

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
NELSON COSTA	Escola De Atletismo De Coimbra/Intermarché Condeixa	729	1	01:01:26.247	00:00:00.000
VASCO PEREIRA	Escola De Atletismo De Coimbra/Intermarché Condeixa	725	2	01:01:55.250	00:00:29.003
MÁRCIO PEREIRA	Escola De Atletismo De Coimbra/Intermarché Condeixa	711	3	01:04:23.253	00:02:57.006
PAULO AMARAL	Escola De Atletismo De Coimbra/Intermarché Condeixa	727	4	01:04:38.503	00:03:12.256
ORLANDO PIRES	Ozxterme/Adcrpereira	735	5	01:04:42.253	00:03:16.006
JOÃO SILVA	Acdrs Quinhendros	510	6	01:06:33.520	00:05:07.273
JORGE FILIPE	Montanha Clube Trail Running/Efapel	518	7	01:06:33.757	00:05:07.510
FILIPE ISMAEL	Ozxterme/Adcrpereira	745	8	01:07:03.760	00:05:37.513
FERNANDO CARVALHO	Ozxterme/Adcrpereira	740	9	01:07:47.510	00:06:21.263
MIGUEL PIRES	Escola De Atletismo De Coimbra/Intermarché Condeixa	728	10	01:08:05.017	00:06:38.770
ANDRÉ ROSÁRIO	Zona Alta Trail	607	11	01:08:30.263	00:07:04.016
BRUNO RIBEIRO	Vikings Trail Runners / Ccr Alcabideque	652	12	01:08:50.763	00:07:24.516
DIOGO SACRAMENTO	Montanha Clube Trail Running/Efapel	713	13	01:08:53.510	00:07:27.263
VITOR FRANCISCO	Scpovoense- Caracois De Corrida	598	14	01:09:17.770	00:07:51.523
DANIEL BATATA	Atletismo Clube Da Tocha	753	15	01:09:22.763	00:07:56.516
DUARTE CRUZ	Clube Naturalmente Benfeita	706	16	01:09:32.263	00:08:06.016
RODRIGO QUINTAL	Scpovoense- Caracois De Corrida	594	17	01:09:58.767	00:08:32.520
JOSÉ JESUS	Formobike Btt & Trail Running	748	18	01:10:14.013	00:08:47.766
MAURO MARTINS	Vikings Trail Runners / Ccr Alcabideque	659	19	01:10:50.017	00:09:23.770
ANDRE MAGALHÃES	Arsm - Associação Recreativa De S. Miguel	501	20	01:11:02.767	00:09:36.520
CARLOS SIMÕES	Arsm - Associação Recreativa De S. Miguel	532	21	01:11:16.017	00:09:49.770
ANDRÉ FONTE	Escola De Atletismo De Coimbra/Intermarché Condeixa	726	22	01:12:57.270	00:11:31.023
MARÇIO CRUZ	Individual	734	23	01:13:01.270	00:11:35.023
BRUNO ALEXANDRE	Acdrs Quinhendros	585	24	01:13:03.517	00:11:37.270
JOSÉ SANTOS	Scpovoense- Caracois De Corrida	606	25	01:13:25.270	00:11:59.023
JOÃO SACRAMENTO	Ozxterme/Adcrpereira	747	26	01:13:29.020	00:12:02.773
RICARDO SANTOS	Vikings Trail Runners / Ccr Alcabideque	624	27	01:13:50.270	00:12:24.023
VITOR FAIM	Atletismo Clube Da Tocha	504	28	01:14:19.523	00:12:53.276
BRUNO GONÇALVES	Grvilaverdense	575	29	01:14:36.777	00:13:10.530
ARLINDO RIBEIRO	Arcd Venda Da Luisa	621	30	01:14:52.770	00:13:26.523
FILIPE PINHEIRO	Vikings Trail Runners / Ccr Alcabideque	626	31	01:14:55.773	00:13:29.526
ANTÓNIO FERROLHO	Escola De Atletismo De Coimbra/Intermarché Condeixa	571	32	01:15:04.773	00:13:38.526
ANDRE COSTA	Vikings Trail Runners / Ccr Alcabideque	650	33	01:15:08.280	00:13:42.033
TIAGO DUARTE	Atletismo Clube Da Tocha	696	34	01:15:10.777	00:13:44.530
VASCO SOUSA	Coimbra Trail Running	526	35	01:15:28.550	00:14:02.303
JOSÉ ZANANAR	Atletismo Clube Da Tocha	676	36	01:15:57.783	00:14:31.536
BRUNO MARQUES	Atletismo Clube Da Tocha	595	37	01:15:58.033	00:14:31.786
RICARDO SILVA	Atletismo Clube Da Tocha	776	38	01:16:37.277	00:15:11.030
JOSÉ MARQUES	Arcd Venda Da Luisa	611	39	01:16:41.533	00:15:15.286
VICTOR GONÇALVES	Vikings Trail Runners / Ccr Alcabideque	669	40	01:16:43.283	00:15:17.036
FERNANDO BASTOS	Montanha Clube Trail Running/Efapel	531	41	01:16:44.787	00:15:18.540
PAULO PESSOA	Atletismo Clube Da Tocha	702	42	01:16:47.027	00:15:20.780
PEDRO MOREIRA	Escola De Atletismo De Coimbra/Intermarché Condeixa	730	43	01:17:04.033	00:15:37.786
ADRIANO TABANEZ	Atletismo Clube Da Tocha	777	44	01:17:04.540	00:15:38.293

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
TIAGO COSTA	Ozxterme/Adcrpereira	744	45	01:17:25.280	00:15:59.033
NÉLIO OLIVEIRA	Atletismo Clube Da Tocha	710	46	01:18:03.527	00:16:37.280
VITOR CAÇÃO	Gatõesbtt	698	47	01:18:09.783	00:16:43.536
CARLOS QUINTEIRO	Arcd Venda Da Luisa	563	48	01:18:42.033	00:17:15.786
TELMO SANTOS	Vikings Trail Runners / Ccr Alcabideque	523	49	01:19:11.033	00:17:44.786
ARTUR GÂNDARA	Arcd Venda Da Luisa	640	50	01:19:17.280	00:17:51.033
LUIS CARIDADE	Vikings Trail Runners / Ccr Alcabideque	750	51	01:19:18.287	00:17:52.040
JOAO PEREIRA	Out 2 Run/Miro	686	52	01:19:21.033	00:17:54.786
ALEX SILVA	Grvilaverdense	763	53	01:19:48.283	00:18:22.036
JORGE BENTO	Vikings Trail Runners / Ccr Alcabideque	785	54	01:19:56.053	00:18:29.806
HUMBERTO OLIVEIRA	Almatrail	721	55	01:20:06.533	00:18:40.286
RICARDO CORTÊS	Bora Bora Runner'S Leiria	522	56	01:20:19.033	00:18:52.786
PAULO BATISTA	Atletismo Clube Da Tocha	769	57	01:20:36.283	00:19:10.036
PEDRO RODRIGUES	Individual	739	58	01:21:10.040	00:19:43.793
TIAGO CARVALHO	Individual	517	59	01:21:18.787	00:19:52.540
MIGUEL VIAMONTE	Vikings Trail Runners / Ccr Alcabideque	625	60	01:21:22.040	00:19:55.793
CARLA SANTOS	Montanha Clube Trail Running/Efapel	690	61	01:21:25.037	00:19:58.790
JOSÉ SEQUEIRA	Montanha Clube Trail Running/Efapel	520	62	01:21:26.287	00:20:00.040
PAULO PEREIRA	Grvilaverdense	773	63	01:21:46.787	00:20:20.540
JORGE RODRIGUES	Cscd Norte E Soure	600	64	01:22:10.040	00:20:43.793
VICTOR DIAS	Escola De Atletismo De Coimbra/Intermarché Condeixa	731	65	01:22:12.537	00:20:46.290
CÉSAR RAMALHO	Arcd Venda Da Luisa	568	66	01:22:28.040	00:21:01.793
JORGE JUSTO	O Mundo Da Corrida	582	67	01:22:48.290	00:21:22.043
FLÁVIO LOPES	Vikings Trail Runners / Ccr Alcabideque	751	68	01:22:58.543	00:21:32.296
TIAGO MATIAS	Vikings Trail Runners / Ccr Alcabideque	667	69	01:23:14.290	00:21:48.043
MARCO CUNHA	Individual	578	70	01:23:48.790	00:22:22.543
PAULO CORREIA	Individual	749	71	01:23:52.543	00:22:26.296
SARA SILVA	Atletismo Clube Da Tocha	754	72	01:23:52.543	00:22:26.296
CARLOS CARDOSO	Soure Mov	758	73	01:24:03.290	00:22:37.043
FILIPE SALTÃO	Acdrs Quinhendros	675	74	01:24:15.543	00:22:49.296
BRUNO FERREIRA	Acdrs Quinhendros	674	75	01:24:16.543	00:22:50.296
NÉLIO GIRÃO	Formobike Btt & Trail Running	516	76	01:24:19.543	00:22:53.296
ANDRÉ NETO	Soure Mov	755	77	01:24:31.043	00:23:04.796
DIOGO ALVES	Vikings Trail Runners / Ccr Alcabideque	654	78	01:24:46.047	00:23:19.800
VÍTOR VIOLA	Arsm - Associação Recreativa De S. Miguel	724	79	01:24:46.047	00:23:19.800
FERNANDO FONSECA	O Mundo Da Corrida	583	80	01:25:01.543	00:23:35.296
ANTONIO MELO	Vikings Trail Runners / Ccr Alcabideque	651	81	01:25:17.547	00:23:51.300
JOSÉ CORREIA	Arsm - Associação Recreativa De S. Miguel	507	82	01:25:20.797	00:23:54.550
NUNO ALMEIDA	Atletismo Clube Da Tocha	584	83	01:25:22.543	00:23:56.296
TIAGO SIMÕES	Individual	760	84	01:25:35.547	00:24:09.300
FRANCISCO SILVA	Arcd Venda Da Luisa	634	85	01:25:41.543	00:24:15.296
JOSÉ BOTELHO	Coimbra Trail Running	678	86	01:26:03.047	00:24:36.800
CARLOS SANTOS	Casa Do Benfica Condeixa	646	87	01:26:03.547	00:24:37.300
NUNO GONÇALVES	Montanha Clube Trail Running/Efapel	722	88	01:26:07.047	00:24:40.800

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JORGE CORDEIRO	Soure Mov	548	89	01:26:10.297	00:24:44.050
CARLOS GIL	Ninja Runners	681	90	01:26:16.797	00:24:50.550
ANTÓNIO SERRA	Acdrs Quinhendros	601	91	01:26:50.050	00:25:23.803
PAULO CARVALHO	Formobike Btt & Trail Running	515	92	01:27:11.553	00:25:45.306
ABEL BATALHA	Soure Mov	546	93	01:27:20.297	00:25:54.050
JOSÉ SACRAMENTO	Almatrail	521	94	01:27:23.797	00:25:57.550
JOANA DIONÍSIO	Soure Mov	545	95	01:27:27.547	00:26:01.300
ANTONIO MARTINS	Vikings Trail Runners / Ccr Alcabideque	627	96	01:27:30.547	00:26:04.300
MANUEL SILVA	Ozxterme/Adcrpereira	741	97	01:27:48.300	00:26:22.053
JOSÉ JULIÃO	Atletismo Clube Da Tocha	697	98	01:28:09.300	00:26:43.053
RICARDO SANTOS	Escola De Atletismo De Coimbra/Intermarché Condeixa	505	99	01:28:11.303	00:26:45.056
ALEXANDRO TARQUINI	Vikings Trail Runners / Ccr Alcabideque	723	100	01:28:11.303	00:26:45.056
ANTONIO CARVALHO	Figueira Kayak Clube	775	101	01:28:26.800	00:27:00.553
VICTOR BERNARDES	Vikings Trail Runners / Ccr Alcabideque	668	102	01:28:41.303	00:27:15.056
AUGUSTO CORDEIRO	Soure Mov	756	103	01:30:44.057	00:29:17.810
JOÃO MARICATO	Moinhos Da Gândara Trail	530	104	01:30:48.307	00:29:22.060
ALCIDES OLIVEIRA	Almatrail	574	105	01:31:26.057	00:29:59.810
HUGO OLIVEIRA	Ninja Runners	682	106	01:31:57.557	00:30:31.310
ANTONIO FERREIRA	Ozxterme/Adcrpereira	742	107	01:32:06.813	00:30:40.566
VIRGILIO NETO	Ozxterme/Adcrpereira	743	108	01:32:15.057	00:30:48.810
MÁRIO COELHO	Individual	738	109	01:32:18.307	00:30:52.060
DAVI CRAVO	Individual	704	110	01:32:19.817	00:30:53.570
MARCO HENRIQUES	Pampos Trail Team	679	111	01:32:43.563	00:31:17.316
CIDÁLIA OLIVEIRA	Acdrs Quinhendros	774	112	01:32:46.307	00:31:20.060
JOSÉ NUNES	Arsm - Associação Recreativa De S. Miguel	509	113	01:33:05.310	00:31:39.063
PAULO TÁBUAS	Almatrail	573	114	01:33:05.810	00:31:39.563
JOÃO MONTEIRO	Vikings Trail Runners / Ccr Alcabideque	622	115	01:33:14.557	00:31:48.310
AFONSO SILVA	Individual	705	116	01:33:29.810	00:32:03.563
MARISA BREGIEIRO	Soure Mov	555	117	01:33:30.563	00:32:04.316
NELSON RODRIGUES	Soure Mov	757	118	01:33:30.563	00:32:04.316
RUI LOURENÇO-RUKA	Abutres	570	119	01:33:40.310	00:32:14.063
GIL SANTOS	Arcd Venda Da Luisa	635	120	01:33:43.810	00:32:17.563
JOÃO LAMAS	Vikings Trail Runners / Ccr Alcabideque	657	121	01:33:47.060	00:32:20.813
ANDRÉ SIMÕES	Individual	719	122	01:33:48.060	00:32:21.813
PAULO LOPES	Pastelaria Almeida	527	123	01:33:50.810	00:32:24.563
RICARDO PEREIRA	Emcantos Aiteam	717	124	01:33:51.563	00:32:25.316
NUNO SOARES	Gatinhos Assanhados	684	125	01:33:52.063	00:32:25.816
ANDREIA BRÁS	Soure Mov	552	126	01:33:56.813	00:32:30.566
NELSON SIMÕES	Arcd Venda Da Luisa	612	127	01:34:03.060	00:32:36.813
HUGO SILVA	Arcd Venda Da Luisa	641	128	01:34:09.563	00:32:43.316
SOFIA SIMÕES	Grupo Desportivo Ferreirense	636	129	01:34:38.560	00:33:12.313
ANTÓNIO SILVA	Acdrs Quinhendros	688	130	01:35:32.563	00:34:06.316
TIAGO LOPES	Individual	677	131	01:35:34.563	00:34:08.316
JOÃO FRANCO	Vikings Trail Runners / Ccr Alcabideque	630	132	01:36:11.817	00:34:45.570

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
VALDIVINO SANTOS	B.V Mortagua	712	133	01:36:16.817	00:34:50.570
VITOR SANTOS	Escola De Atletismo De Coimbra/Intermarché Condeixa	503	134	01:36:51.317	00:35:25.070
JOÃO ROSO	Cscd Norte E Soure	673	135	01:36:58.567	00:35:32.320
DANIEL MARCOS	Vikings Trail Runners / Ccr Alcabideque	653	136	01:37:11.327	00:35:45.080
SANDRA AGRA	Vikings Trail Runners / Ccr Alcabideque	665	137	01:37:11.570	00:35:45.323
NUNO PIRES	Casa Do Benfica Condeixa	645	138	01:37:27.067	00:36:00.820
RAQUEL MATIAS	Norte E Soure	608	139	01:37:30.817	00:36:04.570
ROBERTO DUARTE	Vikings Trail Runners / Ccr Alcabideque	664	140	01:37:44.077	00:36:17.830
RUI SIMÕES	Individual	718	141	01:37:50.820	00:36:24.573
DORA SERRA	Escola De Atletismo De Coimbra/Intermarché Condeixa	533	142	01:37:54.320	00:36:28.073
RICARDO PEREIRA	Grvilaverdense	596	143	01:38:48.073	00:37:21.826
ANABELA FONSECA	Bio Team Run	699	144	01:38:48.073	00:37:21.826
JOSÉ MADEIRA	Soure Mov	549	145	01:38:55.823	00:37:29.576
RUI REIS	Clube Naturalmente Benfeita	519	146	01:39:13.823	00:37:47.576
ANDRÉ ANTUNES	Arcd Venda Da Luisa	632	147	01:39:19.820	00:37:53.573
JOAQUIM BRANQUINHO	Arsm - Associação Recreativa De S. Miguel	506	148	01:39:30.323	00:38:04.076
DANY MATEUS	Moinhos Da Gândara Trail	529	149	01:39:31.323	00:38:05.076
MARIANA ESTEVES	Soure Mov	554	150	01:40:09.573	00:38:43.326
ALVARO BAPTISTA	Vikings Trail Runners / Ccr Alcabideque	629	151	01:40:12.823	00:38:46.576
TIAGO ALMEIDA	Arcd Venda Da Luisa	564	152	01:41:02.577	00:39:36.330
FAUSTO CARVALHO	Arsm - Associação Recreativa De S. Miguel	672	153	01:41:16.580	00:39:50.333
FÁBIO ALMEIDA	B.V. Condeixa	693	154	01:41:56.327	00:40:30.080
ZE MIGUEL	Individual	587	155	01:42:47.587	00:41:21.340
VITOR NUNES	Lb7	685	156	01:42:48.087	00:41:21.840
EDUARDO FERREIRA	Atletismo Clube Da Tocha	572	157	01:43:07.333	00:41:41.086
PATRICIA SIMÕES	Vikings Trail Runners / Ccr Alcabideque	661	158	01:43:10.090	00:41:43.843
URÂNIA CHUVA	Figueira Kayak Clube	715	159	01:44:35.833	00:43:09.586
VÂNIA PAIXÃO	Acdrs Quinhendros	591	160	01:44:45.583	00:43:19.336
ANA OLIVEIRA	Piordaperna	603	161	01:44:47.833	00:43:21.586
OLIVIER WASTERLAIN	Individual	709	162	01:45:12.587	00:43:46.340
ALEXANDRA MAIA	Grvilaverdense	761	163	01:45:29.087	00:44:02.840
NUNO RIBEIRO	Grvilaverdense	772	164	01:45:36.587	00:44:10.340
FILOMENA CARVALHO	Piordaperna	604	165	01:45:56.837	00:44:30.590
ROSA BEJA	Vikings Trail Runners / Ccr Alcabideque	628	166	01:46:12.590	00:44:46.343
ANA CAÇOETE	Grvilaverdense	771	167	01:46:28.087	00:45:01.840
RICARDO RAMA	B.V. Condeixa	691	168	01:46:28.337	00:45:02.090
CÁTIA LOPES	Ozxterme/Adcrpereira	736	169	01:46:30.587	00:45:04.340
LÍDIA BORGES	Vikings Trail Runners / Ccr Alcabideque	660	170	01:46:42.370	00:45:16.123
ALICE VENTURA	Vikings Trail Runners / Ccr Alcabideque	649	171	01:46:44.590	00:45:18.343
INÊS SANTOS	Vikings Trail Runners / Ccr Alcabideque	656	172	01:46:44.837	00:45:18.590
LUISA MIRANDA	Arcd Venda Da Luisa	566	173	01:46:47.087	00:45:20.840
CÉLIA SANTOS	Arcd Venda Da Luisa	30	174	01:47:03.337	00:45:37.090
CARINA JORDÃO	Moinhos Da Gândara Trail	528	175	01:47:32.093	00:46:05.846
ELISABETE CARREIRA	Soure Mov	783	176	01:48:14.343	00:46:48.096

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ARTUR COSTA	Bombeiros V Blasfemes	599	177	01:48:24.593	00:46:58.346
MARISA ALMEIDA	Casa Do Benfica Condeixa	648	178	01:48:26.343	00:47:00.096
PEDRO MARTINS	Vikings Trail Runners / Ccr Alcabideque	663	179	01:48:34.843	00:47:08.596
DIOGO FERREIRA	Gatinhos Assanhados	680	180	01:48:36.347	00:47:10.100
TIAGO SIMÕES	Rossio Team	539	181	01:49:00.843	00:47:34.596
JACQUELINE DIAS	Tribo Nr	768	182	01:49:13.340	00:47:47.093
DUARTE LAPO	Falsos Lentos	708	183	01:49:25.843	00:47:59.596
MANUELA MARQUES	Ozxterme/Adcrpereira	733	184	01:50:06.593	00:48:40.346
JORGE CONTENTE	Gatinhos Assanhados	683	185	01:50:35.847	00:49:09.600
FILIPE COELHO	Gatinhos Assanhados	590	186	01:50:36.100	00:49:09.853
DINA BARROCA	Casa Do Benfica Condeixa	643	187	01:50:43.880	00:49:17.633
ORLANDO ALMEIDA	Casa Do Benfica Condeixa	647	188	01:50:43.880	00:49:17.633
CARLA FREIRE	Arcd Venda Da Luisa	633	189	01:50:45.343	00:49:19.096
ROSÁLIA DUARTE	Soure Mov	556	190	01:50:47.097	00:49:20.850
MARCO RIBEIRO	Arcd Venda Da Luisa	569	191	01:50:53.347	00:49:27.100
ANDREIA DIAS	Piordaperna	602	192	01:50:57.347	00:49:31.100
ANTÓNIO NEVES	Soure Mov	550	193	01:51:04.850	00:49:38.603
CÉU SANTOS	O Mundo Da Corrida	581	194	01:51:12.847	00:49:46.600
JOÃO GÓIS	Individual	592	195	01:51:31.597	00:50:05.350
ANA MELO	Vikings Trail Runners / Ccr Alcabideque	671	196	01:51:33.100	00:50:06.853
RUI MARQUES	Acdrs Quinhendros	593	197	01:51:51.597	00:50:25.350
ANTÓNIO SERÓDIO	Soure Mov	558	198	01:51:59.877	00:50:33.630
ANABELA CARDOSO	Vikings Trail Runners / Ccr Alcabideque	623	199	01:52:04.353	00:50:38.106
CRISTINA MELO	Arcd Venda Da Luisa	610	200	01:52:07.600	00:50:41.353
PAULA ANDRADE	Vikings Trail Runners / Ccr Alcabideque	662	201	01:52:12.367	00:50:46.120
CARLOS ROCHA	Soure Mov	547	202	01:52:27.600	00:51:01.353
RITA CARVALHO	Arsm - Associação Recreativa De S. Miguel	514	203	01:52:29.347	00:51:03.100
PAULA GONÇALVES	Gdrcsebal	560	204	01:52:38.850	00:51:12.603
SERGIO VILÃO	Gdrcsebal	561	205	01:52:39.100	00:51:12.853
NUNO GOMES	Individual	589	206	01:53:54.610	00:52:28.363
CARLA RIBEIRO	Vikings Trail Runners / Ccr Alcabideque	752	207	01:53:55.103	00:52:28.856
MAURO TOMÉ	Individual	579	208	01:53:58.853	00:52:32.606
CELSO FERREIRA	Out 2 Run/Miro	764	209	01:55:13.857	00:53:47.610
PAULA NUNES	Arcd Venda Da Luisa	615	210	01:56:13.860	00:54:47.613
TÂNIA RODRIGUES	Vikings Trail Runners / Ccr Alcabideque	631	211	01:56:15.360	00:54:49.113
JOÃO TRINDADE	Clube De Condeixa	577	212	01:57:05.610	00:55:39.363
JOÃO MELANDA	Grvilaverdense	716	213	01:57:37.860	00:56:11.613
ANA GONÇALVES	Grvilaverdense	576	214	01:57:44.613	00:56:18.366
TIAGO GUIOMAR	Vikings Trail Runners / Ccr Alcabideque	666	215	01:58:46.113	00:57:19.866
HELENA MATIAS	Figueira Kayak Clube	609	216	01:58:56.367	00:57:30.120
SOFIA SANTOS	Soure Mov	759	217	01:59:00.117	00:57:33.870
LAURINDA PEREIRA	Cskd - Condeixa Shukokai Karate Do	544	218	01:59:22.390	00:57:56.143
JOSÉ BICHO	Rossio Team	538	219	01:59:26.123	00:57:59.876
ALDA SANTOS	Soure Mov	551	220	02:01:05.867	00:59:39.620

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CONCEIÇÃO GOMES	Ozxterme/Adcrpereira	737	221	02:02:18.630	01:00:52.383
JOSÉ GUERRA	Grvilaverdense	767	222	02:03:15.877	01:01:49.630
PEDRO LOPES	Grvilaverdense	765	223	02:03:22.623	01:01:56.376
GILVANIA GASPAR	Jástrada	541	224	02:03:27.890	01:02:01.643
ELISABETE PEREIRA	Jástrada	540	225	02:03:28.623	01:02:02.376
RITA CORDEIRO	Soure Mov	557	226	02:05:47.130	01:04:20.883
ANABELA AMARAL	Individual	700	227	02:07:42.383	01:06:16.136
RAUL SANTOS	Individual	605	228	02:07:43.133	01:06:16.886
SÉRGIO ALMEIDA	Individual	537	229	02:09:16.637	01:07:50.390
GONÇALO DEUS	Arcd Venda Da Luisa	637	230	02:09:17.643	01:07:51.396
MARGARIDA MOITA	Individual	525	231	02:09:18.387	01:07:52.140
RAQUEL OLIVEIRA	Individual	536	232	02:09:22.637	01:07:56.390
ANDREIA DIAS	Individual	714	233	02:10:42.387	01:09:16.140
ELISABETE DOMINGUES	Individual	701	234	02:10:47.140	01:09:20.893
PATRÍCIA CORDEIRO	"O Pastor Arrimalano"	687	235	02:10:49.140	01:09:22.893
ANA CIPRIANO	B.V. Condeixa	692	236	02:13:37.147	01:12:10.900
JOANA SIMÕES	B.V. Condeixa	695	237	02:13:37.647	01:12:11.400
GUIDA SILVA	Individual	513	238	02:15:51.403	01:14:25.156
GRAÇA SIMÕES	Arcd Venda Da Luisa	638	239	02:16:09.900	01:14:43.653
TÂNIA NUNES	Arcd Venda Da Luisa	617	240	02:16:09.900	01:14:43.653
VERA PRATAS	Individual	512	241	02:16:34.903	01:15:08.656
ELSA PIRES	Almatrail	720	242	02:17:31.157	01:16:04.910
ANA VIEIRA	Cskd - Condeixa Shukokai Karate Do	543	243	02:17:31.403	01:16:05.156
GARY QUINTAL	Individual	588	244	02:17:55.657	01:16:29.410
TÂNIA LOURENÇO	Arcd Venda Da Luisa	618	245	02:21:33.413	01:20:07.166
MARCO OLIVEIRA	Arcd Venda Da Luisa	565	246	02:21:33.667	01:20:07.420
LÍLIA COUTINHO	Arcd Venda Da Luisa	639	247	02:21:33.667	01:20:07.420
FÁTIMA OLIVEIRA	Grvilaverdense	770	248	02:24:00.670	01:22:34.423
FERNANDA FREITAS	Grvilaverdense	766	249	02:24:00.670	01:22:34.423
CLARA MONTEIRO	Vikings Trail Runners / Ccr Alcabideque	597	250	02:24:51.170	01:23:24.923
MÓNICA CUNHA	Farmácia Luciano E Matos	559	251	02:27:30.177	01:26:03.930
MARIA AMADO	Farmácia Luciano E Matos	586	252	02:27:30.433	01:26:04.186
HELENA MIRADA	Individual	535	253	02:29:03.430	01:27:37.183
RICARDO RIBEIRO	Individual	562	254	02:29:03.717	01:27:37.470
SALOMÉ SILVA	Individual	762	255	02:37:02.950	01:35:36.703
SANDRA RIBEIRO	Out 2 Run/Miro	689	256	02:37:03.450	01:35:37.203