

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
1	Diogo Pimenta	DCI/Pedrulha - Mealhada	147	01:18:36.145	----
2	Valter	ACDRS QUINHENDROS	114	01:19:49.545	00:01:13.400
3	Álvaro Castelão	APJ team	60	01:23:46.334	00:05:10.189
4	José Leal	BTTRAIN	75	01:24:35.862	00:05:59.717
5	Daniel Jaulino	Grupo Alegre Unido	348	01:24:42.815	00:06:06.670
6	Hugo Neves	Caracol Trail Team	229	01:25:00.535	00:06:24.390
7	Vitor Cação	GATÕES BTT	330	01:25:35.190	00:06:59.045
8	Ricardo Carreira	Individual	154	01:26:11.383	00:07:35.238
9	Tiago José Parente Nunes	Formobike BTT & Trail Running	156	01:27:03.932	00:08:27.787
10	Manuel Lino	DCI/Pedrulha - Mealhada	197	01:27:07.469	00:08:31.324
11	Gonçalo Nuno Lope s	Clube Veteranos do Liz	61	01:27:59.438	00:09:23.293
12	Eduardo Manuel Figueiredo Cardoso	Coimbra Trail Running	241	01:28:30.796	00:09:54.651
13	Germano Capela	Cuble Atletismo Barreira	233	01:28:52.146	00:10:16.001
14	Jorge Silva	Grupo Alegre Unido	294	01:29:24.483	00:10:48.338
15	Fabio Mendes	Dá-lhe Gás team	110	01:29:37.051	00:11:00.906
16	Fernando Freire	Dá-lhe Gás team	26	01:29:42.276	00:11:06.131
17	Joel Batista	Lourival Bike Team	17	01:29:47.258	00:11:11.113
18	Nuno Vasconcelos	Coimbra Trail Running	337	01:30:28.962	00:11:52.817
19	José Gonçalves	Grupo Alegre Unido	296	01:30:45.803	00:12:09.658
20	Helder Ferreira	Lama Solta	208	01:30:59.187	00:12:23.042
21	Cristóvão Ginja	T.R.O.L.L.S. - TRalhos Oficiais Leves Lentos e Sensacionais	52	01:31:01.103	00:12:24.958
22	Pedro Capela	Grupo Alegre Unido	293	01:31:21.777	00:12:45.632
23	Henrique Fernandes	Fonte Nova Runners	77	01:32:24.137	00:13:47.992
24	Alfredo Gaspar	Individual	119	01:32:29.690	00:13:53.545
25	Diogo Nunes	APJ Trail Running	7	01:32:36.929	00:14:00.784
26	Vitor Bruno Monteiro Poço	T.R.O.L.L.S- Tralhos Oficiais Leves lentos e Sensacionais	66	01:32:55.048	00:14:18.903
27	José Zananar	Atletismo Clube da Tocha	133	01:33:44.448	00:15:08.303
28	Jorge Rodrigues	Soure MOV	79	01:34:34.567	00:15:58.422
29	João Oliveira	Individual	164	01:34:56.264	00:16:20.119
30	Daniel Rodrigues	Individual	173	01:35:25.360	00:16:49.215
31	Filipe Rodrigues	Individual	20	01:35:42.344	00:17:06.199
32	Carlos Arsénio Salvaterra dos Santos	UNO	35	01:35:49.487	00:17:13.342
33	José Garra Serra	Mjc Plan de Cuques	264	01:35:54.286	00:17:18.141
34	leandro santos	veteranos do lis	170	01:36:10.135	00:17:33.990
35	Jose Pedro da Silva Nunes	DCI/Pedrulha - Mealhada	221	01:36:35.527	00:17:59.382
36	Tetyana Vakulyuk	Caracol Trail Team	280	01:36:39.894	00:18:03.749
37	Bruno Ferreira	Cabritos do Mato	316	01:36:57.557	00:18:21.412
38	Ricardo Silva	Atletismo Clube da Tocha	132	01:38:13.476	00:19:37.331
39	André Fernandes	Grupo Alegre Unido	301	01:38:22.821	00:19:46.676
40	Manuel Fernandes	ACRM Silveirinha Grande Claras	232	01:38:42.244	00:20:06.099
41	MANUEL JOAQUIM DE SOUSA OLIVEIRA	INDIVIDUAL	331	01:38:58.220	00:20:22.075
42	Hugo filipe gomes roque	Sozinho	104	01:39:10.709	00:20:34.564
43	Pedro Mendes	Individual	22	01:39:45.891	00:21:09.746
44	Rodrigo Simões	Individual	228	01:39:49.156	00:21:13.011
45	Ricardo Ventura Ferreira Lopes	ACRM Silveirinha Claras	46	01:40:11.133	00:21:34.988

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
46	Marco Alexandre Sousa Rosa	NDAP	31	01:40:14.348	00:21:38.203
47	Luís Veríssimo	Figueira kayak Clube	139	01:40:34.660	00:21:58.515
48	Alexandre Graça Concho	BROTHERS	319	01:40:42.173	00:22:06.028
49	Milene Santos	Grupo Alegre Unido	326	01:40:45.924	00:22:09.779
50	Jorge Gameiro Filipe	Individual	97	01:40:59.555	00:22:23.410
51	João Vaz	Figueira kayak clube	109	01:41:23.139	00:22:46.994
52	João Pedro Correia Fernandes	Caracol Trail Team	284	01:41:34.522	00:22:58.377
53	Joaquim Antonio do rosario carreira	Cucos Coxos Trail Team	69	01:41:49.827	00:23:13.682
54	José Maçarria	MAREZIA BAR	334	01:41:52.038	00:23:15.893
55	Pedro Jesus	Dá-lhe Gás team	188	01:42:06.020	00:23:29.875
56	Ricardo Nunes	ACRM SILVEIRINHA GRANDE CLARAS	34	01:42:09.682	00:23:33.537
57	Luís Carvalheiro	A.C.R.M Silveirinha e Claras	166	01:42:12.378	00:23:36.233
58	Arlindo Ribeiro	Falsos Lentos	178	01:42:17.130	00:23:40.985
59	Luis Filipe Silva Rodrigues	Os tartarugas	98	01:42:33.041	00:23:56.896
60	Jorge Henriques	Lourival Bike Team	113	01:43:12.689	00:24:36.544
61	Yvo Matias	Rocket team	350	01:43:19.738	00:24:43.593
62	Ricardo Pedrosa	Individual	59	01:43:49.441	00:25:13.296
63	vitoferreira	C P Alcanena	121	01:44:01.601	00:25:25.456
64	Nuno Ribeiro	Figueira Kayak Clube	155	01:44:31.657	00:25:55.512
65	Bruno	individual	211	01:44:33.544	00:25:57.399
66	Tomé Lopes	Dá-lhe Gás Team	36	01:44:42.665	00:26:06.520
67	Maria Ramos	DCI/Pedrulha - Mealhada	167	01:45:00.664	00:26:24.519
68	Joaquim Martins	DCI/Pedrulha - Mealhada	196	01:45:03.761	00:26:27.616
69	João Tiago Silva	Liz Runners	187	01:46:41.615	00:28:05.470
70	Hilário Louro	deR@stus	112	01:47:04.727	00:28:28.582
71	Mário Jordão	Jordão	171	01:47:07.783	00:28:31.638
72	Carlos Cardoso	SOURE MOV	306	01:47:33.983	00:28:57.838
73	João Sintra	ACRM Silveirinha Grande Claras	231	01:47:36.759	00:29:00.614
74	Paula Barracho	Team One	169	01:47:40.664	00:29:04.519
75	Cristiano da Silva Gante	Individual	250	01:47:53.014	00:29:16.869
76	Henrique Lavaredas	Individual	288	01:48:10.010	00:29:33.865
77	Edgar Gomes	muito à frente	16	01:49:13.517	00:30:37.372
78	Andreia Manuela Lopes Parreiras	T.R.O.L.L.S- Tralhos Oficiais Leves lentos e Sensacionais	65	01:49:31.558	00:30:55.413
79	Paulo Polónio	Coimbra Trail Running	312	01:49:34.662	00:30:58.517
80	Antonio Jordao Silva	individual	49	01:49:59.038	00:31:22.893
81	Fernando José das Neves	Neves	291	01:50:00.702	00:31:24.557
82	Sara Pedrosa	Individual	62	01:50:06.998	00:31:30.853
83	Nelson Colaço	NAPA - Núcleo dos Amigos da Perna Assada	251	01:50:19.405	00:31:43.260
84	Patrícia Rodrigues	T.R.O.L.L.S. - TRalhos Oficiais Leves Lentos e Sensacionais	96	01:50:25.326	00:31:49.181
85	ANTÓNIO CARREIRA	INDIVIDUAL	359	01:51:52.844	00:33:16.699
86	RICARDO MORENOS BISCAIA	CASA BISCAIA	346	01:52:18.651	00:33:42.506
87	Luís Carlos Jesus Soares	Cabritos do Mato	332	01:52:31.004	00:33:54.859
88	Vitor José Lopes Godinho	Veteranos do Lis	47	01:52:55.715	00:34:19.570
89	João Dâmaso	Grupo Maravilha	1	01:53:34.055	00:34:57.910
90	Paulo Rodrigues	individual	172	01:53:54.307	00:35:18.162

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91	Fábio André Gomes Morgado	T.R.O.L.L.S- Tralhos Oficiais Leves lentos e Sensacionais	338	01:53:57.059	00:35:20.914
92	Hélder Domingues	123	85	01:54:05.163	00:35:29.018
93	José Dias		27	01:54:18.082	00:35:41.937
94	Marco Mendes		134	01:54:33.578	00:35:57.433
95	Tiago Duarte		285	01:54:39.578	00:36:03.433
96	Carlos António Mota Longo da Conceição		248	01:54:51.434	00:36:15.289
97	Ramiro Rodrigues	Grupo Alegre Unido	292	01:54:54.953	00:36:18.808
98	Luís Martins	O MUNDO DA CORRIDA	321	01:55:34.549	00:36:58.404
99	Miguel Gonçalves	Morcegos do Chicharo	324	01:55:45.819	00:37:09.674
100	Miguel Ângelo Duarte das Neves Matias	CSCRFCHARNECA	247	01:56:01.062	00:37:24.917
101	Ricardo Páscoa	SOURE MOV	308	01:56:13.681	00:37:37.536
102	Manuel Deus	AtletaCampion i	212	01:56:48.705	00:38:12.560
103	Manuel Evangelista Santos	Solo	168	01:57:30.833	00:38:54.688
104	SARA GONÇALVES DAS NEVES	INDIVIDUAL	355	01:57:40.705	00:39:04.560
105	João Pereira da Graça	ACRM Silveirinha Grande Claras	5	01:57:45.113	00:39:08.968
106	José António Simões Silva	SONIC TEAM	99	01:58:17.447	00:39:41.302
107	Elsa Soares	Elsa	202	01:58:28.759	00:39:52.614
108	Sérgio Paulo	muito à frente	13	01:58:36.546	00:40:00.401
109	PAULO JORGE JORDÃO	VALE DO PRANTO	165	01:58:42.759	00:40:06.614
110	António José Batalha	SOURE MOV	307	01:58:56.885	00:40:20.740
111	Antero Rodrigues	Veteranos do lis	84	01:59:15.591	00:40:39.446
112	Ricardo Santa	Individual	234	01:59:28.054	00:40:51.909
113	Otelo Pereira	Grupo Alegre Unido	300	02:00:08.446	00:41:32.301
114	Benilde Santos	T.R.O.L.L.S. - TRalhos Oficiais Leves Lentos e Sensacionais	53	02:00:13.742	00:41:37.597
115	Nuno Manso	CrossTrail	191	02:01:05.197	00:42:29.052
116	VITOR HUGO	INDIVIDUAL	358	02:01:11.075	00:42:34.930
117	André Neto	SOURE MOV	309	02:01:15.065	00:42:38.920
118	André Duarte	SOURE MOV	310	02:01:21.638	00:42:45.493
119	Mário Carvalho	Individual	91	02:01:25.758	00:42:49.613
120	Paula Rodrigues	Veteranos do lis	83	02:01:32.268	00:42:56.123
121	Jorge Ramos	Individual	92	02:01:37.901	00:43:01.756
122	Virginia Margarida Sintra	CSCRFCHARNECA	244	02:01:42.749	00:43:06.604
123	Vanessa Reboca	Figueira Kayak Clube	140	02:02:07.414	00:43:31.269
124	Fernando Manuel Cação Costa	Figueira Kayak Clube	278	02:02:11.134	00:43:34.989
125	leonel concho	brothers	213	02:03:09.596	00:44:33.451
126	Renato Miguel da Mota Santos	Fonte Nova Runners	93	02:03:18.076	00:44:41.931
127	Paula Maria cabete oliveira	Individual	153	02:03:22.100	00:44:45.955
128	jose antonio fernandes bugalho	Individual	152	02:03:25.157	00:44:49.012
129	Bruno Alexandre da Silva Cordeiro	Vens ou Ficas?!	9	02:03:40.299	00:45:04.154
130	Ana Helena Correia	Cucos Coxos Trail Team	205	02:03:48.348	00:45:12.203
131	Rita Alexandra F Afonso	Cucos Coxos Trail Team	267	02:04:00.148	00:45:24.003
132	Virgílio Alberto	Grupo Alegre Unido	298	02:04:10.699	00:45:34.554
133	BERNARDINO GONÇALVES	INDIVIDUAL	354	02:04:25.212	00:45:49.067
134	Eunice Magalhães	Individual	218	02:04:29.692	00:45:53.547
135	Filipe Carraco Cerejo	Lama Solta	219	02:06:42.070	00:48:05.925

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136	Helder manuel mota ereira	Antoes	198	02:06:47.869	00:48:11.724
137	André Miguel Rodrigues da Silva	SONIC TEAM	102	02:06:53.930	00:48:17.785
138	JOÃO MANUEL VIEIRA CORDEIRO	CASAL MOURO TRAIL TEAM	353	02:06:58.428	00:48:22.283
139	Guilherme Goncalves	Individual	78	02:07:46.507	00:49:10.362
140	Rodrigo José Gomes Nunes	CCDR Matas e Cipreste Trail Team	255	02:08:42.433	00:50:06.288
141	Rui Neves	Charneca Run	11	02:09:35.375	00:50:59.230
142	Rui Santos	BlackBulls Cycling Team	55	02:09:42.969	00:51:06.824
143	Sonia Sofia Lopes Pereira	Cucos Coxos Trail Team	189	02:09:58.519	00:51:22.374
144	Marco Silva	individual	297	02:11:42.695	00:53:06.550
145	Lino Silva	Lama solta	67	02:11:49.454	00:53:13.309
146	Paulo Lopes	Minha equipa	45	02:11:54.950	00:53:18.805
147	Maria Ferreira	Phive	209	02:12:30.294	00:53:54.149
148	André Machado	Out 2 Run	185	02:12:36.373	00:54:00.228
149	Paulo Barbosa Pequeno	Individual	124	02:12:41.686	00:54:05.541
150	Joaquim Branquinho	ARSM - Associação Recreativa S. Miguel	48	02:12:49.678	00:54:13.533
151	Silvia Dias	Dá-lhe Gás team	28	02:13:07.050	00:54:30.905
152	Susana Gomes	Dá-lhe Gás team	23	02:13:12.317	00:54:36.172
153	Alexandre Silva	Malhanocharcobiketeam	131	02:13:21.345	00:54:45.200
154	Pedro Costa Ferreira	Coimbra Trail Running	230	02:13:24.429	00:54:48.284
155	Rafael Bronze	ACRM Silveirinha Claras	37	02:13:28.405	00:54:52.260
156	Luís Quinta-Nova	AB Cansado Trail	145	02:13:31.761	00:54:55.616
157	Luís Balças	3 Pares de Pernas	76	02:13:59.181	00:55:23.036
158	Ricardo Marques	3 Pares de Pernas	74	02:14:04.132	00:55:27.987
159	FILIPE MIGUEL VELOSO ROLIM	INDIVIDUAL	356	02:14:26.516	00:55:50.371
160	Luisa Areia	Individual	90	02:15:01.924	00:56:25.779
161	Filipa Loureiro	Individual	217	02:15:32.115	00:56:55.970
162	filipe jose ferreira jordao	individual	179	02:15:39.516	00:57:03.371
163	ANDRÉ LOPES	CCD CRÉDITO AGRICOLA MÚTUO	81	02:15:43.987	00:57:07.842
164	Nelson Matias	Rocket team	351	02:16:00.179	00:57:24.034
165	Arlindo de Jesus Oliveira	CSCRFCHARNECA	245	02:16:27.787	00:57:51.642
166	FÁBIO RAFAEL MIRANDA PIRES	Wildteam	161	02:18:31.185	00:59:55.040
167	Bruno Miguel Oliveira Carvalho	Wildteam	120	02:18:38.474	01:00:02.329
168	vitoe silva oliveira	Sonic Team	127	02:19:29.337	01:00:53.192
169	Inês Ribeiro Silva	mediaweb	18	02:20:10.808	01:01:34.663
170	David Marques	Individual	8	02:20:14.905	01:01:38.760
171	FILIPE M CARREIRA SIMÕES	CCD Crédito Agrícola Mútuo	2	02:20:20.768	01:01:44.623
172	Anabela Fernandes	Grupo Alegre Unido	299	02:21:57.951	01:03:21.806
173	Geneviève Audenaert	Lama Solta	239	02:23:02.279	01:04:26.134
174	Nicolas DUBAR	Lama Solta	240	02:23:05.583	01:04:29.438
175	Ana Leal	Figueira Kayak Clube	193	02:23:10.215	01:04:34.070
176	João Pedro Sintra Pisco	SintraPisco Trail Team	254	02:23:18.454	01:04:42.309
177	Joana Duarte Sintra	SintraPisco Trail Team	252	02:23:22.254	01:04:46.109
178	Aníbal Sintra Pisco	SintraPisco Trail Team	253	02:23:25.862	01:04:49.717
179	Liliana Pedrosa	Rocket team	352	02:23:46.814	01:05:10.669
180	Tania Pedrosa	Rocket team	349	02:23:50.199	01:05:14.054

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181	dino marques	individual	95	02:24:03.672	01:05:27.527
182	JÚLIO SALEMA	INDIVIDUAL	347	02:24:06.814	01:05:30.669
183	Tiago Filipe Gomes Nunes	CCDR Matas Cipreste Trail Team	201	02:24:47.983	01:06:11.838
184	Gabriela carraco	muito à frente	15	02:25:43.023	01:07:06.878
185	Nelson Rodrigues	mediaweb	12	02:26:45.619	01:08:09.474
186	avelino fernandes	CPR A-do-Barbas	130	02:26:57.724	01:08:21.579
187	Ondina Paula da Silva Leal	Serrião	54	02:27:01.884	01:08:25.739
188	NUNO DANIEL RODRIGUES FERNANDES	OPraticante.pt	360	02:32:36.664	01:14:00.519
189	ZINA MARIA DIAS PEDRO FERNANDES	OPraticante.pt	345	02:32:40.096	01:14:03.951
190	Pascoal Duarte Oliveira	CSCRFCCHARNECA	246	02:32:45.047	01:14:08.902
191	Sílvia Maria Lopes Marques	Individual	265	02:35:04.798	01:16:28.653
192	Anibal Matos Luis	Borinhas	135	02:35:18.110	01:16:41.965
193	José Santos	out 2 run	30	02:35:23.278	01:16:47.133
194	Carina Gaspar	Cabritos do Mato	317	02:35:53.630	01:17:17.485
195	Tânia Ferreira	Cabritos do Mato	315	02:35:58.057	01:17:21.912
196	Carla Silva	Figueira Kayak Clube	122	02:36:19.286	01:17:43.141
197	MARIA JOÃO PEREIRA	Grupo Maravilha	43	02:38:24.846	01:19:48.701
198	SILVIA OLIVEIRA	Grupo Maravilha	41	02:38:29.908	01:19:53.763
199	HELIA GIL	Grupo Maravilha	42	02:38:35.021	01:19:58.876
200	Sílvia Margarida Gonçalves Leonardo	Cabritos do Mato	339	02:38:42.108	01:20:05.963
201	Maria Isabel Silva Smoes	Borinhas	136	02:49:06.800	01:30:30.655
202	Sílvia Pedro	Out2run	86	02:52:23.171	01:33:47.026
203	Sandra Ribeiro	Ou2run	141	02:54:45.231	01:36:09.086
204	Celso Ferreira	out 2 run	143	02:54:49.753	01:36:13.608
205	João Pedro Neves Raimundo	RJ	195	03:09:19.334	01:50:43.189
206	Sylvie silva	muito à frente	14	03:09:26.278	01:50:50.133
207	Raquel Costa Ascenso	JR	194	03:09:31.887	01:50:55.742
--	Joel Santos	ACRM Silveirinha Grande Claras	6	--:--:-- (NT)	----
--	RUI ANTÓNIO DA CRUZ PEREIRA	INDIVIDUAL	357	--:--:-- (NT)	----
--			361	--:--:-- (NT)	----
--	Gonçalo José Leonardo Fereira	Cabritos do Mato	340	--:--:-- (NT)	----
--	RICARDO MANUEL DA CRUZ ROQUE	Sozinho	103	--:--:-- (NT)	----
--	Tiago Filipe Marques Oliveira	Individual	70	--:--:-- (NT)	----
--	Orlando M.A.Pires	arism\poiarestrail	68	--:--:-- (NT)	----
--	Nuno Leal	Dá-lhe Gás team	64	--:--:-- (NT)	----
--	João Costa	Dá-lhe Gás team	63	--:--:-- (NT)	----
--	Hugo Barqueiro	GAU Bajouca	303	--:--:-- (NT)	----
--	RUI MOREIRA	CCD CRÉDITO AGRICOLA MÚTUO	33	--:--:-- (NT)	----
--	Ricardo José Santos Neves	Vilaventura / Sicódrink	336	--:--:-- (NT)	----
--			362	--:--:-- (NT)	----