



# Trilho das Vinhas - Casa Ermelinda Freitas 2018

02 de Setembro, 2018

<https://werun.pt/resultados/trilhos-das-vinhas-casa-ermelinda-freitas-2018/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	292	JORGE ROBALO	00:59:22	00:58:37	M0039	OPRATICANTE	1
2	271	JOSÉ SILVA	01:01:40	01:00:55	M0039	INDIVIDUAL	2
3	117	PEDRO AMIGO	01:01:42	01:00:57	M0039	AMIGOS DA CORRIDA	3
4	120	ALBERTO RODRIGUES	01:05:50	01:05:03	M5059	AMIGOS DA CORRIDA	1
5	261	CARLOS CRISTÃO	01:07:18	01:06:32	M5059	INDIVIDUAL	2
6	250	FRANCISCO GAIO	01:07:46	01:07:01	M5059	CARACOL TRAIL TEAM	3
7	223	JOSÉ MANUEL GOMES	01:08:32	01:07:45	M5059		4
8	247	ALÍPIO TRIGO	01:09:42	01:08:42	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	1
9	236	LUIS CRUZ	01:09:58	01:08:58	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	2
10	123	JOSÉ AMIGO	01:10:00	01:09:13	M6099	AMIGOS DA CORRIDA	1
11	268	LUCILIA SOARES	01:12:05	01:11:19	F5059	S	1
12	265	JOÃO ARENGA	01:12:16	01:11:29	M6099	NAVIGATOR CLUBE SETUBAL	2
13	115	GUILHERME HORA	01:12:40	01:11:40	M4049	LISBOA	3
14	178	AMÉLIA COSTA	01:12:50	01:12:04	F5059		2
15	273	JOÃO PAULO MARQUES	01:13:05	01:12:19	M5059	PRO AVENTURAS	5
16	289	LUIS MIGUEL DA SILVA	01:13:11	01:12:25	M0039	INDIVIDUAL	4
17	159	SUSANA MARIA MATOS	01:13:29	01:12:29	F4049		1
18	232	RUI SIMPLICIO	01:14:06	01:13:06	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	4

19	259	PAULO MONTEIRO	01:14:20	01:13:31	M4049		5
20	154	PEDRO FERREIRA	01:14:47	01:13:58	M0039	SEM LIMITES	5
21	184	CARLOS FERREIRA	01:14:50	01:13:50	M4049		6
22	204	NELSON VALENTE	01:14:57	01:13:57	M0039		6
23	147	JOÃO PEDRO GONÇALVES DE SOUSA	01:15:00	01:14:13	M0039		7
24	179	ANTÓNIO PEREIRA	01:15:29	01:14:42	M6099		3
25	183	HUMBERTO BORGES	01:15:34	01:14:34	M5059		6
26	253	RUI MENAS	01:16:18	01:15:31	M4049	MATILHA RUNNING	7
27	161	JOSÉ GUERREIRO	01:17:07	01:16:22	M6099		4
28	252	ANTÓNIO CASACA	01:17:20	01:16:31	M5059	INDIVIDUAL	7
29	200	LEANDRO MARQUES	01:18:14	01:17:27	M0039	BRUTOS	8
30	106	JOÃO PAIXÃO	01:18:26	01:17:39	M0039	SEM LIMITES	9
31	267	ANABELA CARVALHO	01:18:56	01:18:11	F5059	GD SÃO DOMINGOS	3
32	290	SILVÉRIO CORREIA	01:20:15	01:19:31	M5059	SIMARSUL	8
33	105	TIAGO PINTO	01:20:42	01:19:42	M0039	SEM LIMITES	10
34	288	LUIS FERNANDES	01:21:19	01:20:33	M0039	INDIVIDUAL	11
35	141	JOÃO PEREIRA	01:22:25	01:21:25	M5059	MULTIRUNNERS	9
36	245	ANTÓNIO MAURÍCIO	01:23:42	01:22:57	M6099		5
37	246	ANA CAMELO	01:23:48	01:23:00	F0039		1
38	185	FERNANDO AGOSTINHO	01:23:54	01:23:05	M4049	EL CORTE INGLÉS RUNNING TEAM	8
39	174	MARCIO TEMTEM	01:24:03	01:23:03	M0039		12
40	186	RICARDO GOMES	01:24:08	01:23:08	M0039	CENTRO ATLETISMO DAS GALINHEIRAS	13
41	160	ANTÓNIO MARTINS	01:24:32	01:23:32	M5059	NAV RUNNERS	10

42	166	GERMANO BERNARDO	01:24:51	01:23:42	M6099	PRAZER DA CORRIDA	6
43	224	GONÇALO CARDOSO	01:24:58	01:23:58	M0039	3CS - CORK	14
44	129	MIGUEL TAVARES	01:24:59	01:24:11	M4049	BRT - BEER RUN TEAM	9
45	127	NUNO GONÇALVES	01:24:59	01:24:12	M4049	BRT - BEER RUN TEAM	10
46	167	GRAÇA ROLDÃO	01:25:04	01:24:04	F5059	OS TUGAS	4
47	243	PAULO QUARESMA	01:25:45	01:24:57	M6099	VETERANOS DE MASSAMÁ	7
48	100	FILIPE CAGICA	01:26:32	01:25:32	M0039		15
49	227	RUI SIMOES	01:26:52	01:25:52	M4049		11
50	125	FERNANDO VICENTE	01:26:57	01:26:12	M5059		11
51	138	ANDRÉ REIS	01:28:31	01:27:31	M4049	MULTIRUNNERS	12
52	111	JOAQUIM CARRILHO	01:28:41	01:27:40	M5059	SS CGD	12
53	239	MANUEL NASCIMENTO	01:28:55	01:27:55	M6099	WERU N	8
54	251	RICARDO VEIGA	01:29:29	01:28:29	M4049		13
55	203	JOSE MACHADO	01:29:32	01:28:32	M5059	NAV RUNNERS	13
56	198	SUSANA JEREMIAS	01:29:56	01:28:56	F4049	PALMELA TEAM	2
57	199	JOÃO VENTURA	01:29:57	01:28:57	M4049	PALMELA TEAM	14
58	235	SILVIA GALVEIA	01:30:09	01:29:22	F4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	3
59	234	PAULO GALVEIA	01:30:11	01:29:25	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	15
60	194	RICARDO DINIS	01:30:16	01:29:16	M4049	TEAM OTIS	16
61	221	JOANA GARCIA	01:30:37	01:29:36	F0039	MONSANTAS	2
62	222	SOFIA TEIXEIRA	01:30:37	01:29:37	F0039	MONSANTAS	3
63	135	LUIS AZEVEDO	01:31:02	01:30:02	M5059	CORRER LISBOA	14
64	190	NUNO GOMES	01:31:02	01:30:14	M4049	INDIVIDUAL	17

65	264	MANUEL CARDIM	01:31:11	01:29:47	M6099	NAVIGATOR CLUBE SETUBAL	9
66	215	MÓNICA MARTINS	01:31:22	01:30:21	F0039	CARACÓIS TURBINADOS	4
67	272	JORGE RIBEIRO	01:32:08	01:31:08	M4049		18
68	207	BRUNO MARQUES	01:32:15	01:31:15	M0039		16
69	216	TIAGO CATALÃO	01:32:28	01:31:25	M0039	CARACÓIS TURBINADOS	17
70	169	ANTÓNIO SIMPLÍCIO	01:32:49	01:31:48	M4049	ANEM A LA ILLA	19
71	103	MERCEDES FONSECA	01:33:01	01:32:01	F6099	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	1
72	163	MÓNICA ANJOS	01:33:07	01:32:19	F4049		4
73	168	LUIS COLAÇO	01:33:32	01:32:32	M4049		20
74	140	GIL PEREIRA	01:33:51	01:33:02	M4049	1 KM/X	21
75	197	ZÉLIA PEDRO	01:33:51	01:32:51	F0039	MOITARUNNING	5
76	196	OLGA CAIADO	01:34:11	01:33:11	F4049	ARTE DOS TRILHOS	5
77	104	PATRÍCIA MARUJO	01:34:29	01:33:29	F0039	SEM LIMITES	6
78	270	MIGUEL LOPES	01:34:34	01:33:29	M4049	99PROVASGRATUITAS TEAM	22
79	136	HUGO SANTOS	01:34:53	01:33:53	M4049	FALCÕES SELVAGENS	23
80	149	LUÍS FIGUEIREDO	01:35:16	01:34:16	M4049		24
81	112	TIAGO SILVA	01:35:26	01:34:26	M0039		18
82	116	NUNO PINTO	01:35:36	01:34:36	M0039	SEM LIMITES	19
83	213	ANTONIO PATACAS	01:37:16	01:36:16	M4049		25
84	171	TELMO LOPES	01:38:01	01:36:59	M4049	SALAMANDRECOS	26
85	180	ISAURA PEREIRA	01:38:15	01:37:15	F6099		2
86	233	PAULO ALMEIDA	01:39:25	01:38:25	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	27
87	182	CARLOS MOREIRA	01:39:58	01:38:58	M6099	CCDTMETROLISBOA	10

88	266	MANUEL ANTÓNIO	01:40:02	01:39:17	M4049	OS CARACOIS	28
89	124	JOAQUIM SANTOS	01:40:19	01:39:19	M6099	FALCOES SELVAGENS	11
90	228	ANTONIO TEIXEIRA	01:41:12	01:40:12	M4049		29
91	122	PAULO SOARES	01:41:17	01:40:13	M4049	AMIGOS DA CORRIDA	30
92	214	RICARDO TRIGUEIRO	01:41:37	01:40:37	M0039		20
93	248	NUNO ANDRÉ TRIGUEIRO	01:41:38	01:40:38	M0039	SL BESUNTAS	21
94	150	VITOR MARTINS	01:41:50	01:40:50	M5059	NÚCLEO DE ATLETISMO DO PENTEADO	15
95	137	ANTÓNIO DUARTE	01:41:52	01:40:52	M6099	INDIVIDUAL	12
96	262	FILIPE SILVA	01:42:18	01:41:18	M5059	INDIVIDUAL	16
97	162	NUNO PITA	01:43:01	01:42:01	M4049	C.C.D.T.METROPOLITANO DE LISBOA	31
98	173	OTELINDA SOUSA	01:43:12	01:42:10	F4049		6
99	131	ANA MARTINS	01:44:27	01:43:27	F5059	VENDA DO PINHEIRO	5
100	130	LUIS REIS	01:44:30	01:43:30	M5059	FALCÕES SELVAGENS	17
101	133	MARIA SALDANHA	01:44:39	01:43:39	F4049	MULTIRUNNERS	7
102	134	TOYNO COM_Y	01:44:40	01:43:40	M0039	MULTIRUNNERS	22
103	107	PEDRO CARETAS	01:44:47	01:43:59	M0039	SEM LIMITES	23
104	102	JOAQUIM FONSECA	01:45:02	01:44:02	M6099	FF PAZ MUNDIAL E UNIFICAÇÃO	13
105	177	MANUEL SEQUEIRA	01:45:13	01:44:13	M6099	TALENTOS TEAM	14
106	242	JOÃO SANTOS	01:45:13	01:44:13	M6099	VETERANOS DE MASSAMÁ	15
107	195	NUNO OLIVEIRA	01:45:31	01:44:31	M4049	LUSO ATLÂNTICA CORRETOR DE SEGUROS SA	32
108	119	MARGARIDA AMIGO	01:47:05	01:46:05	F5059	AMIGOS DA CORRIDA	6
109	139	EMÍLIO GONÇALVES	01:47:10	01:46:05	M5059	AMIGOS VALE SILÊNCIO	18
110	263	EDUARDO VENTURA	01:47:40	01:46:40	M0039	SIMARSUL	24

111	211	MARIO ANJO	01:48:10	01:47:22	M5059	MATILHA RADICAL	19
112	212	GESSINA MENDES	01:48:10	01:47:23	F4049	MATILHA RADICAL	8
113	158	MARCO ARAÚJO	01:49:19	01:48:19	M0039		25
114	240	MIGUEL VITORINO	01:49:19	01:48:19	M4049	CARACOL TRAIL TEAM	33
115	258	TERESA SILVA	01:49:36	01:48:51	F5059		7
116	218	RUBEN SANTOS	01:50:16	01:49:13	M0039	CARACÓIS TURBINADOS	26
117	113	RITA GAFANIZ	01:50:49	01:49:49	F0039	LISBOA	7
118	175	CATARINA FERRO	01:52:07	01:51:04	F4049	ANEM À LA ILLA	9
119	176	PAULO FERREIRA	01:52:07	01:51:07	M4049	ANEM À LA ILLA	34
120	172	CRISTINA REBOLA	01:55:55	01:54:53	F4049	SALAMANDRECOS	10
121	121	ROSA AFONSO	01:55:59	01:54:59	F5059	AMIGOS DA CORRIDA	8
122	152	SHEILA VALLE SANTOS	01:57:02	01:56:02	F4049	CORRER LISBOA	11
123	151	JOÃO SEQUEIRA	01:57:03	01:56:02	M4049	CORRER LISBOA	35
124	191	MÁRIO RUI PEREIRA DA SILVA	01:57:29	01:56:29	M5059		20
125	101	MARIA LUISA SOARES	01:58:00	01:57:00	F5059		9
126	269	DAVID SILVA	01:58:27	01:57:27	M5059	OPRATICANTE	21
127	192	HELENA PEDRADAS	01:59:06	01:58:06	F6099	ARTE DOS TRILHOS	3
128	146	TOBIAS ROCHA	01:59:07	01:58:07	M5059	TÁLENTOS TEAM	22
129	260	RUTE VASCONCELOS	01:59:09	01:58:09	F0039		8
130	238	ILÍDIA JOSÉ	01:59:12	01:58:12	F0039	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	9
131	256	ARMANDO NUNES	02:01:45	02:00:37	M4049		36
132	249	FILIPE MARGAÇO	02:03:36	02:02:36	M0039	POCEIRÃO FUTSAL CLUBE	27
133	110	ESMERALDO PEREIRA	02:07:21	02:06:19	M6099	SS CGD	16

134	188	CÉLIA CARVALHO	02:11:08	02:10:01	F0039		10
135	187	CAMILA SÁVIO	02:11:10	02:10:03	F0039		11
136	220	TÓMAS SARAIVA	02:11:15	02:10:12	M0039	CARACÓIS TURBINADOS	28
137	189	OLINDA SERRADOR	02:11:34	02:10:34	F4049	ARTE DOS TRILHOS	12
138	155	MARLENE CONRAL	02:11:34	02:10:34	F6099	ASSOCIAÇÃO LEBRES DO SADO	4
139	241	MANUEL AZEVEDO	02:11:54	02:10:52	M6099	VETERANOS DE MASSAMÁ	17
140	206	FÁTIMA ABREU	02:12:54	02:11:54	F6099	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	5
141	170	ANA SIMPLÍCIO	02:12:55	02:11:53	F4049	ANEM A LA ILLA	13
142	118	PAULA ANTUNES	02:13:58	02:12:58	F4049	AMIGOS DA CORRIDA	14
143	156	MÁRIO PIRES	02:14:00	02:12:47	M5059	INDIVIDUAL	23
144	229	JULIE FILUCCI	02:15:23	02:14:18	F4049		15
145	164	PAULO FIGUEIREDO	02:18:14	02:17:05	M5059	MULTIRUNNERS	24
146	165	DORA FIGUEIREDO	02:18:15	02:17:06	F4049	MULTIRUNNERS	16
147	219	FÁTIMA GODINHO	02:19:31	02:18:28	F0039	CARACÓIS TURBINADOS	12
148	142	DULCE PEREIRA	02:20:07	02:18:58	F5059	OS PEREIRA	10
149	225	SILVIA BARRADAS	02:21:30	02:20:30	F0039	AO RITMO DAS 200 PPM	13
150	153	CARLA ATILHÓ	02:21:30	02:20:30	F4049	AO RITMO DAS 200 PPM	17
151	217	ANDREIA DIAS	02:21:30	02:20:28	F0039	CARACÓIS TURBINADOS	14
152	148	ANTÓNIO GONÇALVES	02:21:31	02:20:31	M4049	LISBOA	37
153	210	ANTÓNIO GOINHAS	02:25:28	02:24:24	M0039		29
154	209	SAMUEL MARQUES	02:25:29	02:24:25	M0039		30
155	257	ANA GASPAR	02:28:57	02:27:48	F4049		18
156	254	CARLA VIEGAS	02:28:57	02:27:49	F4049	ACADEMIA D'ESTRELAS	19

157	255	DIANA MANZOUPO	02:28:58	02:27:49	F4049		20
158	143	LINDA MENDONÇA	02:29:22	02:28:17	F4049	OCR PORTUGAL	21
159	145	MARIA COSTA	02:29:24	02:28:19	F5059	BARREIRO	11
160	201	MANUELA CRUZ	02:29:33	02:28:29	F6099	RUN 4 FUN	6
161	202	PAULO FERNANDES	02:29:34	02:28:29	M4049	A. A. LEBRES DO SADO	38
162	226	AURELIANO VASCONCELOS	02:33:09	02:30:44	M6099		18