



## 7ª Edição dos Trilhos de Almouroul

**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	731	Cátia Rodrigues		T FS	1	2:54:15.75	06:58	
2	2	Carmen Pires	Liz Runners	T FS	2	2:56:51.72	07:04	0:02:36
3	541	Catarina Correia	Engenheiros-RE1	T FS	3	3:00:52.75	07:14	0:06:37
4	681	Júlia Alves	ACM TRAIL&RUNNING	T F40	1	3:01:49.54	07:16	0:07:34
5	993	Ligia Coelho	ARSM-Associação Recreativa de São Miguel	T F45	1	3:10:06.01	07:36	0:15:50
6	711	Sandra Quintas	Os Matrecos	T F40	2	3:11:48.93	07:40	0:17:33
7	585	Carla Barbosa	Os Matrecos	T F40	3	3:14:38.67	07:47	0:20:23
8	550	Lídia Calado		T FS	4	3:15:53.85	07:50	0:21:38
9	552	Ana Martins	Furões do Alentejo	T F40	4	3:16:21.84	07:51	0:22:06
10	890	Orlanda Rego	Gaia - Running	T F40	5	3:22:04.74	08:05	0:27:49
11	805	Sofia Ramalho	Millennium BCP	T F23	1	3:22:48.41	08:07	0:28:32
12	967	Paula Branco	Mobylete	T F40	6	3:25:29.25	08:13	0:31:13
13	689	Ana Feijão	Clube Atletismo Alentejanos Faro	T F23	2	3:27:01.86	08:17	0:32:46
14	822	Aida Presa	Girls4run	T F40	7	3:27:05.58	08:17	0:32:50
15	757	Isabel Nicolau	Running Academy - O2 Life Center	T F45	2	3:30:32.02	08:25	0:36:16
16	764	Cristina Barros	Sinmetro	T F40	8	3:31:45.05	08:28	0:37:29
17	953	Ana Sofia Coelho	AFDD-Run Crew Trail Montijo	T FS	5	3:31:48.50	08:28	0:37:33
18	800	Elsa Moreira	Millennium BCP	T F40	9	3:32:13.59	08:29	0:37:58
19	719	Paula Guedes	Clube Amigos Parque da Paz	T F40	10	3:32:50.40	08:31	0:38:34
20	964	Ana Fortes		T FS	6	3:34:02.12	08:34	0:39:46
21	887	Elisabete Repas	Gaia - Running	T F45	3	3:34:54.34	08:36	0:40:38
22	713	Graça Roldão	Os Tugas	T F50	1	3:35:26.73	08:37	0:41:11
23	947	Sandra Trigo		T FS	7	3:35:33.92	08:37	0:41:18
24	772	Catarina Henriques	Uni-verso	T FS	8	3:35:54.93	08:38	0:41:39
25	730	Maria Cotrim		T FS	9	3:36:34.84	08:40	0:42:19
26	703	Andreia Neves	Tu e Eu	T FS	10	3:37:36.66	08:42	0:43:21
27	838	Ana Gracio	União FCI de Tomar	T FS	11	3:39:07.36	08:46	0:44:51
28	807	Carla Ribeiro	Millennium BCP	T FS	12	3:39:28.57	08:47	0:45:13
29	900	Ana Baldeante	Não fazemos nem mais um...km	T FS	13	3:43:03.21	08:55	0:48:47
30	903	Mónica Henriques	Azeitão Night Runners	T FS	14	3:45:28.84	09:01	0:51:13
31	537	Sandra Lensink	Let's Bundl	T F45	4	3:46:49.35	09:04	0:52:33
32	568	Lurdes Silva	Os Tugas	T F45	5	3:49:20.74	09:10	0:55:05
33	247	Margarida Santos		T FS	15	3:53:12.99	09:20	0:58:57
34	710	Rita Luz	Team Rhinos	T F40	11	3:53:13.83	09:20	0:58:58
35	962	Teresa Jerónimo	FAM 2 RUN	T F45	6	3:55:44.15	09:26	1:01:28
36	974	Ana Tomé	Pace.Makers	T F40	12	3:57:33.00	09:30	1:03:17
37	960	Rita Coelho	Grupo Desportivo da Parreira	T FS	16	3:57:48.50	09:31	1:03:33
38	633	Ana Paula Pinto	Farmácia Almeida Gonçalves	T F50	2	3:59:27.36	09:35	1:05:11
39	984	Mariana Monteiro	Running Academy - O2 Life Center	T FS	17	4:02:53.82	09:43	1:08:38
40	674	Joana Costa	Os Conta-Kilómetros	T FS	18	4:03:46.19	09:45	1:09:30
41	673	Liliana Henriques	Os Conta-Kilómetros	T FS	19	4:03:46.23	09:45	1:09:30
42	565	Maria Correia	"Grupo Desportivo ""O Independente"""	T F60	1	4:06:20.09	09:51	1:12:04

43	707	Ana Januário	Canhões da Nazaré	T FS	20	<b>4:06:44.74</b>	09:52	1:12:29
44	912	Carina Cardoso		T FS	21	<b>4:06:46.68</b>	09:52	1:12:31
45	881	Elisabete Azougado	Tálenos Team	T F40	13	<b>4:10:20.78</b>	10:01	1:16:05
46	760	Gabriela Marques	Amigos Vale do Silêncio	T FS	22	<b>4:11:08.75</b>	10:03	1:16:53
47	761	Lurdes Santos	Amigos Vale do Silêncio	T FS	23	<b>4:11:09.55</b>	10:03	1:16:54
48	918	Isabel Santos		T F40	14	<b>4:16:54.52</b>	10:17	1:22:39
49	982	Carla Figueira	O Praticante	T FS	24	<b>4:17:16.30</b>	10:17	1:23:00
50	916	Maria Magro		T F40	15	<b>4:17:36.90</b>	10:18	1:23:21
51	647	Catarina Maurício		T FS	25	<b>4:18:11.98</b>	10:20	1:23:56
52	594	Isabel Martins		T F45	7	<b>4:19:47.88</b>	10:24	1:25:32
53	921	Ana Simões	Team Fay	T FS	26	<b>4:22:13.04</b>	10:29	1:27:57
54	115	Andreia Lemos	Trilhos do Costume	T FS	27	<b>4:23:27.46</b>	10:32	1:29:11
55	755	Catarina Vargas	Associação de Atletismo Lebres do Sado	T F40	16	<b>4:26:24.62</b>	10:39	1:32:09
56	935	Filipa Matias		T FS	28	<b>4:28:26.71</b>	10:44	1:34:11
57	925	Eliana Beca	Pace.Makers	T FS	29	<b>4:28:30.66</b>	10:44	1:34:15
58	645	Maria Macedo		T F45	8	<b>4:30:18.59</b>	10:49	1:36:03
59	854	Cristina Barbosa		T F40	17	<b>4:30:31.76</b>	10:49	1:36:16
60	592	Ana Rosa	Runners da Frente Ribeirinha da Póvoa de Santa Iri	T FS	30	<b>4:31:31.61</b>	10:52	1:37:16
61	538	Margarida Silva	Comtemp	T F23	3	<b>4:31:37.85</b>	10:52	1:37:22
62	692	Susana Farinhas	Tálenos Team	T F40	18	<b>4:32:15.31</b>	10:53	1:37:59
63	934	Susana Louro		T FS	31	<b>4:36:12.16</b>	11:03	1:41:56
64	893	Luísa Pires		T F45	9	<b>4:36:12.71</b>	11:03	1:41:57
65	952	Sofia Matias		T FS	32	<b>4:36:20.75</b>	11:03	1:42:05
66	945	Valérie dos Santos		T FS	33	<b>4:37:23.62</b>	11:06	1:43:08
67	668	Maria Vassalo	Pace.Makers	T F45	10	<b>4:37:29.86</b>	11:06	1:43:14
68	776	Susana Evangelista	Coininha Runners	T F40	19	<b>4:37:47.70</b>	11:07	1:43:32
69	948	Sara Fernandes	Pace.Makers	T FS	34	<b>4:38:02.92</b>	11:07	1:43:47
70	902	Rita Branco		T FS	35	<b>4:39:07.10</b>	11:10	1:44:51
71	915	Alexandra Pires		T F45	11	<b>4:45:51.56</b>	11:26	1:51:36
72	869	Isabel Nunes	Tálenos Team	T F50	3	<b>4:47:20.67</b>	11:30	1:53:05
73	779	Vânia Ventura	Grupo Desportivo da Parreira	T FS	36	<b>4:47:55.59</b>	11:31	1:53:40
74	853	Patricia Pinto	UDR Zona Alta	T FS	37	<b>4:49:55.17</b>	11:36	1:55:39
75	870	Fernanda Condinho	Tálenos Team	T F45	12	<b>4:53:23.08</b>	11:44	1:59:07
76	864	Celia Sobral	Tálenos Team	T F40	20	<b>4:53:23.32</b>	11:44	1:59:07
77	558	Joana Nunes		T FS	38	<b>4:53:59.41</b>	11:46	1:59:43
78	830	Zenaide Alves		T F23	4	<b>4:53:59.99</b>	11:46	1:59:44
79	898	Vanessa Cunha	Papa Trilhos do CAAL	T FS	39	<b>4:54:50.00</b>	11:48	2:00:34
80	735	Paula Carmo	Papa Trilhos do CAAL	T F45	13	<b>4:54:51.45</b>	11:48	2:00:35
81	615	Anabela Cardoso	Soconcalma	T F45	14	<b>4:58:57.19</b>	11:57	2:04:41
82	767	Ana Tomás	S.R.C	T F40	21	<b>5:01:51.37</b>	12:04	2:07:35
83	712	Jacinta Almeida	Rail Runners	T F50	4	<b>5:04:42.82</b>	12:11	2:10:27
84	825	Alexandra Bento		T FS	40	<b>5:04:45.64</b>	12:11	2:10:30
85	878	Madalena Santiago	Tálenos Team	T F40	22	<b>5:04:58.70</b>	12:12	2:10:43
86	834	Inês Pequeno	Pace.Makers	T F40	23	<b>5:08:07.18</b>	12:19	2:13:51
87	736	Sofia Fernandes	Pace.Makers	T FS	41	<b>5:08:07.49</b>	12:19	2:13:51
88	892	Leonor Albino	Tálenos Team	T F45	15	<b>5:08:48.47</b>	12:21	2:14:32
89	835	Patrícia Fidalgo	Pace.Makers	T FS	42	<b>5:12:27.93</b>	12:30	2:18:12
90	604	Liliana Monteiro		T FS	43	<b>5:12:34.42</b>	12:30	2:18:18
91	861	Florbela	Tálenos Team	T F45	16	<b>5:26:48.41</b>	13:04	2:32:32
92	938	Ana Lopes	Lágrimas Team	T F45	17	<b>5:30:16.73</b>	13:13	2:36:01
93	939	Marta Ribeiro		T FS	44	<b>5:30:27.80</b>	13:13	2:36:12
94	856	Justina Ferreira	Tálenos Team	T F45	18	<b>5:32:12.89</b>	13:17	2:37:57
95	874	Maria Fernandes	Tálenos Team	T F40	24	<b>5:32:13.12</b>	13:17	2:37:57
96	859	Helena Vitoria	Tálenos Team	T F45	19	<b>5:40:49.91</b>	13:38	2:46:34
97	872	Maria Aldeia	Tálenos Team	T F50	5	<b>5:52:49.20</b>	14:07	2:58:33
98	865	Acucena Besson	Tálenos Team	T F55	1	<b>5:52:50.22</b>	14:07	2:58:34
99	691	Fátima Brito	Tálenos Team	T F40	25	<b>5:52:50.26</b>	14:07	2:58:34
100	990	Ana Luisa Carreiro		T FS	45	<b>5:52:51.16</b>	14:07	2:58:35

101	632	Sandra Marques	Os Conta-Kilómetros	T FS	46	<b>5:57:07.24</b>	14:17	3:02:51
102	771	Patrícia Barros	Cascais FotoTrail Running	T FS	47	<b>5:58:22.69</b>	14:20	3:04:07
103	959	Ana Margarida	Talentos Team	T F40	26	<b>6:05:37.45</b>	14:37	3:11:21