

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
1	576	Fernando Marques	Dci/Ccdrpedrulha-Mealhada	01:02:49.653	00:00:00.000
2	529	Nuno Gonçalves	Runcrosstrail.Com	01:03:26.407	00:00:36.754
3	513	Diogo Pimenta	Dci/Ccdrpedrulha-Mealhada	01:06:28.400	00:03:38.747
4	710	Diogo Gomes	Abutres	01:07:26.983	00:04:37.330
5	703	Marco Ferreira	Ozxtreme/Adcnpereira	01:07:40.683	00:04:51.030
6	639	Jos? Sequeira	Montanha Clube Trail Running/Efapel	01:09:17.207	00:06:27.554
7	557	Márcia Martins	Dci/Ccdrpedrulha-Mealhada	01:09:39.900	00:06:50.247
8	720	Arnaldo Mendes	Adm Ori-Mondego	01:09:50.863	00:07:01.210
9	615	Paulo Amaral	Escola De Atletismo De Coimbra Intermarché Condeixa	01:10:25.863	00:07:36.210
10	656	António Jesus	Vulcal	01:11:11.767	00:08:22.114
11	599	Diogo Sacramento	Montanha Clube Trail Running/Efapel	01:11:57.690	00:09:08.037
12	526	Ricardo Santos	Dci/Ccdrpedrulha-Mealhada	01:12:13.927	00:09:24.274
13	713	Ricardo Moreira	Individual	01:12:15.203	00:09:25.550
14	718	José Simões	Arsm - Associação Recreativa De S. Miguel	01:12:45.667	00:09:56.014
15	579	Jorge Bento	Vikings Trail Runners / Ccr Alcabideque	01:13:48.410	00:10:58.757
16	578	Mauro Martins	Vikings Trail Runners / Ccr Alcabideque	01:14:29.717	00:11:40.064
17	679	Bruno Ribeiro	Vikings Trail Runners / Ccr Alcabideque	01:15:25.300	00:12:35.647
18	655	Pedro Sequeira	Montanha Clube Trail Running/Efapel	01:16:08.700	00:13:19.047
19	573	Luis Batalha	Soure Mov	01:16:36.520	00:13:46.867
20	591	Luís Martins	O Mundo Da Corrida	01:16:54.913	00:14:05.260
21	539	Acílio Noro	Soure Mov	01:17:05.057	00:14:15.404
22	595	João Rita	Grupo Desportivo Da Parreira	01:17:39.403	00:14:49.750
23	629	Fernando Machado	Almatrail	01:18:01.320	00:15:11.667
24	535	Humberto Oliveira	Almatrail	01:18:03.497	00:15:13.844
25	711	Dinis Falcão	Abutres	01:18:08.840	00:15:19.187
26	727	Paulo Cavaleiro	Leitão & Cavaleiro	01:18:23.287	00:15:33.634
27	657	Rui Cadete	Lama Solta	01:19:36.400	00:16:46.747
28	528	Denise Pereira	Runcrosstrail.Com	01:19:54.440	00:17:04.787
29	668	Félix Rodrigues	Montanha Clube Trail Running/Efapel	01:20:17.497	00:17:27.844
30	588	Paulo Correia	Individual	01:20:19.257	00:17:29.604
31	649	Jose Marques	Individual	01:20:27.447	00:17:37.794
32	581	Rui Correia	Quiaios Run Team	01:20:44.253	00:17:54.600
33	517	João Silva	.	01:20:47.180	00:17:57.527
34	638	Carla Santos	Montanha Clube Trail Running/Efapel	01:21:35.297	00:18:45.644
35	663	Miguel Moço	Vikings Trail Runners / Ccr Alcabideque	01:22:24.597	00:19:34.944
36	705	Nuno Sousa	Abutres	01:23:05.347	00:20:15.694
37	566	Augusto Silva	Vila Seca Run Team	01:23:11.120	00:20:21.467
38	551	Jorge Cordeiro	Soure Mov	01:23:13.860	00:20:24.207
39	654	Alvaro Pinheiro	Coimbra Trail Running	01:23:14.680	00:20:25.027
40	719	André Magalhães	Arsm - Associação Recreativa De S. Miguel	01:24:37.650	00:21:47.997
41	704	Pedro Simões	Abutres	01:24:38.373	00:21:48.720
42	724	André Neto	Soure Mov	01:25:02.180	00:22:12.527
43	669	Luís Marques	Lama Solta	01:25:09.593	00:22:19.940
44	683	Dilia Santos	Arsm - Associação Recreativa De S. Miguel	01:25:10.443	00:22:20.790
45	707	Eduardo Nobre	Abutres	01:25:14.343	00:22:24.690

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46	511	Maria Ramos	Dci/Ccdrpedrulha-Mealhada	01:25:47.290	00:22:57.637
47	545	Luis Fonseca	Escola De Atletismo De Coimbra Intermerc�e Condeixa	01:25:55.207	00:23:05.554
48	616	Paulo Neves	Lama Solta	01:26:28.970	00:23:39.317
49	682	Miguel Ferreira	Vikings Trail Runners / Ccr Alcabideque	01:26:57.920	00:24:08.267
50	534	Jos�e Sacramento	Almatrail	01:27:30.560	00:24:40.907
51	537	Paulo Santos	Mato Ou Morro	01:27:37.453	00:24:47.800
52	550	S�rgio Vil�o	Gdrc Sebal	01:28:17.363	00:25:27.710
53	673	Filipe Marques	Lama Solta	01:28:52.850	00:26:03.197
54	508	Carlos	.	01:29:36.430	00:26:46.777
55	627	N�lson Rodrigues	Soure Mov	01:30:04.547	00:27:14.894
56	694	Francisco	Arcd - Venda Da Lu�sa	01:30:17.573	00:27:27.920
57	527	Joaquim Pessoa	Casa Do Benfica De Condeixa	01:30:19.707	00:27:30.054
58	662	Bruno Lima	Cscrf Charneca	01:31:22.407	00:28:32.754
59	580	Ruben Dias	Vikings Trail Runners / Ccr Alcabideque	01:31:24.210	00:28:34.557
60	648	Ant�nio Pego	Quiaios Run Team	01:31:56.327	00:29:06.674
61	716	M�rio Carvalho	Individual	01:32:54.607	00:30:04.954
62	614	Bruno Ferreira	Acdrs Quinhendros	01:33:13.453	00:30:23.800
63	637	Luis Vieira	Ccd Cr�dito Agr�cola M�tuo	01:33:22.017	00:30:32.364
64	702	Ana Caetano	Ozxtreme/Adcnpereira	01:33:29.120	00:30:39.467
65	619	Hugo Marouvo	Soure Mov	01:33:31.177	00:30:41.524
66	640	Antonio Martins	Individual	01:33:34.797	00:30:45.144
67	564	M�rcio Rodrigues	Acdrs Quinhendros	01:34:29.317	00:31:39.664
68	722	Augusto Cordeiro	Btt Da Vinha	01:34:39.700	00:31:50.047
69	700	Nelson Sim�es	Arcd - Venda Da Lu�sa	01:34:54.943	00:32:05.290
70	642	Andr� Lopes	Ccd Cr�dito Agr�cola M�tuo	01:34:55.217	00:32:05.564
71	671	Tiago Santos	Flashover - Bvpenela	01:34:57.540	00:32:07.887
72	531	Ivo Roxo	.	01:35:10.070	00:32:20.417
73	589	Tiago Amado	Vikings Trail Runners / Ccr Alcabideque	01:35:23.383	00:32:33.730
74	524	Joana Az�do	Cpt Coimbra	01:35:24.693	00:32:35.040
75	659	Jo�o Crespo	Individual	01:35:27.623	00:32:37.970
76	582	Paulo Silva	Individual	01:36:02.777	00:33:13.124
77	717	Nuno Santos	Cscrf Charneca	01:36:18.967	00:33:29.314
78	530	Jo�o Rainho	Individual	01:36:22.643	00:33:32.990
79	653	Carlos Castanheira	Aergostrailrunning	01:36:29.243	00:33:39.590
80	512	V�tor Fonseca	Individual	01:36:42.673	00:33:53.020
81	506	Duarte Lapo	Individual	01:37:01.400	00:34:11.747
82	665	Pedro Santos	Individual	01:37:06.630	00:34:16.977
83	660	Virg�nia Nogueira	Cscrf Charneca	01:37:52.207	00:35:02.554
84	699	�lvaro Lopes	Cscrf Charneca	01:38:04.270	00:35:14.617
85	584	Joaquim Branquinho	Arsm - Associa�o Recreativa De S. Miguel	01:38:26.877	00:35:37.224
86	706	Jo�o Santos	Abutres	01:38:27.163	00:35:37.510
87	709	Nuno Parreira	Abutres	01:38:27.333	00:35:37.680
88	712	Andr� Dias	Abutres	01:38:27.333	00:35:37.680
89	681	Fabio Gaspar	Individual	01:38:28.067	00:35:38.414
90	574	Marco Gomes	Soure Mov	01:38:46.110	00:35:56.457

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91	692	Marco	Lama Solta	01:39:10.723	00:36:21.070
92	546	Marisa Bregjeiro	Lama Solta	01:39:21.000	00:36:31.347
93	666	Pedro Cardoso	Individual	01:39:24.707	00:36:35.054
94	628	Jose Santos	Soure Mov	01:39:35.257	00:36:45.604
95	609	Rui Ribeiro	Individual	01:39:56.203	00:37:06.550
96	675	Ana Sêco	Montanha Clube Trail Running/Efapel	01:40:19.550	00:37:29.897
97	569	João Góis	Formobike Btt & Trail Running	01:40:33.620	00:37:43.967
98	570	Ana Silva	Soure Mov	01:41:07.267	00:38:17.614
99	549	Ernesto Nabeiro	Soure Mov	01:41:07.417	00:38:17.764
100	606	Fernando Gaspar	Individual	01:41:26.733	00:38:37.080
101	708	Juliana Oliveira	Abutres	01:42:07.860	00:39:18.207
102	726	João Marques	Individual	01:42:08.643	00:39:18.990
103	686	Daniel Marcos	Vikings Trail Runners / Ccr Alcabideque	01:42:12.333	00:39:22.680
104	667	Rui Lorenço	Individual	01:42:28.300	00:39:38.647
105	575	Helena Lopes	Tribo Nr	01:42:37.227	00:39:47.574
106	658	Fausto Cardoso	Individual	01:42:57.673	00:40:08.020
107	553	Leonel Almeida	Individual	01:42:58.913	00:40:09.260
108	552	Nuno Pinheiro	Soure Mov	01:43:33.877	00:40:44.224
109	594	Jorge Contente	Gatinhos Assanhados	01:43:40.140	00:40:50.487
110	721	Rui Santos	Blackbulls Cycling Team	01:43:43.930	00:40:54.277
111	572	Eugénia Batista	Soure Mov	01:43:45.350	00:40:55.697
112	664	Vitor Nunes	Lb7	01:43:48.513	00:40:58.860
113	624	Elisabete Carreira	Soure Mov	01:44:03.440	00:41:13.787
114	505	Eduardo Bento	O Mundo Da Corrida	01:45:07.470	00:42:17.817
115	690	Sónia Lima	Casa Do Benfica De Condeixa	01:45:24.837	00:42:35.184
116	563	Jorge Ferreira	Individual	01:45:47.200	00:42:57.547
117	687	Nuno Pires	Casa Do Benfica De Condeixa	01:45:48.077	00:42:58.424
118	536	Tiago Simões	Rossio Trail Team	01:46:11.120	00:43:21.467
119	685	Dina Barroca	Casa Do Benfica De Condeixa	01:46:12.407	00:43:22.754
120	583	Carlos Ramos	Tribo Nr	01:46:12.477	00:43:22.824
121	509	Fátima Machado	Cpt Coimbra	01:46:13.213	00:43:23.560
122	661	Arlindo Oliveira	Cscrf Charneca	01:46:42.797	00:43:53.144
123	548	Olga Felamino	Moinhos Da Gândara Trail	01:46:50.250	00:44:00.597
124	554	Luís Gapar	Moinhos Da Gândara Trail	01:46:55.513	00:44:05.860
125	507	Ivo Reis	Individual	01:47:05.943	00:44:16.290
126	643	Andreia Brás	Soure Mov	01:47:16.857	00:44:27.204
127	647	Rosa Beja	Individual	01:48:06.837	00:45:17.184
128	611	Jorge Rodrigues	Individual	01:48:37.520	00:45:47.867
129	678	Paula Andrade	Vikings Trail Runners / Ccr Alcabideque	01:48:39.193	00:45:49.540
130	644	Sandra Gonçalves	Montanha Clube Trail Running/Efapel	01:50:39.823	00:47:50.170
131	674	Gabriela Gomes	Escola De Atletismo De Coimbra Intermarché Condeixa	01:52:10.120	00:49:20.467
132	689	Pedro Brito	Casa Do Benfica De Condeixa	01:52:11.640	00:49:21.987
133	607	Ângelo Honorio	Kickrunners	01:52:22.903	00:49:33.250
134	688	Orlando Almeida	Casa Do Benfica De Condeixa	01:52:30.910	00:49:41.257
135	521	Clara Machado	Cpt Coimbra	01:52:39.133	00:49:49.480

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
136	626	Rita Cordeiro	Soure Mov	01:52:52.730	00:50:03.077
137	625	Catarina Cordeiro	Soure Mov	01:52:52.980	00:50:03.327
138	646	Ricardo Freitas	Adm Ori-Mondego	01:53:01.577	00:50:11.924
139	520	Fátima Malta	Individual	01:53:13.940	00:50:24.287
140	670	Manuela Marques	Ozxtreme/Adcrpereira	01:53:48.770	00:50:59.117
141	693	Cristina Melo	Arcd - Venda Da Luísa	01:54:24.207	00:51:34.554
142	544	Vânia Paixão	Acdrs Quinhendros	01:54:36.673	00:51:47.020
143	623	Maria Rodrigues	Individual	01:55:08.217	00:52:18.564
144	555	Rodrigo Pinheiro	Soure Mov	01:55:38.970	00:52:49.317
145	701	Pascoal Oliveira	Cscrf Charneca	01:55:44.653	00:52:55.000
146	645	Nuno Gomes	Individual	01:57:29.903	00:54:40.250
147	565	João Trindade	Clube Condeixa	01:57:31.703	00:54:42.050
148	518	Antonio Neves	Lama Solta	01:57:47.530	00:54:57.877
149	525	Raquel Oliveira	Sem Equipa	01:57:54.350	00:55:04.697
150	715	Erica Batalha	Individual	01:58:39.413	00:55:49.760
151	622	Liliana Serra	Bora Lá Team / Cdl	01:58:49.330	00:55:59.677
152	543	Cristina Lage	Bora Lá Team / Cdl	01:58:49.777	00:56:00.124
153	729	Nuno Bernardo	Formobike Btt & Trail Running	01:59:28.857	00:56:39.204
154	567	José Moita	Individual	01:59:57.053	00:57:07.400
155	602	Ana Azêdo	Cpt Coimbra	02:00:02.083	00:57:12.430
156	593	Diogo Ferreira	Individual	02:00:09.607	00:57:19.954
157	519	Joana Montenegro	Borga	02:00:25.287	00:57:35.634
158	633	Rui Marques	Acdrs Quinhendros	02:00:28.263	00:57:38.610
159	600	Luis Paiva	Kickrunners	02:00:42.477	00:57:52.824
160	641	Filipe Simões	Ccd Crédito Agrícola Mútuo	02:00:49.843	00:58:00.190
161	697	Jaime Ferreira	Arcd - Venda Da Luísa	02:01:18.743	00:58:29.090
162	612	Joana Rodrigues	Individual	02:01:35.850	00:58:46.197
163	590	Gilvania Gaspar	Jáestrada	02:02:24.790	00:59:35.137
164	585	Elisabete Pereira	Individual	02:02:24.847	00:59:35.194
165	522	Maria Pereira	Cpt Coimbra	02:02:33.640	00:59:43.987
166	676	Inês Santos	Vikings Trail Runners / Ccr Alcabideque	02:03:29.470	01:00:39.817
167	501	Antonio Pratas	Individual	02:03:29.560	01:00:39.907
168	631	Filipe Fonseca	Individual	02:03:31.027	01:00:41.374
169	577	Hugo Santos	Vikings Trail Runners / Ccr Alcabideque	02:05:15.560	01:02:25.907
170	540	Xavier Pinho	Sem Equipa	02:05:23.807	01:02:34.154
171	541	Andreia Silva	.	02:05:25.290	01:02:35.637
172	587	Eva Moutinho	Individual	02:08:05.327	01:05:15.674
173	596	André Carvalho	Individual	02:08:05.623	01:05:15.970
174	586	Sara Santos	Individual	02:08:05.890	01:05:16.237
175	510	Ilidio Cordeiro	Trilhos De Sicó	02:08:43.163	01:05:53.510
176	538	David Coelho	Cães Pisteiros	02:08:43.930	01:05:54.277
177	698	Joana Ferreira	Arcd - Venda Da Luísa	02:08:59.233	01:06:09.580
178	617	Ricardo Girão	#Agarrateacamisola/ Cd Pedrulhence	02:09:19.203	01:06:29.550
179	636	Ricardo Marques	Individual	02:09:21.237	01:06:31.584
180	603	Hélia Marques	Individual	02:09:21.760	01:06:32.107

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181	620	Ismael Carvalho	#Agarrateacamisola/ Cd Pedrulhence	02:09:25.030	01:06:35.377
182	571	Dora Santos	Soure Mov	02:09:44.520	01:06:54.867
183	696	Graça Simões	Arcd - Venda Da Luísa	02:11:10.657	01:08:21.004
184	558	Bruno Ferreira	.	02:12:08.707	01:09:19.054
185	725	Maria João	Individual	02:12:29.340	01:09:39.687
186	515	Alcina Malta	Individual	02:12:52.017	01:10:02.364
187	604	Mário Batista	Individual	02:14:19.710	01:11:30.057
188	630	João Gonçalves	Individual	02:14:19.810	01:11:30.157
189	714	Rita Carvalho	Arsm - Associação Recreativa De S. Miguel	02:14:20.280	01:11:30.627
190	547	Guida Silva	Individual	02:14:34.007	01:11:44.354
191	592	Ines Gonçalves	Individual	02:16:56.507	01:14:06.854
192	568	Margarida Moita	Individual	02:16:57.877	01:14:08.224
193	695	Gonçalo Deus	Arcd - Venda Da Luísa	02:16:58.577	01:14:08.924
194	597	Cristina Cachulo	Individual	02:19:04.080	01:16:14.427
195	601	Pedro Caridade	Kickrunners	02:19:53.087	01:17:03.434
196	533	Graça Castanheira	Cpt Coimbra	02:19:53.323	01:17:03.670
197	635	Paulo Simões	Individual	02:20:10.213	01:17:20.560
198	556	Dina Ferreira	.	02:21:49.857	01:19:00.204
199	632	Sara Pires	Individual	02:21:50.190	01:19:00.537
200	634	Vitor Sousa	Individual	02:21:52.900	01:19:03.247
201	652	Ricardo Ribeiro	Individual	02:22:13.880	01:19:24.227
202	651	Helena Miranda	Individual	02:22:13.887	01:19:24.234
203	532	Ana Vieira	Cskd - Condeixa Sukokai Karate-Do	02:23:00.583	01:20:10.930
204	561	Pedro Bailão	Individual	02:28:58.337	01:26:08.684
205	562	Eliana Tavares	Individual	02:28:58.420	01:26:08.767
206	691	Ana Valente	Arcd - Venda Da Luísa	02:31:28.757	01:28:39.104
207	516	João Chainça	Individual	02:32:07.713	01:29:18.060
208	608	Samuel Carvalho	Cskd - Condeixa Sukokai Karate-Do	02:34:24.657	01:31:35.004
209	504	Andreia Abade	Cskd - Condeixa Sukokai Karate-Do	02:34:27.417	01:31:37.764
210	680	Tiago Almeida	Vikings Trail Runners / Ccr Alcabideque	03:16:59.580	02:14:09.927
211	618	Natália Bernardes	#Agarrateacamisola/ Cd Pedrulhence	03:17:01.193	02:14:11.540
212	621	Ana Vilão	#Agarrateacamisola/ Cd Pedrulhence	03:24:41.723	02:21:52.070