

Geral	Dorsal	Nome	Equipa	Sexo	Tempo	Cl.Sexo	Escalão	Cl.Esc.	Ritmo
1	650	FABIO SILVA	ESCOLA ATLETISMO COIMBRA	M	30:23:00	1	SEN	1	03:02
2	876	MÁRIO TEIXEIRA	ESCOLA ATLETISMO COIMBRA	M	30:48:00	2	VET	1	03:04
3	910	ION IAPARA		M	31:00:00	3	SEN	2	03:06
4	727	RUI RODRIGUES	AA COIMBRA	M	31:36:00	4	VET	2	03:09
5	726	RUI LOPES	AA COIMBRA	M	31:56:00	5	VET	3	03:11
6	750	FABIO ABRANTES	UNIAO CLUBE EIRENSE	M	32:13:00	6	SEN	3	03:13
7	818	FERNANDO ALMEIDA	JOGGING LOVERS COIMBRA	M	32:45:00	7	SEN	4	03:16
8	729	PAULO ANTUNES	AA COIMBRA	M	33:08:00	8	VET	4	03:18
9	659	LUIS CAVALEIRO	AUTOINDUSTRIAL	M	33:21:00	9	VET	5	03:20
10	691	RUI RODRIGUES	CASA DO POVO DE MANGUALDE	M	33:31:00	10	VET	6	03:21
11	791	HUGO COELHO	ARSM - S. MIGUEL POIARES	M	33:51:00	11	VET	7	03:23
12	908	MARCIO PEREIRA	ESCOLA ATLETISMO COIMBRA	M	33:52:00	12	VET	8	03:23
13	748	ALBERTO VALENTE	G D SANTANDER TOTTA	M	34:33:00	13	VET	9	03:27
14	838	MAURO A AZEVEDO	TRIBO NR	M	35:12:00	14	VET	10	03:31
15	745	FERNANDO MARQUES	TRIBO NR	M	35:29:00	15	SEN	5	03:32
16	776	MIGUEL GONCALVES	CCD CA MUTUO	M	35:29:00	16	VET	11	03:32
17	742	JOAO MANUEL CARDOSO	NONAMECLUB	M	35:44:00	17	Jun	1	03:34
18	860	MARCIO LOUREIRO	SR JARDOEIRA	M	35:47:00	18	VET	12	03:34
19	741	ALEXANDRE MARQUES	UNIAO CLUBE EIRENSE	M	35:49:00	19	SEN	6	03:34
20	841	PAULO SANTOS		M	35:57:00	20	VET	13	03:35
21	880	JOAO AFONSO	FIT&FUN	M	36:08:00	21	VET	14	03:36
22	711	PEDRO SIMOES	ARSM - S. MIGUEL POIARES	M	36:12:00	22	VET	15	03:37
23	698	FILIPE FONSECA	CLUBE ATLETISMO OVAR	M	36:23:00	23	SEN	7	03:38
24	693	LUIS PEREIRA	AVANCA	M	36:32:00	24	VET	16	03:38
25	747	RENATO RODRIGUES	CPT SOBRAL DE CEIRA	M	36:38:00	25	VET	17	03:39
26	826	ANTONIO RIBEIRO		M	36:46:00	26	VET	18	03:40
27	803	LUIS JUNQUEIRA		M	36:56:00	27	VET	19	03:41
28	875	EDUARDO FERREIRA		M	37:12:00	28	SEN	8	03:43
29	728	PEDRO VARELA	AA COIMBRA	M	37:15:00	29	VET	20	03:43
30	785	FREDERICO CRASTO	LIZ RUNNERS	M	37:23:00	30	VET	21	03:44
31	661	PEDRO OLIVEIRA	AUTOINDUSTRIAL	M	37:35:00	31	VET	22	03:45
32	800	GONCALO PADILHA	COIMBRA TRAIL RUNNING	M	37:44:00	32	VET	23	03:46
33	722	TOMMASO RUGGIERO		M	38:04:00	33	SEN	9	03:48
34	877	CRISTOVAO GOMES		M	38:10:00	34	SEN	10	03:49
35	723	JORGE RIBEIRO		M	38:18:00	35	VET	24	03:49
36	777	NUNO ROSA	CCD CA MUTUO	M	38:26:00	36	VET	25	03:50
37	872	LUC HENNETIER	JOGGING LOVERS COIMBRA	M	38:29:00	37	VET	26	03:50
38	765	DAVID JESUS	PASCOALITOS	M	38:39:00	38	SEN	11	03:51
39	840	PAULO CARVALHO	COIMBRA TRAIL RUNNING	M	38:46:00	39	VET	27	03:52
40	730	FERNANDO AGANTE	AA COIMBRA	M	38:51:00	40	VET	28	03:53
41	768	PEDRO MARTINS	JOGGING LOVERS COIMBRA	M	38:51:00	41	SEN	12	03:53
42	792	ANTONIO QUATORZE	CPT SOBRAL DE CEIRA	M	38:57:00	42	VET	29	03:53
43	671	RUI CARRITO	ALHEIRAS TEAM	M	39:11:00	43	SEN	13	03:55

Geral	Dorsal	Nome	Equipa	Sexo	Tempo	Cl.Sexo	Escalão	Cl.Esc.	Ritmo
44	706	HUMBERTO OLIVEIRA	UNIAO CLUBE EIRENSE	M	39:11:00	44	VET	30	03:55
45	871	JORGE PIMENTA	IPNRUNNERS	M	39:14:00	45	VET	31	03:55
46	724	NUNO CABRAL	JOGGING LOVERS COIMBRA	M	39:18:00	46	VET	32	03:55
47	652	JOAO BRANCO	JOGGING LOVERS COIMBRA	M	39:19:00	47	VET	33	03:55
48	686	JOAO RAMOS	JOGGING LOVERS COIMBRA	M	39:23:00	48	VET	34	03:55
49	766	HEBER PIRES	PASCOALITOS	M	39:34:00	49	SEN	14	03:57
50	882	TIAGO ROCHA	FIT&FUN	M	39:49:00	50	SEN	15	03:58
51	699	MIGUEL CAMPOS		M	40:00:00	51	VET	35	04:00
52	736	VASCO MARQUES	VETERANOS DO LIS	M	40:04:00	52	VET	36	04:00
53	740	ANTONIO MARQUES		M	40:09:00	53	VET	37	04:00
54	867	JOAO ALVES	JOGGING LOVERS COIMBRA	M	40:29:00	54	SEN	16	04:02
55	762	ISMAEL LEITAO		M	40:33:00	55	SEN	17	04:02
56	721	NUNO COSTA	ESCOLA ATLETISMO COIMBRA	M	40:37:00	56	VET	38	04:03
57	915	ANDRE PAIVA		M	40:39:00	57	SEN	18	04:03
58	720	LUIS FONSECA	ESCOLA ATLETISMO COIMBRA	M	40:44:00	58	VET	39	04:04
59	861	CARLOS SANTOS	JOGGING LOVERS COIMBRA	M	40:55:00	59	VET	40	04:05
60	862	RUI FIGUEIREDO	RUNNER'S DO DEMO	M	41:09:00	60	VET	41	04:06
61	710	PAULO SILVA	RUN4SARDINES	M	41:14:00	61	VET	42	04:07
62	732	PATRICIA FERNANDES	ARSM - S. MIGUEL POIARES	F	41:14:00	62	SEN	1	04:07
63	764	PEDRO CRAVEIRO	PIRATAS RUNNERS	M	41:44:00	63	VET	43	04:09
64	718	PAULO ALBUQUERQUE	PORTUGUESE UNITED	M	41:44:00	64	VET	44	04:09
65	890	NUNO MAIA	FIT&FUN	M	42:01:00	65	SEN	19	04:11
66	893	JORGE LOPES	FIT&FUN	M	42:14:00	66	VET	45	04:12
67	914	ANA ALMEIDA		F	42:26:00	67	SEN	2	04:14
68	833	FABIO COSTA	TT RUNNERS	M	42:29:00	68	SEN	20	04:14
69	911	PEDRO JACINTO		M	42:32:00	69	VET	46	04:14
70	763	JOEL OLIVEIRA	PIRATAS RUNNERS	M	42:36:00	70	SEN	21	04:15
71	891	DIOGO ROSARIO	FIT&FUN	M	42:42:00	71	SEN	22	04:16
72	703	ANA EUSTAQUIO	AA COIMBRA	F	42:45:00	72	VET	1	04:16
73	846	FREDERICO MARQUES	OUT 2 RUN	M	43:01:00	73	VET	47	04:17
74	696	RUI SILVA		M	43:12:00	74	VET	48	04:18
75	679	BRUNO BOTELHO		M	43:13:00	75	SEN	23	04:19
76	700	VICTOR SANTOS	JOGGING LOVERS COIMBRA	M	43:17:00	76	VET	49	04:19
77	801	JOAO MATOS		M	43:20:00	77	VET	50	04:19
78	781	GONCALO DONATO	BUBAWONDERS	M	43:30:00	78	SEN	24	04:20
79	774	LUIS FERNANDES	GALITOS	M	43:33:00	79	VET	51	04:20
80	738	VICTOR GOMES	CLUVE VETERANOS COIMBRA	M	43:35:00	80	VET	52	04:21
81	744	ANDRE DIAS	TRIBO NR	M	43:41:00	81	VET	53	04:22
82	839	MARIO CARVALHO		M	43:44:00	82	VET	54	04:21
83	664	MIGUEL MATIAS	CSCRF CHARNECA	M	43:46:00	83	VET	55	04:22
84	778	RICARDO MADUREIRA	JOGGING LOVERS COIMBRA	M	43:55:00	84	VET	56	04:22
85	725	DEMY JANSSEN	ATLETIEK MAASTRICHT	F	43:56:00	85	SEN	3	04:23
86	854	RUI GOMES GOMES	TRIBO NR	M	43:59:00	86	VET	57	04:23

Geral	Dorsal	Nome	Equipa	Sexo	Tempo	Cl.Sexo	Escalão	Cl.Esc.	Ritmo
87	749	SARKARA NUTWOOD MARK	TRIBO NR	M	43:59:00	87	SEN	25	04:23
88	761	TIAGO SOUSA		M	44:12:00	88	VET	58	04:24
89	825	MIGUEL SILVA		M	44:14:00	89	VET	59	04:25
90	837	MARISA LOUREIRO	JOGGING LOVERS COIMBRA	F	44:15:00	90	SEN	4	04:25
91	743	SAMUEL FIGUEIREDO	JOGGING LOVERS COIMBRA	M	44:17:00	91	VET	60	04:25
92	701	VITOR FERREIRA		M	44:45:00	92	VET	61	04:28
93	663	ALEXANDRE RITCHIE	AUTOINDUSTRIAL	M	45:04:00	93	VET	62	04:30
94	827	MIGUEL CAPELA		M	45:06:00	94	VET	63	04:30
95	715	JOSE TEIXEIRA	PORTUGUESE UNITED	M	45:16:00	95	VET	64	04:30
96	717	PAULO FERREIRA	PORTUGUESE UNITED	M	45:16:00	96	VET	65	04:30
97	658	FERNANDO SANTOS	AUTOINDUSTRIAL	M	45:23:00	97	VET	66	04:32
98	888	JOAO NEVES	FIT&FUN	M	45:28:00	98	SEN	26	04:32
99	896	BRUNO GASPAR	FIT&FUN	M	45:32:00	99	SEN	27	04:32
100	902	SONIA DIAS	TRIBO NR	F	45:34:00	100	SEN	5	04:33
101	793	MARIO RUI FERREIRA	TRIBO NR	M	46:00:00	101	SEN	28	04:35
102	881	VITOR OLIVEIRA	FIT&FUN	M	46:09:00	102	VET	67	04:36
103	883	CRISTINA DUARTE	FIT&FUN	F	46:10:00	103	VET	2	04:37
104	849	CELSO FERREIRA	OUT 2 RUN	M	46:13:00	104	VET	68	04:36
105	787	XANAYA MORGADO		F	46:14:00	105	VET	3	04:37
106	794	JOAQUIM BRANQUINHO	COIMBRA TRAIL RUNNING	M	46:18:00	106	VET	69	04:37
107	682	AFONSO MACEDO	CLUVE VETERANOS COIMBRA	M	46:20:00	107	VET	70	04:38
108	795	JOAO MOUTA DIAS	IPNRUNNERS	M	46:25:00	108	VET	71	04:38
109	754	JOSE PEDRO SARAIVA		M	46:29:00	109	VET	72	04:38
110	900	JOSE SANTOS	CLUBE ATLETISMO OVAR	M	46:40:00	110	VET	73	04:39
111	836	SARA CARVALHO	JOGGING LOVERS COIMBRA	F	46:54:00	111	SEN	6	04:41
112	772	FERNANDO SILVA		M	46:55:00	112	VET	74	04:40
113	782	RICARDO LEAL	BUBAWONDERS	M	46:56:00	113	SEN	29	04:40
114	668	MANUEL TAVARES		M	47:03:00	114	VET	75	04:41
115	672	RODRIGO CARVALHO	ALHEIRAS TEAM	M	47:22:00	115	SEN	30	04:43
116	901	ALVARO LOPES	CSCRF CHARNECA	M	47:26:00	116	VET	76	04:44
117	866	ANTONIO CALHEIROS	FIT&FUN	M	47:31:00	117	VET	77	04:44
118	895	ARSENIO RODRIGUES	FIT&FUN	M	47:35:00	118	VET	78	04:45
119	737	MARCO FERREIRA		M	47:41:00	119	VET	79	04:46
120	898	MONICA MARQUES	FIT&FUN	F	47:56:00	120	SEN	7	04:47
121	734	JOAQUIM ALMEIDA		M	47:57:00	121	VET	80	04:47
122	685	ARMANDO CONCEICAO		M	47:59:00	122	VET	81	04:47
123	692	RUI PEDRO BORGES	JOGGING LOVERS COIMBRA	M	48:02:00	123	VET	82	04:47
124	660	LARA AZAMBUJO	AUTOINDUSTRIAL	F	48:04:00	124	SEN	8	04:48
125	853	MARIANA ALFAFAR	FIT&FUN	F	48:06:00	125	SEN	9	04:48
126	770	CLAUDIO GONCALVES		M	48:06:00	126	VET	83	04:48
127	662	LUIS RODRIGUES	AUTOINDUSTRIAL	M	48:17:00	127	VET	84	04:49
128	708	PEDRO FURTADO	RUN4SARDINES	M	48:40:00	128	VET	85	04:51
129	707	PEDRO SILVA	RUN4SARDINES	M	48:41:00	129	VET	86	04:51

Geral	Dorsal	Nome	Equipa	Sexo	Tempo	Cl.Sexo	Escalão	Cl.Esc.	Ritmo
130	834	PAULO SILVA		M	48:52:00	130	VET	87	04:52
131	653	HENRIQUE COSTA	AUTOINDUSTRIAL	M	48:58:00	131	VET	88	04:52
132	788	GUSTAVO GAPO	COIMBRA TRAIL RUNNING	M	49:03:00	132	VET	89	04:54
133	802	JOSE QUADRADO	JOGGING LOVERS COIMBRA	M	49:04:00	133	VET	90	04:53
134	864	CARLOS MIRANDA		M	49:04:00	134	VET	91	04:53
135	799	ANTONIO FARIA	TURBO-LENTOS	M	49:07:00	135	VET	92	04:54
136	796	LUIS BONITO	TURBO-LENTOS	M	49:07:00	136	VET	93	04:54
137	874	MELANIE DUARTE	FARMACIA LUCIANO E MATOS	F	49:25:00	137	VET	4	04:55
138	790	CARLA GAPO		F	49:29:00	138	VET	5	04:56
139	712	CATARINA GOMES	ARSM - S. MIGUEL POIARES	F	49:34:00	139	VET	6	04:57
140	847	MILENA ROUXINOL	OUT 2 RUN	F	49:46:00	140	SEN	10	04:57
141	752	LEONOR GOMES	IPNRUNNERS	F	49:46:00	141	VET	7	04:58
142	870	NELSON LOPES		M	49:47:00	142	VET	94	04:58
143	842	FATIMA MACHADO	TARTARUGA	F	49:50:00	143	VET	8	04:59
144	759	JOAO A BERNARDO	JOGGING LOVERS COIMBRA	M	49:59:00	144	VET	95	04:59
145	884	MARIELENA D AMBROSIO	FIT&FUN	F	50:06:00	145	VET	9	05:00
146	912	EDUARDO MATEUS		M	50:15:00	146	VET	96	05:00
147	844	FERNANDO MACHADO	TARTARUGA	M	50:19:00	147	VET	97	05:01
148	674	PEDRO ABREU		M	50:38:00	148	VET	98	05:03
149	677	INES SOUSA	TRIBO NR	F	50:45:00	149	SEN	11	05:04
150	808	GONCALO LOUSADA		M	50:55:00	150	SEN	31	05:04
151	807	PAULO LOUSADA		M	50:55:00	151	VET	99	05:05
152	733	SARA MARTINS	CLUVE VETERANOS COIMBRA	F	51:09:00	152	VET	10	05:06
153	806	ARMANDO RODRIGUES	SCIENCESTORY	M	51:21:00	153	VET	100	05:06
154	843	CLARA MACHADO	TARTARUGA	F	51:22:00	154	VET	11	05:08
155	850	JOSE SANTOS	OUT 2 RUN	M	51:24:00	155	VET	101	05:07
156	798	CARLA LOPES	TURBO-LENTOS	F	51:27:00	156	VET	12	05:08
157	916	CLAUDIA OLIVEIRA		F	51:33:00	157	VET	13	05:08
158	779	MARCO PIRES	BUBAWONDERS	M	51:34:00	158	SEN	32	05:08
159	780	MARIA ROCHA		F	51:35:00	159	SEN	12	05:08
160	755	PAULO SOARES	NONAMECLUB	M	51:51:00	160	VET	102	05:11
161	756	JOAO OLIVEIRA	NONAMECLUB	M	51:52:00	161	VET	103	05:11
162	757	JOSE LAGE	NONAMECLUB	M	51:52:00	162	VET	104	04:26
163	669	MARGARIDA CARVALHO	COIMBRA TRAIL RUNNING	F	52:03:00	163	VET	14	05:11
164	829	BIANCA DIAS	TRIBO NR	F	52:11:00	164	Jun	1	05:12
165	816	NUNO ESPIRITO SANTO	ACOREANA	M	52:15:00	165	VET	105	05:13
166	817	SANDRA MARTINS	ACOREANA	F	52:16:00	166	VET	15	05:13
167	886	TIAGO QUEIROS	FIT&FUN	M	52:27:00	167	SEN	33	05:13
168	830	JACQUELINE DIAS	TRIBO NR	F	52:28:00	168	VET	16	05:14
169	689	MIGUEL MORGADO	JOGGING LOVERS COIMBRA	M	52:51:00	169	VET	106	05:16
170	894	LUIS REIS	FIT&FUN	M	52:55:00	170	VET	107	05:16
171	719	PEDRO VILA NOVA	PORTUGUESE UNITED	M	53:16:00	171	VET	108	05:18
172	917	SANDRA JORDAO		F	53:28:00	172	VET	17	05:19

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173	695	NUNO DIAS		M	54:08:00	173	VET	109	05:24
174	845	DOLORES SANTOS	OUT 2 RUN	F	54:25:00	174	VET	18	05:25
175	735	PAULO RAMOS	JOGGING LOVERS COIMBRA	M	54:25:00	175	VET	110	05:26
176	716	PEDRO NASCIMENTO	PORTUGUESE UNITED	M	54:26:00	176	VET	111	05:25
177	670	MARIO BRITO		M	54:49:00	177	SEN	34	05:27
178	667	ANA PEIXOTO		F	54:49:00	178	SEN	13	05:28
179	769	SANDRA MATEUS		F	55:01:00	179	VET	19	05:30
180	687	GONCALO MARTINS	SINMETRO RUNNERS	M	55:04:00	180	VET	112	05:29
181	786	LILI VICENTE		F	55:05:00	181	VET	20	05:30
182	666	REMI ALVES		M	55:05:00	182	SEN	35	05:29
183	688	NUNO PEREIRA	CLUBE DE CORRIDA DA REN	M	55:06:00	183	VET	113	05:29
184	859	NELSON MARTINS		M	55:06:00	184	SEN	36	05:30
185	739	TERESA MENDES	CLUVE VETERANOS COIMBRA	F	55:24:00	185	VET	21	05:32
186	904	DINA SANTOS	ESCOLA ATLETISMO COIMBRA	F	55:55:00	186	SEN	14	05:34
187	903	MARTA PAULOS	ESCOLA ATLETISMO COIMBRA	F	55:55:00	187	SEN	15	05:34
188	892	MARCOS GUIMARAES	FIT&FUN	M	56:16:00	188	VET	114	05:37
189	831	PEDRO FERREIRA	RUN4SARDINES	M	56:43:00	189	VET	115	05:39
190	832	RICARDO SANTOS	RUN4SARDINES	M	56:43:00	190	VET	116	05:39
191	680	PATRICIA COELHO	JOGGING LOVERS COIMBRA	F	58:02:00	191	SEN	16	05:47
192	657	MONICA CUNHA	AUTOINDUSTRIAL	F	58:38:00	192	VET	22	05:51
193	709	PEDRO PROVIDENCIA	RUN4SARDINES	M	58:38:00	193	VET	117	05:51
194	676	ARNALDO ARAUJO	OS ARAUJOS	M	59:01:00	194	VET	118	05:52
195	675	ANDRE ARAUJO	OS ARAUJOS	M	59:02:00	195	SEN	37	05:52
196	673	MAURICIO GOMES	ALHEIRAS TEAM	M	59:03:00	196	SEN	38	05:54
197	913	PEDRO FERRAO		M	59:14:00	197	SEN	39	05:54
198	848	FLORBELA ROUXINOL	OUT 2 RUN	F	59:54:00	198	VET	23	05:58
199	889	ANA ALMEIDA	FIT&FUN	F	01:00:18	199	SEN	17	06:01
200	885	MARGARIDA FRANÇA	FIT&FUN	F	01:00:19	200	SEN	18	06:01
201	835	VERA RAPOSO		F	01:00:26	201	VET	24	06:02
202	819	LILIANA DOMINGOS	CHOCO LOVERS	F	01:00:33	202	SEN	19	06:02
203	822	VIRGINIA SOUSA	CHOCO LOVERS	F	01:00:33	203	SEN	20	06:02
204	823	PAULA CARVALHO	CHOCO LOVERS	F	01:00:34	204	VET	25	06:02
205	824	DAVID PEREIRA	CHOCO LOVERS	M	01:00:34	205	VET	119	06:02
206	855	JOANA MARRECO	GAZELAS DESCONTROLADAS	F	01:01:02	206	SEN	21	06:05
207	858	PATRICIA SILVA	GAZELAS DESCONTROLADAS	F	01:01:02	207	SEN	22	06:05
208	856	ANA DIAS	GAZELAS DESCONTROLADAS	F	01:01:03	208	VET	26	06:05
209	857	ANDREIA DIAS	GAZELAS DESCONTROLADAS	F	01:01:03	209	SEN	23	06:05
210	714	JORGE OLIVEIRA	B.T.TREM	M	01:01:13	210	VET	120	06:07
211	907	RUI SOUSA		M	01:01:20	211	VET	121	06:06
212	906	ANA FARIA	ESCOLA ATLETISMO COIMBRA	F	01:02:03	212	VET	27	06:11
213	656	MIGUEL CUNHA	AUTOINDUSTRIAL	M	01:02:55	213	VET	122	06:16
214	869	ANA MONTEIRO		F	01:02:58	214	VET	28	06:17
215	654	MARIO COSTA	AUTOINDUSTRIAL	M	01:03:14	215	VET	123	06:18

Geral	Dorsal	Nome	Equipa	Sexo	Tempo	Cl.Sexo	Escalão	Cl.Esc.	Ritmo
216	828	CRISTINA DANIEL	TRIBO NR	F	01:03:33	216	VET	29	06:20
217	868	NUNO CASTANHEIRA NEVES	JOGGING LOVERS COIMBRA	M	01:03:47	217	VET	124	06:22
218	697	FILIPA RODRIGUES	JOGGING LOVERS COIMBRA	F	01:04:16	218	SEN	24	06:24
219	704	FILIPA SEICA	JOGGING LOVERS COIMBRA	F	01:08:30	219	SEN	25	06:50
220	690	FILIPA DUARTE	JOGGING LOVERS COIMBRA	F	01:08:31	220	SEN	26	06:50
221	767	JOANA BIDARRA	PASCOALITOS	F	01:10:26	221	SEN	27	07:01
222	809	JOAO LOUSADA		M	01:17:29	222	SEN	40	07:44