

PROVA PRINCIPAL - STAGE 1**10 KM****R**
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	14°C	93%
End	19:50	14°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	4	Licínio Pimentel	sporting clube de portugal	Veterano M40	28:16		02:50
2	2	Miguel Borges	sport lisboa e benfica	Senior Masculino	28:16	+00:00	02:50
3	3	Pedro Ribeiro	sporting clube de portugal	Senior Masculino	28:31	+00:14	02:51
4	281	João Valente	escola de atletismo de coimbra/jpaiva	Senior Masculino	29:49	+01:33	02:59
5	283	José Sousa	escola de atletismo de coimbra/jpaiva	Senior Masculino	30:00	+01:44	03:00
6	278	João Almeida	escola de atletismo de coimbra/jpaiva	Senior Masculino	30:01	+01:44	03:00
7	282	José Neves	escola de atletismo de coimbra/jpaiva	Senior Masculino	30:19	+02:03	03:02
8	5	Luís Feiteira	leixões sport clube	Veterano M45	30:48	+02:32	03:05
9	358	Rafael Lopes	individual	Junior Masculino	30:53	+02:37	03:05
10	22	João Toscano	acr senhora do desterro-napo	Senior Masculino	30:56	+02:40	03:06
11	21	Nuno Tinoco	acdrs quinhendros	Senior Masculino	31:03	+02:47	03:06
12	298	João Pereira	escola de atletismo de coimbra/jpaiva	Veterano M40	31:12	+02:56	03:07
13	451	Diogo Pinheiro	ssc18_team_693636625398454103734	Senior Masculino	31:22	+03:06	03:08
14	6	Carla Martinho	recreio desportivo de águeda	Veterana F40	31:24	+03:08	03:08
15	23	Telmo Nascimento	acr senhora do desterro-napo	Senior Masculino	31:26	+03:10	03:09
16	1	Hermano Ferreira	escola de atletismo de coimbra/jpaiva	Senior Masculino	31:27	+03:11	03:09
17	276	Carlos Costa	escola de atletismo de coimbra/jpaiva	Senior Masculino	31:29	+03:13	03:09
18	1134	Messias Dias	guilhouvan	Veterano M45	31:35	+03:19	03:10
19	284	José Veiga	escola de atletismo de coimbra/jpaiva	Senior Masculino	31:40	+03:24	03:10
20	8	Ana Mafalda Ferreira	sporting clube de portugal	Senior Feminino	31:59	+03:43	03:12
21	288	Ricardo Gaspar	escola de atletismo de coimbra/jpaiva	Senior Masculino	32:00	+03:44	03:12
22	974	Luis Miguel	recreio desportivo de águeda	Veterano M40	32:13	+03:57	03:13
23	285	Nelson Costa	escola de atletismo de coimbra/jpaiva	Senior Masculino	32:19	+04:03	03:14
24	69	RUI LOPES	associação académica de coimbra	Veterano M40	32:23	+04:07	03:14
25	277	Igor Castro	escola de atletismo de coimbra/jpaiva	Senior Masculino	32:30	+04:13	03:15
26	280	João Rodrigues	escola de atletismo de coimbra/jpaiva	Senior Masculino	32:43	+04:27	03:16
27	1100	Junior PAULO COSTA JR	viriatvhs runners viseu	Veterano M50	32:52	+04:36	03:17
28	121	Vitor Pleno	centro popular de trabalhadores de sobral de ceira	Senior Masculino	32:53	+04:37	03:17
29	1045	Manuel Pinto	tribo nr	Veterano M45	32:56	+04:40	03:18
30	7	Daniela Cunha	sporting clube de portugal	Senior Feminino	32:56	+04:40	03:18
31	70	RUI RODRIGUES	associação académica de coimbra	Veterano M40	32:57	+04:41	03:18
32	26	Mário Silva	acr senhora do desterro-napo	Veterano M55	33:05	+04:49	03:19
33	120	Luís Rodrigues	centro popular de trabalhadores de sobral de ceira	Senior Masculino	33:08	+04:52	03:19
34	495	Marc Morató Rufié	individual	Senior Masculino	33:09	+04:53	03:19
35	633	Fernando Carvalho	individual	Veterano M40	33:30	+05:14	03:21
36	299	Miguel Pires	escola de atletismo de coimbra/jpaiva	Veterano M40	33:43	+05:27	03:22
37	68	Alexandre Mestre	ascvairinha	Veterano M40	33:44	+05:28	03:22
38	662	Paulo Costa	individual	Veterano M40	33:55	+05:39	03:24
39	1008	Samuel Freire	sport lisboa e benfica	Senior Masculino	34:01	+05:44	03:24
40	318	Adérito Fontes	escola de atletismo de coimbra/jpaiva	Veterano M55	34:01	+05:45	03:24
41	255	Vítor Mariano	dci/trilhos luso bussaco	Senior Masculino	34:04	+05:48	03:24

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	654	Nuno Alexandre Silva	individual	Veterano M40	39:23	+11:07	03:56
131	511	Nuno madeira	individual	Senior Masculino	39:24	+11:08	03:56
132	126	Pedro Roque	centro popular de trabalhadores de sobral de ceira	Veterano M50	39:24	+11:08	03:56
133	1083	Sandro Alves	viriahtvs runners viseu	Senior Masculino	39:24	+11:08	03:56
134	455	Eugénio Santos	individual	Senior Masculino	39:27	+11:11	03:57
135	123	Celso Pereira	centro popular de trabalhadores de sobral de ceira	Veterano M45	39:34	+11:18	03:57
136	119	Daniel Correia	centro popular de trabalhadores de sobral de ceira	Senior Masculino	39:34	+11:18	03:57
137	890	Mário Gonçalves	onda team	Veterano M50	39:35	+11:19	03:58
138	352	Nelson Santos	holmes place coimbra	Veterano M50	39:38	+11:22	03:58
139	1001	Inês João	saca trilhos anadia	Senior Feminino	39:38	+11:22	03:58
140	706	Lucio Ventura	individual	Veterano M45	39:38	+11:22	03:58
141	1138	Atão Nogueira	individual	Senior Masculino	39:39	+11:23	03:58
142	710	Manuel António Roseiro Ferreira	individual	Veterano M45	39:44	+11:28	03:58
143	308	Luc Hennetier	escola de atletismo de coimbra/jpaiva	Veterano M45	39:44	+11:28	03:58
144	1030	Sérgio Rafael Alves Gomes	tribo nr	Senior Masculino	39:45	+11:29	03:59
145	452	Eduardo Carvalheiro	individual	Senior Masculino	39:47	+11:30	03:59
146	456	Fábio Mendes	individual	Senior Masculino	39:48	+11:32	03:59
147	115	Jorge da Silva Dias	casa do benfica condeixa	Veterano M60	39:52	+11:36	03:59
148	899	Paulo Moreira	os filhos da noite	Veterano M45	39:54	+11:38	03:59
149	104	Carlos França	cad a correr	Senior Masculino	39:56	+11:39	04:00
150	244	Paulo Gomes	coimbra trail running	Veterano M55	39:57	+11:41	04:00
151	997	Egídio neves	runners&friends - rosa biscoito	Veterano M45	39:59	+11:43	04:00
152	679	Toze Almeida	individual	Veterano M40	40:04	+11:47	04:00
153	829	Paulo Cavaleiro	leitão & cavaleiro	Veterano M50	40:07	+11:51	04:01
154	65	Roberto Graça	ascvleirinha	Junior Masculino	40:08	+11:52	04:01
155	968	João Rasteiro	quarteto fantastico	Senior Masculino	40:08	+11:52	04:01
156	955	Elton Pinho	pé d'atleta run walk team	Senior Masculino	40:10	+11:54	04:01
157	309	Luis Fonseca	escola de atletismo de coimbra/jpaiva	Veterano M45	40:11	+11:55	04:01
158	680	Vitor Manuel Rodrigues Nunes	individual	Veterano M40	40:12	+11:56	04:01
159	1062	Gonçalo Durão	u c eirense - casa baia	Veterano M45	40:14	+11:57	04:01
160	657	Nuno Franco	individual	Veterano M40	40:14	+11:58	04:01
161	310	Nuno Costa	escola de atletismo de coimbra/jpaiva	Veterano M45	40:14	+11:58	04:01
162	906	Nuno Coelho	os moitas	Veterano M40	40:15	+11:59	04:02
163	236	Filipe Santos	coimbra trail running	Veterano M45	40:15	+11:59	04:02
164	935	Joselito Pereira	out 2 run/miro	Veterano M40	40:19	+12:03	04:02
165	265	Joaquim Godinho	dcj/trilhos luso bussaco	Veterano M60	40:20	+12:04	04:02
166	241	Fernando Alhau	coimbra trail running	Veterano M55	40:22	+12:06	04:02
167	125	David Patricio	centro popular de trabalhadores de sobral de ceira	Veterano M50	40:25	+12:09	04:03
168	242	João Coroado	coimbra trail running	Veterano M55	40:26	+12:09	04:03
169	919	Rui Silva	os papa milhas	Veterano M45	40:27	+12:11	04:03
170	947	David Jesus	pascoalitos ad barcouço	Senior Masculino	40:29	+12:13	04:03
171	1146	Bruno Bernardes	cluve	Senior Masculino	40:31	+12:15	04:03
172	147	Pedro Gerardo	cluve - clube de veteranos de atletismo de coimbra	Veterano M55	40:31	+12:15	04:03

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
216	448	Diogo Casaca	individual	Senior Masculino	42:09	+13:53	04:13
217	32	Pedro Necho	afis/ovar	Veterano M40	42:10	+13:54	04:13
218	651	Miguel Azevedo	individual	Veterano M40	42:11	+13:55	04:13
219	148	Vitor Gomes	cluve - clube de veteranos de atletismo de coimbra	Veterano M55	42:11	+13:55	04:13
220	794	Vasco Estêvão Quental	individual	Veterano M55	42:13	+13:57	04:13
221	1082	Pedro Lopes	viriatvhs runners viseu	Senior Masculino	42:17	+14:01	04:14
222	758	Luis Filipe Jorge Costa	individual	Veterano M50	42:19	+14:03	04:14
223	252	Hever Prires	dci/trilhos luso bussaco	Senior Masculino	42:20	+14:04	04:14
224	439	Bruno Santos	individual	Senior Masculino	42:22	+14:05	04:14
225	295	Maria João Feio	escola de atletismo de coimbra/jpaiva	Veterana F40	42:24	+14:08	04:14
226	629	Daniel Moura Figueiredo	individual	Veterano M40	42:29	+14:13	04:15
227	839	Luciano Pereira	mestres do passevite	Senior Masculino	42:30	+14:13	04:15
228	508	Nuno Afonso	individual	Senior Masculino	42:32	+14:16	04:15
229	516	Paulo Matafome	tribo nr	Senior Masculino	42:35	+14:19	04:16
230	667	Pedro Alexandre Castro de Figueiredo	individual	Veterano M40	42:35	+14:19	04:16
231	802	José Cortesão	individual	Veterano M60	42:38	+14:22	04:16
232	549	Samuel José Ferreira dos Santos	individual	Senior Masculino	42:39	+14:23	04:16
233	453	Eduardo Ribeiro	individual	Senior Masculino	42:40	+14:24	04:16
234	1143	Helder Gante	individual	Veterano M50	42:41	+14:25	04:16
235	1142	Cristiano Gante	individual	Senior Masculino	42:42	+14:26	04:16
236	838	João Veiga	mestres do passevite	Senior Masculino	42:43	+14:27	04:16
237	290	Ricardo Santos	escola de atletismo de coimbra/jpaiva	Senior Masculino	42:44	+14:28	04:16
238	37	Luís Costa	águas de coimbra	Veterano M45	42:46	+14:30	04:17
239	929	Luís Filipe Santos Marques	os unidos	Senior Masculino	42:46	+14:30	04:17
240	811	Jorge Pimenta	ipnrunners	Veterano M40	42:48	+14:32	04:17
241	145	Nuno Cruz	cluve - clube de veteranos de atletismo de coimbra	Veterano M40	42:50	+14:34	04:17
242	1004	Albano João	saca trilhos anadia	Veterano M55	42:51	+14:35	04:17
243	999	Carlos Conceicao	runners&friends - rosa biscoito	Veterano M50	42:52	+14:36	04:17
244	268	Nuno Rodrigues	deixa passar	Senior Masculino	42:52	+14:36	04:17
245	757	Luis Carvalheiro	individual	Veterano M50	42:53	+14:37	04:17
246	266	Célio Duarte	deixa passar	Senior Masculino	42:54	+14:38	04:17
247	128	Carlos Garrido	centro popular de trabalhadores de sobral de ceira	Veterano M55	42:56	+14:40	04:18
248	19	Bruno Rodrigues	acdrs quinhendros	Senior Masculino	42:56	+14:40	04:18
249	981	Mariana Rigueiro Cascão	rigasrunners	Senior Feminino	42:57	+14:41	04:18
250	334	Fábio Gaspar	gira sol	Senior Masculino	43:02	+14:46	04:18
251	787	João Maltês Capelôa	individual	Veterano M55	43:04	+14:48	04:18
252	940	Virgílio Neto	ozxtreme/adcrpereira	Veterano M40	43:05	+14:49	04:19
253	567	Ana Carla Mota	individual	Veterana F40	43:06	+14:50	04:19
254	153	Hélder José Ferreira	cluve - clube de veteranos de atletismo de coimbra	Veterano M60	43:07	+14:51	04:19
255	227	Catarina Alves	coimbra trail running	Veterana F40	43:07	+14:51	04:19
256	770	Pedro Elias	tribo nr	Veterano M50	43:08	+14:52	04:19
257	681	António Ferreira	individual	Veterano M45	43:14	+14:58	04:19

PROVA PRINCIPAL - STAGE 1**10 KM****OFFICIAL RESULT****R**
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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
258	683	António Pereira	individual	Veterano M45	43:20	+15:04	04:20
259	403	matilde sanches	individual	Senior Feminino	43:26	+15:10	04:21
260	969	João Santos	quarteto fantastico	Senior Masculino	43:28	+15:12	04:21
261	31	José Urbano Correia Abreu	adrap	Senior Masculino	43:33	+15:17	04:21
262	103	Nuno Reis	btrain-clube ferroviario de coimbra	Veterano M40	43:35	+15:19	04:22
263	174	Ana Sofia Rodrigues Mendes Cardoso	cmc	Veterana F40	43:37	+15:21	04:22
264	739	Carlos Alberto da Silva Pires	individual	Veterano M50	43:41	+15:24	04:22
265	724	Pedro Saraiva	individual	Veterano M45	43:42	+15:26	04:22
266	156	Manuel Marçal	clube - clube de veteranos de atletismo de coimbra	Veterano M60	43:46	+15:30	04:23
267	809	Paulo Ramos	individual	Veterano M60	43:49	+15:32	04:23
268	1047	Edelson Carlos Rocha	tribo nr	Veterano M50	43:49	+15:33	04:23
269	209	Mário Carvalho	cmc	Veterano M50	43:53	+15:37	04:23
270	497	Marco Aurélio Dias Simões	individual	Senior Masculino	43:55	+15:39	04:24
271	1003	Francisco Roque	saca trilhos anadia	Veterano M45	43:56	+15:40	04:24
272	211	Ricardo Madureira	cmc	Veterano M55	43:57	+15:41	04:24
273	640	Joel Figueiredo	individual	Veterano M40	43:58	+15:42	04:24
274	936	João Nunes	out 2 run/miro	Veterano M45	44:02	+15:46	04:24
275	95	Jose Miguel Fernandes Martins	bluepharma group	Senior Masculino	44:03	+15:47	04:24
276	750	João Castro	individual	Veterano M50	44:04	+15:48	04:24
277	245	Álvaro Portugal	coimbra trail running	Veterano M60	44:05	+15:49	04:25
278	208	Luís Miguel Pelicano Costa	cmc	Veterano M50	44:07	+15:51	04:25
279	274	Maria Carvalho	escola de atletismo de coimbra/jpaiva	Senior Feminino	44:09	+15:53	04:25
280	975	Luís Pato	recreio desportivo de águeda	Veterano M40	44:10	+15:54	04:25
281	189	Paulino Oliveira	individual	Senior Masculino	44:13	+15:56	04:25
282	52	Fernando Morgado	arc d venda da luisa	Senior Masculino	44:13	+15:57	04:25
283	816	Filipe Picão	just keep running	Veterano M40	44:14	+15:57	04:25
284	202	Luis Filipe Pereira de Paiva	cmc	Veterano M45	44:15	+15:59	04:26
285	272	Filipe Duarte	duarte(s) e companhia	Senior Masculino	44:16	+16:00	04:26
286	564	Vitor Almeida de Moraes	individual	Senior Masculino	44:16	+16:00	04:26
287	584	JOANA FRANCA	individual	Veterana F40	44:18	+16:01	04:26
288	293	Dora Serra	escola de atletismo de coimbra/jpaiva	Veterana F40	44:19	+16:03	04:26
289	1031	Tiago Taborda	tribo nr	Senior Masculino	44:19	+16:03	04:26
290	773	Pedro Vicente	individual	Veterano M50	44:20	+16:04	04:26
291	872	Ana Rita Almeida	onda team	Senior Feminino	44:22	+16:06	04:26
292	847	Hermínio Amaral	montanha clube trail running/ efapel	Veterano M40	44:23	+16:07	04:26
293	877	Rafael Oliveira	onda team	Senior Masculino	44:23	+16:07	04:26
294	116	Henrique Carvalho	ccdr matas e cipreste	Senior Masculino	44:27	+16:10	04:27
295	783	carlos da conceicao lobo	individual	Veterano M55	44:27	+16:11	04:27
296	155	José Abade	clube - clube de veteranos de atletismo de coimbra	Veterano M60	44:28	+16:12	04:27
297	998	Luís Pires	runners&friends - rosa biscoito	Veterano M45	44:30	+16:14	04:27
298	520	Pedro Eufrásio	individual	Senior Masculino	44:31	+16:14	04:27
299	165	Mónica Daniela Santos Almeida	cmc	Senior Feminino	44:34	+16:18	04:27
300	983	Mário Neves	ritz runner	Senior Masculino	44:36	+16:20	04:28

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT



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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
301	469	João Duarte	individual	Senior Masculino	44:38	+16:22	04:28
302	917	Hélder Duarte	os papa milhas	Veterano M45	44:41	+16:24	04:28
303	753	joão paulo tondela	individual	Veterano M50	44:41	+16:25	04:28
304	1019	Paulo Jorge do Rosário Botelho	timim	Veterano M40	44:42	+16:26	04:28
305	38	Pedro Gonçalves	airbag no problem	Junior Masculino	44:43	+16:27	04:28
306	49	José Guilherme Fernandes	arcd venda da luisa	Junior Masculino	44:44	+16:28	04:28
307	237	Jorge Tiago	coimbra trail running	Veterano M45	44:45	+16:29	04:29
308	562	Tiago Vaz	individual	Senior Masculino	44:45	+16:29	04:29
309	62	José Carlos Forte	arquiconsult	Veterano M55	44:46	+16:30	04:29
310	566	Vitor Santos	individual	Senior Masculino	44:47	+16:31	04:29
311	336	Raquel Grilo	gira sol	Veterana F40	44:48	+16:32	04:29
312	314	Fernando Batista	escola de atletismo de coimbra/jpaiva	Veterano M50	44:50	+16:33	04:29
313	911	Jorge Vaz	os papa milhas	Senior Masculino	44:51	+16:34	04:29
314	74	José Manuel Costa	atletismo clube da tocha	Senior Masculino	44:51	+16:35	04:29
315	444	Carlos Pessoa	individual	Senior Masculino	44:52	+16:35	04:29
316	267	Luís Bragança	deixa passar	Senior Masculino	44:52	+16:36	04:29
317	435	Bruno Gil	individual	Senior Masculino	44:52	+16:36	04:29
318	445	Cláudio A. M. da Silva	individual	Senior Masculino	44:54	+16:38	04:29
319	887	Sergio Amaral	onda team	Veterano M45	44:54	+16:38	04:29
320	143	Mário Rui Santos	clube atlético oliveira do hospital	Veterano M55	44:56	+16:40	04:30
321	810	Vitor Ferreira	individual	Veterano M60	44:57	+16:41	04:30
322	327	Rui Teixeira	figueira da foz team	Veterano M55	44:58	+16:42	04:30
323	166	Carlos José Pereira Patrão	cmc	Senior Masculino	44:58	+16:42	04:30
324	822	Leonel Almeida	kick runners	Veterano M40	44:59	+16:43	04:30
325	326	Luis Gaspar	figueira da foz team	Senior Masculino	44:59	+16:43	04:30
326	793	telmo pereira	individual	Veterano M55	45:02	+16:46	04:30
327	528	Pedro Ricardo Coelho Gonçalves	individual	Senior Masculino	45:03	+16:47	04:30
328	405	Patrícia Reis	individual	Senior Feminino	45:03	+16:47	04:30
329	510	Nuno Figueiredo	individual	Senior Masculino	45:11	+16:55	04:31
330	642	Jorge Fernandes	individual	Veterano M40	45:12	+16:56	04:31
331	251	Jorge Faria	cumbroa bike's running team	Veterano M40	45:16	+17:00	04:32
332	483	José Júlio Ladeiro de Sá	individual	Senior Masculino	45:17	+17:01	04:32
333	1068	Miguel Freire	velozes e furiosos	Senior Masculino	45:20	+17:04	04:32
334	987	Nuno Miguel da Silva Tavares Sampaio	ritz runner	Veterano M40	45:21	+17:05	04:32
335	821	Isabel Madeira	kick runners	Veterana F40	45:23	+17:07	04:32
336	533	Ricardo Carvalheira	individual	Senior Masculino	45:25	+17:09	04:33
337	64	Fausto Carvalho	arasm - associação recreativa de s. miguel	Veterano M60	45:27	+17:11	04:33
338	430	André Oliveira	individual	Senior Masculino	45:30	+17:14	04:33
339	415	Sara Silva	individual	Senior Feminino	45:31	+17:15	04:33
340	1017	Silvina Maria do Nascimento Baptista	timim	Veterana F40	45:34	+17:18	04:33
341	141	Vasco Manuel de Campos Figueiredo	clube atlético oliveira do hospital	Veterano M40	45:35	+17:19	04:34
342	382	Dora Duarte	individual	Senior Feminino	45:39	+17:23	04:34

PROVA PRINCIPAL - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
427	160	Carla Sofia Costa Santos	cmc	Senior Feminino	48:00	+19:43	04:48
428	509	Nuno Almeida	individual	Senior Masculino	48:01	+19:45	04:48
429	349	Amílcar Sandinha	holmes place coimbra	Veterano M40	48:02	+19:46	04:48
430	762	Luis Vieira	individual	Veterano M50	48:04	+19:48	04:48
431	754	João Rodrigues	individual	Veterano M50	48:05	+19:49	04:49
432	946	RUI SALGADO	papoilas saltitantes	Veterano M40	48:05	+19:49	04:49
433	878	Tiago Rocha	onda team	Senior Masculino	48:06	+19:50	04:49
434	795	Vitor Fontes	individual	Veterano M55	48:07	+19:51	04:49
435	442	Carlos Daniel Almeida Vila Nova Carlos Vila Nova	individual	Senior Masculino	48:08	+19:52	04:49
436	485	José Miguel Perdigão	individual	Senior Masculino	48:10	+19:54	04:49
437	443	Carlos Eduardo Domingues	individual	Senior Masculino	48:10	+19:54	04:49
438	703	JOSÉ MANUEL DIAS	individual	Veterano M45	48:13	+19:57	04:49
439	512	Nuno Miguel Santos Gomes	individual	Senior Masculino	48:14	+19:57	04:49
440	1074	Cláudia Nunes	virithvs runners viseu	Senior Feminino	48:16	+20:00	04:50
441	1098	Viriato Coelho	virithvs runners viseu	Veterano M45	48:18	+20:02	04:50
442	1096	José Moita	virithvs runners viseu	Veterano M45	48:18	+20:02	04:50
443	1078	Zélia Margarida	virithvs runners viseu	Senior Feminino	48:18	+20:02	04:50
444	356	Bruno Miguel Pereira Nunes	individual	Junior Masculino	48:18	+20:02	04:50
445	728	Rui Miguel	individual	Veterano M45	48:18	+20:02	04:50
446	1048	Pedro Pinto	formobike btt & trail running	Veterano M40	48:18	+20:02	04:50
447	995	Daniel Mendes	run@figueira	Veterano M40	48:21	+20:05	04:50
448	645	José Pedro Saraiva	individual	Veterano M40	48:22	+20:05	04:50
449	55	Carla Patrícia Sequeira Romeiro	arcod venda da luiza	Veterana F40	48:22	+20:06	04:50
450	494	Lukas Brunner	individual	Senior Masculino	48:23	+20:07	04:50
451	434	Bernardo Vicente	individual	Senior Masculino	48:25	+20:09	04:51
452	994	Susana Salvaterra	run@figueira	Veterana F40	48:26	+20:10	04:51
453	1016	Ilda Maria do Nascimento Baptista Botelho	timim	Veterana F40	48:27	+20:11	04:51
454	768	paulo silva	individual	Veterano M50	48:27	+20:11	04:51
455	39	Rui Manuel Ribeiro Gonçalves	airbag no problem	Senior Masculino	48:28	+20:12	04:51
456	429	André Magalhães	individual	Senior Masculino	48:30	+20:14	04:51
457	362	Ana Gonçalves	individual	Senior Feminino	48:32	+20:16	04:51
458	457	Fernando Jorge Alves Ferreira	individual	Senior Masculino	48:33	+20:17	04:51
459	559	Tiago Marques	individual	Senior Masculino	48:34	+20:17	04:51
460	459	Francisco Farragos	individual	Senior Masculino	48:34	+20:18	04:51
461	467	Hugo Pinho	individual	Senior Masculino	48:38	+20:22	04:52
462	799	Elias de Oliveira Leitão	individual	Veterano M60	48:39	+20:23	04:52
463	161	Catarina Coutinho	cmc	Senior Feminino	48:40	+20:24	04:52
464	620	ALFREDO FERREIRA	individual	Veterano M40	48:42	+20:25	04:52
465	823	Luis Paiva	kick runners	Veterano M45	48:42	+20:26	04:52
466	117	Rodrigo José Gomes Nunes	ccdr matas e cipreste	Senior Masculino	48:43	+20:27	04:52
467	774	Ricardo Rocha	individual	Veterano M50	48:44	+20:28	04:52
468	749	Francisco Viegas	individual	Veterano M50	48:45	+20:29	04:53
469	440	Carlos Alves	individual	Senior Masculino	48:45	+20:29	04:53
470	570	Brigitte campos	individual	Veterana F40	48:48	+20:31	04:53

PROVA PRINCIPAL - STAGE 1

10 KM

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REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
471	685	Carlos Barradas	individual	Veterano M45	48:48	+20:31	04:53
472	714	Paulo Branco	individual	Veterano M45	48:49	+20:33	04:53
473	1075	Cláudia Patrícia Martins Rodrigues	virithvs runners viseu	Senior Feminino	48:52	+20:35	04:53
474	659	Nuno Simoes	individual	Veterano M40	48:52	+20:36	04:53
475	677	Samuel Ferraz Costa	individual	Veterano M40	48:53	+20:37	04:53
476	486	José Nunes	individual	Senior Masculino	48:54	+20:38	04:53
477	656	Nuno Duarte Abranches Pinto	individual	Veterano M40	48:54	+20:38	04:53
478	506	Nelson Neves	individual	Senior Masculino	48:54	+20:38	04:53
479	296	Maria José Lima	escola de atletismo de coimbra/jpaiva	Veterana F40	48:55	+20:39	04:54
480	408	Raquel Neves	individual	Senior Feminino	48:55	+20:39	04:54
481	466	Hugo Peneda	individual	Senior Masculino	48:55	+20:39	04:54
482	63	Rita Carvalho	arsm - associação recreativa de s. miguel	Senior Feminino	49:04	+20:48	04:54
483	850	Firmino Mendes	montanha clube trail running/ efapel	Veterano M55	49:06	+20:50	04:55
484	355	Vitor Parola	impact factor	Senior Masculino	49:07	+20:51	04:55
485	836	Carla Pimenta	lusoteam	Veterana F40	49:08	+20:52	04:55
486	828	João Cavadas	lágrimas team	Veterano M50	49:08	+20:52	04:55
487	273	Cheila Dias	escola de atletismo de coimbra/jpaiva	Senior Feminino	49:10	+20:54	04:55
488	692	Hélder Silvério	individual	Veterano M45	49:10	+20:54	04:55
489	937	José Santos	out 2 run/miro	Veterano M50	49:11	+20:55	04:55
490	693	Hernâni Pedroso	individual	Veterano M45	49:15	+20:59	04:56
491	294	Maria dos Anjos	escola de atletismo de coimbra/jpaiva	Veterana F40	49:19	+21:02	04:56
492	709	Luís Manuel Santos Antunes Alves	individual	Veterano M45	49:23	+21:07	04:56
493	797	António Barros da Silva	individual	Veterano M60	49:23	+21:07	04:56
494	588	Margarida Leal	individual	Veterana F40	49:26	+21:10	04:57
495	673	Ricardo Veiga	individual	Veterano M40	49:28	+21:12	04:57
496	380	Diana Sofia Gaioso Dias	individual	Senior Feminino	49:29	+21:13	04:57
497	676	Rui Martins	individual	Veterano M40	49:30	+21:14	04:57
498	249	Carlos Mendes	cumbroa bike`s running team	Senior Masculino	49:30	+21:14	04:57
499	1044	Armando Rodrigues	tribo nr	Veterano M45	49:33	+21:17	04:57
500	1054	João Carlos Teixeira Cardoso	turismo centro de portugal	Veterano M40	49:34	+21:18	04:57
501	61	José Carlos Fernandes	arcd venda da luisa	Veterano M50	49:34	+21:18	04:57
502	731	Simão Paredes	individual	Veterano M45	49:36	+21:20	04:58
503	688	Francisco Pereira	individual	Veterano M45	49:36	+21:20	04:58
504	505	Miguel Forte	individual	Senior Masculino	49:38	+21:22	04:58
505	622	António Alberto Direita Quintero	individual	Veterano M40	49:40	+21:23	04:58
506	478	João Rainho	individual	Senior Masculino	49:41	+21:25	04:58
507	630	Diogo Lucas Pires	individual	Veterano M40	49:41	+21:25	04:58
508	426	Alexandre Anjos	individual	Senior Masculino	49:41	+21:25	04:58
509	556	Tiago Filipe Pereira Carvalho	individual	Senior Masculino	49:42	+21:26	04:58
510	784	Carlos Ferreira	individual	Veterano M55	49:42	+21:26	04:58
511	746	Fernando Medeiros	individual	Veterano M50	49:44	+21:28	04:58
512	201	João Salustiano	cmc	Veterano M45	49:53	+21:37	04:59
513	521	Pedro José Batalha da Fonseca	individual	Senior Masculino	49:56	+21:40	05:00

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
514	842	JORGE LOPES	mondegopecas	Veterano M40	49:57	+21:41	05:00
515	717	Paulo Jorge Ribeiro Pinto	individual	Veterano M45	50:00	+21:44	05:00
516	927	Maria Manuela da Fonseca Catarino Mendes	os papaléguas	Veterana F40	50:01	+21:45	05:00
517	621	André Luz Silva	individual	Veterano M40	50:02	+21:46	05:00
518	779	Aníbal Sintra Pisco	individual	Veterano M55	50:02	+21:46	05:00
519	476	joao pedro rodrigues da silva	individual	Senior Masculino	50:04	+21:48	05:00
520	1037	Liliana Amelia Gomes da Silva	tribo nr	Veterana F40	50:06	+21:50	05:01
521	460	FREDERICO FERNANDES MARTINS	individual	Senior Masculino	50:07	+21:51	05:01
522	188	Teresa Lurdes Fernandes Rosa	cmc	Veterana F40	50:12	+21:56	05:01
523	1040	Marcos Alves	tribo nr	Veterano M40	50:15	+21:59	05:02
524	1032	Ana Rufino	tribo nr	Veterana F40	50:18	+22:02	05:02
525	764	Mário Silva Coelho	individual	Veterano M50	50:18	+22:02	05:02
526	668	Pedro Lopes	individual	Veterano M40	50:21	+22:05	05:02
527	586	Judite cruz	individual	Veterana F40	50:23	+22:07	05:02
528	843	Ana Sêco	montanha clube trail running/ efapel	Senior Feminino	50:25	+22:09	05:03
529	923	Catarina Isabel Simões Salgado	os papaléguas	Veterana F40	50:25	+22:09	05:03
530	346	Maria Lobo	holmes place coimbra	Senior Feminino	50:26	+22:10	05:03
531	402	Marta Isabel Martins Mira Varandas	individual	Senior Feminino	50:32	+22:16	05:03
532	663	Paulo Faustino	individual	Veterano M40	50:32	+22:16	05:03
533	958	José Teixeira	portuguese united training association	Veterano M40	50:33	+22:17	05:03
534	36	Carlos Lopes	águas de coimbra	Veterano M40	50:34	+22:18	05:03
535	889	Manuel Ferreira	onda team	Veterano M50	50:37	+22:21	05:04
536	698	João Paulo Lopes Rosa	individual	Veterano M45	50:37	+22:21	05:04
537	527	Pedro Oliveira	individual	Senior Masculino	50:38	+22:22	05:04
538	1041	Miguel Campos	tribo nr	Veterano M40	50:40	+22:24	05:04
539	818	Beatriz Bartolomeu Duarte	karrapateira 1919	Senior Feminino	50:42	+22:25	05:04
540	1007	Patrícia Beja	soure mov	Veterana F40	50:42	+22:26	05:04
541	959	Miguel Fonseca	portuguese united training association	Veterano M40	50:44	+22:28	05:04
542	58	Sandra Simões	arcd venda da luisa	Veterana F40	50:48	+22:32	05:05
543	176	Cristina Isabel Silva Melo	cmc	Veterana F40	50:49	+22:33	05:05
544	732	Vasco Borges	individual	Veterano M45	50:52	+22:36	05:05
545	738	Carlos Alberto Cunha	individual	Veterano M50	50:53	+22:36	05:05
546	517	Paulo Vitor Barboza de Oliveira	individual	Senior Masculino	50:53	+22:37	05:05
547	992	Henrique Costa	rmcasa	Veterano M55	50:54	+22:38	05:05
548	888	João Dias	onda team	Veterano M50	50:54	+22:38	05:05
549	590	Maria João Benquerença	individual	Veterana F40	50:54	+22:38	05:05
550	611	Isabel Maria Moniz Vieira	individual	Veterana F50	50:56	+22:40	05:06
551	729	Sérgio Almeida	individual	Veterano M45	50:57	+22:41	05:06
552	1035	Helena Lopes	tribo nr	Veterana F40	50:58	+22:42	05:06
553	840	Mauro Pinheiro	mestres do passevite	Senior Masculino	50:59	+22:43	05:06
554	328	Dina Figueiredo	fisbem	Senior Feminino	51:00	+22:44	05:06
555	960	Olinto Vieira	portuguese united training association	Veterano M40	51:03	+22:47	05:06

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
556	502	Mario Moreira	individual	Senior Masculino	51:03	+22:47	05:06
557	417	Sofia Aguiar	individual	Senior Feminino	51:03	+22:47	05:06
558	661	Paulo Costa	individual	Veterano M40	51:06	+22:50	05:07
559	726	Rui António dos Santos Costa	individual	Veterano M45	51:07	+22:51	05:07
560	447	David Deveza Pereira	individual	Senior Masculino	51:07	+22:51	05:07
561	884	Vitor Figueiredo	onda team	Veterano M40	51:08	+22:52	05:07
562	689	Gonçalo Azevedo Mendes	individual	Veterano M45	51:08	+22:52	05:07
563	360	Ana Filipa Lopes Duarte	individual	Senior Feminino	51:10	+22:54	05:07
564	1070	Daniel Fernandes	vimarunners	Senior Masculino	51:10	+22:54	05:07
565	985	Sérgio Castanheira	ritz runner	Senior Masculino	51:11	+22:55	05:07
566	930	Isabel Jesus	out 2 run/miro	Senior Feminino	51:11	+22:55	05:07
567	107	Luís Reis	caneca na meta	Senior Masculino	51:17	+23:00	05:08
568	105	André Neves	caneca na meta	Senior Masculino	51:17	+23:01	05:08
569	1043	Paulo Domingues	tribo nr	Veterano M40	51:18	+23:02	05:08
570	727	Rui Azevedo	individual	Veterano M45	51:19	+23:03	05:08
571	546	Rui da Cruz Rocha	individual	Senior Masculino	51:21	+23:05	05:08
572	374	Carmen fraile	individual	Senior Feminino	51:22	+23:06	05:08
573	812	Alberto Valejo	iprunners	Veterano M45	51:27	+23:11	05:09
574	388	inês a t almeida	individual	Senior Feminino	51:29	+23:13	05:09
575	597	Sofia Caetano	individual	Veterana F40	51:30	+23:14	05:09
576	324	Manuel Freitas Balhau Jorge	farmácia luciano e matos	Veterano M60	51:31	+23:15	05:09
577	798	ARMANDO FRANÇA	individual	Veterano M60	51:32	+23:15	05:09
578	1137	Vasco Gamboa	soure mov	Senior Masculino	51:33	+23:17	05:09
579	40	Vasco Lavado	alverca urban runners	Veterano M40	51:37	+23:21	05:10
580	813	João Paulo Dias	iprunners	Veterano M50	51:38	+23:22	05:10
581	422	Teresa Barra	individual	Senior Feminino	51:40	+23:24	05:10
582	833	Rúben Rodrigues	lugrade	Senior Masculino	51:45	+23:28	05:11
583	111	Marisa Almeida	casa do benfica condeixa	Senior Feminino	51:45	+23:29	05:11
584	504	Miguel Filipe Rodrigues de Jesus	individual	Senior Masculino	51:45	+23:29	05:11
585	149	Afonso Macedo	clube - clube de veteranos de atletismo de coimbra	Veterano M60	51:52	+23:35	05:11
586	961	Paulo Ferreira	portuguese united training association	Veterano M40	51:57	+23:41	05:12
587	129	Mário Martins	centro popular de trabalhadores de sobral de ceira	Veterano M55	51:58	+23:42	05:12
588	674	Rui Lopes	individual	Veterano M40	52:01	+23:45	05:12
589	1093	Dinis Martins	viriathvs runners viseu	Veterano M45	52:02	+23:46	05:12
590	931	Marta Fonseca	out 2 run/miro	Senior Feminino	52:02	+23:46	05:12
591	701	josé Fonseca	individual	Veterano M45	52:04	+23:48	05:12
592	150	António Tavares	clube - clube de veteranos de atletismo de coimbra	Veterano M60	52:05	+23:49	05:13
593	655	Nuno Coelho	individual	Veterano M40	52:06	+23:50	05:13
594	1064	Micael Fazenda	velozes e furiosos	Junior Masculino	52:06	+23:50	05:13
595	353	Jorge Campos	holmes place coimbra	Veterano M55	52:08	+23:52	05:13
596	135	João Silva	ckapri.pt	Veterano M60	52:11	+23:55	05:13
597	357	Frederico Simões	individual	Junior Masculino	52:13	+23:57	05:13
598	152	Carlos Lopes	clube - clube de veteranos de atletismo de coimbra	Veterano M60	52:13	+23:57	05:13

PROVA PRINCIPAL - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
639	465	Hugo Moreira Rodrigues	individual	Senior Masculino	53:15	+24:59	05:20
640	796	António Apolinário Saraiva	individual	Veterano M60	53:21	+25:05	05:20
641	524	Pedro Marques	individual	Senior Masculino	53:23	+25:07	05:20
642	395	Lara Tomás	individual	Senior Feminino	53:23	+25:07	05:20
643	561	Tiago Miguel Oliveira Brandão	individual	Senior Masculino	53:23	+25:07	05:20
644	219	Álvaro Pinheiro	coimbra trail running	Senior Masculino	53:25	+25:09	05:21
645	898	Raquel Braz	os filhos da noite	Senior Feminino	53:25	+25:09	05:21
646	550	Taigo Santos	individual	Senior Masculino	53:26	+25:10	05:21
647	387	Helena Azevedo	individual	Senior Feminino	53:27	+25:11	05:21
648	542	Roberto Filipe Gato Henriques	individual	Senior Masculino	53:29	+25:13	05:21
649	523	Pedro Manuel Dias dos Santos	individual	Senior Masculino	53:29	+25:13	05:21
650	808	Luis Vale	individual	Veterano M60	53:32	+25:15	05:21
651	909	Edgar Solano	os papa milhas	Senior Masculino	53:32	+25:16	05:21
652	438	Bruno Sampaio	individual	Senior Masculino	53:37	+25:21	05:22
653	370	Andreia Raquel dos Santos Costa	individual	Senior Feminino	53:40	+25:24	05:22
654	560	Tiago Miguel Fortunato Martins	individual	Senior Masculino	53:41	+25:25	05:22
655	1049	Ilidio Cordeiro	trilhos de sicó	Veterano M55	53:44	+25:28	05:22
656	1136	Nuno Santos	individual	Veterano M40	53:50	+25:34	05:23
657	891	Rui Ferreira	onda team	Veterano M50	53:51	+25:34	05:23
658	609	Constança Rigueiro	individual	Veterana F50	53:51	+25:35	05:23
659	305	Filipe Martins	escola de atletismo de coimbra/jpaiva	Veterano M45	53:51	+25:35	05:23
660	205	Ricardo Pinho	cmc	Veterano M45	54:00	+25:44	05:24
661	740	Carlos Barroso	individual	Veterano M50	54:00	+25:44	05:24
662	658	Nuno Rafael Dinis	individual	Veterano M40	54:06	+25:50	05:25
663	671	Ricardo Moura	individual	Veterano M40	54:06	+25:50	05:25
664	938	Florbela Rouxinol	out2run/miro	Veterana F40	54:07	+25:51	05:25
665	1061	carlos lucas	u c eirense - casa baia	Veterano M40	54:11	+25:55	05:25
666	1060	joão pedro	u c eirense - casa baia	Senior Masculino	54:11	+25:55	05:25
667	601	Vera Gordo	individual	Veterana F40	54:15	+25:59	05:26
668	406	Paula Sofia de Oliveira Martins	individual	Senior Feminino	54:16	+25:59	05:26
669	319	Diogo Cortesão Cardoso	este ano viemos	Junior Masculino	54:18	+26:02	05:26
670	910	Gonçalo Paiva	os papa milhas	Senior Masculino	54:22	+26:06	05:26
671	437	Bruno Miguel Esteves Paiva	individual	Senior Masculino	54:25	+26:09	05:27
672	79	João Oliveira	barrascos runners	Senior Masculino	54:25	+26:09	05:27
673	78	Claudio Rebelo	barrascos runners	Senior Masculino	54:26	+26:10	05:27
674	941	LILIANA ROMERO	papoilas saltitantes	Senior Feminino	54:28	+26:12	05:27
675	137	Manuel Pereira	clínica dos relógios	Veterano M60	54:30	+26:14	05:27
676	600	Teresa Tavares	individual	Veterana F40	54:32	+26:16	05:27
677	880	Claudia Figueiredo	onda team	Veterana F40	54:34	+26:18	05:27
678	853	Nádia Custódio	nadiana	Junior Feminino	54:35	+26:19	05:28
679	854	Ricardo Custódio	nadiana	Veterano M45	54:35	+26:19	05:28
680	670	PEDRO SOARES GONÇALVES	individual	Veterano M40	54:40	+26:23	05:28
681	660	Paulo Alexandre Lopes Curado	individual	Veterano M40	54:41	+26:25	05:28
682	199	Acílio Santos Franco Rodrigues Noro	cmc	Veterano M45	54:42	+26:26	05:28

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

R
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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
723	399	Margarida Rodrigues Montezuma Sá Marta	individual	Senior Feminino	56:01	+27:44	05:36
724	348	Ângela Campos	holmes place coimbra	Veterana F50	56:04	+27:48	05:36
725	1144	Paulo Veiga	capsas	Veterano M55	56:05	+27:49	05:37
726	365	Ana Mendes	individual	Senior Feminino	56:08	+27:52	05:37
727	525	Pedro Martins	individual	Senior Masculino	56:10	+27:54	05:37
728	386	Filipa Melo	individual	Senior Feminino	56:11	+27:55	05:37
729	191	Maria de Fátima Marques Nogueira Machado	cmc	Veterana F50	56:14	+27:58	05:37
730	593	Paula Mendonca	individual	Veterana F40	56:14	+27:58	05:37
731	351	Rui Monteiro	holmes place coimbra	Veterano M45	56:14	+27:58	05:37
732	134	Rui Bogalho	chitas de alcobaça	Veterano M45	56:17	+28:01	05:38
733	608	célia maria dias silva	individual	Veterana F50	56:17	+28:01	05:38
734	133	Magda Marvalho	chitas de alcobaça	Veterana F40	56:17	+28:01	05:38
735	971	José Luis Carvalho da Cruz	r g levanta poeira	Veterano M60	56:17	+28:01	05:38
736	1020	Pedro José Silva Santos	timim	Veterano M40	56:17	+28:01	05:38
737	1015	André de Sousa Vidigal Pereira	timim	Senior Masculino	56:21	+28:05	05:38
738	765	Nuno Alves	r g levanta poeira	Veterano M50	56:22	+28:06	05:38
739	908	Rita Gonçalves	os papa milhas	Senior Feminino	56:31	+28:15	05:39
740	912	Ricardo Neves	os papa milhas	Senior Masculino	56:32	+28:16	05:39
741	977	António Manuel Santos	reino238	Veterano M45	56:36	+28:20	05:40
742	976	António Miguel Santos	reino238	Junior Masculino	56:36	+28:20	05:40
743	962	Pedro Vila Nova	portuguese united training association	Veterano M40	56:37	+28:21	05:40
744	385	Filipa Batista	individual	Senior Feminino	56:38	+28:22	05:40
745	489	Luis António	individual	Senior Masculino	56:42	+28:26	05:40
746	1065	Catarina Marques	velozes e furiosos	Senior Feminino	56:43	+28:27	05:40
747	256	Catarina Martins	dci/trilhos luso bussaco	Veterana F40	56:43	+28:27	05:40
748	1033	Anabela Amaral	tribo nr	Veterana F40	56:45	+28:29	05:41
749	379	Cristiana Filipa Rodrigues Pereira	individual	Senior Feminino	56:46	+28:30	05:41
750	1034	Florbela Fernandes	tribo nr	Veterana F40	56:48	+28:32	05:41
751	1071	Ana Correia	viriahtvs runners viseu	Junior Feminino	56:49	+28:33	05:41
752	12	Marta Almeida	a.d.c. andorinha	Senior Feminino	56:50	+28:34	05:41
753	13	Pedro Gaspar	a.d.c. andorinha	Senior Masculino	56:50	+28:34	05:41
754	1085	Rosa Correia	viriahtvs runners viseu	Veterana F40	56:50	+28:34	05:41
755	217	Ana Alves	coimbra trail running	Senior Feminino	56:51	+28:34	05:41
756	867	Karl Smyth	old man running club	Veterano M40	56:51	+28:34	05:41
757	583	Isabel Ferreira Matos 24	individual	Veterana F40	56:53	+28:37	05:41
758	144	Marta Ferreira	clube futebol os belenenses	Senior Feminino	56:54	+28:37	05:41
759	383	Dora Oliveira	individual	Senior Feminino	56:54	+28:38	05:41
760	1051	João Manuel Martins Quaresma	turismo centro de portugal	Senior Feminino	57:02	+28:45	05:42
761	468	Ivo Alexandre Carvalho Reis	individual	Senior Masculino	57:04	+28:48	05:42
762	1140	Joana Amaral	individual	Senior Feminino	57:06	+28:50	05:43
763	870	Catarina Matias	olympic silvas	Senior Feminino	57:09	+28:52	05:43
764	248	Laurinda Pereira	cskd - condeixa shukokai karate-do	Veterana F40	57:09	+28:53	05:43

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OFFICIAL RESULT

107	1139	Ana Pereira	Individual	Senior Feminino	01:08:25	+40:09	06:51
108	389	Inês Branco	Individual	Senior Feminino	01:09:04	+40:48	06:54
109	892	MÓNICA REVERENDO	OS AUSENTES PRESENTES	Senior Feminino	01:13:21	+45:05	07:20

Senior Masculino

1	2	Miguel Borges	SPORT LISBOA E BENFICA	Senior Masculino	28:16	+00:00	02:50
2	3	Pedro Ribeiro	Sporting Clube de Portugal	Senior Masculino	28:31	+00:14	02:51
3	281	João Valente	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	29:49	+01:33	02:59
4	283	José Sousa	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	30:00	+01:44	03:00
5	278	João Almeida	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	30:01	+01:44	03:00
6	282	José Neves	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	30:19	+02:03	03:02
7	22	João Toscano	ACR Senhora do Desterro-Napo	Senior Masculino	30:56	+02:40	03:06
8	21	Nuno Tinoco	ACDRS QUINHENDROS	Senior Masculino	31:03	+02:47	03:06
9	451	Diogo Pinheiro	SSC18_Team_693636625398454 103734	Senior Masculino	31:22	+03:06	03:08
10	23	Telmo Nascimento	ACR Senhora do Desterro-Napo	Senior Masculino	31:26	+03:10	03:09
11	1	Hermano Ferreira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	31:27	+03:11	03:09
12	276	Carlos Costa	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	31:29	+03:13	03:09
13	284	José Veiga	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	31:40	+03:24	03:10
14	288	Ricardo Gaspar	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:00	+03:44	03:12
15	285	Nelson Costa	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:19	+04:03	03:14
16	277	Igor Castro	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:30	+04:13	03:15
17	280	João Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:43	+04:27	03:16
18	121	Vitor Pleno	Centro Popular de trabalhadores de Sobral de Ceira	Senior Masculino	32:53	+04:37	03:17
19	120	Luís Rodrigues	Centro Popular de trabalhadores de Sobral de Ceira	Senior Masculino	33:08	+04:52	03:19
20	495	Marc Morató Rufié	Individual	Senior Masculino	33:09	+04:53	03:19
21	1008	Samuel Freire	SPORT LISBOA E BENFICA	Senior Masculino	34:01	+05:44	03:24
22	255	Vítor Mariano	Dci/trilhos luso bussaco	Senior Masculino	34:04	+05:48	03:24
23	335	Miguel Figueira	Gira Sol	Senior Masculino	34:28	+06:12	03:27
24	291	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	34:32	+06:16	03:27
25	76	Tiago Rafael Duarte	Atletismo clube da tocha	Senior Masculino	35:25	+07:09	03:33
26	253	Fernando Marques	Dci/trilhos luso bussaco	Senior Masculino	35:27	+07:11	03:33
27	1069	Ricardo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	35:29	+07:13	03:33
28	221	João Ferreira	Coimbra Trail Running	Senior Masculino	35:46	+07:30	03:35
29	496	Márcio Cafu	Individual	Senior Masculino	35:50	+07:34	03:35

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OFFICIAL RESULT

30	1149	Ruben Fernandes	UC Eirense	Senior Masculino	35:57	+07:41	03:36
31	340	Bruno Gonçalves	GRVilaverdense	Senior Masculino	35:58	+07:42	03:36
32	972	Celso Moreira	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	36:03	+07:47	03:36
33	289	Ricardo Gomes	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	36:05	+07:49	03:37
34	20	MÁRCIO RODRIGUES	ACDRS QUINHENDROS	Senior Masculino	36:57	+08:41	03:42
35	30	Arnaldo Mendes	ADM - Orimondego	Senior Masculino	37:21	+09:05	03:44
36	1028	Saul Martins	Tribo NR	Senior Masculino	37:26	+09:10	03:45
37	490	luis filipe pereira	Individual	Senior Masculino	37:43	+09:27	03:46
38	500	Marcos André Ribeiro Leal	Individual	Senior Masculino	37:45	+09:29	03:47
39	347	Luís Marques	Holmes Place Coimbra	Senior Masculino	37:45	+09:29	03:47
40	167	Daniel Filipe Correia de Paiva	CMC	Senior Masculino	38:09	+09:53	03:49
41	537	Ricardo Germano	Individual	Senior Masculino	38:20	+10:04	03:50
42	287	Pedro Moreira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	38:25	+10:09	03:51
43	225	RICARDO JORGE DE ABREU BICA	Coimbra Trail Running	Senior Masculino	38:28	+10:12	03:51
44	66	Bruno Oliveira	ASCValeirinha	Senior Masculino	38:31	+10:14	03:51
45	824	Fábio André Santos e Silva	KorpoAtivo BTT/ U.D Lorvanense	Senior Masculino	38:32	+10:16	03:51
46	325	José Machado	Figueira da Foz Team	Senior Masculino	38:33	+10:17	03:51
47	1067	Marco Sousa	velozes e furiosos	Senior Masculino	38:48	+10:32	03:53
48	428	André Filipe Rosa Morais	Individual	Senior Masculino	38:49	+10:33	03:53
49	544	Rúben Neves	Individual	Senior Masculino	38:51	+10:35	03:53
50	540	Ricardo Moreira	Individual	Senior Masculino	38:55	+10:39	03:54
51	543	Romeu Miguel Serra Afonso	Individual	Senior Masculino	38:59	+10:42	03:54
52	51	Artur Jorge Henriques Gândara	ARCD Venda da Luisa	Senior Masculino	39:01	+10:45	03:54
53	323	André Filipe Paiva Loureiro	Farmácia Luciano e Matos	Senior Masculino	39:04	+10:48	03:54
54	54	Paulo José Rodrigues Bernardo	ARCD Venda da Luisa	Senior Masculino	39:15	+10:59	03:56
55	503	Martinho José da Silva Pessoa	Individual	Senior Masculino	39:16	+11:00	03:56
56	511	Nuno madeira	Individual	Senior Masculino	39:24	+11:08	03:56
57	1083	Sandro Alves	Viriathvs Runners Viseu	Senior Masculino	39:24	+11:08	03:56
58	455	Eugénio Santos	Individual	Senior Masculino	39:27	+11:11	03:57
59	119	Daniel Correia	Centro Popular de trabalhadores de Sobral de Ceira	Senior Masculino	39:34	+11:18	03:57
60	1138	Atão Nogueira	Individual	Senior Masculino	39:39	+11:23	03:58
61	1030	Sérgio Rafael Alves Gomes	Tribo NR	Senior Masculino	39:45	+11:29	03:59
62	452	Eduardo Carvalheiro	Individual	Senior Masculino	39:47	+11:30	03:59
63	456	Fábio Mendes	Individual	Senior Masculino	39:48	+11:32	03:59
64	104	Carlos França	CAD a Correr	Senior Masculino	39:56	+11:39	04:00
65	968	João Rasteiro	Quarteto Fantastico	Senior Masculino	40:08	+11:52	04:01
66	955	Elton Pinho	Pé D'Atleta Run Walk Team	Senior Masculino	40:10	+11:54	04:01
67	947	David Jesus	Pascoalitos AD Barcouço	Senior Masculino	40:29	+12:13	04:03
68	1146	Bruno Bernardes	Cluve	Senior Masculino	40:31	+12:15	04:03
69	982	Gonçalo Lima	Ritz Runner	Senior Masculino	40:32	+12:16	04:03
70	492	luis oliveira	Individual	Senior Masculino	40:40	+12:23	04:04
71	875	Ivo Gonçalves	Onda Team	Senior Masculino	40:51	+12:35	04:05
72	44	Tiago Saraiva Lopes	Ansibikers	Senior Masculino	40:54	+12:38	04:05
73	441	Carlos Costa	Individual	Senior Masculino	40:56	+12:40	04:06

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74	903	Pedro Sousa	Os Mimosos	Senior Masculino	40:57	+12:41	04:06
75	548	Rui Neto	Individual	Senior Masculino	40:58	+12:41	04:06
76	1066	Fábio Mendes	velozes e furiosos	Senior Masculino	41:04	+12:48	04:06
77	539	Ricardo Melo	Individual	Senior Masculino	41:10	+12:54	04:07
78	563	Valdivino santos	Individual	Senior Masculino	41:20	+13:04	04:08
79	226	Rui Carrito	Coimbra Trail Running	Senior Masculino	41:20	+13:04	04:08
80	279	João Pimentel	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	41:29	+13:13	04:09
81	53	João Carlos Balças da Silva	ARCD Venda da Luisa	Senior Masculino	41:37	+13:21	04:10
82	1027	Ricardo Sousa	Tribo NR	Senior Masculino	41:45	+13:29	04:11
83	470	João Luís	Individual	Senior Masculino	42:03	+13:46	04:12
84	112	Nuno Tiago Santos Pires	Casa do Benfica Condeixa	Senior Masculino	42:07	+13:51	04:13
85	448	Diogo Casaca	Individual	Senior Masculino	42:09	+13:53	04:13
86	1082	Pedro Lopes	Viriathvs Runners Viseu	Senior Masculino	42:17	+14:01	04:14
87	252	Hever Prires	Dci/trilhos luso bussaco	Senior Masculino	42:20	+14:04	04:14
88	439	Bruno Santos	Individual	Senior Masculino	42:22	+14:05	04:14
89	839	Luciano Pereira	Mestres do passevite	Senior Masculino	42:30	+14:13	04:15
90	508	Nuno Afonso	Individual	Senior Masculino	42:32	+14:16	04:15
91	516	Paulo Matafome	Tribo NR	Senior Masculino	42:35	+14:19	04:16
92	549	Samuel José Ferreira dos Santos	Individual	Senior Masculino	42:39	+14:23	04:16
93	453	Eduardo Ribeiro	Individual	Senior Masculino	42:40	+14:24	04:16
94	1142	Cristiano Gante	Individual	Senior Masculino	42:42	+14:26	04:16
95	838	João Veiga	Mestres do passevite	Senior Masculino	42:43	+14:27	04:16
96	290	Ricardo Santos	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	42:44	+14:28	04:16
97	929	Luís Filipe Santos Marques	Os Unidos	Senior Masculino	42:46	+14:30	04:17
98	268	Nuno Rodrigues	Deixa Passar	Senior Masculino	42:52	+14:36	04:17
99	266	Célio Duarte	Deixa Passar	Senior Masculino	42:54	+14:38	04:17
100	19	Bruno Rodrigues	ACDRS QUINHENDROS	Senior Masculino	42:56	+14:40	04:18
101	334	Fábio Gaspar	Gira Sol	Senior Masculino	43:02	+14:46	04:18
102	969	João Santos	Quarteto Fantastico	Senior Masculino	43:28	+15:12	04:21
103	31	José Urbano Correia Abreu	ADRAP	Senior Masculino	43:33	+15:17	04:21
104	497	Marco Aurélio Dias Simões	Individual	Senior Masculino	43:55	+15:39	04:24
105	95	Jose Miguel Fernandes Martins	Bluepharma Group	Senior Masculino	44:03	+15:47	04:24
106	189	Paulino Oliveira	Individual	Senior Masculino	44:13	+15:56	04:25
107	52	Fernando Morgado	ARCD Venda da Luisa	Senior Masculino	44:13	+15:57	04:25
108	272	Filipe Duarte	Duarte(s) e Companhia	Senior Masculino	44:16	+16:00	04:26
109	564	Vitor Almeida de Moraes	Individual	Senior Masculino	44:16	+16:00	04:26
110	1031	Tiago Taborda	Tribo NR	Senior Masculino	44:19	+16:03	04:26
111	877	Rafael Oliveira	Onda Team	Senior Masculino	44:23	+16:07	04:26
112	116	Henrique Carvalheiro	CCDR Matas e Cipeste	Senior Masculino	44:27	+16:10	04:27
113	520	Pedro Eufrásio	Individual	Senior Masculino	44:31	+16:14	04:27
114	983	Mário Neves	Ritz Runner	Senior Masculino	44:36	+16:20	04:28
115	469	João Duarte	Individual	Senior Masculino	44:38	+16:22	04:28
116	562	Tiago Vaz	Individual	Senior Masculino	44:45	+16:29	04:29
117	566	Vitor Santos	Individual	Senior Masculino	44:47	+16:31	04:29
118	911	Jorge Vaz	Os Papa Milhas	Senior Masculino	44:51	+16:34	04:29

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Prova Principal

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164	512	Nuno Miguel Santos Gomes	Individual	Senior Masculino	48:14	+19:57	04:49
165	494	Lukas Brunner	Individual	Senior Masculino	48:23	+20:07	04:50
166	434	Bernardo Vicente	Individual	Senior Masculino	48:25	+20:09	04:51
167	39	Rui Manuel Ribeiro Gonçalves	Airbag No Problem	Senior Masculino	48:28	+20:12	04:51
168	429	André Magalhães	Individual	Senior Masculino	48:30	+20:14	04:51
169	457	Fernando Jorge Alves Ferreira	Individual	Senior Masculino	48:33	+20:17	04:51
170	559	Tiago Marques	Individual	Senior Masculino	48:34	+20:17	04:51
171	459	Francisco Farragos	Individual	Senior Masculino	48:34	+20:18	04:51
172	467	Hugo Pinho	Individual	Senior Masculino	48:38	+20:22	04:52
173	117	Rodrigo José Gomes Nunes	CCDR Matas e Cipreste	Senior Masculino	48:43	+20:27	04:52
174	440	Carlos Alves	Individual	Senior Masculino	48:45	+20:29	04:53
175	486	José Nunes	Individual	Senior Masculino	48:54	+20:38	04:53
176	506	Nelson Neves	Individual	Senior Masculino	48:54	+20:38	04:53
177	466	Hugo Peneda	Individual	Senior Masculino	48:55	+20:39	04:54
178	355	Vitor Parola	Impact Factor	Senior Masculino	49:07	+20:51	04:55
179	249	Carlos Mendes	CUMIBROA BIKE' S RUNNING TEAM	Senior Masculino	49:30	+21:14	04:57
180	505	Miguel Forte	Individual	Senior Masculino	49:38	+21:22	04:58
181	478	João Rainho	Individual	Senior Masculino	49:41	+21:25	04:58
182	426	Alexandre Anjos	Individual	Senior Masculino	49:41	+21:25	04:58
183	556	Tiago Filipe Pereira Carvalho	Individual	Senior Masculino	49:42	+21:26	04:58
184	521	Pedro José Batalha da Fonseca	Individual	Senior Masculino	49:56	+21:40	05:00
185	476	joao pedro rodrigues da silva	Individual	Senior Masculino	50:04	+21:48	05:00
186	460	FREDERICO FERNANDES MARTINS	Individual	Senior Masculino	50:07	+21:51	05:01
187	527	Pedro Oliveira	Individual	Senior Masculino	50:38	+22:22	05:04
188	517	Paulo Vitor Barboza de Oliveira	Individual	Senior Masculino	50:53	+22:37	05:05
189	840	Mauro Pinheiro	Mestres do passevite	Senior Masculino	50:59	+22:43	05:06
190	502	Mario Moreira	Individual	Senior Masculino	51:03	+22:47	05:06
191	447	David Deveza Pereira	Individual	Senior Masculino	51:07	+22:51	05:07
192	1070	Daniel Fernandes	vimarunners	Senior Masculino	51:10	+22:54	05:07
193	985	Sérgio Castanheira	Ritz Runner	Senior Masculino	51:11	+22:55	05:07
194	107	Luís Reis	Caneca na Meta	Senior Masculino	51:17	+23:00	05:08
195	105	André Neves	Caneca na Meta	Senior Masculino	51:17	+23:01	05:08
196	546	Rui da Cruz Rocha	Individual	Senior Masculino	51:21	+23:05	05:08
197	1137	Vasco Gamboa	SOURE MOV	Senior Masculino	51:33	+23:17	05:09
198	833	Rúben Rodrigues	Lugrade	Senior Masculino	51:45	+23:28	05:11
199	504	Miguel Filipe Rodrigues de Jesus	Individual	Senior Masculino	51:45	+23:29	05:11
200	498	Marco José Marreiro	Individual	Senior Masculino	52:16	+24:00	05:14
201	1024	Carlos José Vieira Simões	Tribo NR	Senior Masculino	52:19	+24:03	05:14
202	106	Fabrice Gonçalves	Caneca na Meta	Senior Masculino	52:25	+24:09	05:15
203	944	ANDRÉ BARBOSA	PAPILAS SALTITANTES	Senior Masculino	52:29	+24:13	05:15
204	902	João Sousa	Os Mimosos	Senior Masculino	52:33	+24:17	05:15
205	901	Francisco Duarte	Os Mimosos	Senior Masculino	52:34	+24:18	05:15
206	454	Emanuel José dos Santos Libório	Individual	Senior Masculino	52:37	+24:21	05:16
207	541	Ricardo Rodrigues	Individual	Senior Masculino	52:52	+24:36	05:17
208	462	Gonçalo Santos Carvalho Saraiva	Individual	Senior Masculino	52:58	+24:42	05:18
209	169	Diogo Miguel Ferraz da Fonseca	CMC	Senior Masculino	53:02	+24:46	05:18

Prova Principal

10 KM



OFFICIAL RESULT

210	1026	João Rodrigues	Tribo NR	Senior Masculino	53:09	+24:53	05:19
211	922	Sérgio Nujo Antunes	Os PapaLéguas	Senior Masculino	53:09	+24:53	05:19
212	118	Tiago Filipe Gomes Nunes	CCDR Matas e Cipreste	Senior Masculino	53:12	+24:56	05:19
213	465	Hugo Moreira Rodrigues	Individual	Senior Masculino	53:15	+24:59	05:20
214	524	Pedro Marques	Individual	Senior Masculino	53:23	+25:07	05:20
215	561	Tiago Miguel Oliveira Brandão	Individual	Senior Masculino	53:23	+25:07	05:20
216	219	Álvaro Pinheiro	Coimbra Trail Running	Senior Masculino	53:25	+25:09	05:21
217	550	Taigo Santos	Individual	Senior Masculino	53:26	+25:10	05:21
218	542	Roberto Filipe Gato Henriques	Individual	Senior Masculino	53:29	+25:13	05:21
219	523	Pedro Manuel Dias dos Santos	Individual	Senior Masculino	53:29	+25:13	05:21
220	909	Edgar Solano	Os Papa Milhas	Senior Masculino	53:32	+25:16	05:21
221	438	Bruno Sampaio	Individual	Senior Masculino	53:37	+25:21	05:22
222	560	Tiago Miguel Fortunato Martins	Individual	Senior Masculino	53:41	+25:25	05:22
223	1060	joão pedro	U C EIRENSE - CASA BAIA	Senior Masculino	54:11	+25:55	05:25
224	910	Gonçalo Paiva	Os Papa Milhas	Senior Masculino	54:22	+26:06	05:26
225	437	Bruno Miguel Esteves Paiva	Individual	Senior Masculino	54:25	+26:09	05:27
226	79	João Oliveira	Barrascos Runners	Senior Masculino	54:25	+26:09	05:27
227	78	Claudio Rebelo	Barrascos Runners	Senior Masculino	54:26	+26:10	05:27
228	97	Telmo Costa	Bluepharma Group	Senior Masculino	54:50	+26:34	05:29
229	522	Pedro Lusitano	Individual	Senior Masculino	55:01	+26:45	05:30
230	501	Marcos Neves	Individual	Senior Masculino	55:19	+27:03	05:32
231	35	Gonçalo Paixão	Águas de Coimbra	Senior Masculino	55:56	+27:40	05:36
232	525	Pedro Martins	Individual	Senior Masculino	56:10	+27:54	05:37
233	1015	André de Sousa Vidigal Pereira	TiMim	Senior Masculino	56:21	+28:05	05:38
234	912	Ricardo Neves	Os Papa Milhas	Senior Masculino	56:32	+28:16	05:39
235	489	Luis António	Individual	Senior Masculino	56:42	+28:26	05:40
236	13	Pedro Gaspar	A.D.C. Andorinha	Senior Masculino	56:50	+28:34	05:41
237	468	Ivo Alexandre Carvalho Reis	Individual	Senior Masculino	57:04	+28:48	05:42
238	108	Nuno Reis	Caneca na Meta	Senior Masculino	57:25	+29:09	05:45
239	254	Nuno Duarte	Dci/trilhos luso bussaco	Senior Masculino	57:28	+29:12	05:45
240	984	Rui Grandão	Ritz Runner	Senior Masculino	57:41	+29:24	05:46
241	866	Pedro Falcão	Old Man Running Club	Senior Masculino	58:02	+29:46	05:48
242	481	Joel Valença	Individual	Senior Masculino	58:54	+30:38	05:53
243	482	Jorge Mateus Simão dos Santos	Individual	Senior Masculino	59:37	+31:21	05:58
244	547	Rui Miguel dos Santos Mota	Individual	Senior Masculino	59:42	+31:25	05:58
245	1029	Sérgio Almeida	Tribo NR	Senior Masculino	59:53	+31:37	05:59
246	832	Pedro Gomes	Lugrade	Senior Masculino	01:00:55	+32:39	06:06
247	1012	Ricardo Teixeira	Stand 111	Senior Masculino	01:01:22	+33:06	06:08
248	480	João Rodrigues	Individual	Senior Masculino	01:01:30	+33:14	06:09
249	876	Marco Oliveira Santos	Onda Team	Senior Masculino	01:01:40	+33:24	06:10
250	858	Bruno João Fragoso Simões	Niwa	Senior Masculino	01:02:19	+34:02	06:14
251	464	Hugo Miguel Abreu	Individual	Senior Masculino	01:02:31	+34:15	06:15
252	94	David Emanuel Queiroz Jacinto	Bluepharma Group	Senior Masculino	01:02:44	+34:28	06:16
253	949	André Rodrigues Ventura	Patrícia	Senior Masculino	01:03:17	+35:01	06:20
254	14	Tiago do Carmo	A.D.C. Andorinha	Senior Masculino	01:03:27	+35:11	06:21
255	871	Miguel Rosendo	Olympic Silvas	Senior Masculino	01:04:31	+36:15	06:27

Prova Principal

10 KM

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OFFICIAL RESULT


256	554	Tiago Beirão Almeida	Individual	Senior Masculino	01:05:12	+36:56	06:31
257	507	Nelson Rosete	Individual	Senior Masculino	01:05:37	+37:21	06:34
258	28	André Miguel Branco Domingues	AD	Senior Masculino	01:06:58	+38:41	06:42
259	555	Tiago Filipe Craveiro Garcia Clara	Individual	Senior Masculino	01:07:53	+39:37	06:47
260	545	Rui	Individual	Senior Masculino	01:09:04	+40:48	06:54
261	895	DIOGO REVERENDO	OS AUSENTES PRESENTES	Senior Masculino	01:13:21	+45:05	07:20

Veterana F40

1	6	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	31:24	+03:08	03:08
2	295	Maria João Feio	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	42:24	+14:08	04:14
3	567	Ana Carla Mota	Individual	Veterana F40	43:06	+14:50	04:19
4	227	Catarina Alves	Coimbra Trail Running	Veterana F40	43:07	+14:51	04:19
5	174	Ana Sofia Rodrigues Mendes Cardoso	CMC	Veterana F40	43:37	+15:21	04:22
6	584	JOANA FRANCA	Individual	Veterana F40	44:18	+16:01	04:26
7	293	Dora Serra	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	44:19	+16:03	04:26
8	336	Raquel Grilo	Gira Sol	Veterana F40	44:48	+16:32	04:29
9	821	Isabel Madeira	Kick Runners	Veterana F40	45:23	+17:07	04:32
10	1017	Silvina Maria do Nascimento Baptista	TiMim	Veterana F40	45:34	+17:18	04:33
11	926	Manuela Maria Travassos Gonçalves	Os PapaLéguas	Veterana F40	46:25	+18:09	04:39
12	851	Carla Carvalho	More Team	Veterana F40	46:25	+18:09	04:39
13	1052	Anabela Cláudia Meireles Ribeiro	Turismo Centro de Portugal	Veterana F40	46:47	+18:30	04:41
14	924	Júlia Maria Serralheiro dos Santos	Os PapaLéguas	Veterana F40	47:05	+18:49	04:43
15	925	Lúcia Maria de Oliveira Marques	Os PapaLéguas	Veterana F40	47:13	+18:57	04:43
16	879	Carla Gonçalves	Onda Team	Veterana F40	47:16	+19:00	04:44
17	55	Carla Patrícia Sequeira Romeiro	ARCD Venda da Luisa	Veterana F40	48:22	+20:06	04:50
18	994	Susana Salvaterra	run@figueira	Veterana F40	48:26	+20:10	04:51
19	1016	Ilda Maria do Nascimento Baptista Botelho	TiMim	Veterana F40	48:27	+20:11	04:51
20	570	Brigitte campos	Individual	Veterana F40	48:48	+20:31	04:53
21	296	Maria José Lima	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	48:55	+20:39	04:54
22	836	Carla Pimenta	Lusoteam	Veterana F40	49:08	+20:52	04:55
23	294	Maria dos Anjos	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	49:19	+21:02	04:56
24	588	Margarida Leal	Individual	Veterana F40	49:26	+21:10	04:57
25	927	Maria Manuela da Fonseca Catarino Mendes	Os PapaLéguas	Veterana F40	50:01	+21:45	05:00
26	1037	Liliana Amelia Gomes da Silva	Tribo NR	Veterana F40	50:06	+21:50	05:01
27	188	Teresa Lurdes Fernandes Rosa	CMC	Veterana F40	50:12	+21:56	05:01
28	1032	Ana Rufino	Tribo NR	Veterana F40	50:18	+22:02	05:02
29	586	Judite cruz	Individual	Veterana F40	50:23	+22:07	05:02
30	923	Catarina Isabel Simões Salgado	Os PapaLéguas	Veterana F40	50:25	+22:09	05:03
31	1007	Patrícia Beja	SOURE MOV	Veterana F40	50:42	+22:26	05:04
32	58	Sandra Simões	ARCD Venda da Luisa	Veterana F40	50:48	+22:32	05:05

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OFFICIAL RESULT

33	176	Cristina Isabel Silva Melo	CMC	Veterana F40	50:49	+22:33	05:05
34	590	Maria João Benquerença	Individual	Veterana F40	50:54	+22:38	05:05
35	1035	Helena Lopes	Tribo NR	Veterana F40	50:58	+22:42	05:06
36	597	Sofia Caetano	Individual	Veterana F40	51:30	+23:14	05:09
37	914	Sandra Leite	Os Papa Milhas	Veterana F40	52:27	+24:11	05:15
38	587	Jurgita Paulauskaite	Individual	Veterana F40	52:31	+24:15	05:15
39	113	Dina Barroca	Casa do Benfica Condeixa	Veterana F40	52:39	+24:23	05:16
40	257	Suzana Lopes	Dci/trilhos luso bussaco	Veterana F40	53:09	+24:53	05:19
41	938	Florbela Rouxinol	Out2run/Miro	Veterana F40	54:07	+25:51	05:25
42	601	Vera Gordo	Individual	Veterana F40	54:15	+25:59	05:26
43	600	Teresa Tavares	Individual	Veterana F40	54:32	+26:16	05:27
44	880	Claudia Figueiredo	Onda Team	Veterana F40	54:34	+26:18	05:27
45	171	Alda Cristina Oliveira Santos	CMC	Veterana F40	54:42	+26:26	05:28
46	579	Elisabete Baptista	Individual	Veterana F40	54:58	+26:42	05:30
47	598	Sónia Pinho	Individual	Veterana F40	55:00	+26:44	05:30
48	830	Carmen Sofia Ferreira	LoveTiles	Veterana F40	55:09	+26:53	05:31
49	881	Maria Elizabete Gonçalves Ferreira	Onda Team	Veterana F40	55:29	+27:13	05:33
50	882	Nazaré Peixoto	Onda Team	Veterana F40	55:29	+27:13	05:33
51	593	Paula Mendonca	Individual	Veterana F40	56:14	+27:58	05:37
52	133	Magda Marvalho	Chitas de Alcobaça	Veterana F40	56:17	+28:01	05:38
53	256	Catarina Martins	Dci/trilhos luso bussaco	Veterana F40	56:43	+28:27	05:40
54	1033	Anabela Amaral	Tribo NR	Veterana F40	56:45	+28:29	05:41
55	1034	Florbela Fernandes	Tribo NR	Veterana F40	56:48	+28:32	05:41
56	1085	Rosa Correia	Viriathvs Runners Viseu	Veterana F40	56:50	+28:34	05:41
57	583	Isabel Ferreira Matos 24	Individual	Veterana F40	56:53	+28:37	05:41
58	248	Laurinda Pereira	CSKD - Condeixa Shukokai Karate-Do	Veterana F40	57:09	+28:53	05:43
59	140	Anabela Dinis Tavares Figueiredo	Clube Atlético Oliveira do Hospital	Veterana F40	57:13	+28:57	05:43
60	589	Maria de Lurdes Caridade Gaspar	Individual	Veterana F40	57:14	+28:58	05:43
61	16	Zenaide Alves	A.R.S.M. Associação Recreativa São Miguel	Veterana F40	57:17	+29:01	05:44
62	581	Florbela Caniceiro	Individual	Veterana F40	58:00	+29:44	05:48
63	181	Mariana Perdigão	CMC	Veterana F40	58:08	+29:52	05:49
64	247	Ana Vieira	CSKD - Condeixa Shukokai Karate-Do	Veterana F40	58:21	+30:05	05:50
65	187	Sónia Vieira	CMC	Veterana F40	58:27	+30:11	05:51
66	599	Tania Rocha	Individual	Veterana F40	58:54	+30:38	05:53
67	59	Tânia Marisa Oliveira Nunes	ARCD Venda da Luisa	Veterana F40	59:16	+31:00	05:56
68	57	Graça Maria Martins Simões	ARCD Venda da Luisa	Veterana F40	59:17	+31:01	05:56
69	956	Maria Bicas	Portuguese United Training Association	Veterana F40	01:00:11	+31:55	06:01
70	591	Marta Sofia Meireles Ribeiro Gomes	Individual	Veterana F40	01:00:36	+32:19	06:04
71	178	Flavia Margarida Marques	CMC	Veterana F40	01:00:44	+32:28	06:04
72	571	Catarina Guedes	Individual	Veterana F40	01:01:41	+33:24	06:10
73	575	Claudia simoes	Individual	Veterana F40	01:02:19	+34:03	06:14
74	1036	Lígia Santos	Tribo NR	Veterana F40	01:02:48	+34:32	06:17
75	182	Maryline Ducruet Pereira	CMC	Veterana F40	01:02:50	+34:34	06:17
76	965	Ana Paula Cordeiro	Power Runners	Veterana F40	01:03:00	+34:44	06:18

Official Timekeeper: Lap2Go	11 / 23	generate 19-Dec-2018 10:32
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Prova Principal

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OFFICIAL RESULT

77	576	Cristina Mendes	Individual	Veterana F40	01:03:21	+35:05	06:20
78	177	Elsa Margarida dos Santos Correia	CMC	Veterana F40	01:03:33	+35:17	06:21
79	582	Guida Mendes da Silva	Individual	Veterana F40	01:04:33	+36:17	06:27
80	578	Dídia Ferreira	Individual	Veterana F40	01:04:53	+36:37	06:29
81	184	Sofia Oliveira	CMC	Veterana F40	01:05:52	+37:36	06:35
82	102	Branca Assunção	Branca Assunção	Veterana F40	01:06:08	+37:52	06:37
83	250	Anabela Monteiro	CUMIBROA BIKE'S RUNNING TEAM	Veterana F40	01:06:56	+38:40	06:42
84	574	Cláudia Serrano	Individual	Veterana F40	01:07:00	+38:44	06:42
85	569	Anabela Paixão da Silva Carnide Jordão	Individual	Veterana F40	01:08:04	+39:48	06:48
86	572	Célia Figueira	Individual	Veterana F40	01:09:57	+41:41	07:00
87	577	Cristina Silva	Individual	Veterana F40	01:11:34	+43:18	07:09
88	594	Paula Valdagua	Individual	Veterana F40	01:14:34	+46:18	07:27
89	580	Elisabete Pedrosa	Individual	Veterana F40	01:21:12	+52:56	08:07

Veterana F50

1	25	Helena Mourão	ACR Senhora do Desterro-Napo	Veterana F50	41:26	+13:10	04:09
2	861	Isabel Trindade	O Mundo da Corrida	Veterana F50	45:46	+17:30	04:35
3	611	Isabel Maria Moniz Vieira	Individual	Veterana F50	50:56	+22:40	05:06
4	607	antonia abrantes	Individual	Veterana F50	52:37	+24:21	05:16
5	616	Maria do Ceu Moreira Rodrigues	Individual	Veterana F50	52:53	+24:37	05:17
6	614	Maria da Glória Lopes Leite Relvas Soares	Individual	Veterana F50	53:01	+24:45	05:18
7	609	Constança Rigueiro	Individual	Veterana F50	53:51	+25:35	05:23
8	60	Paula Cristina Vicente Nunes Palmeira	ARCD Venda da Luisa	Veterana F50	55:01	+26:45	05:30
9	617	Olga Cristina Correia Simões	Individual	Veterana F50	55:02	+26:46	05:30
10	615	MARIA DE FATIMA DE JESUS RECACHO	Individual	Veterana F50	55:28	+27:11	05:33
11	348	Ângela Campos	Holmes Place Coimbra	Veterana F50	56:04	+27:48	05:36
12	191	Maria de Fátima Marques Nogueira Machado	CMC	Veterana F50	56:14	+27:58	05:37
13	608	célia maria dias silva	Individual	Veterana F50	56:17	+28:01	05:38
14	1038	Isabel Ventura	Tribo NR	Veterana F50	57:39	+29:23	05:46
15	989	Monica Cunha	Rmcase	Veterana F50	57:49	+29:33	05:47
16	192	Rosa Matos	CMC	Veterana F50	58:02	+29:46	05:48
17	1088	Teresa Filipe	Viriathvs Runners Viseu	Veterana F50	59:59	+31:43	06:00
18	1053	Maria Cristina Lema Pelicano	Turismo Centro de Portugal	Veterana F50	01:00:52	+32:36	06:05
19	606	Ana Mendes	Individual	Veterana F50	01:00:56	+32:40	06:06
20	1148	Ivone Abichara	Individual	Veterana F50	01:01:12	+32:56	06:07
21	603	Alexandra André	Individual	Veterana F50	01:02:05	+33:49	06:13
22	618	Rosa Bispo	Individual	Veterana F50	01:02:09	+33:52	06:13
23	950	Fernanda Rosa Diogo	Patrícia	Veterana F50	01:03:15	+34:59	06:20
24	951	Rosa Maria Gomes Afonso de Matos	Patrícia	Veterana F50	01:03:16	+35:00	06:20
25	1086	Fátima Fonseca	Viriathvs Runners Viseu	Veterana F50	01:04:58	+36:42	06:30
26	613	Lurdes Martins	Individual	Veterana F50	01:05:44	+37:28	06:34
27	610	Graça Castanheira	Individual	Veterana F50	01:05:44	+37:28	06:34

Prova Principal**10 KM****R**
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3	316	Paulo Garcia	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	34:45	+06:28	03:29
4	124	António Oliveira	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M50	35:26	+07:10	03:33
5	33	José Figueiredo	AFIS/OVAR	Veterano M50	35:28	+07:12	03:33
6	1141	Fernando Antunes	CCDS S. Frutuoso	Veterano M50	35:37	+07:21	03:34
7	761	Luís Pires	Individual	Veterano M50	37:33	+09:17	03:45
8	736	António José Fragoso Pêgo	Individual	Veterano M50	38:14	+09:58	03:49
9	146	Mário Carapineiro	CluVe - Clube de Veteranos de Atletismo de Coimbra	Veterano M50	38:25	+10:09	03:51
10	755	João veloso	Individual	Veterano M50	38:35	+10:18	03:52
11	315	Luís Oliveira	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	38:36	+10:20	03:52
12	126	Pedro Roque	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M50	39:24	+11:08	03:56
13	890	Mário Gonçalves	Onda Team	Veterano M50	39:35	+11:19	03:58
14	352	Nelson Santos	Holmes Place Coimbra	Veterano M50	39:38	+11:22	03:58
15	829	Paulo Cavaleiro	LEITÃO & CAVALEIRO	Veterano M50	40:07	+11:51	04:01
16	125	David Patricio	Centro Popular de trabalhadores de Sobral de Ceira	Veterano M50	40:25	+12:09	04:03
17	745	Fernando Marques	Individual	Veterano M50	40:42	+12:26	04:04
18	748	Francisco Machado	Individual	Veterano M50	40:49	+12:33	04:05
19	1021	Oscar Ramalho	Trail Bela Bela	Veterano M50	40:55	+12:39	04:06
20	737	Augusto Amaral	Individual	Veterano M50	41:27	+13:11	04:09
21	772	Pedro Lemos	Individual	Veterano M50	41:30	+13:14	04:09
22	970	josé carlos santos	R G Levanta Poeira	Veterano M50	41:54	+13:38	04:11
23	744	Cesar Barón Baz	Individual	Veterano M50	42:02	+13:45	04:12
24	240	Renato Ramos	Coimbra Trail Running	Veterano M50	42:09	+13:53	04:13
25	758	Luis Filipe Jorge Costa	Individual	Veterano M50	42:19	+14:03	04:14
26	1143	Helder Gante	Individual	Veterano M50	42:41	+14:25	04:16
27	999	Carlos Conceicao	Runners&Friends - Rosa Biscoito	Veterano M50	42:52	+14:36	04:17
28	757	Luís Carvalho	Individual	Veterano M50	42:53	+14:37	04:17
29	770	Pedro Elias	Tribo NR	Veterano M50	43:08	+14:52	04:19
30	739	Carlos Alberto da Silva Pires	Individual	Veterano M50	43:41	+15:24	04:22
31	1047	Edelson Carlos Rocha	Tribo NR	Veterano M50	43:49	+15:33	04:23
32	209	Mário Carvalho	CMC	Veterano M50	43:53	+15:37	04:23
33	750	João Castro	Individual	Veterano M50	44:04	+15:48	04:24
34	208	Luís Miguel Pelicano Costa	CMC	Veterano M50	44:07	+15:51	04:25
35	773	Pedro Vicente	Individual	Veterano M50	44:20	+16:04	04:26
36	753	joão paulo tondela	Individual	Veterano M50	44:41	+16:25	04:28
37	314	Fernando Batista	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	44:50	+16:33	04:29
38	741	Carlos Morais	Individual	Veterano M50	46:22	+18:06	04:38
39	733	Almerindo Ferreira	Individual	Veterano M50	46:30	+18:14	04:39
40	766	Octavio Sergio Rodrigues Linhares	Individual	Veterano M50	46:40	+18:24	04:40
41	264	Paulo Barreirinhas	Dci/trilhos luso bussaco	Veterano M50	46:41	+18:25	04:40
42	863	José Figueiredo	O Mundo da Corrida	Veterano M50	46:57	+18:41	04:42
43	775	Rui Simões	Individual	Veterano M50	47:00	+18:44	04:42
44	852	Filipe Carvalho	More Team	Veterano M50	47:35	+19:19	04:46

Official Timekeeper: Lap2Go

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