



Trilhos Ocultos 2019



Geral Masculina Trail Curto

17,00 km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	327	Ruben Veloso	Academia Desportiva Arcos De Valdeve	S	1	1:40:03.83	10,19	
2	328	José Antonio Losada Mirand	TROGLODITAS RUNNERS	S	2	1:43:07.62	9,89	0:03:04
3	331	JOAO LUIS FERNANDES	Academia Desportiva Arcos De Valdevez	M40	1	1:47:57.54	9,45	0:07:54
4	350	Andre Sendao	LETHES TRAIL TEAM	S	3	1:54:47.92	8,89	0:14:44
5	321	Rui Sousa	TROGLODITAS RUNNERS	M40	2	1:58:05.20	8,64	0:18:01
6	370	Bruno Gonçalves	Academia Desportiva Arcos De Valdevez	S	4	1:58:10.79	8,63	0:18:07
7	406	Manuel Gonçalves	Fojo Trail Team	S	5	1:58:14.45	8,63	0:18:10
8	303	César Gonçalves	AMC TRAIL	M40	3	1:59:05.07	8,57	0:19:01
9	353	Paulo Ribeiro	EDV Viana trail	M40	4	2:01:42.38	8,38	0:21:38
10	352	Manuel Gomes	Academia Desportiva Arcos De Valdevez	M40	5	2:03:29.39	8,26	0:23:25
11	317	Carlos Taveira	TROGLODITAS RUNNERS	S	6	2:04:20.47	8,20	0:24:16
12	329	Marco Dantas		S	7	2:07:15.56	8,02	0:27:12
13	349	Luis Sá	LETHES TRAIL TEAM	M23	1	2:11:18.57	7,77	0:31:15
14	367	Carlos Pereira		S	8	2:12:47.21	7,68	0:32:43
15	379	Nelson Duarte Dantas Lobo		S	9	2:12:54.09	7,67	0:32:50
16	347	Alberto Cunha	Olimpico Vianense Trail	M50	1	2:14:15.23	7,60	0:34:11
17	374	Paula Costa	Academia Desportiva Arcos De Valdevez	SF	1	2:15:21.69	7,54	0:35:18
18	304	Abilio Fornelos	TROGLODITAS RUNNERS	M40	6	2:15:23.63	7,53	0:35:20
19	404	Flávio Pinto	Fojo Trail Team	S	10	2:16:26.21	7,48	0:36:22
20	311	Anabela Fernandes		SF	2	2:17:08.45	7,44	0:37:04
21	341	Carlos Dias		S	11	2:20:19.34	7,27	0:40:15
22	355	Mauricio Sousa	Ecobarcaventura	S	12	2:22:18.36	7,17	0:42:14
23	365	Nuno Manuel Fernandes Frei	Ecobarcaventura	S	13	2:22:21.94	7,17	0:42:18
24	323	Tony Do Souto		M40	7	2:26:28.56	6,96	0:46:25
25	306	Angela Fornelos	TROGLODITAS RUNNERS	F40	1	2:27:02.61	6,94	0:46:59
26	332	António Barreto		S	14	2:27:31.44	6,91	0:47:27
27	334	Nathalie afonso	Academia Desportiva Arcos De Valdeve	SF	3	2:30:36.65	6,77	0:50:33
28	342	Pedro Costa		M40	8	2:34:20.70	6,61	0:54:17
29	316	Arnaldo Torquato	TROGLODITAS RUNNERS	M50	2	2:37:06.49	6,49	0:57:02
30	315	Miguel Fernandes	TROGLODITAS RUNNERS	M40	9	2:37:09.78	6,49	0:57:06
31	369	António Santos		M50	3	2:37:43.36	6,47	0:57:39
32	381	Miguel Martins	Academia Desportiva Arcos De Valdevez	S	15	2:39:51.61	6,38	0:59:48
33	302	Vladmir Lenine	3D	S	16	2:40:56.44	6,34	1:00:52
34	301	André Rodrigues	3D	S	17	2:40:59.66	6,34	1:00:56
35	368	Xavier Santos		M23	2	2:41:03.16	6,33	1:00:59
36	405	José Gonçalves	Fojo Trail Team	M23	3	2:41:08.07	6,33	1:01:04
37	346	Cristina Matos	Ker Sport Trail Running	SF	4	2:45:52.81	6,15	1:05:49
38	318	Pedro Tiago Fernandes	TROGLODITAS RUNNERS	S	18	2:47:42.80	6,08	1:07:39
39	312	Catarina Amorim		SF	5	2:48:25.50	6,06	1:08:23
40	360	Carlos Cerqueira	Ecobarcaventura	M40	10	2:49:21.70	6,02	1:09:18
41	359	Fernanda Dias	Ecobarcaventura	F50	1	2:49:25.96	6,02	1:09:22
42	380	Sergio Pereira		S	19	2:53:58.67	5,86	1:13:55
43	409	Mariana Brito		F23	1	2:57:22.90	5,75	1:17:19
44	343	António Miguel Magalhães	Almostrunners	S	20	2:57:53.59	5,73	1:17:50
45	340	Ricardo Costa	Superbike	S	21	2:57:54.49	5,73	1:17:50
46	326	Carlos Duarte Paredes Monteiro		M40	11	2:58:26.81	5,72	1:18:23
47	333	Miguel Silva	Individual	S	22	3:01:18.94	5,63	1:21:15
48	305	Ana Rita Fornelos	TROGLODITAS RUNNERS	F23	2	3:02:02.49	5,60	1:21:58
49	403	Diogo Santos		M23	4	3:05:14.00	5,51	1:25:10
50	361	Ana Paula Afonso	Ecobarcaventura	SF	6	3:05:37.27	5,50	1:25:33
51	310	Sandra Dantas	TROGLODITAS RUNNERS	SF	7	3:05:56.85	5,49	1:25:53
52	400	Carina Reis	Desnível Positivo	F40	2	3:11:44.00	5,32	1:31:40
53	337	Fernando Afonso Vaz Crespo		M50	4	3:11:44.46	5,32	1:31:40
54	338	Mário Jorge Alves Gonçalves		S	23	3:11:48.98	5,32	1:31:45
55	358	Augusta Martins	Ecobarcaventura	F40	3	3:15:37.75	5,21	1:35:34



Trilhos Ocultos 2019



56	377	Carlos Esteves		M50	5	3:22:11.81	5,04	1:42:08
57	363	Alberta Centeno	Ecobarcaventura	F50	2	3:24:14.33	4,99	1:44:10
58	372	Joana Dias		F23	3	3:24:31.66	4,99	1:44:28
59	319	Fátima Barroso	TROGLODITAS RUNNERS	F40	4	3:28:29.31	4,89	1:48:25
60	371	Rosa Maria Lobo Macedo		F50	3	3:29:18.57	4,87	1:49:15
61	376	Filipe Brito	Academia	M40	12	3:30:02.44	4,86	1:49:58
62	364	Maria Clara Ferreira Maria C	Ecobarcaventura	F50	4	3:30:31.42	4,85	1:50:27
63	42	Elena Dominguez	C. O. VIANENSE TRAIL	F40	5	3:34:55.93	4,75	1:54:52
64	357	Teresa Neiva	Ecobarcaventura	F50	5	3:36:21.21	4,71	1:56:17
65	335	Isabel Gonçalves	Olimpico Vianense Trail	F40	6	3:38:25.72	4,67	1:58:22
66	339	Leonel Gonçalves	Trilhos Ocultos	M40	13	3:40:29.96	4,63	2:00:26
67	356	Vítor Rodrigues	Ecobarcaventura	M40	14	3:43:40.29	4,56	2:03:36
68	336	Marina Barreto		F40	7	3:44:03.08	4,55	2:03:59
69	354	Cidália Ribeiro	EDV Viana trail	F40	8	3:44:08.90	4,55	2:04:05
70	351	Susete Machado	TROGLODITAS RUNNERS	SF	8	3:48:32.95	4,46	2:08:29
71	408	Elisabete Lima	TROGLODITAS RUNNERS	SF	9	3:49:33.90	4,44	2:09:30
72	308	Paula Araújo	TROGLODITAS RUNNERS	SF	10	3:49:35.33	4,44	2:09:31
73	314	Judite Fernandes	TROGLODITAS RUNNERS	F40	9	4:05:04.91	4,16	2:25:01
74	330	Garcia Da Silva	Ecobarcaventura	M50	6	4:07:10.89	4,13	2:27:07
75	362	Artur Centeno Artur Centeno	Ecobarcaventura	M50	7	4:07:17.16	4,12	2:27:13
76	396	Cristiano Crujeira Lobo		M23	5	4:09:23.89	4,09	2:29:20
77	375	Hugo Lobo	Trilhos Ocultos	M23	6	4:09:25.47	4,09	2:29:21
78	401	Margarida Coutinho	TROGLODITAS RUNNERS	F23	4	4:17:18.77	3,96	2:37:15
79	402	Daniela Machado	TROGLODITAS RUNNERS	SF	11	4:17:19.63	3,96	2:37:16
80	325	Carla Góis		F40	10	4:33:36.61	3,73	2:53:33
81	324	Helena Salgueiro		F40	11	4:33:42.92	3,73	2:53:39