

Prova	cPro	Dorsal	Nome	Equipa	escalao	Tempo	tempkm
21k	1	39	Rodrigo Santos	DCI/TRILHOS LUSO BUSSACO	senM	01:16:02	00:03:37
21k	2	4	Fernando Sousa	Boavista FC	senM	01:17:35	00:03:42
21k	3	171	Igor Castro	Escola Atletismo de Coimbra/JPaiva	senM	01:17:36	00:03:42
21k	4	1	Baltazar Sousa	Boavista FC	M45	01:19:17	00:03:47
21k	5	46	Carlos Pimenta	LUSOTEAM	M40	01:19:36	00:03:47
21k	6	116	Joao Almeida	DCI/TRILHOS LUSO BUSSACO	M50	01:19:57	00:03:48
21k	7	95	Carlos Coelho	A D Rio Largo C Espinho	M40	01:20:05	00:03:49
21k	8	36	Nuno Santos	GRF Benedita - Atletismo	M40	01:21:07	00:03:52
21k	9	117	Vitor Oliveira	DCI/TRILHOS LUSO BUSSACO	M50	01:21:38	00:03:53
21k	10	119	Manuel Costa	DCI/TRILHOS LUSO BUSSACO	M60	01:22:32	00:03:56
21k	11	149	Alain Couto	A D Rio Largo C Espinho	M45	01:23:02	00:03:57
21k	12	170	Paulo Ferreira	CBRunning	M40	01:23:14	00:03:58
21k	13	160	Mauro Azevedo	Águas do Centro Litoral	M45	01:23:23	00:03:58
21k	14	157	Antonio Ratola		senM	01:23:34	00:03:59
21k	15	49	Telmo Reis	LOUSADA RUNNERS	senM	01:23:57	00:04:00
21k	16	114	Jose Campar	DCI/TRILHOS LUSO BUSSACO	M45	01:24:43	00:04:02
21k	17	2	Jorge Rocha	Boavista FC	M40	01:25:04	00:04:03
21k	18	135	Lidia Pereira	GDR GRANJA - TRUTAS DO MAU	F50	01:26:05	00:04:06
21k	19	42	Luis Silva	ACRM Silveirinha Grande Claras	M45	01:26:21	00:04:07
21k	20	45	Telmo Almeida	Lágrimas Team	M45	01:27:10	00:04:09
21k	20	161	Rui Melo	Águas do Centro Litoral	senM	01:27:10	00:04:09
21k	22	103	Ricardo Lopes	Grupo Maravilha	senM	01:27:34	00:04:10
21k	23	140	Marcio Loureiro	DCI/TRILHOS LUSO BUSSACO	senM	01:27:41	00:04:11
21k	24	32	Pedro Marques	Escola Atletismo de Coimbra/JPaiva	M45	01:27:50	00:04:11
21k	25	9	Jorge Abrantes		M50	01:28:05	00:04:12
21k	26	159	Jadir Pereira		M50	01:28:25	00:04:13
21k	27	63	Francisco Pais	O MUNDO DA CORRIDA	M45	01:28:39	00:04:13
21k	28	24	Eugenio Santos	OUT2RUN/MIRO	senM	01:29:10	00:04:15
21k	29	115	Miguel Viegas	DCI/TRILHOS LUSO BUSSACO	senM	01:29:19	00:04:15
21k	30	6	Joao Silva	Casa do Benfica Condeixa	senM	01:30:04	00:04:17
21k	31	146	Paulo Gomes	Benfica em Forma	senM	01:30:05	00:04:17
21k	32	144	Joaquim Godinho	DCI/TRILHOS LUSO BUSSACO	M60	01:30:06	00:04:17
21k	33	138	Paulo Maia	DCI/TRILHOS LUSO BUSSACO	M45	01:30:22	00:04:18
21k	34	7	Carlos Viseu		M45	01:30:33	00:04:19
21k	35	60	Manuel Cabete	Moinhos da Gândara Trail	M50	01:30:47	00:04:19
21k	36	40	Alcino Pinto	ATHLON RUNNER'S	M40	01:30:53	00:04:20
21k	37	34	Jose Santos	RG Levanta Poeira	M50	01:30:56	00:04:20
21k	38	100	Luis Mendes	Abutres	M40	01:31:02	00:04:20
21k	39	22	Manuel Marques		M50	01:31:03	00:04:20
21k	40	152	Nuno Oliveira		senM	01:31:12	00:04:21
21k	41	92	Jose Pereira	A D Rio Largo C Espinho	senM	01:31:15	00:04:21
21k	42	35	Cristovao Gomes		senM	01:31:45	00:04:22
21k	43	180	Pedro Dias	Boavista FC	M45	01:32:27	00:04:24
21k	44	14	Amilcar Ramos	GRVilaverdense	M40	01:32:31	00:04:24
21k	45	113	Rui Borges	Câmara Municipal de Coimbra	M40	01:32:51	00:04:25
21k	46	137	Helder Galvao		senM	01:33:17	00:04:27
21k	47	120	Joao Simoes	DCI/TRILHOS LUSO BUSSACO	senM	01:33:20	00:04:27
21k	48	96	Joaquim Martins	DCI/TRILHOS LUSO BUSSACO	M50	01:33:23	00:04:27
21k	49	18	Ricardo Bica		senM	01:33:28	00:04:27
21k	50	56	Americo Pinho	Escapães	M45	01:33:50	00:04:28
21k	50	147	Luis Nunes	Benfica em Forma	M40	01:33:50	00:04:28
21k	52	124	Edivaldo Maciel	Grecas	senM	01:33:51	00:04:28
21k	53	76	Antonio Patricio	ADR4Estações	M50	01:34:10	00:04:29
21k	54	3	Rui Pereira	Boavista FC	M45	01:34:32	00:04:30
21k	54	126	Bruno Pinheiro		senM	01:34:32	00:04:30
21k	56	10	Pedro Guimaraes		M45	01:34:45	00:04:31
21k	57	158	Elisio Goncalves		senM	01:35:03	00:04:32
21k	58	41	Amilcar Costa	ACRM Silveirinha Grande Claras	M45	01:35:18	00:04:32
21k	59	43	Filipe Carvalheiro	ACRM Silveirinha Grande Claras	M45	01:35:28	00:04:33
21k	60	73	Fernando Alhau	Coimbra Trail Running	M55	01:35:42	00:04:33
21k	61	104	Jorge Justo	O MUNDO DA CORRIDA	M55	01:35:57	00:04:34
21k	62	12	Paulo Marques	Formobike BTT & Trail Running	senM	01:36:40	00:04:36
21k	63	110	Marta Lobo	AAC	senF	01:37:19	00:04:38
21k	64	151	Rui Neto		senM	01:37:21	00:04:38
21k	65	11	Miguel Pereira		senM	01:37:33	00:04:39
21k	66	53	Vitor Pereira		senM	01:37:47	00:04:39
21k	67	88	Julia Schiavon	A D Rio Largo C Espinho	F35	01:37:51	00:04:40
21k	68	129	Nuno Ferreira	Fonte Nova Runners	M45	01:37:56	00:04:40
21k	69	33	Edelson Rocha	Tribo NR	M50	01:38:01	00:04:40
21k	70	79	Antonio Borges	Porto Sentido Runners	M45	01:38:29	00:04:41
21k	71	52	Arsenio Santos	Pascoalitos AD Barcouço	M50	01:38:43	00:04:42
21k	72	109	Jose Vieira	Con_Dores do Choupal Coimbra	M45	01:38:45	00:04:42
21k	73	156	Pedro Ratola		M50	01:39:00	00:04:43
21k	74	65	Antonio Geraldo	O MUNDO DA CORRIDA	M60	01:39:28	00:04:44
21k	75	166	Rui Fonseca		M40	01:39:54	00:04:45
21k	76	132	Miguel Vasco	GRVilaverdense	M40	01:39:56	00:04:46
21k	77	15	Helder Pires		M40	01:41:03	00:04:49
21k	78	139	Luis Costa	Running Clube de Coimbra	M45	01:41:25	00:04:50
21k	79	86	Wouter Broeck	A D Rio Largo C Espinho	M45	01:41:26	00:04:50
21k	80	148	Jose Macarria	MAREZIA BAR	M55	01:41:37	00:04:50
21k	81	30	Antonio Pereira		M45	01:42:12	00:04:52
21k	82	153	Alvaro Portugal	Coimbra Trail Running	M60	01:42:21	00:04:52
21k	83	66	Joel Santos	ACRM Silveirinha Grande Claras	senM	01:42:52	00:04:54
21k	84	59	Joao Saraiva	Sport Club Paradela	M40	01:43:24	00:04:55
21k	85	69	Manuel Duarte	Tribo NR	M45	01:43:26	00:04:56
21k	86	121	Mauro Sousa	DCI/TRILHOS LUSO BUSSACO	senM	01:43:48	00:04:57
21k	87	19	Marcio Meireles	Porto Sentido Runners	senM	01:44:12	00:04:58

21k	88	54	Albino Pires	Porto Sentido Runners	M40	01:45:04	00:05:00
21k	89	81	Fernando Fonseca	O MUNDO DA CORRIDA	M55	01:45:19	00:05:01
21k	90	127	Ligia Santos	Pé d'Atleta RunWalk Team	senF	01:45:29	00:05:01
21k	91	17	Ligia Casimiro	SPORTING CLUBE DE ESPINHO / António Leitão	F40	01:45:30	00:05:01
21k	92	48	Elton Pinho	Pé d'Atleta RunWalk Team	senM	01:45:31	00:05:01
21k	93	83	Crispim Tribuna	CVVB	senM	01:45:49	00:05:02
21k	94	108	Jose Perdigao		senM	01:45:51	00:05:02
21k	95	154	Ricardo Veiga		M40	01:46:11	00:05:03
21k	96	44	Joao Sintra	ACRM Silveirinha Grande Claras	M60	01:46:15	00:05:04
21k	97	98	Vitor Parola	Impact Factor	senM	01:46:51	00:05:05
21k	98	70	Joao Rodrigues		M45	01:47:17	00:05:07
21k	99	131	Bernardo Rodrigues	RUA DE CIMA - ÓBIDOS	M45	01:47:20	00:05:07
21k	100	26	Mascarenhas Maria	Porto Sentido Runners	F45	01:47:21	00:05:07
21k	101	145	Vitor Figueiredo	ADR4Estações	M50	01:47:34	00:05:07
21k	102	72	Ana Porto	DCI/TRILHOS LUSO BUSSACO	F40	01:47:36	00:05:07
21k	103	74	Vitor Ferreira		M60	01:47:39	00:05:08
21k	104	28	Elizabeth Loureiro	Porto Sentido Runners	F45	01:47:45	00:05:08
21k	105	55	Pedro Elias	Tribo NR	M50	01:48:00	00:05:09
21k	106	68	Paulo Matafome	Tribo NR	senM	01:48:03	00:05:09
21k	106	122	Narciso Arromba	CluVe	M60	01:48:03	00:05:09
21k	108	78	Paulo Jesus	Pascoalitos AD Barcouço	M40	01:48:09	00:05:09
21k	109	84	Heber Pires	Pascoalitos AD Barcouço	senM	01:48:16	00:05:09
21k	110	82	Paulino Oliveira	#Osmanos	senM	01:48:47	00:05:11
21k	111	38	Monica Almeida		senF	01:48:50	00:05:11
21k	112	27	Paula Coutinho	Porto Sentido Runners	F45	01:49:03	00:05:12
21k	113	163	Sara Carvalho	ARCD Venda da Luísa	senF	01:50:22	00:05:15
21k	114	101	Miguel Santos	RG Levanta Poeira	M45	01:50:30	00:05:16
21k	115	112	Avelino Rodrigues	Porto Sentido Runners	M45	01:50:41	00:05:16
21k	116	165	Pedro Carvalho	Formobike BTT & Trail Running	M40	01:51:00	00:05:17
21k	117	150	Marisa Bregieiro	OPraticante.pt / Lama Solta	F35	01:51:15	00:05:18
21k	118	106	Leandro Santos		M60	01:52:00	00:05:20
21k	119	23	Fernanda Gomes		F45	01:52:03	00:05:20
21k	120	13	Bruno Marques	PÉS TROIKADOS - CSCS	senM	01:52:58	00:05:23
21k	121	31	Vasco Marques		M45	01:53:02	00:05:23
21k	122	67	Isabel Trindade	O MUNDO DA CORRIDA	F50	01:53:09	00:05:23
21k	122	89	Joaquim Gomes	A D Rio Largo C Espinho	M60	01:53:09	00:05:23
21k	124	90	Joaquim Barbosa	A D Rio Largo C Espinho	M40	01:53:47	00:05:25
21k	125	91	Daniel Lopes	A D Rio Largo C Espinho	senM	01:53:49	00:05:25
21k	126	125	Carlos Rocha	Running Espinho	senM	01:54:05	00:05:26
21k	127	99	Joao Cavadas	Lágrimas Team	M50	01:54:57	00:05:28
21k	128	29	Diogo Reis		M40	01:55:25	00:05:30
21k	129	58	Pedro Tavares	SCPovoense - Caracois de Corrida	senM	01:55:27	00:05:30
21k	130	21	Filipe Simoes	BV Brasfemes - Trail e BTT	senM	01:55:45	00:05:31
21k	131	87	Adriano Queiroz	A D Rio Largo C Espinho	M60	01:55:48	00:05:31
21k	132	93	Jose Falcao	A D Rio Largo C Espinho	M60	01:55:54	00:05:31
21k	133	130	Joao Ferreira	Fonte Nova Runners	senM	01:55:58	00:05:31
21k	134	133	Carlos Jesus	Núcleo Amigos Atletismo Lagos	M50	01:56:30	00:05:33
21k	135	16	Jose Gaspar		senM	01:57:10	00:05:35
21k	136	169	Jose Goncalves	Águas do Centro Litoral	M45	01:57:18	00:05:35
21k	137	123	Tomas Rodrigues	PBX	M45	01:58:47	00:05:39
21k	138	85	Alfredo Santos	A D Rio Largo C Espinho	M60	01:59:09	00:05:40
21k	139	51	Lucia Martins	O MUNDO DA CORRIDA	F35	01:59:20	00:05:41
21k	140	164	Tiago Almeida	ARCD Venda da Luísa	senM	02:01:49	00:05:48
21k	141	80	Ceu Santos	O MUNDO DA CORRIDA	F55	02:03:00	00:05:51
21k	142	162	Mauro Silva	ARCD Venda da Luísa	senM	02:04:23	00:05:55
21k	143	64	Fernando Luis	O MUNDO DA CORRIDA	M60	02:06:53	00:06:03
21k	144	97	Maria Abreu		F50	02:07:45	00:06:05
21k	145	20	Ricardo Pereira	GRVilaverdense	senM	02:09:50	00:06:11
21k	146	143	Isidro Fernandes	Lama Solta	senM	02:09:59	00:06:11
21k	147	77	Victor Pereira	CluVe	M60	02:10:43	00:06:13
21k	148	105	Rui Brunheta	Potencial Global	M50	02:12:12	00:06:18
21k	149	167	Rita Carvalho	ARSM-Associação Recreativa de São Miguel	senF	02:15:21	00:06:27
21k	150	168	Fausto Carvalho	ARSM-Associação Recreativa de São Miguel	M60	02:15:22	00:06:27
21k	151	102	Claudia Afonso	DCI/TRILHOS LUSO BUSSACO	F35	02:19:36	00:06:39
21k	152	128	Daniela Ribeiro	Pé d'Atleta RunWalk Team	senF	02:21:22	00:06:44
21k	153	50	Albertina Goncalves	LOUSADA RUNNERS	F35	02:22:17	00:06:47
21k	154	155	Cibele Ferreira		F45	02:23:50	00:06:51
21k	155	25	Jose Madeira	Tartarugas do Choupal	M60	02:26:17	00:06:58
21k	156	8	Mario Pedroso		M40	02:30:12	00:07:09
21k	156	57	Ana Faneca	Fanecas	F45	02:30:12	00:07:09