

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
1.	20	LUÍS PEREIRA	AGUÍAS DE ALVELOS	1	VET M35	1	32:14:00	03:13	<b>31:56:00</b>
2.	652	ROMEU GOUVEIA	C.M.MOURONHO	2	SUB 23 M	1	32:09:00	03:12	<b>32:11:00</b>
3.	441	TIAGO MACHADO	CASA DO POVO DE MANGUALDE	3	SEN M	1	32:42:00	03:16	<b>32:27:00</b>
4.	407	VASCO PEREIRA	ESCOLA ATLETISMO COIMBRA	4	SEN M	2	34:11:00	03:25	<b>33:53:00</b>
5.	327	DAVID PEDROSA	GIRA SOL	5	JUN M	1	34:19:00	03:25	<b>34:01:00</b>
6.	185	GILDO SILVA	CCRD BURINHOSA	6	SEN M	3	34:08:00	03:24	<b>34:09:00</b>
7.	414	IGOR CASTRO	ESCOLA ATLETISMO COIMBRA	7	SEN M	4	34:22:00	03:26	<b>34:10:00</b>
8.	408	JOÃO PEREIRA	ESCOLA ATLETISMO COIMBRA	8	VET M40	1	34:34:00	03:27	<b>34:15:00</b>
9.	406	RICARDO GASPAR	ESCOLA ATLETISMO COIMBRA	9	SEN M	5	34:35:00	03:27	<b>34:16:00</b>
10.	346	PAULO COSTA	VIRIATHVS RUNNERS VISEU	10	VET M45	1	34:41:00	03:28	<b>34:42:00</b>
11.	633	RICARDO JORDÃO	INDIVIDUAL	11	VET M35	2	35:03:00	03:30	<b>34:45:00</b>
12.	396	PEDRO GRAÇA	VERALLIA PORTUGAL	12	VET M40	2	34:52:00	03:29	<b>34:53:00</b>
13.	129	NUNO GONÇALVES	RUNCROSSTRAIL	13	VET M40	3	34:55:00	03:29	<b>34:56:00</b>
14.	527	LUIS MARTINS	CENTRO ATLETISMO TONDELA	14	VET M35	3	35:14:00	03:31	<b>34:57:00</b>
15.	511	JOÃO PATRÍCIO	DR. MERINO/4MOOVE	15	SUB 23 M	2	35:01:00	03:30	<b>35:03:00</b>
16.	495	ADÉRITO FONTES	ESC. ATL. COIMBRA/JPAIVA	16	VET M55	1	35:23:00	03:32	<b>35:05:00</b>
17.	248	LUIS RODRIGUES	CPT SOBRAL DE CEIRA	17	VET M35	4	35:45:00	03:34	<b>35:29:00</b>
18.	404	PAULO GARCIA	ESCOLA ATLETISMO COIMBRA	18	VET M45	2	35:51:00	03:35	<b>35:38:00</b>
19.	428	ANTÓNIO FERREIRA	INDIVIDUAL	19	VET M50	1	35:41:00	03:34	<b>35:42:00</b>
20.	273	JOSÉ LUIS TEIXEIRA	INDIVIDUAL	20	VET M50	2	35:48:00	03:34	<b>35:50:00</b>
21.	209	RUI COIMBRA	CENTRO ATLETISMO TONDELA	21	VET M35	5	36:09:00	03:36	<b>35:54:00</b>
22.	450	MAURO AZEVEDO	ESCOLA ATLETISMO COIMBRA	22	VET M45	3	36:17:00	03:37	<b>35:58:00</b>
23.	405	MÁRCIO PEREIRA	ESCOLA ATLETISMO COIMBRA	23	VET M35	6	36:12:00	03:37	<b>35:58:00</b>
24.	207	CARLOS RIBEIRO	CENTRO ATLETISMO TONDELA	24	VET M40	4	35:59:00	03:35	<b>36:01:00</b>
25.	415	JOSÉ GIL	ESCOLA ATLETISMO COIMBRA	25	VET M50	3	36:29:00	03:38	<b>36:16:00</b>
26.	94	ADRIANO FONSECA	VIVALLEY RUNNERS	26	VET M35	7	36:34:00	03:39	<b>36:17:00</b>
27.	116	CESARIO SIMÕES	CENTRO ATLETISMO SEIA	27	VET M45	4	36:17:00	03:37	<b>36:19:00</b>
28.	84	CARLOS PIMENTA	LUSOTEAM	28	VET M40	5	36:49:00	03:40	<b>36:31:00</b>
29.	507	PAULO ANTUNES	A. ACADEMICA COIMBRA	29	VET M45	5	36:50:00	03:41	<b>36:35:00</b>
30.	342	JOEL MARTINS	CMMOURONHO - ESCARAVELHOS	30	SEN M	6	36:37:00	03:39	<b>36:38:00</b>
31.	190	TIAGO TOMAS	CCRD BURINHOSA	31	SEN M	7	36:38:00	03:39	<b>36:40:00</b>
32.	95	CLÁUDIO FONSECA	VIVALLEY RUNNERS	32	VET M40	6	36:42:00	03:40	<b>36:44:00</b>
33.	206	RUI RODRIGUES	CENTRO ATLETISMO TONDELA	33	VET M35	8	37:03:00	03:42	<b>36:45:00</b>
34.	617	MANUEL FARIA	INDIVIDUAL	34	VET M55	2	37:09:00	03:42	<b>36:52:00</b>
35.	413	RUI MELO	ESCOLA ATLETISMO COIMBRA	35	SEN M	8	37:16:00	03:43	<b>36:59:00</b>
36.	332	RAFAEL NETO	QUIAIOS RUN TEAM	36	SEN M	9	37:01:00	03:42	<b>37:04:00</b>
37.	605	CARLA REIS	JUVENTUDE VIDIGALENSE	1	SUB 23 F	1	37:16:00	03:43	<b>37:05:00</b>
38.	349	JOÃO PAULO ALMEIDA	DCIPEDRULHA-MEALHADA	37	VET M50	4	37:14:00	03:43	<b>37:16:00</b>
39.	104	CRISTIANO SILVA	INDIVIDUAL	38	SEN M	10	37:15:00	03:43	<b>37:23:00</b>
40.	644	FRANCISCO ELIAS	INDIVIDUAL	39	SEN M	11	37:19:00	03:43	<b>37:24:00</b>
41.	147	ALFREDO GASPAR	INDIVIDUAL	40	SEN M	12	37:21:00	03:44	<b>37:29:00</b>
42.	608	AUGUSTO FIGUEIREDO	E A COIMBRA / JPAIVA	41	VET M45	6	37:50:00	03:47	<b>37:33:00</b>
43.	80	TELMO ALMEIDA	LÁGRIMAS TEAM	42	VET M40	7	37:35:00	03:45	<b>37:35:00</b>
44.	656	RENATO RODRIGUES	CPT SOBRAL DE CEIRA	43	VET M35	9	37:38:00	03:45	<b>37:40:00</b>
45.	399	EDUARDO CARDOSO	COIMBRA TRAIL RUNNING	44	VET M35	10	37:37:00	03:45	<b>37:40:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
46.	614	DIOGO MARQUES	INDIVIDUAL	45	SEN M	13	37:45:00	03:46	<b>37:48:00</b>
47.	466	JOSÉ TOJAL	ANR	46	VET M50	5	37:50:00	03:47	<b>37:50:00</b>
48.	645	LUIS VERISSIMO	CANAS	47	VET M45	7	37:46:00	03:46	<b>37:51:00</b>
49.	613	JOSÉ RODRIGUES	MOINHOS DA GÂNDARA TRAIL	48	SUB 23 M	3	37:49:00	03:46	<b>37:52:00</b>
50.	627	ANTONIO SILVA	CASA POVO DE ALCANENA	49	VET M50	6	38:12:00	03:49	<b>37:52:00</b>
51.	545	ALEXANDRA OLIVEIRA	FITTING POINT	2	SEN F	1	38:08:00	03:48	<b>37:52:00</b>
52.	195	RICARDO TEIXEIRA	DCI/PEDRULHA-MEALHADA	50	SEN M	14	37:50:00	03:47	<b>37:53:00</b>
53.	494	ANA PETINGA	ESC. ATLE. COIMBRA/JPAIVA	3	VET F35	1	38:16:00	03:49	<b>38:01:00</b>
54.	417	LUÍS PEREIRA	RUNFIGUEIRA	51	VET M45	8	37:58:00	03:47	<b>38:01:00</b>
55.	144	JOSÉ GONÇALVES	GRUPO ALEGRE UNIDO	52	VET M50	7	38:27:00	03:50	<b>38:09:00</b>
56.	710	RUBEN PINTO	RB-RANING	53	VET M35	11	38:09:00	03:48	<b>38:12:00</b>
57.	115	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	54	VET M35	12	38:19:00	03:49	<b>38:20:00</b>
58.	204	JOÃO SILVA	ACDRS QUINHENDROS	55	VET M35	13	38:25:00	03:50	<b>38:29:00</b>
59.	506	PEDRO VARELA	A. ACADEMICA COIMBRA	56	VET M45	9	38:46:00	03:52	<b>38:30:00</b>
60.	149	ANTÓNIO FERROLHO	INDIVIDUAL	57	VET M45	10	38:49:00	03:52	<b>38:31:00</b>
61.	126	PAULO MONTEIRO	INDIVIDUAL	58	VET M40	8	38:31:00	03:51	<b>38:32:00</b>
62.	188	DIOGO DUARTE	CCRD BURINHOSA	59	SEN M	15	38:31:00	03:51	<b>38:33:00</b>
63.	598	JOÃO SIMÕES	INDIVIDUAL	60	VET M40	9	38:39:00	03:51	<b>38:42:00</b>
64.	201	AURÉLIO SAÚDE	JOGGING LOVERS COIMBRA	61	VET M40	10	38:55:00	03:53	<b>38:58:00</b>
65.	96	RICARDO FONSECA	VIVALLEY RUNNERS	62	VET M40	11	39:03:00	03:54	<b>39:06:00</b>
66.	218	NUNO MENDES	CCRD BURINHOSA	63	VET M35	14	39:06:00	03:54	<b>39:08:00</b>
67.	208	MÁRIO LOPES	CENTRO ATLETISMO TONDELA	64	JUN M	2	39:28:00	03:56	<b>39:10:00</b>
68.	443	RICARDO GERMANO	INDIVIDUAL	65	SEN M	16	39:08:00	03:54	<b>39:11:00</b>
69.	267	JOSÉ ALMEIDA	VIRIATHVS RUNNERS VISEU	66	VET M40	12	39:32:00	03:57	<b>39:14:00</b>
70.	538	JOSE PIRES	INDIVIDUAL	67	VET M45	11	39:34:00	03:57	<b>39:15:00</b>
71.	62	CARLOS PINHO	CAOB	68	VET M40	13	39:33:00	03:57	<b>39:15:00</b>
72.	510	ALBERTO FRECHES	A. ACADEMICA COIMBRA	69	VET M55	3	39:34:00	03:57	<b>39:17:00</b>
73.	649	ARNALDO MENDES	CANAS	70	VET M35	15	39:10:00	03:55	<b>39:20:00</b>
74.	281	JOÃO DÂMASO	GRUPO MARAVILHA	71	SEN M	17	39:18:00	03:55	<b>39:24:00</b>
75.	121	PAULO GRILO	ARCORUN	72	VET M45	12	39:25:00	03:56	<b>39:33:00</b>
76.	353	PEDRO OLIVEIRA	AUTO-INDUSTRIAL	73	VET M40	14	39:39:00	03:57	<b>39:44:00</b>
77.	253	JOÃO PONTES	CLUVE	74	SEN M	18	39:43:00	03:58	<b>39:47:00</b>
78.	146	LUIS VILELA	MONTANHA CLUBE/EFAPEL	75	VET M40	15	40:04:00	04:00	<b>40:08:00</b>
79.	363	PEDRO MARIANO	INDIVIDUAL	76	SEN M	19	39:59:00	03:59	<b>40:11:00</b>
80.	372	JORGE ALVES	ESCOLA ATLETISMO COIMBRA	77	VET M45	13	40:12:00	04:01	<b>40:18:00</b>
81.	184	ANTÓNIO LOURENÇO	INDIVIDUAL	78	VET M45	14	40:23:00	04:02	<b>40:25:00</b>
82.	452	RUI SIMÕES	CMFF	79	VET M35	16	40:21:00	04:02	<b>40:26:00</b>
83.	616	GERMANO CAPELA	CA BARREIRA	80	VET M50	8	40:24:00	04:02	<b>40:26:00</b>
84.	58	NELSON DUARTE	SPORT CLUBE BEIRA-MAR	81	VET M40	16	40:24:00	04:02	<b>40:27:00</b>
85.	141	ANDRÉ FERNANDES	GRUPO ALEGRE UNIDO	82	VET M40	17	40:25:00	04:02	<b>40:28:00</b>
86.	389	NUNO COUTINHO	VERALLIA PORTUGAL	83	SEN M	20	40:22:00	04:02	<b>40:29:00</b>
87.	22	NUNO OLIVEIRA	INDIVIDUAL	84	SEN M	21	40:27:00	04:02	<b>40:31:00</b>
88.	300	JULIA LEGKOVA	AUTO- INDUSTRIAL	4	SEN F	2	40:31:00	04:03	<b>40:33:00</b>
89.	277	RAFAEL MATIAS	DCI/CCDRPEDRULHA-MEALHADA	85	SEN M	22	40:32:00	04:03	<b>40:34:00</b>
90.	161	HUGO CHUMBO	INDIVIDUAL	86	VET M40	18	40:34:00	04:03	<b>40:36:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
91.	508	FERNANDO AGANTE	A. ACADEMICA COIMBRA	87	VET M55	4	40:36:00	04:03	<b>40:39:00</b>
92.	216	MIGUEL LANÇA	INDIVIDUAL	88	VET M35	17	40:40:00	04:04	<b>40:44:00</b>
93.	171	GONÇALO GOMES	SEM SEDE	89	SEN M	23	40:41:00	04:04	<b>40:45:00</b>
94.	397	NUNO LOUREIRO	RUNFIGUEIRA	90	VET M45	15	40:40:00	04:04	<b>40:46:00</b>
95.	532	MÁRCIO RODRIGUES	ACDRS QUINHENDROS	91	VET M35	18	40:45:00	04:04	<b>40:48:00</b>
96.	449	JOSÉ S MACHADO	INDIVIDUAL	92	VET M35	19	40:46:00	04:04	<b>41:06:00</b>
97.	89	LINO SILVA	LAMA SOLTA	93	SEN M	24	40:56:00	04:05	<b>41:09:00</b>
98.	512	FERNANDO MORAIS	INDIVIDUAL	94	VET M55	5	41:15:00	04:07	<b>41:19:00</b>
99.	88	PEDRO MARQUES	LAMA SOLTA	95	SEN M	25	41:08:00	04:06	<b>41:21:00</b>
100.	128	DENISE PEREIRA	RUNCROSSTRAIL	5	SEN F	3	41:20:00	04:08	<b>41:23:00</b>
101.	160	URBANO MARQUES	INDIVIDUAL	96	SEN M	26	41:24:00	04:08	<b>41:24:00</b>
102.	350	LEONARDO JESUS	INDIVIDUAL	97	SEN M	27	41:16:00	04:07	<b>41:25:00</b>
103.	143	JORGE RODRIGUES	GRUPO ALEGRE UNIDO	98	VET M45	16	41:24:00	04:08	<b>41:26:00</b>
104.	59	BENTO BAPTISTA	CLUVE	99	VET M60	1	41:22:00	04:08	<b>41:26:00</b>
105.	479	JORGE HENRIQUES	LOURIVAL BIKE TEAM	100	SEN M	28	41:15:00	04:07	<b>41:26:00</b>
106.	585	ZE PEDRO	INDIVIDUAL	101	JUN M	3	41:19:00	04:07	<b>41:27:00</b>
107.	643	NUNO GAMEIRO	TEAMBALA	102	VET M40	19	41:11:00	04:07	<b>41:28:00</b>
108.	711	RUI OLIVEIRA	TEAMBALA	103	VET M40	20	41:12:00	04:07	<b>41:28:00</b>
109.	409	RUI SILVA	ESCOLA ATLETISMO COIMBRA	104	VET M40	21	41:48:00	04:10	<b>41:30:00</b>
110.	531	LUIS PEDROSA	I.D.VIEIRENSE	105	VET M50	9	41:26:00	04:08	<b>41:32:00</b>
111.	139	DANY GRILO	GRUPO ALEGRE UNIDO	106	SEN M	29	41:31:00	04:09	<b>41:32:00</b>
112.	463	JOSE FARO	VIRIATHVS RUNNERS VISEU	107	VET M45	17	41:19:00	04:07	<b>41:34:00</b>
113.	594	PEDRO ACÚRCIO	INDIVIDUAL	108	VET M40	22	41:19:00	04:07	<b>41:36:00</b>
114.	343	SANDRA SEMEDO	INDIVIDUAL	6	VET F40	1	41:13:00	04:07	<b>41:37:00</b>
115.	484	LUÍS ALMEIDA	INDIVIDUAL	109	VET M40	23	41:38:00	04:09	<b>41:38:00</b>
116.	117	CRISTIANO OLIVEIRA	MONTANHA CLUBE/EFAPEL	110	SUB 23 M	4	41:34:00	04:09	<b>41:43:00</b>
117.	90	DIANA GASPAR	INDIVIDUAL	7	VET F35	2	41:34:00	04:09	<b>41:43:00</b>
118.	600	VIRGÍLIO ALBERTO	GAU BAJOUCA	111	VET M45	18	41:41:00	04:10	<b>41:48:00</b>
119.	137	PEDRO SEQUEIRA	MONTANHA CLUBE/EFAPEL	112	SEN M	30	41:43:00	04:10	<b>41:48:00</b>
120.	560	ANDRÉ PAIVA	FARMÁCIA LUCIANO E MATOS	113	SEN M	31	41:38:00	04:09	<b>41:50:00</b>
121.	279	CARLOS CORREIA	INDIVIDUAL	114	VET M45	19	41:51:00	04:11	<b>41:51:00</b>
122.	637	NUNO AZUL	BIO TEAM RUN	115	VET M35	20	41:46:00	04:10	<b>41:52:00</b>
123.	624	NUNO FRANCO	CLUVE	116	VET M35	21	41:49:00	04:10	<b>41:52:00</b>
124.	65	CATARINA FERNANDES	VIRIATHVS RUNNERS VISEU	8	SEN F	4	41:57:00	04:11	<b>41:59:00</b>
125.	498	MARIO CARAPINHEIRO	INDIVIDUAL	117	VET M50	10	41:56:00	04:11	<b>41:59:00</b>
126.	565	LUIS BATALHA	SOURE MOV	118	VET M40	24	41:51:00	04:11	<b>42:00:00</b>
127.	473	TIAGO FILIPE BERNARDES SILVA	INDIVIDUAL	119	SEN M	32	41:53:00	04:11	<b>42:00:00</b>
128.	456	PAULO CORREIA	INDIVIDUAL	120	VET M45	20	41:57:00	04:11	<b>42:07:00</b>
129.	245	TELMO PEDRO	ASSOCIAÇÃO JORGE PINA	121	VET M35	22	42:01:00	04:12	<b>42:08:00</b>
130.	271	AMÍLCAR RAMOS	INDIVIDUAL	122	VET M40	25	42:06:00	04:12	<b>42:12:00</b>
131.	522	CARLOS ESTRADA	INERCIA SPORT CLUB	123	VET M55	6	42:01:00	04:12	<b>42:14:00</b>
132.	352	PEDRO MANSO	AUTO- INDUSTRIAL	124	VET M35	23	42:00:00	04:12	<b>42:16:00</b>
133.	21	LUÍS SILVA	INDIVIDUAL	125	VET M45	21	42:11:00	04:13	<b>42:19:00</b>
134.	31	JOAQUIM HENRIQUES	INDIVIDUAL	126	VET M40	26	42:17:00	04:13	<b>42:20:00</b>
135.	430	NUNO BUGALHO	INDIVIDUAL	127	SEN M	33	42:15:00	04:13	<b>42:22:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
136.	16	RUI PIRES	VIRIATHVS RUNNERS VISEU	128	VET M40	27	42:23:00	04:14	<b>42:26:00</b>
137.	205	BRUNO ARAÚJO	INDIVIDUAL	129	SEN M	34	42:14:00	04:13	<b>42:26:00</b>
138.	163	ANTÓNIO TEIXEIRA MOREIRA	INDIVIDUAL	130	VET M60	2	42:17:00	04:13	<b>42:27:00</b>
139.	472	VITOR PEREIRA	INDIVIDUAL	131	SEN M	35	42:21:00	04:14	<b>42:29:00</b>
140.	15	PATRÍCIA FERNANDES	ARSM S MIGUEL POIARES	9	SEN F	5	42:25:00	04:14	<b>42:29:00</b>
141.	718	JOSÉ FÉTEIRA	INDIVIDUAL	132	VET M50	11	42:25:00	04:14	<b>42:29:00</b>
142.	591	FABIO GASPAR	CDOL	133	SEN M	36	42:44:00	04:16	<b>42:31:00</b>
143.	607	NELSON SANTOS	C A COIMBRA / J PAIVA	134	VET M50	12	42:17:00	04:13	<b>42:34:00</b>
144.	535	LUÍS MENDES	ABUTRES RUNNING TEAM	135	VET M40	28	42:34:00	04:15	<b>42:39:00</b>
145.	179	MARISA JOÃO	RECREIO DESP. DE ÁGUEDA	10	VET F40	2	42:40:00	04:16	<b>42:43:00</b>
146.	378	FILIPE PINHÃO	VERALLIA PORTUGAL	136	SEN M	37	42:45:00	04:16	<b>42:45:00</b>
147.	293	PAULA MOURA	AUTO- INDUSTRIAL	11	VET F40	3	42:26:00	04:14	<b>42:46:00</b>
148.	382	FERNANDO SOUSA	VERALLIA PORTUGAL	137	VET M50	13	42:41:00	04:16	<b>42:48:00</b>
149.	361	EDUARDO JOANES	CMFF	138	VET M40	29	42:38:00	04:15	<b>42:49:00</b>
150.	25	PEDRO FIGUEIREDO	BIO TEAM RUN	139	VET M35	24	42:44:00	04:16	<b>42:50:00</b>
151.	582	RICARDO MOTA	SRI CHINMOY MARATHON TEAM	140	VET M40	30	42:38:00	04:15	<b>42:50:00</b>
152.	246	FILIPE BUGALHO	INDIVIDUAL	141	SEN M	38	42:44:00	04:16	<b>42:51:00</b>
153.	509	JOAQUIM POCINHO	A. ACADEMICA COIMBRA	142	VET M55	7	42:46:00	04:16	<b>42:52:00</b>
154.	562	SILVÉRIO SILVA	PASCOALITOS AD BARCOUÇO	143	SEN M	39	43:08:00	04:18	<b>42:55:00</b>
155.	191	JORGE DELGADO	CASA BENFICA FIGUEIRA FOZ	144	SEN M	40	42:51:00	04:17	<b>42:57:00</b>
156.	275	NUNO SANTOS NUNO SANTOS	HELIFLEX	145	VET M35	25	42:47:00	04:16	<b>42:57:00</b>
157.	99	HENRIQUE FERNANDES	BIO TEAM RUN	146	VET M40	31	42:53:00	04:17	<b>43:00:00</b>
158.	629	ALEXANDRE CONCHO	AUTO- INDUSTRIAL	147	SEN M	41	42:52:00	04:17	<b>43:01:00</b>
159.	86	LUIS NUNES	INDIVIDUAL	148	VET M40	32	43:00:00	04:18	<b>43:05:00</b>
160.	155	AMILCAR COSTA	ACRM SILVEIRINHA GRANDE	149	VET M45	22	42:58:00	04:17	<b>43:08:00</b>
161.	418	RUI TROVÃO	CMFF	150	VET M35	26	43:01:00	04:18	<b>43:13:00</b>
162.	217	JOSÉ SEQUEIRA	MONTANHA CLUB/EFAPEL	151	SEN M	42	43:13:00	04:19	<b>43:15:00</b>
163.	213	CARLA SANTOS	MONTANHA CLUB/EFAPEL	12	SEN F	6	43:13:00	04:19	<b>43:15:00</b>
164.	567	JORGE CORDEIRO	SOURE MOV	152	VET M40	33	43:07:00	04:18	<b>43:19:00</b>
165.	719	HORÁCIO FERREIRA	INDIVIDUAL	153	VET M45	23	43:15:00	04:19	<b>43:19:00</b>
166.	152	JOEL SANTOS	ACRM SILVEIRINHA GRANDE	154	SEN M	43	43:16:00	04:19	<b>43:21:00</b>
167.	135	JOAO REIS	INDIVIDUAL	155	VET M45	24	43:22:00	04:20	<b>43:27:00</b>
168.	243	MIGUEL LARANJEIRA	INDIVIDUAL	156	VET M40	34	43:29:00	04:20	<b>43:29:00</b>
169.	639	FÁBIO PEDROSA	SEM SEDE	157	SEN M	44	43:26:00	04:20	<b>43:30:00</b>
170.	153	LUÍS CARVALHEIRO	ACRM SILVEIRINHA GRANDE	158	VET M40	35	43:24:00	04:20	<b>43:34:00</b>
171.	590	JOÃO BATISTA	INERCIA SPORT CLUB	159	VET M35	27	43:23:00	04:20	<b>43:37:00</b>
172.	502	JOÃO RAINHO	BIO TEAM RUN	160	VET M55	8	43:30:00	04:21	<b>43:38:00</b>
173.	262	PAULO REIS	INDIVIDUAL	161	VET M40	36	43:33:00	04:21	<b>43:38:00</b>
174.	57	ANTÓNIO LEMOS	INDIVIDUAL	162	VET M60	3	43:33:00	04:21	<b>43:39:00</b>
175.	11	PEDRO PEJAPES	C.A. NAZARÉ	163	VET M35	28	43:31:00	04:21	<b>43:39:00</b>
176.	46	ALEXANDRE GOMES	INDIVIDUAL	164	VET M40	37	43:18:00	04:19	<b>43:41:00</b>
177.	306	RUI SILVA	OS PAPA MILHAS	165	VET M45	25	43:23:00	04:20	<b>43:42:00</b>
178.	411	LUC HENNETIER	ESCOLA ATLETISMO COIMBRA	166	VET M40	38	43:41:00	04:22	<b>43:44:00</b>
179.	310	TORBJÖRN CHAMI	INDIVIDUAL	167	VET M55	9	43:43:00	04:22	<b>43:49:00</b>
180.	655	MARINA AMORIM	ADM - ORIMONDEGO	13	VET F35	3	43:44:00	04:22	<b>43:49:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
181.	282	FÁBIO COSTA	KALEIJADOS	168	SEN M	45	43:38:00	04:21	<b>43:50:00</b>
182.	505	MARTA LOBO	A. ACADEMICA COIMBRA	14	SEN F	7	43:48:00	04:22	<b>43:50:00</b>
183.	426	DAVID PATRÍCIO	CPT SOBRAL DE CEIRA	169	VET M50	14	43:55:00	04:23	<b>44:00:00</b>
184.	202	BRUNO TORREIRA	ACDRS QUINHENDROS	170	VET M35	29	43:52:00	04:23	<b>44:01:00</b>
185.	103	LUÍS GASPAR	MOINHOS DA GÂNDARA TRAIL	171	SEN M	46	43:49:00	04:22	<b>44:01:00</b>
186.	555	LUÍS MARQUES	LAMA SOLTA	172	SEN M	47	43:49:00	04:22	<b>44:04:00</b>
187.	189	PAULO DUARTE	CCRD BURINHOSA	173	VET M50	15	43:57:00	04:23	<b>44:04:00</b>
188.	657	VITOR SERRA	INDIVIDUAL	174	VET M40	39	43:59:00	04:23	<b>44:04:00</b>
189.	491	TONY VIEIRA	BIOCORPO	175	SEN M	48	44:05:00	04:24	<b>44:05:00</b>
190.	274	BRUNO RODRIGUES	ACDRS QUINHENDROS	176	VET M35	30	44:07:00	04:24	<b>44:11:00</b>
191.	348	EDUARDO RIBEIRO	ARCA	177	VET M35	31	43:55:00	04:23	<b>44:13:00</b>
192.	203	ANTÓNIO SILVA	ACDRS QUINHENDROS	178	VET M60	4	44:18:00	04:25	<b>44:18:00</b>
193.	715	ANDRE TESTE		179	VET M45	26	44:15:00	04:25	<b>44:23:00</b>
194.	442	ANDRÉ OLIVEIRA	BAND OF RUNNERS	180	VET M35	32	44:28:00	04:26	<b>44:28:00</b>
195.	478	ANDRÉ BELO	INDIVIDUAL	181	SEN M	49	44:09:00	04:24	<b>44:28:00</b>
196.	157	JOÃO SINTRA	ACRM SILVEIRINHA GRANDE	182	VET M55	10	44:18:00	04:25	<b>44:31:00</b>
197.	497	DIOGO MARTINS	INDIVIDUAL	183	SEN M	50	44:23:00	04:26	<b>44:31:00</b>
198.	514	ANDRE MAGALHAES	ARSM - A. R.DE S.MIGUEL	184	VET M35	33	44:24:00	04:26	<b>44:32:00</b>
199.	481	NUNO RIBEIRO	FIGUEIRA KAYAK CLUB	185	VET M35	34	44:25:00	04:26	<b>44:35:00</b>
200.	440	BRUNO FERREIRA	ACRDS QUINHENDROS	186	VET M35	35	44:29:00	04:26	<b>44:35:00</b>
201.	210	PEDRO MENDES	INDIVIDUAL	187	VET M40	40	44:31:00	04:27	<b>44:36:00</b>
202.	519	RICARDO PEREIRA	INDIVIDUAL	188	SEN M	51	44:33:00	04:27	<b>44:39:00</b>
203.	194	RUI FARIA	CASA BENFICA FIGUEIRA FOZ	189	VET M45	27	44:34:00	04:27	<b>44:39:00</b>
204.	368	PAULO GARCIA	CMFF	190	VET M45	28	44:36:00	04:27	<b>44:39:00</b>
205.	64	RICARDO PROENÇA	FIGUEIRA RUNNERS	191	VET M40	41	44:38:00	04:27	<b>44:43:00</b>
206.	196	FREDERICO CARVALHO	INDIVIDUAL	192	VET M40	42	44:34:00	04:27	<b>44:45:00</b>
207.	164	MARCO ANTÓNIO MOREIRA	INDIVIDUAL	193	SEN M	52	44:35:00	04:27	<b>44:46:00</b>
208.	347	HEBER PIRES	PASCOALITOS A.D.BARCOUÇO	194	SEN M	53	44:47:00	04:28	<b>44:49:00</b>
209.	174	HERNANI MARTINHO	SEM SEDE	195	VET M35	36	44:46:00	04:28	<b>44:50:00</b>
210.	118	PAULO FIGUEIREDO	INDIVIDUAL	196	VET M35	37	44:42:00	04:28	<b>44:52:00</b>
211.	485	PEDRO BOIA	RUNFIGUEIRA	197	VET M40	43	44:47:00	04:28	<b>44:55:00</b>
212.	513	NUNO BANDARRA	FIGUEIRA KAYAK CLUB	198	VET M40	44	44:49:00	04:28	<b>44:56:00</b>
213.	549	JOÃO CAPELÔA	HELIFLEX	199	VET M50	16	44:54:00	04:29	<b>45:01:00</b>
214.	224	JOSÉ LUCIO VENTURA	INDIVIDUAL	200	VET M45	29	44:47:00	04:28	<b>45:02:00</b>
215.	288	FERNANDO SANTOS	AUTO- INDUSTRIAL	201	VET M55	11	44:59:00	04:29	<b>45:05:00</b>
216.	237	NUNO CABRAL	JOGGING LOVERS COIMBRA	202	VET M35	38	45:06:00	04:30	<b>45:09:00</b>
217.	233	PEDRO VIEIRA	RUN'ESTES	203	SUB 23 M	5	44:55:00	04:29	<b>45:12:00</b>
218.	232	PAULO MATAFOME	RUN'ESTES	204	SEN M	54	45:02:00	04:30	<b>45:20:00</b>
219.	18	VITOR SANTOS	ESCOLA ATLETISMO COIMBRA	205	VET M50	17	45:12:00	04:31	<b>45:22:00</b>
220.	421	FRANCISCO MOREIRA	CMFF	206	VET M55	12	45:16:00	04:31	<b>45:25:00</b>
221.	45	JOSÉ NEVES	INDIVIDUAL	207	SEN M	55	45:04:00	04:30	<b>45:27:00</b>
222.	650	RUBEN SILVA	CANAS	208	SEN M	56	45:12:00	04:31	<b>45:29:00</b>
223.	24	TIAGO COSTA	INDIVIDUAL	209	SEN M	57	45:22:00	04:32	<b>45:33:00</b>
224.	570	MIGUEL VIDAL	SOURE MOV	210	VET M35	39	45:26:00	04:32	<b>45:34:00</b>
225.	41	HUGO DIAS	INDIVIDUAL	211	VET M40	45	45:24:00	04:32	<b>45:36:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
226.	568	JOSE MADEIRA	SOURE MOV	212	VET M40	46	45:26:00	04:32	<b>45:38:00</b>
227.	720	MOISES NUNES	INDIVIDUAL	213	VET M45	30	45:37:00	04:33	<b>45:42:00</b>
228.	34	MARCO LUIS SILVA	INDIVIDUAL	214	JUN M	4	45:35:00	04:33	<b>45:46:00</b>
229.	611	VITOR TOMAZ	BIO TEAM RUN	215	VET M40	47	45:41:00	04:34	<b>45:47:00</b>
230.	317	DANIEL MENDES	RUN_FIGUEIRA	216	VET M40	48	45:31:00	04:33	<b>45:48:00</b>
231.	138	TIAGO PEDROSA	GRUPO ALEGRE UNIDO	217	SEN M	58	45:45:00	04:34	<b>45:48:00</b>
232.	394	CARLOS PALAIO	VERALLIA PORTUGAL	218	VET M45	31	45:40:00	04:34	<b>45:49:00</b>
233.	551	LEONEL RITO	HELIFLEX	219	VET M45	32	45:28:00	04:32	<b>45:50:00</b>
234.	305	MIGUEL VASCO	INDIVIDUAL	220	VET M40	49	45:49:00	04:34	<b>45:51:00</b>
235.	100	PEDRO MONTEIRO	INDIVIDUAL	221	VET M35	40	45:43:00	04:34	<b>45:53:00</b>
236.	119	LUÍS PATRÍCIO	LITOFISH	222	VET M35	41	45:49:00	04:34	<b>45:54:00</b>
237.	19	DANIEL SILVA	LITOFISH	223	SEN M	59	45:49:00	04:34	<b>45:54:00</b>
238.	140	PEDRO CABECINHAS	GRUPO ALEGRE UNIDO	224	VET M40	50	45:48:00	04:34	<b>45:56:00</b>
239.	576	RICARDO PASCOA	SOURE MOV	225	VET M35	42	45:51:00	04:35	<b>45:59:00</b>
240.	226	VASCO GOMES	INDIVIDUAL	226	SEN M	60	45:56:00	04:35	<b>46:01:00</b>
241.	227	ANDRÉ NUNES	CASA DO POVO DE MANGUALDE	227	SUB 23 M	6	45:43:00	04:34	<b>46:02:00</b>
242.	575	NUNO PINHEIRO	SOURE MOV	228	VET M45	33	46:04:00	04:36	<b>46:06:00</b>
243.	299	FRANCISCO MENDES	AUTO- INDUSTRIAL	229	VET M40	51	46:02:00	04:36	<b>46:08:00</b>
244.	632	ANTÓNIO PEREIRA VALEZIM	INDIVIDUAL	230	VET M55	13	46:03:00	04:36	<b>46:10:00</b>
245.	345	DINIS SANTOS	INDIVIDUAL	231	SEN M	61	45:52:00	04:35	<b>46:12:00</b>
246.	358	FILIFE CARVALHO	MORE TEAM	232	VET M50	18	46:09:00	04:36	<b>46:13:00</b>
247.	381	PAULO PINTO	VERALLIA PORTUGAL	233	VET M55	14	46:04:00	04:36	<b>46:15:00</b>
248.	32	JOSE SÁ	INDIVIDUAL	234	SEN M	62	46:10:00	04:37	<b>46:20:00</b>
249.	447	MÁRIO SANTOS	RUNFIGUEIRA	235	SEN M	63	46:03:00	04:36	<b>46:22:00</b>
250.	606	RUI MOURA	VIRIATHVS RUNNERS VISEU	236	SEN M	64	46:20:00	04:38	<b>46:25:00</b>
251.	548	BRUNO TOITO	HELIFLEX	237	VET M35	43	46:03:00	04:36	<b>46:26:00</b>
252.	541	ANDRÉ LOPES	CCD CRÉDITO AGRÍCOLA	238	SEN M	65	45:55:00	04:35	<b>46:27:00</b>
253.	225	VITOR GOMES	CLUVE	239	VET M50	19	46:22:00	04:38	<b>46:28:00</b>
254.	44	FILIFE SANTOS	INDIVIDUAL	240	VET M40	52	46:08:00	04:36	<b>46:31:00</b>
255.	113	JORGE FARIA	CUMIBROA RUNNING TEAM	241	VET M40	53	46:29:00	04:38	<b>46:32:00</b>
256.	459	ROBERTO GOMES	TRANSPIRAVISEUPHAARMPEÇAS	242	SEN M	66	46:28:00	04:38	<b>46:37:00</b>
257.	60	JOÃO SEIÇA	INDIVIDUAL	243	VET M35	44	46:19:00	04:37	<b>46:37:00</b>
258.	390	PEDRO FREITAS	VERALLIA PORTUGAL	244	VET M35	45	46:33:00	04:39	<b>46:38:00</b>
259.	596	RICARDO BENZINHO	BIOCORPO	245	VET M35	46	46:39:00	04:39	<b>46:39:00</b>
260.	622	JOSÉ MARQUES	INDIVIDUAL	246	VET M40	54	46:24:00	04:38	<b>46:42:00</b>
261.	388	FAUSTO CARVALHO	VERALLIA PORTUGAL	247	VET M60	5	46:40:00	04:40	<b>46:45:00</b>
262.	145	SÉRGIO MARCELINO	GRUPO ALEGRE UNIDO	248	VET M50	20	47:05:00	04:42	<b>46:47:00</b>
263.	362	ALEXANDRA CRAVEIRO	CMFF	15	VET F40	4	45:53:00	04:35	<b>46:47:00</b>
264.	400	PAULA VIDAS	COIMBRA TRAIL RUNNING	16	VET F50	1	46:42:00	04:40	<b>46:48:00</b>
265.	402	PAULO POLÓNIO	COIMBRA TRAIL RUNNING	249	VET M50	21	46:40:00	04:40	<b>46:48:00</b>
266.	132	FILIP KOZIY	PASCOALITOS	250	VET M35	47	46:47:00	04:40	<b>46:51:00</b>
267.	331	DÁRIO PEREIRA	INDIVIDUAL	251	SEN M	67	46:48:00	04:40	<b>46:52:00</b>
268.	251	AUGUSTO LABORDA	INDIVIDUAL	252	VET M60	6	46:43:00	04:40	<b>46:54:00</b>
269.	29	LEONEL CONCHO	INDIVIDUAL	253	VET M40	55	46:49:00	04:40	<b>46:58:00</b>
270.	214	MIGUEL BATISTA	VIRIATHVS RUNNERS VISEU	254	VET M40	56	46:56:00	04:41	<b>47:00:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
271.	250	JOAQUIM PEREIRA	INDIVIDUAL	255	VET M60	7	46:51:00	04:41	<b>47:02:00</b>
272.	588	RICARDO BISCAIA	INDIVIDUAL	256	VET M45	34	46:56:00	04:41	<b>47:07:00</b>
273.	165	NUNO SANTOS	SEM SEDE	257	SEN M	68	46:57:00	04:41	<b>47:08:00</b>
274.	425	JOÃO LOPES	INDIVIDUAL	258	VET M50	22	46:45:00	04:40	<b>47:11:00</b>
275.	377	JOÃO LOUREIRO	VERALLIA PORTUGAL	259	VET M40	57	46:58:00	04:41	<b>47:12:00</b>
276.	501	ABEL CONDESSO	INDIVIDUAL	260	VET M40	58	46:41:00	04:40	<b>47:13:00</b>
277.	296	CARLOS CUNHA	AUTO- INDUSTRIAL	261	VET M50	23	46:57:00	04:41	<b>47:17:00</b>
278.	297	LUIS LEITÃO	AUTO- INDUSTRIAL	262	VET M40	59	46:57:00	04:41	<b>47:17:00</b>
279.	477	ANDRÉ ACÚRCIO	INDIVIDUAL	263	SEN M	69	46:59:00	04:41	<b>47:21:00</b>
280.	573	HUGO MAROUVO	SOURE MOV	264	VET M35	48	47:11:00	04:43	<b>47:24:00</b>
281.	386	JOSÉ BATATA	VERALLIA PORTUGAL	265	VET M50	24	47:17:00	04:43	<b>47:29:00</b>
282.	712	PAULO ROCHA	VERALLIA PORTUGAL	266	VET M40	60	47:15:00	04:43	<b>47:29:00</b>
283.	359	CARLA CARVALHO	MORE TEAM	17	VET F40	5	47:25:00	04:44	<b>47:29:00</b>
284.	654	NUNO FONTES	RUN'ESTES	267	SEN M	70	47:18:00	04:43	<b>47:35:00</b>
285.	412	DIOGO FERREIRA	ESCOLA ATLETISMO COIMBRA	268	SEN M	71	47:35:00	04:45	<b>47:37:00</b>
286.	369	FILIPE MAMEDE	INDIVIDUAL	269	VET M40	61	47:20:00	04:44	<b>47:38:00</b>
287.	323	VICTOR FIGUEIREDO	VIRIATHVS RUNNERS VISEU	270	VET M45	35	47:46:00	04:46	<b>47:46:00</b>
288.	716	NUNO FONTES	INDIVIDUAL	271	VET M45	36	47:20:00	04:44	<b>47:51:00</b>
289.	254	JOSÉ CARDOSO	INDIVIDUAL	272	VET M45	37	47:53:00	04:47	<b>47:53:00</b>
290.	529	PAULO FERNANDES	INDIVIDUAL	273	VET M50	25	47:35:00	04:45	<b>47:53:00</b>
291.	550	ÓSCAR BAPTISTA	HELIFLEX	274	VET M35	49	47:47:00	04:46	<b>47:55:00</b>
292.	557	JOSÉ PATA	INDIVIDUAL	275	VET M50	26	47:49:00	04:46	<b>47:57:00</b>
293.	230	CARLOS ALMEIDA	CASA DO POVO DE MANGUALDE	276	VET M55	15	47:39:00	04:45	<b>47:57:00</b>
294.	294	FERNANDO BATISTA	AUTO- INDUSTRIAL	277	VET M50	27	47:49:00	04:46	<b>47:59:00</b>
295.	620	SUSANA MESQUITA	INDIVIDUAL	18	SEN F	8	48:00:00	04:48	<b>48:00:00</b>
296.	238	PEDRO PINTO	O MUNDO DA CORRIDA	278	VET M35	50	47:49:00	04:46	<b>48:05:00</b>
297.	444	NUNO CAVACAS	INDIVIDUAL	279	VET M40	62	48:04:00	04:48	<b>48:08:00</b>
298.	186	TELMO PEDROSO	CCRD BURINHOSA	280	VET M40	63	48:00:00	04:48	<b>48:08:00</b>
299.	420	VALTER RAINHO	CMFF	281	VET M40	64	48:02:00	04:48	<b>48:09:00</b>
300.	385	LUÍS GASPAR	VERALLIA PORTUGAL	282	VET M45	38	48:01:00	04:48	<b>48:12:00</b>
301.	636	JOSÉ DUARTE	INDIVIDUAL	283	VET M45	39	47:58:00	04:47	<b>48:13:00</b>
302.	717	FILIPE FONTES	INDIVIDUAL	284	SEN M	72	47:41:00	04:46	<b>48:13:00</b>
303.	71	JOÃO CAVADAS	LÁGRIMAS TEAM	285	VET M50	28	48:07:00	04:48	<b>48:17:00</b>
304.	336	RUI MIGUEL FEIJÃO	SALDO VÁLIDO	286	VET M45	40	48:00:00	04:48	<b>48:22:00</b>
305.	12	JOSÉ NOGUEIRA	C.A. NAZARÉ	287	VET M45	41	48:16:00	04:49	<b>48:22:00</b>
306.	335	FERNANDO CARLOS LOPES	SALDO VÁLIDO	288	VET M50	29	48:00:00	04:48	<b>48:22:00</b>
307.	561	MELANIE DUARTE	FARMÁCIA LUCIANO E MATOS	19	VET F35	4	48:10:00	04:49	<b>48:23:00</b>
308.	728	JOÃO SANTOS	INDIVIDUAL	289	SEN M	73	48:04:00	04:48	<b>48:25:00</b>
309.	465	MIGUEL OLIVEIRA	INDIVIDUAL	290	VET M40	65	48:16:00	04:49	<b>48:29:00</b>
310.	722	PAULO LOPES	C. PÉ TORTO	291	VET M40	66	48:16:00	04:49	<b>48:32:00</b>
311.	38	ALZIRA FERNANDES COSTA BARROS	VIRIATHVS RUNNERS VISEU	20	VET F40	6	48:28:00	04:50	<b>48:33:00</b>
312.	50	JOANA ALVES	VIRIATHVS RUNNERS VISEU	21	SUB 23 F	2	48:31:00	04:51	<b>48:34:00</b>
313.	212	JORGE RESENDE	INDIVIDUAL	292	VET M35	51	48:12:00	04:49	<b>48:35:00</b>
314.	725	GONÇALO BASILIO	INDIVIDUAL	293	VET M35	52	48:28:00	04:50	<b>48:36:00</b>
315.	318	SUSANA SALVATERRA	RUN_FIGUEIRA	22	VET F40	7	48:24:00	04:50	<b>48:41:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
316.	580	MARCO CAÇÃO	INDIVIDUAL	294	VET M40	67	48:34:00	04:51	<b>48:41:00</b>
317.	384	JOSÉ SANTOS	VERALLIA PORTUGAL	295	VET M50	30	48:31:00	04:51	<b>48:41:00</b>
318.	464	LUIS LOUREIRO	VIRIATHVS RUNNERS VISEU	296	VET M40	68	48:27:00	04:50	<b>48:43:00</b>
319.	219	NUNO SILVA	RUN SHAR	297	VET M35	53	48:41:00	04:52	<b>48:49:00</b>
320.	375	FILIPE PAIVA	VERALLIA PORTUGAL	298	VET M50	31	48:12:00	04:49	<b>48:51:00</b>
321.	651	LUIS VERISSIMO	CANAS	299	VET M45	42	47:27:00	04:44	<b>49:02:00</b>
322.	136	BRUNO CAÇÃO	INDIVIDUAL	300	VET M35	54	48:58:00	04:53	<b>49:05:00</b>
323.	383	PAULO NETO	VERALLIA PORTUGAL	301	VET M60	8	48:59:00	04:53	<b>49:12:00</b>
324.	56	RICARDO SANTOS	BIO TEAM RUN	302	VET M35	55	49:09:00	04:54	<b>49:17:00</b>
325.	641	ANABELA FONSECA	BIO TEAM RUN	23	VET F45	1	49:09:00	04:54	<b>49:18:00</b>
326.	589	URÂNIA CHUVA	INDIVIDUAL	24	VET F40	8	49:11:00	04:55	<b>49:19:00</b>
327.	231	MICHAEL VIEGAS	RUN'ESTES	303	SUB 23 M	7	49:06:00	04:54	<b>49:24:00</b>
328.	587	CLÁUDIA ROCHA	CMFF	25	VET F40	9	49:18:00	04:55	<b>49:26:00</b>
329.	112	CARLOS MENDES	CUMIBROA RUNNING TEAM	304	SEN M	74	49:20:00	04:56	<b>49:26:00</b>
330.	109	CESARIO JORDÃO SILVA	INDIVIDUAL	305	VET M55	16	49:04:00	04:54	<b>49:27:00</b>
331.	642	DIANA FILIPE	BIOCORPO	26	SEN F	9	49:05:00	04:54	<b>49:27:00</b>
332.	125	JOEL PEDROSA SIMÕES	INDIVIDUAL	306	SEN M	75	49:17:00	04:55	<b>49:29:00</b>
333.	467	DANIEL RODRIGUES	OS VALAS	307	SEN M	76	49:08:00	04:54	<b>49:29:00</b>
334.	454	PEDRO SOUSA	VIRIATHVS RUNNERS VISEU	308	VET M40	69	49:30:00	04:57	<b>49:30:00</b>
335.	337	RICARDO ANGELINO	BIOCORPO	309	SEN M	77	49:11:00	04:55	<b>49:32:00</b>
336.	162	JOÃO PEREIRA	INDIVIDUAL	310	VET M45	43	49:13:00	04:55	<b>49:33:00</b>
337.	114	HUGO GODINHO	CUMIBROA RUNNING TEAM	311	SEN M	78	49:28:00	04:56	<b>49:34:00</b>
338.	308	MANUEL TAVARES	OS PAPA MILHAS	312	VET M45	44	49:17:00	04:55	<b>49:37:00</b>
339.	556	RUI AMADO	VIRIATHVS RUNNERS VISEU	313	VET M45	45	49:35:00	04:57	<b>49:40:00</b>
340.	360	HENRIQUE SIMÕES	CMFF	314	VET M35	56	49:32:00	04:57	<b>49:44:00</b>
341.	39	PAULO JOSÉ MARQUES FERNAND	VIRIATHVS RUNNERS VISEU	315	VET M50	32	49:42:00	04:58	<b>49:48:00</b>
342.	74	NUNO SIMÕES	DAR SANGUE HUC	316	VET M40	70	49:36:00	04:57	<b>49:49:00</b>
343.	280	JOSE LOPES	INDIVIDUAL	317	VET M45	46	49:47:00	04:58	<b>49:51:00</b>
344.	515	CARLOS PORTELA	INDIVIDUAL	318	VET M50	33	49:28:00	04:56	<b>49:53:00</b>
345.	504	MARCO CASAS NOVAS	INDIVIDUAL	319	SEN M	79	49:40:00	04:58	<b>49:53:00</b>
346.	26	VASCO GOMES	INDIVIDUAL	320	SEN M	80	49:18:00	04:55	<b>49:59:00</b>
347.	102	OLGA FELAMINO	MOINHOS DA GÂNDARA TRAIL	27	VET F35	5	49:51:00	04:59	<b>50:02:00</b>
348.	433	JORGE ALMEIDA	INDIVIDUAL	321	VET M35	57	49:31:00	04:57	<b>50:03:00</b>
349.	249	JOÃO MARICATO	BIO TEAM RUN	322	VET M40	71	50:00:00	05:00	<b>50:13:00</b>
350.	525	MIGUEL CAPELA	INDIVIDUAL	323	VET M40	72	50:07:00	05:00	<b>50:19:00</b>
351.	595	VITOR FERNANDES	SAI DE GATAS BTTEAM	324	VET M40	73	50:07:00	05:00	<b>50:22:00</b>
352.	257	ROSA GUARDÃO	INDIVIDUAL	28	VET F45	2	50:08:00	05:00	<b>50:23:00</b>
353.	528	JOÃO MELANDA	MOINHOS DA GÂNDARA TRAIL	325	SEN M	81	50:13:00	05:01	<b>50:24:00</b>
354.	304	JOSÉ MOITA	VIRIATHVS RUNNERS VISEU	326	VET M45	47	50:22:00	05:02	<b>50:29:00</b>
355.	640	RICARDO PEREIRA	INDIVIDUAL	327	VET M35	58	50:13:00	05:01	<b>50:30:00</b>
356.	154	NELSON MARQUES	ACRM SILVEIRINHA GRANDE	328	VET M40	74	50:18:00	05:01	<b>50:32:00</b>
357.	544	MIGUEL SIMÕES	CARACÓIS DE CORRIDA	329	VET M40	75	50:07:00	05:00	<b>50:33:00</b>
358.	82	JORGE MELO	INDIVIDUAL	330	VET M40	76	50:09:00	05:00	<b>50:33:00</b>
359.	265	MARIA ALBINA SILVA	INDIVIDUAL	29	VET F45	3	50:14:00	05:01	<b>50:33:00</b>
360.	264	CARLOS SILVA	INDIVIDUAL	331	VET M50	34	50:13:00	05:01	<b>50:34:00</b>



Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
361.	534	PEDRO CAÇÃO	VERALLIA PORTUGAL	332	VET M40	77	50:03:00	05:00	<b>50:34:00</b>
362.	151	JOÃO PEREIRA GRAÇA	ACRM SILVEIRINHA GRANDE	333	VET M60	9	50:29:00	05:02	<b>50:39:00</b>
363.	319	MARIANA DUARTE	INDIVIDUAL	30	SEN F	10	50:23:00	05:02	<b>50:40:00</b>
364.	445	ANDREIA CALVELAS	INDIVIDUAL	31	VET F35	6	50:23:00	05:02	<b>50:40:00</b>
365.	256	MARIA VALE	VIRIATHVS RUNNERS VISEU	32	VET F45	4	50:37:00	05:03	<b>50:41:00</b>
366.	653	NELSON DIAS	INDIVIDUAL	334	VET M35	59	50:28:00	05:02	<b>50:42:00</b>
367.	599	RAMIRO RODRIGUES	GAU BAJOUCA	335	VET M60	10	50:38:00	05:03	<b>50:42:00</b>
368.	631	FRANCISCO SANTOS	ARENA FITNESS	336	SEN M	82	50:47:00	05:04	<b>50:47:00</b>
369.	380	PEDRO FERREIRA	VERALLIA PORTUGAL	337	VET M40	78	50:39:00	05:03	<b>50:52:00</b>
370.	266	DANIELA MENDES	BIO TEAM RUN	33	SEN F	11	50:44:00	05:04	<b>50:53:00</b>
371.	263	LUIS MOÇO	INDIVIDUAL	338	VET M35	60	50:36:00	05:03	<b>50:54:00</b>
372.	610	AVELINO RODRIGUES	PASCOALITOS AD BARCOUÇO	339	VET M40	79	50:52:00	05:05	<b>50:55:00</b>
373.	73	ANA SÊCO	MONTANHA CLUBE/EFAPEL	34	SEN F	12	50:31:00	05:03	<b>50:56:00</b>
374.	553	DIOGO SIMÕES	MOINHOS DA GÂNDARA TRAIL	340	SEN M	83	50:53:00	05:05	<b>51:03:00</b>
375.	330	JOSÉ SEQUEIRA	INDIVIDUAL	341	VET M65	1	51:24:00	05:08	<b>51:09:00</b>
376.	259	SOFIA SIMÕES	BIO TEAM RUN	35	VET F35	7	50:59:00	05:05	<b>51:15:00</b>
377.	180	ANTONIO TAFULA	INDIVIDUAL	342	VET M65	2	51:12:00	05:07	<b>51:21:00</b>
378.	192	ARMANDO DELGADO	CASA BENFICA FIGUEIRA FOZ	343	VET M60	11	51:05:00	05:06	<b>51:22:00</b>
379.	503	RAQUEL SILVA	INDIVIDUAL	36	SEN F	13	51:08:00	05:06	<b>51:22:00</b>
380.	344	DANIELA ORFÃO	INDIVIDUAL	37	SEN F	14	51:06:00	05:06	<b>51:25:00</b>
381.	341	LILIANA CASALINHO	INDIVIDUAL	38	SEN F	15	51:06:00	05:06	<b>51:25:00</b>
382.	298	PEDRO FERREIRA	AUTO- INDUSTRIAL	344	VET M45	48	51:12:00	05:07	<b>51:30:00</b>
383.	252	JOSE LUCAS	INDIVIDUAL	345	VET M70	1	51:23:00	05:08	<b>51:31:00</b>
384.	314	SQUARE MATIAS	INDIVIDUAL	346	VET M35	61	51:27:00	05:08	<b>51:38:00</b>
385.	228	PAULO CRUZ	CASA DO POVO DE MANGUALDE	347	VET M35	62	51:20:00	05:08	<b>51:40:00</b>
386.	28	CARLOS BARROSO	INDIVIDUAL	348	VET M50	35	51:32:00	05:09	<b>51:43:00</b>
387.	325	ANDREIA ALVES	INDIVIDUAL	39	SEN F	16	51:21:00	05:08	<b>51:43:00</b>
388.	69	NILTON LOPES	INDIVIDUAL	349	SEN M	84	51:23:00	05:08	<b>51:45:00</b>
389.	480	PAULA COTO	ASF-OUTDOOR	40	VET F40	10	50:32:00	05:03	<b>51:45:00</b>
390.	371	LUIS GASPAR	INDIVIDUAL	350	SEN M	85	51:21:00	05:08	<b>51:45:00</b>
391.	49	PAULO GONÇALVES	INDIVIDUAL	351	VET M40	80	51:24:00	05:08	<b>51:48:00</b>
392.	619	MARINA SANTOS	INDIVIDUAL	41	SEN F	17	51:33:00	05:09	<b>51:51:00</b>
393.	27	JOÃO BASTOS	INDIVIDUAL	352	VET M35	63	51:29:00	05:08	<b>51:51:00</b>
394.	54	JOAQUIM ALMEIDA	INDIVIDUAL	353	VET M65	3	51:47:00	05:10	<b>51:53:00</b>
395.	175	AMILCAR BATATA	SEM SEDE	354	VET M40	81	51:49:00	05:10	<b>51:53:00</b>
396.	647	LUÍS PÓVOA	CANAS	355	VET M35	64	51:43:00	05:10	<b>52:02:00</b>
397.	723	HUGO PAZ	C. PÉ TORTO	356	VET M40	82	51:47:00	05:10	<b>52:03:00</b>
398.	75	ANITA GARCIA	MONTANHA CLUBE/EFAPEL	42	SEN F	18	51:49:00	05:10	<b>52:14:00</b>
399.	489	ANA LEMOS	CENTRO UROLÓGICO COIMBRA	43	VET F35	8	52:12:00	05:13	<b>52:22:00</b>
400.	438	ANA PAULA CAVACAS	ELIS	44	VET F45	5	52:31:00	05:15	<b>52:34:00</b>
401.	328	LUÍS MARGALHO	INDIVIDUAL	357	VET M50	36	52:23:00	05:14	<b>52:35:00</b>
402.	321	JOÃO BRANCO	JOGGING LOVERS COIMBRA	358	VET M35	65	52:23:00	05:14	<b>52:35:00</b>
403.	322	CARLA FIDALGO	JOGGING LOVERS COIMBRA	45	VET F45	6	52:23:00	05:14	<b>52:35:00</b>
404.	366	HELDER PRATA	CMFF	359	VET M50	37	52:26:00	05:14	<b>52:37:00</b>
405.	566	PATRICIA BEJA	SOURE MOV	46	VET F40	11	52:25:00	05:14	<b>52:39:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
406.	612	PEDRO PEREIRA	GIM RUNNING TEAM	360	VET M35	66	52:20:00	05:14	<b>52:40:00</b>
407.	496	BRUNO MARTINS	INDIVIDUAL	361	JUN M	5	52:31:00	05:15	<b>52:40:00</b>
408.	517	PEDRO AGUIAR	INDIVIDUAL	362	VET M35	67	52:37:00	05:15	<b>52:47:00</b>
409.	424	FERNANDO LOPES	INDIVIDUAL	363	VET M50	38	52:21:00	05:14	<b>52:47:00</b>
410.	574	JOANA DIONISIO	SOURE MOV	47	VET F35	9	52:37:00	05:15	<b>52:50:00</b>
411.	78	NUNO ROCHA	OS TOUROS E EU	364	VET M40	83	52:17:00	05:13	<b>52:54:00</b>
412.	79	VASCO MONTEIRO	OS TOUROS E EU	365	VET M40	84	52:20:00	05:14	<b>52:55:00</b>
413.	77	VIDAL FERREIRA	OS TOUROS E EU	366	VET M35	68	52:20:00	05:14	<b>52:56:00</b>
414.	307	PEDRO ROQUE	OS PAPA MILHAS	367	VET M45	49	52:40:00	05:16	<b>53:01:00</b>
415.	215	MARLENE MARQUES	BIOCORPO	48	SEN F	19	52:36:00	05:15	<b>53:07:00</b>
416.	393	ALEXANDRE MIGUEL BRILHA	VERALLIA PORTUGAL	368	JUN M	6	52:52:00	05:17	<b>53:08:00</b>
417.	234	JOÃO SANTOS	ROCKET TEAM	369	VET M35	69	52:51:00	05:17	<b>53:13:00</b>
418.	127	SALOMÉ OLIVEIRA	INDIVIDUAL	49	VET F35	10	52:49:00	05:16	<b>53:14:00</b>
419.	618	LUÍS REIS	INDIVIDUAL	370	VET M40	85	52:55:00	05:17	<b>53:14:00</b>
420.	537	FERNANDO CHARANA	INDIVIDUAL	371	VET M50	39	53:15:00	05:19	<b>53:28:00</b>
421.	536	JOÃO LOUREIRO	INDIVIDUAL	372	VET M35	70	53:15:00	05:19	<b>53:28:00</b>
422.	287	GUSTAVO VEIGA	AUTO- INDUSTRIAL	373	VET M40	86	53:14:00	05:19	<b>53:30:00</b>
423.	462	ESTRELA FARO	VIRIATHVS RUNNERS VISEU	50	VET F40	12	53:18:00	05:19	<b>53:33:00</b>
424.	634	LUIS BAROSA	INDIVIDUAL	374	VET M45	50	53:22:00	05:20	<b>53:39:00</b>
425.	518	ANTONIO NEVES	SOURE MOV	375	VET M50	40	53:26:00	05:20	<b>53:41:00</b>
426.	458	CARLOS COELHO	TRANSPIRAVISEUPHAARMPEÇAS	376	VET M50	41	53:33:00	05:21	<b>53:43:00</b>
427.	543	ANTÓNIO MARTINS	CORRER VISEU	377	VET M40	87	53:30:00	05:21	<b>53:43:00</b>
428.	200	ALBERTO GONÇALVES	INDIVIDUAL CORRER VISEU	378	VET M45	51	53:30:00	05:21	<b>53:43:00</b>
429.	247	PEDRO TOUGUIO	SEM SEDE	379	VET M35	71	53:34:00	05:21	<b>53:45:00</b>
430.	592	MANUEL ESPADA	CASA BENFICA FIGUEIRA FOZ	380	VET M50	42	53:30:00	05:21	<b>53:45:00</b>
431.	376	LUÍS MIGUEL PINTO BRILHA	VERALLIA PORTUGAL	381	VET M40	88	53:29:00	05:20	<b>53:45:00</b>
432.	726	JASSINTO NEVES	INDIVIDUAL	382	VET M40	89	53:25:00	05:20	<b>53:47:00</b>
433.	315	BEATRIZ NEVES	INDIVIDUAL	51	JUN F	1	53:24:00	05:20	<b>53:47:00</b>
434.	169	DINA NEVES	SEM SEDE	52	SEN F	20	53:42:00	05:22	<b>53:52:00</b>
435.	131	DANIEL SOPAS	HEALTH CLUB PORTUGAL	383	SEN M	86	53:27:00	05:20	<b>53:53:00</b>
436.	387	PEDRO BESSA	VERALLIA PORTUGAL	384	VET M40	90	53:43:00	05:22	<b>53:55:00</b>
437.	81	SANDRA GONCALVES	MONTANHA CLUBE/EFAPEL	53	VET F35	11	53:32:00	05:21	<b>53:57:00</b>
438.	374	BRUNO SANTOS	VERALLIA PORTUGAL	385	VET M40	91	46:04:00	04:36	<b>54:01:00</b>
439.	36	PAULO SANTOS	INDIVIDUAL	386	VET M45	52	53:50:00	05:23	<b>54:04:00</b>
440.	482	SILVIE COUTO	RUNNING ESPINHO	54	VET F40	13	53:57:00	05:23	<b>54:05:00</b>
441.	483	ÁLVARO MEIRELES	RUNNING ESPINHO	387	VET M40	92	53:57:00	05:23	<b>54:06:00</b>
442.	286	HENRIQUE COSTA	AUTO- INDUSTRIAL	388	VET M55	17	53:58:00	05:23	<b>54:07:00</b>
443.	471	FÁBIO MARTINS	INDIVIDUAL	389	SEN M	87	53:57:00	05:23	<b>54:11:00</b>
444.	173	BRUNO ADÃO	SEM SEDE	390	SEN M	88	54:10:00	05:25	<b>54:20:00</b>
445.	98	FILIPE SIMÕES	CCD CRÉD AGRICOLA MÚTUO	391	VET M45	53	53:56:00	05:23	<b>54:27:00</b>
446.	432	PATRÍCIA PEREIRA	INDIVIDUAL	55	SEN F	21	54:01:00	05:24	<b>54:31:00</b>
447.	199	MARCO ARAÚJO	SEM SEDE	392	VET M35	72	54:09:00	05:24	<b>54:31:00</b>
448.	177	HUGO OLIVEIRA	INDIVIDUAL	393	SEN M	89	54:08:00	05:24	<b>54:31:00</b>
449.	148	SILVIA MARQUES	INDIVIDUAL	56	VET F45	7	54:14:00	05:25	<b>54:35:00</b>
450.	547	ANA DINIS	CORRIDAS À 6ª FEIRA	57	VET F40	14	54:15:00	05:25	<b>54:38:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
451.	546	LUIS TRINDADE	CORRIDAS À 6ª FEIRA	394	VET M45	54	54:16:00	05:25	<b>54:39:00</b>
452.	492	DIANA NEVES	INDIVIDUAL	58	VET F35	12	54:11:00	05:25	<b>54:40:00</b>
453.	87	NADIA DEODATO	INDIVIDUAL	59	SEN F	22	54:24:00	05:26	<b>54:41:00</b>
454.	240	PAULO GONÇALVES	CARACÓIS DE CORRIDA	395	VET M45	55	54:18:00	05:25	<b>54:42:00</b>
455.	283	MIGUEL FERREIRA	OS PAPA MILHAS	396	VET M45	56	54:24:00	05:26	<b>54:46:00</b>
456.	398	SUSANA CABRAL	RUNFIGUEIRA	60	VET F40	15	54:41:00	05:28	<b>54:51:00</b>
457.	638	PAULO SIMÕES	INDIVIDUAL	397	VET M45	57	54:40:00	05:28	<b>54:51:00</b>
458.	324	MANUEL PEREIRA	CLÍNICA DOS RELÓGIOS	398	VET M60	12	54:48:00	05:28	<b>55:04:00</b>
459.	55	RUI SILVA	INDIVIDUAL	399	VET M45	58	54:54:00	05:29	<b>55:05:00</b>
460.	581	NUNO PAIVA	INDIVIDUAL	400	VET M40	93	54:58:00	05:29	<b>55:08:00</b>
461.	211	LUIS VALE	INDIVIDUAL	401	VET M60	13	55:12:00	05:31	<b>55:12:00</b>
462.	474	MANUEL VALE	VIRIATHVS RUNNERS VISEU	402	VET M55	18	55:05:00	05:30	<b>55:12:00</b>
463.	303	GABRIELA CARRACO	OS MAIORES	61	VET F35	13	55:30:00	05:33	<b>55:47:00</b>
464.	72	AMÉRICO PESSOA	INDIVIDUAL	403	VET M50	43	55:29:00	05:32	<b>55:49:00</b>
465.	309	ANTÓNIO SOUSA	OS PAPA MILHAS	404	VET M45	59	55:30:00	05:33	<b>55:52:00</b>
466.	311	RUI BRUNHETA	POTENCIAL GLOBAL	405	VET M50	44	55:46:00	05:34	<b>55:56:00</b>
467.	621	LUÍS BAPTISTA	INDIVIDUAL	406	VET M35	73	55:48:00	05:34	<b>55:56:00</b>
468.	721	JOAQUIM CRISTO	INDIVIDUAL	407	VET M40	94	55:34:00	05:33	<b>56:07:00</b>
469.	524	ELISABETE PEDROSA	INERCIA SPORT CLUB	62	VET F45	8	55:53:00	05:35	<b>56:17:00</b>
470.	434	PAULO MARCAL	INDIVIDUAL	408	VET M40	95	55:55:00	05:35	<b>56:20:00</b>
471.	453	CARLA NASCIMENTO	VIRIATHVS RUNNERS VISEU	63	VET F40	16	56:16:00	05:37	<b>56:21:00</b>
472.	526	OSCAR ROCHA	VIRIATHVS RUNNERS VISEU	409	VET M55	19	56:07:00	05:36	<b>56:21:00</b>
473.	597	JOSÉ GONÇALVES	INDIVIDUAL	410	VET M45	60	56:15:00	05:37	<b>56:32:00</b>
474.	284	SANDRA MACHADO	OS PAPA MILHAS	64	VET F45	9	56:12:00	05:37	<b>56:35:00</b>
475.	255	MARCIA CAPITAO	INDIVIDUAL	65	VET F35	14	56:17:00	05:37	<b>56:36:00</b>
476.	403	ANA MENESES	COIMBRA TRAIL RUNNING	66	VET F45	10	56:19:00	05:37	<b>56:38:00</b>
477.	401	JOANA GONÇALVES	COIMBRA TRAIL RUNNING	67	SEN F	23	56:38:00	05:39	<b>56:38:00</b>
478.	142	ANABELA FERNANDES	GRUPO ALEGRE UNIDO	68	VET F45	11	56:32:00	05:39	<b>56:39:00</b>
479.	423	XAVIER LOPES	INDIVIDUAL	411	JUN M	7	56:14:00	05:37	<b>56:39:00</b>
480.	713	MÁRIO PELICANO	INDIVIDUAL	412	VET M50	45	56:32:00	05:39	<b>56:43:00</b>
481.	67	RICARDO VEIGA	INDIVIDUAL	413	VET M40	96	56:26:00	05:38	<b>56:53:00</b>
482.	221	LUCIANO SILVA	RUN SHAR	414	VET M60	14	56:39:00	05:39	<b>56:53:00</b>
483.	242	PAULO ROCHA	BIO TEAM RUN	415	VET M35	74	56:41:00	05:40	<b>56:55:00</b>
484.	609	PEDRO SILVA	CENTRO UROLÓGICO COIMBRA	416	VET M45	61	56:30:00	05:39	<b>56:55:00</b>
485.	241	ISABEL GOMES	BIO TEAM RUN	69	VET F50	2	56:42:00	05:40	<b>56:55:00</b>
486.	295	PEDRO CARNEIRINHA	AUTO- INDUSTRIAL	417	SEN M	90	56:38:00	05:39	<b>56:58:00</b>
487.	197	ANTÓNIO LOPES	CMV RUNNERS	418	VET M40	97	56:42:00	05:40	<b>57:01:00</b>
488.	198	CRISTINA LOPES	CMV RUNNERS	70	SEN F	24	56:44:00	05:40	<b>57:01:00</b>
489.	572	VITOR GARISO	SOURE MOV	419	VET M50	46	56:56:00	05:41	<b>57:05:00</b>
490.	276	CLARA LOURENÇO	INDIVIDUAL	71	VET F40	17	56:48:00	05:40	<b>57:05:00</b>
491.	35	LILIANA RIBEIRO	BIO TEAM RUN	72	SEN F	25	57:08:00	05:42	<b>57:15:00</b>
492.	301	DORA DOURADO	AUTO- INDUSTRIAL	73	VET F40	18	57:06:00	05:42	<b>57:15:00</b>
493.	727	ANA SACRAMENTO		74	SEN F	26	57:10:00	05:43	<b>57:27:00</b>
494.	392	MARIA JOÃO CANICEIRO	VERALLIA PORTUGAL	75	VET F50	3	57:25:00	05:44	<b>57:34:00</b>
495.	391	LUIS BARROS	VERALLIA PORTUGAL	420	VET M50	47	57:25:00	05:44	<b>57:34:00</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
496.	539	JOANA D'AVÓ	INDIVIDUAL	76	VET F35	15	57:01:00	05:42	<b>57:42:00</b>
497.	540	TIAGO GRILATE	INDIVIDUAL	421	VET M35	75	57:01:00	05:42	<b>57:42:00</b>
498.	292	FILIPA BATISTA	AUTO- INDUSTRIAL	77	SEN F	27	57:33:00	05:45	<b>57:47:00</b>
499.	76	CÉLIA CARVALHO	MONTANHA CLUB/EFAPEL	78	VET F40	19	57:28:00	05:44	<b>57:53:00</b>
500.	635	PRECIOSA ROMÃO	INDIVIDUAL	79	VET F55	1	57:33:00	05:45	<b>57:56:00</b>
501.	130	SÍLVIA SOUSA	HEALTH CLUB PORTUGAL	80	VET F40	20	57:32:00	05:45	<b>57:58:00</b>
502.	159	DAVID SOPAS	INDIVIDUAL	422	VET M35	76	57:32:00	05:45	<b>57:58:00</b>
503.	181	ANA VELOSO	INDIVIDUAL	81	VET F60	1	58:03:00	05:48	<b>58:05:00</b>
504.	648	ROMEU BARBEIRO	CANAS	423	VET M35	77	52:44:00	05:16	<b>58:08:00</b>
505.	604	ANTÓNIO SILVA	INDIVIDUAL	424	VET M40	98	57:46:00	05:46	<b>58:10:00</b>
506.	244	HUGO FIGUEIREDO	INDIVIDUAL	425	VET M35	78	57:53:00	05:47	<b>58:17:00</b>
507.	422	MARIA JOSÉ LOPES	INDIVIDUAL	82	VET F45	12	57:57:00	05:47	<b>58:18:00</b>
508.	626	SÓNIA SANTOS	INDIVIDUAL	83	SEN F	28	57:55:00	05:47	<b>58:19:00</b>
509.	83	FÁTIMA GRAMAXO	INDIVIDUAL	84	VET F35	16	58:03:00	05:48	<b>58:26:00</b>
510.	646	TIAGO DOMINGUES	CANAS	426	SEN M	91	50:59:00	05:05	<b>58:34:00</b>
511.	558	RUI PESSOA PESSOA	CARACÓIS DE CORRIDA	427	SEN M	92	58:11:00	05:49	<b>58:37:00</b>
512.	333	RITA PEREIRA	INDIVIDUAL	85	VET F35	17	58:21:00	05:50	<b>58:50:00</b>
513.	85	TEÓFILO PIMENTA	LUSOTEAM	428	SEN M	93	58:33:00	05:51	<b>58:55:00</b>
514.	370	ANA COUCEIRO	INDIVIDUAL	86	VET F35	18	58:35:00	05:51	<b>58:58:00</b>
515.	338	LUCIA MARTINS	O MUNDO DA CORRIDA	87	SEN F	29	58:59:00	05:53	<b>58:59:00</b>
516.	564	PEDRO PONTE	INDIVIDUAL	429	VET M45	62	58:41:00	05:52	<b>59:07:00</b>
517.	278	CECÍLIA CARDOSO	INDIVIDUAL	88	VET F35	19	58:39:00	05:51	<b>59:10:00</b>
518.	30	ROSA BISPO	INDIVIDUAL	89	VET F60	2	58:59:00	05:53	<b>59:19:00</b>
519.	437	MARIA NOÉMIA MARTINHO	ELIS	90	VET F45	13	59:13:00	05:55	<b>59:24:00</b>
520.	261	JOÃO PINHO	INDIVIDUAL	430	VET M35	79	59:25:00	05:56	<b>59:25:00</b>
521.	316	RAQUEL DIAS	INDIVIDUAL	91	VET F50	4	58:57:00	05:53	<b>59:25:00</b>
522.	468	BÁRBARA VENEZA	INDIVIDUAL	92	SEN F	30	59:08:00	05:54	<b>59:26:00</b>
523.	520	ANTÓNIO ALMEIDA	INDIVIDUAL	431	VET M60	15	59:20:00	05:56	<b>59:38:00</b>
524.	559	JOAO PATRICIO	INDIVIDUAL	432	VET M45	63	59:26:00	05:56	<b>59:39:00</b>
525.	37	JOÃO LUIS SANTOS	INDIVIDUAL	433	VET M45	64	59:16:00	05:55	<b>59:41:00</b>
526.	220	PATRICIA FONSECA	RUN SHAR	93	VET F35	20	59:26:00	05:56	<b>59:41:00</b>
527.	258	CARINA JORDÃO	BIO TEAM RUN	94	SEN F	31	59:32:00	05:57	<b>59:43:00</b>
528.	111	ANABELA MONTEIRO	CUMIBROA RUNNING TEAM	95	VET F45	14	59:32:00	05:57	<b>59:52:00</b>
529.	63	RICARDO OLIVEIRA	INDIVIDUAL	434	VET M35	80	59:20:00	05:56	<b>59:57:00</b>
530.	554	ÂNGELA ALMEIDA	WISERUNNING	96	SEN F	32	59:37:00	05:57	<b>01:00:01</b>
531.	373	ISABEL PEGO	VERALLIA PORTUGAL	97	VET F45	15	59:56:00	05:59	<b>01:00:18</b>
532.	416	BRUNO ALVES	VERALLIA PORTUGAL	435	VET M40	99	01:00:12	06:01	<b>01:00:19</b>
533.	488	LILIAN CAMPOS	CENTRO UROLÓGICO COIMBRA	98	VET F35	21	59:58:00	05:59	<b>01:00:23</b>
534.	487	BELMIRO PARADA	CENTRO UROLÓGICO COIMBRA	436	VET M45	65	59:58:00	05:59	<b>01:00:24</b>
535.	460	ISABEL CUSTÓDIO	TRANSPIRAVISEUPHAARMPEÇAS	99	VET F45	16	01:00:18	06:01	<b>01:00:27</b>
536.	70	CHRISTOPHER GUIMARAENS	INDIVIDUAL	437	VET M45	66	01:00:11	06:01	<b>01:00:35</b>
537.	124	ANA ROCHA	ARCORUN	100	VET F35	22	01:00:27	06:02	<b>01:00:44</b>
538.	120	PEDRO ARCORUN	ARCORUN	438	VET M50	48	01:00:27	06:02	<b>01:00:44</b>
539.	490	SOFIA LEMOS	CENTRO UROLÓGICO COIMBRA	101	VET F40	21	01:00:26	06:02	<b>01:00:52</b>
540.	106	RICARDO BEXIGA	INDIVIDUAL	439	SEN M	94	01:00:33	06:03	<b>01:00:55</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
541.	439	SOFIA FERREIRA	ELIS	102	SEN F	33	01:00:34	06:03	<b>01:00:55</b>
542.	571	ROSALIA DUARTE	SOURE MOV	103	VET F50	5	01:00:57	06:05	<b>01:01:10</b>
543.	260	CARLA SIMÕES	BIO TEAM RUN	104	VET F35	23	01:01:19	06:07	<b>01:01:36</b>
544.	493	JOANA SILVA	GIM RUNNING TEAM	105	SEN F	34	01:01:19	06:07	<b>01:01:43</b>
545.	451	SUSANA BÓIA	WISE RUNNING	106	VET F35	24	01:01:29	06:08	<b>01:01:54</b>
546.	436	RICARDO CATÃO	ELIS	440	SEN M	95	01:01:33	06:09	<b>01:02:01</b>
547.	66	NOEMI CRUZ	INDIVIDUAL	107	VET F35	25	01:01:40	06:10	<b>01:02:07</b>
548.	285	ROSA GOMES	INDIVIDUAL	108	VET F50	6	01:01:57	06:11	<b>01:02:22</b>
549.	578	CLARISSE BATISTA	MARGEM SUL	109	VET F35	26	01:02:02	06:12	<b>01:02:22</b>
550.	455	CONCEIÇÃO CORREIA	INDIVIDUAL	110	VET F45	17	01:02:09	06:12	<b>01:02:25</b>
551.	583	FLORBELA CANICEIRO	SRI CHINMOY MARATHON TEAM	111	VET F45	18	01:01:56	06:11	<b>01:02:32</b>
552.	659	CATARINA REMOALDO	INDIVIDUAL	112	VET F40	22	01:02:33	06:15	<b>01:02:47</b>
553.	329	JOSÉ PIRES LIMA	EM`FORÇA	441	VET M60	16	01:02:30	06:15	<b>01:02:49</b>
554.	291	MARIA CUNHA	AUTO- INDUSTRIAL	113	VET F50	7	01:02:51	06:17	<b>01:03:06</b>
555.	354	MARISA LÁZARO	AUTO- INDUSTRIAL	114	VET F40	23	01:03:02	06:18	<b>01:03:19</b>
556.	355	CLAUDIA VIANA	AUTO- INDUSTRIAL	115	VET F35	27	01:03:03	06:18	<b>01:03:19</b>
557.	339	CARLOS ALMEIDA	INDIVIDUAL	442	VET M45	67	01:03:29	06:20	<b>01:03:52</b>
558.	470	BERNARDO ALMEIDA	INDIVIDUAL	443	SUB 23 M	8	01:03:52	06:23	<b>01:03:52</b>
559.	579	MARIA AIDA ANTUNES	MARGEM SUL	116	VET F35	28	01:03:59	06:23	<b>01:04:19</b>
560.	602	JOSÉ OLIVEIRA	BIO TEAMRUN	444	VET M40	100	01:04:06	06:24	<b>01:04:34</b>
561.	158	LUCIDIO DIAS	ACRM SILVEIRINHA GRANDE	445	VET M60	17	01:04:21	06:26	<b>01:04:35</b>
562.	577	PEDRO SANTOS	INDIVIDUAL	446	VET M40	101	01:04:04	06:24	<b>01:04:39</b>
563.	603	DANIEL SANTOS	ARENA FITNESS	447	VET M70	2	01:04:05	06:24	<b>01:04:39</b>
564.	167	MARIANA LEITÃO	SEM SEDE	117	SEN F	35	01:04:35	06:27	<b>01:04:48</b>
565.	168	TIAGO JORDÃO	SEM SEDE	448	SEN M	96	01:04:35	06:27	<b>01:04:48</b>
566.	435	OLIVIA PEREIRA	ELIS	118	VET F45	19	01:04:30	06:27	<b>01:04:52</b>
567.	110	MÁRIO GONÇALVES DE FREITAS	INDIVIDUAL	449	VET M60	18	01:05:00	06:30	<b>01:05:17</b>
568.	475	CRISTINA SILVA	INDIVIDUAL	119	VET F40	24	01:05:07	06:30	<b>01:05:28</b>
569.	290	MIGUEL CUNHA	AUTO- INDUSTRIAL	450	VET M50	49	01:05:33	06:33	<b>01:05:33</b>
570.	122	JORGE LEITE	ARCORUN	451	VET M45	68	01:05:30	06:33	<b>01:05:45</b>
571.	123	NÁDIA VEIGA	ARCORUN	120	VET F35	29	01:05:30	06:33	<b>01:05:45</b>
572.	13	PEDRO AMORIM	ABUTRES RUNNING TEAM	452	VET M45	69	01:05:41	06:34	<b>01:06:08</b>
573.	14	FRANCISCO LOURENÇO	INDIVIDUAL	453	VET M40	102	01:05:42	06:34	<b>01:06:08</b>
574.	97	MARIA TOSCANO	INDIVIDUAL	121	VET F50	8	01:05:47	06:34	<b>01:06:14</b>
575.	521	SUSANA PATO	INDIVIDUAL	122	SEN F	36	01:06:01	06:36	<b>01:06:22</b>
576.	461	DAVID MENDES	INDIVIDUAL	454	VET M40	103	01:06:02	06:36	<b>01:06:22</b>
577.	500	JOANA CAVALEIRO	INDIVIDUAL	123	SEN F	37	01:06:04	06:36	<b>01:06:25</b>
578.	379	RICARDO ALVES	VERALLIA PORTUGAL	455	VET M45	70	01:06:32	06:39	<b>01:06:32</b>
579.	724	DIOGO BANDEIRINHA	AUTO- INDUSTRIAL	456	SEN M	97	01:06:04	06:36	<b>01:06:40</b>
580.	542	SILVÉRIO DE SOUSA MENDES	INDIVIDUAL	457	VET M40	104	01:06:38	06:39	<b>01:07:03</b>
581.	47	MARCELO GONÇALVES PEREI	INDIVIDUAL	458	VET M45	71	01:06:46	06:40	<b>01:07:10</b>
582.	630	MÁRIO COSTA	AUTO- INDUSTRIAL	459	VET M55	20	01:07:11	06:43	<b>01:07:25</b>
583.	134	JOÃO SIMÕES	DCI PEDRULHA-MEALHADA	460	VET M35	81	01:06:53	06:41	<b>01:07:25</b>
584.	133	CLÁUDIA AFONSO	4 PATAS E FOCINHOS	124	VET F35	30	01:06:52	06:41	<b>01:07:26</b>
585.	584	PAULA CORREIA	SRI CHINMOY MARATHON TEAM	125	VET F45	20	01:07:25	06:44	<b>01:08:02</b>

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
586.	183	MOISÉS PEIXEIRO	INDIVIDUAL	461	VET M60	19	01:08:12	06:49	<b>01:08:15</b>
587.	623	ANABELA JORDÃO	INDIVIDUAL	126	VET F45	21	01:07:57	06:47	<b>01:08:18</b>
588.	364	CARLOS SOUSA	CMFF	462	VET M45	72	01:09:15	06:55	<b>01:08:57</b>
589.	593	JOSÉ CEIÇA	INDIVIDUAL	463	VET M75	1	01:08:53	06:53	<b>01:09:08</b>
590.	601	CRISTINA SIMÕES	BIO TEAMRUN	127	VET F40	25	01:10:23	07:02	<b>01:10:50</b>
591.	269	INÊS GONÇALVES	INDIVIDUAL	128	JUN F	2	01:11:16	07:07	<b>01:11:24</b>
592.	625	LUIS BRANDÃO	INDIVIDUAL	464	VET M45	73	01:11:22	07:08	<b>01:11:30</b>
593.	93	FERNANDO VILELA	INDIVIDUAL	465	VET M55	21	01:11:08	07:06	<b>01:11:32</b>
594.	486	PEDRO NUNES	CENTRO UROLÓGICO COIMBRA	466	VET M40	105	01:11:19	07:07	<b>01:11:46</b>
595.	172	ANA PEDROSA	SEM SEDE	129	SEN F	38	01:12:22	07:14	<b>01:12:35</b>
596.	176	CELSO ALVES	SEM SEDE	467	SEN M	98	01:12:21	07:14	<b>01:12:35</b>
597.	313	EDUARDO MOREIRA	BITRUNNERS	468	SEN M	99	01:12:24	07:14	<b>01:12:52</b>
598.	312	ANA TEIXEIRA	BITRUNNERS	130	SEN F	39	01:12:25	07:14	<b>01:12:52</b>
599.	476	MARCO SILVA	INDIVIDUAL	469	VET M40	106	01:12:48	07:16	<b>01:13:09</b>
600.	166	JOANA OLIVEIRA	SEM SEDE	131	SEN F	40	01:13:28	07:20	<b>01:13:42</b>
601.	61	MIGUEL DUARTE	INDIVIDUAL	470	VET M50	50	01:25:14	08:31	<b>01:25:24</b>
	268	JOSÉ SOUSA	UNIÃO CLUBE EIRENSE	471	SEN M	100	25:14:00	02:31	<b>DSQ</b>
	457	FILOMENA SANTIAGO	INDIVIDUAL	132	VET F45	22	29:47:00	02:58	<b>DSQ</b>