



Soajo Trail 2019



Classificação Geral e por escalão

Classificação Geral

Trail Curto

18,00 Km.

Pos.	Dor. Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	1022 Marcelo Costa,	AMC TRAIL	TCSM	1	1:32:07.71	05:07	
2	1117 Losada,		TCSM	2	1:37:11.55	05:24	0:05:04
3	1204 Luís Silva,		TCM40	1	1:38:49.41	05:29	0:06:41
4	1206 ABEL FRANCO,		TCM40	2	1:41:03.14	05:37	0:08:55
5	1169 Helder Franco,	LETHES TRAIL TEAM	TCSM	3	1:42:01.19	05:40	0:09:53
6	1085 ADELINO AIRES,	Alexandra Carvalho Team	TCM40	3	1:43:45.85	05:46	0:11:38
7	1103 Ricardo Esteves,		TCSM	4	1:44:24.24	05:48	0:12:16
8	1114 Bruno Gonçalves,	AMC TRAIL	TCSM	5	1:45:09.92	05:51	0:13:02
9	1061 Dario Coelho,	DIVE - Into The Mountains	TCM40	4	1:47:26.34	05:58	0:15:18
10	1207 Telmo Dourado,		TCM40	5	1:48:05.27	06:00	0:15:57
11	1001 César Gonçalves,	AMC TRAIL	TCM40	6	1:51:43.13	06:12	0:19:35
12	1074 José Manuel Lopes,	Vidaativarunners	TCSM	6	1:54:05.17	06:20	0:21:57
13	1106 Pedro Pimenta,	EDL TRAIL	TCSM	7	1:55:06.13	06:24	0:22:58
14	1030 JOAO AFONSO,		TCM40	7	1:55:44.62	06:26	0:23:37
15	1179 Andre Sendao,	LETHES TRAIL TEAM	TCSM	8	1:57:03.03	06:30	0:24:55
16	1178 João Pereira,	Acra Running	TCSM	9	1:57:44.19	06:32	0:25:36
17	1166 Francisco Alves,	Cerveira Team Running	TCM40	8	1:58:10.99	06:34	0:26:03
18	1090 Rui Sousa,	TROGLODITAS RUNNERS	TCM40	9	1:58:54.42	06:36	0:26:46
19	1201 Vítor Sousa,		TCSM	10	1:59:06.27	06:37	0:26:58
20	1038 Perry Kito,	LION RUNNERS - G.D. Leões da Guar	TCM40	10	1:59:12.74	06:37	0:27:05
21	1111 Artur Gil,	PÉS CHUMBO RUNNERS	TCSM	11	2:00:08.79	06:40	0:28:01
22	42 José Parente,	AMC TRAIL	TCM50	1	2:01:12.98	06:44	0:29:05
23	1118 José Luís Valencia,	Alto do Picoto	TCM40	11	2:01:19.29	06:44	0:29:11
24	1011 Marco Dantas,		TCSM	12	2:01:26.97	06:45	0:29:19
25	1136 paulo costa,	ponte da barca, vade são pedro	TCSM	13	2:02:28.60	06:48	0:30:21
26	1072 Nuno Sendão,	LETHES TRAIL TEAM	TCM40	12	2:05:41.66	06:59	0:33:34
27	1168 António Fernandes,		TCSM	14	2:06:24.74	07:01	0:34:17
28	1205 Eusébio Ruas,		TCM50	2	2:06:43.16	07:02	0:34:35
29	1008 Jorge Esteves,	Correr por Monção	TCM40	13	2:06:50.10	07:03	0:34:42
30	1177 Susana Simões,	EDV-VIANATRIL	TCF40	1	2:06:54.44	07:03	0:34:46
31	1098 Abílio Fornelos,	TROGLODITAS RUNNERS	TCM40	14	2:06:58.89	07:03	0:34:51
32	1087 Hélder Costa,	Manu's therapy trail running	TCSM	15	2:07:04.69	07:04	0:34:57
33	1055 José Gonçalves,		TCM50	3	2:07:27.73	07:05	0:35:20
34	1040 Paulo Soares,	LETHES TRAIL TEAM	TCM40	15	2:08:13.50	07:07	0:36:06
35	1089 Christophe Rodrigues,	TROGLODITAS RUNNERS	TCSM	16	2:08:28.40	07:08	0:36:20
36	1116 Luis Antunes,		TCM40	16	2:08:31.27	07:08	0:36:23
37	1165 Lourenço Silva,		TCM40	17	2:08:33.41	07:09	0:36:25
38	1180 Marco Dias,	Padela Team Fisiofreixo	TCM40	18	2:08:40.89	07:09	0:36:33
39	1133 Luís Ferraz,	TEAM CARACOLETAS	TCSM	17	2:08:43.42	07:09	0:36:35
40	1129 Nelson Veloso,		TCSM	18	2:09:43.90	07:12	0:37:36
41	7 Manuel,	Ecobarcaventura	TCM40	19	2:10:20.18	07:14	0:38:12
42	1172 Gilbert Fernandes,	ALTO DO PICOTO	TCSM	19	2:10:29.33	07:15	0:38:21
43	1084 Ricardo Rego,	Alexandra Carvalho Team	TCSM	20	2:10:35.49	07:15	0:38:27
44	1122 Daniel Fernandes,	Águias de Alvelos	TCM40	20	2:10:38.04	07:15	0:38:30
45	1050 Mario Lima,	Avesrunners	TCSM	21	2:10:40.24	07:16	0:38:32
46	1202 Cidália Novais,		TCF40	2	2:11:19.18	07:18	0:39:11
47	1059 Sergio Fornelos,	Padela Natural Team - Fisiofreixo	TCM40	21	2:11:36.22	07:19	0:39:28
48	1203 Gilberto Fernandes,		TCSM	22	2:11:47.49	07:19	0:39:39
49	1162 Rui Castro,	Rinus Fafe	TCSM	23	2:11:48.63	07:19	0:39:41
50	1208 Albrto cunha,		TCM50	4	2:12:07.68	07:20	0:40:00
51	1105 Francisco,	Águias de Alvelos	TCSM	24	2:12:13.77	07:21	0:40:06



Soajo Trail 2019



52	1123	Arselio Masculino Remelhe,	barcelos	TCM40	22	2:12:21.81	07:21	0:40:14
53	23	Vera Fernandes,	Águias de alvelos	TCSF	1	2:12:22.86	07:21	0:40:15
54	1012	Leandro Freitas,	AMC TRAIL	TCM50	5	2:12:49.54	07:23	0:40:42
55	1060	Emanuela Perez,	Melgaço Alvarinho Trail	TCSF	2	2:12:57.00	07:23	0:40:49
56	1113	FANI,	CORNELIOS	TCF40	3	2:12:59.27	07:23	0:40:51
57	1128	Sandra Coutinho,	Ecobarcaventura	TCF40	4	2:13:10.00	07:24	0:41:02
58	1020	Eduardo Martins,	AMC TRAIL	TCM40	23	2:13:11.34	07:24	0:41:03
59	1025	Eduardo Coutada,	ADE TRAIL RUNNING	TCM40	24	2:13:49.21	07:26	0:41:41
60	1023	Bruno Antunes,		TCSM	25	2:14:42.59	07:29	0:42:35
61	1160	Joana Magalhães,	Fafe	TCSF	3	2:14:49.18	07:29	0:42:41
62	1127	Miguel Barros,	Trail Team Montaria	TCSM	26	2:15:13.19	07:31	0:43:05
63	1154	Isabel Cunha,	Cerveira Team Running	TCF40	5	2:15:37.86	07:32	0:43:30
64	1002	Jhou Ribeiro,	Manu's Therapy Trail Running	TCM40	25	2:16:47.24	07:36	0:44:39
65	1149	Paulo Marques,	ENEGE EPIS E BORDADOS	TCSM	27	2:16:50.23	07:36	0:44:42
66	1021	Jorge Lobo,		TCM50	6	2:17:36.97	07:39	0:45:29
67	1043	Pedro Sendão,	LETHES TRAIL TEAM	TCM40	26	2:17:53.75	07:40	0:45:46
68	1144	Rui Martins,	Martosa	TCSM	28	2:18:19.49	07:41	0:46:11
69	1009	Paulo Dias,	Individual	TCM50	7	2:18:53.53	07:43	0:46:46
70	1119	Miguel Lomba,		TCSM	29	2:19:51.78	07:46	0:47:44
71	1112	TONO,		TCM40	27	2:19:53.77	07:46	0:47:46
72	1161	Marisa Novais,	Rinus Fafe	TCF40	6	2:20:33.25	07:49	0:48:25
73	1069	Miguel Carvalho,	Vila Nova de Famalicão	TCSM	30	2:20:34.71	07:49	0:48:27
74	1016	Paulo Bastos,	AMC Trail	TCM40	28	2:20:37.63	07:49	0:48:30
75	1071	Miguel Silva,	Individual	TCSM	31	2:20:44.65	07:49	0:48:37
76	1115	Reyes Boveda Gonzalez,	CASTRO-TRAIL	TCF40	7	2:21:01.83	07:50	0:48:54
77	1086	Natália Pinto,	Manu's Therapy Trail Running	TCSF	4	2:21:13.41	07:51	0:49:05
78	1052	Fernando Alves,	Olímpico Vianense	TCSM	32	2:21:36.71	07:52	0:49:29
79	1018	Adosinda Maciel,	Alexandra Carvalho Team	TCF5	1	2:22:27.47	07:55	0:50:19
80	1130	Carlos Dias,		TCSM	33	2:22:30.84	07:55	0:50:23
81	1200	Bruno Eiras,		TCM40	29	2:23:01.56	07:57	0:50:54
82	1088	NUNO SANTOS,	DIVE - Into The Mountains	TCM40	30	2:23:04.16	07:57	0:50:56
83	1150	Diogo Pereira,	ENEGE EPIS E BORDADOS	TCSM	34	2:23:59.78	08:00	0:51:52
84	1035	Manuel Rodrigues,	Correr Leça	TCM50	8	2:24:33.41	08:02	0:52:25
85	1094	Ângela Fornelos,	TROGLODITAS RUNNERS	TCF40	8	2:25:35.56	08:05	0:53:28
86	1125	Bruno Pinheiro,	Trail Team Montaria	TCSM	35	2:26:23.04	08:08	0:54:15
87	1151	martinho Cunha,	Padela Natural	TCM50	9	2:26:27.65	08:08	0:54:20
88	1083	Paulo Reis,	Lobos do Monte	TCSM	36	2:26:40.94	08:09	0:54:33
89	1142	FRANCISCO BRANCO,	CAAV	TCSM	37	2:26:42.98	08:09	0:54:35
90	1092	Irene Silva,	TROGLODITAS RUNNERS	TCF40	9	2:27:40.90	08:12	0:55:33
91	1093	João Calheiros,	TROGLODITAS RUNNERS	TCSM	38	2:27:42.36	08:12	0:55:34
92	1010	Manuel Domingues,	Individual	TCM40	31	2:28:38.65	08:15	0:56:31
93	1013	Gonçalo Freitas,	AMC TRAIL	TCSM	39	2:29:31.34	08:18	0:57:23
94	1108	Vitor Martins,	ALEXANDRA CARVALHO TEAM	TCM40	32	2:30:06.88	08:20	0:57:59
95	1174	Miguel Pereira,	Alto do Picoto	TCM40	33	2:30:09.13	08:21	0:58:01
96	1034	Gustavo Taveira,		TCM40	34	2:31:16.14	08:24	0:59:08
97	1141	Manuel Sousa,		TCM50	10	2:31:26.90	08:25	0:59:19
98	1110	Juliana Pinheiral,	ADE Trail Running	TCSF	5	2:32:02.17	08:27	0:59:54
99	1182	Vitor Rodrigues,	Vila Nova De Famalicão	TCSM	40	2:32:17.56	08:28	1:00:10
100	1153	Pedro Oliveira,	Cerveira Team Running	TCSM	41	2:33:13.27	08:31	1:01:05
101	1080	Ricardo Esteves,	ALEXANDRA CARVALHO TEAM	TCSM	42	2:33:45.20	08:33	1:01:37
102	1120	Monica Carnero Perez,	CASTRO-TRAIL	TCF40	10	2:33:52.48	08:33	1:01:44
103	1183	Diogo Amorim,		TCSM	43	2:34:48.22	08:36	1:02:40
104	1184	Joana Amorim,		TCSF	6	2:34:49.54	08:36	1:02:42
105	1044	Pedro Justo,	G46 - Lavra Run	TCM40	35	2:35:36.52	08:39	1:03:29
106	1104	Susana Crasto,	Alexandra Carvalho TEAM	TCF40	11	2:36:59.32	08:43	1:04:51
107	1095	Maria Araújo,	TROGLODITAS RUNNERS	TCSF	7	2:37:15.91	08:44	1:05:08
108	1039	Pipoca,		TCM40	36	2:37:44.79	08:46	1:05:37
109	1032	Vitor Brito,		TCM40	37	2:37:47.45	08:46	1:05:39



Soajo Trail 2019



110	1173	Mónica Morais,	Alto do Picoto	TCSF	8	2:37:57.27	08:47	1:05:49
111	1048	Paula Guedes,	Leça do Balio	TCF40	12	2:38:00.56	08:47	1:05:53
112	1107	Miguel Tela,	TROGLODITAS RUNNERS	TCM40	38	2:38:01.42	08:47	1:05:53
113	1099	Ana Rita Fornelos,	TROGLODITAS RUNNERS	TCSF	9	2:38:55.99	08:50	1:06:48
114	1003	Manu Pinto,	Manu's Therapy Trail Running	TCSF	10	2:39:42.82	08:52	1:07:35
115	1058	JP,	"Grupo 46 ""Lavra Run"""	TCM50	11	2:40:08.90	08:54	1:08:01
116	1145	Joana Pereira,		TCSF	11	2:40:10.50	08:54	1:08:03
117	1155	Raphael Machado,		TCM40	39	2:40:22.64	08:55	1:08:15
118	1007	Francisco Lopes,	LavraRun 46	TCM40	40	2:42:34.20	09:02	1:10:26
119	1163	Miguel Couto,		TCM40	41	2:42:45.38	09:03	1:10:37
120	1176	MIGUEL COUTO,		TCF40	13	2:42:46.63	09:03	1:10:39
121	1148	Maciel Helder,	Trail Team Montaria	TCSM	44	2:43:19.75	09:04	1:11:12
122	1131	António Barbosa,		TCM50	12	2:43:24.00	09:05	1:11:16
123	1017	Daniel Gomes,	Individual	TCM40	42	2:43:39.61	09:06	1:11:32
124	1132	Pedro Costa,		TCSM	45	2:43:45.56	09:06	1:11:38
125	1170	Augusta Martins,	Acra Running	TCF40	14	2:43:47.91	09:06	1:11:40
126	1135	Paulo Silva,	Poster Digital	TCM40	43	2:43:52.78	09:06	1:11:45
127	1091	Arnaldo Torquato,	TROGLODITAS RUNNERS	TCM50	13	2:44:05.08	09:07	1:11:57
128	1079	Patricio Rodrigues,		TCM40	44	2:46:04.08	09:14	1:13:56
129	1054	Carlos Cerqueira,	Ecobarcaventura	TCM40	45	2:46:46.00	09:16	1:14:38
130	1124	Paulinha,	EcoBarcAventura	TCSF	12	2:46:47.76	09:16	1:14:40
131	1063	Fernanda,	Ecobarcaventura	TCF5	2	2:46:50.46	09:16	1:14:42
132	1121	Sandra Dantas,	TROGLODITAS RUNNERS	TCSF	13	2:48:35.06	09:22	1:16:27
133	1029	José Ferreira,		TCM50	14	2:53:05.46	09:37	1:20:57
134	1067	Oscar Sousa,	Olimpico Vianense Trail	TCSM	46	2:53:08.90	09:37	1:21:01
135	1068	Sara Sousa,	Olimpico Vianense Trail	TCSF	14	2:56:01.16	09:47	1:23:53
136	1066	Sónia Fernandes,	MILO THE CAT TEAM	TCSF	15	3:00:00.95	10:00	1:27:53
137	1065	Rui Peixoto,	MILO THE CAT TEAM	TCSM	47	3:00:01.59	10:00	1:27:54
138	1005	bruno silva,	viana do castelo	TCSM	48	3:00:21.68	10:01	1:28:14
139	1134	Cidália Barbosa,	Associação cerqueira team running	TCF5	3	3:00:25.42	10:01	1:28:17
140	1181	Miguel Henriques,	trail running.pt	TCM40	46	3:03:49.48	10:13	1:31:41
141	1126	André Barros,	Trail Team Montaria	TCSM	49	3:03:56.03	10:13	1:31:48
142	1076	Marcelo Moreira,		TCM40	47	3:04:08.60	10:14	1:32:01
143	1167	Carlos Esteves,		TCM50	15	3:04:44.53	10:16	1:32:37
144	1164	Filipe Brito,	Academia	TCM40	48	3:04:45.73	10:16	1:32:38
145	1057	ANA SOUSA,	maia	TCF5	4	3:05:31.79	10:18	1:33:24
146	1143	António Matos,	Trail Team Mtaria	TCM40	49	3:06:07.55	10:20	1:34:00
147	1171	Patrícia Rodrigues,	ALTO DO PICOTO	TCSF	16	3:06:56.68	10:23	1:34:49
148	1175	Isabel Silva,	Alto do Picoto	TCSF	17	3:07:01.23	10:23	1:34:53
149	1157	Jorge Sousa,	LETHES TRAIL TEAM	TCM50	16	3:09:37.99	10:32	1:37:30
150	1101	Manuel Carneiro,	Manu's Therapy Trail Running	TCM40	50	3:10:41.65	10:36	1:38:34
151	1097	Paula Araújo,	TROGLODITAS RUNNERS	TCSF	18	3:10:44.43	10:36	1:38:36
152	1100	Carla Pereira,	EDV-VIANATRIL	TCF40	15	3:11:00.35	10:37	1:38:52
153	1109	ANDREIA COSTA,	ALEXANDRA CARVALHO TEAM	TCF40	16	3:11:12.00	10:37	1:39:04
154	1158	Sammy Filipe,	Cerveira Team Running	TCSF	19	3:13:35.38	10:45	1:41:27
155	1146	Jacinta Correia,		TCSF	20	3:14:54.34	10:50	1:42:46
156	1147	Jorge Correia,		TCSM	50	3:14:56.84	10:50	1:42:49
157	1081	Luis Borlido,	viana do castelo	TCM40	51	3:15:04.81	10:50	1:42:57
158	1082	Céu Lopes,	viana do castelo	TCF40	17	3:15:07.85	10:50	1:43:00
159	1152	Afonso Pereira,	Grupo 46 Lavra Run	TCSM	51	3:18:50.36	11:03	1:46:42
160	1028	Pedro Pereira,	Grupo 46 Lavra run	TCM40	52	3:20:00.45	11:07	1:47:52
161	1056	Paulo Ferreira,	"Grupo 46 "" Lavra Run"""	TCM40	53	3:20:02.83	11:07	1:47:55
162	1042	Patrícia Martins,	Grupo 46 Lavra Run	TCF40	18	3:20:05.01	11:07	1:47:57
163	1073	Ana Rita Coelho,		TCSF	21	3:20:58.36	11:10	1:48:50
164	1140	Isabel Gonçalves,	Olímpico Vianense	TCF40	19	3:24:46.65	11:23	1:52:39
165	1051	Jose luis,	Espinho	TCM50	17	3:28:18.02	11:34	1:56:10
166	1053	Margarete Couto,	Afifense trail	TCSF	22	3:28:19.70	11:34	1:56:12
167	1049	CARLA,	CORRER LEÇA	TCF40	21	3:30:33.00	11:42	1:58:25



Soajo Trail 2019



168	1014	Miguel Barbosa,	Clube Efacec	TCM40	54	3:30:33.00	11:42	1:58:25
169	1027	Luis Loureiro,	Clube Efacec	TCM50	18	3:30:33.00	11:42	1:58:25
170	1078	Noemia Ferreira,	Olímpico vianense	TCSF	23	3:30:33.00	11:42	1:58:25
171	1062	Dina,		TCF40	20	3:30:33.00	11:42	1:58:25
172	1024	Sónia Mota,		TCF40	22	3:30:33.02	11:42	1:58:25
173	1000	Nuno Araujo,	TERRAS DO VEZ	TCM40	55	3:39:03.40	12:10	2:06:55
174	1138	Rosa rocha,	ponte da barca, vade são pedro	TCF40	23	3:39:07.10	12:10	2:06:59
175	1137	Lurdes rodrigues,	ponte da barca, vade são pedro	TCSM	52	3:39:08.80	12:10	2:07:01
176	1077	Vera Filipe,	Cerveira Team Running	TCSF	24	3:40:19.94	12:14	2:08:12
177	1159	Adelaide Filipe,	Cerveira Team Running	TCF5	5	3:40:21.34	12:15	2:08:13
178	1037	Sandra João,	Manu's Therapy Trail Running	TCSF	25	3:42:34.73	12:22	2:10:27
179	1036	David Costa,	Manu's Therapy Trail Running	TCM40	56	3:42:45.68	12:23	2:10:38

Classificação por escalão

Trail Curto

18,00 Km.

TCF5		Trail Curto F50					
Posto	Dorsal	Nome	Clube				Tempo
1		Adosinda Maciel,	Alexandra Carvalho Team				2:22:27
2		Fernanda,	Ecobaraventura				2:46:50
3		Cidália Barbosa,	Associação cerveira team running				3:00:25
4		ANA SOUSA,	maia				3:05:31
5		Adelaide Filipe,	Cerveira Team Running				3:40:21

TCM50		Trail Curto M50					
Posto	Dorsal	Nome	Clube				Tempo
1		José Parente,	AMC TRAIL				2:01:12
2		Eusébio Ruas,					2:06:43
3		José Gonçalves,					2:07:27
4		Albrto cunha,					2:12:07
5		Leandro Freitas,	AMC TRAIL				2:12:49
6		Jorge Lobo,					2:17:36
7		Paulo Dias,	Individual				2:18:53
8		Manuel Rodrigues,	Correr Leça				2:24:33
9		martinho Cunha,	Padela Natural				2:26:27
10		Manuel Sousa,					2:31:26
11		JP,	"Grupo 46 ""Lavra Run"""				2:40:08
12		António Barbosa,					2:43:24
13		Arnaldo Torquato,	TROGLODITAS RUNNERS				2:44:05
14		José Ferreira,					2:53:05
15		Carlos Esteves,					3:04:44
16		Jorge Sousa,	LETHES TRAIL TEAM				3:09:37
17		Jose luis,	Espinho				3:28:18
18		Luis Loureiro,	Clube Efacec				3:30:33

TCF40		Trail Curto F40					
Posto	Dorsal	Nome	Clube				Tempo
1		Susana Simões,	EDV-VIANATRIL				2:06:54
2		Cidália Novais,					2:11:19
3		FANI,	CORNELIOS				2:12:59
4		Sandra Coutinho,	Ecobaraventura				2:13:10
5		Isabel Cunha,	Cerveira Team Running				2:15:37
6		Marisa Novais,	Rinus Fafe				2:20:33



Soajo Trail 2019



7	Reyes Boveda Gonzalez,	CASTRO-TRAIL	2:21:01
8	Ângela Fornelos,	TROGLODITAS RUNNERS	2:25:35
9	Irene Silva,	TROGLODITAS RUNNERS	2:27:40
10	Monica Carnero Perez,	CASTRO-TRAIL	2:33:52
11	Susana Crasto,	Alexandra Carvalho TEAM	2:36:59
12	Paula Guedes,	Leça do Balio	2:38:00
13	MIGUEL COUTO,		2:42:46
14	Augusta Martins,	Acra Running	2:43:47
15	Carla Pereira,	EDV-VIANATRIL	3:11:00
16	ANDREIA COSTA,	ALEXANDRA CARVALHO TEAM	3:11:12
17	Céu Lopes,	viana do castelo	3:15:07
18	Patrícia Martins,	Grupo 46 Lavra Run	3:20:05
19	Isabel Gonçalves,	Olímpico Vianense	3:24:46
20	Dina,		3:30:33
21	CARLA,	CORRER LEÇA	3:30:33
22	Sónia Mota,		3:30:33
23	Rosa rocha,	ponte da barca, vade são pedro	3:39:07

TCM40		Trail Curto M40						
Posto	Dorsal	Nome	Clube				Tempo	
1		Luís Silva,					1:38:49	
2		ABEL FRANCO,					1:41:03	
3		ADELINO AIRES,	Alexandra Carvalho Team				1:43:45	
4		Dario Coelho,	DIVE - Into The Mountains				1:47:26	
5		Telmo Dourado,					1:48:05	
6		César Gonçalves,	AMC TRAIL				1:51:43	
7		JOAO AFONSO,					1:55:44	
8		Francisco Alves,	Cerveira Team Running				1:58:10	
9		Rui Sousa,	TROGLODITAS RUNNERS				1:58:54	
10		Perry Kito,	LION RUNNERS - G.D. Leões da Guarda				1:59:12	
11		José Luís Valencia,	Alto do Picoto				2:01:19	
12		Nuno Sendão,	LETHES TRAIL TEAM				2:05:41	
13		Jorge Esteves,	Correr por Monção				2:06:50	
14		Abílio Fornelos,	TROGLODITAS RUNNERS				2:06:58	
15		Paulo Soares,	LETHES TRAIL TEAM				2:08:13	
16		Luis Antunes,					2:08:31	
17		Lourenço Silva,					2:08:33	
18		Marco Dias,	Padela Team Fisiofreixo				2:08:40	
19		Manuel,	Ecobaraventura				2:10:20	
20		Daniel Fernandes,	Águias de Alvelos				2:10:38	
21		Sergio Fornelos,	Padela Natural Team - Fisiofreixo				2:11:36	
22		Arselio Masculino Remelhe,	barcelos				2:12:21	
23		Eduardo Martins,	AMC TRAIL				2:13:11	
24		Eduardo Coutada,	ADE TRAIL RUNNING				2:13:49	
25		Jhou Ribeiro,	Manu's Therapy Trail Running				2:16:47	
26		Pedro Sendão,	LETHES TRAIL TEAM				2:17:53	
27		TONO,					2:19:53	
28		Paulo Bastos,	AMC Trail				2:20:37	
29		Bruno Eiras,					2:23:01	
30		NUNO SANTOS,	DIVE - Into The Mountains				2:23:04	
31		Manuel Domingues,	Individual				2:28:38	
32		Vitor Martins,	ALEXANDRA CARVALHO TEAM				2:30:06	
33		Miguel Pereira,	Alto do Picoto				2:30:09	
34		Gustavo Taveira,					2:31:16	
35		Pedro Justo,	G46 - Lavra Run				2:35:36	
36		Pipoca,					2:37:44	
37		Vitor Brito,					2:37:47	



Soajo Trail 2019



38	Miguel Tela,	TROGLODITAS RUNNERS	2:38:01
39	Raphael Machado,		2:40:22
40	Francisco Lopes,	LavraRun 46	2:42:34
41	Miguel Couto,		2:42:45
42	Daniel Gomes,	Individual	2:43:39
43	Paulo Silva,	Poster Digital	2:43:52
44	Patricio Rodrigues,		2:46:04
45	Carlos Cerqueira,	Ecobaraventura	2:46:46
46	Miguel Henriques,	trail running.pt	3:03:49
47	Marcelo Moreira,		3:04:08
48	Filipe Brito,	Academia	3:04:45
49	António Matos,	Trail Team Mtaria	3:06:07
50	Manuel Carneiro,	Manu's Therapy Trail Running	3:10:41
51	Luis Borlido,	viana do castelo	3:15:04
52	Pedro Pereira,	Grupo 46 Lavra run	3:20:00
53	Paulo Ferreira,	"Grupo 46 "" Lavra Run """"	3:20:02
54	Miguel Barbosa,	Clube Efacec	3:30:33
55	Nuno Araujo,	TERRAS DO VEZ	3:39:03
56	David Costa,	Manu's Therapy Trail Running	3:42:45

TCSF		Trail Curto Sénior Fem					
Posto	Dorsal	Nome	Clube	**	***	Tempo	
1		Vera Fernandes,	Águias de alvelos			2:12:22	
2		Emanuela Perez,	Melgaço Alvarinho Trail			2:12:57	
3		Joana Magalhães,	Fafe			2:14:49	
4		Natália Pinto,	Manu's Therapy Trail Running			2:21:13	
5		Juliana Pinheiral,	ADE Trail Running			2:32:02	
6		Joana Amorim,				2:34:49	
7		Maria Araújo,	TROGLODITAS RUNNERS			2:37:15	
8		Mónica Morais,	Alto do Picoto			2:37:57	
9		Ana Rita Fornelos,	TROGLODITAS RUNNERS			2:38:55	
10		Manu Pinto,	Manu's Therapy Trail Running			2:39:42	
11		Joana Pereira,				2:40:10	
12		Paulinha,	EcoBarcAventura			2:46:47	
13		Sandra Dantas,	TROGLODITAS RUNNERS			2:48:35	
14		Sara Sousa,	Olimpico Vianense Trail			2:56:01	
15		Sónia Fernandes,	MILO THE CAT TEAM			3:00:00	
16		Patrícia Rodrigues,	ALTO DO PICOTO			3:06:56	
17		Isabel Silva,	Alto do Picoto			3:07:01	
18		Paula Araújo,	TROGLODITAS RUNNERS			3:10:44	
19		Sammy Filipe,	Cerveira Team Running			3:13:35	
20		Jacinta Correia,				3:14:54	
21		Ana Rita Coelho,				3:20:58	
22		Margarete Couto,	Afifense trail			3:28:19	
23		Noemia Ferreira,	Olímpico vianense			3:30:33	
24		Vera Filipe,	Cerveira Team Running			3:40:19	
25		Sandra João,	Manu's Therapy Trail Running			3:42:34	

TCSM		Trail Curto Sénior Masc					
Posto	Dorsal	Nome	Clube	**	***	Tempo	
1		Marcelo Costa,	AMC TRAIL			1:32:07	
2		Losada,				1:37:11	
3		Helder Franco,	LETHES TRAIL TEAM			1:42:01	
4		Ricardo Esteves,				1:44:24	
5		Bruno Gonçalves,	AMC TRAIL			1:45:09	



Soajo Trail 2019



6	José Manuel Lopes,	Vidaativarunners	1:54:05
7	Pedro Pimenta,	EDL TRAIL	1:55:06
8	Andre Sendao,	LETHES TRAIL TEAM	1:57:03
9	João Pereira,	Acra Running	1:57:44
10	Vitor Sousa,		1:59:06
11	Artur Gil,	PÉS CHUMBO RUNNERS	2:00:08
12	Marco Dantas,		2:01:26
13	paulo costa,	ponte da barca, vade são pedro	2:02:28
14	António Fernandes,		2:06:24
15	Hélder Costa,	Manu's therapy trail running	2:07:04
16	Christophe Rodrigues,	TROGLODITAS RUNNERS	2:08:28
17	Luís Ferraz,	TEAM CARACOLETAS	2:08:43
18	Nelson Veloso,		2:09:43
19	Gilbert Fernandes,	ALTO DO PICOTO	2:10:29
20	Ricardo Rego,	Alexandra Carvalho Team	2:10:35
21	Mario Lima,	Avesrunners	2:10:40
22	Gilberto Fernandes,		2:11:47
23	Rui Castro,	Rinus Fafe	2:11:48
24	Francisco,	Águias de Alvelos	2:12:13
25	Bruno Antunes,		2:14:42
26	Miguel Barros,	Trail Team Montaria	2:15:13
27	Paulo Marques,	ENEGE EPIS E BORDADOS	2:16:50
28	Rui Martins,	Martosa	2:18:19
29	Miguel Lomba,		2:19:51
30	Miguel Carvalho,	Vila Nova de Famalicão	2:20:34
31	Miguel Silva,	Individual	2:20:44
32	Fernando Alves,	Olímpico Vianense	2:21:36
33	Carlos Dias,		2:22:30
34	Diogo Pereira,	ENEGE EPIS E BORDADOS	2:23:59
35	Bruno Pinheiro,	Trail Team Montaria	2:26:23
36	Paulo Reis,	Lobos do Monte	2:26:40
37	FRANCISCO BRANCO,	CAAV	2:26:42
38	João Calheiros,	TROGLODITAS RUNNERS	2:27:42
39	Gonçalo Freitas,	AMC TRAIL	2:29:31
40	Vitor Rodrigues,	Vila Nova De Famalicão	2:32:17
41	Pedro Oliveira,	Cerveira Team Running	2:33:13
42	Ricardo Esteves,	ALEXANDRA CARVALHO TEAM	2:33:45
43	Diogo Amorim,		2:34:48
44	Maciel Helder,	Trail Team Montaria	2:43:19
45	Pedro Costa,		2:43:45
46	Oscar Sousa,	Olimpico Vianense Trail	2:53:08
47	Rui Peixoto,	MILO THE CAT TEAM	3:00:01
48	bruno silva,	viana do castelo	3:00:21
49	André Barros,	Trail Team Montaria	3:03:56
50	Jorge Correia,		3:14:56
51	Afonso Pereira,	Grupo 46 Lavra Run	3:18:50
52	Lurdes rodrigues,	ponte da barca, vade são pedro	3:39:08