

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa		
1	RICARDO GASPAR	2060	M	1	SenM	1	00:33:09	00:33:09	00:16:42	00:03:19	Escola de Atletismo de Coimbra/JPaiva
2	RUI LOPES	2381	M	2	V40M	1	00:33:27	00:33:27	00:16:41	00:03:21	ASSOC. ACADÉMICA DE COIMBRA
3	DAVID PEDROSA	2155	M	3	SenM	2	00:33:41	00:33:41	00:16:42	00:03:23	
4	RICARDO JORDÃO	2263	M	4	V35M	1	00:34:11	00:34:11	00:16:45	00:03:26	
5	PAULO PEREIRA	2201	M	5	SenM	3	00:34:16	00:34:16	00:17:09	00:03:26	União Clube Eirense
6	MÁRIO TEIXEIRA	2062	M	6	V40M	2	00:34:34	00:34:34	00:17:23	00:03:28	Escola de Atletismo de Coimbra/JPaiva
7	ADÉRITO FONTES	2064	M	7	V45M	1	00:35:00	00:35:00	00:17:34	00:03:30	Escola de Atletismo de Coimbra/JPaiva
8	SÉRGIO SALGUEIRO	2357	M	8	SenM	4	00:35:16	00:35:16	00:17:46	00:03:32	Vitória S.C.
9	RUI RODRIGUES	2382	M	9	V40M	3	00:35:32	00:35:32	00:17:38	00:03:34	ASSOC. ACADÉMICA DE COIMBRA
10	BRUNO SILVA	2348	M	10	V35M	2	00:35:44	00:35:44	00:17:53	00:03:35	Veteranos do Lis
11	CARLOS PAGAIMO	3323	M	11	V45M	2	00:36:34	00:36:34	00:18:01	00:03:40	
12	FILIPE ROCHA	3374	M	12	V35M	3	00:36:46	00:36:46	00:18:28	00:03:41	ADCR Pereira
13	JOEL RAMALHOTO	3309	M	13	SenM	5	00:37:01	00:37:01	00:18:54	00:03:43	Centro de Atletismo de Tondela
14	CESÁRIO SIMÕES	2166	M	14	V45M	3	00:37:06	00:37:06	00:18:34	00:03:43	Centro de Atletismo de Seia
15	LUÍS CARDOSO	3389	M	15	SenM	6	00:37:10	00:37:10	00:18:31	00:03:43	União Desportiva de Alfovelos
16	RICARDO SOUSA	2292	M	16	SenM	7	00:37:10	00:37:10	00:18:32	00:03:43	Tribo NR
17	CRISTIANO SILVA	3301	M	17	SenM	8	00:37:19	00:37:19	00:18:38	00:03:44	Coimbra Trail Running
18	JORGE SANTOS	2066	M	18	V45M	4	00:37:34	00:37:34	00:18:32	00:03:46	Escola de Atletismo de Coimbra/JPaiva
19	RUI COIMBRA	2406	M	19	V35M	4	00:37:40	00:37:40	00:19:31	00:03:46	Centro de Atletismo de Tondela
20	MÁRCIO FERREIRA	3318	M	20	SenM	9	00:38:00	00:38:00	00:18:42	00:03:48	BioteamRun
21	DANIEL PAIVA	2411	M	21	SenM	10	00:38:05	00:38:05	00:18:36	00:03:49	Abutres Trail Running School
22	PEDRO CONCEIÇÃO	2405	M	22	SenM	11	00:38:26	00:38:26	00:19:28	00:03:51	Centro de Atletismo de Tondela
23	LUIS MARTINS	2407	M	23	V35M	5	00:38:27	00:38:27	00:19:33	00:03:51	Centro de Atletismo de Tondela
24	PEDRO GERARDO	2397	M	24	V55M	1	00:38:44	00:38:44	00:19:55	00:03:53	CluVe
25	PEDRO VARELA	2383	M	25	V45M	5	00:38:52	00:38:52	00:19:29	00:03:54	ASSOC. ACADEMICA DE COIMBRA
26	ALEX SILVA	2265	M	26	V40M	4	00:39:02	00:39:02	00:19:40	00:03:55	GRVilaverdense
27	LUÍS OLIVEIRA	2065	M	27	V50M	1	00:39:14	00:39:14	00:19:32	00:03:56	Escola de Atletismo de Coimbra/JPaiva
28	PEDRO MORGADO	2352	M	28	V35M	6	00:39:23	00:39:23	00:19:30	00:03:57	GDCR LAGES
29	HELDER PRATA	3357	M	29	JunM	1	00:39:43	00:39:43	00:20:07	00:03:59	
30	MÁRCIO PEREIRA	2131	M	30	V35M	7	00:39:43	00:39:43	00:20:10	00:03:59	Escola Atletismo Coimbra / J Paiva
31	MANUEL FERREIRA	2024	M	31	V45M	6	00:39:47	00:39:47	00:20:10	00:03:59	ADABEM Running team
32	HÉLDER ROCHA	3373	M	32	SenM	12	00:40:08	00:40:08	00:20:10	00:04:01	
33	ANDRÉ SILVA	2319	M	33	SenM	13	00:40:14	00:40:14	00:19:49	00:04:02	
34	ANTÓNIO PÊGO	2385	M	34	V50M	2	00:40:26	00:40:26	00:20:11	00:04:03	ASSOC. ACADÉMICA DE COIMBRA
35	BRUNO SANTOS	2090	M	35	V35M	8	00:40:37	00:40:37	00:20:31	00:04:04	Grupo Desportivo "Os Ribeirinhos
36	BRUNO BERNARDES	3310	M	36	V35M	9	00:40:38	00:40:38	00:20:26	00:04:04	CLUVE - Clube de Veteranos de Atletismo de Coimbra
37	CARLOS CORREIA	2098	M	37	V45M	7	00:40:45	00:40:45	00:20:13	00:04:05	
38	FILIPE CARVALHEIRO	3346	M	38	V55M	2	00:40:54	00:40:54	00:20:31	00:04:06	
39	PAULO MONTEIRO	2154	M	39	V45M	8	00:40:57	00:40:57	00:20:23	00:04:06	
40	NUNO RAMOS	2236	M	40	V35M	10	00:41:08	00:41:08	00:20:19	00:04:07	
41	FERNANDO AGANTE	2384	M	41	V55M	3	00:41:08	00:41:08	00:20:31	00:04:07	ASSOC. ACADÉMICA DE COIMBRA
42	ANDRÉ CARVALHEIRO	2433	M	42	V35M	11	00:41:13	00:41:13	00:20:50	00:04:08	Fitting Point
43	PAULO CASTANHEIRA	3358	M	43	V40M	5	00:41:17	00:41:17	00:20:31	00:04:08	BULLDOG TEAM
44	SEM DADOS	3494	M	44		1	00:41:19	00:41:19	00:20:29	00:04:08	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
45	MIGUEL PEREIRA	2179	M 45	V35M 12	00:41:28	00:41:28	00:20:32	00:04:09	Clube de Atletismo Olímpico Vianense
46	ELIAS SOUZA	2048	M 46	V45M 9	00:41:40	00:41:40	00:21:11	00:04:10	
47	PEDRO MARTINS	3322	M 47	V50M 3	00:41:55	00:41:55	00:21:13	00:04:12	Cpt Sobral de Ceira
48	LUÍS DE ALMEIDA	2282	M 48	V40M 6	00:42:09	00:42:09	00:20:30	00:04:13	
49	MARTA CONCEIÇÃO	2320	F 1	V35F 1	00:42:23	00:42:23	00:21:07	00:04:15	Correr Lisboa
50	ARCIDES SIMÕES	3334	M 49	V55M 4	00:42:24	00:42:24	00:21:10	00:04:15	Viriathvs Runners Viseu
51	SAMUEL LIMPINHO	2130	M 50	SenM 14	00:42:35	00:42:35	00:21:41	00:04:16	
52	ANDRÉ CEIÇA	2174	M 51	V35M 13	00:42:35	00:42:35	00:21:44	00:04:16	ATLETICO BATALHA
53	PEDRO FIGUEIREDO	2169	M 52	V35M 14	00:42:39	00:42:39	00:21:24	00:04:16	Bio Team Run
54	SEM DADOS	3437	M 53		2 00:42:49	00:42:49	00:21:25	00:04:17	
55	MIGUEL COIMBRA	2078	M 54	V50M 4	00:43:10	00:43:10	00:21:10	00:04:19	
56	ALVARO MATEUS	2197	M 55	V50M 5	00:43:13	00:43:13	00:21:42	00:04:20	
57	VASCO MARINHEIRO	3306	M 56	V45M 10	00:43:20	00:43:20	00:22:13	00:04:20	
58	ARNALDO TOMÁS	2322	M 57	V40M 7	00:43:27	00:43:27	00:21:57	00:04:21	ADR4E
59	JOÃO LOUREIRO	2058	M 58	V40M 8	00:43:30	00:43:30	00:21:41	00:04:21	Verallia Portugal
60	GUILHERME NETO	2182	M 59	JunM 2	00:43:34	00:43:34	00:21:41	00:04:22	Clube Recreativo da Praia da Leirosa
61	MANUEL FERNANDES	2269	M 60	V60M 1	00:43:38	00:43:38	00:22:15	00:04:22	GRVilaverdense
62	MANUEL SANTOS	2112	M 61	V60M 2	00:43:40	00:43:40	00:21:59	00:04:22	União Clube Eirense
63	DEONILDE COSTA	3377	F 2	V40F 1	00:43:42	00:43:42	00:21:58	00:04:23	AC VERMOIL
64	ANDRÉ BELO	2111	M 62	SenM 15	00:43:49	00:43:49	00:22:16	00:04:23	
65	PEDRO EUFRÁSIO	2375	M 63	V35M 15	00:43:56	00:43:56	00:22:15	00:04:24	
66	LUÍS MARQUES	2392	M 64	SenM 16	00:44:10	00:44:10	00:22:03	00:04:25	
67	JOÃO QUINTINO	2311	M 65	SenM 17	00:44:10	00:44:10	00:22:47	00:04:25	Tribo NR
68	JOÃO SINTRA	2018	M 66	V60M 3	00:44:15	00:44:15	00:22:15	00:04:26	ACRM Silveirinha Grande Claras
69	JOEL RODRIGUES	2184	M 67	JunM 3	00:44:15	00:44:15	00:22:16	00:04:26	Clube Recreativo da Praia da Leirosa
70	SUSANA MEIRELES	2287	F 3	SenF 1	00:44:17	00:44:17	00:22:16	00:04:26	
71	JOAQUIM SOUSA	2361	M 68	JunM 4	00:44:29	00:44:29	00:21:28	00:04:27	Associação Desportiva do Mondego
72	EDGAR TEIXEIRA	2304	M 69	V55M 5	00:44:33	00:44:33	00:22:45	00:04:28	Os preguiçosos
73	VITOR ANTUNES	3317	M 70	V50M 6	00:44:51	00:44:51	00:22:45	00:04:30	Bizorreiro
74	RAFAEL MARQUES	2020	M 71	SenM 18	00:44:52	00:44:52	00:22:31	00:04:30	Runners in part time
75	LUÍS PAGAIMO	2315	M 72	V50M 7	00:44:53	00:44:53	00:21:13	00:04:30	
76	LUÍS MARQUES	2340	M 73	SenM 19	00:44:55	00:44:55	00:23:11	00:04:30	Os Unidos
77	CLARA RODRIGUES	2334	F 4	V35F 2	00:44:59	00:44:59	00:22:27	00:04:30	
78	VITOR JOAQUIM	2253	M 74	V40M 9	00:45:07	00:45:07	00:22:51	00:04:31	
79	MANUEL MARQUES	3321	M 75	V60M 4	00:45:10	00:45:10	00:22:30	00:04:31	Cpt sobral de ceira
80	RICARDO ALMAS	2358	M 76	V45M 11	00:45:11	00:45:11	00:22:16	00:04:32	Alminhas
81	SÉRGIO OLIVEIRA	2345	M 77	V50M 8	00:45:26	00:45:26	00:22:52	00:04:33	
82	TELMO SILVA	3315	M 78	SenM 20	00:45:27	00:45:27	00:23:29	00:04:33	
83	JOSÉ MÁRIO ALMEIDA	2217	M 79	V50M 9	00:45:28	00:45:28	00:23:03	00:04:33	Fresenius Kabi Runners
84	AVELINO ALVES	1057	M 80	V50M 10	00:45:40	00:45:40	00:23:30	00:04:34	Santa Ana
85	JOÃO NUNES	2150	M 81	V35M 16	00:45:43	00:45:43	00:24:04	00:04:35	
86	HENRIQUE LAVAREDDAS	2266	M 82	V45M 12	00:45:48	00:45:48	00:23:12	00:04:35	
87	HERMINIO DOS ALMEIDA	2267	M 83	V45M 13	00:45:49	00:45:49	00:22:31	00:04:35	GRVilaverdense
88	CARLOS GOMES	2025	M 84	V40M 10	00:45:56	00:45:56	00:23:39	00:04:36	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
89	GONÇALO MARTINS	2408	M 85	V40M 11	00:46:00	00:46:00	00:24:05	00:04:36	
90	ANA RITA FERREIRA	2349	F 5	SenF 2	00:46:20	00:46:20	00:23:08	00:04:38	#Elcomandante
91	ANA MENDES	2416	F 6	V40F 2	00:46:21	00:46:21	00:23:04	00:04:39	
92	AFONSO PIRES	3330	M 86	JunM 5	00:46:22	00:46:22	00:24:09	00:04:39	Arena Fitness
93	TIAGO TEIXEIRA	2306	M 87	SenM 21	00:46:25	00:46:25	00:23:02	00:04:39	Os preguiçosos
94	ARTUR OLIVEIRA	2339	M 88	V40M 12	00:46:35	00:46:35	00:23:15	00:04:40	
95	DIOGO ABREU	2400	M 89	SenM 22	00:46:37	00:46:37	00:23:41	00:04:40	
96	BRUNO SALGUEIRO	2177	M 90	V35M 17	00:46:41	00:46:41	00:23:09	00:04:41	
97	SÉRGIO GRADE	2355	M 91	V35M 18	00:46:44	00:46:44	00:23:29	00:04:41	
98	HENRIQUE CARVALHEIRO	2262	M 92	V35M 19	00:46:54	00:46:54	00:23:13	00:04:42	
99	MICAEL MARQUES	2068	M 93	SenM 23	00:46:56	00:46:56	00:23:20	00:04:42	Verallia Portugal
100	PEDRO FERREIRA	2186	M 94	SenM 24	00:46:59	00:46:59	00:23:57	00:04:42	Clinica Diagnosticum
101	PEDRO MARQUES	2011	M 95	V40M 13	00:47:00	00:47:00	00:23:07	00:04:42	
102	HUGO RIBEIRO	2276	M 96	SenM 25	00:47:13	00:47:13	00:24:05	00:04:44	
103	ALEXANDRE OLIVEIRA	3338	M 97	V35M 20	00:47:15	00:47:15	00:23:50	00:04:44	
104	VÍTOR RIBEIRO	2329	M 98	V35M 21	00:47:16	00:47:16	00:24:04	00:04:44	Los Caribeños
105	PAULO SILVA	2364	M 99	V45M 14	00:47:21	00:47:21	00:23:52	00:04:45	TONDELA RUNNERS
106	JOSE LADEIRO	2003	M 100	SenM 26	00:47:24	00:47:24	00:23:16	00:04:45	
107	JÚLIO GONÇALVES	2436	M 101	V60M 5	00:47:43	00:47:43	00:24:01	00:04:47	
108	COLM NUGET	3498	M 102	V55M 6	00:47:44	00:47:44	00:24:11	00:04:47	
109	JOSE PAIVA	2126	M 103	V50M 11	00:47:50	00:47:50	00:24:00	00:04:47	viseu360
110	DORA SERRA	2063	F 7	V40F 3	00:47:53	00:47:53	00:24:01	00:04:48	Escola de Atletismo de Coimbra/JPaiva
111	SEM DADOS	3466	M 104	3	00:47:56	00:47:56	00:23:53	00:04:48	
112	JOÃO FERREIRA	2128	M 105	SenM 27	00:47:57	00:47:57	00:23:11	00:04:48	Marão-Z-Bike
113	JOÃO GERARDO	2396	M 106	SenM 28	00:47:57	00:47:57	00:26:08	00:04:48	
114	MANUELA GONÇALVES	2412	F 8	V45F 1	00:47:57	00:47:57	00:23:59	00:04:48	Quenianos cá do sítio
115	JOÃO ANDRÉ DIAS	3324	M 107	V35M 22	00:48:00	00:48:00	00:23:53	00:04:48	
116	ANA FERREIRA	2127	F 9	SenF 3	00:48:05	00:48:05	00:24:45	00:04:49	Marão-Z-Bike
117	CÉLIA MARINHEIRO	2070	F 10	V40F 4	00:48:11	00:48:11	00:24:22	00:04:50	Verallia Portugal
118	JOSE FREITAS	2402	M 108	SenM 29	00:48:12	00:48:12	00:24:54	00:04:50	
119	FILIPA SALGUEIRO	2176	F 11	SenF 4	00:48:18	00:48:18	00:23:54	00:04:50	
120	NUNO DIAS	2220	M 109	V40M 14	00:48:18	00:48:18	00:24:19	00:04:50	Corre c'o Bento
121	RICARDO ARGELINO	3312	M 110	SenM 30	00:48:19	00:48:19	00:24:49	00:04:50	
122	RODRIGO NUNES	2261	M 111	V35M 23	00:48:19	00:48:19	00:23:51	00:04:50	
123	FILIPE FARIA	2089	M 112	V35M 24	00:48:20	00:48:20	00:25:18	00:04:50	
124	MARCELO NUNES	2307	M 113	SenM 31	00:48:32	00:48:32	00:23:54	00:04:52	BARRASCOS RUNNERS
125	FRANCISCO PIMENTEL	2037	M 114	SenM 32	00:48:33	00:48:33	00:23:44	00:04:52	
126	LUIS FILIPE GUIMARO AZENHA	2099	M 115	SenM 33	00:48:34	00:48:34	00:23:53	00:04:52	Biotean run
127	SEM DADOS	1980	M 116	4	00:48:34	00:48:34	00:22:59	00:04:52	
128	ANÍBAL PISCO	2268	M 117	V55M 7	00:48:37	00:48:37	00:24:24	00:04:52	
129	HUGO SILVEIRO	2175	M 118	SenM 34	00:48:38	00:48:38	00:24:44	00:04:52	broDELhood
130	TIAGO VALE	3495	M 119	SenM 35	00:48:38	00:48:38	00:23:27	00:04:52	
131	ISIDORO FRANCISCO	2366	M 120	V50M 12	00:48:40	00:48:40	00:23:52	00:04:52	TONDELA RUNNERS
132	HUGO GASPAR	2116	M 121	V35M 25	00:48:41	00:48:41	00:24:38	00:04:53	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
133	NUNO MIGUEL MENDES CONCEIÇÃO	2232	M 122	V45M 15	00:48:41	00:48:41	00:24:53	00:04:53	Fitting Point
134	PAULO ALEXANDRE MENDES CONCEIÇÃO	2413	M 123	V45M 16	00:48:48	00:48:48	00:24:54	00:04:53	Fitting Point
135	NUNO LOPES	3375	M 124	V40M 15	00:48:50	00:48:50	00:25:06	00:04:53	
136	SANDRA COSTA	2106	F 12	V45F 2	00:48:51	00:48:51	00:24:28	00:04:54	Viseu 360
137	SEM DADOS	3468	M 125		00:48:51	00:48:51	00:26:00	00:04:54	
138	VITOR BRAZ	2092	M 126	V55M 8	00:48:52	00:48:52	00:24:01	00:04:54	Os Filhos da Noite
139	SEM DADOS	3352	M 127		00:48:52	00:48:52	00:24:24	00:04:54	
140	RAQUEL DELGADINHO	2388	F 13	V40F 5	00:49:02	00:49:02	00:24:52	00:04:55	HMC Sports
141	PAULO MARTINS	2132	M 128	V50M 13	00:49:03	00:49:03	00:24:19	00:04:55	Bio Team Run
142	EDUARDO JOANES	2148	M 129	V45M 17	00:49:06	00:49:06	00:26:17	00:04:55	
143	MARIA CACEIRO	2248	F 14	V35F 3	00:49:06	00:49:06	00:25:58	00:04:55	
144	CARLOS TORRES	2224	M 130	SenM 36	00:49:08	00:49:08	00:24:19	00:04:55	
145	JOÃO PEDRO	2264	M 131	V35M 26	00:49:14	00:49:14	00:24:11	00:04:56	
146	PAULO PAIS	3388	M 132	V50M 14	00:49:18	00:49:18	00:24:27	00:04:56	
147	JOÃO COSTA	2393	M 133	V45M 18	00:49:19	00:49:19	00:24:47	00:04:56	Tertúlia de Mixórdias
148	MIGUEL FORTE	2235	M 134	V35M 27	00:49:19	00:49:19	00:24:48	00:04:56	
149	ÉLIO JANICAS	2399	M 135	SenM 37	00:49:29	00:49:29	00:27:08	00:04:57	
150	MIGUEL MORGADO	2290	M 136	V40M 16	00:49:35	00:49:35	00:24:37	00:04:58	
151	PAULA NUNES	2137	F 15	V35F 4	00:49:36	00:49:36	00:24:40	00:04:58	TPN
152	ANTÓNIO SOARES	2138	M 137	SenM 38	00:49:36	00:49:36	00:24:40	00:04:58	TPN
153	JORGE MARQUES	2140	M 138	V50M 15	00:49:40	00:49:40	00:24:23	00:04:58	ATBV
154	TIAGO CARVALHO	2291	M 139	V35M 28	00:49:41	00:49:41	00:25:25	00:04:59	
155	BARBARA FERREIRA	3351	F 16	SenF 5	00:49:46	00:49:46	00:25:03	00:04:59	
156	FILIPE CANILHO	2108	M 140	V35M 29	00:49:46	00:49:46	00:24:25	00:04:59	
157	LUIS RUIVO	3313	M 141	V35M 30	00:49:49	00:49:49	00:26:09	00:04:59	
158	SARA DOMINGUES	3369	F 17	V40F 6	00:49:49	00:49:49	00:25:23	00:04:59	AC VERMOIL
159	LARA AZAMBUJO	2279	F 18	SenF 6	00:49:54	00:49:54	00:25:46	00:05:00	
160	SARA FERREIRA	2390	F 19	V35F 5	00:49:55	00:49:55	00:24:49	00:05:00	Guardarunners
161	ARMANDO PENEDO	2234	M 142	V40M 17	00:49:59	00:49:59	00:24:52	00:05:00	BULLDOGTEAM
162	CARLOS SILVA	2076	M 143	V40M 18	00:50:09	00:50:09	00:25:47	00:05:01	
163	NUNO JANICAS	2195	M 144	V40M 19	00:50:12	00:50:12	00:26:50	00:05:02	
164	CARINA ALMEIDA	2227	F 20	SenF 7	00:50:16	00:50:16	00:24:51	00:05:02	primas
165	RUI ERNESTO	3329	M 145	V35M 31	00:50:21	00:50:21	00:26:42	00:05:03	Arena Fitness
166	MÁRIO BRANCO	2198	M 146	SenM 39	00:50:21	00:50:21	00:27:08	00:05:03	Nabo Runner's
167	LUIS CAETANO	2283	M 147	V45M 19	00:50:22	00:50:22	00:27:09	00:05:03	
168	FÁBIO VENTURA	2308	M 148	V40M 20	00:50:25	00:50:25	00:27:08	00:05:03	
169	SEM DADOS	3480	M 149		00:50:27	00:50:27	00:25:24	00:05:03	
170	PAULO MARQUES	2073	M 150	V45M 20	00:50:28	00:50:28	00:25:24	00:05:03	
171	ANA BRANDÃO	2228	F 21	SenF 8	00:50:28	00:50:28	00:24:46	00:05:03	primas
172	SEM DADOS	3414	M 151		00:50:29	00:50:29	00:26:18	00:05:03	
173	HONÓRIO CAMPANTE	3300	M 152	V50M 16	00:50:31	00:50:31	00:24:51	00:05:04	
174	JOÃO QUINTAS	3368	M 153	V45M 21	00:50:32	00:50:32	00:25:03	00:05:04	Arena Fitness
175	VIRGÍLIO RATO	2141	M 154	V60M 6	00:50:38	00:50:38	00:25:16	00:05:04	ATBV
176	JOÃO MENDES	2081	M 155	V50M 17	00:50:42	00:50:42	00:25:04	00:05:05	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
177	MARIA SILVÉRIO	3380	F 22	SenF 9	00:50:45	00:50:45	00:25:53	00:05:05	Grupo Alegre Unido Bajouca
178	LICINIO SILVA	3325	M 156	SenM 40	00:50:46	00:50:46	00:25:53	00:05:05	Grupo Alegre Unido Bajouca
179	SUZI RAMOS	2051	F 23	SenF 10	00:50:49	00:50:49	00:25:12	00:05:05	
180	SÉRGIO SIMÕES	2218	M 157	V35M 32	00:50:50	00:50:50	00:25:21	00:05:05	Fresenius Kabi Runners
181	URÂNIA CHUVA	3496	F 24	V40F 7	00:50:51	00:50:51	00:25:27	00:05:06	
182	FREDERIC SCHIAVON	2301	M 158	V40M 21	00:50:53	00:50:53	00:24:46	00:05:06	
183	HUGO RODRIGUES	2289	M 159	V35M 33	00:51:03	00:51:03	00:25:14	00:05:07	
184	CARLOS ALVES	2321	M 160	SenM 41	00:51:05	00:51:05	00:24:53	00:05:07	
185	JOÃO SILVA	2033	M 161	V60M 7	00:51:06	00:51:06	00:25:59	00:05:07	JCMS
186	JOÃO RAINHO	2401	M 162	SenM 42	00:51:10	00:51:10	00:26:29	00:05:07	
187	SAMUEL COSTA	2233	M 163	V40M 22	00:51:13	00:51:13	00:25:38	00:05:08	
188	CARLOS TARRAFA	2426	M 164	V55M 9	00:51:17	00:51:17	00:25:24	00:05:08	
189	ESTEFÂNIA LOPES	2365	F 25	V50F 1	00:51:18	00:51:18	00:25:23	00:05:08	TONDELA RUNNERS
190	HELDER SEQUEIRA	2189	M 165	V35M 34	00:51:18	00:51:18	00:25:15	00:05:08	Clinica Diagnosticum
191	DANIEL SILVA	2423	M 166	SenM 43	00:51:21	00:51:21	00:24:53	00:05:09	
192	GONÇALO ARSÉNIO	2418	M 167	SenM 44	00:51:27	00:51:27	00:26:34	00:05:09	
193	SEM DADOS	3391	M 168	9	00:51:29	00:51:29	00:25:31	00:05:09	
194	ANA LUÍSA MOURA	3303	F 26	SenF 11	00:51:40	00:51:40	00:26:29	00:05:10	
195	DIOGO OLIVEIRA	2409	M 169	SenM 45	00:51:47	00:51:47	00:26:34	00:05:11	
196	BERNARDO CASALEIRO	2172	M 170	SenM 46	00:51:52	00:51:52	00:25:27	00:05:12	broDEIhood
197	SEM DADOS	3438	M 171	10	00:51:56	00:51:56	00:26:56	00:05:12	
198	NELSON MARQUES	2005	M 172	V40M 23	00:51:57	00:51:57	00:25:55	00:05:12	
199	RICARDO PROENÇA	2142	M 173	V40M 24	00:52:10	00:52:10	00:24:57	00:05:13	ATBV
200	FERNANDO FRAGATEIRO	2310	M 174	V55M 10	00:52:17	00:52:17	00:28:18	00:05:14	GDC Portos de Sines e Algarve
201	LUCIDIO DIAS	2023	M 175	V60M 8	00:52:22	00:52:22	00:26:25	00:05:15	ACRM Silveirinha Grande Claras
202	ARMANDO PEREIRA	2055	M 176	V45M 22	00:52:26	00:52:26	00:25:43	00:05:15	Verallia Portugal
203	LUIS CHAVINHA	2038	M 177	V45M 23	00:52:27	00:52:27	00:26:33	00:05:15	
204	ERICO BARBOSA	2223	M 178	JunM 6	00:52:27	00:52:27	00:25:17	00:05:15	Ginásio Arena Fitness
205	ALDINA FERREIRA	2056	F 27	V40F 8	00:52:30	00:52:30	00:25:43	00:05:15	Verallia Portugal
206	PEDRO FERREIRA	3386	M 179	V45M 24	00:52:32	00:52:32	00:26:08	00:05:16	
207	MARTA SEQUEIRA	3331	F 28	SenF 12	00:52:32	00:52:32		00:05:16	
208	ANA PAULA MATIAS	2395	F 29	V45F 3	00:52:33	00:52:33	00:26:10	00:05:16	Tribo NR
209	PEDRO MEDINA	2091	M 180	V45M 25	00:52:37	00:52:37	00:27:13	00:05:16	Tribo nr
210	DANIEL SILVA	2007	M 181	V40M 25	00:52:39	00:52:39	00:26:48	00:05:16	
211	JOAQUIM FETEIRA	2188	M 182	V40M 26	00:52:40	00:52:40	00:27:22	00:05:16	Clinica Diagnosticum
212	INÊS PERES	2030	F 30	SenF 13	00:52:42	00:52:42	00:26:29	00:05:17	Desliza Team
213	DANIELA LEITÃO	2114	F 31	SenF 14	00:52:44	00:52:44	00:26:33	00:05:17	Os Papa Milhas
214	PEDRO MENDES	2082	M 183	SenM 47	00:52:44	00:52:44	00:26:03	00:05:17	
215	MICHAEL TELES	2202	M 184	SenM 48	00:52:45	00:52:45	00:28:16	00:05:17	Genialmed
216	CARLA FALLÉ	2389	F 32	V45F 4	00:52:45	00:52:45	00:26:57	00:05:17	HMC Sports
217	SANDRA MACIEL	2425	F 33	SenF 15	00:52:50	00:52:50	00:26:26	00:05:17	EL Comandante Tem
218	TIAGO BASTOS	2330	M 185	V35M 35	00:52:52	00:52:52	00:26:20	00:05:18	Los Caribeños
219	CARLOS MARTINS	2363	M 186	V50M 18	00:52:52	00:52:52	00:26:25	00:05:18	Porto Sentido Runners
220	JOÃO GUILHERME PEÇANHA	2203	M 187	SenM 49	00:52:55	00:52:55	00:26:17	00:05:18	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
221	LUIS GASPAR	3387	M 188	V45M 26	00:52:59	00:52:59	00:26:15	00:05:18	
222	GUSTAVO CARDOSO	3382	M 189	SenM 50	00:53:00	00:53:00	00:26:16	00:05:18	
223	SEM DADOS	3469	M 190	11	00:53:01	00:53:01	00:26:31	00:05:19	
224	SOPHIE DORÉ	3349	F 34	V40F 9	00:53:04	00:53:04	00:26:05	00:05:19	
225	JOÃO GODINHO	2316	M 191	SenM 51	00:53:04	00:53:04	00:27:16	00:05:19	broDEIhood
226	MIGUEL FARO	2367	M 192	V45M 27	00:53:04	00:53:04	00:26:26	00:05:19	TONDELA RUNNERS
227	TIAGO GRILATE	2117	M 193	V35M 36	00:53:04	00:53:04	00:26:08	00:05:19	
228	CAROLINA VERTIS	2359	F 35	SenF 16	00:53:09	00:53:09	00:26:44	00:05:19	
229	LUIS BAROSA	2156	M 194	V45M 28	00:53:15	00:53:15	00:26:03	00:05:20	
230	FILIPA MENDES	3314	F 36	SenF 17	00:53:18	00:53:18	00:26:26	00:05:20	
231	ANTÓNIO TAFULA	2342	M 195	V60M 9	00:53:22	00:53:22	00:26:34	00:05:21	
232	ANDREIA MARQUES	3311	F 37	SenF 18	00:53:22	00:53:22	00:26:57	00:05:21	
233	VICTOR PEREIRA	2097	M 196	V60M 10	00:53:25	00:53:25	00:27:13	00:05:21	cluve
234	MARTA BRANCO	2008	F 38	V40F 10	00:53:27	00:53:27	00:26:48	00:05:21	
235	HÉLDER TEIXEIRA	2303	M 197	V55M 11	00:53:27	00:53:27	00:26:11	00:05:21	Os preguiçosos
236	TIAGO SANTOS	2313	M 198	SenM 52	00:53:30	00:53:30	00:27:07	00:05:21	BARRASCOS RUNNERS
237	ANTONIO NEVES	3304	M 199	V55M 12	00:53:31	00:53:31	00:26:06	00:05:22	soure mov
238	AMÁVEL LUZ	2167	M 200	V55M 13	00:53:31	00:53:31	00:26:49	00:05:22	
239	SEM DADOS	3361	M 201	12	00:53:36	00:53:36	00:27:03	00:05:22	
240	JOSE MADEIRA	2031	M 202	V60M 11	00:53:37	00:53:37	00:27:02	00:05:22	individual
241	JOANA JOSÉ	2001	F 39	V35F 6	00:53:40	00:53:40	00:27:11	00:05:22	
242	ANABELA CORREIA	2369	F 40	V40F 11	00:53:50	00:53:50	00:27:16	00:05:23	TONDELA RUNNERS
243	SEM DADOS	3435	M 203	13	00:53:53	00:53:53	00:30:35	00:05:24	
244	JOANA DA SILVA	2124	F 41	SenF 19	00:53:53	00:53:53	00:26:43	00:05:24	
245	NUNO OLIVEIRA	2391	M 204	V50M 19	00:53:54	00:53:54	00:26:44	00:05:24	
246	BRUNO RIOS	2225	M 205	SenM 53	00:53:55	00:53:55	00:29:03	00:05:24	
247	CELSO FERREIRA	2208	M 206	V35M 37	00:54:02	00:54:02	00:28:01	00:05:25	DreamTeamAEDL
248	RADOSLAW ROLINSKI	2295	M 207	V45M 29	00:54:05	00:54:05	00:25:26	00:05:25	
249	JOANA SILVA	2057	F 42	V45F 5	00:54:08	00:54:08	00:27:15	00:05:25	A.D. Buarcos
250	JOÃO SIMÕES	2333	M 208	SenM 54	00:54:13	00:54:13	00:28:22	00:05:26	
251	LEONARDO TRAVITZKI	2328	M 209	SenM 55	00:54:14	00:54:14	00:28:22	00:05:26	
252	PAULO SANTOS	2136	M 210	V40M 27	00:54:15	00:54:15	00:28:01	00:05:26	Credimedia
253	MARIA SOARES	2199	F 43	V50F 2	00:54:18	00:54:18	00:26:55	00:05:26	
254	MASCARENHAS SANDRA MARIA	2294	F 44	V45F 6	00:54:19	00:54:19	00:26:49	00:05:26	Porto Sentido Runners
255	ELIZABETE LOUREIRO	2362	F 45	V45F 7	00:54:20	00:54:20	00:27:02	00:05:26	Porto Sentido Runners
256	MARIA SIMÕES	2257	F 46	V45F 8	00:54:22	00:54:22	00:27:15	00:05:27	
257	AMÉRICO CAMELO	3355	M 211	V55M 14	00:54:22	00:54:22	00:26:40	00:05:27	
258	CARLOS MANUEL CARREIRA	2226	M 212	V50M 20	00:54:25	00:54:25	00:27:23	00:05:27	
259	LUÍSA MIRANDA	2360	F 47	V40F 12	00:54:25	00:54:25	00:27:53	00:05:27	ARCD Venda da Luisa
260	JÉSSICA CORREIA	2103	F 48	SenF 20	00:54:26	00:54:26	00:28:01	00:05:27	ARCD Venda da Luísa
261	CRISTINA ALMEIDA	2125	F 49	V45F 9	00:54:27	00:54:27	00:27:27	00:05:27	viseu360
262	PEDRO RUSSO	2079	M 213	JunM 7	00:54:34	00:54:34	00:25:35	00:05:28	
263	RICARDO LOPES	2069	M 214	SenM 56	00:54:35	00:54:35	00:26:46	00:05:28	Verallia Portugal
264	RITA DIAS	2084	F 50	SenF 21	00:54:35	00:54:35	00:27:21	00:05:28	Go Runners

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
265	JOSÉ MANUEL PEREIRA DOS SANTOS	2171	M 215	V60M 12	00:54:36	00:54:36		00:05:28	Individual
266	GONÇALO LUCIANO	2088	M 216	V45M 30	00:54:37	00:54:37	00:28:21	00:05:28	
267	CARLA NASCIMENTO	2353	F 51	V40F 13	00:54:39	00:54:39	00:27:16	00:05:28	Viriathvs Runners Viseu
268	CLAUDIA ROCHA	2122	F 52	V40F 14	00:54:39	00:54:39	00:26:52	00:05:28	
269	SÓNIA SÓNIA	2430	F 53	V40F 15	00:54:40	00:54:40	00:26:57	00:05:28	
270	SÓNIA MARQUES	2298	F 54	SenF 22	00:54:41	00:54:41	00:27:09	00:05:29	Never back Down
271	DANIEL COELHO	2297	M 217	SenM 57	00:54:48	00:54:48	00:27:10	00:05:29	Never back Down
272	INÊS SARDO	3385	F 55	V45F 10	00:54:48	00:54:48	00:28:05	00:05:29	
273	EDUARDO SARDO	3384	M 218	V45M 31	00:54:48	00:54:48	00:28:05	00:05:29	
274	MARIANA COUCEIRO	2173	F 56	SenF 23	00:54:53	00:54:53	00:27:58	00:05:30	AC BATALHA
275	SEM DADOS	3439	M 219		14 00:55:01	00:55:01	00:26:45	00:05:31	
276	PEDRO MAIA	2346	M 220	SenM 58	00:55:07	00:55:07	00:25:05	00:05:31	
277	JOSÉ SILVA	2152	M 221	V60M 13	00:55:20	00:55:20	00:28:45	00:05:32	
278	SEM DADOS	3307	M 222		15 00:55:20	00:55:20	00:28:46	00:05:32	
279	DANIELA MELO	2331	F 57	SenF 24	00:55:27	00:55:27	00:27:27	00:05:33	Los Caribeños
280	JOÃO CARLOS GASPAR SIMÕES	3327	M 223	V60M 14	00:55:28	00:55:28	00:27:40	00:05:33	EU POSSO CORRER
281	FILIPA BATISTA	2415	F 58	SenF 25	00:55:35	00:55:35	00:27:30	00:05:34	
282	AUGUSTO COSTA	2394	M 224	V60M 15	00:55:36	00:55:36	00:27:55	00:05:34	Individual
283	SEM DADOS	3413	M 225		16 00:55:40	00:55:40	00:27:22	00:05:34	
284	SEM DADOS	3344	M 226		17 00:55:43	00:55:43	00:29:03	00:05:35	
285	SANDRA LEITE	2087	F 59	V45F 11	00:55:47	00:55:47	00:28:11	00:05:35	Os Papa Milhas
286	VERA COSTA	1317	F 60	V35F 7	00:55:48	00:55:48	00:27:40	00:05:35	
287	DAVID CARREIRA	2243	M 227	JunM 8	00:55:57	00:55:57	00:29:59	00:05:36	
288	SALOMÉ OLIVEIRA	2071	F 61	V35F 8	00:55:57	00:55:57	00:27:25	00:05:36	Salomé Oliveira
289	CARLOS PASTILHA	2113	M 228	V35M 38	00:56:00	00:56:00	00:27:01	00:05:36	Os Papa Milhas
290	SEM DADOS	3467	M 229		18 00:56:14	00:56:14	00:28:48	00:05:38	
291	FRANCISCO PIRES	2286	M 230	V35M 39	00:56:17	00:56:17	00:28:06	00:05:38	
292	BRUNA RODRIGO	2009	F 62	V35F 9	00:56:22	00:56:22	00:27:31	00:05:39	
293	PAULO VALVERDE	2014	M 231	V45M 32	00:56:22	00:56:22	00:27:30	00:05:39	
294	ISABEL COIMBRA	3332	F 63	V45F 12	00:56:25	00:56:25	00:28:58	00:05:39	
295	CLÁUDIA RODRIGUES	2194	F 64	V35F 10	00:56:25	00:56:25	00:28:27	00:05:39	
296	INÊS GOMES	2368	F 65	V40F 16	00:56:36	00:56:36	00:28:17	00:05:40	TONDELA RUNNERS
297	RUI SIMÕES	2277	M 232	SenM 59	00:56:37	00:56:37	00:27:25	00:05:40	
298	LUÍS ANTÓNIO	2335	M 233	SenM 60	00:56:41	00:56:41	00:27:29	00:05:41	
299	CARLOS CHAVINHA	2039	M 234	V50M 21	00:56:42	00:56:42	00:27:34	00:05:41	
300	BRUNO NUNES	3333	M 235	SenM 61	00:56:44	00:56:44	00:27:51	00:05:41	
301	SEM DADOS	3363	M 236		19 00:56:50	00:56:50	00:28:08	00:05:41	
302	SEM DADOS	3353	M 237		20 00:56:51	00:56:51	00:27:51	00:05:42	
303	RITA ALEIXO	2180	F 66	SenF 26	00:56:52	00:56:52	00:28:00	00:05:42	
304	EMANUEL AMARAL FERREIRA	2192	M 238	SenM 62	00:56:52	00:56:52	00:26:54	00:05:42	
305	DINA RODRIGUES	2404	F 67	V40F 17	00:56:54	00:56:54	00:28:13	00:05:42	Tondela runners
306	RICARDO SILVA	2222	M 239	SenM 63	00:56:58	00:56:58	00:27:32	00:05:42	Ginásio Arena Fitness
307	RAFAEL AZRIEL	1169	M 240	V45M 33	00:56:59	00:56:59	00:27:11	00:05:42	
308	EMANUEL ORNELAS	2421	M 241	SenM 64	00:57:01	00:57:01	00:28:12	00:05:43	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
309	FERNANDO PEREIRA	2250	M 242	V40M 28	00:57:03	00:57:03	00:29:30	00:05:43	
310	JOÃO OLIVEIRA	2312	M 243	SenM 65	00:57:06	00:57:06	00:27:47	00:05:43	BARRASCOS RUNNERS
311	ISA YAMAGUCHI	2314	F 68	SenF 27	00:57:09	00:57:09	00:28:17	00:05:43	
312	LUIS CARDOSO	2299	M 244	V40M 29	00:57:11	00:57:11	00:28:19	00:05:44	
313	JOSÉ BRAGA	2191	M 245	SenM 66	00:57:12	00:57:12	00:29:04	00:05:44	Clinica Diagnosticum
314	FILIPA BRAGA	2190	F 69	SenF 28	00:57:12	00:57:12	00:29:04	00:05:44	Clinica Diagnosticum
315	PAULO SOBERANO	3381	M 246	V50M 22	00:57:15	00:57:15	00:27:36	00:05:44	BFF 60's
316	PAULO SANTOS	2332	M 247	V45M 34	00:57:17	00:57:17	00:27:35	00:05:44	Os Kikos
317	ALINA MOREIRA	2216	F 70	V40F 18	00:57:20	00:57:20	00:28:54	00:05:44	Fresenius Kabi Runners
318	ANA REBOLA	2006	F 71	V40F 19	00:57:21	00:57:21	00:28:08	00:05:45	
319	SEM DADOS	1911	M 248		21 00:57:31	00:57:31	00:28:28	00:05:46	
320	SANDRINA BERGIEIRO	2021	F 72	V35F 11	00:57:35	00:57:35	00:28:10	00:05:46	ACRM Silveirinha Grande Claras
321	MARIA SANTOS	2387	F 73	V40F 20	00:57:38	00:57:38	00:29:02	00:05:46	Prismas & Esferas Team
322	FÁTIMA OLIVEIRA	2067	F 74	V40F 21	00:57:40	00:57:40	00:28:16	00:05:46	Verallia Portugal
323	LAURA GUIMARÃES	2095	F 75	V55F 1	00:57:40	00:57:40	00:28:58	00:05:46	
324	MIGUEL PEREIRA	2431	M 249	JunM 9	00:57:40	00:57:40	00:28:17	00:05:46	GRVilaverdense
325	MÓNICA JORDÃO	2271	F 76	V35F 12	00:57:51	00:57:51	00:28:25	00:05:48	
326	ADRIANA CRUZ	2270	F 77	V35F 13	00:57:53	00:57:53	00:28:25	00:05:48	
327	DIANA SIMÕES	2077	F 78	SenF 29	00:57:53	00:57:53	00:28:28	00:05:48	
328	ALEXANDRE LOURENÇO	3340	M 250	V45M 35	00:57:53	00:57:53	00:30:02	00:05:48	Bubbel Duck Team
329	ANABELA BRANCO BRANCO	2229	F 79	V45F 13	00:57:56	00:57:56	00:29:04	00:05:48	
330	JOANA CAVALEIRO	2035	F 80	V40F 22	00:57:57	00:57:57	00:28:16	00:05:48	
331	LUÍS RODRIGUES	1133	M 251	V45M 36	00:57:58	00:57:58	00:29:36	00:05:48	Run@Figueira
332	ISABEL SOUZA	2049	F 81	V40F 23	00:57:58	00:57:58	00:28:46	00:05:48	
333	RICARDO DIAS	3379	M 252	V40M 30	00:57:58	00:57:58	00:29:36	00:05:48	Arena Fitness
334	SANDRA RUA	2013	F 82	V40F 24	00:58:01	00:58:01	00:29:02	00:05:49	
335	HÉLDER DUARTE	2230	M 253	V45M 37	00:58:07	00:58:07	00:28:27	00:05:49	Os Papa Milhas
336	LUÍS NEVES	2109	M 254	V35M 40	00:58:07	00:58:07	00:31:52	00:05:49	Muratus
337	INÊS MENDONÇA	2029	F 83	SenF 30	00:58:10	00:58:10	00:28:49	00:05:49	Desliza Team
338	RICARDO VICENTE	3335	M 255	V35M 41	00:58:10	00:58:10	00:30:03	00:05:49	
339	GINA MATIAS	2285	F 84	SenF 31	00:58:12	00:58:12	00:28:49	00:05:50	
340	GONÇALO ORNELAS	2422	M 256	SenM 67	00:58:15	00:58:15	00:28:44	00:05:50	
341	GISELA JORGE	2139	F 85	V45F 14	00:58:17	00:58:17	00:29:10	00:05:50	ATBV
342	ANTÓNIO MARINHEIRO	2272	M 257	V45M 38	00:58:22	00:58:22	00:27:29	00:05:51	
343	SANDRA ALMEIDA	2219	F 86	V40F 25	00:58:30	00:58:30	00:29:51	00:05:51	Fresenius Kabi Runners
344	NÉLIA MATOS	3308	F 87	V45F 15	00:58:37	00:58:37	00:28:48	00:05:52	CSKD Condeixa Shukokai Karate Do
345	DIOGO MENDES	2085	M 258	JunM 10	00:58:37	00:58:37	00:29:02	00:05:52	Fitting Point
346	DAVID MENDES	2044	M 259	V40M 31	00:58:37	00:58:37	00:29:03	00:05:52	Fitting Point
347	ONDINA LEAL	2004	F 88	V45F 16	00:58:46	00:58:46	00:28:26	00:05:53	
348	ANABELA MONTEIRO	2072	F 89	V45F 17	00:58:53	00:58:53	00:29:08	00:05:54	CUMIBROA BIKE'S RUNNING TEAM
349	MARIANA GIRÃO	2386	F 90	SenF 32	00:58:55	00:58:55	00:29:15	00:05:54	Prismas & Esferas Team
350	SEM DADOS	3345	M 260		22 00:59:02	00:59:02	00:30:31	00:05:55	
351	DANIELA OLIVEIRA	2145	F 91	V40F 26	00:59:05	00:59:05	00:28:48	00:05:55	KIRCHHOFF KUNECT RUNING TEAM
352	TÂNIA TELES	2107	F 92	SenF 33	00:59:08	00:59:08	00:29:35	00:05:55	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
353	PEDRO ANDRADE	2149	M 261	V35M 42	00:59:08	00:59:08	00:29:36	00:05:55	
354	IRENE SANTOS	2050	F 93	V50F 3	00:59:10	00:59:10	00:29:31	00:05:55	pace.makers
355	FLORBELA ROUXINOL	2344	F 94	V45F 18	00:59:15	00:59:15	00:28:41	00:05:56	
356	SEM DADOS	3362	M 262		23 00:59:27	00:59:27	00:29:28	00:05:57	
357	NELSON DA SILVA	2165	M 263	V40M 32	00:59:30	00:59:30	00:28:47	00:05:57	BULLDOG TEAM
358	PEDRO SANTOS	3489	M 264	V40M 33	00:59:31	00:59:31	00:30:29	00:05:58	
359	DORA OLIVEIRA	2403	F 95	V40F 27	00:59:32	00:59:32	00:29:34	00:05:58	
360	ALBINO FELIX	2327	M 265	V60M 16	00:59:34	00:59:34	00:28:15	00:05:58	
361	GONÇALO LOUREIRO	2323	M 266	V35M 43	00:59:34	00:59:34	00:28:15	00:05:58	
362	CRISTIANA MACHADO	2417	F 96	SenF 34	00:59:34	00:59:34	00:29:34	00:05:58	Quenianos cá do sítio
363	PATRICIA LOPES	2213	F 97	V35F 14	00:59:36	00:59:36	00:29:34	00:05:58	Fresenius Kabi Runners
364	ANA COUCEIRO	2093	F 98	V35F 15	00:59:39	00:59:39	00:29:01	00:05:58	Duuuuuros
365	RITA GOUVEIA	3339	F 99	V35F 16	00:59:41	00:59:41	00:30:03	00:05:59	Bubbel duck Team
366	MARISA FERREIRA	2143	F 100	V35F 17	00:59:50	00:59:50	00:29:38	00:05:59	SNR
367	TATIANA FLORINDO	2206	F 101	SenF 35	00:59:50	00:59:50	00:30:29	00:05:59	GAFIDES
368	GILBERTO NETO	2026	M 267	V40M 34	00:59:50	00:59:50	00:30:30	00:05:59	
369	EQUATORIALRAIN SIMÕES	3336	F 102	V45F 19	00:59:51	00:59:51	00:30:04	00:06:00	
370	SEVERINO MIRANDA	2302	M 268	V35M 44	01:00:17	01:00:17	00:29:02	00:06:02	Pó na lama
371	MANUEL PEREIRA	2045	M 269	V60M 17	01:00:18	01:00:18	00:31:11	00:06:02	Clínica dos Relógios
372	PEDRO MANSO	2133	M 270	V35M 45	01:00:21	01:00:21	00:29:03	00:06:03	Bio Team Run
373	LUÍS JORGE	2341	M 271	V45M 39	01:00:30	01:00:30	00:30:05	00:06:03	
374	SANDRA RIBEIRO	2356	F 103	V35F 18	01:00:32	01:00:32	00:29:39	00:06:04	
375	VERÓNICA COSTA	2215	F 104	SenF 36	01:00:35	01:00:35	00:31:09	00:06:04	Fresenius Kabi Runners
376	GUILHERME PINHARANDA	2147	M 272	SenM 68	01:00:38	01:00:38	00:29:29	00:06:04	BULLDOGTEAM
377	FERNANDA VASCO	2255	F 105	V40F 28	01:00:45	01:00:45	00:30:05	00:06:05	
378	ANABELA FIGUEIREDO	3372	F 106	V40F 29	01:00:58	01:00:58	00:31:16	00:06:06	CAOH-Clube Atlético de Oliveira do Hospital
379	RAQUEL GUIMARÃES	2074	F 107	SenF 37	01:01:07	01:01:07	00:30:25	00:06:07	Guimarães
380	EDGAR FARIA	2059	M 273	V35M 46	01:01:16	01:01:16	00:29:16	00:06:08	Verallia Portugal
381	JOANA TERCEIRO	3328	F 108	SenF 38	01:01:16	01:01:16	00:30:34	00:06:08	Arena Fitness
382	ISABEL VENTURA	2293	F 109	V50F 4	01:01:42	01:01:42	00:30:33	00:06:11	Tribo NR
383	SONIA JESUS	2374	F 110	V35F 19	01:01:43	01:01:43	00:30:05	00:06:11	
384	INÊS PINTO	2101	F 111	V35F 20	01:02:13	01:02:13	00:32:00	00:06:14	Porto sentido runners
385	ISABEL PEGO	2052	F 112	V45F 20	01:02:16	01:02:16	00:30:30	00:06:14	Escola de Atletismo de Coimbra/JPaiva
386	TANIA LOPES	2252	F 113	V40F 30	01:02:16	01:02:16	00:30:45	00:06:14	
387	CÁTIA MARTINS	2043	F 114	V35F 21	01:02:20	01:02:20	00:30:48	00:06:14	
388	PATRÍCIA PRIMO	2042	F 115	SenF 39	01:02:21	01:02:21	00:30:48	00:06:15	
389	ISABEL MONTEIRO	2164	F 116	V60F 1	01:02:35	01:02:35	00:32:01	00:06:16	
390	LUIS OLIVEIRA	2032	M 274	V60M 18	01:02:55	01:02:55	00:32:32	00:06:18	
391	MIGUEL SALAS	2241	M 275	JunM 11	01:02:57	01:02:57	00:29:59	00:06:18	
392	MAGDA RIBEIRO	2083	F 117	V35F 22	01:03:01	01:03:01	00:33:19	00:06:19	Go Runners
393	VASCO PARENTE	2034	M 276	SenM 69	01:03:16	01:03:16	00:29:14	00:06:20	GENIALMED
394	PAULA NETO	3337	F 118	SenF 40	01:03:21	01:03:21	00:29:17	00:06:21	
395	CARLOS ALVES	2259	M 277	V50M 23	01:03:41	01:03:41	00:29:04	00:06:23	
396	BERNARDO PEREIRA	2246	M 278	JunM 12	01:03:45	01:03:45		00:06:23	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
397	MANUEL LAZARO	2239	M 279	JunM 13	01:03:46	01:03:46	00:32:45	00:06:23	
398	EMÍDIO GUIMARÃES	2249	M 280	V35M 47	01:03:46	01:03:46	00:29:04	00:06:23	
399	SEM DADOS	2254	M 281	24	01:03:54	01:03:54	00:29:36	00:06:24	
400	ROYSEL ALFONSO	2158	F 119	V35F 23	01:03:56	01:03:56		00:06:24	
401	PATRICIA FERNANDES	2075	F 120	V35F 24	01:04:17	01:04:17		00:06:26	
402	SEM DADOS	3425	M 282	25	01:04:27	01:04:27	00:32:50	00:06:27	
403	SEM DADOS	3426	M 283	26	01:04:28	01:04:28	00:32:50	00:06:27	
404	TIAGO SILVA	2247	M 284	SenM 70	01:04:38	01:04:38	00:31:54	00:06:28	
405	PEDRO NETO	2256	M 285	V45M 40	01:04:38	01:04:38	00:31:53	00:06:28	
406	CATARINA CARDOSO	2251	F 121	V40F 31	01:04:38	01:04:38	00:31:56	00:06:28	
407	GUIDA MENDES	3488	F 122	V40F 32	01:04:39	01:04:39	00:30:56	00:06:28	BIOCORPO
408	LISA PEREIRA	2102	F 123	V35F 25	01:04:52	01:04:52	00:32:42	00:06:30	Porto Sentido Runners
409	TERESA SANTOS	2258	F 124	V50F 5	01:04:53	01:04:53	00:32:07	00:06:30	
410	PAULA PIRES	2146	F 125	SenF 41	01:05:08	01:05:08	00:32:58	00:06:31	BULLDOGTEAM
411	RICARDO MOTA	2129	M 286	V40M 35	01:05:08	01:05:08	00:32:31	00:06:31	BULLDOG TEAM
412	SEM DADOS	3356	M 287	27	01:05:17	01:05:17	00:32:57	00:06:32	
413	ANA MENESES	2168	F 126	V45F 21	01:05:17	01:05:17	00:32:58	00:06:32	Coimbra trail running
414	JOANA GONÇALVES	3360	F 127	SenF 42	01:05:17	01:05:17	00:32:58	00:06:32	Coimbra Trail Running
415	TÂNIA SANTOS	2351	F 128	SenF 43	01:05:26	01:05:26	00:32:43	00:06:33	HMC SPORTS
416	SERGIO CORREIA	2350	M 288	V35M 48	01:05:26	01:05:26	00:32:43	00:06:33	HMC SPORTS
417	JOÃO BRAGA CRUZ	2027	M 289	V45M 41	01:05:27	01:05:27	00:32:18	00:06:33	I Never Run Alone
418	ANA CRUZ	2028	F 129	V35F 26	01:05:27	01:05:27	00:32:18	00:06:33	I Never Run Alone
419	MÁRIO GONÇALVES DE FREITAS	2193	M 290	V60M 19	01:05:53	01:05:53	00:32:34	00:06:36	
420	NATACHA HENRIQUES	3342	F 130	SenF 44	01:06:17	01:06:17	00:33:15	00:06:38	#solidariocomogordinho
421	JANO FONTES	3341	M 291	SenM 71	01:06:18	01:06:18	00:33:16	00:06:38	
422	HELENA DUARTE	2231	F 131	SenF 45	01:06:21	01:06:21	00:31:17	00:06:39	Os Papa Milhas
423	TERESA SANTOS	2424	F 132	V40F 33	01:06:34	01:06:34	00:32:53	00:06:40	Ansibikers
424	IRACEMA FERREIRA	2347	F 133	V50F 6	01:06:37	01:06:37	00:32:04	00:06:40	
425	LINO CARRACO	2237	M 292	V50M 24	01:07:17	01:07:17	00:34:49	00:06:44	pernetas
426	CÁTIA BRITO	2019	F 134	SenF 46	01:07:35	01:07:35	00:32:34	00:06:46	Runners in part time
427	HELOÍSA RELVA	3347	F 135	V35F 27	01:07:42	01:07:42	00:33:04	00:06:47	
428	DANIEL ANTUNES	2040	M 293	V45M 42	01:07:43	01:07:43	00:32:34	00:06:47	
429	MANUELA MURTINHO	2015	F 136	V40F 34	01:07:45	01:07:45	00:33:04	00:06:47	Dá - lhe Gás Team
430	SOFIA MOTA	3350	F 137	V35F 28	01:08:08	01:08:08	00:33:24	00:06:49	
431	DRIELLY FERREIRA DOS SANTOS VITÓRIO	2096	F 138	SenF 47	01:08:11	01:08:11	00:34:03	00:06:50	
432	ODETE FREITAS	2036	F 139	V45F 22	01:08:16	01:08:16	00:33:17	00:06:50	
433	RUI BRUNHETA	2212	M 294	V50M 25	01:08:34	01:08:34	00:34:06	00:06:52	POTENCIAL GLOBAL
434	SEM DADOS	3465	M 295	28	01:09:23	01:09:23	00:34:33	00:06:57	
435	PATRICIA MENDES	3364	F 140	V40F 35	01:09:35	01:09:35	00:33:51	00:06:58	Arena Fitness
436	CARMEN MENDES	3366	F 141	V45F 23	01:09:37	01:09:37	00:33:51	00:06:58	Arena Fitness
437	PATRÍCIA LOPES	2100	F 142	V35F 29	01:09:38	01:09:38	00:33:46	00:06:58	
438	CRISTINA FRAGA	2221	F 143	V40F 36	01:09:42	01:09:42	00:32:57	00:06:59	Ginásio Arena Fitness
439	MARIA CIDÁLIA JESUS FREIRE	3326	F 144	V60F 2	01:09:48	01:09:48	00:34:07	00:06:59	EU POSSO CORRER
440	SEM DADOS	3365	M 296	29	01:09:58	01:09:58	00:34:28	00:07:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	5 Km	Ritmo	Equipa
441	INÊS FERREIRA	2178	F 145	SenF 48	01:10:03	01:10:03	00:33:05	00:07:01	
442	JOÃO COSTA	2245	M 297	JunM 14	01:10:13	01:10:13	00:44:28	00:07:02	
443	RODRIGO PEREIRA	2242	M 298	JunM 15	01:10:14	01:10:14		00:07:02	
444	SÓNIA CARDOSO	1284	F 146	V40F 37	01:10:25	01:10:25	00:34:18	00:07:03	
445	DIOGO TORRES	2244	M 299	JunM 16	01:10:26	01:10:26	00:44:28	00:07:03	
446	ODILIA FELIX	2325	F 147	V45F 24	01:11:16	01:11:16	00:34:35	00:07:08	
447	MIGUEL CUNHA	3343	M 300	SenM 72	01:11:19	01:11:19	00:34:57	00:07:08	#solidariocomogordinho
448	RITA VASCONCELOS	3390	F 148	SenF 49	01:11:29	01:11:29	00:43:48	00:07:09	
449	FRANCISCO SANTOS	2121	M 301	SenM 73	01:12:12	01:12:12	00:35:51	00:07:14	
450	LUÍS LOPES	2119	M 302	V40M 36	01:12:12	01:12:12	00:35:52	00:07:14	
451	RITA GONÇALVES	2205	F 149	SenF 50	01:12:31	01:12:31	00:36:12	00:07:16	Os Papa Milhas
452	ANTÓNIO SOUSA	2086	M 303	V45M 43	01:12:32	01:12:32	00:36:12	00:07:16	Os Papa Milhas
453	ODILIA SOUSA	2377	F 150	V35F 30	01:12:43	01:12:43		00:07:17	gastassolas
454	RITA ADRIANO	2378	F 151	V40F 38	01:12:44	01:12:44		00:07:17	Gastasolas
455	NELIA CARDOSO	2324	F 152	V45F 25	01:13:01	01:13:01	00:39:06	00:07:19	
456	BILJANA PAIVA	2094	F 153	V45F 26	01:13:30	01:13:30	00:35:14	00:07:21	
457	TIAGO ESPADA	2240	M 304	JunM 17	01:13:37	01:13:37	00:44:28	00:07:22	
458	MATEUS SANTOS	2432	M 305	JunM 18	01:13:37	01:13:37	00:34:36	00:07:22	
459	CAROLINA REIS	2110	F 154	SenF 51	01:13:46	01:13:46	00:35:42	00:07:23	Muratus
460	ANDREIA MARTINS MARTINS	2317	F 155	SenF 52	01:14:09	01:14:09	00:37:50	00:07:25	
461	MONICA DIAS	3378	F 156	V40F 39	01:14:26	01:14:26	00:37:01	00:07:27	Arena Fitness
462	MELISSA VERDUCI	3497	F 157	SenF 53	01:16:07	01:16:07	00:38:30	00:07:37	
463	SILVIA PACHECO	2214	F 158	V35F 31	01:16:50	01:16:50	00:37:40	00:07:41	Fresenius Kabi Runners
464	ILIDIO BRASÃO	2123	M 306	V40M 37	01:17:17	01:17:17		00:07:44	
465	SANDRA MACHADO	2204	F 159	V45F 27	01:18:36	01:18:36	00:41:08	00:07:52	Os Papa Milhas
466	LEONOR FERREIRA	2337	F 160	SenF 54	01:18:36	01:18:36	00:41:07	00:07:52	Os Papa Milhas
467	DANIELA CARVALHO	2336	F 161	SenF 55	01:18:36	01:18:36	00:41:07	00:07:52	Os papa Milhas
468	TIAGO CARVALHO	2284	M 307	V35M 49	01:18:37	01:18:37	00:38:51	00:07:52	
469	INÊS COSTA	3359	F 162	SenF 56	01:18:51	01:18:51	00:39:28	00:07:54	
470	SYLVIE DE AZENHA	2104	F 163	V35F 32	01:19:23	01:19:23	00:40:08	00:07:57	
471	IRENE LARANJA	2105	F 164	V40F 40	01:19:23	01:19:23	00:40:09	00:07:57	
472	CAROLINA COELHO	2373	F 165	V35F 33	01:19:25	01:19:25	00:40:04	00:07:57	
473	BRUNO GIL	2372	M 308	V35M 50	01:19:25	01:19:25	00:40:04	00:07:57	
474	CÉLIA SANTOS	2326	F 166	V40F 41	01:20:27	01:20:27	00:39:23	00:08:03	
475	BRUNO MOREIRA	2209	M 309	V35M 51	01:21:14	01:21:14	00:41:13	00:08:08	DreamTeamAEDL
476	CÁTIA LOPES	2210	F 167	V35F 34	01:21:15	01:21:15	00:41:11	00:08:08	DreamTeamAEDL
477	PAULO PINTO	2211	M 310	V35M 52	01:21:16	01:21:16	00:41:13	00:08:08	DreamTeamAEDL
478	MANUEL PEDROSA	2398	M 311	V55M 15	01:24:52	01:24:52	00:40:13	00:08:30	
479	PAULO ABREU	2134	M 312	V55M 16	01:25:01	01:25:01	00:43:20	00:08:31	
480	ANAN CRISTINA FERREIRA	2135	F 168	V45F 28	01:25:01	01:25:01	00:43:19	00:08:31	
481	MAURA AZENHA	3491	F 169	SenF 57	01:25:19	01:25:19		00:08:32	Arena Fitness
482	ANA ARAUJO	3316	F 170	V55F 2	01:27:04	01:27:04	00:47:36	00:08:43	Arena Fitness