

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
BRUNO SOUSA	Trail Team Bifase	3491	1	01:59:44.193	00:00:00.000
LEONEL CUNHA	Trail Team Bifase	3489	2	02:03:56.497	00:04:12.304
PEDRO MENDES	Vikings Trail Runners / Ccr Alcabideque	3014	3	02:09:46.597	00:10:02.404
PAULO AMARAL	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	3206	4	02:12:05.203	00:12:21.010
DIOGO GOMES	Abutres	3493	5	02:16:37.800	00:16:53.607
JONI REGALADO	Tainadas Run Team	3368	6	02:21:24.977	00:21:40.784
VÍTOR GODINHO	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	3203	7	02:21:29.370	00:21:45.177
GUSTAVO BARANDAS	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	3198	8	02:22:18.120	00:22:33.927
DUARTE CRUZ	Montanha Clube Trail Running/Efapel	3372	9	02:22:56.497	00:23:12.304
JOÃO SILVA	Acdrs Quinhendros	3074	10	02:23:10.747	00:23:26.554
EURICO PEREIRA	Trail Team Bifase	3490	11	02:23:36.620	00:23:52.427
JOÃO PIMENTEL	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	3204	12	02:25:55.383	00:26:11.190
HÉLDER PIEDADE	Ozxtreme	3253	13	02:25:57.777	00:26:13.584
ANDRÉ ROSÁRIO	Trilhos Dos Templários/Green Roc.Pt	3236	14	02:26:02.107	00:26:17.914
ANTÓNIO FIGUEIREDO	Coimbra Trail Running	3272	15	02:27:13.877	00:27:29.684
RENATO MELO	Vikings Trail Runners / Ccr Alcabideque	3005	16	02:27:24.260	00:27:40.067
INÊS MARQUES	Compressport	3488	17	02:29:32.130	00:29:47.937
BRUNO RIBEIRO	Vikings Trail Runners / Ccr Alcabideque	3020	18	02:30:05.683	00:30:21.490
RICARDO SILVA	Vikings Trail Runners / Ccr Alcabideque	3026	19	02:33:44.443	00:34:00.250
JOSÉ COSTA	Minho E Lima Trail	3463	20	02:34:10.147	00:34:25.954
JOEL SIMPLÍCIO	Dr. Runner'S Team	3375	21	02:34:11.650	00:34:27.457
TIAGO BARBOSA	Cmm - Escaravelhos Team	3124	22	02:34:30.387	00:34:46.194
FILIPE ROCHA	Ozxtreme	3255	23	02:34:31.897	00:34:47.704
MAURO MARTINS	Vikings Trail Runners / Ccr Alcabideque	3022	24	02:34:38.897	00:34:54.704
ANTÓNIO FERROLHO	Figueira Kayak Clube	3289	25	02:35:43.760	00:35:59.567
JOÃO GONÇALVES	Lama Solta	3105	26	02:36:05.040	00:36:20.847
JOSÉ SIMÕES	Arsm - Associação Recreativa De S. Miguel	3046	27	02:36:24.137	00:36:39.944
VITOR GOMES	Flashover - Bvpenela	3113	28	02:36:38.393	00:36:54.200
JOSÉ LOPES	Ccd Siemens	3371	29	02:36:56.667	00:37:12.474
PEDRO GILVAZ	Ribeiras Trail	3035	30	02:37:03.093	00:37:18.900
JOAO ALMEIDA	Trail Bela Bela	3216	31	02:37:12.623	00:37:28.430
ANDRE MAGALHAES	Arsm - Associação Recreativa De S. Miguel	3052	32	02:38:22.803	00:38:38.610
JOAO SIMOES	Arsm - Associação Recreativa De S. Miguel	3056	33	02:43:30.817	00:43:46.624
BRUNO SERRA	Ninja Runners	3341	34	02:44:07.570	00:44:23.377
ALFREDO GASPAR	Grvilaverdense	3178	35	02:44:26.413	00:44:42.220
JOSÉ MARQUES	Arcd Venda Da Luisa	3160	36	02:44:28.317	00:44:44.124
PEDRO OLIVEIRA	Grvilaverdense	3180	37	02:44:30.153	00:44:45.960
JOSÉ SANTOS	Scpovoense - Caracóis De Corrida	3142	38	02:46:19.543	00:46:35.350
JOAQUIM BALTAZAR	Arcd Venda Da Luisa	3148	39	02:46:49.013	00:47:04.820
FERNANDO JORGE	Dá-Lhe Gás Team	3085	40	02:46:50.820	00:47:06.627
ANTÓNIO MELO	Vikings Trail Runners / Ccr Alcabideque	3010	41	02:47:01.407	00:47:17.214
ADRIANO TABANEZ	Atletismo Clube Da Tocha	3099	42	02:47:08.537	00:47:24.344
RAFAEL PEREIRA	Minho E Lima Trail	3465	43	02:47:09.430	00:47:25.237
CARLOS QUINTEIRO	Arcd Venda Da Luisa	3173	44	02:47:17.547	00:47:33.354

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PAULO AÇAFRÃO	Grupo Desportivo Ferreirense/Mountain Trails	3307	45	02:47:30.300	00:47:46.107
TIAGO DUARTE	Atletismo Clube Da Tocha	3100	46	02:48:15.660	00:48:31.467
ARTUR GÂNDARA	Arcd Venda Da Luisa	3175	47	02:49:56.663	00:50:12.470
BRUNO NARCISO	Minho E Lima Trail	3464	48	02:50:03.913	00:50:19.720
LUIS HENRIQUES	Arsm - Associação Recreativa De S. Miguel	3055	49	02:50:08.913	00:50:24.720
VASCO MELO	Arsm - Associação Recreativa De S. Miguel	3049	50	02:50:09.163	00:50:24.970
VERA BERNARDO	Arcd Venda Da Luisa	3146	51	02:51:18.617	00:51:34.424
BRUNO GONÇALVES	Grvilaverdense	3194	52	02:51:33.990	00:51:49.797
PEDRO MOREIRA	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	3201	53	02:51:52.743	00:52:08.550
AMILCAR RAMOS	Grvilaverdense	3179	54	02:52:30.490	00:52:46.297
JOSÉ CORREIA	Arsm - Associação Recreativa De S. Miguel	3057	55	02:54:47.970	00:55:03.777
VITOR GONÇALVES	Vikings Trail Runners / Ccr Alcabideque	3003	56	02:55:09.963	00:55:25.770
HUGO PEREIRA	Cmm - Escaravelhos Team	3122	57	02:55:10.420	00:55:26.227
ANDRÉ FONTE	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	3199	58	02:57:12.750	00:57:28.557
LUÍS MARQUES	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	3202	59	02:57:16.240	00:57:32.047
STEFAN PEQUITO	Amcf-Arrábida Trail Team	3511	60	02:57:26.447	00:57:42.254
VIRIATO DIAS	Opraticante.Pt	3467	61	02:57:45.013	00:58:00.820
GONÇALO MARQUES	Individual	3440	62	02:57:54.403	00:58:10.210
PEDRO CARDOSO	Assscc - Ar Livre E Aventura	3344	63	02:58:39.947	00:58:55.754
TIAGO BATISTA	Ozxtreme	3256	64	02:58:43.923	00:58:59.730
ROMEU GOUVEIA	Salomon Suunto Portugal	3445	65	02:58:44.787	00:59:00.594
HENRIQUE AMARO	Arsm - Associação Recreativa De S. Miguel	3050	66	02:59:17.683	00:59:33.490
VASCO SOUSA	Coimbra Trail Running	3266	67	02:59:56.673	01:00:12.480
TIAGO RODRIGUES	Montanha Clube Trail Running/Efapel	3373	68	02:59:58.670	01:00:14.477
ANTÓNIO GONÇALVES	Individual	3404	69	03:00:57.517	01:01:13.324
FABIO ROXO	Dá-Lhe Gás Team	3086	70	03:01:22.440	01:01:38.247
VÍTOR DIAS	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché Condeixa	3200	71	03:01:30.160	01:01:45.967
CÉSAR RAMALHO	Arcd Venda Da Luisa	3170	72	03:01:37.430	01:01:53.237
LORA PEREIRA	Acdrs Quinhendros	3073	73	03:01:37.687	01:01:53.494
TOMÉ LOPES	Dá-Lhe Gás Team	3087	74	03:01:49.907	01:02:05.714
JOÃO QUINTAS	Figueira Kayak Clube	3292	75	03:01:52.540	01:02:08.347
DANIEL SANTOS	Ugas Trail Running	3235	76	03:02:03.430	01:02:19.237
FRANCISCO REBELO	Individual	3525	77	03:02:14.393	01:02:30.200
BRUNO CORREIA	17K É Para Meninas	3429	78	03:02:17.970	01:02:33.777
BRUNO MARQUES	Atletismo Clube Da Tocha	3096	79	03:03:20.143	01:03:35.950
PAULO MAIA	Individual	3439	80	03:03:23.040	01:03:38.847
JOSE SILVA	Dr. Runner'S Team	3378	81	03:05:11.627	01:05:27.434
JOÃO PEREIRA	Out 2 Run/Miro	3210	82	03:05:50.183	01:06:05.990
LUÍS MAGALHÃES	Dr. Runner'S Team	3377	83	03:05:57.127	01:06:12.934
ALVARO FRANCISCO	Individual	3112	84	03:06:02.370	01:06:18.177
LUIS MESQUITA	Bustos Runners	3094	85	03:06:39.113	01:06:54.920
JORGE RESENDE	Individual	3298	86	03:07:25.693	01:07:41.500
PAULO SANTOS	Flashover - Bvpenela	3115	87	03:09:25.037	01:09:40.844
RICARDO HENRIQUES	Dá-Lhe Gás Team	3084	88	03:09:27.697	01:09:43.504

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
FILIPE BUCO	Individual	3390	89	03:09:51.557	01:10:07.364
PEDRO LARANJO	Individual	3284	90	03:11:03.697	01:11:19.504
PEDRO MENDES	Individual	3075	91	03:11:23.320	01:11:39.127
MARCO MENDES	Associação Pombal Jovem	3285	92	03:11:33.817	01:11:49.624
DIOGO REIS	Arsm - Associação Recreativa De S. Miguel	3045	93	03:12:46.943	01:13:02.750
ANDRÉ NETO	Soure Mov	3391	94	03:12:53.057	01:13:08.864
RODRIGO SANTOS	Coimbra Trail Running	3267	95	03:13:20.943	01:13:36.750
OSCAR SIMOES	Arsm - Associação Recreativa De S. Miguel	3051	96	03:13:23.113	01:13:38.920
MIGUEL SANTOS	Sport Clube Paradela	3337	97	03:13:47.693	01:14:03.500
TELMO PEDRO	Associação Jorge Pina	3364	98	03:13:51.197	01:14:07.004
SOFIA SIMOES	Grupo Desportivo Ferreirense/Mountain Trails	3310	99	03:15:23.967	01:15:39.774
MARCO MARQUES	Asdreq	3474	100	03:16:14.527	01:16:30.334
CARLOS CARDOSO	Soure Mov	3397	101	03:16:35.777	01:16:51.584
ANDRÉ PEREIRA	Dá-Lhe Gás Team	3080	102	03:16:42.200	01:16:58.007
VASCO JACINTO	Individual	3504	103	03:17:02.520	01:17:18.327
JOSE LOPES	Asdreq	3475	104	03:17:19.713	01:17:35.520
LILIANA LOPES	Asdreq	3473	105	03:17:21.600	01:17:37.407
DIOGO MARTINS	Casa Do Benfica De Arganil	3318	106	03:18:37.237	01:18:53.044
JOÃO REIS	Arcd Venda Da Luisa	3147	107	03:19:18.027	01:19:33.834
LUÍ-S LAGES	Liz Runners	3333	108	03:19:45.993	01:20:01.800
RENATA GONÇALVES	Kalenji Team	3234	109	03:19:48.493	01:20:04.300
ANTÓNIO CORDEIRO	Slow Runners Pombal	3362	110	03:19:51.750	01:20:07.557
PEDRO MARQUES	Individual	3299	111	03:20:06.703	01:20:22.510
LUÍS ANDRADE	Grupo Desportivo Ferreirense/Mountain Trails	3308	112	03:20:21.740	01:20:37.547
LILIANA RIBEIRO	Individual	3325	113	03:20:30.747	01:20:46.554
RICARDO HENRIQUES	Dá-Lhe Gás Team	3081	114	03:20:59.740	01:21:15.547
VÍTOR ESCADA	Caminhar Ao Luar	3251	115	03:21:09.210	01:21:25.017
NUNO ENGENHEIRO	Corvos Bike Team	3327	116	03:21:39.110	01:21:54.917
ANDRÉ COELHO	Cmm - Escaravelhos Team	3127	117	03:22:32.210	01:22:48.017
DANIEL LOPES	Asdreq	3476	118	03:22:32.717	01:22:48.524
LAURENTINO MARTINS	Caminhar Ao Luar	3241	119	03:22:35.880	01:22:51.687
SILVIA DIAS	Dá-Lhe Gás Team	3082	120	03:23:22.483	01:23:38.290
FELICIA FERNANDES	Trail Bela Bela	3219	121	03:24:04.457	01:24:20.264
ANDRÉ OLIVEIRA	Trail Bela Bela	3220	122	03:24:05.207	01:24:21.014
SERGIO OLIVEIRA	Trail Bela Bela	3217	123	03:24:05.707	01:24:21.514
GONÇALO GONÇALVES	Vikings Trail Runners / Ccr Alcabideque	3019	124	03:24:38.200	01:24:54.007
RICARDO PENEDA	Individual	3077	125	03:25:36.167	01:25:51.974
PEDRO CARDOSO	Individual	3038	126	03:25:59.810	01:26:15.617
JOANA DIONÍSIO	Soure Mov	3396	127	03:26:24.217	01:26:40.024
FILIPE RODRIGUES	Sport Clube Paradela	3336	128	03:27:48.717	01:28:04.524
NUNO RODRIGUES	Grvilaverdense	3185	129	03:28:05.423	01:28:21.230
ALEX SILVA	Grvilaverdense	3182	130	03:28:05.460	01:28:21.267
CARLA VARANDAS	Individual	3458	131	03:28:27.663	01:28:43.470
ANABELA CORDEIRO	Individual	3441	132	03:28:28.163	01:28:43.970

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RICARDO CARVALHO	Ctad-Trilhos De Cinfães	3089	133	03:28:28.460	01:28:44.267
GONÇALO SANTOS	Individual	3482	134	03:29:31.467	01:29:47.274
PEDRO GONÇALVES	Individual	3411	135	03:29:40.960	01:29:56.767
LUIS DUARTE	Bustos Runners	3095	136	03:30:02.147	01:30:17.954
JOSÉ BUGALHO	Grvilaverdense	3190	137	03:30:04.903	01:30:20.710
FERNANDO FONSECA	O Mundo Da Corrida	3228	138	03:30:33.677	01:30:49.484
PAULO DIAS	Individual	3079	139	03:30:34.460	01:30:50.267
PAULA OLIVEIRA	Grvilaverdense	3195	140	03:30:58.710	01:31:14.517
PAULO SARMENTO	Coimbra Trail Running	3274	141	03:31:03.640	01:31:19.447
CARLOS PALAIO	Grvilaverdense	3192	142	03:31:14.887	01:31:30.694
ANDREIA VICENTE	Grupo Desportivo Ferreirense/Mountain Trails	3311	143	03:32:10.630	01:32:26.437
FERNANDO SANTOS	Grvilaverdense	3193	144	03:32:29.463	01:32:45.270
HUGO SEABRA	Vikings Trail Runners / Ccr Alcabideque	3018	145	03:32:40.627	01:32:56.434
JOÃO LAMAS	Vikings Trail Runners / Ccr Alcabideque	3023	146	03:33:26.367	01:33:42.174
ANA MELO	Vikings Trail Runners / Ccr Alcabideque	3012	147	03:33:49.463	01:34:05.270
AUGUSTO SILVA	Vikings Trail Runners / Ccr Alcabideque	3009	148	03:33:49.963	01:34:05.770
ANDREIA TEIXEIRA	Individual	3261	149	03:33:51.613	01:34:07.420
FERNANDO VENDA	Coimbra Trail Running	3264	150	03:33:54.980	01:34:10.787
HUMBERTO ALMEIDA	Ctad-Trilhos De Cinfães	3091	151	03:33:58.967	01:34:14.774
NUNO COUTINHO	Norte E Soure	3358	152	03:35:08.463	01:35:24.270
CÉLIA SANTOS	Arcd Venda Da Luisa	3172	153	03:35:12.467	01:35:28.274
LUIS MARTINS	O Mundo Da Corrida	3226	154	03:35:12.973	01:35:28.780
JOEL OLIVEIRA	Arcd Venda Da Luisa	3155	155	03:35:13.717	01:35:29.524
NELSON CORREIA	Arcd Venda Da Luisa	3163	156	03:35:13.850	01:35:29.657
VITOR JESUS	Individual	3446	157	03:35:13.967	01:35:29.774
GIL SANTOS	Arcd Venda Da Luisa	3157	158	03:35:16.363	01:35:32.170
ANDRÉ DUARTE	Soure Mov	3394	159	03:35:24.357	01:35:40.164
PATRÍCIA SIMÕES	Vikings Trail Runners / Ccr Alcabideque	3015	160	03:35:34.597	01:35:50.404
JOSÉ COUTINHO	100 Limites	3238	161	03:36:45.333	01:37:01.140
JOSÉ DIAS	Dá-Lhe Gás Team	3083	162	03:36:45.717	01:37:01.524
ANDREIA PIRES	Individual	3512	163	03:36:59.083	01:37:14.890
TOMÁS ESTEVÃES	Individual	3328	164	03:37:00.967	01:37:16.774
LUÍS PEREIRA	Cmm - Escaravelhos Team	3126	165	03:37:03.833	01:37:19.640
DANIEL MARCOS	Vikings Trail Runners / Ccr Alcabideque	3002	166	03:37:20.467	01:37:36.274
JOÃO PEREIRA	Abutres	3492	167	03:37:21.467	01:37:37.274
ANDRÉ SOUSA	Águeda Action Club Actib	3387	168	03:37:56.650	01:38:12.457
ANTÓNIO SIMÕES	Individual	3496	169	03:38:43.967	01:38:59.774
PAULO MOREIRA	Turbulentos	3232	170	03:39:11.717	01:39:27.524
JOÃO CARVALHO	Individual	3297	171	03:39:19.060	01:39:34.867
PATRICIA REIS	Individual	3487	172	03:39:28.307	01:39:44.114
AURÉLIO SAÚDE	Jogging Lovers Coimbra	3438	173	03:39:31.313	01:39:47.120
PAULINO OLIVEIRA	#Osmanos	3281	174	03:39:44.743	01:40:00.550
PEDRO SANTOS	Lama Solta	3107	175	03:40:05.967	01:40:21.774
EDUARDO NEVES	Lama Solta	3106	176	03:40:14.553	01:40:30.360

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
TIAGO SANTOS	Flashover - Bvpenela	3114	177	03:40:14.717	01:40:30.524
CIDÁLIA OLIVEIRA	Acdrs Quinhendros	3071	178	03:41:02.717	01:41:18.524
BRUNO TORREIRA	Acdrs Quinhendros	3070	179	03:41:06.300	01:41:22.107
MARCELO SILVA	Águeda Action Club Actib	3385	180	03:41:19.970	01:41:35.777
LUÍS DUARTE	Águeda Action Club Actib	3381	181	03:41:20.067	01:41:35.874
NELSON COSTA	Bustos Runners	3092	182	03:41:23.697	01:41:39.504
MIGUEL COSTA	Individual	3447	183	03:41:43.440	01:41:59.247
JOSÉ VELEZ	Acportalegre/Utsm	3130	184	03:41:48.470	01:42:04.277
PEDRO FIGUEIREDO	Bio Team Run	3380	185	03:42:00.103	01:42:15.910
LORENZO SOARES	Sport Clube Paradela	3335	186	03:42:21.783	01:42:37.590
JORGE ASSUNÇÃO	Out 2 Run/Miro	3214	187	03:42:31.470	01:42:47.277
SARA COELHO	Individual	3486	188	03:43:02.470	01:43:18.277
FILIPE CARVALHO	Individual	3505	189	03:43:05.783	01:43:21.590
JOANA FRANCA	Individual	3495	190	03:43:43.517	01:43:59.324
JOAQUIM BRANQUINHO	Arsm - Associação Recreativa De S. Miguel	3044	191	03:43:43.767	01:43:59.574
MANUEL DOMINGUES	Individual	3078	192	03:44:27.970	01:44:43.777
MIGUEL QUINTA	Opraticante.Pt	3466	193	03:44:41.560	01:44:57.367
CRISPIM TRIBUNA	Individual	3389	194	03:45:11.877	01:45:27.684
JOÃO GARRIDO	Clube Nortada - Murtosa Night Runners	3138	195	03:45:20.970	01:45:36.777
SANDRA BARATA	Arsm - Associação Recreativa De S. Miguel	3524	196	03:45:33.477	01:45:49.284
SANDRA TRAVESSAS	Turbulentos	3233	197	03:46:16.993	01:46:32.800
ALICE VENTURA	Vikings Trail Runners / Ccr Alcabideque	3024	198	03:46:19.250	01:46:35.057
GONÇALO CARDOSO	Individual	3060	199	03:46:19.493	01:46:35.300
SANDRA AGRA	Vikings Trail Runners / Ccr Alcabideque	3011	200	03:47:01.723	01:47:17.530
ANTIDES FIGUEIREDO	Coimbra Trail Running	3280	201	03:47:09.223	01:47:25.030
JORGE ALMEIDA	Soplabifana Runners	3133	202	03:47:12.223	01:47:28.030
LISETE ANTUNES	Associação Pombal Jovem	3287	203	03:47:16.483	01:47:32.290
JOÃO CRUZ	Aergóis Trail Running	3128	204	03:47:26.507	01:47:42.314
RICARDO JORGE	Yudo Green Booster	3366	205	03:47:31.730	01:47:47.537
CARLOS SANTOS	Casa Do Benfica Condeixa	3349	206	03:48:47.223	01:49:03.030
JOSÉ ANDRADE	Grupo Desportivo Ferreirense/Mountain Trails	3309	207	03:49:13.137	01:49:28.944
RAQUEL MATIAS	Formobike Btt & Trail Running	3221	208	03:49:40.973	01:49:56.780
RODRIGO CARVALHO	Coimbra Trail Running	3278	209	03:51:10.697	01:51:26.504
MIGUEL ALVES	Individual	3359	210	03:52:15.183	01:52:30.990
FILIPE COSTA	Tnt	3301	211	03:52:16.223	01:52:32.030
INÊS SANTOS	Vikings Trail Runners / Ccr Alcabideque	3017	212	03:52:46.477	01:53:02.284
JOAQUIM ALMEIDA	Coimbra Trail Running	3268	213	03:53:24.923	01:53:40.730
PAULO SOARES	Casa Do Benfica De Arganil	3319	214	03:53:26.170	01:53:41.977
PAULA CRUZ	Cmm - Escaravelhos Team	3123	215	03:53:29.113	01:53:44.920
RUI MONTEIRO	Arcd Venda Da Luisa	3167	216	03:53:47.727	01:54:03.534
DIOGO REIS	Individual	3518	217	03:53:53.227	01:54:09.034
RICARDO PEREIRA	Grvilaverdense	3181	218	03:54:21.727	01:54:37.534
MARISA BREGIEIRO	Lama Solta	3110	219	03:54:22.727	01:54:38.534
ANA VENTURA	Acportalegre/Utsm	3131	220	03:54:38.510	01:54:54.317

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOÃO LIXA	Papa Léguas De Setúbal	3136	221	03:54:47.977	01:55:03.784
OLGA MOTA	Fridão Sem Limites	3144	222	03:54:53.477	01:55:09.284
CLARA RODRIGUES	Individual	3480	223	03:56:01.147	01:56:16.954
RUI AZEVEDO	Teremovigo/Efapel/Casadopão	3141	224	03:57:12.637	01:57:28.444
JOÃO MONTEIRO	Vikings Trail Runners / Ccr Alcabideque	3006	225	03:57:15.727	01:57:31.534
ANA GOMES	Liz Runners	3332	226	03:57:28.983	01:57:44.790
SUSANA BERNARDO	Coimbra Trail Running	3523	227	03:57:29.477	01:57:45.284
CATARINA CORDEIRO	Soure Mov	3395	228	03:57:29.810	01:57:45.617
RICARDO MORAIS	Shfit Trail Team	3343	229	03:57:31.227	01:57:47.034
JOSÉ SANTOS	Arcd Venda Da Luisa	3159	230	03:57:53.710	01:58:09.517
NUNO MANSO	Cross Trail	3410	231	03:58:02.483	01:58:18.290
CATARINA LAPAS	Tribo Nr	3119	232	03:58:33.767	01:58:49.574
BRUNO VALENTE	17K É Para Meninas	3428	233	03:58:34.477	01:58:50.284
ELZA CORDEIRO	Arcd Venda Da Luisa	3168	234	03:58:52.477	01:59:08.284
HUMBERTO OLIVEIRA	Out 2 Run/Miro	3208	235	03:59:11.740	01:59:27.547
HERNANI SANTOS	Águeda Action Club Actib	3384	236	03:59:27.227	01:59:43.034
ISABEL SOARES	Sportarc	3303	237	03:59:30.477	01:59:46.284
TIAGO BAPTISTA	Sport Clube Paradela	3338	238	03:59:45.110	02:00:00.917
JOÃO LOPES	Individual	3360	239	03:59:49.227	02:00:05.034
FILIPE TAVARES	Individual	3365	240	03:59:49.860	02:00:05.667
ELISABETE CARREIRA	Soure Mov	3392	241	03:59:50.360	02:00:06.167
ANTONIO FERREIRA	Formobike Btt & Trail Running	3223	242	03:59:58.393	02:00:14.200
RUI GIL	Individual	3374	243	04:00:19.363	02:00:35.170
JOSE FERREIRA	Individual	3500	244	04:00:21.373	02:00:37.180
FAUSTO CARVALHO	Arsm - Associação Recreativa De S. Miguel	3054	245	04:00:28.977	02:00:44.784
MARIA TRINDADE	O Mundo Da Corrida	3225	246	04:02:17.537	02:02:33.344
RICARDO CRUZ	Clube Desportivo Da Camarneira	3452	247	04:03:10.227	02:03:26.034
HUGO PINHO	Clube Desportivo Da Camarneira	3451	248	04:03:13.607	02:03:29.414
SARA FILIPE	Arsm - Associação Recreativa De S. Miguel	3039	249	04:03:21.580	02:03:37.387
JOSÉ NUNES	Arsm - Associação Recreativa De S. Miguel	3043	250	04:03:27.073	02:03:42.880
FILIPE RODRIGUES	Individual	3353	251	04:03:27.480	02:03:43.287
SOFIA SANTOS	Soure Mov	3398	252	04:03:48.570	02:04:04.377
HUGO PENEDA	Individual	3502	253	04:04:15.813	02:04:31.620
PEDRO ALMEIDA	Individual	3503	254	04:04:15.977	02:04:31.784
PAULA GONCALVES	Arsm - Associação Recreativa De S. Miguel	3041	255	04:04:24.813	02:04:40.620
SÓNIA LIMA	Casa Do Benfica Condeixa	3348	256	04:05:42.057	02:05:57.864
TIAGO ALMEIDA	Arcd Venda Da Luisa	3151	257	04:07:13.243	02:07:29.050
MÁRIO CARVALHO	Individual	3065	258	04:07:34.727	02:07:50.534
EMANUEL CASIMIRO	Actifisio	3296	259	04:07:53.783	02:08:09.590
PEDRO FERREIRA	Pedrinho Athletics	3517	260	04:08:11.827	02:08:27.634
CATIA LOPES	Ozxtreme	3257	261	04:08:25.947	02:08:41.754
JOSE COSTA	Ozxtreme	3258	262	04:08:27.390	02:08:43.197
ROBERTO DUARTE	Vikings Trail Runners / Ccr Alcabideque	3025	263	04:09:55.477	02:10:11.284
JOÃO PINTO	Run Forest Run	3283	264	04:11:52.217	02:12:08.024

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO SILVA	Coimbra Trail Running	3263	265	04:12:08.487	02:12:24.294
ANDRÉ LOPES	Ccd Crédito Agrícola Mútuo	3293	266	04:12:18.983	02:12:34.790
VANIA LEAL	Associação Pombal Jovem	3286	267	04:12:21.980	02:12:37.787
PATRÍCIA SANTOS	Oralklass - Amigos Do Trail	3069	268	04:12:44.727	02:13:00.534
GONÇALO MARTINS	Abcansado Trail	3425	269	04:12:46.723	02:13:02.530
PEDRO CEBOLO	Individual	3315	270	04:13:29.470	02:13:45.277
JOSÉ MOURA	Ribeiras Trail	3029	271	04:14:50.207	02:15:06.014
ROSA GAMA	Ribeiras Trail	3032	272	04:14:50.593	02:15:06.400
NUNO MATEUS	Shfit Trail Team	3342	273	04:15:02.097	02:15:17.904
JOSÉ MENDES	Individual	3036	274	04:15:29.680	02:15:45.487
PEDRO PEREIRA	Individual	3508	275	04:15:37.203	02:15:53.010
VANESSA REBOCA	Figueira Kayak Clube	3290	276	04:16:16.700	02:16:32.507
FILIPE SILVA	Individual	3314	277	04:16:19.980	02:16:35.787
SÉRGIO LOPES	Individual	3444	278	04:16:41.187	02:16:56.994
ANDRÉ ANTUNES	Arcd Venda Da Luisa	3176	279	04:16:43.480	02:16:59.287
NELSON SIMÕES	Arcd Venda Da Luisa	3164	280	04:16:47.133	02:17:02.940
JOSE MARTINS	Individual	3001	281	04:17:48.930	02:18:04.737
ARTUR SANTOS	Individual	3061	282	04:17:53.110	02:18:08.917
CATARINA ROMUALDO	Grvilaverdense	3187	283	04:18:01.977	02:18:17.784
PAULO ROCHA	Grvilaverdense	3186	284	04:18:07.013	02:18:22.820
JOÃO GANHO	Individual	3506	285	04:18:51.250	02:19:07.057
FERNANDO GASPAR	Almatrail	3237	286	04:19:27.660	02:19:43.467
ISABEL GASPAR	Formobike Btt & Trail Running	3224	287	04:19:39.730	02:19:55.537
HUGO GASPAR	Individual	3304	288	04:19:40.163	02:19:55.970
LUIS FILIPE	Aergóis Trail Running	3129	289	04:20:24.150	02:20:39.957
CARLA FREIRE	Arcd Venda Da Luisa	3174	290	04:20:39.980	02:20:55.787
DIOGO FERREIRA	Gatinhos Assanhados	3347	291	04:20:59.977	02:21:15.784
JOSÉ PEREIRA	Individual	3509	292	04:21:47.850	02:22:03.657
CLAUDIA PINHAL	Dr. Runner'S Team	3379	293	04:22:01.887	02:22:17.694
ANDREIA FERREIRA	Dr. Runner'S Team	3376	294	04:22:05.233	02:22:21.040
DULCE ALMEIDA	Cfa Spartans	3135	295	04:22:20.997	02:22:36.804
ALBERTO CORTEZ	Individual	3497	296	04:23:33.540	02:23:49.347
DINA BARROCA	Casa Do Benfica Condeixa	3352	297	04:24:14.110	02:24:29.917
JOSÉ MATOS	Individual	3431	298	04:24:20.407	02:24:36.214
RODRIGO OLIVEIRA	Ciga	3481	299	04:24:52.353	02:25:08.160
LUÍS CARVALHO	Individual	3354	300	04:25:14.807	02:25:30.614
VERA TAVARES	Trail Bela Bela	3215	301	04:25:33.227	02:25:49.034
CATIA OLIVEIRA	Trail Bela Bela	3218	302	04:25:33.347	02:25:49.154
URÂNIA CHUVA	Figueira Kayak Clube	3288	303	04:26:21.987	02:26:37.794
NUNO CARVALHO	Caminhar Ao Luar	3244	304	04:27:23.477	02:27:39.284
TIAGO FERNANDES	Caminhar Ao Luar	3247	305	04:27:27.407	02:27:43.214
RUI LOPES	Ozxtreme	3254	306	04:27:27.583	02:27:43.390
PAULA ANDRADE	Vikings Trail Runners / Ccr Alcabideque	3007	307	04:28:02.187	02:28:17.994
MARA PEREIRA	Caminhar Ao Luar	3243	308	04:29:09.487	02:29:25.294

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
CRISTINA MELO	Arcd Venda Da Luisa	3169	309	04:29:31.553	02:29:47.360
PAULO PITA	Rodas D´Aço	3313	310	04:30:00.303	02:30:16.110
FILIPA OLIVEIRA	Individual	3468	311	04:30:42.790	02:30:58.597
SUSANA GOMES	Dá-Lhe Gás Team	3088	312	04:31:01.790	02:31:17.597
PATRÍCIA ABREU	Individual	3132	313	04:31:31.303	02:31:47.110
FILIPE COELHO	Gatinhos Assanhados	3345	314	04:32:29.480	02:32:45.287
JORGE CONTENTE	Gatinhos Assanhados	3346	315	04:32:29.530	02:32:45.337
LUIS VIEIRA	Ccd Crédito Agrícola Mútuo	3295	316	04:34:49.977	02:35:05.784
EDUARDO FERREIRA	Atletismo Clube Da Tocha	3101	317	04:36:02.233	02:36:18.040
REMI ALVES	Individual	3436	318	04:36:02.983	02:36:18.790
FLÁVIO NEVES	Individual	3356	319	04:36:07.597	02:36:23.404
MIGUEL SERRA	Individual	3515	320	04:37:21.060	02:37:36.867
BRUNO MARQUES	Bombeiros Brasfemes-Trail E Btt	3231	321	04:39:42.723	02:39:58.530
LUIS MATOS	Individual	3305	322	04:40:28.460	02:40:44.267
ILÍDIO MORAIS	Individual	3442	323	04:41:13.810	02:41:29.617
ALVARO PORTUGAL	Coimbra Trail Running	3265	324	04:41:23.177	02:41:38.984
VANDA MEDEIRO	Individual	3145	325	04:41:31.973	02:41:47.780
FILIPE SIMÕES	Ccd Crédito Agrícola Mútuo	3294	326	04:42:01.467	02:42:17.274
DINIS ESTEVES	Asdreq	3472	327	04:42:01.473	02:42:17.280
JÉSSICA CORREIA	Arcd Venda Da Luisa	3153	328	04:42:04.723	02:42:20.530
PAULA PALMEIRA	Arcd Venda Da Luisa	3165	329	04:44:26.143	02:44:41.950
CIDÁLIA CANAIS	Arcd Venda Da Luisa	3171	330	04:44:29.803	02:44:45.610
VICTOR SILVA	Out 2 Run/Miro	3530	331	04:44:53.060	02:45:08.867
SANDRA SILVA	Individual	3471	332	04:46:40.870	02:46:56.677
JOSÉ PEREIRA	Amigos Das Cubas	3443	333	04:46:45.077	02:47:00.884
PEDRO PENA	Tnt	3302	334	04:48:02.107	02:48:17.914
JOÃO VENDA	Coimbra Trail Running	3273	335	04:48:10.643	02:48:26.450
JOSE ABRANTES	Tribo Nr	3118	336	04:48:27.163	02:48:42.970
FRANCISCA SILVA	Individual	3064	337	04:49:22.453	02:49:38.260
BALTASAR NOGUEIRA	Individual	3068	338	04:49:27.030	02:49:42.837
RITA CARVALHO	Arsm - Associação Recreativa De S. Miguel	3053	339	04:49:28.307	02:49:44.114
LILIANA SERRA	Bora Lá Team / Cdl	3197	340	04:49:55.587	02:50:11.394
MÁRIO FERREIRA	Individual	3409	341	04:50:19.217	02:50:35.024
NUNO MARTINS	Coimbra Trail Running	3269	342	04:50:24.160	02:50:39.967
PHILIPPE DOMINGUES	Cfa Spartans	3134	343	04:50:53.970	02:51:09.777
LUIS REIS	Grvilaverdense	3189	344	04:51:41.067	02:51:56.874
ELISABETE PEDROSA	Inércia - Gim Running Team	3454	345	04:53:38.013	02:53:53.820
TIAGO SAMPAIO	Gtt - Armazém Do Caffè	3300	346	04:54:15.217	02:54:31.024
JONI ROCHA	Tainadas Run Team	3367	347	04:54:21.217	02:54:37.024
SANDRA MATIAS	Figueira Kayak Clube	3291	348	04:55:01.030	02:55:16.837
JIMMY MARTINS	Individual	3485	349	04:56:48.303	02:57:04.110
JOÃO DUARTE	Ss Montepio Geral	3334	350	04:56:48.760	02:57:04.567
IRACEMA FERREIRA	Individual	3361	351	04:56:49.760	02:57:05.567
SUZANA SANTO	Arcd Venda Da Luisa	3152	352	04:57:43.410	02:57:59.217

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MAURO SILVA	Arcd Venda Da Luisa	3162	353	04:57:48.793	02:58:04.600
JOSE GOMES	Melres Trail Running Ordem Para Arrear	3499	354	04:57:57.247	02:58:13.054
JOSÉ SANTOS	Out 2 Run/Miro	3211	355	04:58:26.717	02:58:42.524
ISABEL JESUS	Out 2 Run/Miro	3213	356	04:58:31.387	02:58:47.194
ORLANDO ALMEIDA	Casa Do Benfica Condeixa	3350	357	04:59:07.463	02:59:23.270
JOEL JACINTO	Grvilaverdense	3188	358	04:59:13.493	02:59:29.300
SUSANA ARAUJO	Nomadpro	3484	359	04:59:52.963	03:00:08.770
RICARDO ARAUJO	Nomadpro	3483	360	04:59:53.213	03:00:09.020
GLÓRIA MONTEIRO	Trail-Running.Pt	3513	361	04:59:55.227	03:00:11.034
RUI MARQUES	Acdrs Quinhendros	3072	362	05:00:16.230	03:00:32.037
JOANA GONÇALVES	Coimbra Trail Running	3270	363	05:00:46.470	03:01:02.277
ANA MENESES	Coimbra Trail Running	3276	364	05:00:46.977	03:01:02.784
SORAIA FERREIRA	Amcf-Arrábida Trail Team	3455	365	05:04:37.927	03:04:53.734
FLÁVIO SILVA	Fruta Da 5ª	3415	366	05:05:35.163	03:05:50.970
CARLA TEIXEIRA	Individual	3460	367	05:05:49.663	03:06:05.470
ELODIE COSTA	Lama Solta	3104	368	05:05:50.210	03:06:06.017
BRUNO SILVA	Fruta Da 5ª	3419	369	05:05:52.740	03:06:08.547
PEDRO CAÇÃO	Coimbra Trail Running	3271	370	05:05:53.837	03:06:09.644
NATÉRCIA MARQUES	Caminhar Ao Luar	3240	371	05:07:23.710	03:07:39.517
BRUNO SANTOS	Águeda Action Club Actib	3388	372	05:11:15.100	03:11:30.907
RUTE FERNANDES	Correr Na Cidade	3522	373	05:14:15.953	03:14:31.760
TIAGO BRANDÃO	Individual	3262	374	05:14:21.007	03:14:36.814
LUIS DUARTE	Caminhar Ao Luar	3250	375	05:14:29.953	03:14:45.760
JORGE ACÚRCIO	Run Forest Run	3282	376	05:14:39.703	03:14:55.510
NATÉRCIA BENTO	Caminhar Ao Luar	3239	377	05:16:15.950	03:16:31.757
ESTELA CRUZ	Individual	3516	378	05:16:31.953	03:16:47.760
CATARINA SINTRA	Lama Solta	3109	379	05:16:33.043	03:16:48.850
MICAEL SANTOS	Individual	3519	380	05:16:36.327	03:16:52.134
MARINA BARROCA	Lama Solta	3108	381	05:16:37.707	03:16:53.514
JAIME TRABUCHO	Marinha	3514	382	05:17:33.033	03:17:48.840
MARIA RODRIGUES	Individual	3260	383	05:18:40.957	03:18:56.764
ANDREIA RODRIGUES	Individual	3459	384	05:18:44.997	03:19:00.804
MARIANA FREIRE	Individual	3456	385	05:22:27.447	03:22:43.254
ALEXANDRE FERRO	Individual	3457	386	05:22:33.177	03:22:48.984
ANA PESTANA	Individual	3306	387	05:24:12.160	03:24:27.967
FERNANDO ROCHA	Individual	3521	388	05:24:17.957	03:24:33.764
GRAÇA SIMÕES	Arcd Venda Da Luisa	3156	389	05:25:23.197	03:25:39.004
LUIS TEIXEIRA	Fruta Da 5ª	3414	390	05:25:27.967	03:25:43.774
SOFIA LOURENÇO	Fruta Da 5ª	3413	391	05:25:28.453	03:25:44.260
ANA MATOS	Arcd Venda Da Luisa	3177	392	05:39:41.680	03:39:57.487
CARLA ROMEIRO	Arcd Venda Da Luisa	3150	393	05:39:42.430	03:39:58.237
FLORBELA FERNANDES	Tribo Nr	3117	394	05:39:46.823	03:40:02.630
ANABELA AMARAL	Individual	3316	395	05:39:47.380	03:40:03.187
RUI FERREIRA	Strong Team	3453	396	05:41:24.437	03:41:40.244

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
LUÍSA MIRANDA	Arcd Venda Da Luisa	3161	397	05:44:08.710	03:44:24.517
GABRIELA SANTOS	Águeda Action Club Actib	3382	398	05:48:25.097	03:48:40.904
SOFIA CORDEIRO	Os Santiago	3402	399	05:49:01.420	03:49:17.227
ALBINA VIEIRA	Ribeiras Trail	3033	400	05:56:03.347	03:56:19.154
SÓNIA GILVAZ	Ribeiras Trail	3028	401	05:56:03.357	03:56:19.164
NUNO ALVES	Casa Do Benfica Condeixa	3351	402	05:56:06.847	03:56:22.654
SÉRGIO MARQUES	Caminhar Ao Luar	3242	403	06:01:11.410	04:01:27.217
SÓNIA FERNANDES	Caminhar Ao Luar	3252	404	06:01:11.793	04:01:27.600
ESTELA NICAU	Clube Aventura De Monforte	3322	405	06:05:50.653	04:06:06.460
SANDRA MIRANDA	Clube Aventura De Monforte	3321	406	06:05:50.747	04:06:06.554
ANTÓNIO SANTOS	Clube Aventura De Monforte	3324	407	06:05:51.153	04:06:06.960
MARTA LOUREIRO	Santiagobikes	3498	408	06:06:06.987	04:06:22.794
GUSTAVO BAETA	Santiagobikes	3529	409	06:06:06.993	04:06:22.800
FÁTIMA OLIVEIRA	Grvilaverdense	3191	410	06:07:01.727	04:07:17.534
ANA GONÇALVES	Individual	3103	411	06:07:03.153	04:07:18.960
MARYLINE PEREIRA	Caminhar Ao Luar	3249	412	06:07:42.903	04:07:58.710
CRISTINA SIMÕES	Caminhar Ao Luar	3245	413	06:14:26.287	04:14:42.094
LUZIA JORGE	Caminhar Ao Luar	3248	414	06:14:26.923	04:14:42.730
AMILCAR OLIVEIRA	Caminhar Ao Luar	3246	415	06:14:27.623	04:14:43.430
CÁTIA CASTANHEIRA	Grupo Desportivo Ferreirense/Mountain Trails	3312	416	06:15:22.880	04:15:38.687
TANIA FERREIRA	Out 2 Run/Miro	3212	417	06:15:24.400	04:15:40.207
JOANA PINA	Individual	3399	418	06:15:24.653	04:15:40.460
ANA PEREIRA	Clube Nortada - Murtosa Night Runners	3140	419	06:18:23.360	04:18:39.167
MARTA CARMO	Clube Nortada - Murtosa Night Runners	3139	420	06:18:23.890	04:18:39.697
SANDRA SANTOS	Clube Nortada - Murtosa Night Runners	3137	421	06:18:24.597	04:18:40.404
VANDA PESTANA	Trilhos&Rumos	3449	422	06:20:37.303	04:20:53.110
SANDRA VIEIRA	Trilhos&Rumos	3450	423	06:21:56.430	04:22:12.237
CÉSAR SERROTE	Clube Aventura De Monforte	3323	424	06:22:30.067	04:22:45.874
BRANCA ASSUNÇÃO	Coimbra Trail Running	3279	425	06:23:45.407	04:24:01.214
ANA GUERRA	Correr Na Cidade	3066	426	06:47:16.320	04:47:32.127
HUGO MOREIRA	Individual	3143	427	06:53:59.687	04:54:15.494
VASSOURA	Montanha Clube Trail Running/Efapel	3999	428	07:51:40.370	05:51:56.177