



**TRAIL CURTO PT17K - STAGE 1**

**17 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1102	PEDRO ANTÓNIO AMARO RAMOS	arsm - associação recreativa de s. miguel	Veterano M40	01:54:53	+19:46	06:46
43	1138	Pedro Rodrigues	c.p.r. a-do-barbas	Veterano M50	01:54:59	+19:52	06:46
44	1517	Humberto Manuel Americano de Morais Teixeira	spotcriativo viseu running team	Veterano M45	01:55:01	+19:53	06:46
45	1458	NUNO LEONARDO CASSINDA VELOSO	montanha clube trail running/efapel	Senior Masculino	01:55:05	+19:58	06:46
46	1111	EDUARDO SILVA MOREIRA	assscc ar livre e aventura	Senior Masculino	01:55:24	+20:17	06:47
47	1115	JOSÉ MIGUEL MACHADO MARQUES DOS SANTOS	assscc ar livre e aventura	Veterano M40	01:55:25	+20:18	06:47
48	1066	César Diogo Mateus Ramalho	arcd venda da luisa	Senior Masculino	01:55:58	+20:50	06:49
49	1070	Paulo Jorge Teixeira Rodrigues	arcd venda da luisa	Senior Masculino	01:56:36	+21:29	06:52
50	1323	João Paulo Santos Domingues	individual	Senior Masculino	01:56:56	+21:49	06:53
51	1190	Fausto Pimentel	coimbra trail running	Veterano M45	01:57:00	+21:53	06:53
52	1131	Arnaldo Ferreira	bttrain	Veterano M40	01:57:27	+22:20	06:55
53	223	Carlos Sá	individual	Veterano M40	01:57:27	+22:20	06:55
54	1429	José Luís Fernandes Tavares	intercaimbike	Sub 23 Masculino	01:58:13	+23:06	06:57
55	1472	Jorge Pedro	mountain trails	Veterano M45	01:58:31	+23:23	06:58
56	1163	Hugo Manuel Fernandes pereira	cmm - escaravelhos team	Veterano M40	01:59:16	+24:08	07:01
57	1080	Carlos Manuel Lopes Quinteiro	arcd venda da luisa	Veterano M50	01:59:27	+24:19	07:02
58	1212	Diogo Pimenta	dci/ccdrpedrulha - mealhada	Senior Masculino	01:59:29	+24:21	07:02
59	1099	Luis Sousa	arsm - associação recreativa de s. miguel	Veterano M40	01:59:30	+24:22	07:02
60	1106	José Correia	arsm - associação recreativa de s. miguel	Veterano M50	01:59:32	+24:24	07:02
61	1314	Gonçalo Lindo	individual	Senior Masculino	01:59:38	+24:30	07:02
62	1042	Tiago dos Santos Silva	águeda action club   actib	Senior Masculino	01:59:48	+24:41	07:03
63	1160	Leonel Mendes	cmm - escaravelhos team	Senior Masculino	01:59:51	+24:44	07:03
64	1461	Tiago Daniel Correia Rodrigues	montanha clube trail running/efapel	Senior Masculino	02:00:11	+25:03	07:04
65	1443	Manuel Cabete	moinhos da gândara trail	Veterano M50	02:00:27	+25:19	07:05
66	1568	Jorge Humberto Correia Bento	vikings trail runners / ccr alcabideque	Senior Masculino	02:00:38	+25:30	07:06
67	1038	Marcelo André Almeida Silva	águeda action club   actib	Senior Masculino	02:00:52	+25:44	07:07
68	1437	Luis Neves	marinhais ac	Senior Masculino	02:01:11	+26:04	07:08
69	1544	Miguel José Pereira Neves	ugas trail running	Senior Masculino	02:01:28	+26:21	07:09
70	1422	Mário José Silva Ferreira Marinheiro	individual	Veterano M50	02:01:39	+26:31	07:09
71	1189	Álvaro Mano	coimbra trail running	Veterano M45	02:02:08	+27:01	07:11
72	1114	TIAGO FILIPE PEREIRA MENDES GREGÓRIO	assscc ar livre e aventura	Senior Masculino	02:02:12	+27:05	07:11
73	1393	Pedro Miguel Silvério da Cruz	individual	Veterano M40	02:02:25	+27:18	07:12
74	1564	André Braga de Oliveira Costa	vikings trail runners / ccr alcabideque	Senior Masculino	02:02:30	+27:22	07:12
75	1341	Rui Cortesao	individual	Senior Masculino	02:02:59	+27:51	07:14
76	1435	Pedro Santos	louzan team/ dental garden	Veterano M45	02:03:04	+27:56	07:14
77	1071	Pedro Miguel Alexandre Martins	arcd venda da luisa	Senior Masculino	02:03:10	+28:02	07:15
78	1116	MIGUEL JOÃO RIBEIRO	assscc ar livre e aventura	Veterano M40	02:03:15	+28:08	07:15
79	1561	António Manuel Mendes Soares	urb teodora running team	Veterano M40	02:03:18	+28:11	07:15
80	1407	Gildo Santos Equipe Fireteam	individual	Veterano M45	02:03:20	+28:12	07:15
81	1069	Nelson José Vaz Correia	arcd venda da luisa	Senior Masculino	02:03:51	+28:43	07:17
82	445	Ruben Dias	vikings trail runners / ccr alcabideque	Senior Masculino	02:03:56	+28:49	07:17
83	1562	Fernando Antonio Tarrafa Santos	urb teodora running team	Veterano M45	02:04:06	+28:58	07:18



**TRAIL CURTO PT17K - STAGE 1**

**17 KM**

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**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	1213	antónio Moreira	decathlon aveiro	Senior Masculino	02:11:11	+36:04	07:43
127	1526	ANTÓNIO JOÃO LOPES BATISTA	team rsi - tarsibus	Veterano M40	02:11:30	+36:22	07:44
128	1494	NUNO MIGUEL GARCIA	runners dao nelas	Senior Masculino	02:11:34	+36:27	07:44
129	1296	António Figueiredo	aergóis trail running	Senior Masculino	02:11:40	+36:32	07:45
130	1170	Henrique Domingues Pinto	coimbra trail running	Senior Masculino	02:11:55	+36:48	07:46
131	1152	André Ferro	clube de condeixa	Senior Masculino	02:12:02	+36:55	07:46
132	1097	João Rosinha	arsm - associação recreativa de s. miguel	Veterano M40	02:12:09	+37:01	07:46
133	49	Bruno Querido	arsm - associação recreativa de s. miguel	Veterano M45	02:12:15	+37:07	07:47
134	1184	Gonçalo Filipe Neves Padilha	coimbra trail running	Veterano M40	02:12:18	+37:11	07:47
135	1195	Pedro Pires Silva	coimbra trail running	Veterano M50	02:12:25	+37:17	07:47
136	1503	João Luís Vaz Trindade	sba/clinica sta beatriz	Senior Masculino	02:12:55	+37:48	07:49
137	1471	Luís Gil Andrade	mountain trails	Senior Masculino	02:13:23	+38:15	07:51
138	1438	António Leal	marinhais ac	Veterano M45	02:13:38	+38:30	07:52
139	1315	Gonçalo Mexia	individual	Senior Masculino	02:13:40	+38:33	07:52
140	1136	Nuno Ferreira	c.p.r. a-do-barbas	Senior Masculino	02:13:49	+38:41	07:52
141	1329	Luis Cesar Lobão Rego	individual	Senior Masculino	02:13:57	+38:50	07:53
142	1508	João Granja	sintrarunning	Veterano M45	02:14:44	+39:37	07:56
143	1127	Carlos Cardoso	bitrunners	Senior Masculino	02:15:03	+39:56	07:57
144	1172	Paulo Sarmiento	coimbra trail running	Senior Masculino	02:15:25	+40:17	07:58
145	1065	Bruno Alexandre Girão Almeida	arcd venda da luisa	Senior Masculino	02:15:50	+40:43	07:59
146	1416	Paulo José Santos	individual	Veterano M45	02:15:51	+40:44	08:00
147	1202	João Nepomuceno	da-lhe gaz	Veterano M40	02:15:53	+40:45	08:00
148	1200	Ricardo Henriques	da-lhe gaz	Senior Masculino	02:15:53	+40:46	08:00
149	1004	Rui Mendes	abutres running team	Senior Masculino	02:16:05	+40:57	08:00
150	1005	José Coelho	abutres running team	Veterano M40	02:16:05	+40:57	08:00
151	1137	António Ferreira	c.p.r. a-do-barbas	Veterano M50	02:16:09	+41:02	08:01
152	1029	Luís António Rodrigues Miranda	aergóis trail running	Senior Masculino	02:16:19	+41:12	08:01
153	1155	Marco Campos	clube de montanha alto trilho (javalis)	Senior Masculino	02:16:23	+41:15	08:01
154	1282	Margarida Simões	agueda action clubjactib	Senior Feminino	02:16:27	+41:20	08:02
155	1542	Duarte Nuno Pereira Neves	ugas trail running	Senior Masculino	02:17:19	+42:12	08:05
156	1193	Renato Ferreira	coimbra trail running	Veterano M45	02:17:31	+42:24	08:05
157	1317	Hernâni José Oliveira Nogueira	individual	Senior Masculino	02:18:40	+43:32	08:09
158	1332	MARCO COELHO	runner's do demo	Senior Masculino	02:18:41	+43:33	08:09
159	1132	Pedro Ferreira	bitrain	Veterano M40	02:18:47	+43:39	08:10
160	1059	Rui Carrito	alheiras team	Veterano M55	02:18:56	+43:49	08:10
161	1510	mario silva	sintrarunning	Veterano M50	02:19:01	+43:54	08:11
162	1499	Rui Figueiredo	runner's do demo	Senior Masculino	02:19:07	+43:59	08:11
163	1492	Luís Filipe Augusto Neto	run ohp	Senior Masculino	02:19:15	+44:07	08:11
164	1246	Luís Balula	formobike btt & trail running	Veterano M40	02:19:44	+44:37	08:13
165	1018	Marco Formoso	acrd/psp viseu runners	Senior Masculino	02:20:00	+44:52	08:14
166	1415	Miguel Marques	individual	Veterano M45	02:20:06	+44:59	08:15
167	1576	Miguel Póvoa Santos Ferreira	vikings trail runners / ccr alcabideque	Sub 23 Masculino	02:20:11	+45:04	08:15
168	1328	Luis Carlos Rodrigues Brandão	individual	Senior Masculino	02:20:14	+45:07	08:15
169	1019	Sandra Rocha	acrd/psp viseu runners	Veterana F40	02:20:16	+45:09	08:15
170	1436	José Carvalho	louzan team/ dental garden	Veterano M50	02:20:19	+45:12	08:15
171	1192	Pedro F. Silva	coimbra trail running	Veterano M45	02:20:40	+45:32	08:17

**TRAIL CURTO PT17K - STAGE 1**

**17 KM**

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**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	1371	Sandra Arribança	individual	Veterana F45	02:21:05	+45:57	08:18
173	1216	João simões	decathlon aveiro	Senior Masculino	02:21:16	+46:08	08:19
174	1024	Carlos Pais	acrd/psp viseu runners	Veterano M55	02:21:52	+46:45	08:21
175	1330	Marco Alexandre Lourenço Martins	individual	Senior Masculino	02:21:59	+46:51	08:21
176	1313	Gonçalo Araújo Marques	individual	Senior Masculino	02:22:07	+46:59	08:22
177	1553	Antonio Manuel Ferreira Mendes	uniic_os	Senior Masculino	02:22:54	+47:47	08:24
178	1300	Cláudio Antero Carvalho Roças	individual	Senior Masculino	02:22:55	+47:47	08:24
179	1178	Catarina Alves	coimbra trail running	Veterana F40	02:23:19	+48:11	08:26
180	1062	André Filipe Ferreira Antunes	arcd venda da luisa	Senior Masculino	02:23:19	+48:11	08:26
181	1495	Andreia Oliveira	runner's do demo	Senior Feminino	02:23:44	+48:36	08:27
182	1310	emanuel da silva faim	individual	Senior Masculino	02:24:11	+49:03	08:29
183	1404	Arnaldo da Conceição Carvalho	individual	Veterano M45	02:24:33	+49:25	08:30
184	1563	Monica Sofia Oliveira Ribeiro	vikings trail runners / ccr alcabideque	Senior Feminino	02:24:53	+49:45	08:31
185	1565	Bruno Miguel de Oliveira Ribeiro	vikings trail runners / ccr alcabideque	Senior Masculino	02:24:53	+49:45	08:31
186	1327	Luís Antunes	individual	Senior Masculino	02:25:00	+49:52	08:32
187	1417	pedro saraiva	individual	Veterano M45	02:25:00	+49:52	08:32
188	1196	Fernando Venda	coimbra trail running	Veterano M60	02:25:02	+49:55	08:32
189	1305	david Madeira	individual	Senior Masculino	02:25:24	+50:17	08:33
190	1214	Henrique Dias	decathlon aveiro	Senior Masculino	02:25:49	+50:42	08:35
191	1244	Tiago José Leal da Costa	formobike btt & trail running	Senior Masculino	02:25:58	+50:51	08:35
192	1011	Rute Maria Fernandes Ferreira	acportalegre/utsm	Veterana F40	02:26:01	+50:54	08:35
193	1194	Carlos Galamba	coimbra trail running	Veterano M50	02:26:09	+51:01	08:36
194	1046	António Hernâni da Fonseca Santos	águeda action club   actib	Veterano M60	02:26:11	+51:03	08:36
195	1061	Luisa Teresa Monteiro da Costa Miranda	arcd venda da luisa	Senior Feminino	02:26:19	+51:11	08:36
196	1079	Carlos Manuel de Oliveira Canais	arcd venda da luisa	Veterano M45	02:26:23	+51:15	08:37
197	1078	Nelson Michael Dias Simões	arcd venda da luisa	Veterano M40	02:26:27	+51:19	08:37
198	1084	Paulo Galão	arronches e benfica / clínica sta beatriz	Senior Masculino	02:26:30	+51:23	08:37
199	1083	Sandra Rodrigues	arronches e benfica / clínica sta beatriz	Senior Feminino	02:26:30	+51:23	08:37
200	1567	Gonçalo Gonçalves	vikings trail runners / ccr alcabideque	Senior Masculino	02:27:01	+51:54	08:39
201	1446	João Almeida	mondego ultra trail	Senior Masculino	02:27:03	+51:55	08:39
202	1337	Nuno Jose Gois Coelho	formobike btt & trail running	Senior Masculino	02:27:21	+52:14	08:40
203	1056	Firmino Hernâni Roxo Paulo	ajc/glassdrive	Veterano M40	02:27:46	+52:38	08:42
204	1459	Pedro Filipe Santos Simões	montanha clube trail running/efapel	Senior Masculino	02:27:50	+52:42	08:42
205	1075	Tiago Miguel Figueira de Almeida	arcd venda da luisa	Sub 23 Masculino	02:28:08	+53:01	08:43
206	1157	André Coelho	cmm - escaravelhos team	Senior Masculino	02:28:10	+53:03	08:43
207	1057	Rodrigo Carvalho	alheiras team	Senior Masculino	02:28:15	+53:07	08:43
208	1525	JOAQUIM FIGUEIRA	team 33	Veterano M40	02:28:32	+53:25	08:44
209	1536	Sérgio Duarte	trepá montanhas	Senior Masculino	02:28:32	+53:25	08:44
210	1451	Carla Santos	montanha clube trail running/efapel	Senior Feminino	02:29:22	+54:14	08:47
211	1463	Tiago Lobo	montanha clube trail running/efapel	Senior Masculino	02:29:22	+54:14	08:47
212	1554	Cristiano Santos	uniic_os	Senior Masculino	02:29:30	+54:22	08:48
213	1334	Mauro André da Costa Gonçalves	individual	Senior Masculino	02:29:32	+54:25	08:48
214	1480	Lino Moreira	os turbomula	Veterano M60	02:29:37	+54:30	08:48
215	1258	Lígia Coelho	arqm - associação recreativa de s. miguel	Veterana F45	02:29:42	+54:34	08:48
216	1267	Ruben Nunes	individual	Junior Masculino	02:30:02	+54:54	08:50

TRAIL CURTO PT17K - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
217	1535	Bruno Duarte	trepamontanhas	Senior Masculino	02:30:10	+55:02	08:50
218	1151	Sara Manuela Mendes Carvalho1	clube de condeixa	Senior Feminino	02:30:23	+55:15	08:51
219	1185	Hugo Bera	coimbra trail running	Veterano M40	02:30:44	+55:36	08:52
220	1382	Hilário Louro	individual	Veterano M40	02:30:44	+55:37	08:52
221	1488	Adriano Galante	pés troikados - cscs	Senior Masculino	02:30:50	+55:42	08:52
222	1347	Tiago Filipe Andrade Silva	individual	Senior Masculino	02:31:06	+55:58	08:53
223	1467	Hermínio Jorge Cardoso Amaral	montanha clube trail running/efapel	Veterano M40	02:31:06	+55:59	08:53
224	1589	Nélio Girão	formobike btt & trail running	Senior Masculino	02:31:21	+56:14	08:54
225	1023	José Silva	acrd/psp viseu runners	Veterano M50	02:31:23	+56:15	08:54
226	1386	Luis Almeida	individual	Veterano M40	02:31:52	+56:45	08:56
227	1311	Fábio Costa	individual	Senior Masculino	02:31:52	+56:45	08:56
228	1514	Hugo Costa	spotcriativo viseu running team	Senior Masculino	02:31:58	+56:51	08:56
229	1201	Silvia Dias	da-lhe gaz	Veterana F40	02:32:27	+57:20	08:58
230	1203	Jose Dias	da-lhe gaz	Veterano M45	02:32:27	+57:20	08:58
231	1381	Henrique Simao	individual	Veterano M40	02:32:30	+57:22	08:58
232	1125	Francisco Mendes	bio team run	Veterano M40	02:32:53	+57:45	09:00
233	1595	Nuno Ribeiro	viriatvvs runners viseu	Veterano M40	02:33:01	+57:53	09:00
234	1021	Carlos Lopes	acrd/psp viseu runners	Veterano M40	02:33:30	+58:22	09:02
235	1173	Ricardo Cesar Alves Ferreira	coimbra trail running	Senior Masculino	02:33:59	+58:51	09:03
236	1051	jose filipe fernandes	ajc/glassdrive	Senior Masculino	02:34:04	+58:56	09:04
237	1217	Telmo Dias	decathlon aveiro	Senior Masculino	02:34:05	+58:58	09:04
238	1026	Gonçalo Miguel Pereira Vergueiro	adabem running team	Sub 23 Masculino	02:34:17	+59:10	09:05
239	1571	Pedro Martins	vikings trail runners / ccr alcabideque	Senior Masculino	02:34:24	+59:17	09:05
240	1103	Moisés Nunes	arism - associação recreativa de s. miguel	Veterano M45	02:34:36	+59:29	09:06
241	1418	Rui Santos	individual	Veterano M45	02:34:46	+59:39	09:06
242	1273	carla sofia	individual	Senior Feminino	02:34:51	+59:43	09:07
243	1186	João Pinho	coimbra trail running	Veterano M40	02:35:06	+59:58	09:07
244	1575	Tiago Matias	vikings trail runners / ccr alcabideque	Senior Masculino	02:35:10	+01:00:03	09:08
245	1221	Cláudio Sousa	domplex	Veterano M40	02:35:20	+01:00:13	09:08
246	1164	Luis Antonio Pinto pereira	cmm - escaravelhos team	Veterano M55	02:36:09	+01:01:02	09:11
247	1229	Ricardo André Pereira dos Santos	escola de atletismo de coimbra/jpaiva	Senior Masculino	02:36:14	+01:01:06	09:11
248	1036	Hugo Henrique Parrança Guerra	águeda action club   actib	Senior Masculino	02:36:36	+01:01:29	09:13
249	1541	Daniel Marques dos Santos	ugas trail running	Senior Masculino	02:36:44	+01:01:37	09:13
250	1320	João Bento	individual	Senior Masculino	02:36:53	+01:01:46	09:14
251	1304	Daniel Serra	individual	Senior Masculino	02:36:54	+01:01:46	09:14
252	1176	Gareth Arregi Galende	coimbra trail running	Sub 23 Masculino	02:36:54	+01:01:47	09:14
253	1520	Cláudia Lopes	tarahumara	Senior Feminino	02:37:26	+01:02:19	09:16
254	1122	Nélio Oliveira	atletismo clube da tocha	Senior Masculino	02:37:29	+01:02:21	09:16
255	1039	Mário André Pinheiro de Miranda	águeda action club   actib	Senior Masculino	02:37:37	+01:02:30	09:16
256	1322	João Mesquita	individual	Senior Masculino	02:37:45	+01:02:37	09:17
257	1406	Edgar Filomeno Perestrelo da Silva	individual	Veterano M45	02:37:50	+01:02:42	09:17
258	1398	Virgílio Neto	individual	Veterano M40	02:37:55	+01:02:48	09:17
259	1251	Jorge Simões	gatões btt	Senior Masculino	02:38:01	+01:02:54	09:18
260	1377	Cláudio Nuno Santos Marques	individual	Veterano M40	02:38:03	+01:02:55	09:18
261	1547	Álvaro Manuel da Costa Centeio	ugas trail running	Veterano M50	02:38:11	+01:03:03	09:18
262	1496	Sónia Cristina Morais Gomes	runner's do demo	Senior Feminino	02:38:17	+01:03:09	09:19

**TRAIL CURTO PT17K - STAGE 1**

**17 KM**

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REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
263	1208	Luis Filipe Rosa	dão nelas runners	Veterano M45	02:38:40	+01:03:32	09:20
264	1490	Joel Oliveira	piratas runners	Senior Masculino	02:38:40	+01:03:33	09:20
265	1197	Raquel Ferreira	correr +aguiar	Sub 23 Feminino	02:38:43	+01:03:35	09:20
266	1403	Armindo de Jesus Santos	individual	Veterano M45	02:38:43	+01:03:35	09:20
267	1086	Paulo Mendes	arronches e benfica / clínica sta beatriz	Veterano M50	02:39:26	+01:04:18	09:23
268	1349	Tomé Lopes	individual	Senior Masculino	02:39:40	+01:04:32	09:24
269	1156	NELSON NEVES	clube portugal telecom madeira	Veterano M40	02:39:51	+01:04:43	09:24
270	1335	Miguel André Vilaça dos Santos Patrão Silva	individual	Senior Masculino	02:40:13	+01:05:06	09:26
271	1037	Luis Manuel Saraiva Duarte	águeda action club   actib	Senior Masculino	02:40:18	+01:05:11	09:26
272	1154	Magda vieira	clube de condeixa	Veterana F40	02:40:41	+01:05:34	09:27
273	1400	André Dias	individual	Veterano M45	02:40:42	+01:05:35	09:27
274	1204	Nuno Salvador	dão nelas runners	Senior Masculino	02:40:58	+01:05:50	09:28
275	1402	António Jorge	individual	Veterano M45	02:40:59	+01:05:52	09:28
276	1391	Paulo Miguel Lourenço dos Santos	individual	Veterano M40	02:41:08	+01:06:00	09:29
277	1119	Daniel Gaspar	atletismo clube da tocha	Senior Masculino	02:41:28	+01:06:21	09:30
278	1412	Luis Moura	individual	Veterano M45	02:41:36	+01:06:28	09:30
279	1271	Bárbara Cruz	individual	Senior Feminino	02:41:56	+01:06:48	09:32
280	1599	Edgar Pires	arsm - associação recreativa de s. miguel	Senior Masculino	02:42:17	+01:07:09	09:33
281	1518	José Ferreira	spotcriativo viseu running team	Veterano M40	02:42:19	+01:07:12	09:33
282	1303	DANIEL ESPINHAL	individual	Senior Masculino	02:42:32	+01:07:25	09:34
283	1457	Nuno Gonçalves	montanha clube trail running/efapel	Senior Masculino	02:42:41	+01:07:33	09:34
284	1351	Vitor Esteves	individual	Senior Masculino	02:42:42	+01:07:35	09:34
285	1034	David Emanuel Santos Coelho	águeda action club   actib	Senior Masculino	02:42:53	+01:07:45	09:35
286	1149	Manuel Julio	clac entroncamento	Veterano M55	02:42:55	+01:07:48	09:35
287	1343	Rui Palrinhas	individual	Senior Masculino	02:43:21	+01:08:13	09:37
288	1306	DAVID TEIXEIRA	individual	Senior Masculino	02:43:23	+01:08:16	09:37
289	1590	Nuno Daniel Rodrigues Fernandes	o praticante	Veterano M40	02:43:40	+01:08:32	09:38
290	1168	Atão	coimbra trail running	Senior Masculino	02:43:50	+01:08:42	09:38
291	1179	Catarina Lapa	coimbra trail running	Veterana F40	02:43:52	+01:08:45	09:38
292	1150	Luis Rei	clac entroncamento	Veterano M60	02:43:59	+01:08:52	09:39
293	1385	Julio Tome	individual	Veterano M40	02:44:19	+01:09:12	09:40
294	1470	José Gil Andrade	mountain trails	Senior Masculino	02:44:33	+01:09:25	09:41
295	1120	Eduardo Ferreira	atletismo clube da tocha	Senior Masculino	02:44:33	+01:09:25	09:41
296	1534	rui almeida nina	trail bela bela	Senior Masculino	02:44:39	+01:09:31	09:41
297	1041	Ricardo Jorge Baptista Ferreira	águeda action club   actib	Senior Masculino	02:44:54	+01:09:47	09:42
298	1384	JOSE MARTINS	individual	Veterano M40	02:45:08	+01:10:01	09:43
299	1531	Patrícia Pereira	trail bela bela	Senior Feminino	02:45:12	+01:10:04	09:43
300	1543	João Grilo Ramos	ugas trail running	Senior Masculino	02:45:31	+01:10:23	09:44
301	1448	Rui Carvalho	montanha clube trail running/efapel	Veterano M40	02:45:43	+01:10:35	09:45
302	1550	Ana Grácio	união fci tomar	Senior Feminino	02:46:00	+01:10:53	09:46
303	1224	Dina Isabel Neves dos Santos	escola de atletismo de coimbra/jpaiva	Senior Feminino	02:46:17	+01:11:10	09:47
304	1444	Bruno Filipe Sobrinho Leitão	molengas	Veterano M40	02:46:30	+01:11:23	09:48
305	1511	paulo schofield	sintrarunning	Veterano M50	02:46:44	+01:11:37	09:49
306	1449	Ana Filipa Rodrigues Sêco	montanha clube trail running/efapel	Senior Feminino	02:46:56	+01:11:49	09:49
307	1263	JOSÉ MIGUEL SIMÃO	hbl trail team	Veterano M40	02:46:57	+01:11:49	09:49

**TRAIL CURTO PT17K - STAGE 1**

**17 KM**



**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
308	1359	Dora simao	individual	Veterana F40	02:47:13	+01:12:05	09:50
309	137	Frank Domingues	domplex	Veterano M40	02:47:29	+01:12:21	09:51
310	1025	Ricardo Lopes	acrm silveirinha claras	Senior Masculino	02:47:38	+01:12:30	09:52
311	1175	vítor Cricas	coimbra trail running	Senior Masculino	02:47:51	+01:12:43	09:52
312	1180	Claudia Isidoro	coimbra trail running	Veterana F40	02:47:51	+01:12:43	09:52
313	1462	Tiago Figueiredo	montanha clube trail running/efapel	Senior Masculino	02:47:57	+01:12:49	09:53
314	1171	João Carlos Silva	coimbra trail running	Senior Masculino	02:48:17	+01:13:09	09:54
315	1426	JOAQUIM AMIEIRO	individual	Veterano M60	02:48:42	+01:13:35	09:55
316	1378	filipe jordao	individual	Veterano M40	02:48:59	+01:13:52	09:56
317	1584	Matilde Brito	xl&s trail	Senior Feminino	02:48:59	+01:13:52	09:56
318	1073	Rui Manuel Paiva Monteiro	arcd venda da luisa	Senior Masculino	02:49:11	+01:14:04	09:57
319	1512	NUNO ANDRÉ LIBÓRIO CARDEAS	spem	Senior Masculino	02:49:19	+01:14:11	09:58
320	1072	Rubén Emanuel Pereira de Almeida	arcd venda da luisa	Senior Masculino	02:49:26	+01:14:18	09:58
321	1521	Dora Maria Mraques Serra	tarahumara	Veterana F40	02:49:33	+01:14:25	09:58
322	1153	Elza Mendes Cordeiro	clube de condeixa	Veterana F40	02:49:53	+01:14:45	10:00
323	1232	Vitor Luis Pratas dos Santos	escola de atletismo de coimbra/jpaiva	Veterano M50	02:49:56	+01:14:48	10:00
324	1177	Ana Margarida Pascoal Dourado	coimbra trail running	Veterana F40	02:49:57	+01:14:49	10:00
325	1188	Tiago de Castro Nunes Santos Silva	coimbra trail running	Veterano M40	02:49:58	+01:14:50	10:00
326	1199	Bruno B. Ferreira	cvp maiorca	Senior Masculino	02:50:23	+01:15:16	10:01
327	1022	Vitor Marques	acrd/psp viseu runners	Veterano M40	02:50:35	+01:15:28	10:02
328	1425	Jaime Simões	individual	Veterano M55	02:50:59	+01:15:51	10:03
329	1085	João Feiteira	arronches e benfica / clínica sta beatriz	Veterano M50	02:51:08	+01:16:01	10:04
330	1307	Diogo Alexandre Francisco Monteiro	individual	Senior Masculino	02:51:48	+01:16:40	10:06
331	1483	Eugénia Fernandes	ozxtreme/ rda	Senior Feminino	02:52:18	+01:17:10	10:08
332	1485	José David	ozxtreme/ rda	Senior Masculino	02:52:18	+01:17:10	10:08
333	1092	Catarina Gomes	arism - associação recreativa de s. miguel	Senior Feminino	02:52:30	+01:17:22	10:09
334	1482	Celso Ferreira	out 2 run	Veterano M50	02:52:31	+01:17:24	10:09
335	1389	NUNO ALMEIDA	individual	Veterano M40	02:52:37	+01:17:30	10:09
336	1321	João Fonseca	individual	Senior Masculino	02:52:50	+01:17:43	10:10
337	415	Bruno Marquês	trail runners da ponte	Veterano M40	02:53:02	+01:17:54	10:11
338	1497	Eduardo Ferreira	runner's do demo	Senior Masculino	02:53:05	+01:17:57	10:11
339	1344	Sérgio Cruz	individual	Senior Masculino	02:53:11	+01:18:03	10:11
340	1181	Fátima Videira	coimbra trail running	Veterana F40	02:53:17	+01:18:10	10:12
341	1375	António Jorge Carvalho Gouveia	individual	Veterano M40	02:53:22	+01:18:15	10:12
342	1139	Nuno Miguel	casa do benfica da figueira da foz	Veterano M40	02:53:27	+01:18:20	10:12
343	1440	Bruno Matos	moinhos da gândara trail	Senior Masculino	02:53:40	+01:18:32	10:13
344	1008	Cidália Maria dos Santos Oliveira	acdrs quinhendros	Veterana F45	02:53:40	+01:18:32	10:13
345	1003	Joaquim Branquinho	arism - associação recreativa de s. miguel	Veterano M60	02:53:48	+01:18:40	10:13
346	1427	Jorge Manuel Ramos	individual	Veterano M60	02:53:51	+01:18:44	10:14
347	1498	Jose Carlos Oliveira	runner's do demo	Senior Masculino	02:54:12	+01:19:05	10:15
348	1432	Paulo Almeida	kondores trail running	Veterano M40	02:54:30	+01:19:22	10:16
349	1506	Sérgio Viana	seifitness trail team	Senior Masculino	02:54:30	+01:19:23	10:16
350	1600	Luisa Batista	individual	Veterana F50	02:54:46	+01:19:38	10:17
351	1410	José Trindade	individual	Veterano M45	02:56:03	+01:20:56	10:21















**trail curto pt17k**

**17 KM**

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**OFFICIAL RESULT**

25	1469	Joana Pardal	Mor(e)Fit	Senior Feminino	03:02:31	+57:18	10:44
26	1286	Raquel Neves	Individual	Senior Feminino	03:04:10	+58:58	10:50
27	1287	sandra gonçalves	Individual	Senior Feminino	03:04:19	+59:06	10:51
28	1089	SILVIA LEÃO	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	03:05:59	+01:00:47	10:56
29	1143	MARISA ALMEIDA	Casa do Benfica de Condeixa	Senior Feminino	03:06:05	+01:00:52	10:57
30	1269	Andrea Passeira	Individual	Senior Feminino	03:08:41	+01:03:29	11:06
31	1579	Mara Patricia Soares Pereira	Xanacabeleiros	Senior Feminino	03:09:23	+01:04:11	11:08
32	1141	Susana Gonçalves	Casa do Benfica de Castelo Branco	Senior Feminino	03:10:05	+01:04:52	11:11
33	1279	Filipa Pereira Brites	Individual	Senior Feminino	03:10:39	+01:05:26	11:13
34	1009	Joana Melo	ACPortalegre/UTSM	Senior Feminino	03:13:10	+01:07:58	11:22
35	1147	Catarina Palmeiro	CBrunning TEAM	Senior Feminino	03:14:31	+01:09:19	11:27
36	1284	Marta Maria Pleno da Fonseca	Individual	Senior Feminino	03:14:38	+01:09:26	11:27
37	1285	Paula Gonçalves	Individual	Senior Feminino	03:14:44	+01:09:32	11:27
38	1219	Inês Peres	Desliza Team	Senior Feminino	03:17:15	+01:12:02	11:36
39	1538	SANDRA MARIA GONÇALVES SIMOES	Tribo NR	Senior Feminino	03:20:02	+01:14:49	11:46
40	1027	Josephine Marques	AERGóis Trail Running	Senior Feminino	03:20:27	+01:15:15	11:48
41	1218	Inês Isabel dos Santos Mendonça	Desliza Team	Senior Feminino	03:21:00	+01:15:47	11:49
42	1166	Natália José	Coimbra Trail Running	Senior Feminino	03:22:14	+01:17:01	11:54
43	1015	Célia Simões	ACRD/PSP Viseu Runners	Senior Feminino	03:23:03	+01:17:51	11:57
44	1222	carla alexandra araújo pereira	EDV - Viana Trail	Senior Feminino	03:26:06	+01:20:54	12:07
45	1283	Maria José Vasco Caceiro	Individual	Senior Feminino	03:26:24	+01:21:12	12:09
46	1439	Olga Felamino	Moinhos da Gândara Trail	Senior Feminino	03:30:32	+01:25:19	12:23
47	1450	Ana Garcia	Montanha Clube Trail Running/Efapel	Senior Feminino	03:34:11	+01:28:58	12:36
48	1276	Cristina Costa	Individual	Senior Feminino	03:35:34	+01:30:21	12:41
49	1209	Filipa Matias	DAP Trail Team	Senior Feminino	03:39:29	+01:34:16	12:55
50	1277	Cristina Isabel Rodrigues Colaço	Individual	Senior Feminino	03:40:14	+01:35:02	12:57
51	1275	Claudia simoes	Individual	Senior Feminino	03:41:44	+01:36:31	13:03
52	1274	Celia Janeiro	Individual	Senior Feminino	03:43:34	+01:38:21	13:09
53	1060	Ana Raquel Calhindra Valente	ARCD VENDA DA LUISA	Senior Feminino	03:44:53	+01:39:40	13:14
54	1537	LARA MARGARETE SILVA	Tribo NR	Senior Feminino	03:47:47	+01:42:34	13:24
55	1288	Sara Brandao	Individual	Senior Feminino	03:50:08	+01:44:56	13:32
56	1257	Rita coelho	Grupo Desportivo da Parreira	Senior Feminino	04:00:19	+01:55:06	14:08
57	1256	Dora Ribeiro	Grupo Desportivo da Parreira	Senior Feminino	04:00:19	+01:55:06	14:08
58	1234	Ana Santos	Figueira Kayak Clube	Senior Feminino	04:01:54	+01:56:41	14:14
59	1280	Liliana Cortez	Individual	Senior Feminino	04:01:54	+01:56:42	14:14
60	1281	Margarida Santos	Individual	Senior Feminino	04:02:21	+01:57:08	14:15
61	1249	Sandra Marisa Matos	Fruta da 5ª	Senior Feminino	04:14:58	+02:09:45	15:00
62	1087	Mariana Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	04:23:22	+02:18:09	15:30
63	1278	Diana Correia	Individual	Senior Feminino	04:23:22	+02:18:09	15:30
64	1289	Sara Daniela Simões Gomes	Individual	Senior Feminino	04:23:22	+02:18:09	15:30







**trail curto pt17k**

**17 KM**



**OFFICIAL RESULT**

74	1296	António Figueiredo	AERGóis Trail Running	Senior Masculino	02:11:40	+36:32	07:45
75	1170	Henrique Domingues Pinto	Coimbra Trail Running	Senior Masculino	02:11:55	+36:48	07:46
76	1152	André Ferro	Clube de Condeixa	Senior Masculino	02:12:02	+36:55	07:46
77	1503	João Luís Vaz Trindade	SBA/Clinica Sta Beatriz	Senior Masculino	02:12:55	+37:48	07:49
78	1471	Luís Gil Andrade	Mountain trails	Senior Masculino	02:13:23	+38:15	07:51
79	1315	Gonçalo Mexia	Individual	Senior Masculino	02:13:40	+38:33	07:52
80	1136	Nuno Ferreira	C.P.R. A-Do-Barbas	Senior Masculino	02:13:49	+38:41	07:52
81	1329	Luis Cesar Lobão Rego	Individual	Senior Masculino	02:13:57	+38:50	07:53
82	1127	Carlos Cardoso	BitRunners	Senior Masculino	02:15:03	+39:56	07:57
83	1172	Paulo Sarmiento	Coimbra Trail Running	Senior Masculino	02:15:25	+40:17	07:58
84	1065	Bruno Alexandre Girão Almeida	ARCD VENDA DA LUISA	Senior Masculino	02:15:50	+40:43	07:59
85	1200	Ricardo Henriques	Da-lhe gaz	Senior Masculino	02:15:53	+40:46	08:00
86	1004	Rui Mendes	Abutres Running Team	Senior Masculino	02:16:05	+40:57	08:00
87	1029	Luís António Rodrigues Miranda	AERGóis Trail Running	Senior Masculino	02:16:19	+41:12	08:01
88	1155	Marco Campos	Clube de Montanha Alto Trilho (Javalis)	Senior Masculino	02:16:23	+41:15	08:01
89	1542	Duarte Nuno Pereira Neves	UGAS TRAIL Running	Senior Masculino	02:17:19	+42:12	08:05
90	1317	Hernâni José Oliveira Nogueira	Individual	Senior Masculino	02:18:40	+43:32	08:09
91	1332	MARCO COELHO	Runner's do Demo	Senior Masculino	02:18:41	+43:33	08:09
92	1499	Rui Figueiredo	RUNNER'S DO DEMO	Senior Masculino	02:19:07	+43:59	08:11
93	1492	Luís Filipe Augusto Neto	Run OHP	Senior Masculino	02:19:15	+44:07	08:11
94	1018	Marco Formoso	ACRD/PSP Viseu Runners	Senior Masculino	02:20:00	+44:52	08:14
95	1328	Luis Carlos Rodrigues Brandão	Individual	Senior Masculino	02:20:14	+45:07	08:15
96	1216	João simões	DECATHLON AVEIRO	Senior Masculino	02:21:16	+46:08	08:19
97	1330	Marco Alexandre Lourenço Martins	Individual	Senior Masculino	02:21:59	+46:51	08:21
98	1313	Gonçalo Araújo Marques	Individual	Senior Masculino	02:22:07	+46:59	08:22
99	1553	Antonio Manuel Ferreira Mendes	UNIIC_OS	Senior Masculino	02:22:54	+47:47	08:24
100	1300	Cláudio Antero Carvalho Roças	Individual	Senior Masculino	02:22:55	+47:47	08:24
101	1062	André Filipe Ferreira Antunes	ARCD VENDA DA LUISA	Senior Masculino	02:23:19	+48:11	08:26
102	1310	emanuel da silva faim	Individual	Senior Masculino	02:24:11	+49:03	08:29
103	1565	Bruno Miguel de Oliveira Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:24:53	+49:45	08:31
104	1327	Luís Antunes	Individual	Senior Masculino	02:25:00	+49:52	08:32
105	1305	david Madeira	Individual	Senior Masculino	02:25:24	+50:17	08:33
106	1214	Henrique Dias	DECATHLON AVEIRO	Senior Masculino	02:25:49	+50:42	08:35
107	1244	Tiago José Leal da Costa	Formobike BTT & Trail Running	Senior Masculino	02:25:58	+50:51	08:35
108	1084	Paulo Galão	Arronches e Benfica / Clínica Sta Beatriz	Senior Masculino	02:26:30	+51:23	08:37
109	1567	Gonçalo Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:27:01	+51:54	08:39
110	1446	João Almeida	Mondego Ultra Trail	Senior Masculino	02:27:03	+51:55	08:39
111	1337	Nuno Jose Gois Coelho	Formobike BTT & Trail Running	Senior Masculino	02:27:21	+52:14	08:40
112	1459	Pedro Filipe Santos Simões	Montanha Clube Trail Running/Efapel	Senior Masculino	02:27:50	+52:42	08:42
113	1157	André Coelho	CMM - Escaravelhos Team	Senior Masculino	02:28:10	+53:03	08:43
114	1057	Rodrigo Carvalho	Alheiras Team	Senior Masculino	02:28:15	+53:07	08:43
115	1536	Sérgio Duarte	Trepa Montanhas	Senior Masculino	02:28:32	+53:25	08:44

**trail curto pt17k**

**17 KM**



**OFFICIAL RESULT**

116	1463	Tiago Lobo	Montanha Clube Trail Running/Efapel	Senior Masculino	02:29:22	+54:14	08:47
117	1554	Cristiano Santos	UNIIC_OS	Senior Masculino	02:29:30	+54:22	08:48
118	1334	Mauro André da Costa Gonçalves	Individual	Senior Masculino	02:29:32	+54:25	08:48
119	1535	Bruno Duarte	Trepa Montanhas	Senior Masculino	02:30:10	+55:02	08:50
120	1488	Adriano Galante	PÉS TROIKADOS - CSCS	Senior Masculino	02:30:50	+55:42	08:52
121	1347	Tiago Filipe Andrade Silva	Individual	Senior Masculino	02:31:06	+55:58	08:53
122	1589	Nélio Girão	Formobike BTT & Trail Running	Senior Masculino	02:31:21	+56:14	08:54
123	1311	Fábio Costa	Individual	Senior Masculino	02:31:52	+56:45	08:56
124	1514	Hugo Costa	SpotCriativo Viseu Running Team	Senior Masculino	02:31:58	+56:51	08:56
125	1173	Ricardo Cesar Alves Ferreira	Coimbra Trail Running	Senior Masculino	02:33:59	+58:51	09:03
126	1051	jose filipe fernandes	AJC/GLASSDRIVE	Senior Masculino	02:34:04	+58:56	09:04
127	1217	Telmo Dias	DECATHLON AVEIRO	Senior Masculino	02:34:05	+58:58	09:04
128	1571	Pedro Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:34:24	+59:17	09:05
129	1575	Tiago Matias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:35:10	+01:00:03	09:08
130	1229	Ricardo André Pereira dos Santos	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	02:36:14	+01:01:06	09:11
131	1036	Hugo Henrique Parrana Guerra	Águeda Action Club   ACTIB	Senior Masculino	02:36:36	+01:01:29	09:13
132	1541	Daniel Marques dos Santos	UGAS TRAIL Running	Senior Masculino	02:36:44	+01:01:37	09:13
133	1320	João Bento	Individual	Senior Masculino	02:36:53	+01:01:46	09:14
134	1304	Daniel Serra	Individual	Senior Masculino	02:36:54	+01:01:46	09:14
135	1122	Nélio Oliveira	Atletismo Clube da Tocha	Senior Masculino	02:37:29	+01:02:21	09:16
136	1039	Mário André Pinheiro de Miranda	Águeda Action Club   ACTIB	Senior Masculino	02:37:37	+01:02:30	09:16
137	1322	João Mesquita	Individual	Senior Masculino	02:37:45	+01:02:37	09:17
138	1251	Jorge Simões	Gatões btt	Senior Masculino	02:38:01	+01:02:54	09:18
139	1490	Joel Oliveira	Piratas Runners	Senior Masculino	02:38:40	+01:03:33	09:20
140	1349	Tomé Lopes	Individual	Senior Masculino	02:39:40	+01:04:32	09:24
141	1335	Miguel André Vilaça dos Santos Patrão Silva	Individual	Senior Masculino	02:40:13	+01:05:06	09:26
142	1037	Luis Manuel Saraiva Duarte	Águeda Action Club   ACTIB	Senior Masculino	02:40:18	+01:05:11	09:26
143	1204	Nuno Salvador	Dão Nelas Runners	Senior Masculino	02:40:58	+01:05:50	09:28
144	1119	Daniel Gaspar	Atletismo Clube da Tocha	Senior Masculino	02:41:28	+01:06:21	09:30
145	1599	Edgar Pires	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	02:42:17	+01:07:09	09:33
146	1303	DANIEL ESPINHAL	Individual	Senior Masculino	02:42:32	+01:07:25	09:34
147	1457	Nuno Gonçalves	Montanha Clube Trail Running/Efapel	Senior Masculino	02:42:41	+01:07:33	09:34
148	1351	Vitor Esteves	Individual	Senior Masculino	02:42:42	+01:07:35	09:34
149	1034	David Emanuel Santos Coelho	Águeda Action Club   ACTIB	Senior Masculino	02:42:53	+01:07:45	09:35
150	1343	Rui Palrinhas	Individual	Senior Masculino	02:43:21	+01:08:13	09:37
151	1306	DAVID TEIXEIRA	Individual	Senior Masculino	02:43:23	+01:08:16	09:37
152	1168	Atão	Coimbra Trail Running	Senior Masculino	02:43:50	+01:08:42	09:38
153	1470	José Gil Andrade	Mountain trails	Senior Masculino	02:44:33	+01:09:25	09:41
154	1120	Eduardo Ferreira	Atletismo Clube da Tocha	Senior Masculino	02:44:33	+01:09:25	09:41
155	1534	ruí almeida nina	TRAIL BELA BELA	Senior Masculino	02:44:39	+01:09:31	09:41
156	1041	Ricardo Jorge Baptista Ferreira	Águeda Action Club   ACTIB	Senior Masculino	02:44:54	+01:09:47	09:42
157	1543	João Grilo Ramos	UGAS TRAIL Running	Senior Masculino	02:45:31	+01:10:23	09:44

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158	1025	Ricardo Lopes	ACRM Silveirinha Claras	Senior Masculino	02:47:38	+01:12:30	09:52
159	1175	vit0r Cricas	Coimbra Trail Running	Senior Masculino	02:47:51	+01:12:43	09:52
160	1462	Tiago Figueiredo	Montanha Clube Trail Running/Efapel	Senior Masculino	02:47:57	+01:12:49	09:53
161	1171	João Carlos Silva	Coimbra Trail Running	Senior Masculino	02:48:17	+01:13:09	09:54
162	1073	Rui Manuel Paiva Monteiro	ARCD VENDA DA LUISA	Senior Masculino	02:49:11	+01:14:04	09:57
163	1512	NUNO ANDRÉ LIBÓRIO CARDEIAS	SPEM	Senior Masculino	02:49:19	+01:14:11	09:58
164	1072	Rubén Emanuel Pereira de Almeida	ARCD VENDA DA LUISA	Senior Masculino	02:49:26	+01:14:18	09:58
165	1199	Bruno B. Ferreira	CVP Maiorca	Senior Masculino	02:50:23	+01:15:16	10:01
166	1307	Diogo Alexandre Francisco Monteiro	Individual	Senior Masculino	02:51:48	+01:16:40	10:06
167	1485	José David	Ozxtreme/ RDA	Senior Masculino	02:52:18	+01:17:10	10:08
168	1321	João Fonseca	Individual	Senior Masculino	02:52:50	+01:17:43	10:10
169	1497	Eduardo Ferreira	RUNNER'S DO DEMO	Senior Masculino	02:53:05	+01:17:57	10:11
170	1344	Sérgio Cruz	Individual	Senior Masculino	02:53:11	+01:18:03	10:11
171	1440	Bruno Matos	Moinhos da Gândara Trail	Senior Masculino	02:53:40	+01:18:32	10:13
172	1498	Jose Carlos Oliveira	RUNNER'S DO DEMO	Senior Masculino	02:54:12	+01:19:05	10:15
173	1506	Sérgio Viana	Seifitness Trail Team	Senior Masculino	02:54:30	+01:19:23	10:16
174	1333	Marco Santos - SPEM	Individual	Senior Masculino	02:56:51	+01:21:43	10:24
175	1295	André Miguel Mendes Antunes	Individual	Senior Masculino	02:56:52	+01:21:45	10:24
176	1030	Luis Carlos Marques Filipe	AERGóis Trail Running	Senior Masculino	02:57:07	+01:21:59	10:25
177	1452	Artur Jorge Rodrigues soares	Montanha Clube Trail Running/Efapel	Senior Masculino	02:58:22	+01:23:15	10:30
178	1507	Tiago Alves	Seifitness Trail Team	Senior Masculino	02:58:34	+01:23:26	10:30
179	1519	João Nuno	SS CGD	Senior Masculino	03:00:17	+01:25:09	10:36
180	1504	Emanuel Dias	Seifitness Trail Team	Senior Masculino	03:00:49	+01:25:42	10:38
181	1528	Filipe Aguiar	Tondela Runners	Senior Masculino	03:03:06	+01:27:58	10:46
182	1340	ricardo andre pereira da silva	Individual	Senior Masculino	03:03:14	+01:28:06	10:47
183	1053	Pedro Miguel Sequeira Claudino	AJC/GLASSDRIVE	Senior Masculino	03:03:22	+01:28:15	10:47
184	1050	FILIFE DUARTE QUINTAS RASTEIRO	AJC/GLASSDRIVE	Senior Masculino	03:03:23	+01:28:15	10:47
185	1505	Luís Cunhal Henriques	Seifitness Trail Team	Senior Masculino	03:03:27	+01:28:20	10:48
186	1597	Nuno Pimenta	RENTEA	Senior Masculino	03:04:15	+01:29:07	10:50
187	1309	Eduardo Luís Cortês Gonçalves	Individual	Senior Masculino	03:06:27	+01:31:20	10:58
188	1346	Tiago Cruz	Individual	Senior Masculino	03:09:34	+01:34:26	11:09
189	1342	Rui Jorge da Silva Rodrigues	Individual	Senior Masculino	03:10:46	+01:35:38	11:13
190	1338	NUNO MIGUEL DUARTE MARTINS	Individual	Senior Masculino	03:11:59	+01:36:51	11:18
191	1326	Jorge Gamito	Individual	Senior Masculino	03:12:01	+01:36:54	11:18
192	1297	Bruno Dias	Individual	Senior Masculino	03:12:09	+01:37:01	11:18
193	1142	ORLANDO ALMEIDA	Casa do Benfica de Condeixa	Senior Masculino	03:13:54	+01:38:46	11:24
194	1316	Henrique Zaldo	Individual	Senior Masculino	03:16:17	+01:41:09	11:33
195	1552	André Filipe Marques Gomes	UNIIC_OS	Senior Masculino	03:16:28	+01:41:21	11:33
196	1223	João Tiago Gonçalves Macedo Salgado	EDV - Viana Trail	Senior Masculino	03:16:29	+01:41:22	11:34
197	1299	Carlos Filipe Simões	Individual	Senior Masculino	03:16:52	+01:41:44	11:35
198	1523	Carlos Alexandre Serra Brito Marques	Táxis Marialves Running Team	Senior Masculino	03:17:01	+01:41:53	11:35
199	1489	joao pedro marques	PÉS TROIKADOS - CSCS	Senior Masculino	03:19:53	+01:44:46	11:46
200	1325	Joni Pandeirda Rocha	Individual	Senior Masculino	03:21:20	+01:46:13	11:51
201	1318	Hugo Moreira Rodrigues	Individual	Senior Masculino	03:25:48	+01:50:40	12:06



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7	1359	Dora simao	Individual	Veterana F40	02:47:13	+26:56	09:50
8	1180	Claudia Isidoro	Coimbra Trail Running	Veterana F40	02:47:51	+27:34	09:52
9	1521	Dora Maria Mraques Serra	Tarahumara	Veterana F40	02:49:33	+29:16	09:58
10	1153	Elza Mendes Cordeiro	Clube de Condeixa	Veterana F40	02:49:53	+29:36	10:00
11	1177	Ana Margarida Pascoal Dourado	Coimbra Trail Running	Veterana F40	02:49:57	+29:40	10:00
12	1181	Fátima Videira	Coimbra Trail Running	Veterana F40	02:53:17	+33:01	10:12
13	1238	Ana Maria Cintrão Leal	Figueira Kayak Clube	Veterana F40	03:03:32	+43:15	10:48
14	1220	Sara Pinheiro	Desliza Team	Veterana F40	03:06:12	+45:56	10:57
15	1252	Sandrina Silva	GR-Grandes Rotas Clube	Veterana F40	03:09:10	+48:54	11:08
16	1591	Zina Maria Dias Pedro Fernandes	O Praticante	Veterana F40	03:10:32	+50:15	11:12
17	1357	Cláudia Cravo	Individual	Veterana F40	03:10:39	+50:23	11:13
18	1465	Célia Carvalho	Montanha Clube Trail Running/Efapel	Veterana F40	03:11:51	+51:35	11:17
19	1580	Natercia Bento	Xanacabeleiros	Veterana F40	03:17:27	+57:10	11:37
20	1239	Sandra Matias	Figueira Kayak Clube	Veterana F40	03:17:28	+57:12	11:37
21	1358	Diana Martins	Individual	Veterana F40	03:19:40	+59:23	11:45
22	1020	Susana Castro	ACRD/PSP Viseu Runners	Veterana F40	03:27:42	+01:07:26	12:13
23	1096	Piedade Gonçalves	ARSM - Associação Recreativa de S. Miguel	Veterana F40	03:35:38	+01:15:21	12:41
24	1442	Carla Felamino	Moinhos da Gândara Trail	Veterana F40	03:38:10	+01:17:54	12:50
25	1261	HELGA MENDES	HBL TRAIL TEAM	Veterana F40	03:40:16	+01:20:00	12:57
26	1363	Teresa Napita	Individual	Veterana F40	03:42:22	+01:22:06	13:05
27	1129	Patrícia Ramalheiro	Bora Lá Team- Lousã	Veterana F40	03:49:25	+01:29:09	13:30
28	1360	Graça Simões	Individual	Veterana F40	03:50:09	+01:29:52	13:32
29	1095	Lucia Couceiro	ARSM - Associação Recreativa de S. Miguel	Veterana F40	04:04:01	+01:43:45	14:21
30	1362	Márcia Cristina Ferreira Mendes	Individual	Veterana F40	04:06:16	+01:45:59	14:29
31	1361	Heloise Rodrigues	Individual	Veterana F40	04:36:35	+02:16:18	16:16
32	1055	Ana Isabel França	AJC/GLASSDRIVE	Veterana F40	04:37:02	+02:16:46	16:18
33	1596	Sandra Morgado	Individual	Veterana F40	04:37:02	+02:16:46	16:18

**Veterana F45**

1	1371	Sandra Arribança	Individual	Veterana F45	02:21:05		08:18
2	1258	Lígia Coelho	ARSM - Associação Recreativa de S. Miguel	Veterana F45	02:29:42	+08:37	08:48
3	1008	Cidália Maria dos Santos Oliveira	ACDRS QUINHENDROS	Veterana F45	02:53:40	+32:35	10:13
4	1477	Maria da Conceição Rainho Trindade	Os Trinca Espinhas	Veterana F45	02:57:38	+36:33	10:27
5	1240	Maria joao simoes	Figueira Kayak Clube	Veterana F45	03:04:27	+43:23	10:51
6	1076	Cidália Maria Barrico de Almeida Canais	ARCD VENDA DA LUISA	Veterana F45	03:05:32	+44:28	10:55
7	1077	Cristina Isabel da Silva Melo	ARCD VENDA DA LUISA	Veterana F45	03:05:33	+44:28	10:55
8	1182	Margarida Carvalho	Coimbra Trail Running	Veterana F45	03:07:42	+46:38	11:03
9	1262	MARIA JOÃO SIMÕES	HBL TRAIL TEAM	Veterana F45	03:13:55	+52:51	11:24
10	1167	Natércia Carvalho	Coimbra Trail Running	Veterana F45	03:17:19	+56:15	11:36
11	1478	Maria João Valério	Os Trinca Espinhas	Veterana F45	03:31:17	+01:10:13	12:26
12	1466	Ana Maria Vieira Loreto	Montanha Clube Trail Running/Efapel	Veterana F45	03:34:11	+01:13:07	12:36

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13	1365	brigitte geria campos	Individual	Veterana F45	03:38:23	+01:17:18	12:51
14	1369	Luz Costa	Individual	Veterana F45	03:45:00	+01:23:55	13:14
15	1130	Susana aria de Almeida Peres	Bora Lá Team- Lousã	Veterana F45	03:49:26	+01:28:21	13:30
16	1592	Sílvia Maria Dias Pedro	O Praticante	Veterana F45	04:13:07	+01:52:02	14:53
17	1367	Eduarda Maria Satiro Queimado	Individual	Veterana F45	04:13:07	+01:52:03	14:53
18	1250	Celia Franja	Fruta da 5ª	Veterana F45	04:14:59	+01:53:54	15:00
19	1370	maria augusta sousa oliveira barbosa	Individual	Veterana F45	04:28:47	+02:07:42	15:49

**Veterana F50**

1	1600	Luisa Batista	Individual	Veterana F50	02:54:46		10:17
2	1241	Isabel Gomes	Figueira Kayak Clube	Veterana F50	03:16:45	+21:59	11:34
3	1500	Maria da Graça Marques Costa	RUNNER'S DO DEMO	Veterana F50	03:27:41	+32:56	12:13
4	1374	Isabel Semedo	Individual	Veterana F50	03:30:59	+36:14	12:25
5	1372	Ana Oliveira	Individual	Veterana F50	03:35:34	+40:48	12:41
6	1373	cristina duarte	Individual	Veterana F50	03:57:56	+01:03:10	14:00
7	1585	Iracema Ferreira	Individual	Veterana F50	04:19:33	+01:24:47	15:16
8	1581	alexandra palma	XanUcha	Veterana F50	04:46:24	+01:51:38	16:51
9	1582	Isabel Ucha	XanUcha	Veterana F50	04:46:24	+01:51:38	16:51

**Veterana F55**

1	1548	Cristina Meireles	Umelga Runners	Veterana F55	03:11:15		11:15
2	1148	Hortense Baptista	CBrunning Team	Veterana F55	03:14:09	+02:53	11:25
3	1253	Rosário Ramos	GR-Grandes Rotas Clube	Veterana F55	03:28:57	+17:41	12:17

**Veterano M40**

1	1108	Rui Rodrigues	Associação Académica de Coimbra	Veterano M40	01:36:04		05:39
2	1183	Armindo Antunes	Coimbra Trail Running	Veterano M40	01:44:16	+08:13	06:08
3	1230	Miguel Pires	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	01:45:05	+09:02	06:11
4	1491	Nuno Pimenta	Portugal Running	Veterano M40	01:45:34	+09:30	06:13
5	1530	Carlos Ribeiro	Tondela Runners	Veterano M40	01:47:52	+11:49	06:21
6	1118	RICARDO JORGE DA CRUZ AGUIAR	ASSSCC Ar Livre e Aventura	Veterano M40	01:49:05	+13:02	06:25
7	1102	PEDRO ANTÓNIO AMARO RAMOS	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:54:53	+18:50	06:46
8	1115	JOSÉ MIGUEL MACHADO MARQUES DOS SANTOS	ASSSCC Ar Livre e Aventura	Veterano M40	01:55:25	+19:22	06:47
9	1131	Arnaldo Ferreira	Btrain	Veterano M40	01:57:27	+21:24	06:55
10	223	Carlos Sá	Individual	Veterano M40	01:57:27	+21:24	06:55
11	1163	Hugo Manuel Fernandes pereira	CMM - Escaravelhos Team	Veterano M40	01:59:16	+23:12	07:01
12	1099	Luis Sousa	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:59:30	+23:26	07:02
13	1393	Pedro Miguel Silvério da Cruz	Individual	Veterano M40	02:02:25	+26:22	07:12
14	1116	MIGUEL JOÃO RIBEIRO	ASSSCC Ar Livre e Aventura	Veterano M40	02:03:15	+27:12	07:15

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15	1561	António Manuel Mendes Soares	URB TEODORA RUNNING TEAM	Veterano M40	02:03:18	+27:15	07:15
16	1578	Luís Bernardo	Viriathvs Runners Viseu	Veterano M40	02:07:48	+31:44	07:31
17	1098	José Silva	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:09:44	+33:41	07:38
18	1187	PAULO J CARVALHO	Coimbra Trail Running	Veterano M40	02:10:26	+34:23	07:40
19	1468	Luis Vilela	Montanha Clube Trail Running/Efapel	Veterano M40	02:10:58	+34:55	07:42
20	1117	PEDRO MIGUEL MADALENO CARDOSO	ASSSCC Ar Livre e Aventura	Veterano M40	02:11:08	+35:05	07:43
21	1526	ANTÓNIO JOÃO LOPES BATISTA	Team RSI - TARSIBUS	Veterano M40	02:11:30	+35:26	07:44
22	1097	João Rosinha	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:12:09	+36:05	07:46
23	1184	Gonçalo Filipe Neves Padilha	Coimbra Trail Running	Veterano M40	02:12:18	+36:15	07:47
24	1202	João Nepomuceno	Da-lhe gaz	Veterano M40	02:15:53	+39:49	08:00
25	1005	José Coelho	Abutres Running Team	Veterano M40	02:16:05	+40:01	08:00
26	1132	Pedro Ferreira	Bttrain	Veterano M40	02:18:47	+42:43	08:10
27	1246	Luís Balula	Formobike BTT & Trail Running	Veterano M40	02:19:44	+43:41	08:13
28	1078	Nelson Michael Dias Simões	ARCD VENDA DA LUISA	Veterano M40	02:26:27	+50:23	08:37
29	1056	Firmino Hernâni Roxo Paulo	AJC/GLASSDRIVE	Veterano M40	02:27:46	+51:42	08:42
30	1525	JOAQUIM FIGUEIRA	Team 33	Veterano M40	02:28:32	+52:29	08:44
31	1185	Hugo Bera	Coimbra Trail Running	Veterano M40	02:30:44	+54:40	08:52
32	1382	Hilário Louro	Individual	Veterano M40	02:30:44	+54:41	08:52
33	1467	Hermínio Jorge Cardoso Amaral	Montanha Clube Trail Running/Efapel	Veterano M40	02:31:06	+55:03	08:53
34	1386	Luís Almeida	Individual	Veterano M40	02:31:52	+55:49	08:56
35	1381	Henrique Simao	Individual	Veterano M40	02:32:30	+56:26	08:58
36	1125	Francisco Mendes	Bio Team Run	Veterano M40	02:32:53	+56:49	09:00
37	1595	Nuno Ribeiro	Viriathvs Runners Viseu	Veterano M40	02:33:01	+56:57	09:00
38	1021	Carlos Lopes	ACRD/PSP Viseu Runners	Veterano M40	02:33:30	+57:26	09:02
39	1186	João Pinho	Coimbra Trail Running	Veterano M40	02:35:06	+59:02	09:07
40	1221	Cláudio Sousa	Domplex	Veterano M40	02:35:20	+59:17	09:08
41	1398	Virgílio Neto	Individual	Veterano M40	02:37:55	+01:01:52	09:17
42	1377	Cláudio Nuno Santos Marques	Individual	Veterano M40	02:38:03	+01:01:59	09:18
43	1156	NELSON NEVES	CLUBE PORTUGAL TELECOM MADEIRA	Veterano M40	02:39:51	+01:03:47	09:24
44	1391	Paulo Miguel Lourenço dos Santos	Individual	Veterano M40	02:41:08	+01:05:04	09:29
45	1518	José Ferreira	SpotCriativo Viseu Running Team	Veterano M40	02:42:19	+01:06:16	09:33
46	1590	Nuno Daniel Rodrigues Fernandes	O Praticante	Veterano M40	02:43:40	+01:07:36	09:38
47	1385	Julio Tome	Individual	Veterano M40	02:44:19	+01:08:16	09:40
48	1384	JOSE MARTINS	Individual	Veterano M40	02:45:08	+01:09:05	09:43
49	1448	Rui Carvalho	Montanha Clube Trail Running/Efapel	Veterano M40	02:45:43	+01:09:39	09:45
50	1444	Bruno Filipe Sobrinho Leitão	Molengas	Veterano M40	02:46:30	+01:10:27	09:48
51	1263	JOSÉ MIGUEL SIMÃO	HBL TRAIL TEAM	Veterano M40	02:46:57	+01:10:53	09:49
52	137	Frank Domingues	Domplex	Veterano M40	02:47:29	+01:11:25	09:51
53	1378	filipe jordao	Individual	Veterano M40	02:48:59	+01:12:56	09:56
54	1188	Tiago de Castro Nunes Santos Silva	Coimbra Trail Running	Veterano M40	02:49:58	+01:13:54	10:00
55	1022	Vitor Marques	ACRD/PSP Viseu Runners	Veterano M40	02:50:35	+01:14:32	10:02
56	1389	NUNO ALMEIDA	Individual	Veterano M40	02:52:37	+01:16:34	10:09







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3	1106	José Correia	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:59:32	+04:32	07:02
4	1443	Manuel Cabete	Moinhos da Gândara Trail	Veterano M50	02:00:27	+05:27	07:05
5	1422	Mário José Silva Ferreira Marinheiro	Individual	Veterano M50	02:01:39	+06:39	07:09
6	1105	José Carlos Rodrigues	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:06:44	+11:45	07:27
7	1081	José Manuel Castanheiro Dos Santos	ARCD VENDA DA LUISA	Veterano M50	02:10:25	+15:26	07:40
8	1195	Pedro Pires Silva	Coimbra Trail Running	Veterano M50	02:12:25	+17:25	07:47
9	1137	António Ferreira	C.P.R. A-Do-Barbas	Veterano M50	02:16:09	+21:10	08:01
10	1510	mario silva	sintrunning	Veterano M50	02:19:01	+24:02	08:11
11	1436	José Carvalho	Louzan Team/ Dental Garden	Veterano M50	02:20:19	+25:20	08:15
12	1194	Carlos Galamba	Coimbra Trail Running	Veterano M50	02:26:09	+31:09	08:36
13	1023	José Silva	ACRD/PSP Viseu Runners	Veterano M50	02:31:23	+36:23	08:54
14	1547	Álvaro Manuel da Costa Centeio	UGAS TRAIL Running	Veterano M50	02:38:11	+43:11	09:18
15	1086	Paulo Mendes	Arronches e Benfica / Clínica Sta Beatriz	Veterano M50	02:39:26	+44:26	09:23
16	1511	paulo schofield	sintrunning	Veterano M50	02:46:44	+51:45	09:49
17	1232	Vitor Luis Pratas dos Santos	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	02:49:56	+54:56	10:00
18	1085	João Feiteira	Arronches e Benfica / Clínica Sta Beatriz	Veterano M50	02:51:08	+56:09	10:04
19	1482	Celso Ferreira	out 2 run	Veterano M50	02:52:31	+57:32	10:09
20	1420	FERNANDO GASPAR	Individual	Veterano M50	03:10:30	+01:15:30	11:12
21	1598	Luis Manuel Costa	Individual	Veterano M50	03:16:01	+01:21:02	11:32
22	84	Carlos Mauricio	CLAC Entroncamento	Veterano M50	03:16:51	+01:21:51	11:35
23	1423	Victor Silva	Individual	Veterano M50	03:17:03	+01:22:04	11:36
24	1419	Carlos Barroso	Individual	Veterano M50	03:26:56	+01:31:57	12:10
25	1421	Filipe Carvalho	Individual	Veterano M50	03:28:40	+01:33:41	12:17
26	1583	Walter Palma	XanUcha	Veterano M50	04:44:49	+02:49:50	16:45

**Veterano M55**

1	1059	Rui Carrito	Alheiras Team	Veterano M55	02:18:56		08:10
2	1024	Carlos Pais	ACRD/PSP Viseu Runners	Veterano M55	02:21:52	+02:56	08:21
3	1164	Luis Antonio Pinto pereira	CMM - Escaravelhos Team	Veterano M55	02:36:09	+17:13	09:11
4	1149	Manuel Julio	CLAC Entroncamento	Veterano M55	02:42:55	+23:59	09:35
5	1425	Jaime Simões	Individual	Veterano M55	02:50:59	+32:02	10:03
6	1487	Antonio Fonseca	Pés Escaldados	Veterano M55	03:00:31	+41:34	10:37
7	1107	Élio Marcelo Agostinho Henriques	ARSM - Associação Recreativa de S. Miguel	Veterano M55	03:00:44	+41:48	10:38
8	1082	José Almeida Correia	ARCD VENDA DA LUISA	Veterano M55	03:05:10	+46:14	10:54
9	1124	Luis Marques	Atletismo Clube da Tocha	Veterano M55	03:09:39	+50:43	11:09
10	1255	Paulo Ramos	GR-Grandes Rotas Clube	Veterano M55	03:28:57	+01:10:00	12:17
11	1424	Albino Neves	Individual	Veterano M55	03:59:13	+01:40:17	14:04





## 17K - COLETIVA TOTAL

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

39	HBL TRAIL TEAM	307 + 421 + 487	1215
40	O Praticante	289 + 406 + 522	1217
41	Os Trinca Espinhas	356 + 422 + 473	1251
42	Desliza Team	390 + 440 + 451	1281
43	Casa do Benfica de Condeixa	389 + 419 + 504	1312
44	GR-Grandes Rotas Clube	399 + 447 + 467	1313
45	XanUcha	535 + 536 + 537	1608

