







**SAO SILVESTRE - STAGE 1**

**9 KM**

**R**  
REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
128	855	Luis Tomé	lágrimas team	Veterano M55	33:22	+09:11	03:43
129	796	Mário carapinho	cluve	Veterano M50	33:23	+09:11	03:43
130	1058	Ricardo Saraiva	união clube eirense	Veterano M45	33:25	+09:13	03:43
131	102	Júlia Legkova	bio team run	Senior Feminino	33:31	+09:20	03:44
132	752	Jorge Mamede Abrantes	individual	Veterano M45	33:31	+09:20	03:44
133	364	André Filipe Paiva Loureiro	farmácia luciano e matos	Senior Masculino	33:32	+09:21	03:44
134	843	Pedro silva	joão silva academia atletismo ( c. c.r praia mira )	Veterano M40	33:33	+09:21	03:44
135	541	José Diogo Mendes Carvalho	individual	Senior Masculino	33:34	+09:22	03:44
136	177	Helder Costa	centro municipal marcha e corrida vale de cambra	Veterano M45	33:34	+09:23	03:44
137	901	Luis Vilela	montanha clube trail running/efapel	Veterano M40	33:35	+09:24	03:44
138	410	Filipe Smedo	individual	Junior Masculino	33:40	+09:29	03:45
139	681	Eduardo Costa	individual	Veterano M40	33:41	+09:29	03:45
140	216	Nuno Vasconcelos	coimbra trail running	Senior Masculino	33:42	+09:31	03:45
141	846	Jorge Louro	jorge	Senior Masculino	33:43	+09:32	03:45
142	259	Álvaro Coelho	cpt sobral de ceira	Veterano M55	33:44	+09:33	03:45
143	737	António José da Cunha Lourenço	individual	Veterano M45	33:48	+09:36	03:45
144	1056	Humberto Oliveira	união clube eirense	Veterano M40	33:50	+09:38	03:46
145	95	MARTA LOBO	associação académica de coimbra	Senior Feminino	33:51	+09:40	03:46
146	113	Arnaldo Ferreira	bttrain	Veterano M40	33:52	+09:41	03:46
147	361	Nelson Santos	escola de atletismo de coimbra/jpaiva	Veterano M50	33:54	+09:42	03:46
148	369	Vitor Gomes	flashover - bypenela	Veterano M40	33:54	+09:43	03:46
149	897	Pedro Sequeira	montanha clube trail running/efapel	Senior Masculino	33:56	+09:44	03:46
150	841	Nuno pessoa	joão silva academia atletismo ( c. c.r praia mira )	Veterano M40	33:57	+09:46	03:46
151	350	Jorge Alves	escola de atletismo de coimbra/jpaiva	Veterano M45	34:00	+09:48	03:47
152	325	Pedro Moreira	escola de atletismo de coimbra/jpaiva	Senior Masculino	34:00	+09:49	03:47
153	100	JOAQUIM POCINHO	associação académica de coimbra	Veterano M55	34:03	+09:52	03:47
154	903	Bruno Simões Martins	mundo da corrida	Senior Masculino	34:04	+09:53	03:47
155	210	Filipe Afonso	coimbra trail running	Senior Masculino	34:07	+09:56	03:48
156	356	Pedro Marques	escola de atletismo de coimbra/jpaiva	Veterano M45	34:08	+09:57	03:48
157	99	FERNANDO AGANTE	associação académica de coimbra	Veterano M55	34:08	+09:57	03:48
158	143	Carlos Manuel Freitas Silva de Pinho	caob club atletismo de oliveira do bairro	Veterano M40	34:11	+10:00	03:48
159	1145	venâncio almeida	caob club atletismo de oliveira do bairro	Veterano M40	34:11	+10:00	03:48
160	479	Artur Gândara	individual	Senior Masculino	34:13	+10:01	03:48
161	80	Carlos Manuel Simões	arshm - associação recreativa de s. miguel	Veterano M45	34:15	+10:03	03:48
162	53	Patrícia Fernandes	arshm - associação recreativa de s. miguel	Senior Feminino	34:15	+10:03	03:48
163	86	José Féteira	arshm - associação recreativa de s. miguel	Veterano M50	34:16	+10:04	03:48
164	260	António Quatorze	cpt sobral de ceira	Veterano M55	34:16	+10:04	03:48
165	332	Victor Dias	escola de atletismo de coimbra/jpaiva	Senior Masculino	34:16	+10:05	03:49
166	558	Marco Gama	individual	Senior Masculino	34:17	+10:05	03:49
167	31	Márcio Maia Rodrigues	accdrs quinhendros	Senior Masculino	34:20	+10:09	03:49
168	226	Paulo J. Carvalho	coimbra trail running	Veterano M40	34:22	+10:10	03:49
169	351	Jorge Santos	escola de atletismo de coimbra/jpaiva	Veterano M45	34:22	+10:11	03:49
170	1047	Raquel Cantante	união clube eirense	Senior Feminino	34:27	+10:15	03:50





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**9 KM**

**R**  
REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	↑/KM
214	157	Daniela Pinto	centro municipal marcha e corrida vale de cambra	Senior Feminino	35:30	+11:19	03:57
215	27	Miguel Alfaiate	aac-remo	Senior Masculino	35:31	+11:19	03:57
216	762	Luís Manuel dos Santos Silva	individual	Veterano M45	35:31	+11:20	03:57
217	892	Carlos Vicente	montanha clube trail running/efapel	Senior Masculino	35:32	+11:20	03:57
218	378	Virgílio Alberto	gau bajouca	Veterano M45	35:36	+11:24	03:57
219	484	Bruno Miguel N. Silva	individual	Senior Masculino	35:36	+11:24	03:57
220	757	José Lucio Ventura	individual	Veterano M45	35:37	+11:25	03:57
221	743	Fernando Pinheiro Mendes	individual	Veterano M45	35:38	+11:27	03:58
222	409	Fernando Pereira Mendes	individual	Junior Masculino	35:38	+11:27	03:58
223	473	André Lísio Marques Antunes	individual	Senior Masculino	35:39	+11:28	03:58
224	60	Telmo Carvalho	arasm - associação recreativa de s. miguel	Senior Masculino	35:42	+11:31	03:58
225	67	Helder Sêco	arasm - associação recreativa de s. miguel	Veterano M40	35:42	+11:31	03:58
226	66	Sofia Coimbra	arasm - associação recreativa de s. miguel	Veterana F40	35:42	+11:31	03:58
227	937	Frederico Marques	out 2 run	Senior Masculino	35:45	+11:33	03:58
228	564	Milton José Rodrigues Branco	individual	Senior Masculino	35:46	+11:34	03:58
229	251	Rui Figueiredo	cpt sobral de ceira	Veterano M40	35:49	+11:37	03:59
230	569	Nuno Franco	individual	Senior Masculino	35:51	+11:39	03:59
231	253	Pedro Roque	cpt sobral de ceira	Veterano M45	35:54	+11:43	03:59
232	850	Martinho Pessoa	lágrimas team	Senior Masculino	35:57	+11:46	04:00
233	853	Cesar Francisco	lágrimas team	Veterano M45	35:58	+11:46	04:00
234	41	André Mendes	andré	Veterano M40	35:58	+11:47	04:00
235	313	João Silveira	escola de atletismo de coimbra/jpaiva	Senior Masculino	36:00	+11:49	04:00
236	947	HEBER PIRES	pascoalitos ad barcouço	Senior Masculino	36:01	+11:50	04:00
237	512	Francisco Mesquita	individual	Senior Masculino	36:02	+11:50	04:00
238	28	Luís Carlos Afonso Mendes	abutres	Veterano M40	36:02	+11:51	04:00
239	124	Paulo Santos	bttrain	Veterano M55	36:03	+11:51	04:00
240	110	Cristiano Gante	bttrain	Senior Masculino	36:06	+11:54	04:01
241	722	Pedro Mendes	individual	Veterano M40	36:08	+11:56	04:01
242	711	Nuno Alexandre Silva	individual	Veterano M40	36:10	+11:58	04:01
243	1054	Ruben Cantante	união clube eirense	Senior Masculino	36:10	+11:59	04:01
244	678	Arnaldo Carvalho Tomás	individual	Veterano M40	36:12	+12:01	04:01
245	500	Elton Pinho	individual	Senior Masculino	36:13	+12:02	04:01
246	611	Rui Pedro Borges	individual	Senior Masculino	36:13	+12:02	04:02
247	926	Rui Figueiredo	os papas milhas	Senior Masculino	36:14	+12:02	04:02
248	920	Fábio Mendes	os fortissimos	Senior Masculino	36:20	+12:08	04:02
249	976	JOÃO RASTEIRO	quarteto fantástico	Senior Masculino	36:22	+12:11	04:03
250	92	Bruno Oliveira	ascv- associação sócio cultural da valeirinha	Senior Masculino	36:23	+12:12	04:03
251	477	António Amado	individual	Senior Masculino	36:24	+12:13	04:03
252	532	Joao Tiago Teixeira Garrido	individual	Senior Masculino	36:27	+12:16	04:03
253	990	Brígida Inês Cruz João	saca trilhos	Senior Feminino	36:27	+12:16	04:03
254	755	Jose Fllipe Lopes Teixeira	individual	Veterano M45	36:29	+12:17	04:03
255	889	Carla Santos	montanha clube trail running/efapel	Senior Feminino	36:34	+12:22	04:04
256	916	António Geraldo	o mundo da corrida	Veterano M55	36:35	+12:23	04:04
257	262	Carlos Garrido	cpt sobral de ceira	Veterano M55	36:35	+12:24	04:04
258	704	Luís Lima	individual	Veterano M40	36:36	+12:25	04:04













## SAO SILVESTRE - STAGE 1

9 KM

**R**  
REVISED

### OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
468	957	Gonçalo Narciso	pés troikados	Senior Masculino	40:39	+16:28	04:31
469	152	Fábio Ferreira	casa jovase	Senior Masculino	40:39	+16:28	04:31
470	603	Rodolfo Mendes	individual	Senior Masculino	40:39	+16:28	04:31
471	59	José Nunes	arasm - associação recreativa de s. miguel	Senior Masculino	40:40	+16:29	04:31
472	153	Daniel Fernandes	casa jovase	Veterano M40	40:40	+16:29	04:31
473	654	Raquel Grilo	individual	Veterana F40	40:42	+16:31	04:31
474	979	PEDRO FONTES	rd_spem	Veterano M40	40:47	+16:36	04:32
475	1067	Vera Silva	virithvs runners viseu	Senior Feminino	40:47	+16:36	04:32
476	717	Paulo Lopes	individual	Veterano M40	40:48	+16:37	04:32
477	626	Vitor Escada	individual	Senior Masculino	40:48	+16:37	04:32
478	608	Rui Miguel Gonçalves Nunes	individual	Senior Masculino	40:51	+16:39	04:32
479	476	André Simões	individual	Senior Masculino	40:56	+16:44	04:33
480	487	Celso Rafael Gonçalves de Carvalho	individual	Senior Masculino	40:56	+16:44	04:33
481	687	Hélder Moreira	individual	Veterano M40	40:56	+16:44	04:33
482	1088	Paulo Vicente	cni	Senior Masculino	40:56	+16:45	04:33
483	1081	Bruno Conceição	cni	Senior Masculino	40:57	+16:45	04:33
484	677	António Valle	individual	Veterano M40	40:58	+16:47	04:33
485	795	Luis Vieira	individual	Veterano M50	40:59	+16:48	04:33
486	902	Firmino Mendes	montanha clube trail running/efapel	Veterano M55	41:01	+16:50	04:34
487	883	Andre costa	mmtac	Senior Masculino	41:02	+16:50	04:34
488	509	Filipe Vicente Jacinto	individual	Senior Masculino	41:03	+16:52	04:34
489	517	Henrique Carvalheiro	individual	Senior Masculino	41:06	+16:54	04:34
490	1063	Paulo Pinto	verallia portugal	Veterano M55	41:06	+16:55	04:34
491	1062	José Santos	verallia portugal	Veterano M50	41:07	+16:55	04:34
492	407	David Lobo	individual	Junior Masculino	41:07	+16:56	04:34
493	14	Isaiás Reis	100gps	Veterano M45	41:07	+16:56	04:34
494	710	Nuno	individual	Veterano M40	41:08	+16:57	04:34
495	421	Ana Porto	individual	Senior Feminino	41:11	+16:59	04:35
496	591	Rafael Gaioso Dias	individual	Senior Masculino	41:12	+17:00	04:35
497	194	Vasco Gomes	cluve	Senior Masculino	41:12	+17:00	04:35
498	546	Leonel Joaquim Mendes Reis	individual	Senior Masculino	41:14	+17:02	04:35
499	277	José Dias	dá-lhe gás team	Veterano M45	41:14	+17:02	04:35
500	275	Silvia Dias	dá-lhe gás team	Veterana F40	41:14	+17:02	04:35
501	965	Miguel Ramalho	portuguese united training association	Senior Masculino	41:14	+17:02	04:35
502	637	Catarina Alexandra Carvalho Dos Santos	individual	Veterana F40	41:16	+17:05	04:35
503	207	Rodrigo Santos	coimbra trail running	Junior Masculino	41:17	+17:06	04:35
504	233	Fernando da Silva Venda	coimbra trail running	Veterano M55	41:17	+17:06	04:35
505	267	Carlos Mendes	cumibroa bike`s running team	Senior Masculino	41:17	+17:06	04:35
506	660	Silvina Baptista	timim	Veterana F40	41:19	+17:07	04:35
507	809	Alcides Marques	individual	Veterano M55	41:22	+17:11	04:36
508	1031	Helena Lopes	tribo nr	Veterana F40	41:22	+17:11	04:36
509	446	Lara Tomás	individual	Senior Feminino	41:23	+17:12	04:36
510	586	Pedro Marques	individual	Senior Masculino	41:23	+17:12	04:36
511	58	Bruno Soares	arasm - associação recreativa de s. miguel	Senior Masculino	41:26	+17:15	04:36





























**Sao Silvestre**

**9 KM**

**R**  
REVISED

**OFFICIAL RESULT**

9	157	Daniela Pinto	Centro Municipal Marcha e Corrida Vale de Cambra	Senior Feminino	35:30	+11:19	03:57
10	990	Brígida Inês Cruz João	Saca Trilhos	Senior Feminino	36:27	+12:16	04:03
11	889	Carla Santos	Montanha Clube Trail Running/Efapel	Senior Feminino	36:34	+12:22	04:04
12	1092	ANDREIA SOFIA DA FONTOURA AREIAS	Individual	Senior Feminino	37:05	+12:54	04:07
13	245	Patrícia Diogo	Cpt sobral de ceira	Senior Feminino	37:08	+12:57	04:08
14	309	Isabel Fernandes	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	37:23	+13:12	04:09
15	311	Maria Pereira	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	38:17	+14:05	04:15
16	881	Catarina quinteiro	MMTAc	Senior Feminino	38:37	+14:25	04:17
17	1018	Patrícia Pereira	TRAIL BELA BELA	Senior Feminino	38:39	+14:28	04:18
18	1016	Felícia Fernandes	TRAIL BELA BELA	Senior Feminino	38:56	+14:44	04:20
19	461	Maria Fernando	Individual	Senior Feminino	39:07	+14:55	04:21
20	44	Sara Carvalho	ARCD VENDA DA LUISA	Senior Feminino	39:29	+15:18	04:23
21	91	Patrícia Cardoso	As meio-litro	Senior Feminino	39:30	+15:18	04:23
22	453	Monica	Individual	Senior Feminino	40:02	+15:51	04:27
23	432	Catarina Pereira	Individual	Senior Feminino	40:08	+15:57	04:28
24	236	Joana Azêdo	CPT Coimbra	Senior Feminino	40:13	+16:01	04:28
25	436	Diana Martins	Individual	Senior Feminino	40:18	+16:07	04:29
26	459	Patrícia Reis	Individual	Senior Feminino	40:27	+16:16	04:30
27	1072	Catarina Regalo	Viriathvs Runners Viseu	Senior Feminino	40:35	+16:23	04:31
28	1066	Claudia Nunes	Viriathvs Runners Viseu	Senior Feminino	40:35	+16:24	04:31
29	1067	Vera Silva	Viriathvs Runners Viseu	Senior Feminino	40:47	+16:36	04:32
30	421	Ana Porto	Individual	Senior Feminino	41:11	+16:59	04:35
31	446	Lara Tomás	Individual	Senior Feminino	41:23	+17:12	04:36
32	425	Andreia Pereira	Individual	Senior Feminino	41:29	+17:17	04:37
33	458	Nieves María del Carmen Talavera Prieto	Individual	Senior Feminino	41:29	+17:18	04:37
34	312	Silvia Seco	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	41:30	+17:19	04:37
35	270	Susana Gomes	Dá-lhe Gás team	Senior Feminino	41:53	+17:42	04:39
36	464	Sara Palrinhas	Individual	Senior Feminino	41:55	+17:43	04:39
37	887	Ana Garcia	Montanha Clube Trail Running/Efapel	Senior Feminino	42:08	+17:57	04:41
38	244	Joana Moutela	Cpt sobral de ceira	Senior Feminino	42:10	+17:59	04:41
39	415	Ana Carolina Jacob Melo	Individual	Senior Feminino	42:18	+18:06	04:42
40	306	Dina Santos	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	42:33	+18:22	04:44
41	471	Tânia Sabino	Individual	Senior Feminino	42:43	+18:31	04:45
42	888	Ana Sêco	Montanha Clube Trail Running/Efapel	Senior Feminino	42:49	+18:37	04:45
43	375	Juliana Rodrigues de Almeida	G.D.C. CODAL	Senior Feminino	43:04	+18:52	04:47
44	467	Sofia Pinheiro Lourenço	Individual	Senior Feminino	43:29	+19:18	04:50
45	465	Sara Silva	Individual	Senior Feminino	43:31	+19:19	04:50
46	307	Gabriela Gomes	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	43:48	+19:36	04:52



**Sao Silvestre**
**9 KM**
**R**  
 REVISED

**OFFICIAL RESULT**

88	160	Sónia Pinho	Centro Municipal Marcha e Corrida Vale de Cambra	Senior Feminino	50:16	+26:05	05:35
89	1078	ANDREIA LAPO	CNI	Senior Feminino	50:37	+26:26	05:38
90	435	Diana Azenha	Individual	Senior Feminino	50:40	+26:29	05:38
91	384	Isabel	Gear up	Senior Feminino	51:08	+26:56	05:41
92	433	Cátia Augusto Mira	Individual	Senior Feminino	51:14	+27:03	05:42
93	418	Ana Maleiro	Individual	Senior Feminino	51:30	+27:19	05:43
94	131	Mónica Carnide	Caminheiros (SM)Intensivos	Senior Feminino	51:41	+27:30	05:45
95	420	Ana Paula Pio	Individual	Senior Feminino	51:48	+27:36	05:45
96	383	Claudia	Gear up	Senior Feminino	51:57	+27:46	05:46
97	304	Carolina Cabo	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	52:08	+27:56	05:48
98	428	Carla Isabel Pires Cotas	Individual	Senior Feminino	52:37	+28:25	05:51
99	379	Carina Rosa	GAZELAS	Senior Feminino	53:00	+28:48	05:53
100	401	Maria Lobo	HOLMES PLACE COIMBRA	Senior Feminino	53:30	+29:19	05:57
101	363	Mónica Mota da Cunha	Farmácia Luciano e Matos	Senior Feminino	53:34	+29:23	05:57
102	438	Dora Oliveira	Individual	Senior Feminino	53:36	+29:24	05:57
103	32	Dora Isabel Alves da Cruz	AD	Senior Feminino	53:45	+29:33	05:58
104	159	Natalia Matos	Centro Municipal Marcha e Corrida Vale de Cambra	Senior Feminino	54:08	+29:56	06:01
105	870	Catarina Patricio	Malha Connosco	Senior Feminino	54:26	+30:14	06:03
106	935	Isabel Abreu	out 2 run	Senior Feminino	54:40	+30:29	06:05
107	1074	Sílvia Trindade	Viriato	Senior Feminino	55:03	+30:52	06:07
108	414	Ana Balsa	Individual	Senior Feminino	55:40	+31:28	06:11
109	1079	IILIA BERARDO	CNI	Senior Feminino	55:52	+31:40	06:12
110	208	Sara Pereira	Coimbra Trail Running	Senior Feminino	55:57	+31:45	06:13
111	470	Tânia Mendes	Individual	Senior Feminino	56:06	+31:55	06:14
112	422	Ana Raquel Correia	Individual	Senior Feminino	57:21	+33:09	06:22
113	469	Susana Pato	Individual	Senior Feminino	57:49	+33:38	06:26
114	443	Joana Cavaleiro	Individual	Senior Feminino	57:50	+33:39	06:26
115	416	Ana Isabel Sotomaior Domingues Padrão Conde	Individual	Senior Feminino	57:58	+33:46	06:26
116	468	Susana Gomes Fartura	Individual	Senior Feminino	58:28	+34:17	06:30
117	907	Fátima Ferreira	Nós	Senior Feminino	58:54	+34:43	06:33
118	134	Patrícia Joana Baptista de Sousa	Caneca Na Meta	Senior Feminino	59:11	+35:00	06:35
119	417	Ana Luísa Rodrigues dos Santos	Individual	Senior Feminino	01:00:20	+36:08	06:42
120	450	Maria Aida Antunes	Individual	Senior Feminino	01:05:04	+40:53	07:14
121	447	Lisa Rodrigues	Individual	Senior Feminino	01:05:04	+40:53	07:14

**Senior Masculino**

1	1	Ricardo Dias	Sporting CP	Senior Masculino	24:11		02:41
2	4	Miguel Borges	SL Benfica	Senior Masculino	24:13	+00:02	02:42
3	3	Samuel Freire	SL Benfica	Senior Masculino	24:46	+00:34	02:45
4	8	Nuno Lopes	Sporting CP	Senior Masculino	25:07	+00:55	02:47
5	321	José Neves	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	26:34	+02:23	02:57



















































