

**CORRIDA 10K - STAGE 1**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	18:30	11.6°C	78%
End	19:52	8.7°C	89%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2	Hermano Ferreira	sl benfica	Senior Masculino	28:42		02:52
2	4	Samuel Freire	sl benfica	Senior Masculino	28:46	+00:04	02:53
3	3	Miguel Borges	sl benfica	Senior Masculino	28:50	+00:09	02:53
4	5	Ricardo Dias	sporting c. p.	Senior Masculino	29:38	+00:56	02:58
5	158	NELSON OLIVEIRA	associação académica de coimbra	Senior Masculino	30:25	+01:44	03:03
6	350	Tiago Madureira	dci/ccdrpedrulha-mealhada	Senior Masculino	30:39	+01:57	03:04
7	343	Helder lopes	dci/ccdrpedrulha-mealhada	Senior Masculino	30:40	+01:58	03:04
8	521	Diogo Lemos Ramalheira	individual	Senior Masculino	31:28	+02:46	03:09
9	14	António Moreira	escola de atletismo de coimbra/jpaiva	Senior Masculino	31:39	+02:57	03:10
10	30	Vasco Pereira	escola de atletismo de coimbra/jpaiva	Senior Masculino	32:39	+03:58	03:16
11	21	Hugo Fontes	escola de atletismo de coimbra/jpaiva	Senior Masculino	32:41	+03:59	03:16
12	233	Vitor Pleno	centro popular de trabalhadores de sobral de ceira	Senior Masculino	32:45	+04:03	03:17
13	336	Telmo Nascimento	dci/ccdrpedrulha-mealhada	Junior Masculino	32:54	+04:12	03:17
14	7	Carla Martinho	r. d. águeda	Senior Feminino	32:59	+04:18	03:18
15	23	João Rodrigues	escola de atletismo de coimbra/jpaiva	Senior Masculino	33:15	+04:33	03:20
16	28	Ricardo Gaspar	escola de atletismo de coimbra/jpaiva	Senior Masculino	33:20	+04:38	03:20
17	248	Pedro Miguel Venâncio Rodrigues 28	clube desportivo em movimento	Senior Masculino	33:21	+04:40	03:20
18	6	Marisa Barros	s. c. salgueiros	Senior Feminino	33:22	+04:41	03:20
19	356	João Pereira	dci/ccdrpedrulha-mealhada	Veterano M40	33:30	+04:48	03:21
20	8	Solange Jesus	sporting c. p.	Senior Feminino	33:33	+04:51	03:21
21	159	RUI LOPES	associação académica de coimbra	Senior Masculino	33:33	+04:52	03:21
22	22	Igor Castro	escola de atletismo de coimbra/jpaiva	Senior Masculino	33:38	+04:56	03:22
23	252	KA LONG LOK	clube - clube veteranos atletismo coimbra	Senior Masculino	33:39	+04:58	03:22
24	950	Diogo Pinheiro	sg consulting team	Senior Masculino	33:55	+05:14	03:24
25	348	Ruben Baptista	dci/ccdrpedrulha-mealhada	Senior Masculino	34:09	+05:28	03:25
26	335	João Toscano	dci/ccdrpedrulha-mealhada	Junior Masculino	34:12	+05:30	03:25
27	153	Alexandre Mestre	ascv - associação sócio cultural valeirinha	Veterano M40	34:12	+05:30	03:25
28	360	Manuel Vicente	dci/ccdrpedrulha-mealhada	Veterano M45	34:12	+05:31	03:25
29	163	PAULO ANTUNES	associação académica de coimbra	Veterano M45	34:14	+05:32	03:25
30	346	Paulo Pereira	dci/ccdrpedrulha-mealhada	Senior Masculino	34:18	+05:37	03:26
31	47	Adérito Fontes	escola de atletismo de coimbra/jpaiva	Veterano M50	34:24	+05:43	03:26
32	26	Miguel Pires	escola de atletismo de coimbra/jpaiva	Senior Masculino	34:29	+05:47	03:27
33	504	Anssi Vesanto	individual	Senior Masculino	34:30	+05:48	03:27
34	355	Carlos Pimenta	dci/ccdrpedrulha-mealhada	Veterano M40	34:36	+05:54	03:28
35	949	Carlos Correira	sg consulting team	Senior Masculino	34:39	+05:58	03:28
36	883	Alex Matos	nascidos para correr	Veterano M50	34:42	+06:01	03:28
37	19	Francisco Fonseca	escola de atletismo de coimbra/jpaiva	Senior Masculino	34:50	+06:08	03:29
38	43	Mauro Azevedo	escola de atletismo de coimbra/jpaiva	Veterano M45	34:55	+06:14	03:30
39	27	Nuno Tinoco	escola de atletismo de coimbra/jpaiva	Senior Masculino	34:56	+06:14	03:30
40	719	Luís Miguel Jesus Mesquita Martins	r. d. águeda	Veterano M40	35:02	+06:20	03:30
41	739	Vitor Araujo	individual	Veterano M40	35:04	+06:23	03:30

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## 10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	225	Carlos Costa	centro popular de trabalhadores de sobral de ceira	Senior Masculino	35:13	+06:32	03:31
43	313	Armindo Antunes	coimbra trail running	Veterano M40	35:24	+06:43	03:32
44	720	manuel sergio marques pinto	individual	Veterano M40	35:25	+06:43	03:33
45	113	Tiago Gaspar	arism - associação recreativa de s. miguel	Senior Masculino	35:28	+06:47	03:33
46	178	Daniel Henriques	bela bela	Senior Masculino	35:29	+06:48	03:33
47	420	João Pimentel	holmes place coimbra	Senior Masculino	35:32	+06:50	03:33
48	25	Márciuo Pereira	escola de atletismo de coimbra/jpaiva	Senior Masculino	35:32	+06:51	03:33
49	15	David Garcia	escola de atletismo de coimbra/jpaiva	Senior Masculino	35:32	+06:51	03:33
50	40	Augusto Figueiredo	escola de atletismo de coimbra/jpaiva	Veterano M45	35:35	+06:53	03:34
51	39	Vitor Godinho1	escola de atletismo de coimbra/jpaiva	Veterano M40	35:37	+06:56	03:34
52	341	Fernando Marques	dci/ccdrpedrulha-mealhada	Senior Masculino	35:42	+07:01	03:34
53	359	João Almeida	dci/ccdrpedrulha-mealhada	Veterano M45	35:43	+07:02	03:34
54	938	Luis Cavaleiro	run@figueira	Senior Masculino	35:44	+07:03	03:34
55	524	Duarte Cruz	individual	Senior Masculino	35:46	+07:05	03:35
56	646	Rodrigo Santos	individual	Senior Masculino	35:49	+07:07	03:35
57	238	António Oliveira	centro popular de trabalhadores de sobral de ceira	Veterano M50	35:53	+07:12	03:35
58	824	Francisco J Dias Marques	escola de atletismo de coimbra/jpaiva	Veterano M55	35:57	+07:16	03:36
59	314	David Amaral	coimbra trail running	Veterano M40	36:05	+07:24	03:37
60	20	Gustavo Barandas	escola de atletismo de coimbra/jpaiva	Senior Masculino	36:09	+07:28	03:37
61	304	Paulo Carvalho	coimbra trail running	Senior Masculino	36:12	+07:31	03:37
62	1046	Edgar Faria	sg consulting team	Senior Masculino	36:13	+07:31	03:37
63	349	Tiago Castela	dci/ccdrpedrulha-mealhada	Senior Masculino	36:17	+07:35	03:38
64	295	João Ferreira	coimbra trail running	Senior Masculino	36:17	+07:36	03:38
65	439	Márcio Ferreira	individual	Junior Masculino	36:22	+07:41	03:38
66	510	Bruno Miguel Marques Teixeira	individual	Senior Masculino	36:25	+07:44	03:39
67	351	Toze Carvalho	dci/ccdrpedrulha-mealhada	Senior Masculino	36:30	+07:49	03:39
68	347	Ricardo Teixeira	dci/ccdrpedrulha-mealhada	Senior Masculino	36:38	+07:56	03:40
69	365	Manuel Lino	dci/ccdrpedrulha-mealhada	Veterano M55	36:39	+07:57	03:40
70	344	Márcio loureiro	dci/ccdrpedrulha-mealhada	Senior Masculino	36:39	+07:57	03:40
71	345	Marco Almeida	dci/ccdrpedrulha-mealhada	Senior Masculino	36:39	+07:58	03:40
72	391	Nuno Filipe Gomes Andrade Domingos	formobike btt & trail running	Veterano M40	36:40	+07:58	03:40
73	265	PEDRO GERARDO	cluve - clube veteranos atletismo coimbra	Veterano M55	36:44	+08:03	03:40
74	331	Nuno Coelho	da-lhe gaz	Senior Masculino	36:44	+08:03	03:40
75	828	José adelino Neves Sequeira	individual	Veterano M55	36:49	+08:07	03:41
76	845	António Pêgo	ipoc runners	Veterano M45	36:50	+08:09	03:41
77	41	Fernando Nogueira	escola de atletismo de coimbra/jpaiva	Veterano M45	36:52	+08:10	03:41
78	192	Pedro Anselmo	bttrain-clube ferroviario de coimbra	Veterano M40	36:52	+08:11	03:41
79	164	PAULO PEREIRA	associação académica de coimbra	Veterano M45	36:54	+08:13	03:41
80	848	Aurélio Luís Bessa Saúde	jogging lovers coimbra	Senior Masculino	37:00	+08:18	03:42
81	299	Jorge Duarte	coimbra trail running	Senior Masculino	37:08	+08:27	03:43
82	422	Luís Marques	holmes place coimbra	Senior Masculino	37:10	+08:28	03:43
83	229	Luís Rodrigues	centro popular de trabalhadores de sobral de ceira	Senior Masculino	37:13	+08:32	03:43
84	194	Rui Baptista	bttrain-clube ferroviario de coimbra	Veterano M40	37:19	+08:37	03:44
85	165	ALBERTO FRECHES	associação académica de coimbra	Veterano M55	37:20	+08:39	03:44

**CORRIDA 10K - STAGE 1**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	13	André Fonte	escola de atletismo de coimbra/jpaiva	Senior Masculino	37:21	+08:39	03:44
87	227	Evandro Silva	centro popular de trabalhadores de sobral de ceira	Senior Masculino	37:21	+08:39	03:44
88	32	Luc Hennetier	escola de atletismo de coimbra/jpaiva	Veterano M40	37:21	+08:39	03:44
89	832	José Martins	individual	Veterano M55	37:22	+08:41	03:44
90	759	José Marinho	individual	Veterano M45	37:23	+08:41	03:44
91	603	NUNO AMARAL	individual	Senior Masculino	37:23	+08:42	03:44
92	363	Vitor Oliveira	dci/ccdrpedrulha-mealhada	Veterano M50	37:24	+08:43	03:44
93	701	Elísio Gonçalves	individual	Veterano M40	37:26	+08:44	03:45
94	99	André Carvalho	arsm - associação recreativa de s. miguel	Senior Masculino	37:31	+08:50	03:45
95	128	Marco Rodrigues	arsm - associação recreativa de s. miguel	Veterano M40	37:32	+08:50	03:45
96	301	Miguel Melo	coimbra trail running	Senior Masculino	37:34	+08:53	03:45
97	1014	Vasco Monteiro	vikings trail runners	Senior Masculino	37:36	+08:55	03:46
98	136	Carlos Vicente	arsm - associação recreativa de s. miguel	Veterano M45	37:36	+08:55	03:46
99	358	Telmo Almeida	dci/ccdrpedrulha-mealhada	Veterano M40	37:43	+09:02	03:46
100	379	Gonçalo Daniel Nunes Relvão Lourenço	farmácia luciano e matos	Senior Masculino	37:47	+09:06	03:47
101	196	José Leal	bttrain-clube ferroviario de coimbra	Veterano M45	37:54	+09:13	03:47
102	507	Bruno Bernardes	individual	Senior Masculino	37:57	+09:15	03:48
103	602	Nuno Alexandre Silva	individual	Senior Masculino	37:57	+09:16	03:48
104	519	Diogo Da Luisa	individual	Senior Masculino	37:59	+09:18	03:48
105	528	Eurico Maia	individual	Senior Masculino	38:01	+09:19	03:48
106	562	João Pedro Marques Duarte	individual	Senior Masculino	38:11	+09:29	03:49
107	591	Luís Pereira	individual	Senior Masculino	38:21	+09:39	03:50
108	334	João Nepomuceno	da-lhe gaz	Veterano M40	38:25	+09:44	03:51
109	303	Nuno Vasconcelos	coimbra trail running	Senior Masculino	38:26	+09:44	03:51
110	156	MARTA LOBO	associação académica de coimbra	Senior Feminino	38:26	+09:45	03:51
111	892	Vasco Morais Pinheiro de Sousa	old school smash young ducks	Veterano M50	38:29	+09:48	03:51
112	241	Álvaro Coelho	centro popular de trabalhadores de sobral de ceira	Veterano M55	38:31	+09:50	03:51
113	259	MARIO CARAPINHEIRO	clube - clube veteranos atletismo coimbra	Veterano M50	38:34	+09:53	03:51
114	710	João Simões	individual	Veterano M40	38:38	+09:57	03:52
115	79	Joaquim Baltazar	arcd venda da luisa	Senior Masculino	38:44	+10:03	03:52
116	544	Hélder Padilha	individual	Senior Masculino	38:45	+10:03	03:53
117	185	Arnaldo Ferreira	bttrain-clube ferroviario de coimbra	Senior Masculino	38:49	+10:08	03:53
118	247	Nuno Miguel Silva Coutinho	clube condeixa	Senior Masculino	38:55	+10:13	03:54
119	751	Hélder Piedade 22	individual	Veterano M45	38:58	+10:17	03:54
120	112	Telmo Carvalho	arsm - associação recreativa de s. miguel	Senior Masculino	38:59	+10:18	03:54
121	572	José Estrangeiro	individual	Senior Masculino	39:07	+10:26	03:55
122	38	Rui Silva	escola de atletismo de coimbra/jpaiva	Veterano M40	39:08	+10:26	03:55
123	226	Daniel Correia	centro popular de trabalhadores de sobral de ceira	Senior Masculino	39:10	+10:29	03:55
124	189	Antonio Almeida	bttrain-clube ferroviario de coimbra	Veterano M40	39:11	+10:30	03:55
125	569	Jorge Humberto correia Bento	individual	Senior Masculino	39:15	+10:33	03:56
126	858	Rodrigo Carreira	lobos negros	Senior Masculino	39:17	+10:36	03:56
127	140	José Feteira	arsm - associação recreativa de s. miguel	Veterano M45	39:19	+10:37	03:56
128	135	Carlos Simões	arsm - associação recreativa de s. miguel	Veterano M45	39:19	+10:37	03:56
129	753	João Almeida	individual	Veterano M45	39:26	+10:44	03:57

**CORRIDA 10K - STAGE 1**
**10 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	31	André Fernandes	escola de atletismo de coimbra/jpaiva	Veterano M40	39:26	+10:44	03:57
131	864	João Domingues	loja do atleta	Veterano M40	39:31	+10:49	03:57
132	285	Rodrigo César Monteiro	cmc	Veterano M45	39:31	+10:49	03:57
133	954	Jorge Abreu	sg consulting team	Veterano M50	39:34	+10:52	03:57
134	651	Sérgio Louros	individual	Senior Masculino	39:34	+10:52	03:57
135	749	Eugénio Paulo Claro	individual	Veterano M45	39:35	+10:54	03:58
136	418	João Carvalho	holmes place coimbra	Senior Masculino	39:36	+10:54	03:58
137	730	paulo reis	individual	Veterano M40	39:37	+10:55	03:58
138	789	António Ribeiro	individual	Veterano M50	39:38	+10:57	03:58
139	394	Rui Miguel Monteiro Soles Gonçalves	formobike btt & trail running	Veterano M40	39:39	+10:58	03:58
140	377	André Filipe Paiva Loureiro	farmácia luciano e matos	Senior Masculino	39:41	+11:00	03:58
141	915	Eduardo Costa	pés troikados - cscs	Veterano M40	39:41	+11:00	03:58
142	235	Celso Pereira	centro popular de trabalhadores de sobral de ceira	Veterano M45	39:44	+11:02	03:58
143	839	Rui Teixeira	individual	Veterano M55	39:47	+11:06	03:59
144	697	Bruno Miguel Neves Madeira Da Silva Quintal	união clube eirense	Veterano M40	39:53	+11:11	03:59
145	983	Pedro Gaspar	tribo nr	Senior Masculino	39:54	+11:13	03:59
146	46	Pedro Marques	escola de atletismo de coimbra/jpaiva	Veterano M45	39:57	+11:15	04:00
147	278	Arcílio Noro	cmc	Veterano M40	39:58	+11:16	04:00
148	698	Carlos Alberto de Jesus Manuel	individual	Veterano M40	40:01	+11:20	04:00
149	204	Jorge Pimenta	buba team 2016	Senior Masculino	40:01	+11:20	04:00
150	106	Hugo Rodrigues	arsm - associação recreativa de s. miguel	Senior Masculino	40:03	+11:21	04:00
151	94	Patrícia Fernandes	arsm - associação recreativa de s. miguel	Senior Feminino	40:04	+11:23	04:00
152	145	José Correia	arsm - associação recreativa de s. miguel	Veterano M50	40:05	+11:24	04:01
153	1067	Romeu Afonso	cmc	Senior Masculino	40:05	+11:24	04:01
154	639	Ricardo Melo	individual	Senior Masculino	40:07	+11:26	04:01
155	152	Bruno Oliveira	ascv - associação sócio cultural valeirinha	Senior Masculino	40:12	+11:30	04:01
156	881	Luis Vilela	montanha clube trail running runners	Senior Masculino	40:14	+11:32	04:01
157	884	Paulo Sousa	new life center	Veterano M45	40:17	+11:35	04:02
158	321	Paulo Gomes	coimbra trail running	Veterano M50	40:18	+11:36	04:02
159	65	Álvaro Mano	acdc	Veterano M45	40:19	+11:37	04:02
160	243	António Quatorze	centro popular de trabalhadores de sobral de ceira	Veterano M55	40:19	+11:37	04:02
161	1009	Humberto Oliveira17	união clube eirense	Veterano M40	40:19	+11:38	04:02
162	169	Pedro Silva	associação desportiva e cultural de astromil	Senior Masculino	40:21	+11:40	04:02
163	854	Frederico Crasto	liz runners	Senior Masculino	40:23	+11:41	04:02
164	442	Tiago Miguel	individual	Junior Masculino	40:25	+11:44	04:03
165	578	José Rafael Oliveira	individual	Senior Masculino	40:26	+11:45	04:03
166	661	Vitor Esteves	individual	Senior Masculino	40:28	+11:47	04:03
167	149	António Silva	arsm - associação recreativa de s. miguel	Veterano M55	40:30	+11:49	04:03
168	799	Joaquim Vieira	individual	Veterano M50	40:31	+11:49	04:03
169	538	Gilberto Melo	individual	Senior Masculino	40:34	+11:52	04:03
170	170	Manuel Silva	associação desportiva e cultural de astromil	Veterano M50	40:37	+11:56	04:04
171	157	SARA SILVA	associação académica de coimbra	Senior Feminino	40:39	+11:57	04:04
172	909	HEBER PIRES	pascoalitos/a.d. barcouço	Senior Masculino	40:39	+11:58	04:04

**CORRIDA 10K - STAGE 1**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
173	554	João Manuel Andrade Almeida	individual	Senior Masculino	40:41	+11:59	04:04
174	190	Luis Vasco Maia	bttrain-clube ferroviario de coimbra	Veterano M40	40:43	+12:01	04:04
175	852	Pedro Correia	kondores trail running	Senior Masculino	40:45	+12:04	04:05
176	244	Carlos Garrido	centro popular de trabalhadores de sobral de ceira	Veterano M55	40:47	+12:05	04:05
177	541	Gonçalo Lindo	individual	Senior Masculino	40:50	+12:09	04:05
178	357	Pedro Barros	dci/ccdrpedrulha-mealhada	Veterano M40	40:51	+12:10	04:05
179	368	Nuno Rodrigues	deixa passar	Senior Masculino	40:52	+12:11	04:05
180	853	Paulo Cavaleiro	leitão & cavaleiro	Veterano M50	40:54	+12:12	04:05
181	658	Tiago Rafael Mendes Duarte	individual	Senior Masculino	40:55	+12:14	04:06
182	137	Horácio Ferreira	arism - associação recreativa de s. miguel	Veterano M45	40:56	+12:15	04:06
183	29	Rodrigo Couceiro	escola de atletismo de coimbra/jpaiva	Senior Masculino	40:57	+12:15	04:06
184	520	Diogo Filipe Oliveira Alves	individual	Senior Masculino	40:58	+12:17	04:06
185	78	José Carlos Ramalho	ansibikers	Veterano M50	41:00	+12:18	04:06
186	234	Rui Figueiredo	centro popular de trabalhadores de sobral de ceira	Veterano M40	41:01	+12:19	04:06
187	80	Pedro Miguel Alexandre Martins	arcd venda da luisa	Senior Masculino	41:03	+12:21	04:06
188	168	JOAQUIM POCINHO	associação académica de coimbra	Veterano M55	41:03	+12:21	04:06
189	198	Helder Gante	bttrain-clube ferroviario de coimbra	Veterano M50	41:03	+12:22	04:06
190	186	Cristiano Gante	bttrain-clube ferroviario de coimbra	Senior Masculino	41:04	+12:22	04:06
191	1010	Ricardo Saraiva	união clube eirense	Veterano M45	41:05	+12:24	04:07
192	755	João Santos	individual	Veterano M45	41:07	+12:25	04:07
193	757	Jorge Mamede Abrantes	individual	Veterano M45	41:07	+12:26	04:07
194	250	Mario Coutinho	clube nortada - murtosa night runners	Senior Masculino	41:08	+12:26	04:07
195	511	Bruno Onofre Monteiro Araújo	individual	Senior Masculino	41:08	+12:27	04:07
196	44	Nuno Costa	escola de atletismo de coimbra/jpaiva	Veterano M45	41:08	+12:27	04:07
197	902	Frederico Marques	out2run	Senior Masculino	41:08	+12:27	04:07
198	35	Luis Fonseca	escola de atletismo de coimbra/jpaiva	Veterano M40	41:08	+12:27	04:07
199	432	Fernando Alhau	holmes place coimbra	Veterano M55	41:12	+12:31	04:07
200	709	João Pedro do Rosário Ferreira5	individual	Veterano M40	41:15	+12:33	04:08
201	59	Rui Carlos vasques Andrade	2run4guidedogs	Veterano M50	41:16	+12:34	04:08
202	723	Miguel Laranjeira	individual	Veterano M40	41:19	+12:37	04:08
203	893	Hugo Xavier Pinto Coutinho	ondalux	Senior Masculino	41:20	+12:38	04:08
204	638	Ricardo Germano	individual	Senior Masculino	41:21	+12:39	04:08
205	239	David Patrício	centro popular de trabalhadores de sobral de ceira	Veterano M50	41:25	+12:43	04:09
206	529	Fábio costa	individual	Senior Masculino	41:28	+12:46	04:09
207	718	Luís Almeida	individual	Veterano M40	41:28	+12:46	04:09
208	37	Nuno Cortesão	escola de atletismo de coimbra/jpaiva	Veterano M40	41:32	+12:51	04:09
209	587	Luis Machado	individual	Senior Masculino	41:34	+12:52	04:09
210	850	Nuno Cabral	jogging lovers coimbra	Senior Masculino	41:34	+12:53	04:09
211	127	Luís Henriques	arism - associação recreativa de s. miguel	Veterano M40	41:35	+12:54	04:10
212	162	Nelson Santos	escola de atletismo de coimbra/jpaiva	Veterano M45	41:35	+12:54	04:10
213	180	Rui Almeida	bela bela	Senior Masculino	41:38	+12:57	04:10
214	613	Paulo Sarmento	individual	Senior Masculino	41:47	+13:05	04:11
215	894	Hugo Miguel Marques de Abreu Lopes	ondalux	Veterano M40	41:50	+13:09	04:11
216	914	Mário Almeida	pés troikados - cscs	Senior Masculino	41:50	+13:09	04:11

**CORRIDA 10K - STAGE 1****10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
217	623	Pedro Filipe Dias Moreira	individual	Senior Masculino	41:51	+13:10	04:11
218	535	Filipe Lopes	individual	Senior Masculino	41:52	+13:11	04:11
219	946	Francisco José Almeida Fernandes	saldo válido team	Veterano M40	41:54	+13:12	04:11
220	882	Pedro Sequeira	montanha clube trail running runners	Senior Masculino	41:56	+13:15	04:12
221	34	Luis Costa	escola de atletismo de coimbra/jpaiva	Veterano M40	42:06	+13:25	04:13
222	851	Tiago Rafael Santos Pereira da Costa	jogging lovers coimbra	Senior Masculino	42:09	+13:27	04:13
223	322	Renato Ramos	coimbra trail running	Veterano M50	42:11	+13:29	04:13
224	305	Paulo Correia	coimbra trail running	Senior Masculino	42:13	+13:31	04:13
225	230	Renato Rodrigues	centro popular de trabalhadores de sobral de ceira	Senior Masculino	42:15	+13:33	04:14
226	889	António Geraldo	o mundo da corrida	Veterano M55	42:18	+13:36	04:14
227	692	Agostinho Manuel Rocha Oliveira	individual	Veterano M40	42:19	+13:38	04:14
228	187	Nuno Reis	bttrain-clube ferroviario de coimbra	Senior Masculino	42:19	+13:38	04:14
229	166	COSTA MARQUES	associação académica de coimbra	Veterano M55	42:22	+13:41	04:14
230	579	José Rui Maleiro	individual	Senior Masculino	42:25	+13:44	04:15
231	202	Paulo Santos	bttrain-clube ferroviario de coimbra	Veterano M55	42:27	+13:46	04:15
232	392	Nuno Miguel Francisco Bernardo	formobike btt & trail running	Veterano M40	42:30	+13:48	04:15
233	318	PAULO J. CARVALHO	coimbra trail running	Veterano M40	42:30	+13:49	04:15
234	340	Bruno Jesus	dci/ccdrpedrulha-mealhada	Senior Masculino	42:30	+13:49	04:15
235	107	José Silva	arsm - associação recreativa de s. miguel	Senior Masculino	42:32	+13:50	04:15
236	908	David Jesus	pascoalitos/a.d. barcougo	Senior Masculino	42:33	+13:51	04:15
237	599	Nélio Girão	individual	Senior Masculino	42:34	+13:52	04:15
238	841	Edgar Pratas	ipoc runners	Senior Masculino	42:38	+13:57	04:16
239	782	Vítor Antunes	individual	Veterano M45	42:39	+13:57	04:16
240	590	Luís Miguel Freitas de Oliveira	individual	Senior Masculino	42:44	+14:02	04:16
241	1004	Vitor figueiredo	tribo nr	Veterano M45	42:45	+14:03	04:17
242	783	VITOR JESUS	individual	Veterano M45	42:48	+14:07	04:17
243	1065	Paulo Carvalho	individual	Veterano M50	42:52	+14:11	04:17
244	865	Oscar Ramalho	loja do atleta	Veterano M45	42:56	+14:15	04:18
245	176	Bruno Cardoso	bela bela	Senior Masculino	42:58	+14:16	04:18
246	76	Nuno Morujo	amigos da onça	Senior Masculino	42:58	+14:16	04:18
247	222	David Sénica	centro de atletismo de seia	Junior Masculino	42:58	+14:17	04:18
248	264	Hélder José Ferreira	clube - clube veteranos atletismo coimbra	Veterano M55	42:59	+14:17	04:18
249	693	António Ferreira	individual	Veterano M40	42:59	+14:18	04:18
250	512	Bruno Ribeiro232	individual	Senior Masculino	42:59	+14:18	04:18
251	333	Ricardo Henriques	da-lhe gaz	Senior Masculino	43:00	+14:19	04:18
252	898	Rui Silva	os papa milhas	Veterano M40	43:01	+14:20	04:18
253	477	Lilla Samu	individual	Senior Feminino	43:02	+14:20	04:18
254	762	Luís Filipe Jorge da Costa	individual	Veterano M45	43:04	+14:23	04:18
255	870	Marco Sousa	maratonas we like	Senior Masculino	43:06	+14:24	04:19
256	869	Fabio Mendes	maratonas we like	Senior Masculino	43:06	+14:25	04:19
257	197	Vasco Borges	bttrain-clube ferroviario de coimbra	Veterano M45	43:09	+14:27	04:19
258	527	Elton Manuel Torres Pinho	individual	Senior Masculino	43:10	+14:29	04:19
259	200	Herminio Ramos	bttrain-clube ferroviario de coimbra	Veterano M55	43:12	+14:30	04:19
260	237	Pedro Roque	centro popular de trabalhadores de sobral de ceira	Veterano M45	43:13	+14:31	04:19

**CORRIDA 10K - STAGE 1**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
261	791	carlos da conceicao lobo	individual	Veterano M50	43:16	+14:34	04:20
262	438	Eduardo Carvalho	individual	Junior Masculino	43:16	+14:35	04:20
263	550	Javier Iglesias Cayuela	individual	Senior Masculino	43:18	+14:37	04:20
264	863	Catarina Martins	loja do atleta	Veterana F40	43:19	+14:37	04:20
265	944	Paulo Batista	run4sardines	Veterano M50	43:19	+14:38	04:20
266	294	Francisco Morais	coimbra trail running	Senior Masculino	43:20	+14:38	04:20
267	802	José Lameiro Gois	individual	Veterano M50	43:22	+14:40	04:20
268	133	Sérgio Silva	arsm - associação recreativa de s. miguel	Veterano M40	43:22	+14:40	04:20
269	126	Luis Amaro	arsm - associação recreativa de s. miguel	Veterano M40	43:26	+14:45	04:21
270	298	Joel Almeida Martinho	coimbra trail running	Senior Masculino	43:30	+14:49	04:21
271	634	Ricardo Bica	individual	Senior Masculino	43:33	+14:52	04:21
272	73	Filipe Bugalho	amigos da onça	Senior Masculino	43:36	+14:54	04:22
273	984	Ruben ferreira	tribo nr	Senior Masculino	43:36	+14:55	04:22
274	266	Ana Cardoso	cmc	Senior Feminino	43:37	+14:55	04:22
275	221	Joaquim Pessoa	casa do benfica de condeixa	Veterano M55	43:37	+14:56	04:22
276	563	João Rasteiro	individual	Senior Masculino	43:39	+14:58	04:22
277	412	João rosinha	goes trail running	Veterano M40	43:40	+14:59	04:22
278	806	Mario Neves	individual	Veterano M50	43:41	+15:00	04:22
279	910	ARSÉNIO SANTOS	pascoalitos//a.d. barcouço	Veterano M45	43:45	+15:03	04:23
280	36	Mário Vaz	escola de atletismo de coimbra/jpaiva	Veterano M40	43:45	+15:04	04:23
281	324	José Manuel Botelho da Costa de Aguiar da Câmara	coimbra trail running	Veterano M55	43:49	+15:08	04:23
282	160	DINA ROCHA	associação académica de coimbra	Veterana F40	43:52	+15:10	04:23
283	598	Mike Marques Pinto	individual	Senior Masculino	43:52	+15:11	04:23
284	564	João Sousa	individual	Senior Masculino	43:53	+15:12	04:23
285	508	Bruno Botelho	individual	Senior Masculino	43:56	+15:15	04:24
286	517	David Perdigoto	individual	Senior Masculino	44:00	+15:19	04:24
287	887	Isabel Trindade	o mundo da corrida	Veterana F50	44:02	+15:21	04:24
288	390	Luís Balula	formobike btt & trail running	Veterano M40	44:04	+15:22	04:24
289	102	Cristovão Gomes	arsm - associação recreativa de s. miguel	Senior Masculino	44:07	+15:26	04:25
290	979	Sônia dias	tribo nr	Senior Feminino	44:09	+15:27	04:25
291	980	André ruivo	tribo nr	Senior Masculino	44:10	+15:28	04:25
292	1058	Jose Pedro Fernandes	more taem	Senior Masculino	44:15	+15:33	04:26
293	727	Nuno Silva	individual	Veterano M40	44:15	+15:34	04:26
294	982	Mario rui ferreira	tribo nr	Senior Masculino	44:15	+15:34	04:26
295	630	Pedro Miguel Lopes Neto	individual	Senior Masculino	44:17	+15:36	04:26
296	125	Henrique Amaro	arsm - associação recreativa de s. miguel	Veterano M40	44:23	+15:41	04:26
297	497	alberto José Marques da Silva	individual	Senior Masculino	44:23	+15:42	04:26
298	1055	susana cabral	escola de atletismo de coimbra/jpaiva	Veterana F40	44:24	+15:43	04:26
299	42	Jorge Alves	escola de atletismo de coimbra/jpaiva	Veterano M45	44:25	+15:43	04:27
300	258	Carlos Santos	cluve - clube veteranos atletismo coimbra	Veterano M50	44:25	+15:44	04:27
301	619	Pedro André de Oliveira Gomes	individual	Senior Masculino	44:25	+15:44	04:27
302	366	Célio Duarte	deixa passar	Senior Masculino	44:26	+15:44	04:27
303	260	VITOR GOMES	cluve - clube veteranos atletismo coimbra	Veterano M50	44:26	+15:45	04:27
304	575	José Manuel Domingues Costa	individual	Senior Masculino	44:28	+15:46	04:27
305	888	Francisco Manuel Pais	o mundo da corrida	Veterano M45	44:28	+15:47	04:27

## CORRIDA 10K - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
306	862	Marcia Cardoso	loja do atleta	Senior Feminino	44:29	+15:47	04:27
307	637	Ricardo Gaspar	individual	Senior Masculino	44:30	+15:48	04:27
308	271	Rui Pedro Borges	cmc	Senior Masculino	44:33	+15:52	04:27
309	332	Pedro Jesus	da-lhe gaz	Senior Masculino	44:34	+15:53	04:27
310	874	JORGE LOPES	mondegopeças	Senior Masculino	44:36	+15:54	04:28
311	885	Jacinta Liliانا Batista de Jesus Manata	nurse runners	Senior Feminino	44:36	+15:54	04:28
312	694	Antonio José Rodrigues Caetano	individual	Veterano M40	44:38	+15:57	04:28
313	913	Adriano Galante	pés troikados - cscs	Senior Masculino	44:39	+15:57	04:28
314	738	Virgílio Neto	individual	Veterano M40	44:40	+15:59	04:28
315	292	Stephane Santos	coimbra trail running	Senior Masculino	44:40	+15:59	04:28
316	695	Arnaldo Carvalho Tomás	individual	Veterano M40	44:41	+16:00	04:28
317	829	José Augusto Cortesão3	individual	Veterano M55	44:43	+16:01	04:28
318	805	Mário Carvalho	individual	Veterano M50	44:44	+16:02	04:28
319	542	Gonçalo Martins	individual	Senior Masculino	44:45	+16:04	04:29
320	315	EDGAR SEMEDO	coimbra trail running	Veterano M40	44:50	+16:08	04:29
321	539	Gonçalo Bregieiro	individual	Senior Masculino	45:03	+16:22	04:30
322	662	Vitor Hugo Estrela Fonseca	individual	Senior Masculino	45:04	+16:22	04:30
323	878	PEDRO FERREIRA	mondegopeças	Veterano M40	45:07	+16:26	04:31
324	370	Andre craveiro mendes	duros do mondego	Veterano M40	45:08	+16:27	04:31
325	279	Carlos Alberto Relva Cardetas	cmc	Veterano M40	45:10	+16:28	04:31
326	208	Vitor Hugo Ferreira	buba team 2016	Senior Masculino	45:16	+16:35	04:32
327	440	Miguel Freire	individual	Junior Masculino	45:17	+16:35	04:32
328	16	Diogo Ferreira	escola de atletismo de coimbra/paiva	Senior Masculino	45:21	+16:39	04:32
329	428	Nuno Mendes	holmes place coimbra	Veterano M40	45:21	+16:40	04:32
330	109	Paulo Matos	arsm - associação recreativa de s. miguel	Veterano M40	45:22	+16:41	04:32
331	772	Pedro Elias	individual	Veterano M45	45:23	+16:41	04:32
332	769	Miguel Silva	individual	Veterano M45	45:24	+16:42	04:32
333	761	Luis Carvalho	individual	Veterano M45	45:24	+16:43	04:32
334	60	José Coelho	abutres running team	Veterano M40	45:26	+16:45	04:33
335	800	Jorge Jose Andrade Assuncao	individual	Veterano M50	45:27	+16:46	04:33
336	648	Rui Fernandes Ganhoto	individual	Senior Masculino	45:27	+16:46	04:33
337	817	Vasco Estêvão Quental	individual	Veterano M50	45:28	+16:47	04:33
338	181	Hugo Alexandre Quental	boules praliné	Senior Masculino	45:29	+16:47	04:33
339	115	Carla Reis	arsm - associação recreativa de s. miguel	Veterana F40	45:29	+16:48	04:33
340	339	Luis Lima	dci/ccdrpedrulha-mealhada	Senior Masculino	45:30	+16:48	04:33
341	601	Nuno Alexandre Silva	individual	Senior Masculino	45:32	+16:50	04:33
342	640	Ricardo Silva	individual	Senior Masculino	45:32	+16:50	04:33
343	773	Pedro Fernando	individual	Veterano M45	45:36	+16:54	04:34
344	707	João Miguel Duarte dos Santos	individual	Veterano M40	45:36	+16:54	04:34
345	822	Armando Silva Conceição	individual	Veterano M55	45:37	+16:55	04:34
346	958	André Duarte	soure mov	Senior Masculino	45:37	+16:56	04:34
347	302	Nuno Moinho	coimbra trail running	Senior Masculino	45:39	+16:57	04:34
348	518	Diogo Calçada	individual	Senior Masculino	45:44	+17:03	04:34
349	703	Henrique miguel dias serrano	individual	Veterano M40	45:47	+17:05	04:35
350	868	Mário Neves	luzeiro team	Senior Masculino	45:48	+17:06	04:35



**CORRIDA 10K - STAGE 1**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
351	986	Dora Serra	tribo nr	Veterana F40	45:48	+17:07	04:35
352	586	Luis Gaspar	individual	Senior Masculino	45:49	+17:07	04:35
353	154	Pedro Mpnteiro	ascv - associação sócio cultural valeirinha	Veterano M40	45:50	+17:09	04:35
354	581	Jules Heldens	individual	Senior Masculino	45:53	+17:12	04:35
355	499	Alexandre Lindote	individual	Senior Masculino	45:53	+17:12	04:35
356	961	Ricardo Páscoa	soure mov	Senior Masculino	45:54	+17:13	04:35
357	855	Daniel Toscano	lobos negros	Senior Masculino	45:55	+17:14	04:36
358	561	João Pedro Marques	individual	Senior Masculino	45:56	+17:14	04:36
359	779	Rui Manuel da Rosa Colaço	individual	Veterano M45	45:59	+17:17	04:36
360	573	José Júlio Ladeiro de Sá	individual	Senior Masculino	46:00	+17:18	04:36
361	386	Joaquim Alvarinhas	fkc dar sangue huc	Veterano M50	46:01	+17:20	04:36
362	837	Rui Gomes	individual	Veterano M55	46:03	+17:22	04:36
363	988	Isabel Maria Oliveira Martins Dantas Fernandes	tribo nr	Veterana F40	46:04	+17:22	04:36
364	777	Ricardo Rocha	individual	Veterano M45	46:06	+17:24	04:37
365	97	Sónia Gaspar	arshm - associação recreativa de s. miguel	Senior Feminino	46:09	+17:27	04:37
366	173	Patrícia Pereira	bela bela	Senior Feminino	46:11	+17:30	04:37
367	179	Jorge Marques	bela bela	Senior Masculino	46:12	+17:30	04:37
368	287	Júlio Manuel da Silva Gonçalves	cmc	Veterano M55	46:12	+17:30	04:37
369	195	João Luis Simões	bttrain-clube ferroviario de coimbra	Veterano M45	46:19	+17:38	04:38
370	826	Joaquim Almeida	individual	Veterano M55	46:21	+17:39	04:38
371	319	Filipe dos Santos	coimbra trail running	Veterano M45	46:21	+17:40	04:38
372	566	Joel Lopes	individual	Senior Masculino	46:23	+17:41	04:38
373	872	João António Vieira Veiga	mestres do passe vite	Senior Masculino	46:24	+17:42	04:38
374	585	Luis Filipe de Matos Isidoro	individual	Senior Masculino	46:24	+17:42	04:38
375	776	pedro saraiva	individual	Veterano M45	46:26	+17:44	04:39
376	594	Marco Santos	individual	Senior Masculino	46:33	+17:52	04:39
377	660	Vasco Guedes	individual	Senior Masculino	46:35	+17:53	04:40
378	64	Catarina Alves	acdc	Veterana F40	46:39	+17:58	04:40
379	323	Fernando Venda	coimbra trail running	Veterano M55	46:40	+17:58	04:40
380	101	Bruno Soares	arshm - associação recreativa de s. miguel	Senior Masculino	46:42	+18:00	04:40
381	89	Catarina Gomes	arshm - associação recreativa de s. miguel	Senior Feminino	46:42	+18:00	04:40
382	132	Pedro Simões	arshm - associação recreativa de s. miguel	Veterano M40	46:42	+18:01	04:40
383	219	Carlos Manuel Póvoa dos Santos	casa do benfica de condeixa	Senior Masculino	46:43	+18:02	04:40
384	948	António Ferreira	saldo válido team	Veterano M50	46:44	+18:03	04:40
385	514	César Almeida	individual	Senior Masculino	46:47	+18:06	04:41
386	77	Miguel Mendes	ansibikers	Senior Masculino	46:48	+18:07	04:41
387	236	Fernando Teixeira	centro popular de trabalhadores de sobral de ceira	Veterano M45	46:52	+18:10	04:41
388	843	Rui Martins	ipoc runners	Senior Masculino	46:53	+18:11	04:41
389	607	Nuno Pacheco Mendes30	individual	Senior Masculino	46:53	+18:11	04:41
390	328	Hugo Godinho	cumibroa bikes running team	Senior Masculino	46:53	+18:12	04:41
391	903	Jorge Azevedo	out2run	Senior Masculino	46:54	+18:13	04:41
392	814	RAMIRO MANUEL MIRANDA ALVES	individual	Veterano M50	46:55	+18:13	04:42
393	134	António Costa	arshm - associação recreativa de s. miguel	Veterano M45	46:56	+18:15	04:42
394	417	Juliana Santos	holmes place coimbra	Senior Feminino	46:58	+18:16	04:42



**CORRIDA 10K - STAGE 1****10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
440	597	Miguel Póvoa dos Santos Ferreira	individual	Senior Masculino	48:08	+19:26	04:49
441	952	Fernando Carvalho	sg consulting team	Veterano M40	48:13	+19:32	04:49
442	552	João Duarte	individual	Senior Masculino	48:14	+19:32	04:49
443	834	JoséFilipe da Costa	individual	Veterano M55	48:16	+19:34	04:50
444	715	José Abrantes	tribo nr	Veterano M40	48:16	+19:35	04:50
445	75	Luís Santos	amigos da onça	Senior Masculino	48:17	+19:36	04:50
446	1061	amândio santos	individual	Veterano M40	48:17	+19:36	04:50
447	835	Luís Ferreira	individual	Veterano M55	48:18	+19:36	04:50
448	998	Rui Lopes	tribo nr	Veterano M40	48:19	+19:38	04:50
449	945	André Ventura	saldo válido team	Senior Masculino	48:20	+19:38	04:50
450	300	Miguel Jesus	coimbra trail running	Senior Masculino	48:20	+19:38	04:50
451	657	Tiago Leitão	individual	Senior Masculino	48:21	+19:40	04:50
452	1056	Filipe Carvalho	more taem	Veterano M50	48:24	+19:42	04:50
453	85	Ana Ramos	arism - associação recreativa de s. miguel	Senior Feminino	48:25	+19:43	04:51
454	994	Marcos Alves	tribo nr	Veterano M40	48:29	+19:48	04:51
455	838	rui lopes	individual	Veterano M55	48:30	+19:49	04:51
456	857	Nuno Coelho	lobos negros	Senior Masculino	48:33	+19:51	04:51
457	1003	Pedro Medina	tribo nr	Veterano M45	48:34	+19:52	04:51
458	780	rui miguel ferreira evangelista	individual	Veterano M45	48:34	+19:52	04:51
459	1057	Carla Carvalho	more taem	Veterana F40	48:35	+19:54	04:52
460	937	Lara Azambujo	run@figueira	Senior Feminino	48:35	+19:54	04:52
461	860	Catia Fernandes	loja do atleta	Senior Feminino	48:37	+19:55	04:52
462	849	Emanuel Simões Ferreira	jogging lovers coimbra	Senior Masculino	48:38	+19:57	04:52
463	788	António José Conceição Ferreira	individual	Veterano M50	48:40	+19:58	04:52
464	551	João Carlos Pereira	individual	Senior Masculino	48:41	+19:59	04:52
465	131	Pedro Oliveira	arism - associação recreativa de s. miguel	Veterano M40	48:42	+20:00	04:52
466	142	Pedro Bandeira	arism - associação recreativa de s. miguel	Veterano M45	48:42	+20:00	04:52
467	1048	hugo gaspar	escola de atletismo de coimbra/jpaiva	Veterano M40	48:42	+20:01	04:52
468	1047	isabel gaspar	escola de atletismo de coimbra/jpaiva	Senior Feminino	48:42	+20:01	04:52
469	353	Catarina Martins	dci/ccdrpedrulha-mealhada	Veterana F40	48:42	+20:01	04:52
470	406	José Cavaco	ginásio fit&fun coimbra	Veterano M45	48:45	+20:04	04:53
471	918	José Teixeira	portuguese united training association	Senior Masculino	48:49	+20:07	04:53
472	1064	ana messias	individual	Senior Feminino	48:52	+20:10	04:53
473	1001	Manuel Duarte	tribo nr	Veterano M45	48:52	+20:11	04:53
474	362	João Cavadas	dci/ccdrpedrulha-mealhada	Veterano M50	48:53	+20:12	04:53
475	975	Inês Sousa	tribo nr	Senior Feminino	48:54	+20:12	04:53
476	545	Hélio Bento Ferreira	individual	Senior Masculino	48:54	+20:12	04:53
477	150	Fausto Carvalho	arism - associação recreativa de s. miguel	Veterano M55	48:56	+20:15	04:54
478	151	Fausto Carvalho	arism - associação recreativa de s. miguel	Veterano M55	48:57	+20:16	04:54
479	431	Rui Monteiro	holmes place coimbra	Veterano M45	49:01	+20:20	04:54
480	445	Ana Luísa Melo	individual	Senior Feminino	49:06	+20:25	04:55
481	409	Helder Araújo	ginásio fit&fun coimbra	Veterano M55	49:08	+20:26	04:55
482	144	Fernando Gaspar	arism - associação recreativa de s. miguel	Veterano M50	49:09	+20:28	04:55
483	327	Carlos Mendes	cumibroa bikes running team	Senior Masculino	49:10	+20:29	04:55
484	138	Hugo Caldeira	arism - associação recreativa de s. miguel	Senior Masculino	49:12	+20:30	04:55
485	819	Alexandre Macedo	individual	Veterano M55	49:14	+20:32	04:55

**CORRIDA 10K - STAGE 1**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
486	146	Jose Oliveira	arism - associacao recreativa de s. miguel	Veterano M50	49:15	+20:33	04:56
487	1000	Leomar tiradentes	tribo nr	Veterano M45	49:16	+20:34	04:56
488	240	Alberto Brandão	centro popular de trabalhadores de sobral de ceira	Veterano M55	49:17	+20:35	04:56
489	891	Jorge Justo	o mundo da corrida	Veterano M55	49:17	+20:36	04:56
490	55	Bernardo Lemos	0's à esquerda	Senior Masculino	49:19	+20:37	04:56
491	385	Luis Alvarinhas	fkc dar sangue huc	Veterano M45	49:19	+20:38	04:56
492	397	Patricia Reis	ginásio fit&fun coimbra	Senior Feminino	49:20	+20:39	04:56
493	286	Ricardo Madureira	cmc	Veterano M50	49:20	+20:39	04:56
494	525	Eduardo Costa Rovisco	individual	Senior Masculino	49:22	+20:40	04:56
495	787	António Fernandes	individual	Veterano M50	49:22	+20:41	04:56
496	568	Jorge Alexandre Batista da Silva Barroso	individual	Senior Masculino	49:22	+20:41	04:56
497	384	Nuno Simoes	fkc dar sangue huc	Senior Masculino	49:22	+20:41	04:56
498	560	João Pedro Gomes	individual	Senior Masculino	49:22	+20:41	04:56
499	1005	Carlos Ramos	tribo nr	Veterano M50	49:24	+20:43	04:56
500	987	helenia Sofia Lopes	tribo nr	Veterana F40	49:24	+20:43	04:56
501	733	PEDRO NATARIO	individual	Veterano M40	49:30	+20:48	04:57
502	997	Paulo Domingues	tribo nr	Veterano M40	49:35	+20:54	04:58
503	546	Henrique Carvalheiro	individual	Senior Masculino	49:39	+20:57	04:58
504	326	Nuno Dantas27	cucas	Veterano M40	49:41	+20:59	04:58
505	58	João Natividade	0's à esquerda	Senior Masculino	49:44	+21:02	04:58
506	533	Filipe	individual	Senior Masculino	49:44	+21:02	04:58
507	361	Paulo Barreirinhas	dci/ccdrpedrulha-mealhada	Veterano M45	49:46	+21:05	04:59
508	449	Ana Sofia Pereira	individual	Senior Feminino	49:48	+21:07	04:59
509	1066	Manuel Carlos Costa Martins	clube nortada - murtosa night runners	Senior Masculino	49:49	+21:08	04:59
510	752	Hernâni Pedroso	individual	Veterano M45	49:51	+21:09	04:59
511	382	Emanuel Alves	fkc dar sangue huc	Senior Masculino	49:53	+21:11	04:59
512	184	Antonio Rebola Ferreira	bttrain-clube ferroviario de coimbra	Senior Masculino	49:54	+21:12	04:59
513	705	Hugo Filipe Pereira Ferraz de Matos	individual	Veterano M40	49:57	+21:16	05:00
514	1052	luis da costa simoes brandao	individual	Veterano M45	49:59	+21:17	05:00
515	912	Paula Esteves	pés troikados - cscs	Senior Feminino	49:59	+21:17	05:00
516	880	Ana Sêco	montanha clube trail running runners	Senior Feminino	50:00	+21:19	05:00
517	928	Joana Quintã	quintantes	Senior Feminino	50:01	+21:19	05:00
518	621	Pedro Eugénio	individual	Senior Masculino	50:01	+21:19	05:00
519	801	Jorge Manuel Santiago Ramalho	individual	Veterano M50	50:01	+21:20	05:00
520	465	Dora Duarte	individual	Senior Feminino	50:01	+21:20	05:00
521	929	Ruben Cantante	quintantes	Senior Masculino	50:02	+21:20	05:00
522	704	Hermínio Jorge Cardoso Amaral	individual	Veterano M40	50:02	+21:20	05:00
523	537	Gil Manuel da Silva Duarte	individual	Senior Masculino	50:02	+21:20	05:00
524	861	Sofia Figueiredo	loja do atleta	Senior Feminino	50:03	+21:22	05:00
525	747	César Santos	individual	Veterano M45	50:04	+21:23	05:00
526	847	Liliana Patrícia Lopes Pragana	jogging lovers coimbra	Senior Feminino	50:11	+21:30	05:01
527	467	Gabriela Gomes	individual	Senior Feminino	50:11	+21:30	05:01
528	797	João Nunes Rodrigues	individual	Veterano M50	50:18	+21:36	05:02
529	423	Miguel Saiago	holmes place coimbra	Senior Masculino	50:18	+21:36	05:02

**CORRIDA 10K - STAGE 1****10 KM****OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
530	308	Rodrigo dos Santos	coimbra trail running	Senior Masculino	50:19	+21:37	05:02
531	645	Rodrigo José Gomes Nunes	individual	Senior Masculino	50:21	+21:40	05:02
532	1006	José Fernandes	tribo nr	Veterano M50	50:22	+21:41	05:02
533	175	André oliveira	bela bela	Senior Masculino	50:23	+21:42	05:02
534	172	Felicia Fernandes	bela bela	Senior Feminino	50:24	+21:42	05:02
535	290	Alexandra Soares	coimbra trail running	Senior Feminino	50:29	+21:47	05:03
536	307	Ricardo Jesus	coimbra trail running	Senior Masculino	50:29	+21:48	05:03
537	502	André Pedro Neves	individual	Senior Masculino	50:29	+21:48	05:03
538	56	Francisco Miguel Tavares	0's à esquerda	Senior Masculino	50:30	+21:48	05:03
539	424	Nuno Almeida	holmes place coimbra	Senior Masculino	50:32	+21:50	05:03
540	792	Fausto Cardoso	individual	Veterano M50	50:32	+21:50	05:03
541	974	Christina loureiro	tribo nr	Senior Feminino	50:34	+21:53	05:03
542	991	Fátima Machado	tribo nr	Veterana F50	50:36	+21:55	05:04
543	310	Cláudia Isidoro	coimbra trail running	Veterana F40	50:37	+21:56	05:04
544	989	Maria João Simões	tribo nr	Veterana F40	50:38	+21:56	05:04
545	921	Olinto Vieira	portuguese united training association	Veterano M40	50:42	+22:01	05:04
546	659	Tiago Vicente Rodrigues Marques	individual	Senior Masculino	50:45	+22:03	05:05
547	462	Diana Patricia Lopes Martins	individual	Senior Feminino	50:45	+22:03	05:05
548	790	Carlos Barroso	individual	Veterano M50	50:46	+22:04	05:05
549	565	Joel Cunha	individual	Senior Masculino	50:48	+22:06	05:05
550	419	João Nogueira	holmes place coimbra	Senior Masculino	50:50	+22:09	05:05
551	469	Helena santana	individual	Senior Feminino	50:51	+22:10	05:05
552	609	NUNO VARANDAS	individual	Senior Masculino	50:52	+22:11	05:05
553	901	Pedro Roque	os papa milhas	Veterano M45	50:53	+22:11	05:05
554	595	Marco Xavier	individual	Senior Masculino	50:55	+22:14	05:06
555	786	António Eugénio Silva Novak Faria	individual	Veterano M50	50:56	+22:15	05:06
556	522	Diogo Ramos	individual	Senior Masculino	50:56	+22:15	05:06
557	110	Nuno Neves	arsm - associação recreativa de s. miguel	Senior Masculino	51:00	+22:18	05:06
558	785	Américo Pessoa	individual	Veterano M50	51:00	+22:18	05:06
559	624	Pedro Fonseca	individual	Senior Masculino	51:00	+22:18	05:06
560	429	Sérgio Almeida	holmes place coimbra	Veterano M40	51:02	+22:21	05:06
561	596	Matheus de Menezes Mendes	individual	Senior Masculino	51:02	+22:21	05:06
562	765	Luis Vieira	individual	Veterano M45	51:03	+22:21	05:06
563	943	Pedro Nuno S.B. Furtado	run4sardines	Veterano M45	51:04	+22:22	05:06
564	925	Jorge Jesus	portuguese united training association	Veterano M45	51:04	+22:23	05:06
565	942	Pedro Silva	run4sardines	Veterano M40	51:04	+22:23	05:06
566	389	Carla Santos	formobike btt & trail running	Veterana F40	51:05	+22:24	05:07
567	218	Sónia Maria Gomes Lima	casa do benfica de condeixa	Senior Feminino	51:07	+22:26	05:07
568	61	João Lopes	abutres running team	Veterano M45	51:11	+22:29	05:07
569	62	Pedro Miguel Amorim R Ferreira	abutres running team	Veterano M45	51:11	+22:30	05:07
570	245	Humberto Fernandes	clínica dos relógios	Veterano M55	51:12	+22:30	05:07
571	500	Alexandre Mota	individual	Senior Masculino	51:12	+22:31	05:07
572	254	Ana Vieira	cluve - clube veteranos atletismo coimbra	Veterana F40	51:13	+22:31	05:07
573	825	João Carlos Marques Silva	individual	Veterano M55	51:14	+22:32	05:07
574	220	Dina Maria Batista Casaleiro Barroca	casa do benfica de condeixa	Veterana F40	51:15	+22:33	05:08

**CORRIDA 10K - STAGE 1**
**10 KM**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
**OFFICIAL RESULT**
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
575	655	Tiago Figo	individual	Senior Masculino	51:15	+22:34	05:08
576	821	Amadeu de Matos Carvalho	individual	Veterano M55	51:16	+22:34	05:08
577	699	Claudio Marques	individual	Veterano M40	51:17	+22:35	05:08
578	746	Carlos Marques	individual	Veterano M45	51:19	+22:38	05:08
579	501	André Luz Silva	individual	Senior Masculino	51:20	+22:38	05:08
580	580	José Sequeira	individual	Senior Masculino	51:21	+22:40	05:08
581	803	José Oliveira	individual	Veterano M50	51:22	+22:40	05:08
582	253	VASCO GOMES	cluve - clube veteranos atletismo coimbra	Senior Masculino	51:23	+22:41	05:08
583	713	Jorge Morais	individual	Veterano M40	51:23	+22:41	05:08
584	940	João Paulo Tondela	run@figueira	Veterano M45	51:24	+22:42	05:08
585	939	Alexandre Ritchie	run@figueira	Veterano M40	51:24	+22:42	05:08
586	616	Pedro Abreu	individual	Senior Masculino	51:24	+22:42	05:08
587	706	Ivo Magalhães	individual	Veterano M40	51:25	+22:43	05:09
588	90	Joana Espírito Santo	arsm - associação recreativa de s. miguel	Senior Feminino	51:27	+22:46	05:09
589	296	João Silva	coimbra trail running	Senior Masculino	51:32	+22:50	05:09
590	977	Sandra Simões	tribo nr	Senior Feminino	51:33	+22:51	05:09
591	526	Eduardo Ferreira	individual	Senior Masculino	51:50	+23:09	05:11
592	583	Luis Coelho	individual	Senior Masculino	51:50	+23:09	05:11
593	1017	Oscar Rocha	viriahtvs runners viseu	Veterano M55	51:55	+23:13	05:12
594	393	Paulo Antunes	formobike btt & trail running	Veterano M40	52:06	+23:25	05:13
595	600	Nelson Olivério da Silva Lopes	individual	Senior Masculino	52:07	+23:25	05:13
596	430	Armando Rodrigues	holmes place coimbra	Veterano M45	52:07	+23:26	05:13
597	708	João Miguel Gouveia Carloto	individual	Veterano M40	52:11	+23:29	05:13
598	488	Rita Bandarra	individual	Senior Feminino	52:13	+23:32	05:13
599	282	João Salustiano	cmc	Veterano M45	52:13	+23:32	05:13
600	955	Gonçalo Deus	soure mov	Junior Masculino	52:15	+23:33	05:14
601	249	Ana Sousa	clube nortada - murtosa night runners	Senior Feminino	52:15	+23:34	05:14
602	555	João Manuel Beirão Cardoso Quadrado Gil	individual	Senior Masculino	52:16	+23:34	05:14
603	778	Romeu de Azevedo	individual	Veterano M45	52:17	+23:35	05:14
604	513	Carlos Miguel Costa Albuquerque	individual	Senior Masculino	52:18	+23:37	05:14
605	656	Tiago Filipe Gomes Nunes	individual	Senior Masculino	52:19	+23:38	05:14
606	728	Orlando Martins	individual	Veterano M40	52:22	+23:40	05:14
607	741	Alberto Valejo	individual	Veterano M45	52:23	+23:41	05:14
608	509	Bruno Malta	individual	Senior Masculino	52:44	+24:03	05:16
609	540	Gonçalo de Figueiredo Serrano e Oliveira Paixão	individual	Senior Masculino	52:44	+24:03	05:16
610	647	Rui Dias	individual	Senior Masculino	52:47	+24:06	05:17
611	992	Isabel Esteves	tribo nr	Veterana F50	52:48	+24:06	05:17
612	877	LUÍS REIS	mondegopeças	Veterano M40	52:49	+24:07	05:17
613	953	Gustavo Pancas	sg consulting team	Veterano M40	52:52	+24:11	05:17
614	217	João Pedro Jorge	casa baía team	Senior Masculino	52:54	+24:12	05:17
615	421	Luís Almeida	holmes place coimbra	Senior Masculino	52:54	+24:13	05:17
616	216	Cesar Cerqueira	casa baía team	Senior Masculino	52:55	+24:13	05:18
617	483	Marta Maria Pleno da Fonseca	individual	Senior Feminino	52:55	+24:14	05:18
618	763	Luis Fouto	individual	Veterano M45	52:55	+24:14	05:18
619	725	Nuno Martins	individual	Veterano M40	52:56	+24:14	05:18

Official Timekeeper: Lap2Go	14 / 21	generate 17-Dec-2016 20:04
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### CORRIDA 10K - STAGE 1

### 10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
620	812	Paulo Trindade	individual	Veterano M50	52:57	+24:15	05:18
621	935	Helder da Cruz Pais	run forest run	Senior Masculino	52:59	+24:17	05:18
622	936	Jorge Filipe das Neves Acúrcio	run forest run	Senior Masculino	52:59	+24:17	05:18
623	532	fidel conde	individual	Senior Masculino	53:00	+24:18	05:18
624	682	maria luisa	individual	Veterana F40	53:00	+24:19	05:18
625	405	João Moniz Nogueira	ginásio fit&fun coimbra	Veterano M40	53:03	+24:21	05:18
626	577	José Pedro Saraiva	individual	Senior Masculino	53:03	+24:22	05:18
627	215	Carlos Lucas	casa baía team	Senior Masculino	53:06	+24:25	05:19
628	433	Paulo Ramos	holmes place coimbra	Veterano M55	53:08	+24:27	05:19
629	426	Rosário Ramos	holmes place coimbra	Veterana F50	53:09	+24:27	05:19
630	784	AFONSO PÓVOA	individual	Veterano M50	53:09	+24:28	05:19
631	83	André Cruz	arsm - associação recreativa de s. miguel	Junior Masculino	53:10	+24:28	05:19
632	498	Alexandre Anjos	individual	Senior Masculino	53:11	+24:29	05:19
633	530	Fábio Lucindo	individual	Senior Masculino	53:12	+24:30	05:19
634	548	Hugo Martins	individual	Senior Masculino	53:13	+24:31	05:19
635	642	Ricardo zeferino	individual	Senior Masculino	53:16	+24:34	05:20
636	174	Vera Tavares	bela bela	Senior Feminino	53:16	+24:35	05:20
637	831	José Manuel Oliveira Madeira11	individual	Veterano M55	53:21	+24:39	05:20
638	731	Pedro Fontes	individual	Veterano M40	53:24	+24:42	05:20
639	207	Rui Miguel Goncalves	buba team 2016	Senior Masculino	53:24	+24:43	05:20
640	53	Andreia Pereira	0's à esquerda	Senior Feminino	53:24	+24:43	05:20
641	873	ANDRÉ PEREIRA	mondegopeças	Senior Masculino	53:25	+24:43	05:21
642	665	Xavier da Costa Albano	individual	Senior Masculino	53:25	+24:44	05:21
643	696	Bruno Amaro	individual	Veterano M40	53:26	+24:44	05:21
644	402	João Neves	ginásio fit&fun coimbra	Senior Masculino	53:30	+24:48	05:21
645	396	Marielena D'Ambrosio	ginásio fit&fun coimbra	Senior Feminino	53:30	+24:48	05:21
646	425	Sandra Mendes	holmes place coimbra	Veterana F40	53:36	+24:54	05:22
647	798	João Paulo Moura Dias	individual	Veterano M50	53:36	+24:55	05:22
648	712	Jorge Magueta	individual	Veterano M40	53:38	+24:56	05:22
649	588	Luís Mendes	individual	Senior Masculino	53:38	+24:56	05:22
650	1050	alexandre gouveia e melo	individual	Veterano M45	53:39	+24:58	05:22
651	147	Luis Manuel Henriques Costa	arsm - associação recreativa de s. miguel	Veterano M50	53:40	+24:58	05:22
652	900	Paulo Azeiteiro	os papa milhas	Veterano M45	53:42	+25:01	05:22
653	297	João Venda	coimbra trail running	Senior Masculino	53:43	+25:01	05:22
654	559	João Pedro dos Santos	individual	Senior Masculino	53:48	+25:06	05:23
655	593	Marco Paulo Pinto da Costa	individual	Senior Masculino	53:49	+25:08	05:23
656	589	Luís Miguel Ferreira Ramos	individual	Senior Masculino	53:50	+25:09	05:23
657	856	Dionísio Silva	lobos negros	Senior Masculino	53:51	+25:10	05:23
658	764	Luis Miguel Nunes	individual	Veterano M45	53:52	+25:11	05:23
659	375	Pedro Silva	family men	Veterano M45	53:53	+25:11	05:23
660	503	André Pinto	individual	Senior Masculino	53:54	+25:12	05:23
661	199	Fernando Monteiro Raimundo	bttrain-clube ferroviario de coimbra	Veterano M55	54:00	+25:18	05:24
662	775	Pedro Miguel Dias Rodrigues	individual	Veterano M45	54:01	+25:20	05:24
663	702	GONÇALO NUNO ALVES FIGUEIREDO DOS SANTOS CASALEIRO	individual	Veterano M40	54:06	+25:24	05:25
664	471	Iris Bota	individual	Senior Feminino	54:09	+25:27	05:25





**CORRIDA 10K - STAGE 1**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
708	74	Luís Caseiro	amigos da onça	Senior Masculino	55:18	+26:37	05:32
709	669	Célia Maria Simões Carvalho	individual	Veterana F40	55:23	+26:42	05:32
710	750	Francisco José Baptista Pereira	individual	Veterano M45	55:23	+26:42	05:32
711	459	Daniela Ventura Gonçalves	individual	Senior Feminino	55:23	+26:42	05:32
712	737	Simão Pedro Mendes Cruz Reis Paredes	individual	Veterano M40	55:24	+26:42	05:32
713	674	Elisabete Pedrosa	individual	Veterana F40	55:25	+26:44	05:33
714	494	Teresa Raquel Fileno	individual	Senior Feminino	55:26	+26:44	05:33
715	481	Maria Sousa	individual	Senior Feminino	55:28	+26:46	05:33
716	10	Ana Isabel Neves	escola de atletismo de coimbra/jpaiva	Senior Feminino	55:31	+26:49	05:33
717	558	João Miguel Patrício Rodrigues	individual	Senior Masculino	55:36	+26:55	05:34
718	632	Pedro violante	individual	Senior Masculino	55:37	+26:56	05:34
719	567	Joel Loureiro	individual	Senior Masculino	55:38	+26:56	05:34
720	666	anabela vieira amaral	individual	Veterana F40	55:43	+27:01	05:34
721	473	Jessica Perestrelo Faria	individual	Senior Feminino	55:43	+27:02	05:34
722	557	João Miguel Leitão Lemos	individual	Senior Masculino	55:44	+27:02	05:34
723	574	José Luís Ferreira Nunes	individual	Senior Masculino	55:44	+27:03	05:34
724	52	Brigitte Geria Campos	#segueotetrilho	Veterana F40	55:47	+27:05	05:35
725	454	Carla Maria Nunes Lopes	individual	Senior Feminino	55:50	+27:09	05:35
726	830	José costa	individual	Veterano M55	55:52	+27:11	05:35
727	968	Luís Filipe Gomes Rito	team bala	Veterano M50	55:54	+27:13	05:35
728	505	Artur figueiredo	individual	Senior Masculino	55:55	+27:14	05:36
729	461	Denise Isabel Gaiato Adelino	individual	Senior Feminino	55:57	+27:16	05:36
730	721	Mário Pedroso	individual	Veterano M40	56:00	+27:18	05:36
731	460	Denise Bernuci da Silva	individual	Senior Feminino	56:02	+27:20	05:36
732	636	Ricardo Dias	individual	Senior Masculino	56:12	+27:31	05:37
733	895	Sandra Maria Meneses Ferreira	os papa milhas	Senior Feminino	56:22	+27:41	05:38
734	673	Elisabete Jacinto	individual	Veterana F40	56:26	+27:45	05:39
735	584	Luís David	individual	Senior Masculino	56:26	+27:45	05:39
736	251	ANA PEDROSA	cluve - clube veteranos atletismo coimbra	Senior Feminino	56:29	+27:47	05:39
737	771	Paulo José Pratas	individual	Veterano M45	56:33	+27:51	05:39
738	474	Juliana Silva	individual	Senior Feminino	56:36	+27:54	05:40
739	1069	joão prata	loios	Senior Masculino	56:36	+27:54	05:40
740	717	José Manuel Rodrigues	individual	Veterano M40	56:38	+27:57	05:40
741	369	Raquel Nogueira	duros do mondego	Veterana F40	56:39	+27:57	05:40
742	1068	catarina mouraz	loios	Senior Feminino	56:43	+28:02	05:40
743	871	Francisco Miguel Galvão Pereira da Silva	mestres do passe vite	Senior Masculino	56:44	+28:03	05:40
744	66	Dora Cruz	ad	Senior Feminino	56:45	+28:04	05:41
745	67	André Domingues	ad	Senior Masculino	56:45	+28:04	05:41
746	1007	Fernando Machado	tribo nr	Veterano M55	56:46	+28:04	05:41
747	628	Pedro Manuel Domingos Simões	individual	Senior Masculino	56:47	+28:05	05:41
748	82	Afonso Amaro	arsm - associação recreativa de s. miguel	Junior Masculino	56:47	+28:06	05:41
749	311	ISABEL PRIMO	coimbra trail running	Veterana F40	56:52	+28:10	05:41
750	1015	Carlos Coelho	viriativs runners viseu	Veterano M45	56:53	+28:11	05:41
751	680	Maria joao francisco simoes	individual	Veterana F40	56:53	+28:11	05:41
752	844	Teresa Tavares	ipoc runners	Veterana F40	56:53	+28:12	05:41



**CORRIDA 10K - STAGE 1**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
797	108	Luís Verríssimo	arsm - associação recreativa de s. miguel	Senior Masculino	01:00:04	+31:23	06:00
798	273	Elsa Correia	cmc	Veterana F40	01:00:05	+31:23	06:01
799	605	nuno miguel correia gonçalves	individual	Senior Masculino	01:00:15	+31:34	06:02
800	320	Jorge Tiago	coimbra trail running	Veterano M45	01:00:18	+31:37	06:02
801	312	Natércia Carvalho	coimbra trail running	Veterana F40	01:00:19	+31:38	06:02
802	256	TERESA MENDES	cluve - clube veteranos atletismo coimbra	Veterana F50	01:00:19	+31:38	06:02
803	12	Patricia Ferreira	escola de atletismo de coimbra/jpaiva	Senior Feminino	01:00:20	+31:39	06:02
804	475	Leonor Fonseca	individual	Senior Feminino	01:00:24	+31:42	06:02
805	516	David Deveza Pereira	individual	Senior Masculino	01:00:32	+31:51	06:03
806	543	Gustavo Veiga	individual	Senior Masculino	01:00:32	+31:51	06:03
807	671	Claudia Isabel plácido Silva	individual	Veterana F40	01:00:36	+31:55	06:04
808	813	Pedro M M Machado	individual	Veterano M50	01:00:36	+31:55	06:04
809	756	Joaquim Pedro Simões Gaspar	individual	Veterano M45	01:00:52	+32:11	06:05
810	679	Maria de Lurdes Caridade Gaspar	individual	Veterana F40	01:00:53	+32:11	06:05
811	687	Cristina Gomes	individual	Veterana F50	01:01:14	+32:33	06:07
812	373	Vitor Jorge Roçadas de Azevedo Santos	family men	Senior Masculino	01:01:17	+32:35	06:08
813	374	Luis Miguel dos Santos Candeias	family men	Veterano M40	01:01:17	+32:36	06:08
814	372	Marcos Neves	family men	Senior Masculino	01:01:18	+32:37	06:08
815	668	Catarina Sofia Barbosa de Oliveira Henriques	individual	Veterana F40	01:01:29	+32:47	06:09
816	795	Francisco José Araujo	individual	Veterano M50	01:01:34	+32:52	06:09
817	618	Pedro Almeida	individual	Senior Masculino	01:01:39	+32:58	06:10
818	923	Pedro Nascimento	portuguese united training association	Veterano M40	01:01:49	+33:07	06:11
819	957	Joana Gante	soure mov	Senior Feminino	01:01:57	+33:16	06:12
820	956	Joana Dionísio	soure mov	Senior Feminino	01:01:58	+33:16	06:12
821	663	Vitor Rafael Estrela Fonseca	individual	Senior Masculino	01:02:05	+33:24	06:13
822	177	Bruno Neves	bela bela	Senior Masculino	01:02:06	+33:24	06:13
823	631	Pedro Vidigal	individual	Senior Masculino	01:02:19	+33:37	06:14
824	549	Humberto José dos Santos Teixeira Fernandes	individual	Senior Masculino	01:02:21	+33:39	06:14
825	476	Liliana Estrela	individual	Senior Feminino	01:02:22	+33:41	06:14
826	592	Manya Afonso	individual	Senior Masculino	01:02:47	+34:05	06:17
827	81	Dora Castanheira	arsm - associação recreativa de s. miguel	Junior Feminino	01:03:05	+34:23	06:19
828	743	Carlos Alberto Pinto Ferreira	individual	Veterano M45	01:03:05	+34:24	06:19
829	678	Lisete Maria Conceição Ferreira	individual	Veterana F40	01:03:05	+34:24	06:19
830	689	Lesley Hughes	individual	Veterana F50	01:03:09	+34:27	06:19
831	823	Colin McCluskie	individual	Veterano M55	01:03:09	+34:27	06:19
832	371	Bruno Miguel Fernando de Jesus	family men	Senior Masculino	01:03:10	+34:29	06:19
833	724	Nuno Costa	individual	Veterano M40	01:03:37	+34:55	06:22
834	452	April Ann Antunes	individual	Senior Feminino	01:04:16	+35:34	06:26
835	970	Ana Monteiro	tribo nr	Senior Feminino	01:04:16	+35:34	06:26
836	387	José Mario Gama	fkc dar sangue huc	Veterano M50	01:04:46	+36:04	06:29
837	456	Carolina Santos	individual	Senior Feminino	01:04:47	+36:05	06:29
838	536	Franklin Marques de Almeida Júnior	individual	Senior Masculino	01:04:56	+36:15	06:30
839	963	Graça Simões	soure mov	Veterana F40	01:05:05	+36:24	06:31

CORRIDA 10K - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
840	325	Natacha Alves Cabral	cucas	Veterana F40	01:05:12	+36:31	06:31
841	329	Anabela Monteiro	cumibroa bikes running team	Veterano M40	01:05:28	+36:46	06:33
842	1054	Ivone Abichara	individual	Veterana F50	01:05:28	+36:46	06:33
843	486	Raquel da Conceição Blanco de Oliveira	individual	Senior Feminino	01:05:56	+37:15	06:36
844	582	Karl Smyth	individual	Senior Masculino	01:06:09	+37:28	06:37
845	732	Pedro Miguel Mamede	individual	Veterano M40	01:06:14	+37:33	06:37
846	653	Simão André dos Santos Campos	individual	Senior Masculino	01:06:28	+37:46	06:39
847	905	Ana Luísa da Costa Cravalho de Abreu	ozextreme/rd águeda	Senior Feminino	01:06:28	+37:46	06:39
848	446	Ana Maleiro	individual	Senior Feminino	01:06:38	+37:56	06:40
849	735	RICARDO TEIXEIRA	individual	Veterano M40	01:06:38	+37:57	06:40
850	188	Deolinda Alves	bttrain-clube ferroviario de coimbra	Veterana F50	01:07:02	+38:20	06:42
851	210	Madalena Cantante de Carvalho Prata Ribeiro	capsas	Senior Feminino	01:07:31	+38:50	06:45
852	211	Gonçalo Mendes	capsas	Veterano M45	01:07:32	+38:50	06:45
853	212	Miguel Veiga	capsas	Veterano M45	01:07:46	+39:05	06:47
854	213	Paulo Veiga	capsas	Veterano M50	01:07:47	+39:05	06:47
855	444	Ana Hennetier	individual	Senior Feminino	01:08:25	+39:44	06:51
856	690	Maria de Fátima Antunes de Carvalho	individual	Veterana F50	01:08:26	+39:44	06:51
857	641	Ricardo Tavares	individual	Senior Masculino	01:08:39	+39:58	06:52
858	453	Bárbara Lemos	individual	Senior Feminino	01:08:40	+39:58	06:52
859	118	M <sup>a</sup> Isabel Simões	arsm - associação recreativa de s. miguel	Veterana F40	01:08:45	+40:03	06:53
860	114	Ana Costa	arsm - associação recreativa de s. miguel	Veterana F40	01:08:45	+40:03	06:53
861	491	Sílvia Pereira	individual	Senior Feminino	01:09:07	+40:25	06:55
862	49	Claudia Raquel Santos Simoes	#segueoteutilho	Senior Feminino	01:09:07	+40:26	06:55
863	403	Alexandra Saraiva	ginásio fit&fun coimbra	Veterana F40	01:09:27	+40:45	06:57
864	401	João Afonso	ginásio fit&fun coimbra	Senior Masculino	01:09:29	+40:48	06:57
865	846	Joana Pinto	jogging lovers coimbra	Senior Feminino	01:10:10	+41:29	07:01
866	268	Tânia Batista	cmc	Senior Feminino	01:10:22	+41:40	07:02
867	63	José Carlos Fernandes 06	abutres running team	Veterano M50	01:10:28	+41:46	07:03
868	148	Vitor Pimenta	arsm - associação recreativa de s. miguel	Veterano M50	01:12:08	+43:26	07:13
869	859	Rui Coelho	lobos negros	Veterano M55	01:12:57	+44:16	07:18
870	293	Filipe Afonso	coimbra trail running	Senior Masculino	01:13:04	+44:23	07:18
871	291	Sara Pereira	coimbra trail running	Senior Feminino	01:13:04	+44:23	07:18
872	70	Nuno Martins	aer gois trail running	Senior Masculino	01:13:08	+44:26	07:19
873	69	Sandra Henriques	aer gois trail running	Senior Feminino	01:13:08	+44:27	07:19
874	464	Diana Videira	individual	Senior Feminino	01:13:55	+45:13	07:24
875	489	Sandra Videira	individual	Senior Feminino	01:13:55	+45:13	07:24
876	818	Vítor Redondo	individual	Veterano M50	01:14:29	+45:48	07:27
877	890	Fernando Luis	o mundo da corrida	Veterano M55	01:17:23	+48:41	07:44
878	413	Cristina Coelho	gossip girls	Senior Feminino	01:20:18	+51:36	08:02
879	414	Sónia Isidoro	gossip girls	Senior Feminino	01:20:18	+51:37	08:02
880	441	Paulo Sérgio Oliveira Marmé	individual	Junior Masculino	01:20:36	+51:55	08:04
881	68	Joana Costa	aer gois trail running	Senior Feminino	01:20:37	+51:55	08:04
882	688	Eliana Sousa	individual	Veterana F50	01:21:32	+52:50	08:09

**CORRIDA 10K - STAGE 1**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>
883	677	Juliana Falci Sousa Rocha Cunha	individual	Veterana F40	01:21:33	+52:52	08:09

## Corrida 10K

## 10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	18:30	11.6°C	78%
End	19:52	8.7°C	89%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	¶/KM
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### Junior Feminino

1	81	Dora Castanheira	ARSM - Associação Recreativa de S. Miguel	Junior Feminino	01:03:05		06:19
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### Junior Masculino

1	336	Telmo Nascimento	DCI/CCDRPedrulha-Mealhada	Junior Masculino	32:54		03:17
2	335	João Toscano	DCI/CCDRPedrulha-Mealhada	Junior Masculino	34:12	+01:18	03:25
3	439	Márcio Ferreira	Individual	Junior Masculino	36:22	+03:29	03:38
4	442	Tiago Miguel	Individual	Junior Masculino	40:25	+07:32	04:03
5	222	David Sénica	Centro de Atletismo de Seia	Junior Masculino	42:58	+10:05	04:18
6	438	Eduardo Carvalheiro	Individual	Junior Masculino	43:16	+10:23	04:20
7	440	Miguel Freire	Individual	Junior Masculino	45:17	+12:23	04:32
8	388	Hugo Daniel Goncalves Carvalho	Formobike BTT & Trail Running	Junior Masculino	47:01	+14:08	04:42
9	955	Gonçalo Deus	SOURE MOV	Junior Masculino	52:15	+19:21	05:14
10	83	André Cruz	ARSM - Associação Recreativa de S. Miguel	Junior Masculino	53:10	+20:16	05:19
11	82	Afonso Amaro	ARSM - Associação Recreativa de S. Miguel	Junior Masculino	56:47	+23:54	05:41
12	437	Daniel Dias	Individual	Junior Masculino	57:59	+25:05	05:48
13	441	Paulo Sérgio Oliveira Marmé	Individual	Junior Masculino	01:20:36	+47:43	08:04

### Senior Feminino

1	7	Carla Martinho	R. D. Águeda	Senior Feminino	32:59		03:18
2	6	Marisa Barros	S. C. Salgueiros	Senior Feminino	33:22	+00:23	03:20
3	8	Solange Jesus	Sporting C. P.	Senior Feminino	33:33	+00:33	03:21
4	156	MARTA LOBO	Associação Académica de Coimbra	Senior Feminino	38:26	+05:27	03:51
5	94	Patrícia Fernandes	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	40:04	+07:05	04:00
6	157	SARA SILVA	Associação Académica de Coimbra	Senior Feminino	40:39	+07:39	04:04
7	477	Lilla Samu	Individual	Senior Feminino	43:02	+10:02	04:18
8	266	Ana Cardoso	CMC	Senior Feminino	43:37	+10:37	04:22
9	979	Sônia dias	Tribo NR	Senior Feminino	44:09	+11:09	04:25
10	862	Marcia Cardoso	LOJA DO ATLETA	Senior Feminino	44:29	+11:29	04:27
11	885	Jacinta Liliana Batista de Jesus Manata	Nurse Runners	Senior Feminino	44:36	+11:36	04:28
12	97	Sónia Gaspar	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	46:09	+13:09	04:37
13	173	Patrícia Pereira	Bela Bela	Senior Feminino	46:11	+13:12	04:37

**Corrida 10K****10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

14	89	Catarina Gomes	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	46:42	+13:42	04:40
15	417	Juliana Santos	Holmes Place Coimbra	Senior Feminino	46:58	+13:58	04:42
16	495	Vera Bizarro	Individual	Senior Feminino	46:59	+13:59	04:42
17	972	Carla Santos	Tribo NR	Senior Feminino	47:06	+14:07	04:43
18	485	Patrícia Beatriz dos Santos Lopes	Individual	Senior Feminino	47:17	+14:18	04:44
19	92	Mafalda Bento	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	47:22	+14:22	04:44
20	376	Melánie Duarte	Farmácia Luciano e Matos	Senior Feminino	47:26	+14:27	04:45
21	1053	ana lemos	Nurse Runners	Senior Feminino	47:36	+14:37	04:46
22	458	Cláudia Nunes	Individual	Senior Feminino	47:38	+14:38	04:46
23	416	Ana Rita Teixeira	Holmes Place Coimbra	Senior Feminino	47:42	+14:42	04:46
24	224	Patrícia Diogo	Centro Popular de trabalhadores de Sobral de Ceira	Senior Feminino	47:46	+14:47	04:47
25	973	Carolina ganhão	Tribo NR	Senior Feminino	47:52	+14:53	04:47
26	88	Carla Soares	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	48:03	+15:03	04:48
27	85	Ana Ramos	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	48:25	+15:25	04:51
28	937	Lara Azambujo	run@figueira	Senior Feminino	48:35	+15:36	04:52
29	860	Catia Fernandes	LOJA DO ATLETA	Senior Feminino	48:37	+15:37	04:52
30	1047	isabel gaspar	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	48:42	+15:43	04:52
31	1064	ana messias	Individual	Senior Feminino	48:52	+15:52	04:53
32	975	Inês Sousa	Tribo NR	Senior Feminino	48:54	+15:54	04:53
33	445	Ana Luísa Melo	Individual	Senior Feminino	49:06	+16:07	04:55
34	397	Patrícia Reis	Ginásio Fit&Fun Coimbra	Senior Feminino	49:20	+16:21	04:56
35	449	Ana Sofia Pereira	Individual	Senior Feminino	49:48	+16:49	04:59
36	912	Paula Esteves	PÉS TROIKADOS - CSCS	Senior Feminino	49:59	+16:59	05:00
37	880	Ana Sêco	Montanha clube trail running runners	Senior Feminino	50:00	+17:01	05:00
38	928	Joana Quintã	Quintantes	Senior Feminino	50:01	+17:01	05:00
39	465	Dora Duarte	Individual	Senior Feminino	50:01	+17:02	05:00
40	861	Sofia Figueiredo	LOJA DO ATLETA	Senior Feminino	50:03	+17:04	05:00
41	847	Liliana Patrícia Lopes Pragana	JOGGING LOVERS COIMBRA	Senior Feminino	50:11	+17:12	05:01
42	467	Gabriela Gomes	Individual	Senior Feminino	50:11	+17:12	05:01
43	172	Felícia Fernandes	Bela Bela	Senior Feminino	50:24	+17:24	05:02
44	290	Alexandra Soares	Coimbra Trail Running	Senior Feminino	50:29	+17:29	05:03
45	974	Christina loureiro	Tribo NR	Senior Feminino	50:34	+17:35	05:03
46	462	Diana Patricia Lopes Martins	Individual	Senior Feminino	50:45	+17:45	05:05
47	469	Helena santana	Individual	Senior Feminino	50:51	+17:52	05:05
48	218	Sónia Maria Gomes Lima	Casa do Benfica de Condeixa	Senior Feminino	51:07	+18:08	05:07
49	90	Joana Espirito Santo	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	51:27	+18:28	05:09
50	977	Sandra Simões	Tribo NR	Senior Feminino	51:33	+18:33	05:09
51	488	Rita Bandarra	Individual	Senior Feminino	52:13	+19:14	05:13
52	249	Ana Sousa	Clube Nortada - Murtosa Night Runners	Senior Feminino	52:15	+19:16	05:14
53	483	Marta Maria Pleno da Fonseca	Individual	Senior Feminino	52:55	+19:56	05:18

## Corrida 10K

## 10 KM

## OFFICIAL RESULT

54	174	Vera Tavares	Bela Bela	Senior Feminino	53:16	+20:17	05:20
55	53	Andreia Pereira	O's à esquerda	Senior Feminino	53:24	+20:25	05:20
56	396	Marielena D'Ambrosio	Ginásio Fit&Fun Coimbra	Senior Feminino	53:30	+20:30	05:21
57	471	Iris Bota	Individual	Senior Feminino	54:09	+21:09	05:25
58	978	Sofia oliveira	Tribo NR	Senior Feminino	54:11	+21:11	05:25
59	916	Sónia Margarida Pimentel	PNS Runners	Senior Feminino	54:18	+21:19	05:26
60	289	Africa Duarte	Coimbra Trail Running	Senior Feminino	54:30	+21:31	05:27
61	971	Ana rufino	Tribo NR	Senior Feminino	54:31	+21:32	05:27
62	415	Ana Carolina Pereira	Holmes Place Coimbra	Senior Feminino	54:35	+21:36	05:28
63	886	Lúcia Martins	O Mundo da Corrida	Senior Feminino	54:35	+21:36	05:28
64	91	Liliana Azenha	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	54:38	+21:39	05:28
65	96	Sílvia Leão	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	54:42	+21:43	05:28
66	466	Fernanda Francisco	Individual	Senior Feminino	54:51	+21:51	05:29
67	492	Susana Pereira	Individual	Senior Feminino	54:57	+21:58	05:30
68	487	Raquel Estrela	Individual	Senior Feminino	55:10	+22:11	05:31
69	71	Ana Eira	Amigos da Onça	Senior Feminino	55:16	+22:16	05:32
70	459	Daniela Ventura Gonçalves	Individual	Senior Feminino	55:23	+22:24	05:32
71	494	Teresa Raquel Fileno	Individual	Senior Feminino	55:26	+22:26	05:33
72	481	Maria Sousa	Individual	Senior Feminino	55:28	+22:28	05:33
73	10	Ana Isabel Neves	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	55:31	+22:31	05:33
74	473	Jessica Perestrelo Faria	Individual	Senior Feminino	55:43	+22:44	05:34
75	454	Carla Maria Nunes Lopes	Individual	Senior Feminino	55:50	+22:51	05:35
76	461	Denise Isabel Gaiato Adelino	Individual	Senior Feminino	55:57	+22:58	05:36
77	460	Denise Bernuci da Silva	Individual	Senior Feminino	56:02	+23:02	05:36
78	895	Sandra Maria Meneses Ferreira	Os Papa Milhas	Senior Feminino	56:22	+23:23	05:38
79	251	ANA PEDROSA	CluVe - Clube Veteranos Atletismo Coimbra	Senior Feminino	56:29	+23:29	05:39
80	474	Juliana Silva	Individual	Senior Feminino	56:36	+23:36	05:40
81	1068	catarina mouraz	Ioios	Senior Feminino	56:43	+23:44	05:40
82	66	Dora Cruz	AD	Senior Feminino	56:45	+23:46	05:41
83	867	Arminda Neves	LUZEIRO TEAM	Senior Feminino	57:00	+24:00	05:42
84	866	Ana Raimundo	LUZEIRO TEAM	Senior Feminino	57:00	+24:01	05:42
85	457	Cheila Ferreira Dias	Individual	Senior Feminino	57:06	+24:06	05:43
86	933	Celia Janeiro	Roda Dianteira	Senior Feminino	57:22	+24:22	05:44
87	87	Anne Pacheco	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	57:24	+24:25	05:44
88	72	Silvia Quaresma	Amigos da Onça	Senior Feminino	57:55	+24:55	05:48
89	484	Nicolaa	Individual	Senior Feminino	58:15	+25:16	05:50
90	470	Irene Montero Silvestre	Individual	Senior Feminino	58:26	+25:27	05:51
91	95	Piedade Gonçalves	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	59:02	+26:03	05:54
92	976	Lara silva	Tribo NR	Senior Feminino	59:11	+26:11	05:55
93	1051	veronique seco	Individual	Senior Feminino	59:29	+26:30	05:57
94	448	Ana Rita Silva	Individual	Senior Feminino	59:30	+26:30	05:57
95	12	Patricia Ferreira	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	01:00:20	+27:21	06:02



## Corrida 10K

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

96	475	Leonor Fonseca	Individual	Senior Feminino	01:00:24	+27:24	06:02
97	957	Joana Gante	SOURE MOV	Senior Feminino	01:01:57	+28:58	06:12
98	956	Joana Dionísio	SOURE MOV	Senior Feminino	01:01:58	+28:58	06:12
99	476	Liliana Estrela	Individual	Senior Feminino	01:02:22	+29:23	06:14
100	452	April Ann Antunes	Individual	Senior Feminino	01:04:16	+31:16	06:26
101	970	Ana Monteiro	Tribo NR	Senior Feminino	01:04:16	+31:16	06:26
102	456	Carolina Santos	Individual	Senior Feminino	01:04:47	+31:47	06:29
103	486	Raquel da Conceição Blanco de Oliveira	Individual	Senior Feminino	01:05:56	+32:57	06:36
104	905	Ana Luísa da Costa Cravalho de Abreu	OzExtreme/RD Águeda	Senior Feminino	01:06:28	+33:28	06:39
105	446	Ana Maleiro	Individual	Senior Feminino	01:06:38	+33:38	06:40
106	210	Madalena Cantante de Carvalho Prata Ribeiro	CAPSAS	Senior Feminino	01:07:31	+34:32	06:45
107	444	Ana Hennetier	Individual	Senior Feminino	01:08:25	+35:26	06:51
108	453	Bárbara Lemos	Individual	Senior Feminino	01:08:40	+35:40	06:52
109	491	Sílvia Pereira	Individual	Senior Feminino	01:09:07	+36:07	06:55
110	49	Claudia Raquel Santos Simoes	#SEGUEOTEUTRILHO	Senior Feminino	01:09:07	+36:08	06:55
111	846	Joana Pinto	JOGGING LOVERS COIMBRA	Senior Feminino	01:10:10	+37:11	07:01
112	268	Tânia Batista	CMC	Senior Feminino	01:10:22	+37:22	07:02
113	291	Sara Pereira	Coimbra Trail Running	Senior Feminino	01:13:04	+40:05	07:18
114	69	Sandra Henriques	AER GOIS TRAIL RUNNING	Senior Feminino	01:13:08	+40:09	07:19
115	464	Diana Videira	Individual	Senior Feminino	01:13:55	+40:55	07:24
116	489	Sandra Videira	Individual	Senior Feminino	01:13:55	+40:55	07:24
117	413	Cristina Coelho	Gossip Girls	Senior Feminino	01:20:18	+47:18	08:02
118	414	Sónia Isidoro	Gossip Girls	Senior Feminino	01:20:18	+47:19	08:02
119	68	Joana Costa	AER GOIS TRAIL RUNNING	Senior Feminino	01:20:37	+47:37	08:04

## Senior Masculino

1	2	Hermano Ferreira	SL Benfica	Senior Masculino	28:42		02:52
2	4	Samuel Freire	SL Benfica	Senior Masculino	28:46	+00:04	02:53
3	3	Miguel Borges	SL Benfica	Senior Masculino	28:50	+00:09	02:53
4	5	Ricardo Dias	Sporting C. P.	Senior Masculino	29:38	+00:56	02:58
5	158	NELSON OLIVEIRA	Associação Académica de Coimbra	Senior Masculino	30:25	+01:44	03:03
6	350	Tiago Madureira	DCI/CCDRPedrulha-Mealhada	Senior Masculino	30:39	+01:57	03:04
7	343	Helder lopes	DCI/CCDRPedrulha-Mealhada	Senior Masculino	30:40	+01:58	03:04
8	521	Diogo Lemos Ramalheira	Individual	Senior Masculino	31:28	+02:46	03:09
9	14	António Moreira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	31:39	+02:57	03:10
10	30	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:39	+03:58	03:16
11	21	Hugo Fontes	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:41	+03:59	03:16
12	233	Vitor Pleno	Centro Popular de trabalhadores de Sobral de Ceira	Senior Masculino	32:45	+04:03	03:17
13	23	João Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	33:15	+04:33	03:20





**Corrida 10K****10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

90	909	HEBER PIRES	Pascoalitos//A.D. Barcouço	Senior Masculino	40:39	+11:58	04:04
91	554	João Manuel Andrade Almeida	Individual	Senior Masculino	40:41	+11:59	04:04
92	852	Pedro Correia	Kondores Trail Running	Senior Masculino	40:45	+12:04	04:05
93	541	Gonçalo Lindo	Individual	Senior Masculino	40:50	+12:09	04:05
94	368	Nuno Rodrigues	Deixa Passar	Senior Masculino	40:52	+12:11	04:05
95	658	Tiago Rafael Mendes Duarte	Individual	Senior Masculino	40:55	+12:14	04:06
96	29	Rodrigo Couceiro	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	40:57	+12:15	04:06
97	520	Diogo Filipe Oliveira Alves	Individual	Senior Masculino	40:58	+12:17	04:06
98	80	Pedro Miguel Alexandre Martins	ARCD Venda da Luisa	Senior Masculino	41:03	+12:21	04:06
99	186	Cristiano Gante	Btrain-clube ferroviario de coimbra	Senior Masculino	41:04	+12:22	04:06
100	250	Mario Coutinho	Clube Nortada - Murtosa Night Runners	Senior Masculino	41:08	+12:26	04:07
101	511	Bruno Onofre Monteiro Araújo	Individual	Senior Masculino	41:08	+12:27	04:07
102	902	Frederico Marques	Out2run	Senior Masculino	41:08	+12:27	04:07
103	893	Hugo Xavier Pinto Coutinho	Ondalux	Senior Masculino	41:20	+12:38	04:08
104	638	Ricardo Germano	Individual	Senior Masculino	41:21	+12:39	04:08
105	529	Fábio costa	Individual	Senior Masculino	41:28	+12:46	04:09
106	587	Luis Machado	Individual	Senior Masculino	41:34	+12:52	04:09
107	850	Nuno Cabral	JOGGING LOVERS COIMBRA	Senior Masculino	41:34	+12:53	04:09
108	180	Rui Almeida	Bela Bela	Senior Masculino	41:38	+12:57	04:10
109	613	Paulo Sarmento	Individual	Senior Masculino	41:47	+13:05	04:11
110	914	Mário Almeida	PÉS TROIKADOS - CSCS	Senior Masculino	41:50	+13:09	04:11
111	623	Pedro Filipe Dias Moreira	Individual	Senior Masculino	41:51	+13:10	04:11
112	535	Filipe Lopes	Individual	Senior Masculino	41:52	+13:11	04:11
113	882	Pedro Sequeira	Montanha clube trail running runners	Senior Masculino	41:56	+13:15	04:12
114	851	Tiago Rafael Santos Pereira da Costa	JOGGING LOVERS COIMBRA	Senior Masculino	42:09	+13:27	04:13
115	305	Paulo Correia	Coimbra Trail Running	Senior Masculino	42:13	+13:31	04:13
116	230	Renato Rodrigues	Centro Popular de trabalhadores de Sobral de Ceira	Senior Masculino	42:15	+13:33	04:14
117	187	Nuno Reis	Btrain-clube ferroviario de coimbra	Senior Masculino	42:19	+13:38	04:14
118	579	José Rui Maleiro	Individual	Senior Masculino	42:25	+13:44	04:15
119	340	Bruno Jesus	DCI/CCDRPedrulla-Mealhada	Senior Masculino	42:30	+13:49	04:15
120	107	José Silva	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	42:32	+13:50	04:15
121	908	David Jesus	Pascoalitos//A.D. Barcouço	Senior Masculino	42:33	+13:51	04:15
122	599	Nélio Girão	Individual	Senior Masculino	42:34	+13:52	04:15
123	841	Edgar Pratas	IPOC runners	Senior Masculino	42:38	+13:57	04:16
124	590	Luís Miguel Freitas de Oliveira	Individual	Senior Masculino	42:44	+14:02	04:16
125	176	Bruno Cardoso	Bela Bela	Senior Masculino	42:58	+14:16	04:18
126	76	Nuno Morujo	Amigos da Onça	Senior Masculino	42:58	+14:16	04:18
127	512	Bruno Ribeiro232	Individual	Senior Masculino	42:59	+14:18	04:18
128	333	Ricardo Henriques	Da-lhe Gaz	Senior Masculino	43:00	+14:19	04:18
129	870	Marco Sousa	Maratonas we Like	Senior Masculino	43:06	+14:24	04:19
130	869	Fabio Mendes	Maratonas we Like	Senior Masculino	43:06	+14:25	04:19
131	527	Elton Manuel Torres Pinho	Individual	Senior Masculino	43:10	+14:29	04:19
132	550	Javier Iglesias Cayuela	Individual	Senior Masculino	43:18	+14:37	04:20

Official Timekeeper: Lap2Go	7 / 23	generate 17-Dec-2016 20:05
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**Corrida 10K**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

220	58	João Natividade	O's à esquerda	Senior Masculino	49:44	+21:02	04:58
221	533	Filipe	Individual	Senior Masculino	49:44	+21:02	04:58
222	1066	Manuel Carlos Costa Martins	Clube Nortada - Murtosa Night Runners	Senior Masculino	49:49	+21:08	04:59
223	382	Emanuel Alves	FKC Dar Sangue HUC	Senior Masculino	49:53	+21:11	04:59
224	184	Antonio Rebola Ferreira	Bttrain-clube ferroviario de coimbra	Senior Masculino	49:54	+21:12	04:59
225	621	Pedro Eugénio	Individual	Senior Masculino	50:01	+21:19	05:00
226	929	Ruben Cantante	Quintantes	Senior Masculino	50:02	+21:20	05:00
227	537	Gil Manuel da Silva Duarte	Individual	Senior Masculino	50:02	+21:20	05:00
228	423	Miguel Saiago	Holmes Place Coimbra	Senior Masculino	50:18	+21:36	05:02
229	308	Rodrigo dos Santos	Coimbra Trail Running	Senior Masculino	50:19	+21:37	05:02
230	645	Rodrigo José Gomes Nunes	Individual	Senior Masculino	50:21	+21:40	05:02
231	175	André oliveira	Bela Bela	Senior Masculino	50:23	+21:42	05:02
232	307	Ricardo Jesus	Coimbra Trail Running	Senior Masculino	50:29	+21:48	05:03
233	502	André Pedro Neves	Individual	Senior Masculino	50:29	+21:48	05:03
234	56	Francisco Miguel Tavares	O's à esquerda	Senior Masculino	50:30	+21:48	05:03
235	424	Nuno Almeida	Holmes Place Coimbra	Senior Masculino	50:32	+21:50	05:03
236	659	Tiago Vicente Rodrigues Marques	Individual	Senior Masculino	50:45	+22:03	05:05
237	565	Joel Cunha	Individual	Senior Masculino	50:48	+22:06	05:05
238	419	João Nogueira	Holmes Place Coimbra	Senior Masculino	50:50	+22:09	05:05
239	609	NUNO VARANDAS	Individual	Senior Masculino	50:52	+22:11	05:05
240	595	Marco Xavier	Individual	Senior Masculino	50:55	+22:14	05:06
241	522	Diogo Ramos	Individual	Senior Masculino	50:56	+22:15	05:06
242	110	Nuno Neves	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	51:00	+22:18	05:06
243	624	Pedro Fonseca	Individual	Senior Masculino	51:00	+22:18	05:06
244	596	Matheus de Menezes Mendes	Individual	Senior Masculino	51:02	+22:21	05:06
245	500	Alexandre Mota	Individual	Senior Masculino	51:12	+22:31	05:07
246	655	Tiago Figo	Individual	Senior Masculino	51:15	+22:34	05:08
247	501	André Luz Silva	Individual	Senior Masculino	51:20	+22:38	05:08
248	580	José Sequeira	Individual	Senior Masculino	51:21	+22:40	05:08
249	253	VASCO GOMES	CluVe - Clube Veteranos Atletismo Coimbra	Senior Masculino	51:23	+22:41	05:08
250	616	Pedro Abreu	Individual	Senior Masculino	51:24	+22:42	05:08
251	296	João Silva	Coimbra Trail Running	Senior Masculino	51:32	+22:50	05:09
252	526	Eduardo Ferreira	Individual	Senior Masculino	51:50	+23:09	05:11
253	583	Luis Coelho	Individual	Senior Masculino	51:50	+23:09	05:11
254	600	Nelson Olivério da Silva Lopes	Individual	Senior Masculino	52:07	+23:25	05:13
255	555	João Manuel Beirão Cardoso Quadrado Gil	Individual	Senior Masculino	52:16	+23:34	05:14
256	513	Carlos Miguel Costa Albuquerque	Individual	Senior Masculino	52:18	+23:37	05:14
257	656	Tiago Filipe Gomes Nunes	Individual	Senior Masculino	52:19	+23:38	05:14
258	509	Bruno Malta	Individual	Senior Masculino	52:44	+24:03	05:16
259	540	Gonçalo de Figueiredo Serrano e Oliveira Paixão	Individual	Senior Masculino	52:44	+24:03	05:16
260	647	Rui Dias	Individual	Senior Masculino	52:47	+24:06	05:17
261	217	João Pedro Jorge	Casa Baía Team	Senior Masculino	52:54	+24:12	05:17
262	421	Luis Almeida	Holmes Place Coimbra	Senior Masculino	52:54	+24:13	05:17

**Corrida 10K**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

263	216	Cesar Cerqueira	Casa Baía Team	Senior Masculino	52:55	+24:13	05:18
264	935	Helder da Cruz Pais	Run Forest Run	Senior Masculino	52:59	+24:17	05:18
265	936	Jorge Filipe das Neves Acúrcio	Run Forest Run	Senior Masculino	52:59	+24:17	05:18
266	532	fidel conde	Individual	Senior Masculino	53:00	+24:18	05:18
267	577	José Pedro Saraiva	Individual	Senior Masculino	53:03	+24:22	05:18
268	215	Carlos Lucas	Casa Baía Team	Senior Masculino	53:06	+24:25	05:19
269	498	Alexandre Anjos	Individual	Senior Masculino	53:11	+24:29	05:19
270	530	Fábio Lucindo	Individual	Senior Masculino	53:12	+24:30	05:19
271	548	Hugo Martins	Individual	Senior Masculino	53:13	+24:31	05:19
272	642	Ricardo zeferino	Individual	Senior Masculino	53:16	+24:34	05:20
273	207	Rui Miguel Goncalves	BUBA TEAM 2016	Senior Masculino	53:24	+24:43	05:20
274	873	ANDRÉ PEREIRA	MONDEGOPEÇAS	Senior Masculino	53:25	+24:43	05:21
275	665	Xavier da Costa Albano	Individual	Senior Masculino	53:25	+24:44	05:21
276	402	João Neves	Ginásio Fit&Fun Coimbra	Senior Masculino	53:30	+24:48	05:21
277	588	Luís Mendes	Individual	Senior Masculino	53:38	+24:56	05:22
278	297	João Venda	Coimbra Trail Running	Senior Masculino	53:43	+25:01	05:22
279	559	João Pedro dos Santos	Individual	Senior Masculino	53:48	+25:06	05:23
280	593	Marco Paulo Pinto da Costa	Individual	Senior Masculino	53:49	+25:08	05:23
281	589	Luís Miguel Ferreira Ramos	Individual	Senior Masculino	53:50	+25:09	05:23
282	856	Dionísio Silva	Lobos Negros	Senior Masculino	53:51	+25:10	05:23
283	503	André Pinto	Individual	Senior Masculino	53:54	+25:12	05:23
284	506	BERNARDO AFONSO FRANCISCO CASALEIRO	Individual	Senior Masculino	54:23	+25:41	05:26
285	231	Sandra Gonçalves	Centro Popular de trabalhadores de Sobral de Ceira	Senior Masculino	54:24	+25:43	05:26
286	51	Ricardo Andre Pereira da Silva	#SEGUEOTEUTRILHO	Senior Masculino	54:27	+25:45	05:27
287	614	Paulo vieira	Individual	Senior Masculino	54:49	+26:07	05:29
288	531	Fábio relvas	Individual	Senior Masculino	54:49	+26:07	05:29
289	620	Pedro David Carvalho	Individual	Senior Masculino	54:56	+26:14	05:30
290	608	Nuno Relvão	Individual	Senior Masculino	54:56	+26:14	05:30
291	182	José Eduardo Rebola	Boules Praliné	Senior Masculino	54:58	+26:16	05:30
292	875	NUNO LEMOS	MONDEGOPEÇAS	Senior Masculino	54:58	+26:16	05:30
293	570	Jorge Mateus Simão dos Santos	Individual	Senior Masculino	55:06	+26:24	05:31
294	74	Luís Caseiro	Amigos da Onça	Senior Masculino	55:18	+26:37	05:32
295	558	João Miguel Patrício Rodrigues	Individual	Senior Masculino	55:36	+26:55	05:34
296	632	Pedro violante	Individual	Senior Masculino	55:37	+26:56	05:34
297	567	Joel Loureiro	Individual	Senior Masculino	55:38	+26:56	05:34
298	557	João Miguel Leitão Lemos	Individual	Senior Masculino	55:44	+27:02	05:34
299	574	José Luís Ferreira Nunes	Individual	Senior Masculino	55:44	+27:03	05:34
300	505	Artur figueiredo	Individual	Senior Masculino	55:55	+27:14	05:36
301	636	Ricardo Dias	Individual	Senior Masculino	56:12	+27:31	05:37
302	584	Luís David	Individual	Senior Masculino	56:26	+27:45	05:39
303	1069	joão prata	loios	Senior Masculino	56:36	+27:54	05:40
304	871	Francisco Miguel Galvão Pereira da Silva	Mestres do Passe Vite	Senior Masculino	56:44	+28:03	05:40
305	67	André Domingues	AD	Senior Masculino	56:45	+28:04	05:41
306	628	Pedro Manuel Domingos Simões	Individual	Senior Masculino	56:47	+28:05	05:41



**Corrida 10K**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

307	959	Hugo Marouvo	SOURE MOV	Senior Masculino	57:09	+28:27	05:43
308	934	Diogo Reis	Roda Dianteira	Senior Masculino	57:21	+28:40	05:44
309	610	Paulo Carlos Gomes Coelho	Individual	Senior Masculino	57:43	+29:01	05:46
310	652	Sergio Oliveira	Individual	Senior Masculino	57:51	+29:09	05:47
311	626	Pedro Manso	Individual	Senior Masculino	58:39	+29:58	05:52
312	206	Rui Filipe Paixão	BUBA TEAM 2016	Senior Masculino	58:46	+30:04	05:53
313	205	Paulo Tomás	BUBA TEAM 2016	Senior Masculino	58:46	+30:04	05:53
314	203	João Machado	BUBA TEAM 2016	Senior Masculino	59:27	+30:45	05:57
315	571	Jorge Rodrigues	Individual	Senior Masculino	59:40	+30:58	05:58
316	100	Bruno Ferreira	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	59:44	+31:02	05:58
317	108	Luís Verrísimo	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	01:00:04	+31:23	06:00
318	605	nuno miguel correia goncalves	Individual	Senior Masculino	01:00:15	+31:34	06:02
319	516	David Deveza Pereira	Individual	Senior Masculino	01:00:32	+31:51	06:03
320	543	Gustavo Veiga	Individual	Senior Masculino	01:00:32	+31:51	06:03
321	373	Vitor Jorge Roçadas de Azevedo Santos	Family men	Senior Masculino	01:01:17	+32:35	06:08
322	372	Marcos Neves	Family men	Senior Masculino	01:01:18	+32:37	06:08
323	618	Pedro Almeida	Individual	Senior Masculino	01:01:39	+32:58	06:10
324	663	Vitor Rafael Estrela Fonseca	Individual	Senior Masculino	01:02:05	+33:24	06:13
325	177	Bruno Neves	Bela Bela	Senior Masculino	01:02:06	+33:24	06:13
326	631	Pedro Vidigal	Individual	Senior Masculino	01:02:19	+33:37	06:14
327	549	Humberto José dos Santos Teixeira Fernandes	Individual	Senior Masculino	01:02:21	+33:39	06:14
328	592	Manya Afonso	Individual	Senior Masculino	01:02:47	+34:05	06:17
329	371	Bruno Miguel Fernando de Jesus	Family men	Senior Masculino	01:03:10	+34:29	06:19
330	536	Franklin Marques de Almeida Júnior	Individual	Senior Masculino	01:04:56	+36:15	06:30
331	582	Karl Smyth	Individual	Senior Masculino	01:06:09	+37:28	06:37
332	653	Simão André dos Santos Campos	Individual	Senior Masculino	01:06:28	+37:46	06:39
333	641	Ricardo Tavares	Individual	Senior Masculino	01:08:39	+39:58	06:52
334	401	João Afonso	Ginásio Fit&Fun Coimbra	Senior Masculino	01:09:29	+40:48	06:57
335	293	Filipe Afonso	Coimbra Trail Running	Senior Masculino	01:13:04	+44:23	07:18
336	70	Nuno Martins	AER GOIS TRAIL RUNNING	Senior Masculino	01:13:08	+44:26	07:19

**Veterana F40**

1	863	Catarina Martins	LOJA DO ATLETA	Veterana F40	43:19		04:20
2	160	DINA ROCHA	Associação Académica de Coimbra	Veterana F40	43:52	+00:33	04:23
3	1055	susana cabral	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	44:24	+01:06	04:26
4	115	Carla Reis	ARSM - Associação Recreativa de S. Miguel	Veterana F40	45:29	+02:11	04:33
5	986	Dora Serra	Tribo NR	Veterana F40	45:48	+02:30	04:35
6	988	Isabel Maria Oliveira Martins Dantas Fernandes	Tribo NR	Veterana F40	46:04	+02:45	04:36
7	64	Catarina Alves	ACDC	Veterana F40	46:39	+03:21	04:40

## Corrida 10K

## 10 KM

## OFFICIAL RESULT

8	274	Silvina Baptista	CMC	Veterana F40	47:35	+04:16	04:46
9	962	Aida Pinheiro	SOURE MOV	Veterana F40	47:51	+04:33	04:47
10	1057	Carla Carvalho	MORE TAEM	Veterana F40	48:35	+05:17	04:52
11	353	Catarina Martins	DCI/CCDRPedrulha-Mealhada	Veterana F40	48:42	+05:24	04:52
12	987	helena Sofia Lopes	Tribo NR	Veterana F40	49:24	+06:06	04:56
13	310	Cláudia Isidoro	Coimbra Trail Running	Veterana F40	50:37	+07:19	05:04
14	989	Maria João Simões	Tribo NR	Veterana F40	50:38	+07:19	05:04
15	389	Carla Santos	Formobike BTT & Trail Running	Veterana F40	51:05	+07:47	05:07
16	254	Ana Vieira	CluVe - Clube Veteranos Atletismo Coimbra	Veterana F40	51:13	+07:54	05:07
17	220	Dina Maria Batista Casaleiro Barroca	Casa do Benfica de Condeixa	Veterana F40	51:15	+07:56	05:08
18	682	maria luisa	Individual	Veterana F40	53:00	+09:42	05:18
19	425	Sandra Mendes	Holmes Place Coimbra	Veterana F40	53:36	+10:17	05:22
20	985	Carla patricia romeiro	Tribo NR	Veterana F40	54:21	+11:02	05:26
21	354	Susana Lopes	DCI/CCDRPedrulha-Mealhada	Veterana F40	54:38	+11:19	05:28
22	670	Cláudia Cravo	Individual	Veterana F40	54:40	+11:21	05:28
23	255	SARA MARTINS	CluVe - Clube Veteranos Atletismo Coimbra	Veterana F40	54:48	+11:30	05:29
24	275	Sónia Farias	CMC	Veterana F40	54:55	+11:36	05:30
25	685	Susana Madeira	Individual	Veterana F40	54:58	+11:40	05:30
26	121	Sandra Barata	ARSM - Associação Recreativa de S. Miguel	Veterana F40	55:00	+11:41	05:30
27	669	Célia Maria Simões Carvalho	Individual	Veterana F40	55:23	+12:05	05:32
28	674	Elisabete Pedrosa	Individual	Veterana F40	55:25	+12:07	05:33
29	666	anabela vieira amaral	Individual	Veterana F40	55:43	+12:24	05:34
30	52	Brigitte Geria Campos	#SEGUEOTEUTRILHO	Veterana F40	55:47	+12:28	05:35
31	673	Elisabete Jacinto	Individual	Veterana F40	56:26	+13:08	05:39
32	369	Raquel Nogueira	Duros do Mondego	Veterana F40	56:39	+13:20	05:40
33	311	ISABEL PRIMO	Coimbra Trail Running	Veterana F40	56:52	+13:33	05:41
34	680	Maria joao francisco simoes	Individual	Veterana F40	56:53	+13:34	05:41
35	844	Teresa Tavares	IPOC runners	Veterana F40	56:53	+13:35	05:41
36	684	Sonia Vieira	Individual	Veterana F40	56:57	+13:39	05:42
37	675	Florbela Fernandes	Individual	Veterana F40	57:23	+14:04	05:44
38	919	Maria Bicas	Portuguese United Training Association	Veterana F40	57:53	+14:35	05:47
39	683	Olga Maria Correia Baptista	Individual	Veterana F40	57:57	+14:38	05:48
40	123	Vera Lima	ARSM - Associação Recreativa de S. Miguel	Veterana F40	58:19	+15:01	05:50
41	667	branca assuncao	Individual	Veterana F40	58:42	+15:24	05:52
42	1045	Isabel Carvalho	Individual	Veterana F40	59:04	+15:45	05:54
43	681	Maria João Martins Infante Pereira Benquerença	Individual	Veterana F40	59:09	+15:51	05:55
44	117	Lúcia Couceiro	ARSM - Associação Recreativa de S. Miguel	Veterana F40	59:41	+16:23	05:58
45	404	Veruska Zidko	Ginásio Fit&Fun Coimbra	Veterana F40	59:52	+16:33	05:59
46	273	Elsa Correia	CMC	Veterana F40	01:00:05	+16:46	06:01
47	312	Natércia Carvalho	Coimbra Trail Running	Veterana F40	01:00:19	+17:01	06:02
48	671	Claudia Isabel plácido Silva	Individual	Veterana F40	01:00:36	+17:18	06:04
49	679	Maria de Lurdes Caridade Gaspar	Individual	Veterana F40	01:00:53	+17:34	06:05

Official Timekeeper: Lap2Go	13 / 23	generate 17-Dec-2016 20:05
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## Corrida 10K

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

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50	668	Catarina Sofia Barbosa de Oliveira Henriques	Individual	Veterana F40	01:01:29	+18:10	06:09
51	678	Lisete Maria Conceição Ferreira	Individual	Veterana F40	01:03:05	+19:47	06:19
52	963	Graça Simões	SOURE MOV	Veterana F40	01:05:05	+21:47	06:31
53	325	Natacha Alves Cabral	Cucas	Veterana F40	01:05:12	+21:54	06:31
54	118	M <sup>a</sup> Isabel Simões	ARSM - Associação Recreativa de S. Miguel	Veterana F40	01:08:45	+25:26	06:53
55	114	Ana Costa	ARSM - Associação Recreativa de S. Miguel	Veterana F40	01:08:45	+25:26	06:53
56	403	Alexandra Saraiva	Ginásio Fit&Fun Coimbra	Veterana F40	01:09:27	+26:08	06:57
57	677	Juliana Falci Sousa Rocha Cunha	Individual	Veterana F40	01:21:33	+38:15	08:09

## Veterana F50

1	887	Isabel Trindade	O Mundo da Corrida	Veterana F50	44:02		04:24
2	991	Fátima Machado	Tribo NR	Veterana F50	50:36	+06:34	05:04
3	992	Isabel Esteves	Tribo NR	Veterana F50	52:48	+08:45	05:17
4	426	Rosário Ramos	Holmes Place Coimbra	Veterana F50	53:09	+09:06	05:19
5	990	Clara Machado	Tribo NR	Veterana F50	54:36	+10:33	05:28
6	380	Maria Helena Costa Neves Correia Amado	Farmácia Luciano e Matos	Veterana F50	57:28	+13:26	05:45
7	930	Maria Monica Cunha	Rm casa	Veterana F50	58:20	+14:18	05:50
8	691	Paula De Fátima Dias Martins	Individual	Veterana F50	58:54	+14:51	05:53
9	965	Rosália Duarte	SOURE MOV	Veterana F50	59:46	+15:44	05:59
10	256	TERESA MENDES	CluVe - Clube Veteranos Atletismo Coimbra	Veterana F50	01:00:19	+16:17	06:02
11	687	Cristina Gomes	Individual	Veterana F50	01:01:14	+17:12	06:07
12	689	Lesley Hughes	Individual	Veterana F50	01:03:09	+19:06	06:19
13	1054	Ivone Abichara	Individual	Veterana F50	01:05:28	+21:25	06:33
14	188	Deolinda Alves	Btrain-clube ferroviario de coimbra	Veterana F50	01:07:02	+22:59	06:42
15	690	Maria de Fátima Antunes de Carvalho	Individual	Veterana F50	01:08:26	+24:23	06:51
16	688	Eliana Sousa	Individual	Veterana F50	01:21:32	+37:29	08:09

## Veterano M40

1	356	João Pereira	DCI/CCDRPedrulha-Mealhada	Veterano M40	33:30		03:21
2	153	Alexandre Mestre	ascv - associação sócio cultural valeirinha	Veterano M40	34:12	+00:42	03:25
3	355	Carlos Pimenta	DCI/CCDRPedrulha-Mealhada	Veterano M40	34:36	+01:06	03:28
4	719	Luís Miguel Jesus Mesquita Martins	R. D. Águeda	Veterano M40	35:02	+01:32	03:30
5	739	Vitor Araujo	Individual	Veterano M40	35:04	+01:35	03:30
6	313	Armindo Antunes	Coimbra Trail Running	Veterano M40	35:24	+01:55	03:32
7	720	manuel sergio marques pinto	Individual	Veterano M40	35:25	+01:55	03:33
8	39	Vitor Godinho1	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	35:37	+02:08	03:34
9	314	David Amaral	Coimbra Trail Running	Veterano M40	36:05	+02:36	03:37
10	391	Nuno Filipe Gomes Andrade Domingos	Formobike BTT & Trail Running	Veterano M40	36:40	+03:10	03:40
11	192	Pedro Anselmo	Btrain-clube ferroviario de coimbra	Veterano M40	36:52	+03:23	03:41

Official Timekeeper: Lap2Go	14 / 23	generate 17-Dec-2016 20:05
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Corrida 10K

10 KM

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OFFICIAL RESULT

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12	194	Rui Baptista	Bttrain-clube ferroviario de coimbra	Veterano M40	37:19	+03:49	03:44
13	32	Luc Hennetier	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	37:21	+03:51	03:44
14	701	Elísio Gonçalves	Individual	Veterano M40	37:26	+03:56	03:45
15	128	Marco Rodrigues	ARSM - Associação Recreativa de S. Miguel	Veterano M40	37:32	+04:02	03:45
16	358	Telmo Almeida	DCI/CCDRPedrulha-Mealhada	Veterano M40	37:43	+04:14	03:46
17	334	João Nepomuceno	Da-lhe Gaz	Veterano M40	38:25	+04:56	03:51
18	710	João Simões	Individual	Veterano M40	38:38	+05:09	03:52
19	38	Rui Silva	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	39:08	+05:38	03:55
20	189	Antonio Almeida	Bttrain-clube ferroviario de coimbra	Veterano M40	39:11	+05:42	03:55
21	31	André Fernandes	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	39:26	+05:56	03:57
22	864	João Domingues	LOJA DO ATLETA	Veterano M40	39:31	+06:01	03:57
23	730	paulo reis	Individual	Veterano M40	39:37	+06:07	03:58
24	394	Rui Miguel Monteiro Soles Gonçalves	Formobike BTT & Trail Running	Veterano M40	39:39	+06:10	03:58
25	915	Eduardo Costa	PÉS TROIKADOS - CSCS	Veterano M40	39:41	+06:12	03:58
26	697	Bruno Miguel Neves Madeira Da Silva Quintal	União Clube Eirense	Veterano M40	39:53	+06:23	03:59
27	278	Arcílio Noro	CMC	Veterano M40	39:58	+06:28	04:00
28	698	Carlos Alberto de Jesus Manuel	Individual	Veterano M40	40:01	+06:32	04:00
29	1009	Humberto Oliveira17	União Clube Eirense	Veterano M40	40:19	+06:50	04:02
30	190	Luis Vasco Maia	Bttrain-clube ferroviario de coimbra	Veterano M40	40:43	+07:13	04:04
31	357	Pedro Barros	DCI/CCDRPedrulha-Mealhada	Veterano M40	40:51	+07:22	04:05
32	234	Rui Figueiredo	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M40	41:01	+07:31	04:06
33	35	Luis Fonseca	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	41:08	+07:39	04:07
34	709	João Pedro do Rosário Ferreira5	Individual	Veterano M40	41:15	+07:45	04:08
35	723	Miguel Laranjeira	Individual	Veterano M40	41:19	+07:49	04:08
36	718	Luís Almeida	Individual	Veterano M40	41:28	+07:58	04:09
37	37	Nuno Cortesão	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	41:32	+08:03	04:09
38	127	Luís Henriques	ARSM - Associação Recreativa de S. Miguel	Veterano M40	41:35	+08:06	04:10
39	894	Hugo Miguel Marques de Abreu Lopes	Ondalux	Veterano M40	41:50	+08:21	04:11
40	946	Francisco José Almeida Fernandes	SALDO VÁLIDO TEAM	Veterano M40	41:54	+08:24	04:11
41	34	Luis Costa	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	42:06	+08:37	04:13
42	692	Agostinho Manuel Rocha Oliveira	Individual	Veterano M40	42:19	+08:50	04:14
43	392	Nuno Miguel Francisco Bernardo	Formobike BTT & Trail Running	Veterano M40	42:30	+09:00	04:15
44	318	PAULO J. CARVALHO	Coimbra Trail Running	Veterano M40	42:30	+09:01	04:15
45	693	António Ferreira	Individual	Veterano M40	42:59	+09:30	04:18
46	898	Rui Silva	Os Papa Milhas	Veterano M40	43:01	+09:32	04:18
47	133	Sérgio Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M40	43:22	+09:52	04:20
48	126	Luis Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M40	43:26	+09:57	04:21
49	412	João rosinha	Goes trail Running	Veterano M40	43:40	+10:11	04:22

Official Timekeeper: Lap2Go	15 / 23	generate 17-Dec-2016 20:05
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Corrida 10K

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

50	36	Mário Vaz	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	43:45	+10:16	04:23
51	390	Luís Balula	Formobike BTT & Trail Running	Veterano M40	44:04	+10:34	04:24
52	727	Nuno Silva	Individual	Veterano M40	44:15	+10:46	04:26
53	125	Henrique Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M40	44:23	+10:53	04:26
54	694	Antonio José Rodrigues Caetano	Individual	Veterano M40	44:38	+11:09	04:28
55	738	Virgílio Neto	Individual	Veterano M40	44:40	+11:11	04:28
56	695	Arnaldo Carvalho Tomás	Individual	Veterano M40	44:41	+11:12	04:28
57	315	EDGAR SEMEDO	Coimbra Trail Running	Veterano M40	44:50	+11:20	04:29
58	878	PEDRO FERREIRA	MONDEGOPEÇAS	Veterano M40	45:07	+11:38	04:31
59	370	Andre craveiro mendes	Duros do Mondego	Veterano M40	45:08	+11:39	04:31
60	279	Carlos Alberto Relva Cardetas	CMC	Veterano M40	45:10	+11:40	04:31
61	428	Nuno Mendes	Holmes Place Coimbra	Veterano M40	45:21	+11:52	04:32
62	109	Paulo Matos	ARSM - Associação Recreativa de S. Miguel	Veterano M40	45:22	+11:53	04:32
63	60	José Coelho	Abutres Running Team	Veterano M40	45:26	+11:57	04:33
64	707	João Miguel Duarte dos Santos	Individual	Veterano M40	45:36	+12:06	04:34
65	703	Henrique miguel dias serrano	Individual	Veterano M40	45:47	+12:17	04:35
66	154	Pedro Mpnteiro	ascv - associação sócio cultural valeirinha	Veterano M40	45:50	+12:21	04:35
67	132	Pedro Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M40	46:42	+13:13	04:40
68	193	Ricardo Fernandes	Bttrain-clube ferroviario de coimbra	Veterano M40	47:04	+13:34	04:42
69	722	Miguel Capela	Individual	Veterano M40	47:05	+13:36	04:43
70	130	Paulo Baltazar	ARSM - Associação Recreativa de S. Miguel	Veterano M40	47:15	+13:45	04:44
71	317	João Nuno Ribeiro e Pinho	Coimbra Trail Running	Veterano M40	47:30	+14:01	04:45
72	922	Paulo Ferreira2	Portuguese United Training Association	Veterano M40	47:45	+14:15	04:47
73	931	Rui Almeida	Rmcasa	Veterano M40	47:46	+14:17	04:47
74	330	Jorge Faria	CUMIBROA BIKES RUNNING TEAM	Veterano M40	47:51	+14:22	04:47
75	427	Helder Moreira	Holmes Place Coimbra	Veterano M40	48:02	+14:32	04:48
76	952	Fernando Carvalho	SG Consulting Team	Veterano M40	48:13	+14:44	04:49
77	715	José Abrantes	Tribo NR	Veterano M40	48:16	+14:47	04:50
78	1061	amândio santos	Individual	Veterano M40	48:17	+14:48	04:50
79	998	Rui Lopes	Tribo NR	Veterano M40	48:19	+14:50	04:50
80	994	Marcos Alves	Tribo NR	Veterano M40	48:29	+15:00	04:51
81	131	Pedro Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M40	48:42	+15:12	04:52
82	1048	hugo gaspar	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	48:42	+15:13	04:52
83	733	PEDRO NATARIO	Individual	Veterano M40	49:30	+16:00	04:57
84	997	Paulo Domingues	Tribo NR	Veterano M40	49:35	+16:06	04:58
85	326	Nuno Dantas27	Cucas	Veterano M40	49:41	+16:11	04:58
86	705	Hugo Filipe Pereira Ferraz de Matos	Individual	Veterano M40	49:57	+16:28	05:00
87	704	Hermínio Jorge Cardoso Amaral	Individual	Veterano M40	50:02	+16:32	05:00
88	921	Olinto Vieira	Portuguese United Training Association	Veterano M40	50:42	+17:13	05:04



**Corrida 10K**
**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

6	845	António Pêgo	IPOC runners	Veterano M45	36:50	+02:38	03:41
7	41	Fernando Nogueira	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	36:52	+02:39	03:41
8	164	PAULO PEREIRA	Associação Académica de Coimbra	Veterano M45	36:54	+02:42	03:41
9	759	José Marinho	Individual	Veterano M45	37:23	+03:10	03:44
10	136	Carlos Vicente	ARSM - Associação Recreativa de S. Miguel	Veterano M45	37:36	+03:24	03:46
11	196	José Leal	Btrain-clube ferroviario de coimbra	Veterano M45	37:54	+03:42	03:47
12	751	Hélder Piedade 22	Individual	Veterano M45	38:58	+04:46	03:54
13	140	José Feteira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	39:19	+05:06	03:56
14	135	Carlos Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M45	39:19	+05:06	03:56
15	753	João Almeida	Individual	Veterano M45	39:26	+05:13	03:57
16	285	Rodrigo César Monteiro	CMC	Veterano M45	39:31	+05:18	03:57
17	749	Eugénio Paulo Claro	Individual	Veterano M45	39:35	+05:23	03:58
18	235	Celso Pereira	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M45	39:44	+05:31	03:58
19	46	Pedro Marques	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	39:57	+05:44	04:00
20	884	Paulo Sousa	New Life Center	Veterano M45	40:17	+06:04	04:02
21	65	Álvaro Mano	ACDC	Veterano M45	40:19	+06:06	04:02
22	137	Horácio Ferreira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	40:56	+06:44	04:06
23	1010	Ricardo Saraiva	União Clube Eirense	Veterano M45	41:05	+06:53	04:07
24	755	João Santos	Individual	Veterano M45	41:07	+06:54	04:07
25	757	Jorge Mamede Abrantes	Individual	Veterano M45	41:07	+06:55	04:07
26	44	Nuno Costa	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	41:08	+06:56	04:07
27	162	Nelson Santos	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	41:35	+07:23	04:10
28	782	Vítor Antunes	Individual	Veterano M45	42:39	+08:26	04:16
29	1004	Vitor figueiredo	Tribo NR	Veterano M45	42:45	+08:32	04:17
30	783	VITOR JESUS	Individual	Veterano M45	42:48	+08:36	04:17
31	865	Oscar Ramalho	LOJA DO ATLETA	Veterano M45	42:56	+08:44	04:18
32	762	Luís Filipe Jorge da Costa	Individual	Veterano M45	43:04	+08:52	04:18
33	197	Vasco Borges	Btrain-clube ferroviario de coimbra	Veterano M45	43:09	+08:56	04:19
34	237	Pedro Roque	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M45	43:13	+09:00	04:19
35	910	ARSÉnio SANTOS	Pascoalitos//A.D. Barcouço	Veterano M45	43:45	+09:32	04:23
36	42	Jorge Alves	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	44:25	+10:12	04:27
37	888	Francisco Manuel Pais	O Mundo da Corrida	Veterano M45	44:28	+10:16	04:27
38	772	Pedro Elias	Individual	Veterano M45	45:23	+11:10	04:32
39	769	Miguel Silva	Individual	Veterano M45	45:24	+11:11	04:32
40	761	Luis Carvalheiro	Individual	Veterano M45	45:24	+11:12	04:32
41	773	Pedro Fernando	Individual	Veterano M45	45:36	+11:23	04:34
42	779	Rui Manuel da Rosa Colaço	Individual	Veterano M45	45:59	+11:46	04:36
43	777	Ricardo Rocha	Individual	Veterano M45	46:06	+11:53	04:37

#### Corrida 10K

#### 10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

44	195	João Luis Simões	Btrain-clube ferroviario de coimbra	Veterano M45	46:19	+12:07	04:38
45	319	Filipe dos Santos	Coimbra Trail Running	Veterano M45	46:21	+12:09	04:38
46	776	pedro saraiva	Individual	Veterano M45	46:26	+12:13	04:39
47	236	Fernando Teixeira	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M45	46:52	+12:39	04:41
48	134	António Costa	ARSM - Associação Recreativa de S. Miguel	Veterano M45	46:56	+12:44	04:42
49	209	Daniel Carvalho	BUBA TEAM 2016	Veterano M45	47:13	+13:00	04:43
50	966	Nuno Pinheiro	SOURE MOV	Veterano M45	47:17	+13:05	04:44
51	281	Aníbal Batista	CMC	Veterano M45	47:22	+13:10	04:44
52	745	Carlos M. Morgado Braz	Individual	Veterano M45	47:25	+13:12	04:45
53	904	Celso Ferreira	Out2run	Veterano M45	47:33	+13:21	04:45
54	1016	Viriato Coelho	Viriathvs Runners Viseu	Veterano M45	47:38	+13:25	04:46
55	766	Manuel Ventura	Individual	Veterano M45	47:46	+13:33	04:47
56	742	Carlos Alberto Barradas	Individual	Veterano M45	48:07	+13:55	04:49
57	1003	Pedro Medina	Tribo NR	Veterano M45	48:34	+14:21	04:51
58	780	rui miguel ferreira evangelista	Individual	Veterano M45	48:34	+14:21	04:51
59	142	Pedro Bandeira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	48:42	+14:29	04:52
60	406	José Cavaco	Ginásio Fit&Fun Coimbra	Veterano M45	48:45	+14:33	04:53
61	1001	Manuel Duarte	Tribo NR	Veterano M45	48:52	+14:40	04:53
62	431	Rui Monteiro	Holmes Place Coimbra	Veterano M45	49:01	+14:49	04:54
63	1000	Leomar tiradentes	Tribo NR	Veterano M45	49:16	+15:03	04:56
64	385	Luis Alvarinhas	FKC Dar Sangue HUC	Veterano M45	49:19	+15:07	04:56
65	361	Paulo Barreirinhas	DCI/CCDRPedrulha-Mealhada	Veterano M45	49:46	+15:34	04:59
66	752	Hernâni Pedroso	Individual	Veterano M45	49:51	+15:38	04:59
67	1052	luis da costa simoes brandao	Individual	Veterano M45	49:59	+15:46	05:00
68	747	César Santos	Individual	Veterano M45	50:04	+15:52	05:00
69	901	Pedro Roque	Os Papa Milhas	Veterano M45	50:53	+16:40	05:05
70	765	Luis Vieira	Individual	Veterano M45	51:03	+16:50	05:06
71	943	Pedro Nuno S.B. Furtado	Run4Sardines	Veterano M45	51:04	+16:51	05:06
72	925	Jorge Jesus	Portuguese United Training Association	Veterano M45	51:04	+16:52	05:06
73	61	João Lopes	Abutres Running Team	Veterano M45	51:11	+16:58	05:07
74	62	Pedro Miguel Amorim R Ferreira	Abutres Running Team	Veterano M45	51:11	+16:59	05:07
75	746	Carlos Marques	Individual	Veterano M45	51:19	+17:07	05:08
76	940	João Paulo Tondela	run@figueira	Veterano M45	51:24	+17:11	05:08
77	430	Armando Rodrigues	Holmes Place Coimbra	Veterano M45	52:07	+17:55	05:13
78	282	João Salustiano	CMC	Veterano M45	52:13	+18:01	05:13
79	778	Romeu de Azevedo	Individual	Veterano M45	52:17	+18:04	05:14
80	741	Alberto Valejo	Individual	Veterano M45	52:23	+18:10	05:14
81	763	Luis Fouto	Individual	Veterano M45	52:55	+18:43	05:18
82	1050	alexandre gouveia e melo	Individual	Veterano M45	53:39	+19:27	05:22
83	900	Paulo Azeiteiro	Os Papa Milhas	Veterano M45	53:42	+19:30	05:22
84	764	Luis Miguel Nunes	Individual	Veterano M45	53:52	+19:40	05:23
85	375	Pedro Silva	Family men	Veterano M45	53:53	+19:40	05:23
86	775	Pedro Miguel Dias Rodrigues	Individual	Veterano M45	54:01	+19:49	05:24
87	748	Eduardo Teles	Individual	Veterano M45	54:09	+19:56	05:25



## Corrida 10K

## 10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

88	774	Pedro Miguel Bem-haja Martins Ferreira	Individual	Veterano M45	54:21	+20:08	05:26
89	139	João Henriques	ARSM - Associação Recreativa de S. Miguel	Veterano M45	54:35	+20:22	05:28
90	899	António Sousa	Os Papa Milhas	Veterano M45	55:07	+20:54	05:31
91	740	Adriano Paião	Individual	Veterano M45	55:09	+20:57	05:31
92	750	Francisco José Baptista Pereira	Individual	Veterano M45	55:23	+21:11	05:32
93	771	Paulo José Pratas	Individual	Veterano M45	56:33	+22:20	05:39
94	1015	Carlos Coelho	Viriathvs Runners Viseu	Veterano M45	56:53	+22:40	05:41
95	320	Jorge Tiago	Coimbra Trail Running	Veterano M45	01:00:18	+26:06	06:02
96	756	Joaquim Pedro Simões Gaspar	Individual	Veterano M45	01:00:52	+26:40	06:05
97	743	Carlos Alberto Pinto Ferreira	Individual	Veterano M45	01:03:05	+28:53	06:19
98	211	Gonçalo Mendes	CAPSAS	Veterano M45	01:07:32	+33:19	06:45
99	212	Miguel Veiga	CAPSAS	Veterano M45	01:07:46	+33:34	06:47

## Veterano M50

1	47	Adérito Fontes	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	34:24		03:26
2	883	Alex Matos	Nascidos Para Correr	Veterano M50	34:42	+00:18	03:28
3	238	António Oliveira	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M50	35:53	+01:29	03:35
4	363	Vitor Oliveira	DCI/CCDRPedrulha-Mealhada	Veterano M50	37:24	+03:00	03:44
5	892	Vasco Morais Pinheiro de Sousa	Old school smash young ducks	Veterano M50	38:29	+04:05	03:51
6	259	MARIO CARAPINHEIRO	CluVe - Clube Veteranos Atletismo Coimbra	Veterano M50	38:34	+04:10	03:51
7	954	Jorge Abreu	SG Consulting Team	Veterano M50	39:34	+05:09	03:57
8	789	António Ribeiro	Individual	Veterano M50	39:38	+05:14	03:58
9	145	José Correia	ARSM - Associação Recreativa de S. Miguel	Veterano M50	40:05	+05:41	04:01
10	321	Paulo Gomes	Coimbra Trail Running	Veterano M50	40:18	+05:53	04:02
11	799	Joaquim Vieira	Individual	Veterano M50	40:31	+06:06	04:03
12	170	Manuel Silva	ASSOCIAÇÃO DESPORTIVA E CULTURAL DE ASTROMIL	Veterano M50	40:37	+06:13	04:04
13	853	Paulo Cavaleiro	LEITÃO & CAVALEIRO	Veterano M50	40:54	+06:29	04:05
14	78	José Carlos Ramalho	Ansibikers	Veterano M50	41:00	+06:35	04:06
15	198	Helder Gante	Btrain-clube ferroviario de coimbra	Veterano M50	41:03	+06:39	04:06
16	59	Rui Carlos vasques Andrade	2RUN4GuideDogs	Veterano M50	41:16	+06:51	04:08
17	239	David Patrício	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M50	41:25	+07:00	04:09
18	322	Renato Ramos	Coimbra Trail Running	Veterano M50	42:11	+07:46	04:13
19	1065	Paulo Carvalho	Individual	Veterano M50	42:52	+08:28	04:17
20	791	carlos da conceição lobo	Individual	Veterano M50	43:16	+08:51	04:20
21	944	Paulo Batista	Run4Sardines	Veterano M50	43:19	+08:55	04:20
22	802	José Lameiro Gois	Individual	Veterano M50	43:22	+08:57	04:20
23	806	Mario Neves	Individual	Veterano M50	43:41	+09:17	04:22
24	258	Carlos Santos	CluVe - Clube Veteranos Atletismo Coimbra	Veterano M50	44:25	+10:01	04:27
25	260	VITOR GOMES	CluVe - Clube Veteranos Atletismo Coimbra	Veterano M50	44:26	+10:02	04:27

Official Timekeeper: Lap2Go	20 / 23	generate 17-Dec-2016 20:05
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## Corrida 10K

## 10 KM

### OFFICIAL RESULT

26	805	Mário Carvalho	Individual	Veterano M50	44:44	+10:19	04:28
27	800	Jorge Jose Andrade Assuncao	Individual	Veterano M50	45:27	+11:03	04:33
28	817	Vasco Estêvão Quental	Individual	Veterano M50	45:28	+11:04	04:33
29	386	Joaquim Alvarinhas	FKC Dar Sangue HUC	Veterano M50	46:01	+11:37	04:36
30	948	António Ferreira	SALDO VÁLIDO TEAM	Veterano M50	46:44	+12:20	04:40
31	814	RAMIRO MANUEL MIRANDA ALVES	Individual	Veterano M50	46:55	+12:30	04:42
32	815	Rui António Duarte Simões	Individual	Veterano M50	47:02	+12:38	04:42
33	408	Rui Marques	Ginásio Fit&Fun Coimbra	Veterano M50	47:03	+12:39	04:42
34	807	Miguel Coimbra	CluVe - Clube Veteranos Atletismo Coimbra	Veterano M50	47:10	+12:45	04:43
35	810	paulo silva	Individual	Veterano M50	47:35	+13:10	04:46
36	947	Adelino Nunes	SALDO VÁLIDO TEAM	Veterano M50	47:38	+13:14	04:46
37	1056	Filipe Carvalho	MORE TAEM	Veterano M50	48:24	+13:59	04:50
38	788	António José Conceição Ferreira	Individual	Veterano M50	48:40	+14:15	04:52
39	362	João Cavadas	DCI/CCDRPedrulha-Mealhada	Veterano M50	48:53	+14:29	04:53
40	144	Fernando Gaspar	ARSM - Associação Recreativa de S. Miguel	Veterano M50	49:09	+14:45	04:55
41	146	Jose Oliveira	ARSM - Associação Recreativa de S. Miguel	Veterano M50	49:15	+14:50	04:56
42	286	Ricardo Madureira	CMC	Veterano M50	49:20	+14:56	04:56
43	787	António Fernandes	Individual	Veterano M50	49:22	+14:58	04:56
44	1005	Carlos Ramos	Tribo NR	Veterano M50	49:24	+15:00	04:56
45	801	Jorge Manuel Santiago Ramalho	Individual	Veterano M50	50:01	+15:37	05:00
46	797	João Nunes Rodrigues	Individual	Veterano M50	50:18	+15:53	05:02
47	1006	José Fernandes	Tribo NR	Veterano M50	50:22	+15:58	05:02
48	792	Fausto Cardoso	Individual	Veterano M50	50:32	+16:07	05:03
49	790	Carlos Barroso	Individual	Veterano M50	50:46	+16:21	05:05
50	786	António Eugénio Silva Novak Faria	Individual	Veterano M50	50:56	+16:32	05:06
51	785	Américo Pessoa	Individual	Veterano M50	51:00	+16:35	05:06
52	803	José Oliveira	Individual	Veterano M50	51:22	+16:57	05:08
53	812	Paulo Trindade	Individual	Veterano M50	52:57	+18:32	05:18
54	784	AFONSO PÓVOA	Individual	Veterano M50	53:09	+18:45	05:19
55	798	João Paulo Moura Dias	Individual	Veterano M50	53:36	+19:12	05:22
56	147	Luis Manuel Henriques Costa	ARSM - Associação Recreativa de S. Miguel	Veterano M50	53:40	+19:15	05:22
57	968	Luís Filipe Gomes Rito	TEAM BALA	Veterano M50	55:54	+21:30	05:35
58	932	Luis Miguel Cunha	Rmcase	Veterano M50	58:20	+23:56	05:50
59	816	VALDEMAR RODRIGUES CAETANO	Individual	Veterano M50	58:32	+24:07	05:51
60	804	Luis António Rodrigues de Paiva	Individual	Veterano M50	59:02	+24:38	05:54
61	407	Marcos Guimarães	Ginásio Fit&Fun Coimbra	Veterano M50	59:06	+24:41	05:55
62	813	Pedro M M Machado	Individual	Veterano M50	01:00:36	+26:12	06:04
63	795	Francisco José Araujo	Individual	Veterano M50	01:01:34	+27:09	06:09
64	387	José Mario Gama	FKC Dar Sangue HUC	Veterano M50	01:04:46	+30:21	06:29
65	213	Paulo Veiga	CAPSAS	Veterano M50	01:07:47	+33:22	06:47
66	63	José Carlos Fernandes 06	Abutres Running Team	Veterano M50	01:10:28	+36:03	07:03
67	148	Vitor Pimenta	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:12:08	+37:43	07:13
68	818	Vítor Redondo	Individual	Veterano M50	01:14:29	+40:05	07:27

**Corrida 10K****10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**Veterano M55**

1	824	Francisco J Dias Marques	Escola de Atletismo de Coimbra/JPaiva	Veterano M55	35:57	03:36
2	365	Manuel Lino	DCI/CCDRPedrulha-Mealhada	Veterano M55	36:39	+00:41 03:40
3	265	PEDRO GERARDO	CluVe - Clube Veteranos Atletismo Coimbra	Veterano M55	36:44	+00:47 03:40
4	828	José adelino Neves Sequeira	Individual	Veterano M55	36:49	+00:51 03:41
5	165	ALBERTO FRECHES	Associação Académica de Coimbra	Veterano M55	37:20	+01:23 03:44
6	832	José Martins	Individual	Veterano M55	37:22	+01:25 03:44
7	241	Álvaro Coelho	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M55	38:31	+02:34 03:51
8	839	Rui Teixeira	Individual	Veterano M55	39:47	+03:50 03:59
9	243	António Quatorze	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M55	40:19	+04:21 04:02
10	149	António Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M55	40:30	+04:33 04:03
11	244	Carlos Garrido	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M55	40:47	+04:49 04:05
12	168	JOAQUIM POCINHO	Associação Académica de Coimbra	Veterano M55	41:03	+05:05 04:06
13	432	Fernando Alhau	Holmes Place Coimbra	Veterano M55	41:12	+05:15 04:07
14	889	António Geraldo	O Mundo da Corrida	Veterano M55	42:18	+06:20 04:14
15	166	COSTA MARQUES	Associação Académica de Coimbra	Veterano M55	42:22	+06:25 04:14
16	202	Paulo Santos	Bttrain-clube ferroviario de coimbra	Veterano M55	42:27	+06:30 04:15
17	264	Hélder José Ferreira	CluVe - Clube Veteranos Atletismo Coimbra	Veterano M55	42:59	+07:01 04:18
18	200	Herminio Ramos	Bttrain-clube ferroviario de coimbra	Veterano M55	43:12	+07:14 04:19
19	221	Joaquim Pessoa	Casa do Benfica de Condeixa	Veterano M55	43:37	+07:40 04:22
20	324	José Manuel Botelho da Costa de Aguiar da Câmara	Coimbra Trail Running	Veterano M55	43:49	+07:52 04:23
21	829	José Augusto Cortesão3	Individual	Veterano M55	44:43	+08:45 04:28
22	822	Armando Silva Conceição	Individual	Veterano M55	45:37	+09:39 04:34
23	837	Rui Gomes	Individual	Veterano M55	46:03	+10:06 04:36
24	287	Júlio Manuel da Silva Gonçalves	CMC	Veterano M55	46:12	+10:14 04:37
25	826	Joaquim Almeida	Individual	Veterano M55	46:21	+10:23 04:38
26	323	Fernando Venda	Coimbra Trail Running	Veterano M55	46:40	+10:42 04:40
27	927	Germano Bernardo	Prazer da Corrida	Veterano M55	47:16	+11:18 04:44
28	827	jorge ramos	Individual	Veterano M55	47:36	+11:38 04:46
29	834	JoséFilipe da Costa	Individual	Veterano M55	48:16	+12:18 04:50
30	835	Luís Ferreira	Individual	Veterano M55	48:18	+12:20 04:50
31	838	rui lopes	Individual	Veterano M55	48:30	+12:33 04:51
32	150	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterano M55	48:56	+12:59 04:54
33	151	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterano M55	48:57	+13:00 04:54
34	409	Helder Araújo	Ginásio Fit&Fun Coimbra	Veterano M55	49:08	+13:10 04:55

**Corrida 10K**

**10 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

35	819	Alexandre Macedo	Individual	Veterano M55	49:14	+13:16	04:55
36	240	Alberto Brandão	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M55	49:17	+13:19	04:56
37	891	Jorge Justo	O Mundo da Corrida	Veterano M55	49:17	+13:20	04:56
38	245	Humberto Fernandes	Clínica dos Relógios	Veterano M55	51:12	+15:14	05:07
39	825	João Carlos Marques Silva	Individual	Veterano M55	51:14	+15:16	05:07
40	821	Amadeu de Matos Carvalho	Individual	Veterano M55	51:16	+15:18	05:08
41	1017	Oscar Rocha	Viriathvs Runners Viseu	Veterano M55	51:55	+15:57	05:12
42	433	Paulo Ramos	Holmes Place Coimbra	Veterano M55	53:08	+17:11	05:19
43	831	José Manuel Oliveira Madeira11	Individual	Veterano M55	53:21	+17:23	05:20
44	199	Fernando Monteiro Raimundo	Bttrain-clube ferroviario de coimbra	Veterano M55	54:00	+18:02	05:24
45	967	António Santos Mota	SOURE MOV	Veterano M55	54:21	+18:24	05:26
46	288	Pedro Loureiro	CMC	Veterano M55	54:24	+18:26	05:26
47	246	Manuel Pereira	Clínica dos Relógios	Veterano M55	55:18	+19:20	05:32
48	830	José costa	Individual	Veterano M55	55:52	+19:55	05:35
49	1007	Fernando Machado	Tribo NR	Veterano M55	56:46	+20:48	05:41
50	1049	José Adelino Henriques de Almeida	Individual	Veterano M55	58:11	+22:13	05:49
51	833	José Santos	Individual	Veterano M55	58:45	+22:47	05:53
52	201	Jorge Alves Oliveira	Bttrain-clube ferroviario de coimbra	Veterano M55	59:15	+23:17	05:56
53	823	Colin McCluskie	Individual	Veterano M55	01:03:09	+27:11	06:19
54	859	Rui Coelho	Lobos Negros	Veterano M55	01:12:57	+37:00	07:18
55	890	Fernando Luis	O Mundo da Corrida	Veterano M55	01:17:23	+41:25	07:44

## COLETIVA

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	Escola de Atletismo de Coimbra/JPaiva	9 + 10 + 11 + 15 + 16	61
2	DCI/CCDRPedrulha-Mealhada	6 + 7 + 13 + 19 + 25	70
3	Associação Académica de Coimbra	5 + 21 + 29 + 79 + 85	219
4	Centro Popular de trabalhadores de Sobral de Ceira	12 + 42 + 57 + 83 + 87	281
5	Coimbra Trail Running	43 + 59 + 61 + 64 + 81	308
6	ARSM - Associação Recreativa de S. Miguel	45 + 94 + 95 + 98 + 120	452
7	Bttrain-clube ferroviario de coimbra	78 + 84 + 101 + 117 + 124	504
8	SG Consulting Team	24 + 35 + 62 + 133 + 441	695
9	CluVe - Clube Veteranos Atletismo Coimbra	23 + 73 + 113 + 248 + 300	757
10	Holmes Place Coimbra	47 + 82 + 136 + 199 + 329	793
11	CMC	132 + 147 + 153 + 274 + 308	1014
12	Formobike BTT & Trail Running	72 + 139 + 232 + 288 + 397	1128
13	Bela Bela	46 + 213 + 245 + 366 + 367	1237
14	Tribo NR	145 + 241 + 273 + 290 + 291	1240
15	LOJA DO ATLETA	131 + 244 + 264 + 306 + 461	1406
16	JOGGING LOVERS COIMBRA	80 + 210 + 222 + 462 + 526	1500
17	Farmácia Luciano e Matos	100 + 140 + 415 + 416 + 762	1833
18	O Mundo da Corrida	226 + 287 + 305 + 489 + 681	1988
19	SOURE MOV	346 + 356 + 411 + 433 + 600	2146
20	BUBA TEAM 2016	149 + 326 + 406 + 639 + 779	2299
21	Amigos da Onça	246 + 272 + 445 + 706 + 708	2377
22	Lobos Negros	126 + 357 + 456 + 657 + 869	2465
23	Ginásio Fit&Fun Coimbra	400 + 470 + 481 + 492 + 625	2468
24	MONDEGOPEÇAS	310 + 323 + 612 + 641 + 699	2585
25	O's à esquerda	432 + 490 + 505 + 538 + 640	2605
26	Portuguese United Training Association	428 + 471 + 545 + 564 + 688	2696
27	FKC Dar Sangue HUC	361 + 491 + 497 + 511 + 836	2696
28	Os Papa Milhas	252 + 553 + 652 + 703 + 733	2893
29	Family men	659 + 812 + 813 + 814 + 832	3930

## CAMINHADA 5K - STAGE 1

## 5 KM

### OFFICIAL RESULT

Time	Temperature	Humidity
Start 18:31	11.6°C	78%
End 19:23	8.7°C	89%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2091	João André Pires Pedreiro	individual	Senior Masculino	26:50		05:22
2	2085	André Dinis de Seabra e Silva	individual	Senior Masculino	26:50		05:22
3	2087	Carlos Manuel Rodrigues de Carvalho	individual	Senior Masculino	28:25	+01:36	05:41
4	2088	Emanuel Ponciano	individual	Senior Masculino	30:26	+03:37	06:05
5	2052	Ana Patrícia Soares Pereira	individual	Senior Feminino	31:11	+04:22	06:14
6	2084	Zita Cristina Costa Espírito Santo13	individual	Senior Feminino	31:12	+04:22	06:14
7	2082	Susana Ribeiro	individual	Senior Feminino	31:17	+04:28	06:16
8	2104	Francisco Ribeiro Lopes	individual	Senior Masculino	31:17	+04:28	06:16
9	2073	Matilde Viana Vila Nova	individual	Senior Feminino	31:44	+04:54	06:21
10	2114	Francisco Alves	viriativs runners viseu	Senior Masculino	31:47	+04:58	06:22
11	2113	Cristina Reis	viriativs runners viseu	Senior Feminino	31:55	+05:05	06:23
12	2054	Catarina Isabel da Silva Viana	individual	Senior Feminino	31:55	+05:05	06:23
13	2023	Diana malva da Costa	as destemidas	Senior Feminino	32:18	+05:29	06:28
14	2022	Cristiana regina Machado Pinto	as destemidas	Senior Feminino	32:20	+05:31	06:28
15	2025	Ana Gaspar	cmc	Senior Feminino	32:51	+06:01	06:34
16	2033	Lurdes Simões	cmc	Senior Feminino	32:53	+06:03	06:35
17	2074	Michelle Redondo	individual	Senior Feminino	33:16	+06:27	06:39
18	2061	Lídia Soares São Miguel	individual	Senior Feminino	34:36	+07:47	06:55
19	2092	João dos Santos	individual	Senior Masculino	34:36	+07:47	06:55
20	2038	Rosa Abreu	cmc	Senior Feminino	34:37	+07:47	06:55
21	2036	Marta Prata	cmc	Senior Feminino	34:38	+07:48	06:56
22	2099	Seguro Nogueira	individual	Senior Masculino	36:13	+09:23	07:15
23	2044	Pedro Alexandre Cruz Cardetas	cmc	Senior Masculino	36:39	+09:49	07:20
24	2107	Carla Gamboa	run4sardines	Senior Feminino	36:39	+09:50	07:20
25	2039	Teresa Clara Bahia Relva Cruz	cmc	Senior Feminino	36:40	+09:50	07:20
26	2109	Maria dos Anjos Cordeiro	soure mov	Senior Feminino	36:40	+09:51	07:20
27	2083	Vera Lúcia Ferreira Pereira	individual	Senior Feminino	36:43	+09:54	07:21
28	2024	Alda Maria Marques Antunes	cmc	Senior Feminino	36:44	+09:54	07:21
29	2063	margarida coimbra	individual	Senior Feminino	37:28	+10:39	07:30
30	2101	vasco sobral	individual	Senior Masculino	37:28	+10:39	07:30
31	2001	Magda Costa	escola de atletismo de coimbra/paiva	Senior Feminino	37:53	+11:04	07:35
32	2068	Maria Elisabete Pereira Sousa	individual	Senior Feminino	38:07	+11:18	07:38
33	2041	Diamantino Fernandes	cmc	Senior Masculino	38:36	+11:46	07:43
34	2051	Ana Cristina Leitão Pacheco	individual	Senior Feminino	38:47	+11:58	07:46
35	2014	Rita Pimentel	arism - associação recreativa de s. miguel	Senior Feminino	39:00	+12:11	07:48
36	2139	Arménio Laranjeiro	individual	Senior Masculino	39:28	+12:38	07:54
37	2013	Paula Silva	arism - associação recreativa de s. miguel	Senior Feminino	39:34	+12:45	07:55
38	2021	Joaquim Bexiga	arism - associação recreativa de s. miguel	Senior Masculino	39:34	+12:45	07:55
39	2098	Ricardo de Mello Awazu	individual	Senior Masculino	39:55	+13:05	07:59
40	2008	Isabel Ferreira	arism - associação recreativa de s. miguel	Senior Feminino	40:20	+13:30	08:04
41	2093	José Carlos Fernandes	individual	Senior Masculino	40:21	+13:32	08:04

## CAMINHADA 5K - STAGE 1

**5 KM**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	2149	paulo barradas	farmácia luciano e matos	Senior Masculino	40:28	+13:38	08:06
43	2097	Pedro Velinho	individual	Senior Masculino	40:28	+13:39	08:06
44	2146	isabel rebelo	farmácia luciano e matos	Senior Feminino	40:29	+13:40	08:06
45	2144	helena amado	farmácia luciano e matos	Senior Feminino	40:31	+13:42	08:06
46	2094	José Manuel Barroso Felgueiras de Matos Penetra	individual	Senior Masculino	40:35	+13:46	08:07
47	2147	cristiana vaz	farmácia luciano e matos	Senior Feminino	40:39	+13:49	08:08
48	2056	Cristina Ribeiro	individual	Senior Feminino	42:10	+15:21	08:26
49	2048	Adelaide Pereira	individual	Senior Feminino	42:46	+15:56	08:33
50	2076	Rosa Santos	individual	Senior Feminino	42:46	+15:57	08:33
51	2075	Rita Carvalho	individual	Senior Feminino	42:46	+15:57	08:33
52	2026	Carla Manuela dos Santos Reis Ferreira Simões	cmc	Senior Feminino	42:47	+15:58	08:34
53	2055	Célia Mabilia Figueira	individual	Senior Feminino	42:48	+15:58	08:34
54	2145	raquel amado	farmácia luciano e matos	Senior Feminino	42:51	+16:02	08:34
55	2110	Alice Moura	trioalegria	Senior Feminino	42:51	+16:02	08:34
56	2148	cristina roxo	farmácia luciano e matos	Senior Feminino	42:52	+16:02	08:34
57	2112	Isabel Lopes Carvalho	trioalegria	Senior Feminino	42:52	+16:02	08:34
58	2053	Angela Maria Aveiro Maleita	individual	Senior Feminino	43:03	+16:14	08:37
59	2078	Rute Maria Marques Pires	individual	Senior Feminino	43:08	+16:19	08:38
60	2058	Graça Cristina da Cruz Seabra	individual	Senior Feminino	43:13	+16:23	08:39
61	2003	Silvia Pinto	escola de atletismo de coimbra/jpaiva	Senior Feminino	43:30	+16:40	08:42
62	2002	Rita Costa	escola de atletismo de coimbra/jpaiva	Senior Feminino	43:30	+16:40	08:42
63	2050	ANA CAROLINA LUCAS CUNHA	individual	Senior Feminino	43:54	+17:04	08:47
64	2079	SANDRA CATARINA PILAR FRANCISCO	individual	Senior Feminino	43:54	+17:05	08:47
65	2035	Maria Emília Batista	cmc	Senior Feminino	44:50	+18:01	08:58
66	2102	Isabel Ribeiro	individual	Senior Feminino	45:03	+18:14	09:01
67	2049	Adriana Teixeira	individual	Senior Feminino	45:03	+18:14	09:01
68	2006	Elisabete Amaro	arasm - associação recreativa de s. miguel	Senior Feminino	45:39	+18:49	09:08
69	2012	Olga Simão	arasm - associação recreativa de s. miguel	Senior Feminino	45:40	+18:51	09:08
70	2081	Susana Andreia de Melo Gonçalves	individual	Senior Feminino	45:41	+18:51	09:08
71	2095	Pablo Ferrero Gómez	individual	Senior Masculino	45:41	+18:52	09:08
72	2090	herminio rodrigues	individual	Senior Masculino	45:58	+19:08	09:12
73	2057	dadita bras	individual	Senior Feminino	45:58	+19:09	09:12
74	2019	Armando Pimentel	arasm - associação recreativa de s. miguel	Senior Masculino	46:46	+19:56	09:21
75	2015	Rosa Simões	arasm - associação recreativa de s. miguel	Senior Feminino	46:46	+19:56	09:21
76	2010	Maria Simões	arasm - associação recreativa de s. miguel	Senior Feminino	46:46	+19:57	09:21
77	2011	Marta Oliveira	arasm - associação recreativa de s. miguel	Senior Feminino	46:47	+19:57	09:21
78	2089	Fernando Videira	individual	Senior Masculino	47:04	+20:15	09:25
79	2062	Lurdes Baptista	individual	Senior Feminino	47:10	+20:20	09:26
80	2065	Maria de Fátima Dias Pereira Gonçalves	individual	Senior Feminino	47:26	+20:36	09:29
81	2077	Rute A de Melo	individual	Senior Feminino	47:27	+20:37	09:29
82	2060	Judite Estrela	individual	Senior Feminino	48:13	+21:23	09:39
83	2071	MARIA MANUELA ROSA PINTO	individual	Senior Feminino	48:25	+21:36	09:41

**CAMINHADA 5K - STAGE 1****5 KM**LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION**OFFICIAL RESULT**LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>
84	2067	MARIA DO SAMEIRO ABREU CASALEIRO	individual	Senior Feminino	48:28	+21:38	09:42
85	2043	Manuel Batista	cmc	Senior Masculino	49:03	+22:14	09:49
86	2072	Mariana Filipa Neves Lopes	individual	Senior Feminino	49:27	+22:38	09:54
87	2080	Sara Daniela Neves Lopes	individual	Senior Feminino	49:31	+22:42	09:54
88	2027	Cecília Maria Oliveira Lopes	cmc	Senior Feminino	49:51	+23:01	09:58
89	2042	Inês Liliana Braga Rebelo	cmc	Senior Masculino	49:55	+23:06	09:59



### Caminhada 5K

### 5 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

## OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	18:31	11.6°C	78%
End	19:23	8.7°C	89%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
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### Senior Feminino

1	2052	Ana Patrícia Soares Pereira	Individual	Senior Feminino	31:11		06:14
2	2084	Zita Cristina Costa Espírito Santo13	Individual	Senior Feminino	31:12		06:14
3	2082	Susana Ribeiro	Individual	Senior Feminino	31:17	+00:06	06:16
4	2073	Matilde Viana Vila Nova	Individual	Senior Feminino	31:44	+00:32	06:21
5	2113	Cristina Reis	Viriathvs Runners Viseu	Senior Feminino	31:55	+00:43	06:23
6	2054	Catarina Isabel da Silva Viana	Individual	Senior Feminino	31:55	+00:43	06:23
7	2023	Diana malva da Costa	As destemidas	Senior Feminino	32:18	+01:07	06:28
8	2022	Cristiana regina Machado Pinto	As destemidas	Senior Feminino	32:20	+01:09	06:28
9	2025	Ana Gaspar	CMC	Senior Feminino	32:51	+01:39	06:34
10	2033	Lurdes Simões	CMC	Senior Feminino	32:53	+01:41	06:35
11	2074	Michelle Redondo	Individual	Senior Feminino	33:16	+02:05	06:39
12	2061	Lídia Soares São Miguel	Individual	Senior Feminino	34:36	+03:25	06:55
13	2038	Rosa Abreu	CMC	Senior Feminino	34:37	+03:25	06:55
14	2036	Marta Prata	CMC	Senior Feminino	34:38	+03:26	06:56
15	2107	Carla Gamboa	Run4Sardines	Senior Feminino	36:39	+05:28	07:20
16	2039	Teresa Clara Bahia Relva Cruz	CMC	Senior Feminino	36:40	+05:28	07:20
17	2109	Maria dos Anjos Cordeiro	SOURE MOV	Senior Feminino	36:40	+05:29	07:20
18	2083	Vera Lúcia Ferreira Pereira	Individual	Senior Feminino	36:43	+05:32	07:21
19	2024	Alda Maria Marques Antunes	CMC	Senior Feminino	36:44	+05:32	07:21
20	2063	margarida coimbra	Individual	Senior Feminino	37:28	+06:17	07:30
21	2001	Magda Costa	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	37:53	+06:42	07:35
22	2068	Maria Elisabete Pereira Sousa	Individual	Senior Feminino	38:07	+06:56	07:38
23	2051	Ana Cristina Leitão Pacheco	Individual	Senior Feminino	38:47	+07:36	07:46
24	2014	Rita Pimentel	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	39:00	+07:49	07:48
25	2013	Paula Silva	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	39:34	+08:23	07:55
26	2008	Isabel Ferreira	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	40:20	+09:08	08:04
27	2146	isabel rebelo	Farmácia Luciano e Matos	Senior Feminino	40:29	+09:18	08:06
28	2144	helenamado	Farmácia Luciano e Matos	Senior Feminino	40:31	+09:20	08:06
29	2147	cristiana vaz	Farmácia Luciano e Matos	Senior Feminino	40:39	+09:27	08:08
30	2056	Cristina Ribeiro	Individual	Senior Feminino	42:10	+10:59	08:26
31	2048	Adelaide Pereira	Individual	Senior Feminino	42:46	+11:34	08:33
32	2076	Rosa Santos	Individual	Senior Feminino	42:46	+11:35	08:33
33	2075	Rita Carvalho	Individual	Senior Feminino	42:46	+11:35	08:33
34	2026	Carla Manuela dos Santos Reis Ferreira Simões	CMC	Senior Feminino	42:47	+11:36	08:34
35	2055	Célia Mabilia Figueira	Individual	Senior Feminino	42:48	+11:36	08:34
36	2145	raquel amado	Farmácia Luciano e Matos	Senior Feminino	42:51	+11:40	08:34

### Caminhada 5K

### 5 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

37	2110	Alice Moura	TRioAlegria	Senior Feminino	42:51	+11:40	08:34
38	2148	cristina roxo	Farmácia Luciano e Matos	Senior Feminino	42:52	+11:40	08:34
39	2112	Isabel Lopes Carvalho	TRioAlegria	Senior Feminino	42:52	+11:40	08:34
40	2053	Angela Maria Aveiro Maleita	Individual	Senior Feminino	43:03	+11:52	08:37
41	2078	Rute Maria Marques Pires	Individual	Senior Feminino	43:08	+11:57	08:38
42	2058	Graça Cristina da Cruz Seabra	Individual	Senior Feminino	43:13	+12:01	08:39
43	2003	Silvia Pinto	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	43:30	+12:18	08:42
44	2002	Rita Costa	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	43:30	+12:18	08:42
45	2050	ANA CAROLINA LUCAS CUNHA	Individual	Senior Feminino	43:54	+12:42	08:47
46	2079	SANDRA CATARINA PILAR FRANCISCO	Individual	Senior Feminino	43:54	+12:43	08:47
47	2035	Maria Emília Batista	CMC	Senior Feminino	44:50	+13:39	08:58
48	2102	Isabel Ribeiro	Individual	Senior Feminino	45:03	+13:52	09:01
49	2049	Adriana Teixeira	Individual	Senior Feminino	45:03	+13:52	09:01
50	2006	Elisabete Amaro	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	45:39	+14:27	09:08
51	2012	Olga Simão	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	45:40	+14:29	09:08
52	2081	Susana Andreia de Melo Gonçalves	Individual	Senior Feminino	45:41	+14:29	09:08
53	2057	dadita bras	Individual	Senior Feminino	45:58	+14:47	09:12
54	2015	Rosa Simões	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	46:46	+15:34	09:21
55	2010	Maria Simões	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	46:46	+15:35	09:21
56	2011	Marta Oliveira	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	46:47	+15:35	09:21
57	2062	Lurdes Baptista	Individual	Senior Feminino	47:10	+15:58	09:26
58	2065	Maria de Fátima Dias Pereira Gonçalo	Individual	Senior Feminino	47:26	+16:14	09:29
59	2077	Rute A de Melo	Individual	Senior Feminino	47:27	+16:15	09:29
60	2060	Judite Estrela	Individual	Senior Feminino	48:13	+17:01	09:39
61	2071	MARIA MANUELA ROSA PINTO	Individual	Senior Feminino	48:25	+17:14	09:41
62	2067	MARIA DO SAMEIRO ABREU CASALEIRO	Individual	Senior Feminino	48:28	+17:16	09:42
63	2072	Mariana Filipa Neves Lopes	Individual	Senior Feminino	49:27	+18:16	09:54
64	2080	Sara Daniela Neves Lopes	Individual	Senior Feminino	49:31	+18:20	09:54
65	2027	Cecília Maria Oliveira Lopes	CMC	Senior Feminino	49:51	+18:39	09:58

### Senior Masculino

1	2091	João André Pires Pedreiro	Individual	Senior Masculino	26:50		05:22
2	2085	André Dinis de Seabra e Silva	Individual	Senior Masculino	26:50		05:22
3	2087	Carlos Manuel Rodrigues de Carvalho	Individual	Senior Masculino	28:25	+01:36	05:41
4	2088	Emanuel Ponciano	Individual	Senior Masculino	30:26	+03:37	06:05
5	2104	Francisco Ribeiro Lopes	Individual	Senior Masculino	31:17	+04:28	06:16
6	2114	Francisco Alves	Viriathvs Runners Viseu	Senior Masculino	31:47	+04:58	06:22
7	2092	João dos Santos	Individual	Senior Masculino	34:36	+07:47	06:55
8	2099	Seguro Nogueira	Individual	Senior Masculino	36:13	+09:23	07:15

Official Timekeeper: Lap2Go	2 / 3	generate 17-Dec-2016 20:05
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