



# Poço Negro Trail

## Classificação Geral - 21km

Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
1	862	MARTINS, ANTÓNIO		21M40	1	<b>2:23:33.75</b>	06:50	
2	815	SANTOS, PEDRO	Fugitivos Urbanos	21M40	2	<b>2:23:35.00</b>	06:50	0:00:01
3	757	FARIA, NUNO	Individual	21SEM	1	<b>2:23:36.00</b>	06:50	0:00:02
4	861	ROCHA, PEDRO		21SEM	2	<b>2:23:37.00</b>	06:50	0:00:03
5	793	AMORIM, TOZE	Caldas de São Jorge Sport Clube	21M40	3	<b>2:23:38.00</b>	06:50	0:00:04
6	823	ALMEIDA, JOSÉ	Individual	21M50	1	<b>2:25:41.87</b>	06:56	0:02:08
7	850	TAVARES, DAVID	Individual	21M50	2	<b>2:28:49.24</b>	07:05	0:05:15
8	759	RIBEIRO, JOSÉ	Individual	21M40	4	<b>2:29:53.43</b>	07:08	0:06:19
9	701	PINTO, LINO	Individual	21SEM	3	<b>2:34:11.30</b>	07:21	0:10:37
10	801	MONTEIRO, SÉRGIO	C.I.A. Alpendorada	21SEM	4	<b>2:34:57.43</b>	07:23	0:11:23
11	834	SILVA, MANUEL	Gondomar Futsal Clube	21SEM	5	<b>2:39:03.51</b>	07:34	0:15:30
12	334	CORREIA, FABIO	Caldas de São Jorge Sport Clube	21SEM	6	<b>2:39:13.45</b>	07:35	0:15:39
13	810	SOUSA, TIAGO	Liga-Dura Canoagem	21SEM	7	<b>2:39:38.28</b>	07:36	0:16:04
14	722	COSTA, CÉSAR	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	8	<b>2:40:22.00</b>	07:38	0:16:48
15	786	SOARES, TIAGO	Moinhos Run - ADRM	21SEM	9	<b>2:45:09.28</b>	07:52	0:21:35
16	720	LOUREIRO, MARIA	ASSOCIAÇÃO DESPORTIVA DE CABRO	21F40	1	<b>2:45:12.59</b>	07:52	0:21:39
17	740	PEREIRA, JORGE	Gaia running	21M40	5	<b>2:45:36.83</b>	07:53	0:22:03
18	844	GOMES, LAURINDO	Porto Sentido Runners	21M40	6	<b>2:45:42.01</b>	07:53	0:22:08
19	773	COELHO, JOAQUIM	EI TEAM TRAIL	21M40	7	<b>2:47:51.39</b>	08:00	0:24:17
20	708	FERREIRA, MANUEL	Amigos do Pedal TrailLagares	21M40	8	<b>2:48:26.35</b>	08:01	0:24:52
21	755	COELHO, EMANUEL	Porto Sentido Runners	21SEM	10	<b>2:49:09.76</b>	08:03	0:25:36
22	820	BORGES, ANTÓNIO	Porto Sentido Runners	21M40	9	<b>2:49:12.15</b>	08:03	0:25:38
23	854	FERREIRA, CARLOS	Individual	21M40	10	<b>2:49:31.10</b>	08:04	0:25:57
24	758	CRUZ, JOSÉ	EI TEAM TRAIL	21SEM	11	<b>2:50:35.75</b>	08:07	0:27:02
25	709	ARAUJO, PAULO	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	12	<b>2:52:05.50</b>	08:12	0:28:32
26	728	SOUSA, TIAGO	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	13	<b>2:52:07.11</b>	08:12	0:28:33
27	726	MARTINS, JOÃO	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	14	<b>2:53:05.31</b>	08:15	0:29:31
28	835	SOUSA, SIMÃO	Individual	21SEM	15	<b>2:58:57.33</b>	08:31	0:35:23
29	792	SOUSA, SÉRGIO	Individual	21SEM	16	<b>2:59:33.88</b>	08:33	0:36:00
30	851	ALMEIDA, ALFREDO	Individual	21M40	11	<b>3:00:40.21</b>	08:36	0:37:06
31	775	MORAIS, JOSE	All About	21M50	3	<b>3:00:49.53</b>	08:37	0:37:16
32	702	CORREIA, PAULO	Individual	21M40	12	<b>3:00:49.67</b>	08:37	0:37:16
33	725	AZEVEDO, ANDRÉ	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	17	<b>3:02:36.90</b>	08:42	0:39:03
34	845	DUARTE, CARLOS	Porto Sentido Runners	21M40	13	<b>3:05:51.84</b>	08:51	0:42:18
35	806	PINTO, EDUARDO	All About	21M40	14	<b>3:06:10.64</b>	08:52	0:42:37
36	813	FERREIRA, ANTONIO	ASSOCIAÇÃO DESPORTIVA DE CABRO	21M50	4	<b>3:06:20.00</b>	08:52	0:42:46
37	797	SOUSA, MARCELO	Liga-Dura Canoagem	21SEM	18	<b>3:06:30.56</b>	08:53	0:42:57
38	704	MARTINS, ANTÓNIO	Moinhos Run - ADRM	21M40	15	<b>3:07:38.54</b>	08:56	0:44:05
39	747	COSTA, MARIO	MOREIRA RELAX RUNNERS	21M50	5	<b>3:08:57.16</b>	09:00	0:45:23
40	766	ESCOBAR, VASCO	EI TEAM TRAIL	21SEM	19	<b>3:10:35.73</b>	09:05	0:47:02
41	712	COELHO, MONICA	Amigos do Pedal TrailLagares	21SEF	1	<b>3:11:27.72</b>	09:07	0:47:54
42	846	OLIVEIRA, PAULO	Individual	21M40	16	<b>3:11:27.81</b>	09:07	0:47:54
43	842	RIBEIRO, ERNESTO	Porto Sentido Runners	21M40	17	<b>3:11:48.77</b>	09:08	0:48:15
44	286	LEITE, PAULO	All About	21M50	6	<b>3:14:41.07</b>	09:16	0:51:07
45	859	FERNANDES, VÍTOR	All About	21M50	7	<b>3:14:44.98</b>	09:16	0:51:11
46	733	TEIXEIRA, RUI	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	20	<b>3:15:01.39</b>	09:17	0:51:27
47	700	MACHADO, ANTÓNIO	EI TEAM TRAIL	21M40	18	<b>3:17:07.28</b>	09:23	0:53:33
48	767	ESCOBAR, FILIPE	EI TEAM TRAIL	21M40	19	<b>3:17:09.71</b>	09:23	0:53:36
49	830	FERREIRA, TIAGO	ASSOCIAÇÃO DESPORTIVA DE CABRO	21SEM	21	<b>3:17:40.77</b>	09:25	0:54:07
50	840	MARTINS, JOSE	Individual	21M40	20	<b>3:17:57.11</b>	09:26	0:54:23
51	796	GOMES, MIGUEL	Liga-Dura Canoagem	21SEM	22	<b>3:19:11.72</b>	09:29	0:55:38
52	849	OLIVEIRA, PAULO	Liga-Dura Canoagem	21SEM	23	<b>3:19:12.01</b>	09:29	0:55:38
53	819	SOUSA, MARCO	Individual	21SEM	24	<b>3:19:13.22</b>	09:29	0:55:39
54	762	CONCEICAO, FERNANDO	Invicta Runners	21M50	8	<b>3:19:17.71</b>	09:29	0:55:44
55	732	SOARES, PEDRO	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	25	<b>3:19:27.16</b>	09:30	0:55:53
56	724	MAIA, FÁBIO	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	26	<b>3:19:30.77</b>	09:30	0:55:57
57	703	SANTOS, ÂNGELO	Moinhos Run - ADRM	21SEM	27	<b>3:19:32.65</b>	09:30	0:55:59
58	831	SILVA, PEDRO	ASSOCIAÇÃO DESPORTIVA DE CABRO	21SEM	28	<b>3:21:13.34</b>	09:35	0:57:39
59	817	FERREIRA, HELDER	Individual	21SEM	29	<b>3:21:47.90</b>	09:37	0:58:14



Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
60	847	BARBOSA, RICARDO	BTT Alegria / TUBANI	21SEM	30	<b>3:24:46.54</b>	09:45	1:01:13
61	738	PEIXOTO, MARCELO	Individual	21SEM	31	<b>3:24:48.06</b>	09:45	1:01:14
62	705	DUARTE, ANTONIO	Individual	21SEM	32	<b>3:24:48.18</b>	09:45	1:01:14
63	744	FERREIRA, PEDRO	Factor X / S4L / Medense	21M40	21	<b>3:26:00.53</b>	09:49	1:02:27
64	212	SOUSA, ALICE	Individual	21F40	2	<b>3:26:11.73</b>	09:49	1:02:38
65	855	DIAS, JOAQUIM	Individual	21M40	22	<b>3:26:13.69</b>	09:49	1:02:40
66	824	RIBEIRO, DARIO	ribeira bar team	21SEM	33	<b>3:26:46.90</b>	09:51	1:03:13
67	843	COUTINHO, FILIPE	Porto Sentido Runners	21M40	23	<b>3:27:34.74</b>	09:53	1:04:01
68	860	FESTA, PAULO	Invicta Runners Team	21SEM	34	<b>3:27:56.65</b>	09:54	1:04:23
69	795	MACHADO, JOSÉ	Liga-Dura Canoagem	21SEM	35	<b>3:27:57.58</b>	09:54	1:04:24
70	734	ALVES, BRUNO	A.D.SEBOLIDO TRAIL BONECA DOURO	21SEM	36	<b>3:31:48.52</b>	10:05	1:08:15
71	716	RIBEIRO, ANTÓNIO	Lusitanus_team	21M50	9	<b>3:36:12.80</b>	10:18	1:12:39
72	772	GONÇALVES, ANTÓNIO	Lusitanus_team	21SEM	37	<b>3:36:14.13</b>	10:18	1:12:40
73	794	SANTOS, MARTINHO	Caldas de São Jorge Sport Clube	21M40	24	<b>3:37:46.62</b>	10:22	1:14:13
74	838	NUNES, PAULO	BTT Alegria / TUBANI	21M40	25	<b>3:39:05.26</b>	10:26	1:15:31
75	857	PASSOS, HELENA	Intensos	21SEF	2	<b>3:39:27.89</b>	10:27	1:15:54
76	800	MELO, PAULO	All About	21M40	26	<b>3:40:51.06</b>	10:31	1:17:17
77	818	ALMEIDA, LUISA	Tartarugas do Asfalto	21F50	1	<b>3:40:51.59</b>	10:31	1:17:18
78	706	BANITA, BANITA	Individual	21SEF	3	<b>3:41:47.78</b>	10:34	1:18:14
79	764	VIDAL, ANGELO	Individual	21M40	27	<b>3:44:46.70</b>	10:42	1:21:13
80	777	SISTELO, JOSE	All About	21SEM	38	<b>3:45:03.05</b>	10:43	1:21:29
81	828	CARIA, JORGE	Individual	21M40	28	<b>3:45:36.56</b>	10:45	1:22:03
82	826	CORREIA, BRUNO	Individual	21SEM	39	<b>3:47:20.56</b>	10:50	1:23:47
83	807	PASSOS, CARLOS	All About	21M40	29	<b>3:48:01.00</b>	10:51	1:24:27
84	802	MAGALHAES, FERNANDA	All About	21SEF	4	<b>3:48:01.54</b>	10:52	1:24:28
85	770	CARDOSO, FLÁVIO	Índios de BTrail	21SEM	40	<b>3:51:33.05</b>	11:02	1:27:59
86	769	SILVA, CÉDRIC	Índios de BTrail	21SEM	41	<b>3:51:34.33</b>	11:02	1:28:00
87	852	VIEIRA, PEDRO	Moinhos Run - ADRM	21M40	30	<b>3:51:52.46</b>	11:02	1:28:18
88	856	QUINTA, RUI	Moinhos Run - ADRM	21M50	10	<b>3:51:57.51</b>	11:03	1:28:24
89	853	ROMANO, HUGO	Moinhos Run - ADRM	21M40	31	<b>3:52:18.97</b>	11:04	1:28:45
90	808	DOLORES, ANA	All About	21SEF	5	<b>3:53:03.56</b>	11:06	1:29:30
91	745	FERNANDES, RUI	Individual	21M40	32	<b>3:53:04.28</b>	11:06	1:29:30
92	783	TEIXEIRA, RICARDO	All About	21M40	33	<b>3:53:05.39</b>	11:06	1:29:31
93	809	OLIVEIRA, ANTÓNIO	Os Finos	21M40	34	<b>3:55:07.16</b>	11:12	1:31:33
94	781	FRANCO, ANTÓNIO	Os Finos	21M40	35	<b>3:55:07.53</b>	11:12	1:31:34
95	790	MONTEIRO, ANA	Lusitanus_team	21SEF	6	<b>3:56:06.92</b>	11:15	1:32:33
96	715	GOMES, VLADIMIR	Individual	21SEM	42	<b>3:56:23.62</b>	11:15	1:32:50
97	739	SILVA, MARCOS	Individual	21SEM	43	<b>3:59:18.50</b>	11:24	1:35:45
98	780	NUNES, ALVARO	All About	21M40	36	<b>4:03:27.82</b>	11:36	1:39:54
99	756	SOUSA, SUSANA	Individual	21SEF	7	<b>4:03:35.34</b>	11:36	1:40:01
100	804	OLIVEIRA, RICARDO	All About	21SEM	44	<b>4:03:47.97</b>	11:37	1:40:14
101	803	PEREIRA, MARIO	All About	21M40	37	<b>4:03:50.91</b>	11:37	1:40:17
102	768	CARDOSO, FRANCISCO	Índios de BTrail	21SEM	45	<b>4:10:11.36</b>	11:55	1:46:37
103	771	GONÇALVES, FILIPE	Índios de BTrail	21SEM	46	<b>4:10:11.47</b>	11:55	1:46:37
104	750	SILVA, PEDRO	FAMELGA	21SEM	47	<b>4:16:56.29</b>	12:14	1:53:22
105	751	SOARES, JOANA	FAMELGA	21SEF	8	<b>4:16:58.05</b>	12:14	1:53:24
106	749	MATOS, MONICA	Individual	21F40	3	<b>4:18:52.69</b>	12:20	1:55:19
107	717	COELHO, EDUARDA	Individual	21SEF	9	<b>4:19:19.17</b>	12:21	1:55:45
108	858	SOUSA, SOLANGE	Intensos	21SEF	10	<b>4:19:25.00</b>	12:21	1:55:51
109	736	VIEIRA, DIANA	Melres Trail Running	21SEF	12	<b>4:20:33.61</b>	12:24	1:57:00
110	727	DUARTE, LIA	Melres Trail Running	21SEF	11	<b>4:20:33.61</b>	12:24	1:57:00
111	836	CASTRO, EDUARDO	BTT Alegria / TUBANI	21M40	38	<b>4:29:34.78</b>	12:50	2:06:01
112	779	ROCHA, ALFREDO	All About	21M40	39	<b>4:34:54.27</b>	13:05	2:11:20
113	839	PIRES, ILÍDIO	All About	21M40	40	<b>4:34:54.47</b>	13:05	2:11:20
114	785	SILVA, MARCO	All About	21M40	41	<b>4:34:56.62</b>	13:06	2:11:23
115	784	SANTOS, PAULA	All About	21F40	4	<b>4:34:57.19</b>	13:06	2:11:23
116	799	TEIXEIRA, HUGO	Liga-Dura Canoagem	21SEM	48	<b>4:36:03.99</b>	13:09	2:12:30
117	774	TRIGO, ANA	All About	21F40	5	<b>4:39:04.60</b>	13:17	2:15:31
118	841	PINTO, CLÁUDIA	Individual	21F40	6	<b>4:39:15.18</b>	13:18	2:15:41
119	829	FERREIRA, PAULO	Individual	21SEM	49	<b>4:41:04.44</b>	13:23	2:17:30
120	710	SANTOS, MÁRCIO	Individual	21SEM	50	<b>4:43:10.10</b>	13:29	2:19:36
121	731	SOUSA, VÍTOR	Factor X / S4L / Medense	21M40	42	<b>4:43:11.10</b>	13:29	2:19:37
122	791	BARBOSA, MONICA	All About	21SEF	13	<b>4:52:16.10</b>	13:55	2:28:42
123	782	SOUSA, PAULO	All About	21SEM	51	<b>4:52:22.68</b>	13:55	2:28:49



Pos.	Dorsal	Nome	Equipa	Cat.	Pos. Cat	Tempo	T/Km.	Dif.
124	798	SILVA, FILIPE	Liga-Dura Canoagem	21SEM	52	<b>4:56:48.22</b>	14:08	2:33:14
125	848	SOARES, FRANCISCO	Liga-Dura Canoagem	21SEM	53	<b>4:56:53.09</b>	14:08	2:33:19
126	737	COSTA, ROSA	MOREIRA RELAX RUNNERS	21F50	2	<b>5:23:23.17</b>	15:24	2:59:49
127	805	FAZENDA, ISABEL	All About	21F40	7	<b>6:03:42.04</b>	17:19	3:40:08
128	778	VIEIRA, VITOR	All About	21M50	11	<b>6:03:42.27</b>	17:19	3:40:08
129	812	PEREIRA, MIGUEL	Porto Sentido Runners	21SEM	54	<b>6:03:42.98</b>	17:19	3:40:09
130	748	RODRIGUES, AVELINO	Porto Sentido Runners	21M40	43	<b>6:03:43.68</b>	17:19	3:40:10