

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Dife.
1	378	Tiago Marques	Juventude Vidigalense	Seniores M	00:31:55	00:00:00
2	289	Pedro Januário	Individual	Veteranos M35	00:33:35	00:01:40
3	198	Tiago Madureira	DCI/CCDRP MEALHADA	Seniores M	00:33:40	00:01:44
4	269	Antonio Curto	Individual	Seniores M	00:34:13	00:02:18
5	30	Rui Lpoes	Associação Académica Coimbra	Veteranos M35	00:34:22	00:02:27
6	171	Hannu Airila	Run@Figueira	Seniores M	00:34:26	00:02:31
7	419	Emanuel Cardoso	Clube Atletismo de Marinha Grande	Seniores M	00:34:27	00:02:32
8	40	Rui Rodrigues	Associação Académica Coimbra	Veteranos M40	00:34:46	00:02:51
9	332	Fábio Abrantes	União Clube Eirense	Seniores M	00:34:57	00:03:02
10	195	Filipe Rocha	DCI/CCDRP MEALHADA	Seniores M	00:35:10	00:03:15
11	138	Fernando Almeida	Jogging Lovers Coimbra	Seniores M	00:35:23	00:03:27
12	1	Clarisse Cruz	Sport Clube Salgueiros	Veteranos F	00:35:27	00:03:32
13	184	Fernando Silva	Centro Atletismo Seia	Veteranos M45	00:35:28	00:03:33
14	3	Hugo Pinto	RB Running	Seniores M	00:35:30	00:03:35
15	185	Cesário Simões	Centro Atletismo Seia	Veteranos M45	00:35:52	00:03:57
16	367	Hugo Coelho	ARSM - Associação Recreativa de S. Miguel	Veteranos M45	00:35:59	00:04:04
17	197	Ruben Fernandes	DCI/CCDRP MEALHADA	Seniores M	00:36:09	00:04:14
18	129	Ricardo Gaspar	JPAIVA/PARAMÀQUINAS- CIR Torre de Bera	Seniores M	00:36:38	00:04:43
19	348	Manuel Faria	Individual	Veteranos M50	00:36:47	00:04:52
20	191	João Pereira	DCI/CCDRP MEALHADA	Veteranos M40	00:36:52	00:04:57
21	302	Igor Castro	JPAIVA/PARAMÀQUINAS- CIR Torre de Bera	Seniores M	00:37:17	00:05:22
22	190	Carlos Pimenta	DCI/CCDRP MEALHADA	Veteranos M40	00:37:20	00:05:24
23	229	Luís Cavaleiro	Run@Figueira	Veteranos M35	00:37:30	00:05:35
24	172	Nuno Silva	GIRASOL	Veteranos M35	00:37:36	00:05:41
25	87	Pedro Graça	Moinhos da Gandara Trail	Veteranos M40	00:37:37	00:05:42
26	272	Rui Baptista	Bttrain	Veteranos M40	00:37:49	00:05:54
27	192	Fernando Marques	DCI/CCDRP MEALHADA	Seniores M	00:37:51	00:05:56
28	187	Telmo Almeida	DCI/CCDRP MEALHADA	Veteranos M40	00:38:17	00:06:22
29	361	Eduardo Cardeira	CR Amieirinhense	Seniores M	00:38:21	00:06:26
30	246	Americo Pinho	Escapães	Veteranos M40	00:38:32	00:06:37
31	179	Mauro Azevedo	Night Runners Coimbra	Veteranos M45	00:38:34	00:06:39
32	194	Vitor Oliveira	DCI/CCDRP MEALHADA	Veteranos M50	00:38:55	00:07:00
32	283	Pedro Salcedas	DCI/CCDRP MEALHADA	Veteranos M45	00:38:55	00:07:00
33	244	Márcio Loureiro	SR Jardoeira	Veteranos M35	00:39:07	00:07:11
34	304	André Monteiro	JPAIVA/PARAMÀQUINAS- CIR Torre de Bera	Seniores M	00:39:13	00:07:18
35	145	Carlos Simões	ARSM - Associação Recreativa de S. Miguel	Veteranos M45	00:39:20	00:07:25
36	227	Jorge Delgado	Individual	Seniores M	00:39:36	00:07:41
37	189	Manuel Lino	DCI/CCDRP MEALHADA	Veteranos M55	00:39:42	00:07:47
38	260	Ricardo Monteiro	ADR4 Estações	Seniores M	00:40:08	00:08:12
39	297	Aurélio Saúde	Jogging Lovers Coimbra	Veteranos M35	00:40:10	00:08:15
40	226	Lourenço Cadima	Run@Figueira	Seniores M	00:40:19	00:08:24
41	60	Paulo Garcia	Camara Municipal Figueira da Foz	Veteranos M45	00:40:21	00:08:25
42	328	Pedro Varela	Associação Académica Coimbra	Veteranos M45	00:40:29	00:08:33
43	351	Luis Junqueira	Individual	Veteranos M45	00:40:30	00:08:34
44	418	Filipe Carvalheiro	Individual	Veteranos M50	00:40:33	00:08:38
45	167	Antonio Graça	Free Runners	Veteranos M50	00:40:34	00:08:39
46	188	Diogo Pimenta	DCI/CCDRP MEALHADA	Seniores M	00:40:38	00:08:43
47	252	Elísio Ferreira	DCI/CCDRP MEALHADA	Veteranos M40	00:40:43	00:08:47
48	186	Joaqim Martins	DCI/CCDRP MEALHADA	Veteranos M50	00:40:43	00:08:48
49	202	Marco Almeida	DCI/CCDRP MEALHADA	Veteranos M35	00:40:56	00:09:01

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Dife.
50	173	Pedro Oliveira	Run@Figueira	Veteranos M40	00:40:57	00:09:02
51	357	Mário Almeida	Pés Troikados - CSCS	Seniores M	00:41:13	00:09:18
52	212	David Jesus	Pascoalitos	Veteranos M35	00:41:19	00:09:23
53	292	Alfredo Gaspar	Individual	Seniores M	00:41:28	00:09:33
54	204	Martinho Pessoa	DCI/CCDRP MEALHADA	Seniores M	00:41:41	00:09:46
55	316	Márcio Ferreira	Individual	Seniores M	00:41:48	00:09:53
56	94	Pedro Martins	Jogging Lovers Coimbra	Veteranos M35	00:41:54	00:09:59
57	125	Nuno Oliveira	Individual	Seniores M	00:41:58	00:10:03
58	144	Jose Ferreira	Individual	Veteranos M40	00:42:03	00:10:08
59	417	Fabio Mendes	Individual	Seniores M	00:42:04	00:10:09
60	135	João Branco	Jogging Lovers Coimbra	Veteranos M35	00:42:13	00:10:18
61	45	João Toscano	DCI/CCDRP MEALHADA	Seniores M	00:42:16	00:10:20
62	54	Fernando Agante	Associação Académica Coimbra	Veteranos M55	00:42:16	00:10:21
63	170	Jorge Alves	Run@Figueira	Veteranos M45	00:42:20	00:10:25
64	362	Victor Teixeira	CR Amieirinhense	Veteranos M50	00:42:24	00:10:28
65	394	Tiago Monteiro	Individual	Seniores M	00:42:29	00:10:34
66	296	Luís Santos	Individual	Veteranos M40	00:42:33	00:10:37
67	196	João Simões	DCI/CCDRP MEALHADA	Veteranos M35	00:42:36	00:10:40
68	331	Deonilde Costa	Atlético Clube de Vermoil	Veteranos F	00:42:36	00:10:41
69	395	Luc Hennemier	Jogging Lovers Coimbra	Veteranos M40	00:42:37	00:10:42
70	340	Tony Vieira	Bio team Run	Seniores M	00:42:39	00:10:44
71	111	Vitor Joaquim	Bio team Run	Veteranos M40	00:42:40	00:10:45
72	401	Rui Figueiredo	ARSM - Associação Recreativa de S. Miguel	Veteranos M40	00:42:47	00:10:52
73	308	Alexandre Mendes	Individual	Veteranos M40	00:42:51	00:10:55
74	151	Fábio Costa	TT Runners	Seniores M	00:43:06	00:11:10
75	199	Pedro Barros	DCI/CCDRP MEALHADA	Veteranos M40	00:43:10	00:11:15
76	105	João Reis	Jogging Lovers Coimbra	Veteranos M35	00:43:12	00:11:17
77	133	António Silva	ARSM - Associação Recreativa de S. Miguel	Veteranos M55	00:43:16	00:11:21
78	207	Artur Branco	Individual	Veteranos M40	00:43:28	00:11:33
79	382	Hernani Nogueira	Miro Runners	Seniores M	00:43:30	00:11:35
80	355	Rui Oliveira	Team Bala	Veteranos M40	00:43:31	00:11:36
81	277	Amilcar Costa	Individual	Veteranos M45	00:43:43	00:11:48
82	205	Bruno Santos	Run@Figueira	Veteranos M40	00:43:46	00:11:50
83	248	Miguel Campos	Individual	Veteranos M45	00:43:49	00:11:54
84	282	Marisa Joao	DCI/CCDRP MEALHADA	Veteranos F	00:43:51	00:11:56
85	155	Luís Almeida	Individual	Veteranos M40	00:43:52	00:11:56
86	177	Manuel Cabete	Moinhos da Gandara Trail	Veteranos M50	00:44:01	00:12:06
87	84	Augusto Mota	Individual	Veteranos M45	00:44:02	00:12:07
88	294	Fernando Alhau	Individual	Veteranos M55	00:44:08	00:12:12
89	100	Gonçalo Batista	Individual	Seniores M	00:44:13	00:12:18
90	18	Humberto Oliveira	União Clube Eirense	Veteranos M40	00:44:15	00:12:20
91	216	Arsenio Santos	Pascoalitos	Veteranos M45	00:44:18	00:12:22
91	37	Vitor Lopes	Pascoalitos	Veteranos M35	00:44:18	00:12:22
92	215	Sérgio Santos	Pascoalitos	Seniores M	00:44:18	00:12:23
93	341	José Fonseca	Individual	Veteranos M45	00:44:26	00:12:31
94	281	João Cruz	DCI/CCDRP MEALHADA	Seniores M	00:44:26	00:12:31
95	242	João Cunha	DCI/CCDRP MEALHADA	Seniores M	00:44:32	00:12:37
96	147	Samuel Martinho	TT Runners	Seniores M	00:44:44	00:12:49
97	96	Nuno Almeida	LoveRun	Veteranos M35	00:44:48	00:12:53
98	102	Paulo Faria	Individual	Veteranos M45	00:44:53	00:12:58

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Dife.
99	414	Adriano Tabanez	Freguesia de Sanguinheira	Veteranos M40	00:44:56	00:13:01
100	258	Gil Santos	ADR4 Estações	Veteranos M40	00:45:01	00:13:06
101	290	José Machado	Machado445	Veteranos M35	00:45:06	00:13:11
102	124	André Fernandes	Team Elisio Rolo	Veteranos M40	00:45:07	00:13:11
103	90	Daniel Ramalho	Individual	Seniores M	00:45:09	00:13:13
104	306	Sara Silva	Jogging Lovers Coimbra	Seniores F	00:45:12	00:13:16
105	402	Carlos Santos	CLUVE	Veteranos M50	00:45:14	00:13:19
106	93	Márcio Rodrigues	ACDRS QUINHENDROS	Veteranos M35	00:45:17	00:13:22
107	209	Joaquim Pessoa	CASA DO BENFICA CONDEIXA	Veteranos M55	00:45:23	00:13:28
108	159	Rafael Neto	Quiaios Run Team	Seniores M	00:45:29	00:13:33
109	92	Bruno Rodrigues	ACDRS de Quinhendros	Veteranos M35	00:45:29	00:13:33
110	410	Catarina Marques	NAC (Nucleo de Atletismo de Cucujães)	Seniores F	00:45:33	00:13:38
111	235	Pedro Cardoso	ASSS Columbófila Cantanhede Ar Livre e Aventura	Veteranos M35	00:45:35	00:13:39
111	413	Bruno Marques	Freguesia de Sanguinheira	Veteranos M35	00:45:35	00:13:39
112	342	Rafael Martinho	Run4Fun	Veteranos M35	00:45:51	00:13:56
113	392	Hélder Costa	DCI/CCDRP MEALHADA	Veteranos M35	00:45:56	00:14:01
114	131	Ricardo Bica	Individual	Seniores M	00:46:02	00:14:07
115	376	Paulo Cavaleiro	Individual	Veteranos M50	00:46:05	00:14:10
116	156	Antonio Marques	Individual	Veteranos M45	00:46:10	00:14:15
117	160	Rui Fonseca	Individual	Veteranos M40	00:46:13	00:14:18
118	299	António Patricio	Con_dores	Veteranos M50	00:46:25	00:14:30
119	56	Joaquim Pereira	Junta Freguesia Buarcos São Julião	Veteranos M55	00:46:30	00:14:35
120	139	Vitor Tomás	Bio team Run	Veteranos M40	00:46:31	00:14:36
121	286	António Lemos	Run@Figueira	Veteranos M55	00:46:31	00:14:36
122	201	Helder Machado	DCI/CCDRP MEALHADA	Seniores M	00:46:34	00:14:39
123	408	Carlos Lobo	Individual	Veteranos M50	00:46:38	00:14:42
124	380	José Gil	Individual	Seniores M	00:46:41	00:14:46
125	127	Luis Gaspar	Individual	Seniores M	00:46:52	00:14:57
125	104	Maria Junior	Individual	Seniores F	00:46:52	00:14:57
126	261	Rui Teixeira	Run@Figueira	Veteranos M55	00:46:53	00:14:57
127	149	Hugo Dâmaso	Jogging Lovers Coimbra	Veteranos M35	00:46:54	00:14:58
128	232	João Almeida	Individual	Veteranos M45	00:46:59	00:15:04
129	225	Vítor Teixeira	Clube dos Atletas Tortos	Veteranos M35	00:47:03	00:15:08
130	303	Paulo Santos	JPAIVA/PARAMAQUINAS- CIR Torre de Bera	Veteranos M40	00:47:35	00:15:40
131	257	Susana Cabral	Run@Figueira	Veteranos F	00:47:36	00:15:40
132	381	Thierry Oliveira	Miro Runners	Seniores M	00:47:43	00:15:48
133	210	Gustavo Gapo	Coimbra Trail Running	Veteranos M40	00:47:46	00:15:51
134	420	Marina Félix	Clube Atletismo de Marinha Grande	Veteranos F	00:47:47	00:15:52
135	330	Romeu Afonso	Individual	Veteranos M35	00:47:47	00:15:52
136	180	Bruno Ferreira	Run@Figueira	Veteranos M35	00:47:51	00:15:55
137	101	Ricardo Santos	Bio team Run	Veteranos M35	00:47:53	00:15:57
138	58	Pedro Fonseca	Individual	Veteranos M40	00:47:55	00:16:00
139	114	Celestino Bizarro	Individual	Veteranos M45	00:47:58	00:16:03
140	370	Luis Gaspar	Moinhos da Gandara Trail	Seniores M	00:48:06	00:16:11
141	335	Paulo Silva	Individual	Veteranos M50	00:48:07	00:16:12
142	411	Joel Simões	Individual	Seniores M	00:48:08	00:16:13
143	97	Joao Graca	ACRM Silveirinha Grande Claras	Veteranos M55	00:48:16	00:16:21
144	148	Marisa Loureiro	Jogging Lovers Coimbra	Seniores F	00:48:16	00:16:21
145	309	Luis Mendes	Individual	Veteranos M35	00:48:16	00:16:21
146	81	Francisco Mendes	Bio team Run	Veteranos M40	00:48:21	00:16:26

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Dife.
147	314	Bruno Jesus	Individual	Seniores M	00:48:28	00:16:33
148	305	David Martins	JPAIVA/PARAMAQUINAS- CIR Torre de Bera	Seniores M	00:48:33	00:16:38
149	164	Luis Fernandes	Individual	Veteranos M45	00:48:43	00:16:48
150	288	Ruben Estrela	FoxStar	Seniores M	00:48:49	00:16:54
151	230	Lara Azambujo	Run@Figueira	Seniores F	00:48:50	00:16:55
152	137	João Lopes	Individual	Seniores M	00:48:50	00:16:55
153	251	Isabel Gomes	Bio team Run	Veteranos F	00:48:54	00:16:59
154	153	João Braga	Speedy Runners	Veteranos M35	00:48:57	00:17:02
155	31	Pedro Nogueira	Run@Figueira	Veteranos M45	00:48:57	00:17:02
156	208	Nuno Nascimento	Quiaios Run Team	Veteranos M35	00:48:59	00:17:03
157	255	Bruno Rei	Jogging Lovers Coimbra	Seniores M	00:49:02	00:17:07
158	193	João Cavadas	DCI/CCDRP MEALHADA	Veteranos M50	00:49:08	00:17:13
159	350	Fernando Santos	Run@Figueira	Veteranos M55	00:49:11	00:17:16
160	115	Nuno Cardetas	Jogging Lovers Coimbra	Seniores M	00:49:14	00:17:19
160	415	Henrique Costa	Individual	Veteranos M35	00:49:14	00:17:19
161	404	Alexandre Carvalho	Individual	Veteranos M40	00:49:16	00:17:20
162	240	Fidel Conde	Individual	Veteranos M35	00:49:30	00:17:35
163	238	Rui Almeida	Jogging Lovers Coimbra	Veteranos M35	00:49:38	00:17:42
164	343	Nuno Azul	Run4Fun	Veteranos M35	00:49:46	00:17:51
165	162	Miguel Goyanes	Individual	Veteranos M35	00:49:47	00:17:52
166	122	Ricardo Proenca	Individual	Veteranos M35	00:49:47	00:17:52
167	85	Helder Silva	La Zinco	Seniores M	00:49:47	00:17:52
168	325	Pedro Coelho	Runners Coimbra	Veteranos M40	00:49:59	00:18:04
169	38	Miguel Vasco	Individual	Veteranos M40	00:50:04	00:18:09
170	345	Joao Cadete	Run4Fun	Seniores M	00:50:05	00:18:09
171	374	Luis Loureiro	Individual	Seniores M	00:50:17	00:18:22
172	243	Pedro Boia	Run@Figueira	Veteranos M40	00:50:25	00:18:30
173	389	Nuno Almeida	DCI/CCDRP MEALHADA	Veteranos M35	00:50:27	00:18:32
174	266	Arnaldo Tomás	Con_dores	Veteranos M40	00:50:33	00:18:38
175	43	Paulo Fernandes	Individual	Veteranos M50	00:50:35	00:18:40
176	265	Rafael Pragana	Jogging Lovers Coimbra	Seniores M	00:50:36	00:18:41
177	263	Emanuel Ferreira	Jogging Lovers Coimbra	Seniores M	00:50:36	00:18:41
178	276	José Batata	Individual	Veteranos M50	00:50:39	00:18:44
179	116	Sara Carvalho	Jogging Lovers Coimbra	Seniores F	00:50:43	00:18:48
180	134	Amável Luz	Nucleo Sportinguista Torres Novas	Veteranos M55	00:50:44	00:18:49
181	279	Henrique Fernandes	Bio team Run	Veteranos M40	00:50:59	00:19:04
182	354	Cândido Malva	Individual	Veteranos M45	00:51:07	00:19:11
183	315	Luis Couto	Individual	Veteranos M40	00:51:09	00:19:13
184	373	João Silva	Jogging Lovers Coimbra	Seniores M	00:51:10	00:19:14
185	154	Adriano Santos	Jogging Lovers Coimbra	S/Escalao	00:51:13	00:19:18
186	86	Andreia Carvalho	La Zinco	Veteranos F	00:51:15	00:19:20
187	338	Rita Ventura	Jogging Lovers Coimbra	Seniores F	00:51:16	00:19:20
188	366	Jorge Gaspar	Individual	Seniores M	00:51:23	00:19:28
189	262	Liliana Pragana	Jogging Lovers Coimbra	Seniores F	00:51:24	00:19:29
190	363	Adao Abreu	Individual	Veteranos M55	00:51:24	00:19:29
191	347	José Gois	Individual	Veteranos M50	00:51:35	00:19:40
192	313	Diana Silva	Individual	Seniores F	00:51:58	00:20:03
193	109	João Pereira	Individual	Veteranos M45	00:52:01	00:20:06
194	181	Susana Salvaterra	Run@Figueira	Veteranos F	00:52:08	00:20:12
195	182	Daniel Mendes	Run@Figueira	Veteranos M40	00:52:08	00:20:13

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Dife.
196	158	Domingos Neto	Quiaios Run Team	Veteranos M50	00:52:18	00:20:23
197	273	Joao Patricio	INFANTIS B - AC.94	Veteranos M45	00:52:23	00:20:28
198	217	Filip Kozie	Pascoalitos	Veteranos M35	00:52:25	00:20:30
199	41	Rita Rodrigues	Individual	Seniores F	00:52:28	00:20:33
200	228	Miguel Campos	Run@Figueira	Veteranos M40	00:52:30	00:20:35
201	2	Pedro Santos	Junta Freguesia Buarcos São Julião	Veteranos M40	00:52:34	00:20:39
202	128	Celso Ferreira	out 2 run	Veteranos M45	00:52:36	00:20:41
203	416	Claudia Maria	Individual	Seniores F	00:52:41	00:20:46
204	130	João Rainho	Individual	Seniores M	00:52:48	00:20:53
205	249	Tiago Miranda	Pascoalitos	Seniores M	00:52:57	00:21:01
206	218	Catarina Baptista	Pascoalitos	Veteranos F	00:52:57	00:21:02
207	320	Jorge Ramos	Individual	Veteranos M55	00:52:58	00:21:03
208	161	Paulo Gomes	Run@Figueira	Veteranos M35	00:53:02	00:21:07
209	339	Celso Oliveira	Individual	Veteranos M35	00:53:04	00:21:09
210	397	Carla Carvalho	Individual	Veteranos F	00:53:21	00:21:26
211	77	Valter Rainho	Bio team Run	Veteranos M40	00:53:26	00:21:31
212	321	Nelson Lopes	Individual	Veteranos M35	00:53:27	00:21:32
213	352	Cláudio Neves	Individual	Veteranos M40	00:53:29	00:21:34
214	106	Carlos Barroso	Individual	Veteranos M50	00:53:31	00:21:36
215	285	Luís Rodrigues	Run@Figueira	Veteranos F	00:53:44	00:21:49
216	271	Ricardo Marques	Individual	Veteranos M35	00:53:48	00:21:52
217	117	Fátima Machado	Tartarugas	Veteranos F	00:53:53	00:21:57
218	213	Ricardo Silva	Pascoalitos	Seniores M	00:53:59	00:22:04
219	233	Antonino Machado	Tartarugas	Veteranos M40	00:54:08	00:22:13
220	247	Joao Sousa	abc caxarias	Veteranos M40	00:54:08	00:22:13
221	146	Pedro Correia	out 2 run	Veteranos M40	00:54:17	00:22:22
222	223	Maria Machado	ASSS Columbófila Cantanhede Ar Livre e Aventura	Veteranos F	00:54:25	00:22:30
223	358	Paula Esteves	Pés Troikados - CSCS	Seniores F	00:54:26	00:22:31
224	99	Marisa Mendes	ARCD Venda da Luisa	Veteranos F	00:54:27	00:22:32
225	178	Laura Cabete	Moinhos da Gandara Trail	Seniores F	00:54:29	00:22:34
226	295	Carlos Ramos	Con_dores	Veteranos M55	00:54:31	00:22:36
227	157	Diana Costa	Jogging Lovers Coimbra	S/Escalao	00:54:44	00:22:49
228	298	José Oliveira	Con_dores	Veteranos M50	00:54:44	00:22:49
229	141	Africa Duarte	Individual	Veteranos F	00:54:48	00:22:53
230	399	Anilmamade Mamadehussene	Individual	Veteranos M50	00:54:54	00:22:59
231	400	Samir Mamadehussene	Individual	Seniores M	00:54:55	00:23:00
232	359	Nelson Marques	ACRM Silveirinha Grande Claras	Veteranos M35	00:54:57	00:23:02
233	103	Magda Vieira	Jogging Lovers Coimbra	Veteranos F	00:54:57	00:23:02
234	293	Jean Mercereau	Individual	Veteranos M45	00:55:00	00:23:05
235	409	Luís Reis	Bio team Run	Veteranos M40	00:55:17	00:23:22
236	35	Ana Moura	Individual	Seniores F	00:55:18	00:23:23
236	5	Tiago Almeida	Individual	Veteranos M35	00:55:18	00:23:23
237	152	Daniel Antunes	Casa do Benfica da Figueira da Foz	Veteranos M40	00:55:25	00:23:30
238	108	Luçidio Dias	ACRM Silveirinha Grande Claras	Veteranos M55	00:55:32	00:23:37
239	369	Gustavo Baeta	Bio team Run	Veteranos M40	00:55:37	00:23:41
240	274	José Madeira	Tartarugas do Choupal	Veteranos M55	00:55:38	00:23:43
241	119	Clara Machado	Tartarugas	Veteranos F	00:55:46	00:23:51
242	110	Patrícia Figueiredo	Bio team Run	Veteranos F	00:55:55	00:24:00
243	267	Mário Rui	Con_dores	Veteranos M40	00:56:04	00:24:09
244	264	Joaquim Pragana	Jogging Lovers Coimbra	Veteranos M55	00:56:15	00:24:20

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Dife.
245	211	Mª. Mesquita	Coimbra Trail Running	Seniores F	00:56:16	00:24:21
246	396	Filipe Carvalho	Individual	Veteranos M50	00:56:38	00:24:43
247	88	Célia Marinheiro	Moinhos da Gandara Trail	Veteranos F	00:56:40	00:24:45
248	322	Adérito Faim	Individual	Veteranos M45	00:56:42	00:24:46
249	214	Rui Cardoso	Pascoalitos	Veteranos M35	00:56:51	00:24:56
250	79	Helena Lopes	Jogging Lovers Coimbra	Veteranos F	00:56:54	00:24:59
251	200	Sandra Bastos	DCI/CCDRP MEALHADA	Veteranos F	00:56:56	00:25:00
252	344	Gonçalo Cadete	Run4Fun	Veteranos M35	00:57:04	00:25:09
253	326	Silvino Cunha	Runners Coimbra	Veteranos M55	00:57:07	00:25:12
254	118	Fernando Machado	Tartarugas	Veteranos M55	00:57:14	00:25:19
255	318	Daniel Louro	DCI/CCDRP MEALHADA	Seniores M	00:57:18	00:25:23
256	319	Vera Figueiredo	DCI/CCDRP MEALHADA	Seniores F	00:57:23	00:25:27
257	89	Ana Ramalho	Individual	Seniores F	00:57:31	00:25:36
258	19	Paulo Santos	Individual	Seniores M	00:57:31	00:25:36
259	241	Maria Luisa	Individual	Veteranos F	00:57:41	00:25:46
260	143	Claudia Rocha	Bio team Run	Veteranos F	00:57:48	00:25:53
261	107	Miguel Pimentel	Individual	Veteranos M35	00:57:50	00:25:55
262	310	Sandra Oliveira	Moinhos da Gandara Trail	Seniores F	00:57:57	00:26:02
263	126	Olga Felamino	Moinhos da Gandara Trail	Veteranos F	00:57:58	00:26:02
264	284	Nuno Ribeiro	Run@Figueira	Veteranos M35	00:57:58	00:26:03
265	136	Carla Fidalgo	Jogging Lovers Coimbra	Veteranos F	00:58:11	00:26:15
266	239	Sónia Fidalgo	Jogging Lovers Coimbra	Veteranos F	00:58:33	00:26:38
267	83	Ana Lemos	Individual	Seniores F	00:58:35	00:26:40
268	403	Patricia Simões	Individual	Veteranos F	00:58:41	00:26:45
269	142	Catarina Lapa	Individual	Veteranos F	00:58:43	00:26:48
269	140	Susana Madeira	Individual	Veteranos F	00:58:43	00:26:48
270	365	Claudia Costa	Individual	Seniores F	00:58:47	00:26:51
271	168	Gisela Jorge	Individual	Veteranos F	00:58:50	00:26:55
272	291	Joaquim Almeida	Individual	Veteranos M55	00:58:50	00:26:55
273	169	Isabel Pego	Run@Figueira	Veteranos F	00:58:58	00:27:03
274	311	Pedro Figueiredo	Bio team Run	Veteranos M35	00:58:59	00:27:04
275	98	Tiago Santos	Clube dos Atletas Tortos	Seniores M	00:59:12	00:27:17
276	132	Rui Bica	Individual	Seniores M	00:59:14	00:27:19
277	53	Tiago Trindade	Individual	Veteranos M35	00:59:18	00:27:23
278	383	António Martins	COMEPE	Veteranos M40	00:59:33	00:27:38
279	337	João Pedro	Jogging Lovers Coimbra	Veteranos M40	00:59:49	00:27:54
280	307	Ana Barbosa	Jogging Lovers Coimbra	Veteranos F	01:00:08	00:28:13
281	174	Maria Santos	Run@Figueira	Veteranos F	01:00:11	00:28:15
282	49	Nazar Veerzhymim	AE Isec	Seniores M	01:00:37	00:28:42
283	123	José Santos	out 2 run	Veteranos M50	01:00:37	00:28:42
284	32	Tania Rodrigues	Individual	Seniores F	01:00:45	00:28:50
285	349	Maria Abreu	Run@Figueira	Veteranos F	01:01:10	00:29:15
286	254	Cláudia Viana	Run@Figueira	Veteranos F	01:01:24	00:29:28
286	253	Marisa Lázaro	Run@Figueira	Veteranos F	01:01:24	00:29:28
287	95	Lígia Casimiro	LoveRun	Veteranos F	01:01:29	00:29:34
288	163	João Trindade	Individual	Veteranos M40	01:01:35	00:29:39
289	300	Filipa Domingues	Run@Figueira	Seniores F	01:01:43	00:29:48
290	317	Ana Dinis	Jogging Lovers Coimbra	Seniores F	01:01:44	00:29:48
290	393	Carla Fernandes	Jogging Lovers Coimbra	Seniores F	01:01:44	00:29:48
291	377	Diogo Alves	Conceito Media	Seniores M	01:02:02	00:30:06

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Dife.
292	372	Tiago Matias	Conceito Media	Seniores M	01:02:02	00:30:06
293	360	Hugo Santos	Conceito Media	Seniores M	01:02:02	00:30:07
294	176	Juliana Rainho	Bio team Run	Seniores F	01:02:30	00:30:35
295	368	José Gapo	Individual	Veteranos M55	01:02:35	00:30:40
296	224	Micaela Ângelo	Individual	Seniores F	01:02:41	00:30:45
297	166	Ricardo Carrasqueira	Individual	Veteranos M35	01:02:50	00:30:55
298	39	Daniel Santos	Junta Freguesia Buarcos São Julião	Veteranos M45	01:02:57	00:31:02
299	336	Ana Santos	Bio team Run	Veteranos F	01:03:08	00:31:13
300	120	Jorge Apóstolo	Tartarugas	Veteranos M55	01:03:23	00:31:28
301	121	Carla Cotas	Individual	Seniores F	01:03:31	00:31:36
302	391	Vasco Oliveira	DCI/CCDRP MEALHADA	Veteranos M40	01:03:35	00:31:39
303	364	Iolanda Costa	Individual	Seniores F	01:03:45	00:31:50
304	278	Ana Gordo	Individual	Veteranos F	01:03:52	00:31:57
305	388	Susana Carvalhinho	COMEPE	Veteranos F	01:03:53	00:31:57
306	323	Maria Faim	Individual	Veteranos F	01:04:07	00:32:12
307	236	Anabela Almeida	ASSS Columbófila Cantanhede Ar Livre e Aventura	Veteranos F	01:04:07	00:32:12
308	113	Salomé Bizarro	Individual	Veteranos F	01:04:34	00:32:38
309	379	Manya Afonso	Individual	Seniores M	01:05:33	00:33:38
310	231	Ana Freitas	Run@Figueira	Veteranos F	01:05:42	00:33:47
311	82	Adriana Viana	Bio team Run	Seniores F	01:05:55	00:34:00
312	206	Carla Felamino	Moinhos da Gandara Trail	Veteranos F	01:06:06	00:34:11
313	268	Cristina Daniel	Individual	Veteranos F	01:06:14	00:34:19
314	275	Sandra Semedo	Individual	Veteranos F	01:06:16	00:34:21
315	390	Paula Oliveira	DCI/CCDRP MEALHADA	Seniores F	01:07:05	00:35:10
316	75	Ana Cruz	Run@Figueira	Veteranos F	01:07:35	00:35:40
317	76	João Cruz	Run@Figueira	Veteranos M40	01:07:36	00:35:41
318	371	Ricardo Aroso	Individual	Seniores M	01:07:46	00:35:51
319	16	Sandra Simões	Youth.CDX	Veteranos F	01:08:35	00:36:40
320	385	Vitor Peixoto	COMEPE	Veteranos M40	01:09:41	00:37:46
321	353	João Machado	ASSS Columbófila Cantanhede Ar Livre e Aventura	Veteranos M45	01:10:24	00:38:29
322	33	Cátia Delgado	Individual	Seniores F	01:12:10	00:40:15
323	333	Jorge Oliveira	Bttrain	Veteranos M55	01:12:54	00:40:58
324	47	Natália Raposo	Sabalentejo Runners	Veteranos F	01:12:58	00:41:03
325	256	Bruno Batista	Pascoalitos	Seniores M	01:13:24	00:41:29
326	221	Ana Santos	Individual	Seniores F	01:14:36	00:42:41
326	220	Mónica Menano	Individual	Veteranos F	01:14:36	00:42:41
327	334	Deolinda Alves	Individual	Veteranos F	01:16:09	00:44:14
328	405	Nuno Mendonça	Trio do Esguicho	Veteranos M35	01:17:22	00:45:27
328	407	Gorete Batista	Trio do Esguicho	Veteranos F	01:17:22	00:45:27
329	287	Adalgisa Delgado	FoxStar	Seniores F	01:17:40	00:45:44
330	222	Clara Miranda	Pascoalitos	Seniores F	01:18:06	00:46:11
331	219	Joana Bidarra	Pascoalitos	Seniores F	01:20:28	00:48:32
332	245	Cristina Marinho	Pascoalitos	Seniores F	01:22:51	00:50:56
333	384	Carla Martins	COMEPE	Veteranos F	01:23:46	00:51:51
333	386	Maria Santos	COMEPE	Veteranos F	01:23:46	00:51:51
334	406	Miguel Duarte	Trio do Esguicho	Veteranos M50	01:26:21	00:54:25

Pos	Equipa	Tot.	pnt	pnt	pnt	pos	pos	pos	Atleta	Atleta	Atleta
1	Jogging Lovers Coimbra	25	4	9	12	4	9	12	Sara Silva	Marisa Loureiro	Sara Carvalho
2	Run@Figueira	34	7	10	17	7	10	17	Susana Cabral	Lara Azambujo	Susana Salvaterra
3	DCI/CCDRP MEALHADA	78	3	37	38	3	37	38	Marisa Joao	Sandra Bastos	Vera Figueiredo
4	Bio team Run	85	11	33	41	11	33	41	Isabel Gomes	Patrícia Figueiredo	Claudia Rocha
5	Moinhos da Gandara Trail	104	27	35	42	27	35	42	Laura Cabete	Célia Marinheiro	Sandra Oliveira
6	Pascoalitos	189	20	84	85	20	84	85	Catarina Baptista	Clara Miranda	Joana Bidarra
7	COMEPE	240	66	87	87	66	87	87	Susana Carvalhinho	Carla Martins	Maria Santos

Pos Equipa	Tot.	pnt	pnt	pnt	pos	pos	pos	Atleta	Atleta	Atleta
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1 DCI/CCDRP MEALHADA	29	3	10	16	3	10	16	Tiago Madureira	Filipe Rocha	Ruben Fernandes
2 Associação Académica Coimbra	54	5	8	41	5	8	41	Rui Lpoes	Rui Rodrigues	Pedro Varela
3 Run@Figueira	67	6	22	39	6	22	39	Hannu Airila	Luís Cavaleiro	Lourenço Cadima
4 JPAIVA/PARAMÀQUINAS- CIR Torre de Bera	70	17	20	33	17	20	33	Ricardo Gaspar	Igor Castro	André Monteiro
5 Jogging Lovers Coimbra	104	11	38	55	11	38	55	Fernando Almeida	Aurélio Saúde	Pedro Martins
6 ARSM - Associação Recreativa de S. Miguel	119	15	34	70	15	34	70	Hugo Coelho	Carlos Simões	Rui Figueiredo
7 Pascoalitos	227	51	88	88	51	88	88	David Jesus	Arsenio Santos	Vitor Lopes
8 Moinhos da Gandara Trail	240	24	83	133	24	83	133	Pedro Graça	Manuel Cabete	Luís Gaspar
9 Bio team Run	252	68	69	115	68	69	115	Tony Vieira	Vitor Joaquim	Vitor Tomás
10 Run4Fun	421	107	154	160	107	154	160	Rafael Martinho	Nuno Azul	Joao Cadete
11 Quiaaios Run Team	430	104	146	180	104	146	180	Rafael Neto	Nuno Nascimento	Domingos Neto
12 Con_dores	477	113	164	200	113	164	200	António Patricio	Arnaldo Tomás	Carlos Ramos
13 Junta Freguesia Buarcos São Julião	537	114	184	239	114	184	239	Joaquim Pereira	Pedro Santos	Daniel Santos
14 ACRM Silveirinha Grande Claras	549	136	204	209	136	204	209	Joao Graca	Nelson Marques	Luçidio Dias
15 out 2 run	616	185	199	232	185	199	232	Celso Ferreira	Pedro Correia	José Santos
16 Tartarugas	656	197	219	240	197	219	240	Antonino Machado	Fernando Machado	Jorge Apóstolo
17 Conceito Media	705	234	235	236	234	235	236	Diogo Alves	Tiago Matias	Hugo Santos
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