

Prova	cPro	Dorsal	Nome	Equipa	escalao	Tempo	tempkm
10k	1	2	Fabio Abrantes	União Clube Eirense	senM	00:34:10	00:03:25
10k	2	6	Carlos Costa	CPT Sobral Ceira	senM	00:34:28	00:03:27
10k	3	191	Hugo Coelho	CluVe	M45	00:35:09	00:03:31
10k	4	325	Fernando Marques	DCI Pedrulha Mealhada	senM	00:35:28	00:03:33
10k	5	130	Manuel Pinto	Tribo NR	M45	00:35:41	00:03:34
10k	6	165	Antonio Correia	Tribo NR	M40	00:35:53	00:03:35
10k	7	218	Marcio Ferreira	União Clube Eirense	senM	00:35:58	00:03:36
10k	8	170	Americo Pinho	Escapães	M40	00:36:26	00:03:39
10k	9	199	Rui Rodrigues	Centro de Atletismo de Tondela	senM	00:36:33	00:03:39
10k	10	5	Carlos Pimenta	LusoTeam	M40	00:36:50	00:03:41
10k	11	351	Antonio Oliveira	CPT Sobral Ceira	M50	00:37:23	00:03:44
10k	12	4	Telmo Almeida	Lágrimas Team	M40	00:38:35	00:03:52
10k	13	213	Alexandre Marques	União Clube Eirense	senM	00:39:03	00:03:54
10k	14	243	Luis Pereira	Avança	senM	00:39:22	00:03:56
10k	15	92	Ricardo Saraiva	União Clube Eirense	M45	00:39:43	00:03:58
10k	16	272	Paulo Rodrigues	ARCD Venda da luísa	senM	00:40:11	00:04:01
10k	17	246	Andre Monteiro	ARCD Venda da luísa	senM	00:40:17	00:04:02
10k	18	88	Luis Martins	O Mundo da Corrida	M40	00:40:23	00:04:02
10k	19	239	David Marques		senM	00:40:35	00:04:04
10k	20	90	Nelson Heleno	NH Fitness Athletes	senM	00:40:39	00:04:04
10k	21	324	Fernando Duarte	DCI Pedrulha Mealhada	senM	00:40:42	00:04:04
10k	22	13	Manuel Cabete	Moinhos da Gândara Trail	M50	00:40:48	00:04:05
10k	23	353	Joao Vieira	CPT Sobral Ceira	senM	00:41:07	00:04:07
10k	24	313	Joao Fernandes		senM	00:41:14	00:04:07
10k	25	333	Luis Batalha	Soure Mov	M40	00:41:24	00:04:08
10k	25	338	Acilio Noro	Soure Mov	M45	00:41:24	00:04:08
10k	27	152	Tiago Taborda	Tribo NR	senM	00:41:30	00:04:09
10k	28	68	Antonio Melo	Correr Viseu	M50	00:41:37	00:04:10
10k	29	252	Cesar Ramalho	ARCD Venda da luísa	senM	00:41:40	00:04:10
10k	30	350	alvaro Coelho	CPT Sobral Ceira	M60	00:41:50	00:04:11
10k	31	53	Amilcar Costa	ACRM Silveirinha Grande Claras	M45	00:41:57	00:04:12
10k	32	187	Nuno Pessoa	Tribo NR	M40	00:42:03	00:04:12
10k	33	279	Vera Bernardo	ARCD Venda da luísa	F35	00:42:08	00:04:13
10k	34	91	Humberto Oliveira	União Clube Eirense	M40	00:42:10	00:04:13
10k	35	26	Marcio Rodrigues	ACRDS Quinhendros	senM	00:42:12	00:04:13
10k	36	31	Joao Rosinha	ARSM Associação Recreativa São Mig	M40	00:42:13	00:04:13
10k	37	233	Luis Silva	Flach	M45	00:42:14	00:04:13
10k	38	85	Frederico Marques	Out2run	senM	00:42:24	00:04:14
10k	39	222	Daniel Ferreira	DÁ-LHE GÁS TEAM	senM	00:42:26	00:04:15
10k	40	135	Joao Pereira	Tribo NR	M40	00:42:27	00:04:15
10k	41	247	Artur Gandara	ARCD Venda da luísa	senM	00:42:29	00:04:15
10k	42	143	Saúl Martins	Tribo NR	senM	00:42:32	00:04:15
10k	43	104	Antonio Patricio	Con_Dores do Choupal Coimbra	M50	00:42:41	00:04:16
10k	44	81	Fernando Alhau	Holmes Place Coimbra	M55	00:43:05	00:04:19
10k	45	169	alvaro Pinheiro	Coimbra Trail Running	senM	00:43:15	00:04:20
10k	46	250	Carlos Quinteiro	ARCD Venda da luísa	M50	00:43:36	00:04:22
10k	47	278	Tiago Almeida	ARCD Venda da luísa	senM	00:43:37	00:04:22
10k	48	332	Nuno Sousa	Tribo NR	senM	00:43:39	00:04:22
10k	49	283	Jose Marques	ARCD Venda da luísa	M50	00:43:43	00:04:22
10k	50	266	Jose Santos	ARCD Venda da luísa	M50	00:43:46	00:04:23
10k	51	101	Arnaldo Tomas	Con_Dores do Choupal Coimbra	M40	00:43:48	00:04:23
10k	52	312	Hugo Silva		senM	00:43:54	00:04:23
10k	53	348	Pedro Roque	CPT Sobral Ceira	M45	00:43:56	00:04:24

10k	54	50	Joel Santos	ACRM Silveirinha Grande Claras	senM	00:44:01	00:04:24
10k	55	301	Edgar Monteiro	ARCD Venda da luísa	senM	00:44:09	00:04:25
10k	56	260	Joao Reis	ARCD Venda da luísa	senM	00:44:11	00:04:25
10k	57	255	Gil Santos	ARCD Venda da luísa	M40	00:44:17	00:04:26
10k	58	317	Vitor Diniz	team pato bravo	M45	00:44:18	00:04:26
10k	59	57	Alexandre Concho	ACRDS Quinhendros	senM	00:44:23	00:04:26
10k	60	235	Joaquim Pessoa	Casa do Benfica Condeixa	M55	00:44:26	00:04:27
10k	61	196	Marisa Joao	Recreio Desportivo Águeda	F40	00:44:35	00:04:28
10k	62	105	Jose Vieira	Con_Dores do Choupal Coimbra	M45	00:44:41	00:04:28
10k	63	237	Luis Fernandes	Holmes Place Coimbra	senM	00:44:42	00:04:28
10k	64	123	Jose Santos	Tribo NR	M50	00:44:43	00:04:28
10k	65	131	Mario Silva	Tribo NR	senM	00:44:51	00:04:29
10k	66	238	Carlos Neves		M45	00:44:57	00:04:30
10k	67	52	Joao Sintra	ACRM Silveirinha Grande Claras	M55	00:45:11	00:04:31
10k	68	232	Amilcar Ramos		M40	00:45:15	00:04:31
10k	69	198	Cesar Cardoso		senM	00:45:18	00:04:32
10k	70	242	Jose Fernandes	More Team	M40	00:45:20	00:04:32
10k	71	327	Miguel Fonseca	Escola Atletismo Coimbra / JPaiva	M40	00:45:22	00:04:32
10k	72	106	Vitor Figueiredo	Con_Dores do Choupal Coimbra	M50	00:45:24	00:04:32
10k	73	227	Bruno Quintal		M45	00:45:28	00:04:33
10k	74	71	Sofia Romao	Correr Viseu	F50	00:45:29	00:04:33
10k	75	18	Miguel Coimbra	União Clube Eirense	M50	00:45:30	00:04:33
10k	76	59	Ricardo Pereira		senM	00:45:33	00:04:33
10k	77	172	Ricardo Proenca	Figueira Runners	M40	00:45:36	00:04:34
10k	78	358	Patricia Diogo	CPT Sobral Ceira	senF	00:45:38	00:04:34
10k	79	314	Helder Tavares	UDCM	senM	00:46:04	00:04:36
10k	80	38	Virgilio Neto	VISanto	M40	00:46:06	00:04:37
10k	81	37	Joaquim Almeida	Coimbra Trail Running	M55	00:46:11	00:04:37
10k	82	177	Paulo Tavares	Pepsico	M45	00:46:24	00:04:38
10k	83	16	Joao Silva	Casa do Benfica Condeixa	senM	00:46:28	00:04:39
10k	84	337	Andre Duarte	Soure Mov	senM	00:46:35	00:04:40
10k	85	174	Jose Fernandes	Pepsico	M45	00:46:41	00:04:40
10k	86	263	Jorge Carreira	ARCD Venda da luísa	M50	00:46:43	00:04:40
10k	87	87	Antonio Loio		M60	00:46:44	00:04:40
10k	88	273	Pedro Martins	ARCD Venda da luísa	senM	00:46:48	00:04:41
10k	89	261	Joaquim Baltazar	ARCD Venda da luísa	senM	00:46:51	00:04:41
10k	90	270	Nelson Correia	ARCD Venda da luísa	senM	00:46:56	00:04:42
10k	91	67	Luana Fernandes	Correr Viseu	senF	00:46:57	00:04:42
10k	92	78	Antonio Dias	Correr Viseu	M50	00:46:58	00:04:42
10k	93	56	Leonel Concho	ACRDS Quinhendros	M40	00:47:02	00:04:42
10k	94	22	Carlos Moita	CAOH	senM	00:47:05	00:04:43
10k	94	290	Joao Monteiro	ARCD Venda da luísa	senM	00:47:05	00:04:43
10k	96	214	Paulo Cavaleiro	Leitão & Cavaleiro	M50	00:47:10	00:04:43
10k	97	12	Marcos Alves	Tribo NR	M40	00:47:17	00:04:44
10k	97	335	Jose Madeira	Soure Mov	M40	00:47:17	00:04:44
10k	99	195	Victor Gomes	CluVe	M50	00:47:24	00:04:44
10k	100	225	Maria Pereira	Escola Atletismo Coimbra / JPaiva	senF	00:47:36	00:04:46
10k	101	347	Jose Nunes		M40	00:47:42	00:04:46
10k	102	245	Andre Antunes	ARCD Venda da luísa	senM	00:47:43	00:04:46
10k	103	112	Manuel Duarte	Tribo NR	M45	00:48:06	00:04:49
10k	104	69	Isabel Inacio	Correr Viseu	F45	00:48:08	00:04:49
10k	105	334	Jorge Batalha	Soure Mov	M40	00:48:12	00:04:49
10k	106	352	Alberto Brandao	CPT Sobral Ceira	M55	00:48:13	00:04:49
10k	107	356	Jose Marques		M50	00:48:19	00:04:50

10k	108	161	Dora Serra	Tribo NR	F40	00:48:22	00:04:50
10k	109	193	Joel Simoes		senM	00:48:38	00:04:52
10k	110	150	Paulo Domingues	Tribo NR	M40	00:48:40	00:04:52
10k	111	155	Jose Fernandes	Tribo NR	M50	00:48:42	00:04:52
10k	112	309	Mario Lazaro	Tribo NR	M40	00:48:52	00:04:53
10k	113	293	Nelson Simoes	ARCD Venda da luísa	M40	00:48:54	00:04:53
10k	114	75	Antonio Martins	Correr Viseu	M40	00:48:57	00:04:54
10k	115	318	Tiago Marques	team pato bravo	senM	00:49:01	00:04:54
10k	116	15	Nuno Pires	Casa do Benfica Condeixa	senM	00:49:04	00:04:54
10k	117	236	Andre Machado	OUT2RUN	M40	00:49:07	00:04:55
10k	118	331	Marco Ribeiro	ARCD Venda da luísa	senM	00:49:10	00:04:55
10k	119	44	Joana Azedo	CPT Coimbra	F35	00:49:11	00:04:55
10k	120	340	Joao Crespo	Barcouço Bike Team	senM	00:49:12	00:04:55
10k	121	362	Vladimiro Amara	CPT Sobral Ceira	senM	00:49:16	00:04:56
10k	122	205	Nuno Manso	CrossTrail	M40	00:49:19	00:04:56
10k	123	267	Liliane Vaz	ARCD Venda da luísa	senF	00:49:26	00:04:57
10k	124	58	Hernani Pedroso		M45	00:49:28	00:04:57
10k	125	122	Miguel Silva	Tribo NR	M45	00:49:29	00:04:57
10k	126	146	Rui Lopes	Tribo NR	M40	00:49:33	00:04:57
10k	127	212	Carla Carvalho	More Team	F40	00:49:35	00:04:58
10k	128	96	Carlos Barradas		M45	00:49:37	00:04:58
10k	129	120	Paulo Providencia	Tribo NR	M55	00:49:38	00:04:58
10k	130	221	Vitor Ferreira	DÁ-LHE GÁS TEAM	senM	00:49:42	00:04:58
10k	131	145	Ana Fernandes	Tribo NR	F35	00:49:50	00:04:59
10k	132	315	Nuno Cruzc	CluVe	M40	00:49:57	00:05:00
10k	133	80	Manuel Jacinto	Correr Viseu	M40	00:50:00	00:05:00
10k	134	11	Helena Lopes	Tribo NR	F40	00:50:06	00:05:01
10k	135	128	Mario Ferreira	Tribo NR	senM	00:50:09	00:05:01
10k	136	179	Francisco Vidigal	Pepsico	M45	00:50:14	00:05:01
10k	137	285	Francisco Miguel	ARCD Venda da luísa	senM	00:50:19	00:05:02
10k	138	287	Jose Nascimento	ARCD Venda da luísa	senM	00:50:20	00:05:02
10k	139	275	Ruben Almeida	ARCD Venda da luísa	senM	00:50:23	00:05:02
10k	140	181	João Santos		senM	00:50:32	00:05:03
10k	141	19	Daniela Mendes		senF	00:50:44	00:05:04
10k	142	168	Marco Tome	Clube Condeixa	senM	00:50:45	00:05:05
10k	143	211	Filipe Carvalho	More Team	M50	00:50:47	00:05:05
10k	144	185	Toze Almeida	Bttrain	M40	00:50:55	00:05:06
10k	145	268	Luisa Miranda	ARCD Venda da luísa	F35	00:50:56	00:05:06
10k	146	176	David Matos	Pepsico	senM	00:50:58	00:05:06
10k	147	175	Henrique Serrano	Pepsico	M40	00:51:02	00:05:06
10k	148	183	Nuno Coelho	Tribo NR	M40	00:51:04	00:05:06
10k	149	210	Helder Cunha	SC Povoense - Caracois de Corrida	senM	00:51:05	00:05:07
10k	150	74	Sandra Costa	Correr Viseu	F40	00:51:12	00:05:07
10k	151	49	Nelson Marques	ACRM Silveirinha Grande Claras	M40	00:51:15	00:05:07
10k	152	202	Susana Meireles	Tribo NR	senF	00:51:16	00:05:08
10k	153	45	Miguel Morgado	CPT Coimbra	M40	00:51:18	00:05:08
10k	154	153	Miguel Teteto	Tribo NR	M45	00:51:28	00:05:09
10k	155	48	Joao Graca	ACRM Silveirinha Grande Claras	M60	00:51:29	00:05:09
10k	156	51	Luis Carvalheiro	ACRM Silveirinha Grande Claras	M40	00:51:30	00:05:09
10k	157	208	Ana Reis	SC Povoense - Caracois de Corrida	senF	00:51:33	00:05:09
10k	158	298	Helena Leitao	ARCD Venda da luísa	senF	00:51:38	00:05:10
10k	159	289	Mauro Silva	ARCD Venda da luísa	senM	00:51:40	00:05:10
10k	160	269	Marco Oliveira	ARCD Venda da luísa	senM	00:51:42	00:05:10
10k	161	254	Francisco Calhindro	ARCD Venda da luísa	senM	00:51:44	00:05:10

10k	162	265	Jose Fernandes	ARCD Venda da luísa	M50	00:51:50	00:05:11
10k	163	288	Luis Vaz	ARCD Venda da luísa	senM	00:51:51	00:05:11
10k	164	114	Jose Abrantes	Tribo NR	M40	00:51:54	00:05:11
10k	165	219	Alexandre Anjos	Tribo AST Coimbra	senM	00:52:01	00:05:12
10k	166	148	Ricardo Silva	Tribo NR	senM	00:52:05	00:05:13
10k	167	241	Pedro Pacheco	SC Povoense - Caracois de Corrida	senM	00:52:17	00:05:14
10k	168	223	Dina Santos	Escola Atletismo Coimbra / JPaiva	senF	00:52:22	00:05:14
10k	169	264	Jose Correia	ARCD Venda da luísa	M55	00:52:44	00:05:16
10k	170	206	Joao Pereira		M45	00:52:46	00:05:17
10k	171	224	Gabriela Gomes	Escola Atletismo Coimbra / JPaiva	F35	00:53:04	00:05:18
10k	172	173	Sergio Almeida	Pepsico	M45	00:53:07	00:05:19
10k	173	322	Marisa Almeida	Casa do Benfica Condeixa	F35	00:53:10	00:05:19
10k	174	65	David Ferreira	Correr Viseu	senM	00:53:12	00:05:19
10k	175	41	Fatima Machado	CPT Coimbra	F50	00:53:13	00:05:19
10k	176	70	Vera Rocha	Correr Viseu	senF	00:53:17	00:05:20
10k	177	188	Carlos Castanheira	Aerg Gois Trail Running	M40	00:53:19	00:05:20
10k	178	89	Celia Santos	ARCD Venda da Luísa	F40	00:53:24	00:05:20
10k	179	357	Paulo Curado		M40	00:53:41	00:05:22
10k	180	110	Paulo Silva		M50	00:53:55	00:05:23
10k	181	20	Joao Silva	Ckapri.pt	M60	00:53:56	00:05:24
10k	182	304	Ligia Santos	ARCD Venda da luísa	senF	00:54:02	00:05:24
10k	183	305	Daniela Ribeiro	ARCD Venda da luísa	senF	00:54:04	00:05:24
10k	184	160	Gina Matias	Tribo NR	senF	00:54:07	00:05:25
10k	185	209	Pedro Galhano	SC Povoense - Caracois de Corrida	senM	00:54:22	00:05:26
10k	186	62	Severino Santos	Correr Viseu	M60	00:54:30	00:05:27
10k	187	248	Carla Romeiro	ARCD Venda da luísa	F40	00:54:33	00:05:27
10k	188	83	Joao Rainho		senM	00:54:36	00:05:28
10k	189	281	Sara Sousa	ARCD Venda da luísa	senF	00:54:42	00:05:28
10k	190	25	Jose Madeira	Tartarugas do Choupal	M60	00:54:43	00:05:28
10k	191	76	Filipa Aparicio	Correr Viseu	F40	00:54:52	00:05:29
10k	192	77	Nuno Aparicio	Correr Viseu	M40	00:54:53	00:05:29
10k	193	42	Clara Machado	CPT Coimbra	F50	00:55:00	00:05:30
10k	194	346	Luis Brandao		M45	00:55:12	00:05:31
10k	195	203	Almerindo Ferreira	Tribo NR	M50	00:55:15	00:05:31
10k	196	355	Paulo Santos	ARCD Venda da luísa	senM	00:55:19	00:05:32
10k	197	343	Pedro Abreu	Try to Stop Us / A.N.D.A.R	M40	00:55:21	00:05:32
10k	198	204	Joao Cruz	Aerg Gois Trail Running	senM	00:55:28	00:05:33
10k	199	189	Ruben Castanheira	Aerg Gois Trail Running	senM	00:55:30	00:05:33
10k	200	134	Maria Simoes	Tribo NR	F45	00:55:35	00:05:33
10k	201	326	Manuel Balhau	Tribo NR	M60	00:55:38	00:05:34
10k	202	328	Antonio Bernardo	ARCD Venda da luísa	senM	00:55:45	00:05:35
10k	203	99	Cidalia Canais	ARCD Venda da Luísa	F45	00:55:54	00:05:35
10k	204	163	Ana Moreira	Tribo NR	senF	00:55:56	00:05:36
10k	205	329	Ivo Ferreira	ARCD Venda da luísa	senM	00:55:59	00:05:36
10k	206	341	Ana Azedo	CPT Coimbra	F40	00:56:02	00:05:36
10k	207	119	Ana Rufino	Tribo NR	F35	00:56:03	00:05:36
10k	208	46	Luis Nunes	Tribo NR	M45	00:56:22	00:05:38
10k	209	321	Orlando Almeida	Casa do Benfica Condeixa	senM	00:56:33	00:05:39
10k	210	345	Sofia Lourenco	Clube Condeixa	senF	00:56:34	00:05:39
10k	211	29	Rui Brunheta	Potencial Global	M50	00:56:55	00:05:41
10k	212	47	Carmencita Quadrado		F45	00:56:57	00:05:42
10k	213	256	Goncalo Deus	ARCD Venda da luísa	senM	00:57:31	00:05:45
10k	214	14	Sara Martins	CluVe	F40	00:57:40	00:05:46
10k	215	291	Joao Ramos	ARCD Venda da luísa	senM	00:57:43	00:05:46

10k	216	23	Fernando Moita		M45	00:57:47	00:05:47
10k	217	24	Sandra Rodrigues		F45	00:57:48	00:05:47
10k	218	102	Jose Pedro	Con_Dores do Choupal Coimbra	M50	00:57:53	00:05:47
10k	219	271	Paula Nunes	ARCD Venda da luísa	F45	00:58:06	00:05:49
10k	220	277	Susana Santo	ARCD Venda da luísa	F35	00:58:07	00:05:49
10k	221	200	Diana Simoes	Holmes Place Coimbra	senF	00:58:12	00:05:49
10k	222	253	Cristina Melo	ARCD Venda da luísa	F45	00:58:14	00:05:49
10k	223	125	Denise Adelino	Tribo NR	senF	00:58:25	00:05:50
10k	224	311	Filomena Dias	Running Clube Coimbra	F50	00:58:27	00:05:51
10k	225	61	Jordana Ferreira	Correr Viseu	senF	00:58:32	00:05:51
10k	226	79	Fernando Matos	Correr Viseu	M40	00:58:33	00:05:51
10k	227	97	Monica Menano		F35	00:58:35	00:05:52
10k	228	240	Joana Graca	Correr Viseu	senF	00:58:46	00:05:53
10k	229	121	Nuno Alves	Tribo NR	M50	00:58:52	00:05:53
10k	230	234	Raquel Oliveira		senF	00:59:02	00:05:54
10k	231	363	Vasco Mateus	ARCD Venda da luísa	senM	00:59:35	00:05:58
10k	232	28	Laurinda Pereira	CSKD- Condeixa Shukokai Karate-Do	F45	00:59:37	00:05:58
10k	233	111	Catarina Domingos		senF	00:59:41	00:05:58
10k	234	344	Joao Trindade	Clube Condeixa	M40	00:59:48	00:05:59
10k	235	184	Ana Cordeiro	Tribo NR	F45	00:59:53	00:05:59
10k	236	157	Isabel Ventura	Tribo NR	F50	00:59:58	00:06:00
10k	237	54	Lucidio Dias	ACRM Silveirinha Grande Claras	M60	01:00:00	00:06:00
10k	238	330	Ana Correia	ARCD Venda da luísa	senF	01:00:02	00:06:00
10k	239	258	Jessica Correia	ARCD Venda da luísa	senF	01:00:04	00:06:00
10k	240	249	Carla Freire	ARCD Venda da luísa	F40	01:00:06	00:06:01
10k	241	117	Florabela Fernandes	Tribo NR	F45	01:00:21	00:06:02
10k	242	207	Elisabete Baptista	Trilhos de Sicó	F40	01:00:26	00:06:03
10k	243	197	Ilidio Cordeiro	Trilhos de Sicó	M50	01:00:28	00:06:03
10k	244	167	Nuno Alves	Casa do Benfica Condeixa	M45	01:00:31	00:06:03
10k	245	100	Carlos Canais	ARCD Venda da Luísa	senM	01:00:44	00:06:04
10k	246	306	Elisabete Girao	ARCD Venda da luísa	F40	01:00:47	00:06:05
10k	247	307	Pedro Roxo	ARCD Venda da luísa	M45	01:00:49	00:06:05
10k	248	342	angela Almeida	Wise Running	senF	01:01:12	00:06:07
10k	249	30	Susana Boia	Wise Running	F35	01:01:33	00:06:09
10k	250	154	Carla Lopes	Tribo NR	F35	01:01:37	00:06:10
10k	251	251	Tania Lourenco	ARCD Venda da luísa	senF	01:01:47	00:06:11
10k	252	144	Ana Neves	Tribo NR	F35	01:01:55	00:06:12
10k	253	319	Marcia Ribeiro	Tribo NR	senF	01:02:05	00:06:13
10k	254	339	Alda Santos	Soure Mov	F40	01:02:28	00:06:15
10k	255	300	Jose Sousa	ARCD Venda da luísa	senM	01:02:39	00:06:16
10k	256	296	Ana Sousa	ARCD Venda da luísa	senF	01:02:40	00:06:16
10k	257	73	Carla Martins	Correr Viseu	F35	01:02:44	00:06:16
10k	258	126	Isabel Esteves	Tribo NR	F50	01:02:46	00:06:17
10k	259	259	Joana Ferreira	ARCD Venda da luísa	senF	01:02:52	00:06:17
10k	260	320	Sergio Brito	Tribo NR	M45	01:03:04	00:06:18
10k	261	64	Maria Belo	Correr Viseu	F40	01:03:13	00:06:19
10k	262	66	Ana Carlao	Correr Viseu	F45	01:03:16	00:06:20
10k	263	190	Isabel Martins	Aerg Gois Trail Running	F35	01:03:35	00:06:22
10k	264	43	Maria Pereira	CPT Coimbra	senF	01:03:42	00:06:22
10k	265	147	Lara Silva	Tribo NR	F35	01:04:03	00:06:24
10k	266	286	Amilcar Miranda	ARCD Venda da luísa	M40	01:04:04	00:06:24
10k	267	82	Andreia Oliveira		senF	01:04:39	00:06:28
10k	268	115	Pedro Medina	Tribo NR	M45	01:05:14	00:06:31
10k	269	124	Graciano Cabral	Tribo NR	M60	01:05:16	00:06:32

10k	270	33	Ligia Santos	Forever 2 WTF Team	F40	01:05:17	00:06:32
10k	271	34	Jose Quadrado	Forever 2 WTF Team	M45	01:05:18	00:06:32
10k	272	35	Paulo Isidoro	Forever 2 WTF Team	M40	01:05:19	00:06:32
10k	273	166	Paula Lopes	Lopes Clan	F40	01:05:30	00:06:33
10k	274	220	Carla Augusto	DÁ-LHE GÁS TEAM	F35	01:05:35	00:06:33
10k	275	308	Graca Castanheira	CPT Coimbra	F50	01:05:42	00:06:34
10k	276	95	Graca Simoes	ARCD Venda da luísa	F40	01:05:55	00:06:35
10k	277	164	Ines Moreira	Tribo NR	senF	01:06:52	00:06:41
10k	278	27	Ana Vieira	CSKD- Condeixa Shukokai Karate-Do	F45	01:07:04	00:06:42
10k	279	280	Rubina Araujo	ARCD Venda da luísa	senF	01:07:13	00:06:43
10k	280	276	Sandra Simoes	ARCD Venda da luísa	F40	01:07:45	00:06:46
10k	281	361	Carolina Dias	Tribo NR	senF	01:08:13	00:06:49
10k	282	93	Sandra Henriques		F35	01:09:01	00:06:54
10k	283	94	Nuno Martins		senM	01:09:02	00:06:54
10k	284	32	Daniela Dias	ARSM Associação Recreativa São Miguel	senF	01:10:36	00:07:04
10k	285	323	Antonio Castanheiro	CPT Coimbra	M55	01:11:04	00:07:06
10k	286	216	Emanuel Rodrigues	DÁ-LHE GÁS TEAM	senM	01:11:05	00:07:07
10k	287	215	Luisa Inacio	DÁ-LHE GÁS TEAM	F40	01:11:06	00:07:07
10k	288	84	Natalina Lopes		F40	01:11:46	00:07:11
10k	289	21	Carla Lopes		F45	01:11:54	00:07:11
10k	290	136	Susana Ferreira	Tribo NR	F35	01:12:33	00:07:15
10k	291	295	Rute Leitao	ARCD Venda da luísa	senF	01:15:54	00:07:35
10k	292	297	Manuela Eugenio	ARCD Venda da luísa	senF	01:15:56	00:07:36
10k	293	302	Vera Tinoco	ARCD Venda da luísa	senF	01:15:57	00:07:36
10k	294	292	Sandra Oliveira	ARCD Venda da luísa	senF	01:15:59	00:07:36
10k	295	294	Nelson Cardoso	ARCD Venda da luísa	senM	01:16:00	00:07:36
10k	296	303	Alexandrina Gois	ARCD Venda da luísa	senF	01:16:02	00:07:36
10k	297	149	Sara Azenha	Tribo NR	F35	01:20:25	00:08:02
10k	298	231	Jose Pedroso	ARCD Venda da Luísa	M45	01:21:02	00:08:06
10k	299	3	Carlos Canais	ARCD Venda da luísa	M45	01:21:04	00:08:06
10k	300	230	Rodrigo Cantante	ARCD Venda da Luísa	senM	01:21:06	00:08:07