

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
1	373	RUI LOPES	CDCR CTT COIMBRA	M	1	37	SEN M	1	00:32:39
2	374	RUI RODRIGUES	CDCR CTT COIMBRA	M	2	39	SEN M	2	00:32:50
3	635	NUNO TINOCO	ESCOLA DE ATLETISMO DE COIMBRA	M	3	34	SEN M	3	00:32:51
4	834	JOSÉ VEIGA	ASS. ACADÉMICA DE COIMBRA	M	4	23	SEN M	4	00:33:18
5	470	IVO DINIS	INDIVIDUAL	M	5	42	VET M40	1	00:33:25
6	656	VITOR FRANCISCO	GS-RC	M	6	30	SEN M	5	00:34:27
7	375	PAULO ANTUNES	CDCR CTT COIMBRA	M	7	43	VET M40	2	00:34:31
8	443	PEDRO CAPELA	GRUPO ALEGRE UNIDO BAJOUCA	M	8	34	SEN M	6	00:34:37
9	764	LICINIO PEREIRA	I.DESPORTIVO VIEIRENSE	M	9	58	VET M55	1	00:35:04
10	352	ORLANDO PIRES	AR S MIGUEL	M	10	44	VET M40	3	00:35:09
11	292	PAULO RAINHO	CCRD BURINHOSA	M	11	40	VET M40	4	00:35:12
12	323	TIAGO MENDES	GALITOS TRIATLO	M	12	25	SEN M	7	00:35:15
13	503	ANTÓNIO FERREIRA	INDIVIDUAL	M	13	47	VET M45	1	00:35:19
14	283	PEDRO GRAÇA	VERALLIA GLASSRIDERS	M	14	41	VET M40	5	00:35:31
15	255	JORGE DELGADO	CASA BENFICA FIGUEIRA DA FOZ	M	15	30	SEN M	8	00:35:36
16	592	GERMANO CAPELA	CA BARREIRA	M	16	47	VET M45	2	00:35:41
17	650	ARMINDO ARAÚJO	LIBERDADE FUTEBOL CLUBE	M	17	50	VET M50	1	00:35:50
18	670	DANIEL JAULINO	VETERANOS DO LIS	M	18	49	VET M45	3	00:35:59
19	337	CARLOS CORREIA	O MUNDO DA CORRIDA	M	19	34	SEN M	9	00:36:11
20	529	NUNO VASCONCELOS	COIMBRA TRAILRUNNING	M	20	32	SEN M	10	00:36:22
21	739	NUNO SANTOS	CASA DO BENFICA FIGFOZ	M	21	34	SEN M	11	00:36:23
22	371	PAULO PEREIRA	CDCR CTT COIMBRA	M	22	46	VET M45	4	00:36:25
23	409	GONÇALO DURÃO	JUVENTUDE VIDIGALENSE	M	23	42	VET M40	6	00:36:26
24	750	LUÍS BARRACA	RUN@FIGUEIRA	M	24	43	VET M40	7	00:36:31
25	789	RUI BAPTISTA	BTTRAIN	M	25	40	VET M40	8	00:36:35
26	653	JORGE FERREIRA	INDIVIDUAL	M	26	25	SEN M	12	00:36:46
27	522	JOSÉSEQUEIRA	MONTANHA C T RUNNING/EFAPEL	M	27	25	SEN M	13	00:36:55
28	684	RUI FERREIRA	O MUNDO DA CORRIDA	M	28	34	SEN M	14	00:36:56
29	561	RENATO AMARAL	INDIVIDUAL	M	29	36	SEN M	15	00:37:02
30	426	RICARDO DA SILVA	VILA SECA RUN TEAM	M	30	22	SEN M	16	00:37:05
31	543	PAULO SANTOS	INDIVIDUAL	M	31	32	SEN M	17	00:37:07
32	2241	JOÃO PEREIRA	BICISPORTS / REVESTILO	M	32	39	SEN M	18	00:37:09
33	616	JOAQUIM FIGUEIRA	CANHOES DA NAZARE	M	33	42	VET M40	9	00:37:11
34	630	DIOGO MARQUES	INDIVIDUAL	M	34	20	SEN M	19	00:37:12
35	749	LUÍS CAVALEIRO	RUN@FIGUEIRA	M	35	34	SEN M	20	00:37:12
36	883	JOÃO SIMÕES	INDIVIDUAL	M	36	40	VET M40	10	00:37:14
37	584	LUIS JUNQUEIRA	INDIVIDUAL	M	37	45	VET M45	5	00:37:17
38	755	CARLOS PIMENTA	INDIVIDUAL	M	38	39	SEN M	21	00:37:26
39	290	NUNO MENDES	CCRD BURINHOSA	M	39	32	SEN M	22	00:37:27
40	787	PEDRO GONÇALVES	RB RUNNING	M	40	32	SEN M	23	00:37:51
41	600	RICARDO MARTINS	INDIVIDUAL	M	41	29	SEN M	24	00:37:53
42	558	FRANCISCO MESQUITA	GINÁSIO CLUBE FIGUEIRENSE	M	42	21	SEN M	25	00:37:55
43	762	JOÃO MARCELINO	I.DESPORTIVO VIEIRENSE	M	43	44	VET M40	11	00:37:57
44	2205	VITOR GONÇALVES	INDIVIDUAL	M	44	39	SEN M	26	00:37:59
45	564	VITOR OLIVEIRA	CASA BENFICA DA FIGUEIRA DA FOZ	M	45	48	VET M45	6	00:38:10

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
46	596	NUNO DOMINGOS	FORMOBIKE	M	46	40	VET M40	12	00:38:10
47	215	CARLOS NOBRE	CUV SECÇÃO DESPORTIVA	M	47	33	SEN M	27	00:38:18
48	487	CLÁUDIA CARREIRA	OFFTELRUNNERS	F	1	27	SEN F	1	00:38:21
49	819	JOAO FONSECA	INDIVIDUAL	M	48	36	SEN M	28	00:38:27
50	652	JOSÉ BRÁS	CASA DO BENFICA DA FIGUEIRA DA FOZ	M	49	44	VET M40	13	00:38:32
51	781	EMANUEL CORREIA	A A ACADEMICA	M	50	23	SEN M	29	00:38:36
52	617	BRUNO TEIXEIRA	INDIVIDUAL	M	51	33	SEN M	30	00:38:40
53	251	NELIO OLIVEIRA	CASA BENFICA FIGUEIRA DA FOZ	M	52	35	SEN M	31	00:38:42
54	2214	RUI MELO	CNI RUNNING	M	53	29	SEN M	32	00:38:43
55	408	LUIS ALEXANDRE	RUN@FIGUEIRA	M	54	39	SEN M	33	00:38:46
56	657	DANIEL RAMALHO	INDIVIDUAL	M	55	34	SEN M	34	00:38:48
57	446	MÁRIO BARATA	RUN FIGUEIRA	M	56	44	VET M40	14	00:38:52
58	2268	JOSE CARLOS RODRIGUES	RUN@FIGUEIRA	M	57	49	VET M45	7	00:38:55
59	763	NUNO LORVÃO	I.DESPORTIVO VIEIRENSE	M	58	44	VET M40	15	00:39:03
60	594	ANTÓNIO PENIM	INDIVIDUAL	M	59		VET M45	8	00:39:04
61	865	MAURO AZEVEDO	INDIVIDUAL	M	60	43	VET M40	16	00:39:04
62	249	PEDRO VARELA	CON_DOES CHOUPAL COIMBRA	M	61	43	VET M40	17	00:39:06
63	2204	RUI CARVALHO	INDIVIDUAL	M	62	45	VET M45	9	00:39:07
64	858	ELÁDIO BORGES	CORPO BOMBEIROS M F FOZ	M	63	29	SEN M	35	00:39:08
65	767	CELESTINO MARQUES	I. DESPORTIVO VIEIRENSE	M	64	57	VET M55	2	00:39:11
66	254	RUI FARIA	CASA BENFICA FIGUEIRA DA FOZ	M	65	46	VET M45	10	00:39:16
67	387	JOSÉ MAÇARRIA	LETS RUAN VALADO	M	66	54	VET M50	2	00:39:16
68	625	NUNO AZUL	RUN FIGUEIRA	M	67	36	SEN M	36	00:39:20
69	878	ARNALDO MENDES	ORI MONDEGO	M	68	35	SEN M	37	00:39:23
70	4	ALBERTO BATISTA	BOAVISTA FC	M	69	43	VET M40	18	00:39:25
71	5	FERNANDO MENDONÇA	INDIVIDUAL	M	70	32	SEN M	38	00:39:25
72	644	CATARINA ARAÚJO	LIBERDADE FUTEBOL CLUBE	F	2	17	SEN F	2	00:39:30
73	244	EDUARDO CARDOSO	INDIVIDUAL	M	71	32	SEN M	39	00:39:31
74	626	TONY VIEIRA	RUN FIGUEIRA	M	72	29	SEN M	40	00:39:35
75	708	TIAGO NUNES	LN FORMA	M	73	26	SEN M	41	00:39:35
76	724	PEDRO SILVA PAULO	ÁGUAS CALDAS DE PENACOVA	M	74	45	VET M45	11	00:39:36
77	607	MARIO CARAPINHEIRO	CLUVE	M	75	50	VET M50	3	00:39:37
78	402	NUNO PIRES	GAIA-RUNNING	M	76	35	SEN M	42	00:39:40
79	184	JORGE ALVES	VERALLIA GLASSRIDERS	M	77	45	VET M45	12	00:39:44
80	2235	JOÃO FERREIRA	INDIVIDUAL	M	78	28	SEN M	43	00:39:45
81	267	LUIS FERREIRA	ASSOC ACADEMICA SAO MAMEDE	M	79	43	VET M40	19	00:39:47
82	855	FILIPE ROCHA	INDIVIDUAL	M	80	28	SEN M	44	00:39:52
83	326	PEDRO MENDES	PARQUE AVENTURA – FIG FOZ	M	81	24	SEN M	45	00:39:59
84	662	LUÍS VAZ	INDIVIDUAL	M	82	42	VET M40	20	00:40:05
85	302	ANDRÉ SILVA	INDIVIDUAL	M	83	17	SEN M	46	00:40:09
86	357	ANDRE MAGALHAES	INDIVIDUAL	M	84	32	SEN M	47	00:40:14
87	619	JOÃO FREITAS	INDIVIDUAL	M	85	21	SEN M	48	00:40:21
88	453	MÁRIO MARTINS	VILA SECA RUN TEAM	M	86	44	VET M40	21	00:40:23
89	294	DÁRIO CABETE	CCRD BURINHOSA	M	87	41	VET M40	22	00:40:32
90	766	RICARDO VICENTE	I. DESPORTIVO VIEIRENSE	M	88	42	VET M40	23	00:40:32

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
91	792	RUI ROLIM	BTTRAIN	M	89	40	VET M40	24	00:40:32
92	347	NUNO OLIVEIRA	INDIVIDUAL	M	90	26	SEN M	49	00:40:38
93	704	RICARDO SILVA	RUN@FIGUEIRA	M	91	35	SEN M	50	00:40:50
94	396	TIAGO FIDALGO	INDIVIDUAL	M	92	36	SEN M	51	00:40:51
95	738	ARNALDO FERREIRA	BTTRAIN	M	93	37	SEN M	52	00:40:52
96	242	FERNANDO AGANTE	CON_DOES CHOUPAL COIMBRA	M	94	53	VET M50	4	00:40:53
97	264	JORGE VIEIRA	ABC CAXARIAS	M	95	31	SEN M	53	00:40:56
98	623	DEONILDE COSTA	ATLÉTICO CLUBE VERMOIL	F	3	39	SEN F	3	00:40:56
99	693	JOÃO NARCISO	PÉS TROIKADOS	M	96	33	SEN M	54	00:40:57
100	441	ANTÓNIO FERNANDES	GRUPO ALEGRE UNIDO BAJOUCA	M	97	53	VET M50	5	00:41:00
101	507	JOÃO PEDRO HELENO	INDIVIDUAL	M	98	24	SEN M	55	00:41:00
102	720	JORGE PESSOA	INDIVIDUAL	M	99	55	VET M55	3	00:41:03
103	833	ARTUR DINIS	INDUSTRIAL D. VIEIRENSE	M	100	48	VET M45	13	00:41:05
104	303	MIGUEL SILVA	INDIVIDUAL	M	101	44	VET M40	25	00:41:07
105	486	JOÃO RIBAU	INDIVIDUAL	M	102	29	SEN M	56	00:41:08
106	266	RUI FIGUEIREDO	AR S MIGUEL	M	103	39	SEN M	57	00:41:08
107	765	ALBERTO VINAGRE	I. DESPORTIVO VIEIRENSE	M	104	53	VET M50	6	00:41:09
108	726	RICARDO SANTANA	INDIVIDUAL	M	105	16	SEN M	58	00:41:10
109	864	JORGE ASSUNÇÃO	ADPSPORT	M	106	51	VET M50	7	00:41:10
110	793	ANDRÉ CARVALHEIRO	INDIVIDUAL	M	107	33	SEN M	59	00:41:12
111	502	JOÃO MARIANO	INDIVIDUAL	M	108	24	SEN M	60	00:41:15
112	818	FERNANDO MAIA	INDIVIDUAL	M	109	52	VET M50	8	00:41:18
113	648	JOÃO TINOCO	ATLÉTICO CLUBE MONTEMORENSE	M	110	19	SEN M	61	00:41:23
114	597	RICARDO AGUIAR	INDIVIDUAL	M	111	41	VET M40	26	00:41:30
115	510	PEDRO ACURSIO	AUTO-INDUSTRIAL	M	112	39	SEN M	62	00:41:32
116	610	LUÍS MIGUEL PEDROSA	VIEIRENSE	M	113	47	VET M45	14	00:41:34
117	707	PAULO GAMEIRO	INDIVIDUAL	M	114	33	SEN M	63	00:41:35
118	802	LUÍS GODINHO	MILLENNIUM BCP	M	115	48	VET M45	15	00:41:41
119	2246	GONÇALO ESTEVES	B.V. FIGUEIRA DA FOZ	M	116	21	SEN M	64	00:41:41
120	457	PAULO POLONIO	COIMBRA TRAILRUNNING	M	117	50	VET M50	9	00:41:44
121	742	DANIEL MAIA	RUN@FIGUEIRA	M	118	34	SEN M	65	00:41:44
122	589	PAULO ALBUQUERQUE	AUTO-INDUSTRIAL	M	119	44	VET M40	27	00:41:46
123	469	TIAGO PÊGO	QUIAIOS RUN TEAM	M	120	31	SEN M	66	00:41:47
124	338	ANTÓNIO CARVALHO	RUN@FIGUEIRA	M	121	58	VET M55	4	00:41:50
125	725	ÁLVARO COSTA	ÁGUAS CALDAS DE PENACOVA	M	122	54	VET M50	10	00:41:54
126	778	BRUNO MARQUES	CHARON	M	123	35	SEN M	67	00:41:58
127	713	JOÃO RAINHO	INDIVIDUAL	M	124	53	VET M50	11	00:42:04
128	757	BERNARDO FERRAZ	A.C.MONTEMORENSE	M	125	16	SEN M	68	00:42:04
129	735	BRUNO GIL	INDIVIDUAL	M	126	34	SEN M	69	00:42:06
130	2209	ALLAN ALMEIDA	INDIVIDUAL	M	127	27	SEN M	70	00:42:09
131	841	MAFALDA FERNANDO	AAC	F	4	18	SEN F	4	00:42:15
132	307	MIGUEL SILVA	INDIVIDUAL	M	128	44	VET M40	28	00:42:16
133	859	RUI TROVÃO	CORPO BOMBEIROS M F FOZ	M	129	32	SEN M	71	00:42:17
134	860	RUI SIMÕES	CORPO BOMBEIROS M F FOZ	M	130	35	SEN M	72	00:42:17
135	823	JOÃO ALMEIDA	INDIVIDUAL	M	131	47	VET M45	16	00:42:19

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
136	399	JOAQUIM PESSOA	CASA DO BENFICA DE CONDEIXA	M	132	56	VET M55	5	00:42:26
137	550	LUIS ALMEIDA	INDIVIDUAL	M	133	40	VET M40	29	00:42:27
138	882	RICARDO MELO	INDIVIDUAL	M	134	35	SEN M	73	00:42:32
139	207	AMILCAR COSTA	INDIVIDUAL	M	135	44	VET M40	30	00:42:33
140	827	PEDRO CARLOS	CHARLES TEAM	M	136	37	SEN M	74	00:42:33
141	329	FERNANDO CARVALHO	O MUNDO DA CORRIDA	M	137	38	SEN M	75	00:42:35
142	224	NUNO RODRIGUES	AUTO-INDUSTRIAL	M	138	41	VET M40	31	00:42:41
143	824	RUI PINTO	SUOV	M	139	49	VET M45	17	00:42:44
144	563	DAVID PEREIRA	DNM SPORT TEAM	M	140	37	SEN M	76	00:42:45
145	223	FERNANDO SANTOS	AUTO-INDUSTRIAL	M	141	54	VET M50	12	00:42:46
146	423	SUSANA CABRAL	AUTO-INDUSTRIAL	F	5	40	VET F40	1	00:42:50
147	745	NUNO LOUREIRO	RUN@FIGUEIRA	M	142	44	VET M40	32	00:42:50
148	863	DUARTE RODRIGUES	CORPO BOMBEIROS M F FOZ	M	143	30	SEN M	77	00:42:52
149	690	HORÁCIO FERREIRA	AR S MIGUEL	M	144	46	VET M45	18	00:42:55
150	260	PAULO CARVALHO	INDIVIDUAL	M	145	41	VET M40	33	00:42:56
151	696	BRUNO CASIMIRO	INDIVIDUAL	M	146	16	SEN M	78	00:43:00
152	444	PEDRO CABECINHAS	GRUPO ALEGRE UNIDO BAJOUCA	M	147	37	SEN M	79	00:43:01
153	829	JORGE PEIXOTO	INDIVIDUAL	M	148	52	VET M50	13	00:43:04
154	232	RICARDO JESUS	INDIVIDUAL	M	149	34	SEN M	80	00:43:06
155	687	RICARDO COSTA	INDIVIDUAL	M	150	36	SEN M	81	00:43:07
156	186	PEDRO CANAIS	VERALLIA GLASSRIDERS	M	151	30	SEN M	82	00:43:09
157	703	JOSÉ CANHOLA	GINÁSIO REMO	M	152	42	VET M40	34	00:43:15
158	291	MAURÍCIO RODRIGUES	CCRD BURINHOSA	M	153	35	SEN M	83	00:43:20
159	810	JOÃO MARTINS	O MUNDO DA CORRIDA	M	154	24	SEN M	84	00:43:20
160	754	PEDRO FERNANDO	INDIVIDUAL	M	155	47	VET M45	19	00:43:25
161	862	JOEL GARCÉS	CORPO BOMBEIROS M F FOZ	M	156	39	SEN M	85	00:43:27
162	504	NUNO NASCIMENTO	INDIVIDUAL	M	157	33	SEN M	86	00:43:28
163	485	ANA FERREIRA	INDIVIDUAL	F	6	31	SEN F	5	00:43:29
164	721	NELSON LÉ	INDIVIDUAL	M	158	40	VET M40	35	00:43:30
165	421	PEDRO NOGUEIRA	AUTO-INDUSTRIAL	M	159	45	VET M45	20	00:43:34
166	869	ALFREDO SANTOS	AC VERMOIL	M	160	59	VET M55	6	00:43:34
167	230	TÂNIA CAÇÃO	RUN@FIGUEIRA	F	7	38	SEN F	6	00:43:44
168	438	TIAGO CABECINHAS	GRUPO ALEGRE UNIDO BAJOUCA	M	161	21	SEN M	87	00:43:47
169	497	PEDRO MANSO	INDIVIDUAL	M	162	35	SEN M	88	00:43:51
170	795	ANA LÚCIA LOPES	MILLENNIUM BCP	F	8	39	SEN F	7	00:43:53
171	857	EDUARDO JANES	CORPO BOMBEIROS M F FOZ	M	163	40	VET M40	36	00:43:56
172	193	RENATO RODRIGUES	VERALLIA GLASSRIDERS	M	164	46	VET M45	21	00:43:58
173	3	PEDRO SANTOS	JUNTA FREGUESIA BUARCOS	M	165	38	SEN M	89	00:44:02
174	279	SÉRGIO CURRAIS	CLUBE MONTANHISMO GUARDA	M	166	39	SEN M	90	00:44:02
175	568	JOÃO REIS	INDIVIDUAL	M	167	43	VET M40	37	00:44:03
176	342	ALEXANDRE DIAS	SPEM/EMFORÇA	M	168	29	SEN M	91	00:44:04
177	538	LUIS CARVALHEIRO	INDIVIDUAL	M	169	41	VET M40	38	00:44:07
178	853	NOEL VALADÃO	ORI MONDEGO	M	170	36	SEN M	92	00:44:09
179	710	FRANCISCO NUNES	INDIVIDUAL	M	171	39	SEN M	93	00:44:10
180	798	ANTÔNIO QUATORZE	MILLENNIUM BCP	M	172	58	VET M55	7	00:44:11

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
181	812	LUÍS ESTRELINHA	CANHÕES DA NAZARÉ	M	173	51	VET M50	14	00:44:12
182	523	CHUVA VASCO	ATLETISMO CLUBE DE PORTALEGRE	M	174	43	VET M40	39	00:44:15
183	815	FERNANDO ESPERANÇA	INDIVIDUAL	M	175	49	VET M45	22	00:44:17
184	185	JOSE BATATA	VERALLIA GLASSRIDERS	M	176	51	VET M50	15	00:44:21
185	611	INACIO FAISCA	GATOESTRIATLO	M	177	38	SEN M	94	00:44:25
186	2231	ADRIANO TABANEZ	INDIVIDUAL	M	178	39	SEN M	95	00:44:25
187	384	PAULO PINTO	RUN@FIGUEIRA	M	179	52	VET M50	16	00:44:28
188	579	CESARIO SILVA	RESINEIROS TEAM	M	180	52	VET M50	17	00:44:32
189	840	PAULO BRAZ	QUIAIOS RUN TEAM	M	181	32	SEN M	96	00:44:32
190	902	JOAO GONÇALVES	INDIVIDUAL	M	182	17	SEN M	97	00:44:33
191	903	NUNO BUGALHO	INDIVIDUAL	M	183	26	SEN M	98	00:44:36
192	381	AMILCAR SANTANA	CCD O ALVITEJO	M	184	68	VET M60	1	00:44:37
193	2267	REINALDO CAVACO	PADEL CLUBE V R S ANTONIO	M	185	43	VET M40	40	00:44:42
194	2269	IETE GONÇALVES	INDIVIDUAL	F	9	42	VET F40	2	00:44:42
195	567	RUI LIGEIRO	INDIVIDUAL	M	186	31	SEN M	99	00:44:43
196	884	JOÃO SINTRA MARQUES	3AS	M	187	56	VET M55	8	00:44:44
197	2225	MIGUEL LANÇA	INDIVIDUAL	M	188	33	SEN M	100	00:44:46
198	526	DIOGO FERREIRA	INDIVIDUAL	M	189	30	SEN M	101	00:44:47
199	295	ANIBAL SILVA	CCRD BURINHOSA	M	190	51	VET M50	18	00:44:51
200	2234	LUIS FILIPE DIAS	INDIVIDUAL	M	191	36	SEN M	102	00:44:52
201	514	LUÍS FIGUEIREDO	QUIAIOS RUN TEAM	M	192	31	SEN M	103	00:44:57
202	893	LUCIA SILVA	INDIVIDUAL	F	10	36	SEN F	8	00:44:57
203	331	ANTÓNIO VILÃO	PÉS TROIKADOS	M	193	38	SEN M	104	00:44:59
204	436	NARCISO ARROMBA	INDIVIDUAL	M	194		VET M60	2	00:45:00
205	383	JOÃO COELHO	PÉS TROIKADOS	M	195	35	SEN M	105	00:45:03
206	450	FERNANDO SANTOS	AUTO-INDUSTRIAL	M	196	50	VET M50	19	00:45:03
207	811	JOÃO MENDES	O MUNDO DA CORRIDA	M	197	35	SEN M	106	00:45:04
208	695	RUI SANTO	INDIVIDUAL	M	198	50	VET M50	20	00:45:08
209	654	AMÂNDIO ALMEIDA	MONTAIN TRAILS	M	199	43	VET M40	41	00:45:09
210	385	JOÃO LOPES	INDIVIDUAL	M	200	49	VET M45	23	00:45:13
211	758	ANA PORTUGAL	A.C.MONTEMORENSE	F	11	17	SEN F	9	00:45:13
212	475	PEDRO BOIA	RUN@FIGUEIRA	M	201	40	VET M40	42	00:45:14
213	2237	GONÇALO FREITAS	INDIVIDUAL	M	202	26	SEN M	107	00:45:14
214	604	FRANCISCO GOUVEIA	ABUTRES RUNNING TEAM	M	203	37	SEN M	108	00:45:21
215	2259	LUIS MENDES	INDIVIDUAL	M	204	38	SEN M	109	00:45:21
216	2270	JOSE COSTA		M	205	54	VET M50	21	00:45:23
217	817	JOÃO DIAS	IND CARNES GANDARA	M	206	31	SEN M	110	00:45:25
218	388	JOSÉ COELHO	INDIVIDUAL	M	207	40	VET M40	43	00:45:26
219	868	EUGENIO MENDES	AC VERMOIL	M	208	53	VET M50	22	00:45:26
220	289	JÓNATAS CADETE	CERGALCREW	M	209	25	SEN M	111	00:45:27
221	394	MIGUEL CAMPOS	RUN@FIGUEIRA	M	210	38	SEN M	112	00:45:28
222	779	PEDRO MEIRELES	INDIVIDUAL	M	211	45	VET M45	24	00:45:28
223	780	ODETE FIÚZA	INDIVIDUAL	F	12	42	VET F40	3	00:45:28
224	422	LARA AZAMBUJO	AUTO-INDUSTRIAL	F	13	29	SEN F	10	00:45:33
225	809	NELSON DUARTE	RUN@FIGUEIRA	M	212	39	SEN M	113	00:45:33

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
226	286	FILIFE CARVALHEIRO	CANHÕES DA NAZARÉ	M	213	51	VET M50	23	00:45:34
227	382	CRISTIANO GINJA	ATLETICO CLUBE MOITA DA RODA	M	214	30	SEN M	114	00:45:34
228	854	ALEXANDRE PINHO	ESTOIRABIKES	M	215	34	SEN M	115	00:45:34
229	259	NUNO CABRAL	JOGGING LOVERS	M	216	33	SEN M	116	00:45:35
230	314	LUIS NUNES	RUN@FIGUEIRA	M	217		VET M40	44	00:45:35
231	515	NUNO LUZ	CANHÕES DA NAZARE	M	218	37	SEN M	117	00:45:36
232	728	EDUARDO BENTO	FIRE TEAM BVMC	M	219	25	SEN M	118	00:45:36
233	761	JORGE MARCELINO	I. DESPORTIVO VIEIRENSE	M	220	41	VET M40	45	00:45:39
234	231	NUNO CADETE	INDIVIDUAL	M	221	53	VET M50	24	00:45:43
235	296	RUI VENTURA	CCRD BURINHOSA	M	222	53	VET M50	25	00:45:43
236	759	JOÃO SALVATERRA	RUN@FIGUEIRA	M	223	34	SEN M	119	00:45:43
237	751	JOÃO VAZ	RUN@FIGUEIRA	M	224	39	SEN M	120	00:45:44
238	282	MOISÉS NUNES	AR S MIGUEL	M	225	46	VET M45	25	00:45:45
239	549	FILIFE BUGALHO	INDIVIDUAL	M	226	30	SEN M	121	00:45:50
240	414	MARCO JORDÃO	INDIVIDUAL	M	227	34	SEN M	122	00:45:53
241	576	VÍTOR MOTA	INDIVIDUAL	M	228	41	VET M40	46	00:45:57
242	785	PEDRO PEJAPES	INDIVIDUAL	M	229	33	SEN M	123	00:46:08
243	791	DAVID PALOS	BTTRAIN	M	230	40	VET M40	47	00:46:08
244	706	JOEL SIMOES	INDIVIDUAL	M	231	24	SEN M	124	00:46:09
245	822	DANIEL TAVARES	PUKAZNITE	M	232	35	SEN M	125	00:46:09
246	2373	PEDRO ANTUNES		M	233	40	VET M40	48	00:46:09
247	451	VICTOR GOMES	CLUVE - C V A COIMBRA	M	234	52	VET M50	26	00:46:11
248	539	FILIFE LOPES	CLUBE PESSOAL EDP FIGUEIRA DA FOZ	M	235	37	SEN M	126	00:46:11
249	826	ALEXANDRE MATOS	COPYKNOMICA TEAM	M	236	24	SEN M	127	00:46:13
250	2222	RENATO LONTRO	INDIVIDUAL	M	237	39	SEN M	128	00:46:15
251	673	HUGO BARQUEIRO	GRUPO ALEGRE UNIDO BAJOUCA	M	238	32	SEN M	129	00:46:17
252	2228	MANUEL SIMÃO	INDIVIDUAL	M	239	44	VET M40	49	00:46:18
253	248	ANDREIA FERNANDES	AR S MIGUEL	F	14	26	SEN F	11	00:46:20
254	850	SÔNIA SILVESTRE	INDIVIDUAL	F	15	51	VET F50	1	00:46:20
255	872	JOÃO GRAÇA	INDIVIDUAL	M	240	59	VET M55	9	00:46:21
256	894	FRANCISCO MOREIRA	C.M. FIGUEIRA DA FOZ	M	241	54	VET M50	27	00:46:22
257	711	EDUARDO CARVALHEIRO	INDIVIDUAL	M	242	17	SEN M	130	00:46:23
258	719	NUNO CAÇÃO	INDIVIDUAL	M	243	32	SEN M	131	00:46:27
259	875	CARLA SANTOS	MONTANHA CLUBE TRAIL R	F	16	20	SEN F	12	00:46:28
260	636	CATARINA COSTA	PÉS TROIKADOS	F	17	31	SEN F	13	00:46:29
261	253	ARMANDO DELGADO	CASA BENFICA FIGUEIRA DA FOZ	M	244	58	VET M55	10	00:46:32
262	309	JOÃO QUINTAS	RUN@FIGUEIRA	M	245	40	VET M40	50	00:46:33
263	732	GIL ANDRADE	MOUNTAIN TRAILS	M	246	27	SEN M	132	00:46:33
264	651	JOSÉ LUCAS	CCD O ALVITEJO	M	247	68	VET M60	3	00:46:34
265	2242	CARLOS SILVA	BICISPORTS / REVESTILO	M	248	37	SEN M	133	00:46:36
266	424	RICARDO MOTA	INDIVIDUAL	M	249	38	SEN M	134	00:46:37
267	805	CARLOS SOUSA	FOZBTT	M	250	45	VET M45	26	00:46:39
268	895	JOÃO SILVA	C.M. FIGUEIRA DA FOZ	M	251	52	VET M50	28	00:46:40
269	633	JOSÉ MARTINS	INDIVIDUAL	M	252	41	VET M40	51	00:46:44
270	225	PEDRO SILVA	2-TRI-3	M	253	52	VET M50	29	00:46:46

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
271	343	JOÃO CATARINO	INDIVIDUAL	M	254	40	VET M40	52	00:46:49
272	364	DANIEL SILVA	INDIVIDUAL	M	255	31	SEN M	135	00:46:49
273	252	ANDRE PEDREIRO	CASA BENFICA FIGUEIRA DA FOZ	M	256	33	SEN M	136	00:46:50
274	477	KATE WOOLSTON	INDIVIDUAL	F	18	33	SEN F	14	00:46:50
275	867	ANA EUSTÁQUIO	INDIVIDUAL	F	19	36	SEN F	15	00:46:54
276	572	ARMANDO CONCEIÇÃO	INDIVIDUAL	M	257	63	VET M60	4	00:46:57
277	2220	PAULO JORDÃO	INDIVIDUAL	M	258	41	VET M40	53	00:46:59
278	463	FÁBIO COSTA	INDIVIDUAL	M	259	30	SEN M	137	00:47:01
279	813	JOÃO PORTUGAL	CM FIGUEIRA DA FOZ	M	260	37	SEN M	138	00:47:02
280	828	NUNO PINTO	JOGGING LOVERS COIMBRA	M	261	37	SEN M	139	00:47:02
281	491	RICARDO CARVALHO	INDIVIDUAL	M	262	39	SEN M	140	00:47:04
282	464	SAMUEL MARTINHO	INDIVIDUAL	M	263	27	SEN M	141	00:47:05
283	709	LUÍS CARVALHEIRO	INDIVIDUAL	M	264	46	VET M45	27	00:47:06
284	546	JOSÉ MACHADO	INDIVIDUAL	M	265	33	SEN M	142	00:47:07
285	2254	PAULO BATISTA	INDIVIDUAL	M	266	41	VET M40	54	00:47:07
286	612	JOÃO PEDRO MATOS	INDIVIDUAL	M	267	37	SEN M	143	00:47:08
287	189	BRUNO SANTOS	VERALLIA GLASSRIDERS	M	268	39	SEN M	144	00:47:09
288	632	MANUEL JORGE	INDIVIDUAL	M	269	61	VET M60	5	00:47:13
289	800	NUNO COELHO	MILLENNIUM BCP	M	270	35	SEN M	145	00:47:13
290	2255	JULIO AFONSO	INDIVIDUAL	M	271	40	VET M40	55	00:47:14
291	776	GONÇALO LOPES	LETS RUN VALADO	M	272	36	SEN M	146	00:47:19
292	804	FERNANDO LOPES	INDIVIDUAL	M	273	48	VET M45	28	00:47:21
293	274	CARLOS GOMES	AR S MIGUEL	M	274	35	SEN M	147	00:47:24
294	2210	PAULO GOMES	RUN FIGUEIRA	M	275	35	SEN M	148	00:47:26
295	313	RUI FEIJÃO	INDIVIDUAL	M	276	46	VET M45	29	00:47:27
296	312	FERNANDO LOPES	INDIVIDUAL	M	277	48	VET M45	30	00:47:28
297	712	CELSO OLIVEIRA	INDIVIDUAL	M	278	34	SEN M	149	00:47:32
298	669	BRUNO RODRIGUES	RUN@FIGUEIRA	M	279	35	SEN M	150	00:47:34
299	668	MARCO NUNES	RUN@FIGUEIRA	M	280	33	SEN M	151	00:47:35
300	545	HUGO DIAS	INDIVIDUAL	M	281	37	SEN M	152	00:47:46
301	319	PAULO FONTES	INDIVIDUAL	M	282	44	VET M40	56	00:47:49
302	571	GINA DOMINGUES	INDIVIDUAL	F	20	38	SEN F	16	00:47:49
303	734	PAULO ROCHA	RUN@FIGUEIRA	M	283	41	VET M40	57	00:47:49
304	784	PAULO ARAÚJO	INDIVIDUAL	M	284	41	VET M40	58	00:47:50
305	731	LUÍS SAMPAIO	CANIANOS	M	285	36	SEN M	153	00:47:52
306	478	MANUEL COIMBRA E CRUZ	INDIVIDUAL	M	286	24	SEN M	154	00:47:54
307	2251	MARLON SANTOS	HERBALIFE	M	287	34	SEN M	155	00:47:55
308	777	JOSÉ SEQUEIRA	INDIVIDUAL	M	288	64	VET M60	6	00:48:00
309	500	LUIS FONSECA	INDIVIDUAL	M	289	41	VET M40	59	00:48:06
310	325	JOSÉ MANUEL FIGUEIREDO	O MUNDO DA CORRIDA	M	290	46	VET M45	31	00:48:10
311	2221	MANUEL DIAS	INDIVIDUAL	M	291	60	VET M60	7	00:48:14
312	646	FRANCISCO COSTA	AUTO-INDUSTRIAL	M	292	21	SEN M	156	00:48:17
313	701	PEDRO RAMOS	VERALLIA GLASSRIDERS	M	293	46	VET M45	32	00:48:17
314	2207	LPEDRO PEREIRA	QUIAIOS RUN TEAM	M	294	33	SEN M	157	00:48:21
315	506	BRIAN DIAS FERREIRA	INDIVIDUAL	M	295	22	SEN M	158	00:48:24

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
316	2252	RICARDO MACHADO	HERBALIFE	M	296	34	SEN M	159	00:48:31
317	874	RUMITCHI DE CAMPOS	BIOCORPO	M	297	27	SEN M	160	00:48:32
318	760	JOÃO BELCHIOR SANTOS	INDIVIDUAL	M	298	39	SEN M	161	00:48:36
319	806	JOAO SANTOS	FOZBTT	M	299	49	VET M45	33	00:48:36
320	256	DANIEL ANTUNES	CASA BENFICA FIGUEIRA DA FOZ	M	300	41	VET M40	60	00:48:38
321	468	CARLOS LOPES	CLUVE - C V A COIMBRA	M	301	60	VET M60	8	00:48:38
322	197	JOSÉ JOSÉ SANTOS	VERALLIA GLASSRIDERS	M	302	50	VET M50	30	00:48:39
323	2219	JEMERSON LIMA	BIOCORPO	M	303	25	SEN M	162	00:48:39
324	198	JOÃO JOÃO NETO	VERALLIA GLASSRIDERS	M	304	57	VET M55	11	00:48:41
325	2202	BRUNO PITA	INDIVIDUAL	M	305	37	SEN M	163	00:48:41
326	379	NUNO BANDARRA	RUN@FIGUEIRA	M	306	37	SEN M	164	00:48:43
327	395	JOSÉ CARLOS SIMÕES	INDIVIDUAL	M	307	43	VET M40	61	00:48:43
328	628	EVA ROSA	CANHÕES DA NAZARÉ	F	21	45	VET F40	4	00:48:44
329	471	GONÇALO NARCISO	PÊS TROIKADOS	M	308	27	SEN M	165	00:48:45
330	715	HUGO DIAS	B.V. FIGUEIRA DA FOZ	M	309	29	SEN M	166	00:48:45
331	873	CARLOS CORINO	CLUVE	M	310	69	VET M60	9	00:48:45
332	496	LUIS RODRIGUES	RUN@FIGUEIRA	M	311	42	VET M40	62	00:48:46
333	861	ORLANDO RIBEIRO	CORPO BOMBEIROS M F FOZ	M	312	36	SEN M	167	00:48:49
334	494	DAVID MARTINS	INDIVIDUAL	M	313	33	SEN M	168	00:48:50
335	832	PAULA VIDAS	INDIVIDUAL	F	22	50	VET F50	2	00:48:50
336	631	RUI JORGE DIAS	INDIVIDUAL	M	314	19	SEN M	169	00:48:51
337	756	NUNO RIBEIRO	INDIVIDUAL	M	315	34	SEN M	170	00:48:51
338	2244	AFONSO MACEDO	CLUVE	M	316	68	VET M60	10	00:49:01
339	613	CARLOS NUNES	PLUSE TRI	M	317	45	VET M45	34	00:49:10
340	614	RODOLFO SILVA	INDIVIDUAL	M	318	31	SEN M	171	00:49:12
341	702	DAVID MIGUEIS	RUN@FIGUEIRA	M	319	25	SEN M	172	00:49:14
342	419	JOÃO ALEXANDRE DUARTE	AUTO-INDUSTRIAL	M	320	39	SEN M	173	00:49:15
343	647	JOAQUIM OLIVEIRA	AUTO-INDUSTRIAL	M	321	55	VET M55	12	00:49:18
344	2208	ISABEL FERNANDES	INDIVIDUAL	F	23	32	SEN F	17	00:49:20
345	6	PAULO HENRIQUES	CASCI	M	322	33	SEN M	174	00:49:29
346	649	ANTONIO OLIVEIRA	FOZBTT	M	323	51	VET M50	31	00:49:34
347	733	JOSÉ ANDRADE	MOUNTAIN TRAILS	M	324	29	SEN M	175	00:49:45
348	772	RICARDO MOREIRA	FLEXYASSEMBLY	M	325	30	SEN M	176	00:49:45
349	771	TIAGO CARREIRA	FLEXYASSEMBLY	M	326	30	SEN M	177	00:49:46
350	622	JOÃO PEREIRA	INDIVIDUAL	M	327	45	VET M45	35	00:49:47
351	353	ALEXANDRE ESPÍRITO SANTO	INDIVIDUAL	M	328	33	SEN M	178	00:49:48
352	361	ANDRÉ CARVALHO	SOAK MARKETING	M	329	33	SEN M	179	00:49:48
353	578	NATÁLIA MENDES	INDIVIDUAL	F	24	47	VET F40	5	00:49:50
354	208	ANDRÉ ESPINHA	INDIVIDUAL	M	330	30	SEN M	180	00:49:55
355	676	DANIEL GOMES	GRUPO DESPORTIVO BPI	M	331	35	SEN M	181	00:49:55
356	674	JORGE QUADROS	INDIVIDUAL	M	332	35	SEN M	182	00:49:56
357	406	TIAGO LEITÃO	INDIVIDUAL	M	333	32	SEN M	183	00:50:00
358	405	IÚRI TOMÁS	INDIVIDUAL	M	334	26	SEN M	184	00:50:03
359	896	ESMERALDA MELO	C.M. FIGUEIRA DA FOZ	F	25	51	VET F50	3	00:50:07
360	492	LÚCIA CÂNDIDO	ADERCUS	F	26	30	SEN F	18	00:50:12



GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
361	609	JOAQUIM PEREIRA	INDIVIDUAL	M	335	59	VET M55	13	00:50:12
362	493	RICARDO ESTEVES	ADERCUS	M	336	37	SEN M	185	00:50:13
363	476	JOSÉ CARDOSO	INDIVIDUAL	M	337	45	VET M45	36	00:50:14
364	465	ANTÓNIO TAVARES	CLUVE - C V A COIMBRA	M	338	64	VET M60	11	00:50:16
365	489	RUI CORDEIRO	INDIVIDUAL	M	339	42	VET M40	63	00:50:18
366	210	JORGE RAMOS	INDIVIDUAL	M	340	58	VET M55	14	00:50:19
367	877	BRUNO SANTOS	INDIVIDUAL	M	341	27	SEN M	186	00:50:21
368	2223	PAULO JESUS	INDIVIDUAL	M	342	42	VET M40	64	00:50:25
369	505	SERAFIM MALTA	INDIVIDUAL	M	343	31	SEN M	187	00:50:32
370	392	RITA DIAS	INDIVIDUAL	F	27	39	SEN F	19	00:50:33
371	681	AURÉLIO SILVA	NEL - PEDATLETA	M	344	36	SEN M	188	00:50:33
372	870	RITA FERNANDES	INDIVIDUAL	F	28	17	SEN F	20	00:50:34
373	871	PAULO FERNANDES	INDIVIDUAL	M	345	48	VET M45	37	00:50:34
374	569	DIOGO ROCHA	INDIVIDUAL	M	346	27	SEN M	189	00:50:37
375	358	CARLOS BARROSO	CLUBE BASKET 2011	M	347	48	VET M45	38	00:50:40
376	194	FAUSTO CARVALHO	VERALLIA GLASSRIDERS	M	348	59	VET M55	15	00:50:41
377	845	JOSÉ MARIA SANTOS	INDIVIDUAL	M	349	44	VET M40	65	00:50:41
378	400	MAIJA POLE	INDIVIDUAL	F	29	36	SEN F	21	00:50:42
379	401	RUI LOPES	INDIVIDUAL	M	350	39	SEN M	190	00:50:42
380	512	PEDRO MESQUITO	RUN@FIGUEIRA	M	351	43	VET M40	66	00:50:44
381	257	SÉRGIO SANTOS	COPYKNOMICA TEAM	M	352	38	SEN M	191	00:50:47
382	658	NUNO SIMOES	DAR SANGUE HUC	M	353	37	SEN M	192	00:50:48
383	2203	JOSÉ FRANCISCO	INDIVIDUAL	M	354	45	VET M45	39	00:50:52
384	195	JOSÉ AZENHA	VERALLIA GLASSRIDERS	M	355	50	VET M50	32	00:51:01
385	541	VANESSA REBOCA	RUN@FIGUEIRA	F	30	36	SEN F	22	00:51:04
386	2216	VITOR FAUSTINO	INDIVIDUAL	M	356	33	SEN M	193	00:51:05
387	2217	RAFAEL FAUSTINO	INDIVIDUAL	M	357	38	SEN M	194	00:51:05
388	297	LUÍS CONCEIÇÃO	CCRD BURINHOSA	M	358	54	VET M50	33	00:51:14
389	773	DANIEL VIANA	FLEXYASSEMBLY	M	359	32	SEN M	195	00:51:16
390	801	DANIELA RODRIGUES	MILLENNIUM BCP	F	31	31	SEN F	23	00:51:24
391	258	PEDRO ABREU	COPYKNOMICA TEAM	M	360	34	SEN M	196	00:51:35
392	544	PAULO LOPES	INDIVIDUAL	M	361	41	VET M40	67	00:51:35
393	808	LUÍS CORREIA	INDIVIDUAL	M	362	38	SEN M	197	00:51:37
394	2257	CARLOS SOUSA	CM FIGUEIRA DA FOZ	M	363	43	VET M40	68	00:51:37
395	250	RICARDO FONTE	CANIANOS	M	364	37	SEN M	198	00:51:38
396	788	MANUEL ESPADA	CASA BENFICA FIGUEIRA FOZ	M	365	50	VET M50	34	00:51:38
397	820	ANTÓNIO MARCELO	INDIVIDUAL	M	366	41	VET M40	69	00:51:38
398	839	ÁLVARO GARCIA	INDIVIDUAL	M	367	42	VET M40	70	00:51:39
399	852	SÍLVIA DOMINGUES	INDIVIDUAL	F	32	36	SEN F	24	00:51:43
400	722	CARLA AMORIM	ORI - MONDEGO	F	33	24	SEN F	25	00:51:51
401	432	NUNO BATISTA	INDIVIDUAL	M	368	44	VET M40	71	00:51:55
402	433	MIGUEL EVANGELISTA	INDIVIDUAL	M	369	45	VET M45	40	00:51:55
403	187	CARLOS PALAIO	VERALLIA GLASSRIDERS	M	370	42	VET M40	72	00:52:02
404	876	LEONEL PINTO	INDIVIDUAL	M	371	46	VET M45	41	00:52:02
405	678	TIAGO LEMOS	INDIVIDUAL	M	372	30	SEN M	199	00:52:03

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
406	837	PAULO SANTOS	TEAM DECORMAR / MXT	M	373	41	VET M40	73	00:52:04
407	2271	ROGERIO PEREIRA		M	374	37	SEN M	200	00:52:05
408	233	MARIA CACEIRO	INDIVIDUAL	F	34	30	SEN F	26	00:52:06
409	718	FABIO LE	B.V. FIGUEIRA DA FOZ	M	375	22	SEN M	201	00:52:06
410	2236	HELDER SEQUEIRA	INDIVIDUAL	M	376	31	SEN M	202	00:52:06
411	746	NUNO RIBEIRO	RUN@FIGUEIRA	M	377	37	SEN M	203	00:52:07
412	714	LUIS BAROSA	B.V. FIGUEIRA DA FOZ	M	378	43	VET M40	74	00:52:11
413	904	ANTONIO MOTA	INDIVIDUAL	M	379	57	VET M55	16	00:52:17
414	675	HELDER CRAVEIRO	INDIVIDUAL	M	380	46	VET M45	42	00:52:18
415	285	CÉLIA MARINHEIRO	VERALLIA GLASSRIDERS	F	35	37	SEN F	27	00:52:19
416	2226	JOAQUIM FETEIRA	INDIVIDUAL	M	381	38	SEN M	204	00:52:21
417	280	SUSANA SALVATERRA	RUN@FIGUEIRA	F	36	38	SEN F	28	00:52:22
418	741	MARISA LÁZARO	RUN@FIGUEIRA	F	37	39	SEN F	29	00:52:23
419	277	LUIS CORTESÃO	COPYKNOMICA TEAM	M	382	38	SEN M	205	00:52:27
420	583	NUNO CARVALHO	BVMC FIRETEAM	M	383	29	SEN M	206	00:52:35
421	797	MARIA JOÃO SILVA	MILLENNIUM BCP	F	38	34	SEN F	30	00:52:40
422	372	BRUNO FERREIRA	CDCR CTT COIMBRA	M	384	27	SEN M	207	00:52:41
423	559	BRUNO DIOGO	INDIVIDUAL	M	385	31	SEN M	208	00:52:43
424	2256	PEDRO OLIVEIRA	INDIVIDUAL	M	386	33	SEN M	209	00:52:43
425	190	JOSÉ SANTOS	VERALLIA GLASSRIDERS	M	387	64	VET M60	12	00:52:45
426	199	JOANA JOANA NETO	VERALLIA GLASSRIDERS	F	39	24	SEN F	31	00:52:47
427	501	MARCO REIS	GRUPO ALEGRE UNIDO BAJOUCA	M	388	23	SEN M	210	00:52:53
428	318	JOÃO FONTES	INDIVIDUAL	M	389	19	SEN M	211	00:52:56
429	2213	FILIPE DOS SANTOS	COIMBRA TRAILRUNNING	M	390	40	VET M40	75	00:53:01
430	691	BELA MATOS	INDIVIDUAL	F	40	41	VET F40	6	00:53:07
431	376	ALEXANDRA PINA	BOAVISTA FC	F	41	42	VET F40	7	00:53:08
432	413	RUI MECA	NEL - PÉDATLETA	M	391	40	VET M40	76	00:53:08
433	2272	SARA MARTINS		F	42	39	SEN F	32	00:53:11
434	843	ALEXANDRE ALMEIDA	FLEXYASSEMBLY	M	392	43	VET M40	77	00:53:13
435	885	LUCIDIO DIAS	3AS	M	393	57	VET M55	17	00:53:25
436	462	NUNO GONÇALVES	TOURIGA NACIONAL	M	394	38	SEN M	212	00:53:33
437	345	JOÃO SOUSA	ABC CAXARIAS	M	395	41	VET M40	78	00:53:36
438	243	MIGUEL PORTUGAL	INDIVIDUAL	M	396	51	VET M50	35	00:53:37
439	890	MARC SACHS	VITALIS RUNNING TEAM	M	397	47	VET M45	43	00:53:37
440	271	ANGELA SANTOS	INDIVIDUAL	F	43	37	SEN F	33	00:53:39
441	2218	LUIS LOPES	INDIVIDUAL	M	398	38	SEN M	213	00:53:39
442	560	CATARINA MORAIS	INDIVIDUAL	F	44	16	SEN F	34	00:53:41
443	466	JORGE OLIVEIRA	BTTRAIN	M	399	63	VET M60	13	00:53:42
444	848	JOAO MARQUES	INDIVIDUAL	M	400	32	SEN M	214	00:53:43
445	849	RITA MARQUES	INDIVIDUAL	F	45	35	SEN F	35	00:53:44
446	645	CLÁUDIA GOMES	QUIAIOS RUN TEAM	F	46	40	VET F40	8	00:53:50
447	519	NÁDIA CASQUEIRA	INDIVIDUAL	F	47	30	SEN F	36	00:53:59
448	775	JOSÉ PIRES	FLEXYASSEMBLY	M	401	39	SEN M	215	00:54:02
449	892	ELISIO SIMOES	INDIVIDUAL	M	402	47	VET M45	44	00:54:02
450	420	MARIA ABREU	AUTO-INDUSTRIAL	F	48	43	VET F40	9	00:54:03

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
451	744	ISABEL PEGO	RUN@FIGUEIRA	F	49	44	VET F40	10	00:54:03
452	585	ELISABETE DA SILVA DINIS	ORI-MONDEGO	F	50	41	VET F40	11	00:54:07
453	660	VALTER MARTINHO	INDIVIDUAL	M	403	29	SEN M	216	00:54:09
454	661	CARLA GARRETT	INDIVIDUAL	F	51	26	SEN F	37	00:54:09
455	196	PAULO GERMANO	VERALLIA GLASSRIDERS	M	404	39	SEN M	217	00:54:15
456	482	FERNANDA VASCO	RUN@FIGUEIRA	F	52	39	SEN F	38	00:54:15
457	335	NUNO SANTOS	INDIVIDUAL	M	405	39	SEN M	218	00:54:18
458	2240	CARLA FUZETA	INDIVIDUAL	M	406	42	VET M40	79	00:54:20
459	535	DIANA MACIEL NEVES	INDIVIDUAL	F	53	25	SEN F	39	00:54:21
460	880	RICARDO PINHO	INDIVIDUAL	M	407	41	VET M40	80	00:54:27
461	322	CLÁUDIO NEVES	INDIVIDUAL	M	408	40	VET M40	81	00:54:30
462	577	RITA GASPAR	INDIVIDUAL	F	54	34	SEN F	40	00:54:34
463	814	LUIS REIS	INDIVIDUAL	M	409	38	SEN M	219	00:54:34
464	881	JOAO PATRICIO	VETERANOS SANTANA	M	410	45	VET M45	45	00:54:34
465	390	ANA RITA ARTUR	INDIVIDUAL	F	55	18	SEN F	41	00:54:35
466	537	HUGO LOUSADA	INDIVIDUAL	M	411	42	VET M40	82	00:54:40
467	705	MARCO SIMOES	INDIVIDUAL	M	412	27	SEN M	220	00:54:43
468	330	ANA LEMOS	INDIVIDUAL	F	56	28	SEN F	42	00:54:44
469	799	ANTÓNIO OLIVEIRA	MILLENNIUM BCP	M	413	52	VET M50	36	00:54:44
470	527	RODRIGO ALEXANDRE CABETE	INDIVIDUAL	M	414	35	SEN M	221	00:54:49
471	518	ANABELA RIBEIRO	INDIVIDUAL	F	57	40	VET F40	12	00:54:58
472	740	MOISÉS PEIXEIRO	INDIVIDUAL	M	415	59	VET M55	18	00:55:03
473	472	PEDRO NUNES	INDIVIDUAL	M	416	31	SEN M	222	00:55:04
474	2247	PAULO RIBEIRO	INDIVIDUAL	M	417	46	VET M45	46	00:55:05
475	2232	VITOR FERNANDES	SAIDEGATAS	M	418	39	SEN M	223	00:55:07
476	272	ALEXANDRE TEIXEIRA	INDIVIDUAL	M	419	51	VET M50	37	00:55:11
477	866	HENRIQUE FERNANDES	INDIVIDUAL	M	420	40	VET M40	83	00:55:11
478	429	ADRIANA NEVES	INDIVIDUAL	F	58	27	SEN F	43	00:55:14
479	743	LUÍS PEREIRA	RUN@FIGUEIRA	M	421	53	VET M50	38	00:55:15
480	588	PEDRO VILA NOVA	AUTO-INDUSTRIAL	M	422	40	VET M40	84	00:55:25
481	697	ANA MADEIRA	CLUBE BASKET 2011	F	59	17	SEN F	44	00:55:27
482	534	EMANUEL FIGUEIREDO	INDIVIDUAL	M	423	31	SEN M	224	00:55:32
483	404	RITA FERREIRA	INDIVIDUAL	F	60	34	SEN F	45	00:55:33
484	412	ANTÓNIO ALMEIDA	CLUBE BASKET 2011	M	424	57	VET M55	19	00:55:45
485	768	JORGE MARQUES	FLEXYASSEMBLY	M	425	27	SEN M	225	00:55:46
486	774	ANDREIA NEVES	FLEXYASSEMBLY	M	426	33	SEN M	226	00:55:46
487	566	CLARA LOURENÇO	UNIÃO FC TOMAR	F	61	41	VET F40	13	00:55:50
488	730	PAULO SANTOS	PERNAS DE GAFANHOTO	M	427	38	SEN M	227	00:55:55
489	643	SILVIA RODRIGUES	INDIVIDUAL	F	62	15	SEN F	46	00:55:56
490	897	PATRICIA BARNABÉ	C.M. FIGUEIRA DA FOZ	F	63	32	SEN F	47	00:55:58
491	898	NUNO ROLA	C.M. FIGUEIRA DA FOZ	M	428	39	SEN M	228	00:55:58
492	2262	TEOTONIO CAVACO	INDIVIDUAL	M	429	43	VET M40	85	00:56:03
493	2263	PAULA CAVACO	INDIVIDUAL	F	64	48	VET F40	14	00:56:03
494	228	MARIA MACEDO	INDIVIDUAL	F	65	45	VET F40	15	00:56:06
495	770	JOSÉ MONTEIRO	FLEXYASSEMBLY	M	430	32	SEN M	229	00:56:06

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
496	284	XAVIER PEREIRA	INDIVIDUAL	M	431	37	SEN M	230	00:56:09
497	2250	SERGIO MARTINHO	HERBALIFE	M	432	34	SEN M	231	00:56:11
498	488	HÉLIA MORAIS	INDIVIDUAL	F	66	39	SEN F	48	00:56:12
499	269	RICARDO JORDÃO	AMINHACORRIDA.COM	M	433	32	SEN M	232	00:56:14
500	336	MARIANA GUARDADO	INDIVIDUAL	F	67	26	SEN F	49	00:56:14
501	214	SOFIA TAVARES	INDIVIDUAL	F	68	26	SEN F	50	00:56:15
502	615	MÁRIO PEREIRA	INDIVIDUAL	M	434	30	SEN M	233	00:56:21
503	247	MARIA TAVARES	CON_DORES CHOUPAL COIMBRA	F	69	46	VET F40	16	00:56:26
504	737	FILIPE RITO	TEAM BALA	M	435	49	VET M45	47	00:56:31
505	769	LUÍS CABETE	FLEXYASSEMBLY	M	436	33	SEN M	234	00:56:32
506	717	RUI RODRIGUES	B.V. FIGUEIRA DA FOZ	M	437	19	SEN M	235	00:56:36
507	528	PEDRO GOUVEIA OLIVEIRA	INDIVIDUAL	M	438	31	SEN M	236	00:56:38
508	391	HELENA LOPES	INDIVIDUAL	F	70	38	SEN F	51	00:56:44
509	747	SANDRA MATIAS	RUN@FIGUEIRA	F	71	38	SEN F	52	00:56:49
510	783	PAULO PALHAIS	CASA BENFICA FIGUEIRA FOZ	M	439	47	VET M45	48	00:56:50
511	1	MADALENA FONTINHAS	JUVENTUDE DESPORTIVO ALMANSOR	F	72	32	SEN F	53	00:57:00
512	2201	HUGO GOMES	JA ALMANSOR	M	440	30	SEN M	237	00:57:01
513	889	JOSÉ ALEIXO	VITALIS RUNNING TEAM	M	441	44	VET M40	86	00:57:03
514	480	PAULA MAIA	INDIVIDUAL	F	73	25	SEN F	54	00:57:07
515	237	SANDRA BRÁS	INDIVIDUAL	F	74	44	VET F40	17	00:57:10
516	261	ANA MENESES	INDIVIDUAL	F	75	43	VET F40	18	00:57:10
517	483	RICARDO GASPAR	INDIVIDUAL	M	442	36	SEN M	238	00:57:14
518	484	RAQUEL ESTRELA	INDIVIDUAL	F	76	28	SEN F	55	00:57:14
519	452	TERESA MENDES	CLUVE - C V A COIMBRA	F	77	50	VET F50	4	00:57:48
520	590	MIGUEL FONSECA	AUTO-INDUSTRIAL	M	443	39	SEN M	239	00:57:58
521	449	PAULA FREITAS	AUTO-INDUSTRIAL	F	78	44	VET F40	19	00:58:00
522	548	ANA LEAL	TEAM DECORMAR / MXT	F	79	39	SEN F	56	00:58:00
523	856	NUNO OSÓRIO	CORPO BOMBEIROS M F FOZ	M	444	39	SEN M	240	00:58:05
524	786	CARLOS DIAS	INDIVIDUAL	M	445	50	VET M50	39	00:58:11
525	830	RENATO CARVALHO	INDIVIDUAL	M	446	39	SEN M	241	00:58:11
526	831	CLAUDIA LEITE	INDIVIDUAL	F	80	41	VET F40	20	00:58:11
527	2206	CRISTINA PELICANO	CORRIDAS DE PERNAS PRO AR	F	81	51	VET F50	5	00:58:12
528	298	GRAÇA ALMEIDA	INDIVIDUAL	F	82	41	VET F40	21	00:58:17
529	686	EMÍLIA VIEIRA	INDIVIDUAL	F	83	58	VET F50	6	00:58:22
530	397	SANDRA GOMES	INDIVIDUAL	F	84	45	VET F40	22	00:58:23
531	398	JOSÉ REIS	INDIVIDUAL	M	447	50	VET M50	40	00:58:24
532	557	JÚLIA VAZ	INDIVIDUAL	F	85	33	SEN F	57	00:58:25
533	851	DIANA FRANCO	COIMBRA TRAIL RUNNING	F	86	26	SEN F	58	00:58:32
534	542	ANA DERPINA	INDIVIDUAL	F	87	28	SEN F	59	00:58:41
535	547	FREDERICO MALACA	INDIVIDUAL	M	448	28	SEN M	242	00:58:41
536	386	ANA RITA RAMALHO	INDIVIDUAL	F	88	19	SEN F	60	00:58:42
537	2245	JOAO PAIS		M	449	39	SEN M	243	00:58:50
538	620	LUIS NUNES	ORI-MONDEGO	M	450	42	VET M40	87	00:58:58
539	844	JOÃO DIOGO	INDIVIDUAL	M	451	44	VET M40	88	00:59:02
540	363	NADIA VALLS	INDIVIDUAL	F	89	30	SEN F	61	00:59:34

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
541	803	MARIA JOSÉ LOPES	INDIVIDUAL	F	90	44	VET F40	23	00:59:45
542	416	TATIANA SANTOS	INDIVIDUAL	F	91	33	SEN F	62	00:59:48
543	288	DANIEL SANTOS	INDIVIDUAL	M	452	67	VET M60	14	00:59:56
544	245	JOANA GONÇALVES	INDIVIDUAL	F	92	29	SEN F	63	01:00:01
545	2238	ANGELA COSTA	INDIVIDUAL	M	453	26	SEN M	244	01:00:02
546	434	ANNE ROQUE	INDIVIDUAL	F	93	30	SEN F	64	01:00:43
547	435	SUSANA MADEIRA	INDIVIDUAL	F	94	40	VET F40	24	01:00:43
548	603	LUÍS FERREIRA	FIRE TEAM BVMC	M	454	30	SEN M	245	01:00:43
549	605	DANIELA GONÇALVES	FIRE TEAM BVMC	F	95	27	SEN F	65	01:00:43
550	2248	JOSE SIMAO	HERBALIFE	M	455	38	SEN M	246	01:01:20
551	599	BRUNO ESTEVES	FIRE TEAM BVMC	M	456	30	SEN M	247	01:01:30
552	879	ALDA MARCELO	ORI MONDEGO	F	96	37	SEN F	66	01:01:36
553	2260	ALEXANDRA CRUZ	INDIVIDUAL	F	97	34	SEN F	67	01:02:04
554	2261	JOAO TEIXEIRA	INDIVIDUAL	M	457	38	SEN M	248	01:02:04
555	511	DORA FILIPE	RUN@FIGUEIRA	F	98	42	VET F40	25	01:02:07
556	2212	RODRIGO DOS SANTOS	COIMBRA TRAILRUNNING	M	458	16	SEN M	249	01:02:12
557	304	ROGÉRIO LAVOS	INDIVIDUAL	M	459	42	VET M40	89	01:02:18
558	305	DULCE LACERDA	INDIVIDUAL	F	99	39	SEN F	68	01:02:18
559	306	RITA LAVOS	INDIVIDUAL	F	100	36	SEN F	69	01:02:18
560	846	JOAO SANTOS	INDIVIDUAL	M	460	36	SEN M	250	01:02:36
561	847	JOSE SALES	INDIVIDUAL	M	461	36	SEN M	251	01:02:36
562	498	DULCE CARVALHO	INDIVIDUAL	F	101	40	VET F40	26	01:02:53
563	727	BRUNA VALADA	FIRE TEAM BVMC	F	102	27	SEN F	70	01:02:53
564	378	HELENA MATIAS	RUN@FIGUEIRA	F	103	34	SEN F	71	01:02:59
565	516	ISABEL PRIMO	INDIVIDUAL	F	104	41	VET F40	27	01:03:03
566	2249	VITOR MACHADO	HERBALIFE	M	462	34	SEN M	252	01:03:04
567	782	FILIPA FREIRE	INDIVIDUAL	F	105	42	VET F40	28	01:03:09
568	454	NUNO AMARAL	ABUTRES RUNNING TEAM	M	463	31	SEN M	253	01:03:11
569	524	FILIPA ALEXANDRA DOMINGUES	RUN@FIGUEIRA	F	106	24	SEN F	72	01:03:16
570	525	JOSÉ DIOGO BRAGA	RUN@FIGUEIRA	M	464	27	SEN M	254	01:03:16
571	235	LUISA MATOS	INDIVIDUAL	F	107	47	VET F40	29	01:03:20
572	580	PATRICIA SILVA	INDIVIDUAL	F	108	30	SEN F	73	01:03:21
573	887	JORGE MOUTINHO	VITALIS RUNNING TEAM	M	465	44	VET M40	90	01:03:24
574	581	FILIPA FERREIRA	INDIVIDUAL	F	109	31	SEN F	74	01:03:27
575	241	ANA FIGUEIREDO	INDIVIDUAL	F	110	26	SEN F	75	01:03:41
576	621	MARIA RODRIGUES	INDIVIDUAL	F	111	30	SEN F	76	01:03:46
577	479	CÁTIA CARVALHO	INDIVIDUAL	F	112	23	SEN F	77	01:03:57
578	410	ANA RITA TOMÁS	INDIVIDUAL	F	113	23	SEN F	78	01:03:58
579	418	RICARDO SANTOS	RUN@FIGUEIRA	M	466	55	VET M55	20	01:03:58
580	411	RUBEN DIAS	INDIVIDUAL	M	467	23	SEN M	255	01:03:59
581	517	MARIA JOSÉ COELHO	PÉS TROIKADOS	F	114	31	SEN F	79	01:04:08
582	206	MIGUEL CUNHA	AUTO-INDUSTRIAL	M	468	50	VET M50	41	01:04:47
583	473	CATARINA MELO	INDIVIDUAL	F	115	38	SEN F	80	01:05:07
584	595	DANNY FERREIRA	INDIVIDUAL	M	469	18	SEN M	256	01:05:13
585	699	ANA MORGADO	BIOCORPO	F	116	26	SEN F	81	01:05:16

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	IDADE	ESCALÃO	CLASS ESC.	TEMPO
586	2200	CLÁUDIA TAVARES	C.M. FIGUEIRA DA FOZ	F	117	38	SEN F	82	01:05:18
587	445	NOEMI CRUZ	INDIVIDUAL	F	118	33	SEN F	83	01:05:56
588	574	RUI CRUZ	INDIVIDUAL	M	470	25	SEN M	257	01:07:37
589	575	ANA BRAZ	INDIVIDUAL	F	119	25	SEN F	84	01:07:37
590	301	SANDRA MATEUS	INDIVIDUAL	F	120	38	SEN F	85	01:07:38
591	275	FÁTIMA SOARES	AR S MIGUEL	F	121	50	VET F50	7	01:08:12
592	460	SUSANA CRUZ	INDIVIDUAL	F	122	33	SEN F	86	01:08:30
593	461	MARIO DIAS	GINÁSIO QUINTA VALBOM-AAA ALCOCHETE	M	471	47	VET M45	49	01:08:31
594	339	ULISSES LOPES	CLUBE FLUVIAL VILACONDENSE	M	472	40	VET M40	91	01:09:06
595	842	NUNO MARQUES	FAMILY WORKOUT	M	473	39	SEN M	258	01:09:25
596	2230	GERHARD DOPPLER	FAMILY WORKOUT	M	474	43	VET M40	92	01:09:25
597	682	SONYA PEREIRA	INDIVIDUAL	F	123	40	VET F40	30	01:10:53
598	551	ANA SOFIA BRAGA CRUZ	RUN@FIGUEIRA	F	124	35	SEN F	87	01:12:40
599	552	JOAO MIGUEL BRAGA CRUZ	RUN@FIGUEIRA	M	475	42	VET M40	93	01:12:41
600	333	TÂNIA SILVA	INDIVIDUAL	F	125	35	SEN F	88	01:13:44
601	334	FILOMENA RODRIGUES	INDIVIDUAL	F	126	43	VET F40	31	01:13:44
602	723	CARLA SÉRGIO	INDIVIDUAL	F	127	46	VET F40	32	01:13:44
603	2253	PEDRO BOTIJO	INDIVIDUAL	M	476	66	VET M60	15	01:13:44
604	467	BENTO BAPTISTA	CLUVE - C V A COIMBRA	M	477	61	VET M60	16	01:14:40
605	262	OLIMPIA PIMENTA	AR S MIGUEL	F	128	48	VET F40	33	01:20:41
606	281	VITOR PIMENTA	AR S MIGUEL	M	478	48	VET M45	50	01:20:41
607	694	MARTA PESSOA	INDIVIDUAL	F	129	29	SEN F	89	01:21:18
608	2258	RUI MIGUEL	INDIVIDUAL	M	479	27	SEN M	259	01:27:13
609	239	PEDRO SARAIVA	INDIVIDUAL	M	480	20	SEN M	260	01:27:14