



Trail Running de Pontével

Data: 14 de Junho de 2015

Local: Pontével

Organização: Quarentões de Pontével

Cronometragem: Trilho Perdido Cronometragens

Classificação geral de trail curto

Pos.	Dor.	Nome	Clube	Cat.	Pos.2	Tempo	T/Km.	Dif.
1	173	Pereira, Emanuel	Tough Trails - Alenquer	TC Mse	1	1:16:25.38	04:15	
2	140	Calisto, Nuno	Escola de Atletismo Rui Silva	TC Mse	2	1:17:25.56	04:18	0:01:01
3	164	Nunes, Tiago	Equipa da Maria	TC Mse	3	1:19:51.27	04:26	0:03:26
4	109	Moringa, Helder	Trilho Perdido	TC M40	1	1:20:59.94	04:30	0:04:35
5	172	Pereira, João	aminhacorrida.com	TC Mse	4	1:23:09.38	04:37	0:06:44
6	114	Jacinto, João	C.C.D.	TC M50	1	1:24:14.30	04:41	0:07:49
7	170	Martins, José	Tough Trails - Alenquer	TC M50	2	1:24:26.40	04:41	0:08:01
8	112	Ferreira, Hugo	Os Metralhas	TC Mse	5	1:25:28.02	04:45	0:09:03
9	148	Oliveira, Paulo	Glória Runners	TC Mse	6	1:27:19.26	04:51	0:10:54
10	98	serrandario, Edgar	Almeirimtrailandroadrunners	TC Mse	7	1:28:14.36	04:54	0:11:49
11	90	Custodio, Bruno	Individual	TC Mse	8	1:28:22.02	04:55	0:11:57
12	104	Oliveira, Francisco	Glória Runners	TC M50	3	1:28:25.84	04:55	0:12:01
13	115	Rita, João	Grupo Desportivo da Parreira	TC Mse	9	1:28:44.06	04:56	0:12:19
14	130	Silva, Luis	Lobos da Atela	TC M40	2	1:31:51.26	05:06	0:15:26
15	121	Freitas, José	Lebres do Sado	TC M50	4	1:32:01.59	05:07	0:15:37
16	154	Costa, Ruben	Individual	TC Mse	10	1:32:14.91	05:07	0:15:50
17	158	Agostinho, Sofia	Offtelrunners / Estímulo d Aventura	TC Fse	1	1:32:50.22	05:09	0:16:25
18	118	Santos, Joel	TerraClubeVCO	TC Mse	11	1:34:00.24	05:13	0:17:35
19	171	Martins, Cidália	Tough Trails - Alenquer	TC F50	1	1:34:08.68	05:14	0:17:44

20	139	Bogalheiro, Nuno	Equipa da Maria	TC M40	3	1:34:08.86	05:14	0:17:44
21	124	Amoroso, Josué	Individual	TC M40	4	1:35:03.11	05:17	0:18:38
22	128	Faria, Luis	Cartaxo Night Runners	TC M50	5	1:36:10.23	05:21	0:19:45
23	108	Andrade, Gonçalo	Passo a Passo Runners- Pontével	TC Mse	12	1:38:07.59	05:27	0:21:43
24	125	Aires, Luis	Equipa da Maria	TC M40	5	1:38:15.98	05:28	0:21:51
25	100	Ribeiro, Estevão	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TC M60	1	1:38:32.40	05:28	0:22:07
26	123	Ribeiro, José	Individual	TC M50	6	1:39:12.90	05:31	0:22:48
27	127	Carlos, Luis	Sonae MC Runners	TC Mse	13	1:39:45.99	05:33	0:23:21
28	102	Conde, Fidel	Individual	TC Mse	14	1:40:51.82	05:36	0:24:27
29	156	Calado, Sandra	Individual	TC F40	1	1:40:53.93	05:36	0:24:29
30	133	Madeira, Marco	Individual	TC Mse	15	1:41:29.27	05:38	0:25:04
31	136	Jordão, Mario	Cartaxo Night Runners	TC M40	6	1:42:45.85	05:43	0:26:21
32	95	Paulino, Catarina	Individual	TC Fse	2	1:42:46.00	05:43	0:26:21
33	111	Tavares, Helena	Individual	TC F40	2	1:42:46.10	05:43	0:26:21
34	91	Valada, Bruno	Individual	TC Mse	16	1:43:18.17	05:44	0:26:53
35	141	Carvalho, Nuno	Individual	TC M40	7	1:43:19.18	05:44	0:26:54
36	94	Melo, Carlos	handyman.cartaxo	TC Mse	17	1:44:51.15	05:50	0:28:26
37	82	Silva, Almerindo	Individual	TC M40	8	1:45:52.29	05:53	0:29:27
38	31	Rodrigues, João	pace.makers	TC M40	9	1:46:19.29	05:54	0:29:54
39	162	Fernandes, Telmo	Cartaxo Night Runners	TC Mse	18	1:48:42.62	06:02	0:32:18
40	147	Oliveira, Paulo	Os Metralhas	TC Mse	19	1:48:43.82	06:02	0:32:19
41	120	Henrique, Jose	grupo desportivo da parreira	TC Mse	20	1:51:58.24	06:13	0:35:33
42	116	Branquinho, Joaquim	Coimbra TrailRunning	TC M60	2	1:53:58.26	06:20	0:37:33
43	137	Monteiro, Mário	Equipa da Maria	TC M40	10	1:54:01.64	06:20	0:37:37
44	169	Bento, Nuno	Pontével a Mexer	TC M40	11	1:55:05.81	06:24	0:38:41
45	81	Fonseca, Alexandre	Glória Runners	TC Mse	21	1:55:09.29	06:24	0:38:44
46	93	Barrela, Carlo	Individual	TC Mse	22	1:55:17.87	06:24	0:38:53
47	101	Barrela, Fernando	Individual	TC Mse	23	1:55:18.03	06:24	0:38:53
48	146	Fernandes, Paulo	Cartaxo Night Runners	TC Mse	24	1:55:29.75	06:25	0:39:05
49	135	Roballo, Maria	Equipa da Maria	TC Fse	3	1:56:53.63	06:30	0:40:29
50	152	Pereira, Pedro	Equipa da Maria	TC M40	12	1:56:53.96	06:30	0:40:29
51	151	Freitas, Pedro	Individual	TC Mse	25	1:56:59.81	06:30	0:40:35
52	155	Cardoso, Rui	Scalkokas	TC M40	13	1:59:01.65	06:37	0:42:37
53	119	Morais, Jorge	Os Gordos	TC M40	14	2:00:32.02	06:42	0:44:07
54	85	Fernandes, Ana	Os Gordos	TC Fse	4	2:00:32.21	06:42	0:44:07
55	134	Luisa, Maria	Individual	TC Fse	5	2:02:23.47	06:48	0:45:58

56	113	Almeida, João	Coimbra TrailRunning	TC Mse	26	2:02:29.65	06:48	0:46:05
57	163	Bemfeita, Teresa	Trilho Perdido	TC Fse	6	2:02:40.91	06:49	0:46:16
58	149	Saraiva, Paulo	Bolinhas Runners	TC M50	7	2:03:07.55	06:50	0:46:43
59	126	Brás, Luis	BOLINHAS RUNNERS	TC Mse	27	2:03:08.51	06:50	0:46:44
60	88	Joaquim, Antonio	CKS Karate FZZ	TC M40	15	2:03:37.64	06:52	0:47:13
61	96	Neves, Dinis	Individual	TC Mse	28	2:05:22.26	06:58	0:48:57
62	157	Silva, Sérgio	Almeirimtrailandroadrunners	TC Mse	29	2:07:16.49	07:04	0:50:51
63	143	Pereira, Nuno	Almeirimtrailandroadrunners	TC M40	16	2:07:17.98	07:04	0:50:53
64	153	Coelho, Rita	Grupo Desportivo da Parreira	TC Fse	7	2:07:19.37	07:04	0:50:54
65	89	Oliveira, Brenda	Almada Capital	TC Fse	8	2:07:26.42	07:05	0:51:01
66	122	Lamego, José	Individual	TC M60	3	2:08:00.71	07:07	0:51:36
67	145	Costa, Patricia	Grupo Desportivo da Parreira	TC Fse	9	2:08:55.07	07:10	0:52:30
68	87	Santos, Ana	Cartaxo Night Runners	TC Fse	10	2:10:52.93	07:16	0:54:28
69	83	Barroca, Ana	Passo a Passo Runners- Pontével	TC F40	3	2:10:53.24	07:16	0:54:28
70	42	Menezes, Julia	Trilho Perdido	TC F40	4	2:11:42.26	07:19	0:55:17
71	99	Galinha, Emilia	Cartaxo Night Runners	TC F50	2	2:15:00.11	07:30	0:58:35
72	131	Fonte, M.ª Albertina	AsdasCadas	TC F50	3	2:16:05.77	07:34	0:59:41
73	166	Silva, Zulmira	CKS Karate FZZ	TC F40	5	2:19:21.68	07:45	1:02:57
74	165	Neves, Veronique	CKS Karate FZZ	TC Fse	11	2:19:22.57	07:45	1:02:58
75	161	Eusébio, Telma	Scalkokas	TC Fse	12	2:19:49.82	07:46	1:03:25
76	138	Branco, Marisa	Passo a Passo Runners- Pontével	TC Fse	13	2:21:34.26	07:52	1:05:09
77	84	Basílio, Ana	pace.makers	TC Fse	14	2:21:34.97	07:52	1:05:10
78	129	Lopes, Luis	CKS Karate FZZ	TC M40	17	2:21:56.48	07:53	1:05:31
79	86	Galhardo, Ana	Individual	TC Fse	15	2:27:25.35	08:11	1:11:00
80	106	Duarte, Frazão	Individual	TC M50	8	2:27:26.07	08:11	1:11:01
81	97	Ribeiro, Dora	Grupo Desportivo da Parreira	TC Fse	16	2:27:26.55	08:11	1:11:02
82	103	Fagulha, Filomena	Passo a Passo Runners- Pontével	TC F40	6	2:40:06.84	08:54	1:23:42
83	159	Morais, Susana	Grupo Desportivo da Parreira	TC Fse	17	2:40:07.23	08:54	1:23:42
84	160	Calado, Tânia	Individual	TC Fse	18	2:41:48.04	08:59	1:25:23
85	80	Aranha, Alexandre	Individual	TC M40	18	2:41:55.84	09:00	1:25:31

Classificação geral de trail longo

Pos.	Dor.	Nome	Clube	Cat.	Pos.2	Tempo	T/Km.	Dif.
1	49	Verissimo, Marcolino	SS CGD	TL M40	1	1:53:23.63	04:03	
2	46	Pereira, Luis	individual	TL M40	2	1:55:42.89	04:08	0:02:19
3	44	Ferreira, Luis	Scalabis Night Runners	TL Mse	1	1:55:57.18	04:08	0:02:33

4	52	Ribeiro, Miguel	""Os Saramagos""	TL Mse	2	2:02:46.73	04:23	0:09:23
5	62	Correia, Paulo	scalabis night runners	TL M40	3	2:03:37.32	04:25	0:10:13
6	167	Ponte, Cristina	Tough Trails - Alenquer	TL F40	1	2:04:50.37	04:28	0:11:26
7	7	Pereira, Bruno	Individual	TL M40	4	2:04:54.68	04:28	0:11:31
8	59	Garcia, Omar	A20KM	TL Mse	3	2:05:51.98	04:30	0:12:28
9	22	Roque, Goncalo	chester`s team	TL M40	5	2:06:00.04	04:30	0:12:36
10	68	Peixinho, Pedro	Individual	TL Mse	4	2:08:21.75	04:35	0:14:58
11	41	Duarte, José	Individual	TL Mse	5	2:09:07.22	04:37	0:15:43
12	64	Roque, Paulo	A20kmAlmeirim	TL M40	6	2:09:07.31	04:37	0:15:43
13	48	Melo, Marco	SCALABIS NIGHT RUNNERS	TL Mse	6	2:09:28.87	04:37	0:16:05
14	1	Duarte, Aires	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TL M40	7	2:11:04.75	04:41	0:17:41
15	79	Lopes, Vasco	20km Almeirim	TL Mse	7	2:11:29.31	04:42	0:18:05
16	36	Simões, Joel	A20KM	TL Mse	8	2:14:44.83	04:49	0:21:21
17	34	Belo, Joaquim	Amigos Vale Silencio	TL M40	8	2:15:12.58	04:50	0:21:49
18	5	Figueira, Bruno	TARTUGAS	TL Mse	9	2:15:32.77	04:50	0:22:09
19	40	Fernandes, Jose	20km Almeirim	TL M40	9	2:16:21.32	04:52	0:22:57
20	14	Netto, Daniel	os nettos	TL Mse	10	2:17:30.91	04:55	0:24:07
21	33	Silva, João	Trilho Perdido	TL Mse	11	2:17:31.74	04:55	0:24:08
22	26	Matos, Hugo	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TL Mse	12	2:20:24.58	05:01	0:27:01
23	75	Batalha, Sergio	Grupo Amigos Atletismo Vila Franca Xira	TL M40	10	2:20:24.69	05:01	0:27:01
24	12	Monsanto, Carlos	Individual	TL Mse	13	2:20:33.53	05:01	0:27:10
25	76	Garcia, Tiago	Toca Pra Diante	TL Mse	14	2:22:37.81	05:06	0:29:14
26	56	Paulino, Nuno	Individual	TL Mse	15	2:23:36.42	05:08	0:30:12
27	37	Alves, Jorge	Corvos	TL M40	11	2:30:12.28	05:22	0:36:48
28	19	Amorim, Flávio	Sonae mc runners	TL Mse	16	2:31:06.91	05:24	0:37:43
29	73	Pereira, Rui	CD Salvaterrense	TL M40	12	2:32:40.77	05:27	0:39:17
30	39	Ribeiro, Jorge	Trilho Perdido	TL Mse	17	2:33:00.98	05:28	0:39:37
31	77	Vintém, Tiago	Pontével a Mexer	TL Mse	18	2:33:13.55	05:28	0:39:50
32	27	Miguel, Hugo	Trilho Perdido	TL Mse	19	2:34:01.23	05:30	0:40:37
33	38	Duarte, Jorge	Chester`s Team	TL M40	13	2:34:09.99	05:30	0:40:46
34	74	Branco, Samuel	CRP Ribafria	TL M40	14	2:34:17.61	05:31	0:40:54
35	15	Vargas, Daniel	Almada Capital	TL Mse	20	2:36:00.00	05:34	0:42:36
36	50	Duarte, Mário	Sonae MC Runners	TL Mse	21	2:36:10.49	05:35	0:42:46
37	20	Miranda, Frederico	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TL Mse	22	2:38:13.60	05:39	0:44:50
38	3	Lopes, António	PapaKms	TL M40	15	2:38:15.47	05:39	0:44:51
39	57	Pintão, Nuno	Individual	TL M40	16	2:40:46.89	05:45	0:47:23

40	28	Álvaro, João	vitoria clube das benquerenças	TL Mse	23	2:43:00.66	05:49	0:49:37
41	51	Granadeiro, Michael	Individual	TL Mse	24	2:45:38.45	05:55	0:52:14
42	45	Oliveira, Luis	Grupo Desportivo da Parreira	TL Mse	25	2:47:14.86	05:58	0:53:51
43	10	Balao, Carlos	TAR-TUGAS	TL Mse	26	2:48:46.18	06:02	0:55:22
44	69	Mesquita, Ricardo	SCALKOKAS	TL Mse	27	2:48:49.80	06:02	0:55:26
45	47	Santos, Luis	Individual	TL M40	17	2:48:53.14	06:02	0:55:29
46	71	Veiga, Ruben	Urban Trail Samora Correia	TL Mse	28	2:52:47.55	06:10	0:59:24
47	11	Martins, Carlos	Almada Capital	TL Mse	29	2:54:34.82	06:14	1:01:11
48	66	Martins, Pedro	Almada Capital	TL Mse	30	2:54:35.89	06:14	1:01:12
49	72	Horta, Rui	POPULARIS	TL M40	18	2:55:05.86	06:15	1:01:42
50	29	Dias, João	Pontével a Mexer	TL Mse	31	2:55:07.61	06:15	1:01:44
51	21	Correia, Geisa	Pontével a Mexer	TL Fse	1	2:55:08.65	06:15	1:01:45
52	43	Mateus, Lina	A20kmAlmeirim	TL Fse	2	2:55:20.45	06:16	1:01:56
53	65	Carvalho, Pedro	Arrastassolas	TL M40	19	2:56:08.49	06:17	1:02:44
54	55	Netto, Nuno	os nettos	TL Mse	32	3:01:55.70	06:30	1:08:32
55	32	Silva, João	Grupo Amigos Atletismo Vila Franca Xira	TL M40	20	3:03:00.70	06:32	1:09:37
56	9	Talaia, Carla	Urban Trail Samora Correia	TL Fse	3	3:03:16.92	06:33	1:09:53
57	30	Martins, João	vitoria clube das benquerenças	TL M50	1	3:03:17.14	06:33	1:09:53
58	24	Pires, Helder	POPULARIS	TL M40	21	3:05:37.48	06:38	1:12:13
59	63	Dias, Paulo	Individual	TL M50	2	3:07:15.55	06:41	1:13:52
60	13	Dias, Cheila	Individual	TL Fse	4	3:07:17.02	06:41	1:13:53
61	4	Antunes, Bruno	Almada Capital	TL Mse	33	3:10:10.03	06:48	1:16:46
62	8	Sequeira, Carla	Os Beirões no Ribatejo	TL Fse	5	3:18:37.17	07:06	1:25:13
63	6	Geraldes, Bruno	Os Beirões no Ribatejo	TL Mse	34	3:18:38.55	07:06	1:25:15
64	58	Rodrigues, Nuno	Tar-Tugas	TL M40	22	3:22:49.54	07:15	1:29:26
65	2	Alves, Ana	Tar-Tugas	TL Fse	6	3:22:50.17	07:15	1:29:26
66	25	Cunha, Helena	Arrastassolas	TL F40	2	3:23:26.36	07:16	1:30:02
67	67	Oliveira, Pedro	Grupo Desportivo da Parreira	TL Mse	35	3:25:10.92	07:20	1:31:47