

Prova	cPro	Dorsal	Nome	Equipa	escalao	Tempo	tempkm
10K	1	2	Nelson Oliveira	Escola Atletismo de Coimbra/JPaiva	M35	00:33:22	00:03:20
10K	2	488	Janis Meziels	Coimbra Trail Running	senM	00:33:57	00:03:24
10K	3	497	Tiago Maia	R4N	senM	00:34:36	00:03:28
10K	4	1	Rui Lopes	Associação Académica de Coimbra	M40	00:34:40	00:03:28
10K	5	495	Telmo Nascimento	Acrsd Desterro	senM	00:35:16	00:03:32
10K	6	439	Vitor Pleno	CPT SOBRAL DE CEIRA	M35	00:35:34	00:03:33
10K	7	492	Vasco Pereira	Escola Atletismo de Coimbra/JPaiva	senM	00:35:46	00:03:35
10K	8	417	Aderito Fontes	Escola Atletismo de Coimbra/JPaiva	M55	00:35:52	00:03:35
10K	9	251	Milton Santos	DCI/Trilhos Luso Bussaco	senM	00:36:07	00:03:37
10K	10	438	Luis Rodrigues	CPT SOBRAL DE CEIRA	M35	00:36:17	00:03:38
10K	11	484	Alexandre Mestre	ASC Valeirinha	M40	00:36:26	00:03:39
10K	12	151	Hugo Coelho	CluVe	M45	00:36:37	00:03:40
10K	13	27	Carlos Pimenta	LUSOTEAM	M40	00:36:44	00:03:40
10K	14	448	Manuel Pinto	TRIBO NR	M45	00:37:29	00:03:45
10K	15	6	Bruno Goncalves	GRVILAVERDENSE	M35	00:37:56	00:03:48
10K	16	257	Ernesto Nabeiro	SOURE MOV	M45	00:38:12	00:03:49
10K	17	52	Hugo Silva	Duravit Raceteam	senM	00:38:18	00:03:50
10K	18	22	Joao Oliveira		M40	00:38:27	00:03:51
10K	19	33	William Caetano	Kalenji Club Decathlon Aveiro	senM	00:38:28	00:03:51
10K	20	25	Ricardo Nunes	ACRM Silveirinha Grande Claras	senM	00:38:31	00:03:51
10K	21	351	Pedro Vieira	CSCRFCHARNECA	M40	00:38:33	00:03:51
10K	22	434	Fernando Marques	DCI/Trilhos Luso Bussaco	M35	00:38:35	00:03:52
10K	23	252	Toze Carvalho	DCI/Trilhos Luso Bussaco	M35	00:38:36	00:03:52
10K	24	122	Luis Contente		senM	00:39:11	00:03:55
10K	25	10	Telmo Almeida	Lágrimas Team	M45	00:39:17	00:03:56
10K	26	470	Edgar Gomes	Clube Condeixa Atletismo	senM	00:39:24	00:03:56
10K	27	13	Luis Silva	ACRM Silveirinha Grande Claras	M45	00:39:33	00:03:57
10K	28	119	Sergio Teixeira		M40	00:39:38	00:03:58
10K	29	23	Ricardo Germano		senM	00:39:42	00:03:58
10K	30	7	Julia Legkova	Bio Team Run	senF	00:39:58	00:04:00
10K	31	231	Nuno Sousa	Núcleo SCP Condeixa Runners	M40	00:40:19	00:04:02
10K	32	490	Antonio Moreira	Kalenji Club Decathlon Aveiro	M40	00:40:21	00:04:02
10K	33	355	Diogo Reis		senM	00:40:24	00:04:02
10K	34	479	Nelson Moreira	Casa do Benfica de Torres Vedras	M40	00:40:26	00:04:03
10K	35	462	Pedro Varela	Associação Académica de Coimbra	M45	00:40:27	00:04:03
10K	36	478	Patricia Fernandes	Escola Atletismo de Coimbra/JPaiva	senF	00:40:30	00:04:03
10K	37	189	Pedro Mendes		senM	00:40:32	00:04:03
10K	38	255	Joao Simoes	DCI/Trilhos Luso Bussaco	M35	00:40:34	00:04:03
10K	39	293	Saul Martins	TRIBO NR	senM	00:40:36	00:04:04
10K	40	309	Aurelio Saude	Jogging Lovers Coimbra	M40	00:40:44	00:04:04
10K	41	201	Tiago Taborda	TRIBO NR	senM	00:40:54	00:04:05
10K	42	97	Luis Vilela	Montanha Clube Trail Running/Efapel	M40	00:41:00	00:04:06
10K	43	71	Jose Cruz	Duravit Raceteam	M40	00:41:09	00:04:07
10K	44	288	Paulo Maia	DCI/Trilhos Luso Bussaco	M45	00:41:10	00:04:07
10K	45	59	Sergio Machado		M40	00:41:13	00:04:07
10K	46	444	Ricardo Sousa	TRIBO NR	senM	00:41:14	00:04:07
10K	47	378	Joaquim Godinho	DCI/Trilhos Luso Bussaco	M65	00:41:23	00:04:08
10K	48	72	Joao Portugal	Duravit Raceteam	M40	00:41:32	00:04:09
10K	49	123	Helder Galvao		M35	00:41:33	00:04:09
10K	50	253	Carlos Cunha	DCI/Trilhos Luso Bussaco	M50	00:41:38	00:04:10
10K	51	390	Artur Gandara	ARCD Venda da Luísa	M35	00:41:41	00:04:10
10K	52	419	Carlos Matos		M40	00:41:46	00:04:11
10K	53	134	Mario Goncalves	Onda Team	M50	00:41:50	00:04:11
10K	54	89	Luc Henrietier	Escola Atletismo de Coimbra/JPaiva	M45	00:42:00	00:04:12
10K	55	41	Ricardo Goncalves	Kalenji Club Decathlon Aveiro	M40	00:42:07	00:04:13
10K	56	441	Celso Pereira	CPT SOBRAL DE CEIRA	M45	00:42:08	00:04:13
10K	57	464	Fernando Agante	Associação Académica de Coimbra	M55	00:42:09	00:04:13
10K	58	232	Antonio Patricio	ADR4 Estações	M50	00:42:15	00:04:14
10K	59	100	Paulo Moreira	Os Filhos da Noite	M45	00:42:16	00:04:14
10K	60	46	Joao Damaso	Grupo Maravilha	senM	00:42:28	00:04:15
10K	61	14	Fernando Goncalves	Kalenji Club Decathlon Aveiro	M50	00:42:31	00:04:15
10K	62	450	Joao Alves	DCI/Trilhos Luso Bussaco	M35	00:42:36	00:04:16
10K	63	92	Bruno Ratinho		M40	00:42:38	00:04:16
10K	64	19	Amilcar Costa	ACRM Silveirinha Grande Claras	M45	00:42:49	00:04:17
10K	65	356	Pedro Marques		senM	00:42:50	00:04:17
10K	66	487	Jose Santos	Frutas Saleiro	M45	00:43:00	00:04:18

10K	67	373	Pedro Santos	Lama Solta	M35	00:43:26	00:04:21
10K	68	291	Joao Correia	Viriathvs Runners Viseu	M50	00:43:30	00:04:21
10K	69	424	Mauro Sousa	DCI/Trilhos Luso Bussaco	senM	00:43:35	00:04:22
10K	70	18	Luis Carvalheiro	ACRM Silveirinha Grande Claras	M45	00:43:36	00:04:22
10K	71	280	Joao Rocha		senM	00:43:42	00:04:22
10K	72	171	Rui Neto		M35	00:43:43	00:04:22
10K	73	427	Andre Monteiro	ARCD Venda da Luísa	senM	00:43:50	00:04:23
10K	74	467	Elias Souza		M45	00:43:51	00:04:23
10K	75	200	Fernando Alhau	Coimbra Trail Running	M55	00:43:56	00:04:24
10K	76	260	Jorge Cordeiro	SOURE MOV	M50	00:43:58	00:04:24
10K	77	184	Jose Canha	Kalenji Club Decathlon Aveiro	M55	00:44:04	00:04:24
10K	78	483	Humberto Alves	Clube Condeixa Atletismo	M50	00:44:06	00:04:25
10K	79	446	Nuno Coelho	Os Moitas	M40	00:44:08	00:04:25
10K	80	270	Tiago Mendes		M45	00:44:11	00:04:25
10K	81	148	Miguel Coimbra	UC EIRENSE	M50	00:44:20	00:04:26
10K	82	147	Bruno Gomes	DCI/Trilhos Luso Bussaco	M40	00:44:29	00:04:27
10K	83	465	Joaquim Pocinho	Associação Académica de Coimbra	M45	00:44:35	00:04:28
10K	84	235	Carlos Santos	Espigueiros Runners Caparrosinha	senM	00:44:37	00:04:28
10K	85	16	Joel Santos	ACRM Silveirinha Grande Claras	senM	00:44:38	00:04:28
10K	86	54	Antonio Pereira		M45	00:44:43	00:04:28
10K	87	5	Heitor Santos	Kalenji Club Decathlon Aveiro	M60	00:44:45	00:04:29
10K	88	175	Marisa Joao	Recreio desportivo Águeda	F40	00:44:47	00:04:29
10K	89	471	Jose Macarria	Maresia Bar	M55	00:44:51	00:04:29
10K	90	303	Tiago Marques	SOURE MOV	M35	00:44:56	00:04:30
10K	91	90	Ana Fernandes	TRIBO NR	F35	00:44:57	00:04:30
10K	92	20	Joao Sintra	ACRM Silveirinha Grande Claras	M60	00:44:58	00:04:30
10K	93	442	Rui Figueiredo	CPT SOBRAL DE CEIRA	M40	00:44:59	00:04:30
10K	94	111	Tiago Prazeres	AD Ialbox	senM	00:45:01	00:04:30
10K	95	481	Fernando Ferreira		senM	00:45:18	00:04:32
10K	96	228	Arnaldo Tomas	ADR4 Estações	M40	00:45:19	00:04:32
10K	96	296	Ricardo Pereira	EMCANTOS AITEAM	M35	00:45:19	00:04:32
10K	98	485	Edivaldo Maciel	Kalenji Club Decathlon Aveiro	M35	00:45:20	00:04:32
10K	99	187	Pedro Marques	Lama Solta	senM	00:45:24	00:04:32
10K	100	214	Miguel Gomes		senM	00:45:26	00:04:33
10K	101	298	Jorge Primo	UpBikeTeam	M45	00:45:29	00:04:33
10K	102	198	Carlos Patrao		M35	00:45:33	00:04:33
10K	103	300	Jose Vieira	Con_Dores do Choupal Coimbra	M45	00:45:43	00:04:34
10K	104	45	Joao Castro	Kalenji Club Decathlon Aveiro	M50	00:45:47	00:04:35
10K	105	177	Matheus Mendes		senM	00:45:51	00:04:35
10K	106	324	Vitor Figueiredo	ADR4 Estações	M50	00:45:54	00:04:35
10K	107	91	Ricardo Ferreira	NetQoS	M35	00:45:55	00:04:36
10K	108	498	Rui Fonseca		M40	00:45:57	00:04:36
10K	109	118	Joao Caetano	Olympic Silvas	M35	00:45:58	00:04:36
10K	110	172	Joao Marques		senM	00:46:00	00:04:36
10K	111	443	Susana Meireles	Escola Atletismo de Coimbra/JPaiva	senF	00:46:02	00:04:36
10K	112	112	Marco Simoes		senM	00:46:03	00:04:36
10K	113	358	Nuno Cruz	CluVe	M40	00:46:10	00:04:37
10K	114	12	Nuno Pessoa	TRIBO NR	M40	00:46:19	00:04:38
10K	115	431	Jorge Vaz	Os serranos	senM	00:46:20	00:04:38
10K	116	256	Hugo Filipe		M40	00:46:21	00:04:38
10K	117	237	Andre Rodrigues	SEGAL	senM	00:46:31	00:04:39
10K	118	421	Ricardo Carvalheira		M35	00:46:34	00:04:39
10K	119	380	Carlos Conceicao	CSCRFCHARNECA	M45	00:46:36	00:04:40
10K	120	343	Fernando Batista	Os Batistas	M50	00:46:38	00:04:40
10K	121	445	Maria Carvalho	Escola Atletismo de Coimbra/JPaiva	senF	00:46:40	00:04:40
10K	122	249	Manuel Marcal	CluVe	M60	00:46:41	00:04:40
10K	123	363	Bruno Simoes	NIWA	senM	00:46:44	00:04:40
10K	124	350	Rui Neves	CSCRFCHARNECA	M35	00:46:45	00:04:41
10K	125	354	Joao Nunes		M45	00:46:54	00:04:41
10K	126	223	Cesar Almeida	Espigueiros Runners Caparrosinha	M35	00:47:06	00:04:43
10K	127	21	Jorge Lestro		M35	00:47:08	00:04:43
10K	128	169	Sergio Marques		M35	00:47:13	00:04:43
10K	129	379	Luis Oliveira		senM	00:47:18	00:04:44
10K	130	70	Ligia Casimiro	Kalenji Club Decathlon Aveiro	F40	00:47:19	00:04:44
10K	131	394	Fernando Morgado	ARCD Venda da Luísa	M35	00:47:21	00:04:44
10K	132	398	Joao Silva	ARCD Venda da Luísa	senM	00:47:23	00:04:44

10K	133	65	Paulo Lopes	SOURE MOV	M45	00:47:25	00:04:45
10K	134	463	Carlos Ribeiro	Associação Académica de Coimbra	M50	00:47:27	00:04:45
10K	135	206	Vera Rocha	Espigueiros Runners Caparrosinha	senF	00:47:31	00:04:45
10K	136	158	Pedro Marques	Kalenji Club Decathlon Aveiro	M40	00:47:35	00:04:46
10K	137	404	Tiago Almeida	ARCD Venda da Luísa	senM	00:47:49	00:04:47
10K	138	388	Filipe Duarte	JMP Team	M35	00:47:50	00:04:47
10K	139	150	Filipe Picao	Just Keep Running	M40	00:47:52	00:04:47
10K	140	43	Tiago Pires	Casa do Benfica Condeixa	senM	00:47:57	00:04:48
10K	141	131	Vasco Figueiredo	Clube Atlético de Oliveira do Hospital	M40	00:48:13	00:04:49
10K	142	124	Norberto Marques		senM	00:48:14	00:04:49
10K	143	179	Carlos Pessoa		M35	00:48:21	00:04:50
10K	144	383	Paulo Domingues	TRIBO NR	M40	00:48:22	00:04:50
10K	145	136	Paulo Goncalves		M45	00:48:26	00:04:51
10K	146	482	Jose Nunes	Clube Condeixa Atletismo	M40	00:48:34	00:04:51
10K	147	127	Joao Cavadas		M50	00:48:36	00:04:52
10K	148	139	Humberto Dias	Run4fun	M45	00:48:37	00:04:52
10K	149	480	Carlos Lobo		M55	00:48:39	00:04:52
10K	150	469	Ricardo Goncalves		M40	00:48:40	00:04:52
10K	151	476	Carla Cardoso		F45	00:48:42	00:04:52
10K	152	454	Bruno Silva		M45	00:48:45	00:04:52
10K	153	128	Joao Campos	TRIBO NR	M35	00:48:54	00:04:53
10K	154	174	Carla Goncalves	Onda Team	F45	00:48:55	00:04:54
10K	155	285	Joel Simoes		senM	00:48:58	00:04:54
10K	156	66	Carla Rosa	Kalenji Club Decathlon Aveiro	F45	00:48:59	00:04:54
10K	157	204	Pedro Gaspar	A.D.C.ANDORINHA	senM	00:49:01	00:04:54
10K	158	202	Claudio Matias	A.D.C.ANDORINHA	M40	00:49:02	00:04:54
10K	159	278	Joao Cruz		M45	00:49:03	00:04:54
10K	160	259	Joana Dionisio	SOURE MOV	F35	00:49:08	00:04:55
10K	161	290	Antonio Batista	Viriathvs Runners Viseu	M45	00:49:10	00:04:55
10K	162	168	Leandro Leite		M35	00:49:15	00:04:55
10K	163	325	Humberto Alves	TRIBO NR	senM	00:49:20	00:04:56
10K	164	361	Pascoal Oliveira	CSCRFCHARNECA	M45	00:49:24	00:04:56
10K	165	183	Oscar Rocha	Viriathvs Runners Viseu	M55	00:49:25	00:04:57
10K	166	362	Joao Rainho		senM	00:49:35	00:04:58
10K	167	210	Miguel Silva	LIBPhys-UC	senM	00:49:42	00:04:58
10K	168	82	Joao Veiga	Mestres do Passevite	M35	00:49:45	00:04:59
10K	169	55	Catarina Leite		F35	00:49:48	00:04:59
10K	170	509	Guilherme Fernandes	ARCD Venda da Luísa	senM	00:49:49	00:04:59
10K	171	414	Alda Cordeiro	Ladecasa	F50	00:49:56	00:05:00
10K	172	466	Ana Pedrosa	TRIBO NR	F45	00:49:59	00:05:00
10K	173	437	Alvaro Costa		M55	00:50:00	00:05:00
10K	174	387	Marco Xavier		senM	00:50:02	00:05:00
10K	175	386	Diogo Ramos		senM	00:50:03	00:05:00
10K	176	360	Virginia Sintra	CSCRFCHARNECA	F35	00:50:07	00:05:01
10K	177	402	Ruben Almeida	ARCD Venda da Luísa	senM	00:50:08	00:05:01
10K	178	330	Jose Ramos		M45	00:50:16	00:05:02
10K	179	98	Jose Ladeiro		senM	00:50:21	00:05:02
10K	180	501	Rui Palmeira	ARCD Venda da Luísa	M35	00:50:22	00:05:02
10K	181	28	Ricardo Rocha	Con_Dores do Choupal Coimbra	M50	00:50:32	00:05:03
10K	182	422	Telmo Silva	Papa léguas	senM	00:50:33	00:05:03
10K	183	286	Gil Fonseca	Clube Atlético de Oliveira do Hospital	M40	00:50:36	00:05:04
10K	184	165	Jorge Loureiro	CluVe	M65	00:50:38	00:05:04
10K	185	332	Elizabete Loureiro	Porto Sentido Runners	F45	00:50:40	00:05:04
10K	186	491	Telmo Martins	CluVe	senM	00:50:43	00:05:04
10K	187	352	Armando Rodrigues	TRIBO NR	M50	00:50:44	00:05:04
10K	188	87	Maria Benquerenca		F45	00:50:51	00:05:05
10K	189	173	Paulo Martins		M45	00:50:56	00:05:06
10K	190	155	Jorge Lestro	Lestros	M45	00:51:00	00:05:06
10K	191	328	Carlos Figueiredo		senM	00:51:10	00:05:07
10K	192	205	Rafael Lopes	Espigueiros Runners Caparrosinha	senM	00:51:11	00:05:07
10K	193	140	Celina Oliveira	Run4fun	F45	00:51:14	00:05:07
10K	194	191	Goncalo Cardoso	CARVALHOS	M40	00:51:20	00:05:08
10K	195	323	Jose Dias		M45	00:51:21	00:05:08
10K	196	195	Daniela Santos	João Silva Academia de Atletismo CCR Praia de Mira	senF	00:51:24	00:05:08
10K	197	180	Cristina Silva	Kalenji Club Decathlon Aveiro	F45	00:51:27	00:05:09
10K	198	499	Maria Lobo		senF	00:51:28	00:05:09

10K	199	345	Manuela Goncalves		F45	00:51:31	00:05:09
10K	200	199	Liliana Silva	TRIBO NR	F40	00:51:35	00:05:10
10K	201	146	Jose Silva		M40	00:51:39	00:05:10
10K	202	95	Nadine Loureiro		senF	00:51:50	00:05:11
10K	203	302	Jose Goncalves		M60	00:51:52	00:05:11
10K	204	74	Rui Correia	Kalenji Club Decathlon Aveiro	M50	00:51:54	00:05:11
10K	205	190	Tiago Martins		senM	00:51:56	00:05:12
10K	206	353	Nuno Duarte		M35	00:51:58	00:05:12
10K	207	432	Emanuela Simoes		F40	00:51:59	00:05:12
10K	208	126	Anabela Leite	Kalenji Club Decathlon Aveiro	F40	00:52:12	00:05:13
10K	209	301	Vitor Nunes	LB7	M45	00:52:14	00:05:13
10K	210	182	Hugo Martins	CARVALHOS	M40	00:52:39	00:05:16
10K	211	85	Diana Pereira	Kalenji Club Decathlon Aveiro	F40	00:52:42	00:05:16
10K	212	435	Nuno Figueiredo		senM	00:52:44	00:05:16
10K	213	265	Margarida Vieira	HUT RUNNERS COIMBRA	F40	00:52:47	00:05:17
10K	214	307	Tiago Costa	Jogging Lovers Coimbra	senM	00:52:50	00:05:17
10K	215	447	Alexandre Anjos	TRIBO AST COIMBRA	senM	00:52:51	00:05:17
10K	216	114	Francisco Rosendo	Olympic Silvas	senM	00:52:52	00:05:17
10K	217	318	Hugo Domingues	I Never Run Alone	M35	00:52:55	00:05:17
10K	218	213	Carlos Pedro		M45	00:52:56	00:05:18
10K	219	506	Mauel Duarte	TRIBO NR	M45	00:52:58	00:05:18
10K	220	313	Vitor Ribeiro	Los Caribeños	M35	00:53:00	00:05:18
10K	221	405	Ana Rufino	TRIBO NR	F40	00:53:01	00:05:18
10K	222	176	Francisco Viegas		M50	00:53:04	00:05:18
10K	223	333	Carlos Martins	Porto Sentido Runners	M50	00:53:10	00:05:19
10K	224	227	Victor Pereira	CluVe	M65	00:53:13	00:05:19
10K	225	185	Julio Goncalves		M60	00:53:24	00:05:20
10K	226	156	Manuel Ferreira		M50	00:53:27	00:05:21
10K	227	238	Paulo Faustino		M40	00:53:29	00:05:21
10K	228	203	Tiago Carmo	A.D.C.ANDORINHA	M35	00:53:32	00:05:21
10K	229	36	Cristina Silva	Kalenji Club Decathlon Aveiro	F40	00:53:33	00:05:21
10K	230	395	Goncalo Deus	ARCD Venda da Luísa	senM	00:53:40	00:05:22
10K	231	401	Nelson Simoes	ARCD Venda da Luísa	M40	00:53:41	00:05:22
10K	232	120	Hernani Pedroso		M45	00:53:43	00:05:22
10K	232	297	Marco Simoes		M40	00:53:43	00:05:22
10K	234	306	Emanuel Ferreira	Jogging Lovers Coimbra	M35	00:53:47	00:05:23
10K	235	83	Pedro Lemos	Tiba running team	M40	00:53:55	00:05:23
10K	236	385	Bruno Lima	CSCRFCHARNECA	senM	00:53:57	00:05:24
10K	237	166	Ines Godinho		senF	00:53:58	00:05:24
10K	238	299	Fernando Fragateiro	GDC Portos de Sines e Algarve	M55	00:54:00	00:05:24
10K	239	357	Carlos Barradas		M45	00:54:13	00:05:25
10K	240	192	Pedro Fontes	CARVALHOS	M40	00:54:15	00:05:26
10K	241	130	Ana Figueiredo		F35	00:54:26	00:05:27
10K	242	145	Joao Silva	CKAPRI.pt	M60	00:54:33	00:05:27
10K	243	459	Silvino Lemos		M55	00:54:41	00:05:28
10K	244	105	Filomena Santos	Kalenji Club Decathlon Aveiro	F55	00:54:43	00:05:28
10K	245	267	Jose Dias	Viriathvs Runners Viseu	M40	00:54:46	00:05:29
10K	246	207	Luis Almeida		M40	00:54:48	00:05:29
10K	247	11	Rui Silva		M40	00:54:49	00:05:29
10K	248	264	Paulo Jorge	HUT RUNNERS COIMBRA	M35	00:54:52	00:05:29
10K	249	295	Goncalo Martins	HUT RUNNERS COIMBRA	M40	00:54:54	00:05:29
10K	250	35	Marta Senos	Kalenji Club Decathlon Aveiro	senF	00:55:06	00:05:31
10K	251	96	Rui Mateus		M40	00:55:13	00:05:31
10K	252	103	Helena Lopes	TRIBO NR	F40	00:55:19	00:05:32
10K	253	101	Vitor Braz	Os Filhos da Noite	M45	00:55:20	00:05:32
10K	254	420	Tiago Carvalho	Papa Léguas	senM	00:55:24	00:05:32
10K	255	342	Filipa Batista	Os Batistas	senF	00:55:26	00:05:33
10K	256	314	Dino Marques	Los Caribeños	M35	00:55:28	00:05:33
10K	257	409	Anabela Amaral	TRIBO NR	F45	00:55:30	00:05:33
10K	258	416	Tiago Silva		senM	00:55:31	00:05:33
10K	259	406	Dias Monica		senF	00:55:34	00:05:33
10K	260	254	Claudia Afonso	DCI/Trilhos Luso Bussaco	F35	00:55:35	00:05:33
10K	261	38	Alexandra Pinho	Kalenji Club Decathlon Aveiro	F45	00:55:36	00:05:34
10K	262	334	Paula Coutinho	Porto Sentido Runners	F45	00:55:37	00:05:34
10K	263	247	Pedro Goncalves		M40	00:55:45	00:05:35
10K	264	93	Rita Gouveia	Bubbleduck Team	F35	00:55:57	00:05:36

10K	265	94	Alexandre Lourenco	Bubbleduck Team	M45	00:55:58	00:05:36
10K	266	26	Gabriela Carraco	ACRM Silveirinha Grande Claras	F35	00:56:00	00:05:36
10K	267	381	Lucidio Dias	ACRM Silveirinha Grande Claras	M60	00:56:02	00:05:36
10K	268	17	Edgar Gomes	ACRM Silveirinha Grande Claras	M35	00:56:03	00:05:36
10K	269	376	Antonia Abrantes		F50	00:56:12	00:05:37
10K	270	274	Carla Rodrigues		senF	00:56:14	00:05:37
10K	271	248	Marcos Neves		M35	00:56:16	00:05:38
10K	272	326	Mario Bernardino	@correrempportugal	senM	00:56:24	00:05:38
10K	273	327	Sara Vitoria	@correrempportugal	senF	00:56:26	00:05:39
10K	274	78	Sara Martins	CluVe	F40	00:56:29	00:05:39
10K	275	73	Pedro Trindade		M35	00:56:32	00:05:39
10K	276	336	Joao Oliveira	BARRASCOS RUNNERS	senM	00:56:39	00:05:40
10K	277	460	Ana Lemos	HUT RUNNERS COIMBRA	F35	00:56:40	00:05:40
10K	278	510	Jose Fernandes	ARCD Venda da Luísa	M55	00:56:43	00:05:40
10K	279	339	Rita Oliveira		senF	00:56:46	00:05:41
10K	280	40	Goncalo Mendes		M35	00:56:47	00:05:41
10K	281	335	Claudio Rebelo	BARRASCOS RUNNERS	senM	00:56:49	00:05:41
10K	282	129	Vera Ferreira		senF	00:56:52	00:05:41
10K	283	271	Alberto Valejo	IPNrunners	M45	00:56:53	00:05:41
10K	284	347	Santos Mota	SOURE MOV	M60	00:56:55	00:05:41
10K	285	436	Paulo Curado		M40	00:56:56	00:05:42
10K	286	294	Marta Marques	HUT RUNNERS COIMBRA	F35	00:56:58	00:05:42
10K	287	86	Luciano Pereira	Mestres do Passevite	M35	00:57:00	00:05:42
10K	288	430	Ana Albernaz	Os serranos	senF	00:57:15	00:05:44
10K	289	429	Ricardo Neves	Os serranos	M35	00:57:18	00:05:44
10K	290	246	Antonio Tavares	CluVe	M65	00:57:19	00:05:44
10K	291	218	Rui Ferreira	Onda Team	M50	00:57:22	00:05:44
10K	292	211	Pedro Vaz	LIBPhys-UC	senM	00:57:23	00:05:44
10K	293	310	Luis Bastos	Jogging Lovers Coimbra	M35	00:57:25	00:05:45
10K	294	258	Eugenia Batista	SOURE MOV	F55	00:57:38	00:05:46
10K	295	449	Filipe Bandeira	Papa Léguas	senM	00:57:40	00:05:46
10K	296	337	Manuel Jorge	Levanta Poeira	M65	00:57:43	00:05:46
10K	297	242	Fernando Almeida	Golden Performance	senM	00:57:44	00:05:46
10K	298	209	Pedro Correia		M40	00:57:45	00:05:47
10K	299	115	Beatriz Silva	Olympic Silvas	senF	00:57:47	00:05:47
10K	300	241	Fabiana Santos	Golden Performance	senF	00:57:50	00:05:47
10K	301	312	Tiago Bastos	Los Caribeños	M35	00:57:59	00:05:48
10K	302	272	Joao Dias	IPNrunners	M50	00:58:08	00:05:49
10K	303	316	Jose Braga	I Never Run Alone	senM	00:58:09	00:05:49
10K	304	346	Antonio Serodio	SOURE MOV	M55	00:58:11	00:05:49
10K	305	273	Didier Lopes		M40	00:58:13	00:05:49
10K	306	391	Carlos Canais	ARCD Venda da Luísa	M45	00:58:14	00:05:49
10K	307	392	Cidalia Canais	ARCD Venda da Luísa	F45	00:58:17	00:05:50
10K	308	364	Andreia Duque	NIWA	senF	00:58:19	00:05:50
10K	309	266	Albano Dinis	Clube Atlético de Oliveira do Hospital	M55	00:58:20	00:05:50
10K	310	243	Lucia Carrasqueiro		F35	00:58:28	00:05:51
10K	311	116	Catarina Matias	Olympic Silvas	F35	00:58:30	00:05:51
10K	312	225	Mario Pedroso	Con_Dores do Choupal Coimbra	M40	00:58:31	00:05:51
10K	313	15	Nelson Marques	ACRM Silveirinha Grande Claras	M40	00:58:32	00:05:51
10K	314	415	Dino Costa		M45	00:58:33	00:05:51
10K	315	104	Rui Lopes	TRIBO NR	M40	00:58:36	00:05:52
10K	316	502	Nuno Cardetas		M35	00:58:38	00:05:52
10K	317	433	David Ferreira	Espigueiros Runners Caparrosinha	senM	00:58:39	00:05:52
10K	318	331	Angela Almeida		senF	00:58:40	00:05:52
10K	319	486	Sofia Lemos	Olympic Silvas	F40	00:58:43	00:05:52
10K	320	233	Nelia Antunes		F35	00:58:44	00:05:52
10K	321	234	Fabio Martins	Espigueiros Runners Caparrosinha	senM	00:58:47	00:05:53
10K	322	68	Joao Figueira		senM	00:58:49	00:05:53
10K	323	496	Susana Gomes		F45	00:58:52	00:05:53
10K	324	456	Gil Duarte		senM	00:58:57	00:05:54
10K	325	349	Mariana Oliveira	LIBPhys-UC	senF	00:58:59	00:05:54
10K	326	428	Edgar Solano	Os serranos	senM	00:59:19	00:05:56
10K	327	308	Joaquim Pragana	Jogging Lovers Coimbra	M60	00:59:24	00:05:56
10K	328	149	Paulo Neves	Just Keep Running	M45	00:59:30	00:05:57
10K	329	24	Ondina Leal	ACRM Silveirinha Grande Claras	F45	00:59:31	00:05:57
10K	330	29	Sandrina Bregieiro	ACRM Silveirinha Grande Claras	F35	00:59:32	00:05:57

10K	331	344	Antonio Calhau		senM	00:59:44	00:05:58
10K	332	365	Renata Patrao	NIWA	senF	00:59:53	00:05:59
10K	333	371	Carlos Ramos	NIWA	senM	00:59:54	00:05:59
10K	334	193	Rui Brunheta	Potencial Global	M50	00:59:55	00:06:00
10K	335	408	Joana Lucena	NIWA	senF	00:59:57	00:06:00
10K	336	9	Joao Graca	ACRM Silveirinha Grande Claras	M60	00:59:58	00:06:00
10K	337	42	Carina Robaina	Kalenji Club Decathlon Aveiro	senF	00:59:59	00:06:00
10K	337	50	Liliana Juliao	Kalenji Club Decathlon Aveiro	senF	00:59:59	00:06:00
10K	339	144	Augusto Costa	Kalenji Club Decathlon Aveiro	M60	01:00:01	00:06:00
10K	340	143	Nazare Peixoto		F45	01:00:12	00:06:01
10K	341	133	Maria Ferreira	Onda Team	F45	01:00:13	00:06:01
10K	342	61	Carlos Ortet	Kalenji Club Decathlon Aveiro	M45	01:00:37	00:06:04
10K	343	268	Irene Melo	Viriathvs Runners Viseu	F40	01:00:39	00:06:04
10K	344	269	Isabel Melo	Viriathvs Runners Viseu	F45	01:00:40	00:06:04
10K	345	341	Teresa Filipe	Viriathvs Runners Viseu	F60	01:00:41	00:06:04
10K	346	276	Ana Faustino		F35	01:00:58	00:06:06
10K	347	194	Laurinda Pereira	CSKD - Condeixa Shukokai Karate Do	F45	01:01:04	00:06:06
10K	348	315	Daniela Melo	Los Caribeños	senF	01:01:16	00:06:08
10K	349	359	Arlindo Oliveira	CSCRFCHARNECA	M50	01:01:21	00:06:08
10K	350	263	Mara Beirao	HUT RUNNERS COIMBRA	senF	01:01:38	00:06:10
10K	351	311	Liliana Pragana	Jogging Lovers Coimbra	senF	01:01:42	00:06:10
10K	352	455	Pedro Gomes		senM	01:01:45	00:06:10
10K	353	56	Joao Lucas	DSMEITEAM	M35	01:01:49	00:06:11
10K	354	57	Claudio Mortagua	DSMEITEAM	M35	01:01:57	00:06:12
10K	355	30	Ana Goncalves	Kalenji Club Decathlon Aveiro	F50	01:02:09	00:06:13
10K	355	31	Antonio Matos	Kalenji Club Decathlon Aveiro	M45	01:02:09	00:06:13
10K	357	113	Ines Caetano	Olympic Silvas	F35	01:02:11	00:06:13
10K	358	167	Nelia Matos	CSKD - Condeixa Shukokai Karate Do	F45	01:02:12	00:06:13
10K	359	47	Carlos Miranda	DSMEITEAM	M45	01:02:21	00:06:14
10K	360	181	Ana Matias		F45	01:02:31	00:06:15
10K	361	110	Luis Nunes	TRIBO NR	M45	01:02:33	00:06:15
10K	362	370	Joao Figueiredo	NIWA	senM	01:02:36	00:06:16
10K	363	281	Ana Garcia	Montanha Clube Trail Running/Efapel	senF	01:02:38	00:06:16
10K	364	88	Luis Antonio		senM	01:02:40	00:06:16
10K	365	44	Fatima Goncalves	Kalenji Club Decathlon Aveiro	F40	01:02:45	00:06:16
10K	366	473	Gil Neto		M40	01:02:46	00:06:17
10K	367	474	Marco Henriques		M40	01:02:48	00:06:17
10K	368	261	Antonio Neves	SOURE MOV	M55	01:02:51	00:06:17
10K	369	142	Ana Campos	CAOH	senF	01:02:58	00:06:18
10K	370	141	Alexandra Campos	CAOH	senF	01:02:59	00:06:18
10K	371	244	Luisa Almeida	A Minha Corrida	F50	01:03:02	00:06:18
10K	372	212	Marina Dias		F35	01:03:04	00:06:18
10K	373	108	Jose Anastacio	Peniche a Correr	M60	01:03:06	00:06:19
10K	374	399	Judite Duarte	ARCD Venda da Luísa	F45	01:03:07	00:06:19
10K	375	396	Graca Simoes	ARCD Venda da Luísa	F40	01:03:08	00:06:19
10K	376	393	Elisabete Correia	ARCD Venda da Luísa	senF	01:03:09	00:06:19
10K	377	458	Carlos Carvalho	AJF ZAMBUJAL	M35	01:03:10	00:06:19
10K	378	407	Isidro Fernandes	Lama Solta	senM	01:03:11	00:06:19
10K	379	382	Carolina Rodrigues	NIWA	senF	01:03:14	00:06:19
10K	380	317	Filipa Braga	I Never Run Alone	senF	01:03:29	00:06:21
10K	381	319	Cecilia Cardoso	I Never Run Alone	F35	01:03:30	00:06:21
10K	382	64	Paula Juliet'S	Kalenji Club Decathlon Aveiro	F40	01:03:40	00:06:22
10K	383	426	Pedro Ferreira		M35	01:03:41	00:06:22
10K	384	163	Artur Cordeiro	NIWA	M65	01:03:43	00:06:22
10K	385	304	Joana Marreco	Gazelas	F35	01:03:51	00:06:23
10K	386	493	Bruno Marques		M35	01:03:53	00:06:23
10K	387	125	Maria Anastacio	Peniche a Correr	F55	01:03:55	00:06:23
10K	388	369	Eliane Boas	NIWA	F45	01:04:05	00:06:24
10K	389	107	Ligia Santos		F40	01:04:07	00:06:25
10K	390	161	Cesar Rodrigues		M40	01:04:08	00:06:25
10K	391	121	Jose Quadrado	TRIBO NR	M45	01:04:10	00:06:25
10K	392	137	Paulo Isidoro	TRIBO NR	M45	01:04:12	00:06:25
10K	393	413	Cesar Leitao		M35	01:04:22	00:06:26
10K	394	60	Catarina Agostinho	Kalenji Club Decathlon Aveiro	F35	01:04:25	00:06:26
10K	395	58	Edite Fernandes	Kalenji Club Decathlon Aveiro	F45	01:04:26	00:06:27
10K	396	154	Antonio Fernandes		M45	01:04:33	00:06:27

10K	397	62	David Marques		senM	01:04:49	00:06:29
10K	398	37	Cris Teixeira		F35	01:04:50	00:06:29
10K	399	348	Vitor Gariso	SOURE MOV	M50	01:04:52	00:06:29
10K	400	219	Miguel Lopes	Espigueiros Runners Caparrosinha	senM	01:04:54	00:06:29
10K	401	79	Ana Vieira	CSKD - Condeixa Shukokai Karate Do	F45	01:05:25	00:06:32
10K	402	229	Ana Gomes		senF	01:05:26	00:06:33
10K	403	152	Eduarda Vinagre	Kalenji Club Decathlon Aveiro	F45	01:05:28	00:06:33
10K	404	283	Joana Almeida		senF	01:05:41	00:06:34
10K	405	284	Telma Costa		F40	01:05:42	00:06:34
10K	406	76	Jose Madeira	Tartarugas do Choupal	M65	01:05:45	00:06:35
10K	407	472	Alcides Pereira		M45	01:05:47	00:06:35
10K	408	475	Tatiana Florindo		senF	01:05:48	00:06:35
10K	409	453	Paula Martins		F50	01:06:28	00:06:39
10K	410	368	Vanessa Pereira	NIWA	senF	01:06:30	00:06:39
10K	411	372	Telma Santos	NIWA	senF	01:06:53	00:06:41
10K	412	84	Ana Ribeiro	Kalenji Club Decathlon Aveiro	F45	01:06:57	00:06:42
10K	413	170	Margarida Carvalho	Kalenji Club Decathlon Aveiro	F45	01:07:01	00:06:42
10K	414	102	Patricia Moreira	Os Filhos da Noite	senF	01:07:05	00:06:43
10K	415	153	Ana Costa	Kalenji Club Decathlon Aveiro	F40	01:07:07	00:06:43
10K	416	132	Anabela Figueiredo	Clube Atlético de Oliveira do Hospital	F40	01:07:12	00:06:43
10K	417	367	Rebeca Rodrigues	NIWA	senF	01:07:19	00:06:44
10K	418	39	Catarina Albuquerque	Kalenji Club Decathlon Aveiro	F40	01:07:46	00:06:47
10K	419	48	Sara Castro	Kalenji Club Decathlon Aveiro	F45	01:07:47	00:06:47
10K	420	162	Vera Cordeiro	NIWA	F35	01:07:53	00:06:47
10K	421	377	Tiago Goncalo	NIWA	senM	01:07:54	00:06:47
10K	422	226	Carla Cortes		senF	01:07:55	00:06:48
10K	423	477	Catia Santos	Mancos e o Andarilho	senF	01:07:57	00:06:48
10K	424	340	Jose Alberto	Viriathvs Runners Viseu	M55	01:08:12	00:06:49
10K	425	423	Rosana Santos	Papa Léguas	senF	01:08:14	00:06:49
10K	426	320	Antonio Maia	I Never Run Alone	M35	01:08:16	00:06:50
10K	427	321	Ana Laginha	I Never Run Alone	F35	01:08:18	00:06:50
10K	428	215	Joao Cruz	I Never Run Alone	M45	01:08:39	00:06:52
10K	429	216	Ana Cruz	I Never Run Alone	F35	01:08:41	00:06:52
10K	430	384	Helena Coelho	CSCRFCHARNECA	F45	01:08:54	00:06:53
10K	431	117	Miguel Rosendo	Olympic Silvas	senM	01:08:57	00:06:54
10K	432	217	Manuel Pereira	Clínica dos Relógios	M65	01:10:25	00:07:03
10K	433	322	Cristina Daniel	TRIBO NR	F40	01:10:26	00:07:03
10K	434	208	Andreia Oliveira		F35	01:10:27	00:07:03
10K	435	32	Regina Marvao	Kalenji Club Decathlon Aveiro	F35	01:10:37	00:07:04
10K	436	196	Catia Agostinho		senF	01:10:44	00:07:04
10K	437	329	Lurdes Belo	Espigueiros Runners Caparrosinha	F45	01:11:21	00:07:08
10K	438	67	Claudia Peralta	Kalenji Club Decathlon Aveiro	F40	01:11:22	00:07:08
10K	439	160	Sonia Marques	Kalenji Club Decathlon Aveiro	F35	01:13:21	00:07:20
10K	440	220	Salome Bizarro		F40	01:13:22	00:07:20
10K	441	374	Rosario Sousa	NIWA	senF	01:13:46	00:07:23
10K	442	457	Ivone Abichara		F50	01:14:21	00:07:26
10K	443	63	Beatriz Oliveira	Kalenji Club Decathlon Aveiro	senF	01:15:13	00:07:31
10K	444	69	Sonia Marques	Kalenji Club Decathlon Aveiro	F40	01:15:41	00:07:34
10K	445	500	Eunice Mendes	Olympic Silvas	senF	01:17:37	00:07:46
10K	446	188	Nadine Santos		senF	01:18:31	00:07:51
10K	447	375	Rodrigo Pardal	NIWA	senM	01:18:49	00:07:53
10K	448	109	Ana Bernardes		senF	01:25:05	00:08:31
10K	449	80	Aurora Liberdade		F40	01:25:06	00:08:31
10K	450	403	Rui Monteiro	ARCD Venda da Luísa	senM	01:25:07	00:08:31

4 estações - Inverno - Coimbra - 03/03/2019 == Classificação: Equipas Femininas

Prova	Equipas Femininas	Sexo	Dorsal	Nome	classEsc	classGeral	PONTOS
1ª Classificada							
10K	Escola Atletismo de Coimbra/JPaiva	Fem	478	Patricia Fernandes	2	36	13
10K	Escola Atletismo de Coimbra/JPaiva	Fem	443	Susana Meireles	5	111	13
10K	Escola Atletismo de Coimbra/JPaiva	Fem	445	Maria Carvalho	6	121	13
2ª Classificada							
10K	Kalenji Club Decathlon Aveiro	Fem	70	Ligia Casimiro	7	130	39
10K	Kalenji Club Decathlon Aveiro	Fem	66	Carla Rosa	11	156	39
10K	Kalenji Club Decathlon Aveiro	Fem	180	Cristina Silva	21	197	39
3ª Classificada							
10K	TRIBO NR	Fem	90	Ana Fernandes	4	91	43
10K	TRIBO NR	Fem	466	Ana Pedrosa	15	172	43
10K	TRIBO NR	Fem	199	Liliana Silva	24	200	43
4ª Classificada							
10K	HUT RUNNERS COIMBRA	Fem	265	Margarida Vieira	29	213	130
10K	HUT RUNNERS COIMBRA	Fem	460	Ana Lemos	49	277	130
10K	HUT RUNNERS COIMBRA	Fem	294	Marta Marques	52	286	130
5ª Classificada							
10K	Olympic Silvas	Fem	115	Beatriz Silva	55	299	177
10K	Olympic Silvas	Fem	116	Catarina Matias	60	311	177
10K	Olympic Silvas	Fem	486	Sofia Lemos	62	319	177
6ª Classificada							
10K	ACRM Silveirinha Grande Claras	Fem	26	Gabriela Carraco	44	266	177
10K	ACRM Silveirinha Grande Claras	Fem	24	Ondina Leal	66	329	177
10K	ACRM Silveirinha Grande Claras	Fem	29	Sandrina Bregieiro	67	330	177
7ª Classificada							
10K	NIWA	Fem	364	Andreia Duque	58	308	195
10K	NIWA	Fem	365	Renata Patrao	68	332	195
10K	NIWA	Fem	408	Joana Lucena	69	335	195
8ª Classificada							
10K	ARCD Venda da Luísa	Fem	392	Cidalia Canais	57	307	242
10K	ARCD Venda da Luísa	Fem	399	Judite Duarte	92	374	242
10K	ARCD Venda da Luísa	Fem	396	Graca Simoes	93	375	242
9ª Classificada							
10K	CSKD - Condeixa Shukokai Karate Do	Fem	194	Laurinda Pereira	78	347	268
10K	CSKD - Condeixa Shukokai Karate Do	Fem	167	Nelia Matos	84	358	268
10K	CSKD - Condeixa Shukokai Karate Do	Fem	79	Ana Vieira	106	401	268
10ª Classificada							
10K	I Never Run Alone	Fem	317	Filipa Braga	96	380	320
10K	I Never Run Alone	Fem	319	Cecilia Cardoso	97	381	320
10K	I Never Run Alone	Fem	321	Ana Laginha	127	427	320

4 estações - Inverno - Coimbra - 03/03/2019 == Classificação: Equipas Masculinas

Prova	Equipas Masculinas	Sexo	Dorsal	Nome	classEsc	classGeral	PONTOS
1ª Classificada							
10K	Escola Atletismo de Coimbra/JPaiva	Masc	2	Nelson Oliveira	1	1	16
10K	Escola Atletismo de Coimbra/JPaiva	Masc	492	Vasco Pereira	7	7	16
10K	Escola Atletismo de Coimbra/JPaiva	Masc	417	Aderito Fontes	8	8	16
2ª Classificada							
10K	DCI/Trilhos Luso Bussaco	Masc	251	Milton Santos	9	9	54
10K	DCI/Trilhos Luso Bussaco	Masc	434	Fernando Marques	22	22	54
10K	DCI/Trilhos Luso Bussaco	Masc	252	Toze Carvalho	23	23	54
3ª Classificada							
10K	CPT SOBRAL DE CEIRA	Masc	439	Vitor Pleno	6	6	70
10K	CPT SOBRAL DE CEIRA	Masc	438	Luis Rodrigues	10	10	70
10K	CPT SOBRAL DE CEIRA	Masc	441	Celso Pereira	54	56	70
4ª Classificada							
10K	TRIBO NR	Masc	448	Manuel Pinto	14	14	90
10K	TRIBO NR	Masc	293	Saul Martins	37	39	90
10K	TRIBO NR	Masc	201	Tiago Taborda	39	41	90
5ª Classificada							
10K	Associação Académica de Coimbra	Masc	1	Rui Lopes	4	4	93
10K	Associação Académica de Coimbra	Masc	462	Pedro Varela	34	35	93
10K	Associação Académica de Coimbra	Masc	464	Fernando Agante	55	57	93
6ª Classificada							
10K	Kalenji Club Decathlon Aveiro	Masc	33	William Caetano	19	19	103
10K	Kalenji Club Decathlon Aveiro	Masc	490	Antonio Moreira	31	32	103
10K	Kalenji Club Decathlon Aveiro	Masc	41	Ricardo Goncalves	53	55	103
7ª Classificada							
10K	Duravit Raceteam	Masc	52	Hugo Silva	17	17	104
10K	Duravit Raceteam	Masc	71	Jose Cruz	41	43	104
10K	Duravit Raceteam	Masc	72	Joao Portugal	46	48	104
8ª Classificada							
10K	ACRM Silveirinha Grande Claras	Masc	25	Ricardo Nunes	20	20	109
10K	ACRM Silveirinha Grande Claras	Masc	13	Luis Silva	27	27	109
10K	ACRM Silveirinha Grande Claras	Masc	19	Amilcar Costa	62	64	109
9ª Classificada							
10K	SOURE MOV	Masc	257	Ernesto Nabeiro	16	16	177
10K	SOURE MOV	Masc	260	Jorge Cordeiro	74	76	177
10K	SOURE MOV	Masc	303	Tiago Marques	87	90	177
10ª Classificada							
10K	CluVe	Masc	151	Hugo Coelho	12	12	236
10K	CluVe	Masc	358	Nuno Cruz	108	113	236
10K	CluVe	Masc	249	Manuel Marcal	116	122	236
11ª Classificada							
10K	Clube Condeixa Atletismo	Masc	470	Edgar Gomes	26	26	240
10K	Clube Condeixa Atletismo	Masc	483	Humberto Alves	76	78	240
10K	Clube Condeixa Atletismo	Masc	482	Jose Nunes	138	146	240
12ª Classificada							
10K	ARCD Venda da Luísa	Masc	390	Artur Gandara	49	51	244
10K	ARCD Venda da Luísa	Masc	427	Andre Monteiro	71	73	244
10K	ARCD Venda da Luísa	Masc	394	Fernando Morgado	124	131	244
13ª Classificada							
10K	ADR4 Estações	Masc	232	Antonio Patricio	56	58	250
10K	ADR4 Estações	Masc	228	Arnaldo Tomas	92	96	250
10K	ADR4 Estações	Masc	324	Vitor Figueiredo	102	106	250

14ª Classificada							
10K	CSCRFCHARNECA	Masc	351	Pedro Vieira	21	21	253
10K	CSCRFCHARNECA	Masc	380	Carlos Conceicao	114	119	253
10K	CSCRFCHARNECA	Masc	350	Rui Neves	118	124	253
15ª Classificada							
10K	Espigueiros Runners Caparrosinha	Masc	235	Carlos Santos	82	84	376
10K	Espigueiros Runners Caparrosinha	Masc	223	Cesar Almeida	120	126	376
10K	Espigueiros Runners Caparrosinha	Masc	205	Rafael Lopes	174	192	376
16ª Classificada							
10K	Jogging Lovers Coimbra	Masc	309	Aurelio Saude	38	40	426
10K	Jogging Lovers Coimbra	Masc	307	Tiago Costa	185	214	426
10K	Jogging Lovers Coimbra	Masc	306	Emanuel Ferreira	203	234	426
17ª Classificada							
10K	Lama Solta	Masc	373	Pedro Santos	65	67	444
10K	Lama Solta	Masc	187	Pedro Marques	95	99	444
10K	Lama Solta	Masc	407	Isidro Fernandes	284	378	444
18ª Classificada							
10K	A.D.C.ANDORINHA	Masc	204	Pedro Gaspar	146	157	491
10K	A.D.C.ANDORINHA	Masc	202	Claudio Matias	147	158	491
10K	A.D.C.ANDORINHA	Masc	203	Tiago Carmo	198	228	491
19ª Classificada							
10K	Con_Dores do Choupal Coimbra	Masc	300	Jose Vieira	99	103	516
10K	Con_Dores do Choupal Coimbra	Masc	28	Ricardo Rocha	165	181	516
10K	Con_Dores do Choupal Coimbra	Masc	225	Mario Pedroso	252	312	516
20ª Classificada							
10K	Clube Atlético de Oliveira do Hospital	Masc	131	Vasco Figueiredo	133	141	551
10K	Clube Atlético de Oliveira do Hospital	Masc	286	Gil Fonseca	167	183	551
10K	Clube Atlético de Oliveira do Hospital	Masc	266	Albano Dinis	251	309	551
21ª Classificada							
10K	CARVALHOS	Masc	191	Goncalo Cardoso	175	194	566
10K	CARVALHOS	Masc	182	Hugo Martins	183	210	566
10K	CARVALHOS	Masc	192	Pedro Fontes	208	240	566
22ª Classificada							
10K	Olympic Silvas	Masc	118	Joao Caetano	105	109	594
10K	Olympic Silvas	Masc	114	Francisco Rosendo	187	216	594
10K	Olympic Silvas	Masc	117	Miguel Rosendo	302	431	594
23ª Classificada							
10K	Os serranos	Masc	431	Jorge Vaz	110	115	607
10K	Os serranos	Masc	429	Ricardo Neves	236	289	607
10K	Os serranos	Masc	428	Edgar Solano	261	326	607
24ª Classificada							
10K	Los Caribeños	Masc	313	Vitor Ribeiro	191	220	655
10K	Los Caribeños	Masc	314	Dino Marques	219	256	655
10K	Los Caribeños	Masc	312	Tiago Bastos	245	301	655
25ª Classificada							
10K	NIWA	Masc	363	Bruno Simoes	117	123	659
10K	NIWA	Masc	371	Carlos Ramos	265	333	659
10K	NIWA	Masc	370	Joao Figueiredo	277	362	659
26ª Classificada							
10K	I Never Run Alone	Masc	318	Hugo Domingues	188	217	735
10K	I Never Run Alone	Masc	316	Jose Braga	247	303	735
10K	I Never Run Alone	Masc	320	Antonio Maia	300	426	735
27ª Classificada							
10K	DSMEITEAM	Masc	56	Joao Lucas	272	353	820
10K	DSMEITEAM	Masc	57	Claudio Mortagua	273	354	820
10K	DSMEITEAM	Masc	47	Carlos Miranda	275	359	820