



III Shark Race Sesimbra 2019

17 de Agosto, 2019

<https://werun.pt/resultados/iii-shark-race-sesimbra-2019/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	124	ANDRÉ LUNA COSTA	00:24:43	00:24:43	M2439	CLUBE DE PRAÇAS DA ARMADA/ CPA TRAIL TEAM	1
2	5031	MARCO TAVARES	00:25:45	00:25:44	M2439	FF PARA A PAZ E UNIFICAÇÃO MUNDIAL	2
3	177	DANIEL ALMEIDA	00:25:50	00:25:50	M1623	ALMEIDA	1
4	52	JOSÉ GUERRA	00:26:57	00:26:57	M2439	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	3
5	35	ANDRE FONSECA	00:27:01	00:27:00	M2439	WWW.PROJETOAMELIA.ORG/LIZ RUNNERS	4
6	159	DAVID FERNANDES	00:27:29	00:27:29	M4049	RUN TEJO	1
7	164	RICARDO PARADA	00:27:47	00:27:47	M2439	AMCF ARRÁBIDA TRAIL TEAM	5
8	5052	ANTÓNIO JOSÉ RAMOS MOURO	00:27:48	00:27:47	M4049	A NATUREZA ENSINA	2
9	134	MIGUEL SOBRAL	00:28:05	00:28:05	M4049	ACADEMIA DO KORPO	3
10	153	JOSE BANHA	00:28:05	00:28:05	M2439	BEJA ATLÉTICO CLUBE	6
11	214	NUNO CARDOSO	00:28:18	00:28:18	M4049		4
12	206	RUI HENRIQUES	00:28:30	00:28:29	M4049	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	5
13	136	ANTÓNIO REIS	00:29:09	00:29:09	M4049	CARREGUEIRA RUNNERS	6
14	150	ENRIQUE PANACH ROSAT	00:29:13	00:29:12	M5059	C.A MASSAMAGRELL	1
15	26	BRUNO MARCELINO	00:29:16	00:29:16	M2439	BSM68	7
16	17	ANTONIO RODRÍGUEZ GUILLÉN	00:29:21	00:29:21	M5059	SPARTA CUNIT	2
17	126	LUIS VITORINO	00:29:25	00:29:25	M4049	RUN AND SMILE	7
18	186	JOSÉ GOMES	00:29:31	00:29:31	M5059		3

19	46	RENATO CABRAL	00:29:34	00:29:34	M2439		8
20	5049	PALMIRA QUINHAMA	00:29:54	00:29:53	F4049	AMINHACORRIDA	1
21	183	VITOR JORGE	00:30:16	00:30:14	M5059	C.D.R. AGUIAS UNIDAS- AMORA- SEIXAL	4
22	161	NUNO MIGUEL VALENTE	00:30:27	00:30:27	M2439		9
23	19	LUIS JUSTINO NUNES PEREIRA	00:30:40	00:30:38	M4049	Rio mouro paiões	8
24	207	JOAQUIM ALEXANDRE	00:30:49	00:30:43	M5059		5
25	47	ANDRE SAPATA	00:30:51	00:30:51	M2439		10
26	115	DARIO CRUZ CRUZ	00:30:52	00:30:52	M4049	ALEGRIA-TEAM	9
27	140	JOSE SERRALHA	00:30:55	00:30:55	M5059	MONTIJO RUNNERS	6
28	139	NELSON CARLOS GUERREIRO PEREIRA	00:31:20	00:31:20	M5059	MONTIJO RUNNERS	7
29	91	RUI PASTOR	00:31:22	00:31:22	M4049	PASTOR RACING	10
30	5026	JOSÉ AMARO	00:31:50	00:31:46	M4049	AMINHACORRIDA	11
31	141	LUÍS MIGUEL ABREU DE ALMEIDA	00:31:51	00:31:46	M4049		12
32	15	GONÇALO PORÊLO	00:31:56	00:31:53	M2439	SÃO DOMINGOS DE RANA	11
33	5048	JORGE AMARAL	00:32:05	00:32:03	M5059	AMINHACORRIDA	8
34	152	FERNANDO DIAS	00:32:14	00:32:14	M4049	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	13
35	78	JOSE AMIGO	00:32:38	00:32:38	M6069	99PROVASGRATUITAS TEAM	1
36	193	PAULO NUNES	00:32:41	00:32:41	M4049	BRUNO SEMPRE . BABA MAMBO	14
37	111	DIOGO SILVA	00:32:49	00:32:45	M1623	SILVAS	2
38	131	JAIME LAMEGO	00:33:01	00:33:00	M5059		9
39	215	AVELINO SOARES	00:33:01	00:33:00	M5059	RUN TEJO	10
40	147	FILIPE PINHEIRO	00:33:03	00:33:03	M1623	CAIPIRAS DOCES	3

41	145	GONALO SENA	00:33:05	00:32:34	M1623	CAIPIRAS DOCES	4
42	132	CHANTAL XHERVELLE	00:33:08	00:33:08	F5059		1
43	105	PEDRO BRÁS	00:33:21	00:33:18	M4049	VILA NOVA DE SANTO ANDRÉ	15
44	5045	JUSTINIANO SILVA	00:33:22	00:33:20	M5059	Renault Run Club	11
45	50	TIAGO QUITERIO	00:33:40	00:33:40	M2439	FF PARA A PAZ MUNDIAL E UNIFICAÃO	12
46	31	BRUNO CARVALHO	00:33:47	00:33:47	M2439	BANDIDOS	13
47	86	DUARTE COSTA	00:33:49	00:33:48	M2439	RUN FOR FRIENDS	14
48	116	RICARDO MEIRA MEIRA	00:33:52	00:33:52	M4049	ALEGRIA-TEAM	16
49	190	ANA PAULA GUEDES	00:33:57	00:33:56	F4049	A NATUREZA ENSINA	2
50	189	CARLOS ALBERTO LIMA	00:33:58	00:33:56	M4049	A NATUREZA ENSINA	17
51	5021	RICARDO SANTOS SANTOS	00:34:08	00:34:03	M4049	MOITA A CORRER	18
52	155	ANTÓNIO CERDEIRA	00:34:14	00:34:11	M6069	INDEIVIDUAL	2
53	74	DAVID POO	00:34:20	00:34:09	M2439	FIDELIDADE GDC	15
54	112	ANTÓNIO BAPTISTA	00:34:33	00:34:31	M5059		12
55	103	ÁLVARO BRITO	00:34:43	00:34:34	M4049	NAO PARA	19
56	42	VANDA SANTOS	00:34:45	00:34:44	F2439		1
57	30	CÂNDIDO POÇAS	00:35:02	00:34:55	M4049	BANDIDO	20
58	212	FREDERICO SILVA	00:35:04	00:34:56	M1623		5
59	211	ANA RITA RIBAU	00:35:05	00:35:05	F2439		2
60	209	ALEXANDRE LEIRIA	00:35:11	00:35:00	M4049		21
61	109	ANTÓNIO COSTA	00:35:13	00:31:53	M5059		13
62	5008	LUISA LANDEIRO	00:35:15	00:35:04	F4049	SS CGD	3
63	5009	PEDRO NUNES	00:35:18	00:35:05	M4049	SS CGD	22

64	18	PEDRO VICENTE	00:35:23	00:35:15	M5059		14
65	5002	DANIEL SILVÉRIO	00:35:23	00:35:17	M4049	G.D.R. SÃO FRANCISCO DA SERRA	23
66	158	SANDRA BAILOTE	00:35:28	00:35:28	F4049	OLIMPICO DE LAGOS	4
67	151	ANTONIO IGNACIO VIVO SALES	00:35:29	00:35:29	M5059	C.A MASSAMAGRELL	15
68	5018	HELDER MARQUES	00:35:35	00:35:29	M4049	MOITA A CORRER	24
69	100	ALEXANDRA SILVA	00:35:37	00:35:30	F4049	AMINHACORRIDA	5
70	5010	HENRIQUE AMADOR	00:35:42	00:35:42	M4049	SS CGD	25
71	135	ALEXANDRE TEIXEIRA	00:35:46	00:35:44	M1623		6
72	34	RODRIGO SELADA	00:35:48	00:35:48	M2439	NEL - PÉDATLETA	16
73	24	JOÃO SANTOS	00:35:49	00:35:47	M2439	JFMASSAGISTA	17
74	23	VITÓRIA QUINTÃ	00:35:49	00:35:46	F2439	JFMASSAGISTA	3
75	201	JOSÉ CARVALHO	00:35:58	00:34:34	M1623	CAIPIRINHAS DOCES	7
76	176	ALCINDO ALMEIDA	00:36:00	00:35:53	M6069	ALMEIDA	3
77	5025	ANA AMARO	00:36:08	00:36:05	F4049	AMINHACORRIDA	6
78	5023	CARLA TABAIO	00:36:16	00:36:12	F2439	AMINHACORRIDA	4
79	185	TIAGO EZEQUIEL	00:36:17	00:36:06	M4049	ZIMBRA FOX RUNNERS	26
80	16	PEDRO PEREIRA	00:36:18	00:36:06	M2439	BRR nightRUNNERS	18
81	48	ANA LUCIA NOTÁRIO	00:36:19	00:33:07	F5059	AMINHACORRIDA	2
82	64	EDGAR FRANCISCO	00:36:20	00:36:20	M5059		16
83	173	GONÇALO BORGES	00:36:25	00:36:11	M2439	SURFERS	19
84	128	LUÍS SILVA	00:36:29	00:36:20	M4049	TÁLENTOS TEAM	27
85	125	CARMEN HENRIQUES	00:36:38	00:36:38	F4049	SETUBAL	7
86	146	RODRIGO SENA	00:36:38	00:35:16	M1623	CAIPIRAS DOCES	8

87	79	RUI MONTEIRO	00:37:04	00:36:58	M5059	NEL PÉ DE ATLETA	17
88	162	MIGUEL LOPES LOPES	00:37:08	00:36:55	M4049	99PROVASGRATUITAS	28
89	163	INES MARQUES	00:37:08	00:37:04	F4049	99PROVASGRATUITAS	8
90	208	TÂNIA FREITAS	00:37:08	00:36:58	F2439		5
91	205	ISABEL SANTOS	00:37:21	00:37:17	F5059	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	3
92	45	NUNO GOMES	00:37:29	00:37:29	M4049	INDIVIDUAL	29
93	194	FERNANDO MANUEL	00:37:37	00:37:35	M6069	BRUNO SEMPRE . BABA MAMBO	4
94	99	ARTUR SANTOS	00:37:41	00:37:30	M2439	ARRUDA DOS VINHOS	20
95	191	SUSANA JEREMIAS	00:37:44	00:37:35	F4049	FITRUNNERS	9
96	63	ANTONIO BARBAS	00:37:50	00:37:42	M5059		18
97	133	SONIA FERNANDES	00:37:54	00:37:46	F4049		10
98	68	LUIS BAIXINHO	00:38:11	00:37:57	M2439	CLUBE MILLENNIUMBPCP	21
99	72	LILIANA CARVALHO	00:38:24	00:38:24	F2439		6
100	202	TIAGO PRATA	00:38:26	00:37:01	M1623	CAIPIRINHAS DOCES	9
101	5013	MARTIM XAVIER	00:38:27	00:38:22	M1623	MOITA A CORRER	10
102	5012	XAVIER SOUSA	00:38:29	00:38:24	M4049	MOITA A CORRER	30
103	5000	AMÍLCAR ROMÃO	00:38:50	00:38:44	M6069	G. D. R. SÃO FRANCISCO DA SERRA	5
104	82	JULIO BARAO	00:38:51	00:38:40	M4049		31
105	43	ROGÉRIO ANTUNES	00:38:56	00:38:48	M4049		32
106	195	HELDER SANTOS	00:39:16	00:39:13	M4049	BRUNO SEMPRE . BABA MAMBO	33
107	204	BRUNO LOPES	00:39:25	00:39:19	M4049		34
108	5017	TÓ-ZÉ PEREIRA	00:39:25	00:39:19	M4049	MOITA A CORRER	35
109	149	JORGE MIGUEL SALES	00:39:27	00:39:27	M2439	Barrancos FC - Biogado	22

110	59	CARLOS FERNANDES	00:39:32	00:39:28	M4049	TÁLENTOS TEAM	36
111	83	JOAO FERREIRA	00:39:32	00:39:30	M4049	JOIN	37
112	166	LUANA SILVA	00:39:42	00:39:33	F2439		7
113	213	NELIA PEDROSA	00:39:47	00:39:47	F4049	FREE RUNNERS	11
114	188	SELMA RESENDE SILVA SILVA	00:39:54	00:39:51	F5059		4
115	5024	BRUNO TABAIO	00:40:00	00:39:47	M2439	AMINHACORRIDA	23
116	172	ANA MONTEIRO	00:40:09	00:40:00	F4049		12
117	156	ARMANDO LACERDA	00:40:13	00:40:09	M6069	ESTREMOZ	6
118	144	ANTONIO SENA	00:40:27	00:39:27	M4049	CAIPIRAS DOCES	38
119	41	JOÃO FILIPE TEIXEIRA VEIGAS	00:40:27	00:40:11	M2439	Montijo	24
120	56	PEDRO PEREIRA	00:40:29	00:40:15	M5059		19
121	66	ALFREDO JORGE NOTÁRIO	00:40:31	00:40:31	M4049		39
122	160	MARCO CARVALHO	00:40:50	00:40:50	M4049	ARMOTORSPO	40
123	92	CATARINA VARGES	00:40:52	00:40:37	F4049	CLUBE FERROVIÁRIO DE PORTUGAL	13
124	97	LUIS CONCEIÇÃO	00:40:53	00:40:39	M4049	CLUBE DE PRAÇAS DA ARMADA	41
125	123	SARA GOMES	00:41:00	00:41:00	F1623	CORRER LISBOA	1
126	148	GONÇALO HENRIQUE	00:41:02	00:40:03	M1623	CAIPIRAS DOCES	11
127	76	LUÍS NUNES	00:41:16	00:41:02	M4049	FIDELIDADE GDC	42
128	5051	MARIA MAGRO	00:41:16	00:41:08	F4049	TARTARUGAS SOLIDARIAS	14
129	77	MARGARIDA AMIGO	00:41:17	00:41:14	F6069	99PROVASGRATUITAS TEAM	1
130	73	CARLOS DIAS	00:41:23	00:41:16	M6069	FIDELIDADE GDC	7
131	196	MANUEL NASCIMENTO	00:41:26	00:41:26	M6069		8
132	142	HÉLDER SILVÉRIO	00:41:32	00:41:24	M4049	BENEDITA	43

133	29	RUDOLF VAN BEZOUWEN	00:41:40	00:41:33	M2439	NAC	25
134	175	MARIO SOBRAL	00:41:50	00:41:50	M4049	CORRER LISBOA	44
135	108	JOÃO ABREU	00:41:51	00:41:51	M2439	CORRER LOURES	26
136	93	LUÍS SANTOS	00:41:55	00:41:55	M2439		27
137	39	SUSANA COSTA	00:42:03	00:41:58	F4049	JUMP4	15
138	119	LISETE RAMALHO	00:42:03	00:41:58	F4049	JUMP4	16
139	137	SARA GOMES	00:42:15	00:42:15	F4049		17
140	13	CARINA OLIVEIRA	00:42:15	00:42:07	F4049	Sesimbra	18
141	184	PAULA GUERREIRO	00:42:24	00:42:21	F4049	C.D.R. AGUIAS UNIDAS -AMORA -SEIXAL	19
142	143	NUNO MOLERO	00:42:32	00:42:31	M4049		45
143	53	ANTÓNIO VARELA	00:42:38	00:42:34	M5059	INDIVIDUAL	20
144	154	RUI SILVA	00:42:43	00:42:39	M5059		21
145	33	CATARINA RODRIGUES	00:42:48	00:42:40	F4049	GRCD LEIÃO	20
146	80	RUI GOMES	00:42:48	00:42:43	M4049		46
147	84	DAVID CANDEIAS	00:42:53	00:42:43	M1623		12
148	113	MARIA JOAO CARROLA	00:42:57	00:42:49	F4049	INDIVIDUAL	21
149	130	ESTHER PEREZ	00:42:59	00:42:49	F4049	CINCHO TEAM	22
150	87	JOÃO CORREIA	00:43:05	00:42:54	M5059	SS CGD	22
151	81	MILTON CORÓ	00:43:14	00:43:04	M4049		47
152	122	ANDREW PYLE	00:43:33	00:43:26	M2439	NAC	28
153	197	HÉCIO PATACA	00:43:41	00:43:31	M4049		48
154	55	MARIA FOLQUES	00:43:45	00:43:32	F4049		23
155	58	MARIA JOÃO EMÍDIO	00:43:46	00:43:44	F5059	TÁLENTOS TEAM	5

156	270	ANABELA RIBEIRO	00:44:14	00:44:02	F5059		6
157	5057	LEONEL FERNANDO BRANDÃO	00:44:15	00:44:01	M5059	CLUBE MILLENNIUMBCP	23
158	22	PAULA RODRIGUES	00:44:29	00:44:25	F4049	ALGÉS	24
159	165	CLÁUDIA TAVARES	00:45:36	00:45:15	F2439	Pinhal Novo	8
160	179	PAULO GORDO	00:45:41	00:45:39	M5059	CORRER QUELUZ	24
161	180	LUISA XARRAZ	00:45:41	00:45:41	F5059	CORRER QUELUZ	7
162	174	PEDRO CAETANO	00:46:16	00:46:01	M4049	SURFERS	49
163	75	FRANCISCO PAULOS	00:46:22	00:46:22	M4049	FIDELIDADE GDC	50
164	28	PIOTR WRONISZEWSKI	00:46:34	00:46:34	M2439	NAC	29
165	25	RITA BENTES	00:46:49	00:46:49	F2439		9
166	129	DANIEL SALGADO	00:47:02	00:46:52	M4049	CINCHO TEAM	51
167	96	RICARDO GASPAR	00:47:40	00:47:27	M6069	CLUBE DE PRAÇAS DA ARMADA	9
168	49	EDUARDO LOPES	00:48:07	00:47:56	M5059	A MINHA CORRIDA	25
169	216	LIDIA SANTOS	00:48:08	00:48:08	F5059		8
170	182	CÁTIA LOPES	00:48:19	00:48:12	F2439	C.D.R. AGUIAS UNIDAS	10
171	38	JOANA GRILO	00:48:26	00:48:08	F2439		11
172	94	JOANA GONÇALVES	00:48:33	00:48:18	F2439	H&J	12
173	95	HÉLIO BARRELAS	00:48:34	00:48:19	M2439	H&J	30
174	37	SANDRA MARQUES	00:48:41	00:48:24	F5059		9
175	102	CRISTIANO MARQUES	00:49:18	00:49:08	M2439		31
176	65	EDMAR D'ALMEIDA	00:50:22	00:50:08	M2439		32
177	57	CINEYDE BARROS	00:50:23	00:50:08	F2439		13
178	157	MARIA LACERDA	00:51:22	00:51:20	F5059	ESTREMOZ	10

179	210	CATARINA BAIÃO	00:51:42	00:51:25	F2439		14
180	106	CLAUDIA LOURENÇO	00:51:49	00:51:38	F4049	SS CGD	25
181	127	ELISABETE AZOUGADO	00:51:49	00:51:40	F4049	TÁLENTOS TEAM	26
182	104	RUI RAMOS	00:51:58	00:51:45	M4049		52
183	44	CLARA HENRIQUES	00:51:59	00:51:45	F2439	ALTITUDE0	15
184	107	CARLOS SILVA	00:53:06	00:52:55	M4049	SS CGD	53
185	98	ISABEL SAMPAIO	00:53:40	00:53:31	F4049	INDIVIDUAL	27
186	62	FATIMA BARBAS	00:56:26	00:56:18	F5059		11
187	5058	FERNANDO FERREIRA	00:57:13	00:56:59	M7099	CLUBE MILLENNIUMBCP	1
188	117	CARLA SILVA	00:58:48	00:58:45	F5059	BARBARIS	12
189	203	MARGARIDA FONSECA	00:59:08	00:59:00	F6069		2
190	11	MÁRIO PIRES	00:59:09	00:59:09	M6069	INDIVIDUAL	10