

Pos.	Nome	Dorsal	Escalão	Equipa	Monte de Vez	Pedra da Ferida	HD Duecitânia	Tempo
1	Carlos Correia	152	SEN M	o Mundo da Corrida	00:33:21	01:42:17	02:16:10	02:30:48
2	Luís Mota	1	M40	Casa do benfica em Abrantes	00:33:43	01:43:06	02:16:28	02:32:27
3	Nelson Costa	162	SEN M	O Mundo da Corrida	00:32:44	01:42:09	02:14:57	02:33:05
4	João Plácido	56	SEN M	União FCI de Tomar	00:32:31	01:43:48	02:17:26	02:34:55
5	André Monteiro	123	SEN M	ARCD Venda da Luisa	00:33:08	01:44:07	02:19:22	02:37:29
6	José Leal	34	M40	BTTRAIN	00:33:50	01:44:28	02:22:04	02:38:31
7	Márcio Pereira	184	SEN M	Arc- Escola de Atletismo De Coimbra	00:32:37	01:44:49	02:22:38	02:43:14
8	Daniel Bento	93	M40	Coimbra Trail Running	00:35:45	01:49:24	02:28:35	02:45:45
9	Hugo Simões	100	SEN M	ADABEM Running Team	00:35:37	01:52:13	02:28:49	02:46:29
10	Márcio Catarino	29	SEN M	ADC de Proença-a-Nova	00:36:04	01:52:27	02:29:02	02:47:54
11	David Silva	161	SEN M	Farmácia Luciano e Matos	00:34:13	01:48:08	02:26:31	02:48:04
12	Hugo Conde	145	SEN M	Kondores trail running	00:36:31	01:52:21	02:30:05	02:48:36
13	Tiago Salgueiro	52	SEN M	O MUNDO DA CORRIDA	00:37:17		02:32:16	02:49:28
14	Rui Marques	129	M50	coimbra trail running	00:36:15	01:52:55	02:33:10	02:51:07
15	Nuno Coelho	20	SEN M	Lourival BTTrail	00:36:23		02:32:42	02:51:26
16	Paulo Gomes	94	M50	Coimbra Trail Running	00:37:24		02:33:17	02:51:55
17	Marco Rodrigues	109	M40	ARSM - Associação Recreativa de S. Miguel	00:37:37		02:33:12	02:52:12
18	PEDRO SIMÕES	45	M40	ARSM - Associação Recreativa de S. Miguel	00:37:38		02:33:05	02:53:20
19	Marco Rosa	15	M40	NDAP	00:38:57		02:35:21	02:53:45
20	Ricardo Costa	157	SEN M	Penela Center / Neutura team	00:32:33	01:44:23	02:29:52	02:53:49
21	Mauro Azevedo	148	M40	Night Runners Coimbra	00:36:45		02:35:09	02:55:02
22	Guel Ferreira	136	SEN M		00:39:04		02:35:25	02:55:32
23	João Pereira	32	SEN M	Aminhacorrída/Kalenji	00:34:43	01:55:58	02:37:22	02:57:08
24	Jose Silva	140	M50	c.a.s.p.a	00:38:29		02:38:17	02:57:14
25	Pedro Ramos	111	M40	ARSM - Associação Recreativa de S. Miguel	00:37:47		02:38:19	02:57:45
26	António Gomes	137	SEN M	Slow Runners Pombal	00:38:30		02:38:25	02:59:00
27	Laurentino Martins	44	M40	Xanacabeleireiros	00:38:54		02:38:27	02:59:02
28	Hugo Rodrigues	65	SEN M	ARSM - Associação Recreativa de S. Miguel	00:37:42		02:40:08	02:59:15
29	André Almeida	63	SEN M	VAINDO	00:37:53		02:38:34	02:59:47
30	Jorge Carvalho	16	M40	Abutres Running Team	00:38:20		02:40:26	03:00:48
31	António Carvalho	89	SEN M	Coimbra Trail Running	00:38:22		02:40:41	03:01:28
32	Pedro Martins	54	SEN M	Jogging Lovers Coimbra			02:41:09	03:02:08
33	Luis Pereira	165	SEN M	Diário As Beiras	00:40:16		02:45:40	03:04:32
34	Márcio Cruz	22	Sub 23 M	DAR - Recardães	00:40:46		02:46:27	03:05:49
35	Vitor Andrade	168	M40	Paredes Aventura	00:40:56		02:47:59	03:06:34
36	José Ramalho	169	M50	AnsiBikers	00:40:37		02:45:43	03:08:03
37	Luis Miranda	43	SEN M	A.E.R. GOIS TRAIL RUNNING	00:40:39		02:47:15	03:08:13
38	César Ramalho	147	SEN M	ARCD Venda da Luisa	00:40:42		02:49:34	03:08:41
39	Jorge Henriques	53	SEN M	Lourival BTTrail	00:39:07		02:49:32	03:08:44
40	Miguel Mendes	85	SEN M	individual	00:44:15		02:49:29	03:08:46
41	Jorge Serrazina	2	M60	CA Óbidos	00:41:42		02:51:00	03:12:25
42	João Lourenço	71	M40	estoiratrails	00:40:13		02:48:56	03:13:32
43	Ruben Novo	28	SEN M		00:41:18		02:51:08	03:13:39
44	José Pinto	185	M40	COIMBRA TRAIL RUNNING	00:45:03		02:55:04	03:14:03
45	José Fonseca	116	M50	União FCI de Tomar	00:40:59		02:55:19	03:15:25

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46	Bruno Julião	138	SEN M	PÉS TROIKADOS - CSCS	00:44:31		02:55:47	03:16:45
47	Tony Vieira	108	SEN M	Bio Team Run	00:40:35		02:55:16	03:16:50
48	António Fernandes	19	M40	Montanha Clube Trail Running/Runners	00:40:28		02:55:30	03:17:37
49	Júlio Marques	182	M50	LouzanWolves	00:40:32		02:55:32	03:17:42
50	Tiago Rodrigues	50	SEN M	Individual	00:44:18		02:55:58	03:18:41
51	Hugo Lopes	24	SEN M	Venturas Team			02:57:52	03:19:39
52	Paulo Carvalho	80	M40	Coimbra Trail Running	00:42:06		02:56:39	03:19:41
53	José Câmara	81	M50	Coimbra Trail Running	00:45:45		02:58:03	03:20:01
54	Antonio Fael	110	M60	NEL - Pédatleta	00:43:54		02:58:58	03:20:22
55	Sofia Agostinho	33	SEN F	Aminhacorrída/Kalenji	00:46:58		03:01:50	03:20:29
56	Rogério Cruz	82	M40	Trepamontanhas	00:45:25		02:57:41	03:21:34
57	Vítor Filipe	84	SEN M		00:45:22		02:57:48	03:21:40
58	Luís Mateus	156	M40		00:39:28		02:58:32	03:22:27
59	Manuel Gaspar	115	M50		00:47:04		03:00:13	03:23:18
60	Norberto Rosa	114	M40		00:44:05		02:59:09	03:23:23
61	Daniel Moreira	102	SEN M	Fittest Meals	00:49:03		03:04:09	03:24:04
62	Francisco Machado	83	M40		00:44:28		02:59:07	03:24:15
63	Óscar Silva	180	M50	COIMBRA TRAIL RUNNING	00:43:48		02:59:03	03:24:22
64	Fernando Gonçalves	76	M50		00:46:28		03:01:51	03:24:55
65	Marco Oliveira	119	SEN M	ARCD Venda da Luisa	00:43:02		03:01:38	03:24:59
66	Filipe Serra	112	SEN M	LouzanWolves	00:43:23		03:01:34	03:25:40
67	Paulo Cavaleiro	128	M50				03:03:53	03:26:54
68	Tania Batista	187	SEN F		00:43:51		03:05:14	03:28:40
69	Pedro Lemos	11	M40	Jogging Lovers Coimbra	00:44:24		03:06:21	03:28:43
70	Hélder Felix	117	M40	União FCI de Tomar			03:05:21	03:29:02
71	Renato Carvalho	120	M40	ADCR POLÍCIA JUDICIÁRIA	00:47:57		03:05:45	03:29:34
72	António Vilão	69	M40	PÉS TROIKADOS - CSCS	00:43:35		03:05:37	03:29:36
73	Gustavo Gapo	92	M40	Coimbra Trail Running	00:45:19		03:07:08	03:29:36
74	Dina Rocha	79	F40	Coimbra Trail Running	00:45:10		03:05:24	03:29:39
75	Bruno Marques	47	SEN M	Montanha Clube Trail Running/Runners	00:44:40		03:06:10	03:31:56
76	Fidel Conde	105	SEN M	individual	00:44:36		03:07:28	03:32:11
77	Luís Rodrigues	14	SEN M	Fire Team BVMC	00:43:21		03:08:52	03:32:54
78	Luís Narciso	64	SEN M	Indivídual	00:45:29		03:09:28	03:32:56
79	João Miranda	70	SEN M	A.E.R. Gois Trail Running	00:48:52		03:09:41	03:32:58
80	Sara Silva	121	SEN F	Jogging Lovers Coimbra	00:49:54		03:09:24	03:33:09
81	José Figueiredo	99	M40	O MUNDO DA CORRIDA	00:45:31		03:09:49	03:34:17
82	António Martins	141	M40		00:45:13		03:10:38	03:34:49
83	João Agostinho	77	M40	Estoiratrails			03:10:41	03:35:39
84	PEDRO NATARIO	36	M40	Dream Team	00:45:33		03:09:37	03:38:19
85	Álvaro Centeio	150	M40	UGAS TRAIL Running	00:44:12		03:08:44	03:38:31
86	Ivónio Martins	13	SEN M	INtrilhos / Pascoalitos	00:48:12		03:15:44	03:39:00
87	Paulo Marques	57	SEN M	Pés Troikados - CSCS	00:48:07		03:14:24	03:39:55
88	RICARDO CARVALHO	60	M40		00:50:31		03:18:21	03:40:45
89	Miguel Matias	12	M40	CSCRF CHARNECA	00:46:34		03:19:07	03:41:10
90	João Silva	101	M40		00:48:58		03:17:03	03:41:10

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91	Joao Simões	127	SEN M	DCI/CCDRP MEALHADA	00:50:44		03:18:22	03:41:19
92	João Rainho	122	M50	Bio Team Run	00:47:46		03:17:07	03:41:27
93	Pedro Matos	87	Sub 23 M	Atletas e Bichos	00:49:38		03:17:23	03:41:54
94	Frederico Fonseca	66	SEN M	Fit&Fun	00:46:48		03:17:09	03:42:50
95	Fernando Venda	40	M50	Coimbra Trail Running	00:47:43		03:18:24	03:42:51
96	Pedro Santos	153	SEN M	Pernas de Gafanhoto			03:17:50	03:44:50
97	Pedro Silva	189	M40	COIMBRA TRAIL RUNNING	00:47:00		03:17:40	03:44:55
98	João Roque	118	M50	União FCI de Tomar	00:50:07		03:20:29	03:46:35
99	Paulo Calçada	23	M40	Montanha Clube Trail Running/Runners	00:45:16		03:22:13	03:48:09
100	José Rosa	144	M40	Ta-Len-Tos	00:50:25		03:19:57	03:48:37
101	Tiago Pimenta	62	SEN M		00:49:41		03:22:03	03:48:49
102	Ricardo Santos	103	SEN M	Bio Team Run	00:45:40		03:23:48	03:50:20
103	Paulo Godinho	151	M40		00:50:04		03:24:36	03:52:20
104	Rui Calado	154	M40		00:50:48		03:24:25	03:52:21
105	João Alcobia	30	M40	Tomar Runners	00:48:27		03:27:24	03:53:31
106	Jorge Pimpao	37	M40	individual	00:48:25		03:27:30	03:53:33
107	Hugo Seabra	126	SEN M		00:54:23		03:28:47	03:53:54
108	Diogo Torres	78	Sub 23 M	Coimbra Trail Running	00:45:38		03:29:22	03:54:04
109	Pedro Longuinho	167	SEN M	The Geogang	00:45:35		03:27:02	03:54:20
110	Nuno Amaral	159	SEN M		00:45:43		03:24:28	03:54:22
111	Sérgio Lopes	25	SEN M	Venturas Team			03:28:49	03:55:34
112	Nuno Cabral	73	SEN M	Jogging Lovers Coimbra	00:49:51		03:31:58	03:58:46
113	Luis Mendes	38	SEN M		00:47:06		03:29:01	03:58:53
114	Carlos Ferreira	125	SEN M		00:54:20		03:32:41	03:58:57
115	Ricardo Jesus	90	SEN M	Coimbra Trail Running	00:49:57		03:33:58	04:01:08
116	Luis Varela	61	M40		00:50:35		03:28:56	04:01:33
117	JOAQUIM AMIEIRO	68	M60	CENAP	00:50:53		03:35:01	04:01:59
118	Catarina Teixeira	58	F40	Team 33	00:50:20		03:34:55	04:02:21
119	Jorge Lestro	131	SEN M	Clube dos Atletas Tortos	00:49:10		03:36:18	04:02:29
120	Héber Pires	183	SEN M	Pascoalitos	00:50:56		03:32:38	04:02:57
121	André Ferro	106	SEN M	Individual	00:46:31		03:32:49	04:03:02
122	Pedro Bandeira	146	SEN M	AERGóis Trail Running	00:50:18		03:35:07	04:03:36
123	Pedro Brito	42	SEN M	Pés Troikados - CSCS	00:51:29		03:35:30	04:06:34
124	Daniel Taborda	51	SEN M	Pés Troikados - CSCS	00:51:40		03:35:34	04:06:34
125	Bruno Marques	59	SEN M	Pés Troikados - CSCS	00:51:32		03:35:42	04:06:34
126	Vítor Pereira	139	M40	União FCI de Tomar	00:50:09		03:39:07	04:08:14
127	Ricardo Baptista	31	M50	Tomar Runners	00:51:17		03:43:14	04:09:15
128	Mário Medeiros	21	M40	SFA	00:58:36		03:48:45	04:19:55
129	Francisco Morais	96	SEN M	Coimbra Trail Running	00:51:12		03:55:37	04:20:11
130	Mário Ferreira	143	SEN M	Tribo NR	00:50:41		03:49:42	04:20:32
131	Paulo Simões	142	SEN M		00:56:54		03:52:14	04:20:49
132	Nuno Cardetas	75	SEN M	Jogging Lovers Coimbra	00:57:17		03:48:48	04:20:51
133	Tânia Antunes	72	SEN F	Team 33	00:50:38		03:56:35	04:29:11
134	Paulo Costa	163	M40		00:56:47		04:02:10	04:30:47
135	Ana Melo	39	SEN F	A.D.Travassô Trail	00:56:34		04:02:14	04:32:21

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136	Maria Luisa	104	F40	individual	00:55:04		04:03:20	04:33:03
137	António Joaquim	27	M40	Vila de Pias	00:55:54		04:03:10	04:33:17
138	Filipe Ventura	74	SEN M	Team 33	00:55:02		04:03:15	04:39:38
139	António Dias	186	M60		00:59:36		04:08:04	04:40:12
140	Jose Abreu	41	M40		00:56:27		04:08:59	04:40:13
141	Marisa Loureiro	49	SEN F	Jogging Lovers Coimbra	00:58:11		04:13:02	04:40:25
142	Sara Carvalho	48	SEN F	Jogging Lovers Coimbra	00:58:09		04:12:59	04:40:30
143	Carla Pereira	35	F40	Jogging Lovers Coimbra	00:55:38		04:12:20	04:42:23
144	Jorge Barreto	166	M40	DECATHLON	00:55:51		04:12:28	04:42:24
145	Joaquim Mendes	88	M50		00:55:57		04:20:11	04:52:36
146	Oswaldo Albuquerque	135	SEN M	individual	00:53:31		04:20:14	04:58:45
147	David Silva	133	M50	o praticante	01:02:17		04:29:19	05:02:37
148	Zina Fernandes	18	F40	Individual	00:58:16		04:29:30	05:02:39
149	Nuno Fernandes	17	M40	Abutres Running Team			04:29:38	05:02:54
150	Francisco Mendes	86	M40	Bio Team Run	01:00:23		04:47:11	05:21:11
151	Patrícia Figueiredo	98	SEN F	Bio Team Run	00:59:23		04:47:06	05:21:15
152	Luís Reis	130	M40	Bio Team Run	00:59:17		04:47:02	05:21:18