

PROVA PRINCIPAL - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	11:58	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	150	João Pereira	individual	Veterano M40	01:06:13		04:25
2	12	Carlos pimenta	lusotea.	Veterano M40	01:08:38	+02:24	04:35
3	58	Jorge Abrantes	individual	Veterano M40	01:10:39	+04:25	04:43
4	2	Jose Carlos dos Reis Leal	bttrain	Veterano M40	01:10:46	+04:32	04:43
5	72	Jorge Pimenta	individual	Senior Masculino	01:10:46	+04:32	04:43
6	26	Pedro Simões	arsm - associação recreativa de s. miguel	Veterano M40	01:11:56	+05:42	04:48
7	47	Pedro Miguel Madaleno Cardoso	assccc - ar livre e aventura	Veterano M40	01:12:19	+06:05	04:49
8	57	Vitor Castro	dci/pedrulha-mealhada	Veterano M40	01:12:35	+06:21	04:50
9	25	Ruben Novo	individual	Senior Masculino	01:12:53	+06:40	04:52
10	16	Luis Martins	pascoalitosadbarcouço	Veterano M40	01:14:19	+08:05	04:57
11	35	Jorge Louro	clube naval de são vicente	Senior Masculino	01:14:38	+08:24	04:59
12	51	Pedro Tiago Lopes	usf cruz de celas	Senior Masculino	01:15:00	+08:46	05:00
13	24	José Simões	arsm - associação recreativa de s. miguel	Veterano M40	01:15:59	+09:45	05:04
14	41	Júlia Legkova	bio team run	Senior Feminino	01:17:24	+11:10	05:10
15	67	Rafael Fernandes	runners & friends	Veterano M40	01:18:51	+12:37	05:15
16	71	Luís Almeida	individual	Veterano M40	01:20:01	+13:47	05:20
17	27	José Carlos	individual	Veterano M40	01:20:01	+13:47	05:20
18	17	David Madeira	pascoalitosadbarcouço	Senior Masculino	01:20:22	+14:08	05:22
19	73	Paulo Cavaleiro	leitão & cavaleiro	Veterano M50	01:20:51	+14:37	05:23
20	20	Rui Dias	runners & friends	Veterano M40	01:20:57	+14:43	05:24
21	33	RUI MIGUEL HENRIQUES GOMES	roda pedaleira	Veterano M40	01:21:06	+14:52	05:24
22	48	André Henrique Pereira Fernandes	escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:21:46	+15:32	05:27
23	70	Rui Miguel Maia Agostinho	individual	Veterano M40	01:22:01	+15:47	05:28
24	52	Pedro Mendes	individual	Veterano M40	01:22:35	+16:21	05:30
25	21	Paulo Renato	runners & friends	Veterano M40	01:23:23	+17:09	05:34
26	15	Jose Botelho	coimbra trail running	Veterano M50	01:24:20	+18:06	05:37
27	68	Nuno Miguel Alves da Costa	individual	Veterano M40	01:24:48	+18:34	05:39
28	49	Nuno Cortesão	escola de atletismo de coimbra/intermarché condeixa	Veterano M40	01:25:14	+19:00	05:41
29	14	Augusto Amaral	rosa biscoito	Veterano M40	01:25:57	+19:43	05:44
30	13	Miguel Amaral	rosa biscoito	Veterano M40	01:25:57	+19:44	05:44
31	36	Mauro Daniel Ferreira Sousa	individual	Senior Masculino	01:27:26	+21:12	05:50
32	38	Silvina Baptista	timim	Veterana F40	01:27:53	+21:39	05:52
33	43	Raul Martins	individual	Veterano M50	01:27:57	+21:43	05:52
34	65	Joana Margarida dos Santos Azêdo	cpt coimbra	Senior Feminino	01:29:21	+23:07	05:57
35	22	Paulo Bonifácio	runners & friends	Veterano M50	01:29:21	+23:07	05:57
36	18	Luis Pires	runners & friends	Veterano M40	01:30:54	+24:40	06:04
37	69	Gonçalo Marques	runners & friends	Senior Masculino	01:30:54	+24:40	06:04
38	40	Francisco Mendes	bio team run	Veterano M40	01:31:15	+25:01	06:05
39	66	Magda Vieira	dci/pedrulha-mealhada	Veterana F40	01:33:18	+27:04	06:13

PROVA PRINCIPAL - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	59	Carlos Ribeiro	team bodyline	Veterano M40	01:33:18	+27:04	06:13
41	28	Victor Silva	out 2 run	Veterano M50	01:33:57	+27:43	06:16
42	60	Tiago Campos	team bodyline	Senior Masculino	01:34:04	+27:50	06:16
43	63	Palmira Gouveia	individual	Veterana F40	01:34:23	+28:09	06:18
44	62	Carlos Correia	individual	Veterano M50	01:34:23	+28:09	06:18
45	1	Dina Rocha	escola de atletismo de coimbra/intermarché condeixa	Veterana F40	01:35:53	+29:39	06:24
46	29	Pedro Silva	coimbra trail running	Veterano M40	01:35:54	+29:40	06:24
47	6	Fernando Venda	coimbra trail running	Veterano M50	01:36:45	+30:31	06:27
48	76	Joao Negrao	coach maria joão team	Senior Masculino	01:37:48	+31:34	06:31
49	77	Lauro Nunes	coach maria joão team	Senior Masculino	01:37:48	+31:34	06:31
50	8	Pedro Duarte	out 2 run	Veterano M40	01:38:51	+32:37	06:35
51	5	Hugo Seabra	individual	Senior Masculino	01:38:51	+32:37	06:35
52	79	Ilda Botelho	individual	Veterana F40	01:44:44	+38:30	06:59
53	23	José Santos	out 2 run	Veterano M50	01:45:01	+38:47	07:00
54	64	Ana Isolina dos Santos Azêdo	cpt coimbra	Veterana F40	01:47:49	+41:35	07:11
55	46	Miguel Pereira	concrete and gold	Senior Masculino	01:54:18	+48:04	07:37
56	3	Fátima Malta	individual	Veterana F50	01:55:55	+49:41	07:44
57	61	Pedro Abreu	individual	Veterano M40	01:58:27	+52:13	07:54
58	44	Silvia Pedro	out 2 run	Veterana F40	02:13:25	+01:07:11	08:54
59	34	Ana Maria Santos Melo	nh fitness athletes	Senior Feminino	02:16:57	+01:10:43	09:08
60	32	Carla Ferreira	nh fitness athletes	Senior Feminino	02:16:57	+01:10:43	09:08
61	4	Alcina Malta	individual	Veterana F40	02:16:58	+01:10:44	09:08
62	56	Sandra Ribeiro	out 2 run	Senior Feminino	02:27:39	+01:21:25	09:51
63	39	Celso Ferreira	out 2 run	Veterano M50	02:27:40	+01:21:27	09:51
64	54	Isabel Sofia Rosa Nunes de Abreu Rasteiro	individual	Senior Feminino	02:34:52	+01:28:38	10:20
65	55	Rosa Mariana Carvalho	individual	Veterana F40	02:34:53	+01:28:39	10:20
66	31	Eunice Taborda Faustino	nh fitness athletes	Senior Feminino	02:52:01	+01:45:47	11:28
67	30	Ana Sofia Magalhães Do Vale	nh fitness athletes	Senior Feminino	02:52:01	+01:45:47	11:28
68	9	Sofia Couceiro	nh fitness athletes	Senior Feminino	02:52:02	+01:45:48	11:28

Prova Principal

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	11:58	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	41	Júlia Legkova	Bio Team Run	Senior Feminino	01:17:24	+11:10	05:10
2	65	Joana Margarida dos Santos Azêdo	CPT Coimbra	Senior Feminino	01:29:21	+23:07	05:57
3	34	Ana Maria Santos Melo	NH Fitness Athletes	Senior Feminino	02:16:57	+01:10:43	09:08
4	32	Carla Ferreira	NH Fitness Athletes	Senior Feminino	02:16:57	+01:10:43	09:08
5	56	Sandra Ribeiro	out 2 run	Senior Feminino	02:27:39	+01:21:25	09:51
6	54	Isabel Sofia Rosa Nunes de Abreu Rasteiro	Individual	Senior Feminino	02:34:52	+01:28:38	10:20
7	31	Eunice Taborda Faustino	NH Fitness Athletes	Senior Feminino	02:52:01	+01:45:47	11:28
8	30	Ana Sofia Magalhães Do Vale	NH Fitness Athletes	Senior Feminino	02:52:01	+01:45:47	11:28
9	9	Sofia Couceiro	NH Fitness Athletes	Senior Feminino	02:52:02	+01:45:48	11:28

Senior Masculino

1	72	Jorge Pimenta	Individual	Senior Masculino	01:10:46	+04:32	04:43
2	25	Ruben Novo	Individual	Senior Masculino	01:12:53	+06:40	04:52
3	35	Jorge Louro	Clube Naval de São Vicente	Senior Masculino	01:14:38	+08:24	04:59
4	51	Pedro Tiago Lopes	USF Cruz de Celas	Senior Masculino	01:15:00	+08:46	05:00
5	17	David Madeira	PascoalitosADBarcouço	Senior Masculino	01:20:22	+14:08	05:22
6	36	Mauro Daniel Ferreira Sousa	Individual	Senior Masculino	01:27:26	+21:12	05:50
7	69	Gonçalo Marques	Runners & Friends	Senior Masculino	01:30:54	+24:40	06:04
8	60	Tiago Campos	Team Bodyline	Senior Masculino	01:34:04	+27:50	06:16
9	76	Joao Negrao	Coach Maria João Team	Senior Masculino	01:37:48	+31:34	06:31
10	77	Lauro Nunes	Coach Maria João Team	Senior Masculino	01:37:48	+31:34	06:31
11	5	Hugo Seabra	Individual	Senior Masculino	01:38:51	+32:37	06:35
12	46	Miguel Pereira	Concrete and Gold	Senior Masculino	01:54:18	+48:04	07:37

Veterana F40

1	38	Silvina Baptista	TiMim	Veterana F40	01:27:53	+21:39	05:52
2	66	Magda Vieira	DCI/Pedrulha-Mealhada	Veterana F40	01:33:18	+27:04	06:13
3	63	Palmira Gouveia	Individual	Veterana F40	01:34:23	+28:09	06:18
4	1	Dina Rocha	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterana F40	01:35:53	+29:39	06:24
5	79	Ilda Botelho	Individual	Veterana F40	01:44:44	+38:30	06:59
6	64	Ana Isolina dos Santos Azêdo	CPT Coimbra	Veterana F40	01:47:49	+41:35	07:11
7	44	Silvia Pedro	out 2 run	Veterana F40	02:13:25	+01:07:11	08:54
8	4	Alcina Malta	Individual	Veterana F40	02:16:58	+01:10:44	09:08
9	55	Rosa Mariana Carvalho	Individual	Veterana F40	02:34:53	+01:28:39	10:20

Prova Principal

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterana F50

1	3	Fátima Malta	Individual	Veterana F50	01:55:55	+49:41	07:44
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Veterano M40

1	150	João Pereira	Individual	Veterano M40	01:06:13	04:25
2	12	Carlos pimenta	Lusotea.	Veterano M40	01:08:38	+02:24 04:35
3	58	Jorge Abrantes	Individual	Veterano M40	01:10:39	+04:25 04:43
4	2	Jose Carlos dos Reis Leal	Bttrain	Veterano M40	01:10:46	+04:32 04:43
5	26	Pedro Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:11:56	+05:42 04:48
6	47	Pedro Miguel Madaleno Cardoso	ASSSCC - Ar Livre e Aventura	Veterano M40	01:12:19	+06:05 04:49
7	57	Vitor Castro	DCI/Pedrulha-Mealhada	Veterano M40	01:12:35	+06:21 04:50
8	16	Luis Martins	PascoalitosADBarcouço	Veterano M40	01:14:19	+08:05 04:57
9	24	José Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M40	01:15:59	+09:45 05:04
10	67	Rafael Fernandes	Runners & Friends	Veterano M40	01:18:51	+12:37 05:15
11	71	Luís Almeida	Individual	Veterano M40	01:20:01	+13:47 05:20
12	27	José Carlos	Individual	Veterano M40	01:20:01	+13:47 05:20
13	20	Rui Dias	Runners & Friends	Veterano M40	01:20:57	+14:43 05:24
14	33	RUI MIGUEL HENRIQUES GOMES	Roda Pedaleira	Veterano M40	01:21:06	+14:52 05:24
15	48	André Henrique Pereira Fernandes	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:21:46	+15:32 05:27
16	70	Rui Miguel Maia Agostinho	Individual	Veterano M40	01:22:01	+15:47 05:28
17	52	Pedro Mendes	Individual	Veterano M40	01:22:35	+16:21 05:30
18	21	Paulo Renato	Runners & Friends	Veterano M40	01:23:23	+17:09 05:34
19	68	Nuno Miguel Alves da Costa	Individual	Veterano M40	01:24:48	+18:34 05:39
20	49	Nuno Cortesão	Escola de Atletismo de Coimbra/Intermarché Condeixa	Veterano M40	01:25:14	+19:00 05:41
21	14	Augusto Amaral	Rosa Biscoito	Veterano M40	01:25:57	+19:43 05:44
22	13	Miguel Amaral	Rosa Biscoito	Veterano M40	01:25:57	+19:44 05:44
23	18	Luis Pires	Runners & Friends	Veterano M40	01:30:54	+24:40 06:04
24	40	Francisco Mendes	Bio Team Run	Veterano M40	01:31:15	+25:01 06:05
25	59	Carlos Ribeiro	Team Bodyline	Veterano M40	01:33:18	+27:04 06:13
26	29	Pedro Silva	Coimbra Trail Running	Veterano M40	01:35:54	+29:40 06:24
27	8	Pedro Duarte	out 2 run	Veterano M40	01:38:51	+32:37 06:35
28	61	Pedro Abreu	Individual	Veterano M40	01:58:27	+52:13 07:54

Veterano M50

1	73	Paulo Cavaleiro	Leitão & Cavaleiro	Veterano M50	01:20:51	+14:37	05:23
2	15	Jose Botelho	Coimbra Trail Running	Veterano M50	01:24:20	+18:06	05:37
3	43	Raul Martins	Individual	Veterano M50	01:27:57	+21:43	05:52
4	22	Paulo Bonifácio	Runners & Friends	Veterano M50	01:29:21	+23:07	05:57

