



Associação de Atletismo do Distrito de Portalegre

Circuito Distrital de Trail MULTIRIBEIRO-KIA 2017 CONTAGEM GERAL TRAIL LONGO

FEMININOS												
C.	Atleta	Clube	Esc	Contagens								Pont. Total
				Avis	Alegrete	UTSM	Monforte	Ponte Sor	Alter Chão	Nisa	Elvas	
GERAL												
1	Paula Matos	ACPortalegre / UTSM	F45	---	220	220	220	220	---	220	#	880
2	Almerinda Velez	ACPortalegre / UTSM	F50	220	202	---	---	199	---	208	#	829
3	Ana Ventura	ACPortalegre / UTSM	F40	---	196	169	---	190	---	181	#	736
4	Ana Miranda	ACPortalegre / UTSM	SenF	---	---	205	---	---	---	---	#	205
5	Rute Ferreira	ACPortalegre / UTSM	F40	---	---	175	---	---	---	---	#	175
6	Josefina Beijoca	MONBIKETEAM – Monforte Bike Team	SenF	---	---	160	---	---	---	---	#	160
7	Ana Teixeira	CA Trail Runners da Ponte	SenF	---	---	157	---	---	---	---	#	157
8	Odete Barbas	ACPortalegre / UTSM	F45	---	---	153	---	---	---	---	#	153
9	Sandra Rodrigues	Arronches e Benfica / Clinica Sta. Beatriz	SenF	---	---	142	---	---	---	---	#	142
10	Andreia Miranda	Arronches e Benfica / Clinica Sta. Beatriz	SenF	---	---	139	---	---	---	---	#	139
11	Marlene Quintino	Arronches e Benfica / Clinica Sta. Beatriz	SenF	---	---	118	---	---	---	---	#	118
SÉNIORES												
1	Ana Miranda	ACPortalegre / UTSM	SenF	---	---	205	---	---	---	---	#	205
2	Josefina Beijoca	MONBIKETEAM – Monforte Bike Team	SenF	---	---	160	---	---	---	---	#	160
3	Ana Teixeira	CA Trail Runners da Ponte	SenF	---	---	157	---	---	---	---	#	157
4	Sandra Rodrigues	Arronches e Benfica / Clinica Sta. Beatriz	SenF	---	---	142	---	---	---	---	#	142
5	Andreia Miranda	Arronches e Benfica / Clinica Sta. Beatriz	SenF	---	---	139	---	---	---	---	#	139
6	Marlene Quintino	Arronches e Benfica / Clinica Sta. Beatriz	SenF	---	---	118	---	---	---	---	#	118
F40												
1	Ana Ventura	ACPortalegre / UTSM	F40	---	220	208	---	220	---	220	#	868
2	Rute Ferreira	ACPortalegre / UTSM	F40	---	---	220	---	---	---	---	#	220
F45												
1	Paula Matos	ACPortalegre / UTSM	F50	---	220	220	220	220	---	220	#	880
2	Odete Barbas	ACPortalegre / UTSM	F45	---	---	220	---	---	---	---	#	220
F50												
1	Almerinda Velez	ACPortalegre / UTSM	F50	220	202	---	---	220	---	220	#	862

Patrocinadores Oficiais:



Sede: Avenida de Badajoz, nº1 7300-306 Portalegre * Telefone: 245202133 * Email: portalegre@fpatletismo.org



Associação de Atletismo do Distrito de Portalegre

MASCULINOS

C.	Atleta	Clube	Esc	Contagens								Pont. Total
				Avis	Alegrete	UTSM	Monforte	Ponte Sor	Alter Chão	Nisa	Elvas	
GERAL												
1	Luís Semedo	ACPortalegre / UTSM	SenM	---	---	---	220	220	220	220	#	880
2	Marco Nabais	ACPortalegre / UTSM	SenM	220	---	---	210	169	202	181	#	813
3	Nelson Constantino	Trail Runners da Ponte	SenM	201	209	---	183	---	195	140	#	788
4	Luís Anacleto	ACPortalegre / UTSM	SenM	190	204	---	---	177	---	172	#	743
5	Hélder Melo	ACPortalegre / UTSM	SenM	170	190	---	162	148	---	133	#	670
6	Filipe Pires	A. Barbaris Team	SenM	---	---	141	168	159	162	160	#	649
7	Nuno Massaneiro	AD IALBAX	M40	177	---	159	---	132	---	137	#	605
8	José Moisés	ACPortalegre / UTSM	M45	---	182	131	---	138	---	98	#	549
9	Paulo Marques	INIJOVEM	M50	---	160	124	132	---	---	110	#	526
10	Sérgio Carinhas	ACPortalegre / UTSM	M45	---	139	---	126	115	142	113	#	522
11	Vítor Ribeiro	Alter Runners	SenM	148	131	---	122	---	---	119	#	520
12	Paulo Matroca	A. Barbaris Team	M45	---	156	120	---	---	146	88	#	510
13	Manuel Mexia	AD IALBAX	M45	---	---	---	147	112	150	100	#	509
14	José Velez	ACPortalegre / UTSM	M55	121	126	---	---	105	---	94	#	446
15	Pedro Trindade	ACPortalegre / UTSM	SenM	209	---	220	---	---	---	91	#	520
16	Humberto Pestana	AD IALBAX	M40	---	173	---	---	144	---	127	#	444
17	José Rufino	Ater Runners	SenM	145	133	---	118	---	---	---	#	396
18	Nelson Calção	MONBIKETEAM – Monforte Bike Team	SenM	---	169	---	152	---	---	---	#	321
19	João Albuquerque	ACPortalegre / UTSM	M50	---	---	---	141	---	---	123	#	264
20	Luís Alegrias	A. Barbaris Team	M40	---	220	---	---	---	---	---	#	220
21	Manuel Ceia	ACPortalegre / UTSM	M55	---	177	---	---	---	---	---	#	177
22	Tiago Valério	ACPortalegre / UTSM	SenM	---	---	177	---	---	---	---	#	177
23	João Mata	MONBIKETEAM – Monforte Bike Team	M40	---	166	---	---	---	---	---	#	166
24	Emílio Paulino	ACPortalegre / UTSM	M50	---	---	164	---	---	---	---	#	164
25	Arquimínio Carretas	Clube Elvense de Natação	M50	---	---	154	---	---	---	---	#	154
26	Victor Ramos	Arronches e Benfica / Clínica Sta. Beatriz	M40	---	---	151	---	---	---	---	#	151
27	Hugo Sequeira	ACPortalegre / UTSM	SenM	---	---	147	---	---	---	---	#	147
28	Paulo Conceição	Clube Elvense de Natação	M45	---	---	134	---	---	---	---	#	134
29	Daniel Godinho	MONBIKETEAM – Monforte Bike Team	SenM	---	---	127	---	---	---	---	#	127
30	Jorge Rocha	Amigos do Atletismo de Avis	M40	---	127	---	---	---	---	---	#	127
31	Cláudio Piedade	INIJOVEM	Sub2 3	---	---	118	---	---	---	---	#	118

Patrocinadores Oficiais:



Sede: Avenida de Badajoz, nº1 7300-306 Portalegre * Telefone: 245202133 * Email: portalegre@fpatletismo.org



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32	José Bizarro	INIJOVEM	M40	---	---	116	---	---	---	---	#	116
33	Hugo Brás	A. Barbaris Team	SenM	---	---	115	---	---	---	---	#	115
34	Rui Pataco	MONBIKETEAM – Monforte Bike Team	M40	---	---	114	---	---	---	---	#	114
35	José Russo	IALBAX	M55	---	---	113	---	---	---	---	#	113
36	Rui Varandas	MONBIKETEAM – Monforte Bike Team	SenM	---	---	111	---	---	---	---	#	111
38	Joaquim Nicau	MONBIKETEAM – Monforte Bike Team	M45	---	106	---	---	---	---	---	#	106
37	João Venâncio	Arronches e Benfica / Clínica Sta. Beatriz	M45	---	---	96	---	---	---	---	#	96
39	João Sequeira	INIJOVEM	M40	---	---	95	---	---	---	---	#	95
40	António Cortes	Clube Elvense de Natação	M45	---	---	94	---	---	---	---	#	94
41	António Fé	IALBAX	M40	---	---	79	---	---	---	---	#	79
42	Paulo Mendes	Arronches e Benfica / Clínica Sta. Beatriz	M50	---	---	78	---	---	---	---	#	78
43	José Esquetim	AD IALBAX	SenM	---	---	78	---	---	---	---	#	78
44	Pedro Valente	INIJOVEM	M50	---	---	78	---	---	---	---	#	78
45	Bruno Marquez	CA Trail Runners da Ponte	M40	---	---	76	---	---	---	---	#	76
46	Pedro Carvão	A. Barbaris Team	SenM	---	---	75	---	---	---	---	#	75
47	Sérgio Cacheirinha	AD IALBAX	M40	---	---	74	---	---	---	---	#	74
48	Rui Santos	INIJOVEM	SenM	---	---	73	---	---	---	---	#	73
49	Marco Vitória	Arronches e Benfica / Clínica Sta. Beatriz	SenM	---	---	73	---	---	---	---	#	73
50	Jorge Martins	Clube Elvense de Natação	M40	---	---	71	---	---	---	---	#	71
51	João Feiteira	Arronches e Benfica / Clínica Sta. Beatriz	M55	---	---	71	---	---	---	---	#	71
52	José Reis	ACPortalegre / UTSM	SenM	---	---	69	---	---	---	---	#	69
53	António Ferreira	MONBIKETEAM – Monforte Bike Team	M60	---	---	68	---	---	---	---	#	68
54	Bruno Orrico	A. Barbaris Team	SenM	---	---	56	---	---	---	---	#	56
55	Tiago Cativo	MONBIKETEAM – Monforte Bike Team	SenM	---	---	54	---	---	---	---	#	54
56	César Serrote	MONBIKETEAM – Monforte Bike Team	SenM	---	---	54	---	---	---	---	#	54

SÉNIORES

1	Luís Semedo	ACPortalegre / UTSM	SenM	---	---	---	220	220	220	220	#	880
2	Marco Nabais	ACPortalegre / UTSM	SenM	220	---	---	210	169	202	181	#	813
3	Nelson Constantino	CA Trail Runners da Ponte	SenM	201	220	---	183	---	195	140	#	799
4	Luís Anacleto	ACPortalegre / UTSM	SenM	190	209	---	---	177	---	172	#	748
5	Hélder Melo	ACPortalegre / UTSM	SenM	173	195	---	162	148	---	136	#	678
6	Filipe Pires	Barbaris Team	SenM	---	---	155	168	159	162	160	#	649
7	Vítor Ribeiro	Alter Runners	SenM	151	151	---	122	---	---	128	#	552
8	Pedro Trindade	ACPortalegre / UTSM	SenM	209	---	220	---	---	---	108	#	537
9	José Rufino	Ater Runners	SenM	148	154	---	118	---	---	---	#	420
10	Nelson Calção	MONBIKETEAM – Monforte Bike Team	SenM	---	183	---	152	---	---	---	#	335
11	Tiago Valério	ACPortalegre / UTSM	SenM	---	---	177	---	---	---	---	#	177

Patrocinadores Oficiais:



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12	Hugo Sequeira	ACPortalegre / UTM	SenM	---	---	163	---	---	---	---	#	163
13	Daniel Godinho	MONBIKETEAM – Monforte Bike Team	SenM	---	---	146	---	---	---	---	#	146
14	Hugo Brás	A. Barbaris Team	SenM	---	---	139	---	---	---	---	#	139
15	Rui Varandas	MONBIKETEAM – Monforte Bike Team	SenM	---	---	135	---	---	---	---	#	135
16	José Esquetim	AD IALBAX	SenM	---	---	114	---	---	---	---	#	114
17	Pedro Carvão	A. Barbaris Team	SenM	---	---	108	---	---	---	---	#	108
18	Rui Santos	INIJOVEM	SenM	---	---	103	---	---	---	---	#	103
19	Marco Vitória	Arronches e Benfica / Clinica Sta. Beatriz	SenM	---	---	101	---	---	---	---	#	101
20	José Reis	ACPortalegre / UTM	SenM	---	---	95	---	---	---	---	#	95
21	Bruno Orrico	A. Barbaris Team	SenM	---	---	80	---	---	---	---	#	80
22	Tiago Cativo	MONBIKETEAM – Monforte Bike Team	SenM	---	---	76	---	---	---	---	#	76
23	César Serrote	MONBIKETEAM – Monforte Bike Team	SenM	---	---	74	---	---	---	---	#	74

M40

1	Nuno Massaneiro	AD IALBAX	M40	220	---	220	---	205	---	220	#	865
2	Humberto Pestana	AD IALBAX	M40	---	194	---	---	220	---	203	#	617
3	Luís Alegrias	A. Barbaris Team	M40	---	220	---	---	---	---	---	#	220
4	Victor Ramos	Arronches e Benfica / Clinica Sta. Beatriz	M40	---	---	209	---	---	---	---	#	209
5	José Bizarro	INIJOVEM	M40	---	---	289	---	---	---	---	#	189
6	João Mata	MONBIKETEAM – Monforte Bike Team	M40	---	189	---	---	---	---	---	#	189
7	Rui Pataco	MONBIKETEAM – Monforte Bike Team	M40	---	---	184	---	---	---	---	#	184
8	João Sequeira	INIJOVEM	M40	---	---	176	---	---	---	---	#	176
9	Jorge Rocha	Amigos do Atletismo de Avis	M40	---	157	---	---	---	---	---	#	157
10	António Fé	IALBAX	M40	---	---	150	---	---	---	---	#	150
11	Bruno Marquês	CA Trail Runners da Ponte	M40	---	---	143	---	---	---	---	#	143
12	Sérgio Cacheirinha	AD IALBAX	M40	---	---	138	---	---	---	---	#	138
13	Jorge Martins	Clube Elvense de Natação	M40	---	---	130	---	---	---	---	#	130

M45

1	José Moisés	ACPortalegre / UTM	M45	---	220	208	---	220	---	188	#	836
2	Manuel Mexia	AD IALBAX	M45	---	---	---	220	179	220	193	#	812
3	Sérgio Carinhas	ACPortalegre / UTM	M45	---	179	---	204	185	202	220	#	811
4	Paulo Matroca	A. Barbaris Team	M45	---	169	197	---	---	208	172	#	746
5	Paulo Conceição	Clube Elvense de Natação	M45	---	---	220	---	---	---	---	#	220
6	João Venâncio	Arronches e Benfica / Clinica Sta. Beatriz	M45	---	---	188	---	---	---	---	#	188
7	António Cortes	Clube Elvense de Natação	M45	---	---	180	---	---	---	---	#	180
8	Joaquim Nicau	MONBIKETEAM – Monforte Bike Team	M45	---	146	---	---	---	---	---	#	146

M50

1	Paulo Marques	INIJOVEM	M50	---	220	192	220	---	---	201	#	833
2	João Albuquerque	ACPortalegre / UTM	M50	---	---	---	---	220	---	220	#	440

Patrocinadores Oficiais:





Associação de Atletismo do Distrito de Portalegre

3	Emílio Paulino	ACPortalegre / UTSM	M50	---	---	220	---	---	---	---	#	220
4	Arquimínio Carretas	Clube Elvense de Natação	M50	---	---	209	---	---	---	---	#	209
5	Paulo Mendes	Arronches e Benfica / Clínica Sta. Beatriz	M50	---	---	152	---	---	---	---	#	152
6	Pedro Valente	INIJOVEM	M50	---	---	148	---	---	---	---	#	148

M55

1	José Velez	ACPortalegre / UTSM	M55	220	178	---	---	220	---	220	#	838
2	Manuel Ceia	ACPortalegre / UTSM	M55	---	220	---	---	---	---	---	#	220
3	João Feiteira	Arronches e Benfica / Clínica Sta. Beatriz	M55	---	---	220	---	---	---	---	#	220
4	José Russo	IALBAX	M55	---	---	183	---	---	---	---	#	183

M60

1	António Ferreira	MONBIKETEAM – Monforte Bike Team	M60	---	---	220	---	---	---	---	#	220
---	------------------	----------------------------------	-----	-----	-----	-----	-----	-----	-----	-----	---	-----

EQUIPAS

C.	CLUBES	Contagens								Pont. Total
		Avis	Alegrete	UTSM	Monforte	Ponte Sor	Alter Chão	Nisa	Elvas	

GERAL EQUIPAS

1	ACPortalegre / UTSM	15	15	15	15	15	15	15	#	60
2	AD IALBAX	---	---	8	---	13	---	13	#	34
3	MONBIKETEAM – Monforte Bike Team	---	13	7	---	---	---	---	#	20
4	Associação Barbaris Team	---	---	13	---	---	---	---	#	13
5	Clube Elvense de Natação	---	---	11	---	---	---	---	#	11
6	INIJOVEM - Nisa	---	---	9	---	---	---	---	#	9
7	Arronches e Benfica / Clínica Sta. Beatriz	---	---	6	---	---	---	---	#	6

AADP

Atualizado a 16 Novembro 2017

Patrocinadores Oficiais:



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