

MEO URBAN TRAIL COIMBRA 2015 - 08/03/2015

Relatório Masculino e Feminino Geral

CLASSIFICAÇÃO GERAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	5413	TIAGO MIGUEL LOUSA	M	32		00:45:49	00:45:49	
2	5383	JOÃO LÁZARO SANTOS	M	19		00:45:51	00:45:51	BOCCASBALLS
3	6474	RAÚL BICHO	M	21		00:47:20	00:47:20	
4	5445	RICARDO FERNANDES	M	26		00:47:25	00:47:25	COIMBRATRILRUNNING
5	5458	JOÃO PIMENTEL	M	32		00:47:37	00:47:37	
6	6469	ORLANDO PIRES	M	45		00:47:46	00:47:46	
7	5475	GUSTAVO FRANCISCO	M	21		00:48:04	00:47:54	
8	6145	DANIEL HENRIQUES	M	35		00:48:26	00:48:23	LOJA DO ATLETA - AGUEDA
9	6606	NUNO ABREU	M	31		00:49:25	00:49:24	
10	6319	NUNO GONÇALVES	M	37		00:49:26	00:49:25	
11	6294	RUI MELO	M	29		00:49:49	00:49:49	COIMBRATRILRUNNING
12	5181	CARLOS CORREIA	M	34		00:50:04	00:50:03	
13	6027	MARIO JOSÉ SANTOS	M	26		00:50:10	00:50:10	PICKLE FILMS
14	6222	HUGO FERREIRA	M	31		00:50:11	00:50:10	GAC
15	6452	RUI GOMES	M	40		00:50:44	00:50:35	
16	5198	JOSÉ SEQUEIRA	M	25		00:50:48	00:50:48	
17	5441	NUNO VASCONCELOS	M	32		00:50:55	00:50:55	COIMBRATRILRUNNING
18	6221	LUIS GUARDA	M	50		00:50:56	00:50:55	
19	6473	RICARDO REDONDO	M	36		00:51:00	00:50:54	
20	5559	ARMINDO ANTUNES	M	38		00:51:20	00:51:20	COIMBRATRILRUNNING
21	6266	NUNO CASALINHO	M	35		00:51:23	00:51:21	GAC
22	5971	LUÍS CAVALEIRO	M	35		00:51:26	00:51:23	RUN@FIGUEIRA
23	5429	MIGUEL VELOSO	M	27		00:51:49	00:51:48	COIMBRATRILRUNNING
24	6122	ALEXANDRE MESTRE	M	38		00:51:53	00:51:44	
25	6458	ANDRE MAGALHÃES	M	31		00:52:00	00:52:00	
26	6472	JOAQUIM REBOLA	M	40		00:52:15	00:52:13	
27	5440	NUNO COELHO	M	38		00:52:19	00:52:19	COIMBRATRILRUNNING
28	6506	JOSÉ LEAL	M	44		00:52:21	00:52:16	
29	6035	KA LONG LOK	M	22		00:52:30	00:52:16	
30	5234	JOAO MIRANDA COSTA	M	52		00:52:34	00:52:33	EP AVEIRO
31	5436	LUIS TRINDADE	M	36		00:52:35	00:52:35	
32	5460	INES MARQUES	F	21		00:52:35	00:52:35	
33	6074	MÓNICA MOREIRAS	F	35		00:52:44	00:52:44	
34	6267	HELIO SOUSA	M	36		00:52:56	00:52:55	GAC
35	6206	MANUEL MOURA	M	35		00:54:10	00:53:38	
36	5950	PEDRO FERREIRA	M	26		00:54:20	00:54:08	BAIRRADARUNNERS
37	5332	PAULO JORGE MARQUES SANTOS	M	40		00:54:23	00:54:07	IPN RUNNERS
38	5979	LUÍS ALEXANDRE	M	39		00:54:24	00:54:21	RUN@FIGUEIRA

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Relatório Masculino e Feminino Geral

CLASSIFICAÇÃO GERAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
39	5200	MAURO AZEVEDO	M	44		00:54:26	00:54:23	
40	6057	MÁRCIO SOUSA	M	33		00:54:57	00:54:56	
41	6141	CELSO CRISTIANO MARQUES	M	22		00:55:05	00:54:38	
42	5235	NUNO DOMINGOS	M	40		00:55:06	00:55:05	EP AVEIRO
43	6219	MIGUEL ANTUNES	M	36		00:55:13	00:55:13	GAC
44	5394	DAVID AMARAL	M	40		00:55:19	00:55:18	COIMBRATRILRUNNING
45	5288	PEDRO PORTUGAL	M	37		00:55:25	00:55:25	
46	6087	JOÃO NETO	M	33		00:55:29	00:55:28	COIMBRATRILRUNNING
47	5449	TIAGO CAÇÃO	M	40		00:55:30	00:55:30	COIMBRATRILRUNNING
48	6045	PEDRO	M	29		00:55:50	00:55:47	
49	5490	RENATO RAMOS	M	50		00:55:52	00:55:51	
50	6532	ELÍSIO GONÇALVES	M	42		00:55:56	00:55:48	
51	6312	LUIS TORRES	M	42		00:56:01	00:56:01	
52	5318	GONÇALO DANIEL NUNES RELVÃO LOURENÇO	M	32		00:56:01	00:55:58	FARMÁCIA LUCIANO E MATOS
53	5513	ANTÓNIO PADILHA VIEGAS	M	28		00:56:11	00:55:53	DA MALTA
54	6541	EZEQUIEL REIS	M	32		00:56:16	00:56:13	
55	6500	RUI CRUZ	M	42		00:56:21	00:56:20	
56	5399	FILIPPE AFONSO	M	36		00:56:33	00:56:31	COIMBRATRILRUNNING
57	5302	FERNANDO NOGUEIRA	M	46		00:56:41	00:56:37	
58	6123	AURELIO SAUDE	M	37		00:56:45	00:56:40	PERNA DE PAU RUNNING TEAM
59	5990	NUNO MIGUEL GONÇALVES GRAVITO	M	29		00:56:49	00:56:49	
60	5414	PEDRO OLIVEIRA	M	31		00:56:53	00:56:53	
61	5336	DAVID CUNHA DA SILVA	M	34		00:56:55	00:56:53	FARMÁCIA LUCIANO E MATOS
62	6445	DAVID JESUS	M	33		00:56:58	00:56:53	PASCOALITOS
63	5384	LUÍS LÁZARO FERREIRA	M	20		00:57:15	00:57:14	BOCCASBALLS
64	5964	RICARDO JORGE DA CRUZ AGUIAR	M	41		00:57:18	00:57:16	OPC-TEAM
65	6185	MIGUEL RIBEIRO	M	38		00:57:20	00:57:17	GD MOINHOS
66	6539	PAULO CÉSAR CORDEIRO PEREIRA	M	29		00:57:30	00:56:40	
67	5263	FREDERICO CRASTO	M	37		00:57:33	00:57:18	
68	5947	FILIPPE MOREIRA	M	26		00:57:34	00:57:21	BAIRRADARUNNERS
69	5270	JOÃO PAULO PEREIRA	M	47		00:57:43	00:57:12	GINÁSIO FIT&FUN
70	5397	FAUSTO PIMENTEL	M	44		00:57:47	00:57:47	COIMBRATRILRUNNING
71	5386	JOÃO LÁZARO	M	44		00:57:59	00:57:57	BOCCASBALLS
72	6182	JORGE AZEVEDO	M	47		00:58:01	00:58:01	
73	6113	ARNALDO SANTOS	M	42		00:58:04	00:57:43	CORREDORES NOCTURNOS PAREDES
74	5328	TIAGO COSTA	M	31		00:58:07	00:57:56	
75	5474	ANTÓNIO CARVALHO	M	32		00:58:10	00:58:10	COIMBRATRILRUNNING
76	6485	JOSE CARLOS JESUS RAMALHO	M	52		00:58:24	00:57:55	ANSIBIKERS

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Relatório Masculino e Feminino Geral

CLASSIFICAÇÃO GERAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
77	5275	CARLOS OCTÁVIO FERNANDES	M	26		00:58:25	00:57:55	GINÁSIO FIT&FUN
78	5259	RICARDO	M	29		00:58:38	00:58:06	GINÁSIO FIT&FUN
79	6448	MÁRIO MELO	M	27		00:58:42	00:58:36	PASCOALITOS
80	6071	HENRIQUE DIAS	M	34		00:58:43	00:58:17	KO TRAIL RUNNING
81	6483	RICARDO JOSE COSTA MONTEIRO	M	20		00:58:45	00:58:42	
82	5355	ANDRÉ FILIPE PAIVA LOUREIRO	M	26		00:58:51	00:58:37	FARMÁCIA LUCIANO E MATOS
83	5236	SILVIO OLIVEIRA	M	39		00:58:54	00:58:42	EP AVEIRO
84	5298	RADU	M	25		00:58:55	00:58:44	
85	5425	GONÇALO PADILHA	M	39		00:58:59	00:58:56	COIMBRATRAILRUNNING
86	5237	PAULO CARVALHO	M	41		00:59:00	00:58:59	EP AVEIRO
87	6306	GIL CUNHA	M	39		00:59:01	00:58:25	COIMBRATRAILRUNNING
88	5433	MIGUEL COSTA	M	45		00:59:03	00:59:03	COIMBRATRAILRUNNING
89	6106	ANTONIO BRITO	M	38		00:59:09	00:58:51	CORREDORES NOCTURNOS PAREDES
90	6194	RUI ANTÓNIO FERREIRA DA SILVA FIGUEIREDO	M	39		00:59:11	00:59:09	
91	5968	SUSANA CABRAL	F	40		00:59:13	00:59:11	RUN@FIGUEIRA
92	6261	EMANUEL ALMEIDA	M	28		00:59:19	00:58:29	
93	5311	JOSÉ MANUEL SOUSA SILVA	M	31		00:59:21	00:59:20	
94	5185	GONÇALO MEXIA	M	26		00:59:25	00:59:19	
95	5507	JOSÉ PEDRO FERNANDES	M	37		00:59:42	00:59:33	MORE TEAM
96	6496	ANTÓNIO LUÍS CORDEIRO GOMES	M	34		00:59:56	00:59:24	
97	5315	PEDRO AUGUSTO C PIRES SILVA	M	47		00:59:58	00:59:58	COIMBRATRAILRUNNING
98	5330	JORGE DANIEL DA SILVA PIMENTA	M	36		01:00:04	00:59:49	IPN RUNNERS
99	6263	JOÃO DOMINGUES	M	40		01:00:36	01:00:33	LOJA DO ATLETA - AGUEDA
100	6148	ANDRÉ OLIVEIRA	M	30		01:00:36	01:00:32	LOJA DO ATLETA - AGUEDA
101	6276	SÉRGIO MIGUEL SIMÕES GONÇALO	M	31		01:00:49	01:00:33	OS FALSOS LENTOS
102	5274	ANTÓNIO AMARAL	M	48		01:00:49	01:00:37	
103	6271	EDUARDO CRUZ-FERREIRA	M	28		01:00:55	01:00:48	
104	5392	BRUNO CASIMIRO	M	38		01:00:55	01:00:53	COIMBRATRAILRUNNING
105	6197	NELSON AMARAL	M	31		01:00:59	01:00:58	
106	5277	LUIS NUNES	M	41		01:01:00	01:00:48	RUN@FIGUEIRA
107	6505	RENATO ALEXANDRE RODRIGUES MONTEIRO	M	29		01:01:02	01:00:50	
108	6056	RUBEN GOMES	M	28		01:01:14	01:01:12	
109	6272	FILIPE JOSÉ VILHENA DOS SANTOS	M	36		01:01:17	01:01:10	CASA DO PESSOAL CIBRA
110	6609	ATLETA NÃO CADASTRADO	M	0		01:01:17	01:00:44	
111	5388	DIOGO DA CRUZ BARROS	M	21		01:01:18	01:01:17	BOCCASBALLS
112	6143	FILIPE LOPES	M	37		01:01:21	01:00:40	GINÁSIO FIT&FUN
113	6109	VITOR FERNANDES	M	31		01:01:23	01:01:09	AVEIRO NIGHT RUNNERS
114	6484	NUNO REIS	M	37		01:01:29	01:01:05	

MEO URBAN TRAIL COIMBRA 2015 - 08/03/2015

Relatório Masculino e Feminino Geral

CLASSIFICAÇÃO GERAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
115	6078	JORGE MARTINS	M	35		01:01:31	01:01:11	SLOW RUNNERS POMBAL
116	6247	VITOR LOPES	M	35		01:01:33	01:00:57	PASCOALITOS
117	6149	JORGE LESTRO	M	31		01:01:35	01:01:13	
118	6025	HENRIQUE MADEIRA	M	30		01:01:42	01:01:25	PICKLE FILMS
119	6144	NUNO MIGUEL AZEVEDO SANTOS	M	36		01:01:50	01:01:45	PÉ NA ROTA...
120	6303	LICÍNIO JOSÉ ANTUNES SEQUEIRA	M	44		01:01:52	01:01:51	
121	6152	ANTÓNIO REIS	M	39		01:02:02	01:01:42	
122	5389	PEDRO MONTEIRO	M	51		01:02:03	01:01:52	
123	6111	PEDRO SILVA	M	44		01:02:10	01:01:32	
124	6462	PEDRO MIGUEL SILVÉRIO DA CRUZ	M	37		01:02:10	01:01:48	
125	6121	TIAGO FILIPE MENDES FIGUEIREDO	M	25		01:02:12	01:01:45	
126	6443	JOÃO REIS	M	43		01:02:14	01:02:01	RUN@FIGUEIRA
127	5473	PAULO NUNO CORREIA LUCAS	M	52		01:02:15	01:02:13	GD MOINHOS
128	6296	ANDRÉ FIDALGO	M	23		01:02:17	01:01:18	
129	5496	BRUNO BOTELHO	M	31		01:02:18	01:01:45	
130	6207	JOÃO TIAGO MARTINS GIRÃO	M	26		01:02:18	01:02:11	
131	6039	JOAO M. NETO	M	46		01:02:19	01:02:19	
132	6226	PAULO BAPTISTA	M	28		01:02:31	01:02:11	BOSCH TERMOTECNOLOGIA
133	5444	RENATO FERREIRA	M	43		01:02:33	01:02:04	COIMBRATRILRUNNING
134	5515	PEDRO TAVARES	M	37		01:02:34	01:02:15	DA MALTA
135	5239	NÉLSON FERRAZ MOREIRA	M	36		01:02:36	01:02:12	GR - GRANDES ROTAS CLUBE
136	6210	JOSE LUIS CARVALHO PINTO	M	46		01:02:36	01:01:42	
137	5255	ROGÉRIO VALE	M	35		01:02:38	01:01:58	GINÁSIO FIT&FUN
138	6164	SÉRGIO ALEXANDRE M. V. F. ARTILHEIRO	M	34		01:02:40	01:02:35	
139	5370	GEORGE MARTINS	M	36		01:02:40	01:02:32	PERNA DE PAU RUNNING TEAM
140	5372	JOAQUIM TAVARES	M	50		01:02:43	01:02:43	COIMBRATRILRUNNING
141	5326	JOAO TOSCANO	M	16		01:02:48	01:02:38	
142	5364	VOJTECH CHMELIK	M	26		01:02:49	01:02:33	GINÁSIO FIT&FUN
143	5484	TÂNIA BATISTA	F	35		01:02:50	01:02:50	COIMBRATRILRUNNING
144	5378	FERNANDO ALHAU	M	54		01:02:51	01:02:47	
145	6265	CATARINA MARTINS	F	36		01:02:51	01:02:47	LOJA DO ATLETA - AGUEDA
146	6286	JOSÉ MARTINS	M	41		01:02:51	01:02:36	GINÁSIO FIT&FUN
147	6224	FERNANDO FAUSTINO	M	51		01:02:51	01:02:41	BOSCH TERMOTECNOLOGIA
148	5253	JOÃO EDUARDO ALEIXO RODRIGUES	M	34		01:02:51	01:02:03	GINÁSIO FIT&FUN
149	6308	DIOGO JOSÉ OLIVEIRA SANTOS	M	20		01:02:53	01:02:47	GINÁSIO FIT&FUN
150	6225	ARMINDO BARROS	M	41		01:02:53	01:02:42	BOSCH TERMOTECNOLOGIA
151	6105	JOÃO COROADO	M	51		01:02:56	01:02:56	COIMBRATRILRUNNING
152	6309	DIOGO FERREIRA	M	30		01:02:59	01:02:41	OS FROZEN

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
153	5493	DANIEL ALEXANDRE GOMES	M	36		01:03:13	01:02:57	
154	5495	JOÃO DOMINGUES	M	44		01:03:13	01:02:58	
155	5262	DIOGO TAVARES	M	30		01:03:13	01:02:59	
156	6174	RUI CARLOS DA CONCEIÇÃO COELHO	M	46		01:03:20	01:03:11	CASA DO PESSOAL CIBRA
157	6471	GONÇALO REDONDO	M	40		01:03:26	01:03:23	
158	5644	ROBERTO GONÇALVES	M	39		01:03:28	01:03:27	
159	5353	JOSÉ COELHO	M	40		01:03:30	01:03:29	GD MOINHOS
160	5442	ÓSCAR PINTO	M	48		01:03:33	01:03:33	COIMBRATRILRUNNING
161	5949	HUGO SIMÕES	M	29		01:03:33	01:03:20	BAIRRADARUNNERS
162	6449	JOSÉ RODRIGUES	M	40		01:03:36	01:03:15	RUN@FIGUEIRA
163	5548	LUIS COSTA	M	43		01:03:39	01:03:35	GINÁSIO FIT&FUN
164	5546	RICARDO FERREIRA	M	37		01:03:42	01:03:40	COIMBRATRILRUNNING
165	5410	SÉRGIO RIBEIRO DOS LOUROS	M	27		01:03:42	01:03:04	
166	6528	ANTÓNIO SILVA	M	35		01:03:44	01:03:22	
167	5327	JOSÉ FIGUEIREDO	M	42		01:03:46	01:03:32	
168	6177	DANIEL PINTO	M	43		01:04:00	01:03:32	
169	6146	OSCAR RAMALHO	M	46		01:04:03	01:03:59	LOJA DO ATLETA - AGUEDA
170	6211	PAULO FIDALGP	M	34		01:04:04	01:03:58	
171	5998	TIAGO MENDES	M	21		01:04:06	01:04:03	AROUCA RUN
172	5488	RUI JORGE DA SILVA ANTUNES	M	55		01:04:09	01:03:58	
173	5963	PEDRO MIGUEL BELO NEVES	M	41		01:04:10	01:03:56	
174	6494	BRUNO GIL	M	34		01:04:14	01:04:09	
175	6038	HELDER DE JESUS ARAÚJO	M	56		01:04:21	01:03:49	GINÁSIO FIT&FUN
176	5238	NUNO CABRAL	M	34		01:04:21	01:04:12	JOGGING LOVERS COIMBRA
177	6468	ANTÓNIO FERNANDO GIL HENRIQUES	M	15		01:04:23	01:04:20	
178	5951	FILIPPE LOPES	M	28		01:04:26	01:04:13	BAIRRADARUNNERS
179	5264	JOÃO FILIPE ALVES AMORIM	M	24		01:04:27	01:04:09	FARMACIA MEDEIROS
180	5299	CARLOS MANUEL SANTOS ROCHA	M	39		01:04:35	01:04:26	
181	6223	JÚLIO GONÇALO RIBEIRO PINHO	M	27		01:04:37	01:04:04	
182	5525	PAULO GOMES	M	36		01:04:37	01:04:29	RUN@FIGUEIRA
183	6535	PAULO JORGE REIS FILIPE	M	37		01:04:39	01:04:20	
184	5251	FRANCISCO GOMES	M	27		01:04:43	01:03:56	GINÁSIO FIT&FUN
185	5981	DANY MENDES MELO	M	29		01:04:45	01:04:43	
186	5221	MIGUEL CARVALHO	M	33		01:04:48	01:04:32	ARCA - GESTEIRA
187	6268	HELDER MACHADO	M	30		01:04:50	01:04:44	COIMBRATRILRUNNING
188	5528	JOSE DIONISIO	M	52		01:04:53	01:04:46	
189	5938	JOANA PAIVA	F	21		01:04:55	01:04:43	LA ZINCO
190	5199	CARLA ISABEL CORREIA SOUSA SANTOS	F	20		01:04:58	01:04:58	

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
191	5962	MARCO ALEXANDRE CRAVO GOMES	M	37		01:04:58	01:04:52	
192	5982	LUÍS CARLOS PRIMO	M	18		01:04:59	01:04:09	
193	5312	JOAQUIM ALVARINHAS	M	51		01:05:00	01:04:57	HOLMES PLACE
194	5393	BRUNO MARTELO	M	38		01:05:06	01:05:05	COIMBRATRILRUNNING
195	5279	FRANCISCO MANUEL QUEIROZ GONÇALVES	M	26		01:05:13	01:04:54	FARMACIA MEDEIROS
196	5486	ANTONIO CAETANO	M	39		01:05:15	01:05:13	GD MOINHOS
197	5271	JOÃO AFONSO	M	34		01:05:21	01:04:49	GINÁSIO FIT&FUN
198	6181	HUGO COSTA	M	44		01:05:23	01:05:19	
199	6169	MÁRCIO SALGADO	M	29		01:05:24	01:05:18	COIMBRATRILRUNNING
200	5219	FREDERICO FONSECA	M	33		01:05:28	01:04:55	GINÁSIO FIT&FUN
201	5265	NUNO MAIA	M	21		01:05:31	01:04:55	GINÁSIO FIT&FUN
202	6021	ANTONIO MADEIRA	M	59		01:05:32	01:05:15	PICKLE FILMS
203	5975	JOÃO QUINTAS	M	40		01:05:35	01:05:27	RUN@FIGUEIRA
204	5291	RUI MIGUEL GONÇALVES NUNES	M	35		01:05:37	01:05:34	
205	5978	MIGUEL CAMPOS	M	39		01:05:44	01:05:36	RUN@FIGUEIRA
206	6179	RICARDO JESUS	M	34		01:05:49	01:05:26	PERNA DE PAU RUNNING TEAM
207	5289	JOSÉ ADELINO NEVES SEQUEIRA	M	64		01:05:55	01:05:54	
208	6253	VITOR MIGUEL MARTINS DE JESUS	M	44		01:06:01	01:05:29	
209	6285	FERNANDO RIBEIRO	M	36		01:06:02	01:05:53	
210	5347	RUI O. COSTA	M	31		01:06:03	01:05:50	FARMACIA MEDEIROS
211	5511	RICARDO JOSÉ ESTÁCIO DELGADINHO	M	31		01:06:03	01:05:45	DA MALTA
212	5984	GONÇALO JOSÉ BRITES DE CARVALHO	M	18		01:06:04	01:05:14	
213	5419	JORGE LOPES	M	37		01:06:05	01:05:20	MONDEGOPEÇAS
214	5417	PEDRO FERREIRA	M	38		01:06:05	01:05:18	MONDEGOPEÇAS
215	6318	RICARDO FILIPE CABETE DA SILVA	M	35		01:06:05	01:05:54	RUN@FIGUEIRA
216	6170	NUNO GONÇALVES	M	39		01:06:06	01:05:39	
217	6522	MONICA CATARINA JORGE ROSA	F	34		01:06:06	01:05:38	
218	6248	SÉRGIO BASTOS	M	39		01:06:07	01:05:29	TEAM CNA
219	6283	TIAGO COSTA	M	28		01:06:09	01:05:39	FREE RUNNERS
220	5314	JORGE LOBATO	M	54		01:06:13	01:05:45	
221	5643	FILIPE BAPTISTA	M	41		01:06:14	01:05:41	
222	6110	EMIDIO MARQUES	M	31		01:06:18	01:06:04	AVEIRO NIGHT RUNNERS
223	6269	LUÍS VILAR	M	25		01:06:21	01:06:05	EXTREME ACADEMY
224	6542	MÁRCIO SILVA	M	26		01:06:22	01:06:14	COIMBRATRILRUNNING
225	5228	PAULO RAMOS	M	56		01:06:24	01:06:01	GR - GRANDES ROTAS CLUBE
226	5189	LINO DA SILVA FERREIRA	M	43		01:06:25	01:06:21	
227	5512	EDUARDO DE BRITO ALÇADA CASTELA	M	31		01:06:28	01:06:10	DA MALTA
228	6015	PAULO ALBUQUERQUE	M	44		01:06:32	01:05:44	PORTUGUESE UNITED

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Relatório Masculino e Feminino Geral

CLASSIFICAÇÃO GERAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
229	6232	MIGUEL GONÇALVES	M	39		01:06:37	01:06:22	EXTREME ACADEMY
230	5391	PAULO PINTO	M	52		01:06:38	01:06:27	RUN@FIGUEIRA
231	6291	NUNO MANUEL PAIVA DE ARAÚJO	M	43		01:06:40	01:06:35	
232	6034	MARIO VAZ	M	39		01:06:41	01:06:10	
233	5341	NUNO CORTESAO	M	38		01:06:41	01:06:07	
234	5320	DAVID MOREIRA MARTINS PESSOA GARCIA	M	29		01:06:44	01:05:58	
235	6454	JOÃO EMANUEL GONÇALVES DOS SANTOS	M	31		01:06:46	01:06:25	
236	5252	JOÃO CANDEIAS	M	29		01:06:52	01:06:05	GINÁSIO FIT&FUN
237	5366	NUNO RODRIGUES	M	35		01:06:53	01:06:07	CORRE MELHOR À NOITE
238	5541	LUÍS BAPTISTA	M	26		01:06:54	01:06:10	
239	6115	NUNO SALGADO	M	40		01:06:55	01:06:36	CORREDORES NOCTURNOS PAREDES
240	5324	PAULO RIBEIRO	M	33		01:06:57	01:06:29	
241	5478	LUIS SANTOS	M	49		01:07:00	01:06:44	
242	6125	RUI MARTINS	M	40		01:07:01	01:06:47	OS FROZEN
243	6430	RUTE MONTEIRO	F	28		01:07:07	01:06:58	
244	6431	PEDRO NASCIMENTO	M	36		01:07:08	01:06:59	
245	5435	JOSÉ AGUIAR	M	55		01:07:08	01:07:08	COIMBRATRILRUNNING
246	5287	RUI GRANDÃO	M	34		01:07:08	01:06:36	
247	5833	HÉLDER JOSÉ FERREIRA	M	58		01:07:15	01:06:25	CELAS RUNNERS
248	5258	RICARDO SANTA	M	39		01:07:18	01:06:44	GINÁSIO FIT&FUN
249	5430	ANDRE LUIZ CORREA DIAS	M	49		01:07:21	01:07:12	
250	6274	RUI FILIPE GONÇALVES RAMOS	M	20		01:07:22	01:07:04	OS FALSOS LENTOS
251	5443	PAULO SIMÕES	M	24		01:07:23	01:07:22	COIMBRATRILRUNNING
252	6607	ATLETA NÃO CADASTRADO	M	0		01:07:24	01:06:54	
253	6135	ANTONIO MATOS	M	37		01:07:25	01:06:58	
254	6333	JOÃO COSTA	M	35		01:07:30	01:06:59	GD MOINHOS
255	6323	LUÍS MARQUES	M	23		01:07:32	01:07:10	
256	6311	DAVID MANUEL DA CUNHA CRUZ	M	27		01:07:33	01:07:27	
257	5354	TIAGO RAMOS MADEIRA	M	27		01:07:34	01:07:34	COIMBRATRILRUNNING
258	6282	JOÃO FERREIRA	M	28		01:07:35	01:07:26	FREE RUNNERS
259	5400	MIGUEL SILVA	M	44		01:07:37	01:06:50	
260	5401	EDUARDO COSTA	M	40		01:07:37	01:06:49	RUN@FIGUEIRA
261	6307	CARLOS ALBERTO DA SILVA PIRES	M	49		01:07:38	01:07:34	
262	6277	PEDRO MIGUEL BERNARDES FERREIRA	M	40		01:07:40	01:07:23	OS FALSOS LENTOS
263	6120	GONÇALO DIAS COIMBRA VIGÁRIO LOUZADA	M	24		01:07:43	01:07:09	WHITESMITH
264	5248	DIOGO FERNANDES	M	31		01:07:45	01:07:28	TEAM 80'S
265	6488	CARLOS MIGUEL CARREIRA CUNHA	M	37		01:07:48	01:07:21	
266	5317	VICTOR SANTOS	M	52		01:07:51	01:07:43	JOGGING LOVERS COIMBRA

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CLASSIFICAÇÃO GERAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
267	6289	LUIS FILIPE LAGE FERREIRA	M	32		01:07:56	01:07:38	
268	6290	ANA ISABEL ALVES CERQUEIRA	F	34		01:07:56	01:07:38	
269	6467	FRANCISCO JOSE ALVES SILVA	M	61		01:08:05	01:08:02	
270	6455	AMÍLCAR FONSECA	M	21		01:08:07	01:07:47	
271	6327	LUIS CARVALHEIRO	M	41		01:08:09	01:07:31	COIMBRATRILRUNNING
272	5323	LINO ALBANO	M	34		01:08:09	01:08:04	
273	6489	JOSÉ ANTÓNIO DE ALMEIDA MOREIRA	M	47		01:08:20	01:08:08	
274	5396	EMANUEL VITOR	M	38		01:08:20	01:08:19	COIMBRATRILRUNNING
275	5974	DANIEL MENDES	M	39		01:08:24	01:07:48	RUN@FIGUEIRA
276	5390	LUÍS BRAGANÇA	M	33		01:08:29	01:07:43	CORRE MELHOR À NOITE
277	6442	HELVECIO	M	39		01:08:31	01:08:20	
278	5290	MIGUEL F MELO	M	34		01:08:32	01:08:32	COIMBRATRILRUNNING
279	5322	ANA LUÍSA GERALDO	F	30		01:08:32	01:08:32	COIMBRATRILRUNNING
280	5531	LUÍS FILIPE PINTO DE ALBUQUERQUE	M	45		01:08:36	01:08:31	
281	5501	FILIPE DOS SANTOS	M	41		01:08:36	01:08:35	COIMBRATRILRUNNING
282	5534	PAULO FAUSTINO	M	39		01:08:38	01:08:09	CROSSFIT MONDEGO
283	5543	JOÃO CARLOS CORREIA ALMEIDA	M	45		01:08:42	01:08:14	
284	5202	JOSÉ COSTA	M	44		01:08:43	01:08:38	
285	6020	ANTÓNIO BORGES	M	34		01:08:45	01:08:25	PICKLE FILMS
286	6060	PAULO MACHADO	M	47		01:08:49	01:08:39	
287	5227	HELDER MOREIRA	M	39		01:08:56	01:08:32	GR - GRANDES ROTAS CLUBE
288	5303	JOÃO CASALTA LOPES	M	28		01:08:59	01:08:52	
289	5427	LUISA MESQUITA	F	33		01:09:00	01:08:59	COIMBRATRILRUNNING
290	6001	BRUNO COSTA	M	37		01:09:06	01:09:02	AROUCA RUN
291	6000	LUÍS COELHO	M	43		01:09:06	01:09:03	AROUCA RUN
292	5731	CARLOS GOMES CORREIA	M	44		01:09:13	01:08:21	CELAS RUNNERS
293	5310	JOÃO BENTO	M	30		01:09:16	01:08:39	GINÁSIO FIT&FUN
294	6160	TIAGO GASPAR	M	26		01:09:16	01:08:57	AVERISTRIL
295	5242	MARCO SANTOS	M	36		01:09:17	01:08:49	BARC
296	6176	CARLOS CUNHA	M	34		01:09:17	01:08:41	AVEIRO NIGHT RUNNERS
297	6610	ATLETA NÃO CADASTRADO	M	0		01:09:25	01:08:51	
298	6447	FREDERICO MARTINS	M	33		01:09:31	01:09:25	PASCOALITOS
299	6142	BELMIRO FAÇANHA	M	35		01:09:31	01:09:06	
300	5934	JOANA QUINTÃ	F	28		01:09:32	01:09:29	HOLMES PLACE
301	6481	FAUSTINO LANÇA	M	40		01:09:34	01:09:02	
302	6492	JOÃO PALMELA	M	32		01:09:44	01:09:37	
303	6493	MÁRCIO JOSÉ REIS DA GLÓRIA	M	33		01:09:44	01:09:36	
304	6530	RUI MANUEL MARQUES	M	48		01:09:45	01:09:25	

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305	6439	ALTINO JORGE CONDE DA CUNHA	M	30		01:09:49	01:09:22	
306	6069	GABRIELA BENTO	F	25		01:09:59	01:09:37	KO TRAIL RUNNING
307	6275	ADRIANO GONÇALVES GALANTE	M	28		01:09:59	01:09:41	OS FALSOS LENTOS
308	5335	SERGIO PAULO SANTOS	M	34		01:09:59	01:09:33	
309	6317	JOÃO PEREIRA	M	45		01:10:00	01:09:52	
310	5395	DINA ROCHA	F	39		01:10:00	01:10:00	COIMBRATRILRUNNING
311	6052	RUI MESQUITA	M	36		01:10:00	01:09:39	KO TRAIL RUNNING
312	5532	GUILLERMO IVAN PEREIRA	M	24		01:10:06	01:09:24	COIMBRATRILRUNNING
313	6085	VASCO OLIVEIRA	M	35		01:10:08	01:09:29	
314	6191	PEDRO NUGUEIRA	M	45		01:10:09	01:09:40	
315	6070	PEDRO HENRIQUES	M	28		01:10:14	01:09:49	KO TRAIL RUNNING
316	6043	MÁRIO FERNANDES	M	42		01:10:16	01:09:33	POCARIÇA RUNNERS
317	6257	JOÃO REDONDO	M	53		01:10:17	01:10:11	
318	6203	NUNO PEDRO SANTOS	M	44		01:10:18	01:10:13	
319	5945	JOSÉ CAVACO	M	44		01:10:19	01:10:13	GINÁSIO FIT&FUN
320	5973	SUSANA SALVATERRA	F	38		01:10:26	01:10:19	RUN@FIGUEIRA
321	5385	JOÃO LÁZARO MENDES	M	22		01:10:27	01:10:25	BOCCASBALLS
322	5996	MÁRIO SILVA	M	34		01:10:28	01:10:24	AROUCA RUN
323	5999	RUI ESTEVES	M	46		01:10:30	01:10:26	AROUCA RUN
324	6427	HUGO HOMEM ROCHA	M	35		01:10:33	01:10:28	
325	6163	PEDRO BOIA	M	40		01:10:35	01:10:26	RUN@FIGUEIRA
326	6067	DANIELA SANTOS	F	21		01:10:35	01:10:13	KO TRAIL RUNNING
327	5257	ANDRÉ FERRO	M	34		01:10:38	01:10:38	GINÁSIO FIT&FUN
328	6604	FRANCISCO JOSÉ DOMINGUES PEDRO SANTOS	M	23		01:10:39	01:09:51	SPORT VARONIL CC
329	5483	RUI MONTEIRO	M	46		01:10:45	01:10:36	
330	6218	MARIA FEIO	F	41		01:10:48	01:10:19	
331	6441	JOÃO RODRIGUES	M	42		01:10:48	01:10:15	
332	5939	LARA AZAMBUJO	F	30		01:10:49	01:10:43	RUN@FIGUEIRA
333	5492	NUNO VILELA	M	39		01:10:49	01:10:32	
334	5348	CARLOS BANDEIRA DUARTE	M	50		01:10:51	01:10:06	FARMACIA MEDEIROS
335	6029	RAFAELA HELENA SCIAMANNA DA SILVA	F	23		01:10:52	01:10:18	AVEIRO NIGHT RUNNERS
336	6028	RUI PEDRO BORGES	M	36		01:10:52	01:10:31	PICKLE FILMS
337	5203	RICARDO RODRIGUES	M	37		01:10:52	01:10:15	COIMBRATRILRUNNING
338	5537	RUI PINA	M	36		01:10:57	01:10:27	CROSSFIT MONDEGO
339	5972	PAULO ROCHA	M	41		01:10:57	01:10:49	RUN@FIGUEIRA
340	5267	EDUARDO ALMEIDA	M	33		01:10:59	01:10:23	GINÁSIO FIT&FUN
341	6302	JOSÉ FERNANDES AMARO	M	38		01:11:05	01:10:44	
342	6119	GONÇALO NUNO FREITAS VALÉRIO	M	27		01:11:05	01:10:31	WHITESMITH

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CLASSIFICAÇÃO GERAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
343	6118	MIGUEL GONÇALVES TAVARES	M	25		01:11:07	01:10:33	WHITESMITH
344	6032	LEONARDO ARAÚJO	M	34		01:11:09	01:10:47	SLOW RUNNERS POMBAL
345	5402	FRANCISCO ANDRADE	M	44		01:11:14	01:10:27	RUN@FIGUEIRA
346	6008	JOSÉ LUÍS BAÍA RIBEIRO	M	24		01:11:25	01:10:52	WHITESMITH
347	6300	BRUNO PIMENTA	M	34		01:11:27	01:10:58	FREE RUNNERS
348	6254	HUGO BRANCO	M	26		01:11:28	01:11:22	COIMBRATRILRUNNING
349	6227	JOÃO BALDAIA	M	26		01:11:28	01:11:05	BOSCH TERMOTECNOLOGIA
350	5398	FERNANDO VENDA	M	57		01:11:29	01:11:26	COIMBRATRILRUNNING
351	6255	DANIEL BRANCO	M	31		01:11:30	01:11:24	COIMBRATRILRUNNING
352	6241	LUISA MOTA	F	31		01:11:34	01:11:20	
353	5426	JOÃO MESQUITA	M	30		01:11:34	01:11:33	COIMBRATRILRUNNING
354	6154	DAVID PERDIGOTO	M	30		01:11:35	01:10:46	
355	6003	JOÃO MENDES	M	33		01:11:37	01:11:33	AROUCA RUN
356	5313	JOÃO FONSECA	M	34		01:11:39	01:10:44	
357	5925	NUNO RIBEIRO	M	37		01:11:44	01:11:37	RUN@FIGUEIRA
358	5349	MIGUEL DUARTE	M	44		01:11:47	01:10:57	FARMACIA MEDEIROS
359	5516	ÓSCAR LÓPEZ LÓPEZ	M	29		01:11:49	01:10:47	RUN@FIGUEIRA
360	6503	RITA GLÓRIA	F	34		01:11:51	01:11:40	
361	6504	ANTONIO MIGUEL BATISTA PERIENES PERES	M	47		01:11:54	01:11:26	ANSIBIKERS
362	5944	JÓNATAS VALENÇA	M	34		01:11:58	01:11:19	
363	6231	ANTÓNIO ARCHER	M	57		01:11:59	01:11:44	EXTREME ACADEMY
364	5280	JOSÉ MANUEL RODRIGUES CAETANO	M	24		01:11:59	01:11:09	
365	6134	RUI PEDRO FERREIRA DA COSTA	M	39		01:12:01	01:11:37	4RUNNERS
366	5416	PAULO DUARTE	M	43		01:12:04	01:11:52	FIA-TE NA VIRGEM E NÃO CORRAS
367	5358	SAMUEL DE OLIVEIRA MARTINHO	M	27		01:12:05	01:11:19	
368	6495	NUNO SARAIVA	M	38		01:12:13	01:11:51	
369	6517	NUNO GONÇALO SIMÕES CAÇÃO	M	32		01:12:16	01:12:04	RUN@FIGUEIRA
370	6523	NELSON JORGE SIMÕES VEIGA	M	27		01:12:18	01:12:10	RUN@FIGUEIRA
371	6083	TIAGO AGOSTINHO	M	27		01:12:25	01:12:06	AVERISTRIL
372	5286	NUNO PINTO	M	37		01:12:26	01:12:17	JOGGING LOVERS COIMBRA
373	6245	RUI NETO	M	36		01:12:26	01:12:14	FREE RUNNERS
374	6297	CRISTINA SANTOS	F	40		01:12:28	01:12:20	LOJA DO ATLETA - AGUEDA
375	6432	MARIA FÁTIMA MACHADO	F	52		01:12:28	01:12:17	
376	6199	RODRIGO NUNO SOUSA FREITAS	M	38		01:12:31	01:12:30	
377	5368	PEDRO JACINTO	M	41		01:12:32	01:12:02	HOLMES PLACE
378	5197	RICHARD LEITÃO FERREIRA	M	34		01:12:33	01:11:37	
379	6072	PEDRO SARAIVA	M	45		01:12:39	01:12:09	
380	5500	PEDRO SANTOS	M	42		01:12:45	01:12:37	

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
381	6466	FREDERIK BUYS	M	31		01:12:47	01:12:40	
382	6076	BRUNO REIS	M	25		01:12:48	01:12:28	AVERISTRAIL
383	6159	LUÍS RICARDO	M	28		01:12:48	01:12:29	AVERISTRAIL
384	6082	ANDRÉ BOTÃO	M	27		01:12:48	01:12:28	AVERISTRAIL
385	5409	CÁTIA MARGARIDA RIBEIRO DIAS	F	25		01:12:49	01:12:10	
386	6009	ANTÓNIO PIRES	M	55		01:12:52	01:12:29	KO TRAIL RUNNING
387	6147	DINA SOUSA	F	41		01:12:58	01:12:50	LOJA DO ATLETA - AGUEDA
388	6151	MARCO MARQUES	M	35		01:12:58	01:12:50	LOJA DO ATLETA - AGUEDA
389	5509	NUNO MIGUEL TAVARES	M	32		01:12:59	01:12:40	DA MALTA
390	6107	ACACIO TEIXEIRA	M	40		01:13:00	01:12:36	CORREDORES NOCTURNOS PAREDES
391	5929	ÅSA WINALD	F	45		01:13:07	01:12:46	
392	6063	ANTÓNIO PEDRO	M	40		01:13:19	01:12:54	KO TRAIL RUNNING
393	5451	JOÃO DIAS	M	27		01:13:24	01:13:23	COIMBRATRAILRUNNING
394	5244	PEDRO DIAS	M	36		01:13:24	01:13:08	ARCA - GESTEIRA
395	5243	RUI SÊCO	M	35		01:13:25	01:13:09	ARCA - GESTEIRA
396	5502	RODRIGO DOS SANTOS	M	16		01:13:26	01:13:25	COIMBRATRAILRUNNING
397	6603	PAULO JOSÉ OLIVEIRA MARQUES	M	29		01:13:34	01:12:48	SPORT VARONIL CC
398	6425	EDUARDO FERREIRA	M	23		01:13:37	01:13:15	
399	6479	PAULO PINTO SILVA	M	44		01:13:40	01:13:34	
400	6470	ANTÓNIO FILIPE FONSECA HENRIQUEZ	M	21		01:13:43	01:13:37	GINÁSIO FIT&FUN
401	6433	BEATRIZ FILIPA DE MATOS VELOSO DE CAMPOS	F	20		01:13:44	01:13:38	GINÁSIO FIT&FUN
402	5479	CARLOS BARROSO	M	49		01:13:47	01:13:35	
403	6491	LUIS ALBERTO S.C. LOPES	M	42		01:13:47	01:13:35	RUN@FIGUEIRA
404	5331	NUNO FILIPE BARBOSA VARANDAS	M	36		01:13:49	01:13:14	IPN RUNNERS
405	5835	ANA FILIPA FERREIRA	F	29		01:13:53	01:13:01	CELAS RUNNERS
406	5520	GONÇALO MARTINS	M	37		01:13:54	01:13:17	SINMETRO
407	5494	HELDER MONTEIRO	M	37		01:13:55	01:13:20	
408	5550	MIGUEL CAPELA	M	38		01:14:05	01:13:32	
409	5986	DANIEL RIAL	M	33		01:14:08	01:13:50	FARMACIA MEDEIROS
410	6062	NUNO BORGES PEREIRA	M	39		01:14:08	01:13:19	
411	5278	FÁBIO JORGE MENDES PORTELA	M	22		01:14:15	01:14:13	
412	5369	JOAO ORVALHO	M	52		01:14:16	01:14:11	
413	6497	LEONARDO SANTOS VICENTE	M	36		01:14:16	01:13:19	
414	6533	HUGO MIGUEL PEDRO	M	27		01:14:16	01:13:18	
415	6014	OLINTO VIEIRA	M	40		01:14:19	01:13:29	PORTUGUESE UNITED
416	6602	PEDRO FIGUEIREDO	M	33		01:14:21	01:13:49	
417	5522	RODOLFO ORFÃO	M	37		01:14:29	01:13:52	SINMETRO
418	5557	ANA MORAIS	F	39		01:14:31	01:14:17	GR - GRANDES ROTAS CLUBE

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
419	5558	ANTÓNIO GUEDES	M	44		01:14:31	01:14:17	GR - GRANDES ROTAS CLUBE
420	5980	ANDRÉ ESPINHA	M	30		01:14:33	01:14:09	
421	6058	NUNO CARVALHO	M	31		01:14:37	01:14:27	
422	5556	PEDRO ALVES	M	22		01:14:39	01:13:54	RED CROSS COIMBRA TEAM
423	6019	PEDRO JORDÃO	M	32		01:14:39	01:14:24	FARMÁCIA LUCIANO E MATOS
424	6137	PEDRO MARQUES	M	26		01:14:40	01:14:15	
425	6041	JOSÉ PEDRO SANTOS	M	19		01:14:42	01:14:04	POCARIÇA RUNNERS
426	6104	TIAGO MIGUEL FERREIRA BATISTA	M	29		01:14:46	01:14:02	
427	5472	DANIEL ANTÓNIO ALVES CARVALHO	M	49		01:14:46	01:14:44	GD MOINHOS
428	5540	RUBEN EMANUEL BARREIRA DOS REIS BORGES	M	30		01:14:49	01:14:25	
429	5937	ANDREIA CARVALHO	F	34		01:14:50	01:14:40	LA ZINCO
430	5936	HELDER SILVA	M	32		01:14:50	01:14:41	LA ZINCO
431	5503	JOSÉ QUADRADO	M	43		01:15:01	01:14:50	JOGGING LOVERS COIMBRA
432	6090	MÁRIO MEDEIROS	M	46		01:15:07	01:14:30	
433	6434	ANA SOFIA CLETO FERNANDES	F	26		01:15:07	01:14:15	CELAS RUNNERS
434	5946	ANDREIA SANTOS	F	24		01:15:07	01:14:55	FIA-TE NA VIRGEM E NÃO CORRAS
435	6016	PAULO FERREIRA	M	40		01:15:09	01:14:20	PORTUGUESE UNITED
436	5307	ANA CRISTINA PEREIRA PORTO	F	36		01:15:11	01:14:57	MORTALACUM RUNNING TEAM
437	5304	RUI PEDRO AFONSO ABRANTES	M	36		01:15:11	01:14:56	MORTALACUM RUNNING TEAM
438	5305	ÓSCAR MANUEL FONSECA FIGUEIREDO	M	38		01:15:11	01:14:56	MORTALACUM RUNNING TEAM
439	5306	JOÃO ALBERTO COELHO CARDOS	M	36		01:15:11	01:14:57	MORTALACUM RUNNING TEAM
440	6264	PEDRO MARTINS	M	28		01:15:17	01:15:12	LOJA DO ATLETA - AGUEDA
441	6136	LILIANA BRITO	F	32		01:15:19	01:14:53	
442	6200	NUNO MIGUEL ANTUNES CÂNDIDO	M	29		01:15:20	01:15:05	
443	6201	CLÁUDIA MARGARIDA ALVES VIEIRA	F	25		01:15:21	01:15:05	
444	6538	NUNO MIGUEL MONTEIRO DE OLIVEIRA	M	29		01:15:24	01:14:38	SPORT VARONIL CC
445	6605	BRUNO MIGUEL OLIVEIRA MARQUES	M	25		01:15:24	01:14:40	SPORT VARONIL CC
446	6042	LUIS FILIPE SILVA SÁ	M	31		01:15:24	01:14:38	POCARIÇA RUNNERS
447	6007	RICARDO SANTOS	M	23		01:15:25	01:14:42	POCARIÇA RUNNERS
448	6301	LUÍS MIGUEL PINTO SAMPAIO	M	36		01:15:30	01:15:11	
449	6030	JOÃO MONTEIRO	M	38		01:15:34	01:15:11	SLOW RUNNERS POMBAL
450	6077	ALEXANDRE GASPAR	M	36		01:15:34	01:15:12	SLOW RUNNERS POMBAL
451	5240	FRANCISCO SANTOS	M	36		01:15:39	01:15:11	BARC
452	5241	LILIANA MARTINS	F	38		01:15:39	01:15:12	BARC
453	5467	JOSÉ ABRANTES	M	39		01:15:47	01:14:33	
454	5381	GUSTAVO PANCAS	M	41		01:15:48	01:15:48	
455	6059	CARLOS BARBOSA	M	30		01:15:51	01:15:41	
456	5403	VITOR PARDAL	M	45		01:15:58	01:15:21	

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457	6050	APOLINÁRIO FERREIRA	M	28		01:16:00	01:15:35	KO TRAIL RUNNING
458	6024	FRANCISCO PINTO MOURAZ	M	22		01:16:05	01:15:48	PICKLE FILMS
459	6465	PAULO SILVA	M	42		01:16:09	01:15:42	
460	5514	JOSE GUILHERME VIEIRA NETO MURTA	M	29		01:16:13	01:15:54	DA MALTA
461	6460	MÁRIO FIGUEIREDO	M	44		01:16:15	01:15:37	FAMÍLIA LUZCUS
462	5363	PAULA S. C. C. DOS S. F. SEQUEIRA	F	44		01:16:22	01:15:24	
463	6033	PEDRO MOREIRA	M	34		01:16:27	01:16:05	SLOW RUNNERS POMBAL
464	6031	NUNO PEREIRA	M	36		01:16:27	01:16:02	SLOW RUNNERS POMBAL
465	6187	RUI MANUEL MAIA PINTO DE MATOS	M	29		01:16:29	01:15:40	RUN@FIGUEIRA
466	5432	BIANCA CRISTINA DANIEL DIAS	F	16		01:16:35	01:16:27	
467	5356	CARLOS MORGADO BRAZ	M	44		01:16:46	01:15:50	
468	5301	NUNO ALMEIDA	M	37		01:16:51	01:16:41	
469	6324	RICARDO FONTE	M	38		01:17:07	01:16:46	
470	6055	AFONSO MARTINS	M	36		01:17:11	01:16:43	KO TRAIL RUNNING
471	6165	PAULO PAIS	M	40		01:17:15	01:16:59	
472	6094	PEDRO RICARDO COELHO GONÇALVES	M	34		01:17:15	01:16:59	
473	6013	ETELVINA Mª HENRIQUES SIMÕES	F	42		01:17:20	01:17:16	MORE TEAM
474	6012	ALBERTO DE MOURA	M	43		01:17:20	01:17:16	MORE TEAM
475	5220	RUBÉN TORICES	M	35		01:17:21	01:16:29	
476	6463	JOSÉ M QUINTEIRA FERNANDES	M	44		01:17:21	01:17:21	MORE TEAM
477	6531	LUÍS PAIVA	M	44		01:17:22	01:16:50	
478	6525	JOÃO FILIPE GARCIA DUARTE	M	32		01:17:35	01:17:15	
479	6175	JOANA MOURÃO DE ALMEIDA	F	41		01:17:39	01:17:25	COIMBRATRAILRUNNING
480	5469	SUSANA GOMES	F	41		01:17:39	01:17:26	COIMBRATRAILRUNNING
481	5418	SÓNIA NETO	F	42		01:17:42	01:16:55	MONDEGOPEÇAS
482	5421	JOAQUIM AMADO	M	47		01:17:42	01:16:54	MONDEGOPEÇAS
483	5480	RICARDO NUNO PINHO	M	42		01:17:49	01:17:38	
484	6509	FRANCISCO FERREIRA	M	31		01:17:49	01:16:53	
485	6228	MANUEL MELO	M	39		01:17:55	01:17:27	BOSCH TERMOTECNOLOGIA
486	5834	JOSÉ CARLOS LOPES	M	44		01:18:06	01:17:16	CELAS RUNNERS
487	6273	RUI MANUEL CARREIRA GUERRA	M	50		01:18:08	01:18:01	CASA DO PESSOAL CIBRA
488	5246	ANA FILIPA COSTA	F	28		01:18:12	01:17:55	TEAM 80'S
489	6258	PEDRO SAMPAIO	M	40		01:18:13	01:17:43	SMILING RUNNERS
490	6213	ALBERTA RODRIGUES	F	24		01:18:13	01:17:43	SMILING RUNNERS
491	6061	FÁTIMA BATISTA SANTOS	F	35		01:18:17	01:17:58	
492	5254	PEDRO CORREIA	M	28		01:18:17	01:17:29	GINÁSIO FIT&FUN
493	6440	RICARDO VINTEM	M	37		01:18:17	01:17:35	
494	5229	ROSÁRIO RAMOS	F	56		01:18:19	01:17:56	GR - GRANDES ROTAS CLUBE

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
495	5247	ANA TERESA SALSAS	F	28		01:18:20	01:18:04	TEAM 80'S
496	6459	CAROLINA NUNES	F	32		01:18:22	01:17:42	FAMÍLIA LUZCUS
497	5337	MÉLANIE DUARTE	F	34		01:18:28	01:18:17	FARMÁCIA LUCIANO E MATOS
498	6305	RICARDO FERNANDES	M	37		01:18:33	01:18:20	OS FROZEN
499	6304	RUI PEIXOTO	M	41		01:18:36	01:18:23	OS FROZEN
500	5297	ÂNGELO CARVALHO	M	34		01:18:37	01:18:03	RUN4FUN
501	5294	TONI AMADO	M	35		01:18:38	01:18:02	RUN4FUN
502	6299	TANIA MARQUES	F	33		01:18:42	01:18:34	LOJA DO ATLETA - AGUEDA
503	5459	DAVID SERENO	M	20		01:18:47	01:18:04	
504	6520	PAULO JESUS	M	40		01:18:49	01:18:43	PASCOALITOS
505	6298	CARINA HENRIQUES	F	42		01:18:51	01:18:43	LOJA DO ATLETA - AGUEDA
506	5321	JORGE ALEXANDRE SANTOS COTOVIO	M	36		01:18:53	01:17:57	
507	6429	PEDRO CERCA	M	42		01:18:55	01:18:21	
508	5300	BERNARDO AFONSO	M	19		01:19:01	01:18:37	GR - GRANDES ROTAS CLUBE
509	5489	CRISTINA DUARTE	F	36		01:19:05	01:18:22	GINÁSIO FIT&FUN
510	5282	CRISTINA MELO	F	39		01:19:07	01:18:50	FIA-TE NA VIRGEM E NÃO CORRAS
511	5285	CARLOS RAMOS	M	52		01:19:07	01:18:38	
512	5283	DÁRIO MADEIRA	M	39		01:19:12	01:18:41	OPC-TEAM
513	6068	PEDRO SARAIVA	M	44		01:19:14	01:18:51	KO TRAIL RUNNING
514	6116	NUNO GOMES	M	38		01:19:15	01:18:52	CORREDORES NOCTURNOS PAREDES
515	5230	SANDRINA SILVA	F	40		01:19:16	01:18:55	GR - GRANDES ROTAS CLUBE
516	6112	PAULO PEREIRA	M	41		01:19:16	01:18:55	CORREDORES NOCTURNOS PAREDES
517	5727	MARIA ALICE PINHO GOMES	F	30		01:19:17	01:18:30	SLLUB
518	5728	VITOR FERNANDES LEITE	M	26		01:19:17	01:18:30	SLLUB
519	6214	ANA VIEIRA	F	21		01:19:18	01:18:47	SMILING RUNNERS
520	6260	DÁRIO RIBEIRO	M	28		01:19:18	01:18:47	SMILING RUNNERS
521	6098	PEDRO ANTUNES	M	23		01:19:19	01:19:13	OS ALBICASTRENSES
522	5966	ALBERTO MANUEL TOMÁS CARDOSO	M	38		01:19:19	01:18:50	OPC-TEAM
523	6023	FRANCISCO MADEIRA	M	52		01:19:20	01:19:04	PICKLE FILMS
524	6487	MARCO PEREIRA	M	31		01:19:21	01:18:36	
525	6521	PAULO GAMEIRO	M	33		01:19:21	01:18:36	
526	6498	LUIS SILVA	M	38		01:19:22	01:18:51	GD MOINHOS
527	6534	JOÃO FERREIRA	M	29		01:19:22	01:18:51	GD MOINHOS
528	5423	MAURO ALEGRE	M	37		01:19:24	01:18:36	MONDEGOPEÇAS
529	6133	ARTUR MANUEL SERRA	M	45		01:19:34	01:19:17	OS FROZEN
530	5976	SANDRA MATIAS	F	38		01:19:34	01:19:26	RUN@FIGUEIRA
531	5352	LUIS COSTA	M	34		01:19:36	01:19:24	FIA-TE NA VIRGEM E NÃO CORRAS
532	6096	ANDRÉ ANTUNES	M	26		01:19:42	01:19:36	OS ALBICASTRENSES

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533	6092	NUNO CARDOSO	M	27		01:19:42	01:19:37	OS ALBICASTRENSES
534	6314	CLAUDIA FIGUEIREDO	F	39		01:19:43	01:19:07	
535	6127	JOAO PEDRO DE FIGUEIREDO	M	44		01:19:43	01:19:27	OS FROZEN
536	5535	LÚCIA CARRASQUEIRO	F	34		01:19:45	01:19:17	CROSSFIT MONDEGO
537	6040	TOMÁS PEDRO DIOGO	M	11		01:19:50	01:19:10	
538	5497	RUBEN COSTA	M	37		01:19:51	01:19:41	
539	5319	HELENA ISABEL PRATA DOMINGUES	F	28		01:19:53	01:19:51	GINÁSIO FIT&FUN
540	6167	MANUEL LEÃO MARTINS ADEGAS	M	31		01:20:03	01:19:38	4RUNNERS
541	6088	MIGUEL GOMES ROCHA	M	38		01:20:04	01:19:39	4RUNNERS
542	5521	CRISTINA BARROS	F	39		01:20:06	01:19:28	SINMETRO
543	5420	LUIS PEDRO REIS	M	38		01:20:11	01:19:21	MONDEGOPEÇAS
544	6435	ELISA FERREIRA	F	24		01:20:13	01:19:47	
545	5412	MARIA GOMES	F	45		01:20:15	01:19:46	COIMBRATRILRUNNING
546	5869	JOÃO CARLOS MODESTO	M	49		01:20:18	01:19:25	CELAS RUNNERS
547	6006	SOFIA FARIA	F	28		01:20:26	01:19:44	POCARIÇA RUNNERS
548	5428	MARGARIDA CARVALHO	F	45		01:20:26	01:19:57	COIMBRATRILRUNNING
549	5371	NUNO LIMA	M	40		01:20:30	01:20:20	
550	5504	CARLA CORREIA	F	40		01:20:33	01:20:06	MORE TEAM
551	5382	FILIPPE CARVALHO	M	48		01:20:33	01:20:06	MORE TEAM
552	5476	MIGUEL RUIVO	M	24		01:20:37	01:20:01	GINÁSIO FIT&FUN
553	5547	MIGUEL OLIVEIRA	M	45		01:20:40	01:19:53	
554	5926	MARISA GERALDES LÁZARO	F	39		01:20:44	01:20:20	RUN@FIGUEIRA
555	5529	ANDRÉ FILIPE MARQUES GOMES	M	34		01:20:48	01:20:19	OPC-TEAM
556	5333	CARLOS EDUARDO DELGADO CERQUEIRA	M	48		01:20:50	01:20:16	IPN RUNNERS
557	6256	HELGA MATEUS FERREIRA	F	37		01:20:51	01:20:03	
558	5517	ARSÉNIO RODRIGUES	M	48		01:20:51	01:20:08	GINÁSIO FIT&FUN
559	5438	ANA MARGARIDA MONTEIRO PEIXOTO	F	29		01:20:56	01:20:04	
560	5379	MARIA JOÃO BENQUERENÇA	F	41		01:20:58	01:20:18	COIMBRATRILRUNNING
561	5431	JACQUELINE CORREA DIAS	F	47		01:21:01	01:20:53	
562	5387	RICARDO LÁZARO	M	33		01:21:02	01:21:00	BOCCASBALLS
563	6053	CATARINA LOPES	F	36		01:21:05	01:20:43	KO TRAIL RUNNING
564	6486	PEDRO MIGUEL LUIS MENDES	M	30		01:21:06	01:20:39	ANSIBIKERS
565	6054	CATARINA MARTINS	F	30		01:21:06	01:20:44	KO TRAIL RUNNING
566	6204	BRUNO RODRIGUES	M	44		01:21:09	01:20:42	OS MAIS ILUMINADOS ??
567	5373	NORBERTA SILVA	F	32		01:21:09	01:20:29	GINÁSIO FIT&FUN
568	5325	ANA ROQUE	F	24		01:21:09	01:20:28	GINÁSIO FIT&FUN
569	6073	INÊS FERREIRA	F	23		01:21:10	01:20:30	SLOW RUNNERS POMBAL
570	6080	INÊS GOMES	F	21		01:21:11	01:20:31	SLOW RUNNERS POMBAL

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571	6178	ATLETA NÃO CADASTRADO	M	0		01:21:12	01:20:46	
572	6079	NEUZA GOMES	F	27		01:21:13	01:20:34	SLOW RUNNERS POMBAL
573	5256	FRANCISCO MARTINS	M	30		01:21:31	01:21:31	GINÁSIO FIT&FUN
574	5374	NUNO TEODOSIO OLIVEIRA	M	34		01:21:33	01:20:50	
575	6093	PATRICIA REIS	F	27		01:21:35	01:21:20	GINÁSIO FIT&FUN
576	6128	RUI MANUEL COLAÇO	M	44		01:21:58	01:21:41	OS FROZEN
577	6126	JOSÉ ADELINO VICENTE	M	45		01:21:58	01:21:40	OS FROZEN
578	6048	LUIS PEREIRA	M	44		01:21:59	01:21:28	RUN@FIGUEIRA
579	6188	ISABEL PEGO	F	44		01:22:00	01:21:29	RUN@FIGUEIRA
580	6189	JORGE ALVES	M	45		01:22:00	01:21:28	RUN@FIGUEIRA
581	6075	ÂNGELA VARGUES	F	34		01:22:02	01:21:27	GINÁSIO FIT&FUN
582	6437	DAVID BAPTISTA MIRANDA	M	25		01:22:10	01:21:27	GINÁSIO FIT&FUN
583	5223	PAULO SÊCO	M	41		01:22:13	01:21:56	ARCA - GESTEIRA
584	5988	JOÃO RAMALHO	M	44		01:22:13	01:22:01	ARTE DE MOVIMENTO VNF
585	6124	LILIANA PRAGANA	F	30		01:22:14	01:22:06	PERNA DE PAU RUNNING TEAM
586	5952	CRISTINA LEAL	F	32		01:22:20	01:22:06	
587	5526	ANDRÉ DUARTE	M	28		01:22:20	01:22:07	
588	5953	JANUÁRIO FERREIRA	M	34		01:22:20	01:22:07	
589	5455	ALICE CONDE	F	35		01:22:22	01:22:14	
590	5456	SÓNIA FARIAS	F	41		01:22:27	01:22:18	
591	5471	VALDEMAR RODRIGUES CAETANO	M	49		01:22:36	01:22:33	GD MOINHOS
592	5376	RICARDO ROSA PAIS	M	39		01:22:56	01:22:12	
593	6046	RAQUEL ESTRELA	F	28		01:22:59	01:22:47	PÕE-T'A MEXER
594	6047	ALEXANDRA MENDES	F	31		01:23:00	01:22:49	PÕE-T'A MEXER
595	5977	NUNO BANDARRA	M	37		01:23:04	01:22:39	RUN@FIGUEIRA
596	6066	LEONOR FERREIRA	F	43		01:23:09	01:22:45	KO TRAIL RUNNING
597	6150	SEERGIO NUJO ANTUNES	M	34		01:23:16	01:22:31	FIA-TE NA VIRGEM E NÃO CORRAS
598	6018	PEDRO VILANOVA	M	40		01:23:25	01:22:35	PORTUGUESE UNITED
599	6315	VITOR HENRIQUES	M	40		01:23:34	01:22:58	
600	6313	ANDRÉ AZAMBUJO	M	33		01:23:34	01:22:57	
601	6316	PAULO AZAMBUJO	M	47		01:23:34	01:22:58	
602	5334	JOAO MACHADO	M	36		01:23:37	01:23:11	
603	5942	ANA LEAL	F	40		01:23:40	01:23:31	RUN@FIGUEIRA
604	5970	FERNANDA VASCO	F	39		01:23:40	01:23:15	RUN@FIGUEIRA
605	5452	RICARDO MARQUES	M	30		01:23:43	01:22:57	RED CROSS COIMBRA TEAM
606	5545	JULIANA SANTOS	F	31		01:23:48	01:22:53	
607	5276	JOANA INÊS SANTOS	F	28		01:23:48	01:22:53	
608	6436	PEDRO COSTA	M	28		01:23:55	01:23:15	GINÁSIO FIT&FUN

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CLASSIFICAÇÃO GERAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
609	5439	DANIEL FERNANDO LOPES PEIXOTO	M	59		01:24:02	01:23:10	
610	6321	CÁTIA ANDREIA DE JESUS PEREIRA	F	29		01:24:06	01:23:56	CASA DO PESSOAL CIBRA
611	6173	MARA ALEXANDRA TIMOTEO SANTOS	F	27		01:24:07	01:23:57	
612	6022	CATARINA PINTO MOURAZ	F	21		01:24:08	01:23:51	PICKLE FILMS
613	6091	NUNO ALMEIDA	M	37		01:24:10	01:23:11	
614	6519	VITOR SOARES	M	40		01:24:15	01:23:44	GD MOINHOS
615	6482	NUNO CARVALHO	M	36		01:24:16	01:23:45	GD MOINHOS
616	6102	ANA CAROLINA DE NOBRE TORRES	F	27		01:24:29	01:24:12	GINÁSIO FIT&FUN
617	5292	ATLETA NÃO CADASTRADO	M	0		01:24:29	01:23:32	
618	5415	PAULA ESTEVES	F	26		01:24:29	01:24:12	FIA-TE NA VIRGEM E NÃO CORRAS
619	6229	ANTÓNIO LOPES	M	45		01:24:30	01:24:05	BOSCH TERMOTECNOLOGIA
620	6108	NUNO SANTOS	M	35		01:24:32	01:24:06	CORREDORES NOCTURNOS PAREDES
621	6114	RICARDO NOGUEIRA	M	32		01:24:34	01:24:08	CORREDORES NOCTURNOS PAREDES
622	5448	SOFIA MOTA	F	35		01:24:37	01:23:56	COIMBRATRILRUNNING
623	5339	LILIANA MARIA ROSA PINTO	F	44		01:24:41	01:23:42	
624	5530	ANTÓNIO MANUEL FERREIRA MENDES	M	34		01:25:02	01:24:32	OPC-TEAM
625	6049	JOSÉ FIGUEIREDO	M	31		01:25:05	01:24:10	
626	6600	MANUEL CORREIA DOS SANTOS	M	34		01:25:12	01:24:44	
627	6212	CARLA ROCHA	F	31		01:25:20	01:24:51	SMILING RUNNERS
628	5518	ESTELA GEITOEIRA MARQUES	F	19		01:25:21	01:09:46	
629	6259	MARCIA FERREIRA	F	39		01:25:21	01:24:52	SMILING RUNNERS
630	5519	RUI AGAPITO MARQUES	M	51		01:25:21	01:13:12	
631	6293	PAULO JORGE DE ALMEIDA BAPTISTA	M	60		01:25:22	01:24:44	
632	6461	CRISTINA VELOSO	F	33		01:25:24	01:25:24	
633	5424	LUIS ANTÓNIO RODRIGUES DE PAIVA	M	50		01:25:24	01:25:21	GD MOINHOS
634	5994	CELESTINO PIRES	M	50		01:25:24	01:25:12	ARTE DE MOVIMENTO VNF
635	5233	CLÁUDIA SOFIA GONÇALVES	F	37		01:25:26	01:25:24	EP AVEIRO
636	6526	ANA SOFIA MELO RAMOS	F	29		01:25:28	01:25:28	
637	5965	PAULO ANTÓNIO DE JESUS TORRES	M	42		01:25:28	01:24:58	OPC-TEAM
638	5232	DULCE CARVALHO	F	41		01:25:28	01:25:26	EP AVEIRO
639	6180	MARIANA PEREIRA VIZINHO	F	18		01:25:30	01:25:23	
640	6138	JOÃO TIAGO DIOGO	M	44		01:25:30	01:24:50	
641	5536	TÂNIA ROCHA	F	38		01:25:34	01:25:05	CROSSFIT MONDEGO
642	5350	JOANA MENDES	F	28		01:26:01	01:25:19	GINÁSIO FIT&FUN
643	5411	FRANCISCO CATALÃO	M	26		01:26:01	01:25:21	GINÁSIO FIT&FUN
644	5404	EUGÉNIA PARDAL	F	44		01:26:08	01:25:31	
645	6198	CARLOS NUNO SOUSA FREITAS	M	36		01:26:10	01:26:10	
646	6540	MARCO MOUTINHO	M	40		01:26:18	01:25:40	

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
647	6499	MARTA FERREIRA	F	36		01:26:18	01:25:41	
648	6536	LUÍS PEDRO SOARES RIBEIRO	M	18		01:26:22	01:25:33	
649	6183	TIAGO MIGUEL OLIVEIRA BRANDÃO	M	29		01:26:34	01:26:07	
650	5463	CARLOS MANUEL NÓBREGA VIEIRA DE FREITAS	M	45		01:26:44	01:26:02	
651	6457	NUNO PRATAS	M	26		01:26:44	01:26:12	
652	5296	ANDRÉ LUZ SILVA	M	36		01:26:50	01:26:38	PÕE-T'A MEXER
653	6527	FERNANDO CADETE	M	46		01:26:55	01:26:16	
654	5487	ARMANDO RODRIGUES	M	46		01:27:04	01:26:20	HOLMES PLACE
655	5464	DENISA PEREIRA	F	27		01:27:04	01:26:34	COIMBRATRILRUNNING
656	5375	DANIEL GERALDO TABORDA	M	38		01:27:04	01:26:21	
657	5468	CLÁUDIA PINHO	F	39		01:27:06	01:26:36	
658	5462	NUNO COSTA PEREIRA	M	31		01:27:11	01:26:52	
659	5405	HELENA SOFIA LOPES	F	38		01:27:34	01:26:50	HERIMISU
660	5406	ANA RITA ARTUR	F	18		01:27:34	01:26:50	HERIMISU
661	5260	NUNO DIAS	M	41		01:27:42	01:26:59	TOP MODELS
662	6238	HUGO MARQUES	M	38		01:27:47	01:27:28	EXTREME ACADEMY
663	5542	FRANCISCO PEDRO PINTO DOS SANTOS PINTO DE ALMEIDA	M	35		01:27:50	01:27:34	FARMACIA MEDEIROS
664	6239	ANA OLIVEIRA	F	48		01:27:51	01:27:30	EXTREME ACADEMY
665	5338	SANDRA MARIA FERNANDES DE SOUSA	F	38		01:27:51	01:26:51	
666	5524	RICARDO JORGE DE ALVES RODRIGUES	M	36		01:27:52	01:27:36	FARMACIA MEDEIROS
667	6010	FÁTIMA COSTA	F	25		01:27:53	01:27:16	KO TRAIL RUNNING
668	5482	CARLA SOFIA CARDOSO HEITOR ALVES	F	38		01:27:55	01:27:16	GINÁSIO FIT&FUN
669	5351	JOANA MORGADO	F	27		01:27:55	01:27:19	GINÁSIO FIT&FUN
670	5481	LUÍS FILIPE CALDEIRA NEVES	M	37		01:27:55	01:27:15	GINÁSIO FIT&FUN
671	5281	RAFAEL MARQUES	M	41		01:28:15	01:27:46	OPC-TEAM
672	5941	HELENA MATIAS	F	34		01:28:15	01:27:51	RUN@FIGUEIRA
673	6611	FERNANDO URIEL CANHA	M	49		01:28:16	01:27:22	GINÁSIO FIT&FUN
674	5466	JOSÉ MOURAZ	M	53		01:28:16	01:27:58	
675	6153	MARTA COSTA	F	37		01:28:19	01:27:55	RUN@FIGUEIRA
676	6438	LUIS CARRITO	M	47		01:28:24	01:28:01	
677	5186	PAULO FARIA	M	20		01:28:30	01:28:30	
678	5188	ADRIANA GONÇALVES	F	20		01:28:30	01:28:30	
679	5989	MARCELO FERREIRA	M	38		01:28:43	01:28:30	ARTE DE MOVIMENTO VNF
680	5408	MIGUEL EVANGELISTA	M	46		01:28:48	01:28:02	HERIMISU
681	5407	SUSANA MADEIRA	F	40		01:28:49	01:28:05	HERIMISU
682	6065	PAULA CATARINA MATOS	F	21		01:28:50	01:28:11	KO TRAIL RUNNING
683	6064	FRANCISCO MATOS	M	49		01:28:50	01:28:11	KO TRAIL RUNNING
684	5538	SUSANA RAJADO	F	36		01:28:51	01:28:51	

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
685	5967	GONALO NUNO FERREIRA RIBEIRO ALVES	M	43		01:28:51	01:28:42	RUN@FIGUEIRA
686	6011	MIGUEL FONSECA	M	40		01:28:51	01:28:01	PORTUGUESE UNITED
687	5927	PEDRO ALEXANDRE LADEIRO OLIVEIRA	M	38		01:28:53	01:28:44	RUN@FIGUEIRA
688	5434	JOAQUIM DE SOUSA BRANQUINHO	M	62		01:28:56	01:28:56	COIMBRATRILRUNNING
689	5924	ANA RITA SILVA	F	33		01:28:56	01:28:21	GINÁSIO FIT&FUN
690	5992	XAVIER PEREIRA	M	37		01:28:59	01:28:01	
691	6478	BRUNO RODRIGO VAZ QUINTEIRO	M	35		01:29:00	01:28:01	
692	5357	MARTA DE ALMEIDA MARQUES	F	26		01:29:02	01:28:37	
693	5729	JORGE MIGUEL MARQUES VAZ	M	29		01:29:11	01:29:08	SLLUB
694	5485	CLÁUDIA PARALTA GOMES	F	32		01:29:37	01:29:03	GINÁSIO FIT&FUN
695	5261	FLÁVIO OLIVEIRA	M	48		01:29:54	01:29:46	
696	5272	MARIA BATISTA	F	48		01:29:54	01:29:45	
697	5991	GRACIANO CAETANO	M	28		01:30:36	01:30:32	AROUCA RUN
698	5726	PAULO JORGE FERREIRA MATA	M	48		01:30:38	01:29:42	DNM SPORT TEAM
699	5523	NELSON RODRIGUES	M	29		01:31:15	01:30:37	SINMETRO
700	6017	PEDRO NASCIMENTO	M	41		01:31:33	01:30:43	PORTUGUESE UNITED
701	5477	RITA FRANA	F	22		01:31:39	01:31:04	GINÁSIO FIT&FUN
702	5361	JOANA BARBOSA	F	25		01:31:43	01:30:53	
703	5359	FÁBIO COSTA	M	30		01:31:43	01:30:54	
704	5362	ELIANA GOMES CANTANTE	F	24		01:31:43	01:30:54	
705	6507	INÊS MORAIS	F	36		01:31:53	01:30:53	
706	5453	VERA LÚCIA TEIXEIRA GOMES	F	34		01:32:30	01:31:55	GINÁSIO FIT&FUN
707	6332	INÊS ALEIXO	F	30		01:32:30	01:31:50	GINÁSIO FIT&FUN
708	6005	NÁDIA FARIA	F	24		01:32:31	01:31:49	POCARIA RUNNERS
709	6044	STÉPHANIE OLIVEIRA	F	30		01:32:31	01:31:50	POCARIA RUNNERS
710	5187	LILIANE GONALVES	F	28		01:32:52	01:32:52	
711	6262	ISABEL CRISTINA ESTEVES	F	50		01:32:54	01:31:55	
712	5987	NUNO ARAUJO	M	39		01:32:56	01:32:42	ARTE DE MOVIMENTO VNF
713	6161	SUZANA MARIA LIMA MOO	F	43		01:33:07	01:32:57	RUN@FIGUEIRA
714	6270	NADINE HOEGER	F	32		01:33:29	01:33:08	EXTREME ACADEMY
715	6235	SANDRA HOEGER	F	34		01:33:29	01:33:09	EXTREME ACADEMY
716	6234	NUNO LACERDA	M	55		01:33:30	01:33:09	EXTREME ACADEMY
717	6426	SANDRA MARINA SILVA OLIVEIRA	F	23		01:33:50	01:33:42	
718	6249	SUSANA MAGALHÃES	F	31		01:33:52	01:33:44	
719	5928	FLÁVIO EDGAR PEREIRA JACINTO	M	31		01:33:58	01:33:54	GINÁSIO FIT&FUN
720	5544	ISABEL MARIA DE LEMOS BRANDÃO	F	35		01:33:58	01:33:54	GINÁSIO FIT&FUN
721	6215	JOÃO SANTOS	M	39		01:34:03	01:33:21	TOP MODELS
722	6250	CLARICE SANTOS	F	34		01:34:07	01:33:28	TEAM CNA

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
723	6251	MIGUEL MOURA	M	44		01:34:10	01:33:31	TEAM CNA
724	5551	JOÃO NUNO DURÃES PINTO	M	29		01:34:21	01:33:36	RED CROSS COIMBRA TEAM
725	5552	SÓNIA PATRÍCIA DIAS NEVES	F	29		01:34:23	01:33:37	RED CROSS COIMBRA TEAM
726	5222	HÉLDER SÊCO	M	38		01:34:23	01:34:06	ARCA - GESTEIRA
727	6186	PEDRO TIAGO FERNANDES CABRAL	M	35		01:34:30	01:34:12	
728	5533	FRANCISCO JOSÉ ANTUNES JORGE	M	46		01:34:38	01:34:15	
729	5245	FREDERICO DONATI BARBOSA	M	37		01:35:11	01:34:40	
730	6139	CATARINA RAQUEL CAMPANHA DE CARVALHO	F	36		01:35:25	01:35:25	
731	6140	MARIA GRAZIELA GERALDES ANTUNES	F	43		01:35:25	01:35:25	
732	5461	ANA MARGARIDA ANDRADE COSTA FRANÇA	F	22		01:36:07	01:35:17	
733	5993	MARCELA ISABEL CANAS SIMÕES DOS SANTOS	F	22		01:36:08	01:35:16	
734	5723	ANTÓNIO GAMA	M	43		01:36:09	01:35:12	DNM SPORT TEAM
735	5725	JOSÉ MIGUEL MENDONÇA	M	48		01:36:10	01:35:13	DNM SPORT TEAM
736	6051	CARLOS CARIA	M	33		01:36:14	01:36:14	KO TRAIL RUNNING
737	6480	FERNANDO BORGES	M	32		01:36:20	01:36:16	FIA-TE NA VIRGEM E NÃO CORRAS
738	6518	PEDRO BORGES	M	39		01:36:21	01:36:16	FIA-TE NA VIRGEM E NÃO CORRAS
739	6320	DANIEL COELHO MALVEIRO	M	32		01:36:21	01:36:16	FIA-TE NA VIRGEM E NÃO CORRAS
740	6196	HUGO CHUMBO	M	38		01:37:12	01:36:19	VIRIATHVS RUNNERS VISEU
741	6279	MARIA JOÃO FREITAS	F	39		01:37:12	01:36:19	VIRIATHVS RUNNERS VISEU
742	6326	RUI MANUEL COSTA	M	37		01:37:15	01:37:03	
743	6524	JOÃO PINTO	M	37		01:39:37	01:39:32	
744	6446	CLARA MIRANDA	F	28		01:39:38	01:39:02	PASCOALITOS
745	6508	SERGIO ESTEVÃO	M	32		01:40:03	01:39:04	
746	5722	JOAQUIM CAEIRO	M	47		01:40:47	01:39:50	DNM SPORT TEAM
747	5654	JORGE MARQUES	M	44		01:40:47	01:39:50	DNM SPORT TEAM
748	6428	NUNO FILIPE JORGE SANTOS	M	33		01:40:58	01:40:03	
749	6464	JOANA PATRICIA CASACA PINTO	F	24		01:40:59	01:40:04	
750	6456	ANA PIRES	F	26		01:42:30	01:41:59	
751	6501	ANA RITA FORTE PIRES	F	32		01:42:43	01:42:17	ANSIBIKERS
752	6242	JOSÉ FARO	M	43		01:42:43	01:41:49	VIRIATHVS RUNNERS VISEU
753	6278	EUNICE LOUREIRO	F	49		01:42:49	01:41:56	VIRIATHVS RUNNERS VISEU
754	6322	HUMBERTO TEIXEIRA	M	44		01:42:53	01:41:59	VIRIATHVS RUNNERS VISEU
755	5983	PEDRO BRITES	M	41		01:43:06	01:42:07	
756	5985	RITA LEMOS	F	46		01:43:06	01:42:08	
757	6476	SARA MARINHA	F	15		01:43:28	01:43:28	
758	6295	INÊS DIAS	F	20		01:43:37	01:42:38	
759	6216	BEATRIZ ACABADO	F	21		01:43:38	01:42:39	
760	6475	MARA MARINHA	F	24		01:43:40	01:43:40	

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
761	6244	LUÍS FERNANDES	M	27		01:44:48	01:43:54	VIRIATHVS RUNNERS VISEU
762	6280	CATARINA FERNANDES	F	23		01:44:49	01:43:56	VIRIATHVS RUNNERS VISEU
763	6243	MIGUEL BATISTA	M	41		01:44:49	01:43:56	VIRIATHVS RUNNERS VISEU
764	5554	HELGA CATARINA VILÃO	F	36		01:46:16	01:45:29	RED CROSS COIMBRA TEAM
765	5553	PEDRO JORGE DO ROSÁRIO SANTOS	M	37		01:46:16	01:45:30	RED CROSS COIMBRA TEAM
766	5343	MATEUS MARTINS DOMINGUES	M	27		01:47:00	01:46:01	
767	5344	ÁUREA GONÇALVES	F	29		01:47:01	01:46:01	
768	5346	ANA RITA LOIO CAVALEIRO	F	26		01:47:02	01:46:04	
769	6237	SÓNIA MOTA	F	41		01:47:03	01:47:03	EXTREME ACADEMY
770	6236	FILIPE CORDEIRO	M	32		01:48:05	01:48:05	EXTREME ACADEMY
771	6168	SONIA LEITAO	F	38		01:48:17	01:47:59	
772	6325	STEVEN MANUEL BATISTA CASTELEIRO	M	40		01:49:00	01:48:39	
773	6084	FERNANDO COSTA	M	38		01:49:59	01:49:59	
774	6209	CARLOS MALOSSO	M	44		01:52:06	01:52:06	
775	6208	RODRIGO ATAÍDE	M	17		01:52:07	01:52:07	
776	6450	PEDRO NUNO RAPOSO FERREIRA	M	42		01:53:00	01:53:00	
777	6004	ANDRÉ FARIA	M	30		01:55:03	01:54:16	POCARIÇA RUNNERS
778	5295	RUI ALEIXO	M	34		01:56:36	01:56:03	RUN4FUN
779	5316	CÁTIA NEVES	F	23		01:56:37	01:56:34	HOLMES PLACE
780	5329	PEDRO SIMÕES	M	24		01:56:37	01:56:34	HOLMES PLACE

Total de registros: 780