

POS.	NOME	DORSAL	EQUIPA	TEMPO FINAL
1	Mário Teixeira	324	A.R.C/Escola de Atletismo de Coimbra	01:01:44
2	Nuno Dias	498	Clube de Atletismo da Barreira	01:02:24
3	Nuno Goncalves	581	SR Jardoeira / Runcrosstrail.com	01:06:26
4	Paulo Duarte	589	individual	01:07:25
5	Pedro Simões	451	ARSM - Associação Recreativa de S. Miguel	01:07:31
6	José Sequeira	327	Montanha Clube Trail Running	01:08:56
7	Luis Rodrigues	361	Individual	01:09:12
8	Ricardo Moreira	371	TurboLentos	01:10:48
9	Tiago Salgueiro	572	O MUNDO DA CORRIDA	01:10:53
10	Miguel Melo	618	Coimbra TrailRunning	01:11:34
11	Vitor Gomes	626	FlashOver - BVPenela	01:12:22
12	Paulo Gomes	412	Pedalar no Clube / Infinity	01:12:45

13	Arnaldo Ferreira	315	Bttrain	01:12:56
14	António Figueiredo	389	Coimbra TrailRunning	01:13:37
15	João Bizarro	450	ANAJÔ PISCINAS/ NUTRIMANIA	01:14:52
16	Márcio Loureiro	325	SR Jardoeira / Runcrosstrail.com	01:15:53
17	Toze Almeida	311	Bttrain	01:16:01
18	Gonçalo Batista	318	Individual	01:16:12
19	Carlos Sousa	531	Ourique RuNNers	01:17:03
20	Davide Cruz	605	OzXtreme	01:17:35
21	João Oliveira	523	Maiorais	01:17:59
22	Sérgio Louros	508	Coimbra MMA	01:18:30
23	David Rodrigues	574	Individual	01:18:49
24	Rafael Matias	541	Individual	01:18:52
25	Aurélio Saúde	317	PPRT - SPEM	01:19:25
26	Jorge Amaral	547	OFFLINE runners	01:19:46
27	Filipe Rocha	560	Clube Atletas Tortos / GDBPI	01:19:49
28	José Claro	514	loja da carne	01:19:50
29	Nuno Cortesão	323	Escola de Atletismo de Coimbra	01:20:32
30	André Fernandes	322	Escola de Atletismo de Coimbra	01:20:57

31	Diogo Alves	529	Ourique RuNNers	01:21:37
32	Daniel Figueiredo	607	Lobos da Serra / Grupo Fapricela	01:22:14
33	Fidel Conde	504	Individual	01:22:35
34	Paulo Baptista	520	Gazelas Running - Figueira	01:23:30
35	Michael Monteiro	448	Gazelas Running - Figueira	01:23:33
36	Luís Santos	304	Individual	01:23:38
37	Carla Santos	326	Montanha Clube Trail Running	01:24:01
38	Pedro Sequeira	340	Montanha Clube Trail Running	01:24:02
39	José Carvalho	420	Louzan Team/Dental Garden	01:24:08
40	Diogo Moreira	602	OzXtreme	01:24:22
41	Helder Domingues	336	Clube dos Atletas Tortos	01:24:23
42	Inês Moura	544	Slow Runners Pombal	01:25:31
43	Jorge Martins	545	Slow Runners Pombal	01:25:31
44	António Soares	598	Individual	01:25:34
45	João Dias	591	Abutres Running Team	01:25:51
46	Lino Albano	442	Individual	01:25:52
47	Paulo Braz	528	Quiaios Run Team	01:25:54
48	Luis Figueiredo	446	Quiaios Run Team	01:25:57

49	Simão Loureiro	464	Abutres Running Team	01:25:58
50	Sofia Dias	516	CASA DO BENFICA CONDEIXA	01:26:14
51	Bruno Torreira	519	ACDRS QUINHENDROS	01:26:22
52	Márcio Rodrigues	425	ACDRS QUINHENDROS	01:26:23
53	Vitor Fonseca	381	Coimbra TrailRunning	01:26:31
54	Fausto Pimentel	386	Coimbra TrailRunning	01:26:53
55	João Lucas	362	ASSS Columbófila Cantanhede	01:27:00
56	Mário Vaz	344	Escola de Atletismo de Coimbra	01:27:26
57	Victor Ferreira	539	Cross Laminha	01:27:32
58	Jacinto Rodrigues	474	Gazelas Running - Figueira	01:27:33
59	Rui Madeira	615	BlackBulls / Clube de Condeixa / CNI / Neutura	01:28:16
60	Rui Neto	369	Individual	01:28:31
61	Pedro Pinto	365	O MUNDO DA CORRIDA	01:28:39
62	Ricardo Veloso	546	Coimbra MMA	01:29:02
63	Joao Pedreiro	597	BlackBulls / Clube de Condeixa / CNI / Neutura	01:29:05
64	Acílio Noro	360	Individual	01:29:08
65	Joaquim Pessoa	515	CASA DO BENFICA CONDEIXA	01:29:17

66	Daniel Carvalho	330	ARSM - Associação Recreativa de S. Miguel	01:29:27
67	Fábio Costa	363	Individual	01:29:28
68	Samuel Martinho	354	OzXtreme	01:29:31
69	Fernando Ribeiro	390	TiMim	01:29:38
70	Maria Medina	617	Coimbra TrailRunning	01:29:42
71	Rui Sêco	375	Arca Gesteira	01:30:14
72	Pedro Cardoso	483	ASSS Columbófila Cantanhede	01:30:18
73	Álvaro Centeio	398	Individual	01:30:18
74	Pedro Ferreira	364	Individual	01:30:21
75	Nuno Moreira	491	Slow Runners Pombal	01:30:27
76	Joaquim Oliveira	493	OFFLINE runners	01:30:36
77	Luis Caridade	509	CCR Alcabideque	01:30:51
78	João Loreto	445	Individual	01:30:58
79	André Pereira	394	TiMim	01:30:58
80	Francisco Ricardo	549	Fire Team	01:31:13
81	Bruno Marques	487	Montanha Clube Trail Running	01:31:17
82	Paulo Queda	619	Patinhos	01:31:50
83	Carlos Abrunheira	628	Individual	01:31:50

84	Carlos Carecho	557	Ega	01:31:53
85	Luís Balula	540	FORMOBIKE - BTT & Trail Running	01:31:56
86	Rui Ramos	359	Individual	01:31:58
87	Ricardo Matias	532	Mountain Trails	01:32:04
88	Francisco Duarte	402	Quinta da Maia Runners	01:32:05
89	João Gomes	427	Os cabaças	01:32:23
90	Bruno Ferreira	497	CVP Maiorca	01:32:23
91	Nelson Gois	600	BlackBulls / Clube de Condeixa / CNI / Neutura	01:32:23
92	Liliana Pragana	466	Jogging Lovers Coimbra	01:32:25
93	Pedro Santos	393	TiMim	01:32:27
94	Jorge Ribeiro	503	Jogging Lovers Coimbra	01:32:27
95	Carlos Canais	561	ARCD Venda da Luísa	01:32:43
96	Tiago Figueiredo	357	Montanha Clube Trail Running	01:32:51
97	André Mendes	308	Duros do Mondego	01:32:52
98	Nuno Moinho	388	Coimbra TrailRunning	01:33:25
99	Tiago Maia	556	Individual	01:33:34
100	Tiago Costa	332	Individual	01:33:37
101	Carlos Vidal	610	Gesinserde Team	01:33:46

102	Adriano Galante	314	Pés Troikados	01:34:04
103	Marcos Pinto	437	Formobike TraillRunning	01:34:06
104	João Seiça	441	CNI Runing	01:34:06
105	Antonio Ferreira	331	Individual	01:34:09
106	Vitor Pimenta	555	As Corridas do Marquês	01:34:16
107	Roberto Duarte	543	Individual	01:34:31
108	António Neves	350	OFFLINE runners	01:34:37
109	Ana Cancela	355	Individual	01:35:15
110	Daniel Carvalho	552	Individual	01:35:19
111	Pedro Saraiva	513	pedro	01:35:22
112	Bruno Oliveira	329	ARSM - Associação Recreativa de S. Miguel	01:35:52
113	José Abrantes	577	Individual	01:36:40
114	Luís Canais	603	Friends Runners	01:37:11
115	Paulo Lopes	316	BTTdaVINHA	01:37:13
116	Fernando Ferrão	583	cni	01:37:14
117	Rafael Neto	401	Quiaios Run Team	01:37:15
118	Nelson Correia	373	ARCD Venda da Luísa	01:37:24
119	Rodrigo Santos	385	Coimbra TrailRunning	01:38:01

120	Rui Monteiro	366	ARCD Venda da Luísa	01:38:10
121	Hugo Godinho	595	CUMIBROA BIKE`S TEAM	01:38:14
122	Carlos Mendes	594	CUMIBROA BIKES TEAM	01:38:16
123	Jorge Ramos	404	Individual	01:38:43
124	Carlos Antunes	339	Clube dos Atletas Tortos	01:38:43
125	Domingos Neto	405	Quiaios Run Team	01:38:54
126	Eduardo Ramos	621	FlashOver - BV Penela	01:39:18
127	Susana Moreira	489	Slow Runners Pombal	01:40:00
128	Carlos Fonseca	569	Individual	01:40:23
129	Carlos Reis	608	Individual	01:40:33
130	Jorge Lestro	306	CLUBE DOS ATLETAS TORTOS	01:40:34
131	Ricardo Páscoa	481	Individual	01:40:37
132	Célia Santos	559	CSKD- Condeixa Shukokai Karate-Do	01:40:37
133	Ismael Carvalho	650	Individual	01:40:40
134	Sérgio Jorge	611	Gesinserde team	01:42:49
135	Rui Palheira	554	Desporto i9	01:42:50
136	Paulo Santos	620	Individual	01:42:52
137	Daniel Murta	453	Individual	01:42:52

138	Helder Monteiro	592	Individual	01:43:00
139	Filipa Sá	376	Coimbra TrailRunning	01:43:11
140	Nuno Carvalho	377	Coimbra TrailRunning	01:43:13
141	João Moita	614	Individual	01:43:16
142	Manuel Cabete	506	Moinhos da Gandara Trail	01:44:16
143	Laura Cabete	507	Individual	01:44:17
144	Raquel Lobao	484	Crossrunners	01:44:17
145	Joel Lopes	334	Clube dos Atletas Tortos	01:44:17
146	Bruno Matos	480	Moinhos da Gandara Trail	01:44:18
147	Cláudia Isidoro	527	Coimbra TrailRunning	01:44:31
148	Hugo Pimentel	473	ARSM - Associação Recreativa de S. Miguel	01:44:59
149	Ricardo Baptista	606	OzXtreme	01:45:04
150	Sofia Simões	417	Individual	01:45:40
151	Alice Ventura	494	Tribo NR	01:45:42
152	Carlos Moita	421	CAOH	01:46:50
153	Daniela Gonçalves	579	Individual	01:47:37
154	Catarina Costa	374	Pés Troikados	01:47:41
155	Luís Coelho	307	Clube dos Atletas Tortos	01:47:43

156	Paulo Silva	438	Individual	01:47:44
157	Rosa Beja	320	Individual	01:47:46
158	Pedro Ferreira	584	Cabana in Ega	01:48:11
159	Pedro Gonçalves	461	CabanaInEga TrailRunning	01:48:13
160	Mauro Tomé	372	Individual	01:48:14
161	Gonçalo Deus	301	STO-DP	01:48:16
162	Tiago Simões	351	Individual	01:48:19
163	Luísa Miranda	312	Individual	01:48:20
164	Pedro Almeida	415	Clube dos Atletas Tortos	01:48:28
165	Gonçalo Ferreira	604	Ingeniarius	01:49:08
166	Nuno Fernandes	566	Ingeniarius	01:49:09
167	Carlos Branco	623	UGAS TRAIL Running	01:49:10
168	Carla Santos	407	TurboLentos	01:49:20
169	Isabel Reste	348	TurboLentos	01:49:49
170	Inscritomminitrail629 Inscritomminitrail629	629	Individual	01:50:06
171	Carla Ramos	433	FlashOver - BV Penela	01:50:19
172	Paulo Antunes	406	TurboLentos	01:50:46

173	Ana Silva	380	Coimbra TrailRunning	01:50:58
174	Elisabete Rocha	593	Individual	01:51:00
175	Renato Fernandes	601	Individual	01:51:14
176	Tiago Silva	379	Coimbra TrailRunning	01:51:15
177	Ilda Botelho	392	TiMim	01:51:20
178	Tânia Batista	395	TiMim	01:51:20
179	Paulo Botelho	391	TiMim	01:51:25
180	Joana Palrinhas	627	FlashOver - BVPenela	01:51:38
181	Sandro Moio	542	Coimbra MMA	01:51:38
182	Carlos Miranda	343	Individual	01:51:57
183	João Pinho	517	Individual	01:51:58
184	Micael Couceiro	588	Ingeniarius	01:52:05
185	Pedro Lemos	414	Individual	01:52:21
186	Olga Felamino	468	Moinhos da Gândara Trail	01:52:23
187	Luís Gaspar	469	Moinhos da Gândara Trail	01:52:23
188	Marta Rodrigues	305	Vila Seca Run Team	01:52:24
189	Maria China	353	Vila Seca Run Team	01:52:25
190	Nelia Antunes	568	Individual	01:52:37

191	Ricardo Jesus	399	PPRT - SPEM	01:53:16
192	Marco Santos	400	PPRT - SPEM	01:53:16
193	Catarina Gomes	452	ARSM - Associação Recreativa de S. Miguel	01:53:21
194	Dora Neves	335	ASSS Columbófila Cantanhede	01:53:28
195	Isabel Machado	337	ASSS Columbófila Cantanhede	01:53:34
196	Natalia Mendes	525	Slow Runners Pombal	01:53:55
197	João Costa	426	Individual	01:54:13
198	José Vicente	501	Lobos da Serra / Grupo Fapricela	01:54:14
199	Vitor Santos	423	Individual	01:54:16
200	Pedro Longuinho	616	Individual	01:54:26
201	Maria Luisa	505	Individual	01:54:32
202	Amílcar Miranda	313	Individual	01:54:35
203	Nuno Oliveira	613	Vaz & Rebelo	01:54:38
204	Nuno Patrício	537	TraiLarecos	01:54:40
205	Elisabete Baptista	455	Trilhos de Sicó	01:54:50
206	Mélanie Duarte	367	Farmácia Luciano e Matos	01:54:51
207	Igor Bentes	533	O MUNDO DA CORRIDA	01:55:06
208	Mariana Fonseca	534	O MUNDO DA CORRIDA	01:55:08

209	José Francisco	409	Abutres Running Team	01:55:40
210	Ricardo Bispo	612	Individual	01:55:46
211	Daniel Gaspar	422	Individual	01:55:48
212	Luís Marques	456	Gazelas Running - Figueira	01:55:49
213	Catarina Lapa	432	Individual	01:56:38
214	Isabel Primo	356	Coimbra TrailRunning	01:56:45
215	Ana Salsas	512	Individual	01:57:15
216	Ricardo Girão	585	Individual	01:57:20
217	Pedro Janeiro	349	Individual	01:57:21
218	Bruno Branco	522	Ourique RuNNers	01:57:22
219	Samuel Francisco	530	Ourique RuNNers	01:57:24
220	Alexandra Soares	444	Running Devils	01:57:46
221	Joaquim Branquinho	378	Coimbra TrailRunning	01:57:48
222	Joao Ribeiro	457	Sousa Team	01:57:57
223	Vitor Bernardes	538	ventonasventas	01:59:06
224	Beatriz Grilo	463	UGAS TRAIL Running	01:59:20
225	Laura Correia	346	UGAS TRAIL Running	01:59:23
226	Angela Escaroupa	345	UGAS TRAIL Running	01:59:25

227	Raquel Nogueira	309	Duros do Mondego	02:00:14
228	António Gomes	328	OFFLINE runners	02:00:24
229	Alexandra Pereira	411	ASSS Columbófila Cantanhede	02:00:32
230	André Pimentel	475	ARSM - Associação Recreativa de S. Miguel	02:00:59
231	Beatriz Lopes	408	Abutres Running Team	02:01:13
232	David Branco	370	Individual	02:01:22
233	Júlio Rodrigues	596	SLIM and SVELTE coimbra	02:01:31
234	Nuno Marinho	551	Individual	02:01:32
235	Ana Maleiro	511	Individual	02:01:59
236	Nélio Girão	550	Individual	02:02:09
237	Sandra Gonçalves	396	Individual	02:02:39
238	Dina Simão	321	Individual	02:03:04
239	Elisabete Jacinto	580	individual	02:03:31
240	António Mota	495	Individual	02:03:43
241	João Mota	496	Individual	02:03:44
242	Marcos Alves	570	Tribo NR	02:04:01
243	Ilidio Cordeiro	449	Trilhos de Sicó	02:04:17
244	José Martins	622	UGAS TRAIL Running	02:04:18

245	João Simões	352	Individual	02:05:00
246	Juliana Costa	526	Individual	02:06:29
247	Helia Pimenta	418	As Corridas do Marquês	02:06:34
248	Helena Amado	565	Farmácia Luciano e Matos	02:07:02
249	Margarida Moita	467	Individual	02:07:19
250	José Moita	470	Individual	02:07:32
251	Mário Pinto	590	Individual	02:08:25
252	Paulo Noro	459	Bttrain	02:08:40
253	Isabel Noro	458	Bttrain	02:08:44
254	João Simões	431	Veteranos Moinhos da Gândara	02:09:05
255	Joel Silva	586	Individual	02:11:01
256	Carla Lopes	599	kondores trail running	02:11:03
257	Carla Simões	416	Individual	02:12:07
258	Manuel Graça	310	Individual	02:14:22
259	Fausto Pereira	553	Desporto i9	02:14:59
260	Mauro Fresco	564	CMC	02:14:59
261	Leonor Reis	578	Individual	02:16:15
262	Florabela Fernandes	424	Individual	02:16:20

263	Ana Costa	558	Individual	02:16:46
264	Ana Correia	430	Bugsbunny	02:18:06
265	Dulce Manso	382	Coimbra TrailRunning	02:18:23
266	Ana Luísa	341	Coimbra TrailRunning	02:18:26
267	Hugo Rodrigues	575	Individual	02:18:42
268	Marisa Mendes	476	Individual	02:18:43
269	Gonçalo Rodrigues	510	Individual	02:18:43
270	Patrícia Simões	571	Individual	02:18:43
271	Andreia Caldeira	434	Vila Seca Run Team	02:20:57
272	Tânia Louro	536	Non Stop Girls	02:21:04
273	Ana Cordeiro	428	Bugsbunny	02:22:29
274	Cláudia Escaroupa	429	Bugsbunny	02:22:34
275	David Coelho	38	Individual	02:22:38
276	Salome Bizarro	471	NIGHT RUNNERS CONDEIXA	02:24:38
277	Cidália Canais	562	ARCD Venda da Luísa	02:24:40
278	Diogo Canais	563	ARCD Venda da Luísa	02:25:48
279	Catarina Silva	454	Individual	02:27:33
				02:27:37

				02:28:20
		Pesquisa por dorsal		02:28:29
283	Nuno Tavares	384	Coimbra Trail Running	02:28:30
284	Marta Gomes	443	Individual	02:29:13
285	Inês Correia	573	Individual	02:30:54
286	Lucia Martins	25	O MUNDO DA CORRIDA	02:30:54
287	Rita Pratas	319	STO-DP	02:32:19
288	Graça Simões	300	STO-DP	02:32:23
289	Maria Branco	482	Individual	02:32:26
290	Sílvia Pedro	518	Individual	02:40:22
291	Ana Vieira	478	CSKD- Condeixa Shukokai Karate-Do	02:40:29
292	António Bernardes	624	Individual	02:46:02
293	Juliana Bernardes	625	Individual	02:46:11
294	Luis Caridade	435	Individual	02:49:43
295	Rui Paixão	397	Individual	02:49:48
296	Dinis Maia	465	Individual	02:49:48
297	Brigite Palhais	440	Os cabaças	03:00:59
298	Vera Raposo	567	Individual	03:04:14

Escolha a Prova

DESISTÊNCIAS

DORSAL NOME

413 Rute Maria Pires

502 João Machado

486 Tiago Santos

342 João Alves