



Trilhos Ocultos 2019



Geral Trail Longo

30,00 km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	51	Marcos Fidalgo	Castro Trail	S	1	3:27:03.37	8,69	
2	36	Pablo Conde	Boavista Trail	M40	1	3:27:03.80	8,69	0:00:01
3	13	Joel Pereira	Minho e Lima Trail	S	2	3:35:53.44	8,34	0:08:50
4	35	Cástor Salgado	GMTA Chuvoners	M40	2	3:41:46.33	8,12	0:14:43
5	53	Carlos Sá		M40	3	3:56:10.32	7,62	0:29:07
6	54	Miguel Jaques	Olimpico Vianense Trail	S	3	4:09:51.17	7,20	0:42:48
7	19	Alfonso Costas Fernandez	C.A.R. MARISQUEIRO	M50	1	4:21:31.09	6,88	0:54:28
8	30	Florêncio Silva	Ecobarcaventura	M40	4	4:24:55.33	6,79	0:57:52
9	28	Nuno Paredinha Paredinha	Olimpico Vianense Trail	M40	5	4:25:00.67	6,79	0:57:58
10	21	Carla Pereira	Olimpico Vianense Trail	SF	1	4:25:03.70	6,79	0:58:01
11	27	Marcio Araujo	Neiva trail	S	4	4:37:29.48	6,49	1:10:26
12	15	Israel Castro	COUTADAS TRAIL TEAM	S	5	4:43:10.27	6,36	1:16:07
13	31	Domingos Dias	Ecobarcaventura	M40	6	4:53:14.18	6,14	1:26:11
14	3	Dorinda Sousa	TROGLODITAS RUNNERS	SF	2	5:03:17.88	5,94	1:36:15
15	50	Alfredo Sequeira		M50	2	5:05:44.28	5,89	1:38:41
16	23	António Rocha	MSS CONTABILIDADE TRAIL TEAM	M40	7	5:22:34.15	5,58	1:55:31
17	60	Marta Veloso	TROGLODITAS RUNNERS	F40	1	5:23:45.66	5,56	1:56:43
18	29	Manuel Pereira	Ecobarcaventura	M50	3	5:23:46.48	5,56	1:56:43
19	33	Miguel Silva	Fragoso Trail	S	6	5:23:47.60	5,56	1:56:45
20	37	TRINI PRIETO GONZALEZ	BOAVISTA TRAIL CLUB	F40	2	5:31:40.90	5,43	2:04:38
21	17	ANTONIO CABALLERO A	CLUB POLIDEPORTIVO OLIMPO	M40	8	5:34:51.95	5,38	2:07:49
22	32	Jose Costa		M50	4	5:36:44.30	5,35	2:09:41
23	11	Ivan Martinez Martin	C.A.R. MARISQUEIRO	S	7	5:44:24.90	5,23	2:17:22
24	10	Irene Silva	TROGLODITAS RUNNERS	F40	3	6:00:34.64	4,99	2:33:32
25	6	Tony Sa	Fragoso Trail	S	8	6:23:26.84	4,69	2:56:24
26	7	César Macedo	Fragoso Trail	M40	9	6:23:29.58	4,69	2:56:27
27	16	Francisco Javier Gomez Ariz	Club Polideportivo Olimpo	M40	10	6:47:49.09	4,41	3:20:46
28	4	Maria José Oliveira	TROGLODITAS RUNNERS	SF	3	6:48:23.33	4,41	3:21:20
29	18	Francisco Jose Magalhaes De Almeida		M50	5	6:49:11.46	4,40	3:22:08
30	26	Jose Gomez Chan	A. D. Jarnachas	M50	6	6:51:48.65	4,37	3:24:46
31	52	Celia Sampaio	Desnível Positivo	F40	4	7:07:17.04	4,21	3:40:14
32	2	Quim Sampaio	Desnível Positivo	M50	7	7:07:18.13	4,21	3:40:15