

Prova	cPro	Dorsal	Nome	Equipa	escalao	Tempo	tempkm
21K	1	1	Nelson Oliveira	Associação Académica de Coimbra	senM	01:10:29	00:03:20
21K	2	186	Hélder Lopes	DCI/Pedrulha-Mealhada	senM	01:10:51	00:03:21
21K	3	2	Baltazar Sousa	Boavista FC	M45	01:16:26	00:03:37
21K	4	199	Orlando Neves	Boavista FC	M45	01:16:28	00:03:37
21K	5	192	Ricardo Santos	DCI/Pedrulha-Mealhada	senM	01:19:19	00:03:45
21K	6	34	Manuel Pinto	Tribo NR	M45	01:20:33	00:03:49
21K	7	139	Carlos Pimenta	Lusoteam	M40	01:21:07	00:03:50
21K	8	75	Américo Pinho	Escapães	M40	01:21:16	00:03:51
21K	9	196	Francisco Fonseca	Escola Atletismo Coimbra/ JPaiva	senM	01:21:21	00:03:51
21K	10	151	Rui Rodrigues		senM	01:21:30	00:03:51
21K	11	214	Alexandre Mestre	ASCValeirinha	M40	01:21:45	00:03:52
21K	12	194	Diogo Pimenta	DCI/Pedrulha-Mealhada	senM	01:21:50	00:03:52
21K	13	222	Jacinto Correia	Maratona Clube Vila Chã	M50	01:23:22	00:03:57
21K	14	40	Telmo Nuno Horta de Almeida	Tribo NR	M40	01:23:28	00:03:57
21K	15	188	João Paulo Almeida	DCI/Pedrulha-Mealhada	M50	01:23:59	00:03:58
21K	16	15	António José Fragoso Pêgo	Cluve	M50	01:25:38	00:04:03
21K	17	225	Luís Cavaleiro	Run@Figueira	senM	01:25:48	00:04:03
21K	18	86	Rui Pedro Tavares	GAR - Grupo Amigos de Rebordim	senM	01:27:58	00:04:10
21K	19	201	Luis Sa	Boavista FC	M45	01:28:23	00:04:11
21K	20	101	Francisco Pais	O MUNDO DA CORRIDA	M45	01:29:07	00:04:13
21K	21	165	Aurélio Saúde	Jogging Lovers Coimbra	M40	01:29:17	00:04:13
21K	22	204	Marco Barbosa	Boavista FC	senM	01:29:29	00:04:14
21K	23	236	Luís Marques	Holmes Place Coimbra	senM	01:29:39	00:04:14
21K	24	163	Guilherme Romano	Allianz Seguros	M50	01:29:43	00:04:15
21K	25	250	Rui Melo	Tribo NR	senM	01:29:48	00:04:15
21K	26	126	Elísio Ferreira Alves Gonçalves	LISMOS- Canedo	senM	01:29:50	00:04:15
21K	27	11	João Ferreira	AAC-REMO	senM	01:30:02	00:04:16
21K	28	256	Márcio Pereira	Escola Atletismo Coimbra/ JPaiva	senM	01:30:05	00:04:16
21K	29	185	António Moreira	Kalenji team Decathlon Aveiro	senM	01:30:33	00:04:17
21K	30	247	Mário Barata		M45	01:31:45	00:04:20
21K	31	67	José Manuel Dias Ferreira	Jogging Lovers Coimbra	M40	01:32:12	00:04:22
21K	32	189	Joaquim José Martins	DCI/Pedrulha-Mealhada	M50	01:32:37	00:04:23
21K	33	58	Cristóvão Gomes		senM	01:33:00	00:04:24
21K	34	60	Gonçalo Filipe Neves Padilha	Coimbra Trail Running	M40	01:33:07	00:04:24
21K	35	202	Pedro Dias	Boavista FC	M40	01:33:20	00:04:25
21K	36	221	João Simões	DCI/Pedrulha-Mealhada	senM	01:33:22	00:04:25
21K	37	255	Roberto Martins		senM	01:33:26	00:04:25
21K	38	224	Jorge Mamede Abrantes	LISMOS - Canedo	M45	01:33:51	00:04:26
21K	39	237	Nuno Miguel Moura Cachulo		senM	01:33:53	00:04:26
21K	40	57	Amilcar Costa	ACRM Silveirinha Grande Claras	M45	01:33:56	00:04:27
21K	41	240	Vítor Caldeira	Boavista FC	senM	01:34:00	00:04:27
21K	42	193	Orlando Viegas	DCI/Pedrulha-Mealhada	senM	01:34:53	00:04:29
21K	43	79	Filipe Santos	Rumo aos 21K	senM	01:35:08	00:04:30
21K	44	138	Edgar Gomes		senM	01:35:09	00:04:30
21K	45	63	Filipe Rafael Ramos Cantante Marti	Slow Runners Pombal	senM	01:35:11	00:04:30
21K	46	141	David Jesus	PASCOALITOS A.D.BARCOUÇO	senM	01:35:17	00:04:30
21K	47	187	Bruno Gomes	DCI/Pedrulha-Mealhada	senM	01:35:22	00:04:31
21K	48	109	Ruben Novo	NewBrothers	senM	01:35:24	00:04:31
21K	49	223	Tiago Rafael Mendes Duarte	Atletismo Clube da Tocha	senM	01:35:29	00:04:31
21K	50	76	FERNANDO MANUEL MACHADO AL	Holmes Place Coimbra	M55	01:35:45	00:04:32
21K	51	211	Nuno Gonçalves		M40	01:35:55	00:04:32
21K	52	254	Rodrigo Carvalho	Coimbra Trail Running	senM	01:36:02	00:04:33
21K	53	45	Alex Sander Casati	MatUff-1/99	senM	01:36:11	00:04:33
21K	54	93	Nuno José de Jesus Pessoa	Kalejados	M40	01:36:22	00:04:33
21K	55	195	Nélio Girão	Formobike BTT & Trail Running	senM	01:36:26	00:04:34
21K	55	252	Rodrigo Monteiro	Xancas	M45	01:36:26	00:04:34
21K	57	119	Juan Costa	Os Velozes	M50	01:36:27	00:04:34
21K	58	24	Joaquim Vieita	Ama(dores) trail team	M50	01:36:31	00:04:34
21K	59	216	José Vaz Abade	Cluve	M60	01:36:42	00:04:34
21K	60	38	Miguel Silva	Tribo NR	M45	01:37:04	00:04:35
21K	61	144	Pedro Tiago Lopes	USF Cruz de Celas	senM	01:37:13	00:04:36
21K	62	174	Eugenio Santos		senM	01:37:23	00:04:36
21K	63	30	João Carlos Miranda Dias Pereira	Tribo NR	M40	01:37:26	00:04:37
21K	64	121	Marco Gama		senM	01:37:28	00:04:37
21K	65	173	Luis Filipe Nogueira Costa	Running Clube de Coimbra	M45	01:37:33	00:04:37

21K	66	147	José Carlos Santos		M50	01:37:40	00:04:37
21K	67	68	Fernando Pato	Adrep	M60	01:37:41	00:04:37
21K	68	120	Carlos Rodrigues	Os Velozes	M60	01:37:53	00:04:38
21K	69	80	Márcio Figueiredo	Rumo aos 21K	senM	01:38:12	00:04:39
21K	70	94	Jorge Justo	O MUNDO DA CORRIDA	M55	01:38:19	00:04:39
21K	71	44	Nuno Oliveira		senM	01:38:57	00:04:41
21K	72	209	CARLOS JORGE S OLIVEIRA	Boavista FC	M45	01:39:11	00:04:41
21K	73	207	António Dias	Boavista FC	M55	01:39:23	00:04:42
21K	74	10	Marcos Alves	Tribo NR	M40	01:39:30	00:04:42
21K	75	95	Vásco Soares		senM	01:39:41	00:04:43
21K	76	123	Nuno Oliveira	FIT&FUN ACREDITAR	M50	01:40:05	00:04:44
21K	77	103	ARSÉNIO SANTOS	PASCOALITOS A.D.BARCOUÇO	M45	01:40:40	00:04:46
21K	78	131	Nuno Rodrigues	Deixa Passar	senM	01:41:06	00:04:47
21K	79	129	Célio Duarte	Deixa Passar	senM	01:41:12	00:04:47
21K	80	184	Sandro Vilela	Amigos do descanso	M40	01:41:14	00:04:47
21K	81	116	Pedro Miguel Nobre Marques		M40	01:41:19	00:04:48
21K	82	205	Silvia Teixeira	Boavista FC	F35	01:41:30	00:04:48
21K	83	200	Paulo Ferreira	Boavista FC	M55	01:41:31	00:04:48
21K	84	27	André Luiz Correa Dias	Tribo NR	M50	01:42:17	00:04:50
21K	85	16	Luís Vasco Raposeira Maia	BTTRAIN	M40	01:42:28	00:04:51
21K	86	62	António Geraldo	O MUNDO DA CORRIDA	M60	01:42:38	00:04:51
21K	87	102	HEBER PIRES	PASCOALITOS A.D.BARCOUÇO	senM	01:43:03	00:04:52
21K	88	135	Amilcar Ramos		M40	01:43:06	00:04:53
21K	89	47	Vitor Pereira		senM	01:43:32	00:04:54
21K	90	46	Paulo Matafome		senM	01:43:35	00:04:54
21K	91	130	Luís Bragça	Deixa Passar	senM	01:43:40	00:04:54
21K	92	190	Ruben Baptista	DCI/Pedrulha-Mealhada	senM	01:43:48	00:04:55
21K	93	244	João Salustiano	Câmara Municipal de Coimbra	M45	01:43:49	00:04:55
21K	94	245	Sérgio Viana	Seifitness Trail Team	senM	01:43:51	00:04:55
21K	95	19	Alberto Almeida Santos	Os incansáveis	M55	01:44:08	00:04:56
21K	96	170	Tiago Manuel Fernandes Mateus	O MUNDO DA CORRIDA	senM	01:44:12	00:04:56
21K	97	105	João Ramos	Running Clube Coimbra	M40	01:44:15	00:04:56
21K	98	171	Manuel Marçal	Con_dores do Choupal Coimbra	M60	01:44:19	00:04:56
21K	99	198	Filipe Abreu	Boavista FC	M40	01:45:10	00:04:58
21K	100	127	Marco Cunha		senM	01:45:23	00:04:59
21K	101	154	Cristina Madanços	CORRER LISBOA	F35	01:45:29	00:04:59
21K	101	155	JALMOR JALMOR	CORRER LISBOA	M45	01:45:29	00:04:59
21K	103	143	Joel Santos	ACRM Silveirinha Grande Claras	senM	01:45:38	00:05:00
21K	103	257	Rui Borges		senM	01:45:38	00:05:00
21K	105	92	Lora Sofia de Jesus Pereira	Acdrs Quinhendros	F35	01:45:39	00:05:00
21K	106	70	Harri Eskelinen	Poroglidors	M40	01:45:44	00:05:00
21K	107	157	Celestino Garcia		M45	01:45:55	00:05:01
21K	108	117	Mauro Daniel Ferreira Sousa		senM	01:46:34	00:05:02
21K	109	213	Daniel Bizarro		M40	01:46:40	00:05:03
21K	110	179	Tiago Almeida	ARCD Venda da Luísa	senM	01:46:41	00:05:03
21K	111	108	Francisco Roque		M45	01:46:57	00:05:04
21K	112	128	Luis Anselmo Santos Fernandes	Holmes Place Coimbra	senM	01:47:27	00:05:05
21K	113	181	Paulino Oliveira		senM	01:47:55	00:05:06
21K	114	9	Leandro Carneiro		senM	01:48:01	00:05:07
21K	115	118	Narciso Arromba	Cluve	M60	01:48:12	00:05:07
21K	116	168	VICTOR MOREIRA SIMÕES GOMES	Cluve	M50	01:48:13	00:05:07
21K	117	100	Isabel Trindade	O MUNDO DA CORRIDA	F50	01:49:54	00:05:12
21K	118	29	Manuel Cardoso Duarte	Tribo NR	M45	01:49:58	00:05:12
21K	119	42	Ana Mendes	#CorrerporAí	F35	01:50:01	00:05:12
21K	120	167	Luís Vizeu	SóPão	senM	01:50:31	00:05:14
21K	121	246	José Manuel Domingues Costa	Atletismo Clube da Tocha	senM	01:50:33	00:05:14
21K	122	241	Valquíria Silva	Boavista FC	F40	01:50:48	00:05:14
21K	123	226	Ana Porto		F35	01:51:12	00:05:16
21K	124	39	Miguel Teteto	Tribo NR	M45	01:51:13	00:05:16
21K	125	228	Lara Azambujo	Run@Figueira	senF	01:51:16	00:05:16
21K	126	89	André Catarro	AC Clínica	M45	01:52:06	00:05:18
21K	127	50	José Augusto Quinta Bárbara	Os incansáveis	M50	01:52:21	00:05:19
21K	128	43	João Graça	ACRM Silveirinha Grande Claras	M60	01:52:38	00:05:20
21K	129	235	Tiago Maia	FORMOBIKE BTT & TRAIL RUNNIN	senM	01:52:52	00:05:20
21K	130	18	paulo silva		M50	01:53:04	00:05:21
21K	131	69	Helder Simões	.	M40	01:53:22	00:05:22

21K	132	239	MIGUEL RIBEIRO	Boavista FC	M40	01:53:50	00:05:23
21K	133	169	Henrique Borges		M55	01:53:59	00:05:23
21K	134	136	Solange Sousa		F35	01:54:03	00:05:24
21K	135	149	José Pedro Galvão	Irogon	senM	01:54:27	00:05:25
21K	136	37	Paulo Domingues	Tribo NR	M40	01:54:35	00:05:25
21K	137	253	Pedro Rosa		senM	01:54:59	00:05:26
21K	138	177	Vitor Figueiredo	Con_dores do Choupal Coimbra	M45	01:55:15	00:05:27
21K	138	243	RUI CARDOSO	Boavista FC	M40	01:55:15	00:05:27
21K	140	78	José Ferreira	Rumo aos 21K	senM	01:55:29	00:05:28
21K	141	91	Hugo Fiipe de Oliveira Barroca		senM	01:55:35	00:05:28
21K	142	230	Sérgio Mateus F Marques	Táxis Marialves Running Team	M40	01:56:21	00:05:30
21K	143	231	Carlos Alexandre Serra Brito Marqu	Táxis Marialves Running Team	senM	01:56:22	00:05:30
21K	144	215	André Machado	Out 2 Run	M40	01:56:24	00:05:30
21K	145	88	Renato Carvalho	ADCR POLÍCIA JUDICIÁRIA	M40	01:56:25	00:05:30
21K	146	53	Bruno Marques	PÉS TROIKADOS - CSCS	senM	01:56:38	00:05:31
21K	147	150	Elias de Oliveira Leitão		M60	01:56:48	00:05:31
21K	148	72	Roberto Rolandone		senM	01:56:52	00:05:32
21K	149	164	Mónica Migueis	Allianz Seguros	F40	01:57:11	00:05:33
21K	150	148	João Francisco Gonçalves Marques	Irogon	senM	01:57:29	00:05:33
21K	151	51	Miguel Pereira		senM	01:58:08	00:05:35
21K	152	238	Duarte martelo		M40	01:58:17	00:05:36
21K	153	158	paulo jose louro costa		M45	01:58:53	00:05:37
21K	154	77	Amadeu Carvalho		M60	01:59:05	00:05:38
21K	155	183	Nuno Manso	CrossTrail	M40	01:59:31	00:05:39
21K	156	212	Francisco Bizarro		senM	01:59:56	00:05:40
21K	157	48	Pedro Elias		M45	02:00:36	00:05:42
21K	158	106	Emanuele Meroni		senM	02:00:49	00:05:43
21K	159	61	Pedro Ricardo Correia Henriques		M40	02:01:30	00:05:45
21K	160	115	CRISTINA ALEIXO		F45	02:01:40	00:05:45
21K	161	142	Nelson Marques	ACRM Silveirinha Grande Claras	M40	02:01:42	00:05:45
21K	162	152	Miguel Augusto Meneses da Silva S		M45	02:01:59	00:05:46
21K	163	32	Ricardo Rodrigues	Tribo NR	M40	02:02:11	00:05:47
21K	164	227	Maria Abreu		F50	02:02:44	00:05:48
21K	165	49	Ricardo Jorge de Abreu Bica		senM	02:02:47	00:05:48
21K	166	210	MANUEL VIEIRA DE CARVALHO	Boavista FC	M60	02:03:12	00:05:50
21K	167	41	Humberto João Farinha Alves	Tribo NR	senM	02:04:08	00:05:52
21K	168	145	António Faria	Tribo NR	M50	02:05:12	00:05:55
21K	169	137	Paulo Rosa	Lebres de Pegoes	M50	02:05:13	00:05:55
21K	170	229	joao paulo tondela	Run@Figueira	M50	02:05:15	00:05:55
21K	171	26	Nuno Miguel Sequeira Fontes		senM	02:05:50	00:05:57
21K	172	162	Ana Catarina Ferreira	Allianz Seguros	senF	02:06:00	00:05:58
21K	173	54	Luís Miguel Pato		M40	02:06:47	00:06:00
21K	174	97	Víctor Manuel Assunção Pereira		M60	02:06:54	00:06:00
21K	175	35	Mário Ferreira	Tribo NR	senM	02:07:00	00:06:00
21K	176	104	Marco Paulo Martins Cachinho	Kaninos	senM	02:07:38	00:06:02
21K	177	133	Tiago Almeida		senM	02:07:44	00:06:03
21K	178	112	Diogo Arraias	Os Arraias	M60	02:08:14	00:06:04
21K	179	113	Sandra Arraias	Os Arraias	F35	02:08:15	00:06:04
21K	180	219	Manuel Espada	Tribo NR	M50	02:09:15	00:06:07
21K	181	220	Luís Brilha	Tribo NR	M40	02:09:16	00:06:07
21K	182	156	Paulo Jorge de Araujo Pinto Marque		M45	02:10:34	00:06:11
21K	183	56	Paulo Marques	PÉS TROIKADOS - CSCS	senM	02:10:46	00:06:11
21K	184	175	José Pedro	Con_dores do Choupal Coimbra	M50	02:11:16	00:06:13
21K	185	107	José Manuel Oliveira Madeira	Tartarugas do Choupal	M60	02:12:56	00:06:17
21K	186	140	Elisabete Pedrosa	GIM Running Team	F45	02:13:54	00:06:20
21K	187	114	Paulo Providencia		M50	02:14:40	00:06:22
21K	188	218	Manuel Ventura		M45	02:14:53	00:06:23
21K	189	13	André Pinto		senM	02:15:45	00:06:25
21K	190	28	Jacqueline Correa Dias	Tribo NR	F50	02:16:00	00:06:26
21K	191	124	Alexandre Pereira Henriques Sousa	Sorrisos do Trail	M40	02:19:21	00:06:35
21K	192	206	Luís Araújo	Boavista FC	M50	02:22:13	00:06:44
21K	193	36	José Abrantes	Tribo NR	M40	02:22:47	00:06:45
21K	194	208	Elsa Dias	Boavista FC	F50	02:22:51	00:06:45
21K	195	242	JOSÉ SECA	Boavista FC	senM	02:22:53	00:06:45
21K	196	172	Gustavo Veiga		senM	02:22:55	00:06:46
21K	197	134	Ricardo Pereira		senM	02:28:27	00:07:01

21K	198	98	Ana Faneca		F45	02:28:28	00:07:01
21K	199	82	João Braga	Never Run Alone	M45	02:35:11	00:07:20
21K	200	182	Alexandre Ritchie	Run@Figueira	M40	02:36:06	00:07:23
21K	201	21	Carla Trindade	Georunners	F35	02:49:37	00:08:01
21K	202	20	Luis Afonso	Georunners	M45	02:49:38	00:08:01
21K	203	232	Isabel Ucha	Xanucha	F50	02:50:43	00:08:04
21K	204	233	Alexandra Palma	Xanucha	F50	02:50:44	00:08:05
21K	205	17	João Santiago		M40	02:57:39	00:08:24
21K	206	249	Milton Vogado		senM	03:37:09	00:10:16
21K	-	3				-	-
21K	-	4				-	-
21K	-	5				-	-
21K	-	6				-	-
21K	-	7				-	-
21K	-	8				-	-
21K	-	12	Jorge Marques Loureiro	Cluve	M60	-	-
21K	-	14	João Pedro da Costa		M40	-	-
21K	-	22	Daniel Moreira	Mondego Ultra Trail	senM	-	-
21K	-	23	Raul Abraão Martins		M50	-	-
21K	-	25	francisco manuel silvaoliveira		M40	-	-
21K	-	31	António Luís Figueiredo Morais Bon Tribo NR		M40	-	-
21K	-	33	Mário Rui Leal da Silva	Tribo NR	senM	-	-
21K	-	52	Vitorino Coragem	O MUNDO DA CORRIDA	M60	-	-
21K	-	55	Mário Silva Cardoso	Casa Benfica Algueirão Mem Mar	M55	-	-
21K	-	59	Natalina Lopes		F40	-	-
21K	-	64	José Eufrazio	Cluve	M60	-	-
21K	-	65	Pedro Miguel Antunes Batista	Clube Atletismo Nazaré	senM	-	-
21K	-	66	Luís Miguel Miranda Vasco		M40	-	-
21K	-	71	PAULO GAIAO	CASA POVO ALCANENA	M45	-	-
21K	-	73	Fernando Fonseca	O MUNDO DA CORRIDA	M50	-	-
21K	-	74	Céu Santos	O MUNDO DA CORRIDA	F50	-	-
21K	-	81	Ana Braga	Never Run Alone	F35	-	-
21K	-	83	Pedro Miguel Lopes Neto	Deixa Passar	senM	-	-
21K	-	84	Miguel Coimbra	Cluve	M50	-	-
21K	-	85	GIL ANTÓNIO FIGUEIREDO DA COSTARCD Venda da Luísa		M40	-	-
21K	-	87	Vitor Fernandes	Sai de Gats Trail Team	M40	-	-
21K	-	90	Vitor Luis Pratas dos Santos	Escola de Atletismo de Coimbra/J	M50	-	-
21K	-	96	Ana Cláudia	Xancas	F40	-	-
21K	-	99	Fernando Luis	O MUNDO DA CORRIDA	M60	-	-
21K	-	110	José Nogueira	Clube de Atletismo da Nazaré	M40	-	-
21K	-	111	Mário Silva	Serviços Sociais de São João da M	M50	-	-
21K	-	122	rui teixeira		M55	-	-
21K	-	125	Rui Miguel Abreu Duque Aveiro		M40	-	-
21K	-	132	Vitor Manuel Nunes Alves Martins		M60	-	-
21K	-	146	Carla Maria Nunes Lopes	Tribo NR	F35	-	-
21K	-	153	Alexandre Marques	União Clube Eirense	senM	-	-
21K	-	159	NUNO MIGUEL ALVES SIMÕES	Allianz Seguros	senM	-	-
21K	-	160	Joaquim Fernando Martins de Olive	Allianz Seguros	M50	-	-
21K	-	161	JOÃO PAULO MOTA SILVARES GARF	Allianz Seguros	senM	-	-
21K	-	166	José Vitor Oliveira		senM	-	-
21K	-	176	José Vieira	Con_dores do Choupal Coimbra	M45	-	-
21K	-	178	Jorge Henriques		M50	-	-
21K	-	180	Otilia almeida		senM	-	-
21K	-	191	Paulo Faria	DCI/Pedrulha-Mealhada	senM	-	-
21K	-	197	Baltazar Sousa	Boavista FC	M45	-	-
21K	-	203	Ricardo Ferreira	Boavista FC	senM	-	-
21K	-	217	Joao Saraiva		M40	-	-
21K	-	234	Walter Palma	Xanucha	M50	-	-
21K	-	248	Rafael Cordeiro	Tribo NR	senM	-	-
21K	-	251	Rute Saraiva	Xancas	F40	-	-