2024

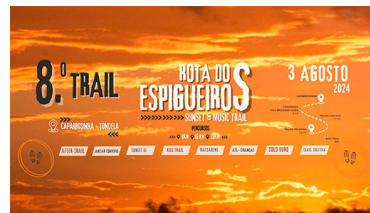
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Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
54	706	Helder Amaral	Associação Beselguense	Male	50	M40	22	01:48:18	7'13"/km
55	728	Ricardo Pereira	EV/PERALTAFIL	Male	51	MSenior	20	01:48:41	7'14"/km
56	680	João Portugal	Dura-F1 Raceteam	Male	52	M40	23	01:49:27	7'17"/km
57	797	Mateus Moura	ARC BARROCA	Male	53	MSenior	21	01:49:40	7'18"/km
58	698	Hugo Bastos	Individual	Male	54	MSenior	22	01:49:46	7'19"/km
59	676	Raquel Alves	Promessas do Atletismo	Female	5	FS23	1	01:49:48	7'19"/km
60	538	Tiago Estrafalhote	Gelcentro Team	Male	55	MSenior	23	01:50:23	7'21"/km
61	779	Fernando Marques	Trail Runners Family	Male	56	M40	24	01:50:55	7'23"/km
62	567	André Almeida	Individual	Male	57	MSenior	24	01:51:06	7'24"/km
63	537	Eugénio Santos	Gelcentro Team	Male	58	M40	25	01:51:08	7'24"/km
64	633	Alexandra Gomes	Fox Running Team	Female	6	F40	4	01:51:44	7'26"/km
65	714	Bruno	Gelcentro Team	Male	59	MSenior	25	01:51:46	7'27"/km
66	505	Daniel Silva	Individual	Male	60	MSenior	26	01:51:54	7'27"/km
67	522	Luis Reis	Running4Fun Team Viseu	Male	61	M50	6	01:52:09	7'28"/km
68	640	Pedro Castro	Individual	Male	62	M40	26	01:52:41	7'30"/km
69	641	Carina Rosa	Terrantêz Trail Team	Female	7	F40	5	01:52:52	7'31"/km
70	646	Liliane Amaral	Wolfpack TR	Female	8	FSenior	2	01:52:52	7'31"/km
71	551	Filomena Marques	BOTÃO CAMP	Female	9	F40	6	01:53:05	7'32"/km
72	552	Filipe Soto	BOTÃO CAMP	Male	63	M40	27	01:53:07	7'32"/km
73	511	Gaspar Araujo	GRC TELHADELA	Male	64	M50	7	01:53:13	7'32"/km
74	742	Alexandre Jerke	Dão Nelas Runners	Male	65	MSenior	27	01:53:57	7'35"/km
75	705	Rui Antunes	Trilhos do Ceireiro - Associação Beselguense / penedono	Male	66	M40	28	01:54:10	7'36"/km
76	1024	José Sousa	Associação de Atletismo Lebres do Sado	Male	67	M50	8	01:54:26	7'37"/km
77	572	Daniel Silva	Individual	Male	68	M40	29	01:55:01	7'40"/km
78	756	Lourenço D'oliveira	Viseu Running Team Train Hard	Male	69	MS23	2	01:56:55	7'47"/km
79	514	Tiago Oliveira	Individual	Male	70	MSenior	28	01:56:59	7'47"/km
80	616	João Martins	Aventureiros	Male	71	MSenior	29	01:57:01	7'48"/km
81	523	Miguel Resende	gr Contabilidade e Assessoria	Male	72	MSenior	30	01:58:11	7'52"/km
82	649	Ana Silvano	Correr Lisboa	Female	10	FSenior	3	01:58:29	7'53"/km
83	805	Albino Duarte	Individual	Male	73	M50	9	01:58:31	7'54"/km
84	651	Pedro Oliveira	Os americanos	Male	74	M40	30	01:59:07	7'56"/km
85	647	José Gonçalves	Wolfpack TR	Male	75	MSenior	31	01:59:11	7'56"/km
86	546	Carlos Rocha	Fitness Lafões Club	Male	76	M40	31	01:59:24	7'57"/km
87	580	Humberto Dias	Running4Fun Team Viseu	Male	77	M50	10	01:59:54	7'59"/km
88	745	António Rebelo	Trilhados - ACD Santiago	Male	78	M60	4	02:00:00	8'00"/km
89	825	Luis Duarte		Male	79	MSenior	32	02:00:47	8'03"/km
90	751	Bruno Figueiredo	Individual	Male	80	M40	32	02:00:57	8'03"/km
91	663	Teresa Pinho	Tainadas Run Team - Somengil	Female	11	FSenior	4	02:01:01	8'04"/km
92	759	Filipe Pereira	Santa Cruz Team	Male	81	M50	11	02:01:06	8'04"/km
93	738	Hugo Teixeira	Individual	Male	82	MSenior	33	02:01:13	8'04"/km
94	645	Ricardo Gonçalves	Wolfpack TR	Male	83	MSenior	34	02:01:21	8'05"/km
95	561	Paulo Costa	Individual	Male	84	M50	12	02:01:42	8'06"/km
96	662	Amaro Martins	SIGA TRILHOS	Male	85	M40	33	02:02:25	8'09"/km
97	786	Albertina Benjamim		Female	12	FSenior	5	02:02:55	8'11"/km
98	613	Carlos Subtil	Runners do demo	Male	86	M40	34	02:02:56	8'11"/km
99	612	Lucília Fernandes	Viriathvs Runners Viseu	Female	13	F40	7	02:02:59	8'11"/km
100	585	Raúl Sousa	DesNorteados	Male	87	M50	13	02:03:02	8'12"/km
101	795	Vítor Nogueira	Runners Do Demo	Male	88	M50	14	02:05:16	8'21"/km
102	579	Celina Dias	Running4Fun Team Viseu	Female	14	F50	1	02:05:33	8'22"/km
103	710	Pedro Coelho	Fresenius Kabi RUNNERS	Male	89	M40	35	02:05:42	8'22"/km
104	635	Joaquim Guerreiro	AA Lebres do Sado	Male	90	M50	15	02:06:00	8'24"/km
105	725	António Miranda	Associação Desportiva do Fundão	Male	91	M40	36	02:06:01	8'24"/km
106	694	Nuno Salvador	Dão Nelas Runners	Male	92	M40	37	02:06:31	8'26"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
107	568	Joaquim Pais		Male	93	M40	38	02:06:48	8'27"/km
108	784	Ana Monteiro	G.D.R. São Francisco da Serra	Female	15	F40	8	02:07:08	8'28"/km
109	687	Domingos Sousa	Individual	Male	94	M40	39	02:07:31	8'30"/km
110	575	Hugo Lopes Bastos	Running4Fun Team Viseu	Male	95	MSenior	35	02:07:54	8'31"/km
111	812	Pedro Quinto		Male	96	M40	40	02:08:07	8'32"/km
112	813	Carlos Lopes		Male	97	M50	16	02:08:12	8'32"/km
113	569	Ana Silva	ORTHIA	Female	16	F40	9	02:08:13	8'32"/km
114	504	Rita Gomes		Female	17	FSenior	6	02:08:14	8'32"/km
115	588	Pedro Ferreira	Tondela Runners	Male	98	M40	41	02:08:27	8'33"/km
116	530	Sérgio Silva	Individual	Male	99	M40	42	02:08:29	8'33"/km
117	814	Luis Machado	AGGVOUZELA	Male	100	MSenior	36	02:08:39	8'34"/km
118	557	Maria Fernandes	AGGVouzela	Female	18	F50	2	02:08:40	8'34"/km
119	721	Sérgio Pinto	Individual	Male	101	M50	17	02:09:21	8'37"/km
120	534	Ana Lopes	Saca Trilhos Anadia	Female	19	F40	10	02:09:22	8'37"/km
121	512	Joaquim Santos	Individual	Male	102	M60	5	02:10:03	8'40"/km
122	741	Bruno Casal	ARC BARROCA	Male	103	M40	43	02:10:17	8'41"/km
123	752	Raquel Mendes	Viseu Running Team Train Hard	Female	20	F50	3	02:10:28	8'41"/km
124	718	Luís Vidal	Individual	Male	104	M60	6	02:10:51	8'43"/km
125	583	Mario Fernandes	Individual	Male	105	M40	44	02:11:03	8'44"/km
126	637	Miguel Fonseca	Bombos S. Sebastião/ LusoPrint/ Casa Lourenço	Male	106	M50	18	02:11:37	8'46"/km
127	764	Agostinho Moreira	Nocturnos de Paredes	Male	107	M60	7	02:11:57	8'47"/km
128	685	Luciano Almeida	Squad Runners	Male	108	MSenior	37	02:11:58	8'47"/km
129	802	Maria Dias	Individual	Female	21	F50	4	02:12:03	8'48"/km
130	605	Sérgio Henriques	SEGIMPRIMA RUNNING TEAM	Male	109	MSenior	38	02:12:10	8'48"/km
131	554	Pedro Pereira	SEGIMPRIMA RUNNING TEAM	Male	110	MSenior	39	02:12:11	8'48"/km
132	766	Joana Costa	ORTHIA	Female	22	FSenior	7	02:12:16	8'49"/km
133	792	Rosa Mendes	Saca Trilhos Anadia	Female	23	F60	1	02:12:35	8'50"/km
134	794	José Mendes	Saca Trilhos Anadia	Male	111	M60	8	02:12:37	8'50"/km
135	621	Hugo Duarte	Fox Running Team	Male	112	M40	45	02:12:45	8'51"/km
136	686	Pedro Teixeira	Individual	Male	113	M40	46	02:13:00	8'52"/km
137	630	Bruno Pereira	S.M.M. ATLETISMO	Male	114	M40	47	02:13:00	8'52"/km
138	576	Ricardo Fonseca	Individual	Male	115	MSenior	40	02:14:21	8'57"/km
139	543	Sérgio Rodrigues	WISEU 360	Male	116	M60	9	02:14:33	8'58"/km
140	816	Jorge Rocha		Male	117	M40	48	02:14:34	8'58"/km
141	661	Isabel Madeira	ARCD Venda da Luísa	Female	24	F50	5	02:14:39	8'58"/km
142	520	Manuel Sousa	Individual	Male	118	M40	49	02:15:08	9'00"/km
143	513	Rosa Cerveira	Individual	Female	25	F50	6	02:15:14	9'00"/km
144	732	Moises	Runners Do Demo	Male	119	M40	50	02:15:21	9'01"/km
145	729	Lúcia Ferreira	Carregal do Sal Runners - Entre o Dão e o Mondego	Female	26	F40	11	02:16:10	9'04"/km
146	624	Joao Oliveira	Individual	Male	120	M40	51	02:17:15	9'09"/km
147	652	Eduardo Cardoso	Individual	Male	121	M50	19	02:17:15	9'09"/km
148	650	Vitor Pinto	Individual	Male	122	M50	20	02:17:16	9'09"/km
149	734	Elisabete Santos	Individual	Female	27	F40	12	02:17:16	9'09"/km
150	765	José Martins	Santa Cruz Team	Male	123	M50	21	02:17:46	9'11"/km
151	822	Tiago Rodrigues	Running4Fun Team Viseu	Male	124	MS23	3	02:17:46	9'11"/km
152	548	Sara Baptista	Running Espinho	Female	28	FSenior	8	02:18:05	9'12"/km
153	717	André Cruz	Individual	Male	125	MSenior	41	02:18:34	9'14"/km
154	600	Sónia Figueiredo	WISEU 360	Female	29	F40	13	02:18:43	9'14"/km
155	599	Ângelo Lourenço	WISEU 360	Male	126	M40	52	02:18:45	9'15"/km
156	798	Andre Jesus	Individual	Male	127	MSenior	42	02:19:01	9'16"/km
157	785	José Dionel	Dão Nelas Runners	Male	128	MSenior	43	02:19:11	9'16"/km
158	807	Cristina Meireles	Saca Trilhos Anadia	Female	30	F60	2	02:19:32	9'18"/km
159	527	Carla Gonçalves	Individual	Female	31	FSenior	9	02:19:33	9'18"/km



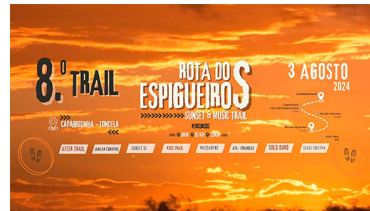
Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
160	594	Agostinho Pereira	Individual	Male	129	M50	22	02:19:33	9'18"/km
161	703	Alexandre Martins	Squad Runners	Male	130	MSenior	44	02:19:59	9'19"/km
162	666	Elvira Reis	S.M.M. ATLETISMO	Female	32	F60	3	02:20:07	9'20"/km
163	528	Luís Oliveira	Individual	Male	131	M40	53	02:20:22	9'21"/km
164	719	Sofia Simões	ARCD Venda da Luisa	Female	33	FSenior	10	02:20:25	9'21"/km
165	692	Nuno Ribeiro	Palopina	Male	132	M40	54	02:20:37	9'22"/km
166	563	Armando Machado	Fama Run	Male	133	M50	23	02:20:47	9'23"/km
167	727	Hélio Figueiredo	Individual	Male	134	M60	10	02:21:00	9'24"/km
168	781	Daniel Da Costa	Amigos das corridinhas	Male	135	MSenior	45	02:21:08	9'24"/km
169	590	Nuno Almeida	Os Convidados	Male	136	M40	55	02:21:32	9'26"/km
170	673	Ricardo Gomes	Kaninos Runners	Male	137	M40	56	02:21:35	9'26"/km
171	627	André Duarte	Squad Runners	Male	138	MSenior	46	02:21:38	9'26"/km
172	610	Jose Faro	Running4fun Team Viseu	Male	139	M50	24	02:21:38	9'26"/km
173	619	Edgar Figueiredo	Aventureiros	Male	140	M40	57	02:21:47	9'27"/km
174	592	Mónica Baptista	Team Contagiate	Female	34	F40	14	02:22:19	9'29"/km
175	817	Marisa Milheiro	Associação os Vouzelenses	Female	35	FSenior	11	02:22:20	9'29"/km
176	821	Ricardo Velhuco		Male	141	M40	58	02:22:22	9'29"/km
177	683	Patrícia Marques	Runners Sernancelhe Terra da Castanha	Female	36	FSenior	12	02:22:25	9'29"/km
178	783	Dimas Oliveira	ORTHIA	Male	142	M50	25	02:23:30	9'34"/km
179	730	Filipa Pereira	AGGVouzela	Female	37	FSenior	13	02:24:37	9'38"/km
180	777	Maria Marques	Trail Runners Family	Female	38	FS23	2	02:24:44	9'38"/km
181	540	Luana Valente	Tuga Mobile ADAP Trail	Female	39	FS23	3	02:24:51	9'39"/km
182	565	Teresa Ramos	Viseu 360	Female	40	F60	4	02:25:22	9'41"/km
183	760	Virgílio Lopes	Santa Cruz Team	Male	143	M60	11	02:25:46	9'43"/km
184	658	António Correia	Individual	Male	144	M50	26	02:25:47	9'43"/km
185	509	Joao Silva	CLUBE MILLENNIUM BCP	Male	145	M50	27	02:25:55	9'43"/km
186	636	Teresa Santo	Individual	Female	41	F50	7	02:26:22	9'45"/km
187	818	Guilhermina Oliveira	Associação os Vouzelenses	Female	42	F40	15	02:26:32	9'46"/km
188	591	José Silva	Individual	Male	146	M40	59	02:26:38	9'46"/km
189	769	Telma Machado	AGGVouzela	Female	43	FSenior	14	02:26:44	9'47"/km
190	726	Sofia Guerra	Individual	Female	44	F40	16	02:27:10	9'48"/km
191	566	Antonio Ramos	Viseu 360	Male	147	M60	12	02:28:04	9'52"/km
192	603	Marco Baptista	Tuga Mobile ADAP Trail	Male	148	M40	60	02:28:04	9'52"/km
193	542	Pedro Costa	ORTHIA	Male	149	M40	61	02:29:04	9'56"/km
194	768	Graciano Rodrigues	Individual	Male	150	M40	62	02:29:13	9'56"/km
195	743	Rui Querido	Individual	Male	151	MSenior	47	02:29:15	9'57"/km
196	539	Sandra Martins	Tuga Mobile ADAP Trail	Female	45	F40	17	02:29:20	9'57"/km
197	524	Ana Garcia	ORTHIA	Female	46	FSenior	15	02:29:36	9'58"/km
198	634	João Rodrigues	Tartarugas runners	Male	152	M40	63	02:30:03	10'00"/km
199	763	Jose Lopes	Individual	Male	153	M40	64	02:30:42	10'02"/km
200	617	Sara Martins	Aventureiros	Female	47	FSenior	16	02:31:20	10'05"/km
201	525	Cláudia Melo	ORTHIA	Female	48	F40	18	02:31:46	10'07"/km
202	541	Marisa Carvalho	ORTHIA	Female	49	F40	19	02:31:50	10'07"/km
203	771	Cidália	Porto Sentido Runners	Female	50	F40	20	02:33:36	10'14"/km
204	671	Rafael Bettencourt	Running4fun Team Viseu	Male	154	M40	65	02:33:36	10'14"/km
205	770	António Sousa	Porto Sentido Runners	Male	155	M50	28	02:33:37	10'14"/km
206	628	Dália Roma	C.D.C. Nave / Trail Runners	Female	51	F40	21	02:33:40	10'14"/km
207	775	Anabela Rodrigues	AGGVouzela	Female	52	F40	22	02:33:49	10'15"/km
208	739	Mafalda Ribeiro	Individual	Female	53	F40	23	02:33:55	10'15"/km
209	587	José Peres	Running4Fun Team Viseu	Male	156	M50	29	02:34:39	10'18"/km
210	586	Sílvia Coelho	Running4Fun Team Viseu	Female	54	F50	8	02:34:41	10'18"/km
211	553	José Achando	Individual	Male	157	MSenior	48	02:37:01	10'28"/km
212	550	Bruno Monteiro	Individual	Male	158	M40	66	02:37:01	10'28"/km

8 Trail Rota dos Espigueiros

Trail Curto

03/8/2024

15000



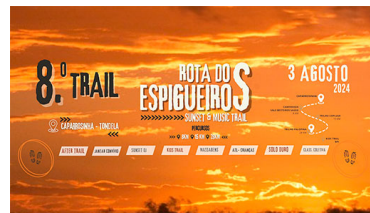
Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
213	668	João Ferreira	Runners Do Demo	Male	159	M40	67	02:37:18	10'29"/km
214	670	Isabel Loureiro	Runners Do Demo	Female	55	F40	24	02:37:19	10'29"/km
215	595	Fernando Costa	Viriathvs Runners Viseu	Male	160	M50	30	02:38:11	10'32"/km
216	589	Sara Cunha	Individual	Female	56	FSenior	17	02:38:12	10'32"/km
217	544	Rui Rocha	Fitness Lafões Club	Male	161	MSenior	49	02:38:58	10'35"/km
218	545	Ana Bragança	Fitness Lafões Club	Female	57	FSenior	18	02:39:00	10'36"/km
219	707	Aires Santos	Individual	Male	162	M40	68	02:39:03	10'36"/km
220	780	Susana Castro	Trail Runners Family	Female	58	F40	25	02:39:05	10'36"/km
221	695	Elisabete Salvador	Acupuntura Elisabete Salvador	Female	59	F40	26	02:39:22	10'37"/km
222	531	Sofia Neves	ORTHIA	Female	60	FSenior	19	02:39:29	10'37"/km
223	796	Tiago Pereira	Individual	Male	163	MSenior	50	02:39:42	10'38"/km
224	500	Susana Canhola		Female	61	F50	9	02:41:17	10'45"/km
225	501	Fernando Costa		Male	164	M50	31	02:41:20	10'45"/km
226	800	Nelson Sousa	Tartaruguinhas Team	Male	165	M40	69	02:42:11	10'48"/km
227	799	Solange Sousa	Tartaruguinhas Team	Female	62	F40	27	02:42:12	10'48"/km
228	758	Carlos Ribeiro	Individual	Male	166	M40	70	02:42:47	10'51"/km
229	744	Tiago Rodrigues	Runners Do Demo	Male	167	MS23	4	02:43:02	10'52"/km
230	547	Susana Gomes	Individual	Female	63	F40	28	02:44:40	10'58"/km
231	611	Paula Caçador	Patrulha Pata	Female	64	F50	10	02:44:46	10'59"/km
232	601	Carlos Pereira	Individual	Male	168	M50	32	02:44:48	10'59"/km
233	502	Dinis Esteves	ASDREQ	Male	169	M50	33	02:45:02	11'00"/km
234	503	Xavier Rodrigues	ASDREQ	Male	170	M40	71	02:45:03	11'00"/km
235	656	Maria Tomaz	Individual	Female	65	F40	29	02:45:26	11'01"/km
236	750	Mónica Figueiredo	Individual	Female	66	F40	30	02:45:42	11'02"/km
237	735	Clara Santos	Josefinas Runners	Female	67	F40	31	02:46:28	11'05"/km
238	659	Sofia Aguiar	Individual	Female	68	F50	11	02:46:40	11'06"/km
239	669	Graça Costa	Runners do demo	Female	69	F50	12	02:46:44	11'06"/km
240	639	Daniel Ferreira	Serotonina Team	Male	171	MSenior	51	02:48:27	11'13"/km
241	602	Josué Carvalho	Individual	Male	172	MSenior	52	02:48:27	11'13"/km
242	654	Madalena Ferreira	Individual	Female	70	F40	32	02:48:34	11'14"/km
243	801	Maria Barros	Individual	Female	71	F60	5	02:48:44	11'14"/km
244	578	Sofia Dias	Running4Fun Team Viseu	Female	72	FS23	4	02:50:01	11'20"/km
245	606	Daniela Ferreira	Running4Fun Team Viseu	Female	73	F40	33	02:50:01	11'20"/km
246	574	Raquel Caracitas	Running4Fun Team Viseu	Female	74	FSenior	20	02:50:01	11'20"/km
247	577	Beatriz Dias	Running4Fun Team Viseu	Female	75	FSenior	21	02:50:02	11'20"/km
248	598	Elisa Maia	Serotonina Team	Female	76	F40	34	02:50:43	11'22"/km
249	716	Marta Nunes	QUINTA JR CASA CAMPO	Female	77	F40	35	02:52:30	11'30"/km
250	715	Nuno Ribeiro	QUINTA JR CASA CAMPO	Male	173	MSenior	53	02:52:32	11'30"/km
251	604	Cristina Neto	Runners do demo	Female	78	F40	36	02:52:45	11'31"/km
252	521	Ana Varanda	Individual	Female	79	FSenior	22	02:52:49	11'31"/km
253	657	Maria Pinto	Grupo btt de Manteigas	Female	80	F50	13	02:54:35	11'38"/km
254	762	David Lima	AGGVOUZELA	Male	174	MSenior	54	02:55:23	11'41"/km
255	643	Catarina Loureiro	AGGVOUZELA	Female	81	FSenior	23	02:55:49	11'43"/km
256	618	Salette Oliveira	Aventureiros	Female	82	F40	37	02:56:49	11'47"/km
257	804	Raquel Rodrigues	AGGVOUZELA	Female	83	FS23	5	02:56:50	11'47"/km
258	754	Mauro Oliveira	Viseu Running Team Train Hard	Male	175	M40	72	02:57:01	11'48"/km
259	753	Sandra Mendes	Viseu Running Team Train Hard	Female	84	F40	38	02:57:03	11'48"/km
260	709	Carla Alves	Fresenius Kabi RUNNERS	Female	85	F40	39	02:57:06	11'48"/km
261	690	Nuno Ramalho	Individual	Male	176	M50	34	02:57:25	11'49"/km
262	704	Teresa Silva	Individual	Female	86	F50	14	02:57:28	11'49"/km
263	655	Mário Araújo	Individual	Male	177	M40	73	03:02:31	12'10"/km
264	593	Patrícia Coimbra	Serotonina Team	Female	87	FSenior	24	03:03:23	12'13"/km
265	757	Teresa Taveira		Female	88	F50	15	03:03:25	12'13"/km
266	581	Catarina Mota	Individual	Female	89	FSenior	25	03:03:42	12'14"/km

8 Trail Rota dos Espigueiros

Trail Curto

03/8/2024

15000



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
267	582	Ana Filipa	Individual	Female	90	FSenior	26	03:03:42	12'14"/km
268	736	Elisabete Santos	Josefinas Runners	Female	91	F50	16	03:04:20	12'17"/km
269	693	Nuno Ferreira	Palopina	Male	178	MSenior	55	03:06:14	12'24"/km
270	519	Cristina Filipe	Alverca Urban Runners	Female	92	F50	17	03:25:25	13'41"/km
271	815	Petra Sayanda	AGGVOUZELA	Female	93	FS23	6	03:25:26	13'41"/km
272	740	Carina Bexiga	Individual	Female	94	F40	40	03:25:27	13'41"/km
273	702	Paulo Claro	Individual	Male	179	M60	13	03:28:13	13'52"/km
274	607	Mariana Silva	Serotonina Team	Female	95	F40	41	03:33:36	14'14"/km
275	1008	Paula Batalha	CLUBE MILLENNIUM BCP	Female	96	F50	18	03:48:32	15'14"/km
276	1021	Maria Ribeiro	MILLENNIUM BCP	Female	97	F50	19	03:48:32	15'14"/km