



Campeonato Regional de Trail AAVC 2021

Afife, 17 de outubro de 2021

Resultados


 Regional AAVC Trail Curto 2021 - Seniores Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Bruno Rodrigues	Minho e Lima Trail	M	01:37:42	MSEN TC
2	Adriano Morais	Olimpico Vianense	M	01:44:28	MSEN TC
3	Jose Capitaó	Minho e Lima Trail	M	01:52:10	MSEN TC
4	Pedro Lopes	Olimpico Vianense	M	02:01:00	MSEN TC
5	Diogo Silva	Minho e Lima Trail	M	02:07:55	MSEN TC

 Regional AAVC Trail Curto 2021 – V40 Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Luis Meneses	Minho e Lima Trail	M	01:41:04	M40 TC
2	Adelino Aires	Alexandra Carvalho Team	M	01:42:30	M40 TC
3	Ezequiel Fernandes	EDL Trail	M	01:54:05	M40 TC
4	Armando Vieira	EDL Trail	M	01:54:39	M40 TC
5	Jose Pais	EDL Trail	M	01:58:13	M40 TC
6	Vitor Martins	Alexandra Carvalho Team	M	01:59:22	M40 TC
7	Carlos Morgado	Minho e Lima Trail	M	02:00:50	M40 TC
8	Fernando Silva	Alexandra Carvalho Team	M	02:05:45	M40 TC
9	Francisco Alves	Cerveira Team Running	M	02:07:43	M40 TC
10	Abilio Fornelos	ACDAV	M	02:10:51	M40 TC
11	Joaquim Araujo	Cerveira Team Running	M	02:22:49	M40 TC
12	Filipe Lima	Alexandra Carvalho Team	M	02:33:49	M40 TC
13	Daniel Amorim	ACDAV	M	02:38:25	M40 TC
14	Pedro Oliveira	Cerveira Team Running	M	02:57:27	M40 TC


 Regional AAVC Trail Curto 2021 – V50 Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Luis Silva	ACRA Running	M	01:34:33	M50 TC
2	Luis Magalhaes	Minho e Lima Trail	M	01:39:51	M50 TC
3	Augusto Leitao	Alexandra Carvalho Team	M	01:41:47	M50 TC
4	Jesus Ballesteros	EDL Trail	M	01:54:39	M50 TC
5	Carlos Fernandes	Cerveira Team Running	M	02:10:47	M50 TC
6	Jose Afonso	Olimpico Vianense	M	02:18:32	M50 TC
7	Daniel Barreto	Alexandra Carvalho Team	M	02:43:03	M50 TC

 Regional AAVC Trail Longo 2021 - Seniores Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Sandro Silva	EDL Trail	M	02:37:19	MSEN TL
2	Nuno Branco	Olimpico Vianense	M	02:49:18	MSEN TL
3	Helder Franco	EDL Trail	M	02:56:55	MSEN TL
4	Alexandre Ribeiro	Minho e Lima Trail	M	02:57:56	MSEN TL
5	Joel Pereira	Minho e Lima Trail	M	02:59:25	MSEN TL
6	Luciano Faria	GD Castelense	M	03:02:59	MSEN TL
7	Marco Dantas	Olimpico Vianense	M	03:04:14	MSEN TL
8	Filipe Correia	Minho e Lima Trail	M	03:05:34	MSEN TL
9	Joao Afonso	Alexandra Carvalho Team	M	03:08:39	MSEN TL
10	Pedro Alves	GD Castelense	M	03:12:33	MSEN TL
11	Pedro Pimenta	EDL Trail	M	03:23:01	MSEN TL
12	Vitor Gomes	ACRA Running	M	03:28:34	MSEN TL
13	Henrique Goncalves	OADA	M	04:43:01	MSEN TL


 Regional AAVC Trail Longo 2021 – V40 Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Pedro Alves	Alexandra Carvalho Team	M	03:07:38	M40 TL
2	Jose Silva	Alexandra Carvalho Team	M	03:14:12	M40 TL
3	Luis Ferreira	ACRA Running	M	03:27:15	M40 TL
4	Antonio Ribeiro	OADA	M	03:33:01	M40 TL


 Regional AAVC Trail Longo 2021 – V50 Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Jose Machado	Cyclones	M	03:42:11	M50 TL


 Regional AAVC Trail Ultra 2021 - Seniores Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Joao Costa	EDL Trail	M	05:54:39	MSEN UT
2	Rui Soares	EDL Trail	M	06:33:15	MSEN UT
3	Ricardo Rego	Alexandra Carvalho Team	M	07:38:11	MSEN UT

 Regional AAVC Trail Ultra 2021 – V40 Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Orlando Martins	Cerveira Team Running	M	06:11:57	M40 UT
2	Nuno Moraes	EDL Trail	M	06:24:47	M40 UT
3	Rui Maciel	Alexandra Carvalho Team	M	06:54:47	M40 UT
4	Pedro Carvalhido	Alexandra Carvalho Team	M	07:35:10	M40 UT
5	Nuno Marques	EDV Viana Trail	M	08:52:57	M40 UT


 Regional AAVC Trail Ultra 2021 – V50 Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Paulo Domingues	Olimpico Vianense	M	06:10:21	M50 UT
2	Jose Gomes	Cerveira Team Running	M	07:54:46	M50 UT

 Regional AAVC Trail Curto 2021 - Seniores Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Catarina Cerqueira	ACRA Running	F	02:18:08	FSEN TC
2	Marta Cunha	Minho e Lima Trail	F	02:54:04	FSEN TC
3	Susana Silva	Alexandra Carvalho Team	F	03:03:22	FSEN TC
4	Bruna Costa	Alexandra Carvalho Team	F	04:42:34	FSEN TC


 Regional AAVC Trail Curto 2021 – V40 Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Eliana Pereira	Alexandra Carvalho Team	F	01:59:28	F40 TC
2	Angela Fornelos	ACDAV	F	02:13:52	F40 TC
3	Isabel Cunha	Cerveira Team Running	F	02:14:14	F40 TC
4	Sandra Araujo	Cerveira Team Running	F	02:41:42	F40 TC
5	Augusta Martins	ACRA Running	F	02:52:14	F40 TC


 Regional AAVC Trail Curto 2021 – V50 Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Susana Crasto	Alexandra Carvalho Team	F	02:34:27	F50 TC
2	Eulalia Miranda	Alexandra Carvalho Team	F	02:50:05	F50 TC
3	Paula Martins	Alexandra Carvalho Team	F	02:53:14	F50 TC
4	Adelaide Filipe	Cerveira Team Running	F	03:19:34	F50 TC

 Regional AAVC Trail Longo 2021 - Seniores Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Ana Domingues	Olimpico Vianense	F	03:14:45	FSEN TL
2	Patricia Palma	EDV Viana Trail	F	03:38:47	FSEN TL
3	Francisca Luis	Alexandra Carvalho Team	F	03:59:13	FSEN TL
4	Catarina Amorim	GD Castelense	F	04:06:18	FSEN TL
5	Helena Cerqueira	ACRA Running	F	04:21:17	FSEN TL

 Regional AAVC Trail Longo 2021 – V40 Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Cristina Iglesias	viana running	F	03:40:20	F40 TL
2	Catarina Dantas	ACRA Running	F	03:42:14	F40 TL
3	Susana Ferreira	ACRA Running	F	04:13:06	F40 TL

 Regional AAVC Trail Longo 2021 – V50 Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Goreti Parente	Olimpico Vianense	F	04:17:06	F50 TL
2	Isabel Goncalves	Alexandra Carvalho Team	F	05:36:25	F50 TL

 Regional AAVC Trail Ultra 2021 – V40 Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Paula Costa	ACDAV	F	06:46:14	F40 UT
2	Maria Figueiredo	Cerveira Team Running	F	10:29:50	F40 UT

 Regional AAVC Trail Curto 2021 – V50 Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Maria Carmo Rocha	Viana Running	F	09:08:52	F50 UT

 Regional AAVC Trail 2021 – Geral Trail Curto Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Eliana Pereira	Alexandra Carvalho Team	F	01:59:28	F40 TC
2	Angela Fornelos	ACDAV	F	02:13:52	F40 TC
3	Isabel Cunha	Cerveira Team Running	F	02:14:14	F40 TC
4	Catarina Cerqueira	ACRA Running	F	02:18:08	FSEN TC
5	Susana Crasto	Alexandra Carvalho Team	F	02:34:27	F50 TC
6	Sandra Araujo	Cerveira Team Running	F	02:41:42	F40 TC
7	Eulalia Miranda	Alexandra Carvalho Team	F	02:50:05	F50 TC
8	Augusta Martins	ACRA Running	F	02:52:14	F40 TC
9	Paula Martins	Alexandra Carvalho Team	F	02:53:14	F50 TC
10	Marta Cunha	Minho e Lima Trail	F	02:54:04	FSEN TC
11	Susana Silva	Alexandra Carvalho Team	F	03:03:22	FSEN TC
12	Adelaide Filipe	Cerveira Team Running	F	03:19:34	F50 TC
13	Bruna Costa	Alexandra Carvalho Team	F	04:42:34	FSEN TC

 Regional AAVC Trail 2021 – Geral Trail Curto Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Luis Silva	ACRA Running	M	01:34:33	M50 TC
2	Bruno Rodrigues	Minho e Lima Trail	M	01:37:42	MSEN TC
3	Luis Magalhaes	Minho e Lima Trail	M	01:39:51	M50 TC
4	Luis Meneses	Minho e Lima Trail	M	01:41:04	M40 TC
5	Augusto Leitao	Alexandra Carvalho Team	M	01:41:47	M50 TC
6	Adelino Aires	Alexandra Carvalho Team	M	01:42:30	M40 TC
7	Adriano Moraes	Olimpico Vianense	M	01:44:28	MSEN TC
8	Jose Capitao	Minho e Lima Trail	M	01:52:10	MSEN TC
9	Ezequiel Fernandes	EDL Trail	M	01:54:05	M40 TC
10	Armando Vieira	EDL Trail	M	01:54:39	M40 TC
11	Jesus Ballesteros	EDL Trail	M	01:54:39	M50 TC
12	Jose Pais	EDL Trail	M	01:58:13	M40 TC
13	Vitor Martins	Alexandra Carvalho Team	M	01:59:22	M40 TC
14	Carlos Morgado	Minho e Lima Trail	M	02:00:50	M40 TC
15	Pedro Lopes	Olimpico Vianense	M	02:01:00	MSEN TC
16	Fernando Silva	Alexandra Carvalho Team	M	02:05:45	M40 TC
17	Francisco Alves	Cerveira Team Running	M	02:07:43	M40 TC


18	Diogo Silva	Minho e Lima Trail	M	02:07:55	MSEN TC
19	Carlos Fernandes	Cerveira Team Running	M	02:10:47	M50 TC
20	Abilio Fornelos	ACDAV	M	02:10:51	M40 TC
21	Jose Afonso	Olimpico Vianense	M	02:18:32	M50 TC
22	Joaquim Araujo	Cerveira Team Running	M	02:22:49	M40 TC
23	Filipe Lima	Alexandra Carvalho Team	M	02:33:49	M40 TC
24	Daniel Amorim	ACDAV	M	02:38:25	M40 TC
25	Daniel Barreto	Alexandra Carvalho Team	M	02:43:03	M50 TC
26	Pedro Oliveira	Cerveira Team Running	M	02:57:27	M40 TC

 Regional AAVC Trail 2021 – Geral Trail Longo Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Ana Domingues	Olimpico Vianense	F	03:14:45	FSEN TL
2	Patricia Palma	EDV Viana Trail	F	03:38:47	FSEN TL
3	Cristina Iglesias	viana running	F	03:40:20	F40 TL
4	Catarina Dantas	ACRA Running	F	03:42:14	F40 TL
5	Francisca Luis	Alexandra Carvalho Team	F	03:59:13	FSEN TL
6	Catarina Amorim	GD Castelense	F	04:06:18	FSEN TL
7	Susana Ferreira	ACRA Running	F	04:13:06	F40 TL
8	Goreti Parente	Olimpico Vianense	F	04:17:06	F50 TL
9	Helena Cerqueira	ACRA Running	F	04:21:17	FSEN TL
10	Isabel Goncalves	Alexandra Carvalho Team	F	05:36:25	F50 TL


 Regional AAVC Trail 2021 – Geral Trail Longo Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Sandro Silva	EDL Trail	M	02:37:19	MSEN TL
2	Nuno Branco	Olimpico Vianense	M	02:49:18	MSEN TL
3	Helder Franco	EDL Trail	M	02:56:55	MSEN TL
4	Alexandre Ribeiro	Minho e Lima Trail	M	02:57:56	MSEN TL
5	Joel Pereira	Minho e Lima Trail	M	02:59:25	MSEN TL
6	Luciano Faria	GD Castelense	M	03:02:59	MSEN TL
7	Marco Dantas	Olimpico Vianense	M	03:04:14	MSEN TL
8	Filipe Correia	Minho e Lima Trail	M	03:05:34	MSEN TL
9	Pedro Alves	Alexandra Carvalho Team	M	03:07:38	M40 TL
10	Joao Afonso	Alexandra Carvalho Team	M	03:08:39	MSEN TL
11	Pedro Alves	GD Castelense	M	03:12:33	MSEN TL
12	Jose Silva	Alexandra Carvalho Team	M	03:14:12	M40 TL
13	Pedro Pimenta	EDL Trail	M	03:23:01	MSEN TL
14	Luis Ferreira	ACRA Running	M	03:27:15	M40 TL
15	Vitor Gomes	ACRA Running	M	03:28:34	MSEN TL
16	Antonio Ribeiro	OADA	M	03:33:01	M40 TL
17	Jose Machado	Cyclones	M	03:42:11	M50 TL
18	Henrique Goncalves	OADA	M	04:43:01	MSEN TL

 Regional AAVC Trail Curto 2021 – Geral Trail Ultra Feminino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Paula Costa	ACDAV	F	06:46:14	F40 UT
2	Maria Carmo Rocha	Viana Running	F	09:08:52	F50 UT
3	Maria Figueiredo	Cerveira Team Running	F	10:29:50	F40 UT

 Regional AAVC Trail 2021 – Geral Trail Ultra Masculino					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Joao Costa	EDL Trail	M	05:54:39	MSEN UT
2	Paulo Domingues	Olimpico Vianense	M	06:10:21	M50 UT
3	Orlando Martins	Cerveira Team Running	M	06:11:57	M40 UT
4	Nuno Morais	EDL Trail	M	06:24:47	M40 UT
5	Rui Soares	EDL Trail	M	06:33:15	MSEN UT
6	Rui Maciel	Alexandra Carvalho Team	M	06:54:47	M40 UT
7	Pedro Carvalhido	Alexandra Carvalho Team	M	07:35:10	M40 UT
8	Ricardo Rego	Alexandra Carvalho Team	M	07:38:11	MSEN UT
9	Jose Gomes	Cerveira Team Running	M	07:54:46	M50 UT
10	Nuno Marques	EDV Viana Trail	M	08:52:57	M40 UT


 Regional AAVC Trail 2021 – Geral Trail Curto					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Luis Silva	ACRA Running	M	01:34:33	M50 TC
2	Bruno Rodrigues	Minho e Lima Trail	M	01:37:42	MSEN TC
3	Luis Magalhaes	Minho e Lima Trail	M	01:39:51	M50 TC
4	Luis Meneses	Minho e Lima Trail	M	01:41:04	M40 TC
5	Augusto Leitao	Alexandra Carvalho Team	M	01:41:47	M50 TC
6	Adelino Aires	Alexandra Carvalho Team	M	01:42:30	M40 TC
7	Adriano Morais	Olimpico Vianense	M	01:44:28	MSEN TC
8	Jose Capitao	Minho e Lima Trail	M	01:52:10	MSEN TC
9	Ezequiel Fernandes	EDL Trail	M	01:54:05	M40 TC
10	Armando Vieira	EDL Trail	M	01:54:39	M40 TC
11	Jesus Ballesteros	EDL Trail	M	01:54:39	M50 TC
12	Jose Pais	EDL Trail	M	01:58:13	M40 TC
13	Vitor Martins	Alexandra Carvalho Team	M	01:59:22	M40 TC
14	Eliana Pereira	Alexandra Carvalho Team	F	01:59:28	F40 TC
15	Carlos Morgado	Minho e Lima Trail	M	02:00:50	M40 TC
16	Pedro Lopes	Olimpico Vianense	M	02:01:00	MSEN TC
17	Fernando Silva	Alexandra Carvalho Team	M	02:05:45	M40 TC
18	Francisco Alves	Cerveira Team Running	M	02:07:43	M40 TC
19	Diogo Silva	Minho e Lima Trail	M	02:07:55	MSEN TC
20	Carlos Fernandes	Cerveira Team Running	M	02:10:47	M50 TC
21	Abilio Fornelos	ACDAV	M	02:10:51	M40 TC
22	Angela Fornelos	ACDAV	F	02:13:52	F40 TC
23	Isabel Cunha	Cerveira Team Running	F	02:14:14	F40 TC
24	Catarina Cerqueira	ACRA Running	F	02:18:08	FSEN TC
25	Jose Afonso	Olimpico Vianense	M	02:18:32	M50 TC

26	Joaquim Araujo	Cerveira Team Running	M	02:22:49	M40 TC
27	Filipe Lima	Alexandra Carvalho Team	M	02:33:49	M40 TC
28	Susana Crasto	Alexandra Carvalho Team	F	02:34:27	F50 TC
29	Daniel Amorim	ACDAV	M	02:38:25	M40 TC
30	Sandra Araujo	Cerveira Team Running	F	02:41:42	F40 TC
31	Daniel Barreto	Alexandra Carvalho Team	M	02:43:03	M50 TC
32	Eulalia Miranda	Alexandra Carvalho Team	F	02:50:05	F50 TC
33	Augusta Martins	ACRA Running	F	02:52:14	F40 TC
34	Paula Martins	Alexandra Carvalho Team	F	02:53:14	F50 TC
35	Marta Cunha	Minho e Lima Trail	F	02:54:04	FSEN TC
36	Pedro Oliveira	Cerveira Team Running	M	02:57:27	M40 TC
37	Susana Silva	Alexandra Carvalho Team	F	03:03:22	FSEN TC
38	Adelaide Filipe	Cerveira Team Running	F	03:19:34	F50 TC
39	Bruna Costa	Alexandra Carvalho Team	F	04:42:34	FSEN TC


 Regional AAVC Trail 2021 – Coletiva Trail Curto		
Class. Esc.	Equipa	pontos
1	Minho e Lima Trail	2+3+4 =9
2	Alexandra Carvalho Team	5+6+13=24
3	Escola Desportiva Limiana	9+10+11=30

 Regional AAVC Trail 2021 – Geral Trail Longo					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Sandro Silva	EDL Trail	M	02:37:19	MSEN TL
2	Nuno Branco	Olimpico Vianense	M	02:49:18	MSEN TL
3	Helder Franco	EDL Trail	M	02:56:55	MSEN TL
4	Alexandre Ribeiro	Minho e Lima Trail	M	02:57:56	MSEN TL
5	Joel Pereira	Minho e Lima Trail	M	02:59:25	MSEN TL
6	Luciano Faria	GD Castelense	M	03:02:59	MSEN TL
7	Marco Dantas	Olimpico Vianense	M	03:04:14	MSEN TL
8	Filipe Correia	Minho e Lima Trail	M	03:05:34	MSEN TL
9	Pedro Alves	Alexandra Carvalho Team	M	03:07:38	M40 TL
10	Joao Afonso	Alexandra Carvalho Team	M	03:08:39	MSEN TL
11	Pedro Alves	GD Castelense	M	03:12:33	MSEN TL
12	Jose Silva	Alexandra Carvalho Team	M	03:14:12	M40 TL
13	Ana Domingues	Olimpico Vianense	F	03:14:45	FSEN TL
14	Pedro Pimenta	EDL Trail	M	03:23:01	MSEN TL
15	Luis Ferreira	ACRA Running	M	03:27:15	M40 TL
16	Vitor Gomes	ACRA Running	M	03:28:34	MSEN TL
17	Antonio Ribeiro	OADA	M	03:33:01	M40 TL
18	Patricia Palma	EDV Viana Trail	F	03:38:47	FSEN TL
19	Cristina Iglesias	viana running	F	03:40:20	F40 TL
20	Jose Machado	Cyclones	M	03:42:11	M50 TL

21	Catarina Dantas	ACRA Running	F	03:42:14	F40 TL
22	Francisca Luis	Alexandra Carvalho Team	F	03:59:13	FSEN TL
23	Catarina Amorim	GD Castelense	F	04:06:18	FSEN TL
24	Susana Ferreira	ACRA Running	F	04:13:06	F40 TL
25	Goreti Parente	Olímpico Vianense	F	04:17:06	F50 TL
26	Helena Cerqueira	ACRA Running	F	04:21:17	FSEN TL
27	Henrique Goncalves	OADA	M	04:43:01	MSEN TL
28	Isabel Goncalves	Alexandra Carvalho Team	F	05:36:25	F50 TL

 Regional AAVC Trail 2021 – Coletiva Trail Longo		
Class. Esc.	Equipa	pontos
1	Minho e Lima Trail	4+5+8 =17
2	Escola Desportiva Limiana	1+3+14=18
3	Olímpico Vianense	2+7+13=22

 Regional AAVC Trail 2021 – Geral Trail Ultra					
Class. Esc.	Atleta	Clube	Sexo	Tempo	Escalão
1	Joao Costa	EDL Trail	M	05:54:39	MSEN UT
2	Paulo Domingues	Olímpico Vianense	M	06:10:21	M50 UT
3	Orlando Martins	Cerveira Team Running	M	06:11:57	M40 UT
4	Nuno Morais	EDL Trail	M	06:24:47	M40 UT
5	Rui Soares	EDL Trail	M	06:33:15	MSEN UT
6	Paula Costa	ACDAV	F	06:46:14	F40 UT
7	Rui Maciel	Alexandra Carvalho Team	M	06:54:47	M40 UT
8	Pedro Carvalhido	Alexandra Carvalho Team	M	07:35:10	M40 UT
9	Ricardo Rego	Alexandra Carvalho Team	M	07:38:11	MSEN UT
10	Jose Gomes	Cerveira Team Running	M	07:54:46	M50 UT
11	Nuno Marques	EDV Viana Trail	M	08:52:57	M40 UT
12	Maria Carmo Rocha	Viana Running	F	09:08:52	F50 UT
13	Maria Figueiredo	Cerveira Team Running	F	10:29:50	F40 UT

 Regional AAVC Trail 2021 – Coletiva Trail Ultra		
Class. Esc.	Equipa	pontos
1	Escola Desportiva Limiana	1+4+5 =10
2	Alexandra Carvalho Terapias	7+8+9=24
3	Cerveira Team Running	3+10+13=26