

Prova	cPro	Dorsal	Nome	Equipa	escalao	Tempo	tempkm
10K	1	4	Fabio Abrantes	UNIAO CLUBE EIRENSE	senM	00:33:05	00:03:19
10K	2	1	Rui Lopes	Associação académica de Coimbra	M40	00:33:59	00:03:24
10K	3	457	Vitor Pleno	CPTSC	senM	00:34:49	00:03:29
10K	4	452	Carlos Arieiro		M40	00:35:27	00:03:33
10K	5	293	Luis Martins	Centro de Atletismo de Tondela	senM	00:35:59	00:03:36
10K	6	291	Luis Rodrigues	CPTSC	senM	00:36:33	00:03:39
10K	7	442	Manuel Pinto	Tribo NR	M45	00:36:45	00:03:41
10K	8	174	Hugo Coelho	CLUVE	M45	00:36:54	00:03:41
10K	9	50	Carlos Pimenta	LUSOTEAM	M40	00:37:06	00:03:43
10K	10	294	Rui Coimbra	Centro de Atletismo de Tondela	senM	00:37:15	00:03:44
10K	11	176	Americo Pinho	Escapães	M45	00:37:41	00:03:46
10K	12	375	Jose Campar	DCI/TRILHOS LUSO BUSSACO	M45	00:38:07	00:03:49
10K	13	184	Rui Rodrigues	Centro de Atletismo de Tondela	senM	00:38:09	00:03:49
10K	14	24	Ricardo Nunes	ACRM Silveirinha Grande Claras	senM	00:38:13	00:03:49
10K	15	156	Ernesto Nabeiro	SOURE MOV	M45	00:38:46	00:03:53
10K	16	42	Telmo Almeida	Lágrimas Team	M45	00:38:54	00:03:53
10K	17	488	Paulo Garcia	Escola Atletismo Coimbra/ JPaiva	M50	00:38:58	00:03:54
10K	18	465	Pedro Vieira	CSCRFCHARNECA	M40	00:39:01	00:03:54
10K	19	387	Paulo Maia	DCI/TRILHOS LUSO BUSSACO	M45	00:39:13	00:03:55
10K	20	68	Joaquim Morais	Amieirinhense	M55	00:39:18	00:03:56
10K	21	490	Ana Petinga	Recreio Desportivo de Águeda	F40	00:39:38	00:03:58
10K	22	228	Joaquim Baltazar	ARCD Venda da Luisa	senM	00:39:45	00:03:59
10K	23	32	Luis Silva	ACRM Silveirinha Grande Claras	M45	00:39:55	00:04:00
10K	24	373	Joao Simoes	DCI/TRILHOS LUSO BUSSACO	senM	00:39:57	00:04:00
10K	25	512	Miguel Ramos	Vikings Trail Runners	senM	00:40:09	00:04:01
10K	26	519	Joao Fonseca		M40	00:40:15	00:04:01
10K	27	319	Arlindo Ribeiro	ARCD Venda da Luisa	M45	00:40:18	00:04:02
10K	28	351	Andre Fonte	Escola Atletismo Coimbra/ JPaiva	senM	00:40:19	00:04:02
10K	29	468	Luis Pereira	ACDRS QUINHENDROS	senM	00:40:29	00:04:03
10K	30	213	Helder Piedade	OzeXtreme/ADCR Pereira	M45	00:40:41	00:04:04
10K	31	260	Fernando Goncalves	kalenji Team Decathlon Aveiro	M50	00:40:50	00:04:05
10K	32	134	Manuel Cabete	Moinhos da Gândara Trail	M50	00:41:17	00:04:08
10K	33	104	Marcio Rodrigues	ACDRS QUINHENDROS	senM	00:41:26	00:04:09
10K	34	463	Hugo Silva	DURAVIT RACETEAM	senM	00:41:28	00:04:09
10K	35	20	Nuno Sousa	Tribo NR	M40	00:41:35	00:04:10
10K	36	305	Nelson Correia	ARCD Venda da Luisa	senM	00:41:37	00:04:10
10K	37	456	Joao Pereira	Tribo NR	M40	00:41:38	00:04:10
10K	38	25	Edgar Gomes	ACRM Silveirinha Grande Claras	senM	00:41:39	00:04:10
10K	39	287	Goncalo Durao	UNIAO CLUBE EIRENSE	M45	00:41:45	00:04:10
10K	40	190	Amilcar Ramos	GRVilaverdense	M40	00:41:46	00:04:11
10K	41	2	Marilyne Marques	CORRER VISEU	senF	00:41:48	00:04:11
10K	42	180	Frederico Marques	Outzrun /Miro	M40	00:41:50	00:04:11
10K	43	219	Joao Rosinha	ARSM Associação recreativa são Miguel	M40	00:41:53	00:04:11
10K	44	451	Antonio Patricio	ADR4 Estações	M50	00:41:56	00:04:12
10K	45	453	Paulo Bernardo	ARCD Venda da Luisa	senM	00:41:58	00:04:12
10K	46	378	Bruno Gomes	DCI/TRILHOS LUSO BUSSACO	M40	00:42:01	00:04:12
10K	47	53	Joao Marques	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	M40	00:42:04	00:04:12
10K	48	267	Carlos Cunha	kalenji Team Decathlon Aveiro	M50	00:42:05	00:04:13
10K	49	73	Joao Damaso	Grupo Maravilha	senM	00:42:07	00:04:13
10K	50	377	Mauro Sousa	DCI/TRILHOS LUSO BUSSACO	senM	00:42:10	00:04:13
10K	51	310	Luis Martins	ARCD Venda da Luisa	M40	00:42:12	00:04:13
10K	52	510	Paulo Lucas	ARCD Venda da Luisa	senM	00:42:13	00:04:13
10K	53	33	Filipe Carneiro	ACRM Silveirinha Grande Claras	M45	00:42:14	00:04:13
10K	54	394	Joaquim Godinho	DCI/TRILHOS LUSO BUSSACO	M60	00:42:18	00:04:14
10K	55	491	Jose Cruz	DURAVIT RACETEAM	M40	00:42:19	00:04:14
10K	56	464	Joao Portugal	DURAVIT RACETEAM	M40	00:42:21	00:04:14
10K	57	14	Joao Silva	ARCD Venda da Luisa	senM	00:42:23	00:04:14
10K	58	227	Cesar Ramalho	ARCD Venda da Luisa	senM	00:42:30	00:04:15
10K	59	83	Artur Gandara	ARCD Venda da Luisa	senM	00:42:32	00:04:15
10K	60	3	Vera Bernardo	ARCD Venda da Luisa	F35	00:42:33	00:04:15
10K	61	296	Andre Monteiro	ARCD Venda da Luisa	senM	00:42:34	00:04:15
10K	62	205	Saul Martins	Tribo NR	senM	00:42:37	00:04:16
10K	63	77	Vitor Pereira		senM	00:42:44	00:04:16
10K	64	34	Joel Santos	ACRM Silveirinha Grande Claras	senM	00:42:45	00:04:16
10K	65	35	Amilcar Costa	ACRM Silveirinha Grande Claras	M45	00:42:53	00:04:17
10K	66	124	Helder Gante		M50	00:42:57	00:04:18
10K	67	440	Goncalo Marques	Runners & Friends - Rosa Biscoito	senM	00:43:06	00:04:19
10K	68	21	Frederico Jose	A D C P	M40	00:43:08	00:04:19
10K	69	129	Goncalo Gomes	Sem Sede	senM	00:43:12	00:04:19
10K	70	51	Eugenio Dias		senM	00:43:14	00:04:19
10K	71	49	Eugenio Santos	Outzrun /Miro	senM	00:43:18	00:04:20
10K	72	16	Toze Almeida	Btrain	M40	00:43:19	00:04:20
10K	73	460	Pedro Roque	CPTSC	M50	00:43:21	00:04:20
10K	74	300	Jose Marques	ARCD Venda da Luisa	M50	00:43:30	00:04:21
10K	75	341	Humberto Oliveira	UNIAO CLUBE EIRENSE	M45	00:43:33	00:04:21
10K	76	240	William Caetano	kalenji Team Decathlon Aveiro	senM	00:43:34	00:04:21
10K	77	202	Fernando Alhau	Coimbra Trail Running	M55	00:43:39	00:04:22
10K	78	262	Joao Castro	kalenji Team Decathlon Aveiro	M50	00:43:41	00:04:22
10K	79	364	Egídio Neves	Runners & Friends - Rosa Biscoito	M45	00:43:45	00:04:23
10K	80	425	Jose Macarria	MAREZIA BAR	M55	00:43:51	00:04:23
10K	81	187	Mario Rodrigues	CORRER VISEU	M40	00:43:58	00:04:24
10K	82	266	Jose Canha	kalenji Team Decathlon Aveiro	M55	00:43:59	00:04:24
10K	83	28	Miguel Coimbra	UNIAO CLUBE EIRENSE	M50	00:44:00	00:04:24
10K	84	297	Carlos Quinteiro	ARCD Venda da Luisa	M50	00:44:04	00:04:24
10K	85	137	Jose Faro	Viriathvs Runners Viseu	M45	00:44:07	00:04:25
10K	86	120	Pedro Guardado	Almeidoce	M40	00:44:13	00:04:25
10K	87	461	Rui Figueiredo	CPTSC	M40	00:44:30	00:04:27
10K	88	480	Rui Silva	Os Papa Milhas	senM	00:44:31	00:04:27

10K	89	372	Severino Santos	CORRER VISEU	M60	00:44:34	00:04:27
10K	90	411	Jorge Cordeiro	SOURE MOV	M50	00:44:35	00:04:28
10K	91	386	Joao Reis	ARCD Venda da Luisa	senM	00:44:38	00:04:28
10K	92	445	Ricardo Saraiva	UNIAO CLUBE EIRENSE	M45	00:44:43	00:04:28
10K	93	54	Augusto Amaral	Runners & Friends - Rosa Biscoito	M45	00:44:44	00:04:28
10K	94	136	Marta Lobo	UNIAO CLUBE EIRENSE	senF	00:44:45	00:04:29
10K	95	15	Luis Silva		senM	00:44:59	00:04:30
10K	96	494	Luis Costa	ARCD Venda da Luisa	M45	00:45:00	00:04:30
10K	97	105	Vitor Fonseca		M45	00:45:03	00:04:30
10K	98	379	Luis Oliveira		senM	00:45:05	00:04:30
10K	99	78	Tiago Costa		senM	00:45:15	00:04:31
10K	100	255	Joao Simoes	kalenji Team Decathlon Aveiro	senM	00:45:22	00:04:32
10K	101	243	Heitor Santos	kalenji Team Decathlon Aveiro	M55	00:45:23	00:04:32
10K	102	429	Jose Duarte	kalenji Team Decathlon Aveiro	senM	00:45:24	00:04:32
10K	103	281	Sofia Romao	CORRER VISEU	F50	00:45:29	00:04:33
10K	104	272	Antonio Pereira	CORRER VISEU	senM	00:45:34	00:04:33
10K	105	55	Nuno Costa	Escola Atletismo Coimbra/ JPaiva	M45	00:45:35	00:04:34
10K	105	449	Paulo Torres	Runners & Friends - Rosa Biscoito	M45	00:45:35	00:04:34
10K	107	504	Joao Monteiro	ARCD Venda da Luisa	senM	00:45:43	00:04:34
10K	108	127	Hernani Martinho	Sem Sede	senM	00:45:44	00:04:34
10K	109	27	Joao Sintra	ACRM Silveirinha Grande Claras	M60	00:45:45	00:04:34
10K	110	143	Arnaldo Tomas	ADR4 Estações	M40	00:45:49	00:04:35
10K	111	513	Paulino Oliveira	#osmanos	senM	00:45:52	00:04:35
10K	112	48	Joao Rodrigues		M45	00:45:53	00:04:35
10K	112	288	Maria Isabel	Escola Atletismo Coimbra/ JPaiva	senF	00:45:53	00:04:35
10K	114	359	Antonio Leitao	CORRER VISEU	M40	00:45:57	00:04:36
10K	115	496	Vitor Cacao		M40	00:45:59	00:04:36
10K	116	241	Orlando Pimentel	kalenji Team Decathlon Aveiro	M45	00:46:01	00:04:36
10K	117	353	Gil Santos	ARCD Venda da Luisa	M40	00:46:02	00:04:36
10K	118	493	Manuel Santos	UNIAO CLUBE EIRENSE	M60	00:46:04	00:04:36
10K	119	380	Miguel Silva	Tribo NR	M45	00:46:06	00:04:37
10K	120	121	Nuno Mendes	NS Team	M40	00:46:11	00:04:37
10K	121	363	Luis Oliveira	Figueira Kayak Clube	senM	00:46:15	00:04:38
10K	122	60	Olga Martins	Viriathvs Runners Viseu	F40	00:46:20	00:04:38
10K	122	466	Ernesto Goncalves	Portugal Running	M45	00:46:20	00:04:38
10K	124	18	Sergio Vilao	Gdrc sebal	senM	00:46:25	00:04:39
10K	125	420	Fernando Morgado	ARCD Venda da Luisa	senM	00:46:31	00:04:39
10K	126	109	Daniela Mendes	Grupo Desportivo Ferreirese	senF	00:46:32	00:04:39
10K	127	56	Joaquim Almeida	Coimbra Trail Running	M55	00:46:36	00:04:40
10K	128	459	Celso Pereira	CPTSC	M45	00:46:38	00:04:40
10K	129	234	Ricardo Ferreira	kalenji Team Decathlon Aveiro	M40	00:46:47	00:04:41
10K	130	245	Joao Marques	kalenji Team Decathlon Aveiro	M40	00:46:48	00:04:41
10K	131	424	Pedro Marques	Lama Solta	senM	00:46:49	00:04:41
10K	132	96	Bruno Marques	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	senM	00:46:51	00:04:41
10K	133	426	Paula Coto	GRVilaverdense	F45	00:46:54	00:04:41
10K	134	207	Ricardo Pereira	GRVilaverdense	senM	00:46:56	00:04:42
10K	135	69	Carlos Conceicao	Runners & Friends - Rosa Biscoito	M50	00:46:59	00:04:42
10K	136	320	Andre Dias	Tribo NR	M50	00:47:01	00:04:42
10K	137	154	Vitor Gomes	CLUVE	M55	00:47:03	00:04:42
10K	138	388	Pedro Lopes	kalenji Team Decathlon Aveiro	senM	00:47:12	00:04:43
10K	138	408	Joana Dionisio	SOURE MOV	F35	00:47:12	00:04:43
10K	140	265	Nelia Santos	kalenji Team Decathlon Aveiro	F45	00:47:13	00:04:43
10K	141	448	Vitor Figueiredo	ADR4 Estações	M50	00:47:18	00:04:44
10K	142	431	Pedro Elias	Tribo NR	M50	00:47:19	00:04:44
10K	143	9	Pedro Vicente	MARMELEIRA RESORT TEAM	M50	00:47:20	00:04:44
10K	143	22	Jose Silva	MARMELEIRA RESORT TEAM	M60	00:47:20	00:04:44
10K	145	414	Carla Cardoso	Love Tiles	F45	00:47:25	00:04:45
10K	146	8	Rui Silva		M40	00:47:26	00:04:45
10K	147	469	Tania Sabino	UNIAO CLUBE EIRENSE	senF	00:47:28	00:04:45
10K	148	76	Antonio Loio		M60	00:47:29	00:04:45
10K	149	74	Luis Pires	Runners & Friends - Rosa Biscoito	M45	00:47:32	00:04:45
10K	150	177	Germano Bernardo	PRAZER DA CORRIDA	M60	00:47:33	00:04:45
10K	151	382	Jose Fernandes	Tribo NR	M50	00:47:35	00:04:46
10K	152	203	Ana Fernandes	Tribo NR	F35	00:47:36	00:04:46
10K	152	311	Jose Santos	ARCD Venda da Luisa	M50	00:47:36	00:04:46
10K	154	472	Ricardo Veiga		M40	00:47:38	00:04:46
10K	155	405	Jose Madeira	SOURE MOV	M40	00:47:39	00:04:46
10K	156	110	Pedro Lopes		senM	00:47:43	00:04:46
10K	157	439	Andre Andrade	kalenji Team Decathlon Aveiro	senM	00:47:45	00:04:46
10K	158	212	Fernando Batista	Os Batistas	M50	00:47:46	00:04:47
10K	159	497	Jose Nunes	Clube Condeixa	M40	00:47:56	00:04:48
10K	160	318	Nelson Simoes	ARCD Venda da Luisa	M40	00:48:05	00:04:49
10K	161	244	Francisco Bastos	kalenji Team Decathlon Aveiro	M45	00:48:06	00:04:49
10K	162	263	Ligia Casimiro	kalenji Team Decathlon Aveiro	F40	00:48:08	00:04:49
10K	163	75	Jose Santos	RG Levanta Poeira	M50	00:48:10	00:04:49
10K	164	278	Jose Cruz	RG Levanta Poeira	M60	00:48:11	00:04:49
10K	165	67	Rui Godinho	Salgueiros Running	M45	00:48:14	00:04:49
10K	166	489	Maria Carvalho	Escola Atletismo Coimbra/ JPaiva	senF	00:48:18	00:04:50
10K	167	467	Bruno Lima		senM	00:48:29	00:04:51
10K	168	119	Paulo Lopes	Almeidoce	M45	00:48:34	00:04:51
10K	169	141	Virgilio Neto	OzeXtreme/ADCR Pereira	M40	00:48:39	00:04:52
10K	170	208	Fernando Lopes	Saldo Válido	M50	00:48:46	00:04:53
10K	171	209	Rui Feijao	Saldo Válido	M50	00:48:48	00:04:53
10K	172	188	Antonio Martins	CORRER VISEU	M45	00:48:49	00:04:53
10K	173	361	Joel Simoes		senM	00:48:50	00:04:53
10K	174	142	Dora Serra	Escola Atletismo Coimbra/ JPaiva	F40	00:48:53	00:04:53
10K	175	23	Tiago Pires	Casa do Benfica Condeixa	senM	00:48:56	00:04:54
10K	176	344	Carlos Lobo	PORMAUSCAMINHOS	M55	00:49:00	00:04:54
10K	177	485	Pedro Roque	Os Papa Milhas	M50	00:49:08	00:04:55

10K	178	347	Tiago Grilate		senM	00:49:09	00:04:55
10K	179	210	Raquel Grilo	Gira Sol	F40	00:49:10	00:04:55
10K	180	139	Luis Loureiro	Viriathvs Runners Viseu	M40	00:49:21	00:04:56
10K	181	90	Jose Ladeira		senM	00:49:25	00:04:57
10K	182	433	Joao Barroco	kalenji Team Decathlon Aveiro	M55	00:49:28	00:04:57
10K	183	163	Claudio Matias	ADCAndorinha	M40	00:49:30	00:04:57
10K	184	479	Jorge Vaz		senM	00:49:35	00:04:58
10K	185	409	Mariana Esteves	SOURE MOV	senF	00:49:36	00:04:58
10K	186	126	Silviu Stefan	Sem Sede	senM	00:49:37	00:04:58
10K	187	135	Joao Cavadas	Lágrimas Team	M50	00:49:43	00:04:58
10K	188	201	Susana Meireles		senF	00:49:48	00:04:59
10K	189	182	Almerindo Ferreira	RG Levanta Poeira	M50	00:49:59	00:05:00
10K	190	277	Joana Quinta	HUT RUNNERS COIMBRA	senF	00:50:01	00:05:00
10K	191	192	Sandra Costa	CORRER VISEU	F45	00:50:03	00:05:00
10K	192	102	Nuno Pessoa	Tribo NR	M40	00:50:05	00:05:00
10K	193	476	Joao Caetano	Olympic Silvas	senM	00:50:07	00:05:01
10K	194	444	Nelson Rodrigues	SOURE MOV	M40	00:50:10	00:05:01
10K	195	407	Andreia Bras	SOURE MOV	senF	00:50:11	00:05:01
10K	196	98	Mascarenhas Maria	Porto Sentido Runners	F45	00:50:16	00:05:02
10K	197	492	Marcio Meireles	Porto Sentido Runners	senM	00:50:17	00:05:02
10K	198	218	Pedro Roxo	ARCD Venda da Luisa	M45	00:50:25	00:05:03
10K	199	229	Gorete Moreira	kalenji Team Decathlon Aveiro	F35	00:50:29	00:05:03
10K	200	327	Pedro Longuinho	ARCD Venda da Luisa	senM	00:50:30	00:05:03
10K	201	82	Andre Antunes	ARCD Venda da Luisa	senM	00:50:31	00:05:03
10K	202	325	Rui Monteiro	ARCD Venda da Luisa	senM	00:50:33	00:05:03
10K	203	186	Isabel Inacio	CORRER VISEU	F45	00:50:35	00:05:03
10K	204	12	Alcides Marques		M55	00:50:36	00:05:04
10K	205	5	Rui Ganhoto	pelotão sem dó	senM	00:50:38	00:05:04
10K	206	471	Pascoal Oliveira	CSCRFCHARNECA	M45	00:50:42	00:05:04
10K	207	97	Basilio Simoes	Happy & Fit	M50	00:50:48	00:05:05
10K	208	413	Manuela Goncalves		F45	00:50:51	00:05:05
10K	209	256	Joao Sardo	kalenji Team Decathlon Aveiro	M60	00:50:58	00:05:06
10K	210	117	Paula Simoes		F35	00:50:59	00:05:06
10K	211	118	Luis Martins		M40	00:51:00	00:05:06
10K	212	307	Marco Ribeiro	ARCD Venda da Luisa	senM	00:51:17	00:05:08
10K	213	153	Soraia Roxo	Tribo NR	senF	00:51:20	00:05:08
10K	214	89	Nuno Manso	Cross Trail	M40	00:51:21	00:05:08
10K	215	251	Maria Silva	kalenji Team Decathlon Aveiro	F45	00:51:22	00:05:08
10K	216	164	Pedro Gaspar	ADCAndorinha	senM	00:51:28	00:05:09
10K	217	470	Emanuela Simoes		F40	00:51:32	00:05:09
10K	218	336	Armando Pereira	I Never Run Alone	M40	00:51:35	00:05:10
10K	219	193	Nuno Dias	CORRER VISEU	M40	00:51:45	00:05:11
10K	220	217	Hugo Silva	ARCD Venda da Luisa	M40	00:51:47	00:05:11
10K	221	484	Manuel Tavares	Os Papa Milhas	M45	00:51:52	00:05:11
10K	222	482	Helder Duarte	Os Papa Milhas	M45	00:51:53	00:05:11
10K	223	332	Tiago Almeida	ARCD Venda da Luisa	senM	00:51:54	00:05:11
10K	224	505	Joao Lamas	ARCD Venda da Luisa	senM	00:51:56	00:05:12
10K	225	197	Anabela Leite	TurboLentas	F45	00:52:01	00:05:12
10K	226	168	Telmo Craveiro	CPT Coimbra	senM	00:52:02	00:05:12
10K	227	477	Francisco Rosendo	Olympic Silvas	senM	00:52:05	00:05:13
10K	228	183	Sergio Almeida	PEPSICO	M45	00:52:09	00:05:13
10K	228	206	Jose Fernandes		M45	00:52:09	00:05:13
10K	230	301	Jose Fernandes	ARCD Venda da Luisa	M50	00:52:11	00:05:13
10K	231	381	Armando Rodrigues	Tribo NR	M45	00:52:12	00:05:13
10K	232	389	Alexandre Vieira	kalenji Team Decathlon Aveiro	senM	00:52:15	00:05:14
10K	233	62	Joao Silva	Ckapri.pt	M60	00:52:16	00:05:14
10K	234	283	Liliane Vaz	ARCD Venda da Luisa	senF	00:52:18	00:05:14
10K	235	282	Celia Santos	ARCD Venda da Luisa	F40	00:52:19	00:05:14
10K	236	337	Aldina Ferreira	I Never Run Alone	F40	00:52:21	00:05:14
10K	237	270	Joel Oliveira	ARCD Venda da Luisa	senM	00:52:24	00:05:14
10K	238	88	Jose Silva		M45	00:52:27	00:05:15
10K	239	289	Teresa Ramos	CORRER VISEU	F50	00:52:34	00:05:15
10K	240	107	Antonio Breda		M55	00:52:46	00:05:17
10K	241	170	Manuel Jacinto	CORRER VISEU	M40	00:52:47	00:05:17
10K	242	486	Alexandre Anjos	Tribo AST Coimbra	senM	00:52:48	00:05:17
10K	243	173	Ricardo Rocha		M50	00:52:50	00:05:17
10K	244	101	Paula Coutinho	Porto Sentido Runners	F45	00:52:51	00:05:17
10K	245	100	Elizabeth Loureiro	Porto Sentido Runners	F45	00:52:52	00:05:17
10K	246	299	Jessica Correia	ARCD Venda da Luisa	senF	00:52:53	00:05:17
10K	247	64	Vitor Nunes	LB7	M45	00:52:55	00:05:17
10K	248	172	Susana Duarte	CORRER VISEU	F45	00:52:59	00:05:18
10K	249	350	Fernando Marques	DCI/TRILHOS LUSO BUSSACO	senM	00:53:00	00:05:18
10K	250	47	Helena Lopes	Tribo NR	F40	00:53:01	00:05:18
10K	251	455	Rui Lopes	Tribo NR	M40	00:53:08	00:05:19
10K	252	63	Nadine Loureiro		senF	00:53:09	00:05:19
10K	253	80	Margarida Vieira	HUT RUNNERS COIMBRA	F40	00:53:10	00:05:19
10K	254	178	Jose Girao	HUT RUNNERS COIMBRA	senM	00:53:11	00:05:19
10K	255	36	Gabriela Carraco	ACRM Silveirinha Grande Claras	F35	00:53:24	00:05:20
10K	255	99	Carlos Martins	Porto Sentido Runners	M50	00:53:24	00:05:20
10K	257	404	Vasco Gamboa	SOURE MOV	senM	00:53:25	00:05:20
10K	258	108	Filipe Coelho	Gatinhos Assanhados	senM	00:53:28	00:05:21
10K	259	370	Rui Palheira		senM	00:53:31	00:05:21
10K	260	145	Jorge Caldas	Unidos à Mesa	M40	00:53:34	00:05:21
10K	261	304	Rui Brunheta	Potencial Global	M50	00:53:37	00:05:22
10K	262	140	Fatima Machado	CPT Coimbra	F50	00:53:38	00:05:22
10K	263	518	Henrique Costa	ARCD Venda da Luisa	M40	00:53:39	00:05:22
10K	264	253	Cristina Silva	kalenji Team Decathlon Aveiro	F40	00:53:42	00:05:22
10K	265	84	Carla Romeiro	ARCD Venda da Luisa	F40	00:53:43	00:05:22
10K	266	133	Pedro Ponte	Sem Sede	M50	00:53:45	00:05:22

10K	267	199	Manuel Jorge	Tribo NR	M60	00:53:46	00:05:23
10K	268	189	Carla Martins	CORRER VISEU	F35	00:53:47	00:05:23
10K	269	17	Paula Goncalves	Gdrc sebal	F40	00:53:48	00:05:23
10K	270	13	Hernani Pedroso		M45	00:53:58	00:05:24
10K	271	151	Andre Luz	Tribo NR	M40	00:54:08	00:05:25
10K	272	321	Jaqueline Dias	Tribo NR	F50	00:54:10	00:05:25
10K	273	333	Lucia Martins	O MUNDO DA CORRIDA	F35	00:54:30	00:05:27
10K	274	157	Eugenia Batista	SOURE MOV	F50	00:54:36	00:05:28
10K	275	331	Sandra Simoes	ARCD Venda da Luisa	F40	00:54:40	00:05:28
10K	276	19	Sara Martins	CLUVE	F40	00:54:41	00:05:28
10K	277	30	Marcos Alves	Tribo NR	M40	00:54:42	00:05:28
10K	278	31	Nelson Marques	ACRM Silveirinha Grande Claras	M40	00:54:46	00:05:29
10K	279	66	Sandra Aguiar	Salgueiros Running	F40	00:54:57	00:05:30
10K	280	7	Maria Benquerenca		F40	00:55:01	00:05:30
10K	281	85	Carla Freire	ARCD Venda da Luisa	F40	00:55:11	00:05:31
10K	282	309	Luisa Miranda	ARCD Venda da Luisa	F35	00:55:15	00:05:31
10K	283	79	Maria Lobo		senF	00:55:16	00:05:32
10K	284	371	Acacio Fonseca	CORRER VISEU	M55	00:55:17	00:05:32
10K	285	417	Marisa Almeida	Casa do Benfica Condeixa	F35	00:55:27	00:05:33
10K	286	284	Fernando Matos	CORRER VISEU	M40	00:55:34	00:05:33
10K	287	111	Dinis Martins	Viriathvs Runners Viseu	M45	00:55:37	00:05:34
10K	288	215	Elisabete Girao	ARCD Venda da Luisa	F40	00:55:38	00:05:34
10K	289	167	Jorge Goncalves		senM	00:55:40	00:05:34
10K	290	357	Ana Pereira		senF	00:55:42	00:05:34
10K	291	160	Bruno Reis		senM	00:55:43	00:05:34
10K	292	298	Cristina Melo	ARCD Venda da Luisa	F45	00:56:00	00:05:36
10K	293	155	Carlos Barradas		M45	00:56:07	00:05:37
10K	294	374	Claudia Afonso	DCI/TRILHOS LUSO BUSSACO	F35	00:56:11	00:05:37
10K	295	70	Paulo Ferreira	HUT RUNNERS COIMBRA	M55	00:56:20	00:05:38
10K	296	238	Maria Santos	kalenji Team Decathlon Aveiro	F50	00:56:22	00:05:38
10K	297	438	Carina Robaina	kalenji Team Decathlon Aveiro	senF	00:56:27	00:05:39
10K	298	416	Orlando Almeida	Casa do Benfica Condeixa	senM	00:56:29	00:05:39
10K	299	171	Filipa Aparicio	CORRER VISEU	F40	00:56:43	00:05:40
10K	300	447	Sabina Brasio	Las niñas	F35	00:56:44	00:05:40
10K	301	138	Estrela Faro	Viriathvs Runners Viseu	F40	00:57:04	00:05:42
10K	302	520	Luis Brandao		M45	00:57:05	00:05:42
10K	303	242	Maria Vinagre	kalenji Team Decathlon Aveiro	F45	00:57:06	00:05:43
10K	304	252	Diana Pereira	kalenji Team Decathlon Aveiro	F40	00:57:24	00:05:44
10K	305	194	Carla Rodrigues		senF	00:57:26	00:05:45
10K	306	368	Jorge Pessoa	Runners & Friends - Rosa Biscoito	M60	00:57:28	00:05:45
10K	307	346	Joana D'Avo		F35	00:57:30	00:05:45
10K	308	345	Hugo Gaspar		senM	00:57:34	00:05:45
10K	309	478	Rita Esteves	SOURE MOV	F35	00:57:38	00:05:46
10K	310	46	Square Matia		senM	00:57:40	00:05:46
10K	311	303	Cidalia Canais	ARCD Venda da Luisa	F45	00:57:44	00:05:46
10K	312	419	Ricardo Monteiro		M45	00:57:47	00:05:47
10K	313	423	Isabel Madeira	ARCD Venda da Luisa	F45	00:57:48	00:05:47
10K	314	10	Goncalo Mendes		senM	00:57:49	00:05:47
10K	315	214	Anabela Amaral	Tribo NR	F45	00:57:50	00:05:47
10K	316	269	Goncalo Deus	ARCD Venda da Luisa	senM	00:57:55	00:05:47
10K	316	330	Margarida Moita	ARCD Venda da Luisa	senF	00:57:55	00:05:47
10K	318	422	Angela Almeida		senF	00:58:06	00:05:49
10K	319	115	Jose Pedrosa	Grupo Maravilha	M55	00:58:10	00:05:49
10K	320	235	Alexandra Pinho	kalenji Team Decathlon Aveiro	F45	00:58:11	00:05:49
10K	321	258	Jose Monteiro	kalenji Team Decathlon Aveiro	M40	00:58:12	00:05:49
10K	322	106	Paulo Curado		M40	00:58:19	00:05:50
10K	323	329	Suzana Santo	ARCD Venda da Luisa	F40	00:58:23	00:05:50
10K	324	338	Miguel Pereira	I Never Run Alone	senM	00:58:52	00:05:53
10K	325	185	Katia Parente	HUT RUNNERS COIMBRA	F40	00:58:55	00:05:53
10K	326	473	Francisca Silva	Olympic Silvas	senF	00:59:07	00:05:55
10K	327	383	Luis Nunes	Tribo NR	M45	00:59:08	00:05:55
10K	328	418	Carla Monteiro	Running Espinho	F40	00:59:16	00:05:56
10K	329	462	Maria Nunes		F45	00:59:23	00:05:56
10K	330	367	Luis Antonio		senM	00:59:28	00:05:57
10K	331	37	Ondina Leal	ACRM Silveirinha Grande Claras	F45	00:59:30	00:05:57
10K	331	340	Jose Pedro	Con_Dores do Choupal Coimbra	M50	00:59:30	00:05:57
10K	333	384	Ana Neves	Tribo NR	F35	00:59:32	00:05:57
10K	334	248	Natalia Madeira	kalenji Team Decathlon Aveiro	F35	00:59:40	00:05:58
10K	335	317	Paula Nunes	ARCD Venda da Luisa	F50	00:59:44	00:05:58
10K	336	226	Tania Lourenco	ARCD Venda da Luisa	senF	01:00:01	00:06:00
10K	337	6	Ana Goncalves	pelotão sem dó	senF	01:00:05	00:06:01
10K	337	122	Sandra Mendes	NS Team	F40	01:00:05	00:06:01
10K	339	57	Jose Madeira	Tartarugas do Choupal	M60	01:00:14	00:06:01
10K	340	511	Jose Abrantes		M40	01:00:20	00:06:02
10K	341	515	Jose Gois		senM	01:00:49	00:06:05
10K	342	514	Daniel Reis		senM	01:00:51	00:06:05
10K	343	224	Carla Santos	CC family	F45	01:01:02	00:06:06
10K	344	352	Miriam Pato		senF	01:01:05	00:06:07
10K	345	211	Filipa Batista	Os Batistas	senF	01:01:26	00:06:09
10K	346	503	Rita Goncalves	Os Papa Milhas	senF	01:01:33	00:06:09
10K	347	279	Catarina Oliveira	Viriathvs Runners Viseu	senF	01:01:42	00:06:10
10K	348	280	Pedro Oliveira		M60	01:01:43	00:06:10
10K	349	92	Paulo Amaral	DIVERTEAM	M50	01:01:48	00:06:11
10K	350	436	Hugo Circuncisao	kalenji Team Decathlon Aveiro	M40	01:01:49	00:06:11
10K	351	481	Antonio Sousa	Os Papa Milhas	M45	01:01:52	00:06:11
10K	352	233	Ana Goncalves	kalenji Team Decathlon Aveiro	F50	01:02:07	00:06:13
10K	353	446	Fatima Gramaxo	Las niñas	F35	01:02:08	00:06:13
10K	354	231	Sara Castro	kalenji Team Decathlon Aveiro	F45	01:02:18	00:06:14
10K	355	273	Judite Duarte	ARCD Venda da Luisa	F40	01:02:21	00:06:14

10K	356	306	Mauro Silva	ARCD Venda da Luisa	senM	01:02:26	00:06:15
10K	356	326	Ruben Almeida	ARCD Venda da Luisa	senM	01:02:26	00:06:15
10K	358	302	Carlos Canais	ARCD Venda da Luisa	M45	01:02:28	00:06:15
10K	358	308	Marco Oliveira	ARCD Venda da Luisa	senM	01:02:28	00:06:15
10K	360	225	Antonio Bernardo	ARCD Venda da Luisa	senM	01:02:29	00:06:15
10K	361	239	Maria Goncalves	kalenji Team Decathlon Aveiro	F40	01:02:31	00:06:15
10K	362	312	Dora Oliveira		F35	01:02:35	00:06:15
10K	363	483	Helena Duarte	Os Papa Milhas	senF	01:02:43	00:06:16
10K	364	165	Nuno Ferreira	Sem Sede	M40	01:02:51	00:06:17
10K	365	125	Nuno Santos	Sem Sede	senM	01:02:52	00:06:17
10K	366	61	Isabel Matos		F40	01:02:53	00:06:17
10K	367	39	Laurinda Pereira	CSKD-Condeixa Shukokai Karate-Do	F45	01:03:18	00:06:20
10K	368	292	Nadia Duque		senF	01:03:23	00:06:20
10K	369	230	Paula Juliet'S	kalenji Team Decathlon Aveiro	F40	01:03:42	00:06:22
10K	370	131	Amilcar Batata	Sem Sede	M40	01:03:43	00:06:22
10K	371	148	Pedro Correira	Unidos à Mesa	M40	01:04:08	00:06:25
10K	372	254	Catarina Agostinho	kalenji Team Decathlon Aveiro	F35	01:04:25	00:06:26
10K	373	430	Maria Carvalho	kalenji Team Decathlon Aveiro	F45	01:04:27	00:06:27
10K	374	161	Jose Fernandes	CPT Coimbra	M60	01:04:28	00:06:27
10K	375	159	Manuela Pereira		senF	01:04:41	00:06:28
10K	376	158	Ricardo Lopes		senM	01:04:42	00:06:28
10K	377	323	Isabel Ventura	Tribo NR	F50	01:04:43	00:06:28
10K	378	95	Catia Agostinho		senF	01:05:08	00:06:31
10K	379	474	Beatriz Silva	Olympic Silvas	senF	01:05:30	00:06:33
10K	380	475	Ines Rosendo	Olympic Silvas	F35	01:05:31	00:06:33
10K	381	348	Catarina Matias	Olympic Silvas	F35	01:05:32	00:06:33
10K	382	406	Vitor Gariso	SOURE MOV	M50	01:06:00	00:06:36
10K	383	324	Lara Silva	Tribo NR	F35	01:06:02	00:06:36
10K	384	195	Sandra Santos		F45	01:06:06	00:06:37
10K	385	162	Nuno Alves	RG Levanta Poeira	M50	01:06:12	00:06:37
10K	386	246	Sonia Marques	kalenji Team Decathlon Aveiro	F40	01:06:20	00:06:38
10K	387	360	Ana Correia	ARCD Venda da Luisa	senF	01:06:23	00:06:38
10K	388	268	Graca Simoes	ARCD Venda da Luisa	F40	01:06:25	00:06:39
10K	389	274	Tania Nunes	ARCD Venda da Luisa	F40	01:06:26	00:06:39
10K	390	147	Sergio Almeida	Unidos à Mesa	senM	01:06:29	00:06:39
10K	391	144	Raquel Oliveira	Unidos à Mesa	senF	01:06:30	00:06:39
10K	392	52	Paula Lopes		F45	01:07:45	00:06:46
10K	393	191	Nelia Matos	CSKD-Condeixa Shukokai Karate-Do	F45	01:07:47	00:06:47
10K	394	169	Paula Lourenco	CORRER VISEU	F45	01:08:11	00:06:49
10K	395	150	Andreia Oliveira	Unidos à Mesa	F35	01:08:28	00:06:51
10K	396	114	Maria Pereira	Grupo Maravilha	F40	01:08:32	00:06:51
10K	396	116	Helia Gil	Grupo Maravilha	senM	01:08:32	00:06:51
10K	398	335	Ana Cruz	I Never Run Alone	F35	01:08:58	00:06:54
10K	399	334	Joao Cruz	I Never Run Alone	M45	01:08:59	00:06:54
10K	400	314	Jose Quadrado	Tribo NR	M45	01:09:30	00:06:57
10K	401	315	Ligia Santos	Tribo NR	F40	01:09:31	00:06:57
10K	401	316	Paulo Isidoro	Tribo NR	M45	01:09:31	00:06:57
10K	403	261	Sandra Sousa	kalenji Team Decathlon Aveiro	F40	01:09:46	00:06:59
10K	404	40	Rui Ribeiro	Power Runners	M40	01:10:42	00:07:04
10K	405	59	Paula Cordeiro	Power Runners	F45	01:10:43	00:07:04
10K	406	322	Cristina Daniel	Tribo NR	F40	01:12:15	00:07:13
10K	407	86	J Silva	Marcha dos pinguins	senM	01:13:25	00:07:20
10K	407	87	Juliana Soares	Marcha dos pinguins	senF	01:13:25	00:07:20
10K	409	250	Joaquim Sacramento	kalenji Team Decathlon Aveiro	M55	01:14:29	00:07:27
10K	410	412	Ana Gamboa	ARCD Venda da Luisa	senF	01:16:59	00:07:42
10K	411	385	Miguel Rosendo	Olympic Silvas	senM	01:17:00	00:07:42
10K	412	112	Paula Martins	Viriathvs Runners Viseu	F45	01:19:19	00:07:56
10K	413	113	Monica Carvalho	Viriathvs Runners Viseu	F50	01:19:20	00:07:56
10K	414	271	Elza Cordeiro	ARCD Venda da Luisa	F45	01:19:24	00:07:56
10K	-	11	Rui Martins		senM	-	-
10K	-	26	Joao Graca	ACRM Silveirinha Grande Claras	M60	-	-
10K	-	29	Joao Batista	Gdrc sebal	senM	-	-
10K	-	38	Ana Vieira	CSKD-Condeixa Shukokai Karate-Do	F45	-	-
10K	-	41	Catia Goncalves	Tribo NR	senF	-	-
10K	-	43	Hugo Neves	Impact Factor	senM	-	-
10K	-	44	Vitor Parola	Impact Factor	senM	-	-
10K	-	45	Ricardo Carvalho	Galitos	senM	-	-
10K	-	58	Maria Carvalho		senF	-	-
10K	-	65	Joana Santos	HUT RUNNERS COIMBRA	F35	-	-
10K	-	71	Maria Martins	HUT RUNNERS COIMBRA	F45	-	-
10K	-	72	Adriano Piao	HUT RUNNERS COIMBRA	M45	-	-
10K	-	81	Nelson Heleno	Ginásio Corpo Louco	senM	-	-
10K	-	91	Pedro Capelo		senM	-	-
10K	-	93	Nuno Simoes	Tribo NR	M40	-	-
10K	-	94	Carolina Santos	HUT RUNNERS COIMBRA	senF	-	-
10K	-	103	Ana Lemos	HUT RUNNERS COIMBRA	F35	-	-
10K	-	123	Filip Koziy	Pascoalitos	senM	-	-
10K	-	128	Dina Neves	Sem Sede	F35	-	-
10K	-	130	Bruno Adao	Sem Sede	senM	-	-
10K	-	132	Tiago Jordao	Sem Sede	senM	-	-
10K	-	146	Carla Matos	Unidos à Mesa	senF	-	-
10K	-	149	Elisa Portilho	Unidos à Mesa	senF	-	-
10K	-	152	Andre Mendes	Tribo NR	M40	-	-
10K	-	166	Anabela Amaral	Tribo NR	F45	-	-
10K	-	175	Igor Castro	Escola Atletismo Coimbra/ JPaiva	senM	-	-
10K	-	179	Lino Silva	Lama Solta	senM	-	-
10K	-	181	Nuno Alves	Casa do Benfica Condeixa	M45	-	-
10K	-	196	Rosa Pereira	TurboLentas	F40	-	-
10K	-	198	Catea Sanchez	TurboLentas	F35	-	-

10K	-	200	Miguel Santos	RG Levanta Poeira	M45	-
10K	-	204	Miguel Teteto	Tribo NR	M50	-
10K	-	216	Francisco Silva	ARCD Venda da Luisa	M55	-
10K	-	220	Carlos Pessoa		senM	-
10K	-	221	Daniela Dias	Résistance Góis	senF	-
10K	-	222	Filomena Dias	Running Club Coimbra	F50	-
10K	-	223	Jose Vieira	Con_Dores do Choupal Coimbra	M45	-
10K	-	232	Duarte Sequeira	kalenji Team Decathlon Aveiro	M55	-
10K	-	236	Tiago Pinho	kalenji Team Decathlon Aveiro	senM	-
10K	-	237	Rui Joao	kalenji Team Decathlon Aveiro	senM	-
10K	-	247	Aventino Lima	kalenji Team Decathlon Aveiro	M45	-
10K	-	249	Firmino Pereira	kalenji Team Decathlon Aveiro	M45	-
10K	-	257	Catarina Albuquerque	kalenji Team Decathlon Aveiro	F40	-
10K	-	259	Renata Goncalves	kalenji Team Decathlon Aveiro	senF	-
10K	-	264	Jose Santos	kalenji Team Decathlon Aveiro	M45	-
10K	-	275	Lilia Coutinho	ARCD Venda da Luisa	F40	-
10K	-	276	Joao Carvalho	ARCD Venda da Luisa	senM	-
10K	-	286	Jorge Carreira	ARCD Venda da Luisa	M50	-
10K	-	290	Telmo Teixeira		senM	-
10K	-	295	Mario Lopes	Centro de Atletismo de Tondela	senM	-
10K	-	328	Paulo Teixeira	ARCD Venda da Luisa	M40	-
10K	-	339	Mario Carvalho	ADR4 Estações	M50	-
10K	-	349	Isabel Ribeiro	ARCD Venda da Luisa	F40	-
10K	-	354	Sofia Lemos	Patrulha Pata	F40	-
10K	-	355	Pedro Nunes	Patrulha Pata	M45	-
10K	-	356	Mario Pedroso		M40	-
10K	-	358	Nelson Gois	BlackBulls / Clube Condeixa /CNI / NEUTURA	M45	-
10K	-	362	Joao Nunes		M45	-
10K	-	365	Tiago Taborda	Tribo NR	senM	-
10K	-	366	Marcia Ribeiro	Tribo NR	senF	-
10K	-	369	Pedro Goncalves	ARCD Venda da Luisa	senM	-
10K	-	376	Jose Gaspar	DCI/TRILHOS LUSO BUSSACO	senM	-
10K	-	390	Sofia Cavaco	kalenji Team Decathlon Aveiro	F35	-
10K	-	401	Mario Bernardino	@correremportugal	senM	-
10K	-	402	Sara Vitoria	@correremportugal	senF	-
10K	-	403	Andre Duarte	SOURCE MOV	senM	-
10K	-	410	Abel Batalha	SOURCE MOV	M50	-
10K	-	415	Sergio Machado	DCI/TRILHOS LUSO BUSSACO	M40	-
10K	-	421	Manuel Marcal	CLUVE	M60	-
10K	-	427	Karina Monteiro	kalenji Team Decathlon Aveiro	F40	-
10K	-	428	Ligia Santos	kalenji Team Decathlon Aveiro	F40	-
10K	-	432	Edivaldo Maciel	kalenji Team Decathlon Aveiro	senM	-
10K	-	434	Carlos Neves	kalenji Team Decathlon Aveiro	senM	-
10K	-	435	Daniela Neves	kalenji Team Decathlon Aveiro	F35	-
10K	-	437	Carlos Rodrigues	kalenji Team Decathlon Aveiro	M50	-
10K	-	443	Antonio Campos	Tribo NR	M40	-
10K	-	450	Florbela Fernandes	Tribo NR	F45	-
10K	-	454	Ricardo Sousa	Tribo NR	senM	-
10K	-	458	Alberto Brandao	CPTSC	M55	-
10K	-	487	David Calhau	Portugal Running	senM	-
10K	-	498	Joao Pereira	Escola Atletismo Coimbra/ JPaiva	M40	-
10K	-	506	Joao Rafael Nobre	ARCD Venda da Luisa	senM	-
10K	-	508	Joao Martins Lamas	ARCD Venda da Luisa	M40	-