

Prova	cPro	Dorsal	Nome	Equipa	escalao	Tempo	tempkm
10k	1	4	David Figueiredo	Figueiredo Runners Friends	M45	00:34:23	00:03:26
10k	2	3	Fábio Abrantes	União Clube Eirense	senM	00:35:05	00:03:31
10k	3	341	Ricardo Gaspar	Escola Atletismo Coimbra/JPAIVA	senM	00:35:45	00:03:35
10k	4	286	Carlos Costa	CPT Sobral Ceira	senM	00:35:52	00:03:35
10k	5	247	Márcio Ferreira	DCI/Pedrulha-Mealhada	senM	00:36:07	00:03:37
10k	6	64	Rui Rodrigues		senM	00:36:22	00:03:38
10k	7	260	Igor Castro	Escola Atletismo Coimbra/JPAIVA	senM	00:36:28	00:03:39
10k	8	267	Nelson Costa	Escola Atletismo Coimbra/JPAIVA	senM	00:36:31	00:03:39
10k	9	262	Márcio Pereira	Escola Atletismo Coimbra/JPAIVA	senM	00:36:37	00:03:40
10k	10	49	Américo Pinho	Escapães	M40	00:36:43	00:03:40
10k	11	266	Miguel Pires	Escola Atletismo Coimbra/JPAIVA	senM	00:36:57	00:03:42
10k	12	298	André Monteiro	ARCD Venda da Luisa	senM	00:38:11	00:03:49
10k	13	261	Mauro Azevedo	Escola Atletismo Coimbra/JPAIVA	M45	00:38:14	00:03:49
10k	14	168	Manuel Pinto	Tribo NR	M45	00:38:23	00:03:50
10k	15	83	Nuno Coutinho	Clube Condeixa	senM	00:38:24	00:03:50
10k	16	1	Marcia Martins	Clube Condeixa	senF	00:38:40	00:03:52
10k	17	265	Andre Fonte	Escola Atletismo Coimbra/JPAIVA	senM	00:38:52	00:03:53
10k	18	309	Joel Santos	CMM- Escaravelhos Team	senM	00:38:55	00:03:53
10k	19	32	Ricardo Nunes	ACRM Silveirinha Grande Claras	senM	00:39:32	00:03:57
10k	20	190	Miguel Gonçalves	CCD CRÉDITO AGRÍCOLA MÚTUO	senM	00:39:37	00:03:58
10k	21	12	Ricardo Saraiva	União Clube Eirense	M45	00:39:47	00:03:59
10k	22	229	Jorge Rodrigues	SOURE MOV	M40	00:39:55	00:04:00
10k	23	293	João Santo	ARCD Venda da Luisa	senM	00:40:17	00:04:02
10k	24	349	Mario Barata		M45	00:40:30	00:04:03
10k	25	244	Ricardo Teixeira	DCI/Pedrulha-Mealhada	senM	00:40:35	00:04:04
10k	26	314	Filipe Carvalheiro	GAU- Bajouca	M50	00:40:41	00:04:04
10k	27	308	José Pires		M45	00:40:44	00:04:04
10k	28	6	Agostinho Figueiredo	Figueiredo Runners Friends	senM	00:41:10	00:04:07
10k	29	155	Nelson Heleno	NH Fitness Athletes	senM	00:41:16	00:04:08
10k	30	21	Márcio Felício	SOURE MOV	senM	00:41:32	00:04:09
10k	31	243	Fernando Duarte	DCI/Pedrulha-Mealhada	senM	00:41:50	00:04:11
10k	32	238	Luís Martins	O Mundo da Corrida	M40	00:41:54	00:04:11
10k	33	14	Manuel Cabete	Moinhos da Gandara Trail	M50	00:42:02	00:04:12
10k	34	345	Diogo Alves	Vikings Trail Runners / CCR Alcabideque	senM	00:42:03	00:04:12
10k	35	281	Rodrigo Quintal	O Mundo da Corrida	senM	00:42:07	00:04:13
10k	36	300	Hélder Missa	ARCA	senM	00:42:16	00:04:14
10k	37	128	David Marques		senM	00:42:25	00:04:15
10k	38	154	Fernando Alhau	Holmes Place Coimbra	M55	00:42:28	00:04:15
10k	39	158	Nuno Reis	Bttrain-Clube Ferroviário de Coimbra	senM	00:42:30	00:04:15
10k	40	206	Ernesto Nabeiro	SOURE MOV	M45	00:42:32	00:04:15
10k	41	102	António Melo	Correr Viseu	M50	00:42:36	00:04:16
10k	42	289	Luís Gomes	ARCD Venda da Luisa	senM	00:42:39	00:04:16
10k	43	61	Humberto Oliveira	União Clube Eirense	M40	00:42:42	00:04:16
10k	44	40	Amílcar Costa	ACRM Silveirinha Grande Claras	M45	00:42:44	00:04:16
10k	45	89	Tiago Costa		senM	00:42:47	00:04:17
10k	46	116	Tiago Taborda	Tribo NR	senM	00:42:51	00:04:17
10k	47	144	João Pereira	Tribo NR	senM	00:42:52	00:04:17
10k	48	152	Pedro Marques	Lama Solta	senM	00:42:54	00:04:17
10k	49	239	Joaquim Godinho		M55	00:42:57	00:04:18
10k	50	169	Mário Silva	Tribo NR	senM	00:43:11	00:04:19
10k	51	46	António Patrício	Con-Dores do Choupal Coimbra	M50	00:43:18	00:04:20
10k	52	196	Cristiano Gante		senM	00:43:21	00:04:20
10k	53	302	Rodrigo Simões	SOURE MOV	senM	00:43:22	00:04:20
10k	54	207	Luís Batalha	SOURE MOV	senM	00:43:28	00:04:21
10k	55	25	João Silva		senM	00:43:34	00:04:21
10k	56	284	Hélder Tavares	UDCM	senM	00:43:44	00:04:22
10k	57	74	Tiago Silva		senM	00:43:50	00:04:23
10k	58	280	Bruno Quintal		M40	00:43:55	00:04:24
10k	59	245	Marisa João	DCI/Pedrulha-Mealhada	F40	00:43:57	00:04:24
10k	60	296	José Santos	ARCD Venda da Luisa	M50	00:44:02	00:04:24
10k	61	7	Manuel Figueiredo	Figueiredo Runners Friends	M50	00:44:04	00:04:24
10k	62	73	Andreia Baptista		senF	00:44:05	00:04:25
10k	63	69	João Soares	Cluve	senM	00:44:06	00:04:25
10k	64	44	Manuel Fernandes	ACRM Silveirinha Grande Claras	M55	00:44:34	00:04:27
10k	65	63	Ricardo Proença	Figueira Runners	senM	00:44:36	00:04:28
10k	66	209	Jorge Cordeiro	SOURE MOV	M50	00:44:46	00:04:29
10k	67	132	Gonçalo Gomes	Sem Sede	senM	00:44:51	00:04:29
10k	68	58	João Rosinha	ARSM ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	M40	00:44:54	00:04:29

10k	69	124	Arlindo Ribeiro	Falsos Lentos	M45	00:45:05	00:04:30
10k	70	2	Nuno Tinoco	Escola Atletismo Coimbra/JPAIVA	senM	00:45:08	00:04:31
10k	70	310	Kaze Gi	Ninja Runners	senM	00:45:08	00:04:31
10k	72	135	Saúl Martins	Tribo NR	senM	00:45:09	00:04:31
10k	73	235	Álvaro Mateus		M45	00:45:16	00:04:32

10k	74	33	Joel Santos	ACRM Silveirinha Grande Claras	senM	00:45:25	00:04:32
10k	75	160	Eduardo Ribeiro	ARCA	senM	00:45:34	00:04:33
10k	76	29	Manuel Marçal	ADR4 Estações	M55	00:45:35	00:04:34
10k	77	47	Arnaldo Tomás	Con_Dores do Choupal Coimbra	M40	00:45:47	00:04:35
10k	78	31	César Cardoso		senM	00:46:04	00:04:36
10k	79	197	Amílcar Ramos		senM	00:46:15	00:04:38
10k	80	10	Marcos Alves	Tribo NR	M40	00:46:21	00:04:38
10k	81	297	Nelson Simões	ARCD Venda da Luisa	senM	00:46:23	00:04:38
10k	82	67	Carlos Moita		senM	00:46:28	00:04:39
10k	83	97	Sofia Romão	Correr Viseu	F50	00:46:36	00:04:40
10k	84	198	Ricardo Pereira		senM	00:46:40	00:04:40
10k	85	226	Ricardo Páscoa	SOURE MOV	senM	00:46:41	00:04:40
10k	86	253	Patrícia Diogo	CPT Sobral Ceira	senF	00:46:45	00:04:41
10k	87	275	Luís Fernandes	Holmes Place Coimbra	senM	00:46:49	00:04:41
10k	88	283	Henrique Costa	Formobike BTT & Trail Running	M40	00:46:53	00:04:41
10k	89	79	Alexandre Concho	Brothers	senM	00:47:04	00:04:42
10k	90	38	Filipe Carvalheiro	ACRM Silveirinha Grande Claras	M40	00:47:08	00:04:43
10k	91	213	André Neto	SOURE MOV	senM	00:47:23	00:04:44
10k	92	278	João Santos		senM	00:47:26	00:04:45
10k	93	231	João Nabeiro	SOURE MOV	senM	00:47:27	00:04:45
10k	94	202	André Duarte	SOURE MOV	senM	00:47:29	00:04:45
10k	95	84	Carlos Ferreira		senM	00:47:35	00:04:46
10k	96	329	Joaquim Martins	DCI/Pedrulha-Mealhada	M50	00:47:36	00:04:46
10k	97	242	Maria Ramos	DCI/Pedrulha-Mealhada	senF	00:47:37	00:04:46
10k	98	228	Jorge Batalha	SOURE MOV	M40	00:47:40	00:04:46
10k	99	41	João Sintra	ACRM Silveirinha Grande Claras	M55	00:47:57	00:04:48
10k	100	13	Álvaro Pinheiro	Holmes Place Coimbra	senM	00:48:01	00:04:48
10k	101	194	Nuno Miguel	Casa Do Benfica Figueira da Foz	M40	00:48:10	00:04:49
10k	102	312	Bernardo Oliveira	Ninja Runners	senM	00:48:16	00:04:50
10k	103	311	Hugo Oliveira	Ninja Runners	senM	00:48:17	00:04:50
10k	104	59	José Fernandes	Tribo NR	M50	00:48:20	00:04:50
10k	105	171	Manuel Duarte	Tribo NR	M45	00:48:28	00:04:51
10k	106	164	Mário Ferreira	Tribo NR	senM	00:48:43	00:04:52
10k	107	117	Dora Serra	Tribo NR	F40	00:48:44	00:04:52
10k	108	170	Cláudio Gouveia	Tribo NR	senM	00:48:45	00:04:52
10k	108	294	Nelson Correia	ARCD Venda da Luisa	senM	00:48:45	00:04:52
10k	110	114	Ricardo Silva	Tribo NR	senM	00:48:56	00:04:54
10k	111	208	Nuno Pinheiro	SOURE MOV	M45	00:48:59	00:04:54
10k	112	305	António Maia		senM	00:49:00	00:04:54
10k	113	130	Hernâni Martinho	Sem sede	senM	00:49:07	00:04:55
10k	114	19	Paulo Silva		M50	00:49:13	00:04:55
10k	115	17	Joel Simões		senM	00:49:14	00:04:55
10k	116	254	Adelino Nunes		M50	00:49:16	00:04:56
10k	117	119	Rui Lopes	Tribo NR	M40	00:49:18	00:04:56
10k	118	175	Sónia Dias	Tribo NR	senF	00:49:25	00:04:57
10k	119	303	Hélder Cunha	RunWine	senM	00:49:37	00:04:58
10k	120	108	Miguel Teteto	Tribo NR	M45	00:49:39	00:04:58
10k	120	131	Nuno Santos	Sem Sede	senM	00:49:39	00:04:58
10k	122	121	Carlos Barradas		M45	00:49:41	00:04:58
10k	123	43	João Graça	ACRM Silveirinha Grande Claras	M55	00:49:47	00:04:59
10k	124	220	Tozé Batalha	SOURE MOV	M45	00:49:56	00:05:00
10k	125	126	Fernando Batista	Os Batistas	M50	00:50:04	00:05:00
10k	126	325	Maria Pereira	Moinhos da Gandara Trail	F35	00:50:09	00:05:01
10k	127	188	Pedro Aires	BTTrain	M45	00:50:12	00:05:01
10k	128	307	Nuno Cardetas	SIEMENS	senM	00:50:22	00:05:02
10k	129	268	Maria Pereira	Escola Atletismo Coimbra/JPAIVA	senF	00:50:43	00:05:04
10k	130	234	Carlos Cardoso	SOURE MOV	senM	00:50:46	00:05:05
10k	131	236	José Santos	SOURE MOV	M40	00:50:48	00:05:05
10k	132	37	Nelson Marques	ACRM Silveirinha Grande Claras	M40	00:50:54	00:05:05
10k	133	78	Leonel Concho	Brothers	M40	00:51:02	00:05:06
10k	134	98	Luana Fernandes	Correr Viseu	senF	00:51:08	00:05:07
10k	135	240	Paulo Providencia	Tribo NR	M50	00:51:09	00:05:07
10k	136	113	Helena Lopes	Tribo NR	F40	00:51:12	00:05:07
10k	137	218	António Mota	SOURE MOV	M55	00:51:29	00:05:09
10k	138	150	Carlos Ramos	Tribo NR	M55	00:51:33	00:05:09
10k	139	264	Gabriela Gomes	Escola Atletismo Coimbra/JPAIVA	F35	00:51:35	00:05:10
10k	140	340	Isabel Fernandes	Escola Atletismo Coimbra/JPAIVA	senF	00:51:36	00:05:10
10k	141	57	Hernâni Pedroso		M45	00:51:40	00:05:10
10k	142	224	Marco Gomes	SOURE MOV	senM	00:51:49	00:05:11
10k	143	237	Miguel Morgado	CPT Coimbra	M40	00:51:57	00:05:12

10k	144	105	José Loureiro		M45	00:52:00	00:05:12
10k	145	201	Fernando Rolo	Soure MOV	M45	00:52:08	00:05:13
10k	146	88	Maria Lobo		SenF	00:52:09	00:05:13
10k	147	195	Porfirio Maduro		M45	00:52:22	00:05:14
10k	148	212	Nelson Rodrigues	Soure MOV	M40	00:52:24	00:05:14
10k	149	221	Ana Beja	Soure MOV	F40	00:52:28	00:05:15

10k	150	71	João Rainho		senM	00:52:45	00:05:17
10k	151	100	Isabel Inácio	Correr Viseu	F45	00:52:53	00:05:17
10k	152	251	Marco Tomé	Clube Condeixa	senM	00:53:14	00:05:19
10k	153	181	Maria Machado	Tribo NR	F50	00:53:18	00:05:20
10k	154	103	Manuel Jacinto	Correr Viseu	M40	00:53:20	00:05:20
10k	155	96	Sandra Costa	Correr Viseu	F40	00:53:28	00:05:21
10k	156	60	Elza Cordeiro	Clube Condeixa	F40	00:53:30	00:05:21
10k	157	203	Abel Batalha	SOURE MOV	M50	00:53:44	00:05:22
10k	158	304	Filipe Coelho		senM	00:53:46	00:05:23
10k	159	22	Miguel Coimbra	Cluve	M50	00:53:48	00:05:23
10k	160	162	Christina Loureiro	Tribo NR	senF	00:53:49	00:05:23
10k	161	87	Juliana Lucas		senF	00:54:07	00:05:25
10k	162	104	Alexandre Anjos	TRIBO AST COIMBRA	senM	00:54:08	00:05:25
10k	163	75	Carlos Dias	Kondores Trail Runnig	senM	00:54:09	00:05:25
10k	164	184	Filipe Pedro	Tribo NR	senM	00:54:12	00:05:25
10k	165	215	Eugénia Batista	SOURE MOV	F50	00:54:13	00:05:25
10k	166	210	Inês Seródio	SOURE MOV	senF	00:54:17	00:05:26
10k	167	23	Nuno Pires	Casa do Benfica de Condeixa	senM	00:54:31	00:05:27
10k	168	191	José Madeira	Tartarugas do Choupal	M55	00:54:40	00:05:28
10k	169	344	Daniela Gonçalves	Vikings Trail Runners / CCR Alcabideque	senF	00:54:41	00:05:28
10k	170	263	Dina Santos	Escola Atletismo Coimbra/JPAIVA	senF	00:54:54	00:05:29
10k	171	81	Ruben Castanheira	AERGOIS TRAIL RUNNING	senM	00:55:00	00:05:30
10k	172	315	Elisabete Rocha		senF	00:55:08	00:05:31
10k	173	316	Ricardo Bispo		senM	00:55:11	00:05:31
10k	174	214	Joana Dionísio	SOURE MOV	senF	00:55:15	00:05:31
10k	175	301	José Fernandes	ARCD Venda da Luisa	M50	00:55:35	00:05:33
10k	176	156	Luís Serra	Cluve	M45	00:55:43	00:05:34
10k	177	125	Filipa Batista	Os Batistas	senF	00:55:46	00:05:35
10k	178	53	Daniela Mendes		senF	00:56:01	00:05:36
10k	179	350	De Matos Manuel		M40	00:56:05	00:05:36
10k	180	76	Luís Nunes		M45	00:56:18	00:05:38
10k	181	77	Carmencita Quadra		F45	00:56:19	00:05:38
10k	182	50	Mário Pedroso	Con_Dores do Choupal Coimbra	senM	00:56:21	00:05:38
10k	183	129	Amílcar Batata	Sem sede	M40	00:56:27	00:05:39
10k	184	107	Ana Ferraz	Tribo NR	senF	00:56:48	00:05:41
10k	185	136	Ana Fernandes	Tribo NR	F35	00:56:49	00:05:41
10k	185	342	Bras Escobar	Tribo NR	senM	00:56:49	00:05:41
10k	187	216	Rosália Duarte	SOURE MOV	F50	00:57:11	00:05:43
10k	188	18	Diana Simões	Holmes Place Coimbra	senF	00:57:15	00:05:44
10k	189	15	Fernando Moita	Figueira Runners	M45	00:57:22	00:05:44
10k	190	211	Vítor Gariso	SOURE MOV	M45	00:57:33	00:05:45
10k	191	143	Maria Simões	Tribo NR	F45	00:57:36	00:05:46
10k	192	225	Diana Cordeiro	SOURE MOV	senF	00:57:56	00:05:48
10k	193	48	José Pedro	Con_Dores do Choupal Coimbra	M50	00:58:21	00:05:50
10k	193	52	Sara Martins	Cluve	F40	00:58:21	00:05:50
10k	195	182	Jorge Dias		senM	00:58:24	00:05:50
10k	196	80	Carlos Castanheira	AERGOIS TRAIL RUNNING	M40	00:58:35	00:05:52
10k	197	205	Ana Silva	SOURE MOV	F40	00:59:22	00:05:56
10k	198	204	Elisabete Carreira	SOURE MOV	F35	00:59:23	00:05:56
10k	199	233	Fernanda Lopes	SOURE MOV	F45	00:59:25	00:05:56
10k	200	16	Sandra Rodrigues	Figueira Runners	F40	00:59:26	00:05:57
10k	201	93	Laurinda Pereira	CSKD - Condeixa Shukokai Karate-Do	F45	00:59:30	00:05:57
10k	202	241	João Cruz	AERGOIS TRAIL RUNNING	senM	00:59:59	00:06:00
10k	203	232	Daniela Bernardes	SOURE MOV	senF	01:00:07	00:06:01
10k	204	42	Luçidio Dias	ACRM Silveirinha Grande Claras	M55	01:00:49	00:06:05
10k	205	82	Daniel Dias		senM	01:00:57	00:06:06
10k	206	11	Susana Bóia		F35	01:01:06	00:06:07
10k	207	230	António Seródio	SOURE MOV	M55	01:01:10	00:06:07
10k	208	336	Jaqueline Dias	Tribo NR	F50	01:01:21	00:06:08
10k	209	217	Aída Pinheiro	SOURE MOV	F40	01:01:41	00:06:10
10k	210	111	Denise Adelino	Tribo NR	senF	01:01:51	00:06:11
10k	211	112	Hugo Dias	Tribo NR	senM	01:01:52	00:06:11
10k	212	138	Maria Pereira	Grupo Maravilha	F35	01:02:01	00:06:12
10k	213	39	Rafael Bronze	ACRM Silveirinha Grande Claras	M40	01:02:02	00:06:12
10k	214	222	Bruno Monteiro	SOURE MOV	M40	01:02:43	00:06:16
10k	215	56	Raquel Oliveira		senF	01:02:44	00:06:16
10k	216	68	Mónica Menano	Run For Fun	F35	01:03:00	00:06:18
10k	217	133	Patrícia Ferreira	Tribo NR	senF	01:03:08	00:06:19
10k	218	149	Humberto Alves	Tribo NR	senM	01:04:06	00:06:25
10k	219	137	Elisabete Baptista	TRILHOS DE SICÓ	F40	01:04:07	00:06:25

10k	220	189	Ilídio Cordeiro	TRILHOS DE SICÓ	M50	01:04:08	00:06:25
10k	221	95	Carla Martins	Correr Viseu	F35	01:04:42	00:06:28
10k	221	101	António Martins	Correr Viseu	M40	01:04:42	00:06:28
10k	223	343	Daniela Lima	Vikings Trail Runners / CCR Alcabideque	senF	01:04:49	00:06:29
10k	224	346	Tiago Matias	Vikings Trail Runners / CCR Alcabideque	senM	01:04:50	00:06:29
10k	225	139	Helia Gil	Grupo Maravilha	F35	01:05:12	00:06:31

10k	226	34	João Dâmaso	ACRM Silveirinha Grande Claras	senM	01:05:16	00:06:32
10k	227	291	Paula Gonçalves	ARCD Venda da Luisa	F40	01:05:33	00:06:33
10k	228	272	Tânia Lourenço	ARCD Venda da Luisa	senF	01:05:34	00:06:33
10k	229	295	Nuno Correia	ARCD Venda da Luisa	senM	01:05:36	00:06:34
10k	230	299	Marco Oliveira	ARCD Venda da Luisa	senM	01:05:38	00:06:34
10k	231	248	José Quadrado	Jogging Lovers Coimbra	M45	01:05:39	00:06:34
10k	232	250	Paulo Isidoro	Jogging Lovers Coimbra	M40	01:05:42	00:06:34
10k	233	249	Lígia Santos	Jogging Lovers Coimbra	F40	01:05:43	00:06:34
10k	234	258	Sónia Martins	BARC- Associação Recreativa e Cultural da Borralh	F35	01:06:12	00:06:37
10k	235	92	Ana Vieira	CSKD - Condeixa Shukokai Karate-Do	F45	01:06:15	00:06:37
10k	236	227	Ana Sena	SOURE MOV	senF	01:06:18	00:06:38
10k	237	219	Susana Mareco	SOURE MOV	F40	01:06:20	00:06:38
10k	238	257	Isabel Santos	BARC- Associação Recreativa e Cultural da Borralh	senF	01:06:23	00:06:38
10k	239	86	Carla Costa		F35	01:06:59	00:06:42
10k	240	85	João Cruz		M45	01:07:02	00:06:42
10k	241	338	Carina Rodrigues	Tribo NR	senF	01:07:20	00:06:44
10k	242	192	Graciano Cabral	Tribo NR	M55	01:07:21	00:06:44
10k	243	115	Paulo Domingues	Tribo NR	M40	01:07:23	00:06:44
10k	243	118	Lara Silva	Tribo NR	F35	01:07:23	00:06:44
10k	245	70	Andreia Oliveira		senF	01:07:56	00:06:48
10k	246	66	Nuno Martins	AERGOIS TRAIL RUNNING	senM	01:08:55	00:06:53
10k	247	65	Sandra Henriques	AERGOIS TRAIL RUNNING	F35	01:08:56	00:06:54
10k	248	279	Maria Sarabando		F35	01:09:50	00:06:59
10k	248	282	Maria Mendes		senF	01:09:50	00:06:59
10k	250	123	Daniela Dias		senF	01:10:08	00:07:01
10k	251	106	Isabel Ventura	Tribo NR	F50	01:10:27	00:07:03
10k	252	151	Ângela Almeida		senF	01:10:31	00:07:03
10k	253	274	Dora Oliveira		F35	01:10:33	00:07:03
10k	254	313	Bruno Serra	Ninja Runners	senM	01:12:37	00:07:16
10k	255	140	Natalina Lopes		F40	01:13:15	00:07:19
10k	256	62	Carla Lopes		F45	01:13:16	00:07:20
10k	257	223	Dora Santos	SOURE MOV	F40	01:13:39	00:07:22
10k	258	146	Ana Dinis	Tribo NR	senF	01:14:17	00:07:26
10k	259	147	Ana Joaquim	Tribo NR	F45	01:14:18	00:07:26
10k	259	324	Ana Rodrigues	Clube Condeixa	senF	01:14:18	00:07:26
10k	261	176	Pedro Medina	Tribo NR	M45	01:14:30	00:07:27
10k	262	252	Ana Cruz	Never Run Alone	F35	01:18:47	00:07:53
10k	263	193	João Braga	Never Run Alone	M45	01:18:49	00:07:53
10k	264	337	Sara Azenha	Tribo NR	F35	01:18:50	00:07:53
10k	265	317	Mafalda Marreco	Pes Troikados CSCS	senF	01:21:36	00:08:10