

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	2.0 km	7.0 km	Ritmo	Tempo
1	119	Miguel Fortunato	Masculino	Rio Maior Triatlo Clube	SUB23 M	1	00:11:23	00:27:16	03:28	00:34:43
2	1	Rui Lopes	Masculino	CDCR dos CTT de Coimbra	M40	1	00:11:33	00:27:30	03:29	00:34:54
3	113	Paulo Pereira	Masculino	União Clube Eirense	SEN M	1	00:11:37	00:28:01	03:32	00:35:25
4	2	Guilherme Lourenço	Masculino	CRP Ribafria	SEN M	2	00:11:53	00:28:00	03:32	00:35:29
5	123	Marco Pinto	Masculino	União Desportiva Alfovelos	SEN M	3	00:11:52	00:28:02	03:37	00:36:11
6	125	Rafael Candido	Masculino	União Desportiva Alfovelos	SEN M	4	00:12:22	00:28:57	03:40	00:36:48
7	44	Luís Avelar	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M40	2	00:12:10	00:28:59	03:41	00:36:54
8	103	Vitor Dinis	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	1	00:12:29	00:29:10	03:42	00:37:05
9	118	Xavier Adrião	Masculino	Rio Maior Triatlo Clube	SUB23 M	2	00:12:06	00:29:13	03:43	00:37:12
10	87	Nuno Gonçalo Luis Santos	Masculino	GRF Benedita - Atletismo	M35	1	00:12:10	00:29:19	03:45	00:37:35
11	73	Flavio Castelhana	Masculino	GRF Benedita - Atletismo	SEN M	5	00:12:55	00:29:54	03:46	00:37:50
12	100	António Ferreira	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	1	00:12:14	00:29:35	03:47	00:37:58
13	126	Luis Cardoso	Masculino	União Desportiva Alfovelos	SEN M	6	00:12:23	00:29:50	03:49	00:38:14
14	90	Miguel Ângelo Silva	Masculino	Active Gym Fitness Club	SEN M	7	00:12:41	00:30:02	03:49	00:38:16
15	121	Kim Mangrobang	Feminino	Rio Maior Triatlo Clube	SEN F	1	00:12:46	00:30:07	03:50	00:38:22
16	28	Tiago Ferreira	Masculino	Clube Veteranos do Lis	SEN M	8	00:12:47	00:30:06	03:50	00:38:30
17	124	Jose Gomes	Masculino	União Desportiva Alfovelos	M45	2	00:12:45	00:30:14	03:52	00:38:45
18	27	Leandro Santos	Masculino	Clube Veteranos do Lis	M35	2	00:12:33	00:30:39	03:57	00:39:32
19	122	Sérgio Santos	Masculino	Rio Maior Triatlo Clube	M45	3	00:13:30	00:31:17	03:58	00:39:45
20	74	João Canas	Masculino	GRF Benedita - Atletismo	M40	3	00:13:06	00:31:13	03:59	00:39:53
21	99	Joao Valentim	Masculino		M35	3	00:13:25	00:31:43	03:59	00:40:02
22	102	Aléxis Rocha	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	SEN M	9	00:12:57	00:31:33	04:02	00:40:27
23	43	Paulo Silva	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M45	4	00:13:34	00:32:05	04:02	00:40:36
24	111	Luís Silva	Masculino	GRF Benedita - Atletismo	SEN M	10	00:13:30	00:31:56	04:03	00:40:38
25	75	Cesar Coelho	Masculino	GRF Benedita - Atletismo	M40	4	00:13:31	00:31:50	04:04	00:40:51
26	72	João Graça	Masculino		SEN M	11	00:13:25	00:32:05	04:05	00:41:04
27	101	António Poeiras	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	2	00:13:17	00:32:25	04:10	00:41:49
28	35	Carlos Ferreira	Masculino	URD Juncalense	M40	5	00:13:46	00:33:03	04:12	00:42:11
29	39	Pedro Simões	Masculino	CDCR dos CTT de Coimbra	M45	5	00:14:31	00:33:38	04:13	00:42:19
30	143	Nuno Mendes	Masculino	CCRD BURINHOSA	M35	4	00:13:05	00:33:32	04:16	00:42:46
31	48	José Rafael	Masculino		M50	3	00:14:03	00:33:54	04:18	00:43:11
32	145	Ricardo Pires	Masculino	CCRD BURINHOSA	SEN M	12	00:14:16	00:34:01	04:19	00:43:21
33	86	Patrick Inácio	Masculino	GRF Benedita - Atletismo	SEN M	13	00:14:06	00:33:52	04:19	00:43:24
34	23	Bruno Silvério	Masculino	CRP Ribafria	SEN M	14	00:14:15	00:34:01	04:19	00:43:25
35	153	Paulo Jesuino	Masculino	GRF Benedita - Atletismo	M45	6	00:14:20	00:34:22	04:22	00:43:50
36	159	Paulo Valentim	Masculino	Benedita	M45	7	00:14:20	00:34:42	04:24	00:44:09
37	56	Miguel Ginetto	Masculino	Clube Desportivo Ribeirense	M40	6	00:14:01	00:34:27	04:25	00:44:12
38	50	Miguel Machado	Masculino	CRP Ribafria	SEN M	15	00:15:06	00:34:55	04:24	00:44:15
39	144	Nuno Lorvao	Masculino	CCRD BURINHOSA	M45	8	00:14:36	00:35:03	04:26	00:44:29
40	147	Tiago Tomas	Masculino	CCRD BURINHOSA	SEN M	16	00:14:37	00:35:03	04:26	00:44:30
41	105	Bartolomeu Paciência	Masculino		M40	7	00:15:15	00:35:23	04:26	00:44:33
42	140	Fernando Corvelo	Masculino	Pimpões Triatlo	M50	4	00:15:13	00:35:30	04:27	00:44:40
43	76	Luis Reis	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M50	5	00:14:22	00:34:52	04:28	00:44:47
44	40	Carlos Ribeiro	Masculino	Caldas Corre +	M45	9	00:14:37	00:35:25	04:31	00:45:14

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	2.0 km	7.0 km	Ritmo	Tempo
45	110	Luís Paulo	Masculino	GRF Benedita - Atletismo	M50	6	00:15:09	00:36:03	04:33	00:45:40
46	16	Rafael Lopes	Masculino	GRF Benedita - Atletismo	SEN M	17	00:15:07	00:35:59	04:33	00:45:40
47	93	Diana Elias	Feminino	CA Barreira	SEN F	2	00:15:17	00:36:04	04:34	00:45:46
48	37	Pedro Silva	Masculino		SEN M	18	00:15:13	00:36:01	04:33	00:45:46
49	53	João Justo	Masculino	Clube Desportivo Ribeirense	M40	8	00:15:07	00:36:02	04:35	00:45:55
50	54	Nuno Moleano	Masculino	Clube Desportivo Ribeirense	M40	9	00:15:04	00:36:21	04:38	00:46:32
51	171	Diogo Magalhães	Masculino		SEN M	19	00:15:04	00:36:22	04:38	00:46:35
52	65	Bruno Santos	Masculino	GRAMa – Grupo Recreativo dos Amigos dos Mansos	SEN M	20	00:15:05	00:37:03	04:40	00:47:02
53	12	Carlos Monteiro	Masculino	stella maris peniche	M50	7	00:15:52	00:37:10	04:41	00:47:06
54	82	Nuno Rogerio	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M35	5	00:15:08	00:37:03	04:42	00:47:07
55	146	Rui Ventura	Masculino	CCRD BURINHOSA	M50	8	00:15:30	00:37:00	04:42	00:47:09
56	10	Nuno Belo	Masculino	HCT Running Team	M35	6	00:15:26	00:37:07	04:43	00:47:20
57	20	Gonçalo Coleho	Masculino	HCT Running Team	M35	7	00:15:50	00:37:17	04:43	00:47:25
58	83	Rui Mateus	Masculino	Caldas Corre +	M50	9	00:15:07	00:37:02	04:44	00:47:30
59	104	André Lopes	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	SEN M	21	00:15:13	00:37:13	04:46	00:47:41
60	85	Miguel Pedro	Masculino		M35	8	00:15:56	00:37:25	04:45	00:47:46
61	69	David Vicente	Masculino	GRAMa – Grupo Recreativo dos Amigos dos Mansos	SEN M	22	00:15:51	00:37:59	04:46	00:48:04
62	138	Pedro Leal	Masculino	Rio Maior	M50	10	00:15:57	00:37:52	04:48	00:48:08
63	14	Bráulio Luís	Masculino	GRF Benedita - Atletismo	SEN M	23	00:15:43	00:37:58	04:48	00:48:15
64	161	Fernando Agostinho	Masculino	Caldas Corre +	M50	11	00:15:11	00:37:22	04:49	00:48:19
65	18	David Catela	Masculino	Catelas das Galveias	M50	12	00:15:56	00:38:09	04:47	00:48:20
66	160	Evaristo Machado	Masculino	Chitas de Alcobaça	M40	10	00:15:09	00:37:12	04:49	00:48:20
67	68	Luis Caetano	Masculino	GRAMa – Grupo Recreativo dos Amigos dos Mansos	SEN M	24	00:15:52	00:37:59	04:48	00:48:20
68	29	José Martins	Masculino	Clube Veteranos do Lis	M50	13	00:15:20	00:37:32	04:50	00:48:22
69	71	Samuel Luis	Masculino	GRAMa – Grupo Recreativo dos Amigos dos Mansos	SEN M	25	00:15:54	00:38:00	04:48	00:48:23
70	150	Horácio Rodrigues	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M35	9	00:15:44	00:37:58	04:50	00:48:28
71	112	Joana Paulo	Feminino	GRF Benedita - Atletismo	SEN F	3	00:15:46	00:38:01	04:50	00:48:30
72	129	Nuno Santos	Masculino	União Desportiva Alfovelos	SEN M	26	00:15:21	00:37:37	04:51	00:48:36
73	134	João Jacinto	Masculino	C.C.D. O ALVITEJO	M60	1	00:16:01	00:38:34	04:53	00:48:58
74	156	Antonio Santos	Masculino	Correr lisboa	M60	2	00:16:01	00:38:36	04:55	00:49:15
75	142	Carmen Almeida	Feminino	CCRD BURINHOSA	F35	1	00:15:57	00:38:34	04:55	00:49:24
76	109	Rodrigo Marecos	Masculino		SUB23 M	3	00:16:40	00:39:27	04:57	00:49:47
77	7	Joao Guerra	Masculino	HCT Running Team	M40	11	00:16:28	00:39:22	04:59	00:50:09
78	148	Samuel Filipe Feitor	Masculino	Alcobertas	SEN M	27	00:16:26	00:39:30	05:00	00:50:18
79	170	André Lopes	Masculino		SEN M	28	00:16:02	00:39:12	05:01	00:50:27
80	88	Flávio Dos Santos	Masculino	Chitas de Alcobaça	SEN M	29	00:17:48	00:40:21	05:02	00:50:31
81	22	Carolina Serrazina	Feminino	CRP Ribafria	SEN F	4	00:16:53	00:39:54	05:03	00:50:52
82	158	José Marquês	Masculino	Benecar Runners	SUB23 M	4	00:16:45	00:39:52	05:03	00:50:56
83	107	Nádia Daniela De Simões	Feminino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	SEN F	5	00:17:17	00:40:13	05:05	00:51:03
84	84	Susana Querido	Feminino		F35	2	00:16:30	00:40:01	05:05	00:51:04
85	115	Jorge Basilio	Masculino		M45	10	00:17:22	00:40:10	05:05	00:51:09
86	47	Rute Pereira	Feminino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	F45	1	00:16:44	00:40:08	05:07	00:51:19
87	13	Fernando Oliveira	Masculino		M40	12	00:17:19	00:40:58	05:09	00:51:45
88	137	Diogo Eusébio	Masculino		SEN M	30	00:17:21	00:40:07	05:08	00:51:46

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	2.0 km	7.0 km	Ritmo	Tempo
89	98	Daniel Fialho	Masculino	HCT Running Team	M35	10	00:16:28	00:40:52	05:10	00:51:55
90	136	João Fialho	Masculino		SEN M	31	00:17:13	00:40:42	05:11	00:52:10
91	52	José Serrão	Masculino		M50	14	00:17:21	00:40:58	05:12	00:52:15
92	25	Telmo Ferreira	Masculino	CRP Ribafria	SEN M	32	00:16:27	00:40:49	05:13	00:52:20
93	108	Nuno Miguel Santos Belo	Masculino	CRP Ribafria	M40	13	00:17:15	00:40:54	05:13	00:52:21
94	157	Luís Miguel Costa	Masculino	Peniche a correr	M40	14	00:16:48	00:41:02	05:13	00:52:30
95	30	Sara Pedro	Feminino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	F50	1	00:17:09	00:41:07	05:15	00:52:42
96	131	Paula Cardoso	Feminino	União Desportiva Alfoanelos	F40	1	00:16:46	00:41:11	05:17	00:52:58
97	149	Diogo Custódio	Masculino		SEN M	33	00:17:47	00:42:16	05:16	00:52:59
98	60	Joaquim Serafim	Masculino		M50	15	00:17:33	00:41:27	05:17	00:53:02
99	17	Nuno Mauricio	Masculino	HCT Running Team	M40	15	00:16:49	00:41:03	05:17	00:53:08
100	91	David Ribeiro	Masculino	GrupoH Saúde	SEN M	34	00:18:05	00:42:14	05:22	00:54:01
101	92	Carlos Ferreira	Masculino		SEN M	35	00:18:05	00:42:14	05:22	00:54:02
102	57	Nelson Silva	Masculino	Moringa	M40	16	00:17:49	00:42:52	05:26	00:54:37
103	8	Sónia Vicente	Feminino	HCT Running Team	F40	2	00:17:51	00:42:51	05:28	00:54:52
104	11	Dario Rebelo	Masculino	HCT Running Team	M35	11	00:17:49	00:42:51	05:28	00:54:52
105	116	Luís Delgado	Masculino		SEN M	36	00:18:24	00:43:37	05:31	00:55:36
106	106	Miguel Santos	Masculino	Chitas de Alcobaça	M40	17	00:18:31	00:44:11	05:36	00:56:27
107	32	Susana Lopes	Feminino	Caracoletas	F45	2	00:18:49	00:44:58	05:43	00:57:24
108	33	Sónia Henriques	Feminino	As Caracoletas	F35	3	00:18:54	00:44:58	05:43	00:57:24
109	117	Élio Custódio	Masculino		M35	12	00:18:07	00:43:58	05:48	00:58:16
110	127	Joaquim Delgado	Masculino	União Desportiva Alfoanelos	M60	3	00:18:14	00:45:30	05:50	00:58:39
111	77	Catarina Gaudêncio	Feminino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	F35	4	00:18:12	00:45:31	05:51	00:58:39
112	21	Carina Amaro	Feminino		SEN F	6	00:19:34	00:46:32	05:52	00:58:53
113	42	Sara Maria	Feminino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	SEN F	7	00:19:00	00:46:10	05:54	00:59:13
114	114	Cristina Costa	Feminino		SEN F	8	00:19:17	00:48:31	06:14	01:02:37
115	130	Ana Abreu	Feminino	União Desportiva Alfoanelos	F45	3	00:18:52	00:51:20	06:29	01:04:57
116	31	Rodrigo Saturnino	Masculino	HCT Running Team	SEN M	37	00:20:50	00:51:06	06:35	01:06:09
117	133	Fatima Abreu	Feminino	União Desportiva Alfoanelos	F60	1	00:22:54	00:52:53	06:40	01:06:55
118	46	Eunice Silva	Feminino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	F45	4	00:20:56	00:52:17	06:42	01:07:15
119	45	Daniel Silva	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M35	13	00:19:00	00:46:09	06:42	01:07:15
120	128	Antonio Cardoso	Masculino	União Desportiva Alfoanelos	M45	11	00:21:21	00:53:31	06:45	01:07:51
121	132	Rita Cardoso	Feminino	União Desportiva Alfoanelos	SUB23 F	1	00:21:22	00:53:32	06:45	01:07:52