

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
1	2176	Cristiano Santos	Individual	02:05:40.707	00:00:00.000
2	2177	Ricardo Carreira	Grupo Atletismo Caranguejeira	02:07:15.707	00:01:35.000
3	2118	José Sequeira	Montanha Clube Trail Running/Efapel	02:07:35.957	00:01:55.250
4	2021	Diogo Pimenta	Dci\Pedrulha-Mealhada	02:08:20.270	00:02:39.563
5	2213	Luis Prata	Individual	02:08:46.457	00:03:05.750
6	2051	Diogo Nunes	Montanha Clube Trail Running/Efapel	02:10:58.463	00:05:17.756
7	2214	Tiago Portela	Alexandra Carvalho Team	02:10:59.723	00:05:19.016
8	2001	José Mozo	Wild Trail Project	02:11:50.217	00:06:09.510
9	2019	Tomás Estevães	Run.Pt	02:13:32.730	00:07:52.023
10	2064	Miguel Pinto	Amigosdopedaltrailagares	02:15:32.977	00:09:52.270
11	2026	Joao Afonso	Alexandra Carvalho Team	02:16:21.727	00:10:41.020
12	2115	Rui Romão	Individual	02:17:10.230	00:11:29.523
13	2154	Nuno Gonçalves	Runcrosstrail	02:17:10.233	00:11:29.526
14	2162	Filipe Marques	Turres Trail Team	02:17:17.483	00:11:36.776
15	2139	José Santos	"S C Povoense - ""Caracóis De Corrida"""	02:17:39.013	00:11:58.306
16	2254	Diogo Sacramento	Montanha Clube Trail Running/Efapel	02:18:43.737	00:13:03.030
17	2043	Filipe Rodrigues	Associação Pombal Jovem	02:21:00.240	00:15:19.533
18	2085	Jorge Pimenta	Dci\Pedrulha-Mealhada	02:21:34.500	00:15:53.793
19	2013	Helder Pinto	Ccrd Burinhosa	02:21:50.500	00:16:09.793
20	2255	Jorge Manuel	Montanha Clube Trail Running/Efapel	02:22:01.493	00:16:20.786
21	2074	Rui Pinho	Akuafit	02:23:06.750	00:17:26.043
22	2003	Vasco Sousa	Coimbra Trail Running	02:23:17.747	00:17:37.040
23	2247	Sérgio Duarte	Dr. Merino/4Moove	02:24:34.750	00:18:54.043
24	2152	Hugo Sequeira	Ac Portalegre / Utsm	02:28:10.510	00:22:29.803
25	2059	Patrick Inácio	A.C.R. Casais Das Boiças	02:28:21.270	00:22:40.563
26	2135	Pedro Sequeira	Montanha Clube Trail Running/Efapel	02:28:31.470	00:22:50.763
27	2047	Nuno Magro	Go!Runners/Outpro Store	02:28:48.113	00:23:07.406
28	2157	António Cordeiro	Slow Runners Pombal	02:28:57.263	00:23:16.556
29	2069	Vital Soares	Viseu 360	02:29:08.513	00:23:27.806
30	2105	Nuno Lopes	Individual	02:29:20.763	00:23:40.056
31	2092	João Ferreira	Coimbra Trail Running	02:29:51.513	00:24:10.806
32	2172	Denise Pereira	Runcrosstrail	02:32:32.280	00:26:51.573
33	2220	João Rosinha	Arsm - Associação Recreativa De S. Miguel	02:32:54.280	00:27:13.573
34	2131	Ricardo Leitão	Individual	02:32:54.777	00:27:14.070
35	2237	Pedro Barros	Os Tolinhos	02:33:21.773	00:27:41.066
36	2103	Ricardo Silva	Atletismo Clube Da Tocha	02:33:43.780	00:28:03.073
37	2126	André Fernandes	Gau	02:34:08.027	00:28:27.320
38	2084	Hugo Freitas	Individual	02:36:33.283	00:30:52.576
39	2244	Jorge Soares	Abutres	02:37:25.037	00:31:44.330
40	2163	José Silva	Alexandra Carvalho Team	02:37:36.537	00:31:55.830
41	2111	Sílvia Santos	Individual	02:41:23.047	00:35:42.340
42	2020	Ricardo Pires	Individual	02:41:55.550	00:36:14.843
43	2265	Francisco Calhındro	Arcd Venda Da Luisa	02:42:06.300	00:36:25.593
44	2223	Adriano Tabanez	Atletismo Clube Da Tocha	02:42:08.797	00:36:28.090

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
45	2225	Bruno Marques	Atletismo Clube Da Tocha	02:42:09.057	00:36:28.350
46	2063	Fernando Lopes	Dá-Lhe Gás Team	02:42:16.300	00:36:35.593
47	2134	Nuno Gonçalves	Montanha Clube Trail Running/Efapel	02:42:38.800	00:36:58.093
48	2148	Carlos Manuel	Coimbra Trail Running	02:42:54.307	00:37:13.600
49	2217	Miguel Araújo	Trail Me	02:43:16.800	00:37:36.093
50	2133	Paulo Mendes	Dão Nelas Runners	02:43:30.300	00:37:49.593
51	2251	Helder Domingues	Trepa Montanhas	02:43:48.553	00:38:07.846
52	2252	Ricardo Pedrosa	Trepa Montanhas	02:43:49.050	00:38:08.343
53	2235	Ezequiel Reis	Individual	02:44:07.563	00:38:26.856
54	2070	Pedro Vieira	C.C.Recreativo De São Martinho	02:44:39.557	00:38:58.850
55	2028	Ricardo Peneda	Individual	02:44:54.057	00:39:13.350
56	2086	Nélio Oliveira	Atletismo Clube Da Tocha	02:44:56.057	00:39:15.350
57	2190	Tiago Duarte	Atletismo Clube Da Tocha	02:45:27.557	00:39:46.850
58	2144	Esmeraldo Prudencio	Liz Runners	02:46:11.590	00:40:30.883
59	2215	Frederico Carvalho	Espaço Saúde	02:46:43.810	00:41:03.103
60	2211	José Zananar	Atletismo Clube Da Tocha	02:46:53.310	00:41:12.603
61	2243	Simão Loureiro	Abutres	02:47:24.063	00:41:43.356
62	2183	António Figueiredo	Aergóis Trail Running	02:48:22.067	00:42:41.360
63	2204	Diana Elias	Ca Barreira	02:48:49.567	00:43:08.860
64	2132	José Pinto	Escola De Atletismo De Coimbra	02:48:50.567	00:43:09.860
65	2129	Francisco Bento	U-D-A	02:49:19.597	00:43:38.890
66	2231	Miguel Marques	Individual	02:50:19.820	00:44:39.113
67	2262	Luis Machado	Individual	02:50:45.070	00:45:04.363
68	2179	Rui Almeida	#Letsrunazores	02:52:17.083	00:46:36.376
69	2116	Marco Cunha	Individual	02:52:56.327	00:47:15.620
70	2197	Urbano Marques	Individual	02:53:23.577	00:47:42.870
71	2016	Tiago Rodrigues	Associação Pombal Jovem	02:53:59.830	00:48:19.123
72	2057	Miguel Navega	Ac Portalegre / Utsm	02:54:49.833	00:49:09.126
73	2027	Sandrina Cardoso	Viseu 360	02:54:52.833	00:49:12.126
74	2136	Angelo Lourenço	Viseu 360	02:54:53.333	00:49:12.626
75	2124	Daniel Barreto	Alexandra Carvalho Team	02:55:39.337	00:49:58.630
76	2088	Augusto Silva	Vikings Trail Runners - Ccr Alcabideque	02:55:39.337	00:49:58.630
77	2076	Gonçalo Nazaré	A.C.R. Casais Das Boiças	02:56:04.587	00:50:23.880
78	2038	Sérgio Santos	Ugas Trail Running	02:58:17.090	00:52:36.383
79	2060	João Santos	A.C.R. Casais Das Boiças	02:59:32.597	00:53:51.890
80	2241	João Santos	Abutres	03:00:56.100	00:55:15.393
81	2044	Sara Pedrosa	Associação Pombal Jovem	03:01:28.350	00:55:47.643
82	2030	Pedro Cruz	Os Empenados	03:01:43.603	00:56:02.896
83	2189	Rui Viegas	Galhardos Runners	03:01:45.600	00:56:04.893
84	2091	Eduardo Ferreira	Runner'S Do Demo	03:03:31.857	00:57:51.150
85	2153	Joana Maia	Alexandra Carvalho Team	03:03:35.357	00:57:54.650
86	2158	Ricardo Cabral	Mountain Climbers	03:03:42.367	00:58:01.660
87	2168	Paulo Fernandes	Bardinos Trail Running	03:03:42.617	00:58:01.910
88	2242	Eduardo Nobre	Abutres	03:04:46.867	00:59:06.160

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
89	2104	Paulo Carvalho	Tomar Runners	03:05:23.110	00:59:42.403
90	2194	João Fonseca	Individual	03:06:01.367	01:00:20.660
91	2161	Miguel Alfaiate	Aac-Remo	03:06:11.113	01:00:30.406
92	2160	Américo Lucas	Os Empenados	03:08:22.867	01:02:42.160
93	2195	Alcídio Gaio	Junta!Te A Nós	03:10:54.127	01:05:13.420
94	2249	Carla Soares	Arsm - Associação Recreativa De S. Miguel	03:10:59.627	01:05:18.920
95	2007	Cristina Barros	Slow Runners Pombal	03:11:17.127	01:05:36.420
96	2193	Marcia Santos	Individual	03:11:27.377	01:05:46.670
97	2151	António Coelho	Trail Me	03:11:36.463	01:05:55.756
98	2078	José Velez	Ac Portalegre / Utsm	03:11:59.377	01:06:18.670
99	2175	Luis Gomes	Kemedo Team	03:12:38.383	01:06:57.676
100	2188	João Palmela	Edv - Viana Trail	03:13:58.637	01:08:17.930
101	2087	Andreia Mota	C. R. Cadoso	03:14:26.137	01:08:45.430
102	2165	Rui	Mtf-Hcs	03:14:48.137	01:09:07.430
103	2205	Carla Carneiro	Individual	03:15:02.627	01:09:21.920
104	2071	Nuno Carvalho	Individual	03:15:12.927	01:09:32.220
105	2098	Nuno Mendes	Não Sejas Pussy Trail Team	03:15:51.387	01:10:10.680
106	2128	Almerinda Velez	Ac Portalegre / Utsm	03:16:40.393	01:10:59.686
107	2046	Nuno Ribeiro	Viriathvs Runners Viseu	03:16:40.643	01:10:59.936
108	2212	Diogo Santos	Galhardos Runners	03:16:40.917	01:11:00.210
109	2198	Óscar Figueiredo	Individual	03:16:49.143	01:11:08.436
110	2075	Pedro Almeida	Coimbra Trail Running	03:17:00.893	01:11:20.186
111	2065	Diogo Monteiro	Roda Dianteira	03:17:23.643	01:11:42.936
112	2054	Nuno Palma	Alexandra Carvalho Team	03:19:11.650	01:13:30.943
113	2233	Jorge Esteves	Kemedo Team	03:19:48.903	01:14:08.196
114	2187	Tomé Fernandes	Individual	03:19:53.900	01:14:13.193
115	2032	Hugo Ferraz	Individual	03:20:35.903	01:14:55.196
116	2066	Joaquim Almeida	Coimbra Trail Running	03:20:36.160	01:14:55.453
117	2052	Pedro Azeitona	Ac Portalegre / Utsm	03:21:40.907	01:16:00.200
118	2100	Andreia Vicente	#Trailgirlsteam	03:21:51.657	01:16:10.950
119	2238	Rui Silva	Mountain Climbers	03:22:05.907	01:16:25.200
120	2256	Mário Carvalho	Individual	03:22:14.657	01:16:33.950
121	2113	Alice Ventura	Vikings Trail Runners - Ccr Alcabideque	03:22:25.657	01:16:44.950
122	2035	Fábio Costa	Individual	03:23:26.160	01:17:45.453
123	2208	Tiago Almeida	Individual	03:23:28.417	01:17:47.710
124	2201	Virgílio Neto	Casa Do Benfica De Condeixa	03:24:16.160	01:18:35.453
125	2229	João Batista	Inércia Sport Club/Gim Running Team	03:25:01.913	01:19:21.206
126	2196	Rubens Soares	Sportarc	03:25:38.673	01:19:57.966
127	2221	Isabel Soares	Sportarc	03:25:38.917	01:19:58.210
128	2073	Hélder Pais	Run Forest Run	03:26:29.667	01:20:48.960
129	2089	Ana Gomes	Individual	03:26:31.917	01:20:51.210
130	2072	João Serôdio	A.D.Amarante Trail Running	03:27:29.170	01:21:48.463
131	2192	Inês Serôdio	Souremov	03:27:29.427	01:21:48.720
132	2230	Ricardo Sousa	Fit Gaia Trail	03:27:45.670	01:22:04.963

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
133	2068	Nelson Simões	Individual	03:28:23.180	01:22:42.473
134	2017	Carlos Castanheira	Aergóis Trail Running	03:28:43.433	01:23:02.726
135	2173	Ana Aleixk	#Trailgirlsteam	03:28:53.430	01:23:12.723
136	2268	Ricardo Madureira	Individual	03:30:28.937	01:24:48.230
137	2099	Cláudia Nunes	Individual	03:30:46.687	01:25:05.980
138	2112	Fernando Reis	Running Team Maia	03:30:54.430	01:25:13.723
139	2260	Diana Martins	Out 2 Run/Miro	03:31:00.180	01:25:19.473
140	2263	Samuel Dias	Out 2 Run/Miro	03:31:00.430	01:25:19.723
141	2248	Victor Silva	Out 2 Run/Miro	03:31:02.930	01:25:22.223
142	2259	Fábio Pita	Out 2 Run/Miro	03:31:03.687	01:25:22.980
143	2167	Nelson Franco	Individual	03:32:13.940	01:26:33.233
144	2150	Carlos Almeida	Individual	03:36:31.943	01:30:51.236
145	2079	Ana Pissarra	Ginasio Fit 4Fun	03:37:34.947	01:31:54.240
146	2145	Durbalino Ferreira	Ginasio Fit 4Fun	03:37:36.200	01:31:55.493
147	2108	Conceição Ferreira	Ginasio Fit 4Fun	03:37:36.207	01:31:55.500
148	2218	Manuel Simão	Individual	03:37:51.197	01:32:10.490
149	2039	Catarina Palmeiro	Cbrunningteam	03:38:06.700	01:32:25.993
150	2120	Mariana Duarte	#Trailgirlsteam	03:38:22.950	01:32:42.243
151	2012	Nuno Ferreira	Running Team Maia	03:38:43.700	01:33:02.993
152	2137	Ana Ferreira	Individual	03:38:54.200	01:33:13.493
153	2008	Paula Andrade	Vikings Trail Runners - Ccr Alcabideque	03:39:42.710	01:34:02.003
154	2224	Zélia Rodrigues	Run Crew Trail Montijo	03:42:11.960	01:36:31.253
155	2067	Marina Carvalho	Arsm - Associação Recreativa De S. Miguel	03:43:14.460	01:37:33.753
156	2250	Alexandre Anjos	Individual	03:43:17.967	01:37:37.260
157	2125	Ana Cabrita	Individual	03:43:55.467	01:38:14.760
158	2191	Eduardo Cabrita	Tranquilidade Açoreana Clube	03:44:01.467	01:38:20.760
159	2033	Miguel Rodrigues	Benfica Em Forma	03:44:58.717	01:39:18.010
160	2266	Mário Pedroso	Individual	03:45:12.717	01:39:32.010
161	2094	Sérgio Teixeira	Maiacrossteam	03:45:31.970	01:39:51.263
162	2130	Cristiana Rodrigues	Maiacrossteam	03:45:31.970	01:39:51.263
163	2174	Pedro Isabel	Os Empenados	03:45:37.467	01:39:56.760
164	2096	Luís Santana	Individual	03:47:05.480	01:41:24.773
165	2082	Fátima Malta	Out 2 Run/Miro	03:47:11.220	01:41:30.513
166	2095	Luis Santos	Nocturnos De Paredes	03:47:25.970	01:41:45.263
167	2056	Mónica Guedes	Nocturnos De Paredes	03:47:27.893	01:41:47.186
168	2222	Dina Barroca	Casa Do Benfica De Condeixa	03:48:01.477	01:42:20.770
169	2053	André Pinto	Individual	03:48:09.723	01:42:29.016
170	2147	Helena Janeiro	Os Trinca Espinhas	03:48:46.227	01:43:05.520
171	2166	Raquel Maia	Alexandra Carvalho Team	03:49:16.977	01:43:36.270
172	2127	Armindo Ferreira	Mirandela A Correr	03:50:12.730	01:44:32.023
173	2258	Alexandre Santos	Arsm - Associação Recreativa De S. Miguel	03:50:14.733	01:44:34.026
174	2228	Luis Filipe	Aergóis Trail Running	03:50:41.237	01:45:00.530
175	2164	António Barros	Correr Leça	03:52:08.237	01:46:27.530
176	2093	Dulce Neves	Correr Leça	03:52:08.997	01:46:28.290

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177	2031	Nuno Morgado	Correr Leça	03:52:08.997	01:46:28.290
178	2040	Jorge Acúrcio	Run Forest Run	03:52:27.990	01:46:47.283
179	2180	Alexandra Azevedo	Clínica Médica Da Foz	03:52:44.517	01:47:03.810
180	2236	Catarina Gomes	Arsm - Associação Recreativa De S. Miguel	03:52:52.237	01:47:11.530
181	2090	Sergio Coelho	Btt Alegria / Tubani	03:53:12.487	01:47:31.780
182	2106	Sofia Ferreira	Btt Alegria / Tubani	03:53:15.490	01:47:34.783
183	2149	Catia Ribeiro	Mountain Climbers	03:53:16.740	01:47:36.033
184	2138	Mário Estêvão	Btt Alegria / Tubani	03:53:19.240	01:47:38.533
185	2227	Álvaro Silva	Mss Contabilidade Trail Team	03:53:41.490	01:48:00.783
186	2264	Sónia Lima	Individual	03:55:19.247	01:49:38.540
187	2185	Sílvia Domingues	Slow Runners Pombal	03:55:56.497	01:50:15.790
188	2011	António Joaquim	Pias Em Movimento	03:57:59.003	01:52:18.296
189	2234	Pedro Duarte	Kemedo Team	03:58:45.003	01:53:04.296
190	2101	Marcio Carvalho	Individual	03:59:15.003	01:53:34.296
191	2257	Bruno Rodrigues	Individual	04:01:14.763	01:55:34.056
192	2209	Rui Oliveira	Comdor Runners	04:02:00.260	01:56:19.553
193	2171	Alexandra Madureira	Mountain Climbers	04:03:18.263	01:57:37.556
194	2083	António Santos	Clube Aventura De Monforte	04:06:47.277	02:01:06.570
195	2169	Carlos Correia	Clube Aventura De Monforte	04:06:47.283	02:01:06.576
196	2210	Cátia Oliveira	Amigosdopedaltrailagares	04:07:12.777	02:01:32.070
197	2122	Luís Gaspar	Moinhos Da Gândara Trail	04:07:49.527	02:02:08.820
198	2203	Olga Felamino	Moinhos Da Gândara Trail	04:07:55.527	02:02:14.820
199	2186	Elisabete Silva	Mirandela A Correr	04:08:05.027	02:02:24.320
200	2261	Anabela Monteiro	Individual	04:13:10.290	02:07:29.583
201	2029	Tiago Carvalho	Individual	04:18:56.057	02:13:15.350
202	2184	Carlos Ferraz	Individual	04:23:39.573	02:17:58.866
203	2045	Xana Mateus	Abutres	04:23:46.570	02:18:05.863
204	2022	Fernando Santos	Individual	04:23:48.817	02:18:08.110
205	2049	Joaquim Nicau	Clube Aventura De Monforte	04:23:57.320	02:18:16.613
206	2199	Fernando Sequeira	Clube Aventura De Monforte	04:24:04.830	02:18:24.123
207	2246	Rui Raposo	Fire Team Bvmc	04:25:14.573	02:19:33.866
208	2239	João Francisco	Fire Team Bvmc	04:25:15.323	02:19:34.616
209	2121	Paula Cruz	Equipa Da Treta	04:25:50.770	02:20:10.063
210	2024	Claudio Patricio	Equipa Da Treta	04:25:51.577	02:20:10.870
211	2023	Rui Lopes	Equipa Da Treta	04:25:52.327	02:20:11.620
212	2077	Ricardo Patrício	Equipa Da Treta	04:25:52.573	02:20:11.866
213	2042	Carla Serra	Runner'S Do Demo	04:28:06.087	02:22:25.380
214	2025	Bruno Sousa	Individual	04:30:11.087	02:24:30.380
215	2114	Telma Rocha	Amigosdopedaltrailagares	04:31:36.340	02:25:55.633
216	2037	Ana Coelho	Amigosdopedaltrailagares	04:31:37.803	02:25:57.096
217	2181	Filipa Matias	Dap Trail Team	04:32:09.343	02:26:28.636
218	2061	Heloise Rodrigues	Individual	04:38:43.360	02:33:02.653
219	2141	Patrícia Alves	Individual	04:40:31.363	02:34:50.656
220	2107	Ana Alves	Individual	04:40:32.117	02:34:51.410

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221	2055	Maria Sarabando	"S C Povoense - ""Caracóis De Corrida"""	04:46:22.143	02:40:41.436
222	2202	Maria Sarabando	Individual	04:46:22.627	02:40:41.920
223	2062	Andreia Ribeiro	Individual	04:49:57.890	02:44:17.183
224	2009	Marta Duarte	Outsiders Trail Team	04:51:06.147	02:45:25.440
225	2142	Isabel Santos	Mountain Climbers	05:11:28.943	03:05:48.236
226	2146	Alice Silva	Amigosdopedaltrailagares	05:12:29.887	03:06:49.180
227	2018	Dina Ferreira	Individual	05:19:01.713	03:13:21.006
228	2253	Miguel Henriques	Individual	05:19:01.713	03:13:21.006
229	2170	Dulia Reis	T.N.T.	05:30:20.990	03:24:40.283
230	2200	Ana Moreira	Individual	05:30:23.243	03:24:42.536
231	2159	Adérito Fonseca	Individual	05:30:24.740	03:24:44.033
232	2050	Bruno Ferreira	Individual	05:39:23.520	03:33:42.813