

GERAL	DORSAL	NOME	EQUIPA	TEMPO	IDADE	ESCALÃO	CLASS ESCALAO	SEXO	CLASS SEXO
1	15	FÁBIO SILVA	C.R.CASAENSE EAC	00:33:46	23	SEN	1	M	1
2	28	FILIPE ROCHA	INDIVIDUAL	00:35:53	28	SEN	2	M	2
3	202	NUNO SILVA SILVA	GIRASOL RAMOS CATARINO	00:36:31	38	VET	1	M	3
4	50	VITOR FRANCISCO	GIRASOL RAMOS CATARINO	00:37:00	30	SEN	3	M	4
5	63	FERNANDO CARVALHO	O MUNDO DA CORRIDA	00:37:19	39	VET	2	M	5
6	78	RICARDO MONTEIRO	FIT & FUN	00:37:20	20	SEN	4	M	6
7	173	FERNANDO MARQUES	NIGHT RUNNERS DE COIMBRA	00:38:07	32	SEN	5	M	7
8	21	VITOR CARDOSO	CLUVE	00:38:08	40	VET	3	M	8
9	159	MÁRCIO LOUREIRO	SRJARDOEIRA	00:38:54	36	VET	4	M	9
10	9	MARCO MARTINS	INDIVIDUAL	00:38:55	37	VET	5	M	10
11	114	LUÍS CORREIA	NÚCLEO SPORTINGUISTA	00:39:08	29	SEN	6	M	11
12	125	JOAQUIM MARTINS	A.A.C.	00:39:25	48	VET	6	M	12
13	150	CARLOS NOBRE	C.U.V.-SECÇÃO DESPORTIVA	00:39:30	34	SEN	7	M	13
14	126	CRISTIANO ARAÚJO	INDIVIDUAL	00:39:33	37	VET	7	M	14
15	56	DIOGO MAIA	UDR ZONA ALTA	00:39:42	31	SEN	8	M	15
16	51	ANTÓNIO RIBEIRO	INDIVIDUAL	00:39:46	48	VET	8	M	16
17	18	PEDRO GERARDO	CLUVE	00:39:54	53	VET	9	M	17
18	130	FRANCISCO PAIS	O MUNDO DA CORRIDA	00:40:01	46	VET	10	M	18
19	137	NUNO PIMENTA	PORTUGAL RUNNING	00:40:10	38	VET	11	M	19
20	98	BRUNO TEIXEIRA	INDIVIDUAL	00:40:26	33	SEN	9	M	20
21	128	VITOR RIBEIRO	INDIVIDUAL	00:40:36	54	VET	12	M	21
22	88	EDUARDO COSTA	PÉS TROIKADOS	00:40:43	41	VET	13	M	22
23	94	JOSÉ MAÇARRIA	MARESIABAR - FIG. FOZ	00:40:51	54	VET	14	M	23
24	127	DULCÍNEA SIVA	INDIVIDUAL	00:40:57	43	VET	1	F	1
25	192	RUI FIGUEIREDO	A.R.S.M.	00:41:11	39	VET	15	M	24
26	17	JORGE RIBEIRO	INDIVIDUAL	00:41:41	39	VET	16	M	25
27	43	AURÉLIO SAÚDE	PERNA DE PAU RUNNING TEAM	00:41:55	37	VET	17	M	26
28	208	LUC HENNETIER	JOGGING LOVERS COIMBRA	00:42:08	41	VET	18	M	27
29	16	PEDRO MARQUES	ESCOLA ATLETISMO COIMBRA	00:42:11	43	VET	19	M	28
30	225	RICARDO BICA	INDIVIDUAL	00:42:14	30	SEN	10	M	29
31	151	JOÃO GONÇALVES	FIT & FUN	00:42:30	36	VET	20	M	30
32	135	JOSE FERREIRA	INDIVIDUAL	00:42:52	38	VET	21	M	31
33	75	JOÃO GUERRA	FIT & FUN	00:42:56	30	SEN	11	M	32
34	153	FERNANDO ALHAU	INDIVIDUAL	00:43:12	54	VET	22	M	33
35	184	JOAQUIM PESSOA	CASA DO BENFICA CONDEIXA	00:43:12	57	VET	23	M	34
36	190	PAULO SANTOS	INDIVIDUAL	00:43:12	36	VET	24	M	35

GERAL	DORSAL	NOME	EQUIPA	TEMPO	IDADE	ESCALÃO	CLASS ESCALAO	SEXO	CLASS SEXO
37	232	Fernando Pato		00:43:24	61	VET	25	M	36
38	95	MIGUEL SILVA	INDIVIDUAL	00:43:30	45	VET	26	M	37
39	74	DANIEL MOREIRA	FIT & FUN	00:43:31	30	SEN	12	M	38
40	19	MÁRIO CARAPINHEIRO	CLUVE	00:44:09	51	VET	27	M	39
41	164	JOSÉ FONSECA	INDIVIDUAL	00:44:09	46	VET	28	M	40
42	46	LUIS ABADE	INDIVIDUAL	00:44:14	45	VET	29	M	41
43	118	DUARTE DOMINGUES	INDIVIDUAL	00:44:15	41	VET	30	M	42
44	110	PEDRO FERREIRA	MONDEGOPEÇAS	00:44:22	38	VET	31	M	43
45	49	ALMA PIERMATTEI	INDIVIDUAL	00:44:27	30	SEN	1	F	2
46	111	JORGE LOPES	MONDEGOPEÇAS	00:44:31	37	VET	32	M	44
47	133	DANIEL BENTO	INDIVIDUAL	00:44:33	41	VET	33	M	45
48	20	NUNO FRANCO	CLUVE	00:44:35	37	VET	34	M	46
49	38	JÚLIO PINHO	INDIVIDUAL	00:44:56	27	SEN	13	M	47
50	77	JOÃO VERISSIMO	FIT & FUN	00:45:05	24	SEN	14	M	48
51	72	GABRIEL ANACLETO	FIT & FUN	00:45:20	49	VET	35	M	49
52	175	ANDRÉ LUIZ DIAS	NIGHT RUNNERS DE COIMBRA	00:45:41	49	VET	36	M	50
53	11	JOAO DIAS	INDIVIDUAL	00:45:46	25	SEN	15	M	51
54	30	JOEL OLIVEIRA	PIRATAS RUNNERS	00:46:10	28	SEN	16	M	52
55	82	VICTOR SANTOS	JOGGING LOVERS COIMBRA	00:46:11	52	VET	37	M	53
56	142	NUNO CABRAL	JOGGING LOVERS COIMBRA	00:46:11	34	SEN	17	M	54
57	211	VICTOR GOMES	CLUVE	00:46:23	52	VET	38	M	55
58	12	NUNO MAIA	INDIVIDUAL	00:47:09	21	SEN	18	M	56
59	216	NATHALIE SILVA	INDIVIDUAL	00:47:09	23	SEN	2	F	3
60	31	PEDRO CRAVEIRO	PIRATAS RUNNERS	00:47:15	41	VET	39	M	57
61	69	TIAGO ROCHA	FIT & FUN	00:47:19	20	SEN	19	M	58
62	117	MÁRIO CORREIA MARTINS	CPTSC - SOBRAL DE CEIRA	00:47:28	52	VET	40	M	59
63	160	RUI DINIS	POWERBOOST CLUB	00:47:30	39	VET	41	M	60
64	215	GONÇALO ÁGUAS	RUNNING BROTHERS	00:47:32	32	SEN	20	M	61
65	99	GONÇALO MARTINS	SINMETRO	00:47:35	37	VET	42	M	62
66	113	VICTOR SANTOS	INDIVIDUAL	00:47:37	48	VET	43	M	63
67	76	HELDER ARAUJO	FIT & FUN	00:47:40	64	VET	44	M	64
68	197	JOAQUIM ALVARINHAS	INDIVIDUAL	00:47:40	51	VET	45	M	65
69	161	NARCISO ARROMBA	CLUVE	00:47:44	61	VET	46	M	66
70	166	PAULO MARQUES	INDIVIDUAL	00:47:44	48	VET	47	M	67
71	168	CARLOS CASTRO	INDIVIDUAL	00:47:53	50	VET	48	M	68
72	25	IGOR RODRIGUES	PERNA DE PAU RUNNING TEAM	00:47:57	30	SEN	21	M	69

GERAL	DORSAL	NOME	EQUIPA	TEMPO	IDADE	ESCALÃO	CLASS ESCALAO	SEXO	CLASS SEXO
73	47	CARLOS QUINTEIRO	INDIVIDUAL	00:47:57	48	VET	49	M	70
74	155	SALVADOR MASCARENHAS	INDIVIDUAL	00:48:02	47	VET	50	M	71
75	217	JOÃO RODRIGUES	MATA CHIBAS	00:48:05	42	VET	51	M	72
76	48	NUNO PINTO	JOGGING LOVERS COIMBRA	00:48:21	37	VET	52	M	73
77	66	VITOR OLIVEIRA	FIT & FUN	00:48:21	55	VET	53	M	74
78	226	RUI BICA	INDIVIDUAL	00:48:41	27	SEN	22	M	75
79	191	JOEL MARTINHO	COIMBRA TRAIL RUNNING	00:48:42	28	SEN	23	M	76
80	41	ALEXANDRE RODRIGUES	INDIVIDUAL	00:48:44	47	VET	54	M	77
81	83	RUBÉN TORICES	INDIVIDUAL	00:48:59	36	VET	55	M	78
82	40	RUI SIMÕES	INDIVIDUAL	00:49:23	48	VET	56	M	79
83	235	Rui Gomes		00:49:34	58	VET	57	M	80
84	157	ALEXANDRE FERREIRA	INDIVIDUAL	00:49:52	44	VET	58	M	81
85	109	HENRIQUE COSTA	AUTO-INDUSTRIAL COIMBRA	00:50:03	53	VET	59	M	82
86	132	MARIA MEDINA	INDIVIDUAL	00:50:09	32	SEN	3	F	4
87	154	DIOGO OLIVEIRA	INDIVIDUAL	00:50:11	29	SEN	24	M	83
88	143	FRANCISCO FERNANDES	INDIVIDUAL	00:50:40	35	VET	60	M	84
89	172	MIGUEL CAPELA	INDIVIDUAL	00:50:50	39	VET	61	M	85
90	73	MÓNICA MARQUES	FIT & FUN	00:50:54	31	SEN	4	F	5
91	67	FRANCISCO CATALÃO	FIT & FUN	00:50:55	26	SEN	25	M	86
92	44	LILIANA PRAGANA	PERNA DE PAU RUNNING TEAM	00:50:56	30	SEN	5	F	6
93	23	GEORGE MARTINS	PERNA DE PAU RUNNING TEAM	00:50:57	37	VET	62	M	87
94	32	JOÃO REIS	PERNA DE PAU RUNNING TEAM	00:50:57	34	SEN	26	M	88
95	218	RITA VENTURA	INDIVIDUAL	00:51:09	30	SEN	6	F	7
96	234	Enrique Ferreira		00:51:09	40	VET	63	M	89
97	54	JOÃO MARQUES	INDIVIDUAL	00:51:10	33	SEN	27	M	90
98	210	FERNANDO RIBEIRO	CLUVE	00:51:28	58	VET	64	M	91
99	233	Fernando Vende		00:51:32	58	VET	65	M	92
100	107	DIOGO COSTA	AUTO-INDUSTRIAL COIMBRA	00:51:45	24	SEN	28	M	93
101	71	ANTÓNIO CALHEIROS	FIT & FUN	00:52:00	37	VET	66	M	94
102	42	RUI CÉSAR	INDIVIDUAL	00:52:09	40	VET	67	M	95
103	64	PAULO JESUS	PERNA DE PAU RUNNING TEAM	00:52:13	40	VET	68	M	96
104	124	BRUNO PITA	INDIVIDUAL	00:52:15	37	VET	69	M	97
105	10	JOAO BERNARDES	INDIVIDUAL	00:52:22	25	SEN	29	M	98
106	207	FRANCISCO BELO	INDIVIDUAL	00:52:25	60	VET	70	M	99
107	170	BRUNO BRANDÃO	KARATÉ CLUBE COIMBRA	00:52:28	34	SEN	30	M	100
108	120	JOSÉ OLIVEIRA	CON_DORES	00:52:35	49	VET	71	M	101

GERAL	DORSAL	NOME	EQUIPA	TEMPO	IDADE	ESCALÃO	CLASS ESCALAO	SEXO	CLASS SEXO
109	14	MARCO SANTOS	PERNA DE PAU RUNNING TEAM	00:52:37	30	SEN	31	M	102
110	87	EMANUEL FERREIRA	JOGGING LOVERS COIMBRA	00:52:37	32	SEN	32	M	103
111	35	HELDER DUARTE	INDIVIDUAL	00:52:57	42	VET	72	M	104
112	37	MANUEL TAVARES	INDIVIDUAL	00:52:57	43	VET	73	M	105
113	129	PAULO JORGE SILVA	INDIVIDUAL	00:52:57	48	VET	74	M	106
114	36	RÚBEN DUARTE	INDIVIDUAL	00:52:59	19	JUN	1	M	107
115	112	JOAQUIM AMADO	MONDEGOPEÇAS	00:53:03	47	VET	75	M	108
116	22	SARA MARTINS	CLUVE	00:54:54	40	VET	2	F	8
117	55	LUÍS REIS	MONDEGOPEÇAS	00:55:08	39	VET	76	M	109
118	174	JACQUELINE DIAS	NIGHT RUNNERS DE COIMBRA	00:55:14	48	VET	3	F	9
119	85	DANIEL TEIXEIRA	INDIVIDUAL	00:56:07	35	VET	77	M	110
120	89	VICTOR MATOS FRANCO	INDIVIDUAL	00:56:07	68	VET	78	M	111
121	147	JOANA ENCARNAÇÃO	INDIVIDUAL	00:56:44	38	VET	4	F	10
122	183	HELENA LOPES	INDIVIDUAL	00:56:44	39	VET	5	F	11
123	121	CARLOS RAMOS	CON_DORES	00:57:20	52	VET	79	M	112
124	105	MÓNICA CUNHA	AUTO-INDUSTRIAL COIMBRA	00:57:22	49	VET	6	F	12
125	24	MÁRIO BRITO	INDIVIDUAL	00:57:54	33	SEN	33	M	113
126	26	ANA PEIXOTO	INDIVIDUAL	00:57:54	29	SEN	7	F	13
127	65	NORBERTA SILVA	FIT & FUN	00:58:10	32	SEN	8	F	14
128	209	JOANA BARBOSA	INDIVIDUAL	00:58:41	26	SEN	9	F	15
129	96	MIGUEL PARDAL	INDIVIDUAL	00:58:52	47	VET	80	M	114
130	33	FILIPE CASCÃO	INDIVIDUAL	00:59:43	47	VET	81	M	115
131	34	CONSTANÇA RIGUEIRO	INDIVIDUAL	00:59:43	47	VET	7	F	16
132	119	JORGE OLIVEIRA	BTTRAIN	00:59:43	64	VET	82	M	116
133	104	RITA MATEUS LAVOS	AUTO-INDUSTRIAL COIMBRA	01:00:05	36	VET	8	F	17
134	103	SÓNIA ALEXANDRE	AUTO-INDUSTRIAL COIMBRA	01:00:07	35	VET	9	F	18
135	101	ROGÉRIO LAVOS	AUTO-INDUSTRIAL COIMBRA	01:00:09	39	VET	83	M	117
136	102	DULCE LACERDA	AUTO-INDUSTRIAL COIMBRA	01:00:09	39	VET	10	F	19
137	158	ELIANA CANTANTE	INDIVIDUAL	01:00:17	24	SEN	10	F	20
138	220	FÁBIO COSTA	INDIVIDUAL	01:00:17	30	SEN	34	M	118
139	221	CARLA COTAS	INDIVIDUAL	01:01:29	29	SEN	11	F	21
140	140	FERNANDO SANTOS	EQUIPA KID	01:01:35	33	SEN	35	M	119
141	141	ANA SOUSA	EQUIPA KID	01:01:35	33	SEN	12	F	22
142	206	TELMA MATIAS	INDIVIDUAL	01:01:42	28	SEN	13	F	23
143	156	PAULO DIAS	INDIVIDUAL	01:02:28	48	VET	84	M	120
144	106	MIGUEL CUNHA	AUTO-INDUSTRIAL COIMBRA	01:02:56	50	VET	85	M	121

GERAL	DORSAL	NOME	EQUIPA	TEMPO	IDADE	ESCALÃO	CLASS ESCALAO	SEXO	CLASS SEXO
145	57	PATRICIA MAIA	UDR ZONA ALTA	01:03:07	27	SEN	14	F	24
146	52	VÂNIA FERREIRA	INDIVIDUAL	01:04:18	30	SEN	15	F	25
147	214	ANA ÁGUA	RUNNING BROTHERS	01:07:23	39	VET	11	F	26
148	177	SALOMÉ BIZARRO	INDIVIDUAL	01:07:24	40	VET	12	F	27
149	169	ADELAIDE PEREIRA	INDIVIDUAL	01:09:33	53	VET	13	F	28
150	53	ANA LUÍSA MARQUES	INDIVIDUAL	01:09:41	27	SEN	16	F	29
151	108	MÁRIO COSTA	AUTO-INDUSTRIAL COIMBRA	01:11:25	55	VET	86	M	122
152	152	SUSANA ALMEIDA	FIT & FUN	01:13:08	35	VET	14	F	30
153	134	DULCE MANSO	INDIVIDUAL	01:13:43	41	VET	15	F	31
154	167	PEDRO MONTEIRO	INDIVIDUAL	01:20:18	51	VET	87	M	123

Folha1

Class equipa	Pontos	Equipa	Dorsal	Nome	Class Geral	Tempo
1	109	FIT & FUN	78	RICARDO MONTEIRO	6	00:37:20
1		FIT & FUN	151	JOÃO GONÇALVES	31	00:42:30
1		FIT & FUN	75	JOÃO GUERRA	33	00:42:56
1		FIT & FUN	74	DANIEL MOREIRA	39	00:43:31
2	113	CLUVE	21	VITOR CARDOSO	8	00:38:08
2		CLUVE	18	PEDRO GERARDO	17	00:39:54
2		CLUVE	19	MÁRIO CARAPINHEIRO	40	00:44:09
2		CLUVE	20	NUNO FRANCO	48	00:44:35
3	215	JOGGING LOVERS COIMBRA	208	LUC HENNETIER	28	00:42:08
3		JOGGING LOVERS COIMBRA	82	VICTOR SANTOS	55	00:46:11
3		JOGGING LOVERS COIMBRA	142	NUNO CABRAL	56	00:46:11
3		JOGGING LOVERS COIMBRA	48	NUNO PINTO	76	00:48:21
4	284	PERNA DE PAU RUNNING TEAM	43	AURÉLIO SAÚDE	27	00:41:55
4		PERNA DE PAU RUNNING TEAM	25	IGOR RODRIGUES	72	00:47:57
4		PERNA DE PAU RUNNING TEAM	44	LILIANA PRAGANA	92	00:50:56
4		PERNA DE PAU RUNNING TEAM	23	GEORGE MARTINS	93	00:50:57
5	322	MONDEGOPEÇAS	110	PEDRO FERREIRA	44	00:44:22
5		MONDEGOPEÇAS	111	JORGE LOPES	46	00:44:31
5		MONDEGOPEÇAS	112	JOAQUIM AMADO	115	00:53:03
5		MONDEGOPEÇAS	55	LUÍS REIS	117	00:55:08
6	442	AUTO-INDUSTRIAL COIMBRA	109	HENRIQUE COSTA	85	00:50:03
6		AUTO-INDUSTRIAL COIMBRA	107	DIOGO COSTA	100	00:51:45
6		AUTO-INDUSTRIAL COIMBRA	105	MÓNICA CUNHA	124	00:57:22
6		AUTO-INDUSTRIAL COIMBRA	104	RITA MATEUS LAVOS	133	01:00:05