

LAST MAN STANDING 2020

BIB	NOME	TEAM	GENDER	V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	NR. LAPS	NR. KMS	RACE TIME
40	EDGAR RESENDE	INDIVIDUAL	M	00:24:02	00:25:19	00:25:41	00:24:44	00:25:35	00:20:32	00:21:33	00:22:33	00:21:38	00:20:38	00:21:56	00:19:49	00:19:05	00:19:39	00:19:06	15	60	5:31:50
47	JOÃO SOUSA	INDIVIDUAL	M	00:24:49	00:31:29	00:29:36	00:27:38	00:27:42	00:27:59	00:24:55	00:23:48	00:22:13	00:23:16	00:19:42	00:19:46	00:19:55	00:20:33	00:19:33	15	60	6:02:54
57	NUNO NUNES	INDIVIDUAL	M	00:30:19	00:32:21	00:30:20	00:29:12	00:28:23	00:26:45	00:25:03	00:24:54	00:23:12	00:23:18	00:22:30	00:21:17	00:20:22	00:19:47	00:19:13	15	60	6:16:56
85	TOZE AMORIM	S C ESPINHO / ANTÓNIO LEITAO	M	00:32:11	00:31:33	00:29:48	00:28:42	00:27:12	00:26:24	00:25:31	00:25:02	00:24:22	00:23:18	00:23:18	00:22:23	00:21:40	00:21:30	00:19:37	15	60	6:22:31
33	ANTÓNIO PINTO	INDIVIDUAL	M	00:31:05	00:31:34	00:29:44	00:28:26	00:26:33	00:22:15	00:25:09	00:23:13	00:21:56	00:20:39	00:20:33	00:20:53	00:20:48	00:21:16		14	56	5:44:04
87	ALCINO GOUVEIA	SENTIR ESCARIZ RUNNING	M	00:26:10	00:28:00	00:28:38	00:27:26	00:25:29	00:23:30	00:25:11	00:23:18	00:22:52	00:23:12	00:22:56	00:22:52	00:22:09			13	52	5:21:43
14	PEDRO PINHO	EDV-VIANA TRAIL	M	00:29:07	00:31:37	00:29:15	00:27:30	00:25:44	00:25:32	00:24:56	00:23:26	00:21:59	00:20:37	00:20:35	00:21:11	00:21:47			13	52	5:23:16
63	PEDRO BASTOS	INDIVIDUAL	M	00:29:15	00:30:53	00:29:48	00:29:45	00:28:14	00:26:52	00:25:43	00:24:47	00:23:31	00:23:39	00:23:09	00:22:21	00:22:32			13	52	5:40:29
62	PEDRO PEDRO	INDIVIDUAL	M	00:32:42	00:32:02	00:30:03	00:28:15	00:27:35	00:26:18	00:26:53	00:25:16	00:24:40	00:23:32	00:23:19	00:22:30	00:21:51			13	52	5:44:56
13	DIOGO PIMENTA	DCI / TRILHOS LUSO BUSSACO	M	00:25:17	00:24:31	00:24:07	00:23:11	00:22:55	00:23:02	00:22:44	00:22:28	00:21:42	00:21:18	00:22:27	00:21:43				12	48	4:35:25
61	PAULO MOREIRA	ALIADOS TRAIL RUNNING TEAM	M	00:25:59	00:30:37	00:29:09	00:27:18	00:26:57	00:24:50	00:24:55	00:22:59	00:21:42	00:20:53	00:21:26	00:22:43				12	48	4:59:28
84	JORGE QUEIRÓS	S C ESPINHO / ANTÓNIO LEITAO	M	00:32:21	00:31:34	00:29:41	00:28:39	00:26:06	00:26:21	00:21:31	00:21:52	00:21:47	00:22:16	00:22:16	00:22:17				12	48	5:06:55
29	ABÍLIO RIBEIRO	INDIVIDUAL	M	00:28:30	00:31:18	00:29:43	00:30:48	00:30:08	00:27:44	00:26:33	00:25:41	00:24:48	00:23:28	00:23:16	00:19:01				12	48	5:20:58
18	MÓNICA OLIVEIRA	GEOCROSSTRAIL	F	00:25:57	00:25:08	00:25:44	00:26:36	00:23:38	00:22:59	00:22:21	00:23:54	00:23:22	00:23:32	00:24:07					11	44	4:27:18
52	MÁRCIO MELO	INDIVIDUAL	M	00:25:58	00:25:57	00:26:23	00:25:11	00:24:50	00:23:09	00:24:14	00:24:39	00:24:27	00:24:36	00:24:18					11	44	4:33:42
11	ARMINDO ANTUNES	COIMBRA TRAIL RUNNING	M	00:29:05	00:27:03	00:27:21	00:27:44	00:24:00	00:24:16	00:24:31	00:23:48	00:22:40	00:23:04	00:23:11					11	44	4:36:43
5	VITOR PEREIRA	ÁGUEDA ACTION CLUB - ACTIB	M	00:25:11	00:24:44	00:25:39	00:24:34	00:24:04	00:24:21	00:24:42	00:24:35	00:25:18	00:24:02						10	40	4:07:10
75	VITOR LOBO	INDIVIDUAL	M	00:27:48	00:25:28	00:25:43	00:25:07	00:24:35	00:26:02	00:23:17	00:23:17	00:23:18	00:25:26						10	40	4:10:01
12	JORGE TIAGO	COIMBRA TRAIL RUNNING	M	00:29:15	00:27:03	00:27:20	00:27:45	00:25:38	00:24:28	00:25:40	00:25:09	00:24:54	00:23:59						10	40	4:21:11
88	JOSÉ OLIVEIRA	SENTIR ESCARIZ RUNNING	M	00:25:58	00:28:01	00:28:36	00:26:35	00:25:45	00:25:31	00:25:22	00:25:07	00:25:43	00:25:41						10	40	4:22:19
66	RICARDO GAMA	INDIVIDUAL	M	00:30:00	00:28:26	00:28:00	00:28:32	00:27:52	00:26:17	00:27:39	00:25:55	00:25:36	00:24:45						10	40	4:33:02
86	SANDRA FERREIRA	SANDRA FERREIRA	F	00:32:11	00:31:35	00:30:08	00:31:17	00:27:12	00:25:46	00:25:24	00:24:34	00:23:45	00:23:55						10	40	4:35:47
99	RICARDO PEREIRA	INDIVIDUAL	M	00:29:13	00:31:30	00:31:36	00:30:51	00:28:01	00:27:36	00:27:26	00:26:01	00:25:16	00:24:00						10	40	4:41:30
10	CARLOS CARDOSO	CLUBE ATLETISMO DE LAMAS	M	00:32:36	00:32:20	00:30:19	00:28:43	00:28:23	00:26:32	00:26:52	00:25:17	00:25:37	00:25:05						10	40	4:41:44
64	PEDRO MAGALHÃES	INDIVIDUAL	M	00:33:54	00:25:08	00:25:07	00:23:57	00:23:39	00:22:59	00:22:21	00:23:46	00:23:23							9	36	3:44:14
30	ANDRÉ OLIVEIRA	INDIVIDUAL	M	00:29:02	00:30:44	00:27:00	00:23:19	00:22:33	00:22:36	00:22:49	00:23:59	00:26:06							9	36	3:48:08
51	LUÍS SA	INDIVIDUAL	M	00:29:01	00:29:34	00:26:51	00:27:39	00:25:35	00:25:45	00:24:07	00:24:10	00:23:51							9	36	3:56:33
28	SARA CONCEIÇÃO	INDIVIDUAL	F	00:26:03	00:30:46	00:27:03	00:27:39	00:25:40	00:25:28	00:25:33	00:25:02	00:25:20							9	36	3:58:34
4	LUÍS RODRIGUES	AD MARCO 09	M	00:31:57	00:31:06	00:29:12	00:25:04	00:26:01	00:25:33	00:24:27	00:24:02	00:24:30							9	36	4:01:52
19	LUÍS FERAZ	GTT - ARMAZÉM DO CAFFÈ	M	00:29:07	00:32:26	00:29:42	00:27:35	00:26:41	00:26:44	00:26:35	00:27:32	00:26:28							9	36	4:12:50
72	RUI TEIXEIRA	INDIVIDUAL	M	00:33:04	00:31:35	00:29:56	00:30:09	00:28:30	00:26:30	00:25:45	00:25:39	00:25:27							9	36	4:16:35
56	MIGUEL SILVA	INDIVIDUAL	M	00:30:41	00:32:03	00:30:15	00:29:18	00:28:44	00:27:33	00:26:40	00:26:08	00:26:40							9	36	4:18:02
49	JOSÉ GRIJO	INDIVIDUAL	M	00:22:11	00:21:08	00:22:19	00:22:12	00:22:19	00:23:03	00:25:01	00:26:34								8	32	3:04:47
58	PAULO BANDALHO	INDIVIDUAL	M	00:24:16	00:24:59	00:24:08	00:22:39	00:21:45	00:21:51	00:22:34	00:24:08								8	32	3:06:20
67	RICARDO NETO	INDIVIDUAL	M	00:24:34	00:24:30	00:23:30	00:23:11	00:22:56	00:23:29	00:24:53	00:25:42								8	32	3:12:45
73	TELMO OLIVEIRA	INDIVIDUAL	M	00:29:01	00:30:18	00:27:02	00:23:19	00:22:31	00:22:35	00:22:49	00:23:53								8	32	3:21:28
8	BRUNO SILVA	BRAVOS & BRAVITAS	M	00:30:57	00:31:34	00:29:41	00:27:41	00:24:39	00:19:11	00:20:09	00:19:51								8	32	3:23:43
53	MÁRIO GALHANO	INDIVIDUAL	M	00:27:51	00:30:25	00:29:39	00:27:50	00:26:10	00:23:31	00:23:26	00:23:21								8	32	3:32:13
16	JPIRES JPIRES	ESADOF	M	00:27:47	00:26:54	00:27:06	00:27:14	00:26:13	00:25:44	00:24:42	00:27:32								8	32	3:33:12
76	MARA CELIA	MC	F	00:25:57	00:26:19	00:27:07	00:27:40	00:27:09	00:27:26	00:26:18	00:26:33								8	32	3:34:29
39	DIOGO DIOGO	INDIVIDUAL	M	00:29:13	00:28:38	00:27:16	00:27:41	00:27:04	00:25:07	00:25:19	00:27:06								8	32	3:37:24
46	JOÃO MOREIRA	INDIVIDUAL	M	00:28:21	00:30:55	00:29:51	00:27:49	00:27:02	00:25:52	00:25:19	00:25:17								8	32	3:40:26
38	DAVID AGUIAR	INDIVIDUAL	M	00:29:06	00:30:31	00:26:24	00:29:57	00:27:05	00:25:47	00:24:42	00:27:08								8	32	3:40:40
44	HUGO SILVA	INDIVIDUAL	M	00:28:20	00:30:55	00:30:09	00:27:49	00:27:02	00:25:50	00:25:18	00:25:19								8	32	3:40:42
7	SOFIA COELHO	BOAVISTA TRAIL	F	00:29:17	00:32:01	00:30:05	00:31:31	00:29:45	00:28:49	00:27:55	00:27:55								8	32	3:57:18
6	NUNO MARIZ	ALLFORONE	M	00:24:43	00:24:31	00:25:08	00:25:03	00:26:01	00:26:52	00:27:59									7	28	3:00:17
60	PAULO MOREIRA	INDIVIDUAL	M	00:27:13	00:25:02	00:24:46	00:25:13	00:25:41	00:27:03	00:26:29									7	28	3:01:27
59	PAULO GRAÇA	INDIVIDUAL	M	00:27:14	00:25:02	00:24:47	00:25:15	00:25:37	00:27:01	00:27:57									7	28	3:02:53
79	CARLOS COUTO	OUTLAW RUNNERS	M	00:27:15	00:25:14	00:27:43	00:27:20	00:25:42	00:24:36	00:28:15									7	28	3:06:05
32	ANTONIO MAGALHÃES	INDIVIDUAL	M	00:28:10	00:23:33	00:25:43	00:27:45	00:26:09	00:27:01	00:27:45									7	28	3:06:06
89	MÁRIO PINHO	SENTIR ESCARIZ RUNNING	M	00:26:21	00:27:59	00:28:36	00:26:34	00:25:45	00:25:37	00:27:21									7	28	3:08:13
43	FRANCISCO FONSECA	INDIVIDUAL	M	00:27:38	00:26:39	00:26:49	00:27:34	00:26:55	00:27:02	00:27:43									7	28	3:10:20
24	MAFALDA VALENTE	INDIVIDUAL	F	00:29:44	00:28:20	00:28:38	00:27:52	00:27:05	00:27:05	00:27:01									7	28	3:15:45
26	MARISA BREGIEIRO	INDIVIDUAL	F	00:30:08	00:28:24	00:28:03	00:28:04	00:26:59	00:27:47	00:27:34									7	28	3:16:59
100	CARLOS FREITAS	INDIVIDUAL	M	00:28:22	00:30:30	00:29:43	00:28:49	00:28:13	00:26:23	00:26:28									7	28	3:18:28
71	RUI MOREIRA	INDIVIDUAL	M	00:31:52	00:30:30	00:29:55	00:27:55	00:27:07	00:26:51	00:27:12									7	28	3:21:22
91	RICARDO SILVA	TENDÊNCIA VISUAL	M	00:32:14	00:32:08	00:29:47	00:28:42	00:28:22	00:27:05	00:28:13									7	28	3:26:31
98	NUNO LIMA	CLUBE ATLETISMO DE LAMAS	M	00:32:45	00:32:20	00:30:17	00:28:44	00:28:25	00:27:22	00:28:21									7	28	

BIB	NOME	TEAM	GENDER	V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	NR. LAPS	NR. KMS	RACE TIME
23	JOANA DIONÍSIO	INDIVIDUAL	F	00:28:25	00:29:11	00:28:01	00:28:21	00:30:20											5	20	2:24:18
35	BRUNO NUNES	INDIVIDUAL	M	00:29:35	00:30:03	00:30:11	00:31:13	00:28:45											5	20	2:29:47
36	CARLOS MAIA	INDIVIDUAL	M	00:30:56	00:30:55	00:29:55	00:29:05	00:30:11											5	20	2:31:02
68	RICARDO PEREIRA	INDIVIDUAL	M	00:33:12	00:32:22	00:31:45	00:30:54	00:30:09											5	20	2:38:22
102	NESTOR NESTOR	INDIVIDUAL	M	00:24:02	00:26:35	00:25:42	00:21:04												4	16	1:37:23
37	DANILO FENU	INDIVIDUAL	M	00:25:33	00:27:02	00:28:05	00:30:51												4	16	1:51:31
80	DANIELA SOARES	PISCOS	F	00:28:47	00:28:10	00:27:48	00:28:44												4	16	1:53:29
81	JOÃO SILVA	PISCOS	M	00:29:02	00:28:10	00:27:48	00:28:43												4	16	1:53:43
83	VICTOR SANTOS	PISCOS	M	00:29:02	00:28:36	00:29:14	00:28:43												4	16	1:55:35
31	ANTÓNIO BOTELHO	INDIVIDUAL	M	00:28:00	00:27:46	00:29:30	00:30:19												4	16	1:55:35
82	MÁRIO SILVA	PISCOS	M	00:29:03	00:28:36	00:29:13	00:29:51												4	16	1:56:43
27	SANDRA SILVA	INDIVIDUAL	F	00:29:35	00:30:03	00:30:11	00:31:12												4	16	2:01:01
101	MANUEL DOMINGUES	INDIVIDUAL	M	00:22:00	00:20:29	00:20:43													3	12	1:03:12
15	SMÓNICA SMÓNICA	ESADOF	F	00:28:04	00:28:38	00:31:01													3	12	1:27:43
90	JORGE COELHO	SPORTING CLUBE DE ESPINHO	M	00:32:06	00:31:28	00:29:42													3	12	1:33:16
93	ANDREIA GONÇALVES	UNDERDOGS	F	00:30:48	00:31:30														2	8	1:02:18
3	JÚLIA GOUVEIA	AD MARCO 09	F	00:31:46	00:31:01														2	8	1:02:47
65	RAFAEL FELIX	INDIVIDUAL	M	00:34:45															1	4	0:34:45