



Trilho das Vinhas - Casa Ermelinda Freitas 2019

01 de Setembro, 2019

<https://werun.pt/resultados/trilho-das-vinhas-casa-ermelinda-freitas-2019/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	19	GONÇALO CALDEIRA	00:51:28	00:51:28	M0039	WERUN	1
2	178	JOÃO EDUARDO	00:52:02	00:52:02	M0039	GDR SAO FRANCISCO DA SERRA	2
3	154	MIGUEL SOBRAL	00:52:32	00:52:32	M4049	ACADEMIA DO KORPO	1
4	124	JOSÉ LUÍS SIMÕES	00:53:09	00:53:08	M6099	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO	1
5	85	JOSÉ MANUEL GOMES	00:53:22	00:53:21	M5059		1
6	41	NELSON FELIX	00:53:52	00:53:52	M4049	MEN MARTINS	2
7	195	PALMIRA QUINHAMA	00:54:30	00:54:30	F4049	WERUN	1
8	190	LUIS PEREIRA	00:54:48	00:54:36	M4049		3
9	185	CRISTOVÃO PEDROSA	00:55:00	00:55:00	M0039		3
10	187	NUNO CESÁRIO	00:55:04	00:55:02	M4049	MOITA A CORRER	4
11	143	PAULO GOMES	00:55:21	00:55:13	M0039	MAFRA	4
12	30	DAVID PALMEIRO	00:55:21	00:55:14	M5059	GINÁSIO CLUBE DE BRAGANÇA	2
13	56	FRANCISCO GAIO	00:56:36	00:56:36	M5059	CARACOL TRAIL TEAM	3
14	80	JOSÉ CHÍCHARO	00:56:49	00:56:41	M5059	CDRRIBEIRINHO	4
15	105	PAULO LOPES	00:57:04	00:57:04	M5059	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	5
16	140	FRANCISCO CERQUEIRA	00:57:40	00:57:39	M4049	KER SPORT TRAIL RUNNING	5
17	174	RUI NEVES	00:57:49	00:57:48	M5059	GD SÃO DOMINGOS	6

18	26	JAMES HOBBS	00:58:08	00:58:07	M4049		6
19	103	GONALO CARDOSO	00:58:37	00:58:35	M0039	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	5
20	109	RAUL CARVALHO	00:58:59	00:58:59	M5059	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	7
21	35	JOAO ARENGA	00:59:33	00:59:33	M6099	NAVIGATOT CLUBE SETUBAL	2
22	75	PAULO MONTEIRO	00:59:55	00:59:55	M4049		7
23	92	ANT3NIO TEIXEIRA	01:00:02	00:59:56	M4049	OS KOTAS	8
24	33	GONALO POR3ELO	01:00:06	01:00:04	M0039	S3O DOMINGOS DE RANA	6
25	130	EZEQUIEL FERNANDES	01:00:35	01:00:34	M6099	COMANDOS SPA	3
26	176	RICARDO SANTOS	01:00:52	01:00:51	M4049		9
27	107	LUIS CRUZ	01:01:15	01:01:09	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	10
28	87	JO3O PAIX3O	01:01:16	01:01:13	M0039	NAFCS	7
29	106	PEDRO PEREIRA	01:01:25	01:01:12	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	11
30	173	ANABELA CARVALHO	01:02:22	01:02:21	F5059	GD S3O DOMINGOS	1
31	104	FAUSTINO PEREIRINHA	01:02:22	01:02:20	M5059	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	8
32	102	PAULO ALMEIDA	01:02:26	01:02:13	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	12
33	24	HELDER GOMES GOMES	01:03:00	01:02:57	M4049	SANTA IRIA AZOIA	13
34	34	J3NATAS SANTOS	01:03:57	01:03:56	M4049	3GUIA	14
35	28	ANT3NIO MARTINS	01:04:10	01:04:10	M5059	NAV RUNNERS	9
36	117	ANT3NIA JORD3O	01:04:26	01:04:23	F4049		2
37	161	JOS3 AMARO	01:04:39	01:04:24	M4049	LIZ RUNNERS	15
38	155	RUI ANTUNES	01:04:54	01:04:40	M4049	LISBOA	16
39	101	DAVID FIGUEIREDO	01:05:20	01:05:02	M4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	17
40	166	PEDRO CARVALHO	01:05:43	01:05:31	M0039		8

41	142	INÊS PEIXOTO	01:06:27	01:06:20	F4049	MAFRA	3
42	100	JOÃO CRUZ	01:06:27	01:06:09	M0039	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	9
43	165	DIANA VARETA	01:06:55	01:06:44	F0039		1
44	136	ROGÉRIO VENÂNCIO	01:07:00	01:06:45	M6099	O MUNDO DA CORRIDA	4
45	128	SÉRGIO MANUEL MACHADO CASAL	01:07:16	01:07:09	M5059	VITÓRIA FUTEBOL CLUBE	10
46	79	DELFIN PRATAS	01:07:40	01:07:36	M5059	BRR NIGHTRUNNERS	11
47	22	MIGUEL ÂNGELO QUIRINO PALMA	01:07:41	01:07:36	M4049	BRR NIGHTRUNNERS	18
48	27	NUNO GOMES	01:07:42	01:07:36	M4049	INDIVIDUAL	19
49	116	GISELA PINHAL	01:07:48	01:07:37	F0039	OCR PORTUGAL LAB	2
50	67	TIAGO PINTO	01:08:07	01:08:07	M4049	CORRER LISBOA	20
51	167	ANTONIO MARQUES	01:08:38	01:08:38	M5059	ANE	12
52	90	BRUNO ANTUNES	01:08:40	01:08:30	M4049		21
53	74	JOÃO GARDETE	01:08:41	01:08:23	M0039		10
54	54	HENRIQUE ADREGA	01:08:50	01:08:44	M6099	CLUBE ATLETISMO AMIGOS DE BELÉM	5
55	147	DANIELA BLAUTH	01:09:11	01:08:42	F4049		4
56	38	JORGE PEREIRA	01:09:12	01:08:54	M5059	ALTO DO MOINHO	13
57	46	LUÍS ANTÓNIO FERNANDES	01:09:32	01:09:24	M4049		22
58	76	FERNANDO AGOSTINHO	01:09:35	01:09:31	M4049	EL CORTE INGLÉS RUNNING TEAM	23
59	135	FILIPE MARGAÇO	01:10:10	01:10:06	M0039	RUN FOR THE OCEAN	11
60	172	HUGO HILÁRIO	01:10:13	01:10:04	M4049	NUCLEO DO SPORTING CP DO SEIXAL	24
61	151	NUNO COSTA	01:10:32	01:10:24	M4049		25
62	153	RICARDO COELHO	01:10:33	01:10:26	M4049		26
63	120	PAULA TRINDADE	01:10:40	01:10:38	F4049		5

64	129	BERTRAND MANGANO	01:11:04	01:11:02	M4049		27
65	14	SONIA FERNANDES	01:11:17	01:11:02	F4049		6
66	158	GABRIEL LADEIRO	01:11:30	01:11:11	M0039		12
67	186	PAULO RODRIGUES	01:11:42	01:11:40	M4049	MOITA A CORRER	28
68	119	FLORBELA BARROS	01:11:48	01:11:45	F4049		7
69	97	JOAQUIM CARRILHO	01:11:50	01:11:50	M5059	SS CGD	14
70	192	PEDRO HIPOLITO	01:11:52	01:11:45	M4049	PORTUGAL RUNNING	29
71	170	ARMANDO LACERDA	01:12:23	01:12:18	M6099	OCULISTA PORTAS SANTO ANTÓNIO	6
72	184	JOANA LOPES	01:12:32	01:12:28	F0039		3
73	63	CLAUSEN LAVOS	01:13:15	01:12:56	F4049		8
74	137	PAULO MOUTINHO	01:13:16	01:13:16	M4049	H-GARRA A LEBRE !!!	30
75	156	JOSÉ CRUZ	01:13:35	01:13:23	M4049	RUN FOR LUNCH	31
76	149	ALESSANDRA GAILEY	01:13:50	01:13:25	F0039		4
77	144	SÉRGIO FREITAS	01:13:56	01:13:47	M4049		32
78	11	PAULO FERREIRA	01:14:00	01:13:48	M4049	GRAPA	33
79	131	ANTÓNIO MAURÍCIO	01:14:01	01:14:01	M6099	GMC JAMOR	7
80	123	MANUEL CARLOS VICENTE PEDRO	01:14:06	01:14:05	M5059	CLUBE PESSOAL EDP SINES	15
81	112	MARGARIDA PEDRO	01:14:08	01:14:07	F5059	OS KOTAS	2
82	121	ELISABETE RAMALHO	01:14:30	01:14:23	F4049		9
83	122	HUGO FARIA	01:14:33	01:14:27	M4049		34
84	127	RUI DOMINGOS	01:14:38	01:14:28	M0039	QUEIJAS	13
85	157	LUIS CARLOS ALMEIDA	01:15:08	01:14:55	M4049	RUN FOR LUNCH	35
86	29	CARLA ANGUEIRA	01:15:32	01:15:25	F4049	GINÁSIO CLUBE DE BRAGANÇA	10

87	31	CATARINA FIGUEIRA	01:15:45	01:15:27	F4049		11
88	150	TANIA BIAGI	01:16:28	01:16:05	F0039		5
89	139	MANUEL GODINHO	01:16:31	01:16:31	M0039		14
90	141	MARIA VIANA	01:17:10	01:17:09	F4049	KER SPORT TRAIL RUNNING	12
91	183	SOFIA FERREIRA	01:17:17	01:17:12	F0039		6
92	61	PAULO CASTRO	01:17:17	01:17:09	M5059		16
93	21	LUDOVICO CAPITO	01:17:31	01:17:14	M5059	CARACOL TRAIL TEAM	17
94	194	SARA GOMES	01:18:06	01:17:57	F0039	CORRER LISBOA	7
95	118	ANA FERNANDES	01:18:10	01:18:06	F0039		8
96	162	RITA RAMOS	01:18:42	01:18:25	F0039		9
97	160	LAURA SOUSA	01:18:43	01:18:25	F0039		10
98	148	CARLA PORTO	01:19:12	01:18:49	F4049		13
99	113	MARINA PEDRO	01:19:39	01:19:33	F0039	OS KOTAS	11
100	134	NUNO MADUREIRA	01:19:57	01:19:54	M0039		15
101	15	ANA MONTEIRO	01:20:47	01:20:34	F4049		14
102	181	SUSANA COSTA	01:20:49	01:20:43	F4049	AMINHACORRIDA	15
103	193	MANUEL NASCIMENTO	01:21:53	01:20:59	M6099		8
104	110	MIGUEL MENDES	01:22:10	01:22:04	M0039		16
105	138	JOSE CORREIA	01:22:24	01:22:24	M6099	OEIRAS	9
106	82	CARINA RODRIGUES	01:22:33	01:22:17	F0039	RODRIGUERRA	12
107	126	HUGO RAMOS	01:22:36	01:22:36	M4049	HUGANITA	36
108	146	PATRICIA PEREIRA	01:22:54	01:22:52	F0039		13
109	145	FERNANDO MARTINHO	01:22:55	01:22:54	M0039		17

110	108	ANA PAULA BRANCO	01:22:56	01:22:50	F4049	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	16
111	69	CLÁUDIO CRUZ	01:23:05	01:22:57	M4049	ARRÁBIDA OBSTACLE RUNNERS	37
112	13	NÍDIA VALADARES	01:23:16	01:23:03	F4049	SETÚBAL	17
113	12	EZEQUIEL OLIVEIRA	01:23:16	01:23:03	M4049	SETÚBAL	38
114	55	GILBERTO GONÇALVES	01:23:51	01:23:40	M6099	CLUBE ATLETISMO AMIGOS DE BELÉM	10
115	77	OTELINDA SOUSA	01:24:51	01:24:38	F4049		18
116	88	ANTÓNIO DUARTE	01:26:00	01:25:50	M6099	INDIVIDUAL	11
117	163	MATHIEU GONZALEZ	01:26:35	01:26:31	M0039		18
118	32	NUNO ABRANTES	01:26:55	01:26:55	M4049		39
119	93	CLAUDIA TEIXEIRA	01:27:03	01:26:58	F4049	OS KOTAS	19
120	64	TÂNIA GRAFINO	01:27:13	01:27:03	M0039		19
121	65	MIGUEL PEREIRA	01:27:14	01:27:04	M4049		40
122	84	SANDRA ATALHO	01:27:23	01:27:15	F4049		20
123	53	LUIZ ROSA	01:28:09	01:27:57	M6099	CLUBE ATLETISMO AMIGOS DE BELÉM	12
124	111	FATIMA CHAINHO	01:28:54	01:28:49	F5059	OS KOTAS	3
125	39	GERALDO FERNANDES	01:28:56	01:28:49	M6099	NAVIGATOR CLUBE SETUBAL	13
126	95	ANDREIA GONÇALVES	01:28:58	01:28:47	F0039		14
127	191	ESMERALDO PEREIRA	01:29:00	01:28:51	M6099	SS CGD	14
128	189	DENISE MAHONEY	01:29:03	01:29:02	F0039		15
129	20	MIGUEL VITORINO	01:29:27	01:29:10	M4049	CARACOL TRAIL TEAM	41
130	42	JOANA PONTE	01:30:04	01:29:47	F4049	TEJONU	21
131	83	MILENA ALIPIO	01:30:48	01:30:42	F5059		4
132	18	EDUARDO BERNARDO	01:30:55	01:30:52	M4049	SUDU - CMC ODIVELAS	42

133	17	SUSANA SOUSA	01:30:56	01:30:53	F4049	SUDU - CMC ODIVELAS	22
134	78	SOFIA CORDEIRO	01:31:25	01:31:09	F4049	BORINHAS	23
135	91	ISMAEL ANTÓNIO MAIATO	01:31:27	01:31:13	M4049	SALAMANDRECOS	43
136	99	ILÍDIA JOSÉ	01:32:04	01:31:49	F0039	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	16
137	171	MARIA LACERDA	01:32:50	01:32:45	F5059	OCULISTA PORTAS SANTO ANTÓNIO	5
138	37	TOBIAS ROCHA	01:34:08	01:34:00	M5059	TÁLENTOS TEAM	18
139	177	MARIA JOÃO PEREIRA	01:36:15	01:35:58	F0039	AMINHACORRIDA	17
140	72	SANDRA SENAS	01:36:41	01:36:23	F4049	AGUALVA CACÉM	24
141	73	LUÍS CALHEIROS	01:36:44	01:36:25	M4049	AGUALVA CACÉM	44
142	188	MARCO TAVEIRA	01:37:39	01:37:24	M5059		19
143	62	MARIA APARECIDA PINTO	01:37:44	01:37:24	F6099		1
144	98	MÁRIO PIRES	01:38:45	01:38:45	M6099	TURBO-LENTOS	15
145	50	VITORINO NUNES	01:38:45	01:38:34	M6099	CLUBE ATLETISMO AMIGOS DE BELÉM	16
146	96	ALEXANDRA CARMONA COSTA	01:38:55	01:38:47	F4049	CLUBE MILLENNIUMBCP	25
147	44	LEONEL BRANDÃO	01:38:58	01:38:50	M5059	CLUBE MILLENNIUMBCP	20
148	60	CARLOS MATOS	01:40:33	01:40:13	M5059	CASA BENFICA SEIXAL	21
149	57	MÁRIO RUI PEREIRA DA SILVA	01:40:33	01:40:14	M5059		22
150	81	JOÃO GUERRA	01:42:00	01:41:43	M0039	RODRIGUERRA	20
151	23	CELIA FELIZARDO	01:47:49	01:47:44	F5059	SANTA IRIA AZOIA	6
152	86	MARIA MACEDO	01:48:58	01:48:48	F5059		7
153	36	MANUEL CARDIM	01:49:17	01:49:17	M6099	NAVIGATOR CLUBE SETUBAL	17
154	49	ANTÓNIO COSTA	01:50:32	01:50:21	M5059	CLUBE ATLETISMO AMIGOS DE BELÉM	23
155	52	ALBERTO CANO	01:50:32	01:50:19	M6099	CLUBE ATLETISMO AMIGOS DE BELÉM	18

156	58	VENCESLAU RODRIGUES	01:50:33	01:50:12	M5059		24
157	45	SANDRA MONTEIRO	01:52:37	01:52:33	F4049	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	26
158	71	MARIA SERRA	01:52:37	01:52:32	F4049	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	27
159	70	MARIA DE FÁTIMA LUCAS	01:52:38	01:52:34	F4049	ODIVELAS	28
160	133	ANA ABRUNHOSA	01:52:38	01:52:34	F4049	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	29
161	25	PEDRO GOMES	01:52:39	01:52:34	M4049	CMC ODIVELAS	45
162	115	JORGE FERREIRA	01:58:44	01:58:31	M5059		25
163	114	PAULA LOPES	01:58:46	01:58:30	F4049		30
164	43	RITA ROCHA	01:59:25	01:59:09	F0039		18
165	10	HELENA CABRAL CAEIRO	01:59:33	01:59:18	F4049		31
166	152	JOSE MACHADO	01:59:46	01:59:46	M5059	NAV RUNNERS	26
167	51	ISABEL NOBRE	02:05:44	02:05:33	F6099	CLUBE ATLETISMO AMIGOS DE BELÉM	2