Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	219	FÁBIO ABRANTES	M	28	1	00:31:25.44	00:31:24.97	UNIAO CLUBE EIRENSE
2	287	JOÃO PEREIRA	M	43	1	00:32:43.00	00:32:43.00	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
3	1133	VITOR PLENO	M	35	2	00:33:30.00	00:33:30.00	
4	218	HUGO FONTES	M	29	3	00:33:53.58	00:33:52.15	UNIAO CLUBE EIRENSE
5	189	VASCO PEREIRA	M	29	4	00:34:00.94	00:33:57.18	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
6	1134	LUIS RODRIGUES	M	36	5	00:34:13.00	00:34:13.00	
7	240	NUNO SILVA	M	41	2	00:34:24.93	00:34:23.26	CLUBE ATLETISMO LAMAS
8	352	MANUEL PIÚFO	M	46	3	00:34:35.11	00:34:33.17	TRIBO NR
9	61	ANTÓNIO FERREIRA	M	51	1	00:34:46.09	00:34:45.58	
10	14	CARLOS PIMENTA	M	43	4	00:35:02.02	00:35:00.43	LUSOTEAM
11	224	ADÉRITO FONTES	M	56	2	00:35:31.40	00:35:30.20	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
12	85	JOÃO SILVA	M	40	5	00:35:40.06	00:35:36.89	ACDRS QUINHENDROS
13	271	MARCO MARTINS	M	41	6	00:36:16.13	00:36:13.89	
14	348	AUGUSTO FIGUEIREDO	M	47	7	00:36:25.77	00:36:24.23	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
15	259	ALEXANDRE MARQUES	M	25	6	00:36:38.86	00:36:38.86	UNIAO CLUBE EIRENSE
16	216	RUBEN FERNANDES	M	22	7	00:36:48.82	00:36:47.76	UNIAO CLUBE EIRENSE
17	329	HUGO RAMALHO	M	40	8	00:36:59.62	00:36:59.62	RECREIO DESPORTIVO DE ÁGUEDA
18	357	MARCIO CAFU	M	39	8	00:36:59.70	00:36:53.73	
19	176	RICARDO SANTOS	M	25	9	00:37:07.00	00:37:02.54	VIKINGS TRAIL RUNNERS
20	59	ÁLVARO MANO	M	47	9	00:37:15.23	00:37:12.73	COIMBRA TRAIL RUNNING
21	322	PEDRO MARQUES	M	47	10	00:37:19.20	00:37:14.71	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
22	213	RICARDO SARAIVA	M	48	11	00:37:23.16	00:37:17.67	UNIAO CLUBE EIRENSE
23	186	AURELIO SAUDE	M	41	12	00:37:53.36	00:37:50.48	
24	253	DIOGO REIS	M	29	10	00:37:58.00	00:37:58.00	
25	261	RICARDO GERMANO	M	32	11	00:38:13.00	00:38:13.00	PHARMADVANCE
26	1131	ABEL FLOR	M	56	3	00:38:16.00	00:38:16.00	ACPORTALEGRE
27	318	CARLOS MANUEL	M	42	13	00:38:24.26	00:38:24.26	COIMBRA TRAIL RUNNING
28	275	NUNO VASCONCELOS	M	36	12	00:38:41.23	00:38:39.29	COIMBRA TRAIL RUNNING
29	279	LUIS MARTINS	M	43	14	00:38:43.14	00:38:40.53	PASCOALITOS AD BARCOUÇO
30	201	LUIS PEREIRA	M	39	13	00:38:44.08	00:38:44.08	
31	65	PEDRO GUIMARAES	M	49	15	00:38:47.16	00:38:45.21	A+
32	97	HUGO SIMÕES	M	33	14	00:39:04.83	00:39:02.04	ADABEM RUNNING TEAM
33	320	MIGUEL AFONSO	M	18	15	00:39:07.00	00:39:07.00	
34	57	NUNO SOUSA	M	44	16	00:39:09.22	00:39:05.93	TRIBO NR
35	123	PEDRO BATISTA	M	25	16	00:39:15.00	00:39:10.99	AIQUEDOI

36	314	JADIR PEREIRA	M	54	4	00:39:17.16	00:39:14.06	CLUVE
37	53	ARTUR GÂNDARA	M	39	17	00:39:20.93	00:39:17.51	ARCD VENDA DA LUISA
38	92	JOSÉ PIRES	M	50	5	00:39:24.29	00:39:22.28	
39	164	EDUARDO CARVALHEIRO	M	21	18	00:39:27.16	00:39:18.68	KARVATEAM
40	40	JOÃO VELOSO	M	53	6	00:39:38.59	00:39:35.62	
41	148	FREDERICO MARQUES	M	40	17	00:39:39.00	00:39:39.00	OUT2RUN/MIRO
42	250	RICARDO BICA	M	34	19	00:39:59.65	00:39:59.65	COIMBRA TRAIL RUNNING
43	55	LUÍS OLIVEIRA	M	51	7	00:40:02.11	00:39:58.96	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
44	256	BRUNO BERNARDES	M	35	20	00:40:05.49	00:40:03.47	CLUVE
45	1135	ANTONIO QUATORZE	M	62	1	00:40:07.00	00:40:07.00	
46	349	NELSON SANTOS	M	51	8	00:40:17.88	00:40:13.43	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
47	54	JOÃO SILVA	M	30	21	00:40:18.18	00:40:18.18	ARCD VENDA DA LUISA
48	309	EVANGELISTA SANTOS	M	53	9	00:40:29.51	00:40:24.21	
49	1136	PEDRO ROQUE	M	50	10	00:40:35.00	00:40:35.00	
50	214	HUMBERTO OLIVEIRA	M	45	18	00:40:39.81	00:40:30.10	UNIAO CLUBE EIRENSE
51	260	PAULO CAVALEIRO	M	54	11	00:40:42.02	00:40:37.89	LEITÃO & CAVALEIRO
52	210	JOÃO ALVES	M	38	22	00:40:45.00	00:40:45.00	ADABEM RUNNING TEAM
53	247	SÉRGIO GOMES	M	22	23	00:40:51.89	00:40:47.95	TRIBO NR
54	139	FERNANDO ALHAU	M	57	12	00:40:52.15	00:40:49.37	COIMBRA TRAIL RUNNING
55	39	JOAQUIM GASPAR	M	45	19	00:41:01.09	00:41:01.09	
56	26	ANDRÉ FILIPE MORAIS	M	26	24	00:41:02.69	00:40:48.12	CCA SPORTS
57	273	BRUNO ANTUNES	M	23	25	00:41:09.78	00:41:01.86	VILAVENTURA TRAIL RUNNING TEAM
58	198	CARLOS COSTA	M	32	26	00:41:14.04	00:41:10.19	
59	278	FERNANDO POMBO	M	67	2	00:41:15.06	00:41:10.74	CCD O ALVITEJO
60	307	PATRÍCIA FERNANDES	F	30	1	00:41:20.11	00:41:14.71	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
61	343	LUIS FONSECA	M	45	20	00:41:22.75	00:41:17.85	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
62	15	BRUNO REI	M	29	27	00:41:23.38	00:41:07.82	CCFAMILY
63	220	MIGUEL COIMBRA	M	53	13	00:41:25.13	00:41:25.13	UNIAO CLUBE EIRENSE
64	32	DANIEL CRESPO	M	35	28	00:41:28.12	00:41:28.12	RUNNING DO PÉ-DE-LÓ
65	90	NUNO FRANCO	M	40	21	00:41:29.00	00:41:29.00	
66	182	FILIPE PINHEIRO	M	38	29	00:41:30.60	00:41:30.60	ASSOCIAÇÃO RECREATIVA ALFANDEGUENSE
67	183	CARLA SANTOS	F	45	1	00:41:30.76	00:41:30.76	
68	167	GONÇALO PADILHA	M	43	22	00:41:36.60	00:41:36.60	COIMBRA TRAIL RUNNING
69	125	FILIPE CAMPIZES	M	31	30	00:41:50.17	00:41:45.58	AIQUEDOI
70	179	RUI NETO	M	38	31	00:41:50.85	00:41:48.48	
71	91	FERNANDO SILVA	M	45	23	00:41:56.87	00:41:52.64	
72	129	GONÇALO MEXIA	M	30	32	00:42:03.06	00:41:57.42	PERNAS DE GAFANHOTO

73	178	RUI FIGUEIREDO	M	43	24	00:42:04.79	00:42:02.22	CPT – SOBRAL DE CEIRA
74	359	RUI SILVA	M	46	25	00:42:05.79	00:41:56.09	OS PAPA MILHAS
75	332	NUNO COSTA	M	46	26	00:42:27.22	00:42:21.09	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA
76	283	PAULO MARQUES	M	51	14	00:42:33.42	00:42:33.42	
77	88	RUI MIGUEL GONÇALVES NUNES	M	39	33	00:42:34.76	00:42:26.49	
78	217	MARTA LOBO	F	24	2	00:42:39.25	00:42:32.74	UNIAO CLUBE EIRENSE
79	281	LUÍS OLIVEIRA	M	27	34	00:42:51.96	00:42:43.28	
80	319	NUNO AFONSO	M	37	35	00:43:06.14	00:42:59.74	
81	142	PEDRO NETO	M	29	36	00:43:24.75	00:43:17.34	DEIXA PASSAR
82	274	NUNO RODRIGUES	M	38	37	00:43:24.89	00:43:16.97	DEIXA PASSAR
83	109	JOSÉ NETO	M	61	3	00:43:26.72	00:43:25.22	TEAM NETO
84	238	ANTÓNIO FERREIRA	M	47	27	00:43:31.59	00:43:17.95	LOBOS DA SERRA – LOUREIRO
85	215	MANUEL SANTOS	M	61	4	00:43:34.30	00:43:24.31	UNIAO CLUBE EIRENSE
86	163	LUÍS CARVALHEIRO	M	50	15	00:43:45.56	00:43:37.64	KARVATEAM
87	185	NUNO CABRAL	M	37	38	00:43:48.17	00:43:48.17	
88	187	EDELSON ROCHA	M	30	39	00:43:54.81	00:43:53.89	TRIBO NR
89	173	MARCOS LOPES	M	37	40	00:43:58.75	00:43:38.25	
90	333	MARCO SIMÕES	M	27	41	00:44:10.14	00:43:48.45	
91	200	MARCELO COUTINHO	M	48	28	00:44:12.62	00:44:06.90	
92	208	RÚBEN BAETA	M	30	42	00:44:19.18	00:44:04.40	CCD CRÉDITO AGRÍCOLA MÚTUO
93	20	JOÃO DUARTE	M	36	43	00:44:19.44	00:44:19.44	RUNNING DO PÉ-DE-LÓ
94	30	FILIPE DUARTE	M	34	44	00:44:19.76	00:44:19.76	RUNNING DO PÉ-DE-LÓ
95	66	ANA FERNANDES	F	39	3	00:44:20.24	00:44:16.28	TRIBO NR
96	292	JOEL SANTOS	M	36	45	00:44:25.76	00:44:02.65	
97	321	DANIEL FILIPE GOMES ANTUNES	M	19	46	00:44:25.88	00:44:17.57	
98	36	ANDRÉ LOPES	M	34	47	00:44:27.00	00:44:13.95	CCD CRÉDITO AGRÍCOLA MÚTUO
99	342	LUIS SIMÕES	M	46	29	00:44:35.00	00:39:34.21	
100	223	FERNANDO BATISTA	M	54	16	00:44:36.64	00:44:20.10	OS BATISTAS
101	336	JOÃO CAETANO	M	38	48	00:44:40.00	00:44:32.49	OLYMPIC SILVAS
102	277	FABIO GASPAR	M	32	49	00:44:51.97	00:44:51.97	GIRA SOL
103	127	JOSÉ MONTEIRO	M	49	30	00:44:52.37	00:44:48.06	ADCA
104	131	RUI GODINHO	M	49	31	00:44:54.09	00:44:48.83	GDM RUNNERS
105	98	MIGUEL FIGUEIREDO	M	43	32	00:44:59.16	00:44:55.34	2 TEAM
106	60	CATARINA ALVES	F	43	2	00:45:01.63	00:44:59.17	COIMBRA TRAIL RUNNING
107	249	CATARINA ABREU	F	35	4	00:45:09.73	00:45:06.24	
108	244	PAULO AZEVEDO	M	48	33	00:45:10.06	00:45:00.26	TEROMOVIGO/CASADOPÃO/EFAPEL/A.D.SERPINENSE
109	305	TIAGO PIRES	M	34	50	00:45:13.47	00:45:13.47	CASA DO BENFICA CONDEIXA

110	165	RICARDO FERREIRA	M	38	51	00:45:15.58	00:45:08.82	NETQOS
111	311	NUNO CRUZ	M	42	34	00:45:16.50	00:45:12.32	CLUVE
112	119	JOSÉ ABREU	M	39	52	00:45:20.51	00:45:12.53	ADRAP
113	315	MANUEL DA COSTA	M	61	5	00:45:31.00	00:45:29.54	CLUVE
114	355	CARLOS LOBO	M	56	17	00:45:31.91	00:45:23.91	
115	102	MANUEL MARÇAL	M	63	6	00:45:40.00	00:45:40.00	CLUVE
116	267	RAQUEL GRILO	F	43	3	00:45:45.94	00:45:40.80	GIRA SOL
117	317	JOSÉ JACINTO	M	27	53	00:45:50.00	00:45:36.31	
118	254	JOSÉ DOMINGUES COSTA	M	35	54	00:45:51.16	00:45:34.99	ATLETISMO CLUBE DA TOCHA
119	334	FERNANDO RODRIGUES	M	59	18	00:45:56.32	00:45:56.32	
120	177	MONICA ALMEIDA	F	23	5	00:45:58.86	00:45:53.08	
121	13	JOSE LADEIRO	M	24	55	00:46:03.13	00:46:03.13	
122	73	PEDRO RICARDO GONÇALVES	M	38	56	00:46:06.02	00:45:58.93	
123	241	RUI FERNANDES	M	51	19	00:46:07.40	00:45:58.26	TEROMOVIGO/CASADOPÃO/EFAPEL/A.D.SERPINENSE
124	331	RUI SIMÕES	M	52	20	00:46:07.82	00:45:57.20	
125	106	MÁRIO CARVALHO	M	53	21	00:46:09.09	00:45:57.25	
126	138	JOEL FIGUEIREDO	M	42	35	00:46:10.00	00:45:59.46	NAP
127	199	LUIS SIMOES	M	55	22	00:46:16.67	00:46:16.67	
128	99	NARCISO ARROMBA	M	64	7	00:46:19.05	00:46:15.06	CLUVE
129	280	CARLOS PESSOA	M	37	57	00:46:38.00	00:46:22.77	
130	209	CARLOS PATRAO	M	38	58	00:46:54.80	00:46:39.90	
131	52	LUKAS BRUNNER	M	22	59	00:47:00.64	00:46:51.10	
132	111	SILVINA BAPTISTA	F	44	4	00:47:01.90	00:46:50.11	
133	288	MIGUEL COSTA	M	45	36	00:47:02.23	00:46:59.25	FORMOBIKE-BTT E TRAIL RUN
134	81	NUNO VARANDAS	M	40	37	00:47:31.22	00:47:17.24	IPNRUNNERS
135	147	RODRIGO VAZ	M	36	60	00:47:32.40	00:47:08.59	
136	12	RICARDO ROCHA	M	51	23	00:47:38.09	00:47:29.62	
137	323	DIOGO OLIVEIRA	M	32	61	00:47:40.01	00:47:40.01	
138	205	JOÃO DUARTE	M	27	62	00:47:40.08	00:47:40.08	IPNRUNNERS
139	358	MIGUEL SANTOS	M	47	38	00:48:01.05	00:47:51.10	
140	43	BASILIO SIMOES	M	51	24	00:48:04.13	00:48:04.13	HAPPY & FIT
141	248	JOSÉ SEQUEIRA	M	68	8	00:48:05.19	00:48:03.49	ARSM POIARES
142	116	HUGO MARTINS	M	41	39	00:48:05.45	00:47:55.57	
143	100	ADÉLIA SÁ	F	23	6	00:48:12.71	00:48:03.70	
144	269	MARCOS ALVES	M	42	40	00:48:13.00	00:48:09.44	TRIBO NR
145	128	JOÃO CAMPOS	M	35	63	00:48:14.61	00:48:08.97	TRIBO NR
146	83	RUI COLAÇO	M	48	41	00:48:26.19	00:48:11.25	LOBOS DA SERRA – LOUREIRO

147	360	MANUEL TAVARES	M	46	42	00:48:45.45	00:48:33.32	OS PAPA MILHAS
148	362	RUI FIGUEIREDO	M	40	43	00:48:45.70	00:48:35.68	OS PAPA MILHAS
149	303	JOEL RIBEIRO COSTA	M	23	64	00:48:49.09	00:48:39.70	
150	326	JOÃO MATOS	M	57	25	00:48:50.50	00:48:45.83	CPT COIMBRA
151	301	JOÃO SILVA	M	61	9	00:48:55.00	00:48:45.76	CKAPRI.PT
152	316	JOSÉ PEDRO SARAIVA	M	41	44	00:49:02.00	00:48:44.38	
153	237	RUI LOPES	M	58	26	00:49:07.67	00:48:56.48	
154	113	PEDRO FONTES	M	42	45	00:49:12.25	00:49:01.68	
155	70	CARMEN FRAILE MARTINEZ	F	23	7	00:49:13.46	00:49:03.10	
156	212	PEDRO RITO	M	47	46	00:49:18.18	00:49:18.18	
157	140	CATARINA ALEXANDRA CARVALHO SANTOS	F	41	5	00:49:21.71	00:49:09.09	
158	141	NUNO MOTA	M	40	47	00:49:22.00	00:49:09.07	
159	243	ANA DIAS	F	35	8	00:49:29.50	00:49:20.77	TEROMOVIGO/CASADOPÃO/EFAPEL/A.D.SERPINENSE
160	49	MARCO XAVIER	M	30	65	00:49:32.44	00:49:08.58	
161	71	GUILHERME SÃO PEDRO	M	21	66	00:49:33.64	00:49:24.27	
162	27	JOSÉ MANUEL GONÇALVES	M	59	27	00:49:34.49	00:49:27.61	
163	276	JOÃO COELHO	M	37	67	00:49:35.94	00:49:17.50	
164	327	NUNO ALMEIDA	M	39	68	00:49:37.69	00:49:20.76	
165	77	INES CORTESAO	F	13	9	00:49:38.76	00:49:17.38	INFECTADOS
166	304	ANTONIO BENTO	M	38	69	00:49:40.35	00:49:22.30	
167	137	NUNO PINTO	M	42	48	00:49:40.56	00:49:40.56	NAP
168	1132	SARA MARTINS	F	43	6	00:49:44.00	00:49:44.00	CLUVE
169	115	GONCALO CARDOSO	M	41	49	00:49:44.68	00:49:34.80	
170	197	CARLOS LOPES	M	40	50	00:49:45.16	00:49:33.59	
171	195	PAULO BRANCO	M	46	51	00:49:45.27	00:49:34.20	
172	44	MARIA JOÃO BENQUERENÇA	F	44	7	00:49:49.36	00:49:29.91	
173	234	PEDRO BATISTA	M	38	70	00:49:51.78	00:49:33.18	U C EIRENSE – CASA BAIA
174	193	RODRIGO NUNES	M	34	71	00:50:05.57	00:49:59.63	
175	231	JOAO JORGE	M	34	72	00:50:05.99	00:49:48.06	U C EIRENSE – CASA BAIA
176	298	JORGE VAZ	M	34	73	00:50:07.76	00:49:48.23	PEST RUNNERS
177	132	TERESA GONÇALVES	F	22	10	00:50:09.20	00:50:00.79	
178	37	FILIPE SIMÕES	M	46	52	00:50:17.54	00:50:03.10	CCD CRÉDITO AGRÍCOLA MÚTUO
179	95	NUNO FERNANDES	M	43	53	00:50:18.79	00:50:03.34	
180	22	ANTÓNIO SARAIVA	M	61	10	00:50:22.49	00:50:17.05	
181	143	DAVID PEREIRA	M	30	74	00:50:24.31	00:50:17.59	DEIXA PASSAR
182	46	MIGUEL FONSECA	M	43	54	00:50:35.81	00:50:20.70	

183	174	KAREN DUARTE MENDES	F	27	11	00:50:38.05	00:50:15.55	
184	67	ANA PRIETO GARCÍA	F	23	12	00:50:39.05	00:50:28.48	
185	38	BRUNO LIMA	M	31	75	00:50:43.31	00:50:30.10	CCD CRÉDITO AGRÍCOLA MÚTUO
186	51	JUDITE CRUZ	F	48	8	00:50:46.34	00:50:46.34	
187	156	BRUNO LEITÃO	M	35	76	00:50:52.82	00:50:52.82	BUFALOS RUNNING
188	227	CARLOS VIEGAS	M	36	77	00:50:56.17	00:50:40.29	
189	265	VITOR AZEVEDO	M	40	55	00:51:02.50	00:50:50.27	FAMILY MEN
190	291	MARCO SILVA	M	41	56	00:51:08.08	00:50:45.68	
191	74	CLAUDIO LIMA	M	39	78	00:51:17.88	00:51:17.88	INFECTADOS
192	24	LUCIA TELES	F	46	9	00:51:21.39	00:51:05.58	CCFAMILY
193	103	PEDRO LOPES	M	40	57	00:51:28.65	00:51:05.38	
194	252	LUÍS NINA	M	27	79	00:51:29.51	00:51:05.38	
195	192	RUI LOPES	M	45	58	00:51:31.19	00:51:27.57	
196	191	RICARDO RODRIGUES	M	41	59	00:51:32.00	00:51:32.00	
197	87	LILIANA SILVA	F	44	10	00:51:43.59	00:51:36.66	
198	242	RUI AZEVEDO	M	47	60	00:51:45.06	00:51:36.73	TEROMOVIGO/CASADOPÃO/EFAPEL/A.D.SERPINENSE
199	245	FERNANDO LOURENÇO	M	46	61	00:51:45.08	00:51:36.21	TEROMOVIGO/CASADOPÃO/EFAPEL/A.D.SERPINENSE
200	80	JOÃO PAULO DIAS	M	53	28	00:51:47.51	00:51:35.09	IPNRUNNERS
201	130	SANDRA AGUIAR	F	44	11	00:51:49.97	00:51:44.83	GDM RUNNERS
202	302	PEDRO ABREU	M	41	62	00:51:55.45	00:51:47.02	TRY TO STOP US / A.N.D.A.R.
203	134	LUIS CANDEIAS	M	44	63	00:51:58.89	00:51:48.17	FAMILY MEN
204	354	DANIEL VIDEIRA	M	40	64	00:51:59.33	00:51:58.24	
205	135	BRUNO JESUS	M	34	80	00:51:59.68	00:51:47.98	FAMILY MEN
206	56	MANUEL JORGE	M	65	11	00:52:07.67	00:51:56.68	TRIBO NR
207	157	GUILHERME GONÇALVES	M	42	65	00:52:13.65	00:52:08.56	
208	162	FERNANDO VENDA	M	61	12	00:52:15.72	00:51:58.46	COIMBRA TRAIL RUNNING
209	295	RODOLFO HENRIQUE CARVALHO	M	31	81	00:52:18.32	00:52:10.68	R+L
210	96	JOEL RICARDO DE ALMEIDA LOUREIRO	M	40	66	00:52:31.89	00:52:18.26	
211	229	RUI DUARTE	M	56	29	00:52:41.40	00:52:31.92	KARRAPATEIRA 1919
212	230	BEATRIZ DUARTE	F	22	13	00:52:41.68	00:52:32.50	KARRAPATEIRA 1919
213	270	FABRICE GONÇALVES	M	35	82	00:52:43.50	00:52:43.50	CANECA NA META
214	154	LUIS REIS	M	36	83	00:52:43.63	00:52:43.63	BUFALOS RUNNING
215	211	ANDRÉ NEVES	M	36	84	00:52:45.29	00:52:20.04	CANECA NA META
216	122	CLARA PEDREIRO	F	39	14	00:53:07.02	00:53:07.02	AIQUEDOI
217	313	ANTÓNIO TAVARES	M	68	13	00:53:10.00	00:53:07.09	CLUVE
218	86	CELSO FERREIRA	M	34	85	00:53:13.74	00:52:55.85	

219	310	JOANA SIMÕES	F	29	15	00:53:18.82	00:53:11.75	
220	153	SOFIA PEREIRA	F	24	16	00:53:19.28	00:52:59.54	
221	289	LUIS BRANDÃO	M	47	67	00:53:36.00	00:53:36.00	
222	124	JÚLIO ALMEIDA	M	45	68	00:53:41.10	00:53:21.05	AIQUEDOI
223	42	MARIA DA GLÓRIA LOPES LEITE SOARES	F	53	1	00:53:48.60	00:53:41.88	
224	284	ANDREIA COSTA	F	39	17	00:53:50.02	00:53:43.44	
225	136	MARCO GOMES	M	47	69	00:53:55.74	00:53:44.79	FAMILY MEN
226	168	MARCO MARREIRO	M	28	86	00:54:02.00	00:53:47.64	
227	175	JORGE ALEXANDRE CAMPOS	M	60	14	00:54:12.96	00:54:05.38	CAMPOS
228	344	GUSTAVO PANCAS	M	44	70	00:54:14.58	00:54:12.84	
229	290	DANIELA FERNANDES	F	37	18	00:54:15.85	00:53:54.38	
230	25	PAULO BASTOS CARDOSO	M	54	30	00:54:16.11	00:54:01.18	
231	293	TIAGO FREITAS	M	38	87	00:54:17.42	00:53:54.55	
232	149	ANTÓNIO CALHAU	M	26	88	00:54:24.53	00:54:18.71	
233	171	LAURA RODRIGUES	F	30	19	00:54:25.73	00:54:25.73	AEDL
234	312	CARLOS LOPES	M	64	15	00:54:26.66	00:54:25.08	CLUVE
235	50	LUÍS ANTÓNIO	M	31	89	00:54:29.60	00:54:29.60	
236	226	CARMENCITA QUADRADO	F	47	12	00:54:31.88	00:54:21.86	TRIBO NR
237	308	DIDIER LOPES	M	44	71	00:54:44.76	00:54:38.68	
238	166	PEDRO TRINDADE	M	39	90	00:54:47.13	00:54:40.23	NETQOS
239	225	LUÍS MIGUEL NUNES	M	48	72	00:54:50.30	00:54:50.30	TRIBO NR
240	114	PEDRO GONCALVES	M	47	73	00:55:04.85	00:54:53.23	
241	107	MARIA JOSÉ SANTOS	F	41	13	00:55:07.87	00:54:55.29	DUO RUNNERS
242	108	ANTÓNIO JORGE MELO	M	45	74	00:55:08.10	00:54:55.10	DUO RUNNERS
243	239	FERNANDO SILVA	M	57	31	00:55:30.52	00:55:24.92	
244	151	PAULO SANTOS	M	47	75	00:55:31.50	00:55:31.50	
245	160	JOSÉ QUADRADO	M	47	76	00:55:34.99	00:55:20.94	
246	161	CÉSAR RODRIGUES	M	42	77	00:55:36.87	00:55:22.34	
247	346	ISABEL MADEIRA	F	48	14	00:55:39.84	00:55:24.13	
248	232	CARLO LUCAS	M	40	78	00:55:39.98	00:55:22.18	U C EIRENSE – CASABAIA
249	233	BRUNO OLIVEIRA	M	37	91	00:55:42.96	00:55:42.96	U C EIRENSE – CASA BAIA
250	194	CARLOS OLIVEIRA	M	54	32	00:55:49.33	00:55:42.19	
251	170	CARLOS CARVALHO	M	38	92	00:55:58.90	00:55:58.90	AEDL
252	84	MANUEL PEREIRA	M	65	16	00:56:07.85	00:56:07.85	
253	266	BRUNO SILVA	M	45	79	00:56:18.76	00:55:53.25	
254	255	DANIELA PEIXOTO	F	34	20	00:56:21.79	00:56:06.30	

255	89	RITA GOUVEIA	F	35	21	00:56:23.02	00:56:08.63	
256	222	FILIPA BATISTA	F	28	22	00:56:40.00	00:56:40.00	OS BATISTAS
257	31	ANA LEDO	F	41	15	00:57:08.92	00:56:50.54	
258	296	VANESSA LOUREIRO	F	29	23	00:57:17.02	00:56:56.84	
259	146	CARLOS FERREIRA	M	59	33	00:57:20.00	00:57:08.06	
260	203	SERGIO ALMEIDA	M	31	93	00:57:25.00	00:57:20.45	
261	133	MARCOS NEVES	M	37	94	00:57:49.89	00:57:37.71	FAMILY MEN
262	285	RENATO RAMOS	M	53	34	00:58:10.10	00:58:07.71	
263	306	ANTONIETA ALEXANDRA ABEGOARIA	F	51	2	00:58:10.21	00:58:07.96	
264	299	RICARDO NEVES	M	37	95	00:58:11.98	00:57:52.24	PEST RUNNERS
265	188	ISABEL VENTURA	F	53	3	00:58:19.79	00:58:15.29	TRIBO NR
266	78	ANA PAULA MATIAS	F	46	16	00:58:23.16	00:58:23.16	
267	297	RITA GONCALVES	F	31	24	00:58:31.33	00:58:11.96	PEST RUNNERS
268	29	NUNO ALVES ALVES	M	52	35	00:58:35.35	00:58:24.16	COIMBRA RUNING GROUP LEVANTA POEIRA
269	361	ANTONIO SOUSA	M	47	80	00:58:52.45	00:58:41.23	OS PAPA MILHAS
270	300	MARIA CARREIRA	F	32	25	00:59:05.24	00:58:45.20	PEST RUNNERS
271	110	ALDA SANTOS	F	45	17	00:59:25.67	00:59:09.97	
272	325	ROSA MATOS	F	55	4	00:59:26.75	00:59:21.28	CPT COIMBRA
273	126	PAULA RIBEIRO	F	48	18	00:59:30.20	00:59:26.46	ADCA
274	101	FAUSTO REIS	M	33	96	01:00:10.97	01:00:10.97	
275	33	MIGUEL GONÇALVES	M	36	97	01:00:21.87	01:00:03.24	
276	63	NUNO REIS	M	35	98	01:00:22.40	00:59:56.22	CANECA NA META
277	19	MARIA JOAO SIMOES	F	50	5	01:00:36.48	01:00:23.60	
278	282	DAVIDE BORGES	M	39	99	01:00:49.85	01:00:49.85	
279	159	FÁTIMA FRANCO	F	53	6	01:01:00.27	00:55:51.80	
280	11	CÁTIA MARTINS	F	39	26	01:01:10.97	01:00:49.88	
281	93	CLÁUDIA FIGUEIREDO	F	47	19	01:01:11.42	01:01:03.98	AIQUEDOI
282	236	PEDRO RAMOS	M	46	81	01:01:13.59	01:01:13.59	
283	172	ANDREIA GONÇALVES	F	32	27	01:01:14.31	01:00:54.35	
284	10	PATRÍCIA PRIMO	F	32	28	01:01:14.62	01:00:53.41	
285	202	RAQUEL OLIVEIRA	F	30	29	01:01:30.00	01:01:24.26	
286	62	ANA FERREIRA FERREIRA	F	46	20	01:02:23.08	01:02:23.08	
287	337	BEATRIZ SILVA	F	27	30	01:02:25.26	01:02:07.72	OLYMPIC SILVAS
288	338	CATARINA MATIAS	F	39	31	01:02:25.47	01:02:08.26	OLYMPIC SILVAS
289	335	INÊS CAETANO	F	37	32	01:02:26.00	01:02:08.49	OLYMPIC SILVAS
290	264	ANA MOREIRA	F	50	7	01:04:20.32	01:03:59.48	ATTITUDE

291	207	PAULA GOIS	F	42	21	01:04:47.19	00:59:52.21	AIQUEDOI
292	258	CATARINA FERREIRA	F	35	33	01:05:00.78	01:04:34.70	FCVARZEA
293	257	FILIPE PINTO	M	38	100	01:05:00.89	01:04:34.08	FCVARZEA
294	48	HELENA FALCÃO	F	61	8	01:05:53.10	01:05:31.68	AIQUEDOI
295	58	MÁRCIA RIBEIRO	F	27	34	01:05:58.24	01:05:53.28	TRIBO NR
296	324	EDILMA OLIVEIRA	F	41	22	01:06:07.88	01:05:46.80	
297	350	FABIOLA GUIMARÃES	F	46	23	01:06:15.97	01:05:56.28	
298	150	MARIO LOURENÇO	M	49	82	01:07:30.15	01:07:07.74	ATTITUDE
299	144	FERNANDO LAIA	M	60	17	01:09:22.44	01:09:05.65	LLC
300	104	SÉRGIO MADEIRA	M	41	83	01:09:28.31	01:09:10.54	
301	105	ANA VENDA	F	39	35	01:09:28.40	01:09:10.98	
302	181	RODRIGO PEREIRA	M	19	101	01:09:31.97	01:09:13.14	
303	180	SÉRGIO SIMÕES PEREIRA	M	20	102	01:09:32.05	01:09:13.73	
304	339	MIGUEL ROSENDO	M	23	103	01:10:20.15	01:10:04.26	OLYMPIC SILVAS
305	341	ISABEL MARIA BAPTISTA PINTO	F	49	24	01:10:25.29	01:10:12.01	
306	79	ALBERTO VALEJO	M	47	84	01:10:30.57	01:05:29.82	IPNRUNNERS
307	340	CATARINA NEUZA BAPTISTA RAMOS	F	25	36	01:10:32.58	01:10:18.92	
308	356	ALEXANDRE BIZARRO	M	49	85	01:11:18.93	01:10:58.17	
309	190	JOANA SAMPAIO	F	42	25	01:12:51.20	01:12:37.11	
310	64	VANDA SOUSA	F	47	26	01:12:51.27	01:12:37.90	
311	262	LAURA FARO	F	48	27	01:14:15.59	01:13:54.13	ATTITUDE
312	47	TERESA FALCÃO	F	35	37	01:15:25.02	01:15:17.85	AIQUEDOI

Total de registros: 312