

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
1.	5263	JOAO ALMEIDA	INDIVIDUAL	1	SUB 23 M	1	32:14:00	03:13	32:14:00
2.	5323	ARICSON GOMES	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	2	SEN M	1	33:32:00	03:21	33:32:00
3.	5198	TIAGO MADUREIRA	ACR SRA DO DESTERRO-NAPO	3	SEN M	2	33:53:00	03:23	33:53:00
4.	5038	RICARDO GASPAR	ESCOLA DE ATLETISMO DE COIMBRA - JPAIVA	4	SEN M	3	34:06:00	03:24	34:06:00
5.	5150	RICARDO SILVA	INDIVIDUAL	5	SEN M	4	37:25:00	03:44	37:25:00
6.	5182	JOSÉ GIL	ESCOLA ATLETISMO COIMBRA	6	VET M50	1	37:41:00	03:46	37:41:00
7.	5262	CRISTIANO SILVA	COIMBRA TRAIL RUNNING	7	SEN M	5	37:52:00	03:47	37:52:00
8.	5326	EDUARDO RIBEIRO	INDIVIDUAL	8	SUB 23 M	2	39:18:00	03:55	39:18:00
9.	5241	GONÇALO DURÃO	UNIÃO CLUBE EIRENSE	9	VET M45	1	39:22:00	03:56	39:22:00
10.	5130	AURÉLIO SAÚDE	JOGGING LOVERS COIMBRA	10	VET M40	1	39:25:00	03:56	39:25:00
11.	5353	PEDRO VARELA	ASSOC. ACADÉMICA COIMBRA	11	VET M45	2	39:23:00	03:56	39:43:00
12.	5273	MICHAEL ASSUNÇÃO	INDIVIDUAL	12	SEN M	6	39:10:00	03:55	39:58:00
13.	5207	PAULO MONTEIRO	INDIVIDUAL	13	VET M45	3	40:13:00	04:01	40:13:00
14.	5324	ALEIDA SANTOS	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	1	SEN F	1	40:18:00	04:01	40:18:00
15.	5325	ADAIR OLIVEIRA	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	14	SEN M	7	40:18:00	04:01	40:18:00
16.	5109	NUNO ROSA	CCD CRÉDITO AGRÍCOLA	15	VET M40	2	40:46:00	04:04	40:52:00
17.	5014	FERNANDO MORAIS	INDIVIDUAL	16	VET M55	1	41:12:00	04:07	41:12:00
18.	5280	NUNO DUARTE	AUTO- INDUSTRIAL	17	SEN M	8	41:16:00	04:07	41:16:00
19.	5289	ANDRE CARVALHEIRO	AUTO-INDUSTRIAL	18	VET M35	1	41:02:00	04:06	41:17:00
20.	5172	FILIPE PINHÃO	VERALLIA RUNNING TEAM	19	SEN M	9	41:01:00	04:06	41:17:00
21.	5128	RICARDO SOUSA	TRIBONR	20	SEN M	10	41:33:00	04:09	41:33:00
22.	5195	ANTONIO OLIVEIRA	INDIVIDUAL	21	SUB 23 M	3	41:48:00	04:10	41:57:00
23.	5261	BRUNO SILVA	NAVR	22	VET M35	2	41:44:00	04:10	42:04:00
24.	5321	NUNO GAMEIRO	TEAMBALA	23	VET M40	3	42:06:00	04:12	42:06:00
25.	5330	RUI OLIVEIRA	TEAMBALA	24	VET M45	4	42:06:00	04:12	42:06:00
26.	5088	LUÍS DE ALMEIDA	INDIVIDUAL	25	VET M40	4	42:01:00	04:12	42:10:00
27.	5115	HUGO GUEDES	VALAAAAS TEAM	26	VET M35	3	42:09:00	04:12	42:12:00
28.	5054	ANDRÉ PINTO	ATRÁS DAS GRADES DE MINIS	27	VET M35	4	42:03:00	04:12	42:15:00
29.	5318	FERNANDO AGANTE	ASSOC. ACADÉMICA COIMBRA	28	VET M55	2	42:08:00	04:12	42:29:00
30.	5248	ANTÓNIO QUARESMA	BIO TEAM RUN	29	VET M40	5	42:25:00	04:14	42:32:00
31.	5067	PEDRO CONCEIÇÃO	INDIVIDUAL	30	SUB 23 M	4	42:37:00	04:15	42:37:00
32.	5081	PEDRO FIGUEIREDO	BIO TEAM RUN	31	VET M35	5	42:37:00	04:15	42:41:00
33.	5274	RUI MIGUEL NETO	INDIVIDUAL	32	VET M35	6	42:51:00	04:17	42:54:00
34.	5126	JOÃO CARLOS PEREIRA	OUT2RUN	33	VET M40	6	42:59:00	04:17	42:59:00
35.	5309	LILLIANA NEVES	ACVERMOIL	2	VET F35	1	43:13:00	04:19	43:17:00
36.	5133	TIAGO SILVA	GATÕES BTT	34	SEN M	11	43:13:00	04:19	43:19:00
37.	5193	EDUARDO CARVALHEIRO	INDIVIDUAL	35	SUB 23 M	5	43:13:00	04:19	43:23:00
38.	5034	MANUEL FERREIRA	INDIVIDUAL	36	VET M45	5	43:19:00	04:19	43:24:00
39.	5196	ANTÓNIO PATRÍCIO	ADR4ESTAÇÕES	37	VET M50	2	43:26:00	04:20	43:29:00
40.	5112	RENATO HELENO	VALAAAAS TEAM	38	SEN M	12	43:30:00	04:21	43:33:00
41.	5063	PEDRO FERREIRA	TONDELA RUNNERS	39	VET M40	7	43:39:00	04:21	43:42:00
42.	5071	JOSE CLARO	CASA DO BENFICA DE CONDEIXA-A-NOVA	40	VET M50	3	43:42:00	04:22	43:42:00
43.	5310	RUI FONSECA	INDIVIDUAL	41	VET M40	8	43:48:00	04:22	43:51:00
44.	5317	JOAQUIM POCINHO	ASSOC. ACADÉMICA COIMBRA	42	VET M55	3	43:42:00	04:22	44:03:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
45.	5258	EDUARDO JOANES	CMFF	43	VET M40	9	44:05:00	04:24	44:09:00
46.	5125	FILIPE COSTA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	44	JUN M	1	43:56:00	04:23	44:09:00
47.	5085	JOÃO RAINHO	BIO TEAM RUN	45	VET M55	4	44:20:00	04:26	44:24:00
48.	5151	EDGAR DINIS	INDIVIDUAL	46	SEN M	13	44:35:00	04:27	44:47:00
49.	5208	ARNALDO TOMÁS	ADR4ESTAÇÕES	47	VET M40	10	44:58:00	04:29	45:01:00
50.	5218	PEDRO FERNANDES	GDI	48	JUN M	2	45:05:00	04:30	45:05:00
51.	5211	CATARINA PINHO	NA CUCUJÃES	3	SEN F	2	45:06:00	04:30	45:06:00
52.	5301	RODRIGO FREIRE	VILAVENTURA TRAIL RUNNING TEAM	49	JUN M	3	45:09:00	04:30	45:09:00
53.	5060	LUIS MOURA	INDIVIDUAL	50	SEN M	14	44:58:00	04:29	45:10:00
54.	5001	ANIBAL ALMEIDA	INDIVIDUAL	51	VET M50	4	45:11:00	04:31	45:11:00
55.	5290	FERNANDO SANTOS	AUTO- INDUSTRIAL	52	VET M55	5	44:58:00	04:29	45:17:00
56.	5053	DANIEL GANDAREZ	ATRÁS DAS GRADES DE MINIS	53	VET M35	7	45:15:00	04:31	45:27:00
57.	5334	EDGAR EDGAR	INDIVIDUAL	54	VET M40	11	45:23:00	04:32	45:34:00
58.	5042	FILIPE GASPAR	INDIVIDUAL	55	JUN M	4	45:38:00	04:33	45:38:00
59.	5212	LUIS SOARES	INDIVIDUAL	56	VET M45	6	45:40:00	04:34	45:40:00
60.	5155	ORLANDO COSTA	TONDELA RUNNERS	57	VET M45	7	45:35:00	04:33	45:40:00
61.	5154	JOSÉ ALMEIDA	TONDELA RUNNERS	58	VET M50	5	45:42:00	04:34	45:46:00
62.	5095	PEDRO GALHANO	SC POVOENSE	59	SEN M	15	45:51:00	04:35	46:03:00
63.	5146	FILIPE OLIVEIRA	BAND OF RUNNERS	60	JUN M	5	45:53:00	04:35	46:10:00
64.	5307	BRUNO DIAS	MCDONALD'S FIGUEIRA DA FOZ	61	SUB 23 M	6	45:49:00	04:34	46:15:00
65.	5002	JOSÉ SÁ	INDIVIDUAL	62	SEN M	16	46:17:00	04:37	46:17:00
66.	5036	ARMÉNIO NEVES	QUARTAS	63	VET M60	1	46:16:00	04:37	46:19:00
67.	5062	JOSÉ LIMA	INDIVIDUAL	64	VET M45	8	46:43:00	04:40	46:43:00
68.	5129	NUNO CABRAL	JOGGING LOVERS COIMBRA	65	VET M35	8	46:38:00	04:39	46:44:00
69.	5166	HENRIQUE CARVALHEIRO	CCDR MATAS E CIPRESTE	66	VET M35	9	46:40:00	04:40	46:47:00
70.	5316	ALBERTO FRECHES	ASSOC. ACADÉMICA COIMBRA	67	VET M55	6	46:23:00	04:38	46:49:00
71.	5284	RICARDO ALMAS	AUTO-INDUSTRIAL	68	VET M45	9	46:41:00	04:40	46:51:00
72.	5078	SOFIA SIMÕES	BIO TEAM RUN	4	VET F35	2	47:00:00	04:42	47:05:00
73.	5314	NUNO ALMEIDA	ATLETISMO CLUBE DA TOCHA	69	SEN M	17	47:03:00	04:42	47:14:00
74.	5017	MANUEL DA COSTA	CLUVE – COIMBRA	70	VET M60	2	47:35:00	04:45	47:35:00
75.	5347	JOÃO MARQUES	INDIVIDUAL	71	VET M35	10	47:25:00	04:44	47:41:00
76.	5346	JOSÉ MARQUES	INDIVIDUAL	72	VET M40	12	47:26:00	04:44	47:41:00
77.	5157	LUIS FERREIRA	TONDELA RUNNERS	73	SEN M	18	47:28:00	04:44	47:50:00
78.	5197	PAULO FERREIRA	GD OS RIBEIRINHOS	74	VET M40	13	47:45:00	04:46	47:52:00
79.	5210	MÁRCIO FIGUEIREDO	INDIVIDUAL	75	SEN M	19	48:01:00	04:48	48:11:00
80.	5116	DULCE BASTOS	CLUB NAC CUCUJÃES	5	VET F45	1	48:12:00	04:49	48:13:00
81.	5272	IVO MAIA	INDIVIDUAL	76	SEN M	20	48:20:00	04:50	48:20:00
82.	5040	POLLYANNE RIOS	DANILO FARIA	6	SEN F	3	48:27:00	04:50	48:32:00
83.	5194	LUIS CARVALHEIRO	INDIVIDUAL	77	VET M50	6	48:33:00	04:51	48:42:00
84.	5046	MIGUEL OLIVEIRA	COGNITIVOS	78	SEN M	21	48:43:00	04:52	48:43:00
85.	5069	COLM NUGENT	INDIVIDUAL	79	VET M55	7	48:38:00	04:51	48:44:00
86.	5056	FÁBIO BARROCA	INDIVIDUAL	80	SEN M	22	48:23:00	04:50	48:51:00
87.	5236	PEDRO FERREIRA	MONDEGOPEÇAS	81	VET M40	14	48:54:00	04:53	48:54:00
88.	5264	JOSÉ GIL ANDRADE	CMFF	82	SEN M	23	48:59:00	04:53	48:59:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
89.	5174	MICAEL MARQUES	VERALLIA RUNNING TEAM	83	SEN M	24	48:43:00	04:52	49:01:00
90.	5152	PAULO SILVA	TONDELA RUNNERS	84	VET M45	10	48:40:00	04:52	49:03:00
91.	5297	LUÍS GIL ANDRADE	GRUPO DESPORTIVO FERREIRENSE	85	SEN M	25	49:04:00	04:54	49:04:00
92.	5102	PEDRO GASPAS	INDIVIDUAL	86	SEN M	26	48:24:00	04:50	49:11:00
93.	5144	ANTÓNIO ALMEIDA	ELIS	87	SEN M	27	48:43:00	04:52	49:12:00
94.	5322	TÂNIA SABINO	INDIVIDUAL	7	SEN F	4	49:14:00	04:55	49:14:00
95.	5170	RODRIGO NUNES	CCDR MATAS E CIPRESTE	88	SEN M	28	49:10:00	04:55	49:16:00
96.	5179	ARMANDO PEREIRA	VERALLIA RUNNING TEAM	89	VET M40	15	49:17:00	04:55	49:17:00
97.	5117	BRUNO MARTINS	INDIVIDUAL	90	VET M35	11	49:01:00	04:54	49:19:00
98.	5209	JOSÉ FERREIRA	INDIVIDUAL	91	VET M40	16	49:19:00	04:55	49:19:00
99.	5086	HUGO GODINHO	TARAHUMARA	92	SEN M	29	49:30:00	04:57	49:36:00
100.	5148	ANDRÉ SISMEIRO	INDIVIDUAL	93	SEN M	30	49:30:00	04:57	49:38:00
101.	5224	URÂNIA CHUVA	INDIVIDUAL	8	VET F40	1	49:35:00	04:57	49:40:00
102.	5331	JOSÉ BATATA	VERALLIA RUNNING TEAM	94	VET M50	7	49:26:00	04:56	49:53:00
103.	5206	JOÃO CORREIA	INDIVIDUAL	95	VET M55	8	49:33:00	04:57	49:58:00
104.	5235	JORGE LOPES	MONDEGOPEÇAS	96	VET M40	17	49:45:00	04:58	50:01:00
105.	5131	CARLOS ALVES	INDIVIDUAL	97	SEN M	31	49:54:00	04:59	50:06:00
106.	5168	TOME FERNANDES	GRUPO ALEGRE UNIDO BAJOUCA	98	VET M35	12	49:55:00	04:59	50:07:00
107.	5099	MICHAEL GOUVEIA	CLÍNICA DOS RELÓGIOS	99	SEN M	32	50:07:00	05:00	50:07:00
108.	5250	JOÃO GALOTO	BIO TEAM RUN	100	SEN M	33	49:57:00	04:59	50:09:00
109.	5169	HENRIQUE LAVAREDDAS	CCDR MATAS E CIPRESTE	101	VET M45	11	50:04:00	05:00	50:10:00
110.	5268	RUI GAGO	TUGAS ON TOUR AD	102	VET M40	18	50:14:00	05:01	50:14:00
111.	5340	GONÇALO OLIVEIRA		9	JUN F	1	50:21:00	05:02	50:27:00
112.	5345	NUNO CADETE	RUN FIGUEIRA	103	VET M55	9	50:05:00	05:00	50:29:00
113.	5287	LARA AZAMBUJO	AUTO-INDUSTRIAL	10	SEN F	5	50:06:00	05:00	50:29:00
114.	5142	RAFAEL CARVALHO	ELIS	104	SEN M	34	50:00:00	05:00	50:30:00
115.	5004	NELSON MARQUES	ACRM SILVEIRINHA GRANDE	105	VET M40	19	50:24:00	05:02	50:31:00
116.	5136	EDUARDO PRETO	INDIVIDUAL	106	SEN M	35	50:41:00	05:04	50:41:00
117.	5089	DURVAL PIRES	BIO TEAM RUN	107	SEN M	36	50:27:00	05:02	50:42:00
118.	5003	JOÃO GRAÇA	ACRM SILVEIRINHA GRANDE	108	VET M60	3	50:43:00	05:04	50:47:00
119.	5222	HUGO MARTINS	OS CARVALHOS	109	VET M40	20	50:57:00	05:05	50:57:00
120.	5335	ROSA SANTOS	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	11	VET F40	2	51:08:00	05:06	51:08:00
121.	5121	MANUEL DUARTE	INDIVIDUAL	110	VET M45	12	51:19:00	05:07	51:22:00
122.	5295	LUIS AZENHA	INDIVIDUAL	111	SEN M	37	51:25:00	05:08	51:25:00
123.	5072	LUCIA TELES	CC FAMILY	12	VET F45	2	51:16:00	05:07	51:29:00
124.	5226	HÉLDER SIMÕES	CMFF	112	VET M50	8	51:33:00	05:09	51:37:00
125.	5191	CARLA RODRIGUES	INDIVIDUAL	13	SEN F	6	51:24:00	05:08	51:38:00
126.	5075	JANINE DE OLIVEIRA	CC FAMILY	14	VET F40	3	52:02:00	05:12	52:16:00
127.	5065	DAVIDE ALMEIDA	ATRÁS DAS GRADES DE MINIS	113	VET M45	13	52:14:00	05:13	52:26:00
128.	5232	DANIEL FERREIRA	INDIVIDUAL	114	SEN M	38	52:05:00	05:12	52:31:00
129.	5158	JOÃO TAVARES	TONDELA RUNNERS	115	VET M35	13	52:09:00	05:12	52:33:00
130.	5180	ALDINA FERREIRA	VERALLIA RUNNING TEAM	15	VET F40	4	52:37:00	05:15	52:37:00
131.	5231	RICARDO ROCHA	CON_DORES DO CHOUPAL COIMBRA	116	VET M50	9	52:36:00	05:15	52:43:00
132.	5064	VANDA MAIA	INDIVIDUAL	16	VET F40	5	52:46:00	05:16	52:54:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
133.	5223	PEDRO FONTES	OS CARVALHOS	117	VET M40	21	52:55:00	05:17	52:55:00
134.	5108	SALOMÉ OLIVEIRA	INDIVIDUAL	17	VET F35	3	52:27:00	05:14	52:56:00
135.	5327	ANTÓNIO LASCARIM	INDIVIDUAL	118	VET M40	22	52:35:00	05:15	53:06:00
136.	5153	ESTEFANIA LOPES	TONDELA RUNNERS	18	VET F45	3	52:52:00	05:17	53:17:00
137.	5007	BRUNO ADÃO	SEM SEDE	119	VET M35	14	53:10:00	05:19	53:21:00
138.	5275	TIAGO CARVALHO	INDIVIDUAL	120	VET M35	15	53:09:00	05:18	53:26:00
139.	5070	JOÃO SILVA	CKAPRI.PT	121	VET M60	4	53:15:00	05:19	53:29:00
140.	5087	ADELAIDE DUARTE	NÚCLEO ATLETISMO CUCUJÃES	19	VET F35	4	53:32:00	05:21	53:35:00
141.	5059	JUAN PINHO	ATRÁS DAS GRADES DE MINIS	122	SEN M	39	53:25:00	05:20	53:37:00
142.	5011	AMILCAR BATATA	SEM SEDE	123	VET M40	23	53:40:00	05:22	53:40:00
143.	5028	PEDRO PONTE	SEM SEDE	124	VET M50	10	53:29:00	05:20	53:41:00
144.	5299	JOÃO MENDES	INDIVIDUAL	125	VET M50	11	53:44:00	05:22	53:56:00
145.	5008	DINA NEVES	SEM SEDE	20	VET F35	5	53:50:00	05:23	54:01:00
146.	5219	NARCISO ARROMBA	INDIVIDUAL	126	VET M60	5	53:57:00	05:23	54:03:00
147.	5283	PEDRO FERREIRA	AUTO-INDUSTRIAL	127	VET M45	14	54:05:00	05:24	54:15:00
148.	5221	LUIS HENRIQUES	INDIVIDUAL	128	VET M45	15	53:57:00	05:23	54:21:00
149.	5228	PEDRO TAIPINA	INDIVIDUAL	129	VET M50	12	54:39:00	05:27	54:57:00
150.	5259	MARIA DOS ANJOS	INDIVIDUAL	21	VET F40	6	54:57:00	05:29	55:07:00
151.	5096	ANA MELO	CC FAMILY	22	SEN F	7	54:58:00	05:29	55:09:00
152.	5300	FRANCISCO SIMÕES	RUNNING ESPINHO	130	VET M35	16	55:04:00	05:30	55:09:00
153.	5140	FILIPE MARTINS	CC FAMILY	131	VET M35	17	54:57:00	05:29	55:10:00
154.	5035	FILIPA FERREIRA	INDIVIDUAL	23	SEN F	8	55:12:00	05:31	55:12:00
155.	5058	JOAQUIM ALMEIDA	INDIVIDUAL	132	VET M65	1	55:12:00	05:31	55:12:00
156.	5012	ANA PAULA TEIXEIRA	INDIVIDUAL	24	SEN F	9	54:50:00	05:29	55:13:00
157.	5319	PINTO NUNES	INDIVIDUAL	133	SEN M	40	54:49:00	05:28	55:13:00
158.	5051	MARIA SOARES	INDIVIDUAL	25	VET F50	1	55:12:00	05:31	55:19:00
159.	5320	FERNANDO MEDEIROS	AC AVELARENSE	134	VET M50	13	55:15:00	05:31	55:28:00
160.	5139	VALTER RAINHO	CMFF	135	VET M40	24	55:22:00	05:32	55:31:00
161.	5225	CARLOS FERNANDES	CMFF	136	VET M50	14	55:20:00	05:32	55:32:00
162.	5315	ANÍBAL PISCO	INDIVIDUAL	137	VET M55	10	55:08:00	05:30	55:34:00
163.	5239	LUIS REIS	MONDEGOPEÇAS	138	VET M40	25	55:32:00	05:33	55:36:00
164.	5202	RITA DIAS	GO RUNNERS	26	SEN F	10	55:30:00	05:33	55:38:00
165.	5098	MANUEL PEREIRA	CLÍNICA DOS RELÓGIOS	139	VET M60	6	55:23:00	05:32	55:40:00
166.	5018	DEOLINDA SILVA	LIGEIRINHOS	27	VET F55	1	55:29:00	05:32	55:41:00
167.	5181	MIGUEL PEREIRA	VERALLIA RUNNING TEAM	140	JUN M	6	55:47:00	05:34	55:47:00
168.	5159	ANA CRUZ	TONDELA RUNNERS	28	SEN F	11	55:24:00	05:32	55:48:00
169.	5253	PAULO SANTOS	INDIVIDUAL	141	VET M45	16	55:34:00	05:33	55:50:00
170.	5344	DANIEL RODRIGUES	INDIVIDUAL	142	VET M40	26	55:23:00	05:32	55:51:00
171.	5178	PEDRO FERREIRA	VERALLIA RUNNING TEAM	143	VET M40	27	55:59:00	05:35	55:59:00
172.	5205	DIANA ALVES	INDIVIDUAL	29	SUB 23 F	1	55:40:00	05:34	56:06:00
173.	5348	LUIS REIS		144	VET M40	28	55:51:00	05:35	56:08:00
174.	5249	MARIA JOÃO SIMÕES	BIO TEAM RUN	30	VET F45	4	53:31:00	05:21	56:11:00
175.	5271	MARIA ABREU	INDIVIDUAL	31	VET F50	2	56:11:00	05:37	56:11:00
176.	5005	GABRIELA CARRACO	ACRM SILVEIRINHA GRANDE	32	VET F35	6	56:01:00	05:36	56:15:00

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
177.	5298	PEDRO MENDES	INDIVIDUAL	145	SUB 23 M	7	56:05:00	05:36	56:15:00
178.	5177	JOÃO LOUREIRO	VERALLIA RUNNING TEAM	146	VET M40	29	55:52:00	05:35	56:21:00
179.	5167	RUI SIMÕES	INDIVIDUAL	147	SEN M	41	56:14:00	05:37	56:35:00
180.	5111	LUCIDIO DIAS	ACRM SILVEIRINHA GRANDE	148	VET M60	7	56:12:00	05:37	56:38:00
181.	5332	ANGELA MOITA		33	VET F55	2	56:22:00	05:38	56:45:00
182.	5093	RAQUEL DIAS	INDIVIDUAL	34	VET F50	3	56:21:00	05:38	56:45:00
183.	5303	ANA MENDES	INDIVIDUAL	35	SEN F	12	56:54:00	05:41	56:54:00
184.	5184	PEDRO SANTOS	RUNFIGUEIRA	149	VET M40	30	56:40:00	05:40	56:56:00
185.	5030	ANA RITA MONTEIRO	INDIVIDUAL	36	SEN F	13	56:57:00	05:41	56:57:00
186.	5010	NUNO FERREIRA	SEM SEDE	150	VET M40	31	56:46:00	05:40	56:57:00
187.	5107	RUI SALGADO	BIO TEAM RUN	151	VET M40	32	56:46:00	05:40	57:02:00
188.	5106	CARLA SIMÕES	BIO TEAM RUN	37	VET F35	7	56:46:00	05:40	57:02:00
189.	5037	SÍLVIA LOPES	INDIVIDUAL	38	VET F40	7	57:13:00	05:43	57:13:00
190.	5165	JOSE MADEIRA	INDIVIDUAL	152	VET M60	8	57:17:00	05:43	57:42:00
191.	5227	ANTÓNIA ABRANTES	INDIVIDUAL	39	VET F50	4	57:19:00	05:43	57:45:00
192.	5296	VICTOR PEREIRA	CLUVE	153	VET M70	1	56:29:00	05:38	57:48:00
193.	5200	PATRÍCIA LOPES	GO RUNNERS	40	VET F35	8	57:52:00	05:47	57:52:00
194.	5114	ROGÉRIO ALMEIDA	INDIVIDUAL	154	VET M55	11	57:25:00	05:44	57:53:00
195.	5238	JOAQUIM AMADO	MONDEGOPEÇAS	155	VET M50	15	57:46:00	05:46	58:03:00
196.	5282	ILÍDIO CORDEIRO	AUTO-INDUSTRIAL	156	VET M55	12	57:56:00	05:47	58:06:00
197.	5329	ERNESTO COSTA	INDIVIDUAL	157	VET M55	13	58:06:00	05:48	58:38:00
198.	5156	ANABELA CORREIA	TONDELA RUNNERS	41	VET F40	8	58:15:00	05:49	58:38:00
199.	5302	PEDRO FREIRE	VILAVENTURA TRAIL RUNNING TEAM	158	VET M40	33	58:32:00	05:51	58:41:00
200.	5082	DIANA SIMÕES	INDIVIDUAL	42	SEN F	14	58:25:00	05:50	58:50:00
201.	5083	CLAUDIA RODRIGUES	INDIVIDUAL	43	VET F35	9	58:26:00	05:50	58:51:00
202.	5244	FERNANDO MOITA	BIO TEAM RUN	159	VET M45	17	58:52:00	05:53	59:13:00
203.	5243	SANDRA RODRIGUES	BIO TEAM RUN	44	VET F45	5	58:53:00	05:53	59:13:00
204.	5123	SANDRA MINISTRO	INDIVIDUAL	45	VET F40	9	59:07:00	05:54	59:22:00
205.	5124	ANTONIO MINISTRO	INDIVIDUAL	160	VET M40	34	59:07:00	05:54	59:22:00
206.	5080	GISELA JORGE	ATBV	46	VET F45	6	59:32:00	05:57	59:32:00
207.	5186	MARIA JOÃO CANICEIRO	VERALLIA RUNNING TEAM	47	VET F50	5	59:16:00	05:55	59:33:00
208.	5019	PRECIOSA ROMÃO	INDIVIDUAL	48	VET F55	3	59:06:00	05:54	59:33:00
209.	5185	LUIS BARROS	VERALLIA RUNNING TEAM	161	VET M50	16	59:15:00	05:55	59:33:00
210.	5101	SOFIA MASCARENHAS	INDIVIDUAL	49	SUB 23 F	2	59:34:00	05:57	59:34:00
211.	5118	JOANA OSÓRIO	FONTEX	50	SEN F	15	59:13:00	05:55	59:39:00
212.	5145	HELENA AZEVEDO	BAND OF RUNNERS	51	SEN F	16	59:28:00	05:56	59:46:00
213.	5216	VIVIANE ANDRADE	OS PAPA MILHAS	52	VET F40	10	59:28:00	05:56	59:48:00
214.	5279	FILIPA BATISTA	AUTO-INDUSTRIAL	53	SEN F	17	59:38:00	05:57	59:49:00
215.	5313	RICARDO RIBEIRO	INDIVIDUAL	162	VET M40	35	59:36:00	05:57	59:54:00
216.	5091	TIAGO TRINDADE	INDIVIDUAL	163	VET M35	18	59:47:00	05:58	59:56:00
217.	5281	ELISABETE BATISTA	AUTO-INDUSTRIAL	54	VET F40	11	59:55:00	05:59	01:00:05
218.	5256	MIGUEL FERREIRA	OS PAPA MILHAS	164	JUN M	7	59:46:00	05:58	01:00:08
219.	5204	ALDA SANTOS	SOURE MOV	55	VET F45	7	01:00:12	06:01	01:00:12
220.	5006	ONDINA LEAL	ACRM SILVEIRINHA GRANDE	56	VET F45	8	01:00:06	06:00	01:00:13

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
221.	5119	JOAO FONTES	FONTEX	165	SEN M	42	01:00:06	06:00	01:00:27
222.	5240	EDUARDO GONÇALVES	PRIMATES	166	VET M35	19	01:00:28	06:02	01:00:28
223.	5254	CARLA SANTOS	CC FAMILY	57	VET F45	9	01:00:17	06:01	01:00:31
224.	5245	DORA DOURADO	BIO TEAM RUN	58	VET F40	12	01:00:21	06:02	01:00:31
225.	5246	DOMINGOS FELICIANO	BIO TEAM RUN	167	VET M60	9	01:00:22	06:02	01:00:32
226.	5294	JOÃO SILVA	OS PAPA MILHAS	168	JUN M	8	01:00:16	06:01	01:00:38
227.	5047	ANA BENTO	COGNITIVOS	59	SEN F	18	01:00:45	06:04	01:00:45
228.	5048	DAVID RODRIGUES	COGNITIVOS	169	SEN M	43	01:00:46	06:04	01:00:46
229.	5339	TATIANA FLORINDO	INDIVIDUAL	60	SEN F	19	01:01:10	06:07	01:01:17
230.	5338	ALCIDES PEREIRA	INDIVIDUAL	170	VET M45	18	01:01:11	06:07	01:01:18
231.	5305	LUÍS SANTOS	INDIVIDUAL	171	VET M35	20	01:01:08	06:06	01:01:26
232.	5138	LEONILDO MANUEL REIS	INDIVIDUAL	172	VET M50	17	01:01:29	06:08	01:01:29
233.	5137	IVO ALEXANDRE C REIS	INDIVIDUAL	173	SEN M	44	01:01:30	06:09	01:01:30
234.	5286	MARISA LÁZARO	AUTO-INDUSTRIAL	61	VET F40	13	01:01:16	06:07	01:01:39
235.	5025	BRIGITE CLEMENTE	INDIVIDUAL	62	VET F40	14	01:01:35	06:09	01:01:55
236.	5073	ANA MENESES	COIMBRA TRAIL RUNNING	63	VET F45	10	01:01:29	06:08	01:01:55
237.	5068	JOANA GONÇALVES	COIMBRA TRAIL RUNNING	64	SEN F	20	01:01:30	06:09	01:01:55
238.	5090	JOÃO PINHO	INDIVIDUAL	174	VET M35	21	01:01:32	06:09	01:01:56
239.	5041	FERNANDINA RIBEIRO	INDIVIDUAL	65	VET F35	10	01:01:51	06:11	01:02:02
240.	5127	ISABEL VENTURA	TRIBONR	66	VET F50	6	01:02:16	06:13	01:02:16
241.	5175	EDGAR FARIA	VERALLIA RUNNING TEAM	175	VET M35	22	01:02:36	06:15	01:02:36
242.	5233	PAULA NETO	INDIVIDUAL	67	SEN F	21	01:02:16	06:13	01:02:43
243.	5026	MARIANA LEITÃO	SEM SEDE	68	SEN F	22	01:02:30	06:15	01:02:50
244.	5149	ELENA MURILLO	INDIVIDUAL	69	SEN F	23	01:02:58	06:17	01:02:58
245.	5132	ANA DE LLERA	PRIMATES	70	VET F35	11	01:02:38	06:15	01:02:58
246.	5189	GONÇALO RODRIGUES	INDIVIDUAL	176	SEN M	45	01:02:58	06:17	01:02:58
247.	5183	OLIVIA MATOS	A. D. BUARCOS	71	VET F45	11	01:02:40	06:16	01:03:06
248.	5171	ISABEL PEGO	VERALLIA RUNNING TEAM	72	VET F45	12	01:02:39	06:15	01:03:06
249.	5266	CLARISSE BATISTA	INDIVIDUAL	73	VET F35	12	01:02:46	06:16	01:03:13
250.	5192	SANDRA SANTOS	INDIVIDUAL	74	VET F40	15	01:03:00	06:18	01:03:15
251.	5308	SOFIA SANTOS	FITTING POINT	75	SEN F	24	01:02:55	06:17	01:03:17
252.	5176	FÁTIMA OLIVIEIRA	VERALLIA RUNNING TEAM	76	VET F40	16	01:02:50	06:17	01:03:19
253.	5015	RAQUEL OLIVEIRA	INDIVIDUAL	77	SEN F	25	01:03:15	06:19	01:03:29
254.	5122	SÍLVIA SOUSA	INDIVIDUAL	78	VET F40	17	01:03:03	06:18	01:03:31
255.	5288	MIGUEL CUNHA	AUTO-INDUSTRIAL	177	VET M50	18	01:03:11	06:19	01:03:38
256.	5066	MARIA TERESA SANCHEZ JUANES	GRUPO RUNNERO LOS GEBRES	79	VET F50	7	01:03:36	06:21	01:04:01
257.	5105	ANTÓNIO ALMEIDA	INDIVIDUAL	178	VET M60	10	01:04:22	06:26	01:04:22
258.	5255	MIGUEL SANTOS	CC FAMILY	179	VET M40	36	01:04:08	06:24	01:04:23
259.	5215	ANTÓNIO SOUSA	OS PAPA MILHAS	180	VET M45	19	01:04:11	06:25	01:04:30
260.	5328	ANA PARIS	INDIVIDUAL	80	VET F40	18	01:04:04	06:24	01:04:34
261.	5234	MILENA AMARAL	CMV RUNNERS	81	VET F40	19	01:04:32	06:27	01:04:36
262.	5161	MAIALEN ARRIZABALAGA	INDIVIDUAL	82	SEN F	26	01:04:11	06:25	01:04:37
263.	5220	ALDA PINTO	INDIVIDUAL	83	VET F50	8	01:04:32	06:27	01:04:37
264.	5160	ELISABETH GABILONDO	INDIVIDUAL	84	SEN F	27	01:04:38	06:27	01:04:38

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Chip	Ritmo	Tempo	
265.	5217	LILIANA MARQUES	INDIVIDUAL	85	VET F40	20	01:05:09	06:30	01:05:21
266.	5269	REGINA MARVÃO	BORABORA VAMOS LÁ	86	VET F35	13	01:05:24	06:32	01:05:51
267.	5061	SANDRA ALVES	INDIVIDUAL	87	VET F35	14	01:05:53	06:35	01:05:53
268.	5031	TERESA OLIVEIRA	TAXI MARIALVES RUNNING TEAM	88	VET F40	21	01:06:09	06:36	01:06:27
269.	5021	FERNANDO ALVES	TAXI MARIALVES RUNNING TEAM	181	VET M45	20	01:06:27	06:38	01:06:27
270.	5022	MARINA SOUSA	TAXI MARIALVES RUNNING TEAM	89	VET F40	22	01:06:27	06:38	01:06:27
271.	5336	NUEMI CRUZ	INDIVIDUAL	90	VET F35	15	01:06:38	06:39	01:06:59
272.	5199	MAGDA RIBEIRO	GO RUNNERS	91	VET F35	16	01:07:34	06:45	01:07:34
273.	5027	TIAGO JORDÃO	SEM SEDE	182	SEN M	46	01:07:47	06:46	01:08:07
274.	5311	SILVÉRIO DE SOUSA MENDES	INDIVIDUAL	183	VET M40	37	01:07:53	06:47	01:08:15
275.	5092	DANIEL CAIADO	INDIVIDUAL	184	SUB 23 M	8	01:08:21	06:50	01:08:21
276.	5242	LUÍSA SANTANA	INDIVIDUAL	92	VET F40	23	01:08:16	06:49	01:08:45
277.	5312	ADRIANA RÉGO	INDIVIDUAL	93	VET F35	17	01:08:31	06:51	01:08:50
278.	5304	JOSÉ MENDES	INDIVIDUAL	185	VET M60	11	01:09:01	06:54	01:09:01
279.	5214	HELENA DUARTE	OS PAPA MILHAS	94	SUB 23 F	3	01:08:44	06:52	01:09:08
280.	5213	HELDER DUARTE	OS PAPA MILHAS	186	VET M45	21	01:08:46	06:52	01:09:10
281.	5306	HUGO PORTUGAL	OS PAPA MILHAS	187	SEN M	47	01:09:39	06:57	01:09:59
282.	5057	CAROLINA REIS	INDIVIDUAL	95	SUB 23 F	4	01:10:57	07:05	01:10:57
283.	5113	CÁTIA AGOSTINHO	INDIVIDUAL	96	SEN F	28	01:10:41	07:04	01:10:57
284.	5120	MARIA MENDES	INDIVIDUAL	97	SEN F	29	01:11:55	07:11	01:11:55
285.	5079	MARIANA CORTESÃO	INDIVIDUAL	98	SEN F	30	01:12:35	07:15	01:12:35
286.	5104	RUTE OLIVEIRA	INDIVIDUAL	99	SUB 23 F	5	01:13:08	07:18	01:13:08
287.	5049	BRUNO ANTUNES	COGNITIVOS	188	VET M35	23	01:13:17	07:19	01:13:17
288.	5201	SÍLVIA PACHECO	GO RUNNERS	100	VET F35	18	01:14:49	07:28	01:14:49
289.	5135	ANA SILVA	RUNWINE	101	SEN F	31	01:15:30	07:33	01:15:43
290.	5265	CLÁUDIA TAVARES	INDIVIDUAL	102	VET F40	24	01:16:44	07:40	01:17:11
291.	5052	RITA FIGUEIREDO	COGNITIVOS	103	SEN F	32	01:17:29	07:44	01:17:29
292.	5285	FILIPA DOMINGUES	AUTO-INDUSTRIAL	104	SEN F	33	01:19:54	07:59	01:20:24
293.	5077	ANA AUGUSTO	INDIVIDUAL	105	VET F40	25	01:21:24	08:08	01:21:52
294.	5076	SILVIA PINA	INDIVIDUAL	106	VET F40	26	01:21:25	08:08	01:21:52
295.	5352	LEONARDO SANTOS	INDIVIDUAL	189		1	01:40:31	10:03	01:40:32
296.	5351	RAQUEL MARTINS	INDIVIDUAL	107	VET F35	19	01:43:36	10:21	01:44:03