

Pos.	Nome	Dorsal	Equipa	Tempo
1	André Monteiro	226	ARCD Venda da Luísa	01:10:06
2	Luis Rodrigues	335	CPT Sobral de Ceira	01:12:14
3	Jorge Bento	275	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:14:38
4	José Pinto	485	Individual	01:16:40
5	Rui Cortesão	254	Individual	01:17:14
6	José Sequeira	322	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:17:37
7	Nuno Veloso	347	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:17:48
8	Tiago Nunes	398	Formobike BTT & Trail Running	01:18:39
9	Fernando Lapa	455	Individual	01:18:39
10	Pedro Ramos	432	ARSM - Associação Recreativa de S. Miguel	01:18:47
11	Luis Pereira	477	Individual	01:18:51
12	Telmo Carvalho	442	ARSM - Associação Recreativa de S. Miguel	01:19:24
13	Tiago Rodrigues	340	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:19:27
14	Acílio Noro	214	BTTRAIN	01:20:08
15	Rui Dias	441	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:20:09
16	Vitor Esteves	267	SOURE MOV	01:22:03
17	João Carvalho	392	Lobos da Serra - Loureiro	01:22:17
18	Nuno Pacheco	327	Individual	01:22:32
19	Paulo Pessoa	377	Individual	01:22:33
20	Artur Gândara	415	ARCD Venda da Luísa	01:22:44
21	José Santos	421	ARCD Venda da Luísa	01:24:00
22	Joel Martins	242	CMM - Escaravelhos Team	01:24:00
23	Luis Martins	463	O MUNDO DA CORRIDA	01:24:01
24	Márcio Felício	449	SOURE MOV	01:24:42
25	Bruno Almeida	291	ARCD Venda da Luísa	01:25:19
26	Joselito Pereira	230	out 2 run	01:25:50
27	Paulo Sarmento	213	Coimbra Trail Running	01:25:57
28	André Ferro	295	Clube de Condeixa	01:26:10
29	Luís Silva	462	O MUNDO DA CORRIDA	01:26:28
30	Pedro Sequeira	309	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:26:29
31	Marco Cunha	244	Individual	01:27:13
32	José Silva	323	korpo activo btt / u.d. lorvanense	01:27:20
33	Sérgio Santos	349	UGAS TRAIL Running	01:27:49
34	José Sacramento	263	Almatrail	01:28:01
35	Sofia Lourenço	410	ARSM - Associação Recreativa de S. Miguel	01:28:09
36	Júlio Marques	364	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:28:10
37	Artur Figueiredo	317	Individual	01:28:33
38	Carla Reis	412	ARSM - Associação Recreativa de S. Miguel	01:28:42
39	Hermínio Amaral	360	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:28:49
40	Alexandre Apóstolo	474	Individual	01:29:20
41	Diogo Costa	365	Individual	01:29:26
42	Jorge Delgado	345	Casa do Benfica da Figueira da Foz	01:29:54
43	António Jorge	277	Mor(e)Fit	01:29:59
44	Paulo Carvalho	209	Formobike BTT & Trail Running	01:30:23
45	José Antunes	215	Bombeiros Ansião	01:30:31
46	Mário Carvalho	223	Individual	01:30:47
47	João Costa	298	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:30:50
48	Sérgio Vilão	207	GDRC Sebal	01:30:50
49	Vitor Nunes	435	Correr + Aguiar da Beira	01:30:57
50	Tiago Santos	333	FlashOver - BV Penela	01:31:11
51	Micael Santos	459	Individual	01:31:19
52	Jorge Lemos	400	Individual	01:31:27
53	Luísa Mesquita	343	Coimbra Trail Running	01:31:31
54	António Melo	456	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:31:35
55	Fábio Silva	475	Tarahumara	01:32:06
56	Tiago Costa	329	Formobike BTT & Trail Running	01:32:24
57	Luís Carvalheiro	288	ACRM Silveirinha Grande Claras	01:32:25

Pos.	Nome	Dorsal	Equipa	Tempo
58	Roberto Duarte	332	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:32:31
59	Carlos Canais	417	ARCD Venda da Luísa	01:32:57
60	Ruben Almeida	424	ARCD Venda da Luísa	01:32:57
61	Emanuel Faim	208	Individual	01:33:00
62	André Antunes	414	ARCD Venda da Luísa	01:33:03
63	Bruno Soares	411	ARSM - Associação Recreativa de S. Miguel	01:33:31
64	César Pereira	479	Tarahumara	01:33:37
65	Daniel Peixoto	396	Individual	01:33:37
66	Nuno Cruz	386	Casa do Benfica da Figueira da Foz	01:33:38
67	Quinteira Fernandes	308	Individual	01:34:04
68	Óscar Simões	488	Individual	01:34:12
69	Pedro Pinto	464	O MUNDO DA CORRIDA	01:34:13
70	Nuno Coelho	397	Formobike BTT & Trail Running	01:34:17
71	António Valezim	380	Individual	01:34:21
72	Pedro Fontes	434	RD_BTT\Spem	01:34:28
73	João Pereira	478	Individual	01:35:08
74	João Graça	287	ACRM Silveirinha Grande Claras	01:35:13
75	Tiago Pimenta	366	Individual	01:35:16
76	Francisco Fonseca	348	OS BILHAS	01:35:16
77	Rui Baptista	326	Individual	01:35:21
78	Paulo Santos	390	Mato ou Morro	01:35:40
79	Hugo Carvalho	402	Formobike BTT & Trail Running	01:35:40
80	Carla Santos	311	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:35:43
81	Carlos Santos	236	Running Clube Coimbra	01:36:29
82	Catarina Alves	203	Coimbra Trail Running	01:36:44
83	Gustavo Gapo	341	Coimbra Trail Running	01:36:45
84	Ricardo Santos	283	Escola de Atletismo de Coimbra/J.Paiva	01:36:51
85	Duarte Silva	457	ACLIS Liberty Seguros	01:37:24
86	Tiago Almeida	399	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:37:45
87	Vera Bizarro	465	O MUNDO DA CORRIDA	01:37:54
88	Gabriela Bento	351	Individual	01:38:20
89	José Costa	304	BestLife	01:38:27
90	Bruno Cunha	271	Individual	01:38:27
91	Paulo Barreirinhas	276	LAMPR-EIA	01:38:39
92	Michael Monteiro	292	Atletismo Clube da Tocha	01:38:43
93	João Lopes	338	Individual	01:38:56
94	Pedro Cortesão	247	Individual	01:39:06
95	Tomás Rodrigues	336	PBX	01:39:13
96	Gil Duarte	321	Individual	01:39:36
97	João Salustiano	282	TiMim	01:39:40
98	Silvina Baptista	281	TiMim	01:39:41
99	Pedro Simões	427	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:39:48
100	Joaquim Amieiro	320	Individual	01:39:56
101	Vítor Santos	301	Escola de Atletismo de Coimbra/J.Paiva	01:40:10
102	Paulo Silva	405	Individual	01:40:22
103	Célia Santos	418	ARCD Venda da Luísa	01:41:04
104	Wilson Godinho	217	Almatrail	01:41:42
105	Luís Vizeu	290	SóPão	01:42:10
106	Nuno Oliveira	437	URB TEODORA RUNNING TEAM	01:43:00
107	Joaquim Branquinho	296	ARSM - Associação Recreativa de S. Miguel	01:43:34
108	Alexandre Anjos	428	Tribo AST	01:43:35
109	Luísa Baptista	363	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:43:45
110	Armando Delgado	344	Casa do Benfica da Figueira da Foz	01:43:46
111	Telmo Santos	483	Individual	01:44:28
112	Miguel Sequeira	234	Almatrail	01:44:48
113	Tiago Amado	241	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:44:56
114	Alexandra Neves	487	Individual	01:45:04

Pos.	Nome	Dorsal	Equipa	Tempo
115	Rui Santos	361	BlackBulls Cycling Team	01:45:04
116	Bruno Carvalho	248	Individual	01:45:16
117	Paulo Ferreira	272	Individual	01:45:16
118	Guilherme Gonçalves	430	Individual	01:45:51
119	Eugénia Batista	445	SOURE MOV	01:46:22
120	Gabriela Gomes	330	Individual	01:46:31
121	Elza Cordeiro	212	Clube de Condeixa	01:47:06
122	Nelson Marques	289	ACRM Silveirinha Grande Claras	01:47:23
123	Carla Romeiro	358	Tribo NR	01:47:43
124	Julia Schucht	461	OS BILHAS	01:47:51
125	José Nunes	433	Individual	01:48:02
126	Ivo Reis	258	Individual	01:48:13
127	Andreia Brás	444	SOURE MOV	01:48:17
128	Gonçalo Deus	206	Individual	01:48:20
129	Flávio Augusto	302	Individual	01:48:20
130	Hugo Marouvo	489	Individual	01:48:21
131	Fernando Gaspar	318	Individual	01:48:39
132	Gonçalo Casaleiro	235	GR Grande Rotas Clube	01:49:09
133	Marta Paulos	305	Individual	01:49:12
134	Nuno Manso	337	CrossTrail	01:49:23
135	Miguel Carvalho	450	URB TEODORA RUNNING TEAM	01:49:24
136	Joana Mota	448	SOURE MOV	01:49:29
137	Joana Veloso	253	Individual	01:49:56
138	Daniel Couceiro	246	Individual	01:50:03
139	Rosa Beja	285	Individual	01:50:04
140	Victor Silva	221	out 2 run	01:50:09
141	André Antunes	438	Mato ou Morro	01:50:13
142	Paula Andrade	219	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:50:39
143	Carla Abreu	255	Zás-Trás	01:50:44
144	Sérgio Almeida	204	Individual	01:50:54
145	Carlos Tomás	466	Individual	01:51:06
146	Tiago Cruz	251	Individual	01:51:11
147	Pedro Nunes	237	Individual	01:51:14
148	Fábio Moita	238	Individual	01:51:15
149	Cidália Canais	419	ARCD Venda da Luísa	01:51:16
150	Luis Brandão	486	Individual	01:51:32
151	Carla Gapo	342	Individual	01:51:36
152	Alvaro Portugal	350	Individual	01:51:42
153	Helena Lopes	356	Tribo NR	01:51:44
154	Joaquim Figueira	436	TEAM 33	01:51:49
155	Raquel Moreira	353	Individual	01:51:54
156	Celso Ferreira	229	out 2 run	01:52:38
157	Rui Carvalho	279	out 2 run	01:53:27
158	Nuno Martins	211	Coimbra Trail Running	01:53:33
159	Cristina Meireles	240	Umelga Runners	01:54:05
160	Pedro Duarte	231	out 2 run	01:54:16
161	Joana Góis	480	Mondego Ultra Trail	01:54:17
162	Paulo Pita	250	Rodas d'Aço	01:54:17
163	Paulo Antunes	401	Formobike BTT & Trail Running	01:56:27
164	Anne Pacheco	233	Individual	01:56:33
165	Alexandre Santos	409	ARSM - Associação Recreativa de S. Miguel	01:56:33
166	Nuno Lopes	249	Zás Trás	01:57:17
167	Jorge Lapa	256	Zás-Trás	01:57:19
168	Lúcia Martins	257	O MUNDO DA CORRIDA	01:58:23
169	Natércia Bento	371	O consórcio da corrida	01:59:09
170	Mara Pereira	359	Individual	01:59:10
171	José Vicente	259	Lobos da Serra - Loureiro	01:59:38

Pos.	Nome	Dorsal	Equipa	Tempo
172	Carla Ferreira	265	Individual	01:59:39
173	Victor Bernardes	201	Ventonasventas Casconha Trail Runners	01:59:39
174	Vitor Nunes	471	LB7	01:59:40
175	Jorge Simões	458	B7	01:59:50
176	Julia Wenisch	460	OS BILHAS	02:00:07
177	Maria Caceiro	468	OS BILHAS	02:00:17
178	Bruno Pereira	454	Pedaleira 54 BTT	02:01:08
179	Maria Malta	252	Individual	02:01:11
180	Sandra Brito	220	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:01:14
181	Pedro Brito	260	Individual	02:01:14
182	Sandra Agra	218	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:01:15
183	Marta Rodrigues	245	Vila Seca Run Team	02:01:27
184	João Góis	328	Individual	02:02:04
185	Jorge Contente	393	Gatinhos Assanhados	02:02:05
186	Filipe Coelho	395	Gatinhos Assanhados	02:02:06
187	Jani Lourenço	370	Individual	02:02:10
188	Nuno Marques	369	Individual	02:02:10
189	Teresa Marta	269	Não ficas pa trás	02:02:11
190	Florbela Fernandes	484	TRIBO NR	02:02:25
191	Joana Gante	447	SOURE MOV	02:02:55
192	Diogo Reis	389	Individual	02:03:13
193	Célia Janeiro	404	Individual	02:03:13
194	Ana Loreto	451	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	02:03:42
195	António Pratas	239	Individual	02:04:20
196	Mónica Apóstolo	264	Não ficas pa trás	02:04:30
197	Tiago Relvão	467	Individual	02:04:44
198	Joana Ferreira	420	ARCD Venda da Luísa	02:05:16
199	Vera Raposo	431	Individual	02:05:41
200	Isilda Silva	324	korpo activo btt / u.d. lorvanense	02:05:59
201	Luísa Neves	378	Individual	02:06:43
202	Joana Cruz	408	Pezinhos de Lama	02:06:46
203	Rafael Baptista	383	Individual	02:06:47
204	Mário Lázaro	331	Individual	02:06:53
205	André Machado	379	out 2 run	02:07:13
206	Iuri Tomás	313	OS BILHAS	02:07:33
207	Carolina Rosa	314	OS BILHAS	02:07:34
208	Jacinta Almeida	382	Individual	02:07:47
209	Sónia Viana	310	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	02:07:49
210	Hugo Rodrigues	293	Individual	02:08:01
211	Ricardo Lobo	280	Bora lá!	02:08:30
212	Ana Rodrigues	473	Tribo NR	02:08:38
213	Sandra Matos	232	Fruta da 5. ^a	02:08:55
214	Cristina Amaral	407	Coimbra Trail Running	02:09:09
215	David Amaral	406	Coimbra Trail Running	02:09:10
216	Liliana Serra	339	Bora Lá Team	02:09:13
217	Patrícia Ramalheiro	403	Bora Lá Team	02:09:13
218	Pedro Bandeira	346	ARSM - Associação Recreativa de S. Miguel	02:09:17
219	Pedro Nunes	439	Individual	02:09:41
220	Nelson Beja	481	Individual	02:09:42
221	Angela Escaroupa	385	UGAS TRAIL Running	02:10:25
222	Beatriz Grilo	387	UGAS TRAIL Running	02:10:25
223	Laura Correia	384	UGAS TRAIL Running	02:10:27
224	Maria Malta	268	Individual	02:11:25
225	Vítor Parola	274	Individual	02:11:47
226	Hugo Moreira	262	Clube de Condeixa	02:12:31
227	Nuno Alves	210	CASA DO BENFICA DE CONDEIXA	02:14:14
228	Graça Simões	205	Individual	02:14:15

Pos.	Nome	Dorsal	Equipa	Tempo
229	Sandra Simões	425	ARCD Venda da Luísa	02:14:16
230	Natércia Marques	372	O consórcio da corrida	02:19:41
231	Andreia Arada	224	Individual	02:20:16
232	Xana Mateus	315	Vila Seca Run Team	02:21:04
233	José Loureiro	225	Individual	02:21:15
234	Ana Moraes	394	Aceita que Dói Menos	02:21:24
235	Dina Santos	391	Aceita que Dói Menos	02:22:05
236	Dora Dourado	312	Individual	02:22:40
237	Maryline Perreira	373	O consórcio da corrida	02:24:48
238	Marco Santos	422	ARCD Venda da Luísa	02:25:52
239	Sílvia Pedro	270	Individual	02:26:27
240	Vanessa Massa	368	Individual	02:26:31
241	Sérgio Oliveira	352	Individual	02:26:53
242	Paulo Simões	367	Individual	02:26:57
243	Bruno Ferreira	266	Individual	02:26:59
244	Luís Veiga	482	Individual	02:27:36
245	Magda Araújo	376	Individual	02:27:56
246	Marta Campos	375	Individual	02:28:02
247	Sandra Lopes	374	O consórcio da corrida	02:30:05
248	Dina Ferreira	286	Bora lá!	02:32:29
249	Alexandra Dias	381	Individual	02:32:30
250	Dina Romeiro	202	Individual	02:39:55
251	Ana Joaquim	307	Tribo NR	02:39:55
252	Marta Melo	319	Individual	02:39:58
253	Ana Dinis	284	Tribo NR	02:40:00
254	Sandra Ribeiro	388	Individual	02:40:04
255	Cláudia Marques	306	out 2 run	02:45:59
256	Sandra Melo	492		02:49:00
257	Tânia Melo	491		02:49:01
258	Maria Antunes	494		02:49:01
259	Sandra Marques	493		02:49:01
260	Ricardo Silva	476	Tarahumara	02:50:56
261	Núria Nogueira	426	Cool Style Trailers	03:21:32
262	Milene Simões	452	Cool Style Trailers	03:21:33
263	Rita Martins	453	Cool Style Trailers	03:21:33

DESISTÊNCIAS

Dorsal	Nome
469	Mike Pinto
440	Cidália Oliveira