



## II MINI-TRAIL DE SESIMBRA 15/04/2012

Pos.	Dor.	Nome	Clube	Tempo	T/Km.
1	429	Morgado, Cesário	Os amigos do B	1:39:04.38	04:43
2	437	Martins, Bruno	OMUNDODACORRIDA.COM	1:39:09.32	04:43
3	444	Silva, Milton	INDIVIDUAL	1:39:14.76	04:44
4	466	Melitão, Pedro	proAventuras	1:41:32.48	04:50
5	463	Barbosa, Rui	proAventuras	1:45:25.26	05:01
6	469	Lemos, António	proAventuras	1:45:25.34	05:01
7	439	Monte, Francisco Eduardo	INDIVIDUAL	1:55:28.31	05:30
8	503	Pimenta, Nuno	Portugal Running	1:56:28.36	05:33
9	458	Ferreira, José Manuel	GD Santo António	1:57:07.20	05:35
10	420	Monteiro, Luis Manuel	Clube Grupo BES	1:57:16.56	05:35
11	447	Pinto, Jorge Marques	INDIVIDUAL	1:57:21.93	05:35
12	435	Chiote, Augusto	Os Cotas	1:57:57.26	05:37
13	489	Quaresma, Raul	OMUNDODACORRIDA.COM	1:59:17.67	05:41
14	520	Morgado, Luis Miguel	INDIVIDUAL	1:59:46.59	05:42
15	467	Bruno, Ludgero	proAventuras	2:01:55.62	05:48
16	402	Jesus, Carlos Lino	INDIVIDUAL	2:02:25.58	05:50
17	427	Sousa, Paulo Jorge	INDIVIDUAL	2:02:25.75	05:50
18	436	Carvalho, Nuno Miguel	A.A. Lebres do Sado	2:03:13.40	05:52
19	465	Fernandes, Filipa	proAventuras	2:04:27.58	05:56
20	446	Fachadas, José	INDIVIDUAL	2:05:48.97	05:59
21	559	Santos, Leandro	Atlético Clube Vermoil	2:10:49.69	06:14
22	415	Marques, Carlos Alberto	Trilhos e Corridas de Tercena	2:10:51.97	06:14
23	540	Costa, Aníbal José	INDIVIDUAL	2:11:16.66	06:15
24	531	Santos, Nuno	Clube do Stress	2:12:01.98	06:17
25	460	Soares, Paulo Alexandre	Águias Unidas	2:12:02.57	06:17
26	502	Reis, Paulo Jorge	INDIVIDUAL	2:12:59.52	06:20
27	552	Ramos, Paulo	proAventuras	2:13:05.66	06:20
28	534	Pereira, Rui Manuel	Rui Pereira Massagem	2:13:13.92	06:21
29	495	Brás, Pedro Miguel	INDIVIDUAL	2:13:16.01	06:21
30	403	Mourato, Nuno	INDIVIDUAL	2:13:30.36	06:21
31	425	Aires, Alexandrino Neves	INDIVIDUAL	2:15:07.33	06:26
32	564	Vital, Marco	Cotas do Pedal	2:16:56.29	06:31
33	518	Cerqueira, Rogério	INDIVIDUAL	2:17:37.61	06:33
34	523	Saragoça, João	Tribo Extreme Adventure	2:18:19.93	06:35
35	522	Fernandes, José Casimiro	Tribo Extreme Adventure	2:18:20.16	06:35
36	515	Patricio, José Manuel	Trilux	2:18:20.67	06:35
37	547	Safara, Bruno	proAventuras	2:18:33.03	06:36
38	539	Afonso, Raquel	Garmin Olimpico de Oeiras	2:18:41.73	06:36
39	511	Chambel, Rui	INDIVIDUAL	2:19:15.93	06:38
40	558	Barrelas, Luis	INDIVIDUAL	2:19:35.43	06:39
41	524	Correia, Victor Manuel	Tribo Extreme Adventures	2:19:35.58	06:39
42	411	Santos, Paula Alexandra	Os Tugas	2:20:21.85	06:41
43	449	Ribeiro, Sandro	Free Runners	2:21:26.70	06:44
44	535	Correia, Verónica	INDIVIDUAL	2:21:56.02	06:46
45	550	Duarte, Bruno	CCD TRANQUILIDADE	2:22:21.78	06:47
46	566	Simões, Rui	Here4Beer	2:22:52.17	06:48
47	404	Simões, António José	INDIVIDUAL	2:23:57.01	06:51
48	451	Silva, Jorge Manuel	Millenniumbcp	2:23:58.32	06:51
49	401	Cardoso, Moisés Jesus	INDIVIDUAL	2:24:05.00	06:52
50	480	Garcia, José Luis	INDIVIDUAL	2:24:29.47	06:53
51	490	Moutela, Joana	Ori Estarreja	2:24:33.07	06:53



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Pos.	Dor.	Nome	Clube	Tempo	T/Km.
52	549	Aires, José	CCD TRANQUILIDADE	2:24:47.14	06:54
53	410	Martins, Rui	Serviços Sociais CGD	2:24:53.03	06:54
54	533	Guedes, Joel	INDIVIDUAL	2:26:17.07	06:58
55	542	Alves, Nuno Miguel	INDIVIDUAL	2:27:05.62	07:00
56	554	Pereira, Mário R.	INDIVIDUAL	2:27:05.89	07:00
57	412	Lopes, Joaquim Afonso	Trilhos e Corridas de Tercena	2:28:53.38	07:05
58	432	Saturnino, Nelson Póvoa	GP Runners	2:29:01.47	07:06
59	433	Gonçalves, António Pereira	Os Tugas	2:29:01.99	07:06
60	431	Almeida, Orlando	GP Runners	2:29:09.02	07:06
61	504	Cascalheira, Joaquim José	INDIVIDUAL	2:29:58.61	07:09
62	428	Figueiredo, Francisco	INDIVIDUAL	2:30:17.24	07:09
63	408	Costa, Nuno	Serviços Sociais CGD	2:30:18.11	07:09
64	434	Gonçalves, Fátima Pereira	Os Tugas	2:30:23.18	07:10
65	527	Jorge, Sérgio	GESINSERDE	2:30:47.09	07:11
66	553	Cancela, Jorge	Run 4 Fun	2:31:00.86	07:11
67	525	Vidal, Carlos Manuel	GESINSERDE	2:31:54.22	07:14
68	464	Safara, Maria	proAventuras	2:32:34.86	07:16
69	516	Rosa, Ana Manuela	INDIVIDUAL	2:32:37.65	07:16
70	406	Sá, Maria Antonieta	CCD O Alvejtejo	2:32:56.68	07:17
71	562	Ramos, Fernando	SMO Runners	2:33:49.81	07:20
72	560	Duarte, Mário	SMO Runners	2:33:50.33	07:20
73	561	Santos, Rogério	SMO Runners	2:33:50.34	07:20
74	501	Simões, Carlos Fernandes	INDIVIDUAL	2:35:28.35	07:24
75	497	Dias, Carlos Perestrelo	INDIVIDUAL	2:35:30.08	07:24
76	544	Costa, Ana Margarida	INDIVIDUAL	2:35:59.61	07:26
77	565	Lopes, José Paulo	INDIVIDUAL	2:36:26.19	07:27
78	413	Teixeira, Armando Baptista	Trilhos e Corridas de Tercena	2:36:36.15	07:27
79	476	Martins, Nuno David	INDIVIDUAL	2:37:22.75	07:30
80	445	Sequeira, Alexandre Miguel	INDIVIDUAL	2:37:42.90	07:31
81	505	Leandro, Jorge Manuel	INDIVIDUAL	2:37:50.00	07:31
82	521	Lima, Mário	OMUNDODACORRIDA.COM	2:37:58.58	07:31
83	405	Costa, Luis Toste	INDIVIDUAL	2:38:21.82	07:32
84	543	Carvalho, Artur Jorge	INDIVIDUAL	2:38:22.90	07:33
85	512	Nascimento, João Miguel	Clube do Stress	2:38:45.59	07:34
86	529	Neto, Susete	GESINSERDE	2:39:28.00	07:36
87	513	Antunes, Fernando José	INDIVIDUAL	2:39:44.73	07:36
88	488	Santos, Susana Brás	INDIVIDUAL	2:39:53.05	07:37
89	424	Diabinho, Nelson	speed R us	2:40:21.51	07:38
90	421	Trigo, Paulo	speed R us	2:40:23.95	07:38
91	563	Parente, Inês	INDIVIDUAL	2:40:39.87	07:39
92	532	Pipio, Ana	OMUNDODACORRIDA.COM	2:41:21.57	07:41
93	514	Gouveia, Pedro Miguel	INDIVIDUAL	2:41:54.05	07:43
94	530	Jorge, Filipe José	GESINSERDE	2:42:18.07	07:44
95	499	Soares, Jorge Alexandre	Millenniumbcp	2:42:18.21	07:44
96	430	Martins, Helder Nuno	INDIVIDUAL	2:42:18.54	07:44
97	500	Pinto, Paulo Jorge	Millenniumbcp	2:42:18.93	07:44
98	493	Barros, João	speed R us	2:42:57.90	07:46
99	442	Pereira, Mariana Conceição	INDIVIDUAL	2:43:14.09	07:46
100	536	Pinto, Rui	INDIVIDUAL	2:44:37.53	07:50
101	459	Afonso, Rosa	Águias Unidas	2:44:43.88	07:51
102	470	Oliveira, Filipe Rafael	INDIVIDUAL	2:45:26.88	07:53
103	517	Duarte, Jorge Manuel	INDIVIDUAL	2:45:38.37	07:53



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Pos.	Dor.	Nome	Clube	Tempo	T/Km.
104	440	Canhão, Luis	INDIVIDUAL	2:45:45.40	07:54
105	548	Pinhal, Miguel	CCD TRANQUILIDADE	2:45:45.98	07:54
106	494	Ribeiro, Eduardo José R.	INDIVIDUAL	2:46:29.68	07:56
107	418	Catarino, Pedro	Eat My Dust Team	2:47:47.49	07:59
108	419	Alves, Renato	Eat My Dust Team	2:47:48.32	07:59
109	519	Marques, Ludgero	INDIVIDUAL	2:47:53.30	08:00
110	508	Mendes, João Godinho	Clube do Stress	2:47:53.45	08:00
111	507	Quina, Marta Pais	INDIVIDUAL	2:49:13.09	08:03
112	491	Guimarães, Ana	INDIVIDUAL	2:49:13.76	08:04
113	545	Leal, Marcos Nuno	INDIVIDUAL	2:49:24.49	08:04
114	479	Silva, Carlos Albano	Serviços Sociais CGD	2:49:28.14	08:04
115	551	Mira, Inês	proAventuras	2:50:08.34	08:06
116	471	Oliveira, José Miguel	proAventuras	2:50:09.98	08:06
117	475	Calheiros, Luis	INDIVIDUAL	2:50:54.41	08:08
118	455	Rosa, Vanda Sofia	Millenniumbcp	2:51:13.12	08:09
119	452	Marques, Óscar Silva	Millenniumbcp	2:51:13.39	08:09
120	537	Martins, Isabel Maria	INDIVIDUAL	2:51:24.82	08:10
121	498	Vicente, Pedro	INDIVIDUAL	2:52:53.37	08:14
122	441	Santos, Marisa Alexandra	INDIVIDUAL	2:54:14.49	08:18
123	528	Camarinho, Pedro	GESINSERDE	2:55:15.72	08:21
124	456	Prazeres, Luis Carlos	Millenniumbcp	2:55:18.04	08:21
125	557	Gaspar, Luis Miguel	INDIVIDUAL	2:57:56.99	08:28
126	509	Nunes, Fernando Proença	INDIVIDUAL	3:00:38.98	08:36
127	556	Oliveira, Nuno B.	INDIVIDUAL	3:02:01.23	08:40
128	414	Santos, José Segurado Dos	Trilhos e Corridas de Tercena	3:02:21.77	08:41
129	486	Santos, Joaquim C.	INDIVIDUAL	3:02:21.80	08:41
130	422	Comédias, Rodrigo	speed R us	3:03:09.30	08:43
131	454	Batalha, Paula Isabel	Millenniumbcp	3:05:00.99	08:49
132	450	Fuiza, Paulo Manuel	Millenniumbcp	3:05:01.72	08:49
133	457	Sanches, Ana Filipa	INDIVIDUAL	3:05:38.64	08:50
134	423	Nunes, Mafalda	speed R us	3:20:06.84	09:32
135	541	Emilio, Margarida	INDIVIDUAL	3:20:07.57	09:32
136	487	Soares, Nuno	Cilnet	3:26:12.74	09:49
137	477	Salvador, Paula Andreia	INDIVIDUAL	3:26:42.84	09:51
138	461	Teixeira, Francisco	Águias Unidas	3:33:45.15	10:11
139	426	Pereira, António Jorge G.	INDIVIDUAL	3:36:28.68	10:19
140	473	Cardeira, João Manuel	Cilnet	3:36:29.65	10:19
141	409	Pimenta, Rita	Serviços Sociais CGD	4:43:39.76	13:30