



7ª Edição dos Trilhos de Almourol

Data: 03 de Abril de 2016

Localidade: Entroncamento

Organização: CLAC Entroncamento

Cronometragem: Trilho Perdido Cronometragens

Pos.	Dorsal	Nome	Clube	Cat.	P.Cat.	Tempo	T/Km.	Dif.
1	279	Luís Fernandes	Trilhos dos Templários - Green Roc	MT MS	1	3:55:54.05	05:37	
2	252	Sérgio Correia	UDR Zona Alta	MT MS	2	4:08:09.60	05:55	0:12:16
3	60	José Lopes	Clube de Atletismo Odimarq	MT M45	1	4:08:13.81	05:55	0:12:20
4	157	Davide Cardeira		MT MS	3	4:25:37.51	06:19	0:29:44
5	198	José Pais		MT M40	1	4:27:00.68	06:21	0:31:07
6	229	Rui Leandro	UDR Zona Alta	MT MS	4	4:31:17.67	06:28	0:35:24
7	128	Vítor Santos	CCD CMT/SMAS TOMAR	MT M40	2	4:33:48.64	06:31	0:37:55
8	276	Ricardo Ferreira	Trilhos dos Templários - Green Roc	MT MS	5	4:35:21.84	06:33	0:39:28
9	274	Luis Alexandre	Trilhos dos Templários - Green Roc	MT M40	3	4:38:42.97	06:38	0:42:49
10	190	Nuno Paixão	Barbus Atletismo	MT M40	4	4:41:27.57	06:42	0:45:34
11	191	Joaquim Santos	Barbus Atletismo	MT M45	2	4:41:55.58	06:43	0:46:02
12	249	Marco Campos	Talentos Team	MT MS	6	4:42:32.49	06:44	0:46:38
13	260	António Aires	Gafanhori	MT M45	3	4:43:47.57	06:45	0:47:54
14	195	Nuno Carmo	Papa Trilhos do CAAL	MT M23	1	4:44:44.53	06:47	0:48:51
15	189	Armando Teixeira		MT M40	5	4:44:48.72	06:47	0:48:55
16	244	Manuel Abrantes	Trilhos do Costume/Salamandrecos	MT M23	2	4:46:08.28	06:49	0:50:14
17	176	Sérgio Ramos	Kaninos	MT MS	7	4:46:15.89	06:49	0:50:22
18	1	José Mota	Os Matrecos	MT M55	1	4:48:41.56	06:52	0:52:48
19	24	Hugo Nalha	"C.D." "Os Águias" " Trail/Running"	MT M40	6	4:49:12.86	06:53	0:53:19
20	180	João Alves	Kaninos	MT MS	8	4:53:09.44	06:59	0:57:15
21	175	Joaquim Capela	Kaninos	MT M40	7	4:53:10.25	06:59	0:57:16
22	133	Francisco Primo	C.A.S.P.A. - Clube Amador Só Para Atletismo	MT M45	4	4:53:14.09	06:59	0:57:20
23	263	Pedro Sousa	Clube Sosi	MT M45	5	4:55:33.10	07:02	0:59:39
24	200	Nuno Garrana	AFDD-Run Crew Trail Montijo	MT MS	9	4:55:44.38	07:02	0:59:50
25	121	João Farinhas	Talentos Team	MT M40	8	4:56:18.61	07:03	1:00:25
26	268	Manuel Silva	Vilanovense Tomar	MT M45	6	4:56:19.73	07:03	1:00:26
27	125	Rui Pedro Julião	Georunners	MT M50	1	4:57:00.34	07:04	1:01:06
28	230	Pedro Marques	Trilhos dos Templários - Green Roc	MT M40	9	4:58:03.49	07:06	1:02:09
29	59	António Estrela	Run 4 Fun	MT M45	7	4:58:38.05	07:07	1:02:44
30	251	André Pessoa Dias	Gaia - Running	MT M40	10	5:00:19.39	07:09	1:04:25
31	27	Jeronimo Esteves	Salamandrecos	MT M40	11	5:00:21.53	07:09	1:04:28
32	23	Gonçalo Silva	Caracol Trail Team	MT MS	10	5:00:44.91	07:10	1:04:51
33	254	Mário Alberto	Não fazemos nem mais um...km	MT M40	12	5:02:21.12	07:12	1:06:27
34	250	Francisco Oliveira	Gaia - Running	MT M40	13	5:03:41.70	07:14	1:07:48
35	44	Paulo Silva	Friendlaser	MT MS	11	5:05:00.02	07:16	1:09:06
36	150	Mário Couto		MT MS	12	5:05:26.61	07:16	1:09:33
37	138	André Salgueiro	Pocariça Runners	MT MS	13	5:06:13.70	07:17	1:10:20
38	184	Diogo Garcia	Os Conta-Kilómetros	MT MS	14	5:06:16.76	07:18	1:10:23
39	253	Diogo Maia	UDR Zona Alta	MT MS	15	5:06:30.37	07:18	1:10:36
40	75	Luís Soares	Clube Ogma	MT M45	8	5:06:39.43	07:18	1:10:45
41	292	Armando Cardoso	Runners da Frente Ribeirinha da Póvoa de Santa Iri	MT MS	16	5:07:22.97	07:19	1:11:29
42	67	Luís Eanes		MT M40	14	5:07:25.85	07:19	1:11:32

43	235	Stevan PAVLOVIC		MT M45	9	5:09:11.68	07:22	1:13:18
44	166	Adriano Campos	Pocariça Runners	MT M40	15	5:11:22.80	07:25	1:15:29
45	209	Marcelo Dias	Salamandrecos	MT M40	16	5:11:33.91	07:25	1:15:40
46	64	Luís Loureiro	AFDD-Run Crew Trail Montijo	MT MS	17	5:12:37.50	07:27	1:16:44
47	69	Miguel Ferreira	Salamandrecos	MT MS	18	5:13:06.58	07:27	1:17:13
48	41	Vitor Marques	Runners da Frente Ribeirinha da Póvoa de Santa Iri	MT MS	19	5:13:58.72	07:29	1:18:05
49	172	Rui Ferreira	CRP Ribafria	MT MS	20	5:14:50.25	07:30	1:18:56
50	28	Nuno Passos		MT MS	21	5:17:03.16	07:33	1:21:09
51	26	Luís Reis	Não fazemos nem mais um...km	MT M55	2	5:17:30.15	07:34	1:21:36
52	182	Filipe Serrazina	CRP Ribafria	MT MS	22	5:18:31.99	07:35	1:22:38
53	278	Rui Sousa	Trilhos dos Templários - Green Roc	MT MS	23	5:20:13.16	07:37	1:24:19
54	269	Luís André		MT MS	24	5:21:31.94	07:39	1:25:38
55	304	António Rebelo		MT M40	17	5:22:22.05	07:41	1:26:28
56	271	Rui Carvalho	Bruxos Runners	MT M40	18	5:23:58.96	07:43	1:28:05
57	243	Gonçalo Francisco		MT MS	25	5:24:24.59	07:43	1:28:31
58	245	Filipe Bandeira		MT MS	26	5:24:24.80	07:43	1:28:31
59	38	Hugo Ferreira		MT MS	27	5:24:38.24	07:44	1:28:44
60	289	Pedro Tavares	Runners da Frente Ribeirinha da Póvoa de Santa Iri	MT M40	19	5:24:57.33	07:44	1:29:03
61	118	David de Sousa	Trilho Perdido Eventos/Nutrimania	MT MS	28	5:24:59.78	07:44	1:29:06
62	47	Luís Batata	Vila Fria	MT MS	29	5:26:58.44	07:47	1:31:04
63	137	Nuno Sousa	Pocariça Runners	MT M40	20	5:27:23.09	07:48	1:31:29
64	272	Luís Reis		MT MS	30	5:27:33.24	07:48	1:31:39
65	42	Marc Miranda		MT MS	31	5:27:34.88	07:48	1:31:41
66	159	Luís Valinho		MT MS	32	5:28:46.78	07:50	1:32:53
67	219	Diogo Barros	Cascais FotoTrail Running	MT MS	33	5:31:14.30	07:53	1:35:20
68	232	Helder Tavares	Varitintas	MT MS	34	5:34:45.50	07:58	1:38:52
69	307	Jeroen Jonk	Let's Bundl	MT M40	21	5:36:55.40	08:01	1:41:01
70	207	Ricardo Nascimento	Os Conta-Kilómetros	MT MS	35	5:37:20.87	08:02	1:41:27
71	308	Pedro Faria		MT MS	36	5:38:51.11	08:04	1:42:57
72	183	Carlos Nunes	Kangaroo Runners	MT M40	22	5:39:52.64	08:06	1:43:59
73	265	Henrique Simões		MT M40	23	5:41:09.33	08:07	1:45:15
74	102	António Marques		MT MS	37	5:41:12.95	08:07	1:45:19
75	117	Rui Moura		MT MS	38	5:41:13.50	08:07	1:45:20
76	293	Arlindo Domingues		MT M40	24	5:41:22.82	08:08	1:45:29
77	70	Paulo Monteiro	QQÉP	MT MS	39	5:41:51.99	08:08	1:45:58
78	237	Pedro Aboim	Millennium BCP	MT M23	3	5:41:52.98	08:08	1:45:59
79	290	Gastão Sousa	FKC - A Team	MT M45	10	5:43:06.38	08:10	1:47:12
80	194	Ivo Carmo	Papa Trilhos do CAAL	MT M23	4	5:43:20.63	08:10	1:47:27
81	193	António José Carmo	Papa Trilhos do CAAL	MT M50	2	5:43:41.07	08:11	1:47:47
82	210	Ricardo Fernandes		MT M40	25	5:43:58.26	08:11	1:48:04
83	294	Paulo silva		MT MS	40	5:44:30.15	08:12	1:48:36
84	130	Nuno Redondo		MT MS	41	5:44:44.44	08:12	1:48:50
85	101	Manuel Victorino	CCDalvitejo	MT M60	1	5:44:48.84	08:13	1:48:55
86	17	António Lopes	PapaKms	MT M45	11	5:45:14.28	08:13	1:49:20
87	120	Carlos Brito	Talentos Team	MT M40	26	5:45:14.71	08:13	1:49:21
88	136	Claudio Fragoso	Kangaroo Runners	MT M40	27	5:46:14.79	08:15	1:50:21
89	215	Marco Ferreira	Pocariça Runners	MT M40	28	5:46:16.33	08:15	1:50:22
90	20	Luís Nunes	Runners da Frente Ribeirinha da Póvoa de Santa Iri	MT MS	42	5:46:21.34	08:15	1:50:27
91	164	Pedro Ferreira	Runners da Frente Ribeirinha da Póvoa de Santa Iri	MT M40	29	5:46:21.35	08:15	1:50:27
92	95	Rui Brilhante	Trilho Perdido Eventos/Nutrimania	MT M40	30	5:46:34.61	08:15	1:50:41
93	52	Paulo Costa	Os Matrecos	MT MS	43	5:47:01.93	08:16	1:51:08
94	256	Gilberto Ribeiro		MT MS	44	5:47:14.21	08:16	1:51:20
95	248	Paulo Oliveira	Glória Runners	MT MS	45	5:49:31.38	08:19	1:53:37
96	56	Carlos Rangel		MT M60	2	5:49:36.00	08:19	1:53:42
97	76	Pedro Faísca		MT MS	46	5:49:41.30	08:20	1:53:47
98	111	José Lourenço	Pace.Makers	MT M40	31	5:51:18.61	08:22	1:55:25
99	32	Francisco Dias		MT M40	32	5:51:50.42	08:23	1:55:56
100	141	Vítor Martins	Pocariça Runners	MT M40	33	5:54:54.64	08:27	1:59:01

101	303	Rodolfo Orfão	Sinmetro	MT MS	47	5:55:50.71	08:28	1:59:57
102	89	Luís Oliveira	Grupo Desportivo da Parreira	MT MS	48	5:57:04.39	08:30	2:01:10
103	202	Pedro Pires	Associação de Atletismo Lebres do Sado	MT M50	3	5:59:07.05	08:33	2:03:13
104	142	Paulo Trigo	Runners da Frente Ribeirinha da Póvoa de Santa Iri	MT MS	49	6:00:36.42	08:35	2:04:42
105	302	Rui Silva		MT MS	50	6:01:00.08	08:36	2:05:06
106	93	Rui Pereira	CD Salvaterrense	MT M40	34	6:01:00.29	08:36	2:05:06
107	171	António Ramos	Os Galgos de Tancos	MT M45	12	6:02:11.94	08:37	2:06:18
108	119	Pedro Fontoura	SS CGD	MT M45	13	6:02:32.00	08:38	2:06:38
109	291	Luis Pereira	Alverca Urban Runners	MT MS	51	6:02:36.39	08:38	2:06:42
110	221	António Martins	Reigate Priory AC	MT M55	3	6:03:19.81	08:39	2:07:26
111	100	Mário Cunha	Pace.Makers	MT M40	35	6:03:42.34	08:40	2:07:48
112	62	José Maçarria	Maresia Bar Figueira da Foz	MT M55	4	6:05:01.77	08:41	2:09:08
113	50	Gonçalo Lopes	Trilhos do Valado	MT MS	52	6:05:02.05	08:41	2:09:08
114	270	Rui Gonçalves		MT MS	53	6:05:20.77	08:42	2:09:27
115	108	Fábio Vitorino	TransitexRunners	MT MS	54	6:05:42.34	08:42	2:09:48
116	277	M. Soares	Trilhos dos Templários - Green Roc	MT M40	36	6:05:55.01	08:43	2:10:01
117	145	Armando Cruz		MT M50	4	6:06:12.00	08:43	2:10:18
118	35	Severino Rosa	SS CGD	MT M60	3	6:07:53.74	08:46	2:12:00
119	162	Jaime Beato	Runners da Frente Ribeirinha da Póvoa de Santa Iri	MT M40	37	6:09:58.08	08:49	2:14:04
120	152	Rúben Maurício	Runners da Frente Ribeirinha da Póvoa de Santa Iri	MT MS	55	6:09:58.29	08:49	2:14:04
121	185	António Vale	Os Conta-Kilómetros	MT MS	56	6:14:38.28	08:55	2:18:44
122	257	Avelino Rodrigues	Porto Sentido Runners	MT M40	38	6:17:03.43	08:59	2:21:09
123	259	Ernesto Ribeiro	Porto Sentido Runners	MT M45	14	6:17:03.58	08:59	2:21:10
124	258	Miguel Pereira	Porto Sentido Runners	MT MS	57	6:17:03.85	08:59	2:21:10
125	46	Helder Ferreira	Volkswagen Autoeuropa	MT M40	39	6:17:20.67	08:59	2:21:27
126	242	Jorge Nabais		MT MS	58	6:18:57.04	09:01	2:23:03
127	33	Ricardo Correia	Gurus	MT MS	59	6:20:34.50	09:04	2:24:41
128	87	João Henriques	SS CGD	MT M40	40	6:21:30.91	09:05	2:25:37
129	273	Ricardo Marques		MT MS	60	6:21:38.76	09:05	2:25:45
130	285	Paulo Marques	UFCIT	MT MS	61	6:21:40.17	09:05	2:25:46
131	187	Acácio Machado	C.A.S.P.A. - Clube Amador Só Para Atletismo	MT M40	41	6:22:12.00	09:06	2:26:18
132	286	Gustavo Faria	C.A.S.P.A. - Clube Amador Só Para Atletismo	MT MS	62	6:22:12.34	09:06	2:26:18
133	135	Paulo Branco		MT M40	42	6:22:27.64	09:06	2:26:34
134	177	Gabriel Mateus	Kaninos	MT MS	63	6:22:50.40	09:07	2:26:56
135	178	Ramiro Inácio	Kaninos	MT M60	4	6:22:50.46	09:07	2:26:56
136	22	David Clemente	A20KM	MT MS	64	6:22:59.11	09:07	2:27:05
137	211	Pedro Rodrigues		MT M45	15	6:23:19.20	09:08	2:27:25
138	206	Vasco Romãozinho		MT M40	43	6:23:19.56	09:08	2:27:26
139	103	João Pedro Silva	SS CGD	MT M45	16	6:23:36.79	09:08	2:27:43
140	236	Fernando Rodrigues	Millennium BCP	MT M50	5	6:23:46.71	09:08	2:27:53
141	233	Miguel Cruz	Millennium BCP	MT M45	17	6:23:46.87	09:08	2:27:53
142	43	Francisco Garoto	Bladerunners	MT M45	18	6:23:53.83	09:08	2:28:00
143	255	Tim Cooke	South London Harriers	MT M55	5	6:24:10.52	09:09	2:28:17
144	262	Manuel Romano	Run 4 Fun	MT M50	6	6:25:31.36	09:11	2:29:37
145	264	Paulo Lima		MT M40	44	6:25:47.68	09:11	2:29:54
146	71	Joaquim Bexiga	Clube Ogma	MT M45	19	6:27:41.02	09:14	2:31:47
147	90	João Cabrito	SS CGD	MT M50	7	6:27:50.77	09:14	2:31:57
148	299	Luís Fidalgo		MT M40	45	6:30:48.90	09:18	2:34:55
149	124	José Melo	Run 4 Fun	MT M50	8	6:35:02.64	09:24	2:39:09
150	266	Helder Camacho	Casa do Povo de Alcanena	MT MS	65	6:35:49.58	09:25	2:39:56
151	61	José Lopes		MT M45	20	6:37:22.15	09:28	2:41:28
152	88	Pedro Ribeiro	Run 4 Fun	MT MS	66	6:38:12.24	09:29	2:42:18
153	143	José Gabriel		MT M55	6	6:39:28.84	09:31	2:43:35
154	240	Jorge Freitas	Teoria do Nos	MT M45	21	6:40:14.91	09:32	2:44:21
155	225	Belmiro de Brito	Clube SOSI	MT MS	67	6:40:36.24	09:32	2:44:42
156	85	Teodoro Trindade	Run 4 Fun	MT M50	9	6:41:11.72	09:33	2:45:18
157	300	Augusto Sousa	Team Diabrete	MT M45	22	6:43:04.36	09:36	2:47:10
158	148	Rui Marino	Jobrinde - Montes Saloios	MT M40	46	6:43:04.91	09:36	2:47:11

159	153	Bruno Hortelão	LV Trail	MT MS	68	6:45:46.14	09:40	2:49:52
160	149	Nuno Honrado	Tough Trails Alenquer	MT MS	69	6:48:07.53	09:43	2:52:14
161	140	Nuno Dinis		MT MS	70	6:49:52.50	09:46	2:53:59
162	181	Marco Oliveira	Salamandrecos	MT MS	71	6:51:24.28	09:48	2:55:30
163	163	Goncalo Lince	Salamandrecos	MT MS	72	6:51:24.71	09:48	2:55:31
164	228	Luis Graca	Salamandrecos	MT M45	23	6:51:24.85	09:48	2:55:31
165	99	Hugo Mendes	Pace.Makers	MT MS	73	6:52:11.96	09:49	2:56:18
166	213	José Pereira	Grupo Desportivo Santander Totta	MT M45	24	6:55:12.03	09:53	2:59:18
167	295	Helder Vidal		MT M45	25	6:55:55.33	09:54	3:00:01
168	123	Joaquim Silva	ADCRPJ	MT M45	26	6:56:12.72	09:55	3:00:19
169	84	Pedro Ferreira	Tomar Runners	MT M50	10	6:56:12.81	09:55	3:00:19
170	127	Rodrigo Lopes	CCD CMT/SMAS TOMAR	MT MS	74	6:56:30.07	09:55	3:00:36
171	57	Fernando Negas	Cookie Trail Team	MT MS	75	6:57:29.40	09:56	3:01:35
172	104	Rui Cunha	Grupo Desportivo Santander Totta	MT M45	27	6:57:30.42	09:56	3:01:36
173	58	Pedro Jacob	Cookie Trail Team	MT M40	47	6:57:31.62	09:56	3:01:38
174	280	Flávio Simões		MT M50	11	6:58:41.27	09:58	3:02:47
175	239	Paulo Bailão	SS CGD	MT M45	28	7:01:23.15	10:02	3:05:29
176	19	Rui Pinela	Bladerunners	MT M45	29	7:02:18.83	10:03	3:06:25
177	49	João Cruz	Bladerunners	MT M45	30	7:02:18.86	10:03	3:06:25
178	298	Paulo Jorge Lopes	Alverca Urban Runners	MT M40	48	7:03:24.49	10:05	3:07:30
179	129	Ricardo Ferreira		MT MS	76	7:07:13.27	10:10	3:11:19
180	174	João Almeida	Kaninos	MT M45	31	7:10:35.80	10:15	3:14:42
181	179	António Duarte	Kaninos	MT M40	49	7:10:37.72	10:15	3:14:44
182	306	Alberto Galamba		MT M50	12	7:14:22.94	10:21	3:18:29
183	201	Nuno Anastácio	Run Lovers	MT MS	77	7:14:48.25	10:21	3:18:54
184	21	Manuel António	Rail Runners	MT M45	32	7:19:41.92	10:28	3:23:48
185	48	José Filipe Garcez	Évora Night Runners	MT M40	50	7:21:00.63	10:30	3:25:07
186	238	Álvaro Furtado	SS CGD	MT M55	7	7:30:02.30	10:43	3:34:08
187	139	Pedro Oliveira	Grupo Desportivo da Parreira	MT MS	78	7:32:06.31	10:46	3:36:12
188	301	Tiago Correia	QQÉP	MT MS	79	7:34:40.47	10:50	3:38:46
189	66	José Duarte	QQÉP	MT MS	80	7:35:54.62	10:51	3:40:01
190	134	Rui Cabral		MT MS	81	7:37:00.64	10:53	3:41:07
191	77	Manuel Lima	Experienciar - Farmácia Vila Cova / Centro Recuper	MT M55	8	7:37:19.16	10:53	3:41:25
192	288	Pedro Santos	Alverca Urban Runners	MT MS	82	7:37:45.98	10:54	3:41:52
193	55	Hugo Paulo	Urban Trail Samora Correia	MT MS	83	7:39:14.79	10:56	3:43:21
194	109	Paulo Simões		MT MS	84	7:44:27.92	11:04	3:48:34
195	110	Ricardo Costa		MT MS	85	7:44:28.01	11:04	3:48:34
196	37	Rogério Falcão		MT M45	33	7:46:27.45	11:06	3:50:33
197	105	Luís Simão		MT MS	86	7:47:14.95	11:07	3:51:21
198	36	Pedro Ramos		MT M45	34	8:02:44.10	11:30	4:06:50
199	144	Jorge Esteves	Run 4 Fun	MT M50	13	8:15:46.25	11:48	4:19:52
200	214	Mario Marques	Team Trail da Cabra Gorda	MT MS	87	8:23:47.32	12:00	4:27:53
201	73	Amadeu Carvalho		MT M45	35	8:29:34.18	12:08	4:33:40
202	167	Vítor Gonçalves	4 ao Km	MT M45	36	8:30:26.47	12:09	4:34:32
203	246	Carlos Gonçalves	Lebres e Tartarugas	MT M55	9	8:33:20.56	12:13	4:37:27
204	170	Paulo Vieira	Alverca Urban Runners	MT M40	51	8:36:38.13	12:18	4:40:44
205	31	Fernando Pedro	Alverca Urban Runners	MT M40	52	8:36:38.48	12:18	4:40:44
206	29	Carlos Santos	Rail Runners	MT M60	5	8:37:16.09	12:19	4:41:22
207	92	Pedro Pimenta	CLAC - Entroncamento	MT M45	37	8:37:27.12	12:19	4:41:33
208	25	Manuel Cordeiro		MT M60	6	8:37:33.16	12:19	4:41:39
209	79	Luís Antunes	G A Monsanto Gascan	MT M50	14	8:55:19.04	12:45	4:59:25
210	80	António Pardal	G A Monsanto Gascan	MT M60	7	8:55:20.94	12:45	4:59:27
211	220	Gonçalo Henriques	Cascais FotoTrail Running	MT MS	88	9:08:10.62	13:03	5:12:17
212	107	Rui Belo	CLAC - Entroncamento	MT M45	38	9:09:21.52	13:05	5:13:28
213	34	Nuno Menezes	Bladerunners	MT M45	39	9:57:35.25	14:14	6:01:41