



30/09/2023

6º TRAIL NOTURNO POMBAL - OESTE

CLASSIFICAÇÃO GERAL 20KM

Pos	Atleta	Equipa	Tempo
1	JOEL COUTO	Grupo Alegre Unido Bajouca	1:36:56.618
2	EDGAR FRAZÃO	FÁTIMA TRAIL TEAM	1:38:49.267
3	LICÍNIO SANTOS SILVA	Grupo Alegre Unido Bajouca	1:43:02.593
4	TIAGO LÉ	FÁTIMA TRAIL TEAM	1:43:37.463
5	DIOGO SIMÕES	VILAVENTURA - TRAIL	1:43:56.181
6	EURICO NOGUEIRA	SCPOMBAL/TRAIL TEAM	1:45:35.212
7	LEONARDO JERÓNIMO		1:51:03.278
8	IGOR DIAS	Lama Solta	1:52:47.055
9	PEDRO SANTOS	Lama Solta	1:52:59.749
10	PEDRO FERREIRA	Grupo Alegre Unido Bajouca	1:54:03.356
11	LUIS GIL		1:54:25.609
12	MARTINHO PEDROSA	Grupo Alegre Unido Bajouca	1:55:41.720
13	DAVID MARQUES		1:55:42.512
14	RUI ISIDORO	ARLU TRAIL	1:57:21.215
15	MICAEL ÂNGELO MARQUES		1:58:01.060
16	CARLOS MARQUES	Bairro dos Anjos - Amigos da Corrida	1:58:39.127
17	LUIS RODRIGUES	SCPOMBAL/TRAIL TEAM	1:59:10.085
18	JOÃO FERNANDES	SCPOMBAL/TRAIL TEAM	2:01:52.585
19	TIAGO CLARO	SicóTrilhos	2:02:35.983
20	NUNO FERREIRA	SCPOMBAL/TRAIL TEAM	2:04:03.902
21	TIAGO SOARES	SicóTrilhos	2:04:20.700
22	LEONEL PINTO	Bora lá vizinho	2:04:23.145
23	LUÍS MARQUES	Lama Solta	2:05:02.199
24	GONÇALO FERREIRA	ARLU TRAIL	2:08:21.089
25	RODRIGO NOIVO	ARLU TRAIL	2:09:40.302
26	JORGE TIAGO	Coimbra Trail Running	2:10:00.549
27	KAREN DUARTE MENDES	Academia de Desportos de Condeixa	2:10:41.719
28	ORLANDO PEREIRA		2:10:49.743
29	CARLOS COSTA	Academia de Desportos de Condeixa	2:12:58.333
30	PEDRO PEREIRA		2:12:59.515
31	GERMANO CAPELA	CA Barreira	2:16:29.302
32	DAVID SIMÕES	ARLU TRAIL	2:17:34.816
33	FILIFE	FreguesiaSports	2:18:25.412
34	FABIO GEFFROY		2:18:28.082
35	TINO MÄRZ		2:20:03.135
36	HENRIQUE ANTUNES	VILAVENTURA - TRAIL	2:20:25.843
37	PAULO DO COUTO FERNANDES	GDI	2:21:00.801
38	BENILDE SANTOS	MDR Runners	2:23:19.557
39	FERNANDO NEVES		2:23:27.515
40	FILIFE ALVES SILVA	Outeiro do Lourical	2:25:41.934

41	LUÍS FILIPE CARVALHEIRO	A.C.R.M. Silveirinha Grande e Claras	2:29:57.562
42	JOÃO PINHO	Miro Trail	2:31:11.844
43	JORGE SOARES	ARLU TRAIL	2:31:13.592
44	JOÃO	Bora lá vizinho	2:33:54.650
45	CARLOS CONCEIÇÃO	CSCRFCHARNECA	2:35:37.731
46	AMÍLCAR GOMES	ARLU TRAIL	2:35:51.383
47	MARCO PASCOAL	VILAVENTURA - TRAIL	2:37:35.851
48	HUGO DOMINGUES		2:38:21.237
49	JOÃO CARDOSO PINTO		2:38:36.715
50	PATRICIA GOMES		2:40:58.773
51	TOMÉ FERNANDES	Grupo Alegre Unido Bajouca	2:41:10.321
52	JONI GASPAR	100pulmão Runnuers	2:41:23.046
53	TÂNIA GASPAR	Magnificos Runners	3:01:21.600
54	NEUZA MONTEIRO	Magnificos Runners	3:01:22.482
55	ANABELA	Grupo Alegre Unido Bajouca	3:07:13.560
56	EDGAR GOMES	Soure Mov	3:14:13.048
57	CABRIELA CARRACO	Soure Mov	3:14:15.543
58	LUÍS MIGUEL SABINO		3:18:39.819
59	TELMA SOFIA SILVÉRIO		3:18:41.173
60	FABIEN KIER		3:20:28.233

CLASSIFICAÇÃO Coletiva 20 Kms

Pos	Atleta	Pontos
1	Grupo Alegre Unido Bajouca	26
2	SCPOMBAL/TRAIL TEAM	61
3	ARLU TRAIL	94

CLASSIFICAÇÃO GERAL 12 KM

Pos	Atleta	Equipa	Tempo
1	HUGO DUARTE 1-M35	INDUSTRIAL DESPORTIVO VIEIRENSE	0:56:29.470
2	ROBERTO SILVA 1-SEN M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:58:30.398
3	ALÉXIS ROCHA 2-SEN M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:58:47.591
4	SAURO AGOSTINHO 3-SEN M	Casa do Povo de Abrunheira	1:00:02.163
5	ORLANDO PIRES 1-M50	ACDRSQUIHENDROS	1:01:36.118
6	ANTÓNIO OLIVEIRA 1-M40	LIZ RUNNERS	1:01:37.058
7	HUGO HORTA 2-M40	Grupo Alegre Unido Bajouca	1:01:37.231
8	AMÍLCAR BRITO 2-M35	INDUSTRIAL DESPORTIVO VIEIRENSE	1:02:12.544
9	NUNO NEVES 4-SEN M	Lama Solta	1:02:16.397
10	RICARDO NUNES 5-SEN M	Grupo Alegre Unido Bajouca	1:02:51.559
11	MIGUEL PEREIRA 1-Sub23 M		1:02:57.366
12	JOÃO PEDROSA 2-Sub23 M	100pernas	1:05:54.329
13	ANTÓNIO PEDROSA 3-Sub23 M	Grupo Alegre Unido Bajouca	1:06:06.767
14	NUNO ENGENHEIRO 1-M45	ARSM	1:06:38.188
15	TIAGO FERNANDES 3-M35		1:06:44.325
16	HÉLDER FREIRE 2-M45	Pelariga team	1:07:18.366
17	VICTOR SILVA 1-M55	Miro Trail	1:08:01.537
18	RUI DINIS 2-M55	INDUSTRIAL DESPORTIVO VIEIRENSE	1:08:25.761
19	JOÃO VALENTE 6-SEN M		1:09:56.793
20	JOEL SANTOS 4-M35	A.C.R.M. Silveirinha Grande e Claras	1:10:00.839

21	GONALO SOUSA 7-SEN M	100pulmo Runners	1:10:43.427
22	JOO DAMASO 5-M35	Grupo Maravilha	1:11:06.330
23	HENRIQUE CARVALHEIRO 3-M40	CCDR Matas e Cipreste	1:12:22.466
24	RICARDO LOPES 6-M35	Grupo Maravilha	1:12:26.731
25	HENRIQUE LAVAREDDAS 2-M50	CCDR Matas e Cipreste	1:13:17.304
26	VALTER GOMES 7-M35	Diabinhos de Samuel	1:13:51.172
27	CARLOS GASPAR 3-M55	NEXEBRA TRAIL TEAM	1:14:03.562
28	CARLOS MATIAS 3-M45	Trail da Ladeia Running Team	1:14:17.171
29	DINIS FERNANDES 4-Sub23 M	Grupo Alegre Unido Bajouca	1:14:26.542
30	MRCIO CRUZ 8-M35	Grupo Alegre Unido Bajouca	1:14:28.536
31	VIRGILIO ALBERTO 3-M50	Grupo Alegre Unido Bajouca	1:14:34.670
32	MILENE SANTOS 1-SEN F		1:14:37.951
33	PAULO BARRADAS 4-M40		1:14:54.677
34	SIMO DOMINGUES 5-Sub23 M	Grupo Alegre Unido Bajouca	1:15:12.953
35	MARISA SILVA 1-F35	FreguesiaSports	1:15:25.703
36	CLARINDA SANTOS 1-F45	Trail da Ladeia Running Team	1:15:26.909
37	SUSANA FERNANDES 2-F35	FreguesiaSports	1:16:04.790
38	PEDRO CABECINHAS 4-M45	Grupo Alegre Unido Bajouca	1:16:12.296
39	SLVIO MOREIRA 5-M45	Pelariga team	1:16:38.344
40	DANIEL GASPAR 5-M40	Pelariga team	1:16:52.100
41	JOAO GASPAR 6-M45	Bairro dos Anjos - Amigos da Corrida	1:16:55.357
42	PEDRO 6-Sub23 M	Los Caribeos	1:17:01.257
43	LUIS SERRA 8-SEN M		1:17:14.785
44	JOO SINTRA 1-M65	A.C.R.M. Silveirinha Grande e Claras	1:17:20.096
45	CAROLINA CARDOSO ROSA 2-SEN F	SCPOMBAL/TRAIL TEAM	1:18:29.941
46	DAVID FIGUEIRINHA 9-SEN M	RUNMELT	1:19:16.960
47	INS TOMS 3-SEN F	SCPOMBAL/TRAIL TEAM	1:19:52.329
48	JOS VILA 10-SEN M	Trail da Ladeia Running Team	1:19:56.120
49	RUBEN ROSA 11-SEN M		1:21:09.113
50	MNICA JORDO 1-F40	A.C.R.M. Silveirinha Grande e Claras	1:21:33.213
51	GIL NOVO 12-SEN M	Lama Solta	1:22:00.213
52	TNIA LUS 3-F35		1:22:05.619
53	LINO CARRACO 4-M55	A.C.R.M. Silveirinha Grande e Claras	1:22:12.933
54	EDUARDO NEVES 9-M35	Lama Solta	1:22:44.081
55	EDUARDA GONALVES 4-F35		1:22:57.545
56	HUGO CORREIA DA SILVA 6-M40	Talentos Objetivos	1:23:27.087
57	VNIA FERREIRA 5-F35	Talentos Objetivos	1:23:28.838
58	JOO COSTA 10-M35	100 Gs Trail Team	1:23:48.234
59	RICARDO ESTRADA 7-M40	Comandos pombal	1:23:48.476
60	ALEXANDRE MARQUES 13-SEN M		1:23:49.356
61	DOMINIQUE RODRIGUES 8-M40	FreguesiaSports	1:25:10.993
62	SANDRA REIS 2-F45	Talentos Objetivos	1:25:20.688
63	RICARDO NEVES 14-SEN M	100pulmo Runners	1:25:40.856
64	MARIANA PEDROSA 4-SEN F		1:26:43.106
65	JOO ANTUNES 15-SEN M		1:28:20.508
66	NELSON MATIAS 7-M45		1:28:58.270
67	LILIANA PEDROSA 3-F45		1:29:06.328
68	OLGA CINTRA 1-F55	Agostinho.inlda	1:29:10.253
69	JOEL FERREIRA 16-SEN M	Los Caribeos	1:29:24.529
70	PATRCIA MENDES 5-SEN F		1:29:51.287

71	HELDER SILVA 8-M45	FisioStudio	1:29:51.795
72	TIAGO MENDES 17-SEN M		1:30:16.483
73	MICHAEL GONÇALVES 11-M35	Horsemen Team	1:30:25.060
74	FRED LISBOA 9-M45	ARLU TRAIL	1:31:20.651
75	AGOSTINHO.IN LDA 5-M55		1:31:25.132
76	FILIPE RODRIGUES 9-M40	Horsemen Team	1:31:27.406
77	JORGE SILVA 10-M40	Horsemen Team	1:31:29.314
78	CATARINA LOURO 6-SEN F	Trail da Ladeia Running Team	1:31:39.923
79	MIGUEL MOURÃO 18-SEN M	ArTrilharia	1:32:48.470
80	ANIBAL PISCO 1-M60		1:33:10.404
81	CATARINA RODRIGUES 7-SEN F	ARLU TRAIL	1:33:32.889
82	TIAGO OLIVEIRA 11-M40	SicóTrilhos	1:34:06.202
83	ANDRÉ SILVA 19-SEN M		1:34:12.172
84	FILIPE SIMÕES 4-M50	Centro Cultura e Desporto Crédito Agrícola Mútuo	1:35:20.655
85	CRISTINA TEIXEIRA 2-F40	Los Caribeños	1:35:29.959
86	ÁUREA ANTUNES 8-SEN F		1:35:56.038
87	JUSTINO SILVA 10-M45		1:36:05.560
88	MARIANA GOMES 9-SEN F		1:36:11.895
89	NÁDIA SIMÕES 3-F40	SicóTrilhos	1:36:12.792
90	JOÃO OLIVEIRA 12-M35		1:36:35.598
91	JOSÉ GASPAR 11-M45	Pelariga team	1:36:43.428
92	JOÃO ANTÓNIO CARTAXO 20-SEN M	ArTrilharia	1:37:25.702
93	HUGO BARROS 21-SEN M	SicóTrilhos	1:37:29.545
94	CRISTIANA CORDEIRO 10-SEN F		1:38:07.868
95	SANDRA SOFIA PEREIRA 4-F40	FreguesiaSports	1:38:08.566
96	TÂNIA SILVA 11-SEN F	SicóTrilhos	1:40:10.419
97	INÊS FREITAS 12-SEN F	SicóTrilhos	1:40:12.084
98	GIL MARQUES 12-M40		1:41:47.379
99	CECÍLIA CARDOSO 5-F40	FreguesiaSports	1:42:02.720
100	ELISABETE PEDROSA 1-F50	FreguesiaSports	1:43:12.347
101	NINA ZÜHLKE 6-F35		1:43:16.635
102	MARIO SILVA 13-M35	Nenhuma	1:44:34.251
103	LILIANA CASALINHO 7-F35		1:47:18.629
104	HELENA SANTOS 13-SEN F		1:47:19.744
105	MURIELA NEVES 4-F45	Academia de Desportos de Condeixa	1:49:08.815
106	SONIA DOMINGUES 5-F45	Academia de Desportos de Condeixa	1:49:09.189
107	ANA BEATRIZ CARPALHOSO 14-SEN F		1:50:37.389
108	DINO 14-M35	Los Caribeños	1:51:36.377
109	PAULA MARQUES 6-F45	Pelariga team	1:51:38.555
110	ANA GUERRA 15-SEN F		1:55:56.224
111	HUGO CARVALHO 13-M40	Pelariga team	1:56:57.466
112	NUNO MARQUES 14-M40	Pelariga team	1:56:57.624
113	PATRÍCIA JESUS 8-F35		1:58:51.251
114	LUCIDIO DIAS 2-M65	A.C.R.M. Silveirinha Grande e Claras	1:59:58.280
115	JOÃO GRAÇA 3-M65	A.C.R.M. Silveirinha Grande e Claras	2:00:00.475
116	INÊS RODRIGUES 1-Sub23 F	FreguesiaSports	2:03:28.055
117	MARIANA CARRIÇO 2-Sub23 F		2:03:28.114
118	MÁRCIO MARTINS 15-M40	MmCp	2:04:25.675
119	CARLA PIMENTA 6-F40	MmCp	2:04:59.784
120	LUIS COUTO 16-M40		2:05:00.992

121	FRANCISCO MENDES 7-Sub23 M		2:20:04.504
122	ANDREIA BRÁS 3-Sub23 F		2:25:09.036
123	BRUNA MARQUES 4-Sub23 F		2:25:09.838
124	DAVID VALGRANDE 22-SEN M		2:25:10.945
125	DANY GRILO 15-M35	Grupo Alegre Unido Bajouca	4:15:08.962

CLASSIFICAÇÃO EQUIPAS FEMININA

Pos	Atleta	Pontos
1	FreguesiaSports	55

CLASSIFICAÇÃO EQUIPAS Masculina

Pos	Atleta	Pontos
1	INDUSTRIAL DESPORTIVO VIEIRENSE	14
2	Grupo Alegre Unido Bajouca	59
3	Pelariga team	157
4	A.C.R.M. Silveirinha Grande e Claras	183