

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
1	651	GONÇALO BORGES	INDIVIDUAL	m	1 SEN-M	32:11:00	03:13	32:11:00
2	139	LUÍS RICARDO BEATO PEREIRA	CAT	m	2 SEN-M	32:20:00	03:14	32:20:00
3	441	HÉLDER LOPES	DCICCDRPEDRULHA-MEALHADA	m	3 SEN-M	32:24:00	03:14	32:24:00
4	490	CARLOS NUNES	CASA DO POVO DE MANGUALDE	m	4 SEN-M	32:47:00	03:16	32:47:00
5	157	JORGE MARCELINO	I. D. VIEIRENSE	m	5 VET-M40	34:08:00	03:24	34:08:00
6	329	TIAGO MACHADO	VIRIATHVS RUNNERS VISEU	m	6 SEN-M	34:25:00	03:26	34:25:00
7	587	RUI RODRIGUES	A. ACADÉMICA DE COIMBRA	m	7 VET-M40	34:28:00	03:26	34:28:00
8	586	RUI LOPES	A. ACADÉMICA DE COIMBRA	m	8 SEN-M	34:31:00	03:27	34:31:00
9	482	GILDO SILVA	CCRD BURINHOSA	m	9 SEN-M	34:32:00	03:27	34:32:00
10	457	FÁBIO ABRANTES	UNIÃO CLUBE EIRENSE	m	10 SEN-M	34:40:00	03:28	34:40:00
11	504	JOSÉ GIL	E.A. DE COIMBRA/JPAIVA	m	11 VET-M50	35:38:00	03:33	35:38:00
12	502	IGOR CASTRO	E.A. DE COIMBRA/JPAIVA	m	12 SEN-M	35:41:00	03:34	35:41:00
13	232	PAULO COSTA	VIRIATHVS RUNNERS VISEU	m	13 VET-M45	35:41:00	03:34	35:41:00
14	447	JOÃO PEREIRA	DCI/CCDRP MEALHADA	m	14 VET-M40	35:42:00	03:34	35:42:00
15	501	NUNO TINOCO	E.A. DE COIMBRA/JPAIVA	m	15 SEN-M	35:55:00	03:35	35:55:00
16	356	PEDRO GRAÇA	VERALLIA GLASSRIDERS	m	16 VET-M40	35:56:00	03:35	35:56:00
17	681	RUI PARROCHINHA	CLUBE DESPOR. RIBEIRENSE	m	17 SEN-M	36:01:00	03:36	36:01:00
18	590	ANTÓNIO FERREIRA	INDIVIDUAL	m	18 VET-M45	36:07:00	03:36	36:07:00
19	751	LUIS RODRIGUES	c.p.t sobral de ceira	m	19 SEN-M	36:10:00	03:37	36:10:00
20	652	MIGUEL JORGE	INDIVIDUAL	m	20 JUN-M	36:21:00	03:38	36:21:00
21	649	RUI RODRIGUES		m	21 SEN-M	36:23:00	03:38	36:23:00
22	96	ORLANDO PIRES	ARSM - POIARES TRAIL 2017	m	22 VET-M45	36:27:00	03:38	36:27:00
23	494	PAULO PEREIRA	DCI/CCDRPEDRULHA-MEALHADA	m	23 SEN-M	36:28:00	03:38	36:28:00
24	717	MANUEL FARIA		m	24 VET-M50	36:34:00	03:39	36:34:00
25	499	MAURO AZEVEDO	E.A. DE COIMBRA/JPAIVA	m	25 VET-M45	36:42:00	03:40	36:42:00
26	151	PEDRO CAPELA	GRUPO ALEGRE UNIDO BAJOUÇ	m	26 SEN-M	36:45:00	03:40	36:45:00
27	333	CESÁRIO SIMÕES	CENTRO DE ATLETISMO SEIA	m	27 VET-M45	36:49:00	03:40	36:49:00
28	382	EDGAR GANILHO	INDIVIDUAL	m	28 SEN-M	36:52:00	03:41	36:52:00
29	274	ARTUR LOPES	I. D. VIEIRENSE	m	29 VET-M50	36:57:00	03:41	36:57:00
30	196	DUARTE PAIS	LEMON GRASS TRIATHLONTEAM	m	30 SEN-M	36:58:00	03:41	36:58:00
31	500	VASCO PEREIRA	E.A. DE COIMBRA/JPAIVA	m	31 SEN-M	37:15:00	03:42	37:09:00
32	4	ERCÍLIA MACHADO	SPORTING CP	f	1 SEN-F	37:29:00	03:44	37:29:00
33	2	MÁRIO TEIXEIRA	ESC ATL COIMBRA / J PAIVA	m	32 VET-M40	37:29:00	03:44	37:29:00
34	588	PAULO ANTUNES	A. ACADÉMICA DE COIMBRA	m	33 VET-M45	37:30:00	03:45	37:30:00
35	503	EMANUEL CORREIA	ESCOLA ATLETISMO COIMBRA	m	34 SEN-M	37:41:00	03:46	37:41:00
36	190	JOÃO PAULO ALMEIDA	DCI/CCDRPEDRULHA-MEALHADA	m	35 VET-M45	37:46:00	03:46	37:46:00
37	30	PAULO GARCIA	ESCOLA ATLETISMO COIMBRA	m	36 VET-M45	37:54:00	03:47	37:54:00
38	399	BRUNO TEIXEIRA		m	37 SEN-M	38:28:00	03:50	38:28:00
39	496	AUGUSTO FIGUEIREDO	E.A. DE COIMBRA/JPAIVA	m	38 VET-M45	38:30:00	03:50	38:21:00
40	506	MÁRCIO PEREIRA	E.A. DE COIMBRA/JPAIVA	m	39 SEN-M	38:30:00	03:51	38:30:00
41	514	RUI FERREIRA	COIMBRA TRAIL RUNNING	m	40 SEN-M	38:41:00	03:51	38:35:00
42	330	BRUNO ANDRADE		m	41 SEN-M	38:50:00	03:53	38:50:00
43	478	JOÃO PEDRO FERNANDES		m	42 SEN-M	38:52:00	03:51	38:38:00
44	54	JOÃO SILVA	PAPAKOM'S	m	43 SEN-M	38:53:00	03:53	38:53:00
45	493	TOZE CARVALHO	DCI/CCDRPEDRULHA-MEALHADA	m	44 SEN-M	38:53:00	03:53	38:53:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip	
46	615	CLÁUDIO QUEIROGA	DÍNAMO CLUBE DA ESTAÇÃO	m	45 VET-M45	10	38:56:00	03:53	38:56:00
47	599	FRANCISCO SOUSA	CPR. A-DO-BARBAS	m	46 JUN-M	2	38:57:00	03:53	38:57:00
48	606	ALEXANDRA OLIVEIRA	FITTING POINT	f	2 SEN-F	2	39:01:00	03:54	39:01:00
49	3	MANUEL MENDES	VITÓRIA SPORT CLUB	m	47 VET-M45	11	39:01:00	03:54	39:01:00
50	601	JORGE DELGADO		m	48 SEN-M	27	39:19:00	03:55	39:19:00
51	495	LUÍS PEREIRA	DCI/CCDRPEDRULHA-MEALHADA	m	49 SEN-M	28	39:24:00	03:55	39:14:00
52	338	ARNALDO MENDES	ORI-MONDEGO	m	50 SEN-M	29	39:24:00	03:56	39:24:00
53	529	RUI BAPTISTA	BTTRAIN	m	51 VET-M40	6	39:25:00	03:56	39:25:00
54	149	JOSÉ GONÇALVES	GRUPO ALEGRE UNIDO BAJOUÇ	m	52 VET-M45	12	39:26:00	03:56	39:26:00
55	201	RICARDO LOPES	ACRM SILVEIRINHA GRANDE C	m	53 SEN-M	30	39:31:00	03:57	39:31:00
56	594	MARCIO SOUSA	CPR. A-DO-BARBAS	m	54 SEN-M	31	39:32:00	03:56	39:28:00
57	479	ANDRE SALGUEIRO	CCRD BURINHOSA	m	55 SEN-M	32	39:36:00	03:57	39:36:00
58	14	NUNO OLIVEIRA	INDIVIDUAL	m	56 SEN-M	33	39:39:00	03:57	39:39:00
59	509	LUC HENNETIER	E.A. DE COIMBRA/JPAIVA	m	57 VET-M40	7	39:43:00	03:58	39:43:00
60	153	PEDRO CABECINHAS	GRUPO ALEGRE UNIDO BAJOUÇ	m	58 SEN-M	34	39:44:00	03:57	39:35:00
61	573	PEDRO FERREIRA		m	59 SEN-M	35	39:44:00	03:58	39:44:00
62	355	CRISTIANO SILVA	VERALLIA GLASSRIDERS	m	60 SEN-M	36	39:48:00	03:57	39:39:00
63	485	NUNO LORVÃO	CCRD BURINHOSA	m	61 VET-M45	13	39:49:00	03:58	39:49:00
64	90	ALFREDO GASPAR	FISIOEMOTION RUNNING TEAM	m	62 SEN-M	37	39:50:00	03:58	39:41:00
65	445	FÁBIO FERREIRA	CASA DO POVO ABRUNHEIRA	m	63 SEN-M	38	39:52:00	03:58	39:41:00
66	682	PAULO FERREIRA	CLUBE DESPOR. RIBEIRENSE	m	64 SEN-M	39	39:55:00	03:58	39:41:00
67	114	NUNO AMARAL	LOJA DO ATLETA / CONSUMIX	m	65 SEN-M	40	39:56:00	03:59	39:56:00
68	177	SÉRGIO GONÇALO	BTTRAIN	m	66 SEN-M	41	39:59:00	03:59	39:51:00
69	402	PEDRO OLIVEIRA	AUTO-INDUSTRIAL	m	67 SEN-M	42	40:03:00	03:59	39:56:00
70	42	JOÃO OLIVEIRA		m	68 SEN-M	43	40:09:00	04:00	40:09:00
71	344	VITOR CAÇÃO		m	69 SEN-M	44	40:10:00	04:00	40:04:00
72	634	RUI SIMÕES	CMFF	m	70 SEN-M	45	40:22:00	04:01	40:12:00
73	656	FILIFE CARVALHEIRO	GAU BAJOUÇA	m	71 VET-M50	4	40:22:00	04:01	40:15:00
74	170	FERNANDO BRASIL		m	72 SEN-M	46	40:24:00	04:02	40:24:00
75	44	FERNANDO MORAIS	INDIVIDUAL	m	73 VET-M55	1	40:24:00	04:02	40:24:00
76	418	JOSÉ ALMEIDA	VIRIATHVS RUNNERS VISEU	m	74 VET-M40	8	40:25:00	04:01	40:17:00
77	122	PAULO MONTEIRO		m	75 VET-M40	9	40:32:00	04:03	40:32:00
78	332	PAULO NEVES		m	76 SEN-M	47	40:36:00	04:02	40:29:00
79	411	JOSÉ MAÇARRIA	P.S.P. FIG. FOZ	m	77 VET-M55	2	40:40:00	04:03	40:30:00
80	444	NUNO NEVES	LAMA SOLTA	m	78 SEN-M	48	40:43:00	04:03	40:37:00
81	403	PEDRO MANSO	AUTO-INDUSTRIAL	m	79 SEN-M	49	40:44:00	04:03	40:35:00
82	158	JOÃO MARCELINO	I. D. VIEIRENSE	m	80 VET-M45	14	40:47:00	04:04	40:47:00
83	130	JOÃO SIMÕES	INDIVIDUAL	m	81 VET-M40	10	40:52:00	04:05	40:52:00
84	481	DIOGO DUARTE	CCRD BURINHOSA	m	82 SEN-M	50	40:52:00	04:05	40:52:00
85	768	JOSE PIRES		m	83 VET-M45	15	40:53:00	04:04	40:49:00
86	260	MÁRIO MAMEDE		m	84 VET-M50	5	40:57:00	04:05	40:57:00
87	448	HUGO CHUMBO		m	85 VET-M40	11	41:05:00	04:06	41:05:00
88	58	DIOGO SANTOS	100MEDOS	m	86 SEN-M	51	41:06:00	04:06	41:06:00
89	156	ARNALDO FERREIRA	BTTRAIN	m	87 SEN-M	52	41:08:00	04:06	41:02:00
90	687	LUIS SOUSA	INDIVIDUAL	m	88 VET-M40	12	41:14:00	04:07	41:14:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip	
91	698	HUGO BARQUEIRO	GRUPO ALEGRE UNIDO BAJOUCA	m	89 SEN-M	53	41:15:00	04:06	41:06:00
92	134	ÓSCAR SOBRAL	VIRIATHVS RUNNER VISEU	m	90 SEN-M	54	41:17:00	04:07	41:17:00
93	43	ANTÓNIO LOURENÇO		m	91 VET-M40	13	41:20:00	04:08	41:20:00
94	607	ANDRÉ CARVALHEIRO	FITTING POINT	m	92 SEN-M	55	41:22:00	04:06	41:08:00
95	442	LUIS PAGAIMO	INDIVIDUAL	m	93 VET-M45	16	41:26:00	04:08	41:26:00
96	89	RICARDO NUNES	ACRM SILVEIRINHA CLARAS	m	94 SEN-M	56	41:26:00	04:08	41:22:00
97	163	LUIS PEDROSA	I. D. VIEIRENSE	m	95 VET-M45	17	41:34:00	04:08	41:26:00
98	68	CARLOS PINHO	PAPA MILHAS	m	96 VET-M40	14	41:46:00	04:10	41:41:00
99	207	PEDRO CORREIA	KONDORES TRAIL RUNNING	m	97 SEN-M	57	41:52:00	04:11	41:52:00
100	589	FERNANDO AGANTE	A. ACADÉMICA DE COIMBRA	m	98 VET-M55	3	41:52:00	04:11	41:52:00
101	360	NUNO LOUREIRO	RUN@FIGUEIRA	m	99 VET-M45	18	41:57:00	04:11	41:50:00
102	454	RICARDO MELO		m	100 SEN-M	58	42:01:00	04:11	41:53:00
103	376	JOSÉ CEVADA	RUN@FIGUEIRA	m	101 SEN-M	59	42:02:00	04:11	41:55:00
104	625	NUNO MIGUEL MOURA CACHULO		m	102 SEN-M	60	42:02:00	04:11	41:57:00
105	203	MANUEL FERNANDES	ACRM SILVEIRINHA GRANDE C	m	103 VET-M60	1	42:07:00	04:12	42:07:00
106	379	MICAEL LOPES		m	104 SEN-M	61	42:08:00	04:12	42:08:00
107	192	ANDRÉ OLIVEIRA	ISA RUNNERS	m	105 SEN-M	62	42:11:00	04:12	42:00:00
108	459	HUMBERTO OLIVEIRA	UNIÃO CLUBE EIRENSE	m	106 VET-M40	15	42:16:00	04:12	42:09:00
109	16	JOÃO DÂMASO	ACRM SILVEIRINHA CLARAS	m	107 SEN-M	63	42:23:00	04:13	42:18:00
110	159	RUI DINIS	I. D. VIEIRENSE	m	108 VET-M50	6	42:26:00	04:14	42:26:00
111	105	PAULO REIS		m	109 VET-M40	16	42:28:00	04:13	42:17:00
112	538	HEBER PIRES	PASCOALITOS/A.D.BARCOUÇO	m	110 SEN-M	64	42:29:00	04:14	42:25:00
113	723	FRANCISCO ELIAS	DAVID VAZ	m	111 SEN-M	65	42:30:00	04:13	42:16:00
114	653	LUIS SILVA		m	112 VET-M45	19	42:31:00	04:14	42:26:00
115	31	LUIS GODINHO	CLUBE NOVO BANCO	m	113 VET-M50	7	42:31:00	04:14	42:25:00
116	592	NUNO FERREIRA	CPR. A-DO-BARBAS	m	114 SEN-M	66	42:32:00	04:14	42:25:00
117	437	JORGE RODRIGUES	GRUPO ALEGRE UNIDO BAJOUCA	m	115 VET-M45	20	42:34:00	04:15	42:30:00
118	505	RUI SILVA	E.A. DE COIMBRA/JPAIVA	m	116 VET-M40	17	42:35:00	04:14	42:28:00
119	604	ADRIANO TABANEZ	ATLETISMO CLUBE DA TOCHA	m	117 VET-M40	18	42:36:00	04:14	42:22:00
120	695	CRISTÓVÃO GOMES	CVL	m	118 SEN-M	67	42:40:00	04:16	42:40:00
121	127	PEDRO GASPAR		m	119 SEN-M	68	42:48:00	04:16	42:41:00
122	467	NOEL VALADÃO	ADM ORI-MONDEGO	m	120 SEN-M	69	42:50:00	04:17	42:50:00
123	542	PEDRO ACÚRCIO		m	121 VET-M40	19	42:50:00	04:16	42:42:00
124	209	MIGUEL LARANJEIRA	INDIVIDUAL	m	122 VET-M40	20	42:52:00	04:16	42:48:00
125	129	ACÍLIO NORO	BTTRAIN	m	123 VET-M40	21	42:55:00	04:16	42:46:00
126	221	VITOR ESTEVES		m	124 SEN-M	70	42:55:00	04:17	42:55:00
127	548	JOÃO RAINHO	BIO TEAM RUN	m	125 VET-M55	4	42:56:00	04:16	42:46:00
128	583	MARTA LOBO	A. ACADÉMICA DE COIMBRA	f	3 SEN-F	3	42:57:00	04:17	42:57:00
129	334	FÁBIO COSTA	TT RUNNERS	m	126 SEN-M	71	42:59:00	04:17	42:55:00
130	669	ABEL BATALHA	SOURE MOV	m	127 VET-M50	8	43:02:00	04:17	42:56:00
131	171	ANDRÉ FERNANDES	GRUPO ALEGRE UNIDO BAJOUCA	m	128 VET-M40	22	43:06:00	04:17	42:58:00
132	750	DAVID PATRICIO	c.p.t sobral de ceira	m	129 VET-M50	9	43:07:00	04:18	43:03:00
133	637	NUNO LEITE		m	130 SEN-M	72	43:08:00	04:17	42:51:00
134	414	PEDRO SEQUEIRA	MONTANHA CLUBE TRAIL RUNN	m	131 SEN-M	73	43:11:00	04:19	43:11:00
135	88	JOSÉ SEQUEIRA	MONTANHA CLUBE TRAIL	m	132 SEN-M	74	43:11:00	04:19	43:11:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
136	603	BRUNO MARQUES	ATLETISMO CLUBE DA TOCHA	m	133 SEN-M	75	43:11:00	04:17 42:59:00
137	123	LUÍS ALMEIDA	INDIVIDUAL	m	134 VET-M40	23	43:14:00	04:19 43:14:00
138	152	TIAGO PEDROSA	GRUPO ALEGRE UNIDO BAJOUÇ	m	135 SEN-M	76	43:15:00	04:18 43:08:00
139	596	JOAQUIM GOMES	CPR. A-DO-BARBAS	m	136 VET-M60	2	43:17:00	04:19 43:17:00
140	419	LUÍS BERNARDO	VIRIATHVS RUNNERS VISEU	m	137 VET-M40	24	43:17:00	04:18 43:08:00
141	654	JORGE CORREIA	VIRIAVTHS RUNNERS VISEU	m	138 VET-M45	21	43:17:00	04:18 43:09:00
142	553	RICARDO BEXIGA		m	139 SEN-M	77	43:18:00	04:17 42:58:00
143	486	PAULO DUARTE	CCRD BURINHOSA	m	140 VET-M50	10	43:19:00	04:19 43:19:00
144	702	PEDRO CRUZ		m	141 SEN-M	78	43:22:00	04:20 43:22:00
145	352	JORGE ALVES	VERALLIA GLASSRIDERS	m	142 VET-M45	22	43:24:00	04:19 43:17:00
146	107	VASCO MARQUES	VETERANOS DO LIZ	m	143 VET-M40	25	43:25:00	04:20 43:21:00
147	202	AMILCAR COSTA	ACRM SILVEIRINHA GRANDE C	m	144 VET-M45	23	43:25:00	04:20 43:25:00
148	593	NUNO JORGE	CPR. A-DO-BARBAS	m	145 VET-M40	26	43:26:00	04:19 43:18:00
149	665	RICARDO NETO	SOURE MOV	m	146 SEN-M	79	43:27:00	04:19 43:11:00
150	226	DAVID MODERNO	RESINEIROS TEAM	m	147 VET-M40	27	43:30:00	04:20 43:22:00
151	475	NELSON SANTOS		m	148 VET-M45	24	43:31:00	04:20 43:25:00
152	242	HÉLDER FERREIRA	INDIVIDUAL	m	149 SEN-M	80	43:31:00	04:20 43:27:00
153	162	ANTONIO PEREIRA		m	150 SEN-M	81	43:40:00	04:21 43:35:00
154	189	ANTÓNIO SILVA	ARSM - POIARES TRAIL 2017	m	151 VET-M60	3	43:42:00	04:21 43:38:00
155	570	FERNANDO ALHAU	HOLMES PLACE COIMBRA	m	152 VET-M55	5	43:45:00	04:22 43:41:00
156	165	PEDRO FERREIRA		m	153 VET-M40	28	43:46:00	04:21 43:37:00
157	83	RICARDO GERMANO		m	154 SEN-M	82	43:48:00	04:21 43:36:00
158	249	JOÃO ALVES	JOGGING LOVERS COIMBRA	m	155 SEN-M	83	43:50:00	04:23 43:50:00
159	182	BRUNO TORREIRA	ACDRS QUINHENDROS	m	156 SEN-M	84	43:52:00	04:23 43:52:00
160	101	MIGUEL GOYANES	FIGUEIRARUNNERS	m	157 SEN-M	85	43:55:00	04:22 43:49:00
161	498	MÁRIO VAZ	E.A. DE COIMBRA/JPAIVA	m	158 VET-M40	29	43:59:00	04:23 43:51:00
162	335	JORGE FARIA	INDIVIDUAL	m	159 VET-M45	25	44:01:00	04:22 43:49:00
163	585	ANA PETINGA	A. ACADÉMICA DE COIMBRA	f	4 SEN-F	4	44:02:00	04:24 44:02:00
164	558	LUIS NUNES		m	160 VET-M40	30	44:08:00	04:23 43:58:00
165	208	CATARINA FERNANDES	VIRIATHVS RUNNERS	f	5 SEN-F	5	44:12:00	04:24 44:04:00
166	346	FERNANDO NERI	VIRIATHVS RUNNERS VISEU	m	161 SEN-M	86	44:14:00	04:24 44:01:00
167	79	PEDRO PEJAPES	C.A. NAZARÉ	m	162 SEN-M	87	44:16:00	04:24 44:09:00
168	94	JOAO REIS		m	163 VET-M45	26	44:17:00	04:24 44:07:00
169	550	MARISA JOÃO	DCI / CDRPEDRULHA - MEAL	f	6 VET-F40	1	44:19:00	04:25 44:19:00
170	67	GONÇALO GOMES		m	164 SEN-M	88	44:20:00	04:24 44:02:00
171	55	NUNO CABRAL	JOGGING LOVERS COIMBRA	m	165 SEN-M	89	44:21:00	04:24 44:08:00
172	429	JOÃO BRANCO	JOGGING LOVERS COIMBRA	m	166 SEN-M	90	44:21:00	04:24 44:08:00
173	633	RUI TROVÃO	CMFF	m	167 SEN-M	91	44:23:00	04:25 44:17:00
174	706	MARIA FEIO		f	7 VET-F40	2	44:25:00	04:25 44:13:00
175	537	ARSÉNIO SANTOS	PASCOALITOS/A.D.BARCOUÇO	m	168 VET-M45	27	44:28:00	04:25 44:14:00
176	267	MOISÉS SOARES		m	169 VET-M45	28	44:29:00	04:26 44:24:00
177	358	OLIVIA MATOS	RUN@FIGUEIRA	f	8 VET-F40	3	44:31:00	04:21 43:37:00
178	696	RUI SILVA	UNIÃO CLUBE EIRENSE	m	170 VET-M40	31	44:32:00	04:26 44:25:00
179	164	NUNO VASCONCELOS	COIMBRA TRAIL RUNNING	m	171 SEN-M	92	44:33:00	04:26 44:25:00
180	400	PAULO CORREIA		m	172 VET-M45	29	44:34:00	04:24 44:01:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
181	666	LUÍS BATALHA	SOURE MOV	m	173 SEN-M	93	44:38:00	04:26 44:27:00
182	622	EDUARDO CARVALHEIRO		m	174 JUN-M	3	44:38:00	04:27 44:30:00
183	380	RENATO LONTRO	INDIVIDUAL	m	175 VET-M40	32	44:40:00	04:25 44:14:00
184	423	LUÍS VASCO		m	176 VET-M40	33	44:42:00	04:28 44:42:00
185	185	BRUNO RODRIGUES	ACDRS QUINHENDROS	m	177 SEN-M	94	44:44:00	04:27 44:35:00
186	126	TERESA MOREIRA DOS SANTOS	FDR ADVOGADOS	f	9 SEN-F	6	44:48:00	04:27 44:39:00
187	584	SARA SILVA	A. ACADÉMICA DE COIMBRA	f	10 SEN-F	7	44:49:00	04:26 44:26:00
188	431	CARLOS PAIS	SAN REMO	m	178 VET-M55	6	44:49:00	04:28 44:44:00
189	707	RICARDO SECO	NAVAL	m	179 SEN-M	95	44:51:00	04:28 44:43:00
190	186	FILIPE BUGALHO		m	180 SEN-M	96	44:51:00	04:28 44:44:00
191	716	RENATO SANTOS		m	181 SEN-M	97	44:52:00	04:28 44:48:00
192	727	RICARDO SEQUEIRA	BUARCOS E SÃO JULIÃO	m	182 SEN-M	98	44:53:00	04:27 44:34:00
193	396	NUNO CADETE	RUN@FIGUEIRA	m	183 VET-M55	7	44:53:00	04:28 44:43:00
194	367	FERNANDO SOUSA	VERALLIA GLASSRIDERS	m	184 VET-M50	11	44:58:00	04:28 44:41:00
195	59	VANESSA DUARTE	100MEDOS	f	11 SEN-F	8	44:59:00	04:29 44:59:00
196	297	NUNO RODRIGUES	AUTO-INDUSTRIAL	m	185 VET-M40	34	45:02:00	04:28 44:40:00
197	650	NUNO CAVACAS	INDIVIDUAL	m	186 VET-M40	35	45:03:00	04:29 44:58:00
198	327	ANTÓNIO JORGE	MOR(E)FIT	m	187 VET-M45	30	45:03:00	04:29 44:52:00
199	670	MÁRCIO FELICIO	SOURE MOV	m	188 SEN-M	99	45:04:00	04:28 44:49:00
200	524	JOÃO FERREIRA	J.F. BUARCOS E SÃO JULIÃO	m	189 SEN-M	100	45:06:00	04:28 44:48:00
201	36	FILIPE LOPES	CVP FIGUEIRA DA FOZ	m	190 SEN-M	101	45:07:00	04:28 44:49:00
202	305	FÁBIO ROXO		m	191 SEN-M	102	45:13:00	04:30 45:02:00
203	155	URBANO MARQUES		m	192 SEN-M	103	45:14:00	04:27 44:39:00
204	154	ANTÓNIO FERNANDES	GRUPO ALEGRE UNIDO BAJOUÇ	m	193 VET-M55	8	45:17:00	04:31 45:11:00
205	519	MADALENA FONTINHAS	J.F. BUARCOS E SÃO JULIÃO	f	12 SEN-F	9	45:19:00	04:29 44:56:00
206	520	HUGO GOMES	J.F. BUARCOS E SÃO JULIÃO	m	194 SEN-M	104	45:20:00	04:29 44:57:00
207	597	GONÇALO JANUARIO	CPR. A-DO-BARBAS	m	195 SEN-M	105	45:23:00	04:30 45:08:00
208	243	TONY VIEIRA		m	196 SEN-M	106	45:27:00	04:30 45:09:00
209	711	LUIS ALVES		m	197 VET-M40	36	45:28:00	04:32 45:24:00
210	605	INÊS SANTOS	FITTING POINT	f	13 SEN-F	10	45:29:00	04:32 45:29:00
211	116	FRANCISCO MENDES	BIO TEAM RUN	m	198 VET-M40	37	45:37:00	04:32 45:27:00
212	239	NUNO GAMEIRO	TEAM BALA	m	199 VET-M40	38	45:38:00	04:30 45:06:00
213	235	RUI OLIVEIRA	TEAM BALA	m	200 VET-M40	39	45:38:00	04:30 45:06:00
214	29	DANIEL SILVA	LITOFISH	m	201 SEN-M	107	45:44:00	04:32 45:25:00
215	392	JOÃO SANTOS		m	202 SEN-M	108	45:49:00	04:33 45:33:00
216	472	LUIS LOUREIRO	VIRIATHVS RUNNERS VISEU	m	203 VET-M40	40	45:52:00	04:34 45:43:00
217	135	EDUARDO GOMES		m	204 VET-M45	31	45:54:00	04:35 45:54:00
218	331	MARIO NEVES		m	205 VET-M50	12	46:02:00	04:35 45:54:00
219	466	ADRIANO GALANTE	PÉS TROIKADOS - CSCS	m	206 SEN-M	109	46:06:00	04:35 45:56:00
220	581	NELSON MOTA	PLUS ONE TEAM	m	207 SEN-M	110	46:06:00	04:35 45:52:00
221	488	RUI VENTURA	CCRD BURINHOSA	m	208 VET-M55	9	46:08:00	04:36 46:08:00
222	648	JOAQUIM PEREIRA		m	209 VET-M60	4	46:14:00	04:36 46:06:00
223	464	LUÍS MARQUES	LAMA SOLTA	m	210 SEN-M	111	46:16:00	04:36 46:09:00
224	755	RICARDO MACHADO		m	211 JUN-M	4	46:16:00	04:37 46:11:00
225	178	TIAGO COSTA	PAPAKOM'S	m	212 SEN-M	112	46:16:00	04:36 46:00:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip	
226	679	ANTÓNIO PALMEIRA	CLUBE DESPOR. RIBEIRENSE	m	213 VET-M40	41	46:18:00	04:36	46:04:00
227	680	JOÃO JUSTO	CLUBE DESPOR. RIBEIRENSE	m	214 VET-M40	42	46:19:00	04:37	46:19:00
228	264	TOMÉ LOPES		m	215 SEN-M	113	46:20:00	04:36	46:09:00
229	439	PAULO SANTOS	FIGUEIRA KAYAK CLUBE	m	216 VET-M40	43	46:25:00	04:37	46:19:00
230	136	PEDRO SANTOS		m	217 SEN-M	114	46:25:00	04:37	46:10:00
231	623	PEDRO BOIA	RUN@FIGUEIRA	m	218 VET-M40	44	46:26:00	04:37	46:19:00
232	568	FÁBIO BARROCA		m	219 SEN-M	115	46:26:00	04:37	46:12:00
233	375	DANIEL SILVA	VERALLIA GLASSRIDERS	m	220 SEN-M	116	46:28:00	04:38	46:28:00
234	112	FILIFE CARVALHEIRO	CAFÉ S.JOÃO	m	221 SEN-M	117	46:29:00	04:37	46:14:00
235	97	GONÇALO BREGIEIRO		m	222 SEN-M	118	46:29:00	04:36	46:05:00
236	133	JOSÉ ANDRADE	INDIVIDUAL	m	223 VET-M60	5	46:31:00	04:38	46:26:00
237	144	RUI PIRES	VIRIATHVS RUNNERS VISEU	m	224 VET-M40	45	46:31:00	04:38	46:22:00
238	559	RICARDO MARQUES		m	225 SEN-M	119	46:33:00	04:37	46:10:00
239	309	BRUNO ARAÚJO		m	226 SEN-M	120	46:35:00	04:36	46:04:00
240	248	ANTONIO MAIA	UNDERGROUND ALL MOUNTAIN	m	227 SEN-M	121	46:35:00	04:39	46:30:00
241	598	PEDRO RODRIGUES	CPR. A-DO-BARBAS	m	228 VET-M45	32	46:36:00	04:37	46:17:00
242	252	RUI BORGES	FISIOEMOTION RUNNING TEAM	m	229 SEN-M	122	46:39:00	04:37	46:17:00
243	621	LUIS CARVALHEIRO		m	230 VET-M45	33	46:39:00	04:39	46:32:00
244	477	JOÃO BATISTA		m	231 SEN-M	123	46:42:00	04:38	46:28:00
245	480	ANIBAL SILVA	CCRD BURINHOSA	m	232 VET-M50	13	46:43:00	04:39	46:39:00
246	551	NUNO BRANDÃO	DCI / CDRPEDRULHA - MEAL	m	233 SEN-M	124	46:43:00	04:40	46:40:00
247	674	PAULO MARTINS	BIO TEAM RUN	m	234 VET-M45	34	46:44:00	04:39	46:39:00
248	574	TIAGO AZENHA	BIO TEAM RUN	m	235 SEN-M	125	46:46:00	04:39	46:39:00
249	348	HENRIQUE FERNANDES	BIO TEAM RUN	m	236 VET-M40	46	46:46:00	04:40	46:46:00
250	137	NUNO RIBEIRO	ABFM	m	237 SEN-M	126	46:47:00	04:39	46:30:00
251	74	JOÃO SOARES	CLUVE - COIMBRA	m	238 SEN-M	127	46:47:00	04:39	46:34:00
252	138	MARCO LUISILVA	PAPAKOM'S	m	239 VET-M40	47	46:48:00	04:39	46:33:00
253	371	PEDRO FREITAS	VERALLIA GLASSRIDERS	m	240 SEN-M	128	46:49:00	04:40	46:49:00
254	749	CARLOS NEVES	ACRM SILVEIRINHA CLARAS	m	241 SEN-M	129	46:50:00	04:40	46:45:00
255	398	PEDRO FIGUEIREDO	BIO TEAM RUN	m	242 SEN-M	130	46:52:00	04:40	46:45:00
256	193	FILIFE OLIVEIRA		m	243 JUN-M	5	46:53:00	04:39	46:37:00
257	676	JOSE RODRIGUES	RUN@FIGUEIRA	m	244 VET-M40	48	46:53:00	04:40	46:45:00
258	197	JOÃO SARAIVA		m	245 JUN-M	6	46:54:00	04:39	46:38:00
259	210	RUI RODRIGUES	VIRIATHVS RUNNERS VISEU	m	246 VET-M45	35	46:54:00	04:39	46:39:00
260	463	TERESA CARDOSO	RUN@FIGUEIRA	f	14 VET-F40	4	46:57:00	04:39	46:36:00
261	433	ANA CARDOSO	JUST4FUN	f	15 SEN-F	11	47:02:00	04:41	46:58:00
262	434	NUNO CARDOSO	JUST4FUN	m	247 VET-M40	49	47:02:00	04:42	47:02:00
263	453	ANDRE DUARTE		m	248 SEN-M	131	47:04:00	04:40	46:48:00
264	540	VITOR TOMÁS	BIO TEAM RUN	m	249 VET-M40	50	47:09:00	04:41	46:53:00
265	254	RICARDO SANTOS	BIO TEAM RUN	m	250 SEN-M	132	47:11:00	04:42	47:04:00
266	302	FERNANDO SANTOS	AUTO-INDUSTRIAL	m	251 VET-M50	14	47:12:00	04:42	47:00:00
267	296	FERNANDO SANTOS	AUTO-INDUSTRIAL	m	252 VET-M55	10	47:13:00	04:42	47:07:00
268	343	PEDRO CRUZ		m	253 VET-M50	15	47:16:00	04:42	47:07:00
269	103	RICARDO PROENÇA	FIGUEIRA RUNNERS	m	254 SEN-M	133	47:17:00	04:42	47:08:00
270	21	JOÃO GRAÇA	ACRM SILVEIRINHA GRANDE C	m	255 VET-M60	6	47:24:00	04:44	47:24:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip	
271	422	AMILCAR SANTANA	CCD & QUOT	m	256 VET-M60	7	47:26:00	04:43	47:18:00
272	113	HELDER SIMÕES		m	257 VET-M40	51	47:30:00	04:44	47:22:00
273	436	VIRGÍLIO ALBERTO	GRUPO ALEGRE UNIDO BAJOUÇ	m	258 VET-M45	36	47:31:00	04:44	47:25:00
274	618	JOÃO VAZ	FIGUEIRA KAYAK CLUBE	m	259 VET-M40	52	47:31:00	04:43	47:15:00
275	247	ARMANDO LOUREIRO	FIGUEIRA KAYAK CLUBE	m	260 VET-M40	53	47:32:00	04:43	47:16:00
276	724	JOÃO ANDRÉ GUEDES DIAS	BUARCOS E SÃO JULIÃO	m	261 SEN-M	134	47:32:00	04:43	47:14:00
277	683	PAULO FERNANDES		m	262 VET-M50	16	47:32:00	04:44	47:21:00
278	639	NUNO CABRAL		m	263 VET-M40	54	47:35:00	04:43	47:14:00
279	222	JOSÉ FILIPE COSTA	PÉS TROIKADOS - CSCS	m	264 VET-M55	11	47:37:00	04:44	47:28:00
280	212	TELMO DANIEL CRAVEIRO		m	265 SEN-M	135	47:40:00	04:45	47:36:00
281	557	JOÃO NUNES	VIRIATHVS RUNNERS VISEU	m	266 VET-M50	17	47:45:00	04:45	47:30:00
282	511	PAULA VIDAS	COIMBRA TRAIL RUNNING	f	16 VET-F50	1	47:46:00	04:45	47:37:00
283	619	VICTOR SANTOS	RUN4FUN COIMBRA	m	267 VET-M50	18	47:47:00	04:45	47:34:00
284	46	TIAGO ABREU		m	268 SEN-M	136	47:51:00	04:45	47:32:00
285	752	SERGIO MOURA		m	269 SEN-M	137	47:53:00	04:45	47:37:00
286	198	JOÃO SINTRA	ACRM SILVEIRINHA GRANDE C	m	270 VET-M55	12	47:57:00	04:46	47:41:00
287	390	JOSÉ MANUEL LAMEIRO GOIS		m	271 VET-M50	19	48:03:00	04:44	47:25:00
288	284	FELISMINO CORREIA		m	272 VET-M40	55	48:03:00	04:48	48:03:00
289	576	JOSÉ GIL ANDRADE	CMFF	m	273 SEN-M	138	48:04:00	04:46	47:43:00
290	91	NELIO MACEDO		m	274 VET-M50	20	48:05:00	04:48	48:00:00
291	446	RUI TEIXEIRA	VERALLIA GLASSRIDERS	m	275 VET-M55	13	48:05:00	04:45	47:32:00
292	265	FILIPE SANTOS		m	276 VET-M40	56	48:06:00	04:45	47:39:00
293	266	JOSÉ NEVES		m	277 SEN-M	139	48:06:00	04:45	47:39:00
294	535	LUÍS OLIVEIRA	INDIVIDUAL	m	278 SEN-M	140	48:07:00	04:48	48:00:00
295	387	VICTOR GOMES	CLUVE	m	279 VET-M50	21	48:08:00	04:47	47:54:00
296	521	JOÃO CRUZ	J.F. BUARCOS E SÃO JULIÃO	m	280 VET-M40	57	48:08:00	04:47	47:53:00
297	63	PEDRO TOUGUIO		m	281 SEN-M	141	48:12:00	04:47	47:52:00
298	407	FERNANDO BAPTISTA		m	282 VET-M50	22	48:13:00	04:48	48:07:00
299	345	NUNO PAULINO	INDIVIDUAL	m	283 SEN-M	142	48:14:00	04:46	47:48:00
300	166	JOAO BERNARDO		m	284 VET-M40	58	48:17:00	04:45	47:37:00
301	491	ANDRÉ NUNES	CASA DO POVO DE MANGUALDE	m	285 SEN-M	143	48:17:00	04:48	48:04:00
302	767	IETE GONCALVES		f	17 VET-F50	2	48:17:00	04:47	47:53:00
303	359	SUSANA CABRAL	RUN@FIGUEIRA	f	18 VET-F40	5	48:19:00	04:47	47:55:00
304	416	LUÍS GASPAR	MOINHOS DA GÂNDARA TRAIL	m	286 SEN-M	144	48:20:00	04:48	48:07:00
305	729	CLÁUDIA MOURATO	BUARCOS E SÃO JULIÃO	f	19 SEN-F	12	48:20:00	04:47	47:54:00
306	512	PAULO POLÓNIO	COIMBRA TRAIL RUNNING	m	287 VET-M50	23	48:22:00	04:49	48:13:00
307	214	VITAL SOARES	VISEU360	m	288 SEN-M	145	48:25:00	04:50	48:25:00
308	215	TÓ VALE	VISEU360	m	289 SEN-M	146	48:26:00	04:50	48:21:00
309	657	JOSÉ BARRACA	CMFF	m	290 VET-M45	37	48:27:00	04:49	48:16:00
310	738	JOSE MACHADO		m	291 SEN-M	147	48:31:00	04:47	47:58:00
311	636	PEDRO GOMES		m	292 SEN-M	148	48:32:00	04:48	48:04:00
312	187	VASCO GUEDES		m	293 SEN-M	149	48:33:00	04:48	48:07:00
313	145	NUNO BELO	SS CGD	m	294 VET-M40	59	48:33:00	04:48	48:08:00
314	172	AMILCAR SIMÕES		m	295 VET-M40	60	48:36:00	04:50	48:29:00
315	632	ESMERALDA MELO	CMFF	f	20 VET-F50	3	48:40:00	04:50	48:29:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip	
316	762	NUNO GONCALVES		m	296 JUN-M	7	48:47:00	04:50	48:27:00
317	484	LUIS VIEIRA	CCRD BURINHOSA	m	297 SEN-M	150	48:48:00	04:52	48:48:00
318	483	JOSE RATO	CCRD BURINHOSA	m	298 VET-M55	14	48:49:00	04:52	48:44:00
319	365	PAULO NETO	VERALLIA GLASSRIDERS	m	299 VET-M55	15	48:50:00	04:51	48:31:00
320	366	JOSÉ SANTOS	VERALLIA GLASSRIDERS	m	300 VET-M50	24	48:50:00	04:51	48:32:00
321	364	PAULO PINTO	VERALLIA GLASSRIDERS	m	301 VET-M50	25	48:50:00	04:51	48:33:00
322	644	RAFAEL NORINHO		m	302 SEN-M	151	48:53:00	04:51	48:39:00
323	564	NARCISO ARROMBA		m	303 VET-M60	8	48:54:00	04:53	48:50:00
324	92	MÁRIO MEDEIROS		m	304 VET-M45	38	48:56:00	04:52	48:44:00
325	383	FERNANDO CORREIA	CMVISEU RUNNERS	m	305 VET-M45	39	49:02:00	04:52	48:48:00
326	691	MANUEL PINTO	NÃO	m	306 VET-M40	61	49:03:00	04:54	49:03:00
327	241	SERGYO PEREYRA	VIRIATHVS RUNNERS VISEU	m	307 VET-M45	40	49:05:00	04:53	48:55:00
328	45	HUGO DIAS		m	308 SEN-M	152	49:05:00	04:53	48:53:00
329	539	BRUNO FERREIRA	CVP MAIORCA	m	309 SEN-M	153	49:12:00	04:53	48:58:00
330	311	DANIEL MENDES	RUN@FIGUEIRA	m	310 VET-M40	62	49:15:00	04:53	48:50:00
331	310	SUSANA SALVATERRA	RUN@FIGUEIRA	f	21 VET-F40	6	49:16:00	04:53	48:58:00
332	229	LUIS VIEIRA		m	311 VET-M45	41	49:18:00	04:55	49:11:00
333	22	JOEL PEDROSA SIMÕES	INDIVIDUAL	m	312 SEN-M	154	49:19:00	04:55	49:11:00
334	438	RICARDO FONTE	CANIANOS	m	313 SEN-M	155	49:21:00	04:53	48:59:00
335	75	HERNÂNI MARTINHO		m	314 SEN-M	156	49:21:00	04:54	49:02:00
336	64	ANDRÉ MAMEDE		m	315 SEN-M	157	49:25:00	04:54	49:06:00
337	244	JOAQUIM FILIPE RAMA MENDES	CCRD	m	316 VET-M40	63	49:29:00	04:56	49:21:00
338	65	NUNO SANTOS		m	317 SEN-M	158	49:29:00	04:55	49:10:00
339	213	MIGUEL BATISTA	VIRIATHVS RUNNERS VISEU	m	318 VET-M40	64	49:32:00	04:56	49:27:00
340	307	CESARIO MANUEL JORDAO SILVA	RESINEIROS TEAM	m	319 VET-M50	26	49:35:00	04:56	49:21:00
341	757	MANUEL JOSE		m	320 SEN-M	159	49:38:00	04:56	49:21:00
342	450	LUIS CAÇÃO	INDIVIDUAL	m	321 SEN-M	160	49:39:00	04:57	49:32:00
343	714	MÁRIO LOPES	CLUBE DO PÉ TORTO	m	322 VET-M40	65	49:41:00	04:56	49:21:00
344	76	NUNO SIMOES	FKC DAR SANGUE HUC	m	323 SEN-M	161	49:47:00	04:57	49:31:00
345	373	BRUNO LEITE	VERALLIA GLASSRIDERS	m	324 VET-M40	66	49:52:00	04:57	49:35:00
346	121	RICARDO MATIAS		m	325 SEN-M	162	49:53:00	04:58	49:47:00
347	85	PEDRO VICENTE		m	326 VET-M50	27	49:54:00	04:58	49:41:00
348	602	ALEXANDRE LINDOTE	CARNEIRO LINDOTE	m	327 SEN-M	163	49:54:00	04:57	49:33:00
349	646	LUÍS SAMPAIO	CANIANOS	m	328 SEN-M	164	49:55:00	04:57	49:34:00
350	718	SÍLVIA FRANCO		f	22 VET-F40	7	49:55:00	04:59	49:50:00
351	811	MIGUEL COIMBRA	CLUVE	m	329 VET-M50	28	49:57:00	04:57	49:37:00
352	339	PEDRO RAMA	ADM MONDEGO	m	330 SEN-M	165	50:00:00	04:59	49:54:00
353	93	NUNO SANTOS	CROSSFITFIGUEIRA	m	331 VET-M40	67	50:01:00	04:56	49:25:00
354	420	PAULO SILVA		m	332 VET-M45	42	50:03:00	04:59	49:52:00
355	630	VIRIATO COELHO	VIRIATHVS RUNNERS VISEU	m	333 VET-M45	43	50:08:00	05:00	50:00:00
356	27	LUÍS SANTOS	ISARUNNERS	m	334 VET-M40	68	50:09:00	04:57	49:39:00
357	276	ANDRÉ AZAMBUJO		m	335 SEN-M	166	50:10:00	05:00	50:00:00
358	98	HUMBERTO DIAS	DIAS4EVER	m	336 VET-M40	69	50:12:00	04:59	49:52:00
359	230	ROGERIO FALCAO		m	337 VET-M45	44	50:12:00	04:58	49:42:00
360	428	RUI CORDEIRO		m	338 VET-M40	70	50:15:00	05:00	50:03:00



Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
361	71	NELSON MARQUES	ACRM SILVEIRINHA-CLARAS	m	339 SEN-M	167	50:18:00	05:01 50:12:00
362	24	JOÃO SEIÇA		m	340 SEN-M	168	50:19:00	05:00 50:07:00
363	132	JOAQUIM ALMEIDA		m	341 VET-M55	16	50:24:00	05:01 50:15:00
364	100	ALEXANDRE MOTA		m	342 SEN-M	169	50:25:00	05:00 50:01:00
365	370	FAUSTO CARVALHO	VERALLIA GLASSRIDERS	m	343 VET-M60	9	50:30:00	05:03 50:30:00
366	536	ISABEL VIEIRA		f	23 VET-F50	4	50:32:00	05:02 50:21:00
367	401	LUIS RODRIGUES	AUTO-INDUSTRIAL	m	344 VET-M40	71	50:33:00	05:01 50:15:00
368	532	EDUARDO RIBEIRO	ARCA	m	345 SEN-M	170	50:35:00	05:01 50:12:00
369	49	CRISTINA PIMENTEL		f	24 SEN-F	13	50:35:00	05:00 50:01:00
370	565	PAULO FERNANDES	VIRIATHVS RUNNERS VISEU	m	346 VET-M50	29	50:41:00	05:02 50:28:00
371	566	ALZIRA BARROS	VIRIATHVS RUNNERS VISEU	f	25 VET-F40	8	50:41:00	05:02 50:28:00
372	128	ALBERTO GONÇALVES	CORRER VISEU	m	347 VET-M45	45	50:43:00	05:03 50:32:00
373	289	LUIS LEITÃO	AUTO-INDUSTRIAL	m	348 VET-M40	72	50:53:00	05:02 50:27:00
374	378	LUIS GASPAR	VERALLIA GLASSRIDERS	m	349 VET-M45	46	50:53:00	05:03 50:36:00
375	13	HELENA LOPES		f	26 VET-F40	9	50:54:00	05:02 50:28:00
376	726	HÉLDER SEQUEIRA	BUARCOS E SÃO JULIÃO	m	350 SEN-M	171	50:56:00	05:03 50:38:00
377	255	JOSÉ FIGUEIREDO	O MUNDO DA CORRIDA	m	351 VET-M45	47	50:57:00	05:04 50:48:00
378	306	PEDRO PEREIRA	GIM RUNNING TEAM	m	352 SEN-M	172	51:01:00	05:04 50:45:00
379	357	CÉLIA MARINHEIRO	VERALLIA GLASSRIDERS	f	27 SEN-F	14	51:03:00	05:01 50:13:00
380	518	PEDRO SANTOS	J.F. BUARCOS E SÃO JULIÃO	m	353 VET-M40	73	51:04:00	05:05 50:58:00
381	675	MANUEL DIAS		m	354 VET-M60	10	51:14:00	05:05 50:59:00
382	281	MIGUEL PAULO		m	355 SEN-M	173	51:15:00	05:05 50:53:00
383	354	CARLOS PALAIO	VERALLIA GLASSRIDERS	m	356 VET-M40	74	51:16:00	05:06 51:08:00
384	362	JOSÉ BATATA	VERALLIA GLASSRIDERS	m	357 VET-M50	30	51:16:00	05:06 51:03:00
385	655	TELMO ALMEIDA		m	358 SEN-M	174	51:18:00	05:05 50:53:00
386	672	LUIS GASPAR		m	359 SEN-M	175	51:25:00	05:05 50:51:00
387	704	GONÇALO ESTEVES	INDIVIDUAL	m	360 SEN-M	176	51:26:00	05:05 50:52:00
388	282	CARLOS FERREIRA		m	361 SEN-M	177	51:27:00	05:06 51:05:00
389	758	GONCALO DURAO	UNIÃO CLUBE EIRENSE	m	362 VET-M40	75	51:27:00	05:06 51:01:00
390	753	ISABEL FREITAS	CASA DO BENFICA DA FIGFOZ	f	28 VET-F40	10	51:28:00	05:06 51:05:00
391	641	JOÃO PEREIRA 2	DCI\CCDRPEDRULHA-MEALHADA	m	363 SEN-M	178	51:31:00	05:08 51:20:00
392	216	JOSÉ ANTÓNIO SILVA		m	364 VET-M45	48	51:39:00	05:09 51:39:00
393	246	RUI LOPES	OS FLUORESCENTES	m	365 VET-M55	17	51:43:00	05:07 51:18:00
394	549	JOÃO LEAL		m	366 SEN-M	179	51:49:00	05:08 51:20:00
395	728	HUGO ALMEIDA	VERALLIA	m	367 VET-M40	76	51:49:00	05:10 51:41:00
396	150	RAMIRO RODRIGUES	GRUPO ALEGRE UNIDO BAJOUÇ	m	368 VET-M55	18	51:50:00	05:10 51:45:00
397	328	FÁBIO LOPES		m	369 JUN-M	8	51:50:00	05:09 51:32:00
398	546	JOÃO LOUREIRO		m	370 SEN-M	180	51:51:00	05:08 51:22:00
399	547	FERNANDO CHARANA		m	371 VET-M50	31	51:51:00	05:08 51:22:00
400	240	PAULO QUEDA	TEAM BALA	m	372 VET-M45	49	52:00:00	05:09 51:30:00
401	258	SOFIA SIMÕES		f	29 SEN-F	15	52:00:00	05:09 51:31:00
402	612	ANTÓNIO CORDEIRO	SLOW RUNNERS POMBAL	m	373 SEN-M	181	52:03:00	05:08 51:29:00
403	460	MARCO MURGEIRO	LAMA SOLTA	m	374 SEN-M	182	52:03:00	05:08 51:29:00
404	756	AGOSTINHO ABRANCHES		m	375 VET-M55	19	52:07:00	05:09 51:39:00
405	561	PAULO SILVA	BIO TEAM RUN	m	376 VET-M40	77	52:07:00	05:11 51:50:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
406	251	ANTONIO TAFULA	INDIVIDUAL	m	377 VET-M60	11	52:10:00	05:11 51:52:00
407	476	JOANS ROSA		f	30 SEN-F	16	52:10:00	05:11 51:58:00
408	554	OSCAR ROCHA	VIRIATHVS RUNNERS VISEU	m	378 VET-M55	20	52:10:00	05:11 51:59:00
409	673	LUÍS BRANDÃO		m	379 VET-M45	50	52:11:00	05:12 52:04:00
410	104	ANDRÉ ESPINHA		m	380 SEN-M	183	52:11:00	05:12 52:01:00
411	108	RICARDO JESUS	COIMBRA TRAIL RUNNING	m	381 SEN-M	184	52:13:00	05:12 52:03:00
412	140	VITOR SANTOS	TORVILCON	m	382 SEN-M	185	52:16:00	05:13 52:12:00
413	746	LOUREIRO PEDRO	INDIVIDUAL	m	383 VET-M40	78	52:20:00	05:12 52:02:00
414	99	CELINA DIAS	DIAS4EVER	f	31 VET-F40	11	52:23:00	05:12 52:03:00
415	575	HÉLDER SIMÕES	CMFF	m	384 VET-M50	32	52:27:00	05:13 52:16:00
416	719	RITA RODRIGUES		f	32 JUN-F	1	52:27:00	05:13 52:16:00
417	278	HUGO GASPAR		m	385 SEN-M	186	52:28:00	05:12 52:06:00
418	188	FAUSTO CARDOSO		m	386 VET-M50	33	52:28:00	05:13 52:17:00
419	48	CIDÁLIA MARIA SANTOS OLIVEIRA	MOR(E)FIT	f	33 VET-F40	12	52:35:00	05:14 52:24:00
420	285	HENRIQUE COSTA	AUTO-INDUSTRIAL	m	387 VET-M55	21	52:35:00	05:13 52:13:00
421	624	HENRIQUE COSTA	TLC	m	388 SEN-M	187	52:36:00	05:12 52:02:00
422	544	SÉRGIO FERREIRA		m	389 SEN-M	188	52:43:00	05:15 52:31:00
423	160	JOÃO LOUREIRO	TREPA TRILHOS TEAM	m	390 VET-M40	79	52:47:00	05:15 52:38:00
424	760	HENRIQUE SIMOES		m	391 SEN-M	189	52:49:00	05:15 52:39:00
425	286	PEDRO MAGALHÃES	AUTO-INDUSTRIAL	m	392 SEN-M	190	52:51:00	05:14 52:25:00
426	33	TÂNIA FERREIRA	SORRISOS DO TRAIL	f	34 SEN-F	17	52:54:00	05:16 52:43:00
427	69	AMÉRICO PESSOA		m	393 VET-M50	34	52:58:00	05:16 52:46:00
428	120	FILIPE SIMÕES	CCD CRÉDITO AGRÍCOLAMÚTUO	m	394 VET-M40	80	52:59:00	05:17 52:53:00
429	272	OSVALDO LEITE	ESTOFADOR DO BAIRRO TEAM	m	395 SEN-M	191	53:04:00	05:17 52:50:00
430	143	ROSA GUARDÃO		f	35 VET-F40	13	53:05:00	05:15 52:33:00
431	323	RUI ALMEIDA	AUTO-INDUSTRIAL	m	396 VET-M40	81	53:06:00	05:16 52:43:00
432	314	ELSA DUARTE	INDIVIDUAL	f	36 VET-F40	14	53:06:00	05:15 52:33:00
433	430	CARLA FIDALGO	JOGGING LOVERS COIMBRA	f	37 VET-F40	15	53:08:00	05:17 52:55:00
434	609	GILBERTO LOURENÇO		m	397 VET-M40	82	53:08:00	05:17 52:50:00
435	692	BRUNO REIS		f	38 SEN-F	18	53:10:00	05:16 52:42:00
436	147	LUIS MELO		m	398 VET-M40	83	53:13:00	05:16 52:48:00
437	12	CHRISTOPHER GUIMARAENS	DOGS BOLLOCKS	m	399 VET-M45	51	53:14:00	05:17 52:58:00
438	319	MIGUEL REIS	SSS	m	400 VET-M40	84	53:16:00	05:17 52:54:00
439	577	FRANCISCO PIMENTEL	CMFF	m	401 SEN-M	192	53:18:00	05:18 53:06:00
440	337	BRUNO COSTA		m	402 SEN-M	193	53:21:00	05:17 52:51:00
441	647	RENATO PASCOAL		m	403 SEN-M	194	53:21:00	05:19 53:11:00
442	569	JOSE CARDOSO	PATOCORUN	m	404 VET-M45	52	53:22:00	05:17 52:52:00
443	118	CATARINA MARTINS		f	39 SEN-F	19	53:25:00	05:18 53:06:00
444	119	GONÇALO PIRES		m	405 SEN-M	195	53:26:00	05:18 53:05:00
445	277	VASCO GOMES		m	406 SEN-M	196	53:27:00	05:18 53:05:00
446	388	VASCO GOMES		m	407 SEN-M	197	53:31:00	05:19 53:18:00
447	161	RICARDO COSTA		m	408 SEN-M	198	53:34:00	05:18 53:04:00
448	223	GONÇALVES PAULO		m	409 VET-M40	85	53:37:00	05:20 53:22:00
449	406	ILÍDIO CORDEIRO	TRILHOS DE SICÓ	m	410 VET-M50	35	53:40:00	05:20 53:24:00
450	106	NILTON LOPES		m	411 SEN-M	199	53:51:00	05:21 53:32:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip	
451	308	NUNO RIBEIRO	RUN@FIGUEIRA	m	412 SEN-M	200	53:51:00	05:20	53:27:00
452	415	SÉRGIO FERNANDES		m	413 SEN-M	201	53:55:00	05:23	53:51:00
453	115	PEDRO FERREIRA	BIGFOOT	m	414 VET-M45	53	53:59:00	05:21	53:37:00
454	175	XAVIER MORAIS LOPES		m	415 JUN-M	9	54:06:00	05:23	53:54:00
455	571	CÁUDIA COSTA		f	40 SEN-F	20	54:08:00	05:22	53:40:00
456	269	MARIO SILVA	OS MEIO CAÍDOS	m	416 SEN-M	202	54:09:00	05:22	53:44:00
457	194	JOÃO RODRIGUES		m	417 VET-M50	36	54:09:00	05:23	53:58:00
458	452	JOSÉ CARLOS OLIVEIRA		m	418 VET-M50	37	54:12:00	05:21	53:38:00
459	397	JOAO PATRICIO	VETERANOS SANTANA	m	419 VET-M45	54	54:13:00	05:23	53:58:00
460	233	HORACIO COSTA		m	420 VET-M45	55	54:14:00	05:24	54:07:00
461	18	CARLOS BARROSO		m	421 VET-M50	38	54:17:00	05:23	53:56:00
462	613	RICARDO PINHO		m	422 VET-M40	86	54:17:00	05:23	53:55:00
463	35	CLÁUDIO NEVES	INDIVIDUAL	m	423 VET-M40	87	54:37:00	05:24	54:07:00
464	47	MARLENE MARQUES		f	41 SEN-F	21	54:49:00	05:27	54:31:00
465	253	LUCIDIO DIAS	ACRM SILVEIRINHA GRANDE C	m	424 VET-M55	22	54:50:00	05:28	54:45:00
466	708	TEOTÓNIO CAVACO	BUARCOS E SÃO JULIÃO	m	425 VET-M50	39	55:04:00	05:27	54:33:00
467	315	MARIA JOAO SIMOES	BIO TEAM RUN	f	42 VET-F40	16	55:31:00	05:31	55:16:00
468	701	CARLOS COELHO	VIRIATHVS RUNNERS VISEU	m	426 VET-M45	56	55:31:00	05:31	55:17:00
469	443	ISIDRO FERNANDES	LAMA SOLTA	m	427 SEN-M	203	55:35:00	05:30	55:00:00
470	72	AVELINO FERNANDES	CPR A-DO-BARBAS	m	428 VET-M40	88	55:41:00	05:32	55:20:00
471	238	CARLOS ABRUNHEIRO	TEAM BALA	m	429 VET-M40	89	55:42:00	05:31	55:12:00
472	663	EUGÉNIA BATISTA	SOURE MOV	f	43 VET-F50	5	55:50:00	05:33	55:37:00
473	262	VALTER RAINHO	BIO TEAM RUN	m	430 VET-M40	90	55:52:00	05:33	55:36:00
474	470	JOSE FARO	VIRIATHVS RUNNERS VISEU	m	431 VET-M45	57	55:56:00	05:34	55:46:00
475	417	OLGA FELAMINO	MOINHOS DA GÂNDARA TRAIL	f	44 SEN-F	22	55:56:00	05:34	55:41:00
476	471	ESTRELA FARO	VIRIATHVS RUNNERS VISEU	f	45 VET-F40	17	55:57:00	05:34	55:47:00
477	225	NÁDIA CASQUEIRA		f	46 SEN-F	23	55:58:00	05:33	55:38:00
478	449	ÂNGELO FONSECA		m	432 VET-M40	91	55:58:00	05:34	55:48:00
479	685	FERNANDO MOITA		m	433 VET-M45	58	55:58:00	05:34	55:49:00
480	763	RICARDO MARTINS		m	434 JUN-M	10	56:15:00	05:36	56:02:00
481	174	FERNANDO LOPES		m	435 VET-M50	40	56:16:00	05:36	56:02:00
482	754	PAULO MACEDO	INDIVIDUAL	m	436 SEN-M	204	56:16:00	05:35	55:53:00
483	747	ROBERTO RODRIGUES		m	437 VET-M45	59	56:20:00	05:35	55:53:00
484	320	ISABEL COUTINHO	SSS	f	47 VET-F40	18	56:21:00	05:35	55:59:00
485	321	PEDRO COUTINHO	SSS	m	438 VET-M40	92	56:21:00	05:36	56:00:00
486	62	PEDRO OLIVEIRA		m	439 SEN-M	205	56:23:00	05:35	55:56:00
487	710	JOAQUIM FETEIRA	BUARCOS E SÃO JULIÃO	m	440 VET-M40	93	56:23:00	05:36	56:03:00
488	541	RUBEN NASCIMENTO		m	441 JUN-M	11	56:24:00	05:35	55:54:00
489	474	LUIS ALMEIDA	BIKE4NYC8	m	442 VET-M40	94	56:24:00	05:35	55:55:00
490	725	TIAGO PINA	BUARCOS E SÃO JULIÃO	m	443 SEN-M	206	56:24:00	05:36	56:04:00
491	473	FILIPE LOUREIRO	BIKE4NYC8	m	444 VET-M40	95	56:25:00	05:35	55:55:00
492	510	LUIS BAROSA	BOMBEIROS VOLUNT. FIG FOZ	m	445 VET-M45	60	56:33:00	05:37	56:12:00
493	324	ISABEL ESTEVES	AUTO-INDUSTRIAL	f	48 VET-F50	6	56:35:00	05:36	56:07:00
494	523	RUI DUARTE	J.F. BUARCOS E SÃO JULIÃO	m	446 VET-M40	96	56:35:00	05:37	56:17:00
495	268	JOÃO SALTÃO	OS MEIO CAÍDOS	m	447 SEN-M	207	56:46:00	05:38	56:21:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
496	427	LEONEL CONCHO		m	448 VET-M40	97 56:47:00	05:37	56:14:00
497	26	LUÍS COELHO	ISARUNNERS	m	449 VET-M40	98 56:48:00	05:37	56:15:00
498	722	CEDRICO MODERNO	GIM RUNNING	m	450 SEN-M	208 56:49:00	05:38	56:23:00
499	148	ANABELA FERNANDES	GRUPO ALEGRE UNIDO BAJOUÇ	f	49 VET-F40	19 56:49:00	05:40	56:40:00
500	280	PATRÍCIA CORREIA		f	50 SEN-F	24 56:55:00	05:39	56:33:00
501	684	HELENA JESUS		f	51 VET-F40	20 56:59:00	05:40	56:48:00
502	617	JORGE SANTOS		m	451 VET-M50	41 56:59:00	05:39	56:39:00
503	19	RUI SILVA		m	452 VET-M40	99 57:10:00	05:40	56:48:00
504	517	PAULO HENRIQUES	CASCI	m	453 SEN-M	209 57:11:00	05:41	56:54:00
505	766	MANUEL SANTOS		m	454 VET-M45	61 57:18:00	05:43	57:18:00
506	261	CLAUDIA ROCHA	BIO TEAM RUN	f	52 VET-F40	21 57:22:00	05:42	57:07:00
507	465	FILIFE MARQUES	LAMA SOLTA	m	455 SEN-M	210 57:27:00	05:41	56:51:00
508	424	FILIFE BRÁS	INDIVIDUAL	m	456 JUN-M	12 57:27:00	05:42	57:03:00
509	425	JOSÉ BRÁS	CASA DO BENFICA DA FIGFOZ	m	457 VET-M45	62 57:27:00	05:42	57:04:00
510	678	JORGE LOURENÇO		m	458 SEN-M	211 57:29:00	05:42	57:00:00
511	117	JOAQUIM ALMEIDA		m	459 VET-M60	12 57:37:00	05:45	57:33:00
512	288	PEDRO CARNEIRINHA	AUTO-INDUSTRIAL	m	460 SEN-M	212 57:46:00	05:43	57:19:00
513	667	VÍTOR GARISO	SOURE MOV	m	461 VET-M45	63 57:49:00	05:45	57:38:00
514	183	EDGAR FREITAS		m	462 VET-M40	100 57:51:00	05:45	57:32:00
515	342	FILOMENA RODRIGUES		f	53 VET-F40	22 57:59:00	05:44	57:28:00
516	73	MARIA SOARES	CLUVE - COIMBRA	f	54 VET-F50	7 57:59:00	05:45	57:36:00
517	381	CARLA SERGIO	AS COM PRESSA	f	55 VET-F40	23 57:59:00	05:44	57:28:00
518	245	CÁTIA LOPES	OS FLUORESCENTES	f	56 SEN-F	25 58:01:00	05:45	57:36:00
519	412	MARCO MENDES		m	463 VET-M40	101 58:27:00	05:49	58:16:00
520	567	CLARA LOURENÇO		f	57 VET-F40	24 58:29:00	05:49	58:16:00
521	812	ANA ALBERQUEQUE		f	58 VET-F40	25 58:29:00	05:49	58:16:00
522	349	MIGUEL FONSECA	AUTO-INDUSTRIAL	m	464 VET-M40	102 58:30:00	05:48	58:03:00
523	658	CARLOS SOUSA	CMFF	m	465 VET-M45	64 58:32:00	05:51	58:32:00
524	56	ISMAEL CARVALHO		m	466 SEN-M	213 58:32:00	05:48	58:08:00
525	57	RICARDO GIRAO		m	467 VET-M40	103 58:32:00	05:48	58:09:00
526	629	RAQUEL DIAS		f	59 VET-F50	8 58:35:00	05:50	58:20:00
527	234	FILIFE RITO	TEAM BALA	m	468 VET-M50	42 58:35:00	05:48	58:03:00
528	759	CLAUDIA TOME		f	60 SEN-F	26 58:47:00	05:52	58:41:00
529	492	DAVID BREDÁ	DCI/CCDRPEDRULHA-MEALHADA	m	469 SEN-M	214 58:48:00	05:49	58:12:00
530	660	JOÃO GAMA		m	470 SEN-M	215 58:49:00	05:49	58:11:00
531	405	ELISABETE BAPTISTA	TRILHOS DE SICÓ	f	61 VET-F40	26 58:51:00	05:50	58:26:00
532	628	DINIS MARTINS	VIRIATHVS RUNNERS VISEU	m	471 VET-M45	65 58:53:00	05:52	58:40:00
533	661	HUGO MAROUVO	SOURE MOV	m	472 SEN-M	216 58:54:00	05:51	58:35:00
534	608	NUNO DIAS	BIOCORPO	m	473 SEN-M	217 58:56:00	05:50	58:29:00
535	408	NOEMI CRUZ		f	62 SEN-F	27 58:56:00	05:50	58:29:00
536	391	RUI FÁRIA		m	474 VET-M45	66 59:03:00	05:54	59:03:00
537	677	JOAO AMARAL		m	475 SEN-M	218 59:04:00	05:54	59:04:00
538	263	AMILCAR BATATA		m	476 VET-M40	104 59:04:00	05:52	58:40:00
539	325	JULIANA SILVA		f	63 SEN-F	28 59:06:00	05:51	58:35:00
540	545	JULIANA RAINHO	BIO TEAM RUN	f	64 SEN-F	29 59:09:00	05:53	58:51:00

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
541	82	CÉU BENCHIMOL		f	65 SEN-F	30	59:11:00	05:51 58:38:00
542	582	DANIEL SANTOS		m	477 VET-M60	13	59:14:00	05:52 58:41:00
543	351	JORGE MIGUEL JESUS	AUTO-INDUSTRIAL	m	478 VET-M45	67	59:27:00	05:53 58:59:00
544	620	FERNANDO ROCHA		m	479 VET-M55	23	59:28:00	05:55 59:14:00
545	204	RUI BRUNHETA		m	480 VET-M45	68	59:31:00	05:56 59:25:00
546	700	ÂNGELA ALMEIDA		f	66 SEN-F	31	59:35:00	05:54 59:04:00
547	543	SOFIA CANEZ		f	67 SEN-F	32	59:37:00	05:56 59:25:00
548	191	GONÇALO RODRIGUES		m	481 SEN-M	219	59:38:00	05:54 59:04:00
549	231	MÁRIO NOBRE		m	482 VET-M40	105	59:42:00	05:54 59:02:00
550	694	GISELA JORGE	ATBV	f	68 VET-F40	27	59:49:00	05:56 59:20:00
551	66	LUIS PRUDÊNCIO		m	483 SEN-M	220	59:53:00	05:57 59:32:00
552	761	LUISA MATOS		f	69 VET-F40	28	59:55:00	05:57 59:36:00
553	686	LUÍS NEVES	INDIVIDUAL	m	484 SEN-M	221	59:57:00	05:57 59:33:00
554	560	FÁTIMA FAIM		f	70 VET-F40	29	01:00:15	05:59 59:51:00
555	37	CRISTINA FERREIRA GORDO		f	71 VET-F40	30	01:00:19	06:00 01:00:06
556	614	VASCO PEIXEIRO		m	485 VET-M60	14	01:00:19	06:01 01:00:15
557	469	JORGE FIGUEIREDO	BIKE4NYK8-FARMACIA MARGAT	m	486 SEN-M	222	01:00:21	05:59 59:52:00
558	146	ANDRÉ MELO		m	487 VET-M50	43	01:00:22	05:59 59:57:00
559	578	ODETE FREITAS	CMFF	f	72 VET-F40	31	01:00:27	05:59 59:53:00
560	227	NELSON TAVARES		m	488 VET-M40	106	01:00:30	06:00 01:00:07
561	737	CRISTINA PIRES		f	73 VET-F50	9	01:00:34	06:02 01:00:24
562	316	PATRÍCIA PEREIRA		f	74 SEN-F	33	01:00:39	06:01 01:00:14
563	173	MARIA JOSÉ MORAIS LOPES		f	75 VET-F40	32	01:00:49	06:01 01:00:18
564	219	PEDRO SILVA	INDIVIDUAL	m	489 VET-M40	107	01:00:53	06:01 01:00:14
565	386	LUÍS NUNES	ORI-MONDEGO	m	490 VET-M40	108	01:01:00	06:02 01:00:25
566	87	ANA DIAS	INDIVIDUAL	f	76 VET-F40	33	01:01:02	06:02 01:00:29
567	563	RICARDO CARRASQUEIRA	TLC	m	491 SEN-M	223	01:01:05	06:03 01:00:32
568	299	MARIA CUNHA	AUTO-INDUSTRIAL	f	77 VET-F50	10	01:01:17	06:05 01:00:51
569	298	MIGUEL CUNHA	AUTO-INDUSTRIAL	m	492 VET-M50	44	01:01:18	06:05 01:00:52
570	664	FERNANDO ROLO	SOURE MOV	m	493 VET-M45	69	01:01:33	06:07 01:01:16
571	671	ROSÁLIA DUARTE	SOURE MOV	f	78 VET-F50	11	01:01:34	06:08 01:01:22
572	353	ISABEL PEGO	VERALLIA GLASSRIDERS	f	79 VET-F40	34	01:01:45	06:09 01:01:30
573	141	ELISABETE PEDROSA	GIM RUNNING	f	80 VET-F40	35	01:01:50	06:08 01:01:26
574	217	JOANA SILVA	GIM RUNNING TEAM	f	81 SEN-F	34	01:01:50	06:08 01:01:26
575	731	CLÁUDIA VIANA	BUARCOS E SÃO JULIÃO	f	82 SEN-F	35	01:01:51	06:09 01:01:31
576	435	NUNO NUNES		m	494 SEN-M	224	01:01:51	06:08 01:01:25
577	293	VILMA DUARTE	AUTO-INDUSTRIAL	f	83 SEN-F	36	01:01:51	06:08 01:01:27
578	317	RITA PEREIRA		f	84 SEN-F	37	01:02:00	06:09 01:01:37
579	313	DANIEL LOURENCO		m	495 SEN-M	225	01:02:02	06:10 01:01:47
580	580	ROSA GOMES		f	85 VET-F50	12	01:02:04	06:11 01:01:58
581	301	ANA FREITAS	AUTO-INDUSTRIAL	f	86 VET-F40	36	01:02:04	06:11 01:01:53
582	290	RITA LAVOS	AUTO-INDUSTRIAL	f	87 SEN-F	38	01:02:16	06:11 01:01:53
583	300	DIOGO COSTA	AUTO-INDUSTRIAL	m	496 SEN-M	226	01:02:37	06:13 01:02:14
584	312	SILVIA LEONARDO		f	88 VET-F40	37	01:02:40	06:15 01:02:31
585	530	JORGE OLIVEIRA	BTTRAIN	m	497 VET-M60	15	01:02:45	06:15 01:02:39

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
586	533	CATARINA PEREIRA	MATUTINA RUN	f	89 SEN-F	39 01:02:59	06:14	01:02:22
587	534	NE GASPAS	MATUTINA RUN	m	498 VET-M40	109 01:02:59	06:14	01:02:23
588	236	RUI FARIA	TEAM BALA	m	499 VET-M40	110 01:03:11	06:15	01:02:39
589	291	SÓNIA ALEXANDRE	AUTO-INDUSTRIAL	f	90 SEN-F	40 01:03:18	06:17	01:02:55
590	730	MARISA LÁZARO	BUARCOS E SÃO JULIÃO	f	91 VET-F40	38 01:03:26	06:18	01:03:07
591	394	ANDRÉ MOURA		m	500 SEN-M	227 01:03:27	06:18	01:03:00
592	393	INÊS GUERRA		f	92 SEN-F	41 01:03:27	06:18	01:03:00
593	395	FRANCISCO JORGE		m	501 VET-M50	45 01:03:27	06:17	01:02:59
594	95	MARIA JOÃO BENQUERENÇA	SAI DE GATAS BTTEAM	f	93 VET-F40	39 01:03:29	06:17	01:02:56
595	384	VITOR FERNANDES	GCF	m	502 VET-M40	111 01:03:31	06:18	01:03:00
596	292	DULCE LACERDA	AUTO-INDUSTRIAL	f	94 VET-F40	40 01:03:38	06:21	01:03:38
597	455	TERESA MENDES	CLUVE	f	95 VET-F50	13 01:03:42	06:20	01:03:21
598	61	RODRIGO CABETE		m	503 SEN-M	228 01:03:43	06:19	01:03:15
599	688	LUIS BATISTA	INDIVIDUAL	m	504 SEN-M	229 01:03:47	06:20	01:03:26
600	32	ALEXANDRE ALMEIDA	SORRISOS DO TRAIL	m	505 VET-M45	70 01:03:47	06:21	01:03:36
601	616	CLÁUDIA MOTA		f	96 VET-F40	41 01:03:53	06:21	01:03:34
602	426	SANDRA SEMEDO		f	97 SEN-F	42 01:04:04	06:22	01:03:48
603	721	INES PEDROSA LEAL	GIM RUNNING	f	98 SEN-F	43 01:04:06	06:22	01:03:40
604	224	CECÍLIA CARDOSO	GIM RUNNING TEAM	f	99 SEN-F	44 01:04:07	06:22	01:03:42
605	326	ELISABETE DINIS	ORI-MONDEGO	f	100 VET-F40	42 01:04:14	06:22	01:03:41
606	631	FRANCISCO MOREIRA	CMFF	m	506 VET-M55	24 01:04:15	06:21	01:03:35
607	440	MARTA LOUREIRO	BIO TEAM RUN	f	101 VET-F40	43 01:04:15	06:22	01:03:48
608	662	JOANA GANTE	SOURE MOV	f	102 SEN-F	45 01:04:26	06:24	01:04:07
609	736	RUI PIMENTEL		m	507 SEN-M	230 01:04:27	06:25	01:04:14
610	765	ANDRE GOMES		m	508 JUN-M	13 01:04:28	06:25	01:04:13
611	181	MARIA HELENA COROA	FISIOEMOTION RUNNING TEAM	f	103 VET-F50	14 01:04:29	06:24	01:04:08
612	179	ANA LEITE	FISIOEMOTION RUNNING TEAM	f	104 SEN-F	46 01:04:29	06:24	01:04:09
613	11	RICARDO CATÃO		m	509 SEN-M	231 01:04:35	06:24	01:04:04
614	642	MARIA TOSCANO		f	105 VET-F50	15 01:05:13	06:28	01:04:44
615	363	MARIA JOÃO CANICEIRO	VERALLIA GLASSRIDERS	f	106 VET-F50	16 01:05:13	06:28	01:04:45
616	572	IOLANDA COSTA		f	107 SEN-F	47 01:05:42	06:31	01:05:13
617	715	CATARINA CANARIAS		f	108 SEN-F	48 01:05:59	06:33	01:05:30
618	513	ANA MENESES	COIMBRA TRAIL RUNNING	f	109 VET-F40	44 01:06:17	06:36	01:06:00
619	516	JOANA GONÇALVES	COIMBRA TRAIL RUNNING	f	110 SEN-F	49 01:06:17	06:36	01:06:00
620	318	CATARINA PINTO	SSS	f	111 VET-F40	45 01:06:21	06:35	01:05:59
621	322	JOÃO REQUEIJO	AUTO-INDUSTRIAL	m	510 SEN-M	232 01:06:32	06:36	01:06:08
622	283	FÁTIMA FERREIRA		f	112 SEN-F	50 01:07:09	06:42	01:07:00
623	468	INÊS AMARAL		f	113 VET-F40	46 01:07:24	06:41	01:06:52
624	347	MÁRIO FREITAS		m	511 VET-M60	16 01:07:24	06:41	01:06:56
625	1	NUNO FIGUEIRA	INDIVIDUAL	m	512 SEN-M	233 01:07:25	06:40	01:06:48
626	295	MÁRIO COSTA	AUTO-INDUSTRIAL	m	513 VET-M55	25 01:07:29	06:42	01:07:03
627	638	DÉBORA VIEIRA		f	114 SEN-F	51 01:07:46	06:44	01:07:28
628	237	MARTA SIMÕES	TEAM BALA	f	115 VET-F40	47 01:07:56	06:44	01:07:24
629	531	LUÍS AMARAL		m	514 VET-M40	112 01:07:59	06:46	01:07:40
630	764	LUIS FONSECA		m	515 SEN-M	234 01:08:53	06:51	01:08:31

Lugar	Dorsal	Atleta	Equipa	Sexo	Escalão	Tempo	Ritmo	Chip
631	689	NUNO RODRIGUES	INDIVIDUAL	m	516 VET-M40	113 01:08:53	06:51	01:08:32
632	640	SUSANA BOIA		f	116 SEN-F	52 01:08:58	06:50	01:08:27
633	374	RICARDO ALVES	VERALLIA GLASSRIDERS	m	517 VET-M40	114 01:08:58	06:53	01:08:50
634	693	RÚBEN SOUSA		m	518 SEN-M	235 01:09:41	06:56	01:09:21
635	659	CARLOS AVEIRO		m	519 SEN-M	236 01:10:35	07:00	01:10:06
636	28	SOFIA REBOLA		f	117 SEN-F	53 01:11:13	07:03	01:10:38
637	257	CARLA SIMÕES		f	118 SEN-F	54 01:11:32	07:06	01:11:03
638	256	NUNO MARTINS		m	520 SEN-M	237 01:11:39	07:07	01:11:10
639	206	SARA FREITAS		f	119 SEN-F	55 01:11:47	07:07	01:11:15
640	205	PAULO ROSA		m	521 SEN-M	238 01:11:49	07:07	01:11:17
641	626	LUIS CAVALEIRO	RUN@FIGUEIRA	m	522 SEN-M	239 01:12:39	07:13	01:12:15
642	627	LARA AZAMBUJO	RUN@FIGUEIRA	f	120 SEN-F	56 01:12:40	07:13	01:12:15
643	304	PEDRO MADEIRA	AUTO-INDUSTRIAL	m	523 VET-M40	115 01:15:01	07:27	01:14:33
644	645	JOSÉ MARIA SEIÇA		m	524 VET-M60	17 01:15:17	07:29	01:14:57
645	51	RAFAEL SANTOS		m	525 SEN-M	240 01:22:02	08:09	01:21:33
646	60	CÉLIO CARVALHEIRO		m	526 SEN-M	241 01:22:02	08:09	01:21:32
647	294	SANDRA MATEUS	AUTO-INDUSTRIAL	f	121 VET-F40	48 01:22:41	08:13	01:22:17
648	389	PEDRO MIGUEL FERREIRA OLIVEI		m	527 SEN-M	242 01:28:00	08:44	01:27:22
649	124	ANA ROCHA	RUN@FIGUEIRA	f	122 SEN-F	57 01:28:03	08:44	01:27:26
650	78	MIGUEL JORGE TEIXEIRA DUARTE	GRUPO DO ESGUICHO	m	528 VET-M50	46 01:30:35	09:00	01:30:01
651	410	PEDRO SANTOS COSTA	CASA POVO DE ABRUNHEIRA	m	529 SEN-M	243 01:32:28	09:14	01:32:28