

CORRIDA - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	19:00	26,6°C	92%
End	20:23	26,6°C	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	72	Helder Lopes	dcj/pedrulha-mealhada	Senior Masculino	32:01		03:12
2	54	José Sousa	c eirense união	Senior Masculino	32:20	+00:19	03:14
3	138	Aricson Gomes	joão silva atletismo ccr praia de mira	Senior Masculino	33:17	+01:16	03:20
4	141	Adilson Spenser	joão silva atletismo ccr praia de mira	Senior Masculino	33:26	+01:25	03:21
5	52	Fábio Abrantes	c eirense união	Senior Masculino	33:37	+01:36	03:22
6	185	Jorge Valente	veteranos de ovar	Senior Masculino	33:40	+01:38	03:22
7	80	João Pereira	escola de atletismo coimbra	Veterano M40	33:50	+01:48	03:23
8	137	Alexsandro Varela	joão silva atletismo ccr praia de mira	Senior Masculino	35:42	+03:41	03:34
9	75	Messias Dias	dcj/pedrulha-mealhada	Veterano M45	36:07	+04:06	03:37
10	142	António Correia	joão silva atletismo ccr praia de mira	Veterano M35	36:31	+04:29	03:39
11	89	Miguel Figueira	gira sol	Senior Masculino	37:08	+05:06	03:43
12	14	João Cruz Silva	acdrs quinhendros	Veterano M40	37:26	+05:25	03:45
13	221	Tiago Rafael Mendes Duarte	atletismo clube da tocha	Senior Masculino	37:29	+05:27	03:45
14	28	Luis Francisco	arrastapés	Veterano M45	37:50	+05:49	03:47
15	76	João Almeida	dcj/pedrulha-mealhada	Veterano M50	38:14	+06:13	03:49
16	77	Vitor Manuel Jorge Oliveira	dcj/pedrulha-mealhada	Veterano M50	38:20	+06:19	03:50
17	147	Manuel Faria	joão silva atletismo ccr praia de mira	Veterano M50	38:44	+06:43	03:52
18	57	Ricardo José dos Reis Saraiva	c eirense união	Veterano M45	38:56	+06:55	03:54
19	111	Bruno Alexandre	individual	Veterano M35	39:13	+07:11	03:55
20	198	Michael Assunção	individual	Senior Masculino	39:15	+07:13	03:56
21	169	Paulo Cunha	pq	Veterano M35	39:17	+07:16	03:56
22	154	Nuno Leonardo Cassinda Veloso	montanha clube trail running/efapel	Veterano M35	39:24	+07:23	03:56
23	145	Nuno Silva	joão silva atletismo ccr praia de mira	Veterano M40	39:27	+07:25	03:57
24	6	Valter Lopes	acdrs quinhendros	Senior Masculino	39:43	+07:41	03:58
25	172	Cláudio Araujo	santa apolónia	Veterano M35	39:48	+07:46	03:59
26	240	Pedro Barbosa	individual	Veterano M35	39:53	+07:52	03:59
27	222	Daniel Filipe de Jesus Batata	atletismo clube da tocha	Veterano M35	40:12	+08:10	04:01
28	27	Vitor Francisco	arrastapés	Senior Masculino	40:28	+08:26	04:03
29	29	Francisco Graça	ascvleirinha	Senior Masculino	41:07	+09:06	04:07
30	98	Diogo Ferreira Reis	individual	Senior Masculino	41:07	+09:06	04:07
31	194	Filipe Coelho	individual	Senior Masculino	41:28	+09:27	04:09
32	230	Nélio José da Cruz Oliveira	atletismo clube da tocha	Veterano M35	41:32	+09:30	04:09
33	120	Miguel Eva	individual	Veterano M45	41:33	+09:32	04:09
34	215	António Fernandes	individual	Veterano M50	41:43	+09:42	04:10
35	166	Frederico Marques	out2run/miro	Veterano M35	42:00	+09:59	04:12
36	115	Luis Almeida	individual	Veterano M40	42:12	+10:10	04:13
37	106	Tiago Filipe Bernardes Silva	gatões btt	Senior Masculino	42:16	+10:15	04:14
38	234	Alvaro Sousa	santa apolónia	Veterano M45	42:21	+10:20	04:14
39	224	Paulo Jorge Cardoso Baptista	atletismo clube da tocha	Veterano M45	42:34	+10:33	04:15
40	12	MÁRCIO RODRIGUES	acdrs quinhendros	Veterano M35	42:35	+10:33	04:16
41	151	José Carlos Gomes	ligeirinhos	Veterano M55	42:46	+10:45	04:17

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	176	Pedro Galhano	sc povoense . caracois de corrida	Senior Masculino	42:51	+10:50	04:17
43	48	Pedro Mendes	bio team run	Veterano M40	43:08	+11:06	04:19
44	130	Joaquim Dodinho	individual	Veterano M60	43:18	+11:17	04:20
45	51	João Rainho	bio team run	Veterano M55	43:30	+11:29	04:21
46	46	Filipe Lopes	bio team run	Veterano M40	43:31	+11:30	04:21
47	119	Lucio Ventura	individual	Veterano M45	43:33	+11:31	04:21
48	73	Bruno Gomes	dcí/pedrulha-mealhada	Veterano M35	43:39	+11:37	04:22
49	212	Guilherme Patricio	moinhos da gândara trail	Senior Masculino	44:03	+12:01	04:24
50	170	José Manuel Costa Resende	pq	Veterano M45	44:11	+12:10	04:25
51	208	Pedro Silva	joão silva atletismo ccr praia de mira	Veterano M45	44:19	+12:17	04:26
52	225	José Manuel Jesus Zananar	atletismo clube da tocha	Veterano M50	44:24	+12:22	04:26
53	173	Vitor Santos	santa apolónia	Veterano M40	44:39	+12:38	04:28
54	191	Joaquim Rodrigo Costa Oliveira	dcí/pedrulha-mealhada	Senior Masculino	44:48	+12:46	04:29
55	30	Roberto Graça	ascvaleyirinha	Senior Masculino	44:50	+12:49	04:29
56	229	Paulo Acúrsio	mountains trails team	Veterano M50	44:56	+12:54	04:30
57	116	Nuno Alexandre Gonçalves da Silva	individual	Veterano M40	44:58	+12:57	04:30
58	220	Sara Daniela Neves da Silva	atletismo clube da tocha	Senior Feminino	45:00	+12:58	04:30
59	17	Sérgio Paulo Ferraz Machado	acdrs quinhendros	Veterano M45	45:03	+13:01	04:30
60	112	Pedro Santos	individual	Veterano M35	45:09	+13:08	04:31
61	156	Luis Vilela	montanha clube trail running/efapel	Veterano M40	45:28	+13:27	04:33
62	153	Tiago Daniel Correia Rodrigues	montanha clube trail running/efapel	Senior Masculino	45:29	+13:27	04:33
63	86	Tiago Pedrosa	gau bajouca	Senior Masculino	45:35	+13:33	04:34
64	95	Rui Varanda	grupo paperinos	Veterano M40	45:40	+13:38	04:34
65	62	Carlos Pereira Rodrigues	canto chamusca	Veterano M35	45:40	+13:38	04:34
66	189	Stephane Santos	coimbra trail running	Veterano M40	45:40	+13:39	04:34
67	39	Tiago Miguel Fernandes de Almeida	bio team run	Senior Masculino	45:41	+13:39	04:34
68	132	João Pedro de Jesus Teixeira	infortocha	Senior Masculino	45:45	+13:44	04:35
69	7	Lora Pereira	acdrs quinhendros	Veterana F35	45:53	+13:51	04:35
70	223	Eduardo José Rodrigues Ferreira	atletismo clube da tocha	Veterano M35	45:58	+13:57	04:36
71	85	Jorge Simões	gatões btt	Veterano M35	46:12	+14:10	04:37
72	231	Nuno Almeida	act	Senior Masculino	46:20	+14:18	04:38
73	178	Mário Pascol	silito	Senior Masculino	46:30	+14:29	04:39
74	56	Humberto Coelho de Oliveira	c eirense união	Veterano M45	46:41	+14:39	04:40
75	219	Paulo Ameixoeiro	individual	Veterano M40	46:51	+14:49	04:41
76	10	Bruno Maciel	acdrs quinhendros	Veterano M35	46:55	+14:54	04:42
77	49	Rui Pedro Moço da Cruz	bio team run	Veterano M40	47:12	+15:11	04:43
78	143	Nuno Laranjeiro	joão silva atletismo ccr praia de mira	Veterano M35	47:58	+15:57	04:48
79	164	Rui Vieira	os papagaios	Veterano M45	48:03	+16:01	04:48
80	103	Pedro gaspar	individual	Senior Masculino	48:03	+16:02	04:48
81	40	Sofia Simões	bio team run	Veterana F35	48:06	+16:04	04:49
82	167	Daniel Tabanez	portinsuranse	Veterano M45	48:14	+16:13	04:49
83	84	Tiago Cação	gatões btt	Senior Masculino	48:17	+16:16	04:50
84	15	José Carlos Simões	acdrs quinhendros	Veterano M45	48:28	+16:27	04:51

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	128	JOSÉ BATATA	individual	Veterano M55	48:35	+16:34	04:52
86	227	Nuno Coelho	formobike	Veterano M35	48:44	+16:43	04:52
87	152	Célia Marinheiro	moinhos da gândara trail	Veterana F40	48:46	+16:44	04:53
88	50	Paulo Mendes	bio team run	Veterano M50	48:51	+16:49	04:53
89	114	Calisto Faria	individual	Veterano M40	49:00	+16:59	04:54
90	162	Jorge Veloso	os papagaios	Veterano M45	49:03	+17:02	04:54
91	99	Diogo Sousa Jorge	individual	Senior Masculino	49:11	+17:10	04:55
92	37	Nancy Cantante	bio team run	Senior Feminino	49:21	+17:19	04:56
93	159	Paulo Bento	os papagaios	Veterano M35	49:31	+17:29	04:57
94	149	Rosa Lídia Camarinha da Silva	ligeirinhos	Veterana F45	49:37	+17:35	04:58
95	161	Fernando Anastácio	os papagaios	Veterano M45	49:38	+17:37	04:58
96	59	António Gabriel A. Rolo	canto chamusca	Senior Masculino	49:39	+17:38	04:58
97	121	Paulo Domingues	individual	Veterano M45	50:05	+18:04	05:01
98	63	Manuel Manso	canto chamusca	Veterano M60	50:10	+18:08	05:01
99	87	Carlos Gabriel Silva Santos	gazelas da gesteira	Senior Masculino	50:10	+18:09	05:01
100	16	Leonel Concho	acdrs quinhendros	Veterano M45	50:25	+18:24	05:03
101	165	Jorge Domingues	os papagaios	Veterano M50	50:26	+18:25	05:03
102	105	Rúben Marques Santos	individual	Senior Masculino	50:27	+18:25	05:03
103	155	Herminio Amaral	montanha clube trail running/efapel	Veterano M40	50:31	+18:30	05:03
104	216	Césr Martins	individual	Veterano M35	50:38	+18:37	05:04
105	67	Nuno Miguel Jorge da Cruz	cluve - clube veteranos atletismo coimbra	Veterano M40	50:44	+18:42	05:04
106	183	Dinis Santos	t&s	Senior Masculino	51:16	+19:14	05:08
107	23	Duarte Fajardo	arrastapés	Senior Masculino	51:18	+19:16	05:08
108	123	Telmo Rogerio Vale Santos	individual	Veterano M45	51:19	+19:17	05:08
109	9	Cidália Oliveira	acdrs quinhendros	Veterana F45	51:26	+19:24	05:09
110	69	Narciso Arromba	cluve - clube veteranos atletismo coimbra	Veterano M60	51:27	+19:25	05:09
111	175	Helder Cunha	sc povoense . caracois de corrida	Senior Masculino	51:30	+19:29	05:09
112	174	Ana Reis	sc povoense . caracois de corrida	Senior Feminino	51:31	+19:30	05:09
113	100	Fábio Silva Costa	individual	Senior Masculino	51:31	+19:30	05:09
114	140	Odete Cruz	joão silva atletismo ccr praia de mira	Veterana F50	51:46	+19:44	05:11
115	233	Manuel Almeida	santa apolónia	Veterano M50	52:02	+20:01	05:12
116	200	Susana Ângelo	individual	Veterana F35	52:30	+20:28	05:15
117	45	João M. M. Galoto	bio team run	Veterano M35	52:40	+20:39	05:16
118	61	Claudia Manso	canto chamusca	Veterana F40	52:40	+20:39	05:16
119	190	Sara Renata Costa Oliveira	dci/pedrulha-mealhada	Senior Feminino	52:53	+20:52	05:17
120	146	Carlos Pedro	joão silva atletismo ccr praia de mira	Veterano M45	52:54	+20:53	05:17
121	68	Jorge Loureiro	cluve - clube veteranos atletismo coimbra	Veterano M60	53:04	+21:02	05:18
122	44	Anabela Fonseca	bio team run	Veterana F45	53:25	+21:24	05:21
123	38	Nuno Duarte	bio team run	Senior Masculino	53:25	+21:24	05:21
124	182	Laura Nadine Santos	t&s	Senior Feminino	53:28	+21:26	05:21
125	135	Daniela Santos	joão silva atletismo ccr praia de mira	Senior Feminino	53:43	+21:42	05:22
126	60	Micael Filipe Carvalho Ferreira	canto chamusca	Senior Masculino	53:43	+21:42	05:22
127	93	Leonardo Santos	grupo paperinos	Senior Masculino	53:55	+21:53	05:24
128	127	Amável Luz	individual	Veterano M55	54:05	+22:03	05:25
129	150	Deolinda Rosa Camarinha da Silva	ligeirinhos	Veterana F55	54:12	+22:10	05:25

CORRIDA - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	235	Vânia Paixão	portinsuranse	Senior Feminino	54:34	+22:32	05:27
131	218	Nuno Ribeiro	figueira kayak clube	Veterano M35	54:48	+22:46	05:29
132	214	Olga Felamino	moinhos da gândara trail	Veterana F40	54:49	+22:47	05:29
133	211	David Costa	moinhos da gândara trail	Senior Masculino	55:06	+23:05	05:31
134	217	Ana Cristina	figueira kayak clube	Veterana F35	55:07	+23:06	05:31
135	201	Dina M ^o Gomes Domingues	individual	Veterana F40	55:41	+23:40	05:34
136	239	Maurício Teixeira	os papagaios	Veterano M60	55:41	+23:40	05:34
137	210	Laura Cabete	moinhos da gândara trail	Senior Feminino	55:44	+23:43	05:34
138	171	Paulo Repas	professor repas	Veterano M45	56:19	+24:18	05:38
139	22	Daniel Guimaro	arrastapés	Senior Masculino	57:22	+25:21	05:44
140	188	Domingos Manuel Figueiredo Feliciano	bio team run	Veterano M60	57:40	+25:38	05:46
141	134	Fernando Teixeira	infortocha	Veterano M50	57:57	+25:56	05:48
142	104	Rogério Gonçalves	individual	Senior Masculino	58:22	+26:21	05:50
143	102	Nelson Rosete	individual	Senior Masculino	58:22	+26:21	05:50
144	41	Dora Dourado	bio team run	Veterana F40	58:33	+26:31	05:51
145	204	Sérgio Oliveira	individual	Veterano M35	58:33	+26:31	05:51
146	205	Pedro Abreu	individual	Veterano M40	58:49	+26:48	05:53
147	192	Sara Carvalho	individual	Senior Feminino	59:33	+27:32	05:57
148	226	Orlando Neto	atletismo clube da tocha	Veterano M60	01:00:02	+28:01	06:00
149	96	Ana Sofia Barreira	individual	Senior Feminino	01:00:07	+28:05	06:01
150	90	Marta Miranda	grupo paperinos	Senior Feminino	01:00:41	+28:40	06:04
151	20	Sofia Almeida	arrastapés	Senior Feminino	01:02:10	+30:08	06:13
152	136	Filipa Fernandes Troca	joão silva atletismo ccr praia de mira	Senior Feminino	01:02:16	+30:14	06:14
153	94	Rúben Oliveira	grupo paperinos	Senior Masculino	01:02:21	+30:20	06:14
154	91	Guilherme Ribeiro	grupo paperinos	Senior Masculino	01:02:22	+30:20	06:14
155	110	Susana Marques	individual	Veterana F40	01:02:56	+30:55	06:18
156	118	João Carlos O. Jorge	individual	Veterano M45	01:02:57	+30:55	06:18
157	88	Pedro Henrique Gonçalves Ferverça	gazelas da gesteira	Veterano M35	01:03:48	+31:47	06:23
158	213	Carla Felamino	moinhos da gândara trail	Veterana F40	01:05:02	+33:01	06:30
159	47	Francisco Mendes	bio team run	Veterano M40	01:05:42	+33:41	06:34
160	78	Gualdina Marciana da Silva Mendes	dias&filhos team	Senior Feminino	01:06:27	+34:25	06:39
161	25	Micael Almeida	arrastapés	Senior Masculino	01:07:27	+35:26	06:45
162	19	Patricia Silva	arrastapés	Senior Feminino	01:07:44	+35:43	06:46
163	21	Avelino Cruz	arrastapés	Senior Masculino	01:07:44	+35:43	06:46
164	232	Carlos Moraes	individual	Veterano M60	01:08:41	+36:40	06:52
165	108	Maria João Oliveira	individual	Veterana F35	01:14:39	+42:38	07:28
166	107	Carla soares	individual	Veterana F35	01:14:39	+42:38	07:28
167	186	Micael Ricardo Oliveira Romão	beco do seixal	Senior Masculino	01:17:45	+45:44	07:47
168	24	Filipe Teixeira	arrastapés	Senior Masculino	01:23:57	+51:56	08:24

Corrida**10 KM****OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	19:00	26,6°C	92%
End	20:23	26,6°C	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	220	Sara Daniela Neves da Silva	Atletismo Clube da Tocha	Senior Feminino	45:00	+12:58	04:30
2	37	Nancy Cantante	Bio Team Run	Senior Feminino	49:21	+17:19	04:56
3	174	Ana Reis	SC Povoense . Caracois de Corrida	Senior Feminino	51:31	+19:30	05:09
4	190	Sara Renata Costa Oliveira	DCI/Pedrulha-Mealhada	Senior Feminino	52:53	+20:52	05:17
5	182	Laura Nadine Santos	T&S	Senior Feminino	53:28	+21:26	05:21
6	135	Daniela Santos	João Silva Atletismo CCR Praia de Mira	Senior Feminino	53:43	+21:42	05:22
7	235	Vânia Paixão	Portinsuranse	Senior Feminino	54:34	+22:32	05:27
8	210	Laura Cabete	Moinhos da Gândara Trail	Senior Feminino	55:44	+23:43	05:34
9	192	Sara Carvalho	Individual	Senior Feminino	59:33	+27:32	05:57
10	96	Ana Sofia Barreira	Individual	Senior Feminino	01:00:07	+28:05	06:01
11	90	Marta Miranda	Grupo Paperinos	Senior Feminino	01:00:41	+28:40	06:04
12	20	Sofia Almeida	ArrastaPés	Senior Feminino	01:02:10	+30:08	06:13
13	136	Filipa Fernandes Troca	João Silva Atletismo CCR Praia de Mira	Senior Feminino	01:02:16	+30:14	06:14
14	78	Gualdina Marciana da Silva Mendes	Dias&Filhos team	Senior Feminino	01:06:27	+34:25	06:39
15	19	Patricia Silva	ArrastaPés	Senior Feminino	01:07:44	+35:43	06:46

Senior Masculino

1	72	Helder Lopes	DCI/Pedrulha-Mealhada	Senior Masculino	32:01		03:12
2	54	José Sousa	C Eirense União	Senior Masculino	32:20	+00:19	03:14
3	138	Aricson Gomes	João Silva Atletismo CCR Praia de Mira	Senior Masculino	33:17	+01:16	03:20
4	141	Adilson Spenser	João Silva Atletismo CCR Praia de Mira	Senior Masculino	33:26	+01:25	03:21
5	52	Fábio Abrantes	C Eirense União	Senior Masculino	33:37	+01:36	03:22
6	185	Jorge Valente	Veteranos de Ovar	Senior Masculino	33:40	+01:38	03:22
7	137	Alexsandro Varela	João Silva Atletismo CCR Praia de Mira	Senior Masculino	35:42	+03:41	03:34
8	89	Miguel Figueira	Gira Sol	Senior Masculino	37:08	+05:06	03:43
9	221	Tiago Rafael Mendes Duarte	Atletismo Clube da Tocha	Senior Masculino	37:29	+05:27	03:45
10	198	Michael Assunção	Individual	Senior Masculino	39:15	+07:13	03:56
11	6	Valter Lopes	ACDRS QUINHENDROS	Senior Masculino	39:43	+07:41	03:58
12	27	Vitor Francisco	ArrastaPés	Senior Masculino	40:28	+08:26	04:03
13	29	Francisco Graça	ASCValeirinha	Senior Masculino	41:07	+09:06	04:07
14	98	Diogo Ferreira Reis	Individual	Senior Masculino	41:07	+09:06	04:07
15	194	Filipe Coelho	Individual	Senior Masculino	41:28	+09:27	04:09
16	106	Tiago Filipe Bernardes Silva	Gatões BTT	Senior Masculino	42:16	+10:15	04:14

Corrida

10 KM

OFFICIAL RESULT

17	143	Nuno Laranjeiro	João Silva Atletismo CCR Praia de Mira	Veterano M35	47:58	+15:57	04:48
18	227	Nuno Coelho	Formobike	Veterano M35	48:44	+16:43	04:52
19	159	Paulo Bento	Os Papagaios	Veterano M35	49:31	+17:29	04:57
20	216	Césr Martins	Individual	Veterano M35	50:38	+18:37	05:04
21	45	João M. M. Galoto	Bio Team Run	Veterano M35	52:40	+20:39	05:16
22	218	Nuno Ribeiro	Figueira Kayak Clube	Veterano M35	54:48	+22:46	05:29
23	204	Sérgio Oliveira	Individual	Veterano M35	58:33	+26:31	05:51
24	88	Pedro Henrique Gonçalves Ferverença	Gazelas da Gesteira	Veterano M35	01:03:48	+31:47	06:23

Veterano M40

1	80	João Pereira	Escola de Atletismo Coimbra	Veterano M40	33:50	+01:48	03:23
2	14	João Cruz Silva	ACDRS QUINHENDROS	Veterano M40	37:26	+05:25	03:45
3	145	Nuno Silva	João Silva Atletismo CCR Praia de Mira	Veterano M40	39:27	+07:25	03:57
4	115	Luis Almeida	Individual	Veterano M40	42:12	+10:10	04:13
5	48	Pedro Mendes	Bio Team Run	Veterano M40	43:08	+11:06	04:19
6	46	Filipe Lopes	Bio Team Run	Veterano M40	43:31	+11:30	04:21
7	173	Vitor Santos	Santa Apolónia	Veterano M40	44:39	+12:38	04:28
8	116	Nuno Alexandre Gonçalves da Silva	Individual	Veterano M40	44:58	+12:57	04:30
9	156	Luis Vilela	Montanha Clube Trail Running/Efapel	Veterano M40	45:28	+13:27	04:33
10	95	Rui Varanda	Grupo Paperinos	Veterano M40	45:40	+13:38	04:34
11	189	Stephane Santos	Coimbra Trail Running	Veterano M40	45:40	+13:39	04:34
12	219	Paulo Ameixoeiro	Individual	Veterano M40	46:51	+14:49	04:41
13	49	Rui Pedro Moço da Cruz	Bio Team Run	Veterano M40	47:12	+15:11	04:43
14	114	Calisto Faria	Individual	Veterano M40	49:00	+16:59	04:54
15	155	Herminio Amaral	Montanha Clube Trail Running/Efapel	Veterano M40	50:31	+18:30	05:03
16	67	Nuno Miguel Jorge da Cruz	CLUVE - Clube Veteranos Atletismo Coimbra	Veterano M40	50:44	+18:42	05:04
17	205	Pedro Abreu	Individual	Veterano M40	58:49	+26:48	05:53
18	47	Francisco Mendes	Bio Team Run	Veterano M40	01:05:42	+33:41	06:34

Veterano M45

1	75	Messias Dias	DCI/Pedrulha-Mealhada	Veterano M45	36:07	+04:06	03:37
2	28	Luis Francisco	ArrastaPés	Veterano M45	37:50	+05:49	03:47
3	57	Ricardo José dos Reis Saraiva	C Eirense União	Veterano M45	38:56	+06:55	03:54
4	120	Miguel Eva	Individual	Veterano M45	41:33	+09:32	04:09
5	234	Alvaro Sousa	Santa Apolónia	Veterano M45	42:21	+10:20	04:14
6	224	Paulo Jorge Cardoso Baptista	Atletismo Clube da Tocha	Veterano M45	42:34	+10:33	04:15
7	119	Lucio Ventura	Individual	Veterano M45	43:33	+11:31	04:21
8	170	José Manuel Costa Resende	PQ	Veterano M45	44:11	+12:10	04:25
9	208	Pedro Silva	João Silva Atletismo CCR Praia de Mira	Veterano M45	44:19	+12:17	04:26

Corrida

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

10	17	Sérgio Paulo Ferraz Machado	ACDRS QUINHENDROS	Veterano M45	45:03	+13:01	04:30
11	56	Humberto Coelho de Oliveira	C Eirense União	Veterano M45	46:41	+14:39	04:40
12	164	Rui Vieira	Os Papagaios	Veterano M45	48:03	+16:01	04:48
13	167	Daniel Tabanez	Portinsuranse	Veterano M45	48:14	+16:13	04:49
14	15	José Carlos Simões	ACDRS QUINHENDROS	Veterano M45	48:28	+16:27	04:51
15	162	Jorge Veloso	Os Papagaios	Veterano M45	49:03	+17:02	04:54
16	161	Fernando Anastácio	Os Papagaios	Veterano M45	49:38	+17:37	04:58
17	121	Paulo Domingues	Individual	Veterano M45	50:05	+18:04	05:01
18	16	Leonel Concho	ACDRS QUINHENDROS	Veterano M45	50:25	+18:24	05:03
19	123	Telmo Rogerio Vale Santos	Individual	Veterano M45	51:19	+19:17	05:08
20	146	Carlos Pedro	João Silva Atletismo CCR Praia de Mira	Veterano M45	52:54	+20:53	05:17
21	171	Paulo Repas	Professor Repas	Veterano M45	56:19	+24:18	05:38
22	118	João Carlos O. Jorge	Individual	Veterano M45	01:02:57	+30:55	06:18

Veterano M50

1	76	João Almeida	DCI/Pedrulha-Mealhada	Veterano M50	38:14	+06:13	03:49
2	77	Vitor Manuel Jorge Oliveira	DCI/Pedrulha-Mealhada	Veterano M50	38:20	+06:19	03:50
3	147	Manuel Faria	João Silva Atletismo CCR Praia de Mira	Veterano M50	38:44	+06:43	03:52
4	215	António Fernandes	Individual	Veterano M50	41:43	+09:42	04:10
5	225	José Manuel Jesus Zananar	Atletismo Clube da Tocha	Veterano M50	44:24	+12:22	04:26
6	229	Paulo Acúrsio	Mountains Trails Team	Veterano M50	44:56	+12:54	04:30
7	50	Paulo Mendes	Bio Team Run	Veterano M50	48:51	+16:49	04:53
8	165	Jorge Domingues	Os Papagaios	Veterano M50	50:26	+18:25	05:03
9	233	Manuel Almeida	Santa Apolónia	Veterano M50	52:02	+20:01	05:12
10	134	Fernando Teixeira	INFORTOCHA	Veterano M50	57:57	+25:56	05:48

Veterano M55

1	151	José Carlos Gomes	Ligeirinhos	Veterano M55	42:46	+10:45	04:17
2	51	João Rainho	Bio Team Run	Veterano M55	43:30	+11:29	04:21
3	128	JOSÉ BATATA	Individual	Veterano M55	48:35	+16:34	04:52
4	127	Amável Luz	Individual	Veterano M55	54:05	+22:03	05:25

Veterano M60

1	130	Joaquim Dodinho	Individual	Veterano M60	43:18	+11:17	04:20
2	63	Manuel Manso	Canto Chamusca	Veterano M60	50:10	+18:08	05:01
3	69	Narciso Arromba	CLUVE - Clube Veteranos Atletismo Coimbra	Veterano M60	51:27	+19:25	05:09
4	68	Jorge Loureiro	CLUVE - Clube Veteranos Atletismo Coimbra	Veterano M60	53:04	+21:02	05:18
5	239	Mauricio Teixeira	Os Papagaios	Veterano M60	55:41	+23:40	05:34
6	188	Domingos Manuel Figueiredo Feliciano	Bio Team Run	Veterano M60	57:40	+25:38	05:46

Corrida**10 KM**LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION**OFFICIAL RESULT**LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

7	226	Orlando Neto	Atletismo Clube da Tocha	Veterano M60	01:00:02	+28:01	06:00
8	232	Carlos Moraes	Individual	Veterano M60	01:08:41	+36:40	06:52
