

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1247	Arnaldo Ferreira	individual	Senior Masculino	02:38:50	+01:20:10	09:56
43	1282	João Paulo Nobre Santos Marques	individual	Senior Masculino	02:39:07	+01:20:27	09:57
44	1342	Vitor Francisco	individual	Senior Masculino	02:39:09	+01:20:29	09:57
45	1341	Vitor Cação	individual	Senior Masculino	02:39:10	+01:20:30	09:57
46	1368	Carla Isabel Correia Sousa Santos	montanha clube trail running/runners	Senior Feminino	02:40:02	+01:21:22	10:00
47	1370	José António Rodrigues Sequeira	montanha clube trail running/runners	Senior Masculino	02:40:02	+01:21:22	10:00
48	1467	Fernando Santos	urb. teodora running team	Senior Masculino	02:40:49	+01:22:09	10:03
49	1071	José Madeira	caoh - clube atletico de oliveira do hospital	Senior Masculino	02:40:54	+01:22:14	10:03
50	1419	Sergio Santos	pascoalitos	Senior Masculino	02:40:59	+01:22:19	10:04
51	1006	Olga Sofia Lourenço	arsm - associação recreativa de s. miguel	Senior Feminino	02:41:06	+01:22:26	10:04
52	1465	António Manuel Soares	urb. teodora running team	Senior Masculino	02:41:31	+01:22:51	10:06
53	1255	Cristóvão Ferreira Chaves	individual	Senior Masculino	02:42:36	+01:23:56	10:10
54	1316	Pedro Alexandre Afonso Sousa	individual	Senior Masculino	02:42:37	+01:23:57	10:10
55	1104	Diogo Torres	coimbra trail running	Senior Masculino	02:43:22	+01:24:42	10:13
56	1259	Délio António Vieira Nunes	individual	Senior Masculino	02:44:19	+01:25:39	10:16
57	1332	Rui Daniel Dinis de Melo	individual	Senior Masculino	02:44:45	+01:26:05	10:18
58	1279	João André Oliveira Alfaia	individual	Senior Masculino	02:45:23	+01:26:43	10:20
59	1120	Ricardo Jesus	coimbra trail running	Senior Masculino	02:45:47	+01:27:07	10:22
60	1235	VERA BERNARDO	individual	Senior Feminino	02:45:55	+01:27:15	10:22
61	1264	Fernando Pinto	individual	Senior Masculino	02:46:03	+01:27:23	10:23
62	1047	Joel Santos	arsm - associação recreativa de s. miguel	Senior Masculino	02:46:26	+01:27:46	10:24
63	1327	Ricardo Madureira	individual	Senior Masculino	02:47:35	+01:28:55	10:28
64	1335	Rui Pedro Simões Borges	individual	Senior Masculino	02:49:46	+01:31:06	10:37
65	1376	Clara Sofia Correia	move wellness @ fitness centers	Senior Feminino	02:50:05	+01:31:25	10:38
66	1254	Carlos Lopes	individual	Senior Masculino	02:50:45	+01:32:05	10:40
67	349	Marco Ribeiro	individual	Senior Masculino	02:50:47	+01:32:07	10:40
68	1397	Luis Baptista	o2 life center	Senior Masculino	02:51:00	+01:32:20	10:41
69	1469	Luis Correia	urb. teodora running team	Senior Masculino	02:51:15	+01:32:35	10:42
70	1361	Pedro Silva	mira q corredores	Senior Masculino	02:51:21	+01:32:41	10:43
71	1058	Filipe Saraiva	associação desportiva da efacec	Senior Masculino	02:51:44	+01:33:04	10:44
72	1296	Luís Manuel Sousa Henriques	individual	Senior Masculino	02:51:59	+01:33:19	10:45
73	1411	Joaquim Jorge Almeida	os trinca espinhas	Senior Masculino	02:52:45	+01:34:05	10:48
74	1237	Acílio Noro	individual	Senior Masculino	02:52:46	+01:34:06	10:48
75	1178	João Rosinha	goes trail running	Senior Masculino	02:53:30	+01:34:50	10:51
76	1417	Inês Almeida	p.m.	Senior Feminino	02:53:46	+01:35:06	10:52
77	79	Rui Gonçalves	associação desportiva da efacec	Senior Masculino	02:53:51	+01:35:11	10:52
78	1179	Bruno Oliveira	healthy fitness gym	Senior Masculino	02:54:10	+01:35:30	10:53
79	1430	Guilherme Goncalves	quinta da maia runners	Senior Masculino	02:55:05	+01:36:25	10:57
80	1069	Paulo Jorge Malaquias	c.d."os águias" trail/running	Senior Masculino	02:55:30	+01:36:50	10:58
81	1319	Pedro Ricardo Coelho Gonçalves	individual	Senior Masculino	02:55:44	+01:37:04	10:59
82	1307	Nuno Filipe Duarte Oliveira	individual	Senior Masculino	02:56:13	+01:37:33	11:01
83	1225	Sara Silva	individual	Senior Feminino	02:56:38	+01:37:58	11:02
84	1466	Carlos Morgado Santos	urb. teodora running team	Senior Masculino	02:57:05	+01:38:25	11:04
85	1454	Anabela Simões Correia	tondela runners	Senior Feminino	02:57:08	+01:38:28	11:04
86	1355	José Carvalho	louzan team/dental garden	Senior Masculino	02:58:05	+01:39:25	11:08
87	1421	SANDRA ROCHA	psp viseu runners	Senior Feminino	02:58:44	+01:40:04	11:10

TRAIL CURTO - STAGE 1

16 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	1269	Gil Andrade	individual	Senior Masculino	02:59:19	+01:40:39	11:12
89	1292	José Gil Andrade	moutain trails	Senior Masculino	02:59:20	+01:40:40	11:12
90	268	Cristiano Santos	individual	Senior Masculino	02:59:51	+01:41:11	11:14
91	1331	Rui Brás	individual	Senior Masculino	02:59:59	+01:41:19	11:15
92	1359	Sérgio Ribeiro dos Louros	máquinas	Senior Masculino	03:00:00	+01:41:20	11:15
93	1123	Pedro Queiroz	danatur	Senior Masculino	03:00:01	+01:41:21	11:15
94	1078	JORGE DIAS	casa do benfica condeixa	Senior Masculino	03:00:23	+01:41:43	11:16
95	1409	António CasaNova	os trinca espinhas	Senior Masculino	03:00:59	+01:42:19	11:19
96	1053	Rosa Magalhaês	as belas e eles	Senior Feminino	03:01:24	+01:42:44	11:20
97	1198	cristiana regina machado pinto	individual	Senior Feminino	03:01:37	+01:42:57	11:21
98	1155	Diana Malva da Costa	gear up	Senior Feminino	03:01:37	+01:42:57	11:21
99	1038	Carla Reis	arism - associação recreativa de s. miguel	Senior Feminino	03:01:46	+01:43:06	11:22
100	1043	Fausto Carvalho	arism - associação recreativa de s. miguel	Senior Masculino	03:01:47	+01:43:07	11:22
101	1413	Nuno Filipe Oliveira	os trinca espinhas	Senior Masculino	03:02:01	+01:43:21	11:23
102	1251	Bruno Loureiro	individual	Senior Masculino	03:02:16	+01:43:36	11:24
103	1013	Mário Martins	abutres running team	Senior Masculino	03:02:25	+01:43:45	11:24
104	1274	HERMENEGILDO MANUEL SOARES DIAS DOS SANTOS	individual	Senior Masculino	03:02:26	+01:43:46	11:24
105	1423	JOÃO VALÉRIO	psp viseu runners	Senior Masculino	03:02:55	+01:44:15	11:26
106	1060	João Lucas	asss columbófila cantanhede - ar livre e aventura	Senior Masculino	03:03:02	+01:44:22	11:26
107	1322	Pedro Sequeira	individual	Senior Masculino	03:03:07	+01:44:27	11:27
108	1285	João Serrano Andrade	individual	Senior Masculino	03:03:45	+01:45:05	11:29
109	1126	Diogo Pimenta	dci / ccdrp - mealhada	Senior Masculino	03:03:53	+01:45:13	11:30
110	1034	Nelson José Vaz Correia	arcd venda da luísa	Senior Masculino	03:04:03	+01:45:23	11:30
111	1278	Jaime Manuel Marques Simões	individual	Senior Masculino	03:04:15	+01:45:35	11:31
112	1289	Joaquim Firmino de Jesus Mendes	individual	Senior Masculino	03:04:26	+01:45:46	11:32
113	1245	António Abrantes Pinto Fonseca	individual	Senior Masculino	03:04:41	+01:46:01	11:33
114	1277	Ivo Leandro Anjos Pereira	individual	Senior Masculino	03:04:59	+01:46:19	11:34
115	1015	ANA RITA MAURÍCIO VENTURA	ac portalegre / utsm	Senior Feminino	03:05:06	+01:46:26	11:34
116	1019	JOSÉ MANUEL CASCALHO MOISES	ac portalegre / utsm	Senior Masculino	03:05:06	+01:46:26	11:34
117	1456	Maria Inês Matos Gomes	tondela runners	Senior Feminino	03:05:18	+01:46:38	11:35
118	1114	Nuno Tavares	coimbra trail running	Senior Masculino	03:05:19	+01:46:39	11:35
119	1132	Marco Veludo	escaravelhos team	Senior Masculino	03:05:22	+01:46:42	11:35
120	1070	Amaro Rodrigues	caoh - clube atletico de oliveira do hospital	Senior Masculino	03:06:01	+01:47:21	11:38
121	1252	carlos da conceicao lobo	individual	Senior Masculino	03:06:37	+01:47:57	11:40
122	1426	MARCO FORMOSO	psp viseu runners	Senior Masculino	03:06:49	+01:48:09	11:41
123	1082	Cátia Calha	centro vicentino da serra de portalegre	Senior Feminino	03:06:55	+01:48:15	11:41
124	1028	Rui Sêco	arca- gesteira	Senior Masculino	03:07:03	+01:48:23	11:41
125	1323	R Mesquita	individual	Senior Masculino	03:07:10	+01:48:30	11:42
126	1088	Rui Simões	clac entroncamento	Senior Masculino	03:07:38	+01:48:58	11:44
127	1318	Pedro Natario	individual	Senior Masculino	03:08:58	+01:50:18	11:49
128	1425	MANUEL AGUIAR	psp viseu runners	Senior Masculino	03:09:43	+01:51:03	11:51
129	1428	VÍTOR BORGES MARQUES	psp viseu runners	Senior Masculino	03:09:43	+01:51:03	11:51
130	1396	Francisco Barrento	o2 life center	Senior Masculino	03:10:05	+01:51:25	11:53
131	1394	Isabel Nicolau	o2 life center	Senior Feminino	03:10:36	+01:51:56	11:55

TRAIL CURTO - STAGE 1

16 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	1328	Ricardo Matias	individual	Senior Masculino	03:10:45	+01:52:05	11:55
133	1064	Eurico Mendes	blocos	Senior Masculino	03:10:47	+01:52:07	11:55
134	1258	David Assis	individual	Senior Masculino	03:11:08	+01:52:28	11:57
135	1470	Miguel Machado Carvalho	urb. teodora running team	Senior Masculino	03:11:59	+01:53:19	12:00
136	1420	Daniel Taborda	pés troikados/cscs	Senior Masculino	03:12:01	+01:53:21	12:00
137	1336	Rui Vilar	individual	Senior Masculino	03:12:32	+01:53:52	12:02
138	1109	Joao Pinho	coimbra trail running	Senior Masculino	03:12:34	+01:53:54	12:02
139	1468	Filipe Nuno Rosa	urb. teodora running team	Senior Masculino	03:13:03	+01:54:23	12:04
140	1463	Ana Boye Sousa	urb. teodora running team	Senior Feminino	03:13:03	+01:54:23	12:04
141	1309	Nuno Júlio	individual	Senior Masculino	03:13:21	+01:54:41	12:05
142	1471	Nuno Oliveira	urb. teodora running team	Senior Masculino	03:13:59	+01:55:19	12:07
143	1012	Irina mateus	a20km almeirim	Senior Feminino	03:14:14	+01:55:34	12:08
144	1265	Filipe Forjaz Sampaio	individual	Senior Masculino	03:14:29	+01:55:49	12:09
145	1017	Natalia Alexandre	ac portalegre / utsm	Senior Feminino	03:14:44	+01:56:04	12:10
146	1018	Bruno Carrilho	ac portalegre / utsm	Senior Masculino	03:14:45	+01:56:05	12:10
147	1180	Oscar Luís Simões	healthy fitness gym	Senior Masculino	03:14:52	+01:56:12	12:11
148	1256	Damien Gonçalves	individual	Senior Masculino	03:15:47	+01:57:07	12:14
149	1275	Hugo Moreira Rodrigues	individual	Senior Masculino	03:16:00	+01:57:20	12:15
150	1379	Gonçalo Marques	move wellness @ fitness centers	Senior Masculino	03:16:15	+01:57:35	12:16
151	1273	Henrique Simão	individual	Senior Masculino	03:16:18	+01:57:38	12:16
152	1072	Rita Inês Ambrósio Henriques	caracol trail team	Senior Feminino	03:16:38	+01:57:58	12:17
153	1110	Joaquim Branquinho	coimbra trail running	Senior Masculino	03:17:17	+01:58:37	12:20
154	1131	José Miguel Morais Da Costa Nunes	escaravelhos team	Senior Masculino	03:17:26	+01:58:46	12:20
155	1035	Nelson Michael Dias Simões	arcd venda da luísa	Senior Masculino	03:18:02	+01:59:22	12:23
156	1270	Gonçalo Carvalheiro	individual	Senior Masculino	03:18:08	+01:59:28	12:23
157	1261	fabio costa	individual	Senior Masculino	03:18:09	+01:59:29	12:23
158	1297	Luis Miguel Serra Simoes	individual	Senior Masculino	03:18:15	+01:59:35	12:23
159	1149	Michael Figueiredo Monteiro	gazelasrunningfigueira	Senior Masculino	03:18:18	+01:59:38	12:24
160	1148	liliana cacoete	gazelasrunningfigueira	Senior Feminino	03:18:19	+01:59:39	12:24
161	1150	Nuno Gonçalo Simões Cação	gazelasrunningfigueira	Senior Masculino	03:18:19	+01:59:39	12:24
162	1154	Luis Marques	gazelasrunningfigueira	Senior Masculino	03:18:20	+01:59:40	12:24
163	1257	Daniel Silva	individual	Senior Masculino	03:18:32	+01:59:52	12:24
164	1016	Filomena Cordeiro	ac portalegre / utsm	Senior Feminino	03:18:38	+01:59:58	12:25
165	1140	Manuel Jorge	farmácia luciano e matos	Senior Masculino	03:18:42	+02:00:02	12:25
166	1201	Gisela Margarida Alves Jorge	individual	Senior Feminino	03:18:52	+02:00:12	12:26
167	1317	PEDRO MIGUEL JORGE NUNES DA SILVA	individual	Senior Masculino	03:19:13	+02:00:33	12:27
168	1087	Rui Alvarrão	centro vicentino da serra de portalegre	Senior Masculino	03:19:38	+02:00:58	12:29
169	1086	Miguel Alvarrão	centro vicentino da serra de portalegre	Senior Masculino	03:19:39	+02:00:59	12:29
170	1301	Márcio Adriano Luciano Ferreira	individual	Senior Masculino	03:19:49	+02:01:09	12:29
171	1054	Ricardo Tavares	as belas e eles	Senior Masculino	03:20:18	+02:01:38	12:31
172	1141	Vanessa Reboca	figueira kayak clube	Senior Feminino	03:21:18	+02:02:38	12:35
173	1096	Ana Luisa Geraldo	coimbra trail running	Senior Feminino	03:21:18	+02:02:38	12:35
174	1041	André Filipe Santos Pinto Torres Veiga	arsm - associação recreativa de s. miguel	Senior Masculino	03:21:41	+02:03:01	12:36
175	1300	Luiz António de Souza Ferreira	individual	Senior Masculino	03:21:59	+02:03:19	12:37

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	1246	António Manuel Ferreira Mendes	individual	Senior Masculino	03:22:09	+02:03:29	12:38
177	1241	André Filipe Marques Gomes	individual	Senior Masculino	03:22:09	+02:03:29	12:38
178	1031	Cidália Maria Barrico de Almeida Canais	arcd venda da luísa	Senior Feminino	03:22:14	+02:03:34	12:38
179	1033	Carlos Manuel Oliveira Canais	arcd venda da luísa	Senior Masculino	03:22:14	+02:03:34	12:38
180	1211	MARIA CRISTINA BRAS OLIVEIRA VILELA	individual	Senior Feminino	03:22:24	+02:03:44	12:39
181	1432	Ana Nascimento	sport viseu e benfica	Senior Feminino	03:22:32	+02:03:52	12:40
182	1418	Moisés Esteves	p.m.	Senior Masculino	03:22:38	+02:03:58	12:40
183	1384	José Luis Correia Couceiro	município de vila nova de poiares	Senior Masculino	03:23:11	+02:04:31	12:42
184	1050	Carla Barbosa	as belas e eles	Senior Feminino	03:23:15	+02:04:35	12:42
185	89	Joana Mendes	c.d."os águias" trail/running	Senior Feminino	03:23:18	+02:04:38	12:42
186	1407	Maria Trindade	os trinca espinhas	Senior Feminino	03:23:44	+02:05:04	12:44
187	1416	José Trindade	os trinca espinhas	Senior Masculino	03:23:44	+02:05:04	12:44
188	1298	Luís Pedro Ferreira	individual	Senior Masculino	03:24:09	+02:05:29	12:46
189	1363	Laura Cabete	moinhos da gândara trail	Senior Feminino	03:24:25	+02:05:45	12:47
190	1367	Manuel Cabete	moinhos da gândara trail	Senior Masculino	03:24:25	+02:05:45	12:47
191	1364	Olga Felamino	moinhos da gândara trail	Senior Feminino	03:24:48	+02:06:08	12:48
192	1366	Luís Gaspar	moinhos da gândara trail	Senior Masculino	03:24:48	+02:06:08	12:48
193	1362	Carla Sofia Gonçalves Felamino	moinhos da gândara trail	Senior Feminino	03:24:57	+02:06:17	12:49
194	1191	Augusta da Conceição Duarte	individual	Senior Feminino	03:25:10	+02:06:30	12:49
195	1287	Joaquim Figueira	individual	Senior Masculino	03:25:12	+02:06:32	12:49
196	1226	silvia leao	individual	Senior Feminino	03:25:18	+02:06:38	12:50
197	1103	Margarida Carvalho	coimbra trail running	Senior Feminino	03:25:38	+02:06:58	12:51
198	1056	Filomena Cristina Pires Oliveira Rodrigues	as compressa	Senior Feminino	03:25:50	+02:07:10	12:52
199	1055	Carla Isabel Paiva Sergio	as compressa	Senior Feminino	03:25:51	+02:07:11	12:52
200	1194	Célia Carvalho	individual	Senior Feminino	03:26:01	+02:07:21	12:53
201	1116	Paula Vidas	coimbra trail running	Senior Feminino	03:26:20	+02:07:40	12:54
202	1061	Carlos Marques	bdm runners	Senior Masculino	03:26:35	+02:07:55	12:55
203	1195	Célia Sousa	individual	Senior Feminino	03:27:12	+02:08:32	12:57
204	1473	Mário Galhano	individual	Senior Masculino	03:27:14	+02:08:34	12:57
205	1395	Carlos Sequeira	o2 life center	Senior Masculino	03:27:14	+02:08:34	12:57
206	1284	João Ribeiro	individual	Senior Masculino	03:27:14	+02:08:34	12:57
207	1293	José Simões	individual	Senior Masculino	03:27:55	+02:09:15	13:00
208	1348	Nuno André Libório Cardetas	jogging lovers coimbra	Senior Masculino	03:28:37	+02:09:57	13:02
209	1383	Nuno Oliveira Staff	move wellness @ fitness centers	Senior Masculino	03:28:41	+02:10:01	13:03
210	1032	Marisa Leonor de Oliveira Rainho Mendes	arcd venda da luísa	Senior Feminino	03:30:23	+02:11:43	13:09
211	1236	Zina Fernandes	individual	Senior Feminino	03:30:53	+02:12:13	13:11
212	1021	LUCIDIO DIAS	acrm silveirinha claras	Senior Masculino	03:31:06	+02:12:26	13:12
213	1410	António Parente	os trinca espinhas	Senior Masculino	03:31:24	+02:12:44	13:13
214	1374	Ana Seco	move wellness @ fitness centers	Senior Feminino	03:31:38	+02:12:58	13:14
215	1375	Cátia Nunes Staff	move wellness @ fitness centers	Senior Feminino	03:31:39	+02:12:59	13:14
216	1271	Guilherme Cunha Alvarez	individual	Senior Masculino	03:31:41	+02:13:01	13:14
217	1073	MARISA AMARAL	casa do benfica condeixa	Senior Feminino	03:31:49	+02:13:09	13:14
218	1080	ORLANDO ALMEIDA	casa do benfica condeixa	Senior Masculino	03:31:50	+02:13:10	13:14

TRAIL CURTO - STAGE 1

16 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	1443	Susana Farinhas	tálenos team	Senior Feminino	03:32:06	+02:13:26	13:15
220	1434	Elisabete Azougado	tálenos team	Senior Feminino	03:32:06	+02:13:26	13:15
221	1177	Carlos Castanheira	goes trail running	Senior Masculino	03:33:07	+02:14:27	13:19
222	1242	André Manuel Matos papafina	individual	Senior Masculino	03:33:07	+02:14:27	13:19
223	1382	Miguel Tomás Correia	move wellness @ fitness centers	Senior Masculino	03:33:24	+02:14:44	13:20
224	1204	Helena Santana	individual	Senior Feminino	03:33:49	+02:15:09	13:22
225	1387	Ana Baldeante	não fazemos nem mais um...km	Senior Feminino	03:33:51	+02:15:11	13:22
226	1130	Francisco Antunes Mateus	escaravelhos team	Senior Masculino	03:34:16	+02:15:36	13:23
227	1133	Débora Cruz Ferreira	escaravelhos team	Senior Feminino	03:34:18	+02:15:38	13:24
228	1474	Luís Pedro Conceição Simões	individual	Senior Masculino	03:34:25	+02:15:45	13:24
229	1005	João Henriques	município de vila nova de poiares	Senior Masculino	03:34:59	+02:16:19	13:26
230	1253	Carlos Filipe Simões	individual	Senior Masculino	03:35:00	+02:16:20	13:26
231	1074	SÓNIA LIMA	casa do benfica condeixa	Senior Feminino	03:35:38	+02:16:58	13:29
232	1464	Elisabete Jacintho	urb. teodora running team	Senior Feminino	03:36:00	+02:17:20	13:30
233	1352	Manuel Ferreira dos Santos Valente Fernandes	juventude cortegacense	Senior Masculino	03:37:00	+02:18:20	13:34
234	1219	Sandra de Abreu Semedo	individual	Senior Feminino	03:37:51	+02:19:11	13:37
235	1159	Rui Meneses	gear up	Senior Masculino	03:38:01	+02:19:21	13:38
236	1268	Gabriel Viana	individual	Senior Masculino	03:38:02	+02:19:22	13:38
237	1302	Marco Antonio Bujaca	individual	Senior Masculino	03:38:07	+02:19:27	13:38
238	1217	Patricia Ramalheiro	individual	Senior Feminino	03:38:08	+02:19:28	13:38
239	1412	José Vicente Mourato Soares	os trinca espinhas	Senior Masculino	03:38:18	+02:19:38	13:39
240	1324	Rafael Marques	individual	Senior Masculino	03:38:35	+02:19:55	13:40
241	1188	Ana Paula Baeta	individual	Senior Feminino	03:38:58	+02:20:18	13:41
242	1230	Sónia Farias	individual	Senior Feminino	03:38:58	+02:20:18	13:41
243	1029	Ana Raquel Calhindra Valente	arcd venda da luísa	Senior Feminino	03:38:58	+02:20:18	13:41
244	1291	José Abrantes	individual	Senior Masculino	03:39:14	+02:20:34	13:42
245	1046	Humberto Martins Batista	arqm - associação recreativa de s. miguel	Senior Masculino	03:39:18	+02:20:38	13:42
246	1262	Fernando Jorge Machado Sequeira	individual	Senior Masculino	03:39:54	+02:21:14	13:45
247	1200	Dora Simão	individual	Senior Feminino	03:40:52	+02:22:12	13:48
248	1351	Domingos Fernando Oliveira Camboa	juventude cortegacense	Senior Masculino	03:40:59	+02:22:19	13:49
249	1137	Mélanie Duarte	farmácia luciano e matos	Senior Feminino	03:41:07	+02:22:27	13:49
250	1138	MANUEL MORAIS	farmácia luciano e matos	Senior Masculino	03:41:18	+02:22:38	13:50
251	1139	SILVIO TIMOTEO	farmácia luciano e matos	Senior Masculino	03:41:18	+02:22:38	13:50
252	1295	Luís da Costa Simões Brandão	individual	Senior Masculino	03:42:32	+02:23:52	13:55
253	1452	Fernando Oliveira Alves	táxis marialves running team	Senior Masculino	03:43:38	+02:24:58	13:59
254	1453	Sérgio Mateus F. Marques	táxis marialves running team	Senior Masculino	03:43:38	+02:24:58	13:59
255	1451	Carlos Alexexandre Serra Brito Marques	táxis marialves running team	Senior Masculino	03:43:39	+02:24:59	13:59
256	1023	Adriano Miguel Pereira Vergueiro	adabem running team	Senior Masculino	03:43:46	+02:25:06	13:59
257	1044	Frederik Buys	arqm - associação recreativa de s. miguel	Senior Masculino	03:43:52	+02:25:12	13:59
258	1144	Nuno Carvalho	fire team bvmc	Senior Masculino	03:44:27	+02:25:47	14:02
259	1094	Alexandra Soares	coimbra trail running	Senior Feminino	03:44:57	+02:26:17	14:04
260	1095	Ana Dourado	coimbra trail running	Senior Feminino	03:44:57	+02:26:17	14:04
261	1136	Helena Amado	farmácia luciano e matos	Senior Feminino	03:46:00	+02:27:20	14:08
262	1052	Lurdes Moreira	as belas e eles	Senior Feminino	03:46:38	+02:27:58	14:10

TRAIL CURTO - STAGE 1

16 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
263	1209	Liliana Cortez	individual	Senior Feminino	03:46:40	+02:28:00	14:10
264	1220	Sandra Gonçalves	individual	Senior Feminino	03:46:40	+02:28:00	14:10
265	1172	JOSE SANTOS	ginasio fit4fun	Senior Masculino	03:47:06	+02:28:26	14:12
266	1170	DIOGO SOARES	ginasio fit4fun	Senior Masculino	03:47:11	+02:28:31	14:12
267	1161	CARINA PINHO	ginasio fit4fun	Senior Feminino	03:47:11	+02:28:31	14:12
268	1248	Bruno duarte Pereira Rodrigues soares	individual	Senior Masculino	03:47:21	+02:28:41	14:13
269	1196	Claudia cristina dias guedelha	individual	Senior Feminino	03:48:25	+02:29:45	14:17
270	1325	Ricardo Bandarra	individual	Senior Masculino	03:48:44	+02:30:04	14:18
271	1371	Carla Carvalho	more team	Senior Feminino	03:49:09	+02:30:29	14:19
272	1372	Filipe Carvalho	more team	Senior Masculino	03:49:10	+02:30:30	14:19
273	1081	Anatilde Gomes	centro vicentino da serra de portalegre	Senior Feminino	03:49:42	+02:31:02	14:21
274	1165	JOANA RIBEIRO	ginasio fit4fun	Senior Feminino	03:50:06	+02:31:26	14:23
275	1169	CARLOS MAGALHAES	ginasio fit4fun	Senior Masculino	03:50:06	+02:31:26	14:23
276	1447	Mario Gaspar	talentos team	Senior Masculino	03:50:23	+02:31:43	14:24
277	1386	Ricardo Peneda	município de vila nova de poiares	Senior Masculino	03:50:35	+02:31:55	14:25
278	1102	Joana Gonçalves	coimbra trail running	Senior Feminino	03:51:01	+02:32:21	14:26
279	1097	Ana Meneses	coimbra trail running	Senior Feminino	03:51:01	+02:32:21	14:26
280	1445	Jorge Ferreira	talentos team	Senior Masculino	03:51:55	+02:33:15	14:30
281	1199	Diana Marina Lima Correia	individual	Senior Feminino	03:52:32	+02:33:52	14:32
282	1221	Sara Daniela Simões Gomes	individual	Senior Feminino	03:52:33	+02:33:53	14:32
283	1249	bruno ferreira	individual	Senior Masculino	03:52:49	+02:34:09	14:33
284	1206	Isabel Simões	individual	Senior Feminino	03:54:08	+02:35:28	14:38
285	1168	BRUNO MOREIRA	ginasio fit4fun	Senior Masculino	03:54:45	+02:36:05	14:40
286	1160	ANDREIA BASTOS	ginasio fit4fun	Senior Feminino	03:54:46	+02:36:06	14:40
287	1181	Alexandra Bento	individual	Senior Feminino	03:55:19	+02:36:39	14:42
288	1303	Mário Ferreira	individual	Senior Masculino	03:55:35	+02:36:55	14:43
289	1036	Francisco Carinha	arcude trail team	Senior Masculino	03:56:00	+02:37:20	14:45
290	1037	Paulo Mendonça	arcude trail team	Senior Masculino	03:56:01	+02:37:21	14:45
291	1329	Ricardo Romano	individual	Senior Masculino	03:58:11	+02:39:31	14:53
292	1124	Telma Pires	david/telma	Senior Feminino	03:58:32	+02:39:52	14:55
293	1193	Cátia Delgado	individual	Senior Feminino	03:59:01	+02:40:21	14:56
294	1166	LÚCIA ALMEIDA	ginasio fit4fun	Senior Feminino	04:00:08	+02:41:28	15:00
295	1039	Rita Carvalho	arsm - associação recreativa de s. miguel	Senior Feminino	04:03:13	+02:44:33	15:12
296	1067	Marisa Carina Piscalho de Paula	c.d."os águias" trail/running	Senior Feminino	04:03:49	+02:45:09	15:14
297	1232	Susana Margarida Angelo Correia Agostinho	individual	Senior Feminino	04:04:41	+02:46:01	15:18
298	1128	Lurdes Gouveia	escaravelhos team	Senior Feminino	04:04:47	+02:46:07	15:18
299	1218	Rute Montenegro	individual	Senior Feminino	04:05:17	+02:46:37	15:20
300	1129	Margarida Santos	escaravelhos team	Senior Feminino	04:05:24	+02:46:44	15:20
301	1233	Telma Alexandra Lima Mendes	individual	Senior Feminino	04:06:33	+02:47:53	15:25
302	1449	Catarina Henriques	tartarugas do asfalto	Senior Feminino	04:07:05	+02:48:25	15:27
303	1450	Márcio Pereira	tartarugas do asfalto	Senior Masculino	04:07:06	+02:48:26	15:27
304	1183	Ana Filipa Albuquerque Leal	individual	Senior Feminino	04:07:06	+02:48:26	15:27
305	1025	Carla Marina Peleira	amigos da corrida de benfica do ribatejo	Senior Feminino	04:08:49	+02:50:09	15:33
306	1405	Lino Silva	os curiosos	Senior Masculino	04:09:39	+02:50:59	15:36
307	1404	Ana Silva	os curiosos	Senior Feminino	04:09:39	+02:50:59	15:36

Trail Curto

16 KM



OFFICIAL RESULT

20	1008	Gustavo Barandas	A.R.Casaense/Escola de Atletismo de Coimbra	Senior Masculino	02:24:55	+01:06:15	09:03
21	1112	Miguel F Melo	Coimbra Trail Running	Senior Masculino	02:25:19	+01:06:39	09:05
22	1143	Marco Carvalho	Fire Team BVMC	Senior Masculino	02:26:54	+01:08:14	09:11
23	1422	JOÃO SANTOS	PSP VISEU RUNNERS	Senior Masculino	02:28:20	+01:09:40	09:16
24	1429	André Fonte	Quinta da Maia Runners	Senior Masculino	02:28:42	+01:10:02	09:18
25	1024	Hugo Simões	ADABEM Running Team	Senior Masculino	02:30:12	+01:11:32	09:23
26	1048	José Correia	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	02:30:20	+01:11:40	09:24
27	1312	Nuno Pimenta	Individual	Senior Masculino	02:31:01	+01:12:21	09:26
28	1308	Nuno Filipe Meireles de Sousa	Oralklass - Amigos Do Trail	Senior Masculino	02:31:06	+01:12:26	09:27
29	1152	RICARDO SILVA	GazelasRunningFigueira	Senior Masculino	02:32:47	+01:14:07	09:33
30	1122	Luis Rodrigues	Cpt sobral de ceira	Senior Masculino	02:33:06	+01:14:26	09:34
31	1062	Ricardo Garção	BEDAPOR / RESTAURANTE SABORES DE MARVÃO / DAMIÃO & BELO	Senior Masculino	02:34:00	+01:15:20	09:37
32	1276	Hugo Sousa	Individual	Senior Masculino	02:34:02	+01:15:22	09:38
33	1059	Ivo Silva	Associação Desportiva da Efacec	Senior Masculino	02:34:17	+01:15:37	09:39
34	1458	Luis Carlos Oliveira Martins	Tondela Runners	Senior Masculino	02:34:18	+01:15:38	09:39
35	1151	paulo baptista	GazelasRunningFigueira	Senior Masculino	02:34:29	+01:15:49	09:39
36	1089	Edgar Rosa	Clube Desportivo Moitense	Senior Masculino	02:36:33	+01:17:53	09:47
37	115	Tiago Lousada	Centro Vicentino da Serra de Portalegre	Senior Masculino	02:36:48	+01:18:08	09:48
38	1339	Tony de Almeida Figueiredo	Individual	Senior Masculino	02:38:09	+01:19:29	09:53
39	1345	Aurélio Saúde	Jogging Lovers Coimbra	Senior Masculino	02:38:13	+01:19:33	09:53
40	1294	Luis César Rego	Individual	Senior Masculino	02:38:45	+01:20:05	09:55
41	1247	Arnaldo Ferreira	Individual	Senior Masculino	02:38:50	+01:20:10	09:56
42	1282	João Paulo Nobre Santos Marques	Individual	Senior Masculino	02:39:07	+01:20:27	09:57
43	1342	Vitor Francisco	Individual	Senior Masculino	02:39:09	+01:20:29	09:57
44	1341	Vitor Cação	Individual	Senior Masculino	02:39:10	+01:20:30	09:57
45	1370	José António Rodrigues Sequeira	Montanha Clube Trail Running/Runners	Senior Masculino	02:40:02	+01:21:22	10:00
46	1467	Fernando Santos	Urb. Teodora Running Team	Senior Masculino	02:40:49	+01:22:09	10:03
47	1071	José Madeira	CAOH - Clube Atletico de Oliveira do Hospital	Senior Masculino	02:40:54	+01:22:14	10:03
48	1419	Sergio Santos	Pascoalitos	Senior Masculino	02:40:59	+01:22:19	10:04
49	1465	António Manuel Soares	Urb. Teodora Running Team	Senior Masculino	02:41:31	+01:22:51	10:06
50	1255	Cristóvão Ferreira Chaves	Individual	Senior Masculino	02:42:36	+01:23:56	10:10
51	1316	Pedro Alexandre Afonso Sousa	Individual	Senior Masculino	02:42:37	+01:23:57	10:10
52	1104	Diogo Torres	Coimbra Trail Running	Senior Masculino	02:43:22	+01:24:42	10:13
53	1259	Délio António Vieira Nunes	Individual	Senior Masculino	02:44:19	+01:25:39	10:16
54	1332	Rui Daniel Dinis de Melo	Individual	Senior Masculino	02:44:45	+01:26:05	10:18
55	1279	João André Oliveira Alfaia	Individual	Senior Masculino	02:45:23	+01:26:43	10:20
56	1120	Ricardo Jesus	Coimbra Trail Running	Senior Masculino	02:45:47	+01:27:07	10:22
57	1264	Fernando Pinto	Individual	Senior Masculino	02:46:03	+01:27:23	10:23
58	1047	Joel Santos	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	02:46:26	+01:27:46	10:24
59	1327	Ricardo Madureira	Individual	Senior Masculino	02:47:35	+01:28:55	10:28
60	1335	Rui Pedro Simões Borges	Individual	Senior Masculino	02:49:46	+01:31:06	10:37

Trail Curto

16 KM



OFFICIAL RESULT

61	1254	Carlos Lopes	Individual	Senior Masculino	02:50:45	+01:32:05	10:40
62	349	Marco Ribeiro	Individual	Senior Masculino	02:50:47	+01:32:07	10:40
63	1397	Luis Baptista	O2 Life Center	Senior Masculino	02:51:00	+01:32:20	10:41
64	1469	Luis Correia	Urb. Teodora Running Team	Senior Masculino	02:51:15	+01:32:35	10:42
65	1361	Pedro Silva	Mira Q Corredores	Senior Masculino	02:51:21	+01:32:41	10:43
66	1058	Filipe Saraiva	Associação Desportiva da Efacec	Senior Masculino	02:51:44	+01:33:04	10:44
67	1296	Luís Manuel Sousa Henriques	Individual	Senior Masculino	02:51:59	+01:33:19	10:45
68	1411	Joaquim Jorge Almeida	Os Trinca Espinhas	Senior Masculino	02:52:45	+01:34:05	10:48
69	1237	Acílio Noro	Individual	Senior Masculino	02:52:46	+01:34:06	10:48
70	1178	João Rosinha	Goes Trail Running	Senior Masculino	02:53:30	+01:34:50	10:51
71	79	Rui Gonçalves	Associação Desportiva da Efacec	Senior Masculino	02:53:51	+01:35:11	10:52
72	1179	Bruno Oliveira	Healthy Fitness Gym	Senior Masculino	02:54:10	+01:35:30	10:53
73	1430	Guilherme Goncalves	Quinta da Maia Runners	Senior Masculino	02:55:05	+01:36:25	10:57
74	1069	Paulo Jorge Malaquias	C.D."Os Águias" Trail/Running	Senior Masculino	02:55:30	+01:36:50	10:58
75	1319	Pedro Ricardo Coelho Gonçalves	Individual	Senior Masculino	02:55:44	+01:37:04	10:59
76	1307	Nuno Filipe Duarte Oliveira	Individual	Senior Masculino	02:56:13	+01:37:33	11:01
77	1466	Carlos Morgado Santos	Urb. Teodora Running Team	Senior Masculino	02:57:05	+01:38:25	11:04
78	1355	José Carvalho	Louzan Team/Dental Garden	Senior Masculino	02:58:05	+01:39:25	11:08
79	1269	Gil Andrade	Individual	Senior Masculino	02:59:19	+01:40:39	11:12
80	1292	José Gil Andrade	Moutain Trails	Senior Masculino	02:59:20	+01:40:40	11:12
81	268	Cristiano Santos	Individual	Senior Masculino	02:59:51	+01:41:11	11:14
82	1331	Rui Brás	Individual	Senior Masculino	02:59:59	+01:41:19	11:15
83	1359	Sérgio Ribeiro dos Louros	Máquinas	Senior Masculino	03:00:00	+01:41:20	11:15
84	1123	Pedro Queiroz	Danatur	Senior Masculino	03:00:01	+01:41:21	11:15
85	1078	JORGE DIAS	CASA DO BENFICA CONDEIXA	Senior Masculino	03:00:23	+01:41:43	11:16
86	1409	António CasaNova	Os Trinca Espinhas	Senior Masculino	03:00:59	+01:42:19	11:19
87	1043	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	03:01:47	+01:43:07	11:22
88	1413	Nuno Filipe Oliveira	Os Trinca Espinhas	Senior Masculino	03:02:01	+01:43:21	11:23
89	1251	Bruno Loureiro	Individual	Senior Masculino	03:02:16	+01:43:36	11:24
90	1013	Mário Martins	Abutres Running Team	Senior Masculino	03:02:25	+01:43:45	11:24
91	1274	HERMENEGILDO MANUEL SOARES DIAS DOS SANTOS	Individual	Senior Masculino	03:02:26	+01:43:46	11:24
92	1423	JOÃO VALÉRIO	PSP VISEU RUNNERS	Senior Masculino	03:02:55	+01:44:15	11:26
93	1060	João Lucas	ASSS Columbófila Cantanhede - Ar livre e aventura	Senior Masculino	03:03:02	+01:44:22	11:26
94	1322	Pedro Sequeira	Individual	Senior Masculino	03:03:07	+01:44:27	11:27
95	1285	João Serrano Andrade	Individual	Senior Masculino	03:03:45	+01:45:05	11:29
96	1126	Diogo Pimenta	DCI / CCDRP - Mealhada	Senior Masculino	03:03:53	+01:45:13	11:30
97	1034	Nelson José Vaz Correia	ARCD Venda da Luísa	Senior Masculino	03:04:03	+01:45:23	11:30
98	1278	Jaime Manuel Marques Simões	Individual	Senior Masculino	03:04:15	+01:45:35	11:31
99	1289	Joaquim Firmino de Jesus Mendes	Individual	Senior Masculino	03:04:26	+01:45:46	11:32
100	1245	António Abrantes Pinto Fonseca	Individual	Senior Masculino	03:04:41	+01:46:01	11:33
101	1277	Ivo Leandro Anjos Pereira	Individual	Senior Masculino	03:04:59	+01:46:19	11:34
102	1019	JOSÉ MANUEL CASCALHO MOISES	AC PORTALEGRE / UTM	Senior Masculino	03:05:06	+01:46:26	11:34
103	1114	Nuno Tavares	Coimbra Trail Running	Senior Masculino	03:05:19	+01:46:39	11:35
104	1132	Marco Veludo	Escaravelhos Team	Senior Masculino	03:05:22	+01:46:42	11:35

Trail Curto

16 KM



OFFICIAL RESULT

105	1070	Amaro Rodrigues	CAOH - Clube Atletico de Oliveira do Hospital	Senior Masculino	03:06:01	+01:47:21	11:38
106	1252	carlos da conceicao lobo	Individual	Senior Masculino	03:06:37	+01:47:57	11:40
107	1426	MARCO FORMOSO	PSP VISEU RUNNERS	Senior Masculino	03:06:49	+01:48:09	11:41
108	1028	Rui Sêco	ARCA- Gesteira	Senior Masculino	03:07:03	+01:48:23	11:41
109	1323	R Mesquita	Individual	Senior Masculino	03:07:10	+01:48:30	11:42
110	1088	Rui Simões	CLAC Entroncamento	Senior Masculino	03:07:38	+01:48:58	11:44
111	1318	Pedro Natario	Individual	Senior Masculino	03:08:58	+01:50:18	11:49
112	1425	MANUEL AGUIAR	PSP VISEU RUNNERS	Senior Masculino	03:09:43	+01:51:03	11:51
113	1428	VÍTOR BORGES MARQUES	PSP VISEU RUNNERS	Senior Masculino	03:09:43	+01:51:03	11:51
114	1396	Francisco Barrento	O2 Life Center	Senior Masculino	03:10:05	+01:51:25	11:53
115	1328	Ricardo Matias	Individual	Senior Masculino	03:10:45	+01:52:05	11:55
116	1064	Eurico Mendes	Blocos	Senior Masculino	03:10:47	+01:52:07	11:55
117	1258	David Assis	Individual	Senior Masculino	03:11:08	+01:52:28	11:57
118	1470	Miguel Machado Carvalho	Urb. Teodora Running Team	Senior Masculino	03:11:59	+01:53:19	12:00
119	1420	Daniel Taborda	Pés Troikados/CSCS	Senior Masculino	03:12:01	+01:53:21	12:00
120	1336	Rui Vilar	Individual	Senior Masculino	03:12:32	+01:53:52	12:02
121	1109	Joao Pinho	Coimbra Trail Running	Senior Masculino	03:12:34	+01:53:54	12:02
122	1468	Filipe Nuno Rosa	Urb. Teodora Running Team	Senior Masculino	03:13:03	+01:54:23	12:04
123	1309	Nuno Júlio	Individual	Senior Masculino	03:13:21	+01:54:41	12:05
124	1471	Nuno Oliveira	Urb. Teodora Running Team	Senior Masculino	03:13:59	+01:55:19	12:07
125	1265	Filipe Forjaz Sampaio	Individual	Senior Masculino	03:14:29	+01:55:49	12:09
126	1018	Bruno Carrilho	AC PORTALEGRE / UTSM	Senior Masculino	03:14:45	+01:56:05	12:10
127	1180	Oscar Luís Simões	Healthy Fitness Gym	Senior Masculino	03:14:52	+01:56:12	12:11
128	1256	Damien Gonçalves	Individual	Senior Masculino	03:15:47	+01:57:07	12:14
129	1275	Hugo Moreira Rodrigues	Individual	Senior Masculino	03:16:00	+01:57:20	12:15
130	1379	Gonçalo Marques	Move Wellness @ Fitness Centers	Senior Masculino	03:16:15	+01:57:35	12:16
131	1273	Henrique Simão	Individual	Senior Masculino	03:16:18	+01:57:38	12:16
132	1110	Joaquim Branquinho	Coimbra Trail Running	Senior Masculino	03:17:17	+01:58:37	12:20
133	1131	José Miguel Morais Da Costa Nunes	Escaravelhos Team	Senior Masculino	03:17:26	+01:58:46	12:20
134	1035	Nelson Michael Dias Simões	ARCD Venda da Luísa	Senior Masculino	03:18:02	+01:59:22	12:23
135	1270	Gonçalo Carvalheiro	Individual	Senior Masculino	03:18:08	+01:59:28	12:23
136	1261	fabio costa	Individual	Senior Masculino	03:18:09	+01:59:29	12:23
137	1297	Luis Miguel Serra Simoes	Individual	Senior Masculino	03:18:15	+01:59:35	12:23
138	1149	Michael Figueiredo Monteiro	GazelasRunningFigueira	Senior Masculino	03:18:18	+01:59:38	12:24
139	1150	Nuno Gonçalo Simões Cação	GazelasRunningFigueira	Senior Masculino	03:18:19	+01:59:39	12:24
140	1154	Luis Marques	GazelasRunningFigueira	Senior Masculino	03:18:20	+01:59:40	12:24
141	1257	Daniel Silva	Individual	Senior Masculino	03:18:32	+01:59:52	12:24
142	1140	Manuel Jorge	Farmácia Luciano e Matos	Senior Masculino	03:18:42	+02:00:02	12:25
143	1317	PEDRO MIGUEL JORGE NUNES DA SILVA	Individual	Senior Masculino	03:19:13	+02:00:33	12:27
144	1087	Rui Alvarrão	Centro Vicentino da Serra de Portalegre	Senior Masculino	03:19:38	+02:00:58	12:29
145	1086	Miguel Alvarrão	Centro Vicentino da Serra de Portalegre	Senior Masculino	03:19:39	+02:00:59	12:29
146	1301	Márcio Adriano Luciano Ferreira	Individual	Senior Masculino	03:19:49	+02:01:09	12:29
147	1054	Ricardo Tavares	As Belas e Eles	Senior Masculino	03:20:18	+02:01:38	12:31

