



3º Cascais Trail Experience - Trail Longo

27 de Outubro, 2019

<https://werun.pt/resultados/iii-cascais-trail-experience/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	72	ROBERTO BAIÃO	02:38:22	02:38:22	M2439	AMCF - ARRÁBIDA TRAIL TEAM	1
2	173	JORGE PEDROSO	02:44:05	02:44:05	M4549	Amigos Atletismo Mafra	1
3	51	JOÃO GINJA	02:50:02	02:50:00	M5054	LINDA-A-PASTORA SPORTING CLUBE	1
4	5059	PAULO GONÇALVES	02:51:18	02:51:18	M2439	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	2
5	138	MÁRIO AFONSO	02:54:42	02:54:42	M2439	CCR ALTO DO MOINHO	3
6	139	RUI AFONSO	02:54:51	02:54:50	M5054	CCR ALTO DO MOINHO	2
7	170	ANDREW O'BRIEN	02:57:47	02:57:47	M4549		2
8	49	BRUNO MARCELINO	02:59:54	02:59:54	M2439	BSM68	4
9	130	OLAVO DIAS FONTINHA	03:00:11	03:00:11	M2439	ATR - ALGARVE TRAIL RUNNING	5
10	125	LUÍS COSTA	03:00:12	03:00:11	M4044	CLUBE DE FUTEBOL GUADIANA	1
11	73	VÍTOR GATEIRA	03:02:21	03:02:21	M2439	ÉVORA NIGHT RUNNERS	6
12	68	FERNANDO BATISTA	03:07:23	03:07:21	M2439		7
13	111	PEDRO MARTINS	03:07:28	03:07:26	M5054	CLUBE MILLENNIUM BCP	3
14	5032	PAULO GOMES	03:08:11	03:08:11	M2439	EVELX	8
15	5007	RUTE MARTINS	03:08:21	03:08:21	F2439	COA / CORVUS TRAIL TEAM	1
16	5006	JORGE NABAIS	03:09:41	03:09:41	M2439	COA / CORVUS TRAIL TEAM	9
17	38	RODOLFO SERRA	03:10:25	03:10:24	M2439	CLUBE DE PRAÇAS DA ARMADA	10
18	20	JOÃO PEDRO GONÇALVES DE	03:12:12	03:12:10	M2439	RUN 4 FUN	11

SOUSA

19	136	MARIO RODRIGUES	03:13:26	03:13:26	M5054	FEDERAÇÃO FAMÍLIA PARA PAZ MUNDIAL E UNIFICAÇÃO	4
20	152	KAI PERINI	03:18:22	03:18:18	M4044	ASSOCIAÇÃO WALK RUN AND PORTUGAL	2
21	74	PAULO MARQUES	03:19:04	03:19:04	M4549	HUT RUNNERS SINTRA	3
22	28	MARCO SILVA	03:20:05	03:20:05	M2439	OUTDOOR CLUBE DE SETÚBAL STRENDURE RUNNING TEAM	12
23	119	BRUNO CARVALHO	03:21:51	03:21:37	M2439	PRUDAS RUNNING TEAM	13
24	141	JOÃO CRESPO	03:22:51	03:22:37	M2439	PRUDAS RUNNING TEAM	14
25	180	EDGAR GRIFFIOEN	03:24:07	03:24:04	M5054		5
26	9	ALEXANDRE JARDIM	03:24:43	03:24:36	M4044	SALAMANDRECOS	3
27	174	DAVID KAJPR	03:24:52	03:24:39	M2439	AVIRON BAYONNAIS TRAIL	15
28	5072	SALETE TAVARES	03:25:00	03:25:00	F4549	CA BARREIRA	1
29	201	RUI SILVA	03:25:16	03:25:07	M4549	LOJA FIDELIDADE CASCAIS	4
30	106	VÍTOR MANUEL COSTA	03:26:20	03:26:15	M2439		16
31	50	PAULO MANUEL COSTA	03:26:22	03:26:17	M5054		6
32	191	MAFALDA MONIZ	03:26:24	03:26:23	F2439	AMCF-ARRABIDA TRAIL TEAM	2
33	61	MARCO CUNHA	03:27:31	03:27:14	M2439	CLUBE TAP PORTUGAL	17
34	5002	PEDRO VICENTE	03:27:47	03:27:47	M4044	PORTUGAL TROTTER	4
35	5026	RICARDO GANHÃO	03:29:18	03:29:18	M2439		18
36	133	SUSANA PONTES	03:30:01	03:29:52	F4549		2
37	25	ANTONIO PARDAL	03:30:12	03:30:12	M5054	LT	7
38	46	DIOGO CONDE	03:30:17	03:30:14	M2439	OS COMPADRES	19
39	5016	ISMAEL MAIATO	03:31:16	03:31:16	M5054	SALAMANDRECOS	8
40	8	PEDRO PEREIRA	03:31:19	03:31:19	M4549	SALAMANDRECOS	5

41	47	GONALO PORÊLO	03:33:24	03:33:07	M2439		20
42	162	ULISSES NUNES	03:33:55	03:33:48	M4044	CORRER NA CIDADE	5
43	60	REBECA BRANCO	03:34:35	03:34:20	F2439	CLUBE TAP PORTUGAL	3
44	56	NUNO GONALVES	03:35:01	03:34:41	M4044	CLUBE TAP PORTUGAL	6
45	30	CARLOS ANDRADE	03:37:25	03:37:20	M2439	CABARÉ DOS COXOS	21
46	103	CARLOS MATIAS	03:38:34	03:38:31	M4044	COA /CORVUS TRAIL TEAM	7
47	36	VERA REIS	03:38:44	03:38:44	F4044	CLUBE DE PRAAS DA ARMADA	1
48	5000	RUI CARDOSO	03:38:48	03:38:48	M2439		22
49	156	ACACIO MENDES	03:38:58	03:38:53	M2439		23
50	165	ANDREA BAGNUOLI	03:39:00	03:38:51	M4549		6
51	154	MATHIAS LINDER	03:39:32	03:39:23	M4549	LAG FRAMNÄS	7
52	166	SARAH BAGNUOLI	03:39:47	03:39:38	F2439		4
53	83	RIBAS DIAS	03:42:03	03:41:57	M5559		1
54	94	RUI PEDRO JULIAO	03:42:24	03:42:10	M5054	GEORUNNERS	9
55	157	BRUNO BATALHA	03:42:32	03:42:26	M2439		24
56	123	LUIS VIROTE	03:43:42	03:43:23	M4044		8
57	58	BRUNO PEDRO	03:45:20	03:45:06	M4044	CLUBE TAP PORTUGAL	9
58	159	JOHAN BIETMANN	03:46:38	03:46:34	M0023		1
59	3	GONALO BAROUTAKIS	03:46:49	03:46:41	M4549	TIBA RUNNING TEAM	8
60	131	PAULO MARQUES	03:46:49	03:46:47	M4044		10
61	89	GABRIELA GENOVA	03:47:01	03:46:54	F2439	LEIÃO	5
62	151	SÉRGIO MOURA	03:47:09	03:46:46	M2439		25
63	5063	ANA MARGARIDA FERNANDES	03:48:48	03:48:48	F2439	OCR PORTUGAL	6

64	5012	MANUEL NEVES	03:51:43	03:51:43	M6099		1
65	90	RUI DIAS	03:52:10	03:51:57	M4044	PI-LINHA RUNNERS	11
66	185	SÉRGIO VASCO	03:55:21	03:55:16	M2439		26
67	57	HUGO GUERREIRO	03:56:27	03:56:12	M4044	CLUBE TAP PORTUGAL	12
68	153	PEDRO CAIO GONÇALVES	03:57:24	03:57:20	M4549	ASSOCIAÇÃO WALK AND RUN PORTUGAL	9
69	5054	ANTÓNIO SANTOS	03:57:26	03:57:26	M4549	SALAMANDRECOS	10
70	11	MIGUEL PEDRO	03:57:26	03:57:26	M5054	SALAMANDRECOS	10
71	88	VASCO BRAZ	03:57:47	03:57:41	M2439	DIE WITH MEMORIES NOT DREAMS	27
72	175	JULIA VALENCIA	03:57:53	03:57:34	F2439		7
73	5033	EDUARDO LUÍS	03:57:55	03:57:55	M4044	ATÓMICOS	13
74	84	ALBERTO SILVA	03:58:04	03:57:56	M2439		28
75	117	ANTÓNIO RAPOSO	03:58:56	03:58:53	M4044	CLUBE DE FUTEBOL GUADIANA	14
76	5031	INÊS PEIXOTO	03:59:25	03:59:25	F4044	EVELX	2
77	79	MAURÍCIO MARQUES	04:01:14	04:00:54	M4549	LISBOA	11
78	5048	JOSÉ NUNES	04:03:01	04:03:01	M5054		11
79	189	NUNO SOUSA	04:03:05	04:03:00	M4044		15
80	140	TIAGO GUERREIRO	04:03:06	04:02:59	M4044	GRCD LEIÃO - COBRAS TRAILISTAS	16
81	137	NUNO PRUDENCIO	04:04:03	04:03:48	M2439	PRUDAS RUNNING TEAM	29
82	19	PAULO MOUTINHO	04:05:09	04:04:52	M4549	H-GARRA A LEBRE !!!	12
83	78	FILIPE COELHO	04:05:50	04:05:33	M2439	UNDERDOGS	30
84	5009	RUI LUCIANO	04:06:11	04:06:11	M2439		31
85	188	CATARINA COSTA	04:07:18	04:07:17	F2439	ATR	8
86	126	PEDRO LOPES	04:07:40	04:07:40	M4044		17

87	150	CARMEN FERREIRA	04:08:31	04:08:28	F5054	ASSOCIAÇÃO VALE GRANDE	1
88	145	NANAMI SOGA	04:09:10	04:08:57	F2439		9
89	192	OSCAR PEREIRA	04:11:11	04:11:11	M2439		32
90	5039	RICARDO RODRIGUES	04:12:00	04:12:00	M4044	ZOA	18
91	33	CONCEIÇÃO ALVES	04:12:40	04:12:30	F5559	LESMAS ACELERADAS	1
92	142	CARLOS MARTINS	04:12:49	04:12:32	M4549	FIDELIDADE GDC	13
93	127	ANTÓNIO MANUEL HORTA	04:16:04	04:16:03	M6099		2
94	59	ANTÓNIO IRIA	04:16:12	04:16:12	M5054	CLUBE TAP PORTUGAL	12
95	184	CAMPBELL FORLONG	04:18:25	04:17:05	M5054		13
96	41	OCTÁVIO FERRO	04:18:30	04:18:19	M5054		14
97	5021	FERNANDO CÂNDIDO	04:22:34	04:22:34	M5054		15
98	107	ALEXANDRA SIMON	04:23:25	04:23:10	F4044		3
99	108	JEAN-MARC BERIOU	04:23:26	04:23:11	M5559		2
100	105	JAMES HOBBS	04:24:10	04:24:03	M4044		19
101	82	HUGO SILVA	04:24:36	04:24:15	M2439		33
102	31	LUIS MANUEL NUNES DUARTE	04:24:37	04:24:17	M4549	RUNNERS DA FRENTE RIBEIRINHA DA P.S. IRIA	14
103	22	CATARINA VIEIRA	04:24:47	04:24:38	F2439		10
104	54	PAULO JORGE	04:24:48	04:24:36	M4044		20
105	144	MARCO COSTA	04:26:01	04:25:45	M4044	BRANDOA RUNNER'S	21
106	172	JOAO GAMEIRO	04:28:53	04:28:48	M2439	CABARÉ DOS COXOS	34
107	95	ARTUR DENOMINATO	04:29:01	04:28:46	M4549	PI-LINHA RUNNERS	15
108	143	PAULO CARVALHO	04:29:26	04:29:11	M4549	FIDELIDADE GDC	16
109	115	JULIANA SILVA	04:30:48	04:30:34	F4549	CLUBE MILLENNIUM BCP	3

110	14	PEDRO LOPES	04:31:04	04:30:53	M4044		22
111	15	CÉLIA CABRAL	04:31:05	04:30:53	F2439		11
112	97	JOAO POMBINHO	04:31:32	04:31:13	M2439		35
113	5027	PEDRO GRANADAS	04:32:23	04:32:23	M4044	TURRES TRAIL TEAM	23
114	171	BRIGIT FAURAN	04:32:47	04:32:28	F5559		2
115	110	CARLOS COSTA	04:33:02	04:32:47	M5559	CLUBE MILLENNIUM BCP	3
116	43	MAFALDA RIBEIRO	04:33:58	04:33:50	F2439		12
117	147	ERIN MAGRISI	04:34:05	04:33:42	F4549	TRI SHARKS CASCAIS	4
118	167	NUNO DIAS	04:35:00	04:34:56	M2439	FORTISSIMOS	36
119	5014	BRUNO JACQUET	04:35:13	04:35:13	M2439	Até à Meta	37
120	40	MARIO CARMONA	04:35:26	04:35:09	M5054	GUERREIROS DO RUNNING	16
121	53	BRUNO DE ALMEIDA	04:35:28	04:35:28	M4044	GUERREIROS DO RUNNING	24
122	114	LUIS SILVA	04:35:30	04:35:16	M5054	CLUBE MILLENNIUM BCP	17
123	160	RODRIGO RODRIGUES	04:36:19	04:36:00	M2439	PANQUECAS	38
124	5042	BRUNO JORGE	04:37:21	04:37:21	M2439	Outdoor Clube de Setúbal - Strendure running Team	39
125	55	EDUARDO PINTO	04:37:24	04:37:08	M2439	CLUBE TAP PORTUGAL	40
126	65	FILIPE CAGICA	04:37:41	04:37:32	M2439		41
127	44	JOSÉ ORLANDO BAPTISTA	04:37:52	04:37:44	M4044		25
128	7	JOSÉ CARLOS AMARAL	04:39:02	04:38:45	M4549	CDCR DOS CTT	17
129	91	VANESSA SEQUEIRA	04:44:30	04:44:28	F2439	MARVILA JOVEM	13
130	18	MÁRIO BOTEQUILHA	04:54:07	04:53:46	M5054		18
131	101	JÚLIO SILVA	04:58:12	04:58:06	M5054	K9artaxo	19
132	148	LILIANA RODRIGUES	04:59:49	04:59:38	F4044	CABARÉ DOS COXOS	4

133	34	CLAUDIA MACARA	04:59:51	04:59:51	F4549	CABARÉ DOS COXOS	5
134	98	TIAGO DIAS	05:06:17	05:06:14	M2439		42
135	113	DELFINA ALEXANDRE	05:08:07	05:07:52	F5054	CLUBE MILLENNIUM BCP	2
136	5018	JOSÉ BRÁS	05:11:21	05:11:21	M5559	TARTARUGAS SOLIDÁRIAS	4
137	135	ROGÉRIO MATOS	05:11:29	05:11:07	M5559	RUN 4 FUN	5
138	10	PEDRO FERNANDES	05:17:36	05:17:24	M4044		26
139	132	RAÚL MATOS	05:17:37	05:17:16	M5054	RUN 4 FUN	20
140	186	PEDRO REBELO	05:19:38	05:19:16	M4549		18
141	75	JOEL SOSA	05:21:40	05:21:27	M2439	TOUR SALOIA	43
142	52	MARIA ALVES	05:22:01	05:22:00	F4549		6
143	168	SÓNIA CAPITÃO-MOR	06:50:00	06:49:39	F2439	CORRER LISBOA	14
144	100	AMANDIO BUSCA	06:55:00	06:54:40	M5054	-	21
145	12	HELDER SANTOS	06:55:00	06:54:38	M2439		44