

Lugar	Nome	Equipa	Escalão	Esc.	Dorsal	Tempo
1	PAULO PONTES	Grupo de amigos dos casais do vento	M40	1	357	00:53:45.017
2	NUNO SANTOS	Grf Benedita- atletismo	M40	2	364	00:54:18.043
3	RODRIGO ROSA	A.D.R Águas Belas	MSEN	1	399	00:57:42.046
4	RUI FERREIRA		M40	3	372	01:00:30.007
5	JOÃO PIMENTA	Avelar	MSEN	2	349	01:00:37.032
6	NUNO ARELO	Não dá +	MSEN	3	314	01:01:01.010
7	RAFAEL ROSA	Alvaiázer	MSUB23	1	379	01:03:11.053
8	FLAVIO FRANCISCO	Individual	MSEN	4	335	01:05:52.011
9	LUÍS ANTUNES	Caracol Trail Team	M40	4	378	01:05:59.001
10	DOMINGOS CASIMIRO	A.D.R Águas Belas	M50	1	397	01:06:29.074
11	JOÃO FERNANDES	Caracol Trail Team	MSEN	5	384	01:07:15.003
12	HENRIQUE CARVALHEIRO	CCDR Matas e Cipreste	MSEN	6	402	01:07:30.017
13	HENRIQUE LAVAREDDAS	CCDR Matas e Cipreste	M40	5	403	01:07:30.033
14	HUMBERTO OLIVEIRA		M40	6	405	01:07:50.029
15	RUI VALENTE	ANSIBIKERS	MSEN	7	373	01:08:35.056
16	VÍTOR SANTO	ARCD Venda da Luisa	M40	7	416	01:09:08.012
17	VASCO PEREIRA	AR Casaense / Escola de Atletismo de Coimbra / Intermarche de Condeixa	MSEN	8	352	01:10:58.068
18	RICARDO ANTUNES	Avelar	MSUB23	2	362	01:11:07.090
19	DORA SERRA	ARC/Escola de Atletismo de Coimbra	F40	1	337	01:12:10.013
20	PEDRO PIMPÃO		MSEN	9	452	01:12:17.083
21	DANIEL SANTOS	Scfz runners	M40	8	343	01:12:24.016
22	JOÃO RATO	CCDR Matas e Cipreste	MSEN	10	404	01:12:44.039
23	CARLOS MANSO	EFB/GDA	MSUB23	3	381	01:12:55.062
24	GONÇALO MAIA		MSUB23	4	326	01:14:01.072
25	TELMO RODRIGUES		MSEN	11	320	01:14:13.060
26	PAULO RODRIGUES		M40	9	302	01:14:25.036
27	FERNANDO MEDEIROS.	Individual	M50	2	714	01:14:26.043
28	EZEQUIEL LAPO		M40	10	348	01:14:26.096
29	VIRGINIA NOGUEIRA		FSEN	1	359	01:14:30.058
30	LISETE ANTUNES	100 Gás Trail team	FSEN	2	420	01:14:49.087
31	MARCO OLIVEIRA	ARCD Venda da Luisa	M40	11	413	01:15:05.033
32	ANDRÉ SANTOS	ARCD Venda da Luisa	MSEN	12	410	01:15:13.088
33	MAGDA CALDEIRA	S.C.F.Z trail runners	FSEN	3	344	01:15:55.088
34	FILIPE OLIVEIRA	EFB/GDA	MSUB23	5	369	01:15:59.019
35	JORGE MELO		M40	12	366	01:16:02.063
36	LUIS CASIMIRO	A.D.R Águas Belas	MSUB23	6	398	01:16:09.048
37	JOSÉ DIAS	100 Gás trail team	M40	13	342	01:16:24.015
38	CARLOS MENDES	CUMIBROA BIKE`S RUNNING TEAM	MSEN	13	329	01:16:37.059
39	LUIS SALES	Entroncamento	M40	14	477	01:16:51.057
40	FILIPE FERNANDES	Esgalhada Trail Team	M40	15	390	01:17:19.045
41	PAULO TÁBUAS		M50	3	406	01:17:21.095
42	PEDRO NATARIO	100 Gás Trail Team	M40	16	380	01:17:23.083
43	BRUNO SILVA	Não dá +	MSEN	14	358	01:18:35.057
44	JOEL MENDES	Lagarteira Fura Matas	MSEN	15	351	01:18:42.008

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45	ÉLIO ADERNEIRA		MSEN	16	332	01:18:57.007
46	LUIS SANTOS	Individual	MSEN	17	712	01:19:12.029
47	RODRIGO NUNES	CCDR Matas e Cipreste	MSEN	18	401	01:20:02.068
48	RUBEN ALMEIDA	ARCD Venda da Luisa	MSEN	19	414	01:20:09.087
49	BRUNO FERREIRA	Arrastapata	MSEN	20	305	01:20:46.061
50	JORGE SANTOS		M50	4	389	01:20:55.007
51	SANDRA FRAZAO	100 pressa	F40	2	307	01:22:50.058
52	JOÃO FARINHA	Caracol Trail Team	M60	1	336	01:23:39.008
53	THOMAS MASSOT		MSEN	21	347	01:24:21.034
54	JOÃO CARPINTEIRO		MSEN	22	101	01:25:09.025
55	CARLOS AFONSO	NEXEBRA TRAIL TEAM	M40	17	374	01:25:18.071
56	ANTÓNIO ALVES		M40	18	375	01:25:19.013
57	CARLOS GASPAS		M50	5	301	01:25:27.049
58	CLÁUDIA CRAVO	Abutres	F40	3	327	01:25:36.076
59	VITOR SANTOS	100 Gás Trail Team	M40	19	385	01:25:59.015
60	KARINA SOUSA	100 Gás Trail Team	FSEN	4	309	01:25:59.024
61	SÓNIA PEREIRA		F40	4	605	01:26:17.006
62	HUGO CAPELA	DAx-Trail	M40	20	345	01:26:36.089
63	DIOGO CARVALHO		MSUB23	7	315	01:26:48.061
64	711 711	Individual	MSUB23	8	711	01:26:55.024
65	TIAGO GOMES		MSUB23	9	387	01:28:22.079
66	SUSANA GOMES	100 Gás Trail team	FSEN	5	386	01:28:23.010
67	ANABELA SIMÕES		F50	1	312	01:28:34.081
68	DAVID ADERNEIRA		MSEN	23	333	01:28:44.020
69	CATARINA COSTA		F40	5	338	01:28:53.072
70	ANDREIA PITA	ARCD Venda da Luisa	FSEN	6	411	01:29:29.024
71	RAQUEL MARQUES		FSUB23	1	353	01:29:57.093
72	LUÍS SANTOS		M40	21	418	01:30:22.032
73	CLÁUDIA MOTA		F40	6	388	01:31:04.035
74	CLÁUDIA SÁ	100 Gás Trail Team	FSEN	7	334	01:31:39.022
75	SANDRA LOPES	Lama Solta	F40	7	355	01:32:11.066
76	GUIDA FREITAS	Lama Solta	FSEN	8	356	01:32:12.027
77	TÂNIA FERREIRA	SLOWRUNNERS	F40	8	303	01:32:22.023
78	ANIBAL LUIS		M60	2	393	01:32:23.012
79	CATARINA CARVALHO		FSUB23	2	316	01:32:36.011
80	JUDITE DUARTE	ARCD Venda da Luisa	F40	9	412	01:33:05.068
81	ANDRÉ ANTUNES	ARCD Venda da Luisa	MSEN	24	409	01:33:06.015
82	ZULMIRA SILVA	A.d.R Águas Belas	F50	2	396	01:33:21.005
83	MARTA CAPITO	Caracol Trail Team	FSUB23	3	361	01:34:25.076
84	LUDOVICO CAPITO	Caracol Trail Team	M50	6	360	01:34:26.050
85	ANABELA MONTEIRO	CUMIBROA BIKE`S RUNNING TEAM	F40	10	330	01:34:44.001
86	PEDRO COIMBRA	Gadanha	MSEN	25	318	01:35:27.092
87	TIAGO SANTOS	DABAT TRAIL	MSEN	26	306	01:36:10.088
88	PATRÍCIA GRANGEIA		FSEN	9	346	01:40:44.095

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89	FÁBIO SALVADOR		MSEN	27	377	01:40:53.005
90	MARCO SIMOES		MSEN	28	311	01:41:37.018
91	713 713	Individual	MSUB23	10	713	01:42:10.034
92	RODRIGO SILVA	Sonigym	MSUB23	11	371	01:42:11.013
93	ISAAC GADANHA	Gadanha	MSEN	29	317	01:42:39.043
94	ANABELA FERREIRA	100 Gás Trail team	F40	11	382	01:42:39.067
95	FATIMA ANASTACIO	100 gás trail team	F40	12	376	01:42:40.000
96	FLORBELA FERNANDES	Tribo NR	F40	13	407	01:44:01.097
97	MANUELA MURTINHO	100 Gás Trail team	F40	14	313	01:44:02.015
98	SOFIA REGADAS		FSEN	10	354	01:44:02.028
99	AGOSTINHO GOMES		M40	22	417	01:44:52.099
100	JOSÉ SANTOS	Miro Trail	M50	7	391	01:44:56.067
101	CRISTINA SANTOS	Miro Trail	F50	3	392	01:44:56.067
102	MARTA SIMÃO		FSEN	11	340	01:45:10.040
103	INÊS MARCELINO	Clube Sem	F40	15	365	01:46:10.012
104	FÁTIMA GRAMAXO		FSEN	12	367	01:46:10.019
105	TÂNIA NUNES	ARCD Venda da Luisa	F40	16	415	01:46:10.027
106	ANTÓNIO SIMÃO		M50	8	339	01:51:43.079
107	GILVANIA GASPAR	Jáestrada	F40	17	324	01:53:50.002
108	ELISABETE PEREIRA	Jáestrada	F40	18	323	01:53:50.019
109	ALEXANDRA PIRES		FSEN	13	350	01:54:51.005
110	VITOR BOAVIDA		M50	9	325	01:55:24.049
111	CARLOS COSTA		M50	10	400	01:58:44.035
112	ANABELA AMARAL	Tribo NR	F50	4	408	02:00:30.023
113	ANABELA JORDÃO		F40	19	328	02:00:30.047
114	FERNANDO MAIA		M50	11	341	02:00:31.026
115	CARLOS DURO	A.D.R Águas Belas	M60	3	395	02:10:40.094
116	TIAGO FERNANDES		MSEN	30	304	02:10:41.073
117	RICARDO PEDROSA	Individual	M40	23	322	02:13:15.068
118	LUÍS FERNANDES	CUMIBROA BIKE`S RUNNING TEAM	MSEN	31	331	02:19:07.094
119	RODRIGO SANTOS	100 Gás Trail Team	MSEN	32	310	02:19:39.049
120	TIAGO MIGUEL	Cafz	MSEN	33	363	02:19:57.095
121	PAULO GODINHO	Pussos	M40	24	383	02:29:37.023