



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	115	Luís Carlos Brazete Vendeiro	AD Manteigas Trail Team	Male	1	MSenior	1	03:02:23	6'04"/km
2	102	David Amaral	Coimbra Trail Running	Male	2	M50	1	03:02:52	6'05"/km
3	162	Tiago Rafael Farinha Fernandes Rodrigues	CCD Sertã	Male	3	MSenior	2	03:03:35	6'07"/km
4	152	Pedro Machado	cpalcanenatrail	Male	4	M35	1	03:07:20	6'14"/km
5	150	Ana Paula Rodrigues	Saca Trilhos Anadia	Female	1	FSenior	1	03:09:13	6'18"/km
6	121	Hugo Alves	Trail Team Vila de Mouros	Male	5	M40	1	03:17:43	6'35"/km
7	144	Filipe Nogueira	NCA Águias	Male	6	M50	2	03:18:21	6'36"/km
8	118	António Vieira	Individual	Male	7	M40	2	03:18:37	6'37"/km
9	161	Pedro Miguel Manteigas Dos Santos	Boavista Trail	Male	8	M50	3	03:19:49	6'39"/km
10	123	Gil Pinho	Trail Team Vila de Mouros	Male	9	M40	3	03:21:43	6'43"/km
11	145	Fernando Martins	Sport Arronches e Benfica	Male	10	M40	4	03:23:13	6'46"/km
12	141	João Fernandes	Trail Team Vila de Mouros	Male	11	M45	1	03:27:04	6'54"/km
13	131	Leonel Cordeiro	Porto de Mós a Correr - Reino da Pedra	Male	12	M50	4	03:27:05	6'54"/km
14	122	João Silva	Individual	Male	13	M40	5	03:27:08	6'54"/km
15	124	João Pedro Sardinha Antunes	Individual	Male	14	MSenior	3	03:27:09	6'54"/km
16	126	Tiago Nogueira	Terrantêz Trail Team	Male	15	M35	2	03:30:41	7'01"/km
17	149	Paulo Manuel Costa	Individual	Male	16	M55	1	03:31:00	7'02"/km
18	103	João Balrôa	ALLcains RUN	Male	17	M45	2	03:31:02	7'02"/km
19	147	Carlos Ribeiro	TRAIL - Grupo Desportivo de Trancoso	Male	18	M40	6	03:31:06	7'02"/km
20	146	Jocelina Jesus Ferreira	MONTANHA CLUBE TRAIL RUNNING - EFAPEL	Female	2	F50	1	03:32:29	7'04"/km
21	137	José Ramos	Estrela Campo de Aviação F.C.- Covilhã	Male	19	M55	2	03:34:26	7'08"/km
22	110	Manuel Filipe	NCA Águias	Male	20	M55	3	03:35:32	7'11"/km
23	154	Nuno Santos	NCA Águias	Male	21	M45	3	03:36:02	7'12"/km
24	133	Renato Ramos	Coimbra Trail Running	Male	22	M60	1	03:36:59	7'13"/km
25	129	Gilberto Modiz	Coimbra Trail Running	Male	23	M40	7	03:37:00	7'14"/km
26	134	Francisco Gaio	Caracol Trail Team	Male	24	M60	2	03:37:01	7'14"/km
27	155	Luis Pais	Grupo desportivo Bragança	Male	25	M35	3	03:37:20	7'14"/km
28	135	Mariana Henriques	Clube Desportivo de Espite	Female	3	FSenior	2	03:38:04	7'16"/km
29	472	Paulo Mota	CLAC Entroncamento	Male	26	M55	4	03:39:04	7'18"/km
30	109	José Henriques	Individual	Male	27	M60	3	03:42:32	7'25"/km
31	119	Carlos Correia	CLAC Entroncamento	Male	28	M50	5	03:43:20	7'26"/km
32	116	Ana Maria Figueira Ramos	ABCansado Trail	Female	4	FSenior	3	03:46:46	7'33"/km
33	125	André Santos	Terrantêz Trail Team	Male	29	M40	8	03:50:04	7'40"/km
34	105	Rui Perdigão	C.A.S.P.A(Clube Amador Só Para Atletismo)	Male	30	M55	5	03:53:03	7'46"/km
35	140	Nuno Miguel Gomes Ornelas	Individual	Male	31	M50	6	03:53:16	7'46"/km
36	132	Miguel Marques	Grupo Desportivo Santander Totta	Male	32	M50	7	03:53:20	7'46"/km
37	148	Virgínia Simões	NCA Águias	Female	5	F45	1	03:55:04	7'50"/km
38	157	João Carlos Pires Moreira	Individual	Male	33	MSenior	4	03:59:25	7'58"/km
39	128	Tiago Pratas	Terrantêz Trail Team	Male	34	MSenior	5	03:59:55	7'59"/km
40	106	Filipe Santos	Coimbra Trail Running	Male	35	M50	8	04:01:22	8'02"/km
41	120	Vitor Filipe Martins Soto	BOTÃO CAMP	Male	36	M40	9	04:05:49	8'11"/km
42	111	Filomena Maria Da Costa Marques	BOTÃO CAMP	Female	6	F45	2	04:05:50	8'11"/km
43	104	Sergio Rodelo	40Marathons	Male	37	M55	6	04:07:55	8'15"/km
44	159	Eugénio José Pereira Marques Dos Santos	Miro Trail	Male	38	M40	10	04:10:13	8'20"/km
45	130	Paulo Silva	Individual	Male	39	M55	7	04:14:15	8'28"/km
46	156	Silvia Cavaleiro Pais	Grupo desportivo Bragança	Female	7	FSenior	4	04:19:12	8'38"/km
47	142	Armando Cid	Associação Corrida Noturna Parque das Nações	Male	40	M60	4	04:21:18	8'42"/km
48	108	Carlos Teixeira	Individual	Male	41	M50	9	04:34:31	9'09"/km
49	113	Pedro Ramos	Trilhos do Costume	Male	42	M55	8	04:36:28	9'12"/km

Trail da Cereja
Trail Longo
10/6/2024
30000



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
50	127	Renato Alexandre Ferreira	Grupo Alegre Unido Bajouca	Male	43	MSenior	6	04:55:06	9'50"/km
51	151	Maria Marques	AD Manteigas Trail Team	Female	8	F55	1	04:55:36	9'51"/km
52	112	Fernando Manuel Santos	Grupo Desportivo da Mata	Male	44	M60	5	05:05:08	10'10"/km
53	117	Carina Salcedas	Belmonte Runners	Female	9	F35	1	05:12:42	10'25"/km
54	143	Rui Lucas	Belmonte Runners	Male	45	M40	11	05:12:42	10'25"/km
55	101	Paula Cristina Marques Inácio	Trail Team Vila de Mouros	Female	10	F55	2	05:15:09	10'30"/km
56	136	David Clemente	Desafios Positivos D+	Male	46	M40	12	05:19:35	10'39"/km
57	160	Nuno Nunes	Clube de Atletismo de Ferreira do Zêzere	Male	47	M35	4	06:31:23	13'02"/km
58	158	Inês Isabel Dos Santos Mendonça	Miro Trail	Female	11	F35	2	06:31:24	13'02"/km
59	138	Denise De Sene	Grupo Desportivo da Mata	Female	12	F60	1	06:34:40	13'09"/km