

Prova	cPro	Dorsal	Nome	Equipa	escalao	Tempo	tempkm
10k	1	642	Fabio Abrantes	União Clube Eirense	senM	00:34:37	00:03:28
10k	2	503	Ricardo Gaspar	Escola Atletismo de Coimbra/JPaiva	senM	00:35:27	00:03:33
10k	3	635	Messias Dias	DCI/TRILHOS LUSO BUSSACO	M45	00:36:10	00:03:37
10k	4	643	Carlos Filipe	CPT Sobral Ceira	senM	00:36:30	00:03:39
10k	5	565	Hugo Coelho	CluVe	M45	00:36:55	00:03:42
10k	6	681	Manuel Pinto	Tribo NR	M45	00:37:50	00:03:47
10k	7	631	Fernando Marques	DCI/TRILHOS LUSO BUSSACO	senM	00:39:05	00:03:55
10k	8	718	Vitor Cardoso		M40	00:39:09	00:03:55
10k	9	734	Manuel Cardoso	Boavista FC	M45	00:39:47	00:03:59
10k	10	622	Alexandre Marques	União Clube Eirense	senM	00:39:48	00:03:59
10k	11	546	Antonio Pego		M50	00:40:32	00:04:03
10k	12	541	Ricardo Nunes	ACRM Silveirinha Grande Claras	senM	00:41:01	00:04:06
10k	13	617	Hugo Guedes	Valaaaas Team	senM	00:41:46	00:04:11
10k	14	515	Marcio Salgado	Twelvespot	senM	00:41:55	00:04:12
10k	15	621	Fabio Marques	União Clube Eirense	senM	00:42:08	00:04:13
10k	16	644	Aurelio Saude	Jogging Lovers Coimbra	M40	00:42:29	00:04:15
10k	17	653	Diogo Reis		senM	00:42:39	00:04:16
10k	18	638	Jose Simoes	ARSM-Associação Recreativa de São Miguel	M50	00:42:44	00:04:16
10k	19	616	Vitor Castro	DCI/TRILHOS LUSO BUSSACO	M40	00:42:57	00:04:18
10k	20	704	Jorge Santos		M45	00:43:12	00:04:19
10k	21	679	Tiago Taborda	Tribo NR	senM	00:43:19	00:04:20
10k	22	588	Nuno Sousa	Tribo NR	M40	00:43:20	00:04:20
10k	23	726	Marcio Rodrigues	ACDRS QUINHENDROS	senM	00:43:23	00:04:20
10k	24	505	Frederico Marques	OUT2RUN/MIRO	M40	00:44:01	00:04:24
10k	25	737	Joaquim Baltazar	ARCD Venda da Luísa	senM	00:44:10	00:04:25
10k	26	671	Ricardo Sousa	Tribo NR	senM	00:44:13	00:04:25
10k	27	675	Mario Silva	Tribo NR	senM	00:44:18	00:04:26
10k	28	534	Leonardo Varella-Cid	Wrong Way	senM	00:44:38	00:04:28
10k	29	625	Goncalo Marques	Runners & Friends - Rosa Biscoito	senM	00:44:47	00:04:29
10k	30	600	Sergio Duarte	Runners & Friends - Rosa Biscoito	M40	00:45:40	00:04:34
10k	30	722	Celia Alves	O Praticante.pt / out 2 run/Miro	F40	00:45:40	00:04:34
10k	32	711	Joselito Pereira	O Praticante.pt / out 2 run/Miro	M40	00:45:41	00:04:34
10k	33	627	Nuno Costa	Escola Atletismo de Coimbra/JPaiva	M45	00:45:45	00:04:34
10k	34	750	Jose Gomes	OPraticante.pt / Lama Solta	senM	00:45:53	00:04:35
10k	35	662	Renato Heleno	Valaaaas Team	senM	00:46:03	00:04:36
10k	36	735	Artur Gandara	ARCD Venda da Luísa	senM	00:46:12	00:04:37
10k	37	599	Augusto Amaral	Runners & Friends - Rosa Biscoito	M45	00:46:23	00:04:38
10k	38	557	Arnaldo Tomas	ADR4Estações	M40	00:46:29	00:04:39
10k	39	751	Rui Teixeira	OPraticante.pt / Lama Solta	senM	00:46:36	00:04:40
10k	40	633	Jose Ramos		M45	00:46:38	00:04:40
10k	41	535	Denis Quadros	ATHLON RUNNER'S	senM	00:46:40	00:04:40
10k	42	507	Miguel Coimbra	União Clube Eirense	M50	00:46:42	00:04:40
10k	43	550	Manuel Ferreira	ADABEM running team	M45	00:46:54	00:04:41
10k	44	667	Hugo Costa		senM	00:47:17	00:04:44
10k	45	572	Paulo Torres	Runners & Friends - Rosa Biscoito	M45	00:47:25	00:04:45
10k	46	522	Alberto Santos	Twelvespot	M50	00:47:32	00:04:45
10k	47	506	Pedro Ferreira	Tondela Runners	M40	00:47:41	00:04:46
10k	48	629	Joaquim Almeida	Coimbra Trail Running	M55	00:47:48	00:04:47
10k	49	702	Clara Rodrigues		F35	00:47:52	00:04:47
10k	50	703	Goncalo Santos		M40	00:48:04	00:04:48
10k	51	510	Gustavo Assuncao	OUT2RUN/MIRO	senM	00:48:07	00:04:49
10k	52	683	Nuno Pessoa	Tribo NR	M40	00:48:13	00:04:49
10k	53	539	Patricia Pereira		F35	00:48:15	00:04:50
10k	54	509	Jorge Assuncao	OUT2RUN/MIRO	M55	00:48:20	00:04:50
10k	55	620	Jose Neves		senM	00:49:01	00:04:54
10k	55	685	Ricardo Silva	Present Technologies	senM	00:49:01	00:04:54
10k	55	691	Mario Carvalho	ADR4Estações	M50	00:49:01	00:04:54
10k	55	720	Luis Oliveira	OPraticante.pt / Lama Solta	senM	00:49:01	00:04:54
10k	59	548	Ana Fernandes	Tribo NR	F35	00:49:25	00:04:57
10k	60	666	Carlos Lobo		M55	00:49:27	00:04:57
10k	61	558	Dora Serra	Escola Atletismo de Coimbra/JPaiva	F40	00:49:57	00:05:00
10k	61	577	Ricardo Pereira	EMCANTOS AIT	senM	00:49:57	00:05:00
10k	63	590	Andre Mendes	Tribo NR	M40	00:50:08	00:05:01
10k	64	637	Eunice Magalhaes	DCI/TRILHOS LUSO BUSSACO	F35	00:50:15	00:05:01
10k	65	665	Joao Rainho		senM	00:50:20	00:05:02
10k	66	608	Maria Carvalho		senF	00:50:21	00:05:02
10k	67	551	Manuel Costa	CluVe	M60	00:50:41	00:05:04
10k	68	712	Zenaide Alves	O Praticante.pt / out 2 run/Miro	F40	00:50:50	00:05:05
10k	69	752	Sergio Cruz	Tribo NR	M40	00:50:53	00:05:05
10k	70	749	Nuno Santos	OPraticante.pt / Lama Solta	senM	00:50:56	00:05:06
10k	71	508	Jose Ladeiro		senM	00:51:00	00:05:06
10k	72	732	Ana Lemos		F35	00:51:05	00:05:07
10k	73	538	Joao Graca	ACRM Silveirinha Grande Claras	M60	00:51:16	00:05:08
10k	74	686	Fabio Minas	Present Technologies	senM	00:51:18	00:05:08
10k	75	716	Miguel Costa		M45	00:51:21	00:05:08
10k	76	567	Tzze Caetano	Gdmrunners	M40	00:51:26	00:05:09

10k	77	511	Carlos Martins	Porto Sentido Runners	M50	00:51:38	00:05:10
10k	78	555	Armando Rodrigues	Sciencestory, Lda.	M45	00:51:40	00:05:10
10k	79	657	Hugo Martins	CARVALHOS	M40	00:51:42	00:05:10
10k	80	695	Filipe Picao	Simply The Best	M40	00:51:45	00:05:11
10k	81	744	Joao Nunes		M45	00:51:48	00:05:11
10k	82	533	Joana Cerveira		senF	00:51:52	00:05:11
10k	82	660	Nuno Manso	Cross Trail	M40	00:51:52	00:05:11
10k	84	586	Ricardo Rocha		M50	00:51:54	00:05:11
10k	85	652	Goncalo Cardoso	CARVALHOS	M40	00:51:59	00:05:12
10k	86	504	Virgilio Neto	Casa do Benfica Condeixa	M40	00:52:27	00:05:15
10k	86	708	Paulo Silva	individua	M50	00:52:27	00:05:15
10k	86	754	Margarida Mota		F50	00:52:27	00:05:15
10k	89	547	Basilio Simoes	Happy & Fit	M50	00:52:30	00:05:15
10k	90	724	Andre Silva	OPraticante.pt / Lama Solta	senM	00:52:31	00:05:15
10k	91	579	Joao Silva	Ckapri.pt	M60	00:52:48	00:05:17
10k	92	597	Tiago Pires	Casa do Benfica Condeixa	senM	00:53:05	00:05:19
10k	92	658	Pedro Fontes	CARVALHOS	M40	00:53:05	00:05:19
10k	92	725	Jose Silva	OPraticante.pt / Lama Solta	M45	00:53:05	00:05:19
10k	95	537	Nelson Marques	ACRM Silveirinha Grande Claras	M40	00:53:09	00:05:19
10k	96	542	Carla Pimenta		F40	00:53:25	00:05:20
10k	97	502	Durval Pires		senM	00:53:29	00:05:21
10k	98	731	Pedro Nunes		M45	00:53:41	00:05:22
10k	99	723	Filipe Simoes	OPraticante.pt / Lama Solta	M45	00:53:43	00:05:22
10k	100	705	Marta Fonseca	OUT2RUN/MIRO	F35	00:53:50	00:05:23
10k	101	601	Alexandra Pinho		F45	00:54:17	00:05:26
10k	102	628	Emanuel Ferreira		senM	00:54:19	00:05:26
10k	103	687	Bruno Antunes	Present Technologies	senM	00:54:37	00:05:28
10k	104	589	Andre Luz	Tribo NR	senM	00:54:51	00:05:29
10k	105	512	Hernani Pedroso		M45	00:55:02	00:05:30
10k	106	630	Helena Lopes	Tribo NR	F40	00:55:12	00:05:31
10k	107	717	Alberto Valejo	IPN Runners	M45	00:55:42	00:05:34
10k	108	632	Sergio Almeida	PepsiCo	M45	00:55:54	00:05:35
10k	109	563	Filipe Canilho		senM	00:56:16	00:05:38
10k	109	568	Maria Benquerenca		F40	00:56:16	00:05:38
10k	111	614	Fernando Silva		M55	00:56:27	00:05:39
10k	112	661	Joao Dias		M50	00:56:42	00:05:40
10k	113	647	Ana Neves	Tribo NR	F35	00:57:09	00:05:43
10k	114	634	Eduarda Vinagre		F45	00:57:11	00:05:43
10k	115	646	Paulo Domingues	Tribo NR	M40	00:57:18	00:05:44
10k	116	728	Raimisom Santos		senM	00:57:30	00:05:45
10k	117	699	Tiago Carvalho		senM	00:57:32	00:05:45
10k	118	677	Miguel Teteto	Tribo NR	M50	00:57:47	00:05:47
10k	119	645	Ana Rufino	Tribo NR	F40	00:57:48	00:05:47
10k	120	552	Luis Nunes	Tribo NR	M45	00:58:36	00:05:52
10k	121	573	Carla Rodrigues		senF	00:59:56	00:06:00
10k	122	521	Joao Ferreira	Twelvespot	senM	01:00:13	00:06:01
10k	123	529	Nuno Marques	Twelvespot	M40	01:00:15	00:06:01
10k	124	516	Barbara Pereira	Twelvespot	senF	01:00:29	00:06:03
10k	124	520	Tatiana Freitas	Twelvespot	senF	01:00:29	00:06:03
10k	126	639	Francisca Silva	Olympic Silvas	senF	01:00:47	00:06:05
10k	127	591	Renato Dias		senM	01:00:53	00:06:05
10k	128	530	Antonio Santos	Twelvespot	M45	01:01:08	00:06:07
10k	129	587	Nuno Alves	Casa do Benfica Condeixa	M45	01:01:11	00:06:07
10k	130	729	Nathaly Lehnen		senF	01:01:54	00:06:11
10k	131	733	Sofia Lemos		F40	01:02:03	00:06:12
10k	132	561	Ondina Leal	ACRM Silveirinha Grande Claras	F45	01:02:17	00:06:14
10k	133	602	Diana Perreira		F35	01:02:19	00:06:14
10k	134	598	Joao Nogueira	VILAVENTURA Trail Running Team	senM	01:02:21	00:06:14
10k	135	540	Teresa Tavares		F45	01:02:23	00:06:14
10k	136	604	Filipa Batista	Os Batistas	senF	01:02:24	00:06:14
10k	137	688	Tiago Sousa	Present Technologies	senM	01:02:48	00:06:17
10k	138	710	Tania Ferreira	O Praticante.pt / out 2 run/Miro	senF	01:02:58	00:06:18
10k	139	640	Hipolito Pereira		senM	01:03:11	00:06:19
10k	140	564	Florbela Fernandes	Tribo NR	F45	01:03:40	00:06:22
10k	141	649	Anabela Amaral	Tribo NR	F45	01:03:42	00:06:22
10k	142	650	Raquel Oliveira	Tribo NR	senF	01:03:45	00:06:22
10k	143	575	Catia Agostinho		senF	01:03:50	00:06:23
10k	143	664	Jose Cruz	RG Levanta Poeira	M60	01:03:50	00:06:23
10k	145	709	Silvia Pedro	O Praticante.pt / out 2 run/Miro	F45	01:04:23	00:06:26
10k	146	544	Laurinda Pereira	CSKD - Condeixa Shukokai Karate-Do	F45	01:04:24	00:06:26
10k	147	669	Rita Faustino	Present Technologies	senF	01:04:26	00:06:27
10k	148	694	Paulo Neves	Simply The Best	M45	01:04:45	00:06:29
10k	149	668	Manuela Pereira	Present Technologies	senF	01:05:18	00:06:32
10k	150	682	Marcia Ribeiro	Tribo NR	senF	01:05:20	00:06:32
10k	151	684	Ricardo Lopes	Present Technologies	senM	01:05:24	00:06:32
10k	152	603	Catarina Agostinho		F35	01:05:25	00:06:32

10k	153	574	Sandra Santos		F45	01:05:28	00:06:33
10k	154	659	Ricardo Dias	CARVALHOS	senM	01:05:37	00:06:34
10k	155	571	Margarida Marta	Tribo NR	senF	01:05:40	00:06:34
10k	156	674	Marta Esteves	DCI/TRILHOS LUSO BUSSACO	F40	01:06:07	00:06:37
10k	157	569	Carla Carmo	ATHLON RUNNER'S	F35	01:06:17	00:06:38
10k	158	655	Beatriz Silva	Olympic Silvas	senF	01:07:03	00:06:42
10k	159	651	Ines Rosendo	Olympic Silvas	F35	01:07:06	00:06:43
10k	160	701	Ricardo Cabaco		senM	01:07:12	00:06:43
10k	161	648	Isabel Ventura	Tribo NR	F50	01:07:48	00:06:47
10k	162	727	Maria Vasconcelos		senF	01:07:56	00:06:48
10k	163	623	Sonia Simoes	Valaaaas Team	F35	01:08:00	00:06:48
10k	164	545	Nelia Matos	CSKD - Condeixa Shukokai Karate-Do	F45	01:08:23	00:06:50
10k	165	543	Ana Vieira	CSKD - Condeixa Shukokai Karate-Do	F45	01:08:25	00:06:50
10k	166	670	Margarida Baptista	Present Technologies	senF	01:08:30	00:06:51
10k	167	663	Claudia Danieli		F35	01:09:03	00:06:54
10k	168	689	Ana Barreira		senF	01:09:53	00:06:59
10k	169	618	Lusitana Fernandes	Valaaaas Team	F45	01:10:13	00:07:01
10k	170	593	Vera Pais	A D Rio Largo C Espinho	F40	01:10:16	00:07:02
10k	171	519	Miguel Batista	Twelvespot	M40	01:10:18	00:07:02
10k	172	554	Alexandre Gomes	Valaaaas Team	M45	01:10:27	00:07:03
10k	173	678	Isabel Pessoa	Tribo NR	F45	01:10:29	00:07:03
10k	174	626	Patricia Almeida	Runners & Friends - Rosa Biscoito	F35	01:10:30	00:07:03
10k	175	624	Sonia Semedo	Valaaaas Team	F40	01:10:54	00:07:05
10k	176	611	Ligia Santos	Tribo NR	F40	01:11:09	00:07:07
10k	177	610	Paulo Isidoro	Tribo NR	M40	01:11:10	00:07:07
10k	178	609	Jose Quadrado	Tribo NR	M45	01:11:12	00:07:07
10k	179	714	Ana Cruz	I Never Run Alone	F35	01:22:18	00:08:14
10k	179	715	Joao Cruz	I Never Run Alone	M45	01:22:18	00:08:14
10k	181	654	Ana Lima		F35	01:28:43	00:08:52
10k	182	756	Celinda Costa		F55	01:30:18	00:09:02
10k	183	500	Jose Carvalho		senM	01:32:24	00:09:14
10k	184	673	Carlos Gaspar		M50	01:32:35	00:09:15
10k	185	527	Helder Costa	Twelvespot	M50	01:32:51	00:09:17
10k	186	719	Amelia Oliveira	A D Rio Largo C Espinho	F45	01:34:44	00:09:28
10k	187	581	Jose Henriques	Desarticulados	M50	01:38:09	00:09:49
10k	188	578	Maria Pereira	Trailokas	F50	01:38:21	00:09:50
10k	189	570	Andreia Pimenta	Trailokas	F35	01:38:25	00:09:50
10k	189	583	Marina Reis		senF	01:38:25	00:09:50
10k	191	584	Manuela Goncalves		F45	01:38:27	00:09:51
10k	192	524	Jose Silva	Twelvespot	M60	01:41:51	00:10:11
10k	193	693	Magda Costa		F40	01:43:29	00:10:21
10k	194	606	Conceicao Girao	Os Batistas	F50	01:45:37	00:10:34
10k	195	740	Lisete Oliveira	Águas do Centro Litoral	F35	01:48:33	00:10:51
10k	196	741	Ana Roque	Águas do Centro Litoral	F35	01:48:35	00:10:52
10k	197	730	Maria Abreu		F55	01:48:40	00:10:52
10k	198	739	Sandra Mendes	Águas do Centro Litoral	F35	01:48:43	00:10:52
10k	199	742	Anette Mendes	Águas do Centro Litoral	F45	01:48:45	00:10:52
10k	200	585	Isabel Luciano		F55	01:50:22	00:11:02
10k	201	696	Elisabete Viegas	Simply The Best	F45	01:50:53	00:11:05
10k	201	697	Sandra Oliveira	Simply The Best	F40	01:50:53	00:11:05
10k	201	698	Carlos Silva	Simply The Best	M45	01:50:53	00:11:05
10k	204	559	Victor Lamas		senM	01:51:20	00:11:08
10k	204	560	Ana Silva		senF	01:51:20	00:11:08
10k	206	517	Francisco Silva	Twelvespot	senM	01:53:25	00:11:20
10k	206	523	Carla Santos	Twelvespot	F50	01:53:25	00:11:20
10k	206	525	Filipa Costa	Twelvespot	senF	01:53:25	00:11:20
10k	206	528	Lucilia Costa	Twelvespot	F45	01:53:25	00:11:20
10k	210	765				01:55:24	00:11:32
10k	211	748	Nelson Correia	ARCD Venda da Luísa	senM	01:59:56	00:12:00
10k	212	612	Fernanda Fernandes		F40	02:00:14	00:12:01
10k	213	613	Renato Santiago		M55	02:00:16	00:12:02
10k	214	700	Angela Figueira		F55	02:00:23	00:12:02
10k	215	580	Maria Henriques	Desarticulados	F45	02:01:50	00:12:11
10k	216	596	Filipe Melo		M60	02:01:58	00:12:12
10k	217	619	Catia Duarte	Desarticulados	F35	02:02:01	00:12:12
10k	218	738	Jose Fernandes	ARCD Venda da Luísa	M50	02:03:07	00:12:19
10k	219	513	Maria Santos		F45	02:04:13	00:12:25
10k	219	514	Maria Lourenco		F50	02:04:13	00:12:25
10k	221	745	Alice Marques		F55	02:04:41	00:12:28