



1º Trilhos de Lousa Noturno 2018

29 de Setembro, 2018

<https://werun.pt/resultados/1-trilhos-de-lousa-noturno-2018/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	85	LEONARDO LOUREIRO	01:04:19	01:04:16	M0039	CARACÓIS DE PEDRA	1
2	97	PAULO MIRANDA	01:04:34	01:04:31	M4049	TURRES TRAIL TEAM	1
3	73	MÁRIO AFONSO	01:05:33	01:05:31	M0039	CCR ALTO DO MOINHO	2
4	74	RUI AFONSO	01:06:33	01:06:30	M4049	CCR ALTO DO MOINHO	2
5	84	SAMUEL SEBASTIÃO	01:10:57	01:10:53	M0039	CARACÓIS DE PEDRA	3
6	96	HELDER BAPTISTA	01:12:15	01:12:12	M4049	GO! RUNNERS	3
7	55	PEDRO MARTINS	01:12:17	01:12:14	M0039		4
8	92	ALEXANDRE GOMES NEVES	01:13:32	01:13:23	M4049	MONTIQUEIJOS	4
9	111	ANTONIO PEDRO SANTOS	01:15:58	01:15:48	M4049	SALAMANDRECOS	5
10	41	PEDRO VICENTE	01:16:18	01:16:12	M4049	PORTUGAL TROTTER	6
11	37	PAULO VENÂNCIO	01:16:30	01:16:30	M0039	INDIVIDUAL	5
12	34	GONÇALO PORÊLO	01:16:33	01:16:28	M0039	GP RUNNING	6
13	67	HUGO TOMÉ	01:18:38	01:18:36	M0039	SRCDRF Monte Godel	7
14	98	MARINA ALVES	01:19:08	01:19:02	F0039	TURRES TRAIL TEAM	1
15	81	RUI ALVES	01:19:46	01:19:38	M4049	INDIVIDUAL	7
16	28	PAULO COSTA	01:21:09	01:20:59	M0039	GDCF	8
17	29	AFONSO RODRIGUES	01:21:43	01:21:35	M0039	GDCF	9
18	6	RICARDO PEREIRA	01:24:10	01:23:59	M4049	AMIGOS VALE SILENCIO	8

19	48	PEDRO PIRES	01:24:56	01:24:50	M0039	Pupilos Trail Team	10
20	87	LUIS SANTANA	01:25:01	01:24:55	M5099	TRILHOS DO COSTUME	1
21	33	SAMUEL TEIXEIRA	01:25:06	01:25:06	M0039		11
22	71	JOÃO MARQUES	01:25:15	01:25:06	M0039	SSCGD	12
23	76	RENATO ALEXANDRE	01:25:22	01:25:09	M0039		13
24	61	ANTONIO ALMEIDA	01:25:27	01:25:21	M5099	NUCLEO DESPORTIVO AUTOCOOPE	2
25	101	FRANCISCO BARATA	01:26:01	01:25:46	M0039	INDIVIDUAL	14
26	89	PEDRO PINTO	01:26:07	01:25:52	M0039	INDIVIDUAL	15
27	30	HUGO DUARTE	01:26:28	01:26:21	M4049	GDCF	9
28	1	IGOR SANTOS	01:26:29	01:26:15	M0039		16
29	27	MIGUEL ESTEVES	01:26:30	01:26:21	M0039	GDCF	17
30	64	CARLOS GRADE	01:27:47	01:27:40	M4049	SALAMANDRECOS	10
31	103	MIGUEL LUCENA	01:28:04	01:27:46	M0039	INDIVIDUAL	18
32	19	NUNO BORGES	01:28:10	01:27:44	M0039		19
33	38	BRUNO PEDROSO	01:28:11	01:27:46	M0039	Atxcyclingstore	20
34	90	FRANCISCO DA COSTA	01:29:04	01:29:04	M4049	MONTIQUEIJOS	11
35	105	ARTUR BASILIO	01:29:18	01:29:13	M4049	INDIVIDUAL	12
36	83	SANDRA OLIVEIRA	01:29:18	01:29:12	F0039	OPRATICANTE	2
37	106	PEDRO RAMOS	01:29:18	01:29:14	M4049	INDIVIDUAL	13
38	9	NUNO MATEUS	01:29:40	01:29:40	M0039	INDIVIDUAL	21
39	13	JOSÉ OLIVEIRA	01:30:56	01:30:52	M4049	OS TUGAS SALOIOS	14
40	88	HELDER ROSÁRIO	01:30:56	01:30:47	M0039	INDIVIDUAL	22
41	82	FLOR IRINA AMONSKY	01:31:25	01:31:14	F0039	SALAMANDRECOS	3

42	23	GAETANO MANZO	01:31:53	01:31:37	M4049	OCR Panthers	15
43	20	MIGUEL SANTOS	01:34:56	01:34:43	M4049	Clube Futebol Sassoeiros	16
44	22	NUNO PEREIRA	01:36:30	01:36:14	M0039	OCR Panthers	23
45	69	LUÍS GOMES	01:36:31	01:36:19	M0039	SSCGD	24
46	50	RICARDO VALADARES	01:37:47	01:37:22	M0039	ATX CYCLINGSTORE	25
47	91	VITOR TEIXEIRA	01:38:52	01:38:42	M4049	MONTIQUEIJOS	17
48	7	TELMO LOPES	01:40:24	01:40:05	M4049	SALAMANDRECOS	18
49	5	NUNO FILIPE LOPES EMÍDIO BAIXINHO	01:41:39	01:41:31	M0039	GestRunner	26
50	4	NUNO EMÍDIO	01:42:22	01:42:12	M0039	GestiRunner	27
51	14	TERESA OLIVEIRA	01:42:45	01:42:39	F4049	OS TUGAS SALOIOS	1
52	12	MICHAEL JORGE	01:42:45	01:42:38	M4049	OS TUGAS SALOIOS	19
53	2	LUIS BAENA	01:44:30	01:44:15	M0039		28
54	59	ADRIANA CABECINHAS	01:45:56	01:45:42	F0039		4
55	24	PEDRO NEVES	01:46:10	01:45:53	M0039	OCR Panthers	29
56	31	JOÃO BARRIGOLA	01:46:10	01:45:54	M0039		30
57	18	ANDRÉ REIS	01:46:22	01:46:06	M4049	MULTIRUNNERS	20
58	107	PAULO RODRIGUES	01:46:22	01:46:07	M0039	MULTIRUNNERS	31
59	57	JOÃO PEREIRA	01:46:23	01:46:08	M5099	MULTIRUNNERS	3
60	78	JOSÉ FINURAS	01:46:24	01:46:09	M4049	MULTIRUNNERS	21
61	3	ANA NETO	01:46:25	01:46:25	F0039		5
62	58	RUI CARVALHO	01:47:59	01:47:40	M5099	ODIVELAS	4
63	80	PEDRO FIGUEIRA	01:48:04	01:47:44	M4049	SOMAI51KM	22
64	8	MÁRIO ESTEVES	01:49:30	01:49:30	M4049	JP	23

65	56	CAROLINA ROSA	01:51:44	01:51:36	F5099		1
66	44	LUIS SILVA	01:51:49	01:51:25	M4049	BEAR CAVE TRAIL-OCR	24
67	42	DANILLO FREITAS	01:51:49	01:51:25	M0039	BEAR CAVE TRAIL-OCR	32
68	43	ZITA MACHADO	01:51:50	01:51:27	F0039	BearCave Trail-OCR	6
69	109	MARIA SILVA	01:52:30	01:52:24	F4049	OS TUGAS SALOIOS	2
70	11	PATRÍCIA JORGE	01:52:31	01:52:24	F0039	OS TUGAS SALOIOS	7
71	26	ANA CATARINA PEREIRA QUINTAS	01:52:42	01:52:30	F4049		3
72	77	ALEXANDRE DUARTE	01:52:44	01:52:30	M5099		5
73	102	TÂNIA CARVALHO	01:53:43	01:53:22	F0039	INDIVIDUAL	8
74	32	CRISTINA REBOLA	01:56:06	01:55:47	F4049	SALAMANDRECOS	4
75	52	MARIA DO CÉU FERREIRA RIBEIRO DUARTE	01:56:07	01:55:48	F5099	CORRER LOURES	2
76	99	BRUNO CARNEIRO	01:56:20	01:55:58	M0039	INDIVIDUAL	33
77	104	LUIS TABORDA	01:57:10	01:56:54	M0039	INDIVIDUAL	34
78	46	FRANQUELIM ALVITO	01:59:09	01:59:09	M4049		25
79	110	CLÁUDIA NEVES	01:59:09	01:58:52	F4049	INDIVIDUAL	5
80	79	JULIA RIBEIRO	02:05:58	02:05:40	F0039		9
81	54	SAMUEL TELES	02:05:59	02:05:40	M4049		26
82	53	ANA LEONARDO	02:05:59	02:05:41	F4049		6
83	45	LUIS PAULA	02:05:59	02:05:41	M4049		27
84	40	DINA OLIVEIRA	02:23:43	02:23:43	F4049	Boavidas	7
85	39	ROSÁRIO FIGUEIRAL	02:23:43	02:23:20	F5099	Boavidas	3
86	15	LUIS MARQUES	02:32:32	02:32:18	M4049		28
87	66	CATIA GAUDENCIO	02:32:32	02:32:21	F0039		10

88	68	CATARINA SOUSA	02:32:33	02:32:19	F0039	Santo Antonio Dos Cavaleiros	11
89	16	PAULO SILVEIRA	02:32:35	02:32:21	M0039		35
90	17	VANDA CORREIA	02:32:35	02:32:20	F0039		12
91	70	NUNO OLIVEIRA	02:39:44	02:39:32	M4049	SSCGD	29
92	36	SONIA PINTO	02:58:37	02:58:17	F5099		4
93	35	ANA SAMORA	02:58:38	02:58:16	F5099		5