



II Trail do Crasto



Classificação Geral

Trail Curto

17,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	254	Jorge Duarte	Runners do Demo	S	1	1:16:55.35	04:31	
2	291	Paulo Esteves	Dão Nelas Runners	S	2	1:17:21.27	04:33	0:00:26
3	304	carlos hugo Pacheco	Runners do Demo	M40	1	1:17:22.64	04:33	0:00:28
4	287	Pedro Carrilho	Clube Btt Quartzoz/ Centro Pneus a Recta	M40	2	1:20:18.28	04:43	0:03:23
5	319	Marco Silva	JAVALIS - Amizade & Glória	S	3	1:22:41.64	04:52	0:05:47
6	214	Alexandre Santos	JAVALIS - Amizade & Glória	S	4	1:23:26.21	04:54	0:06:31
7	307	João Cunha		S	5	1:30:12.00	05:18	0:13:17
8	197	Renato Amaral	BixosTrailTeam	M40	3	1:30:13.00	05:18	0:13:18
9	187	Carlos Alberto Dias Almeida	JAVALIS - Amizade & Glória	M40	4	1:30:18.42	05:19	0:13:23
10	312	Marco Campos	Viseu Running Team	S	6	1:30:22.62	05:19	0:13:28
11	266	Carlos Simões	ARSM - Associação Recreativa de S. Miç	M40	5	1:30:29.41	05:19	0:13:34
12	227	Tiago Carreira	Viriathvs Runners Viseu	S	7	1:30:31.51	05:20	0:13:37
13	355	Daniel Rodrigues	JAVALIS - Amizade & Glória	S	8	1:30:34.16	05:20	0:13:39
14	156	José Simões	ARSM - Associação Recreativa de S. Miç	M50	1	1:30:46.73	05:20	0:13:52
15	344	Paulo Costa	Viriathvs Runners Viseu	M50	2	1:30:48.28	05:20	0:13:53
16	183	André Leal		S	9	1:30:59.48	05:21	0:14:04
17	157	Pedro Miguel Ferreira Henriq	ARSM - Associação Recreativa de S. Miç	M40	6	1:31:14.65	05:22	0:14:20
18	210	Paulino Sousa	Industrial Desportivo Viegrense	M50	3	1:31:57.17	05:25	0:15:02
19	235	Nuno Nogueira	Espigueiros Runners Caparrosinha	S	10	1:32:09.57	05:25	0:15:15
20	178	Luís Júnior	Runners do Demo	S	11	1:33:27.35	05:30	0:16:32
21	277	Ricardo Gonçalves	Gonçalves Racing Team	S	12	1:36:31.73	05:41	0:19:37
22	188	Pedro Gomes	Esgalhada Trail Team	S	13	1:36:47.81	05:42	0:19:53
23	189	João Gomes	Esgalhada Trail Team	S	14	1:36:49.46	05:42	0:19:54
24	246	Bruno Bispo	Runners do Demo	S	15	1:36:53.99	05:42	0:19:59
25	172	José Gomes	Viseu Running Team	M40	7	1:37:03.17	05:43	0:20:08
26	329	Jose Fernandes	Runners do Demo	M40	8	1:37:20.29	05:44	0:20:25
27	316	Manuel Vieira	Viseu Running Team	M50	4	1:37:27.97	05:44	0:20:33
28	231	Vitor Ferreira	JAVALIS - Amizade & Glória	M40	9	1:37:30.21	05:44	0:20:35
29	212	Moises Rodrigues	Runners do Demo	M40	10	1:37:54.23	05:46	0:20:59
30	288	Jose Gouveia	Clube Btt Quartzoz/ Centro Pneus a Recta	M50	5	1:38:09.73	05:46	0:21:15
31	218	Eduardo Ferreira	Lamego Tribo Runners	M23	1	1:41:32.98	05:58	0:24:38
32	198	Jose Silva		M40	11	1:41:41.82	05:59	0:24:47
33	289	Daniel Lopes	ASDREQ	S	16	1:42:05.95	06:00	0:25:11
34	269	Luis Rodrigues		M40	12	1:42:06.00	06:00	0:25:11
35	205	Manuel Correia		S	17	1:44:19.57	06:08	0:27:25
36	321	José António Figueiredo Fons	Runners do Demo	S	18	1:44:30.27	06:09	0:27:35
37	339	Marco Pereira	Viriathvs Runners Viseu	S	19	1:44:33.70	06:09	0:27:39
38	192	Rafael Gomes	CUBATA TEAM	M40	13	1:44:34.15	06:09	0:27:39
39	215	Marcio Freitas	Dão Nelas Runners	S	20	1:45:00.50	06:11	0:28:06
40	177	António Leitao	MARCHA LENTA TEAM	M40	14	1:45:13.25	06:11	0:28:18
41	270	Miguel Saraiva	Team Contagiate®	S	21	1:45:35.73	06:13	0:28:41
42	276	António Carvalho	Lexvis-Comarca de Viseu	M50	6	1:45:38.42	06:13	0:28:43
43	191	João Paulo Marques	CUBATA TEAM	M40	15	1:45:44.15	06:13	0:28:49
44	357	Rafael Fonseca	Runners do Demo	M23	2	1:46:06.13	06:14	0:29:11
45	245	Eduardo Esteves	Viseu360	M40	16	1:46:09.62	06:15	0:29:15
46	317	Paulo Mendonça	Lexvis-Comarca de Viseu	M40	17	1:46:11.41	06:15	0:29:16
47	251	José Moreira	Dão Nelas Runners	S	22	1:46:14.00	06:15	0:29:19
48	242	Sérgio Silva		M40	18	1:46:15.32	06:15	0:29:20
49	336	Manuel Campos	Viriathvs Runners Viseu	M50	7	1:46:17.65	06:15	0:29:23
50	360	Nelson Amaral		S	23	1:46:19.89	06:15	0:29:25
51	224	Eduardo Ferreira	Runners do Demo	S	24	1:46:40.58	06:17	0:29:46
52	337	Pedro Lopes	Viriathvs Runners Viseu	S	25	1:46:45.39	06:17	0:29:50
53	268	Pedro Barbosa		S	26	1:46:49.11	06:17	0:29:54
54	341	Jorge Santos	Viriathvs Runners Viseu	M50	8	1:47:00.26	06:18	0:30:05
55	285	João Paulo Fernandes	SCPC - PEDALVA TEAM	M40	19	1:48:20.42	06:22	0:31:25



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56	219	Francisco Aguiar	Viseu 360	M50	9	1:48:27.51	06:23	0:31:33
57	237	José Pereira	Runners do Demo	M40	20	1:48:29.39	06:23	0:31:34
58	302	Luís Pedro	Runners do Demo	S	27	1:48:31.07	06:23	0:31:36
59	313	Sabina Marques	Viseu Running Team	SF	1	1:48:57.69	06:25	0:32:03
60	180	José Martins	MARCHA LENTA TEAM	M40	21	1:49:13.51	06:26	0:32:19
61	314	José Almeida	Viseu Running Team	S	28	1:49:15.34	06:26	0:32:20
62	162	Nuno Salvador	Dão Nelas Runners	M40	22	1:50:44.22	06:31	0:33:49
63	206	Salvador Pereira	GDR Granja - Trutas do Mau	M23	3	1:50:45.37	06:31	0:33:50
64	220	Pedro Miguel Paiva Seixas		S	29	1:51:30.75	06:34	0:34:36
65	330	Nuno Alves		S	30	1:51:36.34	06:34	0:34:41
66	208	António Ferreira		S	31	1:51:39.12	06:34	0:34:44
67	234	Luís Salvador	Runners do Demo	M50	10	1:51:45.51	06:34	0:34:51
68	310	António Rebelo	Viseu Running Team	M60	1	1:51:50.00	06:35	0:34:55
69	226	Jose Cardoso		M40	23	1:52:12.73	06:36	0:35:18
70	365	Tiago Ferreira	Viseu 360	S	32	1:52:30.65	06:37	0:35:36
71	315	José Ferreira	Viseu Running Team	M40	24	1:52:31.21	06:37	0:35:36
72	209	sandra costa	Viseu 360	F40	1	1:52:33.12	06:37	0:35:38
73	323	João Costa		S	33	1:52:57.23	06:39	0:36:02
74	282	JOAO SOARES	G D RIBEIRINHOS	M60	2	1:53:25.51	06:40	0:36:31
75	163	Nuno Barbosa		S	34	1:53:36.90	06:41	0:36:42
76	335	Paulo Barreiros	Viriathvs Runners Viseu	S	35	1:53:45.00	06:41	0:36:50
77	264	jorge andre coutinho pereira		S	36	1:53:45.17	06:41	0:36:50
78	362	Modesto Monteiro	CIA Alpendorada	M50	11	1:54:43.67	06:45	0:37:49
79	260	André Osório	ANDERS TEAM	M23	4	1:55:19.08	06:47	0:38:24
80	353	Daniel Duarte	Viseu Running Team	S	37	1:55:20.99	06:47	0:38:26
81	256	Marco Bastos		S	38	1:55:21.61	06:47	0:38:27
82	239	Jose Amaral	Bela Vista	M40	25	1:56:29.76	06:51	0:39:35
83	274	Miguel Almeida	Lexvis-Comarca de Viseu	M40	26	1:56:39.50	06:52	0:39:45
84	164	Paulo Jorge Correia Silva	Dão Nelas Runners	M40	27	1:56:40.56	06:52	0:39:46
85	238	Bruno Lopes	Viseu 360	S	39	1:56:52.17	06:52	0:39:57
86	236	Luis Rosa	Dão Nelas Runners	M40	28	1:57:09.30	06:53	0:40:14
87	199	Paula Cardoso	Viseu 360	F40	2	1:57:28.29	06:55	0:40:33
88	338	Victor Figueiredo	Viriathvs Runners Viseu	M40	29	1:57:29.76	06:55	0:40:35
89	299	João Carlos Marques	Lexvis-Comarca de Viseu	M50	12	1:58:30.93	06:58	0:41:36
90	320	Tiago RODRIGUES	Runners do Demo	M23	5	1:59:01.39	07:00	0:42:06
91	155	Manuel Neves	Lamego Tribo Runners	M60	3	1:59:17.83	07:01	0:42:23
92	232	João Fonseca	JAVALIS - Amizade & Glória	M50	13	1:59:18.87	07:01	0:42:24
93	204	Sérgio Pires	Runners do Demo	S	40	1:59:22.23	07:01	0:42:27
94	265	Roberto Graça	Cdef Aldeia de Santo António	S	41	1:59:29.49	07:02	0:42:34
95	278	Paulo Veiga	Runners do Demo	S	42	1:59:33.45	07:02	0:42:38
96	186	Carlos Subtil	Runners do Demo	S	43	1:59:34.05	07:02	0:42:39
97	176	Mário Rui da Santos	Oliveira do Hospital	M50	14	1:59:40.02	07:02	0:42:45
98	200	Artur Santos	Runners SERNANCELHE Terra da Casta	M40	30	1:59:45.44	07:03	0:42:50
99	228	Sónia Figueiredo	Viseu360	SF	2	1:59:45.88	07:03	0:42:51
100	326	Francisco Moreira	Runners SERNANCELHE Terra da Casta	S	44	1:59:46.00	07:03	0:42:51
101	272	Carlos Albuquerque	BluNel	S	45	2:00:05.76	07:04	0:43:11
102	244	Nuno Neves	SIGA	M40	31	2:00:35.80	07:06	0:43:41
103	223	Paulo Morgado	Viseu Running Team	M40	32	2:01:24.46	07:08	0:44:29
104	241	David Henrique Santos	Esgalhada Trail Team	S	46	2:01:30.58	07:09	0:44:36
105	252	José Silva	PSP VISEU RUNNERS	M50	15	2:02:35.00	07:13	0:45:40
106	301	Pedro Alves	Runners do Demo	M23	6	2:02:36.43	07:13	0:45:41
107	261	Norberto Gomes		S	47	2:03:46.27	07:17	0:46:51
108	181	Jorge Ferreira	Viriathvs Runners Viseu	M40	33	2:03:53.20	07:17	0:46:58
109	193	Vitinho Carvalho	BARRASCOS RUNNERS	S	48	2:04:25.03	07:19	0:47:30
110	303	Sandra Garrido	Horizonte Runners	SF	3	2:04:27.21	07:19	0:47:32
111	309	José Peres	Viseu Running Team	M50	16	2:06:09.58	07:25	0:49:15
112	364	Fernando Costa	Viriathvs Runners Viseu	M50	17	2:06:11.03	07:25	0:49:16
113	318	João Ferreira		M40	34	2:06:36.71	07:27	0:49:42
114	207	Sónia Lemos	GDR Granja - Trutas do Mau	SF	4	2:06:55.56	07:28	0:50:01



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115	221	jose manuel de sousa ferreira	Ribeirinhos	M50	18	2:06:59.95	07:28	0:50:05
116	363	Valter Andrade	Crossfit Viseu	S	49	2:07:13.49	07:29	0:50:18
117	283	Sérgio Xia		S	50	2:07:13.83	07:29	0:50:19
118	366	*****		S	51	2:07:45.26	07:31	0:50:50
119	308	Sílvia Coelho	Viseu Running Team	F40	3	2:07:52.27	07:31	0:50:57
120	202	Sónia Gomes	Runners do Demo	SF	5	2:08:03.93	07:32	0:51:09
121	367	*****		S	52	2:08:06.92	07:32	0:51:12
122	222	Vitor Correia	SIGA	S	53	2:10:22.64	07:40	0:53:28
123	243	Victor Salvador	Runners do Demo	S	54	2:10:24.22	07:40	0:53:29
124	175	Helena Melo	MARCHA LENTA TEAM	F40	4	2:10:43.16	07:41	0:53:48
125	290	Maria José Barbosa Silva Clar	SCPC - PEDALVA TEAM	SF	6	2:12:18.66	07:47	0:55:24
126	169	Jorge Coelho		M40	35	2:12:37.27	07:48	0:55:42
127	167	António Cabral		S	55	2:12:38.73	07:48	0:55:44
128	267	Mauro Silva	Vasconha BTT Vouzela	S	56	2:12:51.35	07:49	0:55:56
129	165	Rafael Lopes	Espigueiros Runners	S	57	2:15:27.11	07:58	0:58:32
130	333	Rui Fernandes	Runners do Demo	M40	36	2:15:27.83	07:58	0:58:33
131	343	Celina Almeida	Viriathvs Runners Viseu	F40	5	2:15:58.50	08:00	0:59:04
132	324	Carlos Lapin	Transpira Viseu Phaarmpeças	M50	19	2:15:59.85	08:00	0:59:05
133	247	João Paulo Coelho	TCI Team	S	58	2:17:09.29	08:04	1:00:14
134	300	Sandro Lapas	BXA	M40	37	2:17:59.64	08:07	1:01:05
135	297	Joaquim Cruz	BXA Team	M40	38	2:18:01.45	08:07	1:01:06
136	298	Tiago Lopes	BXA Team	M40	39	2:18:01.66	08:07	1:01:07
137	249	Dinis Martins		M40	40	2:18:23.74	08:08	1:01:29
138	306	Paulo Silva	Team Contagiante®	S	59	2:18:31.51	08:09	1:01:37
139	225	Francisca Sousa	Viseu 360	SF	7	2:18:36.97	08:09	1:01:42
140	255	Carina Bárto	BÁRTOLO SAÚDE by CLÍNICA FISIO	SF	8	2:18:58.19	08:10	1:02:03
141	233	Liane Carreira		SF	9	2:19:39.94	08:13	1:02:45
142	322	Manuel Vale	Viriathvs Runners Viseu	M50	20	2:19:58.07	08:14	1:03:03
143	352	Luis Loureiro	Viriathvs Runners Viseu	M40	41	2:20:33.93	08:16	1:03:39
144	170	José Duarte	Lamego Tribo Runners	M50	21	2:21:38.05	08:20	1:04:43
145	230	Paula raquel Gomes	Dão Nelas Runners	F40	6	2:22:39.79	08:24	1:05:45
146	168	Joaquim Ferreira		S	60	2:23:18.29	08:26	1:06:23
147	293	Fábio Cruz	Asa aldeia santo Antônio	S	61	2:23:18.77	08:26	1:06:24
148	296	Joaquim Santos	Lexvis-Comarca de Viseu	M40	42	2:23:45.30	08:27	1:06:50
149	195	Nuno Ribeiro	Viseu 360	S	62	2:23:52.70	08:28	1:06:58
150	196	Cristina Almeida	Viseu 360	F40	7	2:23:52.84	08:28	1:06:58
151	182	Elsa Miranda	MARCHA LENTA TEAM	SF	10	2:24:36.04	08:30	1:07:41
152	273	Herlander Marques	BluNel	M50	22	2:24:54.66	08:31	1:08:00
153	263	Paulo Sá	Viseu 360	M40	43	2:25:00.00	08:32	1:08:05
154	248	Hélio Cardoso	TCI Team	S	63	2:25:00.32	08:32	1:08:05
155	179	João Pereira		S	64	2:25:01.11	08:32	1:08:06
156	356	Sandra Oliveira	Viseu Trail	F40	8	2:25:15.38	08:33	1:08:20
157	213	Catarina Matos	Caparrosa, campo de besteiros	SF	11	2:25:15.88	08:33	1:08:21
158	359	ANTONIO RODRIGUES		M50	23	2:25:16.00	08:33	1:08:21
159	292	Alexandra Almeida		F40	9	2:25:16.88	08:33	1:08:22
160	190	Olga Baptista	MARCHA LENTA TEAM	F40	10	2:25:17.65	08:33	1:08:23
161	171	Rafael Barreto		M23	7	2:25:18.83	08:33	1:08:24
162	279	António Rodrigues	Os cansados	S	65	2:25:19.07	08:33	1:08:24
163	280	Luis Medeiros	Os cansados	S	66	2:25:21.63	08:33	1:08:27
164	284	Paula Maria Silva	SPORTING CLUBE REBOLEIRA E DA	F40	11	2:26:03.10	08:35	1:09:08
165	253	Paulo Almeida		M40	44	2:26:19.64	08:36	1:09:25
166	349	Rosa Correia	Viriathvs Runners Viseu	F40	12	2:26:46.32	08:38	1:09:51
167	345	Paula Tomás	Viriathvs Runners Viseu	F40	13	2:27:30.03	08:41	1:10:35
168	350	Francisca Correia	Viriathvs Runners Viseu	F23	1	2:27:31.92	08:41	1:10:37
169	203	Graça Costa	Runners do Demo	F50	1	2:27:57.58	08:42	1:11:03
170	201	Marco Coelho	Runners do Demo	M40	45	2:28:01.73	08:42	1:11:07
171	271	Sara Marques	BluNel	SF	12	2:30:41.63	08:52	1:13:47
172	250	Filomena Correia	PSP VISEU RUNNERS	F50	2	2:33:18.27	09:01	1:16:23
173	347	Regina Mendonça	Viriathvs Runners Viseu	F40	14	2:33:26.41	09:02	1:16:31



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174	351	José Dias	Viriathvs Runners Viseu	M40	46	2:33:29.14	09:02	1:16:34
175	348	Urbano Mendonça	Viriathvs Runners Viseu	M40	47	2:33:29.18	09:02	1:16:34
176	331	Sergio Lopes	Viseu Trail	M40	48	2:34:25.19	09:05	1:17:30
177	332	Anabela Baptista	Viseu Trail	SF	13	2:34:30.36	09:05	1:17:35
178	286	Manuel Cardoso		S	67	2:34:47.58	09:06	1:17:53
179	217	Paulo Santos	Lamego Tribo Runners	M40	49	2:38:41.12	09:20	1:21:46
180	173	Eduardo Luís	Lamego Tribo Runners	M40	50	2:38:41.93	09:20	1:21:47
181	325	Fatima Guedes	Team Contagiante®	SF	14	2:39:15.16	09:22	1:22:20
182	153	Liliana Teixeira	Lesmas & Caracóis	SF	15	2:39:16.52	09:22	1:22:22
183	328	Joana Monteiro	Fit Club Lafões Runners	F40	15	2:43:33.88	09:37	1:26:39
184	281	Nuno Miguel Lages Alexandr	Viseu	M40	51	2:46:40.00	09:48	1:29:45
185	185	Mónica Baptista		F40	16	2:46:40.20	09:48	1:29:45
186	161	Dulce Sousa	Viriathvs Runners Viseu	SF	16	2:46:53.01	09:49	1:29:58
187	160	Sandra Costa	Viriathvs Runners Viseu	F40	17	2:46:53.75	09:49	1:29:59
188	159	João Almeida	Viriathvs Runners Viseu	M50	24	2:46:54.29	09:49	1:29:59
189	194	Maria Coelho	Lamego Tribo Runners	F50	3	2:52:24.38	10:08	1:35:29
190	354	Lídia Francisco	Viseu Running Team	F50	4	3:08:01.18	11:04	1:51:06
191	158	Ana Gonçalves	Lamego Tribo Runners	F40	18	3:08:03.97	11:04	1:51:09
192	262	Rosa Maria Gomes	CUBATA TEAM	F50	5	3:24:02.11	12:15	02:07:23
193	229	Raquel Rocha		F40	19	3:30:15.97	12:22	2:13:21
194	257	Annie Carvalho	ANDERS TEAM	SF	17	3:46:26.66	13:19	2:29:32
195	259	Sandra Andrade	ANDERS TEAM	SF	18	3:46:27.23	13:19	2:29:32
196	258	Sandra Baptista	ANDERS TEAM	F40	20	3:49:47.62	13:31	2:32:53