



Resultados do Troféu Trail Terras de Águeda 2022 - 25km Masculino

POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
1	Pedro Garrido	1986	OPraticante.pt	0	0	85	0	85	85	85	100	100	100	100	740
2	João Santos	1977	Dura-F1 Raceteam	50	100	15	100	0	65	0	65	65	65	85	610
3	Paulo matos	1971	Fox running team	65	85	25	85	65	40	35	50	50	50	15	565
4	Helder Lopes	1987	DCI/Trilhos Luso Bussaco	100	0	0	0	100	100	100	0	0	0	0	400
5	Josias Meira	1978	Fox Running Team	25	50	7	0	30	50	0	35	40	0	25	262
6	Marco paulo jesus rodrigues	1979	Fox running team	10	35	1	0	35	0	40	40	35	35	20	251
7	António Gomes	1979	Dura-F1 Raceteam	0	65	10	0	0	25	30	30	30	30	0	220
8	Francisco Pereira	2003	Sentir Escariz running	0	0	0	0	0	0	0	85	85	0	0	170
9	Valter Matos	1980	DCI/TRILHOS LUSO BUSSACO	0	0	4	0	0	0	50	0	0	40	40	134
10	Luís Azevedo	1984	Sport Clube Paradela	0	7	0	0	25	10	15	25	15	8	10	115
11	JOSÉ MARTINS	1961	DCI/Trilhos Luso Bussaco	0	0	0	0	40	0	65	0	0	0	0	105
12	Alexandre Blasques	1995	Coimbra Trail Running	0	0	100	0	0	0	0	0	0	0	0	100
13	Hugo Silva	1986	Dura-F1 Raceteam	0	0	35	0	0	0	0	0	0	0	65	100
14	Ivo Tavares	1992	Saca Trilhos Anadia	0	0	3	0	0	30	0	0	0	25	35	93
15	Luís Santos	1977	ADI-ÍLHAVO	15	15	1	0	20	15	20	0	0	0	0	86
16	Miguel Silva	1982	Carregosa Lowlanders	85	0	0	0	0	0	0	0	0	0	0	85
17	Tiago Duarte	1988	Atletismo Clube da Tocha	0	0	0	0	0	0	0	0	0	85	0	85
18	RICARDO HENRIQUES	1984	LAAC - BIKE & SPORT	5	20	1	35	10	7	0	2	0	0	0	80
19	Carlos Alberto da Silva Abreu	1977	jovase trail running	0	0	0	0	0	0	25	0	0	0	50	75
20	Filipe Fonseca	1975	Individual	0	0	0	0	0	0	0	15	10	20	30	75
21	Pedro Bastos	1987	DAR - DESPORTIVO ATLETICO RECARDAES	30	40	0	0	0	0	0	0	0	0	0	70
22	João mouro	1999	Individual	0	0	0	65	0	0	0	0	0	0	0	65
23	Ricardo Coutinho Martins	1979	ARCD Venda da Luísa	0	0	65	0	0	0	0	0	0	0	0	65
24	Carlos Bárbara	1985	A. C. S. Mamede	0	0	50	0	0	0	0	0	0	0	0	50
25	Diogo Marques	1994	Individual	0	0	0	0	50	0	0	0	0	0	0	50
26	Vítor Correia	1986	Individual	0	0	0	50	0	0	0	0	0	0	0	50
27	David Felizardo	1981	GDCR - Grupo Desportivo e Cultural de Recardães	1	3	0	10	6	6	1	1	8	1	5	42
28	Fernando Baltazar	1967	Haertha/TendernessCapacity-trail running team	0	25	0	0	0	0	0	0	0	15	0	40
29	Igor Santos	1991	Individual	40	0	0	0	0	0	0	0	0	0	0	40
30	João Silva	1978	ACDRS QUINHENDROS	0	0	40	0	0	0	0	0	0	0	0	40
31	Pablo Conde Estévez	1978	Individual	0	0	0	40	0	0	0	0	0	0	0	40
32	Jorge Marques	1987	Goodfellas	8	6	0	0	0	9	0	0	9	7	0	39
33	Marco paulo se jesus rodrigues	1968	Fox running team	0	0	0	0	0	35	0	0	0	0	0	35
34	Vítor Martins	1982	Individual	35	0	0	0	0	0	0	0	0	0	0	35
35	Ricardo Ventura	1980	Águeda Action Club -ACTIB	0	0	0	0	8	8	9	0	0	0	8	33
36	Pedro Lopes	1979	DCI/Trilhos Luso Bussaco	0	0	1	25	5	0	1	0	0	0	0	32
37	Sérgio Almeida	1983	ACD OS ÍLHAVOS	0	30	1	0	0	0	0	0	0	0	0	31
38	Alcides Barbosa	1985	Feirense Trail	0	0	30	0	0	0	0	0	0	0	0	30
39	Renato Silva	1996	Individual	0	0	0	30	0	0	0	0	0	0	0	30
40	João Cruz	1987	Individual	0	0	0	0	0	0	0	0	25	0	0	25
41	Bruno Simões	1981	Saca Trilhos Anadia	0	0	0	0	0	0	0	0	20	0	1	21
42	David Coutinho	1975	Dura-F1 Raceteam	0	0	1	0	0	20	0	0	0	0	0	21
43	Pedro Guimarães	1969	LETSRUNAZORES	0	0	1	0	0	0	7	9	0	4	0	21
44	Américo Almeida	1967	DCI/TRILHOS LUSO BUSSACO	20	0	0	0	0	0	0	0	0	0	0	20
45	João Alves	1990	A. C. S. Mamede	0	0	20	0	0	0	0	0	0	0	0	20
46	Manuel António Roseiro Ferreira	1971	ADABEM Running Team	0	0	0	0	0	0	0	20	0	0	0	20
47	Pedro Pinho	1992	Individual	0	0	0	20	0	0	0	0	0	0	0	20
48	Fábio Ferreira	1979	JOVASE Trail Running	0	0	0	0	0	0	0	10	0	0	7	17
49	Paulo Ramirez	1973	Sosense Trail Team	7	10	0	0	0	0	0	0	0	0	0	17
50	David Pereira	1993	Individual	0	0	1	15	0	0	0	0	0	0	0	16
51	Orlando Rocha02101980	1980	Nocturnos de Paredes	0	0	0	0	15	0	0	0	0	0	0	15



Resultados do Troféu Trail Terras de Águeda 2022 - 25km Masculino

POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
52	Armando Cardoso	1985	Sport Clube Paradela	0	0	0	0	0	0	0	6	7	1	0	14
53	Vítor Ferreira	1976	Fox Running Team	0	0	0	0	0	0	0	0	0	5	9	14
54	António Pereira	1964	Pedro Pereira Jardins	1	1	0	6	0	3	1	0	0	0	1	13
55	Artur Salvador	1972	Individual	1	1	1	0	2	0	1	0	5	1	0	12
56	José Martins	1975	SEGIMPRIMA RUNNING TEAM	0	0	1	0	0	0	0	0	0	10	0	11
57	João Saraiva	1975	Sport Clube Paradela	0	1	1	0	0	0	0	1	6	1	0	10
58	RICARDO HENRIQUES	1984	LAAC - BIKE & SPORT	0	0	0	0	0	0	10	0	0	0	0	10
59	Vítor Espírito Santo	1978	ARCD VENDA DA LUÍSA	0	0	1	0	0	0	0	0	0	9	0	10
60	Diogo Rafael da Silva Amaral	1988	Individual	0	0	0	0	9	0	0	0	0	0	0	9
61	Fabio Monteiro	1984	Individual	0	0	0	9	0	0	0	0	0	0	0	9
62	FERNANDO FERREIRA	1978	Sport Clube Paradela	0	9	0	0	0	0	0	0	0	0	0	9
63	José Vidal	1979	Dura-F1 Raceteam	0	0	1	0	0	0	0	7	0	1	0	9
64	LUIS FERREIRA	1985	ACD OS ÍLHAVOS	0	8	1	0	0	0	0	0	0	0	0	9
65	Manuel Siva	1991	ARCD VENDA DA LUÍSA	0	0	9	0	0	0	0	0	0	0	0	9
66	Marcel Santos	1984	Saca Trilhos Anadia	0	0	0	0	0	0	0	0	0	3	6	9
67	MIGUEL NETO GONÇALVES	1985	Individual	9	0	0	0	0	0	0	0	0	0	0	9
68	Cláudio Junior	1991	A. C. S. Mamede	0	0	8	0	0	0	0	0	0	0	0	8
69	Daniel Estima	1997	Individual	0	0	0	8	0	0	0	0	0	0	0	8
70	João Vinha	1963	Dura-F1 Raceteam	0	0	0	0	0	0	8	0	0	0	0	8
71	Nuno Santos	1979	Sentir Escariz running	0	0	0	0	0	0	0	8	0	0	0	8
72	Ricardo Patrício	1980	Boavista Trail	0	0	1	0	0	5	0	0	0	0	2	8
73	Filipe Macedo	1981	Individual	6	0	1	0	0	0	0	0	0	0	0	7
74	Gil Corujeira	1991	Individual	0	0	0	7	0	0	0	0	0	0	0	7
75	Heitor Santos	1958	Individual	1	0	1	0	0	2	1	1	0	1	0	7
76	Jose Grijo	1979	Individual	0	0	0	0	7	0	0	0	0	0	0	7
77	Daniel Pinho	1992	Individual	3	0	0	0	0	0	3	0	0	0	0	6
78	João Franco	1987	Trail runners de Portimão	0	0	6	0	0	0	0	0	0	0	0	6
79	Luís Lemos	1982	Águeda Action Club -ACTIB	0	0	0	0	0	0	6	0	0	0	0	6
80	Paulo Rodrigues	1983	Individual	0	0	0	0	0	0	0	0	0	6	0	6
81	Tiago Gonçalves	1985	Individual	1	1	0	4	0	0	0	0	0	0	0	6
82	André Filipe Afonso Pereira	1991	Individual	0	0	0	0	4	0	1	0	0	0	0	5
83	Bruno Barge	1981	C.D.C. SÃO MARTINHO DA GÂNDARA	0	0	1	0	0	0	4	0	0	0	0	5
84	Carlos Pinheiro	1970	Sport Clube Paradela	0	0	0	0	0	0	0	5	0	0	0	5
85	Hugo Seabra	1989	Clube de Ancas	0	0	0	5	0	0	0	0	0	0	0	5
86	João Moreira	1976	G.D.Ronda	0	5	0	0	0	0	0	0	0	0	0	5
87	Jorge Rodrigues	1976	Agarrados ao btt	1	1	0	3	0	0	0	0	0	0	0	5
88	José Pereira	1982	ARCD Venda da Luísa	0	0	5	0	0	0	0	0	0	0	0	5
89	Júlio Legentil	1980	Dura-F1 Raceteam	0	0	0	0	0	0	5	0	0	0	0	5
90	António José Soares Pinho	1982	Águeda Bike Friends I ABF	0	0	0	0	0	0	0	0	0	0	4	4
91	Bruno Marques	1981	Inline Engenharia	0	0	0	0	0	4	0	0	0	0	0	4
92	Filipe Miguel Santos Martins	2002	Individual	0	0	0	0	0	0	0	0	4	0	0	4
93	Helder Filipe Ferreira Marques	1977	Águeda Action Club -ACTIB	4	0	0	0	0	0	0	0	0	0	0	4
94	João Soares	1981	G.D. Leões da Guarda - LION RUNNERS	0	1	0	0	0	0	0	0	3	0	0	4
95	Jorge Fernandes	1977	Tainadas Run Team	0	4	0	0	0	0	0	0	0	0	0	4
96	Mauro Leite	1990	Individual	0	0	0	0	0	0	0	4	0	0	0	4
97	Tiago Borges	1982	Individual	0	0	0	0	3	0	1	0	0	0	0	4
98	Bruno Manuel Coelho Baptista	1982	Sport Clube Paradela	0	0	0	0	0	0	0	3	0	0	0	3
99	Daniel Almeida	1982	Individual	0	0	0	0	0	0	0	0	0	0	3	3
100	Jorge Rocha	1978	G.D. Leões da Guarda - LION RUNNERS	0	1	0	0	0	0	0	0	2	0	0	3
101	José Pinheiro	1988	Dura-F1 Raceteam	0	0	1	0	0	0	0	0	0	2	0	3
102	Pedro Pereira	1987	Individual	1	0	0	0	0	0	1	0	0	0	1	3



Resultados do Troféu Trail Terras de Águeda 2022 - 25km Masculino

POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
154	João Pedro Cruz	1992	Adabem Running Team	0	0	1	0	0	0	0	0	0	0	0	1
155	João Pires	1972	Adabem Running Team	0	0	1	0	0	0	0	0	0	0	0	1
156	João Tavares	1975	Lusavouga CIDEP Trail Running	0	0	1	0	0	0	0	0	0	0	0	1
157	Jorge André Coutinho Pereira	1987	Segimprima Running Team	0	0	1	0	0	0	0	0	0	0	0	1
158	Jorge Lima	1988	Individual	0	0	1	0	0	0	0	0	0	0	0	1
159	José Baptista	1978	Fox Running Team	1	0	0	0	0	0	0	0	0	0	0	1
160	José Campar	1970	Saca Trilhos Anadia	0	0	1	0	0	0	0	0	0	0	0	1
161	José Duarte	1992	Adabem Running Team	0	0	1	0	0	0	0	0	0	0	0	1
162	Luís Ferrão	1978	Individual	0	0	0	0	0	0	0	0	0	0	1	1
163	Luís Ferraz	1981	PCRunners	1	0	0	0	0	0	0	0	0	0	0	1
164	Luís Gomes	1999	C.D.C. SÃO MARTINHO DA GÂNDARA	0	0	1	0	0	0	0	0	0	0	0	1
165	Luís Grou	1984	Atletismo Clube da Tocha	0	0	0	0	0	0	0	0	0	1	0	1
166	Luis Mesquita	1975	Individual	0	0	1	0	0	0	0	0	0	0	0	1
167	Luís santos	1991	Fisbem team	0	0	1	0	0	0	0	0	0	0	0	1
168	Manuel Carlos Martins	1976	OPraticante.pt	0	0	1	0	0	0	0	0	0	0	0	1
169	MANUEL MACHADO	1963	GRUPO DESPORTIVO ASSEMPARK	1	0	0	0	0	0	0	0	0	0	0	1
170	Mário Araújo	1979	Equipa A	0	0	1	0	0	0	0	0	0	0	0	1
171	Mário Coutinho	1978	Individual	1	0	0	0	0	0	0	0	0	0	0	1
172	Mario Severo de Matos Marinho	1964	Individual	0	0	1	0	0	0	0	0	0	0	0	1
173	Miguel Carlos	1979	Individual	0	0	0	0	0	0	0	0	0	0	1	1
174	Miguel Teixeira	1979	DCI/TRILHOS LUSO BUSSACO	1	0	0	0	0	0	0	0	0	0	0	1
175	Nuno Almeida	1988	Atletismo Clube da Tocha	0	0	1	0	0	0	0	0	0	0	0	1
176	Nuno Faria	1980	Lusavouga CIDEP Trail Running	0	0	1	0	0	0	0	0	0	0	0	1
177	Nuno Martins	1972	Bustos Runners	0	0	1	0	0	0	0	0	0	0	0	1
178	Paulo Açafração	1966	jovase trail running	0	0	0	0	0	0	1	0	0	0	0	1
179	Paulo Azevedo	1968	Individual	0	0	0	0	0	0	1	0	0	0	0	1
180	Paulo Genesio	1966	PCRunners	0	0	0	0	0	0	1	0	0	0	0	1
181	Paulo Marques	1978	ADFA-DESPORTOS DE NATUREZA	1	0	0	0	0	0	0	0	0	0	0	1
182	Paulo Roque	1975	Fatima Trail Team	0	0	1	0	0	0	0	0	0	0	0	1
183	Paulo silva	1971	Individual	0	0	0	0	0	0	0	1	0	0	0	1
184	Pedro Monteiro	1972	Individual	1	0	0	0	0	0	0	0	0	0	0	1
185	Pedro Silva	1989	Haertha/TendernessCapacity-trail running team	0	0	1	0	0	0	0	0	0	0	0	1
186	Pedro Silva	2000	Correr Fermelã	0	1	0	0	0	0	0	0	0	0	0	1
187	Rafael Fernandes	1977	Gang MêPrimo	0	0	1	0	0	0	0	0	0	0	0	1
188	RICARDO HENRIQUES	1986	LAAC - BIKE & SPORT	0	0	0	0	0	0	0	0	0	1	0	1
189	Ricardo Silva	1980	Os Balas	0	0	1	0	0	0	0	0	0	0	0	1
190	Ricardo Silva	1982	TrailNadas	1	0	0	0	0	0	0	0	0	0	0	1
	Sérgio Almeida	1970	Individual	0	0	0	0	0	0	0	0	0	1	0	1
	Sérgio Lima	1971	Domplex	0	0	0	0	0	0	1	0	0	0	0	1
	Sérgio Lourenço	1971	Dci/trilhos Luso Bussaco	0	0	1	0	0	0	0	0	0	0	0	1
	Tiago Estrafalhote	1991	GELCENTRO	0	0	1	0	0	0	0	0	0	0	0	1
	Tiago Marques	1996	Individual	0	0	0	0	0	0	1	0	0	0	0	1
	Valter Correia	1978	Outlaw	0	0	0	0	0	0	0	0	0	1	0	1
	VITOR MANUEL COELHO DE ALMEIDA	1963	Individual	0	0	0	0	0	0	0	1	0	0	0	1



Resultados do Troféu Trail Terras de Águeda 2022 - 15km Feminino

POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
1	Felícia Fernandes	1985	Trail Bela Bela	85	65	65	100	65	100	100	100	100	100	0	880
2	Daniela Silva	1986	Sport Clube Paradela	65	100	50	85	85	85	65	65	65	0	65	730
3	Cleide Martins	1994	Cleide Martins Gab. Fisioterapia	0	50	35	40	0	40	20	50	40	85	100	460
4	Tânia Ângelo	1989	Fox running team	0	0	1	30	40	50	50	40	25	50	0	286
5	Teresa Reis	1991	TRAIL BELA BELA	5	0	0	0	0	0	25	20	35	65	85	235
6	Sílvia Gomes	1987	DCI/Trilhos Luso Bussaco	0	0	85	0	100	0	0	0	0	0	0	185
7	Ana Mafalda Pereira	1995	OPraticante.pt	0	0	5	0	50	0	0	7	0	25	50	137
8	Flora Santos	1976	Sentir Escariz running	0	0	0	0	0	0	0	85	50	0	0	135
9	Sofia Costa	1977	Sport Clube Paradela	6	0	1	0	30	15	0	1	20	10	40	123
10	Mariana Santos	2002	Trail Bela Bela	7	25	20	0	0	0	0	35	0	30	0	117
11	Vera Lito	1983	TRAIL BELA BELA	100	9	0	0	0	0	0	0	0	0	0	109
12	Eliana Marques	1981	GDCR - Grupo Desportivo e Cultural de Recardães	25	0	0	35	35	0	10	0	0	0	0	105
13	Inês João	1982	Saca Trilhos Anadia	0	0	100	0	0	0	0	0	0	0	0	100
14	Anabela Reis	1979	OS 4	9	8	1	20	20	0	15	10	7	5	0	95
15	Carina Gouveia	1990	Opraticante.pt	50	35	9	0	0	0	0	0	0	0	0	94
16	Mariana Girão	1992	Farmácia Luciano e Matos	0	0	0	0	0	0	85	0	0	0	0	85
17	Marisa Rodrigues	1985	Individual	0	0	0	0	0	0	0	0	85	0	0	85
18	Sandra Canelha	1977	G.D.Ronda	0	85	0	0	0	0	0	0	0	0	0	85
19	Raquel Brito	1974	Individual	1	6	0	0	3	30	4	3	0	0	30	77
20	Mónica Fernandes	1994	Fox running team	0	0	25	50	0	0	0	0	0	0	0	75
21	Helena Matos	1982	Legendary Team	0	0	0	0	0	0	0	30	0	40	0	70
22	Susana Cerqueira	1977	Agarrados ao btt	0	0	1	0	0	6	6	25	10	20	0	68
23	Gabriela Bello	1987	Individual	0	0	0	65	0	0	0	0	0	0	0	65
24	Joana Moutela	1981	CPT Sobral Ceira	0	40	0	25	0	0	0	0	0	0	0	65
25	Marlene Ferreira	1976	PC Runners	0	0	0	0	0	65	0	0	0	0	0	65
26	SUZETE MARCO	1972	GRECAS - Vagos	35	30	0	0	0	0	0	0	0	0	0	65
27	Diana Amaral	1985	Trail Bela Bela	0	0	0	0	0	0	0	0	15	9	35	59
28	Marta Carmo	1980	OPraticante.pt	0	15	2	0	0	0	0	6	0	15	20	58
29	Jenifer Carrero	1992	AAM Runners	1	1	1	15	5	20	1	0	0	0	0	44
30	Mariana Alves	2005	AAM Runners	0	0	0	0	0	35	0	0	8	0	0	43
31	Cristina Soares	1985	Individual	40	0	0	0	0	0	0	0	0	0	0	40
32	Fátima Teles	1984	Adabem Running Team	0	0	40	0	0	0	0	0	0	0	0	40
33	Filipa Alexandra Neta Ângela	1982	jovase trail running	0	0	0	0	0	0	40	0	0	0	0	40
34	Kelly Farias	1969	Agd sports academy	4	3	1	0	2	0	0	5	6	7	9	37
35	Eunice Magalhães	1982	DCI/Trilhos Luso Bussaco	0	0	0	0	0	0	35	0	0	0	0	35
36	Maria Macedo	1979	Haertha/TendernessCapacity-trail running team	0	0	0	0	0	0	0	0	0	35	0	35
37	Ivone Bastos Reis	1984	Opraticante.pt	0	20	8	0	0	0	0	4	0	0	0	32
38	ANA LÚCIA PEREIRA ANTUNES	1989	PISCOS	0	0	0	0	0	0	0	0	30	0	0	30
39	Marisa Duarte	1979	DCI/Trilhos Luso Bussaco	0	0	30	0	0	0	0	0	0	0	0	30
40	Rui Génio	1991	Individual	30	0	0	0	0	0	0	0	0	0	0	30
41	Tália Alexandra Ferreira Martins	1968	DCI/Trilhos Luso Bussaco	0	0	0	0	0	0	30	0	0	0	0	30
42	Carina Lopes	1984	Individual	0	0	0	0	0	25	0	0	0	0	0	25
43	FATIMA PAIS	1965	Individual	0	0	0	0	0	0	0	0	0	0	25	25
44	Sofia caldeira	1985	Fox running team	1	0	0	0	0	0	1	0	0	8	15	25
45	Susana Almeida	1986	H&S	0	0	0	0	25	0	0	0	0	0	0	25
46	Celia Oliveira	1972	Individual	0	0	1	0	7	0	1	15	0	0	0	24
47	Sandra Ferreira	1988	VVTR Valongo Vouga Trail Running	1	0	0	9	0	10	1	0	0	1	0	22
48	Marlene pinheiro	1980	Clube trilheiros e amigos	20	0	0	0	0	0	0	0	0	0	0	20
49	Verónica Vaz	1977	OS 4	1	0	1	7	1	4	0	1	4	1	0	20
50	Andreia Lopes	1999	Correr Fermelã	0	7	0	0	9	0	1	0	0	0	0	17
51	Patrícia Lamego	1979	OPraticante.pt	0	0	1	0	0	0	0	0	0	6	10	17



Resultados do Troféu Trail Terras de Águeda 2022 - 15km Masculino

POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
1	João Coentrão	1988	GR Eirense	100	85	85	100	100	85	100	0	100	85	85	925
2	DAVIDE SILVA	1980	DAR - DESPORTIVO ATLETICO RECARDAES	85	9	8	50	40	65	1	65	40	65	100	528
3	Márcio Cruz	1996	Escola Atletismo de Coimbra / Intermaché Condeixa	0	100	65	85	85	100	0	0	0	0	0	435
4	André Santos	1987	PEGASUS OCÊ PROTEAM	50	35	35	4	35	35	40	85	0	50	0	369
5	Hugo Silva	1986	Dura-F1 Raceteam	0	65	0	0	0	0	85	30	85	100	0	365
6	Pedro Sousa	1985	Cleide Martins Gab. Fisioterapia	0	30	25	35	0	30	0	100	50	40	50	360
7	Alex Tondela	1975	VVTR Valongo Vouga Trail Running	40	50	15	0	7	40	15	50	65	25	40	347
8	Manuel Vicente	1968	DCI/Trilhos Luso Bussaco	65	40	30	65	50	50	0	0	0	0	0	300
9	Luís Santos	1991	Fisbem Team	0	25	0	0	10	15	35	40	0	30	0	155
10	Márcio silva	1982	SCParadela	1	1	6	2	3	7	30	1	35	15	15	116
11	Daniel Sao Bento cruz	2006	Individual	0	0	100	0	0	0	0	0	0	0	0	100
12	Antonio Velha	1962	GRUPO DESPORTIVO ASSEMPARK	35	8	0	20	0	0	0	20	0	0	0	83
13	João Pedro Sousa Matos	1988	OPraticante.pt	0	0	10	0	0	0	0	1	0	35	30	76
14	Cristiano Oliveira	1995	Individual	0	0	0	0	0	0	0	0	1	0	65	66
15	David Coutinho	1975	Dura-F1 Raceteam	0	0	0	0	0	0	0	15	30	0	20	65
16	Ricardo Mendes	1983	DCI/Trilhos Luso Bussaco	0	7	3	30	15	9	1	0	0	0	0	65
17	Romeu estima	2004	RDA-Recreio desportivo de Águeda	0	0	0	0	65	0	0	0	0	0	0	65
18	Vitor Hugo Silva	1984	Individual	0	0	0	0	0	0	65	0	0	0	0	65
19	Bruno Rodrigues	1981	Haertha/TendernessCapacity-trail running team	0	0	1	5	0	0	0	1	10	20	25	62
20	David Cunha da Silva	1980	Farmácia Luciano e Matos	0	0	0	0	0	0	50	0	0	0	0	50
21	Fábio Simões	2002	Trail Bela Bela	0	0	50	0	0	0	0	0	0	0	0	50
22	Luís Manuel de Pinho Diogo	1987	OiãRunners	0	0	0	0	0	0	0	25	25	0	0	50
23	Ruben Neves	1993	DAR - Desportivo Atletico de Recardães	5	0	1	25	1	1	1	4	7	1	1	47
24	Bruno Simões	1981	Saca Trilhos Anadia	0	0	40	0	6	0	0	0	0	0	0	46
25	José Pinheiro	1988	Dura-F1 Raceteam	0	15	0	0	0	0	9	10	0	0	9	43
26	Paulo Dias	1984	Trepanelas/Prifer	0	0	0	40	0	0	0	0	0	0	0	40
27	José Cruz	1974	Dura-F1 Raceteam	0	0	0	0	0	0	0	1	20	8	10	39
28	Andre Silva	1985	Individual	0	0	0	0	0	0	0	0	0	0	35	35
29	Manito Manito	1982	Individual	0	0	0	0	0	0	0	35	0	0	0	35
30	Miguel Silva	2003	DCI/Trilhos Luso Bussaco	0	0	9	0	0	0	25	0	0	0	0	34
31	Domingos Vieira	1987	OPraticante.pt	25	1	7	0	0	0	0	0	0	0	0	33
32	Eduardo estima	2004	RDA-Recreio desportivo de Águeda	0	0	0	0	30	0	0	0	0	0	0	30
33	Eugénio Alves	1962	Trail Bela Bela	1	3	1	15	2	4	4	0	0	0	0	30
34	Hugo ventura	1980	AGD Sports academy	0	10	20	0	0	0	0	0	0	0	0	30
35	Luis Giovanni Diaz	1990	DAR - Recardães	30	0	0	0	0	0	0	0	0	0	0	30
36	Pedro Alves	1984	AAM Runners	8	1	1	9	1	6	1	1	1	1	0	30
37	Luis Guerra	1982	GoodFellas Wiseguys	15	6	0	0	0	5	1	0	0	0	0	27
38	DANILSON PERREIRA	1983	Saca Trilhos Anadia	0	0	0	0	0	25	0	0	0	0	0	25
39	GILBERTO SARABANDO	1981	DAR - Desportivo Atletico de Recardães	0	0	0	0	25	0	0	0	0	0	0	25
40	João Almeida	1977	TRAIL BELA BELA	0	0	0	0	0	3	1	6	9	4	1	24
41	Paulo Pinho	1971	Haertha/TendernessCapacity-trail running team	0	0	0	0	0	0	0	0	15	6	2	23
42	Alcino Neves Gouveia	1972	Sentir Escariz running	1	2	0	0	0	8	0	9	0	1	0	21
43	Daniel Henriques	1979	Trail Bela Bela	20	0	0	0	0	0	0	0	0	0	0	20
44	João Miguel Garrido	1980	OPraticante.pt	0	0	5	0	0	0	0	2	0	7	6	20
45	João Silvia	1980	Individual	0	0	0	0	0	20	0	0	0	0	0	20
46	José Manuel Cunha Tavares Sousa	1994	Individual	0	20	0	0	0	0	0	0	0	0	0	20
47	Nuno Silva	1978	Individual	0	0	0	0	20	0	0	0	0	0	0	20
48	Rui Matos	1992	Águeda Action Club -ACTIB	0	0	0	0	0	0	20	0	0	0	0	20
49	Bruno Manuel Coelho Baptista	1982	Sport Clube Paradela	0	0	0	0	0	0	0	0	1	9	8	18
50	Augusto Tavares	1985	OPraticante.pt	0	0	0	0	0	0	0	7	0	10	0	17
51	Hélder Marques	1977	Águeda Action Club -ACTIB	0	1	1	7	1	1	1	0	1	0	1	14



Resultados do Troféu Trail Terras de Águeda 2022 - 15km Masculino

POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
52	Gonçalo Almeida	1992	DCI/Trilhos Luso Bussaco	0	4	0	0	8	0	0	0	0	0	0	12
53	João Silva	1979	SCParadela	1	1	1	1	1	1	1	1	1	1	1	11
54	Luís Carvalho	1979	OS 4	1	1	1	1	1	1	1	1	1	1	1	11
55	Luis Rodrigues	1969	OLIVEIRA RUNNERS	9	0	0	0	0	0	2	0	0	0	0	11
56	Narciso José da Silva Pinho	1975	Vamos a Pé	1	1	1	1	1	1	1	1	1	1	1	11
57	Nuno Ribeiro	1985	Individual	1	1	1	1	1	1	1	1	1	1	1	11
58	Pedro Campos	1988	Cleide Martins - Gab. De Fisioterapia	0	0	0	0	0	0	0	1	8	2	0	11
59	RICARDO HENRIQUES	1984	LAAC - BIKE & SPORT	0	0	0	0	0	0	0	0	6	0	5	11
60	VITAL ESPINHAL	1975	LAAC - BIKE & SPORT	1	1	1	1	1	1	1	1	1	1	1	11
61	Armando Correia	1971	Individual	0	0	0	0	0	10	0	0	0	0	0	10
62	Bruno Parente	1981	OS 4	0	1	1	1	1	1	1	1	1	1	1	10
63	Davide Carvalho	1981	DAR-Recardaes	0	1	0	6	1	0	0	0	0	1	1	10
64	José Cruz	1975	Dura-F1 Raceteam	0	0	0	0	0	0	10	0	0	0	0	10
65	Luís Azevedo	1984	Sport Clube Paradela	0	0	0	10	0	0	0	0	0	0	0	10
66	Miguel Sá	1972	VVTR Valongo Vouga Trail Running	1	1	1	1	1	0	1	1	1	1	1	10
67	Nuno Santos	1976	DAR - Desportivo Atletico de Recardães	1	1	1	1	1	1	1	1	1	1	0	10
68	Paulo Rodrigues	1983	Individual	10	0	0	0	0	0	0	0	0	0	0	10
69	Daniel Alexandre	1986	LAAC - BIKE & SPORT	1	1	1	1	1	1	0	1	1	0	1	9
70	Francisco Lemos	1966	Agd Sports Academy	1	1	1	1	0	1	1	1	1	0	1	9
71	João Oliveira	1978	Dci/Trilhos Luso Bussaco	0	0	0	0	9	0	0	0	0	0	0	9
72	João Pedro Andrade Rodrigues	1994	Teletubbies 5.0	0	0	0	0	0	0	0	0	4	1	4	9
73	Ricardo Ventura	1980	Águeda Action Club -ACTIB	0	1	0	8	0	0	0	0	0	0	0	9
74	Fernando Baltazar	1967	Haertha/TendernessCapacity-trail running team	0	0	0	0	1	0	0	0	0	0	7	8
75	João Almada	1959	A.D. TRAVASSÓ	0	1	1	0	1	1	1	0	1	1	1	8
76	Sérgio Costa	1987	AAM Runners	1	1	1	1	1	1	1	1	0	0	0	8
77	Simão Oliveira	1989	Individual	0	0	0	0	0	0	0	8	0	0	0	8
78	Vítor Ferreira	1976	Fox running team	0	0	0	0	0	0	8	0	0	0	0	8
79	Carlos Marques	1961	Individual	1	1	1	1	0	1	0	1	0	0	1	7
80	João Amândio	1986	DCI/Trilhos Luso Bussaco	0	0	0	0	0	0	7	0	0	0	0	7
81	João Pedro Duarte Lopes	1976	SCParadela	1	1	1	1	0	0	1	0	1	1	0	7
82	Ricardo Silva	1980	Balas team	7	0	0	0	0	0	0	0	0	0	0	7
83	Rui Barros	1992	VVTR Valongo Vouga Trail Running	1	0	1	0	1	1	1	0	0	1	1	7
84	António José Araújo Ratola	1993	DCI/Trilhos Luso Bussaco	0	0	0	0	1	0	5	0	0	0	0	6
85	Armando Cardoso	1985	Sport Clube Paradela	1	1	1	0	1	1	1	0	0	0	0	6
86	Carlos Lopes	1969	Individual	1	0	1	0	1	0	0	1	0	1	1	6
87	Filipe Oliveira	1973	OiãRunners	0	5	0	0	0	0	0	1	0	0	0	6
88	João Almeida	1984	VVTR Valongo Vouga Trail Running	1	0	0	1	0	1	1	0	0	1	1	6
89	João Dias	1984	Individual	0	0	0	0	0	0	6	0	0	0	0	6
90	Jorge Rodrigues	1976	Agarrados ao btt	0	0	1	0	0	1	1	1	1	1	0	6
91	Luís Rocha	1988	Fox Running Team	2	0	0	0	1	1	0	0	0	1	1	6
92	Manuel Silva	1991	Individual	6	0	0	0	0	0	0	0	0	0	0	6
93	Ricardo Ferreira	1982	Haertha/TendernessCapacity-trail running team	1	0	1	1	0	0	0	1	0	1	1	6
94	Samuel Guerra	1974	TRAIL BELA BELA	1	0	0	0	1	1	1	1	0	0	1	6
95	Bruno Santos	1986	Saca Trilhos Anadia	0	0	0	0	0	0	0	0	5	0	0	5
96	Carlos Fonseca	1980	GDCR - Grupo Desportivo e Cultural de Recardães	1	0	1	1	1	0	1	0	0	0	0	5
97	Carlos Pinheiro	1970	Sport Clube Paradela	1	1	0	0	1	0	1	0	0	0	1	5
98	fernando morais	1961	Saca Trilhos Anadia	0	0	1	0	0	0	0	0	3	1	0	5
99	João Andrade	1992	Individual	0	0	0	0	5	0	0	0	0	0	0	5
100	João Cruz	1987	Individual	0	0	0	0	0	0	0	5	0	0	0	5
101	João Portugal	1976	Dura-F1 Raceteam	0	1	2	0	0	0	1	0	0	1	0	5
102	João Sousa	1988	Cleide Martins - Gab. De Fisioterapia	0	0	1	0	0	1	0	1	1	1	0	5



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POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
103	José Proença	1971	Individual	0	0	0	0	0	0	0	0	0	5	0	5
104	Luis Martins	1978	Individual	0	0	1	0	0	2	1	1	0	0	0	5
105	Marco Paulo Bela Simões	1995	Teletubbies 5.0	0	0	0	0	0	0	0	0	1	1	3	5
106	Mário Rui de Campos Gonçalves	1966	DAR - Desportivo Atletico de Recardães	0	0	1	0	0	0	0	3	0	1	0	5
107	Pedro Costa	1980	Individual	0	1	1	1	0	0	1	0	1	0	0	5
108	Rui Mota	1978	ATAC - ÁGUEDA TRAIL AVENTURA CLUBE	0	0	1	0	1	0	0	1	0	1	1	5
109	Sérgio Ruela	1988	OPraticante.pt	0	0	1	0	0	0	0	1	0	3	0	5
110	Tiago Gonçalves	1985	Individual	0	0	0	0	0	0	1	1	1	1	1	5
111	António Trigueiro	1976	Individual	0	1	0	0	1	1	1	0	0	0	0	4
112	Bruno Migueis	2002	Vamos a Pé	0	1	1	1	0	0	0	1	0	0	0	4
113	Cláudio Agostinho	1991	OiãRunners	0	0	0	0	0	0	0	1	2	1	0	4
114	Eduardo Correia	1977	BiciARCA Run Team	1	1	0	0	0	0	0	0	0	1	1	4
115	Fábio Arede	1994	Trail Bela Bela	1	1	0	1	1	0	0	0	0	0	0	4
116	Gonçalo Fernandes	2002	Fox Running Team	0	0	0	3	0	0	0	0	0	0	1	4
117	Hernâni Laranja	1976	Águeda Action Club -ACTIB	1	1	1	0	0	0	1	0	0	0	0	4
118	João Alves	1980	ADABEM RUNNING TEAM	0	0	4	0	0	0	0	0	0	0	0	4
119	João Beirão	1969	Cleide Martins - Gab. De Fisioterapia	0	0	1	0	0	1	0	0	1	1	0	4
120	João Pedro de Matos Simões	1986	Vamos a Pé	1	1	0	1	0	0	0	0	1	0	0	4
121	Joaquim Balreira	1966	Individual	1	1	0	0	1	1	0	0	0	0	0	4
122	Manuel Lino	1956	DCI/Trilhos luso Bussaco	0	0	0	0	4	0	0	0	0	0	0	4
123	Mário António Pereira Migueis	1970	Vamos a Pé	1	0	0	0	1	0	0	1	1	0	0	4
124	Paulo Jorge Santos António	1970	Individual	4	0	0	0	0	0	0	0	0	0	0	4
125	Sérgio Rodrigues	1979	Haertha/TendernessCapacity-trail running team	0	0	0	0	0	0	0	1	1	1	1	4
126	Adriano Carreira	1977	Individual	0	0	1	0	0	0	0	1	0	1	0	3
127	André Ribeiro	1984	Águeda Action Club -ACTIB	0	1	1	0	0	0	1	0	0	0	0	3
128	ANTONIO TEIXEIRA	1967	Individual	1	1	0	0	0	0	0	1	0	0	0	3
129	Arlindo Santos	1948	Individual	0	1	0	0	1	0	0	1	0	0	0	3
130	Avelino Silva	1952	Individual	1	0	1	0	0	0	1	0	0	0	0	3
131	Bruno Almeida	1972	Individual	0	0	0	0	0	0	0	1	1	1	0	3
132	Bruno Martins	1981	Águeda Action Club -ACTIB	0	0	0	0	0	0	0	1	1	0	1	3
133	Bruno Roque	1988	Águeda Action Club -ACTIB	0	0	1	1	0	0	1	0	0	0	0	3
134	Carlos Moreto	1965	ADF - Bike Riders	0	1	0	0	0	0	0	1	0	0	1	3
135	Carlos Oliveira	1972	Individual	0	0	0	0	0	0	0	1	1	1	0	3
136	Diogo Marques	1999	Trail Bela Bela	1	1	0	0	0	0	0	1	0	0	0	3
137	JOÃO ISIDORO DOS SANTOS	1961	Individual	0	0	1	0	0	1	1	0	0	0	0	3
138	João Saraiva	1975	Sport Clube Paradela	1	0	0	0	1	1	0	0	0	0	0	3
139	Jorge Pinto	1979	Individual	0	1	0	1	1	0	0	0	0	0	0	3
140	José Rodrigues	1988	Os abelhões	1	1	0	1	0	0	0	0	0	0	0	3
141	Luis Carlos Esteves Da Siva	1993	Sport Clube Paradela	0	0	0	0	0	0	0	1	1	1	0	3
142	Luis ferreira	1966	Individual	1	1	0	0	0	0	0	1	0	0	0	3
143	LUIS FERREIRA	1985	ACD OS ÍLHAVOS	3	0	0	0	0	0	0	0	0	0	0	3
144	Marco Paulo da Silva Pinho	1977	Vamos a Pé	0	0	0	0	0	0	0	1	1	1	0	3
145	MARCO PAULO DOS SANTOS MARQUES	1975	Vamos a Pé	0	1	0	0	0	0	0	0	1	1	0	3
146	Mário Miguel Ferreira	1975	A.D.C.P. PEDRALVA	0	1	0	0	1	0	0	1	0	0	0	3
147	Nélson Rosa	1981	DAR - Desportivo Atletico de Recardães	1	1	0	1	0	0	0	0	0	0	0	3
148	Nuno Almeida	1980	Individual	0	0	0	0	1	0	1	0	0	1	0	3
149	Nuno Saraiva	1976	NOCTIS TRAIL	0	0	0	0	0	0	1	1	0	1	0	3
150	Pedro Isabel	1987	Águeda Action Club -ACTIB	0	0	1	0	0	0	1	0	0	0	1	3
151	Ricardo Costa	1983	TRAIL BELA BELA	1	1	0	1	0	0	0	0	0	0	0	3
152	Romeu Carvalho	1976	NOCTIS TRAIL	0	0	1	0	0	0	1	0	0	1	0	3
153	Tiago Ferreira	1996	Individual	0	0	0	0	0	0	3	0	0	0	0	3



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POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
154	Vasco Campos	1989	Individual	0	0	0	0	0	0	0	1	0	1	1	3
155	André Costa	1995	TRAIL BELA BELA	0	0	0	0	0	0	1	0	0	1	0	2
156	André Oliveira	1985	trail Bela Bela	0	0	0	0	0	0	0	0	1	1	0	2
157	António Rodrigues	1973	BiciARCA Run Team	0	0	0	0	0	0	0	0	1	1	0	2
158	Bruno Salgueiro	1982	DCI/TRILHOS LUSO BUSSACO	0	0	0	0	0	0	1	0	0	1	0	2
159	Carlos Cruz	1971	Os Balas	1	0	1	0	0	0	0	0	0	0	0	2
160	Carlos Gomes	1976	Individual	0	1	0	0	1	0	0	0	0	0	0	2
161	Carlos Rocha	1977	Individual	0	0	0	0	0	0	0	1	0	1	0	2
162	Carlos Silva	1974	OiãRunners	0	1	0	0	0	0	0	1	0	0	0	2
163	Celso Fernandes	1976	Individual	0	1	0	0	0	0	1	0	0	0	0	2
164	Diogo Marques	2000	Trail Bela Bela	0	0	1	0	0	0	0	0	1	0	0	2
165	Diogo Soares	1986	Sem equipa	0	0	1	0	0	0	0	0	0	1	0	2
166	Evaristo Bastos	1965	Correio de albergaria trail running	0	0	1	0	0	0	1	0	0	0	0	2
167	Francisco Gomes	1979	TRAIL BELA BELA	0	1	0	1	0	0	0	0	0	0	0	2
168	Gilberto Brites	1986	Águeda Action Club -ACTIB	0	0	0	1	0	0	1	0	0	0	0	2
169	Gonçalo Correia	1991	Clube de Ancas	0	0	1	0	0	0	1	0	0	0	0	2
170	Gonçalo Silva	1978	Individual	0	0	0	0	0	0	1	1	0	0	0	2
171	GUSTAVO PEREIRA	1993	DCI/Trilhos Luso Bussaco	0	1	0	0	1	0	0	0	0	0	0	2
172	Hélder Nogueira	1972	Individual	0	0	1	0	1	0	0	0	0	0	0	2
173	Hernâni Silva	1975	LAAC - BIKE & SPORT	1	1	0	0	0	0	0	0	0	0	0	2
174	Hugo André Tavares Amaral	1992	Goodfellas	0	0	0	0	0	0	1	0	0	1	0	2
175	Hugo Laranjeira	1983	Supras	0	1	0	0	0	0	0	0	0	0	1	2
176	Hugo Marques	1992	OiãRunners	0	0	0	0	0	0	0	0	1	1	0	2
177	Hugo Seabra	1989	Clube de Ancas	0	0	1	0	0	0	1	0	0	0	0	2
178	Humberto Almeida	1974	Individual	0	0	1	0	0	0	1	0	0	0	0	2
179	Humberto Carvalho	1975	BoraBora, Vamos Lá!	1	0	0	0	0	0	1	0	0	0	0	2
180	João António da Costa Ferreira Pinto	1971	A.D.C.P. PEDRALVA	0	0	0	0	1	0	0	1	0	0	0	2
181	João Barradas	1984	Individual	1	1	0	0	0	0	0	0	0	0	0	2
182	Joaquim Godinho	1953	DCI/Trilhos Luso Bussaco	0	0	0	0	1	0	1	0	0	0	0	2
183	Jonathan Oliveira	1986	Adabem Running Team	0	0	1	0	1	0	0	0	0	0	0	2
184	Jose Neves	1973	Individual	0	0	0	0	0	0	0	1	1	0	0	2
185	José Oliveira	1972	Sentir Escariz running	0	0	0	0	0	0	0	1	1	0	0	2
186	José Pires	1985	SCParadela	0	1	1	0	0	0	0	0	0	0	0	2
187	José Tavares	1956	Individual	1	1	0	0	0	0	0	0	0	0	0	2
188	Leandro Coimbra Domingues	2004	TRAIL BELA BELA	0	0	1	0	0	0	1	0	0	0	0	2
189	Luís Amaral	1973	Individual	1	1	0	0	0	0	0	0	0	0	0	2
190	Luís Balreira	1996	Individual	0	0	1	0	0	0	0	0	0	1	0	2
191	LUÍS SOARES	1976	LAAC - BIKE & SPORT	0	1	0	1	0	0	0	0	0	0	0	2
192	Márcio Ferreira	1979	OiãRunners	0	0	0	0	0	0	0	1	0	1	0	2
193	Marco Marques	1981	Adabem Running Team	0	0	1	0	0	0	0	1	0	0	0	2
194	Marco Santos	1981	Individual	0	0	0	0	0	0	1	1	0	0	0	2
195	Mário Coutinho	1978	Individual	0	0	0	0	0	0	0	0	1	1	0	2
196	Mário Mendes	1981	Legendary Team	0	0	0	0	0	0	0	1	0	1	0	2
197	Miguel Teixeira	1979	DCI/Trilhos Luso Bussaco	0	0	0	0	1	0	1	0	0	0	0	2
198	Miguel Viegas	1982	DCI/Trilhos Luso Bussaco	0	0	0	0	1	0	1	0	0	0	0	2
199	Nuno Gonçalo Martins da Cunha Leitão	1976	Individual	1	1	0	0	0	0	0	0	0	0	0	2
200	Nuno Marques	1984	Haertha/TendernessCapacity-trail running team	0	0	0	1	0	0	0	0	1	0	0	2
201	Nuno Silva	1977	Águeda Action Club -ACTIB	0	0	0	1	0	0	1	0	0	0	0	2
202	Paulo Cruz	1980	Individual	0	1	0	0	0	0	1	0	0	0	0	2
203	Paulo Pires	1976	A.D.TRAVASSO	0	1	0	0	0	0	0	1	0	0	0	2
204	Paulo Rodrigues	1977	Espigueiros Runners-caparrosinha	0	0	1	0	0	0	1	0	0	0	0	2



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POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
256	António Cruz	1969	Individual	1	0	0	0	0	0	0	0	0	0	0	1
257	António Cunha	1967	Individual	1	0	0	0	0	0	0	0	0	0	0	1
258	António Fontes	1972	CLUBE ATLETISMO DE LAMAS	0	0	0	0	0	0	0	1	0	0	0	1
259	António Jorge da Silva Ribeiro	1975	Clube das Lesmas	1	0	0	0	0	0	0	0	0	0	0	1
260	António José Silva	1978	Individual	0	0	0	0	0	0	0	0	0	0	1	1
261	António Leitão	1975	Espigueiros Runners-caparrosinha	0	0	0	0	0	0	1	0	0	0	0	1
262	António Mariz	1972	Saca Trilhos Anadia	0	0	0	0	0	0	0	1	0	0	0	1
263	ANTONIO MARQUES	1968	Avila Runners	0	0	1	0	0	0	0	0	0	0	0	1
264	António Miguel Lopes Tavares	1984	OPraticante.pt	0	0	0	0	0	0	0	1	0	0	0	1
265	António Pedro Santos Oliveira	1965	Farmácia Luciano e Matos	0	0	0	0	0	0	1	0	0	0	0	1
266	António Pereira Pires	1960	Individual	1	0	0	0	0	0	0	0	0	0	0	1
267	António Ribeiro	1959	#GEPAB	0	1	0	0	0	0	0	0	0	0	0	1
268	António Rodrigues	1977	BiciARCA Run Team	0	0	0	0	0	0	0	0	0	0	1	1
269	armindo martins	1986	Trailamb	0	0	0	0	0	0	1	0	0	0	0	1
270	Arnaldo Santos	1965	Individual	1	0	0	0	0	0	0	0	0	0	0	1
271	Augusto Lopes	1970	Individual	0	0	0	0	0	0	0	1	0	0	0	1
272	Aurélio Luís Bessa Saúde	1977	ARSM - Associação Recreativa de S. Miguel	0	0	1	0	0	0	0	0	0	0	0	1
273	Bruno Cardoso	1983	TRAIL BELA BELA	0	1	0	0	0	0	0	0	0	0	0	1
274	bruno dias resende	1985	Individual	0	0	0	0	0	0	1	0	0	0	0	1
275	Bruno Gil	1980	Individual	0	0	0	0	1	0	0	0	0	0	0	1
276	Bruno Gonçalves	1982	Individual	0	0	1	0	0	0	0	0	0	0	0	1
277	Bruno Lameiro	1982	BoraBora, Vamos Lá!	1	0	0	0	0	0	0	0	0	0	0	1
278	Bruno Marques	1983	Individual	1	0	0	0	0	0	0	0	0	0	0	1
279	Bruno Moura	1986	Fruta da 5ª	0	0	0	1	0	0	0	0	0	0	0	1
280	Bruno Parente	1978	Os 4	1	0	0	0	0	0	0	0	0	0	0	1
281	Bruno Praga	1982	Trail Bela Bela	0	1	0	0	0	0	0	0	0	0	0	1
282	Bruno silva	1983	Trailamb	0	0	0	0	0	0	1	0	0	0	0	1
283	Bruno Sousa	1981	Individual	0	0	1	0	0	0	0	0	0	0	0	1
284	Carlos Amílcar Domingues Santos Silva	1974	Correio de albergaria trail running	0	0	1	0	0	0	0	0	0	0	0	1
285	Carlos Borges	1965	Individual	0	0	0	0	0	1	0	0	0	0	0	1
286	Carlos Campos	1986	GRC Telhadela	0	0	1	0	0	0	0	0	0	0	0	1
287	Carlos Cunha	1965	DCI/Trilhos Luso Bussaco	0	0	0	0	0	0	1	0	0	0	0	1
288	Carlos Lopes	1971	Individual	0	0	0	0	0	0	0	0	0	1	0	1
289	Carlos Marques	1960	Individual	0	0	0	0	0	0	1	0	0	0	0	1
290	Carlos Martins	1967	OiãRunners	0	0	0	0	0	0	0	1	0	0	0	1
291	Carlos Miguel Vidal	2000	Individual	0	0	0	0	0	1	0	0	0	0	0	1
292	Carlos Moita	2003	Individual	1	0	0	0	0	0	0	0	0	0	0	1
293	CARLOS ORTET	1973	GRUPO DESPORTIVO ASSEMPARK	1	0	0	0	0	0	0	0	0	0	0	1
294	Carlos Pinheiro	1970	Sport Clube Paradela	0	0	0	0	0	0	0	0	0	1	0	1
295	Carlos Pires	1965	Saca Trilhos Anadia	0	0	1	0	0	0	0	0	0	0	0	1
296	CARLOS RODRIGUES	1976	Individual	1	0	0	0	0	0	0	0	0	0	0	1
297	Carlos Tavares	1993	Individual	0	0	0	0	0	0	1	0	0	0	0	1
298	Carlos Vale	1972	Individual	0	0	0	0	0	0	1	0	0	0	0	1
299	Christophe Bento	1985	Individual	0	0	1	0	0	0	0	0	0	0	0	1
300	Daniel Costa	1974	Individual	0	0	0	0	0	0	0	1	0	0	0	1
301	Daniel Quintas	1979	Trail Bela Bela	0	0	0	0	0	0	0	0	0	0	1	1
302	Daniel Silva	1973	DCI/Trilhos Luso Bussaco	0	0	1	0	0	0	0	0	0	0	0	1
303	Daniel Tomas	1993	Individual	0	0	1	0	0	0	0	0	0	0	0	1
304	David Silva	1964	OPraticante.pt	0	0	0	0	0	0	0	0	0	0	1	1
305	Delfim Silva	1971	Bandodosquatro	0	0	0	0	0	0	1	0	0	0	0	1
306	Diogo Correia	2003	Fox Running Team	0	0	0	0	1	0	0	0	0	0	0	1



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POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
358	Hugo Rossas	1988	Individual	0	0	0	0	0	0	1	0	0	0	0	1
359	HUGO SA	1977	Sobrinhos do Ti Cristo	0	1	0	0	0	0	0	0	0	0	0	1
360	Hugo Silva	1976	Bombeiros Brasfemes Trail	0	0	1	0	0	0	0	0	0	0	0	1
361	Hugo Soares	1979	Individual	0	0	0	0	0	0	1	0	0	0	0	1
362	Igor Caldeira	1985	Botão Camp	0	0	0	0	0	0	1	0	0	0	0	1
363	Israel Tavares	1985	Individual	0	0	0	0	0	0	0	0	0	0	1	1
364	Ivo Ferreira	1989	AZTRAIL-Mercentro	0	0	0	0	0	0	1	0	0	0	0	1
365	Ivo leandro pinto gonçalves	1988	ONDA TEAM	0	0	1	0	0	0	0	0	0	0	0	1
366	Jacinto Saraiva	1958	Individual	1	0	0	0	0	0	0	0	0	0	0	1
367	João Barbosa	1972	Individual	0	0	0	0	0	0	0	0	0	0	1	1
368	João Almada	1949	ADT	1	0	0	0	0	0	0	0	0	0	0	1
369	João Almada	1955	Individual	0	0	0	0	0	0	0	1	0	0	0	1
370	João Alves	1981	AAM Runners	0	0	0	0	0	1	0	0	0	0	0	1
371	João Beirão	1969	Cleide Martins - Gab. De Fisioterapia	0	0	0	0	0	0	0	1	0	0	0	1
372	João Calçona	1973	Individual	0	0	0	0	0	0	0	0	0	0	1	1
373	João Carlos Lemos Marques	1991	Individual	0	0	0	0	1	0	0	0	0	0	0	1
374	João Cruz	1992	ADABEM Running Team	0	0	0	0	1	0	0	0	0	0	0	1
375	João Esteves	1986	Supras	0	1	0	0	0	0	0	0	0	0	0	1
376	João Fonseca	1968	Fox Running Team	0	0	0	0	0	0	0	0	0	1	0	1
377	João Henriques	1989	SEGIMPRIMA RUNNING TEAM	0	0	0	0	0	0	0	0	0	1	0	1
378	João Hortênsio	1974	Gang MêPrimo	0	0	1	0	0	0	0	0	0	0	0	1
379	JOÃO MARQUES	1976	TRAIL BELA BELA	0	1	0	0	0	0	0	0	0	0	0	1
380	João Marques	1981	Centro Trail Carlos Sá Penacova Team	0	0	0	0	0	0	0	1	0	0	0	1
381	JOÃO PAULO	1976	DDT RUNNERS	0	0	1	0	0	0	0	0	0	0	0	1
382	João Paulo	1979	Individual	0	0	0	0	0	0	0	0	0	0	1	1
383	João Paulo Pereira Gonçalves	1977	Trail Bela Bela	1	0	0	0	0	0	0	0	0	0	0	1
384	Joao Rodrigues	1983	DCI/Trilhos Luso Bussaco	0	0	0	0	1	0	0	0	0	0	0	1
385	João Rodrigues	1978	Individual	0	0	0	0	0	0	0	1	0	0	0	1
386	João Santos	1971	Individual	0	0	0	0	0	0	1	0	0	0	0	1
387	João Saraiva	1975	Sport Clube Paradela	0	0	0	0	0	0	1	0	0	0	0	1
388	joao tavares	1985	Individual	0	0	0	0	0	0	1	0	0	0	0	1
389	João Tavares	1973	MT Crecusport	0	0	1	0	0	0	0	0	0	0	0	1
390	João Tiago Silva	1991	AAM Runners	0	0	0	0	0	1	0	0	0	0	0	1
391	João ventura	1979	Individual	0	0	0	1	0	0	0	0	0	0	0	1
392	Joaquim Baptista	1968	Botão Camp	0	0	0	0	0	0	1	0	0	0	0	1
393	Jonathan correa	1973	Individual	0	0	0	0	0	0	0	1	0	0	0	1
394	Jorge Almeida	1974	Os Coninhas	0	0	0	0	0	0	0	1	0	0	0	1
395	Jorge André Coutinho Pereira	1987	SEGIMPRIMA RUNNING TEAM	0	0	0	0	0	0	0	0	0	1	0	1
396	Jorge Cardoso	1990	Individual	0	0	0	0	0	0	0	0	0	1	0	1
397	Jorge Ferreira	1981	Individual	0	0	0	0	0	0	0	1	0	0	0	1
398	Jorge Madeira	1970	Os Coninhas	0	0	0	0	0	0	0	0	0	0	1	1
399	Jorge Oliveira	1985	Individual	1	0	0	0	0	0	0	0	0	0	0	1
400	José Augusto Martins Ferreira	1967	Individual	0	0	0	0	0	0	0	0	1	0	0	1
401	José Baptista	1978	Fox Running Team	0	0	1	0	0	0	0	0	0	0	0	1
402	José Canha	1962	GRUPO DESPORTIVO ASSEMPARK	1	0	0	0	0	0	0	0	0	0	0	1
403	José de Almeida Dias	1976	Individual	0	0	0	0	0	0	0	0	0	1	0	1
404	JOSE GONÇALVES	1974	Sobrinhos do Ti Cristo	0	1	0	0	0	0	0	0	0	0	0	1
405	José Luís Lopes	1971	Individual	0	0	1	0	0	0	0	0	0	0	0	1
406	José Mário	1995	Clube de Ancas	0	0	1	0	0	0	0	0	0	0	0	1
407	José Mendes	1961	Clube trilheiros e amigos	1	0	0	0	0	0	0	0	0	0	0	1
408	José Oliveira	1966	Individual	0	0	0	0	0	1	0	0	0	0	0	1



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POS	NOME	ANO NASCIMENTO	EQUIPA	ADT	LAAC	TBB	TV	TMP	VSUC	AT	TA	TRF	ACTIB	NT	TOTAL
409	José Oliveira	1987	Individual	1	0	0	0	0	0	0	0	0	0	0	1
410	José Seabra	1995	Clube de Ancas	0	0	0	0	0	0	1	0	0	0	0	1
411	José Simões	1968	ARSM - Associação Recreativa de S. Miguel	0	0	1	0	0	0	0	0	0	0	0	1
412	José Simões	1981	Individual	0	1	0	0	0	0	0	0	0	0	0	1
413	juvenal carvalho	1980	Individual	0	0	0	0	0	0	0	0	0	1	0	1
414	LOURENÇO GOMES	1972	Individual	1	0	0	0	0	0	0	0	0	0	0	1
415	Luis Baeta	1982	Individual	1	0	0	0	0	0	0	0	0	0	0	1
416	Luis Gomes	1978	Individual	0	0	0	0	0	0	0	1	0	0	0	1
417	Luis Lima	1977	Individual	0	0	0	0	0	0	0	1	0	0	0	1
418	Luís Manuel da Silva Vidal	1957	Individual	0	0	0	0	0	0	0	1	0	0	0	1
419	Luis Miguel	1994	Fox running team	0	0	1	0	0	0	0	0	0	0	0	1
420	Luis Mouro	1974	FO Runners	0	0	1	0	0	0	0	0	0	0	0	1
421	Luís Nogueira	1979	Adabem Running Team	0	0	1	0	0	0	0	0	0	0	0	1
422	LUIS PEREIRA	1986	GoodFellas Wiseguys	0	1	0	0	0	0	0	0	0	0	0	1
423	Luis Pereira	1988	Individual	0	0	1	0	0	0	0	0	0	0	0	1
424	Luís Santos	1985	Individual	0	0	0	0	0	0	1	0	0	0	0	1
425	Luís Teixeira	1973	Fruta da 5ª	0	0	0	1	0	0	0	0	0	0	0	1
426	Manel Marques	1999	Fox Running Team	0	0	0	0	1	0	0	0	0	0	0	1
427	Manuel António Roseiro Ferreira	1971	Individual	0	0	0	0	0	0	1	0	0	0	0	1
428	Manuel Ferreira	1967	ONDA TEAM	0	0	1	0	0	0	0	0	0	0	0	1
429	MANUEL OLIVEIRA	1975	DDT RUNNERS	0	0	1	0	0	0	0	0	0	0	0	1
430	MANUEL PEDRO FERNANDES	1995	LAAC - BIKE & SPORT	0	1	0	0	0	0	0	0	0	0	0	1
431	MANUEL SÁ	1959	GRUPO DESPORTIVO ASSEMPARK	1	0	0	0	0	0	0	0	0	0	0	1
432	Manuel Santos	1974	Botão Camp	0	0	0	0	0	0	1	0	0	0	0	1
433	Marcelo Dionisio Ramos	1999	Individual	0	0	1	0	0	0	0	0	0	0	0	1
434	Marcelo Fernandes	1968	Fiaes Runnig	0	0	1	0	0	0	0	0	0	0	0	1
435	Márcio Gonçalves	1992	GRC Telhadela	0	0	1	0	0	0	0	0	0	0	0	1
436	Marco Marques	1982	Individual	0	0	0	0	0	0	1	0	0	0	0	1
437	Marco Santos	1999	TRAIL BELA BELA	0	1	0	0	0	0	0	0	0	0	0	1
438	Marco Simões	1980	RUNNING BEYOND	0	0	0	0	1	0	0	0	0	0	0	1
439	Marcos Ferreira	1988	Individual	0	0	0	0	0	0	0	0	1	0	0	1
440	Mário Araújo	1979	Equipa A	0	0	0	0	0	0	1	0	0	0	0	1
441	Mário Bandeira	1999	Individual	0	0	0	0	1	0	0	0	0	0	0	1
442	MÁRIO JORGE FERNANDES OLIVEIRA	1979	Adabem Running Team	0	0	1	0	0	0	0	0	0	0	0	1
443	Mário Morgado	1975	AGD Sports Academy	0	0	1	0	0	0	0	0	0	0	0	1
444	Mario Nogueira	1986	OiãRunners	0	0	0	0	0	0	0	1	0	0	0	1
445	Mário Nunes	1966	GELCENTRO	0	0	1	0	0	0	0	0	0	0	0	1
446	Mário Oliveira	1987	Individual	0	0	1	0	0	0	0	0	0	0	0	1
447	Mário Pereira	1974	HJK Gaia	0	0	1	0	0	0	0	0	0	0	0	1
448	Martim Rodrigues	1999	Individual	0	0	1	0	0	0	0	0	0	0	0	1
449	MEHAYE Sébastien	1977	CessaKcéBon	0	0	1	0	0	0	0	0	0	0	0	1
450	Miguel A. Martins	1983	Individual	1	0	0	0	0	0	0	0	0	0	0	1
451	Miguel Carlos	1979	Supras	0	1	0	0	0	0	0	0	0	0	0	1
452	Miguel Costa	1986	FO Runners	0	0	1	0	0	0	0	0	0	0	0	1
453	Miguel Duarte	1974	DCI/Trilhos Luso Bussaco	0	0	1	0	0	0	0	0	0	0	0	1
454	Miguel Figueiredo	1985	Individual	0	0	0	0	0	0	0	0	0	1	0	1
455	Miguel Gomes	1992	Individual	1	0	0	0	0	0	0	0	0	0	0	1
456	Miguel Guimaraes	1973	Individual	0	0	0	0	0	0	1	0	0	0	0	1
457	Miguel Lopes	1970	Individual	0	0	0	0	0	0	0	0	0	1	0	1
458	Miguel paiva	1986	Trailamb	0	0	0	0	0	0	1	0	0	0	0	1
459	Miguel Pimentel	1973	OiãRunners	0	0	0	0	0	0	0	1	0	0	0	1

