



Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
1	260	Ricardo Mendes	Ama(dores) Trail Team/ACRU	M Seniores	1	<b>00:53:12</b>	
2	247	José Durão	Casa do Benfica em Abrantes	M 40	1	<b>00:55:13</b>	00:02:01
3	261	Helder Moringa	Trilho Perdido Eventos /Imporlux	M 40	2	<b>00:59:22</b>	00:06:10
4	246	Filipa Moutinho	Casa do Benfica em Abrantes	F Seniores	1	<b>01:01:46</b>	00:08:34
5	225	Ricardo Ferreira	QualquerCoisa	M Seniores	2	<b>01:02:18</b>	00:09:06
6	274	Filipe Maurício	RX Runners	M Seniores	3	<b>01:03:33</b>	00:10:21
7	202	Sergio Vieira	Coelhinhos Trucks	M Seniores	4	<b>01:04:04</b>	00:10:52
8	275	Jorge Maurício	RX Runners	M 40	3	<b>01:04:29</b>	00:11:17
9	276	Leonel Eusébio		M 50	1	<b>01:05:00</b>	00:11:48
10	205	Paulo Rodrigues		M 40	4	<b>01:05:34</b>	00:12:22
11	231	Rodrigo Vitorino		M Seniores	5	<b>01:07:46</b>	00:14:34
12	273	Andreia Correia	Vespinga Trail	F Seniores	2	<b>01:07:59</b>	00:14:47
13	201	Nelson Aguiar	SFLUR	M 40	5	<b>01:10:43</b>	00:17:31
14	215	Renato Esteves	Trilho dos Tempelarios	M Seniores	6	<b>01:10:44</b>	00:17:32
15	268	Frederico Constantino		M Seniores	7	<b>01:11:37</b>	00:18:25
16	272	Pedro Rodrigues		M Seniores	8	<b>01:11:59</b>	00:18:47
17	252	Daniel Luís	Clube de Atletismo Trail Runners da Pont	M Seniores	9	<b>01:14:30</b>	00:21:18
18	269	Gonçalo Quitério		M Seniores	10	<b>01:15:26</b>	00:22:14
19	226	Nuno Rito	QualquerCoisa	M Seniores	11	<b>01:15:53</b>	00:22:41
20	239	Rodrigo Mendes	Coimbra_SC_QV	M Seniores	12	<b>01:16:06</b>	00:22:54
21	210	António Maia	Sartim Runners	M Seniores	13	<b>01:16:27</b>	00:23:15
22	211	Carlos Costa	Sartim Runners	M Seniores	14	<b>01:16:28</b>	00:23:16
23	267	Sofia Vaz		F Seniores	3	<b>01:16:39</b>	00:23:27
24	265	João Jacinto	Cem Quedas	M 50	2	<b>01:19:19</b>	00:26:07
25	244	Nuno Ramos		M Seniores	15	<b>01:19:22</b>	00:26:10
26	200	Joana Silva		F Seniores	4	<b>01:21:09</b>	00:27:57
27	245	Carlos Alves		M 50	3	<b>01:21:09</b>	00:27:57
28	238	Paulo Silva	Vespinga Trail	M 40	6	<b>01:23:30</b>	00:30:18
29	241	Bruno Pinto	Coxos Runners	M Seniores	16	<b>01:23:47</b>	00:30:35
30	227	Jorge Natário	Trilhos & Companhia	M 50	4	<b>01:24:12</b>	00:31:00
31	237	Luís Carapinha		M 40	7	<b>01:25:03</b>	00:31:51
32	219	Teresa Ventura	QualquerCoisa	F Seniores	5	<b>01:26:26</b>	00:33:14
33	251	George		M 40	8	<b>01:26:32</b>	00:33:20
34	216	Jorge Martins	Soutaria Team	M Seniores	17	<b>01:27:45</b>	00:34:33
35	271	Helder Neves	Soutaria Team	M Seniores	18	<b>01:27:47</b>	00:34:35
36	223	Luís Jesus	QualquerCoisa	M 40	9	<b>01:29:00</b>	00:35:48
37	204	José Oliveira		M 40	10	<b>01:29:28</b>	00:36:16
38	254	Leonor Mota	A. C. S. Mamede	F 40	1	<b>01:29:35</b>	00:36:23
39	253	Silvia Vicente	A. C. S. Mamede	F Seniores	6	<b>01:29:36</b>	00:36:24
40	207	João Carlos Santos		M 60	1	<b>01:29:37</b>	00:36:25
41	250	André Pires		M Seniores	19	<b>01:32:07</b>	00:38:55

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
42	249	Diogo Sousa		M Seniores	20	<b>01:32:08</b>	00:38:56
43	218	Mónica Ventura	QualquerCoisa	F Seniores	7	<b>01:32:57</b>	00:39:45
44	220	Joaquim Ventura	QualquerCoisa	M 60	2	<b>01:32:57</b>	00:39:45
45	256	Fernanda Pratas	Cem Quedas	F 50	1	<b>01:34:44</b>	00:41:32
46	262	Cindy Conceição	Coelhinhos Trucks	F Seniores	8	<b>01:34:59</b>	00:41:47
47	243	Nuno Gomes	Coxos Runners	M Seniores	21	<b>01:36:19</b>	00:43:07
48	277	Marco Lopes	Vespinga Trail	M 40	11	<b>01:37:11</b>	00:43:59
49	266	Sofia Pimenta	BFR	F 40	2	<b>01:37:32</b>	00:44:20
50	224	Cidália Silva	QualquerCoisa	F Seniores	9	<b>01:40:25</b>	00:47:13
51	209	Carlos Marchão		M 50	5	<b>01:40:52</b>	00:47:40
52	221	António Silvestre	QualquerCoisa	M 50	6	<b>01:41:14</b>	00:48:02
53	222	Patrícia Rosa	QualquerCoisa	F Seniores	10	<b>01:41:14</b>	00:48:02
54	257	Marta Leote		F Seniores	11	<b>01:41:55</b>	00:48:43
55	258	Andreia Miliciano		F Seniores	12	<b>01:41:55</b>	00:48:43
56	13	Luís Lopes		M 40	12	<b>01:47:03</b>	00:53:51
57	208	Telma Graça	Rx Runners	F 40	3	<b>01:47:03</b>	00:53:51
58	270	Susana Dias		F Seniores	13	<b>01:47:06</b>	00:53:54
59	206	Tania Ferreira		F 40	4	<b>01:47:09</b>	00:53:57
60	230	Joana Faria		F Seniores	14	<b>01:51:34</b>	00:58:22
61	229	Maria Alegria		F 50	2	<b>01:51:35</b>	00:58:23
62	217	Ângela Neves	Soutaria Team	F Seniores	15	<b>01:52:48</b>	00:59:36
63	232	Miquelina Silva	Soutaria Team	F 40	5	<b>01:53:11</b>	00:59:59
64	242	Fernando Silva	Coxos Runners	M Seniores	22	<b>01:53:22</b>	01:00:10
65	228	Alexandra Oliveira	Trilhos & Companhia	F 40	6	<b>01:56:28</b>	01:03:16
66	235	Francisco Salgado	Trilhos & Companhia	M 50	7	<b>01:56:28</b>	01:03:16
67	236	Rosália Santos	Trilhos & Companhia	F 50	3	<b>01:56:29</b>	01:03:17
68	212	Mayer Raposo	Associação de Atletismo Lebres do Sado	M 60	3	<b>01:58:37</b>	01:05:25
69	240	Rui Mendes	Coimbra_SC_QV	M 50	8	<b>02:01:00</b>	01:07:48
70	213	Marta Simões		F 40	7	<b>02:02:02</b>	01:08:50
71	214	João Pereira		M Seniores	23	<b>02:02:02</b>	01:08:50
72	248	Fátima de Jesus		F 40	8	<b>02:02:18</b>	01:09:06
73	263	Jessica Filipe		F Seniores	16	<b>02:11:01</b>	01:17:49
74	264	Deonilde Marques		F 40	9	<b>02:11:02</b>	01:17:50
75	255	Silvina Duarte		F 50	4	<b>02:32:46</b>	01:39:34
76	233	Cláudia Neto	Pace.Makers	F 40	10	<b>02:32:47</b>	01:39:35
77	234	Sílvia Vitorino	Pace.Makers	F 40	11	<b>02:32:47</b>	01:39:35
78	428	Eulália Vitorino	Pace.Makers	F 50	5	<b>02:32:48</b>	01:39:36
	203	Ana Inácio		F 40		DNS	
	259	Suzana Vieira		F Seniores		DNS	

*DESQ - Desqualificado(a) DNS - Did Not Start DNF - Did Not Finish*