



## II Trilhos dos Abutres 28-12-2012

07-02-2012 22:06

Prova: Ultra-Trilhos dos Abutres

| Geral Prova | Class. Esc. | Dorsal | Nome                            | Equipa                                       | Escalão | Tempo    | Média / Km mm:ss |
|-------------|-------------|--------|---------------------------------|--|---------|----------|------------------|
| 1           | 1           | 121    | Armando Teixeira                | Adefacec                                     | SnM     | 04:21:16 | 00:05:48         |
| 2           | 2           | 280    | Nuno Silva                      | Individual                                   | SnM     | 04:28:23 | 00:05:58         |
| 3           | 1           | 203    | Asdrubal Freitas                | Confraria Trotamontes                        | M40M    | 04:43:59 | 00:06:19         |
| 4           | 2           | 98     | António Silvino                 | CA Barreira                                  | M40M    | 04:47:17 | 00:06:23         |
| 5           | 3           | 1      | Luís Mota                       | ADR Águas Belas                              | M40M    | 04:48:51 | 00:06:25         |
| 6           | 3           | 236    | Albino Magalhães                | Salomon Portugal Team                        | SnM     | 04:50:29 | 00:06:27         |
| 7           | 4           | 118    | Joao Hora Faustino              | Individual                                   | SnM     | 05:01:50 | 00:06:42         |
| 8           | 4           | 31     | Jorge Matos                     | Associação para quedistas tejo Norte         | M40M    | 05:13:20 | 00:06:58         |
| 9           | 5           | 129    | Samuel Lopes                    | CA Barreira                                  | SnM     | 05:18:47 | 00:07:05         |
| 10          | 5           | 307    | Marcolino Verissimo             | Serviços Sociais CGD                         | M40M    | 05:28:12 | 00:07:18         |
| 11          | 6           | 315    | Pedro Carvalho                  | Individual                                   | SnM     | 05:28:30 | 00:07:18         |
| 12          | 7           | 164    | João Colaço                     | NEL Pedatleta                                | SnM     | 05:30:10 | 00:07:20         |
| 13          | 8           | 8      | Jorge Almeida                   | MERCATU - Clube de Atletismo de Ovar         | SnM     | 05:30:39 | 00:07:21         |
| 14          | 6           | 24     | Francisco Gaio                  | C C D "O Alvitejo"                           | M40M    | 05:34:40 | 00:07:26         |
| 15          | 9           | 63     | António Silva                   | NEL Pedatleta                                | SnM     | 05:35:11 | 00:07:27         |
| 16          | 7           | 272    | Luis Serrazina                  | CRP Ribafria                                 | M40M    | 05:36:34 | 00:07:29         |
| 17          | 8           | 327    | Alexandre Cunha                 | Clube de Praças da Armada                    | M40M    | 05:37:38 | 00:07:30         |
| 18          | 10          | 130    | Luis Leite                      | Confraria Trotamontes                        | SnM     | 05:38:36 | 00:07:31         |
| 19          | 1           | 43     | José Carlos Santos              | amigosdacorrida.com                          | M50M    | 05:39:23 | 00:07:33         |
| 20          | 9           | 169    | Carlos Monteiro                 | CLUBE GRUPO BES                              | M40M    | 05:39:23 | 00:07:33         |
| 21          | 11          | 13     | Miguel Baptista                 | O Mundo da Corrida                           | SnM     | 05:40:56 | 00:07:35         |
| 22          | 10          | 119    | José Féteira                    | Associação Recreativa S. Miguel - VN Poiares | M40M    | 05:42:27 | 00:07:37         |
| 23          | 12          | 333    | Jorge Magalhães Marques         | GD4Caminhos                                  | SnM     | 05:43:00 | 00:07:37         |
| 24          | 13          | 255    | Miguel Catarino                 | Amigos da Montanha                           | SnM     | 05:47:51 | 00:07:44         |
| 25          | 14          | 122    | André Amorim                    | Adefacec                                     | SnM     | 05:48:34 | 00:07:45         |
| 26          | 15          | 225    | Tiago Lousa                     | Individual                                   | SnM     | 05:48:37 | 00:07:45         |
| 27          | 11          | 136    | Luis Ferreira                   | Run 4 Fun                                    | M40M    | 05:49:09 | 00:07:46         |
| 28          | 16          | 268    | Carlos Peixoto                  | Amigos da Montanha                           | SnM     | 05:51:39 | 00:07:49         |
| 29          | 12          | 99     | Germano Capela                  | CA Barreira                                  | M40M    | 05:53:05 | 00:07:51         |
| 30          | 13          | 311    | Ângelo Pereira                  | Individual                                   | M40M    | 05:55:34 | 00:07:54         |
| 31          | 14          | 165    | António Lopes                   | ACR Santa Cita                               | M40M    | 05:56:06 | 00:07:55         |
| 32          | 17          | 148    | Miguel Fofoni                   | Núcleo de Montanha de Espinho                | SnM     | 05:56:06 | 00:07:55         |
| 33          | 18          | 263    | Nélio dos Santos Almeida        | ACSMamede.com                                | SnM     | 05:56:26 | 00:07:55         |
| 34          | 19          | 274    | Nuno Soares                     | Amigos da Montanha                           | SnM     | 05:56:38 | 00:07:56         |
| 35          | 15          | 343    | António Pardal                  | Individual                                   | M40M    | 05:57:58 | 00:07:57         |
| 36          | 20          | 120    | Guilherme Hora                  | Individual                                   | SnM     | 05:58:32 | 00:07:58         |
| 37          | 2           | 322    | António Simões                  | Núcleo do Desporto Amador de Pombal          | M50M    | 05:58:32 | 00:07:58         |
| 38          | 16          | 65     | Vítor Cordeiro                  | Atletismo Clube de Portalegre                | M40M    | 05:58:36 | 00:07:58         |
| 39          | 21          | 320    | Paulo Fernandes                 | Núcleo do Desporto Amador de Pombal          | SnM     | 05:59:07 | 00:07:59         |
| 40          | 22          | 96     | Hélder Carreira                 | CA Barreira                                  | SnM     | 06:01:27 | 00:08:02         |
| 41          | 23          | 215    | Mário Salgueiro                 | CLAC - Entroncamento                         | SnM     | 06:04:35 | 00:08:06         |
| 42          | 17          | 219    | Francisco Primo                 | CLAC - Entroncamento                         | M40M    | 06:04:35 | 00:08:06         |
| 43          | 24          | 113    | Pedro Sequeira                  | Individual                                   | SnM     | 06:05:08 | 00:08:07         |
| 44          | 3           | 95     | José Agostinho                  | CA Barreira                                  | M50M    | 06:06:07 | 00:08:08         |
| 45          | 25          | 208    | Néilson Sousa                   | Núcleo de Montanha de Espinho                | SnM     | 06:06:48 | 00:08:09         |
| 46          | 1           | 127    | Cármén Pires                    | Clube Desportivo Asas do Milénium            | SnF     | 06:07:07 | 00:08:09         |
| 47          | 26          | 312    | Filipe Silva                    | Individual                                   | SnM     | 06:08:19 | 00:08:11         |
| 48          | 27          | 32     | Nuno Vasconcelos                | ThunderRunners                               | SnM     | 06:12:30 | 00:08:17         |
| 49          | 28          | 253    | Pedro Pinho                     | Individual                                   | SnM     | 06:12:41 | 00:08:17         |
| 50          | 29          | 331    | Carlos Eduardo Miranda Afonso   | Motocar / Santo Tirso                        | SnM     | 06:14:29 | 00:08:19         |
| 51          | 4           | 141    | Jorge Serrazina                 | CAOB-Clube Atletismo Obidos                  | M50M    | 06:16:44 | 00:08:22         |
| 52          | 2           | 97     | Carina Matias                   | CA Barreira                                  | SnF     | 06:16:47 | 00:08:22         |
| 53          | 18          | 296    | Luis Serafim Coelho             | NEL Pedatleta                                | M40M    | 06:16:47 | 00:08:22         |
| 54          | 30          | 257    | Nuno Reis                       | Os Amigos do B!                              | SnM     | 06:17:30 | 00:08:23         |
| 55          | 31          | 269    | Luis Capinha                    | Os Amigos do B!                              | SnM     | 06:17:55 | 00:08:24         |
| 56          | 19          | 259    | Carlos Armindo Ribeiro Valente  | ACSMamede.com                                | M40M    | 06:19:16 | 00:08:26         |
| 57          | 32          | 204    | Emanuel Oliveira                | CLUBE GRUPO BES                              | SnM     | 06:20:30 | 00:08:27         |
| 58          | 20          | 229    | José Capela                     | Taipas Trail Team                            | M40M    | 06:21:02 | 00:08:28         |
| 59          | 33          | 85     | Raul Quaresma                   | O Mundo da Corrida                           | SnM     | 06:22:56 | 00:08:31         |
| 60          | 21          | 134    | José Sá                         | Individual                                   | M40M    | 06:23:36 | 00:08:31         |
| 61          | 22          | 199    | Luis Ricardo                    | Uivosdelobo.blogspot.com                     | M40M    | 06:23:57 | 00:08:32         |
| 62          | 34          | 265    | Sérgio Miguel Ferreira Jerónimo | ACSMamede.com                                | SnM     | 06:25:31 | 00:08:34         |
| 63          | 35          | 7      | José Carlos Sousa               | A.A. Lebres do Sado                          | SnM     | 06:25:33 | 00:08:34         |
| 64          | 23          | 117    | Helder Rosa                     | Proaventuras                                 | M40M    | 06:25:34 | 00:08:34         |
| 65          | 36          | 239    | Augusto Oliveira                | Paredes Aventura                             | SnM     | 06:25:44 | 00:08:34         |
| 66          | 37          | 162    | João André Neto                 | Porto Runners                                | SnM     | 06:26:19 | 00:08:35         |
| 67          | 38          | 316    | Vasco Batista                   | Porto Runners                                | SnM     | 06:26:25 | 00:08:35         |
| 68          | 39          | 276    | Bruno Fernandes                 | Individual                                   | SnM     | 06:26:47 | 00:08:36         |



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| Geral Prova | Class. Esc. | Dorsal | Nome                         | Equipa                            | Escalão | Tempo    | Média / Km mm:ss |
|-------------|-------------|--------|------------------------------|-----------------------------------|---------|----------|------------------|
| 69          | 24          | 237    | António Carvalho             | Individual                        | M40M    | 06:27:15 | 00:08:36         |
| 70          | 5           | 212    | José Silva                   | CLAC - Entroncamento              | M50M    | 06:27:17 | 00:08:36         |
| 71          | 25          | 228    | José Simões                  | Clube Desportivo Asas do Milénium | M40M    | 06:27:26 | 00:08:37         |
| 72          | 40          | 157    | Mark Macedo                  | Confraria Trotamontes             | SnM     | 06:30:11 | 00:08:40         |
| 73          | 6           | 207    | Carlos Justo                 | Taipas Trail Team                 | M50M    | 06:30:13 | 00:08:40         |
| 74          | 41          | 201    | Helder Palma                 | CAOB-Clube Atletismo Obidos       | SnM     | 06:30:14 | 00:08:40         |
| 75          | 42          | 18     | Fernando Alves               | Los Amigos                        | SnM     | 06:30:47 | 00:08:41         |
| 76          | 3           | 227    | Laurentina Gomes             | Individual                        | SnF     | 06:30:51 | 00:08:41         |
| 77          | 26          | 283    | José Pereira                 | Desnivel Positivo / SportZone     | M40M    | 06:32:40 | 00:08:44         |
| 78          | 27          | 50     | José Pinto                   | NEL Pedatleta                     | M40M    | 06:33:22 | 00:08:44         |
| 79          | 28          | 149    | Luis Freitas                 | LF201xs                           | M40M    | 06:33:46 | 00:08:45         |
| 80          | 43          | 89     | Nuno Lopes                   | Heer for Beer                     | SnM     | 06:34:42 | 00:08:46         |
| 81          | 29          | 210    | José Brito                   | CLAC - Entroncamento              | M40M    | 06:34:53 | 00:08:47         |
| 82          | 30          | 323    | Júlio Marques                | Individual                        | M40M    | 06:35:43 | 00:08:48         |
| 83          | 31          | 79     | Rui Marques                  | GDU AZOIA                         | M40M    | 06:35:46 | 00:08:48         |
| 84          | 44          | 233    | José Soares                  | Individual                        | SnM     | 06:36:07 | 00:08:48         |
| 85          | 32          | 110    | Marco Silva                  | Confraria Trotamontes             | M40M    | 06:36:13 | 00:08:48         |
| 86          | 33          | 254    | Jorge Mimoso                 | O Mundo da Corrida                | M40M    | 06:36:13 | 00:08:48         |
| 87          | 45          | 178    | Nuno Dinis                   | Individual                        | SnM     | 06:37:32 | 00:08:50         |
| 88          | 46          | 114    | Ludgero Bruno                | Proaventuras                      | SnM     | 06:38:02 | 00:08:51         |
| 89          | 47          | 347    | Marco Baluga                 | Alentejanos de Faro               | SnM     | 06:38:05 | 00:08:51         |
| 90          | 7           | 94     | Jorge Agostinho              | CA Barreira                       | M50M    | 06:38:35 | 00:08:51         |
| 91          | 8           | 184    | Arlindo Fria Deus            | MillenniumBcp                     | M50M    | 06:39:21 | 00:08:52         |
| 92          | 48          | 123    | Eduardo Oliveira             | Adefacec                          | SnM     | 06:40:03 | 00:08:53         |
| 93          | 49          | 180    | Diogo Vila Luz               | CLAC - Entroncamento              | SnM     | 06:40:06 | 00:08:53         |
| 94          | 50          | 140    | Aires Barata                 | CLUBE GRUPO BES                   | SnM     | 06:40:39 | 00:08:54         |
| 95          | 9           | 80     | Mário de Sousa               | Peniche Amigos Clube              | M50M    | 06:41:09 | 00:08:55         |
| 96          | 51          | 182    | Pedro Manuel Santos          | Individual                        | SnM     | 06:42:05 | 00:08:56         |
| 97          | 52          | 131    | Luís Nunes                   | Clube Desportivo Asas do Milénium | SnM     | 06:42:40 | 00:08:57         |
| 98          | 10          | 206    | Carlos Natividade Silva      | Confraria Trotamontes             | M50M    | 06:42:52 | 00:08:57         |
| 99          | 11          | 61     | José Pinto Gomes             | Individual                        | M50M    | 06:44:00 | 00:08:59         |
| 100         | 34          | 275    | Anibal Godinho               | Clube montanha torres novas       | M40M    | 06:44:35 | 00:08:59         |
| 101         | 53          | 90     | Jose Barradas                | Individual                        | SnM     | 06:45:10 | 00:09:00         |
| 102         | 35          | 310    | Antonio Sequeira             | Individual                        | M40M    | 06:45:39 | 00:09:01         |
| 103         | 1           | 258    | Anabela Remédios Gomes Duque | ACSMamede.com                     | M40F    | 06:45:56 | 00:09:01         |
| 104         | 54          | 264    | Flávio Vicente               | ACSMamede.com                     | SnM     | 06:45:57 | 00:09:01         |
| 105         | 36          | 262    | Leonel da Silva Eusébio      | ACSMamede.com                     | M40M    | 06:47:11 | 00:09:03         |
| 106         | 55          | 138    | Luis Monteiro                | Individual                        | SnM     | 06:48:37 | 00:09:05         |
| 107         | 56          | 104    | Mário Batista                | ADA Desnivel                      | SnM     | 06:49:27 | 00:09:06         |
| 108         | 57          | 351    | David Oliveira               | COC                               | SnM     | 06:50:03 | 00:09:07         |
| 109         | 58          | 346    | Bruno Almeida                | FWL Running Team                  | SnM     | 06:50:23 | 00:09:07         |
| 110         | 59          | 126    | Luis Marques                 | The Cross                         | SnM     | 06:51:14 | 00:09:08         |
| 111         | 60          | 286    | Fernando Gomes               | The Cross                         | SnM     | 06:51:14 | 00:09:08         |
| 112         | 61          | 128    | Luis Sousa                   | Clube Desportivo Asas do Milénium | SnM     | 06:51:22 | 00:09:08         |
| 113         | 62          | 314    | José Guimarães               | DE SEDENTÁRIO A MARATONISTA       | SnM     | 06:52:08 | 00:09:10         |
| 114         | 2           | 60     | Isabel Carvalho              | Confraria Trotamontes             | M40F    | 06:53:27 | 00:09:11         |
| 115         | 37          | 173    | Pedro Marques                | Confraria Trotamontes             | M40M    | 06:53:27 | 00:09:11         |
| 116         | 38          | 226    | Jorge Azevedo                | Individual                        | M40M    | 06:53:49 | 00:09:12         |
| 117         | 12          | 23     | Arsénio Fernandes            | C C D "O Alvitejo"                | M50M    | 06:54:03 | 00:09:12         |
| 118         | 4           | 143    | Patrícia de Paiva Leite      | Núcleo de Montanha de Espinho     | SnF     | 06:54:48 | 00:09:13         |
| 119         | 13          | 49     | Luis Pires                   | Porto Runners                     | M50M    | 06:56:43 | 00:09:16         |
| 120         | 14          | 82     | Carlos Porfírio              | O Mundo da Corrida                | M50M    | 06:58:29 | 00:09:18         |
| 121         | 63          | 175    | Paulo Quaresma               | Amigos do Parque da Paz           | SnM     | 06:58:35 | 00:09:18         |
| 122         | 64          | 54     | Luís Trindade                | Individual                        | SnM     | 06:58:43 | 00:09:18         |
| 123         | 39          | 100    | Miguel Saraiva               | CA Barreira                       | M40M    | 07:00:22 | 00:09:20         |
| 124         | 65          | 267    | Rui Gomes                    | GD Os Ribeirinhos                 | SnM     | 07:00:46 | 00:09:21         |
| 125         | 40          | 147    | Paulo Costa                  | CSP Trail                         | M40M    | 07:01:36 | 00:09:22         |
| 126         | 41          | 352    | Daniel Jaulino               | Individual                        | M40M    | 07:01:55 | 00:09:23         |
| 127         | 66          | 68     | João Valbom                  | Porto Runners                     | SnM     | 07:02:16 | 00:09:23         |
| 128         | 42          | 102    | Francisco Bossa              | O Mundo da Corrida                | M40M    | 07:02:49 | 00:09:24         |
| 129         | 67          | 132    | João Graça                   | Núcleo de Montanha de Espinho     | SnM     | 07:02:51 | 00:09:24         |
| 130         | 68          | 109    | Paulo Vilaça                 | Individual                        | SnM     | 07:03:09 | 00:09:24         |
| 131         | 69          | 26     | Hugo Velez                   | Individual                        | SnM     | 07:03:51 | 00:09:25         |
| 132         | 43          | 282    | Herculano Araújo             | Ass Real Academia                 | M40M    | 07:03:51 | 00:09:25         |
| 133         | 44          | 252    | Pedro Basso                  | Individual                        | M40M    | 07:03:51 | 00:09:25         |
| 134         | 45          | 305    | Paulo Frade                  | Zatopeks                          | M40M    | 07:05:21 | 00:09:27         |
| 135         | 46          | 345    | José Amândio                 | Individual                        | M40M    | 07:05:21 | 00:09:27         |
| 136         | 70          | 86     | Paulo Trindade               | Heer for Beer                     | SnM     | 07:07:09 | 00:09:30         |



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| Geral Prova | Class. Esc. | Dorsal | Nome                         | Equipa                           | Escalão | Tempo    | Média / Km mm:ss |
|-------------|-------------|--------|------------------------------|----------------------------------|---------|----------|------------------|
| 137         | 47          | 153    | Francisco Nunes              | CSP Trail                        | M40M    | 07:07:50 | 00:09:30         |
| 138         | 48          | 308    | Francisco Pais               | O Mundo da Corrida               | M40M    | 07:09:15 | 00:09:32         |
| 139         | 71          | 81     | Tiago Salgueiro              | ADC Almalaguês                   | SnM     | 07:09:46 | 00:09:33         |
| 140         | 72          | 214    | Sérgio Jesus                 | CLAC - Entroncamento             | SnM     | 07:10:36 | 00:09:34         |
| 141         | 49          | 187    | Pedro Cabeleira Neves        | MillenniumBcp                    | M40M    | 07:11:01 | 00:09:35         |
| 142         | 50          | 193    | Hugo Abreu da Luz            | MillenniumBcp                    | M40M    | 07:11:03 | 00:09:35         |
| 143         | 51          | 56     | Vitor Dias                   | Porto Runners                    | M40M    | 07:11:54 | 00:09:36         |
| 144         | 3           | 278    | Glória Serrazina             | CRP Ribafria                     | M40F    | 07:12:34 | 00:09:37         |
| 145         | 52          | 277    | Carlos Sousa                 | Clube montanha torres novas      | M40M    | 07:12:54 | 00:09:37         |
| 146         | 15          | 93     | José Morgado                 | Individual                       | M50M    | 07:13:02 | 00:09:37         |
| 147         | 73          | 75     | Edmundo André                | Individual                       | SnM     | 07:13:20 | 00:09:38         |
| 148         | 74          | 33     | Rui Rocha                    | ADA Desnível                     | SnM     | 07:17:12 | 00:09:43         |
| 149         | 16          | 58     | Carlos Manuel Fonseca        | Açoreana Club Banif              | M50M    | 07:18:20 | 00:09:44         |
| 150         | 75          | 53     | Pedro Gabriel                | Amigos do Parque da Paz          | SnM     | 07:18:20 | 00:09:44         |
| 151         | 76          | 112    | Pedro Prates                 | Individual                       | SnM     | 07:18:20 | 00:09:44         |
| 152         | 77          | 337    | Jose Rodrigues               | Individual                       | SnM     | 07:18:58 | 00:09:45         |
| 153         | 53          | 196    | Nuno Dias de Almeida         | MillenniumBcp                    | M40M    | 07:20:51 | 00:09:48         |
| 154         | 17          | 133    | Luís Gonzaga Nunes           | CAOB-Clube Atletismo Obidos      | M50M    | 07:20:53 | 00:09:48         |
| 155         | 78          | 292    | Roberto García Collazo       | Carma Trail                      | SnM     | 07:24:27 | 00:09:53         |
| 156         | 54          | 83     | Fernando Fonseca             | O Mundo da Corrida               | M40M    | 07:25:03 | 00:09:53         |
| 157         | 79          | 246    | Paulo Paredes                | A.A. Lebres do Sado              | SnM     | 07:25:30 | 00:09:54         |
| 158         | 55          | 71     | Luís Miguel Subtil Barreiro  | NEL Pedatleta                    | M40M    | 07:25:33 | 00:09:54         |
| 159         | 80          | 321    | Tomas Cunha                  | Individual                       | SnM     | 07:25:38 | 00:09:54         |
| 160         | 56          | 34     | Helder Tomé                  | O Mundo da Corrida               | M40M    | 07:26:07 | 00:09:55         |
| 161         | 81          | 319    | Luís Palhares                | Porto Runners                    | SnM     | 07:26:07 | 00:09:55         |
| 162         | 18          | 159    | António Geraldo              | CLUVE (Coimbra)                  | M50M    | 07:26:08 | 00:09:55         |
| 163         | 82          | 22     | Vitor Andrade                | Paredes Aventura                 | SnM     | 07:26:52 | 00:09:56         |
| 164         | 83          | 107    | Fernando Salvador            | Paredes Aventura                 | SnM     | 07:26:52 | 00:09:56         |
| 165         | 19          | 309    | Arnaldo Marinho              | Grupo Desportivo Leões do Veneza | M50M    | 07:28:21 | 00:09:58         |
| 166         | 5           | 359    | Joana Grácio                 | CA Barreira                      | SnF     | 07:28:21 | 00:09:58         |
| 167         | 4           | 158    | Maria Júlia Alves Conceição  | Confraria Trotamontes            | M40F    | 07:30:44 | 00:10:01         |
| 168         | 84          | 27     | José Costa Carvalho          | Individual                       | SnM     | 07:31:18 | 00:10:02         |
| 169         | 57          | 135    | João Queirós                 | Individual                       | M40M    | 07:32:18 | 00:10:03         |
| 170         | 58          | 124    | Paulo Jorge                  | Run 4 Fun                        | M40M    | 07:35:47 | 00:10:08         |
| 171         | 85          | 45     | João Vieira                  | ThunderRunners                   | SnM     | 07:38:21 | 00:10:11         |
| 172         | 59          | 355    | Miguel Nascimento            | Maia Atletico Clube              | M40M    | 07:38:21 | 00:10:11         |
| 173         | 86          | 51     | Valter Guedes                | Individual                       | SnM     | 07:40:26 | 00:10:14         |
| 174         | 87          | 234    | Bruno Barros                 | Individual                       | SnM     | 07:40:27 | 00:10:14         |
| 175         | 88          | 339    | João Almeida                 | UltraSpirit                      | SnM     | 07:41:33 | 00:10:15         |
| 176         | 60          | 318    | David da silva e Sousa       | Sunset Runners                   | M40M    | 07:41:33 | 00:10:15         |
| 177         | 89          | 77     | Goncalo Ezequiel             | Heer for Beer                    | SnM     | 07:42:48 | 00:10:17         |
| 178         | 90          | 78     | Henrique Lopes               | Heer for Beer                    | SnM     | 07:42:48 | 00:10:17         |
| 179         | 20          | 270    | Fernando Rocha               | Confraria Trotamontes            | M50M    | 07:42:52 | 00:10:17         |
| 180         | 91          | 6      | Filipe Ramalho               | Amigos do Vale do Silêncio       | SnM     | 07:43:01 | 00:10:17         |
| 181         | 21          | 29     | Pedro Gomes                  | Linda - a - Pastora S.C.         | M50M    | 07:47:14 | 00:10:23         |
| 182         | 92          | 166    | Joao Guerra                  | Individual                       | SnM     | 07:47:52 | 00:10:24         |
| 183         | 61          | 171    | Carla Pinto                  | O Mundo da Corrida               | M40M    | 07:49:33 | 00:10:26         |
| 184         | 62          | 116    | Paulo Ramos                  | Proaventuras                     | M40M    | 07:50:09 | 00:10:27         |
| 185         | 63          | 288    | Jorge Neto                   | O Mundo da Corrida               | M40M    | 07:50:09 | 00:10:27         |
| 186         | 64          | 313    | Artur Lopes                  | Individual                       | M40M    | 07:50:13 | 00:10:27         |
| 187         | 22          | 174    | Antonio Santos               | Confraria Trotamontes            | M50M    | 07:51:23 | 00:10:29         |
| 188         | 65          | 192    | Jorge Lanzinha Calmeiro      | MillenniumBcp                    | M40M    | 07:51:23 | 00:10:29         |
| 189         | 66          | 304    | Oscar Oliveira               | Zatopeks                         | M40M    | 07:51:23 | 00:10:29         |
| 190         | 67          | 190    | Fernando Gonçalves Rodrigues | MillenniumBcp                    | M40M    | 07:51:32 | 00:10:29         |
| 191         | 93          | 198    | Eduardo Amaro Ferreira       | MillenniumBcp                    | SnM     | 07:51:38 | 00:10:29         |
| 192         | 23          | 67     | Mário Meneses                | Porto Runners                    | M50M    | 07:52:10 | 00:10:30         |
| 193         | 68          | 241    | Manuel Rocha                 | Porto Runners                    | M40M    | 07:52:25 | 00:10:30         |
| 194         | 24          | 25     | Manuel Vitorino              | C C D "O Alvitejo"               | M50M    | 07:52:31 | 00:10:30         |
| 195         | 94          | 348    | Ricardo Martins              | Alentejanos de Faro              | SnM     | 07:52:53 | 00:10:31         |
| 196         | 95          | 205    | Daniel Junior                | Cia Athletica Curitiba           | SnM     | 07:53:19 | 00:10:31         |
| 197         | 96          | 144    | Isaac Costa                  | Porto Runners                    | SnM     | 07:54:03 | 00:10:32         |
| 198         | 69          | 242    | Joaquim Fernandes            | A.A. Lebres do Sado              | M40M    | 07:54:04 | 00:10:32         |
| 199         | 70          | 260    | Carlos Duarte Maurício       | ACSMamede.com                    | M40M    | 07:54:10 | 00:10:32         |
| 200         | 71          | 266    | Rui Jorge Lopes Simões       | ACSMamede.com                    | M40M    | 07:54:12 | 00:10:32         |
| 201         | 72          | 186    | Vasco Sacadura Nunes         | MillenniumBcp                    | M40M    | 07:54:55 | 00:10:33         |
| 202         | 73          | 244    | Manuel Fonseca               | A.A. Lebres do Sado              | M40M    | 07:55:14 | 00:10:34         |
| 203         | 74          | 247    | Pedro Pires                  | A.A. Lebres do Sado              | M40M    | 07:57:17 | 00:10:36         |
| 204         | 5           | 17     | Paula Santos                 | Os Tugas                         | M40F    | 07:59:31 | 00:10:39         |



## II Trilhos dos Abutres 28-12-2012

07-02-2012 22:06

Prova: Ultra-Trilhos dos Abutres

| Geral Prova | Class. Esc. | Dorsal | Nome                      | Equipa                                 | Escalão | Tempo    | Média / Km mm:ss |
|-------------|-------------|--------|---------------------------|--|---------|----------|------------------|
| 205         | 97          | 125    | Luís Duarte               | Clube Desportivo Asas do Milénium      | SnM     | 07:59:32 | 00:10:39         |
| 206         | 98          | 36     | Vasco Romaozinho          | Proaventuras                           | SnM     | 08:00:27 | 00:10:41         |
| 207         | 75          | 28     | Luis Alvaro               | GD Banco BPI                           | M40M    | 08:01:47 | 00:10:42         |
| 208         | 25          | 326    | Carlos Cardoso            | GD Banco BPI                           | M50M    | 08:01:47 | 00:10:42         |
| 209         | 6           | 284    | Cristina Gomes            | Núcleo de Montanha de Espinho          | SnF     | 08:02:17 | 00:10:43         |
| 210         | 76          | 37     | João Coroado              | Individual                             | M40M    | 08:02:50 | 00:10:44         |
| 211         | 26          | 39     | Vitor Faustino            | NEL Pedatleta                          | M50M    | 08:02:50 | 00:10:44         |
| 212         | 77          | 177    | Paulo Pires               | Serviços Sociais CGD                   | M40M    | 08:03:05 | 00:10:44         |
| 213         | 27          | 48     | Herbert Beaumont          | Linda - a - Pastora S.C.               | M50M    | 08:03:06 | 00:10:44         |
| 214         | 78          | 57     | Luís Miguel Roque         | CAAPP                                  | M40M    | 08:03:23 | 00:10:45         |
| 215         | 79          | 179    | Henrique Pereira          | CDCR dos CTT                           | M40M    | 08:03:34 | 00:10:45         |
| 216         | 99          | 30     | Tiago Dionisio            | Clube do Stress                        | SnM     | 08:03:57 | 00:10:45         |
| 217         | 28          | 230    | Pedro Amorim              | Porto Runners                          | M50M    | 08:03:57 | 00:10:45         |
| 218         | 80          | 325    | Joao Neto                 | Porto Runners                          | M40M    | 08:03:57 | 00:10:45         |
| 219         | 81          | 200    | Joaquim Viana             | Porto Runners                          | M40M    | 08:05:28 | 00:10:47         |
| 220         | 29          | 19     | Antonio Madeira           | Individual                             | M50M    | 08:05:53 | 00:10:48         |
| 221         | 82          | 176    | João Meixedo              | Porto Runners                          | M40M    | 08:06:15 | 00:10:48         |
| 222         | 30          | 40     | Álvaro Furtado            | Serviços Sociais CGD                   | M50M    | 08:08:42 | 00:10:53         |
| 223         | 31          | 338    | José Maçarria             | Casa do Benfica da Fig Foz             | M50M    | 08:09:45 | 00:10:53         |
| 224         | 83          | 183    | Jose Pericão Almeida      | MillenniumBcp                          | M40M    | 08:09:59 | 00:10:53         |
| 225         | 84          | 356    | Rui Pericão de Almeida    | Individual                             | M40M    | 08:09:59 | 00:10:53         |
| 226         | 85          | 220    | Henrique Narciso          | CLAC - Entroncamento                   | M40M    | 08:11:12 | 00:10:55         |
| 227         | 32          | 231    | Paulo Valente             | Individual                             | M50M    | 08:13:10 | 00:10:58         |
| 228         | 86          | 222    | Jorge Freitas             | CLAC - Entroncamento                   | M40M    | 08:13:13 | 00:10:58         |
| 229         | 87          | 3      | Victor Ferreira           | Cross Laminha                          | M40M    | 08:13:23 | 00:10:58         |
| 230         | 88          | 189    | Miguel Reis Cruz          | MillenniumBcp                          | M40M    | 08:13:23 | 00:10:58         |
| 231         | 100         | 145    | Paulo Amaral              | UPYADOS                                | SnM     | 08:15:27 | 00:11:01         |
| 232         | 89          | 221    | José Felício              | CLAC - Entroncamento                   | M40M    | 08:16:32 | 00:11:02         |
| 233         | 33          | 12     | Hernâni Monteiro          | Amigos do Vale do Silêncio             | M50M    | 08:17:25 | 00:11:03         |
| 234         | 90          | 243    | Paulo Mota                | A.A. Lebres do Sado                    | M40M    | 08:17:25 | 00:11:03         |
| 235         | 91          | 216    | Ludovico Capito           | CLAC - Entroncamento                   | M40M    | 08:19:21 | 00:11:06         |
| 236         | 92          | 240    | Paulo Bernardo            | Paredes Aventura                       | M40M    | 08:20:44 | 00:11:08         |
| 237         | 7           | 156    | JOANA ISABEL VELEZ CAROÇO | Grupo Desportivo Leões do Veneza       | SnF     | 08:22:09 | 00:11:10         |
| 238         | 93          | 271    | Miguel Santos             | Porto Runners                          | M40M    | 08:22:10 | 00:11:10         |
| 239         | 94          | 55     | Fernando Ribeiro          | Individual                             | M40M    | 08:22:10 | 00:11:10         |
| 240         | 6           | 211    | Otilia Leal               | CLAC - Entroncamento                   | M40F    | 08:22:43 | 00:11:10         |
| 241         | 101         | 42     | João Mirante              | NEL Pedatleta                          | SnM     | 08:22:48 | 00:11:10         |
| 242         | 95          | 235    | Pedro Coelho              | Individual                             | M40M    | 08:22:50 | 00:11:10         |
| 243         | 34          | 261    | Filipe Tomás              | ACSMamede.com                          | M50M    | 08:28:58 | 00:11:19         |
| 244         | 96          | 217    | José Batista              | CLAC - Entroncamento                   | M40M    | 08:29:01 | 00:11:19         |
| 245         | 35          | 115    | José Carvalho             | Proaventuras                           | M50M    | 08:29:42 | 00:11:20         |
| 246         | 97          | 218    | João Martins              | CLAC - Entroncamento                   | M40M    | 08:29:44 | 00:11:20         |
| 247         | 102         | 224    | Miguel Martinho           | CLAC - Entroncamento                   | SnM     | 08:29:46 | 00:11:20         |
| 248         | 98          | 188    | Paulo Caetano             | MillenniumBcp                          | M40M    | 08:31:15 | 00:11:22         |
| 249         | 103         | 9      | Paulo Fernandes           | A.A. Lebres do Sado                    | SnM     | 08:40:20 | 00:11:34         |
| 250         | 7           | 202    | Célia Azenha              | A.A. Lebres do Sado                    | M40F    | 08:40:20 | 00:11:34         |
| 251         | 99          | 172    | Rodolfo Rapaz             | O Mundo da Corrida                     | M40M    | 08:40:21 | 00:11:34         |
| 252         | 100         | 245    | Paulo Conceição           | A.A. Lebres do Sado                    | M40M    | 08:46:14 | 00:11:42         |
| 253         | 8           | 249    | Dina Mota                 | A.A. Lebres do Sado                    | M40F    | 08:46:14 | 00:11:42         |
| 254         | 36          | 303    | Carlos Rangel             | UDCA                                   | M50M    | 08:46:15 | 00:11:42         |
| 255         | 37          | 302    | José Pereira              | UDCA                                   | M50M    | 08:46:16 | 00:11:42         |
| 256         | 38          | 300    | Ramiro Nores              | Carma Trail                            | M50M    | 08:49:44 | 00:11:46         |
| 257         | 101         | 108    | Corredoira Silva          | Coruña Trail                           | M40M    | 08:49:44 | 00:11:46         |
| 258         | 102         | 4      | Miguel Martínez           | Carma Trail                            | M40M    | 08:49:45 | 00:11:46         |
| 259         | 104         | 88     | Rui Simoes                | Heer for Beer                          | SnM     | 08:54:08 | 00:11:52         |
| 260         | 39          | 62     | Teodoro Trindade          | Run 4 Fun                              | M50M    | 08:57:22 | 00:11:56         |
| 261         | 103         | 92     | Jorge Teixeira Esteves    | Run 4 Fun                              | M40M    | 08:57:22 | 00:11:56         |
| 262         | 105         | 358    | Nuno Norte                | ADA Desnível                           | SnM     | 08:59:02 | 00:11:59         |
| 263         | 104         | 273    | José Neves                | Clube Aventura do Barreiro/Terra Livre | M40M    | 08:59:02 | 00:11:59         |
| 264         | 105         | 194    | José Manta                | MillenniumBcp                          | M40M    | 08:59:02 | 00:11:59         |
| 265         | 40          | 5      | Joaquim Adelino           | Amigos do Vale do Silêncio             | M50M    | 09:00:26 | 00:12:01         |
| 266         | 106         | 11     | Joaquim Ribeiro           | Individual                             | SnM     | 09:04:39 | 00:12:06         |
| 267         | 41          | 223    | Vitor Messias             | CLAC - Entroncamento                   | M50M    | 09:04:39 | 00:12:06         |
| 268         | 9           | 154    | Flor Madureira            | Grupo Desportivo Leões do Veneza       | M40F    | 09:07:09 | 00:12:10         |
| 269         | 42          | 155    | Floriano Arantes          | Grupo Desportivo Leões do Veneza       | M50M    | 09:07:09 | 00:12:10         |
| 270         | 43          | 151    | Álvaro Fernandes          | A.A. Lebres do Sado                    | M50M    | 09:11:56 | 00:12:16         |
| 271         | 44          | 15     | Manuel Cordeiro           | Individual                             | M50M    | 09:11:57 | 00:12:16         |
| 272         | 106         | 250    | Luis Miguel Santos        | A.A. Lebres do Sado                    | M40M    | 09:12:35 | 00:12:17         |


**II Trilhos dos Abutres 28-12-2012**

07-02-2012 22:06

Prova: **Ultra-Trilhos dos Abutres**

| Geral Prova | Class. Esc. | Dorsal | Nome                         | Equipa                        | Escalão | Tempo    | Média / Km mm:ss |
|-------------|-------------|--------|------------------------------|-------------------------------|---------|----------|------------------|
| 273         | 107         | 251    | Miguel Castela               | A.A. Lebres do Sado           | M40M    | 09:12:35 | 00:12:17         |
| 274         | 108         | 74     | Fernando Morais              | GD Banco BPI                  | M40M    | 09:13:26 | 00:12:18         |
| 275         | 107         | 139    | Octávio Melo                 | O Mundo da Corrida            | SnM     | 09:14:01 | 00:12:19         |
| 276         | 108         | 298    | Francisco Serrano Cantalejo  | Desnivel Positivo / SportZone | SnM     | 09:14:45 | 00:12:20         |
| 277         | 8           | 295    | Carla Sofia Neves Monteiro   | Núcleo de Montanha de Espinho | SnF     | 09:14:45 | 00:12:20         |
| 278         | 109         | 64     | Bruno Domingos               | Individual                    | SnM     | 09:15:21 | 00:12:20         |
| 279         | 110         | 328    | Rui Manuel Silva Pinho       | Porto Runners                 | SnM     | 09:15:21 | 00:12:20         |
| 280         | 45          | 146    | Jorge Pereira                | CLUBE GRUPO BES               | M50M    | 09:17:04 | 00:12:23         |
| 281         | 9           | 103    | Gina Correia                 | ADA Desnível                  | SnF     | 09:17:32 | 00:12:23         |
| 282         | 46          | 106    | Rogério Morais               | ADA Desnível                  | M50M    | 09:17:35 | 00:12:23         |
| 283         | 10          | 105    | Rita Valentim                | ADA Desnível                  | M40F    | 09:17:35 | 00:12:23         |
| 284         | 109         | 297    | Prudencio Berrocal Martínez  | Pretorianos de Tomares        | M40M    | 09:19:02 | 00:12:25         |
| 285         | 11          | 16     | Graça Roldão                 | Os Tugas                      | M40F    | 09:20:23 | 00:12:27         |
| 286         | 12          | 290    | Mª Dolores Gonzalez Enriquez | Bugallasmobles@victorpazos    | M40F    | 09:26:29 | 00:12:35         |
| 287         | 110         | 66     | Rui Monteiro                 | Atletismo Clube de Portalegre | M40M    | 09:30:26 | 00:12:41         |
| 288         | 47          | 46     | Carlos Coelho                | Individual                    | M50M    | 09:45:05 | 00:13:00         |
| 289         | 48          | 150    | João Ralha                   | Run 4 Fun                     | M50M    | 09:54:33 | 00:13:13         |
| 290         | 13          | 152    | Luísa Ralha                  | Run 4 Fun                     | M40F    | 09:54:33 | 00:13:13         |
| 291         | 111         | 69     | Luís Rodrigues               | Porto Runners                 | M40M    | 10:13:29 | 00:13:38         |
| 292         | 49          | 335    | António Almeida              | Dream Team Academy - Viseu    | M50M    | 10:13:29 | 00:13:38         |



## II Trilhos dos Abutres 28-12-2012

29-01-2012 15:41

Prova: **Trilhos Licor Beirão**

| Class. Prova | Class. Esc. | Dorsal | Nome                             | Equipa                              | Escalão | Tempo    | Média / Km mm:ss |
|--------------|-------------|--------|----------------------------------|-------------------------------------|---------|----------|------------------|
| 1            | 1           | 376    | Carlos Sá                        | Desnivel Positivo / SportZone       | SnM     | 01:29:43 | 00:05:08         |
| 2            | 1           | 427    | Joaquim Sousa                    | COC                                 | M40M    | 01:33:19 | 00:05:20         |
| 3            | 2           | 436    | Ricardo Alves Heleno de Oliveira | COC                                 | SnM     | 01:39:57 | 00:05:43         |
| 4            | 3           | 425    | Gildo Silva                      | COC                                 | SnM     | 01:40:22 | 00:05:44         |
| 5            | 4           | 418    | Bruno Martins                    | O Mundo da Corrida                  | SnM     | 01:41:03 | 00:05:46         |
| 6            | 5           | 447    | Nelson Santos                    | COC                                 | SnM     | 01:41:16 | 00:05:47         |
| 7            | 2           | 435    | Carlos Simões                    | Associação Recreativa S. Miguel - V | M40M    | 01:45:23 | 00:06:01         |
| 8            | 6           | 395    | Marco Carlos Correia Carvalho    | Individual                          | SnM     | 01:48:57 | 00:06:14         |
| 9            | 7           | 432    | Nuno Dias                        | CA Barreira                         | SnM     | 01:49:01 | 00:06:14         |
| 10           | 8           | 495    | Pedro Igor                       | Desnivel Positivo / SportZone       | SnM     | 01:50:21 | 00:06:18         |
| 11           | 9           | 499    | Miguel Baquero Rocha             | Bugallasmobles@victorpazos          | SnM     | 01:50:38 | 00:06:19         |
| 12           | 10          | 424    | Fernando Manuel M. Pereira       | Amigos da Montanha                  | SnM     | 01:51:04 | 00:06:21         |
| 13           | 11          | 438    | João Pires                       | Com.Dores da Bairrada               | SnM     | 01:51:22 | 00:06:22         |
| 14           | 12          | 452    | Rui Barbosa                      | Proaventuras                        | SnM     | 01:51:44 | 00:06:23         |
| 15           | 13          | 494    | Hugo Conde                       | TrepamontanhasBtt                   | SnM     | 01:53:12 | 00:06:28         |
| 16           | 3           | 368    | Rafael Lima                      | Confraria Trotamontes               | M40M    | 01:56:32 | 00:06:40         |
| 17           | 14          | 396    | João Pedro Oliveira da Silva     | Individual                          | SnM     | 01:58:35 | 00:06:47         |
| 18           | 4           | 426    | António Amador                   | COC                                 | M40M    | 01:59:43 | 00:06:50         |
| 19           | 5           | 487    | Rui Perdigão                     | CLAC - Entroncamento                | M40M    | 02:00:48 | 00:06:54         |
| 20           | 1           | 434    | Sara de Brito                    | CA Barreira                         | M40F    | 02:01:45 | 00:06:57         |
| 21           | 15          | 470    | Paulo Viegas                     | Individual                          | SnM     | 02:01:46 | 00:06:57         |
| 22           | 1           | 423    | Andreia Silva                    | COC                                 | SnF     | 02:02:34 | 00:07:00         |
| 23           | 6           | 478    | Helder Branco                    | Individual                          | M40M    | 02:05:03 | 00:07:09         |
| 24           | 16          | 492    | José Jacinto                     | Individual                          | SnM     | 02:05:12 | 00:07:09         |
| 25           | 17          | 382    | Carlos Ferreira                  | The Cross                           | SnM     | 02:07:58 | 00:07:19         |
| 26           | 7           | 485    | Vitor Sampaio                    | CLAC - Entroncamento                | M40M    | 02:08:02 | 00:07:19         |
| 27           | 1           | 498    | Manuel Franco Cividanes          | Bugallasmobles@victorpazos          | M50M    | 02:08:54 | 00:07:22         |
| 28           | 18          | 442    | Daniel Baptista                  | CA Barreira                         | SnM     | 02:10:39 | 00:07:28         |
| 29           | 2           | 429    | Patrícia Casalinho               | COC                                 | SnF     | 02:13:51 | 00:07:39         |
| 30           | 2           | 428    | Albano João                      | COC                                 | M50M    | 02:13:53 | 00:07:39         |
| 31           | 19          | 493    | Nuno Pimenta                     | Portugal Running                    | SnM     | 02:15:51 | 00:07:46         |
| 32           | 20          | 460    | Luis Alves                       | Individual                          | SnM     | 02:16:26 | 00:07:48         |
| 33           | 21          | 469    | Adelino Gouveia                  | Com.Dores da Bairrada               | SnM     | 02:16:26 | 00:07:48         |
| 34           | 8           | 417    | Sérgio Carinhas                  | Atletismo Clube de Portalegre       | M40M    | 02:18:37 | 00:07:55         |
| 35           | 22          | 400    | Tiago Santos                     | Individual                          | SnM     | 02:18:38 | 00:07:55         |
| 36           | 23          | 473    | Ricardo Cordeiro                 | Atletismo Clube de Portalegre       | SnM     | 02:18:38 | 00:07:55         |
| 37           | 24          | 398    | Fábio Fernandes                  | BUB                                 | SnM     | 02:20:31 | 00:08:02         |
| 38           | 9           | 484    | João Dias                        | CLAC - Entroncamento                | M40M    | 02:20:32 | 00:08:02         |
| 39           | 3           | 500    | Dionisio Ameal Pacheco           | Bugallasmobles@victorpazos          | M50M    | 02:21:58 | 00:08:07         |
| 40           | 4           | 372    | José Eufrásio                    | Individual                          | M50M    | 02:22:26 | 00:08:08         |
| 41           | 5           | 486    | Luis Rei                         | CLAC - Entroncamento                | M50M    | 02:22:51 | 00:08:10         |
| 42           | 10          | 411    | João Carlos Correia              | Atletismo Clube de Portalegre       | M40M    | 02:23:37 | 00:08:12         |
| 43           | 25          | 441    | Ivo Morais                       | Individual                          | SnM     | 02:24:31 | 00:08:15         |
| 44           | 26          | 458    | Luis Ferreira                    | Individual                          | SnM     | 02:24:32 | 00:08:16         |
| 45           | 27          | 454    | Pedro Pinto                      | Adefacec                            | SnM     | 02:25:00 | 00:08:17         |
| 46           | 2           | 483    | Elsa Dinis                       | CLAC - Entroncamento                | M40F    | 02:25:44 | 00:08:20         |
| 47           | 28          | 440    | Sérgio Durão                     | Individual                          | SnM     | 02:25:45 | 00:08:20         |
| 48           | 29          | 476    | Cristóvão Sacramento             | ADC Almalaguês                      | SnM     | 02:26:56 | 00:08:24         |
| 49           | 30          | 467    | José Coelho                      | Individual                          | SnM     | 02:26:56 | 00:08:24         |
| 50           | 31          | 466    | Nelson Valente                   | V2                                  | SnM     | 02:26:57 | 00:08:24         |
| 51           | 3           | 391    | Anabela Vieito                   | COC                                 | M40F    | 02:27:45 | 00:08:27         |
| 52           | 11          | 388    | Carlos Canais                    | Individual                          | M40M    | 02:29:38 | 00:08:33         |
| 53           | 32          | 394    | João Mendes                      | Individual                          | SnM     | 02:29:39 | 00:08:33         |
| 54           | 12          | 374    | Rafael Batista                   | Individual                          | M40M    | 02:29:41 | 00:08:33         |
| 55           | 6           | 491    | Orlando Duarte                   | Individual                          | M50M    | 02:30:12 | 00:08:35         |
| 56           | 33          | 377    | Tiago Ramos                      | The Cross                           | SnM     | 02:30:47 | 00:08:37         |
| 57           | 34          | 455    | Nuno Nunes                       | Individual                          | SnM     | 02:31:08 | 00:08:38         |
| 58           | 4           | 405    | Antonieta Sá                     | C C D "O Alvitjeo"                  | M40F    | 02:33:47 | 00:08:47         |
| 59           | 3           | 379    | Joana Moutela                    | Individual                          | SnF     | 02:33:47 | 00:08:47         |
| 60           | 7           | 439    | Domingos Janela                  | O Mundo da Corrida                  | M50M    | 02:33:48 | 00:08:47         |
| 61           | 8           | 402    | António Gonçalves                | Os Tugas                            | M50M    | 02:34:30 | 00:08:50         |



## II Trilhos dos Abutres 28-12-2012

29-01-2012 15:41

Prova: **Trilhos Licor Beirão**

| Class. Prova | Class. Esc. | Dorsal | Nome                    | Equipa                              | Escalão | Tempo    | Média / Km mm:ss |
|--------------|-------------|--------|-------------------------|-------------------------------------|---------|----------|------------------|
| 62           | 35          | 472    | Miguel Gameiro          | CLAC - Entroncamento                | SnM     | 02:34:30 | 00:08:50         |
| 63           | 36          | 370    | Rui Ribeiro             | Amigos da Montanha                  | SnM     | 02:34:47 | 00:08:51         |
| 64           | 4           | 371    | Sofia Ribeiro           | Amigos da Montanha                  | SnF     | 02:34:47 | 00:08:51         |
| 65           | 13          | 464    | Jose santos             | Turbolentos da Maia                 | M40M    | 02:36:12 | 00:08:56         |
| 66           | 14          | 475    | Jorge Martins Silva     | MillenniumBcp                       | M40M    | 02:36:13 | 00:08:56         |
| 67           | 37          | 367    | Renato Cardoso          | Porto Runners                       | SnM     | 02:36:45 | 00:08:57         |
| 68           | 38          | 407    | Telmo Pinto             | Individual                          | SnM     | 02:37:59 | 00:09:02         |
| 69           | 15          | 413    | Luis Pinto              | Atletismo Clube de Portalegre       | M40M    | 02:38:27 | 00:09:03         |
| 70           | 16          | 410    | José Luis Santos        | Individual                          | M40M    | 02:39:53 | 00:09:08         |
| 71           | 39          | 387    | Joaquim Simões Mendes   | Individual                          | SnM     | 02:40:11 | 00:09:09         |
| 72           | 40          | 444    | Nuno Fernandes          | Individual                          | SnM     | 02:40:31 | 00:09:10         |
| 73           | 9           | 406    | Alberto Valente         | V2                                  | M50M    | 02:40:54 | 00:09:12         |
| 74           | 5           | 416    | Paula Matos             | Atletismo Clube de Portalegre       | M40F    | 02:41:28 | 00:09:14         |
| 75           | 17          | 453    | Pedro Rodrigues Pereira | Individual                          | M40M    | 02:41:28 | 00:09:14         |
| 76           | 41          | 381    | Miguel Duarte           | Individual                          | SnM     | 02:41:57 | 00:09:15         |
| 77           | 6           | 369    | Céu Costa               | GD4Caminhos                         | M40F    | 02:43:22 | 00:09:20         |
| 78           | 7           | 437    | Marta Moreira           | Maia AC                             | M40F    | 02:43:22 | 00:09:20         |
| 79           | 18          | 393    | João Coutinho           | Clube do Stress                     | M40M    | 02:43:22 | 00:09:20         |
| 80           | 42          | 380    | Mauro Gonçalves         | The Twelve                          | SnM     | 02:43:22 | 00:09:20         |
| 81           | 43          | 390    | Vitor Correia           | Individual                          | SnM     | 02:43:45 | 00:09:21         |
| 82           | 8           | 433    | Ana Paula Santos        | CA Barreira                         | M40F    | 02:44:02 | 00:09:22         |
| 83           | 19          | 392    | Leonel Vieito           | COC                                 | M40M    | 02:44:23 | 00:09:24         |
| 84           | 44          | 408    | Luc Hennetier           | Individual                          | SnM     | 02:45:09 | 00:09:26         |
| 85           | 20          | 468    | João Lopes              | Individual                          | M40M    | 02:45:12 | 00:09:26         |
| 86           | 21          | 415    | Luis Pires              | Amigos do Parque da Paz             | M40M    | 02:45:51 | 00:09:29         |
| 87           | 45          | 496    | Rui Barbosa             | Cobelba/Picos Agrestes              | SnM     | 02:46:25 | 00:09:31         |
| 88           | 10          | 446    | Carlos Janela           | O Mundo da Corrida                  | M50M    | 02:47:09 | 00:09:33         |
| 89           | 9           | 451    | Mariana Pereira         | Individual                          | M40F    | 02:48:47 | 00:09:39         |
| 90           | 10          | 474    | Isabel Martins          | Individual                          | M40F    | 02:49:25 | 00:09:41         |
| 91           | 5           | 375    | Anabela Keta            | AC Maia                             | SnF     | 02:53:34 | 00:09:55         |
| 92           | 22          | 443    | Carlos Soares           | Maia AC                             | M40M    | 02:53:35 | 00:09:55         |
| 93           | 23          | 373    | Fernando Pascoal        | UPYADOS                             | M40M    | 02:53:37 | 00:09:55         |
| 94           | 11          | 419    | Céu Santos              | O Mundo da Corrida                  | M40F    | 02:55:05 | 00:10:00         |
| 95           | 6           | 480    | Sofia Brandão           | CAOB-Clube Atletismo Obidos         | SnF     | 02:55:45 | 00:10:03         |
| 96           | 11          | 479    | Antonio Miranda         | CAOB-Clube Atletismo Obidos         | M50M    | 02:56:14 | 00:10:04         |
| 97           | 12          | 401    | Fátima Gonçalves        | Os Tugas                            | M40F    | 02:58:52 | 00:10:13         |
| 98           | 12          | 403    | Narciso Castaño         | Los Amigos                          | M50M    | 02:58:52 | 00:10:13         |
| 99           | 13          | 1076   | Elisabete Gonçalves     | Porto Runners                       | M40F    | 03:03:09 | 00:10:28         |
| 100          | 24          | 462    | Gonçalo Mendes          | UltraSpirit                         | M40M    | 03:03:11 | 00:10:28         |
| 101          | 7           | 449    | Cátia Salvado           | Individual                          | SnF     | 03:03:35 | 00:10:29         |
| 102          | 25          | 465    | Paulo Veiga             | UltraSpirit                         | M40M    | 03:03:45 | 00:10:30         |
| 103          | 46          | 459    | Rui Jorge               | ZéZés                               | SnM     | 03:06:31 | 00:10:39         |
| 104          | 47          | 482    | Humberto Pousa          | Individual                          | SnM     | 03:06:39 | 00:10:40         |
| 105          | 13          | 421    | Victor Paranhos         | O Mundo da Corrida                  | M50M    | 03:07:02 | 00:10:41         |
| 106          | 48          | 389    | Eduardo Manata          | Núcleo do Desporto Amador de Pom    | SnM     | 03:07:02 | 00:10:41         |
| 107          | 49          | 378    | Rui Martins             | Serviços Sociais CGD                | SnM     | 03:08:14 | 00:10:45         |
| 108          | 50          | 404    | João Tiago              | Corremais.com                       | SnM     | 03:10:43 | 00:10:54         |
| 109          | 8           | 461    | Sara Ricardo            | Individual                          | SnF     | 03:14:03 | 00:11:05         |
| 110          | 14          | 502    | José Moutinho           | Confraria Trotamontes               | M50M    | 03:15:15 | 00:11:09         |
| 111          | 14          | 490    | Cristina Bossa          | O Mundo da Corrida                  | M40F    | 03:15:51 | 00:11:11         |
| 112          | 9           | 448    | Paula Gomes Perez       | Coruña Trail                        | SnF     | 03:16:50 | 00:11:15         |
| 113          | 26          | 471    | Luis Canhão             | Individual                          | M40M    | 03:16:51 | 00:11:15         |
| 114          | 10          | 497    | Fernanda Almeida        | ADA Desnível                        | SnF     | 03:16:51 | 00:11:15         |
| 115          | 15          | 431    | Rosário Barros          | CA Barreira                         | M40F    | 03:18:08 | 00:11:19         |
| 116          | 27          | 430    | Rui Roberto             | CA Barreira                         | M40M    | 03:18:09 | 00:11:19         |
| 117          | 11          | 489    | Ana Guimarães           | DE SEDENTÁRIO A MARATONIST/         | SnF     | 03:18:50 | 00:11:22         |
| 118          | 12          | 1340   | Inês Pereira            | DE SEDENTÁRIO A MARATONIST/         | SnF     | 03:18:50 | 00:11:22         |
| 119          | 28          | 456    | Vitor Pimenta           | Associação Recreativa S. Miguel - V | M40M    | 03:22:15 | 00:11:33         |
| 120          | 51          | 445    | Tiago Duarte            | Individual                          | SnM     | 03:26:32 | 00:11:48         |
| 121          | 15          | 385    | Manuel Veloso           | Porto Runners                       | M50M    | 03:34:27 | 00:12:15         |
| 122          | 13          | 386    | Rita Pimenta            | Serviços Sociais CGD                | SnF     | 03:44:02 | 00:12:48         |



## II Trilhos dos Abutres 28-12-2012

29-01-2012 15:41

Prova: **Trilhos Licor Beirão**

| Class. Prova | Class. Esc. | Dorsal | Nome               | Equipa                          | Escalão | Tempo    | Média / Km mm:ss |
|--------------|-------------|--------|--------------------|---------------------------------|---------|----------|------------------|
| 123          | 14          | 397    | Sandra Freitas     | Núcleo de Montanha de Espinho   | SnF     | 03:44:10 | 00:12:49         |
| 124          | 16          | 488    | Maria José Machado | CLAC - Entroncamento            | M40F    | 03:44:14 | 00:12:49         |
| 125          | 16          | 1038   | José Carlos Jorge  | Clube de Atletismo "Os Pesados" | M50M    | 03:50:46 | 00:13:11         |
| 126          | 17          | 399    | Mayer Raposo       | A.A. Lebres do Sado             | M50M    | 03:51:49 | 00:13:15         |