



# Trilho dos Arneiros - Mini Trail

19 de Outubro, 2019

<https://werun.pt/resultados/trilho-dos-arneiros-mini-trail/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	347	JOSÉ DIAS	01:00:46	00:59:32	M4549	ASC VALE GRANDE	1
2	400	RODRIGO COSTA	01:02:58	01:01:43	M2339	ESCOLA DE ATLETISMO DO CARTAXO	1
3	346	MÁRCIO MONTEIRO	01:05:56	01:04:41	M2339	ASC VALE GRANDE	2
4	303	BRUNO AMARO	01:06:20	01:05:04	M4044	RUN FOR FRIENDS	1
5	380	ARMANDO CLARO	01:07:28	01:06:14	M4549		2
6	304	BRUNO CARVALHO	01:07:55	01:06:41	M4044	MONSANTO RUNNING TEAM	2
7	445	NUNO RAMOS	01:08:30	01:07:14	M2339		3
8	334	ARTUR MOREIRA	01:08:31	01:07:11	M4044	INTERFER	3
9	339	PEDRO ROSA	01:08:37	01:07:23	M2339	GRUPO DESPORTIVO DE PARREIRA	4
10	404	RUI GRAZINA	01:10:05	01:08:50	M5559	CCD SINTRENSE	1
11	330	JOAQUIM COSTA	01:10:22	01:09:08	M5054	AVEIRAS DE CIMA	1
12	345	BRUNO FERREIRA	01:11:21	01:10:06	M2022	ASC VALE GRANDE	1
13	326	AFONSO VERISSIMO	01:12:39	01:11:25	M0017	AMCF - ARRÁBIDA TRAIL TEAM	1
14	438	BRUNO CLAUDIO	01:12:52	01:11:38	M2339	CLUBE DE PRAÇAS DA ARMADA/ CPA TRAIL TEAM	5
15	332	ELIO ANDRE	01:12:57	01:11:39	M2339	SR. CAMARNAL	6
16	385	JOSE BERNARDO	01:13:02	01:11:42	M5054		2
17	333	HUGO HENRIQUES	01:14:52	01:13:34	M4044	SR. CAMARNAL	4
18	344	LUIS ALMEIDA	01:15:24	01:15:24	M4549	MONTES SALOIOS TRAIL TEAM	3

19	374	RENATO FIALHO	01:16:32	01:15:16	M2339		7
20	429	MANUEL NEVES	01:17:34	01:16:18	M6099	LAMEGO TRIBO RUNNERS	1
21	369	BRUNO DUARTE	01:17:40	01:16:18	M4044	OS PRIMOS	5
22	397	BRUNO FIGUEIRA	01:17:57	01:16:40	M4044	GDAZAMBUJA TRAIL TEAM	6
23	426	DAVID PAULINO	01:18:04	01:16:49	M0017		2
24	362	HELDER MARQUES	01:19:00	01:17:38	M5054	SR. CAMARNAL	3
25	335	MARCO FIDALGO	01:19:02	01:17:38	M4044	SR. CAMARNAL	7
26	370	JOÃO ALBERTO	01:19:33	01:19:33	M5054	MONTES SALOIOS TRAIL TEAM	4
27	367	DANIEL VIEIRA	01:20:11	01:18:49	M4044	TR@IL LI@RT	8
28	349	LUCIO BASÍLIO	01:21:47	01:20:31	M6099	AZA - AZAMBUJA COM ALMA	2
29	411	SERGIO SIMÃO	01:23:00	01:21:39	M4044	A OFICINA	9
30	377	MIGUEL PINHO	01:23:29	01:22:08	M4549	O MUNDO DA CORRIDA	4
31	338	NELSON LÚCIO	01:23:58	01:22:33	M2339	AVEIRAS RUNNERS	8
32	420	VITOR FERNANDES	01:24:01	01:22:43	M5559	4321 TEAM	2
33	352	MARTA ANSELMO	01:24:18	01:23:01	F4549	ALENQUER RUN	1
34	437	ANA GONÇALVES	01:24:38	01:23:25	F2339	ÉVORA NIGHT RUNNERS	1
35	312	NUNO APARÍCIO	01:24:46	01:23:27	M4549	AZA - AZAMBUJA COM ALMA	5
36	348	PEDRO GONÇALVES	01:25:12	01:23:48	M2339	ASC VALE GRANDE	9
37	316	PEDRO ANDRÉ	01:25:17	01:24:00	M4044	AZA - AZAMBUJA COM ALMA	10
38	399	LUÍS JORGE FARIA	01:25:32	01:24:11	M5559	CARTAXO NIGHT RUNNERS	3
39	307	CARLOS PÁSCOA	01:25:34	01:24:19	M6099	INDIVIDUAL	3
40	310	DANIEL MARTINS	01:25:45	01:24:21	M2339	TRILHO DOS ARNEIROS	10
41	402	INÊS HENRIQUES	01:25:47	01:24:25	F2339	GDAZAMBUJA TRAIL TEAM	2

42	322	BRUNO LOPES	01:26:14	01:24:56	M4044	GANG DO AMENDOIM	11
43	336	JOÃO PINTO	01:26:18	01:24:58	M4044	RUN FOR FRIENDS	12
44	407	LUÍS DUARTE	01:26:54	01:25:31	M4549		6
45	433	INÊS OLIVEIRA	01:26:55	01:26:55	F2022		1
46	320	LUÍS BENAVENTE	01:27:20	01:25:58	M4549	GDAZAMBUJA - TRAIL TEAM	7
47	360	CARLA SILVA	01:27:37	01:26:22	F4549	AZA - AZAMBUJA COM ALMA	2
48	373	GONÇALO MONTEIRO	01:27:43	01:26:22	M2339		11
49	361	FERNANDO RIBEIRO	01:27:53	01:26:28	M5054		5
50	381	RODRIGO MARQUES	01:28:22	01:27:05	M5054	INDIVIDUAL	6
51	366	JOSÉ BORGES	01:29:16	01:27:54	M5559	CCDSINTRENSE	4
52	350	VITOR AFONSO LOURENÇO	01:29:37	01:28:20	M5054	MONTES SALOIOS TRAIL TEAM	7
53	363	HUGO DUARTE	01:29:58	01:28:34	M4044	AVEIRAS RUNNERS	13
54	359	TIAGO FAZENDEIRO	01:31:54	01:30:31	M0017	INDIVIDUAL	3
55	337	ANTÓNIO GERALDES	01:32:48	01:31:22	M5559	FALCÕES SAELVAGENS	5
56	358	LUIS FAZENDEIRO	01:33:40	01:32:17	M4549	INDIVIDUAL	8
57	351	JORGE PEREIRA	01:34:45	01:33:26	M5559	MONTES SALOIOS TRAIL TEAM	6
58	413	PATRÍCIA MONTEIRO	01:34:55	01:33:43	F4044	AI NÓS JAMOR	1
59	321	RUI ALVES	01:36:09	01:34:53	M4044	AZA - AZAMBUJA COM ALMA	14
60	342	VANESSA COSTA	01:36:28	01:35:13	F2339	MONTES SALOIOS TRAIL TEAM	3
61	376	MARTA ADÃO	01:37:29	01:36:10	F4044	RUN FOR FRIENDS	2
62	440	CARLOS CARDOSO	01:38:26	01:37:02	M4044		15
63	409	CRISTINA LINO	01:40:56	01:39:38	F5054	ALVERCA URBAN RUNNERS	1
64	382	JOAO COSTA	01:40:56	01:39:33	M5054	CCD SINTRENSE	8

65	406	PAULO FERNANDES	01:42:50	01:41:28	M4044	VALE DA PINTA - CARTAXO	16
66	329	FERNANDO COSTA	01:44:51	01:43:23	M6099		4
67	368	MARIA JOÃO EMÍDIO	01:46:06	01:44:50	F5054	MONTES SALOIOS TRAIL TEAM	2
68	314	PAULO ALMEIDA	01:46:13	01:44:46	M2339	FLECHAS DO RIBATEJO	12
69	313	JOÃO SOARES	01:46:15	01:44:48	M2339	FLECHAS DO RIBATEJO	13
70	383	ANA FERNANDES	01:46:37	01:45:15	F4044		3
71	395	CARLA MOTA	01:46:38	01:45:16	F2339		4
72	308	RUI NEVES	01:47:07	01:45:46	M4044	MALTA VELOZ	17
73	435	ANIBAL LUIS	01:49:25	01:48:07	M6099	BORINHAS	5
74	364	ANA PIPA	01:50:06	01:48:49	F4044	MONTES SALOIOS TRAIL TEAM	4
75	371	PORTILHO JOANA	01:50:46	01:49:22	F2339	FOODAHOLICS	5
76	372	GASPAR CARINA	01:50:46	01:49:23	F2339	FOODAHOLICS	6
77	430	KINA SEABRA	01:50:53	01:49:37	F6099	TÁLENTOS TEAM	1
78	424	CLÁUDIA NEVES	01:51:39	01:50:22	F4044	GRAFIWORK	5
79	422	ANA LEONARDO	01:51:40	01:50:22	F4044	GRAFIWORK	6
80	428	VICTOR FERREIRA	01:51:40	01:50:23	M4549	GRAFIWORK	9
81	423	SAMUEL TELES	01:51:41	01:50:25	M4549	GRAFIWORK	10
82	378	BRUNO ABRANTES	01:52:28	01:51:02	M4044	Massamá	18
83	309	CREMILDE ESTEVINHO	01:54:40	01:53:20	F4549	MALTA VELOZ	3
84	317	JUDITE SERRA	01:56:55	01:55:39	F4549	AZA - AZAMBUJA COM ALMA	4
85	408	BRÍGIDA CRISTÓVÃO	01:56:55	01:55:38	F4044	GDM TRAIL TEAM	7
86	305	LUÍS INÁCIO	01:57:41	01:56:17	M4044		19
87	327	TERESA MENDES	01:57:42	01:56:16	F2339	AVEIRAS DE CIMA	7

88	323	ANTÓNIO SOUSA	01:58:08	01:56:47	M4549		11
89	356	ANA MARGARIDA CENTEIO	01:59:41	01:58:19	F4044	HAPPY FEET	8
90	355	CARLA ASSUNÇÃO	01:59:41	01:58:19	F4044	HAPPY FEET	9
91	436	MARIA SIMOES	02:02:15	02:00:57	F5559	BORINHAS	1
92	439	SANDRA CARDOSO	02:02:42	02:01:16	F4044		10
93	324	RUTE LEAL	02:03:23	02:02:03	F2339	MALTA VELOZ	8
94	354	ELSA DONINHA	02:04:48	02:03:23	F4044		11
95	353	MÁRIO SILVA	02:04:48	02:03:22	M4044		20
96	394	ANA RANGEL	02:07:11	02:05:52	F4044	ELITE RUNNERS	12
97	403	ANA MARTINS	02:07:23	02:05:59	F5559	FALCOES SELVAGENS	2
98	412	GRAÇA NOBRE	02:08:02	02:06:44	F6099	ALVERCA URBAN RUNNERS	2
99	405	RUTE PEREIRA	02:09:12	02:07:47	F5054	CCD SINTRENSE	3
100	444	ALBINO PACHECO	02:11:25	02:09:57	M6099		6
101	365	EMILIA BORGES	02:12:18	02:10:53	F5559	CCDSINTRENSE	3
102	398	JÚLIO FINOTE	02:12:18	02:10:52	M5054	CCD SINTRENSE	9
103	328	MAYER RAPOSO	02:12:18	02:10:58	M6099	SETÚBAL	7
104	427	CATARINA RAMOS	02:19:34	02:19:34	F4044		13
105	379	ELISABETE CERQUEIRA	02:21:04	02:19:43	F4549		5
106	442	ELISABETE JESUS	02:21:11	02:19:51	F2339		9
107	386	JOÃO MARTINS	02:24:09	02:22:49	M4549	O MUNDO DA CORRIDA	12
108	388	ISABEL SEQUEIRA	02:24:09	02:22:50	F5054	O MUNDO DA CORRIDA	4
109	389	CARLOS COELHO	02:24:10	02:22:50	M5559	O MUNDO DA CORRIDA	7
110	384	ANA CALIÇA	02:25:38	02:24:20	F4044	ALVERCA URBAN RUNNER	14

111	357	SANDRA REIS	02:25:39	02:24:20	F4549	ALVERCA URBAN RUNNERS	6
112	415	ANA SALGUEIRO	02:26:06	02:24:38	F2339	VILA FRANCA DE XIRA	10
113	414	LARA SANTOS	02:26:06	02:24:38	F2339		11
114	35	JOÃO PAULO MAIA	02:26:21	02:24:56	M5559	FALCÕES SELVAGENS	8
115	418	PEDRO MAIA	02:26:22	02:24:58	M2339	FALCOES SELVAGENS	14
116	391	ANA SEABRA	02:29:35	02:28:06	F5054		5
117	390	RICARDO LEITÃO	02:29:37	02:28:08	M4044		21