



30 Kms Vale dos Barris - Trail Longo

29 de Abril, 2018

<https://werun.pt/resultados/30-kms-vale-dos-barris/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	92	RICARDO PARADA	02:35:22	02:35:22	M2339	ZIMBRA FOX RUNNERS	1
2	83	ALLAN APOLÓNIO	02:39:14	02:39:13	M2339	OCS-PROAVENTURAS	2
3	8	JOSÉ LOPES	02:55:54	02:55:53	M4049	CCD SIEMENS	1
4	95	XAVIER SOUSA	02:56:57	02:56:56	M4049	MOITA A CORRER	2
5	62	VITOR PARADA	02:58:12	02:58:12	M2339	ZIMBRA FOX RUNNERS	3
6	93	LUIS CALHEIROS	02:58:40	02:58:39	M4049	O MUNDO DA CORRIDA	3
7	81	PAULO FRANGO	03:00:58	03:00:57	M2339	MONSANTO RUNNING TEAM	4
8	27	TIAGO SILVA	03:03:09	03:03:08	M4049	ZIMBRA FOX RUNNERS	4
9	68	NUNO OLIVEIRA	03:03:56	03:03:55	M4049	OS COXOS E O MIGUEL	5
10	75	BRUNO PERIQUITO	03:05:13	03:05:13	M2339		5
11	37	PEDRO OLIVEIRA	03:05:49	03:05:40	M4049		6
12	18	HELDER VARANDA	03:07:39	03:07:37	M4049	ASSOCIAÇÃO GD ACADEMIA DO KORPO	7
13	80	JOÃO FONSECA	03:09:15	03:09:12	M5059	OCS PROAVENTURAS	1
14	65	JOÃO SILVA	03:10:06	03:10:05	M0022	3ª COMPANHOA	1
15	105	CARLOS AMIGO	03:10:37	03:10:37	M4049	ZIMBRA FOX RUNNERS	8
16	90	MÁRIO PINHEIRO	03:10:55	03:10:54	M4049	OS COXOS E O MIGUEL	9
17	7	MIGUEL SOBRAL	03:13:18	03:13:17	M2339	ASSOCIAÇÃO GD ACADEMIA DO KORPO	6
18	98	NUNO CESÁRIO	03:13:56	03:13:53	M4049	MOITA A CORRER	10

19	1	JORGE PÉ-CURTO	03:14:58	03:14:57	M4049	OS COXOS E O MIGUEL	11
20	11	HENRIQUE PEREIRA	03:16:01	03:16:00	M2339	OS COXOS E O MIGUEL	7
21	87	NUNO ALMEIDA	03:16:37	03:16:37	M4049	GRUPO DESPORTIVO SANTANDER TOTTA	12
22	32	JOSE NOVAS	03:16:54	03:16:53	M4049	OS COXOS E O MIGUEL	13
23	9	SILVÉRIO CORREIA	03:18:25	03:18:24	M5059	GRUPO DESPORTIVO SANTANDER TOTTA	2
24	17	PAULO MARÇALO	03:18:35	03:18:31	M4049		14
25	91	JOÃO PAULINO	03:18:42	03:18:37	M5059		3
26	67	ALÍPIO TRIGO	03:22:34	03:22:31	M4049	ESCOLA DE ATLETISMO DO MONTIJO.A.F.D.D	15
27	19	PAULO FERREIRA	03:23:23	03:23:22	M4049	ASSOCIAÇÃO GD ACADEMIA DO KORPO	16
28	100	JOSÉ ROMANA	03:27:12	03:27:05	M2339	MAGIC RUNNERS	8
29	60	PEDRO BORREGANA	03:29:59	03:29:55	M4049		17
30	76	VÍTOR MANUEL LEITÃO MARTINS	03:30:41	03:30:35	M4049	INDIVIDUAL	18
31	69	PAULO ALVES	03:30:59	03:30:58	M4049	DIARIO DOS MEUS TREINOS NA ARRABIDA	19
32	102	NUNO LAGRANGE	03:34:33	03:34:29	M4049	INDIVIDUAL	20
33	10	FILIPE SOUSA	03:35:13	03:35:08	M4049		21
34	63	PAULO TEIXEIRA	03:35:40	03:35:30	M4049		22
35	57	JOÃO CARLOS FREIRE	03:36:01	03:36:01	M5059	GDCT IMPRENSA NACIONAL CASA DA MOEDA	4
36	58	NUNO GONÇALVES	03:37:27	03:37:27	M4049	GDCT IMPRENSA NACIONAL CASA DA MOEDA	23
37	55	NUNO WONG	03:38:03	03:37:56	M2339	*****	9
38	106	INES MARQUES	03:38:29	03:38:25	F4049	99PROVASGRATUITAS TEAM	1
39	56	CARLOS FERREIRA	03:40:54	03:40:45	M4049	INDIVIDUAL	24
40	39	MIGUEL CUNHA	03:41:18	03:41:18	M4049	GRCD LEIÃO COBRAS TRAILISTAS	25
41	89	JORGE VAZ	03:44:55	03:44:46	M4049	BRRNIGHTRUNNERS	26

42	38	DAVID BOITA	03:45:09	03:45:09	M2339	GRCD LEIAO	10
43	97	HELDER MARQUES	03:45:53	03:45:48	M4049	MOITA A CORRER	27
44	73	MIGUEL MARQUES	03:48:14	03:48:14	M2339	ATLETADESOFA.COM	11
45	74	VALTER ALMEIDA	03:48:14	03:48:14	M2339	ATLETADESOFA.COM	12
46	88	RUI ALMEIDA	03:48:22	03:48:18	M0022		2
47	48	XHERVELLE CHANTAL	03:48:52	03:48:50	F5059	CPPEA PEDRO PESSOA	1
48	78	JOAO CASAL	03:49:09	03:49:08	M2339	VILAR BULLS	13
49	29	JORGE SANTOS	03:51:30	03:51:28	M4049	ASSOCIAÇÃO GD ACADEMIA DO KORPO	28
50	2	JOAO OLIVEIRA	03:52:57	03:52:57	M4049	ZIMBRA FOX RUNNERS	29
51	21	CASIMIRO SILVA	03:54:12	03:54:03	M4049	GRCD LEIÃO - COBRAS TRAILISTAS	30
52	66	PAULO SILVA	03:55:55	03:55:52	M2339	OCS - PROAVENTURAS	14
53	52	ARTUR SOARES	03:56:55	03:56:53	M4049	SPEEDRUNNERS	31
54	44	CARLA SANTOS	03:56:56	03:56:53	F4049	SPEEDRUNNERS	2
55	101	JAIME COUTO	03:57:17	03:57:11	M2339	MAGIC RUNNERS	15
56	47	VITOR FRANGO	03:57:29	03:57:17	M4049		32
57	77	JOAO DE SOUSA	03:58:45	03:58:40	M5059		5
58	30	MANUELA PINTO	04:01:57	04:01:52	F5059	O MUNDO DA CORRIDA	2
59	31	JOSÉ SIMÕES	04:02:32	04:02:27	M5059	O MUNDO DA CORRIDA	6
60	41	BRUNO VIEGAS	04:03:49	04:03:35	M4049		33
61	104	ELISA DÁBRIO	04:04:11	04:04:09	F4049	INDIVIDUAL	3
62	103	HERCULANO ARAÚJO	04:04:11	04:04:09	M5059	INDIVIDUAL	7
63	72	CARLOS EMÍLIO	04:04:11	04:04:00	M4049		34
64	94	NUNO PINTÃO	04:04:13	04:04:03	M4049		35

65	59	JOSÉ LIBERATO	04:04:57	04:04:52	M4049	GDCT IMPRENSA NACIONAL CASA DA MOEDA	36
66	15	FILOMENA JESUS	04:07:40	04:07:37	F4049	SFUAP	4
67	84	NUNO COSTA	04:07:43	04:07:34	M4049	SS CGD	37
68	82	JOSÉ COSTA ALVES	04:07:43	04:07:43	M4049		38
69	20	PEDRO COSTA ALVES	04:07:48	04:07:44	M4049		39
70	45	HUGO HILARIO	04:08:45	04:08:35	M2339	TREVO-MEDICINA DESPORTIVA	16
71	64	CARLOS COSTA	04:08:57	04:08:57	M5059		8
72	23	PAULA VENTURA	04:09:08	04:08:58	F4049		5
73	96	ANTÓNIO PEREIRA	04:10:47	04:10:41	M4049	MOITA A CORRER	40
74	50	DAVID FREITAS	04:13:06	04:12:58	M5059	ADCR POLÍCIA JUDICIÁRIA	9
75	51	AIDA FREITAS	04:13:06	04:12:58	F4049	ADCR POLÍCIA JUDICIÁRIA	6
76	35	LUIS ESPADA	04:15:28	04:15:22	M5059		10
77	99	MARCO SILVA	04:15:50	04:15:38	M4049	LEBRES DO SADO	41
78	40	SARA NOGUEIRA	04:17:08	04:17:00	F2339	COBRAS TRAILISTAS	1
79	53	TIAGO SALGUEIRO	04:21:26	04:21:19	M2339	*****	17
80	54	PEDRO SALGUEIRO	04:21:31	04:21:24	M2339	*****	18
81	43	RODOLFO RAPAÇ	04:21:35	04:21:28	M4049	AUDI SANTOGAL	42
82	61	LINO VAZ	04:25:47	04:25:47	M4049		43
83	36	CLAUDIA SARAIVA	04:26:18	04:26:08	F4049		7
84	49	CARLOS DE GOUVEIA FREIRE	04:26:22	04:26:22	M4049	ADCR POLÍCIA JUDICIÁRIA	44
85	34	CARLOS VIGARIO	04:30:06	04:29:57	M2339	GRCD LEIAO	19
86	14	FÁBIO LOPES	04:37:14	04:37:07	M2339	INDIVIDUAL	20
87	13	RUI DOMINGOS	04:37:15	04:37:09	M4049	INDIVIDUAL	45

88	4	MIGUEL OLIVEIRA	04:38:31	04:38:27	M4049	TÁLENTOS TEAM	46
89	46	JORGE ZAMBUJO	04:39:05	04:39:05	M4049	ATLETADESOFA.COM	47
90	25	HUGO SANTOS	04:43:30	04:43:30	M2339	GIN QTA DO VALBOM - AAALCOCHETE	21
91	71	SEVERINO ROSA	04:53:56	04:53:56	M6099	SS CGD	1
92	70	PAULO BAILÃO	04:53:56	04:53:46	M4049	SS CGD	48
93	42	NUNO DIAS	04:55:34	04:55:24	M2339	FORTÍSSIMOS RUNNING TEAM	22
94	79	RICARDO VICENTE	05:05:26	05:05:26	M4049		49