



# Trail do Almonda

8ª Edição  
 21 de Maio  
 Serra D'Aire  
 Torres Novas  
 Chrono.pt



Geral

Mini-Trail

15,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	T/Km.	Dif.
1	665	luís Cancela	NUCLEO SPORTINGUISTA DE TOR	40	1	<b>1:08:55.25</b>	04:36	
2	620	Fabio Duraõ	G.A.Caranguejeira	S	1	<b>1:09:26.73</b>	04:38	0:00:32
3	511	Luis Miguel do Vale Jar	Escola de Atletismo de Coimbra/J Pai	40	2	<b>1:10:01.12</b>	04:40	0:01:06
4	627	Ivo Tomé Zibaia Inácio	pace.makers	S	2	<b>1:10:13.13</b>	04:41	0:01:18
5	591	joão carlos alves de so	NUCLEO SPORTINGUISTA DE TOR	40	3	<b>1:12:59.66</b>	04:52	0:04:05
6	632	Dinis Pedro Almeida		S	3	<b>1:13:45.25</b>	04:55	0:04:50
7	648	Fernando Ricardo Lope	Trilhos dos Templários	S	4	<b>1:13:51.03</b>	04:55	0:04:56
8	541	Tiago Henoch	Individual	S	5	<b>1:13:56.07</b>	04:56	0:05:01
9	666	João Gonçalo Duarte d	RX Runners	S	6	<b>1:17:52.16</b>	05:11	0:08:57
10	602	Jose freitas da silva	Pato bravo—fisio massagem	50	1	<b>1:17:56.84</b>	05:12	0:09:02
11	661	ANTÓNIO ALMEIDA	CASA DO BENFICA EM ABRANTES	S	7	<b>1:18:36.44</b>	05:14	0:09:41
12	604	Pedro Miguel Ferreira M	Caracol Trail Team	40	4	<b>1:19:42.76</b>	05:19	0:10:48
13	670	Nuno Carvalho		S	8	<b>1:24:46.77</b>	05:39	0:15:52
14	603	André Ferreira Calado	Escola de Atletismo de Coimbra/J Pai	S	9	<b>1:24:49.15</b>	05:39	0:15:54
15	582	Nuno Filipe da Silva Ma	NUCLEO SPORTINGUISTA DE TOR	S	10	<b>1:26:47.63</b>	05:47	0:17:53
16	633	PAULO GAIÃO	CASA POVO ALCANENA	40	5	<b>1:29:15.12</b>	05:57	0:20:20
17	669	Carlos Ferreira	Centro Municipal de Marcha e Corrida	40	6	<b>1:29:31.52</b>	05:58	0:20:37
18	543	Davide Manuel Vieira P	Ama(dores) Trail Team	S	11	<b>1:29:38.91</b>	05:59	0:20:44
19	616	João Pedro Nunes Pro	Cl. do Bode	S	12	<b>1:29:41.70</b>	05:59	0:20:47
20	615	Sérgio Paulo Caetano Mendes		40	7	<b>1:29:59.03</b>	06:00	0:21:04
21	580	Tetyana Vakulyuk	Caracol Trail Team	40F	1	<b>1:30:09.08</b>	06:01	0:21:14
22	634	João Luz	RX Runners	40	8	<b>1:30:36.84</b>	06:02	0:21:42
23	617	Rui silva	Individual	50	2	<b>1:30:42.05</b>	06:03	0:21:47
24	535	PEDRO VICTOR	INDIVIDUAL	40	9	<b>1:31:17.40</b>	06:05	0:22:22
25	637	Carlos Manuel Navalho	cem quedas	40	10	<b>1:32:09.44</b>	06:09	0:23:14
26	577	António Almeida Ferrei	SUPERFRESCO TRAIL TEAM	50	3	<b>1:32:47.86</b>	06:11	0:23:53
27	614	Cláudio José Pais Lope	Escudo Zurich	S	13	<b>1:33:09.21</b>	06:13	0:24:14
28	520	Rui Miguel Tomaz dos	NUCLEO SPORTINGUISTA DE TOR	40	11	<b>1:34:01.17</b>	06:16	0:25:06
29	576	LuisAntonio Santos Fer	SUPERFRESCO TRAIL TEAM	S	14	<b>1:34:17.80</b>	06:17	0:25:23
30	574	Artur Lopes Costa		S	15	<b>1:34:17.81</b>	06:17	0:25:23
31	584	Pedro Manuel da Cunha Fernandes		S	16	<b>1:34:19.28</b>	06:17	0:25:24
32	70	Diogo Bagorro Batuca		S	17	<b>1:34:42.68</b>	06:19	0:25:48
33	590	Rodrigo Filipe Lopes Domingues		S	18	<b>1:35:19.21</b>	06:21	0:26:24
34	656	Sergio Pontes		40	12	<b>1:35:41.21</b>	06:23	0:26:46
35	659	Rui Calado		40	13	<b>1:35:47.71</b>	06:23	0:26:53
36	660	Cacau Medeiros		40F	2	<b>1:35:51.48</b>	06:23	0:26:56
37	621	Luís Eduardo Faria dos Santos		40	14	<b>1:36:54.19</b>	06:28	0:27:59
38	601	Ernesto Parente	União FCI de Tomar	50	4	<b>1:37:14.79</b>	06:29	0:28:20
39	663	Rúben Duque	ZONA ALTA TRAIL	S	19	<b>1:37:39.69</b>	06:31	0:28:45
40	585	DANIEL FERREIRA CA	NUCLEO SPORTINGUISTA DE TOR	40	15	<b>1:38:23.24</b>	06:34	0:29:28
41	592	Aires Miguel Gomes Pe	Laranjinhas do Pafarrão	S	20	<b>1:39:16.58</b>	06:37	0:30:22
42	533	Ricardo André Proença Figueira	Runners	S	21	<b>1:40:46.90</b>	06:43	0:31:52
43	532	Angelo Filipe Ferreira CA	All TitudesTrail Team	40	16	<b>1:40:47.81</b>	06:43	0:31:53
44	599	Sandra Cristina Tojal T	ONDATRILHOS	40F	3	<b>1:41:45.78</b>	06:47	0:32:51
45	573	Rui José Pouseiro Dias	SUPERFRESCO TRAIL TEAM	40	17	<b>1:43:14.72</b>	06:53	0:34:20

46	572 SÉRGIO MANUEL BENSUPERFRESKO TRAIL TEAM	S	22	<b>1:43:24.39</b>	06:54	0:34:29
47	524 Sara de Almeida Gonçalves	SF	1	<b>1:44:01.14</b>	06:56	0:35:06
48	522 João Pedro Ribeiro Alves	S	23	<b>1:44:02.29</b>	06:56	0:35:07
49	655 Vítor Fernandes Dias Reis	50	5	<b>1:44:21.70</b>	06:57	0:35:27
50	549 Vasco Miguel Palácios A 20km - Desportos de Montanha	40	18	<b>1:44:24.75</b>	06:58	0:35:30
51	638 Nuno Filipe Baptista Vit Outra vez estes gajos	S	24	<b>1:44:31.03</b>	06:58	0:35:36
52	562 Rui Jorge Conde Sobre Aquae Scalabis	S	25	<b>1:44:37.50</b>	06:58	0:35:42
53	646 Carlos Carreira Major Grupo Desportivo e Cultural Eirapedre	50	6	<b>1:45:44.30</b>	07:03	0:36:49
54	529 Carlos Miguel Santos	40	19	<b>1:45:47.47</b>	07:03	0:36:52
55	537 Pedro Jorge Bargão Rc Escola de Atletismo de Coimbra/J Pai	40	20	<b>1:45:54.87</b>	07:04	0:37:00
56	612 Rui Alexandre da Silva Litrail	40	21	<b>1:46:10.53</b>	07:05	0:37:16
57	625 DAVID ANTUNES	S	26	<b>1:46:39.04</b>	07:07	0:37:44
58	540 Paulo José Ferreira Silva	40	22	<b>1:46:40.22</b>	07:07	0:37:45
59	521 Pedro Miguel Pires Alve Particular	40	23	<b>1:46:41.06</b>	07:07	0:37:46
60	523 João Paulo Henriques Calado	S	27	<b>1:46:42.26</b>	07:07	0:37:47
61	650 Hugo Faria Fisiodream/Signal Shop _	40	24	<b>1:47:03.95</b>	07:08	0:38:09
62	641 Élio Alexandre Triães batista	S	28	<b>1:47:06.25</b>	07:08	0:38:11
63	596 Bruno Miguel Sousa Sc Laranjinhas do Pafarrão	S	29	<b>1:48:41.49</b>	07:15	0:39:46
64	519 PAULO SERGIO QUINTAS SILVA	40	25	<b>1:49:19.42</b>	07:17	0:40:24
65	518 RODOLFO JORGE GARCIA NUNES	40	26	<b>1:49:19.90</b>	07:17	0:40:25
66	559 António José Polido Ce Individual - alobeCtrail	S	30	<b>1:50:21.07</b>	07:21	0:41:26
67	553 Rui Miguel Julio Henriq Tartarugas - Torres Novas	S	31	<b>1:50:21.95</b>	07:21	0:41:27
68	613 Rui Miguel Ferreira ram Individual	S	32	<b>1:50:28.48</b>	07:22	0:41:33
69	610 JOAO MANUEL DAMA CEM QUEDAS	50	7	<b>1:50:57.90</b>	07:24	0:42:03
70	653 Marisa Daniela Vieira L Ama(dores) Trail Team	SF	2	<b>1:51:17.04</b>	07:25	0:42:22
71	624 Sérgio Miguel de Oliveira Livramento	40	27	<b>1:52:34.11</b>	07:30	0:43:39
72	668 Thierry Pereira ANAK TRAIL	40	28	<b>1:52:49.77</b>	07:31	0:43:55
73	548 Nuno Ricardo Oliveira Mendes	S	33	<b>1:52:56.96</b>	07:32	0:44:02
74	545 Carlos José da Silva Rodrigues	S	34	<b>1:52:58.82</b>	07:32	0:44:04
75	642 carlos manuel madeira guerra	40	29	<b>1:53:27.44</b>	07:34	0:44:32
76	643 miguel jorge guerra	S	35	<b>1:53:29.47</b>	07:34	0:44:34
77	588 Denise Patrícia de Jesus salvador	SF	3	<b>1:53:31.79</b>	07:34	0:44:37
78	552 Henrique Madrugo SINTEXPEL	40	30	<b>1:53:35.58</b>	07:34	0:44:41
79	558 Luis Miguel Baptista Au Aquae Scalabis	40	31	<b>1:53:40.03</b>	07:35	0:44:45
80	547 Sérgio Nuno Vieira da Costa	40	32	<b>1:54:03.20</b>	07:36	0:45:08
81	586 Tiago Miguel Cardoso Pisco	S	36	<b>1:54:45.73</b>	07:39	0:45:51
82	530 CARLOS ALBERTO DI INDIVIDUAL	50	8	<b>1:55:02.59</b>	07:40	0:46:08
83	512 Jorge Anécio Dias Rodrigues	40	33	<b>1:55:33.59</b>	07:42	0:46:39
84	619 João Farinha Caracol Trail Team	50	9	<b>1:55:58.26</b>	07:44	0:47:03
85	628 Fábio Francisco Xiripiti Team	S	37	<b>1:57:30.58</b>	07:50	0:48:36
86	513 Pedro Miguel Cordeiro	S	38	<b>1:57:40.17</b>	07:51	0:48:45
87	514 Franclim Manuel Pereira Rosa	S	39	<b>1:57:41.04</b>	07:51	0:48:46
88	629 Pedro Leal Xiripiti Team	S	40	<b>1:57:47.81</b>	07:51	0:48:53
89	654 Pedro António Lopes Marpurotfm	40	34	<b>1:58:18.84</b>	07:53	0:49:24
90	561 Henrique Jorge da Silv Caracol Trail Team	50	10	<b>1:58:29.80</b>	07:54	0:49:35
91	631 joao pedro fitas pratas outra vez estes gajos	S	41	<b>1:59:14.43</b>	07:57	0:50:19
92	611 MARIA RAQUEL ROS/cem quedas	40F	4	<b>2:01:04.93</b>	08:04	0:52:10
93	593 Ana Duarte	SF	4	<b>2:01:28.37</b>	08:06	0:52:33
94	589 Magali Antunes Luís	SF	5	<b>2:02:15.36</b>	08:09	0:53:20
95	657 Helena Maria de Jesus Os Tolinhos	SF	6	<b>2:02:25.84</b>	08:10	0:53:31
96	544 Carlos Manuel Gomes . Individual	50	11	<b>2:02:26.84</b>	08:10	0:53:32
97	528 Hugo António de Oliveira Urban Corps Family	S	42	<b>2:07:25.55</b>	08:30	0:58:31
98	534 MARIA INES LIMA ROSA SANTOS VIDAL	SF	7	<b>2:12:25.75</b>	08:50	1:03:31
99	587 Joana Rita Cipriano dos Santos	SF	8	<b>2:12:26.68</b>	08:50	1:03:32
100	623 Ana Rita Marques Alves	SF	9	<b>2:13:47.37</b>	08:55	1:04:52
101	595 Elisabete Mendes da Costa	SF	10	<b>2:13:47.90</b>	08:55	1:04:53
102	609 JOSE ALMEIDA	40	35	<b>2:13:48.56</b>	08:55	1:04:54
103	667 Patricia Santos Centro Municipal de Marcha e Corrida	SF	11	<b>2:13:50.90</b>	08:55	1:04:56
104	557 Maria Alice da Silva Martins	40F	5	<b>2:18:08.05</b>	09:13	1:09:13

105	662	Mario Joao Amaro Ferreira	S	43	<b>2:20:59.05</b>	09:24	1:12:04
106	565	Carla Sofia Nunes Seq" C. D. Os águias"" de Alpiarça""	SF	12	<b>2:21:05.73</b>	09:24	1:12:11
107	570	Tânia Sofia Bernardo d." C. D. Os águias"" de Alpiarça""	SF	13	<b>2:21:05.78</b>	09:24	1:12:11
108	569	Bruno Gerales Pereira "C. D. Os águias"" de Alpiarça""	S	44	<b>2:21:06.04</b>	09:24	1:12:11
109	551	Ana Sofia Gonçalves Sério	SF	14	<b>2:22:07.83</b>	09:29	1:13:13
110	647	Hélder Domingos Ass 20 km Almeirim	S	45	<b>2:22:08.08</b>	09:29	1:13:13
111	622	Ricardo marques	S	12	<b>2:22:13.44</b>	09:29	1:13:18
112	600	Nádia Isabel de Oliveira Lopes	SF	15	<b>2:22:14.63</b>	09:29	1:13:20
113	536	João Miguel Ramos Gameiro	S	46	<b>2:24:41.82</b>	09:39	1:15:47
114	640	Fernanda Rosa Moura cem quedas	SF	1	<b>2:25:46.61</b>	09:43	1:16:52
115	618	Marco Alexandre Martir Clac	S	47	<b>2:26:03.09</b>	09:44	1:17:08
116	626	HUGO LOPES	S	48	<b>2:26:05.57</b>	09:44	1:17:11
117	550	Pedro Miguel Rei Bernæ Aquae Scalabis	S	49	<b>2:26:54.10</b>	09:48	1:17:59
118	560	Filipa Oliveira individual	SF	16	<b>2:27:07.78</b>	09:49	1:18:13
119	608	Lisa Marante OndaTrilhos	SF	17	<b>2:29:46.31</b>	09:59	1:20:51
120	645	Manuela Maria Duarte I Centro Municipal de Marcha e Corrida	SF	2	<b>2:30:37.93</b>	10:03	1:21:43
121	597	Cláudio Miguel Rodrigues Gaspar	S	50	<b>2:31:13.01</b>	10:05	1:22:18
122	515	Miguel Filipe Gomes da Costa	S	51	<b>2:35:14.80</b>	10:21	1:26:20
123	571	Raquel Neto Cordeiro	SF	18	<b>2:36:27.01</b>	10:26	1:27:32
124	556	Jorge Oliveira	S	36	<b>2:41:13.66</b>	10:45	1:32:19
125	568	Guida Macedo imparáveis	SF	6	<b>2:41:18.73</b>	10:45	1:32:24
126	639	Sónia Mariana Almeida	SF	7	<b>2:56:53.89</b>	11:48	1:47:59
127	636	Ricardo Manuel Silva Ribeiro	S	52	<b>2:57:01.90</b>	11:48	1:48:07
128	635	Helena Margarida Godinho Miranda	SF	19	<b>2:57:02.23</b>	11:48	1:48:07
129	567	joana Faria imparáveis	SF	20	<b>3:10:24.63</b>	12:42	2:01:30
130	566	Conceição alegria imparáveis	SF	8	<b>3:10:24.68</b>	12:42	2:01:30
131	605	patricia marques	SF	21	<b>3:10:25.66</b>	12:42	2:01:31

**8.ª EDIÇÃO**  
**TRAIL DO ALMONDA**

**21.mai**  
**2011**

**TORRES NOVAS . SERRA D'AIRE**

TRAIL C.30KM | MINI-TRAIL C.15KM  
 CAMINHADA C.8KM

ORGANIZADOR: Associação Caminhada do Alentejo  
 LOCAL: Serra de Aires, Torres Novas  
 CONTACTO: Associação Caminhada do Alentejo  
 www.assoccamhdoalentejo.pt  
 www.assoccamhdoalentejo.pt