



3º Trilho das Cruzes 2019

22 de Setembro, 2019

<https://werun.pt/resultados/3-trilho-das-cruzes-2019/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	134	RUI AFONSO	00:58:58	00:58:58	M5059	CCR ALTO DO MOINHO	1
2	110	FRANCISCO MORGADO	01:01:59	01:01:59	M2339		1
3	151	NELSON FELIX	01:03:32	01:03:31	M4049	MEN MARTINS	1
4	90	ARTUR VINHAIS	01:04:04	01:04:04	M4049	TEAM CORPO SANTO HOTEL	2
5	21	BRUNO TORRES	01:05:02	01:04:55	M2339	LIMITED EDITION	2
6	58	MIGUEL SOBRAL	01:05:20	01:05:20	M4049	ASSOCIAÇÃO GDAK	3
7	11	RODOLFO SERRA	01:05:33	01:05:33	M2339	CLUBE DE PRAÇAS DA ARMADA	3
8	141	FÁBIO POMBINHO	01:06:26	01:06:21	M2339	LEBRES DO SADO	4
9	55	JOÃO ALVES	01:07:09	01:07:09	M2339		5
10	12	FERNANDO SANTOS	01:07:59	01:07:59	M5059	CLUBE DE PRAÇAS DA ARMADA	2
11	80	DANIEL SILVA	01:09:01	01:09:01	M2339	ADN TRILHOS	6
12	67	LUIS GOMES	01:11:12	01:11:12	M4049	FITRUNNERS	4
13	152	RUI RAMOS	01:11:38	01:11:38	M4049	MUNDO DA CORRIDA	5
14	149	IVO FERREIRA	01:12:05	01:12:04	M4049	FREERUNNER	6
15	8	ALEXANDRE CANTANHEDE	01:12:28	01:12:28	M4049	CLUBE DE PRAÇAS DA ARMADA	7
16	40	DÁRIO NOBRE	01:12:44	01:12:42	M2339		7
17	142	EMANUEL RODRIGUES	01:13:27	01:13:22	M4049		8
18	10	MÁRIO LOURENÇO	01:13:48	01:13:48	M5059	CLUBE DE PRAÇAS DA ARMADA	3

19	113	ANDRÉ VILHENA	01:14:02	01:14:00	M2339		8
20	52	JOÃO AYRES	01:14:08	01:14:08	M0022	VITÓRIA FC TRAIL RUNNING	1
21	87	BRUNO JOTA	01:14:18	01:14:18	M2339		9
22	44	JAIME LAMEGO	01:14:23	01:14:23	M5059	SPARTANS TRIBE	4
23	71	ANTÓNIO EUSÉBIO CAMACHO	01:14:26	01:14:25	M6099	PALMELENSE FUTEBOL CLUBE	1
24	2	LUIS AURÉLIO	01:14:26	01:14:08	M5059	BARREIRO	5
25	45	CHANTAL XHERVELLE	01:14:28	01:14:28	F5059	SPARTANS TRIBE	1
26	135	JUVENAL MOREIRA	01:14:29	01:14:29	M5059	NUCLEO DESPORTIVO AUTOCOOPE	6
27	61	FRANCISCO CALVO	01:14:46	01:14:46	M5059	VITÓRIA FC TRAIL RUNNING	7
28	32	OLAVO MINEIRO	01:14:53	01:14:47	M4049	TEAM BIZARRO	9
29	36	ANDRÉ REIS	01:15:11	01:15:11	M4049	SPARTANS TRIBE	10
30	53	EZEQUIEL FERNANDES	01:15:37	01:15:37	M6099	COMANDOS SPA	2
31	160	ANABELA CARVALHO	01:16:23	01:16:23	F5059	GD SÃO DOMINGOS	2
32	15	VERA REIS	01:17:08	01:17:08	F4049	CLUBE DE PRAÇAS DA ARMADA	1
33	121	ANTONIO ALMEIDA	01:17:28	01:17:27	M5059	NUCLEO DESPORTIVO AUTOCOOPE	8
34	54	RUBEN MATOS	01:18:17	01:18:17	M2339		10
35	104	BRUNO ANTUNES	01:18:21	01:18:19	M4049		11
36	154	TITO PEREIRA	01:18:25	01:18:07	M2339	GDR SAO FRANCISCO DA SERRA	11
37	31	JORGE CÔCO	01:18:27	01:18:27	M4049		12
38	89	ANTÓNIO VIEGAS	01:19:24	01:19:23	M6099	INDIVIDUAL	3
39	108	CARLOS GRADÍSSIMO	01:19:30	01:19:24	M2339		12
40	118	LUÍS SILVESTRE	01:19:30	01:19:19	M4049	COISINHA RUNNERS	13
41	18	TELMO FREIRE	01:19:35	01:19:28	M2339	ÁLAMO ROAD & TRAIL TEAM	13

42	111	MARCIA SANTOS	01:20:01	01:19:59	F2339	ASSOCIAÇÃO ACADÉMICA PINHALNOVENSE	1
43	148	OLGA ARAÚJO	01:20:01	01:19:59	F4049	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	2
44	57	ANTÓNIO JANELAS	01:20:11	01:19:58	M5059		9
45	88	FLÁVIO MONTEIRO	01:20:24	01:20:19	M4049		14
46	153	CARLOS LUDOVINO	01:20:46	01:20:28	M4049	LEBRES DE DOMINGO	15
47	131	FILIPE MARGAÇO	01:22:03	01:22:03	M2339	RUN FOR THE OCEAN	14
48	159	INÊS MARQUES	01:22:09	01:22:06	F4049	99PROVASGRATUITAS	3
49	6	JORGE PEREIRA	01:22:14	01:22:02	M5059	CORROIOS	10
50	78	HUGO BERNARDINO	01:22:27	01:22:10	M4049	LEBRES DE DOMINGO	16
51	3	PAULO DOMINGUES	01:22:38	01:22:31	M4049	PINHAL NOVO	17
52	136	JOAO PEDRO	01:23:06	01:23:06	M0022	NUCLEO DESPORTIVO AUTOCOOPE	2
53	161	CARLA PEREIRA	01:23:10	01:22:56	F2339	UCRD PRAIENSE	2
54	112	HUGO FERREIRA	01:23:13	01:22:54	M4049	AMIGOS DO TRAIL	18
55	150	LUIS GONÇALVES	01:23:19	01:23:00	M4049	GRÂNDOLA	19
56	102	SONIA FERNANDES	01:23:19	01:23:18	F4049		4
57	43	SÉRGIO MANUEL MACHADO CASAL	01:23:49	01:23:38	M5059	VITÓRIA FUTEBOL CLUBE	11
58	83	ALEXANDRE TEIXEIRA	01:23:49	01:23:46	M0022		3
59	74	PAULO QUARESMA	01:24:28	01:24:23	M6099	VETERANOS DE MASSAMÁ	4
60	147	RUI PEREIRA	01:25:40	01:25:32	M4049	RUIPEREIRAMASSAGEM	20
61	115	MARCO BASTOS	01:26:02	01:25:43	M4049		21
62	29	PAULO ABADIA	01:26:28	01:26:22	M4049	FITRUNNERS	22
63	14	POSSIDONIO CONSTANTINO	01:26:28	01:26:24	M6099	CLUBE DE PRAÇAS DA ARMADA	5
64	106	JOSÉ COSTA	01:26:48	01:26:35	M2339	GRÂNDOLA	15

65	127	ANA VENCES	01:26:50	01:26:40	F4049	COININHA RUNNERS	5
66	70	JORGE PEDROSO	01:26:52	01:26:48	M2339		16
67	59	PAULO SERRANITO	01:27:04	01:27:00	M5059		12
68	65	FERNANDO NOBRE	01:27:19	01:26:59	M4049		23
69	103	FERNANDO CORTEZ	01:27:32	01:27:29	M4049	PINHAL NOVO A CORRER	24
70	20	LUÍS NUNES	01:28:03	01:27:59	M4049	FIDELIDADE GDC	25
71	69	TIAGO NEPOMUCENO CRUZ	01:29:05	01:29:02	M2339		17
72	109	PAULO BATISTA	01:29:09	01:28:51	M4049	INDIVIDUAL	26
73	95	NUNO DIAS	01:30:14	01:30:03	M2339	FORTISSIMOS	18
74	140	FERNANDO CARVALHO	01:30:33	01:30:29	M6099	LEBRES DO SADO	6
75	5	LILIANA CARVALHO	01:30:41	01:30:34	F2339		3
76	72	NUNO GOMES	01:30:57	01:30:46	M4049	INDIVIDUAL	27
77	129	MÁRIO GOMES	01:31:12	01:31:04	M6099	QUELUZ	7
78	117	PEDRO BORREGANA	01:31:32	01:31:31	M4049	SEM EQUIPA	28
79	62	JOSÉ CARLOS AMARAL	01:31:37	01:31:27	M4049	SEGUE OS TEUS SONHOS	29
80	162	JOAQUIM ESPANHOL	01:31:58	01:31:44	M5059	UCRD PRAIENSE	13
81	82	JORGE PEREIRA	01:32:07	01:31:55	M5059	BRRNIGHTRUNNERS	14
82	163	JOAQUIM SANTOS	01:32:37	01:32:37	M5059		15
83	145	EZEQUIEL PESSOA	01:33:06	01:32:55	M4049	RCC	30
84	144	CARLOS VENANCIO	01:33:06	01:32:55	M4049	RCC	31
85	1	FERNANDO PEREIRA	01:33:32	01:33:30	M4049		32
86	64	RUI AFONSO	01:33:36	01:33:15	M4049		33
87	30	RUI BAPTISTA	01:33:51	01:33:45	M5059	CLUBE MILLENNIUM BCP	16

88	107	CÉLIA PAIVA	01:34:03	01:33:59	F5059	MONTES SALOIOS TRAIL TEAM	3
89	126	FRANCISCO NOVERSA	01:34:12	01:34:02	M2339	AFIFENSE TRAIL	19
90	7	CARLOS HENRIQUE BATISTA DA COSTA	01:34:26	01:34:24	M2339	NAUS TRAIL TEAM	20
91	86	JOANA SERINA	01:36:01	01:35:53	F4049	FITRUNNERS	6
92	101	CLAUDIO CRUZ	01:36:01	01:36:00	M4049	ARRÁBIDA OBSTACLE RUNNERS	34
93	139	MAFALDA NUNES	01:36:02	01:35:58	F5059	LEBRES DO SADO	4
94	19	SÉRGIO REISINHO	01:37:16	01:37:11	M4049	PALMELA	35
95	79	CARLOS MARTINS	01:37:32	01:37:11	M5059		17
96	42	MICHAEL SOARES	01:38:48	01:38:47	M2339		21
97	22	MARIO CARMONA	01:39:08	01:38:52	M4049	GUERREIROS DO RUNNING	36
98	27	BRUNO DE ALMEIDA	01:39:09	01:38:53	M4049	GUERREIROS DO RUNNING	37
99	41	CHARLES JOSÉ CHEDID	01:40:12	01:40:06	M5059	NABIL ESPORTES	18
100	124	LEONOR SILVA	01:41:51	01:41:42	F4049	NAUS TRAIL TEAM	7
101	123	LUIZA FERREIRA	01:42:16	01:42:12	F5059	NUCLEO DESPORTIVO AUTOCOOPE	5
102	122	HUMBERTO FERREIRA	01:42:17	01:42:11	M4049	NUCLEO DESPORTIVO AUTOCOOPE	38
103	49	PAULO CRUZ	01:42:24	01:42:24	M4049	BRRNIGHTRUNNERS	39
104	16	TERESA SANTO	01:42:51	01:42:49	F4049	LEBRES DO SADO	8
105	76	JOSÉ CARLOS FIGUEIREDO	01:43:45	01:43:37	M5059		19
106	158	MÁRIO COELHO	01:44:12	01:43:57	M5059	LEBRES DO SADO	20
107	157	HELGA GUERREIRO	01:44:12	01:44:05	F4049		9
108	97	GONÇALO DIAS	01:45:10	01:45:10	M0022	FORTISSIMOS	4
109	92	CARLOS SILVA	01:45:11	01:44:58	M2339	FORTISSIMOS	22
110	120	SOFIA GOUVEIA	01:46:16	01:46:06	F4049	NAUS TRAIL TEAM	10

111	99	JOAO MAIA	01:46:34	01:46:24	M0022		5
112	56	ANTÓNIO ANTUNES	01:47:13	01:46:58	M4049		40
113	26	RUI DIAS	01:47:13	01:46:57	M4049	GUERREIROS DO RUNNING	41
114	114	SÉRGIO CARO	01:49:36	01:49:28	M2339		23
115	132	DANIA RAFAEL	01:49:40	01:49:36	F2339		4
116	133	JOSE RAFAEL	01:49:40	01:49:36	M6099		8
117	98	HÉLIO MONTEIRO	01:49:53	01:49:41	M6099	FORTISSIMOS	9
118	93	JOSÉ SILVA	01:49:54	01:49:44	M5059	FORTISSIMOS	21
119	17	RICARDO SEPÚLVEDA	01:50:08	01:49:56	M4049	COININHA RUNNERS	42
120	81	NUNO SOUSA	01:51:40	01:51:21	M4049		43
121	84	ALEXANDRE MANUEL SILVA TEIXEIRA	01:52:16	01:52:03	M4049		44
122	77	TERESA PRATAS	01:52:17	01:51:56	F4049	LEBRES DE DOMINGO	11
123	35	ANTÓNIO BOTELHO	01:52:59	01:52:44	M4049	SPARTANS TRIBE	45
124	34	MARIA ANTÓNIA SALDANHA	01:53:00	01:52:45	F4049	SPARTANS TRIBE	12
125	75	JOÃO SANTANA	01:53:25	01:53:17	M5059		22
126	100	ISABEL BUÉ	01:56:49	01:56:40	F2339	BUÉ DA SERRA	5
127	73	MANUEL AZEVEDO	02:04:21	02:04:14	M6099	VETERANOS DE MASSAMÁ	10
128	85	CLARA HENRIQUES	02:04:40	02:04:22	F2339	ALTITUDE0	6
129	37	CARINA BEXIGA	02:05:17	02:05:17	F2339		7
130	38	MAYER RAPOSO	02:09:23	02:09:18	M6099	SETÚBAL	11
131	23	JOSEFINA FERNANDES	02:11:54	02:11:39	F2339	JPR	8
132	24	PEDRO MORGADO	02:11:55	02:11:39	M2339	JPR	24
133	25	RICARDO FERNANDES	02:12:05	02:11:48	M2339	JPR	25

134	96	SANDRA MONTEIRO	02:16:52	02:16:39	F2339	FORTISSIMOS	9
135	94	ALICE SILVA	02:17:08	02:16:54	F5059	FORTÍSSIMOS	6
136	156	SÓNIA RIJO	02:21:35	02:21:32	F4049		13
137	155	HUGO ROCHA	02:21:35	02:21:33	M4049		46
138	119	ANETTE PINTO	02:32:30	02:32:21	F4049	NAUS TRAIL TEAM	14
139	125	ANA GUIMARÃES	02:32:46	02:32:36	F2339	NAUS TRAIL TEAM	10