



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	135	FÁBIO ABRANTES	M	28	1	00:32:01.37	00:32:01.37	
2	11	RICARDO GASPAR	M	31	2	00:33:25.15	00:33:25.16	ESC ATLETISMO COIMBRA/ J PAIVA
3	159	HUGO RAMALHO	M	40	1	00:33:33.08	00:33:33.08	RD ÁGUEDA
4	239	RUI LOPES	M	42	2	00:33:34.45	00:33:34.45	
5	171	GIL FERREIRA	M	48	1	00:33:40.14	00:33:40.14	CD SÃO SALVADOR CAMPO
6	161	IGOR CASTRO	M	35	3	00:33:51.00	00:33:48.99	ESC ATLETISMO COIMBRA/ J PAIVA
7	120	NUNO SILVA	M	42	3	00:34:34.30	00:34:34.30	CA LAMAS
8	169	ADÉRITO FONTES	M	57	1	00:35:03.28	00:35:03.28	ESC ATLETISMO COIMBRA/ J PAIVA
9	25	HUGO COELHO	M	50	1	00:35:07.71	00:35:07.71	C VETERANOS COIMBRA - CLUVE
10	44	JOÃO SILVA	M	41	4	00:35:10.73	00:35:08.61	ACDRS QUINHENDROS
11	231	LUIS RODRIGUES	M	36	4	00:35:49.59	00:35:49.59	CPT SOBRAL DE CEIRA
12	186	ANTONIO FERREIRA	M	52	2	00:36:10.33	00:36:10.33	ID VIERENSE
13	219	VITOR PLENO	M	35	5	00:36:37.13	00:36:35.00	CPT SOBAL DE CEIRA
14	28	BRUNO ROBALO	M	20	6	00:36:59.66	00:36:56.86	
15	102	JOSÉ MARINHO	M	51	3	00:37:07.39	00:37:04.96	
16	152	ANTONIO VELHA	M	57	2	00:37:20.60	00:37:20.60	
17	142	JORGE SANTOS	M	47	2	00:37:34.94	00:37:34.94	ESC ATLETISMO COIMBRA/ J PAIVA
18	165	RICARDO SARAIVA	M	49	3	00:37:54.93	00:37:51.21	UC EIRENSE
19	221	ANTÓNIO OLIVEIRA	M	53	4	00:38:00.85	00:37:59.23	CPT SOBAL DE CEIRA
20	43	ALEXANDRE MARQUES	M	25	7	00:38:01.19	00:37:58.14	UC EIRENSE
21	46	HUGO SIMÕES	M	34	8	00:38:20.00	00:38:17.80	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE
22	24	RAFAEL BERNARDES	M	25	9	00:38:46.27	00:38:34.43	
23	244	MESSIAS DIAS	M	47	4	00:39:54.35	00:39:52.45	
24	160	ANA PETINGA	F	41	1	00:39:55.37	00:39:55.37	RD ÁGUEDA
25	168	DIOGO REIS	M	30	10	00:39:55.47	00:39:53.33	DCI/TRILHOS LUSO BUSSACO
26	166	LUC HENNETIER	M	45	5	00:40:08.15	00:40:05.45	ESC ATLETISMO COIMBRA/ J PAIVA
27	95	BRUNO GIL	M	38	11	00:40:15.13	00:40:13.33	
28	110	JOÃO ALVES	M	38	12	00:40:24.07	00:40:21.62	ADABEM RUNNING TEAM
29	194	LUIS VILELA	M	42	5	00:40:46.61	00:40:43.10	MONTANHA CLUB TRAIL RUNNING/ EFAPEL
30	157	EGIDIO NEVES	M	47	6	00:41:01.95	00:40:59.58	RUNNERS & FRIENDS
31	203	SAÚL MARTINS	M	35	13	00:41:03.83	00:41:00.88	TRIBO NR
32	187	RODRIGO CARREIRA	M	37	14	00:41:28.14	00:41:25.58	COIMBRA
33	181	BRUNO BERNARDES	M	36	15	00:41:40.50	00:41:38.46	C VETERANOS COIMBRA - CLUVE
34	16	SÉRGIO BARBOSA	M	27	16	00:41:43.28	00:41:25.98	
35	220	JOÃO VIEIRA	M	19	17	00:41:43.79	00:41:43.79	CPT SOBAL DE CEIRA



36	185	AUGUSTO GOMES	M	56	3	00:41:54.19	00:41:51.51	
37	72	FREDERICO MARQUES	M	41	6	00:42:01.83	00:41:57.83	OUT2RUN/MIRO
38	108	ANTÓNIO PATRÍCIO	M	55	4	00:42:10.91	00:42:09.54	ADR4ESTAÇÕES
39	81	FERNANDO ALHAU	M	58	5	00:42:16.92	00:42:14.85	COIMBRA TRAIL RUNNING
40	232	PEDRO ROQUE	M	51	5	00:42:20.94	00:42:18.57	CPT SOBRAL DE CEIRA
41	245	FILIPE BRIZIDA	M	45	7	00:42:30.42	00:42:28.67	
42	200	NUNO COELHO	M	44	7	00:42:32.00	00:42:23.80	OS MOITAS
43	175	GONÇALO MARQUES	M	32	18	00:42:33.19	00:42:31.28	RUNNERS & FRIENDS
44	234	CELSO PEREIRA	M	47	8	00:42:40.48	00:42:35.96	CPT SOBRAL DE CEIRA
45	196	PEDRO ANTUNES	M	39	19	00:42:56.34	00:42:52.68	
46	146	MIGUEL AFONSO	M	18	20	00:42:58.00	00:42:43.99	
47	113	JOSÉ VIEIRA	M	49	9	00:43:00.90	00:42:57.66	CON_DOES DO CHOUPAL COIMBRA
48	69	PEDRO GALHANO	M	27	21	00:43:01.70	00:42:57.34	SC POVOENSE - CARACOIS DE CORRIDA
49	87	PAULO MARQUES	M	52	6	00:43:22.23	00:43:19.79	BARCOUÇO BIKE TEEM
50	21	JOEL SANTOS	M	34	22	00:43:32.62	00:43:31.03	ACRM SILVEIRINHA GRANDE CLARAS
51	103	ARNALDO TOMÁS	M	45	10	00:43:38.96	00:43:36.29	ADR4ESTAÇÕES
52	163	RICARDO MELO	M	40	8	00:43:42.48	00:43:39.31	
53	91	JOAQUIM ALMEIDA	M	59	6	00:43:43.87	00:43:41.24	COIMBRA TRAIL RUNNING
54	236	RUI CARRITO	M	33	23	00:43:54.08	00:43:51.75	
55	233	RUI FIGUEIREDO	M	43	9	00:43:54.44	00:43:50.02	CPT SOBRAL DE CEIRA
56	145	NUNO AFONSO	M	38	24	00:44:24.69	00:44:10.46	
57	68	HÉLDER CUNHA	M	30	25	00:44:43.88	00:44:39.60	SC POVOENSE - CARACOIS DE CORRIDA
58	170	NUNO COSTA	M	47	11	00:44:52.56	00:44:49.93	ESC ATLETISMO COIMBRA/ J PAIVA
59	154	AUGUSTO AMARAL	M	50	7	00:44:52.89	00:44:51.29	RUNNERS & FRIENDS
60	123	ANA FERNANDES	F	39	1	00:44:54.10	00:44:51.22	BLUEPHARMA
61	41	MIGUEL FIGUEIREDO	M	44	10	00:45:17.28	00:45:14.56	
62	55	JOAO SALUSTIANO	M	48	12	00:45:19.63	00:45:12.99	
63	208	ALEXANDRE DIAS	M	17	26	00:45:23.15	00:45:11.12	FCA_RUNNERS
64	96	JOSE ABADÉ	M	74	1	00:45:27.80	00:45:25.02	C VETERANOS COIMBRA - CLUVE
65	180	ANTÓNIO JOSÉ PEREIRA	M	39	27	00:45:44.85	00:45:38.82	
66	78	PEDRO TONDELA	M	26	28	00:45:51.76	00:45:50.42	AGD SPORTS ACADEMY
67	97	JOÃO RICARDO COSTA	M	29	29	00:45:55.21	00:45:48.04	
68	117	ANDRÉ DIAS	M	53	8	00:45:55.67	00:45:52.77	TRIBO NR
69	106	JOSÉ MONTEIRO	M	49	13	00:46:24.25	00:46:14.77	A DC ANDORINHA
70	90	CLAUDIO MATIAS	M	42	11	00:46:25.02	00:46:13.11	A DC ANDORINHA
71	98	JOSE MIGUEL MARTINS	M	26	30	00:46:28.89	00:46:12.40	
72	141	MANUELA GONÇALVES	F	48	1	00:46:53.35	00:46:50.59	



73	143	PAULO COSTA	M	35	31	00:46:58.07	00:46:46.40	A DC ANDORINHA
74	182	CATARINA ALVES	F	44	2	00:46:59.72	00:46:56.09	COIMBRA TRAIL RUNNING
75	229	DIOGO RAMOS	M	31	32	00:47:08.94	00:47:01.26	
76	209	RICARDO FREIXO	M	33	33	00:47:23.27	00:47:13.07	FRESCO & FOFO
77	37	BASILIO SIMOES	M	52	9	00:47:28.46	00:47:19.38	HAPPY & FIT
78	131	MÁRIO CARVALHO	M	54	10	00:47:30.39	00:47:24.06	
79	59	PAULO PROVIDÊNCIA	M	56	7	00:47:32.28	00:47:19.00	R G LEVANTA POEIRA
80	35	MIGUEL SILVA	M	31	34	00:47:33.99	00:47:28.27	LIBPHYS-UC
81	132	KLEDILSON OLIVEIRA	M	51	11	00:47:39.28	00:47:25.10	
82	22	JOSÉ NETO	M	62	2	00:47:43.85	00:47:43.85	TEAM NETO
83	126	ANDRÉ CARVALHO	M	40	12	00:47:49.15	00:47:43.14	BLUEPHARMA
84	93	PEDRO MONTEIRO	M	55	8	00:47:59.60	00:47:54.83	
85	63	NARCISO ARROMBA	M	65	3	00:48:00.44	00:48:00.44	C VETERANOS COIMBRA - CLUVE
86	47	ANTÓNIO CARITAS	M	43	13	00:48:02.77	00:47:50.61	
87	167	GONÇALO CARDOSO	M	42	14	00:48:16.15	00:48:14.17	CARVALHOS
88	214	PEDRO NUNES	M	46	14	00:48:18.00	00:48:09.68	PATRULHA PATA
89	222	RODRIGO C D MONTEIRO	M	47	15	00:48:22.01	00:48:16.71	
90	223	ANA C G ALMEIDA	F	44	3	00:48:22.57	00:48:22.57	
91	216	JOÃO MATOS	M	58	9	00:48:40.76	00:48:36.66	LUZ COIMBRA
92	226	PAULO NEVES	M	32	35	00:48:46.96	00:48:39.83	
93	210	PAULO TRINDADE	M	54	12	00:48:48.44	00:48:43.58	
94	38	JULIO M S GONÇALVES	M	62	4	00:48:49.20	00:48:42.38	
95	178	MIGUEL SANTOS	M	47	16	00:49:07.13	00:48:52.54	RG LEVANTA POEIRA
96	206	JORGE LOPES	M	41	15	00:49:13.51	00:49:00.00	
97	92	KEMILLY MELLO	F	29	2	00:49:19.41	00:49:16.70	
98	212	BRUNO SANTOS N DIAS	M	36	36	00:49:41.75	00:49:30.90	
99	77	PAULO GONÇALVES	M	45	17	00:49:45.31	00:49:39.59	
100	109	HUGO MARTINS	M	42	16	00:49:47.65	00:49:40.77	CARVALHOS
101	31	MARIA JOÃO BENQUERENÇA	F	45	2	00:49:47.83	00:49:37.17	
102	88	ANTÓNIO VENTURA	M	41	17	00:50:12.78	00:50:01.94	A DC ANDORINHA
103	176	TIAGO CARVALHO	M	36	37	00:50:12.94	00:50:03.09	
104	105	FILIPE PICÃO	M	42	18	00:50:21.08	00:50:09.53	JUST KEEP RUNNING
105	94	CARLOS BARRADAS	M	49	18	00:50:24.55	00:50:19.47	
106	272	BRUNO G SILVA	M	46	19	00:50:36.24	00:50:27.07	
107	70	RICARDO ROCHA	M	51	13	00:50:51.02	00:50:41.26	
108	207	ANTERO DIAS	M	26	38	00:50:53.27	00:50:41.33	FCA_RUNNERS
109	204	TIAGO DAVID FREITAS	M	30	39	00:50:59.50	00:50:57.77	



110	115	CARLOS FIGUEIREDO	M	37	40	00:51:08.50	00:51:01.14	CD CAMARNEIRA
111	42	FÁBIO MARQUES	M	31	41	00:51:26.88	00:51:23.15	UC EIRENSE
112	83	MIGUEL FORTE	M	36	42	00:51:30.27	00:51:25.24	
113	148	OLIVIER WASTERLAIN	M	48	20	00:51:31.75	00:51:22.15	
114	80	ARMANDO RODRIGUES	M	50	14	00:51:33.96	00:51:22.56	NIGHT RUNNERS COIMBRA
115	156	PEDRO RUSSO	M	19	43	00:51:36.59	00:51:36.59	
116	155	FERNANDO VENDA	M	62	5	00:51:41.05	00:51:36.90	LUZ COIMBRA
117	29	JORGE LOUREIRO	M	74	6	00:51:42.39	00:51:40.02	C VETERANOS COIMBRA - CLUVE
118	162	LUÍS MIGUEL MELO SANTOS	M	46	21	00:51:49.23	00:51:41.06	
119	101	LUÍS MOURA	M	23	44	00:51:54.01	00:51:37.64	ALGÁLIA RODRIGUES
120	183	JORGE RIBEIRO	M	49	22	00:52:02.17	00:51:49.55	VILA NOVA DE GAIA
121	34	ANDRÉ LUZ SILVA	M	40	19	00:52:17.75	00:52:09.12	DUROS DO MONDEGO
122	89	TIAGO FIGO	M	32	45	00:52:21.10	00:52:04.54	
123	189	PIERRICK CONSEIL	M	43	20	00:52:26.30	00:52:17.17	
124	40	MIGUEL MORGADO	M	44	21	00:52:26.88	00:52:15.25	
125	211	PAULO SILVA	M	55	10	00:52:29.97	00:52:29.97	
126	199	DANIELA GUERRA	F	31	3	00:52:33.25	00:52:26.12	TEAM KORPOACTIVO
127	197	NUNO OLIVEIRA	M	39	46	00:52:36.34	00:52:23.12	
128	60	JOAO LUIS SANTOS	M	49	23	00:52:39.34	00:52:33.25	
129	153	DIOGO LUCAS PIRES	M	42	22	00:52:40.04	00:52:26.26	
130	19	JOÃO GRAÇA	M	64	7	00:52:40.12	00:52:38.99	ACRM SILVEIRINHA GRANDE CLARAS
131	51	FÁBIO SOUSA	M	26	47	00:52:41.36	00:52:36.19	
132	213	PEDRO TRINDADE	M	40	23	00:52:43.63	00:52:34.60	
133	121	RICARDO SANTOS	M	34	48	00:53:02.42	00:52:54.85	BLUEPHARMA
134	243	PEDRO CARVALHO	M	42	24	00:53:03.78	00:52:58.15	
135	201	MARISA CARVALHO	F	39	4	00:53:19.00	00:53:10.81	
136	202	PEDRO COSTA	M	42	25	00:53:19.21	00:53:10.78	
137	179	ALBERTO VALEJO	M	48	24	00:53:19.37	00:53:06.84	IPNRUNNERS
138	64	PEDRO HERMEIRO	M	31	49	00:53:33.86	00:53:23.32	
139	100	JOSÉ PEDRO SANTOS	M	24	50	00:53:55.06	00:53:38.33	ALGÁLIA RODRIGUES
140	172	ANTONIO NEVES	M	56	11	00:53:56.99	00:53:50.45	SOURE MOV
141	124	JOÃO VELOSO	M	50	15	00:53:57.18	00:53:51.15	BLUEPHARMA
142	125	TIAGO BEIRÃO	M	37	51	00:54:09.87	00:54:03.94	BLUEPHARMA
143	205	LUÍS REIS	M	43	26	00:54:10.29	00:53:57.00	
144	49	ANTONIO J C G FERREIRA	M	52	16	00:54:10.80	00:54:05.18	
145	246	RENATO RAMOS	M	54	17	00:54:15.19	00:54:12.57	
146	247	FRANCISCO DELILE	M	53	18	00:54:16.42	00:54:11.65	



147	242	JOSÉ MARIA	M	20	52	00:54:17.28	00:54:02.81	
148	61	JOSÉ SEQUEIRA	M	69	8	00:54:34.94	00:54:32.17	ARSM - AR S MIGUEL
149	184	BRUNO SANTOS	M	27	53	00:54:35.71	00:54:35.71	A DC ANDORINHA
150	127	LUÍS NINA	M	28	54	00:54:42.77	00:54:36.10	BLUEPHARMA
151	112	MARIO PEDROSO	M	43	27	00:54:45.50	00:54:32.21	CON_DOES DO CHOUPAL COIMBRA
152	177	CARLOS OLIVEIRA	M	54	19	00:54:49.05	00:54:37.92	
153	85	ANTÓNIA ABRANTES	F	53	1	00:54:49.98	00:54:38.74	
154	73	PEDRO GONÇALVES	M	44	28	00:54:56.78	00:54:50.69	CARVALHOS
155	74	MARCOS NEVES	M	38	55	00:54:57.23	00:54:50.70	CARVALHOS
156	67	CELSE COSTA	M	25	56	00:54:57.46	00:54:41.14	
157	193	MIGUEL CAPELA	M	43	29	00:55:01.49	00:54:47.87	
158	188	PEDRO ABREU	M	42	30	00:55:12.30	00:55:07.63	TRY TO STOP US / LISTER TEAM
159	136	JOAO DIAS	M	54	20	00:55:13.52	00:55:02.29	IPNRUNNERS
160	273	CLARA MACHADO	F	57	1	00:55:17.84	00:55:13.70	
161	33	JOSÉ MANUEL GONÇALVES	M	60	9	00:55:34.64	00:55:29.22	
162	52	CLÉMENCE GODON	F	30	5	00:55:35.01	00:55:26.07	
163	116	MÁRIO ALMEIDA	M	36	57	00:55:40.00	00:55:24.38	
164	240	OTÍLIA COSTA	F	40	4	00:55:47.76	00:55:40.33	
165	138	NUNO SANTOS	M	41	31	00:55:48.93	00:55:48.93	SEM TEAM
166	215	SOFIA LEMOS	F	41	5	00:55:51.21	00:55:42.82	PATROLHA PATA
167	107	ANA PAULA MATIAS	F	47	3	00:55:52.19	00:55:47.05	TRIBO NR
168	84	DIANA ALVES	F	22	6	00:55:52.99	00:55:41.85	
169	140	RUI PIRES	M	44	32	00:55:53.07	00:55:38.16	
170	139	STEPHANE GONÇALVES	M	30	58	00:56:01.35	00:55:55.17	
171	137	JOANA DA SILVA	F	27	7	00:56:12.52	00:56:03.74	
172	36	PEDRO VAZ	M	30	59	00:56:12.57	00:56:06.87	LIBPHYS-UC
173	86	ISABEL SANTOS	F	44	6	00:56:22.61	00:56:10.13	
174	75	SOFIA PEREIRA	F	25	8	00:56:23.46	00:56:15.47	
175	104	PAULO NEVES	M	49	25	00:56:55.20	00:56:43.74	JUST KEEP RUNNING
176	224	JOAO OLIVEIRA	M	59	12	00:57:29.29	00:57:19.95	
177	198	TERESA BARRA	F	37	9	00:57:34.54	00:57:28.78	
178	30	SOFIA AGOSTINHO	F	39	10	00:58:18.96	00:58:14.98	ARREDAGUILHOTAS PRO TEAM
179	79	DIOGO RODRIGUES	M	29	60	00:58:20.00	00:58:18.25	AGD SPORTS ACADEMY
180	111	ANA RITA GUEDES SANTOS	F	40	7	00:58:21.40	00:58:17.42	ARREDAGUILHOTAS PRO TEAM
181	269	SHIRLEY BONIFÁCIO	F	43	8	00:58:40.13	00:58:32.93	
182	227	SÉRGIO CANOSO	M	37	61	00:58:56.01	00:58:39.98	
183	114	BRUNO FERREIRA	M	42	33	00:59:01.01	00:58:50.36	



184	18	LUÍS MIGUEL NUNES	M	48	26	00:59:10.00	00:59:10.00	TRIBO NR
185	99	SOFIA PEDROSA	F	24	11	00:59:23.74	00:59:07.72	ALGÁLIA RODRIGUES
186	71	MARIA CARVALHO	F	23	12	00:59:28.05	00:59:14.08	
187	118	ANABELA AMARAL	F	50	2	00:59:30.14	00:59:17.64	
188	274	ANDRÉ MARQUES	M	34	62	00:59:34.66	00:59:25.58	
189	144	CARLA MIRANDA	F	45	4	00:59:51.99	00:59:39.96	A DC ANDORINHA
190	13	NUNO OLIVEIRA	M	47	27	01:00:01.18	00:59:57.39	LUSO-ATLÂNTICA CORRETOR DE SEGUROS SA
191	237	MÁRIO LOBO	M	26	63	01:00:07.94	00:59:51.78	
192	82	RUI BRUNHETA	M	52	21	01:00:15.34	01:00:11.09	POTENCIAL GLOBAL
193	241	CÁTIA DIAS	F	25	13	01:00:20.18	01:00:05.70	
194	147	CAROLINA COSTA	F	31	14	01:00:58.65	01:00:47.11	A DC ANDORINHA
195	217	ROSA MATOS	F	56	2	01:01:19.47	01:01:15.82	LUZ COIMBRA
196	164	MARIO MUNOZ-PINTO	M	32	64	01:01:45.75	01:01:38.80	
197	122	MANUELA PEREIRA	F	29	15	01:01:56.07	01:01:49.13	BLUEPHARMA
198	65	ANA VAZ	F	32	16	01:02:16.59	01:02:01.97	CROSSFIT COIMBRA
199	66	RUTE COIMBRA	F	40	9	01:02:17.21	01:02:02.17	CROSSFIT COIMBRA
200	270	JOÃO MIGUEL FERREIRA	M	61	10	01:02:39.52	01:02:31.43	
201	173	ISMAEL RAMOS	M	33	65	01:02:56.95	01:02:48.71	ROIS
202	174	ROGERIO GODINHO	M	31	66	01:02:57.42	01:02:48.59	ROIS
203	62	CARLA CORTÊS	F	30	17	01:03:05.88	01:02:52.21	
204	27	VALDEVEZ MONTEIRO	M	73	11	01:03:50.32	01:03:39.43	
205	53	VASCO SIMOES	M	30	67	01:04:00.00	01:03:51.25	
206	218	JESUS GOMES	M	22	68	01:04:10.00	01:03:54.44	
207	230	AMANDA MACHADO	F	21	18	01:04:20.00	01:04:04.09	
208	128	MIGUEL ROSENDO	M	23	69	01:04:25.00	01:04:07.63	OLYMPIC SILVAS
209	32	FERNANDA DIAS	F	33	19	01:04:30.00	01:04:17.78	
210	129	BEATRIZ SILVA	F	28	20	01:04:35.00	01:04:18.01	OLYMPIC SILVAS
211	158	EDILMA OLIVEIRA	F	42	10	01:04:40.00	01:04:27.35	
212	26	RITA SOUSA	F	23	21	01:06:25.65	01:06:23.66	
213	268	PAULO FRESCO	M	42	34	01:06:32.58	01:06:22.26	
214	50	AFONSO GOMES	M	28	70	01:07:58.87	01:07:41.45	
215	119	ANTONIO SILVA	M	59	13	01:10:11.48	01:10:06.59	
216	195	ANNE AZEVEDO	F	26	22	01:11:30.84	01:11:18.56	
217	17	RUI LOPES	M	42	35	01:11:33.97	01:11:26.92	TRIBO NR
218	190	JOÃO CRUZ	M	48	28	01:12:20.00	01:12:05.70	
219	191	CARLA COSTA	F	38	23	01:12:21.00	01:12:06.80	

Total de registros: 219



CÂMARA MUNICIPAL
DE
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**PEDRO
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