



Soajo Trail 2019



Classificação Geral

Trail longo

28,00 Km.

Pos.	Dor. Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	24 Fico,	CASTRO-TRAIL	TLM40	1	2:44:21.12	05:52	
2	22 Marcos,	CASTRO-TRAIL	TLSM	1	2:44:24.25	05:52	0:00:03
3	29 Pablo,	Boavista Trail	TLSM	2	2:50:45.45	06:06	0:06:24
4	10 Telmo Veloso,	EDV-Viana Trail	TLM40	2	2:56:53.92	06:19	0:12:33
5	6 Nuno Guimarães,	Trogloditas Runners	TLSM	3	3:05:45.02	06:38	0:21:24
6	39 Amândio Antunes,	Afifense trail	TLM40	3	3:15:13.41	06:58	0:30:52
7	21 Fran Pascual,	CASTRO-TRAIL	TLSM	4	3:17:59.76	07:04	0:33:39
8	3 Ricardo Pereira,	RP studio/trail running school	TLSM	5	3:24:28.12	07:18	0:40:07
9	14 Filipe Alves,	EDL-TRAIL	TLSM	6	3:27:11.21	07:24	0:42:50
10	17 Luís Antunes,	Runnergados	TLSM	7	3:30:01.65	07:30	0:45:41
11	33 Rui Araújo,	SiM Summit	TLSM	8	3:35:47.53	07:42	0:51:27
12	20 David Losada Conde,	CASTRO-TRAIL	TLM40	4	3:37:15.15	07:46	0:52:54
13	11 Miguel Rêgo,	EcoBarcAventura	TLM40	5	3:38:51.52	07:49	0:54:31
14	19 Javier Fernández Gómez,	CASTRO-TRAIL	TLSM	9	3:39:33.78	07:50	0:55:13
15	30 Florêncio silva,	EcoBarcAventura	TLM40	6	3:41:52.57	07:55	0:57:32
16	15 Fausto Teixeira,	Lobos do monte	TLM40	7	3:59:40.28	08:34	1:15:19
17	16 Miguel pereira,	Lobos do monte	TLM40	8	3:59:42.18	08:34	1:15:21
18	35 Sara Ferreira,	Águias de alvelos	TLSF	1	4:00:08.91	08:35	1:15:48
19	25 Moni,	Castro-trail	TLF40	1	4:01:16.83	08:37	1:16:56
20	2 Valter Guedes,	Leça do Balio	TLM40	9	4:07:52.35	08:51	1:23:31
21	4 Alberto Guimaraes,	BeAPT	TLM40	10	4:07:53.10	08:51	1:23:32
22	27 Dorinda Sousa,	Trogloditas Runners	TLSF	2	4:11:13.14	08:58	1:26:52
23	12 Miguel Cruz,		TLSM	10	4:11:14.00	08:58	1:26:53
24	34 Rui Guimarães,		TLM40	11	4:13:31.33	09:03	1:29:10
25	28 Manuel Pereira,	EcoBarcAventura	TLM50	1	4:15:27.72	09:07	1:31:07
26	1 Sara soares,	Leça do Balio	TLSF	3	4:19:58.82	09:17	1:35:38
27	1156 Paulo Vilaverde,	EDV-Viana Trail	TLM40	12	4:25:13.04	09:28	1:40:52
28	18 Carlos Soares,	Olímpico Vianense	TLM50	2	4:25:29.83	09:29	1:41:09
29	1096 Marta Veloso,	Trogloditas Runners	TLF40	2	4:26:05.22	09:30	1:41:44
30	13 VT-Girls,	EDV-Viana Trail	TLF40	3	4:33:55.44	09:47	1:49:34
31	32 ana Miranda,	PONTE DE LIMA	TLF40	4	4:33:57.41	09:47	1:49:36
32	26 Maurício Sousa,	EcoBarcAventura	TLSM	11	5:04:01.99	10:51	2:19:41
33	8 Luisa Mota,		TLSF	4	5:05:08.03	10:54	2:20:47
34	9 Nuno Almeida,		TLSM	12	5:05:08.84	10:54	2:20:48
35	5 Solange Sousa,	Individual	TLSF	5	5:29:09.30	11:45	2:44:48
36	40 Sandra Arribança,		TLF40	5	5:48:07.00	12:26	3:03:46
37	37 Maria Fátima Silva Pinto,		TLF40	6	5:48:08.57	12:26	3:03:48
38	38 Vitor Hugo Rocha,		TLSM	13	5:48:09.97	12:26	3:03:49

Classificação por escalão

Trail longo

28,00 Km.

TLM50		Trail Longo M50				
Posto	Dorsal	Nome	Clube	Tempo		
1		Manuel Pereira,	EcoBarcAventura	4:15:27		
2		Carlos Soares,	Olímpico Vianense	4:25:29		

TLF40		Trail Longo F40				
Posto	Dorsal	Nome	Clube	Tempo		
1		Moni,	Castro-trail	4:01:16		
2		Marta Veloso,	Trogloditas Runners	4:26:05		

3	VT-Girls,	EDV-Viana Trail	4:33:55
4	ana Miranda,	PONTE DE LIMA	4:33:57
5	Sandra Arribança,		5:48:07
6	Maria Fátima Silva Pinto,		5:48:08

TLM40		Trail Longo M40			
Posto	Dorsal	Nome	Clube	Tempo	
1	Fico,	CASTRO-TRAIL	2:44:21		
2	Telmo Veloso,	EDV-Viana Trail	2:56:53		
3	Amândio Antunes,	Afifense trail	3:15:13		
4	David Losada Conde,	CASTRO-TRAIL	3:37:15		
5	Miguel Rêgo,	EcoBarcAventura	3:38:51		
6	Florêncio silva,	EcoBarcAventura	3:41:52		
7	Fausto Teixeira,	Lobos do monte	3:59:40		
8	Miguel pereira,	Lobos do monte	3:59:42		
9	Valter Guedes,	Leça do Balio	4:07:52		
10	Alberto Guimaraes,	BeAPT	4:07:53		
11	Rui Guimarães,		4:13:31		
12	Paulo Vilaverde,	EDV-Viana Trail	4:25:13		

TLSF		Trail Longo Sénior Fem.			
Posto	Dorsal	Nome	Clube	Tempo	
1	Sara Ferreira,	Águias de alvelos	4:00:08		
2	Dorinda Sousa,	Trogloditas Runners	4:11:13		
3	Sara soares,	Leça do Balio	4:19:58		
4	Luisa Mota,		5:05:08		
5	Solange Sousa,	Individual	5:29:09		

TLSM		Trail Longo Sénior Masc			
Posto	Dorsal	Nome	Clube	Tempo	
1	Marcos,	CASTRO-TRAIL	2:44:24		
2	Pablo,	Boavista Trail	2:50:45		
3	Nuno Guimarães,	Trogloditas Runners	3:05:45		
4	Fran Pascual,	CASTRO-TRAIL	3:17:59		
5	Ricardo Pereira,	RP studio/trail running school	3:24:28		
6	Filipe Alves,	EDL-TRAIL	3:27:11		
7	Luís Antunes,	Runnergados	3:30:01		
8	Rui Araújo,	SiM Summit	3:35:47		
9	Javier Fernández Gómez,	CASTRO-TRAIL	3:39:33		
10	Miguel Cruz,		4:11:14		
11	Maurício Sousa,	EcoBarcAventura	5:04:01		
12	Nuno Almeida,		5:05:08		
13	Vitor Hugo Rocha,		5:48:09		