



30 Km Vale de Barris - Trail Longo Mitsubishi

28 de Abril, 2019

<https://werun.pt/resultados/30-km-vale-dos-barris/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	87	JOSÉ GASPAR	02:00:13	02:00:13	M4044	ASSOCIAÇÃO VALE GRANDE	1
2	5074	LUIS FERNANDES	02:04:49	02:04:49	M2439	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	1
3	66	VÍTOR CARVALHEIRA	02:08:10	02:08:09	M2439	CLUBE NATUREZA ALVITO	2
4	84	ROGÉRIO COSTA	02:08:10	02:08:10	M4044		2
5	5073	LUIS SILVA	02:08:38	02:08:38	M2439	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	3
6	5059	PAULO GONÇALVES	02:08:46	02:08:46	M2439	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	4
7	44	PAULO SEQUEIRA	02:11:38	02:11:37	M4044	KÇPHODA WOLVES TRAIL	3
8	31	JOAQUIM PATO	02:18:11	02:18:10	M4549	GRUPO BARRAQUEIRO	1
9	42	BRUNO TAVARES	02:18:22	02:18:22	M2439	TÁLENTOS TEAM	5
10	5027	PEDRO GRANADAS	02:20:03	02:20:03	M4044	TURRES TRAIL TEAM	4
11	5032	PAULO GOMES	02:20:30	02:20:28	M2439	EVELX	6
12	83	LUIS CARDOSO	02:20:56	02:20:54	M4549	RACING BIKES	2
13	12	JOÃO FERREIRA	02:21:53	02:21:46	M2439	CCD CREDITO AGRICOLA	7
14	38	ANTÓNIO INÁCIO	02:21:55	02:21:54	M5054	CRUZ E AMIGOS DA CORRIDA	1
15	73	HELDER VARANDA	02:24:34	02:24:31	M4044	ASSOCIAÇÃO GDAK	5
16	85	MÁRIO PIMENTA	02:24:47	02:24:44	M4549		3
17	5072	SALETE TAVARES	02:24:54	02:24:54	F4549	CA BARREIRA	1
18	33	GUILHERME HORA	02:26:25	02:26:24	M4549	Outdoor Clube de Setúbal - Strendure running Team	4

19	5006	JORGE NABAIS	02:27:27	02:27:26	M2439	COA / CORVUS TRAIL TEAM	8
20	51	CARLOS MATIAS MATIAS	02:27:41	02:27:41	M4044	COA /CORVUS TRAIL TEAM	6
21	5007	RUTE MARTINS	02:29:11	02:29:11	F2439	COA / CORVUS TRAIL TEAM	1
22	56	ROMEU ALEXANDRE TANECO COLAÇO	02:30:37	02:30:35	M4044	GIN. QTA DO VALBOM- AAALCOCHETE	7
23	54	TITO PEREIRA	02:35:20	02:35:10	M2439	G.D.R. SÃO FRANCISCO DA SERRA	9
24	77	FILIPE PEREIRA	02:35:25	02:35:25	M2439	LEBRES DE DOMINGO	10
25	19	PAULO BRUNO	02:36:10	02:36:10	M4549	GRUPO DESPORTIVO SANTANDER TOTTA	5
26	24	PAULO FERREIRA	02:36:21	02:36:10	M2439	CLUBE EDP LISBOA	11
27	48	PEDRO INACIO	02:37:14	02:37:12	M2439	KÇPHODA WOLVES TRAIL	12
28	69	PEDRO PEREIRA	02:37:20	02:37:17	M4549	KÇPHODA WOLVES TRAIL	6
29	46	PEDRO OLIVEIRA	02:37:27	02:37:17	M4549	LISBOA	7
30	22	LUIS MIGUEL P. VILAR GOMES	02:39:45	02:39:43	M4549		8
31	5025	JOSÉ LOPES	02:40:19	02:40:16	M4549	CCD SIEMENS	9
32	43	ANTÓNIO PARREIRA	02:40:32	02:40:28	M4044	ASSOCIAÇÃO GDAK	8
33	5000	RUI CARDOSO	02:40:46	02:40:46	M2439		13
34	41	JOÃO SANTOS	02:41:29	02:41:23	M4044	LEBRES DE DOMINGO	9
35	5042	BRUNO JORGE	02:42:45	02:42:40	M2439	Outdoor Clube de Setúbal - Strendure running Team	14
36	5054	ANTÓNIO SANTOS	02:43:01	02:42:49	M4549	SALAMANDRECOS	10
37	74	PAULO FERREIRA	02:44:01	02:43:57	M4044	ASSOCIAÇÃO GDAK	10
38	14	JOÃO TOBIAS	02:44:03	02:43:54	M2439	CCD CREDITO AGRICOLA	15
39	5030	BERNARDO DIAS	02:44:03	02:43:57	M2439	AD IALBAX	16
40	25	PAULO ALVES	02:44:35	02:44:35	M4549	INDIVIUAL	11
41	89	NUNO ANTUNES	02:44:58	02:44:55	M5054	TRILHOS DO COSTUME	2

42	5033	EDUARDO LUÍS	02:45:35	02:45:27	M4044	ATÓMICOS	11
43	75	HUGO FREIRE	02:45:49	02:45:49	M4044	ASSOCIAÇÃO GDAK	12
44	37	PEDRO PINHEIRO	02:47:22	02:47:22	M4044	BARBARIS TEAM	13
45	72	JORGE SANTOS	02:49:18	02:49:14	M4549	ASSOCIAÇÃO GDAK	12
46	5017	JORGE MIGUEL P F FERREIRA	02:49:44	02:49:41	M4549		13
47	81	MIGUEL MARQUES	02:50:14	02:50:14	M4044	PALMELENSE FC	14
48	3	JOÃO PALMELA	02:51:08	02:50:58	M2439	Boavista Trail	17
49	32	FLÁVIO COSTA	02:52:23	02:52:15	M2439		18
50	5031	INÊS PEIXOTO	02:52:28	02:52:25	F4044	EVELX	1
51	5	RIBAS DIAS	02:55:18	02:55:13	M5559		1
52	82	PAULO MARÇALO	02:56:36	02:56:32	M4549		14
53	76	RUI GONÇALVES	02:57:07	02:57:02	M4044		15
54	5035	SERGIO NUNES	02:57:07	02:57:07	M4044	MARVILA JOVEM	16
55	34	JULIO BARAO	02:57:10	02:56:59	M4044		17
56	49	HUGO LAMPREIA	02:57:22	02:57:20	M4549	KÇPHODA WOLVES TRAIL	15
57	5048	JOSÉ NUNES	02:57:27	02:57:17	M5054		3
58	70	TIAGO GUERREIRO	02:57:36	02:57:24	M4044	GRCD LEIÃO - COBRAS TRAILISTAS	18
59	55	LUÍS GONÇALVES	02:57:37	02:57:27	M4044	G.D.R. SÃO FRANCISCO DA SERRA	19
60	18	HUGO BERNARDINO	02:57:38	02:57:27	M0023	LEBRES DE DOMINGO	1
61	20	VERA REIS	02:58:37	02:58:37	F4044	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	2
62	5029	NUNO CORREIA	02:58:45	02:58:31	M2439		19
63	15	FILIPPE PEDRO	03:02:26	03:02:26	M4044	CAVALAS VELOZES	20
64	57	PATRÍCIA LOURENÇO	03:02:27	03:02:18	F4044	GO! RUNNERS	3

65	16	JOSÉ MARTINS	03:02:45	03:02:34	M4549	SS CGD	16
66	5036	DIOGO SOUSA	03:02:55	03:02:42	M2439	MARVILA JOVEM	20
67	88	MIGUEL JUDAS	03:03:32	03:03:25	M4549	RUNNING MAGAZINE	17
68	5021	FERNANDO CÂNDIDO	03:03:56	03:03:51	M5054		4
69	35	PEDRO CALADO	03:06:27	03:06:27	M4044	OUTDOOR CLUBE DE SETÚBAL	21
70	5039	RICARDO RODRIGUES	03:06:40	03:06:36	M4044	ZOA	22
71	11	CÂNDIDO ALVES	03:07:46	03:07:36	M4549	CCD CREDITO AGRICOLA	18
72	68	GABRIELA GENOVA	03:07:47	03:07:47	F2439		2
73	1	PAULO DOMINGUES	03:07:48	03:07:39	M4549	INDIVIDUAL	19
74	27	HELDER BATISTA	03:09:29	03:09:20	M2439		21
75	7	RUI SANTOS	03:09:29	03:09:21	M2439	Outdoor Clube de Setúbal - Strendure running Team	22
76	30	BRUNO VIEGAS	03:09:57	03:09:41	M4044	INDIVIDUAL	23
77	65	SARA VELHO	03:11:29	03:11:26	F4044		4
78	5014	BRUNO JACQUET	03:11:58	03:11:49	M2439	Até à Meta	23
79	86	RICARDO SEMIÃO	03:12:25	03:12:14	M2439		24
80	10	FILIPE CAGICA	03:12:32	03:12:32	M2439		25
81	59	CARLOS BENJAMIM COSTA	03:17:39	03:17:33	M5559	CLUBE MILLENNIUM BCP	2
82	90	INÊS MARQUES	03:17:44	03:17:44	F4044	99PROVASGRATUITAS TEAM	5
83	39	JOÃO CANHOTO	03:17:52	03:17:46	M5054	CORRER LOURES	5
84	52	PAULO MAURICIO	03:18:32	03:18:19	M2439	LISBOA	26
85	62	CONCEIÇÃO ALVES	03:21:06	03:20:57	F5559	LESMAS ACELERADAS	1
86	45	CLAUDIA SARAIVA	03:21:07	03:21:07	F4044		6
87	67	NUNO SOUSA	03:21:12	03:21:12	M4044	Alcochete	24

88	50	ANA CAMARINHA	03:23:32	03:23:30	F4044	ARRÁBIDA OBSTACLE RUNNERS	7
89	36	RICARDO COELHO	03:23:36	03:23:26	M4549	SS CGD	20
90	29	PAULA VENTURA	03:25:51	03:25:37	F4549	ASSOCIAÇÃO VALE GRANDE	2
91	5075	MAFALDA NUNES	03:28:03	03:27:56	F5054	LEBRES DO SADO	1
92	2	CARLOS CORREIA	03:35:17	03:35:06	M4549	CLUBE AVENTURA DE MONFORTE	21
93	21	JOAO GAMEIRO	03:35:17	03:35:04	M2439	CABARÉ DOS COXOS	27
94	63	MÁRIO MENDES	03:39:29	03:39:21	M5559	CLUBE MILLENNIUM BCP	3
95	58	ANTONIO JORGE FERREIRA	03:39:29	03:39:23	M4549	CLUBE MILLENNIUM BCP	22
96	8	HUGO FERREIRA	03:39:29	03:39:29	M4044		25
97	47	JOAO CRUZ	03:44:20	03:44:20	M4549		23
98	13	JOÃO RODRIGUES	03:46:29	03:46:29	M4549	CCD CREDITO AGRICOLA	24
99	40	MÁRCIO PEREIRA	03:46:51	03:46:46	M4044		26
100	5051	JOSÉ NETO	03:46:57	03:46:41	M2439	LEBRES DO SADO	28
101	5018	JOSÉ BRÁS	04:00:43	04:00:35	M5559	TARTARUGAS SOLIDÁRIAS	4
102	71	JOSE DESCALCO	04:20:16	04:20:16	M4044	INDIVIDUAL	27
103	5053	NIDIA V ALADARES	04:20:17	04:20:01	F4044	LEBRES DO SADO	8
104	4	PEDRO FREITAS	04:21:13	04:21:13	M2439	Arribas	29