



# V Trail Qta do Pinhão 2019 Trail Longo

13 de Outubro, 2019

<https://werun.pt/resultados/v-trail-qta-do-pinhao-2019/>

| Pos. | Dorsal | Nome               | Tempo Bruto | Tempo Líquido | Escalão | Equipa                           | Pos. Escalão |
|------|--------|--------------------|-------------|---------------|---------|----------------------------------|--------------|
| 1    | 272    | PEDRO PELADO       | 01:16:30    | 01:16:30      | M0039   |                                  | 1            |
| 2    | 201    | JOSE SOLDADO       | 01:18:42    | 01:18:42      | M5059   | C.D.R. AGUIAS UNIDAS AMORA       | 1            |
| 3    | 159    | PEDRO PASCOAL      | 01:19:16    | 01:19:16      | M4049   | ARRÁBIDA OBSTACLE RUNNERS        | 1            |
| 4    | 63     | ÓSCAR PEREIRA      | 01:21:43    | 01:21:43      | M0039   |                                  | 2            |
| 5    | 203    | RAUL PENA          | 01:21:50    | 01:21:50      | M5059   | C.D.R. AGUIAS UNIDAS AMORA       | 2            |
| 6    | 138    | FERNANDO SANTOS    | 01:22:24    | 01:22:24      | M5059   | CLUBE DE PRAÇAS DA ARMADA        | 3            |
| 7    | 269    | JOSE GEADA         | 01:24:44    | 01:24:44      | M4049   | ASC VALE GRANDE                  | 2            |
| 8    | 268    | LUIS CARDOSO       | 01:25:30    | 01:25:30      | M4049   | RACING BIKES                     | 3            |
| 9    | 53     | GUILHERME HORA     | 01:28:17    | 01:28:15      | M4049   | INDIVIDUAL                       | 4            |
| 10   | 130    | NUNO SANTOS        | 01:29:43    | 01:29:41      | M0039   | FARRUSCOS                        | 3            |
| 11   | 172    | ARMANDO REIS       | 01:30:09    | 01:30:09      | M4049   | HOUSEMARTINS BELAS               | 5            |
| 12   | 60     | PEDRO SEQUEIRA     | 01:30:40    | 01:30:38      | M4049   |                                  | 6            |
| 13   | 204    | NUNO DUARTE        | 01:30:42    | 01:30:40      | M4049   | C.D.R. AGUIAS UNIDAS AMORA       | 7            |
| 14   | 224    | ANTÓNIO CASA NOVA  | 01:30:49    | 01:30:49      | M5059   | ACPORTALEGRE/UTSM                | 4            |
| 15   | 200    | OSCAR LOPES        | 01:30:53    | 01:30:50      | M4049   | C.D.R. AGUIAS UNIDAS AMORA       | 8            |
| 16   | 266    | PEDRO SOUSA        | 01:31:06    | 01:31:05      | M6099   | PALMELENSE F.CLUBE               | 1            |
| 17   | 199    | NUNO LUCAS         | 01:31:52    | 01:31:51      | M4049   | C.D.R. AGUIAS UNIDAS AMORA       | 9            |
| 18   | 270    | NUNO MELO          | 01:32:24    | 01:32:24      | M0039   |                                  | 4            |
| 19   | 169    | PEDRO SANTOS       | 01:34:10    | 01:34:10      | M4049   | ARRÁBIDA OBSTACLE RUNNERS        | 10           |
| 20   | 133    | RUI BRÁS FERNANDES | 01:34:49    | 01:34:49      | M4049   | LOVINGWALK                       | 11           |
| 21   | 256    | SILVÉRIO CORREIA   | 01:34:56    | 01:34:54      | M5059   | GRUPO DESPORTIVO SANTANDER TOTTA | 5            |
| 22   | 18     | HUGO VELEZ         | 01:35:26    | 01:35:23      | M4049   | INDIVIDUAL                       | 12           |

|    |     |                            |          |          |       |                                 |    |
|----|-----|----------------------------|----------|----------|-------|---------------------------------|----|
| 23 | 89  | LUIS FRANCO                | 01:35:30 | 01:35:30 | M4049 | HOUSEMARTINS BELAS              | 13 |
| 24 | 217 | PAULO MARÇALO              | 01:35:55 | 01:35:55 | M4049 |                                 | 14 |
| 25 | 65  | HELDER RIBEIRO             | 01:36:16 | 01:36:15 | M4049 | OSC                             | 15 |
| 26 | 180 | TIAGO BRANCO               | 01:36:48 | 01:36:47 | M0039 | TRAILDOCS                       | 5  |
| 27 | 55  | ALEXANDRE JORGE            | 01:38:49 | 01:38:47 | M4049 |                                 | 16 |
| 28 | 127 | CARLOS VIEIRA              | 01:39:46 | 01:39:42 | M0039 |                                 | 6  |
| 29 | 4   | TELMO FREIRE               | 01:41:27 | 01:41:25 | M0039 | ÁLAMO ROAD & TRAIL TEAM         | 7  |
| 30 | 237 | JOSÉ FRANCISCO ROCHA       | 01:41:44 | 01:41:44 | M5059 | TRILHOS DO COSTUME              | 6  |
| 31 | 17  | ANDRÉ REIS                 | 01:41:49 | 01:41:47 | M4049 | MULTIRUNNERS                    | 17 |
| 32 | 24  | CARLOS MANUEL FONSECA      | 01:41:56 | 01:41:53 | M5059 |                                 | 7  |
| 33 | 205 | RICARDO COSTA              | 01:43:20 | 01:43:17 | M0039 | C.D.R. AGUIAS UNIDAS AMORA      | 8  |
| 34 | 196 | LUÍS CORREIA               | 01:43:28 | 01:43:28 | M0039 | ALPHARUN                        | 9  |
| 35 | 179 | MARCO PIRES                | 01:43:39 | 01:43:37 | M0039 | TRAILDOCS                       | 10 |
| 36 | 54  | HENRIQUE ADREGA            | 01:44:15 | 01:44:15 | M6099 | CLUBE ATLETISMO AMIGOS DE BELÉM | 2  |
| 37 | 202 | JOSE PULIDO                | 01:44:19 | 01:44:17 | M6099 | C.D.R. AGUIAS UNIDAS AMORA      | 3  |
| 38 | 253 | ANDRÉ VALÉRIO              | 01:44:31 | 01:44:31 | M0039 |                                 | 11 |
| 39 | 140 | JORGE BERNARDO             | 01:45:04 | 01:45:04 | M4049 |                                 | 18 |
| 40 | 66  | PAULO JORGE SANTOS PEREIRA | 01:45:05 | 01:45:05 | M4049 | ANE                             | 19 |
| 41 | 144 | BRUNO ANTUNES              | 01:45:12 | 01:45:11 | M4049 | ARRABIDA OBSTACLE RUNNERS       | 20 |
| 42 | 129 | SILVIO DIAS                | 01:45:49 | 01:45:48 | M0039 | VIEIRA&DIAS                     | 12 |
| 43 | 51  | SONIA FERNANDES            | 01:45:54 | 01:45:54 | F4049 |                                 | 1  |
| 44 | 116 | NUNO BATISTA               | 01:46:25 | 01:46:22 | M0039 | OS SILVAS                       | 13 |
| 45 | 161 | PAULO GUERREIRO            | 01:47:07 | 01:47:06 | M5059 | ARRÁBIDA OBSTACLE RUNNERS       | 8  |
| 46 | 254 | FILIPE INÁCIO              | 01:47:21 | 01:47:21 | M0039 |                                 | 14 |
| 47 | 9   | JOÃO HENRIQUES             | 01:47:34 | 01:47:33 | M4049 | SS CGD                          | 21 |
| 48 | 29  | CLAUDIO OLIVEIRA           | 01:48:15 | 01:48:13 | M4049 |                                 | 22 |
| 49 | 153 | CATARINA VIEIRA            | 01:48:23 | 01:48:22 | F0039 |                                 | 1  |

|    |     |                   |          |          |       |                           |    |
|----|-----|-------------------|----------|----------|-------|---------------------------|----|
| 50 | 78  | CARLOS A .MACEDO  | 01:50:36 | 01:50:36 | M6099 | AMARANTE                  | 4  |
| 51 | 271 | NUNO AFONSO       | 01:50:51 | 01:50:49 | M4049 |                           | 23 |
| 52 | 171 | MIGUEL LUCENA     | 01:51:46 | 01:51:46 | M0039 | HOUSEMARTINS BELAS        | 15 |
| 53 | 143 | ANA BATISTA       | 01:52:01 | 01:52:01 | F4049 | Sónósdois                 | 2  |
| 54 | 85  | LUÍS RODRIGUES    | 01:52:34 | 01:52:34 | M4049 | CLUBE EDP LISBOA          | 24 |
| 55 | 122 | ALBERTO SOLPOSTO  | 01:54:25 | 01:54:25 | M0039 |                           | 16 |
| 56 | 275 | ANA MONTEIRO      | 01:54:40 | 01:54:40 | F4049 | RUNNING PORTUGAL          | 3  |
| 57 | 194 | GONÇALO PEREIRA   | 01:54:50 | 01:54:46 | M0039 | OS SILVAS                 | 17 |
| 58 | 31  | CARLOS PÁSCOA     | 01:57:31 | 01:57:29 | M6099 | INDIVIDUAL                | 5  |
| 59 | 158 | ANA CAMARINHA     | 01:58:26 | 01:58:25 | F4049 | ARRÁBIDA OBSTACLE RUNNERS | 4  |
| 60 | 257 | PEDRO SEQUEIRA    | 01:58:26 | 01:58:23 | M4049 | EVELX                     | 25 |
| 61 | 142 | JOÃO SIMÃO        | 02:00:40 | 02:00:40 | M4049 | Sónósdois                 | 26 |
| 62 | 274 | RENATO CORREIA    | 02:01:16 | 02:01:12 | M4049 | Seixal                    | 27 |
| 63 | 99  | HUGO OLIVEIRA     | 02:02:25 | 02:02:22 | M4049 | KOTAS BOA FORMA           | 28 |
| 64 | 58  | CRISTINA SANTA    | 02:02:31 | 02:02:28 | F4049 | KOTAS BOA FORMA           | 5  |
| 65 | 104 | MARLENE SILVA     | 02:02:47 | 02:02:46 | F4049 | KOTAS BOA FORMA           | 6  |
| 66 | 102 | CELINE DUPONT     | 02:03:18 | 02:03:14 | F4049 | KOTAS BOA FORMA           | 7  |
| 67 | 79  | NUNO DIAS         | 02:08:42 | 02:08:40 | M0039 | FORTISSIMOS               | 18 |
| 68 | 191 | CATARINA MARTINS  | 02:11:23 | 02:11:22 | F4049 | SS CGD                    | 8  |
| 69 | 23  | MARIA JOÃO EMÍDIO | 02:12:56 | 02:12:56 | F5059 | TĂLENTOS TEAM             | 1  |
| 70 | 57  | SOLANGE SOUSA     | 02:13:09 | 02:13:06 | F4049 | KOTAS BOA FORMA           | 9  |
| 71 | 216 | GAETANO MANZO     | 02:16:04 | 02:16:04 | M4049 | ALPHARUN                  | 29 |
| 72 | 189 | PEDRO REBELO      | 02:19:35 | 02:19:31 | M4049 | KOTA BOA FORMA            | 30 |
| 73 | 190 | SUSANA REBELO     | 02:20:20 | 02:20:16 | F4049 | KOTA BOA FORMA            | 10 |
| 74 | 258 | MARIANA PEREIRA   | 02:22:40 | 02:22:37 | F6099 | EVELX                     | 1  |
| 75 | 98  | ELISA HONORIO     | 02:23:13 | 02:23:10 | F4049 | KOTAS BOA FORMA           | 11 |
| 76 | 230 | CARLOS SILVA      | 02:23:45 | 02:23:43 | M0039 | FORTÍSSIMOS               | 19 |

|    |     |                 |          |          |       |                 |    |
|----|-----|-----------------|----------|----------|-------|-----------------|----|
| 77 | 103 | CRISTIAN SANTOS | 02:36:47 | 02:36:47 | M4049 | KOTAS BOA FORMA | 31 |
| 78 | 100 | NADIA BOUCHAIN  | 02:36:54 | 02:36:33 | F0039 | KOTAS BOA FORMA | 2  |