

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:30	12,9°C	67%
End	20:06	12,9°C	67%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	8	Hermano Ferreira	Escola de Atletismo de Coimbra/JPAIVA	29:03		02:54	
2	7	Samuel Freire	Vitória Setubal	29:06	+00:03	02:55	
3	5	Alexandre Figueiredo	SL Benfica	29:10	+00:07	02:55	
4	1	Lícinio Pimentel	Sporting CP	30:01	+00:58	03:00	
5	349	Rogério Amaral	CPT Sobral de Ceira	31:26	+02:23	03:09	
6	557	Fábio Abrantes	G.R. EIRENSE	31:53	+02:50	03:11	
7	378	Hélder Lopes	DCI/Trilhos Luso Bussaco	32:03	+03:00	03:12	
8	663	André Oliveira Massuça	Individual	32:31	+03:28	03:15	
9	45	Luís Contente	ACDRS QUINHENDROS	32:35	+03:32	03:15	
10	343	Rúben Fortunato	CPT Sobral de Ceira	32:39	+03:36	03:16	
11	6	Solange Jesus	CD Feirense	33:01	+03:58	03:18	
12	432	Ricardo Gaspar	Escola de Atletismo de Coimbra/JPAIVA	33:02	+03:59	03:18	
13	165	Francisco Graça	ASCVALEIRINHA	33:05	+04:02	03:19	
14	1670	Bruno Freitas	ACR Vale de Cambra	33:08	+04:05	03:19	
15	319	Diogo Alexandre Rodrigues Pinheiro	Coimbra Trailrunning	33:17	+04:14	03:20	
16	558	João Pontes	G.R. EIRENSE	33:19	+04:16	03:20	
17	561	Ricardo Sousa	G.R. EIRENSE	33:23	+04:20	03:20	
18	346	João Rodrigues	CPT Sobral de Ceira	33:38	+04:35	03:22	
19	2	Ana Mafalda Ferreira	Sporting CP	33:45	+04:42	03:23	
20	283	Luis Martins	Centro de Atletismo de Tondela	33:47	+04:44	03:23	
21	4	Carla Martinho	RD Águeda	33:54	+04:51	03:23	
22	281	André Pais	Centro de Atletismo de Tondela	33:56	+04:53	03:24	
23	437	Vasco Pereira	Escola de Atletismo de Coimbra/JPAIVA	33:58	+04:55	03:24	
24	374	William Caetano	DCI/Trilhos Luso Bussaco	34:03	+05:00	03:24	
25	3	Salomé Afonso	Sporting CP	34:04	+05:01	03:24	
26	422	Carlos Filipe Leite Costa	Escola de Atletismo de Coimbra/JPAIVA	34:12	+05:09	03:25	
27	50	João Silva	ACDRS QUINHENDROS	34:17	+05:14	03:26	
28	1633	Milton Santos	União FCI de Tomar	34:18	+05:15	03:26	
29	46	Ricardo Santos	ACDRS QUINHENDROS	34:37	+05:34	03:28	
30	284	Rui Rodrigues	Centro de Atletismo de Tondela	34:38	+05:35	03:28	
31	318	Alexandre Cipriano Blasques Rodrigues	Coimbra Trailrunning	34:43	+05:40	03:28	
32	922	Pedro Santos	Individual	34:44	+05:41	03:28	
33	170	Rui Rodrigues	Associação Académica de Coimbra	34:47	+05:44	03:29	
34	677	João Ricardo Pereira Poças	Individual	34:49	+05:46	03:29	
35	396	Manuel Vicente	Dci/trilhos Luso Bussaco	34:50	+05:47	03:29	
36	473	Adérito Fontes	Escola de Atletismo de Coimbra/JPAIVA	34:57	+05:54	03:30	
37	435	Tiago Gonçalves	Escola de Atletismo de Coimbra/JPAIVA	35:12	+06:09	03:31	
38	345	António Cunha	CPT Sobral de Ceira	35:29	+06:26	03:33	
39	424	Eduardo Gonçalves	Escola de Atletismo de Coimbra/JPAIVA	35:35	+06:32	03:34	
40	428	João Rodrigues	Escola de Atletismo de Coimbra/JPAIVA	35:51	+06:48	03:35	
41	874	José Sequeira	Individual	35:55	+06:52	03:36	

Official Timekeeper: Lap2Go	1 / 31	generate 18-dez-2021 20:10
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CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	320	Hélder Filipe de Brito Galvão	Coimbra Trailrunning	35:58	+06:55	03:36	
43	963	Valter Lopes	Individual	36:00	+06:57	03:36	
44	286	Nuno Silva	Clube Atletismo de Lamas	36:02	+06:59	03:36	
45	1639	Rodrigo Poças Rodrigues	Viriathvs Runners Viseu	36:03	+07:00	03:36	
46	464	Vitor Cardoso	Escola de Atletismo de Coimbra/JPAIVA	36:05	+07:02	03:36	
47	603	Patrícia Silva	Gupo Desportivo Estreito	36:09	+07:06	03:37	
48	279	Carlos Nunes	Casa do Povo de Mangualde	36:10	+07:07	03:37	
49	379	João Amândio	DCI/Trilhos Luso Bussaco	36:22	+07:19	03:38	
50	1433	Domingos Manuel Fidalgo Vieira	OPraticante.pt	36:26	+07:23	03:39	
51	560	Ricardo Germano	G.R. EIRENSE	36:26	+07:23	03:39	
52	390	Sergio Machado	DCI/Trilhos Luso Bussaco	36:28	+07:25	03:39	
53	285	Carlos Ribeiro	Centro de Atletismo de Tondela	36:29	+07:26	03:39	
54	453	Rui Ferreira	Escola de Atletismo de Coimbra/JPAIVA	36:32	+07:29	03:39	
55	394	João Paulo Almeida	DCI/Trilhos Luso Bussaco	36:35	+07:32	03:40	
56	41	Alcino Silva	A.D. Amarante Trail Running	36:37	+07:34	03:40	
57	350	Vitor Pleno	CPT Sobral de Ceira	36:42	+07:39	03:40	
58	1643	Paulo Costa	Viriathvs Runners Viseu	36:45	+07:42	03:40	
59	457	Jorge santos	Escola de Atletismo de Coimbra/JPAIVA	36:54	+07:51	03:41	
60	476	Luis Tovim	Escola de Atletismo de Coimbra/JPAIVA	37:11	+08:08	03:43	
61	329	Armindo José Henriques Antunes	Coimbra Trailrunning	37:14	+08:11	03:43	
62	1671	Paulo Garcia	SandGames Figueira	37:15	+08:12	03:43	
63	404	José Manuel Oliveira Martins	DCI/Trilhos Luso Bussaco	37:15	+08:12	03:44	
64	475	Gary Blesson	Escola de Atletismo de Coimbra/JPAIVA	37:16	+08:13	03:44	
65	84	Nuno Sousa	ADR4ESTACOES	37:16	+08:13	03:44	
66	167	ALEXANDRE MESTRE	ASCValeirinha	37:19	+08:16	03:44	
67	559	Rafael Matias	G.R. EIRENSE	37:20	+08:17	03:44	
68	450	Miguel Pires	Escola de Atletismo de Coimbra/JPAIVA	37:20	+08:17	03:44	
69	445	André Fonte	Escola de Atletismo de Coimbra/JPAIVA	37:20	+08:17	03:44	
70	470	Mauro Azevedo	Escola de Atletismo de Coimbra/JPAIVA	37:21	+08:18	03:44	
71	402	Vitor Oliveira	DCI/Trilhos Luso Bussaco	37:23	+08:20	03:44	
72	377	Diogo Ferreira Reis	DCI/Trilhos Luso Bussaco	37:26	+08:23	03:45	
73	990	Manuel Pinto	Tribo NR	37:30	+08:27	03:45	
74	331	David José dos Santos Amaral	Coimbra Trailrunning	37:37	+08:34	03:46	
75	178	Nelson Filipe de Almeida Heleno	ASSSCC - Ar Livre e Aventura	37:38	+08:35	03:46	
76	967	Vitor Manuel Quintaneiro Almeida	Individual	37:43	+08:40	03:46	
77	296	Joao Pato	CluVe - Clube de Veteranos de Atletismo de Coimbra	37:44	+08:41	03:46	
78	375	Afonso Almeida Silva	DCI/Trilhos Luso Bussaco	37:45	+08:42	03:46	
79	1137	Armando Teixeira	Individual	37:46	+08:43	03:47	
80	125	RICARDO SIMÕES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	37:50	+08:47	03:47	
81	1554	Ernesto Nabeiro	Soure Mov	37:51	+08:48	03:47	
82	60	José Pedro de Almeida Galvão	ADCRPereira	37:51	+08:48	03:47	
83	778	Cláudio Macatrão	Individual	37:52	+08:49	03:47	
84	1112	Ricardo Costa	Individual	37:54	+08:51	03:47	
85	333	Tiago de Castro Nunes Santos Silva	Coimbra Trailrunning	37:55	+08:52	03:48	
86	147	AURÉLIO SAÚDE	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	37:55	+08:52	03:48	

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[illegible]

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[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	606	Décia Gonçalves	HomeWORK_OUT running team	37:56	+08:53	03:48	
88	613	Divo Gonçalves	HomeWORK_OUT running team	37:56	+08:53	03:48	
89	621	Rui Costa	HomeWORK_OUT running team	37:56	+08:54	03:48	
90	276	Hélder Isidoro	CAOH - Clube Atlético de Oliveira do Hospital	38:03	+09:00	03:48	
91	911	Nuno Oliveira	Individual	38:07	+09:04	03:49	
92	1524	José Santos	SCPovoense - Caracóis de Corrida	38:08	+09:05	03:49	
93	391	Paulo Maia	DCI/Trilhos Luso Bussaco	38:13	+09:10	03:49	
94	1326	Pedro Miguel Serra Santos	Lama Solta	38:15	+09:12	03:49	
95	1588	Francisco Fonseca	The First Wellness&Bootcamp	38:15	+09:12	03:50	
96	430	Mario Santos	Escola de Atletismo de Coimbra/JPAIVA	38:19	+09:16	03:50	
97	381	Rúben Baptista Fernandes	DCI/Trilhos Luso Bussaco	38:20	+09:17	03:50	
98	47	tiago moreno	ACDRS QUINHENDROS	38:23	+09:20	03:50	
99	1568	Fernando José de Campos Fonseca	Tartarugas do Choupal	38:30	+09:27	03:51	
100	1635	Alejandro de Castro	UNIVERSIDAD DE BURGOS	38:30	+09:27	03:51	
101	280	Fernando Antunes	CCDS S.Frutuoso	38:31	+09:28	03:51	
102	1130	Vitor Gomes	Individual	38:41	+09:38	03:52	
103	347	Luís Rodrigues	CPT Sobral de Ceira	38:42	+09:39	03:52	
104	780	Cristiano Rafael Marques Brandão	Individual	38:44	+09:41	03:52	
105	1603	Daniel Matias	TiMiM	38:44	+09:41	03:52	
106	951	Steven Lopes de Sá	Individual	38:45	+09:42	03:53	
107	423	Eduardo Cardoso	Escola de Atletismo de Coimbra/JPAIVA	38:46	+09:43	03:53	
108	399	Fernando Gonçalves	DCI/Trilhos Luso Bussaco	38:47	+09:44	03:53	
109	1135	António Francisco	Individual	38:50	+09:47	03:53	
110	1162	Jorge Manuel Falcão Carvalho	Individual	38:54	+09:51	03:53	
111	1177	Nuno Silva	Individual	39:03	+10:00	03:54	
112	930	Ricardo da Silva Auxiliar	Individual	39:06	+10:03	03:55	
113	1192	Rui Fernandes	Individual	39:17	+10:14	03:56	
114	1499	Egídio Neves	Runners & Friends	39:22	+10:19	03:56	
115	274	João Dinis	CAOH - Clube Atlético de Oliveira do Hospital	39:26	+10:23	03:57	
116	1306	Bruno Marques	Inline Engenharia	39:26	+10:23	03:57	
117	1307	Nuno Gomes	Inline Engenharia	39:27	+10:24	03:57	
118	401	Tony Graça	DCI/Trilhos Luso Bussaco	39:28	+10:25	03:57	
119	1685	João Nuno Ferreira	Individual	39:30	+10:27	03:57	
120	149	MÁRCIO FLÓRIDO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	39:32	+10:29	03:57	
121	960	Tiago Vitória	Individual	39:32	+10:29	03:57	
122	155	PAULO PINTO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	39:34	+10:31	03:57	
123	649	Bruno José Duarte Cardoso	HUT RUNNERS COIMBRA	39:36	+10:33	03:58	
124	1618	Saul Martins	Tribo NR	39:39	+10:36	03:58	
125	96	Fábio Fernandes	ARCD Venda da Luisa	39:40	+10:37	03:58	
126	877	Leonardo Amado Brito	Individual	39:42	+10:39	03:58	
127	466	Fernando Nogueira	Escola de Atletismo de Coimbra/JPAIVA	39:42	+10:40	03:58	
128	1254	Carlos Calígula	Individual	39:51	+10:48	03:59	
129	85	António Patrício	ADR4ESTACOES	39:58	+10:55	04:00	
130	174	Pedro Gerardo	Associação Académica de Coimbra	40:05	+11:02	04:00	

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10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
131	563	Lídia Pereira	G.R. EIRENSE	40:05	+11:02	04:01	
132	1136	António Pereira	Individual	40:09	+11:06	04:01	
133	1496	Gonçalo Marques	Runners & Friends	40:13	+11:10	04:01	
134	1636	Telmo Santos	Vikings Trail Runners/CCR Alcabideque	40:16	+11:13	04:02	
135	884	Luis Miguel	Individual	40:17	+11:14	04:02	
136	667	Gonçalo Santiago	Individual	40:17	+11:14	04:02	
137	1606	Fernando Ribeiro	TiMim	40:18	+11:15	04:02	
138	168	Fábio Marques	Associação Académica de Coimbra	40:19	+11:16	04:02	
139	467	Jorge Alves	Escola de Atletismo de Coimbra/JPAIVA	40:19	+11:16	04:02	
140	172	Paulo Pereira	Associação Académica de Coimbra	40:20	+11:17	04:02	
141	301	Luís Santos	Cluve - Clube de Veteranos de Atletismo de Coimbra	40:22	+11:19	04:02	
142	162	JOSÉ CORREIA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	40:32	+11:29	04:03	
143	51	Márcio Rodrigues	ACDRS QUINHENDROS	40:34	+11:31	04:03	
144	49	Bruno Rodrigues	ACDRS QUINHENDROS	40:37	+11:34	04:04	
145	63	Hélder Piedade	ADCRPereira	40:39	+11:36	04:04	
146	943	Rui Miguel Ruela Pinto	Individual	40:39	+11:36	04:04	
147	1550	Carlos Patrão	Soure Mov	40:42	+11:39	04:04	
148	1099	Nuno Filipe Santos Pereira	Individual	40:43	+11:40	04:04	
149	458	Luc Hennetier	Escola de Atletismo de Coimbra/JPAIVA	40:45	+11:42	04:05	
150	657	Rafael Bernardes	Impact Factor	40:47	+11:44	04:05	
151	398	Carlos Cunha	DCI/Trilhos Luso Bussaco	40:48	+11:45	04:05	
152	1340	Luís vilela	Luis Vilela	40:48	+11:45	04:05	
153	798	Eduardo Costa	Individual	40:49	+11:46	04:05	
154	175	Joel Rodrigues	ASSSCC - Ar Livre e Aventura	40:50	+11:47	04:05	
155	779	Claudio Vinhas	Individual	40:53	+11:50	04:05	
156	948	Sérgio Miguel Tenente dos Santos Pocinho	Individual	40:54	+11:51	04:05	
157	1201	António Amado	Individual	40:58	+11:55	04:06	
158	393	Américo Almeida 1	DCI/Trilhos Luso Bussaco	41:00	+11:57	04:06	
159	469	Luís Oliveira	Escola de Atletismo de Coimbra/JPAIVA	41:02	+11:59	04:06	
160	336	Fernando Manuel Machado Alhau	Coimbra Trailrunning	41:04	+12:01	04:06	
161	923	Pedro Sequeira	Individual	41:07	+12:04	04:07	
162	161	JOSÉ GUILHERME	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	41:08	+12:05	04:07	
163	771	Bruno Robalo	Individual	41:09	+12:06	04:07	
164	179	Ruben Novo	ASSSCC - Ar Livre e Aventura	41:09	+12:06	04:07	
165	1184	Pedro Manuel Jordão Pereira	Coimbra Trailrunning	41:11	+12:08	04:07	
166	1106	Pedro Eufrásio	Individual	41:12	+12:09	04:07	
167	119	Carlos Canais	ARCD Venda da Luisa	41:14	+12:11	04:07	
168	275	Mário Henriques	CAOH - Clube Atlético de Oliveira do Hospital	41:14	+12:11	04:07	
169	397	Orlando Galvão	DCI/Trilhos Luso Bussaco	41:15	+12:12	04:07	
170	542	Carlos Fonseca	FOCUS	41:15	+12:12	04:07	
171	356	Celso Pereira	CPT Sobral de Ceira	41:16	+12:13	04:08	
172	1608	David Oliveira	TiMiM	41:17	+12:14	04:08	
173	328	Vitor Manuel Iages Antunes da Fonseca	Coimbra Trailrunning	41:17	+12:14	04:08	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
174	439	Célia Alves	Escola de Atletismo de Coimbra/JPAIVA	41:22	+12:19	04:08	
175	265	João Nunes	C. F. "Os Marialvas"	41:25	+12:22	04:09	
176	568	Nuno Ferreira	Galitos	41:27	+12:24	04:09	
177	586	Bruno Martins	GELCENTRO TEAM	41:29	+12:26	04:09	
178	789	Diogo Cacho	Individual	41:30	+12:27	04:09	
179	1232	José Manuel Amado Marques	Individual	41:31	+12:28	04:09	
180	1641	Rui Pires	Viriathvs Runners Viseu	41:33	+12:30	04:09	
181	668	Guilherme Costa	Individual	41:34	+12:31	04:09	
182	468	Luis Barraca Pereira	Escola de Atletismo de Coimbra/JPAIVA	41:36	+12:33	04:10	
183	1168	Luís Silva	Individual	41:37	+12:34	04:10	
184	159	CARLOS SIMÕES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	41:39	+12:36	04:10	
185	359	David Patricio Santos	CPT Sobral de Ceira	41:39	+12:36	04:10	
186	1517	Marcel Santos	Saca trilhos Anadia	41:41	+12:38	04:10	
187	40	Pedro Vieira	A.D. Amarante Trail Running	41:42	+12:39	04:10	
188	924	Phinifolo Luis Suede Cambalame	Individual	41:43	+12:40	04:10	
189	555	Susana Meireles	G.R. EIRENSE	41:43	+12:40	04:10	
190	19	Claudio Queiroga	232 Runners	41:44	+12:41	04:10	
191	1549	André Neto	Soure Mov	41:44	+12:41	04:10	
192	1199	Toze Almeida	Individual	41:46	+12:43	04:11	
193	577	Diogo Teixeira dos Santos	Gaveteiros	41:50	+12:47	04:11	
194	1253	António Ribeiro	Individual	41:50	+12:47	04:11	
195	1332	António Ferreira	Lobos da Serra - Loureiro	41:51	+12:48	04:11	
196	76	BRUNO FERREIRA	Adões Trail	41:54	+12:51	04:11	
197	770	Bruno Miguel Clemente Estêvão	Individual	41:55	+12:52	04:12	
198	261	José Leal	Bttrain	41:55	+12:52	04:12	
199	1141	Carlos Costa	Individual	41:56	+12:53	04:12	
200	268	Francisco Valadão	C. F. "Os Marialvas"	41:58	+12:55	04:12	
201	330	Carlos Alberto de Jesus Manuel	Coimbra Trailrunning	42:02	+12:59	04:12	
202	1408	Pedro Galamarra	Montanha Clube Trail Running / EFAPEL	42:03	+13:00	04:12	
203	403	Joaquim Godinho	DCI/Trilhos Luso Bussaco	42:06	+13:03	04:13	
204	571	Gonçalo Filipe Neves Padilha	Gangalho	42:06	+13:03	04:13	
205	856	João Rui Baptista	Individual	42:10	+13:07	04:13	
206	171	José Carlos Simões	Associação Académica de Coimbra	42:19	+13:16	04:14	
207	1525	Gonçalo Gomes	Sem Sede	42:21	+13:18	04:14	
208	860	Joel Amado	Individual	42:28	+13:25	04:15	
209	1377	Horácio Ferreira	Miro trail	42:30	+13:27	04:15	
210	321	Nuno Miguel Vasconcelos	Coimbra Trailrunning	42:33	+13:30	04:15	
211	1488	António Almeida	Rato Esquilo	42:33	+13:30	04:15	
212	332	Paulo Jorge Fonseca Carvalho	Coimbra Trailrunning	42:33	+13:30	04:15	
213	885	Luís Miguel Alves de Jesus	Individual	42:34	+13:31	04:15	
214	1234	Lucio ventura	Individual	42:34	+13:31	04:15	
215	471	Nuno Costa	Escola de Atletismo de Coimbra/JPAIVA	42:35	+13:32	04:15	
216	879	Luis André Pereira	Individual	42:39	+13:36	04:16	
217	893	Mário Aragão	Individual	42:40	+13:37	04:16	
218	614	Fábio Oliveira	HomeWORK_OUT running team	42:40	+13:37	04:16	

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10 KM

[illegible]

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[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
219	448	José Duarte	Escola de Atletismo de Coimbra/JPAIVA	42:42	+13:39	04:16	
220	160	João Salustiano	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	42:46	+13:43	04:17	
221	1634	José Carvalho	Unique Advenure	42:50	+13:47	04:17	
222	137	PEDRO AFONSO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	42:52	+13:49	04:17	
223	1436	Sérgio Miguel Esteves Ruela	OPraticante.pt	42:54	+13:51	04:17	
224	260	Rui Baptista	Bttrain	42:56	+13:53	04:18	
225	278	André Nunes	Casa do Povo de Mangualde	42:56	+13:53	04:18	
226	1116	Ricardo Veiga	Individual	42:57	+13:54	04:18	
227	205	MIGUEL FIGUEIREDO	Atletas ao Domingo	42:58	+13:55	04:18	
228	1092	Miguel João Ribeiro	Individual	43:02	+13:59	04:18	
229	294	Bruno Bernardes	Cluve - Clube de Veteranos de Atletismo de Coimbra	43:04	+14:01	04:18	
230	154	António Figueiredo	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	43:06	+14:03	04:19	
231	114	Bruno Silva	ARCD Venda da Luisa	43:06	+14:03	04:19	
232	1520	CARLOS ALBERTO DA SILVA PIRES	Saca trilhos Anadia	43:07	+14:04	04:19	
233	1552	Acílio Noro	Soure Mov	43:07	+14:04	04:19	
234	1178	Paulo David da Silva Cardoso	Adões Trail	43:09	+14:06	04:19	
235	861	Joel Lopes	Individual	43:11	+14:08	04:19	
236	117	Arlindo Ribeiro	ARCD Venda da Luisa	43:15	+14:12	04:20	
237	1559	Pedro Tiago Correia Soares	Sucata time	43:16	+14:13	04:20	
238	838	João Gaspar	Individual	43:18	+14:15	04:20	
239	837	João Garcia	Individual	43:18	+14:15	04:20	
240	595	Adérito Curto	Gira Sol	43:19	+14:16	04:20	
241	949	Silvio Marques	Individual	43:20	+14:17	04:20	
242	48	Bruno B Ferreira	ACDRS QUINHENDROS	43:22	+14:19	04:20	
243	931	Ricardo Jorge de Abreu Bica	Individual	43:25	+14:22	04:20	
244	456	Ivo Magalhães	Escola de Atletismo de Coimbra/JPAIVA	43:28	+14:25	04:21	
245	1440	Inês Costa	Orisclinic	43:31	+14:28	04:21	
246	65	Gonçalo Simões Rodrigues	Adões Trail	43:33	+14:30	04:21	
247	1197	Sílvio Alexandre de Sousa Oliveira	Individual	43:40	+14:37	04:22	
248	1159	João Simões	Individual	43:41	+14:38	04:22	
249	1364	Eugénio Santos	Miro trail	43:42	+14:39	04:22	
250	720	Lurdes Gonçalves	Individual	43:42	+14:39	04:22	
251	820	Hugo Matias	Individual	43:43	+14:40	04:22	
252	386	Julia Santos	DCI/Trilhos Luso Bussaco	43:43	+14:40	04:22	
253	434	Rui Melo	Escola de Atletismo de Coimbra/JPAIVA	43:44	+14:41	04:22	
254	1456	Rui Silva	Os Papa Milhas	43:46	+14:43	04:23	
255	99	João Marques	ARCD Venda da Luisa	43:48	+14:45	04:23	
256	1233	José Vítor Vieira	Individual	43:51	+14:48	04:23	
257	1314	Vítor Varandas	K Studio Running Team	43:52	+14:49	04:23	
258	1200	Vítor Manuel Ferreira Tinoco	Individual	43:53	+14:50	04:23	
259	968	Vítor Ribeiro	Individual	43:54	+14:51	04:23	
260	1235	Luís Soares	Individual	43:55	+14:52	04:23	
261	384	LILIANA MARTINHO	DCI/TRILHOS LUSO BUSSACO	44:00	+14:57	04:24	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
262	1637	Tânia Pinto	Viriathvs Runners Viseu	44:00	+14:57	04:24	
263	533	Nuno Miguel Martins Simões	FOCUS	44:01	+14:58	04:24	
264	1097	Nuno Costa	Individual	44:05	+15:02	04:24	
265	596	Miguel Coimbra	GR EIRENSE	44:09	+15:06	04:25	
266	1049	António Agostinho Ferreira Taborda	Individual	44:12	+15:09	04:25	
267	1148	Hilário dos Reis Espadilha	Individual	44:16	+15:13	04:26	
268	71	Tiago Bernardes	Adões Trail	44:17	+15:14	04:26	
269	387	Manuela Mendes	DCI/Trilhos Luso Bussaco	44:19	+15:16	04:26	
270	1274	PEDRO VICENTE	Individual	44:20	+15:17	04:26	
271	818	Helder Cunha	Individual	44:21	+15:18	04:26	
272	259	Cristiano da Silva Gante	Bttrain	44:21	+15:18	04:26	
273	1543	MIGUEL VIDAL	Soure Mov	44:23	+15:20	04:26	
274	1348	José Dias	M4A	44:23	+15:20	04:26	
275	18	Nuno Fraga	232 Runners	44:24	+15:21	04:26	
276	1055	Celso Rafael Gonçalves de Carvalho	Individual	44:25	+15:22	04:27	
277	950	Stefane Fernandes da Silva	Individual	44:25	+15:22	04:27	
278	809	Francisco João Lapa da Silva	Individual	44:26	+15:23	04:27	
279	322	Rui Jorge Simões Carrito	Coimbra Trailrunning	44:27	+15:24	04:27	
280	1431	Carina de Ascensão Gouveia	OPraticante.pt	44:28	+15:25	04:27	
281	669	Pedro Caeiro	Individual	44:29	+15:26	04:27	
282	191	Gonçalo Carvalho	Atletas ao Domingo	44:29	+15:26	04:27	
283	889	Manuel Loureiro Dos Santos	Individual	44:30	+15:27	04:27	
284	1072	Jorge Fernandes	Individual	44:30	+15:27	04:27	
285	772	Cândido Veloso	Individual	44:31	+15:28	04:27	
286	324	Diogo Borges Reis	Coimbra Trailrunning	44:31	+15:28	04:27	
287	944	Rui Trovão	Individual	44:31	+15:28	04:27	
288	1345	Luis Almeida	M4A	44:33	+15:30	04:27	
289	1413	Carlos Gaspar	NEXEBRA TRAIL TEAM	44:34	+15:31	04:27	
290	1086	Luís Pereira	Individual	44:34	+15:31	04:27	
291	1118	Romeu Vasconcelos	Individual	44:35	+15:32	04:27	
292	1382	cátia rodrigues	Mondego Runners	44:37	+15:34	04:28	
293	1462	Rodolfo Martins	Pais em furia	44:37	+15:34	04:28	
294	1288	Joaquim pocinho	Individual	44:38	+15:35	04:28	
295	166	Bruno Oliveira	ASCVALEIRINHA	44:41	+15:38	04:28	
296	1349	Pedro Jacinto	M4A	44:47	+15:44	04:29	
297	1119	Rui Miguel Gonçalves Nunes	Individual	44:49	+15:46	04:29	
298	15	Marco André Dias Sousa	100pressa	44:51	+15:48	04:29	
299	355	Rui Figueiredo	CPT Sobral de Ceira	44:51	+15:48	04:29	
300	1642	José Luís Lopes da Silva	Viriathvs Runners Viseu	44:53	+15:50	04:29	
301	134	BRUNO RODRIGUES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	44:53	+15:50	04:29	
302	27	João Gerardo	6:45	44:53	+15:50	04:29	
303	123	José Santos	ARCD Venda da Luísa	44:55	+15:52	04:30	
304	1638	Fábio Amaral	Viriathvs Runners Viseu	44:56	+15:53	04:30	
305	289	MARISA JOÃO	CLUBE DE ATLETISMO DE OVAR	44:56	+15:53	04:30	
306	400	josé Pereira	DCI/Trilhos Luso Bussaco	44:58	+15:55	04:30	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
307	478	Diogo Oliveira	Estoira Terras	45:00	+15:57	04:30	
308	362	Carlos António Mota Longo da Conceição	CSCRFCHARNECA	45:06	+16:03	04:31	
309	325	João Pedro de Almeida Ferreira dos Reis	Coimbra Trailrunning	45:07	+16:04	04:31	
310	1518	Francisco Roque	saca trilhos anadia	45:08	+16:05	04:31	
311	1378	joão matos	Miro Trail	45:11	+16:08	04:31	
312	1156	João Gomes Rodrigues	Individual	45:12	+16:09	04:31	
313	300	Luis Costa	Cluve - Clube de Veteranos de Atletismo de Coimbra	45:13	+16:10	04:31	
314	316	Rodrigo Filipe de Carvalho dos Santos	Coimbra Trailrunning	45:14	+16:11	04:31	
315	494	Pedro Manso	FATIMA TRAIL TEAM	45:14	+16:11	04:31	
316	819	Hélder Morim	Individual	45:16	+16:13	04:32	
317	173	Fernando Agante	Associação Académica de Coimbra	45:16	+16:13	04:32	
318	1531	David Rodrigues	Silgueiros Runners	45:19	+16:16	04:32	
319	295	Gonçalo Carvalho	Cluve - Clube de Veteranos de Atletismo de Coimbra	45:21	+16:18	04:32	
320	953	TIAGO GARRIDO	Individual	45:22	+16:19	04:32	
321	795	Diogo Pimenta	Individual	45:22	+16:19	04:32	
322	308	Paulo Pinheiro	Cluve - Clube de Veteranos de Atletismo de Coimbra	45:23	+16:20	04:32	
323	1400	Nuno Henriques	Mondego Runners	45:23	+16:20	04:32	
324	1611	Rui de Sousa Lopes	TOP TEAM	45:24	+16:21	04:32	
325	139	CARLA REIS	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	45:24	+16:21	04:32	
326	1094	Nuno Alexandre Duarte da Mota	Individual	45:24	+16:21	04:32	
327	578	Francisco José Pimenta Leiteiro	Gaveteiros	45:30	+16:27	04:33	
328	1597	Nuno João Vaz Mendes	The First Wellness&Bootcamp	45:32	+16:29	04:33	
329	1678	Renato Filipe Carneiro	Individual	45:33	+16:30	04:33	
330	17	Gabriel Niza	232 Runners	45:34	+16:31	04:33	
331	169	Ricardo Gonçalves	Associação Académica de Coimbra	45:34	+16:31	04:33	
332	1553	Paulo Lopes	Soure Mov	45:35	+16:32	04:33	
333	441	Dora Serra	Escola de Atletismo de Coimbra/JPAIVA	45:35	+16:32	04:34	
334	451	Nuno Filipe Rama Simões	Escola de Atletismo de Coimbra/JPAIVA	45:36	+16:33	04:34	
335	1103	Paulo cruz	Individual	45:37	+16:34	04:34	
336	1602	Ana Caetano	TiMiM	45:38	+16:35	04:34	
337	763	António Pedro Rola Nogueira	Individual	45:44	+16:41	04:34	
338	807	Filipe Samuel Freire Craveiro	Individual	45:45	+16:42	04:34	
339	43	Cláudio Pereira	Abutres	45:46	+16:43	04:35	
340	1287	Joaquim Almeida	Individual	45:49	+16:46	04:35	
341	177	André Santos	ASSSCC - Ar Livre e Aventura	45:50	+16:47	04:35	
342	206	Miguel Martins	Atletas ao Domingo	45:54	+16:51	04:35	
343	1442	Pedro Miguel Saraiva	Orisclinic	45:57	+16:54	04:36	
344	785	David José Caetano Pratas	Individual	45:58	+16:55	04:36	
345	1181	Pedro Alves	Individual	45:58	+16:55	04:36	
346	1095	Nuno Almeida	Individual	45:58	+16:55	04:36	
347	843	João Marques	Individual	45:59	+16:56	04:36	
348	1352	Alexandre Veloso	MarteloTeam	46:00	+16:57	04:36	
349	1050	António Roso	Individual	46:01	+16:58	04:36	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
350	1051	Carlos Albino	Individual	46:01	+16:58	04:36	
351	262	Helder Domingues Gante	Bttrain	46:02	+16:59	04:36	
352	1297	Rui Ventura	Individual	46:03	+17:00	04:36	
353	670	Vasco Pires de Lima Araújo Rodrigues	Individual	46:05	+17:02	04:36	
354	158	VITOR VIOLA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	46:05	+17:02	04:36	
355	152	Luis Inácio	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	46:05	+17:02	04:37	
356	354	Manuela Gonçalves	CPT Sobral de Ceira	46:07	+17:04	04:37	
357	805	Fernando Marinho	Individual	46:08	+17:05	04:37	
358	940	Ruben Tavares	Individual	46:10	+17:07	04:37	
359	713	Joana Alves	Individual	46:10	+17:07	04:37	
360	1373	João Carlos Pereira	Miro Trail	46:13	+17:10	04:37	
361	1556	Nuno Cortesão	SS CGD	46:13	+17:10	04:37	
362	429	José Miguel Ribeiro Neves	Escola de Atletismo de Coimbra/JPAIVA	46:14	+17:11	04:37	
363	1257	Carlos Simões	Individual	46:14	+17:11	04:37	
364	419	Maria Carvalho	Escola de Atletismo de Coimbra/JPAIVA	46:14	+17:11	04:37	
365	25	David Ramos	6:45	46:15	+17:12	04:38	
366	1019	Susana Morgado	Individual	46:15	+17:12	04:38	
367	1149	Hugo Gaspar	Individual	46:16	+17:13	04:38	
368	1060	Eduardo Jorge Penacho Ribeiro	Individual	46:18	+17:15	04:38	
369	592	Tiago Estrafalhote	GELCENTRO TEAM	46:18	+17:15	04:38	
370	83	Arnaldo Carvalho Tomás	ADR4E	46:19	+17:16	04:38	
371	311	José Abade	Cluve - Clube de Veteranos de Atletismo de Coimbra	46:20	+17:17	04:38	
372	840	João Lopes	Individual	46:21	+17:18	04:38	
373	616	João Costa	HomeWORK_OUT running team	46:22	+17:19	04:38	
374	1406	João Tiago Costa	Montanha Clube Trail Running / EFAPEL	46:24	+17:21	04:38	
375	553	Rui Nunes	Furious but not Fast	46:29	+17:26	04:39	
376	229	André Dias	Bluerunners	46:31	+17:28	04:39	
377	1258	Custódio Loureiro	Individual	46:31	+17:28	04:39	
378	143	SOFIA COIMBRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	46:31	+17:28	04:39	
379	526	Carlos Manuel Sousa ramos	FOCUS	46:37	+17:34	04:40	
380	852	João Prina	Individual	46:42	+17:39	04:40	
381	97	Gonçalo Deus	ARCD Venda da Luisa	46:42	+17:39	04:40	
382	842	João Maranhão	Individual	46:43	+17:40	04:40	
383	1514	Humberto Dias	RUNNING4FUN TEAM VISEU	46:43	+17:40	04:40	
384	945	Sandro Medhi Novais Touil	Individual	46:44	+17:41	04:40	
385	1272	Paulo Trindade	Individual	46:44	+17:41	04:40	
386	303	Ricardo Madureira	Cluve - Clube de Veteranos de Atletismo de Coimbra	46:46	+17:43	04:41	
387	701	Diana Isabel Salgado Mariano	Individual	46:46	+17:43	04:41	
388	1030	esmeralda Fiúza	Individual	46:49	+17:46	04:41	
389	615	Joao Cardoso	HomeWORK_OUT running team	46:50	+17:47	04:41	
390	21	Anselmo Rodrigues	4 sapatilhas	46:50	+17:47	04:41	
391	306	Bento Baptista	Cluve - Clube de Veteranos de Atletismo de Coimbra	46:52	+17:49	04:41	
392	909	Nuno Duarte	Individual	46:52	+17:49	04:41	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
393	267	Alexandre Pessoa	C. F. "Os Marialvas"	46:52	+17:49	04:41	
394	1158	João Ramos	Individual	46:53	+17:50	04:41	
395	957	Tiago Lé	Individual	46:54	+17:51	04:41	
396	1665	Filipe Albuquerque	Individual	46:56	+17:53	04:42	
397	405	Célio Duarte	Deixa Passar	46:59	+17:56	04:42	
398	1681	Nuno Rodrigues	Individual	46:59	+17:56	04:42	
399	1501	Augusto Amaral	Runners & Friends	46:59	+17:56	04:42	
400	1504	Rui Dias	Runners & Friends	47:00	+17:57	04:42	
401	1503	Paulo Torres	Runners & Friends	47:00	+17:57	04:42	
402	1402	PEDRO FERREIRA	MONDEGOPEÇAS	47:03	+18:00	04:42	
403	1353	Ana Mota	MarteloTeam	47:04	+18:01	04:42	
404	1179	Paulo Fontes	Individual	47:04	+18:01	04:42	
405	44	Vânia Paixão	ACDRS QUINHENDROS	47:05	+18:02	04:42	
406	1601	Marco Xavier	The Right Socks	47:06	+18:03	04:43	
407	1155	João Fernandes	Individual	47:08	+18:05	04:43	
408	755	Joel Oliveira	Individual	47:09	+18:06	04:43	
409	389	Eunice Magalhães	DCI/Trilhos Luso Bussaco	47:10	+18:07	04:43	
410	802	Fábio Diogo Oliveira Antunes	Individual	47:11	+18:08	04:43	
411	1285	Joao manuel ferreira correia	Individual	47:12	+18:09	04:43	
412	1140	Aurélio Carvalho	Individual	47:12	+18:09	04:43	
413	684	Ana Reis	Individual	47:12	+18:09	04:43	
414	1243	Pedro Elias	Individual	47:13	+18:10	04:43	
415	781	Cristóvão Rocha	Individual	47:14	+18:11	04:43	
416	1064	Frederico Marques	Individual	47:14	+18:11	04:43	
417	1532	Luís Cotovio	Silgueiros Runners	47:15	+18:12	04:44	
418	101	Tiago Pires	ARCD Venda da Luisa	47:18	+18:15	04:44	
419	180	Gabriela Oliveira	ASSSCC - Ar Livre e Aventura	47:20	+18:17	04:44	
420	927	Remi Alves	Individual	47:22	+18:19	04:44	
421	1265	José canha	Individual	47:23	+18:20	04:44	
422	599	Gilberto Pereira	GRUPO DESPORTIVO ASSEMPARK	47:23	+18:20	04:44	
423	823	Hugo Tiago Martins Fernandes	Individual	47:23	+18:20	04:44	
424	863	Jorge Correia	Individual	47:23	+18:20	04:44	
425	1395	Nuno Varandas	Mondego Runners	47:23	+18:20	04:44	
426	899	Messias Manuel Oliveira Vagueiro	Individual	47:24	+18:21	04:44	
427	618	Luis Elvas	HomeWORK_OUT running team	47:25	+18:22	04:44	
428	828	João Caetano	Individual	47:25	+18:22	04:44	
429	635	Ricardo Gonçalves	HomeWORK_OUT running team	47:25	+18:22	04:45	
430	1394	José Vitor da Costa Rodrigues	Mondego Runners	47:27	+18:24	04:45	
431	1557	Ana Carolina Correia Soares	Sucata time	47:27	+18:24	04:45	
432	357	Fernando Teixeira	CPT Sobral de Ceira	47:27	+18:24	04:45	
433	59	Vera Tomé	ADC-Academia de Desportos de Condeixa	47:28	+18:25	04:45	
434	1541	Andreia Brás	Soure Mov	47:29	+18:26	04:45	
435	1497	Diogo Ribeiro	Runners & Friends	47:30	+18:27	04:45	
436	1109	Pedro Ricardo Coelho Gonçalves	Individual	47:30	+18:27	04:45	
437	1247	Rui Manuel da Rosa Colaço	Individual	47:31	+18:28	04:45	
438	1163	Jose António Ribeiro Costa	Individual	47:32	+18:29	04:45	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
439	1513	Celina Dias	RUNNING4FUN TEAM VISEU	47:32	+18:29	04:45	
440	1061	Fernando Martins	Individual	47:33	+18:30	04:45	
441	955	Tiago Henriques	Individual	47:36	+18:33	04:46	
442	774	Carlos Eduardo Domingues	Individual	47:38	+18:35	04:46	
443	1393	Gonalo Baro	Mondego Runners	47:39	+18:36	04:46	
444	652	Marco Antnio Morais Veloso	HUT RUNNERS COIMBRA	47:41	+18:38	04:46	
445	588	Elton Rodrigues	GELCENTRO TEAM	47:42	+18:39	04:46	
446	847	Joo Paulo serrano carvalho	Individual	47:45	+18:42	04:46	
447	646	Constana de Alves Cardoso e Andr Fragoso	HUT RUNNERS COIMBRA	47:45	+18:42	04:46	
448	917	Pedro Cunha	Individual	47:46	+18:43	04:47	
449	1372	Armenio Nogueira	Miro Trail	47:48	+18:45	04:47	
450	16	Miguel ngelo Tavares Freire	100pressa	47:49	+18:46	04:47	
451	760	Andr Simes	Individual	47:51	+18:48	04:47	
452	121	Arlindo Neves	ARCD Venda da Luisa	47:51	+18:48	04:47	
453	928	Renato Neves	Individual	47:52	+18:49	04:47	
454	1152	Humberto Oliveira	Individual	47:52	+18:49	04:47	
455	644	Tiago Mendes	HomeWORK_OUT running team	47:54	+18:51	04:47	
456	890	Marco Amaral	Individual	47:54	+18:51	04:47	
457	1498	Francisco Silva	Runners & Friends	47:54	+18:51	04:47	
458	481	Celia Castelo Gonalves Marques	Eu Posso Correr - Ansio	47:56	+18:53	04:48	
459	1185	Pedro Miguel Santos Marques	Individual	47:57	+18:54	04:48	
460	1534	Lus Madeira	Silgueiros Runners	47:59	+18:56	04:48	
461	688	ANABELA SOFIA SANTIAGO MARQUES MARQUES	Individual	48:04	+19:01	04:48	
462	866	Jorge Miguel Silva Campos	Individual	48:05	+19:02	04:48	
463	62	Virglio Augusto Fernandes Neto	ADCRPereira	48:07	+19:04	04:49	
464	1304	Ruben Ferreira	Inline Engenharia	48:09	+19:06	04:49	
465	392	Pedro Miguel Barros	DCI/Trilhos Luso Bussaco	48:09	+19:06	04:49	
466	358	Pedro Roque Martins	CPT Sobral de Ceira	48:09	+19:06	04:49	
467	352	Joana Moutela	CPT Sobral de Ceira	48:09	+19:06	04:49	
468	1164	Jos Emlio Coroa	Individual	48:11	+19:08	04:49	
469	939	Roman Nayavko	Individual	48:12	+19:09	04:49	
470	1354	Elsa Marques	MarteloTeam	48:12	+19:09	04:49	
471	726	Maria Joo Vieira	Individual	48:12	+19:09	04:49	
472	901	Miguel Ferreira Pereira	Individual	48:13	+19:10	04:49	
473	1161	Jorge Laranjeiro	Individual	48:13	+19:10	04:49	
474	627	Patricia Henriques	HomeWORK_OUT running team	48:14	+19:11	04:49	
475	965	Vasco Mendes	Individual	48:15	+19:12	04:49	
476	718	Ligia dos Santos	Individual	48:17	+19:14	04:50	
477	326	Ricardo Rodrigues Jesus	Coimbra Trailrunning	48:19	+19:16	04:50	
478	830	Joo Carvalho	Individual	48:19	+19:16	04:50	
479	483	Carlos Simes	Eu Posso Correr - Ansio	48:20	+19:17	04:50	
480	849	Joo Pedro Pino Santos	Individual	48:22	+19:19	04:50	
481	883	Lus Guilherme Abrantes Botelho Maia	Individual	48:23	+19:20	04:50	
482	1220	Joo A. Feijo	Individual	48:23	+19:20	04:50	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
483	1662	Tomás Coimbra	GR EIRENSE	48:23	+19:20	04:50	
484	1194	Rui Fonseca	Individual	48:23	+19:20	04:50	
485	1208	Artur Rodrigues	Individual	48:24	+19:21	04:50	
486	1053	Carlos Manuel Fernandez de Carvalho	Individual	48:24	+19:21	04:50	
487	966	Vicente Julião	Individual	48:25	+19:22	04:51	
488	851	João Pedro Veiga	Individual	48:25	+19:22	04:51	
489	144	ZENAIDE ALVES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	48:28	+19:25	04:51	
490	1249	Vitor Figueiredo	Individual	48:28	+19:25	04:51	
491	1683	Wagner Ribeiro	Individual	48:28	+19:25	04:51	
492	853	João Rainho	Individual	48:28	+19:25	04:51	
493	1176	Nuno Marabuto	Individual	48:29	+19:26	04:51	
494	875	Jose tavares	Individual	48:29	+19:26	04:51	
495	1210	Carlos Alberto Morgado dos Santos	Individual	48:31	+19:28	04:51	
496	551	João Ferreira	Furious but not Fast	48:32	+19:29	04:51	
497	659	Hugo Neves	Impact Factor	48:34	+19:31	04:51	
498	1279	Avelino Silva	Individual	48:34	+19:31	04:51	
499	1438	Nuno Gonçalo Simões	OPraticante.pt	48:35	+19:32	04:51	
500	1623	Marcos Alves	Tribo NR	48:36	+19:33	04:52	
501	309	Hélder José Ferreira	CluVe - Clube de Veteranos de Atletismo de Coimbra	48:38	+19:35	04:52	
502	382	Catarina Baptista	DCI/Trilhos Luso Bussaco	48:39	+19:36	04:52	
503	395	Joaquim Martins	DCI/Trilhos Luso Bussaco	48:40	+19:37	04:52	
504	373	Marco Almeida	DCI/Trilhos Luso Bussaco	48:40	+19:37	04:52	
505	757	André Morais	Individual	48:41	+19:38	04:52	
506	95	Daniel Neves	ARCD Venda da Luisa	48:41	+19:38	04:52	
507	1489	António Cardoso	Rato Esquilo	48:41	+19:38	04:52	
508	201	Nuno Gonçalves	Atletas ao Domingo	48:42	+19:39	04:52	
509	793	Diogo Guerra	Individual	48:42	+19:39	04:52	
510	213	João Silva	Avó Chica	48:44	+19:41	04:52	
511	1242	PAULO JORGE AZEVEDO	Individual	48:45	+19:42	04:52	
512	1607	Pedro Santos	TiMim	48:46	+19:43	04:53	
513	1605	Silvina Baptista	TiMim	48:47	+19:44	04:53	
514	1180	Paulo Sordo Carvalho	Individual	48:48	+19:45	04:53	
515	773	Carlos Bravo	Individual	48:49	+19:46	04:53	
516	1085	Luís Manuel Cordeiro Nunes	Individual	48:49	+19:46	04:53	
517	926	Rafael Morim	Individual	48:49	+19:46	04:53	
518	762	Antonio Miguel Ferreira Goncalves	Individual	48:51	+19:48	04:53	
519	633	Cláudio Pinto	HomeWORK_OUT running team	48:52	+19:49	04:53	
520	1626	André Dias	Tribo NR	48:53	+19:50	04:53	
521	787	Décio Silva	Individual	48:55	+19:52	04:54	
522	1298	Vitor Ferreira	Individual	48:57	+19:54	04:54	
523	492	Felipe Laufer	Family Steiner/Laufer	48:59	+19:56	04:54	
524	493	Nicolas Steiner	Family Steiner/Laufer	48:59	+19:56	04:54	
525	813	Gonçalo Alves	Individual	49:01	+19:58	04:54	
526	1644	Ana Julia Lopes	WEPADEL & CFC CROSSFIT	49:03	+20:00	04:54	
527	1252	António Ferreira	Individual	49:03	+20:00	04:54	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
528	1650	Ana Paula Pratas	WEPADEL & CFC CROSSFIT	49:04	+20:01	04:54	
529	1357	Manuel Ventura	MarteloTeam	49:04	+20:01	04:54	
530	1355	Bruno Ferreira	MarteloTeam	49:04	+20:01	04:54	
531	1640	Rui Moura	Viriathvs Runners Viseu	49:04	+20:01	04:54	
532	42	Mário Miguel Ferreira	A.D.C.P. PEDRALVA	49:05	+20:02	04:54	
533	353	Liliana Silva	CPT Sobral de Ceira	49:06	+20:03	04:55	
534	1069	João Paulo Mendes	Individual	49:08	+20:05	04:55	
535	1325	Rui Manuel Pacheco Duarte	Karrapateira 1919	49:13	+20:10	04:55	
536	1654	Edgar Miguel	WEPADEL & CFC CROSSFIT	49:14	+20:11	04:55	
537	1560	Virgílio Manuel Agostinho Soares	Sucata time	49:15	+20:12	04:56	
538	1347	Nuno Almeida	M4A	49:16	+20:13	04:56	
539	986	FILOMENA CARVALHO	Individual	49:17	+20:14	04:56	
540	1054	Carlos Pessoa	Individual	49:18	+20:15	04:56	
541	959	Tiago Vaz	Individual	49:18	+20:15	04:56	
542	1250	Vitor Pereira	Individual	49:19	+20:16	04:56	
543	687	Ana Salomé Rodrigues Oliveida	Individual	49:20	+20:17	04:56	
544	415	Raquel Caires	Escola de Atletismo de Coimbra/JPAIVA	49:21	+20:18	04:56	
545	878	Luís André Batista	Individual	49:24	+20:21	04:56	
546	801	Fábio Cerejo	Individual	49:26	+20:23	04:57	
547	86	Mário José Fernandes da Silva Almeida	ÁGUAS DE COIMBRA	49:29	+20:26	04:57	
548	1600	Diogo Ramos	The Right Socks	49:31	+20:28	04:57	
549	1142	CARLOS VIEGAS	Individual	49:33	+20:30	04:57	
550	1328	Sérgio Fernandes	Lama Solta	49:34	+20:31	04:57	
551	363	Miguel Ângelo Duarte Neves matias	CSCRFCHARNECA	49:36	+20:33	04:58	
552	913	Paulino Oliveira	Individual	49:37	+20:34	04:58	
553	482	Nélia Anastácio	Eu Posso Correr - Ansião	49:37	+20:34	04:58	
554	976	Catarina Alexandra Carvalho dos Santos	Individual	49:37	+20:34	04:58	
555	484	Clarinda Santos	Eu Posso Correr - Ansião	49:37	+20:34	04:58	
556	845	João Oliveira	Individual	49:40	+20:37	04:58	
557	1229	José Guilherme Parreiral	Individual	49:42	+20:39	04:58	
558	634	Marcos Neves	HomeWORK_OUT running team	49:43	+20:40	04:58	
559	269	José Miguel Barradas	Cadillac Boys	49:45	+20:42	04:58	
560	339	Ana Morais	Correr com estilo	49:46	+20:43	04:59	
561	270	Rider Costa	Cadillac Boys	49:46	+20:43	04:59	
562	340	António Manuel Lourenço Guedes	Correr com estilo	49:46	+20:43	04:59	
563	1289	Jorge Manuel Alves Ramos	Individual	49:46	+20:43	04:59	
564	1107	Pedro Manuel de Matos Lopes Pinto	Individual	49:47	+20:44	04:59	
565	1126	Silvério Pereira	Individual	49:47	+20:44	04:59	
566	1451	Paulo Bento	Os Javalis	49:47	+20:44	04:59	
567	936	Rodrigo André Maturana Pais	Individual	49:48	+20:45	04:59	
568	1539	Ricardo Zeferino	SoParaJantar	49:49	+20:46	04:59	
569	871	José Miguel Saramago de Carvalho	Individual	49:50	+20:47	04:59	
570	58	José Duarte	ADABEM Running Team	49:52	+20:49	04:59	
571	942	Rui Duarte Abreu	Individual	49:55	+20:52	05:00	
572	1066	Hugo Mayer Abade	Individual	49:57	+20:54	05:00	

Official Timekeeper: Lap2Go	13 / 31	generate 18-dez-2021 20:10
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CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
573	822	Hugo Neves	Individual	49:59	+20:56	05:00	
574	1128	Tiago Esperança	Individual	50:03	+21:00	05:00	
575	1166	Luís Filipe Amaro Caetano	Individual	50:03	+21:00	05:00	
576	1237	Mário Jorge Costa da Silva	Individual	50:04	+21:01	05:00	
577	904	Miguel Simões	Individual	50:05	+21:02	05:00	
578	1589	João Luís	The First Wellness&Bootcamp	50:05	+21:02	05:01	
579	747	Vânia Patrícia da Silva Leal	Individual	50:05	+21:02	05:01	
580	1337	Helder Adão	Lousãcrossfit	50:05	+21:02	05:01	
581	1132	Alberto Joaquim Marques Vitória	Individual	50:08	+21:05	05:01	
582	641	Paulo Barreirinhas	HomeWORK_OUT running team	50:08	+21:05	05:01	
583	1339	Tiago Lobo	Lousãcrossfit	50:11	+21:08	05:01	
584	1491	Vitor Teixeira de Jesus	Rato Esquilo	50:12	+21:09	05:01	
585	1419	João Pedro Santos	OE Runners	50:13	+21:10	05:01	
586	264	João Melanda	C. F. "Os Marialvas"	50:14	+21:11	05:01	
587	1490	Mário Rui Pinto	Rato Esquilo	50:16	+21:13	05:02	
588	916	Pedro Ambrosio	Individual	50:16	+21:13	05:02	
589	1204	António Manuel	Individual	50:19	+21:16	05:02	
590	750	Alvar San Martin	Individual	50:22	+21:19	05:02	
591	1366	Cecília Mendes	Miro trail	50:22	+21:19	05:02	
592	288	Hugo Daniel Almeida Seabra	Clube de Ancas	50:24	+21:21	05:02	
593	111	Sílvia Costa	ARCD Venda da Luisa	50:24	+21:21	05:02	
594	908	Nuno Amante	Individual	50:24	+21:22	05:02	
595	1578	Ivo Diogo	Tertúlia da Velha Cabra	50:26	+21:23	05:03	
596	1187	Pedro Nunes	Individual	50:27	+21:24	05:03	
597	116	Carlos Albuquerque	ARCD Venda da Luisa	50:29	+21:26	05:03	
598	962	Válter Alexandre Ramos Afonso	Individual	50:30	+21:27	05:03	
599	1680	Filipe Murta	Individual	50:34	+21:31	05:03	
600	1223	João Paulo Mendes	Individual	50:40	+21:37	05:04	
601	1226	Jorge Miguel Ortolá de Gois	Individual	50:42	+21:39	05:04	
602	1269	Octavio Sergio Rodrigues Linhares	Individual	50:44	+21:41	05:04	
603	768	Bruno Almeida	Individual	50:45	+21:42	05:04	
604	235	Telmo Costa	Bluerunners	50:46	+21:43	05:05	
605	1376	João Pinho	Miro Trail	50:48	+21:45	05:05	
606	1590	Marco José Marreiro	The First Wellness&Bootcamp	50:48	+21:45	05:05	
607	103	Elisabete Girão	ARCD Venda da Luisa	50:48	+21:45	05:05	
608	120	Pedro Roxo	ARCD Venda da Luisa	50:48	+21:45	05:05	
609	1341	Luís Oliveira	Luisomens	50:52	+21:49	05:05	
610	836	João Filipe Sequeira	Individual	50:52	+21:49	05:05	
611	388	Paula Duarte	DCI/Trilhos Luso Bussaco	50:54	+21:51	05:05	
612	589	Eugénio Santos	GELCENTRO TEAM	50:57	+21:54	05:06	
613	608	Lia Neves	HomeWORK_OUT running team	50:57	+21:54	05:06	
614	122	José Carlos Fernandes	ARCD Venda da Luisa	50:59	+21:56	05:06	
615	1010	Rute Gonçalves Aguiar de Melo	Individual	51:01	+21:58	05:06	
616	1160	João Teles	Individual	51:01	+21:58	05:06	
617	1375	Carlos Coelho	Miro trail	51:02	+21:59	05:06	
618	208	Pedro Pires	Atletas ao Domingo	51:03	+22:00	05:06	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
619	1084	Luís Filipe Queirós Correia	Individual	51:03	+22:00	05:06	
620	1280	Fernando Duarte Rodrigues	Individual	51:03	+22:00	05:06	
621	1624	Paulo Domingues	Tribo NR	51:05	+22:02	05:06	
622	130	MARINA CARVALHO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	51:06	+22:03	05:07	
623	207	Nuno Pinto	Atletas ao Domingo	51:07	+22:04	05:07	
624	203	Amílcar Sandinha	Atletas ao Domingo	51:07	+22:04	05:07	
625	383	Helena Lopes	DCI/Trilhos Luso Bussaco	51:08	+22:05	05:07	
626	1230	José M Q Fernandes	Individual	51:09	+22:06	05:07	
627	1555	Abel Batalha	Soure Mov	51:10	+22:07	05:07	
628	708	Guida Fontes	Individual	51:10	+22:07	05:07	
629	620	Rodrigo Dias	HomeWORK_OUT running team	51:11	+22:08	05:07	
630	699	Daniela Ribeiro	Individual	51:11	+22:08	05:07	
631	1065	Gustavo Rodrigues da Silva Jorge Pelichos	Individual	51:12	+22:09	05:07	
632	728	Mariana Henriques	Individual	51:13	+22:10	05:07	
633	1542	Joana Dionísio	Soure Mov	51:14	+22:11	05:07	
634	1367	Isabel Jesus	Miro Trail	51:14	+22:11	05:07	
635	886	Luis Miguel Martins Silva	Individual	51:16	+22:13	05:08	
636	22	Beatriz Abegoaria	6:45	51:17	+22:14	05:08	
637	609	Liliana Curado	HomeWORK_OUT running team	51:18	+22:15	05:08	
638	23	Catarina Mouraz	6:45	51:18	+22:15	05:08	
639	983	Edite André	Individual	51:18	+22:15	05:08	
640	1295	Júlio Manuel da Silva Gonçalves	Individual	51:21	+22:18	05:08	
641	681	Ana Luis Garcia	Individual	51:22	+22:19	05:08	
642	1293	José Luís Silva Garcia	Individual	51:22	+22:19	05:08	
643	900	Miguel Ângelo Costa Antunes	Individual	51:23	+22:20	05:08	
644	1664	Renato Emanuel Bastos Parreira	Individual	51:23	+22:20	05:08	
645	1216	FERNANDO MEDEIROS	Individual	51:23	+22:20	05:08	
646	804	Fernando Jorge Rodrigues do Rosário	Individual	51:24	+22:21	05:08	
647	409	João Filipe Duarte	Duarte e Companhia	51:25	+22:22	05:08	
648	1672	Sidnei Silva	Individual	51:26	+22:23	05:09	
649	1533	Luis Rodrigues	Silgueiros Runners	51:26	+22:23	05:09	
650	567	Hélder Ferreira	Galitos	51:26	+22:23	05:09	
651	527	Diogo Carvalho	FOCUS	51:30	+22:27	05:09	
652	937	Rodrigo Miguel Fragoso Grilo	Individual	51:30	+22:27	05:09	
653	735	Nataliya Zhurakivska	Individual	51:31	+22:28	05:09	
654	545	José Fernandes	FOCUS	51:31	+22:28	05:09	
655	1401	Jorge Lopes	MONDEGOPEÇAS	51:31	+22:28	05:09	
656	1564	Carlos Ribeiro	Talkdesk AI	51:31	+22:28	05:09	
657	1579	L I P E	Tertúlia da Velha Cabra	51:35	+22:32	05:09	
658	1527	Hernâni Martinho	Sem Sede	51:35	+22:32	05:10	
659	1458	Pedro Roque	Os Papa Milhas	51:35	+22:32	05:10	
660	102	Carla Patrícia	ARCD Venda da Luisa	51:38	+22:35	05:10	
661	1362	Rui Fernandes	MIRASpaco/CasaDoPão/A.D.Serpinese	51:39	+22:36	05:10	
662	710	Inês Ferreira	Individual	51:41	+22:38	05:10	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
663	790	Diogo Casaca	FOCUS	51:41	+22:38	05:10	
664	1017	Sónia Conceição	Individual	51:41	+22:38	05:10	
665	231	Gustavo Simões	Bluerunners	51:42	+22:39	05:10	
666	1211	Carlos Barradas	Individual	51:43	+22:40	05:10	
667	1464	Avelino Rodrigues	Pascoalitos	51:47	+22:44	05:11	
668	1441	Orlando Martins	Orisclinic	51:50	+22:47	05:11	
669	89	Pedro Nuno Vasco Amado	ÁGUAS DE COIMBRA	51:51	+22:48	05:11	
670	1455	Sandra Leite	Os Papa Milhas	51:51	+22:48	05:11	
671	93	Marisa Correia	ARCD Venda da Luisa	51:52	+22:49	05:11	
672	556	Vera Grade	G.R. EIRENSE	51:54	+22:51	05:11	
673	777	Carlos Santos	Individual	51:55	+22:52	05:12	
674	30	Pedro Costa	6:45	52:02	+22:59	05:12	
675	1248	Sérgio Moreira	Individual	52:08	+23:05	05:13	
676	1246	Ricardo Manuel Morais da Rocha	Individual	52:08	+23:05	05:13	
677	1134	ALFREDO FERREIRA	Individual	52:11	+23:08	05:13	
678	1344	Sara Silva	M4A	52:11	+23:08	05:13	
679	1485	ANDREIA MAGALHÃES	Rato Esquilo	52:11	+23:08	05:13	
680	918	Pedro Ferreira	Individual	52:11	+23:08	05:13	
681	935	Ricardo Silva	Individual	52:11	+23:08	05:13	
682	1547	Patrícia Beja	Soure Mov	52:12	+23:09	05:13	
683	1365	Nuno Castanheira	Miro Trail	52:12	+23:09	05:13	
684	844	João Matos Cruz	Individual	52:13	+23:10	05:13	
685	611	Maria João Campos	HomeWORK_OUT running team	52:15	+23:12	05:13	
686	406	Rita Lagos	Dent Hi-tech	52:15	+23:12	05:14	
687	1087	Marco Oliveira	Individual	52:15	+23:12	05:14	
688	1319	Manuela Baptista	K Studio Running Team	52:17	+23:14	05:14	
689	1459	Paulo Gomes	Pais em furia	52:17	+23:14	05:14	
690	499	João Carmo	Fisiopatelar	52:19	+23:16	05:14	
691	500	Pedro Ribeiro	Fisiopatelar	52:19	+23:16	05:14	
692	297	Sara Martins	Cluve - Clube de Veteranos de Atletismo de Coimbra	52:20	+23:17	05:14	
693	523	Alexandre Lopes	FOCUS	52:21	+23:18	05:14	
694	371	Mário Fonseca	D&M	52:24	+23:21	05:14	
695	372	Daniel Oliveira	D&M	52:24	+23:21	05:14	
696	825	João André Ferro Fernandes	Individual	52:25	+23:22	05:14	
697	53	Pedro Fernandes	ACDRS QUINHENDROS	52:25	+23:22	05:14	
698	1612	Margarida Victor Vieira	TOP TEAM	52:26	+23:23	05:15	
699	204	Duarte Bernardo	Atletas ao Domingo	52:28	+23:25	05:15	
700	974	Carla Carvalho	Individual	52:28	+23:25	05:15	
701	711	Ines Simoes Soares	Individual	52:32	+23:29	05:15	
702	1222	João Luis Dias Dos Santos	Individual	52:32	+23:29	05:15	
703	73	ANA LUISA RODRIGUES NEVES	Adões Trail	52:34	+23:31	05:15	
704	600	Alexandre Anjos	GRUPO ISIDORO	52:36	+23:33	05:16	
705	601	Tiago Lopes	GRUPO ISIDORO	52:36	+23:33	05:16	
706	602	Ricardo Rodrigues	GRUPO ISIDORO	52:36	+23:33	05:16	
707	35	David Abegoaria	6:45	52:39	+23:36	05:16	
708	1088	Mário Fernandes	Individual	52:39	+23:36	05:16	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
709	1342	Luis Oliveira	Luisomens	52:39	+23:36	05:16	
710	1663	Helena Esperança	GR EIRENSE	52:42	+23:39	05:16	
711	1658	Ivo Alexandre Carvalho dos Reis	whatif	52:44	+23:41	05:16	
712	1139	Artur Domingos Pires Salvador	Individual	52:45	+23:42	05:17	
713	164	JOSÉ SEQUEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	52:48	+23:45	05:17	
714	1480	José Carlos Valle Teixeira	Portuguese United Training Association	52:48	+23:45	05:17	
715	796	Carlos Miguel Antunes	Individual	52:51	+23:49	05:17	
716	1619	Ana Rufino	Tribo NR	52:55	+23:52	05:18	
717	902	Jaime Antunes Soares	Individual	52:58	+23:55	05:18	
718	163	JOSÉ OLIVEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	53:01	+23:58	05:18	
719	914	Paulo Ferreira	Individual	53:05	+24:02	05:19	
720	1006	Mónica Rocha	Individual	53:06	+24:03	05:19	
721	906	Nelson dos Santos Joel Bape	Individual	53:09	+24:06	05:19	
722	675	Ana Catarina Neves	Individual	53:10	+24:07	05:19	
723	740	Sandra Oliveira	Individual	53:10	+24:07	05:19	
724	1008	Patrícia Rodrigues	Individual	53:11	+24:08	05:19	
725	1356	Jorge Mendes	MarteloTeam	53:11	+24:08	05:19	
726	530	João Lucas Tavares Monteiro	FOCUS	53:11	+24:08	05:19	
727	1546	Marta Serralheiro	Soure Mov	53:11	+24:08	05:19	
728	655	Rui Manuel Marques Pires	HUT RUNNERS COIMBRA	53:13	+24:10	05:19	
729	1294	José Manuel Gonçalves	Individual	53:13	+24:10	05:19	
730	368	Carlos Mendes	CUMIBROA RUNNING TEAM	53:14	+24:11	05:19	
731	11	Brigite Clemente	#virtualteam	53:15	+24:12	05:19	
732	775	Carlos Figueiredo	Individual	53:15	+24:12	05:20	
733	862	Jonatas Augusto Manzolli	Individual	53:17	+24:14	05:20	
734	859	Joel Alves Costa Filho	Individual	53:19	+24:16	05:20	
735	487	Isabel Maria Moniz Vieira	Eu Posso Correr - Ansião	53:20	+24:17	05:20	
736	364	Samuel Costa	CSCRFCHARNECA	53:20	+24:17	05:20	
737	477	Daniel Santos	Estoiras Terras	53:23	+24:20	05:20	
738	1020	Vera Gordo	Individual	53:25	+24:22	05:20	
739	703	Dora Duarte	Individual	53:25	+24:22	05:21	
740	1214	Delfim Manuel da Silva	Individual	53:26	+24:23	05:21	
741	1056	Cláudio Mortagua	Individual	53:27	+24:24	05:21	
742	1508	André Queda	Runners da Calçada	53:28	+24:25	05:21	
743	590	José Manuel Alves	GELCENTRO TEAM	53:29	+24:26	05:21	
744	972	Andreia Costa	Individual	53:30	+24:27	05:21	
745	1063	Francisco Borges	Individual	53:31	+24:28	05:21	
746	1001	Marta Fonseca	Individual	53:32	+24:29	05:21	
747	702	Dina Gaspar	Individual	53:32	+24:29	05:21	
748	534	Pedro Ramalho	FOCUS	53:33	+24:30	05:21	
749	250	Ana Teresa Macedo Santos	BotãoCamp	53:34	+24:31	05:21	
750	1173	MIGUEL RELVÃO	Individual	53:36	+24:33	05:22	
751	255	Maria de Lourdes Silva Jorge	BotãoCamp	53:36	+24:33	05:22	
752	1275	Rui Simões	Individual	53:37	+24:34	05:22	
753	479	Oscar Baptista	Estoiras Terras	53:38	+24:35	05:22	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
754	964	Vasco Caseiro	Individual	53:41	+24:38	05:22	
755	1523	ADELINO NUNES	SALDO VÁLIDO TEAM	53:42	+24:39	05:22	
756	1264	Joaquim manuel dos Santos Tavares	Individual	53:43	+24:40	05:22	
757	1021	Ana Cristina Direito Gonçalves	Individual	53:44	+24:41	05:22	
758	682	Ana Maria Cardeano Santos	Individual	53:45	+24:42	05:22	
759	910	Nuno Filipe de Lemos Barata Garcia	Individual	53:45	+24:42	05:22	
760	915	Paulo Matafome	Individual	53:45	+24:42	05:23	
761	1157	João Luís Almeida Cunha Rodrigues	Individual	53:45	+24:42	05:23	
762	1175	Nuno Fernandes	Individual	53:46	+24:43	05:23	
763	1052	Carlos Manuel Almeida Cunha Rodrigues	Individual	53:46	+24:43	05:23	
764	829	João Carreira	Individual	53:49	+24:46	05:23	
765	68	Joana Almeida	Adões Trail	53:52	+24:49	05:23	
766	75	Telma Costa	Adões Trail	53:52	+24:49	05:23	
767	28	João Inácio	6:45	53:55	+24:52	05:23	
768	583	Ana Lucas	Gazelas100stress	53:58	+24:55	05:24	
769	1122	Sérgio Carvalho	Individual	53:58	+24:55	05:24	
770	135	CARLOS FETEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	54:00	+24:57	05:24	
771	1089	Mário Neves	Individual	54:00	+24:57	05:24	
772	1059	Diogo Pinheiro	Individual	54:01	+24:58	05:24	
773	570	Alexandre Santos	Gangalho	54:02	+24:59	05:24	
774	573	Luís Oliveira	Gangalho	54:02	+24:59	05:24	
775	1083	Luis Castro Pinheiro	Individual	54:03	+25:00	05:24	
776	1403	Elisabete Ferreira	Montanha Clube Trail Running / EFAPEL	54:03	+25:00	05:24	
777	1505	Jorge Pessoa	Runners & Friends	54:04	+25:01	05:24	
778	612	Sandra Assunção	HomeWORK_OUT running team	54:04	+25:01	05:24	
779	1330	Rafael Oliveira	Liga dos Coxos	54:04	+25:01	05:24	
780	193	Miguel Carvalho	Atletas ao Domingo	54:05	+25:02	05:24	
781	1666	Jacinta Liliana Batista de Jesus Manata	Adões Trail	54:05	+25:02	05:24	
782	1502	Luis Pires	Runners & Friends	54:05	+25:02	05:24	
783	380	Cláudio Relvas	DCI/Trilhos Luso Bussaco	54:05	+25:02	05:25	
784	334	Jorge Manuel Rodrigues Tiago	Coimbra Trailrunning	54:06	+25:03	05:25	
785	1363	Mara Cardoso	Miro trail	54:09	+25:06	05:25	
786	1212	CARLOS DIONISIO	Individual	54:14	+25:11	05:25	
787	1203	António Jorge Ferreira	Individual	54:16	+25:13	05:26	
788	1398	Dário Madeira	Mondego Runners	54:18	+25:15	05:26	
789	1399	João Pedro Dias Fontes da Costa	Mondego Runners	54:18	+25:15	05:26	
790	544	José Geria	FOCUS	54:18	+25:15	05:26	
791	501	Ana Baía	FOCUS	54:18	+25:15	05:26	
792	958	Tiago Samuel Rosado Quitério Alves	Individual	54:18	+25:15	05:26	
793	118	Basílio Simões	ARCD Venda da Luisa	54:19	+25:16	05:26	
794	680	Ana Laura Fernandes Pinto da Silva	Individual	54:20	+25:17	05:26	
795	1259	Filipe Carvalho	Individual	54:21	+25:18	05:26	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
796	656	Jorge Alexandre Baptista de Campos	HUT RUNNERS COIMBRA	54:22	+25:19	05:26	
797	1190	Ricardo Manuel Ferreira da Silva Guimarães	Individual	54:24	+25:21	05:26	
798	1133	Alexandre Macedo	Individual	54:26	+25:23	05:27	
799	691	Carolina Domingues Borges	Individual	54:27	+25:24	05:27	
800	1494	Raúl Jorge da Cruz Gomes Vigário de Matos	Run 4 Fun	54:27	+25:24	05:27	
801	1481	Jorge Miguel Silva Borges de Almeida	Portuguese United Training Association	54:28	+25:25	05:27	
802	472	Vasco Alexandre Borges	Escola de Atletismo de Coimbra/JPAIVA	54:28	+25:25	05:27	
803	1102	Nuno Tinoco	Individual	54:29	+25:26	05:27	
804	1679	João Manuel Gil	Individual	54:29	+25:26	05:27	
805	956	Tiago Jesus	Individual	54:29	+25:26	05:27	
806	643	Geraldo Campos	HomeWORK_OUT running team	54:29	+25:26	05:27	
807	1646	Teresa Barra	WEPADEL & CFC CROSSFIT	54:30	+25:27	05:27	
808	1576	Paulo Costa	Team el comandante	54:30	+25:27	05:27	
809	1573	Almerindo Ferreira	Team el comandante	54:30	+25:27	05:27	
810	1407	Paulo Matos	Montanha Clube Trail Running / EFAPEL	54:31	+25:28	05:27	
811	1551	Joel Baptista	Soure Mov	54:32	+25:29	05:27	
812	827	JOÃO ANTÓNIO COUTINHO SIMÕES	Individual	54:33	+25:30	05:27	
813	662	Rui Batista	INADAPTADOS	54:33	+25:30	05:27	
814	673	AMANDA PRISCILLA PEREIRA ALCOFORADO VITORINO ALVES	Individual	54:34	+25:31	05:27	
815	594	Carlos Ferreira	GELCENTRO TEAM	54:36	+25:33	05:28	
816	749	Alexandre Carreira	Individual	54:36	+25:33	05:28	
817	1207	António Simões	Individual	54:38	+25:35	05:28	
818	1572	Jorge Ribeiro	Team el comandante	54:40	+25:37	05:28	
819	1100	Nuno Gonçalo Pratas Correia	Individual	54:41	+25:38	05:28	
820	651	Marta Alexandra Santos Marques	HUT RUNNERS COIMBRA	54:41	+25:38	05:28	
821	1386	Carlos Goncalves	Mondego Runners	54:43	+25:40	05:28	
822	1448	Carlos Pinto	Os Javalis	54:46	+25:43	05:29	
823	1153	João Carlos Ferreira de Sousa	Individual	54:47	+25:44	05:29	
824	686	Ana Rita Teixeira	Individual	54:47	+25:44	05:29	
825	654	Rui Manuel Dias Mateus	HUT RUNNERS COIMBRA	54:48	+25:45	05:29	
826	1292	José Luis Nogueira Gaspar	Individual	54:48	+25:45	05:29	
827	529	ÁLVARO PORTUGAL	FOCUS	54:48	+25:45	05:29	
828	1068	João Paulo Griné	Individual	54:49	+25:46	05:29	
829	1522	ANDRE VENTURA	SALDO VÁLIDO TEAM	54:54	+25:51	05:29	
830	1521	PATRICIA NUNES	SALDO VÁLIDO TEAM	54:55	+25:52	05:29	
831	1392	Emanuel Casimiro	Mondego Runners	54:58	+25:55	05:30	
832	1171	Miguel Fonseca	Individual	55:00	+25:57	05:30	
833	1447	André Pascoal Bento	Os Javalis	55:02	+25:59	05:30	
834	1397	Pedro Lemos	Mondego Runners	55:05	+26:02	05:30	
835	1308	Ana Filipa Barreira	K Studio Running Team	55:05	+26:02	05:31	
836	587	Diogo Bastos	GELCENTRO TEAM	55:06	+26:03	05:31	
837	593	Mário Nunes	GELCENTRO TEAM	55:06	+26:03	05:31	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
838	977	Catarina Matias	Individual	55:08	+26:05	05:31	
839	1430	Adriano Pião	Olympic Silvas	55:08	+26:05	05:31	
840	1251	Americo Pessoa	Individual	55:09	+26:06	05:31	
841	744	Tânia Andreia Jesus Simões	Individual	55:11	+26:08	05:31	
842	707	Francisca Rosas	Individual	55:11	+26:08	05:31	
843	814	Gonçalo Donato	Individual	55:11	+26:08	05:31	
844	892	Marco Pires	Individual	55:12	+26:09	05:31	
845	370	Jorge Faria	CUMIBROA RUNNING TEAM	55:13	+26:10	05:31	
846	1277	Alcides marques	Individual	55:14	+26:11	05:31	
847	1511	João Subtil	Runners da Calçada	55:15	+26:12	05:31	
848	934	Ricardo Leal	Individual	55:15	+26:12	05:31	
849	1098	Nuno cunha	Individual	55:15	+26:12	05:31	
850	1434	Hugo Marques de Barros	OPraticante.pt	55:20	+26:17	05:32	
851	39	Rui Azevedo	A MIRASpaco/CasaDoPão/A.D.Serpinense	55:21	+26:18	05:32	
852	38	Zélia Duarte	A MIRASpaco/CasaDoPão/A.D.Serpinense	55:22	+26:19	05:32	
853	734	Mónica Pereira Dias	Individual	55:22	+26:19	05:32	
854	1475	Carlos Tadeu Barreirinhas Paula	Polyrunners and friends	55:23	+26:20	05:32	
855	1512	Jorge Araújo	Runners da Calçada	55:24	+26:21	05:32	
856	57	Jorge Coelho	ADABEM Running Team	55:26	+26:23	05:33	
857	1613	Vera Lúcia Canas Vieira	TOP TEAM	55:27	+26:24	05:33	
858	342	José Pedro Coutinho	CPT Coimbra	55:27	+26:24	05:33	
859	198	Sónia Ribeiro	Atletas ao Domingo	55:28	+26:25	05:33	
860	604	Ana Rita Alves	HomeWORK_OUT running team	55:29	+26:26	05:33	
861	537	Tiago Relvão	FOCUS	55:30	+26:27	05:33	
862	721	Manuela Frias	Individual	55:31	+26:28	05:33	
863	848	João Pedro Campos de Freitas	Individual	55:34	+26:31	05:33	
864	1012	Sandra Sofia Pereira Simões	Individual	55:34	+26:31	05:33	
865	1172	Miguel Morgado	Individual	55:35	+26:32	05:33	
866	876	Leandro Santos	Individual	55:36	+26:33	05:34	
867	299	Antónia Abrantes	Cluve - Clube de Veteranos de Atletismo de Coimbra	55:37	+26:34	05:34	
868	705	Fernanda Antunes	Individual	55:38	+26:35	05:34	
869	1114	RICARDO RODRIGUES	Individual	55:41	+26:38	05:34	
870	1604	Pedro Matias	TiMiM	55:41	+26:38	05:34	
871	1649	Cláudia Cristina Veiga Pereira	WEPADEL & CFC CROSSFIT	55:43	+26:40	05:34	
872	1653	Carlos Filipe Veiga Pereira	WEPADEL & CFC CROSSFIT	55:43	+26:40	05:34	
873	244	João Veloso	Bluerunners	55:47	+26:44	05:35	
874	190	Filipe Vilão	Atletas ao Domingo	55:50	+26:47	05:35	
875	1188	Ricardo Campos	Individual	55:50	+26:47	05:35	
876	1123	Sergio Castanheira	Individual	55:52	+26:49	05:35	
877	1047	Afonso Pedrosa	Individual	55:52	+26:49	05:35	
878	1389	Carla Gapo	Mondego Runners	55:52	+26:49	05:35	
879	1388	Andrea Salgueiro	Mondego Runners	55:52	+26:49	05:35	
880	745	Tatiana Soares	Individual	55:52	+26:49	05:35	
881	993	Leonor Salgueiro	Individual	55:52	+26:49	05:35	
882	1391	Marta Lacerda	Mondego Runners	55:52	+26:49	05:35	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
883	683	Ana Raquel Rufino Conceição Pinheiro	Individual	55:52	+26:49	05:35	
884	1383	Rita Alves	Mondego Runners	55:53	+26:50	05:35	
885	1390	Luísa Mesquita	Mondego Runners	55:53	+26:50	05:35	
886	1677	Tiago Marques	Individual	55:54	+26:51	05:35	
887	1067	João Filipe Soares Loureiro	Individual	55:54	+26:51	05:35	
888	1615	Daniela Pereira	Três mosqueteiras	55:55	+26:52	05:35	
889	1439	David Silva	OPraticante.pt	55:56	+26:53	05:36	
890	808	Flavio Silva	Individual	55:56	+26:53	05:36	
891	490	Jorge Manuel Rodrigues Lopes	Eu Posso Correr - Ansião	55:56	+26:53	05:36	
892	1593	Tiago Sampaio	The First Wellness&Bootcamp	55:59	+26:56	05:36	
893	1270	Paulo Manuel Cordeiro da Veiga	Individual	56:00	+26:57	05:36	
894	408	Filipe Valente Duarte	Duarte e Companhia	56:01	+26:58	05:36	
895	407	Joana Valente	Duarte e Companhia	56:01	+26:58	05:36	
896	217	Alexandra Pereira	Bluerunners	56:01	+26:58	05:36	
897	1592	Ricardo Soares	The First Wellness&Bootcamp	56:02	+26:59	05:36	
898	410	João Valente Duarte	Duarte e Companhia	56:02	+26:59	05:36	
899	1312	Vanda Graça	K Studio Running Team	56:03	+27:00	05:36	
900	1359	André Pereira	Matos Pereira	56:06	+27:03	05:37	
901	1446	Inês Gomes	Os Javalis	56:06	+27:03	05:37	
902	569	João Pedro Baptista Matos	Gangalho	56:07	+27:04	05:37	
903	1437	Patrícia Lamego	OPraticante.pt	56:09	+27:06	05:37	
904	1262	João Rodrigues	Individual	56:09	+27:06	05:37	
905	1266	LUIS MANUEL HENRIQUES DA COSTA	Individual	56:10	+27:07	05:37	
906	1449	Tiago Crespo	Os Javalis	56:11	+27:08	05:37	
907	1231	José Malva da Fonseca	Individual	56:12	+27:09	05:37	
908	69	Hugo Oliveira	Adões Trail	56:13	+27:10	05:37	
909	1673	Sandra Reis	Individual	56:14	+27:11	05:37	
910	1045	Rosário Bento Pais	Individual	56:15	+27:12	05:38	
911	653	José Manuel Valente Dias	HUT RUNNERS COIMBRA	56:17	+27:14	05:38	
912	480	Joao Miranda	Estoiras Terras	56:18	+27:15	05:38	
913	1675	Carlos Alberto Silva	Individual	56:19	+27:16	05:38	
914	1236	Manuel António Silva	Individual	56:19	+27:16	05:38	
915	697	Cristiana Filipa Rodrigues Pereira	Individual	56:21	+27:18	05:38	
916	1544	Alda Santos	Soure Mov	56:22	+27:19	05:38	
917	759	André Pinto	Individual	56:23	+27:20	05:38	
918	952	Tiago Filipe Monteiro Moreira	Individual	56:28	+27:25	05:39	
919	1324	Manuel Costa	K Studio Running Team	56:33	+27:30	05:39	
920	1147	Francisco Agostinho	Individual	56:35	+27:32	05:40	
921	1227	José Cavaco	Individual	56:35	+27:32	05:40	
922	1461	Gonçalo Martins	Pais em furia	56:35	+27:32	05:40	
923	1585	Ana Fortuna	The First Wellness&Bootcamp	56:37	+27:34	05:40	
924	508	Catarina Filipe	FOCUS	56:39	+27:36	05:40	
925	1510	Filipe Sequeira	Runners da Calçada	56:40	+27:37	05:40	
926	246	Ana Gonçalves	BoraBora, Vamos Lá!	56:43	+27:40	05:40	
927	891	Marco André Vicente Custódio	Individual	56:44	+27:41	05:40	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
928	196	Odete Gonçalves	Atletas ao Domingo	56:45	+27:42	05:40	
929	438	Ana Rebola	Escola de Atletismo de Coimbra/JPAIVA	56:46	+27:43	05:41	
930	233	Jóni da Silva Gaspar	Bluerunners	56:48	+27:45	05:41	
931	1370	Jacinta Almeida	Miro Trail	56:49	+27:46	05:41	
932	442	Joana Silva	Escola de Atletismo de Coimbra/JPAIVA	56:50	+27:47	05:41	
933	304	Afonso Macedo	Cluve - Clube de Veteranos de Atletismo de Coimbra	56:50	+27:47	05:41	
934	189	Teresa Marcelino	Atletas ao Domingo	56:51	+27:48	05:41	
935	1039	Maria Albina Fernandes Almeida Silva	Individual	56:52	+27:49	05:41	
936	211	Bruno Almeida	Avó Chica	56:54	+27:51	05:41	
937	619	Paulo Pereira	HomeWORK_OUT running team	56:55	+27:52	05:42	
938	629	Telma Neves	HomeWORK_OUT running team	56:56	+27:53	05:42	
939	266	Sara Alexandra Jesus Oliveira	C. F. "Os Marialvas"	56:56	+27:53	05:42	
940	263	Daniela Geitoeira	C. F. "Os Marialvas"	56:56	+27:53	05:42	
941	696	Cláudia Griné	Individual	56:57	+27:54	05:42	
942	1417	Nuno António Marques Lourenço	NOOBS	56:58	+27:55	05:42	
943	1416	Catarina Maças	NOOBS	56:58	+27:55	05:42	
944	186	Filipa Carvalho	Atletas ao Domingo	57:00	+27:57	05:42	
945	741	Sara André Teles	Individual	57:00	+27:57	05:42	
946	187	Leonor Martinho	Atletas ao Domingo	57:01	+27:58	05:42	
947	947	Sérgio Manuel Neves Ferreira	Individual	57:01	+27:58	05:42	
948	1625	Luis Miguel Nunes	Tribo NR	57:05	+28:02	05:43	
949	1581	P E P E	Tertúlia da Velha Cabra	57:08	+28:05	05:43	
950	610	Liliana Sousa	HomeWORK_OUT running team	57:09	+28:06	05:43	
951	1476	Emanuel Feijó	Polyrunners and friends	57:12	+28:09	05:43	
952	1228	José António Almeida Quadrado	Tribo NR	57:15	+28:12	05:44	
953	1369	Fátima Malta	MIRO TRAIL	57:15	+28:12	05:44	
954	366	Laurinda da Costa Pereira	CSKD	57:16	+28:13	05:44	
955	864	Jorge Fraga	Individual	57:17	+28:14	05:44	
956	1261	João Paulo Mouta Dias	Individual	57:18	+28:15	05:44	
957	1452	Carlos Pastilha	Os Papa Milhas	57:19	+28:16	05:44	
958	1682	Ana Sofia Pereira	Individual	57:19	+28:16	05:44	
959	664	Duarte Cavaco	Individual	57:19	+28:16	05:44	
960	1548	Eugénia Batista	Soure Mov	57:23	+28:20	05:44	
961	692	Caroline Reimann	Individual	57:23	+28:20	05:44	
962	1333	Katia Ventura	Lousãcrossfit	57:23	+28:20	05:44	
963	127	CAROLINA CARVALHO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	57:24	+28:21	05:44	
964	623	Catarina Martins	HomeWORK_OUT running team	57:24	+28:21	05:44	
965	532	José Dinis	FOCUS	57:25	+28:22	05:44	
966	1146	Filipe Pratas	Individual	57:25	+28:22	05:44	
967	1198	Toscano Melo	Individual	57:25	+28:22	05:45	
968	678	Ana Cristina Martins Adão	Individual	57:25	+28:22	05:45	
969	954	Tiago Godinho	Individual	57:26	+28:23	05:45	
970	666	Francisco Pratas	Individual	57:26	+28:23	05:45	
971	985	Fátima Baptista Santos	Individual	57:27	+28:24	05:45	
972	1074	José David Fernandes	Individual	57:29	+28:26	05:45	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
973	1358	Vera Pereira	Matos Pereira	57:35	+28:32	05:46	
974	898	Mauro Pinheiro	Individual	57:38	+28:35	05:46	
975	1335	Marlene Gonçalves	Lousãcrossfit	57:40	+28:37	05:46	
976	1310	Mara Oliveira	K Studio Running Team	57:41	+28:38	05:46	
977	80	Paulo Silva	Adões Trail	57:41	+28:38	05:46	
978	921	Pedro Paredes	Individual	57:44	+28:41	05:46	
979	979	Cláudia Monteiro Pato de Carvalho	Individual	57:45	+28:42	05:46	
980	1110	Pedro Trindade	Individual	57:46	+28:43	05:47	
981	1113	Ricardo Ferreira	Individual	57:46	+28:43	05:47	
982	495	Helena Matias	Figueira Kayak Clube	57:47	+28:44	05:47	
983	496	Nuno Bandarra	Figueira Kayak Clube	57:47	+28:44	05:47	
984	867	Jorge Quintaneiro	Individual	57:55	+28:52	05:47	
985	1529	Pedro Ponte	Sem Sede	57:56	+28:53	05:48	
986	94	SÉRGIO ALMEIDA	ARCD Venda da Luisa	57:56	+28:53	05:48	
987	323	Maria Teresa da Franca	Coimbra Trailrunning	57:59	+28:56	05:48	
988	988	Florbelá da Silva Rouxinol	Individual	58:00	+28:57	05:48	
989	1316	Catarina Sousa	K Studio Running Team	58:00	+28:57	05:48	
990	1281	Fernando Silva	Individual	58:02	+28:59	05:48	
991	1091	Michel Ferreira Pestana	Individual	58:02	+28:59	05:48	
992	105	Graça Simões	ARCD Venda da Luisa	58:03	+29:00	05:48	
993	1621	Isabel Ventura	Tribo NR	58:08	+29:05	05:49	
994	455	Filipe Martins	Escola de Atletismo de Coimbra/JPAIVA	58:09	+29:06	05:49	
995	824	Iúri Tomás	Individual	58:11	+29:08	05:49	
996	903	Miguel Gonçalves Silva Tavares	Individual	58:12	+29:09	05:49	
997	258	Ricardo Filipe marques da Cruz Firmino	BotãoCamp	58:14	+29:11	05:49	
998	540	Olga Caramelo	FOCUS	58:15	+29:12	05:50	
999	575	Ricardo Rodrigues Gato	Gatos de Rua	58:16	+29:13	05:50	
1000	1076	José Melo Ferreira	Individual	58:23	+29:20	05:50	
1001	1256	Carlos Oliveira	Individual	58:23	+29:20	05:50	
1002	1668	Paulo Teixeira	Individual	58:26	+29:23	05:51	
1003	758	Andre Pinheiro	Individual	58:26	+29:23	05:51	
1004	1338	João Serra	Lousãcrossfit	58:27	+29:24	05:51	
1005	1276	Victor Manuel Cavaleiro Teixeira	Individual	58:28	+29:25	05:51	
1006	1038	Luísa Maria Marques dos Santos	Individual	58:28	+29:25	05:51	
1007	1131	Xavier Pereira	Individual	58:29	+29:26	05:51	
1008	1405	Sónia Viana	Montanha Clube Trail Running / EFAPEL	58:32	+29:29	05:51	
1009	307	Carlos Lopes	CluVe - Clube de Veteranos de Atletismo de Coimbra	58:33	+29:30	05:51	
1010	449	José Nunes	Escola de Atletismo de Coimbra/JPAIVA	58:38	+29:35	05:52	
1011	427	Hugo Peneda	Escola de Atletismo de Coimbra/JPAIVA	58:38	+29:35	05:52	
1012	1104	Paulo Guimaraes	Individual	58:39	+29:36	05:52	
1013	1205	antonio salgado	Individual	58:43	+29:40	05:52	
1014	1530	Nádia Simões	SicóTrilhos	58:45	+29:42	05:52	
1015	1444	Carlos Neiva	os arteroses	58:50	+29:47	05:53	
1016	1443	Manuel Telles	os arteroses	58:51	+29:48	05:53	
1017	1224	João Pedro Lopes	Individual	58:51	+29:48	05:53	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1018	1026	Cristina Isabel Silva Melo	Individual	58:52	+29:49	05:53	
1019	1263	João Veloso	Individual	58:53	+29:50	05:53	
1020	115	Gonçalo Fonseca	ARCD Venda da Luisa	58:54	+29:51	05:53	
1021	1627	Carolina Marques	turbinox	58:54	+29:51	05:53	
1022	1322	Pedro Silva	K Studio Running Team	58:55	+29:52	05:54	
1023	225	Maria João Pereira	Bluerunners	58:56	+29:53	05:54	
1024	1528	Amilcar Batata	Sem Sede	58:56	+29:53	05:54	
1025	872	José Pedro Leão Pereira	Individual	58:57	+29:54	05:54	
1026	857	João Sargento Freitas	Individual	58:57	+29:54	05:54	
1027	1125	Sérgio Mateus	Individual	58:58	+29:55	05:54	
1028	1669	Carlos Lopes	Individual	59:02	+29:59	05:54	
1029	1594	Sandra Luciana de Oliveira Cardoso Mendes	The First Wellness&Bootcamp	59:02	+29:59	05:54	
1030	212	Diogo Santos	Avó Chica	59:04	+30:01	05:54	
1031	1610	Claudia Domingues	TOP TEAM	59:06	+30:03	05:55	
1032	1191	Rui António dos Santos Costa	Individual	59:10	+30:07	05:55	
1033	506	Andreia Menezes	FOCUS	59:11	+30:08	05:55	
1034	1260	João Amândio do Nascimento Guimarães	Individual	59:13	+30:10	05:55	
1035	515	Renata Patrão	FOCUS	59:15	+30:12	05:55	
1036	1062	Filipe Pratas	Individual	59:20	+30:17	05:56	
1037	1111	Ricardo Armas	Individual	59:24	+30:21	05:56	
1038	1561	Liliana Estrela	SUPER STARS	59:26	+30:23	05:57	
1039	961	Vagner Marques	Individual	59:32	+30:29	05:57	
1040	1129	TIAGO TRINDADE	Individual	59:33	+30:30	05:57	
1041	292	SARA BATALHA SOTERO	CLUBE MILLENNIUM BCP	59:34	+30:31	05:57	
1042	291	ANA MAFALDA BATALHA AGUIAR	CLUBE MILLENNIUM BCP	59:34	+30:31	05:57	
1043	970	Ana Rodrigues de Carvalho	Individual	59:34	+30:31	05:57	
1044	1667	Luis Miguel dos Santos Costa	Individual	59:35	+30:32	05:57	
1045	698	Daniela Filipa Codinha Valério	Individual	59:35	+30:32	05:58	
1046	622	Tiago Coelho	HomeWORK_OUT running team	59:39	+30:36	05:58	
1047	998	Maria Lucília da Costa Bicas	Individual	59:40	+30:37	05:58	
1048	1631	Miguel Coimbra	turbinox	59:50	+30:47	05:59	
1049	766	Bernardo Patrao	Individual	59:51	+30:48	05:59	
1050	834	João Fernando Silva	Individual	59:53	+30:50	05:59	
1051	1193	Rui Ferreira	Individual	59:54	+30:51	05:59	
1052	1044	Rita Lemos	Individual	59:57	+30:54	06:00	
1053	199	Isabel Brites	Atletas ao Domingo	59:57	+30:54	06:00	
1054	1007	Patrícia Cordinhã	Individual	59:57	+30:54	06:00	
1055	585	José Pedro Gonçalves	Gazelas100stress	59:57	+30:54	06:00	
1056	630	Anabela Ferreira	HomeWORK_OUT running team	01:00:00	+30:57	06:00	
1057	1629	Duarte Miranda	turbinox	01:00:01	+30:58	06:00	
1058	29	José Branquinho	6:45	01:00:01	+30:58	06:00	
1059	1632	Tiago Dinis	turbinox	01:00:02	+30:59	06:00	
1060	1028	Eliana Falci Sousa	Individual	01:00:04	+31:01	06:00	
1061	992	Juliana F S R Cunha	Individual	01:00:07	+31:04	06:01	
1062	1674	Catarina Tomás	Individual	01:00:10	+31:07	06:01	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1063	1209	Bruno Pires de Lima Araújo Rodrigues	Individual	01:00:18	+31:15	06:02	
1064	1482	Olinto Miguel Teodoro Vieira	Portuguese United Training Association	01:00:19	+31:16	06:02	
1065	1005	MÓNICA MARTINS	Individual	01:00:19	+31:16	06:02	
1066	539	Catarina sousa	FOCUS	01:00:20	+31:17	06:02	
1067	182	Marta Carvalho	Atletas ao Domingo	01:00:20	+31:17	06:02	
1068	742	Soraia Daniela Martins Fortunato	Individual	01:00:20	+31:17	06:02	
1069	880	Luis Filipe Casalta dos Santos	Individual	01:00:20	+31:17	06:02	
1070	1240	Nuno Pedro Santos	Individual	01:00:22	+31:19	06:02	
1071	1582	V I L Ã O	Tertúlia da Velha Cabra	01:00:24	+31:21	06:02	
1072	870	José Ladeiro	Individual	01:00:27	+31:24	06:03	
1073	1016	Sónia Pinho	Individual	01:00:28	+31:25	06:03	
1074	1108	Pedro Miguel Barreto Relvão	Individual	01:00:30	+31:27	06:03	
1075	195	Erika Castro	Atletas ao Domingo	01:00:31	+31:28	06:03	
1076	1024	Ângela Teresa Campos	Individual	01:00:33	+31:30	06:03	
1077	1479	Rafael Rebelo	Polyrunners and friends	01:00:34	+31:31	06:03	
1078	624	Conceição Barreto	HomeWORK_OUT running team	01:00:35	+31:32	06:04	
1079	637	Paulo Barreto	HomeWORK_OUT running team	01:00:36	+31:33	06:04	
1080	1411	Katy Costa	N. A. D. A	01:00:36	+31:33	06:04	
1081	1412	Fernando Maia	N. A. D. A	01:00:38	+31:35	06:04	
1082	736	Patrícia Raquel dos Santos Ramalho	Individual	01:00:45	+31:42	06:05	
1083	1046	Sónia Maria Henriques da Cunha Leal	Individual	01:00:45	+31:42	06:05	
1084	72	Tiago Simões	Adões Trail	01:00:48	+31:45	06:05	
1085	689	Andreia Dias	Individual	01:00:49	+31:46	06:05	
1086	79	Fernando Rodrigues	Adões Trail	01:00:50	+31:47	06:05	
1087	226	Rita Gil Pinto	Bluerunners	01:00:53	+31:50	06:05	
1088	645	Beatriz Leite	HUT RUNNERS COIMBRA	01:00:55	+31:52	06:06	
1089	513	Natalia Leite	FOCUS	01:00:58	+31:55	06:06	
1090	628	Sofia Costa	HomeWORK_OUT running team	01:01:00	+31:57	06:06	
1091	512	Nadine Pereira Caetano	FOCUS	01:01:07	+32:04	06:07	
1092	517	Sofia Pereira	FOCUS	01:01:07	+32:04	06:07	
1093	919	Pedro Marques	Individual	01:01:09	+32:06	06:07	
1094	932	Ricardo José Leal Simões	Individual	01:01:09	+32:06	06:07	
1095	271	Carla Sofia	Caminhar ao luar	01:01:12	+32:09	06:07	
1096	52	Daniel Antunes	ACDRS QUINHENDROS	01:01:12	+32:09	06:07	
1097	1622	Jacqueline Dias	Tribo NR	01:01:13	+32:10	06:07	
1098	108	Judite Duarte	ARCD Venda da Luisa	01:01:15	+32:12	06:07	
1099	1538	Marcos Daniel Nuno Tenente	SoParaJantar	01:01:17	+32:14	06:08	
1100	183	Ana Rita Dias Rodrigues	Atletas ao Domingo	01:01:17	+32:14	06:08	
1101	929	Ricardo André Simões Breda	Individual	01:01:23	+32:20	06:08	
1102	647	Rafaela Rodrigues da Cruz Bento	HUT RUNNERS COIMBRA	01:01:23	+32:20	06:08	
1103	607	Inês Marques	HomeWORK_OUT running team	01:01:23	+32:20	06:08	
1104	994	Luísa Matias	Individual	01:01:25	+32:22	06:09	
1105	13	Sandra Bargão	#virtualteam	01:01:27	+32:24	06:09	
1106	218	Ariana Sena	Bluerunners	01:01:28	+32:25	06:09	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1107	1096	Nuno Coelho	Individual	01:01:28	+32:25	06:09	
1108	835	João Ferreira	Individual	01:01:28	+32:25	06:09	
1109	855	João Rovira	Individual	01:01:31	+32:28	06:09	
1110	1598	Rui Fonseca	The First Wellness&Bootcamp	01:01:41	+32:38	06:10	
1111	786	David Martins	Individual	01:01:41	+32:38	06:10	
1112	1267	Luis Miguel Guedes Pinto Antunes da Cunha	Individual	01:01:46	+32:43	06:11	
1113	1271	Paulo Tavares	Individual	01:01:49	+32:46	06:11	
1114	1033	Isabel Pedrosa	Individual	01:01:49	+32:46	06:11	
1115	543	Pedro Filipe Martins Carvalho	FOCUS	01:01:50	+32:47	06:11	
1116	803	Fausto Reis	Miro TRAIL	01:01:56	+32:53	06:12	
1117	1327	Kathy Sintra	Lama Solta	01:01:57	+32:54	06:12	
1118	971	Anabela Paiva Figueiredo	Individual	01:02:01	+32:58	06:12	
1119	1202	António Figueiredo	Individual	01:02:01	+32:58	06:12	
1120	1466	Belmiro Parada	Patrulha Pata	01:02:02	+32:59	06:12	
1121	91	Filipe Porfírio Leal Lemos	ÁGUAS DE COIMBRA	01:02:02	+32:59	06:12	
1122	1465	Lilian Campos	Patrulha Pata	01:02:02	+32:59	06:12	
1123	1031	Filomena Dias	Individual	01:02:04	+33:01	06:12	
1124	1144	Fernando Santos	Individual	01:02:09	+33:06	06:13	
1125	1595	Vera Lúcia Gomes	The First Wellness&Bootcamp	01:02:11	+33:08	06:13	
1126	1311	Silvia Almeida	K Studio Running Team	01:02:14	+33:11	06:13	
1127	1596	João Paulo Pires e Albuquerque Afonso	The First Wellness&Bootcamp	01:02:20	+33:17	06:14	
1128	1575	Nuno Alves	Team el comandante	01:02:21	+33:18	06:14	
1129	1587	Dionísio Gomes Mendes	The First Wellness&Bootcamp	01:02:21	+33:18	06:14	
1130	1591	Marcos Simões	The First Wellness&Bootcamp	01:02:22	+33:19	06:14	
1131	129	FILIPA COSTA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	01:02:30	+33:27	06:15	
1132	142	SANDRA BARATA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	01:02:31	+33:28	06:15	
1133	133	TÂNIA HENRIQUES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	01:02:31	+33:28	06:15	
1134	126	ANNE STEPHANIE	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	01:02:31	+33:28	06:15	
1135	132	RITA FERREIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	01:02:31	+33:28	06:15	
1136	1336	André Carvalho	Lousãcrossfit	01:02:31	+33:28	06:15	
1137	138	TELMO CARVALHO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	01:02:32	+33:29	06:15	
1138	224	Maria Cristiana das Neves	Bluerunners	01:02:36	+33:33	06:16	
1139	223	Joana Pacheco Mendes	Bluerunners	01:02:36	+33:33	06:16	
1140	1659	Leonildo Manuel Jacob dos Reis	whatif	01:02:36	+33:33	06:16	
1141	1115	Ricardo Tavares	Individual	01:02:36	+33:33	06:16	
1142	973	BÁRBARA LEMOS	Individual	01:02:37	+33:34	06:16	
1143	1472	Patricia Pereira	Polyrunners and friends	01:02:39	+33:36	06:16	
1144	816	Guillaume RIVIÈRE	Individual	01:02:39	+33:36	06:16	
1145	1409	Firmino Mendes	Montanha Clube Trail Running / EFAPEL	01:02:44	+33:41	06:16	
1146	1079	José Rui Simões	Individual	01:02:44	+33:41	06:16	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1147	1467	Rosa Bispo	Pernas Inertes Lentos desde 2017	01:02:45	+33:42	06:17	
1148	1186	Pedro Monteiro	Individual	01:02:52	+33:49	06:17	
1149	1151	Hugo Vaz	Individual	01:02:56	+33:53	06:18	
1150	1183	Pedro Graça	Individual	01:02:57	+33:54	06:18	
1151	1473	Sara Santos	Polyrunners and friends	01:02:59	+33:56	06:18	
1152	1117	Richard Fernandes	Individual	01:03:01	+33:58	06:18	
1153	1154	João Farinha	Individual	01:03:04	+34:01	06:18	
1154	1027	Cristina Mendes	Individual	01:03:06	+34:03	06:19	
1155	1470	Mónica Fernandes	Polyrunners and friends	01:03:14	+34:11	06:19	
1156	369	Anabela Monteiro	CUMIBROA RUNNING TEAM	01:03:17	+34:14	06:20	
1157	220	Beatriz Sá	Bluerunners	01:03:19	+34:16	06:20	
1158	227	Sofia Ribeiro Lourenço	Bluerunners	01:03:19	+34:16	06:20	
1159	1630	Francisco Couceiro	turbinox	01:03:20	+34:17	06:20	
1160	70	Micael Silva	Adões Trail	01:03:23	+34:20	06:20	
1161	67	Cátia Oliveira	Adões Trail	01:03:25	+34:22	06:20	
1162	1509	Daniel Amaral	Runners da Calçada	01:03:28	+34:25	06:21	
1163	1506	Ângela Pinto	Runners da Calçada	01:03:28	+34:25	06:21	
1164	1011	Sandra Ponte	Individual	01:03:32	+34:29	06:21	
1165	730	Marisol Santos Simões	Individual	01:03:41	+34:38	06:22	
1166	1460	Adriano Oliveira	Pais em furia	01:03:53	+34:50	06:23	
1167	1463	Rui Lopes	Pais em furia	01:03:54	+34:51	06:23	
1168	1048	Angelo Leitão	Individual	01:03:54	+34:51	06:23	
1169	1540	Bruno Almeida	SoParaJantar	01:03:55	+34:52	06:23	
1170	181	Bruno Jacquet	Até à Meta	01:03:58	+34:55	06:24	
1171	1301	Marlene Francisco	Inline Engenharia	01:03:58	+34:55	06:24	
1172	1303	Miguel Dias	Inline Engenharia	01:03:58	+34:55	06:24	
1173	887	Luís Oliveira	Individual	01:04:00	+34:57	06:24	
1174	421	Rita Góis	Escola de Atletismo de Coimbra/JPAIVA	01:04:02	+34:59	06:24	
1175	1478	Pedro Nunes	Polyrunners and friends	01:04:04	+35:01	06:24	
1176	1004	Milena Rouxinol	Individual	01:04:06	+35:03	06:25	
1177	20	Elisabete Graça	4 sapatilhas	01:04:06	+35:03	06:25	
1178	1384	Sara Oliveira	Mondego Runners	01:04:07	+35:04	06:25	
1179	1018	Sónia Vieira	Individual	01:04:07	+35:04	06:25	
1180	1000	Mariana Perdigão	Individual	01:04:07	+35:04	06:25	
1181	548	Margarida Amaro	Furious but not Fast	01:04:08	+35:05	06:25	
1182	272	Andrea Canelas	CanelasCarvalho	01:04:20	+35:17	06:26	
1183	273	Bruno Carvalho	CanelasCarvalho	01:04:21	+35:18	06:26	
1184	176	Ana Ferreira	ASSSCC - Ar Livre e Aventura	01:04:27	+35:24	06:27	
1185	738	Raquel Azevedo	Individual	01:04:36	+35:33	06:28	
1186	920	Pedro Monteiro	Individual	01:04:36	+35:33	06:28	
1187	1414	Nélia Pereira	Nicas & Nicos	01:04:37	+35:34	06:28	
1188	1415	Rui Serra	Nicas & Nicos	01:04:38	+35:35	06:28	
1189	1583	Francisco Santos	THE DOBERMANNNS	01:04:55	+35:52	06:30	
1190	1584	RAQUEL MELO	THE DOBERMANNNS	01:04:55	+35:52	06:30	
1191	547	Inês Rocha	Furious but not Fast	01:04:58	+35:55	06:30	
1192	1457	António Sousa	Os Papa Milhas	01:05:02	+35:59	06:30	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1193	756	André Matias	Individual	01:05:05	+36:02	06:30	
1194	219	Beatriz Ferreira	Bluerunners	01:05:13	+36:10	06:31	
1195	1034	Ivone Dilella Abichara	Individual	01:05:19	+36:16	06:32	
1196	528	Frederico de Sousa Rafael de Macedo	FOCUS	01:05:20	+36:17	06:32	
1197	1043	Paula de Fátima Dias Martins	Individual	01:05:21	+36:18	06:32	
1198	33	Antonieta Abegoaria	6:45	01:05:21	+36:18	06:32	
1199	582	Raquel Correia	Gazelas100stress	01:05:24	+36:21	06:32	
1200	1676	Teresa Simões	Individual	01:05:24	+36:21	06:32	
1201	1302	Nélia Carreira	Inline Engenharia	01:05:26	+36:23	06:33	
1202	1305	Rui Saldanha	Inline Engenharia	01:05:27	+36:24	06:33	
1203	1368	Milene Roma	Miro Trail	01:05:27	+36:24	06:33	
1204	1371	rosa matos	Miro Trail	01:05:27	+36:24	06:33	
1205	700	Denise Gomes dos Santos Alves	Individual	01:05:30	+36:27	06:33	
1206	1127	Tiago Alves	Individual	01:05:31	+36:28	06:33	
1207	631	Luisa Aveiro	HomeWORK_OUT running team	01:05:32	+36:29	06:33	
1208	638	Pedro Gonçalves	HomeWORK_OUT running team	01:05:32	+36:29	06:33	
1209	222	Joana Almeida e Sousa	Bluerunners	01:05:44	+36:41	06:34	
1210	221	Inês Medeiros	Bluerunners	01:05:48	+36:45	06:35	
1211	995	Luisa Matos	Individual	01:05:49	+36:46	06:35	
1212	1081	LIBERATO CARDOSO DE SÁ NETO	Individual	01:05:52	+36:49	06:35	
1213	252	Maria João Galvão Pereira	BotãoCamp	01:05:55	+36:52	06:35	
1214	1471	Mónica Marques	Polyrunners and friends	01:06:00	+36:57	06:36	
1215	792	Diogo Filipe Matos Gonçalves	Individual	01:06:01	+36:58	06:36	
1216	724	Margarida Oliveira	Individual	01:06:03	+37:00	06:36	
1217	725	Maria Caceiro	Individual	01:06:03	+37:00	06:36	
1218	1486	Joana Alexandre da Silva	Rato Esquilo	01:06:12	+37:09	06:37	
1219	1487	Preciosa Sousa	Rato Esquilo	01:06:13	+37:10	06:37	
1220	1492	Marta Alexandre Otero	Rato Esquilo	01:06:13	+37:10	06:37	
1221	385	Marta Esteves	DCI/TRILHOS LUSO BUSSACO	01:06:19	+37:16	06:38	
1222	1620	Florbela Fernandes	Tribo NR	01:06:26	+37:23	06:39	
1223	671	Adriana Filipa Rodrigues Carpinteiro	Individual	01:06:28	+37:25	06:39	
1224	821	Hugo Moreira Rodrigues	Individual	01:06:30	+37:27	06:39	
1225	1041	Maria do Céu Moreira Rodrigues	Individual	01:06:30	+37:27	06:39	
1226	1454	Sandra Ferreira	Os Papa Milhas	01:06:35	+37:32	06:40	
1227	1042	Maria Monica Vasconcelos Mota Antunes da Cunha	Individual	01:06:39	+37:36	06:40	
1228	1453	Paula Tavares	Os Papa Milhas	01:06:40	+37:37	06:40	
1229	462	Ricardo Nobre	Escola de Atletismo de Coimbra/JPAIVA	01:06:53	+37:50	06:41	
1230	56	André Miguel Branco Domingues	AD	01:06:54	+37:51	06:41	
1231	55	Dora Isabel Alves da Cruz	AD	01:06:54	+37:51	06:41	
1232	37	Ricardo Bastos	A A Lebres do Sado	01:06:54	+37:51	06:41	
1233	538	Ana Cardoso	FOCUS	01:06:56	+37:53	06:42	
1234	746	Telma Pires	Individual	01:07:00	+37:57	06:42	
1235	1036	Lucilia Santos	Individual	01:07:03	+38:00	06:42	
1236	761	António Leitão	Individual	01:07:08	+38:05	06:43	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1237	982	Dora Oliveira	Individual	01:07:09	+38:06	06:43	
1238	764	Artur Mateus	Individual	01:07:09	+38:06	06:43	
1239	497	Catarina Carneiro Ferreira	FIRE	01:07:09	+38:06	06:43	
1240	894	Mário Miguel de Andrade Pereira de Brito	Individual	01:07:09	+38:06	06:43	
1241	234	Nuno Rodrigues	Bluerunners	01:07:10	+38:07	06:43	
1242	1660	José Diogo Pereira Guimarães Martins da Costa	Individual	01:07:14	+38:11	06:43	
1243	552	Ricardo Matias	Furious but not Fast	01:07:18	+38:15	06:44	
1244	525	Bryan Pinto	FOCUS	01:07:21	+38:18	06:44	
1245	1009	Regina Marvão	Individual	01:07:22	+38:19	06:44	
1246	719	Ludmylla Andrade Fontes	Individual	01:07:22	+38:19	06:44	
1247	236	Vasco Azevedo Castro	Bluerunners	01:07:23	+38:20	06:44	
1248	521	Vanessa Pereira	FOCUS	01:07:27	+38:24	06:45	
1249	188	Marta Cristina Silva Gomes Roque	Atletas ao Domingo	01:07:28	+38:25	06:45	
1250	106	Guida Silva	ARCD Venda da Luisa	01:07:30	+38:27	06:45	
1251	1586	Sara Andreia Zuzarte Cardoso	The First Wellness&Bootcamp	01:07:32	+38:29	06:45	
1252	674	Ana Catarina Bastos Parreira	Individual	01:07:33	+38:30	06:45	
1253	502	Ana Faria	FOCUS	01:07:34	+38:31	06:45	
1254	498	Francisco Paupério	FIRE	01:07:34	+38:31	06:45	
1255	34	Dulce Rajado	6:45	01:07:35	+38:32	06:46	
1256	1614	Claudia Galamba	Três mosqueteiras	01:07:41	+38:38	06:46	
1257	228	Alain Costa	Bluerunners	01:07:57	+38:54	06:48	
1258	32	Anabela Pinto	6:45	01:08:05	+39:02	06:48	
1259	36	Renato Ramos	6:45	01:08:05	+39:02	06:48	
1260	626	Mari Eufrásio	HomeWORK_OUT running team	01:08:06	+39:03	06:49	
1261	642	Antonio Costa	HomeWORK_OUT running team	01:08:06	+39:03	06:49	
1262	1468	José Pires Lima	Pernas Inertes Lentos desde 2017	01:08:06	+39:03	06:49	
1263	87	Horácio Miguel Vieira Marques	ÁGUAS DE COIMBRA	01:08:07	+39:04	06:49	
1264	1483	Pedro Miguel Henriques Pinheiro Nascimento	Portuguese United Training Association	01:08:26	+39:23	06:51	
1265	1571	Carlos miranda	Team clinieiras	01:08:31	+39:28	06:51	
1266	460	Paulo Amaral	Escola de Atletismo de Coimbra/JPAIVA	01:08:35	+39:32	06:52	
1267	444	Sofia Rocha	Escola de Atletismo de Coimbra/JPAIVA	01:08:35	+39:32	06:52	
1268	1013	Sara Rocha	Individual	01:08:35	+39:32	06:52	
1269	247	Ana Rita Gonçalves Trindade	BotãoCamp	01:08:39	+39:36	06:52	
1270	253	Sónia Ribeiro	BotãoCamp	01:08:41	+39:38	06:52	
1271	254	Teresa Sofia dos Santos Oliveira	BotãoCamp	01:08:41	+39:38	06:52	
1272	854	João Rodrigues	Individual	01:08:48	+39:45	06:53	
1273	443	Raquel Nobre	Escola de Atletismo de Coimbra/JPAIVA	01:08:50	+39:47	06:53	
1274	658	Nathália Valderrama	Impact Factor	01:09:01	+39:58	06:54	
1275	485	Dulce Medeiros	Eu Posso Correr - Ansião	01:09:06	+40:03	06:55	
1276	1003	Maryline Ducruet Pereira	Individual	01:09:06	+40:03	06:55	
1277	987	Flávia Margarida Marques lopes	Individual	01:09:07	+40:04	06:55	
1278	846	João Paulo Colaço Reganha	Individual	01:09:09	+40:06	06:55	
1279	113	Gabriela Lopes	ARCD Venda da Luisa	01:09:24	+40:21	06:56	
1280	1032	Isabel Maria da Silva Madeira	Individual	01:09:24	+40:21	06:56	

CORRIDA - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1281	414	Nuno sampaio	Equipa 1054	01:09:34	+40:31	06:57	
1282	413	Joana Batista	Equipa 1054	01:09:34	+40:31	06:57	
1283	245	Alexandra André	Bombeiros Voluntários de Brasfemes BTT & Trail	01:09:35	+40:32	06:58	
1284	293	ARMANDO RUI CARDOSO PIRES MARTINS	CLUBE MILLENNIUM BCP	01:09:39	+40:36	06:58	
1285	1290	Jorge Manuel Campos	Individual	01:09:45	+40:42	06:58	
1286	969	Ana Cristina Ferro fernandes	Individual	01:09:49	+40:46	06:59	
1287	905	Moisés Cesario	Individual	01:09:56	+40:53	07:00	
1288	1029	Elisabete Pedrosa	Individual	01:10:01	+40:58	07:00	
1289	1213	Carlos silva	Individual	01:10:06	+41:03	07:01	
1290	1218	Gonçalo Costa	Individual	01:10:07	+41:04	07:01	
1291	731	Marta Duque	Individual	01:10:26	+41:23	07:03	
1292	1309	Dirce Ladeia	K Studio Running Team	01:10:30	+41:27	07:03	
1293	640	Mário Ferreira	HomeWORK_OUT running team	01:10:40	+41:37	07:04	
1294	617	José Rebola	HomeWORK_OUT running team	01:10:41	+41:38	07:04	
1295	632	Paula Santos	HomeWORK_OUT running team	01:10:41	+41:38	07:04	
1296	639	Antonio Sequeira	HomeWORK_OUT running team	01:10:42	+41:39	07:04	
1297	524	Bruno João Fragoso Simões	FOCUS	01:11:10	+42:07	07:07	
1298	503	Ana Miguel	FOCUS	01:11:10	+42:07	07:07	
1299	832	João Daniel Cruz	Individual	01:11:16	+42:13	07:08	
1300	975	Carla Costa	Individual	01:11:16	+42:13	07:08	
1301	1469	Áurea Matias	Polyrunners and friends	01:11:30	+42:27	07:09	
1302	1474	Vanessa Pereira	Polyrunners and friends	01:11:31	+42:28	07:09	
1303	1037	Luísa Goulão	Individual	01:11:38	+42:35	07:10	
1304	239	Susana Costa	Bluerunners	01:11:46	+42:43	07:11	
1305	1035	Luciana André	Individual	01:12:16	+43:13	07:14	
1306	209	Filipe Carvalho	Atletas ao Domingo	01:12:16	+43:13	07:14	
1307	1331	Richard Ferreira	Liga dos Coxos	01:13:10	+44:07	07:19	
1308	729	Marina Cardoso	Individual	01:13:35	+44:32	07:22	
1309	783	David Donaire	Individual	01:13:35	+44:32	07:22	
1310	732	Martha Maria da Silva Mendes	Individual	01:13:39	+44:36	07:22	
1311	110	Maria João Benquerença	ARCD Venda da Luisa	01:13:39	+44:36	07:22	
1312	109	Luísa Simões	ARCD Venda da Luisa	01:13:47	+44:44	07:23	
1313	531	João Simões	FOCUS	01:14:17	+45:14	07:26	
1314	514	Raquel Cruz	FOCUS	01:14:18	+45:15	07:26	
1315	248	Bruno José da Costa Pereira	BotãoCamp	01:14:36	+45:33	07:28	
1316	256	Fernando António Batista da Silva	BotãoCamp	01:14:36	+45:33	07:28	
1317	1628	Catarina Coimbra	turbinx	01:14:40	+45:37	07:28	
1318	685	Ana Rita Ramalho	Individual	01:14:47	+45:44	07:29	
1319	693	Catarina Faria	Individual	01:14:48	+45:45	07:29	
1320	1537	Marco mendes	SoParaJantar	01:15:00	+45:57	07:30	
1321	1536	Lenon Patrick Ferreira de Andrade	SoParaJantar	01:15:00	+45:57	07:30	
1322	625	Margarida Pereira	HomeWORK_OUT running team	01:15:11	+46:08	07:31	
1323	1014	SILVANIRA MOREIRA FERREIRA DE SYLOS	Individual	01:15:19	+46:17	07:32	
1324	146	ALEXANDRE SANTOS	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	01:15:21	+46:18	07:32	

CORRIDA - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1325	1429	Maria José Noronha	Olympic Silvas	01:15:36	+46:33	07:34	
1326	82	Pedro Neto	Adões Trail	01:16:34	+47:31	07:39	
1327	74	Carla Gandarez	Adões Trail	01:16:34	+47:31	07:39	
1328	605	Daniela Dias	HomeWORK_OUT running team	01:17:26	+48:23	07:45	
1329	997	Maria José Bonifácio	Individual	01:17:38	+48:36	07:46	
1330	550	Daniel Cruz	Furious but not Fast	01:18:59	+49:56	07:54	
1331	984	Elsa Pires	Individual	01:19:08	+50:05	07:55	
1332	1616	Marta Amaral	Três mosqueteiras	01:19:50	+50:47	07:59	
1333	1432	Helena Santos	OPraticante.pt	01:20:12	+51:09	08:01	
1334	1299	Bruna Silva	Inline Engenharia	01:20:12	+51:09	08:01	
1335	197	Sara Lindo	Atletas ao Domingo	01:21:11	+52:08	08:07	
1336	1329	Joao Firmo Serra	Liga dos Coxos	01:21:33	+52:30	08:09	
1337	1428	Rosa Ferreira	Olympic Silvas	01:23:33	+54:30	08:21	
1338	1422	Joana Penetra	Olympic Silvas	01:23:33	+54:30	08:21	
1339	194	Cláudia Pinto	Atletas ao Domingo	01:23:38	+54:35	08:22	
1340	200	Teresa Rosete	Atletas ao Domingo	01:23:39	+54:36	08:22	
1341	251	Andreia Filipa Batista	BotãoCamp	01:25:07	+56:04	08:31	
1342	249	Ana Catarina da Costa Silva	BotãoCamp	01:25:07	+56:04	08:31	
1343	257	Francisco Aires Fernandes Batista	BotãoCamp	01:25:08	+56:05	08:31	
1344	66	Carla Leitão	Adões Trail	01:30:13	+01:01:10	09:01	
1345	78	Ricardo Silva	Adões Trail	01:30:15	+01:01:12	09:01	
1346	64	Marta Costa	Adões Trail	01:30:15	+01:01:12	09:01	
1347	1450	Maria Manuela	Os Javalis	01:32:03	+01:03:00	09:12	
1348	1320	Sandra Rei	K Studio Running Team	01:32:04	+01:03:01	09:12	
1349	1445	Cátia Bento	Os Javalis	01:32:05	+01:03:02	09:12	
1350	1313	Carlos Costa	K Studio Running Team	01:32:12	+01:03:09	09:13	
1351	361	Diogo José Santos Oliveira	CSCRFCHARNECA	01:36:30	+01:07:27	09:39	

Corrida

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:30	12,9°C	67%
End	20:06	12,9°C	67%

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

1	415	Raquel Caires	Escola de Atletismo de Coimbra/JPAIVA	Junior Feminino	49:21	+20:17	04:56
2	182	Marta Carvalho	Atletas ao Domingo	Junior Feminino	01:00:20	+31:17	06:02
3	64	Marta Costa	Adões Trail	Junior Feminino	01:30:15	+01:01:11	09:01

Junior Masculino

1	663	André Oliveira Massuça	Individual	Junior Masculino	32:31	+03:27	03:15
2	343	Rúben Fortunato	CPT Sobral de Ceira	Junior Masculino	32:39	+03:35	03:16
3	165	Francisco Graça	ASCVALEIRINHA	Junior Masculino	33:05	+04:01	03:19
4	125	RICARDO SIMÕES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Junior Masculino	37:50	+08:46	03:47
5	667	Gonçalo Santiago	Individual	Junior Masculino	40:17	+11:14	04:02
6	175	Joel Rodrigues	ASSSCC - Ar Livre e Aventura	Junior Masculino	40:50	+11:47	04:05
7	668	Guilherme Costa	Individual	Junior Masculino	41:34	+12:31	04:09
8	65	Gonçalo Simões Rodrigues	Adões Trail	Junior Masculino	43:33	+14:30	04:21
9	669	Pedro Caeiro	Individual	Junior Masculino	44:29	+15:26	04:27
10	316	Rodrigo Filipe de Carvalho dos Santos	Coimbra Trailrunning	Junior Masculino	45:14	+16:10	04:31
11	670	Vasco Pires de Lima Araújo Rodrigues	Individual	Junior Masculino	46:05	+17:01	04:36
12	373	Marco Almeida	DCI/Trilhos Luso Bussaco	Junior Masculino	48:40	+19:36	04:52
13	664	Duarte Cavaco	Individual	Junior Masculino	57:19	+28:16	05:44
14	666	Francisco Pratas	Individual	Junior Masculino	57:26	+28:22	05:45
15	1583	Francisco Santos	THE DOBERMANNS	Junior Masculino	01:04:55	+35:52	06:30

Senior Feminino

1	6	Solange Jesus	CD Feirense	Senior Feminino	33:01	+03:57	03:18
2	2	Ana Mafalda Ferreira	Sporting CP	Senior Feminino	33:45	+04:42	03:23
3	3	Salomé Afonso	Sporting CP	Senior Feminino	34:04	+05:01	03:24
4	603	Patrícia Silva	Gupo Desportivo Estreito	Senior Feminino	36:09	+07:06	03:37
5	606	Décia Gonçalves	HomeWORK_OUT running team	Senior Feminino	37:56	+08:52	03:48
6	555	Susana Meireles	G.R. EIRENSE	Senior Feminino	41:43	+12:40	04:10
7	1440	Inês Costa	Orisclinic	Senior Feminino	43:31	+14:27	04:21
8	720	Lurdes Gonçalves	Individual	Senior Feminino	43:42	+14:38	04:22
9	1637	Tânia Pinto	Viriathvs Runners Viseu	Senior Feminino	44:00	+14:57	04:24
10	1431	Carina de Ascensão Gouveia	OPraticante.pt	Senior Feminino	44:28	+15:24	04:27
11	1382	cátia rodrigues	Mondego Runners	Senior Feminino	44:37	+15:33	04:28
12	1602	Ana Caetano	TiMIM	Senior Feminino	45:38	+16:34	04:34
13	713	Joana Alves	Individual	Senior Feminino	46:10	+17:06	04:37

Corrida

10 KM

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OFFICIAL RESULT

[illegible]

14	419	Maria Carvalho	Escola de Atletismo de Coimbra/JPAIVA	Senior Feminino	46:14	+17:11	04:37
15	701	Diana Isabel Salgado Mariano	Individual	Senior Feminino	46:46	+17:42	04:41
16	44	Vânia Paixão	ACDRS QUINHENDROS	Senior Feminino	47:05	+18:01	04:42
17	389	Eunice Magalhães	DCI/Trilhos Luso Bussaco	Senior Feminino	47:10	+18:06	04:43
18	684	Ana Reis	Individual	Senior Feminino	47:12	+18:08	04:43
19	1557	Ana Carolina Correia Soares	Sucata time	Senior Feminino	47:27	+18:24	04:45
20	1541	Andreia Brás	Soure Mov	Senior Feminino	47:29	+18:25	04:45
21	646	Constança de Alves Cardoso e André Fragoso	HUT RUNNERS COIMBRA	Senior Feminino	47:45	+18:41	04:46
22	481	Celia Castelão Gonçalves Marques	Eu Posso Correr - Ansião	Senior Feminino	47:56	+18:52	04:48
23	688	ANABELA SOFIA SANTIAGO MARQUES MARQUES	Individual	Senior Feminino	48:04	+19:00	04:48
24	726	Maria João Vieira	Individual	Senior Feminino	48:12	+19:09	04:49
25	718	Ligia dos Santos	Individual	Senior Feminino	48:17	+19:13	04:50
26	1644	Ana Julia Lopes	WEPADEL & CFC CROSSFIT	Senior Feminino	49:03	+19:59	04:54
27	687	Ana Salomé Rodrigues Oliveida	Individual	Senior Feminino	49:20	+20:17	04:56
28	482	Nélia Anastácio	Eu Posso Correr - Ansião	Senior Feminino	49:37	+20:33	04:58
29	747	Vânia Patrícia da Silva Leal	Individual	Senior Feminino	50:05	+21:02	05:01
30	608	Lia Neves	HomeWORK_OUT running team	Senior Feminino	50:57	+21:53	05:06
31	130	MARINA CARVALHO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Feminino	51:06	+22:03	05:07
32	708	Guida Fontes	Individual	Senior Feminino	51:10	+22:07	05:07
33	699	Daniela Ribeiro	Individual	Senior Feminino	51:11	+22:08	05:07
34	728	Mariana Henriques	Individual	Senior Feminino	51:13	+22:09	05:07
35	1542	Joana Dionísio	Soure Mov	Senior Feminino	51:14	+22:10	05:07
36	22	Beatriz Abegoaria	6:45	Senior Feminino	51:17	+22:14	05:08
37	609	Liliana Curado	HomeWORK_OUT running team	Senior Feminino	51:18	+22:14	05:08
38	23	Catarina Mouraz	6:45	Senior Feminino	51:18	+22:15	05:08
39	681	Ana Luis Garcia	Individual	Senior Feminino	51:22	+22:18	05:08
40	735	Nataliya Zhurakivska	Individual	Senior Feminino	51:31	+22:27	05:09
41	710	Inês Ferreira	Individual	Senior Feminino	51:41	+22:37	05:10
42	93	Marisa Correia	ARCD Venda da Luisa	Senior Feminino	51:52	+22:48	05:11
43	556	Vera Grade	G.R. EIRENSE	Senior Feminino	51:54	+22:50	05:11
44	1344	Sara Silva	M4A	Senior Feminino	52:11	+23:07	05:13
45	1485	ANDREIA MAGALHÃES	Rato Esquilo	Senior Feminino	52:11	+23:08	05:13
46	611	Maria João Campos	HomeWORK_OUT running team	Senior Feminino	52:15	+23:11	05:13
47	406	Rita Lagos	Dent Hi-tech	Senior Feminino	52:15	+23:11	05:14
48	711	Ines Simoes Soares	Individual	Senior Feminino	52:32	+23:29	05:15
49	1663	Helena Esperança	GR EIRENSE	Senior Feminino	52:42	+23:39	05:16
50	675	Ana Catarina Neves	Individual	Senior Feminino	53:10	+24:06	05:19
51	740	Sandra Oliveira	Individual	Senior Feminino	53:10	+24:07	05:19
52	703	Dora Duarte	Individual	Senior Feminino	53:25	+24:21	05:21
53	702	Dina Gaspar	Individual	Senior Feminino	53:32	+24:29	05:21
54	682	Ana Maria Cardeano Santos	Individual	Senior Feminino	53:45	+24:41	05:22
55	68	Joana Almeida	Adões Trail	Senior Feminino	53:52	+24:48	05:23
56	612	Sandra Assunção	HomeWORK_OUT running team	Senior Feminino	54:04	+25:00	05:24
57	1363	Mara Cardoso	Miro trail	Senior Feminino	54:09	+25:05	05:25

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Corrida

10 KM

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OFFICIAL RESULT

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58	501	Ana Baía	FOCUS	Senior Feminino	54:18	+25:14	05:26
59	680	Ana Laura Fernandes Pinto da Silva	Individual	Senior Feminino	54:20	+25:16	05:26
60	691	Carolina Domingues Borges	Individual	Senior Feminino	54:27	+25:23	05:27
61	1646	Teresa Barra	WEPADEL & CFC CROSSFIT	Senior Feminino	54:30	+25:26	05:27
62	673	AMANDA PRISCILLA PEREIRA ALCOFORADO VITORINO ALVES	Individual	Senior Feminino	54:34	+25:30	05:27
63	686	Ana Rita Teixeira	Individual	Senior Feminino	54:47	+25:44	05:29
64	1521	PATRICIA NUNES	SALDO VÁLIDO TEAM	Senior Feminino	54:55	+25:51	05:29
65	1308	Ana Filipa Barreira	K Studio Running Team	Senior Feminino	55:05	+26:02	05:3
66	744	Tânia Andreia Jesus Simões	Individual	Senior Feminino	55:11	+26:07	05:31
67	707	Francisca Rosas	Individual	Senior Feminino	55:11	+26:07	05:31
68	734	Mónica Pereira Dias	Individual	Senior Feminino	55:22	+26:18	05:32
69	604	Ana Rita Alves	HomeWORK_OUT running team	Senior Feminino	55:29	+26:25	05:33
70	721	Manuela Frias	Individual	Senior Feminino	55:31	+26:28	05:33
71	705	Fernanda Antunes	Individual	Senior Feminino	55:38	+26:34	05:34
72	745	Tatiana Soares	Individual	Senior Feminino	55:52	+26:48	05:35
73	683	Ana Raquel Rufino Conceição Pinheiro	Individual	Senior Feminino	55:52	+26:49	05:35
74	1383	Rita Alves	Mondego Runners	Senior Feminino	55:53	+26:49	05:35
75	1615	Daniela Pereira	Três mosqueteiras	Senior Feminino	55:55	+26:51	05:35
76	407	Joana Valente	Duarte e Companhia	Senior Feminino	56:01	+26:58	05:36
77	217	Alexandra Pereira	Bluerunners	Senior Feminino	56:01	+26:58	05:36
78	1312	Vanda Graça	K Studio Running Team	Senior Feminino	56:03	+26:59	05:36
79	1446	Inês Gomes	Os Javalis	Senior Feminino	56:06	+27:02	05:37
80	697	Cristiana Filipa Rodrigues Pereira	Individual	Senior Feminino	56:21	+27:17	05:38
81	1585	Ana Fortuna	The First Wellness&Bootcamp	Senior Feminino	56:37	+27:34	05:40
82	508	Catarina Filipe	FOCUS	Senior Feminino	56:39	+27:36	05:40
83	189	Teresa Marcelino	Atletas ao Domingo	Senior Feminino	56:51	+27:47	05:41
84	263	Daniela Geitoeira	C. F. "Os Marialvas"	Senior Feminino	56:56	+27:52	05:42
85	696	Cláudia Griné	Individual	Senior Feminino	56:57	+27:54	05:42
86	1416	Catarina Maçãs	NOOBS	Senior Feminino	56:58	+27:55	05:42
87	186	Filipa Carvalho	Atletas ao Domingo	Senior Feminino	57:00	+27:57	05:42
88	741	Sara André Teles	Individual	Senior Feminino	57:00	+27:57	05:42
89	187	Leonor Martinho	Atletas ao Domingo	Senior Feminino	57:01	+27:57	05:42
90	610	Liliana Sousa	HomeWORK_OUT running team	Senior Feminino	57:09	+28:05	05:43
91	1682	Ana Sofia Pereira	Individual	Senior Feminino	57:19	+28:16	05:44
92	692	Caroline Reimann	Individual	Senior Feminino	57:23	+28:19	05:44
93	1333	Katia Ventura	Lousãcrossfit	Senior Feminino	57:23	+28:20	05:44
94	127	CAROLINA CARVALHO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Feminino	57:24	+28:20	05:44
95	678	Ana Cristina Martins Adão	Individual	Senior Feminino	57:25	+28:22	05:45
96	1335	Marlene Gonçalves	Lousãcrossfit	Senior Feminino	57:40	+28:36	05:46
97	1310	Mara Oliveira	K Studio Running Team	Senior Feminino	57:41	+28:37	05:46
98	1530	Nádia Simões	SicóTrilhos	Senior Feminino	58:45	+29:41	05:52
99	1627	Carolina Marques	turbinx	Senior Feminino	58:54	+29:50	05:53
100	225	Maria João Pereira	Bluerunners	Senior Feminino	58:56	+29:52	05:54
101	1610	Claudia Domingues	TOP TEAM	Senior Feminino	59:06	+30:02	05:55
102	506	Andreia Menezes	FOCUS	Senior Feminino	59:11	+30:07	05:5

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Corrida

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OFFICIAL RESULT

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103	515	Renata Patrão	FOCUS	Senior Feminino	59:15	+30:11	05:55
104	1561	Liliana Estrela	SUPER STARS	Senior Feminino	59:26	+30:22	05:57
105	292	SARA BATALHA SOTERO	CLUBE MILLENNIUM BCP	Senior Feminino	59:34	+30:30	05:57
106	291	ANA MAFALDA BATALHA AGUIAR	CLUBE MILLENNIUM BCP	Senior Feminino	59:34	+30:31	05:57
107	698	Daniela Filipa Codinha Valério	Individual	Senior Feminino	59:35	+30:31	05:58
108	1674	Catarina Tomás	Individual	Senior Feminino	01:00:10	+31:07	06:01
109	742	Soraia Daniela Martins Fortunato	Individual	Senior Feminino	01:00:20	+31:17	06:02
110	736	Patrícia Raquel dos Santos Ramalho	Individual	Senior Feminino	01:00:45	+31:42	06:05
111	689	Andreia Dias	Individual	Senior Feminino	01:00:49	+31:46	06:05
112	226	Rita Gil Pinto	Bluerunners	Senior Feminino	01:00:53	+31:49	06:05
113	645	Beatriz Leite	HUT RUNNERS COIMBRA	Senior Feminino	01:00:55	+31:52	06:06
114	513	Natalia Leite	FOCUS	Senior Feminino	01:00:58	+31:54	06:06
115	512	Nadine Pereira Caetano	FOCUS	Senior Feminino	01:01:07	+32:03	06:07
116	517	Sofia Pereira	FOCUS	Senior Feminino	01:01:07	+32:03	06:07
117	183	Ana Rita Dias Rodrigues	Atletas ao Domingo	Senior Feminino	01:01:17	+32:14	06:08
118	647	Rafaela Rodrigues da Cruz Bento	HUT RUNNERS COIMBRA	Senior Feminino	01:01:23	+32:19	06:08
119	607	Inês Marques	HomeWORK_OUT running team	Senior Feminino	01:01:23	+32:20	06:08
120	218	Ariana Sena	Bluerunners	Senior Feminino	01:01:28	+32:24	06:09
121	1465	Lilian Campos	Patrulha Pata	Senior Feminino	01:02:02	+32:59	06:12
122	1311	Silvia Almeida	K Studio Running Team	Senior Feminino	01:02:14	+33:10	06:13
123	129	FILIPA COSTA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Feminino	01:02:30	+33:27	06:15
124	133	TÂNIA HENRIQUES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Feminino	01:02:31	+33:27	06:15
125	126	ANNE STEPHANIE	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Feminino	01:02:31	+33:27	06:15
126	132	RITA FERREIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Feminino	01:02:31	+33:27	06:15
127	224	Maria Cristiana das Neves	Bluerunners	Senior Feminino	01:02:36	+33:32	06:16
128	223	Joana Pacheco Mendes	Bluerunners	Senior Feminino	01:02:36	+33:32	06:16
129	1472	Patrícia Pereira	Polyrunners and friends	Senior Feminino	01:02:39	+33:35	06:16
130	1473	Sara Santos	Polyrunners and friends	Senior Feminino	01:02:59	+33:55	06:18
131	1470	Mónica Fernandes	Polyrunners and friends	Senior Feminino	01:03:14	+34:10	06:19
132	220	Beatriz Sá	Bluerunners	Senior Feminino	01:03:19	+34:15	06:20
133	227	Sofia Ribeiro Lourenço	Bluerunners	Senior Feminino	01:03:19	+34:15	06:20
134	67	Cátia Oliveira	Adões Trail	Senior Feminino	01:03:25	+34:21	06:20
135	1506	Ângela Pinto	Runners da Calçada	Senior Feminino	01:03:28	+34:25	06:21
136	730	Marisol Santos Simões	Individual	Senior Feminino	01:03:41	+34:38	06:22
137	1301	Marlene Francisco	Inline Engenharia	Senior Feminino	01:03:58	+34:55	06:24
138	421	Rita Góis	Escola de Atletismo de Coimbra/JPAIVA	Senior Feminino	01:04:02	+34:58	06:24
139	20	Elisabete Graça	4 sapatilhas	Senior Feminino	01:04:06	+35:03	06:25
140	1384	Sara Oliveira	Mondego Runners	Senior Feminino	01:04:07	+35:03	06:25
141	548	Margarida Amaro	Furious but not Fast	Senior Feminino	01:04:08	+35:05	06:25
142	176	Ana Ferreira	ASSSCC - Ar Livre e Aventura	Senior Feminino	01:04:27	+35:23	06:27
143	738	Raquel Azevedo	Individual	Senior Feminino	01:04:36	+35:33	06:28
144	1584	RAQUEL MELO	THE DOBERMANNS	Senior Feminino	01:04:55	+35:52	06:30
145	547	Inês Rocha	Furious but not Fast	Senior Feminino	01:04:58	+35:55	06:30

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Corrida

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OFFICIAL RESULT

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146	219	Beatriz Ferreira	Bluerunners	Senior Feminino	01:05:13	+36:09	06:31
147	582	Raquel Correia	Gazelas100stress	Senior Feminino	01:05:24	+36:20	06:32
148	1302	Nélia Carreira	Inline Engenharia	Senior Feminino	01:05:26	+36:22	06:33
149	700	Denise Gomes dos Santos Alves	Individual	Senior Feminino	01:05:30	+36:27	06:33
150	222	Joana Almeida e Sousa	Bluerunners	Senior Feminino	01:05:44	+36:40	06:34
151	221	Inês Medeiros	Bluerunners	Senior Feminino	01:05:48	+36:45	06:35
152	1471	Mónica Marques	Polyrunners and friends	Senior Feminino	01:06:00	+36:57	06:36
153	724	Margarida Oliveira	Individual	Senior Feminino	01:06:03	+36:59	06:36
154	725	Maria Caceiro	Individual	Senior Feminino	01:06:03	+36:59	06:36
155	1486	Joana Alexandre da Silva	Rato Esquilo	Senior Feminino	01:06:12	+37:09	06:37
156	1487	Preciosa Sousa	Rato Esquilo	Senior Feminino	01:06:13	+37:09	06:37
157	671	Adriana Filipa Rodrigues Carpinteiro	Individual	Senior Feminino	01:06:28	+37:24	06:39
158	55	Dora Isabel Alves da Cruz	AD	Senior Feminino	01:06:54	+37:50	06:41
159	746	Telma Pires	Individual	Senior Feminino	01:07:00	+37:56	06:42
160	497	Catarina Carneiro Ferreira	FIRE	Senior Feminino	01:07:09	+38:05	06:43
161	719	Ludmylla Andrade Fontes	Individual	Senior Feminino	01:07:22	+38:19	06:44
162	521	Vanessa Pereira	FOCUS	Senior Feminino	01:07:27	+38:24	06:45
163	188	Marta Cristina Silva Gomes Roque	Atletas ao Domingo	Senior Feminino	01:07:28	+38:25	06:45
164	1586	Sara Andreia Zuzarte Cardoso	The First Wellness&Bootcamp	Senior Feminino	01:07:32	+38:28	06:45
165	674	Ana Catarina Bastos Parreira	Individual	Senior Feminino	01:07:33	+38:29	06:45
166	502	Ana Faria	FOCUS	Senior Feminino	01:07:34	+38:30	06:45
167	1614	Claudia Galamba	Três mosqueteiras	Senior Feminino	01:07:41	+38:38	06:46
168	247	Ana Rita Gonçalves Trindade	BotãoCamp	Senior Feminino	01:08:39	+39:35	06:52
169	658	Nathália Valderrama	Impact Factor	Senior Feminino	01:09:01	+39:58	06:54
170	731	Marta Duque	Individual	Senior Feminino	01:10:26	+41:22	07:03
171	1309	Dirce Ladeia	K Studio Running Team	Senior Feminino	01:10:30	+41:26	07:03
172	503	Ana Miguel	FOCUS	Senior Feminino	01:11:10	+42:07	07:07
173	1469	Áurea Matias	Polyrunners and friends	Senior Feminino	01:11:30	+42:27	07:09
174	1474	Vanessa Pereira	Polyrunners and friends	Senior Feminino	01:11:31	+42:27	07:09
175	729	Marina Cardoso	Individual	Senior Feminino	01:13:35	+44:32	07:22
176	732	Martha Maria da Silva Mendes	Individual	Senior Feminino	01:13:39	+44:35	07:22
177	514	Raquel Cruz	FOCUS	Senior Feminino	01:14:18	+45:14	07:26
178	1628	Catarina Coimbra	turbiniX	Senior Feminino	01:14:40	+45:36	07:28
179	685	Ana Rita Ramalho	Individual	Senior Feminino	01:14:47	+45:44	07:29
180	693	Catarina Faria	Individual	Senior Feminino	01:14:48	+45:44	07:29
181	605	Daniela Dias	HomeWORK_OUT running team	Senior Feminino	01:17:26	+48:23	07:45
182	1616	Marta Amaral	Três mosqueteiras	Senior Feminino	01:19:50	+50:46	07:59
183	1432	Helena Santos	OPraticante.pt	Senior Feminino	01:20:12	+51:08	08:01
184	1299	Bruna Silva	Inline Engenharia	Senior Feminino	01:20:12	+51:08	08:01
185	1422	Joana Penetra	Olympic Silvas	Senior Feminino	01:23:33	+54:30	08:21
186	66	Carla Leitão	Adões Trail	Senior Feminino	01:30:13	+01:01:09	09:01
187	1445	Cátia Bento	Os Javalis	Senior Feminino	01:32:05	+01:03:01	09:12

Corrida

10 KM

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OFFICIAL RESULT

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Senior Masculino

1	8	Hermano Ferreira	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	29:03	02:54
2	7	Samuel Freire	Vitória Setubal	Senior Masculino	29:06	+00:02 02:55
3	5	Alexandre Figueiredo	SL Benfica	Senior Masculino	29:10	+00:06 02:55
4	349	Rogério Amaral	CPT Sobral de Ceira	Senior Masculino	31:26	+02:23 03:09
5	557	Fábio Abrantes	G.R. EIRENSE	Senior Masculino	31:53	+02:50 03:11
6	378	Hélder Lopes	DCI/Trilhos Luso Bussaco	Senior Masculino	32:03	+03:00 03:12
7	45	Luís Contente	ACDRS QUINHENDROS	Senior Masculino	32:35	+03:31 03:15
8	432	Ricardo Gaspar	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	33:02	+03:58 03:18
9	319	Diogo Alexandre Rodrigues Pinheiro	Coimbra Trailrunning	Senior Masculino	33:17	+04:13 03:20
10	558	João Pontes	G.R. EIRENSE	Senior Masculino	33:19	+04:16 03:20
11	561	Ricardo Sousa	G.R. EIRENSE	Senior Masculino	33:23	+04:19 03:20
12	346	João Rodrigues	CPT Sobral de Ceira	Senior Masculino	33:38	+04:34 03:22
13	281	André Pais	Centro de Atletismo de Tondela	Senior Masculino	33:56	+04:53 03:24
14	437	Vasco Pereira	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	33:58	+04:54 03:24
15	374	William Caetano	DCI/Trilhos Luso Bussaco	Senior Masculino	34:03	+05:00 03:24
16	422	Carlos Filipe Leite Costa	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	34:12	+05:08 03:25
17	1633	Milton Santos	União FCI de Tomar	Senior Masculino	34:18	+05:14 03:26
18	46	Ricardo Santos	ACDRS QUINHENDROS	Senior Masculino	34:37	+05:33 03:28
19	318	Alexandre Cipriano Blasques Rodrigues	Coimbra Trailrunning	Senior Masculino	34:43	+05:40 03:28
20	922	Pedro Santos	Individual	Senior Masculino	34:44	+05:41 03:28
21	435	Tiago Gonçalves	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	35:12	+06:08 03:31
22	345	António Cunha	CPT Sobral de Ceira	Senior Masculino	35:29	+06:25 03:33
23	424	Eduardo Gonçalves	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	35:35	+06:32 03:34
24	428	João Rodrigues	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	35:51	+06:47 03:35
25	874	José Sequeira	Individual	Senior Masculino	35:55	+06:52 03:36
26	320	Hélder Filipe de Brito Galvão	Coimbra Trailrunning	Senior Masculino	35:58	+06:54 03:36
27	963	Valter Lopes	Individual	Senior Masculino	36:00	+06:57 03:36
28	1639	Rodrigo Poças Rodrigues	Viriathvs Runners Viseu	Senior Masculino	36:03	+07:00 03:36
29	279	Carlos Nunes	Casa do Povo de Mangualde	Senior Masculino	36:10	+07:06 03:37
30	379	João Amândio	DCI/Trilhos Luso Bussaco	Senior Masculino	36:22	+07:18 03:38
31	1433	Domingos Manuel Fidalgo Vieira	OPraticante.pt	Senior Masculino	36:26	+07:22 03:39
32	560	Ricardo Germano	G.R. EIRENSE	Senior Masculino	36:26	+07:23 03:39
33	350	Vítor Pleno	CPT Sobral de Ceira	Senior Masculino	36:42	+07:38 03:40
34	559	Rafael Matias	G.R. EIRENSE	Senior Masculino	37:20	+08:16 03:44
35	377	Diogo Ferreira Reis	DCI/Trilhos Luso Bussaco	Senior Masculino	37:26	+08:23 03:45
36	178	Nelson Filipe de Almeida Heleno	ASSSCC - Ar Livre e Aventura	Senior Masculino	37:38	+08:34 03:46
37	967	Vitor Manuel Quintaneiro Almeida	Individual	Senior Masculino	37:43	+08:40 03:46
38	296	Joao Pato	CluVe - Clube de Veteranos de Atletismo de Coimbra	Senior Masculino	37:44	+08:41 03:46
39	375	Afonso Almeida Silva	DCI/Trilhos Luso Bussaco	Senior Masculino	37:45	+08:41 03:46

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Corrida

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OFFICIAL RESULT

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40	60	José Pedro de Almeida Galvão	ADCRPereira	Senior Masculino	37:51	+08:48	03:47
41	778	Cláudio Macatrão	Individual	Senior Masculino	37:52	+08:49	03:47
42	613	Divo Gonçalves	HomeWORK_OUT running team	Senior Masculino	37:56	+08:53	03:48
43	621	Rui Costa	HomeWORK_OUT running team	Senior Masculino	37:56	+08:53	03:48
44	911	Nuno Oliveira	Individual	Senior Masculino	38:07	+09:03	03:49
45	1326	Pedro Miguel Serra Santos	Lama Solta	Senior Masculino	38:15	+09:11	03:49
46	1588	Francisco Fonseca	The First Wellness&Bootcamp	Senior Masculino	38:15	+09:12	03:50
47	430	Mario Santos	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	38:19	+09:15	03:50
48	381	Rúben Baptista Fernandes	DCI/Trilhos Luso Bussaco	Senior Masculino	38:20	+09:16	03:50
49	47	tiago moreno	ACDRS QUINHENDROS	Senior Masculino	38:23	+09:19	03:50
50	1635	Alejandro de Castro	UNIVERSIDAD DE BURGOS	Senior Masculino	38:30	+09:27	03:51
51	347	Luís Rodrigues	CPT Sobral de Ceira	Senior Masculino	38:42	+09:39	03:52
52	780	Cristiano Rafael Marques Brandão	Individual	Senior Masculino	38:44	+09:40	03:52
53	1603	Daniel Matias	TiMIM	Senior Masculino	38:44	+09:41	03:52
54	951	Steven Lopes de Sá	Individual	Senior Masculino	38:45	+09:41	03:53
55	423	Eduardo Cardoso	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	38:46	+09:43	03:53
56	930	Ricardo da Silva Auxiliar	Individual	Senior Masculino	39:06	+10:03	03:55
57	274	João Dinis	CAOH - Clube Atlético de Oliveira do Hospital	Senior Masculino	39:26	+10:23	03:57
58	1685	João Nuno Ferreira	Individual	Senior Masculino	39:30	+10:26	03:57
59	960	Tiago Vitória	Individual	Senior Masculino	39:32	+10:28	03:57
60	649	Bruno José Duarte Cardoso	HUT RUNNERS COIMBRA	Senior Masculino	39:36	+10:33	03:58
61	1618	Saul Martins	Tribo NR	Senior Masculino	39:39	+10:35	03:58
62	96	Fábio Fernandes	ARCD Venda da Luisa	Senior Masculino	39:40	+10:36	03:58
63	877	Leonardo Amado Brito	Individual	Senior Masculino	39:42	+10:38	03:58
64	1496	Gonçalo Marques	Runners & Friends	Senior Masculino	40:13	+11:09	04:01
65	1636	Telmo Santos	Vikings Trail Runners/CCR Alcabideque	Senior Masculino	40:16	+11:12	04:02
66	884	Luis Miguel	Individual	Senior Masculino	40:17	+11:13	04:02
67	168	Fábio Marques	Associação Académica de Coimbra	Senior Masculino	40:19	+11:15	04:02
68	943	Rui Miguel Ruela Pinto	Individual	Senior Masculino	40:39	+11:35	04:04
69	657	Rafael Bernardes	Impact Factor	Senior Masculino	40:47	+11:43	04:05
70	798	Eduardo Costa	Individual	Senior Masculino	40:49	+11:45	04:05
71	779	Claudio Vinhas	Individual	Senior Masculino	40:53	+11:49	04:05
72	948	Sérgio Miguel Tenente dos Santos Pocinho	Individual	Senior Masculino	40:54	+11:50	04:05
73	923	Pedro Sequeira	Individual	Senior Masculino	41:07	+12:03	04:07
74	771	Bruno Robalo	Individual	Senior Masculino	41:09	+12:05	04:07
75	179	Ruben Novo	ASSSCC - Ar Livre e Aventura	Senior Masculino	41:09	+12:06	04:07
76	275	Mário Henriques	CAOH - Clube Atlético de Oliveira do Hospital	Senior Masculino	41:14	+12:11	04:07
77	265	João Nunes	C. F. "Os Marialvas"	Senior Masculino	41:25	+12:22	04:09
78	586	Bruno Martins	GELCENTRO TEAM	Senior Masculino	41:29	+12:26	04:09
79	789	Diogo Cacho	Individual	Senior Masculino	41:30	+12:27	04:09
80	1517	Marcel Santos	Saca trilhos Anadia	Senior Masculino	41:41	+12:38	04:10
81	924	Phinifolo Luis Suede Cambalame	Individual	Senior Masculino	41:43	+12:39	04:10

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Corrida

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OFFICIAL RESULT

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82	577	Diogo Teixeira dos Santos	Gaveteiros	Senior Masculino	41:50	+12:47	04:11
83	770	Bruno Miguel Clemente Estêvão	Individual	Senior Masculino	41:55	+12:52	04:12
84	856	João Rui Baptista	Individual	Senior Masculino	42:10	+13:06	04:13
85	1525	Gonçalo Gomes	Sem Sede	Senior Masculino	42:21	+13:17	04:14
86	860	Joel Amado	Individual	Senior Masculino	42:28	+13:25	04:15
87	321	Nuno Miguel Vasconcelos	Coimbra Trailrunning	Senior Masculino	42:33	+13:29	04:15
88	1488	António Almeida	Rato Esquilo	Senior Masculino	42:33	+13:29	04:15
89	885	Luís Miguel Alves de Jesus	Individual	Senior Masculino	42:34	+13:30	04:15
90	879	Luis André Pereira	Individual	Senior Masculino	42:39	+13:35	04:16
91	893	Mário Aragão	Individual	Senior Masculino	42:40	+13:36	04:16
92	614	Fábio Oliveira	HomeWORK_OUT running team	Senior Masculino	42:40	+13:37	04:16
93	1634	José Carvalho	Unique Advenure	Senior Masculino	42:50	+13:47	04:17
94	137	PEDRO AFONSO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Masculino	42:52	+13:48	04:17
95	1436	Sérgio Miguel Esteves Ruela	OPraticante.pt	Senior Masculino	42:54	+13:50	04:17
96	278	André Nunes	Casa do Povo de Mangualde	Senior Masculino	42:56	+13:52	04:18
97	294	Bruno Bernardes	Cluve - Clube de Veteranos de Atletismo de Coimbra	Senior Masculino	43:04	+14:01	04:18
98	861	Joel Lopes	Individual	Senior Masculino	43:11	+14:07	04:19
99	1559	Pedro Tiago Correia Soares	Sucata time	Senior Masculino	43:16	+14:12	04:20
100	838	João Gaspar	Individual	Senior Masculino	43:18	+14:14	04:20
101	837	João Garcia	Individual	Senior Masculino	43:18	+14:15	04:20
102	949	Silvio Marques	Individual	Senior Masculino	43:20	+14:17	04:20
103	931	Ricardo Jorge de Abreu Bica	Individual	Senior Masculino	43:25	+14:21	04:20
104	1364	Eugénio Santos	Miro trail	Senior Masculino	43:42	+14:38	04:22
105	820	Hugo Matias	Individual	Senior Masculino	43:43	+14:39	04:22
106	434	Rui Melo	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	43:44	+14:41	04:22
107	99	João Marques	ARCD Venda da Luisa	Senior Masculino	43:48	+14:45	04:23
108	1314	Vitor Varandas	K Studio Running Team	Senior Masculino	43:52	+14:49	04:23
109	968	Vitor Ribeiro	Individual	Senior Masculino	43:54	+14:50	04:23
110	533	Nuno Miguel Martins Simões	FOCUS	Senior Masculino	44:01	+14:58	04:24
111	71	Tiago Bernardes	Adões Trail	Senior Masculino	44:17	+15:14	04:26
112	818	Helder Cunha	Individual	Senior Masculino	44:21	+15:17	04:26
113	259	Cristiano da Silva Gante	Bttrain	Senior Masculino	44:21	+15:17	04:26
114	1543	MIGUEL VIDAL	Soure Mov	Senior Masculino	44:23	+15:19	04:26
115	950	Stefane Fernandes da Silva	Individual	Senior Masculino	44:25	+15:22	04:27
116	809	Francisco João Lapa da Silva	Individual	Senior Masculino	44:26	+15:22	04:27
117	322	Rui Jorge Simões Carrito	Coimbra Trailrunning	Senior Masculino	44:27	+15:24	04:27
118	191	Gonçalo Carvalho	Atletas ao Domingo	Senior Masculino	44:29	+15:26	04:27
119	889	Manuel Loureiro Dos Santos	Individual	Senior Masculino	44:30	+15:26	04:27
120	772	Cândido Veloso	Individual	Senior Masculino	44:31	+15:27	04:27
121	944	Rui Trovão	Individual	Senior Masculino	44:31	+15:28	04:27
122	1345	Luis Almeida	M4A	Senior Masculino	44:33	+15:30	04:27
123	15	Marco André Dias Sousa	100pressa	Senior Masculino	44:51	+15:47	04:29
124	134	BRUNO RODRIGUES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Masculino	44:53	+15:50	04:29
125	27	João Gerardo	6:45	Senior Masculino	44:53	+15:50	04:29

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126	1638	Fábio Amaral	Viriathvs Runners Viseu	Senior Masculino	44:56	+15:52	04:30
127	478	Diogo Oliveira	Estoira Terras	Senior Masculino	45:00	+15:56	04:30
128	819	Hélder Morim	Individual	Senior Masculino	45:16	+16:12	04:32
129	1531	David Rodrigues	Silgueiros Runners	Senior Masculino	45:19	+16:16	04:32
130	295	Gonçalo Carvalho	Cluve - Clube de Veteranos de Atletismo de Coimbra	Senior Masculino	45:21	+16:17	04:32
131	953	TIAGO GARRIDO	Individual	Senior Masculino	45:22	+16:18	04:32
132	795	Diogo Pimenta	Individual	Senior Masculino	45:22	+16:19	04:32
133	1611	Rui de Sousa Lopes	TOP TEAM	Senior Masculino	45:24	+16:20	04:32
134	578	Francisco José Pimenta Leiteiro	Gaveteiros	Senior Masculino	45:30	+16:26	04:33
135	1678	Renato Filipe Carneiro	Individual	Senior Masculino	45:33	+16:29	04:33
136	169	Ricardo Gonçalves	Associação Académica de Coimbra	Senior Masculino	45:34	+16:30	04:33
137	763	António Pedro Rola Nogueira	Individual	Senior Masculino	45:44	+16:41	04:34
138	807	Filipe Samuel Freire Craveiro	Individual	Senior Masculino	45:45	+16:41	04:34
139	177	André Santos	ASSSCC - Ar Livre e Aventura	Senior Masculino	45:50	+16:47	04:35
140	785	David José Caetano Pratas	Individual	Senior Masculino	45:58	+16:55	04:36
141	843	João Marques	Individual	Senior Masculino	45:59	+16:56	04:36
142	1352	Alexandre Veloso	MarteloTeam	Senior Masculino	46:00	+16:57	04:36
143	805	Fernando Marinho	Individual	Senior Masculino	46:08	+17:04	04:37
144	940	Ruben Tavares	Individual	Senior Masculino	46:10	+17:06	04:37
145	429	José Miguel Ribeiro Neves	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	46:14	+17:10	04:37
146	25	David Ramos	6:45	Senior Masculino	46:15	+17:12	04:38
147	592	Tiago Estrafalhote	GELCENTRO TEAM	Senior Masculino	46:18	+17:15	04:38
148	840	João Lopes	Individual	Senior Masculino	46:21	+17:17	04:38
149	616	João Costa	HomeWORK_OUT running team	Senior Masculino	46:22	+17:19	04:38
150	553	Rui Nunes	Furious but not Fast	Senior Masculino	46:29	+17:25	04:39
151	229	André Dias	Bluerunners	Senior Masculino	46:31	+17:27	04:39
152	526	Carlos Manuel Sousa ramos	FOCUS	Senior Masculino	46:37	+17:33	04:40
153	852	João Prina	Individual	Senior Masculino	46:42	+17:38	04:40
154	97	Gonçalo Deus	ARCD Venda da Luisa	Senior Masculino	46:42	+17:38	04:40
155	842	João Maranhão	Individual	Senior Masculino	46:43	+17:39	04:40
156	945	Sandro Medhi Novais Touil	Individual	Senior Masculino	46:44	+17:40	04:40
157	615	Joao Cardoso	HomeWORK_OUT running team	Senior Masculino	46:50	+17:46	04:41
158	909	Nuno Duarte	Individual	Senior Masculino	46:52	+17:48	04:41
159	957	Tiago Lé	Individual	Senior Masculino	46:54	+17:50	04:41
160	1665	Filipe Albuquerque	Individual	Senior Masculino	46:56	+17:52	04:42
161	405	Célio Duarte	Deixa Passar	Senior Masculino	46:59	+17:55	04:42
162	1601	Marco Xavier	The Right Socks	Senior Masculino	47:06	+18:02	04:43
163	755	Joel Oliveira	Individual	Senior Masculino	47:09	+18:05	04:43
164	802	Fábio Diogo Oliveira Antunes	Individual	Senior Masculino	47:11	+18:07	04:43
165	781	Cristóvão Rocha	Individual	Senior Masculino	47:14	+18:10	04:43
166	1532	Luís Cotovio	Silgueiros Runners	Senior Masculino	47:15	+18:12	04:44
167	101	Tiago Pires	ARCD Venda da Luisa	Senior Masculino	47:18	+18:14	04:44
168	927	Remi Alves	Individual	Senior Masculino	47:22	+18:19	04:44
169	823	Hugo Tiago Martins Fernandes	Individual	Senior Masculino	47:23	+18:19	04:44

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OFFICIAL RESULT

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170	863	Jorge Correia	Individual	Senior Masculino	47:23	+18:20	04:44
171	899	Messias Manuel Oliveira Vagueiro	Individual	Senior Masculino	47:24	+18:20	04:44
172	618	Luis Elvas	HomeWORK_OUT running team	Senior Masculino	47:25	+18:21	04:44
173	828	João Caetano	Individual	Senior Masculino	47:25	+18:21	04:44
174	955	Tiago Henriques	Individual	Senior Masculino	47:36	+18:32	04:46
175	774	Carlos Eduardo Domingues	Individual	Senior Masculino	47:38	+18:35	04:46
176	588	Elton Rodrigues	GELCENTRO TEAM	Senior Masculino	47:42	+18:39	04:46
177	847	João Paulo serrano carvalho	Individual	Senior Masculino	47:45	+18:41	04:46
178	917	Pedro Cunha	Individual	Senior Masculino	47:46	+18:42	04:47
179	16	Miguel Ângelo Tavares Freire	100pressa	Senior Masculino	47:49	+18:45	04:47
180	760	André Simões	Individual	Senior Masculino	47:51	+18:47	04:47
181	928	Renato Neves	Individual	Senior Masculino	47:52	+18:49	04:47
182	890	Marco Amaral	Individual	Senior Masculino	47:54	+18:50	04:47
183	866	Jorge Miguel Silva Campos	Individual	Senior Masculino	48:05	+19:01	04:48
184	1304	Ruben Ferreira	Inline Engenharia	Senior Masculino	48:09	+19:05	04:49
185	939	Roman Nayavko	Individual	Senior Masculino	48:12	+19:08	04:49
186	901	Miguel Ferreira Pereira	Individual	Senior Masculino	48:13	+19:09	04:49
187	965	Vasco Mendes	Individual	Senior Masculino	48:15	+19:11	04:49
188	830	João Carvalho	Individual	Senior Masculino	48:19	+19:16	04:50
189	483	Carlos Simões	Eu Posso Correr - Ansião	Senior Masculino	48:20	+19:16	04:50
190	849	João Pedro Pinão Santos	Individual	Senior Masculino	48:22	+19:18	04:50
191	883	Luis Guilherme Abrantes Botelho Maia	Individual	Senior Masculino	48:23	+19:19	04:50
192	1662	Tomás Coimbra	GR EIRENSE	Senior Masculino	48:23	+19:19	04:50
193	966	Vicente Julião	Individual	Senior Masculino	48:25	+19:21	04:51
194	851	João Pedro Veiga	Individual	Senior Masculino	48:25	+19:22	04:51
195	853	João Rainho	Individual	Senior Masculino	48:28	+19:25	04:51
196	875	Jose tavares	Individual	Senior Masculino	48:29	+19:26	04:51
197	551	João Ferreira	Furious but not Fast	Senior Masculino	48:32	+19:28	04:51
198	757	André Moraes	Individual	Senior Masculino	48:41	+19:38	04:52
199	95	Daniel Neves	ARCD Venda da Luisa	Senior Masculino	48:41	+19:38	04:52
200	1489	António Cardoso	Rato Esquilo	Senior Masculino	48:41	+19:38	04:52
201	793	Diogo Guerra	Individual	Senior Masculino	48:42	+19:38	04:52
202	213	João Silva	Avó Chica	Senior Masculino	48:44	+19:40	04:52
203	773	Carlos Bravo	Individual	Senior Masculino	48:49	+19:45	04:53
204	926	Rafael Morim	Individual	Senior Masculino	48:49	+19:46	04:53
205	762	Antonio Miguel Ferreira Goncalves	Individual	Senior Masculino	48:51	+19:47	04:53
206	787	Décio Silva	Individual	Senior Masculino	48:55	+19:52	04:54
207	492	Felipe Laufer	Family Steiner/Laufer	Senior Masculino	48:59	+19:56	04:54
208	493	Nicolas Steiner	Family Steiner/Laufer	Senior Masculino	48:59	+19:56	04:54
209	813	Gonçalo Alves	Individual	Senior Masculino	49:01	+19:57	04:54
210	1640	Rui Moura	Viriathvs Runners Viseu	Senior Masculino	49:04	+20:00	04:54
211	959	Tiago Vaz	Individual	Senior Masculino	49:18	+20:15	04:56
212	878	Luís André Batista	Individual	Senior Masculino	49:24	+20:20	04:56
213	801	Fábio Cerejo	Individual	Senior Masculino	49:26	+20:23	04:57
214	86	Mário José Fernandes da Silva Almeida	ÁGUAS DE COIMBRA	Senior Masculino	49:29	+20:25	04:57
215	1600	Diogo Ramos	The Right Socks	Senior Masculino	49:31	+20:27	04:57

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216	913	Paulino Oliveira	Individual	Senior Masculino	49:37	+20:33	04:58
217	845	João Oliveira	Individual	Senior Masculino	49:40	+20:37	04:58
218	936	Rodrigo André Maturana Pais	Individual	Senior Masculino	49:48	+20:44	04:59
219	1539	Ricardo Zeferino	SoParaJantar	Senior Masculino	49:49	+20:45	04:59
220	871	José Miguel Saramago de Carvalho	Individual	Senior Masculino	49:50	+20:47	04:59
221	58	José Duarte	ADABEM Running Team	Senior Masculino	49:52	+20:48	04:59
222	942	Rui Duarte Abreu	Individual	Senior Masculino	49:55	+20:52	05:00
223	822	Hugo Neves	Individual	Senior Masculino	49:59	+20:55	05:00
224	904	Miguel Simões	Individual	Senior Masculino	50:05	+21:01	05:00
225	1589	João Luís	The First Wellness&Bootcamp	Senior Masculino	50:05	+21:02	05:01
226	1337	Helder Adão	Lousãcrossfit	Senior Masculino	50:05	+21:02	05:01
227	1339	Tiago Lobo	Lousãcrossfit	Senior Masculino	50:11	+21:08	05:01
228	1491	Vitor Teixeira de Jesus	Rato Esquilo	Senior Masculino	50:12	+21:09	05:01
229	1419	João Pedro Santos	OE Runners	Senior Masculino	50:13	+21:10	05:01
230	264	João Melanda	C. F. "Os Marialvas"	Senior Masculino	50:14	+21:10	05:01
231	1490	Mário Rui Pinto	Rato Esquilo	Senior Masculino	50:16	+21:12	05:02
232	916	Pedro Ambrosio	Individual	Senior Masculino	50:16	+21:13	05:02
233	750	Alvar San Martin	Individual	Senior Masculino	50:22	+21:18	05:02
234	288	Hugo Daniel Almeida Seabra	Clube de Ancas	Senior Masculino	50:24	+21:20	05:02
235	908	Nuno Amante	Individual	Senior Masculino	50:24	+21:21	05:02
236	1578	Ivo Diogo	Tertúlia da Velha Cabra	Senior Masculino	50:26	+21:22	05:03
237	962	Válter Alexandre Ramos Afonso	Individual	Senior Masculino	50:30	+21:27	05:03
238	1680	Filipe Murta	Individual	Senior Masculino	50:34	+21:30	05:03
239	768	Bruno Almeida	Individual	Senior Masculino	50:45	+21:41	05:04
240	235	Telmo Costa	Bluerunners	Senior Masculino	50:46	+21:42	05:05
241	1590	Marco José Marreiro	The First Wellness&Bootcamp	Senior Masculino	50:48	+21:44	05:05
242	1341	Luis Oliveira	Luisomens	Senior Masculino	50:52	+21:48	05:05
243	836	João Filipe Sequeira	Individual	Senior Masculino	50:52	+21:48	05:05
244	589	Eugénio Santos	GELCENTRO TEAM	Senior Masculino	50:57	+21:53	05:06
245	620	Rodrigo Dias	HomeWORK_OUT running team	Senior Masculino	51:11	+22:07	05:07
246	886	Luis Miguel Martins Silva	Individual	Senior Masculino	51:16	+22:13	05:08
247	900	Miguel Ângelo Costa Antunes	Individual	Senior Masculino	51:23	+22:19	05:08
248	1664	Renato Emanuel Bastos Parreira	Individual	Senior Masculino	51:23	+22:19	05:08
249	804	Fernando Jorge Rodrigues do Rosário	Individual	Senior Masculino	51:24	+22:20	05:08
250	409	João Filipe Duarte	Duarte e Companhia	Senior Masculino	51:25	+22:21	05:08
251	527	Diogo Carvalho	FOCUS	Senior Masculino	51:30	+22:26	05:09
252	937	Rodrigo Miguel Fragoso Grilo	Individual	Senior Masculino	51:30	+22:27	05:09
253	1564	Carlos Ribeiro	Talkdesk AI	Senior Masculino	51:31	+22:27	05:09
254	1579	L I P E	Tertúlia da Velha Cabra	Senior Masculino	51:35	+22:31	05:09
255	790	Diogo Casaca	FOCUS	Senior Masculino	51:41	+22:37	05:10
256	231	Gustavo Simões	Bluerunners	Senior Masculino	51:42	+22:38	05:10
257	777	Carlos Santos	Individual	Senior Masculino	51:55	+22:52	05:12
258	30	Pedro Costa	6:45	Senior Masculino	52:02	+22:58	05:12
259	918	Pedro Ferreira	Individual	Senior Masculino	52:11	+23:08	05:13
260	935	Ricardo Silva	Individual	Senior Masculino	52:11	+23:08	05:13
261	1365	Nuno Castanheira	Miro Trail	Senior Masculino	52:12	+23:08	05:13

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262	844	João Matos Cruz	Individual	Senior Masculino	52:13	+23:10	05:13
263	1459	Paulo Gomes	Pais em furia	Senior Masculino	52:17	+23:14	05:14
264	499	João Carmo	Fisiopatelar	Senior Masculino	52:19	+23:15	05:14
265	500	Pedro Ribeiro	Fisiopatelar	Senior Masculino	52:19	+23:15	05:14
266	523	Alexandre Lopes	FOCUS	Senior Masculino	52:21	+23:18	05:14
267	371	Mário Fonseca	D&M	Senior Masculino	52:24	+23:21	05:14
268	825	João André Ferro Fernandes	Individual	Senior Masculino	52:25	+23:21	05:14
269	600	Alexandre Anjos	GRUPO ISIDORO	Senior Masculino	52:36	+23:32	05:16
270	601	Tiago Lopes	GRUPO ISIDORO	Senior Masculino	52:36	+23:32	05:16
271	1658	Ivo Alexandre Carvalho dos Reis	whatif	Senior Masculino	52:44	+23:40	05:16
272	902	Jaime Antunes Soares	Individual	Senior Masculino	52:58	+23:55	05:18
273	914	Paulo Ferreira	Individual	Senior Masculino	53:05	+24:02	05:19
274	906	Nelson dos Santos Joel Bape	Individual	Senior Masculino	53:09	+24:05	05:19
275	530	João Lucas Tavares Monteiro	FOCUS	Senior Masculino	53:11	+24:07	05:19
276	368	Carlos Mendes	CUMIBROA RUNNING TEAM	Senior Masculino	53:14	+24:10	05:19
277	775	Carlos Figueiredo	Individual	Senior Masculino	53:15	+24:12	05:20
278	862	Jonatas Augusto Manzolli	Individual	Senior Masculino	53:17	+24:13	05:20
279	859	Joel Alves Costa Filho	Individual	Senior Masculino	53:19	+24:16	05:20
280	477	Daniel Santos	Estoira Terras	Senior Masculino	53:23	+24:19	05:20
281	1508	André Queda	Runners da Calçada	Senior Masculino	53:28	+24:24	05:21
282	590	José Manuel Alves	GELCENTRO TEAM	Senior Masculino	53:29	+24:25	05:21
283	534	Pedro Ramalho	FOCUS	Senior Masculino	53:33	+24:29	05:21
284	964	Vasco Caseiro	Individual	Senior Masculino	53:41	+24:37	05:22
285	910	Nuno Filipe de Lemos Barata Garcia	Individual	Senior Masculino	53:45	+24:41	05:22
286	915	Paulo Matafome	Individual	Senior Masculino	53:45	+24:42	05:23
287	829	João Carreira	Individual	Senior Masculino	53:49	+24:45	05:23
288	28	João Inácio	6:45	Senior Masculino	53:55	+24:51	05:23
289	135	CARLOS FETEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Masculino	54:00	+24:57	05:24
290	193	Miguel Carvalho	Atletas ao Domingo	Senior Masculino	54:05	+25:01	05:24
291	380	Cláudio Relvas	DCI/Trilhos Luso Bussaco	Senior Masculino	54:05	+25:02	05:25
292	958	Tiago Samuel Rosado Quitério Alves	Individual	Senior Masculino	54:18	+25:15	05:26
293	1679	João Manuel Gil	Individual	Senior Masculino	54:29	+25:25	05:27
294	956	Tiago Jesus	Individual	Senior Masculino	54:29	+25:26	05:27
295	827	JOÃO ANTÓNIO COUTINHO SIMÕES	Individual	Senior Masculino	54:33	+25:29	05:27
296	662	Rui Batista	INADAPTADOS	Senior Masculino	54:33	+25:29	05:27
297	749	Alexandre Carreira	Individual	Senior Masculino	54:36	+25:32	05:28
298	1386	Carlos Goncalves	Mondego Runners	Senior Masculino	54:43	+25:40	05:28
299	1448	Carlos Pinto	Os Javalis	Senior Masculino	54:46	+25:42	05:29
300	1522	ANDRE VENTURA	SALDO VÁLIDO TEAM	Senior Masculino	54:54	+25:51	05:29
301	1447	André Pascoal Bento	Os Javalis	Senior Masculino	55:02	+25:58	05:30
302	587	Diogo Bastos	GELCENTRO TEAM	Senior Masculino	55:06	+26:02	05:31
303	814	Gonçalo Donato	Individual	Senior Masculino	55:11	+26:07	05:31
304	892	Marco Pires	Individual	Senior Masculino	55:12	+26:08	05:31
305	1511	João Subtil	Runners da Calçada	Senior Masculino	55:15	+26:11	05:31
306	934	Ricardo Leal	Individual	Senior Masculino	55:15	+26:11	05:31
307	1434	Hugo Marques de Barros	OPraticante.pt	Senior Masculino	55:20	+26:17	05:32

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Corrida

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OFFICIAL RESULT

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308	1475	Carlos Tadeu Barreirinhas Paula	Polyrunners and friends	Senior Masculino	55:23	+26:20	05:32
309	1512	Jorge Araújo	Runners da Calçada	Senior Masculino	55:24	+26:20	05:32
310	57	Jorge Coelho	ADABEM Running Team	Senior Masculino	55:26	+26:23	05:33
311	537	Tiago Relvão	FOCUS	Senior Masculino	55:30	+26:26	05:33
312	848	João Pedro Campos de Freitas	Individual	Senior Masculino	55:34	+26:30	05:33
313	876	Leandro Santos	Individual	Senior Masculino	55:36	+26:33	05:34
314	1604	Pedro Matias	TiMiM	Senior Masculino	55:41	+26:38	05:34
315	190	Filipe Vilão	Atletas ao Domingo	Senior Masculino	55:50	+26:47	05:35
316	808	Flavio Silva	Individual	Senior Masculino	55:56	+26:52	05:36
317	1593	Tiago Sampaio	The First Wellness&Bootcamp	Senior Masculino	55:59	+26:55	05:36
318	408	Filipe Valente Duarte	Duarte e Companhia	Senior Masculino	56:01	+26:58	05:36
319	1592	Ricardo Soares	The First Wellness&Bootcamp	Senior Masculino	56:02	+26:58	05:36
320	410	João Valente Duarte	Duarte e Companhia	Senior Masculino	56:02	+26:58	05:36
321	1449	Tiago Crespo	Os Javalis	Senior Masculino	56:11	+27:07	05:37
322	69	Hugo Oliveira	Adões Trail	Senior Masculino	56:13	+27:10	05:37
323	759	André Pinto	Individual	Senior Masculino	56:23	+27:19	05:38
324	952	Tiago Filipe Monteiro Moreira	Individual	Senior Masculino	56:28	+27:24	05:39
325	1510	Filipe Sequeira	Runners da Calçada	Senior Masculino	56:40	+27:36	05:40
326	891	Marco André Vicente Custódio	Individual	Senior Masculino	56:44	+27:40	05:40
327	233	Jóni da Silva Gaspar	Bluerunners	Senior Masculino	56:48	+27:45	05:41
328	211	Bruno Almeida	Avó Chica	Senior Masculino	56:54	+27:51	05:41
329	619	Paulo Pereira	HomeWORK_OUT running team	Senior Masculino	56:55	+27:52	05:42
330	1417	Nuno António Marques Lourenço	NOOBS	Senior Masculino	56:58	+27:54	05:42
331	947	Sérgio Manuel Neves Ferreira	Individual	Senior Masculino	57:01	+27:58	05:42
332	1581	P E P E	Tertúlia da Velha Cabra	Senior Masculino	57:08	+28:04	05:43
333	1476	Emanuel Feijó	Polyrunners and friends	Senior Masculino	57:12	+28:09	05:43
334	864	Jorge Fraga	Individual	Senior Masculino	57:17	+28:13	05:44
335	1452	Carlos Pastilha	Os Papa Milhas	Senior Masculino	57:19	+28:15	05:44
336	532	José Dinis	FOCUS	Senior Masculino	57:25	+28:21	05:44
337	954	Tiago Godinho	Individual	Senior Masculino	57:26	+28:22	05:45
338	898	Mauro Pinheiro	Individual	Senior Masculino	57:38	+28:34	05:46
339	921	Pedro Paredes	Individual	Senior Masculino	57:44	+28:40	05:46
340	867	Jorge Quintaneiro	Individual	Senior Masculino	57:55	+28:51	05:47
341	94	SÉRGIO ALMEIDA	ARCD Venda da Luisa	Senior Masculino	57:56	+28:53	05:48
342	824	Iúri Tomás	Individual	Senior Masculino	58:11	+29:07	05:49
343	903	Miguel Gonçalves Silva Tavares	Individual	Senior Masculino	58:12	+29:09	05:49
344	758	Andre Pinheiro	Individual	Senior Masculino	58:26	+29:23	05:51
345	1338	João Serra	Lousãcrossfit	Senior Masculino	58:27	+29:24	05:51
346	427	Hugo Peneda	Escola de Atletismo de Coimbra/JPAIVA	Senior Masculino	58:38	+29:34	05:52
347	872	José Pedro Leão Pereira	Individual	Senior Masculino	58:57	+29:53	05:54
348	857	João Sargento Freitas	Individual	Senior Masculino	58:57	+29:53	05:54
349	212	Diogo Santos	Avó Chica	Senior Masculino	59:04	+30:00	05:54
350	961	Vagner Marques	Individual	Senior Masculino	59:32	+30:28	05:57
351	622	Tiago Coelho	HomeWORK_OUT running team	Senior Masculino	59:39	+30:36	05:58
352	1631	Miguel Coimbra	turbinox	Senior Masculino	59:50	+30:47	05:59
353	766	Bernardo Patrao	Individual	Senior Masculino	59:51	+30:47	05:59

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354	834	João Fernando Silva	Individual	Senior Masculino	59:53	+30:49	05:59
355	1629	Duarte Miranda	turbinx	Senior Masculino	01:00:01	+30:57	06:00
356	29	José Branquinho	6:45	Senior Masculino	01:00:01	+30:58	06:00
357	1632	Tiago Dinis	turbinx	Senior Masculino	01:00:02	+30:58	06:00
358	880	Luis Filipe Casalta dos Santos	Individual	Senior Masculino	01:00:20	+31:17	06:02
359	1582	V I L Ã O	Tertúlia da Velha Cabra	Senior Masculino	01:00:24	+31:21	06:02
360	870	José Ladeiro	Individual	Senior Masculino	01:00:27	+31:23	06:03
361	1479	Rafael Rebelo	Polyrunners and friends	Senior Masculino	01:00:34	+31:31	06:03
362	72	Tiago Simões	Adões Trail	Senior Masculino	01:00:48	+31:45	06:05
363	919	Pedro Marques	Individual	Senior Masculino	01:01:09	+32:05	06:07
364	932	Ricardo José Leal Simões	Individual	Senior Masculino	01:01:09	+32:05	06:07
365	1538	Marcos Daniel Nuno Tenente	SoParaJantar	Senior Masculino	01:01:17	+32:13	06:08
366	929	Ricardo André Simões Breda	Individual	Senior Masculino	01:01:23	+32:19	06:08
367	835	João Ferreira	Individual	Senior Masculino	01:01:28	+32:25	06:09
368	855	João Rovira	Individual	Senior Masculino	01:01:31	+32:27	06:09
369	786	David Martins	Individual	Senior Masculino	01:01:41	+32:37	06:10
370	803	Fausto Reis	Miro TRAIL	Senior Masculino	01:01:56	+32:53	06:12
371	1587	Dionísio Gomes Mendes	The First Wellness&Bootcamp	Senior Masculino	01:02:21	+33:18	06:14
372	1591	Marcos Simões	The First Wellness&Bootcamp	Senior Masculino	01:02:22	+33:18	06:14
373	1336	André Carvalho	Lousãcrossfit	Senior Masculino	01:02:31	+33:28	06:15
374	138	TELMO CARVALHO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Senior Masculino	01:02:32	+33:28	06:15
375	816	Guillaume RIVIÈRE	Individual	Senior Masculino	01:02:39	+33:35	06:16
376	1630	Francisco Couceiro	turbinx	Senior Masculino	01:03:20	+34:16	06:20
377	70	Micael Silva	Adões Trail	Senior Masculino	01:03:23	+34:20	06:20
378	1509	Daniel Amaral	Runners da Calçada	Senior Masculino	01:03:28	+34:24	06:21
379	181	Bruno Jacquet	Até à Meta	Senior Masculino	01:03:58	+34:55	06:24
380	1303	Miguel Dias	Inline Engenharia	Senior Masculino	01:03:58	+34:55	06:24
381	887	Luís Oliveira	Individual	Senior Masculino	01:04:00	+34:56	06:24
382	1478	Pedro Nunes	Polyrunners and friends	Senior Masculino	01:04:04	+35:00	06:24
383	920	Pedro Monteiro	Individual	Senior Masculino	01:04:36	+35:33	06:28
384	756	André Matias	Individual	Senior Masculino	01:05:05	+36:01	06:30
385	528	Frederico de Sousa Rafael de Macedo	FOCUS	Senior Masculino	01:05:20	+36:17	06:32
386	1305	Rui Saldanha	Inline Engenharia	Senior Masculino	01:05:27	+36:23	06:33
387	792	Diogo Filipe Matos Gonçalves	Individual	Senior Masculino	01:06:01	+36:57	06:36
388	821	Hugo Moreira Rodrigues	Individual	Senior Masculino	01:06:30	+37:26	06:39
389	56	André Miguel Branco Domingues	AD	Senior Masculino	01:06:54	+37:50	06:41
390	761	António Leitão	Individual	Senior Masculino	01:07:08	+38:05	06:43
391	764	Artur Mateus	Individual	Senior Masculino	01:07:09	+38:05	06:43
392	894	Mário Miguel de Andrade Pereira de Brito	Individual	Senior Masculino	01:07:09	+38:06	06:43
393	234	Nuno Rodrigues	Bluerunners	Senior Masculino	01:07:10	+38:06	06:43
394	1660	José Diogo Pereira Guimarães Martins da Costa	Individual	Senior Masculino	01:07:14	+38:10	06:43
395	552	Ricardo Matias	Furious but not Fast	Senior Masculino	01:07:18	+38:14	06:44
396	525	Bryan Pinto	FOCUS	Senior Masculino	01:07:21	+38:17	06:44
397	236	Vasco Azevedo Castro	Bluerunners	Senior Masculino	01:07:23	+38:19	06:44

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Corrida

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OFFICIAL RESULT

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398	498	Francisco Paupério	FIRE	Senior Masculino	01:07:34	+38:30	06:45
399	228	Alain Costa	Bluerunners	Senior Masculino	01:07:57	+38:54	06:48
400	854	João Rodrigues	Individual	Senior Masculino	01:08:48	+39:44	06:53
401	846	João Paulo Colaço Reganha	Individual	Senior Masculino	01:09:09	+40:05	06:55
402	905	Moisés Cesario	Individual	Senior Masculino	01:09:56	+40:53	07:00
403	617	José Rebola	HomeWORK_OUT running team	Senior Masculino	01:10:41	+41:37	07:04
404	524	Bruno João Fragoso Simões	FOCUS	Senior Masculino	01:11:10	+42:07	07:07
405	832	João Daniel Cruz	Individual	Senior Masculino	01:11:16	+42:13	07:08
406	783	David Donaire	Individual	Senior Masculino	01:13:35	+44:32	07:22
407	531	João Simões	FOCUS	Senior Masculino	01:14:17	+45:14	07:26
408	248	Bruno José da Costa Pereira	Botãoocamp	Senior Masculino	01:14:36	+45:32	07:28
409	1537	Marco mendes	SoParaJantar	Senior Masculino	01:15:00	+45:56	07:30
410	1536	Lenon Patrick Ferreira de Andrade	SoParaJantar	Senior Masculino	01:15:00	+45:57	07:30
411	550	Daniel Cruz	Furious but not Fast	Senior Masculino	01:18:59	+49:56	07:54
412	1329	Joao Firmo Serra	Liga dos Coxos	Senior Masculino	01:21:33	+52:29	08:09
413	1313	Carlos Costa	K Studio Running Team	Senior Masculino	01:32:12	+01:03:09	09:13
414	361	Diogo José Santos Oliveira	CSCRFCHARNECA	Senior Masculino	01:36:30	+01:07:26	09:39

Veterana F40

1	4	Carla Martinho	RD Águeda	Veterana F40	33:54	+04:50	03:23
2	439	Célia Alves	Escola de Atletismo de Coimbra/JPAIVA	Veterana F40	41:22	+12:19	04:08
3	384	LILIANA MARTINHO	DCI/TRILHOS LUSO BUSSACO	Veterana F40	44:00	+14:57	04:24
4	289	MARISA JOÃO	CLUBE DE ATLETISMO DE OVAR	Veterana F40	44:56	+15:53	04:30
5	139	CARLA REIS	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterana F40	45:24	+16:20	04:32
6	441	Dora Serra	Escola de Atletismo de Coimbra/JPAIVA	Veterana F40	45:35	+16:32	04:34
7	1019	Susana Morgado	Individual	Veterana F40	46:15	+17:12	04:38
8	143	SOFIA COIMBRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterana F40	46:31	+17:28	04:39
9	1353	Ana Mota	MarteloTeam	Veterana F40	47:04	+18:00	04:42
10	180	Gabriela Oliveira	ASSSCC - Ar Livre e Aventura	Veterana F40	47:20	+18:16	04:44
11	59	Vera Tomé	ADC-Academia de Desportos de Condeixa	Veterana F40	47:28	+18:25	04:45
12	352	Joana Moutela	CPT Sobral de Ceira	Veterana F40	48:09	+19:06	04:49
13	1354	Elsa Marques	MarteloTeam	Veterana F40	48:12	+19:08	04:49
14	627	Patricia Henriques	HomeWORK_OUT running team	Veterana F40	48:14	+19:11	04:49
15	144	ZENAIDE ALVES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterana F40	48:28	+19:24	04:51
16	382	Catarina Baptista	DCI/Trilhos Luso Bussaco	Veterana F40	48:39	+19:36	04:52
17	1605	Silvina Baptista	TiMim	Veterana F40	48:47	+19:44	04:53
18	353	Liliana Silva	CPT Sobral de Ceira	Veterana F40	49:06	+20:03	04:55
19	986	FILOMENA CARVALHO	Individual	Veterana F40	49:17	+20:13	04:56
20	976	Catarina Alexandra Carvalho dos Santos	Individual	Veterana F40	49:37	+20:33	04:58
21	484	Clarinda Santos	Eu Posso Correr - Ansião	Veterana F40	49:37	+20:34	04:58

Corrida

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OFFICIAL RESULT

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22	339	Ana Morais	Correr com estilo	Veterana F40	49:46	+20:42	04:59
23	1366	Cecília Mendes	Miro trail	Veterana F40	50:22	+21:19	05:02
24	111	Sílvia Costa	ARCD Venda da Luisa	Veterana F40	50:24	+21:20	05:02
25	103	Elisabete Girão	ARCD Venda da Luisa	Veterana F40	50:48	+21:45	05:05
26	1010	Rute Gonçalves Aguiar de Melo	Individual	Veterana F40	51:01	+21:57	05:06
27	383	Helena Lopes	DCI/Trilhos Luso Bussaco	Veterana F40	51:08	+22:05	05:07
28	1367	Isabel Jesus	Miro Trail	Veterana F40	51:14	+22:11	05:07
29	983	Edite André	Individual	Veterana F40	51:18	+22:15	05:08
30	102	Carla Patrícia	ARCD Venda da Luisa	Veterana F40	51:38	+22:34	05:10
31	1017	Sónia Conceição	Individual	Veterana F40	51:41	+22:37	05:10
32	1547	Patrícia Beja	Soure Mov	Veterana F40	52:12	+23:08	05:13
33	1319	Manuela Baptista	K Studio Running Team	Veterana F40	52:17	+23:13	05:14
34	297	Sara Martins	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterana F40	52:20	+23:16	05:14
35	1612	Margarida Victor Vieira	TOP TEAM	Veterana F40	52:26	+23:22	05:15
36	974	Carla Carvalho	Individual	Veterana F40	52:28	+23:25	05:15
37	73	ANA LUISA RODRIGUES NEVES	Adões Trail	Veterana F40	52:34	+23:31	05:15
38	1619	Ana Rufino	Tribo NR	Veterana F40	52:55	+23:52	05:18
39	1006	Mónica Rocha	Individual	Veterana F40	53:06	+24:02	05:19
40	1008	Patrícia Rodrigues	Individual	Veterana F40	53:11	+24:07	05:19
41	1546	Marta Serralheiro	Soure Mov	Veterana F40	53:11	+24:07	05:19
42	11	Brigite Clemente	#virtualteam	Veterana F40	53:15	+24:11	05:19
43	1020	Vera Gordo	Individual	Veterana F40	53:25	+24:21	05:20
44	972	Andreia Costa	Individual	Veterana F40	53:30	+24:26	05:21
45	1001	Marta Fonseca	Individual	Veterana F40	53:32	+24:28	05:21
46	250	Ana Teresa Macedo Santos	Botãoocamp	Veterana F40	53:34	+24:30	05:21
47	75	Telma Costa	Adões Trail	Veterana F40	53:52	+24:49	05:23
48	583	Ana Lucas	Gazelas100stress	Veterana F40	53:58	+24:54	05:24
49	1403	Elisabete Ferreira	Montanha Clube Trail Running / EFAPEL	Veterana F40	54:03	+25:00	05:24
50	1666	Jacinta Liliana Batista de Jesus Manata	Adões Trail	Veterana F40	54:05	+25:01	05:24
51	651	Marta Alexandra Santos Marques	HUT RUNNERS COIMBRA	Veterana F40	54:41	+25:37	05:28
52	977	Catarina Matias	Individual	Veterana F40	55:08	+26:04	05:31
53	38	Zélia Duarte	A MIRASpaco/CasaDoPão/A.D.Serpinnense	Veterana F40	55:22	+26:18	05:32
54	1613	Vera Lúcia Canas Vieira	TOP TEAM	Veterana F40	55:27	+26:23	05:33
55	198	Sónia Ribeiro	Atletas ao Domingo	Veterana F40	55:28	+26:24	05:33
56	1012	Sandra Sofia Pereira Simões	Individual	Veterana F40	55:34	+26:31	05:33
57	1649	Cláudia Cristina Veiga Pereira	WEPADEL & CFC CROSSFIT	Veterana F40	55:43	+26:39	05:34
58	1389	Carla Gapo	Mondego Runners	Veterana F40	55:52	+26:48	05:35
59	1388	Andrea Salgueiro	Mondego Runners	Veterana F40	55:52	+26:48	05:35
60	993	Leonor Salgueiro	Individual	Veterana F40	55:52	+26:48	05:35
61	1391	Marta Lacerda	Mondego Runners	Veterana F40	55:52	+26:49	05:35
62	1390	Luísa Mesquita	Mondego Runners	Veterana F40	55:53	+26:49	05:35
63	1437	Patrícia Lamego	OPraticante.pt	Veterana F40	56:09	+27:06	05:37
64	1673	Sandra Reis	Individual	Veterana F40	56:14	+27:11	05:37
65	1544	Alda Santos	Soure Mov	Veterana F40	56:22	+27:19	05:38

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OFFICIAL RESULT

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66	196	Odete Gonçalves	Atletas ao Domingo	Veterana F40	56:45	+27:41	05:40
67	438	Ana Rebola	Escola de Atletismo de Coimbra/JPAIVA	Veterana F40	56:46	+27:42	05:41
68	442	Joana Silva	Escola de Atletismo de Coimbra/JPAIVA	Veterana F40	56:50	+27:46	05:41
69	629	Telma Neves	HomeWORK_OUT running team	Veterana F40	56:56	+27:52	05:42
70	266	Sara Alexandra Jesus Oliveira	C. F. "Os Marialvas"	Veterana F40	56:56	+27:52	05:42
71	623	Catarina Martins	HomeWORK_OUT running team	Veterana F40	57:24	+28:20	05:44
72	985	Fátima Baptista Santos	Individual	Veterana F40	57:27	+28:23	05:45
73	1358	Vera Pereira	Matos Pereira	Veterana F40	57:35	+28:31	05:46
74	979	Cláudia Monteiro Pato de Carvalho	Individual	Veterana F40	57:45	+28:41	05:46
75	495	Helena Matias	Figueira Kayak Clube	Veterana F40	57:47	+28:44	05:47
76	323	Maria Teresa da Franca	Coimbra Trailrunning	Veterana F40	57:59	+28:55	05:48
77	988	Florbela da Silva Rouxinol	Individual	Veterana F40	58:00	+28:56	05:48
78	1316	Catarina Sousa	K Studio Running Team	Veterana F40	58:00	+28:56	05:48
79	105	Graça Simões	ARCD Venda da Luisa	Veterana F40	58:03	+29:00	05:48
80	540	Olga Caramelo	FOCUS	Veterana F40	58:15	+29:12	05:50
81	1405	Sónia Viana	Montanha Clube Trail Running / EFAPEL	Veterana F40	58:32	+29:29	05:51
82	1594	Sandra Luciana de Oliveira Cardoso Mendes	The First Wellness&Bootcamp	Veterana F40	59:02	+29:59	05:54
83	970	Ana Rodrigues de Carvalho	Individual	Veterana F40	59:34	+30:31	05:57
84	998	Maria Lucília da Costa Bicas	Individual	Veterana F40	59:40	+30:37	05:58
85	1007	Patrícia Cordinhã	Individual	Veterana F40	59:57	+30:54	06:00
86	992	Juliana F S R Cunha	Individual	Veterana F40	01:00:07	+31:03	06:01
87	1005	MÓNICA MARTINS	Individual	Veterana F40	01:00:19	+31:15	06:02
88	539	Catarina sousa	FOCUS	Veterana F40	01:00:20	+31:16	06:02
89	1016	Sónia Pinho	Individual	Veterana F40	01:00:28	+31:24	06:03
90	195	Erika Castro	Atletas ao Domingo	Veterana F40	01:00:31	+31:27	06:03
91	624	Conceição Barreto	HomeWORK_OUT running team	Veterana F40	01:00:35	+31:32	06:04
92	628	Sofia Costa	HomeWORK_OUT running team	Veterana F40	01:01:00	+31:56	06:06
93	271	Carla Sofia	Caminhar ao luar	Veterana F40	01:01:12	+32:09	06:07
94	108	Judite Duarte	ARCD Venda da Luisa	Veterana F40	01:01:15	+32:11	06:07
95	994	Luísa Matias	Individual	Veterana F40	01:01:25	+32:22	06:09
96	13	Sandra Bargão	#virtualteam	Veterana F40	01:01:27	+32:24	06:09
97	1327	Kathy Sintra	Lama Solta	Veterana F40	01:01:57	+32:54	06:12
98	971	Anabela Paiva Figueiredo	Individual	Veterana F40	01:02:01	+32:57	06:12
99	1595	Vera Lúcia Gomes	The First Wellness&Bootcamp	Veterana F40	01:02:11	+33:08	06:13
100	142	SANDRA BARATA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterana F40	01:02:31	+33:27	06:15
101	973	BÁRBARA LEMOS	Individual	Veterana F40	01:02:37	+33:33	06:16
102	369	Anabela Monteiro	CUMIBROA RUNNING TEAM	Veterana F40	01:03:17	+34:14	06:20
103	1011	Sandra Ponte	Individual	Veterana F40	01:03:32	+34:28	06:21
104	1004	Milena Rouxinol	Individual	Veterana F40	01:04:06	+35:02	06:25
105	1018	Sónia Vieira	Individual	Veterana F40	01:04:07	+35:03	06:25
106	1000	Mariana Perdigão	Individual	Veterana F40	01:04:07	+35:03	06:25
107	272	Andrea Canelas	CanelasCarvalho	Veterana F40	01:04:20	+35:17	06:26
108	1414	Nélia Pereira	Nicas & Nicos	Veterana F40	01:04:37	+35:33	06:28

Corrida

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OFFICIAL RESULT

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109	1676	Teresa Simões	Individual	Veterana F40	01:05:24	+36:21	06:32
110	1368	Milene Roma	Miro Trail	Veterana F40	01:05:27	+36:23	06:33
111	995	Luisa Matos	Individual	Veterana F40	01:05:49	+36:46	06:35
112	252	Maria João Galvão Pereira	BotãoCamp	Veterana F40	01:05:55	+36:51	06:35
113	1492	Marta Alexandre Otero	Rato Esquilo	Veterana F40	01:06:13	+37:09	06:37
114	385	Marta Esteves	DCI/TRILHOS LUSO BUSSACO	Veterana F40	01:06:19	+37:15	06:38
115	1454	Sandra Ferreira	Os Papa Milhas	Veterana F40	01:06:35	+37:32	06:40
116	1453	Paula Tavares	Os Papa Milhas	Veterana F40	01:06:40	+37:36	06:40
117	538	Ana Cardoso	FOCUS	Veterana F40	01:06:56	+37:52	06:42
118	982	Dora Oliveira	Individual	Veterana F40	01:07:09	+38:05	06:43
119	1009	Regina Marvão	Individual	Veterana F40	01:07:22	+38:19	06:44
120	106	Guida Silva	ARCD Venda da Luisa	Veterana F40	01:07:30	+38:26	06:45
121	626	Mari Eufrásio	HomeWORK_OUT running team	Veterana F40	01:08:06	+39:02	06:49
122	444	Sofia Rocha	Escola de Atletismo de Coimbra/JPAIVA	Veterana F40	01:08:35	+39:32	06:52
123	1013	Sara Rocha	Individual	Veterana F40	01:08:35	+39:32	06:52
124	253	Sónia Ribeiro	BotãoCamp	Veterana F40	01:08:41	+39:37	06:52
125	254	Teresa Sofia dos Santos Oliveira	BotãoCamp	Veterana F40	01:08:41	+39:37	06:52
126	443	Raquel Nobre	Escola de Atletismo de Coimbra/JPAIVA	Veterana F40	01:08:50	+39:46	06:53
127	485	Dulce Medeiros	Eu Posso Correr - Ansião	Veterana F40	01:09:06	+40:02	06:55
128	1003	Maryline Ducruet Pereira	Individual	Veterana F40	01:09:06	+40:03	06:55
129	987	Flávia Margarida Marques lopes	Individual	Veterana F40	01:09:07	+40:04	06:55
130	413	Joana Batista	Equipa 1054	Veterana F40	01:09:34	+40:30	06:57
131	969	Ana Cristina Ferro fernandes	Individual	Veterana F40	01:09:49	+40:46	06:59
132	975	Carla Costa	Individual	Veterana F40	01:11:16	+42:13	07:08
133	239	Susana Costa	Bluerunners	Veterana F40	01:11:46	+42:42	07:11
134	110	Maria João Benquerença	ARCD Venda da Luisa	Veterana F40	01:13:39	+44:35	07:22
135	109	Luísa Simões	ARCD Venda da Luisa	Veterana F40	01:13:47	+44:44	07:23
136	625	Margarida Pereira	HomeWORK_OUT running team	Veterana F40	01:15:11	+46:07	07:31
137	1014	SILVANIRA MOREIRA FERREIRA DE SYLOS	Individual	Veterana F40	01:15:19	+46:16	07:32
138	74	Carla Gandarez	Adões Trail	Veterana F40	01:16:34	+47:30	07:39
139	997	Maria José Bonifácio	Individual	Veterana F40	01:17:38	+48:35	07:46
140	984	Elsa Pires	Individual	Veterana F40	01:19:08	+50:04	07:55
141	197	Sara Lindo	Atletas ao Domingo	Veterana F40	01:21:11	+52:07	08:07
142	1428	Rosa Ferreira	Olympic Silvas	Veterana F40	01:23:33	+54:29	08:21
143	194	Cláudia Pinto	Atletas ao Domingo	Veterana F40	01:23:38	+54:34	08:22
144	251	Andreia Filipa Batista	BotãoCamp	Veterana F40	01:25:07	+56:03	08:31
145	249	Ana Catarina da Costa Silva	BotãoCamp	Veterana F40	01:25:07	+56:04	08:31
146	1320	Sandra Rei	K Studio Running Team	Veterana F40	01:32:04	+01:03:00	09:12

Veterana F50

1	563	Lídia Pereira	G.R. EIRENSE	Veterana F50	40:05	+11:01	04:01
2	386	Julia Santos	DCI/Trilhos Luso Bussaco	Veterana F50	43:43	+14:40	04:22
3	387	Manuela Mendes	DCI/Trilhos Luso Bussaco	Veterana F50	44:19	+15:15	04:26

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Corrida

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OFFICIAL RESULT

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4	354	Manuela Gonçalves	CPT Sobral de Ceira	Veterana F50	46:07	+17:03	04:37
5	1030	esmeralda Fiúza	Individual	Veterana F50	46:49	+17:46	04:41
6	1513	Celina Dias	RUNNING4FUN TEAM VISEU	Veterana F50	47:32	+18:29	04:45
7	1650	Ana Paula Pratas	WEPADEL & CFC CROSSFIT	Veterana F50	49:04	+20:00	04:54
8	388	Paula Duarte	DCI/Trilhos Luso Bussaco	Veterana F50	50:54	+21:50	05:05
9	1455	Sandra Leite	Os Papa Milhas	Veterana F50	51:51	+22:47	05:11
10	487	Isabel Maria Moniz Vieira	Eu Posso Correr - Ansião	Veterana F50	53:20	+24:16	05:20
11	255	Maria de Lourdes Silva Jorge	BotãoCamp	Veterana F50	53:36	+24:32	05:22
12	1021	Ana Cristina Direito Gonçalves	Individual	Veterana F50	53:44	+24:40	05:22
13	299	Antónia Abrantes	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterana F50	55:37	+26:34	05:34
14	1045	Rosário Bento Pais	Individual	Veterana F50	56:15	+27:11	05:38
15	246	Ana Gonçalves	BoraBora, Vamos Lá!	Veterana F50	56:43	+27:40	05:40
16	1370	Jacinta Almeida	Miro Trail	Veterana F50	56:49	+27:45	05:41
17	1039	Maria Albina Fernandes Almeida Silva	Individual	Veterana F50	56:52	+27:49	05:41
18	1369	Fátima Malta	MIRO TRAIL	Veterana F50	57:15	+28:12	05:44
19	366	Laurinda da Costa Pereira	CSKD	Veterana F50	57:16	+28:12	05:44
20	1548	Eugénia Batista	Soure Mov	Veterana F50	57:23	+28:19	05:44
21	1621	Isabel Ventura	Tribo NR	Veterana F50	58:08	+29:05	05:49
22	1038	Luísa Maria Marques dos Santos	Individual	Veterana F50	58:28	+29:24	05:51
23	1026	Cristina Isabel Silva Melo	Individual	Veterana F50	58:52	+29:48	05:53
24	1044	Rita Lemos	Individual	Veterana F50	59:57	+30:53	06:00
25	199	Isabel Brites	Atletas ao Domingo	Veterana F50	59:57	+30:53	06:00
26	630	Anabela Ferreira	HomeWORK_OUT running team	Veterana F50	01:00:00	+30:56	06:00
27	1028	Eliana Falci Sousa	Individual	Veterana F50	01:00:04	+31:00	06:00
28	1024	Ângela Teresa Campos	Individual	Veterana F50	01:00:33	+31:30	06:03
29	1411	Katy Costa	N. A. D. A	Veterana F50	01:00:36	+31:33	06:04
30	1046	Sónia Maria Henriques da Cunha Leal	Individual	Veterana F50	01:00:45	+31:42	06:05
31	1622	Jacqueline Dias	Tribo NR	Veterana F50	01:01:13	+32:09	06:07
32	1033	Isabel Pedrosa	Individual	Veterana F50	01:01:49	+32:46	06:11
33	1031	Filomena Dias	Individual	Veterana F50	01:02:04	+33:01	06:12
34	1467	Rosa Bispo	Pernas Inertes Lentos desde 2017	Veterana F50	01:02:45	+33:42	06:17
35	1027	Cristina Mendes	Individual	Veterana F50	01:03:06	+34:03	06:19
36	1034	Ivone Dilella Abichara	Individual	Veterana F50	01:05:19	+36:16	06:32
37	1043	Paula de Fátima Dias Martins	Individual	Veterana F50	01:05:21	+36:17	06:32
38	33	Antonietta Abegoaria	6:45	Veterana F50	01:05:21	+36:18	06:32
39	1371	rosa matos	Miro Trail	Veterana F50	01:05:27	+36:23	06:33
40	631	Luisa Aveiro	HomeWORK_OUT running team	Veterana F50	01:05:32	+36:28	06:33
41	1620	Florbelá Fernandes	Tribo NR	Veterana F50	01:06:26	+37:22	06:39
42	1041	Maria do Céu Moreira Rodrigues	Individual	Veterana F50	01:06:30	+37:27	06:39
43	1042	Maria Monica Vasconcelos Mota Antunes da Cunha	Individual	Veterana F50	01:06:39	+37:35	06:40
44	1036	Lucília Santos	Individual	Veterana F50	01:07:03	+37:59	06:42
45	34	Dulce Rajado	6:45	Veterana F50	01:07:35	+38:32	06:46
46	32	Anabela Pinto	6:45	Veterana F50	01:08:05	+39:01	06:48
47	113	Gabriela Lopes	ARCD Venda da Luisa	Veterana F50	01:09:24	+40:20	06:56
48	1032	Isabel Maria da Silva Madeira	Individual	Veterana F50	01:09:24	+40:20	06:56

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Corrida

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OFFICIAL RESULT

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49	245	Alexandra André	Bombeiros Voluntários de Brasfemes BTT & Trail	Veterana F50	01:09:35	+40:32	06:58
50	1029	Elisabete Pedrosa	Individual	Veterana F50	01:10:01	+40:58	07:00
51	632	Paula Santos	HomeWORK_OUT running team	Veterana F50	01:10:41	+41:37	07:04
52	1037	Luísa Goulão	Individual	Veterana F50	01:11:38	+42:34	07:10
53	1035	Luciana André	Individual	Veterana F50	01:12:16	+43:12	07:14
54	1429	Maria José Noronha	Olympic Silvas	Veterana F50	01:15:36	+46:32	07:34
55	200	Teresa Rosete	Atletas ao Domingo	Veterana F50	01:23:39	+54:35	08:22
56	1450	Maria Manuela	Os Javalis	Veterana F50	01:32:03	+01:02:59	09:12

Veterano M40

1	1	Lícinio Pimentel	Sporting CP	Veterano M40	30:01	+00:57	03:00
2	1670	Bruno Freitas	ACR Vale de Cambra	Veterano M40	33:08	+04:04	03:19
3	283	Luis Martins	Centro de Atletismo de Tondela	Veterano M40	33:47	+04:44	03:23
4	50	João Silva	ACDRS QUINHENDROS	Veterano M40	34:17	+05:13	03:26
5	284	Rui Rodrigues	Centro de Atletismo de Tondela	Veterano M40	34:38	+05:35	03:28
6	677	João Ricardo Pereira Poças	Individual	Veterano M40	34:49	+05:45	03:29
7	286	Nuno Silva	Clube Atletismo de Lamas	Veterano M40	36:02	+06:59	03:36
8	390	Sergio Machado	DCI/Trilhos Luso Bussaco	Veterano M40	36:28	+07:24	03:39
9	453	Rui Ferreira	Escola de Atletismo de Coimbra/JPAIVA	Veterano M40	36:32	+07:29	03:39
10	450	Miguel Pires	Escola de Atletismo de Coimbra/JPAIVA	Veterano M40	37:20	+08:16	03:44
11	445	André Fonte	Escola de Atletismo de Coimbra/JPAIVA	Veterano M40	37:20	+08:17	03:44
12	1112	Ricardo Costa	Individual	Veterano M40	37:54	+08:50	03:47
13	147	AURÉLIO SAÚDE	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M40	37:55	+08:52	03:48
14	276	Hélder Isidoro	CAOH - Clube Atlético de Oliveira do Hospital	Veterano M40	38:03	+08:59	03:48
15	1524	José Santos	SCPovoense - Caracóis de Corrida	Veterano M40	38:08	+09:04	03:49
16	1130	Vitor Gomes	Individual	Veterano M40	38:41	+09:37	03:52
17	1306	Bruno Marques	Inline Engenharia	Veterano M40	39:26	+10:23	03:57
18	1307	Nuno Gomes	Inline Engenharia	Veterano M40	39:27	+10:23	03:57
19	149	MÁRCIO FLÓRIDO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M40	39:32	+10:28	03:57
20	1606	Fernando Ribeiro	TiMim	Veterano M40	40:18	+11:14	04:02
21	51	Márcio Rodrigues	ACDRS QUINHENDROS	Veterano M40	40:34	+11:31	04:03
22	49	Bruno Rodrigues	ACDRS QUINHENDROS	Veterano M40	40:37	+11:33	04:04
23	1550	Carlos Patrão	Soure Mov	Veterano M40	40:42	+11:38	04:04
24	1099	Nuno Filipe Santos Pereira	Individual	Veterano M40	40:43	+11:39	04:04
25	1340	Luís vilela	Luis Vilela	Veterano M40	40:48	+11:45	04:05
26	1106	Pedro Eufrásio	Individual	Veterano M40	41:12	+12:08	04:07
27	542	Carlos Fonseca	FOCUS	Veterano M40	41:15	+12:11	04:07
28	328	Vítor Manuel lages Antunes da Fonseca	Coimbra Trailrunning	Veterano M40	41:17	+12:14	04:08
29	568	Nuno Ferreira	Galitos	Veterano M40	41:27	+12:23	04:09
30	40	Pedro Vieira	A.D. Amarante Trail Running	Veterano M40	41:42	+12:39	04:10

Corrida

10 KM

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OFFICIAL RESULT

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31	1549	André Neto	Soûre Mov	Veterano M40	41:44	+12:40	04:10
32	76	BRUNO FERREIRA	Adões Trail	Veterano M40	41:54	+12:50	04:11
33	1408	Pedro Galamarra	Montanha Clube Trail Running / EFAPEL	Veterano M40	42:03	+12:59	04:12
34	448	José Duarte	Escola de Atletismo de Coimbra/JPAIVA	Veterano M40	42:42	+13:39	04:16
35	1116	Ricardo Veiga	Individual	Veterano M40	42:57	+13:54	04:18
36	1092	Miguel João Ribeiro	Individual	Veterano M40	43:02	+13:59	04:18
37	154	António Figueiredo	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M40	43:06	+14:02	04:19
38	114	Bruno Silva	ARCD Venda da Luisa	Veterano M40	43:06	+14:02	04:19
39	48	Bruno B Ferreira	ACDRS QUINHENDROS	Veterano M40	43:22	+14:18	04:20
40	1097	Nuno Costa	Individual	Veterano M40	44:05	+15:01	04:24
41	1049	António Agostinho Ferreira Taborda	Individual	Veterano M40	44:12	+15:08	04:25
42	1055	Celso Rafael Gonçalves de Carvalho	Individual	Veterano M40	44:25	+15:22	04:27
43	1072	Jorge Fernandes	Individual	Veterano M40	44:30	+15:26	04:27
44	324	Diogo Borges Reis	Coimbra Trailrunning	Veterano M40	44:31	+15:27	04:27
45	1086	Luís Pereira	Individual	Veterano M40	44:34	+15:31	04:27
46	1118	Romeu Vasconcelos	Individual	Veterano M40	44:35	+15:31	04:27
47	1462	Rodolfo Martins	Pais em furia	Veterano M40	44:37	+15:34	04:28
48	166	Bruno Oliveira	ASCVALEIRINHA	Veterano M40	44:41	+15:37	04:28
49	1119	Rui Miguel Gonçalves Nunes	Individual	Veterano M40	44:49	+15:45	04:29
50	325	João Pedro de Almeida Ferreira dos Reis	Coimbra Trailrunning	Veterano M40	45:07	+16:03	04:31
51	308	Paulo Pinheiro	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M40	45:23	+16:19	04:32
52	1094	Nuno Alexandre Duarte da Mota	Individual	Veterano M40	45:24	+16:21	04:32
53	451	Nuno Filipe Rama Simões	Escola de Atletismo de Coimbra/JPAIVA	Veterano M40	45:36	+16:32	04:34
54	1103	Paulo cruz	Individual	Veterano M40	45:37	+16:34	04:34
55	43	Cláudio Pereira	Abutres	Veterano M40	45:46	+16:42	04:35
56	1095	Nuno Almeida	Individual	Veterano M40	45:58	+16:55	04:36
57	1050	António Roso	Individual	Veterano M40	46:01	+16:57	04:36
58	1051	Carlos Albino	Individual	Veterano M40	46:01	+16:57	04:36
59	1373	João Carlos Pereira	Miro Trail	Veterano M40	46:13	+17:09	04:37
60	1060	Eduardo Jorge Penacho Ribeiro	Individual	Veterano M40	46:18	+17:14	04:38
61	1406	João Tiago Costa	Montanha Clube Trail Running / EFAPEL	Veterano M40	46:24	+17:21	04:38
62	267	Alexandre Pessoa	C. F. "Os Marialvas"	Veterano M40	46:52	+17:49	04:41
63	1681	Nuno Rodrigues	Individual	Veterano M40	46:59	+17:55	04:42
64	1064	Frederico Marques	Individual	Veterano M40	47:14	+18:11	04:43
65	599	Gilberto Pereira	GRUPO DESPORTIVO ASSEMPARK	Veterano M40	47:23	+18:19	04:44
66	1395	Nuno Varandas	Mondego Runners	Veterano M40	47:23	+18:20	04:44
67	635	Ricardo Gonçalves	HomeWORK_OUT running team	Veterano M40	47:25	+18:21	04:45
68	1394	José Vitor da Costa Rodrigues	Mondego Runners	Veterano M40	47:27	+18:23	04:45
69	1497	Diogo Ribeiro	Runners & Friends	Veterano M40	47:30	+18:26	04:45
70	1109	Pedro Ricardo Coelho Gonçalves	Individual	Veterano M40	47:30	+18:27	04:45
71	1061	Fernando Martins	Individual	Veterano M40	47:33	+18:29	04:45

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72	1393	Gonalo Baro	Mondego Runners	Veterano M40	47:39	+18:35	04:46
73	652	Marco Antnio Morais Veloso	HUT RUNNERS COIMBRA	Veterano M40	47:41	+18:37	04:46
74	1372	Armenio Nogueira	Miro Trail	Veterano M40	47:48	+18:44	04:47
75	1498	Francisco Silva	Runners & Friends	Veterano M40	47:54	+18:50	04:47
76	326	Ricardo Rodrigues Jesus	Coimbra Trailrunning	Veterano M40	48:19	+19:16	04:50
77	1053	Carlos Manuel Fernandez de Carvalho	Individual	Veterano M40	48:24	+19:20	04:50
78	1683	Wagner Ribeiro	Individual	Veterano M40	48:28	+19:25	04:51
79	659	Hugo Neves	Impact Factor	Veterano M40	48:34	+19:30	04:51
80	1438	Nuno Gonalo Simes	OPraticante.pt	Veterano M40	48:35	+19:31	04:51
81	201	Nuno Gonalves	Atletas ao Domingo	Veterano M40	48:42	+19:38	04:52
82	1607	Pedro Santos	TiMim	Veterano M40	48:46	+19:42	04:53
83	1085	Lus Manuel Cordeiro Nunes	Individual	Veterano M40	48:49	+19:45	04:53
84	633	Cludio Pinto	HomeWORK_OUT running team	Veterano M40	48:52	+19:48	04:53
85	1355	Bruno Ferreira	MarteloTeam	Veterano M40	49:04	+20:00	04:54
86	1069	Joo Paulo Mendes	Individual	Veterano M40	49:08	+20:04	04:55
87	1347	Nuno Almeida	M4A	Veterano M40	49:16	+20:12	04:56
88	1054	Carlos Pessoa	Individual	Veterano M40	49:18	+20:14	04:56
89	634	Marcos Neves	HomeWORK_OUT running team	Veterano M40	49:43	+20:39	04:58
90	269	Jos Miguel Barradas	Cadillac Boys	Veterano M40	49:45	+20:41	04:58
91	270	Rider Costa	Cadillac Boys	Veterano M40	49:46	+20:42	04:59
92	1107	Pedro Manuel de Matos Lopes Pinto	Individual	Veterano M40	49:47	+20:43	04:59
93	1126	Silvrio Pereira	Individual	Veterano M40	49:47	+20:44	04:59
94	1066	Hugo Mayer Abade	Individual	Veterano M40	49:57	+20:54	05:00
95	1128	Tiago Esperana	Individual	Veterano M40	50:03	+20:59	05:00
96	1084	Lus Filipe Queirs Correia	Individual	Veterano M40	51:03	+21:59	05:06
97	1065	Gustavo Rodrigues da Silva Jorge Pelichos	Individual	Veterano M40	51:12	+22:08	05:07
98	1533	Luis Rodrigues	Silgueiros Runners	Veterano M40	51:26	+22:22	05:09
99	567	Hlder Ferreira	Galitos	Veterano M40	51:26	+22:22	05:09
100	1401	Jorge Lopes	MONDEGOPEAS	Veterano M40	51:31	+22:27	05:09
101	1527	Hernni Martinho	Sem Sede	Veterano M40	51:35	+22:31	05:10
102	89	Pedro Nuno Vasco Amado	GUAS DE COIMBRA	Veterano M40	51:51	+22:47	05:11
103	1087	Marco Oliveira	Individual	Veterano M40	52:15	+23:12	05:14
104	602	Ricardo Rodrigues	GRUPO ISIDORO	Veterano M40	52:36	+23:33	05:16
105	1088	Mrio Fernandes	Individual	Veterano M40	52:39	+23:35	05:16
106	1480	Jos Carlos Valle Teixeira	Portuguese United Training Association	Veterano M40	52:48	+23:45	05:17
107	796	Carlos Miguel Antunes	Individual	Veterano M40	52:51	+23:48	05:17
108	1056	Cludio Mortagua	Individual	Veterano M40	53:27	+24:23	05:21
109	1063	Francisco Borges	Individual	Veterano M40	53:31	+24:28	05:21
110	479	Oscar Baptista	Estoiras Terras	Veterano M40	53:38	+24:35	05:22
111	1052	Carlos Manuel Almeida Cunha Rodrigues	Individual	Veterano M40	53:46	+24:43	05:23
112	1122	Srgio Carvalho	Individual	Veterano M40	53:58	+24:55	05:24
113	1089	Mrio Neves	Individual	Veterano M40	54:00	+24:57	05:24
114	1059	Diogo Pinheiro	Individual	Veterano M40	54:01	+24:58	05:24
115	1083	Luis Castro Pinheiro	Individual	Veterano M40	54:03	+25:00	05:24

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Corrida

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116	1330	Rafael Oliveira	Liga dos Coxos	Veterano M40	54:04	+25:01	05:24
117	1102	Nuno Tinoco	Individual	Veterano M40	54:29	+25:25	05:27
118	1407	Paulo Matos	Montanha Clube Trail Running / EFAPEL	Veterano M40	54:31	+25:27	05:27
119	1551	Joel Baptista	Soure Mov	Veterano M40	54:32	+25:28	05:27
120	1100	Nuno Gonalo Pratas Correia	Individual	Veterano M40	54:41	+25:37	05:28
121	1068	Joo Paulo Grin	Individual	Veterano M40	54:49	+25:46	05:29
122	1392	Emanuel Casimiro	Mondego Runners	Veterano M40	54:58	+25:54	05:30
123	1397	Pedro Lemos	Mondego Runners	Veterano M40	55:05	+26:01	05:30
124	1098	Nuno cunha	Individual	Veterano M40	55:15	+26:11	05:31
125	1114	RICARDO RODRIGUES	Individual	Veterano M40	55:41	+26:37	05:34
126	1123	Sergio Castanheira	Individual	Veterano M40	55:52	+26:48	05:35
127	1047	Afonso Pedrosa	Individual	Veterano M40	55:52	+26:48	05:35
128	1677	Tiago Marques	Individual	Veterano M40	55:54	+26:50	05:35
129	1067	Joo Filipe Soares Loureiro	Individual	Veterano M40	55:54	+26:51	05:35
130	1359	Andr Pereira	Matos Pereira	Veterano M40	56:06	+27:02	05:37
131	569	Joo Pedro Baptista Matos	Gangalho	Veterano M40	56:07	+27:04	05:37
132	1461	Gonalo Martins	Pais em furia	Veterano M40	56:35	+27:31	05:40
133	1074	Jos David Fernandes	Individual	Veterano M40	57:29	+28:26	05:45
134	1110	Pedro Trindade	Individual	Veterano M40	57:46	+28:42	05:47
135	1113	Ricardo Ferreira	Individual	Veterano M40	57:46	+28:42	05:47
136	496	Nuno Bandarra	Figueira Kayak Clube	Veterano M40	57:47	+28:44	05:47
137	1091	Michel Ferreira Pestana	Individual	Veterano M40	58:02	+28:59	05:48
138	1076	Jos Melo Ferreira	Individual	Veterano M40	58:23	+29:20	05:50
139	1131	Xavier Pereira	Individual	Veterano M40	58:29	+29:26	05:51
140	449	Jos Nunes	Escola de Atletismo de Coimbra/JPAIVA	Veterano M40	58:38	+29:34	05:52
141	1104	Paulo Guimaraes	Individual	Veterano M40	58:39	+29:36	05:52
142	1443	Manuel Telles	os arteroses	Veterano M40	58:51	+29:47	05:53
143	115	Gonalo Fonseca	ARCD Venda da Luisa	Veterano M40	58:54	+29:50	05:53
144	1322	Pedro Silva	K Studio Running Team	Veterano M40	58:55	+29:52	05:54
145	1125	Srgio Mateus	Individual	Veterano M40	58:58	+29:54	05:54
146	1669	Carlos Lopes	Individual	Veterano M40	59:02	+29:58	05:54
147	1062	Filipe Pratas	Individual	Veterano M40	59:20	+30:16	05:56
148	1111	Ricardo Armas	Individual	Veterano M40	59:24	+30:21	05:56
149	1129	TIAGO TRINDADE	Individual	Veterano M40	59:33	+30:29	05:57
150	1108	Pedro Miguel Barreto Relvo	Individual	Veterano M40	01:00:30	+31:26	06:03
151	1096	Nuno Coelho	Individual	Veterano M40	01:01:28	+32:24	06:09
152	543	Pedro Filipe Martins Carvalho	FOCUS	Veterano M40	01:01:50	+32:46	06:11
153	1596	Joo Paulo Pires e Albuquerque Afonso	The First Wellness&Bootcamp	Veterano M40	01:02:20	+33:16	06:14
154	1115	Ricardo Tavares	Individual	Veterano M40	01:02:36	+33:32	06:16
155	1079	Jos Rui Simes	Individual	Veterano M40	01:02:44	+33:41	06:16
156	1117	Richard Fernandes	Individual	Veterano M40	01:03:01	+33:57	06:18
157	1460	Adriano Oliveira	Pais em furia	Veterano M40	01:03:53	+34:49	06:23
158	1048	Angelo Leito	Individual	Veterano M40	01:03:54	+34:50	06:23
159	1540	Bruno Almeida	SoParaJantar	Veterano M40	01:03:55	+34:51	06:23
160	273	Bruno Carvalho	CanelasCarvalho	Veterano M40	01:04:21	+35:17	06:26

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161	1127	Tiago Alves	Individual	Veterano M40	01:05:31	+36:27	06:33
162	1081	LIBERATO CARDOSO DE SÁ NETO	Individual	Veterano M40	01:05:52	+36:48	06:35
163	87	Horácio Miguel Vieira Marques	ÁGUAS DE COIMBRA	Veterano M40	01:08:07	+39:03	06:49
164	414	Nuno sampaio	Equipa 1054	Veterano M40	01:09:34	+40:30	06:57
165	1331	Richard Ferreira	Liga dos Coxos	Veterano M40	01:13:10	+44:06	07:19
166	256	Fernando António Batista da Silva	BotãoCamp	Veterano M40	01:14:36	+45:32	07:28
167	146	ALEXANDRE SANTOS	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M40	01:15:21	+46:17	07:32
168	78	Ricardo Silva	Adões Trail	Veterano M40	01:30:15	+01:01:11	09:01

Veterano M45

1	170	Rui Rodrigues	Associação Académica de Coimbra	Veterano M45	34:47	+05:43	03:29
2	464	Vitor Cardoso	Escola de Atletismo de Coimbra/JPAIVA	Veterano M45	36:05	+07:01	03:36
3	285	Carlos Ribeiro	Centro de Atletismo de Tondela	Veterano M45	36:29	+07:26	03:39
4	41	Alcino Silva	A.D. Amarante Trail Running	Veterano M45	36:37	+07:34	03:40
5	457	Jorge santos	Escola de Atletismo de Coimbra/JPAIVA	Veterano M45	36:54	+07:51	03:41
6	329	Armindo José Henriques Antunes	Coimbra Trailrunning	Veterano M45	37:14	+08:10	03:43
7	84	Nuno Sousa	ADR4ESTACOES	Veterano M45	37:16	+08:13	03:44
8	167	ALEXANDRE MESTRE	ASCValeirinha	Veterano M45	37:19	+08:15	03:44
9	990	Manuel Pinto	Tribo NR	Veterano M45	37:30	+08:27	03:45
10	331	David José dos Santos Amaral	Coimbra Trailrunning	Veterano M45	37:37	+08:33	03:46
11	1137	Armando Teixeira	Individual	Veterano M45	37:46	+08:42	03:47
12	333	Tiago de Castro Nunes Santos Silva	Coimbra Trailrunning	Veterano M45	37:55	+08:51	03:48
13	391	Paulo Maia	DCI/Trilhos Luso Bussaco	Veterano M45	38:13	+09:10	03:49
14	1135	António Francisco	Individual	Veterano M45	38:50	+09:46	03:53
15	1162	Jorge Manuel Falcão Carvalho	Individual	Veterano M45	38:54	+09:50	03:53
16	1177	Nuno Silva	Individual	Veterano M45	39:03	+09:59	03:54
17	1192	Rui Fernandes	Individual	Veterano M45	39:17	+10:13	03:56
18	1499	Egídio Neves	Runners & Friends	Veterano M45	39:22	+10:19	03:56
19	155	PAULO PINTO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M45	39:34	+10:30	03:57
20	1136	António Pereira	Individual	Veterano M45	40:09	+11:06	04:01
21	301	Luís Santos	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M45	40:22	+11:18	04:02
22	458	Luc Hennetier	Escola de Atletismo de Coimbra/JPAIVA	Veterano M45	40:45	+11:42	04:05
23	1184	Pedro Manuel Jordão Pereira	Coimbra Trailrunning	Veterano M45	41:11	+12:08	04:07
24	1608	David Oliveira	TiMiM	Veterano M45	41:17	+12:13	04:08
25	1641	Rui Pires	Viriathvs Runners Viseu	Veterano M45	41:33	+12:30	04:09
26	1168	Luís Silva	Individual	Veterano M45	41:37	+12:34	04:10
27	1199	Toze Almeida	Individual	Veterano M45	41:46	+12:42	04:11
28	1141	Carlos Costa	Individual	Veterano M45	41:56	+12:52	04:12
29	330	Carlos Alberto de Jesus Manuel	Coimbra Trailrunning	Veterano M45	42:02	+12:58	04:12
30	571	Gonçalo Filipe Neves Padilha	Gangalho	Veterano M45	42:06	+13:03	04:13

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OFFICIAL RESULT

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31	332	Paulo Jorge Fonseca Carvalho	Coimbra Trailrunning	Veterano M45	42:33	+13:30	04:15
32	260	Rui Baptista	Bttrain	Veterano M45	42:56	+13:52	04:18
33	205	MIGUEL FIGUEIREDO	Atletas ao Domingo	Veterano M45	42:58	+13:54	04:18
34	1552	Acílio Noro	Soure Mov	Veterano M45	43:07	+14:03	04:19
35	1178	Paulo David da Silva Cardoso	Adões Trail	Veterano M45	43:09	+14:06	04:19
36	456	Ivo Magalhães	Escola de Atletismo de Coimbra/JPAIVA	Veterano M45	43:28	+14:24	04:21
37	1197	Silvio Alexandre de Sousa Oliveira	Individual	Veterano M45	43:40	+14:37	04:22
38	1159	João Simões	Individual	Veterano M45	43:41	+14:37	04:22
39	1456	Rui Silva	Os Papa Milhas	Veterano M45	43:46	+14:42	04:23
40	1200	Vitor Manuel Ferreira Tinoco	Individual	Veterano M45	43:53	+14:49	04:23
41	1148	Hilário dos Reis Espadilha	Individual	Veterano M45	44:16	+15:12	04:26
42	1348	José Dias	M4A	Veterano M45	44:23	+15:19	04:26
43	18	Nuno Fraga	232 Runners	Veterano M45	44:24	+15:20	04:26
44	1349	Pedro Jacinto	M4A	Veterano M45	44:47	+15:43	04:29
45	355	Rui Figueiredo	CPT Sobral de Ceira	Veterano M45	44:51	+15:48	04:29
46	362	Carlos António Mota Longo da Conceição	CSCRFCHARNECA	Veterano M45	45:06	+16:02	04:31
47	1156	João Gomes Rodrigues	Individual	Veterano M45	45:12	+16:08	04:31
48	300	Luis Costa	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M45	45:13	+16:10	04:31
49	494	Pedro Manso	FATIMA TRAIL TEAM	Veterano M45	45:14	+16:11	04:31
50	1400	Nuno Henriques	Mondego Runners	Veterano M45	45:23	+16:19	04:32
51	1597	Nuno João Vaz Mendes	The First Wellness&Bootcamp	Veterano M45	45:32	+16:28	04:33
52	17	Gabriel Niza	232 Runners	Veterano M45	45:34	+16:30	04:33
53	1553	Paulo Lopes	Soure Mov	Veterano M45	45:35	+16:31	04:33
54	206	Miguel Martins	Atletas ao Domingo	Veterano M45	45:54	+16:51	04:35
55	1442	Pedro Miguel Saraiva	Orisclinic	Veterano M45	45:57	+16:54	04:36
56	1181	Pedro Alves	Individual	Veterano M45	45:58	+16:55	04:36
57	158	VITOR VIOLA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M45	46:05	+17:01	04:36
58	152	Luis Inácio	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M45	46:05	+17:02	04:37
59	1556	Nuno Cortesão	SS CGD	Veterano M45	46:13	+17:09	04:37
60	1149	Hugo Gaspar	Individual	Veterano M45	46:16	+17:12	04:38
61	83	Arnaldo Carvalho Tomás	ADR4E	Veterano M45	46:19	+17:15	04:38
62	1514	Humberto Dias	RUNNING4FUN TEAM VISEU	Veterano M45	46:43	+17:39	04:40
63	1158	João Ramos	Individual	Veterano M45	46:53	+17:50	04:41
64	1402	PEDRO FERREIRA	MONDEGOPEÇAS	Veterano M45	47:03	+17:59	04:42
65	1179	Paulo Fontes	Individual	Veterano M45	47:04	+18:01	04:42
66	1155	João Fernandes	Individual	Veterano M45	47:08	+18:05	04:43
67	1140	Aurégio Carvalho	Individual	Veterano M45	47:12	+18:08	04:43
68	1163	Jose António Ribeiro Costa	Individual	Veterano M45	47:32	+18:28	04:45
69	1152	Humberto Oliveira	Individual	Veterano M45	47:52	+18:49	04:47
70	1185	Pedro Miguel Santos Marques	Individual	Veterano M45	47:57	+18:53	04:48
71	1534	Luís Madeira	Silgueiros Runners	Veterano M45	47:59	+18:55	04:48
72	62	Virgílio Augusto Fernandes Neto	ADCRPereira	Veterano M45	48:07	+19:03	04:49
73	392	Pedro Miguel Barros	DCI/Trilhos Luso Bussaco	Veterano M45	48:09	+19:05	04:49

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74	1164	José Emílio Coroa	Individual	Veterano M45	48:11	+19:08	04:49
75	1161	Jorge Laranjeiro	Individual	Veterano M45	48:13	+19:09	04:49
76	1194	Rui Fonseca	Individual	Veterano M45	48:23	+19:19	04:50
77	1176	Nuno Marabuto	Individual	Veterano M45	48:29	+19:26	04:51
78	1623	Marcos Alves	Tribo NR	Veterano M45	48:36	+19:32	04:52
79	1180	Paulo Sordo Carvalho	Individual	Veterano M45	48:48	+19:45	04:53
80	42	Mário Miguel Ferreira	A.D.C.P. PEDRALVA	Veterano M45	49:05	+20:01	04:54
81	1654	Edgar Miguel	WEPADEL & CFC CROSSFIT	Veterano M45	49:14	+20:11	04:55
82	1142	CARLOS VIEGAS	Individual	Veterano M45	49:33	+20:29	04:57
83	1328	Sérgio Fernandes	Lama Solta	Veterano M45	49:34	+20:30	04:57
84	363	Miguel Ângelo Duarte Neves matias	CSCRFCHARNECA	Veterano M45	49:36	+20:33	04:58
85	1166	Luís Filipe Amaro Caetano	Individual	Veterano M45	50:03	+20:59	05:00
86	1132	Alberto Joaquim Marques Vitória	Individual	Veterano M45	50:08	+21:04	05:01
87	1187	Pedro Nunes	Individual	Veterano M45	50:27	+21:24	05:03
88	116	Carlos Albuquerque	ARCD Venda da Luisa	Veterano M45	50:29	+21:26	05:03
89	1376	João Pinho	Miro Trail	Veterano M45	50:48	+21:44	05:05
90	1160	João Teles	Individual	Veterano M45	51:01	+21:57	05:06
91	1375	Carlos Coelho	Miro trail	Veterano M45	51:02	+21:58	05:06
92	208	Pedro Pires	Atletas ao Domingo	Veterano M45	51:03	+21:59	05:06
93	1624	Paulo Domingues	Tribo NR	Veterano M45	51:05	+22:01	05:06
94	207	Nuno Pinto	Atletas ao Domingo	Veterano M45	51:07	+22:03	05:07
95	203	Amilcar Sandinha	Atletas ao Domingo	Veterano M45	51:07	+22:03	05:07
96	1464	Avelino Rodrigues	Pascoalitos	Veterano M45	51:47	+22:44	05:11
97	1441	Orlando Martins	Orisclinic	Veterano M45	51:50	+22:47	05:11
98	1134	ALFREDO FERREIRA	Individual	Veterano M45	52:11	+23:07	05:13
99	372	Daniel Oliveira	D&M	Veterano M45	52:24	+23:21	05:14
100	53	Pedro Fernandes	ACDRS QUINHENDROS	Veterano M45	52:25	+23:21	05:14
101	204	Duarte Bernardo	Atletas ao Domingo	Veterano M45	52:28	+23:25	05:15
102	1139	Artur Domingos Pires Salvador	Individual	Veterano M45	52:45	+23:42	05:17
103	1356	Jorge Mendes	MarteloTeam	Veterano M45	53:11	+24:07	05:19
104	655	Rui Manuel Marques Pires	HUT RUNNERS COIMBRA	Veterano M45	53:13	+24:09	05:19
105	364	Samuel Costa	CSCRFCHARNECA	Veterano M45	53:20	+24:16	05:20
106	1173	MIGUEL RELVÃO	Individual	Veterano M45	53:36	+24:32	05:22
107	1157	João Luís Almeida Cunha Rodrigues	Individual	Veterano M45	53:45	+24:42	05:23
108	1175	Nuno Fernandes	Individual	Veterano M45	53:46	+24:42	05:23
109	570	Alexandre Santos	Gangalho	Veterano M45	54:02	+24:58	05:24
110	573	Luís Oliveira	Gangalho	Veterano M45	54:02	+24:58	05:24
111	1398	Dário Madeira	Mondego Runners	Veterano M45	54:18	+25:14	05:26
112	1399	João Pedro Dias Fontes da Costa	Mondego Runners	Veterano M45	54:18	+25:14	05:26
113	1190	Ricardo Manuel Ferreira da Silva Guimarães	Individual	Veterano M45	54:24	+25:21	05:26
114	1133	Alexandre Macedo	Individual	Veterano M45	54:26	+25:22	05:27
115	1481	Jorge Miguel Silva Borges de Almeida	Portuguese United Training Association	Veterano M45	54:28	+25:24	05:27
116	1153	João Carlos Ferreira de Sousa	Individual	Veterano M45	54:47	+25:43	05:29
117	654	Rui Manuel Dias Mateus	HUT RUNNERS COIMBRA	Veterano M45	54:48	+25:44	05:29
118	1171	Miguel Fonseca	Individual	Veterano M45	55:00	+25:56	05:30

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119	370	Jorge Faria	CUMBROA RUNNING TEAM	Veterano M45	55:13	+26:09	05:31
120	1172	Miguel Morgado	Individual	Veterano M45	55:35	+26:31	05:33
121	1653	Carlos Filipe Veiga Pereira	WEPADEL & CFC CROSSFIT	Veterano M45	55:43	+26:39	05:34
122	1188	Ricardo Campos	Individual	Veterano M45	55:50	+26:47	05:35
123	490	Jorge Manuel Rodrigues Lopes	Eu Posso Correr - Ansião	Veterano M45	55:56	+26:52	05:36
124	653	José Manuel Valente Dias	HUT RUNNERS COIMBRA	Veterano M45	56:17	+27:13	05:38
125	480	Joao Miranda	Esteira Terras	Veterano M45	56:18	+27:14	05:38
126	1147	Francisco Agostinho	Individual	Veterano M45	56:35	+27:31	05:40
127	1146	Filipe Pratas	Individual	Veterano M45	57:25	+28:21	05:44
128	1198	Toscano Melo	Individual	Veterano M45	57:25	+28:22	05:45
129	80	Paulo Silva	Adões Trail	Veterano M45	57:41	+28:37	05:46
130	455	Filipe Martins	Escola de Atletismo de Coimbra/JPAIVA	Veterano M45	58:09	+29:06	05:49
131	258	Ricardo Filipe marques da Cruz Firmino	BotãoCamp	Veterano M45	58:14	+29:11	05:49
132	1528	Amílcar Batata	Sem Sede	Veterano M45	58:56	+29:52	05:54
133	1191	Rui António dos Santos Costa	Individual	Veterano M45	59:10	+30:06	05:55
134	1193	Rui Ferreira	Individual	Veterano M45	59:54	+30:50	05:59
135	585	José Pedro Gonçalves	Gazelas100stress	Veterano M45	59:57	+30:54	06:00
136	1482	Olinto Miguel Teodoro Vieira	Portuguese United Training Association	Veterano M45	01:00:19	+31:15	06:02
137	637	Paulo Barreto	HomeWORK_OUT running team	Veterano M45	01:00:36	+31:32	06:04
138	79	Fernando Rodrigues	Adões Trail	Veterano M45	01:00:50	+31:46	06:05
139	52	Daniel Antunes	ACDRS QUINHENDROS	Veterano M45	01:01:12	+32:09	06:07
140	1144	Fernando Santos	Individual	Veterano M45	01:02:09	+33:06	06:13
141	1186	Pedro Monteiro	Individual	Veterano M45	01:02:52	+33:49	06:17
142	1151	Hugo Vaz	Individual	Veterano M45	01:02:56	+33:53	06:18
143	1183	Pedro Graça	Individual	Veterano M45	01:02:57	+33:53	06:18
144	1154	João Farinha	Individual	Veterano M45	01:03:04	+34:01	06:18
145	1463	Rui Lopes	Pais em furia	Veterano M45	01:03:54	+34:50	06:23
146	1415	Rui Serra	Nicas & Nicos	Veterano M45	01:04:38	+35:35	06:28
147	638	Pedro Gonçalves	HomeWORK_OUT running team	Veterano M45	01:05:32	+36:29	06:33
148	462	Ricardo Nobre	Escola de Atletismo de Coimbra/JPAIVA	Veterano M45	01:06:53	+37:49	06:41
149	1483	Pedro Miguel Henriques Pinheiro Nascimento	Portuguese United Training Association	Veterano M45	01:08:26	+39:23	06:51
150	460	Paulo Amaral	Escola de Atletismo de Coimbra/JPAIVA	Veterano M45	01:08:35	+39:31	06:52
151	257	Francisco Aires Fernandes Batista	BotãoCamp	Veterano M45	01:25:08	+56:04	08:31

Veterano M50

1	396	Manuel Vicente	Dci/trilhos Luso Bussaco	Veterano M50	34:50	+05:47	03:29
2	394	João Paulo Almeida	DCI/Trilhos Luso Bussaco	Veterano M50	36:35	+07:31	03:40
3	1643	Paulo Costa	Viriathvs Runners Viseu	Veterano M50	36:45	+07:41	03:40
4	1671	Paulo Garcia	SandGames Figueira	Veterano M50	37:15	+08:11	03:43
5	470	Mauro Azevedo	Escola de Atletismo de Coimbra/JPAIVA	Veterano M50	37:21	+08:18	03:44
6	1554	Ernesto Nabeiro	Soure Mov	Veterano M50	37:51	+08:47	03:47

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7	280	Fernando Antunes	CCDS S.Frutuoso	Veterano M50	38:31	+09:28	03:51
8	466	Fernando Nogueira	Escola de Atletismo de Coimbra/JPAIVA	Veterano M50	39:42	+10:39	03:58
9	467	Jorge Alves	Escola de Atletismo de Coimbra/JPAIVA	Veterano M50	40:19	+11:16	04:02
10	172	Paulo Pereira	Associação Académica de Coimbra	Veterano M50	40:20	+11:16	04:02
11	63	Hélder Piedade	ADCRPereira	Veterano M50	40:39	+11:35	04:04
12	1201	António Amado	Individual	Veterano M50	40:58	+11:55	04:06
13	393	Américo Almeida 1	DCI/Trilhos Luso Bussaco	Veterano M50	41:00	+11:57	04:06
14	469	Luís Oliveira	Escola de Atletismo de Coimbra/JPAIVA	Veterano M50	41:02	+11:59	04:06
15	161	JOSÉ GUILHERME	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M50	41:08	+12:05	04:07
16	119	Carlos Canais	ARCD Venda da Luisa	Veterano M50	41:14	+12:11	04:07
17	397	Orlando Galvão	DCI/Trilhos Luso Bussaco	Veterano M50	41:15	+12:11	04:07
18	356	Celso Pereira	CPT Sobral de Ceira	Veterano M50	41:16	+12:12	04:08
19	1232	José Manuel Amado Marques	Individual	Veterano M50	41:31	+12:27	04:09
20	468	Luis Barraca Pereira	Escola de Atletismo de Coimbra/JPAIVA	Veterano M50	41:36	+12:33	04:10
21	159	CARLOS SIMÕES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M50	41:39	+12:36	04:10
22	19	Claudio Queiroga	232 Runners	Veterano M50	41:44	+12:40	04:10
23	1332	António Ferreira	Lobos da Serra - Loureiro	Veterano M50	41:51	+12:47	04:11
24	261	José Leal	Btrain	Veterano M50	41:55	+12:52	04:12
25	268	Francisco Valadão	C. F. "Os Marialvas"	Veterano M50	41:58	+12:54	04:12
26	171	José Carlos Simões	Associação Académica de Coimbra	Veterano M50	42:19	+13:16	04:14
27	1377	Horácio Ferreira	Miro trail	Veterano M50	42:30	+13:27	04:15
28	1234	Lucio ventura	Individual	Veterano M50	42:34	+13:31	04:15
29	471	Nuno Costa	Escola de Atletismo de Coimbra/JPAIVA	Veterano M50	42:35	+13:31	04:15
30	160	João Salustiano	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M50	42:46	+13:43	04:17
31	117	Arlindo Ribeiro	ARCD Venda da Luisa	Veterano M50	43:15	+14:12	04:20
32	1233	José Vitor Vieira	Individual	Veterano M50	43:51	+14:47	04:23
33	1235	Luís Soares	Individual	Veterano M50	43:55	+14:51	04:23
34	1413	Carlos Gaspar	NEXEBRA TRAIL TEAM	Veterano M50	44:34	+15:30	04:27
35	1518	Francisco Roque	saca trilhos anadia	Veterano M50	45:08	+16:05	04:31
36	1501	Augusto Amaral	Runners & Friends	Veterano M50	46:59	+17:55	04:42
37	1504	Rui Dias	Runners & Friends	Veterano M50	47:00	+17:56	04:42
38	1503	Paulo Torres	Runners & Friends	Veterano M50	47:00	+17:56	04:42
39	1243	Pedro Elias	Individual	Veterano M50	47:13	+18:10	04:43
40	357	Fernando Teixeira	CPT Sobral de Ceira	Veterano M50	47:27	+18:24	04:45
41	1247	Rui Manuel da Rosa Colaço	Individual	Veterano M50	47:31	+18:27	04:45
42	358	Pedro Roque Martins	CPT Sobral de Ceira	Veterano M50	48:09	+19:05	04:49
43	1220	João A. Feijão	Individual	Veterano M50	48:23	+19:19	04:50
44	1208	Artur Rodrigues	Individual	Veterano M50	48:24	+19:20	04:50
45	1249	Vitor Figueiredo	Individual	Veterano M50	48:28	+19:24	04:51
46	1210	Carlos Alberto Morgado dos Santos	Individual	Veterano M50	48:31	+19:27	04:51

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47	395	Joaquim Martins	DCI/Trilhos Luso Bussaco	Veterano M50	48:40	+19:36	04:52
48	1242	PAULO JORGE AZEVEDO	Individual	Veterano M50	48:45	+19:41	04:52
49	1357	Manuel Ventura	MarteloTeam	Veterano M50	49:04	+20:00	04:54
50	1250	Vitor Pereira	Individual	Veterano M50	49:19	+20:15	04:56
51	1229	José Guilherme Parreiral	Individual	Veterano M50	49:42	+20:38	04:58
52	340	António Manuel Lourenço Guedes	Correr com estilo	Veterano M50	49:46	+20:42	04:59
53	1237	Mário Jorge Costa da Silva	Individual	Veterano M50	50:04	+21:01	05:00
54	641	Paulo Barreirinhas	HomeWORK_OUT running team	Veterano M50	50:08	+21:05	05:01
55	1204	António Manuel	Individual	Veterano M50	50:19	+21:15	05:02
56	1223	João Paulo Mendes	Individual	Veterano M50	50:40	+21:37	05:04
57	1226	Jorge Miguel Ortolá de Gois	Individual	Veterano M50	50:42	+21:38	05:04
58	120	Pedro Roxo	ARCD Venda da Luisa	Veterano M50	50:48	+21:45	05:05
59	1230	José M Q Fernandes	Individual	Veterano M50	51:09	+22:05	05:07
60	1216	FERNANDO MEDEIROS	Individual	Veterano M50	51:23	+22:19	05:08
61	1672	Sidnei Silva	Individual	Veterano M50	51:26	+22:22	05:09
62	1458	Pedro Roque	Os Papa Milhas	Veterano M50	51:35	+22:32	05:10
63	1362	Rui Fernandes	MIRASpaco/CasaDoPão/A.D.Serpi nense	Veterano M50	51:39	+22:35	05:10
64	1211	Carlos Barradas	Individual	Veterano M50	51:43	+22:39	05:10
65	1248	Sérgio Moreira	Individual	Veterano M50	52:08	+23:04	05:13
66	1246	Ricardo Manuel Morais da Rocha	Individual	Veterano M50	52:08	+23:04	05:13
67	1222	João Luis Dias Dos Santos	Individual	Veterano M50	52:32	+23:29	05:15
68	1342	Luis Oliveira	Luisomens	Veterano M50	52:39	+23:35	05:16
69	1214	Delfim Manuel da Silva	Individual	Veterano M50	53:26	+24:22	05:21
70	1502	Luis Pires	Runners & Friends	Veterano M50	54:05	+25:01	05:24
71	334	Jorge Manuel Rodrigues Tiago	Coimbra Trailrunning	Veterano M50	54:06	+25:02	05:25
72	1212	CARLOS DIONISIO	Individual	Veterano M50	54:14	+25:10	05:25
73	1203	António Jorge Ferreira	Individual	Veterano M50	54:16	+25:12	05:26
74	544	José Geria	FOCUS	Veterano M50	54:18	+25:14	05:26
75	118	Basílio Simões	ARCD Venda da Luisa	Veterano M50	54:19	+25:15	05:26
76	1494	Raúl Jorge da Cruz Gomes Vigário de Matos	Run 4 Fun	Veterano M50	54:27	+25:23	05:27
77	472	Vasco Alexandre Borges	Escola de Atletismo de Coimbra/JPAIVA	Veterano M50	54:28	+25:24	05:27
78	1207	António Simões	Individual	Veterano M50	54:38	+25:35	05:28
79	1572	Jorge Ribeiro	Team el comandante	Veterano M50	54:40	+25:36	05:28
80	1430	Adriano Pião	Olympic Silvas	Veterano M50	55:08	+26:04	05:31
81	39	Rui Azevedo	A MIRASpaco/CasaDoPão/A.D.Serpi nense	Veterano M50	55:21	+26:18	05:32
82	244	João Veloso	Bluerunners	Veterano M50	55:47	+26:43	05:35
83	1231	José Malva da Fonseca	Individual	Veterano M50	56:12	+27:08	05:37
84	1236	Manuel António Silva	Individual	Veterano M50	56:19	+27:16	05:38
85	1227	José Cavaco	Individual	Veterano M50	56:35	+27:31	05:40
86	1625	Luis Miguel Nunes	Tribo NR	Veterano M50	57:05	+28:02	05:43
87	1228	José António Almeida Quadrado	Tribo NR	Veterano M50	57:15	+28:11	05:44
88	1529	Pedro Ponte	Sem Sede	Veterano M50	57:56	+28:52	05:48
89	575	Ricardo Rodrigues Gato	Gatos de Rua	Veterano M50	58:16	+29:13	05:50

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90	1205	antonio salgado	Individual	Veterano M50	58:43	+29:39	05:52
91	1444	Carlos Neiva	os arteroses	Veterano M50	58:50	+29:47	05:53
92	1224	João Pedro Lopes	Individual	Veterano M50	58:51	+29:48	05:53
93	1667	Luis Miguel dos Santos Costa	Individual	Veterano M50	59:35	+30:31	05:57
94	1209	Bruno Pires de Lima Araújo Rodrigues	Individual	Veterano M50	01:00:18	+31:15	06:02
95	1240	Nuno Pedro Santos	Individual	Veterano M50	01:00:22	+31:18	06:02
96	1202	António Figueiredo	Individual	Veterano M50	01:02:01	+32:57	06:12
97	1466	Belmiro Parada	Patrulha Pata	Veterano M50	01:02:02	+32:58	06:12
98	1457	António Sousa	Os Papa Milhas	Veterano M50	01:05:02	+35:58	06:30
99	1571	Carlos miranda	Team clinieiras	Veterano M50	01:08:31	+39:27	06:51
100	1213	Carlos silva	Individual	Veterano M50	01:10:06	+41:03	07:01
101	1218	Gonçalo Costa	Individual	Veterano M50	01:10:07	+41:03	07:01
102	640	Mário Ferreira	HomeWORK_OUT running team	Veterano M50	01:10:40	+41:37	07:04
103	639	Antonio Sequeira	HomeWORK_OUT running team	Veterano M50	01:10:42	+41:39	07:04
104	209	Filipe Carvalho	Atletas ao Domingo	Veterano M50	01:12:16	+43:13	07:14
105	82	Pedro Neto	Adões Trail	Veterano M50	01:16:34	+47:30	07:39

Veterano M55

1	473	Adérito Fontes	Escola de Atletismo de Coimbra/JPAIVA	Veterano M55	34:57	+05:53	03:30
2	476	Luis Tovim	Escola de Atletismo de Coimbra/JPAIVA	Veterano M55	37:11	+08:07	03:43
3	475	Gary Blesson	Escola de Atletismo de Coimbra/JPAIVA	Veterano M55	37:16	+08:13	03:44
4	402	Vitor Oliveira	DCI/Trilhos Luso Bussaco	Veterano M55	37:23	+08:19	03:44
5	1568	Fernando José de Campos Fonseca	Tartarugas do Choupal	Veterano M55	38:30	+09:27	03:51
6	399	Fernando Gonçalves	DCI/Trilhos Luso Bussaco	Veterano M55	38:47	+09:43	03:53
7	401	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M55	39:28	+10:25	03:57
8	1254	Carlos Calígula	Individual	Veterano M55	39:51	+10:48	03:59
9	85	António Patrício	ADR4ESTACOES	Veterano M55	39:58	+10:54	04:00
10	162	JOSÉ CORREIA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M55	40:32	+11:29	04:03
11	398	Carlos Cunha	DCI/Trilhos Luso Bussaco	Veterano M55	40:48	+11:44	04:05
12	359	David Patricio Santos	CPT Sobral de Ceira	Veterano M55	41:39	+12:36	04:10
13	1253	António Ribeiro	Individual	Veterano M55	41:50	+12:47	04:11
14	1520	CARLOS ALBERTO DA SILVA PIRES	Saca trilhos Anadia	Veterano M55	43:07	+14:03	04:19
15	596	Miguel Coimbra	GR EIRENSE	Veterano M55	44:09	+15:05	04:25
16	1274	PEDRO VICENTE	Individual	Veterano M55	44:20	+15:16	04:26
17	1642	José Luís Lopes da Silva	Viriathvs Runners Viseu	Veterano M55	44:53	+15:49	04:29
18	123	José Santos	ARCD Venda da Luisa	Veterano M55	44:55	+15:52	04:30
19	400	josé Pereira	DCI/Trilhos Luso Bussaco	Veterano M55	44:58	+15:54	04:30
20	262	Helder Domingues Gante	Bttrain	Veterano M55	46:02	+16:59	04:36
21	1257	Carlos Simões	Individual	Veterano M55	46:14	+17:10	04:37
22	1258	Custódio Loureiro	Individual	Veterano M55	46:31	+17:28	04:39
23	1272	Paulo Trindade	Individual	Veterano M55	46:44	+17:41	04:40
24	303	Ricardo Madureira	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M55	46:46	+17:42	04:41

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25	21	Anselmo Rodrigues	4 sapatilhas	Veterano M55	46:50	+17:47	04:41
26	1265	José canha	Individual	Veterano M55	47:23	+18:19	04:44
27	121	Arlindo Neves	ARCD Venda da Luisa	Veterano M55	47:51	+18:48	04:47
28	1626	André Dias	Tribo NR	Veterano M55	48:53	+19:50	04:53
29	1252	António Ferreira	Individual	Veterano M55	49:03	+20:00	04:54
30	1325	Rui Manuel Pacheco Duarte	Karrapateira 1919	Veterano M55	49:13	+20:10	04:55
31	1451	Paulo Bento	Os Javalis	Veterano M55	49:47	+20:44	04:59
32	1269	Octavio Sergio Rodrigues Linhares	Individual	Veterano M55	50:44	+21:40	05:04
33	122	José Carlos Fernandes	ARCD Venda da Luisa	Veterano M55	50:59	+21:55	05:06
34	1555	Abel Batalha	Soure Mov	Veterano M55	51:10	+22:06	05:07
35	545	José Fernandes	FOCUS	Veterano M55	51:31	+22:27	05:09
36	35	David Abegoaria	6:45	Veterano M55	52:39	+23:35	05:16
37	163	JOSÉ OLIVEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M55	53:01	+23:57	05:18
38	1275	Rui Simões	Individual	Veterano M55	53:37	+24:33	05:22
39	1523	ADELINO NUNES	SALDO VÁLIDO TEAM	Veterano M55	53:42	+24:38	05:22
40	1264	Joaquim manuel dos Santos Tavares	Individual	Veterano M55	53:43	+24:40	05:22
41	1259	Filipe Carvalho	Individual	Veterano M55	54:21	+25:17	05:26
42	1576	Paulo Costa	Team el comandante	Veterano M55	54:30	+25:26	05:27
43	1573	Almerindo Ferreira	Team el comandante	Veterano M55	54:30	+25:27	05:27
44	593	Mário Nunes	GELCENTRO TEAM	Veterano M55	55:06	+26:02	05:31
45	1251	Americo Pessoa	Individual	Veterano M55	55:09	+26:06	05:31
46	1439	David Silva	OPraticante.pt	Veterano M55	55:56	+26:52	05:36
47	1270	Paulo Manuel Cordeiro da Veiga	Individual	Veterano M55	56:00	+26:57	05:36
48	1262	João Rodrigues	Individual	Veterano M55	56:09	+27:06	05:37
49	1266	LUIS MANUEL HENRIQUES DA COSTA	Individual	Veterano M55	56:10	+27:06	05:37
50	1675	Carlos Alberto Silva	Individual	Veterano M55	56:19	+27:16	05:38
51	1261	João Paulo Mouta Dias	Individual	Veterano M55	57:18	+28:15	05:44
52	1256	Carlos Oliveira	Individual	Veterano M55	58:23	+29:20	05:50
53	1668	Paulo Teixeira	Individual	Veterano M55	58:26	+29:22	05:51
54	1276	Victor Manuel Cavaleiro Teixeira	Individual	Veterano M55	58:28	+29:24	05:51
55	1263	João Veloso	Individual	Veterano M55	58:53	+29:49	05:53
56	1260	João Amândio do Nascimento Guimarães	Individual	Veterano M55	59:13	+30:09	05:55
57	1412	Fernando Maia	N. A. D. A	Veterano M55	01:00:38	+31:34	06:04
58	1267	Luis Miguel Guedes Pinto Antunes da Cunha	Individual	Veterano M55	01:01:46	+32:42	06:11
59	1271	Paulo Tavares	Individual	Veterano M55	01:01:49	+32:45	06:11
60	1575	Nuno Alves	Team el comandante	Veterano M55	01:02:21	+33:18	06:14
61	1659	Leonildo Manuel Jacob dos Reis	whatif	Veterano M55	01:02:36	+33:32	06:16
62	1409	Firmino Mendes	Montanha Clube Trail Running / EFAPEL	Veterano M55	01:02:44	+33:40	06:16
63	37	Ricardo Bastos	A A Lebres do Sado	Veterano M55	01:06:54	+37:51	06:41
64	36	Renato Ramos	6:45	Veterano M55	01:08:05	+39:01	06:48
65	293	ARMANDO RUI CARDOSO PIRES MARTINS	CLUBE MILLENNIUM BCP	Veterano M55	01:09:39	+40:35	06:58

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Veterano M60

1	404	José Manuel Oliveira Martins	DCI/Trilhos Luso Bussaco	Veterano M60	37:15	+08:12	03:44
2	174	Pedro Gerardo	Associação Académica de Coimbra	Veterano M60	40:05	+11:01	04:00
3	336	Fernando Manuel Machado Alhau	Coimbra Trailrunning	Veterano M60	41:04	+12:01	04:06
4	403	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M60	42:06	+13:02	04:13
5	595	Adérito Curto	Gira Sol	Veterano M60	43:19	+14:15	04:20
6	1288	Joaquim pocinho	Individual	Veterano M60	44:38	+15:34	04:28
7	1378	joão matos	Miro Trail	Veterano M60	45:11	+16:07	04:31
8	173	Fernando Agante	Associação Académica de Coimbra	Veterano M60	45:16	+16:13	04:32
9	1287	Joaquim Almeida	Individual	Veterano M60	45:49	+16:45	04:35
10	1297	Rui Ventura	Individual	Veterano M60	46:03	+16:59	04:36
11	311	José Abade	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M60	46:20	+17:16	04:38
12	306	Bento Baptista	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M60	46:52	+17:48	04:41
13	1285	Joao manuel ferreira correia	Individual	Veterano M60	47:12	+18:08	04:43
14	644	Tiago Mendes	HomeWORK_OUT running team	Veterano M60	47:54	+18:50	04:47
15	1279	Avelino Silva	Individual	Veterano M60	48:34	+19:30	04:51
16	309	Hélder José Ferreira	CluVe - Clube de Veteranos de Atletismo de Coimbra	Veterano M60	48:38	+19:34	04:52
17	1298	Vitor Ferreira	Individual	Veterano M60	48:57	+19:54	04:54
18	1560	Virgílio Manuel Agostinho Soares	Sucata time	Veterano M60	49:15	+20:11	04:56
19	1289	Jorge Manuel Alves Ramos	Individual	Veterano M60	49:46	+20:43	04:59
20	1280	Fernando Duarte Rodrigues	Individual	Veterano M60	51:03	+21:59	05:06
21	1295	Júlio Manuel da Silva Gonçalves	Individual	Veterano M60	51:21	+22:18	05:08
22	1293	José Luís Silva Garcia	Individual	Veterano M60	51:22	+22:19	05:08
23	164	JOSÉ SEQUEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Veterano M60	52:48	+23:44	05:17
24	1294	José Manuel Gonçalves	Individual	Veterano M60	53:13	+24:10	05:19
25	1505	Jorge Pessoa	Runners & Friends	Veterano M60	54:04	+25:00	05:24
26	656	Jorge Alexandre Baptista de Campos	HUT RUNNERS COIMBRA	Veterano M60	54:22	+25:18	05:26
27	643	Geraldo Campos	HomeWORK_OUT running team	Veterano M60	54:29	+25:26	05:27
28	594	Carlos Ferreira	GELCENTRO TEAM	Veterano M60	54:36	+25:32	05:28
29	1292	José Luis Nogueira Gaspar	Individual	Veterano M60	54:48	+25:45	05:29
30	529	ÁLVARO PORTUGAL	FOCUS	Veterano M60	54:48	+25:45	05:29
31	1277	Alcides marques	Individual	Veterano M60	55:14	+26:10	05:31
32	342	José Pedro Coutinho	CPT Coimbra	Veterano M60	55:27	+26:24	05:33
33	1324	Manuel Costa	K Studio Running Team	Veterano M60	56:33	+27:29	05:39
34	304	Afonso Macedo	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M60	56:50	+27:46	05:41
35	1281	Fernando Silva	Individual	Veterano M60	58:02	+28:58	05:48
36	307	Carlos Lopes	CluVe - Clube de Veteranos de Atletismo de Coimbra	Veterano M60	58:33	+29:29	05:51
37	1598	Rui Fonseca	The First Wellness&Bootcamp	Veterano M60	01:01:41	+32:37	06:10
38	91	Filipe Porfírio Leal Lemos	ÁGUAS DE COIMBRA	Veterano M60	01:02:02	+32:59	06:12
39	642	Antonio Costa	HomeWORK_OUT running team	Veterano M60	01:08:06	+39:02	06:49

Official Timekeeper: Lap2Go	32 / 33	generate 18-dez-2021 20:10
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10 KM

OFFICIAL RESULT

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40	1468	José Pires Lima	Pernas Inertes Lentos desde 2017	Veterano M60	01:08:06	+39:02	06:49
41	1290	Jorge Manuel Campos	Individual	Veterano M60	01:09:45	+40:41	06:58

COLETIVO - CORRIDA

RANK	TEAM	DESCRIPTION	POINTS
1	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	1 + 12 + 23 + 26 + 36	98
2	CPT SOBRAL DE CEIRA	5 + 10 + 18 + 38 + 57	128
3	G.R. EIRENSE	6 + 16 + 17 + 51 + 67	157
4	DCI/TRILHOS LUSO BUSSACO	7 + 24 + 35 + 49 + 52	167
5	COIMBRA TRAILRUNNING	15 + 31 + 42 + 61 + 74	223
6	ACDRS QUINHENDROS	9 + 27 + 29 + 98 + 143	306
7	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	80 + 86 + 120 + 122 + 142	550
8	ASSOCIAÇÃO ACADÉMICA DE COIMBRA	33 + 130 + 138 + 140 + 206	647
9	VIRIATHVS RUNNERS VISEU	45 + 58 + 180 + 262 + 300	845
10	HOMEWORK_OUT RUNNING TEAM	87 + 88 + 89 + 218 + 373	855
11	SOURE MOV	81 + 147 + 191 + 233 + 273	925
12	ARCD VENDA DA LUISA	125 + 167 + 231 + 236 + 255	1014
13	CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	77 + 141 + 229 + 313 + 319	1079
14	ASSSCC - AR LIVRE E AVENTURA	75 + 154 + 164 + 341 + 419	1153
15	TIMIM	105 + 137 + 172 + 336 + 512	1262
16	RUNNERS & FRIENDS	114 + 133 + 399 + 400 + 401	1447
17	MIRO TRAIL	209 + 249 + 311 + 360 + 449	1578
18	ADÕES TRAIL	196 + 234 + 246 + 268 + 703	1647
19	TRIBO NR	73 + 124 + 500 + 520 + 621	1838
20	OPRATICANTE.PT	50 + 223 + 280 + 499 + 850	1902
21	MONDEGO RUNNERS	292 + 323 + 425 + 430 + 443	1913
22	ATLETAS AO DOMINGO	227 + 282 + 342 + 508 + 618	1977
23	M4A	274 + 288 + 296 + 538 + 678	2074
24	FOCUS	170 + 263 + 379 + 651 + 654	2117
25	MARTELOTEAM	348 + 403 + 470 + 529 + 531	2281
26	C. F. "OS MARIALVAS"	175 + 200 + 393 + 586 + 939	2293
27	GELCENTRO TEAM	177 + 369 + 445 + 612 + 743	2346
28	THE FIRST WELLNESS&BOOTCAMP	95 + 328 + 578 + 606 + 892	2499
29	HUT RUNNERS COIMBRA	123 + 444 + 447 + 728 + 796	2538
30	RATO ESQUILO	211 + 507 + 584 + 587 + 679	2568
31	6:45	302 + 365 + 636 + 638 + 674	2615
32	EU POSSO CORRER - ANSIÃO	458 + 479 + 554 + 555 + 735	2781
33	INLINE ENGENHARIA	115 + 117 + 464 + 1171 + 1172	3039
34	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	202 + 374 + 776 + 810 + 1008	3170
35	WEPADEL & CFC CROSSFIT	526 + 528 + 536 + 807 + 871	3268
36	BLUERUNNERS	376 + 604 + 665 + 873 + 896	3414
37	K STUDIO RUNNING TEAM	257 + 688 + 835 + 899 + 919	3598
38	OS PAPA MILHAS	254 + 659 + 670 + 957 + 1192	3732

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39	OS JAVALIS	566 + 822 + 833 + 901 + 906	4028
40	LOUSÃCROSSFIT	580 + 583 + 962 + 975 + 1004	4104
41	PAIS EM FURIA	293 + 689 + 922 + 1166 + 1167	4237
42	FURIOUS BUT NOT FAST	375 + 496 + 1181 + 1191 + 1243	4486
43	RUNNERS DA CALÇADA	742 + 847 + 855 + 925 + 1162	4531
44	BOTÃOCAMP	749 + 751 + 997 + 1213 + 1269	4979
45	POLYRUNNERS AND FRIENDS	854 + 951 + 1077 + 1143 + 1151	5176
46	TURBINIX	1021 + 1048 + 1057 + 1059 + 1159	5344
47	SOPARAJANTAR	568 + 1099 + 1169 + 1320 + 1321	5477