

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
1	192	RUI M LOPES	M	38	M0039	1 AA COIMBRA	00:31:56
2	193	RUI J RODRIGUES	M	39	M0039	2 AA COIMBRA	00:32:58
3	18	FÁBIO A ABRANTES	M	24	M0039	3 UNIAO CLUBE BEIRENSE	00:33:12
4	191	PAULO J ANTUNES	M	44	M4044	1 AA COIMBRA	00:33:50
5	238	CARLOS J P CORREIA	M	34	M0039	4 INDIVIDUAL	00:34:19
6	116	HUGO A COELHO	M	46	M4549	1 AR S MIGUEL	00:34:30
7	258	ANTÓNIO FERREIRA	M	48	M4549	2 INDIVIDUAL	00:34:44
8	143	LUÍS CAVALEIRO	M	35	M0039	5 RUN@FIGUEIRA	00:35:11
9	101	SANDRA PROTÁSIO	F	26	F0034	1 SPORTING CP	00:35:24
10	220	FERNANDO ALMEIDA	M	28	M0039	6 JOGGING LOVERS COIMBRA	00:35:25
11	196	KA LONG LOK	M	23	M0039	7 CLUVE	00:35:32
12	267	FERNANDO MARQUES	M	32	M0039	8 DCIN RUN TEAM	00:35:41
13	207	VITOR CARDOSO	M	40	M4044	2 CLUVE	00:35:50
14	23	RICARDO J R GASPAR	M	27	M0039	9 INDIVIDUAL	00:35:58
15	195	FRANCISCO R B GOUVEIA	M	22	M0039	10 INDIVIDUAL	00:36:09
16	98	MAURO AZEVEDO	M	44	M4044	3 NIGHT RUNNERS COIMBRA	00:36:12
17	519	EMANUEL GARCIA CORREIA	M	24	M0039	11 ESCOLA ATLETISMO DE COIMBRA	00:36:46
18	5	CARLOS NOBRE	M	34	M0039	12 R/R ONLINE	00:37:02
19	33	MIGUEL SANTOS	M	43	M4044	4 INDIVIDUAL	00:37:28
20	15	TELMO ALMEIDA	M	42	M4044	5 DCI RUN TEAM MEALHADA	00:37:33
21	41	PEDRO GERARDO	M	53	M5054	1 CLUVE	00:37:37
22	91	RENATO J S RODRIGUES	M	35	M0039	13 CPT SOBRAL CEIRA	00:37:39
23	244	RODRIGO C D MONTEIRO	M	43	M4044	6 RUGBY C COIMBRA	00:37:51
24	115	AURÉLIO P LAPO	M	38	M0039	14 INDIVIDUAL	00:37:52
25	273	RICARDO MONTEIRO	M	20	M0039	15 ESC ATLETISMO COIMBRA	00:38:04
26	257	RODRIGO COUCEIRO	M	23	M0039	16 ESC ATLETISMO COIMBRA	00:38:04
27	189	PEDRO M VARELA	M	44	M4044	7 AA COIMBRA	00:38:12
28	202	JOAQUIM J MARTINS	M	48	M4549	3 DCI RUN TEAM MEALHADA	00:38:18
29	260	BRUNO M M TEIXEIRA	M	33	M0039	17 INDIVIDUAL	00:38:23
30	40	ANTÓNIO J R RIBEIRO	M	48	M4549	4 INDIVIDUAL	00:38:30
31	133	JOÃO VELOSO	M	50	M5054	2 INDIVIDUAL	00:38:38
32	262	HORÁCIO FERREIRA	M	47	M4549	5 AR S MIGUEL	00:38:50
33	96	MIGUEL VINHAS	M	26	M0039	18 INDIVIDUAL	00:38:56
34	223	AURELIO SAUDE	M	38	M0039	19 JOGGING LOVERS COIMBRA	00:39:06
35	52	MARIO M HERRANZ	M	22	M0039	20 INDIVIDUAL	00:39:06
36	215	PAULO M S VILELA	M	33	M0039	21 CSCRF CHARNECA	00:39:16
37	188	FERNANDO M AGANTE	M	54	M5054	3 AA COIMBRA	00:39:20
38	22	JOSÉ RIBEIRO	M	64	M6099	1 CLUVE	00:39:31
39	156	PEDRO SILVA PAULO	M	46	M4549	6 ÁGUAS C PENACOVA	00:39:35
40	275	CARLOS A J MANUEL	M	39	M0039	22 INDIVIDUAL	00:39:39
41	194	MARTA S LOBO	F	21	F0034	2 AA COIMBRA	00:39:40
42	516	CARLOS DIONISIO	M	48	M4549	7 INDIVIDUAL	00:39:42
43	109	RUI A F S FIGUEIREDO	M	40	M4044	8 AR S MIGUEL	00:39:43
44	501	JOAO FILIPE SANTOS	M	26	M0039	23 INDIVIDUAL	00:39:45
45	123	ANDRÉ PAIVA	M	26	M0039	24 FARMÁCIA LUCIANO MATOS	00:39:46

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
46	507	BRUNO BERNARDES	M	32	M0039 25	GIRASOL RC	00:39:51
47	224	LUC HENNETIER	M	41	M4044 9	JOGGING LOVERS COIMBRA	00:39:51
48	290	PAULO J CARVALHO	M	42	M4044 10	COIMBRA TRAIL RUNNING	00:39:59
49	221	NUNO CABRAL	M	34	M0039 26	JOGGING LOVERS COIMBRA	00:40:13
50	70	PEDRO J MARQUES	M	44	M4044 11	INDIVIDUAL	00:40:25
51	66	MÁRIO R F VAZ	M	40	M4044 12	ESC ATLETISMO COIMBRA	00:40:38
52	281	JOSÉ MAÇARRIA	M	55	M5559 1	PSP FIGUEIRA FOZ	00:40:45
53	219	JOAO RAMOS	M	39	M0039 27	JOGGING LOVERS COIMBRA	00:40:50
54	157	ÁLVARO COSTA	M	55	M5559 2	ÁGUAS C PENACOVA	00:40:52
55	197	PEDRO CRAVEIRO	M	41	M4044 13	PIRATAS RUNNERS	00:40:53
56	61	BENTO BAPTISTA	M	62	M6099 2	CLUVE	00:40:54
57	71	RICARDO MELO	M	36	M0039 28	INDIVIDUAL	00:41:01
58	102	ANTÓNIO P S SILVA	M	42	M4044 14	GIRA SOL RAMOS CATARINO	00:41:05
59	520	DEONILDE COSTA	F	41	F3544 1	AC VERMOIL	00:41:07
60	214	PEDRO M L VIEIRA	M	40	M4044 15	CSCRF CHARNECA	00:41:08
61	174	FERNANDO M M ALHAU	M	54	M5054 4	INDIVIDUAL	00:41:08
62	46	ÁLVARO J P MANO	M	44	M4044 16	INDIVIDUAL	00:41:38
63	285	RICARDO J A BICA	M	31	M0039 29	INDIVIDUAL	00:41:44
64	515	FILIFE BAPTISTA	M	41	M4044 17	INDIVIDUAL	00:41:48
65	183	CARLOS A G CORREIA	M	45	M4549 8	INDIVIDUAL	00:41:49
66	292	DUARTE DOMINGUES	M	42	M4044 18	PSP FIGUEIRA FOZ	00:41:53
67	148	JOÃO FERNANDES	M	31	M0039 30	INDIVIDUAL	00:42:01
68	250	Mª MAFALDA FERNANDO	F	19	F0034 3	INDIVIDUAL	00:42:04
69	265	JOÃO VERÍSSIMO	M	25	M0039 31	INDIVIDUAL	00:42:08
70	135	SALVADOR MASCARENHAS	M	47	M4549 9	COIMBRA TRAIL RUNNING	00:42:12
71	504	DIOGO UMBELINO	M	18	M0039 32		00:42:21
72	104	JOAQUIM PESSOA	M	57	M5559 3	C BENFICA CONDEIXA	00:42:21
73	521	MARK NUTWOOD	M	24	M0039 33	COIMBRA TRAIL RUNNING	00:42:30
74	79	MATILDE SANCHES	F	22	F0034 4	INDIVIDUAL	00:42:34
75	90	ALEJANDRO V POMBO	M	22	M0039 34	INDIVIDUAL	00:42:50
76	506	TELMO PINHO	M	31	M0039 35	INDIVIDUAL	00:42:54
77	206	FILIFE MENDES	M	43	M4044 19	INDIVIDUAL	00:42:56
78	222	JOAO ALVES	M	23	M0039 36	JOGGING LOVERS COIMBRA	00:42:59
79	198	JOEL OLIVEIRA	M	28	M0039 37	PIRATAS RUNNERS	00:43:03
80	74	NUNO RODRIGUES	M	35	M0039 38	DEIXA PASSAR	00:43:05
81	72	CÉLIO DUARTE	M	31	M0039 39	DEIXA PASSAR	00:43:05
82	54	PEDRO SILVA	M	45	M4549 10	COIMBRA TRAIL RUNNING	00:43:08
83	213	NUNO M G SANTOS	M	38	M0039 40	CSCRF CHARNECA	00:43:10
84	169	FERNANDO RIBEIRO	M	37	M0039 41	INDIVIDUAL	00:43:16
85	168	SILVINA M BAPTISTA	F	41	F3544 2	INDIVIDUAL	00:43:16
86	130	JOSÉ V VIEIRA	M	45	M4549 11	INDIVIDUAL	00:43:20
87	218	JOAO REIS	M	34	M0039 42	JOGGING LOVERS COIMBRA	00:43:36
88	31	AUGUSTO C B GOMES	M	52	M5054 5	INDIVIDUAL	00:43:36
89	36	ANTÓNIO PATRÍCIO	M	51	M5054 6	CONDOROS CHOUPAL	00:43:39
90	212	LUÍS F R NEVES	M	53	M5054 7	CSCRF CHARNECA	00:43:41

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
91	248	LUIS ALMEIDA	M	41	M4044	20 INDIVIDUAL	00:43:56
92	45	JOÃO GERARDO	M	22	M0039	43 INDIVIDUAL	00:44:03
93	6	RICARDO ROCHA	M	47	M4549	12 CONDORES CHOUPAL	00:44:11
94	511	RUI CHAMBAL	M	34	M0039	44 INDIVIDUAL	00:44:13
95	235	HUGO DAMAS	M	37	M0039	45 JOGGING LOVERS COIMBRA	00:44:19
96	2	FILIFE PRATAS	M	35	M0039	46 BELABERRY	00:44:23
97	88	JOÃO BATISTA	M	35	M0039	47 INDIVIDUAL	00:44:26
98	282	ALFREDO J C VIEIRA	M	53	M5054	8 CLUVE	00:44:30
99	4	RUI M C P DINIS	M	39	M0039	48 INDIVIDUAL	00:44:36
100	280	ELEONORA SOUSA	F	30	F0034	5 INDIVIDUAL	00:44:37
101	225	PEDRO LEMOS	M	48	M4549	13 JOGGING LOVERS COIMBRA	00:44:53
102	95	SÓNIA MAMEDE	F	26	F0034	6 INDIVIDUAL	00:44:58
103	259	NUNO M M CACHULO	M	30	M0039	49 INDIVIDUAL	00:44:59
104	129	RUI M P DUARTE	M	53	M5054	9 KARRAPATEIRA 1919	00:45:03
105	204	RUI GOMES	M	58	M5559	4 TRIBO NR	00:45:05
106	246	JOAO P M BRAGA	M	38	M0039	50 INDIVIDUAL	00:45:11
107	274	VALDEMAR FERRAZ	M	68	M6099	3 CLUVE	00:45:15
108	92	MIGUEL A C N SAIAGO	M	31	M0039	51 INDIVIDUAL	00:45:23
109	34	ACÍLIO NORO	M	43	M4044	21 INDIVIDUAL	00:45:28
110	111	PEDRO N C FONTES	M	40	M4044	22 INDIVIDUAL	00:45:37
111	73	LUÍS BRAGANÇA	M	33	M0039	52 DEIXA PASSAR	00:45:38
112	286	EDGAR J I LOPES	M	34	M0039	53 PEGAS RABUDAS	00:45:40
113	278	RUI SIMÕES	M	48	M4549	14 INDIVIDUAL	00:45:43
114	78	FERNANDO PEREIRA	M	55	M5559	5 INDIVIDUAL	00:45:44
115	216	MIGUEL Â D N MATIAS	M	24	M0039	54 CSCRF CHARNECA	00:45:47
116	108	FREDERICO MARQUES	M	37	M0039	55 INDIVIDUAL	00:45:52
117	179	JOÃO CAVADAS	M	50	M5054	10 DCI RUN TEAM MEALHADA	00:45:54
118	144	ALEXANDRE RITCHIE	M	42	M4044	23 RUN@FIGUEIRA	00:45:55
119	142	LARA AZAMBUJO	F	30	F0034	7 RUN@FIGUEIRA	00:45:56
120	19	ROGER SIMMONS	M	61	M6099	4 INDIVIDUAL	00:46:00
121	509	JOSE TIAGO ROSA	M	32	M0039	56 INDIVIDUAL	00:46:07
122	7	MÁRIO CARVALHO	M	50	M5054	11 INDIVIDUAL	00:46:11
123	35	MIGUEL CAPELA	M	39	M0039	57 INDIVIDUAL	00:46:35
124	60	CARLOS LOPES	M	61	M6099	5 CLUVE	00:46:37
125	167	JOAO MARTINS	M	44	M4044	24 INDIVIDUAL	00:46:39
126	236	SARA SILVA	F	32	F0034	8 JOGGING LOVERS COIMBRA	00:46:39
127	69	JOSÉ A S SILVA	M	45	M4549	15 SONIC TEAM	00:46:52
128	103	MIGUEL COIMBRA	M	50	M5054	12 CLUVE	00:46:54
129	44	JOAQUIM BRANQUINHO	M	63	M6099	6 INDIVIDUAL	00:46:55
130	242	RICARDO MADUREIRA	M	51	M5054	13 INDIVIDUAL	00:46:59
131	211	ÁLVARO J V LOPES	M	37	M0039	58 CSCRF CHARNECA	00:47:03
132	217	VIRGÍLIO NETO	M	39	M0039	59 INDIVIDUAL	00:47:10
133	505	SIMOM NOGUEIRA	M	33	M0039	60 INDIVIDUAL	00:47:10
134	230	PATRICIA REIS	F	28	F0034	9 JOGGING LOVERS COIMBRA	00:47:22
135	47	CARLOS SANTOS	M	49	M4549	16 INDIVIDUAL	00:47:25

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
136	514	RAUL SANTOS	M	26	M0039 61	INDIVIDUAL	00:47:30
137	201	DORA SERRA	F	39	F3544 3	INDIVIDUAL	00:47:35
138	131	JORGE C MORAIS	M	41	M4044 25	INDIVIDUAL	00:47:44
139	268	NUNO CABRAL	M	42	M4044 26	INDIVIDUAL	00:48:10
140	39	RUBEN ESTRELA	M	30	M0039 62	FOXSTAR	00:48:13
141	289	JORGE M F FIGUEIRAL	M	52	M5054 14	CSCRF CHARNECA	00:48:17
142	147	ANDRÉ F C MONTEIRO	M	18	M0039 63	INDIVIDUAL	00:48:18
143	86	CARLOS COSTA	M	50	M5054 15	INDIVIDUAL	00:48:22
144	256	JOSE CARVALHO	M	62	M6099 7	INDIVIDUAL	00:48:27
145	53	SÉRGIO SANTOS	M	27	M0039 64	INDIVIDUAL	00:48:28
146	26	MANUEL SANTOS	M	44	M4044 27	INDIVIDUAL	00:48:29
147	50	PAULA SILVA	F	42	F3544 4	SC REBOLEIRA DAMAIA	00:48:32
148	64	JOÃO P DIAS	M	50	M5054 16	INDIVIDUAL	00:48:39
149	20	ANDRÉ R C LOPES	M	31	M0039 65	SONIC TEAM	00:48:43
150	227	RUI ALMEIDA	M	36	M0039 66	JOGGING LOVERS COIMBRA	00:48:46
151	75	CARLOS RAMOS	M	53	M5054 17	INDIVIDUAL	00:48:48
152	38	ARNALDO J C TOMÁS	M	41	M4044 28	CONDORES CHOUPAL	00:48:54
153	210	TAMARA C GONZÁLEZ	F	27	F0034 10	INDIVIDUAL	00:48:57
154	270	LUIS S ANGELO	M	40	M4044 29	INDIVIDUAL	00:49:00
155	14	PAULO VAZ	M	40	M4044 30	INDIVIDUAL	00:49:04
156	42	AFONSO MACEDO	M	69	M6099 8	CLUVE	00:49:12
157	209	FILIPA R M ALMEIDA	F	21	F0034 11	INDIVIDUAL	00:49:24
158	120	NUNO LOPES	M	36	M0039 67	ZÁS-TRÁS	00:49:26
159	106	DINA BARROCA	F	42	F3544 5	C BENFICA CONDEIXA	00:49:30
160	62	ANTÓNIO TAVARES	M	65	M6099 9	CLUVE	00:49:30
161	252	NUNO SANTOS	M	20	M0039 68	INDIVIDUAL	00:49:32
162	58	FILIPA DE SÁ	F	31	F0034 12	COIMBRA TRAIL RUNNING	00:49:34
163	59	NUNO VASCONCEOS	M	33	M0039 69	COIMBRA TRAIL RUNNING	00:49:35
164	253	JOAO TEIXEIRA	M	42	M4044 31	INDIVIDUAL	00:49:36
165	205	JOÃO R G R SOUSA	M	25	M0039 70	INDIVIDUAL	00:49:50
166	208	CARLOS CORINO	M	70	M6099 10	CLUVE	00:49:52
167	180	CATARINA I A FERREIRA	F	32	F0034 13	INDIVIDUAL	00:49:55
168	181	FILIPE J M M P PINTO	M	35	M0039 71	INDIVIDUAL	00:49:56
169	510	ARNFRIED CARDOSO	M	32	M0039 72	INDIVIDUAL	00:49:58
170	13	ALBERTO M F P VALEJO	M	44	M4044 32	INDIVIDUAL	00:50:10
171	251	JOAO RAINHO	M	21	M0039 73	INDIVIDUAL	00:50:13
172	110	MÉLANIE DUARTE	F	35	F3544 6	FARMÁCIA LUCIANO MATOS	00:50:18
173	240	LUIS R F BRANCO	M	34	M0039 74	INDIVIDUAL	00:50:27
174	296	EDUARDO J MATEUS	M	50	M5054 18	S&M	00:50:33
175	232	SAMUEL TORRES	M	40	M4044 33	JOGGING LOVERS COIMBRA	00:50:37
176	105	SÓNIA LIMA	F	38	F3544 7	C BENFICA CONDEIXA	00:50:38
177	513	DANIE LSERRA	M	30	M0039 75	SALDO VÁLIDO	00:50:58
178	85	ARMANDO RODRIGUES	M	46	M4549 17	INDIVIDUAL	00:50:59
179	161	FRANCISCO BELO	M	61	M6099 11	INDIVIDUAL	00:51:00
180	89	JOANA ROSA	F	27	F0034 14	INDIVIDUAL	00:51:03

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
181	83	JOSE M O MADEIRA	M	63	M6099 12	TARTARUGAS CHOUPAL	00:51:07
182	266	BRUNO M O MARQUES	M	25	M0039 76	SPORT VARONIL CC	00:51:08
183	503	JOSE PEDRO ROSENDO	M	27	M0039 77	INDIVIDUAL	00:51:24
184	279	JORGE MORGADO	M	46	M4549 18	INDIVIDUAL	00:51:25
185	287	NUNO R DINIS	M	41	M4044 34	INDIVIDUAL	00:51:27
186	522	FERNANDO TEIXEIRA	M	48	M4549 19		00:51:31
187	84	FRANCISCO DELILLE	M	49	M4549 20	INDIVIDUAL	00:51:32
188	234	SARA CARVALHO	F	27	F0034 15	JOGGING LOVERS COIMBRA	00:51:39
189	146	MANUEL F B JORGE	M	64	M6099 13	INDIVIDUAL	00:51:40
190	162	JOSE GONCALVES	M	56	M5559 6	INDIVIDUAL	00:51:55
191	231	JOAO BERNARDO	M	47	M4549 21	JOGGING LOVERS COIMBRA	00:52:00
192	56	FÁTIMA MACHADO	F	53	F4599 1	INDIVIDUAL	00:52:06
193	149	ANA OLIVEIRA	F	31	F0034 16	INDIVIDUAL	00:52:20
194	76	JOSE OLIVEIRA	M	50	M5054 19	INDIVIDUAL	00:52:23
195	49	RUI VIEIRA	M	44	M4044 35	INDIVIDUAL	00:52:37
196	239	DANIEL S VICENTE	M	34	M0039 78	INDIVIDUAL	00:52:37
197	16	MIGUEL Â C PARDAL	M	47	M4549 22	INDIVIDUAL	00:52:38
198	226	JOSE RODRIGUES	M	43	M4044 36	JOGGING LOVERS COIMBRA	00:52:52
199	233	PAULO SALVADOR	M	36	M0039 79	JOGGING LOVERS COIMBRA	00:53:14
200	11	TELMO MARTINS	M	18	M0039 80	CLUVE	00:53:16
201	21	FILIPE M C SIMÕES	M	41	M4044 37	SONIC TEAM	00:53:25
202	126	CAROLINA MARQUES	F	33	F0034 17	FARMÁCIA MEDEIROS	00:53:31
203	57	CLARA MACHADO	F	53	F4599 2	INDIVIDUAL	00:53:31
204	184	MIGUEL A M S SANTOS	M	44	M4044 38	INDIVIDUAL	00:53:41
205	139	CATARINA ALVES	F	40	F3544 8	INDIVIDUAL	00:53:42
206	107	MARISA AMARAL	F	33	F0034 18	C BENFICA CONDEIXA	00:53:43
207	229	JOAO VILHENA	M	39	M0039 81	JOGGING LOVERS COIMBRA	00:53:43
208	122	CARLA ABREU	F	31	F0034 19	ZÁS-TRÁS	00:53:44
209	284	Mª JOÃO A S C GAMA	F	40	F3544 9	INDIVIDUAL	00:54:02
210	127	FRANCISCO ALMEIDA	M	35	M0039 82	FARMÁCIA MEDEIROS	00:54:06
211	114	NILZA MANADAS	F	37	F3544 10	INDIVIDUAL	00:54:13
212	158	ALICE VENTURA	F	46	F4599 3	INDIVIDUAL	00:54:14
213	245	ELISABETE JACINTO	F	44	F3544 11	INDIVIDUAL	00:54:23
214	283	SANDRA L O C MENDES	F	40	F3544 12	INDIVIDUAL	00:54:28
215	145	ANDREIA T CALDEIRA	F	17	F0034 20	INDIVIDUAL	00:54:29
216	10	SARA MARTINS	F	40	F3544 13	CLUVE	00:54:34
217	138	PEDRO FARO	M	46	M4549 23	GIN TEAM	00:54:48
218	263	PATRICIA DIOGO	F	28	F0034 21	SALDO VÁLIDO	00:54:52
219	93	ANA C B S PERREIRA	F	31	F0034 22	INDIVIDUAL	00:54:59
220	151	ANTÓNIO FARIA	M	49	M4549 24	TURBO-LENTOS	00:55:15
221	293	ANA R MIRA	F	33	F0034 23	INDIVIDUAL	00:55:16
222	243	SONIA FRIAS	F	41	F3544 14	INDIVIDUAL	00:55:18
223	288	CATARINA LAPA	F	37	F3544 15	INDIVIDUAL	00:55:18
224	150	LUÍS BONITO	M	41	M4044 39	TURBO-LENTOS	00:55:33
225	121	JORGE LAPA	M	36	M0039 83	ZÁS-TRÁS	00:55:40

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
226	187	SUSANA RODRIGUES	F	39	F3544	16 INDIVIDUAL	00:55:44
227	30	ANDREIA ALVES	F	27	F0034	24 INDIVIDUAL	00:55:45
228	186	CLÁUDIA GOMES	F	33	F0034	25 INDIVIDUAL	00:55:48
229	254	CARLA ROMEIRO	F	41	F3544	17 JOGGING LOVERS COIMBRA	00:56:29
230	291	ISABEL P SANTOS	F	42	F3544	18 INDIVIDUAL	00:56:57
231	261	CONSTANÇA RIGUEIRO	F	48	F4599	4 INDIVIDUAL	00:57:00
232	182	PEDRO N C TEDIM	M	37	M0039	84 INDIVIDUAL	00:57:08
233	132	GONÇALO Á F RODRIGUES	M	33	M0039	85 INDIVIDUAL	00:57:28
234	100	MARISA MENDES	F	37	F3544	19 INDIVIDUAL	00:57:38
235	119	MICHEL F PESTANA	M	37	M0039	86 INDIVIDUAL	00:57:39
236	269	Mª FÁTIMA J RECACHO	F	55	F4599	5 INDIVIDUAL	00:58:09
237	63	ALEXANDRA SOARES	F	32	F0034	26 INDIVIDUAL	00:58:11
238	137	ANA MOREIRA	F	47	F4599	6 GIN TEAM	00:58:29
239	175	JOANA R M PINTO	F	26	F0034	27 INDIVIDUAL	00:58:31
240	27	CARLA PEREIRA	F	43	F3544	20 INDIVIDUAL	00:58:31
241	176	JOANA COLAÇO	F	33	F0034	28 INDIVIDUAL	00:58:36
242	177	NELSON SERRA	M	31	M0039	87 INDIVIDUAL	00:58:36
243	37	ANA SEGURO	F	34	F0034	29 INDIVIDUAL	00:58:58
244	140	DANIEL MARCOS	M	29	M0039	88 INDIVIDUAL	00:59:46
245	113	CATARINA GOMES	F	31	F0034	30 INDIVIDUAL	00:59:46
246	125	SANDRO MOIO	M	29	M0039	89 INDIVIDUAL	01:00:54
247	124	CATARINA FERNANDES	F	36	F3544	21 INDIVIDUAL	01:00:54
248	178	DELIO ALMEIDA	M	37	M0039	90 INDIVIDUAL	01:01:05
249	276	MIGUEL Â C BALAIA	M	20	M0039	91 INDIVIDUAL	01:01:37
250	277	ANA C R AMARAL	F	21	F0034	31 INDIVIDUAL	01:01:38
251	68	SANDRA RIBEIRO	F	36	F3544	22 INDIVIDUAL	01:02:13
252	67	FERNANDO SOUSA	M	33	M0039	92 INDIVIDUAL	01:02:13
253	512	RITA LEMOS	F	47	F4599	7 INDIVIDUAL	01:02:23
254	128	RICARDO RODRIGUES	M	37	M0039	93 FARMÁCIA MEDEIROS	01:02:36
255	25	ELISABETE PEDROSA	F	44	F3544	23 INDIVIDUAL	01:03:00
256	94	MARCO F D M TADEU	M	40	M4044	40 PÉ LEVE	01:03:02
257	200	ANDREIA COSTA	F	36	F3544	24 INDIVIDUAL	01:03:19
258	185	Mª GLÓRIA L L R SOARES	F	50	F4599	8 INDIVIDUAL	01:03:20
259	24	ADELIA PEDROSA	F	38	F3544	25 INDIVIDUAL	01:03:32
260	112	MAFALDA N P MAGALHÃES	F	39	F3544	26 INDIVIDUAL	01:03:37
261	82	MARYLINE D PEREIRA	F	40	F3544	27 CONSÓRCIO CORRIDA	01:04:42
262	80	JOSÉ LUIS FONSECA	M	50	M5054	20 CONSÓRCIO CORRIDA	01:04:42
263	97	CARLOS ARCANJO	M	53	M5054	21 INDIVIDUAL	01:04:42
264	9	EMANUEL PONCIANO	M	66	M6099	14 INDIVIDUAL	01:05:32
265	28	MARTA QUARESMA	F	35	F3544	28 INDIVIDUAL	01:06:30
266	55	NUNO C NEVES	M	41	M4044	41 INDIVIDUAL	01:06:52
267	81	ALICE M M RAMOS	F	51	F4599	9 CONSÓRCIO CORRIDA	01:07:17
268	159	CRISTINA COSTA	F	27	F0034	32 INDIVIDUAL	01:07:42
269	228	ANA C DINIS	F	28	F0034	33 JOGGING LOVERS COIMBRA	01:09:00
270	87	ADELAIDE PEREIRA	F	54	F4599	10 INDIVIDUAL	01:09:19

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
271	155	MARCOS ALVES	M	39	M0039	94 TRIBO NR	01:09:25
272	134	CRISTINA DANIEL	F	39	F3544	29 MEDINA FAMILY RUNNERS	01:09:25
273	51	BETÂNIA G FIGUEIREDO	F	52	F4599	11 A TAL DA VAL	01:09:53
274	48	ANA VIEIRA	F	43	F3544	30 INDIVIDUAL	01:11:45
275	153	IVONNE R MORA	F	31	F0034	34 CRESCENTE CRIATIVO - ATELIER	01:13:02
276	152	ANA M G GONGORA	F	32	F0034	35 CRESCENTE CRIATIVO - ATELIER	01:13:11
277	154	ELIANA NUÑEZ	F	31	F0034	36 CRESCENTE CRIATIVO - ATELIER	01:16:58
278	99	CARLA MARTA	F	41	F3544	31 INDIVIDUAL	01:16:58
279	502	LINA BARRA	F	50	F4599	12 INDIVIDUAL	01:24:55
280	294	ELSA HENRIQUES	F	37	F3544	32 INDIVIDUAL	01:24:56
281	295	HELIA SANTOS	F	38	F3544	33 INDIVIDUAL	01:24:56