

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
DIOGO GOMES	Abutres	763	1	01:35:46.760	00:00:00.000
JORGE FILIPE	Montanha Clube Trailrunning / Efapel	528	2	01:37:34.637	00:01:47.877
JOSÉ SEQUEIRA	Montanha Clube Trailrunning / Efapel	725	3	01:40:41.470	00:04:54.710
PEDRO BATISTA	Individual	495	4	01:42:34.397	00:06:47.637
LUIZ MOTA	Casa Do Benfica Em Abrantes	714	5	01:43:40.403	00:07:53.643
MARCO CARVALHO	Fireteambvmc	577	6	01:44:34.687	00:08:47.927
RICARDO SANTOS	Vikings Trail Runners / Ccr Alcabideque	598	7	01:44:42.187	00:08:55.427
FILIPE PINHEIRO	Vikings Trail Runners / Ccr Alcabideque	721	8	01:44:59.160	00:09:12.400
MAURO MARTIINS	Vikings Trail Runners / Ccr Alcabideque	731	9	01:44:59.397	00:09:12.637
CELSO MARQUES	Nexebra Trail Team	617	10	01:47:30.660	00:11:43.900
ALEXANDRE MENDES	Abutres	596	11	01:48:33.407	00:12:46.647
TIAGO ESTRALFALHOTE	Gelcentro	770	12	01:49:16.647	00:13:29.887
JOÃO MARQUES	Montanha Clube Trailrunning / Efapel	615	13	01:49:23.403	00:13:36.643
JOSÉ PEREIRA	Saca Trilhos Anadia	454	14	01:49:26.147	00:13:39.387
FERNANDO BASTOS	Montanha Clube Trailrunning / Efapel	788	15	01:50:15.640	00:14:28.880
PAULO NOGUEIRA	Montanha Clube Trailrunning / Efapel	780	16	01:50:43.137	00:14:56.377
RUI FERREIRA	Individual	443	17	01:50:45.167	00:14:58.407
SIMÃO LOUREIRO	Abutres	762	18	01:51:01.887	00:15:15.127
ANTÓNIO MARIZ	Saca Trilhos Anadia	693	19	01:51:14.393	00:15:27.633
RODRIGO VIEIRA	Dá-Lhe Gás Team	759	20	01:52:45.917	00:16:59.157
GONÇALO MONTEZ	Benecarrunners	526	21	01:52:49.870	00:17:03.110
JOSÉ MARQUES	Arcd Venda Da Luisa	534	22	01:53:08.620	00:17:21.860
INÊS JOÃO	Saca Trilhos Anadia	425	23	01:53:26.117	00:17:39.357
ANTÓNIO GONÇALVES	Esgravulhas Team	563	24	01:56:44.837	00:20:58.077
DIOGO CARVALHO	Montanha Clube Trailrunning / Efapel	697	25	01:57:15.087	00:21:28.327
TELMO SANTOS	Vikings Trail Runners / Ccr Alcabideque	608	26	01:58:11.577	00:22:24.817
ARTUR GÂNDARA	Arcd Venda Da Luisa	543	27	01:58:49.323	00:23:02.563
CARLA SANTOS	Montanha Clube Trailrunning / Efapel	781	28	01:59:09.567	00:23:22.807
DANIEL PAIVA	Individual	705	29	02:03:08.687	00:27:21.927
GILDO SANTOS	Individual	797	30	02:03:27.687	00:27:40.927
ELTON RODRIGUES	Gelcentro	769	31	02:03:54.190	00:28:07.430
DIOGO BASTOS	Gelcentro	616	32	02:03:54.693	00:28:07.933
RICARDO PENEDA	Pistoleiros Trail Team	567	33	02:04:01.530	00:28:14.770
ANDREIA BAPTISTA	Individual	665	34	02:04:07.940	00:28:21.180
NUNO GONÇALVES	Montanha Clube Trailrunning / Efapel	579	35	02:05:32.953	00:29:46.193
RUI SILVA	Soutaria Team	670	36	02:05:49.943	00:30:03.183
PAULINO OLIVEIRA	#Osmanos	646	37	02:05:52.763	00:30:06.003
AURÉLIO LAPO	Individual	792	38	02:05:53.943	00:30:07.183
CARLOS GIL	Ninja Runners	660	39	02:05:58.510	00:30:11.750
HELDER DOMINGUES	Individual	422	40	02:06:40.507	00:30:53.747
SÉRGIO FERREIRA	Barcouço Bike Team / Tp Páscoal / 111 Sport	466	41	02:07:26.500	00:31:39.740
RICARDO SILVA	Individual	452	42	02:08:22.450	00:32:35.690
VASCO PESSOA	Individual	761	43	02:09:06.487	00:33:19.727
FILIPE MACHADO	Individual	799	44	02:09:34.980	00:33:48.220

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PAULO CAVALEIRO	Leitão & Cavaleiro	755	45	02:09:35.983	00:33:49.223
JOÃO DÂMASO	Grupo Maravilha	565	46	02:09:50.733	00:34:03.973
NÉLIO GIRÃO	Formobike Btt & Trail Running	717	47	02:10:24.237	00:34:37.477
EUGÉNIO SANTOS	Gelcentro	508	48	02:11:10.970	00:35:24.210
PEDRO MENDES	Individual	692	49	02:11:47.447	00:36:00.687
JOÃO COSTA	Dá-Lhe Gás Team	525	50	02:11:50.217	00:36:03.457
CARLOS MANUEL	Coimbra Trail Running	747	51	02:13:00.957	00:37:14.197
GONÇALO FREITAS	Ccd Crédito Agrícola Mútuo	472	52	02:13:36.707	00:37:49.947
PEDRO SILVA	Team Burpee	746	53	02:13:51.713	00:38:04.953
JOANA JOÃO	Saca Trilhos Anadia	713	54	02:14:10.210	00:38:23.450
LUIS FERNANDES	Veteranos Penelense	507	55	02:15:16.433	00:39:29.673
ANTÓNIO FERREIRA	Lobos Da Serra - Loureiro	410	56	02:15:29.433	00:39:42.673
CARLOS DINIS	Team Burpee	744	57	02:15:34.933	00:39:48.173
JOSÉ SANTOS	Arcd Venda Da Luisa	535	58	02:15:34.963	00:39:48.203
SÉRGIO DUARTE	Abutres	638	59	02:15:36.467	00:39:49.707
JOÃO MONTEIRO	Vikings Trail Runners / Ccr Alcabideque	599	60	02:16:09.177	00:40:22.417
JAMES FOX	Expertree	806	61	02:16:12.967	00:40:26.207
JOANA AZÊDO	Cpt Coimbra	491	62	02:16:31.717	00:40:44.957
RAQUEL FERREIRA	Montanha Clube Trailrunning / Efapel	681	63	02:16:41.923	00:40:55.163
RICARDO PEDROSA	Individual	668	64	02:17:32.917	00:41:46.157
ANTONIO SILVA	Bva	520	65	02:17:33.917	00:41:47.157
VÍTOR MARQUES	Arcd Venda Da Luisa	550	66	02:17:34.170	00:41:47.410
JOÃO HENRIQUES	Individual	467	67	02:17:34.917	00:41:48.157
ELIANA RAIMUNDO	Dá-Lhe Gás Team	574	68	02:17:35.717	00:41:48.957
DAVID SERRANO	Serranos	771	69	02:17:35.970	00:41:49.210
HENRIQUE SERRANO	Serranos	772	70	02:17:36.917	00:41:50.157
LUIS RODRIGUES	Sicoflyng	659	71	02:17:40.437	00:41:53.677
PAULO BENTO	Abutres	518	72	02:17:49.927	00:42:03.167
JOAQUIM ALMEIDA	Coimbra Trail Running	632	73	02:18:18.217	00:42:31.457
LUIS CARVALHO	Abutres	601	74	02:18:25.910	00:42:39.150
VIRGÍLIO NETO	Ozxtreme/Adcrpereira	432	75	02:19:05.717	00:43:18.957
RENATO SANTOS	Vilaventura - Trail Running Team	801	76	02:19:18.217	00:43:31.457
NUNO QUEIROZ	Soure Mov	424	77	02:19:23.463	00:43:36.703
MIGUEL ELISEU	Patrulha Pata	718	78	02:19:47.970	00:44:01.210
BELMIRO PARADA	Patrulha Pata	701	79	02:19:48.223	00:44:01.463
PEDRO SIMÕES	Abutres	774	80	02:20:47.463	00:45:00.703
JORGE PEREIRA	Individual	458	81	02:20:53.720	00:45:06.960
FILIPE PAIVA	Trialmotor	756	82	02:21:21.237	00:45:34.477
PEDRO GONÇALVES	Individual	468	83	02:21:27.223	00:45:40.463
PATRÍCIA COSTA	Esgravulhas Team	521	84	02:21:31.883	00:45:45.123
DIOGO FIGUEIREDO	Esgravulhas Team	511	85	02:21:32.133	00:45:45.373
JOSÉ SACRAMENTO	Almaltrail	523	86	02:21:57.467	00:46:10.707
PORFIRIO MADURO	Individual	580	87	02:22:23.223	00:46:36.463
PAULO CARVALHO	Individual	416	88	02:22:39.873	00:46:53.113

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MARIANA MOTA	Individual	782	89	02:22:47.230	00:47:00.470
RÚBEN BAETA	Ccd Crédito Agrícola Mútuo	473	90	02:23:38.977	00:47:52.217
ANA SABORANO	Atletismo Clube Da Tocha	737	91	02:23:52.230	00:48:05.470
SARA SILVA	Atletismo Clube Da Tocha	733	92	02:23:53.617	00:48:06.857
LISANDRO ALVES	Saca Trilhos Anadia	436	93	02:23:57.117	00:48:10.357
SÉRGIO HENRIQUES	Individual	478	94	02:24:38.617	00:48:51.857
PAULO TÁBUAS	Almaltrail	639	95	02:25:15.990	00:49:29.230
NUNO DUARTE	Sem Nome	743	96	02:25:17.850	00:49:31.090
NORBERTO ROSA	Jáestrada	592	97	02:25:24.230	00:49:37.470
VICTOR BARRETO	Individual	453	98	02:25:29.600	00:49:42.840
RUI FARIA	Individual	629	99	02:26:17.470	00:50:30.710
ANDRÉ ANTUNES	Arcd Venda Da Luisa	542	100	02:26:18.593	00:50:31.833
JOÃO ROSO	Cscd Norte E Soure	754	101	02:26:29.843	00:50:43.083
VÍTOR SANTO	Arcd Venda Da Luisa	540	102	02:26:52.840	00:51:06.080
RICARDO SANTOS	Abutres	614	103	02:26:57.347	00:51:10.587
RUI LOURENÇO	Abutres	655	104	02:26:57.477	00:51:10.717
ROBERTO DUARTE	Vikings Trail Runners / Ccr Alcabideque	618	105	02:27:02.087	00:51:15.327
CLARA PEDREIRO	Individual	494	106	02:27:10.487	00:51:23.727
BERNARDO ALVES	Flashover	716	107	02:27:13.237	00:51:26.477
JOÃO MIGUEL	Ozxtreme/Adcrpereira	785	108	02:27:31.233	00:51:44.473
DANIEL SERRA	Individual	795	109	02:28:02.577	00:52:15.817
JOSÉ FIGUEIREDO	O Mundo Da Corrida	671	110	02:28:06.577	00:52:19.817
PEDRO GUERRA	Moinhos	742	111	02:29:12.070	00:53:25.310
CARLA SILVA	Dá-Lhe Gás Team	607	112	02:29:40.567	00:53:53.807
HUGO MONTEIRO	Cumibroa Bike'S Running Team	767	113	02:30:11.480	00:54:24.720
LUIS MENDES	Nexebra Trail Team	411	114	02:30:15.310	00:54:28.550
PEDRO GOMES	Individual	444	115	02:30:20.990	00:54:34.230
JULIANA OLIVEIRA	Abutres	773	116	02:30:52.807	00:55:06.047
RUI REIS	Vila De Mouros Trail Team	667	117	02:31:54.493	00:56:07.733
RAQUEL MATIAS	Cscd Norte E Soure	622	118	02:32:13.243	00:56:26.483
MIGUEL MATEUS	Individual	482	119	02:32:59.997	00:57:13.237
EDGAR RIBEIRO	Mariammanuel	529	120	02:33:00.497	00:57:13.737
HUGO BAETA	Individual	486	121	02:33:03.300	00:57:16.540
MÁRIO COELHO	Individual	624	122	02:33:03.537	00:57:16.777
BEATRIZ PIRES	Individual	480	123	02:33:05.037	00:57:18.277
NUNO SIMÕES	Trail Da Ladeia Running Team	475	124	02:33:14.537	00:57:27.777
FRANCISCO BORGES	Tu E Eu	651	125	02:33:20.747	00:57:33.987
JAIME GUEDES	Abutres	522	126	02:33:28.783	00:57:42.023
JOANA FERREIRA	Esgalhada Trail Team	588	127	02:33:28.783	00:57:42.023
VITOR ROSADO	Individual	623	128	02:33:46.283	00:57:59.523
ANA NICOLAU	Dá-Lhe Gás Team	587	129	02:34:14.750	00:58:27.990
CATARINA OLIVEIRA	Dá-Lhe Gás Team	566	130	02:34:15.777	00:58:29.017
MÁRIO CARVALHO	Individual	590	131	02:34:33.273	00:58:46.513
CARLOS MENDES	Cumibroa Bike'S Running Team	463	132	02:35:28.000	00:59:41.240

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JORGE FARIA	Cumibroa Bike'S Running Team	464	133	02:35:33.807	00:59:47.047
RICARDO CARREIRA	Team Burpee	745	134	02:35:39.253	00:59:52.493
VANIA LEAL	Associação Pombal Jovem	441	135	02:35:45.013	00:59:58.253
JOÃO GASPAR	Associação Pombal Jovem	431	136	02:35:45.767	00:59:59.007
PAULO LOPES	Soure Mov	440	137	02:36:02.003	01:00:15.243
FRANCISCO SIMÕES	Individual	791	138	02:36:26.500	01:00:39.740
JOÃO CRUZ	Individual	509	139	02:36:36.750	01:00:49.990
NUNO GODINHO	Trail Da Ladeia Running Team	506	140	02:36:41.003	01:00:54.243
MANUEL GASPAR	Jáestrada	595	141	02:36:43.777	01:00:57.017
GIL MARQUES	Individual	663	142	02:36:47.253	01:01:00.493
MARIO SALGADO	Individual	500	143	02:36:48.253	01:01:01.493
RUBEN ALMEIDA	Arcd Venda Da Luisa	547	144	02:37:05.503	01:01:18.743
CARLOS CANAIS	Arcd Venda Da Luisa	493	145	02:37:08.013	01:01:21.253
FÁTIMA VIDEIRA	Individual	650	146	02:37:31.757	01:01:44.997
ALVARO BAPTISTA	Vikings Trail Runners / Ccr Alcabideque	597	147	02:37:36.517	01:01:49.757
JOÃO PIRES	Individual	481	148	02:37:47.260	01:02:00.500
JOSÉ FERNANDES	Individual	669	149	02:37:57.747	01:02:10.987
JORGE RAMOS	Individual	514	150	02:38:00.247	01:02:13.487
PEDRO MATIAS	Ajzambujal	709	151	02:38:01.747	01:02:14.987
ANDREIA PITA	Arcd Venda Da Luisa	541	152	02:38:02.000	01:02:15.240
SARA NEVES	Associação Pombal Jovem	758	153	02:38:03.260	01:02:16.500
MIGUEL MIDÕES	Living Place	519	154	02:38:47.740	01:03:00.980
DINIS SANTOS	Bombeiros De Penela	777	155	02:39:14.987	01:03:28.227
CARLOS MONIZ	Individual	726	156	02:39:20.750	01:03:33.990
HENRIQUE CARVALHEIRO	Ccdr Matas E Cipreste	703	157	02:39:20.757	01:03:33.997
RAUL MARTINS	Individual	439	158	02:39:43.497	01:03:56.737
CRISTIANO MALHÃO	Atletismo Clube Da Tocha	736	159	02:40:57.220	01:05:10.460
CANDIDA GONÇALVES	Individual	802	160	02:42:01.010	01:06:14.250
DIOGO NUNES	Individual	641	161	02:42:17.730	01:06:30.970
HELENA SANTANA	Individual	564	162	02:42:33.013	01:06:46.253
RUI COLAÇO	Lobos Da Serra - Loureiro	637	163	02:42:34.710	01:06:47.950
CARLOS PIRES	Saca Trilhos Anadia	695	164	02:42:40.263	01:06:53.503
ALDA CORDEIRO	Ladecasa	611	165	02:42:45.763	01:06:59.003
PEDRO NUNES	Patrulha Pata	690	166	02:43:50.763	01:08:04.003
ARNALDO FIGUEIREDO	Patrulha Pata	704	167	02:43:55.267	01:08:08.507
ANDRÉ MACHADO	Out 2 Run / Miro	768	168	02:43:59.267	01:08:12.507
NUNO TEIXEIRA	Bva	497	169	02:44:04.267	01:08:17.507
MICAEL GUIOMAR	Soutaria Team	749	170	02:44:15.767	01:08:29.007
NUNO FERNANDES	Individual	800	171	02:44:23.507	01:08:36.747
BRUNO LIMA	Ccd Crédito Agrícola Mútuo	471	172	02:44:44.267	01:08:57.507
PEDRO HENRIQUES	Individual	462	173	02:44:45.440	01:08:58.680
FERNANDO MEDEIROS	Avelar Sunset Trail 22 Junho 2019	649	174	02:45:00.187	01:09:13.427
ANSELMO MAIA	Individual	562	175	02:45:21.507	01:09:34.747
DIOGO MENDES	Vilaventura - Trail Running Team	732	176	02:47:00.523	01:11:13.763

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO LEMOS	Tiba Running Team	456	177	02:47:56.270	01:12:09.510
TIAGO MAIA	Individual	459	178	02:47:57.413	01:12:10.653
HENRIQUE LAVAREDES	Ccdr Matas E Cipreste	678	179	02:48:00.273	01:12:13.513
CATARINA ESCAROUPA	Ugas Trail Running	600	180	02:49:21.780	01:13:35.020
ANDRÉ MENDES	Atletismo Clube Da Tocha	702	181	02:49:21.900	01:13:35.140
PEDRO PINTO	Individual	455	182	02:49:54.277	01:14:07.517
LUCIA MARTIINS	O Mundo Da Corrida	460	183	02:50:03.513	01:14:16.753
MARCO AGUIAR	Serafim Moreira	556	184	02:50:10.143	01:14:23.383
EMÍDIO CARDOSO	Abutres	517	185	02:50:15.777	01:14:29.017
RICARDO FRANCISCO	Abutres	605	186	02:50:16.143	01:14:29.383
PEDRO RAMOS	Individual	708	187	02:50:27.037	01:14:40.277
JOANA FRANCISCO	Flashover	642	188	02:50:27.777	01:14:41.017
MÁRIO SANTIAGO	Individual	741	189	02:50:34.027	01:14:47.267
RAFAEL MARTINS	Meda De Mouros Trail	750	190	02:51:23.633	01:15:36.873
DANIEL REIS	Individual	685	191	02:51:24.777	01:15:38.017
VIRGINIA NOGUEIRA	Cscrf	738	192	02:51:37.133	01:15:50.373
HUGO RODRIGUES	Individual	653	193	02:51:48.630	01:16:01.870
DANIEL CAIADO	Individual	798	194	02:51:49.777	01:16:03.017
JORGE RAMALHO	Individual	793	195	02:52:00.387	01:16:13.627
JORGE MARTINS	Soutaria Team	666	196	02:52:08.630	01:16:21.870
GONÇALO AGUIAR	Serafim Moreira	557	197	02:52:11.377	01:16:24.617
JOSÉ PEDROSA	Grupo Maravilha	560	198	02:52:36.627	01:16:49.867
ANA PORTUGAL	Caminhar Ao Luar	680	199	02:52:50.623	01:17:03.863
CRISTIANA LOPES	Individual	804	200	02:53:21.283	01:17:34.523
HUGO OLIVEIRA	Anteam	752	201	02:54:19.527	01:18:32.767
CRISTINA MELO	Arcd Venda Da Luisa	545	202	02:54:47.787	01:19:01.027
SÓNIA CARDOSO	Individual	787	203	02:55:07.103	01:19:20.343
LUIS CARDOSO	Individual	789	204	02:55:08.107	01:19:21.347
ANA SÊCO	Montanha Clube Trailrunning / Efapel	512	205	02:55:51.527	01:20:04.767
CESARIO ROCHA	Ladecasa	760	206	02:56:17.530	01:20:30.770
PEDRO MENDES	Tt Amigos Do Natal	428	207	02:56:27.090	01:20:40.330
SAMUEL AMARAL	Out 2 Run / Miro	571	208	02:57:04.587	01:21:17.827
DIANA MARTINS	Out 2 Run / Miro	576	209	02:57:04.840	01:21:18.080
PAULO DUARTE	Individual	803	210	02:57:18.787	01:21:32.027
DIANA PEREIRA	Wikaboo	712	211	02:57:34.040	01:21:47.280
MÁRIO NUNES	Gelcentro	417	212	02:57:51.830	01:22:05.070
GISELA CURTO	Gelcentro	418	213	02:57:51.830	01:22:05.070
HUGO MARTINS	Individual	657	214	02:57:53.623	01:22:06.863
MARIA RODRIGUES	Individual	654	215	02:59:10.070	01:23:23.310
JOSÉ FERRO	Tainadas Run Team	413	216	03:00:06.797	01:24:20.037
LEANDRO CRAVEIRO	Out 2 Run / Miro	757	217	03:00:14.543	01:24:27.783
MANUELA SILVA	Dá-Lhe Gás Team	479	218	03:01:14.297	01:25:27.537
MIGUEL COELHO	Individual	689	219	03:03:20.300	01:27:33.540
RICARDO BATISTA	Dá-Lhe Gás Team	561	220	03:03:34.783	01:27:48.023

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
SILVIA FARTO	Xx	572	221	03:04:00.053	01:28:13.293
JOÃO SANTOS	Xx	573	222	03:04:01.290	01:28:14.530
MIGUEL ALBUQUERQUE	Gear Up	602	223	03:04:05.030	01:28:18.270
FILIFE COELHO	Gatinhos Assanhados	661	224	03:04:05.300	01:28:18.540
RUI TEIXEIRA	Individual	715	225	03:04:13.053	01:28:26.293
DIOGO FERREIRA	Gatinhos Assanhados	662	226	03:04:18.060	01:28:31.300
SÉRGIO ALMEIDA	Pepsico	631	227	03:04:26.303	01:28:39.543
DINA GOUVEIA	Nel - Pédatleta	581	228	03:04:29.053	01:28:42.293
PAULO VIEIRA	Nel - Pédatleta	582	229	03:04:29.300	01:28:42.540
ISAAC GADANHA	Individual	805	230	03:04:47.300	01:29:00.540
MARIA SIMOES	Bio Team Run	656	231	03:04:58.557	01:29:11.797
FILIPA PIRES	Individual	578	232	03:04:59.273	01:29:12.513
CARINA ROCHA	Tainadas Run Team	414	233	03:05:06.553	01:29:19.793
BRUNO RODRIGUES	Estrela Poiense	698	234	03:05:11.053	01:29:24.293
HENRIQUE RAMOS	Serafim Moreira	630	235	03:06:01.303	01:30:14.543
ISABEL MATOS	Individual	613	236	03:06:11.010	01:30:24.250
MARCO GOMES	Individual	448	237	03:06:14.803	01:30:28.043
FILIFE SIMÕES	Ccd Crédito Agrícola Mútuo	470	238	03:06:46.807	01:31:00.047
ANDRÉ LOPES	Ccd Crédito Agrícola Mútuo	469	239	03:06:47.793	01:31:01.033
ZE MIGUEL	Individual	527	240	03:07:46.307	01:31:59.547
PAULO VIDINHA	Individual	683	241	03:07:59.497	01:32:12.737
CATARINA SILVA	Individual	682	242	03:07:59.747	01:32:12.987
MARGARIDA MOITA	Arcd Venda Da Luisa	537	243	03:08:23.060	01:32:36.300
GONÇALO DEUS	Arcd Venda Da Luisa	531	244	03:08:23.493	01:32:36.733
ISABEL PARREIRAL	Gear Up	603	245	03:08:53.313	01:33:06.553
MONICA SALVADOR	Gear Up	640	246	03:08:53.810	01:33:07.050
ROMEU AZEVEDO	Gear Up	644	247	03:08:54.743	01:33:07.983
DANIELA GUERRA	Individual	796	248	03:08:54.990	01:33:08.230
PEDRO CORREIA	Individual	627	249	03:09:12.563	01:33:25.803
BRUNO DIAS	Individual	628	250	03:09:13.553	01:33:26.793
MARCO NEVES	Gear Up	720	251	03:09:22.483	01:33:35.723
MARIA MACHADO	Cpt Coimbra	488	252	03:09:36.310	01:33:49.550
MICHAEL GOUVEIA	Clínica Dos Rélogios	687	253	03:09:37.310	01:33:50.550
LUIS VIEIRA	Ccd Crédito Agrícola Mútuo	438	254	03:09:47.980	01:34:01.220
NUNO GODINHO	Abutres	609	255	03:09:51.557	01:34:04.797
GIL CARMO	Abutres	786	256	03:09:52.070	01:34:05.310
JOÃO PEREIRA	Abutres	612	257	03:09:52.480	01:34:05.720
LILIANA SERRA	Montanha Clube Trailrunning / Efapel	513	258	03:09:54.977	01:34:08.217
ELISABETE PEDROSA	Inércia	679	259	03:10:03.313	01:34:16.553
ANABELA MONTEIRO	Cumibroa Bike'S Running Team	465	260	03:10:22.313	01:34:35.553
ADÉLIA SANTOS	Bombeiros De Penela	776	261	03:12:06.710	01:36:19.950
LUIS FERREIRA	Individual	423	262	03:12:10.217	01:36:23.457
TIAGO MARQUES	Out 2 Run / Miro	591	263	03:12:17.220	01:36:30.460
VÍTOR ANTUNES	Individual	734	264	03:13:13.320	01:37:26.560

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANA AZÊDO	Cpt Coimbra	490	265	03:13:16.317	01:37:29.557
ANA LEMOS	Patrulha Pata	696	266	03:14:18.690	01:38:31.930
MARINA RODRIGUES	Individual	449	267	03:14:22.720	01:38:35.960
ISABEL MADEIRA	Arcd Venda Da Luisa	533	268	03:14:31.190	01:38:44.430
ANA POETA	Individual	658	269	03:14:33.190	01:38:46.430
FATIMA ANASTACIO	Dá-Lhe Gás Team	498	270	03:15:07.187	01:39:20.427
JÚLIO LOUREIRO	Dá-Lhe Gás Team	499	271	03:15:10.687	01:39:23.927
JOSÉ GONÇALVES	Individual	412	272	03:15:10.937	01:39:24.177
CELIA OLIVEIRA	Individual	461	273	03:15:17.077	01:39:30.317
FILIPE ANTUNES	Individual	626	274	03:16:52.073	01:41:05.313
PATRÍCIA ABREU	Individual	503	275	03:17:16.327	01:41:29.567
MARIA PEREIRA	Individual	474	276	03:17:49.413	01:42:02.653
SÉRGIO PEREIRA	Caminhar Ao Luar	415	277	03:18:17.327	01:42:30.567
RAFAEL BRONZE	Grupo Maravilha	559	278	03:18:17.910	01:42:31.150
RODRIGO NUNES	Ccdr Matas E Cipreste	676	279	03:18:21.327	01:42:34.567
ANÍBAL PISCO	Adrc Moita Do Boi	677	280	03:18:25.567	01:42:38.807
PATRÍCIA RAMALHEIRO	Montanha Clube Trailrunning / Efapel	553	281	03:18:42.080	01:42:55.320
MARCO OLIVEIRA	Trail Da Ladeia Running Team	504	282	03:19:29.650	01:43:42.890
ANA CORREIA	Individual	748	283	03:19:54.147	01:44:07.387
TIAGO CARDOSO	Individual	735	284	03:20:50.887	01:45:04.127
FAUSTO REIS	Individual	427	285	03:20:51.833	01:45:05.073
CARLOS AFONSO	Trilhos Da Nexebra	446	286	03:21:16.133	01:45:29.373
ARMANDO CABEÇAS	Trilhos Da Nexebra	457	287	03:21:17.887	01:45:31.127
ANTÓNIO ALVES	Trilhos Da Nexebra	445	288	03:21:18.333	01:45:31.573
TELMA SIMÕES	Trilhos Da Nexebra	447	289	03:21:18.883	01:45:32.123
ANTONIO BENTO	Individual	675	290	03:24:30.870	01:48:44.110
ANTÓNIO MATOS	Borabora, Vamos Lá!	584	291	03:24:49.353	01:49:02.593
ARLINDO OLIVEIRA	Cscrf	739	292	03:26:47.590	01:51:00.830
CARLA SILVA	Caminhar Ao Luar	501	293	03:27:57.577	01:52:10.817
RICARDO BANDARRA	Abutres	684	294	03:29:16.317	01:53:29.557
AUGUSTO COSTA	Borabora, Vamos Lá!	610	295	03:30:04.850	01:54:18.090
MARÍLIA TEIXEIRA	Individual	583	296	03:30:18.100	01:54:31.340
CATARINA CARDOSO	Runningprábjeca	516	297	03:31:03.590	01:55:16.830
PAULO RODRIGUES	Expertree	765	298	03:31:12.097	01:55:25.337
NELSON MONTEIRO	Individual	794	299	03:31:15.810	01:55:29.050
MARINA CAETANO	Abutres	426	300	03:32:33.290	01:56:46.530
MARIA MATEUS	Abutres	421	301	03:32:34.297	01:56:47.537
ANA RODRIGUES	Expertree	764	302	03:32:56.353	01:57:09.593
TÂNIA NUNES	Arcd Venda Da Luisa	548	303	03:36:45.860	02:00:59.100
SERGIO MARQUES	Caminhar Ao Luar	505	304	03:36:47.110	02:01:00.350
TANIA SILVA	Gear Up	568	305	03:36:56.610	02:01:09.850
SANDRA RIBEIRO	Individual	648	306	03:36:59.500	02:01:12.740
DIOGO ROCHA	Serafim	625	307	03:37:29.600	02:01:42.840
SÉRGIO ALMEIDA	Núcleo Do Sporting Condeixa	707	308	03:38:53.733	02:03:06.973

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RAQUEL OLIVEIRA	Núcleo Do Sporting Condeixa	706	309	03:38:54.113	02:03:07.353
ANGELO MACHADO	Individual	647	310	03:39:14.613	02:03:27.853
MANUELA MURTINHO	Dá-Lhe Gás Team	433	311	03:39:25.363	02:03:38.603
JOANA GANTE	Soure Mov	621	312	03:42:08.627	02:06:21.867
JUDITE DUARTE	Arcd Venda Da Luisa	536	313	03:43:29.127	02:07:42.367
ELISABETE CORREIA	Arcd Venda Da Luisa	546	314	03:43:29.370	02:07:42.610
GRAÇA SIMÕES	Arcd Venda Da Luisa	532	315	03:43:29.450	02:07:42.690
CATIA FARINHA	Gelcentro	419	316	03:44:08.700	02:08:21.940
JOANA LOPES	Gelcentro	420	317	03:44:19.373	02:08:32.613
HELENA COELHO	Cscrf	740	318	03:44:34.187	02:08:47.427
PAULA NUJO	Individual	502	319	03:45:11.433	02:09:24.673
EKATERINA AUGUSTO	Individual	555	320	03:47:40.413	02:11:53.653
CARLOS RODRIGUES	Grelhacar	484	321	03:48:13.127	02:12:26.367
ANA BELO	Cpt Coimbra	730	322	03:50:22.133	02:14:35.373
BRUNO LEITÃO	Búfalos Running	636	323	03:50:50.383	02:15:03.623
LUIS REIS	Búfalos Running	673	324	03:53:49.890	02:18:03.130
JOANA PINA	Individual	688	325	03:53:51.110	02:18:04.350
SOFIA LEMOS	Individual	691	326	03:56:16.647	02:20:29.887
PAULA SANTOS	Borabora, Vamos Lá!	585	327	03:56:47.583	02:21:00.823
ELISABETE PEREIRA	Jáestrada	593	328	04:00:20.153	02:24:33.393
GILVANIA GASPAR	Jáestrada	594	329	04:00:21.807	02:24:35.047
JOSÉ FERNANDES	Cpt Coimbra	487	330	04:03:30.157	02:27:43.397
NUNO REIS	Búfalos Running	672	331	04:03:43.527	02:27:56.767
JOSE NEVES	Individual	710	332	04:04:06.157	02:28:19.397
ANA RAMOS	Ega	694	333	04:04:26.183	02:28:39.423
ANA GASPAR	Individual	809	334	04:04:27.527	02:28:40.767
DINA FERREIRA	Individual	643	335	04:08:07.167	02:32:20.407
BRUNO FERREIRA	Individual	633	336	04:08:07.993	02:32:21.233
CATARINA MATIAS	Olympic Silvas	724	337	04:15:36.933	02:39:50.173
INÊS ROSENDO	Olympic Silvas	723	338	04:15:37.177	02:39:50.417
PATRICIA SALES	Individual	727	339	04:19:20.183	02:43:33.423
GONÇALO FRANCISCO	Individual	728	340	04:19:20.393	02:43:33.633
MIGUEL ROSENDO	Olympic Silvas	722	341	04:20:34.937	02:44:48.177
LUIS DIAS	Abutres	619	342	04:21:04.433	02:45:17.673
RUI GODINHO	Abutres	620	343	04:21:09.130	02:45:22.370
PEDRO CAETANO	Individual	779	344	04:21:11.127	02:45:24.367
MARIA ANTUNES	Individual	634	345	04:21:52.687	02:46:05.927
RAQUEL BARRAGÃO	Individual	711	346	04:21:55.943	02:46:09.183
BÁRBARA RODRIGUES	Individual	429	347	04:21:56.373	02:46:09.613
LUÍS COSTA	Individual	430	348	04:21:59.680	02:46:12.920