

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença	Escalão
1	345	Tiago Madureira	Dciccdpedrulha-Mealhada	00:34:10.837	00:00:00.000	JUNIORES/SENIOR
2	2	Davide Figueiredo	Figueiredo Runners Friends	00:34:21.090	00:00:10.253	M45
3	237	Joaquim Figueiredo	Figueiredo Runners Friends	00:35:05.097	00:00:54.260	M50
4	213	Fábio Abrantes	União Clube Eirense	00:35:13.090	00:01:02.253	JUNIORES/SENIOR
5	3	Rui Rodrigues	Aac	00:35:17.097	00:01:06.260	M40
6	314	João Pereira	Individual	00:35:18.597	00:01:07.760	M40
7	31	Rui Melo	Tribo Nr	00:35:18.850	00:01:08.013	JUNIORES/SENIOR
8	238	Carlos Veloso	Figueiredo Runners Friends	00:35:54.093	00:01:43.256	M40
9	417	Carla Cleto	Individual	00:36:02.597	00:01:51.760	F45
10	293	João Toscano	Dciccdpedrulha-Mealhada	00:36:12.877	00:02:02.040	JUNIORES/SENIOR
11	295	Filipe Coutinho	Dciccdpedrulha-Mealhada	00:36:17.593	00:02:06.756	JUNIORES/SENIOR
12	284	Ricardo Santos	Dciccdpedrulha-Mealhada	00:36:18.347	00:02:07.510	JUNIORES/SENIOR
13	291	Fernando Marques	Dciccdpedrulha-Mealhada	00:36:35.847	00:02:25.010	JUNIORES/SENIOR
14	407	Paulo Antunes	Aac	00:36:51.597	00:02:40.760	M45
15	292	Carlos Pimenta	Dciccdpedrulha-Mealhada	00:37:06.597	00:02:55.760	M40
16	115	Pedro Graça	Moinhos Da Gândara Trail	00:37:21.097	00:03:10.260	M40
17	5	Manuel Faria	Individual	00:37:35.847	00:03:25.010	M55
18	125	Hugo Coelho	Cluve	00:37:41.103	00:03:30.266	M45
19	370	Luis Rodrigues	Cpt Sobral De Ceira	00:37:42.103	00:03:31.266	JUNIORES/SENIOR
20	150	Américo Pinho	Escapães	00:37:45.347	00:03:34.510	M40
21	365	Pedro Carvalho	Formobike Btt & Trail Running	00:37:51.360	00:03:40.523	M40
22	111	Rui Rodrigues	Individual	00:37:53.097	00:03:42.260	JUNIORES/SENIOR
23	283	Ruben Fernandes	Dciccdpedrulha-Mealhada	00:38:25.600	00:04:14.763	JUNIORES/SENIOR
24	288	João Almeida	Dciccdpedrulha-Mealhada	00:38:32.347	00:04:21.510	M50
25	413	Pedro Ferreira	Bairrada Runners	00:38:50.103	00:04:39.266	JUNIORES/SENIOR
26	282	Ricardo Teixeira	Dciccdpedrulha-Mealhada	00:38:58.600	00:04:47.763	JUNIORES/SENIOR
27	294	Vitor Oliveira	Dciccdpedrulha-Mealhada	00:39:01.350	00:04:50.513	M50
28	22	João Silva	Acrds Quinhendros	00:39:14.350	00:05:03.513	JUNIORES/SENIOR
29	212	Manuel Pinto	Tribo Nr	00:39:16.117	00:05:05.280	M45
30	107	Rui Baptista	Bttrain	00:39:25.100	00:05:14.263	M40
31	286	Tozé Carvalho	Dciccdpedrulha-Mealhada	00:39:27.603	00:05:16.766	JUNIORES/SENIOR
32	1	Márcia Martins	Clube Condeixa	00:40:11.860	00:06:01.023	JUNIORES/SENIOR
33	344	Diogo Pimenta	Dciccdpedrulha-Mealhada	00:40:30.857	00:06:20.020	JUNIORES/SENIOR
34	405	Paulo Pereira	Aac	00:40:50.110	00:06:39.273	JUNIORES/SENIOR
35	329	Marcio Fidalgo	Individual	00:40:50.357	00:06:39.520	JUNIORES/SENIOR
36	341	António Graça	Dciccdpedrulha-Mealhada	00:40:55.607	00:06:44.770	M50
37	347	Márcio Ferreira	Bio Team Run	00:41:05.607	00:06:54.770	JUNIORES/SENIOR
38	153	António Ferrolho	Papa Komos	00:41:15.607	00:07:04.770	M45
39	409	Francisco Elias	David Vaz	00:41:15.857	00:07:05.020	JUNIORES/SENIOR
40	46	Nelson Heleno	Nh Runners/Fcporto	00:41:18.107	00:07:07.270	JUNIORES/SENIOR
41	249	Paulo Monteiro	Individual	00:41:18.607	00:07:07.770	M40
42	280	Telmo Almeida	Dciccdpedrulha-Mealhada	00:41:24.857	00:07:14.020	M40
43	20	José Luis Pires	Individual	00:41:26.353	00:07:15.516	M50
44	148	Alexandre Gomes	Individual	00:41:43.857	00:07:33.020	JUNIORES/SENIOR
45	258	Filipe Moreira	Individual	00:42:08.863	00:07:58.026	JUNIORES/SENIOR
46	304	Artur Gândara	Arcd Venda Da Luisa	00:42:23.107	00:08:12.270	JUNIORES/SENIOR
47	379	Ricardo Saraiva	União Clube Eirense	00:42:26.857	00:08:16.020	M45
48	97	Luís Martins	O Mundo Da Corrida	00:42:41.360	00:08:30.523	M40
49	408	Fernando Agante	Aac	00:42:47.610	00:08:36.773	M55
50	355	José Zananar	A.C.T.	00:42:49.107	00:08:38.270	M50
51	351	Humberto Oliveira	União Clube Eirense	00:42:51.360	00:08:40.523	M45
52	402	Jorge Alves	Escola De Atletismo De Coimbra	00:42:53.620	00:08:42.783	M45
53	319	Fernando Vilela	A.J.F. Zambujal	00:43:01.863	00:08:51.026	M40
54	381	Ernesto Nabeiro	Soure Mov	00:43:07.370	00:08:56.533	M45
55	152	David Marques	Individual	00:43:09.110	00:08:58.273	JUNIORES/SENIOR
56	120	Manuel Cabete	Moinhos Da Gândara Trail	00:43:10.370	00:08:59.533	M50
57	196	Vitor Esteves	Soure Mov	00:43:13.870	00:09:03.033	JUNIORES/SENIOR
58	211	Fernando Duarte	Tribo Nr	00:43:16.117	00:09:05.280	JUNIORES/SENIOR
59	251	Paulo Cavaleiro	Leitão & Cavaleiro	00:43:17.610	00:09:06.773	M50
60	261	Nélio Oliveira	Atletismo Clube Da Tocha	00:43:23.110	00:09:12.273	JUNIORES/SENIOR
61	177	Ricardo Nunes	Acrm Silveirinha Grande Claras	00:43:27.863	00:09:17.026	JUNIORES/SENIOR
62	205	Ricardo Bexiga	Individual	00:43:33.633	00:09:22.796	JUNIORES/SENIOR
63	224	Fernando Alhau	Holmes Place Coimbra	00:43:38.130	00:09:27.293	M55
64	270	Paulo Sarmento	Coimbra Trail Running	00:43:46.377	00:09:35.540	JUNIORES/SENIOR
65	28	Tiago Tabora	Tribo Nr	00:43:49.863	00:09:39.026	JUNIORES/SENIOR
66	214	Bruno Quintal	Individual	00:43:50.113	00:09:39.276	M40
67	140	Nuno Oliveira	Individual	00:43:51.113	00:09:40.276	JUNIORES/SENIOR
68	361	Rui Faria	Casa Do Benfica Da Figueira Da Foz	00:44:02.113	00:09:51.276	M45
69	299	Carlos Quinteiro	Arcd Venda Da Luisa	00:44:03.360	00:09:52.523	M50
70	354	Bruno Marques	Atletismo Clube Da Tocha	00:44:09.617	00:09:58.780	JUNIORES/SENIOR
70	391	Adriano Tabanez	Atletismo Clube Da Tocha	00:44:09.617	00:09:58.780	M40
71	285	Marisa João	Dciccdpedrulha-Mealhada	00:44:13.120	00:10:02.283	F40
72	290	Bruno Gomes	Dciccdpedrulha-Mealhada	00:44:18.613	00:10:07.776	JUNIORES/SENIOR
73	13	Bruno Torreira	Acrds Quinhendros	00:44:21.117	00:10:10.280	JUNIORES/SENIOR
74	109	José Gerardo	Clube Atletismo Da Nazaré	00:44:26.377	00:10:15.540	M55
75	253	Miguel Campos	Individual	00:44:31.363	00:10:20.526	M45
76	191	Manuel Fernandes	Acrm Silveirinha Grande Claras	00:44:33.867	00:10:23.030	M55
77	340	Nuno Franco	Cluve	00:44:46.620	00:10:35.783	JUNIORES/SENIOR
78	174	Nuno Freitas	More Team	00:44:49.617	00:10:38.780	M45
79	158	Carlos Correia	Os Lavagantes	00:44:50.867	00:10:40.030	M45
80	129	António Silva	Arsm - Associação Recreativa De S. Migue	00:44:53.863	00:10:43.026	M55
81	371	António Jorge	Mor(E)Fit	00:45:05.627	00:10:54.790	M45
82	229	Rui Santos	Tribo Nr	00:45:07.127	00:10:56.290	M40
83	142	António Patricio	Con_Dores Do Choupal Coimbra	00:45:10.633	00:10:59.796	M50

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença	Escalão
84	404	Sara Silva	Aac	00:45:11.627	00:11:00.790	JUNIORES/SENIOR
85	197	Tiago Moreno	Acdrs Quinhendros	00:45:12.367	00:11:01.530	JUNIORES/SENIOR
86	378	Ricardo Marques	Drop Wines	00:45:19.617	00:11:08.780	JUNIORES/SENIOR
87	21	Vitor Tinoco	Individual	00:45:20.623	00:11:09.786	M40
88	399	Mário Santos	Freguesia De Buarcos E São Julião	00:45:23.613	00:11:12.776	JUNIORES/SENIOR
89	27	Luís Santos	Tribo Nr	00:45:37.617	00:11:26.780	JUNIORES/SENIOR
90	302	José Santos	Arcd Venda Da Luisa	00:45:41.377	00:11:30.540	M50
91	343	Bruno Jesus	Dciccdrpedrulha-Mealhada	00:45:47.117	00:11:36.280	JUNIORES/SENIOR
92	126	Arnaldo Tomás	Con_ Dolores Do Choupal Coimbra	00:45:54.133	00:11:43.296	M40
93	70	Henrique Fernandes	Bio Team Run	00:45:56.127	00:11:45.290	M40
94	187	Joel Santos	Acrm Silveirinha Grande Claras	00:45:58.877	00:11:48.040	JUNIORES/SENIOR
95	303	Bruno Almeida	Arcd Venda Da Luisa	00:46:01.117	00:11:50.280	JUNIORES/SENIOR
96	131	Joaquim Pessoa	Casa Do Benfca De Condeixa	00:46:05.373	00:11:54.536	M55
97	269	Carla Simões	Moinhos Da Gândara Trail	00:46:08.867	00:11:58.030	F35
98	141	Manuel Marçal	Con_ Dolores Do Choupal Coimbra	00:46:14.617	00:12:03.780	M55
99	168	Rui Oliveira	Team Bala	00:46:15.883	00:12:05.046	M40
100	171	Nuno Gameiro	Team Bala	00:46:16.367	00:12:05.530	M40
101	189	Luís Carvalheiro	Acrm Silveirinha Grande Claras	00:46:19.620	00:12:08.783	M40
102	357	Nuno Miguel	Casa Do Benfca Da Figueira Da Foz	00:46:22.373	00:12:11.536	M40
103	157	Manuel Fonseca	Os Lavagantes	00:46:30.367	00:12:19.530	JUNIORES/SENIOR
104	235	António Maia	Run@Figueira	00:46:35.370	00:12:24.533	JUNIORES/SENIOR
105	166	Rui Aveiro	Individual	00:46:36.120	00:12:25.283	M40
106	55	André Dias	Tribo Nr	00:46:38.120	00:12:27.283	M50
107	17	Luís Vasco	Individual	00:46:42.120	00:12:31.283	M40
108	254	Miguel Duarte	Individual	00:46:44.123	00:12:33.286	JUNIORES/SENIOR
109	121	João Rosinha	Arsm - Associação Recreativa De S. Migue	00:46:44.627	00:12:33.790	M40
110	273	Luis Lima	Individual	00:46:49.367	00:12:38.530	M40
111	72	João Soares	Cluve	00:47:05.127	00:12:54.290	JUNIORES/SENIOR
112	163	David Madeira	Tribo Nr	00:47:07.630	00:12:56.793	JUNIORES/SENIOR
113	51	João Silva	Individual	00:47:09.397	00:12:58.560	JUNIORES/SENIOR
114	10	Joaquim Almeida	Individual	00:47:14.623	00:13:03.786	M55
115	358	José Machado	Individual	00:47:17.123	00:13:06.286	JUNIORES/SENIOR
116	94	Carlos Canais	Arcd Venda Da Luisa	00:47:19.373	00:13:08.536	M45
117	85	Ricardo Proença	Figueira Runners	00:47:22.870	00:13:12.033	JUNIORES/SENIOR
118	207	Vitor Figueiredo	Con_ Dolores Do Choupal Coimbra	00:47:23.370	00:13:12.533	M45
119	336	Andreia Baptista	Individual	00:47:26.623	00:13:15.786	JUNIORES/SENIOR
120	376	Paulo Martins	Bio Team Run	00:47:30.873	00:13:20.036	M45
121	414	Nuno Nascimento	Quiaos Run Team - Girq	00:47:31.123	00:13:20.286	JUNIORES/SENIOR
121	133	Sérgio Vilão	Gdrc Sebal	00:47:31.123	00:13:20.286	JUNIORES/SENIOR
122	113	Tiago Abreu	Individual	00:47:33.890	00:13:23.053	JUNIORES/SENIOR
123	230	José Neves	Individual	00:47:48.873	00:13:38.036	JUNIORES/SENIOR
124	255	Ricardo Santos	Bio Team Run	00:47:52.623	00:13:41.786	JUNIORES/SENIOR
125	182	João Pereira	Tribo Nr	00:47:52.877	00:13:42.040	M40
126	398	Ana Cardoso	Freguesia De Buarcos E São Julião	00:47:54.373	00:13:43.536	F40
127	400	João Cabete	Individual	00:47:56.123	00:13:45.286	JUNIORES/SENIOR
128	401	João Dias	Individual	00:47:57.637	00:13:46.800	JUNIORES/SENIOR
129	192	Nuno Queiroz	Bttdavinha	00:48:06.390	00:13:55.553	M40
130	393	Jorge Lopes	Individual	00:48:08.373	00:13:57.536	M40
131	19	Marcos Alves	Tribo Nr	00:48:08.623	00:13:57.786	M40
132	35	Manuel Jacinto	Correr Viseu	00:48:14.387	00:14:03.550	M40
133	267	Patrícia Diogo	Cpt Sobral De Ceira	00:48:22.127	00:14:11.290	JUNIORES/SENIOR
134	130	Miguel Coimbra	Cluve	00:48:23.877	00:14:13.040	M50
135	38	Mário Ferreira	Tribo Nr	00:48:28.633	00:14:17.796	JUNIORES/SENIOR
136	45	José Loureiro	Individual	00:48:28.873	00:14:18.036	M45
137	195	Luís Gaspar	Moinhos Da Gândara Trail	00:48:30.123	00:14:19.286	JUNIORES/SENIOR
138	337	Abel Batalha	Soure Mov	00:48:31.373	00:14:20.536	M50
139	298	André Antunes	Arcd Venda Da Luisa	00:48:33.373	00:14:22.536	JUNIORES/SENIOR
140	184	Ruben Ferreira	Tribo Nr	00:48:35.127	00:14:24.290	JUNIORES/SENIOR
141	36	Soraia Roxo	Tribo Nr	00:48:37.880	00:14:27.043	JUNIORES/SENIOR
142	39	Miguel Teteto	Tribo Nr	00:48:41.133	00:14:30.296	M45
143	188	João Sintra	Acrm Silveirinha Grande Claras	00:48:42.150	00:14:31.313	M55
144	265	Pedro Figueiredo	Bio Team Run	00:48:42.373	00:14:31.536	JUNIORES/SENIOR
145	44	António Neto	Trifitrofa	00:48:43.387	00:14:32.550	M55
146	247	Jorge Henriques	Adr 4 Estações	00:48:44.633	00:14:33.796	M45
147	305	Ruben Almeida	Arcd Venda Da Luisa	00:48:51.377	00:14:40.540	JUNIORES/SENIOR
148	227	Joaquim Martins	Dciccdrpedrulha-Mealhada	00:48:54.130	00:14:43.293	M50
149	296	Maria Ramos	Dciccdrpedrulha-Mealhada	00:48:54.140	00:14:43.303	JUNIORES/SENIOR
150	206	André Azambujo	Acdrs Quinhendros	00:49:10.130	00:14:59.293	JUNIORES/SENIOR
151	410	Carlos Madureira	Individual	00:49:13.877	00:15:03.040	JUNIORES/SENIOR
152	348	Lora Pereira	Tartaruginhas	00:49:19.633	00:15:08.796	F35
153	334	Luís Gaspar	Individual	00:49:21.147	00:15:10.310	JUNIORES/SENIOR
154	147	Ricardo Pereira	Figueira Kayak Clube	00:49:39.887	00:15:29.050	JUNIORES/SENIOR
155	392	Ana Porto	Individual	00:49:44.130	00:15:33.293	F35
156	383	Amilcar Simões	Rda	00:49:45.633	00:15:34.796	M40
157	29	Christina Loureiro	Tribo Nr	00:49:45.890	00:15:35.053	JUNIORES/SENIOR
158	24	Joel Simões	Individual	00:49:52.630	00:15:41.793	JUNIORES/SENIOR
159	353	Jorge Azevedo	Out2run	00:49:59.883	00:15:49.046	M40
160	264	Fernando Ferreira	Dciccdrpedrulha-Mealhada	00:50:00.397	00:15:49.560	JUNIORES/SENIOR
161	25	Carlos Ramos	Tribo Nr	00:50:04.880	00:15:54.043	M55
162	287	Maria Carvalho	Dciccdrpedrulha-Mealhada	00:50:10.140	00:15:59.303	JUNIORES/SENIOR
163	138	Nuno Santos	Individual	00:50:12.880	00:16:02.043	JUNIORES/SENIOR
164	54	Manuel Duarte	Tribo Nr	00:50:16.650	00:16:05.813	M45
165	30	Dora Serra	Tribo Nr	00:50:23.390	00:16:12.553	F40
166	225	Luis Cavaleiro	Run@Figueira	00:50:30.640	00:16:19.803	JUNIORES/SENIOR

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença	Escalão
167	236	Alexandre Ritchie	Run@Figueira	00:50:32.383	00:16:21.546	M40
168	16	João Graça	Acrm Silveirinha Grande Claras	00:50:37.887	00:16:27.050	M55
169	136	Hernâni Martinho	Individual	00:50:43.383	00:16:32.546	JUNIORES/SENIOR
170	364	Carlos Barradas	Individual	00:50:48.887	00:16:38.050	M45
171	317	Rui Simões	Individual	00:50:50.640	00:16:39.803	M50
172	155	Isabel Inácio	Correr Viseu	00:51:03.383	00:16:52.546	F45
173	156	António Melo	Correr Viseu	00:51:04.633	00:16:53.796	M50
174	32	José Abrantes	Tribo Nr	00:51:04.640	00:16:53.803	M40
175	173	Carla Carvalho	More Team	00:51:05.150	00:16:54.313	F40
176	309	Sérgio Mendes	Dciccdrpedrulha-Mealhada	00:51:12.640	00:17:01.803	JUNIORES/SENIOR
177	176	Paulo Lopes	Bttedavinha	00:51:12.903	00:17:02.066	M40
178	65	Joana Azêdo	Tribo Nr	00:51:18.133	00:17:07.296	F35
179	208	Carolina Bacalhau	Tribo Nr	00:51:20.657	00:17:09.820	JUNIORES/SENIOR
180	165	Ricardo Silva	Tribo Nr	00:51:20.900	00:17:10.063	JUNIORES/SENIOR
181	37	José Fernandes	Tribo Nr	00:51:30.143	00:17:19.306	M50
182	217	Paulo Queda	Team Bala	00:51:31.893	00:17:21.056	M50
183	325	Daniel Silva	Arcd Venda Da Luisa	00:51:34.387	00:17:23.550	JUNIORES/SENIOR
184	104	Paulo Rodrigues	Daonelas@Runners	00:51:36.640	00:17:25.803	M40
185	300	Célia Santos	Arcd Venda Da Luisa	00:51:37.643	00:17:26.806	F40
186	226	Lara Azambujo	Run@Figueira	00:51:47.637	00:17:36.800	JUNIORES/SENIOR
187	266	Álvaro Pinheiro	Individual	00:51:48.883	00:17:38.046	JUNIORES/SENIOR
188	276	Miguel Saiago	Individual	00:51:49.633	00:17:38.796	JUNIORES/SENIOR
189	172	Filipe Carvalho	More Team	00:52:05.143	00:17:54.306	M50
190	26	Paulo Domingues	Tribo Nr	00:52:11.643	00:18:00.806	M40
191	102	Sónia Dias	Tribo Nr	00:52:12.883	00:18:02.046	JUNIORES/SENIOR
192	338	Jorge Ramos	Individual	00:52:15.653	00:18:04.816	M55
193	80	Maria Simões	Tribo Nr	00:52:24.130	00:18:13.293	F50
194	68	Carlos Sousa	Tribo Nr	00:52:33.387	00:18:22.550	M50
195	219	Emanuel José	#Segueoteutrilho	00:52:33.637	00:18:22.800	JUNIORES/SENIOR
196	318	Rui Matos	Individual	00:52:34.897	00:18:24.060	JUNIORES/SENIOR
197	201	José Batata	Verallia Running Team	00:52:44.887	00:18:34.050	M50
198	363	Leonel Concho	Individual	00:52:51.900	00:18:41.063	M40
199	114	Célia Marinheiro	Moinhos Da Gândara Trail	00:53:01.400	00:18:50.563	F40
200	222	Valter Rainho	Bio Team Run	00:53:10.890	00:19:00.053	M40
201	356	Alexandre Anjos	Ast	00:53:15.397	00:19:04.560	JUNIORES/SENIOR
202	335	Joana Pardal	Mor(E)Fit	00:53:16.647	00:19:05.810	JUNIORES/SENIOR
203	108	Paulo Curado	Individual	00:53:22.890	00:19:12.053	M40
204	324	João Monteiro	Arcd Venda Da Luisa	00:53:25.907	00:19:15.070	JUNIORES/SENIOR
205	252	José Fernandes	Individual	00:53:26.167	00:19:15.330	JUNIORES/SENIOR
206	103	Nuno Pires	Casa Do Benfica De Condeixa	00:53:33.643	00:19:22.806	JUNIORES/SENIOR
207	416	Pedro Monteiro	Viteam	00:53:38.917	00:19:28.080	JUNIORES/SENIOR
208	333	António Marques	Individual	00:53:43.140	00:19:32.303	M45
209	301	José Correia	Arcd Venda Da Luisa	00:53:46.903	00:19:36.066	M55
210	200	Carlos Palaio	Verallia Running Team	00:53:58.390	00:19:47.553	M45
211	135	Pedro Touguio	Individual	00:54:00.407	00:19:49.570	JUNIORES/SENIOR
212	169	Carlos Abrunheiro	Team Bala	00:54:00.653	00:19:49.816	M45
213	190	Lucidio Dias	Acrm Silveirinha Grande Claras	00:54:02.647	00:19:51.810	M55
214	12	Helena Lopes	Tribo Nr	00:54:05.390	00:19:54.553	F40
215	310	Rui César	Dciccdrpedrulha-Mealhada	00:54:10.653	00:19:59.816	JUNIORES/SENIOR
216	307	Nuno Correia	Arcd Venda Da Luisa	00:54:15.643	00:20:04.806	JUNIORES/SENIOR
217	215	Francisco Mendes	Bio Team Run	00:54:15.647	00:20:04.810	M40
218	369	António Tafula	Individual	00:54:16.643	00:20:05.806	M55
219	93	José Madeira	Tartarugas Do Choupal	00:54:18.900	00:20:08.063	M55
220	59	Maria Machado	Tribo Nr	00:54:19.670	00:20:08.833	F50
221	384	Mário Barradas	Individual	00:54:20.143	00:20:09.306	M50
222	63	Antonino Machado	Tribo Nr	00:54:21.167	00:20:10.330	M45
223	193	Joaquim Almeida	Individual	00:54:22.147	00:20:11.310	M55
224	11	Gabriela Gomes	Individual	00:54:26.647	00:20:15.810	F35
225	349	Maria Simies	Bio Team Run	00:54:33.393	00:20:22.556	F40
226	248	Marta Paulos	Individual	00:54:33.640	00:20:22.803	JUNIORES/SENIOR
227	178	Bianca Dias	Tribo Nr	00:54:35.893	00:20:25.056	JUNIORES/SENIOR
228	179	Bruno Amaro	Tribo Nr	00:54:40.650	00:20:29.813	M45
229	101	António Bonito	Tribo Nr	00:54:40.903	00:20:30.066	M40
230	332	João Tondela	Individual	00:54:48.903	00:20:38.066	M50
231	330	Carlos Castanheira	Aergois Trail Running	00:54:51.650	00:20:40.813	M40
232	119	José Quadrado	Individual	00:54:54.170	00:20:43.333	M45
233	151	Nelson Marques	Acrm Silveirinha Grande Claras	00:55:11.900	00:21:01.063	JUNIORES/SENIOR
234	61	Maria Machado	Tribo Nr	00:55:15.660	00:21:04.823	F50
235	396	Pedro Santos	Freguesia De Buarcos E São Julião	00:55:24.407	00:21:13.570	M40
236	106	Cláudio Neves	Individual	00:55:26.650	00:21:15.813	M40
237	83	Ana Neves	Tribo Nr	00:55:41.147	00:21:30.310	F35
238	40	Ana Ferraz	Tribo Nr	00:55:46.663	00:21:35.826	JUNIORES/SENIOR
239	90	Carlos Barroso	Individual	00:55:50.153	00:21:39.316	M50
240	7	Márcio Pereira	Escola De Atletismo De Coimbra/Jpaiva	00:55:52.893	00:21:42.056	JUNIORES/SENIOR
241	6	Dina Santos	Escola De Atletismo De Coimbra/Jpaiva	00:55:54.643	00:21:43.806	JUNIORES/SENIOR
242	127	Mário Pedroso	Con_Dores Do Choupal Coimbra	00:55:58.400	00:21:47.563	JUNIORES/SENIOR
243	221	José Albino	Fitproject	00:56:05.893	00:21:55.056	JUNIORES/SENIOR
244	350	Daniela Mendes	Individual	00:56:07.397	00:21:56.560	JUNIORES/SENIOR
245	95	Cidália Canais	Arcd Venda Da Luisa	00:56:10.407	00:21:59.570	F45
246	250	Teresa Rosa	Altetismo Moitense	00:56:11.650	00:22:00.813	F35
247	243	Angelo Moita	Individual	00:56:14.660	00:22:03.823	M50
248	262	Ana Reis	Run Wine	00:56:15.153	00:22:04.316	JUNIORES/SENIOR
248	149	Helder Cunha	Run Wine	00:56:15.153	00:22:04.316	JUNIORES/SENIOR
249	132	Pedro Galhano	Run Wine	00:56:17.143	00:22:06.306	JUNIORES/SENIOR

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença	Escalão
250	326	João Ramos	Arcd Venda Da Luisa	00:56:20.867	00:22:10.030	JUNIORES/SENIOR
251	228	Helga Ferreira	Tribo Nr	00:56:21.157	00:22:10.320	F40
252	322	Mauro Silva	Arcd Venda Da Luisa	00:56:30.143	00:22:19.306	JUNIORES/SENIOR
253	377	José Pedro	Con_Dores Do Choupal Coimbra	00:56:37.143	00:22:26.306	M50
254	164	Denise Adelino	Tribo Nr	00:56:38.393	00:22:27.556	JUNIORES/SENIOR
255	170	Filipe Rito	Team Bala	00:56:42.400	00:22:31.563	M50
256	366	Marco Tomé	Clube Condeixa	00:56:43.163	00:22:32.326	JUNIORES/SENIOR
257	382	Elizabete Pataco	Individual	00:56:53.913	00:22:43.076	F40
258	216	Rafael Santos	Atalanta Runners	00:57:12.417	00:23:01.580	JUNIORES/SENIOR
259	389	Carlos Tomás	Individual	00:57:19.667	00:23:08.830	JUNIORES/SENIOR
260	181	João Natividade	Tribo Nr	00:57:19.900	00:23:09.063	M50
261	64	Ana Azêdo	Tribo Nr	00:57:40.903	00:23:30.066	F40
262	367	Rui Galvão	Arcd Venda Da Luisa	00:57:41.903	00:23:31.066	JUNIORES/SENIOR
263	263	Paula Duarte	Dciccdrpdrulha-Mealhada	00:57:43.403	00:23:32.566	F45
264	279	João Cavadas	Dciccdrpdrulha-Mealhada	00:57:43.653	00:23:32.816	M50
265	394	Luis Reis	Individual	00:57:46.147	00:23:35.310	M40
266	320	Pedro Lopes	A.J.F. Zambujal	00:58:29.653	00:24:18.816	JUNIORES/SENIOR
267	62	Isabel Esteves	Tribo Nr	00:58:29.657	00:24:18.820	F50
268	67	António Faria	Tribo Nr	00:58:34.153	00:24:23.316	M50
269	415	Roberto Rodrigues	Uau Hostel Run Team	00:58:44.923	00:24:34.086	M45
270	271	Nuno Martins	Coimbra Trail Running	00:58:46.927	00:24:36.090	M40
271	73	Marta Fonseca	Individual	00:58:51.653	00:24:40.816	F35
272	74	Adérito Faim	Individual	00:58:53.180	00:24:42.343	M50
273	56	Jacqueline Dias	Tribo Nr	00:58:55.667	00:24:44.830	F50
274	69	Jorge Apóstolo	Tribo Nr	00:58:58.160	00:24:47.323	M55
275	256	João Cruz	Never Run Alone	00:59:01.623	00:24:50.786	M45
276	257	Joaquim Feteira	Individual	00:59:02.657	00:24:51.820	M40
277	308	Jaime Ferreira	Arcd Venda Da Luisa	00:59:10.403	00:24:59.566	M55
278	66	André Oliveira	Tribo Nr	00:59:10.427	00:24:59.590	JUNIORES/SENIOR
279	373	Liliana Domingues	Atletismo Clube Da Tocha	00:59:20.433	00:25:09.596	JUNIORES/SENIOR
280	275	Ana Pereira	Individual	00:59:20.930	00:25:10.093	JUNIORES/SENIOR
281	372	André Pedreiro	Atletismo Clube Da Tocha	00:59:21.410	00:25:10.573	JUNIORES/SENIOR
282	313	Ricardo Pinho	Individual	00:59:22.160	00:25:11.323	M40
283	33	Pedro Medina	Tribo Nr	00:59:22.913	00:25:12.076	M45
284	375	Joanna Araujo	Individual	00:59:30.150	00:25:19.313	JUNIORES/SENIOR
285	199	Carmencita Quadrado	Individual	00:59:38.180	00:25:27.343	F45
286	194	Olga Felamino	Moinhos Da Gândara Trail	00:59:41.157	00:25:30.320	F35
287	116	Marlene Marques	Individual	00:59:49.907	00:25:39.070	JUNIORES/SENIOR
288	385	Ana Henrietier	Individual	01:00:01.157	00:25:50.320	F40
289	180	Fernando Hernandez	Tribo Nr	01:00:02.163	00:25:51.326	M45
290	161	Ricardo Girão	Tribo Nr	01:00:03.180	00:25:52.343	M40
291	162	Ismael Carvalho	Tribo Nr	01:00:03.663	00:25:52.826	JUNIORES/SENIOR
292	418	João Rainho	Individual	01:00:11.127	00:26:00.290	JUNIORES/SENIOR
293	380	Ana Silva	Soure Mov	01:00:11.423	00:26:00.586	F40
294	331	Ruben Castanheira	Aergois Trail Running	01:00:14.963	00:26:04.126	JUNIORES/SENIOR
295	412	Nuno Relvão	Ast	01:00:26.420	00:26:15.583	JUNIORES/SENIOR
296	198	Luís Nunes	Individual	01:00:28.160	00:26:17.323	M45
297	311	Bruno Almeida	Dciccdrpdrulha-Mealhada	01:00:29.943	00:26:19.106	JUNIORES/SENIOR
298	81	Lara Silva	Tribo Nr	01:00:35.657	00:26:24.820	F35
299	167	Daniel Santos	Individual	01:00:36.660	00:26:25.823	M55
300	60	Fernando Machado	Tribo Nr	01:00:42.923	00:26:32.086	M55
301	362	João Ferreira	Nestum Team	01:00:47.683	00:26:36.846	JUNIORES/SENIOR
302	145	Preciosa Romão	Individual	01:01:00.887	00:26:50.050	F50
303	53	Sofia Oliveira	Tribo Nr	01:01:15.170	00:27:04.333	JUNIORES/SENIOR
304	403	Isabel Pego	Escola De Atletismo De Coimbra	01:01:30.413	00:27:19.576	F45
305	159	Andreia Marques	Os Lavagantes	01:01:52.937	00:27:42.100	F40
306	160	João Modesto	Os Lavagantes	01:01:56.670	00:27:45.833	M50
307	117	Carla Lopes	Tribo Nr	01:01:58.910	00:27:48.073	F35
308	42	Maria Soares	Cluve	01:02:02.417	00:27:51.580	F50
309	339	Tiago Trindade	Individual	01:02:05.683	00:27:54.846	JUNIORES/SENIOR
310	342	Tiago Maças	Individual	01:02:07.177	00:27:56.340	JUNIORES/SENIOR
311	306	Joana Ferreira	Arcd Venda Da Luisa	01:02:08.413	00:27:57.576	JUNIORES/SENIOR
312	274	Diana Simões	Individual	01:02:10.427	00:27:59.590	JUNIORES/SENIOR
313	146	Orlando Pires	Arsm - Associação Recreativa De S. Migue	01:02:13.670	00:28:02.833	M45
314	223	Rui Brunheta	Individual	01:02:33.433	00:28:22.596	M50
315	137	Amilcar Batata	Individual	01:03:31.667	00:29:20.830	M40
316	220	Rita Carvalho	Fitproject	01:03:44.417	00:29:33.580	JUNIORES/SENIOR
317	328	Hugo Moreira	Clube Condeixa	01:03:46.167	00:29:35.330	JUNIORES/SENIOR
318	204	Luís Azenha	Individual	01:03:55.427	00:29:44.590	JUNIORES/SENIOR
319	57	Cristina Marques	Tribo Nr	01:04:03.920	00:29:53.083	F40
320	154	Isabel Ventura	Tribo Nr	01:04:05.677	00:29:54.840	F50
321	34	Ana Monteiro	Tribo Nr	01:04:23.440	00:30:12.603	F35
322	118	André Almeida	Tribo Nr	01:04:27.417	00:30:16.580	JUNIORES/SENIOR
323	75	Maria Faim	Individual	01:04:30.917	00:30:20.080	F45
324	88	Sandra Rodrigues	Individual	01:04:48.673	00:30:37.836	F45
325	52	Paulo Faria	Individual	01:04:49.917	00:30:39.080	M50
326	87	Fernando Moita	Figueira Runners	01:04:51.427	00:30:40.590	M45
327	77	Filipe Serra	Cluve	01:04:57.673	00:30:46.836	M45
328	76	Sara Martins	Cluve	01:04:57.923	00:30:47.086	F40
329	82	Patrícia Ferreira	Tribo Nr	01:05:06.923	00:30:56.086	JUNIORES/SENIOR
330	374	Andreia Oliveira	Individual	01:05:12.927	00:31:02.090	JUNIORES/SENIOR
331	23	Patricia Mota	Individual	01:05:19.687	00:31:08.850	JUNIORES/SENIOR
332	260	Raquel Oliveira	Individual	01:05:19.693	00:31:08.856	JUNIORES/SENIOR
333	71	Luís Barroso	Casa Do Benfica De Castelo Branco	01:05:23.670	00:31:12.833	M55

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença	Escalão
334	388	Rita Teixeira	Individual	01:05:37.703	00:31:26.866	JUNIORES/SENIOR
335	386	Teresa Frutuoso	Individual	01:05:38.433	00:31:27.596	JUNIORES/SENIOR
336	390	Tania Lourenço	Arcd Venda Da Luisa	01:06:09.890	00:31:59.053	JUNIORES/SENIOR
337	105	Paula Lourenco	Daonelas@Runners	01:06:09.900	00:31:59.063	F45
338	41	Ana Carlão	Correr Viseu	01:06:12.947	00:32:02.110	F45
339	48	Carla Martins	Correr Viseu	01:06:25.940	00:32:15.103	F35
340	18	Susana Boia	Individual	01:06:27.670	00:32:16.833	F35
341	218	Carla Felamino	Moinhos Da Gândara Trail	01:06:50.917	00:32:40.080	F40
342	411	Ana Rodrigues	Clube Condeixa	01:08:28.180	00:34:17.343	JUNIORES/SENIOR
343	278	João Cruz	Aergois Trail Running	01:08:43.187	00:34:32.350	JUNIORES/SENIOR
344	234	José Ceiça	Individual	01:09:15.927	00:35:05.090	M55
345	323	Artur Simões	Arcd Venda Da Luisa	01:09:50.693	00:35:39.856	M45
346	360	Paula Gonçalves	Gdrc Sebal	01:09:51.427	00:35:40.590	F40
347	233	Jorge Oliveira	Bttrain	01:09:56.427	00:35:45.590	M55
348	268	Ricardo Aroso	Individual	01:09:57.430	00:35:46.593	JUNIORES/SENIOR
349	91	Natalina Lopes	Individual	01:10:08.937	00:35:58.100	F40
350	92	Carla Lopes	Individual	01:10:10.943	00:36:00.106	F45
351	89	António Martins	Correr Viseu	01:10:37.433	00:36:26.596	M40
352	203	Sandra Henriques	Aergois Trail Running	01:11:00.947	00:36:50.110	JUNIORES/SENIOR
353	202	Nuno Martins	Aergois Trail Running	01:11:01.440	00:36:50.603	JUNIORES/SENIOR
354	232	Alexandre Gomes	Individual	01:11:15.190	00:37:04.353	M40
355	231	Filipe Santos	Individual	01:11:15.433	00:37:04.596	M40
356	122	Daniela Dias	Aergois Trail Running	01:11:43.190	00:37:32.353	JUNIORES/SENIOR
357	110	Marta Carreira	Clube Atletismo Da Nazaré	01:12:22.430	00:38:11.593	F45
358	209	Carolina Dias	Tribo Nr	01:12:31.443	00:38:20.606	JUNIORES/SENIOR
359	359	Cristina Silva	Gdrc Sebal	01:13:03.690	00:38:52.853	F35
360	395	Nuno Costa	Individual	01:13:35.683	00:39:24.846	M40
361	272	Mónica Menano	Individual	01:14:09.687	00:39:58.850	F35
362	368	Carla Santoro	Individual	01:14:26.440	00:40:15.603	F45
363	185	Ana Dinis	Tribo Nr	01:15:50.190	00:41:39.353	JUNIORES/SENIOR
364	186	Ana Joaquim	Tribo Nr	01:15:51.707	00:41:40.870	F45
365	49	João Gandum	Prakivamos	01:16:28.193	00:42:17.356	M55
366	50	Elsa Teixeira	Prakivamos	01:16:28.443	00:42:17.606	F45
367	14	José Magalhães	Individual	01:16:55.700	00:42:44.863	JUNIORES/SENIOR
368	277	Daniel Rodrigues	Individual	01:20:23.710	00:46:12.873	JUNIORES/SENIOR
369	183	Susana Ferreira	Tribo Nr	01:22:28.980	00:48:18.143	F35
370	100	Isabel Fernandes	Tribo Nr	01:22:29.970	00:48:19.133	F40