

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
1	376	HELDER LOPES	DCI /TRILHOS LUSO BUSSACO	1	SEN M	1	03:15	00:32:38
2	321	NUNO TINOCO	ACDRS – QUINHENDROS	2	VET M35	1	03:21	00:33:31
3	403	RICARDO GASPAR	ESCOLA DE ATLETISMO DE COIMBRA	3	SEN M	2	03:23	00:33:51
4	411	CARLOS COSTA	ESCOLA DE ATLETISMO DE COIMBRA	4	SEN M	3	03:26	00:34:21
5	319	DIOGO GOMES	ABUTRES	5	JUN M	1	03:27	00:34:34
6	578	DAVID PEDROSA	GIRA SOL	6	JUN M	2	03:27	00:34:37
7	707	VASCO PEREIRA	ESCOLA DE ATLETISMO DE COIMBRA	7	SEN M	4	03:27	00:34:39
8	742	RUI LOPES	ASSOC. ACADÉMICA COIMBRA	8	VET M40	1	03:29	00:34:56
9	363	VITOR PLENO	CPT SOBRAL DE CEIRA	9	VET M35	2	03:30	00:35:03
10	405	IGOR CASTRO	ESCOLA DE ATLETISMO DE COIMBRA	10	SEN M	5	03:30	00:35:05
11	374	RICARDO JORDÃO	CLUBE PRAÇAS DA ARMADA	11	VET M35	3	03:31	00:35:17
12	407	MÁRIO TEIXEIRA	ESCOLA DE ATLETISMO DE COIMBRA	12	VET M40	2	03:32	00:35:30
13	370	JOEL COUTO	GRUPO ALEGRE UNIDO	13	VET M35	4	03:33	00:35:34
14	743	RUI RODRIGUES	ASSOC. ACADÉMICA COIMBRA	14	VET M40	3	03:34	00:35:46
15	415	LUIS PINTO	FED FAMÍLIA PAZ MUNDIAL E UNIFICAÇÃO	15	VET M40	4	03:34	00:35:46
16	831	MANUEL PINTO	TRIBO NR	16	VET M45	1	03:34	00:35:47
17	728	NUNO GONÇALVES	RUNCROSSTRAIL	17	VET M40	5	03:36	00:36:02
18	84	LUIS RODRIGUES	CPT SOBRAL DE CEIRA	18	VET M35	5	03:37	00:36:16
19	587	FÁBIO RODRIGUES	CLUBE VETERANOS DO LIS	19	SUB 23 M	1	03:37	00:36:17
20	761	BRUNO SILVA	CLUBE VETERANOS DO LIS	20	VET M35	6	03:37	00:36:20
21	840	JOSÉ JESUS	FORMOBIKE BTT TRAIL RUNNING	21	VET M50	1	03:38	00:36:29
22	652	TIAGO DUARTE	ATLETISMO CLUBE DA TOCHA	22	SEN M	6	03:38	00:36:30
23	125	JOÃO SILVA	ACDRS – QUINHENDROS	23	VET M40	6	03:39	00:36:36
24	410	PAULO GARCIA	ESCOLA DE ATLETISMO DE COIMBRA	24	VET M50	2	03:39	00:36:37
25	480	EDGAR GANILHO	CCRD BURINHOSA	25	SEN M	7	03:40	00:36:50
26	453	JOEL RAMALHOTO	VIRIATHVS RUNNERS VISEU	26	SEN M	8	03:41	00:36:52
27	454	CARLOS RIBEIRO	CENTRO DE ATLETISMO DE TONDELA	27	VET M40	7	03:41	00:36:52
28	645	JOÃO PAULO ALMEIDA	DCI /TRILHOS LUSO BUSSACO	28	VET M50	3	03:41	00:36:58
29	148	SAUL LEITE	CORRER LISBOA	29	SEN M	9	03:41	00:36:59
30	457	RUI COIMBRA	CENTRO DE ATLETISMO DE TONDELA	30	VET M35	7	03:42	00:37:01
31	455	RUI RODRIGUES	CENTRO DE ATLETISMO DE TONDELA	31	VET M35	8	03:42	00:37:01
32	597	VITOR FRANCISCO	SC POVOENSE - CARACOIS DE CORRIDA	32	SEN M	10	03:42	00:37:03
33	107	JOÃO SIMÕES	INDIVIDUAL	33	VET M40	8	03:43	00:37:16
34	396	FILIPE PINHÃO	VERALLIA PORTUGAL	34	SEN M	11	03:44	00:37:30
35	488	GILDO SILVA	CCRD BURINHOSA	35	SEN M	12	03:45	00:37:31
36	419	CRISTIANO SILVA	COIMBRA TRAIL RUNNING	36	SEN M	13	03:45	00:37:35
37	406	JOSÉ GIL	ESCOLA DE ATLETISMO DE COIMBRA	37	VET M55	1	03:45	00:37:39
38	676	MANUEL JORGE	CDI	38	VET M50	4	03:46	00:37:41
39	328	RICARDO SANTOS	VIKINGS TRAIL RUNNERS	39	SEN M	14	03:46	00:37:43
40	841	AUGUSTO FIGUEIREDO	ESCOLA DE ATLETISMO DE COIMBRA	40	VET M45	2	03:47	00:37:52
41	130	TIAGO MENDES	INDIVIDUAL	41	SEN M	15	03:49	00:38:14
42	560	CESÁRIO SIMÕES	CENTRO ATLETISMO SEIA	42	VET M45	3	03:49	00:38:17
43	749	RICARDO SARAIVA	UNIÃO CLUBE EIRENSE	43	VET M45	4	03:50	00:38:22
44	492	JOSÉ CARVALHO	GAU BAJOUCA	44	VET M50	5	03:50	00:38:27

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
45	23	RICARDO NUNES	ACRM SILVEIRINHA GRANDE	45	SEN M	16	03:51	00:38:33
46	393	NUNO COUTINHO	VERALLIA PORTUGAL	46	SEN M	17	03:51	00:38:35
47	85	ÓSCAR SOBRAL	VIRIATHVS RUNNERS VISEU	47	VET M40	9	03:51	00:38:38
48	664	RUBEN PINTO	INDIVIDUAL	48	VET M35	9	03:51	00:38:39
49	486	DIOGO DUARTE	CCRD BURINHOSA	49	SEN M	18	03:51	00:38:40
50	205	RENATO RODRIGUES	CPT SOBRAL DE CEIRA	50	VET M35	10	03:52	00:38:42
51	320	SIMÃO LOUREIRO	ABUTRES	51	JUN M	3	03:52	00:38:43
52	711	ÁLVARO MANO	COIMBRA TRAIL RUNNING	52	VET M45	5	03:52	00:38:45
53	178	GERMANO CAPELA	CA BARREIRA	53	VET M50	6	03:52	00:38:47
54	783	PEDRO TIAGO MENDES	ABUTRES	54	SEN M	19	03:53	00:38:52
55	409	VITOR CARDOSO	ESCOLA DE ATLETISMO DE COIMBRA	55	VET M40	10	03:53	00:38:56
56	617	MARCIO FERREIRA	AUTO-INDUSTRIAL	56	SUB 23 M	2	03:54	00:39:02
57	565	ANA PETINGA	RECREIO DESPORTIVO DE ÁGUEDA	1	VET F40	1	03:55	00:39:12
58	404	JOÃO PEREIRA	ESCOLA DE ATLETISMO DE COIMBRA	57	VET M40	11	03:55	00:39:14
59	408	ANTÓNIO FERROLHO	ESCOLA DE ATLETISMO DE COIMBRA	58	VET M45	6	03:55	00:39:17
60	34	JOÃO OLIVEIRA	JOAQUIM CHAVES SAÚDE	59	VET M40	12	03:55	00:39:19
61	734	AURÉLIO SAÚDE	JOGGING LOVERS COIMBRA	60	VET M40	13	03:56	00:39:25
62	822	PAULO NEVES	C. C. R. D. LICEIA	61	SEN M	20	03:56	00:39:26
63	30	LUIS GODINHO	INDIVIDUAL	62	VET M50	7	03:56	00:39:26
64	790	ARNALDO MENDES	ADM – ORIMONDEGO	63	VET M35	11	03:56	00:39:26
65	801	ALEX MENDES	ABUTRES	64	VET M40	14	03:56	00:39:27
66	736	PEDRO MARQUES	ESCOLA DE ATLETISMO DE COIMBRA	65	VET M45	7	03:57	00:39:31
67	621	PEDRO OLIVEIRA	AUTO-INDUSTRIAL	66	VET M45	8	03:57	00:39:35
68	487	NUNO MENDES	CCRD BURINHOSA	67	VET M35	12	03:58	00:39:41
69	744	PEDRO VARELA	ASSOC. ACADÉMICA COIMBRA	68	VET M45	9	03:58	00:39:41
70	854	RUI MELO	INDIVIDUAL	69	SEN M	21	03:58	00:39:43
71	550	PEDRO CONCEIÇÃO	TONDELA RUNNERS	70	SEN M	22	03:58	00:39:43
72	671	MÁRCIO LOUREIRO	DCI /TRILHOS LUSO BUSSACO	71	VET M35	13	03:58	00:39:46
73	15	ARLINDO RIBEIRO	FALSOS LENTOS	72	VET M45	10	03:59	00:39:52
74	651	JOSÉ C SANTOS	ACVERMOIL	73	VET M45	11	03:59	00:39:58
75	414	LUIS PEREIRA	A. D. BUARCOS	74	VET M45	12	03:59	00:40:00
76	714	LEONARDO SANTOS	INDIVIDUAL	75	JUN M	4	04:00	00:40:05
77	835	MÁRCIO SOUSA	CPR A-DO-BARBAS	76	VET M35	14	04:00	00:40:07
78	601	NUNO NEVES	LAMA SOLTA	77	SEN M	23	04:00	00:40:10
79	192	LUIS VILELA	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	78	VET M40	15	04:01	00:40:16
80	166	JOÃO BRONZE	INDIVIDUAL	79	VET M40	16	04:01	00:40:18
81	284	ALEX SILVA	GRVILAVERDENSE	80	VET M35	15	04:02	00:40:21
82	358	JOSE PIRES	INDIVIDUAL	81	VET M50	8	04:02	00:40:22
83	11	MÁRCIO RODRIGUES	ACDRS – QUINHENDROS	82	VET M35	16	04:02	00:40:24
84	262	ANDRÉ CARVALHEIRO	FITTING POINT	83	VET M35	17	04:02	00:40:24
85	24	LUIS SILVA	ACRM SILVEIRINHA GRANDE	84	VET M45	13	04:02	00:40:25
86	51	AMÍLCAR RAMOS	GRVILAVERDENSE	85	VET M40	17	04:03	00:40:38
87	14	ANDRÉ MAGALHÃES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	86	VET M35	18	04:03	00:40:40
88	811	BRUNO MARQUES	ATLETISMO CLUBE DA TOCHA	87	VET M35	19	04:04	00:40:43

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
89	278	FILIFE MAMEDE	INDIVIDUAL	88	VET M45	14	04:04	00:40:46
90	514	MANUEL CABETE	MOINHOS DA GÂNDARA TRAIL	89	VET M50	9	04:04	00:40:46
91	886	JOAO RODRIGUES	INDIVIDUAL	90	VET M60	1	04:04	00:40:49
92	74	RUI MOURA	INDIVIDUAL	91	VET M35	20	04:04	00:40:49
93	301	EDUARDO CARVALHEIRO	KARVATEAM	92	SUB 23 M	3	04:04	00:40:50
94	725	JOSÉ MANUEL ZANANAR	ATLETISMO CLUBE DA TOCHA	93	VET M50	10	04:05	00:40:56
95	121	RICARDO MOTA	SRI CHINMOY MARATHON TEAM	94	VET M40	18	04:05	00:40:56
96	807	JORGE PINA	SRI CHINMOY MARATHON TEAM	95	VET M40	19	04:05	00:40:56
97	440	RODRIGO CARDOSO	CSCD NORTE E SOURE	96	SUB 23 M	4	04:06	00:41:09
98	95	RUI PIRES	VIRIATHVS RUNNERS VISEU	97	VET M40	20	04:06	00:41:10
99	504	CARLOS MIGUEL OLIVEIRA	OS PERNA DE PAU	98	SEN M	24	04:07	00:41:12
100	816	JORGE RESENDE	CINFÃES A CORRER	99	VET M35	21	04:07	00:41:16
101	33	PAULO AMARO	PELAESTRADAFORA	100	VET M45	15	04:07	00:41:16
102	667	ANTÓNIO FERREIRA	INDIVIDUAL	101	VET M45	16	04:07	00:41:18
103	223	FERNANDO MORAIS	INDIVIDUAL	102	VET M55	2	04:07	00:41:18
104	482	RICARDO PIRES	CCRD BURINHOSA	103	SEN M	25	04:07	00:41:18
105	727	DENISE PEREIRA	RUNCROSSTRAIL	2	VET F35	1	04:07	00:41:19
106	64	JOSÉ MACHADO	INDIVIDUAL	104	VET M35	22	04:08	00:41:23
107	649	DANIEL BATATA	ATLETISMO CLUBE DA TOCHA	105	VET M35	23	04:08	00:41:23
108	75	PAULO TEIXEIRA	INDIVIDUAL	106	VET M35	24	04:08	00:41:25
109	421	MÁRIO SANTOS	INDIVIDUAL	107	VET M35	25	04:08	00:41:28
110	10	NUNO OLIVEIRA	INDIVIDUAL	108	SEN M	26	04:09	00:41:38
111	681	DIOGO FERREIRA	CLUBE VETERANOS DO LIS	109	VET M35	26	04:10	00:41:43
112	643	MARIO CORREIA	INDIVIDUAL	110	VET M45	17	04:10	00:41:45
113	687	VITOR PONTES	INDIVIDUAL	111	VET M50	11	04:10	00:41:46
114	438	ANTÓNIO PEGO	ACDRS – QUINHENDROS	112	VET M40	21	04:10	00:41:47
115	268	EDGAR GOMES	ACRM SILVEIRINHA GRANDE	113	VET M35	27	04:10	00:41:48
116	839	LUIS SILVÉRIO BARBOSA	INDIVIDUAL	114	VET M40	22	04:10	00:41:48
117	164	PEDRO MENDES	BIO TEAM RUN	115	VET M40	23	04:11	00:41:51
118	364	ANTÓNIO QUATORZE	CPT SOBRAL DE CEIRA	116	VET M60	2	04:11	00:41:53
119	362	DANIEL CORREIA	CPT SOBRAL DE CEIRA	117	VET M35	28	04:11	00:41:54
120	182	ARNALDO FERREIRA	INDIVIDUAL	118	VET M40	24	04:11	00:41:55
121	292	ACÍLIO NORO	SOURE MOV	119	VET M45	18	04:11	00:41:58
122	25	AMILCAR COSTA	ACRM SILVEIRINHA GRANDE	120	VET M45	19	04:11	00:41:58
123	60	MÁRIO CARAPINHEIRO	CLUVE - CLUBE VETERANOS DE COIMBRA	121	VET M50	12	04:12	00:42:01
124	331	JOSÉ LOPES	ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	122	VET M55	3	04:12	00:42:01
125	558	PAULO MARQUES	FORMOBIKE TRAIL RUNNING	123	SEN M	27	04:12	00:42:01
126	573	NÉLIO GIRÃO	FORMOBIKE BTT TRAIL RUNNING	124	VET M35	29	04:12	00:42:03
127	489	MIGUEL GOYANES	FIGUEIRA RUNNERS	125	VET M35	30	04:12	00:42:07
128	739	NUNO MORUJO	INDIVIDUAL	126	VET M40	25	04:13	00:42:11
129	49	GONÇALO GOMES	SEM SEDE	127	SEN M	28	04:13	00:42:19
130	244	LUCIO VENTURA	INDIVIDUAL	128	VET M45	20	04:14	00:42:21
131	561	JOÃO MARQUES	CENTRO ATLETISMO SEIA	129	VET M65	1	04:14	00:42:23
132	197	PEDRO FERREIRA	FALSOS LENTOS	130	VET M40	26	04:14	00:42:24

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
133	695	HUMBERTO OLIVEIRA	UNIÃO CLUBE EIRENSE	131	VET M45	21	04:14	00:42:27
134	716	NUNO COELHO	INDIVIDUAL	132	VET M40	27	04:14	00:42:28
135	366	DAVID PATRICIO	CPT SOBRAL DE CEIRA	133	VET M50	13	04:15	00:42:40
136	462	PAULO SANTOS	FLASHOVER-BVPENELA	134	VET M40	28	04:16	00:42:41
137	575	DANY GRILO	GAU BAJOUCA	135	SEN M	29	04:16	00:42:41
138	521	RUI SILVA	OS PAPA MILHAS	136	VET M45	22	04:16	00:42:48
139	28	JOEL SANTOS	ACRM SILVEIRINHA GRANDE	137	SEN M	30	04:16	00:42:49
140	477	NUNO LORVÃO	CCRD BURINHOSA	138	VET M45	23	04:17	00:42:52
141	220	JOSE FARO	VIRIATHVS RUNNERS VISEU	139	VET M45	24	04:17	00:42:55
142	206	JORGE DELGADO	CASA BENFICA FIGUEIRA DA FOZ	140	SEN M	31	04:18	00:43:02
143	855	VIRGILIO ALBERTO	GAU BAJOUCA	141	VET M50	14	04:18	00:43:04
144	368	CELSO PEREIRA	CPT SOBRAL DE CEIRA	142	VET M45	25	04:18	00:43:07
145	372	RICARDO BRANQUINHO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	143	SEN M	32	04:18	00:43:07
146	380	JORGE ALVES	ESCOLA DE ATLETISMO DE COIMBRA	144	VET M45	26	04:19	00:43:13
147	650	SARA SILVA	ATLETISMO CLUBE DA TOCHA	3	SEN F	1	04:19	00:43:15
148	703	MIGUEL COIMBRA	UNIÃO CLUBE EIRENSE	145	VET M50	15	04:19	00:43:15
149	156	PEDRO FIGUEIREDO	BIO TEAM RUN	146	VET M35	31	04:19	00:43:19
150	65	JOSÉ MAÇARRIA	MAREZIA BAR	147	VET M55	4	04:20	00:43:23
151	892	TOZE ALMEIDA	BTTRAIN	148	VET M40	29	04:20	00:43:24
152	745	FERNANDO AGANTE	ASSOC. ACADÉMICA COIMBRA	149	VET M55	5	04:20	00:43:24
153	626	PEDRO MANSO	AUTO-INDUSTRIAL	150	VET M35	32	04:21	00:43:31
154	833	PAULO BAPTISTA	INDIVIDUAL	151	VET M35	33	04:21	00:43:31
155	193	PEDRO ACÚRCIO	INDIVIDUAL	152	VET M40	30	04:21	00:43:33
156	325	BRUNO B. FERREIRA	ACDRS – QUINHENDROS	153	VET M35	34	04:21	00:43:34
157	715	DAVID JESUS	PASCOALITOS AD BARCOUÇO	154	VET M35	35	04:21	00:43:35
158	589	HENRIQUE AMARO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	155	VET M40	31	04:21	00:43:37
159	472	JOÃO RIBAU	INDIVIDUAL	156	SEN M	33	04:21	00:43:38
160	877	MARIO BERNARDINO	INDIVIDUAL	157	SEN M	34	04:22	00:43:41
161	713	PEDRO CRUZ	INDIVIDUAL	158	VET M40	32	04:22	00:43:42
162	68	HENRIQUE FERNANDES	BIO TEAM RUN	159	VET M40	33	04:22	00:43:43
163	155	JOÃO RAINHO	BIO TEAM RUN	160	VET M55	6	04:22	00:43:45
164	36	ELIAS DE SOUZA	PRO FORMA BRASIL	161	VET M45	27	04:23	00:43:54
165	326	LUÍS PEDROSA	INDUSTRIAL DESPORTIVO VIEIRENSE	162	VET M50	16	04:23	00:43:55
166	129	JOÃO SILVA	ARCD VENDA DA LUISA	163	SEN M	35	04:23	00:43:59
167	111	PAULO SACRAMENTO	INDIVIDUAL	164	VET M35	36	04:24	00:44:01
168	143	EDUARDO RIBEIRO	INDIVIDUAL	165	VET M35	37	04:24	00:44:04
169	795	RICARDO SOUSA	TRIBO NR	166	SEN M	36	04:24	00:44:05
170	253	MARCO MARQUES	INDIVIDUAL	167	VET M40	34	04:24	00:44:05
171	721	ILIDIO LUCIANO LOUREIRO	INDIVIDUAL	168	VET M40	35	04:25	00:44:11
172	385	JOÃO LOUREIRO	VERALLIA PORTUGAL	169	VET M40	36	04:25	00:44:14
173	277	PAULO MATAFOME	CORR'ESTES	170	VET M35	38	04:25	00:44:16
174	18	LUÍS GASPAR	MOINHOS DA GÂNDARA TRAIL	171	SEN M	37	04:25	00:44:19
175	557	RICARDO PEREIRA	EMCANTOS AITEAM	172	VET M35	39	04:25	00:44:19
176	2	LEONARDO JESUS	INDIVIDUAL	173	SEN M	38	04:25	00:44:19

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
177	751	PAULO PEREIRA	GRVILAVERDENSE	174	VET M45	28	04:26	00:44:21
178	619	FRANCISCO MENDES	AUTO-INDUSTRIAL	175	VET M40	37	04:26	00:44:24
179	823	MARIO NEVES	C. C. R. D. LICEIA	176	VET M50	17	04:26	00:44:27
180	804	CARLOS MAJOR	G.D.C. EIRAPEDRENSE	177	VET M55	7	04:26	00:44:29
181	638	RICARDO ALMAS	AUTO-INDUSTRIAL	178	VET M45	29	04:26	00:44:29
182	402	HUGO PAGAIMO	VERALLIA PORTUGAL	179	SEN M	39	04:26	00:44:29
183	568	BELMIRO PARADA	PATRULHA PATA	180	VET M45	30	04:26	00:44:30
184	158	BENTO BAPTISTA	CLUVE - CLUBE VETERANOS DE COIMBRA	181	VET M65	2	04:26	00:44:30
185	577	FÁBIO GASPAS	GIRA SOL	182	SEN M	40	04:27	00:44:31
186	365	CARLOS GARRIDO	CPT SOBRAL DE CEIRA	183	VET M55	8	04:27	00:44:32
187	242	LUIS NUNES	INDIVIDUAL	184	VET M45	31	04:27	00:44:34
188	165	JULIA LEGKOVA	BIO TEAM RUN	4	SEN F	2	04:27	00:44:35
189	367	RUI FIGUEIREDO	CPT SOBRAL DE CEIRA	185	VET M40	38	04:28	00:44:41
190	803	NUNO PESSOA	SALGUEIROS RUNNING	186	VET M40	39	04:28	00:44:43
191	481	CLAUDIA TORRES	CCRD BURINHOSA	5	VET F35	2	04:28	00:44:43
192	154	EMANUEL JOSÉ	BIO TEAM RUN	187	VET M35	40	04:28	00:44:49
193	181	FILIPE LOPES	BIO TEAM RUN	188	VET M40	40	04:28	00:44:50
194	418	NUNO LOUREIRO	INDIVIDUAL	189	VET M45	32	04:29	00:44:51
195	847	DIOGO RUA	INDIVIDUAL	190	SEN M	41	04:29	00:45:00
196	666	MANUEL MONTEIRO	INDIVIDUAL	191	VET M40	41	04:30	00:45:03
197	518	FRANCISCO ROQUE	SACA TRILHOS ANADIA	192	VET M45	33	04:30	00:45:08
198	26	JOÃO SINTRA	ACRM SILVEIRINHA GRANDE	193	VET M60	3	04:31	00:45:11
199	747	JOEL RODRIGUES	INDIVIDUAL	194	JUN M	5	04:31	00:45:13
200	416	CARLA SANTOS	GDR OS FIXES	6	VET F40	2	04:31	00:45:15
201	94	VIRGÍLIO NETO	OZXTREME/ADCRPEREIRA	195	VET M40	42	04:31	00:45:18
202	136	JOÃO SANTOS	ROCKET TEAM	196	VET M35	41	04:32	00:45:25
203	46	HERNÂNI MARTINHO	SEM SEDE	197	VET M35	42	04:32	00:45:27
204	346	FILIPE COSTA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	198	SUB 23 M	5	04:33	00:45:33
205	610	RODRIGO MOÇO	GINÁSIO REMO	199	JUN M	6	04:33	00:45:35
206	784	HUGO MONTEIRO	CUMIBROA BIKE'S RUNNING TEAM	200	JUN M	7	04:33	00:45:36
207	235	JOAO REIS	INDIVIDUAL	201	VET M45	34	04:33	00:45:36
208	771	JOÃO FERREIRA	GINÁSIO REMO	202	SEN M	42	04:33	00:45:40
209	461	TELMO PEDRO	ASSOCIAÇÃO JORGE PINA	203	VET M40	43	04:34	00:45:45
210	788	ALEXANDRE VELOSO	RUNJUST4FUN	204	SEN M	43	04:34	00:45:46
211	147	LUÍS MENDES	ABUTRES	205	VET M40	44	04:34	00:45:48
212	243	PEDRO MARQUES	LAMA SOLTA	206	SEN M	44	04:34	00:45:49
213	436	JORGE VILELA	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	207	VET M45	35	04:35	00:45:53
214	169	FERNANDO SOUSA	BIO TEAM RUN	208	VET M50	18	04:35	00:45:54
215	431	ANTÓNIO MOREIRA	INDIVIDUAL	209	VET M60	4	04:35	00:45:55
216	35	BRUNO RODRIGUES	ACDRS – QUINHENDROS	210	VET M35	43	04:35	00:45:58
217	342	MARÍLIA MARQUES	INDIVIDUAL	7	SEN F	3	04:36	00:46:01
218	819	LUÍS RAMOS	INDIVIDUAL	211	SEN M	45	04:36	00:46:02
219	830	LINO SILVA	LAMA SOLTA	212	SEN M	46	04:36	00:46:03
220	429	JOÃO DÂMASO	GRUPO MARAVILHA	213	SEN M	47	04:36	00:46:03

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
221	513	LUÍS OLIVEIRA	FIGUEIRA KAYAK CLUBE	214	SEN M	48	04:36	00:46:06
222	618	MANUEL FERNANDES	AUTO-INDUSTRIAL	215	VET M60	5	04:36	00:46:06
223	554	GUILHERME FERREIRA	INDIVIDUAL	216	SUB 23 M	6	04:36	00:46:09
224	708	ANDRÉ DIAS	TRIBO NR	217	VET M50	19	04:37	00:46:13
225	544	TIAGO LEITÃO	TONDELA RUNNERS	218	VET M35	44	04:37	00:46:14
226	605	RUI NUNES	INDIVIDUAL	219	VET M35	45	04:37	00:46:15
227	876	NUNO CADETE	INDIVIDUAL	220	VET M55	9	04:37	00:46:16
228	760	JOEL FIGUEIREDO	INDIVIDUAL	221	VET M40	45	04:37	00:46:16
229	300	LUÍS CARVALHEIRO	KARVATEAM	222	VET M50	20	04:37	00:46:16
230	432	MARCO MOREIRA	INDIVIDUAL	223	SEN M	49	04:37	00:46:19
231	596	TIAGO FREITAS	SRI CHINMOY MARATHON TEAM	224	SUB 23 M	7	04:38	00:46:21
232	778	JOÃO CAPELÔA	INDIVIDUAL	225	VET M55	10	04:38	00:46:23
233	773	JOSÉ TOMÉ	GINÁSIO REMO	226	SEN M	50	04:38	00:46:24
234	478	TELMO PEDROSO	CCRD BURINHOSA	227	VET M45	36	04:38	00:46:25
235	9	CARLOS PINHO	BIO TEAM RUN	228	VET M40	46	04:38	00:46:27
236	163	ANABELA FONSECA	BIO TEAM RUN	8	VET F45	1	04:38	00:46:27
237	221	LUIS LOUREIRO	VIRIATHVS RUNNERS VISEU	229	VET M40	47	04:38	00:46:28
238	172	NUNO FONTES	CORR'ESTES	230	SEN M	51	04:39	00:46:31
239	345	FABIO MARTINS	INDIVIDUAL	231	SEN M	52	04:39	00:46:31
240	21	LÍGIA CASIMIRO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	9	VET F40	3	04:39	00:46:31
241	712	CATARINA ALVES	COIMBRA TRAIL RUNNING	10	VET F40	4	04:39	00:46:33
242	412	MARIA CARVALHO	ESCOLA DE ATLETISMO DE COIMBRA	11	SEN F	4	04:39	00:46:36
243	194	ANTONIO LEMOS	INDIVIDUAL	232	VET M65	3	04:39	00:46:37
244	848	DORA SERRA	ESCOLA DE ATLETISMO DE COIMBRA	12	VET F40	5	04:39	00:46:38
245	545	JOSÉ ALMEIDA	TONDELA RUNNERS	233	VET M50	21	04:40	00:46:41
246	377	MIGUEL BARRADAS	C AO CUBO	234	VET M35	46	04:40	00:46:41
247	343	ABEL CONDESSO	INDIVIDUAL	235	VET M40	48	04:40	00:46:41
248	697	LUIS BARRACHO	INDIVIDUAL	236	VET M40	49	04:40	00:46:41
249	61	JOSÉ REIS	INDIVIDUAL	237	VET M50	22	04:40	00:46:45
250	395	DAVID CARDOSO	VERALLIA PORTUGAL	238	VET M45	37	04:40	00:46:47
251	110	FILIPE FARIA	INDIVIDUAL	239	VET M35	47	04:40	00:46:47
252	211	VITOR JOAQUIM	BIO TEAM RUN	240	VET M40	50	04:40	00:46:49
253	541	NUNO SALTÃO	INDIVIDUAL	241	VET M35	48	04:40	00:46:50
254	559	JOÃO MARICATO	MOINHOS DA GÂNDARA TRAIL	242	VET M40	51	04:41	00:46:52
255	3	PEDRO VICENTE	MARMELEIRA RESORT	243	VET M50	23	04:41	00:46:52
256	542	PAULO SILVA	TONDELA RUNNERS	244	VET M45	38	04:41	00:46:53
257	327	JOSÉ CARLOS FORTE	ARQUICONSULT	245	VET M55	11	04:41	00:46:53
258	826	JOAO BRANQUINHO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	246	VET M35	49	04:41	00:46:53
259	118	JORGE FARIA	CUMIBROA BIKE'S RUNNING TEAM	247	VET M40	52	04:41	00:46:53
260	200	FRANCISCO MOREIRA	CMFF	248	VET M55	12	04:41	00:46:54
261	735	SUSANA MEIRELES	ESCOLA DE ATLETISMO DE COIMBRA	13	SUB 23 F	1	04:41	00:46:54
262	825	KELLY MORE	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	14	SEN F	5	04:41	00:46:54
263	503	JOSÉ BRÁS	INDIVIDUAL	249	VET M45	39	04:41	00:46:54
264	227	EDUARDO JOANES	CMFF	250	VET M40	53	04:41	00:46:55

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
265	525	RUI SIMÕES	CMFF	251	VET M35	50	04:41	00:46:55
266	103	CELSO COELHO	BESJOGING	252	VET M55	13	04:41	00:46:58
267	102	RUI OLIVEIRA	TEAM BALA	253	VET M45	40	04:41	00:47:00
268	322	ANA COUCEIRO	INDIVIDUAL	15	VET F35	3	04:41	00:47:00
269	430	NUNO GAMEIRO	TEAMBALA	254	VET M40	54	04:41	00:47:00
270	620	FÁBIO BARROCA	AUTO-INDUSTRIAL	255	SEN M	53	04:41	00:47:00
271	237	RUI BARROCA	INDIVIDUAL	256	VET M40	55	04:42	00:47:01
272	493	RICARDO VEIGA	INDIVIDUAL	257	VET M40	56	04:42	00:47:02
273	511	LUIS COSTA	RUNJUST4FUN	258	VET M50	24	04:42	00:47:02
274	305	RUI COSTA	FITTING POINT	259	VET M50	25	04:42	00:47:07
275	640	JOSÉ COCENAS	AUTO-INDUSTRIAL	260	VET M55	14	04:42	00:47:09
276	424	BERNARDO VICENTE	MARMELEIRA RESORT	261	SEN M	54	04:42	00:47:09
277	628	FERNANDO BATISTA	AUTO-INDUSTRIAL	262	VET M50	26	04:42	00:47:09
278	389	JOSÉ BATATA	VERALLIA PORTUGAL	263	VET M55	15	04:42	00:47:10
279	691	PEDRO MONTEIRO	INDIVIDUAL	264	VET M45	41	04:43	00:47:13
280	80	GONÇALO BREDA	INDIVIDUAL	265	SEN M	55	04:43	00:47:15
281	217	RUI FARIA	INDIVIDUAL	266	VET M50	27	04:43	00:47:18
282	507	NELSON AZENHA	GRVILAVERDENSE	267	VET M40	57	04:43	00:47:18
283	150	ANA OLIVEIRA	PIORDAPERNA	16	SEN F	6	04:43	00:47:20
284	122	TIAGO MARQUES	INDIVIDUAL	268	VET M35	51	04:44	00:47:21
285	38	JOÃO BELCHIOR	INDIVIDUAL	269	VET M40	58	04:44	00:47:22
286	318	PEDRO AMORIM	ABUTRES	270	VET M45	42	04:44	00:47:23
287	814	LUÍS MARQUES	LAMA SOLTA	271	SEN M	56	04:45	00:47:32
288	89	MIGUEL VASCO	GRVILAVERDENSE	272	VET M40	59	04:45	00:47:33
289	789	HELDER ARAUJO	INDIVIDUAL	273	VET M60	6	04:45	00:47:37
290	580	VITOR TOMAZ	BIO TEAM RUN	274	VET M40	60	04:45	00:47:39
291	8	HELDER SIMÕES	INDIVIDUAL	275	VET M45	43	04:45	00:47:39
292	204	GONÇALO OLIVEIRA	INDIVIDUAL	276	JUN M	8	04:45	00:47:40
293	564	LUIS FIGUEIREDO	VIRIATHVS RUNNERS VISEU	277	VET M50	28	04:45	00:47:40
294	361	ROSA RODRIGUES	ACDRS – QUINHENDROS	17	VET F45	2	04:47	00:47:51
295	857	LUIS PÓVOA	INDIVIDUAL	278	VET M35	52	04:47	00:47:53
296	799	PEDRO SARAIVA	INDIVIDUAL	279	VET M45	44	04:47	00:47:55
297	195	PEDRO BOIA	BIO TEAM RUN	280	VET M40	61	04:48	00:48:03
298	420	PAULA VIDAS	COIMBRA TRAIL RUNNING	18	VET F50	1	04:48	00:48:08
299	106	MANUEL ROMANO	RUN 4 FUN	281	VET M55	16	04:48	00:48:09
300	19	JOSÉ SÁ	INDIVIDUAL	282	SEN M	57	04:49	00:48:12
301	281	DAVID MARQUES	INDIVIDUAL	283	SEN M	58	04:49	00:48:13
302	185	CARLOS RIBEIRO	OS TOLINHOS	284	VET M45	45	04:49	00:48:14
303	659	ABEL BATALHA	SOURE MOV	285	VET M50	29	04:49	00:48:14
304	99	RICARDO SANTOS	ESCOLA DE ATLETISMO DE COIMBRA	286	SEN M	59	04:49	00:48:15
305	88	JOSÉ GUILHERME FERNANDES	ARCD VENDA DA LUISA	287	JUN M	9	04:49	00:48:19
306	546	JOÃO TAVARES	TONDELA RUNNERS	288	VET M35	53	04:49	00:48:19
307	576	RAQUEL GRILO	GIRA SOL	19	VET F40	6	04:49	00:48:19
308	226	RUI TROVÃO	CMFF	289	VET M35	54	04:49	00:48:20

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
309	797	JOSÉ DUARTE	INDIVIDUAL	290	VET M45	46	04:50	00:48:21
310	44	SILVIU STEFAN	SEM SEDE	291	SEN M	60	04:50	00:48:26
311	256	PEDRO CRUZ	FITTING POINT	292	VET M55	17	04:50	00:48:27
312	779	JOÃO FERREIRA	DIAGNOSTICUM	293	SEN M	61	04:50	00:48:29
313	817	JOEL JACINTO	INDIVIDUAL	294	VET M40	62	04:51	00:48:31
314	295	FRANCISCO CARDOSO	INDIVIDUAL	295	JUN M	10	04:51	00:48:32
315	473	JOEL SIMÕES	INDIVIDUAL	296	SEN M	62	04:51	00:48:34
316	112	ALEXANDRE ESPÍRITO SANTO	INDIVIDUAL	297	VET M35	55	04:51	00:48:34
317	889	IETE GONÇALVES	INDIVIDUAL	20	VET F45	3	04:51	00:48:37
318	729	RUI TEIXEIRA	INDIVIDUAL	298	VET M55	18	04:51	00:48:38
319	875	NUNO COELHO	FORMOBIKE BTT TRAIL RUNNING	299	VET M35	56	04:52	00:48:43
320	693	PASCOAL OLIVEIRA	CSCRFCHARNECA	300	VET M45	47	04:52	00:48:45
321	100	VITOR SANTOS	ESCOLA DE ATLETISMO DE COIMBRA	301	VET M50	30	04:52	00:48:50
322	479	ANIBAL SILVA	CCRD BURINHOSA	302	VET M55	19	04:53	00:48:51
323	425	JORGE RAMOS	INDIVIDUAL	303	VET M60	7	04:53	00:48:52
324	274	CLÁUDIA MOURATO	FITTING POINT	21	VET F35	4	04:53	00:48:52
325	152	VALTER RAINHO	BIO TEAM RUN	304	VET M45	48	04:53	00:48:55
326	450	JOSE OLIVEIRA	INDIVIDUAL	305	VET M45	49	04:53	00:48:57
327	852	PAULO FERNANDES	INDIVIDUAL	306	VET M50	31	04:54	00:49:01
328	394	PAULO PINTO	VERALLIA PORTUGAL	307	VET M55	20	04:54	00:49:04
329	241	PAULO RAQUETE	FITTING POINT	308	VET M45	50	04:55	00:49:11
330	484	CARMEN ALMEIDA	CCRD BURINHOSA	22	VET F35	5	04:55	00:49:15
331	582	DAVID CRAVO	RUNJUST4FUN	309	SEN M	63	04:55	00:49:15
332	637	NUNO CONCEIÇÃO	AUTO-INDUSTRIAL	310	VET M45	51	04:55	00:49:19
333	466	EZEQUIEL ANDRE	INDIVIDUAL	311	VET M40	63	04:56	00:49:21
334	176	JORGE MELO	INDIVIDUAL	312	VET M40	64	04:56	00:49:22
335	512	JOSÉ SILVA	MARMELEIRA RESORT	313	VET M60	8	04:56	00:49:22
336	218	MÁRIO SILVA	INDIVIDUAL	314	VET M45	52	04:56	00:49:23
337	843	MOISÉS NUNES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	315	VET M50	32	04:56	00:49:25
338	13	LUIS GASPAS	FIGUEIRA A FUNDO	316	SEN M	64	04:56	00:49:28
339	91	RAÚL MATOS	RUN 4 FUN	317	VET M50	33	04:56	00:49:30
340	630	LUIS LEITÃO	AUTO-INDUSTRIAL	318	VET M45	53	04:57	00:49:32
341	710	AVELINO RODRIGUES	PASCOALITOS AD BARCOUÇO	319	VET M40	65	04:57	00:49:34
342	282	JOÃO NUNES	CMFF	320	VET M35	57	04:57	00:49:35
343	706	JOÃO CAMPOS	TRIBO NR	321	VET M35	58	04:57	00:49:35
344	523	MANUEL TAVARES	OS PAPA MILHAS	322	VET M45	54	04:57	00:49:38
345	538	LUÍS ANDRADE	GRUPO DESPORTIVO FERREIRENSE	323	SEN M	65	04:58	00:49:41
346	794	JOÃO VAZ	FIGUEIRA KAYAK CLUBE	324	VET M40	66	04:58	00:49:42
347	800	CARLOS ALVES	INDIVIDUAL	325	SEN M	66	04:58	00:49:49
348	93	ROGÉRIO MATOS	RUN 4 FUN	326	VET M55	21	04:58	00:49:50
349	733	NUNO CABRAL	JOGGING LOVERS COIMBRA	327	VET M35	59	04:58	00:49:50
350	276	JOÃO SEIÇA	INDIVIDUAL	328	VET M40	67	04:59	00:49:55
351	294	JOSÉ CARDOSO	INDIVIDUAL	329	VET M45	55	04:59	00:49:56
352	668	TIAGO CARVALHO	INDIVIDUAL	330	VET M35	60	04:59	00:49:58

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
353	774	JOÃO TOMÉ	GINÁSIO REMO	331	SEN M	67	04:59	00:49:59
354	526	AUGUSTO RODRIGUES	INDIVIDUAL	332	VET M65	4	04:59	00:49:59
355	422	ANA TOMÉ	INDIVIDUAL	23	SEN F	7	04:59	00:49:59
356	636	SERGIO OLIVEIRA	AUTO-INDUSTRIAL	333	VET M50	34	04:59	00:49:59
357	702	ELIAS LEITÃO	INDIVIDUAL	334	VET M65	5	04:59	00:50:00
358	54	XAVIER LOPES	INDIVIDUAL	335	JUN M	11	04:59	00:50:00
359	508	PEDRO GALHANO	SC POVOENSE - CARACOIS DE CORRIDA	336	SEN M	68	05:00	00:50:01
360	298	DANIEL PEIXOTO	INDIVIDUAL	337	SEN M	69	05:00	00:50:02
361	348	ANDRÉ PINTO	INDIVIDUAL	338	SEN M	70	05:00	00:50:04
362	233	JOSÉ ANDRADE	CMFF	339	SEN M	71	05:00	00:50:07
363	115	JORGE LOUREIRO	CLUVE - CLUBE VETERANOS DE COIMBRA	340	VET M70	1	05:00	00:50:08
364	741	NUNO ALMEIDA	INDIVIDUAL	341	VET M35	61	05:00	00:50:09
365	669	MARCO MURGEIRO	LAMA SOLTA	342	VET M35	62	05:01	00:50:12
366	132	RUI SALGADO	BIO TEAM RUN	343	VET M40	68	05:01	00:50:13
367	766	GABRIEL FERREIRA	GINÁSIO REMO	344	JUN M	12	05:01	00:50:14
368	501	FRANCISCO ROSENDO	OLYMPIC SILVAS	345	JUN M	13	05:01	00:50:15
369	153	CLAUDIA ROCHA	BIO TEAM RUN	24	VET F40	7	05:01	00:50:16
370	802	GONÇALO MATEUS	FITTING POINT	346	JUN M	14	05:01	00:50:20
371	335	PEDRO MARQUES	INDIVIDUAL	347	VET M40	69	05:02	00:50:22
372	384	BRUNO SANTOS	VERALLIA PORTUGAL	348	VET M40	70	05:02	00:50:24
373	82	PAULO GONÇALVES	INDIVIDUAL	349	VET M40	71	05:02	00:50:27
374	808	RAQUEL PEDRO	SRI CHINMOY MARATHON TEAM	25	SEN F	8	05:02	00:50:29
375	740	LUIS ALMEIDA	INDIVIDUAL	350	SEN M	72	05:03	00:50:32
376	369	LUIS VIEIRA	INDIVIDUAL	351	VET M50	35	05:03	00:50:32
377	701	FERNANDO VENDA	COIMBRA TRAIL RUNNING	352	VET M60	9	05:03	00:50:33
378	92	LUÍS PATRÍCIO	LITOFISH	353	VET M35	63	05:03	00:50:36
379	675	SARA OLIVEIRA	CDI	26	SEN F	9	05:03	00:50:36
380	520	RICARDO PROENÇA	FIGUEIRA RUNNERS	354	VET M40	72	05:03	00:50:38
381	137	BASILIO SIMÕES	HAPPY AND FIT	355	VET M50	36	05:03	00:50:39
382	12	DANIEL SILVA	LITOFISH	356	VET M35	64	05:03	00:50:40
383	465	JOSÉ FIGUEIREDO	O MUNDO DA CORRIDA	357	VET M50	37	05:04	00:50:42
384	332	MARIA JOÃO BENQUERENÇA	INDIVIDUAL	27	VET F40	8	05:04	00:50:47
385	302	ANTÓNIO OLIVEIRA	FOZBTT	358	VET M55	22	05:04	00:50:47
386	299	LUIS GARCIA	FOZBTT	359	VET M50	38	05:04	00:50:48
387	138	ANTONIO BARBAS	INDIVIDUAL	360	VET M50	39	05:04	00:50:50
388	591	RICARDO COSTA	INDIVIDUAL	361	VET M35	65	05:05	00:50:51
389	566	PEDRO NUNES	PATRULHA PATA	362	VET M45	56	05:05	00:50:51
390	885	FILIPE DIAS	INDIVIDUAL	363	VET M40	73	05:05	00:50:58
391	471	PEDRO PINTO	SAL CROSSFIT	364	SEN M	73	05:06	00:51:02
392	806	ANIBAL PISCO	INDIVIDUAL	365	VET M55	23	05:06	00:51:05
393	184	NUNO OLIVEIRA	OLI POWER	366	SEN M	74	05:06	00:51:07
394	347	HERMÍNIO ALMEIDA	INDIVIDUAL	367	VET M45	57	05:07	00:51:12
395	257	LEONEL CONCHO	ACDRS – QUINHENDROS	368	VET M40	74	05:07	00:51:16
396	688	PEDRO RODOLFO	INDIVIDUAL	369	VET M35	66	05:07	00:51:17

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
397	491	ANABELA FERNANDES	GAU BAJOUCA	28	VET F45	4	05:07	00:51:19
398	563	ILÍDIO COELHO	META FINDERS - RUNNING TEAM	370	VET M50	40	05:08	00:51:21
399	764	CARLOS FERREIRA	GINÁSIO REMO	371	VET M55	24	05:08	00:51:24
400	392	RUI FERRAZ	VERALLIA PORTUGAL	372	SEN M	75	05:08	00:51:29
401	720	ISABEL GASPAR	CLUBE CORRIDA REN	29	VET F40	9	05:08	00:51:30
402	441	HELDER CUNHA	SC POVOENSE - CARACOIS DE CORRIDA	373	SEN M	76	05:09	00:51:31
403	449	HÉLDER RIBEIRO	NAR - NÚCLEO DE ATLETISMO DE REQUEIXO	374	VET M45	58	05:09	00:51:32
404	468	RODRIGO RAMA	INDIVIDUAL	375	VET M35	67	05:09	00:51:34
405	844	EMÍDIO GUIMARÃES	233DRINKTEAM	376	VET M35	68	05:09	00:51:34
406	349	RAQUEL SILVA	INDIVIDUAL	30	VET F35	6	05:09	00:51:35
407	428	JOSÉ PEDROSA	GRUPO MARAVILHA	377	VET M55	25	05:09	00:51:36
408	759	NUNO PINTO	INDIVIDUAL	378	VET M40	75	05:09	00:51:37
409	357	FERNANDO COSTA	FIGUEIRA KAYAK CLUBE	379	VET M55	26	05:09	00:51:37
410	805	HEBER PIRES	PASCOALITOS AD BARCOUÇO	380	SEN M	77	05:09	00:51:40
411	562	JOÃO FONTE	META FINDERS - RUNNING TEAM	381	SEN M	78	05:09	00:51:40
412	694	CARLOS SANTOS	TARAHUMARA	382	VET M35	69	05:10	00:51:49
413	259	FERNANDO COUTINHO	INDIVIDUAL	383	VET M55	27	05:11	00:51:55
414	768	HENRIQUE COSTA	GINÁSIO REMO	384	JUN M	15	05:11	00:52:00
415	634	PAULO CURADO	AUTO-INDUSTRIAL	385	VET M40	76	05:12	00:52:01
416	287	HERNÂNI PEDROSO	INDIVIDUAL	386	VET M45	59	05:12	00:52:01
417	724	FILIFE CARVALHEIRO	FITTING POINT	387	VET M40	77	05:13	00:52:15
418	236	JORGE MARQUES	INDIVIDUAL	388	VET M50	41	05:13	00:52:19
419	27	NELSON MARQUES	ACRM SILVEIRINHA GRANDE	389	VET M40	78	05:15	00:52:31
420	373	BRUNO CAÇÃO	ACRM SILVEIRINHA GRANDE	390	VET M35	70	05:15	00:52:31
421	359	TIAGO COSTA	INDIVIDUAL	391	SEN M	79	05:15	00:52:32
422	549	ISIDORO FRANCISCO	TONDELA RUNNERS	392	VET M45	60	05:15	00:52:33
423	834	NUNO FERREIRA	INDIVIDUAL	393	VET M35	71	05:15	00:52:36
424	42	PEDRO PONTE	SEM SEDE	394	VET M50	42	05:15	00:52:36
425	290	ANA CAVACAS	ELIS	31	VET F45	5	05:15	00:52:37
426	704	BRUNO LIMA	CSCRFCHARNECA	395	SEN M	80	05:15	00:52:38
427	777	MÁRIO SILVA	INDIVIDUAL	396	VET M35	72	05:15	00:52:39
428	198	HENRIQUE SIMÕES	CMFF	397	VET M35	73	05:16	00:52:44
429	533	LILIANA AZENHA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	32	VET F40	10	05:16	00:52:48
430	190	MARIA JOSÉ CACEIRO	PEIXES FORA DE ÁGUA	33	SEN F	10	05:16	00:52:48
431	754	ALEXANDRA MAIA	GRVILAVERDENSE	34	VET F40	11	05:16	00:52:50
432	341	MICHAËL VIEGAS	CORR'ESTES	398	SUB 23 M	8	05:16	00:52:50
433	510	TERESA ROSA	RUNJUST4FUN	35	VET F45	6	05:17	00:52:51
434	451	ARMENIO NOGUEIRA	INDIVIDUAL	399	VET M35	74	05:17	00:52:54
435	641	FERNANDO SANTOS	AUTO-INDUSTRIAL	400	VET M50	43	05:17	00:52:56
436	700	FRANCISCO VIEGAS	INDIVIDUAL	401	VET M50	44	05:17	00:52:57
437	350	MARCO CASAS NOVAS	INDIVIDUAL	402	SEN M	81	05:17	00:52:58
438	813	LUIS GASPAR	VERALLIA PORTUGAL	403	VET M45	61	05:17	00:52:59
439	780	JOAQUIM FETEIRA	DIAGNOSTICUM	404	VET M40	79	05:17	00:53:00
440	543	ESTEFANIA LOPES	TONDELA RUNNERS	36	VET F50	2	05:18	00:53:09

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
441	705	MARCOS ALVES	TRIBO NR	405	VET M40	80	05:19	00:53:14
442	66	DURVAL PIRES	BIO TEAM RUN	406	SEN M	82	05:19	00:53:15
443	40	PAULO SILVA	INDIVIDUAL	407	VET M50	45	05:19	00:53:19
444	850	IGOR TOMÁS	PEIXES FORA DE ÁGUA	408	SEN M	83	05:19	00:53:19
445	665	JOÃO RAINHO	INDIVIDUAL	409	SEN M	84	05:20	00:53:27
446	891	VITOR MACHADO	INDIVIDUAL	410	VET M45	62	05:20	00:53:27
447	234	ARMANDO PENEDO	BULLDOG TEAM	411	VET M40	81	05:20	00:53:30
448	798	LUÍS CAÇÃO	INDIVIDUAL	412	SEN M	85	05:20	00:53:30
449	313	SUSANA SALVATERRA	RUNFIGUEIRA	37	VET F40	12	05:20	00:53:30
450	340	HELGA MENDES MENDES	INDIVIDUAL	38	VET F40	13	05:20	00:53:30
451	78	RICARDO RAIMUNDO	INDIVIDUAL	413	VET M35	75	05:21	00:53:32
452	79	FRANCISCO NORTE	INDIVIDUAL	414	VET M40	82	05:21	00:53:32
453	883	LUIS BAROSA	INDIVIDUAL	415	VET M45	63	05:21	00:53:33
454	629	RICARDO SILVA	AUTO-INDUSTRIAL	416	VET M35	76	05:21	00:53:34
455	746	FERNANDO MEDEIROS	AC AVELARENSE	417	VET M50	46	05:21	00:53:36
456	41	NUNO SANTOS	SEM SEDE	418	SEN M	86	05:21	00:53:40
457	398	ALDINA FERREIRA	VERALLIA PORTUGAL	39	VET F40	14	05:22	00:53:41
458	397	ARMANDO PEREIRA	VERALLIA PORTUGAL	419	VET M40	83	05:22	00:53:41
459	97	PAULA COSTA	INDIVIDUAL	40	VET F35	7	05:22	00:53:43
460	98	FILIPE BUGALHO	INDIVIDUAL	420	SEN M	87	05:22	00:53:43
461	890	DUARTE OLIVEIRA	INDIVIDUAL	421	JUN M	16	05:23	00:53:52
462	463	DANIEL ANTUNES	CASA BENFICA FIGUEIRA DA FOZ	422	VET M45	64	05:23	00:53:52
463	709	JACQUELINE DIAS	TRIBO NR	41	VET F50	3	05:23	00:53:53
464	824	JOAQUIM BRANQUINHO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	423	VET M65	6	05:23	00:53:53
465	338	GERHARD DOPPLER	ADM – ORIMONDEGO	424	VET M45	65	05:23	00:53:56
466	685	PAULO MARTINS	INDIVIDUAL	425	VET M45	66	05:23	00:53:59
467	602	TONY VIEIRA	BIOCORPO	426	SEN M	88	05:23	00:53:59
468	888	DIANA FILIPE	INDIVIDUAL	42	SEN F	11	05:23	00:53:59
469	490	ANTONIO GLÓRIA	RUN.DREAMTEAMIEBFF	427	VET M45	67	05:24	00:54:01
470	17	OLGA FELAMINO	MOINHOS DA GÂNDARA TRAIL	43	VET F40	15	05:24	00:54:04
471	6	TIAGO ALMEIDA	INDIVIDUAL	428	SEN M	89	05:24	00:54:08
472	838	OLENA SAMAR	SRI CHINMOY MARATHON TEAM	44	SEN F	12	05:25	00:54:11
473	631	MIGUEL FONSECA	AUTO-INDUSTRIAL	429	VET M40	84	05:25	00:54:17
474	191	IURI TOMAS	PEIXES FORA DE ÁGUA	430	SEN M	90	05:25	00:54:18
475	170	PEDRO CONDE	INDIVIDUAL	431	VET M35	77	05:25	00:54:19
476	505	SUZI DANIELA RAMOS	OS PERNA DE PAU	45	SEN F	13	05:25	00:54:20
477	171	JOÃO JORGE	INDIVIDUAL	432	VET M35	78	05:25	00:54:20
478	263	PAULO A ARRIAGA	FITTING POINT	433	VET M45	68	05:26	00:54:21
479	459	PEDRO PEREIRA	INDIVIDUAL	434	VET M40	85	05:26	00:54:23
480	283	JOÃO CARLOTO	INDIVIDUAL	435	VET M40	86	05:26	00:54:24
481	767	GUILHERME PEREIRA	GINÁSIO REMO	436	JUN M	17	05:26	00:54:26
482	607	LICINIA FERREIRA	GINÁSIO REMO	46	VET F50	4	05:26	00:54:26
483	699	MARINA BARROCA	LAMA SOLTA	47	SEN F	14	05:26	00:54:27
484	556	NELSON ROSETE	INDIVIDUAL	437	SEN M	91	05:27	00:54:37

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
485	748	PEDRO ABREU	TRY TO STOP US / A.N.D.A.R.	438	VET M40	87	05:28	00:54:42
486	464	PEDRO LOUREIRO	INDIVIDUAL	439	VET M35	79	05:28	00:54:42
487	827	NUNO CABRAL	INDIVIDUAL	440	VET M45	69	05:28	00:54:46
488	818	SOFIA PEREIRA	INDIVIDUAL	48	SEN F	15	05:28	00:54:48
489	279	PAULO R MACEDO	INDIVIDUAL	441	VET M35	80	05:29	00:54:51
490	772	JOSÉ OLIVEIRA	GINÁSIO REMO	442	VET M55	28	05:29	00:54:53
491	269	GABRIELA CARRACO	ACRM SILVEIRINHA GRANDE	49	VET F35	8	05:29	00:54:54
492	291	PATRÍCIA BEJA	SOURE MOV	50	VET F40	16	05:29	00:54:54
493	517	LUDGERO MELANDA	RUNJUST4FUN	443	VET M50	47	05:29	00:54:55
494	264	HELDER SIMÕES	CMFF	444	VET M50	48	05:29	00:54:57
495	842	JORGE CAMPOS	INDIVIDUAL	445	VET M55	29	05:29	00:54:58
496	574	FERNANDA GARISO	INDIVIDUAL	51	VET F50	5	05:29	00:55:00
497	470	DIOGO MARQUES	INDIVIDUAL	446	JUN M	18	05:30	00:55:01
498	599	MARISA DE ALMEIDA	CASA DO BENFICA CONDEIXA	52	VET F35	9	05:30	00:55:06
499	547	ANTÓNIO CORREIA	TONDELA RUNNERS	447	VET M60	10	05:30	00:55:07
500	853	INÊS FERNANDES	INDIVIDUAL	53	JUN F	1	05:30	00:55:07
501	584	NUNO PAIVA	SARZEDO RUNNERS	448	VET M40	88	05:31	00:55:11
502	536	FERNANDO BANCA	INDIVIDUAL	449	VET M40	89	05:31	00:55:11
503	535	DIANA PEREIRA	INDIVIDUAL	54	VET F40	17	05:31	00:55:12
504	29	JOÃO SILVA	CKAPRI.PT	450	VET M60	11	05:31	00:55:12
505	495	SÓNIA PEREIRA	POMBAL JORNAL	55	VET F45	7	05:31	00:55:14
506	308	LUCIDIO DIAS	ACRM SILVEIRINHA GRANDE	451	VET M60	12	05:31	00:55:18
507	207	ARMANDO DELGADO	CASA BENFICA FIGUEIRA DA FOZ	452	VET M60	13	05:31	00:55:19
508	159	ANTÓNIO TAVARES	CLUVE - CLUBE VETERANOS DE COIMBRA	453	VET M65	7	05:32	00:55:24
509	603	AMÉRICO PESSOA	INDIVIDUAL	454	VET M50	49	05:32	00:55:24
510	86	VICTOR PEREIRA	CLUVE - CLUBE VETERANOS DE COIMBRA	455	VET M70	2	05:32	00:55:25
511	737	DINO MARQUES	INDIVIDUAL	456	VET M35	81	05:33	00:55:31
512	307	ALEXANDRE ROCHA	CMFF	457	VET M45	70	05:33	00:55:34
513	20	CARLOS BARROSO	BIO TEAM RUN	458	VET M50	50	05:33	00:55:35
514	199	CARLOS MANUEL	CMFF	459	VET M50	51	05:33	00:55:35
515	894	GILBERTO LOURENÇO	INDIVIDUAL	460	VET M45	71	05:33	00:55:36
516	355	ADELAIDE FELIZARDO	GORUN VENDAS NOVAS	56	VET F40	18	05:33	00:55:37
517	356	BRUNO SANTOS	GORUN VENDAS NOVAS	461	VET M40	90	05:33	00:55:37
518	856	PAULO MARQUES	INDIVIDUAL	462	VET M45	72	05:34	00:55:42
519	786	HUGO RODRIGUES	INDIVIDUAL	463	VET M35	82	05:34	00:55:42
520	787	MARIA DO CEU RODRIGUES	INDIVIDUAL	57	VET F50	6	05:34	00:55:45
521	90	JOÃO LUIS SANTOS	LENTOS E PARADOS	464	VET M45	73	05:34	00:55:45
522	55	MARIA DA GLÓRIA SOARES	INDIVIDUAL	58	VET F50	7	05:35	00:55:51
523	261	SARA SANTOS	FITTING POINT	59	VET F35	10	05:35	00:55:53
524	280	NUNO CAVACAS	FITTING POINT	465	VET M45	74	05:35	00:55:56
525	202	HUGO GODINHO	TARAHUMARA	466	SEN M	92	05:36	00:56:03
526	201	EDUARDO JORGE	INDIVIDUAL	467	VET M35	83	05:36	00:56:03
527	258	PAULO PALHAIS	INDIVIDUAL	468	VET M50	52	05:36	00:56:04
528	600	SALOMÉ OLIVEIRA	INDIVIDUAL	60	VET F35	11	05:36	00:56:06

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
529	611	RODRIGO PEDRO	GINÁSIO REMO	469	JUN M	19	05:36	00:56:10
530	731	JONI GASPAR	INDIVIDUAL	470	SEN M	93	05:36	00:56:10
531	572	ARTUR FREITAS	ADM – ORIMONDEGO	471	VET M35	84	05:37	00:56:11
532	792	MANUEL PEREIRA	INDIVIDUAL	472	VET M65	8	05:37	00:56:17
533	633	NUNO COELHO	AUTO-INDUSTRIAL	473	VET M40	91	05:38	00:56:21
534	360	JU VAZ	INDIVIDUAL	61	VET F35	12	05:38	00:56:25
535	765	FERNANDA VASCO	GINÁSIO REMO	62	VET F40	19	05:38	00:56:26
536	458	PATRICIA PEREIRA	INDIVIDUAL	63	VET F35	13	05:38	00:56:30
537	229	ANTÓNIA ABRANTES	INDIVIDUAL	64	VET F50	8	05:39	00:56:31
538	719	JOÃO GASPAR	CLUBE CORRIDA REN	474	VET M45	75	05:39	00:56:33
539	879	LILIANA JACINTO	INDIVIDUAL	65	VET F35	14	05:39	00:56:33
540	828	PAULO SILVA	INDIVIDUAL	475	VET M45	76	05:39	00:56:33
541	417	HUGO PAZ	VERALLIA PORTUGAL	476	VET M40	92	05:40	00:56:47
542	230	DIANA ALVES	INDIVIDUAL	66	SUB 23 F	2	05:41	00:56:51
543	142	PAULO SANTOS	INDIVIDUAL	477	VET M45	77	05:41	00:56:53
544	433	ROMERO SILVA	INDIVIDUAL	478	VET M40	93	05:41	00:56:56
545	723	FAUSTO CARVALHO	VERALLIA PORTUGAL	479	VET M60	14	05:42	00:57:02
546	528	ANA FETEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	67	VET F40	20	05:42	00:57:02
547	530	SÓNIA GASPAR	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	68	VET F35	15	05:42	00:57:02
548	782	PEDRO OLIVEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	480	VET M40	94	05:42	00:57:02
549	781	SARA FILIPE	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	69	VET F35	16	05:42	00:57:02
550	531	DINA ROCHA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	70	VET F40	21	05:42	00:57:03
551	532	PEDRO VERÍSSIMO	AMCF - ARRÁBIDA TRAIL TEAM	481	VET M40	95	05:42	00:57:03
552	529	SANDRA BARATA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	71	VET F45	8	05:42	00:57:03
553	238	JOEL LOUREIRO	INDIVIDUAL	482	VET M40	96	05:43	00:57:18
554	83	STEPHANE GONÇALVES	INDIVIDUAL	483	SEN M	94	05:43	00:57:18
555	339	NADIA DEODATO	INDIVIDUAL	72	SEN F	16	05:43	00:57:18
556	763	ANA TOMÉ	GINÁSIO REMO	73	SEN F	17	05:43	00:57:19
557	661	ANTÓNIO SERÓDIO	SOURE MOV	484	VET M55	30	05:43	00:57:20
558	658	ANTÓNIO NEVES	SOURE MOV	485	VET M55	31	05:44	00:57:21
559	151	RICARDO SANTOS	BIO TEAM RUN	486	VET M35	85	05:44	00:57:22
560	123	DIANA VIDEIRA	INDIVIDUAL	74	SEN F	18	05:44	00:57:22
561	124	SANDRA VIDEIRA	INDIVIDUAL	75	SEN F	19	05:44	00:57:23
562	196	DORA DOURADO	BIO TEAM RUN	76	VET F40	22	05:44	00:57:23
563	113	ANA SACRAMENTO	INDIVIDUAL	77	SEN F	20	05:44	00:57:23
564	496	FRANCISCA SILVA	OLYMPIC SILVAS	78	SEN F	21	05:44	00:57:26
565	497	BEATRIZ SILVA	OLYMPIC SILVAS	79	SEN F	22	05:44	00:57:26
566	149	ANDREIA DIAS	PIORDAPERNA	80	SEN F	23	05:45	00:57:34
567	662	INÉS SERÓDIO	SOURE MOV	81	SEN F	24	05:45	00:57:38
568	858	HUGO FIGUEIREDO	CINFÃES A CORRER	487	VET M35	86	05:45	00:57:40
569	815	JACINTO RESENDE	CINFÃES A CORRER	488	VET M35	87	05:45	00:57:40
570	527	ANTONIO TAFULA	INDIVIDUAL	489	VET M70	3	05:46	00:57:41
571	539	PATRÍCIA MENDES	INDIVIDUAL	82	SEN F	25	05:46	00:57:44
572	756	RICARDO MELO	INDIVIDUAL	490	VET M35	88	05:46	00:57:44

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
573	612	TIAGO OLIVEIRA	GINÁSIO REMO	491	VET M40	97	05:47	00:57:52
574	309	FLORBELA ROUXINOL	INDIVIDUAL	83	VET F45	9	05:47	00:57:52
575	45	DINA NEVES	SEM SEDE	84	VET F35	17	05:47	00:57:58
576	216	ALEX KAGER	INDIVIDUAL	492	SEN M	95	05:48	00:58:05
577	109	FILIPA FIGUEIREDO	CARACÓIS DE CORRIDA	85	VET F40	23	05:48	00:58:09
578	383	MARIA CANICEIRO	VERALLIA PORTUGAL	86	VET F50	9	05:48	00:58:10
579	219	MARGARIDA SÁ MARTA	CORR'ESTES	87	SUB 23 F	3	05:48	00:58:10
580	483	PAULO DUARTE	CCRD BURINHOSA	493	VET M50	53	05:49	00:58:15
581	5	RUI CORDEIRO	INDIVIDUAL	494	VET M45	78	05:49	00:58:16
582	160	CARLOS LOPES	CLUVE - CLUBE VETERANOS DE COIMBRA	495	VET M60	15	05:49	00:58:17
583	859	TEO CAVACO	RUN.DREAMTEAMIEBFF	496	VET M50	54	05:49	00:58:20
584	439	ANABELA COLAÇO	ACDRS – QUINHENDROS	88	VET F40	24	05:50	00:58:22
585	183	PAULO OLIVEIRA	OLI POWER	497	SEN M	96	05:50	00:58:22
586	494	CLÁUDIA MOTA	POMBAL JORNAL	89	VET F40	25	05:50	00:58:29
587	399	MIGUEL PEREIRA	VERALLIA PORTUGAL	498	JUN M	20	05:51	00:58:31
588	293	JOANA GANTE	SOURE MOV	90	SEN F	26	05:51	00:58:31
589	755	JOÃO MELANDA	GRVILAVERDENSE	499	SEN M	97	05:51	00:58:33
590	50	RICARDO PEREIRA	GRVILAVERDENSE	500	SEN M	98	05:51	00:58:33
591	500	CATARINA MATIAS	OLYMPIC SILVAS	91	VET F35	18	05:51	00:58:36
592	105	CÁTIA COELHO	BESJOGING	92	SEN F	27	05:51	00:58:38
593	87	JOSÉ CARLOS FERNANDES	ARCD VENDA DA LUISA	501	VET M50	55	05:51	00:58:40
594	174	FILIPA SANTOS	INDIVIDUAL	93	VET F35	19	05:52	00:58:45
595	173	ALEXANDRE FERREIRA	SSCGD	502	VET M35	89	05:52	00:58:45
596	567	SOFIA LEMOS	PATROLHA PATA	94	VET F40	26	05:52	00:58:50
597	832	JOSÉ SILVA	INDIVIDUAL	503	VET M60	16	05:53	00:58:51
598	516	EMANUEL MARQUES	RUNJUST4FUN	504	SEN M	99	05:53	00:58:54
599	812	VICTOR ROCES	INDIVIDUAL	505	VET M60	17	05:53	00:58:55
600	215	TÂNIA GARCIA	INDIVIDUAL	95	SEN F	28	05:53	00:58:59
601	37	ISABEL DE SOUZA	PRO FORMA BRASIL	96	VET F40	27	05:53	00:59:00
602	131	JOSÉ QUADRADO	INDIVIDUAL	506	VET M45	79	05:54	00:59:07
603	849	CÉSAR RODRIGUES	INDIVIDUAL	507	VET M40	98	05:54	00:59:07
604	569	AVELINO FERNANDES	CPR A-DO-BARBAS	508	VET M45	80	05:54	00:59:10
605	423	PEDRO SANTOS	INDIVIDUAL	509	VET M40	99	05:55	00:59:14
606	604	REBECA CALADO	MAREZIA BAR	97	SEN F	29	05:56	00:59:23
607	271	ELISABETE PEDROSA	INDIVIDUAL	98	VET F45	10	05:56	00:59:25
608	821	ALEX HICH BOUKHARI	SRI CHINMOY MARATHON TEAM	510	VET M40	100	05:56	00:59:28
609	323	ADÉRITO FAIM	INDIVIDUAL	511	VET M50	56	05:56	00:59:29
610	62	JOAQUIM ALMEIDA	INDIVIDUAL	512	VET M65	9	05:57	00:59:33
611	690	ARLINDO OLIVEIRA	CSCRFCCHARNECA	513	VET M50	57	05:57	00:59:37
612	613	TOMÁS RODRIGUES	GINÁSIO REMO	514	JUN M	21	05:58	00:59:45
613	769	INÊS ROMÃO	GINÁSIO REMO	99	SUB 23 F	4	05:58	00:59:45
614	69	CARLA SIMÕES	BIO TEAM RUN	100	VET F35	20	05:59	00:59:54
615	70	SOFIA SIMÕES	BIO TEAM RUN	101	VET F35	21	05:59	00:59:54
616	144	JOANA JOSÉ	INDIVIDUAL	102	VET F35	22	05:59	00:59:55

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
617	315	LUIS RODRIGUES	INDIVIDUAL	515	VET M45	81	05:59	00:59:56
618	627	FILIPA BATISTA	AUTO-INDUSTRIAL	103	SEN F	30	05:59	00:59:57
619	252	ANGELA MOITA	SANTIAGOBIKES	104	VET F55	1	06:00	01:00:02
620	251	RAQUEL DIAS	SANTIAGOBIKES	105	VET F50	10	06:00	01:00:02
621	117	JOÃO PINHO	INDIVIDUAL	516	VET M35	90	06:00	01:00:03
622	296	MARIA JOSÉ ALMEIDA	INDIVIDUAL	106	VET F55	2	06:00	01:00:06
623	297	PAULO FÉLIX RIBEIRO	INDIVIDUAL	517	VET M55	32	06:00	01:00:06
624	718	RICARDO PEREIRA	INDIVIDUAL	518	VET M35	91	06:00	01:00:08
625	588	RAQUEL CARVALHO	RUNJUST4FUN	107	VET F40	28	06:01	01:00:13
626	682	JOÃO NOBRE	INDIVIDUAL	519	SEN M	100	06:01	01:00:13
627	683	LUIS MOÇO	INDIVIDUAL	520	VET M35	92	06:01	01:00:13
628	177	SABINA BRÁSIO	INDIVIDUAL	108	VET F35	23	06:01	01:00:17
629	334	DANIELA LIMA	INDIVIDUAL	109	SEN F	31	06:01	01:00:20
630	333	TIAGO PINA	INDIVIDUAL	521	SEN M	101	06:02	01:00:21
631	248	JOAO CARLOS LOUREIRO	FITTING POINT	522	VET M35	93	06:02	01:00:21
632	240	FERNANDO CHARANA	FITTING POINT	523	VET M50	58	06:02	01:00:21
633	272	JOSE A SANTOS	FITTING POINT	524	VET M40	101	06:02	01:00:22
634	104	OFÉLIA AUGUSTO	BESJOGING	110	VET F60	1	06:02	01:00:22
635	413	JOANA SILVA	A. D. BUARCOS	111	VET F40	29	06:03	01:00:31
636	32	RUI BARROS	INDIVIDUAL	525	VET M50	59	06:03	01:00:33
637	753	CATARINA ROMUALDO	GRVILAVERDENSE	112	VET F40	30	06:03	01:00:33
638	391	BRUNO ALVES	VERALLIA PORTUGAL	526	VET M40	102	06:03	01:00:34
639	836	GONÇALO TRINDADE	INDIVIDUAL	527	VET M35	94	06:03	01:00:35
640	660	SANTOS MOTA	SOURE MOV	528	VET M55	33	06:03	01:00:35
641	555	JOÃO DIOGO	INDIVIDUAL	529	VET M45	82	06:03	01:00:38
642	796	ISABEL VENTURA	TRIBO NR	113	VET F50	11	06:04	01:00:44
643	445	DIOGO MENDES	FITTING POINT	530	JUN M	22	06:04	01:00:48
644	72	JOSÉ COSTA	INDIVIDUAL	531	VET M55	34	06:05	01:00:54
645	738	DANIELA MELO	INDIVIDUAL	114	SEN F	32	06:05	01:00:58
646	43	AMÍLCAR BATATA	SEM SEDE	532	VET M40	103	06:06	01:01:01
647	460	RITA PEREIRA	INDIVIDUAL	115	VET F35	24	06:06	01:01:05
648	239	NÉLSON SILVA	BULLDOG TEAM	533	VET M40	104	06:07	01:01:18
649	732	SUSANA FERNANDES	INDIVIDUAL	116	SEN F	33	06:08	01:01:21
650	730	TÂNIA GASPAR	INDIVIDUAL	117	SEN F	34	06:08	01:01:22
651	608	MATILDE PEREIRA	GINÁSIO REMO	118	JUN F	2	06:08	01:01:23
652	53	MARIA JOSÉ LOPES	INDIVIDUAL	119	VET F45	11	06:08	01:01:24
653	101	JOANA OLIVEIRA	TEAM BALA	120	JUN F	3	06:08	01:01:27
654	606	LAURA SOARES	GINÁSIO REMO	121	JUN F	4	06:08	01:01:27
655	447	PAULA NETO	INDIVIDUAL	122	SEN F	35	06:08	01:01:28
656	210	TOMAS PASCOAL	TEAM BALA	534	JUN M	23	06:09	01:01:40
657	209	RENATO PASCOAL	TEAM BALA	535	VET M45	83	06:09	01:01:40
658	474	FLORBELA CANICEIRO	SRI CHINMOY MARATHON TEAM	123	VET F45	12	06:11	01:01:52
659	275	MARISA PEREIRA	INDIVIDUAL	124	SEN F	36	06:11	01:01:54
660	289	NOEMIA MARTINHO	ELIS	125	VET F50	12	06:11	01:01:57

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
661	254	MARISA LAZARO	FITTING POINT	126	VET F40	31	06:13	01:02:16
662	126	CLÁUDIO NEVES	INDIVIDUAL	536	VET M40	105	06:13	01:02:17
663	270	MANUEL ELVIRO	INDIVIDUAL	537	VET M55	35	06:14	01:02:28
664	224	MONICA MENANO	INDIVIDUAL	127	VET F40	32	06:15	01:02:32
665	225	PAULO ALMEIDA	INDIVIDUAL	538	VET M35	95	06:15	01:02:32
666	698	BELA VENANCIO	INDIVIDUAL	128	VET F40	33	06:15	01:02:32
667	663	VITOR GARISO	SOURE MOV	539	VET M50	60	06:15	01:02:33
668	401	MARIA OLIVEIRA	VERALLIA PORTUGAL	129	VET F40	34	06:15	01:02:33
669	228	JOAO PATRICIO	INDIVIDUAL	540	VET M45	84	06:15	01:02:39
670	502	ISABEL SOUSA GOMES	INDIVIDUAL	130	VET F50	13	06:16	01:02:49
671	829	PAULO ROCHA	INDIVIDUAL	541	VET M35	96	06:16	01:02:49
672	175	FÁTIMA GRAMAXO	INDIVIDUAL	131	VET F35	25	06:17	01:02:53
673	498	INÊS ROSENDO	OLYMPIC SILVAS	132	VET F35	26	06:17	01:02:55
674	674	ULISSES LOPES	VETERANOS DO PORTO	542	VET M40	106	06:18	01:03:01
675	353	LUCIANO SILVA	INDIVIDUAL	543	VET M60	18	06:18	01:03:05
676	351	NUNO REIS SILVA	INDIVIDUAL	544	VET M35	97	06:18	01:03:05
677	141	ANA MENESES	COIMBRA TRAIL RUNNING	133	VET F45	13	06:18	01:03:09
678	189	PAULO ROSA	INDIVIDUAL	545	VET M35	98	06:19	01:03:11
679	379	JORGE SANTOS	PINHAL TOTAL OLEIROS AVENTURA	546	VET M35	99	06:19	01:03:17
680	837	ANA COSTA	SRI CHINMOY MARATHON TEAM	134	SEN F	37	06:19	01:03:18
681	168	SANDRA RUA	INDIVIDUAL	135	VET F40	35	06:19	01:03:19
682	255	CARINA RUA	INDIVIDUAL	136	VET F35	27	06:19	01:03:19
683	522	PEDRO ROQUE	OS PAPA MILHAS	547	VET M50	61	06:20	01:03:26
684	524	ANTÓNIO SOUSA	OS PAPA MILHAS	548	VET M45	85	06:20	01:03:28
685	785	ANABELA MENDES	CUMIBROA BIKE'S RUNNING TEAM	137	VET F45	14	06:21	01:03:39
686	552	LUIA MATOS	INDIVIDUAL	138	VET F50	14	06:24	01:04:06
687	762	ANA FILIPA MARTINS	GINÁSIO REMO	139	JUN F	5	06:25	01:04:11
688	775	LARA LOPES	GINÁSIO REMO	140	JUN F	6	06:25	01:04:13
689	145	MARIANA CRUZ	INDIVIDUAL	141	SEN F	38	06:25	01:04:14
690	485	LUIS CONCEIÇÃO	CCRD BURINHOSA	549	VET M55	36	06:25	01:04:15
691	179	DINIS ABRUNHEIRO	TEAM BALA	550	JUN M	24	06:25	01:04:18
692	127	CARLOS ABRUNHEIRO	TEAM BALA	551	VET M45	86	06:25	01:04:18
693	108	PAULO GONÇALVES	CARACÓIS DE CORRIDA	552	VET M45	87	06:25	01:04:20
694	378	INÊS LOURENÇO	C AO CUBO	142	SEN F	39	06:28	01:04:41
695	717	DANIELA GEITOEIRA	INDIVIDUAL	143	VET F35	28	06:28	01:04:45
696	467	CATARINA AGOSTINHO	INDIVIDUAL	144	VET F35	29	06:30	01:05:09
697	540	CÁTIA AGOSTINHO	INDIVIDUAL	145	SEN F	40	06:32	01:05:22
698	689	SILVIA MARQUES	FITTING POINT	146	VET F45	15	06:32	01:05:28
699	250	MARTA LOUREIRO	SANTIAGOBIKES	147	VET F40	36	06:32	01:05:28
700	247	RICARDO MOTA	BULLDOG TEAM	553	VET M35	100	06:32	01:05:29
701	73	JOÃO PEREIRA	INDIVIDUAL	554	VET M45	88	06:33	01:05:31
702	139	ALCIDES PEREIRA	INDIVIDUAL	555	VET M45	89	06:33	01:05:32
703	161	TATIANA FLORINDO	INDIVIDUAL	148	SEN F	41	06:33	01:05:32
704	286	MARCO HENRIQUES	INDIVIDUAL	556	VET M40	107	06:33	01:05:32

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
705	140	GILBERTO NETO	INDIVIDUAL	557	VET M40	108	06:33	01:05:32
706	776	JOÃO SALTÃO	INDIVIDUAL	558	VET M40	109	06:35	01:05:56
707	381	ISABEL PEGO	ESCOLA DE ATLETISMO DE COIMBRA	149	VET F45	16	06:35	01:05:56
708	537	CÁTIA FIGUEIREDO	GRUPO DESPORTIVO FERREIRENSE	150	SEN F	42	06:35	01:06:00
709	214	RUI FARIA	TEAM BALA	559	VET M45	90	06:36	01:06:03
710	31	GINA SIEBLER	INDIVIDUAL	151	SEN F	43	06:38	01:06:22
711	354	RICARDO CARRASQUEIRA	TLC	560	VET M35	101	06:38	01:06:29
712	884	HELENA COSTA	INDIVIDUAL	152	SEN F	44	06:39	01:06:35
713	267	LILIANA MACHADO	FITTING POINT	153	VET F35	30	06:40	01:06:47
714	266	RENATO BRAZ	FITTING POINT	561	VET M35	102	06:40	01:06:47
715	288	OLÍVIA MATOS	ELIS	154	VET F45	17	06:40	01:06:50
716	324	FÁTIMA FAIM	INDIVIDUAL	155	VET F45	18	06:41	01:06:57
717	71	MARINA LINO	INDIVIDUAL	156	VET F35	31	06:41	01:06:59
718	846	CATARINA CARDOSO	233DRINKTEAM	157	VET F40	37	06:41	01:06:59
719	845	PEDRO NETO	233DRINKTEAM	562	VET M40	110	06:41	01:06:59
720	187	MÁRIO FREITAS	INDIVIDUAL	563	VET M60	19	06:42	01:07:07
721	654	CARLOS ALMEIDA	INDIVIDUAL	564	VET M45	91	06:42	01:07:09
722	653	SARA GONÇALVES	INDIVIDUAL	158	VET F40	38	06:42	01:07:09
723	684	SILVERIO SOUSA MENDES	INDIVIDUAL	565	VET M40	111	06:45	01:07:34
724	260	NATERCIA SANTOS	FITTING POINT	159	VET F50	15	06:45	01:07:38
725	443	SIMONE TOMÉ	SRI CHINMOY MARATHON TEAM	160	VET F45	19	06:45	01:07:38
726	337	CÁTIA PAIVA	INDIVIDUAL	161	SEN F	45	06:46	01:07:42
727	371	HELENA SANTOS	INDIVIDUAL	162	VET F40	39	06:46	01:07:42
728	506	CRISTINA OLIVEIRA	OS PERNA DE PAU	163	SEN F	46	06:46	01:07:44
729	476	DRIELLY FERREIRA	INDIVIDUAL	164	SEN F	47	06:48	01:08:03
730	475	ASTA KARAVAYTITE	SRI CHINMOY MARATHON TEAM	165	VET F50	16	06:48	01:08:09
731	655	LUÍS JORGE	INDIVIDUAL	566	VET M45	92	06:49	01:08:18
732	551	CATY DIAS	TONDELA RUNNERS	166	SEN F	48	06:49	01:08:20
733	594	CARLOS EULÁLIO	EMCANTOS AITEAM	567	VET M45	93	06:51	01:08:40
734	595	CÉLIA OLIVEIRA	EMCANTOS AITEAM	167	VET F40	40	06:51	01:08:40
735	791	DULCE SEMEDO	FITTING POINT	168	VET F50	17	06:54	01:09:02
736	570	LUÍS NEVES	INDIVIDUAL	568	VET M35	103	06:55	01:09:11
737	499	MIGUEL ROSENDO	OLYMPIC SILVAS	569	SUB 23 M	9	06:55	01:09:13
738	312	MARIA TOSCANO	INDIVIDUAL	169	VET F55	3	06:55	01:09:16
739	330	EUGÉNIA LOPES	ESTRELA CAMPO DA AVIAÇÃO FUTEBOL CLUBE	170	VET F50	18	06:57	01:09:34
740	7	DIANA SIMÕES	INDIVIDUAL	171	SEN F	49	06:57	01:09:38
741	622	JOÃO BRAGA CRUZ	AUTO-INDUSTRIAL	570	VET M45	94	06:57	01:09:40
742	623	ANA BRAGA CRUZ	AUTO-INDUSTRIAL	172	VET F35	32	06:58	01:09:41
743	583	PATRÍCIA VIEIRA	INDIVIDUAL	173	SEN F	50	06:58	01:09:44
744	63	CARINA GOMES	AS SELVAGENS	174	VET F35	33	07:00	01:10:03
745	265	BARBARA CAÇÃO	FITTING POINT	175	VET F35	34	07:04	01:10:41
746	273	TANIA LOPES	FITTING POINT	176	VET F40	41	07:04	01:10:47
747	534	DIANA COSTA	ATLETISMO CLUBE DA TOCHA	177	SEN F	51	07:05	01:10:54
748	352	ANA PATRÍCIA FONSECA	INDIVIDUAL	178	VET F35	35	07:05	01:10:56

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Ritmo/km	Tempo
749	57	CÂNDIDO MACHADO	INDIVIDUAL	571	VET M45	95	07:05	01:10:56
750	56	SUSANA SEIXAS	INDIVIDUAL	179	VET F45	20	07:05	01:10:56
751	16	VITOR PIMENTA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	572	VET M50	62	07:06	01:11:02
752	672	NELSON SIMOES	FITTING POINT	573	VET M40	112	07:06	01:11:02
753	673	ANA CLAUDIA SANTOS	FITTING POINT	180	VET F40	42	07:06	01:11:03
754	648	OCTÁVIO PEREIRA	INDIVIDUAL	574	SEN M	102	07:14	01:12:29
755	452	VERA MARQUES	SRI CHINMOY MARATHON TEAM	181	VET F35	36	07:15	01:12:40
756	642	CONCEIÇÃO CORREIA	INDIVIDUAL	182	VET F45	21	07:18	01:13:02
757	644	LÚCIA CORREIA	INDIVIDUAL	183	VET F50	19	07:18	01:13:02
758	329	EDUARDO CARVALHO	INDIVIDUAL	575	VET M50	63	07:21	01:13:32
759	444	ODETE FREITAS	CMFF	184	VET F45	22	07:21	01:13:33
760	316	GISELA JORGE	ATBV	185	VET F45	23	07:21	01:13:33
761	76	SYLVIE AZENHA	INDIVIDUAL	186	SEN F	52	07:22	01:13:42
762	77	IRENE RODRIGUES	INDIVIDUAL	187	VET F40	43	07:22	01:13:42
763	469	PAULO OLIVEIRA	INDIVIDUAL	576	VET M35	104	07:27	01:14:32
764	213	MARTA SIMOES	TEAM BALA	188	VET F40	44	07:32	01:15:21
765	222	RICARDO TAVARES	INDIVIDUAL	577	VET M35	105	07:33	01:15:31
766	770	JOANA TAVARES	GINÁSIO REMO	189	JUN F	7	07:36	01:16:01
767	609	PATRICIA OLIVEIRA	GINÁSIO REMO	190	JUN F	8	07:36	01:16:01
768	245	GUILHERME PINHARANDA	BULLDOG TEAM	578	SUB 23 M	10	07:38	01:16:24
769	231	PAULA PIRES	BULLDOG TEAM	191	SUB 23 F	5	07:38	01:16:25
770	232	ANA PIRES	BULLDOG TEAM	192	SEN F	53	07:40	01:16:41
771	437	JOÃO NEVES	RIBEIRINHA ATIVA/CORPUSEVEN	579	SEN M	103	07:40	01:16:41
772	434	JOSÉ COUCEIRO	INDIVIDUAL	580	VET M60	20	07:43	01:17:13
773	435	JOSÉ MIGUEL MESQUITA	INDIVIDUAL	581	SEN M	104	07:47	01:17:55
774	146	DIOGO CASTRO	INDIVIDUAL	582	SEN M	105	07:49	01:18:15
775	188	ALVARO GRAMAXO	INDIVIDUAL	583	VET M35	106	07:49	01:18:18
776	646	TERESA CARDOSO	INDIVIDUAL	193	SEN F	54	08:09	01:21:32
777	647	FILIPE ABREU	INDIVIDUAL	584	VET M35	107	08:09	01:21:33
778	579	RAQUEL BUGALHO	INDIVIDUAL	194	SEN F	55	08:11	01:21:58
779	656	LUIS SIMÕES	MEALHADA SEMPRE EM FORMA	585	VET M45	96	08:29	01:24:58
780	757	PEDRO CARVALHO	INDIVIDUAL	586	VET M40	113	08:29	01:24:59
781	375	MIGUEL DUARTE	INDIVIDUAL	587	VET M50	64	08:53	01:28:58