



17º Corrida do Mirante-Trail Curto - Run Sox

17 de Junho, 2019

<https://werun.pt/resultados/17-corrída-do-mirante-trail-curto/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	539	PAULO FERREIRA	00:59:38	00:59:37	M4549	PINHAL NOVO A CORRER	1
2	5567	NUNO GOM ES	01:00:32	01:00:32	M2439	GO!RUNNERS / OUTPRO STORE	1
3	616	VITOR TAVARES MARQUES	01:01:58	01:01:58	M4044	CORRER LISBOA	1
4	5519	LUIS PEREIRA	01:05:11	01:05:11	M4549	Rio mouro paiões	2
5	517	FERNANDO SANTOS	01:05:22	01:05:21	M5054	CLUBE DE PRAÇAS DA ARMADA	1
6	5559	EMANUEL FREITAS	01:07:04	01:07:03	M2439		2
7	5508	FÁBIO RODRIGUES	01:08:53	01:08:52	M2439	AI NÓS JAMOR	3
8	544	FERNANDO PARENTE	01:09:18	01:09:17	M4044	STRONG TEAM	2
9	5578	NUNO CAFÉ	01:09:45	01:09:44	M4044	AMINHACORRIDA/MY PROTEIN	3
10	608	LUIS GOMES	01:10:19	01:10:18	M4549	FITRRUNNERS	3
11	515	RODOLFO SERRA	01:10:39	01:10:37	M2439	CLUBE DE PRAÇAS DA ARMADA	4
12	5542	VASCO MIGUEL	01:10:41	01:10:40	M4044	wildest	4
13	615	MIGUEL FIUZA	01:11:48	01:11:43	M2439		5
14	5515	JOSÉ COSTA	01:12:48	01:12:47	M5054		2
15	576	RICARDO DOMINGUES	01:14:30	01:14:28	M2439	VILT RUNNERS	6
16	5509	ANTONIO ALMEIDA	01:14:53	01:14:53	M5559	NUCLEO DESPORTIVO AUTOCOOPE	1
17	566	PAULO SARTY	01:15:42	01:15:42	M4549	STRONG TEAM	4
18	5564	DAVID CALVO	01:17:17	01:17:05	M2439	LEBRES DO SADO	7

19	630	JOÃO MARQUES	01:17:18	01:17:18	M0023	SCAMANAU	1
20	614	MIGUEL SILVA	01:18:07	01:17:58	M2439	BORUSSIA D'OURO MUNDO	8
21	590	CARLOS GREGÓRIO	01:18:27	01:18:27	M4044	SUNDAY RUNNERS	5
22	584	PEDRO SANTOS	01:18:30	01:18:16	M4044	SUNDAY RUNNERS	6
23	5550	TIAGO SILVA	01:18:48	01:18:31	M2439	AMIGOS VALE SILÊNCIO	9
24	561	LUCIO BASÍLIO	01:19:04	01:18:58	M6099	AZA- AZAMBUJA COM ALMA	1
25	5554	RUI CARNEIRO	01:19:45	01:19:40	M5054		3
26	5575	ANABELA CARVALHO	01:20:03	01:20:02	F5559	GD SÃO DOMINGOS	1
27	535	JOÃO QUEIROZ	01:20:12	01:20:11	M4549	CCD SIEMENS	5
28	613	MÁRIO RUI DOMINGUES	01:20:29	01:20:22	M2439	BORUSSIA D'OUTRO MUNDO	10
29	547	PEDRO TAVARES	01:20:39	01:20:39	M2439	RacingBikes	11
30	632	INÊS CLÁUDINA	01:21:21	01:21:18	F2439	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	1
31	565	JOSÉ GUERREIRO	01:21:31	01:21:30	M6099	SERVIÇOS SOCIAIS MONTEPIO	2
32	5577	ALEXANDRA SILVA	01:21:45	01:21:44	F4044	AMINHACORRIDA/MY PROTEIN	1
33	557	MANUEL FERNANDES	01:21:49	01:21:43	M2439	VILT RUNNERS	12
34	563	PEDRO SOUSA	01:21:51	01:21:48	M2439	ROCKY TEAM	13
35	537	JOÃO LAMEIRAS	01:22:33	01:22:28	M5054		4
36	541	JULIO MOREIRA	01:23:16	01:23:13	M4044	POLRUNNERS	7
37	5540	VITOR CANTO	01:23:30	01:23:30	M4549	LINDA-A-PASTORA SPORTING CLUBE	6
38	508	PAULO SANTOS	01:23:38	01:23:30	M4549	LisRunning CPA	7
39	543	CLÁUDIA FERREIRA	01:23:49	01:23:47	F2439	STRONG TEAM	2
40	5535	DUARTE RIBEIRO	01:24:54	01:24:48	M2439	KINGSFAMILY	14
41	5516	RICARDO LADISLAU	01:24:57	01:24:57	M4044		8

42	553	BRUNO MARQUES	01:24:59	01:24:55	M2439		15
43	567	SANDRA SILVA	01:25:09	01:25:08	F2439	STRONG TEAM	3
44	5536	JOÃO MARQUES	01:25:13	01:25:04	M2439	Add Value	16
45	598	HELDER MARQUES	01:25:36	01:25:36	M5054	SR. CAMARNAL	5
46	5580	DIOGO SOARES	01:25:44	01:25:14	M2439		17
47	5571	PAULO GONÇALVES	01:25:55	01:25:55	M5054	MARVILA JOVEM	6
48	555	FERNANDO FARIA	01:26:03	01:25:47	M4044		9
49	5531	PEDRO ROSENDO	01:26:10	01:26:06	M2439	Clube Atletismo Vale de Figueira	18
50	589	MANUEL ALVES	01:26:21	01:26:17	M5054	CORRER LISBOA	7
51	540	TIAGO DIAS	01:26:29	01:26:25	M2439		19
52	5524	ANTÓNIO CARMO	01:26:57	01:26:57	M5054	Papa Trilhos do CAAL	8
53	514	LUÍS BENAVENTE	01:27:13	01:27:13	M4549	GDAZAMBUJA - TRAIL TEAM	8
54	5546	LUIS RODRIGUES	01:27:28	01:27:14	M2439		20
55	558	ROMULLO MENEZES	01:27:37	01:27:30	M2439	VILT RUNNERS	21
56	551	ANDRÉ RIBEIRO	01:27:51	01:27:46	M2439	EQUIPA ABRE E FECHA, CORRE E ANDA	22
57	617	CARLOS TEIXEIRA	01:28:02	01:27:47	M4549	Sacavenense	9
58	582	ALEXANDRE MATEUS	01:28:18	01:28:05	M4044		10
59	5568	ARLETE REGO	01:28:36	01:28:36	F2439	GO!RUNNERS / OUTPRO STORE	4
60	633	JOÃO FERNANDES	01:28:50	01:28:41	M2439		23
61	5507	HELENA SÉCIO	01:28:58	01:28:44	F5054	MÃE E FILHA	1
62	5549	RICARDO MATIAS	01:29:02	01:28:57	M2439		24
63	554	NUNO BATISTA	01:29:06	01:28:53	M0023		2
64	5526	FRANCISCO NOVERSA	01:29:43	01:29:41	M2439	Afifense	25

65	511	SOFIA DIAS	01:29:46	01:29:44	F2439	Equipa Kangaroorunners	5
66	5560	NUNO MIGUEL CODEÇO	01:29:54	01:29:52	M4044	DUBLIN O'SEVEN	11
67	5574	LUIS MARTINS	01:30:04	01:29:49	M2439	Lavre running	26
68	595	EDGAR ANASTACIO	01:30:33	01:30:25	M5559	A MINHA CORRIDA	2
69	596	ALVARO FERREIRA	01:30:57	01:30:54	M5054	Renault Run Club	9
70	556	DANIEL PINTO	01:31:16	01:31:09	M2439	VILT RUNNERS	27
71	5537	JOÃO REIS	01:31:40	01:31:40	M2439	KINGSFAMILY	28
72	622	FERNANDO MANUEL	01:31:59	01:31:56	M6099	BRUNOEMPRES. BABA MAMBO	3
73	631	MARCO MALTEZ	01:32:17	01:31:57	M4044		12
74	532	CLAUDIA RAMOS	01:32:46	01:32:43	F2439	Equipa Kangaroorunners	6
75	624	SARA BARATA	01:32:55	01:32:50	F2439	BRUNOEMPRES. BABA MAMBO	7
76	5570	HELDER MANUEL OLIVEIRA	01:33:37	01:33:27	M2439		29
77	53	MIGUEL CUNHA	01:33:37	01:33:36	M4044		13
78	628	ANTONIO FERNANDES	01:33:46	01:33:41	M5054	CORRER LOURES	10
79	577	MARIA DO CÉU FERREIRA RIBEIRO DUARTE	01:33:46	01:33:41	F5054	CORRER LOURES	2
80	634	ANTONIO IRIA	01:33:57	01:33:37	M5054	CLUBE TAP PORTUGAL	11
81	5504	GONÇALO CARDOSO	01:34:24	01:34:14	M4044		14
82	570	LEANDRO SANTOS	01:35:31	01:35:25	M6099	ACVERMOIL	4
83	606	RICARDO MONTEIRO	01:35:34	01:35:19	M2439	BORUSSIA D´OUTRO MUNDO	30
84	605	PAULO ABADIA	01:35:56	01:35:55	M4549	Team bizarro	10
85	626	ANA RITA CARDOSO	01:36:00	01:35:47	F2439		8
86	5558	RICARDO PEREIRA	01:36:24	01:36:22	M4549	DUBLIN O'SEVEN	11
87	5521	RUI FLORES	01:36:56	01:36:40	M4044		15

88	575	ADRIANA DOMINGOS	01:37:12	01:37:12	F2439	VILT RUNNERS	9
89	597	ARMÉNIO ALBINO	01:37:36	01:37:20	M5054		12
90	538	MIGUEL SILVA	01:37:40	01:37:40	M4549		12
91	510	ERICA CABRAL	01:37:55	01:37:45	F2439		10
92	571	LEONARDO SARDO	01:37:58	01:37:41	M4044	JACARÉ DO ASFALTO	16
93	5514	ABEL COSTA	01:38:58	01:38:38	M4549	Gfi Portugal	13
94	5530	CARLOS ALBERTO DOS JESUS	01:39:16	01:39:04	M5559	INDIVIDUAL	3
95	513	CARLOS PÁSCOA	01:39:37	01:39:35	M6099	INDIVIDUAL	5
96	522	CARLOS FERREIRA	01:39:41	01:39:40	M6099	NUCLEO DESPORTIVO AUTOCOOPE	6
97	5506	FERNANDO PEREIRA	01:40:08	01:39:59	M4549	AZEITÃO RUNNING	14
98	5510	PATRÍCIA MONTEIRO	01:40:15	01:40:13	F4044	AI NÓS JAMOR	2
99	549	JOÃO SIMÃO	01:40:15	01:40:15	M4044	Sónósdois	17
100	5562	PATRICIA GERALDES	01:41:00	01:40:59	F5054		3
101	5552	LUIS SANTOS	01:41:03	01:40:53	M4044	JÁ FOSTE	18
102	5553	MARIA ALMEIDA	01:41:03	01:40:54	F2439	JÁ FOSTE	11
103	587	GONCALO LOPES	01:41:29	01:41:18	M4044	UTMS	19
104	586	JOANA ANTUNES	01:41:30	01:41:18	F2439	UTMS	12
105	5511	ANTÓNIO DUARTE	01:41:34	01:41:18	M6099		7
106	579	LUISA PISCO	01:41:46	01:41:33	F5559	LESMAS ACELERADAS	2
107	594	JOANA SERINA	01:42:19	01:42:18	F4549	FITRUNNERS	1
108	502	CARINA VEIGA	01:42:25	01:42:15	F2439	GRUPO DESPORTIVO SANTANDER TOTTA	13
109	503	TIAGO VEIGA	01:42:25	01:42:15	M2439	GRUPO DESPORTIVO SANTANDER TOTTA	31
110	618	CLAUDIA GONÇALVES	01:42:54	01:42:40	F4044	Sacavenense	3

111	619	FILIPA TEIXEIRA	01:42:54	01:42:39	F2439	Sacavenense	14
112	519	NUNO MOLERO	01:43:17	01:43:17	M4549		15
113	559	RUI UMBELINO	01:43:52	01:43:52	M4044	VILT RUNNERS	20
114	521	LUISA FERREIRA	01:43:57	01:43:55	F5054	NUCLEO DESPORTIVO AUTOCOOPE	4
115	573	DIOGO MARTINS	01:43:59	01:43:56	M2439	ROCKY TEAM	32
116	5541	SAMUEL TEIXEIRA	01:44:31	01:44:16	M2439	Copo 3	33
117	562	HELENA PINTO	01:44:57	01:44:53	F4549	CORRER LOURES	2
118	583	MICAELA SANTOS	01:45:14	01:44:59	F2439	SUNDAY RUNNERS	15
119	5551	TIAGO SANTOS	01:45:15	01:44:58	M2439	AMIGOS VALE SILÊNCIO	34
120	623	HÉLDER SANTOS	01:45:27	01:45:27	M4044	BRUNOSEMPRE. BABA MAMBO	21
121	5547	ALBERTO LOPES	01:45:55	01:45:41	M4044	copo3	22
122	528	VANESSA COSTA	01:45:55	01:45:55	F2439		16
123	546	CLAUDIO CRUZ	01:46:32	01:46:18	M4044	ARRÁBIDA OBSTACLE RUNNERS	23
124	529	ANTÓNIO SOUSA	01:46:53	01:46:33	M4549		16
125	512	SANDRA BATISTA	01:49:09	01:49:09	F4549	CLUBE TAP PORTUGAL	3
126	611	NUNO VIEIRA	01:50:10	01:50:05	M2439	HALTER HEGO	35
127	609	EMMANUEL EUVERGNE	01:50:17	01:50:11	M2439	HALTER HEGO	36
128	5591	AURELIANO DA LUZ	01:50:59	01:50:52	M4044	AS MÁQUINAS	24
129	520	SAMUEL SILVA	01:53:45	01:53:34	M4044		25
130	593	ELIZABETH LAGE	01:53:50	01:53:12	F4549	GINJA TEAM	4
131	620	JOÃO FILIPE	01:53:58	01:53:58	M4044		26
132	612	ANA ANTUNES	01:54:21	01:54:15	F2439	HALTER HEGO	17
133	5517	SOFIA CORDEIRO	01:55:01	01:54:51	F4044	BORINHAS	4

134	5513	PAULO SOBERANO	01:55:06	01:54:44	M5054	Gfi Portugal	13
135	592	LUÍS LIBÂNIO	01:56:01	01:55:25	M6099	GINJA TEAM	8
136	568	CATARINA AFONSO	01:56:08	01:56:08	F2439		18
137	518	NUNO SOUSA	01:57:03	01:56:50	M4044		27
138	599	ANA LEONARDO	01:59:28	01:59:28	F4044	GRAFIWORK	5
139	603	VICTOR FERREIRA	01:59:29	01:59:29	M4549	GRAFIWORK	17
140	601	CLAUDIA NEVES	01:59:29	01:59:09	F4044	GRAFIWORK	6
141	602	LUÍS PAULA	01:59:29	01:59:07	M4044	GRAFIWORK	28
142	604	RICARDO FERREIRA	01:59:30	01:59:30	M2439	GRAFIWORK	37
143	600	SAMUEL TELES	01:59:30	01:59:09	M4549	GRAFIWORK	18
144	625	IRENE INÁCIO	02:00:27	02:00:09	F5054	BRUNOSEMPRE. BABA MAMBO	5
145	574	LEILA FERREIRA	02:01:21	02:01:07	F2439	NASATEAM	19
146	591	NATÁLIA NARCISO	02:01:48	02:01:43	F5559	SERVIÇOS SOCIAIS MONTEPIO	3
147	610	JORGE NARCISO	02:01:48	02:01:42	M5559	SERVIÇOS SOCIAIS MONTEPIO	4
148	5556	MARIA GOLINELLI	02:03:59	02:03:42	F4549	AMARAL	5
149	5543	BASILIO PAIXAO	02:05:52	02:05:34	M5054		14
150	533	ANA PAULA REIS	02:06:29	02:06:07	F4044	STRONG	7
151	5533	ANA CANAVEIRA	02:07:26	02:07:26	F5054	CCD TRANQUILIDADE	6
152	525	CELIA FERREIRA	02:08:15	02:07:57	F4044	NUCLEO DESPORTIVO AUTOCOOPE	8
153	524	ANTONIO FERNANDES	02:08:16	02:07:54	M4044	NUCLEO DESPORTIVO AUTOCOOPE	29
154	536	MEIRE GUEDES	02:09:51	02:09:40	F4549	OEIRAS	6
155	501	SUSANA ALMEIDA	02:09:51	02:09:39	F5054		7
156	5505	PEDRO SOUSA	02:11:11	02:10:53	M2439	SERVIÇOS SOCIAIS MONTEPIO	38

157	5527	ANA FERREIRA	02:15:05	02:14:59	F5054	Papa Trilhos do CAAL	8
158	5573	NIDIA FERREIRA	02:15:28	02:15:24	F4044	MARVILA JOVEM	9
159	5545	MANUEL RAPOSO	02:16:42	02:16:27	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	9
160	505	HENRIQUE VILHENA	02:18:55	02:18:48	M6099	LisRunning CPA	10
161	507	VANESSA CARVALHO	02:18:55	02:18:45	F2439	LisRunning CPA	20
162	504	JACINTO PEREIRA	02:18:56	02:18:47	M6099	LisRunning CPA	11
163	506	RICARDO CARVALHO	02:18:57	02:18:49	M2439	LisRunning CPA	39
164	545	SOFIA FERREIRA	02:19:55	02:19:39	F5054	LISBOA	9
165	5529	PEDRO FERREIRA	02:19:55	02:19:39	M5054		15
166	569	ANCA DOBREA ANCA	02:26:47	02:26:29	F2439	STRONG	21
167	5523	PAULA CARMO	02:28:52	02:28:46	F5054	Papa Trilhos do CAAL	10
168	534	ANA TERESA FERREIRA REIS MENDES	02:38:46	02:38:42	F2439	2050-099 AVEIRAS DE CIMA	22
169	531	MIGUEL SILVA	02:39:59	02:39:38	M4549		19