



S. Silvestre Trilhos Marateca

22 de Dezembro, 2019

<https://werun.pt/resultados/sao-silvestre-trilhos-da-marateca/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	98	RODRIGO CARRILHO	00:58:49	00:58:49	M2439	CASA SPORT LISBOA E BENFICA VENDAS NOVAS	1
2	115	JOÃO JESUS	01:01:26	01:01:26	M2439		2
3	69	PAULO FERREIRA	01:01:33	01:01:33	M4049	PINHAL NOVO A CORRER	1
4	108	LUIS SILVA	01:04:00	01:04:00	M2439	CLUBE DE PRAÇAS DA ARMADA/WE RUN	3
5	93	RUFINO PAIVA	01:04:01	01:04:00	M4049	OCS - ARRÁBIDA TRAIL TEAM	2
6	10	BRUNO MARCELINO	01:05:08	01:05:08	M2439	TRILHOS NOCTURNOS TEAM RUNNING/BSM68	4
7	88	ANDRÉ LOUZEIRO	01:06:46	01:06:46	M2439	SINESCROSSTRaining	5
8	17	FERNANDO SANTOS	01:08:02	01:08:02	M5059	CLUBE PRAÇAS ARMADA	1
9	18	LUIS VITORINO	01:08:09	01:08:09	M4049	WERUN.PT	3
10	92	SAMUEL GALVEIA	01:08:17	01:08:16	M2439	SETÚBAL	6
11	138	ARTUR VINHAIS	01:08:21	01:08:21	M4049	TEAM CORPO SANTO HOTEL	4
12	40	JOSÉ MANUEL GOMES	01:08:23	01:08:22	M5059		2
13	72	RICARDO MENDES	01:08:47	01:08:47	M2439		7
14	112	RICARDO LOBO	01:08:50	01:08:49	M4049	A NATUREZA ENSINA	5
15	105	EURICO CANDEIAS	01:09:34	01:09:34	M5059	VENDAS NOVAS PORTUGAL	3
16	30	NUNO RAMOS	01:09:41	01:09:40	M2439		8
17	145	NUNO CESÁRIO	01:09:59	01:09:59	M4049	MOITA A CORRER	6
18	147	VASCO AGOSTINHO	01:10:14	01:10:13	M5059		4

19	128	TIAGO SILVA	01:10:17	01:10:17	M4049	ZIMBRA FOX RUNNERS	7
20	49	RUI DA SILVA	01:10:39	01:10:34	M4049	R&R RUNNERS	8
21	95	JORGE SANTOS	01:11:25	01:11:25	M0023		1
22	65	ANDRE VALERIO	01:14:16	01:14:15	M2439	NINJA DINAMITE	9
23	38	RUI SIMPLÍCIO	01:14:21	01:14:16	M4049		9
24	31	PEDRO SOUSA	01:14:31	01:14:29	M6099	PALMELENSE FUTEBOL CLUBE	1
25	146	RICARDO SANTOS	01:15:09	01:15:09	M4049	MOITA A CORRER	10
26	79	PEDRO PEREIRA	01:15:28	01:15:28	M4049	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	11
27	97	PEDRO CARDOSO	01:16:43	01:16:36	M4049	Baixa da Banheira	12
28	67	ANTÓNIO ROSADO	01:17:03	01:17:02	M5059	GDR SAO FRANCISCO DA SERRA	5
29	53	JOÃO LIXA	01:17:39	01:17:34	M5059	PAPA LÉGUAS DE SETÚBAL	6
30	39	MARCO SANTOS	01:17:50	01:17:46	M2439	INDIVIDUAL	10
31	70	ANTÓNIO CAMACHO	01:17:57	01:17:57	M6099	PALMELENSE FUTEBOL CLUBEL	2
32	71	JOSÉ AMÂNDIO	01:17:58	01:17:50	M5059	INDIVIDUAL	7
33	107	FILIPE COELHO	01:18:16	01:18:12	M2439		11
34	61	OLAVO MINEIRO	01:18:21	01:18:13	M4049	FORNINHO	13
35	23	RICARDO CAPELO	01:18:39	01:18:34	M2439		12
36	51	VITOR MARTINS	01:18:52	01:18:50	M6099	Moita Running	3
37	78	PAULO JORGE PINTO	01:19:09	01:19:09	M4049	Pinhal Novo	14
38	144	CARLOS PAIS	01:19:23	01:19:22	M2439	ESCACAR PEDRA	13
39	131	JOSE GOMES	01:19:48	01:19:39	M4049	CORRER LISBOA	15
40	122	INÊS MARQUES	01:20:03	01:20:02	F4049	WERUN	1
41	66	FILIPE INÁCIO	01:20:31	01:20:29	M2439	NINJA DINAMITE TRAIL TEAM	14

42	59	CARLA PEREIRA	01:20:32	01:20:28	F2439	99PROVASGRATUITAS	1
43	109	MALVINA GOMES	01:21:04	01:21:04	F4049	ESCOLA DE TRIATLO PALMELA DESPORTO	2
44	83	JOÃO MONTEIRO	01:21:53	01:21:51	M0023		2
45	150	JOSÉ NUNES	01:22:05	01:22:03	M5059	WERUN.PT	8
46	24	CARMEN HENRIQUES	01:23:23	01:23:22	F4049	WE RUN	3
47	73	JOEL MÓSCA	01:23:24	01:23:18	M5059	atletas à solta	9
48	20	PEDRO LOPES	01:23:24	01:23:17	M4049		16
49	101	NUNO ANTUNES	01:24:19	01:24:08	M2439		15
50	100	FERNANDO MARTINHO	01:24:33	01:24:33	M2439	WOLF TRAL TEAM	16
51	106	LUIS SERRA DAVID	01:24:46	01:24:42	M0023	ATR - ALGARVE TRAIL RUNNING	3
52	11	PAULO DOMINGUES	01:24:55	01:24:51	M4049		17
53	21	ARMÉNIO ALBINO	01:25:16	01:25:11	M5059		10
54	58	JOSÉ GONÇALVES	01:25:19	01:25:14	M4049	OCS - ARRÁBIDA TRAIL TEAM	18
55	123	PEDRO NUNO PEREIRA SEQUEIRA	01:25:30	01:25:26	M4049	EVELX	19
56	46	PEDRO MATIAS	01:25:41	01:25:36	M2439	UCA	17
57	153	SARA VELHO	01:25:43	01:25:41	F4049	OCS - ARRÁBIDA TRAIL TEAM	4
58	34	CARLOS MARQUES	01:25:51	01:25:43	M6099	TÁLENTOS TEAM	4
59	129	RUI BRAS	01:26:00	01:25:48	M4049		20
60	132	FRANCISCO JOSÉ MACHETA	01:26:02	01:25:55	M4049		21
61	121	RITA MARTINS	01:26:07	01:26:03	F2439		2
62	133	NUNO SOUSA	01:26:12	01:26:06	M4049	Running Láparo	22
63	126	ANTONIO CAIADO	01:26:21	01:26:09	M4049	Barrancos FC - Biogado	23
64	99	ALEXANDRA ROCHA	01:26:26	01:26:19	F2439	ARTE DOS TRILHOS	3

65	116	DANIEL ZEFERINO	01:26:40	01:26:37	M2439	Pinhal Novo	18
66	114	CRISTINA FROTA	01:26:42	01:26:41	F2439	OCS - ARRÁBIDA TRAIL TEAM	4
67	22	ANGELO MENDES	01:26:47	01:26:41	M4049	INDIVIDUAL	24
68	13	ANA PAULINO	01:26:48	01:26:34	F2439		5
69	77	FERNANDO FARIA	01:27:17	01:27:09	M4049	TÁLENTOS TEAM	25
70	103	OLGA CAIADO	01:28:30	01:28:26	F4049	VENDAS NOVAS	5
71	118	HELDER DOS SANTOS FAIA	01:28:33	01:28:29	M2439	CCD MATRIZ / BORBA TRAIL	19
72	125	SONIA MARAVILHA	01:28:49	01:28:44	F2439	ARTE DOS TRILHOS	6
73	35	EDUARDO VANZELLER	01:28:57	01:28:54	M5059		11
74	28	AMÍLCAR ROMÃO	01:31:07	01:31:00	M6099	G.D.R. SÃO FRANCISCO DA SERRA	5
75	130	FILIPE MARGAÇO	01:32:07	01:32:03	M2439	RUN FOR THE OCEAN	20
76	60	MIGUEL LOPES	01:32:14	01:31:59	M4049	99PROVASGRATUITAS	26
77	26	PAULO ABADIA	01:32:28	01:32:19	M4049	FITRUNNES	27
78	47	ANA ALMEIDA	01:32:42	01:32:42	F2439	PINHAL NOVO A CORRER	7
79	48	FERNANDO SILVA	01:32:43	01:32:43	M4049	PINHAL NOVO A CORRER	28
80	143	PEDRO GOUVEIA	01:33:03	01:32:58	M4049	CLUBE DE CORRIDA EXTERNATO DA LUZ	29
81	148	HELENA SOUSA	01:33:08	01:33:08	F4049	TRILHOS NOTURNOSRUNNING TEAM	6
82	37	RAFAEL AZRIEL	01:34:29	01:34:25	M5059		12
83	25	MÁRIO ROMÃO	01:34:57	01:34:49	M4049		30
84	15	POSSIDONIO CONSTANTINO	01:36:08	01:36:01	M6099	CLUBE PRAÇAS DA ARMADA	6
85	27	CLÁUDIO CRUZ	01:36:12	01:36:06	M4049	ARRÁBIDA OBSTACLE RUNNERS	31
86	142	EDUARDO RIBEIRO	01:36:46	01:36:40	M4049	CAMIÑEROS	32
87	45	SARA GOMES	01:37:12	01:37:07	F0023	CORRER LISBOA	1

88	91	DIOGO POLICARPO	01:37:14	01:37:06	M2439		21
89	127	BRUNO NARCISO	01:38:02	01:38:02	M2439		22
90	84	HÉLDER NOGUEIRA	01:38:33	01:38:27	M4049	ANE	33
91	19	NUNO MOLERO	01:38:38	01:38:37	M2439		23
92	33	SARA COLAÇO	01:39:30	01:39:21	F4049		7
93	32	RUI MANUEL VELEZ	01:39:31	01:39:21	M5059		13
94	44	AIRES ILDEFONSO	01:40:45	01:40:31	M6099	CABELEIREIRO MODA JOVEM	7
95	64	MARIA SARAMAGO	01:41:19	01:41:19	F5059	PINHAL NOVO A CORRER	1
96	104	SANDRA SILVA	01:41:33	01:41:27	F4049	VENDAS NOVAS PORTUGAL	8
97	90	HELENA PARREIRA	01:41:35	01:41:35	F4049	PINHAL NOVO A CORRER	9
98	82	FERNANDO MARTINHO	01:41:56	01:41:47	M5059	NAVIGATOR CLUBE SETÚBAL	14
99	75	ANDREIA SOFIA	01:42:14	01:42:03	F2439		8
100	141	TIAGO GALEGO	01:43:15	01:43:05	M4049		34
101	151	DORA PINTO	01:43:15	01:43:09	F5059		2
102	152	PAULO CAVALEIRO	01:43:15	01:43:09	M5059		15
103	149	PATRICIA GERALDES	01:43:52	01:43:50	F5059	WERUN.PT	3
104	96	LUÍS ANTÓNIO FERNANDES	01:44:07	01:44:00	M4049	ARRÁBIDA OBSTACLE RUNNERS	35
105	87	RUI FERNANDES	01:44:45	01:44:34	M4049		36
106	134	INES SEPULVEDA	01:44:58	01:44:49	F2439	PINTAINHOS	9
107	135	PAULO MACHADO	01:44:58	01:44:49	M2439	PINTAINHOS	24
108	140	TÂNIA CARMO	01:45:57	01:45:47	F2439		10
109	52	ANTÓNIO DUARTE	01:46:50	01:46:45	M6099	INDIVIDUAL	8
110	76	MARCO MATIAS	01:47:05	01:47:05	M2439		25

111	124	MARIANA PEREIRA	01:48:10	01:48:02	M6099	ALVERCA	9
112	81	PAULA MATIAS	01:48:53	01:48:39	F2439	AMICICLO GRÂNDOLA	11
113	74	CARLA CLEMENTE	01:50:33	01:50:33	F4049		10
114	42	MARIO ANJO	01:51:16	01:51:12	M5059	ANJO & MENDES	16
115	43	GESSINA MENDES	01:51:16	01:51:11	F5059	ANJO & MENDES	4
116	56	EUGÉNIA DIAS	01:53:49	01:53:39	F4049	PAPA LÉGUAS DE SETÚBAL	11
117	57	GRAÇA GONÇALVES	01:53:50	01:53:42	F5059	PAPA LÉGUAS DE SETÚBAL	5
118	16	VERA BEXIGA	01:54:17	01:54:13	F2439	X4FUN	12
119	50	RITA BRANCO	01:54:18	01:54:09	M4049	R&R RUNNERS	37
120	29	HENRIQUE VILHENA	01:54:42	01:54:31	M6099	LisRunning CPA	10
121	54	PAULO RIJO	01:54:53	01:54:47	M5059	PAPA LÉGUAS DE SETÚBAL	17
122	102	OLINDA SERRADOR	01:55:31	01:55:26	F4049	ARTE DOS TRILHOS	12
123	110	HELENA PEDRADAS	01:55:33	01:55:27	F6099	ARTE DOS TRILHOS	1
124	119	CATARINA FERNANDES	01:55:44	01:55:33	F2439		13
125	120	RICARDO ANTUNES	01:55:44	01:55:32	M2439	BARREIRO	26
126	68	DINA CLÁUDIA BAETA ALEGRIA	01:56:36	01:56:32	F4049	PINHAL NOVO A CORRER	13
127	111	SANDRA GUERREIRO	01:57:33	01:57:30	F4049		14
128	14	CARLOS ALFEIRÃO	02:09:39	02:09:39	M2439	TRILHOS NOCTURNOS TEAM RUNNING	27