

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	3 km	10 km	15 km	Ritmo	Equipa		
1	HENRIQUE COSTA	1358	M	1	SenM	1	01:11:41	01:11:39	00:12:46	00:34:33	00:50:59	00:03:25	Águias de alvélos
2	KENNETH NUGENT	1999	M	2	SenM	2	01:12:07	01:12:05	00:12:33	00:34:19	00:50:46	00:03:27	
3	JOAO PAULO DA SILVA PEREIRA	1237	M	3	V35M	1	01:13:41	01:13:39	00:12:45	00:34:54	00:51:34	00:03:31	
4	JOÃO PEREIRA	1127	M	4	V40M	1	01:15:32	01:15:31	00:12:46	00:35:18	00:52:46	00:03:36	Escola de Atletismo de Coimbra/JPaiva
5	JORGE AIRES	1281	M	5	V45M	1	01:17:03	01:17:02	00:12:55	00:35:57	00:53:50	00:03:41	clube atletismo da barreira -leiria
6	JORGE DUARTE	1918	M	6	V35M	2	01:17:30	01:17:29	00:12:50	00:36:04	00:53:49	00:03:42	
7	NUNO AMADO	1390	M	7	V35M	3	01:19:23	01:19:20	00:13:28	00:37:07	00:55:14	00:03:47	
8	PEDRO GRAÇA	1136	M	8	V45M	2	01:20:27	01:20:24	00:13:17	00:37:23	00:56:00	00:03:50	Verallia Portugal
9	PAULO COSTA	1177	M	9	V45M	3	01:21:09	01:21:07	00:13:44	00:38:11	00:56:50	00:03:52	Legionários
10	DIOGO MARQUES	1295	M	10	SenM	3	01:21:13	01:21:08	00:14:16	00:38:57	00:57:25	00:03:53	
11	VITIR OLIVEIRA	1385	M	11	V50M	1	01:21:23	01:21:21	00:13:58	00:38:39	00:57:11	00:03:53	DCI/Trilhos Luso Bussaco
12	MANUEL PINTO	1998	M	12	V45M	4	01:21:26	01:21:24	00:13:35	00:38:19	00:57:12	00:03:53	
13	RUI RODRIGUES	1381	M	13	V35M	4	01:21:28	01:21:26	00:13:59	00:38:39	00:57:12	00:03:53	Centro de Atletismo de Tondela
14	VITOR GONCALVES	1332	M	14	V40M	2	01:21:34	01:21:32	00:13:58	00:38:38	00:57:12	00:03:54	Escola Atletismo Coimbra
15	DULCE FELIX	1	F	1	V35F	1	01:21:42	01:21:40	00:14:19	00:39:00	00:57:27	00:03:54	SPORT LISBOA E BENFICA
16	JOÃO PAULO RIBEIRO ALVES	1179	M	15	SenM	4	01:21:44	01:21:41	00:14:20	00:39:00	00:57:28	00:03:54	Vitória SC
17	LUÍS CONTENTE	1111	M	16	SenM	5	01:22:19	01:22:16	00:14:15	00:39:00	00:57:31	00:03:56	
18	JORGE RAMOS	1995	M	17	V35M	5	01:22:39	01:22:36	00:14:17	00:38:58	00:57:32	00:03:57	
19	JOÃO PAULO ALMEIDA	1097	M	18	V50M	2	01:22:45	01:22:43	00:13:59	00:38:43	00:57:34	00:03:57	DCI/Trilhos Luso Bussaco
20	BRUNO GONÇALVES	1013	M	19	V35M	6	01:22:49	01:22:47	00:13:58	00:38:59	00:57:39	00:03:57	GRVilaverdense
21	PEDRO MARQUES	1345	M	20	V45M	5	01:24:17	01:24:16	00:14:17	00:39:42	00:59:20	00:04:01	Escola de Atletismo de Coimbra
22	FABRICE GILLES	1926	M	21	V40M	3	01:24:42	01:24:39	00:14:28	00:40:00	00:59:29	00:04:02	
23	ANTÓNIO LOURENÇO	1012	M	22	V45M	6	01:25:02	01:25:00	00:14:30	00:40:12	00:59:49	00:04:03	
24	LAURENT SACHIÉ	1929	M	23	V40M	4	01:25:27	01:25:24	00:14:29	00:40:01	00:59:20	00:04:05	
25	RICARDO SARAIVA	1382	M	24	V45M	7	01:25:32	01:25:29	00:14:30	00:40:09	00:59:48	00:04:05	União Clube Eirense
26	RÚBEN ALMEIDA	1363	M	25	JunM	1	01:25:35	01:25:33	00:15:10	00:41:59	01:01:18	00:04:05	CAOB - Oliveira do Bairro
27	CARLOS CAETANO	1068	M	26	V45M	8	01:26:50	01:26:48	00:14:43	00:40:27	01:00:00	00:04:09	Individual
28	JORGE ROCHA	1154	M	27	V40M	5	01:27:02	01:27:00	00:14:43	00:40:27	00:59:56	00:04:09	Boavista FC
29	RAFAEL NETO	1296	M	28	SenM	6	01:27:11	01:27:06	00:14:40	00:40:22	01:00:20	00:04:10	
30	SEM DADOS	1976	M	29		1	01:27:22	01:27:11	00:14:46	00:40:33	01:00:08	00:04:10	
31	NUNO PIMENTA	1185	M	30	V40M	6	01:27:26	01:27:24	00:14:20	00:40:22	01:00:22	00:04:10	Portugal Running
32	BRUNO SILVA	1372	M	31	V35M	7	01:28:04	01:27:59	00:15:22	00:41:57	01:01:49	00:04:12	Guardarunners
33	ADELINO PIRES	1139	M	32	V45M	9	01:28:24	01:28:17	00:15:10	00:41:54	01:01:55	00:04:13	Viseu 360
34	PEDRO OLIVEIRA	1298	M	33	V40M	7	01:28:31	01:28:27	00:15:19	00:42:36	01:02:41	00:04:13	GRVilaverdense
35	CARLOS TEIXEIRA	1353	M	34	V45M	10	01:28:38	01:28:36	00:14:55	00:41:53	01:01:54	00:04:14	
36	FÁBIO SILVA	1939	M	35	SenM	7	01:28:48	01:28:45	00:15:43	00:42:37	01:02:35	00:04:14	Escola Atletismo Coimbra/ JPaiva
37	SEM DADOS	1965	M	36		2	01:28:52	01:28:49	00:15:02	00:41:54	01:01:59	00:04:14	
38	MÁRIO SANTOS	1131	M	37	V35M	8	01:28:55	01:28:52	00:15:45	00:42:37	01:02:36	00:04:15	Run@Figueira
39	SÉRGIO SANTOS	1016	M	38	V45M	11	01:29:21	01:29:19	00:14:56	00:41:35	01:02:01	00:04:16	
40	LUÍS PEREIRA	1138	M	39	V45M	12	01:29:23	01:29:19	00:15:23	00:42:13	01:02:28	00:04:16	A. D. Buarcos
41	JORGE ALVES	1125	M	40	V50M	3	01:29:23	01:29:19	00:15:13	00:42:01	01:02:28	00:04:16	Escola de Atletismo de Coimbra/JPaiva
42	SERGIO MACHADO	1906	M	41	V40M	8	01:29:37	01:29:33	00:15:44	00:42:55	01:03:05	00:04:17	DCI /Trilhos Luso Bussaco
43	ARLINDO RIBEIRO	1091	M	42	V50M	4	01:29:52	01:29:46	00:15:44	00:42:34	01:02:42	00:04:17	ARCD Venda da Luisa
44	CARINA RODRIGUES	1328	F	2	SenF	1	01:30:11	01:30:08	00:15:14	00:42:02	01:02:30	00:04:18	Grupo Desportivo Diana
45	LUÍS SILVA	1010	M	43	V45M	13	01:30:45	01:30:42	00:14:04	00:41:14	01:02:38	00:04:20	
46	ANDRÉ MAGALHÃES	1008	M	44	V35M	9	01:31:01	01:30:58	00:15:01	00:42:15	01:03:02	00:04:21	
47	ANA PETINGA	1214	F	3	V40F	1	01:31:01	01:31:00	00:14:57	00:42:17	01:03:04	00:04:21	Recreio Desportivo de Águeda
48	NUNO SILVA	1362	M	45	V40M	9	01:31:09	01:31:07	00:15:10	00:42:17	01:03:04	00:04:21	CAOB - Oliveira do Bairro
49	MIGUEL RIBEIRO	1172	M	46	V45M	14	01:31:34	01:31:29	00:15:35	00:42:56	01:03:42	00:04:22	MR Team
50	NUNO OLIVEIRA	1025	M	47	SenM	8	01:31:38	01:31:36	00:14:41	00:42:01	01:03:42	00:04:22	
51	FRANCISCO CARVALHO	1109	M	48	V40M	10	01:32:07	01:32:03	00:16:02	00:44:03	01:04:54	00:04:24	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	3 km	10 km	15 km	Ritmo	Equipa
52	SERGIO FERNANDES	1997	M 49	SenM 9	01:32:08	01:32:01	00:16:32	00:44:00	01:04:30	00:04:24	Correr Lisboa
53	BRUNO GOMES	1002	M 50	V40M 11	01:32:10	01:32:06	00:15:43	00:43:16	01:04:25	00:04:24	
54	NUNO ALVES	1144	M 51	V35M 10	01:32:19	01:32:15	00:15:44	00:43:18	01:04:34	00:04:24	
55	JOSÉ CARLOS SANTOS	1170	M 52	V50M 5	01:32:36	01:32:33	00:15:45	00:43:07	01:04:46	00:04:25	RG Levanta Poeira
56	NUNO SILVA	1017	M 53	V40M 12	01:32:45	01:32:42	00:14:56	00:42:35	01:04:18	00:04:25	
57	MIGUEL PIEDADE	1248	M 54	V40M 13	01:32:50	01:32:43	00:15:37	00:42:42	01:04:31	00:04:26	Family Run
58	EUGÉNIO SANTOS	1026	M 55	V35M 11	01:33:06	01:33:01	00:15:13	00:43:13	01:04:54	00:04:26	
59	BRUNO PINHEIRO	1171	M 56	V35M 12	01:33:21	01:33:16	00:15:45	00:43:17	01:04:41	00:04:27	
60	CARLOS MATOS	1383	M 57	V40M 14	01:34:04	01:34:00	00:15:42	00:44:22	01:06:17	00:04:29	
61	CARLOS LOPES	1365	M 58	V45M 15	01:34:16	01:34:11	00:15:54	00:43:56	01:05:35	00:04:30	Sociedade de Recreio Capanense
62	PATRICIA FERNANDES	1128	F 4	SenF 2	01:34:21	01:34:17	00:15:43	00:43:56	01:05:15	00:04:30	Escola de Atletismo de Coimbra/JPaiva
63	FERNANDO ALHAU	1209	M 59	V55M 1	01:34:21	01:34:17	00:15:43	00:43:28	01:05:15	00:04:30	Coimbra Trail Running
64	TIAGO HENRIQUES	1270	M 60	SenM 10	01:34:36	01:34:28	00:17:07	00:45:42	01:06:26	00:04:31	FC ESTRELAS LISBOA
65	FILIPE MAMEDE	1067	M 61	V45M 16	01:34:40	01:34:34	00:15:26	00:43:21	01:05:05	00:04:31	
66	ANTÓNIO PATRÍCIO	1034	M 62	V50M 6	01:35:10	01:35:05	00:15:41	00:43:38	01:06:13	00:04:32	ADR4
67	EDUARDO GARCIA	1027	M 63	V35M 13	01:35:19	01:35:17	00:15:30	00:44:47	01:06:35	00:04:33	
68	VITOR PEREIRA	1161	M 64	V50M 7	01:35:26	01:35:19	00:15:45	00:44:11	01:05:57	00:04:33	
69	MIGUEL SILVA	1150	M 65	V40M 15	01:35:27	01:35:23	00:15:44	00:44:10	01:06:09	00:04:33	Porto Sentido Runners
70	ANTONIO BORGES	1148	M 66	V45M 17	01:35:27	01:35:23	00:15:44	00:44:10	01:06:09	00:04:33	Porto Sentido Runners
71	DANIEL RODRIGUES	1207	M 67	V35M 14	01:35:29	01:35:25	00:15:56	00:44:08	01:06:52	00:04:33	Cyclones
72	GONÇALO FERNANDES	1030	M 68	V35M 15	01:35:39	01:35:21	00:17:00	00:45:35	01:07:13	00:04:34	
73	JOSÉ CAPELA	1389	M 69	V55M 2	01:35:40	01:35:33	00:16:30	00:45:00	01:07:08	00:04:34	#Elcomandanteteam
74	SAUL LEITE	1200	M 70	SenM 11	01:35:48	01:35:41	00:16:33	00:45:17	01:06:54	00:04:34	Correr Lisboa
75	RUI MONICA	1348	M 71	V40M 16	01:35:48	01:35:41	00:16:33	00:45:18	01:06:56	00:04:34	Correr Lisboa
76	RICARDO VEIGA	1343	M 72	SenM 12	01:35:52	01:35:49	00:15:49	00:45:03	01:07:15	00:04:34	
77	GONÇALO MARQUES	1943	M 73	SenM 13	01:35:59	01:35:55	00:15:13	00:43:56	01:05:33	00:04:35	Arena Fitness
78	AMILCAR COSTA	1033	M 74	V45M 18	01:36:28	01:36:25	00:15:45	00:44:36	01:07:03	00:04:36	ACRM Silveirinha Grande Claras
79	FILIPE BRÍZIDA	1915	M 75	V45M 19	01:36:51	01:36:46	00:16:34	00:45:49	01:08:00	00:04:37	
80	PEDRO FERREIRA	1095	M 76	V40M 17	01:37:10	01:37:04	00:16:29	00:45:39	01:07:55	00:04:38	ARCD Venda da Luisa
81	JOSÉ MACHADO	1241	M 77	V35M 16	01:37:23	01:37:16	00:16:41	00:46:11	01:08:48	00:04:39	Clube Recreativo da Praia da Leirosa
82	NUNO MALTEZ	1224	M 78	SenM 14	01:37:34	01:37:29	00:16:04	00:45:39	01:07:48	00:04:39	
83	RICARDO NUNES	1011	M 80	SenM 15	01:37:53	01:37:51	00:14:31	00:42:51	01:05:55	00:04:40	
84	PEDRO LARANJO	1157	M 81	V45M 21	01:37:55	01:37:49	00:16:24	00:46:10	01:08:36	00:04:40	Viseu 360
85	JOÃO GARCIA	1908	M 82	SenM 16	01:38:08	01:37:52	00:18:12	00:48:45	01:11:27	00:04:41	Arena Fitness
86	JORGE CRISTINO	1921	M 83	V40M 18	01:38:13	01:37:57	00:17:40	00:47:24	01:09:23	00:04:41	
87	CARLOS PALAIO	1130	M 84	V45M 22	01:38:19	01:38:12	00:17:02	00:47:21	01:09:32	00:04:41	Verallia Portugal
88	JOSÉ DUARTE	1031	M 85	V40M 19	01:38:23	01:37:38	00:16:15	00:45:31	01:08:21	00:04:42	
89	RUI NEVES	1066	M 87	V35M 17	01:38:44	01:38:34	00:16:23	00:45:56	01:08:02	00:04:43	Wolf Team Run
90	RUI SILVA	1162	M 88	V45M 23	01:38:49	01:38:42	00:17:07	00:47:15	01:09:21	00:04:43	Os Papa Milhas
91	LUIS CARVALHEIRO	1299	M 89	V45M 24	01:38:55	01:38:52	00:15:56	00:46:29	01:09:23	00:04:43	
92	RICARDO MENDES	1351	M 90	V40M 20	01:38:55	01:38:49	00:16:23	00:46:10	01:08:36	00:04:43	Viseu 360
93	JÚLIA SCHIAVON	1046	F 5	V35F 2	01:39:02	01:38:58	00:16:44	00:46:33	01:09:44	00:04:43	Associação Desportiva Rio Largo Clube de Espinho
94	FERNANDO FERREIRA	1357	M 91	SenM 18	01:39:12	01:39:03	00:17:07	00:46:57	01:09:32	00:04:44	
95	JOSÉ BRÁS BRÁS	1352	M 92	V45M 25	01:39:14	01:39:05	00:17:04	00:46:42	01:09:24	00:04:44	
96	BRUNO FERREIRA	1056	M 93	V40M 21	01:39:16	01:39:10	00:16:32	00:45:13	01:07:52	00:04:44	ACDRS QUINHENDROS
97	JOÃO LUIS	1369	M 94	SenM 19	01:39:18	01:39:13	00:16:12	00:45:39	01:08:06	00:04:44	Hut Runners
98	SEM DADOS	1933	M 95	3	01:39:33	01:39:15	00:16:59	00:46:30	01:09:14	00:04:45	
99	TIAGO PÊGO	1938	M 96	V35M 18	01:39:40	01:39:32	00:17:03	00:47:23	01:10:09	00:04:45	ACDRS Quinhendros
100	GUILHERME BENTO	1032	M 97	V45M 26	01:39:49	01:39:46	00:14:58	00:45:11	01:08:46	00:04:46	NOTICIAS DE COLMEIAS ATLETISMO
101	TOMÁS FERREIRA	1211	M 98	V55M 3	01:39:50	01:39:45	00:15:51	00:45:22	01:08:36	00:04:46	Marão-Z-Bike
102	FERNANDO RIBEIRO	1146	M 99	V50M 8	01:40:05	01:40:01	00:15:44	00:44:56	01:10:29	00:04:46	100meta

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	3 km	10 km	15 km	Ritmo	Equipa
103	VIRGILIO OLIVEIRA	1379	M	100 V55M	4 01:40:15	01:40:02	00:16:31	00:45:15	01:08:30	00:04:47	
104	NUNO LOUREIRO	1137	M	101 V45M	27 01:40:16	01:39:59	00:18:10	00:48:44	01:11:25	00:04:47	A. D. Buarcos
105	FERNANDO SILVA	1907	M	102 V45M	28 01:40:19	01:40:13	00:16:23	00:45:56	01:09:03	00:04:47	
106	MANUEL DOMINGUES	1337	M	103 V55M	5 01:40:21	01:40:18	00:16:46	00:46:51	01:10:09	00:04:47	
107	HELDER ABREU	1919	M	104 V40M	22 01:40:24	01:40:08	00:15:49	00:45:39	01:08:38	00:04:47	Notícias de Colmeias Atletismo
108	ANTÓNIO SILVA	1234	M	105 V60M	1 01:40:28	01:40:22	00:17:01	00:47:25	01:10:07	00:04:48	ACDRS QUINHENDROS
109	DAVID MARQUES	1036	M	106 SenM	20 01:40:32	01:40:17	00:16:24	00:46:12	01:09:29	00:04:48	FIDELIDADE GDC
110	ANDREIA PARREIRAS	1349	F	6 SenF	3 01:40:35	01:40:27	00:16:50	00:46:47	01:10:06	00:04:48	
111	LUIS SILVA	1042	M	107 V50M	9 01:40:46	01:40:36	00:16:20	00:45:45	01:09:36	00:04:48	
112	VITOR TOMAZ	2170	M	108 V40M	23 01:41:03	01:40:44	00:17:29	00:48:11	01:11:13	00:04:49	Bio team Run
113	ANTÓNIO PEGO	1141	M	109 V40M	24 01:41:03	01:40:56	00:16:46	00:46:41	01:09:43	00:04:49	ACDRS QUINHENDROS
114	JOEL SANTOS	1049	M	110 SenM	21 01:41:07	01:41:04	00:15:34	00:45:46	01:09:04	00:04:49	ACRM Silveirinha Grande Claras
115	TOZE ALMEIDA	1339	M	111 V45M	29 01:41:13	01:41:08	00:16:57	00:46:46	01:09:43	00:04:50	Bttrain
116	AMILCAR SILVA	1156	M	112 V35M	19 01:41:16	01:41:02	00:17:14	00:47:27	01:10:18	00:04:50	Nenhuma
117	SEM DADOS	1932	M	113	4 01:41:23	01:41:16	00:17:34	00:48:32	01:11:23	00:04:50	
118	RUI MONTEIRO	1277	M	114 V40M	25 01:41:25	01:41:23	00:15:58	00:45:24	01:08:12	00:04:50	
119	TIAGO ABREU	1028	M	115 SenM	22 01:41:40	01:41:30	00:16:53	00:47:54	01:11:05	00:04:51	
120	FRÉDÉRIC SILVA	1268	M	116 SenM	23 01:41:44	01:41:36	00:17:07	00:47:13	01:10:45	00:04:51	FC ESTRELAS LISBOA
121	SEM DADOS	1942	M	117	5 01:42:02	01:41:58	00:15:13	00:45:32	01:08:58	00:04:52	
122	NUNO AFONSO	1197	M	118 V35M	20 01:42:05	01:41:49	00:17:04	00:47:52	01:11:29	00:04:52	
123	JOSÉ ABADÉ	1182	M	119 V60M	2 01:42:05	01:42:02	00:16:45	00:47:27	01:11:23	00:04:52	
124	NOEL VALADÃO	1257	M	120 V40M	26 01:42:13	01:42:08	00:16:03	00:46:08	01:09:51	00:04:53	ADM Ori-Mondego
125	RUI TEIXEIRA	1301	M	121 V55M	6 01:42:13	01:42:07	00:17:07	00:48:03	01:11:37	00:04:53	GRVilaverdense
126	PAULA OLIVEIRA	1300	F	7 V45F	1 01:42:13	01:42:07	00:17:08	00:48:04	01:11:38	00:04:53	GRVilaverdense
127	NELSON COLAÇO	1086	M	122 V45M	30 01:42:22	01:42:20	00:16:41	00:47:29	01:11:17	00:04:53	NAPA - Núcleo dos Amigos da Perna Assada
128	JOÃO SILVA	1093	M	123 SenM	24 01:42:26	01:42:20	00:17:02	00:47:59	01:11:35	00:04:53	ARCD Venda da Luisa
129	PEDRO GALHANO	1075	M	124 SenM	25 01:42:42	01:42:34	00:18:24	00:50:18	01:13:26	00:04:54	SCPovoense . Caracois de Corrida
130	LUIS COSTA	1145	M	125 V45M	31 01:42:46	01:42:41	00:16:55	00:48:04	01:11:38	00:04:54	Hut Runners Coimbra
131	RICARDO PEREIRA	1303	M	126 V35M	21 01:42:49	01:42:37	00:18:07	00:48:00	01:11:50	00:04:54	
132	MARCOS ALVES	1330	M	127 V40M	27 01:42:52	01:42:49	00:16:54	00:47:26	01:11:26	00:04:54	Tribo NR
133	RUI AVEIRO	1007	M	128 V40M	28 01:43:06	01:43:00	00:16:41	00:47:23	01:11:13	00:04:55	
134	NUNO ALMEIDA	1115	M	129 V40M	29 01:43:18	01:43:05	00:17:27	00:48:17	01:11:32	00:04:56	NA TEAM
135	FERNANDO PEREIRA	1904	M	130 V55M	7 01:43:20	01:43:13	00:17:52	00:49:49	01:13:36	00:04:56	
136	LUIS NUNES	1249	M	131 V45M	32 01:43:22	01:43:16	00:17:04	00:48:13	01:11:50	00:04:56	
137	FREDERICO SISMEIRO	1173	M	132 V45M	33 01:43:30	01:43:14	00:18:05	00:49:02	01:12:50	00:04:56	Notícias de Colmeias Atletismo
138	RODRIGO VAZ	1088	M	133 V35M	22 01:43:32	01:43:27	00:16:41	00:47:31	01:11:57	00:04:56	
139	PEDRO ELIAS	1264	M	134 V50M	10 01:43:34	01:43:28	00:17:40	00:49:20	01:13:12	00:04:56	
140	AUGUSTO OLIVEIRA	1100	M	135 V45M	34 01:43:39	01:43:30	00:16:35	00:47:20	01:11:09	00:04:57	
141	JONATHAN TOMICO BLANCO	1927	M	136 SenM	26 01:43:40	01:43:34	00:17:18	00:48:13	01:11:58	00:04:57	
142	RUI ABREU	1020	M	137 V40M	30 01:43:45	01:43:27	00:17:38	00:48:24	01:11:39	00:04:57	
143	PAULO SOARES	1064	M	138 V35M	23 01:44:01	01:43:49	00:18:08	00:50:00	01:13:38	00:04:58	Casa do Benfica de Arganil
144	LUIZ RIBEIRO	1198	M	139 V35M	24 01:44:01	01:43:54	00:17:45	00:48:44	01:12:48	00:04:58	
145	CRISTIANO TAVARES	1220	M	140 SenM	27 01:44:09	01:44:06	00:17:19	00:48:37	01:12:41	00:04:58	KIRCHHOFF KUNECT RUNNING TEAM
146	RUI FARIA	1085	M	141 V50M	11 01:44:09	01:44:00	00:18:05	00:50:01	01:13:38	00:04:58	
147	MÁRCIO MACHADO	1335	M	142 V40M	31 01:44:18	01:44:12	00:17:00	00:48:26	01:12:53	00:04:58	
148	RICARDO FIGUEIREDO	1247	M	143 V50M	12 01:44:19	01:44:04	00:18:16	00:49:28	01:13:01	00:04:59	
149	DAVID SANTOS	1143	M	144 V45M	35 01:44:20	01:44:14	00:17:42	00:48:53	01:12:48	00:04:59	
150	CAMILA GOMES	1400	F	8 V35F	3 01:44:24	01:44:16	00:17:34	00:48:33	01:12:41	00:04:59	
151	RICARDO OLIVEIRA	1380	M	145 V45M	36 01:44:24	01:44:16	00:17:33	00:48:32	01:12:37	00:04:59	#Elcomandanteteam
152	RUI NETO	1019	M	146 V35M	25 01:44:32	01:44:17	00:17:33	00:49:21	01:14:02	00:04:59	
153	NUNO REIS	1341	M	147 V35M	26 01:44:33	01:44:23	00:18:22	00:50:07	01:13:38	00:04:59	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	3 km	10 km	15 km	Ritmo	Equipa
154	RUI PEDRINHO	1371	M	148 V45M	37 01:44:35	01:44:28	00:17:26	00:49:26	01:13:08	00:04:59	Casas Y Companhia - Imobiliária
155	JOSÉ CARLOS FORTE	1253	M	149 V60M	3 01:44:37	01:44:31	00:16:27	00:45:41	01:08:06	00:04:59	Arquiconsult - Sistemas de Informação, S.A.
156	SEM DADOS	1937	M	150	6 01:44:39	01:44:25	00:17:39	00:49:22	01:13:58	00:04:59	
157	ANDREA BALESTRA	1274	F	9 V40F	2 01:44:42	01:44:28	00:17:35	00:48:23	01:11:55	00:05:00	Runcard
158	MÁRIO CARAPINHEIRO	1006	M	151 V55M	8 01:44:42	01:44:38	00:15:43	00:50:22	01:14:04	00:05:00	
159	TIAGO MARGUES	1272	M	152 V35M	27 01:44:43	01:44:34	00:17:43	00:48:42	01:12:47	00:05:00	Souremov
160	PEDRO BORGES DE OLIVEIRA	1340	M	153 V50M	13 01:44:44	01:44:33	00:18:37	00:50:52	01:14:38	00:05:00	
161	JORGE DELGADO	1083	M	154 SenM	28 01:44:45	01:44:37	00:18:08	00:50:06	01:14:02	00:05:00	
162	LUIS CAVALEIRO	1930	M	156 V35M	28 01:44:54	01:44:46	00:18:25	00:50:19	01:14:01	00:05:00	
163	FÁBIO PEREIRA	1233	M	157 SenM	29 01:45:00	01:44:53	00:17:13	00:48:07	01:11:50	00:05:00	
164	PEDRO RODRIGUES	1378	M	158 V35M	29 01:45:09	01:44:52	00:17:37	00:48:24	01:11:26	00:05:01	
165	PAULO SARMENTO	1347	M	159 V40M	32 01:45:11	01:45:00	00:18:37	00:50:28	01:13:23	00:05:01	Coimbra Trail Running
166	PEDRO SANTOS	1288	M	160 V40M	33 01:45:15	01:45:03	00:18:14	00:50:19	01:14:28	00:05:01	
167	JOSÉ REIS	1053	M	161 V50M	14 01:45:24	01:45:14	00:17:39	00:49:01	01:13:01	00:05:02	
168	RICARDO SANTOS	1062	M	162 V35M	30 01:45:31	01:45:21	00:17:04	00:49:27	01:13:25	00:05:02	Bio Team Run
169	EDUARDO JORGE PENACHO RIBEIRO	1329	M	163 V35M	31 01:45:45	01:45:39	00:17:11	00:48:11	01:12:28	00:05:03	
170	BRUNO BRANDÃO	1910	M	164 V35M	32 01:45:45	01:45:28	00:18:13	00:49:09	01:13:13	00:05:03	
171	VALTER RAINHO	1081	M	165 V45M	39 01:45:55	01:45:44	00:17:33	00:49:27	01:13:42	00:05:03	
172	FILIPE LOPES	1004	M	166 V40M	34 01:45:55	01:45:35	00:18:33	00:49:54	01:13:51	00:05:03	
173	JOÃO TONDELA	1322	M	167 V50M	15 01:45:56	01:45:45	00:18:36	00:50:53	01:14:39	00:05:03	
174	RUI CLARO	1098	M	168 V60M	4 01:45:58	01:45:53	00:17:09	00:48:07	01:12:08	00:05:03	
175	PAULO PROVIDENCIA	1355	M	169 V55M	9 01:46:13	01:46:02	00:18:01	00:49:30	01:13:52	00:05:04	R G Levanta Poeira
176	FABIANNE PINHEIRO	1142	F	10 V35F	4 01:46:13	01:46:04	00:18:40	00:51:01	01:14:49	00:05:04	
177	RICARDO SANTOS	1916	M	170 V35M	33 01:46:15	01:46:08	00:16:38	00:46:52	01:11:34	00:05:04	Correr Lisboa
178	PAULA VIDAS	1256	F	11 V50F	1 01:46:20	01:46:10	00:17:29	00:49:11	01:13:55	00:05:04	Coimbra Trail Running
179	ANTÓNIO FERREIRA	1189	M	171 SenM	30 01:46:26	01:46:13	00:17:47	00:49:40	01:14:02	00:05:05	
180	ANDRÉ ANDRADE	1029	M	172 SenM	31 01:46:33	01:46:22	00:18:41	00:50:40	01:15:12	00:05:05	
181	EMANUEL JOSÉ	1045	M	173 V35M	34 01:46:35	01:46:15	00:18:33	00:50:07	01:13:51	00:05:05	Bio Team Run
182	BRUNO BOTELHO	1192	M	174 V35M	35 01:46:38	01:46:25	00:18:18	00:50:13	01:13:56	00:05:05	Kick Runners
183	FRANCISCO PLÍNIO	1914	M	175 V60M	5 01:46:54	01:46:43	00:18:11	00:49:57	01:14:14	00:05:06	Particular
184	JOÃO POÇAS	1344	M	176 V35M	36 01:47:05	01:46:55	00:17:44	00:49:33	01:14:19	00:05:06	BARRASCOS RUNNERS
185	JOÃO REIS	1239	M	177 V45M	40 01:47:25	01:47:19	00:17:26	00:49:15	01:13:48	00:05:07	
186	EDELSON ROCHA	1324	M	178 V55M	10 01:47:41	01:47:40	00:16:24	00:47:29	01:12:51	00:05:08	
187	JOÃO DIAS	1994	M	179 V35M	37 01:47:50	01:47:36	00:18:35	00:50:50	01:15:17	00:05:09	
188	RICARDO PEREIRA	1314	M	180 SenM	32 01:47:53	01:47:36	00:18:01	00:49:16	01:13:16	00:05:09	GRVilaverdense
189	ANABELA FONSECA	1289	F	12 V45F	2 01:47:55	01:47:45	00:17:06	00:49:26	01:14:48	00:05:09	
190	RICARDO VEIGA	1021	M	181 V40M	35 01:48:00	01:47:55	00:17:47	00:49:04	01:13:00	00:05:09	
191	FILIPE PINHÃO	1135	M	182 SenM	33 01:48:06	01:47:53	00:18:37	00:50:43	01:15:35	00:05:09	Verallia Portugal
192	JOSÉ BATATA	1126	M	183 V55M	11 01:48:06	01:47:54	00:18:37	00:50:43	01:15:36	00:05:09	Verallia Portugal
193	NELSON GOMES	1399	M	184 V40M	36 01:48:08	01:47:59	00:18:15	00:50:47	01:15:40	00:05:09	
194	ANA SANTOS	1398	F	13 V40F	3 01:48:08	01:48:00	00:18:16	00:50:47	01:15:43	00:05:09	
195	PAULO MATAFOME	1282	M	185 V35M	38 01:48:20	01:48:14	00:17:47	00:49:37	01:13:52	00:05:10	
196	LUIS GASPAS	1058	M	186 SenM	34 01:48:21	01:48:13	00:19:03	00:51:35	01:15:42	00:05:10	
197	PAULO SILVA	1250	M	187 V45M	41 01:48:22	01:48:13	00:18:39	00:51:26	01:16:02	00:05:10	HerbaTeam
198	FERNANDO LOPES	1226	M	188 V50M	16 01:48:28	01:48:11	00:18:16	00:50:52	01:15:42	00:05:10	
199	ARNALDO RODRIGUES	1346	M	189 V55M	12 01:48:31	01:48:23	00:19:17	00:52:55	01:17:34	00:05:11	Desnivel Positivo
200	CARLOS COSTA	1350	M	190 V55M	13 01:48:32	01:48:20	00:18:18	00:50:15	01:14:22	00:05:11	
201	HÉLDER CUNHA	1073	M	191 SenM	35 01:48:50	01:48:40	00:18:55	00:51:40	01:15:53	00:05:11	SCPovoense . Caracois de Corrida
202	PAULO FERNANDES	1359	M	192 V50M	17 01:48:52	01:48:42	00:18:15	00:51:07	01:16:03	00:05:12	
203	PEDRO LEAL	1375	M	193 V50M	18 01:49:03	01:48:56	00:18:26	00:50:20	01:14:17	00:05:12	
204	SOFIA SIMÕES	1304	F	14 V35F	5 01:49:07	01:48:56	00:18:08	00:50:31	01:16:10	00:05:12	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	3 km	10 km	15 km	Ritmo	Equipa		
205	PEDRO ACÚRCIO	1377	M	194	V40M	37	01:49:14	01:49:08	00:17:11	00:47:47	01:12:21	00:05:13	
206	HENRIQUE CONCEIÇÃO	1204	M	195	V60M	6	01:49:14	01:49:07	00:17:22	00:49:53	01:15:40	00:05:13	Viseu 360
207	IETE GONÇALVES	1905	F	15	V45F	3	01:49:17	01:49:11	00:17:51	00:50:41	01:16:17	00:05:13	
208	SUSANA SALVATERRA	1315	F	16	V40F	4	01:49:20	01:49:08	00:17:50	00:50:32	01:15:41	00:05:13	
209	HELDER SIMÕES	1077	M	196	V45M	42	01:49:22	01:49:13	00:18:37	00:51:39	01:16:39	00:05:13	Run@Figueira
210	NELSON AZENHA	1924	M	197	V40M	38	01:49:26	01:49:12	00:17:45	00:50:37	01:15:37	00:05:13	GRVilaverdense
211	ROSA RODRIGUES	1102	F	17	V45F	4	01:49:33	01:49:22	00:18:02	00:50:28	01:16:05	00:05:13	
212	MADALENA LOPES DE CARVALHO	1183	F	18	SenF	4	01:49:38	01:49:28	00:19:51	00:53:30	01:18:04	00:05:14	Body Project
213	LUÍS MENDES	1928	M	198	V40M	39	01:49:41	01:49:35	00:17:07	00:48:28	01:13:42	00:05:14	
214	JORGE RAMOS	1227	M	199	V60M	7	01:49:50	01:49:33	00:18:17	00:51:09	01:16:18	00:05:14	
215	MÓNICA VERISSIMO	1065	F	19	SenF	5	01:49:51	01:49:43	00:17:48	00:49:59	01:15:14	00:05:14	Duarte
216	XAVIER LOPES	1903	M	200	JunM	2	01:49:58	01:49:42	00:18:30	00:51:08	01:15:47	00:05:15	
217	PAULO LOPES	1996	M	201	V40M	40	01:50:01	01:49:54	00:17:27	00:50:14	01:16:03	00:05:15	
218	PAULA CARDOSO	1236	F	20	V45F	5	01:50:02	01:49:56	00:17:24	00:50:15	01:16:04	00:05:15	Viseu 360
219	ZÉ PEDRO	1113	M	202	V50M	19	01:50:12	01:50:01	00:18:38	00:51:51	01:17:05	00:05:15	pace.makers
220	NUNO SANTOS	1255	M	203	V40M	41	01:50:20	01:50:10	00:17:44	00:50:12	01:15:44	00:05:16	Individual
221	PAULO FONTES	1181	M	204	V45M	43	01:50:24	01:50:10	00:19:11	00:52:26	01:17:28	00:05:16	
222	HERMINIA FERREIRA	1041	F	21	V45F	6	01:50:30	01:50:16	00:18:18	00:51:03	01:17:02	00:05:16	FIDELIDADE GDC
223	JOSE GOMES	1404	M	205	V40M	42	01:50:36	01:50:25	00:17:40	00:50:12	01:17:12	00:05:16	
224	SEM DADOS	1935	M	206		7	01:50:37	01:50:22	00:19:41	00:53:48	01:19:14	00:05:17	
225	JOSÉ PERDIGÃO	1245	M	207	V35M	39	01:50:39	01:50:28	00:19:17	00:52:53	01:17:29	00:05:17	
226	CARLA GAPO	1373	F	22	V40F	5	01:50:44	01:50:31	00:18:35	00:51:26	01:16:55	00:05:17	Gapo
227	SÓNIA DIAS	1251	F	23	SenF	6	01:50:45	01:50:32	00:18:58	00:52:04	01:17:14	00:05:17	
228	PEDRO TAVARES	1114	M	208	V35M	40	01:50:47	01:50:37	00:18:54	00:51:41	01:17:03	00:05:17	SCPovoense - Caracóis de Corrida
229	CARLOS PORTELA	1112	M	209	V50M	20	01:50:48	01:50:39	00:18:34	00:51:37	01:17:03	00:05:17	
230	ANDREIA VICENTE	1302	F	24	V35F	6	01:50:53	01:50:42	00:18:40	00:52:05	01:17:11	00:05:17	
231	PAULO AVÓ	1193	M	210	SenM	36	01:50:58	01:50:46	00:18:20	00:51:04	01:16:42	00:05:18	
232	JOSE TAVARES	1909	M	211	V50M	21	01:50:59	01:50:44	00:18:27	00:51:31	01:16:28	00:05:18	Torreira Runners
233	PEDRO FREITAS	1134	M	212	V35M	41	01:51:00	01:50:50	00:19:00	00:52:33	01:17:45	00:05:18	Verallia Portugal
234	ANA REIS	1074	F	25	SenF	7	01:51:06	01:50:57	00:18:56	00:51:44	01:17:05	00:05:18	SCPovoense . Caracois de Corrida
235	FÁBIO COSTA	1271	M	213	SenM	37	01:51:07	01:50:56	00:18:56	00:51:44	01:17:05	00:05:18	Individual
236	MARIA CARVALHO	1129	F	26	SenF	8	01:51:12	01:51:08	00:17:41	00:49:57	01:16:27	00:05:18	Escola de Atletismo de Coimbra/JPaiva
237	MÁRCIO MEIRELES	1122	M	214	V40M	43	01:51:17	01:51:13	00:17:33	00:50:54	01:17:24	00:05:18	Porto Sentido Runners
238	HUMBERTO ALVES	1364	M	215	SenM	38	01:51:24	01:51:10	00:18:58	00:52:01	01:16:37	00:05:19	Tribo NR
239	MIGUEL FERREIRA	1051	M	216	V45M	44	01:51:34	01:51:29	00:18:29	00:51:26	01:16:31	00:05:19	Bravos&Bravitas
240	MARIA MAIA	1309	F	27	V40F	6	01:51:41	01:51:23	00:18:06	00:51:17	01:17:53	00:05:20	GRVilaverdense
241	NARCISO ARROMBA	1121	M	217	V60M	8	01:51:50	01:51:46	00:18:49	00:52:28	01:18:26	00:05:20	
242	PEDRO HENRIQUES	1037	M	218	V40M	44	01:52:00	01:51:51	00:18:23	00:50:48	01:16:35	00:05:20	
243	CARLA CARVALHO	1326	F	28	V40F	7	01:52:17	01:52:14	00:17:27	00:52:11	01:18:20	00:05:21	
244	VASCO FIGUEIREDO	1159	M	219	V40M	45	01:52:27	01:52:13	00:18:18	00:50:56	01:16:40	00:05:22	CAOH-Clube Atletico de Oliveira do Hospital
245	ANA TOMÉ	1132	F	29	SenF	9	01:53:03	01:52:58	00:18:31	00:52:11	01:17:18	00:05:23	Run@Figueira
246	FERNANDO JOSÉ DA COSTA CHARANA	1275	M	220	V50M	22	01:53:21	01:53:04	00:19:44	00:53:24	01:18:30	00:05:24	Fitting Point
247	GEORG WOLF	1265	M	221	V35M	42	01:53:33	01:53:19	00:19:24	00:53:00	01:18:29	00:05:25	TRIALUPI
248	ADELINO NUNES	1166	M	222	V55M	14	01:54:02	01:53:49	00:19:33	00:53:26	01:18:53	00:05:26	SALDO VÁLIDO TEAM
249	LUISA MARQUES	1196	F	30	V45F	7	01:54:03	01:53:58	00:17:36	00:51:18	01:18:08	00:05:26	Porto Sentido Runners
250	JOSÉ BASÍLIO	1104	M	223	V50M	23	01:54:08	01:53:59	00:19:06	00:53:25	01:19:36	00:05:27	
251	MICHAEL RODRIGUES	1338	M	224	SenM	39	01:54:25	01:54:14	00:18:10	00:52:07	01:18:34	00:05:27	BARRASCOS RUNNERS
252	ANA CAVACAS	1261	F	31	V45F	8	01:54:25	01:54:20	00:18:55	00:53:42	01:20:14	00:05:27	GAFIDES
253	ARMANDO LOUREIRO	1311	M	225	V45M	45	01:54:31	01:54:17	00:19:41	00:53:48	01:19:19	00:05:28	
254	JOÃO VAZ	1308	M	226	V40M	46	01:54:31	01:54:17	00:19:41	00:53:48	01:19:19	00:05:28	
255	FERNANDO COSTA	1312	M	227	V55M	15	01:54:32	01:54:18	00:19:42	00:53:48	01:19:19	00:05:28	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	3 km	10 km	15 km	Ritmo	Equipa
256	CRISTIANA CUNHA	1231	F 32	SenF 10	01:54:46	01:54:27	00:20:10	00:54:15	01:19:43	00:05:28	
257	JORGE ALMEIDA	1230	M 228	V45M 46	01:54:46	01:54:28	00:20:11	00:54:15	01:19:43	00:05:28	
258	PEDRO GASPAS	1356	M 229	SenM 40	01:54:51	01:54:36	00:18:55	00:52:05	01:17:27	00:05:29	A.D.C.Andorinha
259	CLAUDIO MATIAS	1368	M 230	V40M 47	01:54:52	01:54:37	00:18:55	00:52:05	01:17:29	00:05:29	ADCAndorinha
260	ANDRÉ PINTO	1015	M 231	SenM 41	01:54:53	01:54:43	00:18:57	00:53:20	01:19:27	00:05:29	
261	MARIA BENQUERENÇA	1103	F 33	V45F 9	01:54:53	01:54:44	00:19:06	00:53:22	01:19:23	00:05:29	
262	MÁRIO RODRIGUES	1212	M 232	V40M 48	01:55:05	01:54:59	00:17:52	00:51:04	01:18:07	00:05:29	Runners Sernancelhe Terra da Castanha
263	FILIFE CARVALHO	1325	M 233	V50M 24	01:55:18	01:55:15	00:17:42	00:52:12	01:19:44	00:05:30	
264	RICARDO SILVA	1206	M 234	V40M 49	01:55:29	01:55:18	00:18:24	00:51:05	01:17:11	00:05:30	Quasetudo
265	FÁBIO BARROCA	1087	M 235	SenM 42	01:55:33	01:55:15	00:20:54	00:56:20	01:22:23	00:05:31	
266	FÁBIO FERNANDES	1039	M 236	SenM 43	01:55:37	01:55:29	00:18:13	00:52:08	01:19:39	00:05:31	
267	JOAO LOPES	1199	M 237	V45M 47	01:55:45	01:55:34	00:18:55	00:52:25	01:18:57	00:05:31	
268	PEDRO OLIVEIRA	1305	M 238	V35M 43	01:55:57	01:55:35	00:17:37	00:49:18	01:14:40	00:05:32	
269	RAFAEL SANTOS	1140	M 239	V50M 25	01:56:07	01:55:56	00:19:59	00:55:25	01:22:01	00:05:32	CCDTMetroLx
270	NUNO SANTOS	1201	M 240	SenM 44	01:56:32	01:56:22	00:18:57	00:53:48	01:20:55	00:05:33	Muratus
271	LILIANA AZENHA	1110	F 34	V40F 8	01:56:41	01:56:30	00:19:00	00:55:08	01:22:30	00:05:34	ARSM-Associação Recreativa de S. Miguel
272	ALEXANDRE SANTO	1070	M 241	V35M 44	01:56:41	01:56:30	00:18:07	00:52:22	01:19:18	00:05:34	
273	RUI TROVÃO	1223	M 242	V35M 45	01:56:44	01:56:24	00:19:22	00:53:43	01:19:09	00:05:34	
274	ANDRÉ VENTURA	1167	M 243	SenM 45	01:56:52	01:56:38	00:19:32	00:53:49	01:19:27	00:05:34	SALDO VÁLIDO TEAM
275	SUSANA CABRAL	1922	F 35	V40F 9	01:56:52	01:56:34	00:20:02	00:54:59	01:21:29	00:05:34	
276	BRUNO VENTURA	1331	M 244	V45M 48	01:56:53	01:56:40	00:19:32	00:53:49	01:19:34	00:05:34	
277	MANUELA FRIAS	1216	F 36	SenF 11	01:56:57	01:56:44	00:19:59	00:55:32	01:21:37	00:05:35	
278	ANTÓNIO CORDEIRO	1055	M 245	V35M 46	01:57:01	01:56:42	00:20:23	00:56:13	01:24:02	00:05:35	BlackBulls / Clube Condeixa
279	PEDRO PIMPAO	1054	M 246	V35M 47	01:57:01	01:56:42	00:20:27	00:56:14	01:24:02	00:05:35	
280	JOÃO CARVALHO	1254	M 247	V35M 48	01:57:22	01:57:11	00:18:20	00:53:22	01:20:35	00:05:36	Casa do Benfica de Arganil
281	MANUEL TAVARES	1164	M 248	V45M 49	01:57:25	01:57:17	00:19:39	00:54:58	01:22:10	00:05:36	Os Papa Milhas
282	ZÉ SANDINHA	1175	M 249	V40M 50	01:57:40	01:57:28	00:18:14	00:51:45	01:19:02	00:05:37	
283	HUGO TORRES	1232	M 250	V40M 51	01:57:47	01:57:36	00:17:18	00:51:45	01:20:42	00:05:37	Team Bock
284	JOSÉ CARDOSO	1278	M 251	SenM 46	01:57:55	01:57:42	00:19:03	00:53:38	01:20:33	00:05:37	
285	TOMÁS FREITAS	1342	M 252	V35M 49	01:58:16	01:57:58	00:20:55	00:57:07	01:23:56	00:05:38	Tomás Freitas
286	NUNO NASCIMENTO	1901	M 253	SenM 47	01:58:32	01:58:24	00:18:39	00:51:26	01:16:05	00:05:39	HerbalTeam
287	JORGE FARIA	1153	M 254	V40M 52	01:59:12	01:58:59	00:17:46	00:52:29	01:20:29	00:05:41	CUMIBROA BIKE'S RUNNING TEAM
288	PEDRO ROQUE	1163	M 255	V50M 26	01:59:13	01:59:05	00:19:39	00:54:59	01:22:10	00:05:41	Os Papa Milhas
289	ALEXANDRE LINDOTE	1354	M 256	V40M 53	01:59:29	01:59:09	00:21:15	00:57:13	01:24:06	00:05:42	
290	CARLA SIMÕES	1089	F 37	V35F 7	01:59:35	01:59:24	00:19:25	00:55:24	01:23:45	00:05:42	
291	ISABEL COSTA	1402	F 38	V45F 10	01:59:40	01:59:23	00:20:11	00:54:33	01:22:17	00:05:42	Rompezolas
292	GERHARD DOPPLER	1018	M 257	V45M 50	02:00:00	01:59:41	00:20:46	00:56:54	01:24:05	00:05:43	
293	ANTÓNIO DIAS	1118	M 258	V60M 9	02:00:03	01:59:50	00:19:47	00:56:22	01:24:20	00:05:43	
294	CARLOS PINHO	1080	M 259	V40M 54	02:00:04	01:59:45	00:20:51	00:57:16	01:24:33	00:05:44	
295	CARLOS MENDES	1152	M 260	V35M 50	02:00:18	02:00:05	00:18:13	00:54:30	01:22:36	00:05:44	CUMIBROA BIKE'S RUNNING TEAM
296	HENRIQUE SIMÕES	1079	M 261	V35M 51	02:00:26	02:00:10	00:19:35	00:55:33	01:23:45	00:05:45	
297	SOFIA CAETANO	1276	F 39	V45F 11	02:00:34	02:00:31	00:20:40	00:57:29	01:24:41	00:05:45	
298	LEANDRO SANTOS	1210	M 262	V60M 10	02:00:34	02:00:29	00:18:28	00:53:45	01:22:20	00:05:45	Individual
299	PEDRO BASTOS	1052	M 263	V40M 55	02:00:35	02:00:29	00:18:47	00:54:18	01:22:24	00:05:45	Bravos&Bravitas
300	HENRIQUE FERNANDES	1900	M 264	V45M 51	02:00:35	02:00:15	00:20:51	00:57:16	01:24:33	00:05:45	Bio Team Run
301	FRANCISCO MENDES	1213	M 265	V40M 56	02:00:35	02:00:16	00:20:51	00:57:16	01:24:34	00:05:45	Bio Team Run
302	ESMERALDA FIÚZA	1082	F 40	V55F 1	02:01:08	02:01:00	00:18:09	00:53:43	01:22:33	00:05:47	
303	MÓNICA ALMEIDA	1040	F 41	SenF 12	02:01:09	02:00:58	00:18:23	00:54:38	01:23:35	00:05:47	
304	JOÃO PEDRO NEVES	1279	M 266	V35M 52	02:01:19	02:01:06	00:20:19	00:57:03	01:24:43	00:05:47	
305	RUI MORGADO	1280	M 267	V45M 52	02:01:19	02:01:07	00:20:19	00:57:03	01:24:45	00:05:47	
306	ANA FERNANDES	1003	F 42	V40F 10	02:01:44	02:01:44	00:21:10	00:57:37	01:25:09	00:05:48	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	3 km	10 km	15 km	Ritmo	Equipa
307	PASCOAL OLIVEIRA	1912	M	268 V45M	53 02:01:54	02:01:39	00:20:32	00:57:37	01:25:02	00:05:49	
308	MARGARIDA CARVALHO	1178	F	43 V45F	12 02:01:58	02:01:47	00:18:57	00:56:14	01:24:34	00:05:49	Coimbra Trail Running
309	JOAO LUIS BERNARDO	1072	M	269 V40M	57 02:02:04	02:01:56	00:18:04	00:54:26	01:23:14	00:05:49	
310	JOÃO SIMÕES	1291	M	270 SenM	48 02:02:11	02:01:53	00:19:59	00:55:29	01:23:48	00:05:50	GRVilaverdense
311	HUMBERTO OLIVEIRA	1191	M	271 V45M	54 02:02:26	02:02:12	00:18:50	00:54:30	01:23:24	00:05:50	Centro Trail Carlos Sá Team Penacova
312	FERNANDO OLIVEIRA	1090	M	272 V50M	27 02:02:35	02:02:20	00:20:11	00:56:41	01:24:05	00:05:51	os lentos
313	MARTA PORTUGAL	1184	F	44 V35F	8 02:02:50	02:02:40	00:20:42	00:57:03	01:25:13	00:05:51	Body Project
314	MANUELA SILVA	1022	F	45 SenF	13 02:02:59	02:02:46	00:18:28	00:53:46	01:21:44	00:05:52	
315	FERNANDA LOPES	1205	F	46 V50F	2 02:03:03	02:02:52	00:19:43	00:56:18	01:25:06	00:05:52	PORTO SENTIDO RUNNERS
316	JOSÉ BAPTISTA	1401	M	273 V45M	55 02:03:18	02:03:07	00:19:33	00:55:56	01:25:05	00:05:53	Rompezolas
317	PEDRO COELHO	1263	M	274 V35M	53 02:03:28	02:03:18	00:18:57	00:53:11	01:21:47	00:05:53	Fresenius Kabi Runners
318	ARMANDO DELGADO	1084	M	275 V60M	11 02:03:30	02:03:17	00:20:13	00:57:10	01:25:28	00:05:53	
319	PAULO GOMES	1397	M	276 V40M	58 02:03:43	02:03:31	00:20:09	00:57:16	01:24:42	00:05:54	Gyptec Ibérica
320	CARLOS BARROSO	1001	M	277 V50M	28 02:03:56	02:03:39	00:20:36	00:57:30	01:24:31	00:05:55	
321	PAULO COSTA	1384	M	278 V50M	29 02:04:05	02:03:50	00:21:03	00:57:28	01:26:10	00:05:55	
322	ISABEL MARIA VIEIRA	1945	F	47 V50F	3 02:04:09	02:04:04	00:18:28	00:55:28	01:23:56	00:05:55	
323	LEONEL CONCHO	1931	M	279 V40M	59 02:04:16	02:04:04	00:20:10	00:56:45	01:25:07	00:05:56	
324	FILIPE MATEUS	1266	M	280 SenM	49 02:04:27	02:04:17	00:17:49	00:54:01	01:23:25	00:05:56	Team Bock
325	ARLINDO JESUS	1917	M	281 V45M	56 02:04:45	02:04:26	00:20:00	00:55:17	01:23:45	00:05:57	
326	SEM DADOS	1238	M	282	8 02:05:01	02:04:46	00:19:25	00:56:10	01:24:56	00:05:58	
327	NUNO BANDARRA	1306	M	283 V40M	60 02:05:20	02:05:05	00:19:54	00:57:22	01:26:14	00:05:59	
328	DANILO NORMANDO	1219	M	284 SenM	50 02:05:21	02:05:02	00:22:41	01:02:11	01:30:01	00:05:59	
329	JOÃO LUIS SANTOS	1059	M	285 V45M	57 02:05:33	02:05:17	00:20:41	00:57:04	01:25:45	00:05:59	
330	SEM DADOS	1960	M	286	9 02:05:47	02:05:32	00:20:20	00:56:41	01:25:11	00:06:00	
331	MARIA RODRIGUES	1327	F	48 V55F	2 02:05:51	02:05:38	00:19:38	00:56:24	01:25:01	00:06:00	
332	JULIANE MASSARO SILVA MASSARO	1035	F	49 SenF	14 02:05:52	02:05:43	00:21:25	00:59:25	01:28:00	00:06:00	BIO TEAM RUN
333	FÁBIO MONTEIRO	1290	M	287 SenM	51 02:05:59	02:05:39	00:19:05	00:53:00	01:22:01	00:06:00	
334	NUNO ROQUE	1292	M	288 V40M	61 02:06:03	02:05:43	00:19:04	00:53:00	01:22:01	00:06:01	
335	MARIA AMORIM	1403	F	50 V50F	4 02:06:14	02:05:57	00:20:57	00:58:23	01:27:46	00:06:01	Rompezolas
336	PEDRO PONTE	1202	M	289 V50M	30 02:06:33	02:06:23	00:21:01	00:57:58	01:26:21	00:06:02	Muratus
337	NILTON LOPES	1096	M	290 SenM	52 02:06:51	02:06:38	00:20:10	00:57:06	01:26:13	00:06:03	
338	CAMILA PINHEIRO	1187	F	51 SenF	15 02:06:56	02:06:37	00:21:11	00:57:47	01:27:32	00:06:03	La Carrera
339	ANDRÉ OLIVEIRA	1149	M	291 SenM	53 02:06:56	02:06:43	00:20:20	00:57:06	01:25:45	00:06:03	Porto Sentido Runners
340	PATRICIA RIBEIRO	1160	F	52 V35F	9 02:07:11	02:06:58	00:20:18	00:57:56	01:27:57	00:06:04	Porto Sentido
341	ARLINDO OLIVEIRA	1913	M	292 V50M	31 02:07:38	02:07:24	00:20:33	00:57:37	01:26:10	00:06:05	CscrfCharneca-Pombal
342	DAVID COSTA	1285	M	293 SenM	54 02:07:50	02:07:35	00:19:40	00:57:56	01:27:16	00:06:06	
343	ANA CRISTINA VIEIRA DANTAS	1386	F	53 V35F	10 02:07:51	02:07:34	00:19:44	00:56:42	01:25:35	00:06:06	
344	JÚLIA LEGKOVA	1286	F	54 SenF	16 02:07:51	02:07:36	00:19:41	00:57:57	01:27:16	00:06:06	
345	LUÍS CONCEIÇÃO	1195	M	294 V55M	16 02:08:07	02:07:56	00:22:16	00:59:58	01:28:48	00:06:07	CCRD Burinhosa
346	ELISABETE PEDROSA	1376	F	55 V45F	13 02:08:57	02:08:43	00:20:16	00:57:55	01:28:57	00:06:09	
347	DORA DOURADO	1108	F	56 V40F	11 02:09:12	02:09:01	00:19:25	00:57:22	01:27:43	00:06:10	
348	RENATO MATOS	1405	M	295 V45M	58 02:09:42	02:09:25	00:20:37	00:57:48	01:27:04	00:06:11	
349	SUSANA LOPES	1920	F	57 V45F	14 02:09:43	02:09:27	00:19:47	00:55:44	01:26:15	00:06:11	
350	PAULO GONÇALVES	1069	M	296 V40M	62 02:09:43	02:09:27	00:19:47	00:55:43	01:26:14	00:06:11	
351	JOÃO GRAÇA	1009	M	297 V60M	12 02:09:51	02:09:46	00:20:08	00:57:06	01:25:43	00:06:11	
352	SONIA PALMIRA SARO	1194	F	58 SenF	17 02:10:31	02:10:19	00:20:00	00:58:52	01:29:23	00:06:13	
353	JESUS M. GRAGERA	1047	M	298 V60M	13 02:11:04	02:10:43	00:22:09	01:00:49	01:30:20	00:06:15	
354	ISABEL SOUSA	1063	F	59 V50F	5 02:11:04	02:10:49	00:19:56	00:58:13	01:29:42	00:06:15	Bio Team Run
355	NATHAN GUIMARÃES DA SILVEIRA	1360	M	299 SenM	55 02:11:39	02:11:20	00:22:41	01:02:12	01:30:12	00:06:17	
356	SEM DADOS	1944	M	300	10 02:11:51	02:11:36	00:20:21	00:57:51	01:28:41	00:06:17	
357	ISABEL MADEIRA	1092	F	60 V45F	15 02:12:31	02:12:23	00:21:49	01:02:21	01:32:43	00:06:19	ARCD Venda da Luisa

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	3 km	10 km	15 km	Ritmo	Equipa	
358	JOSE CARLOS FERNANDES	1094	M	301	V55M 17	02:12:31	02:12:23	00:21:48	01:02:20	01:32:42	00:06:19	ARCD Venda da Luisa
359	AIDA FRANCO	1155	F	61	V35F 11	02:12:59	02:12:39	00:20:47	01:00:03	01:32:02	00:06:20	Correr em Evora
360	NOÉMIA MARTINHO	1260	F	62	V50F 6	02:13:07	02:12:48	00:22:14	01:02:02	01:32:12	00:06:21	GAFIDES
361	RUI DIAS	1120	M	302	V60M 14	02:14:19	02:14:01	00:22:05	01:01:25	01:32:03	00:06:24	
362	ANGELA MOITA	1294	F	63	V55F 3	02:14:24	02:14:08	00:20:35	00:58:27	01:29:25	00:06:24	
363	NUNO SANTOS	1099	M	303	V40M 63	02:14:40	02:14:30	00:18:58	00:56:28	01:27:56	00:06:25	
364	INÉS DE OLIVEIRA	1218	F	64	SenF 18	02:15:02	02:14:43	00:22:23	01:02:12	01:32:36	00:06:26	Correr Lisboa
365	PAULO R. MACEDO	1076	M	304	V35M 54	02:15:40	02:15:23	00:20:22	00:58:28	01:30:20	00:06:28	
366	FABIAN CABRERA EXENI	1221	M	305	V35M 55	02:15:56	02:15:17	00:22:05	01:01:56	01:33:23	00:06:29	
367	SANDRA JÚLIO	1168	F	65	SenF 19	02:16:29	02:16:17	00:21:15	01:01:03	01:32:38	00:06:30	Spin&Run Esposende
368	THIERRY GUERREIRO	1123	M	306	V45M 59	02:16:40	02:16:28	00:21:04	00:59:55	01:32:20	00:06:31	Guerreiro
369	AVELINO FERNANDES	1176	M	307	V45M 60	02:16:41	02:16:27	00:20:22	00:58:56	01:33:24	00:06:31	
370	CARLOS MONTEIRO	1228	M	308	V60M 15	02:16:47	02:16:29	00:22:09	01:01:39	01:32:32	00:06:31	
371	LUCIANO SILVA	1391	M	309	V60M 16	02:17:01	02:16:54	00:21:15	01:01:02	01:34:35	00:06:32	
372	SEM DADOS	1934	M	310		02:17:05	02:16:47	00:20:53	00:59:29	01:34:26	00:06:32	
373	CLÁUDIO RIBEIRO	1060	M	311	V45M 61	02:17:48	02:17:27	00:22:37	01:03:19	01:35:47	00:06:34	CalRibeiro
374	MARIA JOSÉ LOPES	1902	F	66	V45F 16	02:18:58	02:18:42	00:22:04	01:03:17	01:35:08	00:06:38	
375	SARA SANTOS	1394	F	67	V35F 12	02:21:53	02:21:34	00:22:33	01:05:18	01:38:40	00:06:46	Fitting Point
376	BELA VENANCIO	1242	F	68	V40F 12	02:21:53	02:21:34	00:22:33	01:05:18	01:38:41	00:06:46	Bonae Spei Associação Cultural
377	RICARDO NUNO PINHO	1259	M	312	V45M 62	02:22:15	02:21:59	00:20:37	01:00:09	01:35:30	00:06:47	
378	CLAUDIO MANUEL CERQUEIRA SILVA	1116	M	313	V40M 64	02:33:47	02:33:34	00:22:22	01:06:56	01:44:32	00:07:20	Porto Sentido Runners
379	REGINA MARVÃO	1147	F	69	V35F 13	02:33:48	02:33:28	00:22:27	01:06:54	01:43:52	00:07:20	BoraBora, Vamos Lá!
380	CRISTINA SILVA	1117	F	70	V45F 17	02:33:48	02:33:36	00:22:23	01:07:10	01:44:35	00:07:20	Porto Sentido Runners
381	IANÉ AMORIM	1186	F	71	SenF 20	02:34:15	02:33:56	00:22:29	01:06:55	01:44:28	00:07:21	La Carrera
382	JORGE VILLARROEL-ORTEGA	1262	M	314	SenM 56	02:35:11	02:34:31	00:24:13	02:21:41	01:47:51	00:07:24	
383	FRANCISCA ZUÑIGA VERGARA	1367	F	72	SenF 21	02:35:12	02:34:31	00:24:13	01:12:00	01:47:57	00:07:24	
384	EDUARDO REZENDE	1366	M	315	SenM 57	02:53:05	02:52:47	00:23:43	01:10:31	01:50:20	00:08:15	
385	ANTÓNIO GOMES	1940	M	316	V60M 17	03:03:46	03:03:34	00:28:28	01:21:38	02:04:15	00:08:46	