



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

TRAILMADEIRA.COM

RESULTADOS

TRAIL BOA VENTURA - 13/01/19

Prova: 10,4 km / 834 D+

Pontuável para o ranking TRAIL CURTO

<i>Peitoral</i>	<i>Género</i>	<i>Nome</i>	<i>Clube</i>	<i>Escalão</i>	<i>Tempo</i>	<i>Classif</i>
301	M	Américo Caldeira	CDCPM	V40	01:01:18.827	1
453	M	Miguel Ferreira	CDES	V35	01:01:44.073	2
303	M	Emanuel Freitas	APCTT	V40	01:02:58.060	3
349	M	Evaristo Teixeira	SCSC	Sénior	01:05:22.303	4
526	M	Francisco Henriques	GDE	Júnior	01:05:44.793	5
426	M	Bruno Lambaz	CDCPM	Sénior	01:06:51.287	6
304	M	Telmo Pão	CDES	Sénior	01:07:14.780	7
318	M	Paulo Aguiar	IND-M	V40	01:07:49.027	8
421	M	Mauro Câmara	CKC	V40	01:08:28.523	9
550	M	Luís Francisco	ADRAP	V35	01:10:33.003	10
496	M	Gilmer Galeano	CDES	Sénior	01:11:35.247	11
391	M	Luís Rocha	CDEPC	V40	01:11:58.497	12
354	M	Rafael Pacheco	nf	Sénior	01:12:07.243	13
372	M	Luís M. Freitas	APCTT	Sub-23	01:12:21.240	14
378	M	Filipe Barreiro	CDEPC	V40	01:12:29.247	15
521	M	Marcis Gubats	nf	Sénior	01:12:32.250	16
459	M	Nicásio Teixeira	APCTT	Sénior	01:12:44.990	17
307	M	Nuno Castanha	CDES	V40	01:13:01.247	18
582	M	João P. Rodrigues	AJS	Sénior	01:14:24.747	19
495	M	Alírio Spínola	CDES	V40	01:15:07.223	20
474	M	Mauro Barros	CKC	Sénior	01:16:04.713	21
575	M	Javier Santos	ADG	V35	01:16:16.210	22
348	M	Domingos Sousa	SCSC	Sénior	01:17:08.217	23
329	M	Pedro R. Freitas	ADRAP	Sénior	01:17:34.460	24
369	M	Rúben Mendonça	ADRAP	Sénior	01:17:54.957	25
347	M	Ricardo Faria	SCSC	V35	01:17:59.950	26
367	M	Fábio Neves	ADRAP	Sénior	01:18:03.200	27



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

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429	M	Cristóvão Rodrigues	CNSV	V40	01:18:05.947	28
395	M	Nelson Sousa	CKC	V35	01:18:33.197	29
462	M	José Pacheco	nf	V35	01:18:46.703	30
366	M	Manuel Franco	ADG	V50	01:18:58.693	31
418	M	José Rodrigues	CCDTHF	V45	01:19:05.190	32
599	M	Leonel Gomes	AJS	Sénior	01:19:05.443	33
522	M	Gabriel Gouveia	nf	V35	01:19:13.940	34
333	M	Ricardo Gomes	CNSV	V40	01:19:18.440	35
494	M	Cláudio Jesus	CDES	V40	01:19:40.187	36
431	M	Rúben Teixeira	CSM	V40	01:19:49.183	37
331	M	Duarte Camacho	SCM-M	V55	01:20:06.443	38
620	M	Ricardo Caldas	nf	V40	01:20:14.680	39
351	M	Pedro Silva	SCSC	Sénior	01:20:37.180	40
381	M	Daniel Capelo	CMOF	V40	01:20:58.927	41
519	M	Duarte Costa	CCDCMF	V40	01:21:01.930	42
618	M	Eduardo Teles	GDC	V35	01:21:08.937	43
617	M	Marco Teles	nf	V45	01:21:09.177	44
350	M	Jonathan Fernandes	SCSC	Sénior	01:21:18.927	45
568	M	Guilherme Franco	ADG	Sénior	01:21:20.920	46
392	M	Luís Gomes	nf	Sénior	01:21:21.833	47
363	M	Fernandes	CMOF	V55	01:21:37.670	48
313	M	Filipe Teles	CNSV	V35	01:21:44.170	49
483	M	Ricardo Gonçalves	nf	Sénior	01:22:09.417	50
545	M	Adriano Olim	NHR	Sénior	01:22:24.167	51
533	M	José Correia	nf	V50	01:23:05.660	52
424	F	Maria João Abreu	CDCPM	V40	01:23:09.430	53
432	F	Carla V. Freitas	CDCPM	Sénior	01:23:09.913	54
302	F	Cátia Fiqueli	CDCPM	V35	01:23:09.917	55
416	M	Bruno Pereira	IND-M	Sénior	01:23:37.407	56
322	M	Paulo M. Gonçalves	CFCARV	V50	01:24:08.903	57
576	M	Apolónio Abreu	LCM-M	V50	01:24:46.397	58
385	M	Sabino Gouveia	CPC-M	V40	01:24:55.147	59
436	F	Laureen Teixeira	CKC	Sénior	01:24:59.647	60
601	M	Luís M. Vieira	APCTT	Sénior	01:25:02.153	61
314	M	Marco Rosário	LCM-M	V40	01:25:36.153	62
476	M	Miguel Dias	CFCARV	V50	01:26:01.143	63
477	M	André Silva	CDMS	Sénior	01:26:03.887	64
471	M	João Santos	nf	Sénior	01:26:11.387	65
565	F	Telma Alves	ADRAP	V35	01:27:27.513	66



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

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508	M	Luís Vasconcelos	nf	Sénior	01:27:27.877	67
470	M	Adão Xavier	nf	Júnior	01:27:36.377	68
440	M	Miguel V. Gouveia	CPC-M	V35	01:27:41.123	69
448	F	Joana G. Rodrigues	ADG	Sénior	01:28:06.373	70
389	M	Victor Abreu	LCM-M	V40	01:28:36.373	71
524	M	Vítor Câmara	nf	V40	01:29:02.367	72
377	F	Paula Pereira	APCTT	V35	01:29:11.630	73
306	M	Fábio Freitas	CDES	V35	01:29:30.083	74
555	M	Sérgio Furtado	nf	Sénior	01:29:33.860	75
454	M	Sérgio P. Gouveia	CPC-M	V45	01:29:35.863	76
581	M	Carlos França	nf	V45	01:29:59.417	77
542	F	Susana Nóbrega	ADG	V40	01:30:04.860	78
315	M	Gil Freitas	CDEPC	V45	01:30:38.603	79
438	M	Carlos Freire	nf	V35	01:30:50.107	80
403	M	Carlos Pontes	nf	V45	01:31:00.357	81
488	F	Neide Vieira	CMOF	V35	01:31:18.347	82
445	M	Acácio Gouveia	CPC-M	V40	01:31:19.353	83
309	F	Sónia Quelhas	CNSV	V40	01:31:44.627	84
382	M	Joaquim Rebelo	CDCPM	V50	01:31:54.090	85
590	M	Vítor Xavier	nf	V40	01:31:56.597	86
374	M	Samuel Silva	CDCPM	V35	01:32:01.843	87
451	F	Rute Camacho	CDES	V35	01:32:22.837	88
490	M	João Franco	nf	V40	01:32:25.087	89
586	M	José Navarro	GDC	V40	01:32:33.090	90
553	M	José Carlos Silva	ARCA-M	V60	01:34:02.077	91
317	M	Xavier Aveiro	APCTT	V50	01:34:16.827	92
616	M	Rui Figueira	CDCF-M	Júnior	01:34:17.580	93
605	M	Rui Dias	nf	V50	01:34:31.573	94
430	M	Óscar Correia	AJS	V35	01:35:01.067	95
571	M	João Gomes	nf	Sénior	01:35:17.817	96
540	F	Rubina Perestrelo	ADG	V35	01:35:17.817	97
427	M	Roberto Sousa	nf	V40	01:35:36.563	98
420	M	Luís Martins	APCTT	Sénior	01:35:47.067	99
548	M	João M.F. Ornelas	CFCARV	V55	01:35:56.310	100
507	F	Carmo Almeida	APCTT	V40	01:36:11.067	101
409	M	José Barbosa	nf	V45	01:36:13.063	102
323	M	Leonel Soares	CNSV	V55	01:36:22.310	103
393	M	Rui Henriques	nf	V55	01:36:36.087	104
596	M	Ricardo Matos	CAMAD	V40	01:36:37.803	105



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

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546	M	Carlos Perestrelo	nf	V35	01:36:39.307	106
532	F	Herculana Sousa	CNSV	V35	01:36:43.807	107
465	F	Simone Silva	AJS	Sénior	01:36:59.303	108
481	F	Lisandra Tavares	APCTT	V40	01:37:56.053	109
509	M	Basílio Noronha	AJS	Sénior	01:38:21.797	110
604	M	Filipe Cunha	nf	V45	01:38:35.293	111
346	M	Martinho Fernandes	SCSC	V50	01:38:51.540	112
497	F	Isabel Camacho	CDES	V40	01:38:52.540	113
512	M	Lino Viveiros	ADRAP	Júnior	01:40:02.530	114
447	M	Luís Alberto Sousa	CPC-M	V35	01:40:19.787	115
439	M	Domingos Grilo	CPC-M	V40	01:40:20.027	116
380	F	Sofia Sousa	CNSV	V40	01:40:36.543	117
511	M	Diogo Pereira	nf	Sub-23	01:41:09.280	118
396	M	Nuno Faria	nf	V45	01:41:38.273	119
373	M	Dário Abreu	CAMAD	V50	01:41:55.267	120
619	M	Thomas Soldano	nf	Sénior	01:42:04.770	121
564	M	Daniel Gouveia	nf	Júnior	01:42:22.523	122
408	M	Jm Henriques	nf	V40	01:42:25.273	123
577	F	Filipa Franco	CDES	V35	01:42:26.263	124
456	M	Márcio Teixeira	CPC-M	V35	01:43:11.257	125
324	M	Gonçalo Rodrigues	CDI-M	Sénior	01:43:14.507	126
399	M	Paulo Moreira	nf	V45	01:43:22.170	127
579	F	Carolina G. Santos	CKC	Sénior	01:43:35.503	128
321	M	Miguel Diniz	NHR	V40	01:43:50.750	129
337	M	Teodoro Nunes	nf	V35	01:43:50.783	130
387	M	Roberto Abreu	nf	Sénior	01:43:56.500	131
370	M	António de Castro	CDCPM	V55	01:43:59.007	132
570	M	Maurício Rodrigues	nf	Sénior	01:44:41.743	133
388	M	José Nunes	nf	V50	01:44:54.743	134
368	M	Álvaro Pereira	ADRAP	Sénior	01:44:55.243	135
364	M	Duarte Coelho	CKC	V45	01:44:56.240	136
537	M	Carlos Rodrigues	CKC	V35	01:45:02.240	137
415	M	Manuel Carvalho	LCM-M	V60	01:45:19.487	138
397	F	Carla Franco	nf	V40	01:45:33.487	139
410	M	Alexandre Abreu	nf	Sénior	01:45:47.237	140
543	M	Renato Nóbrega	nf	V40	01:45:56.493	141
412	M	Telmo Ramos	nf	Sénior	01:45:59.007	142
325	M	Mike Escórcio	CDI-M	Sénior	01:45:59.247	143
334	M	Inácio Castanha	nf	V35	01:46:13.243	144



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

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405	F	Judite Câmara	CDCPM	V40	01:46:14.237	145
411	M	Ivan Sousa	nf	Sénior	01:46:33.980	146
398	M	Marco Ribeiro	nf	V45	01:46:51.487	147
500	M	Hélder Correia	nf	Sénior	01:47:58.717	148
527	M	Vítor S. Rodrigues	LCM-M	V45	01:48:13.627	149
473	M	Rui S. Rodrigues	LCM-M	V45	01:48:14.250	150
566	M	Mário S. Rodrigues	LCM-M	V40	01:48:16.217	151
446	M	Agostinho Fernandes	SCM-M	V60	01:49:10.960	152
597	F	Cláudia R. Faria	CKC	V45	01:49:29.207	153
320	M	Fábio Martins	APCTT	Sénior	01:49:37.213	154
520	M	Carlos Coelho	nf	V35	01:49:49.713	155
361	M	João Sousa	nf	V45	01:50:00.203	156
499	F	Mónica Castanha	CDES	Sénior	01:50:01.953	157
578	F	Delina Gomes	CNSV	V40	01:50:18.587	158
356	M	Paulo Neves Silva	CDEPC	V45	01:50:20.200	159
339	M	Taciano Teixeira	CDES	Sénior	01:50:27.200	160
435	M	Ilídio Gouveia	CDI-M	V50	01:50:30.200	161
609	M	Marco Pereira	nf	V40	01:50:49.697	162
341	M	Alexandre Pereira	nf	V35	01:50:50.693	163
589	M	Paulino Nóbrega	CFA-M	V55	01:51:26.940	164
461	M	Dilan Vieira	nf	Júnior	01:51:58.937	165
376	F	Dina Aveiro	nf	V40	01:52:03.937	166
401	M	Cipriano Fernandes	nf	V55	01:52:38.683	167
316	M	Hugo Nascimento	CDMS	V35	01:53:01.430	168
319	F	Marlene Correia	nf	V35	01:53:28.197	169
472	M	António Ferraz	CMOF	V40	01:54:03.170	170
400	M	Humberto Rodrigues	ADRAP	V50	01:54:07.170	171
594	M	José Vieira	nf	V45	01:54:39.417	172
562	M	Felipe Capelinha	nf	V55	01:55:06.667	173
516	M	José Almada	APCTT	V55	01:55:25.667	174
510	F	Tânia Assunção	APCTT	Sénior	01:55:56.657	175
466	M	Jorge Gonçalves	nf	Sub-23	01:57:08.397	176
584	F	Maria Sousa	nf	V45	01:57:19.147	177
513	M	Simão Silva	nf	V50	01:57:32.403	178
544	M	Ruben Afonso	nf	Sénior	01:57:32.903	179
595	M	Daniel Pereira	CAMAD	V40	01:58:06.647	180
504	M	Onofre Figueira	nf	Sub-23	01:58:17.150	181
598	M	Pedro Leça	nf	Júnior	01:58:17.400	182
422	M	Carlos Reis	nf	Sénior	01:58:17.897	183



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

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475	F	Ana Dias	nf	V45	01:58:33.137	184
612	F	Dulce Lima	JROXO	V50	01:58:43.383	185
441	F	Raquel Vieira	CPC-M	V35	01:59:17.390	186
335	M	J. Manuel Vieira	CDCPM	V40	01:59:17.630	187
538	F	Sónia Freitas	nf	V40	02:00:00.123	188
311	M	Nélio Pinto	IND-M	V50	02:00:16.873	189
312	M	Décio Santos	IND-M	V40	02:00:17.623	190
371	F	Carina Castro	CDCPM	V50	02:00:56.377	191
563	M	Filipe Ramos	nf	V40	02:01:31.627	192
557	F	Maria Rodriguez	nf	Sénior	02:01:35.363	193
444	F	Sofia Fernandes	CPC-M	Sénior	02:02:10.117	194
503	F	Carla Pinto	AJS	V35	02:02:42.867	195
362	M	João Pita	nf	Sénior	02:03:08.100	196
502	F	Anália Freitas	APCTT	V40	02:03:31.347	197
505	M	Élvio Costa	NHR	Sénior	02:03:47.097	198
547	M	Ricardo Gouveia	nf	V40	02:03:47.843	199
613	F	Goreti Rôxo	JROXO	V55	02:03:49.853	200
559	M	Alejandro Ponte	nf	Sénior	02:03:51.380	201
360	F	Graça Agrela	CEE-M	V55	02:04:02.103	202
588	F	Andreia João	GDC	V35	02:05:22.913	203
338	M	André Alexandre	CDMS	V35	02:05:23.347	204
585	F	Dina Viveiros	GDC	V35	02:05:26.583	205
583	F	Sónia Rodrigues	GDC	V40	02:05:27.083	206
523	M	Francisco Teixeira	nf	V35	02:05:40.333	207
450	M	Nélio Lopes	CPC-M	Sénior	02:05:42.330	208
425	F	Cristina Ferreira	AJS	V35	02:05:49.080	209
487	M	António L. Fernandes	NHR	V65	02:06:42.323	210
428	F	Nádia Cunha	nf	Sénior	02:06:45.597	211
501	F	Vera Andrade	nf	V35	02:07:21.820	212
591	M	João Filipe Camacho	SCM-M	Sénior	02:07:25.070	213
492	F	Sofia Santos	nf	V35	02:07:25.817	214
386	F	Odília Luís	nf	V45	02:07:47.063	215
486	F	Sidónia Hilário	NHR	V55	02:08:12.563	216
549	F	Nivalda Perdigão	CMOF	V45	02:08:30.347	217
517	F	Maria Abreu	nf	V40	02:10:20.297	218
328	F	Orlanda Ornelas	nf	V50	02:10:43.040	219
394	F	Paula Henriques	nf	V50	02:10:44.550	220
574	F	Angélica Fernandes	CPC-M	V60	02:12:44.527	221
551	F	Sónia Silva	BORDAL	V45	02:14:16.017	222



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

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515	F	Cristina Silva	nf	Júnior	02:14:17.263	223
530	F	Nélia Gomes	APCTT	V45	02:14:53.010	224
514	F	M. Andrade	nf	V55	02:15:00.510	225
359	M	Roberto Ramos	APCTT	V35	02:15:02.257	226
558	M	Pedro Diniz	nf	V40	02:15:51.503	227
493	F	Odília Pedras	CDI-M	V40	02:18:20.233	228
407	F	Dina Capelo Silva	CKC	V45	02:18:47.227	229
480	M	Nuno Tavares	APCTT	V40	02:19:16.223	230
479	F	Joana Ferreira	nf	Sénior	02:20:35.217	231
569	F	Liliana Pinto	nf	V40	02:21:33.460	232
572	M	Sidónio Fernandes	nf	V50	02:21:50.457	233
443	F	Maria Correia	nf	Sénior	02:22:03.957	234
442	M	Tito Jesus	nf	V35	02:22:04.703	235
573	F	Maria Andrade	CDES	V45	02:22:23.210	236
344	M	Ricardo Vieira	nf	V45	02:22:32.200	237
603	F	Sofia Goncalves	nf	V40	02:23:17.943	238
434	F	Rubina Fernandes	CDI-M	V40	02:23:35.190	239
592	F	Cristina Jesus	CKC	V40	02:24:33.217	240
452	F	Diana Carolina Freitas	CPC-M	Sénior	02:24:39.683	241
518	F	Ana Silva	nf	V50	02:25:47.423	242
355	F	Isilda Faria	nf	V40	02:26:20.930	243
342	F	Maria Pereira	nf	V50	02:26:21.180	244
343	F	Maria Ornelas	nf	V45	02:26:21.180	245
406	F	Teresa Coelho	CKC	V45	02:28:12.407	246
498	F	Laurisete Teles	CDES	V35	02:29:36.907	247
433	M	Miguel Valente	CDI-M	V45	02:29:37.153	248
413	M	Henrique Omena	nf	Sénior	02:32:38.120	249
552	F	Keila Danin	nf	V35	02:32:45.370	250
531	F	Andreia Abreu	CFCARV	Sénior	02:34:13.607	251
455	F	Nina Moura	CKC	V50	02:35:13.850	252
468	F	Sandra Andrade	nf	Sénior	02:40:28.823	253
467	F	Mariana Caboz	nf	Sub-23	02:40:29.060	254
506	F	Sónia Freitas	CCDCMF	V35	02:48:48.000	255
484	F	Sandra M. Teixeira	CCDCMF	V40	02:48:48.493	256
345	F	Helena Gomes	nf	V45	02:48:48.753	257
357	F	Maria Alves	nf	V45	02:48:49.247	258
554	F	Luísa Ramos	ARCA-M	V55	02:56:27.193	259
556	M	Fernando Vieira	ARCA-M	V65	02:58:32.667	260
449	M	Filipe Varela	CDMS	V45	03:00:15.160	261



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

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561	M	João Sardinha	nf	V45	03:05:19.400	262
536	M	Fábio Faria	nf	V35	03:30:43.423	263
614	F	Vânia Martins	nf	V40	03:30:44.413	264
525	M	João Gomes	nf	V45	03:30:44.417	265
611	M	Luís Rôxo	JROXO	V55	04:27:47.957	266



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

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Prova: 25,0 km / 1922 D+

Pontuável para o ranking TRAIL LONGO

<i>Peitoral</i>	<i>Género</i>	<i>Nome</i>	<i>Clube</i>	<i>Escalão</i>	<i>Tempo</i>	<i>Classif</i>
2	M	Flávio Remesso	ADRAP	V40	02:48:35.250	1
5	M	Francisco Freitas	AJS	V40	02:54:27.950	2
8	M	Marco Silva	ADG	V35	03:00:59.900	3
6	M	Bruno Dantas	ATLAFA	V40	03:01:57.457	4
16	M	Sílvio Freitas	AJS	V35	03:02:22.637	5
10	M	Robert Serrão	AJS	Sénior	03:03:39.877	6
7	M	Flávio Duarte Vieira	CDCPM	Sénior	03:04:32.370	7
3	M	Armando Teixeira	nf	V40	03:07:20.347	8
1	M	Ricardo H. Gouveia	ADRAP	V35	03:07:40.597	9
49	M	Nélson Afonso	CDCF-M	Sénior	03:12:59.053	10
30	M	James Góis	CNSV	Sénior	03:14:23.293	11
88	M	Renato Andrade	ADRAP	V35	03:15:27.783	12
13	M	Sílvio Cró	ADRAP	Sénior	03:15:50.293	13
17	M	Fábio Santos	CNSV	Sénior	03:16:35.273	14
187	M	Carlos Pereira	ADNPS	Sénior	03:17:50.267	15
15	M	Nélson Vieira	CDCPM	V40	03:19:19.260	16
11	M	Virgílio Ornelas	AJS	V40	03:20:03.087	17
60	M	Leandro Soares	AJS	Sénior	03:26:30.697	18
14	M	Énio Castro	nf	Sénior	03:28:27.183	19
18	M	Daniel Ferreira	AJS	Sénior	03:32:50.397	20
19	M	Timóteo Sousa	CAMAD	V35	03:36:07.867	21
135	M	Joaquim Lopes	ADRAP	Sénior	03:36:23.870	22
93	M	André F. Caires	CAMAD	V35	03:38:00.857	23
69	M	Luís Miguel Vieira	CPC-M	Sénior	03:38:15.103	24
211	M	José Ornelas	AJS	V50	03:39:30.343	25
42	M	João Tiago Costa	ADRAP	Sénior	03:39:30.593	26
47	M	Joaquim Sousa	AJS	V40	03:40:01.597	27
175	M	Márcio Coelho	CDES	V35	03:40:55.333	28
183	M	Rúben Escórcio	AJS	V35	03:41:23.827	29
44	M	João Almeida	ATLAFA	V45	03:41:54.910	30
97	M	Valter Viveiros	CMOF	V35	03:45:04.047	31



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

TRAILMADEIRA.COM

170	M	João A. Freitas	CKC	V40	03:45:56.043	32
186	M	Mário dos Ramos	CDES	V40	03:46:17.040	33
72	M	J. João Fernandes	IND-M	V40	03:47:06.783	34
221	M	Décio Carreira	IND-M	Sénior	03:47:11.297	35
198	M	Valter Fernandes	CDEPC	Sénior	03:47:37.533	36
52	M	Sandro Silva	JAC	V35	03:47:39.283	37
161	M	Ricardo David	nf	Sénior	03:47:39.527	38
104	M	José M. Abreu	AJS	V35	03:47:49.527	39
192	M	Carlos Franco	AJS	V50	03:48:10.273	40
225	M	José Ribeiro	CAMAD	V50	03:48:10.523	41
4	F	Lúcia Franco	ADG	V40	03:48:33.537	42
55	M	José Barradas	nf	V35	03:50:55.253	43
92	M	Dinarte Nunes	CNF-SÉ	V35	03:51:56.493	44
27	M	Pedro Vares	ADRAP	Sénior	03:52:55.987	45
176	M	João Manuel Sousa	CDES	V55	03:53:45.480	46
178	M	Nuno Gomes	CDES	V35	03:53:45.480	47
162	M	Vítor Viríssimo	nf	V35	03:54:52.193	48
203	M	João Figueira	nf	V40	03:55:52.963	49
103	M	André Luís	CSM	V35	03:55:57.213	50
28	M	Luís Mendonça	IND-M	V60	03:56:14.710	51
158	M	Inácio Camacho	CDCF-M	Sénior	03:56:31.457	52
209	M	Rogério Santos	CNSV	V35	03:56:43.457	53
180	M	Rui Luís Coelho	CDES	V35	03:56:50.210	54
87	M	António Pereira	AJS	Sénior	03:56:59.953	55
136	M	Jorge Andrade	nf	V35	03:57:19.710	56
210	M	André Pires	NHR	Sénior	03:57:31.950	57
196	M	Alberto Aguiar	GDC	V35	03:58:52.437	58
141	M	José Alves	nf	V40	03:59:03.687	59
177	M	Francisco Camacho	CDES	Sénior	04:00:14.683	60
181	M	Bruno Teixeira	CDES	V40	04:00:16.433	61
101	M	Luís A. Santos	ATLAFA	V35	04:00:33.923	62
129	M	João Batista	CDCF-M	V35	04:01:02.457	63
85	M	Jorge Louro	CNSV	Sénior	04:02:00.917	64
149	M	Gabriel N. Freitas	CPC-M	V45	04:03:40.903	65
152	M	Telmo Jesus	GDC	Sénior	04:04:18.147	66
63	M	Rúben Pinto	SCSC	Sénior	04:04:46.890	67
24	M	Domingos Rodrigues	AJS	V45	04:04:52.150	68
121	M	Ricardo Baptista	CEE-M	V45	04:05:17.840	69
29	M	Juliano Silva	CDMS	V35	04:06:12.630	70



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

TRAILMADEIRA.COM

140	M	Estefânio Silva	ACM-M	V40	04:06:36.140	71
169	M	Davide Fernandes	AJS	V40	04:07:27.620	72
204	M	Bruno Viveiros	nf	V35	04:08:24.113	73
163	M	Luís Figueira	ADG	Sénior	04:08:57.610	74
95	M	Jorge Neves	nf	V40	04:09:03.113	75
207	M	João Neves	nf	V35	04:09:24.873	76
12	M	Élton Martins	CDCPM	Sénior	04:09:24.877	77
48	F	Teresa Ornelas	AJS	V45	04:10:02.600	78
179	F	Carla Caires	CDES	V40	04:10:02.600	79
190	M	Ricardo J. Quintal	CKC	V40	04:11:12.590	80
105	M	Ricardo Moreira	AJS	Sénior	04:11:40.087	81
78	M	Mário André Pereira	ADRAP	Sénior	04:12:29.580	82
46	M	Ricardo Spínola	CCDCMF	V45	04:13:21.743	83
125	M	Dino Costa	nf	V35	04:14:02.317	84
74	M	Steven Martins	CMOF	Sénior	04:14:31.560	85
35	M	Miguel Magalhães	CEE-M	V35	04:14:35.567	86
66	M	Duarte Gil Pereira	SCSC	V40	04:15:14.307	87
25	M	Sérgio Aveiro	LCM-M	V35	04:15:50.303	88
185	F	Regina Baptista	CDES	Sénior	04:15:54.817	89
58	M	Décio Gaspar	ADRAP	Sénior	04:16:54.897	90
218	M	Marco Barros	CKC	V40	04:17:52.787	91
182	M	Jorge Teles	CDES	V40	04:18:23.290	92
79	M	Rui Gouveia	LCM-M	V45	04:19:21.777	93
110	M	José António Reis	CMOF	V35	04:20:15.770	94
41	M	Nuno Barros	SCM-M	V40	04:21:32.503	95
157	M	Albino Batista	APCTT	V35	04:21:37.507	96
123	F	Marilisa Fernandes	CDCPM	Sénior	04:22:43.500	97
226	M	José Mendonça Faria	CNSV	V60	04:23:58.897	98
96	M	Rafael Rodrigues	CNF-SÉ	V35	04:24:11.240	99
82	M	Manuel Sardinha	JROXO	V55	04:24:37.233	100
71	M	Nélio Faria	VIP-RC	V50	04:25:14.980	101
50	M	Alberto Camacho	CDCF-M	V45	04:25:28.477	102
113	M	Nuno Manuel	LCM-M	V35	04:25:50.223	103
75	M	Élio Aveiro	nf	V40	04:26:36.220	104
174	F	Tânia Gaspar	CDES	V40	04:28:44.963	105
114	M	Marco A. Marques	CMOF	Sénior	04:28:58.700	106
127	M	Miguel Nóbrega	CNSV	V35	04:29:25.197	107
40	M	Nélson Santo	CDCF-M	V35	04:29:52.227	108
53	F	Joana Pinto	ADRAP	Sénior	04:33:05.167	109



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

TRAILMADEIRA.COM

130	M	Roberto S. Nóbrega	CNSV	V35	04:33:13.667	110
37	M	André Spínola	AJS	V35	04:33:28.663	111
173	M	Nuno Margarido	VIP-RC	V40	04:33:28.663	112
193	M	Paulo Barreto	AJS	V40	04:35:24.147	113
100	M	João Câmara	CDCPM	V45	04:35:51.643	114
84	F	Carina Araújo	AJS	V35	04:36:15.903	115
128	M	Carlos A. Faria	SCM-M	V40	04:36:39.887	116
197	F	Ana Marote	LCM-M	V45	04:37:33.697	117
195	M	Sérgio Catarino	CMOF	V35	04:38:18.877	118
151	M	Luís de Abreu	GDC	V45	04:38:55.620	119
77	M	Dinarte Garcês	IND-M	V40	04:39:17.117	120
23	F	Tânia Garcês	CNSV	Sénior	04:39:24.123	121
153	M	Rui Neves	GDC	V40	04:41:03.863	122
126	M	Élvio Alves	nf	V40	04:41:04.853	123
223	M	Ivo Marques	nf	V35	04:42:12.093	124
200	M	Emanuel Fernandes	NHR	V45	04:42:28.343	125
132	M	Ivo Olival	APCTT	V35	04:45:01.073	126
202	M	Humberto Santos	nf	V35	04:45:14.363	127
224	M	Manuel Capelinha	nf	V60	04:45:33.073	128
150	M	Lino Santos Silva	GDC	V40	04:47:30.307	129
219	F	Susana Vacas	BORDAL	V45	04:49:24.787	130
61	M	Tony Serrão	GDC	V35	04:50:06.283	131
81	M	Valter Serrão	nf	V35	04:50:55.533	132
118	M	Teodoto Silva	CSM	V55	04:51:21.523	133
90	M	Nuno Vieira	CNSV	V40	04:52:22.017	134
32	M	Gonçalo Mendes	CDMS	V45	04:52:49.507	135
134	M	Mauro Gomes	CDES	V45	04:53:28.503	136
54	M	Ricardo Manuel	GDC	V50	04:53:51.250	137
102	M	Bruno Freitas	nf	V40	04:55:12.493	138
43	M	Maurice Escórcio	CDI-M	Sénior	04:55:42.737	139
38	M	Fábio S. Rodrigues	CDI-M	Sénior	04:55:44.487	140
39	F	Lovisa Clevehorn	CDI-M	Sénior	04:55:56.490	141
124	F	Jessie Serrão	AJS	Sénior	04:56:24.737	142
184	F	Mayra Abreu	AJS	V35	04:56:24.737	143
109	M	José Custódio	VIP-RC	V50	04:56:33.733	144
51	M	António Gonçalves	nf	Sénior	04:57:39.983	145
83	F	Olga Silva	nf	V40	04:59:24.207	146
228	F	Zita Freitas	BORDAL	Sénior	04:59:50.457	147
212	M	Raúl Alves	APCTT	Sénior	05:01:30.693	148



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

TRAILMADEIRA.COM

205	M	Pedro Sousa	nf	Sub-23	05:03:06.937	149
107	M	José M. Nóbrega	CDEPC	V45	05:03:59.423	150
155	M	Paulo Serra	CDMS	V40	05:06:00.407	151
115	M	Sérgio Freitas	nf	Sénior	05:06:05.657	152
36	M	Miquelino Camacho	CCDCMF	V45	05:06:42.157	153
156	F	Diva Jardim	BORDAL	V50	05:07:20.893	154
112	M	Filipe Camacho	nf	V45	05:07:44.143	155
26	M	Filipe Custódio	CDEPC	V35	05:09:52.873	156
133	M	Raúl Ribeiro	CMOF	V40	05:10:06.627	157
206	M	Donald Zutterman	CMOF	V60	05:10:08.797	158
106	M	Paulo Neves	nf	V40	05:10:51.867	159
166	M	José M. Santos	CDI-M	V55	05:12:30.353	160
215	M	José Ramos	AJS	V40	05:16:03.073	161
208	M	Belchior Sousa	nf	V35	05:18:05.057	162
168	F	Rosalina Freitas	CEE-M	V50	05:19:41.303	163
108	M	Márcio Gomes	CDEPC	V35	05:21:32.497	164
111	F	Sónia da Silva	ADG	Sénior	05:21:33.283	165
142	M	Filipe Aveiro	VIP-RC	Sénior	05:21:33.283	166
138	M	Roberto Solano	CDI-M	V45	05:24:47.757	167
167	M	João Pupo Correia	PT-MEO	V55	05:25:27.293	168
31	M	Gonçalo Vieira	nf	V35	05:27:58.230	169
64	F	Sílvia Sousa	SCSC	Sénior	05:32:01.700	170
144	M	Sidónio António	nf	V50	05:36:47.417	171
159	F	Milena Fonseca	nf	V40	05:37:01.160	172
116	F	Fátima Fernandes	AJS	V40	05:37:55.403	173
65	M	Aldónio Aveiro	SCSC	V45	05:37:55.663	174
21	M	Miguel Bettencourt	MCDON	V35	05:38:10.407	175
191	M	Paulo Marques	SCM-M	V40	05:39:19.913	176
99	F	Michele Martins	CPC-M	V40	05:40:11.137	177
76	F	Lara Mendonça	CNSV	V35	05:40:15.890	178
201	M	Renato F. Nóbrega	NHR	V40	05:42:19.647	179
143	M	Jorge Silva	CDMS	V45	05:43:27.620	180
172	F	Nélia Batista	CNSV	V40	05:43:28.613	181
148	M	Paulo Rodrigues	nf	V35	05:46:41.090	182
33	M	Ivo Rodrigues	nf	Sénior	05:46:41.997	183
57	F	Tânia Carvalho	nf	V35	05:46:50.577	184
164	M	Sidónio Nunes	MTT	V40	05:48:16.817	185
62	F	Ana Bela Franco	CCDCMF	V35	05:52:47.537	186
22	F	Nélia Nascimento	CCDCMF	V45	05:52:47.537	187



CIRCUITO REGIONAL TRAIL MADEIRA 2018-19

TRAILMADEIRA.COM

91	M	Pedro Barros	nf	Sénior	05:55:20.770	188
89	M	Roberto Gouveia	nf	V40	05:59:12.917	189
145	M	Agostinho António	nf	V55	06:03:27.943	190
217	M	Filipe Teixeira	nf	V35	06:05:10.183	191
86	F	Ana Paula Aveiro	APCTT	V50	06:08:29.193	192
68	M	José Pereira	nf	Sénior	06:11:32.880	193
139	M	Décio Pinto	nf	V40	06:13:16.137	194
216	M	Filipe Franco	APCTT	V35	06:13:16.870	195
119	M	Óscar Faria	CMOF	V40	06:13:16.873	196
20	F	Mariana Oliveira	CNSV	Sub-23	06:13:16.873	197
98	F	Manuela Carrillo	IND-M	V55	06:20:52.823	198
147	F	Micaela Martins	CPC-M	V35	06:39:57.650	199
67	M	Sidónio Fernandes	SCSC	V55	06:39:58.153	200
154	F	Carolina Marques	nf	V35	06:59:35.757	201
137	F	Augusta Silva	CPC-M	V50	07:02:54.717	202

nf – não filiado

Data da publicação no *website* do Circuito: 18-01-2019

NOTA: Eventuais reclamações deverão ser colocadas no prazo máximo de 48 horas após a publicação dos resultados no *website* do Circuito, findo o qual os resultados homologados não serão passíveis de recurso (Art.º 3.7. do Regulamento do Circuito).