





















**TRAIL CURTO - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
134	625	Ricardo Henriques	da-lhe gaz	Senior Masculino	02:46:24	+01:00:49	07:55
135	819	Adriano Galante	pés troikados - cscs	Senior Masculino	02:46:55	+01:01:20	07:57
136	605	Fernando Venda	coimbra trail running	Veterano M50	02:47:24	+01:01:50	07:58
137	833	Ricardo Páscoa	soure mov	Senior Masculino	02:47:31	+01:01:57	07:59
138	637	Luis António Pinto Pereira 707	escaravelhos team - ozxtreme	Veterano M50	02:47:31	+01:01:57	07:59
139	756	Vitor Fernandes	individual	Veterano M40	02:48:42	+01:03:08	08:02
140	821	Rui Filipe Gonçalves Ramos	pés troikados - cscs	Senior Masculino	02:48:48	+01:03:14	08:02
141	663	José Francisco Roque Leitão	grupo desportivo ulmeirense	Veterano M40	02:48:53	+01:03:19	08:03
142	851	Luís carvalho	urb teodora running team	Senior Masculino	02:48:59	+01:03:25	08:03
143	689	Fernando Simões	individual	Senior Masculino	02:49:30	+01:03:55	08:04
144	505	Catarina Alves	acdc	Veterana F40	02:49:59	+01:04:24	08:06
145	758	Élio Marcelo Agostinho Henriques	individual	Veterano M50	02:50:00	+01:04:25	08:06
146	824	Luis Costa	running clube de coimbra	Veterano M40	02:50:53	+01:05:19	08:08
147	602	João Pinho	coimbra trail running	Veterano M40	02:51:11	+01:05:36	08:09
148	683	Carlos Ferreira	individual	Senior Masculino	02:51:34	+01:06:00	08:10
149	597	Paula Vidas	coimbra trail running	Veterana F50	02:51:44	+01:06:10	08:11
150	593	Ricardo Romano	coimbra trail running	Senior Masculino	02:52:35	+01:07:00	08:13
151	707	Nélio Girão	individual	Senior Masculino	02:53:16	+01:07:41	08:15
152	791	Pedro Pinto	o mundo da corrida	Senior Masculino	02:55:03	+01:09:28	08:20
153	619	André Rafael da Costa Lopes	cscrfchameca	Senior Masculino	02:55:17	+01:09:42	08:21
154	658	Cesário António Santos Madeira	gesinserde	Senior Masculino	02:55:27	+01:09:53	08:21
155	660	Carlos Manuel Santos Vidal	gesinserde	Veterano M50	02:55:27	+01:09:53	08:21
156	627	Jose Dias	da-lhe gaz	Veterano M40	02:55:34	+01:10:00	08:22
157	626	Silvia Dias	da-lhe gaz	Veterana F40	02:55:34	+01:10:00	08:22
158	502	Tiago Lopes	100gps	Senior Masculino	02:55:51	+01:10:16	08:22
159	615	sergio freitas	correio de albergaria	Veterano M40	02:55:53	+01:10:18	08:23
160	706	Miguel Moço	fruta da 5ª	Senior Masculino	02:56:00	+01:10:25	08:23
161	784	Sofia Simões	mountain trails	Senior Feminino	02:56:14	+01:10:39	08:24
162	681	Bruno Botelho	individual	Senior Masculino	02:57:16	+01:11:42	08:27
163	754	Rafael Bronze	individual	Veterano M40	02:58:27	+01:12:52	08:30
164	539	Célia Santos	arcd venda da luísa	Veterana F40	02:58:42	+01:13:08	08:31
165	788	Luis Miguel Martins	o mundo da corrida	Senior Masculino	02:58:43	+01:13:08	08:31
166	762	José Carlos Melo	individual	Veterano M50	02:58:59	+01:13:24	08:31
167	742	Luis Manuel da Costa Reis	individual	Veterano M40	02:59:26	+01:13:51	08:33
168	676	Sara Carvalho	individual	Senior Feminino	02:59:37	+01:14:02	08:33
169	774	Jose Lages19	lizrunners	Veterano M50	02:59:40	+01:14:05	08:33
170	764	Raul Abraão Martins	individual	Veterano M50	02:59:45	+01:14:10	08:34
171	718	Rui Ferraz	individual	Senior Masculino	03:00:16	+01:14:42	08:35
172	760	JOAQUIM. AMIEIRO	individual	Veterano M50	03:01:27	+01:15:52	08:38
173	545	Joaquim Almeida	arcd venda da luísa	Veterano M50	03:01:48	+01:16:14	08:39
174	759	Joaquim Crispim	individual	Veterano M50	03:02:06	+01:16:31	08:40
175	785	Maria Inês Fernandes Ramos	nh runners	Senior Feminino	03:02:36	+01:17:01	08:42
176	547	Catarina Gomes	arcm - poiars trail 2017	Senior Feminino	03:03:13	+01:17:38	08:43
177	755	Virgílio Neto	individual	Veterano M40	03:03:37	+01:18:03	08:45
178	739	leonel pinto	individual	Veterano M40	03:03:42	+01:18:07	08:45
179	519	Rita Mendes	agueda action clubjactib	Senior Feminino	03:03:50	+01:18:16	08:45

**TRAIL CURTO - STAGE 1**

**21 KM**

**R**  
REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
180	530	Miguel Sequeira	almatrail	Senior Masculino	03:04:00	+01:18:26	08:46
181	522	Luís Manuel Duarte	agueda action club actib	Senior Masculino	03:04:05	+01:18:31	08:46
182	569	Paulo Lopes	btt davinha	Veterano M40	03:04:10	+01:18:35	08:46
183	644	Vanessa Reboca	figueira kayak clube	Senior Feminino	03:04:36	+01:19:02	08:47
184	796	Fernando Luis	o mundo da corrida	Veterano M50	03:04:58	+01:19:23	08:48
185	794	Isabel trindade	o mundo da corrida	Veterana F50	03:04:58	+01:19:23	08:48
186	827	Carla Santos	sofema	Senior Feminino	03:05:17	+01:19:43	08:49
187	836	Nuno Pinheiro	soure mov	Veterano M40	03:05:18	+01:19:43	08:49
188	665	Andreia Ascenso de Sousa	individual	Senior Feminino	03:05:19	+01:19:45	08:50
189	820	Filipe Reis	pés troikados - cscs	Senior Masculino	03:05:19	+01:19:45	08:50
190	802	Carlos Lobo	os tamancos	Veterano M50	03:07:19	+01:21:45	08:55
191	532	Cristóvão Dinis rosado Sacramento	almatrail	Veterano M40	03:07:42	+01:22:08	08:56
192	806	Tatiana Soares	ozxtreme	Senior Feminino	03:07:44	+01:22:10	08:56
193	524	ricardo jorge baptista ferreira	agueda action club actib	Senior Masculino	03:07:44	+01:22:10	08:56
194	834	Fernando Rolo	soure mov	Veterano M40	03:08:08	+01:22:33	08:58
195	690	fidel conde	individual	Senior Masculino	03:08:55	+01:23:21	09:00
196	578	Magda Vieira	clube de condeixa associação cultural e desportiva	Veterana F40	03:09:00	+01:23:25	09:00
197	813	Fátima Videira	ozxtreme	Veterana F40	03:09:13	+01:23:39	09:01
198	620	Carlos António Mota Longo da Conceição	cscrfcharneca	Veterano M40	03:09:28	+01:23:53	09:01
199	512	Ricardo Justino	aergóis trail running	Senior Masculino	03:09:31	+01:23:57	09:02
200	823	Elza Mendes Cordeiro	running clube de coimbra	Veterana F40	03:10:04	+01:24:30	09:03
201	614	nelson santiago	correio de albergaria	Veterano M40	03:12:05	+01:26:31	09:09
202	659	Sérgio Dionisio Jorge	gesinserde	Senior Masculino	03:12:06	+01:26:32	09:09
203	612	Carlos Jorge Silva	correio de albergaria	Senior Masculino	03:12:12	+01:26:38	09:09
204	611	Bruno Pereira Moreira	correio de albergaria	Senior Masculino	03:12:15	+01:26:40	09:09
205	771	Joaquim Filipe Rama Mendes	joaquim filipe rama mendes	Veterano M40	03:12:16	+01:26:42	09:09
206	609	Iolanda Babo	correio de albergaria	Senior Feminino	03:12:19	+01:26:45	09:10
207	610	Sara Quinta	correio de albergaria	Senior Feminino	03:12:19	+01:26:45	09:10
208	544	Rui Manuel Paiva Monteiro	arcd venda da luísa	Veterano M40	03:13:08	+01:27:33	09:12
209	582	Catarina Lapa	coimbra trail running	Senior Feminino	03:13:13	+01:27:38	09:12
210	531	Toni Amado	almatrail	Senior Masculino	03:13:13	+01:27:38	09:12
211	647	Hugo Carvalho	formobike btt & trail running	Senior Masculino	03:13:22	+01:27:47	09:12
212	648	Tiago José Leal da Costa	formobike btt & trail running	Senior Masculino	03:13:22	+01:27:47	09:12
213	783	Cidália Maria Santos Oliveira	mor(e)fit	Veterana F40	03:13:23	+01:27:49	09:13
214	672	Maria Carvalho	individual	Senior Feminino	03:13:42	+01:28:07	09:13
215	618	Álvaro José Vieira Lopes	cscrfcharneca	Senior Masculino	03:13:49	+01:28:14	09:14
216	594	Cláudia Isidoro	coimbra trail running	Veterana F40	03:13:53	+01:28:19	09:14
217	592	Ricardo Rodrigues	coimbra trail running	Senior Masculino	03:13:53	+01:28:19	09:14
218	662	Carlos Daniel Pimentel Vicente	grupo desportivo ulmeirense	Senior Masculino	03:14:14	+01:28:40	09:15
219	568	Rui Santos	blackbulls cycling team	Veterano M40	03:14:14	+01:28:40	09:15
220	664	Rui António Melo Branco	grupo desportivo ulmeirense	Veterano M40	03:14:14	+01:28:40	09:15
221	510	Luís Filipe	aergóis trail running	Senior Masculino	03:14:20	+01:28:46	09:15
222	761	jorge ramos	individual	Veterano M50	03:15:00	+01:29:26	09:17
223	695	Gonçalo Miguel Pereira Vergueiro	individual	Senior Masculino	03:15:28	+01:29:54	09:19
224	667	Beatriz Branquinho Gomes	individual	Senior Feminino	03:16:43	+01:31:08	09:22

**TRAIL CURTO - STAGE 1**

**21 KM**

R

REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
225	765	Rui António Lamas de Abreu Marques	individual	Veterano M50	03:18:08	+01:32:33	09:26
226	778	Bruno Matos	moinhos da gândara trail	Senior Masculino	03:18:08	+01:32:33	09:26
227	809	Helder Domingues	ozxtreme	Senior Masculino	03:18:13	+01:32:39	09:26
228	727	Carla Santos	individual	Veterana F40	03:18:23	+01:32:49	09:27
229	803	Celso Ferreira	out 2 run	Veterano M40	03:18:24	+01:32:49	09:27
230	567	Isabel Gomes	bio team run	Veterana F40	03:18:24	+01:32:50	09:27
231	730	Maria joao simoes	individual	Veterana F40	03:18:25	+01:32:51	09:27
232	801	Vitor Gabriel Rodrigues Gomes Oliveira	os maiores	Senior Masculino	03:18:26	+01:32:51	09:27
233	653	Mónica Ribeiro	fruta da 5ª	Senior Feminino	03:19:37	+01:34:02	09:30
234	655	Mauro Daniel Silva Martins	fruta da 5ª	Senior Masculino	03:19:40	+01:34:05	09:30
235	828	Emanuel Jorge	sofema	Senior Masculino	03:20:19	+01:34:44	09:32
236	638	Dina Isabel neves dos Santos	escola de atletismo de coimbra/jpaiva	Senior Feminino	03:20:29	+01:34:54	09:33
237	751	Pedro Medina	individual	Veterano M40	03:20:51	+01:35:16	09:34
238	679	Antonio Jose Rebola Ferreira	individual	Senior Masculino	03:20:56	+01:35:22	09:34
239	782	Firmino Mendes	montanha clube trail running/runners	Veterano M50	03:21:03	+01:35:29	09:34
240	643	Helena Matias	figueira kayak clube	Senior Feminino	03:21:39	+01:36:04	09:36
241	645	Ana Leal	figueira kayak clube	Veterana F40	03:21:39	+01:36:04	09:36
242	837	Vitor Gariso	soure mov	Veterano M40	03:24:09	+01:38:34	09:43
243	633	André Coelho	escaravelhos team - ozxtreme	Senior Masculino	03:24:40	+01:39:05	09:45
244	846	Daniela Ventura Gonçalves	ugas trail running	Senior Feminino	03:24:46	+01:39:11	09:45
245	622	Pascoal Duarte Oliveira	cscrfcharneca	Veterano M40	03:24:46	+01:39:12	09:45
246	736	Jose Abrantes	individual	Veterano M40	03:25:15	+01:39:41	09:46
247	715	Pedro Lemos	individual	Senior Masculino	03:25:49	+01:40:14	09:48
248	642	Mélanie Duarte	farmácia luciano & matos	Senior Feminino	03:25:56	+01:40:22	09:48
249	674	Raquel Lobão	individual	Senior Feminino	03:29:16	+01:43:42	09:58
250	818	Carolina Torres	pés troikados - cscs	Senior Feminino	03:29:20	+01:43:45	09:58
251	516	Joana Simões	agueda action club actib	Senior Feminino	03:30:23	+01:44:48	10:01
252	616	Telmo Martins	correio de albergaria	Veterano M40	03:31:13	+01:45:39	10:04
253	725	Alice Ventura	individual	Veterana F40	03:32:00	+01:46:25	10:06
254	685	Daniel Couceiro	individual	Senior Masculino	03:33:01	+01:47:26	10:09
255	713	Pedro Fonseca	individual	Senior Masculino	03:33:08	+01:47:34	10:09
256	564	Liliana Martins	barc	Veterana F40	03:33:12	+01:47:38	10:09
257	565	Francisco Santos	barc	Veterano M40	03:33:12	+01:47:38	10:09
258	848	João Ramos	ugas trail running	Senior Masculino	03:33:16	+01:47:41	10:09
259	702	José Oliveira	individual	Senior Masculino	03:33:16	+01:47:42	10:09
260	632	Sara Pinheiro	desliza team	Veterana F40	03:34:19	+01:48:44	10:12
261	661	Joana Catarina Costa Branco	grupo desportivo ulmeirense	Senior Feminino	03:34:40	+01:49:05	10:13
262	698	João Daniel Serra Carvalho Freitas	individual	Senior Masculino	03:34:40	+01:49:06	10:13
263	513	Carlos Castanheira	aergóis trail running	Veterano M40	03:35:38	+01:50:03	10:16
264	741	Luís Filipe Almeida Hilário	individual	Veterano M40	03:36:36	+01:51:01	10:19
265	840	António Seródio	soure mov	Veterano M50	03:36:39	+01:51:05	10:19
266	540	Cidália Canais	arcd venda da luísa	Veterana F40	03:36:51	+01:51:17	10:20
267	541	Cristina Melo	arcd venda da luísa	Veterana F40	03:37:34	+01:52:00	10:22
268	861	Pedro Monteiro	ascvaleirinha	Veterano M40	03:37:52	+01:52:17	10:23
269	566	Rui Correia	barc	Veterano M40	03:38:55	+01:53:20	10:25











**Trail Curto**

**21 KM**



**OFFICIAL RESULT**

37	529	Fernando José Reis Machado	Almatrail	Senior Masculino	02:25:46	+39:40	06:57
38	682	Bruno Folhas	Individual	Senior Masculino	02:25:58	+39:52	06:57
39	800	Pedro Nobre	Os Maiorais	Senior Masculino	02:26:13	+40:07	06:58
40	559	Pedro Cardoso	ASSSCC Ar Livre e Aventura	Senior Masculino	02:26:33	+40:27	06:59
41	526	Tiago Silva	Agueda Action Club ACTIB	Senior Masculino	02:29:16	+43:09	07:06
42	843	Bruno Almeida	Tiro Certoiro	Senior Masculino	02:29:47	+43:41	07:08
43	501	Rui Reis	100GPS	Senior Masculino	02:29:59	+43:52	07:09
44	705	Miguel Domingues Mendes	Individual	Senior Masculino	02:31:48	+45:42	07:14
45	694	Gonçalo Mexia	Individual	Senior Masculino	02:32:12	+46:06	07:15
46	511	Luis Miranda	AERGóis Trail Running	Senior Masculino	02:32:18	+46:11	07:15
47	816	Nuno Ferreira	OZXTREME	Senior Masculino	02:32:29	+46:23	07:16
48	580	Artur Gandara	CNI	Senior Masculino	02:32:43	+46:37	07:16
49	538	Nelson Correia	ARCD Venda da Luísa	Senior Masculino	02:32:44	+46:37	07:16
50	687	Edgar jose ferreira gomes	Individual	Senior Masculino	02:32:48	+46:41	07:17
51	711	Paulo Sarmento	Individual	Senior Masculino	02:33:21	+47:15	07:18
52	832	Ricardo Neto	SOURE MOV	Senior Masculino	02:33:21	+47:15	07:18
53	586	Carlos Fonseca	Coimbra Trail Running	Senior Masculino	02:34:20	+48:13	07:21
54	781	Luis vilela	Montanha Clube Trail Running/Runners	Senior Masculino	02:34:50	+48:44	07:22
55	721	Sérgio Moreira	Individual	Senior Masculino	02:35:00	+48:54	07:23
56	799	Mário Almeida	Os Maiorais	Senior Masculino	02:35:26	+49:20	07:24
57	693	Gonçalo Emanuel Mendes Batista	Individual	Senior Masculino	02:35:37	+49:31	07:25
58	859	Agnelo Silva	OZXTREME	Senior Masculino	02:36:56	+50:50	07:28
59	810	José Pinho	OZXTREME	Senior Masculino	02:37:24	+51:17	07:30
60	811	Pedro Almeida	OZXTREME	Senior Masculino	02:37:26	+51:19	07:30
61	714	Pedro José Neves Marques	Individual	Senior Masculino	02:37:28	+51:22	07:30
62	722	Sérgio Romeu loreto vilão	Individual	Senior Masculino	02:38:33	+52:26	07:33
63	684	Carlos Gante	Individual	Senior Masculino	02:39:27	+53:20	07:36
64	830	Luís Batalha	SOURE MOV	Senior Masculino	02:42:32	+56:25	07:44
65	577	André Ferro	CLUBE DE CONDEIXA ASSOCIAÇÃO CULTURAL E DESPORTIVA	Senior Masculino	02:42:46	+56:39	07:45
66	708	Nuno José Góis Coelho	Formobike BTT & Trail Running	Senior Masculino	02:42:50	+56:44	07:45
67	831	Márcio Felício	SOURE MOV	Senior Masculino	02:43:36	+57:29	07:47
68	847	Daniel Marques dos Santos	UGAS TRAIL Running	Senior Masculino	02:45:05	+58:58	07:52
69	671	Joao Pedro Cruz	Individual	Senior Masculino	02:45:45	+59:38	07:54
70	556	Bruno Miguel Silva Oliveira Santos	ASCValeirinha	Senior Masculino	02:46:00	+59:53	07:54
71	625	Ricardo Henriques	Da-lhe gaz	Senior Masculino	02:46:24	+01:00:17	07:55
72	819	Adriano Galante	PÉS TROIKADOS - CSCS	Senior Masculino	02:46:55	+01:00:48	07:57
73	833	Ricardo Páscoa	SOURE MOV	Senior Masculino	02:47:31	+01:01:25	07:59
74	821	Rui Filipe Gonçalves Ramos	PÉS TROIKADOS - CSCS	Senior Masculino	02:48:48	+01:02:42	08:02
75	851	Luís carvalho	URB TEODORA RUNNING TEAM	Senior Masculino	02:48:59	+01:02:53	08:03
76	689	Fernando Simões	Individual	Senior Masculino	02:49:30	+01:03:23	08:04
77	683	Carlos Ferreira	Individual	Senior Masculino	02:51:34	+01:05:28	08:10
78	593	Ricardo Romano	Coimbra Trail Running	Senior Masculino	02:52:35	+01:06:28	08:13
79	707	Nélio Girão	Individual	Senior Masculino	02:53:16	+01:07:09	08:15
80	791	Pedro Pinto	O Mundo da Corrida	Senior Masculino	02:55:03	+01:08:56	08:20















