

CORRIDA - STAGE 1

10,3 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	19:00	31,1°C	55%
End	20:30	31,1°C	55%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	24	José Sousa	act	Senior Masculino	33:44		03:17
2	218	Adilson Spencer	joão silva atletismo ccr praia de mira	Veterano M35	34:04	+00:20	03:18
3	266	Augusto Costa	amigos da montanha	Veterano M45	34:16	+00:32	03:20
4	97	Helder Lopes	dci/trilhos luso bussaco	Senior Masculino	34:25	+00:41	03:21
5	16	Telmo Nascimento	acrs desterro napo	Senior Masculino	36:04	+02:19	03:30
6	47	Rui Miguel Lopes	associação académica de coimbra	Veterano M40	36:35	+02:51	03:33
7	211	Alexsandro Varela	joão silva atletismo ccr praia de mira	Senior Masculino	36:56	+03:12	03:35
8	4	Helder Costa	el comandante team	Veterano M40	37:03	+03:19	03:36
9	27	Tiago Duarte	act	Senior Masculino	37:24	+03:40	03:38
10	213	Aricson Gomes	joão silva atletismo ccr praia de mira	Senior Masculino	37:34	+03:50	03:39
11	46	Rui Joaquim Rodrigues	associação académica de coimbra	Veterano M40	37:35	+03:51	03:39
12	122	Márcio Pereira	escola de atletismo de coimbra/ jpaiva	Veterano M40	37:38	+03:54	03:39
13	18	Mário Silva	acrs desterro napo	Veterano M55	37:53	+04:09	03:41
14	17	Tiago da Madureira	acrs desterro napo	Senior Masculino	38:01	+04:16	03:41
15	280	Manuel Pinto	tribo nr	Veterano M45	38:29	+04:45	03:44
16	11	João Cruz Silva	acdrs quinhendros	Veterano M40	38:40	+04:56	03:45
17	112	João Almeida	dci/trilhos luso bussaco	Veterano M50	38:42	+04:58	03:46
18	192	Ricardo Aguiar	escola de atletismo de coimbra/ jpaiva	Veterano M45	38:54	+05:10	03:47
19	114	Vitor Manuel Jorge Oliveira	dci/trilhos luso bussaco	Veterano M50	38:56	+05:11	03:47
20	229	Carlos Pimenta	luso time	Veterano M40	39:05	+05:21	03:48
21	203	Gary Blesson	individual	Veterano M55	39:14	+05:30	03:49
22	235	Luís Narciso	mundo da corrida	Senior Masculino	39:15	+05:31	03:49
23	96	Diogo Reis	dci/trilhos luso bussaco	Senior Masculino	39:30	+05:46	03:50
24	117	Gabriel Tabanez	decortocha	Senior Masculino	39:35	+05:51	03:51
25	284	Jorge Pina	fundação jorge pina	Veterano M40	39:46	+06:02	03:52
26	268	Vitor Francisco	scpovoense-caracóis de corrida	Senior Masculino	40:04	+06:19	03:53
27	277	Ricardo Saraiva	uc eirense	Veterano M45	40:18	+06:34	03:55
28	29	Daniel Batata	act	Veterano M35	40:45	+07:01	03:57
29	108	José Campar	dci/trilhos luso bussaco	Veterano M45	40:46	+07:02	03:57
30	144	Alex Silva	grvilaverdense	Veterano M40	40:51	+07:07	03:58
31	110	Paulo Maia	dci/trilhos luso bussaco	Veterano M45	40:53	+07:09	03:58
32	264	Sónia Ferreira	sc braga	Senior Feminino	40:55	+07:11	03:58
33	103	João Simões	dci/trilhos luso bussaco	Veterano M35	41:30	+07:46	04:02
34	224	Manuel Faria	joão silva atletismo ccr praia de mira	Veterano M50	41:36	+07:52	04:02
35	161	Paulo Neves	individual	Senior Masculino	41:42	+07:58	04:03
36	107	Sérgio Machado	dci/trilhos luso bussaco	Veterano M40	41:59	+08:15	04:05
37	198	Luís Oliveira	escola de atletismo de coimbra/ jpaiva	Veterano M50	42:04	+08:20	04:05
38	40	Cristina Couceiro	arasm - associação recreativa de s. miguel	Veterana F40	42:12	+08:28	04:06
39	13	MÁRCIO RODRIGUES	acdrs quinhendros	Veterano M40	42:16	+08:31	04:06
40	119	Rui Melo	escola de atletismo de coimbra/ jpaiva	Senior Masculino	42:39	+08:55	04:08
41	258	Ana Petinga	recreio desportivo de águeda	Veterana F40	42:42	+08:58	04:09
42	125	Jorge Simões	gatões btt	Veterano M35	42:42	+08:58	04:09

CORRIDA - STAGE 1**10,3 KM**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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
89	276	Humberto Oliveira	uc eirense	Veterano M45	47:09	+13:25	04:35
90	240	Paulo Manuel R. Ameixoeiro	os papagaios	Veterano M45	47:23	+13:38	04:36
91	52	Júlia Ru	bio team run	Senior Feminino	47:29	+13:45	04:37
92	153	Diogo Sousa Jorge	individual	Senior Masculino	47:38	+13:54	04:38
93	238	Paulo Alexandre S. Bento	os papagaios	Veterano M35	47:42	+13:58	04:38
94	285	Duarte Domingues	individual	Veterano M45	47:57	+14:13	04:39
95	86	Rui Faria	casa do benfica da figueira da foz	Veterano M50	48:05	+14:20	04:40
96	183	Stephane Santos	individual	Veterano M40	48:08	+14:24	04:40
97	67	Pedro Boia	bio team run	Veterano M45	48:12	+14:28	04:41
98	89	Nuno Cruz	clube veteranos atletismo coimbra	Veterano M40	48:19	+14:35	04:42
99	275	Mário Pascoal	silito	Veterano M40	48:25	+14:41	04:42
100	68	Valter Rainho	bio team run	Veterano M45	48:50	+15:06	04:44
101	145	Nelson Azenha	grvilaverdense	Veterano M45	48:50	+15:06	04:44
102	156	João Abrunheiro	individual	Senior Masculino	49:01	+15:17	04:46
103	205	JOSÉ BATATA	individual	Veterano M55	49:10	+15:26	04:46
104	141	Sofia Alexandra Jorge Simões	grupo desportivo ferreirense	Veterana F35	49:24	+15:40	04:48
105	241	José Carlos J. Gonçalves	os papagaios	Veterano M50	49:28	+15:44	04:48
106	58	Anabela Fonseca	bio team run	Veterana F45	50:00	+16:15	04:51
107	66	Vitor Tomaz	bio team run	Veterano M40	50:00	+16:16	04:51
108	151	Bruno Miguel Paiva Pereira	individual	Senior Masculino	50:08	+16:24	04:52
109	100	Eunice Magalhães	dci/trilhos luso bussaco	Veterana F35	50:13	+16:29	04:53
110	25	Nelson Rosete	act	Senior Masculino	50:20	+16:36	04:53
111	273	Joaquim José S. Batista	sérgio almeida	Veterano M40	50:21	+16:37	04:53
112	252	Daniel Tabanez	portinsurance	Veterano M45	50:28	+16:44	04:54
113	256	Gonçalo Matias	quenianos cá do sítio	Senior Masculino	50:31	+16:47	04:54
114	257	Manuela Gonçalves	quenianos cá do sítio	Veterana F45	50:31	+16:47	04:54
115	217	Odete Cruz	joão silva atletismo ccr praia de mira	Veterana F50	50:39	+16:54	04:55
116	221	Nuno Silva	joão silva atletismo ccr praia de mira	Veterano M40	50:39	+16:55	04:55
117	244	Luís Monteiro	paperinos	Senior Masculino	50:48	+17:03	04:56
118	138	Suzete Marco	grecas-vagos	Veterana F45	50:52	+17:08	04:56
119	91	Narciso Arromba	clube veteranos atletismo coimbra	Veterano M60	50:57	+17:12	04:57
120	226	Rosa Lúcia Camarinha da Silva	ligeirinhos	Veterana F50	50:59	+17:14	04:57
121	71	Paulo Martins	bio team run	Veterano M50	51:27	+17:43	05:00
122	159	Luis azenha	individual	Senior Masculino	51:47	+18:03	05:02
123	85	Manuel Manso	canto da chamusca	Veterano M60	51:59	+18:15	05:03
124	23	Hugo Oliveira	act	Senior Masculino	52:00	+18:16	05:03
125	22	André Filipe B. Mendes	act	Senior Masculino	52:00	+18:16	05:03
126	171	Lúcia Marques	individual	Veterana F40	52:08	+18:24	05:04
127	196	José António Pereira	individual	Veterano M50	52:08	+18:24	05:04
128	250	Vânia Paixão R. Oliveira	portinsurance	Senior Feminino	52:09	+18:25	05:04
129	210	Daniela Santos	joão silva atletismo ccr praia de mira	Senior Feminino	52:10	+18:26	05:04
130	7	Cidália Oliveira	acdrs quinhendros	Veterana F45	52:25	+18:41	05:05
131	231	João Cavadas	luso time	Veterano M50	52:36	+18:52	05:06
132	230	Telmo Almeida	luso time	Veterano M45	52:37	+18:53	05:07
133	62	Ricardo Santos	bio team run	Veterano M35	52:43	+18:58	05:07
134	174	Julia Santos	individual	Veterana F45	53:04	+19:20	05:09

Corrida

10,3 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	19:00	31,1°C	55%
End	20:30	31,1°C	55%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	264	Sónia Ferreira	SC BRAGA	Senior Feminino	40:55	+07:11	03:58
2	20	Sara Silva	ACT	Senior Feminino	43:43	+09:59	04:15
3	52	Júlia Ru	Bio Team Run	Senior Feminino	47:29	+13:45	04:37
4	250	Vânia Paixão R. Oliveira	PORTINSURANCE	Senior Feminino	52:09	+18:25	05:04
5	210	Daniela Santos	João Silva Atletismo CCR Praia de Mira	Senior Feminino	52:10	+18:26	05:04
6	147	Joana da Silva	Individual	Senior Feminino	56:00	+22:15	05:26
7	247	Ligia dos Santos	Pé d'Atleta	Senior Feminino	56:05	+22:21	05:27
8	95	Sara Renata Costa Oliveira	DCI/Trilhos Luso Bussaco	Senior Feminino	56:06	+22:21	05:27
9	246	Daniela Ribeiro	Pé d'Atleta	Senior Feminino	56:08	+22:24	05:27
10	21	Sofia Almeida	ACT	Senior Feminino	57:14	+23:30	05:33
11	270	Bárbara Baptista Freitas	Sérgio Almeida	Senior Feminino	59:28	+25:44	05:46
12	236	Laura Nadine Santos	Nadine	Senior Feminino	01:00:36	+26:52	05:53
13	19	Diana Filipa C. Costa	ACT	Senior Feminino	01:05:44	+32:00	06:23
14	78	Cristiana Oliveira	canto da chamusca	Senior Feminino	01:05:46	+32:02	06:23
15	1	Ana Barreira	Individual	Senior Feminino	01:13:21	+39:37	07:07

Senior Masculino

1	24	José Sousa	ACT	Senior Masculino	33:44		03:17
2	97	Helder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	34:25	+00:41	03:21
3	16	Telmo Nascimento	ACRS Desterro Napo	Senior Masculino	36:04	+02:19	03:30
4	211	Alexsandro Varela	João Silva Atletismo CCR Praia de Mira	Senior Masculino	36:56	+03:12	03:35
5	27	Tiago Duarte	ACT	Senior Masculino	37:24	+03:40	03:38
6	213	Aricson Gomes	João Silva Atletismo CCR Praia de Mira	Senior Masculino	37:34	+03:50	03:39
7	17	Tiago da Madureira	ACRS Desterro Napo	Senior Masculino	38:01	+04:16	03:41
8	235	Luís Narciso	Mundo da Corrida	Senior Masculino	39:15	+05:31	03:49
9	96	Diogo Reis	DCI/Trilhos Luso Bussaco	Senior Masculino	39:30	+05:46	03:50
10	117	Gabriel Tabanez	DECORTOCHA	Senior Masculino	39:35	+05:51	03:51
11	268	Vitor Francisco	SCPovoense-Caracóis de Corrida	Senior Masculino	40:04	+06:19	03:53
12	161	Paulo Neves	Individual	Senior Masculino	41:42	+07:58	04:03
13	119	Rui Melo	Escola de Atletismo de Coimbra/Jpaiva	Senior Masculino	42:39	+08:55	04:08
14	164	Vicente Julião	Individual	Senior Masculino	42:49	+09:05	04:09
15	124	tiago silva	Gatões BTT	Senior Masculino	43:10	+09:26	04:12
16	26	Nuno Almeida	ACT	Senior Masculino	43:55	+10:11	04:16
17	286	Pedro Barbosa	Individual	Senior Masculino	44:00	+10:15	04:16
18	234	Bruno Martins	Mundo da Corrida	Senior Masculino	44:43	+10:59	04:21

Corrida

10,3 KM

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

19	288	Jorge Ferreira	ACT	Senior Masculino	45:09	+11:25	04:23
20	163	Ricardo Bexiga	Individual	Senior Masculino	45:43	+11:59	04:26
21	152	Bruno Simões	Individual	Senior Masculino	46:14	+12:30	04:29
22	248	Elton Pinho	Pé d'Atleta	Senior Masculino	46:29	+12:45	04:31
23	150	Brian Ferreira	Individual	Senior Masculino	46:35	+12:50	04:31
24	142	João Pedro da Silva Dâmaso	Grupo Maravilha	Senior Masculino	46:47	+13:03	04:33
25	153	Diogo Sousa Jorge	Individual	Senior Masculino	47:38	+13:54	04:38
26	156	João Abrunheiro	Individual	Senior Masculino	49:01	+15:17	04:46
27	151	Bruno Miguel Paiva Pereira	Individual	Senior Masculino	50:08	+16:24	04:52
28	25	Nelson Rosete	ACT	Senior Masculino	50:20	+16:36	04:53
29	256	Gonçalo Matias	Quenianos cá do Sítio	Senior Masculino	50:31	+16:47	04:54
30	244	Luís Monteiro	Paperinos	Senior Masculino	50:48	+17:03	04:56
31	159	Luis azenha	Individual	Senior Masculino	51:47	+18:03	05:02
32	23	Hugo Oliveira	ACT	Senior Masculino	52:00	+18:16	05:03
33	22	André Filipe B. Mendes	ACT	Senior Masculino	52:00	+18:16	05:03
34	118	Rodrigo Jorge	DECORTOCHA	Senior Masculino	53:37	+19:52	05:12
35	237	Gabriel Dinis Santos	Nadine	Senior Masculino	53:37	+19:52	05:12
36	3	Joao P Santos	Individual	Senior Masculino	56:59	+23:14	05:32
37	92	Gabriel Maia	coração da gandara	Senior Masculino	57:04	+23:20	05:33
38	93	Micael Maia	coração da gandara	Senior Masculino	57:06	+23:21	05:33
39	158	José Mendes	Individual	Senior Masculino	58:00	+24:16	05:38
40	81	Micael Ferreira	canto da chamusca	Senior Masculino	58:41	+24:57	05:42
41	162	Pedro Costa	Individual	Senior Masculino	59:49	+26:05	05:48
42	208	Ivan Cabo	INFORTOCHA	Senior Masculino	01:03:02	+29:18	06:07
43	255	António Querido	Quenianos cá do Sítio	Senior Masculino	01:03:38	+29:54	06:11
44	80	Joni Carvalho	canto da chamusca	Senior Masculino	01:05:46	+32:02	06:23

Veterana F35

1	141	Sofia Alexandra Jorge Simões	Grupo Desportivo Ferreirense	Veterana F35	49:24	+15:40	04:48
2	100	Eunice Magalhães	DCI/Trilhos Luso Bussaco	Veterana F35	50:13	+16:29	04:53
3	2	Carla Simoes	Individual	Veterana F35	56:35	+22:51	05:30
4	99	Cláudia Afonso	DCI/Trilhos Luso Bussaco	Veterana F35	57:08	+23:24	05:33
5	131	Isabel Pareiral	Gear up	Veterana F35	57:42	+23:58	05:36
6	165	Patrícia Cordinhã	Individual	Veterana F35	58:05	+24:21	05:38
7	167	Susana Ângelo	Individual	Veterana F35	01:03:53	+30:09	06:12
8	54	Bruna Alves Rodrigo	Bio Team Run	Veterana F35	01:03:55	+30:11	06:12
9	129	Sónia Marisa da Silva Pereira Fervença	Gazelas da Gesteira	Veterana F35	01:17:38	+43:54	07:32
10	73	Rita Perdigao	BM Rice Team	Veterana F35	01:29:52	+56:08	08:44

Veterana F40

1	40	Cristina Couceiro	ARSM - Associação Recreativa de S. Miguel	Veterana F40	42:12	+08:28	04:06
2	258	Ana Petinga	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F40	42:42	+08:58	04:09

Corrida

10,3 KM

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

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11	272	Sérgio Pinto Almeida	Sérgio Almeida	Veterano M35	46:20	+12:36	04:30
12	283	Mario Sousa	Individual	Veterano M35	47:03	+13:19	04:34
13	238	Paulo Alexandre S. Bento	Os Papagaios	Veterano M35	47:42	+13:58	04:38
14	62	Ricardo Santos	Bio Team Run	Veterano M35	52:43	+18:58	05:07
15	43	José Nunes	ARSM - Associação Recreativa de S. Miguel	Veterano M35	55:49	+22:05	05:25
16	8	Bruno Torreira	ACDRS QUINHENDROS	Veterano M35	56:33	+22:49	05:29
17	130	Pedro Henrique Gonçalves Ferverença	Gazelas da Gesteira	Veterano M35	01:05:21	+31:37	06:21
18	75	Marco Pereira	BM Rice Team	Veterano M35	01:05:44	+32:00	06:23

Veterano M40

1	47	Rui Miguel Lopes	Associação Académica de Coimbra	Veterano M40	36:35	+02:51	03:33
2	4	Helder Costa	El Comandante Team	Veterano M40	37:03	+03:19	03:36
3	46	Rui Joaquim Rodrigues	Associação Académica de Coimbra	Veterano M40	37:35	+03:51	03:39
4	122	Márcio Pereira	Escola de Atletismo de Coimbra/ Jpaiva	Veterano M40	37:38	+03:54	03:39
5	11	João Cruz Silva	ACDRS QUINHENDROS	Veterano M40	38:40	+04:56	03:45
6	229	Carlos Pimenta	Luso Time	Veterano M40	39:05	+05:21	03:48
7	284	Jorge Pina	Fundação Jorge Pina	Veterano M40	39:46	+06:02	03:52
8	144	Alex Silva	GRVILVERDENSE	Veterano M40	40:51	+07:07	03:58
9	107	Sérgio Machado	DCI/Trilhos Luso Bussaco	Veterano M40	41:59	+08:15	04:05
10	13	MÁRCIO RODRIGUES	ACDRS QUINHENDROS	Veterano M40	42:16	+08:31	04:06
11	139	Paulo António	Grecas-Vagos	Veterano M40	43:39	+09:55	04:14
12	10	Bruno Maciel	ACDRS QUINHENDROS	Veterano M40	44:32	+10:48	04:19
13	64	Carlos Pinho	Bio Team Run	Veterano M40	44:46	+11:02	04:21
14	9	Bruno Brás	ACDRS QUINHENDROS	Veterano M40	46:04	+12:20	04:28
15	88	Paulo Casqueira	Cláudio Pereira	Veterano M40	46:19	+12:34	04:30
16	126	Vitor Cação	Gatões BTT	Veterano M40	46:21	+12:37	04:30
17	181	Rui Varanda	Individual	Veterano M40	46:35	+12:51	04:31
18	279	Marcos Alves	Tribo NR	Veterano M40	46:38	+12:54	04:32
19	106	Bruno Gomes	DCI/Trilhos Luso Bussaco	Veterano M40	46:39	+12:55	04:32
20	184	Telmo Pedro	Individual	Veterano M40	46:48	+13:04	04:33
21	183	Stephane Santos	Individual	Veterano M40	48:08	+14:24	04:40
22	89	Nuno Cruz	CLUVE - Clube Veteranos Atletismo Coimbra	Veterano M40	48:19	+14:35	04:42
23	275	Mário Pascoal	Silito	Veterano M40	48:25	+14:41	04:42
24	66	Vitor Tomaz	Bio Team Run	Veterano M40	50:00	+16:16	04:51
25	273	Joaquim José S. Batista	Sérgio Almeida	Veterano M40	50:21	+16:37	04:53
26	221	Nuno Silva	João Silva Atletismo CCR Praia de Mira	Veterano M40	50:39	+16:55	04:55
27	179	Nelson Simões	Individual	Veterano M40	58:33	+24:48	05:41
28	182	Sérgio Madeira	Individual	Veterano M40	58:41	+24:57	05:42
29	245	Jorge Costa	Paperinos	Veterano M40	01:03:59	+30:15	06:13

Corrida

10,3 KM

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OFFICIAL RESULT

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Veterano M45

1	266	Augusto Costa	Amigos da Montanha	Veterano M45	34:16	+00:32	03:20
2	280	Manuel Pinto	Tribo NR	Veterano M45	38:29	+04:45	03:44
3	192	Ricardo Aguiar	Escola de Atletismo de Coimbra/ Jpaiva	Veterano M45	38:54	+05:10	03:47
4	277	Ricardo Saraiva	UC Eirense	Veterano M45	40:18	+06:34	03:55
5	108	José Campar	DCI/Trilhos Luso Bussaco	Veterano M45	40:46	+07:02	03:57
6	110	Paulo Maia	DCI/Trilhos Luso Bussaco	Veterano M45	40:53	+07:09	03:58
7	188	Lucio Ventura	Individual	Veterano M45	43:34	+09:49	04:14
8	185	ELIAS SOUZA	Individual	Veterano M45	44:58	+11:13	04:22
9	34	Paulo Batista	ACT	Veterano M45	45:52	+12:07	04:27
10	276	Humberto Oliveira	UC Eirense	Veterano M45	47:09	+13:25	04:35
11	240	Paulo Manuel R. Ameixoeiro	Os Papagaios	Veterano M45	47:23	+13:38	04:36
12	285	Duarte Domingues	Individual	Veterano M45	47:57	+14:13	04:39
13	67	Pedro Boia	Bio Team Run	Veterano M45	48:12	+14:28	04:41
14	68	Valter Rainho	Bio Team Run	Veterano M45	48:50	+15:06	04:44
15	145	Nelson Azenha	GRVILAVERDENSE	Veterano M45	48:50	+15:06	04:44
16	252	Daniel Tabanez	PORTINSURANCE	Veterano M45	50:28	+16:44	04:54
17	230	Telmo Almeida	Luso Time	Veterano M45	52:37	+18:53	05:07
18	135	Joao Rosas	Gear up	Veterano M45	53:30	+19:46	05:12
19	222	Carlos Pedro	João Silva Atletismo CCR Praia de Mira	Veterano M45	53:33	+19:49	05:12
20	44	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	Veterano M45	53:36	+19:52	05:12
21	77	Rui Vieira	CampiTocha	Veterano M45	54:32	+20:47	05:18
22	127	Filipe Galvão	Gatões BTT	Veterano M45	55:45	+22:01	05:25
23	186	João António	Individual	Veterano M45	57:36	+23:52	05:36
24	239	Paulo Alexandre L. Curado	Os Papagaios	Veterano M45	57:56	+24:12	05:38
25	189	Luis Barosa	Individual	Veterano M45	58:05	+24:20	05:38
26	187	João Carlos O. Jorge	Individual	Veterano M45	01:04:07	+30:23	06:14

Veterano M50

1	112	João Almeida	DCI/Trilhos Luso Bussaco	Veterano M50	38:42	+04:58	03:46
2	114	Vitor Manuel Jorge Oliveira	DCI/Trilhos Luso Bussaco	Veterano M50	38:56	+05:11	03:47
3	224	Manuel Faria	João Silva Atletismo CCR Praia de Mira	Veterano M50	41:36	+07:52	04:02
4	198	luís Oliveira	Escola de Atletismo de Coimbra/ Jpaiva	Veterano M50	42:04	+08:20	04:05
5	195	João Cunha Silva	Individual	Veterano M50	43:27	+09:42	04:13
6	197	josé carlos santos	Individual	Veterano M50	43:41	+09:57	04:15
7	35	José Zananar	ACT	Veterano M50	43:44	+09:59	04:15
8	36	Vitor Faim	ACT	Veterano M50	43:45	+10:01	04:15
9	70	Fernando Sousa	Bio Team Run	Veterano M50	46:33	+12:48	04:31
10	200	Mario Neves	Individual	Veterano M50	46:48	+13:03	04:33
11	86	Rui Faria	Casa do Benfica da Figueira da Foz	Veterano M50	48:05	+14:20	04:40

Corrida

10,3 KM

OFFICIAL RESULT

12	241	José Carlos J. Gonçalves	Os Papagaios	Veterano M50	49:28	+15:44	04:48
13	71	Paulo Martins	Bio Team Run	Veterano M50	51:27	+17:43	05:00
14	196	José António Pereira	Individual	Veterano M50	52:08	+18:24	05:04
15	231	João Cavadas	Luso Time	Veterano M50	52:36	+18:52	05:06
16	69	Carlos Barroso	Bio Team Run	Veterano M50	55:03	+21:18	05:21
17	209	Vitor Manuel J. Rodrigues	INFORTOCHA	Veterano M50	57:07	+23:23	05:33
18	194	Arlindo Ferreira	Individual	Veterano M50	01:12:25	+38:40	07:02

Veterano M55

1	18	Mário Silva	ACRS Desterro Napo	Veterano M55	37:53	+04:09	03:41
2	203	Gary Blesson	Individual	Veterano M55	39:14	+05:30	03:49
3	202	Filipe Carvalheiro	Individual	Veterano M55	43:12	+09:28	04:12
4	48	Fernando Manuel Agante	Associação Académica de Coimbra	Veterano M55	43:57	+10:13	04:16
5	228	José Carlos Gomes	Ligeirinhos	Veterano M55	44:59	+11:14	04:22
6	201	Carlos Conceicao	Individual	Veterano M55	46:17	+12:33	04:30
7	205	JOSÉ BATATA	Individual	Veterano M55	49:10	+15:26	04:46

Veterano M60

1	115	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M60	43:50	+10:06	04:15
2	15	António Silva	ACDRS QUINHENDROS	Veterano M60	46:21	+12:37	04:30
3	49	Joaquim Duarte Pocinho	Associação Académica de Coimbra	Veterano M60	47:05	+13:21	04:34
4	91	Narciso Arromba	CLUVE - Clube Veteranos Atletismo Coimbra	Veterano M60	50:57	+17:12	04:57
5	85	Manuel Manso	canto da chamusca	Veterano M60	51:59	+18:15	05:03
6	37	Orlando Neto	ACT	Veterano M60	01:04:07	+30:23	06:14

COLETIVO - CORRIDA

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	TEAM	DESCRIPTION	POINTS
1	JOÃO SILVA ATLETISMO CCR PRAIA DE MIRA	2 + 7 + 10	19
2	ACRS DESTERRO NAPO	5 + 13 + 14	32
3	ACT	1 + 9 + 28	38
4	DCI/TRILHOS LUSO BUSSACO	4 + 17 + 19	40
5	ESCOLA DE ATLETISMO DE COIMBRA/ JPAIVA	12 + 18 + 37	67
6	ASSOCIAÇÃO ACADÉMICA DE COIMBRA	6 + 11 + 58	75
7	ACDRS QUINHENDROS	16 + 39 + 61	116
8	GATÕES BTT	42 + 45 + 77	164
9	BIO TEAM RUN	63 + 79 + 91	233
10	LUSO TIME	20 + 131 + 132	283
11	OS PAPAGAIOS	90 + 93 + 105	288
12	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	38 + 137 + 144	319
13	LIGEIRINHOS	65 + 120 + 149	334
14	SÉRGIO ALMEIDA	75 + 111 + 172	358
15	PÉ D'ATLETA	78 + 146 + 148	372
16	QUENIANOS CÁ DO SÍTIO	113 + 114 + 177	404
17	CANTO DA CHAMUSCA	123 + 140 + 170	433
18	GEAR UP	135 + 162 + 163	460
19	BM RICE TEAM	186 + 194 + 195	575