

Lugar	Dorsal	Nome	Sexo	Idade	Escalão	Equipa	Tempo	Chip
1	221	ANTÓNIO SILVINO	M	51	M4554	1 AC SAO MAMEDE	01:22:06	01:22:04
2	205	JOÃO MONTEIRO	M	30	M0044	1 ESTRELA C AVIAÇÃO COVILHÃ	01:22:46	01:22:46
3	344	GERMANO CAPELA	M	47	M4554	2 CA BARREIRA	01:23:52	01:23:50
4	293	ALEXIS SERRALHEIRO	M	23	M0044	2 SERRAGEL - COVILHÃ	01:26:55	01:26:55
5	249	ANDRÉ F S FERREIRA	M	25	M0044	3 UFCI TOMAR	01:28:49	01:28:47
6	327	NUNO SILVA	M	34	M0044	4 CAA BELÉM	01:28:49	01:28:49
7	320	JOÃO N GONÇALVES	M	30	M0044	5 VIMARUNNERS	01:30:39	01:30:36
8	207	BRUNO SOUSA	M	39	M0044	6 HOT RUNNERS	01:31:15	01:31:13
9	288	CHARLES CUSTÓDIO	M	26	M0044	7 AC SAO MAMEDE	01:32:39	01:32:31
10	296	CARLOS CRUZ	M	55	M5599	1 INDIVIDUAL	01:33:23	01:33:14
11	272	ANTÓNIO CORDEIRO	M	34	M0044	8 SLOW R POMBAL	01:35:44	01:35:32
12	275	RICARDO LOPES	M	31	M0044	9 ACRM SILVEIRINHA CLARAS	01:37:00	01:36:55
13	292	NELSON MENDES	M	25	M0044	10 SERRAGEL - COVILHÃ	01:37:58	01:37:55
14	333	MÁRCIO CORDEIRO	M	36	M0044	11 INDIVIDUAL	01:38:31	01:38:16
15	262	HENRIQUE FERNANDES	M	33	M0044	12 FONTE NOVA RUNNERS	01:38:39	01:38:18
16	317	LUÍS MARQUES	M	30	M0044	13 RT HP COIMBRA	01:39:10	01:39:04
17	294	BERNARDO ANTUNES	M	25	M0044	14 SERRAGEL - COVILHÃ	01:41:32	01:41:29
18	211	AUGUSTO LOPES	M	61	M5599	2 INDIVIDUAL	01:41:54	01:41:52
19	224	ANTONIO RELVAS	M	53	M4554	3 VETERANOS MASSAMÁ	01:42:04	01:42:00
20	276	RICARDO NUNES	M	24	M0044	15 ACRM SILVEIRINHA CLARAS	01:42:44	01:42:35
21	260	EDUARDO OLIVEIRA	M	43	M0044	16 ATV	01:43:06	01:43:00
22	336	PEDRO PEREIRA	M	24	M0044	17 Furões do Alentejo	01:43:10	01:42:49
23	287	BRUNO REIS	M	35	M0044	18 AC SAO MAMEDE	01:44:34	01:44:26
24	227	FILIPPE SANTOS	M	44	M0044	19 COIMBRA TRAIL RUNNING	01:45:47	01:45:28
25	202	JORGE SOBRINHO	M	46	M4554	4 CARTOON CAFE RUN	01:45:56	01:45:51
26	250	NUNO FERREIRA	M	44	M0044	20 FONTE NOVA RUNNERS	01:46:00	01:45:52
27	338	DIOGO G S PIMENTA	M	25	M0044	21 INDIVIDUAL	01:46:11	01:46:04
28	286	ANABELA REMÉDIOS	F	45	F4049	1 AC SAO MAMEDE	01:46:43	01:46:43
29	204	FRANCISCO J P BATISTA	M	31	M0044	22 ESTRELA C AVIAÇÃO COVILHÃ	01:47:54	01:47:47
30	301	NUNO MOLEIRO	M	37	M0044	23 SEASIDE	01:48:12	01:48:00
31	291	RUI ALVES	M	52	M4554	5 SERRAGEL - COVILHÃ	01:48:26	01:48:26
32	254	AURÉLIO SAÚDE	M	38	M0044	24 PERNA DE PAU RT	01:49:06	01:49:01
33	358	NUNO PRATA	M	43	M0044	25 CAA BELEM	01:49:08	01:49:00
34	277	JOÃO SINTRA	M	57	M5599	3 ACRM SILVEIRINHA CLARAS	01:51:50	01:51:43
35	121	JOSE NUNES	M	1046		1 INDIVIDUAL	01:53:33	01:53:33
36	253	JORGE MARTINS	M	35	M0044	26 SLOW R POMBAL	01:55:16	01:55:02
37	206	JOAO ROSINHA	M	41	M0044	27 INDIVIDUAL	01:55:17	01:55:12
38	357	MICHAEL GONCALVES	M	29	M0044	28 INDIVIDUAL	01:56:18	01:55:58
39	331	NUNO F V JOSE	M	38	M0044	29 NUNORUN	01:56:27	01:56:15
40	335	RODRIGO COSTA	M	18	M0044	30 INDIVIDUAL	01:56:37	01:56:15
41	228	SALVADOR MASCARENHAS	M	47	M4554	6 COIMBRA TRAIL RUNNING	01:56:58	01:56:48
42	322	FERNANDO S VENDA	M	58	M5599	4 COIMBRA TRAIL RUNNING	01:57:38	01:57:21
43	238	JOÃO FIGUEIREDO	M	19	M0044	31 VIRIATHVS RUNNERS VISEU	01:58:15	01:57:59
44	330	JOANNA WISNIEWSKA	F	38	F0039	1 INDIVIDUAL	01:58:32	01:58:21
45	332	RENATO SANTOS	M	35	M0044	32 INDIVIDUAL	01:59:39	01:59:31

Lugar	Dorsal	Nome	Sexo	Idade	Escalão	Equipa	Tempo	Chip
46	348	FIDEL CONDE	M	38	M0044	33 INDIVIDUAL	02:01:23	02:01:15
47	235	ARMANDO SILVA	M	59	M5599	5 INDIVIDUAL	02:02:52	02:02:40
48	339	TELMO PINHO	M	31	M0044	34 INDIVIDUAL	02:03:14	02:00:12
49	359	PAULO FERREIRA	M	43	M0044	35 INDIVIDUAL	02:03:52	02:03:42
50	345	PAULO FERREIRA	M	42	M0044	36 INDIVIDUAL	02:03:52	02:03:42
51	326	NELSON FERREIRA	M	34	M0044	37 INDIVIDUAL	02:04:19	02:04:00
52	342	ANDRÉ SIMÕES	M	30	M0044	38 INDIVIDUAL	02:04:20	02:01:19
53	360	JORGE SILVA	M	36	M0044	39 INDIVIDUAL	02:04:35	02:04:19
54	257	ÂNGELO CARVALHO	M	34	M0044	40 ALMATRAIL	02:04:39	02:04:18
55	270	RAFAEL PRAGANA	M	19	M0044	41 JOGGING LOVERS COIMBRA	02:04:54	02:04:49
56	271	ANTONIO FERNANDES	M	52	M4554	7 INDIVIDUAL	02:05:06	02:04:55
57	212	RUI INÁCIO	M	35	M0044	42 CEPOS TEAM	02:05:12	02:04:49
58	268	EMANUEL FERREIRA	M	32	M0044	43 JOGGING LOVERS COIMBRA	02:05:35	02:05:28
59	255	PAULO ARAÚJO	M	42	M0044	44 SLOW R POMBAL	02:05:59	02:05:41
60	210	GINA DOMINGUES	F	37	F0039	2 SLOW R POMBAL	02:06:02	02:05:43
61	297	RUI M A MONTEIRO	M	46	M4554	8 INDIVIDUAL	02:06:57	02:06:51
62	208	ANA FERNÁNDEZ	F	34	F0039	3 HOT RUNNERS	02:07:38	02:07:36
63	361	LUIS GASPAR	M	30	M0044	45 INDIVIDUAL	02:07:53	02:07:26
64	353	ACACIO TEIXEIRA	M	56	M5599	6 SEASIDE	02:08:00	02:07:35
65	242	HOMERO LOURENÇO	M	39	M0044	46 GD OS RIBEIRINHOS	02:08:00	02:07:35
66	354	ALFREDO TAVARES	M	44	M0044	47 SEASIDE	02:08:00	02:07:34
67	273	RAFAEL PINTO	M	40	M0044	48 ACRM SILVEIRINHA CLARAS	02:08:43	02:08:34
68	328	CLÁUDIA L CORREIA	F	39	F0039	4 GEODÉSICOS	02:09:39	02:09:31
69	214	NICOLAS CASTINEIRA	M	32	M0044	49 MERCI QUI?	02:11:11	02:10:55
70	220	MARINA ALVES	F	28	F0039	5 INDIVIDUAL	02:11:20	02:11:15
71	248	MARIA VALE	F	47	F4049	2 VIRIATHVS RUNNERS VISEU	02:11:44	02:11:28
72	222	JOÃO SANTOS	M	66	M5599	7 VETERANOS MASSAMÁ	02:11:45	02:11:32
73	264	GEORGE M GRANGEIA	M	37	M0044	50 PPRT-SPEM	02:13:11	02:13:06
74	356	PAULO FLOR	M	38	M0044	51 INDIVIDUAL	02:13:11	02:12:57
75	274	NELSON MARQUES	M	38	M0044	52 ACRM SILVEIRINHA CLARAS	02:13:37	02:13:27
76	203	CELIA CORDEIRO	F	39	F0039	6 ESTRELA C AVIAÇÃO COVILHÃ	02:14:06	02:13:58
77	355	FRANCISCO MORAIS	M	35	M0044	53 INDIVIDUAL	02:14:38	02:14:17
78	321	ANA C SERENO	F	27	F0039	7 VIMARUNNERS	02:14:55	02:14:52
79	290	SEBASTIAN FAIRLEY	M	18	M0044	54 INDIVIDUAL	02:14:58	02:14:36
80	289	MARK FAIRLEY	M	50	M4554	9 INDIVIDUAL	02:14:59	02:14:37
81	284	PEDRO L M NATÁRIO	M	39	M0044	55 INDIVIDUAL	02:17:32	02:17:26
82	247	NUNO F O PEREIRA	M	36	M0044	56 SLOW R POMBAL	02:17:32	02:17:14
83	300	FERNANDO CLAUDINO	M	62	M5599	8 INDIVIDUAL	02:18:57	02:18:33
84	245	NEUZA GOMES	F	28	F0039	8 SLOW R POMBAL	02:20:46	02:20:29
85	308	PEDRO LOPES	M	36	M0044	57 SS CGD	02:22:46	02:22:24
86	252	RICARDO MOREIRA	M	36	M0044	58 INDIVIDUAL	02:24:06	02:23:50
87	259	RUI COLAÇO	M	44	M0044	59 INDIVIDUAL	02:24:06	02:23:51
88	258	ARTUR SERRA	M	45	M4554	10 INDIVIDUAL	02:24:06	02:23:52
89	334	PAULO COSTA	M	46	M4554	11 INDIVIDUAL	02:25:12	02:24:50
90	232	DEOLINDA R SILVA	F	55	F5099	1 LIGEIRINHOS	02:25:15	02:24:57

Lugar	Dorsal	Nome	Sexo	Idade	Escalão	Equipa	Tempo	Chip
91	307	PEDRO FIGUEIREDO	M	32	M0044	60 INDIVIDUAL	02:25:41	02:25:21
92	306	ROSA VIVEIROS	F	32	F0039	9 SEASIDE	02:25:41	02:25:20
93	216	GUILHERME J R TRINDADE	M	38	M0044	61 OS TRINCA ESPINHAS	02:25:54	02:25:54
94	47	BRUNO PINHO	M	32	M0044	62 CA LAMAS	02:25:55	02:25:55
95	267	LILIANA PRAGANA	F	31	F0039	10 JOGGING LOVERS COIMBRA	02:26:22	02:26:15
96	316	INÊS FERREIRA	F	23	F0039	11 SLOW R POMBAL	02:26:22	02:26:05
97	236	VITOR CARPALHOSO	M	30	M0044	63 SLOW R POMBAL	02:26:24	02:26:05
98	246	INÊS GOMES	F	21	F0039	12 SLOW R POMBAL	02:26:32	02:26:15
99	346	NATÁLIA MARTINS	F	38	F0039	13 INDIVIDUAL	02:26:59	02:26:35
100	347	JOSÉ FERREIRA	M	40	M0044	64 INDIVIDUAL	02:27:00	02:26:36
101	302	MANUELA FOLGADO	F	65	F5099	2 SEASIDE	02:27:04	02:26:47
102	305	MIGUEL A F P CAMPOS	M	45	M4554	12 INDIVIDUAL	02:27:04	02:26:46
103	349	MARIA LUISA	F	39	F0039	14 INDIVIDUAL	02:28:05	02:27:56
104	226	RODRIGO SANTOS	M	17	M0044	65 COIMBRA TRAIL RUNNING	02:28:28	02:28:24
105	223	MANUEL AZEVEDO	M	58	M5599	9 VETERANOS MASSAMÁ	02:29:14	02:29:01
106	337	LUÍS PEREIRA	M	18	M0044	66 Furões do Alentejo	02:30:48	02:30:28
107	318	ANGELA SILVA	F	39	F0039	15 VIRIATHVS RUNNERS VISEU	02:30:55	02:30:36
108	213	PEDRO M C R OLIVEIRA	M	45	M4554	13 INDIVIDUAL	02:31:20	02:31:07
109	256	JAIME CARVALHO	M	46	M4554	14 COIMBRA TRAIL RUNNING	02:31:37	02:31:20
110	251	CARLA M S F E BERINGUILHO	F	42	F4049	3 SÓ 1KM	02:31:51	02:31:38
111	329	MANUEL OLIVEIRA	M	76	M5599	10 AAE BNU	02:31:52	02:31:41
112	282	JOAO RODRIGUES	M	49	M4554	15 INDIVIDUAL	02:32:04	02:31:54
113	311	RUI GONÇALVES	M	42	M0044	67 SEASIDE	02:32:28	02:32:23
114	312	RUI CARVALHO	M	47	M4554	16 SEASIDE	02:32:28	02:32:23
115	323	LUIS C LOPES	M	43	M0044	68 ABUTRES RUNNING TEAM	02:32:29	02:32:15
116	243	ANDRÉ MENDES	M	38	M0044	69 SLOW R POMBAL	02:32:47	02:32:29
117	281	ISABEL SANTOS	F	41	F4049	4 ALMATRAIL	02:32:48	02:32:31
118	280	PAULO CARVALHO	M	41	M0044	70 ALMATRAIL	02:32:48	02:32:32
119	231	SÉRGIO DUARTE	M	37	M0044	71 INDIVIDUAL	02:34:53	02:31:56
120	340	DIANA CARDOSO	F	29	F0039	16 INDIVIDUAL	02:34:54	02:32:02
121	341	CAMILO LOPES	M	28	M0044	72 INDIVIDUAL	02:34:56	02:32:03
122	279	GONÇALO LADEIRO	M	30	M0044	73 ACRM SILVEIRINHA CLARAS	02:35:05	02:34:56
123	269	JOAQUIM PRAGANA	M	58	M5599	11 JOGGING LOVERS COIMBRA	02:35:30	02:35:23
124	229	ANDREIA LEMOS	F	31	F0039	17 A TEAM	02:37:03	02:36:50
125	230	ANDRÉ PRETO	M	34	M0044	74 A TEAM	02:39:24	02:39:11
126	215	FILIPPE MOREIRA	M	34	M0044	75 INDIVIDUAL	02:39:28	02:39:21
127	239	JOAO H SOUSA	M	41	M0044	76 OFFTELRUNNERES	02:40:10	02:39:46
128	218	ESMERALDA B GOMES	F	53	F5099	3 CABRIL TRAIL RUNNING	02:44:29	02:44:08
129	217	JOÃO GOMES	M	54	M4554	17 CABRIL TRAIL RUNNING	02:44:29	02:44:07
130	319	LUIS PEREIRA	M	29	M0044	77 INDIVIDUAL	02:46:37	02:46:24
131	295	LUÍS Q NOVA	M	48	M4554	18 COBIS	02:46:37	02:46:13
132	352	CARINA RODRIGUES	F	35	F0039	18 COIMBRA TRAIL RUNNING	02:50:20	02:49:57
133	265	ANA REIS	F	38	F0039	19 PPRT-SPEM	03:01:38	03:01:31
134	343	SANDRA GONÇALVES	F	33	F0039	20 INDIVIDUAL	03:01:38	03:01:32
135	310	DULCE MANSO	F	41	F4049	5 COIMBRA TRAIL RUNNING	03:03:34	03:03:17

Lugar	Dorsal	Nome	Sexo	Idade	Escalão	Equipa	Tempo	Chip
136	314	RUI DUARTE	M	44	M0044	78 TARTARUGAS SOLIDÁRIAS	03:10:10	03:09:44
137	315	CARLA DUARTE	F	44	F4049	6 TARTARUGAS SOLIDÁRIAS	03:10:11	03:09:45
138	233	SANDRA AMORIM	F	43	F4049	7 LIGEIRINHOS	03:19:40	03:19:19
139	209	ANABELA RODRIGUES	F	40	F4049	8 RUN BABY RUN	03:20:36	03:20:23
140	285	PATRICIA REIS	F	40	F4049	9 RUN BABY RUN	03:20:37	03:20:24
141	299	FERNANDO BENTO	M	38	M0044	79 INDIVIDUAL	03:23:46	03:23:21
142	298	MARINA MATEUS	F	35	F0039	21 INDIVIDUAL	03:23:46	03:23:21