

2ºTrail Cabo Espichel - Sport Life
Results 20 Dez 14

sáb 20-12-2014 16:35
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Pl	Stno	Name	YB	Club	Cl.	Time
Trail Longo (30Km) (165)						
			30.0 km	10 C		
1	178	Nelson Diogo	[57]	Monsanto Running Team	T30SM	2:39:46
2	32	Rui Narigueta	[88]	VW Autoeuropa	T30SM	2:40:41
3	158	Pedro Basso	[48]	Individual	T30M40	2:46:14
4	13	Nuno Patrício	[33]	CN Alvito	T30M40	2:47:13
5	180	Pedro Diogo	[48]	Individual	T30SM	2:50:27
6	149	Guilherme Hora	[59]	O Mundo da Corrida	T30M40	2:52:17
7	4	Emanuel Simões	[48]	Individual	T30SM	2:52:19
8	107	Sérgio Pereira	[67]	Proaventuras	T30SM	2:52:50
9	97	José Vieira	[67]	Proaventuras	T30M50	2:52:59
10	43	Pedro Sousa	[67]	Proaventuras	T30M50	2:53:02
11	423	Tiago Rovisco	[67]	Proaventuras	T30SM	2:56:39
12	137	António Arede	[57]	Monsanto Running Team	T30SM	3:00:20
13	182	Luis Neves	[54]	Marinhais AC	T30SM	3:02:23
14	21	José Dionísio	[67]	Proaventuras	T30M50	3:02:25
15	160	António Soares	[63]	O Praticante/ Asas do Mi	T30M40	3:04:10
16	94	Rui Barbosa	[67]	Proaventuras	T30SM	3:04:34
17	105	Hélio Marques	[84]	TRT Trail Runner Team	T30M40	3:04:36
18	143	Hugo Nalha	[48]	Individual	T30SM	3:04:52
19	98	Filipe Inácio	[67]	Proaventuras	T30SM	3:07:44
20	187	Guilherme Cabral	[29]	Clube Naval de Sesimbra	T30SM	3:08:58
21	116	António Aires	[38]	correrportugal.net	T30M40	3:09:07
22	124	Jorge Pé-Curto	[48]	Individual	T30SM	3:09:44
23	93	Paulo Martins	[67]	Proaventuras	T30M40	3:10:00
23	96	Lívio Nuno	[67]	Proaventuras	T30M40	3:10:00
25	28	José Cardoso	[48]	Individual	T30M50	3:10:03
26	167	Cirilo Formiga	[63]	O Praticante/ Asas do Mi	T30M60	3:10:20
27	39	Angelo Letras	[67]	Proaventuras	T30SM	3:12:18
28	186	Rui Rocha	[76]	Sport Life	T30SM	3:13:04
29	56	Henrique Simão	[58]	montes saloios	T30M40	3:13:08
30	115	Nuno Ferreira	[38]	correrportugal.net	T30SM	3:13:15
31	52	Nuno Carmo	[64]	Papa Trilhos	T30SM	3:13:21
32	152	Lúcio Alves	[64]	Papa Trilhos	T30M40	3:13:40
33	42	Florival Lucas	[5]	AA Lebres do Sado	T30M50	3:15:18
34	146	Manuel Nogueira	[48]	Individual	T30M40	3:15:32
35	88	José Silva	[48]	Individual	T30SM	3:15:47
36	417	Bruno Moita	[48]	Individual	T30SM	3:16:46
37	27	Bruno Sequeira	[73]	Salamandreco	T30SM	3:17:03
38	20	Reinaldo Rodrigues	[88]	VW Autoeuropa	T30M40	3:17:13
39	102	Bernardo Malhador	[48]	Individual	T30SM	3:19:51
40	40	Osvaldo Rodrigues	[11]	Amigos Vale do Silêncio	T30M40	3:21:32
41	118	Joaquim Fernandes	[5]	AA Lebres do Sado	T30M50	3:21:36
42	45	Alexandre Cantiga	[10]	Amigos 4 Run	T30SM	3:21:52
43	131	Ribas Dias	[48]	Individual	T30M50	3:22:06
44	161	Miguel Gomes	[63]	O Praticante/ Asas do Mi	T30M40	3:22:28
45	79	Pedro Frazão	[29]	Clube Naval de Sesimbra	T30SM	3:23:02
46	33	Rui Nascimento	[48]	Individual	T30M40	3:24:34
47	49	Carla Cristina	[33]	CN Alvito	T30SF	3:24:45
48	55	Tiago Ribeiro	[48]	Individual	T30SM	3:24:49
49	64	Mário Lourenço	[26]	Clube de Praças da Armad	T30M40	3:26:27
50	46	Paulo Almeida	[48]	Individual	T30M40	3:26:36
51	128	Pedro Martins	[5]	AA Lebres do Sado	T30SM	3:27:50
52	9	Rui Menas	[55]	Matilha Running	T30SM	3:27:56
53	185	Filipe Gomes	[76]	Sport Life	T30SM	3:28:10
54	147	João Poeira	[48]	Individual	T30SM	3:28:18
55	140	Jorge Leão	[5]	AA Lebres do Sado	T30M50	3:28:20
56	136	Pedro Prudêncio	[48]	Individual	T30M40	3:28:38
57	139	José Santos	[86]	Vila Seca Running Team	T30M40	3:28:57

58	24	José Matos	[26]	Clube de Praças da Armad	T30M40	3:29:21
59	181	Helder Martins	[48]	Individual	T30SM	3:29:55
60	114	Nuno Gião	[6]	ACCVCAVI	T30M40	3:31:52
61	150	Salete Guarda	[20]	CA da Barreira	T30F40	3:33:32
62	189	Inês Marques	[76]	Sport Life	T30SF	3:33:41
63	59	Sérgio Neves	[81]	Talentos Team	T30M40	3:34:15
64	11	Jorge Ruivo	[80]	Submersos	T30SM	3:35:06
65	50	João Maral	[77]	SS CGD	T30M40	3:35:13
66	108	João Fonseca	[67]	Proaventuras	T30M40	3:35:56
67	37	Carlos Nunes	[50]	KangarooRunners	T30M40	3:36:40
68	155	Luís Ramos	[48]	Individual	T30SM	3:37:08
69	441	Mário Godinho	[48]	Individual	T30M40	3:39:38
70	166	António Nereu	[63]	O Praticante/ Asas do Mi	T30M50	3:40:54
71	162	Nuno Lucas	[63]	O Praticante/ Asas do Mi	T30M40	3:40:55
72	132	Emanuel Rodrigues	[48]	Individual	T30SM	3:41:00
73	66	Ana Paula Duarte	[29]	Clube Naval de Sesimbra	T30F40	3:41:21
73	177	Francisco Dias	[48]	Individual	T30SM	3:41:21
75	58	Cláudio Fragoso	[50]	KangarooRunners	T30SM	3:41:39
76	193	José Gomes	[48]	Individual	T30M60	3:44:14
77	67	Carlos Rangel	[48]	Individual	T30M50	3:44:52
78	74	Luis Madeira	[77]	SS CGD	T30M40	3:44:58
79	190	Pedro Carvalho	[76]	Sport Life	T30SM	3:46:22
80	89	Daniel Santos	[48]	Individual	T30M40	3:46:53
81	163	Luis Patricio	[63]	O Praticante/ Asas do Mi	T30M40	3:46:54
82	38	João Rosa	[10]	Amigos 4 Run	T30M40	3:46:55
83	138	João Ribeiro	[48]	Individual	T30SM	3:47:05
84	76	Ricardo Coelho	[77]	SS CGD	T30M40	3:47:20
85	35	Sérgio Casal	[67]	Proaventuras	T30M40	3:48:11
86	51	António Carmo	[64]	Papa Trilhos	T30M40	3:48:26
87	103	Bruno Rafael	[29]	Clube Naval de Sesimbra	T30SM	3:48:27
88	87	João Matos	[87]	Vulpes Mountain Sports T	T30M40	3:49:08
89	36	Valter Matos	[48]	Individual	T30SM	3:50:59
90	31	José Lopes	[48]	Individual	T30M40	3:51:00
91	47	José Miranda	[48]	Individual	T30M40	3:51:10
92	44	Gilberto Lima	[48]	Individual	T30M40	3:52:25
93	16	Paulo Ramos	[67]	Proaventuras	T30M40	3:52:29
94	85	Rui Lóio	[88]	VW Autoeuropa	T30M40	3:54:10
95	81	Bruno Mendes	[85]	Vendas Novas	T30SM	3:54:19
96	153	Luis Mós	[64]	Papa Trilhos	T30M40	3:54:25
97	70	Nuno Costa	[77]	SS CGD	T30M40	3:54:58
98	134	Victor Franco	[48]	Individual	T30SM	3:55:26
99	165	Luís Claudina	[5]	AA Lebres do Sado	T30M50	3:56:38
100	411	Aníbal Vieira	[81]	Talentos Team	T30M40	3:56:47
101	19	Luis Milheriço	[1]	O PC	T30M40	3:57:16
102	30	Pedro Ramos	[48]	Individual	T30M40	3:58:26
103	141	Maria Patas	[67]	Proaventuras	T30F40	4:01:45
104	113	Miguel Soares	[48]	Individual	T30SM	4:02:57
105	142	António Simões	[66]	Pisa-Rochas	T30M50	4:02:58
106	120	Paulo Santos	[5]	AA Lebres do Sado	T30M40	4:03:10
107	174	Diogo Matos	[48]	Individual	T30SM	4:03:19
108	15	Dália Rato	[48]	Individual	T30F40	4:04:28
109	5	Helder Ferreira	[88]	VW Autoeuropa	T30M40	4:05:29
110	65	Pedro Evangelista	[55]	Matilha Running	T30SM	4:06:15
111	95	Joaquim Silva	[48]	Individual	T30M40	4:06:40
112	91	Mário Duarte	[75]	SMO Runners	T30M40	4:08:29
113	90	Rogério Santos	[75]	SMO Runners	T30SM	4:08:31
114	119	Álvaro Fernandes	[5]	AA Lebres do Sado	T30M60	4:08:36
115	188	Carlos Simões	[4]	A minha corrida	T30SM	4:09:15
116	169	Nádia Casteleiro	[64]	Papa Trilhos	T30SF	4:09:31
117	80	Carlos Brito	[81]	Talentos Team	T30M40	4:10:40
118	7	Artur Soares	[48]	Individual	T30M40	4:10:42
119	154	José Frazão	[29]	Clube Naval de Sesimbra	T30M40	4:10:49
120	62	Fernanda França	[30]	Clube OGMA	T30F40	4:11:16
121	63	Joaquim Bexiga	[30]	Clube OGMA	T30M40	4:11:18
122	26	Gabriel Leão	[48]	Individual	T30M40	4:11:20
123	61	Jorge Moedas	[17]	Bootcamp sesimbra	T30SM	4:12:48
124	60	Aníbal Santos	[48]	Individual	T30M40	4:16:39
125	106	Renato Marques	[48]	Individual	T30SM	4:17:18

126	159	José Oliveira	[5]	AA Lebres do Sado	T30M40	4:19:24	
127	130	Nuno Baixinho	[72]	Runsox Runners	T30SM	4:19:52	
128	23	João Teixeira	[48]	Individual	T30SM	4:19:54	
129	71	Ricardo Silva	[48]	Individual	T30SM	4:20:21	
130	179	André Rodrigues	[48]	Individual	T30SM	4:21:06	
131	127	Hugo Simões	[48]	Individual	T30SM	4:21:08	
132	6	Bruno Afonso	[48]	Individual	T30SM	4:21:43	
133	29	Luís Caldeira	[67]	Proaventuras	T30M40	4:22:34	
134	151	Alberto Galamba	[64]	Papa Trilhos	T30M40	4:23:02	
135	123	Teresa Afonso	[67]	Proaventuras	T30SF	4:25:37	
136	129	Pedro Canto	[81]	Talentos Team	T30SM	4:26:44	
137	555	Ana Luisa Coelho	[67]	Proaventuras	T30F40	4:26:51	
138	68	Roberto Silva	[55]	Matilha Running	T30M40	4:32:45	
139	121	Dina Mota	[5]	AA Lebres do Sado	T30F40	4:37:05	
139	192	Jorge Pereira	[5]	AA Lebres do Sado	T30M60	4:37:05	
141	156	Luis Canhão	[48]	Individual	T30M40	4:37:30	
142	148	Tiago Nunes	[48]	Individual	T30SM	4:37:36	
143	175	Sérgio Pereira	[36]	Corre Malandro!	T30SM	4:38:25	
144	176	Pedro Moita	[36]	Corre Malandro!	T30SM	4:38:26	
145	3	Luís Rasteiro	[81]	Talentos Team	T30SM	4:40:16	
146	18	Nuno Ramalho	[48]	Individual	T30SM	4:40:18	
147	77	Sofia Coelho	[29]	Clube Naval de Sesimbra	T30SF	4:44:14	
148	99	Leonel Gomes	[48]	Individual	T30SM	4:44:17	
148	112	Jorge Louro	[48]	Individual	T30M50	4:44:17	
150	69	Eduardo Santos	[7]	ACRM	T30SM	4:44:20	
151	170	Joana Martins	[49]	Jobrinde - Montes Saloio	T30SF	4:54:33	
152	122	Mafalda Nunes	[5]	AA Lebres do Sado	T30F40	4:54:51	
153	183	Miguel Silva	[63]	O Praticante/ Asas do Mi	T30SM	4:54:52	
154	86	Pedro Mendonça	[55]	Matilha Running	T30SM	5:10:30	
155	75	Rui Barbosa	[55]	Matilha Running	T30M40	5:10:31	
156	168	Vanessa Cunha	[64]	Papa Trilhos	T30SF	5:19:08	
157	171	Marília Noro	[64]	Papa Trilhos	T30SF	5:19:10	
158	53	Sérgio Silva	[69]	Ratazanas do mato	T30SM	5:21:50	
159	54	Álvaro Silva	[69]	Ratazanas do mato	T30SM	5:21:51	
160	83	João Dias	[48]	Individual	T30M40	5:32:24	
161	125	Vitor Gonçalves	[3]	4 ao km	T30M40	5:41:27	
161	126	Isadora Costa	[3]	4 ao km	T30SF	5:41:27	
	12	Adelino Figueiredo	[48]	Individual	T30M40		mp
	172	Elisete Manuel	[63]	O Praticante/ Asas do Mi	T30SF		mp
	117	André Ribeirete	[38]	correrportugal.net	T30SM		mp