

TRAIL - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	13.2°C	96%
End	15:07	13.2°C	96%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	3	Vitor Cordeiro	ac portalegre/utsm	Veterano M50	01:55:56		05:48
2	145	Pedro André de Freitas Ribeiro	caracol trail team	Senior Masculino	01:55:59	+00:02	05:48
3	4	Tiago Manuel Gomes Godinho	caracol trail team	Senior Masculino	01:59:23	+03:26	05:58
4	200	José Sequeira	montanha clube trail running/runners	Senior Masculino	02:04:23	+08:27	06:13
5	117	António Quaresma	ozxtreme/g.d.c.r.	Veterano M40	02:11:25	+15:28	06:34
6	144	José Carlos dos Reis Leal	bttrain	Veterano M45	02:13:06	+17:10	06:39
7	160	Hugo Conde	individual	Senior Masculino	02:16:39	+20:43	06:50
8	25	Carlos Mendes	caracol trail team	Senior Masculino	02:17:35	+21:38	06:53
9	148	Nuno Coelho	coimbra trail running	Veterano M40	02:17:45	+21:49	06:53
10	229	Paulo Nogueira	montanha clube trail running/runners	Senior Masculino	02:19:35	+23:39	06:59
11	31	Gil Afonso vicente	caracol trail team	Veterano M40	02:19:38	+23:42	06:59
12	184	Hélder Batista Ferreira Piedade	individual	Veterano M45	02:20:54	+24:57	07:03
13	231	Manuel Machado	daportalegre trail team	Sub 23 Masculino	02:23:03	+27:07	07:09
14	161	João Carlos da Silva Dias	individual	Senior Masculino	02:23:13	+27:17	07:10
15	28	Pedro Crispim	caracol trail team	Senior Masculino	02:24:01	+28:04	07:12
16	173	Valter Lopes	individual	Senior Masculino	02:24:58	+29:02	07:15
17	212	vasco morais pinheiro de sousa	old school smash young ducks	Veterano M50	02:25:06	+29:09	07:15
18	188	Hélder Lopes Ferreira	individual	Veterano M50	02:25:08	+29:12	07:15
19	14	André Carvalho	arsm - associação recreativa de s. miguel	Senior Masculino	02:25:09	+29:12	07:15
20	50	José Luís Carvalho Pinto	coimbra trail running	Veterano M45	02:25:21	+29:25	07:16
21	70	José Presado	daportalegre trail team	Senior Masculino	02:27:02	+31:05	07:21
22	87	António Fernandes	individual	Veterano M45	02:27:42	+31:46	07:23
23	226	Paulo José Rodrigues Bernardo	trepa montanhas	Senior Masculino	02:28:08	+32:12	07:24
24	221	Alex Tondela	sport clube beira-mar	Veterano M40	02:28:43	+32:47	07:26
25	37	Guel ferreira	ccd de porto mendo	Senior Masculino	02:29:05	+33:08	07:27
26	2	Aníbal Godinho	caracol trail team	Veterano M50	02:30:18	+34:21	07:31
27	202	Rui Gaspar	montanha clube trail running/runners	Veterano M40	02:30:33	+34:37	07:32
28	220	Cristiano Oliveira	sport clube beira-mar	Sub 23 Masculino	02:31:11	+35:15	07:34
29	130	Márcio Lopes Catarino	a.d.c. de proença-a-nova	Senior Masculino	02:32:44	+36:47	07:38
30	12	Luis Miranda	aergóis trail running	Senior Masculino	02:33:16	+37:19	07:40
31	175	MÁRCIO CRUZ	individual	Sub 23 Masculino	02:33:44	+37:48	07:41
32	19	Pedro Gabriel	c.a. amigos parque da paz	Veterano M40	02:34:20	+38:23	07:43
33	153	Bruno Simões Rodrigues	fire team bvmc	Senior Masculino	02:35:58	+40:01	07:48
34	172	Ramiro Alves	individual	Senior Masculino	02:35:58	+40:01	07:48
35	204	Renato Miguel Fernandes Simões de Barros	montanha clube trail running/runners	Veterano M50	02:36:04	+40:08	07:48
36	90	Eduardo Lourenço	individual	Veterano M45	02:36:08	+40:11	07:48
37	47	Tiago Ramos	clube de atletismo de ferreira do zêzere	Senior Masculino	02:37:10	+41:13	07:52
38	211	JOÃO ALVES	offline runners	Senior Masculino	02:38:06	+42:10	07:54
39	167	Paulo Lucas	individual	Senior Masculino	02:38:12	+42:16	07:55
40	150	Luís Serrazina	crp ribafria	Veterano M50	02:38:23	+42:26	07:55
41	149	Glória Serrazina	crp ribafria	Veterana F55	02:38:24	+42:27	07:55

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	127	Luis Pedro Santos Caridade	vila seca run team	Veterano M40	02:38:57	+43:00	07:57
43	199	Pedro Santos	louzan team/dental garden	Veterano M45	02:39:25	+43:29	07:58
44	56	Joaquim Dias Paiva	fire team bvmc	Senior Masculino	02:40:24	+44:27	08:01
45	170	Pedro Sequeira	individual	Senior Masculino	02:41:17	+45:20	08:04
46	109	Jorge Justo	o mundo da corrida	Veterano M55	02:41:18	+45:21	08:04
47	171	Rafael António Monteiro Fernandes	individual	Senior Masculino	02:41:39	+45:43	08:05
48	103	Ricardo Nuno Valente	não fazemos nem mais um... km	Veterano M50	02:42:21	+46:25	08:07
49	123	Paulo Pires	ss cgd	Veterano M50	02:42:32	+46:35	08:08
50	222	Bruno Paiva	team 33	Senior Masculino	02:42:32	+46:35	08:08
51	157	Arnaldo Ferreira	individual	Senior Masculino	02:42:33	+46:36	08:08
52	228	António Manuel Mendes Soares	urb teodora running team	Veterano M40	02:43:25	+47:28	08:10
53	224	Carrula Men	tomar runners	Senior Masculino	02:44:01	+48:04	08:12
54	10	João Carlos R. Miranda	aergóis trail running	Senior Masculino	02:44:21	+48:25	08:13
55	180	Gildo Santos	individual	Veterano M40	02:44:55	+48:58	08:15
56	102	Paulo Alves	montanha clube trail running/runners	Veterano M45	02:46:03	+50:06	08:18
57	198	Armando Videira	louzan team/dental garden	Veterano M45	02:46:04	+50:08	08:18
58	214	Hugo Miguel Ventura Lopes	papa montanhas das meãs	Senior Masculino	02:46:05	+50:09	08:18
59	83	Manuel Quelhas	individual	Veterano M40	02:46:29	+50:32	08:19
60	201	Jorge Alexandre Correia Moita	montanha clube trail running/runners	Veterano M40	02:46:52	+50:55	08:21
61	98	jose freitas da silva	clac entroncamento	Veterano M55	02:47:10	+51:13	08:22
62	46	José Marçal	clac entroncamento	Veterano M55	02:47:12	+51:15	08:22
63	197	Albino Morais	louzan team/dental garden	Veterano M45	02:47:23	+51:26	08:22
64	156	VERA BERNARDO	individual	Senior Feminino	02:47:25	+51:28	08:22
65	66	Emídio Correia	individual	Senior Masculino	02:48:33	+52:36	08:26
66	76	Vítor José Rodrigues Filipe	individual	Senior Masculino	02:48:38	+52:42	08:26
67	151	Nuno Ricardo Monteiro de Assis	daportalegre trail team	Senior Masculino	02:48:41	+52:44	08:26
68	163	Jorge Rosa	individual	Senior Masculino	02:53:04	+57:08	08:39
69	122	Pedro Fontoura	ss cgd	Veterano M45	02:54:06	+58:10	08:42
70	147	Dina Rocha	coimbra trail running	Veterana F40	02:54:18	+58:22	08:43
71	128	José Santos	vila seca run team	Veterano M45	02:54:40	+58:44	08:44
72	110	António de Carvalho Geraldo	o mundo da corrida	Veterano M60	02:54:44	+58:47	08:44
73	86	Rui Laranjeiro	individual	Veterano M40	02:54:45	+58:48	08:44
74	129	Augusto Silva	vila seca run team	Veterano M50	02:55:49	+59:52	08:47
75	181	Pedro ferreira	individual	Veterano M40	02:57:43	+01:01:47	08:53
76	113	Antonio Goncalves	os tugas	Veterano M55	02:58:02	+01:02:06	08:54
77	215	Ricardo Antonio Rodrigues Leal Fontes	papa montanhas das meãs	Senior Masculino	02:58:28	+01:02:31	08:55
78	225	Paulo Carvalho	tomar runners	Veterano M40	02:58:37	+01:02:41	08:56
79	168	Paulo Rodrigues	individual	Senior Masculino	02:58:53	+01:02:57	08:57
80	33	Manuel Victorino	ccd alvitejo	Veterano M60	02:59:13	+01:03:17	08:58
81	1	Carmen Sofia Henriques	individual	Senior Feminino	02:59:13	+01:03:17	08:58
82	45	Pedro Carmo	clac entroncamento	Senior Masculino	02:59:13	+01:03:17	08:58
83	118	Vítor Andrade	paredes aventura	Veterano M40	02:59:14	+01:03:17	08:58
84	36	Filipe Carrao	ccd de porto mendo	Senior Masculino	03:00:05	+01:04:09	09:00
85	26	João Pedro Correia Fernandes	caracol trail team	Senior Masculino	03:00:07	+01:04:10	09:00
86	51	António Lopes	eléctrico futebol clube	Senior Masculino	03:00:36	+01:04:40	09:02

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	159	Duarte Nuno Ferreira	individual	Senior Masculino	03:01:42	+01:05:46	09:05
88	35	Antonio Rufino	ccd de porto mendo	Senior Masculino	03:02:34	+01:06:37	09:08
89	217	Rui Jorge Rodrigues Dias	papa montanhas das meãs	Sub 23 Masculino	03:02:37	+01:06:40	09:08
90	141	Eduardo Manuel Coelho Luís	atómicos	Senior Masculino	03:04:13	+01:08:16	09:13
91	78	João Ribeiro Dias	individual	Sub 23 Masculino	03:04:28	+01:08:32	09:13
92	209	José Manuel M. Figueiredo	o mundo da corrida	Veterano M45	03:04:52	+01:08:55	09:15
93	107	Francisco Manuel Pais	o mundo da corrida	Veterano M45	03:04:52	+01:08:56	09:15
94	32	João Martins	caracol trail team	Veterano M45	03:05:30	+01:09:34	09:1
95	146	Miguel	coimbra trail running	Senior Masculino	03:06:15	+01:10:18	09:19
96	205	Antonio Fael	nel.pedatleta	Veterano M60	03:06:45	+01:10:49	09:20
97	169	Pedro Filipe dos Santos Simões	individual	Senior Masculino	03:10:27	+01:14:30	09:31
98	165	Luis Pinto	individual	Senior Masculino	03:10:50	+01:14:54	09:33
99	124	JOAQUIM FIGUEIRA	team 33	Veterano M40	03:10:51	+01:14:54	09:33
100	23	Joana Alves	caracol trail team	Senior Feminino	03:12:06	+01:16:09	09:36
101	29	Telmo Silva	caracol trail team	Senior Masculino	03:12:07	+01:16:10	09:36
102	30	Catarina Neves	caracol trail team	Veterana F40	03:12:43	+01:16:47	09:38
103	27	MIGUEL VITORINO	caracol trail team	Senior Masculino	03:12:45	+01:16:48	09:38
104	164	Jose Ribeiro	individual	Senior Masculino	03:14:08	+01:18:12	09:42
105	22	Vitor Marques	caapp	Veterano M55	03:18:13	+01:22:16	09:55
106	42	ARLINDO MADURO	ccd de porto mendo	Veterano M50	03:19:12	+01:23:15	09:58
107	191	Sérgio Manuel Nunes Miranda	individual	Veterano M50	03:21:38	+01:25:41	10:05
108	218	Miguel Marques	quaresma-arnaldo	Veterano M40	03:21:38	+01:25:42	10:05
109	111	Fátima Gonçalves	os tugas	Veterana F45	03:22:34	+01:26:38	10:08
110	139	Célia Santos	arcd venda da luísa	Veterana F40	03:23:40	+01:27:44	10:11
111	208	Luís Martins	o mundo da corrida	Veterano M40	03:23:41	+01:27:44	10:11
112	68	Hugo Rodrigues	individual	Senior Masculino	03:23:52	+01:27:56	10:12
113	101	Paulo Calçada	montanha clube trail running/runners	Veterano M40	03:23:53	+01:27:56	10:12
114	40	Marco Duarte	ccd de porto mendo	Sub 23 Masculino	03:24:01	+01:28:04	10:12
115	11	Luis Filipe	aergóis trail running	Senior Masculino	03:25:02	+01:29:05	10:15
116	108	Fernando Fonseca	o mundo da corrida	Veterano M50	03:25:59	+01:30:03	10:18
117	183	Rui Vilar	individual	Veterano M40	03:26:12	+01:30:16	10:19
118	142	Rui Santos	blackbulls cycling team	Veterano M45	03:27:19	+01:31:23	10:22
119	185	Mário Medeiros	individual	Veterano M45	03:27:41	+01:31:44	10:23
120	80	Ana Paula Gudes	individual	Veterana F45	03:28:45	+01:32:49	10:26
121	89	Carlos Alberto Alves Lima	individual	Veterano M45	03:28:45	+01:32:49	10:26
122	44	Antonio Major	ccd de porto mendo	Veterano M55	03:28:48	+01:32:51	10:26
123	71	KIKO PEREIRA	individual	Senior Masculino	03:31:28	+01:35:31	10:34
124	48	João Miguel Tavares Garrido	clube nortada - murtosa night runners	Senior Masculino	03:33:23	+01:37:26	10:40
125	49	Pedro Rafael Tavares Garrido	clube nortada - murtosa night runners	Senior Masculino	03:33:23	+01:37:26	10:40
126	53	Filipe dos Santos Paulino	eléctrico futebol clube	Senior Masculino	03:35:37	+01:39:40	10:47
127	55	João Paio	eléctrico futebol clube	Veterano M45	03:36:29	+01:40:33	10:49
128	94	Luís Miguel Antunes	individual	Veterano M45	03:36:30	+01:40:34	10:50
129	39	Armando Ferreira	ccd de porto mendo	Sub 23 Masculino	03:37:05	+01:41:09	10:51
130	216	Sergio Alexandre Ventura Lopes	papa montanhas das meãs	Senior Masculino	03:37:28	+01:41:32	10:52
131	75	Ricardo Cruz	individual	Senior Masculino	03:37:33	+01:41:36	10:53
132	203	Joaquim Firmino de Jesus Mendes	montanha clube trail running/runners	Veterano M50	03:39:06	+01:43:10	10:57

20 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	105	Maria Inês Fernandes Ramos	nh fitness athletes	Sub 23 Feminino	03:39:43	+01:43:46	10:59
134	104	Nelson Filipe de Almeida Heleno	nh fitness athletes	Senior Masculino	03:39:47	+01:43:50	10:59
135	135	José Carlos Fernandes	abutres running team	Veterano M50	03:41:40	+01:45:44	11:05
136	7	Luís Lopes	abutres running team	Veterano M40	03:41:40	+01:45:44	11:05
137	5	João Lamas	abutres	Senior Masculino	03:41:41	+01:45:44	11:05
138	227	Sérgio Duarte	trepa montanhas	Senior Masculino	03:41:42	+01:45:46	11:05
139	194	Liliana Patrícia Lopes Pragana	jogging lovers coimbra	Senior Feminino	03:41:55	+01:45:58	11:06
140	195	Emanuel Simões Ferreira	jogging lovers coimbra	Senior Masculino	03:41:56	+01:46:00	11:06
141	114	André Gil Francisco Ferreira	ourique runners	Senior Masculino	03:42:37	+01:46:40	11:08
142	182	Pedro Ricardo Correia Henriques	individual	Veterano M40	03:43:00	+01:47:03	11:09
143	54	Bruno Marquez	eléctrico futebol clube	Veterano M40	03:43:15	+01:47:18	11:10
144	125	Sónia Neto	tomar runners	Senior Feminino	03:44:24	+01:48:27	11:13
145	115	Celso Ferreira	out 2 run	Veterano M45	03:44:25	+01:48:28	11:13
146	186	PAULO JOSE COSTA	individual	Veterano M45	03:44:26	+01:48:30	11:13
147	120	Paulo Manuel Martins	proaventuras	Veterano M50	03:44:48	+01:48:51	11:14
148	119	Maria Azevedo Martins	proaventuras	Veterana F45	03:44:48	+01:48:51	11:14
149	41	Jorge Pimpão	ccd de porto mendo	Veterano M45	03:47:30	+01:51:33	11:23
150	116	José Manuel Henriques David Fernandes	ozxtreme/g.d.c.r.	Senior Masculino	03:47:38	+01:51:42	11:23
151	58	Eugénia David Fernandes	individual	Senior Feminino	03:47:38	+01:51:42	11:23
152	52	António Serrano	eléctrico futebol clube	Senior Masculino	03:47:39	+01:51:43	11:23
153	207	Isabel Trindade	o mundo da corrida	Veterana F50	03:49:47	+01:53:50	11:29
154	210	Fernando Luis	o mundo da corrida	Veterano M60	03:49:47	+01:53:50	11:29
155	219	João Rodrigues	salamandrecos	Veterano M40	03:52:19	+01:56:22	11:37
156	9	Josephine Marques	aergóis trail running	Senior Feminino	03:58:06	+02:02:10	11:54
157	88	Armando Loureiro	individual	Veterano M45	03:58:31	+02:02:34	11:56
158	34	Andre Conceição	ccd de porto mendo	Senior Masculino	04:00:04	+02:04:08	12:00
159	112	Graça Roldão	os tugas	Veterana F50	04:05:13	+02:09:17	12:16
160	84	Nuno Daniel Rodrigues Fernandes	individual	Veterano M40	04:05:52	+02:09:56	12:18
161	79	Zina Maria Dias Pedro Fernandes	individual	Veterana F40	04:05:52	+02:09:56	12:18
162	20	Jose Carlos	caapp	Veterano M50	04:07:36	+02:11:39	12:23
163	21	São Galvão	caapp	Veterana F50	04:07:36	+02:11:40	12:23
164	38	Joana Rodrigues	ccd de porto mendo	Sub 23 Feminino	04:11:27	+02:15:30	12:34
165	43	Ricardo Baptista	ccd de porto mendo	Veterano M50	04:11:28	+02:15:32	12:34
166	24	Rita Henriques	caracol trail team	Senior Feminino	04:12:46	+02:16:49	12:38
167	177	Maria João Simões	individual	Veterana F40	04:12:46	+02:16:49	12:38
168	152	Mónica Simaura Martins Vital	eléctrico futebol clube	Senior Feminino	04:13:47	+02:17:51	12:41
169	100	Miguel Gameiro	liga dos últimos	Veterano M40	04:14:58	+02:19:01	12:45
170	99	Alexandra Martins	liga dos últimos	Veterana F40	04:14:58	+02:19:01	12:45
171	162	João Rosado	individual	Senior Masculino	04:17:25	+02:21:29	12:52
172	18	Patrícia Ramalheiro	bora lá team	Veterana F40	04:17:56	+02:21:59	12:54
173	143	Susana Peres	bora lá team	Veterana F45	04:17:56	+02:22:00	12:54
174	57	Ana Sofia Mateus Francisco	individual	Senior Feminino	04:18:24	+02:22:28	12:55
175	206	Lúcia Martins	o mundo da corrida	Senior Feminino	04:21:08	+02:25:12	13:03
176	106	Céu Santos	o mundo da corrida	Veterana F50	04:21:09	+02:25:12	13:03
177	95	Paulo Miranda	individual	Veterano M45	04:25:33	+02:29:36	13:17

TRAIL - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	154	João Francisco	fire team bvmc	Senior Masculino	04:27:15	+02:31:18	13:22
179	65	Eduardo Luís Cortês Gonçalves	individual	Senior Masculino	04:34:02	+02:38:06	13:42
180	59	Joana Marisa Antunes Santos	individual	Senior Feminino	04:34:04	+02:38:08	13:42
181	174	Vitor Pereira	individual	Senior Masculino	04:35:16	+02:39:20	13:46
182	193	Gabriela Sofia Priamo Gomes	jogging lovers coimbra	Senior Feminino	04:35:55	+02:39:59	13:48
183	192	Ana Pipa	jobrinde-montes saloios	Senior Feminino	04:36:00	+02:40:04	13:48
184	132	Jorge Antunes	abutres	Senior Masculino	04:41:27	+02:45:31	14:04
185	133	Rui Mendes	abutres	Senior Masculino	04:41:27	+02:45:31	14:04
186	134	Paulo Gonçalves	abutres	Veterano M40	04:41:27	+02:45:31	14:04
187	69	João Bastos Pereira	individual	Senior Masculino	04:41:28	+02:45:31	14:04
188	213	Angelo Daniel Francisco Branco	papa montanhas das meãs	Senior Masculino	04:41:28	+02:45:31	14:04
189	93	José Manuel Lopes Francisco	individual	Veterano M45	04:41:29	+02:45:33	14:04
190	82	José Miguel Gomes da Costa	individual	Veterano M40	04:41:38	+02:45:41	14:05
191	13	Pedro Bandeira	aergóis trail running	Senior Masculino	04:44:44	+02:48:48	14:14
192	17	Liliana Serra	bora lá team	Senior Feminino	04:44:45	+02:48:48	14:14
193	16	Elsa Caetano	bora lá team	Senior Feminino	04:45:02	+02:49:06	14:15
194	97	Manuel Ferreira	individual	Veterano M50	04:46:14	+02:50:17	14:19
195	85	Nuno Miguel Dias Alves	individual	Veterano M40	04:46:46	+02:50:49	14:20
196	67	Filipe Ventura	individual	Senior Masculino	04:53:21	+02:57:25	14:40
197	62	Tânia Antunes	individual	Senior Feminino	04:53:23	+02:57:26	14:40
198	158	BRUNO FILIPE LOPES ESTEVES	individual	Senior Masculino	05:08:21	+03:12:24	15:25
199	126	Otilia Rosado	vila seca run team	Veterana F40	05:36:47	+03:40:51	16:50
200	121	Dora Pires	ss cgd	Veterana F50	05:36:48	+03:40:52	16:50

Trail

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	13.2°C	96%
End	15:07	13.2°C	96%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	156	VERA BERNARDO	Individual	Senior Feminino	02:47:25		08:22:58
2	1	Carmen Sofia Henriques	Individual	Senior Feminino	02:59:13	+11:49	08:58:41
3	23	Joana Alves	Caracol Trail Team	Senior Feminino	03:12:06	+24:41	09:36:29
4	194	Liliana Patrícia Lopes Pragana	Jogging Lovers Coimbra	Senior Feminino	03:41:55	+54:30	11:06:19
5	125	Sónia Neto	Tomar Runners	Senior Feminino	03:44:24	+56:59	11:13:02
6	58	Eugénia David Fernandes	Individual	Senior Feminino	03:47:38	+01:00:14	11:23:12
7	9	Josephine Marques	AERGóis Trail Running	Senior Feminino	03:58:06	+01:10:42	11:54:04
8	24	Rita Henriques	Caracol Trail Team	Senior Feminino	04:12:46	+01:25:21	12:38:25
9	152	Mónica Simaura Martins Vital	Eléctrico Futebol Clube	Senior Feminino	04:13:47	+01:26:23	12:41:10
10	57	Ana Sofia Mateus Francisco	Individual	Senior Feminino	04:18:24	+01:31:00	12:55:58
11	206	Lúcia Martins	O Mundo da Corrida	Senior Feminino	04:21:08	+01:33:44	13:03:52
12	59	Joana Marisa Antunes Santos	Individual	Senior Feminino	04:34:04	+01:46:40	13:42:32
13	193	Gabriela Sofia Priamo Gomes	Jogging Lovers Coimbra	Senior Feminino	04:35:55	+01:48:31	13:48:02
14	192	Ana Pipa	Jobrinde-Montes Saloios	Senior Feminino	04:36:00	+01:48:36	13:48:07
15	17	Liliana Serra	Bora lá team	Senior Feminino	04:44:45	+01:57:20	14:14:05
16	16	Elsa Caetano	Bora lá team	Senior Feminino	04:45:02	+01:57:38	14:15:00
17	62	Tânia Antunes	Individual	Senior Feminino	04:53:23	+02:05:58	14:40:11

Senior Masculino

1	145	Pedro André de Freitas Ribeiro	Caracol Trail Team	Senior Masculino	01:55:59	05:48
2	4	Tiago Manuel Gomes Godinho	Caracol Trail Team	Senior Masculino	01:59:23	+03:24 05:58
3	200	José Sequeira	Montanha Clube Trail Running/Runners	Senior Masculino	02:04:23	+08:25 06:13
4	160	Hugo Conde	Individual	Senior Masculino	02:16:39	+20:41 06:50
5	25	Carlos Mendes	Caracol Trail Team	Senior Masculino	02:17:35	+21:36 06:53
6	229	Paulo Nogueira	Montanha Clube Trail Running/Runners	Senior Masculino	02:19:35	+23:37 06:59
7	161	João Carlos da Silva Dias	Individual	Senior Masculino	02:23:13	+27:15 07:10
8	28	Pedro Crispim	Caracol Trail Team	Senior Masculino	02:24:01	+28:02 07:12
9	173	Valter Lopes	Individual	Senior Masculino	02:24:58	+29:00 07:15
10	14	André Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	02:25:09	+29:10 07:15
11	70	José Presado	DAPortalegre Trail Team	Senior Masculino	02:27:02	+31:03 07:21
12	226	Paulo José Rodrigues Bernardo	Trepa Montanhas	Senior Masculino	02:28:08	+32:10 07:24
13	37	Guel ferreira	CCD de Porto Mendo	Senior Masculino	02:29:05	+33:06 07:27
14	130	Márcio Lopes Catarino	A.D.C. de Proença-a-Nova	Senior Masculino	02:32:44	+36:45 07:38
15	12	Luis Miranda	AERGóis Trail Running	Senior Masculino	02:33:16	+37:17 07:40
16	153	Bruno Simões Rodrigues	Fire Team BVMC	Senior Masculino	02:35:58	+39:59 07:48
17	172	Ramiro Alves	Individual	Senior Masculino	02:35:58	+39:59 07:48

Official Timekeeper: Lap2Go	1 / 6	generate 23-Oct-2016 15:09
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Trail

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

18	47	Tiago Ramos	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	02:37:10	+41:11	07:52
19	211	JOÃO ALVES	OFFLINE runners	Senior Masculino	02:38:06	+42:08	07:54
20	167	Paulo Lucas	Individual	Senior Masculino	02:38:12	+42:14	07:55
21	56	Joaquim Dias Paiva	Fire Team BVMC	Senior Masculino	02:40:24	+44:25	08:01
22	170	Pedro Sequeira	Individual	Senior Masculino	02:41:17	+45:18	08:04
23	171	Rafael António Monteiro Fernandes	Individual	Senior Masculino	02:41:39	+45:41	08:05
24	222	Bruno Paiva	Team 33	Senior Masculino	02:42:32	+46:33	08:08
25	157	Arnaldo Ferreira	Individual	Senior Masculino	02:42:33	+46:34	08:08
26	224	Carrula Men	Tomar Runners	Senior Masculino	02:44:01	+48:02	08:12
27	10	João Carlos R. Miranda	AERGóis Trail Running	Senior Masculino	02:44:21	+48:23	08:13
28	214	Hugo Miguel Ventura Lopes	Papa montanhas das Meãs	Senior Masculino	02:46:05	+50:07	08:18
29	66	Emídio Correia	Individual	Senior Masculino	02:48:33	+52:34	08:26
30	76	Vítor José Rodrigues Filipe	Individual	Senior Masculino	02:48:38	+52:40	08:26
31	151	Nuno Ricardo Monteiro de Assis	DAPortalegre Trail Team	Senior Masculino	02:48:41	+52:42	08:26
32	163	Jorge Rosa	Individual	Senior Masculino	02:53:04	+57:06	08:39
33	215	Ricardo Antonio Rodrigues Leal Fontes	Papa montanhas das Meãs	Senior Masculino	02:58:28	+01:02:29	08:55
34	168	Paulo Rodrigues	Individual	Senior Masculino	02:58:53	+01:02:55	08:57
35	45	Pedro Carmo	CLAC Entroncamento	Senior Masculino	02:59:13	+01:03:15	08:58
36	36	Filipe Carrao	CCD de Porto Mendo	Senior Masculino	03:00:05	+01:04:07	09:00
37	26	João Pedro Correia Fernandes	Caracol Trail Team	Senior Masculino	03:00:07	+01:04:08	09:00
38	51	António Lopes	Eléctrico Futebol Clube	Senior Masculino	03:00:36	+01:04:38	09:02
39	159	Duarte Nuno Ferreira	Individual	Senior Masculino	03:01:42	+01:05:44	09:05
40	35	Antonio Rufino	CCD de Porto Mendo	Senior Masculino	03:02:34	+01:06:35	09:08
41	141	Eduardo Manuel Coelho Luís	Atómicos	Senior Masculino	03:04:13	+01:08:14	09:13
42	146	Miguel	Coimbra Trail Running	Senior Masculino	03:06:15	+01:10:16	09:19
43	169	Pedro Filipe dos Santos Simões	Individual	Senior Masculino	03:10:27	+01:14:28	09:31
44	165	Luis Pinto	Individual	Senior Masculino	03:10:50	+01:14:52	09:33
45	29	Telmo Silva	Caracol Trail Team	Senior Masculino	03:12:07	+01:16:08	09:36
46	27	MIGUEL VITORINO	Caracol Trail Team	Senior Masculino	03:12:45	+01:16:46	09:38
47	164	Jose Ribeiro	Individual	Senior Masculino	03:14:08	+01:18:10	09:42
48	68	Hugo Rodrigues	Individual	Senior Masculino	03:23:52	+01:27:54	10:12
49	11	Luis Filipe	AERGóis Trail Running	Senior Masculino	03:25:02	+01:29:03	10:15
50	71	KIKO PEREIRA	Individual	Senior Masculino	03:31:28	+01:35:29	10:34
51	48	João Miguel Tavares Garrido	Clube Nortada - Murtosa Night Runners	Senior Masculino	03:33:23	+01:37:24	10:40
52	49	Pedro Rafael Tavares Garrido	Clube Nortada - Murtosa Night Runners	Senior Masculino	03:33:23	+01:37:24	10:40
53	53	Filipe dos Santos Paulino	Eléctrico Futebol Clube	Senior Masculino	03:35:37	+01:39:38	10:47
54	216	Sergio Alexandre Ventura Lopes	Papa montanhas das Meãs	Senior Masculino	03:37:28	+01:41:30	10:52
55	75	Ricardo Cruz	Individual	Senior Masculino	03:37:33	+01:41:34	10:53
56	104	Nelson Filipe de Almeida Heleno	NH Fitness Athletes	Senior Masculino	03:39:47	+01:43:48	10:59
57	5	João Lamas	ABUTRES	Senior Masculino	03:41:41	+01:45:42	11:05
58	227	Sérgio Duarte	Trepa Montanhas	Senior Masculino	03:41:42	+01:45:44	11:05
59	195	Emanuel Simões Ferreira	Jogging Lovers Coimbra	Senior Masculino	03:41:56	+01:45:58	11:06
60	114	André Gil Francisco Ferreira	Ourique RuNNers	Senior Masculino	03:42:37	+01:46:38	11:08
61	116	José Manuel Henriques David Fernandes	OzXtreme/G.D.C.R.	Senior Masculino	03:47:38	+01:51:40	11:23

Official Timekeeper: Lap2Go	2 / 6	generate 23-Oct-2016 15:09
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Trail

20 KM

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OFFICIAL RESULT

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62	52	António Serrano	Eléctrico Futebol Clube	Senior Masculino	03:47:39	+01:51:41	11:23
63	34	Andre Conceição	CCD de Porto Mendo	Senior Masculino	04:00:04	+02:04:06	12:00
64	162	João Rosado	Individual	Senior Masculino	04:17:25	+02:21:27	12:52
65	154	João Francisco	Fire Team BVMC	Senior Masculino	04:27:15	+02:31:16	13:22
66	65	Eduardo Luís Cortês Gonçalves	Individual	Senior Masculino	04:34:02	+02:38:04	13:42
67	174	Vitor Pereira	Individual	Senior Masculino	04:35:16	+02:39:18	13:46
68	132	Jorge Antunes	ABUTRES	Senior Masculino	04:41:27	+02:45:29	14:04
69	133	Rui Mendes	ABUTRES	Senior Masculino	04:41:27	+02:45:29	14:04
70	69	João Bastos Pereira	Individual	Senior Masculino	04:41:28	+02:45:29	14:04
71	213	Angelo Daniel Francisco Branco	Papa montanhas das Meãs	Senior Masculino	04:41:28	+02:45:29	14:04
72	13	Pedro Bandeira	AERGóis Trail Running	Senior Masculino	04:44:44	+02:48:46	14:14
73	67	Filipe Ventura	Individual	Senior Masculino	04:53:21	+02:57:23	14:40
74	158	BRUNO FILIPE LOPES ESTEVES	Individual	Senior Masculino	05:08:21	+03:12:22	15:25

Sub 23 Feminino

1	105	Maria Inês Fernandes Ramos	NH Fitness Athletes	Sub 23 Feminino	03:39:43	10:59
2	38	Joana Rodrigues	CCD de Porto Mendo	Sub 23 Feminino	04:11:27	+31:44 12:34

Sub 23 Masculino

1	231	Manuel Machado	DAPortalegre Trail Team	Sub 23 Masculino	02:23:03		07:09
2	220	Cristiano Oliveira	Sport Clube Beira-Mar	Sub 23 Masculino	02:31:11	+08:08	07:34
3	175	MÁRCIO CRUZ	Individual	Sub 23 Masculino	02:33:44	+10:41	07:41
4	217	Rui Jorge Rodrigues Dias	Papa montanhas das Meãs	Sub 23 Masculino	03:02:37	+39:33	09:08
5	78	João Ribeiro Dias	Individual	Sub 23 Masculino	03:04:28	+41:25	09:13
6	40	Marco Duarte	CCD de Porto Mendo	Sub 23 Masculino	03:24:01	+01:00:57	10:12
7	39	Armando Ferreira	CCD de Porto Mendo	Sub 23 Masculino	03:37:05	+01:14:02	10:51

Veterana F40

1	147	Dina Rocha	Coimbra Trail Running	Veterana F40	02:54:18	08:43
2	30	Catarina Neves	Caracol Trail Team	Veterana F40	03:12:43	+18:25 09:38
3	139	Célia Santos	ARCD Venda da Luísa	Veterana F40	03:23:40	+29:22 10:11
4	79	Zina Maria Dias Pedro Fernandes	Individual	Veterana F40	04:05:52	+01:11:34 12:18
5	177	Maria João Simões	Individual	Veterana F40	04:12:46	+01:18:27 12:38
6	99	Alexandra Martins	Liga dos Últimos	Veterana F40	04:14:58	+01:20:39 12:45
7	18	Patrícia Ramalheiro	Bora lá team	Veterana F40	04:17:56	+01:23:37 12:54
8	126	Otilia Rosado	Vila Seca Run Team	Veterana F40	05:36:47	+02:42:29 16:50

Veterana F45

1	111	Fátima Gonçalves	OS TUGAS	Veterana F45	03:22:34	10:08
2	80	Ana Paula Gudes	Individual	Veterana F45	03:28:45	+06:11 10:26
3	119	Maria Azevedo Martins	PROAVENTURAS	Veterana F45	03:44:48	+22:13 11:14

Trail

20 KM

[illegible]

OFFICIAL RESULT

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4	143	Susana Peres	Bora lá team	Veterana F45	04:17:56	+55:22	12:54
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Veterana F50

1	207	Isabel Trindade	O Mundo da Corrida	Veterana F50	03:49:47	11:29
2	112	Graça Roldão	OS TUGAS	Veterana F50	04:05:13	+15:27 12:16
3	21	São Galvão	CAAPP	Veterana F50	04:07:36	+17:50 12:23
4	106	Céu Santos	O Mundo da Corrida	Veterana F50	04:21:09	+31:22 13:03
5	121	Dora Pires	SS CGD	Veterana F50	05:36:48	+01:47:02 16:50

Veterana F55

1	149	Glória Serrazina	CRP RIBAFRIA	Veterana F55	02:38:24	07:55
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Veterano M40

1	117	António Quaresma	OzXtreme/G.D.C.R.	Veterano M40	02:11:25	06:34
2	148	Nuno Coelho	Coimbra Trail Running	Veterano M40	02:17:45	+06:21 06:53
3	31	Gil Afonso vicente	Caracol Trail Team	Veterano M40	02:19:38	+08:14 06:59
4	221	Alex Tondela	Sport Clube Beira-Mar	Veterano M40	02:28:43	+17:19 07:26
5	202	Rui Gaspar	Montanha Clube Trail Running/Runners	Veterano M40	02:30:33	+19:09 07:32
6	19	Pedro Gabriel	C.A. Amigos Parque da Paz	Veterano M40	02:34:20	+22:55 07:43
7	127	Luis Pedro Santos Caridade	Vila Seca Run Team	Veterano M40	02:38:57	+27:32 07:57
8	228	António Manuel Mendes Soares	URB TEODORA RUNNING TEAM	Veterano M40	02:43:25	+32:00 08:10
9	180	Gildo Santos	Individual	Veterano M40	02:44:55	+33:30 08:15
10	83	Manuel Quelhas	Individual	Veterano M40	02:46:29	+35:04 08:19
11	201	Jorge Alexandre Correia Moita	Montanha Clube Trail Running/Runners	Veterano M40	02:46:52	+35:27 08:21
12	86	Rui Laranjeiro	Individual	Veterano M40	02:54:45	+43:20 08:44
13	181	Pedro ferreira	Individual	Veterano M40	02:57:43	+46:19 08:53
14	225	Paulo Carvalho	Tomar Runners	Veterano M40	02:58:37	+47:13 08:56
15	118	Vitor Andrade	PAREDES AVENTURA	Veterano M40	02:59:14	+47:49 08:58
16	124	JOAQUIM FIGUEIRA	Team 33	Veterano M40	03:10:51	+59:26 09:33
17	218	Miguel Marques	Quaresma-Arnaldo	Veterano M40	03:21:38	+01:10:14 10:05
18	208	Luís Martins	O Mundo da Corrida	Veterano M40	03:23:41	+01:12:16 10:11
19	101	Paulo Calçada	Montanha Clube Trail Running/Runners	Veterano M40	03:23:53	+01:12:28 10:12
20	183	Rui Vilar	Individual	Veterano M40	03:26:12	+01:14:48 10:19
21	7	Luís Lopes	Abutres Running Team	Veterano M40	03:41:40	+01:30:16 11:05
22	182	Pedro Ricardo Correia Henriques	Individual	Veterano M40	03:43:00	+01:31:35 11:09
23	54	Bruno Marquez	Eléctrico Futebol Clube	Veterano M40	03:43:15	+01:31:50 11:10
24	219	João Rodrigues	Salamandrecos	Veterano M40	03:52:19	+01:40:54 11:37
25	84	Nuno Daniel Rodrigues Fernandes	Individual	Veterano M40	04:05:52	+01:54:28 12:18
26	100	Miguel Gameiro	Liga dos Últimos	Veterano M40	04:14:58	+02:03:33 12:42

Trail

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

27	134	Paulo Gonçalves	ABUTRES	Veterano M40	04:41:27	+02:30:03	14:04
28	82	José Miguel Gomes da Costa	Individual	Veterano M40	04:41:38	+02:30:13	14:05
29	85	Nuno Miguel Dias Alves	Individual	Veterano M40	04:46:46	+02:35:21	14:20

Veterano M45

1	144	José Carlos dos Reis Leal	Bttrain	Veterano M45	02:13:06	06:39
2	184	Hélder Batista Ferreira Piedade	Individual	Veterano M45	02:20:54	+07:47 07:03
3	50	José Luís Carvalho Pinto	Coimbra Trail Running	Veterano M45	02:25:21	+12:15 07:16
4	87	António Fernandes	Individual	Veterano M45	02:27:42	+14:36 07:23
5	90	Eduardo Lourenço	Individual	Veterano M45	02:36:08	+23:01 07:48
6	199	Pedro Santos	Louzan Team/Dental Garden	Veterano M45	02:39:25	+26:19 07:58
7	102	Paulo Alves	Montanha Clube Trail Running/Runners	Veterano M45	02:46:03	+32:56 08:18
8	198	Armando Videira	Louzan Team/Dental Garden	Veterano M45	02:46:04	+32:58 08:18
9	197	Albino Morais	Louzan Team/Dental Garden	Veterano M45	02:47:23	+34:16 08:22
10	122	Pedro Fontoura	SS CGD	Veterano M45	02:54:06	+41:00 08:42
11	128	José Santos	Vila Seca Run Team	Veterano M45	02:54:40	+41:34 08:44
12	209	José Manuel M. Figueiredo	O Mundo da Corrida	Veterano M45	03:04:52	+51:45 09:15
13	107	Francisco Manuel Pais	O Mundo da Corrida	Veterano M45	03:04:52	+51:46 09:15
14	32	João Martins	Caracol Trail Team	Veterano M45	03:05:30	+52:24 09:17
15	142	Rui Santos	BlackBulls Cycling Team	Veterano M45	03:27:19	+01:14:13 10:22
16	185	Mário Medeiros	Individual	Veterano M45	03:27:41	+01:14:34 10:23
17	89	Carlos Alberto Alves Lima	Individual	Veterano M45	03:28:45	+01:15:39 10:26
18	55	João Paio	Eléctrico Futebol Clube	Veterano M45	03:36:29	+01:23:23 10:49
19	94	Luís Miguel Antunes	Individual	Veterano M45	03:36:30	+01:23:24 10:50
20	115	Celso Ferreira	out 2 run	Veterano M45	03:44:25	+01:31:18 11:13
21	186	PAULO JOSE COSTA	Individual	Veterano M45	03:44:26	+01:31:20 11:13
22	41	Jorge Pimpão	CCD de Porto Mendo	Veterano M45	03:47:30	+01:34:23 11:23
23	88	Armando Loureiro	Individual	Veterano M45	03:58:31	+01:45:24 11:56
24	95	Paulo Miranda	Individual	Veterano M45	04:25:33	+02:12:26 13:17
25	93	José Manuel Lopes Francisco	Individual	Veterano M45	04:41:29	+02:28:23 14:04

Veterano M50

1	3	Vitor Cordeiro	AC Portalegre/UTSM	Veterano M50	01:55:56	05:48
2	212	vasco morais pinheiro de sousa	Old School smash young ducks	Veterano M50	02:25:06	+29:09 07:15
3	188	Hélder Lopes Ferreira	Individual	Veterano M50	02:25:08	+29:12 07:15
4	2	Aníbal Godinho	Caracol Trail Team	Veterano M50	02:30:18	+34:21 07:31
5	204	Renato Miguel Fernandes Simões de Barros	Montanha Clube Trail Running/Runners	Veterano M50	02:36:04	+40:08 07:48
6	150	Luís Serrazina	CRP RIBAFRIA	Veterano M50	02:38:23	+42:26 07:55
7	103	Ricardo Nuno Valente	Não Fazemos Nem Mais Um... Km	Veterano M50	02:42:21	+46:25 08:07
8	123	Paulo Pires	SS CGD	Veterano M50	02:42:32	+46:35 08:08
9	129	Augusto Silva	Vila Seca Run Team	Veterano M50	02:55:49	+59:52 08:47
10	42	ARLINDO MADURO	CCD de Porto Mendo	Veterano M50	03:19:12	+01:23:15 09:58

Trail

20 KM

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OFFICIAL RESULT

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11	191	Sérgio Manuel Nunes Miranda	Individual	Veterano M50	03:21:38	+01:25:41	10:05
12	108	Fernando Fonseca	O Mundo da Corrida	Veterano M50	03:25:59	+01:30:03	10:18
13	203	Joaquim Firmino de Jesus Mendes	Montanha Clube Trail Running/Runners	Veterano M50	03:39:06	+01:43:10	10:57
14	135	José Carlos Fernandes	Abutres Running Team	Veterano M50	03:41:40	+01:45:44	11:05
15	120	Paulo Manuel Martins	PROAVENTURAS	Veterano M50	03:44:48	+01:48:51	11:14
16	20	Jose Carlos	CAAPP	Veterano M50	04:07:36	+02:11:39	12:23
17	43	Ricardo Baptista	CCD de Porto Mendo	Veterano M50	04:11:28	+02:15:32	12:34
18	97	Manuel Ferreira	Individual	Veterano M50	04:46:14	+02:50:17	14:19

Veterano M55

1	109	Jorge Justo	O Mundo da Corrida	Veterano M55	02:41:18		08:04
2	98	jose freitas da silva	CLAC Entroncamento	Veterano M55	02:47:10	+05:52	08:22
3	46	José Marçal	CLAC Entroncamento	Veterano M55	02:47:12	+05:54	08:22
4	113	Antonio Goncalves	OS TUGAS	Veterano M55	02:58:02	+16:45	08:54
5	22	Vitor Marques	CAAPP	Veterano M55	03:18:13	+36:55	09:55
6	44	Antonio Major	CCD de Porto Mendo	Veterano M55	03:28:48	+47:30	10:26

Veterano M60

1	110	António de Carvalho Geraldo	O Mundo da Corrida	Veterano M60	02:54:44	08:44
2	33	Manuel Victorino	CCD ALVITEJO	Veterano M60	02:59:13	+04:30 08:58
3	205	Antonio Fael	NEL.Pedatleta	Veterano M60	03:06:45	+12:02 09:20
4	210	Fernando Luis	O Mundo da Corrida	Veterano M60	03:49:47	+55:03 11:29

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 23-Oct-2016 15:10
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