

## Classificação Geral

## Trail Longo

## 30,00 Km.

Pos.	Dor. Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	1121 Carlos Bárbara,	A. C. S. Mamede	SM-L	1	2:35:07.97	05:10	
2	1140 SERGIO CORREIA,	ZONA ALTA TRAIL	SM-L	2	2:36:36.56	05:13	0:01:29
3	1001 Luiz Mota,	CASA DO BENFICA EM ABRANTES	V40M-]	1	2:37:08.61	05:14	0:02:01
4	1138 JOÃO FERNANDES,	ZONA ALTA TRAIL	SM-L	3	2:43:08.92	05:26	0:08:01
5	1041 Bruno Pereira,		V40M-]	2	2:44:39.82	05:29	0:09:32
6	1093 Micael Costa,	Clube Desportivo de Espite	SM-L	4	2:47:03.23	05:34	0:11:55
7	1100 Luís Alexandre,	Trilhos dos Templários / XPORFIT	V40M-]	3	2:48:17.58	05:37	0:13:10
8	1141 MIGUEL RIBEIRO,	ZONA ALTA TRAIL	V40M-]	4	2:50:20.77	05:41	0:15:13
9	1153 Fernando Ferreira,	União FCI Tomar	SM-L	5	2:50:33.51	05:41	0:15:26
10	1137 ANDRÉ ROSÁRIO,	ZONA ALTA TRAIL	SM-L	6	2:51:35.29	05:43	0:16:27
11	1125 Fábio Mendes,	MONTANHA CLUBE TRAIL RUNNIN	SM-L	7	2:54:53.19	05:50	0:19:45
12	1091 Jose Rosario,	Porto de Mós a Correr	V40M-]	5	2:55:46.46	05:52	0:20:38
13	1072 José Narciso,	Casas do Ambiente Estruturas de Madeir	V40M-]	6	2:56:50.06	05:54	0:21:42
14	1105 Paulo Roque,	CASA DO BENFICA EM ABRANTES	V40M-]	7	2:56:51.50	05:54	0:21:43
15	1034 Alfredo Gaspar,	GRVilaverdense	SM-L	8	2:57:33.39	05:55	0:22:25
16	1126 Valter Vieira,	EKMA/JPR Motorsbike	SM-L	9	2:58:05.23	05:56	0:22:57
17	1101 Ricardo Mordomo,	Clube Desportivo de Espite	SM-L	10	3:00:33.14	06:01	0:25:25
18	1113 Nelson Lebre,	Trail Chicharo da Serra	V40M-]	8	3:01:08.18	06:02	0:26:00
19	1111 Francisco Gaio,	Caracol Trail Team	V50M-]	1	3:02:45.08	06:06	0:27:37
20	1120 Ricardo Carreira,	A. C. S. Mamede	SM-L	11	3:04:41.04	06:09	0:29:33
21	1075 Carlos Ferreira,	Caracol Trail Team	V40M-]	9	3:06:28.60	06:13	0:31:21
22	1095 José Mestre,	Clube de Atletismo Viana do Alentejo	SM-L	12	3:07:10.40	06:14	0:32:02
23	1127 Arlindo Ribeiro,	ARCD Venda da Luísa	V40M-]	10	3:07:14.09	06:14	0:32:06
24	1123 Helder Costa,	Porto de Mós a Correr	V40M-]	11	3:08:00.06	06:16	0:32:52
25	1103 Dinis Santos,	Clube Desportivo de Espite	SM-L	13	3:08:39.04	06:17	0:33:31
26	1102 ANTÓNIO SIMÕES,	Rx Runners	V40M-]	12	3:08:44.08	06:17	0:33:36
27	1096 Jose Manuel Marques Ferreira,	painho trail	V40M-]	13	3:09:10.34	06:18	0:34:02
28	1116 Emanuel Batista,	A. C. S. Mamede	V40M-]	14	3:10:33.31	06:21	0:35:25
29	1148 Eurico Silva,	vespinga saudavel / FET	SM-L	14	3:12:06.70	06:24	0:36:59
30	1032 Diogo Cunha,	RÓÓDINHAS-Santos Silva /OXYGEN-C	SM-L	15	3:14:18.58	06:29	0:39:11
31	1129 Jorge Vieira,	Porto de Mós a Correr	SM-L	16	3:15:38.24	06:31	0:40:30
32	1071 Diogo Silva,	CASA DO BENFICA EM ABRANTES	SM-L	17	3:16:11.41	06:32	0:41:03
33	1012 António Madeira,	Clube de Praças da Armada	V50M-]	2	3:16:31.12	06:33	0:41:23
34	1097 Ricardo Salgueiro,	COA / Corvus Trail Team	SM-L	18	3:17:00.45	06:34	0:41:52
35	1074 Joaquim da Teieira,	Caracol Trail Team	V60M-]	1	3:17:03.70	06:34	0:41:56
36	1084 Miguel Bértolo,	vespinga saudavel / FET	SM-L	19	3:17:20.46	06:35	0:42:12
37	1130 Idalina Marques,	CLAC Entroncamento/OndaTrilhos	F40-L	1	3:18:05.61	06:36	0:42:58
38	1070 Bruno Vilela,		V40M-]	15	3:18:07.47	06:36	0:42:59
39	1083 Joana Alves,	Caracol Trail Team	SF-L	1	3:20:28.70	06:41	0:45:21
40	1106 Fernando Homem,	C.A.S.P.A.(Clube Amador Só Para Atleti	V40M-]	16	3:20:40.93	06:41	0:45:33
41	1000 João Paulo Oliveira Nepomuc	Dá-lhe Gás team	V40M-]	17	3:22:02.71	06:44	0:46:55
42	1009 Leonel Campos,		V50M-]	3	3:22:11.86	06:44	0:47:04
43	1039 Amílcar Ramos,	GRVilaverdense	V40M-]	18	3:23:53.84	06:48	0:48:46
44	1026 Paulo Carvalho,	CDM running	V40M-]	19	3:24:37.80	06:49	0:49:30
45	1025 Miguel Ângelo Ferreira,	CDM Running	V40M-]	20	3:24:38.81	06:49	0:49:31
46	1004 Edgar Gomes,	SOURE MOV	SM-L	20	3:27:34.23	06:55	0:52:26
47	1150 MILTON BRANCO,	GIM RUNNING TEAM/ INÉRCIA	SM-L	21	3:27:52.51	06:56	0:52:45
48	1053 Helder Domingues Gante,		V50M-]	4	3:29:08.60	06:58	0:54:01
49	1134 Henrique Dias,	Caracol Trail Team	SM-L	22	3:29:32.35	06:59	0:54:24
50	1142 Miguel Costa,	Abrantes	SM-L	23	3:29:53.64	07:00	0:54:46
51	1023 Miguel Marques,	CA Barreira	V40M-]	21	3:30:49.49	07:02	0:55:41
52	1040 Rogério Horta,	COA / Corvus Trail Team	V40M-]	22	3:31:49.67	07:04	0:56:42
53	1082 Guilherme Ferreira David,	Meca - Alenquer	V50M-]	5	3:31:54.33	07:04	0:56:46
54	1007 José Fonseca,	União FCI de Tomar	V50M-]	6	3:32:09.57	07:04	0:57:02
55	1085 Rita Eusébio,	vespinga saudavel / FET	SF-L	2	3:32:30.44	07:05	0:57:22

56	<b>1089</b>	Délio Nunes,	vespinga saudavel / FET	V40M-]	23	<b>3:32:32.07</b>	07:05	0:57:24
57	<b>1065</b>	Carlos Palaio,	GRVilaverdense	V40M-]	24	<b>3:32:38.45</b>	07:05	0:57:30
58	<b>1076</b>	Tiago Esperança,		V40M-]	25	<b>3:33:25.42</b>	07:07	0:58:17
59	<b>1152</b>	Manuel Moreno,		V60M-]	2	<b>3:35:16.94</b>	07:11	1:00:09
60	<b>1077</b>	Bruno Branquinho,		SM-L	24	<b>3:35:54.85</b>	07:12	1:00:47
61	<b>1043</b>	Cristóvão Ginja,	M.R. Runners	V40M-]	26	<b>3:35:57.19</b>	07:12	1:00:49
62	<b>1115</b>	David Antunes,	A. C. S. Mamede	SM-L	25	<b>3:35:58.32</b>	07:12	1:00:50
63	<b>1005</b>	Mário Caridade,	COA / Corvus Trail Team	SM-L	26	<b>3:36:26.48</b>	07:13	1:01:18
64	<b>1122</b>	Filipa Casimiro,	A. C. S. Mamede	SF-L	3	<b>3:38:21.62</b>	07:17	1:03:14
65	<b>1035</b>	Diogo Gamito,	Salamandrecos	V50M-]	7	<b>3:38:26.67</b>	07:17	1:03:19
66	<b>1119</b>	Leonor Mota,	A. C. S. Mamede	F40-L	2	<b>3:42:25.86</b>	07:25	1:07:18
67	<b>1090</b>	Pedro Batista,		SM-L	27	<b>3:43:27.47</b>	07:27	1:08:19
68	<b>1019</b>	Paulo Manuel Costa,		V50M-]	8	<b>3:44:06.18</b>	07:28	1:08:58
69	<b>1058</b>	Paula Branco,	UNIÃO FCI TOMAR	F40-L	3	<b>3:44:31.92</b>	07:29	1:09:24
70	<b>1080</b>	Eurico Joao,	FreeRunners	SM-L	28	<b>3:44:40.99</b>	07:29	1:09:33
71	<b>1112</b>	Paulo Ferreira,	Porto de Mós a Correr	SM-L	29	<b>3:44:42.45</b>	07:29	1:09:34
72	<b>1038</b>	Faustino Matos,		V40M-]	27	<b>3:44:48.92</b>	07:30	1:09:41
73	<b>1029</b>	Luis Oliveira,	Grupo Desportivo da Parreira	V40M-]	28	<b>3:46:53.63</b>	07:34	1:11:46
74	<b>1145</b>	Cláudia Medeiros,	Boavista Trail	F50-L	1	<b>3:48:38.22</b>	07:37	1:13:30
75	<b>1143</b>	Carlos Martins,	Ases da Imperial	V40M-]	29	<b>3:49:18.42</b>	07:39	1:14:10
76	<b>1131</b>	Conceição Castanheira,	CLAC Entroncamento/OndaTrilhos	F50-L	2	<b>3:49:38.00</b>	07:39	1:14:30
77	<b>1124</b>	Margarida Nobre Nunes,	Porto de Mós a Correr	F40-L	4	<b>3:50:20.17</b>	07:41	1:15:12
78	<b>1086</b>	Dany Alexandre Ramos Grilo	GAU BAJOUCA	SM-L	30	<b>3:50:25.73</b>	07:41	1:15:18
79	<b>1094</b>	António Simões,		V40M-]	30	<b>3:51:58.73</b>	07:44	1:16:51
80	<b>1133</b>	Paula Falacho,		F40-L	5	<b>3:52:00.99</b>	07:44	1:16:53
81	<b>1018</b>	João Filipe Alves Martelo De	GRV	V40M-]	31	<b>3:52:23.41</b>	07:45	1:17:15
82	<b>1036</b>	Daniel Cavalheiro,		V40M-]	32	<b>3:52:48.69</b>	07:46	1:17:41
83	<b>1055</b>	paula oliveira,	GRV Trail	F40-L	6	<b>3:53:17.89</b>	07:47	1:18:10
84	<b>1081</b>	David Mendes,		V40M-]	33	<b>3:53:19.97</b>	07:47	1:18:12
85	<b>1132</b>	Pedro Carmo,	CLAC Entroncamento/OndaTrilhos	V40M-]	34	<b>3:53:22.80</b>	07:47	1:18:15
86	<b>1135</b>	Nelson Pereira,	CLAC Entroncamento/OndaTrilhos	V40M-]	35	<b>3:53:23.14</b>	07:47	1:18:15
87	<b>1128</b>	João Batista,	Gim Running Team	SM-L	31	<b>3:54:18.83</b>	07:49	1:19:11
88	<b>1099</b>	Nádia Afonso,	COA / Corvus Trail Team	SF-L	4	<b>3:55:36.00</b>	07:51	1:20:28
89	<b>1059</b>	Rafael Coelho,	CASA DO BENFICA EM ABRANTES	SM-L	32	<b>3:58:54.61</b>	07:58	1:23:47
90	<b>1092</b>	António Neto,	SNR	V40M-]	36	<b>3:58:57.27</b>	07:58	1:23:49
91	<b>1046</b>	Antonio Pereira Goncalves,	O MUNDO DA CORRIDA	V50M-]	9	<b>3:58:57.77</b>	07:58	1:23:50
92	<b>1037</b>	Ni Do,		F40-L	7	<b>4:03:29.17</b>	08:07	1:28:21
93	<b>1079</b>	Joao Lobato,		SM-L	33	<b>4:03:31.42</b>	08:07	1:28:23
94	<b>1087</b>	Hugo Faria,	vespinga saudavel / FET	V40M-]	37	<b>4:03:57.71</b>	08:08	1:28:50
95	<b>1015</b>	Olga caiado,	Arte dos trilhos	F40-L	8	<b>4:03:59.70</b>	08:08	1:28:52
96	<b>1147</b>	David Clemente,	Cuab	SM-L	34	<b>4:04:00.45</b>	08:08	1:28:52
97	<b>1117</b>	Gonçalo** Vieira,	A. C. S. Mamede	SM-L	35	<b>4:04:20.80</b>	08:09	1:29:13
98	<b>1118</b>	Hugo Carreira,	A. C. S. Mamede	SM-L	36	<b>4:04:21.77</b>	08:09	1:29:14
99	<b>1064</b>	Vitor Marques,		SM-L	37	<b>4:04:22.77</b>	08:09	1:29:15
100	<b>1051</b>	David Catela,	Associação Académica de Santarém	V50M-]	10	<b>4:04:45.24</b>	08:10	1:29:37
101	<b>1136</b>	ANA TOMÉ,	ZONA ALTA TRAIL	F40-L	9	<b>4:05:15.36</b>	08:11	1:30:07
102	<b>1107</b>	Luis Bartolomeu,	DESTRAVADOS	V40M-]	38	<b>4:06:16.51</b>	08:13	1:31:09
103	<b>1068</b>	Ricardo Manuel Apura,	Quenianos do Ribatejo	SM-L	38	<b>4:07:15.46</b>	08:15	1:32:07
104	<b>1024</b>	António Baptista,		V40M-]	39	<b>4:07:36.69</b>	08:15	1:32:29
105	<b>1054</b>	Augusto Sousa,	TEAM DIABRETE	V40M-]	40	<b>4:08:18.49</b>	08:17	1:33:10
106	<b>1104</b>	Lina Mateus,	CASA DO BENFICA EM ABRANTES	F40-L	10	<b>4:09:09.35</b>	08:18	1:34:01
107	<b>1078</b>	Nuno Barata,	COA / Corvus Trail Team	V40M-]	41	<b>4:10:11.43</b>	08:20	1:35:03
108	<b>1047</b>	Maria de Fátima Carvalho Mi	O MUNDO DA CORRIDA	F50-L	3	<b>4:11:10.62</b>	08:22	1:36:03
109	<b>1030</b>	Artur Oliveira,	COA / Corvus Trail Team	SM-L	39	<b>4:11:28.84</b>	08:23	1:36:21
110	<b>1088</b>	Diogo Leite,		V40M-]	42	<b>4:11:54.61</b>	08:24	1:36:47
111	<b>1033</b>	Emmanuel Domingos,		SM-L	40	<b>4:12:45.23</b>	08:26	1:37:37
112	<b>1048</b>	Sonia Neto,	Tomar Runners	SF-L	5	<b>4:14:46.87</b>	08:30	1:39:39
113	<b>1042</b>	Carlos Mendes,		V40M-]	43	<b>4:14:49.60</b>	08:30	1:39:42
114	<b>1151</b>	Manuel Moreno,		V60M-]	3	<b>4:15:37.99</b>	08:31	1:40:30

115	<b>1073</b>	André Alves,		SM-L	41	<b>4:16:47.56</b>	08:34	1:41:40
116	<b>1146</b>	Joel Jacinto,	GRUPO RECREATIVO VILAVERDEN	V40M-]	44	<b>4:19:10.57</b>	08:38	1:44:03
117	<b>1027</b>	Ricardo Pereira,	GRVilaverdense	SM-L	42	<b>4:19:10.57</b>	08:38	1:44:03
118	<b>1028</b>	Kevin Gaspar,	Dá-lhe Gás team	SM-L	43	<b>4:26:49.40</b>	08:54	1:51:41
119	<b>1045</b>	Benilde Santos,	M.R. Runners	F40-L	11	<b>4:31:48.10</b>	09:04	1:56:40
120	<b>1017</b>	Manuel Estevens,	GMCJamor	V50M-]	11	<b>4:32:06.67</b>	09:04	1:56:59
121	<b>1067</b>	Marco Monteiro,		V40M-]	45	<b>4:34:28.60</b>	09:09	1:59:21
122	<b>1062</b>	António Trindade,	CALMA - Tomar	V50M-]	12	<b>4:37:55.47</b>	09:16	2:02:47
123	<b>1063</b>	Carlos Eira,	CALMA - Tomar	V50M-]	13	<b>4:37:56.09</b>	09:16	2:02:48
124	<b>1066</b>	Miguel Vitorino,	Caracol Trail Team	V40M-]	46	<b>4:38:52.36</b>	09:18	2:03:44
125	<b>1031</b>	Raquel Oliveira,	Grupo Desportivo da Parreira	SF-L	6	<b>4:42:01.47</b>	09:24	2:06:53
126	<b>1057</b>	Manuela Pinto,	O MUNDO DA CORRIDA	F50-L	4	<b>4:54:41.97</b>	09:49	2:19:34
127	<b>1056</b>	José Simões,	O MUNDO DA CORRIDA	V50M-]	14	<b>4:54:42.29</b>	09:49	2:19:34
128	<b>1149</b>	João Ferreira,	GMCJamor	V40M-]	47	<b>5:05:39.31</b>	10:11	2:30:31
129	<b>1021</b>	Vitor Paulino,	GMCJamor	V40M-]	48	<b>5:05:42.66</b>	10:11	2:30:35
130	<b>1098</b>	Helena marques,	Os Tolinhos	F40-L	12	<b>5:07:31.52</b>	10:15	2:32:24
131	<b>1020</b>	Cristina Oliveira,	GMCJamor	F50-L	5	<b>5:47:44.00</b>	11:35	3:12:36
132	<b>1006</b>	Fernanda Tavares,	COA / Corvus Trail Team	SF-L	7	<b>5:56:55.00</b>	11:54	3:21:47