

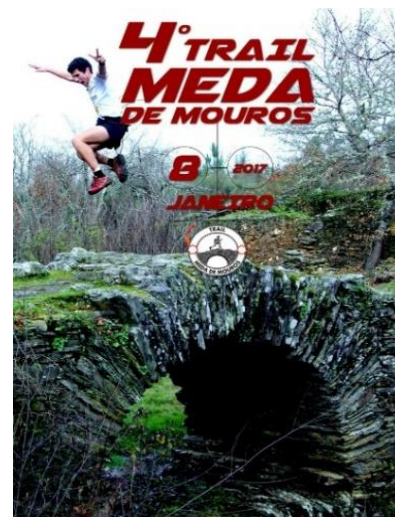
# 4º TRAIL MEDA DE MOUROS



Trail Meda de Mouros  
8 de Janeiro de 2017  
Chrono.pt

Trail Curto

18 Km  
Geral



Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	311	Nelson Costa	O MUNDO DA CORRIDA	S	1	1:36:08.06	05:20	
2	308	Messias dias	3 santos populares	V40	1	1:37:50.06	05:26	0:01:42
3	296	André Miguel Lameiro Monteir	ARCD Venda da Luisa	S	2	1:38:02.25	05:27	0:01:54
4	334	Pedro Mendes	VIKINGS TRAIL RUNNERS / C	S	3	1:42:11.03	05:41	0:06:03
5	82	Orlando Manuel Aveiro Pires	ARSM - POIARES TRAIL 2017	V40	2	1:43:37.10	05:45	0:07:29
6	267	Fernando Santos	Escaravelhos Team	S23	1	1:45:37.11	05:52	0:09:29
7	117	Paulo Santos	Mountain Trails	V40	3	1:45:44.72	05:52	0:09:37
8	44	pedro simoes	ARSM - POIARES TRAIL 2017	V40	4	1:45:59.51	05:53	0:09:52
9	65	Luis Miguel do Vale Jardim Pi	Escola de Atletismo de Coimbra/J	S	4	1:46:29.00	05:55	0:10:21
10	126	Márcio Filipe Simões Pereira	Escola de Atletismo de Coimbra/J	S	5	1:47:22.00	05:58	0:11:14
11	265	David Rafael Benido Gouveia	Escaravelhos Team	S	6	1:47:22.20	05:58	0:11:14
12	326	Paulo Esteves	Dão Nelas Runners	S	7	1:48:44.63	06:02	0:12:37
13	68	Paulo Jorge Teixeira Rodrigues	ARCD Venda da Luisa	S	8	1:51:39.66	06:12	0:15:32
14	54	André Ferreira Calado da Font	Escola de Atletismo de Coimbra/J	S	9	1:52:09.35	06:14	0:16:01
15	3	Vítor Godinho		V40	5	1:52:51.26	06:16	0:16:43
16	78	Francisco Paulo Santos Fonsec	Escola de Atletismo de Coimbra/J	S	10	1:54:07.00	06:20	0:17:59
17	230	Rafael Neves Matias	Atletismo Clube da Tocha	S	11	1:54:07.38	06:20	0:17:59
18	327	Rafael Delaunay Gomes	Atlético Oliveira do hospital	S	12	1:55:07.17	06:24	0:18:59
19	140	Vasco Rafael Caridade Monteir	VIKINGS TRAIL RUNNERS / C	S	13	1:55:09.60	06:24	0:19:02
20	69	Hélder Batista Piedade		V40	6	1:55:53.62	06:26	0:19:46
21	352	André Carvalho	ARSM - POIARES TRAIL 2017	S	14	1:57:00.36	06:30	0:20:52
22	205	André Ferreira	OZXTREME R.D.AGUEDA	S	15	1:57:08.27	06:30	0:21:00
23	195	Leonel Rodrigo Gomes Mendes		S	16	1:57:10.45	06:31	0:21:02
24	217	João António Marques Alves	Escaravelhos Team	S	17	1:57:12.60	06:31	0:21:05
25	188	Pedro Amaro Ramos	ARSM - POIARES TRAIL 2017	V40	7	1:57:14.77	06:31	0:21:07
26	338	André Costa	VIKINGS TRAIL RUNNERS / C	S	18	1:57:26.12	06:31	0:21:18
27	118	Alexandre Emanuel Martins Pa	União Clube Eirense	S23	2	1:57:28.68	06:32	0:21:21
28	169	Marco Rodrigues	ARSM - POIARES TRAIL 2017	V40	8	1:57:35.04	06:32	0:21:27
29	291	Amândio Antunes	AffenseTrail	S	19	1:58:28.69	06:35	0:22:21
30	262	César Diogo Mateus Ramalho	ARCD Venda da Luisa	S23	3	1:58:29.51	06:35	0:22:22
31	50	Telmo Manuel Fernandes Carv	ARSM - POIARES TRAIL 2017	S	20	1:58:35.28	06:35	0:22:27
32	145	Renato Jose Ferreira Figueired	Planeta Radical - Clube BTT	V40	9	1:58:45.92	06:36	0:22:38
33	238	Jorge da Costa Pedro	Mountain Trails	V40	10	1:58:56.50	06:37	0:22:50
34	60	Joaquim Paulo Rodrigues Balt	ARCD Venda da Luisa	S	21	1:59:54.79	06:40	0:23:47
35	278	José Carlos da Silva Rodrigues	ARSM - POIARES TRAIL 2017	V50	1	2:00:09.83	06:41	0:24:02
36	28	Daniel Filipe Silva Correia	CPT - Sobral Ceira	S	22	2:00:38.00	06:42	0:24:30
37	99	Rui Tiago Dias	VIKINGS TRAIL RUNNERS / C	S	23	2:02:22.76	06:48	0:26:15
38	202	André Lucas	OZXTREME R.D.AGUEDA	V40	11	2:02:23.89	06:48	0:26:16
39	342	Pedro Miguel Madaleno Cardo	ASSSCC - Ar Livre e Aventura	S	24	2:02:54.19	06:50	0:26:46
40	306	Carlos Manuel Lopes Quinteirc	ARCD Venda da Luisa	V50	2	2:04:31.83	06:55	0:28:24
41	251	Luís Manuel Sousa Henriques	ARSM - POIARES TRAIL 2017	V40	12	2:05:43.56	06:59	0:29:36
42	162	Henrique Manuel Dinis Fernan	Dão Nelas Runners	V40	13	2:06:26.31	07:01	0:30:18

43	90	Jorge Humberto Correia Bento	VIKINGS TRAIL RUNNERS / C	S	25	<b>2:06:43.71</b>	07:02	0:30:36
44	203	José Pinho	OZXTREME R.D.AGUEDA	S23	4	<b>2:07:09.28</b>	07:04	0:31:01
45	36	Nuno Miguel Silva Coutinho	Clube de Condeixa	S	26	<b>2:07:13.46</b>	07:04	0:31:05
46	55	Pedro Miguel Alexandre Marti	ARCD Venda da Luisa	S	27	<b>2:07:23.95</b>	07:05	0:31:16
47	344	João Carlos Rodrigues Mirand	AERGóis Trail Running	S	28	<b>2:07:27.99</b>	07:05	0:31:20
48	119	Alcino Marques Teixeira Pereira		V40	14	<b>2:07:49.76</b>	07:06	0:31:42
49	32	João Miguel Figueiredo Narcis	PÉS TROIKADOS - CSCS	S	29	<b>2:08:10.10</b>	07:07	0:32:02
50	93	Luis Carlos	Escola de Atletismo de Coimbra/J	V40	15	<b>2:08:29.20</b>	07:08	0:32:21
51	242	João Paulo Nunes Pires	ADABEM Running Team	V40	16	<b>2:08:29.60</b>	07:08	0:32:22
52	175	Tiago Bruno Maques Maia	Formobike BTT & Trail Running	S	30	<b>2:09:14.52</b>	07:11	0:33:07
53	144	Hélder Sêco	ARSM - POIARES TRAIL 2017	V40	17	<b>2:09:45.86</b>	07:13	0:33:38
54	330	João Pedro Gomes Rodrigues	K2BTT Adventure Team	S	31	<b>2:10:08.56</b>	07:14	0:34:01
55	89	Vera Bernardo	ARCD Venda da Luisa	SF	1	<b>2:10:09.60</b>	07:14	0:34:02
56	61	Nelson José Vaz Correia	ARCD Venda da Luisa	S	32	<b>2:10:10.00</b>	07:14	0:34:02
57	304	Luís Narciso	O MUNDO DA CORRIDA	S	33	<b>2:11:08.54</b>	07:17	0:35:01
58	401	Luis Miguel Vilela	Montanha Clube Trail Running/E	S	34	<b>2:12:54.86</b>	07:23	0:36:47
59	219	Bruno emanuel oliveira Fernan	Vimarunners	S	35	<b>2:14:49.42</b>	07:29	0:38:41
60	235	Vitor Silva	Vimarunners	S	36	<b>2:14:56.75</b>	07:30	0:38:49
61	120	Paulo Sarmento		S	37	<b>2:15:13.17</b>	07:31	0:39:05
62	198	Nuno Ferreira	OZXTREME R.D.AGUEDA	S	38	<b>2:15:19.79</b>	07:31	0:39:12
63	80	André Ferro	Clube de Condeixa	S	39	<b>2:15:21.74</b>	07:31	0:39:14
64	136	Henrique Amaro	ARSM - POIARES TRAIL 2017	V40	18	<b>2:15:45.36</b>	07:33	0:39:37
65	228	Marco Paulo Simões de Oliveir	ARCD Venda da Luisa	S	40	<b>2:15:45.39</b>	07:33	0:39:37
66	58	Jesus Maria San Matias Bernal	Trés Valles	V50	3	<b>2:15:52.25</b>	07:33	0:39:44
67	336	Augusto Silva	Vila Seca Run Team	V50	4	<b>2:16:08.69</b>	07:34	0:40:01
68	18	Rui Manuel Bernardino Figueir	RUNNER'S DO DEMO	S	41	<b>2:16:13.00</b>	07:34	0:40:05
69	185	Cristóvão Gomes	ARSM - POIARES TRAIL 2017	S	42	<b>2:16:15.75</b>	07:34	0:40:08
70	270	José Silva	ARSM - POIARES TRAIL 2017	V40	19	<b>2:16:38.77</b>	07:35	0:40:31
71	138	Luis Miguel Martins Amaro	ARSM - POIARES TRAIL 2017	V40	20	<b>2:16:43.62</b>	07:36	0:40:36
72	86	Miguel Moço	VIKINGS TRAIL RUNNERS / C	S	43	<b>2:17:32.28</b>	07:38	0:41:24
73	98	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / C	S	44	<b>2:17:32.43</b>	07:38	0:41:24
74	255	Luís Carlos Gil Andrade	Mountain Trails	S	45	<b>2:17:45.77</b>	07:39	0:41:38
75	225	Vital manuel soares	Viseu 360	S	46	<b>2:17:46.27</b>	07:39	0:41:38
76	155	Bruno Alexandre Girão Almeida	ARCD Venda da Luisa	S23	5	<b>2:19:31.04</b>	07:45	0:43:23
77	248	Agnelo Silva	OZXTREME R.D.AGUEDA	V60	1	<b>2:19:51.09</b>	07:46	0:43:43
78	241	Sérgio Paulo Dinis silvaw	ARSM - POIARES TRAIL 2017	V40	21	<b>2:19:53.80</b>	07:46	0:43:46
79	259	Joao Reis	ARCD Venda da Luisa	S	47	<b>2:19:59.39</b>	07:47	0:43:51
80	323	Jorge Justo	O MUNDO DA CORRIDA	V50	5	<b>2:20:01.26</b>	07:47	0:43:53
81	127	Joel Antonio Santos Martins	Escaravelhos Team	S	48	<b>2:20:12.15</b>	07:47	0:44:04
82	252	Gil António Figueiredo da Cos	ARCD Venda da Luisa	V40	22	<b>2:20:28.72</b>	07:48	0:44:21
83	37	Carla Sofia Martins Reis	ARSM - POIARES TRAIL 2017	V40F	1	<b>2:20:50.74</b>	07:49	0:44:43
84	1	José Sequeira	Montanha Clube Trail Running/E	S	49	<b>2:21:17.15</b>	07:51	0:45:09
85	63	Luís Miguel da Conceição Mar	O MUNDO DA CORRIDA	V40	23	<b>2:21:18.36</b>	07:51	0:45:10
86	189	Joaquim Sousa Almeida		V50	6	<b>2:21:18.66</b>	07:51	0:45:11
87	280	Luís Balula	Formobike BTT & Trail Running	V40	24	<b>2:21:42.33</b>	07:52	0:45:34
88	273	Pedro Osório dos Santos Ferrei	Viseu 360	S	50	<b>2:21:53.00</b>	07:53	0:45:45
89	110	João Rosinha	ARSM - POIARES TRAIL 2017	V40	25	<b>2:21:53.70</b>	07:53	0:45:46
90	39	Pedro Sequeira	Montanha Clube Trail Running/E	S	51	<b>2:21:54.68</b>	07:53	0:45:47
91	114	Mauro Daniel Silva Martins	VIKINGS TRAIL RUNNERS / C	S	52	<b>2:22:02.64</b>	07:53	0:45:55
92	250	José Miguel de Frias Pereira	RUNNER'S DO DEMO	V40	26	<b>2:22:59.50</b>	07:57	0:46:52
93	261	Tiago Miguel Figueira de Alme	ARCD Venda da Luisa	S23	6	<b>2:23:21.00</b>	07:58	0:47:13
94	318	Luís Filipe Augusto Neto	Run OHP / CAO	S	53	<b>2:23:26.23</b>	07:58	0:47:18
95	21	Nuno Martins	RUNNER'S DO DEMO	S	54	<b>2:24:25.24</b>	08:01	0:48:17
96	286	Nuno José Góis Coelho	Formobike BTT & Trail Running	S	55	<b>2:24:38.87</b>	08:02	0:48:31
97	400	Pedro Filipe Santos Simoões	Montanha Clube Trail Running/E	S	56	<b>2:24:59.00</b>	08:03	0:48:51
98	59	José Manuel Gutierrez Martin	Trés Valles	V40	27	<b>2:25:09.21</b>	08:04	0:49:01
99	186	André Daniel Ribeiro da Costa	RUNNER'S DO DEMO	S	57	<b>2:25:25.62</b>	08:05	0:49:18
100	153	António Geraldo	O MUNDO DA CORRIDA	V60	2	<b>2:25:33.95</b>	08:05	0:49:26
101	92	Nuno Miguel Garcia	Dão Nelas Runners	S	58	<b>2:26:41.76</b>	08:09	0:50:34

102	143	Jorge Armando Loureiro Carreira	ARCD Venda da Luisa	V50	7	<b>2:27:28.63</b>	08:12	0:51:21
103	315	Carla Isabel Correia Sousa	San Montanha Clube Trail Running/E	SF23	1	<b>2:27:58.83</b>	08:13	0:51:51
104	125	Pedro Nogueira Lemos		V40	28	<b>2:29:34.66</b>	08:19	0:53:27
105	52	oscar luis pereira simoes	ARSM - POIARES TRAIL 2017	V40	29	<b>2:30:16.70</b>	08:21	0:54:09
106	30	Mário Alberto da Silva Amaro	CMMC Tábua	V40	30	<b>2:30:47.28</b>	08:23	0:54:39
107	260	Maria da Graça Marques Costa	RUNNER'S DO DEMO	V50F	1	<b>2:31:20.76</b>	08:24	0:55:13
108	194	Cláudio Nuno Santos Marques		V40	31	<b>2:32:41.68</b>	08:29	0:56:34
109	130	Tiago José Leal da Costa	Formobike BTT & Trail Running	S	59	<b>2:33:02.74</b>	08:30	0:56:55
110	337	Pedro José Pinto Gonçalves	La Running Clube Coimbra	S	60	<b>2:34:04.00</b>	08:34	0:57:56
111	146	Mónica Sofia Oliveira Ribeiro	VIKINGS TRAIL RUNNERS / C	SF	2	<b>2:34:09.74</b>	08:34	0:58:02
112	135	pedro saraiva		V40	32	<b>2:34:25.31</b>	08:35	0:58:17
113	11	Paulo Filipe Figueiredo Mende	Canianos	S	61	<b>2:34:26.60</b>	08:35	0:58:19
114	29	Francisco Antunes Mateus	Escaravelhos Team	S23	7	<b>2:34:56.13</b>	08:36	0:58:48
115	163	Nélio António Ferreira Girão	Formobike BTT & Trail Running	S	62	<b>2:35:14.61</b>	08:37	0:59:07
116	333	Miguel Póvoa dos Santos Ferreira		S23	8	<b>2:37:02.60</b>	08:43	1:00:55
117	177	Luísa Teresa Monteiro da Costa	ARCD Venda da Luisa	SF	3	<b>2:37:07.05</b>	08:44	1:00:59
118	309	José António Figueiredo Fonseca	RUNNER'S DO DEMO	S	63	<b>2:37:17.95</b>	08:44	1:01:10
119	274	Hugo Filipe Afonso Trindade	RUNNER'S DO DEMO	S	64	<b>2:37:18.10</b>	08:44	1:01:10
120	277	Pedro Bandeira	ARSM - POIARES TRAIL 2017	V40	33	<b>2:37:34.47</b>	08:45	1:01:26
121	292	Rui Manuel Henriques Mateus	ARCD Venda da Luisa	V40	34	<b>2:38:05.06</b>	08:47	1:01:57
122	204	Sofia Areias	OZXTREME R.D.AGUEDA	SF	4	<b>2:38:49.51</b>	08:49	1:02:42
123	302	CARLA FERNANDA PEREIRA	ARSM - POIARES TRAIL 2017	V40F	2	<b>2:40:11.92</b>	08:54	1:04:04
124	324	Fernando Fonseca	O MUNDO DA CORRIDA	V50	8	<b>2:40:38.95</b>	08:55	1:04:31
125	91	Luis Filipe Rosa	Dão Nelas Runners	V40	35	<b>2:40:47.04</b>	08:56	1:04:39
126	222	Sandrina Cardoso	Viseu 360	SF	5	<b>2:41:17.40</b>	08:58	1:05:09
127	237	Micael Silva Lopes		S	65	<b>2:41:18.50</b>	08:58	1:05:11
128	297	Hugo Jorge Jesus Ferreira	ADABEM Running Team	S23	9	<b>2:41:21.32</b>	08:58	1:05:13
129	53	Marina Cabral Mota de Carvalho	ARSM - POIARES TRAIL 2017	SF	6	<b>2:42:10.00</b>	09:01	1:06:02
130	173	José Paulo Correia Nobre Carvalho	Formobike BTT & Trail Running	V50	9	<b>2:42:53.23</b>	09:03	1:06:45
131	221	Carlos Alexandre Nunes Rodrigues	Escaravelhos Team	S	66	<b>2:43:16.78</b>	09:04	1:07:09
132	317	carlos fernando ferreira martins	Escola de Atletismo de Coimbra/J	S	67	<b>2:43:19.29</b>	09:04	1:07:11
133	331	Rui Escaroupa		S	68	<b>2:43:22.96</b>	09:05	1:07:15
134	132	Ana Catarina Neto Ferreira		V40F	3	<b>2:44:38.03</b>	09:09	1:08:30
135	257	Carlos Manuel Póvoa dos Santos	Casa do Benfica de Condeixa	S	69	<b>2:44:40.00</b>	09:09	1:08:32
136	341	Luís Filipe	AERGÓIS Trail Running	S	70	<b>2:44:50.30</b>	09:09	1:08:42
137	133	Nuno Moreira		V40	36	<b>2:44:50.72</b>	09:09	1:08:43
138	97	Gonçalo José Neves Gonçalves	VIKINGS TRAIL RUNNERS / C	S	71	<b>2:44:53.71</b>	09:10	1:08:46
139	109	jose oliveira	os tucas saloios	V40	37	<b>2:47:20.82</b>	09:18	1:11:13
140	191	Jorge Miguel Romão de Azevedo	out 2 run	V40	38	<b>2:48:11.71</b>	09:21	1:12:04
141	233	Bruno Filipe Santos Quitério	Team Pernetas	S	72	<b>2:48:33.33</b>	09:22	1:12:25
142	160	Rui Manuel Paiva Monteiro	ARCD Venda da Luisa	S	73	<b>2:48:51.59</b>	09:23	1:12:44
143	328	Ricardo Manuel Oliveira da Silva	Escaravelhos Team	S	74	<b>2:49:20.70</b>	09:24	1:13:13
144	332	Ricardo André Pereira dos Santos		S	75	<b>2:49:22.44</b>	09:25	1:13:14
145	101	Nuno Miguel Maia	Team Pernetas	V40	39	<b>2:49:30.00</b>	09:25	1:13:22
146	72	Sara Manuela Mendes Carvalho	Clube de Condeixa	SF	7	<b>2:49:39.98</b>	09:26	1:13:32
147	87	Mário Vaz	Escola de Atletismo de Coimbra/J	V40	40	<b>2:50:14.36</b>	09:27	1:14:06
148	71	André Filipe Ferreira Antunes	ARCD Venda da Luisa	S23	10	<b>2:52:51.21</b>	09:36	1:16:43
149	96	Hugo Oliveira Santos	VIKINGS TRAIL RUNNERS / C	S	76	<b>2:52:55.32</b>	09:36	1:16:47
150	26	Catarina Gomes	ARSM - POIARES TRAIL 2017	SF	8	<b>2:52:55.79</b>	09:36	1:16:48
151	137	Magda Teresa Santos Vieira	Clube de Condeixa	V40F	4	<b>2:52:55.81</b>	09:36	1:16:48
152	232	Antonio Jose Rebola Ferreira	Formobike BTT & Trail Running	S	77	<b>2:53:14.82</b>	09:37	1:17:07
153	7	Nuno Almeida	Dr Merino/4moove	S	78	<b>2:53:52.41</b>	09:40	1:17:44
154	156	maria Isabel Trindade	Associação O Mundo da Corrida	V50F	2	<b>2:54:22.34</b>	09:41	1:18:14
155	157	Fernando Assunção Luis	Associação O Mundo da Corrida	V60	3	<b>2:54:26.49</b>	09:41	1:18:18
156	104	Celso Rodrigues Ferreira	out 2 run	V40	41	<b>2:54:29.16</b>	09:42	1:18:21
157	226	Bruno Dias (SS CGD)	SS CGD	V40	42	<b>2:55:01.00</b>	09:43	1:18:53
158	100	Ricardo Dias	Team Pernetas	S	79	<b>2:55:01.28</b>	09:43	1:18:53
159	102	Hélder Monteiro	Team Pernetas	V40	43	<b>2:55:03.67</b>	09:44	1:18:56
160	227	SÓNIA LIMA	Casa do Benfica de Condeixa	SF	9	<b>2:55:09.21</b>	09:44	1:19:01

161	94	Nuno Ricardo Nobre Cortesão	Escola de Atletismo de Coimbra/J	V40	44	<b>2:55:10.78</b>	09:44	1:19:03
162	272	Paulo Delfim Sousa Morgado		V40	45	<b>2:55:39.71</b>	09:46	1:19:32
163	307	Alexandre José Lopes Costa	Atletismo Clube da Tocha	V40	46	<b>2:56:24.35</b>	09:48	1:20:16
164	14	Tiago Figueiredo	Montanha Clube Trail Running/EI	S	80	<b>2:57:01.45</b>	09:50	1:20:53
165	141	João Henriques	VIKINGS TRAIL RUNNERS / C	S	81	<b>2:57:30.05</b>	09:52	1:21:22
166	340	Ricardo Madureira	Running Clube Coimbra	V50	10	<b>2:57:51.35</b>	09:53	1:21:43
167	70	Elza Mendes Cordeiro	Clube de Condeixa	V40F	5	<b>2:57:54.54</b>	09:53	1:21:47
168	154	Paulo Carvalho	FLECHAS TRAIL	S	82	<b>2:58:01.02</b>	09:53	1:21:53
169	161	Amilcar Lopes	FLECHAS TRAIL	S	83	<b>2:58:02.09</b>	09:53	1:21:54
170	181	Jose Carlos Manique Figueiredo		V50	11	<b>2:58:27.23</b>	09:55	1:22:19
171	88	Pedro Miguel Gomes Martins	VIKINGS TRAIL RUNNERS / C	S	84	<b>2:59:42.41</b>	09:59	1:23:34
172	350	Susana Cristina Borges Martins		SF	10	<b>3:00:18.09</b>	10:01	1:24:10
173	85	Daniel Gonçalves Marcos	VIKINGS TRAIL RUNNERS / C	S	85	<b>3:01:13.34</b>	10:04	1:25:05
174	314	Sara Pinheiro	Desliza Team	V40F	6	<b>3:01:16.14</b>	10:04	1:25:08
175	149	Pedro Miguel Amorim Rodrigu	Abutres Running Team	V40	47	<b>3:01:43.53</b>	10:06	1:25:36
176	343	Carlos Castanheira	AERGóis Trail Running	V40	48	<b>3:01:44.74</b>	10:06	1:25:37
177	245	Cidália Maria Barrico Almeida	ARCD Venda da Luisa	V40F	7	<b>3:02:19.46</b>	10:08	1:26:11
178	67	Liliane Pereira Vaz	ARCD Venda da Luisa	SF	11	<b>3:02:22.17</b>	10:08	1:26:14
179	319	José Gil Andrade	Mountain Trails	S	86	<b>3:02:38.71</b>	10:09	1:26:31
180	246	Jessica Alexandra Dias Correia	ARCD Venda da Luisa	SF23	2	<b>3:02:40.00</b>	10:09	1:26:32
181	62	Célia Maria Figueiredo dos Sar	ARCD Venda da Luisa	V40F	8	<b>3:02:40.00</b>	10:09	1:26:32
182	179	Dina Barroca	Casa do Benfica de Condeixa	V40F	9	<b>3:03:10.00</b>	10:11	1:27:02
183	244	Carlos Manuel Oliveira Canais	ARCD Venda da Luisa	V40	49	<b>3:03:11.60</b>	10:11	1:27:04
184	335	Vitor Luis Pratas dos Santos	J. Paiva Ar. Casaense	V50	12	<b>3:05:00.64</b>	10:17	1:28:53
185	279	Pedro Miguel Aires Lemos	Tiba Running Team	S	87	<b>3:06:00.15</b>	10:20	1:29:52
186	183	Dina Isabel Neves dos Santos	Escola de Atletismo de Coimbra/J	SF	12	<b>3:06:05.83</b>	10:20	1:29:58
187	129	Ana Luisa Silva Alves		SF	13	<b>3:06:29.79</b>	10:22	1:30:22
188	121	José Carlos Gonçalves de Matos		S	88	<b>3:06:33.26</b>	10:22	1:30:25
189	108	teresa oliveira	os tugas saloios	V40F	10	<b>3:07:22.81</b>	10:25	1:31:15
190	348	Josephine Marques	AERGóis Trail Running	SF	14	<b>3:07:39.78</b>	10:26	1:31:32
191	112	Cláudia Cristina Simões Cravo		V40F	11	<b>3:07:42.07</b>	10:26	1:31:34
192	170	Jose Oliveira	CMMC Tábua	S	89	<b>3:08:03.57</b>	10:27	1:31:56
193	23	Joana Raquel Ferreira do Espir	ARSM - POIARES TRAIL 2017	SF	15	<b>3:13:59.24</b>	10:47	1:37:51
194	305	Céu Santos	O MUNDO DA CORRIDA	V50F	3	<b>3:14:34.13</b>	10:49	1:38:26
195	34	Lúcia Martins	O MUNDO DA CORRIDA	SF	16	<b>3:14:54.41</b>	10:50	1:38:46
196	171	Clemente Martins Pinto		S	90	<b>3:15:00.58</b>	10:50	1:38:53
197	107	maria silva	os tugas saloios	V40F	12	<b>3:15:59.80</b>	10:53	1:39:52
198	301	Mario Pedroso	Con_Dores do Choupal de Coimb	V40	50	<b>3:16:02.00</b>	10:53	1:39:54
199	105	michael faria jorge	os tugas saloios	S	91	<b>3:16:03.03</b>	10:54	1:39:55
200	106	patricia jorge	os tugas saloios	SF	17	<b>3:16:05.67</b>	10:54	1:39:58
201	49	Pedro Jorge Figueiredo Oliveir	ARSM - POIARES TRAIL 2017	V40	51	<b>3:16:16.90</b>	10:54	1:40:09
202	48	Anne Stephanie	ARSM - POIARES TRAIL 2017	SF23	3	<b>3:16:17.91</b>	10:54	1:40:10
203	218	Mário Jorge Simões Matos	ARSM - POIARES TRAIL 2017	S	92	<b>3:16:18.69</b>	10:54	1:40:11
204	345	sandra maria gonçalves simoes	tribo nr	SF	18	<b>3:18:21.96</b>	11:01	1:42:14
205	199	Andreia Costa	OZXTREME R.D.AGUEDA	SF	19	<b>3:19:23.39</b>	11:05	1:43:15
206	213	Tatiana Soares	OZXTREME R.D.AGUEDA	SF	20	<b>3:19:25.13</b>	11:05	1:43:17
207	115	Pedro Vicente		V50	13	<b>3:21:25.45</b>	11:11	1:45:17
208	83	Carla Alexandra Araújo Pereir	EDV-Viana trail	SF	21	<b>3:21:30.76</b>	11:12	1:45:23
209	298	Rodrigo Fernando Gouveia Oli	CIGA	S	93	<b>3:24:57.50</b>	11:23	1:48:50
210	231	ORLANDO MIGUEL DIAS	A Casa do Benfica de Condeixa	S	94	<b>3:25:26.07</b>	11:25	1:49:18
211	159	Liliana Marina de Oliveira Aze	ARSM - POIARES TRAIL 2017	SF	22	<b>3:27:37.19</b>	11:32	1:51:29
212	116	Inês Isabel dos Santos Mendon	Desliza Team	SF	23	<b>3:27:38.99</b>	11:32	1:51:31
213	66	Inês Peres	Desliza Team	SF	24	<b>3:27:40.13</b>	11:32	1:51:32
214	51	sandra sofia coelho trindade ba	ARSM - POIARES TRAIL 2017	V40F	13	<b>3:30:45.68</b>	11:43	1:54:38
215	347	Lara silva	tribo nr	SF	25	<b>3:31:25.43</b>	11:45	1:55:17
216	123	Bernardo Vicente		S23	11	<b>3:31:30.09</b>	11:45	1:55:22
217	220	Joana Isabel Freitas Cunha Gor	Vimarunners	SF	26	<b>3:32:20.90</b>	11:48	1:56:13
218	288	Silvia Dias	Vimarunners	SF	27	<b>3:32:25.87</b>	11:48	1:56:18
219	9	Sandra Bompastor da Costa	Amigos Vale Silêncio	SF	28	<b>3:34:33.73</b>	11:55	1:58:26

220	8	Vitor Manuel Bompastor da Cc Amigos Vale Silêncio	V40	52	<b>3:34:34.61</b>	11:55	1:58:27
221	256	Bruno Campos Costa Individual Running Club	V40	53	<b>3:34:59.40</b>	11:57	1:58:51
222	206	Manuela Marques OZXTREME R.D.AGUEDA	V40F	14	<b>3:36:09.42</b>	12:01	2:00:01
223	271	Luz Costa	V40F	15	<b>3:39:42.11</b>	12:12	2:03:34
224	200	Pedro Almeida OZXTREME R.D.AGUEDA	S	95	<b>3:41:45.19</b>	12:19	2:05:37
225	131	André Hélio Fonseca Correia Escaravelhos Team	S	96	<b>3:52:37.02</b>	12:55	2:16:29
226	322	Sérgio Marques O MUNDO DA CORRIDA	S	97	<b>3:57:45.85</b>	13:13	2:21:38
227	223	Lurdes Gouveia Escaravelhos Team	SF	29	<b>4:06:41.43</b>	13:42	2:30:33