

| Nome                  | Equipa                                    | Dorsal | Lugar | Tempo        | Diferença    |
|-----------------------|-------------------------------------------|--------|-------|--------------|--------------|
| NUNO TINOCO           | Acdrs Quinhendros                         | 545    | 1     | 00:47:58.943 | 00:00:00.000 |
| EDGAR FARIA           | Ozxtreme / Adcrpereira                    | 628    | 2     | 00:49:58.993 | 00:02:00.050 |
| ORLANDO PIRES         | Formobike Btt & Trail Running             | 627    | 3     | 00:50:01.200 | 00:02:02.257 |
| DIOGO PIMENTA         | DciCcdrpedrulha - Mealhada                | 535    | 4     | 00:51:06.453 | 00:03:07.510 |
| MANUEL PINTO          | Tribo Nr                                  | 642    | 5     | 00:51:54.453 | 00:03:55.510 |
| FILIPE ROCHA          | Ozxtreme / Adcrpereira                    | 629    | 6     | 00:52:11.460 | 00:04:12.517 |
| CARLOS CORREIA        | Ozxtreme / Adcrpereira                    | 630    | 7     | 00:52:17.707 | 00:04:18.764 |
| RUI CORTESÃO          | Arsm - Associação Recreativa De S. Miguel | 554    | 8     | 00:52:24.207 | 00:04:25.264 |
| JOÃO SILVA            | Acdrs Quinhendros                         | 550    | 9     | 00:53:22.710 | 00:05:23.767 |
| EDUARDO CARDOSO       | Coimbra Trail Running                     | 605    | 10    | 00:54:05.710 | 00:06:06.767 |
| FERNANDO CARVALHO     | Ozxtreme / Adcrpereira                    | 631    | 11    | 00:54:34.210 | 00:06:35.267 |
| TIAGO MORENO          | Acdrs Quinhendros                         | 551    | 12    | 00:55:02.460 | 00:07:03.517 |
| ANTÓNIO FERROLHO      | Figueira Kayak Clube                      | 591    | 13    | 00:55:46.217 | 00:07:47.274 |
| LUÍS VERÍSSIMO        | Figueira Kayak Clube                      | 579    | 14    | 00:56:52.727 | 00:08:53.784 |
| ARLINDO LOPES RIBEIRO | Formobike Btt & Trail Running             | 646    | 15    | 00:57:02.967 | 00:09:04.024 |
| LUÍS PEREIRA          | A.D. Buarcos                              | 604    | 16    | 00:57:16.717 | 00:09:17.774 |
| NUNO PESSOA           | Tribo Nr                                  | 640    | 17    | 00:58:00.720 | 00:10:01.777 |
| PAULO BATISTA         | Atletismo Club Da Tocha                   | 582    | 18    | 00:58:24.977 | 00:10:26.034 |
| SAÚL MARTINS          | Tribo Nr                                  | 638    | 19    | 00:58:54.223 | 00:10:55.280 |
| NÉLIO OLIVEIRA        | Atletismo Clube Da Tocha                  | 607    | 20    | 00:59:03.733 | 00:11:04.790 |
| TIAGO DUARTE          | Atletismo Clube Da Tocha                  | 609    | 21    | 00:59:03.970 | 00:11:05.027 |
| JORGE ALVES           | Escola De Atletismo De Coimbra            | 603    | 22    | 00:59:21.223 | 00:11:22.280 |
| NUNO AZUL             | Bio Team Run                              | 560    | 23    | 00:59:50.477 | 00:11:51.534 |
| HENRIQUE FERNANDES    | Bio Team Run                              | 567    | 24    | 00:59:50.973 | 00:11:52.030 |
| JOÃO DÂMASO           | Grupo Maravilha                           | 558    | 25    | 00:59:52.477 | 00:11:53.534 |
| PAULO SANTOS          | Individual                                | 511    | 26    | 00:59:52.480 | 00:11:53.537 |
| BRUNO ALEXANDRE       | Individual                                | 553    | 27    | 01:00:06.477 | 00:12:07.534 |
| BRUNO MARQUES         | Atletismo Clube Da Tocha                  | 635    | 28    | 01:00:13.983 | 00:12:15.040 |
| LUIS BATALHA          | Soure Mov                                 | 599    | 29    | 01:01:08.980 | 00:13:10.037 |
| PEDRO FONSECA         | Individual                                | 537    | 30    | 01:01:43.980 | 00:13:45.037 |
| JOAQUIM HENRIQUES     | Individual                                | 504    | 31    | 01:01:44.983 | 00:13:46.040 |
| JOÃO DOMINGUES        | Pés Troikados - Cscs                      | 622    | 32    | 01:01:45.230 | 00:13:46.287 |
| NUNO SOUSA            | Duros Do Mondego                          | 547    | 33    | 01:02:28.483 | 00:14:29.540 |
| JOÃO RAINHO           | Bio Team Run                              | 563    | 34    | 01:02:40.483 | 00:14:41.540 |
| AMÍLCAR RAMOS         | Grv                                       | 519    | 35    | 01:03:01.733 | 00:15:02.790 |
| PEDRO MARQUES         | Gatões Btt                                | 552    | 36    | 01:03:11.233 | 00:15:12.290 |
| LORA PEREIRA          | Acdrs Quinhendros                         | 542    | 37    | 01:03:32.987 | 00:15:34.044 |
| ANTÓNIO SILVA         | Acdrs Quinhendros                         | 578    | 38    | 01:03:33.487 | 00:15:34.544 |
| JOÃO MARQUES          | Individual                                | 536    | 39    | 01:05:31.987 | 00:17:33.044 |
| DIOGO ALHEIO          | Dias & Filhos Bike Team                   | 522    | 40    | 01:05:36.487 | 00:17:37.544 |
| NUNO COELHO           | Formobike Btt & Trail Running             | 541    | 41    | 01:05:41.277 | 00:17:42.334 |
| PEDRO FIGUEIREDO      | Bio Team Run                              | 562    | 42    | 01:05:42.247 | 00:17:43.304 |
| PAULO SABINO          | Bulldog Team                              | 528    | 43    | 01:05:47.997 | 00:17:49.054 |

| Nome                  | Equipa                                         | Dorsal | Lugar | Tempo        | Diferença    |
|-----------------------|------------------------------------------------|--------|-------|--------------|--------------|
| PEDRO TEIXEIRA        | Individual                                     | 556    | 44    | 01:05:51.490 | 00:17:52.547 |
| PEDRO CAÇÃO           | Tartarugas                                     | 518    | 45    | 01:06:03.993 | 00:18:05.050 |
| ANDRÉ FREITAS         | Individual                                     | 602    | 46    | 01:06:14.240 | 00:18:15.297 |
| SOFIA SIMÕES          | Bio Team Run                                   | 566    | 47    | 01:06:14.497 | 00:18:15.554 |
| ANA CARDOSO           | Coimbra Trail Running                          | 557    | 48    | 01:06:35.743 | 00:18:36.800 |
| FILIPE SALTÃO         | Individual                                     | 524    | 49    | 01:07:46.997 | 00:19:48.054 |
| GONÇALO BATISTA       | Gatões Btt                                     | 575    | 50    | 01:07:50.420 | 00:19:51.477 |
| JOSE CARLOS FERNANDES | Tribo Nr                                       | 641    | 51    | 01:08:27.497 | 00:20:28.554 |
| LUÍS ANDRADE          | Grupo Desportivo Ferreirense / Mountain Trails | 531    | 52    | 01:08:35.497 | 00:20:36.554 |
| ANTONIO FERREIRA      | Formobike Btt & Trail Running                  | 503    | 53    | 01:08:45.247 | 00:20:46.304 |
| PAULO MARTINS         | Bio Team Run                                   | 571    | 54    | 01:08:55.247 | 00:20:56.304 |
| ANDRÉ MENDES          | Individual                                     | 507    | 55    | 01:09:38.750 | 00:21:39.807 |
| JOSÉ ANDRADE          | Grupo Desportivo Ferreirense / Mountain Trails | 532    | 56    | 01:09:38.750 | 00:21:39.807 |
| JORGE BATALHA         | Soure Mov                                      | 600    | 57    | 01:09:48.750 | 00:21:49.807 |
| CIDÁLIA OLIVEIRA      | Acdrs Quinhendros                              | 544    | 58    | 01:09:49.500 | 00:21:50.557 |
| PAULO JESUS           | Mor(E)Fit                                      | 508    | 59    | 01:10:16.250 | 00:22:17.307 |
| JORGE RAMOS           | Individual                                     | 514    | 60    | 01:10:18.750 | 00:22:19.807 |
| FRANCISCO MENDES      | Bio Team Run                                   | 561    | 61    | 01:11:02.750 | 00:23:03.807 |
| ANDRÉ LUZ             | Duros Do Mondego                               | 548    | 62    | 01:11:16.503 | 00:23:17.560 |
| ANA FERNANDES         | Tribo Nr                                       | 639    | 63    | 01:11:22.757 | 00:23:23.814 |
| PAULO QUEDA           | Team Bala                                      | 612    | 64    | 01:11:36.503 | 00:23:37.560 |
| GONÇALO SEIÇA         | Individual                                     | 506    | 65    | 01:11:38.757 | 00:23:39.814 |
| CARLOS PALAIO         | Grv                                            | 593    | 66    | 01:11:47.507 | 00:23:48.564 |
| LUISA MIRANDA         | Arcd Venda Da Luisa                            | 585    | 67    | 01:11:59.757 | 00:24:00.814 |
| FRANCISCO LEAL        | Mor(E)Fit                                      | 619    | 68    | 01:12:35.007 | 00:24:36.064 |
| NUNO DUARTE           | Bio Team Run                                   | 577    | 69    | 01:12:40.007 | 00:24:41.064 |
| RICARDO SANTOS        | Bio Team Run                                   | 570    | 70    | 01:12:58.760 | 00:24:59.817 |
| ANABELA FONSECA       | Bio Team Run                                   | 572    | 71    | 01:12:58.760 | 00:24:59.817 |
| CARLOS ABRUNHEIRO     | Team Bala                                      | 613    | 72    | 01:13:00.007 | 00:25:01.064 |
| CLAUDIA ROCHA         | Bio Team Run                                   | 576    | 73    | 01:13:36.267 | 00:25:37.324 |
| VALTER RAINHO         | Bio Team Run                                   | 564    | 74    | 01:13:36.510 | 00:25:37.567 |
| ARMANDO PENEDO        | Bulldog Team                                   | 509    | 75    | 01:13:42.513 | 00:25:43.570 |
| ANDREIA RAMOS         | R&A                                            | 598    | 76    | 01:13:47.510 | 00:25:48.567 |
| RUI SIMOES            | R&A                                            | 597    | 77    | 01:13:48.510 | 00:25:49.567 |
| SÉRGIO PANÃO          | Formobike Btt & Trail Running                  | 626    | 78    | 01:14:30.760 | 00:26:31.817 |
| JORGE MACHADO         | Individual                                     | 581    | 79    | 01:15:09.017 | 00:27:10.074 |
| RENATO BATISTA        | Passoapasso Team                               | 620    | 80    | 01:15:11.010 | 00:27:12.067 |
| ANDRÉ CANICEIRO       | Individual                                     | 584    | 81    | 01:15:16.513 | 00:27:17.570 |
| ROSA GUARDÃO          | Acdrs Quinhendros                              | 559    | 82    | 01:15:21.763 | 00:27:22.820 |
| FERNANDO MOITA        | Bio Team Run                                   | 568    | 83    | 01:15:40.513 | 00:27:41.570 |
| PEDRO CARVALHO        | Formobike Btt & Trail Running                  | 643    | 84    | 01:15:47.013 | 00:27:48.070 |
| TIAGO CAÇÃO           | Gatões Btt                                     | 521    | 85    | 01:16:09.017 | 00:28:10.074 |
| FERNANDO FERRÃO       | Pés Troikados - Cscs                           | 574    | 86    | 01:17:40.520 | 00:29:41.577 |

| Nome              | Equipa                                         | Dorsal | Lugar | Tempo        | Diferença    |
|-------------------|------------------------------------------------|--------|-------|--------------|--------------|
| CARLOS MATOS      | Tartarugas                                     | 512    | 87    | 01:17:53.520 | 00:29:54.577 |
| RUI AGANTE        | Individual                                     | 501    | 88    | 01:18:07.770 | 00:30:08.827 |
| BRUNO SIMÕES      | Passoapasso Team                               | 621    | 89    | 01:18:42.773 | 00:30:43.830 |
| DIOGO MENDES      | Individual                                     | 539    | 90    | 01:19:02.777 | 00:31:03.834 |
| DAVID MENDES      | Individual                                     | 540    | 91    | 01:19:04.023 | 00:31:05.080 |
| RICARDO MOTA      | Bulldog Team                                   | 516    | 92    | 01:19:21.027 | 00:31:22.084 |
| MÁRCIA SILVA      | Individual                                     | 515    | 93    | 01:19:33.277 | 00:31:34.334 |
| DURVAL PIRES      | Individual                                     | 606    | 94    | 01:20:12.027 | 00:32:13.084 |
| VÂNIA PAIXÃO      | Acdrs Quinhendros                              | 513    | 95    | 01:20:30.527 | 00:32:31.584 |
| GUALDINA MENDES   | Dias & Filhos Bike Team                        | 520    | 96    | 01:20:39.277 | 00:32:40.334 |
| FILIPE CARDOSO    | Individual                                     | 555    | 97    | 01:20:39.777 | 00:32:40.834 |
| PAULO GOMES       | Tartarugas                                     | 523    | 98    | 01:21:02.027 | 00:33:03.084 |
| NELSON SILVA      | Bulldog Team                                   | 510    | 99    | 01:21:22.777 | 00:33:23.834 |
| RUTE MOREIRA      | Tribo Nr                                       | 644    | 100   | 01:21:27.780 | 00:33:28.837 |
| MARCOS ALVES      | Tribo Nr                                       | 636    | 101   | 01:21:28.780 | 00:33:29.837 |
| JÉSSICA CORREIA   | Individual                                     | 586    | 102   | 01:21:40.280 | 00:33:41.337 |
| GINA MATIAS       | Tribo Nr                                       | 637    | 103   | 01:21:45.530 | 00:33:46.587 |
| CARLA SIMÕES      | Bio Team Run                                   | 565    | 104   | 01:23:00.807 | 00:35:01.864 |
| SANDRA RODRIGUES  | Bio Team Run                                   | 569    | 105   | 01:23:05.537 | 00:35:06.594 |
| RAQUEL NOGUEIRA   | Duros Do Mondego                               | 549    | 106   | 01:23:19.327 | 00:35:20.384 |
| ANDRÉ MENDES      | Duros Do Mondego                               | 546    | 107   | 01:23:19.533 | 00:35:20.590 |
| FILIPE RITO       | Team Bala                                      | 614    | 108   | 01:24:13.543 | 00:36:14.600 |
| PEDRO ABREU       | Try To Stopira Us / A. N. D. A. R.             | 594    | 109   | 01:24:21.287 | 00:36:22.344 |
| VALTER SANTOS     | Individual                                     | 573    | 110   | 01:24:32.287 | 00:36:33.344 |
| CARLOS LAPO       | Bttrain                                        | 589    | 111   | 01:25:02.040 | 00:37:03.097 |
| AGOSTINHO CRUZ    | Bttrain                                        | 588    | 112   | 01:25:02.290 | 00:37:03.347 |
| SUSANA DUQUE      | Individual                                     | 616    | 113   | 01:25:02.787 | 00:37:03.844 |
| RUI BAPTISTA      | Bttrain                                        | 587    | 114   | 01:25:03.787 | 00:37:04.844 |
| JOÃO SOUSA        | Individual                                     | 667    | 115   | 01:25:49.037 | 00:37:50.094 |
| NUNO PORELO       | Individual                                     | 583    | 116   | 01:26:10.070 | 00:38:11.127 |
| TATIANA CARDOSO   | Individual                                     | 595    | 117   | 01:26:44.547 | 00:38:45.604 |
| SÉRGIO FUNG       | Individual                                     | 596    | 118   | 01:26:44.547 | 00:38:45.604 |
| BELINA CAVALEIRO  | Belidoce                                       | 526    | 119   | 01:30:56.553 | 00:42:57.610 |
| SANDRA MINISTRO   | Individual                                     | 533    | 120   | 01:31:05.807 | 00:43:06.864 |
| SANDRA REIS       | Individual                                     | 580    | 121   | 01:31:07.057 | 00:43:08.114 |
| ANTONIO MINISTRO  | Individual                                     | 534    | 122   | 01:31:08.050 | 00:43:09.107 |
| PEDRO ALMEIDA     | Ozxtreme / Adcrpereira                         | 632    | 123   | 01:33:36.060 | 00:45:37.117 |
| SILVIA PEDRO      | Out 2 Run/Miro                                 | 517    | 124   | 01:34:43.317 | 00:46:44.374 |
| JOANA BARBOSA     | Individual                                     | 608    | 125   | 01:34:43.563 | 00:46:44.620 |
| CÁTIA CASTANHEIRA | Grupo Desportivo Ferreirense / Mountain Trails | 538    | 126   | 01:39:57.323 | 00:51:58.380 |
| FILIPE PANÃO      | Formobike Btt & Trail Running                  | 623    | 127   | 01:40:28.827 | 00:52:29.884 |
| CRISTINA AIRES    | Individual                                     | 592    | 128   | 01:41:45.587 | 00:53:46.644 |
| SÓNIA LOPES       | Gatões Btt                                     | 527    | 129   | 01:44:33.837 | 00:56:34.894 |

| Nome            | Equipa     | Dorsal | Lugar | Tempo        | Diferença    |
|-----------------|------------|--------|-------|--------------|--------------|
| BRUNO OLIVEIRA  | Belidoce   | 525    | 130   | 01:44:33.840 | 00:56:34.897 |
| TÂNIA CAVALEIRO | Individual | 529    | 131   | 01:44:34.337 | 00:56:35.394 |