



## 3º Trail Running Calhandriz

**Data:** 25 de Abril de 2016

**Localidade:** Calhandriz

**Organização:** Comissão de Eventos de Calhandriz

**Cronometragem:** Trilho Perdido Cronometragens



Pos.	Dorsal	Nome	Clube	Categoria	P. Cat.	Tempo	T/Km.	Dif.
1	116	Lino Pinto	Horacio 13	Masc	1	1:32:52.10	05:10	
2	115	Filipe Antunes	Horacio 13	Masc	2	1:36:22.43	05:21	0:03:30
3	50	José Silva	ASC Vale Grande	Masc	3	1:37:37.83	05:25	0:04:46
4	114	Marco Tavares	Horacio 13	Masc	4	1:39:36.85	05:32	0:06:45
5	52	Vitor Oliveira	ASC Vale Grande	Masc	5	1:41:30.71	05:38	0:08:39
6	119	Gonçalo Silva	Horacio 13	Masc	6	1:44:28.64	05:48	0:11:37
7	169	António Lemos		Masc	7	1:45:23.29	05:51	0:12:31
8	112	Marcelo Venâncio	Team ABC	Masc	8	1:45:48.80	05:53	0:12:57
9	79	Filipe Dias	ASC Vale Grande	Masc	9	1:48:11.82	06:01	0:15:20
10	62	Marcelo Graça		Masc	10	1:49:19.09	06:04	0:16:27
11	134	António Costa		Masc	11	1:50:41.33	06:09	0:17:49
12	129	José Freire		Masc	12	1:51:18.45	06:11	0:18:26
13	152	Pedro Tavares	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	13	1:52:09.72	06:14	0:19:18
14	135	José Abrantes	ABSANT RUNNERS	Masc	14	1:53:08.58	06:17	0:20:17
15	136	Joaquim Capela	Kaninos	Masc	15	1:53:28.03	06:18	0:20:36
16	168	Luís Grilo		Masc	16	1:54:04.84	06:20	0:21:13
17	54	Sérgio Ramos	Kaninos	Masc	17	1:54:22.25	06:21	0:21:30
18	68	Luís Marques	Arrebenta Bilhas	Masc	18	1:55:17.73	06:24	0:22:26
19	18	Armando Cardoso	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	19	1:55:39.58	06:26	0:22:48
20	53	Rui Martins	ASC Vale Grande	Masc	20	1:55:43.58	06:26	0:22:52
21	179	João Santos		Masc	21	1:55:59.92	06:27	0:23:08
22	74	André Nunes	Hc Runners	Masc	22	1:56:31.45	06:28	0:23:39
23	103	João Silva	Montanelas	Masc	23	1:58:19.14	06:34	0:25:27
24	120	Ricardo Gomes	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	24	1:58:45.00	06:36	0:25:53
25	86	Álvaro Mendonça	Gáfete Runners	Masc	25	1:58:46.78	06:36	0:25:55
26	117	Mario Falacho	Horacio 13	Masc	26	1:59:40.00	06:39	0:26:48
27	45	Marcio Monteiro	ADN	Masc	27	1:59:41.20	06:39	0:26:49
28	102	Pedro Jesus	Gáfete Runners	Masc	28	2:00:14.03	06:41	0:27:22
29	121	Telmo Torres	Garehotel running	Masc	29	2:00:22.82	06:41	0:27:31
30	126	António Convente	Hc Runners	Masc	30	2:00:23.54	06:41	0:27:32
31	23	Jorge Gonçalves	Samorunning	Masc	31	2:00:33.22	06:42	0:27:41
32	96	Paulo Silva	Urban Trail Samora Correia	Masc	32	2:00:38.23	06:42	0:27:46
33	105	Aldino Silva	Montanelas	Masc	33	2:01:04.17	06:44	0:28:12
34	29	Luis Hernandez	Team Trailquilidade	Masc	34	2:01:11.28	06:44	0:28:19
35	142	Antonio Fernandes	Clube do Stress	Masc	35	2:01:31.15	06:45	0:28:39
36	66	Luís Soares	Clube OGMA	Masc	36	2:01:44.04	06:46	0:28:52
37	26	João Fernandes		Masc	37	2:02:10.05	06:47	0:29:18
38	176	João Mendonça	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	38	2:02:33.43	06:49	0:29:41
39	27	Pedro Granadas	Tough Trails Alenquer	Masc	39	2:03:10.24	06:51	0:30:18
40	14	José Nunes	Keep Running	Masc	40	2:03:54.76	06:53	0:31:03
41	47	João Alves	Kaninos	Masc	41	2:04:09.63	06:54	0:31:18
42	49	Nuno Pereira	Clube OGMA	Masc	42	2:04:55.34	06:56	0:32:03

43	173	Pedro Ferreira	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	43	<b>2:06:26.47</b>	07:01	0:33:34
44	69	Nuno Lopes	Arrebenta Bilhas	Masc	44	<b>2:07:24.96</b>	07:05	0:34:33
45	67	Edgar Constâncio	Team ABC	Masc	45	<b>2:07:44.14</b>	07:06	0:34:52
46	17	Ricardo Capelo	Clube Cimpor	Masc	46	<b>2:08:07.94</b>	07:07	0:35:16
47	12	Eduardo Pena	Keep Running	Masc	47	<b>2:08:27.86</b>	07:08	0:35:36
48	99	Tiago Padeiro		Masc	48	<b>2:09:15.39</b>	07:11	0:36:23
49	151	André Pombo	Montanelas	Masc	49	<b>2:09:15.67</b>	07:11	0:36:24
50	61	Carmen Ferreira	ASC Vale Grande	Femin	1	<b>2:09:38.57</b>	07:12	0:36:47
51	58	António Amaro	Pol Runners	Masc	50	<b>2:09:47.12</b>	07:13	0:36:55
52	75	Ricardo Matos		Masc	51	<b>2:11:19.04</b>	07:18	0:38:27
53	48	Nuno Luzia		Masc	52	<b>2:11:20.90</b>	07:18	0:38:29
54	38	Hugo Paulo	Urban Trail Samora Correia	Masc	53	<b>2:12:40.00</b>	07:22	0:39:48
55	148	Luís Gomes		Masc	54	<b>2:12:41.51</b>	07:22	0:39:50
56	21	Helder Bexiga	Alverca Urban Runners	Masc	55	<b>2:12:57.50</b>	07:23	0:40:07
57	55	Paulo Gonçalves	Pol Runners	Masc	56	<b>2:13:46.21</b>	07:26	0:40:54
58	33	Paulo Abrantes		Masc	57	<b>2:13:48.16</b>	07:26	0:40:56
59	30	Nelson Pereira	Garehotel running	Masc	58	<b>2:14:26.58</b>	07:28	0:41:35
60	34	Marco Palma	Falcões Selvagens	Masc	59	<b>2:14:49.29</b>	07:29	0:41:57
61	104	José Pereira	Montanelas	Masc	60	<b>2:15:18.96</b>	07:31	0:42:27
62	154	Jaime Fernandes		Masc	61	<b>2:17:15.62</b>	07:38	0:44:24
63	20	André Pinho		Masc	62	<b>2:17:58.46</b>	07:40	0:45:06
64	175	Luís Carvalho		Masc	63	<b>2:18:11.25</b>	07:41	0:45:19
65	85	Bruno Ribeiro	Kaninos	Masc	64	<b>2:18:43.37</b>	07:42	0:45:51
66	160	Jorge Sobrinho	Cartoon Rum Team	Masc	65	<b>2:19:02.74</b>	07:43	0:46:11
67	8	Cristovão Marcos		Masc	66	<b>2:19:05.70</b>	07:44	0:46:14
68	144	António Cardoso		Masc	67	<b>2:20:08.93</b>	07:47	0:47:17
69	6	Maria Monteiro	ASC Vale Grande	Femin	2	<b>2:20:19.00</b>	07:48	0:47:27
70	51	José Geada	ASC Vale Grande	Masc	68	<b>2:20:20.32</b>	07:48	0:47:28
71	42	António Soares	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	69	<b>2:20:55.73</b>	07:50	0:48:04
72	137	Hélder Costa	Hc Runners	Masc	70	<b>2:22:04.55</b>	07:54	0:49:13
73	19	Nuno Caldeira		Masc	71	<b>2:22:07.13</b>	07:54	0:49:15
74	70	Carlos Vieira	Arrebenta Bilhas	Masc	72	<b>2:22:37.76</b>	07:55	0:49:46
75	25	Nelson Morais		Masc	73	<b>2:25:45.32</b>	08:06	0:52:53
76	171	Juhani Kanerva	Nakkilan Vire, Finlândia	Masc	74	<b>2:26:50.36</b>	08:09	0:53:58
77	100	Joaquim Silva	Ginjinhas runners	Masc	75	<b>2:26:50.52</b>	08:09	0:53:59
78	88	Rui Trindade	CD Estrela	Masc	76	<b>2:28:41.21</b>	08:16	0:55:49
79	174	Andrea Ferreirinha		Femin	3	<b>2:29:02.04</b>	08:17	0:56:10
80	128	Arnaldo Rolo	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	77	<b>2:29:05.00</b>	08:17	0:56:13
81	157	Paulo Madaíl		Masc	78	<b>2:29:42.13</b>	08:19	0:56:50
82	71	Flávio Cantiga		Masc	79	<b>2:29:55.17</b>	08:20	0:57:03
83	124	João Loureiro	ASC Vale Grande	Masc	80	<b>2:30:42.97</b>	08:22	0:57:51
84	24	Gonçalo Guiomar	CUCAS RUNNERS	Masc	81	<b>2:31:19.08</b>	08:24	0:58:27
85	72	Nuno Correia	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	82	<b>2:31:19.74</b>	08:24	0:58:28
86	143	José Ribeiro	Tough Trails Alenquer	Masc	83	<b>2:32:53.16</b>	08:30	1:00:01
87	147	Ricardo Esteves		Masc	84	<b>2:34:55.21</b>	08:36	1:02:03
88	92	Eduardo Martins	Ginjinhas runners	Masc	85	<b>2:34:59.91</b>	08:37	1:02:08
89	35	António Nunes	Falcões Selvagens	Masc	86	<b>2:35:54.56</b>	08:40	1:03:03
90	130	José Brás		Masc	87	<b>2:36:23.22</b>	08:41	1:03:31
91	56	Julio Moreira	Pol Runners	Masc	88	<b>2:36:39.38</b>	08:42	1:03:47
92	40	Maria Conchinha	Clube do Stress	Femin	4	<b>2:37:29.74</b>	08:45	1:04:38
93	91	Hernâni Monteiro	Amigos vale silencio	Masc	89	<b>2:37:30.67</b>	08:45	1:04:39
94	16	João Veigas		Masc	90	<b>2:37:53.32</b>	08:46	1:05:01
95	133	Jorge Pacheco	Running Academy O2 life center	Masc	91	<b>2:39:49.30</b>	08:53	1:06:57
96	172	Pedro Pinguinha	Running Academy O2 life center	Masc	92	<b>2:39:49.59</b>	08:53	1:06:58
97	177	Pedro Lopes		Masc	93	<b>2:40:09.80</b>	08:54	1:07:18
98	109	Avelino Alves	TC RUNNERS	Masc	94	<b>2:41:27.32</b>	08:58	1:08:35
99	89	Cesar Silvestre		Masc	95	<b>2:42:36.35</b>	09:02	1:09:44
100	80	Maria Ribeiro	wine&foodlovers	Femin	5	<b>2:46:39.24</b>	09:16	1:13:47

101	83	Nelson Matos	wine&foodlovers	Masc	96	<b>2:46:58.68</b>	09:17	1:14:07
102	81	André Bento	wine&foodlovers	Masc	97	<b>2:47:00.52</b>	09:17	1:14:09
103	145	Samuel Loura		Masc	98	<b>2:47:24.39</b>	09:18	1:14:32
104	146	Marco Loura		Masc	99	<b>2:47:26.06</b>	09:18	1:14:34
105	73	André Aparício		Masc	100	<b>2:47:29.27</b>	09:18	1:14:37
106	166	Sandro Martins		Masc	101	<b>2:47:49.66</b>	09:19	1:14:58
107	123	Paula Ventura	ASC Vale Grande	Femin	6	<b>2:48:01.97</b>	09:20	1:15:10
108	5	Paulo Monteiro	ASC Vale Grande	Masc	102	<b>2:49:42.66</b>	09:26	1:16:51
109	2	Luis Duarte	Runners da Frente Ribeirinha da Povia de Santa Iri	Masc	103	<b>2:50:11.06</b>	09:27	1:17:19
110	77	Sónia Silva		Femin	7	<b>2:50:12.59</b>	09:27	1:17:21
111	87	Pedro Santos	Alverca Urban Runners	Masc	104	<b>2:50:45.64</b>	09:29	1:17:54
112	141	Rui Teixeira		Masc	105	<b>2:52:06.19</b>	09:34	1:19:14
113	180	Mário Caetano		Masc	106	<b>2:53:44.51</b>	09:39	1:20:53
114	28	Ana Marques	Scalabis Nightrunners	Femin	8	<b>2:54:33.59</b>	09:42	1:21:42
115	63	Carla Garrett		Femin	9	<b>2:56:25.79</b>	09:48	1:23:34
116	98	Valter Martinho	ginásio quinta do valbom	Masc	107	<b>2:56:31.25</b>	09:48	1:23:39
117	82	Ricardo Tareja	wine&foodlovers	Masc	108	<b>2:56:37.98</b>	09:49	1:23:46
118	39	Carla Talaia	Urban Trail Samora Correia	Femin	10	<b>2:57:28.98</b>	09:52	1:24:37
119	163	Paulo Dias		Masc	109	<b>2:58:38.12</b>	09:55	1:25:46
120	32	Ana Martins	Falcões Selvagens	Femin	11	<b>2:59:40.66</b>	09:59	1:26:49
121	31	Luis Reis	Falcões Selvagens	Masc	110	<b>2:59:40.88</b>	09:59	1:26:49
122	164	Augusto Salgueiro	TC RUNNERS	Masc	111	<b>3:01:32.02</b>	10:05	1:28:40
123	65	Filipe Marques	Atletas da Madrugada	Masc	112	<b>3:01:49.59</b>	10:06	1:28:58
124	37	Luis Cagareu	Atletas da Madrugada	Masc	113	<b>3:01:51.78</b>	10:06	1:29:00
125	36	João Sequeira	Atletas da Madrugada	Masc	114	<b>3:01:52.57</b>	10:06	1:29:01
126	150	Narciso Lourenço	Cdsalvaterrense / CMÉscaroupim	Masc	115	<b>3:02:42.61</b>	10:09	1:29:51
127	149	Miguel Lopes	Cdsalvaterrense / CMÉscaroupim	Masc	116	<b>3:02:43.02</b>	10:09	1:29:51
128	178	Nuno Gomes		Masc	117	<b>3:05:25.37</b>	10:18	1:32:33
129	78	Filipa Isidoro		Femin	12	<b>3:06:35.85</b>	10:22	1:33:44
130	107	Carlos Beijinho		Masc	118	<b>3:07:13.76</b>	10:24	1:34:22
131	162	Cheila Dias		Femin	13	<b>3:07:42.03</b>	10:26	1:34:50
132	101	Alexandra Silva	Ginjinhas runners	Femin	14	<b>3:15:20.07</b>	10:51	1:42:28
133	110	Dora Moraes	Ginjinhas runners	Femin	15	<b>3:15:24.96</b>	10:51	1:42:33
134	95	João Ferreira	Ginjinhas runners	Masc	119	<b>3:15:46.81</b>	10:53	1:42:55
135	94	Dora Cruz	Ginjinhas runners	Femin	16	<b>3:15:47.08</b>	10:53	1:42:55
136	156	Pedro Santos	CUCAS RUNNERS	Masc	120	<b>3:18:15.07</b>	11:01	1:45:23
137	22	Tiago Cruz	CUCAS RUNNERS	Masc	121	<b>3:18:18.52</b>	11:01	1:45:27
138	122	Ana Rosa	Runners da Frente Ribeirinha da Povia de Santa Iri	Femin	17	<b>3:20:00.48</b>	11:07	1:47:08
139	140	Fernanda Cardoso	Runners da Frente Ribeirinha da Povia de Santa Iri	Femin	18	<b>3:27:01.72</b>	11:30	1:54:10
140	41	José Conchinha	Clube do Stress	Masc	122	<b>3:28:11.37</b>	11:34	1:55:19
141	84	Miguel Costa	wine&foodlovers	Masc	123	<b>3:28:57.21</b>	11:37	1:56:05
142	90	Filipa Reis	wine&foodlovers	Femin	19	<b>3:28:58.63</b>	11:37	1:56:07
143	76	Maria Costa	ASC Vale Grande	Femin	20	<b>3:34:18.72</b>	11:54	2:01:27
144	44	Joaquim Santos	Falcões Selvagens	Masc	124	<b>3:34:47.50</b>	11:56	2:01:56
145	60	Ana Fernandes	Os Gordos	Femin	21	<b>3:38:15.60</b>	12:08	2:05:24
146	59	Jorge Morais	Os Gordos	Masc	125	<b>3:38:17.13</b>	12:08	2:05:25
147	158	Alexandre Barreira	HappyRun	Masc	126	<b>3:50:59.50</b>	12:50	2:18:08
148	159	Andreia Pereira	HappyRun	Femin	22	<b>3:50:59.51</b>	12:50	2:18:08