

Prova	cPro	Dorsal	Nome	Equipa	escalao	Tempo	tempkm
10K	1	896	Ricardo Jorge Rebelo Gaspar	Escola de Atletismo de Coimbra - JPaiva	senM	00:36:28	00:03:39
10K	2	862	Hugo Coelho	Cluve	M45	00:36:37	00:03:40
10K	3	949	Paulo Teixeira	Boavista FC	senM	00:36:46	00:03:41
10K	4	939	Telmo Nascimento	DCI/Pedrulha-Mealhada	senM	00:36:54	00:03:41
10K	5	898	Fábio Abrantes	União Clube Eirense	senM	00:37:19	00:03:44
10K	6	935	Igor Castro	Escola Atletismo Coimbra/ JPaiva	senM	00:37:23	00:03:44
10K	7	977	José Silva	Maratona Clube Vila Chã	M40	00:37:45	00:03:47
10K	8	1004	Paulo Antunes	Associação Académica Coimbra	M45	00:38:47	00:03:53
10K	9	962	Márcia Martins	DCI/Pedrulha-Mealhada	senF	00:39:45	00:03:59
10K	10	957	Pedro Gerardo	Cluve	M55	00:40:39	00:04:04
10K	11	900	Ricardo Saraiva	União Clube Eirense	M45	00:41:19	00:04:08
10K	12	998	Pedro Varela	Associação Académica Coimbra	M45	00:41:25	00:04:09
10K	13	938	Ricardo Teixeira	DCI/Pedrulha-Mealhada	senM	00:41:47	00:04:11
10K	14	897	Fábio Marques	União Clube Eirense	senM	00:41:49	00:04:11
10K	15	987	Hugo Ferreira	Boavista FC	senM	00:42:20	00:04:14
10K	16	865	José Luis Pires		M45	00:42:35	00:04:16
10K	17	994	Patrícia Pereira		senF	00:42:36	00:04:16
10K	18	883	Vitor Castro	DCI/Pedrulha-Mealhada	M40	00:42:43	00:04:16
10K	19	980	Carlos Nunes	Casa do Povo de Mangualde	M55	00:42:45	00:04:16
10K	20	996	Nuno Santos		senM	00:42:50	00:04:17
10K	21	889	Miguel Campos		M45	00:43:07	00:04:19
10K	22	999	Fernando Agante	Associação Académica Coimbra	M55	00:43:19	00:04:20
10K	23	963	Abel Batalha	SOURE MOV	M50	00:43:37	00:04:22
10K	24	813	Tiago Taborda	Tribo NR	senM	00:44:03	00:04:24
10K	25	989	Jose Ross	Boavista FC	senM	00:44:34	00:04:27
10K	26	881	Hugo Daniel Guedes Silva		senM	00:44:51	00:04:29
10K	27	885	João Miguel Carvalho Cardoso Neiva		senM	00:45:10	00:04:31
10K	28	878	Luís Miguel Freitas de Oliveira		senM	00:45:12	00:04:31
10K	29	955	Nuno Franco	Cluve	senM	00:45:19	00:04:32
10K	30	930	Arnaldo Tomás	Con_dores do Choupal Coimbra	M40	00:45:30	00:04:33
10K	31	969	Jorge Cordeiro	SOURE MOV	M50	00:45:40	00:04:34
10K	32	876	José António Fernandes Neves		senM	00:45:48	00:04:35
10K	33	899	Humberto Oliveira	União Clube Eirense	M40	00:45:58	00:04:36
10K	34	874	Ricardo Henriques		senM	00:46:06	00:04:37
10K	35	873	Luis Soares		M40	00:46:08	00:04:37
10K	36	849	João Rodolfo da Silva Pontes	Cluve	senM	00:46:11	00:04:37
10K	37	940	Marisa João	DCI/Pedrulha-Mealhada	F40	00:46:21	00:04:38
10K	38	860	Eduardo Luís Cortesão Pimenta		senM	00:46:23	00:04:38
10K	39	853	Saul Martins	Tribo NR	senM	00:46:29	00:04:39
10K	40	832	Manuel António Roseiro Ferreira		M45	00:46:41	00:04:40
10K	41	988	Carla Faria	Boavista FC	senF	00:46:43	00:04:40
10K	42	836	Frederico Marques	Out2Run	senM	00:46:46	00:04:41
10K	43	942	Nuno Sousa	Duros do Mondego	M40	00:46:52	00:04:41
10K	44	887	Fernando Gonçalves	Run for Fun	M40	00:47:11	00:04:43
10K	45	830	Rui Jorge Santos Fonseca		M40	00:47:25	00:04:45
10K	46	976	Mário Carvalho	ADR4ESTAÇÕES	M50	00:47:35	00:04:46
10K	47	960	Maria Isabel Fernandes	Escola Atletismo Coimbra/ JPaiva	senF	00:47:57	00:04:48
10K	48	871	Joaquim Almeida		M55	00:48:15	00:04:50
10K	49	954	Paulo Maia		M45	00:48:19	00:04:50
10K	50	936	Maria Ramos	DCI/Pedrulha-Mealhada	senF	00:48:30	00:04:51
10K	51	846	Miguel Coimbra	Cluve	M50	00:48:37	00:04:52
10K	52	941	André Mendes	Duros do Mondego	M40	00:48:40	00:04:52
10K	53	870	Leonardo Varella-Cid		senM	00:49:18	00:04:56
10K	54	842	Jorge José Andrade Assunção		M50	00:49:25	00:04:57
10K	55	982	Jose Ramos		M45	00:49:45	00:04:59
10K	56	819	José Carlos fernades	Tribo NR	M50	00:49:49	00:04:59
10K	57	857	Durval Nuno Simões Pires		senM	00:49:55	00:05:00
10K	57	931	José Nunes		senM	00:49:55	00:05:00
10K	59	933	Filip Koziy	Pascoalitos / AD Barcouço	senM	00:50:01	00:05:00
10K	60	966	Marco Gomes	SOURE MOV	senM	00:50:05	00:05:00
10K	61	850	Diogo Ferreira		senM	00:50:19	00:05:02
10K	62	929	Carlos Alberto da Costa Henriques B		M45	00:50:33	00:05:03
10K	63	921	Jorge Miguel dos Santos		M45	00:50:42	00:05:04
10K	64	968	José Madeira	SOURE MOV	M40	00:50:50	00:05:05
10K	65	932	António Castanheira		M40	00:51:05	00:05:07
10K	66	958	Sergio Nicolau		M40	00:51:21	00:05:08
10K	67	924	Rui Miguel Martins	Tribo NR	senM	00:51:25	00:05:08
10K	68	872	Pedro Miguel Belo das Neves		M40	00:51:26	00:05:09
10K	69	916	Antonio Caetano	Gdmrunners	M40	00:51:32	00:05:09

10K	70	824	Virgílio Neto		M40	00:51:34	00:05:09
10K	71	974	Fernando Rolo	SOURE MOV	M45	00:51:37	00:05:10
10K	72	956	Hugo Costa		senM	00:51:38	00:05:10
10K	73	991	Carlos Lobo		M55	00:51:52	00:05:11
10K	74	893	José Carlos Lopes	USF Cruz de Celas	M45	00:52:00	00:05:12
10K	75	808	Humberto Dias	Run for Fun	M45	00:52:24	00:05:14
10K	76	864	Antonio Marques		M45	00:52:32	00:05:15
10K	77	803	Fernando Batista	Os Batistas	M50	00:52:38	00:05:16
10K	78	859	Carolina Ganhão	Tribo NR	senF	00:52:41	00:05:16
10K	79	810	Hernâni Pedroso		M45	00:52:42	00:05:16
10K	80	928	Luís Carlos Simões Dias		senM	00:52:58	00:05:18
10K	81	875	António Miguel Sampaio Soares		senM	00:53:18	00:05:20
10K	82	840	Miguel Duarte		senM	00:53:30	00:05:21
10K	83	812	Ana Luísa Branco Fernandes	Tribo NR	F35	00:53:38	00:05:22
10K	84	867	Carlos Ramos	Tribo NR	M55	00:54:06	00:05:25
10K	85	839	Ana Sêco	MONTANHA CLUBE TRAIL RUNNING/EFAI	senF	00:54:16	00:05:26
10K	86	946	Albina Sousa	Boavista FC	F40	00:54:26	00:05:27
10K	87	975	Nuno Pinheiro	SOURE MOV	M45	00:54:40	00:05:28
10K	88	915	VASCO ISMAEL MENDES GOMES	Cluve	senM	00:54:41	00:05:28
10K	89	854	Nuno Santos	SEM Team	senM	00:54:49	00:05:29
10K	89	856	Nuno Cortez	SEM Team	M40	00:54:49	00:05:29
10K	91	863	Sérgio Almeida		M40	00:54:53	00:05:29
10K	92	981	Daniela Mendes		senF	00:55:06	00:05:31
10K	93	927	José Rocha		M45	00:55:09	00:05:31
10K	94	912	Maria Ana Lopes	Allianz Seguros	senF	00:55:12	00:05:31
10K	95	911	José Francisco Neves	Allianz Seguros	M45	00:55:13	00:05:31
10K	96	806	José Manuel Lima Antunes	Run for Fun	M40	00:55:16	00:05:32
10K	97	848	Nuno Tiago Santos Pires	Casa do Benfica Condeixa	senM	00:55:26	00:05:33
10K	98	908	Marco Alberto Henriques Santos Mc	Allianz Seguros	M40	00:55:34	00:05:33
10K	99	1005	João Dias		M50	00:55:54	00:05:35
10K	100	827	Carla Rodrigues		senF	00:55:56	00:05:36
10K	101	1000	Armando Rodrigues	Holmes Place Coimbra	M45	00:56:38	00:05:40
10K	102	809	Celina Dias	Run for Fun	F45	00:56:41	00:05:40
10K	103	992	Luis Rodrigues		M45	00:56:49	00:05:41
10K	104	922	Ricardo Rocha	Con_dores do Choupal Coimbra	M50	00:56:52	00:05:41
10K	104	972	Joana Mota	SOURE MOV	senF	00:56:52	00:05:41
10K	106	807	Delio Almeida		senM	00:56:53	00:05:41
10K	107	925	Nuno Pacheco	Tribo NR	senM	00:56:58	00:05:42
10K	108	947	FRANCISCO PINTO	Boavista FC	M50	00:57:00	00:05:42
10K	109	984	Olivier Jean Agostinho Wasterlain		M45	00:57:11	00:05:43
10K	110	903	Daniela Ferreira	Run for Fun	F35	00:57:22	00:05:44
10K	111	825	João Carlos Marques Silva	Ckapri.pt	M55	00:57:50	00:05:47
10K	112	919	Ana Cardoso		senF	00:58:01	00:05:48
10K	113	945	Marta Paulos	Escola Atletismo Coimbra/ JPaiva	senF	00:58:05	00:05:48
10K	114	967	Diana Cordeiro	SOURE MOV	senF	00:58:12	00:05:49
10K	115	971	Andreia Brás	SOURE MOV	senF	00:58:19	00:05:50
10K	116	880	Paulo Sérgio Cardoso	Barrô	senM	00:58:22	00:05:50
10K	117	886	Gonçalo Nuno da Costa Luciano Ara		M40	00:58:39	00:05:52
10K	118	1003	Vitor Gariso	SOURE MOV	M45	00:59:24	00:05:56
10K	119	961	Gabriela Gomes	Escola Atletismo Coimbra/ JPaiva	F35	00:59:32	00:05:57
10K	120	837	Milena Rouxinol	Out2Run	F35	00:59:35	00:05:58
10K	121	970	Elisabete Carreira	SOURE MOV	F35	00:59:49	00:05:59
10K	122	917	Mário Pedroso	Con_dores do Choupal Coimbra	senM	01:00:10	00:06:01
10K	123	845	David Deveza Pereira	Deixa Passar	senM	01:00:25	00:06:02
10K	124	838	Florbela Rouxinol	Out2Run	F45	01:00:26	00:06:03
10K	125	973	Bruno Monteiro	SOURE MOV	M40	01:00:36	00:06:04
10K	126	965	António Serôdio	SOURE MOV	M55	01:00:37	00:06:04
10K	127	983	Luís Miguel Nunes		M45	01:00:41	00:06:04
10K	128	866	Ana Ribeiro	Tribo NR	senF	01:00:46	00:06:05
10K	129	847	Miguel Pereira		senM	01:00:51	00:06:05
10K	130	869	Laurinda Pereira	CSKD Condeixa Shukokai Karate-Do	F45	01:01:00	00:06:06
10K	131	902	Orlando Almeida		senM	01:01:43	00:06:10
10K	132	934	João Maria Barroso		senM	01:01:54	00:06:11
10K	133	901	Pedro Simões		senM	01:01:59	00:06:12
10K	134	890	Paula Andrade	VIKINGS TRAIL RUNNERS /CCR ALCABIDE	F45	01:02:35	00:06:15
10K	135	926	Célia Carvalho	MONTANHA CLUB TRAIL RUNNING/EFAP	F40	01:02:55	00:06:17
10K	136	944	José Quadrado	Tribo NR	M45	01:03:19	00:06:20
10K	137	978	José Caetano	Maratona Clube Vila Chã	M60	01:03:40	00:06:22
10K	138	833	Raquel da Conceição Branco de Oliv		senF	01:03:49	00:06:23
10K	139	995	João Pedro	Con_dores do Choupal Coimbra	M40	01:04:02	00:06:24

10K	140	918	Sofia Murteira Relvas	Gurus	senF	01:04:07	00:06:25
10K	141	888	Pedro Brito	Casa do Benfica Condeixa	senM	01:05:01	00:06:30
10K	141	892	Tiago Cruz	Team comdores	senM	01:05:01	00:06:30
10K	143	914	Miguel Amaro	Allianz Seguros	M45	01:05:02	00:06:30
10K	144	834	Rui Brunheta		M50	01:05:07	00:06:31
10K	145	964	Rosália Duarte	SOURE MOV	F50	01:05:22	00:06:32
10K	146	891	Andreia Patricia Casaleiro de Oliveir		senF	01:06:00	00:06:36
10K	147	826	Cátia Agostinho		senF	01:06:14	00:06:37
10K	148	804	Sílvia Seco		senF	01:06:38	00:06:40
10K	149	802	Filipa Batista	Os Batistas	senF	01:06:39	00:06:40
10K	150	815	Patrícia Ferreira	Tribo NR	senF	01:07:11	00:06:43
10K	151	910	André Quarenta	Allianz Seguros	senM	01:07:30	00:06:45
10K	152	913	Rute Alves	Allianz Seguros	F35	01:07:31	00:06:45
10K	153	858	nuno miguel dias alves	Casa do Benfica Condeixa	M45	01:07:34	00:06:45
10K	154	923	Dora OLiveira	ARCD Venda da Luísa	F35	01:07:45	00:06:46
10K	155	951	Ekaterina Augusto		F40	01:08:17	00:06:50
10K	156	953	Sónia Matos		F35	01:08:18	00:06:50
10K	157	820	Elísio Pinto		M55	01:08:27	00:06:51
10K	158	895	Telma Alexandra Jesus Matias		senF	01:08:49	00:06:53
10K	159	986	José Magro		M60	01:08:59	00:06:54
10K	160	985	Magda Magro		F50	01:09:06	00:06:55
10K	161	868	Ana Vieira	CSKD Condeixa Shukokai Karate-Do	F45	01:10:50	00:07:05
10K	162	882	VERA RAPOSO		F35	01:10:53	00:07:05
10K	163	861	Sofia Margarida Duarte Gomes		F40	01:10:54	00:07:05
10K	164	990	Sandra Simões	Tribo NR	F35	01:11:04	00:07:06
10K	165	877	Alexandre Joaquim Pimenta Gomes		M40	01:12:08	00:07:13
10K	166	909	Alcides Pereira	Allianz Seguros	M45	01:12:18	00:07:14
10K	167	904	ALICE MARIA MONTEIRO RAMOS	Allianz Seguros	F50	01:12:21	00:07:14
10K	168	906	Constança Marques Baptista S. Bast	Allianz Seguros	senF	01:12:28	00:07:15
10K	169	907	Henrique Alfredo Mesquita Ramos	Allianz Seguros	M45	01:12:31	00:07:15
10K	170	894	Lara Silva	Tribo NR	F35	01:12:47	00:07:17
10K	171	841	Susana Isabel dos Milagres Pato		senF	01:12:53	00:07:17
10K	172	852	Daniela Novo	NEWBrothers	senM	01:13:10	00:07:19
10K	173	905	Cláudio Moita	Allianz Seguros	M40	01:13:41	00:07:22
10K	174	844	Cecília Isabel Ventura de Sousa		F50	01:13:51	00:07:23
10K	175	879	Regina Beatriz Marvao		F35	01:14:10	00:07:25
10K	176	952	João António Sobreira Gaspar	Amigos do descanso	senM	01:14:12	00:07:25
10K	177	884	Daniel Rodrigues		senM	01:15:20	00:07:32
10K	177	948	ISABEL PINTO	Boavista FC	F45	01:15:20	00:07:32
10K	179	814	Graciano Cabral	Tribo NR	M60	01:15:28	00:07:33
10K	180	920	Ana Santos	Running Clube de Coimbra	F35	01:15:32	00:07:33
10K	181	818	Cristina Daniel Marques	Tribo NR	F40	01:22:02	00:08:12
10K	182	943	Susete Paiva	Tribo NR	F35	01:22:03	00:08:12
10K	183	823	Paulo Ferreira	#CorrerporAí	M40	01:29:15	00:08:55
10K	184	822	Carla Mendes	#CorrerporAí	F35	01:29:24	00:08:56
10K	-	800	Jorge Mateus Simão dos Santos		senM	-	-
10K	-	801	Ricardo Pôncio		senM	-	-
10K	-	805	Elza Mendes Cordeiro		F40	-	-
10K	-	811	Mirelle Mota Fernandes	MatUff-1/99	F35	-	-
10K	-	816	Ana Neves	Tribo NR	F35	-	-
10K	-	817	Christina Loureiro	Tribo NR	senF	-	-
10K	-	821	ARMENIO JOSE ALVES OLIVEIRA		M45	-	-
10K	-	828	Nuno Miguel Silva Coutinho	Clube Condeixa	senM	-	-
10K	-	829	Inês Duarte Andrade Braga		F40	-	-
10K	-	831	João Pedro Miranda Braga		M40	-	-
10K	-	835	Carla Marina Barros Lopes		F45	-	-
10K	-	843	Pedro Miguel Belo das Neves		M40	-	-
10K	-	851	Susana Bóia	WiseRunning	F35	-	-
10K	-	855	Cláudia Gomes	SEM Team	senF	-	-
10K	-	937	Toze Carvalho	DCI/Pedrulha-Mealhada	senM	-	-
10K	-	950	Ricardo Filipe Ferreira	Boavista FC	senM	-	-
10K	-	959	Ricardo Germano		senM	-	-
10K	-	979	Tatiana Florindo		senF	-	-
10K	-	997	Rui Lopes	Associação Académica Coimbra	M40	-	-