

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
DARIO MOITOSO	Clube Independente De Atletismo Ilha Azul	2539	1	03:01:32.433	00:00:00.000
LUÍS SEMEDO	Acportalegre/Utsm	2388	2	03:01:34.773	00:00:02.340
PAULO COSTA	A.D.Amarante Trail Running	2488	3	03:02:32.177	00:00:59.744
PEDRO SANTOS	Oralklass - Amigos Do Trail	2120	4	03:10:40.857	00:09:08.424
NUNO ALVES	Oralklass - Amigos Do Trail	2126	5	03:10:49.850	00:09:17.417
VITOR COSTA	A.D.Amarante Trail Running	2487	6	03:11:49.597	00:10:17.164
BRUNO SILVA	Trail Team Bifase	2199	7	03:15:25.857	00:13:53.424
DIOGO BAENA	U.F. Comércio E Indústria Atletismo	2088	8	03:16:23.807	00:14:51.374
HÉLDER GROSSO	U.F. Comércio E Indústria Atletismo	2090	9	03:16:32.627	00:15:00.194
MÁRCIO PEREIRA	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	2316	10	03:18:18.613	00:16:46.180
ROBERTO BAIÃO	Montanha Clube Trail Running/Efapel	2179	11	03:19:47.083	00:18:14.650
MARCOLINO VERÍSSIMO	Amcf-Arrábida Trail Team	2340	12	03:20:46.367	00:19:13.934
PAULO CARVALHO	Coimbra Trail Running	2373	13	03:21:06.877	00:19:34.444
RAFAEL CRUZ	Oralklass - Amigos Do Trail	2121	14	03:21:19.117	00:19:46.684
VIRGÍLIO GOMES	U.F. Comércio E Indústria Atletismo	2091	15	03:21:35.867	00:20:03.434
PEDRO VERÍSSIMO	Amcf-Arrábida Trail Team	2339	16	03:25:05.233	00:23:32.800
PEDRO RIBEIRO	Caracol Trail Team	2433	17	03:25:54.873	00:24:22.440
BENEK MORAIS	Amcf-Arrábida Trail Team	2341	18	03:26:06.357	00:24:33.924
NELSON SANTOS	Dão Nelas Runners	2478	19	03:27:17.253	00:25:44.820
JOEL PEREIRA	Minho E Lima Trail	2500	20	03:29:45.380	00:28:12.947
TIAGO VICENTE	Arsm - Associação Recreativa De S. Miguel	2270	21	03:29:53.210	00:28:20.777
LUIS ALEXANDRE	Trilhos Dos Templários/Green Roc.Pt	2191	22	03:30:10.890	00:28:38.457
TIAGO RIBEIRO	Oralklass - Amigos Do Trail	2118	23	03:31:18.430	00:29:45.997
MIGUEL PIRES	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	2317	24	03:36:34.883	00:35:02.450
LUIS CUNHA	Coimbra Trail Running	2381	25	03:36:48.353	00:35:15.920
MARCELO GRAÇA	U.F. Comércio E Indústria Atletismo	2089	26	03:39:41.367	00:38:08.934
RICARDO CARREIRA	Individual	2251	27	03:39:48.357	00:38:15.924
DIOGO PINHEIRO	Coimbra Trail Running	2371	28	03:40:31.147	00:38:58.714
RICARDO FONSECA	Cork Trail Team	2313	29	03:42:16.437	00:40:44.004
MANUEL LINO	Dci Pedrulha Mealhada	2449	30	03:42:21.583	00:40:49.150
PAULO ESTEVES	Dão Nelas Runners	2479	31	03:44:09.827	00:42:37.394
NUNO PEREIRA	Oralklass - Amigos Do Trail	2123	32	03:44:27.657	00:42:55.224
JOÃO FERNANDES	Zona Alta Trail	2027	33	03:45:14.567	00:43:42.134
JOÃO FERREIRA	Coimbra Trail Running	2366	34	03:45:33.827	00:44:01.394
TIAGO SUBTIL	Afifense Trail	2173	35	03:45:35.390	00:44:02.957
JOÃO SILVA	U.F. Comércio E Indústria Atletismo	2084	36	03:46:22.657	00:44:50.224
FILIPE CARNEIRO	Oralklass - Amigos Do Trail	2125	37	03:46:50.793	00:45:18.360
PAULO FONSECA	Edv-Viana Trail	2136	38	03:47:37.160	00:46:04.727
FRANCISCO CARVALHO	Cmm - Escaravelhos Team	2142	39	03:47:37.693	00:46:05.260
ARMINDO ANTUNES	Coimbra Trail Running	2361	40	03:48:18.387	00:46:45.954
PAULO VAZ	Minho E Lima Trail	2498	41	03:49:16.530	00:47:44.097
MIGUEL RIBEIRO	Zona Alta Trail	2025	42	03:50:02.017	00:48:29.584
NUNO PATRICIO	Clube Da Natureza De Alvito	2045	43	03:50:23.913	00:48:51.480
NELSON COSTA	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	2320	44	03:50:36.510	00:49:04.077

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LUIS COSTA	Clube De Futebol Guadiana	2461	45	03:51:31.420	00:49:58.987
RUI FIGUEIREDO	Trail Bela Bela	2277	46	03:51:40.173	00:50:07.740
PEDRO GARRIDO	Clube Nortada - Murtosa Night Runners	2404	47	03:51:52.557	00:50:20.124
CARLA MOREIRA	A.D.Amarante Trail Running	2490	48	03:52:01.917	00:50:29.484
PAULA SOARES	A.D.Amarante Trail Running	2492	49	03:52:02.750	00:50:30.317
RUI SEIXO	Edv-Viana Trail	2135	50	03:52:13.997	00:50:41.564
RUFINO PAIVA	Ocs Proaventuras	2032	51	03:55:20.220	00:53:47.787
RICARDO PINHEIRO	Cdr Pereiros	2511	52	03:55:29.677	00:53:57.244
JOÃO SANTOS	Turres Trail Team	2064	53	03:55:57.670	00:54:25.237
JOÃO AMANDIO	Individual	2072	54	03:56:07.463	00:54:35.030
MARCELO MARTINS	Edl Trail	2017	55	03:56:28.420	00:54:55.987
JOÃO AFONSO	Alexandra Carvalho Team	2227	56	03:56:28.960	00:54:56.527
JOÃO CAETANO	U.F. Comércio E Indústria Atletismo	2087	57	03:56:47.427	00:55:14.994
JOSÉ SILVA	Olímpico Vianense Trail	2059	58	03:57:19.923	00:55:47.490
NELSON AMARAL	Amcf-Arrábida Trail Team	2337	59	03:58:06.423	00:56:33.990
RUI MARQUES	Coimbra Trail Running	2383	60	03:58:25.443	00:56:53.010
CARLOS BÁRBARA	A. C. S. Mamede	2260	61	04:00:34.423	00:59:01.990
DAVID JESUS	Pace.Makers	2145	62	04:00:52.670	00:59:20.237
MARCO GUERRA	Gdazambuja - Trail Team	2048	63	04:01:16.000	00:59:43.567
PEDRO OSÓRIO	Viseu 360	2163	64	04:02:31.430	01:00:58.997
SUSANA ECHEVERRIA	Coimbra Trail Running	2350	65	04:02:32.947	01:01:00.514
VITOR PINTO	Amcf-Arrábida Trail Team	2332	66	04:02:51.683	01:01:19.250
JOSÉ NOGUEIRA	Individual	2189	67	04:03:04.280	01:01:31.847
NÁDIA CASTELEIRO	Oralklass - Amigos Do Trail	2117	68	04:04:25.890	01:02:53.457
JOSÉ FÊTEIRA	Arsm - Associação Recreativa De S. Miguel	2272	69	04:04:31.010	01:02:58.577
EDUARDO FONSECA	Individual	2327	70	04:05:48.377	01:04:15.944
EDGAR SALVADO	Cmm - Escaravelhos Team	2143	71	04:06:26.120	01:04:53.687
RUI FERREIRA	Coimbra Trail Running	2353	72	04:07:38.360	01:06:05.927
GILBERTO PIMENTA	Oralklass - Amigos Do Trail	2132	73	04:09:30.993	01:07:58.560
MÁRIO LEAL	Clube Independente De Atletismo Ilha Azul	2540	74	04:10:36.583	01:09:04.150
VANDA JERÓNIMO	Marinha Grande	2529	75	04:11:16.940	01:09:44.507
PAULO GOMES	Coimbra Trail Running	2364	76	04:11:18.617	01:09:46.184
CRISTIANO SANTOS	A.D.Amarante Trail Running	2493	77	04:12:01.820	01:10:29.387
RICARDO NUNES	Fridão Sem Limites	2223	78	04:12:37.817	01:11:05.384
MARIA AREIAS	Oralklass - Amigos Do Trail	2124	79	04:13:33.943	01:12:01.510
VITOR FAIM	Atletismo Clube Da Tocha	2426	80	04:13:40.557	01:12:08.124
HUGO ÁGUA	Cork Trail Team	2315	81	04:14:01.947	01:12:29.514
RUI MARTINS	Clac Entroncamento/Ondatrilhos	2301	82	04:14:25.807	01:12:53.374
TIAGO GASPAR	Arsm - Associação Recreativa De S. Miguel	2268	83	04:14:53.030	01:13:20.597
FERNANDO HOMEM	C.A.S.P.A-Clube Amador Só Para Atletismo	2029	84	04:15:02.197	01:13:29.764
FRANCISCO RODRIGUES	Aamafra	2542	85	04:15:26.040	01:13:53.607
PEDRO ANJOS	Clac Entroncamento/Ondatrilhos	2300	86	04:15:29.453	01:13:57.020
SÉRGIO SUZANO	Oralklass - Amigos Do Trail	2116	87	04:15:45.143	01:14:12.710
ALEXANDRE RODRIGUES	Coimbra Trail Running	2380	88	04:15:46.603	01:14:14.170

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MANUEL SILVA	Amcf-Arrábida Trail Team	2333	89	04:16:00.287	01:14:27.854
CARLOS RODRIGUES	Coimbra Trail Running	2365	90	04:16:30.707	01:14:58.274
CLÁUDIO ROÇAS	Dão Nelas Runners	2483	91	04:16:54.297	01:15:21.864
EDUARDO FERREIRA	Vikings Trail Runners / Ccr Alcabideque	2080	92	04:17:10.773	01:15:38.340
JOÃO MARQUES	Montanha Clube Trail Running/Efapel	2177	93	04:17:15.947	01:15:43.514
HUGO VENTURA	Ozxtreme	2263	94	04:17:17.527	01:15:45.094
TONY FIGUEIREDO	Dão Nelas Runners	2482	95	04:17:22.273	01:15:49.840
FAUSTO PIMENTEL	Coimbra Trail Running	2375	96	04:18:57.200	01:17:24.767
FRANCISCO FERNANDES	Aztrail/Mercentro	2069	97	04:22:41.457	01:21:09.024
LUIS MAGALHAES	Minho E Lima Trail	2499	98	04:23:13.967	01:21:41.534
FILIPE RODRIGUES	Associação Pombal Jovem	2515	99	04:23:52.477	01:22:20.044
PAULO BARBOSA	Trail Team Bifase	2201	100	04:25:01.200	01:23:28.767
CARLOS QUEIRÓS	A.D.Amarante Trail Running	2486	101	04:25:08.707	01:23:36.274
MARISA RODRIGUES	A.D.Amarante Trail Running	2495	102	04:25:09.243	01:23:36.810
ALEXANDRA FERNANDES	Individual	2030	103	04:26:25.510	01:24:53.077
NELSON DIOGO	Amcf-Arrábida Trail Team	2335	104	04:28:04.460	01:26:32.027
CARLA LEITE	Clube Sem	2468	105	04:29:25.017	01:27:52.584
JOAO VALERIO	Psp Viseu Runners	2455	106	04:29:26.493	01:27:54.060
LUIS CARIDADE	Vikings Trail Runners / Ccr Alcabideque	2081	107	04:30:06.653	01:28:34.220
ÂNGELO PEREIRA	Centro Ciclista De Gondomar	2215	108	04:30:10.137	01:28:37.704
CARLOS VALENTE	A. C. S. Mamede	2254	109	04:30:24.717	01:28:52.284
MIGUEL GUALDINO	Cork Trail Team	2311	110	04:30:30.220	01:28:57.787
MARCO MATOS	Coimbra Trail Running	2541	111	04:31:16.713	01:29:44.280
RICARDO MENDONÇA	Shfit Trail Team	2195	112	04:31:30.470	01:29:58.037
HUGO NALHA	Cta/Aventurirequinte	2324	113	04:31:37.470	01:30:05.037
JOÃO FERREIRA	Coimbra Trail Running	2354	114	04:31:44.647	01:30:12.214
BRUNO CASAL	Individual	2190	115	04:31:50.387	01:30:17.954
LUIS NARCISO	O Mundo Da Corrida	2303	116	04:32:21.240	01:30:48.807
JOÃO NEPOMUCENO	Dá-Lhe Gás Team	2139	117	04:32:54.220	01:31:21.787
LINA MAQUES	Clac Entroncamento/Ondatrilhos	2296	118	04:32:54.470	01:31:22.037
PAULO OSÓRIO	Ocs Proaventuras	2034	119	04:33:27.713	01:31:55.280
NUNO BALTAZAR	Juventude Vidigalense	2111	120	04:35:14.327	01:33:41.894
BRUNO CARDOSO	Trail Bela Bela	2276	121	04:36:29.593	01:34:57.160
JOSÉ MOISÉS	Acportalegre/Utsm	2389	122	04:37:48.967	01:36:16.534
TERESA AFONSO	Trilhos Do Costume	2533	123	04:38:10.717	01:36:38.284
JOSÉ ZANANAR	Atletismo Clube Da Tocha	2425	124	04:38:10.723	01:36:38.290
MARIA GONÇALVES	Oralklass - Amigos Do Trail	2130	125	04:39:15.717	01:37:43.284
RUI MENDES	Abutres	2209	126	04:40:30.507	01:38:58.074
RUBEN VIEIRA	Trail Team Bifase	2536	127	04:41:11.300	01:39:38.867
FILIPE SANTOS	Coimbra Trail Running	2345	128	04:41:11.307	01:39:38.874
DAVID SILVA	O Mundo Da Corrida	2304	129	04:41:24.970	01:39:52.537
EUGENIO NEVES	Individual	2510	130	04:41:37.967	01:40:05.534
CARLOS FERREIRA	Vikings Trail Runners / Ccr Alcabideque	2082	131	04:41:58.100	01:40:25.667
RUI NINA	Trail Bela Bela	2275	132	04:42:12.290	01:40:39.857

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
HUGO PACHECO	Runners Do Demo	2184	133	04:42:23.037	01:40:50.604
HERMENEGILDO SANTOS	Abutres	2210	134	04:42:28.797	01:40:56.364
MARIA FONSECA	Runners Do Demo	2182	135	04:42:37.547	01:41:05.114
PEDRO MENDES	Bio Team Run	2192	136	04:42:38.220	01:41:05.787
CARLOS CUNHA	Individual	2096	137	04:42:46.220	01:41:13.787
ROMÃO CORREIA	Devagar, Devagarinho...	2114	138	04:42:52.283	01:41:19.850
RAFAEL ESCRIVÃES	Gtt - Armazém Do Caffè	2009	139	04:43:30.730	01:41:58.297
FRANCISCO PINHEIRO	Individual	2505	140	04:44:23.637	01:42:51.204
BRUNO RAPOSEIRA	C.D. "Os Águias" De Alpiarça	2444	141	04:44:42.970	01:43:10.537
RODRIGO TAVARES	Clube De Praças Da Armada	2412	142	04:45:43.470	01:44:11.037
JOÃO SILVA	17K É Para Meninas	2465	143	04:45:44.003	01:44:11.570
PAULO BATISTA	Atletismo Clube Da Tocha	2423	144	04:45:49.030	01:44:16.597
MANUEL FERREIRA	Oralklass - Amigos Do Trail	2129	145	04:46:32.220	01:44:59.787
OSVALDO OVELHEIRO	Individual	2161	146	04:47:03.473	01:45:31.040
NUNO NUNES	Melres Trail Running Ordem Para Arrear	2016	147	04:47:08.740	01:45:36.307
ARMANDO VIDEIRA	Louzan Team Dental Garden	2093	148	04:47:44.220	01:46:11.787
ANDREIA AREIAS	Coimbra Trail Running	2378	149	04:47:45.237	01:46:12.804
ANTONIO BATISTA	Viriathvs Runners Viseu	2286	150	04:47:45.987	01:46:13.554
SÃO CASTANHEIRA	Clac Entroncamento/Ondatrilhos	2302	151	04:48:14.980	01:46:42.547
VITOR SANTOS	Montanha Clube Trail Running/Efapel	2176	152	04:48:26.973	01:46:54.540
CLAÚDIA MOREIRA	A.D.Amarante Trail Running	2489	153	04:48:40.967	01:47:08.534
JOÃO SALGUEIRO	Liz Runners	2437	154	04:48:55.223	01:47:22.790
PAULO ALVES	Grupo Desportivo Santander Totta	2158	155	04:49:14.477	01:47:42.044
MAFALDA MONIZ	Amcf-Arrábida Trail Team	2338	156	04:49:21.730	01:47:49.297
COSTA ALFREDO	Oursense	2520	157	04:50:07.230	01:48:34.797
DINA ROCHA	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	2318	158	04:50:11.720	01:48:39.287
DAVID GONÇALVES	Individual	2050	159	04:50:51.207	01:49:18.774
LEONARDO ARAÚJO	Slow Runners Pombal	2076	160	04:51:38.723	01:50:06.290
PEDRO FERREIRA	Falsos Lentos	2440	161	04:52:45.723	01:51:13.290
CELESTINO GOMES	Melres Trail Running Ordem Para Arrear	2013	162	04:52:46.187	01:51:13.754
JORGE ROSA	Ourém Vida Team	2188	163	04:52:48.187	01:51:15.754
JORGE CORREIA	Viriathvs Runners Viseu	2280	164	04:52:58.477	01:51:26.044
MIGUEL VIEGAS	Dci Pedrulha Mealhada	2448	165	04:53:04.683	01:51:32.250
CHARLES CUSTÓDIO	A. C. S. Mamede	2256	166	04:53:16.973	01:51:44.540
BRUNO REIS	A. C. S. Mamede	2253	167	04:53:17.437	01:51:45.004
DAVID CUSTÓDIO	A. C. S. Mamede	2261	168	04:53:17.717	01:51:45.284
LUIS FERREIRA	100 Estrilhos	2102	169	04:54:41.227	01:53:08.794
DIOGO ALVES	Vikings Trail Runners / Ccr Alcabideque	2079	170	04:54:58.227	01:53:25.794
PAULO SOUSA	Ca Barreira	2228	171	04:55:27.977	01:53:55.544
PEDRO GABRIEL	Pocariça Runners	2185	172	04:55:36.170	01:54:03.737
SUSANA ALVES	Edl Trail	2020	173	04:56:09.903	01:54:37.470
VITOR SARAIVA	Stravista Venda Do Pinheiro	2249	174	04:56:42.153	01:55:09.720
NUNO SALVADOR	Dão Nelas Runners	2100	175	04:56:46.040	01:55:13.607
PEDRO GUIMARAES	A	2103	176	04:56:52.647	01:55:20.214

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MÓNICA RIBEIRO	Vikings Trail Runners / Ccr Alcabideque	2083	177	04:56:55.483	01:55:23.050
RICARDO FERREIRA	Gtt - Armazém Do Caffè	2010	178	04:57:32.227	01:55:59.794
CATARINA ALVES	Coimbra Trail Running	2346	179	04:58:46.377	01:57:13.944
JORGE SILVESTRE	Clube De Futebol Guadiana	2459	180	04:59:38.730	01:58:06.297
JOSÉ PEREIRA	Individual	2522	181	04:59:39.367	01:58:06.934
ISABEL ALMEIDA	Ctad-Trilhos De Cinfães	2004	182	04:59:42.390	01:58:09.957
SARA SILVA	Atletismo Clube Da Tocha	2427	183	04:59:45.617	01:58:13.184
MILTON BRANCO	Gim Running Team/S.C. Inércia	2203	184	05:01:05.887	01:59:33.454
ANDREIA ALMEIDA	Fridão Sem Limites	2221	185	05:01:57.600	02:00:25.167
ALCINO PEREIRA	Clube De Montanhismo Da Guarda	2101	186	05:02:19.340	02:00:46.907
CLÁUDIO MONTEIRO	Douroconta - Gabinete De Apoio E Contabilidade	2144	187	05:03:12.290	02:01:39.857
ÁLVARO CENTEIO	Ugas Trail Running	2164	188	05:03:27.207	02:01:54.774
JOÃO NEVES	Go Run Team	2160	189	05:03:32.833	02:02:00.400
PAULO MENDES	Dão Nelas Runners	2481	190	05:03:57.727	02:02:25.294
EDUARDO LACERDA	Individual	2167	191	05:04:30.067	02:02:57.634
PEDRO CRUZ	Individual	2066	192	05:04:31.317	02:02:58.884
JOSÉ COSTA	Oralklass - Amigos Do Trail	2131	193	05:04:58.563	02:03:26.130
GONÇALO PADILHA	Coimbra Trail Running	2369	194	05:05:40.730	02:04:08.297
JOÃO LOPES	Clac Entroncamento/Ondatrilhos	2293	195	05:06:41.977	02:05:09.544
GONÇALO SANTOS	Gs Tabeillon	2384	196	05:08:19.730	02:06:47.297
RENATO SILVA	Individual	2047	197	05:08:24.230	02:06:51.797
NUNO PAULINO	C.D. "Os Águias" De Alpiarça	2443	198	05:08:52.027	02:07:19.594
FÁBIO MENDES	Dá-Lhe Gás Team	2140	199	05:10:19.510	02:08:47.077
VITOR MOTA	Slow Runners Pombal	2077	200	05:10:50.977	02:09:18.544
HÉLDER CAMACHO	Alcanena Trail	2186	201	05:11:37.480	02:10:05.047
HENRIQUE FERNANDES	Dão Nelas Runners	2480	202	05:11:48.607	02:10:16.174
BRUNO ROMÃO	Individual	2109	203	05:11:55.757	02:10:23.324
NUNO SANTOS	Gprunners	2168	204	05:12:21.487	02:10:49.054
JOSÉ BOTELHO	Coimbra Trail Running	2357	205	05:12:24.490	02:10:52.057
CARLOS MANUEL	Coimbra Trail Running	2356	206	05:12:55.733	02:11:23.300
PAULO CARVALHO	Coimbra Trail Running	2370	207	05:13:05.503	02:11:33.070
JOSÉ SANTOS	Oralklass - Amigos Do Trail	2133	208	05:13:25.730	02:11:53.297
PAULA BRANCO	União Fci De Tomar	2099	209	05:13:31.237	02:11:58.804
ANDRÉ FERREIRA	Grupo Desportivo Da Parreira	2416	210	05:13:45.480	02:12:13.047
PEDRO SARAIVA	Individual	2049	211	05:14:24.470	02:12:52.037
ANA LUCIA	Falcões Selvagens	2022	212	05:14:28.980	02:12:56.547
JOAQUIM SILVA	Clube Nortada - Murtosa Night Runners	2405	213	05:14:36.880	02:13:04.447
CONCEIÇÃO QUEIROZ	Gtt - Armazém Do Caffè	2006	214	05:14:50.730	02:13:18.297
RUI LEANDRO	Zona Alta Trail	2024	215	05:14:54.730	02:13:22.297
CARLA SOARES	Arsm - Associação Recreativa De S. Miguel	2269	216	05:15:16.213	02:13:43.780
MÁRCIO SILVA	Pé D'Atleta Runwalk Team	2456	217	05:15:29.457	02:13:57.024
STEPHEN CABLE	Trail Run Spain	2504	218	05:15:41.293	02:14:08.860
FELISBELA SOUSA	Atr - Algarve Trail Running	2445	219	05:15:43.617	02:14:11.184
ROGÉRIO RIBEIRO	Figueira Kayak Clube	2154	220	05:15:45.873	02:14:13.440

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO BARBOSA	Individual	2218	221	05:15:54.230	02:14:21.797
TIAGO RODRIGUES	Associação Pombal Jovem	2516	222	05:15:55.977	02:14:23.544
JOÃO PINHO	Coimbra Trail Running	2352	223	05:16:21.697	02:14:49.264
HUGO TAPADAS	Hotel Tryp Colina Do Castelo	2331	224	05:16:31.730	02:14:59.297
CARMEN FERREIRA	Associação Vale Grande	2323	225	05:16:37.237	02:15:04.804
JOSÉ PECEGUEIRO	Melres Trail Running Ordem Para Arrear	2015	226	05:16:58.200	02:15:25.767
ORLANDO FERREIRA	Tough Trails Alenquer	2213	227	05:18:46.430	02:17:13.997
JOÃO TRINDADE	Correr Lisboa	2308	228	05:19:15.177	02:17:42.744
FERNANDO GONÇALVES	Individual	2214	229	05:19:21.480	02:17:49.047
RUBENS SOARES	Sportarc	2156	230	05:19:54.097	02:18:21.664
PAULO MOTA	Clac Entroncamento/Ondatrilhos	2295	231	05:20:47.727	02:19:15.294
LUISA SANTO	Salamandrecos	2240	232	05:20:56.907	02:19:24.474
NUNO MAGRO	Go!Runners/Outprostore	2012	233	05:20:57.150	02:19:24.717
NELSON SANTOS	Running Wild	2234	234	05:20:59.710	02:19:27.277
JOÃO COROADO	Coimbra Trail Running	2377	235	05:21:25.397	02:19:52.964
JOAO MATA	Clube Aventura De Monforte	2043	236	05:21:29.893	02:19:57.460
ROBERTO PEREIRA	Casa Do Benfica De Arganil	2325	237	05:21:33.977	02:20:01.544
CARLOS ALVES	Individual	2507	238	05:22:26.480	02:20:54.047
JOSÉ MOREIRA	Viriathvs Runners Viseu	2282	239	05:23:02.227	02:21:29.794
MIGUEL MOURA	Individual	2534	240	05:23:39.487	02:22:07.054
RICARDO SANTA	Individual	2532	241	05:23:53.727	02:22:21.294
LUÍS VAZ	Gtt - Armazém Do Caffè	2011	242	05:24:43.360	02:23:10.927
MARIA LEMOS	Gtt - Armazém Do Caffè	2007	243	05:24:43.477	02:23:11.044
RITA FERNANDES	Lt	2429	244	05:24:45.977	02:23:13.544
ANA TEIXEIRA	Clube De Atletismo Trail Runners Da Ponte	2450	245	05:24:48.867	02:23:16.434
CARLA SEMEDO	Acportalegre/Utsm	2535	246	05:25:20.477	02:23:48.044
BRUNO MARQUÊS	Clube De Atletismo Trail Runners Da Ponte	2451	247	05:25:25.230	02:23:52.797
BRUNO ESPADEIRO	Be Energy	2159	248	05:25:45.847	02:24:13.414
ANDRÉ ALMEIDA	Esgalhada Trail Team	2040	249	05:26:04.347	02:24:31.914
CARLOS FONSECA	Coimbra Trail Running	2374	250	05:26:07.227	02:24:34.794
CARLOS GALAMBA	Coimbra Trail Running	2367	251	05:27:06.837	02:25:34.404
MARCELO FERREIRA	Team Lantermil	2110	252	05:28:19.727	02:26:47.294
JORGE PINHEIRO	Ribeiras Trail	2058	253	05:28:56.817	02:27:24.384
LAO ALEXANDRE	Individual	2205	254	05:30:05.053	02:28:32.620
LUIS FIGUEIREDO	Quiaios Run Team	2399	255	05:30:06.143	02:28:33.710
GINA DOMINGUES	Slow Runners Pombal	2078	256	05:30:07.477	02:28:35.044
RUI SILVA	Clac Entroncamento/Ondatrilhos	2299	257	05:30:30.477	02:28:58.044
ANA TOMÉ	Zona Alta Trail	2026	258	05:31:06.227	02:29:33.794
JOAQUIM CAEIRO	Alenminho	2097	259	05:31:18.483	02:29:46.050
RITA TEIXEIRA	Individual	2207	260	05:31:47.537	02:30:15.104
RAUL MARTINS	Individual	2067	261	05:32:56.683	02:31:24.250
HUGO PINTO	Individual	2051	262	05:33:13.430	02:31:40.997
CLÁUDIA ISIDORO	Coimbra Trail Running	2349	263	05:33:43.520	02:32:11.087
JOSÉ CARVALHO	Individual	2503	264	05:34:09.203	02:32:36.770

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOÃO SANTOS	Individual	2108	265	05:34:09.727	02:32:37.294
ALBINO MORAIS	Louzan Team Dental Garden	2094	266	05:34:10.010	02:32:37.577
CARLOS PEREIRA	Afifense Trail	2174	267	05:34:23.777	02:32:51.344
TELMO CORREIRA	C.D. "Os Águias" De Alpiarça	2442	268	05:34:32.477	02:33:00.044
VERONICA MOREIRA	Individual	2410	269	05:34:39.977	02:33:07.544
RUI BARRETO	Alexandra Carvalho Team	2225	270	05:34:43.253	02:33:10.820
BRUNO LOPES	Individual	2411	271	05:34:44.477	02:33:12.044
DAVID CAMELO	Ctad-Trilhos De Cinfães	2005	272	05:35:36.977	02:34:04.544
MIGUEL MARQUES	Individual	2509	273	05:35:37.453	02:34:05.020
PEDRO GUERRA	Moinhos	2469	274	05:35:52.743	02:34:20.310
PAULA FALACHO	Individual	2265	275	05:36:04.740	02:34:32.307
JOÃO FARIA	Ocs Proaventuras	2036	276	05:36:14.490	02:34:42.057
SEVERINA ALMEIDA	Ctad-Trilhos De Cinfães	2003	277	05:36:38.237	02:35:05.804
HEITOR SANTOS	Individual	2172	278	05:38:16.723	02:36:44.290
JOÃO SILVA	Coimbra Trail Running	2347	279	05:39:42.247	02:38:09.814
JOÃO DÂMASO	Grupo Maravilha	2162	280	05:40:01.977	02:38:29.544
VITOR VIANA	Clube Zupper	2187	281	05:41:51.680	02:40:19.247
ANTÓNIO GASPAR	Shfit Trail Team	2194	282	05:41:56.270	02:40:23.837
MAFALDA LOURENÇO	Papamilhas Running Team	2246	283	05:42:12.433	02:40:40.000
RICARDO BICA	Individual	2530	284	05:42:42.480	02:41:10.047
MARCO VICENTE	Atletismo-Gdcfa	2513	285	05:43:25.913	02:41:53.480
PAULO OLIVEIRA	Brutte.Orp	2502	286	05:43:29.893	02:41:57.460
RUI CARRITO	Coimbra Trail Running	2368	287	05:44:28.153	02:42:55.720
HÉLDER PEREIRA	Os Tolinhos	2321	288	05:45:27.707	02:43:55.274
CRISTINA BARROS	Sinmetro	2170	289	05:47:36.367	02:46:03.934
MANUEL JULIO	Clac Entroncamento/Ondatrilhos	2298	290	05:48:23.617	02:46:51.184
CARLOS FERREIRA	Individual	2068	291	05:48:27.357	02:46:54.924
JOSÉ EUFRÁSIO	Cluve	2398	292	05:48:37.367	02:47:04.934
CARLOS BARBOSA	Runners Do Demo	2183	293	05:50:49.583	02:49:17.150
PAULO VEIGA	Runners Do Demo	2181	294	05:50:49.717	02:49:17.284
ANA COSTA	C. R. Candoso	2107	295	05:51:07.087	02:49:34.654
MANUEL MORENO	Morcegos Trail	2305	296	05:51:51.217	02:50:18.784
RUI VILAR	Individual	2236	297	05:51:54.570	02:50:22.137
EMANUEL FAIM	Individual	2206	298	05:53:32.223	02:51:59.790
PAULO CARVALHO	Formobike Btt & Trail Running	2394	299	05:53:45.717	02:52:13.284
HUGO FARIA	Vespinga Trail	2428	300	05:54:03.547	02:52:31.114
ANDRÉ AZAMBUJO	Acdrs Quinhendros	2415	301	05:54:29.793	02:52:57.360
ZÉ ALMEIDA	Edv-Viana Trail	2137	302	05:54:30.477	02:52:58.044
CATARINA TEIXEIRA	Abutres	2212	303	05:55:37.487	02:54:05.054
GONÇALO FREITAS	Slow Runners Pombal	2075	304	05:56:48.517	02:55:16.084
PEDRO SIMÕES	Live4digital	2169	305	05:57:20.510	02:55:48.077
VITOR SANTOS	Nel - Pédatleta	2466	306	05:58:12.510	02:56:40.077
CAROLINA PEREIRA	Afifense Trail	2175	307	05:58:45.973	02:57:13.540
HUGO CARREIRA	A. C. S. Mamede	2258	308	06:00:11.220	02:58:38.787

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MANUEL ANTUNES	A. C. S. Mamede	2255	309	06:00:11.463	02:58:39.030
PEDRO ALMEIDA	Coimbra Trail Running	2355	310	06:00:18.990	02:58:46.557
DANIEL CAMPANIÇO	Évora Night Runners	2233	311	06:02:06.960	03:00:34.527
PAULA VIDAS	Coimbra Trail Running	2376	312	06:03:02.083	03:01:29.650
PAULO LEITE	All About	2279	313	06:03:15.713	03:01:43.280
PEDRO CORREIA	Individual	2229	314	06:03:42.193	03:02:09.760
JOÃO BERNARDINO	Devagar, Devagarinho...	2112	315	06:03:46.710	03:02:14.277
NUNO ARAÚJO	Nprint	2023	316	06:04:09.663	03:02:37.230
DIOGO MONTEIRO	Roda Dianteira	2409	317	06:04:51.430	03:03:18.997
RUI MARÇAL	Pace.Makers	2147	318	06:04:51.720	03:03:19.287
PEDRO CARMO	Clac Entroncamento/Ondatrilhos	2291	319	06:04:51.930	03:03:19.497
DOMINGOS VIEIRA	Ribeiras Trail	2056	320	06:06:16.923	03:04:44.490
CARLOS SILVEIRA	Clac Entroncamento/Ondatrilhos	2290	321	06:06:20.860	03:04:48.427
LUÍS CRUZ	Individual	2062	322	06:08:14.143	03:06:41.710
SONIA NETO	Tomar Runners	2165	323	06:09:06.977	03:07:34.544
JORGE ARAUJO	Individual	2497	324	06:09:26.273	03:07:53.840
SUSANA CASTRO	Psp Viseu Runners	2453	325	06:09:40.963	03:08:08.530
JOÃO BARNABÉ	Cork Trail Team	2314	326	06:10:16.787	03:08:44.354
ALBERTO MARTINS	Correr Lisboa	2306	327	06:11:16.360	03:09:43.927
JOÃO SANTOS	Ca Amigos Parque Paz	2472	328	06:11:30.707	03:09:58.274
RUI NASCIMENTO	Devagar, Devagarinho...	2115	329	06:13:46.590	03:12:14.157
ROGERIO PALMEIRO	Shfit Trail Team	2196	330	06:14:10.953	03:12:38.520
RICARDO SILVA	Shfit Trail Team	2197	331	06:14:15.410	03:12:42.977
LÉNIA SILVA	Trilho Perdido Eventos/Imporlux	2397	332	06:14:45.710	03:13:13.277
ANTÓNIO IRIA	Correr Lisboa	2307	333	06:15:22.313	03:13:49.880
CRISTINA FREITAS	Melres Trail Running Ordem Para Arrear	2014	334	06:15:47.617	03:14:15.184
FERNANDO MARQUES	Psp Viseu Runners	2454	335	06:16:01.703	03:14:29.270
MARCO CARVALHO	Armotorsport	2237	336	06:18:24.907	03:16:52.474
PAULO DIAS	Nel - Pédatleta	2467	337	06:19:21.110	03:17:48.677
ANTONIO SIMOES	Pisa-Rochas	2028	338	06:20:10.450	03:18:38.017
NELSON SANTIAGO	Correio De Albergaria Trail Running	2202	339	06:22:20.447	03:20:48.014
FREDERICO CRASTO	Liz Runners	2438	340	06:22:59.447	03:21:27.014
JOÃO DUARTE	Cfa Spartans	2266	341	06:22:59.510	03:21:27.077
LUÍS CARVALHO	Individual	2528	342	06:24:07.453	03:22:35.020
RUI SANTOS	Black Bulls / Clube Da Condeixa	2244	343	06:24:07.967	03:22:35.534
JOSÉ PINTO	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	2319	344	06:24:08.217	03:22:35.784
RUI FERNANDES	Individual	2484	345	06:25:37.993	03:24:05.560
BRUNO CUNHA	Tribo Team	2395	346	06:26:39.937	03:25:07.504
JOSÉ FREITAS	Individual	2439	347	06:27:10.433	03:25:38.000
NELSON REBOLA	Trail Do Texugo	2239	348	06:27:14.297	03:25:41.864
ARPAD POZSONYI	Alter Runners	2231	349	06:30:15.897	03:28:43.464
VANDA MATIAS	Trilho Perdido Eventos/Imporlux	2396	350	06:30:23.690	03:28:51.257
JOSÉ RUFINO	Alter Runners	2232	351	06:30:27.197	03:28:54.764
REGINA FERNANDES	Scalabis Night Runners	2274	352	06:31:18.887	03:29:46.454

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LINO FRANCO	Liz Runners	2436	353	06:31:23.477	03:29:51.044
BRUNO ABRANTES	Roda Dianteira	2408	354	06:31:26.803	03:29:54.370
MONICA CONDE	Tomar Runners	2166	355	06:32:03.100	03:30:30.667
MÉLANIE DUARTE	Farmácia Luciano E Matos	2457	356	06:33:10.937	03:31:38.504
IVO MARTINS	Amigos Das Cubas	2413	357	06:33:34.337	03:32:01.904
ANDRÉ SANTA	Individual	2531	358	06:39:49.553	03:38:17.120
JOSE FARO	Viriathvs Runners Viseu	2281	359	06:40:01.710	03:38:29.277
DINIS MARTINS	Viriathvs Runners Viseu	2285	360	06:40:03.930	03:38:31.497
PEDRO NATARIO	Dream Team	2322	361	06:40:35.537	03:39:03.104
SAMUEL AMARAL	Out 2 Run/Miro	2421	362	06:41:33.520	03:40:01.087
DIANA MARTINS	Out 2 Run/Miro	2419	363	06:41:34.177	03:40:01.744
LUIS REI	Clac Entroncamento/Ondatrilhos	2297	364	06:41:37.927	03:40:05.494
DANIEL ALEXANDRE	Individual	2401	365	06:43:59.750	03:42:27.317
RICARDO HENRIQUES	Individual	2217	366	06:44:03.000	03:42:30.567
JOÃO SARAIVA	Sport Clube Paradela	2402	367	06:44:05.590	03:42:33.157
PEDRO HENRIQUES	Mancos	2216	368	06:44:15.490	03:42:43.057
RICARDO BAPTISTA	Águeda Action Club Actib	2452	369	06:49:01.170	03:47:28.737
FATIMA VIDEIRA	Coimbra Trail Running	2358	370	06:49:07.183	03:47:34.750
NUNO PAIVA	Sos Arganil	2474	371	06:49:07.437	03:47:35.004
PATRÍCIA GOMES	Monsanto Running Team	2152	372	06:50:59.677	03:49:27.244
ANDREIA FLÓRIDO	Monsanto Running Team	2151	373	06:51:00.423	03:49:27.990
NUNO FONTES	Individual	2473	374	06:51:59.903	03:50:27.470
FAUSTO CARDOSO	Individual	2046	375	06:52:08.677	03:50:36.244
LUIS SANTANA	Individual	2463	376	06:52:29.917	03:50:57.484
SOLANGE SOUSA	Individual	2171	377	06:52:49.643	03:51:17.210
JOÃO SILVA	Individual	2074	378	06:53:06.667	03:51:34.234
LUÍS VIZEU	Out 2 Run/Miro	2420	379	06:53:07.417	03:51:34.984
MARIA JESUS	Pace.Makers	2146	380	06:57:16.917	03:55:44.484
SÓNIA MARÇAL	Pace.Makers	2148	381	06:57:17.163	03:55:44.730
JOANA FERREIRA	Esgalhada Trail Team	2041	382	06:57:36.167	03:56:03.734
VITOR LOURENÇO	Jobrinde - Montes Saloios	2407	383	06:57:53.393	03:56:20.960
TIAGO GONÇALVES	Individual	2095	384	06:58:07.710	03:56:35.277
PEDRO PEREIRA	Hotel Tryp Colina Do Castelo	2330	385	06:58:12.090	03:56:39.657
FILIPE COSTA	Adi-Ilhavo	2518	386	06:58:12.333	03:56:39.900
BRUNO ALVES	Edl Trail	2019	387	06:59:46.313	03:58:13.880
ANTONIO CARVALHO	Figueira Kayak Clube	2153	388	07:01:22.857	03:59:50.424
JÓNATAS VALENÇA	Individual	2235	389	07:02:12.407	04:00:39.974
PAULO MATAFOME	Individual	2273	390	07:02:12.417	04:00:39.984
PEDRO ELIAS	Individual	2248	391	07:02:17.323	04:00:44.890
DORA REIS	Tálenos Team	2431	392	07:06:01.653	04:04:29.220
PEDRO AFONSO	Individual	2403	393	07:06:55.657	04:05:23.224
PAULO HENRIQUES	Povorais Trail - Penedos De Goís	2238	394	07:06:56.183	04:05:23.750
NUNO ROCHA	Individual	2230	395	07:06:57.233	04:05:24.800
MARCO LOURENÇO	Individual	2385	396	07:07:02.267	04:05:29.834

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CÉLIA SAMPAIO	Desnível Positivo	2247	397	07:07:09.987	04:05:37.554
PAULO ONOFRE	Amcf-Arrábida Trail Team	2343	398	07:07:34.477	04:06:02.044
DIOGO SILVA	Individual	2039	399	07:12:55.917	04:11:23.484
PAULO LOPES	Alverca Urban Runners	2193	400	07:13:58.980	04:12:26.547
NUNO SILVA	Individual	2512	401	07:15:46.383	04:14:13.950
LILIANA AZENHA	Arsm - Associação Recreativa De S. Miguel	2271	402	07:16:11.630	04:14:39.197
NUNO GONÇALVES	Brt - Beer Run Team	2475	403	07:16:41.623	04:15:09.190
MIGUEL TAVARES	Brt - Beer Run Team	2476	404	07:16:46.450	04:15:14.017
PAULO PICADO	Falcões Selvagens	2021	405	07:16:49.623	04:15:17.190
SUSANA SANTOS	Individual	2506	406	07:19:00.097	04:17:27.664
PEDRO CORREIA	Correr Lisboa	2309	407	07:22:58.800	04:21:26.367
MARIA LUISA	Individual	2287	408	07:23:45.293	04:22:12.860
MANUEL JORGE	Farmácia Luciano E Matos	2458	409	07:23:50.327	04:22:17.894
JOÃO BRITO	Individual	2462	410	07:25:06.777	04:23:34.344
NUNO VERDASCA	Individual	2242	411	07:27:09.477	04:25:37.044
FRANCISCO MELO	Correr Na Cidade	2105	412	07:27:28.133	04:25:55.700
BO IRIK	Correr Na Cidade	2104	413	07:27:28.257	04:25:55.824
ANDREA CAMPELO	Edv-Viana Trail	2138	414	07:31:00.387	04:29:27.954
CLÁUDIA AFONSO	Individual	2470	415	07:34:23.673	04:32:51.240
ANDREIA PEREIRA	Individual	2526	416	07:34:27.883	04:32:55.450
ROSA ALMEIDA	Ribeiras Trail	2057	417	07:34:28.230	04:32:55.797
MARIA MALTA	Out 2 Run/Miro	2422	418	07:34:28.423	04:32:55.990
HUGO CARVALHO	Fruta Da 5ª	2288	419	07:38:55.620	04:37:23.187
MARGARIDA CARVALHO	Coimbra Trail Running	2362	420	07:38:55.873	04:37:23.440
ALEXANDRA SOARES	Coimbra Trail Running	2359	421	07:38:56.130	04:37:23.697
ANTÓNIO KIRSCH	All About	2278	422	07:44:51.583	04:43:19.150
FÁBIO DIAS	Out 2 Run/Miro	2418	423	07:48:05.523	04:46:33.090
NATERCIA CARVALHO	Coimbra Trail Running	2537	424	07:50:49.973	04:49:17.540
MÁRIO ALMEIDA	Jorsat - Runners	2060	425	07:53:26.607	04:51:54.174
LUISA SANTOS	Novos Trilhos	2477	426	07:56:28.353	04:54:55.920
ANTONIO CORREIA	Individual	2501	427	08:09:25.647	05:07:53.214
JOSE BAPTISTA	Liz Runners	2435	428	08:18:18.677	05:16:46.244
ANDRÉ PINTO	Individual	2400	429	08:18:19.840	05:16:47.407
TELMO GARCIA	Amigos Das Cubas	2414	430	08:18:20.837	05:16:48.404
SANDRA MATOS	Fruta Da 5ª	2289	431	08:18:23.597	05:16:51.164
JOAQUIM NICAU	Clube Aventura De Monforte	2044	432	08:22:20.580	05:20:48.147
RENATO JÁCOME	Devagar, Devagarinho...	2113	433	08:27:37.570	05:26:05.137
HELOISE RODRIGUES	Cf Runners	2038	434	08:48:46.490	05:47:14.057