



VI Trail Castelo de Abrantes

Data: 08 de Maio de 2016

Localidade: Abrantes

Organização: Clube de Orientação e Aventura

Cronometragem: Trilho Perdido Cronometragens

Classificação geral de Trail Curto

Pos.	Dorsal	Nome	Clube	Cat.	P.Cat.	Tempo	T/Km.	Dif.
1	124	Vicente, Octávio	Casa do Benfica em Abrantes	TC Mse	1	1:23:47.35	05:35	
2	194	Goncalves, Nuno	SR Jardoeira / Runcrosstrail	TC Mse	2	1:27:55.96	05:52	0:04:09
3	172	Brás, Arlindo	Ondalux	TC M40	1	1:31:12.60	06:05	0:07:26
4	203	Plácido, João	União FCI de Tomar	TC Mse	3	1:32:40.43	06:11	0:08:53
5	61	Frade, João		TC Mse	4	1:34:55.53	06:20	0:11:09
6	240	Almeida, Antonio		TC Mse	5	1:36:08.24	06:25	0:12:21
7	265	Denysyuk, Dmytro		TC Mse	6	1:39:09.09	06:37	0:15:22
8	103	Sequeira, Hugo	ACP/UTSM	TC Mse	7	1:40:04.17	06:40	0:16:17
9	102	Bernardino, André	100 Tração Trail Team	TC M23	1	1:40:53.70	06:44	0:17:07
10	121	Silva, Jose	c.a.s.p.a	TC M50	1	1:41:21.08	06:45	0:17:34
11	135	Vicente, Marco	eborae trail runners team	TC Mse	8	1:41:40.25	06:47	0:17:53
12	162	Garcia, Luís	MONBIKETEAM - Monforte Bike Team	TC Mse	9	1:42:29.00	06:50	0:18:42
13	192	Andre, Luis	sardoal night run	TC Mse	10	1:43:37.59	06:55	0:19:51
14	258	Lopes, Rui		TC Mse	11	1:43:38.86	06:55	0:19:52
15	111	Fernandes, Arsénio	ARSM - Associação Recreativa de São Miguel	TC M60	1	1:44:29.63	06:58	0:20:43
16	233	Duarte, José		TC Mse	12	1:44:52.89	07:00	0:21:06
17	252	Nogueira, Manuel		TC M40	2	1:44:56.08	07:00	0:21:09
18	123	Mourão, Pedro	Caracol Trail Team	TC M40	3	1:45:17.32	07:01	0:21:30
19	266	Santos, Alexandre		TC Mse	13	1:45:34.27	07:02	0:21:47

20	251	Nazaré, João		TC Mse	14	1:45:35.42	07:02	0:21:48
21	128	Marques, Vitor	Chão de Codes/BTZ Mação	TC M50	2	1:48:14.56	07:13	0:24:28
22	132	Gualdino, Miguel	COAC Coruche	TC Mse	15	1:48:15.03	07:13	0:24:28
23	129	Simões, Rui	CLAC - Entroncamento	TC M45	1	1:48:41.86	07:15	0:24:55
24	236	Ferreira, Jorge		TC M45	2	1:49:25.63	07:18	0:25:39
25	106	Ribeiro, Vítor	Alter Runners	TC Mse	16	1:49:59.86	07:20	0:26:13
26	101	Marques, Francisco	100 Tração Trail Team	TC M23	2	1:50:20.57	07:21	0:26:34
27	206	Gameiro, Pedro	União FCI de Tomar	TC Mse	17	1:51:22.62	07:26	0:27:36
28	125	Fernandes, Luis	cbi	TC M40	4	1:51:26.76	07:26	0:27:40
29	275	Covas, Mauro		TC Mse	18	1:52:46.70	07:31	0:29:00
30	276	Isidoro, José		TC Mse	19	1:54:36.71	07:38	0:30:50
31	219	Cosma, Paulo		TC M40	5	1:54:38.43	07:39	0:30:51
32	160	Godinho, Gonçalo	MONBIKETEAM - Monforte Bike Team	TC Mse	20	1:54:52.94	07:40	0:31:06
33	113	Maneta, José	Barbaris Btt Team	TC M40	6	1:55:11.88	07:41	0:31:25
34	159	Pataco, Rui	MONBIKETEAM - Monforte Bike Team	TC M40	7	1:55:13.90	07:41	0:31:27
35	149	Mexia, Manuel	Ialbax Running	TC M40	8	1:55:47.19	07:43	0:32:00
36	127	Rufino, Antonio	CCD Porto Mendo	TC Mse	21	1:56:19.72	07:45	0:32:33
37	200	Alfaiate, Pedro	Team Arrasacabeços	TC Mse	22	1:58:54.16	07:56	0:35:07
38	122	Fernandes, Márcio	Cabeço das águias bike time	TC Mse	23	1:59:01.55	07:56	0:35:15
39	157	da Mata, João	MONBIKETEAM - Monforte Bike Team	TC M40	9	1:59:47.79	07:59	0:36:01
40	175	Quintas, Sandra	Os Matrecos	TC F40	1	1:59:49.60	07:59	0:36:03
41	100	Abreu, Pedro	100 Tração Trail Team	TC M23	3	2:00:58.53	08:04	0:37:12
42	161	Calção, Nelson	MONBIKETEAM - Monforte Bike Team	TC Mse	24	2:01:16.08	08:05	0:37:29
43	134	Pombo, Tiago	CPCDSENTIEIRAS	TC Mse	25	2:04:29.68	08:18	0:40:43
44	232	Amoroso, Josué		TC M40	10	2:04:52.62	08:20	0:41:06
45	179	Oliveira, José	OS TUGAS SALOIOS	TC M40	11	2:05:05.63	08:20	0:41:19
46	110	Coelho, Lúgia	ARSM - Associação Recreativa de São Miguel	TC F45	1	2:05:05.84	08:20	0:41:19
47	163	Nunes, Ines	MONBIKETEAM - Monforte Bike Team	TC Fse	1	2:05:45.53	08:23	0:41:59
48	246	Martins, Fernando		TC M40	12	2:05:52.02	08:23	0:42:05
49	195	Gonçalves, Henrique	SS CGD	TC M45	3	2:05:54.49	08:24	0:42:07
50	241	Alves, Miguel		TC Mse	26	2:07:26.59	08:30	0:43:40
51	257	Fernandes, João		TC Mse	27	2:08:04.31	08:32	0:44:17
52	105	Bouceiro, Jose	ADCR Policia Judiciaria	TC M50	3	2:08:21.08	08:33	0:44:34
53	173	Martins, Alexandra	Ondalux	TC Fse	2	2:08:50.30	08:35	0:45:03
54	1	Coragem, Vitorino	O MUNDO DA CORRIDA	TC M60	2	2:08:57.02	08:36	0:45:10
55	156	Pinela, Nuno	MIRÓBRIGA TRAIL RUN	TC Mse	28	2:09:15.50	08:37	0:45:29

56	119	Barroso, João	Binttage	TC M55	1	2:09:24.76	08:38	0:45:38
57	249	Dias, João		TC M40	13	2:09:40.74	08:39	0:45:54
58	231	Alexandre, Marco		TC Mse	29	2:09:40.50	08:39	0:45:54
59	151	Carrasco, Nuno	Mau Maus	TC M40	14	2:09:50.58	08:39	0:46:04
60	154	Mendes, Carlos	Mau Maus	TC M40	15	2:09:51.38	08:39	0:46:04
61	152	Ribeiro, Hugo	Mau Maus	TC M40	16	2:09:54.85	08:40	0:46:08
62	155	Lobato, João	Mau Maus	TC Mse	30	2:09:56.05	08:40	0:46:09
63	176	Barbosa, Carla	Os Matrecos	TC F40	2	2:09:56.45	08:40	0:46:09
64	153	Rodrigues, Marco	Mau Maus	TC M40	17	2:10:23.27	08:42	0:46:36
65	201	Fernandes, Filipe	Team Arrasacabeços	TC M40	18	2:10:47.36	08:43	0:47:00
66	214	Pires, Hélder		TC Mse	31	2:13:06.81	08:52	0:49:20
67	170	Andrade, Márcio	Ondalux	TC Mse	32	2:15:30.86	09:02	0:51:44
68	171	Andrade, João	Ondalux	TC Mse	33	2:15:36.47	09:02	0:51:49
69	273	Lopes, Adelindina		TC F40	3	2:15:42.69	09:03	0:51:56
70	274	Lopes, Adelindina		TC F40	4	2:15:43.99	09:03	0:51:57
71	107	Rufino, José	Alter Runners	TC Mse	34	2:16:08.49	09:05	0:52:21
72	166	Campos, Telmo	NSG - Global Sports Solutions	TC Mse	35	2:17:53.68	09:12	0:54:07
73	164	Beijoca, Josefina	MONBIKETEAM - Monforte Bike Team	TC Fse	3	2:18:59.99	09:16	0:55:13
74	228	Gonçalves, Carlos		TC M55	2	2:20:44.58	09:23	0:56:58
75	212	Jacinto, João		TC M50	4	2:20:48.80	09:23	0:57:02
76	112	Vital, Mónica	Atletico Futebol Clube	TC Fse	4	2:21:33.94	09:26	0:57:47
77	136	Serrano, António	Eléctrico Futebol Clube	TC Mse	36	2:21:34.42	09:26	0:57:47
78	198	Matias, Paulo	Team Arrasacabeços	TC M40	19	2:22:40.54	09:31	0:58:54
79	254	Gamelas, Jeremy		TC Mse	37	2:22:43.97	09:31	0:58:57
80	256	Miranda, Filipe		TC Mse	38	2:22:44.23	09:31	0:58:57
81	197	Diogo, Nuno	Tartarugas Solidárias	TC M40	20	2:22:51.17	09:31	0:59:04
82	277	Amaro, Sandra		TC Fse	5	2:23:01.25	09:32	0:59:14
83	234	Varela, Luis		TC Mse	39	2:23:15.17	09:33	0:59:28
84	147	Romão, Nuno	GDINE	TC M45	4	2:23:27.43	09:34	0:59:40
85	178	Oliveira, Teresa	OS TUGAS SALOIOS	TC F40	5	2:24:08.68	09:37	1:00:22
86	255	Lopes, João		TC M40	21	2:27:01.42	09:48	1:03:14
87	213	Martins, Maria		TC Fse	6	2:28:47.92	09:55	1:05:01
88	244	Nunes, Nuno		TC Mse	40	2:30:50.50	10:03	1:07:04
89	245	Silva, André		TC Mse	41	2:31:00.86	10:04	1:07:14
90	104	Madeira, Daniel	ACP/UTSM	TC Mse	42	2:35:00.35	10:20	1:11:13
91	216	Correia, Maria		TC F45	2	2:35:28.65	10:22	1:11:42

92	180	Silva, Maria	OS TUGAS SALOIOS	TC F40	6	2:39:23.36	10:38	1:15:36
93	270	Capitulino, João		TC Mse	43	2:40:30.75	10:42	1:16:44
94	225	Pratas, Fernanda		TC F55	1	2:42:38.90	10:51	1:18:52
95	269	Pires, César		TC Mse	44	2:44:12.48	10:57	1:20:25
96	158	Sequeira, Fernando	MONBIKETEAM - Monforte Bike Team	TC Mse	45	2:45:00.77	11:00	1:21:14
97	235	Assunção, Gonçalo		TC Mse	46	2:46:22.52	11:06	1:22:36
98	189	Alexandre, Ângelo	Rookies	TC Mse	47	2:46:56.12	11:08	1:23:09
99	190	Pissarra, Nuno	Rookies	TC Mse	48	2:47:00.84	11:08	1:23:14
100	182	Jorge, Patricia	OS TUGAS SALOIOS	TC Fse	7	2:48:55.73	11:16	1:25:09
101	181	Jorge, Michael	OS TUGAS SALOIOS	TC Mse	49	2:48:56.10	11:16	1:25:09
102	237	Gonçalves, Francisco		TC M45	5	2:50:27.66	11:22	1:26:41
103	174	Machado, Manuel	Os Matrecos	TC M50	5	2:54:23.84	11:38	1:30:37
104	177	Pimenta, Fernando	Os Matrecos	TC M50	6	2:54:26.54	11:38	1:30:40
105	165	Torres, Mariana	NSG - Global Sports Solutions	TC Fse	8	2:55:16.95	11:41	1:31:30
106	167	Carvalho, Carlos	Nucleo Sportinguista de Galveias	TC Mse	50	2:55:17.65	11:41	1:31:31
107	199	Almeida, Carlos	Team Arrasacabeços	TC Mse	51	2:57:24.87	11:50	1:33:38
108	145	Rodrigues, Isabel	Fundao Trail Running	TC F50	1	3:00:58.43	12:04	1:37:11
109	143	Rodrigues, Joao	Fundao Trail Running	TC M50	7	3:01:00.37	12:04	1:37:13
110	150	Sousa, Frederico	LEBRES E TARTARUGAS	TC M50	8	3:01:53.06	12:08	1:38:06
111	142	Barreiro, Alberto	Fundao Trail Running	TC M50	9	3:02:31.84	12:10	1:38:45
112	239	Mourato, Cláudia		TC Fse	9	3:03:44.08	12:15	1:39:57
113	238	Lopes, Rui		TC M40	22	3:03:52.28	12:15	1:40:05
114	24	Veiga, André	Fundao Trail Running	TC Mse	52	3:04:22.40	12:17	1:40:35
115	138	Lopes, Maria	Fundao Trail Running	TC F45	3	3:04:23.50	12:18	1:40:36
116	139	Barata, Regina	Fundao Trail Running	TC F40	7	3:04:23.78	12:18	1:40:37
117	116	Dias, Joao	Barbaris Btt Team	TC M40	23	3:06:49.54	12:27	1:43:03
118	133	Gonçalves, Daniel	CP Galveias	TC M23	4	3:10:05.12	12:40	1:46:18
119	243	Mateus, Ana		TC Fse	10	3:11:33.25	12:46	1:47:46
120	262	Simões, Paula		TC F40	8	3:12:44.51	12:51	1:48:58
121	227	Barejo, Paula		TC F45	4	3:12:57.17	12:52	1:49:10
122	263	Jesus, Cândido		TC M40	24	3:19:33.94	13:18	1:55:47
123	267	Leonardo, Raquel		TC Fse	11	3:20:46.24	13:23	1:56:59
124	108	Marques, Gabriela	Amigos Vale do Silêncio	TC Fse	12	3:20:46.26	13:23	1:56:59
125	109	Santos, Lurdes	Amigos Vale do Silêncio	TC Fse	13	3:20:51.14	13:23	1:57:04
126	140	Palmeiro, Rogério	Fundao Trail Running	TC Mse	53	3:22:19.53	13:29	1:58:33
127	144	Palmeiro, Catarina	Fundao Trail Running	TC Fse	14	3:23:25.34	13:34	1:59:38

128	272	Bento, Alexandra	TC Fse	15	3:27:57.73	13:52	2:04:11
129	250	Ferreira, Mario	TC Mse	54	3:28:19.82	13:53	2:04:33
130	247	Batista, Nuno	TC Mse	55	3:28:20.21	13:53	2:04:33
