

PROVA PRINCIPAL - STAGE 1

10 KM

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REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

| | Time | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 18:30 | -99°C | -99% |
| End | 20:18 | -99°C | -99% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|-------------------------------|--|------------------|--------|--------|-------|
| 1 | 1 | Hélio Gomes | s. l. benfica | Senior Masculino | 28:22 | | 02:50 |
| 2 | 3 | Hermano Ferreira | sporting clube de portugal | Senior Masculino | 29:08 | +00:46 | 02:55 |
| 3 | 392 | Pedro Cruz | g.d.j.cruz & irmãos | Senior Masculino | 29:35 | +01:13 | 02:57 |
| 4 | 4 | Gonçalo Jesus | sporting clube de portugal | Senior Masculino | 29:59 | +01:37 | 03:00 |
| 5 | 54 | Fábio Silva | a.r.casaense/escola de atletismo de coimbra | Senior Masculino | 31:00 | +02:38 | 03:06 |
| 6 | 1061 | António Moreira | núcleo de atletismo de cucujães | Senior Masculino | 31:24 | +03:02 | 03:08 |
| 7 | 343 | Tiago Madureira | dci/ccdrp-mealhada | Senior Masculino | 31:49 | +03:27 | 03:11 |
| 8 | 581 | Hélder Fernando Tavares Lopes | dci/ccdrp-mealhada | Senior Masculino | 32:01 | +03:39 | 03:12 |
| 9 | 547 | Daniel Peixoto | individual | Senior Masculino | 32:31 | +04:09 | 03:15 |
| 10 | 190 | Rui Lopes | associação académica de coimbra | Senior Masculino | 32:35 | +04:13 | 03:15 |
| 11 | 62 | Vasco Pereira | a.r.casaense/escola de atletismo de coimbra | Senior Masculino | 32:45 | +04:23 | 03:17 |
| 12 | 1235 | Fábio André Abrantes | união clube eirense | Senior Masculino | 32:50 | +04:28 | 03:17 |
| 13 | 251 | Paulo Reis | clube de campismo de são joão da madeira | Veterano M45 | 33:18 | +04:56 | 03:20 |
| 14 | 6 | Marisa Barros | s. c. salgueiros | Senior Feminino | 33:22 | +05:00 | 03:20 |
| 15 | 170 | Hugo Coelho | arsm - associação recreativa de s. miguel | Veterano M45 | 33:24 | +05:02 | 03:20 |
| 16 | 243 | João Rodrigues | centro popular de trabalhadores do sobral de ceira | Senior Masculino | 33:33 | +05:11 | 03:21 |
| 17 | 59 | Nuno Tinoco | a.r.casaense/escola de atletismo de coimbra | Senior Masculino | 33:35 | +05:13 | 03:22 |
| 18 | 193 | Paulo Antunes | associação académica de coimbra | Veterano M40 | 33:35 | +05:13 | 03:22 |
| 19 | 5 | Susana Godinho | sporting clube de portugal | Senior Feminino | 33:39 | +05:17 | 03:22 |
| 20 | 341 | FILIPPE ROCHA | dci/ccdrp-mealhada | Senior Masculino | 33:58 | +05:36 | 03:24 |
| 21 | 245 | António Oliveira | centro popular de trabalhadores do sobral de ceira | Veterano M45 | 34:11 | +05:49 | 03:25 |
| 22 | 295 | Armindo Antunes | coimbra trail running | Senior Masculino | 34:19 | +05:57 | 03:26 |
| 23 | 73 | José Gil | a.r.casaense/escola de atletismo de coimbra | Veterano M50 | 34:22 | +06:00 | 03:26 |
| 24 | 912 | GARY BLESSON | individual | Veterano M50 | 34:23 | +06:01 | 03:26 |
| 25 | 174 | Orlando Pires | arsm - associação recreativa de s. miguel | Veterano M45 | 34:34 | +06:12 | 03:27 |
| 26 | 982 | Fernando Almeida | jogging lovers coimbra | Senior Masculino | 34:46 | +06:24 | 03:29 |
| 27 | 53 | Emanuel Correia | a.r.casaense/escola de atletismo de coimbra | Senior Masculino | 34:48 | +06:26 | 03:29 |
| 28 | 561 | Fernando Carvalho | individual | Senior Masculino | 34:51 | +06:29 | 03:29 |
| 29 | 711 | Ricardo Gaspar | individual | Senior Masculino | 34:55 | +06:33 | 03:29 |
| 30 | 1026 | Igor Castro | jpaiva/paramáquinas team | Senior Masculino | 35:08 | +06:46 | 03:31 |
| 31 | 242 | carlos Costa | centro popular de trabalhadores do sobral de ceira | Senior Masculino | 35:13 | +06:51 | 03:31 |
| 32 | 346 | João Pereira | dci/ccdrp-mealhada | Veterano M40 | 35:16 | +06:54 | 03:32 |
| 33 | 8 | Jéssica Matos | s. c. salgueiros | Senior Feminino | 35:23 | +07:01 | 03:32 |
| 34 | 881 | José Jesus | individual | Veterano M45 | 35:24 | +07:02 | 03:32 |
| 35 | 56 | José Sousa | a.r.casaense/escola de atletismo de coimbra | Senior Masculino | 35:24 | +07:02 | 03:32 |
| 36 | 339 | Ruben Fernandes | dci/ccdrp-mealhada | Junior Masculino | 35:31 | +07:09 | 03:33 |
| 37 | 210 | Rui Baptista | bttrain | Veterano M40 | 35:37 | +07:15 | 03:34 |
| 38 | 258 | Kalong Lok | clube - clube de veteranos de atletismo coimbra | Senior Masculino | 35:47 | +07:25 | 03:35 |
| 39 | 567 | Filipe Ramalho | individual | Senior Masculino | 35:48 | +07:26 | 03:35 |
| 40 | 1070 | Nelson Costa | o mundo da corrida | Senior Masculino | 35:59 | +07:37 | 03:36 |

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|--------------------------------------|---|------------------|--------|--------|-------|
| 85 | 978 | André Fonte | jogging lovers coimbra | Senior Masculino | 38:13 | +09:51 | 03:49 |
| 86 | 68 | Rui Pereira | a.r.casaense/escola de atletismo de coimbra | Veterano M40 | 38:14 | +09:52 | 03:49 |
| 87 | 299 | João Ferreira | coimbra trail running | Senior Masculino | 38:14 | +09:52 | 03:49 |
| 88 | 690 | PEDRO HENRIQUES | individual | Senior Masculino | 38:14 | +09:52 | 03:49 |
| 89 | 660 | NELSON NEVES | individual | Senior Masculino | 38:14 | +09:52 | 03:49 |
| 90 | 1209 | Márcio Loureiro | sr jardoeira | Senior Masculino | 38:15 | +09:53 | 03:50 |
| 91 | 1003 | Vitor Monteiro | jogging lovers coimbra | Senior Masculino | 38:16 | +09:54 | 03:50 |
| 92 | 726 | Rui Daniel Dinis de Melo | individual | Senior Masculino | 38:16 | +09:54 | 03:50 |
| 93 | 165 | Pedro Simões | arsm - associação recreativa de s. miguel | Veterano M40 | 38:16 | +09:54 | 03:50 |
| 94 | 791 | Elísio Gonçalves | individual | Veterano M40 | 38:30 | +10:08 | 03:51 |
| 95 | 74 | Álvaro Coelho | a.r.casaense/escola de atletismo de coimbra | Veterano M55 | 38:32 | +10:10 | 03:51 |
| 96 | 718 | Ricardo Nuno | individual | Senior Masculino | 38:32 | +10:10 | 03:51 |
| 97 | 80 | Bruno Esteves | abutres running team | Senior Masculino | 38:35 | +10:13 | 03:52 |
| 98 | 406 | joao amaral | herbalife runner | Senior Masculino | 38:41 | +10:19 | 03:52 |
| 99 | 61 | Rodrigo Couceiro | a.r.casaense/escola de atletismo de coimbra | Senior Masculino | 38:42 | +10:20 | 03:52 |
| 100 | 25 | Luis Tomé | individual | Veterano M55 | 38:47 | +10:25 | 03:53 |
| 101 | 979 | Aurégio Saúde | jogging lovers coimbra | Senior Masculino | 38:51 | +10:29 | 03:53 |
| 102 | 77 | João Ferreira | aac - remo | Senior Masculino | 38:51 | +10:29 | 03:53 |
| 103 | 854 | Vitor Gomes | individual | Veterano M40 | 38:54 | +10:32 | 03:53 |
| 104 | 267 | Antonio Pego | cluve - clube de veteranos de atletismo coimbra | Veterano M45 | 38:56 | +10:34 | 03:54 |
| 105 | 658 | Miguel Pereira | individual | Senior Masculino | 39:00 | +10:38 | 03:54 |
| 106 | 694 | Pedro Mendes | individual | Senior Masculino | 39:00 | +10:38 | 03:54 |
| 107 | 164 | Pedro Amaro | arsm - associação recreativa de s. miguel | Veterano M40 | 39:01 | +10:39 | 03:54 |
| 108 | 148 | Pedro Veríssimo | arsm - associação recreativa de s. miguel | Senior Masculino | 39:03 | +10:41 | 03:54 |
| 109 | 1088 | Augusto Oliveira | paredes aventura | Veterano M40 | 39:04 | +10:42 | 03:54 |
| 110 | 740 | Sérgio Miguel Simões Gonçalves | individual | Senior Masculino | 39:07 | +10:45 | 03:55 |
| 111 | 195 | Fernando Agante | associação académica de coimbra | Veterano M50 | 39:08 | +10:46 | 03:55 |
| 112 | 283 | Vitor Manuel Rodrigues Nunes | cni | Veterano M40 | 39:09 | +10:47 | 03:55 |
| 113 | 1111 | David Jesus | pascoalitos | Senior Masculino | 39:09 | +10:47 | 03:55 |
| 114 | 1272 | Carlos Costa | vélo club espera aí | Senior Masculino | 39:10 | +10:48 | 03:55 |
| 115 | 270 | Pedro Gerardo | cluve - clube de veteranos de atletismo coimbra | Veterano M50 | 39:12 | +10:50 | 03:55 |
| 116 | 269 | Mario Carapineiro | cluve - clube de veteranos de atletismo coimbra | Veterano M50 | 39:12 | +10:50 | 03:55 |
| 117 | 349 | Joaquim Martins | dci/codrp-mealhada | Veterano M45 | 39:16 | +10:54 | 03:56 |
| 118 | 798 | HENRIQUE RODRIGUES | individual | Veterano M40 | 39:17 | +10:55 | 03:56 |
| 119 | 378 | Gonçalo Daniel Nunes Relvão Lourenço | farmácia luciano e matos | Senior Masculino | 39:18 | +10:56 | 03:56 |
| 120 | 653 | Mauro Filipe Reis Coelho | individual | Senior Masculino | 39:19 | +10:57 | 03:56 |
| 121 | 395 | Filipe Ismael Maia Rocha | gd bpi | Senior Masculino | 39:20 | +10:58 | 03:56 |
| 122 | 26 | Fábio Marques Martins | união clube eirense | Senior Masculino | 39:21 | +10:59 | 03:56 |
| 123 | 75 | João Gomes | aac - remo | Junior Masculino | 39:24 | +11:02 | 03:56 |
| 124 | 650 | Mário Almeida | individual | Senior Masculino | 39:25 | +11:03 | 03:56 |
| 125 | 1289 | MARK NUTWOOD | tribo nr | Junior Masculino | 39:25 | +11:03 | 03:57 |
| 126 | 143 | João Simões | arsm - associação recreativa de s. miguel | Senior Masculino | 39:27 | +11:05 | 03:57 |
| 127 | 320 | Gonçalo Filipe Neves Padilha | coimbra trail running | Veterano M40 | 39:28 | +11:06 | 03:57 |
| 128 | 294 | António Manuel Santos Carvalho | coimbra trail running | Senior Masculino | 39:28 | +11:06 | 03:57 |

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OFFICIAL RESULT

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REVISED

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|---|---|------------------|--------|--------|-------|
| 173 | 1125 | Ruben Novo | pascoalitos | Senior Masculino | 40:31 | +12:09 | 04:03 |
| 174 | 618 | João Tiago Teixeira Garrido | individual | Senior Masculino | 40:32 | +12:10 | 04:03 |
| 175 | 273 | Bento Baptista | clube - clube de veteranos de atletismo coimbra | Veterano M55 | 40:33 | +12:11 | 04:03 |
| 176 | 1239 | João Francisco das Neves Veloso | união clube eirense | Veterano M50 | 40:35 | +12:13 | 04:04 |
| 177 | 400 | Bruno Bernardes | gira sol | Senior Masculino | 40:37 | +12:15 | 04:04 |
| 178 | 146 | Nuno Neves | arism - associação recreativa de s. miguel | Senior Masculino | 40:38 | +12:16 | 04:04 |
| 179 | 721 | Rodolfo Martins | individual | Senior Masculino | 40:39 | +12:17 | 04:04 |
| 180 | 138 | Gonçalo Araújo Marques | arism - associação recreativa de s. miguel | Senior Masculino | 40:39 | +12:17 | 04:04 |
| 181 | 161 | José Manuel Silva | arism - associação recreativa de s. miguel | Veterano M40 | 40:41 | +12:19 | 04:04 |
| 182 | 867 | Fernando Jorge dos Santos Isabel Rodrigues de Paiva | individual | Veterano M45 | 40:42 | +12:20 | 04:04 |
| 183 | 633 | José Pedro Marques | individual | Senior Masculino | 40:42 | +12:20 | 04:04 |
| 184 | 101 | Abel Duarte Pires Fernandes | arredem-se | Senior Masculino | 40:44 | +12:22 | 04:04 |
| 185 | 1230 | Fábio Miguel da Costa Lopes | união clube eirense | Junior Masculino | 40:47 | +12:25 | 04:05 |
| 186 | 1043 | Armando Videira | louzan team / dental garden | Veterano M40 | 40:48 | +12:26 | 04:05 |
| 187 | 1120 | Mário Melo | pascoalitos | Senior Masculino | 40:49 | +12:27 | 04:05 |
| 188 | 203 | Nuno Reis | bttrain | Senior Masculino | 40:51 | +12:29 | 04:05 |
| 189 | 63 | André Fernandes | a.r.casaense/escola de atletismo de coimbra | Veterano M40 | 40:53 | +12:31 | 04:05 |
| 190 | 342 | João Simões | dci/ccdrp-mealhada | Senior Masculino | 40:55 | +12:33 | 04:06 |
| 191 | 856 | Amilcar Costa | individual | Veterano M45 | 40:57 | +12:35 | 04:06 |
| 192 | 328 | Paulo Gomes | coimbra trail running | Veterano M50 | 40:58 | +12:36 | 04:06 |
| 193 | 680 | Paulo Soares | individual | Senior Masculino | 40:59 | +12:37 | 04:06 |
| 194 | 323 | Tiago de Castro Nunes Santos Silva | coimbra trail running | Veterano M40 | 40:59 | +12:37 | 04:06 |
| 195 | 1139 | Arsénio Santos | pascoalitos | Veterano M45 | 41:00 | +12:38 | 04:06 |
| 196 | 1186 | Alexandre Abreu | slow runners pombal | Senior Masculino | 41:01 | +12:39 | 04:06 |
| 197 | 144 | Luís António Inácio | arism - associação recreativa de s. miguel | Senior Masculino | 41:01 | +12:39 | 04:06 |
| 198 | 189 | Marta Lobo | associação académica de coimbra | Senior Feminino | 41:04 | +12:42 | 04:06 |
| 199 | 414 | antonio ferreira | herbalife runner | Veterano M45 | 41:05 | +12:43 | 04:06 |
| 200 | 927 | CARLOS ALBERTO MOREIRA GARRIDO | individual | Veterano M55 | 41:06 | +12:44 | 04:07 |
| 201 | 85 | José Soares | academia fernanda ribeiro | Veterano M45 | 41:07 | +12:45 | 04:07 |
| 202 | 14 | Miguel Gaspar | individual | Junior Masculino | 41:08 | +12:46 | 04:07 |
| 203 | 387 | Ricardo Rodrigues | farmácia medeiros | Senior Masculino | 41:09 | +12:47 | 04:07 |
| 204 | 176 | António Silva | arism - associação recreativa de s. miguel | Veterano M55 | 41:11 | +12:49 | 04:07 |
| 205 | 649 | Marcos André Rodrigues Pinto | individual | Senior Masculino | 41:11 | +12:49 | 04:07 |
| 206 | 413 | antonio amado | herbalife runner | Veterano M45 | 41:13 | +12:51 | 04:07 |
| 207 | 755 | Vitor José Rodrigues Filipe | individual | Senior Masculino | 41:18 | +12:56 | 04:08 |
| 208 | 554 | Edivaldo Maciel | individual | Senior Masculino | 41:19 | +12:57 | 04:08 |
| 209 | 264 | Teresa Mendes | clube - clube de veteranos de atletismo coimbra | Veterana F50 | 41:19 | +12:57 | 04:08 |
| 210 | 331 | Tania Batista | coimbra trail running | Senior Feminino | 41:21 | +12:59 | 04:08 |
| 211 | 1046 | Sérgio Ribeiro dos Louros | máquinas | Senior Masculino | 41:21 | +12:59 | 04:08 |
| 212 | 580 | Helder Domingues | individual | Senior Masculino | 41:23 | +13:01 | 04:08 |
| 213 | 699 | Pedro Miguel Silvério da Cruz | individual | Senior Masculino | 41:24 | +13:02 | 04:08 |
| 214 | 519 | Allan Almeida | individual | Senior Masculino | 41:25 | +13:03 | 04:08 |
| 215 | 1202 | Bruno Miguel Pedro Nunes | sópão | Senior Masculino | 41:25 | +13:03 | 04:09 |

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OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|--------------------------------|---|------------------|--------|--------|-------|
| 301 | 550 | David José Ferreira Alves | individual | Senior Masculino | 43:32 | +15:10 | 04:21 |
| 302 | 1056 | Jorge Lopes | mondegopeças | Senior Masculino | 43:32 | +15:10 | 04:21 |
| 303 | 1273 | Luís Carvalho | vencedores passatempo dolce vita | Senior Masculino | 43:33 | +15:11 | 04:21 |
| 304 | 666 | Nuno Filipe Figueira Fortunato | individual | Senior Masculino | 43:33 | +15:11 | 04:21 |
| 305 | 228 | JOAQUIM PESSOA | casa do benfica condeixa | Veterano M55 | 43:35 | +15:13 | 04:22 |
| 306 | 754 | Vítor Emanuel Simões Dias | individual | Senior Masculino | 43:37 | +15:15 | 04:22 |
| 307 | 943 | jose peixoto fernandes | individual | Veterano M55 | 43:38 | +15:16 | 04:22 |
| 308 | 1130 | Silvério Silva | pascoalitos | Senior Masculino | 43:40 | +15:18 | 04:22 |
| 309 | 81 | Tiago Araújo | abutres running team | Senior Masculino | 43:42 | +15:20 | 04:22 |
| 310 | 709 | Ricardo Bica | individual | Senior Masculino | 43:44 | +15:22 | 04:22 |
| 311 | 915 | Joaquim Alvarinhas | individual | Veterano M50 | 43:47 | +15:25 | 04:23 |
| 312 | 416 | carlos quinteiro | herbalife runner | Veterano M45 | 43:47 | +15:25 | 04:23 |
| 313 | 606 | João Nuno Lourenço Silveira | individual | Senior Masculino | 43:50 | +15:28 | 04:23 |
| 314 | 708 | Renato Miguel da Mota Santos | individual | Senior Masculino | 43:51 | +15:29 | 04:23 |
| 315 | 585 | hugo coutinho | individual | Senior Masculino | 43:57 | +15:35 | 04:24 |
| 316 | 928 | Carlos Guerra | individual | Veterano M55 | 43:58 | +15:36 | 04:24 |
| 317 | 886 | maurice bosch | individual | Veterano M45 | 44:00 | +15:38 | 04:24 |
| 318 | 987 | João Reis | jogging lovers coimbra | Senior Masculino | 44:04 | +15:42 | 04:24 |
| 319 | 712 | Ricardo Jesus | individual | Senior Masculino | 44:04 | +15:42 | 04:24 |
| 320 | 420 | DAVID MADEIRA | indios do asfalto - cc cavaleiros | Senior Masculino | 44:04 | +15:42 | 04:24 |
| 321 | 796 | Helder Couto | individual | Veterano M40 | 44:05 | +15:43 | 04:24 |
| 322 | 372 | Pedro Jacinto | equipa holmes place | Veterano M40 | 44:06 | +15:44 | 04:25 |
| 323 | 846 | Rogério Cruz | individual | Veterano M40 | 44:06 | +15:44 | 04:25 |
| 324 | 863 | Augusto Manuel Pereira Mota | individual | Veterano M45 | 44:06 | +15:44 | 04:25 |
| 325 | 1159 | Luis Cavaleiro | run@figueira | Senior Masculino | 44:08 | +15:46 | 04:25 |
| 326 | 1158 | Lara Azambujo | run@figueira | Senior Feminino | 44:09 | +15:47 | 04:25 |
| 327 | 782 | Acilio Noro | individual | Veterano M40 | 44:09 | +15:47 | 04:25 |
| 328 | 933 | Helder José Ferreira | individual | Veterano M55 | 44:11 | +15:49 | 04:25 |
| 329 | 909 | carlos da conceicao lobo | individual | Veterano M50 | 44:11 | +15:49 | 04:25 |
| 330 | 812 | Luís Almeida | individual | Veterano M40 | 44:11 | +15:49 | 04:25 |
| 331 | 1055 | Victor Dourado | mestres do passevite | Senior Masculino | 44:12 | +15:50 | 04:25 |
| 332 | 977 | Alberto Silva | jogging lovers coimbra | Senior Masculino | 44:12 | +15:50 | 04:25 |
| 333 | 818 | Luís Pereira | individual | Veterano M40 | 44:14 | +15:52 | 04:25 |
| 334 | 615 | João Rodrigues | individual | Senior Masculino | 44:20 | +15:58 | 04:26 |
| 335 | 1069 | Igor Miguel de Jesus Bentes | o mundo da corrida | Senior Masculino | 44:22 | +16:00 | 04:26 |
| 336 | 734 | Samuel de Oliveira Martinho | individual | Senior Masculino | 44:24 | +16:02 | 04:26 |
| 337 | 814 | Luis Costa | individual | Veterano M40 | 44:24 | +16:02 | 04:26 |
| 338 | 1024 | Hélder Araújo | jogging lovers coimbra | Veterano M55 | 44:26 | +16:04 | 04:27 |
| 339 | 268 | Carlos Santos | clube - clube de veteranos de atletismo coimbra | Veterano M45 | 44:26 | +16:04 | 04:27 |
| 340 | 396 | Paulo Nuno Correia Lucas | gdm runners | Veterano M40 | 44:27 | +16:05 | 04:27 |
| 341 | 880 | josé fonseca | individual | Veterano M45 | 44:28 | +16:06 | 04:27 |
| 342 | 281 | João Manuel Seiça | cni | Senior Masculino | 44:29 | +16:07 | 04:27 |
| 343 | 850 | Rui Miguel Ferreira Martins | individual | Veterano M40 | 44:29 | +16:07 | 04:27 |
| 344 | 1247 | Francisco Alves | vila seca run team | Senior Masculino | 44:32 | +16:10 | 04:27 |
| 345 | 820 | Marco U. S. A. Fernandes | individual | Veterano M40 | 44:34 | +16:12 | 04:27 |

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|--------------------------------------|--|------------------|--------|--------|-------|
| 346 | 920 | Mário Carvalho | individual | Veterano M50 | 44:34 | +16:12 | 04:27 |
| 347 | 728 | Rui Manuel Maia Pinto de Matos | individual | Senior Masculino | 44:35 | +16:13 | 04:27 |
| 348 | 417 | joao santos | herbalife runner | Veterano M45 | 44:36 | +16:14 | 04:28 |
| 349 | 707 | Rafael Santos | individual | Senior Masculino | 44:36 | +16:14 | 04:28 |
| 350 | 326 | Pedro Silva | coimbra trail running | Veterano M45 | 44:36 | +16:14 | 04:28 |
| 351 | 306 | Paulo Jorge Santos Correia | coimbra trail running | Senior Masculino | 44:36 | +16:14 | 04:28 |
| 352 | 901 | Rui Manuel da Rosa Colaço | individual | Veterano M45 | 44:40 | +16:18 | 04:28 |
| 353 | 351 | João Cavadas | dci/ccdrp-mealhada | Veterano M50 | 44:41 | +16:19 | 04:28 |
| 354 | 271 | Vitor Gomes | clube - clube de veteranos de atletismo coimbra | Veterano M50 | 44:42 | +16:20 | 04:28 |
| 355 | 1193 | Vitor João Carpalhoso | slow runners pombal | Senior Masculino | 44:42 | +16:20 | 04:28 |
| 356 | 249 | Mário Martins | centro popular de trabalhadores do sobral de ceira | Veterano M50 | 44:42 | +16:20 | 04:28 |
| 357 | 1086 | Bruno Botelho | pães e bolos | Senior Masculino | 44:43 | +16:21 | 04:28 |
| 358 | 90 | Mário Batista | ada desnível | Senior Masculino | 44:43 | +16:21 | 04:28 |
| 359 | 621 | Jorge Filipe Correia Lemos | individual | Senior Masculino | 44:44 | +16:22 | 04:28 |
| 360 | 167 | Carlos Aníbal Carvalho | arsm - associação recreativa de s. miguel | Veterano M45 | 44:46 | +16:24 | 04:29 |
| 361 | 1030 | Helder Costa | keep running | Senior Masculino | 44:46 | +16:24 | 04:29 |
| 362 | 858 | Antonio José da Conceição Ferreira | individual | Veterano M45 | 44:47 | +16:25 | 04:29 |
| 363 | 1233 | Sofia Roque Dias | união clube eirense | Senior Feminino | 44:49 | +16:27 | 04:29 |
| 364 | 403 | vera bernardo | herbalife runner | Senior Feminino | 44:49 | +16:27 | 04:29 |
| 365 | 1243 | ANTÓNIO MANUEL MENDES SOARES | urb teodora trail running | Veterano M40 | 44:51 | +16:29 | 04:29 |
| 366 | 65 | Mário Vaz | a.r.casaense/escola de atletismo de coimbra | Veterano M40 | 44:56 | +16:34 | 04:30 |
| 367 | 1191 | Leonardo Rodrigues Araújo | slow runners pombal | Senior Masculino | 44:57 | +16:35 | 04:30 |
| 368 | 984 | Hugo Damas | jogging lovers coimbra | Senior Masculino | 44:58 | +16:36 | 04:30 |
| 369 | 110 | Ana Fêteira | arsm - associação recreativa de s. miguel | Senior Feminino | 44:59 | +16:37 | 04:30 |
| 370 | 1023 | Pedro Lemos | jogging lovers coimbra | Veterano M45 | 45:02 | +16:40 | 04:30 |
| 371 | 310 | Dina Rocha | coimbra trail running | Veterana F40 | 45:03 | +16:41 | 04:30 |
| 372 | 985 | Hugo Mariano | jogging lovers coimbra | Senior Masculino | 45:04 | +16:42 | 04:30 |
| 373 | 729 | Rui Miguel Martins | individual | Senior Masculino | 45:05 | +16:43 | 04:30 |
| 374 | 149 | Samuel Amaro | arsm - associação recreativa de s. miguel | Senior Masculino | 45:05 | +16:43 | 04:30 |
| 375 | 106 | André Pimentel Cruz | arsm - associação recreativa de s. miguel | Junior Masculino | 45:05 | +16:43 | 04:31 |
| 376 | 391 | LUÍS BALULA | formobike - btt & trail running | Veterano M40 | 45:07 | +16:45 | 04:31 |
| 377 | 784 | Alexandre Paulo Xavier Sales Ritchie | individual | Veterano M40 | 45:10 | +16:48 | 04:31 |
| 378 | 301 | Joel Almeida Martinho | coimbra trail running | Senior Masculino | 45:11 | +16:49 | 04:31 |
| 379 | 702 | Pedro Ribeiro | individual | Senior Masculino | 45:13 | +16:51 | 04:31 |
| 380 | 213 | Vasco Borges | bttrain | Veterano M45 | 45:13 | +16:51 | 04:31 |
| 381 | 319 | Filipe Santos | coimbra trail running | Veterano M40 | 45:15 | +16:53 | 04:32 |
| 382 | 590 | Hugo Seabra | individual | Senior Masculino | 45:16 | +16:54 | 04:32 |
| 383 | 895 | Pedro Elias | individual | Veterano M45 | 45:17 | +16:55 | 04:32 |
| 384 | 1208 | João Pedro Miranda Braga | speedy runners | Senior Masculino | 45:18 | +16:56 | 04:32 |
| 385 | 688 | Pedro Galamarra | individual | Senior Masculino | 45:22 | +17:00 | 04:32 |
| 386 | 534 | Bruno Maciel Maia Rodrigues | individual | Senior Masculino | 45:22 | +17:00 | 04:32 |
| 387 | 1271 | Bruno Miguel Gonçalves de Jesus | individual | Senior Masculino | 45:22 | +17:00 | 04:32 |
| 388 | 453 | Carla Isabel Correia Sousa Santos | individual | Senior Feminino | 45:24 | +17:02 | 04:32 |

PROVA PRINCIPAL - STAGE 1
10 KM
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OFFICIAL RESULT

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|-------------|------------|--|---|------------------|---------------|-------------|-------------|
| 433 | 1220 | Dora Serra | tribo nr | Veterana F40 | 46:30 | +18:08 | 04:39 |
| 434 | 1165 | João Pedro Matos | saldo válido | Senior Masculino | 46:31 | +18:09 | 04:39 |
| 435 | 600 | João Marques | individual | Senior Masculino | 46:32 | +18:10 | 04:39 |
| 436 | 620 | Joel Lopes | individual | Senior Masculino | 46:34 | +18:12 | 04:39 |
| 437 | 253 | José Manuel M. Figueiredo | clube dos atletas tortos | Veterano M45 | 46:34 | +18:12 | 04:39 |
| 438 | 563 | Fernando Sousa | individual | Senior Masculino | 46:49 | +18:27 | 04:41 |
| 439 | 1143 | Miguel Ramalho | portuguese united training association | Senior Masculino | 46:50 | +18:28 | 04:41 |
| 440 | 379 | MANUEL MORAIS | farmácia luciano e matos | Senior Masculino | 46:50 | +18:28 | 04:41 |
| 441 | 102 | Luís André Pimentel Martins | arredem-se | Senior Masculino | 46:51 | +18:29 | 04:41 |
| 442 | 128 | Sónia Gaspar | arsm - associação recreativa de s. miguel | Senior Feminino | 46:53 | +18:31 | 04:41 |
| 443 | 961 | Luis Filipe de Matos Isidoro | isidoro | Senior Masculino | 46:54 | +18:32 | 04:41 |
| 444 | 1103 | Americo Pinto | pascoalitos | Senior Masculino | 46:54 | +18:32 | 04:41 |
| 445 | 776 | Xanaya | individual | Veterana F40 | 47:00 | +18:38 | 04:42 |
| 446 | 903 | Rui Simões | individual | Veterano M45 | 47:03 | +18:41 | 04:42 |
| 447 | 404 | carlos santos | herbalife runner | Senior Masculino | 47:03 | +18:41 | 04:42 |
| 448 | 698 | PEDRO MIGUEL JORGE NUNES DA SILVA | individual | Senior Masculino | 47:04 | +18:42 | 04:42 |
| 449 | 266 | António Fonseca | clube - clube de veteranos de atletismo coimbra | Veterano M45 | 47:06 | +18:44 | 04:43 |
| 450 | 1142 | José Teixeira | portuguese united training association | Senior Masculino | 47:06 | +18:44 | 04:43 |
| 451 | 686 | Pedro Filipe Meira de Abreu Cunha | individual | Senior Masculino | 47:08 | +18:46 | 04:43 |
| 452 | 783 | Alexandre Macedo | individual | Veterano M40 | 47:09 | +18:47 | 04:43 |
| 453 | 898 | pedro saraiva | individual | Veterano M45 | 47:09 | +18:47 | 04:43 |
| 454 | 198 | Francisco Santos | barc | Senior Masculino | 47:11 | +18:49 | 04:43 |
| 455 | 891 | paulo jorge marques da silva | individual | Veterano M45 | 47:11 | +18:49 | 04:43 |
| 456 | 329 | Fernando Venda | coimbra trail running | Veterano M55 | 47:11 | +18:49 | 04:43 |
| 457 | 661 | Nuno Alexandre Gonçalves Silva | individual | Senior Masculino | 47:14 | +18:52 | 04:43 |
| 458 | 603 | João Miguel Leitão Lemos | individual | Senior Masculino | 47:17 | +18:55 | 04:44 |
| 459 | 1180 | Inês Moura Ferreira | slow runners pombal | Senior Feminino | 47:17 | +18:55 | 04:44 |
| 460 | 659 | Nélio Girão | individual | Senior Masculino | 47:18 | +18:56 | 04:44 |
| 461 | 522 | ANDRE CARVALHO | individual | Senior Masculino | 47:18 | +18:56 | 04:44 |
| 462 | 289 | Diana Cristina Coimbra Gaspar | coimbra trail running | Senior Feminino | 47:20 | +18:58 | 04:44 |
| 463 | 1190 | Jorge Humberto Santos Ferreira Martins | slow runners pombal | Senior Masculino | 47:22 | +19:00 | 04:44 |
| 464 | 717 | Ricardo Monteiro | individual | Senior Masculino | 47:23 | +19:01 | 04:44 |
| 465 | 1240 | LUIS MANUEL SANTOS CORREIA | urb teodora trail running | Senior Masculino | 47:23 | +19:01 | 04:44 |
| 466 | 1118 | Luís Ventura | pascoalitos | Senior Masculino | 47:26 | +19:04 | 04:45 |
| 467 | 1110 | Daniel Gonçalves | pascoalitos | Senior Masculino | 47:30 | +19:08 | 04:45 |
| 468 | 1290 | George Martins | equipa holmes place | Senior Masculino | 47:33 | +19:11 | 04:45 |
| 469 | 838 | Pedro Nuno da Costa Fontes | individual | Veterano M40 | 47:33 | +19:11 | 04:45 |
| 470 | 185 | Hugo Gaspar | artista convidado | Senior Masculino | 47:35 | +19:13 | 04:45 |
| 471 | 731 | Rui Pina | individual | Senior Masculino | 47:44 | +19:22 | 04:46 |
| 472 | 1281 | Gustavo Ferreira Gapo | vencedores passatempo dolce vita | Veterano M40 | 47:44 | +19:22 | 04:46 |
| 473 | 636 | José Rui Maleiro | individual | Senior Masculino | 47:46 | +19:24 | 04:47 |
| 474 | 989 | Jorge Barreto | jogging lovers coimbra | Senior Masculino | 47:47 | +19:25 | 04:47 |
| 475 | 746 | tiago emanuel roxo moreno | individual | Senior Masculino | 47:48 | +19:26 | 04:47 |
| 476 | 486 | Maria Isabel da Silva Fernandes | individual | Senior Feminino | 47:48 | +19:26 | 04:47 |

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|---------------------------------|---|------------------|--------|--------|-------|
| 477 | 1138 | Paulo Jesus | pascoalitos | Veterano M40 | 47:49 | +19:27 | 04:47 |
| 478 | 972 | Rita Ventura | jogging lovers coimbra | Senior Feminino | 47:50 | +19:28 | 04:47 |
| 479 | 542 | CARLOS MONIS | individual | Senior Masculino | 47:51 | +19:29 | 04:47 |
| 480 | 1074 | Jorge Justo | o mundo da corrida | Veterano M50 | 47:52 | +19:30 | 04:47 |
| 481 | 857 | António Ferreira | individual | Veterano M45 | 47:54 | +19:32 | 04:47 |
| 482 | 1291 | Carlos Abrunheiro | 111 sport / team bala | Veterano M45 | 47:57 | +19:35 | 04:48 |
| 483 | 46 | NUNO GAMEIRO | 111 sport / team bala | Senior Masculino | 47:57 | +19:35 | 04:48 |
| 484 | 1292 | Paulo Queda | 111 sport / team bala | Veterano M45 | 47:57 | +19:35 | 04:48 |
| 485 | 990 | José David Lopes | jogging lovers coimbra | Senior Masculino | 47:58 | +19:36 | 04:48 |
| 486 | 553 | Durval Nuno Simões Pires | individual | Senior Masculino | 48:00 | +19:38 | 04:48 |
| 487 | 1250 | Augusto Silva | vila seca run team | Veterano M45 | 48:02 | +19:40 | 04:48 |
| 488 | 222 | Migue Veiga | capsas | Veterano M45 | 48:04 | +19:42 | 04:48 |
| 489 | 1178 | Gina Domingues | slow runners pombal | Senior Feminino | 48:04 | +19:42 | 04:48 |
| 490 | 1189 | João Monteiro | slow runners pombal | Senior Masculino | 48:05 | +19:43 | 04:48 |
| 491 | 1017 | Luc Hennetier | jogging lovers coimbra | Veterano M40 | 48:05 | +19:43 | 04:48 |
| 492 | 1064 | AMÁVEL LUZ | nucleo sportinguista torres novas | Veterano M50 | 48:10 | +19:48 | 04:49 |
| 493 | 1237 | Rui Nelson Gomes da Silva | união clube eirense | Veterano M40 | 48:12 | +19:50 | 04:49 |
| 494 | 937 | Jorge Ramos | individual | Veterano M55 | 48:13 | +19:51 | 04:49 |
| 495 | 917 | JOSÉ MALO | individual | Veterano M50 | 48:15 | +19:53 | 04:50 |
| 496 | 462 | Cristina Isabel Ribeiro Duarte | individual | Senior Feminino | 48:16 | +19:54 | 04:50 |
| 497 | 541 | Carlos Miguel Caleiras Antunes | individual | Senior Masculino | 48:18 | +19:56 | 04:50 |
| 498 | 591 | Ivo Miguel Dias Maurício | individual | Senior Masculino | 48:18 | +19:56 | 04:50 |
| 499 | 201 | Inácio Faisca | bttrain | Senior Masculino | 48:19 | +19:57 | 04:50 |
| 500 | 849 | Rui Fonseca | individual | Veterano M40 | 48:21 | +19:59 | 04:50 |
| 501 | 231 | Daniel Antunes | casa do benfica da figueira da foz | Veterano M40 | 48:23 | +20:01 | 04:50 |
| 502 | 644 | Luis Vilela | individual | Senior Masculino | 48:23 | +20:01 | 04:50 |
| 503 | 743 | Tiago Batista | individual | Senior Masculino | 48:25 | +20:03 | 04:51 |
| 504 | 739 | Sérgio Antunes | individual | Senior Masculino | 48:27 | +20:05 | 04:51 |
| 505 | 218 | João Veiga | capsas | Senior Masculino | 48:27 | +20:05 | 04:51 |
| 506 | 656 | Miguel Nunes | individual | Senior Masculino | 48:28 | +20:06 | 04:51 |
| 507 | 1168 | Bruno Rodrigues Ventura | saldo válido | Veterano M40 | 48:28 | +20:06 | 04:51 |
| 508 | 330 | Joaquim Branquinho | coimbra trail running | Veterano M55 | 48:29 | +20:07 | 04:51 |
| 509 | 1259 | António Eduardo Simões Borges | canianos | Senior Masculino | 48:35 | +20:13 | 04:51 |
| 510 | 262 | Vasco Gomes | clube - clube de veteranos de atletismo coimbra | Senior Masculino | 48:36 | +20:14 | 04:52 |
| 511 | 290 | Filipa de Sá | coimbra trail running | Senior Feminino | 48:38 | +20:16 | 04:52 |
| 512 | 304 | Nuno Vasconcelos | coimbra trail running | Senior Masculino | 48:38 | +20:16 | 04:52 |
| 513 | 610 | João Pedro Rodrigues da Silva | individual | Senior Masculino | 48:40 | +20:18 | 04:52 |
| 514 | 359 | André Mendes | duros do mondego | Senior Masculino | 48:40 | +20:18 | 04:52 |
| 515 | 787 | António Alberto Ferreira Veloso | individual | Veterano M40 | 48:42 | +20:20 | 04:52 |
| 516 | 614 | João Reis Silva | individual | Senior Masculino | 48:44 | +20:22 | 04:52 |
| 517 | 1203 | Dlogo Reis | sópão | Senior Masculino | 48:46 | +20:24 | 04:53 |
| 518 | 833 | Paulo Lopes | individual | Veterano M40 | 48:49 | +20:27 | 04:53 |
| 519 | 908 | Carlos Costa | individual | Veterano M50 | 48:51 | +20:29 | 04:53 |
| 520 | 575 | Gonçalo Carvalheiro | individual | Senior Masculino | 48:54 | +20:32 | 04:53 |
| 521 | 354 | Célio Duarte | deixa passar | Senior Masculino | 48:56 | +20:34 | 04:54 |

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|---|--|------------------|--------|--------|-------|
| 565 | 1227 | Daniel Santos | ugas trail running | Senior Masculino | 49:50 | +21:28 | 04:59 |
| 566 | 551 | DAVID SANZ LOPEZ | individual | Senior Masculino | 49:51 | +21:29 | 04:59 |
| 567 | 888 | Nuno Santos | individual | Veterano M45 | 49:55 | +21:33 | 05:00 |
| 568 | 152 | Carla Reis | arism - associação recreativa de s. miguel | Veterana F40 | 49:56 | +21:34 | 05:00 |
| 569 | 751 | Valter Bruno Gonçalves Ferreira | individual | Senior Masculino | 49:56 | +21:34 | 05:00 |
| 570 | 504 | Sara Santos | individual | Senior Feminino | 50:00 | +21:38 | 05:00 |
| 571 | 851 | Sérgio Almeida | individual | Veterano M40 | 50:01 | +21:39 | 05:00 |
| 572 | 116 | Daniela Féteira | arism - associação recreativa de s. miguel | Senior Feminino | 50:02 | +21:40 | 05:00 |
| 573 | 876 | José Albino Duarte de Matos | individual | Veterano M45 | 50:02 | +21:40 | 05:00 |
| 574 | 884 | Luís Miguel Duarte Carvalho | individual | Veterano M45 | 50:02 | +21:40 | 05:00 |
| 575 | 744 | Tiago Dinis Morais Patrão | individual | Senior Masculino | 50:05 | +21:43 | 05:01 |
| 576 | 655 | Miguel Jesus | individual | Senior Masculino | 50:07 | +21:45 | 05:01 |
| 577 | 778 | Fátima Machado | individual | Veterana F50 | 50:09 | +21:47 | 05:01 |
| 578 | 182 | Bruno Coelho | artista convidado | Senior Masculino | 50:12 | +21:50 | 05:01 |
| 579 | 1012 | Arnaldo Tomás | jogging lovers coimbra | Veterano M40 | 50:12 | +21:50 | 05:01 |
| 580 | 1151 | Paulo Ferreira | portuguese united training association | Veterano M40 | 50:14 | +21:52 | 05:01 |
| 581 | 544 | Daniel Caldeira | individual | Senior Masculino | 50:15 | +21:53 | 05:01 |
| 582 | 443 | Ana Sofia Figueiredo | individual | Senior Feminino | 50:16 | +21:54 | 05:02 |
| 583 | 1205 | Pedro Jorge Sales Mano | sópão | Senior Masculino | 50:18 | +21:56 | 05:02 |
| 584 | 923 | Afonso da Silva Macedo | individual | Veterano M55 | 50:19 | +21:57 | 05:02 |
| 585 | 736 | Sandro Moio | individual | Senior Masculino | 50:19 | +21:57 | 05:02 |
| 586 | 1105 | Augusto Gomes | pascoalitos | Senior Masculino | 50:20 | +21:58 | 05:02 |
| 587 | 825 | Miguel Mourão | individual | Veterano M40 | 50:22 | +22:00 | 05:02 |
| 588 | 1144 | Nuno Marques | portuguese united training association | Senior Masculino | 50:25 | +22:03 | 05:03 |
| 589 | 1078 | Luísa Miranda | o trio | Senior Feminino | 50:26 | +22:04 | 05:03 |
| 590 | 82 | José Carlos Fernandes | abutres running team | Veterano M50 | 50:27 | +22:05 | 05:03 |
| 591 | 437 | Ana Carolina Canotilho Seixas Gonçalves | individual | Senior Feminino | 50:28 | +22:06 | 05:03 |
| 592 | 171 | João Féteira | arism - associação recreativa de s. miguel | Veterano M45 | 50:29 | +22:07 | 05:03 |
| 593 | 887 | miguel evangelista | individual | Veterano M45 | 50:29 | +22:07 | 05:03 |
| 594 | 1241 | NUNO FILIPE FROTA PATRICIO | urb teodora trail running | Senior Masculino | 50:29 | +22:07 | 05:03 |
| 595 | 183 | Carlos Ferreira | artista convidado | Senior Masculino | 50:31 | +22:09 | 05:03 |
| 596 | 407 | nuno dias | herbalife runner | Senior Masculino | 50:32 | +22:10 | 05:03 |
| 597 | 678 | Paulo Matos | individual | Senior Masculino | 50:34 | +22:12 | 05:03 |
| 598 | 1018 | Nuno Mendes | jogging lovers coimbra | Veterano M40 | 50:34 | +22:12 | 05:03 |
| 599 | 845 | Ricardo Reis | individual | Veterano M40 | 50:35 | +22:13 | 05:03 |
| 600 | 959 | Alberto Manuel Ferreira Pinto Valejo | ipn runners | Veterano M45 | 50:36 | +22:14 | 05:04 |
| 601 | 197 | Liliana Martins | barc | Senior Feminino | 50:37 | +22:15 | 05:04 |
| 602 | 1195 | Paulo Araújo | slow runners pombal | Veterano M40 | 50:38 | +22:16 | 05:04 |
| 603 | 1135 | William Santos | pascoalitos | Senior Masculino | 50:38 | +22:16 | 05:04 |
| 604 | 720 | Ricardo Seabra | individual | Senior Masculino | 50:39 | +22:17 | 05:04 |
| 605 | 831 | Paulo Alexandre Ordens Branco | individual | Veterano M40 | 50:42 | +22:20 | 05:04 |
| 606 | 287 | Ana Margarida Pascoal Dourado | coimbra trail running | Senior Feminino | 50:44 | +22:22 | 05:04 |
| 607 | 1217 | Bianca Dias | tribo nr | Junior Feminino | 50:45 | +22:23 | 05:05 |
| 608 | 1113 | Frederico Martins | pascoalitos | Senior Masculino | 50:46 | +22:24 | 05:05 |
| 609 | 309 | Cláudia Isidoro | coimbra trail running | Veterana F40 | 50:47 | +22:25 | 05:05 |

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|---|---|------------------|--------|--------|-------|
| 655 | 257 | Telmo Martins | cluve - clube de veteranos de atletismo coimbra | Junior Masculino | 51:52 | +23:30 | 05:11 |
| 656 | 280 | João Castro Nobre | cni | Senior Masculino | 51:54 | +23:32 | 05:11 |
| 657 | 1122 | Paulo Albuquerque | pascoalitos | Senior Masculino | 51:54 | +23:32 | 05:11 |
| 658 | 1107 | Bruno Batista | pascoalitos | Senior Masculino | 51:54 | +23:32 | 05:11 |
| 659 | 664 | Nuno Bernardes | individual | Senior Masculino | 51:56 | +23:34 | 05:12 |
| 660 | 906 | Américo Pessoa | individual | Veterano M50 | 51:57 | +23:35 | 05:12 |
| 661 | 103 | Miguel António Aroso | arredem-se | Veterano M40 | 51:58 | +23:36 | 05:12 |
| 662 | 107 | Bruno Carvalho | arsm - associação recreativa de s. miguel | Junior Masculino | 51:59 | +23:37 | 05:12 |
| 663 | 759 | Ana Patricia de Sousa Martins de Oliveira | individual | Veterana F40 | 51:59 | +23:37 | 05:12 |
| 664 | 1258 | Alexandre João Simões Borges | canianos | Veterano M40 | 52:00 | +23:38 | 05:12 |
| 665 | 969 | Liliana Pragana | jogging lovers coimbra | Senior Feminino | 52:01 | +23:39 | 05:12 |
| 666 | 981 | Emanuel Ferreira | jogging lovers coimbra | Senior Masculino | 52:01 | +23:39 | 05:12 |
| 667 | 1016 | José Quadrado | jogging lovers coimbra | Veterano M40 | 52:10 | +23:48 | 05:13 |
| 668 | 1185 | Sílvia Domingues | slow runners pombal | Senior Feminino | 52:13 | +23:51 | 05:13 |
| 669 | 619 | Joaquim Feteira | individual | Senior Masculino | 52:14 | +23:52 | 05:13 |
| 670 | 109 | Luís Carlos Silva | arsm - associação recreativa de s. miguel | Junior Masculino | 52:15 | +23:53 | 05:13 |
| 671 | 1228 | Andreia Torres Caldeira | união clube eirense | Junior Feminino | 52:15 | +23:53 | 05:13 |
| 672 | 1207 | Marisa Mendes | speedy runners | Senior Feminino | 52:15 | +23:53 | 05:14 |
| 673 | 811 | Juan Ferreira | individual | Veterano M40 | 52:17 | +23:55 | 05:14 |
| 674 | 136 | Daniel Carvalho | arsm - associação recreativa de s. miguel | Senior Masculino | 52:18 | +23:56 | 05:14 |
| 675 | 1198 | João Rodrigues | smzc | Veterano M50 | 52:18 | +23:56 | 05:14 |
| 676 | 1268 | Pedro Sabino | individual | Senior Masculino | 52:19 | +23:57 | 05:14 |
| 677 | 226 | João Pratas | caracois | Senior Masculino | 52:20 | +23:58 | 05:14 |
| 678 | 1073 | Céu Santos | o mundo da corrida | Veterano M50 | 52:20 | +23:58 | 05:14 |
| 679 | 377 | Mélanie Duarte | farmácia luciano e matos | Senior Feminino | 52:21 | +23:59 | 05:14 |
| 680 | 361 | Andrés Aldonza tostón | edson e andres vs leitão | Veterano M40 | 52:23 | +24:01 | 05:14 |
| 681 | 995 | Nélson Neves | jogging lovers coimbra | Senior Masculino | 52:26 | +24:04 | 05:15 |
| 682 | 976 | Teresa Gonçalves | jogging lovers coimbra | Senior Feminino | 52:26 | +24:04 | 05:15 |
| 683 | 997 | Nuno Cardetas | jogging lovers coimbra | Senior Masculino | 52:27 | +24:05 | 05:15 |
| 684 | 629 | José Júlio Ladeira de Sá | individual | Senior Masculino | 52:28 | +24:06 | 05:15 |
| 685 | 1278 | Lucia Maria da Costa Silva | vencedores passatempo doce vita | Veterana F50 | 52:28 | +24:06 | 05:15 |
| 686 | 1000 | Rodrigo Lourenço | jogging lovers coimbra | Senior Masculino | 52:35 | +24:13 | 05:15 |
| 687 | 236 | NELSON SILVA LOPES | cbr2wrt | Senior Masculino | 52:39 | +24:17 | 05:16 |
| 688 | 860 | António Lemos | individual | Veterano M45 | 52:45 | +24:23 | 05:16 |
| 689 | 809 | Jose carlos santos simoes | individual | Veterano M40 | 52:45 | +24:23 | 05:17 |
| 690 | 314 | Margarida Carvalho | coimbra trail running | Veterana F40 | 52:48 | +24:26 | 05:17 |
| 691 | 499 | Raquel Lobão | individual | Senior Feminino | 52:51 | +24:29 | 05:17 |
| 692 | 1162 | Patrícia Diogo | saldo válido | Senior Feminino | 52:52 | +24:30 | 05:17 |
| 693 | 1163 | André Ventura | saldo válido | Senior Masculino | 52:53 | +24:31 | 05:17 |
| 694 | 848 | Romeu de Azevedo | individual | Veterano M40 | 52:53 | +24:31 | 05:17 |
| 695 | 1155 | Carlos Manuel Ribeiro miranda | roda pedaleira | Veterano M45 | 52:53 | +24:31 | 05:17 |
| 696 | 1127 | Sandro Carvalho | pascoalitos | Senior Masculino | 52:57 | +24:35 | 05:18 |
| 697 | 817 | Luis Pereira | individual | Veterano M40 | 52:57 | +24:35 | 05:18 |
| 698 | 375 | JOAO SILVA | familia neves | Senior Masculino | 52:59 | +24:37 | 05:18 |
| 699 | 376 | PAULO NEVES | familia neves | Senior Masculino | 52:59 | +24:37 | 05:18 |

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

R
REVISED

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|------------------------------|---|------------------|--------|--------|-------|
| 831 | 409 | clara machado | herbalife runner | Veterana F50 | 56:17 | +27:55 | 05:38 |
| 832 | 371 | Angela Campos | equipa holmes place | Veterana F50 | 56:17 | +27:55 | 05:38 |
| 833 | 1141 | Gina Baptista | portuguese united training association | Senior Feminino | 56:18 | +27:56 | 05:38 |
| 834 | 367 | Jorge Campos | equipa holmes place | Senior Masculino | 56:18 | +27:56 | 05:38 |
| 835 | 700 | Pedro Monteiro | individual | Senior Masculino | 56:24 | +28:02 | 05:38 |
| 836 | 1013 | Carlos Miguel Bernardes | jogging lovers coimbra | Veterano M40 | 56:24 | +28:02 | 05:38 |
| 837 | 1066 | Mariana dos Santos Fonseca | o mundo da corrida | Senior Feminino | 56:24 | +28:02 | 05:38 |
| 838 | 1256 | Mário Marques | holmes place coimbra | Senior Masculino | 56:25 | +28:03 | 05:39 |
| 839 | 521 | André Antunes | individual | Senior Masculino | 56:26 | +28:04 | 05:39 |
| 840 | 235 | LUIS CARLOS PEREIRA DE MELO | cbr2wrt | Senior Masculino | 56:27 | +28:05 | 05:39 |
| 841 | 238 | RICARDO JORGE DA SILVA COSTA | cbr2wrt | Senior Masculino | 56:27 | +28:05 | 05:39 |
| 842 | 237 | NUNO MIGUEL BRITES MONTEIRO | cbr2wrt | Senior Masculino | 56:27 | +28:05 | 05:39 |
| 843 | 1153 | Pedro Vila Nova | portuguese united training association | Veterano M40 | 56:29 | +28:07 | 05:39 |
| 844 | 487 | maria luisa | individual | Senior Feminino | 56:31 | +28:09 | 05:39 |
| 845 | 220 | Gizé Bento | capsas | Veterana F50 | 56:31 | +28:09 | 05:39 |
| 846 | 1297 | Miguel Veloso | freguesia | Senior Masculino | 56:32 | +28:10 | 05:39 |
| 847 | 1261 | Cristina Santos | equipa holmes place | Veterana F40 | 56:33 | +28:11 | 05:39 |
| 848 | 1028 | Helena Sofia lopes | juntasnodesporto | Senior Feminino | 56:36 | +28:14 | 05:40 |
| 849 | 813 | Luís Bonito | individual | Veterano M40 | 56:36 | +28:14 | 05:40 |
| 850 | 1065 | Lucia Martins | o mundo da corrida | Senior Feminino | 56:40 | +28:18 | 05:40 |
| 851 | 120 | Ligia Marques | arsm - associação recreativa de s. miguel | Senior Feminino | 56:40 | +28:18 | 05:40 |
| 852 | 156 | Sandra Barata | arsm - associação recreativa de s. miguel | Veterana F40 | 56:40 | +28:18 | 05:40 |
| 853 | 500 | Rita Natal | individual | Senior Feminino | 56:43 | +28:21 | 05:40 |
| 854 | 1172 | Tiago Patrao | sciencestory | Veterano M40 | 56:46 | +28:24 | 05:41 |
| 855 | 1123 | Paulo Vieira | pascoalitos | Senior Masculino | 56:47 | +28:25 | 05:41 |
| 856 | 595 | João Duarte | individual | Senior Masculino | 56:49 | +28:27 | 05:41 |
| 857 | 642 | Luís Valente | individual | Senior Masculino | 56:50 | +28:28 | 05:41 |
| 858 | 385 | Francisco Almeida | farmácia medeiros | Senior Masculino | 56:52 | +28:30 | 05:41 |
| 859 | 852 | Tiago Nunes | individual | Veterano M40 | 56:52 | +28:30 | 05:41 |
| 860 | 691 | Pedro Lopes | individual | Senior Masculino | 56:53 | +28:31 | 05:41 |
| 861 | 48 | Filipe Montenegro | 3monte | Junior Masculino | 56:55 | +28:33 | 05:41 |
| 862 | 925 | Amadeu Matos Carvalho | individual | Veterano M55 | 56:57 | +28:35 | 05:42 |
| 863 | 617 | João Sargento Freitas | individual | Senior Masculino | 57:00 | +28:38 | 05:42 |
| 864 | 105 | Andreia Carvalho | arsm - associação recreativa de s. miguel | Junior Feminino | 57:02 | +28:40 | 05:42 |
| 865 | 433 | Adriana Pinto Gonçalves | individual | Senior Feminino | 57:03 | +28:41 | 05:42 |
| 866 | 358 | Silvia Saraiva | drink team | Veterana F40 | 57:04 | +28:42 | 05:42 |
| 867 | 1102 | Susana Ferreira | pascoalitos | Senior Feminino | 57:04 | +28:42 | 05:42 |
| 868 | 1294 | Rui Faria | 111 sport / team bala | Veterano M40 | 57:09 | +28:47 | 05:43 |
| 869 | 1293 | Filipe Rito | 111 sport / team bala | Veterano M50 | 57:09 | +28:47 | 05:43 |
| 870 | 394 | José Gapo | gapodacosta | Veterano M55 | 57:12 | +28:50 | 05:43 |
| 871 | 1255 | HELDER JORGE MOREIRA | holmes place coimbra | Veterano M40 | 57:14 | +28:52 | 05:43 |
| 872 | 934 | João Batista | individual | Veterano M55 | 57:15 | +28:53 | 05:43 |
| 873 | 669 | Nuno Melo | individual | Senior Masculino | 57:15 | +28:53 | 05:44 |
| 874 | 749 | Tiago Trindade | individual | Senior Masculino | 57:16 | +28:54 | 05:44 |
| 875 | 1038 | PEDRO GAMA | locomotiva da solum | Senior Masculino | 57:18 | +28:56 | 05:44 |

PROVA PRINCIPAL - STAGE 1

10 KM

R
REVISED

OFFICIAL RESULT

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|--|---|------------------|--------|--------|-------|
| 876 | 1265 | Filipa Simões Pires | individual | Senior Feminino | 57:22 | +29:00 | 05:44 |
| 877 | 1254 | RUI AFONSO CASALEIRO | holmes place coimbra | Veterano M50 | 57:22 | +29:00 | 05:44 |
| 878 | 946 | Luís Filipe Neves Ferreira | individual | Veterano M55 | 57:24 | +29:02 | 05:44 |
| 879 | 586 | Hugo Francisco Ricardo Ferreira | individual | Senior Masculino | 57:24 | +29:02 | 05:44 |
| 880 | 1008 | Maria João Gama | jogging lovers coimbra | Veterana F40 | 57:26 | +29:04 | 05:45 |
| 881 | 896 | Pedro Miguel Bem-Haja Martins Ferreira | individual | Veterano M45 | 57:26 | +29:04 | 05:45 |
| 882 | 452 | Carla Cardoso | individual | Senior Feminino | 57:27 | +29:05 | 05:45 |
| 883 | 1219 | Marcos António Ângelo Alves | tribo nr | Senior Masculino | 57:31 | +29:09 | 05:45 |
| 884 | 510 | Susana Rodrigues | individual | Senior Feminino | 57:33 | +29:11 | 05:45 |
| 885 | 735 | Samuel José Ferreira dos Santos | individual | Senior Masculino | 57:43 | +29:21 | 05:46 |
| 886 | 16 | Esménia Alves | individual | Veterana F40 | 57:46 | +29:24 | 05:47 |
| 887 | 1264 | Maria Antónia Portilha | individual | Senior Feminino | 57:47 | +29:25 | 05:47 |
| 888 | 465 | Diana Videira | individual | Senior Feminino | 57:48 | +29:26 | 05:47 |
| 889 | 975 | Tânia Pires | jogging lovers coimbra | Senior Feminino | 57:49 | +29:27 | 05:47 |
| 890 | 965 | Carolina Fernandes | jogging lovers coimbra | Senior Feminino | 57:49 | +29:27 | 05:47 |
| 891 | 134 | Bruno Adão | arsm - associação recreativa de s. miguel | Senior Masculino | 57:52 | +29:30 | 05:47 |
| 892 | 302 | Jorge Duarte | coimbra trail running | Senior Masculino | 58:03 | +29:41 | 05:48 |
| 893 | 313 | Isabel Primo | coimbra trail running | Veterana F40 | 58:03 | +29:41 | 05:48 |
| 894 | 1083 | Marta Figueiredo | os caracóis | Senior Feminino | 58:04 | +29:42 | 05:48 |
| 895 | 1216 | André Diniz | torpedos do mondegoo | Senior Masculino | 58:04 | +29:42 | 05:48 |
| 896 | 775 | Vera Lúcia dos santos Pedroso de lima | individual | Veterana F40 | 58:07 | +29:45 | 05:49 |
| 897 | 481 | Liliane Pinto Gonçalves | individual | Senior Feminino | 58:08 | +29:46 | 05:49 |
| 898 | 1148 | Miguel Fonseca | portuguese united training association | Veterano M40 | 58:09 | +29:47 | 05:49 |
| 899 | 630 | Jose Luis Trindade | individual | Senior Masculino | 58:13 | +29:51 | 05:49 |
| 900 | 781 | Maria Monica Vasconcelos Mota Antunes da Cunha | individual | Veterana F50 | 58:21 | +29:59 | 05:50 |
| 901 | 399 | Pedro Melo e Faro | ginteam | Veterano M45 | 58:27 | +30:05 | 05:51 |
| 902 | 397 | Ana Margarida Moreira | ginteam | Veterana F40 | 58:27 | +30:05 | 05:51 |
| 903 | 877 | José Carlos Mendes Fernandes | individual | Veterano M45 | 58:29 | +30:07 | 05:51 |
| 904 | 1176 | Ana Rita Gaspar | slow runners pombal | Senior Feminino | 58:33 | +30:11 | 05:51 |
| 905 | 624 | Jorge Miguel Coutinho Amaral | individual | Senior Masculino | 58:33 | +30:11 | 05:51 |
| 906 | 126 | Rita Joana Simões | arsm - associação recreativa de s. miguel | Senior Feminino | 58:34 | +30:12 | 05:51 |
| 907 | 196 | Isabel Santos | barc | Senior Feminino | 58:34 | +30:12 | 05:51 |
| 908 | 23 | João Coutinho | individual | Senior Masculino | 58:40 | +30:18 | 05:52 |
| 909 | 24 | Bruno Piter | individual | Senior Masculino | 58:41 | +30:19 | 05:52 |
| 910 | 22 | Filipe Rodrigues | individual | Senior Masculino | 58:41 | +30:19 | 05:52 |
| 911 | 511 | Tânia Rocha | individual | Senior Feminino | 58:42 | +30:20 | 05:52 |
| 912 | 135 | Bruno Ferreira | arsm - associação recreativa de s. miguel | Senior Masculino | 58:42 | +30:20 | 05:52 |
| 913 | 710 | Ricardo Edgar Moreira Assunção | individual | Senior Masculino | 58:43 | +30:21 | 05:52 |
| 914 | 473 | Inês Catarina Barbosa Gonçalves | individual | Senior Feminino | 58:44 | +30:22 | 05:52 |
| 915 | 179 | Humberto Batista | arsm - associação recreativa de s. miguel | Veterano M55 | 58:48 | +30:26 | 05:53 |
| 916 | 874 | Joaquim Gaspar | individual | Veterano M45 | 58:49 | +30:27 | 05:53 |
| 917 | 767 | Maria de Lurdes Caridade Gaspar | individual | Veterana F40 | 58:49 | +30:27 | 05:53 |
| 918 | 363 | Joana Santos | equipa holmes place | Senior Feminino | 58:50 | +30:28 | 05:53 |
| 919 | 722 | Rodrigo Nunes | individual | Senior Masculino | 58:53 | +30:31 | 05:53 |

PROVA PRINCIPAL - STAGE 1

10 KM

R
REVISED

OFFICIAL RESULT

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|--|---|------------------|----------|--------|-------|
| 920 | 947 | LUÍS VICENTE BARROSO | individual | Veterano M55 | 59:01 | +30:39 | 05:54 |
| 921 | 1119 | Marco Almeida | pascoalitos | Senior Masculino | 59:04 | +30:42 | 05:54 |
| 922 | 1136 | Catarina Baptista | pascoalitos | Veterana F40 | 59:04 | +30:42 | 05:54 |
| 923 | 1031 | Marina de Fátima Rodrigues Dias | kondores trail running | Senior Feminino | 59:05 | +30:43 | 05:55 |
| 924 | 137 | Eduardo Vicente | arsm - associação recreativa de s. miguel | Senior Masculino | 59:05 | +30:43 | 05:55 |
| 925 | 506 | Sofia Garcia | individual | Senior Feminino | 59:08 | +30:46 | 05:55 |
| 926 | 516 | Alexandre Garcia | individual | Senior Masculino | 59:08 | +30:46 | 05:55 |
| 927 | 360 | Albano Gouveia | edson e andres vs leitão | Senior Masculino | 59:09 | +30:47 | 05:55 |
| 928 | 117 | Daniela Gouveia | arsm - associação recreativa de s. miguel | Senior Feminino | 59:11 | +30:49 | 05:55 |
| 929 | 513 | Teresa Raquel Fileno | individual | Senior Feminino | 59:12 | +30:50 | 05:55 |
| 930 | 41 | Filipa | ----- | Senior Feminino | 59:12 | +30:50 | 05:55 |
| 931 | 480 | Lili Vicente | individual | Senior Feminino | 59:12 | +30:50 | 05:55 |
| 932 | 1295 | Rui Oliveira | 111 sport / team bala | Veterano M40 | 59:14 | +30:52 | 05:55 |
| 933 | 588 | Hugo Miguel Abreu | individual | Senior Masculino | 59:15 | +30:53 | 05:56 |
| 934 | 875 | José Abreu | individual | Veterano M45 | 59:16 | +30:54 | 05:56 |
| 935 | 111 | Ana Rute Morais | arsm - associação recreativa de s. miguel | Senior Feminino | 59:19 | +30:57 | 05:56 |
| 936 | 459 | Cláudia Daniela Paralta Henriques Gomes | individual | Senior Feminino | 59:21 | +30:59 | 05:56 |
| 937 | 476 | Joana Morgado | individual | Senior Feminino | 59:22 | +31:00 | 05:56 |
| 938 | 113 | Catarina Gomes | arsm - associação recreativa de s. miguel | Senior Feminino | 59:25 | +31:03 | 05:56 |
| 939 | 643 | Luís Velez | individual | Senior Masculino | 59:28 | +31:06 | 05:57 |
| 940 | 1140 | Cila Bicas | portuguese united training association | Senior Feminino | 59:42 | +31:20 | 05:58 |
| 941 | 384 | Carolina Marques | farmácia medeiros | Senior Feminino | 59:42 | +31:20 | 05:58 |
| 942 | 605 | João Nuno Fonseca Brandão Farinha | individual | Senior Masculino | 59:46 | +31:24 | 05:59 |
| 943 | 370 | Sónia Farias | equipa holmes place | Veterana F40 | 59:52 | +31:30 | 05:59 |
| 944 | 42 | Sergio | ----- | Senior Masculino | 59:52 | +31:30 | 05:59 |
| 945 | 158 | Alexandre Jesus | arsm - associação recreativa de s. miguel | Veterano M40 | 59:54 | +31:32 | 05:59 |
| 946 | 742 | Thelmo de Carvalho Teixeira Branco Filho | individual | Senior Masculino | 01:00:01 | +31:39 | 06:00 |
| 947 | 1218 | Cristina Daniel | tribo nr | Senior Feminino | 01:00:01 | +31:39 | 06:00 |
| 948 | 15 | Carlos Alves | individual | Veterano M40 | 01:00:04 | +31:42 | 06:00 |
| 949 | 697 | Pedro Miguel Ferreira Baptista | individual | Senior Masculino | 01:00:15 | +31:53 | 06:02 |
| 950 | 127 | Sílvia Leão | arsm - associação recreativa de s. miguel | Senior Feminino | 01:00:16 | +31:54 | 06:02 |
| 951 | 594 | João Carlos Oliveira Ferreira | individual | Senior Masculino | 01:00:16 | +31:54 | 06:02 |
| 952 | 546 | Daniel Marcos | individual | Senior Masculino | 01:00:24 | +32:02 | 06:02 |
| 953 | 141 | Jerónimo Carvalho | arsm - associação recreativa de s. miguel | Senior Masculino | 01:00:26 | +32:04 | 06:03 |
| 954 | 964 | Carolina Dinis | jogging lovers coimbra | Senior Feminino | 01:00:30 | +32:08 | 06:03 |
| 955 | 988 | João Vilhena | jogging lovers coimbra | Senior Masculino | 01:00:31 | +32:09 | 06:03 |
| 956 | 725 | Rui Bica | individual | Senior Masculino | 01:00:35 | +32:13 | 06:03 |
| 957 | 935 | Jorge Francisco Alves Relvão | individual | Veterano M55 | 01:00:38 | +32:16 | 06:04 |
| 958 | 496 | Patricia coelho | individual | Senior Feminino | 01:00:47 | +32:25 | 06:05 |
| 959 | 733 | Rui Simões | individual | Senior Masculino | 01:00:49 | +32:27 | 06:05 |
| 960 | 451 | Áurea Patrícia Dias Gonçalves | individual | Senior Feminino | 01:00:55 | +32:33 | 06:05 |
| 961 | 889 | Paulo Daniel Dias | individual | Veterano M45 | 01:00:59 | +32:37 | 06:06 |
| 962 | 598 | João Gil | individual | Senior Masculino | 01:01:02 | +32:40 | 06:06 |

PROVA PRINCIPAL - STAGE 1

10 KM

R

REVISED

OFFICIAL RESULT

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|---|--|------------------|----------|--------|-------|
| 963 | 488 | Maria Madalena Azevedo Alves Ribeiro | individual | Senior Feminino | 01:01:02 | +32:40 | 06:06 |
| 964 | 1177 | Andreia Major | slow runners pombal | Senior Feminino | 01:01:02 | +32:40 | 06:06 |
| 965 | 1179 | Inês Gomes | slow runners pombal | Senior Feminino | 01:01:02 | +32:40 | 06:06 |
| 966 | 1210 | Catarina Andreia Azevedo Henriques | tartarugas do asfalto | Senior Feminino | 01:01:10 | +32:48 | 06:07 |
| 967 | 1211 | Márcio Alexandre Pinho Pereira | tartarugas do asfalto | Senior Masculino | 01:01:10 | +32:48 | 06:07 |
| 968 | 114 | Cátia Ferreira | arism - associação recreativa de s. miguel | Senior Feminino | 01:01:11 | +32:49 | 06:07 |
| 969 | 293 | Sara Pereira | coimbra trail running | Senior Feminino | 01:01:15 | +32:53 | 06:08 |
| 970 | 297 | Filipe Afonso | coimbra trail running | Senior Masculino | 01:01:15 | +32:53 | 06:08 |
| 971 | 448 | Andreia Alves | individual | Senior Feminino | 01:01:19 | +32:57 | 06:08 |
| 972 | 1149 | Miguel Sousa | portuguese united training association | Veterano M40 | 01:01:25 | +33:03 | 06:08 |
| 973 | 422 | PEDRO ABREU | indios do asfalto - cc cavaleiros | Senior Masculino | 01:01:35 | +33:13 | 06:10 |
| 974 | 967 | Joana Pinto | jogging lovers coimbra | Senior Feminino | 01:01:36 | +33:14 | 06:10 |
| 975 | 1225 | Simone Rodrigues | turbo-lentos | Senior Feminino | 01:01:44 | +33:22 | 06:10 |
| 976 | 438 | Ana Costa | individual | Senior Feminino | 01:01:45 | +33:23 | 06:10 |
| 977 | 130 | Stephanie Pacheco | arism - associação recreativa de s. miguel | Senior Feminino | 01:01:45 | +33:23 | 06:11 |
| 978 | 133 | Alexandre Santos | arism - associação recreativa de s. miguel | Senior Masculino | 01:01:47 | +33:25 | 06:11 |
| 979 | 121 | Mariana Carvalho | arism - associação recreativa de s. miguel | Senior Feminino | 01:01:57 | +33:35 | 06:12 |
| 980 | 132 | Vera Reis | arism - associação recreativa de s. miguel | Senior Feminino | 01:01:58 | +33:36 | 06:12 |
| 981 | 879 | José Ferreira Santos | individual | Veterano M45 | 01:02:01 | +33:39 | 06:12 |
| 982 | 386 | José Pedro Medeiros | farmácia medeiros | Senior Masculino | 01:02:01 | +33:39 | 06:12 |
| 983 | 202 | Joel Barata | bttrain | Senior Masculino | 01:02:08 | +33:46 | 06:13 |
| 984 | 949 | Mario Guilherme Freitas Figueiredo Costa | individual | Veterano M55 | 01:02:10 | +33:48 | 06:13 |
| 985 | 719 | Ricardo Romano | individual | Senior Masculino | 01:02:13 | +33:51 | 06:13 |
| 986 | 418 | jorge apostolo | herbalife runner | Veterano M55 | 01:02:13 | +33:51 | 06:13 |
| 987 | 43 | Inês Petronilho | #v1d4l0k4 | Senior Feminino | 01:02:16 | +33:54 | 06:14 |
| 988 | 45 | João Rainho | #v1d4l0k4 | Senior Masculino | 01:02:16 | +33:54 | 06:14 |
| 989 | 1212 | Rita Gouveia | team gouveia | Senior Feminino | 01:02:17 | +33:55 | 06:14 |
| 990 | 578 | Gonçalo Nuno Malaguerra da Fonseca | individual | Senior Masculino | 01:02:19 | +33:57 | 06:14 |
| 991 | 1010 | Fernanda Santos | jogging lovers coimbra | Veterana F50 | 01:02:24 | +34:02 | 06:14 |
| 992 | 1025 | Vitor Ferreira | jogging lovers coimbra | Veterano M55 | 01:02:28 | +34:06 | 06:15 |
| 993 | 779 | Maria Correia | individual | Veterana F50 | 01:02:28 | +34:06 | 06:15 |
| 994 | 311 | Dulce Manso | coimbra trail running | Veterana F40 | 01:02:35 | +34:13 | 06:16 |
| 995 | 316 | Daniel Bento | coimbra trail running | Veterano M40 | 01:02:36 | +34:14 | 06:16 |
| 996 | 780 | Maria da Glória Lopes Leite Relvas Soares | individual | Veterana F50 | 01:02:37 | +34:15 | 06:16 |
| 997 | 1114 | Gonçalo Rodrigues | pascoalitos | Senior Masculino | 01:02:41 | +34:19 | 06:16 |
| 998 | 1092 | Carla Santos | pascoalitos | Senior Feminino | 01:02:41 | +34:19 | 06:16 |
| 999 | 771 | SALOME BIZARRO | individual | Veterana F40 | 01:02:45 | +34:23 | 06:17 |
| 1000 | 582 | Hélder Loio | individual | Senior Masculino | 01:02:47 | +34:25 | 06:17 |
| 1001 | 468 | Felicia Raquel Santana Magalhães da Costa | individual | Senior Feminino | 01:02:53 | +34:31 | 06:17 |
| 1002 | 44 | Bruno Vicente | #v1d4l0k4 | Senior Masculino | 01:02:55 | +34:33 | 06:17 |
| 1003 | 1004 | Ana Barbosa | jogging lovers coimbra | Veterana F40 | 01:02:57 | +34:35 | 06:18 |
| 1004 | 1169 | Sandra Rodrigues | sandra e fernando | Veterana F40 | 01:02:58 | +34:36 | 06:18 |

PROVA PRINCIPAL - STAGE 1**10 KM**

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|---|---|------------------|----------|--------|-------|
| 1047 | 434 | Alexandra Lages | individual | Senior Feminino | 01:05:55 | +37:33 | 06:36 |
| 1048 | 460 | Claudia oliveira | individual | Senior Feminino | 01:05:56 | +37:34 | 06:36 |
| 1049 | 902 | Rui Nelson Dinis | individual | Veterano M45 | 01:06:07 | +37:45 | 06:37 |
| 1050 | 447 | Ana Teresa Rodrigues Figueiredo | individual | Senior Feminino | 01:06:09 | +37:47 | 06:37 |
| 1051 | 489 | Maria Manuel Marques Maia | individual | Senior Feminino | 01:06:19 | +37:57 | 06:38 |
| 1052 | 450 | Áurea Alexandra Craveiro Teixeira de Jesus Matias | individual | Senior Feminino | 01:06:28 | +38:06 | 06:39 |
| 1053 | 442 | Ana Santos | individual | Senior Feminino | 01:06:28 | +38:06 | 06:39 |
| 1054 | 1244 | Andreia Caldeira | vila seca run team | Senior Feminino | 01:06:29 | +38:07 | 06:39 |
| 1055 | 239 | VASCO MANUEL MORAIS TRIGO SEIXAS | cbr2wrt | Senior Masculino | 01:06:31 | +38:09 | 06:39 |
| 1056 | 131 | Vera Pascoal | arsm - associação recreativa de s. miguel | Senior Feminino | 01:06:37 | +38:15 | 06:40 |
| 1057 | 1052 | Maria Aida Henriques Antunes | margem sul | Senior Feminino | 01:06:57 | +38:35 | 06:42 |
| 1058 | 1051 | Clarisse Carreira Batista | margem sul | Senior Feminino | 01:06:57 | +38:35 | 06:42 |
| 1059 | 993 | Miguel Nora | jogging lovers coimbra | Senior Masculino | 01:07:11 | +38:49 | 06:43 |
| 1060 | 966 | Inês Lains | jogging lovers coimbra | Senior Feminino | 01:07:12 | +38:50 | 06:43 |
| 1061 | 1081 | Leonardo Carvalho | os caracóis | Senior Feminino | 01:07:18 | +38:56 | 06:44 |
| 1062 | 652 | Maurício Ricardy Batista Ramos | individual | Senior Masculino | 01:07:26 | +39:04 | 06:45 |
| 1063 | 455 | Carla Liliana Ferreira Barbosa Baptista | individual | Senior Feminino | 01:07:39 | +39:17 | 06:46 |
| 1064 | 502 | Sandra Ribeiro | individual | Senior Feminino | 01:07:50 | +39:28 | 06:47 |
| 1065 | 104 | Pedro Alexandre Gonçalves de Carvalho | arredem-se | Veterano M40 | 01:07:56 | +39:34 | 06:48 |
| 1066 | 98 | Margarida Isabel Ferreira Duarte | arredem-se | Senior Feminino | 01:07:56 | +39:34 | 06:48 |
| 1067 | 1096 | Elisabete Rodrigues | pascoalitos | Senior Feminino | 01:08:05 | +39:43 | 06:49 |
| 1068 | 1109 | Daniel Dias | pascoalitos | Senior Masculino | 01:08:05 | +39:43 | 06:49 |
| 1069 | 956 | José Ricardo Cotrim Aguiar | ipn runners | Senior Masculino | 01:08:09 | +39:47 | 06:49 |
| 1070 | 535 | bruno manuel moreira borges | individual | Senior Masculino | 01:08:17 | +39:55 | 06:50 |
| 1071 | 221 | Gonçalo Mendes | capsas | Veterano M45 | 01:08:17 | +39:55 | 06:50 |
| 1072 | 217 | Mariana Azevedo Mendes | capsas | Senior Feminino | 01:08:17 | +39:55 | 06:50 |
| 1073 | 777 | Adelaide Pereira | individual | Veterana F50 | 01:08:23 | +40:01 | 06:50 |
| 1074 | 572 | Frederico Carvalhão | individual | Senior Masculino | 01:08:32 | +40:10 | 06:51 |
| 1075 | 425 | Maria José Pinheiro Carvalhão | individual | Junior Feminino | 01:08:33 | +40:11 | 06:51 |
| 1076 | 1246 | Xana Mateus | vila seca run team | Senior Feminino | 01:08:40 | +40:18 | 06:52 |
| 1077 | 467 | Elsa Margarida Lopes Alcobia | individual | Senior Feminino | 01:08:48 | +40:26 | 06:53 |
| 1078 | 441 | Ana Orquídea Jorge Lopes Monteiro | individual | Senior Feminino | 01:08:49 | +40:27 | 06:53 |
| 1079 | 163 | Miguel Duarte | arsm - associação recreativa de s. miguel | Veterano M40 | 01:09:02 | +40:40 | 06:54 |
| 1080 | 129 | Soraia Castanheira | arsm - associação recreativa de s. miguel | Senior Feminino | 01:09:03 | +40:41 | 06:54 |
| 1081 | 160 | Isabel Simões | arsm - associação recreativa de s. miguel | Veterano M40 | 01:09:32 | +41:10 | 06:57 |
| 1082 | 151 | Ana Lúcia Costa | arsm - associação recreativa de s. miguel | Veterana F40 | 01:09:35 | +41:13 | 06:57 |
| 1083 | 401 | Daniela Soraia | goes trail | Senior Feminino | 01:09:49 | +41:27 | 06:59 |
| 1084 | 402 | João Rosinha | goes trail | Veterano M40 | 01:09:49 | +41:27 | 06:59 |
| 1085 | 477 | Joana Rodrigues Relvão | individual | Senior Feminino | 01:10:07 | +41:45 | 07:01 |
| 1086 | 412 | jose barata | herbalife runner | Veterano M40 | 01:10:14 | +41:52 | 07:01 |
| 1087 | 492 | Monica Cristina Pereira Simoes | individual | Senior Feminino | 01:10:22 | +42:00 | 07:02 |
| 1088 | 583 | Henrique Rodrigues | individual | Senior Masculino | 01:10:28 | +42:06 | 07:03 |

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|------|---|--|------------------|----------|-----------|-------|
| 1089 | 180 | Adalgisa Delgado | artista convidado | Senior Feminino | 01:10:41 | +42:19 | 07:04 |
| 1090 | 155 | Maria Elisa Fêteira | arasm - associação recreativa de s. miguel | Veterana F40 | 01:11:08 | +42:46 | 07:07 |
| 1091 | 1106 | Bruno Baptista | pascoalitos | Senior Masculino | 01:12:18 | +43:56 | 07:14 |
| 1092 | 1094 | Clara Miranda | pascoalitos | Senior Feminino | 01:12:18 | +43:56 | 07:14 |
| 1093 | 992 | Manuel Leite da Costa | jogging lovers coimbra | Senior Masculino | 01:12:46 | +44:24 | 07:17 |
| 1094 | 1280 | José Augusto Nunes Pinto de Carvalho Afonso | vencedores passatempo dolce vita | Veterano M50 | 01:13:13 | +44:51 | 07:19 |
| 1095 | 153 | Céu Fêteira | arasm - associação recreativa de s. miguel | Veterana F40 | 01:13:31 | +45:09 | 07:21 |
| 1096 | 1058 | ines morais | no name runners | Senior Feminino | 01:14:24 | +46:02 | 07:26 |
| 1097 | 1059 | sergio esteveao | no name runners | Senior Masculino | 01:14:24 | +46:02 | 07:26 |
| 1098 | 631 | José Miguel Mesquita | individual | Senior Masculino | 01:14:29 | +46:07 | 07:27 |
| 1099 | 769 | Natacha Cabral | individual | Veterana F40 | 01:14:51 | +46:29 | 07:29 |
| 1100 | 112 | Carolina Silva | arasm - associação recreativa de s. miguel | Senior Feminino | 01:17:08 | +48:46 | 07:43 |
| 1101 | 826 | Nuno Dantas | individual | Veterano M40 | 01:17:09 | +48:47 | 07:43 |
| 1102 | 1137 | Márcia Neves | pascoalitos | Veterana F40 | 01:17:09 | +48:47 | 07:43 |
| 1103 | 1090 | Ana Pedrosa | pascoalitos | Senior Feminino | 01:17:09 | +48:47 | 07:43 |
| 1104 | 1095 | Diana Silva | pascoalitos | Senior Feminino | 01:18:10 | +49:48 | 07:49 |
| 1105 | 1100 | Marta Lima | pascoalitos | Senior Feminino | 01:21:02 | +52:40 | 08:06 |
| 1106 | 1091 | Anabela Bem Haja | pascoalitos | Senior Feminino | 01:21:02 | +52:40 | 08:06 |
| 1107 | 374 | Eliana Sousa | falci running | Veterana F50 | 01:21:11 | +52:49 | 08:07 |
| 1108 | 1128 | Sérgio Carvoeira | pascoalitos | Senior Masculino | 01:22:20 | +53:58 | 08:14 |
| 1109 | 1098 | Marisa Gomes | pascoalitos | Senior Feminino | 01:28:53 | +01:00:31 | 08:53 |
| 1110 | 1089 | Ana Ferreira | pascoalitos | Senior Feminino | 01:28:53 | +01:00:31 | 08:53 |
| 1111 | 17 | Germano Bernardo | individual | Veterano M55 | 01:47:00 | +01:18:38 | 10:42 |

Prova Principal

10 KM

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REVISED

OFFICIAL RESULT

| | | | | | | | |
|----|------|---|---|-----------------|-------|--------|-------|
| 2 | 5 | Susana Godinho | Sporting Clube de Portugal | Senior Feminino | 33:39 | +00:17 | 03:22 |
| 3 | 8 | Jéssica Matos | S. C. Salgueiros | Senior Feminino | 35:23 | +02:01 | 03:32 |
| 4 | 115 | Cristina Couceiro | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 40:19 | +06:57 | 04:02 |
| 5 | 189 | Marta Lobo | Associação Académica de Coimbra | Senior Feminino | 41:04 | +07:42 | 04:06 |
| 6 | 331 | Tania Batista | Coimbra Trail Running | Senior Feminino | 41:21 | +07:59 | 04:08 |
| 7 | 1232 | Maria Mafalda Sousa do Carmo Fernando | União Clube Eirense | Senior Feminino | 42:22 | +09:00 | 04:14 |
| 8 | 344 | Sandra Bastos | DCI/CCDRP-Mealhada | Senior Feminino | 42:31 | +09:09 | 04:15 |
| 9 | 974 | Sara Silva | Jogging Lovers Coimbra | Senior Feminino | 42:54 | +09:32 | 04:17 |
| 10 | 1060 | Catarina MaRQUES | Núcleo de Atletismo de Cucujães | Senior Feminino | 42:54 | +09:32 | 04:17 |
| 11 | 1067 | Vera Bizarro | O Mundo da Corrida | Senior Feminino | 42:58 | +09:36 | 04:18 |
| 12 | 124 | Patrícia Fernandes | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 43:09 | +09:47 | 04:19 |
| 13 | 1158 | Lara Azambujo | run@figueira | Senior Feminino | 44:09 | +10:47 | 04:25 |
| 14 | 1233 | Sofia Roque Dias | União Clube Eirense | Senior Feminino | 44:49 | +11:27 | 04:29 |
| 15 | 403 | vera bernardo | herbalife runner | Senior Feminino | 44:49 | +11:27 | 04:29 |
| 16 | 110 | Ana Fêteira | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 44:59 | +11:37 | 04:30 |
| 17 | 453 | Carla Isabel Correia Sousa Santos | Individual | Senior Feminino | 45:24 | +12:02 | 04:32 |
| 18 | 128 | Sónia Gaspar | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 46:53 | +13:31 | 04:41 |
| 19 | 1180 | Inês Moura Ferreira | Slow Runners Pombal | Senior Feminino | 47:17 | +13:55 | 04:44 |
| 20 | 289 | Diana Cristina Coimbra Gaspar | Coimbra Trail Running | Senior Feminino | 47:20 | +13:58 | 04:44 |
| 21 | 486 | Maria Isabel da Silva Fernandes | Individual | Senior Feminino | 47:48 | +14:26 | 04:47 |
| 22 | 972 | Rita Ventura | Jogging Lovers Coimbra | Senior Feminino | 47:50 | +14:28 | 04:47 |
| 23 | 1178 | Gina Domingues | Slow Runners Pombal | Senior Feminino | 48:04 | +14:42 | 04:48 |
| 24 | 462 | Cristina Isabel Ribeiro Duarte | Individual | Senior Feminino | 48:16 | +14:54 | 04:50 |
| 25 | 290 | Filipa de Sá | Coimbra Trail Running | Senior Feminino | 48:38 | +15:16 | 04:52 |
| 26 | 973 | Sara Carvalho | Jogging Lovers Coimbra | Senior Feminino | 49:00 | +15:38 | 04:54 |
| 27 | 1184 | Neuza Ferreira Gomes | Slow Runners Pombal | Senior Feminino | 49:10 | +15:48 | 04:55 |
| 28 | 439 | Ana Filipa Rodrigues Ferreira | Individual | Senior Feminino | 49:14 | +15:52 | 04:55 |
| 29 | 457 | Catarina Isabel Albuquerque Ferreira | Individual | Senior Feminino | 49:22 | +16:00 | 04:56 |
| 30 | 504 | Sara Santos | Individual | Senior Feminino | 50:00 | +16:38 | 05:00 |
| 31 | 116 | Daniela Fêteira | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 50:02 | +16:40 | 05:00 |
| 32 | 443 | Ana Sofia Figueiredo | Individual | Senior Feminino | 50:16 | +16:54 | 05:02 |
| 33 | 1078 | Luísa Miranda | O TRIO | Senior Feminino | 50:26 | +17:04 | 05:03 |
| 34 | 437 | Ana Carolina Canotilho Seixas Goncalves | Individual | Senior Feminino | 50:28 | +17:06 | 05:03 |
| 35 | 197 | Liliana Martins | Barc | Senior Feminino | 50:37 | +17:15 | 05:04 |
| 36 | 287 | Ana Margarida Pascoal Dourado | Coimbra Trail Running | Senior Feminino | 50:44 | +17:22 | 05:04 |
| 37 | 472 | Helena Santana | Individual | Senior Feminino | 50:55 | +17:33 | 05:05 |
| 38 | 461 | cristiana regina machado pinto | Individual | Senior Feminino | 51:16 | +17:54 | 05:08 |
| 39 | 464 | Diana Malva Costa | Individual | Senior Feminino | 51:17 | +17:55 | 05:08 |
| 40 | 969 | Liliana Pragana | Jogging Lovers Coimbra | Senior Feminino | 52:01 | +18:39 | 05:12 |
| 41 | 1185 | Sílvia Domingues | Slow Runners Pombal | Senior Feminino | 52:13 | +18:51 | 05:13 |
| 42 | 1207 | Marisa Mendes | Speedy Runners | Senior Feminino | 52:15 | +18:53 | 05:14 |
| 43 | 377 | Mélanie Duarte | Farmácia Luciano e Matos | Senior Feminino | 52:21 | +18:59 | 05:14 |

Prova Principal**10 KM****R**
REVISED**OFFICIAL RESULT**

| | | | | | | | |
|----|------|-------------------------------------|---|-----------------|-------|--------|-------|
| 44 | 976 | Teresa Gonçalves | Jogging Lovers Coimbra | Senior Feminino | 52:26 | +19:04 | 05:15 |
| 45 | 499 | Raquel Lobão | Individual | Senior Feminino | 52:51 | +19:29 | 05:17 |
| 46 | 1162 | Patrícia Diogo | Saldo Válido | Senior Feminino | 52:52 | +19:30 | 05:17 |
| 47 | 497 | Paula Esteves | Individual | Senior Feminino | 53:15 | +19:53 | 05:19 |
| 48 | 291 | Joana Gonçalves | Coimbra Trail Running | Senior Feminino | 53:22 | +20:00 | 05:20 |
| 49 | 475 | Joana Francisco | Individual | Senior Feminino | 53:23 | +20:01 | 05:20 |
| 50 | 1224 | Carla Lopes | Turbo-lentos | Senior Feminino | 53:40 | +20:18 | 05:22 |
| 51 | 963 | Adélia Pedrosa | Jogging Lovers Coimbra | Senior Feminino | 54:09 | +20:47 | 05:25 |
| 52 | 364 | Sara Silva | Equipa Holmes Place | Senior Feminino | 54:10 | +20:48 | 05:25 |
| 53 | 508 | Sónia Isabel Teixeira Dias | Individual | Senior Feminino | 54:10 | +20:48 | 05:25 |
| 54 | 382 | Ana Flório | Farmácia Medeiros | Senior Feminino | 54:13 | +20:51 | 05:25 |
| 55 | 383 | Ana Pires | Farmácia Medeiros | Senior Feminino | 54:13 | +20:51 | 05:25 |
| 56 | 470 | Filipa Rovira | Individual | Senior Feminino | 54:17 | +20:55 | 05:26 |
| 57 | 1245 | Marta Rodrigues | Vila Seca Run Team | Senior Feminino | 54:20 | +20:58 | 05:26 |
| 58 | 123 | Marina Carvalho | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 54:23 | +21:01 | 05:26 |
| 59 | 501 | Sandra Mateus | Individual | Senior Feminino | 54:47 | +21:25 | 05:29 |
| 60 | 89 | Gina Correia | ADA Desnível | Senior Feminino | 54:48 | +21:26 | 05:29 |
| 61 | 458 | Catarina Lapa | Individual | Senior Feminino | 54:50 | +21:28 | 05:29 |
| 62 | 498 | Raquel Filipa Estrela | Individual | Senior Feminino | 55:09 | +21:47 | 05:31 |
| 63 | 286 | Alexandra Soares | Coimbra Trail Running | Senior Feminino | 55:09 | +21:47 | 05:31 |
| 64 | 1263 | Diana Marina Pinheiro de Sá Gaspar. | Individual | Senior Feminino | 55:10 | +21:48 | 05:31 |
| 65 | 968 | Laura Maria Alho | Jogging Lovers Coimbra | Senior Feminino | 55:24 | +22:02 | 05:32 |
| 66 | 493 | Mónica Ladeira | Individual | Senior Feminino | 55:27 | +22:05 | 05:33 |
| 67 | 390 | Lannys Martins | Fogo nos pés | Senior Feminino | 55:30 | +22:08 | 05:33 |
| 68 | 507 | Sofia Margarida Mendes | Individual | Senior Feminino | 55:30 | +22:08 | 05:33 |
| 69 | 449 | Andreia Raquel dos Santos Costa | Individual | Senior Feminino | 55:49 | +22:27 | 05:35 |
| 70 | 1214 | Isabel Parreiral | Team Pilar | Senior Feminino | 55:52 | +22:30 | 05:35 |
| 71 | 362 | Alice Conde | Equipa Holmes Place | Senior Feminino | 55:54 | +22:32 | 05:35 |
| 72 | 1251 | Ana Taraio | VizinhosTeam | Senior Feminino | 55:57 | +22:35 | 05:36 |
| 73 | 482 | Lúcia Carrasqueiro | Individual | Senior Feminino | 56:07 | +22:45 | 05:37 |
| 74 | 1101 | Nélia Antunes | Pascoalitos | Senior Feminino | 56:12 | +22:50 | 05:37 |
| 75 | 1141 | Gina Baptista | Portuguese United Training Association | Senior Feminino | 56:18 | +22:56 | 05:38 |
| 76 | 1066 | Mariana dos Santos Fonseca | O Mundo da Corrida | Senior Feminino | 56:24 | +23:02 | 05:38 |
| 77 | 487 | maria luisa | Individual | Senior Feminino | 56:31 | +23:09 | 05:39 |
| 78 | 1028 | Helena Sofia lopes | Juntasnodesporto | Senior Feminino | 56:36 | +23:14 | 05:40 |
| 79 | 1065 | Lucia Martins | O Mundo da Corrida | Senior Feminino | 56:40 | +23:18 | 05:40 |
| 80 | 120 | Ligia Marques | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 56:40 | +23:18 | 05:40 |
| 81 | 500 | Rita Natal | Individual | Senior Feminino | 56:43 | +23:21 | 05:40 |
| 82 | 433 | Adriana Pinto Gonçalves | Individual | Senior Feminino | 57:03 | +23:41 | 05:42 |
| 83 | 1102 | Susana Ferreira | Pascoalitos | Senior Feminino | 57:04 | +23:42 | 05:42 |
| 84 | 1265 | Filipa Simões Pires | Individual | Senior Feminino | 57:22 | +24:00 | 05:44 |
| 85 | 452 | Carla Cardoso | Individual | Senior Feminino | 57:27 | +24:05 | 05:45 |
| 86 | 510 | Susana Rodrigues | Individual | Senior Feminino | 57:33 | +24:11 | 05:45 |
| 87 | 1264 | Maria Antónia Portilha | Individual | Senior Feminino | 57:47 | +24:25 | 05:47 |

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| Official Timekeeper: Lap2Go | 3 / 28 | generate 05-Jan-2016 22:34 |
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|-----|------|---|---|-----------------|----------|--------|-------|
| 128 | 132 | Vera Reis | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 01:01:58 | +28:36 | 06:12 |
| 129 | 43 | Inês Petronilho | #V1D4L0K4 | Senior Feminino | 01:02:16 | +28:54 | 06:14 |
| 130 | 1212 | Rita Gouveia | Team Gouveia | Senior Feminino | 01:02:17 | +28:55 | 06:14 |
| 131 | 1092 | Carla Santos | Pascoalitos | Senior Feminino | 01:02:41 | +29:19 | 06:16 |
| 132 | 468 | Felicia Raquel Santana Magalhães da Costa | Individual | Senior Feminino | 01:02:53 | +29:31 | 06:17 |
| 133 | 122 | Mariana Martins | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 01:03:15 | +29:53 | 06:19 |
| 134 | 1099 | Marisa Madureira | Pascoalitos | Senior Feminino | 01:03:18 | +29:56 | 06:20 |
| 135 | 440 | Ana Maleiro | Individual | Senior Feminino | 01:03:26 | +30:04 | 06:21 |
| 136 | 490 | Mariana Campos Castanheira Malva Fonseca | Individual | Senior Feminino | 01:03:33 | +30:11 | 06:21 |
| 137 | 445 | Ana Sousa | Individual | Senior Feminino | 01:03:48 | +30:26 | 06:23 |
| 138 | 495 | Nanci Catarina Ferreira Baptista | Individual | Senior Feminino | 01:03:52 | +30:30 | 06:23 |
| 139 | 463 | Daniela Quaresma Marques | Individual | Senior Feminino | 01:04:03 | +30:41 | 06:24 |
| 140 | 466 | Elisabete Amado Fernandes | Individual | Senior Feminino | 01:04:03 | +30:41 | 06:24 |
| 141 | 512 | Telma Pires | Individual | Senior Feminino | 01:04:03 | +30:41 | 06:24 |
| 142 | 225 | Rita Simões Pereira | Caracois | Senior Feminino | 01:04:18 | +30:56 | 06:26 |
| 143 | 491 | Mariana da Cunha Ribeiro Ferreira | Individual | Senior Feminino | 01:04:39 | +31:17 | 06:28 |
| 144 | 118 | Joana Espírito Santo | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 01:04:52 | +31:30 | 06:29 |
| 145 | 254 | Diana Henriques | Clube montanhismo da Guarda | Senior Feminino | 01:05:04 | +31:42 | 06:30 |
| 146 | 87 | Dora Isabel Alves da Cruz | AD | Senior Feminino | 01:05:18 | +31:56 | 06:32 |
| 147 | 469 | Filipa Ferreira | Individual | Senior Feminino | 01:05:35 | +32:13 | 06:33 |
| 148 | 49 | Sofia Montenegro | 3Monte | Senior Feminino | 01:05:36 | +32:14 | 06:34 |
| 149 | 478 | Joana Silva | Individual | Senior Feminino | 01:05:39 | +32:17 | 06:34 |
| 150 | 483 | Mafalda Magalhães | Individual | Senior Feminino | 01:05:47 | +32:25 | 06:35 |
| 151 | 434 | Alexandra Lages | Individual | Senior Feminino | 01:05:55 | +32:33 | 06:36 |
| 152 | 460 | Claudia oliveira | Individual | Senior Feminino | 01:05:56 | +32:34 | 06:36 |
| 153 | 447 | Ana Teresa Rodrigues Figueiredo | Individual | Senior Feminino | 01:06:09 | +32:47 | 06:37 |
| 154 | 489 | Maria Manuel Marques Maia | Individual | Senior Feminino | 01:06:19 | +32:57 | 06:38 |
| 155 | 450 | Áurea Alexandra Craveiro Teixeira de Jesus Matias | Individual | Senior Feminino | 01:06:28 | +33:06 | 06:39 |
| 156 | 442 | Ana Santos | Individual | Senior Feminino | 01:06:28 | +33:06 | 06:39 |
| 157 | 1244 | Andreia Caldeira | Vila Seca Run Team | Senior Feminino | 01:06:29 | +33:07 | 06:39 |
| 158 | 131 | Vera Pascoal | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 01:06:37 | +33:15 | 06:40 |
| 159 | 1052 | Maria Aida Henriques Antunes | Margem Sul | Senior Feminino | 01:06:57 | +33:35 | 06:42 |
| 160 | 1051 | Clarisse Carreira Batista | Margem Sul | Senior Feminino | 01:06:57 | +33:35 | 06:42 |
| 161 | 966 | Inês Lains | Jogging Lovers Coimbra | Senior Feminino | 01:07:12 | +33:50 | 06:43 |
| 162 | 1081 | Leonardo Carvalho | Os caracóis | Senior Feminino | 01:07:18 | +33:56 | 06:44 |
| 163 | 455 | Carla Liliana Ferreira Barbosa Baptista | Individual | Senior Feminino | 01:07:39 | +34:17 | 06:46 |
| 164 | 502 | Sandra Ribeiro | Individual | Senior Feminino | 01:07:50 | +34:28 | 06:47 |
| 165 | 98 | Margarida Isabel Ferreira Duarte | Arredem-se | Senior Feminino | 01:07:56 | +34:34 | 06:48 |
| 166 | 1096 | Elisabete Rodrigues | Pascoalitos | Senior Feminino | 01:08:05 | +34:43 | 06:49 |
| 167 | 217 | Mariana Azevedo Mendes | CAPSAS | Senior Feminino | 01:08:17 | +34:55 | 06:50 |
| 168 | 1246 | Xana Mateus | Vila Seca Run Team | Senior Feminino | 01:08:40 | +35:18 | 06:52 |
| 169 | 467 | Elsa Margarida Lopes Alcobia | Individual | Senior Feminino | 01:08:48 | +35:26 | 06:53 |

Prova Principal

10 KM



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OFFICIAL RESULT

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|-----|------|-----------------------------------|---|-----------------|----------|--------|-------|
| 170 | 441 | Ana Orquídea Jorge Lopes Monteiro | Individual | Senior Feminino | 01:08:49 | +35:27 | 06:53 |
| 171 | 129 | Soraia Castanheira | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 01:09:03 | +35:41 | 06:54 |
| 172 | 401 | Daniela Soraia | Goes trail | Senior Feminino | 01:09:49 | +36:27 | 06:59 |
| 173 | 477 | Joana Rodrigues Relvão | Individual | Senior Feminino | 01:10:07 | +36:45 | 07:01 |
| 174 | 492 | Monica Cristina Pereira Simoes | Individual | Senior Feminino | 01:10:22 | +37:00 | 07:02 |
| 175 | 180 | Adalgisa Delgado | Artista Convidado | Senior Feminino | 01:10:41 | +37:19 | 07:04 |
| 176 | 1094 | Clara Miranda | Pascoalitos | Senior Feminino | 01:12:18 | +38:56 | 07:14 |
| 177 | 1058 | ines morais | no name runners | Senior Feminino | 01:14:24 | +41:02 | 07:26 |
| 178 | 112 | Carolina Silva | ARSM - Associação Recreativa de S. Miguel | Senior Feminino | 01:17:08 | +43:46 | 07:43 |
| 179 | 1090 | Ana Pedrosa | Pascoalitos | Senior Feminino | 01:17:09 | +43:47 | 07:43 |
| 180 | 1095 | Diana Silva | Pascoalitos | Senior Feminino | 01:18:10 | +44:48 | 07:49 |
| 181 | 1100 | Marta Lima | Pascoalitos | Senior Feminino | 01:21:02 | +47:40 | 08:06 |
| 182 | 1091 | Anabela Bem Haja | Pascoalitos | Senior Feminino | 01:21:02 | +47:40 | 08:06 |
| 183 | 1098 | Marisa Gomes | Pascoalitos | Senior Feminino | 01:28:53 | +55:31 | 08:53 |
| 184 | 1089 | Ana Ferreira | Pascoalitos | Senior Feminino | 01:28:53 | +55:31 | 08:53 |

Senior Masculino

| | | | | | | | |
|----|------|-------------------------------|--|------------------|-------|--------|-------|
| 1 | 1 | Hélio Gomes | S. L. Benfica | Senior Masculino | 28:22 | | 02:50 |
| 2 | 3 | Hermano Ferreira | Sporting Clube de Portugal | Senior Masculino | 29:08 | +00:46 | 02:55 |
| 3 | 392 | Pedro Cruz | G.D.J.Cruz & Irmãos | Senior Masculino | 29:35 | +01:13 | 02:57 |
| 4 | 4 | Gonçalo Jesus | Sporting Clube de Portugal | Senior Masculino | 29:59 | +01:37 | 03:00 |
| 5 | 54 | Fábio Silva | A.R.Casaense/Escola de Atletismo de Coimbra | Senior Masculino | 31:00 | +02:38 | 03:06 |
| 6 | 1061 | António Moreira | Núcleo de Atletismo de Cucujães | Senior Masculino | 31:24 | +03:02 | 03:08 |
| 7 | 343 | Tiago Madureira | DCI/CCDRP-Mealhada | Senior Masculino | 31:49 | +03:27 | 03:11 |
| 8 | 581 | Hélder Fernando Tavares Lopes | DCI/CCDRP-Mealhada | Senior Masculino | 32:01 | +03:39 | 03:12 |
| 9 | 547 | Daniel Peixoto | Individual | Senior Masculino | 32:31 | +04:09 | 03:15 |
| 10 | 190 | Rui Lopes | Associação Académica de Coimbra | Senior Masculino | 32:35 | +04:13 | 03:15 |
| 11 | 62 | Vasco Pereira | A.R.Casaense/Escola de Atletismo de Coimbra | Senior Masculino | 32:45 | +04:23 | 03:17 |
| 12 | 1235 | Fábio André Abrantes | União Clube Eirense | Senior Masculino | 32:50 | +04:28 | 03:17 |
| 13 | 243 | João Rodrigues | Centro Popular de Trabalhadores do Sobral de Ceira | Senior Masculino | 33:33 | +05:11 | 03:21 |
| 14 | 59 | Nuno Tinoco | A.R.Casaense/Escola de Atletismo de Coimbra | Senior Masculino | 33:35 | +05:13 | 03:22 |
| 15 | 341 | FILIFE ROCHA | DCI/CCDRP-Mealhada | Senior Masculino | 33:58 | +05:36 | 03:24 |
| 16 | 295 | Armindo Antunes | Coimbra Trail Running | Senior Masculino | 34:19 | +05:57 | 03:26 |
| 17 | 982 | Fernando Almeida | Jogging Lovers Coimbra | Senior Masculino | 34:46 | +06:24 | 03:29 |
| 18 | 53 | Emanuel Correia | A.R.Casaense/Escola de Atletismo de Coimbra | Senior Masculino | 34:48 | +06:26 | 03:29 |
| 19 | 561 | Fernando Carvalho | Individual | Senior Masculino | 34:51 | +06:29 | 03:29 |
| 20 | 711 | Ricardo Gaspar | Individual | Senior Masculino | 34:55 | +06:33 | 03:29 |
| 21 | 1026 | Igor Castro | JPaiva/Paramáquinas Team | Senior Masculino | 35:08 | +06:46 | 03:31 |
| 22 | 242 | carlos Costa | Centro Popular de Trabalhadores do Sobral de Ceira | Senior Masculino | 35:13 | +06:51 | 03:31 |

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| Official Timekeeper: Lap2Go | 6 / 28 | generate 05-Jan-2016 22:34 |
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Prova Principal

10 KM



OFFICIAL RESULT

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|-----|------|---|---|------------------|-------|--------|-------|
| 103 | 633 | José Pedro Marques | Individual | Senior Masculino | 40:42 | +12:20 | 04:04 |
| 104 | 101 | Abel Duarte Pires Fernandes | Arredem-se | Senior Masculino | 40:44 | +12:22 | 04:04 |
| 105 | 1120 | Mário Melo | Pascoalitos | Senior Masculino | 40:49 | +12:27 | 04:05 |
| 106 | 203 | Nuno Reis | Bttrain | Senior Masculino | 40:51 | +12:29 | 04:05 |
| 107 | 342 | João Simões | DCI/CCDRP-Mealhada | Senior Masculino | 40:55 | +12:33 | 04:06 |
| 108 | 680 | Paulo Soares | Individual | Senior Masculino | 40:59 | +12:37 | 04:06 |
| 109 | 1186 | Alexandre Abreu | Slow Runners Pombal | Senior Masculino | 41:01 | +12:39 | 04:06 |
| 110 | 144 | Luís António Inácio | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 41:01 | +12:39 | 04:06 |
| 111 | 387 | Ricardo Rodrigues | Farmácia Medeiros | Senior Masculino | 41:09 | +12:47 | 04:07 |
| 112 | 649 | Marcos André Rodrigues Pinto | Individual | Senior Masculino | 41:11 | +12:49 | 04:07 |
| 113 | 755 | Vítor José Rodrigues Filipe | Individual | Senior Masculino | 41:18 | +12:56 | 04:08 |
| 114 | 554 | Edivaldo Maciel | Individual | Senior Masculino | 41:19 | +12:57 | 04:08 |
| 115 | 1046 | Sérgio Ribeiro dos Louros | Máquinas | Senior Masculino | 41:21 | +12:59 | 04:08 |
| 116 | 580 | Helder Domingues | Individual | Senior Masculino | 41:23 | +13:01 | 04:08 |
| 117 | 699 | Pedro Miguel Silvério da Cruz | Individual | Senior Masculino | 41:24 | +13:02 | 04:08 |
| 118 | 519 | Allan Almeida | Individual | Senior Masculino | 41:25 | +13:03 | 04:08 |
| 119 | 1202 | Bruno Miguel Pedro Nunes | SóPão | Senior Masculino | 41:25 | +13:03 | 04:09 |
| 120 | 278 | Artur gandara | CNI | Senior Masculino | 41:27 | +13:05 | 04:09 |
| 121 | 1048 | Fábio Mendes | Maratonas We Like | Senior Masculino | 41:32 | +13:10 | 04:09 |
| 122 | 1049 | Marco André Dias Sousa | Maratonas We Like | Senior Masculino | 41:32 | +13:10 | 04:09 |
| 123 | 986 | João Ramos | Jogging Lovers Coimbra | Senior Masculino | 41:34 | +13:12 | 04:09 |
| 124 | 78 | Miguel Alfaiate | AAC - REMO | Senior Masculino | 41:35 | +13:13 | 04:10 |
| 125 | 1287 | André Paiva | Farmácia Luciano e Matos | Senior Masculino | 41:35 | +13:13 | 04:10 |
| 126 | 672 | Nuno Pereira | Individual | Senior Masculino | 41:35 | +13:13 | 04:10 |
| 127 | 685 | Pedro Filipe Dias Moreira | Individual | Senior Masculino | 41:38 | +13:16 | 04:10 |
| 128 | 596 | João Emanuel Gonçalves dos Santos | Individual | Senior Masculino | 41:38 | +13:16 | 04:10 |
| 129 | 423 | RICARDO ABREU | INDIOS DO ASFALTO - CC CAVALEIROS | Senior Masculino | 41:55 | +13:33 | 04:12 |
| 130 | 1104 | André Coelho | Pascoalitos | Senior Masculino | 41:57 | +13:35 | 04:12 |
| 131 | 573 | Frederico Crasto | Individual | Senior Masculino | 41:58 | +13:36 | 04:12 |
| 132 | 608 | João Paulo Meira de Abreu Cunha | Individual | Senior Masculino | 41:58 | +13:36 | 04:12 |
| 133 | 557 | Emanuel Ferreira | Individual | Senior Masculino | 42:03 | +13:41 | 04:12 |
| 134 | 738 | Sérgio Alexandre Mendes Vinagre Ferreira Artilheiro | Individual | Senior Masculino | 42:03 | +13:41 | 04:12 |
| 135 | 1249 | Ramiro Alves | Vila Seca Run Team | Senior Masculino | 42:14 | +13:52 | 04:13 |
| 136 | 145 | Luís Esteves | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 42:20 | +13:58 | 04:14 |
| 137 | 559 | fabio costa | Individual | Senior Masculino | 42:24 | +14:02 | 04:14 |
| 138 | 150 | Telmo Carvalho | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 42:25 | +14:03 | 04:14 |
| 139 | 298 | Hugo Bera | Coimbra Trail Running | Senior Masculino | 42:26 | +14:04 | 04:15 |
| 140 | 1116 | Ivónio Martins | Pascoalitos | Senior Masculino | 42:26 | +14:04 | 04:15 |
| 141 | 1053 | João Cunha | Mestres do Passevite | Senior Masculino | 42:28 | +14:06 | 04:15 |
| 142 | 996 | Nuno Cabral | Jogging Lovers Coimbra | Senior Masculino | 42:34 | +14:12 | 04:15 |
| 143 | 528 | António José Silva Neves Pereira | Individual | Senior Masculino | 42:42 | +14:20 | 04:16 |
| 144 | 260 | Nuno Franco | CluVe - Clube de Veteranos de Atletismo Coimbra | Senior Masculino | 42:46 | +14:24 | 04:17 |

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Prova Principal

10 KM

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OFFICIAL RESULT

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|-----|------|--------------------------------|---|------------------|-------|--------|-------|
| 145 | 962 | Luis Miguel de Matos Isidoro | ISIDORO | Senior Masculino | 42:47 | +14:25 | 04:17 |
| 146 | 560 | Fábio Gaspar | Clube Operário Desportivo | Senior Masculino | 42:48 | +14:26 | 04:17 |
| 147 | 597 | João Freitas | Individual | Senior Masculino | 42:54 | +14:32 | 04:17 |
| 148 | 94 | lorenzo soares | Arcor- Associação recreativa e cultural de óis da ribeira | Senior Masculino | 42:56 | +14:34 | 04:18 |
| 149 | 1050 | Tiago Rodrigues | Maratonas We Like | Senior Masculino | 42:57 | +14:35 | 04:18 |
| 150 | 757 | Zé Piçarra | Individual | Senior Masculino | 42:58 | +14:36 | 04:18 |
| 151 | 705 | Pedro Sequeira | Individual | Senior Masculino | 42:59 | +14:37 | 04:18 |
| 152 | 574 | Gabriel Viana | Individual | Senior Masculino | 43:01 | +14:39 | 04:18 |
| 153 | 279 | Cesar Diogo Mateus Ramalho | CNI | Senior Masculino | 43:06 | +14:44 | 04:19 |
| 154 | 51 | Pedro Silva | A.D.C.Astromil | Senior Masculino | 43:06 | +14:44 | 04:19 |
| 155 | 657 | Miguel Oliva | Individual | Senior Masculino | 43:06 | +14:44 | 04:19 |
| 156 | 532 | Bruno Filipe Simões Marques | Individual | Senior Masculino | 43:08 | +14:46 | 04:19 |
| 157 | 695 | Pedro Miguel Alexandre Martins | Individual | Senior Masculino | 43:12 | +14:50 | 04:19 |
| 158 | 1068 | Bruno Martins | O Mundo da Corrida | Senior Masculino | 43:23 | +15:01 | 04:20 |
| 159 | 533 | Bruno Gil | Individual | Senior Masculino | 43:25 | +15:03 | 04:21 |
| 160 | 550 | David José Ferreira Alves | Individual | Senior Masculino | 43:32 | +15:10 | 04:21 |
| 161 | 1056 | Jorge Lopes | MONDEGOPEÇAS | Senior Masculino | 43:32 | +15:10 | 04:21 |
| 162 | 1273 | Luís Carvalheiro | Vencedores Passatempo Dolce Vita | Senior Masculino | 43:33 | +15:11 | 04:21 |
| 163 | 666 | Nuno Filipe Figueira Fortunato | Individual | Senior Masculino | 43:33 | +15:11 | 04:21 |
| 164 | 754 | Vítor Emanuel Simões Dias | Individual | Senior Masculino | 43:37 | +15:15 | 04:22 |
| 165 | 1130 | Silvério Silva | Pascoalitos | Senior Masculino | 43:40 | +15:18 | 04:22 |
| 166 | 81 | Tiago Araújo | Abutres Running Team | Senior Masculino | 43:42 | +15:20 | 04:22 |
| 167 | 709 | Ricardo Bica | Individual | Senior Masculino | 43:44 | +15:22 | 04:22 |
| 168 | 606 | João Nuno Lourenço Silveira | Individual | Senior Masculino | 43:50 | +15:28 | 04:23 |
| 169 | 708 | Renato Miguel da Mota Santos | Individual | Senior Masculino | 43:51 | +15:29 | 04:23 |
| 170 | 585 | hugo coutinho | Individual | Senior Masculino | 43:57 | +15:35 | 04:24 |
| 171 | 987 | João Reis | Jogging Lovers Coimbra | Senior Masculino | 44:04 | +15:42 | 04:24 |
| 172 | 712 | Ricardo Jesus | Individual | Senior Masculino | 44:04 | +15:42 | 04:24 |
| 173 | 420 | DAVID MADEIRA | INDIOS DO ASFALTO - CC CAVALEIROS | Senior Masculino | 44:04 | +15:42 | 04:24 |
| 174 | 1159 | Luis Cavaleiro | run@figueira | Senior Masculino | 44:08 | +15:46 | 04:25 |
| 175 | 1055 | Victor Dourado | Mestres do Passevite | Senior Masculino | 44:12 | +15:50 | 04:25 |
| 176 | 977 | Alberto Silva | Jogging Lovers Coimbra | Senior Masculino | 44:12 | +15:50 | 04:25 |
| 177 | 615 | João Rodrigues | Individual | Senior Masculino | 44:20 | +15:58 | 04:26 |
| 178 | 1069 | Igor Miguel de Jesus Bentes | O Mundo da Corrida | Senior Masculino | 44:22 | +16:00 | 04:26 |
| 179 | 734 | Samuel de Oliveira Martinho | Individual | Senior Masculino | 44:24 | +16:02 | 04:26 |
| 180 | 281 | João Manuel Seiça | CNI | Senior Masculino | 44:29 | +16:07 | 04:27 |
| 181 | 1247 | Francisco Alves | Vila Seca Run Team | Senior Masculino | 44:32 | +16:10 | 04:27 |
| 182 | 728 | Rui Manuel Maia Pinto de Matos | Individual | Senior Masculino | 44:35 | +16:13 | 04:27 |
| 183 | 707 | Rafael Santos | Individual | Senior Masculino | 44:36 | +16:14 | 04:28 |
| 184 | 306 | Paulo Jorge Santos Correia | Coimbra Trail Running | Senior Masculino | 44:36 | +16:14 | 04:28 |
| 185 | 1193 | Vitor João Carpalhoso | Slow Runners Pombal | Senior Masculino | 44:42 | +16:20 | 04:28 |
| 186 | 1086 | Bruno Botelho | Pães e Bolos | Senior Masculino | 44:43 | +16:21 | 04:28 |
| 187 | 90 | Mário Batista | ADA Desnível | Senior Masculino | 44:43 | +16:21 | 04:28 |
| 188 | 621 | Jorge Filipe Correia Lemos | Individual | Senior Masculino | 44:44 | +16:22 | 04:28 |

Prova Principal

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OFFICIAL RESULT

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|-----|------|---------------------------------|---|------------------|-------|--------|-------|
| 189 | 1030 | Helder Costa | Keep Running | Senior Masculino | 44:46 | +16:24 | 04:29 |
| 190 | 1191 | Leonardo Rodrigues Araújo | Slow Runners Pombal | Senior Masculino | 44:57 | +16:35 | 04:30 |
| 191 | 984 | Hugo Damas | Jogging Lovers Coimbra | Senior Masculino | 44:58 | +16:36 | 04:30 |
| 192 | 985 | Hugo Mariano | Jogging Lovers Coimbra | Senior Masculino | 45:04 | +16:42 | 04:30 |
| 193 | 729 | Rui Miguel Martins | Individual | Senior Masculino | 45:05 | +16:43 | 04:30 |
| 194 | 149 | Samuel Amaro | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 45:05 | +16:43 | 04:30 |
| 195 | 301 | Joel Almeida Martinho | Coimbra Trail Running | Senior Masculino | 45:11 | +16:49 | 04:31 |
| 196 | 702 | Pedro Ribeiro | Individual | Senior Masculino | 45:13 | +16:51 | 04:31 |
| 197 | 590 | Hugo Seabra | Individual | Senior Masculino | 45:16 | +16:54 | 04:32 |
| 198 | 1208 | João Pedro Miranda Braga | Speedy Runners | Senior Masculino | 45:18 | +16:56 | 04:32 |
| 199 | 688 | Pedro Galamarra | Individual | Senior Masculino | 45:22 | +17:00 | 04:32 |
| 200 | 534 | Bruno Maciel Maia Rodrigues | Individual | Senior Masculino | 45:22 | +17:00 | 04:32 |
| 201 | 1271 | Bruno Miguel Gonçalves de Jesus | Individual | Senior Masculino | 45:22 | +17:00 | 04:32 |
| 202 | 1134 | Vitor Lopes | Pascoalitos | Senior Masculino | 45:29 | +17:07 | 04:33 |
| 203 | 747 | Tiago Maia | Individual | Senior Masculino | 45:31 | +17:09 | 04:33 |
| 204 | 715 | Ricardo Miguel Pocinho Silva | Individual | Senior Masculino | 45:31 | +17:09 | 04:33 |
| 205 | 529 | Artur Rocha | Individual | Senior Masculino | 45:38 | +17:16 | 04:34 |
| 206 | 558 | Enrique de la vega | Individual | Senior Masculino | 45:42 | +17:20 | 04:34 |
| 207 | 634 | José Pedro Morgado Laranjeira | Individual | Senior Masculino | 45:46 | +17:24 | 04:35 |
| 208 | 282 | Marcos Daniel Ribeiro Dias | CNI | Senior Masculino | 45:48 | +17:26 | 04:35 |
| 209 | 562 | Fernando Ribeiro | Individual | Senior Masculino | 45:51 | +17:29 | 04:35 |
| 210 | 752 | Virgílio Neto | Individual | Senior Masculino | 45:54 | +17:32 | 04:35 |
| 211 | 745 | Tiago Filipe Reis Coelho | Individual | Senior Masculino | 45:55 | +17:33 | 04:35 |
| 212 | 1032 | Carlos Filipe Rodrigues Dias | Kondores Trail Running | Senior Masculino | 45:55 | +17:33 | 04:35 |
| 213 | 356 | Nuno Rodrigues | Deixa Passar | Senior Masculino | 45:56 | +17:34 | 04:36 |
| 214 | 1206 | Pedro Miguel Oliveira Coelho | SóPão | Senior Masculino | 45:56 | +17:34 | 04:36 |
| 215 | 142 | João Luís Simões | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 45:56 | +17:34 | 04:36 |
| 216 | 607 | João Paulo Costa | Individual | Senior Masculino | 45:58 | +17:36 | 04:36 |
| 217 | 199 | Paulo Abrantes | Barc | Senior Masculino | 45:59 | +17:37 | 04:36 |
| 218 | 592 | joao carlos das neves alves | Individual | Senior Masculino | 46:02 | +17:40 | 04:36 |
| 219 | 753 | Vitor Duarte Pereira | Individual | Senior Masculino | 46:09 | +17:47 | 04:37 |
| 220 | 730 | Rui Palrilhas | Individual | Senior Masculino | 46:10 | +17:48 | 04:37 |
| 221 | 703 | Pedro Ricardo Coelho Gonçalves | Individual | Senior Masculino | 46:10 | +17:48 | 04:37 |
| 222 | 1277 | João Pedro da Silva Dâmaso | Vencedores Passatempo Dolce Vita | Senior Masculino | 46:17 | +17:55 | 04:38 |
| 223 | 1129 | Sérgio Santos | Pascoalitos | Senior Masculino | 46:19 | +17:57 | 04:38 |
| 224 | 1054 | João Veiga | Mestres do Passevite | Senior Masculino | 46:24 | +18:02 | 04:38 |
| 225 | 556 | Elias Mota | Individual | Senior Masculino | 46:29 | +18:07 | 04:39 |
| 226 | 1165 | João Pedro Matos | Saldo Válido | Senior Masculino | 46:31 | +18:09 | 04:39 |
| 227 | 600 | João Marques | Individual | Senior Masculino | 46:32 | +18:10 | 04:39 |
| 228 | 620 | Joel Lopes | Individual | Senior Masculino | 46:34 | +18:12 | 04:39 |
| 229 | 563 | Fernando Sousa | Individual | Senior Masculino | 46:49 | +18:27 | 04:41 |
| 230 | 1143 | Miguel Ramalho | Portuguese United Training Association | Senior Masculino | 46:50 | +18:28 | 04:41 |
| 231 | 379 | MANUEL MORAIS | Farmácia Luciano e Matos | Senior Masculino | 46:50 | +18:28 | 04:41 |
| 232 | 102 | Luís André Pimentel Martins | Arredem-se | Senior Masculino | 46:51 | +18:29 | 04:41 |

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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|-----|------|--------------------------------|---|------------------|-------|--------|-------|
| 321 | 140 | Hugo Pimentel | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 51:02 | +22:40 | 05:06 |
| 322 | 675 | Nuno Santos | Individual | Senior Masculino | 51:05 | +22:43 | 05:07 |
| 323 | 622 | Jorge Lestro | Individual | Senior Masculino | 51:12 | +22:50 | 05:07 |
| 324 | 679 | Paulo Mourinho | Individual | Senior Masculino | 51:14 | +22:52 | 05:07 |
| 325 | 538 | Bruno Rodrigues | Individual | Senior Masculino | 51:14 | +22:52 | 05:07 |
| 326 | 958 | Rui Pedro da Costa Azevedo | IPN runners | Senior Masculino | 51:15 | +22:53 | 05:08 |
| 327 | 640 | Luís Pedro Canais | Individual | Senior Masculino | 51:19 | +22:57 | 05:08 |
| 328 | 536 | Bruno Miguel da Cruz Loureiro | Individual | Senior Masculino | 51:21 | +22:59 | 05:08 |
| 329 | 520 | André Alho | Individual | Senior Masculino | 51:21 | +22:59 | 05:08 |
| 330 | 584 | Henriques Carvalheiro | Individual | Senior Masculino | 51:21 | +22:59 | 05:08 |
| 331 | 570 | Francisco Gil Gonçalves Matias | Individual | Senior Masculino | 51:22 | +23:00 | 05:08 |
| 332 | 625 | Jorge Raminhas | Individual | Senior Masculino | 51:23 | +23:01 | 05:08 |
| 333 | 673 | Nuno Raminhas | Individual | Senior Masculino | 51:23 | +23:01 | 05:08 |
| 334 | 1108 | Carlos Pascoal | Pascoalitos | Senior Masculino | 51:32 | +23:10 | 05:09 |
| 335 | 419 | ALEXANDRE MATOS | INDIOS DO ASFALTO - CC CAVALEIROS | Senior Masculino | 51:37 | +23:15 | 05:10 |
| 336 | 1112 | Filip Koziy | Pascoalitos | Senior Masculino | 51:38 | +23:16 | 05:10 |
| 337 | 523 | André Luz Silva | Individual | Senior Masculino | 51:38 | +23:16 | 05:10 |
| 338 | 1276 | Francisco Duarte | Vencedores Passatempo Dolce Vita | Senior Masculino | 51:40 | +23:18 | 05:10 |
| 339 | 1274 | Rodrigo Pedrosa | Vencedores Passatempo Dolce Vita | Senior Masculino | 51:44 | +23:22 | 05:10 |
| 340 | 1132 | Tiago Miranda | Pascoalitos | Senior Masculino | 51:49 | +23:27 | 05:11 |
| 341 | 280 | João Castro Nobre | CNI | Senior Masculino | 51:54 | +23:32 | 05:11 |
| 342 | 1122 | Paulo Albuquerque | Pascoalitos | Senior Masculino | 51:54 | +23:32 | 05:11 |
| 343 | 1107 | Bruno Batista | Pascoalitos | Senior Masculino | 51:54 | +23:32 | 05:11 |
| 344 | 664 | Nuno Bernardes | Individual | Senior Masculino | 51:56 | +23:34 | 05:12 |
| 345 | 981 | Emanuel Ferreira | Jogging Lovers Coimbra | Senior Masculino | 52:01 | +23:39 | 05:12 |
| 346 | 619 | Joaquim Feteira | Individual | Senior Masculino | 52:14 | +23:52 | 05:13 |
| 347 | 136 | Daniel Carvalho | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 52:18 | +23:56 | 05:14 |
| 348 | 1268 | Pedro Sabino | Individual | Senior Masculino | 52:19 | +23:57 | 05:14 |
| 349 | 226 | João Pratas | Caracois | Senior Masculino | 52:20 | +23:58 | 05:14 |
| 350 | 995 | Nélson Neves | Jogging Lovers Coimbra | Senior Masculino | 52:26 | +24:04 | 05:15 |
| 351 | 997 | Nuno Cardetas | Jogging Lovers Coimbra | Senior Masculino | 52:27 | +24:05 | 05:15 |
| 352 | 629 | José Júlio Ladeiro de Sá | Individual | Senior Masculino | 52:28 | +24:06 | 05:15 |
| 353 | 1000 | Rodrigo Lourenço | Jogging Lovers Coimbra | Senior Masculino | 52:35 | +24:13 | 05:15 |
| 354 | 236 | NELSON SILVA LOPES | CBR2WRT | Senior Masculino | 52:39 | +24:17 | 05:16 |
| 355 | 1163 | André Ventura | Saldo Válido | Senior Masculino | 52:53 | +24:31 | 05:17 |
| 356 | 1127 | Sandro Carvalho | Pascoalitos | Senior Masculino | 52:57 | +24:35 | 05:18 |
| 357 | 375 | JOAO SILVA | FAMILIA NEVES | Senior Masculino | 52:59 | +24:37 | 05:18 |
| 358 | 376 | PAULO NEVES | FAMILIA NEVES | Senior Masculino | 52:59 | +24:37 | 05:18 |
| 359 | 632 | José Pedro Leão Pereira | Individual | Senior Masculino | 52:59 | +24:37 | 05:18 |
| 360 | 662 | Nuno Almeida | Individual | Senior Masculino | 53:00 | +24:38 | 05:18 |
| 361 | 713 | Ricardo Jorge Lopes da Cruz | Individual | Senior Masculino | 53:00 | +24:38 | 05:18 |
| 362 | 1257 | Rui Pedro Simões Borges | CANIANOS | Senior Masculino | 53:04 | +24:42 | 05:18 |
| 363 | 1085 | Jorge Fraga | Os caracóis | Senior Masculino | 53:08 | +24:46 | 05:19 |

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|-----|------|--|---|------------------|----------|--------|-------|
| 408 | 367 | Jorge Campos | Equipa Holmes Place | Senior Masculino | 56:18 | +27:56 | 05:38 |
| 409 | 700 | Pedro Monteiro | Individual | Senior Masculino | 56:24 | +28:02 | 05:38 |
| 410 | 1256 | Mário Marques | HOLMES PLACE COIMBRA | Senior Masculino | 56:25 | +28:03 | 05:39 |
| 411 | 521 | André Antunes | Individual | Senior Masculino | 56:26 | +28:04 | 05:39 |
| 412 | 235 | LUIS CARLOS PEREIRA DE MELO | CBR2WRT | Senior Masculino | 56:27 | +28:05 | 05:39 |
| 413 | 238 | RICARDO JORGE DA SILVA COSTA | CBR2WRT | Senior Masculino | 56:27 | +28:05 | 05:39 |
| 414 | 237 | NUNO MIGUEL BRITES MONTEIRO | CBR2WRT | Senior Masculino | 56:27 | +28:05 | 05:39 |
| 415 | 1297 | Miguel Veloso | Freguesia | Senior Masculino | 56:32 | +28:10 | 05:39 |
| 416 | 1123 | Paulo Vieira | Pascoalitos | Senior Masculino | 56:47 | +28:25 | 05:41 |
| 417 | 595 | João Duarte | Individual | Senior Masculino | 56:49 | +28:27 | 05:41 |
| 418 | 642 | Luís Valente | Individual | Senior Masculino | 56:50 | +28:28 | 05:41 |
| 419 | 385 | Francisco Almeida | Farmácia Medeiros | Senior Masculino | 56:52 | +28:30 | 05:41 |
| 420 | 691 | Pedro Lopes | Individual | Senior Masculino | 56:53 | +28:31 | 05:41 |
| 421 | 617 | João Sargento Freitas | Individual | Senior Masculino | 57:00 | +28:38 | 05:42 |
| 422 | 669 | Nuno Melo | Individual | Senior Masculino | 57:15 | +28:53 | 05:44 |
| 423 | 749 | Tiago Trindade | Individual | Senior Masculino | 57:16 | +28:54 | 05:44 |
| 424 | 1038 | PEDRO GAMA | LOCOMOTIVA DA SOLUM | Senior Masculino | 57:18 | +28:56 | 05:44 |
| 425 | 586 | Hugo Francisco Ricardo Ferreira | Individual | Senior Masculino | 57:24 | +29:02 | 05:44 |
| 426 | 1219 | Marcos António Ângelo Alves | Tribo NR | Senior Masculino | 57:31 | +29:09 | 05:45 |
| 427 | 735 | Samuel José Ferreira dos Santos | Individual | Senior Masculino | 57:43 | +29:21 | 05:46 |
| 428 | 134 | Bruno Adão | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 57:52 | +29:30 | 05:47 |
| 429 | 302 | Jorge Duarte | Coimbra Trail Running | Senior Masculino | 58:03 | +29:41 | 05:48 |
| 430 | 1216 | André Diniz | Torpedos do Mondego | Senior Masculino | 58:04 | +29:42 | 05:48 |
| 431 | 630 | Jose Luis Trindade | Individual | Senior Masculino | 58:13 | +29:51 | 05:49 |
| 432 | 624 | Jorge Miguel Coutinho Amaral | Individual | Senior Masculino | 58:33 | +30:11 | 05:51 |
| 433 | 23 | João Coutinho | Individual | Senior Masculino | 58:40 | +30:18 | 05:52 |
| 434 | 24 | Bruno Piter | Individual | Senior Masculino | 58:41 | +30:19 | 05:52 |
| 435 | 22 | Filipe Rodrigues | Individual | Senior Masculino | 58:41 | +30:19 | 05:52 |
| 436 | 135 | Bruno Ferreira | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 58:42 | +30:20 | 05:52 |
| 437 | 710 | Ricardo Edgar Moreira Assunção | Individual | Senior Masculino | 58:43 | +30:21 | 05:52 |
| 438 | 722 | Rodrigo Nunes | Individual | Senior Masculino | 58:53 | +30:31 | 05:53 |
| 439 | 1119 | Marco Almeida | Pascoalitos | Senior Masculino | 59:04 | +30:42 | 05:54 |
| 440 | 137 | Eduardo Vicente | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 59:05 | +30:43 | 05:55 |
| 441 | 516 | Alexandre Garcia | Individual | Senior Masculino | 59:08 | +30:46 | 05:55 |
| 442 | 360 | Albano Gouveia | Edson e Andres VS Leitão | Senior Masculino | 59:09 | +30:47 | 05:55 |
| 443 | 588 | Hugo Miguel Abreu | Individual | Senior Masculino | 59:15 | +30:53 | 05:56 |
| 444 | 643 | Luís Velez | Individual | Senior Masculino | 59:28 | +31:06 | 05:57 |
| 445 | 605 | João Nuno Fonseca Brandão Farinha | Individual | Senior Masculino | 59:46 | +31:24 | 05:59 |
| 446 | 42 | Sergio | ----- | Senior Masculino | 59:52 | +31:30 | 05:59 |
| 447 | 742 | Thelmo de Carvalho Teixeira Branco Filho | Individual | Senior Masculino | 01:00:01 | +31:39 | 06:00 |
| 448 | 697 | Pedro Miguel Ferreira Baptista | Individual | Senior Masculino | 01:00:15 | +31:53 | 06:02 |
| 449 | 594 | João Carlos Oliveira Ferreira | Individual | Senior Masculino | 01:00:16 | +31:54 | 06:02 |
| 450 | 546 | Daniel Marcos | Individual | Senior Masculino | 01:00:24 | +32:02 | 06:02 |

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|-----|------|---|---|------------------|----------|--------|-------|
| 451 | 141 | Jerónimo Carvalho | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 01:00:26 | +32:04 | 06:03 |
| 452 | 988 | João Vilhena | Jogging Lovers Coimbra | Senior Masculino | 01:00:31 | +32:09 | 06:03 |
| 453 | 725 | Rui Bica | Individual | Senior Masculino | 01:00:35 | +32:13 | 06:03 |
| 454 | 733 | Rui Simões | Individual | Senior Masculino | 01:00:49 | +32:27 | 06:05 |
| 455 | 598 | João Gil | Individual | Senior Masculino | 01:01:02 | +32:40 | 06:06 |
| 456 | 1211 | Márcio Alexandre Pinho Pereira | Tartarugas do Asfalto | Senior Masculino | 01:01:10 | +32:48 | 06:07 |
| 457 | 297 | Filipe Afonso | Coimbra Trail Running | Senior Masculino | 01:01:15 | +32:53 | 06:08 |
| 458 | 422 | PEDRO ABREU | INDIOS DO ASFALTO - CC CAVALEIROS | Senior Masculino | 01:01:35 | +33:13 | 06:10 |
| 459 | 133 | Alexandre Santos | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 01:01:47 | +33:25 | 06:11 |
| 460 | 386 | José Pedro Medeiros | Farmácia Medeiros | Senior Masculino | 01:02:01 | +33:39 | 06:12 |
| 461 | 202 | Joel Barata | Bttrain | Senior Masculino | 01:02:08 | +33:46 | 06:13 |
| 462 | 719 | Ricardo Romano | Individual | Senior Masculino | 01:02:13 | +33:51 | 06:13 |
| 463 | 45 | João Rainho | #V1D4L0K4 | Senior Masculino | 01:02:16 | +33:54 | 06:14 |
| 464 | 578 | Gonçalo Nuno Malaguerra da Fonseca | Individual | Senior Masculino | 01:02:19 | +33:57 | 06:14 |
| 465 | 1114 | Gonçalo Rodrigues | Pascoalitos | Senior Masculino | 01:02:41 | +34:19 | 06:16 |
| 466 | 582 | Hélder Loio | Individual | Senior Masculino | 01:02:47 | +34:25 | 06:17 |
| 467 | 44 | Bruno Vicente | #V1D4L0K4 | Senior Masculino | 01:02:55 | +34:33 | 06:17 |
| 468 | 234 | FILIFE MIGUEL RODRIGUES CARDOSO | CBR2WRT | Senior Masculino | 01:03:09 | +34:47 | 06:19 |
| 469 | 335 | José Miguel Coimbra | Corredores Natos | Senior Masculino | 01:03:24 | +35:02 | 06:20 |
| 470 | 1156 | André Miguel Faustino Pedro Ribeiro | Roda&Dri | Senior Masculino | 01:03:28 | +35:06 | 06:21 |
| 471 | 667 | Nuno Filipe Matos | Individual | Senior Masculino | 01:03:30 | +35:08 | 06:21 |
| 472 | 609 | João Pedro Cravinho Marques | Individual | Senior Masculino | 01:03:33 | +35:11 | 06:21 |
| 473 | 773 | Atleta 773 | Individual | Senior Masculino | 01:04:00 | +35:38 | 06:24 |
| 474 | 999 | Paulo Gonçalves | Jogging Lovers Coimbra | Senior Masculino | 01:04:14 | +35:52 | 06:25 |
| 475 | 1131 | Tiago Couceiro | Pascoalitos | Senior Masculino | 01:04:52 | +36:30 | 06:29 |
| 476 | 1161 | Humberto José dos Santos Teixeira Fernandes | S.Miguel | Senior Masculino | 01:05:00 | +36:38 | 06:30 |
| 477 | 1160 | Diogo Nuno Gonçalves Marques | S.Miguel | Senior Masculino | 01:05:00 | +36:38 | 06:30 |
| 478 | 88 | André Miguel Branco Domingues | AD | Senior Masculino | 01:05:18 | +36:56 | 06:32 |
| 479 | 732 | Rui Sérgio Correia Meneses | Individual | Senior Masculino | 01:05:19 | +36:57 | 06:32 |
| 480 | 599 | João Gomes | Individual | Senior Masculino | 01:05:34 | +37:12 | 06:33 |
| 481 | 139 | Gonçalo Pascoal | ARSM - Associação Recreativa de S. Miguel | Senior Masculino | 01:05:50 | +37:28 | 06:35 |
| 482 | 239 | VASCO MANUEL MORAIS TRIGO SEIXAS | CBR2WRT | Senior Masculino | 01:06:31 | +38:09 | 06:39 |
| 483 | 993 | Miguel Nora | Jogging Lovers Coimbra | Senior Masculino | 01:07:11 | +38:49 | 06:43 |
| 484 | 652 | Maurício Ricardy Batista Ramos | Individual | Senior Masculino | 01:07:26 | +39:04 | 06:45 |
| 485 | 1109 | Daniel Dias | Pascoalitos | Senior Masculino | 01:08:05 | +39:43 | 06:49 |
| 486 | 956 | José Ricardo Cotrim Aguilar | IPN runners | Senior Masculino | 01:08:09 | +39:47 | 06:49 |
| 487 | 535 | bruno manuel moreira borges | Individual | Senior Masculino | 01:08:17 | +39:55 | 06:50 |
| 488 | 572 | Frederico Carvalhã | Individual | Senior Masculino | 01:08:32 | +40:10 | 06:51 |
| 489 | 583 | Henrique Rodrigues | Individual | Senior Masculino | 01:10:28 | +42:06 | 07:03 |
| 490 | 1106 | Bruno Baptista | Pascoalitos | Senior Masculino | 01:12:18 | +43:56 | 07:14 |
| 491 | 992 | Manuel Leite da Costa | Jogging Lovers Coimbra | Senior Masculino | 01:12:46 | +44:24 | 07:17 |
| 492 | 1059 | sergio estevao | no name runners | Senior Masculino | 01:14:24 | +46:02 | 07:26 |

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|----|------|---------------------|---|--------------|----------|--------|-------|
| 38 | 1004 | Ana Barbosa | Jogging Lovers Coimbra | Veterana F40 | 01:02:57 | +21:08 | 06:18 |
| 39 | 1169 | Sandra Rodrigues | Sandra e Fernando | Veterana F40 | 01:02:58 | +21:09 | 06:18 |
| 40 | 151 | Ana Lúcia Costa | ARSM - Associação Recreativa de S. Miguel | Veterana F40 | 01:09:35 | +27:46 | 06:57 |
| 41 | 155 | Maria Elisa Féteira | ARSM - Associação Recreativa de S. Miguel | Veterana F40 | 01:11:08 | +29:19 | 07:07 |
| 42 | 153 | Céu Féteira | ARSM - Associação Recreativa de S. Miguel | Veterana F40 | 01:13:31 | +31:42 | 07:21 |
| 43 | 769 | Natacha Cabral | Individual | Veterana F40 | 01:14:51 | +33:02 | 07:29 |
| 44 | 1137 | Márcia Neves | Pascoalitos | Veterana F40 | 01:17:09 | +35:20 | 07:43 |

Veterana F50

| | | | | | | | |
|----|------|--|---|--------------|----------|--------|-------|
| 1 | 264 | Teresa Mendes | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterana F50 | 41:19 | | 04:08 |
| 2 | 1071 | isabel trindade | O Mundo da Corrida | Veterana F50 | 45:46 | +04:27 | 04:35 |
| 3 | 315 | Paula vidas | Coimbra Trail Running | Veterana F50 | 45:56 | +04:37 | 04:36 |
| 4 | 389 | Esmeralda Melo | FKC Figueira Kayak Clube | Veterana F50 | 49:33 | +08:14 | 04:57 |
| 5 | 778 | Fátima Machado | Individual | Veterana F50 | 50:09 | +08:50 | 05:01 |
| 6 | 1278 | Lucia Maria da Costa Silva | Vencedores Passatempo Dolce Vita | Veterana F50 | 52:28 | +11:09 | 05:15 |
| 7 | 380 | HELENA AMADO | Farmácia Luciano e Matos | Veterana F50 | 55:46 | +14:27 | 05:35 |
| 8 | 409 | clara machado | herbalife runner | Veterana F50 | 56:17 | +14:58 | 05:38 |
| 9 | 371 | Angela Campos | Equipa Holmes Place | Veterana F50 | 56:17 | +14:58 | 05:38 |
| 10 | 220 | Gizé Bento | CAPSAS | Veterana F50 | 56:31 | +15:12 | 05:39 |
| 11 | 781 | Maria Monica Vasconcelos Mota Antunes da Cunha | Individual | Veterana F50 | 58:21 | +17:02 | 05:50 |
| 12 | 1010 | Fernanda Santos | Jogging Lovers Coimbra | Veterana F50 | 01:02:24 | +21:05 | 06:14 |
| 13 | 779 | Maria Correia | Individual | Veterana F50 | 01:02:28 | +21:09 | 06:15 |
| 14 | 780 | Maria da Glória Lopes Leite Relvas Soares | Individual | Veterana F50 | 01:02:37 | +21:18 | 06:16 |
| 15 | 777 | Adelaide Pereira | Individual | Veterana F50 | 01:08:23 | +27:04 | 06:50 |
| 16 | 374 | Eliana Sousa | FALCI RUNNING | Veterana F50 | 01:21:11 | +39:52 | 08:07 |

Veterano M40

| | | | | | | | |
|----|------|--------------------------------|---|--------------|-------|--------|-------|
| 1 | 193 | Paulo Antunes | Associação Académica de Coimbra | Veterano M40 | 33:35 | | 03:22 |
| 2 | 346 | João Pereira | DCI/CCDRP-Mealhada | Veterano M40 | 35:16 | +01:41 | 03:32 |
| 3 | 210 | Rui Baptista | Bttrain | Veterano M40 | 35:37 | +02:02 | 03:34 |
| 4 | 1062 | Paulo Jorge Dionísio Fernandes | Núcleo do Desporto Amador de Pombal | Veterano M40 | 36:07 | +02:32 | 03:37 |
| 5 | 345 | Carlos Pimenta | DCI/CCDRP-Mealhada | Veterano M40 | 36:13 | +02:38 | 03:37 |
| 6 | 317 | David Amaral | Coimbra Trail Running | Veterano M40 | 36:18 | +02:43 | 03:38 |
| 7 | 822 | Mauro Azevedo | Individual | Veterano M40 | 36:34 | +02:59 | 03:39 |
| 8 | 795 | HEITOR COSTA | Individual | Veterano M40 | 36:43 | +03:08 | 03:40 |
| 9 | 806 | Joaquim Gonçalves | Individual | Veterano M40 | 37:04 | +03:29 | 03:42 |
| 10 | 265 | Victor Cardoso | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M40 | 37:05 | +03:30 | 03:42 |

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|----|------|--------------------------------------|---|--------------|-------|--------|-------|
| 50 | 209 | Ricardo Fernandes | Bttrain | Veterano M40 | 43:12 | +09:37 | 04:19 |
| 51 | 796 | Helder Couto | Individual | Veterano M40 | 44:05 | +10:30 | 04:24 |
| 52 | 372 | Pedro Jacinto | Equipa Holmes Place | Veterano M40 | 44:06 | +10:31 | 04:25 |
| 53 | 846 | Rogério Cruz | Individual | Veterano M40 | 44:06 | +10:31 | 04:25 |
| 54 | 782 | Acílio Noro | Individual | Veterano M40 | 44:09 | +10:34 | 04:25 |
| 55 | 812 | Luís Almeida | Individual | Veterano M40 | 44:11 | +10:36 | 04:25 |
| 56 | 818 | Luís Pereira | Individual | Veterano M40 | 44:14 | +10:39 | 04:25 |
| 57 | 814 | Luis Costa | Individual | Veterano M40 | 44:24 | +10:49 | 04:26 |
| 58 | 396 | Paulo Nuno Correia Lucas | GDM Runners | Veterano M40 | 44:27 | +10:52 | 04:27 |
| 59 | 850 | Rui Miguel Ferreira Martins | Individual | Veterano M40 | 44:29 | +10:54 | 04:27 |
| 60 | 820 | Marco U. S. A. Fernandes | Individual | Veterano M40 | 44:34 | +10:59 | 04:27 |
| 61 | 1243 | ANTÓNIO MANUEL MENDES SOARES | URB TEODORA TRAIL RUNNING | Veterano M40 | 44:51 | +11:16 | 04:29 |
| 62 | 65 | Mário Vaz | A.R.Casaense/Escola de Atletismo de Coimbra | Veterano M40 | 44:56 | +11:21 | 04:30 |
| 63 | 391 | LUÍS BALULA | FORMOBIKE - BTT & TRAIL RUNNING | Veterano M40 | 45:07 | +11:32 | 04:31 |
| 64 | 784 | Alexandre Paulo Xavier Sales Ritchie | Individual | Veterano M40 | 45:10 | +11:35 | 04:31 |
| 65 | 319 | Filipe Santos | Coimbra Trail Running | Veterano M40 | 45:15 | +11:40 | 04:32 |
| 66 | 794 | Filipe Mendes | Individual | Veterano M40 | 45:26 | +11:51 | 04:33 |
| 67 | 20 | Carlos Salgado | Individual | Veterano M40 | 45:33 | +11:58 | 04:33 |
| 68 | 1196 | Vitor Mota | Slow Runners Pombal | Veterano M40 | 46:22 | +12:47 | 04:38 |
| 69 | 783 | Alexandre Macedo | Individual | Veterano M40 | 47:09 | +13:34 | 04:43 |
| 70 | 838 | Pedro Nuno da Costa Fontes | Individual | Veterano M40 | 47:33 | +13:58 | 04:45 |
| 71 | 1281 | Gustavo Ferreira Gapo | Vencedores Passatempo Dolce Vita | Veterano M40 | 47:44 | +14:09 | 04:46 |
| 72 | 1138 | Paulo Jesus | Pascoalitos | Veterano M40 | 47:49 | +14:14 | 04:47 |
| 73 | 1017 | Luc Hennetier | Jogging Lovers Coimbra | Veterano M40 | 48:05 | +14:30 | 04:48 |
| 74 | 1237 | Rui Nelson Gomes da Silva | União Clube Eirense | Veterano M40 | 48:12 | +14:37 | 04:49 |
| 75 | 849 | Rui Fonseca | Individual | Veterano M40 | 48:21 | +14:46 | 04:50 |
| 76 | 231 | Daniel Antunes | Casa do Benfica da Figueira da Foz | Veterano M40 | 48:23 | +14:48 | 04:50 |
| 77 | 1168 | Bruno Rodrigues Ventura | Saldo Válido | Veterano M40 | 48:28 | +14:53 | 04:51 |
| 78 | 787 | António Alberto Ferreira Veloso | Individual | Veterano M40 | 48:42 | +15:07 | 04:52 |
| 79 | 833 | Paulo Lopes | Individual | Veterano M40 | 48:49 | +15:14 | 04:53 |
| 80 | 792 | Ezequiel André Pimentel Lapo | Individual | Veterano M40 | 49:13 | +15:38 | 04:55 |
| 81 | 808 | Jorge Lopes | Individual | Veterano M40 | 49:14 | +15:39 | 04:55 |
| 82 | 837 | Pedro Miguel da Costa Antunes | Individual | Veterano M40 | 49:14 | +15:39 | 04:55 |
| 83 | 785 | Álvaro Gomes | Individual | Veterano M40 | 49:26 | +15:51 | 04:57 |
| 84 | 815 | Luís da Costa Simões Brandão | Individual | Veterano M40 | 49:49 | +16:14 | 04:59 |
| 85 | 851 | Sérgio Almeida | Individual | Veterano M40 | 50:01 | +16:26 | 05:00 |
| 86 | 1012 | Arnaldo Tomás | Jogging Lovers Coimbra | Veterano M40 | 50:12 | +16:37 | 05:01 |
| 87 | 1151 | Paulo Ferreira | Portuguese United Training Association | Veterano M40 | 50:14 | +16:39 | 05:01 |
| 88 | 825 | Miguel Mourão | Individual | Veterano M40 | 50:22 | +16:47 | 05:02 |
| 89 | 1018 | Nuno Mendes | Jogging Lovers Coimbra | Veterano M40 | 50:34 | +16:59 | 05:03 |
| 90 | 845 | Ricardo Reis | Individual | Veterano M40 | 50:35 | +17:00 | 05:03 |
| 91 | 1195 | Paulo Araújo | Slow Runners Pombal | Veterano M40 | 50:38 | +17:03 | 05:04 |

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|-----|------|---------------------------------------|---|--------------|----------|--------|-------|
| 134 | 15 | Carlos Alves | Individual | Veterano M40 | 01:00:04 | +26:29 | 06:00 |
| 135 | 1149 | Miguel Sousa | Portuguese United Training Association | Veterano M40 | 01:01:25 | +27:50 | 06:08 |
| 136 | 316 | Daniel Bento | Coimbra Trail Running | Veterano M40 | 01:02:36 | +29:01 | 06:16 |
| 137 | 1020 | Vasco Melo | Jogging Lovers Coimbra | Veterano M40 | 01:04:13 | +30:38 | 06:25 |
| 138 | 1298 | Vitor Pimentel | Freguesia | Veterano M40 | 01:05:40 | +32:05 | 06:34 |
| 139 | 159 | Henrique Amaro | ARSM - Associação Recreativa de S. Miguel | Veterano M40 | 01:05:49 | +32:14 | 06:35 |
| 140 | 162 | Luís Amaro | ARSM - Associação Recreativa de S. Miguel | Veterano M40 | 01:05:50 | +32:15 | 06:35 |
| 141 | 104 | Pedro Alexandre Gonçalves de Carvalho | Arredem-se | Veterano M40 | 01:07:56 | +34:21 | 06:48 |
| 142 | 163 | Miguel Duarte | ARSM - Associação Recreativa de S. Miguel | Veterano M40 | 01:09:02 | +35:27 | 06:54 |
| 143 | 160 | Isabel Simões | ARSM - Associação Recreativa de S. Miguel | Veterano M40 | 01:09:32 | +35:57 | 06:57 |
| 144 | 402 | João Rosinha | Goes trail | Veterano M40 | 01:09:49 | +36:14 | 06:59 |
| 145 | 412 | jose barata | herbalife runner | Veterano M40 | 01:10:14 | +36:39 | 07:01 |
| 146 | 826 | Nuno Dantas | Individual | Veterano M40 | 01:17:09 | +43:34 | 07:43 |

Veterano M45

| | | | | | | | |
|----|------|--------------------------------|--|--------------|-------|--------|-------|
| 1 | 251 | Paulo Reis | Clube de Campismo de São João da Madeira | Veterano M45 | 33:18 | | 03:20 |
| 2 | 170 | Hugo Coelho | ARSM - Associação Recreativa de S. Miguel | Veterano M45 | 33:24 | +00:06 | 03:20 |
| 3 | 245 | António Oliveira | Centro Popular de Trabalhadores do Sobral de Ceira | Veterano M45 | 34:11 | +00:53 | 03:25 |
| 4 | 174 | Orlando Pires | ARSM - Associação Recreativa de S. Miguel | Veterano M45 | 34:34 | +01:16 | 03:27 |
| 5 | 881 | José Jesus | Individual | Veterano M45 | 35:24 | +02:06 | 03:32 |
| 6 | 84 | José Almeida | ACADEMIA FERNANDA RIBEIRO | Veterano M45 | 36:05 | +02:47 | 03:37 |
| 7 | 168 | Carlos Simões | ARSM - Associação Recreativa de S. Miguel | Veterano M45 | 36:47 | +03:29 | 03:41 |
| 8 | 240 | Fernando Antunes | CCDS S.Frutoso | Veterano M45 | 37:11 | +03:53 | 03:43 |
| 9 | 873 | João Paulo Cruz Almeida | Individual | Veterano M45 | 37:35 | +04:17 | 03:45 |
| 10 | 1260 | Nelson Santos | Equipa Holmes Place | Veterano M45 | 38:00 | +04:42 | 03:48 |
| 11 | 267 | Antonio Pego | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M45 | 38:56 | +05:38 | 03:54 |
| 12 | 349 | Joaquim Martins | DCI/CCDRP-Mealhada | Veterano M45 | 39:16 | +05:58 | 03:56 |
| 13 | 169 | Horácio Ferreira | ARSM - Associação Recreativa de S. Miguel | Veterano M45 | 39:31 | +06:13 | 03:57 |
| 14 | 855 | Albino Ribeiro | Individual | Veterano M45 | 39:38 | +06:20 | 03:58 |
| 15 | 859 | António José Rodrigues Ribeiro | Individual | Veterano M45 | 39:46 | +06:28 | 03:59 |
| 16 | 350 | Vitor Oliveira | DCI/CCDRP-Mealhada | Veterano M45 | 39:46 | +06:28 | 03:59 |
| 17 | 324 | Fausto Pimentel | Coimbra Trail Running | Veterano M45 | 39:52 | +06:34 | 03:59 |
| 18 | 905 | Vasco Morais Pinheiro de Sousa | Individual | Veterano M45 | 39:54 | +06:36 | 03:59 |
| 19 | 79 | Vitor Ribeiro | AAC - REMO | Veterano M45 | 39:55 | +06:37 | 04:00 |
| 20 | 1044 | Pedro Santos | Louzan Team / Dental Garden | Veterano M45 | 40:19 | +07:01 | 04:02 |

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|----|------|---|--|--------------|-------|--------|-------|
| 3 | 911 | Francisco J Dias Marques | Individual | Veterano M50 | 37:07 | +02:45 | 03:43 |
| 4 | 284 | Jorge Abreu | CNI | Veterano M50 | 37:59 | +03:37 | 03:48 |
| 5 | 195 | Fernando Agante | Associação Académica de Coimbra | Veterano M50 | 39:08 | +04:46 | 03:55 |
| 6 | 270 | Pedro Gerardo | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M50 | 39:12 | +04:50 | 03:55 |
| 7 | 269 | Mario Carapineiro | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M50 | 39:12 | +04:50 | 03:55 |
| 8 | 1239 | João Francisco das Neves Veloso | União Clube Eirense | Veterano M50 | 40:35 | +06:13 | 04:04 |
| 9 | 328 | Paulo Gomes | Coimbra Trail Running | Veterano M50 | 40:58 | +06:36 | 04:06 |
| 10 | 1222 | André Dias | Tribo NR | Veterano M50 | 41:26 | +07:04 | 04:09 |
| 11 | 175 | José Correia | ARSM - Associação Recreativa de S. Miguel | Veterano M50 | 41:41 | +07:19 | 04:10 |
| 12 | 248 | david Patricio | Centro Popular de Trabalhadores do Sobral de Ceira | Veterano M50 | 43:04 | +08:42 | 04:18 |
| 13 | 918 | JOSÉ MANUEL CASTANHEIRO DOS SANTOS | Individual | Veterano M50 | 43:20 | +08:58 | 04:20 |
| 14 | 327 | João Coroado | Coimbra Trail Running | Veterano M50 | 43:23 | +09:01 | 04:20 |
| 15 | 915 | Joaquim Alvarinhas | Individual | Veterano M50 | 43:47 | +09:25 | 04:23 |
| 16 | 909 | carlos da conceicao lobo | Individual | Veterano M50 | 44:11 | +09:49 | 04:25 |
| 17 | 920 | Mário Carvalho | Individual | Veterano M50 | 44:34 | +10:12 | 04:27 |
| 18 | 351 | João Cavadas | DCI/CCDRP-Mealhada | Veterano M50 | 44:41 | +10:19 | 04:28 |
| 19 | 271 | Vitor Gomes | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M50 | 44:42 | +10:20 | 04:28 |
| 20 | 249 | Mário Martins | Centro Popular de Trabalhadores do Sobral de Ceira | Veterano M50 | 44:42 | +10:20 | 04:28 |
| 21 | 921 | Paulo Cavaleiro | Individual | Veterano M50 | 45:36 | +11:14 | 04:34 |
| 22 | 224 | Paulo Veiga | CAPSAS | Veterano M50 | 46:17 | +11:55 | 04:38 |
| 23 | 47 | Rui Carlos Vasques Andrade | 2RUN4 GuideDogs | Veterano M50 | 46:21 | +11:59 | 04:38 |
| 24 | 1029 | Rui Manuel Pacheco Duarte | Karrapateira 1919 | Veterano M50 | 46:30 | +12:08 | 04:39 |
| 25 | 1074 | Jorge Justo | O Mundo da Corrida | Veterano M50 | 47:52 | +13:30 | 04:47 |
| 26 | 1064 | AMÁVEL LUZ | NUCLEO SPORTINGUISTA TORRES NOVAS | Veterano M50 | 48:10 | +13:48 | 04:49 |
| 27 | 917 | JOSÉ MALO | Individual | Veterano M50 | 48:15 | +13:53 | 04:50 |
| 28 | 908 | Carlos Costa | Individual | Veterano M50 | 48:51 | +14:29 | 04:53 |
| 29 | 332 | Carlos Ramos | Con-dores do Choupal | Veterano M50 | 49:13 | +14:51 | 04:55 |
| 30 | 913 | Henrique Manue Freitas Figueiredo Costa | Individual | Veterano M50 | 49:27 | +15:05 | 04:57 |
| 31 | 960 | João Paulo Mouta Dias | IPN runners | Veterano M50 | 49:46 | +15:24 | 04:59 |
| 32 | 82 | José Carlos Fernandes | Abutres Running Team | Veterano M50 | 50:27 | +16:05 | 05:03 |
| 33 | 1288 | Ricardo Madureira | Jogging Lovers Coimbra | Veterano M50 | 50:50 | +16:28 | 05:05 |
| 34 | 1286 | Joaquim Amândio Santos | VITALIS/MOZINHO MTB | Veterano M50 | 50:53 | +16:31 | 05:05 |
| 35 | 910 | Fernando Manuel Leonardo Martins Lopes | Individual | Veterano M50 | 51:13 | +16:51 | 05:07 |
| 36 | 906 | Américo Pessoa | Individual | Veterano M50 | 51:57 | +17:35 | 05:12 |
| 37 | 1198 | João Rodrigues | SMZC | Veterano M50 | 52:18 | +17:56 | 05:14 |
| 38 | 1073 | Céu Santos | O Mundo da Corrida | Veterano M50 | 52:20 | +17:58 | 05:14 |
| 39 | 922 | TOZÉ RIBEIRO | Individual | Veterano M50 | 53:01 | +18:39 | 05:18 |
| 40 | 256 | Carlos Alberto Rodrigues | Clube montanhismo da Guarda | Veterano M50 | 55:36 | +21:14 | 05:34 |
| 41 | 914 | Humberto Fernandes | Individual | Veterano M50 | 55:48 | +21:26 | 05:35 |
| 42 | 907 | antonio freitas neves | Individual | Veterano M50 | 56:08 | +21:46 | 05:37 |

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| 43 | 1293 | Filipe Rito | 111 SPORT / TEAM BALA | Veterano M50 | 57:09 | +22:47 | 05:43 |
| 44 | 1254 | RUI AFONSO CASALEIRO | HOLMES PLACE COIMBRA | Veterano M50 | 57:22 | +23:00 | 05:44 |
| 45 | 919 | Luis Miguel Guedes Pinto Antunes Cunha | Individual | Veterano M50 | 01:04:37 | +30:15 | 06:28 |
| 46 | 1280 | José Augusto Nunes Pinto de Carvalho Afonso | Vencedores Passatempo Dolce Vita | Veterano M50 | 01:13:13 | +38:51 | 07:19 |

Veterano M55

| | | | | | | | |
|----|------|--------------------------------|--|--------------|-------|--------|-------|
| 1 | 352 | Manuel Lino | DCI/CCDRP-Mealhada | Veterano M55 | 37:02 | | 03:42 |
| 2 | 52 | Ilídio Oliveira | A.D.C.Astromil | Veterano M55 | 38:09 | +01:07 | 03:49 |
| 3 | 74 | Álvaro Coelho | A.R.Casaense/Escola de Atletismo de Coimbra | Veterano M55 | 38:32 | +01:30 | 03:51 |
| 4 | 25 | Luis Tomé | Individual | Veterano M55 | 38:47 | +01:45 | 03:53 |
| 5 | 177 | Arsénio Jorge Fernandes | ARSM - Associação Recreativa de S. Miguel | Veterano M55 | 39:39 | +02:37 | 03:58 |
| 6 | 250 | António Catorze | Centro Popular de Trabalhadores do Sobral de Ceira | Veterano M55 | 40:11 | +03:09 | 04:01 |
| 7 | 273 | Bento Baptista | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M55 | 40:33 | +03:31 | 04:03 |
| 8 | 927 | CARLOS ALBERTO MOREIRA GARRIDO | Individual | Veterano M55 | 41:06 | +04:04 | 04:07 |
| 9 | 176 | António Silva | ARSM - Associação Recreativa de S. Miguel | Veterano M55 | 41:11 | +04:09 | 04:07 |
| 10 | 214 | Paulo Santos | Btrain | Veterano M55 | 41:56 | +04:54 | 04:12 |
| 11 | 277 | José Abade | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M55 | 42:04 | +05:02 | 04:12 |
| 12 | 1075 | António Geraldo | O Mundo da Corrida | Veterano M55 | 42:05 | +05:03 | 04:13 |
| 13 | 939 | José Augusto Cortesão | Individual | Veterano M55 | 42:08 | +05:06 | 04:13 |
| 14 | 954 | Rui Matos | Individual | Veterano M55 | 42:13 | +05:11 | 04:13 |
| 15 | 931 | Fernando Manuel Machado Alhau | Individual | Veterano M55 | 42:17 | +05:15 | 04:14 |
| 16 | 929 | Costa Marques | Individual | Veterano M55 | 43:29 | +06:27 | 04:21 |
| 17 | 228 | JOAQUIM PESSOA | CASA DO BENFICA CONDEIXA | Veterano M55 | 43:35 | +06:33 | 04:22 |
| 18 | 943 | jose peixoto fernandes | Individual | Veterano M55 | 43:38 | +06:36 | 04:22 |
| 19 | 928 | Carlos Guerra | Individual | Veterano M55 | 43:58 | +06:56 | 04:24 |
| 20 | 933 | Helder José Ferreira | Individual | Veterano M55 | 44:11 | +07:09 | 04:25 |
| 21 | 1024 | Hélder Araújo | Jogging Lovers Coimbra | Veterano M55 | 44:26 | +07:24 | 04:27 |
| 22 | 86 | João Graça | ACRM Silveirinha Grande Claras | Veterano M55 | 45:35 | +08:33 | 04:33 |
| 23 | 953 | Rui Manuel Lima Gomes | Individual | Veterano M55 | 45:38 | +08:36 | 04:34 |
| 24 | 924 | Alcino Jose Santos Coutinho | Individual | Veterano M55 | 46:16 | +09:14 | 04:38 |
| 25 | 275 | Carlos Lopes | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M55 | 46:18 | +09:16 | 04:38 |
| 26 | 272 | Antonio Tavares | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M55 | 46:20 | +09:18 | 04:38 |
| 27 | 329 | Fernando Venda | Coimbra Trail Running | Veterano M55 | 47:11 | +10:09 | 04:43 |
| 28 | 937 | Jorge Ramos | Individual | Veterano M55 | 48:13 | +11:11 | 04:49 |
| 29 | 330 | Joaquim Branquinho | Coimbra Trail Running | Veterano M55 | 48:29 | +11:27 | 04:51 |
| 30 | 276 | Fernando Ribeiro | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M55 | 48:59 | +11:57 | 04:54 |
| 31 | 926 | Armando Silva da Conceição | Individual | Veterano M55 | 49:09 | +12:07 | 04:55 |

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|----|------|--|---|--------------|----------|-----------|-------|
| 32 | 233 | Armando Delgado | Casa do Benfica da Figueira da Foz | Veterano M55 | 49:31 | +12:29 | 04:57 |
| 33 | 1076 | fernando luis | O Mundo da Corrida | Veterano M55 | 49:38 | +12:36 | 04:58 |
| 34 | 923 | Afonso da Silva Macedo | Individual | Veterano M55 | 50:19 | +13:17 | 05:02 |
| 35 | 938 | José Adelino Neves Sequeira | Individual | Veterano M55 | 50:58 | +13:56 | 05:06 |
| 36 | 950 | MODESTO MANUEL C. RODRIGUES | Individual | Veterano M55 | 51:26 | +14:24 | 05:09 |
| 37 | 178 | Fausto Carvalho | ARSM - Associação Recreativa de S. Miguel | Veterano M55 | 52:59 | +15:57 | 05:18 |
| 38 | 952 | Patrício Machado | Individual | Veterano M55 | 53:14 | +16:12 | 05:19 |
| 39 | 1199 | Francisco Belo | SMZC | Veterano M55 | 53:46 | +16:44 | 05:23 |
| 40 | 948 | Manuel Joaquim Ferreira Gonçalves | Individual | Veterano M55 | 54:34 | +17:32 | 05:27 |
| 41 | 936 | Jorge Placido | Individual | Veterano M55 | 55:05 | +18:03 | 05:31 |
| 42 | 944 | José Pereira Santos | Individual | Veterano M55 | 55:17 | +18:15 | 05:32 |
| 43 | 932 | Fernando Manuel Vieira da Costa Loureiro | Individual | Veterano M55 | 55:18 | +18:16 | 05:32 |
| 44 | 18 | Carlos Paixão | Individual | Veterano M55 | 55:30 | +18:28 | 05:33 |
| 45 | 942 | José Luís Carvalho da cruz | Individual | Veterano M55 | 55:44 | +18:42 | 05:34 |
| 46 | 925 | Amadeu Matos Carvalho | Individual | Veterano M55 | 56:57 | +19:55 | 05:42 |
| 47 | 394 | José Gapo | GAPODACOSTA | Veterano M55 | 57:12 | +20:10 | 05:43 |
| 48 | 934 | João Batista | Individual | Veterano M55 | 57:15 | +20:13 | 05:43 |
| 49 | 946 | Luís Filipe Neves Ferreira | Individual | Veterano M55 | 57:24 | +20:22 | 05:44 |
| 50 | 179 | Humberto Batista | ARSM - Associação Recreativa de S. Miguel | Veterano M55 | 58:48 | +21:46 | 05:53 |
| 51 | 947 | LUÍS VICENTE BARROSO | Individual | Veterano M55 | 59:01 | +21:59 | 05:54 |
| 52 | 935 | Jorge Francisco Alves Relvão | Individual | Veterano M55 | 01:00:38 | +23:36 | 06:04 |
| 53 | 949 | Mario Guilherme Freitas Figueiredo Costa | Individual | Veterano M55 | 01:02:10 | +25:08 | 06:13 |
| 54 | 418 | jorge apostolo | herbalife runner | Veterano M55 | 01:02:13 | +25:11 | 06:13 |
| 55 | 1025 | Vítor Ferreira | Jogging Lovers Coimbra | Veterano M55 | 01:02:28 | +25:26 | 06:15 |
| 56 | 17 | Germano Bernardo | Individual | Veterano M55 | 01:47:00 | +01:09:58 | 10:42 |

