



II Almada Trail - Trail Longo

10 de Novembro, 2019

https://werun.pt/resultados/almada_trail/

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	144	ADRIANO SILVA	01:48:12	01:48:12	M2339		1
2	171	RICARDO CASTRO	01:49:02	01:49:01	M2339	DUROS DO PEDAL	2
3	109	JOÃO GINJA	01:50:44	01:50:44	M5054	LINDA-A-PASTORA SPORTING CLUBE	1
4	202	LUIS SILVA	01:54:10	01:54:09	M2339	CLUBE DE PRAÇAS DA ARMADA/ CPA TRAIL TEAM	3
5	206	MARIO AFONSO	02:00:18	02:00:17	M2339	CCR ALTO DO MOINHO	4
6	213	RAÚL HORTA	02:00:21	02:00:21	M5054	CLUBE FUTEBOL GUADIANA	2
7	205	RUI AFONSO	02:00:28	02:00:28	M5054	CCRAM	3
8	48	RENATO MANUEL	02:01:27	02:01:27	M4044	CLUBE DE PRAÇAS DA ARMADA	1
9	60	LUIS CARDOSO	02:01:55	02:01:55	M4549	RACING BIKES	1
10	154	MARCO SILVA	02:02:06	02:02:06	M2339		5
11	225	PALMIRA QUINHAMA	02:02:09	02:01:45	F4044	WERUN.PT	1
12	111	LUIS JUSTINO NUNES PEREIRA	02:02:18	02:02:17	M4549	LINDA-A-PASTORA SPORTING CLUBE	2
13	188	PAULO GOMES	02:02:25	02:02:17	M2339	WERUN.PT	6
14	140	JONAY MEDINA GARCÍA-ESTRADA	02:02:27	02:02:24	M2339	EDUCERE SPORT	7
15	184	LUÍS RAMOS	02:02:40	02:02:40	M4549	ARREDAGUILHOTAS PRO TEAM	3
16	143	EDUARDO LOURENÇO	02:03:48	02:03:47	M5054	CCM TRAIL	4
17	106	PEDRO FREITAS	02:04:25	02:04:16	M2339	Arribas	8
18	163	FABIO POMBINHO	02:04:33	02:04:15	M2339	LEBRES DE DOMINGO	9

19	79	RICARDO LOBO	02:05:06	02:04:59	M4549	A NATUREZA ENSINA	4
20	212	LUIS COSTA	02:06:15	02:06:15	M4044	CLUBE DE FUTEBOL GUADIANA	2
21	137	RUI SILVA	02:06:21	02:06:19	M2339	LINDA-A-PASTORA SPORTING CLUBE	10
22	37	PEDRO SANTOS	02:06:44	02:06:37	M2339	GIN. QTª DO VALBOM - AAALCOCHETE	11
23	122	JOÃO PEDRO GONÇALVES DE SOUSA	02:07:04	02:07:03	M2339	RUN 4 FUN	12
24	54	NUNO CESÁRIO	02:07:11	02:07:11	M4549	MOITA A CORRER	5
25	219	NUNO PEREIRA	02:07:49	02:07:45	M2339	ZGRUNTEAM	13
26	224	PAULO SANTOS	02:09:15	02:09:13	M2339	GD SÃO DOMINGOS	14
27	96	VASCO LEVITA	02:09:54	02:09:35	M4549	ESTORIL PRAIA TRIATLO	6
28	211	RUI RAMOS	02:10:40	02:10:39	M4044	MUNDO DA CORRIDA	3
29	190	JEAN-MICHEL VIE	02:10:47	02:10:47	M4549	WERUN.PT	7
30	191	PAULINE VIE	02:10:51	02:10:51	F2022	WERUN.PT	1
31	124	JORGE NABAIS	02:11:22	02:11:22	M2339	COA / CORVUS TRAIL TEAM	15
32	125	RUTE MARTINS	02:11:24	02:11:24	F2339	COA / CORVUS TRAIL TEAM	1
33	142	RICARDO HOMEM SOUSA	02:11:56	02:11:49	M4549	Arribas	8
34	31	CARLOS MATIAS	02:12:26	02:12:25	M4044	COA/CORVUS TRAIL TEAM	4
35	43	RICARDO SILVEIRA	02:12:36	02:12:36	M2339	BODYVOLUTION	16
36	10	GUILHERME HORA	02:12:39	02:12:37	M4549	INDIVIDUAL	9
37	203	IVO SANTOS	02:12:56	02:12:54	M2339		17
38	59	RENATO CABRAL	02:15:19	02:15:14	M2339	MONTANELAS	18
39	158	FRANCISCO FERRO	02:15:20	02:15:20	M4549	GDALCOUTIM-TRALRUNNERS	10
40	90	FRANCISCO RODRIGUEZ	02:15:22	02:15:16	M5054	.	5
41	72	JOAQUIM NASCIMENTO	02:17:17	02:16:57	M4549	SERRADO FC ATLETISMO	11

42	78	PEDRO LOPES	02:17:18	02:16:56	M4549	SERRADO FC ATLETISMO	12
43	99	NUNO FONTES	02:17:38	02:17:29	M2339	Arribas	19
44	23	PAULO MANUEL COSTA	02:17:42	02:17:32	M5054		6
45	13	RUI CARDOSO	02:18:17	02:18:16	M2339		20
46	150	JOÃO POMBINHO	02:18:29	02:18:16	M2339		21
47	134	ROMEU COLAÇO	02:18:37	02:18:34	M4044	GIN. QTª DO VALBOM - AAALCOCHETE	5
48	196	EZEQUIEL OLIVEIRA	02:18:42	02:18:27	M4044	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	6
49	46	ANTÓNIO LEIRÃO	02:20:04	02:20:01	M2339	RACING BIKES	22
50	32	KASPER DE CLERCQ	02:20:19	02:20:13	M2022		1
51	220	PAULO MARÇALO	02:20:59	02:20:54	M4549		13
52	167	JOAQUIM LEITÃO	02:21:38	02:21:33	M4549		14
53	123	ANTÓNIO CALABOIÇA	02:21:58	02:21:57	M2339	GDALCOUTIM-TRAILRUNNERS	23
54	133	CARLOS MOTA	02:22:24	02:22:16	M2339		24
55	161	PEDRO BORREGANA	02:22:40	02:22:36	M4044	S/ EQUIPA	7
56	148	BRUNO SANTOS	02:22:42	02:22:39	M4044	LINDA-A-PASTORA SPORTING CLUBE	8
57	204	RICARDO MARQUES	02:23:06	02:22:54	M4044		9
58	149	ALEXANDRE VARINO	02:23:21	02:23:14	M4549		15
59	173	HUGO VIEIRA	02:23:29	02:23:13	M2339		25
60	92	NUNO RODRIGUES	02:23:43	02:23:37	M4044	SERVIÇOS SOCIAIS MONTEPIO	10
61	74	VERA REIS	02:23:46	02:23:46	F4044	CLUBE DE PRAÇAS DA ARMADA	2
62	141	ARNAUD GUITTENY	02:23:59	02:23:44	M4044	PARIS	11
63	17	CESAR CORREIA	02:25:17	02:24:57	M4549	RUN4EAT	16
64	221	ANA SOFIA CAMELO	02:25:17	02:25:17	F2339		2

65	130	CIDALIA MARTINS	02:25:36	02:25:36	F5054	ASS VALE GRANDE	1
66	58	ANDRE SAPATA	02:26:15	02:26:10	M2339	MONTANELAS	26
67	182	RICARDO SILVA	02:26:52	02:26:42	M2339		27
68	97	JOÃO RAMOS	02:27:29	02:27:17	M4549	Arribas	17
69	157	LUIS GOUVEIA	02:27:48	02:27:46	M4044	CLUBE DE FUTEBOL GUADIANA	12
70	64	RICARDO SANTOS	02:28:07	02:28:07	M4044	MOITA A CORRER	13
71	73	CARLOS LUDOVINO	02:28:57	02:28:39	M4044	LEBRES DE DOMINGO	14
72	70	CHANTAL XHERVELLE	02:29:36	02:29:36	F5054		2
73	69	JAIME LAMEGO	02:29:40	02:29:40	M5559		1
74	29	PAULO JORGE	02:30:42	02:30:36	M4044		15
75	121	GONÇALO ALMEIDA	02:31:14	02:31:03	M2339	Arribas	28
76	185	INES PEIXOTO	02:31:58	02:31:53	F4044	WERUN.PT	3
77	93	NELSON LOPES	02:33:32	02:33:20	M4044	FEIJO	16
78	155	NUNO LOPES	02:33:33	02:33:20	M4044		17
79	136	TIAGO BRANCO	02:33:36	02:33:28	M2339	MARVILA JOVEM	29
80	118	BRUNO FERREIRA	02:33:39	02:33:35	M2339		30
81	172	CARLA GARRETT	02:33:52	02:33:44	F2339	GIN. QTª DO VALBOM - AAALCOCHETE	3
82	194	NUNO MARQUES	02:34:05	02:34:00	M4044	SANTANA FC - TRAIL TEAM	18
83	214	JOSÉ AMARO	02:34:13	02:34:09	M4044	LIZ RUNNERS	19
84	34	JOÃO PERNECO	02:34:16	02:34:09	M4044	INDIVIDUAL	20
85	51	NUNO LOPES	02:35:43	02:35:31	M4044	HERE FOR BEER	21
86	200	NEVILLE SUZMAN	02:35:47	02:35:44	M5054	CIGNON	7
87	187	EDUARDO FERREIRA	02:35:48	02:35:45	M4044	MILLENNIUM BCP	22

88	153	DANIEL FARINHA	02:36:32	02:36:27	M2339	SERVIÇOS SOCIAIS MONTEPIO	31
89	22	ALBÍCIO MAGALHÃES	02:36:35	02:36:17	M6099	INDIVIDUAL	1
90	25	ANTÓNIO BARBOSA	02:36:50	02:36:30	M2339		32
91	216	NUNO AFONSO	02:36:58	02:36:53	M4044	OSMOKITOS	23
92	107	LUIS SILVA	02:37:04	02:36:54	M4044	ARRIBAS TRAIL	24
93	132	SARA FERNANDES	02:37:04	02:36:55	F2339	Arribas	4
94	208	INES MARQUES	02:37:08	02:36:55	F4044	WERUN.PT	4
95	215	FERNANDO MARTINHO	02:37:31	02:37:30	M2339	WOLF TRAIL TEAM SESIMBRA	33
96	103	HELENA SÉCIO	02:38:48	02:38:33	F5054	CCRAM	3
97	82	GONÇALO LOPES	02:39:18	02:39:10	M4044	GDCT UNICRE	25
98	151	XAVIER DENNERY	02:39:55	02:39:41	M5559		2
99	193	BÁRBARA SÁ	02:40:03	02:40:00	F2339	SANTANA FC - TRAIL TEAM	5
100	12	FILIPE CAGICA	02:41:18	02:41:06	M2339		34
101	81	PAULO DUARTE	02:42:15	02:42:07	M5054	GDCT UNICRE	8
102	68	HUGO BERNARDINO	02:42:29	02:42:11	M4044	LEBRES DE DOMINGO	26
103	19	CATARINA VIEIRA	02:42:45	02:42:33	F2339		6
104	117	INES MATOS	02:43:15	02:43:04	F2339		7
105	164	HELENA MADEIRA	02:43:39	02:43:37	F2339	WERUN.PT	8
106	27	JUSTINIANO SILVA	02:44:35	02:44:23	M5054	Renault Run Club	9
107	183	HERIDIANY BASTOS	02:44:36	02:44:30	F2339		9
108	47	SANDRA OLIVEIRA	02:46:08	02:46:05	F4044	CLUBE DE PRAÇAS DA ARMADA	5
109	129	JOSÉ MARTINS	02:46:08	02:46:04	M5559	ASS VALE GRANDE	3
110	176	HELDER SANTOS	02:46:34	02:46:22	M2339		35

111	56	PAULO RODRIGUES	02:47:04	02:46:52	M4549	MOITA A CORRER	18
112	65	VALTER ONOFRE	02:47:27	02:47:07	M4044	SERRADO FC ATLETISMO	27
113	98	CARLOS MARTINS	02:47:35	02:47:19	M4549	FIDELIDADE GDC	19
114	189	ULI WEDEMEIER	02:49:22	02:49:15	M6099		2
115	35	PAULO SANTOS	02:49:23	02:49:07	M5054	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	10
116	152	KAREEN ARNOLD	02:49:28	02:49:13	F4549		1
117	77	CARLOS MARQUES	02:49:30	02:49:16	M6099	TÁLENTOS TEAM	3
118	119	SÉRGIO VASCO	02:51:45	02:51:36	M2339		36
119	217	RODOLFO RAPAZ	02:52:51	02:52:36	M4549	AUDI SANTOGAL	20
120	67	ISMAEL FAIZAL	02:52:51	02:52:34	M4044	MARVILA JOVEM	28
121	66	SERGIO NUNES	02:52:52	02:52:34	M4044	MARVIA JOVEM	29
122	108	GLEIBER MENDES	02:53:05	02:52:56	M2339	Arribas	37
123	55	TÓ-ZÉ PEREIRA	02:54:17	02:54:05	M4549	MOITA A CORRER	21
124	166	NIINA MARTTILA	02:54:24	02:54:10	F2339		10
125	41	MÁRIO BOTEQUILHA	02:54:52	02:54:36	M5054		11
126	113	SEBASTIAN ARCHIBALD	02:56:04	02:56:04	M2339		38
127	178	DANIEL SAMPAIO	02:56:05	02:55:51	M4044		30
128	139	ANA GUERREIRO	02:57:07	02:56:50	F5054	INDIVIDUAL	4
129	138	JOSÉ AMARAL	02:57:20	02:57:03	M4549		22
130	126	NUNO SOUSA	02:57:50	02:57:39	M4549	ARRIBA TRAIL RUNNERS	23
131	209	ROGÉRIO MATOS	02:58:00	02:57:56	M5559	RUN 4 FUN	4
132	53	PAULO ALVES	02:58:01	02:57:41	M4549	MATILHA RUNNING	24
133	63	PEDRO MARTINS	03:01:47	03:01:33	M2339		39

134	61	MIRANDOLINA MARTINS	03:01:47	03:01:37	F4044		6
135	62	SARA MARTINS	03:01:48	03:01:31	F2339		11
136	85	JOANA ANTUNES	03:01:59	03:01:51	F2339	CLUBE DE PRAÇAS DA ARMADA	12
137	177	CRISTINA BALAU	03:02:00	03:01:50	F4549		2
138	207	NUNO PINELA	03:04:01	03:03:41	M4044	MIROBRIGA TRAIL	31
139	30	FREDERICO DUARTE	03:04:46	03:04:38	M4549		25
140	44	PAULO SOUSA	03:05:03	03:04:53	M4044		32
141	114	ANA ARAGONEZ	03:05:23	03:05:12	F4044	CA AMIGOS PARQUE DA PAZ	7
142	131	HELENA RAPOSO	03:05:23	03:05:12	F2339		13
143	115	CARLOS ARAGONEZ	03:05:24	03:05:12	M4549	CA AMIGOS PARQUE DA PAZ	26
144	84	DANIEL JORGE	03:05:35	03:05:15	M4044		33
145	8000	LUIS PINTO	03:05:36	03:05:36	M4044		34
146	127	MANUEL FONTINHA	03:06:01	03:05:45	M5054	GRCD LEIÃO - COBRAS TRAILISTAS	12
147	197	NÍDIA VALADARES	03:08:52	03:08:37	F4044	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	8
148	91	JOSÉ MOGA	03:13:37	03:13:29	M6099	LISBOA	4
149	210	LEONARDO SARDO	03:13:37	03:13:16	M4044	CHIVUNK	35
150	181	RAÚL MATOS	03:14:34	03:14:32	M5054	RUN 4 FUN	13
151	50	PEDRO AMARAL	03:15:02	03:14:49	M5054	HERE FOR BEER	14
152	174	PEDRO RIBEIRO	03:15:29	03:15:12	M2339		40
153	24	JORGE SALES	03:17:38	03:17:34	M2339	Barrancos FC - Biogado	41
154	145	NUNO DIAS	03:18:25	03:18:14	M2339	FORTÍSSIMOS	42
155	169	MARGARIDA COELHO	03:19:00	03:18:54	F5054	Papa Kms	5
156	175	ANA LUCIA DUARTE	03:20:40	03:20:31	F4549	ACMF ARRABIDA TRAIL TEAM	3

157	71	NUNO SOBRAL	03:25:17	03:24:58	M4044	SERRADO FC ATLETISMO	36
158	135	CARLOS SILVA	03:27:08	03:26:57	M2339	FORTÍSSIMOS	43
159	195	ROSÁRIO NOBRE	03:29:25	03:29:22	F5054	CLUBE MILLENNIUM BCP	6
160	102	ALEXANDRE AZEVEDO	03:29:36	03:29:18	M4044	FIDELIDADE GDC	37
161	170	ARMANDO TEIXEIRA	03:29:36	03:29:28	M5559	Papa Kms	5
162	198	MARIA ANTÓNIA SALDANHA	03:29:53	03:29:42	F4044	OS TOYNINHOS	9
163	199	ANTÓNIO BOTELHO	03:29:53	03:29:43	M4044	OS TOYNINHOS	38
164	218	PEDRO REBELO	03:30:51	03:30:32	M4549		27
165	94	ANTÓNIO LOPES	03:32:09	03:31:55	M4044		39
166	39	MARIO ANJO	03:33:10	03:32:57	M5559	ANJO & MENDES	6
167	40	GESSINA MENDES	03:33:11	03:32:59	F5054	ANJO & MENDES	7
168	101	RAQUEL DUARTE	03:33:13	03:32:56	F4044	FIDELIDADE GDC	10
169	100	HELENA VASCONCELOS	03:33:13	03:32:56	F4549	FIDELIDADE GDC	4
170	105	NUNO GOMES	03:34:10	03:34:05	M4044		40
171	192	JOSÉ SALGADO	03:34:11	03:34:03	M5054	JOSÉ SALGADO	15
172	88	RICARDO CARVALHO	03:34:23	03:34:09	M4549	CDCR DOS CTT	28
173	26	PEDRO FERREIRA	03:34:24	03:34:08	M5054		16
174	156	RUI BOTELHO	03:35:33	03:35:20	M2339		44
175	186	PAULA BATALHA	03:37:12	03:37:08	F5054	CLUBE MILLENNIUMBPC	8
176	87	JOÃO AFONSO	03:48:57	03:48:57	M4549	CDCR DOS CTT	29
177	20	FERNANDO TEIXEIRA	03:51:58	03:51:45	M5559	CORRER LISBOA	7
178	223	INÊS BERNARDO	03:52:36	03:52:24	F2339	CLUBE MILLENNIM BCP	14