



2º Trail das Fontes de Caneças - Mini Trail RunSox

23 de Junho, 2019

<https://werun.pt/resultados/2-trail-das-fontes-de-caneças-mini-trail/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	2239	JOSÉ GEADA	00:30:42	00:30:42	M4549	ASSOCIAÇÃO VALE GRANDE	1
2	2240	CARLOS OLIVEIRA	00:30:42	00:30:42	M4549	ASSOCIAÇÃO VALE GRANDE	2
3	2099	PEDRO SOUSA	00:35:49	00:35:48	M2439	ROCKY TEAM	1
4	2231	TOMÁS MAGALHÃES	00:36:48	00:36:48	M0023	MAGALHÃES	1
5	2052	GIL NOGUEIRA	00:47:47	00:46:36	M2439		2
6	2144	VASCO LOURENÇO	00:48:19	00:47:31	M0023		2
7	2020	JUSTILIANO MEIRELES SILVA	00:50:02	00:50:02	M6099	FALCÕES SELVAGENS	1
8	2230	RUI MAGALHÃES	00:50:35	00:50:35	M4549	MAGALHÃES	3
9	2244	JULIANA CAMARA	00:53:34	00:53:34	F4044		1
10	2241	MANUELA ANTON	00:54:04	00:54:04	F5054		1
11	2221	HUGO MONTEIRO	00:55:45	00:55:45	M2439		3
12	2220	SUSANA FONSECA	00:55:46	00:55:46	F4044		2
13	2029	PAULO SANTOS	00:56:03	00:55:24	M2439		4
14	2167	SUSANA GOMES	00:57:13	00:57:13	F4549	STJOAOLIVEIRATEAM	1
15	2168	MIGUEL GOMES	00:57:13	00:56:59	M4549	STJOAOLIVEIRATEAM	4
16	5572	ANA SANTOS	00:57:29	00:57:15	F5054	MARVILA JOVEM	2
17	1077	JOANA RODRIGUES	00:57:30	00:57:16	F2439	LINDA-A-PASTORA SPORTING CLUBE	1
18	2142	SUSANA MORAIS	00:57:33	00:57:19	F4044	AINOSJAMOR	3

19	2193	RITA PEREIRA	00:57:33	00:57:18	F4044	#AINOSJAMOR	4
20	2143	FILIPA LOURENÇO	00:57:48	00:56:56	F4044		5
21	2160	DINA CLÁUDIA BAETA ALEGRIA	00:58:30	00:58:30	F4044	PINHAL NOVO A CORRER	6
22	2140	DAVID ALEXANDRE VERÍSSIMO DE SOARES	00:59:50	00:59:50	M4549	EM BOAS MÃOS	5
23	2022	ANTÓNIO MIRA	01:00:22	00:59:49	M2439	100 LIMITES	5
24	2023	RAFAELA PEDROSO	01:00:24	00:59:51	F2439	100 LIMITES	2
25	2015	JOÃO VIEIRA	01:00:53	01:00:15	M0023	SANTANA F C TRAIL TEAM	3
26	2016	HUGO VIEIRA	01:00:54	01:00:16	M4549	SANTANA F C TRAIL TEAM	6
27	2229	MÁRCIA COSTA	01:01:01	01:01:01	F4044	RUN CREW TRAIL MONTIJO	7
28	2048	ANA MARQUES	01:01:01	01:00:19	F0023	RUN CREW TRAIL MONTIJO	1
29	2169	TERESA PEREIRA	01:01:22	01:01:22	F2439		3
30	1087	FERNANDO ALVES	01:01:34	01:01:34	M4549		7
31	2171	MARIA SAMPAIO	01:01:37	01:01:37	F4044	ÁGUAS-LIVRES -AMADORA	8
32	2091	ALBERTO PAZ	01:01:48	01:01:48	M4549	CANEÇAS	8
33	810	VANDINHA CORREIA	01:02:32	01:02:16	F2439	INDIVIDUAL	4
34	950	SOFIA SANTOS	01:02:34	01:01:47	F2439	CARACÓIS FURIOSOS	5
35	812	CATIA GAUDENCIO	01:02:35	01:02:18	F2439	INDIVIDUAL	6
36	2199	CARLOS LIBERATO	01:02:41	01:01:49	M4044		1
37	2170	DELFINA PEREIRA	01:02:43	01:01:46	F4549		2
38	2191	RICARDO MARTINHO	01:03:24	01:02:13	M4044	TARTARUGAS VELOZES	2
39	2243	ANA FERNANDES	01:04:47	01:04:47	F2439		7
40	2096	ANA BARRADAS	01:05:20	01:04:37	F2439	RUN CREW TRAIL MONTIJO	8
41	2233	SUSANA NEVES	01:05:22	01:05:22	F4044	RUN CREW TRAIL MONTIJO	9

42	2198	PEDRO CARMO	01:05:25	01:05:25	M2439		6
43	705	HELENA PIRES	01:05:29	01:04:39	F6099	CMC ODIVELAS	1
44	547	PAULA ALEXANDRA DIAS	01:05:58	01:05:29	F2439		9
45	2062	MANUEL LIMA	01:06:01	01:06:01	M5559	TRILHOS NOTURNOS	1
46	2152	MADALENA FRANCO	01:06:26	01:05:26	F0023	HOUSEMARTINS BELAS	2
47	2086	ELSA COSTA	01:06:46	01:06:46	F5054		3
48	2071	LUIS RODRIGUES	01:07:13	01:06:53	M2439		7
49	2072	CARINA PEREIRA	01:07:13	01:06:53	F2439		10
50	2010	DILMA MARTINS	01:07:57	01:07:57	F4549		3
51	2063	ELIANA FRAGA	01:07:59	01:07:59	F5054	MATILHA DA ATALAIA	4
52	2088	MARINA RAMALHO	01:08:16	01:07:19	F2439		11
53	2087	MARISA RAMALHO	01:08:18	01:07:23	F2439		12
54	2153	CARLOS PEREIRA	01:08:19	01:08:19	M4549	HOUSEMARTINS BELAS	9
55	2225	BEATRIZ LOPES	01:08:22	01:08:22	F0023	HOUSEMARTINS BELAS	3
56	2154	TIAGO LOURENÇO	01:08:27	01:08:27	M0023	HOUSEMARTINS BELAS	4
57	2006	MARIA REIS	01:09:21	01:09:08	F4549	PIPIU DOS REIS	4
58	530	PAULO REIS	01:09:21	01:09:10	M4044	PIPIU DOS REIS	3
59	2216	MARIA LEONOR SIMÕES	01:09:50	01:09:41	F5559		1
60	2173	SÓNIA BARTOLOMEU	01:10:29	01:09:15	F2439		13
61	2097	RUI OLIVEIRA	01:11:25	01:11:25	M5559	FALCÕES SELVAGENS	2
62	2232	SÓNIA MAGALHÃES	01:12:27	01:12:27	F4549	MAGLHÃES	5
63	2030	FERNANDA BRAGA	01:12:48	01:11:57	F6099	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	2
64	2098	CRISTINA CORTEZ	01:12:49	01:12:49	F5054	FAÇÕES SELVAGENS	5

65	2054	DANIEL FERNANDES	01:13:04	01:11:52	M2439	LISBOA	8
66	2053	TÂNIA FERNANDES	01:13:05	01:11:54	F2439	LISBOA	14
67	2051	ANA RITA LOBATO	01:13:05	01:12:31	F2439		15
68	2116	CÉLIA PASSINHAS	01:14:18	01:13:33	F4044	CORRER LISBOA	10
69	2156	ANA MOUSINHO	01:14:21	01:13:35	F5054	SANTO ANTÓNIO CAVALEIROS	6
70	2158	ISABEL GARCEZ	01:14:22	01:13:43	F5054		7
71	2159	MARGARIDA GONÇALVES	01:14:23	01:13:37	F4044		11
72	2157	MARIA MOUSINHO	01:14:23	01:13:36	F5054		8
73	2005	JOANA SÁ MARQUES	01:14:41	01:13:55	F0023	Santana Futebol Clube-Trail Team	4
74	2004	BEATRIZ SÁ MARQUES	01:14:42	01:13:55	F0023	SANTANA F C -TRAIL TEAM	5
75	2008	TOMÁS ATILHÓ	01:14:45	01:14:00	M0023	SANTANA F C TRAIL TEAM	5
76	2094	SANDRA LOPES	01:14:49	01:14:49	F4044		12
77	2050	DULCE FELICIANO	01:14:49	01:13:40	F4549		6
78	2222	PAULO MARQUES	01:14:50	01:14:50	M4549		10
79	2093	LUIS MOÇO	01:14:50	01:13:40	M4549		11
80	2224	INÊS VAZ	01:15:19	01:15:19	F2439		16
81	2223	HELDER VAZ	01:15:22	01:15:22	M2439		9
82	2174	JOANA PRIMAVERA	01:18:23	01:17:10	F2439		17
83	2175	CATARINA RAMOS	01:18:24	01:17:10	F0023		6
84	2013	ANA CATARINA SILVA	01:18:37	01:17:49	F2439	SIMECQ	18
85	2139	PATRÍCIA A. C. F. DE N. NOBREGA	01:18:38	01:17:56	F4549	PÓVOA SANTO ADRIAO	7
86	2014	PAULA VIEIRA	01:19:04	01:18:20	F4044	SANTANA F C TRAIL TEAM	13
87	2007	JOSE ALVAREZ	01:19:05	01:19:05	M0023	SANTANA F C TRAIL TEAM	6

88	650	SOFIA MENDES	01:19:32	01:19:06	F2439	ACADEMIA RUN #MIÚDASGIRAS	19
89	656	INÊS NASCIMENTO	01:19:32	01:19:32	F2439	ACADEMIA RUN #MIÚDASGIRAS	20
90	2018	GRACINDA PEREIRA	01:20:11	01:20:11	F5559	GRAPA	2
91	2206	ANA CATARINA MENEZES	01:20:13	01:19:04	F4549	LOTE D9 BLOCO B	8
92	2042	ELISA TAVARES	01:20:23	01:19:21	F6099	BRT - BEER RUN TEAM	3
93	2151	ISABEL FRANCO	01:20:27	01:20:20	F4549	HOUSEMARTINS BELAS	9
94	2137	CLAUDIA FLORENTIM	01:20:28	01:19:24	F4044	GDC BANCO DE PORTUGAL	14
95	2136	FRANCISCO DIOGO	01:20:28	01:19:22	M0023	GDC BANCO DE PORTUGAL	7
96	2127	NATÁLIA MARTINS	01:20:29	01:19:28	F4549	HOUSEMARTINS BELAS	10
97	2213	BRUNO DUARTE	01:20:51	01:20:17	M4044		4
98	2036	CÉLIA ROCHA	01:20:57	01:20:06	F5054	CANEÇAS	9
99	2035	NUNO TELES	01:20:57	01:20:06	M4044	CANEÇAS	5
100	2059	LUÍS MELO	01:21:02	01:20:18	M5054	MATILHA DA ATALAIA	1
101	2058	NÉLIA MELO	01:21:02	01:20:18	F5054	MATILHA DA ATALAIA	10
102	2197	ISILDA GONÇALVES	01:21:04	01:20:38	F4044	ESTORIL	15
103	549	ANA PAULA NUNES	01:21:05	01:20:20	F4549	MATILHA DA ATALAIA	11
104	540	ANA SERRA	01:21:05	01:20:18	F4044	MATILHA DA ATALAIA	16
105	652	SANDRA BARROQUINHO	01:21:05	01:20:36	F2439	ACADEMIA RUN #MIÚDASGIRAS	21
106	2217	MARIA FERNANDES	01:21:07	01:21:07	F6099		4
107	2190	MARINA CORREIA	01:21:07	01:20:40	F6099		5
108	655	SARA MENDES	01:21:09	01:20:41	F2439	ACADEMIA RUN #MIÚDASGIRAS	22
109	2117	ANA ISABEL PEREIRA	01:21:11	01:21:01	F5559	PALHAÇO AZUL	3
110	704	ANA SILVA	01:21:11	01:20:19	F5054		11

111	2026	DANIEL SOUSA	01:21:42	01:20:50	M0023		8
112	2119	PATRICIA PEDRO	01:21:42	01:20:45	F2439	CANEÇAS	23
113	2025	NATÁLIA SOUSA	01:21:43	01:21:43	F4044		17
114	2125	RÚBEN DIAS	01:22:05	01:21:07	M2439		10
115	678	ALEXANDRA SANTOS	01:22:05	01:22:05	F4044	CMC ODIVELAS	18
116	2196	ANA BARBOSA	01:22:33	01:22:23	F5054	CANEÇAS	12
117	989	MARIA DA CONCEIÇÃO MARQUÊS	01:23:44	01:22:40	F4549	CLUBE DO SARGENTO DA ARMADA	12
118	2038	JOANA MOITA	01:23:47	01:23:47	F5559	SEIXAL-RUNNING	4
119	2122	JOÃO VIEIRA	01:23:49	01:23:05	M2439		11
120	2121	SANDRA SOUSA	01:24:37	01:23:52	F4549		13
121	2120	MARTA SOUSA	01:24:38	01:24:38	F0023		7
122	2235	ANA BEATRIZ	01:25:11	01:25:11	F0023		8
123	2195	MARIA LINA CRUZ	01:25:34	01:25:34	F5559		5
124	2065	ANTÓNIO SEQUEIROS	01:26:43	01:25:55	M6099		2
125	2066	FÁTIMA PALAVRA	01:26:43	01:25:58	F5054		13
126	2064	RAFAEL REIS	01:26:44	01:25:55	M4044		6
127	2163	IRENE PARRINHA	01:27:40	01:27:40	F4549	RODAFITS GINÁSIO	14
128	2161	HELENA RABASQUEIRA	01:27:48	01:27:48	F4549	RODAFITS GINASIO	15
129	2147	JOANA AMARAL	01:28:30	01:28:30	F2439		24
130	2148	MANUEL GOMES	01:28:31	01:28:31	M2439		12
131	733	ISABEL ALVES	01:28:31	01:28:31	F5054	CORRER QUELUZ	14
132	2126	RAQUEL FREITAS	01:29:54	01:29:19	F2439		25
133	2192	MARCO DUARTE	01:29:58	01:29:22	M0023		9

134	2181	VANDA PEREIRA	01:30:16	01:29:14	F4044	BRASAS DAS CAMINHADAS	19
135	2180	ANDRÉ REIS	01:30:16	01:29:16	M2439	BRASAS DAS CAMINHADAS	13
136	2076	NUNO GOUVEIA	01:30:29	01:29:29	M4044	CANEÇAS	7
137	2150	INÊS MARTINS	01:30:29	01:29:41	F0023	RODAFITS GINÁSIO	9
138	2149	RICARDO SILVA	01:30:30	01:29:40	M2439	RODAFITS GINÁSIO	14
139	2238	MARA PIRES	01:31:27	01:31:27	F0023	CANEÇAS	10
140	2209	ELISETE BATISTA	01:31:28	01:31:28	F4044		20
141	2061	SILVIA ALMEIDA	01:31:48	01:30:46	F2439	GUERREIROS DO RUNING	26
142	2210	MARIANA BATISTA	01:31:48	01:30:48	M0023		10
143	2089	MARIA DE LURDES BENTO PAZ	01:31:51	01:30:46	F4044	CANEÇAS	21
144	2060	ANA CAVACO	01:31:51	01:30:49	F4044	GUERREIROS DO RUNNING	22
145	2090	FATIMA PIRES	01:31:53	01:30:50	F6099	CANEÇAS	6
146	2073	MARTA SANTOS	01:32:02	01:30:42	F4044	MATILHA DA ATALAIA	23
147	2172	ISABEL NUNES	01:32:21	01:32:21	F5559		6
148	992	CRISTINA PANGAS	01:32:58	01:32:58	F0023	RODAFITS GINÁSIO	11
149	1100	ZARA RAHIMO	01:33:01	01:32:13	F2439	RODAFITS GINÁSIO	27
150	2236	LEONOR DUARTE	01:33:03	01:33:03	F6099		7
151	2021	JOANA PARENTE	01:33:33	01:33:33	F4044		24
152	2070	NEUZA JESUS	01:33:55	01:32:52	F2439		28
153	2068	SANDRA VEIGA	01:33:57	01:33:57	F4549	ODIVELAS	16
154	2069	SUSANA OLIVEIRA	01:33:58	01:32:53	F2439		29
155	2227	NÁDIA PEREIRA ROMANO	01:33:58	01:33:58	F4549		17
156	2067	FELISBELA BALTAZAR	01:33:58	01:32:53	F5559	RAMADA	7

157	2084	ROSA ALVES	01:34:36	01:33:42	F4044	CANEÇAS	25
158	2085	DANIEL ALVES	01:34:36	01:33:43	M0023	CANEÇAS	11
159	2024	FERNANDO FARINHA	01:34:39	01:33:30	M6099	NUCLEO DESPORTIVO AUTOCOOPE	3
160	2114	ANABELA CRUZ	01:34:41	01:34:41	F5054	AMIGOS VALE SILENCIO	15
161	2113	MANUELA COSTA	01:34:44	01:34:44	F4549	AMIGOS VALE SILENCIO	18
162	2205	NUNO SILVA	01:34:59	01:33:59	M5054	CANEÇAS	2
163	2124	SANDRA RODRIGUES	01:34:59	01:34:00	F2439		30
164	2204	ANA LÚCIA SILVA	01:35:27	01:34:31	F5054	CANEÇAS	16
165	2123	ALDA LUZ	01:35:27	01:34:30	F6099	CANEÇAS	8
166	2047	SUSANA PEREIRA	01:37:16	01:36:11	F2439		31
167	2046	MICAELA PONTVIANNE	01:37:19	01:37:19	F2439		32
168	2082	CRISTINA ANTUNES	01:39:00	01:38:02	F4549	CANEÇAS	19
169	2083	DANIELA ANTUNES	01:39:08	01:38:11	F0023	CANEÇAS	12
170	2081	ALICE PEREIRA	01:39:08	01:38:10	F6099	CANEÇAS	9
171	2080	JOANA GOUVEIA	01:39:12	01:38:18	F4044	CANEÇAS	26
172	2177	MARIA VIDIGAL	01:39:15	01:38:17	F5054	BRASAS DAS CAMINHADAS	17
173	2187	ANA SILVA	01:39:15	01:39:15	F4549	BRASAS DAS CAMINHADAS	20
174	2182	CLÁUDIA SILVA	01:39:17	01:39:17	F4044	BRASAS DAS CAMINHADAS	27
175	2077	ANABELA GOUVEIA	01:39:17	01:39:17	F4044	CANEÇAS	28
176	2178	CARLA CASTELHANO	01:40:00	01:39:07	F4549	BRASAS DAS CAMINHADAS	21
177	2179	MARTA ALMEIDA	01:40:01	01:40:01	F4044	BRASAS DAS CAMINHADAS	29
178	2184	MARIA LOPES	01:40:02	01:39:07	F4549	BRASAS DAS CAMINHADAS	22
179	2176	CARLOS ROLO	01:41:00	01:40:04	M5054	BRASAS DAS CAMINHADAS	3

180	2185	ALDA VALENTIM	01:42:36	01:41:37	F5559	BRASAS DAS CAMINHADAS	8
181	2188	MÓNICA ALMEIDA	01:42:41	01:41:43	F4044	BRASAS DAS CAMINHADAS	30
182	2183	ANDRÉ GOUVEIA	01:42:42	01:41:43	M2439	BRASAS DAS CAMINHADAS	15
183	2186	FILOMENA AFONSO	01:42:43	01:41:43	F5054	BRASAS DAS CAMINHADAS	18
184	2166	SONIA MARQUES	01:43:50	01:43:50	F4044	O MEU PAI TEM UM QUIOSQUE	31
185	2164	NATACHA PEREIRA	01:43:51	01:43:51	F4044	O MEU PAI TEM UM QUIOSQUE	32
186	2165	ISABEL FREIRE	01:43:52	01:43:52	F2439	O MEU PAI TEM UM QUIOSQUE	33
187	2056	ETELVINA LOPES	01:44:55	01:43:46	F5054		19
188	2057	LUÍSA GASPAR	01:44:57	01:44:57	F5559		9
189	2208	NATALIA NUNES	01:46:27	01:46:27	F5054		20
190	2106	MARIA CARMO MENDES	01:46:32	01:46:32	F5559		10
191	2102	EDITE MENDES	01:46:34	01:46:34	F5054		21
192	2009	MARÇAL PAULA	01:46:35	01:45:15	M4044	MATILHA DA ATALAIA	8
193	2074	CELIA ROSA	01:46:37	01:45:20	F4044	MATILHA DA ATALAIA	33
194	2027	RICARDO DIAS	01:52:59	01:51:45	M0023		12
195	2000	PAULA CRISTINA DIOGO	01:53:05	01:51:50	F5054		22
196	2130	NELSON MADEIRA	01:53:20	01:52:48	M2439	GDC BANCO DE PORTUGAL	16
197	2129	ISA MADEIRA	01:53:21	01:52:51	F2439	GDC BANCO DE PORTUGAL	34
198	2002	CARLA MARIA FIGUEIREDO PAIS SOUSA	01:53:24	01:52:09	F4549		23
199	2245	JOÃO CORREIA DE SOUSA	01:53:25	01:53:25	M4549		12
200	2207	ANA CATARINA MENEZES	01:54:24	01:54:24	M0023		13
201	2104	MANUEL TIAGO DINIZ	01:56:16	01:55:45	M4549	CANEÇAS	13
202	2237	RODRIGO PAZ	01:56:43	01:56:43	M0023	CANEÇAS	14

203	2103	CRISTINA NUNES	01:56:44	01:56:16	F4549	CANEÇAS	24
204	2105	SOFIA NUNES	01:56:47	01:56:47	F0023	CANEÇAS	13
205	2003	SÉRGIO JOÃO PAIS DE SOUSA	02:00:45	01:59:30	M2439		17
206	2017	FERNANDA ALVES	02:00:49	02:00:49	F5054		23
207	2228	JOÃO FONSECA	02:03:40	02:03:40	M2439		18
208	2055	SONIA MARTINS	02:07:59	02:06:09	F2439	CASAL DE CAMBRA	35
209	2012	FÁBIO CARREIRA	02:13:29	02:13:29	M0023	SANTANA FC TAIL TEAM	15
210	2246	PAULO RODRIGUES	03:01:28	03:01:28	M5559	FALCOES SELVAGENS	3