

## Geral

## 10,00 km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	32	Hermano Ferreira	Escola de atletismo Coimbra	M	1	32:26.07	03:15	
2	98	CRISTIANO PEREIRA	CASA DO POVO DE MANGUALDE	M	2	32:40.98	03:16	0:00:15
3	46	Miguel Quaresma	runtejo	M	3	33:32.98	03:21	0:01:07
4	143	Adelino Oliveira	Grecas-Vagos	M	4	35:21.61	03:32	0:02:56
5	102	PEDRO MACHADO	CASA DO POVO DE MANGUALDE	M	5	36:08.98	03:37	0:03:43
6	63	Emília Pisoeiro	Recreio Desportivo de Águeda	F	1	37:33.75	03:45	0:05:08
7	76	João Catalão	10kapas	M	6	38:07.34	03:49	0:05:41
8	48	Carlos Freitas	runtejo	M	7	38:20.33	03:50	0:05:54
9	14	Rui Rodrigues	Centro de Atletismo de Tondela	M	8	38:26.79	03:51	0:06:01
10	207	Vitor Almeida	Planeta Radical	M	9	38:35.30	03:52	0:06:09
11	208	David Fernandes	runtejo	M	10	38:50.89	03:53	0:06:25
12	7	João António Marques Alves	CMMOURONHO - ESCARAVELHOS	M	11	38:54.64	03:53	0:06:29
13	100	CARLOS NUNES	CASA DO POVO DE MANGUALDE	M	12	39:08.59	03:55	0:06:43
14	152	Nuno Dias	"Grupo Desportivo ""Os Ribeirinhos"""	M	13	39:11.16	03:55	0:06:45
15	43	Joel Ramalhoto	Viriathvs Runners Viseu	M	14	39:19.31	03:56	0:06:53
16	123	Clarisse cruz	Grecas	F	2	39:21.00	03:56	0:06:55
17	12	Carlos Ribeiro	Centro de Atletismo de Tondela	M	15	39:22.45	03:56	0:06:56
18	51	Filipe Rebelo	runtejo	M	16	39:28.41	03:57	0:07:02
19	85	Óscar Sobral	Viriathvs	M	17	39:39.60	03:58	0:07:14
20	49	Vasco Marta	runtejo	M	18	40:27.17	04:03	0:08:01
21	45	Andreia Santos	runtejo	F	3	40:27.70	04:03	0:08:02
22	137	Miriam Martins		F	4	41:21.52	04:08	0:08:56
23	99	MARCO ANDRADE	CASA DO POVO DE MANGUALDE	M	19	41:40.39	04:10	0:09:14
24	156	Cláudio Queiroga	Dínamo Clube da Estação	M	20	42:04.02	04:12	0:09:38
25	147	Carlos Correia		M	21	43:29.85	04:21	0:11:04
26	15	Pedro Conceição	Centro de Atletismo de Tondela	M	22	43:36.02	04:22	0:11:10
27	69	Andre Gouveia	10kapas	M	23	43:42.28	04:22	0:11:16
28	2	Tiago Costa		M	24	44:06.93	04:25	0:11:41
29	221	Ricardo Pereira	ACD Jardim da Serra	M	25	44:46.52	04:29	0:12:21
30	40	Luís Santos	Os Ribeirinhos	M	26	45:00.63	04:30	0:12:35
31	42	Ricardo Veiga	Ribeirinhos	M	27	45:10.16	04:31	0:12:44
32	57	Rui Geraldês	10kapas	M	28	45:25.22	04:33	0:12:59
33	157	João Ferreira		M	29	45:25.83	04:33	0:13:00
34	160	Pedro Tavares	Tondela Runners	M	30	45:27.87	04:33	0:13:02
35	37	Nuno Silva	THE BROTHERS	M	31	45:36.21	04:34	0:13:10
36	219	Nuno Silva		M	32	45:53.98	04:35	0:13:28
37	131	Emanuel Inácio	Fresenius Kabi Runners	M	33	45:58.90	04:36	0:13:33
38	216	PAULA MARTINHO	Mangualde	F	5	46:46.79	04:41	0:14:21
39	47	Bruno Rocha	runtejo	M	34	46:55.02	04:42	0:14:29
40	229	Jacinto Ferreira	CARunningTour	M	35	47:01.78	04:42	0:14:36
41	106	Claudio Marques		M	36	47:14.20	04:43	0:14:48
42	66	Valdivino Santos	B.V mortágua	M	37	47:40.50	04:46	0:15:15
43	122	Carlos Cordeiro		M	38	47:50.93	04:47	0:15:25
44	104	CÉLIA MATIAS	CASA DO POVO DE MANGUALDE	F	6	48:00.86	04:48	0:15:35
45	53	Celio Anastácio	CA RUNNING TOUR	M	39	48:07.71	04:49	0:15:42
46	52	Nuno Miguel Carvalho Garci	Sola Gasta PCV	M	40	48:19.44	04:50	0:15:53
47	41	Olga Martins	Viriathvs Runners Viseu	F	7	48:47.04	04:53	0:16:21
48	145	Rui Coimbra	SCD	M	41	49:02.01	04:54	0:16:36
49	174	Miguel Coimbra	UC EIRENSE	M	42	49:03.58	04:54	0:16:38
50	182	António Ferreira	Saldo Válido Team	M	43	49:04.13	04:54	0:16:38
51	97	Pedro Ferreira	Tondela Runners	M	44	49:07.04	04:55	0:16:41
52	24	Nuno Mendes	Coimbra	M	45	49:31.83	04:57	0:17:06
53	27	Rui Ferreira		M	46	49:35.78	04:58	0:17:10
54	161	Luís Ferreira	Tondela Runners	M	47	49:55.15	05:00	0:17:29
55	94	Bruno Cordeiro		M	48	50:06.44	05:01	0:17:40

56	<b>105</b>	ANDRÉ NUNES	CASA DO POVO DE MANGUALDE	M	49	<b>50:22.75</b>	05:02	0:17:57
57	<b>127</b>	José Mário Almeida	Fresenius Kabi Runners	M	50	<b>50:38.92</b>	05:04	0:18:13
58	<b>28</b>	Daniel Sousa	Sem equipa	M	51	<b>50:49.78</b>	05:05	0:18:24
59	<b>148</b>	Fernando Morgado		M	52	<b>51:03.76</b>	05:06	0:18:38
60	<b>39</b>	Maria Carvalho	Escola Atletismo Coimbra/JPaiva	F	8	<b>51:10.00</b>	05:07	0:18:44
61	<b>136</b>	Joel Figueiredo		M	53	<b>51:15.52</b>	05:08	0:18:50
62	<b>220</b>	Maria Ferreira		F	9	<b>51:34.52</b>	05:09	0:19:09
63	<b>55</b>	Rita Costa Ferreira	10kapas	F	10	<b>51:35.18</b>	05:10	0:19:09
64	<b>242</b>	Pedro Nunes		M	54	<b>51:49.03</b>	05:11	0:19:23
65	<b>20</b>	Luisa Maria De Sousa		F	11	<b>51:53.01</b>	05:11	0:19:27
66	<b>21</b>	MARCO ALEXANDRE MATOS ALVES		F	12	<b>51:54.48</b>	05:11	0:19:28
67	<b>209</b>	Miguel Ferraz		M	55	<b>52:20.92</b>	05:14	0:19:55
68	<b>172</b>	Adelino Nunes	Saldo Válido Team	M	56	<b>52:31.84</b>	05:15	0:20:06
69	<b>84</b>	Sandra Santos		F	13	<b>52:37.53</b>	05:16	0:20:12
70	<b>134</b>	Nuno Couto	10kapas	M	57	<b>52:42.56</b>	05:16	0:20:17
71	<b>1</b>	Catarina Coito	10kapas	F	14	<b>52:44.38</b>	05:16	0:20:18
72	<b>204</b>	Mario Vidal	Parede	M	58	<b>52:51.70</b>	05:17	0:20:26
73	<b>33</b>	Fábio Lima	10kapas	M	59	<b>53:18.31</b>	05:20	0:20:52
74	<b>34</b>	Ines Reis		F	15	<b>53:27.72</b>	05:21	0:21:02
75	<b>135</b>	Nuno Pinto		M	60	<b>54:04.67</b>	05:24	0:21:39
76	<b>72</b>	Maria Vale	Viriathvs Runners Viseu	F	16	<b>54:30.55</b>	05:27	0:22:05
77	<b>26</b>	Hugo Costa		M	61	<b>54:56.47</b>	05:30	0:22:30
78	<b>31</b>	Cheila Ferreira Dias	EAC	F	17	<b>54:56.62</b>	05:30	0:22:31
79	<b>217</b>	JOÃO Lopes	Desportivo Ases S. Jorge-Fafe	M	62	<b>55:25.64</b>	05:33	0:23:00
80	<b>17</b>	Sara Leão	10kapas	F	18	<b>55:25.75</b>	05:33	0:23:00
81	<b>35</b>	Nuno Costa	THE BROTHERS	M	63	<b>55:31.03</b>	05:33	0:23:05
82	<b>144</b>	Pedro Lourenço	Várzea de Calde	M	64	<b>55:34.75</b>	05:33	0:23:09
83	<b>121</b>	Valeriano Figueiredo		M	65	<b>55:41.12</b>	05:34	0:23:15
84	<b>128</b>	Sérgio Simões	Fresenius Kabi Runners	M	66	<b>56:00.77</b>	05:36	0:23:35
85	<b>158</b>	Paulo Silva	Tondela Runners	M	67	<b>56:13.29</b>	05:37	0:23:47
86	<b>141</b>	Jorge Loureiro		M	68	<b>56:15.59</b>	05:38	0:23:50
87	<b>68</b>	Rui Machado	10kapas	M	69	<b>56:33.41</b>	05:39	0:24:07
88	<b>38</b>	Carla Ferreira		F	19	<b>56:34.29</b>	05:39	0:24:08
89	<b>64</b>	Mário Sergio Moreira Bernar	@correrempportugal	M	70	<b>56:59.46</b>	05:42	0:24:33
90	<b>65</b>	Sara Santiago Vitoria	@correrempportugal	F	20	<b>57:00.56</b>	05:42	0:24:35
91	<b>166</b>	Dina Mota	Tondela Runners	M	71	<b>57:17.77</b>	05:44	0:24:52
92	<b>164</b>	Isidoro Francisco	Tondela Runners	M	72	<b>57:28.71</b>	05:45	0:25:03
93	<b>124</b>	Marta Coimbra		F	21	<b>57:58.84</b>	05:48	0:25:33
94	<b>3</b>	Rui Santos		M	73	<b>58:01.30</b>	05:48	0:25:35
95	<b>210</b>	César Franco	Planeta Radical Clube BTT	M	74	<b>58:17.80</b>	05:50	0:25:52
96	<b>83</b>	André Rodrigues	Galgos Team	M	75	<b>58:39.72</b>	05:52	0:26:14
97	<b>150</b>	Carlos Coimbra		M	76	<b>58:51.58</b>	05:53	0:26:26
98	<b>11</b>	Fernanda Prim Da Silva Poças lisboa		F	22	<b>58:54.79</b>	05:53	0:26:29
99	<b>22</b>	Inês Henriques		F	23	<b>59:14.52</b>	05:55	0:26:49
100	<b>130</b>	César Cabral	Fresenius Kabi Runners	M	77	<b>59:30.67</b>	05:57	0:27:05
101	<b>4</b>	Isabel Santos		F	24	<b>59:37.77</b>	05:58	0:27:12
102	<b>78</b>	Rita Dias	Go runners	F	25	<b>59:38.30</b>	05:58	0:27:12
103	<b>162</b>	João Tavares	Tondela Runners	M	78	<b>59:49.90</b>	05:59	0:27:24
104	<b>50</b>	Claudia Borrvalho	runtejo	F	26	<b>59:50.95</b>	05:59	0:27:25
105	<b>241</b>	Jorge Souto		M	79	<b>1:00:01.18</b>	06:00	0:27:35
106	<b>243</b>	António Conde		M	80	<b>1:00:07.31</b>	06:01	0:27:41
107	<b>159</b>	Estefânia Lopes	Tondela Runners	F	27	<b>1:00:15.34</b>	06:02	0:27:49
108	<b>36</b>	Silvio Costa	THE BROTHERS	M	81	<b>1:00:17.29</b>	06:02	0:27:51
109	<b>54</b>	Dina Rodrigues		F	28	<b>1:01:10.27</b>	06:07	0:28:44
110	<b>23</b>	Sandra Luciana de Oliveira M Coimbra		F	29	<b>1:01:38.08</b>	06:10	0:29:12
111	<b>86</b>	Jorge Antunes	OTG	M	82	<b>1:02:29.33</b>	06:15	0:30:03
112	<b>77</b>	Pedro Sousa	Dão Agro	M	83	<b>1:02:50.44</b>	06:17	0:30:24
113	<b>71</b>	Goncalo Mendes Leal	ML	M	84	<b>1:02:50.99</b>	06:17	0:30:25
114	<b>155</b>	Filipe Correia		M	85	<b>1:02:55.72</b>	06:18	0:30:30

115	<b>222</b>	Leandro Leite	Ovar	M	86	<b>1:02:56.08</b>	06:18	0:30:30
116	<b>5</b>	Carla Viegas		F	30	<b>1:03:15.75</b>	06:20	0:30:50
117	<b>165</b>	Juliana Rebelo	Tondela Runners	F	31	<b>1:03:46.17</b>	06:23	0:31:20
118	<b>125</b>	Patrícia Lopes	Fresenius Kabi Runners	F	32	<b>1:04:13.62</b>	06:25	0:31:48
119	<b>10</b>	David Cardoso	"Grupo Desportivo ""Os Ribeirinhos"""	M	87	<b>1:04:52.74</b>	06:29	0:32:27
120	<b>29</b>	Gloria Souto	Paços de Ferreira	F	33	<b>1:04:58.77</b>	06:30	0:32:33
121	<b>73</b>	Manuel Vale	Viriathvs Runners Viseu	M	88	<b>1:05:15.38</b>	06:32	0:32:49
122	<b>126</b>	Verónica Costa	Fresenius Kabi Runners	F	34	<b>1:06:41.52</b>	06:40	0:34:16
123	<b>79</b>	Magda Ribeiro	Go runners	F	35	<b>1:06:52.67</b>	06:41	0:34:27
124	<b>240</b>	Luís Pinto		M	89	<b>1:07:57.12</b>	06:48	0:35:31
125	<b>81</b>	Daniel Matos	Galgos Team	M	90	<b>1:08:23.24</b>	06:50	0:35:57
126	<b>82</b>	Joana Cordeiro	Galgos Team	F	36	<b>1:08:23.93</b>	06:50	0:35:58
127	<b>133</b>	Paulo Gomes		M	91	<b>1:08:29.50</b>	06:51	0:36:04
128	<b>132</b>	Catarina Viana Costa		F	37	<b>1:08:30.20</b>	06:51	0:36:04
129	<b>19</b>	Rita Gomes		F	38	<b>1:09:00.34</b>	06:54	0:36:34
130	<b>8</b>	Telma Alves		F	39	<b>1:10:55.47</b>	07:06	0:38:29
131	<b>129</b>	Sandra Almeida	Fresenius Kabi Runners	F	40	<b>1:13:01.96</b>	07:18	0:40:36
132	<b>163</b>	Francisco Lima		M	92	<b>1:13:05.00</b>	07:18	0:40:39
133	<b>30</b>	Ana Margarida Abreu		F	41	<b>1:13:09.68</b>	07:19	0:40:44
134	<b>9</b>	Davide Borges		M	93	<b>1:13:10.54</b>	07:19	0:40:45
135	<b>142</b>	Maria Amaral		F	42	<b>1:25:46.03</b>	08:35	0:53:20
136	<b>146</b>	Manuel Evangelista	SCD	M	94	<b>1:31:54.65</b>	09:11	0:59:29