



2º Trail Running Trilho Perdido

Data: 31 de Maio de 2015

Localidade: Glória do Ribatejo

Organização: Trilho Perdido

Cronometragem: Trilho Perdido Cronometragens

Classificação geral de Trail Curto									
Pos.	Dor.	Nome	Clube	Cat.	Pos.2	Tempo	T/Km.	Dif.	
1	120	Ribeiro, Miguel	""Os Saramagos""	TC Mse	1	1:16:48.59	04:31		
2	175	Correia, Sergio	UNIÃO DESPORTIVA RECREATIVA DA ZONA ALTA	TC Mse	2	1:17:31.07	04:34	0:00:42	
3	67	Antas, António	Furões do Alentejo	TC M50	1	1:19:36.73	04:41	0:02:48	
4	149	Santos, Filipe	CASA DO BENFICA EM ABRANTES	TC Mse	3	1:22:32.68	04:51	0:05:44	
5	176	Leandro, Rui	UNIÃO DESPORTIVA RECREATIVA DA ZONA ALTA	TC Mse	4	1:24:41.35	04:59	0:07:52	
6	177	Maia, José	UNIÃO DESPORTIVA RECREATIVA DA ZONA ALTA	TC Mse	5	1:31:09.76	05:22	0:14:21	
7	194	Monteiro, António	Glória Runners	TC M40	1	1:32:29.30	05:26	0:15:40	
8	183	Ferreira, Hugo	Os Metralhas	TC Mse	6	1:35:42.44	05:38	0:18:53	
9	134	Naia, Francisco	CD Salvaterrense / CME	TC M40	2	1:36:32.65	05:41	0:19:44	
10	108	Silva, Manuel	Veteranos de Massamá	TC M60	1	1:37:50.64	05:45	0:21:02	
11	193	Ribeiro, João	UCPC Team	TC Mse	7	1:38:25.78	05:47	0:21:37	
12	84	Marques, Agostinho	Asas	TC M50	2	1:38:46.30	05:49	0:21:57	
13	171	Monteiro, António	ACM -Trail&Running	TC M40	3	1:39:04.00	05:50	0:22:15	
14	152	Fogueteiro, Pedro	Lobos da Atela	TC Mse	8	1:39:06.29	05:50	0:22:17	
15	136	Oliveira, Francisco	Glória Runners	TC M50	3	1:39:24.39	05:51	0:22:35	
16	184	Pinto, Inês	GafanhOri	TC Fse	1	1:39:54.00	05:53	0:23:05	
17	117	Ribeiro, Estevão	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TC M60	2	1:39:56.96	05:53	0:23:08	
18	169	Santos, Andre	Team Santos	TC Mse	9	1:41:20.08	05:58	0:24:31	
19	199	Rebocho, Ivo	Furões do Alentejo	TC Mse	10	1:41:42.43	05:59	0:24:53	
20	53	Leal, José	Marinhais AC	TC Mse	11	1:43:29.42	06:05	0:26:40	
21	52	Leal, António	Marinhais AC	TC M40	4	1:43:37.81	06:06	0:26:49	
22	68	Freitas, José	Lebres do Sado	TC M50	4	1:44:10.88	06:08	0:27:22	

23	159	Bento, Francisco	Individual	TC Mse	12	1:44:25.08	06:09	0:27:36
24	109	Quaresma, Paulo	Veteranos de Massamá	TC M50	5	1:45:09.96	06:11	0:28:21
25	126	Oliveira, Paulo	Glória Runners	TC Mse	13	1:45:18.86	06:12	0:28:30
26	1	Brilhante, Rui	Trilho Perdido	TC M40	5	1:46:20.80	06:15	0:29:32
27	185	Tirapicos, David	GafanhOri	TC Mse	14	1:47:39.01	06:20	0:30:50
28	202	Pote, Rodrigo	Glória Runners	TC Mse	15	1:48:02.76	06:21	0:31:14
29	188	Fróis, Fróis	20 km Almeirim Desportos de Montanha	TC Mse	16	1:48:12.16	06:22	0:31:23
30	70	Santo, Samuel	Individual	TC M40	6	1:49:39.59	06:27	0:32:51
31	198	Caneira, Pedro	Os Metralhas	TC Mse	17	1:51:16.20	06:33	0:34:27
32	124	Henriques, Cheila	Alverca Urban Runners	TC Fse	2	1:51:28.06	06:33	0:34:39
33	150	Fonseca, Alexandre	Individual	TC Mse	18	1:52:17.83	06:36	0:35:29
34	147	Emidio, Bernardo	Chamusca Night Runners	TC Mse	19	1:52:52.19	06:38	0:36:03
35	163	Campos, Ricardo	Individual	TC Mse	20	1:52:52.29	06:38	0:36:03
36	190	Dias, Andreia	Chamusca Night Runners	TC Fse	3	1:52:58.91	06:39	0:36:10
37	105	Gonçalves, Ivo	pé de chinélo	TC Mse	21	1:54:25.23	06:44	0:37:36
38	103	Nogueira, Lourenço	Salvaterra Nigth Runners	TC M40	7	1:55:12.65	06:47	0:38:24
39	146	Cação, Paulo	Salvaterra Night Runners	TC Mse	22	1:55:22.50	06:47	0:38:34
40	186	Caneira, Custódio	Os Metralhas	TC M40	8	1:55:25.86	06:47	0:38:37
41	187	Caneira, Ricardo	Os Metralhas	TC Mse	23	1:55:26.74	06:47	0:38:38
42	155	Monteiro, Luis	Glória Runners	TC Mse	24	1:55:56.01	06:49	0:39:07
43	213	Jorge, Rogério	Individual	TC Mse	25	1:55:56.16	06:49	0:39:07
44	132	Silva, Manuel	CASA DO BENFICA EM ABRANTES	TC M40	9	1:58:04.11	06:57	0:41:15
45	154	Oliveira, Paulo	Os Metralhas	TC Mse	26	2:01:40.87	07:09	0:44:52
46	72	Caneira, Roberto	Glória Runners	TC M40	10	2:02:05.10	07:11	0:45:16
47	172	Silvestre, José	Os Metralhas	TC Mse	27	2:02:54.81	07:14	0:46:06
48	4	Castro, Mauro	Runniologia	TC Mse	28	2:04:55.97	07:21	0:48:07
49	49	Silva, Ricardo	Runniologia	TC Mse	29	2:05:15.32	07:22	0:48:26
50	122	Carvalho, Paulo	Clube EDP - Lisboa	TC M60	3	2:06:18.61	07:26	0:49:30
51	157	Jerónimo, Sandra	Chamusca Night Runners	TC Fse	4	2:06:33.85	07:27	0:49:45
52	181	Beijinho, Carlos	Individual	TC M40	11	2:06:47.74	07:28	0:49:59
53	3	Sousa, Paulo	Runniologia	TC M40	12	2:07:52.78	07:31	0:51:04
54	209	Covão, Carlos	Chamusca Night Runners	TC Mse	30	2:08:40.42	07:34	0:51:51
55	24	Conchinha, José	Clube do Stress	TC M60	4	2:09:03.95	07:36	0:52:15
56	37	Batista, Sofia	Glória Runners	TC Fse	5	2:09:05.33	07:36	0:52:16
57	34	Fonseca, Jacinta	Glória Runners	TC Fve	1	2:09:08.79	07:36	0:52:20
58	139	Emidio, Joana	Chamusca Night Runners	TC Fse	6	2:09:11.60	07:36	0:52:23
59	148	Salvaterra, Rodolfo	Chamusca Night Runners	TC Mse	31	2:09:11.85	07:36	0:52:23
60	44	Nunes, Gabriel	Individual	TC Mse	32	2:09:34.27	07:37	0:52:45

61	19	Reis, Sofia	Individual	TC Fve	7	2:11:43.95	07:45	0:54:55
62	26	Costa, Luis	MillenniumBCP	TC M40	13	2:11:45.73	07:45	0:54:57
63	99	Ferreira, Edgar	Samorunning	TC Mse	33	2:11:54.98	07:46	0:55:06
64	189	Fernandes, Maria	Glória Runners	TC Fve	2	2:13:16.41	07:50	0:56:27
65	107	Azevedo, Manuel	Veteranos de Massamá	TC M50	6	2:14:25.66	07:54	0:57:37
66	89	Silva, David	O Praticante (asas do milenium)	TC M50	7	2:15:38.52	07:59	0:58:50
67	200	Alves, Rui	Salvaterra Night Runners	TC M40	14	2:15:38.77	07:59	0:58:50
68	66	Arraias, Sandra	Os Arraias	TC Fse	8	2:17:00.59	08:04	1:00:12
69	65	Arraias, Diogo	Os Arraias	TC M60	5	2:17:01.68	08:04	1:00:13
70	208	Serrano, Joana	A20KM	TC Fse	9	2:17:11.65	08:04	1:00:23
71	206	Garcia, Omar	A20KM	TC Mse	34	2:17:13.10	08:04	1:00:24
72	182	Silva, David	Correr Lisboa	TC Mse	35	2:18:43.55	08:10	1:01:55
73	82	Ferrabelo, José	Asas	TC M60	6	2:19:35.05	08:13	1:02:46
74	143	Neves, Dinis	Individual	TC Mse	36	2:19:46.19	08:13	1:02:57
75	83	Marques, Serafim	Asas	TC M60	7	2:20:55.71	08:17	1:04:07
76	81	Cunha, Helena	Asas	TC Fve	3	2:20:56.11	08:17	1:04:07
77	156	Ferreira, Ângela	Salvaterra Night Runners	TC Fse	10	2:22:35.31	08:23	1:05:46
78	38	Gomes, Helder	Glória Runners	TC M40	15	2:22:51.70	08:24	1:06:03
79	195	Barrela, Carlo	Individual	TC Mse	37	2:23:53.13	08:28	1:07:04
80	196	Barrela, Fernando	Individual	TC Mse	38	2:23:53.65	08:28	1:07:05
81	13	Fonseca, António	SS CGD	TC M40	16	2:28:36.69	08:45	1:11:48
82	180	Fernandes, Patrícia	Salvaterra Night Runners	TC Fse	11	2:29:58.07	08:49	1:13:09
83	133	Brigham, Cristina	CD Salvaterrense / CME	TC Fve	4	2:29:58.16	08:49	1:13:09
84	137	Furtado, Antonia	O Praticante (asas do milenium)	TC Fve	5	2:30:09.63	08:50	1:13:21
85	50	Ferreira, Marisa	Urban Trail Samora Correia	TC Fse	12	2:34:21.71	09:05	1:17:33
86	167	Santos, Jorge	Team Santos	TC M40	17	2:34:26.69	09:05	1:17:38
87	168	Santos, Sandra	Team Santos	TC Fve	6	2:34:26.95	09:05	1:17:38
88	14	Caixinha, Patricia	SS CGD	TC Fse	13	2:37:10.58	09:15	1:20:22
89	111	Menezes, Julia	Trilho Perdido	TC Fve	7	2:38:12.14	09:18	1:21:23
90	106	pinto, rute	pé de chinélo	TC Fse	14	2:39:02.54	09:21	1:22:14
91	2	Domingos, Inês	C.C.C.D.A/Trilho Perdido	TC Fse	15	2:42:38.66	09:34	1:25:50
92	8	Bemfeita, Teresa	Trilho Perdido	TC Fse	16	2:42:39.91	09:34	1:25:51
93	16	Sequeira, Ana	Urban Trail Samora Correia	TC Fse	17	2:43:26.73	09:37	1:26:38
94	142	Figueiredo, Filipa	Pernas de Gafanhoto	TC Fve	8	2:46:33.58	09:48	1:29:45
95	135	Palha, José	Individual	TC Mse	39	2:46:42.68	09:48	1:29:54
96	203	Ferreira, Miguel	Jacare	TC M40	18	2:48:09.94	09:54	1:31:21
97	204	Ribeiro, Ana	Jacare	TC Fse	18	2:48:13.80	09:54	1:31:25
98	165	Monteiro, Ana	Os Metralhas	TC Fse	19	2:50:23.04	10:01	1:33:34

99	153	Pires, Débora	Salvaterra Night Runners	TC Fse	20	2:52:18.87	10:08	1:35:30
100	201	Alves, Rita	Salvaterra Night Runners	TC Fse	21	2:52:20.88	10:08	1:35:32
101	127	Marques, Andrea	Correr Lisboa	TC Fse	22	2:52:48.54	10:10	1:36:00
102	129	Pardal, Ana	Correr Lisboa	TC Fve	9	2:53:35.58	10:13	1:36:47
103	166	Nunes, Lidia	Os Metralhas	TC Fve	10	2:55:08.63	10:18	1:38:20
104	91	Manuel, Elisete	O Praticante (asas do milenium)	TC Fve	11	2:57:49.85	10:28	1:41:01
105	18	Mestre, Filipe	Individual	TC Mse	40	2:57:50.27	10:28	1:41:01
106	140	Oliveira, Elisabete	Glória Runners	TC Fse	23	2:58:54.43	10:31	1:42:05
107	90	Silva, Miguel	O Praticante (asas do milenium)	TC Mse	41	3:39:28.83	12:55	2:22:40
108	145	Ferreira, Pedro	SAMORUNNING	TC Mse	1	3:47:10.03	13:22	2:30:21

Classificação geral de Trail Longo

Pos.	Dor.	Nome	Clube	Cat.	Pos.2	Tempo	T/Km.	Dif.
1	178	Moreira, Ricardo	UNIÃO DESPORTIVA RECREATIVA DA ZONA ALTA	TL Mse	1	1:55:11.46	04:16	
2	71	Ramos, Manuel	Proaventuras	TL M50	1	2:03:31.57	04:35	0:08:21
3	110	Pereira, Bruno	Individual	TL M40	1	2:03:37.70	04:35	0:08:27
4	42	Povoa, Paulo	amigos vale silencio	TL M50	2	2:04:57.44	04:38	0:09:46
5	116	Duarte, Aires	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TL M40	2	2:12:03.56	04:53	0:16:53
6	87	Soares, Antonio	O Praticante (asas do milenium)	TL M40	3	2:12:38.64	04:55	0:17:28
7	79	Bento, João	Samorunning	TL Mse	2	2:14:07.46	04:58	0:18:56
8	121	Narciso, José	SEGUROSGEST ALMEIRIM	TL M40	4	2:14:29.02	04:59	0:19:18
9	128	Dionisio, José	Proaventuras	TL M50	3	2:18:19.12	05:07	0:23:08
10	10	Silva, João	Trilho Perdido	TL Mse	3	2:19:48.14	05:11	0:24:37
11	104	Silva, Floriano	Aminhacorrída/Skechers	TL Mse	4	2:20:45.14	05:13	0:25:34
12	69	Pinto, Rui	Runners da Frente Ribeirinha da Póvoa de Santa Iri	TL Mse	5	2:21:03.22	05:13	0:25:52
13	6	Pacheco, Paulo	Friends2Run	TL Mse	6	2:21:19.83	05:14	0:26:09
14	88	Nereu, Antonio	O Praticante (asas do milenium)	TL M50	4	2:21:22.70	05:14	0:26:12
15	173	Cordeiro, Nuno	Cartaxo Night Runners	TL Mse	7	2:21:38.29	05:15	0:26:27
16	174	Lourenço, Sergio	Cartaxo Night Runners	TL Mse	8	2:21:39.12	05:15	0:26:28
17	191	Simões, Joel	A20KM	TL Mse	9	2:21:57.37	05:15	0:26:46
18	162	Silva, Luis	Lobos da Atela	TL M40	5	2:25:51.45	05:24	0:30:40
19	46	Arede, José	Clube EDP - Lisboa	TL M40	6	2:26:37.17	05:26	0:31:26
20	77	Caniço, João	Samorunning	TL Mse	10	2:27:35.28	05:28	0:32:24
21	43	Baptista, Helder	Trilho Perdido	TL M40	7	2:27:58.23	05:29	0:32:47
22	76	Jacinto, Marco	panela magica	TL Mse	11	2:28:46.49	05:31	0:33:35
23	144	Nunes, José	Individual	TL M40	8	2:28:51.82	05:31	0:33:41
24	21	Garoto, Francisco	BLADERUNNERS	TL M40	9	2:30:39.00	05:35	0:35:28

25	207	Escrevente, Valter	A20KM	TL Mse	12	2:31:15.92	05:36	0:36:05
26	164	Batalha, Sergio	Grupo Amigos Atletismo Vila Franca Xira	TL M40	10	2:32:34.47	05:39	0:37:23
27	160	Guerreiro, António	Monsanto Running Team	TL M60	1	2:33:17.36	05:41	0:38:06
28	113	Duarte, Jorge	Chester´s Team	TL M40	11	2:33:17.66	05:41	0:38:07
29	58	Grenho, Carlos	Eborae Trail Runners Team	TL M40	12	2:33:17.71	05:41	0:38:07
30	55	Palma, Gonçalo	Samorunning	TL Mse	13	2:37:24.97	05:50	0:42:14
31	112	Alves, Paulo	Individual	TL M40	13	2:38:43.25	05:53	0:43:32
32	5	Domingos, Marco	Salvaterra Night Runners	TL Mse	14	2:40:01.62	05:56	0:44:51
33	32	Mendes, Bruno	VendasNovas Trail	TL Mse	15	2:40:07.78	05:56	0:44:57
34	93	Mira, Jose	O Praticante (asas do milenium)	TL M40	14	2:40:27.32	05:57	0:45:16
35	96	Flores, Ricardo	20km de Almeirim, Desportos de Montanha	TL Mse	16	2:40:27.42	05:57	0:45:16
36	161	Santos, Álvaro	Monsanto Running Team	TL M40	15	2:40:55.89	05:58	0:45:45
37	92	Gomes, Miguel	O Praticante (asas do milenium)	TL M40	16	2:41:30.50	05:59	0:46:19
38	125	Ferreira, Francisco	Salvaterra night runners	TL M40	17	2:43:37.37	06:04	0:48:26
39	29	Lopes, António	Individual	TL M40	18	2:48:06.69	06:14	0:52:56
40	23	Cruz, João	BLADERUNNERS	TL M40	19	2:49:27.04	06:17	0:54:16
41	192	Sousa, Augusto	Individual	TL M40	20	2:52:08.92	06:23	0:56:58
42	138	Alves, Jorge	Corvos	TL M40	21	2:52:09.13	06:23	0:56:58
43	114	Oliveira, Carlos	Eborae Trail Runners Team	TL Mse	17	2:52:25.14	06:23	0:57:14
44	56	Vicente, Marco	eborae trail runners team	TL Mse	18	2:52:25.41	06:23	0:57:14
45	158	Mota, João	Gumelo Runners	TL M40	22	2:55:30.87	06:30	1:00:20
46	205	Ferreira, Cláudia	Clube do Stress	TL Fve	1	2:55:43.67	06:31	1:00:33
47	20	Pinela, Rui	BLADERUNNERS	TL M40	23	2:56:11.44	06:32	1:01:00
48	61	Araújo, Adelaide	Runners da Frente Ribeirinha da Póvoa de Santa Iri	TL Fve	2	2:56:44.98	06:33	1:01:34
49	60	Chaveiro, Luís	Individual	TL M40	24	2:57:27.87	06:34	1:02:17
50	73	Almeida, Sónia	Individual	TL Fse	1	2:57:40.08	06:35	1:02:29
51	170	Pimenta, Filipe	Individual	TL Mse	19	2:58:02.03	06:36	1:02:51
52	17	Veiga, Ruben	Urban Trail Samora Correia	TL Mse	20	2:58:33.77	06:37	1:03:23
53	41	Sacadura, Henrique	Individual	TL M60	2	3:00:14.62	06:41	1:05:04
54	197	Castro, Márcio	Individual	TL Mse	21	3:01:39.17	06:44	1:06:28
55	31	Martins, Cidalia	VendasNovas Trail	TL Fve	3	3:05:08.76	06:51	1:09:58
56	130	Rosário, Daniel	Individual	TL Mse	22	3:07:35.83	06:57	1:12:25
57	64	Simões, Sérgio	Individual	TL Mse	23	3:08:56.99	07:00	1:13:46
58	119	Ramos, Filipa	Malucos da Corrida	TL Fse	2	3:10:14.98	07:03	1:15:04
59	54	Moura, Jose	Individual	TL M40	25	3:10:26.18	07:03	1:15:15
60	15	Talaia, Carla	Urban Trail Samora Correia	TL Fse	3	3:11:32.95	07:06	1:16:22
61	33	Cajado, Sérgio	ACB Açoreana Clube Banif	TL M40	26	3:12:26.47	07:08	1:17:15
62	25	Conchinha, Maria	Clube do Stress	TL Fve	4	3:12:26.82	07:08	1:17:16

63	98	Silva, João	Grupo Amigos Atletismo Vila Franca Xira	TL M40	27	3:14:41.51	07:13	1:19:31
64	179	Fernandes, Alexandre	Salvaterra Night Runners	TL Mse	24	3:18:51.56	07:22	1:23:41
65	101	Cabo, Alberto	Individual	TL M40	28	3:21:58.03	07:29	1:26:47
66	118	Cruz, João	Malucos da Corrida	TL M40	29	3:26:08.23	07:38	1:30:57
67	59	Teixeira, Sara	Runners da Frente Ribeirinha da Póvoa de Santa Iri	TL Fve	5	3:28:31.86	07:43	1:33:21
68	75	Horta, Rui	POPULARIS	TL M40	30	3:28:32.20	07:43	1:33:21
69	28	Lino, João	Salvaterra Night Runners	TL Mse	25	3:30:55.22	07:49	1:35:44
70	141	Figueiredo, André	Pernas de Gafanhoto	TL Mse	26	3:33:38.84	07:55	1:38:28
71	57	Oliveira, Tânia	Runners da Frente Ribeirinha da Póvoa de Santa Iri	TL Fse	4	3:35:55.60	08:00	1:40:45
72	78	Pontinha, Paula	runners da frente ribeirinha da Povia de Santa Iri	TL Fve	6	3:35:55.83	08:00	1:40:45
73	74	Pires, Helder	POPULARIS	TL M40	31	3:39:17.23	08:07	1:44:06
74	9	Ruivo, Fernando	Trilho Perdido	TL M40	32	3:49:28.07	08:30	1:54:17
75	100	Cordeiro, Nuno	C.D.Salvaterrense/C.M.E	TL M40	33	3:55:02.17	08:42	1:59:51
76	40	Raposo, Carla	Correr Lisboa	TL Fve	7	3:57:11.63	08:47	2:02:01
77	22	Menezes, Nuno	BLADERUNNERS	TL M40	34	3:57:12.49	08:47	2:02:01
78	123	Barra, Silvia	runners da frente ribeirinha da Povia de Santa Iri	TL Fse	5	4:12:56.73	09:22	2:17:46
79	63	Tavares, Pedro	Runners da Frente Ribeirinha da Póvoa de Santa Iri	TL M40	35	4:12:57.16	09:22	2:17:46