



1º Trail Running dos Moinhos

Data: 18 de Outubro de 2015

Localidade: Celorico de Basto

Organização: Motor Clube de Bastos

Cronometragem: Trilho Perdido Cronometragens

Classificação geral de Trail Curto

Pos.	Dorsal	Nome	Clube	Cat.	P. Cat.	Tempo	T/Km.	Dif.
1	252	Silva, Bruno	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	1	2:11:10.77	05:58	
2	347	Costa, Paulo	A.D.Amarante Trail Running	TC Mse	2	2:11:17.68	05:58	0:00:07
3	277	Alves, Nuno	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	3	2:20:43.54	06:24	0:09:33
4	350	Lemos, Francisco		TC M50	1	2:21:09.41	06:25	0:09:58
5	382	Coelho, Carlos	Fitnis	TC Mse	4	2:26:01.73	06:38	0:14:51
6	384	Miranda, Óscar	moreimoto	TC Mse	5	2:27:54.49	06:43	0:16:43
7	280	Seca, Albano	Fafe Runners	TC M40	1	2:31:32.15	06:53	0:20:21
8	369	Nogueira, Orlando	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC M40	2	2:33:31.53	06:59	0:22:21
9	260	Martins, Avelino	PETRO BASTO	TC M50	2	2:34:48.33	07:02	0:23:37
10	244	Neto, José	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	6	2:35:28.70	07:04	0:24:18
11	265	Brochado, Marco	Os Lobos Do Saibro	TC Mse	7	2:35:31.59	07:04	0:24:21
12	206	Fernandes, Rui	Fafe Runners	TC Mse	8	2:40:26.29	07:18	0:29:15
13	377	Chantre, Manuel	Entre os Montes	TC M40	3	2:40:50.29	07:19	0:29:39
14	258	Fernandes, Alipio	PETRO BASTO	TC M50	3	2:41:21.00	07:20	0:30:10
15	261	Campos, Jose	PETRO BASTO	TC M50	4	2:41:22.48	07:20	0:30:11
16	298	Pinto, João	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	9	2:42:40.20	07:24	0:31:29
17	221	Manuel, José	Fafe Runners	TC Mse	10	2:43:11.57	07:25	0:32:01
18	289	Ferreira, Pedro	Entre os Montes	TC Mse	11	2:43:31.09	07:26	0:32:20
19	245	Taborda, Fernando	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	12	2:44:20.96	07:28	0:33:10
20	322	Silva, Joel		TC Mse	13	2:47:06.74	07:36	0:35:56
21	237	Suzano, Sergio	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	14	2:47:21.63	07:36	0:36:11
22	248	Pereira, Miguel	velozes e furiosos	TC M40	4	2:47:26.43	07:37	0:36:15
23	381	Sousa, Paulo	Fitnis	TC Mse	15	2:47:31.75	07:37	0:36:21
24	242	Teixeira, Fausto		TC M40	5	2:47:48.18	07:38	0:36:37
25	358	Teixeira, Filipe		TC Mse	16	2:48:32.23	07:40	0:37:21
26	223	Cunha, António	Nós acreditamos	TC M50	5	2:49:00.19	07:41	0:37:49
27	202	Areias, Maria	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Fse	1	2:50:24.49	07:45	0:39:13
28	268	Martins, Paulo		TC M40	6	2:54:01.03	07:55	0:42:50
29	239	Loureiro, Rita	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Fse	2	2:54:16.01	07:55	0:43:05
30	330	Santos, José	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	17	2:54:23.71	07:56	0:43:13
31	363	Cunha, Marina	Fun Friends	TC Fse	3	2:56:17.32	08:01	0:45:06
32	288	Quinteira, Emídio	Entre os Montes	TC Mse	18	2:58:04.95	08:06	0:46:54
33	356	Angélico, Nuno	DOLCEFARMA	TC Mse	19	3:00:11.39	08:11	0:49:00
34	279	Aguiar, Alvaro		TC Mse	20	3:01:29.28	08:15	0:50:18
35	210	Ferreira, Nuno	Extreme Academy	TC Mse	21	3:01:34.98	08:15	0:50:24
36	228	Silva, Fábio	Nós acreditamos	TC Mse	22	3:02:36.07	08:18	0:51:25
37	309	Cunha, Eugenio		TC M40	7	3:02:41.21	08:18	0:51:30
38	329	Teixeira, Flávio	Twins Lixa	TC Mse	23	3:02:44.37	08:18	0:51:33
39	281	Gonçalves, Fernando	Fafe Runners	TC M50	6	3:03:19.78	08:20	0:52:09
40	319	Costa, Rui	G.D.TRAVASSÓS	TC Mse	24	3:03:21.03	08:20	0:52:10
41	208	Cordeiro, Filipe	Extreme Academy	TC Mse	25	3:04:42.56	08:24	0:53:32
42	333	Oliveira, António	Brabus Runners	TC Mse	26	3:04:44.89	08:24	0:53:34

43	351	Cardoso, Afonso		TC M60	1	3:04:47.92	08:24	0:53:37
44	233	Ferreira, Daniel	GD OS RIBEIRINHOS	TC Mse	27	3:05:03.36	08:25	0:53:52
45	246	Taborda, Mario	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	28	3:05:17.42	08:25	0:54:06
46	295	Dias, Ivo	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	29	3:05:34.61	08:26	0:54:24
47	318	Leite, Cesário	Brabus Runners	TC Mse	30	3:07:00.87	08:30	0:55:50
48	323	Mendes, Liliana		TC Fse	4	3:08:57.21	08:35	0:57:46
49	320	Borges, Rui		TC Mse	31	3:09:42.98	08:37	0:58:32
50	266	Castro, Vitor	Brabus Runners	TC Mse	32	3:09:54.00	08:38	0:58:43
51	256	Marques, Henrique		TC M40	8	3:10:10.98	08:39	0:59:00
52	259	Fernandes, Henrique	PETRO BASTO	TC Mse	33	3:10:12.76	08:39	0:59:02
53	324	Mendes, Tiago		TC Mse	34	3:10:17.45	08:39	0:59:06
54	389	Sousa, Filipe	Crossfit Matosinhos	TC Mse	35	3:10:23.72	08:39	0:59:13
55	366	Barbosa, Helena	Fun Friends	TC Fse	5	3:11:21.72	08:42	1:00:11
56	376	Neto, José	Entre os Montes	TC M50	7	3:11:45.12	08:43	1:00:34
57	285	Alves, Orlando	sem nome	TC M40	9	3:14:51.53	08:51	1:03:41
58	397	Lemos, Oscar	Individual	TC Mse	36	3:14:52.04	08:51	1:03:41
59	308	Teixeira, Alexandre		TC Mse	37	3:15:07.98	08:52	1:03:57
60	331	Cruz, José	Afonsinos	TC M40	10	3:16:36.24	08:56	1:05:25
61	334	Fernandes, Sérgio	Brabus Runners	TC Mse	38	3:16:37.32	08:56	1:05:26
62	267	Pontes, Pedro	GDR GRANJA - TRUTAS DO MAU	TC Mse	39	3:16:49.00	08:57	1:05:38
63	336	Macedo, João	Potentes!!!	TC Mse	40	3:17:12.38	08:58	1:06:01
64	290	Teixeira, António		TC M40	11	3:17:33.07	08:59	1:06:22
65	234	Nunes, Marco	trilhos do marão	TC Mse	41	3:17:51.42	09:00	1:06:40
66	262	Guedes, Paulino	PETRO BASTO	TC M60	2	3:17:56.74	09:00	1:06:46
67	207	Pinto, Rui	MSR	TC Mse	42	3:18:19.96	09:01	1:07:09
68	354	Viegas, Rui	Galhardos Runners	TC Mse	43	3:21:58.15	09:11	1:10:47
69	305	Meireles, Pedro	B.V.LIXA	TC Mse	44	3:22:33.35	09:12	1:11:22
70	238	Teixeira, Rui	Taludos_Lixa	TC Mse	45	3:22:37.16	09:13	1:11:26
71	373	Dias, Andre		TC Mse	46	3:22:39.31	09:13	1:11:28
72	321	Ribeiro, João		TC Mse	47	3:24:12.29	09:17	1:13:01
73	218	Cardoso, Simão		TC Mse	48	3:24:25.53	09:18	1:13:15
74	368	Lemos, Miguel	Villa de Basto Runners	TC Mse	49	3:24:27.84	09:18	1:13:17
75	327	Babo, André		TC Mse	50	3:24:39.43	09:18	1:13:28
76	349	Lemos, Carlos	Pinheiro	TC Mse	51	3:24:41.72	09:18	1:13:31
77	326	Lemos, Nuno		TC Mse	52	3:24:42.90	09:18	1:13:32
78	276	Savença, Tiago	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	53	3:25:26.57	09:20	1:14:16
79	297	Lopes, José		TC Mse	54	3:26:22.24	09:23	1:15:11
80	315	Ferreira, Jose	Os Sócios	TC Mse	55	3:27:12.58	09:25	1:16:02
81	316	Gomes, Sergio	Os Sócios	TC Mse	56	3:27:12.65	09:25	1:16:02
82	317	Martins, Daniel	Os Sócios	TC Mse	57	3:27:14.42	09:25	1:16:03
83	338	Silva, Hugo	Os potentes	TC Mse	58	3:28:34.63	09:29	1:17:24
84	370	Silva, José		TC M50	8	3:29:04.50	09:30	1:17:54
85	340	Sampaio, Manuel		TC M40	12	3:29:06.85	09:30	1:17:56
86	216	Gomes, Tiago	Extreme Academy	TC Mse	59	3:30:21.19	09:34	1:19:10
87	357	Saraiva, Alvaro		TC Mse	60	3:30:48.93	09:35	1:19:38
88	284	Alferes, Filipe	sem nome	TC M40	13	3:30:54.16	09:35	1:19:43
89	344	Moreira, Paulo		TC Mse	61	3:32:13.43	09:39	1:21:02
90	253	Paiva, Luís	Abutres	TC M40	14	3:32:50.51	09:40	1:21:40
91	227	Cardoso, Armando	Nós acreditamos	TC M40	15	3:33:42.01	09:43	1:22:31
92	254	Ribeiro, Adao		TC M40	16	3:38:05.09	09:55	1:26:54
93	282	Faria, Pedro		TC Mse	62	3:43:12.78	10:09	1:32:02
94	257	Pereira, Manuel		TC M40	17	3:43:28.24	10:09	1:32:17
95	348	Gonçalves, Pedro		TC Mse	63	3:45:25.16	10:15	1:34:14
96	393	Pinto, Gaspar	Crossfit Matosinhos	TC Mse	64	3:45:46.91	10:16	1:34:36
97	313	Freitas, Emanuel	Pura Forma	TC Mse	65	3:46:45.11	10:18	1:35:34
98	387	Freitas, Florianio	Pura Forma	TC Mse	66	3:46:53.54	10:19	1:35:43
99	304	Morais, David	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TC Mse	67	3:47:44.52	10:21	1:36:34
100	224	Silva, Fernando	Nós acreditamos	TC M40	18	3:48:32.70	10:23	1:37:22

101	352	Teixeira, Fábio	A.D.Amarante Trail Running	TC Mse	68	3:49:13.62	10:25	1:38:03
102	307	Quadros, Antonio	Geadas Running	TC M40	19	3:49:15.16	10:25	1:38:04
103	306	Cunha, Nuno	Geadas Running	TC Mse	69	3:49:24.79	10:26	1:38:14
104	232	Pimenta, Alexandra	Taludos_Lixa	TC Fse	6	3:49:59.01	10:27	1:38:48
105	249	Ferreira, André	Extreme Academy	TC Mse	70	3:50:56.14	10:30	1:39:45
106	341	Pinto, Eduarda		TC Fse	7	3:51:40.63	10:32	1:40:30
107	385	Magalhães, Ana	Bruno Ferreira - Fisioterapia	TC Fse	8	3:52:41.92	10:35	1:41:31
108	339	Silva, Sílvia	Os potentes	TC Fse	9	3:52:53.54	10:35	1:41:43
109	332	Dias, José	Afonsinos	TC M40	20	3:53:11.93	10:36	1:42:01
110	226	Pereira, Sandra	Nós acreditamos	TC Fse	10	3:53:55.63	10:38	1:42:45
111	235	Mendes, Pedro	Taludos_Lixa	TC Mse	71	3:54:39.85	10:40	1:43:29
112	250	Teixeira, José		TC Mse	72	3:55:10.68	10:41	1:44:00
113	269	Mendes, Rui		TC Mse	73	3:55:43.38	10:43	1:44:32
114	342	Pinto, Elisabete	Brabus Runners	TC Fse	11	3:55:45.35	10:43	1:44:34
115	380	Moura, Nuno	A.D.Amarante Trail Running	TC Mse	74	3:58:14.67	10:50	1:47:04
116	222	Oliveira, Lúcia	Nós acreditamos	TC F40	1	4:03:48.47	11:05	1:52:37
117	225	Carvalho, Ricardo	Nós acreditamos	TC Mse	75	4:04:03.07	11:06	1:52:52
118	255	Ferreira, Sofia		TC Fse	12	4:08:23.81	11:17	1:57:13
119	386	Portela, Daniel		TC Mse	76	4:08:56.42	11:19	1:57:45
120	231	Sousa, Joaquim		TC Mse	77	4:09:24.16	11:20	1:58:13
121	209	Marques, Hugo	Extreme Academy	TC Mse	78	4:10:39.85	11:24	1:59:29
122	375	Almeida, João	Extreme Academy	TC Mse	79	4:10:48.42	11:24	1:59:37
123	311	Dias, Filipe	Pura Forma	TC Mse	80	4:11:12.17	11:25	2:00:01
124	353	Silva, Francisco	A.D.Amarante Trail Running	TC Mse	81	4:15:50.38	11:38	2:04:39
125	219	Gomes, Daniel		TC M40	21	4:15:57.01	11:38	2:04:46
126	325	Leite, Vítor		TC Mse	82	4:16:21.83	11:39	2:05:11
127	299	Silva, Miguel	Brabus Runners	TC Mse	83	4:16:58.28	11:41	2:05:47
128	294	Dias, Fernando	30 Car!!!	TC Mse	84	4:19:14.96	11:47	2:08:04
129	293	Ferreira, Bruno	30 Car!!!	TC Mse	85	4:19:16.20	11:47	2:08:05
130	214	Mendonça, Rosa	GENEROSOS	TC Fse	13	4:22:36.24	11:56	2:11:25
131	211	Ferraz, Rodrigo	GENEROSOS	TC M40	22	4:22:38.61	11:56	2:11:28
132	213	Coelho, Claudia	GENEROSOS	TC Fse	14	4:22:41.96	11:56	2:11:31
133	292	Carvalho, Olga		TC Fse	15	4:31:22.71	12:20	2:20:12
134	364	Costa, Luis	Fun Friends	TC Mse	86	4:31:28.04	12:20	2:20:17
135	374	Pinheiro, Carlos		TC Mse	87	4:31:34.16	12:21	2:20:23
136	355	Ferreira, Feleciano		TC M40	23	4:31:40.20	12:21	2:20:29
137	395	Santos, Rui	Crossfit Matosinhos	TC Mse	88	4:39:32.32	12:42	2:28:21
138	390	Ferreira, Ofelia	Crossfit Matosinhos	TC Fse	16	4:39:44.02	12:43	2:28:33
139	394	Silva, Ana	Crossfit Matosinhos	TC Fse	17	4:40:01.31	12:44	2:28:50
140	241	Santos, Carlos		TC Mse	89	4:40:56.13	12:46	2:29:45
141	345	Oliveira, Mariana	Brabus Runners	TC Fse	18	4:41:25.53	12:48	2:30:15
142	236	Sousa, Sergio		TC Mse	90	4:41:34.85	12:48	2:30:24
143	335	Fernandes, Ângela	Brabus Runners	TC Fse	19	4:41:35.92	12:48	2:30:25
144	205	Tavares, António		TC Mse	91	4:55:10.96	13:25	2:44:00
145	300	Vieira, Joana	Brabus Runners	TC Fse	20	4:55:38.48	13:26	2:44:27
146	243	Almeida, Helena	Not Run Alone	TC Fse	21	4:56:17.03	13:28	2:45:06
147	271	Dias, Hélia		TC Fse	22	4:56:28.00	13:29	2:45:17
148	270	Dias, Miguel		TC Mse	92	4:56:28.49	13:29	2:45:17
149	383	Ribeiro, Cláudia		TC Fse	23	5:00:12.10	13:39	2:49:01
150	314	Faria, Silvia		TC Fse	24	5:03:38.99	13:48	2:52:28
151	372	Pinto, Susana	Brabus Runners	TC Fse	25	5:16:06.60	14:22	3:04:56
152	301	Vieira, Paulo	Brabus Runners	TC Mse	93	5:16:08.53	14:22	3:04:58
153	204	Alves, Maria		TC Fse	26	5:16:09.56	14:22	3:04:59
154	203	Saro, Carla		TC F40	2	5:16:11.68	14:22	3:05:01
155	217	Silva, Ana		TC Fse	27	5:16:35.95	14:23	3:05:25
156	396	Silva, Ana	Crossfit Matosinhos	TC F40	3	5:17:09.46	14:25	3:05:58
157	391	Freitas, Maria	Crossfit Matosinhos	TC Fse	28	5:17:32.12	14:26	3:06:21
158	392	Osório, Rogério	Crossfit Matosinhos	TC Mse	94	5:17:37.78	14:26	3:06:27

159	303	Sá, Ivo	Crossfit Matosinhos	TC Mse	95	5:17:39.33	14:26	3:06:28
160	278	Sousa, Vera		TC Fse	29	5:17:42.26	14:26	3:06:31
161	273	Lima, Anabela		TC F40	4	5:19:03.88	14:30	3:07:53
162	296	Santos, Nuno		TC Mse	96	5:29:28.48	14:59	3:18:17
163	361	Sampaio, Diana	Fun Friends	TC Fse	30	5:35:46.34	15:16	3:24:35
164	362	Faria, Ricardo	Fun Friends	TC Mse	97	5:35:46.80	15:16	3:24:36
165	365	Leite, Mario	Fun Friends	TC Mse	98	5:38:11.03	15:22	3:27:00

Classificação geral de Trail Longo

Pos.	Dorsal	Nome	Clube	Cat.	P. Cat.	Tempo	T/Km.	Dif.
1	114	Ribeiro, Seninho	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TL Mse	1	3:33:20.00	07:21	
2	119	Costa, Vitor	A.D.Amarante Trail Running	TL Mse	2	3:35:20.75	07:26	0:02:01
3	106	Moreira, Belmiro	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TL Mse	3	3:35:21.00	07:26	0:02:01
4	117	Pereira, José	A.D.Amarante Trail Running	TL Mse	4	3:53:17.14	08:03	0:19:57
5	107	Oliveira, Jose	PETRO BASTO	TL M50	1	3:55:54.81	08:08	0:22:35
6	111	Ribeiro, Inácio	grandes feios e maus	TL Mse	5	3:55:57.71	08:08	0:22:38
7	113	Pereira, Rui	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	TL Mse	6	4:01:17.72	08:19	0:27:58
8	120	Pantera, Manuel	EDV-Viana Trail	TL M40	1	4:05:38.94	08:28	0:32:19
9	121	Rodrigues, Daniel		TL Mse	7	4:06:00.42	08:29	0:32:40
10	118	Martins, Flávio		TL Mse	8	4:12:33.38	08:43	0:39:13
11	109	Nunes, Patrícia		TL F40	1	4:13:51.00	08:45	0:40:31
12	122	Teixeira, Lourenço		TL Mse	9	4:15:30.46	08:49	0:42:10
13	103	Francois, Juliac	APA Jogging Saint Sever	TL Mse	10	4:18:03.87	08:54	0:44:44
14	110	Goncalves, Andre	Pretinho	TL Mse	11	4:30:13.27	09:19	0:56:53
15	112	Teixeira, Joaquim	AZULAICO	TL Mse	12	4:30:45.95	09:20	0:57:26
16	124	Lopes, Sérgio		TL Mse	13	4:43:44.35	09:47	1:10:24
17	125	Ferreira, Bruno	Bruno Ferreira - Fisioterapia	TL Mse	14	4:52:10.13	10:04	1:18:50
18	108	Azevedo, Paulo		TL M40	2	5:13:00.24	10:48	1:39:40
19	127	Freitas, Fernando	Individual	TL M40	3	5:13:08.58	10:48	1:39:49
20	116	Teixeira, Luis		TL Mse	15	5:34:54.13	11:33	2:01:34
21	104	Domingues, Frank		TL M40	4	5:47:15.27	11:58	2:13:55
22	105	Pereira, Filipe	FAMILY NEVES	TL Mse	16	5:57:11.20	12:19	2:23:51