



V Trail Running Castelo de Abrantes

Data: 09 de Maio de 2015

Localidade: Abrantes

Organização: Clube de Orientação e Aventura

Cronometragem: Trilho Perdido Cronometragens

Classificação geral de Trail Curto

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	T/Km.	Dif.
1	144	DUARTE, José		TC Mse	1	1:33:03.91	05:25	
2	159	SOUSA, João	N.C. SPORTING DE TORRES NOVAS	TC M40	1	1:33:42.31	05:27	0:00:38
3	179	LEANDRO, Rui	União Desportiva e Recreativa Zona Alta/Green Roc	TC Mse	2	1:34:24.65	05:29	0:01:21
4	143	DAVID, José		TC Mse	3	1:36:10.55	05:35	0:03:07
5	113	VITAL, José	CLAC - Entroncamento	TC M50	1	1:36:12.59	05:36	0:03:09
6	178	MORINGA, Helder	Trilho Perdido	TC M40	2	1:38:57.75	05:45	0:05:54
7	125	SEQUEIRA, Hugo	Glassdrive	TC Mse	4	1:40:49.60	05:52	0:07:46
8	180	Mauricio, Jorge	União FCI de Tomar	TC M40	3	1:42:41.75	05:58	0:09:38
9	149	SANTOS, Nelson		TC Mse	5	1:43:23.04	06:01	0:10:19
10	138	PEREIRA, Helder		TC Mse	6	1:44:05.87	06:03	0:11:02
11	140	PROENÇA, João		TC M23	1	1:44:25.04	06:04	0:11:21
12	109	FERNANDES, Luis	cbi	TC M40	4	1:45:03.62	06:06	0:12:00
13	110	FERREIRA, António	CLAC - Entroncamento	TC Mse	7	1:45:36.21	06:08	0:12:32
14	112	MARÇAL, José	CLAC - Entroncamento	TC M50	2	1:47:55.00	06:16	0:14:51
15	122	PISSARREIRA, Rui	ETTA - Equipa Todo Terreno de Almourol	TC M40	5	1:48:02.33	06:17	0:14:58
16	137	SILVA, Francisco		TC M40	6	1:49:52.63	06:23	0:16:49
17	146	AMOROSO, Josué		TC M40	7	1:51:37.17	06:29	0:18:33
18	145	GOMES, José		TC M40	8	1:51:47.00	06:30	0:18:43
19	163	CALDAS, Marien	RIBATEXAS	TC Mse	8	1:51:58.27	06:31	0:18:54
20	182	BRANCO, Paula	União FCI de Tomar	TC F40	1	1:53:38.17	06:36	0:20:34
21	131	CATROGA, Belarmino		TC Mse	9	1:53:39.30	06:36	0:20:35
22	115	CARMO, Pedro	CLAC - Entroncamento	TC Mse	10	1:54:12.46	06:38	0:21:08
23	107	BARATA, Nuno	Casa do benfica em Abrantes	TC M40	9	1:54:39.07	06:40	0:21:35
24	152	MAINHA, Ricardo		TC Mse	11	1:55:29.31	06:43	0:22:25
25	176	MELO, Luis	TeamRun	TC M40	10	1:56:37.67	06:47	0:23:34
26	121	NUNES, Gabriel	ETTA - Equipa Todo Terreno de Almourol	TC M40	11	1:56:48.83	06:47	0:23:45
27	177	MARGARIDO, Pedro	TeamRun	TC M40	12	1:58:23.48	06:53	0:25:19
28	168	LEMOS, Marisa	Sunset Runners	TC Fse	1	1:58:37.42	06:54	0:25:33
29	111	MAURÍCIO, Carlos	CLAC - Entroncamento	TC M50	3	2:00:03.63	06:59	0:27:00
30	118	SIMÕES, Rui	CLAC - Entroncamento	TC M40	13	2:00:05.78	06:59	0:27:02
31	135	SILVA, Manuel	Casa do benfica em Abrantes	TC M40	14	2:00:23.28	07:00	0:27:19
32	147	BAIÃO, Luís		TC Mse	12	2:01:24.81	07:04	0:28:21
33	172	FERNANDES, Filipe	Team ArrasaKabeços	TC M40	15	2:01:38.13	07:04	0:28:34
34	117	MARTINS, Renato	CLAC - Entroncamento	TC M40	16	2:01:42.54	07:05	0:28:39
35	134	LOURINHO, David		TC Mse	13	2:01:56.60	07:05	0:28:53
36	162	LEMOS, Helder	O MUNDO DA CORRIDA	TC Mse	14	2:01:57.00	07:05	0:28:53
37	119	FERNANDES, João	Clube BANIF	TC Mse	15	2:02:57.66	07:09	0:29:54
38	164	TRIGO, Sandra	RIBATEXAS	TC Fse	2	2:04:02.00	07:13	0:30:58
39	150	FERREIRA, Nuno		TC Mse	16	2:04:03.00	07:13	0:30:59
40	181	GONÇALVES, Luis	União FCI de Tomar	TC M40	17	2:08:29.37	07:28	0:35:25
41	142	RODRIGUES, Jorge		TC M40	18	2:09:56.77	07:33	0:36:53
42	123	RODRIGUES, Hugo	FUN	TC Mse	17	2:10:31.81	07:35	0:37:28

43	126	TAVARES, Abilio		TC M60	1	2:12:26.00	07:42	0:39:22
44	102	SANTOS, Maria	Adventura	TC Fse	3	2:14:33.34	07:49	0:41:29
45	184	Pires, João		TC Mse	18	2:14:57.73	07:51	0:41:54
46	185	Oliveira, Stephanie		TC Fse	4	2:15:00.87	07:51	0:41:57
47	130	OLIVEIRA, Artur		TC Mse	19	2:15:31.89	07:53	0:42:28
48	124	SILVA, Micaela	FUN	TC Fse	5	2:20:57.69	08:12	0:47:54
49	153	INÁCIO, Rita		TC Fse	6	2:20:59.53	08:12	0:47:56
50	116	MEDLEY, Pedro	CLAC - Entroncamento	TC Mse	20	2:21:03.95	08:12	0:48:00
51	132	TEOPISTO, Carla		TC Fse	7	2:21:05.00	08:12	0:48:01
52	129	BATISTA, Andreia		TC Fse	8	2:27:02.21	08:33	0:53:58
53	148	BELO, Marco		TC Mse	21	2:32:36.03	08:52	0:59:32
54	169	ARRAIOLOS, Nadia	Sunset Runners	TC Fse	9	2:32:54.38	08:53	0:59:50
55	156	GUERRA, Sérgio		TC Mse	22	2:32:54.48	08:53	0:59:50
56	136	POLICARPO, Diogo		TC Mse	23	2:34:16.18	08:58	1:01:12
57	127	GOMES, Ana		TC Fse	10	2:34:16.95	08:58	1:01:13
58	161	PEREIRA, Nuno	nfp	TC M40	19	2:44:12.18	09:33	1:11:08
59	120	VILELA, Maria	CLUBE MILLENNIUMBCP	TC F40	2	2:46:46.36	09:42	1:13:42
60	141	SOUSA, João		TC M40	20	2:49:20.64	09:51	1:16:17
61	171	GAIO, Ana	Team ArrasaKabeços	TC F40	3	2:49:21.41	09:51	1:16:17
62	158	SOUSA, Frederico	LEBRES E TARTARUGAS	TC M50	4	2:50:58.92	09:56	1:17:55
63	173	ALVES, Paula	Team ArrasaKabeços	TC Fse	11	2:51:35.43	09:59	1:18:31
64	101	PIRES, Ana	Adventura	TC Fse	12	2:55:10.36	10:11	1:22:06
65	104	MORGADO, Duarte	Baja2Tempos / Polisport / ProvaDeCor / MXT / Fuchs	TC Mse	24	2:57:30.95	10:19	1:24:27
66	170	ALMEIDA, Albin	Team ArrasaKabeços	TC Mse	25	2:57:35.51	10:20	1:24:32
67	133	DOBRÕES, Cátia		TC Fse	13	3:00:22.43	10:29	1:27:18
68	105	ALFAIATE, Carlos	Casa do benfica em Abrantes	TC M60	2	3:17:43.98	11:30	1:44:40
69	103	ALMEIDA, Carlos	ArrasaKaceços	TC Mse	26	3:29:26.41	12:11	1:56:22
70	157	SANTO, Tania		TC Fse	14	3:29:28.30	12:11	1:56:24
71	174	CATROGA, Regina	Team ArrasaKabeços	TC Fse	15	3:29:28.47	12:11	1:56:24
72	106	GONÇALVES, João	Casa do benfica em Abrantes	TC Mse	27	3:31:16.79	12:17	1:58:13
73	155	REBELO, Sandra		TC Fse	16	3:31:17.66	12:17	1:58:14
74	128	CANDEIAS, Anabela		TC Fse	17	3:37:22.47	12:38	2:04:18
75	139	CANDEIAS, Hugo		TC Mse	28	3:37:24.62	12:38	2:04:21

Classificação geral de Trail Longo

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	T/Km.	Dif.
1	62	MOREIRA, Ricardo	União Desportiva e Recreativa Zona Alta/Green Roc	TL Mse	1	3:21:44.68	05:40	
2	9	DUARTE, Ricardo	Clube de Atletismo de Ferreira do Zêzere	TL Mse	2	3:33:16.41	05:59	0:11:31
3	7	SEQUEIRA, Rui	CCD Siemens	TL Mse	3	3:35:38.58	06:03	0:13:54
4	34	LOPES, Nilton		TL Mse	4	3:56:50.18	06:39	0:35:05
5	48	FERREIRA, João	RSB Lisboa	TL Mse	5	3:57:57.94	06:41	0:36:13
6	56	ROSA, João	Tomar Runners	TL Mse	6	4:03:49.29	06:51	0:42:04
7	64	SILVA, Manuel	Vilanovense Tomar	TL M45	1	4:11:51.34	07:04	0:50:06
8	17	FERREIRA, Jose	id vieirense	TL M40	1	4:16:15.07	07:12	0:54:30
9	2	GOMES, Leonel	C.A.S.P.A Clube Amador Só Para Atletismo	TL Mse	7	4:30:51.36	07:36	1:09:06
10	12	FREIRE, Francisco	Correr Lisboa/Forte Pharma	TL Mse	8	4:31:24.19	07:37	1:09:39
11	58	BAPTISTA, Helder	Trilho Perdido	TL M40	2	4:32:53.80	07:40	1:11:09
12	18	RIBEIRO, André		TL Mse	9	4:35:28.25	07:44	1:13:43
13	4	PEREIRA, Rui	Casa do benfica em Abrantes	TL M40	3	4:38:19.04	07:49	1:16:34
14	10	VILELA, Fernando	CLUBE MILLENNIUMBCP	TL M50	1	4:40:20.55	07:52	1:18:36
15	63	FONSECA, José	União FCI de Tomar	TL M50	2	4:49:52.55	08:09	1:28:08
16	22	ROBERTO, Diogo		TL Mse	10	4:53:53.76	08:15	1:32:09
17	47	FERREIRA, João	Porto de Mós a Correr	TL Mse	11	4:54:07.55	08:16	1:32:23
18	59	SILVA, João	Trilho Perdido	TL Mse	12	4:54:08.30	08:16	1:32:23
19	26	DIAS, Hélio		TL M50	3	5:05:52.86	08:36	1:44:08
20	6	MATOS, Hugo	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TL Mse	13	5:06:57.43	08:37	1:45:12
21	24	SANTOS, Helder		TL Mse	14	5:13:46.66	08:49	1:52:02
22	8	MARQUES, Vitor	Chão de Codes/BTZ Mação	TL M50	4	5:19:46.32	08:59	1:58:01

23	36	COSTA, Paulo		TL Mse	15	5:19:46.71	08:59	1:58:02
24	5	RIBEIRO, Estevão	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TL M60	1	5:19:57.06	08:59	1:58:12
25	11	BATISTA, Helder	CLUBE MILLENNIUMBCP	TL M45	2	5:20:50.19	09:01	1:59:05
26	27	GONÇALVES, Hugo		TL Mse	16	5:21:56.72	09:03	2:00:12
27	54	TRINDADE, António	Tomar Runners	TL M45	3	5:26:59.06	09:11	2:05:14
28	55	EIRA, Carlos	Tomar Runners	TL M50	5	5:27:00.60	09:11	2:05:16
29	25	SILVA, Helena		TL F45	1	5:29:02.33	09:15	2:07:17
30	40	SILVA, Rui M		TL Mse	17	5:29:10.62	09:15	2:07:26
31	30	VALENTE, João		TL M40	4	5:30:28.12	09:17	2:08:43
32	21	BELIM, Diogo		TL Mse	18	5:36:29.73	09:27	2:14:45
33	32	NEVES, Marco		TL Mse	19	5:39:46.15	09:33	2:18:01
34	35	ALMEIDA, Nuno		TL M40	5	5:45:58.35	09:43	2:24:13
35	38	PATRÍCIO, Pedro		TL M45	4	5:48:52.85	09:48	2:27:08
36	52	ALFAIATE, Pedro	Team ArrasaKabeços	TL Mse	20	6:03:50.31	10:13	2:42:05
37	53	SOUSA, Augusto	TEAMRASGANTE	TL M40	6	6:06:07.57	10:17	2:44:23
38	14	ALVES, Jorge	Corvos	TL M45	5	6:06:08.00	10:17	2:44:23
39	29	ROSA, João		TL F23	1	6:08:17.66	10:21	2:46:33
40	41	PEDRO, Samuel		TL Mse	21	6:08:18.89	10:21	2:46:34
41	57	RUIVO, Fernando	Trilho Perdido	TL M40	7	6:15:31.17	10:33	2:53:46
42	45	PEREIRA, José	Os Perigosos	TL M55	1	6:31:31.93	11:00	3:09:47
43	46	CASEIRO, Marco	Os Perigosos	TL Mse	22	6:31:41.36	11:00	3:09:56
44	3	MARQUES, Paulo	Casa do benfica em Abrantes	TL M40	8	6:43:10.97	11:20	3:21:26
45	44	RAPAZ, Rodolfo	O MUNDO DA CORRIDA	TL M40	9	6:44:18.80	11:21	3:22:34
46	16	MATEUS, Pedro	Cromossomas Lendários	TL Mse	23	6:48:10.85	11:28	3:26:26
47	15	ABREU, Paulo	Cromossomas Lendários	TL Mse	24	6:48:11.05	11:28	3:26:26
48	1	AZENHA, Célia	aa lebres do sado	TL F50	1	6:49:38.40	11:30	3:27:53
49	19	MAIA, Anselmo		TL M40	10	6:52:16.94	11:35	3:30:32
50	49	LOPES, António	Sôr a Rasgar	TL Mse	25	7:06:50.87	11:59	3:45:06
51	50	MARTINS, Carla	Sôr a Rasgar	TL Fse	1	7:16:56.68	12:16	3:55:12
52	51	GARCIA, Rúben	Sôr a Rasgar	TL Mse	26	7:32:51.59	12:43	4:11:07