



Trail das Fontes de Caneças - Curto

24 de Junho, 2018

<https://werun.pt/resultados/trail-das-fontes-de-caneças-trail-curto/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	645	CARLOS LOPES	00:28:51	00:28:48	M4049	AMINHACORRIDA/MYPROTEIN	1
2	663	DAVID SARAIVA	00:31:00	00:30:58	M0039	PORTUGAL RUNNING	1
3	673	MANUEL NASCIMENTO	00:33:31	00:33:31	M6099		1
4	644	PEDRO SOUSA	00:35:32	00:35:32	M0039	ROCKY TEAM	2
5	646	CARLA FERNANDES	00:37:54	00:37:35	F4049	AMINHACORRIDA/MYPROTEIN	1
6	615	NUNO ROCHA	00:40:08	00:39:51	M0039		3
7	511	PEDRO FERNANDES	00:42:41	00:41:28	M0039		4
8	602	PATRICÍA MONTEIRO	00:44:16	00:43:16	F4049	AI NÓS JAMOR	2
9	568	ISABEL GOMES MACIEL	00:46:33	00:45:32	F4049	AI NÓS JAMOR	3
10	642	BRUNO OLIVEIRA	00:47:57	00:46:51	M4049	VETERANOS TOCOF	2
11	536	MÁRIO RUI PEREIRA DA SILVA	00:50:17	00:49:22	M5059		1
12	621	SAMUEL SILVA	00:51:26	00:50:18	M4049		3
13	643	RUI MARQUES	00:53:30	00:53:30	M4049	VETERANOS TOCOF	4
14	566	PALMIRA RIBEIRO	00:53:40	00:52:43	F5059		1
15	616	JOSÉ FERREIRA	00:53:41	00:52:44	M6099		2
16	507	SOFIA FERNANDES	00:54:05	00:53:11	F4049		4
17	567	MANUEL PEREIRA	00:57:31	00:56:19	M4049	INDIVIDUAL	5
18	561	JOÃO TAVARES	00:57:50	00:57:50	M5059	MARRETAS	2

19	607	LUIS RIBEIRO	00:58:05	00:58:05	M4049		6
20	256	SÓNIA PEREIRA	00:58:40	00:57:38	F4049	BORINHAS	5
21	535	MARIA SAMPAIO	00:58:47	00:57:38	F4049	LIS RUNNING CPA	6
22	92	RUI OLIVEIRA	00:59:30	00:59:22	M5059	FALCÕES SELVAGENS	3
23	91	CARLA FERREIRA	00:59:31	00:58:37	F4049	FALCÕES SELVAGENS	7
24	90	JOSÉ MARTINS	00:59:31	00:58:37	M0039	FALCÕES SELVAGENS	5
25	600	DANIEL ALVES	01:01:44	01:01:07	M0039		6
26	606	ANA SOFIA RIBEIRO	01:01:50	01:00:40	F4049		8
27	605	MARIA CABRAL	01:01:50	01:01:50	F4049		9
28	517	LUCINDA TAVARES	01:01:54	01:00:49	F4049	BRT - BEER RUN TEAM	10
29	632	ROSA ALMEIDA	01:02:14	01:01:24	F0039	LA FAMÍLIA	1
30	594	NUNO GOUVEIA	01:02:23	01:01:47	M4049		7
31	598	DANIELA ANTUNES	01:02:35	01:01:54	F0039		2
32	596	JOANA GOUVEIA	01:02:36	01:01:59	F0039		3
33	228	MARIA FILOMENA SANTOS	01:02:37	01:02:25	F4049	MONTE DA LUA RUNNERS	11
34	603	ANA SERRA	01:02:48	01:01:57	F0039		4
35	604	JOAQUIM SILVA	01:02:48	01:02:48	M6099		3
36	647	MÁRIO AFONSO	01:03:10	01:03:04	M0039	CCR ALTO DO MOINHO	7
37	648	RAQUEL COSTA	01:03:26	01:03:17	F0039	CCR ALTO DO MOINHO	5
38	650	CATARINA COSTA	01:03:27	01:03:18	F0039	CCR ALTO DO MOINHO	6
39	649	SILVIA AFONSO	01:04:00	01:03:52	F4049	CCR ALTO DO MOINHO	12
40	520	DIOGO RODRIGUES	01:04:14	01:02:58	M0039		8
41	509	LEONOR SIMÕES	01:05:08	01:03:59	F5059		2

42	516	MARIA JOSE LANCA	01:05:11	01:04:04	F5059		3
43	652	RICARDO MONSANTO	01:05:40	01:04:35	M0039		9
44	420	ALBERTO PAZ	01:05:51	01:04:51	M4049		8
45	534	FERNANDA BRAGA BRAGA	01:06:24	01:05:15	F6099	INDIVIDUAL	1
46	677	ARMINDO ESPIRITO SANTO	01:07:05	01:07:05	M6099		4
47	555	JOSÉ AUGUSTO MARQUES	01:07:36	01:06:25	M6099	CARACÓIS DE CORRIDA	5
48	553	CLÁUDIA MARQUES	01:07:36	01:06:25	F4049	CARACÓIS DE CORRIDA	13
49	512	FÁTIMA TOMÉ	01:08:57	01:07:48	F5059		4
50	513	JOSÉ TOMÉ	01:08:57	01:07:49	M5059		4
51	629	MARIANA SANTOS SILVA	01:09:39	01:08:46	F0039		7
52	628	JOÃO SANTOS SILVA	01:09:39	01:08:46	M4049		9
53	546	SOFIA FERREIRA	01:09:43	01:08:42	F4049		14
54	563	MARIA MATEUS	01:09:45	01:09:45	F6099		2
55	544	JOÃO GRAÇA	01:10:41	01:09:19	M6099	NUCLEO DESPORTIVO AUTOCOOPE	6
56	505	NATALIA SOUSA	01:12:00	01:10:53	F4049		15
57	550	SANDRA PINA PEREIRA	01:12:02	01:10:54	F0039		8
58	634	AMERICO SALGADO	01:12:04	01:11:14	M4049	LA FAMILIA	10
59	633	CATIA CARVALHO	01:12:04	01:12:04	F0039	LA FAMÍLIA	9
60	581	MAFALDA CARVALHO	01:12:06	01:11:05	F0039		10
61	580	ADELINA FERRAZ	01:12:06	01:11:05	F6099		3
62	579	MARIA CRUZ	01:12:06	01:11:05	F5059		5
63	508	TÂNIA RODRIGUES	01:12:08	01:11:01	F4049		16
64	582	PAULO SANTOS	01:12:09	01:11:01	M0039		10

65	514	ANA PAULA MARCOS	01:12:16	01:11:06	F5059		6
66	547	PEDRO ANDRÉ	01:12:54	01:11:47	M4049	OS TUGAS	11
67	522	CATARINA RODRIGUES	01:13:20	01:12:04	F0039		11
68	521	PAULA RODRIGUES	01:13:20	01:13:20	F4049		17
69	637	JOSÉ SILVA	01:13:29	01:12:17	M5059	FORTÍSSIMOS RUNNING TEAM	5
70	638	ALICE SILVA	01:13:31	01:12:18	F5059	FORTÍSSIMOS RUNNING TEAM	7
71	374	PAULO SANTOS	01:13:40	01:13:37	M4049	GUIZO RUNNERS	12
72	375	DULCE SANTOS	01:14:28	01:14:25	F5059	GUIZO RUNNERS	8
73	609	ELISABETE GASPAR JERÓNIMO	01:15:25	01:14:32	F4049		18
74	610	AVELINO SIMÕES	01:15:32	01:14:39	M4049		13
75	611	MARIA SIMÕES	01:15:59	01:15:07	F4049		19
76	537	JOAQUIM SILVA	01:16:28	01:15:21	M4049	CLUBE ANACOM	14
77	541	RAQUEL BREIA	01:16:28	01:15:21	F4049	CLUBE ANACOM	20
78	592	RUI SANTOS	01:17:34	01:16:19	M4049	PNAIS TEAM	15
79	593	NEUZA FERREIRA	01:17:34	01:16:20	F4049	PNAIS TEAM	21
80	464	CÁTIA RANGEL	01:17:49	01:17:49	F0039	CORRER LISBOA	12
81	599	ROSA ALVES	01:18:23	01:17:44	F4049		22
82	597	CRISTINA ANTUNES	01:18:26	01:17:45	F4049		23
83	595	ANABELA GOUVEIA	01:18:26	01:17:46	F4049		24
84	622	DONZILIA MARTINS	01:20:07	01:19:11	F0039		13
85	624	ANA GÓIS	01:20:08	01:19:11	F0039		14
86	625	CLARA FIALHO	01:20:09	01:20:09	F0039		15
87	623	ANA AZEVEDO	01:20:10	01:19:13	F0039		16

88	389	MARIANA RAIMUNDO	01:20:17	01:19:41	F0039	EVA E MARA	17
89	387	LUIS FERREIRA	01:20:17	01:19:40	M0039	EVA E MARA	11
90	388	BRUNA RODRIGUES	01:20:18	01:19:41	F0039	EVA E MARA	18
91	533	PAULA LEITÃO	01:21:12	01:21:12	F0039	FUTEBOL CLUBE ESTRELAS LISBOA	19
92	531	LILIANA MORGADO	01:21:13	01:20:07	F0039	FUTEBOL CLUBE ESTRELAS LISBOA	20
93	641	FATIMA COELHO	01:21:13	01:21:13	F5059	INDIVIDUAL	9
94	556	ELVIRA GERMANO	01:21:15	01:20:04	F5059	CARACÓIS DE CORRIDA	10
95	640	GRAÇA TORRE	01:21:20	01:20:08	F5059	CARACÓIS DE CORRIDA	11
96	419	LURDES PAZ	01:21:41	01:20:41	F4049		25
97	421	FÁTIMA PIRES	01:21:43	01:20:43	F6099		4
98	530	MARIA CRISTALINA PINTO	01:21:50	01:21:50	F6099		5
99	562	ISABEL CARVALHO	01:21:50	01:21:42	F4049		26
100	617	DORA RODRIGUES	01:21:54	01:20:51	M0039		12
101	620	SANDRA ISABEL BERNARDES	01:21:54	01:20:52	F4049		27
102	675	FÁTIMA ALVES	01:21:55	01:21:55	F6099		6
103	676	VITOR ALVES	01:21:56	01:21:56	M6099		7
104	674	MARIA FERNANDES	01:21:56	01:21:56	F6099		7
105	540	CARLOS BESELGA	01:22:17	01:21:12	M6099	CLUBE ANACOM	8
106	636	ANA SILVA	01:22:42	01:21:38	F5059		12
107	557	CELESTE BOAVENTURA	01:23:03	01:22:07	F4049	GUIZO RUNNERS	28
108	559	ETELVINA PEREIRA	01:23:04	01:22:09	F4049	GUIZO RUNNERS	29
109	558	MILÙ EUSÉBIO	01:23:07	01:22:11	F5059	GUIZO RUNNERS	13
110	447	HENRIQUE DINIS	01:23:08	01:22:13	M0039	GUIZO RUNNERS	13

111	560	VERA SILVA	01:23:14	01:22:17	F0039	GUIZO RUNNERS	21
112	539	MANUELA BESELGA	01:23:14	01:22:09	F6099	CLUBE ANACOM	8
113	572	MARIA VIDIGAL	01:24:12	01:22:55	F5059		14
114	571	CARLOS ROLO	01:24:13	01:22:55	M5059		6
115	554	CRISTINA GALVÃO	01:24:44	01:23:34	F4049	CARACÓIS DE CORRIDA	30
116	639	LUCÍLIA GOMES	01:24:48	01:23:37	F5059	FORTÍSSIMOS RUNNING TEAM	15
117	591	MARIA HELENA ALMEIDA	01:25:39	01:24:55	F0039		22
118	590	JÚLIO ALMEIDA	01:25:40	01:24:55	M4049		16
119	545	LUCIANA SILVA	01:25:44	01:25:44	F6099	NUCLEO DESPORTIVO AUTOCOOPE	9
120	502	CARLA MARIA FIGUEIREDO PAIS SOUSA	01:26:01	01:25:01	F4049		31
121	501	PAULA CRISTINA ALVES ROSA DIOGO	01:26:02	01:26:02	F4049		32
122	589	SUSANA SALVADO	01:26:15	01:25:30	F4049		33
123	631	ISABEL ANTUNES	01:26:22	01:25:18	F5059	ALVERCA URBAN RUNNERS	16
124	565	ARMANDO MARQUES	01:26:22	01:25:18	M5059		7
125	653	MARGARIDA MONSANTO	01:28:08	01:27:05	F0039		23
126	657	LILIANA ANDRADE	01:28:09	01:27:06	F0039		24
127	656	PEDRO ANDRADE	01:28:09	01:27:04	M0039		14
128	360	RITA MIRANDA	01:28:32	01:27:16	F0039		25
129	564	EMILIA CRUZ	01:29:02	01:29:02	F6099		10
130	519	ALDA LUZ	01:29:37	01:28:24	F6099		11
131	518	ANA SILVA	01:29:38	01:28:24	F5059		17
132	543	ALCINA FARINHA	01:32:15	01:31:01	F6099	NUCLEO DESPORTIVO AUTOCOOPE	12
133	542	FERNANDO FARINHA	01:32:17	01:31:02	M6099	NUCLEO DESPORTIVO AUTOCOOPE	9

134	612	ISABEL MARIA SANTOS	01:34:10	01:34:10	F5059	18
135	506	ANA PEREIRA	01:34:20	01:33:11	F5059	19
136	573	CARLA CASTELHANO	01:34:57	01:33:40	F4049	34
137	578	MARTA ALMEIDA	01:34:57	01:33:40	F4049	35
138	575	ANA CRISTINA SILVA	01:35:52	01:34:33	F4049	36
139	577	TERESA CATARINO	01:35:53	01:34:34	F4049	37
140	576	MATILDE LOPES	01:35:53	01:34:34	F0039	26
141	574	MARIANA COSTA	01:36:00	01:34:42	F0039	27