# ESPAÇO CASA São Silvestre de Coimbra

**Coimbra, PT**

**17-December-2022**

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 18:30 | 12.7ºC | 92% |
| End | 20:06 | 12.7ºC | 92% |

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1 | 3 | Samuel Freire | Vitória Setúbal | 29:55 | | 03:00 | |
| 2 | 380 | Rogério Amaral | CPT Sobral de Ceira | 30:46 | +00:51 | 03:05 | |
| 3 | 2 | Hermano Ferreira | Escola de Atletismo de Coimbra/JPaiva | 31:18 | +01:23 | 03:08 | |
| 4 | 473 | Pedro Saldanha | Escola de Atletismo de Coimbra/JPaiva | 31:47 | +01:52 | 03:11 | |
| 5 | 4 | Pedro Ribeiro | Prime Running Clube | 31:54 | +01:59 | 03:11 | |
| 6 | 492 | Pedro Arsénio | Escola de Atletismo de Coimbra/JPaiva | 31:56 | +02:01 | 03:12 | |
| 7 | 1792 | José Moreira | Clube Desportivo São Salvador do Campo | 32:32 | +02:37 | 03:15 | |
| 8 | 414 | Hélder Lopes | Dci/trilhos luso bussaco | 33:18 | +03:23 | 03:20 | |
| 9 | 381 | Rúben Fortunato | CPT Sobral de Ceira | 33:19 | +03:24 | 03:20 | |
| 10 | 5 | Solange Jesus | Clube Desportivo Feirense | 33:26 | +03:31 | 03:21 | |
| 11 | 7 | Ana Mafalda Ferreira | Sporting Clube de Portugal | 33:35 | +03:40 | 03:22 | |
| 12 | 475 | Ricardo Gaspar | Escola de Atletismo de Coimbra/JPaiva | 33:36 | +03:41 | 03:22 | |
| 13 | 375 | João Pedro Albano | CPT Sobral de Ceira | 33:47 | +03:52 | 03:23 | |
| 14 | 248 | João Pereira | C. D. São Salvador do Campo | 33:56 | +04:01 | 03:24 | |
| 15 | 467 | Cristiano Oliveira | Escola de Atletismo de Coimbra/JPaiva | 34:01 | +04:06 | 03:24 | |
| 16 | 1791 | Ricardo Santos | RECREIO DESPORTIVO ÁGUEDA | 34:09 | +04:14 | 03:25 | |
| 17 | 6 | Carla Martinho | RECREIO DESPORTIVO ÁGUEDA | 34:29 | +04:34 | 03:27 | |
| 18 | 466 | Carlos Filipe Leite Costa | Escola de Atletismo de Coimbra/JPaiva | 34:44 | +04:49 | 03:28 | |
| 19 | 376 | António Cunha | CPT Sobral de Ceira | 34:47 | +04:52 | 03:29 | |
| 20 | 377 | João Pedro Garcia | CPT Sobral de Ceira | 34:53 | +04:58 | 03:29 | |
| 21 | 853 | Diogo Alexandre Rodrigues Pinheiro | Individual | 34:53 | +04:58 | 03:29 | |
| 22 | 806 | Alexandre Blasques | Individual | 34:56 | +05:01 | 03:30 | |
| 23 | 471 | José Miguel Ribeiro Neves | Escola de Atletismo de Coimbra/JPaiva | 35:00 | +05:05 | 03:30 | |
| 24 | 382 | Vítor Pleno | CPT Sobral de Ceira | 35:06 | +05:11 | 03:31 | |
| 25 | 1562 | Luís Lopes | Prime Running Clube | 35:11 | +05:16 | 03:31 | |
| 26 | 378 | João Pedro Rodrigues | CPT Sobral de Ceira | 35:12 | +05:17 | 03:31 | |
| 27 | 374 | Francisco Graça | CPT Sobral de Ceira | 35:41 | +05:46 | 03:34 | |
| 28 | 1707 | Filipe Cunha | Team El Comandante | 35:44 | +05:49 | 03:34 | |
| 29 | 252 | Nuno Silva | CAL - Clube Atletismo de Lamas | 35:51 | +05:56 | 03:35 | |
| 30 | 468 | Filipe Rocha | Escola de Atletismo de Coimbra/JPaiva | 35:58 | +06:03 | 03:36 | |
| 31 | 133 | Nelson Mestre | AMIG@S do PI | 36:00 | +06:05 | 03:36 | |
| 32 | 408 | Davide Marques da Silva | DAR Recardaes | 36:03 | +06:08 | 03:36 | |
| 33 | 1386 | Bruno Marques | Inline Engenharia | 36:17 | +06:22 | 03:38 | |
| 34 | 387 | Marco Cardoso | CPT Sobral de Ceira | 36:19 | +06:24 | 03:38 | |
| 35 | 497 | Vitor Gonçalves | Escola de Atletismo de Coimbra/JPaiva | 36:23 | +06:28 | 03:38 | |
| 36 | 189 | Gonçalo Esteves | Atletismo clube da tocha | 36:37 | +06:42 | 03:40 | |
| 37 | 1289 | Hugo Coelho | Individual | 36:49 | +06:54 | 03:41 | |
| 38 | 306 | Nuno Silva | Clube Desportivo Feirense | 37:03 | +07:08 | 03:42 | |
| 39 | 500 | Jorge santos | Escola de Atletismo de Coimbra/JPaiva | 37:03 | +07:08 | 03:42 | |
| 40 | 307 | Andreia Santos | Clube Desportivo Feirense | 37:04 | +07:09 | 03:42 | |
| 41 | 941 | José Sequeira | Individual | 37:04 | +07:09 | 03:42 | |
| 42 | 161 | Rui Rodrigues | Associação Académica de Coimbra | 37:23 | +07:28 | 03:44 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 43 | 862 | Eduardo Costa | Individual | 37:30 | +07:35 | 03:45 | |
| 44 | 641 | João Carlos Falcão da Palma Ferreira | GINÁSIO CLUBE DE BRAGANÇA | 37:34 | +07:39 | 03:45 | |
| 45 | 505 | Vítor Godinho | Escola de Atletismo de Coimbra/JPaiva | 38:02 | +08:07 | 03:48 | |
| 46 | 627 | Vitor Rito | Gelcentro Team | 38:08 | +08:13 | 03:49 | |
| 47 | 94 | Valter Lopes | ACDRS QUINHENDROS | 38:10 | +08:15 | 03:49 | |
| 48 | 1026 | Tiago Carreira | Individual | 38:13 | +08:18 | 03:49 | |
| 49 | 262 | Carlos Nunes | CASA DO POVO DE MANGUALDE | 38:13 | +08:18 | 03:49 | |
| 50 | 426 | João Almeida | Dci/trilhos luso bussaco | 38:21 | +08:26 | 03:50 | |
| 51 | 257 | Ricardo Costa | Carregal do Sal Runners | 38:31 | +08:36 | 03:51 | |
| 52 | 1448 | José Marcelino | Marcianos | 38:35 | +08:40 | 03:52 | |
| 53 | 619 | Jorge  Simões | Gatões BTT | 38:36 | +08:41 | 03:52 | |
| 54 | 413 | Diogo Reis | Dci/trilhos luso bussaco | 38:38 | +08:43 | 03:52 | |
| 55 | 430 | Vitor Oliveira | Dci/trilhos luso bussaco | 38:43 | +08:48 | 03:52 | |
| 56 | 65 | Aurélio Saúde | A.R.S.M. - Associação Recreativa de São Miguel | 38:47 | +08:52 | 03:53 | |
| 57 | 1746 | Marco Simões | Train Hard | 38:57 | +09:02 | 03:54 | |
| 58 | 423 | Paulo Maia | Dci/trilhos luso bussaco | 39:01 | +09:06 | 03:54 | |
| 59 | 97 | João Simões | ACDRS QUINHENDROS | 39:05 | +09:10 | 03:54 | |
| 60 | 415 | William Caetano | Dci/trilhos luso bussaco | 39:10 | +09:15 | 03:55 | |
| 61 | 138 | Mauro Azevedo | AMIG@S do PI | 39:10 | +09:15 | 03:55 | |
| 62 | 1763 | José Martins | Viriathvs Runners Viseu | 39:12 | +09:17 | 03:55 | |
| 63 | 994 | Ricardo Auxiliar | Individual | 39:17 | +09:22 | 03:56 | |
| 64 | 996 | Ricardo Filipe Dos Reis Monteiro | Individual | 39:18 | +09:23 | 03:56 | |
| 65 | 366 | Armindo Antunes | Coimbra Trail Running | 39:18 | +09:23 | 03:56 | |
| 66 | 1006 | Ronison Leopoldo Fernandes | Individual | 39:23 | +09:28 | 03:56 | |
| 67 | 617 | Ricardo Germano | G.R. EIRENSE | 39:26 | +09:31 | 03:57 | |
| 68 | 361 | Ricardo Moreira | CNI | 39:33 | +09:38 | 03:57 | |
| 69 | 961 | Mário Aragão | Individual | 39:39 | +09:44 | 03:58 | |
| 70 | 910 | João Marques | Individual | 39:41 | +09:46 | 03:58 | |
| 71 | 379 | João Pedro Vieira | CPT Sobral de Ceira | 39:43 | +09:48 | 03:58 | |
| 72 | 834 | Bruno Robalo | Individual | 39:47 | +09:52 | 03:59 | |
| 73 | 523 | JOÃO AZEITEIRO | Farmácia Luciano e Matos | 39:52 | +09:57 | 03:59 | |
| 74 | 1311 | Messias Dias | Individual | 39:58 | +10:03 | 04:00 | |
| 75 | 1546 | Miguel Barba | Peniche a Correr | 39:59 | +10:04 | 04:00 | |
| 76 | 846 | Cláudio Vinhas | Individual | 40:01 | +10:06 | 04:00 | |
| 77 | 476 | Ricardo Simões | Escola de Atletismo de Coimbra/JPaiva | 40:01 | +10:06 | 04:00 | |
| 78 | 811 | André Cordeiro | Individual | 40:13 | +10:18 | 04:01 | |
| 79 | 425 | Fernando Gonçalves | Dci/trilhos luso bussaco | 40:21 | +10:26 | 04:02 | |
| 80 | 907 | João Manuel Bento Cardoso | Individual | 40:29 | +10:34 | 04:03 | |
| 81 | 934 | José Carvalho | Individual | 40:31 | +10:36 | 04:03 | |
| 82 | 163 | Paulo Antunes | Associação Académica de Coimbra | 40:37 | +10:42 | 04:04 | |
| 83 | 1533 | Bruno Sousa | PCL | 40:39 | +10:44 | 04:04 | |
| 84 | 146 | João Silva | ARCD Venda da Luísa Trail | 40:40 | +10:45 | 04:04 | |
| 85 | 1154 | JORGE MOREIRA | Individual | 40:41 | +10:46 | 04:04 | |
| 86 | 1542 | Gonçalo Neves | Pedro Bonito Coach | 40:42 | +10:47 | 04:04 | |
| 87 | 1038 | Vítor Daniel de Jesus Ferreira | Individual | 40:48 | +10:53 | 04:05 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 88 | 1444 | António Ferreira | Lobos da Serra - Loureiro | 40:50 | +10:55 | 04:05 | |
| 89 | 129 | Rui Melo | AMIG@S do PI | 40:51 | +10:56 | 04:05 | |
| 90 | 266 | Fernando Antunes | CCDS S.Frutuoso | 40:52 | +10:57 | 04:05 | |
| 91 | 103 | Arnaldo Mendes | ADM – Orimondego | 40:54 | +10:59 | 04:05 | |
| 92 | 1711 | João Pedro Andrade Rodrigues | Teletubbies 5.0 | 40:54 | +10:59 | 04:05 | |
| 93 | 1277 | Artur  Costa Anastácio | Individual | 41:01 | +11:06 | 04:06 | |
| 94 | 687 | Rodrigo Dias | Homework_out & ActiFisio Running Team | 41:03 | +11:08 | 04:06 | |
| 95 | 134 | Ivo Magalhães | AMIG@S do PI | 41:06 | +11:11 | 04:07 | |
| 96 | 1430 | Carlos Costa | K Studio Running Team | 41:13 | +11:18 | 04:07 | |
| 97 | 1464 | Luís Vilela | MONTANHA CLUBE TRAIL RUNNING/EFAPEL | 41:19 | +11:24 | 04:08 | |
| 98 | 1028 | Tiago Ferraz | Individual | 41:22 | +11:27 | 04:08 | |
| 99 | 255 | Luís Jesus | CAOH - Clube Atlético de Oliveira do Hospital | 41:23 | +11:28 | 04:08 | |
| 100 | 1745 | Pedro Manuel Lopes Quelhas | Trail da Amizade Runner's | 41:26 | +11:31 | 04:09 | |
| 101 | 945 | Luís Andrade | Individual | 41:40 | +11:45 | 04:10 | |
| 102 | 267 | Tomé Filipe dos Santos Rodrigues | CDC Macieira de Cambra | 41:43 | +11:48 | 04:10 | |
| 103 | 1033 | Tiago Vitoria | Individual | 41:44 | +11:49 | 04:10 | |
| 104 | 975 | Nuno Miguel Moura Cachulo | Individual | 41:45 | +11:50 | 04:11 | |
| 105 | 1019 | Samuel Santos | Individual | 41:48 | +11:53 | 04:11 | |
| 106 | 498 | Augusto Manuel Canelas Figueiredo | Escola de Atletismo de Coimbra/JPaiva | 41:49 | +11:54 | 04:11 | |
| 107 | 1131 | Carlos Patrão | Individual | 41:49 | +11:54 | 04:11 | |
| 108 | 1669 | Nuno Silva | S.C.Povoense - Caracaois de Corrida | 41:52 | +11:57 | 04:11 | |
| 109 | 250 | Pedro Santos | Cabras Velhas | 41:53 | +11:58 | 04:11 | |
| 110 | 203 | Gonçalo Sousa | BLUEPHARMA | 41:54 | +11:59 | 04:11 | |
| 111 | 1184 | Pedro Eufrásio | Individual | 41:54 | +11:59 | 04:11 | |
| 112 | 1589 | César Almeida | PROSISTEM.RUNNERS | 41:55 | +12:00 | 04:11 | |
| 113 | 90 | Luis FIlipe Silva | Academia Desportos Condeixa | 41:57 | +12:02 | 04:12 | |
| 114 | 972 | Nuno Duarte | Individual | 41:57 | +12:02 | 04:12 | |
| 115 | 385 | Renato Rodrigues | CPT Sobral de Ceira | 41:58 | +12:03 | 04:12 | |
| 116 | 898 | João Antunes | Individual | 42:00 | +12:05 | 04:12 | |
| 117 | 347 | António Patrício | CMCoimbra | 42:00 | +12:05 | 04:12 | |
| 118 | 1181 | Paulo Fidalgo | Individual | 42:02 | +12:07 | 04:12 | |
| 119 | 807 | Alexandre Cavaleiro | Individual | 42:05 | +12:10 | 04:13 | |
| 120 | 362 | Vítor Nunes | CNI | 42:06 | +12:11 | 04:13 | |
| 121 | 781 | Mariana Santos | Individual | 42:06 | +12:11 | 04:13 | |
| 122 | 247 | José Carlos dos Reis Leal | Bttrain | 42:07 | +12:12 | 04:13 | |
| 123 | 1670 | Marcel Santos | Saca Trilhos Anadia | 42:08 | +12:13 | 04:13 | |
| 124 | 1163 | Lucas da Silv a | Individual | 42:12 | +12:17 | 04:13 | |
| 125 | 1273 | Antônio Manuel ventura amado | Individual | 42:14 | +12:19 | 04:13 | |
| 126 | 1708 | José Carlos Santos | Team El Comandante | 42:15 | +12:20 | 04:14 | |
| 127 | 1755 | Vasco André Ralha de Vasconcelos | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | 42:18 | +12:23 | 04:14 | |
| 128 | 494 | Luc Hennetier | Escola de Atletismo de Coimbra/JPaiva | 42:18 | +12:23 | 04:14 | |
| 129 | 265 | Manuel Oliveira | Casas Adriano Astromil Clube | 42:25 | +12:30 | 04:14 | |
| 130 | 1487 | João Amaral | Os Flashes | 42:27 | +12:32 | 04:15 | |
| 131 | 1015 | Rui Moutela | Individual | 42:27 | +12:32 | 04:15 | |
| 132 | 1017 | Rui Pedro Ferreira Gala | Individual | 42:28 | +12:33 | 04:15 | |
| 133 | 229 | Jorge Carvalho | Bombeiros Sapadores de Coimbra | 42:29 | +12:34 | 04:15 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 134 | 263 | Carlos Almeida | CASA DO POVO DE MANGUALDE | 42:30 | +12:35 | 04:15 | |
| 135 | 1261 | Ricardo Veiga | Individual | 42:30 | +12:35 | 04:15 | |
| 136 | 74 | João Ferreira | AAC-REMO | 42:34 | +12:39 | 04:15 | |
| 137 | 1310 | Marcelo Coutinho | Individual | 42:37 | +12:42 | 04:16 | |
| 138 | 1712 | Marco Paulo Bela Simões | Teletubbies 5.0 | 42:40 | +12:45 | 04:16 | |
| 139 | 1483 | Sérgio Ruela | OPRATICANTE | 42:40 | +12:45 | 04:16 | |
| 140 | 1139 | Gonçalo Paiva da Cunha Lima | Individual | 42:44 | +12:49 | 04:16 | |
| 141 | 1333 | António Ribeiro | Individual | 42:45 | +12:50 | 04:17 | |
| 142 | 838 | Carlos Branco | Individual | 42:47 | +12:52 | 04:17 | |
| 143 | 402 | António Silva | CTCV | 42:50 | +12:55 | 04:17 | |
| 144 | 64 | Márcio Flórido | A.R.S.M. - Associação Recreativa de São Miguel | 42:56 | +13:01 | 04:18 | |
| 145 | 847 | Daniel Francisco Medina Dias | Individual | 42:57 | +13:02 | 04:18 | |
| 146 | 1173 | Nuno Costa | Individual | 42:57 | +13:02 | 04:18 | |
| 147 | 412 | António Ratola | Dci/trilhos luso bussaco | 42:57 | +13:02 | 04:18 | |
| 148 | 1020 | Sebastião Görne | Individual | 42:59 | +13:04 | 04:18 | |
| 149 | 1239 | Luís Pessoa | Individual | 43:04 | +13:09 | 04:18 | |
| 150 | 73 | João Catarro | AAC-REMO | 43:05 | +13:10 | 04:18 | |
| 151 | 1274 | António Pereira | Individual | 43:12 | +13:17 | 04:19 | |
| 152 | 165 | Pedro Gerardo | Associação Académica de Coimbra | 43:13 | +13:18 | 04:19 | |
| 153 | 1034 | Tobia avigo | Individual | 43:13 | +13:18 | 04:19 | |
| 154 | 549 | Juan Rassoul | FitLine | 43:16 | +13:21 | 04:20 | |
| 155 | 1455 | Eugénio Santos | Miro Trail | 43:17 | +13:22 | 04:20 | |
| 156 | 592 | Nuno Simões | Focus & TUU | 43:19 | +13:24 | 04:20 | |
| 157 | 1747 | Pedro Sequeira | Trialmotor | 43:22 | +13:27 | 04:20 | |
| 158 | 1025 | Telmo Duarte Carreira | Individual | 43:22 | +13:27 | 04:20 | |
| 159 | 474 | Ricardo Duarte | Escola de Atletismo de Coimbra/JPaiva | 43:25 | +13:30 | 04:21 | |
| 160 | 1420 | Vítor Varandas | K Studio Running Team | 43:27 | +13:32 | 04:21 | |
| 161 | 216 | Francisco Silva | Bombeiros Sapadores de Coimbra | 43:28 | +13:33 | 04:21 | |
| 162 | 623 | Bruno Martins | Gelcentro Team | 43:31 | +13:36 | 04:21 | |
| 163 | 370 | Fernando Alhau | Coimbra Trail Running | 43:34 | +13:39 | 04:21 | |
| 164 | 1622 | Ricardo Simões | Roda Dianteira BTT | 43:34 | +13:39 | 04:21 | |
| 165 | 833 | Bruno Martins | Individual | 43:40 | +13:45 | 04:22 | |
| 166 | 462 | Catia Rodrigues | Escola de Atletismo de Coimbra/JPaiva | 43:41 | +13:46 | 04:22 | |
| 167 | 499 | Jorge Alves | Escola de Atletismo de Coimbra/JPaiva | 43:42 | +13:47 | 04:22 | |
| 168 | 626 | Tiago Estrafalhote | Gelcentro Team | 43:46 | +13:51 | 04:23 | |
| 169 | 658 | Daniel Martins | GRUPO BTT MANTEIGAS | 43:47 | +13:52 | 04:23 | |
| 170 | 364 | Filipe Semedo | Coimbra Trail Running | 43:48 | +13:53 | 04:23 | |
| 171 | 40 | Luis Carreira | 6:45 | 43:51 | +13:56 | 04:23 | |
| 172 | 1443 | José Carlos Gomes | Ligeirinhos | 43:52 | +13:57 | 04:23 | |
| 173 | 1571 | Bruno Cardoso | PROSISTEM.RUNNERS | 43:55 | +14:00 | 04:24 | |
| 174 | 1003 | Rodrigo José Marques Carvalho do Espírito Santo | Individual | 43:58 | +14:03 | 04:24 | |
| 175 | 261 | André Nunes | CASA DO POVO DE MANGUALDE | 43:59 | +14:04 | 04:24 | |
| 176 | 954 | Manuel Loureiro | Individual | 44:00 | +14:05 | 04:24 | |
| 177 | 1766 | Manuel campos | Viriathvs Runners Viseu | 44:03 | +14:08 | 04:24 | |
| 178 | 106 | João Afonso | Adões Trail | 44:09 | +14:14 | 04:25 | |

## PROVA PRINCIPAL - STAGE 1 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 179 | 1402 | Jorge Pimenta | IPNrunners | 44:13 | +14:18 | 04:25 | |
| 180 | 1572 | Rodrigo Quelhas | PROSISTEM.RUNNERS | 44:14 | +14:19 | 04:25 | |
| 181 | 237 | Sílvio Oliveira | Bombeiros Sapadores de Coimbra | 44:15 | +14:20 | 04:26 | |
| 182 | 424 | Américo Almeida | Dci/trilhos luso bussaco | 44:15 | +14:20 | 04:26 | |
| 183 | 1170 | Nélio Girão | Individual | 44:15 | +14:20 | 04:26 | |
| 184 | 271 | João Nunes | CF Marialvas | 44:17 | +14:22 | 04:26 | |
| 185 | 117 | Guilherme Santos Costa (FILHO) | Águas de Coimbra | 44:19 | +14:24 | 04:26 | |
| 186 | 931 | Jorge Filipe Correia Lemos | Individual | 44:19 | +14:24 | 04:26 | |
| 187 | 1527 | Marco Xavier | PCL | 44:20 | +14:25 | 04:26 | |
| 188 | 1152 | Joel Barros | Individual | 44:22 | +14:27 | 04:26 | |
| 189 | 105 | Carlos Simões | Adões Trail | 44:22 | +14:27 | 04:26 | |
| 190 | 416 | Liliana Martinho | Dci/trilhos luso bussaco | 44:29 | +14:34 | 04:27 | |
| 191 | 429 | Tony Graça | Dci/trilhos luso bussaco | 44:29 | +14:34 | 04:27 | |
| 192 | 980 | Paulo pires | Individual | 44:30 | +14:35 | 04:27 | |
| 193 | 1120 | André Assena | Individual | 44:30 | +14:35 | 04:27 | |
| 194 | 123 | José Manuel Amado Marques | Águas de Coimbra | 44:31 | +14:36 | 04:27 | |
| 195 | 1288 | Hilário Espadilha | Individual | 44:33 | +14:38 | 04:27 | |
| 196 | 1754 | Tiago matias | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | 44:33 | +14:38 | 04:27 | |
| 197 | 1267 | Ulisses mota gaspar | Individual | 44:35 | +14:40 | 04:28 | |
| 198 | 1351 | Luis Pires | Individual | 44:37 | +14:42 | 04:28 | |
| 199 | 318 | João Catalão | CluVe - Clube de Veteranos de Atletismo Coimbra | 44:38 | +14:43 | 04:28 | |
| 200 | 288 | Hélio Pedroso | Clube de Atletismo da Nazaré | 44:38 | +14:43 | 04:28 | |
| 201 | 245 | Luís  Maia | Bttrain | 44:40 | +14:45 | 04:28 | |
| 202 | 1675 | Gonçalo Gomes | Sem Sede | 44:45 | +14:50 | 04:28 | |
| 203 | 409 | Daniela Assunção | Dci/trilhos luso bussaco | 44:46 | +14:51 | 04:29 | |
| 204 | 1218 | Eduardo Costa | Individual | 44:46 | +14:51 | 04:29 | |
| 205 | 879 | Gilberto Modiz | Individual | 44:46 | +14:51 | 04:29 | |
| 206 | 1335 | Bernardino Novais Ribeiro | Individual | 44:47 | +14:52 | 04:29 | |
| 207 | 861 | Eduardo Carvalheiro | Individual | 44:50 | +14:55 | 04:29 | |
| 208 | 869 | Fernando Duarte | Individual | 44:50 | +14:55 | 04:29 | |
| 209 | 1665 | Rui Rodrigues | Running4Fun Viseu | 44:51 | +14:56 | 04:29 | |
| 210 | 431 | Joaquim Godinho | Dci/trilhos luso bussaco | 44:51 | +14:56 | 04:29 | |
| 211 | 1459 | JOÃO MANUEL SIMÕES MATOS | Miro Trail | 44:53 | +14:58 | 04:29 | |
| 212 | 642 | Adérito Curto | Gira Sol | 44:54 | +14:59 | 04:29 | |
| 213 | 1503 | Rui Silva | Os Papa Milhas | 44:58 | +15:03 | 04:30 | |
| 214 | 1183 | Paulo Sérgio dos Santos silva | Individual | 44:59 | +15:04 | 04:30 | |
| 215 | 388 | Pedro Roque Martins | CPT Sobral de Ceira | 45:01 | +15:06 | 04:30 | |
| 216 | 780 | Filipe Coutinho Valente Freire | Individual | 45:03 | +15:08 | 04:30 | |
| 217 | 479 | Clara Sofia da Costa Rodrigues | Escola de Atletismo de Coimbra/JPaiva | 45:05 | +15:10 | 04:30 | |
| 218 | 1219 | Fernando Freire | Individual | 45:07 | +15:12 | 04:31 | |
| 219 | 1357 | Pedro Vicente | Individual | 45:07 | +15:12 | 04:31 | |
| 220 | 883 | Gustavo Gama | Individual | 45:07 | +15:12 | 04:31 | |
| 221 | 290 | Dorin Repesciuc | Clube de Atletismo da Nazaré | 45:08 | +15:13 | 04:31 | |
| 222 | 298 | Heraldo Peixe | Clube de Atletismo da Nazaré | 45:10 | +15:15 | 04:31 | |
| 223 | 1309 | Luís Soares | Individual | 45:11 | +15:16 | 04:31 | |
| 224 | 510 | Rafael Alves Bernardes | Escola Superior de Enfermagem de Coimbra | 45:14 | +15:19 | 04:31 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 225 | 501 | Luis Pereira | Escola de Atletismo de Coimbra/JPaiva | 45:14 | +15:19 | 04:31 | |
| 226 | 1168 | Marco Duarte | Individual | 45:15 | +15:20 | 04:32 | |
| 227 | 156 | Gil Santos | ARCD Venda da Luísa Trail | 45:16 | +15:21 | 04:32 | |
| 228 | 918 | João Pedro Marques Duarte | Individual | 45:17 | +15:22 | 04:32 | |
| 229 | 1631 | Daniel Santos | Runners & Friends | 45:19 | +15:24 | 04:32 | |
| 230 | 386 | Rui Figueiredo | CPT Sobral de Ceira | 45:22 | +15:27 | 04:32 | |
| 231 | 1757 | Tânia Daniela Gomes Pinto | Viriathvs Runners Viseu | 45:23 | +15:28 | 04:32 | |
| 232 | 1584 | JOÃO FERNANDES | PROSISTEM.RUNNERS | 45:23 | +15:28 | 04:32 | |
| 233 | 507 | Luís Oliveira | Escola de Atletismo de Coimbra/JPaiva | 45:23 | +15:28 | 04:32 | |
| 234 | 1664 | Luís Valgode | Running4Fun Viseu | 45:24 | +15:29 | 04:32 | |
| 235 | 350 | Simão Seiça Costa | CNI | 45:25 | +15:30 | 04:32 | |
| 236 | 1336 | CARLOS ALBERTO DA SILVA PIRES | Individual | 45:26 | +15:31 | 04:33 | |
| 237 | 162 | José Carlos Simões | Associação Académica de Coimbra | 45:27 | +15:32 | 04:33 | |
| 238 | 164 | Mário Carapinheiro | Associação Académica de Coimbra | 45:28 | +15:33 | 04:33 | |
| 239 | 1275 | António Rogério Cruz Simões Almeida | Individual | 45:28 | +15:33 | 04:33 | |
| 240 | 57 | Maria João Vieira | A.R.S.M. - Associação Recreativa de São Miguel | 45:30 | +15:35 | 04:33 | |
| 241 | 1317 | PAULO PRIOR | Individual | 45:30 | +15:35 | 04:33 | |
| 242 | 855 | Diogo Gonçalves | Individual | 45:30 | +15:35 | 04:33 | |
| 243 | 1269 | Vitor Viola | A.R.S.M. - Associação Recreativa de São Miguel | 45:31 | +15:36 | 04:33 | |
| 244 | 1167 | Luís Pereira | Individual | 45:33 | +15:38 | 04:33 | |
| 245 | 345 | Horácio Ferreira | CMCoimbra | 45:35 | +15:40 | 04:33 | |
| 246 | 1244 | Miguel Figueiredo | Individual | 45:36 | +15:41 | 04:34 | |
| 247 | 50 | Pedro Vieira | A.D. Amarante Trail Running | 45:36 | +15:41 | 04:34 | |
| 248 | 1202 | Vítor Ribeiro | Individual | 45:36 | +15:41 | 04:34 | |
| 249 | 1223 | Gonçalo Cardoso | Individual | 45:37 | +15:42 | 04:34 | |
| 250 | 1158 | José Miguel Moreira dos Reis Silvestre | Individual | 45:37 | +15:42 | 04:34 | |
| 251 | 1612 | Nuno Dias | RC Believers | 45:39 | +15:44 | 04:34 | |
| 252 | 420 | Júlia Santos | Dci/trilhos luso bussaco | 45:40 | +15:45 | 04:34 | |
| 253 | 368 | Filipe Santos | Coimbra Trail Running | 45:42 | +15:47 | 04:34 | |
| 254 | 389 | David Patricio Santos | CPT Sobral de Ceira | 45:42 | +15:47 | 04:34 | |
| 255 | 1370 | José canha | Individual | 45:42 | +15:47 | 04:34 | |
| 256 | 717 | Ricardo Lopes Gomes | Individual | 45:42 | +15:47 | 04:34 | |
| 257 | 826 | Artur Rocha | Individual | 45:47 | +15:52 | 04:35 | |
| 258 | 608 | Carlos Fonseca | Focus & TUU | 45:48 | +15:53 | 04:35 | |
| 259 | 924 | João Santiago | Individual | 45:49 | +15:54 | 04:35 | |
| 260 | 155 | Sérgio vilão | ARCD Venda da Luísa Trail | 45:49 | +15:54 | 04:35 | |
| 261 | 1251 | Paulo Cardoso | Individual | 45:50 | +15:55 | 04:35 | |
| 262 | 1197 | Rui Silva | Individual | 45:52 | +15:57 | 04:35 | |
| 263 | 683 | João Cardoso | Homework_out & ActiFisio Running Team | 45:54 | +15:59 | 04:35 | |
| 264 | 1302 | Lúcio Ventura | Individual | 45:55 | +16:00 | 04:35 | |
| 265 | 591 | Luís Miguel Ramos Ferrão | Focus & TUU | 45:58 | +16:03 | 04:36 | |
| 266 | 1284 | Geraldo de Souza | Individual | 46:01 | +16:06 | 04:36 | |
| 267 | 957 | Márcio Silva | A.R.S.M. - Associação Recreativa de São Miguel | 46:02 | +16:07 | 04:36 | |
| 268 | 933 | JORGE SCEVOLA | A.R.S.M. - Associação Recreativa de São Miguel | 46:02 | +16:07 | 04:36 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 269 | 70 | Jorge Fernandes | A.R.S.M. - Associação Recreativa de São Miguel | 46:03 | +16:08 | 04:36 | |
| 270 | 269 | Tiago Martins | Centro Trail Penacova | 46:04 | +16:09 | 04:36 | |
| 271 | 628 | Eugénio Santos | Gelcentro Team | 46:06 | +16:11 | 04:37 | |
| 272 | 1297 | JOSE DIAS | Individual | 46:07 | +16:12 | 04:37 | |
| 273 | 130 | Sandro Medhi Novais Touil | AMIG@S do PI | 46:07 | +16:12 | 04:37 | |
| 274 | 461 | Carla Santos | Escola de Atletismo de Coimbra/JPaiva | 46:16 | +16:21 | 04:38 | |
| 275 | 1435 | Marco André Dias Sousa | Lagartixas em fuga | 46:22 | +16:27 | 04:38 | |
| 276 | 128 | Filipe Miguel Campos Canilho | AMIG@S do PI | 46:23 | +16:28 | 04:38 | |
| 277 | 1255 | Pedro Figueira | Individual | 46:24 | +16:29 | 04:38 | |
| 278 | 154 | André Santos | ARCD Venda da Luísa Trail | 46:28 | +16:33 | 04:39 | |
| 279 | 685 | Manuel Emílio Fernandes Campos Coroa | Homework_out & ActiFisio Running Team | 46:30 | +16:35 | 04:39 | |
| 280 | 970 | Nuno Albergaria | Individual | 46:32 | +16:37 | 04:39 | |
| 281 | 484 | Ana Mota | Escola de Atletismo de Coimbra/JPaiva | 46:32 | +16:37 | 04:39 | |
| 282 | 818 | André Martins | Individual | 46:34 | +16:39 | 04:39 | |
| 283 | 842 | Carlos Pereira | Individual | 46:34 | +16:39 | 04:39 | |
| 284 | 428 | José Pereira | Dci/trilhos luso bussaco | 46:41 | +16:46 | 04:40 | |
| 285 | 220 | Stefane Silva | Bombeiros Sapadores de Coimbra | 46:50 | +16:55 | 04:41 | |
| 286 | 1180 | Paulo Cruz | Individual | 46:51 | +16:56 | 04:41 | |
| 287 | 486 | Dora Serra | Escola de Atletismo de Coimbra/JPaiva | 46:52 | +16:57 | 04:41 | |
| 288 | 991 | Pedro Tavares | Individual | 46:52 | +16:57 | 04:41 | |
| 289 | 1334 | Basilio Simoes | Individual | 46:53 | +16:58 | 04:41 | |
| 290 | 1213 | Cesar Tafula | Individual | 46:53 | +16:58 | 04:41 | |
| 291 | 998 | Ricardo Serra | Individual | 46:53 | +16:58 | 04:41 | |
| 292 | 1484 | Daniel Catarino | Os Flashes | 46:54 | +16:59 | 04:41 | |
| 293 | 264 | Pedro Silva | Casas Adriano Astromil Clube | 47:02 | +17:07 | 04:42 | |
| 294 | 1300 | José Vieira | Individual | 47:12 | +17:17 | 04:43 | |
| 295 | 887 | Henrique Carvalheiro | Individual | 47:15 | +17:20 | 04:43 | |
| 296 | 1196 | Rui Miguel Gonçalves Nunes | Individual | 47:15 | +17:20 | 04:44 | |
| 297 | 352 | João Mendes | CNI | 47:16 | +17:21 | 04:44 | |
| 298 | 1212 | Carlos Matos | Individual | 47:17 | +17:22 | 04:44 | |
| 299 | 1726 | João Luis | THE FIRST Wellness & Bootcamp | 47:20 | +17:25 | 04:44 | |
| 300 | 1647 | Daniel Amaral | Runners da Calçada | 47:21 | +17:26 | 04:44 | |
| 301 | 639 | Rui Marco Almeida Couto Gonçalves | Gerardo Studio | 47:22 | +17:27 | 04:44 | |
| 302 | 636 | João Nogueira Pires Gerardo | Gerardo Studio | 47:22 | +17:27 | 04:44 | |
| 303 | 1136 | Eduardo Jorge Penacho Ribeiro | Individual | 47:22 | +17:27 | 04:44 | |
| 304 | 1758 | Fabio David da Costa Amaral | Viriathvs Runners Viseu | 47:25 | +17:30 | 04:45 | |
| 305 | 1190 | Pedro Ricardo Coelho Gonçalves | Individual | 47:27 | +17:32 | 04:45 | |
| 306 | 927 | Joni Alexandre Carreira Oliveira | Individual | 47:28 | +17:33 | 04:45 | |
| 307 | 1436 | Miguel Freire | Lagartixas em fuga | 47:28 | +17:33 | 04:45 | |
| 308 | 1667 | Humberto Dias | Running4Fun Viseu | 47:29 | +17:34 | 04:45 | |
| 309 | 706 | Luciano Fonte | Homework_out & ActiFisio Running Team | 47:29 | +17:34 | 04:45 | |
| 310 | 1450 | Eduardo Baptista | marvila jovem | 47:29 | +17:34 | 04:45 | |
| 311 | 142 | João Pedro Madeira Pratas | ARCD Venda da Luísa Trail | 47:30 | +17:35 | 04:45 | |
| 312 | 303 | Luciano Dantas | Clube de Atletismo da Nazaré | 47:31 | +17:36 | 04:45 | |
| 313 | 902 | João Ferreira | Individual | 47:32 | +17:37 | 04:45 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 314 | 1032 | Tiago Silva | Individual | 47:33 | +17:38 | 04:45 | |
| 315 | 580 | Daniel Fernandes | Focus & TUU | 47:36 | +17:41 | 04:46 | |
| 316 | 521 | Gonçalo Lourenço | Farmácia Luciano e Matos | 47:38 | +17:43 | 04:46 | |
| 317 | 1366 | Helder de Jesus Araújo | Individual | 47:39 | +17:44 | 04:46 | |
| 318 | 951 | Luís Neves | Individual | 47:40 | +17:45 | 04:46 | |
| 319 | 421 | Manuela Mendes | Dci/trilhos luso bussaco | 47:41 | +17:46 | 04:46 | |
| 320 | 236 | Miguel Ribeiro | Bombeiros Sapadores de Coimbra | 47:42 | +17:47 | 04:46 | |
| 321 | 121 | Pedro Nuno Vasco Amado | Águas de Coimbra | 47:42 | +17:47 | 04:46 | |
| 322 | 119 | Mário José Fernandes da Silva Almeida | Águas de Coimbra | 47:42 | +17:47 | 04:46 | |
| 323 | 976 | Nuno Silva | Individual | 47:42 | +17:47 | 04:46 | |
| 324 | 550 | Paulo Miguel Lourenço dos Santos | FLASHOVER BVPENELA | 47:44 | +17:49 | 04:46 | |
| 325 | 201 | André Dias | BLUEPHARMA | 47:44 | +17:49 | 04:46 | |
| 326 | 1248 | Nuno Miguel Sampaio | Individual | 47:46 | +17:51 | 04:47 | |
| 327 | 906 | João Lopes | Individual | 47:47 | +17:52 | 04:47 | |
| 328 | 418 | Lúcia Marques | Dci/trilhos luso bussaco | 47:49 | +17:54 | 04:47 | |
| 329 | 312 | Gonçalo Carvalho | CluVe - Clube de Veteranos de Atletismo Coimbra | 47:49 | +17:54 | 04:47 | |
| 330 | 822 | Ângelo Fonseca | Individual | 47:49 | +17:54 | 04:47 | |
| 331 | 1759 | Guilherme Silva | Viriathvs Runners Viseu | 47:51 | +17:56 | 04:47 | |
| 332 | 395 | Paulo Dias | Crazy Runners | 47:51 | +17:56 | 04:47 | |
| 333 | 301 | José Marques | Clube de Atletismo da Nazaré | 47:53 | +17:58 | 04:47 | |
| 334 | 1182 | Paulo Jorge Fernandes Pinheiro | Individual | 47:54 | +17:59 | 04:47 | |
| 335 | 700 | João Duarte | Homework_out & ActiFisio Running Team | 47:56 | +18:01 | 04:48 | |
| 336 | 597 | Rui Filipe Simões Meles Saldanha | Focus & TUU | 47:57 | +18:02 | 04:48 | |
| 337 | 1329 | Anthony J. Burke | Individual | 47:58 | +18:03 | 04:48 | |
| 338 | 1662 | Fernando Gonçalves | Running4Fun Viseu | 47:59 | +18:04 | 04:48 | |
| 339 | 1224 | Gonçalo Filipe Neves Padilha | Individual | 48:00 | +18:05 | 04:48 | |
| 340 | 930 | Jorge Cruz | Individual | 48:01 | +18:06 | 04:48 | |
| 341 | 944 | Luis Almeida | Individual | 48:03 | +18:08 | 04:48 | |
| 342 | 1257 | Pedro Jacinto | Individual | 48:03 | +18:08 | 04:48 | |
| 343 | 977 | Paolo Romano | Individual | 48:03 | +18:08 | 04:48 | |
| 344 | 238 | Jorge Manuel da Fonseca Primo | Bombeiros Sapadores de Coimbra | 48:05 | +18:10 | 04:49 | |
| 345 | 122 | Luis Filipe Nogueira da Costa | Águas de Coimbra | 48:05 | +18:10 | 04:49 | |
| 346 | 1292 | João Pedro Sousa | Individual | 48:08 | +18:13 | 04:49 | |
| 347 | 1396 | Daniel Costa Silva | Inter de Limão | 48:09 | +18:14 | 04:49 | |
| 348 | 1344 | João Veloso | Individual | 48:11 | +18:16 | 04:49 | |
| 349 | 1141 | Hélder Costa | Individual | 48:11 | +18:16 | 04:49 | |
| 350 | 398 | Luis Mónico | Crazy Runners | 48:12 | +18:17 | 04:49 | |
| 351 | 1233 | Jose costa | Individual | 48:12 | +18:17 | 04:49 | |
| 352 | 901 | João Ferreira | Individual | 48:13 | +18:18 | 04:49 | |
| 353 | 959 | Marco José Marreiro | Individual | 48:14 | +18:19 | 04:49 | |
| 354 | 968 | Nelo Fernandes | Individual | 48:17 | +18:22 | 04:50 | |
| 355 | 463 | Jennifer Maia | Escola de Atletismo de Coimbra/JPaiva | 48:18 | +18:23 | 04:50 | |
| 356 | 465 | Maria Carvalho | Escola de Atletismo de Coimbra/JPaiva | 48:18 | +18:23 | 04:50 | |
| 357 | 1625 | Marco Ferreira | Roda Dianteira BTT | 48:19 | +18:24 | 04:50 | |
| 358 | 689 | Sofia Costa | Homework_out & ActiFisio Running Team | 48:19 | +18:24 | 04:50 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 359 | 979 | Paulo Matafome | Individual | 48:20 | +18:25 | 04:50 | |
| 360 | 950 | Luís Nava | Individual | 48:24 | +18:29 | 04:50 | |
| 361 | 422 | Nuno Pessoa | Dci/trilhos luso bussaco | 48:26 | +18:31 | 04:51 | |
| 362 | 1657 | Celina Dias | Running4Fun Viseu | 48:27 | +18:32 | 04:51 | |
| 363 | 659 | ALBANO JACINTO | GRUPO DESPORTIVO ASSEMPARK - AVEIRO | 48:27 | +18:32 | 04:51 | |
| 364 | 576 | Alexandre Alves Pereira | Focus & TUU | 48:27 | +18:32 | 04:51 | |
| 365 | 432 | Célio Duarte | Deixa Passar | 48:28 | +18:33 | 04:51 | |
| 366 | 136 | Rui Pereira | AMIG@S do PI | 48:32 | +18:37 | 04:51 | |
| 367 | 520 | MARINA GIRÃO | Farmácia Luciano e Matos | 48:35 | +18:40 | 04:51 | |
| 368 | 974 | Nuno Miguel Correia Duarte | Individual | 48:37 | +18:42 | 04:52 | |
| 369 | 13 | Alain Alves | #teamnoesis | 48:39 | +18:44 | 04:52 | |
| 370 | 911 | João Marques | Individual | 48:40 | +18:45 | 04:52 | |
| 371 | 464 | Margarida Garcia | Escola de Atletismo de Coimbra/JPaiva | 48:40 | +18:45 | 04:52 | |
| 372 | 684 | João Costa | Homework_out & ActiFisio Running Team | 48:41 | +18:46 | 04:52 | |
| 373 | 632 | Diogo André Santos Guilherme | Gerardo Studio | 48:41 | +18:46 | 04:52 | |
| 374 | 919 | João Pedro Rebelo da Silva | Individual | 48:42 | +18:47 | 04:52 | |
| 375 | 1587 | Custódio Loureiro | PROSISTEM.RUNNERS | 48:43 | +18:48 | 04:52 | |
| 376 | 1568 | Flávia Ferraz | PROSISTEM.RUNNERS | 48:43 | +18:48 | 04:52 | |
| 377 | 1377 | Fausto Carvalho | Individual | 48:44 | +18:49 | 04:52 | |
| 378 | 1208 | Arnaldo Carvalho Tomás | Individual | 48:44 | +18:49 | 04:52 | |
| 379 | 222 | Agostinho Taborda | Bombeiros Sapadores de Coimbra | 48:45 | +18:50 | 04:53 | |
| 380 | 1356 | Pedro Elias | Individual | 48:48 | +18:53 | 04:53 | |
| 381 | 680 | Fábio Oliveira | Homework_out & ActiFisio Running Team | 48:49 | +18:54 | 04:53 | |
| 382 | 67 | Paulo Pinto | A.R.S.M. - Associação Recreativa de São Miguel | 48:49 | +18:54 | 04:53 | |
| 383 | 63 | Zenaide Alves | A.R.S.M. - Associação Recreativa de São Miguel | 48:49 | +18:54 | 04:53 | |
| 384 | 703 | Ricardo Gonçalves | Homework_out & ActiFisio Running Team | 48:50 | +18:55 | 04:53 | |
| 385 | 860 | Edson Valter Louro de Figueiredo | Individual | 48:53 | +18:58 | 04:53 | |
| 386 | 1005 | Roman Nayavko | Individual | 48:54 | +18:59 | 04:53 | |
| 387 | 1014 | Rui moura | Individual | 48:54 | +18:59 | 04:53 | |
| 388 | 92 | Filipa Domingues | ACDRS QUINHENDROS | 48:55 | +19:00 | 04:54 | |
| 389 | 1577 | CRISTINA NUNES | PROSISTEM.RUNNERS | 48:56 | +19:01 | 04:54 | |
| 390 | 51 | Mário Miguel Ferreira | A.D.C.P. PEDRALVA | 48:56 | +19:01 | 04:54 | |
| 391 | 1002 | Rodrigo André Maturana Pais | Individual | 48:57 | +19:02 | 04:54 | |
| 392 | 1563 | Ana Catarina Nascimento | PROSISTEM.RUNNERS | 48:57 | +19:02 | 04:54 | |
| 393 | 562 | Joana lucena | Focus & TUU | 48:57 | +19:02 | 04:54 | |
| 394 | 125 | Bruno Rei | AllforOne | 48:57 | +19:02 | 04:54 | |
| 395 | 1031 | Tiago Peixinho | Individual | 48:58 | +19:03 | 04:54 | |
| 396 | 601 | Susana Eloi | Focus & TUU | 48:58 | +19:03 | 04:54 | |
| 397 | 1573 | Vitor Mendonça | PROSISTEM.RUNNERS | 48:58 | +19:03 | 04:54 | |
| 398 | 1545 | Vagner Marques | Pedro Bonito Coach | 48:58 | +19:03 | 04:54 | |
| 399 | 986 | Pedro Miguel Cardoso Madeira | Individual | 48:58 | +19:03 | 04:54 | |
| 400 | 59 | João Octávio | A.R.S.M. - Associação Recreativa de São Miguel | 48:58 | +19:03 | 04:54 | |
| 401 | 1663 | José Antunes | Running4Fun Viseu | 48:59 | +19:04 | 04:54 | |
| 402 | 572 | Sandra rito | Focus & TUU | 48:59 | +19:04 | 04:54 | |
| 403 | 208 | Ricardo Neves | BLUEPHARMA | 48:59 | +19:04 | 04:54 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 404 | 504 | Vasco Alexandre Valente Ferro de Brito Borges | Escola de Atletismo de Coimbra/JPaiva | 48:59 | +19:04 | 04:54 | |
| 405 | 1801 | Ana Rodrigues | Individual | 48:59 | +19:04 | 04:54 | |
| 406 | 1524 | Acácio Xavier | PCL | 49:00 | +19:05 | 04:54 | |
| 407 | 1531 | Vítor Pinheiro | PCL | 49:00 | +19:05 | 04:54 | |
| 408 | 1740 | Nuno Mendes | THE FIRST Wellness & Bootcamp | 49:00 | +19:05 | 04:54 | |
| 409 | 212 | André Carvalho | BLUEPHARMA | 49:01 | +19:06 | 04:54 | |
| 410 | 880 | Gonçalo Dias | Individual | 49:06 | +19:11 | 04:55 | |
| 411 | 611 | Pedro Craveiro | Focus & TUU | 49:07 | +19:12 | 04:55 | |
| 412 | 776 | Mariana Catarina Rodrigues de Oliveira | Individual | 49:08 | +19:13 | 04:55 | |
| 413 | 1207 | Antonio Ricardo Campos Cardoso | Individual | 49:09 | +19:14 | 04:55 | |
| 414 | 82 | Hugo Neves | Academia Desportos Condeixa | 49:11 | +19:16 | 04:55 | |
| 415 | 1578 | MARCO VELOSO | PROSISTEM.RUNNERS | 49:11 | +19:16 | 04:55 | |
| 416 | 104 | Joana Almeida | Adões Trail | 49:11 | +19:16 | 04:55 | |
| 417 | 1128 | Carlos Eduardo Domingues | Individual | 49:14 | +19:19 | 04:55 | |
| 418 | 1433 | Fábio Mendes | Lagartixas em fuga | 49:15 | +19:20 | 04:56 | |
| 419 | 171 | Nuno Moura | Associação de Vítimas das petas do Sal | 49:20 | +19:25 | 04:56 | |
| 420 | 1465 | João Santos | Motores a Broa | 49:23 | +19:28 | 04:56 | |
| 421 | 173 | André Santos | ASSSCC - AR LIVRE E AVENTURA | 49:23 | +19:28 | 04:56 | |
| 422 | 982 | Pedro Carvalho Almeida | Individual | 49:26 | +19:31 | 04:57 | |
| 423 | 1144 | Hugo Abade | Individual | 49:26 | +19:31 | 04:57 | |
| 424 | 315 | Kim Howes | CluVe - Clube de Veteranos de Atletismo Coimbra | 49:28 | +19:33 | 04:57 | |
| 425 | 1383 | Manuel Santos | Individual | 49:28 | +19:33 | 04:57 | |
| 426 | 1525 | André Albino | PCL | 49:30 | +19:35 | 04:57 | |
| 427 | 1153 | Jorge Manuel de Jesus Perdigão | Individual | 49:31 | +19:36 | 04:57 | |
| 428 | 865 | Fábio Antunes | Individual | 49:32 | +19:37 | 04:57 | |
| 429 | 778 | Mariana Ferreira | Individual | 49:37 | +19:42 | 04:58 | |
| 430 | 949 | Luís Gonçalves | Individual | 49:37 | +19:42 | 04:58 | |
| 431 | 1389 | Edmundo Sérgio | Inter da Mata | 49:39 | +19:44 | 04:58 | |
| 432 | 328 | Ana Mendes | CMCoimbra | 49:39 | +19:44 | 04:58 | |
| 433 | 242 | Vitor Rodrigues | Botão Camp | 49:41 | +19:46 | 04:58 | |
| 434 | 827 | Bernardo Cerdeira | Individual | 49:43 | +19:48 | 04:58 | |
| 435 | 1235 | JP Griné | Individual | 49:43 | +19:48 | 04:58 | |
| 436 | 893 | Igor Furtado Jucá | Individual | 49:45 | +19:50 | 04:58 | |
| 437 | 607 | Pedro Bento | Focus & TUU | 49:47 | +19:52 | 04:59 | |
| 438 | 1012 | Rui Costa | Individual | 49:47 | +19:52 | 04:59 | |
| 439 | 397 | Claudio Sousa | Crazy Runners | 49:49 | +19:54 | 04:59 | |
| 440 | 590 | Luis Gonzaga | Focus & TUU | 49:50 | +19:55 | 04:59 | |
| 441 | 316 | Nuno Miguel | CluVe - Clube de Veteranos de Atletismo Coimbra | 49:51 | +19:56 | 04:59 | |
| 442 | 1327 | VITOR PEREIRA | Individual | 49:58 | +20:03 | 05:00 | |
| 443 | 650 | Tiago Silva | Gomates e Trelos | 49:59 | +20:04 | 05:00 | |
| 444 | 1221 | Francisco Correia | Individual | 50:00 | +20:05 | 05:00 | |
| 445 | 857 | Diogo Miguel Ferreira Gonçalves | Individual | 50:01 | +20:06 | 05:00 | |
| 446 | 1140 | Gustavo Barros | Individual | 50:02 | +20:07 | 05:00 | |
| 447 | 1189 | Pedro Renca | Individual | 50:02 | +20:07 | 05:00 | |
| 448 | 1119 | Alexandre mendes | Individual | 50:02 | +20:07 | 05:00 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 449 | 1591 | Antonio Gaspar | ACDRS QUINHENDROS | 50:03 | +20:08 | 05:00 | |
| 450 | 1590 | Cláudia Neto | ACDRS QUINHENDROS | 50:06 | +20:11 | 05:01 | |
| 451 | 1286 | Guillermo Cabrera | Individual | 50:07 | +20:12 | 05:01 | |
| 452 | 1652 | Laura Rochinha | Running4Fun Viseu | 50:09 | +20:14 | 05:01 | |
| 453 | 1486 | Filipe Silva | Os Flashes | 50:09 | +20:14 | 05:01 | |
| 454 | 1425 | Maris Lopes | K Studio Running Team | 50:10 | +20:15 | 05:01 | |
| 455 | 1431 | Jorge Santos | K Studio Running Team | 50:11 | +20:16 | 05:01 | |
| 456 | 1687 | Francisco Oliveira | Sky.studio Runners | 50:12 | +20:17 | 05:01 | |
| 457 | 91 | Luis Miguel Fonseca da Cruz | Academia Desportos Condeixa | 50:12 | +20:17 | 05:01 | |
| 458 | 1696 | Elisabete Carreira | SOURE MOV | 50:13 | +20:18 | 05:01 | |
| 459 | 1514 | João Pedro Lopes | Pais em furia | 50:14 | +20:19 | 05:01 | |
| 460 | 1398 | João Pedro Reis Marques Henriques Rainho | Inter de Limão | 50:15 | +20:20 | 05:02 | |
| 461 | 1123 | Anselmo Baptista | Individual | 50:16 | +20:21 | 05:02 | |
| 462 | 357 | Catarina Zylberberg | CNI | 50:17 | +20:22 | 05:02 | |
| 463 | 168 | João Moura | Associação de Vítimas das petas do Sal | 50:17 | +20:22 | 05:02 | |
| 464 | 1762 | LUIS LOUREIRO | Viriathvs Runners Viseu | 50:17 | +20:22 | 05:02 | |
| 465 | 358 | Artur Jorge Henriques Gândara | CNI | 50:18 | +20:23 | 05:02 | |
| 466 | 1658 | João Paulo | Running4Fun Viseu | 50:19 | +20:24 | 05:02 | |
| 467 | 1247 | Nuno Migue Morais Rodrigues | Individual | 50:19 | +20:24 | 05:02 | |
| 468 | 920 | João Pinho | Individual | 50:20 | +20:25 | 05:02 | |
| 469 | 616 | ALVARO PORTUGAL | Focus & TUU | 50:20 | +20:25 | 05:02 | |
| 470 | 1222 | Gilberto Palmeira | Individual | 50:21 | +20:26 | 05:02 | |
| 471 | 886 | Helder Cunha | Individual | 50:22 | +20:27 | 05:02 | |
| 472 | 1092 | Sandra Maria Silva de Carvalho | Individual | 50:22 | +20:27 | 05:02 | |
| 473 | 1048 | Ines Reis | Individual | 50:22 | +20:27 | 05:02 | |
| 474 | 1049 | Joana batista | Individual | 50:23 | +20:28 | 05:02 | |
| 475 | 1624 | Bruno Abrantes | Roda Dianteira BTT | 50:25 | +20:30 | 05:02 | |
| 476 | 787 | Nataliya Zhurakivska | Individual | 50:26 | +20:31 | 05:03 | |
| 477 | 612 | Renato Fernandes Machado | Focus & TUU | 50:26 | +20:31 | 05:03 | |
| 478 | 1172 | Nuno Almeida | Individual | 50:27 | +20:32 | 05:03 | |
| 479 | 1360 | Valter dos Santos Cabral | Individual | 50:29 | +20:34 | 05:03 | |
| 480 | 594 | Pedro Martins | Focus & TUU | 50:29 | +20:34 | 05:03 | |
| 481 | 55 | Cláudia Rosa | A.R.S.M. - Associação Recreativa de São Miguel | 50:30 | +20:35 | 05:03 | |
| 482 | 1175 | Nuno Rodrigues | Individual | 50:31 | +20:36 | 05:03 | |
| 483 | 1526 | André Oliveira | PCL | 50:32 | +20:37 | 05:03 | |
| 484 | 213 | David Oliveira | BLUEPHARMA | 50:34 | +20:39 | 05:03 | |
| 485 | 997 | Ricardo Lopes | Individual | 50:36 | +20:41 | 05:04 | |
| 486 | 965 | Miguel Forte | Individual | 50:38 | +20:43 | 05:04 | |
| 487 | 1323 | Rui Gaspar | Individual | 50:39 | +20:44 | 05:04 | |
| 488 | 948 | Luís Gaspar | Individual | 50:39 | +20:44 | 05:04 | |
| 489 | 233 | Luís Filipe Amaro Caetano | Bombeiros Sapadores de Coimbra | 50:41 | +20:46 | 05:04 | |
| 490 | 973 | Nuno Lourenço | Individual | 50:43 | +20:48 | 05:04 | |
| 491 | 231 | José Mendes | Bombeiros Sapadores de Coimbra | 50:43 | +20:48 | 05:04 | |
| 492 | 1211 | Carlos Alberto de Jesus Manuel | Coimbra Trail Running | 50:43 | +20:48 | 05:04 | |
| 493 | 1458 | João Pinho | Miro Trail | 50:44 | +20:49 | 05:04 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 494 | 704 | Vitor Santos | Homework_out & ActiFisio Running Team | 50:44 | +20:49 | 05:04 | |
| 495 | 820 | André Peixoto | Individual | 50:44 | +20:49 | 05:04 | |
| 496 | 1099 | Célia Mabilia Rodrigues Figueira | Individual | 50:47 | +20:52 | 05:05 | |
| 497 | 493 | Rui Miguel Martins | Escola de Atletismo de Coimbra/JPaiva | 50:47 | +20:52 | 05:05 | |
| 498 | 903 | João Filipe Gomes | Individual | 50:49 | +20:54 | 05:05 | |
| 499 | 1339 | Fernando Medeiros | Individual | 50:51 | +20:56 | 05:05 | |
| 500 | 966 | Miguel Pereira | Individual | 50:51 | +20:56 | 05:05 | |
| 501 | 1599 | António Pinto | Rato Esquilo | 50:58 | +21:03 | 05:06 | |
| 502 | 630 | Bruno Filipe Rodrigues Nobre | Gerardo Studio | 51:00 | +21:05 | 05:06 | |
| 503 | 816 | André Jesus | Individual | 51:00 | +21:05 | 05:06 | |
| 504 | 922 | João Prina | Individual | 51:01 | +21:06 | 05:06 | |
| 505 | 1761 | Lucilia Fernandes | Viriathvs Runners Viseu | 51:02 | +21:07 | 05:06 | |
| 506 | 729 | Ana Reis | Individual | 51:03 | +21:08 | 05:06 | |
| 507 | 1457 | João Carlos Pereira | Miro Trail | 51:04 | +21:09 | 05:06 | |
| 508 | 892 | Hugo Tiago Martins Fernandes | Individual | 51:05 | +21:10 | 05:06 | |
| 509 | 1659 | Rui sucio | Running4Fun Viseu | 51:05 | +21:10 | 05:06 | |
| 510 | 1449 | Carlos Simões | Marcianos | 51:05 | +21:10 | 05:07 | |
| 511 | 1756 | Claudia Nunes | Viriathvs Runners Viseu | 51:09 | +21:14 | 05:07 | |
| 512 | 1764 | Viriato Coelho | Viriathvs Runners Viseu | 51:09 | +21:14 | 05:07 | |
| 513 | 958 | Marco Custódio | Individual | 51:10 | +21:15 | 05:07 | |
| 514 | 299 | Pedro Pejapes | Clube de Atletismo da Nazaré | 51:11 | +21:16 | 05:07 | |
| 515 | 225 | Nelson Mendes | Bombeiros Sapadores de Coimbra | 51:11 | +21:17 | 05:07 | |
| 516 | 928 | Jorge Campos | Individual | 51:12 | +21:17 | 05:07 | |
| 517 | 16 | Daniel Duarte | #teamnoesis | 51:12 | +21:17 | 05:07 | |
| 518 | 56 | Fátima Fernandes | A.R.S.M. - Associação Recreativa de São Miguel | 51:15 | +21:20 | 05:08 | |
| 519 | 633 | Diogo Nogueira Pires Gerardo | Gerardo Studio | 51:20 | +21:25 | 05:08 | |
| 520 | 308 | MARIA ISABEL PEREIRA INACIO | Clube Millennium BCP | 51:24 | +21:29 | 05:08 | |
| 521 | 1718 | TÓ ZÉ | TERTÚLIA DA VELHA CABRA | 51:24 | +21:29 | 05:08 | |
| 522 | 1539 | Catarina Tudela | Pedro Bonito Coach | 51:26 | +21:31 | 05:09 | |
| 523 | 999 | Ricardo Silva | Individual | 51:27 | +21:32 | 05:09 | |
| 524 | 715 | Gonçalo Lança dos Santos | Individual | 51:28 | +21:33 | 05:09 | |
| 525 | 390 | Fernando Teixeira | CPT Sobral de Ceira | 51:32 | +21:37 | 05:09 | |
| 526 | 147 | Tiago Pires | ARCD Venda da Luísa Trail | 51:33 | +21:38 | 05:09 | |
| 527 | 354 | Válter Alexandre Ramos Afonso | CNI | 51:36 | +21:41 | 05:10 | |
| 528 | 151 | Paula Gonçalves | ARCD Venda da Luísa Trail | 51:38 | +21:43 | 05:10 | |
| 529 | 1354 | Paulo José Rodrigues Fernandes | Individual | 51:42 | +21:47 | 05:10 | |
| 530 | 346 | João Salustiano | CMCoimbra | 51:42 | +21:47 | 05:10 | |
| 531 | 1132 | Carlos Pessoa | Individual | 51:44 | +21:49 | 05:10 | |
| 532 | 1379 | Helder José Ferreira | Individual | 51:44 | +21:49 | 05:10 | |
| 533 | 47 | Paulo Batista | 6:45 | 51:46 | +21:51 | 05:11 | |
| 534 | 1138 | Frederico Marques | Individual | 51:47 | +21:52 | 05:11 | |
| 535 | 1772 | Mónica Patrícia Cardoso Marques | Welvy | 51:49 | +21:54 | 05:11 | |
| 536 | 1305 | Luís Carvalheiro | Individual | 51:50 | +21:55 | 05:11 | |
| 537 | 175 | João Cavadas | ASSSCC - AR LIVRE E AVENTURA | 51:51 | +21:56 | 05:11 | |
| 538 | 393 | PAULO SILVA | CRAQUES DA ADCA | 51:52 | +21:57 | 05:11 | |
| 539 | 391 | BRUNO ROCHA | CRAQUES DA ADCA | 51:52 | +21:57 | 05:11 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 540 | 392 | PEDRO RODRIGUES | CRAQUES DA ADCA | 51:52 | +21:57 | 05:11 | |
| 541 | 1285 | Germano da Costa Anastácio | Individual | 51:54 | +21:59 | 05:11 | |
| 542 | 72 | Dinis da Lagem | AAC-REMO | 51:57 | +22:02 | 05:12 | |
| 543 | 399 | Rui Monteiro | Crazy Runners | 51:58 | +22:03 | 05:12 | |
| 544 | 940 | José Ricardo Tomás Silva | Individual | 52:00 | +22:05 | 05:12 | |
| 545 | 1800 | Vágner Ribeiro | Individual | 52:01 | +22:06 | 05:12 | |
| 546 | 297 | Alexandre Codinha | Clube de Atletismo da Nazaré | 52:03 | +22:08 | 05:12 | |
| 547 | 259 | Cristina Maria Cardoso Dias Nunes | CASA DO BENFICA EM CASTELO BRANCO | 52:04 | +22:09 | 05:12 | |
| 548 | 1595 | Paulo Providência | R G Levanta Poeira | 52:04 | +22:09 | 05:12 | |
| 549 | 1688 | Miguel Cabrita | Sky.studio Runners | 52:07 | +22:12 | 05:13 | |
| 550 | 273 | Jorge Laranjeiro | CF Marialvas | 52:09 | +22:14 | 05:13 | |
| 551 | 61 | Carla Soares | A.R.S.M. - Associação Recreativa de São Miguel | 52:11 | +22:16 | 05:13 | |
| 552 | 204 | Gustavo Simões | BLUEPHARMA | 52:12 | +22:17 | 05:13 | |
| 553 | 1358 | Ricardo Rocha | Individual | 52:14 | +22:19 | 05:13 | |
| 554 | 367 | Edgar Semedo | Coimbra Trail Running | 52:16 | +22:21 | 05:14 | |
| 555 | 1042 | Catarina Isabel Gomes | A.R.S.M. - Associação Recreativa de São Miguel | 52:17 | +22:22 | 05:14 | |
| 556 | 383 | Joana Moutela | CPT Sobral de Ceira | 52:17 | +22:22 | 05:14 | |
| 557 | 969 | Nelson Emanuel Borges Rodrigues | Individual | 52:19 | +22:24 | 05:14 | |
| 558 | 407 | Jorge Faria | CUMIBROA RUNNING TEAM | 52:21 | +22:26 | 05:14 | |
| 559 | 1528 | Nuno Pedro | PCL | 52:21 | +22:26 | 05:14 | |
| 560 | 1238 | Luís Miguel Melo Santos | Individual | 52:21 | +22:26 | 05:14 | |
| 561 | 765 | Liliana Rodrigues | Individual | 52:23 | +22:28 | 05:14 | |
| 562 | 1035 | Toni Ribeiro | Individual | 52:24 | +22:29 | 05:14 | |
| 563 | 667 | Alexandra Gomes | Homework_out & ActiFisio Running Team | 52:24 | +22:29 | 05:14 | |
| 564 | 1281 | Carlos Morgado Santos | Individual | 52:26 | +22:31 | 05:15 | |
| 565 | 360 | Miguel Ferreira | CNI | 52:28 | +22:33 | 05:15 | |
| 566 | 1166 | Luís Manuel Cordeiro Nunes | Individual | 52:28 | +22:33 | 05:15 | |
| 567 | 511 | Vitor Sérgio de Oliveira Parola | Escola Superior de Enfermagem de Coimbra | 52:30 | +22:35 | 05:15 | |
| 568 | 513 | Hugo Leiria Neves | Escola Superior de Enfermagem de Coimbra | 52:31 | +22:36 | 05:15 | |
| 569 | 1201 | Valdivino santos | Individual | 52:32 | +22:37 | 05:15 | |
| 570 | 1157 | José Melo Ferreira | Individual | 52:34 | +22:39 | 05:15 | |
| 571 | 280 | Francisco Carlos Gaspar Branco Caridade | CFCoimbra | 52:35 | +22:40 | 05:15 | |
| 572 | 282 | Paulo César Simões | CFCoimbra | 52:35 | +22:40 | 05:15 | |
| 573 | 589 | Lucas Monteiro | Focus & TUU | 52:40 | +22:45 | 05:16 | |
| 574 | 285 | CARLOS VIEGAS | CHAMAGÁS | 52:41 | +22:46 | 05:16 | |
| 575 | 71 | José Sequeira | A.R.S.M. - Associação Recreativa de São Miguel | 52:41 | +22:46 | 05:16 | |
| 576 | 1298 | José Fernandes | Individual | 52:42 | +22:47 | 05:16 | |
| 577 | 1249 | Nuno Miguel Santos Barros Marabuto | Individual | 52:42 | +22:47 | 05:16 | |
| 578 | 187 | Zé Sandinha | Atletas ao domingo | 52:43 | +22:48 | 05:16 | |
| 579 | 19 | Luís Miguel Martins Silva | #teamnoesis | 52:43 | +22:48 | 05:16 | |
| 580 | 784 | Marlene Sofia Alexandre | Individual | 52:44 | +22:49 | 05:16 | |
| 581 | 1392 | Dénis Neves | Inter da Mata | 52:45 | +22:50 | 05:17 | |
| 582 | 1353 | octavio sergio rodrigues linhares | Individual | 52:46 | +22:51 | 05:17 | |
| 583 | 1129 | Carlos Figueiredo | Individual | 52:47 | +22:52 | 05:17 | |
| 584 | 186 | Pedro Brites | Atletas ao domingo | 52:48 | +22:53 | 05:17 | |

## PROVA PRINCIPAL - STAGE 1 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 585 | 232 | Luís Antunes | Bombeiros Sapadores de Coimbra | 52:48 | +22:53 | 05:17 | |
| 586 | 1692 | Elsa Marques | Sky.studio Runners | 52:49 | +22:54 | 05:17 | |
| 587 | 1629 | Gonçalo Marques | Runners & Friends | 52:49 | +22:54 | 05:17 | |
| 588 | 1342 | João Paulo Mendes | Individual | 52:50 | +22:55 | 05:17 | |
| 589 | 1635 | Egídio Neves | Runners & Friends | 52:50 | +22:55 | 05:17 | |
| 590 | 1776 | Nuno Dinis | Welvy | 52:51 | +22:56 | 05:17 | |
| 591 | 1639 | Rui Dias | Runners & Friends | 52:51 | +22:56 | 05:17 | |
| 592 | 1188 | Pedro Relvão | Individual | 52:51 | +22:56 | 05:17 | |
| 593 | 1125 | Antonio Pelicano | Individual | 52:52 | +22:57 | 05:17 | |
| 594 | 1682 | Filipe "Pelicano" Filipe | Sesimbra Mar - Team Pelicano | 52:52 | +22:57 | 05:17 | |
| 595 | 1575 | MARTA MARQUES | PROSISTEM.RUNNERS | 52:52 | +22:57 | 05:17 | |
| 596 | 446 | Nuno Manco | Dojo Fit Coimbra | 52:53 | +22:58 | 05:17 | |
| 597 | 882 | Guilherme Guimarães Gonçalves | Individual | 52:54 | +22:59 | 05:17 | |
| 598 | 1394 | Guedes Alfredo | Inter da Mata | 52:56 | +23:01 | 05:18 | |
| 599 | 1385 | Vitor Martins Ferreira | Individual | 52:58 | +23:03 | 05:18 | |
| 600 | 943 | Leandro Barros | Individual | 52:59 | +23:04 | 05:18 | |
| 601 | 251 | Pedro Vaz | Cabras Velhas | 52:59 | +23:04 | 05:18 | |
| 602 | 1192 | Ricardo Miguel Moura Santos | Individual | 53:03 | +23:08 | 05:18 | |
| 603 | 289 | DANIEL CONCEIÇÃO | Clube de Atletismo da Nazaré | 53:03 | +23:08 | 05:18 | |
| 604 | 1567 | CONSTANÇA FRAGOSO | PROSISTEM.RUNNERS | 53:06 | +23:11 | 05:19 | |
| 605 | 319 | Narciso Arromba | CluVe - Clube de Veteranos de Atletismo Coimbra | 53:06 | +23:11 | 05:19 | |
| 606 | 967 | Mike Pinto | Individual | 53:08 | +23:13 | 05:19 | |
| 607 | 1654 | Daniela Ferreira | Running4Fun Viseu | 53:09 | +23:14 | 05:19 | |
| 608 | 1341 | João Capeloa | Individual | 53:13 | +23:18 | 05:19 | |
| 609 | 1615 | Almerindo Ferreira | RGLP | 53:13 | +23:18 | 05:19 | |
| 610 | 1593 | Jorge Ribeiro | R G Levanta Poeira | 53:14 | +23:19 | 05:19 | |
| 611 | 443 | Duarte Dias | Dojo Fit Coimbra | 53:15 | +23:20 | 05:19 | |
| 612 | 845 | Cláudio Relvas | Individual | 53:15 | +23:20 | 05:19 | |
| 613 | 502 | Paulo Peixoto | Escola de Atletismo de Coimbra/JPaiva | 53:24 | +23:29 | 05:20 | |
| 614 | 246 | Nuno Reis | Bttrain | 53:24 | +23:29 | 05:20 | |
| 615 | 1364 | Fernando Duarte Rodrigues | Individual | 53:25 | +23:30 | 05:20 | |
| 616 | 1797 | Alexandre Melo | Individual | 53:25 | +23:30 | 05:21 | |
| 617 | 1359 | Rui Simões | Individual | 53:25 | +23:30 | 05:21 | |
| 618 | 929 | Jorge Correia | Individual | 53:26 | +23:31 | 05:21 | |
| 619 | 1753 | João Paulo Tondela | Vacões a correr | 53:26 | +23:31 | 05:21 | |
| 620 | 1751 | Hugo Correia | Vacões a correr | 53:27 | +23:32 | 05:21 | |
| 621 | 1295 | Jorge Ortolá | Individual | 53:30 | +23:35 | 05:21 | |
| 622 | 1315 | Paulo Arriaga | Individual | 53:31 | +23:36 | 05:21 | |
| 623 | 1537 | Luis Pedro Rodrigues | PDARUNNERS | 53:32 | +23:37 | 05:21 | |
| 624 | 661 | João Daniel Cruz | Grupo Recreativo Vilverdense | 53:32 | +23:37 | 05:21 | |
| 625 | 662 | João Cruz | Grupo Recreativo Vilverdense | 53:33 | +23:38 | 05:21 | |
| 626 | 1316 | Paulo Azevedo | Individual | 53:35 | +23:40 | 05:21 | |
| 627 | 184 | Duarte Bernardo | Atletas ao domingo | 53:36 | +23:41 | 05:22 | |
| 628 | 84 | Rute Aguiar de Melo | Academia Desportos Condeixa | 53:37 | +23:42 | 05:22 | |
| 629 | 88 | João António Martins Teles da Costa | Academia Desportos Condeixa | 53:37 | +23:42 | 05:22 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 630 | 1217 | Diogo Lucas Pires | Individual | 53:38 | +23:43 | 05:22 | |
| 631 | 1362 | carlos da conceicao lobo | Individual | 53:38 | +23:43 | 05:22 | |
| 632 | 1796 | Rui Peixoto | Individual | 53:41 | +23:46 | 05:22 | |
| 633 | 188 | Vitor Fontes | Atletas de Peralta | 53:42 | +23:47 | 05:22 | |
| 634 | 752 | Daniele Tamara de Lima | Individual | 53:42 | +23:47 | 05:22 | |
| 635 | 300 | ALEXANDRE ISAAC | Clube de Atletismo da Nazaré | 53:43 | +23:48 | 05:22 | |
| 636 | 478 | Andreia Raquel dos Santos Costa | Escola de Atletismo de Coimbra/JPaiva | 53:44 | +23:49 | 05:22 | |
| 637 | 1243 | Miguel Capela | Individual | 53:47 | +23:52 | 05:23 | |
| 638 | 76 | Bruno Concha | AAC-REMO | 53:47 | +23:52 | 05:23 | |
| 639 | 766 | Linda Vaz | Individual | 53:48 | +23:53 | 05:23 | |
| 640 | 365 | Edite André | Coimbra Trail Running | 53:49 | +23:54 | 05:23 | |
| 641 | 1347 | José das Neves Batata | Individual | 53:50 | +23:55 | 05:23 | |
| 642 | 1375 | António Apolinário Silva Carvalho Saraiva | Individual | 53:51 | +23:56 | 05:23 | |
| 643 | 1148 | João Filipe Correia Gomes | Individual | 53:53 | +23:58 | 05:23 | |
| 644 | 1485 | Rafael Vidal | Os Flashes | 53:54 | +23:59 | 05:23 | |
| 645 | 583 | Hugo Gonçalves | Focus & TUU | 53:56 | +24:01 | 05:24 | |
| 646 | 1499 | Sandra Leite | Os Papa Milhas | 53:57 | +24:02 | 05:24 | |
| 647 | 1381 | José Luis Nogueira Gaspar | Individual | 53:59 | +24:04 | 05:24 | |
| 648 | 185 | Nuno Pinto | Atletas ao domingo | 54:06 | +24:11 | 05:25 | |
| 649 | 302 | Nelson Hilário | Clube de Atletismo da Nazaré | 54:06 | +24:11 | 05:25 | |
| 650 | 915 | João Oliveira | Individual | 54:06 | +24:11 | 05:25 | |
| 651 | 1399 | Fábio Cerejo | IPNrunners | 54:08 | +24:13 | 05:25 | |
| 652 | 849 | Daniel Santos | Individual | 54:09 | +24:14 | 05:25 | |
| 653 | 305 | Annabelle Luis | Clube Desportivo de Espite | 54:16 | +24:21 | 05:26 | |
| 654 | 75 | Miguel Alfaiate | AAC-REMO | 54:18 | +24:23 | 05:26 | |
| 655 | 899 | João Carreira | Individual | 54:19 | +24:24 | 05:26 | |
| 656 | 27 | Pedro Costa | 6:45 | 54:20 | +24:25 | 05:26 | |
| 657 | 1752 | Luis Guerra | Vacões a correr | 54:20 | +24:25 | 05:26 | |
| 658 | 1633 | Vitor Gomes | Runners & Friends | 54:20 | +24:25 | 05:26 | |
| 659 | 681 | Filipe Valente Duarte | Homework_out & ActiFisio Running Team | 54:21 | +24:26 | 05:26 | |
| 660 | 1241 | Marco Santiago | Individual | 54:21 | +24:26 | 05:26 | |
| 661 | 1656 | Ana Pereira | Running4Fun Viseu | 54:23 | +24:28 | 05:26 | |
| 662 | 844 | Carlos Santos | Individual | 54:25 | +24:30 | 05:26 | |
| 663 | 1442 | Deolinda Camarinha Silva | Ligeirinhos | 54:27 | +24:32 | 05:27 | |
| 664 | 552 | Ana Baía | Focus & TUU | 54:27 | +24:32 | 05:27 | |
| 665 | 584 | João Manuel Rodrigues Simões | Focus & TUU | 54:28 | +24:33 | 05:27 | |
| 666 | 615 | Francisco leao | Focus & TUU | 54:28 | +24:33 | 05:27 | |
| 667 | 1456 | Carlos Coelho | Miro Trail | 54:29 | +24:34 | 05:27 | |
| 668 | 1454 | Armenio Nogueira | Miro Trail | 54:29 | +24:34 | 05:27 | |
| 669 | 1322 | Rodrigo Cesaro Direito Monteiro | Individual | 54:30 | +24:35 | 05:27 | |
| 670 | 1209 | Avelino Rodrigues | Individual | 54:30 | +24:35 | 05:27 | |
| 671 | 1434 | João Freire | Lagartixas em fuga | 54:30 | +24:35 | 05:27 | |
| 672 | 369 | Jorge Tiago | Coimbra Trail Running | 54:30 | +24:35 | 05:27 | |
| 673 | 660 | Pedro Almeida | GRUPO DESPORTIVO SANTANDER TOTTA | 54:31 | +24:36 | 05:27 | |
| 674 | 1098 | Carla Maria Gonçalo M;anaia | Individual | 54:31 | +24:36 | 05:27 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 675 | 1580 | ANTÓNIO RODRIGUES | PROSISTEM.RUNNERS | 54:32 | +24:37 | 05:27 | |
| 676 | 1306 | Luís Filipe Antunes da Silva | Individual | 54:32 | +24:37 | 05:27 | |
| 677 | 469 | João Neves | Escola de Atletismo de Coimbra/JPaiva | 54:35 | +24:40 | 05:27 | |
| 678 | 470 | José Mendes | Escola de Atletismo de Coimbra/JPaiva | 54:35 | +24:40 | 05:27 | |
| 679 | 1666 | Elísio Pais | Running4Fun Viseu | 54:42 | +24:47 | 05:28 | |
| 680 | 228 | Carlos Manuel Rebelo Carecho | Bombeiros Sapadores de Coimbra | 54:45 | +24:50 | 05:29 | |
| 681 | 1061 | Marta Varandas | Individual | 54:46 | +24:51 | 05:29 | |
| 682 | 1178 | Osvaldo Leite | Individual | 54:47 | +24:52 | 05:29 | |
| 683 | 625 | José Manuel Cortesão Alves | Gelcentro Team | 54:48 | +24:53 | 05:29 | |
| 684 | 1566 | CARLA MARQUES | PROSISTEM.RUNNERS | 54:48 | +24:53 | 05:29 | |
| 685 | 1686 | Alexandre Veloso | Sky.studio Runners | 54:52 | +24:57 | 05:29 | |
| 686 | 1565 | BEATRIZ LEITE | PROSISTEM.RUNNERS | 54:52 | +24:57 | 05:29 | |
| 687 | 1634 | Augusto Amaral | Runners & Friends | 54:53 | +24:58 | 05:29 | |
| 688 | 1636 | Luis Pires | Runners & Friends | 54:53 | +24:58 | 05:29 | |
| 689 | 1637 | Nuno Costa | Runners & Friends | 54:53 | +24:58 | 05:29 | |
| 690 | 304 | Rui Miguel Esgaio | Clube de Atletismo da Nazaré | 54:53 | +24:58 | 05:29 | |
| 691 | 118 | Hugo Oliveira Nobre | Águas de Coimbra | 54:53 | +24:58 | 05:29 | |
| 692 | 1632 | Diogo Ribeiro | Runners & Friends | 54:53 | +24:58 | 05:29 | |
| 693 | 1387 | Gonçalo Sousa | Inter da Mata | 54:55 | +25:00 | 05:29 | |
| 694 | 143 | Marisa Correia | ARCD Venda da Luísa Trail | 54:55 | +25:00 | 05:30 | |
| 695 | 598 | Tiago Relvão | Focus & TUU | 54:56 | +25:01 | 05:30 | |
| 696 | 455 | José Luís Nunes | Entre Provas | 54:56 | +25:01 | 05:30 | |
| 697 | 472 | Marco Alexandre Rodrigues Teixeira | Escola de Atletismo de Coimbra/JPaiva | 54:57 | +25:02 | 05:30 | |
| 698 | 44 | David Abegoaria | 6:45 | 54:57 | +25:02 | 05:30 | |
| 699 | 1437 | Samuel Bicho | Lagartixas em fuga | 54:58 | +25:03 | 05:30 | |
| 700 | 1272 | Antonio Guedes | Individual | 54:59 | +25:04 | 05:30 | |
| 701 | 1077 | Ana Morais | Individual | 54:59 | +25:04 | 05:30 | |
| 702 | 1122 | André Neves | Individual | 54:59 | +25:04 | 05:30 | |
| 703 | 1062 | Milena  Rouxinol | Individual | 55:00 | +25:05 | 05:30 | |
| 704 | 914 | João Miguel Saraiva Soares | Individual | 55:00 | +25:05 | 05:30 | |
| 705 | 274 | Diana Gonçalves | CFCoimbra | 55:01 | +25:06 | 05:30 | |
| 706 | 197 | Maria Carvalho | BLUEPHARMA | 55:02 | +25:07 | 05:30 | |
| 707 | 284 | ALFREDO FERREIRA | CHAMAGÁS | 55:02 | +25:07 | 05:30 | |
| 708 | 1438 | João Manuel do Couto Pinto Ferreira; | Lambrusco Kids | 55:03 | +25:08 | 05:30 | |
| 709 | 791 | Raquel Casaleiro Quinteiro | Individual | 55:03 | +25:08 | 05:30 | |
| 710 | 971 | Nuno Alexandre Gravato Pereira Dias | Individual | 55:03 | +25:08 | 05:30 | |
| 711 | 1614 | Luis Pato | RECREIO DESPORTIVO ÁGUEDA | 55:04 | +25:09 | 05:30 | |
| 712 | 581 | Eduardo Umbelino | Focus & TUU | 55:07 | +25:12 | 05:31 | |
| 713 | 747 | Catarina Maçãs | Individual | 55:07 | +25:12 | 05:31 | |
| 714 | 1749 | Paulo Domingues | Tribo NR | 55:07 | +25:12 | 05:31 | |
| 715 | 978 | Paulo Ferreira | Individual | 55:08 | +25:13 | 05:31 | |
| 716 | 1564 | ANA PINHEIRO | PROSISTEM.RUNNERS | 55:08 | +25:13 | 05:31 | |
| 717 | 81 | Teresa Botelho | Academia Desportos Condeixa | 55:09 | +25:14 | 05:31 | |
| 718 | 114 | Susana Lopes | Adões Trail | 55:09 | +25:14 | 05:31 | |
| 719 | 373 | Mariana Pereira | CPT Sobral de Ceira | 55:09 | +25:14 | 05:31 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 720 | 881 | Gonçalo Melo | Individual | 55:11 | +25:16 | 05:31 | |
| 721 | 1651 | Rafael Bettencourt | Running4fun | 55:13 | +25:18 | 05:31 | |
| 722 | 1177 | Óscar Baptista | Individual | 55:17 | +25:22 | 05:32 | |
| 723 | 190 | Artur Arromba | besouros.com | 55:19 | +25:24 | 05:32 | |
| 724 | 1312 | Miguel Direito Custodio | Individual | 55:20 | +25:25 | 05:32 | |
| 725 | 1155 | José Bernardo Direito Monteiro | Individual | 55:21 | +25:26 | 05:32 | |
| 726 | 1203 | Alexandre Gomes | Individual | 55:21 | +25:26 | 05:32 | |
| 727 | 1004 | Rodrigo Nunes | Individual | 55:22 | +25:27 | 05:32 | |
| 728 | 139 | Jorge Luiz Alves Martins | AMIG@S do PI | 55:26 | +25:31 | 05:33 | |
| 729 | 514 | Manuel Chaves | Escola Superior de Enfermagem de Coimbra | 55:26 | +25:31 | 05:33 | |
| 730 | 15 | Bruno Ferreira Cantante | #teamnoesis | 55:31 | +25:36 | 05:33 | |
| 731 | 22 | Catarina Mouraz | 6:45 | 55:31 | +25:36 | 05:33 | |
| 732 | 596 | Rodrigo Soares | Focus & TUU | 55:32 | +25:37 | 05:33 | |
| 733 | 1216 | Daniel Fragoso | Individual | 55:32 | +25:37 | 05:33 | |
| 734 | 1313 | Miguel Relvão | Individual | 55:33 | +25:38 | 05:33 | |
| 735 | 109 | Tiago Simões | Adões Trail | 55:33 | +25:38 | 05:33 | |
| 736 | 655 | João Guimarães | Gomates e Trelos | 55:34 | +25:39 | 05:33 | |
| 737 | 457 | Francisco Pereira | Entre Provas | 55:34 | +25:39 | 05:33 | |
| 738 | 1266 | Tiago Prata | Individual | 55:37 | +25:42 | 05:34 | |
| 739 | 1585 | Nelson Martins | PROSISTEM.RUNNERS | 55:37 | +25:42 | 05:34 | |
| 740 | 1421 | Catarina Sousa | K Studio Running Team | 55:38 | +25:43 | 05:34 | |
| 741 | 336 | António José Oliveira Roso 07.07.1979 | CMCoimbra | 55:39 | +25:44 | 05:34 | |
| 742 | 743 | Caroline Kalil Reimann | Individual | 55:39 | +25:44 | 05:34 | |
| 743 | 725 | Ana Margarida Vilaverde e Cunha | Individual | 55:41 | +25:46 | 05:34 | |
| 744 | 1418 | Vanda Graça | K Studio Running Team | 55:44 | +25:49 | 05:34 | |
| 745 | 921 | JOÃO PISCO | Individual | 55:45 | +25:50 | 05:34 | |
| 746 | 637 | João Pedro gaioso Barbosa | Gerardo Studio | 55:45 | +25:50 | 05:35 | |
| 747 | 647 | Cândida Miguéis | Gomates e Trelos | 55:46 | +25:51 | 05:35 | |
| 748 | 1237 | Luís Leitão | Individual | 55:47 | +25:52 | 05:35 | |
| 749 | 183 | Nuno Gonçalves | Atletas ao domingo | 55:48 | +25:53 | 05:35 | |
| 750 | 509 | Roberto Santos | Escola Superior de Enfermagem de Coimbra | 55:48 | +25:53 | 05:35 | |
| 751 | 1063 | Mónica Rocha | Individual | 55:50 | +25:55 | 05:35 | |
| 752 | 1278 | Artur Jorge Morais Rodrigues | Individual | 55:50 | +25:55 | 05:35 | |
| 753 | 713 | Bernardo Filipe dos Santos Silvestre | Individual | 55:50 | +25:55 | 05:35 | |
| 754 | 332 | Cristina Melo | CMCoimbra | 55:50 | +25:55 | 05:35 | |
| 755 | 850 | David Marques | Individual | 55:51 | +25:56 | 05:35 | |
| 756 | 701 | Marcos Neves | Homework_out & ActiFisio Running Team | 55:51 | +25:56 | 05:35 | |
| 757 | 702 | Ricardo Gaspar | Homework_out & ActiFisio Running Team | 55:51 | +25:56 | 05:35 | |
| 758 | 1050 | Joana salgado | Individual | 55:51 | +25:56 | 05:35 | |
| 759 | 749 | CRISTINA TEIXEIRA | Individual | 55:51 | +25:56 | 05:35 | |
| 760 | 11 | EVA FERNANDES | #GangueDasCalorias | 55:54 | +25:59 | 05:35 | |
| 761 | 249 | Miguel Silva | Cabras Velhas | 55:58 | +26:03 | 05:36 | |
| 762 | 989 | Pedro Nuno Passos Marques | Individual | 55:58 | +26:03 | 05:36 | |
| 763 | 1619 | Artem Maslov | Rmcasa Lda | 55:59 | +26:04 | 05:36 | |
| 764 | 1592 | Tiago Cruz | R G Levanta Poeira | 55:59 | +26:04 | 05:36 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 765 | 1440 | Nuno Alexandre Coelho | Lambrusco Kids | 56:00 | +26:05 | 05:36 | |
| 766 | 1439 | Daniel Toscano | Lambrusco Kids | 56:00 | +26:05 | 05:36 | |
| 767 | 738 | Camila Maia | Individual | 56:01 | +26:06 | 05:36 | |
| 768 | 864 | Emanuel José Pinto Silva | Individual | 56:01 | +26:06 | 05:36 | |
| 769 | 1007 | Ruben Cabral | Individual | 56:01 | +26:06 | 05:36 | |
| 770 | 1246 | Nuno Cunha | Individual | 56:02 | +26:07 | 05:36 | |
| 771 | 832 | Bruno Daniel Pereira Sampaio | Individual | 56:02 | +26:07 | 05:36 | |
| 772 | 211 | Susana Costa | BLUEPHARMA | 56:03 | +26:08 | 05:36 | |
| 773 | 1204 | Alexandre Manuel Pires Branco | Individual | 56:04 | +26:09 | 05:36 | |
| 774 | 1368 | Joaquim Almeida | Individual | 56:04 | +26:09 | 05:36 | |
| 775 | 1276 | Armando Rodrigues | Individual | 56:04 | +26:09 | 05:36 | |
| 776 | 557 | Flávia Bellesia | Focus & TUU | 56:05 | +26:10 | 05:36 | |
| 777 | 1265 | Samuel Costa | Individual | 56:05 | +26:10 | 05:37 | |
| 778 | 458 | Gonçalo Mendes | Entre Provas | 56:05 | +26:10 | 05:37 | |
| 779 | 456 | Simão Paredes | Entre Provas | 56:06 | +26:11 | 05:37 | |
| 780 | 912 | João Matos Cruz | Individual | 56:10 | +26:15 | 05:37 | |
| 781 | 1206 | Antonio Jose da silva | Individual | 56:10 | +26:15 | 05:37 | |
| 782 | 205 | João Mestre | BLUEPHARMA | 56:10 | +26:15 | 05:37 | |
| 783 | 311 | Fátima Baptista Santos | CLUBE PESSOAL EDP PORTO | 56:11 | +26:16 | 05:37 | |
| 784 | 314 | Sara Martins | CluVe - Clube de Veteranos de Atletismo Coimbra | 56:12 | +26:17 | 05:37 | |
| 785 | 672 | Joana Lourenço Valente | Homework_out & ActiFisio Running Team | 56:13 | +26:18 | 05:37 | |
| 786 | 848 | Daniel Henrique Dias Alves | Individual | 56:13 | +26:18 | 05:37 | |
| 787 | 26 | José Miguel | 6:45 | 56:15 | +26:20 | 05:38 | |
| 788 | 25 | António João | 6:45 | 56:15 | +26:20 | 05:38 | |
| 789 | 49 | Renato Ramos | 6:45 | 56:16 | +26:21 | 05:38 | |
| 790 | 191 | Alexandra Pereira | BLUEPHARMA | 56:17 | +26:22 | 05:38 | |
| 791 | 1581 | NUNO SIMÕES | PROSISTEM.RUNNERS | 56:18 | +26:23 | 05:38 | |
| 792 | 767 | Luísa Mota | Individual | 56:18 | +26:23 | 05:38 | |
| 793 | 678 | Sandra Assunção | Homework_out & ActiFisio Running Team | 56:19 | +26:24 | 05:38 | |
| 794 | 1135 | Diogo Gomes | Individual | 56:20 | +26:25 | 05:38 | |
| 795 | 1242 | Miguel Araújo Morgado | Individual | 56:22 | +26:27 | 05:38 | |
| 796 | 1673 | A. Ventura | Saldo Válido | 56:23 | +26:28 | 05:38 | |
| 797 | 1646 | André Queda | Runners da Calçada | 56:24 | +26:29 | 05:38 | |
| 798 | 1674 | A. Nunes | Saldo Válido | 56:24 | +26:29 | 05:38 | |
| 799 | 1330 | António Ferreira | Individual | 56:24 | +26:29 | 05:38 | |
| 800 | 1672 | P. Diogo | Saldo Válido | 56:25 | +26:30 | 05:38 | |
| 801 | 852 | David Vaz Cortesão | Individual | 56:25 | +26:30 | 05:39 | |
| 802 | 1361 | Aníbal Pisco | Individual | 56:25 | +26:31 | 05:39 | |
| 803 | 894 | Ivo Alexandre Carvalho dos Reis | Individual | 56:29 | +26:34 | 05:39 | |
| 804 | 417 | Helena Lopes | Dci/trilhos luso bussaco | 56:30 | +26:35 | 05:39 | |
| 805 | 1010 | Rudy Baptista | Individual | 56:32 | +26:37 | 05:39 | |
| 806 | 1365 | Fernando Silva | Individual | 56:33 | +26:38 | 05:39 | |
| 807 | 141 | Carlos Eduardo Bastos Dias | Amo Te Sofia | 56:35 | +26:40 | 05:40 | |
| 808 | 1371 | José Manuel Gonçalves | Individual | 56:36 | +26:41 | 05:40 | |
| 809 | 1768 | Ana Lisboa | Welvy | 56:36 | +26:41 | 05:40 | |
| 810 | 95 | Ana Marins | ACDRS QUINHENDROS | 56:37 | +26:42 | 05:40 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 811 | 963 | Mário Moreira | Individual | 56:40 | +26:45 | 05:40 | |
| 812 | 1106 | Rita Lemos | Individual | 56:42 | +26:47 | 05:40 | |
| 813 | 1710 | Pedro Teixeira | Teixeira | 56:42 | +26:47 | 05:40 | |
| 814 | 268 | Vera Ruano | Centro Trail Penacova | 56:42 | +26:47 | 05:40 | |
| 815 | 1021 | Sergio Castanheira | Individual | 56:43 | +26:48 | 05:40 | |
| 816 | 1731 | Ricardo Soares | THE FIRST Wellness & Bootcamp | 56:43 | +26:48 | 05:40 | |
| 817 | 111 | JACINTA Manata | Adões Trail | 56:44 | +26:49 | 05:40 | |
| 818 | 270 | Ricardo Coelho | Centro Trail Penacova | 56:46 | +26:51 | 05:41 | |
| 819 | 1108 | Ana Gonçalves | Individual | 56:47 | +26:52 | 05:41 | |
| 820 | 221 | Tiago Alves | Bombeiros Sapadores de Coimbra | 56:48 | +26:53 | 05:41 | |
| 821 | 874 | Filipe Vilão | Individual | 56:48 | +26:53 | 05:41 | |
| 822 | 441 | Alexandre Silva | Dojo Fit Coimbra | 56:49 | +26:54 | 05:41 | |
| 823 | 1350 | Luís Fernando Pimentel Gaspar Alves Novais | Individual | 56:49 | +26:54 | 05:41 | |
| 824 | 1774 | Tatiana Sá Marques | Welvy | 56:50 | +26:55 | 05:41 | |
| 825 | 43 | Carlos Van Zeller | 6:45 | 56:52 | +26:57 | 05:41 | |
| 826 | 45 | Manuel António | 6:45 | 56:52 | +26:57 | 05:41 | |
| 827 | 174 | José Mendes | ASSSCC - AR LIVRE E AVENTURA | 56:52 | +26:57 | 05:41 | |
| 828 | 137 | Jorge Mendes Santos | AMIG@S do PI | 56:53 | +26:58 | 05:41 | |
| 829 | 788 | Nuno Filipe da Costa Duarte | Individual | 56:54 | +26:59 | 05:41 | |
| 830 | 132 | Rita Constança | AMIG@S do PI | 56:54 | +26:59 | 05:41 | |
| 831 | 673 | Lia Neves | Homework_out & ActiFisio Running Team | 56:58 | +27:03 | 05:42 | |
| 832 | 1200 | Tiago André Ferraz | Individual | 56:59 | +27:04 | 05:42 | |
| 833 | 868 | Fausto Reis | Individual | 56:59 | +27:04 | 05:42 | |
| 834 | 1750 | Luis Gomes | Vacões a correr | 57:01 | +27:06 | 05:42 | |
| 835 | 953 | Luis Santos | Individual | 57:06 | +27:11 | 05:43 | |
| 836 | 1039 | Ana Rufino | Individual | 57:09 | +27:14 | 05:43 | |
| 837 | 1210 | Carlos Alberto da Conceição Campos | Individual | 57:12 | +27:17 | 05:43 | |
| 838 | 985 | Pedro Marques | Individual | 57:12 | +27:17 | 05:43 | |
| 839 | 18 | João Miguel Coimbra Barros da Silva | #teamnoesis | 57:14 | +27:19 | 05:43 | |
| 840 | 167 | André Salgado | Associação de Vítimas das petas do Sal | 57:15 | +27:20 | 05:43 | |
| 841 | 150 | Graça Maria Martins Simões | ARCD Venda da Luísa Trail | 57:17 | +27:22 | 05:44 | |
| 842 | 149 | Carla Patrícia | ARCD Venda da Luísa Trail | 57:17 | +27:22 | 05:44 | |
| 843 | 1290 | João Luis Dias Dos Santos | Individual | 57:19 | +27:24 | 05:44 | |
| 844 | 17 | João Correia Campos | #teamnoesis | 57:21 | +27:26 | 05:44 | |
| 845 | 1735 | Vera Gomes | THE FIRST Wellness & Bootcamp | 57:22 | +27:27 | 05:44 | |
| 846 | 771 | Margarete Duarte | Individual | 57:23 | +27:28 | 05:44 | |
| 847 | 1532 | Ana Silva | PCL | 57:24 | +27:29 | 05:44 | |
| 848 | 1594 | Miguel Santos | R G Levanta Poeira | 57:24 | +27:29 | 05:44 | |
| 849 | 955 | Manuel Rodrigo Morim | Individual | 57:25 | +27:30 | 05:45 | |
| 850 | 1331 | António Jorge Ferreira | Individual | 57:26 | +27:31 | 05:45 | |
| 851 | 1505 | António Sequeira | Os Sequeiras querem festa | 57:27 | +27:32 | 05:45 | |
| 852 | 144 | Gonçalo Simões de Deus | ARCD Venda da Luísa Trail | 57:28 | +27:33 | 05:45 | |
| 853 | 1367 | Humberto Fernandes | Individual | 57:29 | +27:34 | 05:45 | |
| 854 | 1374 | Alcides Marques | Individual | 57:33 | +27:38 | 05:45 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 855 | 1363 | Carlos Manuel Gonçalves Mota | Individual | 57:34 | +27:39 | 05:45 | |
| 856 | 757 | Inês Rodrigues Fernandes de Jesus | Individual | 57:35 | +27:40 | 05:46 | |
| 857 | 1794 | José Varejão | Individual | 57:35 | +27:40 | 05:46 | |
| 858 | 938 | José Orfão | Individual | 57:36 | +27:41 | 05:46 | |
| 859 | 442 | Diogo Rosa | Dojo Fit Coimbra | 57:36 | +27:41 | 05:46 | |
| 860 | 169 | João Pedro Santos | Associação de Vítimas das petas do Sal | 57:37 | +27:42 | 05:46 | |
| 861 | 1232 | Joaquim Gomes | Individual | 57:39 | +27:44 | 05:46 | |
| 862 | 587 | José Dinis | Focus & TUU | 57:39 | +27:44 | 05:46 | |
| 863 | 1697 | Marta Serralheiro | SOURE MOV | 57:40 | +27:45 | 05:46 | |
| 864 | 406 | Anabela Monteiro | CUMIBROA RUNNING TEAM | 57:40 | +27:45 | 05:46 | |
| 865 | 1036 | Valter Costa | Individual | 57:42 | +27:47 | 05:46 | |
| 866 | 1441 | Rosa Lídia Camarinha da Silva | Ligeirinhos | 57:43 | +27:48 | 05:46 | |
| 867 | 1596 | José Luís Cruz | R G Levanta Poeira | 57:43 | +27:48 | 05:46 | |
| 868 | 1231 | João Pedro Baptista Matos | Individual | 57:43 | +27:48 | 05:46 | |
| 869 | 804 | Vânia Jesus | Individual | 57:44 | +27:49 | 05:46 | |
| 870 | 1583 | Adriano Pião | PROSISTEM.RUNNERS | 57:45 | +27:50 | 05:46 | |
| 871 | 1700 | Rosália Duarte | SOURE MOV | 57:52 | +27:57 | 05:47 | |
| 872 | 1413 | Luis Carvalho | ISIDOVIAS - GRUPO ISIDORO | 57:52 | +27:57 | 05:47 | |
| 873 | 690 | Sónia Conceição | Homework_out & ActiFisio Running Team | 57:52 | +27:57 | 05:47 | |
| 874 | 1414 | Ricardo Rodrigues | ISIDOVIAS - GRUPO ISIDORO | 57:52 | +27:57 | 05:47 | |
| 875 | 1250 | Nuno Rafael Marques Dinis | Individual | 58:00 | +28:05 | 05:48 | |
| 876 | 1262 | Rui Mateus | Individual | 58:04 | +28:09 | 05:48 | |
| 877 | 1101 | Fernanda Alves | Individual | 58:04 | +28:09 | 05:48 | |
| 878 | 1308 | Luís Pais | Individual | 58:04 | +28:09 | 05:48 | |
| 879 | 742 | Carolina Bacalhau | Individual | 58:04 | +28:09 | 05:48 | |
| 880 | 831 | Bruno Crétu | Individual | 58:05 | +28:10 | 05:48 | |
| 881 | 1071 | Sara Correia | Individual | 58:06 | +28:11 | 05:49 | |
| 882 | 1198 | Sérgio Mateus | Individual | 58:08 | +28:13 | 05:49 | |
| 883 | 1150 | João Sargento Freitas | Individual | 58:11 | +28:16 | 05:49 | |
| 884 | 1694 | José Pimenta | Sky.studio Runners | 58:12 | +28:17 | 05:49 | |
| 885 | 254 | António Borges | Canianos | 58:16 | +28:21 | 05:50 | |
| 886 | 1079 | Carla Carvalho | Individual | 58:18 | +28:23 | 05:50 | |
| 887 | 1340 | Filipe Carvalho | Individual | 58:18 | +28:23 | 05:50 | |
| 888 | 1345 | Jorge Ramalho | Individual | 58:20 | +28:25 | 05:50 | |
| 889 | 1397 | Fernando Jorge Olas de Matos Costa | Inter de Limão | 58:21 | +28:26 | 05:50 | |
| 890 | 724 | Ana Gonçalves | Individual | 58:21 | +28:26 | 05:50 | |
| 891 | 727 | Ana Miguel Matos Nogueira | Individual | 58:22 | +28:27 | 05:50 | |
| 892 | 891 | Hugo Ruivo | Individual | 58:22 | +28:27 | 05:50 | |
| 893 | 936 | José Luís da Silva Santos | Individual | 58:23 | +28:28 | 05:50 | |
| 894 | 230 | Jorge Manuel Batista Antunes | Bombeiros Sapadores de Coimbra | 58:23 | +28:28 | 05:50 | |
| 895 | 1134 | Cláudio Mortagua | Individual | 58:27 | +28:32 | 05:51 | |
| 896 | 127 | Maria Lobo | AMIG@S do PI | 58:28 | +28:33 | 05:51 | |
| 897 | 135 | Nuno Simões | AMIG@S do PI | 58:28 | +28:33 | 05:51 | |
| 898 | 1719 | LIPE CARVALHO | TERTÚLIA DA VELHA CABRA | 58:30 | +28:35 | 05:51 | |
| 899 | 1621 | Marco Santos | Roda Dianteira BTT | 58:30 | +28:35 | 05:51 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 900 | 1613 | Pedro Santos | RC Believers | 58:31 | +28:36 | 05:51 | |
| 901 | 777 | Mariana de Oliveira Neves Campos | Individual | 58:38 | +28:43 | 05:52 | |
| 902 | 993 | Renato Ramos | Individual | 58:40 | +28:45 | 05:52 | |
| 903 | 1788 | Dora Silva | CAL - Clube Atletismo de Lamas | 58:40 | +28:45 | 05:52 | |
| 904 | 1468 | INÊS FILIPA SILVA COELHO | NAVEGANTES DA RUA | 58:40 | +28:45 | 05:52 | |
| 905 | 206 | Joel Esteves | BLUEPHARMA | 58:40 | +28:45 | 05:52 | |
| 906 | 42 | Miguel Costa | 6:45 | 58:43 | +28:48 | 05:52 | |
| 907 | 1623 | Hélio Paulino | Roda Dianteira BTT | 58:43 | +28:48 | 05:52 | |
| 908 | 554 | Ana Rita Duarte Gomes | Focus & TUU | 58:43 | +28:48 | 05:52 | |
| 909 | 802 | Tomiris Forner Barcelos | Individual | 58:43 | +28:48 | 05:52 | |
| 910 | 295 | Fátima Martins | Clube de Atletismo da Nazaré | 58:44 | +28:49 | 05:52 | |
| 911 | 1744 | Sandra Isabel Mendes dos Reis | Trail da Amizade Runner's | 58:44 | +28:49 | 05:52 | |
| 912 | 917 | João Pedro Freitas | Individual | 58:46 | +28:51 | 05:53 | |
| 913 | 112 | Telma Costa | Adões Trail | 58:47 | +28:52 | 05:53 | |
| 914 | 577 | Bruno micael | Focus & TUU | 58:49 | +28:54 | 05:53 | |
| 915 | 1626 | Manuel Telles | RTHM | 58:50 | +28:55 | 05:53 | |
| 916 | 1258 | Pedro Manuel de Arede Almeida | Individual | 58:50 | +28:55 | 05:53 | |
| 917 | 1091 | Rute Isabel Pereira Rebelo Almeida | Individual | 58:51 | +28:56 | 05:53 | |
| 918 | 676 | Patrícia Lopes | Homework_out & ActiFisio Running Team | 58:52 | +28:57 | 05:53 | |
| 919 | 181 | Maria Odete Gonçalves | Atletas ao domingo | 58:53 | +28:58 | 05:53 | |
| 920 | 437 | Joana Rosa | Dojo Fit Coimbra | 58:54 | +28:59 | 05:53 | |
| 921 | 1460 | Pedro Coutinho | Miro Trail | 59:00 | +29:05 | 05:54 | |
| 922 | 653 | Moisés Cruz | Gomates e Trelos | 59:00 | +29:05 | 05:54 | |
| 923 | 645 | Andreia Almeida | Gomates e Trelos | 59:00 | +29:05 | 05:54 | |
| 924 | 291 | Sónia Sousa | Clube de Atletismo da Nazaré | 59:01 | +29:06 | 05:54 | |
| 925 | 1199 | Sérgio Miguel Seiça Rebelo Ferreira Gaminha | Individual | 59:01 | +29:06 | 05:54 | |
| 926 | 20 | Mauro Pinheiro | #teamnoesis | 59:04 | +29:09 | 05:54 | |
| 927 | 1226 | Inácio Faísca | Individual | 59:04 | +29:09 | 05:54 | |
| 928 | 1059 | Marisa Amaral de Almeida | Individual | 59:04 | +29:09 | 05:54 | |
| 929 | 830 | Bernardo Patrão | Individual | 59:06 | +29:11 | 05:55 | |
| 930 | 239 | Paulo Marcos Palrilha | Bombeiros Sapadores de Coimbra | 59:06 | +29:11 | 05:55 | |
| 931 | 1245 | Miguel Fonseca | Individual | 59:08 | +29:13 | 05:55 | |
| 932 | 876 | Flávio Silva | Individual | 59:09 | +29:14 | 05:55 | |
| 933 | 1027 | Tiago Castro | Individual | 59:10 | +29:15 | 05:55 | |
| 934 | 1799 | João Patricio | Individual | 59:11 | +29:16 | 05:55 | |
| 935 | 1405 | Alexandre Anjos | ISIDOVIAS - GRUPO ISIDORO | 59:12 | +29:17 | 05:55 | |
| 936 | 1660 | Zé tó | Running4Fun Viseu | 59:14 | +29:19 | 05:55 | |
| 937 | 1137 | Filipe Pratas | Individual | 59:17 | +29:22 | 05:56 | |
| 938 | 1522 | Ana Matos | PCL | 59:18 | +29:23 | 05:56 | |
| 939 | 1151 | João Teixeira | Individual | 59:24 | +29:29 | 05:56 | |
| 940 | 1638 | Paulo Renato | Runners & Friends | 59:26 | +29:31 | 05:57 | |
| 941 | 935 | José Ladeiro | Individual | 59:26 | +29:31 | 05:57 | |
| 942 | 435 | Cátia Batista | Dojo Fit Coimbra | 59:28 | +29:33 | 05:57 | |
| 943 | 858 | Diogo Rodrigues | Individual | 59:31 | +29:36 | 05:57 | |
| 944 | 654 | António Oliveira | Gomates e Trelos | 59:32 | +29:37 | 05:57 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 945 | 488 | Maria da Glória Lopes Leite Relvas Soares | Escola de Atletismo de Coimbra/JPaiva | 59:33 | +29:38 | 05:57 | |
| 946 | 12 | DANIEL VILÃO | #GangueDasCalorias | 59:38 | +29:43 | 05:58 | |
| 947 | 1518 | Adriano Oliveira | Pais em furia | 59:42 | +29:47 | 05:58 | |
| 948 | 1161 | Lazaro Jose Nunes Leite | Individual | 59:42 | +29:47 | 05:58 | |
| 949 | 182 | Maria Luís Veiga | Atletas ao domingo | 59:44 | +29:49 | 05:58 | |
| 950 | 1296 | José Cavaco | Individual | 59:47 | +29:52 | 05:59 | |
| 951 | 227 | Telmo Alexandre Rodrigues Gonçalves | Bombeiros Sapadores de Coimbra | 59:48 | +29:53 | 05:59 | |
| 952 | 1446 | Ricardo Carvalho | Magníficos | 59:50 | +29:55 | 05:59 | |
| 953 | 1445 | Sara Silva | Magníficos | 59:50 | +29:55 | 05:59 | |
| 954 | 602 | Teresa Barra | Focus & TUU | 59:52 | +29:57 | 05:59 | |
| 955 | 909 | João Marques | Individual | 59:54 | +29:59 | 05:59 | |
| 956 | 622 | Maria Franca | GDST | 59:54 | +29:59 | 05:59 | |
| 957 | 62 | Paula Marques | A.R.S.M. - Associação Recreativa de São Miguel | 59:55 | +30:00 | 05:59 | |
| 958 | 1254 | Paulo Jorge de Sousa Silvestre | Individual | 59:56 | +30:01 | 06:00 | |
| 959 | 1610 | Pedro Miguel Neves Alves | RC Believers | 59:56 | +30:01 | 06:00 | |
| 960 | 674 | Liliana Sousa | Homework_out & ActiFisio Running Team | 59:56 | +30:01 | 06:00 | |
| 961 | 733 | Ana Sousa | Individual | 59:56 | +30:01 | 06:00 | |
| 962 | 769 | Mafalda Tavares | Individual | 59:57 | +30:02 | 06:00 | |
| 963 | 1268 | Urbino Santos | Individual | 59:59 | +30:04 | 06:00 | |
| 964 | 172 | Sérgio Minas | Associação de Vítimas das petas do Sal | 59:59 | +30:04 | 06:00 | |
| 965 | 198 | Maria João Pereira | BLUEPHARMA | 01:00:00 | +30:05 | 06:00 | |
| 966 | 1627 | Carlos Neiva | RTHM | 01:00:00 | +30:05 | 06:00 | |
| 967 | 243 | Ricardo Firmino | Botão Camp | 01:00:01 | +30:06 | 06:00 | |
| 968 | 666 | Alexandra Fernandes de Carvalho | Homework_out & ActiFisio Running Team | 01:00:01 | +30:06 | 06:00 | |
| 969 | 736 | Andreia Sofia Neves Assunção | Individual | 01:00:01 | +30:06 | 06:00 | |
| 970 | 14 | André Carvalho | #teamnoesis | 01:00:01 | +30:06 | 06:00 | |
| 971 | 588 | Leonardo Machado Alves Vieira | Focus & TUU | 01:00:03 | +30:08 | 06:00 | |
| 972 | 730 | Ana Rita da Silva Alves | Individual | 01:00:05 | +30:10 | 06:01 | |
| 973 | 753 | Filipa Costa Vicente | Individual | 01:00:06 | +30:11 | 06:01 | |
| 974 | 1677 | Alda Ponte | Sem Sede | 01:00:09 | +30:14 | 06:01 | |
| 975 | 1676 | Nuno Daniel Teodósio Santos | Sem Sede | 01:00:11 | +30:16 | 06:01 | |
| 976 | 561 | Joana Guedes | Focus & TUU | 01:00:11 | +30:16 | 06:01 | |
| 977 | 714 | Duarte Cavaco | Individual | 01:00:11 | +30:16 | 06:01 | |
| 978 | 348 | Mário Ricardo Lopes | CMCoimbra | 01:00:15 | +30:20 | 06:02 | |
| 979 | 1090 | Rita Helena Dinis Barroso | Individual | 01:00:18 | +30:23 | 06:02 | |
| 980 | 1215 | Daniel Costa | Individual | 01:00:18 | +30:23 | 06:02 | |
| 981 | 1582 | RUI PIRES | PROSISTEM.RUNNERS | 01:00:18 | +30:23 | 06:02 | |
| 982 | 1736 | Sandra Mendes | THE FIRST Wellness & Bootcamp | 01:00:20 | +30:25 | 06:02 | |
| 983 | 885 | Gustavo Veiga | Individual | 01:00:21 | +30:26 | 06:02 | |
| 984 | 1509 | Beatriz Matias | Owlpharma | 01:00:21 | +30:26 | 06:02 | |
| 985 | 1760 | Isabel Neves | Viriathvs Runners Viseu | 01:00:22 | +30:27 | 06:02 | |
| 986 | 837 | Carlos Alves | Individual | 01:00:23 | +30:28 | 06:02 | |
| 987 | 1179 | Paulo Coutinho | Individual | 01:00:24 | +30:29 | 06:02 | |
| 988 | 708 | Pedro Gonçalves | Homework_out & ActiFisio Running Team | 01:00:26 | +30:31 | 06:03 | |
| 989 | 37 | Antonieta Ramos | 6:45 | 01:00:26 | +30:31 | 06:03 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 990 | 691 | Catarina Martins | Homework_out & ActiFisio Running Team | 01:00:27 | +30:32 | 06:03 | |
| 991 | 746 | Catarina Faria | Individual | 01:00:27 | +30:32 | 06:03 | |
| 992 | 1024 | Steven Sá | Individual | 01:00:29 | +30:34 | 06:03 | |
| 993 | 87 | Nuno Correia | Academia Desportos Condeixa | 01:00:31 | +30:36 | 06:03 | |
| 994 | 1570 | Raquel Sousa | PROSISTEM.RUNNERS | 01:00:31 | +30:36 | 06:03 | |
| 995 | 83 | Tiago Joaquim Paulo Carvalho | Academia Desportos Condeixa | 01:00:31 | +30:36 | 06:03 | |
| 996 | 1648 | Filipe Sequeira | Runners da Calçada | 01:00:33 | +30:38 | 06:03 | |
| 997 | 1649 | Filipe Sequeira | Runners da Calçada | 01:00:33 | +30:38 | 06:03 | |
| 998 | 1164 | Luis Batista | Individual | 01:00:36 | +30:41 | 06:04 | |
| 999 | 1165 | Luis Cunha | Individual | 01:00:36 | +30:41 | 06:04 | |
| 1000 | 613 | Alfredo Cortesão | Focus & TUU | 01:00:39 | +30:44 | 06:04 | |
| 1001 | 1703 | Marta Rosa | Superorange | 01:00:41 | +30:46 | 06:04 | |
| 1002 | 657 | Jorge Lopes | Grilopes | 01:00:43 | +30:48 | 06:04 | |
| 1003 | 710 | Paulo Barreirinhas | Homework_out & ActiFisio Running Team | 01:00:43 | +30:48 | 06:04 | |
| 1004 | 656 | Rodrigo Grilo | Grilopes | 01:00:44 | +30:49 | 06:04 | |
| 1005 | 1095 | Ana Magalhães | Individual | 01:00:44 | +30:49 | 06:04 | |
| 1006 | 1552 | Carlos Tadeu Paula | Polyrunners and friends | 01:00:44 | +30:49 | 06:04 | |
| 1007 | 1557 | Takeru Omiya | Polyrunners and friends | 01:00:44 | +30:49 | 06:04 | |
| 1008 | 810 | André Carvalheira | Individual | 01:00:45 | +30:50 | 06:04 | |
| 1009 | 78 | Julio Reis | AAC-REMO | 01:00:45 | +30:50 | 06:04 | |
| 1010 | 77 | Rui Dias | AAC-REMO | 01:00:45 | +30:50 | 06:05 | |
| 1011 | 794 | Rita Figueiredo | Individual | 01:00:45 | +30:50 | 06:05 | |
| 1012 | 234 | Luís Miguel Simões da Silva | Bombeiros Sapadores de Coimbra | 01:00:46 | +30:51 | 06:05 | |
| 1013 | 224 | João Luiz Machado Ferreira | Bombeiros Sapadores de Coimbra | 01:00:47 | +30:52 | 06:05 | |
| 1014 | 394 | VERA CONSTANCIO | Crazy Runners | 01:00:48 | +30:53 | 06:05 | |
| 1015 | 1721 | Cristiana Bento | THE FIRST Wellness & Bootcamp | 01:00:49 | +30:54 | 06:05 | |
| 1016 | 817 | André Manuel Pereira Pinheiro | Individual | 01:00:49 | +30:54 | 06:05 | |
| 1017 | 214 | Jorge Ferreira | BLUEPHARMA | 01:00:50 | +30:55 | 06:05 | |
| 1018 | 836 | Bruno Vintém | Individual | 01:00:51 | +30:56 | 06:05 | |
| 1019 | 649 | Marcelo Ferreira | Gomates e Trelos | 01:00:54 | +30:59 | 06:05 | |
| 1020 | 1343 | João Rodrigues | Individual | 01:00:54 | +30:59 | 06:05 | |
| 1021 | 728 | Ana Raquel Correia | Individual | 01:00:55 | +31:00 | 06:05 | |
| 1022 | 942 | Julien Prazeres | Individual | 01:00:56 | +31:01 | 06:06 | |
| 1023 | 1147 | João Dinis Silva | Individual | 01:00:58 | +31:03 | 06:06 | |
| 1024 | 1240 | Marco Aurélio Pereira Amaral | Individual | 01:00:58 | +31:03 | 06:06 | |
| 1025 | 669 | Daniela Cordeiro | Homework_out & ActiFisio Running Team | 01:01:00 | +31:05 | 06:06 | |
| 1026 | 679 | Tânia Oliveira | Homework_out & ActiFisio Running Team | 01:01:00 | +31:05 | 06:06 | |
| 1027 | 1384 | Victor Manuel de Assunção Pereira | Individual | 01:01:03 | +31:08 | 06:06 | |
| 1028 | 101 | Diogo domingues | ADCDP condeixa | 01:01:06 | +31:11 | 06:07 | |
| 1029 | 600 | Rita Januário | Focus & TUU | 01:01:08 | +31:13 | 06:07 | |
| 1030 | 1742 | Rui Fonseca | THE FIRST Wellness & Bootcamp | 01:01:08 | +31:13 | 06:07 | |
| 1031 | 585 | João Nuno Ventura Pires | Focus & TUU | 01:01:08 | +31:13 | 06:07 | |
| 1032 | 107 | Pedro Duarte | Adões Trail | 01:01:10 | +31:15 | 06:07 | |
| 1033 | 629 | Mário Nunes | Gelcentro Team | 01:01:12 | +31:17 | 06:07 | |
| 1034 | 1369 | Jorge Manuel Cruz Campos | Individual | 01:01:13 | +31:18 | 06:07 | |
| 1035 | 1319 | Pedro Silva | Individual | 01:01:13 | +31:18 | 06:07 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1036 | 1679 | Pedro Ponte | Sem Sede | 01:01:15 | +31:20 | 06:07 | |
| 1037 | 960 | Marco Pires | Individual | 01:01:16 | +31:21 | 06:08 | |
| 1038 | 761 | Julia Ulhoa Arioza de Carvalho | Individual | 01:01:28 | +31:33 | 06:09 | |
| 1039 | 1107 | Alda Domingues | Individual | 01:01:31 | +31:36 | 06:09 | |
| 1040 | 53 | João António da Costa Ferreira Pinto | A.D.C.P. PEDRALVA | 01:01:33 | +31:38 | 06:09 | |
| 1041 | 215 | João Veloso | BLUEPHARMA | 01:01:34 | +31:39 | 06:09 | |
| 1042 | 372 | Fátima Machado | CPT Coimbra | 01:01:34 | +31:39 | 06:09 | |
| 1043 | 759 | Joana Palma | Individual | 01:01:34 | +31:39 | 06:09 | |
| 1044 | 1422 | Elizabete Garrido | K Studio Running Team | 01:01:34 | +31:39 | 06:09 | |
| 1045 | 1324 | Sérgio Palma | Individual | 01:01:34 | +31:39 | 06:09 | |
| 1046 | 1426 | Claúdia Vaz | K Studio Running Team | 01:01:35 | +31:40 | 06:10 | |
| 1047 | 1713 | GONÇALO MATOS | TERTÚLIA DA VELHA CABRA | 01:01:36 | +31:41 | 06:10 | |
| 1048 | 24 | Laura Seco | 6:45 | 01:01:37 | +31:42 | 06:10 | |
| 1049 | 1072 | Sílvia Pereira da Silva | Individual | 01:01:37 | +31:42 | 06:10 | |
| 1050 | 1586 | André Mendes | PROSISTEM.RUNNERS | 01:01:37 | +31:42 | 06:10 | |
| 1051 | 1519 | Gonçalo Martins | Pais em furia | 01:01:40 | +31:45 | 06:10 | |
| 1052 | 1074 | Tânia Patrocínio | Individual | 01:01:40 | +31:45 | 06:10 | |
| 1053 | 1395 | Bruno Rafael Primo Vicente | Inter de Limão | 01:01:41 | +31:46 | 06:10 | |
| 1054 | 1103 | Judite Cruz | Individual | 01:01:42 | +31:47 | 06:10 | |
| 1055 | 1650 | Jorge Araújo | Runners da Calçada | 01:01:47 | +31:52 | 06:11 | |
| 1056 | 1683 | Filipa Pires | Sky.studio Runners | 01:01:50 | +31:55 | 06:11 | |
| 1057 | 1798 | Teresa Pedro | Individual | 01:01:52 | +31:57 | 06:11 | |
| 1058 | 1087 | MARIA JOÃO MARTINS INFANTE PEREIRA BENQUERENÇA | Individual | 01:01:54 | +31:59 | 06:11 | |
| 1059 | 1270 | Afonso José Athayde | Individual | 01:01:55 | +32:00 | 06:11 | |
| 1060 | 1234 | José Luís de Melo Coelho | Individual | 01:01:55 | +32:00 | 06:11 | |
| 1061 | 1291 | João Miguel Caldeira de Oliveira | Individual | 01:01:55 | +32:00 | 06:12 | |
| 1062 | 553 | Ana Pião | Focus & TUU | 01:01:55 | +32:00 | 06:12 | |
| 1063 | 603 | Olga Caramelo | Focus & TUU | 01:01:55 | +32:00 | 06:12 | |
| 1064 | 58 | Paula Simões | A.R.S.M. - Associação Recreativa de São Miguel | 01:02:01 | +32:06 | 06:12 | |
| 1065 | 1227 | João Carlos Ferreira de Sousa | Individual | 01:02:03 | +32:08 | 06:12 | |
| 1066 | 570 | Renata patrao | Focus & TUU | 01:02:10 | +32:15 | 06:13 | |
| 1067 | 801 | Tânia Simões | Individual | 01:02:12 | +32:17 | 06:13 | |
| 1068 | 1771 | Marina Santos | Welvy | 01:02:13 | +32:18 | 06:13 | |
| 1069 | 1540 | Marisa Martins | Pedro Bonito Coach | 01:02:13 | +32:18 | 06:13 | |
| 1070 | 1372 | Paulo Manuel Cordeiro da Veiga | Individual | 01:02:16 | +32:21 | 06:14 | |
| 1071 | 1743 | Catarina Filipa Jesus Tomás | Trail da Amizade Runner's | 01:02:18 | +32:23 | 06:14 | |
| 1072 | 835 | Bruno Santos N Dias | Individual | 01:02:19 | +32:24 | 06:14 | |
| 1073 | 541 | Leandro Inácio | FitLine | 01:02:21 | +32:26 | 06:14 | |
| 1074 | 1404 | João Paulo Mouta Dias | IPNrunners | 01:02:21 | +32:26 | 06:14 | |
| 1075 | 599 | Ana Luísa Colaço Cardoso | Focus & TUU | 01:02:23 | +32:28 | 06:14 | |
| 1076 | 1691 | Liliana Simões | Sky.studio Runners | 01:02:23 | +32:28 | 06:14 | |
| 1077 | 1724 | Mariana Martins | THE FIRST Wellness & Bootcamp | 01:02:24 | +32:29 | 06:14 | |
| 1078 | 1704 | José Pedro Laranjeira | Superorange | 01:02:25 | +32:30 | 06:14 | |
| 1079 | 688 | Tiago Coelho | Homework_out & ActiFisio Running Team | 01:02:29 | +32:34 | 06:15 | |
| 1080 | 1630 | Cristina Silvestre | Runners & Friends | 01:02:32 | +32:37 | 06:15 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1081 | 1640 | Jorge Pessoa | Runners & Friends | 01:02:32 | +32:37 | 06:15 | |
| 1082 | 1393 | Lúcio Cipriano | Inter da Mata | 01:02:38 | +32:43 | 06:16 | |
| 1083 | 1777 | Ana Azeiteiro | Welvy | 01:02:42 | +32:47 | 06:16 | |
| 1084 | 867 | Fábio Rui Pimentel dos Santos Minas | Individual | 01:02:42 | +32:47 | 06:16 | |
| 1085 | 567 | Nadine Caetano | Focus & TUU | 01:02:43 | +32:48 | 06:16 | |
| 1086 | 789 | Patrícia de Toledo Rocha | Individual | 01:02:48 | +32:53 | 06:17 | |
| 1087 | 675 | Melissa Gama | Homework_out & ActiFisio Running Team | 01:02:52 | +32:57 | 06:17 | |
| 1088 | 1653 | Tiago Rodrigues | Running4Fun Viseu | 01:02:55 | +33:00 | 06:17 | |
| 1089 | 694 | Telma Neves | Homework_out & ActiFisio Running Team | 01:02:57 | +33:02 | 06:18 | |
| 1090 | 1668 | Sérgio Rodrigues | Running4Fun Viseu | 01:02:57 | +33:02 | 06:18 | |
| 1091 | 760 | Joana Relvão | Individual | 01:02:58 | +33:03 | 06:18 | |
| 1092 | 1588 | Jorge Campos | PROSISTEM.RUNNERS | 01:03:00 | +33:05 | 06:18 | |
| 1093 | 1252 | Paulo Fontes | Individual | 01:03:03 | +33:08 | 06:18 | |
| 1094 | 1717 | LUIS GIRÃO | TERTÚLIA DA VELHA CABRA | 01:03:03 | +33:08 | 06:18 | |
| 1095 | 241 | Maria João Pereira | Botão Camp | 01:03:03 | +33:08 | 06:18 | |
| 1096 | 240 | Rita Trindade | Botão Camp | 01:03:04 | +33:09 | 06:18 | |
| 1097 | 1474 | Rui Miguel do Carmo Fernandes | NFC Running Team | 01:03:05 | +33:10 | 06:19 | |
| 1098 | 559 | Inês Ourives | Focus & TUU | 01:03:06 | +33:11 | 06:19 | |
| 1099 | 1355 | Paulo Tavares | Individual | 01:03:07 | +33:12 | 06:19 | |
| 1100 | 819 | André Matias | Individual | 01:03:12 | +33:17 | 06:19 | |
| 1101 | 1409 | Sérgio Alves | ISIDOVIAS - GRUPO ISIDORO | 01:03:12 | +33:17 | 06:19 | |
| 1102 | 1174 | Nuno Filipe Pereira | Individual | 01:03:15 | +33:20 | 06:19 | |
| 1103 | 734 | Andreia Castro | Individual | 01:03:17 | +33:22 | 06:20 | |
| 1104 | 1081 | Carla Realinho | Individual | 01:03:17 | +33:22 | 06:20 | |
| 1105 | 1018 | Samuel Alexandre Santos Custodio | Individual | 01:03:18 | +33:23 | 06:20 | |
| 1106 | 85 | Rosa Ferreira | Academia Desportos Condeixa | 01:03:18 | +33:23 | 06:20 | |
| 1107 | 964 | Marta Maurício Coelho | Individual | 01:03:18 | +33:23 | 06:20 | |
| 1108 | 322 | Jaime Antunes | CMCoimbra | 01:03:19 | +33:24 | 06:20 | |
| 1109 | 1078 | Ana Salgado | Individual | 01:03:20 | +33:25 | 06:20 | |
| 1110 | 851 | David Pratas | Individual | 01:03:20 | +33:25 | 06:20 | |
| 1111 | 120 | Nuno Filipe de Assunção Pereira | Águas de Coimbra | 01:03:21 | +33:26 | 06:20 | |
| 1112 | 1501 | Helder Duarte | Os Papa Milhas | 01:03:22 | +33:27 | 06:20 | |
| 1113 | 699 | Emanuel Casimiro | Homework_out & ActiFisio Running Team | 01:03:22 | +33:27 | 06:20 | |
| 1114 | 1321 | Ricardo Manuel C. A. D. Nogueira | Individual | 01:03:23 | +33:28 | 06:20 | |
| 1115 | 843 | Carlos Pires | Individual | 01:03:24 | +33:29 | 06:20 | |
| 1116 | 1616 | Júlia Alves | RM Arquitectura e Engenharia | 01:03:24 | +33:29 | 06:20 | |
| 1117 | 1617 | Ricardo Mingatos | RM Arquitectura e Engenharia | 01:03:24 | +33:29 | 06:20 | |
| 1118 | 1720 | Andreia Pinto | THE FIRST Wellness & Bootcamp | 01:03:25 | +33:30 | 06:21 | |
| 1119 | 1730 | Marcos Simões | THE FIRST Wellness & Bootcamp | 01:03:25 | +33:30 | 06:21 | |
| 1120 | 799 | Soraia Lopes | Individual | 01:03:26 | +33:31 | 06:21 | |
| 1121 | 344 | Acílio Noro | CMCoimbra | 01:03:29 | +33:34 | 06:21 | |
| 1122 | 327 | Alda Santos | CMCoimbra | 01:03:29 | +33:34 | 06:21 | |
| 1123 | 522 | EDGAR GOMES | Farmácia Luciano e Matos | 01:03:31 | +33:36 | 06:21 | |
| 1124 | 527 | SIMONA BURDUJA | Farmácia Luciano e Matos | 01:03:31 | +33:36 | 06:21 | |
| 1125 | 1769 | Joana Barbosa | Welvy | 01:03:31 | +33:36 | 06:21 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1126 | 1775 | Luís Oliveira | Welvy | 01:03:32 | +33:37 | 06:21 | |
| 1127 | 1149 | Joao Martins | Individual | 01:03:35 | +33:40 | 06:21 | |
| 1128 | 1780 | Vera Vieira | Welvy | 01:03:38 | +33:43 | 06:22 | |
| 1129 | 36 | Luisa Goulão | 6:45 | 01:03:42 | +33:47 | 06:22 | |
| 1130 | 1702 | António Mota | SOURE MOV | 01:03:42 | +33:47 | 06:22 | |
| 1131 | 1781 | Margarida Nunes | Welvy | 01:03:47 | +33:52 | 06:23 | |
| 1132 | 444 | Luís Vaz | Dojo Fit Coimbra | 01:03:47 | +33:52 | 06:23 | |
| 1133 | 1471 | CRISTINA ISABEL RIBEIRO DUARTE | NAVEGANTES DA RUA | 01:03:48 | +33:53 | 06:23 | |
| 1134 | 947 | Luís Carlos Faria | Individual | 01:03:48 | +33:53 | 06:23 | |
| 1135 | 180 | Erika Bizarro | Atletas ao domingo | 01:03:50 | +33:55 | 06:23 | |
| 1136 | 1644 | Lídia Laranjeiro | Runners da Calçada | 01:03:55 | +34:00 | 06:23 | |
| 1137 | 829 | Bernardo Monteiro Pimenta | Individual | 01:03:57 | +34:02 | 06:24 | |
| 1138 | 1320 | Ricardo Gato | Individual | 01:03:59 | +34:04 | 06:24 | |
| 1139 | 644 | Catarina Matias | Gomates e Trelos | 01:04:01 | +34:06 | 06:24 | |
| 1140 | 1538 | Ana Borges | Pedro Bonito Coach | 01:04:02 | +34:07 | 06:24 | |
| 1141 | 1544 | Sandrina Tralhão | Pedro Bonito Coach | 01:04:03 | +34:08 | 06:24 | |
| 1142 | 1428 | Sandra Rei | K Studio Running Team | 01:04:04 | +34:09 | 06:24 | |
| 1143 | 1541 | Vânia Ferreira | Pedro Bonito Coach | 01:04:05 | +34:10 | 06:25 | |
| 1144 | 86 | Arabela Fabre | Academia Desportos Condeixa | 01:04:07 | +34:12 | 06:25 | |
| 1145 | 640 | Eduardo Rodrigues | Gerardo Studio | 01:04:12 | +34:17 | 06:25 | |
| 1146 | 1793 | Eva Rosa | Clube de Atletismo da Nazaré | 01:04:13 | +34:18 | 06:25 | |
| 1147 | 1160 | Júlio André Delgado Constantino | Individual | 01:04:16 | +34:21 | 06:26 | |
| 1148 | 1403 | Alberto Valejo | IPNrunners | 01:04:24 | +34:29 | 06:26 | |
| 1149 | 1693 | Jorge Mendes | Sky.studio Runners | 01:04:25 | +34:30 | 06:26 | |
| 1150 | 646 | Ana Miguéis | Gomates e Trelos | 01:04:26 | +34:31 | 06:27 | |
| 1151 | 1401 | Carlos João Bento da Costa Madeira Lopes | IPNrunners | 01:04:29 | +34:34 | 06:27 | |
| 1152 | 1500 | António Sousa | Os Papa Milhas | 01:04:32 | +34:37 | 06:27 | |
| 1153 | 226 | Pedro Alexandre Rosado Pinto | Bombeiros Sapadores de Coimbra | 01:04:35 | +34:40 | 06:27 | |
| 1154 | 1453 | rosa maria sousa pardal matos | Miro Trail | 01:04:35 | +34:40 | 06:28 | |
| 1155 | 1056 | Luísa Matias | Individual | 01:04:42 | +34:47 | 06:28 | |
| 1156 | 31 | Filipa Pedrosa | 6:45 | 01:04:44 | +34:49 | 06:28 | |
| 1157 | 28 | Pedro Rodrigues | 6:45 | 01:04:44 | +34:49 | 06:28 | |
| 1158 | 1064 | Nicole Dourado | Individual | 01:04:44 | +34:49 | 06:28 | |
| 1159 | 1046 | Elsa Margarida da Costa Carvalho | Individual | 01:04:45 | +34:50 | 06:29 | |
| 1160 | 1085 | Lina Santos | Individual | 01:04:45 | +34:50 | 06:29 | |
| 1161 | 1628 | Raul Jorge Matos | RUN 4 FUN | 01:04:47 | +34:52 | 06:29 | |
| 1162 | 1145 | Hugo Alves | Individual | 01:04:47 | +34:52 | 06:29 | |
| 1163 | 33 | Marta Alves | 6:45 | 01:04:48 | +34:53 | 06:29 | |
| 1164 | 1349 | Leonildo Manuel Jacob dos Reis | Individual | 01:04:50 | +34:55 | 06:29 | |
| 1165 | 756 | Inês Almeida | Individual | 01:04:52 | +34:57 | 06:29 | |
| 1166 | 783 | Marisol dos Santos Simões | Individual | 01:04:53 | +34:58 | 06:29 | |
| 1167 | 108 | Tiago Bernardes | Adões Trail | 01:04:53 | +34:58 | 06:29 | |
| 1168 | 751 | Daniela lima | Individual | 01:04:53 | +34:58 | 06:29 | |
| 1169 | 1280 | Carlos miranda | Individual | 01:04:54 | +34:59 | 06:29 | |
| 1170 | 1314 | Nuno Santos | Individual | 01:04:56 | +35:01 | 06:30 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1171 | 558 | Inês Marques | Focus & TUU | 01:05:03 | +35:08 | 06:30 | |
| 1172 | 1279 | Bruno Pires de Lima Araújo Rodrigues | Individual | 01:05:05 | +35:10 | 06:31 | |
| 1173 | 1611 | Bruno Leal | RC Believers | 01:05:06 | +35:11 | 06:31 | |
| 1174 | 1671 | Rosa Rodrigues | Saca Trilhos Anadia | 01:05:06 | +35:11 | 06:31 | |
| 1175 | 981 | Pedro Abrantes | Individual | 01:05:06 | +35:11 | 06:31 | |
| 1176 | 610 | Nuno Ventura | Focus & TUU | 01:05:07 | +35:12 | 06:31 | |
| 1177 | 825 | António Manuel Ganilho Correia | Individual | 01:05:07 | +35:12 | 06:31 | |
| 1178 | 582 | Frederico Macedo | Focus & TUU | 01:05:08 | +35:13 | 06:31 | |
| 1179 | 1263 | Rui Miguel Costa | Individual | 01:05:15 | +35:20 | 06:31 | |
| 1180 | 1083 | Clara Isabel da Silva Costa Gonçalves | Individual | 01:05:15 | +35:20 | 06:31 | |
| 1181 | 447 | Ricardo Francisco | Dojo Fit Coimbra | 01:05:18 | +35:23 | 06:32 | |
| 1182 | 440 | Sara Silva | Dojo Fit Coimbra | 01:05:19 | +35:24 | 06:32 | |
| 1183 | 533 | Rafael Figueiredo | Fit team | 01:05:29 | +35:34 | 06:33 | |
| 1184 | 131 | Joana Lobo | AMIG@S do PI | 01:05:31 | +35:36 | 06:33 | |
| 1185 | 1380 | João Marques Silva | Individual | 01:05:32 | +35:37 | 06:33 | |
| 1186 | 29 | Carla Cardoso | 6:45 | 01:05:32 | +35:37 | 06:33 | |
| 1187 | 1739 | Luis Costa | THE FIRST Wellness & Bootcamp | 01:05:35 | +35:40 | 06:34 | |
| 1188 | 677 | Rafaela Guisantes | Homework_out & ActiFisio Running Team | 01:05:38 | +35:43 | 06:34 | |
| 1189 | 1748 | Isabel Ventura | Tribo NR | 01:05:38 | +35:43 | 06:34 | |
| 1190 | 551 | Ana  Faria | Focus & TUU | 01:05:39 | +35:44 | 06:34 | |
| 1191 | 1576 | RAFAELA BENTO | PROSISTEM.RUNNERS | 01:05:40 | +35:45 | 06:34 | |
| 1192 | 534 | Olga Vagueiro | Fit team | 01:05:42 | +35:47 | 06:34 | |
| 1193 | 536 | Ricardo Cortesão | Fit team | 01:05:42 | +35:47 | 06:34 | |
| 1194 | 579 | Carlos ramos | Focus & TUU | 01:05:44 | +35:49 | 06:34 | |
| 1195 | 568 | Natália Gonçalves Garcia | Focus & TUU | 01:05:44 | +35:49 | 06:34 | |
| 1196 | 1558 | Maria Lucília da Costa Bicas | Portuguese United Training Association | 01:05:50 | +35:55 | 06:35 | |
| 1197 | 371 | Margarida Machado | CPT Coimbra | 01:05:52 | +35:57 | 06:35 | |
| 1198 | 905 | João Gonçalves | Individual | 01:05:54 | +35:59 | 06:35 | |
| 1199 | 798 | Soraia Fortunato | Individual | 01:05:54 | +35:59 | 06:35 | |
| 1200 | 1390 | Eduardo Costa | Inter da Mata | 01:05:55 | +36:00 | 06:36 | |
| 1201 | 870 | Fernando Monteiro | Individual | 01:05:57 | +36:02 | 06:36 | |
| 1202 | 1479 | Sofia Pedrosa Barbeito | Olympic Silvas | 01:05:59 | +36:04 | 06:36 | |
| 1203 | 1052 | Joana Vale | Individual | 01:06:00 | +36:05 | 06:36 | |
| 1204 | 1230 | João Oliveira | Individual | 01:06:02 | +36:07 | 06:36 | |
| 1205 | 404 | Victor Francisco | CTCV | 01:06:02 | +36:07 | 06:36 | |
| 1206 | 401 | Inês Rondão | CTCV | 01:06:02 | +36:07 | 06:36 | |
| 1207 | 403 | João Caldeira | CTCV | 01:06:03 | +36:08 | 06:36 | |
| 1208 | 1785 | Sandro Tomé | Welvy | 01:06:09 | +36:14 | 06:37 | |
| 1209 | 987 | Pedro Miguel Fonseca Rodrigues | Individual | 01:06:09 | +36:14 | 06:37 | |
| 1210 | 1412 | Hugo Vilaranda | ISIDOVIAS - GRUPO ISIDORO | 01:06:10 | +36:15 | 06:37 | |
| 1211 | 339 | Aurélio Carvalho | CMCoimbra | 01:06:11 | +36:16 | 06:37 | |
| 1212 | 419 | Marta Esteves | Dci/trilhos luso bussaco | 01:06:12 | +36:17 | 06:37 | |
| 1213 | 1481 | Helena Santos | OPRATICANTE | 01:06:13 | +36:18 | 06:37 | |
| 1214 | 153 | Cidália Canais | ARCD Venda da Luísa Trail | 01:06:16 | +36:21 | 06:38 | |
| 1215 | 157 | Carlos Canais | ARCD Venda da Luísa Trail | 01:06:16 | +36:21 | 06:38 | |

## PROVA PRINCIPAL - STAGE 1 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1216 | 1432 | Manuel Costa | K Studio Running Team | 01:06:19 | +36:24 | 06:38 | |
| 1217 | 1561 | Pedro Miguel Henriques Pinheiro do Nascimento | Portuguese United Training Association | 01:06:20 | +36:25 | 06:38 | |
| 1218 | 1559 | José Carlos Valle Costa Teixeira | Portuguese United Training Association | 01:06:20 | +36:25 | 06:38 | |
| 1219 | 1560 | Olinto Miguel Teodoro Vieira | Portuguese United Training Association | 01:06:20 | +36:25 | 06:38 | |
| 1220 | 1496 | Paula Tavares | Os Papa Milhas | 01:06:20 | +36:25 | 06:38 | |
| 1221 | 294 | AnaBela Pescadinha | Clube de Atletismo da Nazaré | 01:06:21 | +36:26 | 06:38 | |
| 1222 | 292 | Ana Gaudêncio | Clube de Atletismo da Nazaré | 01:06:21 | +36:26 | 06:38 | |
| 1223 | 823 | António Aragão Figueiredo | Individual | 01:06:23 | +36:28 | 06:38 | |
| 1224 | 732 | Ana Sofia Monteiro Pimenta | Individual | 01:06:24 | +36:29 | 06:38 | |
| 1225 | 1066 | Olga Rasteiro | Individual | 01:06:27 | +36:32 | 06:39 | |
| 1226 | 449 | Rui Catarrinho | Dojo Fit Coimbra | 01:06:27 | +36:32 | 06:39 | |
| 1227 | 1067 | Patrícia da Graça Gonçalves Cordinhã | Individual | 01:06:29 | +36:34 | 06:39 | |
| 1228 | 535 | Pedro Coutinho | Fit team | 01:06:30 | +36:35 | 06:39 | |
| 1229 | 828 | Bernardo José Santos de Oliveira e Silva | Individual | 01:06:37 | +36:42 | 06:40 | |
| 1230 | 152 | Sílvia costa | ARCD Venda da Luísa Trail | 01:06:38 | +36:43 | 06:40 | |
| 1231 | 1494 | Ângela Tavares | Os Papa Milhas | 01:06:39 | +36:44 | 06:40 | |
| 1232 | 1338 | Eduardo Mateus | Individual | 01:06:42 | +36:47 | 06:40 | |
| 1233 | 1715 | JOÃO PEDRO | TERTÚLIA DA VELHA CABRA | 01:06:45 | +36:50 | 06:40 | |
| 1234 | 923 | João Rodrigues | Individual | 01:06:45 | +36:50 | 06:40 | |
| 1235 | 1495 | Helena Duarte | Os Papa Milhas | 01:06:49 | +36:54 | 06:41 | |
| 1236 | 1502 | Pedro Roque | Os Papa Milhas | 01:06:51 | +36:56 | 06:41 | |
| 1237 | 100 | Elisabete domingues | ADCDP condeixa | 01:06:51 | +36:56 | 06:41 | |
| 1238 | 102 | Pedro domingues | ADCDP condeixa | 01:06:51 | +36:56 | 06:41 | |
| 1239 | 317 | António Tavares | CluVe - Clube de Veteranos de Atletismo Coimbra | 01:06:53 | +36:58 | 06:41 | |
| 1240 | 1574 | Mariana Silva | PROSISTEM.RUNNERS | 01:06:55 | +37:00 | 06:42 | |
| 1241 | 707 | Paulo Barreto | Homework_out & ActiFisio Running Team | 01:07:03 | +37:08 | 06:42 | |
| 1242 | 692 | Conceição Barreto | Homework_out & ActiFisio Running Team | 01:07:04 | +37:09 | 06:42 | |
| 1243 | 698 | Bruno Ferreira | Homework_out & ActiFisio Running Team | 01:07:04 | +37:09 | 06:42 | |
| 1244 | 682 | Francisco Barreto | Homework_out & ActiFisio Running Team | 01:07:04 | +37:09 | 06:42 | |
| 1245 | 668 | Ana Rita Varandas Ferreira | Homework_out & ActiFisio Running Team | 01:07:04 | +37:09 | 06:42 | |
| 1246 | 695 | Ana Paula Batista de Pinho | Homework_out & ActiFisio Running Team | 01:07:09 | +37:14 | 06:43 | |
| 1247 | 696 | Luísa Aveiro | Homework_out & ActiFisio Running Team | 01:07:10 | +37:15 | 06:43 | |
| 1248 | 1093 | Sandra Ponte | Individual | 01:07:13 | +37:18 | 06:43 | |
| 1249 | 166 | Catarina Fernandes | Associação de Vítimas das petas do Sal | 01:07:13 | +37:18 | 06:43 | |
| 1250 | 218 | Miguel António Costa Roque | Bombeiros Sapadores de Coimbra | 01:07:19 | +37:24 | 06:44 | |
| 1251 | 779 | Mariana Filipe | Individual | 01:07:19 | +37:24 | 06:44 | |
| 1252 | 351 | Catia Sofia Andrade Durão | CNI | 01:07:21 | +37:26 | 06:44 | |
| 1253 | 1016 | Rui Neto | Individual | 01:07:21 | +37:26 | 06:44 | |
| 1254 | 1416 | Silvia Almeida | K Studio Running Team | 01:07:22 | +37:27 | 06:44 | |
| 1255 | 1429 | Eunice São José | K Studio Running Team | 01:07:22 | +37:27 | 06:44 | |
| 1256 | 1109 | Ângela Teresa Simões Silva Campos | Individual | 01:07:24 | +37:29 | 06:44 | |
| 1257 | 797 | Sara Raquel Gonçalves Rodrigues | Individual | 01:07:33 | +37:38 | 06:45 | |
| 1258 | 1080 | Carla Maria G. P. Jardim | Individual | 01:07:33 | +37:38 | 06:45 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1259 | 988 | Pedro Monteiro | Individual | 01:07:36 | +37:41 | 06:46 | |
| 1260 | 686 | Paulo Pereira | Homework_out & ActiFisio Running Team | 01:07:36 | +37:41 | 06:46 | |
| 1261 | 790 | Raquel Azevedo | Individual | 01:07:36 | +37:41 | 06:46 | |
| 1262 | 1146 | Hugo Moreira Rodrigues | Individual | 01:07:40 | +37:45 | 06:46 | |
| 1263 | 1114 | Maria do Céu Rodrigues | Individual | 01:07:40 | +37:45 | 06:46 | |
| 1264 | 355 | Filipa Vidal | CNI | 01:07:43 | +37:48 | 06:46 | |
| 1265 | 503 | Ricardo Nobre | Escola de Atletismo de Coimbra/JPaiva | 01:07:46 | +37:51 | 06:47 | |
| 1266 | 1102 | Isabel Maria Baptista Pinto | Individual | 01:07:50 | +37:55 | 06:47 | |
| 1267 | 1307 | Luís Miguel carvalho ramos | Individual | 01:07:50 | +37:55 | 06:47 | |
| 1268 | 665 | Ricardo Manuel Ferreira da Silva Guimarães | Gui | 01:08:06 | +38:11 | 06:49 | |
| 1269 | 663 | Ines Peres | Gui | 01:08:06 | +38:11 | 06:49 | |
| 1270 | 1452 | Rui Azevedo | MIRASpaco/PAzevedoSeguros/CasaDoPão/A.D.Serpinense | 01:08:07 | +38:12 | 06:49 | |
| 1271 | 1451 | Zélia Duarte | MIRASpaco/PAzevedoSeguros/CasaDoPão/A.D.Serpinense | 01:08:08 | +38:13 | 06:49 | |
| 1272 | 1463 | CELIA CARVALHO | MONTANHA CLUBE TRAIL RUNNING/EFAPEL | 01:08:09 | +38:14 | 06:49 | |
| 1273 | 1462 | Sandra Gonçalves | MONTANHA CLUBE TRAIL RUNNING/EFAPEL | 01:08:09 | +38:14 | 06:49 | |
| 1274 | 1510 | Diana Oliveira | Owlpharma | 01:08:25 | +38:30 | 06:50 | |
| 1275 | 1512 | Lígia Ferreira | Owlpharma | 01:08:25 | +38:30 | 06:50 | |
| 1276 | 1088 | Mariana Perdigão | Individual | 01:08:26 | +38:31 | 06:51 | |
| 1277 | 1094 | Sonia Vieira | Individual | 01:08:26 | +38:31 | 06:51 | |
| 1278 | 23 | Inês Sobral | 6:45 | 01:08:27 | +38:32 | 06:51 | |
| 1279 | 1723 | Liliane Carvalho | THE FIRST Wellness & Bootcamp | 01:08:30 | +38:35 | 06:51 | |
| 1280 | 1737 | Sandrina Monteiro | THE FIRST Wellness & Bootcamp | 01:08:31 | +38:36 | 06:51 | |
| 1281 | 1728 | Marco Brásio | THE FIRST Wellness & Bootcamp | 01:08:31 | +38:36 | 06:51 | |
| 1282 | 1641 | Ângela Pinto | Runners da Calçada | 01:08:32 | +38:37 | 06:51 | |
| 1283 | 451 | Sofia Rocha | Dojo Fit Coimbra | 01:08:34 | +38:39 | 06:51 | |
| 1284 | 450 | Sara Rocha | Dojo Fit Coimbra | 01:08:34 | +38:39 | 06:51 | |
| 1285 | 496 | Paulo Amaral | Escola de Atletismo de Coimbra/JPaiva | 01:08:34 | +38:39 | 06:51 | |
| 1286 | 194 | Joana Mendes | BLUEPHARMA | 01:08:34 | +38:39 | 06:51 | |
| 1287 | 200 | Sofia Ribeiro Lourenço | BLUEPHARMA | 01:08:36 | +38:41 | 06:52 | |
| 1288 | 1733 | Joana Nogueira | THE FIRST Wellness & Bootcamp | 01:08:36 | +38:41 | 06:52 | |
| 1289 | 1304 | Luís Carrito | Individual | 01:08:38 | +38:43 | 06:52 | |
| 1290 | 1054 | Liliana Resende | Individual | 01:08:40 | +38:45 | 06:52 | |
| 1291 | 1506 | Alexandra Miranda | Owlpharma | 01:08:51 | +38:56 | 06:53 | |
| 1292 | 614 | José Geria | Focus & TUU | 01:08:55 | +39:00 | 06:53 | |
| 1293 | 333 | Isabel Madeira | CMCoimbra | 01:08:58 | +39:03 | 06:54 | |
| 1294 | 593 | Paulo Preto Castanho | Focus & TUU | 01:09:04 | +39:09 | 06:54 | |
| 1295 | 609 | Hugo Tocha | Focus & TUU | 01:09:04 | +39:09 | 06:54 | |
| 1296 | 515 | Arménio Guardado Cruz | Escola Superior de Enfermagem de Coimbra | 01:09:06 | +39:11 | 06:55 | |
| 1297 | 1705 | Patrícia Simões | Tainadas Run Team | 01:09:10 | +39:15 | 06:55 | |
| 1298 | 1706 | Cândido Veloso | Tainadas Run Team | 01:09:10 | +39:15 | 06:55 | |
| 1299 | 1100 | Elisabete Maria dos Santos Pedrosa | Individual | 01:09:15 | +39:20 | 06:55 | |
| 1300 | 1388 | ANA ISABEL BARROS REBELO | Inter da Mata | 01:09:29 | +39:34 | 06:57 | |
| 1301 | 1194 | Ricardo Tavares | Individual | 01:09:31 | +39:36 | 06:57 | |
| 1302 | 1040 | Barbara Lemos | Individual | 01:09:32 | +39:37 | 06:57 | |

## PROVA PRINCIPAL - STAGE 1 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1303 | 483 | Raquel Nobre | Escola de Atletismo de Coimbra/JPaiva | 01:09:35 | +39:40 | 06:58 | |
| 1304 | 1521 | Paulo Correia | Paulo Correia Clínic | 01:09:38 | +39:43 | 06:58 | |
| 1305 | 863 | Eduardo Miguel Figueiredo Rodrigues | Individual | 01:09:40 | +39:45 | 06:58 | |
| 1306 | 1337 | Carlos Alberto Ramos de Oliveira | Individual | 01:09:43 | +39:48 | 06:58 | |
| 1307 | 1607 | Sandra Lucas | RC Believers | 01:09:44 | +39:49 | 06:58 | |
| 1308 | 1716 | JOÃO VILÃO | TERTÚLIA DA VELHA CABRA | 01:09:46 | +39:51 | 06:59 | |
| 1309 | 671 | Inês Marques | Homework_out & ActiFisio Running Team | 01:09:47 | +39:52 | 06:59 | |
| 1310 | 1466 | José Antonio Freitas | MSS CONTABILIDADE TRAIL TEAM | 01:09:47 | +39:52 | 06:59 | |
| 1311 | 337 | Carlos Jorge Pereira Correia | CMCoimbra | 01:09:47 | +39:52 | 06:59 | |
| 1312 | 326 | Sandra Sofia Ferreira Salgado | CMCoimbra | 01:09:47 | +39:52 | 06:59 | |
| 1313 | 223 | Jaime Filipe Almeida Correia | Bombeiros Sapadores de Coimbra | 01:09:51 | +39:56 | 06:59 | |
| 1314 | 563 | Leonor Campos Pascoal de Carvalho | Focus & TUU | 01:09:55 | +40:00 | 07:00 | |
| 1315 | 195 | Joana Sousa | BLUEPHARMA | 01:10:00 | +40:05 | 07:00 | |
| 1316 | 604 | Carla Cristina Alves | Focus & TUU | 01:10:05 | +40:10 | 07:01 | |
| 1317 | 564 | Leonor Geria | Focus & TUU | 01:10:05 | +40:10 | 07:01 | |
| 1318 | 763 | Laura Gante | Individual | 01:10:07 | +40:12 | 07:01 | |
| 1319 | 532 | Marina Salvado | Fit team | 01:10:12 | +40:17 | 07:01 | |
| 1320 | 531 | Letícia Santos | Fit team | 01:10:12 | +40:17 | 07:01 | |
| 1321 | 712 | Mirian Escalante | Individual | 01:10:19 | +40:24 | 07:02 | |
| 1322 | 1162 | Liberato Neto | Individual | 01:10:36 | +40:41 | 07:04 | |
| 1323 | 946 | Luis Antonio | Individual | 01:10:37 | +40:42 | 07:04 | |
| 1324 | 1086 | MARGARIDA GANTE | Individual | 01:10:40 | +40:45 | 07:04 | |
| 1325 | 384 | Pedro Carvalho | CPT Sobral de Ceira | 01:10:41 | +40:46 | 07:04 | |
| 1326 | 310 | ARMANDO RUI CARDOSO PIRES MARTINS | Clube Millennium BCP | 01:10:47 | +40:52 | 07:05 | |
| 1327 | 775 | Mariana Agostinho | Individual | 01:10:52 | +40:57 | 07:05 | |
| 1328 | 1685 | Rosário Sousa | Sky.studio Runners | 01:10:54 | +40:59 | 07:05 | |
| 1329 | 448 | Rodrigo Lopes | Dojo Fit Coimbra | 01:10:57 | +41:02 | 07:06 | |
| 1330 | 744 | Caroline Relva de Moraes | Individual | 01:11:07 | +41:12 | 07:07 | |
| 1331 | 866 | Fábio Moreira Santos | Individual | 01:11:11 | +41:16 | 07:07 | |
| 1332 | 1550 | Haruka Omiya | Polyrunners and friends | 01:11:14 | +41:19 | 07:07 | |
| 1333 | 1467 | Rui Machado | MSS CONTABILIDADE TRAIL TEAM | 01:11:17 | +41:22 | 07:08 | |
| 1334 | 1112 | Filomena Dias | Individual | 01:11:20 | +41:25 | 07:08 | |
| 1335 | 1391 | Anabela Ferreira das Neves | Inter da Mata | 01:11:20 | +41:25 | 07:08 | |
| 1336 | 571 | Rita Taipina Marques | Focus & TUU | 01:11:21 | +41:26 | 07:08 | |
| 1337 | 916 | João Paulo Colaço Reganha | Individual | 01:11:24 | +41:29 | 07:08 | |
| 1338 | 1645 | Raquel Santos | Runners da Calçada | 01:11:27 | +41:32 | 07:09 | |
| 1339 | 731 | Ana Rodrigues | Individual | 01:11:30 | +41:35 | 07:09 | |
| 1340 | 330 | Sandra Sofia Pereira Simões | CMCoimbra | 01:11:30 | +41:35 | 07:09 | |
| 1341 | 275 | Alexandra André | CFCoimbra | 01:11:38 | +41:43 | 07:10 | |
| 1342 | 279 | Miguel Oliveira | CFCoimbra | 01:11:39 | +41:44 | 07:10 | |
| 1343 | 1477 | José Madeira | OLIVEIRA | 01:11:41 | +41:46 | 07:10 | |
| 1344 | 1110 | cristina carmo | Individual | 01:11:55 | +42:00 | 07:12 | |
| 1345 | 321 | Daniela Catarino Branco de Andrade | CMCoimbra | 01:11:56 | +42:01 | 07:12 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1346 | 1784 | Isabel Pedrosa | Welvy | 01:12:00 | +42:05 | 07:12 | |
| 1347 | 1030 | Tiago Patrão | Individual | 01:12:00 | +42:05 | 07:12 | |
| 1348 | 1722 | Inês Madeira | THE FIRST Wellness & Bootcamp | 01:12:04 | +42:09 | 07:12 | |
| 1349 | 1741 | Vitor Costa | THE FIRST Wellness & Bootcamp | 01:12:05 | +42:10 | 07:12 | |
| 1350 | 873 | Filipe Neves | Individual | 01:12:11 | +42:16 | 07:13 | |
| 1351 | 745 | Catarina Alçada | Individual | 01:12:28 | +42:33 | 07:15 | |
| 1352 | 1689 | Pedro Cavaleiro | Sky.studio Runners | 01:12:31 | +42:36 | 07:15 | |
| 1353 | 1690 | Rodrigo Pardal | Sky.studio Runners | 01:12:31 | +42:36 | 07:15 | |
| 1354 | 525 | MÓNICA CUNHA | Farmácia Luciano e Matos | 01:12:32 | +42:37 | 07:15 | |
| 1355 | 1618 | Maria Monica Vasconcelos Mota Antunes da Cunha | Rmcasa Lda | 01:12:32 | +42:37 | 07:15 | |
| 1356 | 530 | ANTÓNIO OLIVEIRA | Farmácia Luciano e Matos | 01:12:33 | +42:38 | 07:15 | |
| 1357 | 528 | MARIA HELENA AMADO | Farmácia Luciano e Matos | 01:12:33 | +42:38 | 07:15 | |
| 1358 | 529 | DAVID SILVA | Farmácia Luciano e Matos | 01:12:34 | +42:39 | 07:15 | |
| 1359 | 526 | IVETE NETO | Farmácia Luciano e Matos | 01:12:34 | +42:39 | 07:15 | |
| 1360 | 524 | MÉLANIE DUARTE | Farmácia Luciano e Matos | 01:12:34 | +42:39 | 07:15 | |
| 1361 | 709 | Mário Ferreira | Homework_out & ActiFisio Running Team | 01:12:35 | +42:40 | 07:15 | |
| 1362 | 547 | Américo Ferro | FitLine | 01:12:38 | +42:43 | 07:16 | |
| 1363 | 544 | Isabel Rassoul | FitLine | 01:12:38 | +42:43 | 07:16 | |
| 1364 | 1489 | Isabel Santos | Os Kágados | 01:12:43 | +42:48 | 07:16 | |
| 1365 | 1490 | Artur Rodrigues | Os Kágados | 01:12:44 | +42:49 | 07:16 | |
| 1366 | 1491 | Paulo Pinho | Os Kágados | 01:12:44 | +42:49 | 07:16 | |
| 1367 | 1492 | Manuel Pereira Santos | Os Kágados | 01:12:44 | +42:49 | 07:16 | |
| 1368 | 719 | Alexandra Silva | Individual | 01:12:50 | +42:55 | 07:17 | |
| 1369 | 512 | Rita Susana Gomes Gonçalves | Escola Superior de Enfermagem de Coimbra | 01:12:51 | +42:56 | 07:17 | |
| 1370 | 1057 | Luisa Matos | Individual | 01:12:51 | +42:56 | 07:17 | |
| 1371 | 434 | Beatriz Andrade | Dojo Fit Coimbra | 01:12:53 | +42:58 | 07:17 | |
| 1372 | 1352 | Mário Severo de Matos Marinho | Individual | 01:13:03 | +43:08 | 07:18 | |
| 1373 | 99 | André Miguel Branco Domingues | AD | 01:13:04 | +43:09 | 07:18 | |
| 1374 | 98 | Dora Isabel Alves da Cruz | AD | 01:13:05 | +43:10 | 07:18 | |
| 1375 | 1045 | Dora Oliveira | Individual | 01:13:05 | +43:10 | 07:19 | |
| 1376 | 1126 | Artur Mateus | Individual | 01:13:05 | +43:10 | 07:19 | |
| 1377 | 1620 | Luis Miguel Guedes Pinto Antunes da Cunha | Rmcasa Lda | 01:13:07 | +43:12 | 07:19 | |
| 1378 | 574 | Sara Silva | Focus & TUU | 01:13:11 | +43:16 | 07:19 | |
| 1379 | 1282 | Cláudio Pacheco Dinis e Silva | Individual | 01:13:11 | +43:16 | 07:19 | |
| 1380 | 877 | Francisco José Carvalho Pires | Individual | 01:13:13 | +43:18 | 07:19 | |
| 1381 | 439 | Rita Andrade | Dojo Fit Coimbra | 01:13:17 | +43:22 | 07:20 | |
| 1382 | 785 | Martha Mendes | Individual | 01:13:18 | +43:23 | 07:20 | |
| 1383 | 1225 | Gonçalo Luciano | Individual | 01:13:22 | +43:27 | 07:20 | |
| 1384 | 256 | Sofia Peixeira | Carregal do Sal Runners | 01:13:22 | +43:27 | 07:20 | |
| 1385 | 772 | Maria Aquino | Individual | 01:13:29 | +43:34 | 07:21 | |
| 1386 | 565 | Margarida Carvalho | Focus & TUU | 01:13:35 | +43:40 | 07:21 | |
| 1387 | 176 | Ana Burnay | Atletas ao domingo | 01:13:38 | +43:43 | 07:22 | |
| 1388 | 179 | Cláudia Pinto | Atletas ao domingo | 01:13:38 | +43:43 | 07:22 | |
| 1389 | 1236 | Karl Smyth | Individual | 01:13:52 | +43:57 | 07:23 | |
| 1390 | 60 | Nuno Miguel | A.R.S.M. - Associação Recreativa de São Miguel | 01:14:01 | +44:06 | 07:24 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1391 | 178 | Sara Lindo | Atletas ao domingo | 01:14:07 | +44:12 | 07:25 | |
| 1392 | 1795 | Nogueira Nogueira | AMIG@S do PI | 01:14:10 | +44:15 | 07:25 | |
| 1393 | 1228 | João lourenço | Individual | 01:14:21 | +44:26 | 07:26 | |
| 1394 | 1699 | Eugénia Batista | SOURE MOV | 01:14:31 | +44:36 | 07:27 | |
| 1395 | 566 | Michaela Rosa Cabral | Focus & TUU | 01:14:49 | +44:54 | 07:29 | |
| 1396 | 720 | Ana Beatriz Ribeiro Teixeira Lima | Individual | 01:14:49 | +44:54 | 07:29 | |
| 1397 | 445 | Miguel Moraes | Dojo Fit Coimbra | 01:14:51 | +44:56 | 07:29 | |
| 1398 | 436 | Inês Laranjeira | Dojo Fit Coimbra | 01:14:51 | +44:56 | 07:29 | |
| 1399 | 438 | Patrícia Lourenço | Dojo Fit Coimbra | 01:14:52 | +44:57 | 07:29 | |
| 1400 | 1507 | Ana Cristina Silveiro | Owlpharma | 01:15:17 | +45:22 | 07:32 | |
| 1401 | 555 | Andreia Menezes | Focus & TUU | 01:15:20 | +45:25 | 07:32 | |
| 1402 | 560 | Jéssica Machado Guerra | Focus & TUU | 01:15:32 | +45:37 | 07:33 | |
| 1403 | 1504 | Paula Sofia Sequeira | Os Sequeiras querem festa | 01:15:40 | +45:45 | 07:34 | |
| 1404 | 296 | Suzie Bureau | Clube de Atletismo da Nazaré | 01:15:42 | +45:47 | 07:34 | |
| 1405 | 664 | Paulo Guimarães | Gui | 01:15:42 | +45:47 | 07:34 | |
| 1406 | 754 | Francisca Salgado | Individual | 01:15:42 | +45:47 | 07:34 | |
| 1407 | 1609 | Pedro Emanuel dos Santos Queirós Lourenço | RC Believers | 01:15:42 | +45:47 | 07:34 | |
| 1408 | 1000 | Ricardo Simões | Individual | 01:15:42 | +45:47 | 07:34 | |
| 1409 | 1605 | Ana Catarina Vaz de Sousa | RC Believers | 01:15:42 | +45:47 | 07:34 | |
| 1410 | 1606 | Catarina Alexandra Monteiro Camões | RC Believers | 01:15:42 | +45:47 | 07:34 | |
| 1411 | 1318 | Pedro Medina | Individual | 01:15:55 | +46:00 | 07:36 | |
| 1412 | 638 | Miguel Ângelo Cunha de Oliveira | Gerardo Studio | 01:15:58 | +46:03 | 07:36 | |
| 1413 | 30 | Véronique Seco | 6:45 | 01:15:58 | +46:03 | 07:36 | |
| 1414 | 631 | Daniel Filipe Silva Pires | Gerardo Studio | 01:15:59 | +46:04 | 07:36 | |
| 1415 | 635 | Jano Lucas Plag Fontes | Gerardo Studio | 01:15:59 | +46:04 | 07:36 | |
| 1416 | 196 | Mafalda Reis Marques | BLUEPHARMA | 01:16:07 | +46:12 | 07:37 | |
| 1417 | 193 | Inês Isusi | BLUEPHARMA | 01:16:07 | +46:12 | 07:37 | |
| 1418 | 453 | Daniel Filipe Vieira de Oliveira | Elite da Humildade | 01:16:17 | +46:22 | 07:38 | |
| 1419 | 452 | Inês Mendes de Sousa | Elite da Humildade | 01:16:17 | +46:22 | 07:38 | |
| 1420 | 48 | Paulo Trindade | 6:45 | 01:16:35 | +46:40 | 07:40 | |
| 1421 | 34 | Patrícia Seabra | 6:45 | 01:16:36 | +46:41 | 07:40 | |
| 1422 | 508 | Susana Cherednykova | Escola Superior de Enfermagem de Coimbra | 01:17:04 | +47:09 | 07:42 | |
| 1423 | 1470 | CARLA CRISTINA MENDES ÂNGELO | NAVEGANTES DA RUA | 01:17:05 | +47:10 | 07:43 | |
| 1424 | 1473 | ANA CRISTINA COSTA SECO | NAVEGANTES DA RUA | 01:17:06 | +47:11 | 07:43 | |
| 1425 | 1472 | SÓNIA MARGARIDA TRAVASSOS RAMA | NAVEGANTES DA RUA | 01:17:25 | +47:30 | 07:44 | |
| 1426 | 1076 | Alexandra Silva | Individual | 01:17:27 | +47:32 | 07:45 | |
| 1427 | 1097 | anabela amaral | Individual | 01:17:34 | +47:39 | 07:45 | |
| 1428 | 411 | Afonso Silva | Dci/trilhos luso bussaco | 01:17:34 | +47:39 | 07:45 | |
| 1429 | 1073 | Tânia Marisa Neves Pratas | Individual | 01:17:34 | +47:39 | 07:45 | |
| 1430 | 1554 | Emanuel Feijó | Polyrunners and friends | 01:17:47 | +47:52 | 07:47 | |
| 1431 | 1734 | Marcela Martins | THE FIRST Wellness & Bootcamp | 01:17:50 | +47:55 | 07:47 | |
| 1432 | 1738 | João Afonso | THE FIRST Wellness & Bootcamp | 01:17:51 | +47:56 | 07:47 | |
| 1433 | 1115 | Paula Martins | Individual | 01:18:17 | +48:22 | 07:50 | |

## PROVA PRINCIPAL - STAGE 1 — 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1434 | 1113 | Ivone Dilella | Individual | 01:18:17 | +48:22 | 07:50 | |
| 1435 | 1407 | Jorge Carvalho | ISIDOVIAS - GRUPO ISIDORO | 01:18:30 | +48:35 | 07:51 | |
| 1436 | 1408 | Ricardo Machado | ISIDOVIAS - GRUPO ISIDORO | 01:18:30 | +48:35 | 07:51 | |
| 1437 | 1551 | Mónica Fernandes | Polyrunners and friends | 01:18:33 | +48:38 | 07:51 | |
| 1438 | 1549 | Carolina Fernandes | Polyrunners and friends | 01:18:34 | +48:39 | 07:51 | |
| 1439 | 890 | Hugo Miguel Monteiro Antunes | Individual | 01:18:38 | +48:43 | 07:52 | |
| 1440 | 735 | Andreia Maria Silva Cruz | Individual | 01:18:38 | +48:43 | 07:52 | |
| 1441 | 1548 | José Pires lima | Pernas Inertes | 01:18:41 | +48:46 | 07:52 | |
| 1442 | 1547 | Rosa Bispo | Pernas Inertes | 01:18:41 | +48:46 | 07:52 | |
| 1443 | 856 | Diogo Medina | Individual | 01:18:59 | +49:04 | 07:54 | |
| 1444 | 278 | Armanda Matos | CFCoimbra | 01:19:03 | +49:08 | 07:54 | |
| 1445 | 283 | Jorge Manuel de Miranda Domingues Janicas | CFCoimbra | 01:19:03 | +49:08 | 07:54 | |
| 1446 | 573 | Sara Cruz | Focus & TUU | 01:19:21 | +49:26 | 07:56 | |
| 1447 | 569 | Raquel Cruz | Focus & TUU | 01:19:21 | +49:26 | 07:56 | |
| 1448 | 1476 | Pedro Alexandre Correia | OLIVEIRA | 01:19:29 | +49:34 | 07:57 | |
| 1449 | 1475 | Andreia Patrícia C. Oliveira | OLIVEIRA | 01:19:29 | +49:34 | 07:57 | |
| 1450 | 711 | Bárbara Pereira Alves | Individual | 01:20:06 | +50:11 | 08:01 | |
| 1451 | 782 | Mariana Sofia Santos Ferreira | Individual | 01:20:25 | +50:30 | 08:02 | |
| 1452 | 1523 | Cátia Correia | PCL | 01:20:25 | +50:30 | 08:02 | |
| 1453 | 1530 | Tiago Henriques | PCL | 01:20:26 | +50:31 | 08:03 | |
| 1454 | 606 | Nuno Gomes | Focus & TUU | 01:20:27 | +50:32 | 08:03 | |
| 1455 | 519 | Telma Alves | Espigueiros Runners - Caparrosinha | 01:20:33 | +50:38 | 08:03 | |
| 1456 | 518 | Célia Silva | Espigueiros Runners - Caparrosinha | 01:20:33 | +50:38 | 08:03 | |
| 1457 | 721 | Ana Catarina Bastos Parreira | Individual | 01:20:46 | +50:51 | 08:05 | |
| 1458 | 723 | Ana Filipa Rodrigues | Individual | 01:20:47 | +50:52 | 08:05 | |
| 1459 | 1008 | Ruben Francisco Santos Rodrigues | Individual | 01:20:48 | +50:53 | 08:05 | |
| 1460 | 543 | Carla Proença Oliveira | FitLine | 01:21:27 | +51:32 | 08:09 | |
| 1461 | 1406 | Erik Santana | ISIDOVIAS - GRUPO ISIDORO | 01:21:56 | +52:01 | 08:12 | |
| 1462 | 1478 | Beatriz Rosendo Carvalho e Silva | Olympic Silvas | 01:22:00 | +52:05 | 08:12 | |
| 1463 | 1480 | Inês Rosendo Carvalho e Silva | Olympic Silvas | 01:22:00 | +52:05 | 08:12 | |
| 1464 | 39 | Anabela Mota Pinto | 6:45 | 01:22:02 | +52:07 | 08:12 | |
| 1465 | 38 | Dulce Cristina Silva Santa Rajado | 6:45 | 01:22:02 | +52:07 | 08:12 | |
| 1466 | 1643 | Débora Carpinteiro | Runners da Calçada | 01:22:03 | +52:08 | 08:12 | |
| 1467 | 1773 | Rute Rodrigues | Welvy | 01:22:04 | +52:09 | 08:12 | |
| 1468 | 1770 | Mariana Jegundo | Welvy | 01:22:05 | +52:10 | 08:13 | |
| 1469 | 1778 | Cátia Martha | Welvy | 01:22:05 | +52:10 | 08:13 | |
| 1470 | 793 | Rita Baptista | Individual | 01:22:06 | +52:11 | 08:13 | |
| 1471 | 578 | Bruno Simões | Focus & TUU | 01:23:24 | +53:29 | 08:20 | |
| 1472 | 575 | Soraia Pinto | Focus & TUU | 01:23:25 | +53:30 | 08:20 | |
| 1473 | 800 | Stéphanie Figueiredo Pais | Individual | 01:23:49 | +53:54 | 08:23 | |
| 1474 | 1783 | Elisabete Martelo | Welvy | 01:24:00 | +54:05 | 08:24 | |
| 1475 | 795 | Rosivania Ferreira da Silva | Individual | 01:24:34 | +54:39 | 08:27 | |
| 1476 | 481 | Joana Catarina Figueiredo Nobre | Escola de Atletismo de Coimbra/JPaiva | 01:24:45 | +54:50 | 08:28 | |
| 1477 | 1498 | Carla Tinoco | Os Papa Milhas | 01:24:52 | +54:57 | 08:29 | |
| 1478 | 126 | Cátia Milene Pereira Gonçalves | AMIG@S do PI | 01:24:56 | +55:01 | 08:30 | |

## PROVA PRINCIPAL - STAGE 1 10 KM

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

## OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | RESULT | DIFF | t/KM | CARD |
|---|---|---|---|---|---|---|---|
| 1479 | 253 | Diana Monteiro | Canianos | 01:24:56 | +55:01 | 08:30 | |
| 1480 | 277 | Alexandra Almeida | CFCoimbra | 01:24:58 | +55:03 | 08:30 | |
| 1481 | 670 | Daniela Dias | Homework_out & ActiFisio Running Team | 01:25:04 | +55:09 | 08:30 | |
| 1482 | 1348 | José Mário Gama | Individual | 01:25:27 | +55:32 | 08:33 | |
| 1483 | 595 | Renato França | Focus & TUU | 01:25:42 | +55:47 | 08:34 | |
| 1484 | 770 | Marcela Uchôa | Individual | 01:25:43 | +55:48 | 08:34 | |
| 1485 | 556 | Andreia Passeiro | Focus & TUU | 01:25:43 | +55:48 | 08:34 | |
| 1486 | 1117 | Maria João Maldonado Lopes | Individual | 01:26:28 | +56:33 | 08:39 | |
| 1487 | 276 | Cristina Maria Ribeiro Martins Pereira Caridade | CFCoimbra | 01:26:31 | +56:36 | 08:39 | |
| 1488 | 984 | Pedro Henrique Costa Lucas | Individual | 01:28:28 | +58:33 | 08:51 | |
| 1489 | 433 | Adriana Manco | Dojo Fit Coimbra | 01:29:04 | +59:09 | 08:54 | |
| 1490 | 1411 | Bruno Silva | ISIDOVIAS - GRUPO ISIDORO | 01:31:31 | +01:01:36 | 09:09 | |
| 1491 | 1417 | Soraia Rei | K Studio Running Team | 01:32:01 | +01:02:06 | 09:12 | |
| 1492 | 1041 | Carla Marques | Individual | 01:36:12 | +01:06:17 | 09:37 | |
| 1493 | 1096 | Ana Silva | Individual | 01:36:13 | +01:06:18 | 09:37 | |

# ESPAÇO CASA São Silvestre de Coimbra

**Coimbra, PT**

**17-December-2022**

## Prova Principal — 10 KM

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

## OFFICIAL RESULT

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

| | Time | Temperature | Humidity |
|---|---|---|---|
| Start | 18:30 | 12.7ºC | 92% |
| End | 20:06 | 12.7ºC | 92% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|---|---|---|---|---|---|---|---|
| **Junior Feminino** | | | | | | | |
| 1 | 409 | Daniela Assunção | Dci/trilhos luso bussaco | Junior Feminino | 44:45 | +14:50 | 04:29 |
| 2 | 373 | Mariana Pereira | CPT Sobral de Ceira | Junior Feminino | 55:09 | +25:14 | 05:31 |
| 3 | 712 | Mirian Escalante | Individual | Junior Feminino | 01:10:19 | +40:24 | 07:02 |
| 4 | 508 | Susana Cherednykova | Escola Superior de Enfermagem de Coimbra | Junior Feminino | 01:17:04 | +47:09 | 07:42 |
| 5 | 711 | Bárbara Pereira Alves | Individual | Junior Feminino | 01:20:05 | +50:10 | 08:01 |
| **Junior Masculino** | | | | | | | |
| 1 | 375 | João Pedro Albano | CPT Sobral de Ceira | Junior Masculino | 33:47 | +03:52 | 03:23 |
| 2 | 374 | Francisco Graça | CPT Sobral de Ceira | Junior Masculino | 35:40 | +05:45 | 03:34 |
| 3 | 117 | Guilherme Santos Costa (FILHO) | Águas de Coimbra | Junior Masculino | 44:18 | +14:23 | 04:26 |
| 4 | 288 | Hélio Pedroso | Clube de Atletismo da Nazaré | Junior Masculino | 44:37 | +14:42 | 04:28 |
| 5 | 350 | Simão Seiça Costa | CNI | Junior Masculino | 45:24 | +15:29 | 04:32 |
| 6 | 717 | Ricardo Lopes Gomes | Individual | Junior Masculino | 45:42 | +15:47 | 04:34 |
| 7 | 142 | João Pedro Madeira Pratas | ARCD Venda da Luísa Trail | Junior Masculino | 47:29 | +17:34 | 04:45 |
| 8 | 715 | Gonçalo Lança dos Santos | Individual | Junior Masculino | 51:27 | +21:32 | 05:09 |
| 9 | 72 | Dinis da Lagem | AAC-REMO | Junior Masculino | 51:56 | +22:01 | 05:12 |
| 10 | 661 | João Daniel Cruz | Grupo Recreativo Vilverdense | Junior Masculino | 53:32 | +23:37 | 05:21 |
| 11 | 1387 | Gonçalo Sousa | Inter da Mata | Junior Masculino | 54:54 | +24:59 | 05:29 |
| 12 | 509 | Roberto Santos | Escola Superior de Enfermagem de Coimbra | Junior Masculino | 55:48 | +25:53 | 05:35 |
| 13 | 713 | Bernardo Filipe dos Santos Silvestre | Individual | Junior Masculino | 55:49 | +25:54 | 05:35 |
| 14 | 714 | Duarte Cavaco | Individual | Junior Masculino | 01:00:11 | +30:16 | 06:01 |
| 15 | 1549 | Carolina Fernandes | Polyrunners and friends | Junior Masculino | 01:18:33 | +48:38 | 07:51 |
| **Senior Feminino** | | | | | | | |
| 1 | 5 | Solange Jesus | Clube Desportivo Feirense | Senior Feminino | 33:25 | +03:30 | 03:21 |
| 2 | 7 | Ana Mafalda Ferreira | Sporting Clube de Portugal | Senior Feminino | 33:35 | +03:40 | 03:22 |
| 3 | 307 | Andreia Santos | Clube Desportivo Feirense | Senior Feminino | 37:03 | +07:08 | 03:42 |
| 4 | 781 | Mariana Santos | Individual | Senior Feminino | 42:06 | +12:11 | 04:13 |
| 5 | 462 | Catia Rodrigues | Escola de Atletismo de Coimbra/JPaiva | Senior Feminino | 43:40 | +13:45 | 04:22 |
| 6 | 1757 | Tânia Daniela Gomes Pinto | Viriathvs Runners Viseu | Senior Feminino | 45:22 | +15:27 | 04:32 |
| 7 | 57 | Maria João Vieira | A.R.S.M. - Associação Recreativa de São Miguel | Senior Feminino | 45:29 | +15:34 | 04:33 |
| 8 | 461 | Carla Santos | Escola de Atletismo de Coimbra/JPaiva | Senior Feminino | 46:16 | +16:21 | 04:38 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 9 | 463 | Jennifer Maia | Escola de Atletismo de Coimbra/JPaiva | Senior Feminino | 48:17 | +18:22 | 04:50 |
| 10 | 465 | Maria Carvalho | Escola de Atletismo de Coimbra/JPaiva | Senior Feminino | 48:17 | +18:22 | 04:50 |
| 11 | 520 | MARINA GIRÃO | Farmácia Luciano e Matos | Senior Feminino | 48:34 | +18:39 | 04:51 |
| 12 | 464 | Margarida Garcia | Escola de Atletismo de Coimbra/JPaiva | Senior Feminino | 48:39 | +18:44 | 04:52 |
| 13 | 1568 | Flávia Ferraz | PROSISTEM.RUNNERS | Senior Feminino | 48:42 | +18:47 | 04:52 |
| 14 | 92 | Filipa Domingues | ACDRS QUINHENDROS | Senior Feminino | 48:55 | +18:59 | 04:54 |
| 15 | 1563 | Ana Catarina Nascimento | PROSISTEM.RUNNERS | Senior Feminino | 48:56 | +19:01 | 04:54 |
| 16 | 562 | Joana lucena | Focus & TUU | Senior Feminino | 48:57 | +19:02 | 04:54 |
| 17 | 572 | Sandra rito | Focus & TUU | Senior Feminino | 48:59 | +19:04 | 04:54 |
| 18 | 1801 | Ana Rodrigues | Individual | Senior Feminino | 48:59 | +19:04 | 04:54 |
| 19 | 776 | Mariana Catarina Rodrigues de Oliveira | Individual | Senior Feminino | 49:07 | +19:12 | 04:55 |
| 20 | 104 | Joana Almeida | Adões Trail | Senior Feminino | 49:11 | +19:16 | 04:55 |
| 21 | 778 | Mariana Ferreira | Individual | Senior Feminino | 49:36 | +19:41 | 04:58 |
| 22 | 1590 | Cláudia Neto | ACDRS QUINHENDROS | Senior Feminino | 50:05 | +20:10 | 05:01 |
| 23 | 1652 | Laura Rochinha | Running4Fun Viseu | Senior Feminino | 50:08 | +20:13 | 05:01 |
| 24 | 787 | Nataliya Zhurakivska | Individual | Senior Feminino | 50:25 | +20:30 | 05:03 |
| 25 | 55 | Cláudia Rosa | A.R.S.M. - Associação Recreativa de São Miguel | Senior Feminino | 50:30 | +20:35 | 05:03 |
| 26 | 729 | Ana Reis | Individual | Senior Feminino | 51:02 | +21:07 | 05:06 |
| 27 | 1756 | Claudia Nunes | Viriathvs Runners Viseu | Senior Feminino | 51:08 | +21:13 | 05:07 |
| 28 | 56 | Fátima Fernandes | A.R.S.M. - Associação Recreativa de São Miguel | Senior Feminino | 51:15 | +21:20 | 05:08 |
| 29 | 1539 | Catarina Tudela | Pedro Bonito Coach | Senior Feminino | 51:25 | +21:30 | 05:09 |
| 30 | 1772 | Mónica Patrícia Cardoso Marques | Welvy | Senior Feminino | 51:48 | +21:53 | 05:11 |
| 31 | 259 | Cristina Maria Cardoso Dias Nunes | CASA DO BENFICA EM CASTELO BRANCO | Senior Feminino | 52:03 | +22:08 | 05:12 |
| 32 | 765 | Liliana Rodrigues | Individual | Senior Feminino | 52:23 | +22:28 | 05:14 |
| 33 | 667 | Alexandra Gomes | Homework_out & ActiFisio Running Team | Senior Feminino | 52:24 | +22:29 | 05:14 |
| 34 | 784 | Marlene Sofia Alexandre | Individual | Senior Feminino | 52:43 | +22:48 | 05:16 |
| 35 | 1567 | CONSTANÇA FRAGOSO | PROSISTEM.RUNNERS | Senior Feminino | 53:05 | +23:10 | 05:19 |
| 36 | 752 | Daniele Tamara de Lima | Individual | Senior Feminino | 53:42 | +23:47 | 05:22 |
| 37 | 766 | Linda Vaz | Individual | Senior Feminino | 53:47 | +23:52 | 05:23 |
| 38 | 552 | Ana Baía | Focus & TUU | Senior Feminino | 54:27 | +24:32 | 05:27 |
| 39 | 1566 | CARLA MARQUES | PROSISTEM.RUNNERS | Senior Feminino | 54:47 | +24:52 | 05:29 |
| 40 | 1565 | BEATRIZ LEITE | PROSISTEM.RUNNERS | Senior Feminino | 54:52 | +24:57 | 05:29 |
| 41 | 143 | Marisa Correia | ARCD Venda da Luísa Trail | Senior Feminino | 54:55 | +25:00 | 05:30 |
| 42 | 274 | Diana Gonçalves | CFCoimbra | Senior Feminino | 55:00 | +25:05 | 05:30 |
| 43 | 197 | Maria Carvalho | BLUEPHARMA | Senior Feminino | 55:01 | +25:06 | 05:30 |
| 44 | 791 | Raquel Casaleiro Quinteiro | Individual | Senior Feminino | 55:02 | +25:07 | 05:30 |
| 45 | 747 | Catarina Maçãs | Individual | Senior Feminino | 55:06 | +25:11 | 05:31 |
| 46 | 1564 | ANA PINHEIRO | PROSISTEM.RUNNERS | Senior Feminino | 55:08 | +25:13 | 05:31 |
| 47 | 81 | Teresa Botelho | Academia Desportos Condeixa | Senior Feminino | 55:08 | +25:13 | 05:31 |
| 48 | 22 | Catarina Mouraz | 6:45 | Senior Feminino | 55:30 | +25:35 | 05:33 |
| 49 | 743 | Caroline Kalil Reimann | Individual | Senior Feminino | 55:38 | +25:43 | 05:34 |
| 50 | 725 | Ana Margarida Vilaverde e Cunha | Individual | Senior Feminino | 55:41 | +25:46 | 05:34 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 51 | 1418 | Vanda Graça | K Studio Running Team | Senior Feminino | 55:44 | +25:49 | 05:34 |
| 52 | 749 | CRISTINA TEIXEIRA | Individual | Senior Feminino | 55:51 | +25:56 | 05:35 |
| 53 | 738 | Camila Maia | Individual | Senior Feminino | 56:00 | +26:05 | 05:36 |
| 54 | 557 | Flávia Bellesia | Focus & TUU | Senior Feminino | 56:04 | +26:09 | 05:36 |
| 55 | 672 | Joana Lourenço Valente | Homework_out & ActiFisio Running Team | Senior Feminino | 56:12 | +26:17 | 05:37 |
| 56 | 191 | Alexandra Pereira | BLUEPHARMA | Senior Feminino | 56:17 | +26:21 | 05:38 |
| 57 | 767 | Luísa Mota | Individual | Senior Feminino | 56:18 | +26:23 | 05:38 |
| 58 | 678 | Sandra Assunção | Homework_out & ActiFisio Running Team | Senior Feminino | 56:18 | +26:23 | 05:38 |
| 59 | 1672 | P. Diogo | Saldo Válido | Senior Feminino | 56:24 | +26:29 | 05:38 |
| 60 | 1768 | Ana Lisboa | Welvy | Senior Feminino | 56:36 | +26:40 | 05:40 |
| 61 | 1774 | Tatiana Sá Marques | Welvy | Senior Feminino | 56:49 | +26:54 | 05:41 |
| 62 | 673 | Lia Neves | Homework_out & ActiFisio Running Team | Senior Feminino | 56:58 | +27:03 | 05:42 |
| 63 | 771 | Margarete Duarte | Individual | Senior Feminino | 57:23 | +27:28 | 05:44 |
| 64 | 757 | Inês Rodrigues Fernandes de Jesus | Individual | Senior Feminino | 57:35 | +27:39 | 05:46 |
| 65 | 804 | Vânia Jesus | Individual | Senior Feminino | 57:44 | +27:48 | 05:46 |
| 66 | 742 | Carolina Bacalhau | Individual | Senior Feminino | 58:04 | +28:09 | 05:48 |
| 67 | 724 | Ana Gonçalves | Individual | Senior Feminino | 58:20 | +28:25 | 05:50 |
| 68 | 727 | Ana Miguel Matos Nogueira | Individual | Senior Feminino | 58:22 | +28:26 | 05:50 |
| 69 | 127 | Maria Lobo | AMIG@S do PI | Senior Feminino | 58:27 | +28:32 | 05:51 |
| 70 | 777 | Mariana de Oliveira Neves Campos | Individual | Senior Feminino | 58:37 | +28:42 | 05:52 |
| 71 | 1468 | INÊS FILIPA SILVA COELHO | NAVEGANTES DA RUA | Senior Feminino | 58:39 | +28:44 | 05:52 |
| 72 | 554 | Ana Rita Duarte Gomes | Focus & TUU | Senior Feminino | 58:43 | +28:48 | 05:52 |
| 73 | 802 | Tomiris Forner Barcelos | Individual | Senior Feminino | 58:43 | +28:48 | 05:52 |
| 74 | 676 | Patrícia Lopes | Homework_out & ActiFisio Running Team | Senior Feminino | 58:51 | +28:56 | 05:53 |
| 75 | 437 | Joana Rosa | Dojo Fit Coimbra | Senior Feminino | 58:54 | +28:59 | 05:53 |
| 76 | 1522 | Ana Matos | PCL | Senior Feminino | 59:17 | +29:22 | 05:56 |
| 77 | 435 | Cátia Batista | Dojo Fit Coimbra | Senior Feminino | 59:28 | +29:33 | 05:57 |
| 78 | 674 | Liliana Sousa | Homework_out & ActiFisio Running Team | Senior Feminino | 59:56 | +30:01 | 06:00 |
| 79 | 733 | Ana Sousa | Individual | Senior Feminino | 59:56 | +30:01 | 06:00 |
| 80 | 769 | Mafalda Tavares | Individual | Senior Feminino | 59:56 | +30:01 | 06:00 |
| 81 | 198 | Maria João Pereira | BLUEPHARMA | Senior Feminino | 59:59 | +30:04 | 06:00 |
| 82 | 666 | Alexandra Fernandes de Carvalho | Homework_out & ActiFisio Running Team | Senior Feminino | 01:00:01 | +30:05 | 06:00 |
| 83 | 736 | Andreia Sofia Neves Assunção | Individual | Senior Feminino | 01:00:01 | +30:06 | 06:00 |
| 84 | 730 | Ana Rita da Silva Alves | Individual | Senior Feminino | 01:00:05 | +30:10 | 06:01 |
| 85 | 753 | Filipa Costa Vicente | Individual | Senior Feminino | 01:00:06 | +30:11 | 06:01 |
| 86 | 561 | Joana Guedes | Focus & TUU | Senior Feminino | 01:00:10 | +30:15 | 06:01 |
| 87 | 1509 | Beatriz Matias | Owlpharma | Senior Feminino | 01:00:21 | +30:26 | 06:02 |
| 88 | 746 | Catarina Faria | Individual | Senior Feminino | 01:00:26 | +30:31 | 06:03 |
| 89 | 1570 | Raquel Sousa | PROSISTEM.RUNNERS | Senior Feminino | 01:00:31 | +30:35 | 06:03 |
| 90 | 794 | Rita Figueiredo | Individual | Senior Feminino | 01:00:45 | +30:49 | 06:05 |
| 91 | 394 | VERA CONSTANCIO | Crazy Runners | Senior Feminino | 01:00:48 | +30:52 | 06:05 |
| 92 | 1721 | Cristiana Bento | THE FIRST Wellness & Bootcamp | Senior Feminino | 01:00:48 | +30:53 | 06:05 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 93 | 728 | Ana Raquel Correia | Individual | Senior Feminino | 01:00:54 | +30:59 | 06:05 |
| 94 | 669 | Daniela Cordeiro | Homework_out & ActiFisio Running Team | Senior Feminino | 01:00:59 | +31:04 | 06:06 |
| 95 | 679 | Tânia Oliveira | Homework_out & ActiFisio Running Team | Senior Feminino | 01:01:00 | +31:05 | 06:06 |
| 96 | 761 | Julia Ulhoa Arioza de Carvalho | Individual | Senior Feminino | 01:01:28 | +31:33 | 06:09 |
| 97 | 759 | Joana Palma | Individual | Senior Feminino | 01:01:34 | +31:38 | 06:09 |
| 98 | 24 | Laura Seco | 6:45 | Senior Feminino | 01:01:36 | +31:41 | 06:10 |
| 99 | 1683 | Filipa Pires | Sky.studio Runners | Senior Feminino | 01:01:50 | +31:55 | 06:11 |
| 100 | 553 | Ana Pião | Focus & TUU | Senior Feminino | 01:01:55 | +31:59 | 06:12 |
| 101 | 58 | Paula Simões | A.R.S.M. - Associação Recreativa de São Miguel | Senior Feminino | 01:02:01 | +32:06 | 06:12 |
| 102 | 570 | Renata patrao | Focus & TUU | Senior Feminino | 01:02:09 | +32:14 | 06:13 |
| 103 | 801 | Tânia Simões | Individual | Senior Feminino | 01:02:11 | +32:16 | 06:13 |
| 104 | 1771 | Marina Santos | Welvy | Senior Feminino | 01:02:12 | +32:17 | 06:13 |
| 105 | 1540 | Marisa Martins | Pedro Bonito Coach | Senior Feminino | 01:02:12 | +32:17 | 06:13 |
| 106 | 1743 | Catarina Filipa Jesus Tomás | Trail da Amizade Runner's | Senior Feminino | 01:02:17 | +32:22 | 06:14 |
| 107 | 1724 | Mariana Martins | THE FIRST Wellness & Bootcamp | Senior Feminino | 01:02:24 | +32:29 | 06:14 |
| 108 | 567 | Nadine Caetano | Focus & TUU | Senior Feminino | 01:02:42 | +32:47 | 06:16 |
| 109 | 789 | Patrícia de Toledo Rocha | Individual | Senior Feminino | 01:02:48 | +32:53 | 06:17 |
| 110 | 675 | Melissa Gama | Homework_out & ActiFisio Running Team | Senior Feminino | 01:02:52 | +32:57 | 06:17 |
| 111 | 760 | Joana Relvão | Individual | Senior Feminino | 01:02:57 | +33:02 | 06:18 |
| 112 | 240 | Rita Trindade | Botão Camp | Senior Feminino | 01:03:03 | +33:08 | 06:18 |
| 113 | 559 | Inês Ourives | Focus & TUU | Senior Feminino | 01:03:06 | +33:11 | 06:19 |
| 114 | 734 | Andreia Castro | Individual | Senior Feminino | 01:03:17 | +33:22 | 06:20 |
| 115 | 1616 | Júlia Alves | RM Arquitectura e Engenharia | Senior Feminino | 01:03:23 | +33:28 | 06:20 |
| 116 | 1720 | Andreia Pinto | THE FIRST Wellness & Bootcamp | Senior Feminino | 01:03:25 | +33:29 | 06:21 |
| 117 | 799 | Soraia Lopes | Individual | Senior Feminino | 01:03:25 | +33:30 | 06:21 |
| 118 | 1769 | Joana Barbosa | Welvy | Senior Feminino | 01:03:31 | +33:36 | 06:21 |
| 119 | 1644 | Lídia Laranjeiro | Runners da Calçada | Senior Feminino | 01:03:54 | +33:59 | 06:23 |
| 120 | 1538 | Ana Borges | Pedro Bonito Coach | Senior Feminino | 01:04:01 | +34:06 | 06:24 |
| 121 | 1541 | Vânia Ferreira | Pedro Bonito Coach | Senior Feminino | 01:04:05 | +34:09 | 06:25 |
| 122 | 756 | Inês Almeida | Individual | Senior Feminino | 01:04:52 | +34:57 | 06:29 |
| 123 | 783 | Marisol dos Santos Simões | Individual | Senior Feminino | 01:04:52 | +34:57 | 06:29 |
| 124 | 751 | Daniela lima | Individual | Senior Feminino | 01:04:53 | +34:58 | 06:29 |
| 125 | 558 | Inês Marques | Focus & TUU | Senior Feminino | 01:05:02 | +35:07 | 06:30 |
| 126 | 440 | Sara Silva | Dojo Fit Coimbra | Senior Feminino | 01:05:19 | +35:23 | 06:32 |
| 127 | 677 | Rafaela Guisantes | Homework_out & ActiFisio Running Team | Senior Feminino | 01:05:37 | +35:42 | 06:34 |
| 128 | 551 | Ana  Faria | Focus & TUU | Senior Feminino | 01:05:38 | +35:43 | 06:34 |
| 129 | 568 | Natália Gonçalves Garcia | Focus & TUU | Senior Feminino | 01:05:44 | +35:49 | 06:34 |
| 130 | 371 | Margarida Machado | CPT Coimbra | Senior Feminino | 01:05:51 | +35:56 | 06:35 |
| 131 | 798 | Soraia Fortunato | Individual | Senior Feminino | 01:05:53 | +35:58 | 06:35 |
| 132 | 1479 | Sofia Pedrosa Barbeito | Olympic Silvas | Senior Feminino | 01:05:58 | +36:03 | 06:36 |
| 133 | 401 | Inês Rondão | CTCV | Senior Feminino | 01:06:02 | +36:07 | 06:36 |
| 134 | 1481 | Helena Santos | OPRATICANTE | Senior Feminino | 01:06:12 | +36:17 | 06:37 |
| 135 | 732 | Ana Sofia Monteiro Pimenta | Individual | Senior Feminino | 01:06:24 | +36:29 | 06:38 |

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|---|---|---|---|---|---|---|---|
| 136 | 1494 | Ângela Tavares | Os Papa Milhas | Senior Feminino | 01:06:39 | +36:44 | 06:40 |
| 137 | 1495 | Helena Duarte | Os Papa Milhas | Senior Feminino | 01:06:49 | +36:54 | 06:41 |
| 138 | 100 | Elisabete domingues | ADCDP condeixa | Senior Feminino | 01:06:51 | +36:55 | 06:41 |
| 139 | 668 | Ana Rita Varandas Ferreira | Homework_out & ActiFisio Running Team | Senior Feminino | 01:07:04 | +37:09 | 06:42 |
| 140 | 166 | Catarina Fernandes | Associação de Vítimas das petas do Sal | Senior Feminino | 01:07:13 | +37:18 | 06:43 |
| 141 | 779 | Mariana Filipe | Individual | Senior Feminino | 01:07:19 | +37:24 | 06:44 |
| 142 | 351 | Catia Sofia Andrade Durão | CNI | Senior Feminino | 01:07:20 | +37:25 | 06:44 |
| 143 | 1416 | Silvia Almeida | K Studio Running Team | Senior Feminino | 01:07:21 | +37:26 | 06:44 |
| 144 | 797 | Sara Raquel Gonçalves Rodrigues | Individual | Senior Feminino | 01:07:33 | +37:38 | 06:45 |
| 145 | 790 | Raquel Azevedo | Individual | Senior Feminino | 01:07:36 | +37:41 | 06:46 |
| 146 | 663 | Ines Peres | Gui | Senior Feminino | 01:08:05 | +38:10 | 06:49 |
| 147 | 1510 | Diana Oliveira | Owlpharma | Senior Feminino | 01:08:24 | +38:29 | 06:50 |
| 148 | 23 | Inês Sobral | 6:45 | Senior Feminino | 01:08:27 | +38:32 | 06:51 |
| 149 | 1723 | Liliane Carvalho | THE FIRST Wellness & Bootcamp | Senior Feminino | 01:08:30 | +38:34 | 06:51 |
| 150 | 1641 | Ângela Pinto | Runners da Calçada | Senior Feminino | 01:08:32 | +38:37 | 06:51 |
| 151 | 194 | Joana Mendes | BLUEPHARMA | Senior Feminino | 01:08:34 | +38:39 | 06:51 |
| 152 | 200 | Sofia Ribeiro Lourenço | BLUEPHARMA | Senior Feminino | 01:08:35 | +38:40 | 06:52 |
| 153 | 1506 | Alexandra Miranda | Owlpharma | Senior Feminino | 01:08:51 | +38:56 | 06:53 |
| 154 | 1705 | Patrícia Simões | Tainadas Run Team | Senior Feminino | 01:09:10 | +39:15 | 06:55 |
| 155 | 1388 | ANA ISABEL BARROS REBELO | Inter da Mata | Senior Feminino | 01:09:29 | +39:34 | 06:57 |
| 156 | 1607 | Sandra Lucas | RC Believers | Senior Feminino | 01:09:44 | +39:49 | 06:58 |
| 157 | 671 | Inês Marques | Homework_out & ActiFisio Running Team | Senior Feminino | 01:09:46 | +39:51 | 06:59 |
| 158 | 563 | Leonor Campos Pascoal de Carvalho | Focus & TUU | Senior Feminino | 01:09:55 | +40:00 | 07:00 |
| 159 | 195 | Joana Sousa | BLUEPHARMA | Senior Feminino | 01:10:00 | +40:04 | 07:00 |
| 160 | 564 | Leonor Geria | Focus & TUU | Senior Feminino | 01:10:05 | +40:10 | 07:01 |
| 161 | 763 | Laura Gante | Individual | Senior Feminino | 01:10:07 | +40:11 | 07:01 |
| 162 | 532 | Marina Salvado | Fit team | Senior Feminino | 01:10:11 | +40:16 | 07:01 |
| 163 | 531 | Letícia Santos | Fit team | Senior Feminino | 01:10:12 | +40:16 | 07:01 |
| 164 | 775 | Mariana Agostinho | Individual | Senior Feminino | 01:10:51 | +40:56 | 07:05 |
| 165 | 1685 | Rosário Sousa | Sky.studio Runners | Senior Feminino | 01:10:53 | +40:58 | 07:05 |
| 166 | 744 | Caroline Relva de Moraes | Individual | Senior Feminino | 01:11:07 | +41:11 | 07:07 |
| 167 | 1550 | Haruka Omiya | Polyrunners and friends | Senior Feminino | 01:11:14 | +41:19 | 07:07 |
| 168 | 571 | Rita Taipina Marques | Focus & TUU | Senior Feminino | 01:11:21 | +41:26 | 07:08 |
| 169 | 1645 | Raquel Santos | Runners da Calçada | Senior Feminino | 01:11:27 | +41:32 | 07:09 |
| 170 | 731 | Ana Rodrigues | Individual | Senior Feminino | 01:11:29 | +41:34 | 07:09 |
| 171 | 321 | Daniela Catarino Branco de Andrade | CMCoimbra | Senior Feminino | 01:11:55 | +42:00 | 07:12 |
| 172 | 1722 | Inês Madeira | THE FIRST Wellness & Bootcamp | Senior Feminino | 01:12:03 | +42:08 | 07:12 |
| 173 | 745 | Catarina Alçada | Individual | Senior Feminino | 01:12:27 | +42:32 | 07:15 |
| 174 | 719 | Alexandra Silva | Individual | Senior Feminino | 01:12:49 | +42:54 | 07:17 |
| 175 | 434 | Beatriz Andrade | Dojo Fit Coimbra | Senior Feminino | 01:12:53 | +42:57 | 07:17 |
| 176 | 98 | Dora Isabel Alves da Cruz | AD | Senior Feminino | 01:13:04 | +43:09 | 07:18 |
| 177 | 574 | Sara Silva | Focus & TUU | Senior Feminino | 01:13:10 | +43:15 | 07:19 |
| 178 | 439 | Rita Andrade | Dojo Fit Coimbra | Senior Feminino | 01:13:17 | +43:22 | 07:20 |
| 179 | 785 | Martha Mendes | Individual | Senior Feminino | 01:13:17 | +43:22 | 07:20 |

## Prova Principal

## 10 KM

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## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 180 | 772 | Maria Aquino | Individual | Senior Feminino | 01:13:28 | +43:33 | 07:21 |
| 181 | 565 | Margarida Carvalho | Focus & TUU | Senior Feminino | 01:13:34 | +43:39 | 07:21 |
| 182 | 566 | Michaela Rosa Cabral | Focus & TUU | Senior Feminino | 01:14:48 | +44:53 | 07:29 |
| 183 | 720 | Ana Beatriz Ribeiro Teixeira Lima | Individual | Senior Feminino | 01:14:48 | +44:53 | 07:29 |
| 184 | 436 | Inês Laranjeira | Dojo Fit Coimbra | Senior Feminino | 01:14:51 | +44:56 | 07:29 |
| 185 | 438 | Patrícia Lourenço | Dojo Fit Coimbra | Senior Feminino | 01:14:51 | +44:56 | 07:29 |
| 186 | 1507 | Ana Cristina Silveiro | Owlpharma | Senior Feminino | 01:15:17 | +45:22 | 07:32 |
| 187 | 555 | Andreia Menezes | Focus & TUU | Senior Feminino | 01:15:20 | +45:25 | 07:32 |
| 188 | 560 | Jéssica Machado Guerra | Focus & TUU | Senior Feminino | 01:15:32 | +45:37 | 07:33 |
| 189 | 754 | Francisca Salgado | Individual | Senior Feminino | 01:15:41 | +45:46 | 07:34 |
| 190 | 1605 | Ana Catarina Vaz de Sousa | RC Believers | Senior Feminino | 01:15:42 | +45:47 | 07:34 |
| 191 | 1606 | Catarina Alexandra Monteiro Camões | RC Believers | Senior Feminino | 01:15:42 | +45:47 | 07:34 |
| 192 | 196 | Mafalda Reis Marques | BLUEPHARMA | Senior Feminino | 01:16:06 | +46:11 | 07:37 |
| 193 | 193 | Inês Isusi | BLUEPHARMA | Senior Feminino | 01:16:07 | +46:11 | 07:37 |
| 194 | 452 | Inês Mendes de Sousa | Elite da Humildade | Senior Feminino | 01:16:16 | +46:21 | 07:38 |
| 195 | 1551 | Mónica Fernandes | Polyrunners and friends | Senior Feminino | 01:18:33 | +48:38 | 07:51 |
| 196 | 735 | Andreia Maria Silva Cruz | Individual | Senior Feminino | 01:18:38 | +48:42 | 07:52 |
| 197 | 573 | Sara Cruz | Focus & TUU | Senior Feminino | 01:19:20 | +49:25 | 07:56 |
| 198 | 569 | Raquel Cruz | Focus & TUU | Senior Feminino | 01:19:21 | +49:25 | 07:56 |
| 199 | 1475 | Andreia Patrícia C. Oliveira | OLIVEIRA | Senior Feminino | 01:19:29 | +49:34 | 07:57 |
| 200 | 782 | Mariana Sofia Santos Ferreira | Individual | Senior Feminino | 01:20:24 | +50:29 | 08:02 |
| 201 | 1523 | Cátia Correia | PCL | Senior Feminino | 01:20:24 | +50:29 | 08:02 |
| 202 | 721 | Ana Catarina Bastos Parreira | Individual | Senior Feminino | 01:20:46 | +50:51 | 08:05 |
| 203 | 723 | Ana Filipa Rodrigues | Individual | Senior Feminino | 01:20:47 | +50:52 | 08:05 |
| 204 | 1478 | Beatriz Rosendo Carvalho e Silva | Olympic Silvas | Senior Feminino | 01:22:00 | +52:05 | 08:12 |
| 205 | 1643 | Débora Carpinteiro | Runners da Calçada | Senior Feminino | 01:22:03 | +52:07 | 08:12 |
| 206 | 1773 | Rute Rodrigues | Welvy | Senior Feminino | 01:22:04 | +52:09 | 08:12 |
| 207 | 1770 | Mariana Jegundo | Welvy | Senior Feminino | 01:22:05 | +52:10 | 08:13 |
| 208 | 793 | Rita Baptista | Individual | Senior Feminino | 01:22:06 | +52:11 | 08:13 |
| 209 | 575 | Soraia Pinto | Focus & TUU | Senior Feminino | 01:23:24 | +53:29 | 08:20 |
| 210 | 800 | Stéphanie Figueiredo Pais | Individual | Senior Feminino | 01:23:48 | +53:53 | 08:23 |
| 211 | 795 | Rosivania Ferreira da Silva | Individual | Senior Feminino | 01:24:34 | +54:39 | 08:27 |
| 212 | 126 | Cátia Milene Pereira Gonçalves | AMIG@S do PI | Senior Feminino | 01:24:55 | +55:00 | 08:30 |
| 213 | 670 | Daniela Dias | Homework_out & ActiFisio Running Team | Senior Feminino | 01:25:04 | +55:09 | 08:30 |
| 214 | 770 | Marcela Uchôa | Individual | Senior Feminino | 01:25:43 | +55:48 | 08:34 |
| 215 | 556 | Andreia Passeiro | Focus & TUU | Senior Feminino | 01:25:43 | +55:48 | 08:34 |
| 216 | 433 | Adriana Manco | Dojo Fit Coimbra | Senior Feminino | 01:29:04 | +59:09 | 08:54 |
| 217 | 1417 | Soraia Rei | K Studio Running Team | Senior Feminino | 01:32:01 | +01:02:06 | 09:12 |

## Senior Masculino

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 3 | Samuel Freire | Vitória Setúbal | Senior Masculino | 29:55 | | 03:00 |
| 2 | 380 | Rogério Amaral | CPT Sobral de Ceira | Senior Masculino | 30:46 | +00:51 | 03:05 |
| 3 | 473 | Pedro Saldanha | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 31:47 | +01:52 | 03:11 |
| 4 | 414 | Hélder Lopes | Dci/trilhos luso bussaco | Senior Masculino | 33:17 | +03:22 | 03:20 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 5 | 381 | Rúben Fortunato | CPT Sobral de Ceira | Senior Masculino | 33:19 | +03:24 | 03:20 |
| 6 | 475 | Ricardo Gaspar | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 33:36 | +03:40 | 03:22 |
| 7 | 467 | Cristiano Oliveira | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 34:01 | +04:06 | 03:24 |
| 8 | 1791 | Ricardo Santos | RECREIO DESPORTIVO ÁGUEDA | Senior Masculino | 34:08 | +04:13 | 03:25 |
| 9 | 466 | Carlos Filipe Leite Costa | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 34:43 | +04:48 | 03:28 |
| 10 | 376 | António Cunha | CPT Sobral de Ceira | Senior Masculino | 34:47 | +04:51 | 03:29 |
| 11 | 377 | João Pedro Garcia | CPT Sobral de Ceira | Senior Masculino | 34:52 | +04:57 | 03:29 |
| 12 | 853 | Diogo Alexandre Rodrigues Pinheiro | Individual | Senior Masculino | 34:52 | +04:57 | 03:29 |
| 13 | 806 | Alexandre Blasques | Individual | Senior Masculino | 34:56 | +05:00 | 03:30 |
| 14 | 471 | José Miguel Ribeiro Neves | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 34:59 | +05:04 | 03:30 |
| 15 | 382 | Vítor Pleno | CPT Sobral de Ceira | Senior Masculino | 35:05 | +05:10 | 03:31 |
| 16 | 378 | João Pedro Rodrigues | CPT Sobral de Ceira | Senior Masculino | 35:12 | +05:17 | 03:31 |
| 17 | 468 | Filipe Rocha | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 35:58 | +06:03 | 03:36 |
| 18 | 189 | Gonçalo Esteves | Atletismo clube da tocha | Senior Masculino | 36:36 | +06:41 | 03:40 |
| 19 | 941 | José Sequeira | Individual | Senior Masculino | 37:04 | +07:09 | 03:42 |
| 20 | 862 | Eduardo Costa | Individual | Senior Masculino | 37:30 | +07:34 | 03:45 |
| 21 | 641 | João Carlos Falcão da Palma Ferreira | GINÁSIO CLUBE DE BRAGANÇA | Senior Masculino | 37:34 | +07:39 | 03:45 |
| 22 | 627 | Vitor Rito | Gelcentro Team | Senior Masculino | 38:07 | +08:12 | 03:49 |
| 23 | 94 | Valter Lopes | ACDRS QUINHENDROS | Senior Masculino | 38:09 | +08:14 | 03:49 |
| 24 | 1026 | Tiago Carreira | Individual | Senior Masculino | 38:13 | +08:17 | 03:49 |
| 25 | 1448 | José Marcelino | Marcianos | Senior Masculino | 38:35 | +08:40 | 03:52 |
| 26 | 413 | Diogo Reis | Dci/trilhos luso bussaco | Senior Masculino | 38:37 | +08:42 | 03:52 |
| 27 | 415 | William Caetano | Dci/trilhos luso bussaco | Senior Masculino | 39:10 | +09:15 | 03:55 |
| 28 | 994 | Ricardo Auxiliar | Individual | Senior Masculino | 39:17 | +09:22 | 03:56 |
| 29 | 996 | Ricardo Filipe Dos Reis Monteiro | Individual | Senior Masculino | 39:17 | +09:22 | 03:56 |
| 30 | 366 | Armindo Antunes | Coimbra Trail Running | Senior Masculino | 39:18 | +09:23 | 03:56 |
| 31 | 1006 | Ronison Leopoldo Fernandes | Individual | Senior Masculino | 39:22 | +09:27 | 03:56 |
| 32 | 617 | Ricardo Germano | G.R. EIRENSE | Senior Masculino | 39:26 | +09:31 | 03:57 |
| 33 | 961 | Mário Aragão | Individual | Senior Masculino | 39:38 | +09:43 | 03:58 |
| 34 | 910 | João Marques | Individual | Senior Masculino | 39:41 | +09:46 | 03:58 |
| 35 | 379 | João Pedro Vieira | CPT Sobral de Ceira | Senior Masculino | 39:42 | +09:47 | 03:58 |
| 36 | 834 | Bruno Robalo | Individual | Senior Masculino | 39:46 | +09:51 | 03:59 |
| 37 | 523 | JOÃO AZEITEIRO | Farmácia Luciano e Matos | Senior Masculino | 39:51 | +09:56 | 03:59 |
| 38 | 846 | Cláudio Vinhas | Individual | Senior Masculino | 40:00 | +10:05 | 04:00 |
| 39 | 476 | Ricardo Simões | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 40:00 | +10:05 | 04:00 |
| 40 | 811 | André Cordeiro | Individual | Senior Masculino | 40:13 | +10:17 | 04:01 |
| 41 | 907 | João Manuel Bento Cardoso | Individual | Senior Masculino | 40:28 | +10:33 | 04:03 |
| 42 | 934 | José Carvalho | Individual | Senior Masculino | 40:30 | +10:35 | 04:03 |
| 43 | 146 | João Silva | ARCD Venda da Luísa Trail | Senior Masculino | 40:39 | +10:44 | 04:04 |
| 44 | 1542 | Gonçalo Neves | Pedro Bonito Coach | Senior Masculino | 40:41 | +10:46 | 04:04 |
| 45 | 1038 | Vítor Daniel de Jesus Ferreira | Individual | Senior Masculino | 40:48 | +10:52 | 04:05 |
| 46 | 129 | Rui Melo | AMIG@S do PI | Senior Masculino | 40:50 | +10:55 | 04:05 |

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|---|---|---|---|---|---|---|---|
| 47 | 1711 | João Pedro Andrade Rodrigues | Teletubbies 5.0 | Senior Masculino | 40:54 | +10:59 | 04:05 |
| 48 | 687 | Rodrigo Dias | Homework_out & ActiFisio Running Team | Senior Masculino | 41:03 | +11:08 | 04:06 |
| 49 | 1028 | Tiago Ferraz | Individual | Senior Masculino | 41:22 | +11:27 | 04:08 |
| 50 | 255 | Luís Jesus | CAOH - Clube Atlético de Oliveira do Hospital | Senior Masculino | 41:23 | +11:28 | 04:08 |
| 51 | 945 | Luís Andrade | Individual | Senior Masculino | 41:40 | +11:45 | 04:10 |
| 52 | 267 | Tomé Filipe dos Santos Rodrigues | CDC Macieira de Cambra | Senior Masculino | 41:42 | +11:47 | 04:10 |
| 53 | 1033 | Tiago Vitoria | Individual | Senior Masculino | 41:43 | +11:48 | 04:10 |
| 54 | 975 | Nuno Miguel Moura Cachulo | Individual | Senior Masculino | 41:45 | +11:50 | 04:11 |
| 55 | 1019 | Samuel Santos | Individual | Senior Masculino | 41:48 | +11:53 | 04:11 |
| 56 | 250 | Pedro Santos | Cabras Velhas | Senior Masculino | 41:52 | +11:57 | 04:11 |
| 57 | 203 | Gonçalo Sousa | BLUEPHARMA | Senior Masculino | 41:53 | +11:58 | 04:11 |
| 58 | 972 | Nuno Duarte | Individual | Senior Masculino | 41:57 | +12:02 | 04:12 |
| 59 | 898 | João Antunes | Individual | Senior Masculino | 41:59 | +12:04 | 04:12 |
| 60 | 807 | Alexandre Cavaleiro | Individual | Senior Masculino | 42:05 | +12:10 | 04:13 |
| 61 | 1670 | Marcel Santos | Saca Trilhos Anadia | Senior Masculino | 42:08 | +12:12 | 04:13 |
| 62 | 1755 | Vasco André Ralha de Vasconcelos | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | Senior Masculino | 42:17 | +12:22 | 04:14 |
| 63 | 1015 | Rui Moutela | Individual | Senior Masculino | 42:27 | +12:32 | 04:15 |
| 64 | 1017 | Rui Pedro Ferreira Gala | Individual | Senior Masculino | 42:27 | +12:32 | 04:15 |
| 65 | 74 | João Ferreira | AAC-REMO | Senior Masculino | 42:34 | +12:39 | 04:15 |
| 66 | 1712 | Marco Paulo Bela Simões | Teletubbies 5.0 | Senior Masculino | 42:40 | +12:44 | 04:16 |
| 67 | 1483 | Sérgio Ruela | OPRATICANTE | Senior Masculino | 42:40 | +12:45 | 04:16 |
| 68 | 838 | Carlos Branco | Individual | Senior Masculino | 42:47 | +12:52 | 04:17 |
| 69 | 402 | António Silva | CTCV | Senior Masculino | 42:49 | +12:54 | 04:17 |
| 70 | 847 | Daniel Francisco Medina Dias | Individual | Senior Masculino | 42:57 | +13:02 | 04:18 |
| 71 | 412 | António Ratola | Dci/trilhos luso bussaco | Senior Masculino | 42:57 | +13:02 | 04:18 |
| 72 | 1020 | Sebastião Görne | Individual | Senior Masculino | 42:58 | +13:03 | 04:18 |
| 73 | 73 | João Catarro | AAC-REMO | Senior Masculino | 43:04 | +13:09 | 04:18 |
| 74 | 1034 | Tobia avigo | Individual | Senior Masculino | 43:12 | +13:17 | 04:19 |
| 75 | 592 | Nuno Simões | Focus & TUU | Senior Masculino | 43:18 | +13:23 | 04:20 |
| 76 | 1747 | Pedro Sequeira | Trialmotor | Senior Masculino | 43:21 | +13:26 | 04:20 |
| 77 | 1025 | Telmo Duarte Carreira | Individual | Senior Masculino | 43:22 | +13:27 | 04:20 |
| 78 | 474 | Ricardo Duarte | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 43:25 | +13:30 | 04:21 |
| 79 | 1420 | Vítor Varandas | K Studio Running Team | Senior Masculino | 43:26 | +13:31 | 04:21 |
| 80 | 216 | Francisco Silva | Bombeiros Sapadores de Coimbra | Senior Masculino | 43:28 | +13:33 | 04:21 |
| 81 | 623 | Bruno Martins | Gelcentro Team | Senior Masculino | 43:30 | +13:35 | 04:21 |
| 82 | 1622 | Ricardo Simões | Roda Dianteira BTT | Senior Masculino | 43:34 | +13:39 | 04:21 |
| 83 | 833 | Bruno Martins | Individual | Senior Masculino | 43:40 | +13:45 | 04:22 |
| 84 | 626 | Tiago Estrafalhote | Gelcentro Team | Senior Masculino | 43:45 | +13:50 | 04:23 |
| 85 | 364 | Filipe Semedo | Coimbra Trail Running | Senior Masculino | 43:48 | +13:53 | 04:23 |
| 86 | 1571 | Bruno Cardoso | PROSISTEM.RUNNERS | Senior Masculino | 43:55 | +14:00 | 04:24 |
| 87 | 1003 | Rodrigo José Marques Carvalho do Espírito Santo | Individual | Senior Masculino | 43:57 | +14:02 | 04:24 |
| 88 | 261 | André Nunes | CASA DO POVO DE MANGUALDE | Senior Masculino | 43:58 | +14:03 | 04:24 |

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|---|---|---|---|---|---|---|---|
| 89 | 954 | Manuel Loureiro | Individual | Senior Masculino | 43:59 | +14:04 | 04:24 |
| 90 | 106 | João Afonso | Adões Trail | Senior Masculino | 44:08 | +14:13 | 04:25 |
| 91 | 1572 | Rodrigo Quelhas | PROSISTEM.RUNNERS | Senior Masculino | 44:13 | +14:18 | 04:25 |
| 92 | 931 | Jorge Filipe Correia Lemos | Individual | Senior Masculino | 44:19 | +14:24 | 04:26 |
| 93 | 1527 | Marco Xavier | PCL | Senior Masculino | 44:19 | +14:24 | 04:26 |
| 94 | 105 | Carlos Simões | Adões Trail | Senior Masculino | 44:22 | +14:27 | 04:26 |
| 95 | 980 | Paulo pires | Individual | Senior Masculino | 44:30 | +14:34 | 04:27 |
| 96 | 1754 | Tiago matias | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | Senior Masculino | 44:33 | +14:38 | 04:27 |
| 97 | 1675 | Gonçalo Gomes | Sem Sede | Senior Masculino | 44:44 | +14:49 | 04:28 |
| 98 | 879 | Gilberto Modiz | Individual | Senior Masculino | 44:46 | +14:50 | 04:29 |
| 99 | 861 | Eduardo Carvalheiro | Individual | Senior Masculino | 44:49 | +14:54 | 04:29 |
| 100 | 869 | Fernando Duarte | Individual | Senior Masculino | 44:50 | +14:55 | 04:29 |
| 101 | 780 | Filipe Coutinho Valente Freire | Individual | Senior Masculino | 45:03 | +15:08 | 04:30 |
| 102 | 883 | Gustavo Gama | Individual | Senior Masculino | 45:07 | +15:12 | 04:31 |
| 103 | 290 | Dorin Repesciuc | Clube de Atletismo da Nazaré | Senior Masculino | 45:08 | +15:13 | 04:31 |
| 104 | 510 | Rafael Alves Bernardes | Escola Superior de Enfermagem de Coimbra | Senior Masculino | 45:13 | +15:18 | 04:31 |
| 105 | 918 | João Pedro Marques Duarte | Individual | Senior Masculino | 45:17 | +15:21 | 04:32 |
| 106 | 855 | Diogo Gonçalves | Individual | Senior Masculino | 45:30 | +15:35 | 04:33 |
| 107 | 826 | Artur Rocha | Individual | Senior Masculino | 45:46 | +15:51 | 04:35 |
| 108 | 924 | João Santiago | Individual | Senior Masculino | 45:49 | +15:54 | 04:35 |
| 109 | 683 | João Cardoso | Homework_out & ActiFisio Running Team | Senior Masculino | 45:53 | +15:58 | 04:35 |
| 110 | 591 | Luís Miguel Ramos Ferrão | Focus & TUU | Senior Masculino | 45:57 | +16:02 | 04:36 |
| 111 | 957 | Márcio Silva | A.R.S.M. - Associação Recreativa de São Miguel | Senior Masculino | 46:02 | +16:07 | 04:36 |
| 112 | 933 | JORGE SCEVOLA | A.R.S.M. - Associação Recreativa de São Miguel | Senior Masculino | 46:02 | +16:07 | 04:36 |
| 113 | 130 | Sandro Medhi Novais Touil | AMIG@S do PI | Senior Masculino | 46:07 | +16:12 | 04:37 |
| 114 | 1435 | Marco André Dias Sousa | Lagartixas em fuga | Senior Masculino | 46:21 | +16:26 | 04:38 |
| 115 | 128 | Filipe Miguel Campos Canilho | AMIG@S do PI | Senior Masculino | 46:22 | +16:27 | 04:38 |
| 116 | 685 | Manuel Emílio Fernandes Campos Coroa | Homework_out & ActiFisio Running Team | Senior Masculino | 46:29 | +16:34 | 04:39 |
| 117 | 970 | Nuno Albergaria | Individual | Senior Masculino | 46:31 | +16:36 | 04:39 |
| 118 | 818 | André Martins | Individual | Senior Masculino | 46:33 | +16:38 | 04:39 |
| 119 | 842 | Carlos Pereira | Individual | Senior Masculino | 46:34 | +16:39 | 04:39 |
| 120 | 220 | Stefane Silva | Bombeiros Sapadores de Coimbra | Senior Masculino | 46:49 | +16:54 | 04:41 |
| 121 | 991 | Pedro Tavares | Individual | Senior Masculino | 46:52 | +16:57 | 04:41 |
| 122 | 998 | Ricardo Serra | Individual | Senior Masculino | 46:52 | +16:57 | 04:41 |
| 123 | 1484 | Daniel Catarino | Os Flashes | Senior Masculino | 46:54 | +16:58 | 04:41 |
| 124 | 264 | Pedro Silva | Casas Adriano Astromil Clube | Senior Masculino | 47:02 | +17:07 | 04:42 |
| 125 | 887 | Henrique Carvalheiro | Individual | Senior Masculino | 47:14 | +17:19 | 04:43 |
| 126 | 352 | João Mendes | CNI | Senior Masculino | 47:15 | +17:20 | 04:44 |
| 127 | 1726 | João Luis | THE FIRST Wellness & Bootcamp | Senior Masculino | 47:20 | +17:25 | 04:44 |
| 128 | 1647 | Daniel Amaral | Runners da Calçada | Senior Masculino | 47:21 | +17:26 | 04:44 |
| 129 | 639 | Rui Marco Almeida Couto Gonçalves | Gerardo Studio | Senior Masculino | 47:21 | +17:26 | 04:44 |
| 130 | 636 | João Nogueira Pires Gerardo | Gerardo Studio | Senior Masculino | 47:21 | +17:26 | 04:44 |

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|---|---|---|---|---|---|---|---|
| 131 | 1758 | Fabio David da Costa Amaral | Viriathvs Runners Viseu | Senior Masculino | 47:25 | +17:30 | 04:45 |
| 132 | 927 | Joni Alexandre Carreira Oliveira | Individual | Senior Masculino | 47:27 | +17:32 | 04:45 |
| 133 | 1436 | Miguel Freire | Lagartixas em fuga | Senior Masculino | 47:28 | +17:33 | 04:45 |
| 134 | 902 | João Ferreira | Individual | Senior Masculino | 47:32 | +17:37 | 04:45 |
| 135 | 1032 | Tiago Silva | Individual | Senior Masculino | 47:32 | +17:37 | 04:45 |
| 136 | 580 | Daniel Fernandes | Focus & TUU | Senior Masculino | 47:36 | +17:41 | 04:46 |
| 137 | 521 | Gonçalo Lourenço | Farmácia Luciano e Matos | Senior Masculino | 47:37 | +17:42 | 04:46 |
| 138 | 951 | Luís Neves | Individual | Senior Masculino | 47:40 | +17:45 | 04:46 |
| 139 | 976 | Nuno Silva | Individual | Senior Masculino | 47:42 | +17:47 | 04:46 |
| 140 | 201 | André Dias | BLUEPHARMA | Senior Masculino | 47:44 | +17:49 | 04:46 |
| 141 | 906 | João Lopes | Individual | Senior Masculino | 47:46 | +17:51 | 04:47 |
| 142 | 312 | Gonçalo Carvalho | CluVe - Clube de Veteranos de Atletismo Coimbra | Senior Masculino | 47:49 | +17:54 | 04:47 |
| 143 | 822 | Ângelo Fonseca | Individual | Senior Masculino | 47:49 | +17:54 | 04:47 |
| 144 | 1759 | Guilherme Silva | Viriathvs Runners Viseu | Senior Masculino | 47:51 | +17:56 | 04:47 |
| 145 | 395 | Paulo Dias | Crazy Runners | Senior Masculino | 47:51 | +17:56 | 04:47 |
| 146 | 597 | Rui Filipe Simões Meles Saldanha | Focus & TUU | Senior Masculino | 47:57 | +18:02 | 04:48 |
| 147 | 930 | Jorge Cruz | Individual | Senior Masculino | 48:00 | +18:05 | 04:48 |
| 148 | 944 | Luis Almeida | Individual | Senior Masculino | 48:02 | +18:07 | 04:48 |
| 149 | 977 | Paolo Romano | Individual | Senior Masculino | 48:02 | +18:07 | 04:48 |
| 150 | 1396 | Daniel Costa Silva | Inter de Limão | Senior Masculino | 48:09 | +18:14 | 04:49 |
| 151 | 901 | João Ferreira | Individual | Senior Masculino | 48:13 | +18:18 | 04:49 |
| 152 | 959 | Marco José Marreiro | Individual | Senior Masculino | 48:14 | +18:19 | 04:49 |
| 153 | 968 | Nelo Fernandes | Individual | Senior Masculino | 48:17 | +18:22 | 04:50 |
| 154 | 979 | Paulo Matafome | Individual | Senior Masculino | 48:20 | +18:25 | 04:50 |
| 155 | 950 | Luís Nava | Individual | Senior Masculino | 48:23 | +18:28 | 04:50 |
| 156 | 576 | Alexandre Alves Pereira | Focus & TUU | Senior Masculino | 48:27 | +18:32 | 04:51 |
| 157 | 432 | Célio Duarte | Deixa Passar | Senior Masculino | 48:27 | +18:32 | 04:51 |
| 158 | 974 | Nuno Miguel Correia Duarte | Individual | Senior Masculino | 48:36 | +18:41 | 04:52 |
| 159 | 13 | Alain Alves | #teamnoesis | Senior Masculino | 48:39 | +18:44 | 04:52 |
| 160 | 911 | João Marques | Individual | Senior Masculino | 48:39 | +18:44 | 04:52 |
| 161 | 684 | João Costa | Homework_out & ActiFisio Running Team | Senior Masculino | 48:40 | +18:45 | 04:52 |
| 162 | 632 | Diogo André Santos Guilherme | Gerardo Studio | Senior Masculino | 48:41 | +18:46 | 04:52 |
| 163 | 919 | João Pedro Rebelo da Silva | Individual | Senior Masculino | 48:42 | +18:47 | 04:52 |
| 164 | 680 | Fábio Oliveira | Homework_out & ActiFisio Running Team | Senior Masculino | 48:49 | +18:54 | 04:53 |
| 165 | 860 | Edson Valter Louro de Figueiredo | Individual | Senior Masculino | 48:53 | +18:58 | 04:53 |
| 166 | 1005 | Roman Nayavko | Individual | Senior Masculino | 48:54 | +18:58 | 04:53 |
| 167 | 1014 | Rui moura | Individual | Senior Masculino | 48:54 | +18:59 | 04:53 |
| 168 | 1002 | Rodrigo André Maturana Pais | Individual | Senior Masculino | 48:56 | +19:01 | 04:54 |
| 169 | 125 | Bruno Rei | AllforOne | Senior Masculino | 48:57 | +19:02 | 04:54 |
| 170 | 1031 | Tiago Peixinho | Individual | Senior Masculino | 48:57 | +19:02 | 04:54 |
| 171 | 1573 | Vitor Mendonça | PROSISTEM.RUNNERS | Senior Masculino | 48:58 | +19:02 | 04:54 |
| 172 | 986 | Pedro Miguel Cardoso Madeira | Individual | Senior Masculino | 48:58 | +19:03 | 04:54 |
| 173 | 59 | João Octávio | A.R.S.M. - Associação Recreativa de São Miguel | Senior Masculino | 48:58 | +19:03 | 04:54 |
| 174 | 208 | Ricardo Neves | BLUEPHARMA | Senior Masculino | 48:59 | +19:04 | 04:54 |

## Prova Principal

## 10 KM

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

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|---|---|---|---|---|---|---|---|
| 175 | 1524 | Acácio Xavier | PCL | Senior Masculino | 48:59 | +19:04 | 04:54 |
| 176 | 1531 | Vítor Pinheiro | PCL | Senior Masculino | 49:00 | +19:04 | 04:54 |
| 177 | 880 | Gonçalo Dias | Individual | Senior Masculino | 49:06 | +19:11 | 04:55 |
| 178 | 82 | Hugo Neves | Academia Desportos Condeixa | Senior Masculino | 49:10 | +19:15 | 04:55 |
| 179 | 1433 | Fábio Mendes | Lagartixas em fuga | Senior Masculino | 49:15 | +19:20 | 04:56 |
| 180 | 171 | Nuno Moura | Associação de Vítimas das petas do Sal | Senior Masculino | 49:20 | +19:25 | 04:56 |
| 181 | 173 | André Santos | ASSSCC - AR LIVRE E AVENTURA | Senior Masculino | 49:23 | +19:27 | 04:56 |
| 182 | 982 | Pedro Carvalho Almeida | Individual | Senior Masculino | 49:26 | +19:30 | 04:57 |
| 183 | 1525 | André Albino | PCL | Senior Masculino | 49:30 | +19:35 | 04:57 |
| 184 | 865 | Fábio Antunes | Individual | Senior Masculino | 49:32 | +19:37 | 04:57 |
| 185 | 949 | Luís Gonçalves | Individual | Senior Masculino | 49:37 | +19:42 | 04:58 |
| 186 | 1389 | Edmundo Sérgio | Inter da Mata | Senior Masculino | 49:38 | +19:43 | 04:58 |
| 187 | 827 | Bernardo Cerdeira | Individual | Senior Masculino | 49:42 | +19:47 | 04:58 |
| 188 | 893 | Igor Furtado Jucá | Individual | Senior Masculino | 49:44 | +19:49 | 04:58 |
| 189 | 1012 | Rui Costa | Individual | Senior Masculino | 49:46 | +19:51 | 04:59 |
| 190 | 590 | Luis Gonzaga | Focus & TUU | Senior Masculino | 49:49 | +19:54 | 04:59 |
| 191 | 857 | Diogo Miguel Ferreira Gonçalves | Individual | Senior Masculino | 50:00 | +20:05 | 05:00 |
| 192 | 1687 | Francisco Oliveira | Sky.studio Runners | Senior Masculino | 50:11 | +20:16 | 05:01 |
| 193 | 1398 | João Pedro Reis Marques Henriques Rainho | Inter de Limão | Senior Masculino | 50:15 | +20:20 | 05:02 |
| 194 | 168 | João Moura | Associação de Vítimas das petas do Sal | Senior Masculino | 50:17 | +20:21 | 05:02 |
| 195 | 920 | João Pinho | Individual | Senior Masculino | 50:19 | +20:24 | 05:02 |
| 196 | 886 | Helder Cunha | Individual | Senior Masculino | 50:21 | +20:26 | 05:02 |
| 197 | 594 | Pedro Martins | Focus & TUU | Senior Masculino | 50:29 | +20:34 | 05:03 |
| 198 | 1526 | André Oliveira | PCL | Senior Masculino | 50:31 | +20:36 | 05:03 |
| 199 | 997 | Ricardo Lopes | Individual | Senior Masculino | 50:35 | +20:40 | 05:04 |
| 200 | 965 | Miguel Forte | Individual | Senior Masculino | 50:37 | +20:42 | 05:04 |
| 201 | 948 | Luís Gaspar | Individual | Senior Masculino | 50:39 | +20:44 | 05:04 |
| 202 | 973 | Nuno Lourenço | Individual | Senior Masculino | 50:42 | +20:47 | 05:04 |
| 203 | 820 | André Peixoto | Individual | Senior Masculino | 50:44 | +20:49 | 05:04 |
| 204 | 903 | João Filipe Gomes | Individual | Senior Masculino | 50:48 | +20:53 | 05:05 |
| 205 | 966 | Miguel Pereira | Individual | Senior Masculino | 50:50 | +20:55 | 05:05 |
| 206 | 1599 | António Pinto | Rato Esquilo | Senior Masculino | 50:57 | +21:02 | 05:06 |
| 207 | 630 | Bruno Filipe Rodrigues Nobre | Gerardo Studio | Senior Masculino | 51:00 | +21:04 | 05:06 |
| 208 | 816 | André Jesus | Individual | Senior Masculino | 51:00 | +21:05 | 05:06 |
| 209 | 922 | João Prina | Individual | Senior Masculino | 51:00 | +21:05 | 05:06 |
| 210 | 892 | Hugo Tiago Martins Fernandes | Individual | Senior Masculino | 51:04 | +21:09 | 05:06 |
| 211 | 958 | Marco Custódio | Individual | Senior Masculino | 51:09 | +21:14 | 05:07 |
| 212 | 928 | Jorge Campos | Individual | Senior Masculino | 51:11 | +21:16 | 05:07 |
| 213 | 16 | Daniel Duarte | #teamnoesis | Senior Masculino | 51:11 | +21:16 | 05:07 |
| 214 | 633 | Diogo Nogueira Pires Gerardo | Gerardo Studio | Senior Masculino | 51:19 | +21:24 | 05:08 |
| 215 | 1718 | TÓ ZÉ | TERTÚLIA DA VELHA CABRA | Senior Masculino | 51:24 | +21:29 | 05:08 |
| 216 | 999 | Ricardo Silva | Individual | Senior Masculino | 51:26 | +21:31 | 05:09 |
| 217 | 147 | Tiago Pires | ARCD Venda da Luísa Trail | Senior Masculino | 51:32 | +21:37 | 05:09 |
| 218 | 354 | Válter Alexandre Ramos Afonso | CNI | Senior Masculino | 51:36 | +21:40 | 05:10 |

## Prova Principal

## 10 KM

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

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|---|---|---|---|---|---|---|---|
| 219 | 391 | BRUNO ROCHA | CRAQUES DA ADCA | Senior Masculino | 51:51 | +21:56 | 05:11 |
| 220 | 392 | PEDRO RODRIGUES | CRAQUES DA ADCA | Senior Masculino | 51:51 | +21:56 | 05:11 |
| 221 | 940 | José Ricardo Tomás Silva | Individual | Senior Masculino | 51:59 | +22:04 | 05:12 |
| 222 | 1688 | Miguel Cabrita | Sky.studio Runners | Senior Masculino | 52:06 | +22:11 | 05:13 |
| 223 | 204 | Gustavo Simões | BLUEPHARMA | Senior Masculino | 52:11 | +22:16 | 05:13 |
| 224 | 969 | Nelson Emanuel Borges Rodrigues | Individual | Senior Masculino | 52:18 | +22:23 | 05:14 |
| 225 | 1528 | Nuno Pedro | PCL | Senior Masculino | 52:20 | +22:25 | 05:14 |
| 226 | 1035 | Toni Ribeiro | Individual | Senior Masculino | 52:24 | +22:29 | 05:14 |
| 227 | 511 | Vitor Sérgio de Oliveira Parola | Escola Superior de Enfermagem de Coimbra | Senior Masculino | 52:30 | +22:35 | 05:15 |
| 228 | 589 | Lucas Monteiro | Focus & TUU | Senior Masculino | 52:39 | +22:44 | 05:16 |
| 229 | 19 | Luís Miguel Martins Silva | #teamnoesis | Senior Masculino | 52:42 | +22:47 | 05:16 |
| 230 | 1629 | Gonçalo Marques | Runners & Friends | Senior Masculino | 52:48 | +22:53 | 05:17 |
| 231 | 1776 | Nuno Dinis | Welvy | Senior Masculino | 52:50 | +22:55 | 05:17 |
| 232 | 446 | Nuno Manco | Dojo Fit Coimbra | Senior Masculino | 52:53 | +22:58 | 05:17 |
| 233 | 882 | Guilherme Guimarães Gonçalves | Individual | Senior Masculino | 52:53 | +22:58 | 05:17 |
| 234 | 943 | Leandro Barros | Individual | Senior Masculino | 52:58 | +23:03 | 05:18 |
| 235 | 251 | Pedro Vaz | Cabras Velhas | Senior Masculino | 52:59 | +23:04 | 05:18 |
| 236 | 289 | DANIEL CONCEIÇÃO | Clube de Atletismo da Nazaré | Senior Masculino | 53:03 | +23:07 | 05:18 |
| 237 | 967 | Mike Pinto | Individual | Senior Masculino | 53:08 | +23:13 | 05:19 |
| 238 | 443 | Duarte Dias | Dojo Fit Coimbra | Senior Masculino | 53:14 | +23:19 | 05:19 |
| 239 | 845 | Cláudio Relvas | Individual | Senior Masculino | 53:14 | +23:19 | 05:19 |
| 240 | 929 | Jorge Correia | Individual | Senior Masculino | 53:26 | +23:31 | 05:21 |
| 241 | 1485 | Rafael Vidal | Os Flashes | Senior Masculino | 53:54 | +23:59 | 05:23 |
| 242 | 583 | Hugo Gonçalves | Focus & TUU | Senior Masculino | 53:56 | +24:01 | 05:24 |
| 243 | 915 | João Oliveira | Individual | Senior Masculino | 54:06 | +24:11 | 05:25 |
| 244 | 1399 | Fábio Cerejo | IPNrunners | Senior Masculino | 54:07 | +24:12 | 05:25 |
| 245 | 849 | Daniel Santos | Individual | Senior Masculino | 54:08 | +24:13 | 05:25 |
| 246 | 75 | Miguel Alfaiate | AAC-REMO | Senior Masculino | 54:18 | +24:23 | 05:26 |
| 247 | 899 | João Carreira | Individual | Senior Masculino | 54:19 | +24:24 | 05:26 |
| 248 | 27 | Pedro Costa | 6:45 | Senior Masculino | 54:19 | +24:24 | 05:26 |
| 249 | 681 | Filipe Valente Duarte | Homework_out & ActiFisio Running Team | Senior Masculino | 54:20 | +24:25 | 05:26 |
| 250 | 844 | Carlos Santos | Individual | Senior Masculino | 54:24 | +24:29 | 05:26 |
| 251 | 584 | João Manuel Rodrigues Simões | Focus & TUU | Senior Masculino | 54:27 | +24:32 | 05:27 |
| 252 | 1434 | João Freire | Lagartixas em fuga | Senior Masculino | 54:29 | +24:34 | 05:27 |
| 253 | 469 | João Neves | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 54:34 | +24:39 | 05:27 |
| 254 | 470 | José Mendes | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 54:34 | +24:39 | 05:27 |
| 255 | 625 | José Manuel Cortesão Alves | Gelcentro Team | Senior Masculino | 54:47 | +24:52 | 05:29 |
| 256 | 1686 | Alexandre Veloso | Sky.studio Runners | Senior Masculino | 54:52 | +24:57 | 05:29 |
| 257 | 118 | Hugo Oliveira Nobre | Águas de Coimbra | Senior Masculino | 54:53 | +24:58 | 05:29 |
| 258 | 598 | Tiago Relvão | Focus & TUU | Senior Masculino | 54:56 | +25:01 | 05:30 |
| 259 | 472 | Marco Alexandre Rodrigues Teixeira | Escola de Atletismo de Coimbra/JPaiva | Senior Masculino | 54:56 | +25:01 | 05:30 |
| 260 | 1437 | Samuel Bicho | Lagartixas em fuga | Senior Masculino | 54:58 | +25:02 | 05:30 |
| 261 | 914 | João Miguel Saraiva Soares | Individual | Senior Masculino | 55:00 | +25:05 | 05:30 |

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|---|---|---|---|---|---|---|---|
| 262 | 1438 | João Manuel do Couto Pinto Ferreira; | Lambrusco Kids | Senior Masculino | 55:02 | +25:07 | 05:30 |
| 263 | 971 | Nuno Alexandre Gravato Pereira Dias | Individual | Senior Masculino | 55:02 | +25:07 | 05:30 |
| 264 | 581 | Eduardo Umbelino | Focus & TUU | Senior Masculino | 55:06 | +25:11 | 05:31 |
| 265 | 978 | Paulo Ferreira | Individual | Senior Masculino | 55:08 | +25:12 | 05:31 |
| 266 | 881 | Gonçalo Melo | Individual | Senior Masculino | 55:11 | +25:15 | 05:31 |
| 267 | 1004 | Rodrigo Nunes | Individual | Senior Masculino | 55:21 | +25:26 | 05:32 |
| 268 | 15 | Bruno Ferreira Cantante | #teamnoesis | Senior Masculino | 55:30 | +25:35 | 05:33 |
| 269 | 596 | Rodrigo Soares | Focus & TUU | Senior Masculino | 55:32 | +25:36 | 05:33 |
| 270 | 109 | Tiago Simões | Adões Trail | Senior Masculino | 55:33 | +25:38 | 05:33 |
| 271 | 921 | JOÃO PISCO | Individual | Senior Masculino | 55:44 | +25:49 | 05:34 |
| 272 | 637 | João Pedro gaioso Barbosa | Gerardo Studio | Senior Masculino | 55:45 | +25:50 | 05:35 |
| 273 | 850 | David Marques | Individual | Senior Masculino | 55:50 | +25:55 | 05:35 |
| 274 | 249 | Miguel Silva | Cabras Velhas | Senior Masculino | 55:57 | +26:02 | 05:36 |
| 275 | 989 | Pedro Nuno Passos Marques | Individual | Senior Masculino | 55:57 | +26:02 | 05:36 |
| 276 | 1592 | Tiago Cruz | R G Levanta Poeira | Senior Masculino | 55:59 | +26:04 | 05:36 |
| 277 | 864 | Emanuel José Pinto Silva | Individual | Senior Masculino | 56:00 | +26:05 | 05:36 |
| 278 | 1007 | Ruben Cabral | Individual | Senior Masculino | 56:01 | +26:06 | 05:36 |
| 279 | 832 | Bruno Daniel Pereira Sampaio | Individual | Senior Masculino | 56:02 | +26:07 | 05:36 |
| 280 | 912 | João Matos Cruz | Individual | Senior Masculino | 56:09 | +26:14 | 05:37 |
| 281 | 205 | João Mestre | BLUEPHARMA | Senior Masculino | 56:10 | +26:14 | 05:37 |
| 282 | 848 | Daniel Henrique Dias Alves | Individual | Senior Masculino | 56:13 | +26:18 | 05:37 |
| 283 | 26 | José Miguel | 6:45 | Senior Masculino | 56:15 | +26:19 | 05:38 |
| 284 | 25 | António João | 6:45 | Senior Masculino | 56:15 | +26:20 | 05:38 |
| 285 | 1673 | A. Ventura | Saldo Válido | Senior Masculino | 56:23 | +26:28 | 05:38 |
| 286 | 1646 | André Queda | Runners da Calçada | Senior Masculino | 56:23 | +26:28 | 05:38 |
| 287 | 852 | David Vaz Cortesão | Individual | Senior Masculino | 56:25 | +26:29 | 05:39 |
| 288 | 894 | Ivo Alexandre Carvalho dos Reis | Individual | Senior Masculino | 56:29 | +26:33 | 05:39 |
| 289 | 1010 | Rudy Baptista | Individual | Senior Masculino | 56:31 | +26:36 | 05:39 |
| 290 | 141 | Carlos Eduardo Bastos Dias | Amo Te Sofia | Senior Masculino | 56:35 | +26:39 | 05:40 |
| 291 | 963 | Mário Moreira | Individual | Senior Masculino | 56:40 | +26:44 | 05:40 |
| 292 | 1731 | Ricardo Soares | THE FIRST Wellness & Bootcamp | Senior Masculino | 56:43 | +26:48 | 05:40 |
| 293 | 221 | Tiago Alves | Bombeiros Sapadores de Coimbra | Senior Masculino | 56:47 | +26:52 | 05:41 |
| 294 | 874 | Filipe Vilão | Individual | Senior Masculino | 56:48 | +26:53 | 05:41 |
| 295 | 441 | Alexandre Silva | Dojo Fit Coimbra | Senior Masculino | 56:48 | +26:53 | 05:41 |
| 296 | 174 | José Mendes | ASSSCC - AR LIVRE E AVENTURA | Senior Masculino | 56:51 | +26:56 | 05:41 |
| 297 | 788 | Nuno Filipe da Costa Duarte | Individual | Senior Masculino | 56:53 | +26:58 | 05:41 |
| 298 | 868 | Fausto Reis | Individual | Senior Masculino | 56:59 | +27:04 | 05:42 |
| 299 | 1750 | Luis Gomes | Vacões a correr | Senior Masculino | 57:00 | +27:05 | 05:42 |
| 300 | 953 | Luis Santos | Individual | Senior Masculino | 57:05 | +27:10 | 05:43 |
| 301 | 985 | Pedro Marques | Individual | Senior Masculino | 57:11 | +27:16 | 05:43 |
| 302 | 18 | João Miguel Coimbra Barros da Silva | #teamnoesis | Senior Masculino | 57:13 | +27:18 | 05:43 |
| 303 | 167 | André Salgado | Associação de Vítimas das petas do Sal | Senior Masculino | 57:14 | +27:19 | 05:43 |
| 304 | 17 | João Correia Campos | #teamnoesis | Senior Masculino | 57:21 | +27:26 | 05:44 |
| 305 | 955 | Manuel Rodrigo Morim | Individual | Senior Masculino | 57:25 | +27:30 | 05:45 |
| 306 | 144 | Gonçalo Simões de Deus | ARCD Venda da Luísa Trail | Senior Masculino | 57:27 | +27:32 | 05:45 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 307 | 938 | José Orfão | Individual | Senior Masculino | 57:36 | +27:41 | 05:46 |
| 308 | 442 | Diogo Rosa | Dojo Fit Coimbra | Senior Masculino | 57:36 | +27:41 | 05:46 |
| 309 | 169 | João Pedro Santos | Associação de Vítimas das petas do Sal | Senior Masculino | 57:36 | +27:41 | 05:46 |
| 310 | 587 | José Dinis | Focus & TUU | Senior Masculino | 57:39 | +27:44 | 05:46 |
| 311 | 1036 | Valter Costa | Individual | Senior Masculino | 57:41 | +27:46 | 05:46 |
| 312 | 831 | Bruno Crétu | Individual | Senior Masculino | 58:04 | +28:09 | 05:48 |
| 313 | 1397 | Fernando Jorge Olas de Matos Costa | Inter de Limão | Senior Masculino | 58:20 | +28:25 | 05:50 |
| 314 | 891 | Hugo Ruivo | Individual | Senior Masculino | 58:22 | +28:27 | 05:50 |
| 315 | 936 | José Luís da Silva Santos | Individual | Senior Masculino | 58:22 | +28:27 | 05:50 |
| 316 | 1621 | Marco Santos | Roda Dianteira BTT | Senior Masculino | 58:30 | +28:34 | 05:51 |
| 317 | 993 | Renato Ramos | Individual | Senior Masculino | 58:39 | +28:44 | 05:52 |
| 318 | 206 | Joel Esteves | BLUEPHARMA | Senior Masculino | 58:39 | +28:44 | 05:52 |
| 319 | 917 | João Pedro Freitas | Individual | Senior Masculino | 58:46 | +28:51 | 05:53 |
| 320 | 577 | Bruno micael | Focus & TUU | Senior Masculino | 58:48 | +28:53 | 05:53 |
| 321 | 20 | Mauro Pinheiro | #teamnoesis | Senior Masculino | 59:03 | +29:08 | 05:54 |
| 322 | 830 | Bernardo Patrão | Individual | Senior Masculino | 59:05 | +29:10 | 05:55 |
| 323 | 876 | Flávio Silva | Individual | Senior Masculino | 59:09 | +29:14 | 05:55 |
| 324 | 1027 | Tiago Castro | Individual | Senior Masculino | 59:10 | +29:14 | 05:55 |
| 325 | 1799 | João Patricio | Individual | Senior Masculino | 59:10 | +29:15 | 05:55 |
| 326 | 1405 | Alexandre Anjos | ISIDOVIAS - GRUPO ISIDORO | Senior Masculino | 59:12 | +29:17 | 05:55 |
| 327 | 935 | José Ladeiro | Individual | Senior Masculino | 59:26 | +29:31 | 05:57 |
| 328 | 858 | Diogo Rodrigues | Individual | Senior Masculino | 59:30 | +29:35 | 05:57 |
| 329 | 909 | João Marques | Individual | Senior Masculino | 59:53 | +29:58 | 05:59 |
| 330 | 1610 | Pedro Miguel Neves Alves | RC Believers | Senior Masculino | 59:56 | +30:01 | 06:00 |
| 331 | 172 | Sérgio Minas | Associação de Vítimas das petas do Sal | Senior Masculino | 59:58 | +30:03 | 06:00 |
| 332 | 14 | André Carvalho | #teamnoesis | Senior Masculino | 01:00:01 | +30:06 | 06:00 |
| 333 | 588 | Leonardo Machado Alves Vieira | Focus & TUU | Senior Masculino | 01:00:02 | +30:07 | 06:00 |
| 334 | 1676 | Nuno Daniel Teodósio Santos | Sem Sede | Senior Masculino | 01:00:10 | +30:15 | 06:01 |
| 335 | 885 | Gustavo Veiga | Individual | Senior Masculino | 01:00:21 | +30:26 | 06:02 |
| 336 | 837 | Carlos Alves | Individual | Senior Masculino | 01:00:23 | +30:28 | 06:02 |
| 337 | 1024 | Steven Sá | Individual | Senior Masculino | 01:00:29 | +30:33 | 06:03 |
| 338 | 83 | Tiago Joaquim Paulo Carvalho | Academia Desportos Condeixa | Senior Masculino | 01:00:31 | +30:35 | 06:03 |
| 339 | 1648 | Filipe Sequeira | Runners da Calçada | Senior Masculino | 01:00:32 | +30:37 | 06:03 |
| 340 | 1649 | Filipe Sequeira | Runners da Calçada | Senior Masculino | 01:00:33 | +30:38 | 06:03 |
| 341 | 656 | Rodrigo Grilo | Grilopes | Senior Masculino | 01:00:43 | +30:48 | 06:04 |
| 342 | 1552 | Carlos Tadeu Paula | Polyrunners and friends | Senior Masculino | 01:00:44 | +30:48 | 06:04 |
| 343 | 1557 | Takeru Omiya | Polyrunners and friends | Senior Masculino | 01:00:44 | +30:49 | 06:04 |
| 344 | 810 | André Carvalheira | Individual | Senior Masculino | 01:00:44 | +30:49 | 06:04 |
| 345 | 817 | André Manuel Pereira Pinheiro | Individual | Senior Masculino | 01:00:48 | +30:53 | 06:05 |
| 346 | 836 | Bruno Vintém | Individual | Senior Masculino | 01:00:51 | +30:56 | 06:05 |
| 347 | 942 | Julien Prazeres | Individual | Senior Masculino | 01:00:56 | +31:01 | 06:06 |
| 348 | 101 | Diogo domingues | ADCDP condeixa | Senior Masculino | 01:01:06 | +31:11 | 06:07 |
| 349 | 585 | João Nuno Ventura Pires | Focus & TUU | Senior Masculino | 01:01:08 | +31:13 | 06:07 |
| 350 | 107 | Pedro Duarte | Adões Trail | Senior Masculino | 01:01:10 | +31:14 | 06:07 |
| 351 | 960 | Marco Pires | Individual | Senior Masculino | 01:01:15 | +31:20 | 06:08 |

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|---|---|---|---|---|---|---|---|
| 352 | 1713 | GONÇALO MATOS | TERTÚLIA DA VELHA CABRA | Senior Masculino | 01:01:35 | +31:40 | 06:10 |
| 353 | 1395 | Bruno Rafael Primo Vicente | Inter de Limão | Senior Masculino | 01:01:40 | +31:45 | 06:10 |
| 354 | 1650 | Jorge Araújo | Runners da Calçada | Senior Masculino | 01:01:47 | +31:52 | 06:11 |
| 355 | 835 | Bruno Santos N Dias | Individual | Senior Masculino | 01:02:18 | +32:23 | 06:14 |
| 356 | 541 | Leandro Inácio | FitLine | Senior Masculino | 01:02:20 | +32:25 | 06:14 |
| 357 | 688 | Tiago Coelho | Homework_out & ActiFisio Running Team | Senior Masculino | 01:02:29 | +32:34 | 06:15 |
| 358 | 867 | Fábio Rui Pimentel dos Santos Minas | Individual | Senior Masculino | 01:02:42 | +32:46 | 06:16 |
| 359 | 1653 | Tiago Rodrigues | Running4Fun Viseu | Senior Masculino | 01:02:54 | +32:59 | 06:17 |
| 360 | 1717 | LUIS GIRÃO | TERTÚLIA DA VELHA CABRA | Senior Masculino | 01:03:02 | +33:07 | 06:18 |
| 361 | 819 | André Matias | Individual | Senior Masculino | 01:03:11 | +33:16 | 06:19 |
| 362 | 1409 | Sérgio Alves | ISIDOVIAS - GRUPO ISIDORO | Senior Masculino | 01:03:12 | +33:17 | 06:19 |
| 363 | 1018 | Samuel Alexandre Santos Custodio | Individual | Senior Masculino | 01:03:17 | +33:22 | 06:20 |
| 364 | 964 | Marta Maurício Coelho | Individual | Senior Masculino | 01:03:18 | +33:23 | 06:20 |
| 365 | 322 | Jaime Antunes | CMCoimbra | Senior Masculino | 01:03:18 | +33:23 | 06:20 |
| 366 | 851 | David Pratas | Individual | Senior Masculino | 01:03:20 | +33:25 | 06:20 |
| 367 | 1730 | Marcos Simões | THE FIRST Wellness & Bootcamp | Senior Masculino | 01:03:25 | +33:30 | 06:21 |
| 368 | 522 | EDGAR GOMES | Farmácia Luciano e Matos | Senior Masculino | 01:03:30 | +33:35 | 06:21 |
| 369 | 1775 | Luís Oliveira | Welvy | Senior Masculino | 01:03:32 | +33:37 | 06:21 |
| 370 | 444 | Luís Vaz | Dojo Fit Coimbra | Senior Masculino | 01:03:47 | +33:52 | 06:23 |
| 371 | 947 | Luís Carlos Faria | Individual | Senior Masculino | 01:03:48 | +33:53 | 06:23 |
| 372 | 829 | Bernardo Monteiro Pimenta | Individual | Senior Masculino | 01:03:57 | +34:01 | 06:24 |
| 373 | 28 | Pedro Rodrigues | 6:45 | Senior Masculino | 01:04:44 | +34:49 | 06:28 |
| 374 | 108 | Tiago Bernardes | Adões Trail | Senior Masculino | 01:04:53 | +34:58 | 06:29 |
| 375 | 981 | Pedro Abrantes | Individual | Senior Masculino | 01:05:06 | +35:11 | 06:31 |
| 376 | 825 | António Manuel Ganilho Correia | Individual | Senior Masculino | 01:05:07 | +35:12 | 06:31 |
| 377 | 582 | Frederico Macedo | Focus & TUU | Senior Masculino | 01:05:07 | +35:12 | 06:31 |
| 378 | 447 | Ricardo Francisco | Dojo Fit Coimbra | Senior Masculino | 01:05:18 | +35:23 | 06:32 |
| 379 | 533 | Rafael Figueiredo | Fit team | Senior Masculino | 01:05:29 | +35:34 | 06:33 |
| 380 | 579 | Carlos ramos | Focus & TUU | Senior Masculino | 01:05:44 | +35:49 | 06:34 |
| 381 | 905 | João Gonçalves | Individual | Senior Masculino | 01:05:53 | +35:58 | 06:35 |
| 382 | 1390 | Eduardo Costa | Inter da Mata | Senior Masculino | 01:05:55 | +35:59 | 06:36 |
| 383 | 870 | Fernando Monteiro | Individual | Senior Masculino | 01:05:56 | +36:01 | 06:36 |
| 384 | 987 | Pedro Miguel Fonseca Rodrigues | Individual | Senior Masculino | 01:06:09 | +36:14 | 06:37 |
| 385 | 823 | António Aragão Figueiredo | Individual | Senior Masculino | 01:06:22 | +36:27 | 06:38 |
| 386 | 449 | Rui Catarrinho | Dojo Fit Coimbra | Senior Masculino | 01:06:27 | +36:32 | 06:39 |
| 387 | 828 | Bernardo José Santos de Oliveira e Silva | Individual | Senior Masculino | 01:06:37 | +36:42 | 06:40 |
| 388 | 1715 | JOÃO PEDRO | TERTÚLIA DA VELHA CABRA | Senior Masculino | 01:06:44 | +36:49 | 06:40 |
| 389 | 923 | João Rodrigues | Individual | Senior Masculino | 01:06:44 | +36:49 | 06:40 |
| 390 | 682 | Francisco Barreto | Homework_out & ActiFisio Running Team | Senior Masculino | 01:07:04 | +37:09 | 06:42 |
| 391 | 218 | Miguel António Costa Roque | Bombeiros Sapadores de Coimbra | Senior Masculino | 01:07:19 | +37:24 | 06:44 |
| 392 | 1016 | Rui Neto | Individual | Senior Masculino | 01:07:21 | +37:25 | 06:44 |
| 393 | 988 | Pedro Monteiro | Individual | Senior Masculino | 01:07:35 | +37:40 | 06:46 |
| 394 | 686 | Paulo Pereira | Homework_out & ActiFisio Running Team | Senior Masculino | 01:07:36 | +37:40 | 06:46 |
| 395 | 1728 | Marco Brásio | THE FIRST Wellness & Bootcamp | Senior Masculino | 01:08:30 | +38:35 | 06:51 |

## Prova Principal

## 10 KM

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

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|---|---|---|---|---|---|---|---|
| 396 | 593 | Paulo Preto Castanho | Focus & TUU | Senior Masculino | 01:09:03 | +39:08 | 06:54 |
| 397 | 1706 | Cândido Veloso | Tainadas Run Team | Senior Masculino | 01:09:10 | +39:15 | 06:55 |
| 398 | 863 | Eduardo Miguel Figueiredo Rodrigues | Individual | Senior Masculino | 01:09:40 | +39:45 | 06:58 |
| 399 | 1716 | JOÃO VILÃO | TERTÚLIA DA VELHA CABRA | Senior Masculino | 01:09:45 | +39:50 | 06:59 |
| 400 | 946 | Luis Antonio | Individual | Senior Masculino | 01:10:36 | +40:41 | 07:04 |
| 401 | 448 | Rodrigo Lopes | Dojo Fit Coimbra | Senior Masculino | 01:10:56 | +41:01 | 07:06 |
| 402 | 866 | Fábio Moreira Santos | Individual | Senior Masculino | 01:11:10 | +41:15 | 07:07 |
| 403 | 916 | João Paulo Colaço Reganha | Individual | Senior Masculino | 01:11:24 | +41:29 | 07:08 |
| 404 | 1030 | Tiago Patrão | Individual | Senior Masculino | 01:12:00 | +42:04 | 07:12 |
| 405 | 873 | Filipe Neves | Individual | Senior Masculino | 01:12:10 | +42:15 | 07:13 |
| 406 | 1689 | Pedro Cavaleiro | Sky.studio Runners | Senior Masculino | 01:12:30 | +42:35 | 07:15 |
| 407 | 1690 | Rodrigo Pardal | Sky.studio Runners | Senior Masculino | 01:12:30 | +42:35 | 07:15 |
| 408 | 99 | André Miguel Branco Domingues | AD | Senior Masculino | 01:13:04 | +43:09 | 07:18 |
| 409 | 877 | Francisco José Carvalho Pires | Individual | Senior Masculino | 01:13:13 | +43:18 | 07:19 |
| 410 | 60 | Nuno Miguel | A.R.S.M. - Associação Recreativa de São Miguel | Senior Masculino | 01:14:00 | +44:05 | 07:24 |
| 411 | 1795 | Nogueira Nogueira | AMIG@S do PI | Senior Masculino | 01:14:09 | +44:14 | 07:25 |
| 412 | 445 | Miguel Moraes | Dojo Fit Coimbra | Senior Masculino | 01:14:50 | +44:55 | 07:29 |
| 413 | 1609 | Pedro Emanuel dos Santos Queirós Lourenço | RC Believers | Senior Masculino | 01:15:42 | +45:47 | 07:34 |
| 414 | 1000 | Ricardo Simões | Individual | Senior Masculino | 01:15:42 | +45:47 | 07:34 |
| 415 | 638 | Miguel Ângelo Cunha de Oliveira | Gerardo Studio | Senior Masculino | 01:15:58 | +46:03 | 07:36 |
| 416 | 631 | Daniel Filipe Silva Pires | Gerardo Studio | Senior Masculino | 01:15:58 | +46:03 | 07:36 |
| 417 | 635 | Jano Lucas Plag Fontes | Gerardo Studio | Senior Masculino | 01:15:59 | +46:04 | 07:36 |
| 418 | 453 | Daniel Filipe Vieira de Oliveira | Elite da Humildade | Senior Masculino | 01:16:16 | +46:21 | 07:38 |
| 419 | 411 | Afonso Silva | Dci/trilhos luso bussaco | Senior Masculino | 01:17:34 | +47:39 | 07:45 |
| 420 | 1554 | Emanuel Feijó | Polyrunners and friends | Senior Masculino | 01:17:46 | +47:51 | 07:47 |
| 421 | 1407 | Jorge Carvalho | ISIDOVIAS - GRUPO ISIDORO | Senior Masculino | 01:18:30 | +48:34 | 07:51 |
| 422 | 1408 | Ricardo Machado | ISIDOVIAS - GRUPO ISIDORO | Senior Masculino | 01:18:30 | +48:34 | 07:51 |
| 423 | 890 | Hugo Miguel Monteiro Antunes | Individual | Senior Masculino | 01:18:37 | +48:42 | 07:52 |
| 424 | 856 | Diogo Medina | Individual | Senior Masculino | 01:18:59 | +49:04 | 07:54 |
| 425 | 1530 | Tiago Henriques | PCL | Senior Masculino | 01:20:25 | +50:30 | 08:03 |
| 426 | 1008 | Ruben Francisco Santos Rodrigues | Individual | Senior Masculino | 01:20:47 | +50:52 | 08:05 |
| 427 | 1406 | Erik Santana | ISIDOVIAS - GRUPO ISIDORO | Senior Masculino | 01:21:55 | +52:00 | 08:12 |
| 428 | 578 | Bruno Simões | Focus & TUU | Senior Masculino | 01:23:24 | +53:29 | 08:20 |
| 429 | 595 | Renato França | Focus & TUU | Senior Masculino | 01:25:42 | +55:47 | 08:34 |
| 430 | 984 | Pedro Henrique Costa Lucas | Individual | Senior Masculino | 01:28:27 | +58:32 | 08:51 |

## Veterana F40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 416 | Liliana Martinho | Dci/trilhos luso bussaco | Veterana F40 | 44:28 | +14:33 | 04:27 |
| 2 | 479 | Clara Sofia da Costa Rodrigues | Escola de Atletismo de Coimbra/JPaiva | Veterana F40 | 45:04 | +15:09 | 04:30 |
| 3 | 689 | Sofia Costa | Homework_out & ActiFisio Running Team | Veterana F40 | 48:18 | +18:23 | 04:50 |
| 4 | 601 | Susana Eloi | Focus & TUU | Veterana F40 | 48:58 | +19:02 | 04:54 |
| 5 | 1425 | Maris Lopes | K Studio Running Team | Veterana F40 | 50:09 | +20:14 | 05:01 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 6 | 1048 | Ines Reis | Individual | Veterana F40 | 50:22 | +20:27 | 05:02 |
| 7 | 1049 | Joana batista | Individual | Veterana F40 | 50:22 | +20:27 | 05:02 |
| 8 | 1042 | Catarina Isabel Gomes | A.R.S.M. - Associação Recreativa de São Miguel | Veterana F40 | 52:16 | +22:21 | 05:14 |
| 9 | 383 | Joana Moutela | CPT Sobral de Ceira | Veterana F40 | 52:17 | +22:22 | 05:14 |
| 10 | 1575 | MARTA MARQUES | PROSISTEM.RUNNERS | Veterana F40 | 52:52 | +22:56 | 05:17 |
| 11 | 84 | Rute Aguiar de Melo | Academia Desportos Condeixa | Veterana F40 | 53:36 | +23:41 | 05:22 |
| 12 | 478 | Andreia Raquel dos Santos Costa | Escola de Atletismo de Coimbra/JPaiva | Veterana F40 | 53:43 | +23:48 | 05:22 |
| 13 | 365 | Edite André | Coimbra Trail Running | Veterana F40 | 53:48 | +23:53 | 05:23 |
| 14 | 1061 | Marta Varandas | Individual | Veterana F40 | 54:46 | +24:51 | 05:29 |
| 15 | 1062 | Milena  Rouxinol | Individual | Veterana F40 | 55:00 | +25:05 | 05:30 |
| 16 | 1421 | Catarina Sousa | K Studio Running Team | Veterana F40 | 55:37 | +25:42 | 05:34 |
| 17 | 1063 | Mónica Rocha | Individual | Veterana F40 | 55:49 | +25:54 | 05:35 |
| 18 | 1050 | Joana salgado | Individual | Veterana F40 | 55:51 | +25:56 | 05:35 |
| 19 | 11 | EVA FERNANDES | #GangueDasCalorias | Veterana F40 | 55:53 | +25:58 | 05:35 |
| 20 | 211 | Susana Costa | BLUEPHARMA | Veterana F40 | 56:02 | +26:07 | 05:36 |
| 21 | 311 | Fátima Baptista Santos | CLUBE PESSOAL EDP PORTO | Veterana F40 | 56:11 | +26:16 | 05:37 |
| 22 | 95 | Ana Marins | ACDRS QUINHENDROS | Veterana F40 | 56:36 | +26:41 | 05:40 |
| 23 | 268 | Vera Ruano | Centro Trail Penacova | Veterana F40 | 56:42 | +26:47 | 05:40 |
| 24 | 111 | JACINTA Manata | Adões Trail | Veterana F40 | 56:44 | +26:49 | 05:40 |
| 25 | 1039 | Ana Rufino | Individual | Veterana F40 | 57:08 | +27:13 | 05:43 |
| 26 | 1735 | Vera Gomes | THE FIRST Wellness & Bootcamp | Veterana F40 | 57:22 | +27:27 | 05:44 |
| 27 | 1532 | Ana Silva | PCL | Veterana F40 | 57:23 | +27:28 | 05:44 |
| 28 | 690 | Sónia Conceição | Homework_out & ActiFisio Running Team | Veterana F40 | 57:52 | +27:56 | 05:47 |
| 29 | 1071 | Sara Correia | Individual | Veterana F40 | 58:06 | +28:11 | 05:49 |
| 30 | 1788 | Dora Silva | CAL - Clube Atletismo de Lamas | Veterana F40 | 58:39 | +28:44 | 05:52 |
| 31 | 1744 | Sandra Isabel Mendes dos Reis | Trail da Amizade Runner's | Veterana F40 | 58:44 | +28:48 | 05:52 |
| 32 | 112 | Telma Costa | Adões Trail | Veterana F40 | 58:46 | +28:51 | 05:53 |
| 33 | 291 | Sónia Sousa | Clube de Atletismo da Nazaré | Veterana F40 | 59:00 | +29:05 | 05:54 |
| 34 | 1059 | Marisa Amaral de Almeida | Individual | Veterana F40 | 59:04 | +29:09 | 05:54 |
| 35 | 1445 | Sara Silva | Magníficos | Veterana F40 | 59:50 | +29:55 | 05:59 |
| 36 | 602 | Teresa Barra | Focus & TUU | Veterana F40 | 59:52 | +29:57 | 05:59 |
| 37 | 1703 | Marta Rosa | Superorange | Veterana F40 | 01:00:41 | +30:45 | 06:04 |
| 38 | 600 | Rita Januário | Focus & TUU | Veterana F40 | 01:01:07 | +31:12 | 06:07 |
| 39 | 1422 | Elizabete Garrido | K Studio Running Team | Veterana F40 | 01:01:34 | +31:39 | 06:09 |
| 40 | 1072 | Sílvia Pereira da Silva | Individual | Veterana F40 | 01:01:36 | +31:41 | 06:10 |
| 41 | 1074 | Tânia Patrocínio | Individual | Veterana F40 | 01:01:39 | +31:44 | 06:10 |
| 42 | 599 | Ana Luísa Colaço Cardoso | Focus & TUU | Veterana F40 | 01:02:22 | +32:27 | 06:14 |
| 43 | 1691 | Liliana Simões | Sky.studio Runners | Veterana F40 | 01:02:22 | +32:27 | 06:14 |
| 44 | 1777 | Ana Azeiteiro | Welvy | Veterana F40 | 01:02:41 | +32:46 | 06:16 |
| 45 | 1780 | Vera Vieira | Welvy | Veterana F40 | 01:03:37 | +33:42 | 06:22 |
| 46 | 1471 | CRISTINA ISABEL RIBEIRO DUARTE | NAVEGANTES DA RUA | Veterana F40 | 01:03:47 | +33:52 | 06:23 |
| 47 | 644 | Catarina Matias | Gomates e Trelos | Veterana F40 | 01:04:01 | +34:06 | 06:24 |
| 48 | 1544 | Sandrina Tralhão | Pedro Bonito Coach | Veterana F40 | 01:04:03 | +34:08 | 06:24 |
| 49 | 1056 | Luísa Matias | Individual | Veterana F40 | 01:04:42 | +34:47 | 06:28 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 50 | 1064 | Nicole Dourado | Individual | Veterana F40 | 01:04:44 | +34:49 | 06:28 |
| 51 | 1046 | Elsa Margarida da Costa Carvalho | Individual | Veterana F40 | 01:04:45 | +34:50 | 06:29 |
| 52 | 29 | Carla Cardoso | 6:45 | Veterana F40 | 01:05:32 | +35:37 | 06:33 |
| 53 | 1576 | RAFAELA BENTO | PROSISTEM.RUNNERS | Veterana F40 | 01:05:40 | +35:45 | 06:34 |
| 54 | 534 | Olga Vagueiro | Fit team | Veterana F40 | 01:05:41 | +35:46 | 06:34 |
| 55 | 1052 | Joana Vale | Individual | Veterana F40 | 01:06:00 | +36:05 | 06:36 |
| 56 | 1066 | Olga Rasteiro | Individual | Veterana F40 | 01:06:27 | +36:31 | 06:39 |
| 57 | 1067 | Patrícia da Graça Gonçalves Cordinhã | Individual | Veterana F40 | 01:06:29 | +36:34 | 06:39 |
| 58 | 1574 | Mariana Silva | PROSISTEM.RUNNERS | Veterana F40 | 01:06:55 | +37:00 | 06:42 |
| 59 | 355 | Filipa Vidal | CNI | Veterana F40 | 01:07:43 | +37:48 | 06:46 |
| 60 | 1462 | Sandra Gonçalves | MONTANHA CLUBE TRAIL RUNNING/EFAPEL | Veterana F40 | 01:08:09 | +38:14 | 06:49 |
| 61 | 1512 | Lígia Ferreira | Owlpharma | Veterana F40 | 01:08:24 | +38:29 | 06:50 |
| 62 | 1733 | Joana Nogueira | THE FIRST Wellness & Bootcamp | Veterana F40 | 01:08:35 | +38:40 | 06:52 |
| 63 | 1054 | Liliana Resende | Individual | Veterana F40 | 01:08:40 | +38:44 | 06:52 |
| 64 | 1040 | Barbara Lemos | Individual | Veterana F40 | 01:09:31 | +39:36 | 06:57 |
| 65 | 483 | Raquel Nobre | Escola de Atletismo de Coimbra/JPaiva | Veterana F40 | 01:09:34 | +39:39 | 06:58 |
| 66 | 326 | Sandra Sofia Ferreira Salgado | CMCoimbra | Veterana F40 | 01:09:47 | +39:52 | 06:59 |
| 67 | 1391 | Anabela Ferreira das Neves | Inter da Mata | Veterana F40 | 01:11:20 | +41:24 | 07:08 |
| 68 | 525 | MÓNICA CUNHA | Farmácia Luciano e Matos | Veterana F40 | 01:12:31 | +42:36 | 07:15 |
| 69 | 524 | MÉLANIE DUARTE | Farmácia Luciano e Matos | Veterana F40 | 01:12:33 | +42:38 | 07:15 |
| 70 | 512 | Rita Susana Gomes Gonçalves | Escola Superior de Enfermagem de Coimbra | Veterana F40 | 01:12:50 | +42:55 | 07:17 |
| 71 | 1057 | Luisa Matos | Individual | Veterana F40 | 01:12:51 | +42:56 | 07:17 |
| 72 | 1045 | Dora Oliveira | Individual | Veterana F40 | 01:13:05 | +43:10 | 07:19 |
| 73 | 256 | Sofia Peixeira | Carregal do Sal Runners | Veterana F40 | 01:13:22 | +43:27 | 07:20 |
| 74 | 176 | Ana Burnay | Atletas ao domingo | Veterana F40 | 01:13:38 | +43:43 | 07:22 |
| 75 | 178 | Sara Lindo | Atletas ao domingo | Veterana F40 | 01:14:07 | +44:12 | 07:25 |
| 76 | 30 | Véronique Seco | 6:45 | Veterana F40 | 01:15:58 | +46:03 | 07:36 |
| 77 | 1470 | CARLA CRISTINA MENDES ÂNGELO | NAVEGANTES DA RUA | Veterana F40 | 01:17:05 | +47:09 | 07:43 |
| 78 | 1472 | SÓNIA MARGARIDA TRAVASSOS RAMA | NAVEGANTES DA RUA | Veterana F40 | 01:17:24 | +47:29 | 07:44 |
| 79 | 1073 | Tânia Marisa Neves Pratas | Individual | Veterana F40 | 01:17:34 | +47:39 | 07:45 |
| 80 | 1734 | Marcela Martins | THE FIRST Wellness & Bootcamp | Veterana F40 | 01:17:49 | +47:54 | 07:47 |
| 81 | 518 | Célia Silva | Espigueiros Runners - Caparrosinha | Veterana F40 | 01:20:32 | +50:37 | 08:03 |
| 82 | 543 | Carla Proença Oliveira | FitLine | Veterana F40 | 01:21:27 | +51:31 | 08:09 |
| 83 | 1480 | Inês Rosendo Carvalho e Silva | Olympic Silvas | Veterana F40 | 01:22:00 | +52:05 | 08:12 |
| 84 | 1778 | Cátia Martha | Welvy | Veterana F40 | 01:22:05 | +52:10 | 08:13 |
| 85 | 481 | Joana Catarina Figueiredo Nobre | Escola de Atletismo de Coimbra/JPaiva | Veterana F40 | 01:24:44 | +54:49 | 08:28 |
| 86 | 253 | Diana Monteiro | Canianos | Veterana F40 | 01:24:56 | +55:00 | 08:30 |
| 87 | 1041 | Carla Marques | Individual | Veterana F40 | 01:36:11 | +01:06:16 | 09:37 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

# Veterana F45

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 6 | Carla Martinho | RECREIO DESPORTIVO ÁGUEDA | Veterana F45 | 34:29 | +04:33 | 03:27 |
| 2 | 484 | Ana Mota | Escola de Atletismo de Coimbra/JPaiva | Veterana F45 | 46:31 | +16:36 | 04:39 |
| 3 | 486 | Dora Serra | Escola de Atletismo de Coimbra/JPaiva | Veterana F45 | 46:51 | +16:56 | 04:41 |
| 4 | 418 | Lúcia Marques | Dci/trilhos luso bussaco | Veterana F45 | 47:48 | +17:53 | 04:47 |
| 5 | 63 | Zenaide Alves | A.R.S.M. - Associação Recreativa de São Miguel | Veterana F45 | 48:49 | +18:54 | 04:53 |
| 6 | 328 | Ana Mendes | CMCoimbra | Veterana F45 | 49:39 | +19:44 | 04:58 |
| 7 | 1696 | Elisabete Carreira | SOURE MOV | Veterana F45 | 50:13 | +20:17 | 05:01 |
| 8 | 1092 | Sandra Maria Silva de Carvalho | Individual | Veterana F45 | 50:22 | +20:27 | 05:02 |
| 9 | 1761 | Lucilia Fernandes | Viriathvs Runners Viseu | Veterana F45 | 51:02 | +21:07 | 05:06 |
| 10 | 151 | Paula Gonçalves | ARCD Venda da Luísa Trail | Veterana F45 | 51:38 | +21:43 | 05:10 |
| 11 | 61 | Carla Soares | A.R.S.M. - Associação Recreativa de São Miguel | Veterana F45 | 52:10 | +22:15 | 05:13 |
| 12 | 1654 | Daniela Ferreira | Running4Fun Viseu | Veterana F45 | 53:08 | +23:13 | 05:19 |
| 13 | 305 | Annabelle Luis | Clube Desportivo de Espite | Veterana F45 | 54:16 | +24:21 | 05:26 |
| 14 | 1077 | Ana Morais | Individual | Veterana F45 | 54:59 | +25:03 | 05:30 |
| 15 | 314 | Sara Martins | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterana F45 | 56:11 | +26:16 | 05:37 |
| 16 | 417 | Helena Lopes | Dci/trilhos luso bussaco | Veterana F45 | 56:30 | +26:35 | 05:39 |
| 17 | 132 | Rita Constança | AMIG@S do PI | Veterana F45 | 56:54 | +26:59 | 05:41 |
| 18 | 150 | Graça Maria Martins Simões | ARCD Venda da Luísa Trail | Veterana F45 | 57:16 | +27:21 | 05:44 |
| 19 | 149 | Carla Patrícia | ARCD Venda da Luísa Trail | Veterana F45 | 57:16 | +27:21 | 05:44 |
| 20 | 1697 | Marta Serralheiro | SOURE MOV | Veterana F45 | 57:40 | +27:45 | 05:46 |
| 21 | 1079 | Carla Carvalho | Individual | Veterana F45 | 58:18 | +28:23 | 05:50 |
| 22 | 1091 | Rute Isabel Pereira Rebelo Almeida | Individual | Veterana F45 | 58:50 | +28:55 | 05:53 |
| 23 | 181 | Maria Odete Gonçalves | Atletas ao domingo | Veterana F45 | 58:52 | +28:57 | 05:53 |
| 24 | 645 | Andreia Almeida | Gomates e Trelos | Veterana F45 | 59:00 | +29:05 | 05:54 |
| 25 | 622 | Maria Franca | GDST | Veterana F45 | 59:54 | +29:59 | 05:59 |
| 26 | 62 | Paula Marques | A.R.S.M. - Associação Recreativa de São Miguel | Veterana F45 | 59:54 | +29:59 | 05:59 |
| 27 | 1090 | Rita Helena Dinis Barroso | Individual | Veterana F45 | 01:00:18 | +30:23 | 06:02 |
| 28 | 1736 | Sandra Mendes | THE FIRST Wellness & Bootcamp | Veterana F45 | 01:00:20 | +30:25 | 06:02 |
| 29 | 1760 | Isabel Neves | Viriathvs Runners Viseu | Veterana F45 | 01:00:21 | +30:26 | 06:02 |
| 30 | 691 | Catarina Martins | Homework_out & ActiFisio Running Team | Veterana F45 | 01:00:26 | +30:31 | 06:03 |
| 31 | 1426 | Claúdia Vaz | K Studio Running Team | Veterana F45 | 01:01:35 | +31:40 | 06:10 |
| 32 | 1087 | MARIA JOÃO MARTINS INFANTE PEREIRA BENQUERENÇA | Individual | Veterana F45 | 01:01:54 | +31:59 | 06:11 |
| 33 | 603 | Olga Caramelo | Focus & TUU | Veterana F45 | 01:01:55 | +32:00 | 06:12 |
| 34 | 1630 | Cristina Silvestre | Runners & Friends | Veterana F45 | 01:02:31 | +32:36 | 06:15 |
| 35 | 694 | Telma Neves | Homework_out & ActiFisio Running Team | Veterana F45 | 01:02:56 | +33:01 | 06:18 |
| 36 | 241 | Maria João Pereira | Botão Camp | Veterana F45 | 01:03:03 | +33:08 | 06:18 |
| 37 | 1081 | Carla Realinho | Individual | Veterana F45 | 01:03:17 | +33:22 | 06:20 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 38 | 85 | Rosa Ferreira | Academia Desportos Condeixa | Veterana F45 | 01:03:18 | +33:22 | 06:20 |
| 39 | 1078 | Ana Salgado | Individual | Veterana F45 | 01:03:19 | +33:24 | 06:20 |
| 40 | 327 | Alda Santos | CMCoimbra | Veterana F45 | 01:03:28 | +33:33 | 06:21 |
| 41 | 527 | SIMONA BURDUJA | Farmácia Luciano e Matos | Veterana F45 | 01:03:30 | +33:35 | 06:21 |
| 42 | 1781 | Margarida Nunes | Welvy | Veterana F45 | 01:03:47 | +33:52 | 06:23 |
| 43 | 180 | Erika Bizarro | Atletas ao domingo | Veterana F45 | 01:03:50 | +33:54 | 06:23 |
| 44 | 1428 | Sandra Rei | K Studio Running Team | Veterana F45 | 01:04:04 | +34:09 | 06:24 |
| 45 | 31 | Filipa Pedrosa | 6:45 | Veterana F45 | 01:04:44 | +34:49 | 06:28 |
| 46 | 1085 | Lina Santos | Individual | Veterana F45 | 01:04:45 | +34:50 | 06:29 |
| 47 | 33 | Marta Alves | 6:45 | Veterana F45 | 01:04:48 | +34:53 | 06:29 |
| 48 | 1671 | Rosa Rodrigues | Saca Trilhos Anadia | Veterana F45 | 01:05:06 | +35:11 | 06:31 |
| 49 | 1083 | Clara Isabel da Silva Costa Gonçalves | Individual | Veterana F45 | 01:05:14 | +35:19 | 06:31 |
| 50 | 131 | Joana Lobo | AMIG@S do PI | Veterana F45 | 01:05:30 | +35:35 | 06:33 |
| 51 | 1558 | Maria Lucília da Costa Bicas | Portuguese United Training Association | Veterana F45 | 01:05:50 | +35:54 | 06:35 |
| 52 | 419 | Marta Esteves | Dci/trilhos luso bussaco | Veterana F45 | 01:06:11 | +36:16 | 06:37 |
| 53 | 1496 | Paula Tavares | Os Papa Milhas | Veterana F45 | 01:06:20 | +36:25 | 06:38 |
| 54 | 292 | Ana Gaudêncio | Clube de Atletismo da Nazaré | Veterana F45 | 01:06:21 | +36:26 | 06:38 |
| 55 | 152 | Sílvia costa | ARCD Venda da Luísa Trail | Veterana F45 | 01:06:37 | +36:42 | 06:40 |
| 56 | 692 | Conceição Barreto | Homework_out & ActiFisio Running Team | Veterana F45 | 01:07:04 | +37:08 | 06:42 |
| 57 | 1093 | Sandra Ponte | Individual | Veterana F45 | 01:07:12 | +37:17 | 06:43 |
| 58 | 1080 | Carla Maria G. P. Jardim | Individual | Veterana F45 | 01:07:33 | +37:38 | 06:45 |
| 59 | 1451 | Zélia Duarte | MIRASpaco/PAzevedoSeguros/CasaDoPão/A.D.Serpinense | Veterana F45 | 01:08:07 | +38:12 | 06:49 |
| 60 | 1463 | CELIA CARVALHO | MONTANHA CLUBE TRAIL RUNNING/EFAPEL | Veterana F45 | 01:08:09 | +38:13 | 06:49 |
| 61 | 1088 | Mariana Perdigão | Individual | Veterana F45 | 01:08:26 | +38:31 | 06:51 |
| 62 | 1094 | Sonia Vieira | Individual | Veterana F45 | 01:08:26 | +38:31 | 06:51 |
| 63 | 1737 | Sandrina Monteiro | THE FIRST Wellness & Bootcamp | Veterana F45 | 01:08:30 | +38:35 | 06:51 |
| 64 | 451 | Sofia Rocha | Dojo Fit Coimbra | Veterana F45 | 01:08:33 | +38:38 | 06:51 |
| 65 | 450 | Sara Rocha | Dojo Fit Coimbra | Veterana F45 | 01:08:33 | +38:38 | 06:51 |
| 66 | 1086 | MARGARIDA GANTE | Individual | Veterana F45 | 01:10:39 | +40:44 | 07:04 |
| 67 | 330 | Sandra Sofia Pereira Simões | CMCoimbra | Veterana F45 | 01:11:29 | +41:34 | 07:09 |
| 68 | 526 | IVETE NETO | Farmácia Luciano e Matos | Veterana F45 | 01:12:33 | +42:38 | 07:15 |
| 69 | 179 | Cláudia Pinto | Atletas ao domingo | Veterana F45 | 01:13:38 | +43:43 | 07:22 |
| 70 | 34 | Patrícia Seabra | 6:45 | Veterana F45 | 01:16:35 | +46:40 | 07:40 |
| 71 | 1473 | ANA CRISTINA COSTA SECO | NAVEGANTES DA RUA | Veterana F45 | 01:17:06 | +47:11 | 07:43 |
| 72 | 1076 | Alexandra Silva | Individual | Veterana F45 | 01:17:26 | +47:31 | 07:45 |

## Veterana F50

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 420 | Júlia Santos | Dci/trilhos luso bussaco | Veterana F50 | 45:40 | +15:45 | 04:34 |
| 2 | 421 | Manuela Mendes | Dci/trilhos luso bussaco | Veterana F50 | 47:40 | +17:45 | 04:46 |
| 3 | 1657 | Celina Dias | Running4Fun Viseu | Veterana F50 | 48:26 | +18:31 | 04:51 |
| 4 | 1577 | CRISTINA NUNES | PROSISTEM.RUNNERS | Veterana F50 | 48:56 | +19:00 | 04:54 |
| 5 | 357 | Catarina Zylberberg | CNI | Veterana F50 | 50:16 | +20:21 | 05:02 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 6 | 1099 | Célia Mabilia Rodrigues Figueira | Individual | Veterana F50 | 50:46 | +20:51 | 05:05 |
| 7 | 308 | MARIA ISABEL PEREIRA INACIO | Clube Millennium BCP | Veterana F50 | 51:23 | +21:28 | 05:08 |
| 8 | 1692 | Elsa Marques | Sky.studio Runners | Veterana F50 | 52:48 | +22:53 | 05:17 |
| 9 | 1499 | Sandra Leite | Os Papa Milhas | Veterana F50 | 53:57 | +24:02 | 05:24 |
| 10 | 1656 | Ana Pereira | Running4Fun Viseu | Veterana F50 | 54:23 | +24:28 | 05:26 |
| 11 | 1098 | Carla Maria Gonçalo M;anaia | Individual | Veterana F50 | 54:31 | +24:36 | 05:27 |
| 12 | 114 | Susana Lopes | Adões Trail | Veterana F50 | 55:09 | +25:14 | 05:31 |
| 13 | 332 | Cristina Melo | CMCoimbra | Veterana F50 | 55:50 | +25:55 | 05:35 |
| 14 | 1106 | Rita Lemos | Individual | Veterana F50 | 56:41 | +26:46 | 05:40 |
| 15 | 406 | Anabela Monteiro | CUMIBROA RUNNING TEAM | Veterana F50 | 57:40 | +27:45 | 05:46 |
| 16 | 1441 | Rosa Lídia Camarinha da Silva | Ligeirinhos | Veterana F50 | 57:42 | +27:47 | 05:46 |
| 17 | 1101 | Fernanda Alves | Individual | Veterana F50 | 58:04 | +28:08 | 05:48 |
| 18 | 182 | Maria Luís Veiga | Atletas ao domingo | Veterana F50 | 59:44 | +29:49 | 05:58 |
| 19 | 1677 | Alda Ponte | Sem Sede | Veterana F50 | 01:00:09 | +30:14 | 06:01 |
| 20 | 1095 | Ana Magalhães | Individual | Veterana F50 | 01:00:43 | +30:48 | 06:04 |
| 21 | 1103 | Judite Cruz | Individual | Veterana F50 | 01:01:42 | +31:47 | 06:10 |
| 22 | 1798 | Teresa Pedro | Individual | Veterana F50 | 01:01:52 | +31:57 | 06:11 |
| 23 | 36 | Luisa Goulão | 6:45 | Veterana F50 | 01:03:41 | +33:46 | 06:22 |
| 24 | 86 | Arabela Fabre | Academia Desportos Condeixa | Veterana F50 | 01:04:07 | +34:12 | 06:25 |
| 25 | 1793 | Eva Rosa | Clube de Atletismo da Nazaré | Veterana F50 | 01:04:13 | +34:17 | 06:25 |
| 26 | 153 | Cidália Canais | ARCD Venda da Luísa Trail | Veterana F50 | 01:06:15 | +36:20 | 06:38 |
| 27 | 294 | AnaBela Pescadinha | Clube de Atletismo da Nazaré | Veterana F50 | 01:06:20 | +36:25 | 06:38 |
| 28 | 695 | Ana Paula Batista de Pinho | Homework_out & ActiFisio Running Team | Veterana F50 | 01:07:09 | +37:14 | 06:43 |
| 29 | 696 | Luísa Aveiro | Homework_out & ActiFisio Running Team | Veterana F50 | 01:07:09 | +37:14 | 06:43 |
| 30 | 1429 | Eunice São José | K Studio Running Team | Veterana F50 | 01:07:22 | +37:26 | 06:44 |
| 31 | 1102 | Isabel Maria Baptista Pinto | Individual | Veterana F50 | 01:07:50 | +37:55 | 06:47 |
| 32 | 333 | Isabel Madeira | CMCoimbra | Veterana F50 | 01:08:58 | +39:03 | 06:54 |
| 33 | 1100 | Elisabete Maria dos Santos Pedrosa | Individual | Veterana F50 | 01:09:14 | +39:19 | 06:55 |
| 34 | 604 | Carla Cristina Alves | Focus & TUU | Veterana F50 | 01:10:05 | +40:09 | 07:01 |
| 35 | 275 | Alexandra André | CFCoimbra | Veterana F50 | 01:11:38 | +41:43 | 07:10 |
| 36 | 1784 | Isabel Pedrosa | Welvy | Veterana F50 | 01:11:59 | +42:04 | 07:12 |
| 37 | 1489 | Isabel Santos | Os Kágados | Veterana F50 | 01:12:43 | +42:48 | 07:16 |
| 38 | 1504 | Paula Sofia Sequeira | Os Sequeiras querem festa | Veterana F50 | 01:15:40 | +45:44 | 07:34 |
| 39 | 1097 | anabela amaral | Individual | Veterana F50 | 01:17:33 | +47:38 | 07:45 |
| 40 | 519 | Telma Alves | Espigueiros Runners - Caparrosinha | Veterana F50 | 01:20:32 | +50:37 | 08:03 |
| 41 | 1783 | Elisabete Martelo | Welvy | Veterana F50 | 01:24:00 | +54:05 | 08:24 |
| 42 | 1498 | Carla Tinoco | Os Papa Milhas | Veterana F50 | 01:24:51 | +54:56 | 08:29 |
| 43 | 276 | Cristina Maria Ribeiro Martins Pereira Caridade | CFCoimbra | Veterana F50 | 01:26:31 | +56:36 | 08:39 |
| 44 | 1096 | Ana Silva | Individual | Veterana F50 | 01:36:12 | +01:06:17 | 09:37 |

## Veterana F55

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 315 | Kim Howes | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterana F55 | 49:27 | +19:32 | 04:57 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 2 | 647 | Cândida Miguéis | Gomates e Trelos | Veterana F55 | 55:45 | +25:50 | 05:35 |
| 3 | 1108 | Ana Gonçalves | Individual | Veterana F55 | 56:47 | +26:52 | 05:41 |
| 4 | 1700 | Rosália Duarte | SOURE MOV | Veterana F55 | 57:51 | +27:56 | 05:47 |
| 5 | 488 | Maria da Glória Lopes Leite Relvas Soares | Escola de Atletismo de Coimbra/JPaiva | Veterana F55 | 59:33 | +29:38 | 05:57 |
| 6 | 37 | Antonieta Ramos | 6:45 | Veterana F55 | 01:00:26 | +30:31 | 06:03 |
| 7 | 1107 | Alda Domingues | Individual | Veterana F55 | 01:01:30 | +31:35 | 06:09 |
| 8 | 646 | Ana Miguéis | Gomates e Trelos | Veterana F55 | 01:04:25 | +34:30 | 06:27 |
| 9 | 1453 | rosa maria sousa pardal matos | Miro Trail | Veterana F55 | 01:04:35 | +34:40 | 06:28 |
| 10 | 1748 | Isabel Ventura | Tribo NR | Veterana F55 | 01:05:38 | +35:42 | 06:34 |
| 11 | 1109 | Ângela Teresa Simões Silva Campos | Individual | Veterana F55 | 01:07:24 | +37:29 | 06:44 |
| 12 | 1114 | Maria do Céu Rodrigues | Individual | Veterana F55 | 01:07:39 | +37:44 | 06:46 |
| 13 | 1112 | Filomena Dias | Individual | Veterana F55 | 01:11:19 | +41:24 | 07:08 |
| 14 | 1110 | cristina carmo | Individual | Veterana F55 | 01:11:55 | +42:00 | 07:12 |
| 15 | 1618 | Maria Monica Vasconcelos Mota Antunes da Cunha | Rmcasa Lda | Veterana F55 | 01:12:32 | +42:37 | 07:15 |
| 16 | 544 | Isabel Rassoul | FitLine | Veterana F55 | 01:12:38 | +42:43 | 07:16 |
| 17 | 1699 | Eugénia Batista | SOURE MOV | Veterana F55 | 01:14:30 | +44:35 | 07:27 |
| 18 | 1115 | Paula Martins | Individual | Veterana F55 | 01:18:17 | +48:21 | 07:50 |
| 19 | 1113 | Ivone Dilella | Individual | Veterana F55 | 01:18:17 | +48:22 | 07:50 |
| 20 | 278 | Armanda Matos | CFCoimbra | Veterana F55 | 01:19:03 | +49:08 | 07:54 |
| 21 | 38 | Dulce Cristina Silva Santa Rajado | 6:45 | Veterana F55 | 01:22:02 | +52:07 | 08:12 |
| 22 | 277 | Alexandra Almeida | CFCoimbra | Veterana F55 | 01:24:57 | +55:02 | 08:30 |

## Veterana F60

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 1442 | Deolinda Camarinha Silva | Ligeirinhos | Veterana F60 | 54:27 | +24:32 | 05:27 |
| 2 | 295 | Fátima Martins | Clube de Atletismo da Nazaré | Veterana F60 | 58:43 | +28:48 | 05:52 |
| 3 | 372 | Fátima Machado | CPT Coimbra | Veterana F60 | 01:01:33 | +31:38 | 06:09 |
| 4 | 528 | MARIA HELENA AMADO | Farmácia Luciano e Matos | Veterana F60 | 01:12:32 | +42:37 | 07:15 |
| 5 | 296 | Suzie Bureau | Clube de Atletismo da Nazaré | Veterana F60 | 01:15:41 | +45:46 | 07:34 |
| 6 | 39 | Anabela Mota Pinto | 6:45 | Veterana F60 | 01:22:02 | +52:07 | 08:12 |
| 7 | 1117 | Maria João Maldonado Lopes | Individual | Veterana F60 | 01:26:28 | +56:33 | 08:39 |

## Veterana F65

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 1547 | Rosa Bispo | Pernas Inertes | Veterana F65 | 01:18:40 | +48:45 | 07:52 |

## Veterano M40

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Hermano Ferreira | Escola de Atletismo de Coimbra/JPaiva | Veterano M40 | 31:17 | +01:22 | 03:08 |
| 2 | 4 | Pedro Ribeiro | Prime Running Clube | Veterano M40 | 31:53 | +01:58 | 03:11 |
| 3 | 492 | Pedro Arsénio | Escola de Atletismo de Coimbra/JPaiva | Veterano M40 | 31:56 | +02:00 | 03:12 |
| 4 | 1792 | José Moreira | Clube Desportivo São Salvador do Campo | Veterano M40 | 32:32 | +02:37 | 03:15 |

## Prova Principal 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 5 | 1707 | Filipe Cunha | Team El Comandante | Veterano M40 | 35:43 | +05:48 | 03:34 |
| 6 | 133 | Nelson Mestre | AMIG@S do PI | Veterano M40 | 36:00 | +06:05 | 03:36 |
| 7 | 408 | Davide Marques da Silva | DAR Recardaes | Veterano M40 | 36:02 | +06:07 | 03:36 |
| 8 | 1386 | Bruno Marques | Inline Engenharia | Veterano M40 | 36:17 | +06:21 | 03:38 |
| 9 | 306 | Nuno Silva | Clube Desportivo Feirense | Veterano M40 | 37:02 | +07:07 | 03:42 |
| 10 | 262 | Carlos Nunes | CASA DO POVO DE MANGUALDE | Veterano M40 | 38:13 | +08:18 | 03:49 |
| 11 | 257 | Ricardo Costa | Carregal do Sal Runners | Veterano M40 | 38:30 | +08:35 | 03:51 |
| 12 | 619 | Jorge Simões | Gatões BTT | Veterano M40 | 38:36 | +08:41 | 03:52 |
| 13 | 1746 | Marco Simões | Train Hard | Veterano M40 | 38:56 | +09:01 | 03:54 |
| 14 | 361 | Ricardo Moreira | CNI | Veterano M40 | 39:33 | +09:38 | 03:57 |
| 15 | 1546 | Miguel Barba | Peniche a Correr | Veterano M40 | 39:58 | +10:03 | 04:00 |
| 16 | 1533 | Bruno Sousa | PCL | Veterano M40 | 40:39 | +10:43 | 04:04 |
| 17 | 1154 | JORGE MOREIRA | Individual | Veterano M40 | 40:40 | +10:45 | 04:04 |
| 18 | 103 | Arnaldo Mendes | ADM – Orimondego | Veterano M40 | 40:54 | +10:58 | 04:05 |
| 19 | 1430 | Carlos Costa | K Studio Running Team | Veterano M40 | 41:12 | +11:17 | 04:07 |
| 20 | 1131 | Carlos Patrão | Individual | Veterano M40 | 41:49 | +11:54 | 04:11 |
| 21 | 1184 | Pedro Eufrásio | Individual | Veterano M40 | 41:54 | +11:59 | 04:11 |
| 22 | 385 | Renato Rodrigues | CPT Sobral de Ceira | Veterano M40 | 41:58 | +12:03 | 04:12 |
| 23 | 1181 | Paulo Fidalgo | Individual | Veterano M40 | 42:02 | +12:07 | 04:12 |
| 24 | 1163 | Lucas da Silv a | Individual | Veterano M40 | 42:12 | +12:16 | 04:13 |
| 25 | 1139 | Gonçalo Paiva da Cunha Lima | Individual | Veterano M40 | 42:43 | +12:48 | 04:16 |
| 26 | 64 | Márcio Flórido | A.R.S.M. - Associação Recreativa de São Miguel | Veterano M40 | 42:55 | +13:00 | 04:18 |
| 27 | 1173 | Nuno Costa | Individual | Veterano M40 | 42:57 | +13:02 | 04:18 |
| 28 | 1455 | Eugénio Santos | Miro Trail | Veterano M40 | 43:17 | +13:22 | 04:20 |
| 29 | 658 | Daniel Martins | GRUPO BTT MANTEIGAS | Veterano M40 | 43:47 | +13:52 | 04:23 |
| 30 | 40 | Luis Carreira | 6:45 | Veterano M40 | 43:50 | +13:55 | 04:23 |
| 31 | 1402 | Jorge Pimenta | IPNrunners | Veterano M40 | 44:13 | +14:17 | 04:25 |
| 32 | 1170 | Nélio Girão | Individual | Veterano M40 | 44:15 | +14:20 | 04:26 |
| 33 | 271 | João Nunes | CF Marialvas | Veterano M40 | 44:17 | +14:22 | 04:26 |
| 34 | 1152 | Joel Barros | Individual | Veterano M40 | 44:22 | +14:27 | 04:26 |
| 35 | 1120 | André Assena | Individual | Veterano M40 | 44:30 | +14:34 | 04:27 |
| 36 | 1183 | Paulo Sérgio dos Santos silva | Individual | Veterano M40 | 44:58 | +15:03 | 04:30 |
| 37 | 298 | Heraldo Peixe | Clube de Atletismo da Nazaré | Veterano M40 | 45:09 | +15:14 | 04:31 |
| 38 | 1168 | Marco Duarte | Individual | Veterano M40 | 45:15 | +15:20 | 04:32 |
| 39 | 1631 | Daniel Santos | Runners & Friends | Veterano M40 | 45:19 | +15:24 | 04:32 |
| 40 | 1167 | Luís Pereira | Individual | Veterano M40 | 45:32 | +15:37 | 04:33 |
| 41 | 50 | Pedro Vieira | A.D. Amarante Trail Running | Veterano M40 | 45:36 | +15:41 | 04:34 |
| 42 | 1202 | Vítor Ribeiro | Individual | Veterano M40 | 45:36 | +15:41 | 04:34 |
| 43 | 1158 | José Miguel Moreira dos Reis Silvestre | Individual | Veterano M40 | 45:37 | +15:42 | 04:34 |
| 44 | 1612 | Nuno Dias | RC Believers | Veterano M40 | 45:39 | +15:44 | 04:34 |
| 45 | 155 | Sérgio vilão | ARCD Venda da Luísa Trail | Veterano M40 | 45:49 | +15:54 | 04:35 |
| 46 | 1197 | Rui Silva | Individual | Veterano M40 | 45:52 | +15:57 | 04:35 |
| 47 | 269 | Tiago Martins | Centro Trail Penacova | Veterano M40 | 46:04 | +16:08 | 04:36 |
| 48 | 628 | Eugénio Santos | Gelcentro Team | Veterano M40 | 46:05 | +16:10 | 04:37 |
| 49 | 154 | André Santos | ARCD Venda da Luísa Trail | Veterano M40 | 46:27 | +16:32 | 04:39 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 50 | 1180 | Paulo Cruz | Individual | Veterano M40 | 46:51 | +16:56 | 04:41 |
| 51 | 1196 | Rui Miguel Gonçalves Nunes | Individual | Veterano M40 | 47:15 | +17:20 | 04:44 |
| 52 | 1136 | Eduardo Jorge Penacho Ribeiro | Individual | Veterano M40 | 47:22 | +17:27 | 04:44 |
| 53 | 1190 | Pedro Ricardo Coelho Gonçalves | Individual | Veterano M40 | 47:26 | +17:31 | 04:45 |
| 54 | 1450 | Eduardo Baptista | marvila jovem | Veterano M40 | 47:29 | +17:34 | 04:45 |
| 55 | 121 | Pedro Nuno Vasco Amado | Águas de Coimbra | Veterano M40 | 47:42 | +17:47 | 04:46 |
| 56 | 119 | Mário José Fernandes da Silva Almeida | Águas de Coimbra | Veterano M40 | 47:42 | +17:47 | 04:46 |
| 57 | 1182 | Paulo Jorge Fernandes Pinheiro | Individual | Veterano M40 | 47:54 | +17:59 | 04:47 |
| 58 | 700 | João Duarte | Homework_out & ActiFisio Running Team | Veterano M40 | 47:55 | +18:00 | 04:48 |
| 59 | 1141 | Hélder Costa | Individual | Veterano M40 | 48:11 | +18:16 | 04:49 |
| 60 | 222 | Agostinho Taborda | Bombeiros Sapadores de Coimbra | Veterano M40 | 48:45 | +18:50 | 04:53 |
| 61 | 703 | Ricardo Gonçalves | Homework_out & ActiFisio Running Team | Veterano M40 | 48:49 | +18:54 | 04:53 |
| 62 | 1545 | Vagner Marques | Pedro Bonito Coach | Veterano M40 | 48:58 | +19:03 | 04:54 |
| 63 | 212 | André Carvalho | BLUEPHARMA | Veterano M40 | 49:01 | +19:06 | 04:54 |
| 64 | 1578 | MARCO VELOSO | PROSISTEM.RUNNERS | Veterano M40 | 49:11 | +19:16 | 04:55 |
| 65 | 1128 | Carlos Eduardo Domingues | Individual | Veterano M40 | 49:13 | +19:18 | 04:55 |
| 66 | 1144 | Hugo Abade | Individual | Veterano M40 | 49:26 | +19:31 | 04:57 |
| 67 | 1153 | Jorge Manuel de Jesus Perdigão | Individual | Veterano M40 | 49:30 | +19:35 | 04:57 |
| 68 | 242 | Vitor Rodrigues | Botão Camp | Veterano M40 | 49:41 | +19:46 | 04:58 |
| 69 | 607 | Pedro Bento | Focus & TUU | Veterano M40 | 49:46 | +19:51 | 04:59 |
| 70 | 650 | Tiago Silva | Gomates e Trelos | Veterano M40 | 49:58 | +20:03 | 05:00 |
| 71 | 1140 | Gustavo Barros | Individual | Veterano M40 | 50:02 | +20:06 | 05:00 |
| 72 | 1189 | Pedro Renca | Individual | Veterano M40 | 50:02 | +20:07 | 05:00 |
| 73 | 1119 | Alexandre mendes | Individual | Veterano M40 | 50:02 | +20:07 | 05:00 |
| 74 | 1486 | Filipe Silva | Os Flashes | Veterano M40 | 50:08 | +20:13 | 05:01 |
| 75 | 1431 | Jorge Santos | K Studio Running Team | Veterano M40 | 50:10 | +20:15 | 05:01 |
| 76 | 1514 | João Pedro Lopes | Pais em furia | Veterano M40 | 50:13 | +20:18 | 05:01 |
| 77 | 1123 | Anselmo Baptista | Individual | Veterano M40 | 50:15 | +20:20 | 05:02 |
| 78 | 358 | Artur Jorge Henriques Gândara | CNI | Veterano M40 | 50:17 | +20:22 | 05:02 |
| 79 | 1658 | João Paulo | Running4Fun Viseu | Veterano M40 | 50:18 | +20:23 | 05:02 |
| 80 | 1172 | Nuno Almeida | Individual | Veterano M40 | 50:26 | +20:31 | 05:03 |
| 81 | 1175 | Nuno Rodrigues | Individual | Veterano M40 | 50:31 | +20:35 | 05:03 |
| 82 | 704 | Vitor Santos | Homework_out & ActiFisio Running Team | Veterano M40 | 50:43 | +20:48 | 05:04 |
| 83 | 493 | Rui Miguel Martins | Escola de Atletismo de Coimbra/JPaiva | Veterano M40 | 50:46 | +20:51 | 05:05 |
| 84 | 1659 | Rui sucio | Running4Fun Viseu | Veterano M40 | 51:04 | +21:09 | 05:06 |
| 85 | 299 | Pedro Pejapes | Clube de Atletismo da Nazaré | Veterano M40 | 51:10 | +21:15 | 05:07 |
| 86 | 225 | Nelson Mendes | Bombeiros Sapadores de Coimbra | Veterano M40 | 51:11 | +21:16 | 05:07 |
| 87 | 1132 | Carlos Pessoa | Individual | Veterano M40 | 51:43 | +21:48 | 05:10 |
| 88 | 1138 | Frederico Marques | Individual | Veterano M40 | 51:46 | +21:51 | 05:11 |
| 89 | 393 | PAULO SILVA | CRAQUES DA ADCA | Veterano M40 | 51:51 | +21:56 | 05:11 |
| 90 | 1800 | Vágner Ribeiro | Individual | Veterano M40 | 52:01 | +22:05 | 05:12 |
| 91 | 297 | Alexandre Codinha | Clube de Atletismo da Nazaré | Veterano M40 | 52:02 | +22:07 | 05:12 |
| 92 | 360 | Miguel Ferreira | CNI | Veterano M40 | 52:27 | +22:32 | 05:15 |
| 93 | 1166 | Luís Manuel Cordeiro Nunes | Individual | Veterano M40 | 52:28 | +22:33 | 05:15 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 94 | 513 | Hugo Leiria Neves | Escola Superior de Enfermagem de Coimbra | Veterano M40 | 52:30 | +22:35 | 05:15 |
| 95 | 1201 | Valdivino santos | Individual | Veterano M40 | 52:32 | +22:37 | 05:15 |
| 96 | 1157 | José Melo Ferreira | Individual | Veterano M40 | 52:33 | +22:38 | 05:15 |
| 97 | 1392 | Dénis Neves | Inter da Mata | Veterano M40 | 52:45 | +22:50 | 05:17 |
| 98 | 1129 | Carlos Figueiredo | Individual | Veterano M40 | 52:47 | +22:51 | 05:17 |
| 99 | 1188 | Pedro Relvão | Individual | Veterano M40 | 52:51 | +22:56 | 05:17 |
| 100 | 1125 | Antonio Pelicano | Individual | Veterano M40 | 52:51 | +22:56 | 05:17 |
| 101 | 1192 | Ricardo Miguel Moura Santos | Individual | Veterano M40 | 53:03 | +23:07 | 05:18 |
| 102 | 1537 | Luis Pedro Rodrigues | PDARUNNERS | Veterano M40 | 53:31 | +23:36 | 05:21 |
| 103 | 1796 | Rui Peixoto | Individual | Veterano M40 | 53:40 | +23:45 | 05:22 |
| 104 | 76 | Bruno Concha | AAC-REMO | Veterano M40 | 53:47 | +23:52 | 05:23 |
| 105 | 1148 | João Filipe Correia Gomes | Individual | Veterano M40 | 53:52 | +23:57 | 05:23 |
| 106 | 1633 | Vitor Gomes | Runners & Friends | Veterano M40 | 54:20 | +24:25 | 05:26 |
| 107 | 1454 | Armenio Nogueira | Miro Trail | Veterano M40 | 54:29 | +24:34 | 05:27 |
| 108 | 660 | Pedro Almeida | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano M40 | 54:30 | +24:35 | 05:27 |
| 109 | 1178 | Osvaldo Leite | Individual | Veterano M40 | 54:46 | +24:51 | 05:29 |
| 110 | 1632 | Diogo Ribeiro | Runners & Friends | Veterano M40 | 54:53 | +24:58 | 05:29 |
| 111 | 1122 | André Neves | Individual | Veterano M40 | 54:59 | +25:04 | 05:30 |
| 112 | 1177 | Óscar Baptista | Individual | Veterano M40 | 55:17 | +25:22 | 05:32 |
| 113 | 1155 | José Bernardo Direito Monteiro | Individual | Veterano M40 | 55:21 | +25:25 | 05:32 |
| 114 | 336 | António José Oliveira Roso 07.07.1979 | CMCoimbra | Veterano M40 | 55:38 | +25:43 | 05:34 |
| 115 | 183 | Nuno Gonçalves | Atletas ao domingo | Veterano M40 | 55:48 | +25:52 | 05:35 |
| 116 | 701 | Marcos Neves | Homework_out & ActiFisio Running Team | Veterano M40 | 55:50 | +25:55 | 05:35 |
| 117 | 702 | Ricardo Gaspar | Homework_out & ActiFisio Running Team | Veterano M40 | 55:50 | +25:55 | 05:35 |
| 118 | 1619 | Artem Maslov | Rmcasa Lda | Veterano M40 | 55:58 | +26:03 | 05:36 |
| 119 | 1439 | Daniel Toscano | Lambrusco Kids | Veterano M40 | 56:00 | +26:05 | 05:36 |
| 120 | 1135 | Diogo Gomes | Individual | Veterano M40 | 56:19 | +26:24 | 05:38 |
| 121 | 1021 | Sergio Castanheira | Individual | Veterano M40 | 56:43 | +26:48 | 05:40 |
| 122 | 1200 | Tiago André Ferraz | Individual | Veterano M40 | 56:58 | +27:03 | 05:42 |
| 123 | 1794 | José Varejão | Individual | Veterano M40 | 57:35 | +27:39 | 05:46 |
| 124 | 1413 | Luis Carvalho | ISIDOVIAS - GRUPO ISIDORO | Veterano M40 | 57:51 | +27:56 | 05:47 |
| 125 | 1414 | Ricardo Rodrigues | ISIDOVIAS - GRUPO ISIDORO | Veterano M40 | 57:52 | +27:56 | 05:47 |
| 126 | 1198 | Sérgio Mateus | Individual | Veterano M40 | 58:08 | +28:12 | 05:49 |
| 127 | 1150 | João Sargento Freitas | Individual | Veterano M40 | 58:11 | +28:16 | 05:49 |
| 128 | 254 | António Borges | Canianos | Veterano M40 | 58:15 | +28:20 | 05:50 |
| 129 | 1134 | Cláudio Mortagua | Individual | Veterano M40 | 58:26 | +28:31 | 05:51 |
| 130 | 1719 | LIPE CARVALHO | TERTÚLIA DA VELHA CABRA | Veterano M40 | 58:29 | +28:34 | 05:51 |
| 131 | 1613 | Pedro Santos | RC Believers | Veterano M40 | 58:30 | +28:35 | 05:51 |
| 132 | 1623 | Hélio Paulino | Roda Dianteira BTT | Veterano M40 | 58:42 | +28:47 | 05:52 |
| 133 | 1626 | Manuel Telles | RTHM | Veterano M40 | 58:49 | +28:54 | 05:53 |
| 134 | 1199 | Sérgio Miguel Seiça Rebelo Ferreira Gaminha | Individual | Veterano M40 | 59:01 | +29:06 | 05:54 |
| 135 | 1660 | Zé tó | Running4Fun Viseu | Veterano M40 | 59:14 | +29:19 | 05:55 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 136 | 1137 | Filipe Pratas | Individual | Veterano M40 | 59:16 | +29:21 | 05:56 |
| 137 | 1151 | João Teixeira | Individual | Veterano M40 | 59:24 | +29:28 | 05:56 |
| 138 | 12 | DANIEL VILÃO | #GangueDasCalorias | Veterano M40 | 59:37 | +29:42 | 05:58 |
| 139 | 1161 | Lazaro Jose Nunes Leite | Individual | Veterano M40 | 59:42 | +29:47 | 05:58 |
| 140 | 227 | Telmo Alexandre Rodrigues Gonçalves | Bombeiros Sapadores de Coimbra | Veterano M40 | 59:47 | +29:52 | 05:59 |
| 141 | 1446 | Ricardo Carvalho | Magníficos | Veterano M40 | 59:49 | +29:54 | 05:59 |
| 142 | 1179 | Paulo Coutinho | Individual | Veterano M40 | 01:00:23 | +30:28 | 06:02 |
| 143 | 87 | Nuno Correia | Academia Desportos Condeixa | Veterano M40 | 01:00:30 | +30:35 | 06:03 |
| 144 | 1164 | Luis Batista | Individual | Veterano M40 | 01:00:35 | +30:40 | 06:04 |
| 145 | 1165 | Luis Cunha | Individual | Veterano M40 | 01:00:35 | +30:40 | 06:04 |
| 146 | 77 | Rui Dias | AAC-REMO | Veterano M40 | 01:00:45 | +30:49 | 06:05 |
| 147 | 224 | João Luiz Machado Ferreira | Bombeiros Sapadores de Coimbra | Veterano M40 | 01:00:46 | +30:51 | 06:05 |
| 148 | 649 | Marcelo Ferreira | Gomates e Trelos | Veterano M40 | 01:00:54 | +30:59 | 06:05 |
| 149 | 1147 | João Dinis Silva | Individual | Veterano M40 | 01:00:57 | +31:02 | 06:06 |
| 150 | 1704 | José Pedro Laranjeira | Superorange | Veterano M40 | 01:02:24 | +32:29 | 06:14 |
| 151 | 1393 | Lúcio Cipriano | Inter da Mata | Veterano M40 | 01:02:37 | +32:42 | 06:16 |
| 152 | 1174 | Nuno Filipe Pereira | Individual | Veterano M40 | 01:03:14 | +33:19 | 06:19 |
| 153 | 120 | Nuno Filipe de Assunção Pereira | Águas de Coimbra | Veterano M40 | 01:03:20 | +33:25 | 06:20 |
| 154 | 699 | Emanuel Casimiro | Homework_out & ActiFisio Running Team | Veterano M40 | 01:03:22 | +33:27 | 06:20 |
| 155 | 1617 | Ricardo Mingatos | RM Arquitectura e Engenharia | Veterano M40 | 01:03:23 | +33:28 | 06:20 |
| 156 | 1149 | Joao Martins | Individual | Veterano M40 | 01:03:34 | +33:39 | 06:21 |
| 157 | 1160 | Júlio André Delgado Constantino | Individual | Veterano M40 | 01:04:15 | +34:20 | 06:26 |
| 158 | 1401 | Carlos João Bento da Costa Madeira Lopes | IPNrunners | Veterano M40 | 01:04:28 | +34:33 | 06:27 |
| 159 | 226 | Pedro Alexandre Rosado Pinto | Bombeiros Sapadores de Coimbra | Veterano M40 | 01:04:34 | +34:39 | 06:27 |
| 160 | 1145 | Hugo Alves | Individual | Veterano M40 | 01:04:47 | +34:52 | 06:29 |
| 161 | 1611 | Bruno Leal | RC Believers | Veterano M40 | 01:05:05 | +35:10 | 06:31 |
| 162 | 1739 | Luis Costa | THE FIRST Wellness & Bootcamp | Veterano M40 | 01:05:35 | +35:40 | 06:34 |
| 163 | 403 | João Caldeira | CTCV | Veterano M40 | 01:06:02 | +36:07 | 06:36 |
| 164 | 1412 | Hugo Vilaranda | ISIDOVIAS - GRUPO ISIDORO | Veterano M40 | 01:06:09 | +36:14 | 06:37 |
| 165 | 1559 | José Carlos Valle Costa Teixeira | Portuguese United Training Association | Veterano M40 | 01:06:19 | +36:24 | 06:38 |
| 166 | 535 | Pedro Coutinho | Fit team | Veterano M40 | 01:06:29 | +36:34 | 06:39 |
| 167 | 698 | Bruno Ferreira | Homework_out & ActiFisio Running Team | Veterano M40 | 01:07:04 | +37:09 | 06:42 |
| 168 | 1146 | Hugo Moreira Rodrigues | Individual | Veterano M40 | 01:07:39 | +37:44 | 06:46 |
| 169 | 1194 | Ricardo Tavares | Individual | Veterano M40 | 01:09:31 | +39:36 | 06:57 |
| 170 | 1521 | Paulo Correia | Paulo Correia Clínic | Veterano M40 | 01:09:37 | +39:42 | 06:58 |
| 171 | 337 | Carlos Jorge Pereira Correia | CMCoimbra | Veterano M40 | 01:09:47 | +39:52 | 06:59 |
| 172 | 223 | Jaime Filipe Almeida Correia | Bombeiros Sapadores de Coimbra | Veterano M40 | 01:09:50 | +39:55 | 06:59 |
| 173 | 1162 | Liberato Neto | Individual | Veterano M40 | 01:10:35 | +40:40 | 07:04 |
| 174 | 384 | Pedro Carvalho | CPT Sobral de Ceira | Veterano M40 | 01:10:40 | +40:45 | 07:04 |
| 175 | 529 | DAVID SILVA | Farmácia Luciano e Matos | Veterano M40 | 01:12:33 | +42:38 | 07:15 |
| 176 | 1126 | Artur Mateus | Individual | Veterano M40 | 01:13:05 | +43:10 | 07:19 |
| 177 | 664 | Paulo Guimarães | Gui | Veterano M40 | 01:15:41 | +45:46 | 07:34 |
| 178 | 1738 | João Afonso | THE FIRST Wellness & Bootcamp | Veterano M40 | 01:17:51 | +47:56 | 07:47 |
| 179 | 606 | Nuno Gomes | Focus & TUU | Veterano M40 | 01:20:27 | +50:32 | 08:03 |

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|---|---|---|---|---|---|---|---|
| 180 | 1411 | Bruno Silva | ISIDOVIAS - GRUPO ISIDORO | Veterano M40 | 01:31:31 | +01:01:36 | 09:09 |

## Veterano M45

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 248 | João Pereira | C. D. São Salvador do Campo | Veterano M45 | 33:55 | +04:00 | 03:24 |
| 2 | 252 | Nuno Silva | CAL - Clube Atletismo de Lamas | Veterano M45 | 35:51 | +05:56 | 03:35 |
| 3 | 497 | Vitor Gonçalves | Escola de Atletismo de Coimbra/JPaiva | Veterano M45 | 36:23 | +06:28 | 03:38 |
| 4 | 161 | Rui Rodrigues | Associação Académica de Coimbra | Veterano M45 | 37:23 | +07:28 | 03:44 |
| 5 | 65 | Aurélio Saúde | A.R.S.M. - Associação Recreativa de São Miguel | Veterano M45 | 38:47 | +08:52 | 03:53 |
| 6 | 423 | Paulo Maia | Dci/trilhos luso bussaco | Veterano M45 | 39:00 | +09:05 | 03:54 |
| 7 | 97 | João Simões | ACDRS QUINHENDROS | Veterano M45 | 39:04 | +09:09 | 03:54 |
| 8 | 134 | Ivo Magalhães | AMIG@S do PI | Veterano M45 | 41:06 | +11:11 | 04:07 |
| 9 | 1464 | Luís Vilela | MONTANHA CLUBE TRAIL RUNNING/EFAPEL | Veterano M45 | 41:18 | +11:23 | 04:08 |
| 10 | 1745 | Pedro Manuel Lopes Quelhas | Trail da Amizade Runner's | Veterano M45 | 41:25 | +11:30 | 04:09 |
| 11 | 1669 | Nuno Silva | S.C.Povoense - Caracaois de Corrida | Veterano M45 | 41:51 | +11:56 | 04:11 |
| 12 | 362 | Vítor Nunes | CNI | Veterano M45 | 42:06 | +12:11 | 04:13 |
| 13 | 494 | Luc Hennetier | Escola de Atletismo de Coimbra/JPaiva | Veterano M45 | 42:18 | +12:23 | 04:14 |
| 14 | 1487 | João Amaral | Os Flashes | Veterano M45 | 42:27 | +12:32 | 04:15 |
| 15 | 229 | Jorge Carvalho | Bombeiros Sapadores de Coimbra | Veterano M45 | 42:29 | +12:34 | 04:15 |
| 16 | 1261 | Ricardo Veiga | Individual | Veterano M45 | 42:30 | +12:35 | 04:15 |
| 17 | 1239 | Luís Pessoa | Individual | Veterano M45 | 43:04 | +13:08 | 04:18 |
| 18 | 237 | Sílvio Oliveira | Bombeiros Sapadores de Coimbra | Veterano M45 | 44:15 | +14:19 | 04:26 |
| 19 | 1267 | Ulisses mota gaspar | Individual | Veterano M45 | 44:35 | +14:39 | 04:28 |
| 20 | 245 | Luís Maia | Bttrain | Veterano M45 | 44:39 | +14:44 | 04:28 |
| 21 | 1218 | Eduardo Costa | Individual | Veterano M45 | 44:45 | +14:50 | 04:29 |
| 22 | 1665 | Rui Rodrigues | Running4Fun Viseu | Veterano M45 | 44:51 | +14:56 | 04:29 |
| 23 | 1219 | Fernando Freire | Individual | Veterano M45 | 45:07 | +15:11 | 04:31 |
| 24 | 156 | Gil Santos | ARCD Venda da Luísa Trail | Veterano M45 | 45:15 | +15:20 | 04:32 |
| 25 | 386 | Rui Figueiredo | CPT Sobral de Ceira | Veterano M45 | 45:21 | +15:26 | 04:32 |
| 26 | 1664 | Luís Valgode | Running4Fun Viseu | Veterano M45 | 45:23 | +15:28 | 04:32 |
| 27 | 1269 | Vitor Viola | A.R.S.M. - Associação Recreativa de São Miguel | Veterano M45 | 45:30 | +15:35 | 04:33 |
| 28 | 1244 | Miguel Figueiredo | Individual | Veterano M45 | 45:35 | +15:40 | 04:34 |
| 29 | 1223 | Gonçalo Cardoso | Individual | Veterano M45 | 45:37 | +15:42 | 04:34 |
| 30 | 608 | Carlos Fonseca | Focus & TUU | Veterano M45 | 45:48 | +15:53 | 04:35 |
| 31 | 1251 | Paulo Cardoso | Individual | Veterano M45 | 45:50 | +15:54 | 04:35 |
| 32 | 1255 | Pedro Figueira | Individual | Veterano M45 | 46:24 | +16:29 | 04:38 |
| 33 | 1213 | Cesar Tafula | Individual | Veterano M45 | 46:52 | +16:57 | 04:41 |
| 34 | 1212 | Carlos Matos | Individual | Veterano M45 | 47:17 | +17:22 | 04:44 |
| 35 | 706 | Luciano Fonte | Homework_out & ActiFisio Running Team | Veterano M45 | 47:29 | +17:34 | 04:45 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 36 | 236 | Miguel Ribeiro | Bombeiros Sapadores de Coimbra | Veterano M45 | 47:42 | +17:46 | 04:46 |
| 37 | 550 | Paulo Miguel Lourenço dos Santos | FLASHOVER BVPENELA | Veterano M45 | 47:43 | +17:48 | 04:46 |
| 38 | 1248 | Nuno Miguel Sampaio | Individual | Veterano M45 | 47:46 | +17:50 | 04:47 |
| 39 | 301 | José Marques | Clube de Atletismo da Nazaré | Veterano M45 | 47:53 | +17:58 | 04:47 |
| 40 | 1662 | Fernando Gonçalves | Running4Fun Viseu | Veterano M45 | 47:59 | +18:04 | 04:48 |
| 41 | 1224 | Gonçalo Filipe Neves Padilha | Individual | Veterano M45 | 48:00 | +18:04 | 04:48 |
| 42 | 1257 | Pedro Jacinto | Individual | Veterano M45 | 48:02 | +18:07 | 04:48 |
| 43 | 1233 | Jose costa | Individual | Veterano M45 | 48:11 | +18:16 | 04:49 |
| 44 | 1625 | Marco Ferreira | Roda Dianteira BTT | Veterano M45 | 48:18 | +18:23 | 04:50 |
| 45 | 422 | Nuno Pessoa | Dci/trilhos luso bussaco | Veterano M45 | 48:26 | +18:31 | 04:51 |
| 46 | 136 | Rui Pereira | AMIG@S do PI | Veterano M45 | 48:32 | +18:36 | 04:51 |
| 47 | 1208 | Arnaldo Carvalho Tomás | Individual | Veterano M45 | 48:44 | +18:49 | 04:52 |
| 48 | 67 | Paulo Pinto | A.R.S.M. - Associação Recreativa de São Miguel | Veterano M45 | 48:49 | +18:54 | 04:53 |
| 49 | 51 | Mário Miguel Ferreira | A.D.C.P. PEDRALVA | Veterano M45 | 48:56 | +19:01 | 04:54 |
| 50 | 1663 | José Antunes | Running4Fun Viseu | Veterano M45 | 48:59 | +19:03 | 04:54 |
| 51 | 1740 | Nuno Mendes | THE FIRST Wellness & Bootcamp | Veterano M45 | 49:00 | +19:05 | 04:54 |
| 52 | 611 | Pedro Craveiro | Focus & TUU | Veterano M45 | 49:06 | +19:11 | 04:55 |
| 53 | 1207 | Antonio Ricardo Campos Cardoso | Individual | Veterano M45 | 49:09 | +19:14 | 04:55 |
| 54 | 1235 | JP Griné | Individual | Veterano M45 | 49:42 | +19:47 | 04:58 |
| 55 | 397 | Claudio Sousa | Crazy Runners | Veterano M45 | 49:48 | +19:53 | 04:59 |
| 56 | 316 | Nuno Miguel | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M45 | 49:51 | +19:56 | 04:59 |
| 57 | 1221 | Francisco Correia | Individual | Veterano M45 | 49:59 | +20:04 | 05:00 |
| 58 | 1762 | LUIS LOUREIRO | Viriathvs Runners Viseu | Veterano M45 | 50:17 | +20:22 | 05:02 |
| 59 | 1247 | Nuno Migue Morais Rodrigues | Individual | Veterano M45 | 50:18 | +20:23 | 05:02 |
| 60 | 1222 | Gilberto Palmeira | Individual | Veterano M45 | 50:20 | +20:25 | 05:02 |
| 61 | 1624 | Bruno Abrantes | Roda Dianteira BTT | Veterano M45 | 50:24 | +20:29 | 05:02 |
| 62 | 612 | Renato Fernandes Machado | Focus & TUU | Veterano M45 | 50:26 | +20:31 | 05:03 |
| 63 | 213 | David Oliveira | BLUEPHARMA | Veterano M45 | 50:33 | +20:38 | 05:03 |
| 64 | 233 | Luís Filipe Amaro Caetano | Bombeiros Sapadores de Coimbra | Veterano M45 | 50:40 | +20:45 | 05:04 |
| 65 | 231 | José Mendes | Bombeiros Sapadores de Coimbra | Veterano M45 | 50:42 | +20:47 | 05:04 |
| 66 | 1211 | Carlos Alberto de Jesus Manuel | Coimbra Trail Running | Veterano M45 | 50:42 | +20:47 | 05:04 |
| 67 | 1458 | João Pinho | Miro Trail | Veterano M45 | 50:43 | +20:48 | 05:04 |
| 68 | 1457 | João Carlos Pereira | Miro Trail | Veterano M45 | 51:04 | +21:09 | 05:06 |
| 69 | 273 | Jorge Laranjeiro | CF Marialvas | Veterano M45 | 52:08 | +22:13 | 05:13 |
| 70 | 407 | Jorge Faria | CUMIBROA RUNNING TEAM | Veterano M45 | 52:20 | +22:25 | 05:14 |
| 71 | 1238 | Luís Miguel Melo Santos | Individual | Veterano M45 | 52:20 | +22:25 | 05:14 |
| 72 | 285 | CARLOS VIEGAS | CHAMAGÁS | Veterano M45 | 52:40 | +22:45 | 05:16 |
| 73 | 1249 | Nuno Miguel Santos Barros Marabuto | Individual | Veterano M45 | 52:42 | +22:46 | 05:16 |
| 74 | 187 | Zé Sandinha | Atletas ao domingo | Veterano M45 | 52:42 | +22:47 | 05:16 |
| 75 | 186 | Pedro Brites | Atletas ao domingo | Veterano M45 | 52:47 | +22:52 | 05:17 |
| 76 | 232 | Luís Antunes | Bombeiros Sapadores de Coimbra | Veterano M45 | 52:47 | +22:52 | 05:17 |
| 77 | 246 | Nuno Reis | Bttrain | Veterano M45 | 53:24 | +23:29 | 05:20 |
| 78 | 184 | Duarte Bernardo | Atletas ao domingo | Veterano M45 | 53:35 | +23:40 | 05:22 |
| 79 | 88 | João António Martins Teles da Costa | Academia Desportos Condeixa | Veterano M45 | 53:36 | +23:41 | 05:22 |
| 80 | 1217 | Diogo Lucas Pires | Individual | Veterano M45 | 53:37 | +23:42 | 05:22 |

## Prova Principal — 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 81 | 300 | ALEXANDRE ISAAC | Clube de Atletismo da Nazaré | Veterano M45 | 53:43 | +23:47 | 05:22 |
| 82 | 1243 | Miguel Capela | Individual | Veterano M45 | 53:46 | +23:51 | 05:23 |
| 83 | 185 | Nuno Pinto | Atletas ao domingo | Veterano M45 | 54:05 | +24:10 | 05:25 |
| 84 | 302 | Nelson Hilário | Clube de Atletismo da Nazaré | Veterano M45 | 54:05 | +24:10 | 05:25 |
| 85 | 1241 | Marco Santiago | Individual | Veterano M45 | 54:20 | +24:25 | 05:26 |
| 86 | 1456 | Carlos Coelho | Miro Trail | Veterano M45 | 54:28 | +24:33 | 05:27 |
| 87 | 1209 | Avelino Rodrigues | Individual | Veterano M45 | 54:29 | +24:34 | 05:27 |
| 88 | 1580 | ANTÓNIO RODRIGUES | PROSISTEM.RUNNERS | Veterano M45 | 54:31 | +24:36 | 05:27 |
| 89 | 228 | Carlos Manuel Rebelo Carecho | Bombeiros Sapadores de Coimbra | Veterano M45 | 54:45 | +24:50 | 05:29 |
| 90 | 455 | José Luís Nunes | Entre Provas | Veterano M45 | 54:56 | +25:01 | 05:30 |
| 91 | 284 | ALFREDO FERREIRA | CHAMAGÁS | Veterano M45 | 55:02 | +25:07 | 05:30 |
| 92 | 1614 | Luis Pato | RECREIO DESPORTIVO ÁGUEDA | Veterano M45 | 55:04 | +25:09 | 05:30 |
| 93 | 1749 | Paulo Domingues | Tribo NR | Veterano M45 | 55:07 | +25:12 | 05:31 |
| 94 | 1651 | Rafael Bettencourt | Running4fun | Veterano M45 | 55:13 | +25:17 | 05:31 |
| 95 | 1203 | Alexandre Gomes | Individual | Veterano M45 | 55:21 | +25:26 | 05:32 |
| 96 | 1216 | Daniel Fragoso | Individual | Veterano M45 | 55:32 | +25:37 | 05:33 |
| 97 | 1266 | Tiago Prata | Individual | Veterano M45 | 55:36 | +25:41 | 05:34 |
| 98 | 1237 | Luís Leitão | Individual | Veterano M45 | 55:46 | +25:51 | 05:35 |
| 99 | 1440 | Nuno Alexandre Coelho | Lambrusco Kids | Veterano M45 | 55:59 | +26:04 | 05:36 |
| 100 | 1246 | Nuno Cunha | Individual | Veterano M45 | 56:01 | +26:06 | 05:36 |
| 101 | 1204 | Alexandre Manuel Pires Branco | Individual | Veterano M45 | 56:03 | +26:08 | 05:36 |
| 102 | 1265 | Samuel Costa | Individual | Veterano M45 | 56:05 | +26:10 | 05:37 |
| 103 | 456 | Simão Paredes | Entre Provas | Veterano M45 | 56:05 | +26:10 | 05:37 |
| 104 | 1206 | Antonio Jose da silva | Individual | Veterano M45 | 56:09 | +26:14 | 05:37 |
| 105 | 1581 | NUNO SIMÕES | PROSISTEM.RUNNERS | Veterano M45 | 56:17 | +26:22 | 05:38 |
| 106 | 1242 | Miguel Araújo Morgado | Individual | Veterano M45 | 56:22 | +26:27 | 05:38 |
| 107 | 270 | Ricardo Coelho | Centro Trail Penacova | Veterano M45 | 56:46 | +26:51 | 05:41 |
| 108 | 1210 | Carlos Alberto da Conceição Campos | Individual | Veterano M45 | 57:11 | +27:16 | 05:43 |
| 109 | 1232 | Joaquim Gomes | Individual | Veterano M45 | 57:39 | +27:44 | 05:46 |
| 110 | 1231 | João Pedro Baptista Matos | Individual | Veterano M45 | 57:43 | +27:48 | 05:46 |
| 111 | 1250 | Nuno Rafael Marques Dinis | Individual | Veterano M45 | 58:00 | +28:05 | 05:48 |
| 112 | 1262 | Rui Mateus | Individual | Veterano M45 | 58:03 | +28:08 | 05:48 |
| 113 | 1694 | José Pimenta | Sky.studio Runners | Veterano M45 | 58:11 | +28:16 | 05:49 |
| 114 | 230 | Jorge Manuel Batista Antunes | Bombeiros Sapadores de Coimbra | Veterano M45 | 58:22 | +28:27 | 05:50 |
| 115 | 135 | Nuno Simões | AMIG@S do PI | Veterano M45 | 58:28 | +28:33 | 05:51 |
| 116 | 1258 | Pedro Manuel de Arede Almeida | Individual | Veterano M45 | 58:50 | +28:55 | 05:53 |
| 117 | 1226 | Inácio Faísca | Individual | Veterano M45 | 59:03 | +29:08 | 05:54 |
| 118 | 1245 | Miguel Fonseca | Individual | Veterano M45 | 59:08 | +29:13 | 05:55 |
| 119 | 1518 | Adriano Oliveira | Pais em furia | Veterano M45 | 59:42 | +29:47 | 05:58 |
| 120 | 1254 | Paulo Jorge de Sousa Silvestre | Individual | Veterano M45 | 59:55 | +30:00 | 06:00 |
| 121 | 1268 | Urbino Santos | Individual | Veterano M45 | 59:58 | +30:03 | 06:00 |
| 122 | 243 | Ricardo Firmino | Botão Camp | Veterano M45 | 01:00:00 | +30:05 | 06:00 |
| 123 | 1215 | Daniel Costa | Individual | Veterano M45 | 01:00:18 | +30:23 | 06:02 |
| 124 | 1582 | RUI PIRES | PROSISTEM.RUNNERS | Veterano M45 | 01:00:18 | +30:23 | 06:02 |
| 125 | 708 | Pedro Gonçalves | Homework_out & ActiFisio Running Team | Veterano M45 | 01:00:26 | +30:30 | 06:03 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 126 | 657 | Jorge Lopes | Grilopes | Veterano M45 | 01:00:43 | +30:48 | 06:04 |
| 127 | 234 | Luís Miguel Simões da Silva | Bombeiros Sapadores de Coimbra | Veterano M45 | 01:00:46 | +30:51 | 06:05 |
| 128 | 214 | Jorge Ferreira | BLUEPHARMA | Veterano M45 | 01:00:49 | +30:54 | 06:05 |
| 129 | 1240 | Marco Aurélio Pereira Amaral | Individual | Veterano M45 | 01:00:58 | +31:02 | 06:06 |
| 130 | 1519 | Gonçalo Martins | Pais em furia | Veterano M45 | 01:01:39 | +31:44 | 06:10 |
| 131 | 1234 | José Luís de Melo Coelho | Individual | Veterano M45 | 01:01:54 | +31:59 | 06:11 |
| 132 | 1227 | João Carlos Ferreira de Sousa | Individual | Veterano M45 | 01:02:03 | +32:08 | 06:12 |
| 133 | 1252 | Paulo Fontes | Individual | Veterano M45 | 01:03:02 | +33:07 | 06:18 |
| 134 | 1474 | Rui Miguel do Carmo Fernandes | NFC Running Team | Veterano M45 | 01:03:05 | +33:10 | 06:19 |
| 135 | 843 | Carlos Pires | Individual | Veterano M45 | 01:03:23 | +33:28 | 06:20 |
| 136 | 640 | Eduardo Rodrigues | Gerardo Studio | Veterano M45 | 01:04:11 | +34:16 | 06:25 |
| 137 | 1693 | Jorge Mendes | Sky.studio Runners | Veterano M45 | 01:04:24 | +34:29 | 06:26 |
| 138 | 610 | Nuno Ventura | Focus & TUU | Veterano M45 | 01:05:07 | +35:12 | 06:31 |
| 139 | 1263 | Rui Miguel Costa | Individual | Veterano M45 | 01:05:14 | +35:19 | 06:31 |
| 140 | 536 | Ricardo Cortesão | Fit team | Veterano M45 | 01:05:41 | +35:46 | 06:34 |
| 141 | 1230 | João Oliveira | Individual | Veterano M45 | 01:06:02 | +36:07 | 06:36 |
| 142 | 1785 | Sandro Tomé | Welvy | Veterano M45 | 01:06:09 | +36:14 | 06:37 |
| 143 | 339 | Aurélio Carvalho | CMCoimbra | Veterano M45 | 01:06:11 | +36:16 | 06:37 |
| 144 | 1561 | Pedro Miguel Henriques Pinheiro do Nascimento | Portuguese United Training Association | Veterano M45 | 01:06:19 | +36:24 | 06:38 |
| 145 | 1560 | Olinto Miguel Teodoro Vieira | Portuguese United Training Association | Veterano M45 | 01:06:19 | +36:24 | 06:38 |
| 146 | 102 | Pedro domingues | ADCDP condeixa | Veterano M45 | 01:06:51 | +36:55 | 06:41 |
| 147 | 707 | Paulo Barreto | Homework_out & ActiFisio Running Team | Veterano M45 | 01:07:03 | +37:08 | 06:42 |
| 148 | 665 | Ricardo Manuel Ferreira da Silva Guimarães | Gui | Veterano M45 | 01:08:05 | +38:10 | 06:49 |
| 149 | 496 | Paulo Amaral | Escola de Atletismo de Coimbra/JPaiva | Veterano M45 | 01:08:33 | +38:38 | 06:51 |
| 150 | 609 | Hugo Tocha | Focus & TUU | Veterano M45 | 01:09:03 | +39:08 | 06:54 |
| 151 | 279 | Miguel Oliveira | CFCoimbra | Veterano M45 | 01:11:38 | +41:43 | 07:10 |
| 152 | 1741 | Vitor Costa | THE FIRST Wellness & Bootcamp | Veterano M45 | 01:12:04 | +42:09 | 07:12 |
| 153 | 1225 | Gonçalo Luciano | Individual | Veterano M45 | 01:13:22 | +43:27 | 07:20 |
| 154 | 1236 | Karl Smyth | Individual | Veterano M45 | 01:13:52 | +43:57 | 07:23 |
| 155 | 1228 | João lourenço | Individual | Veterano M45 | 01:14:21 | +44:26 | 07:26 |
| 156 | 1476 | Pedro Alexandre Correia | OLIVEIRA | Veterano M45 | 01:19:28 | +49:33 | 07:57 |

## Veterano M50

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 1562 | Luís Lopes | Prime Running Clube | Veterano M50 | 35:11 | +05:16 | 03:31 |
| 2 | 387 | Marco Cardoso | CPT Sobral de Ceira | Veterano M50 | 36:18 | +06:23 | 03:38 |
| 3 | 1289 | Hugo Coelho | Individual | Veterano M50 | 36:49 | +06:54 | 03:41 |
| 4 | 500 | Jorge santos | Escola de Atletismo de Coimbra/JPaiva | Veterano M50 | 37:03 | +07:08 | 03:42 |
| 5 | 505 | Vítor Godinho | Escola de Atletismo de Coimbra/JPaiva | Veterano M50 | 38:01 | +08:06 | 03:48 |
| 6 | 138 | Mauro Azevedo | AMIG@S do PI | Veterano M50 | 39:10 | +09:15 | 03:55 |
| 7 | 1763 | José Martins | Viriathvs Runners Viseu | Veterano M50 | 39:11 | +09:16 | 03:55 |

## Prova Principal

## 10 KM

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|---|---|---|---|---|---|---|---|
| 8 | 1311 | Messias Dias | Individual | Veterano M50 | 39:58 | +10:02 | 04:00 |
| 9 | 163 | Paulo Antunes | Associação Académica de Coimbra | Veterano M50 | 40:37 | +10:41 | 04:04 |
| 10 | 1444 | António Ferreira | Lobos da Serra - Loureiro | Veterano M50 | 40:50 | +10:54 | 04:05 |
| 11 | 1277 | Artur  Costa Anastácio | Individual | Veterano M50 | 41:00 | +11:05 | 04:06 |
| 12 | 498 | Augusto Manuel Canelas Figueiredo | Escola de Atletismo de Coimbra/JPaiva | Veterano M50 | 41:49 | +11:53 | 04:11 |
| 13 | 90 | Luis FIlipe Silva | Academia Desportos Condeixa | Veterano M50 | 41:56 | +12:01 | 04:12 |
| 14 | 247 | José Carlos dos Reis Leal | Bttrain | Veterano M50 | 42:06 | +12:11 | 04:13 |
| 15 | 1273 | Antônio Manuel ventura amado | Individual | Veterano M50 | 42:14 | +12:19 | 04:13 |
| 16 | 1310 | Marcelo Coutinho | Individual | Veterano M50 | 42:37 | +12:42 | 04:16 |
| 17 | 1274 | António Pereira | Individual | Veterano M50 | 43:12 | +13:16 | 04:19 |
| 18 | 499 | Jorge Alves | Escola de Atletismo de Coimbra/JPaiva | Veterano M50 | 43:41 | +13:46 | 04:22 |
| 19 | 1288 | Hilário Espadilha | Individual | Veterano M50 | 44:32 | +14:37 | 04:27 |
| 20 | 1503 | Rui Silva | Os Papa Milhas | Veterano M50 | 44:57 | +15:02 | 04:30 |
| 21 | 388 | Pedro Roque Martins | CPT Sobral de Ceira | Veterano M50 | 45:00 | +15:05 | 04:30 |
| 22 | 1309 | Luís Soares | Individual | Veterano M50 | 45:10 | +15:15 | 04:31 |
| 23 | 501 | Luis Pereira | Escola de Atletismo de Coimbra/JPaiva | Veterano M50 | 45:14 | +15:19 | 04:31 |
| 24 | 1584 | JOÃO FERNANDES | PROSISTEM.RUNNERS | Veterano M50 | 45:22 | +15:27 | 04:32 |
| 25 | 162 | José Carlos Simões | Associação Académica de Coimbra | Veterano M50 | 45:26 | +15:31 | 04:33 |
| 26 | 1275 | António Rogério Cruz Simões Almeida | Individual | Veterano M50 | 45:27 | +15:32 | 04:33 |
| 27 | 1317 | PAULO PRIOR | Individual | Veterano M50 | 45:30 | +15:35 | 04:33 |
| 28 | 345 | Horácio Ferreira | CMCoimbra | Veterano M50 | 45:34 | +15:39 | 04:33 |
| 29 | 368 | Filipe Santos | Coimbra Trail Running | Veterano M50 | 45:41 | +15:46 | 04:34 |
| 30 | 1302 | Lúcio Ventura | Individual | Veterano M50 | 45:54 | +15:59 | 04:35 |
| 31 | 1284 | Geraldo de Souza | Individual | Veterano M50 | 46:00 | +16:05 | 04:36 |
| 32 | 1297 | JOSE DIAS | Individual | Veterano M50 | 46:06 | +16:11 | 04:37 |
| 33 | 1300 | José Vieira | Individual | Veterano M50 | 47:12 | +17:17 | 04:43 |
| 34 | 1667 | Humberto Dias | Running4Fun Viseu | Veterano M50 | 47:29 | +17:33 | 04:45 |
| 35 | 303 | Luciano Dantas | Clube de Atletismo da Nazaré | Veterano M50 | 47:31 | +17:36 | 04:45 |
| 36 | 238 | Jorge Manuel da Fonseca Primo | Bombeiros Sapadores de Coimbra | Veterano M50 | 48:05 | +18:09 | 04:49 |
| 37 | 122 | Luis Filipe Nogueira da Costa | Águas de Coimbra | Veterano M50 | 48:05 | +18:10 | 04:49 |
| 38 | 1292 | João Pedro Sousa | Individual | Veterano M50 | 48:08 | +18:13 | 04:49 |
| 39 | 398 | Luis Mónico | Crazy Runners | Veterano M50 | 48:11 | +18:16 | 04:49 |
| 40 | 504 | Vasco Alexandre Valente Ferro de Brito Borges | Escola de Atletismo de Coimbra/JPaiva | Veterano M50 | 48:59 | +19:04 | 04:54 |
| 41 | 1465 | João Santos | Motores a Broa | Veterano M50 | 49:22 | +19:27 | 04:56 |
| 42 | 1327 | VITOR PEREIRA | Individual | Veterano M50 | 49:58 | +20:03 | 05:00 |
| 43 | 1591 | Antonio Gaspar | ACDRS QUINHENDROS | Veterano M50 | 50:03 | +20:08 | 05:00 |
| 44 | 1286 | Guillermo Cabrera | Individual | Veterano M50 | 50:07 | +20:12 | 05:01 |
| 45 | 91 | Luis Miguel Fonseca da Cruz | Academia Desportos Condeixa | Veterano M50 | 50:12 | +20:17 | 05:01 |
| 46 | 1323 | Rui Gaspar | Individual | Veterano M50 | 50:39 | +20:44 | 05:04 |
| 47 | 1764 | Viriato Coelho | Viriathvs Runners Viseu | Veterano M50 | 51:08 | +21:13 | 05:07 |
| 48 | 346 | João Salustiano | CMCoimbra | Veterano M50 | 51:42 | +21:47 | 05:10 |
| 49 | 1305 | Luís Carvalheiro | Individual | Veterano M50 | 51:49 | +21:54 | 05:11 |

## Prova Principal

## 10 KM

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|---|---|---|---|---|---|---|---|
| 50 | 1285 | Germano da Costa Anastácio | Individual | Veterano M50 | 51:53 | +21:58 | 05:11 |
| 51 | 367 | Edgar Semedo | Coimbra Trail Running | Veterano M50 | 52:16 | +22:20 | 05:14 |
| 52 | 1281 | Carlos Morgado Santos | Individual | Veterano M50 | 52:25 | +22:30 | 05:15 |
| 53 | 280 | Francisco Carlos Gaspar Branco Caridade | CFCoimbra | Veterano M50 | 52:34 | +22:39 | 05:15 |
| 54 | 282 | Paulo César Simões | CFCoimbra | Veterano M50 | 52:34 | +22:39 | 05:15 |
| 55 | 1298 | José Fernandes | Individual | Veterano M50 | 52:42 | +22:46 | 05:16 |
| 56 | 1635 | Egídio Neves | Runners & Friends | Veterano M50 | 52:50 | +22:55 | 05:17 |
| 57 | 1639 | Rui Dias | Runners & Friends | Veterano M50 | 52:50 | +22:55 | 05:17 |
| 58 | 1593 | Jorge Ribeiro | R G Levanta Poeira | Veterano M50 | 53:13 | +23:18 | 05:19 |
| 59 | 502 | Paulo Peixoto | Escola de Atletismo de Coimbra/JPaiva | Veterano M50 | 53:23 | +23:28 | 05:20 |
| 60 | 1797 | Alexandre Melo | Individual | Veterano M50 | 53:25 | +23:29 | 05:21 |
| 61 | 1751 | Hugo Correia | Vacões a correr | Veterano M50 | 53:27 | +23:32 | 05:21 |
| 62 | 1295 | Jorge Ortolá | Individual | Veterano M50 | 53:29 | +23:34 | 05:21 |
| 63 | 1315 | Paulo Arriaga | Individual | Veterano M50 | 53:30 | +23:35 | 05:21 |
| 64 | 662 | João Cruz | Grupo Recreativo Vilverdense | Veterano M50 | 53:32 | +23:37 | 05:21 |
| 65 | 1316 | Paulo Azevedo | Individual | Veterano M50 | 53:34 | +23:39 | 05:21 |
| 66 | 1752 | Luis Guerra | Vacões a correr | Veterano M50 | 54:20 | +24:24 | 05:26 |
| 67 | 1322 | Rodrigo Cesaro Direito Monteiro | Individual | Veterano M50 | 54:29 | +24:34 | 05:27 |
| 68 | 369 | Jorge Tiago | Coimbra Trail Running | Veterano M50 | 54:30 | +24:35 | 05:27 |
| 69 | 1306 | Luís Filipe Antunes da Silva | Individual | Veterano M50 | 54:31 | +24:36 | 05:27 |
| 70 | 1666 | Elísio Pais | Running4Fun Viseu | Veterano M50 | 54:41 | +24:46 | 05:28 |
| 71 | 1634 | Augusto Amaral | Runners & Friends | Veterano M50 | 54:52 | +24:57 | 05:29 |
| 72 | 1636 | Luis Pires | Runners & Friends | Veterano M50 | 54:52 | +24:57 | 05:29 |
| 73 | 1637 | Nuno Costa | Runners & Friends | Veterano M50 | 54:52 | +24:57 | 05:29 |
| 74 | 304 | Rui Miguel Esgaio | Clube de Atletismo da Nazaré | Veterano M50 | 54:53 | +24:58 | 05:29 |
| 75 | 1272 | Antonio Guedes | Individual | Veterano M50 | 54:58 | +25:03 | 05:30 |
| 76 | 1312 | Miguel Direito Custodio | Individual | Veterano M50 | 55:20 | +25:24 | 05:32 |
| 77 | 1313 | Miguel Relvão | Individual | Veterano M50 | 55:33 | +25:37 | 05:33 |
| 78 | 457 | Francisco Pereira | Entre Provas | Veterano M50 | 55:34 | +25:39 | 05:33 |
| 79 | 1585 | Nelson Martins | PROSISTEM.RUNNERS | Veterano M50 | 55:37 | +25:42 | 05:34 |
| 80 | 1278 | Artur Jorge Morais Rodrigues | Individual | Veterano M50 | 55:49 | +25:54 | 05:35 |
| 81 | 1276 | Armando Rodrigues | Individual | Veterano M50 | 56:04 | +26:09 | 05:36 |
| 82 | 458 | Gonçalo Mendes | Entre Provas | Veterano M50 | 56:05 | +26:10 | 05:37 |
| 83 | 137 | Jorge Mendes Santos | AMIG@S do PI | Veterano M50 | 56:52 | +26:57 | 05:41 |
| 84 | 1290 | João Luis Dias Dos Santos | Individual | Veterano M50 | 57:18 | +27:23 | 05:44 |
| 85 | 1594 | Miguel Santos | R G Levanta Poeira | Veterano M50 | 57:23 | +27:28 | 05:44 |
| 86 | 1505 | António Sequeira | Os Sequeiras querem festa | Veterano M50 | 57:27 | +27:31 | 05:45 |
| 87 | 1583 | Adriano Pião | PROSISTEM.RUNNERS | Veterano M50 | 57:44 | +27:49 | 05:46 |
| 88 | 1308 | Luís Pais | Individual | Veterano M50 | 58:04 | +28:08 | 05:48 |
| 89 | 42 | Miguel Costa | 6:45 | Veterano M50 | 58:42 | +28:47 | 05:52 |
| 90 | 653 | Moisés Cruz | Gomates e Trelos | Veterano M50 | 59:00 | +29:05 | 05:54 |
| 91 | 239 | Paulo Marcos Palrilha | Bombeiros Sapadores de Coimbra | Veterano M50 | 59:06 | +29:11 | 05:55 |
| 92 | 1638 | Paulo Renato | Runners & Friends | Veterano M50 | 59:25 | +29:30 | 05:57 |
| 93 | 1296 | José Cavaco | Individual | Veterano M50 | 59:47 | +29:52 | 05:59 |
| 94 | 1627 | Carlos Neiva | RTHM | Veterano M50 | 01:00:00 | +30:05 | 06:00 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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|---|---|---|---|---|---|---|---|
| 95 | 613 | Alfredo Cortesão | Focus & TUU | Veterano M50 | 01:00:39 | +30:44 | 06:04 |
| 96 | 1319 | Pedro Silva | Individual | Veterano M50 | 01:01:13 | +31:17 | 06:07 |
| 97 | 1679 | Pedro Ponte | Sem Sede | Veterano M50 | 01:01:14 | +31:19 | 06:07 |
| 98 | 53 | João António da Costa Ferreira Pinto | A.D.C.P. PEDRALVA | Veterano M50 | 01:01:32 | +31:37 | 06:09 |
| 99 | 215 | João Veloso | BLUEPHARMA | Veterano M50 | 01:01:33 | +31:38 | 06:09 |
| 100 | 1324 | Sérgio Palma | Individual | Veterano M50 | 01:01:34 | +31:39 | 06:09 |
| 101 | 1270 | Afonso José Athayde | Individual | Veterano M50 | 01:01:54 | +31:59 | 06:11 |
| 102 | 1291 | João Miguel Caldeira de Oliveira | Individual | Veterano M50 | 01:01:55 | +31:59 | 06:12 |
| 103 | 1668 | Sérgio Rodrigues | Running4Fun Viseu | Veterano M50 | 01:02:56 | +33:01 | 06:18 |
| 104 | 1501 | Helder Duarte | Os Papa Milhas | Veterano M50 | 01:03:21 | +33:26 | 06:20 |
| 105 | 1321 | Ricardo Manuel C. A. D. Nogueira | Individual | Veterano M50 | 01:03:22 | +33:27 | 06:20 |
| 106 | 344 | Acílio Noro | CMCoimbra | Veterano M50 | 01:03:28 | +33:33 | 06:21 |
| 107 | 1320 | Ricardo Gato | Individual | Veterano M50 | 01:03:59 | +34:04 | 06:24 |
| 108 | 1403 | Alberto Valejo | IPNrunners | Veterano M50 | 01:04:23 | +34:28 | 06:26 |
| 109 | 1500 | António Sousa | Os Papa Milhas | Veterano M50 | 01:04:31 | +34:36 | 06:27 |
| 110 | 1628 | Raul Jorge Matos | RUN 4 FUN | Veterano M50 | 01:04:46 | +34:51 | 06:29 |
| 111 | 1280 | Carlos miranda | Individual | Veterano M50 | 01:04:53 | +34:58 | 06:29 |
| 112 | 1314 | Nuno Santos | Individual | Veterano M50 | 01:04:56 | +35:01 | 06:30 |
| 113 | 1279 | Bruno Pires de Lima Araújo Rodrigues | Individual | Veterano M50 | 01:05:05 | +35:10 | 06:31 |
| 114 | 404 | Victor Francisco | CTCV | Veterano M50 | 01:06:02 | +36:07 | 06:36 |
| 115 | 157 | Carlos Canais | ARCD Venda da Luísa Trail | Veterano M50 | 01:06:16 | +36:20 | 06:38 |
| 116 | 1502 | Pedro Roque | Os Papa Milhas | Veterano M50 | 01:06:50 | +36:55 | 06:41 |
| 117 | 503 | Ricardo Nobre | Escola de Atletismo de Coimbra/JPaiva | Veterano M50 | 01:07:46 | +37:50 | 06:47 |
| 118 | 1307 | Luís Miguel carvalho ramos | Individual | Veterano M50 | 01:07:50 | +37:55 | 06:47 |
| 119 | 1452 | Rui Azevedo | MIRASpaco/PAzevedoSeguros/CasaDoPão/A.D.Serpinense | Veterano M50 | 01:08:06 | +38:11 | 06:49 |
| 120 | 1304 | Luís Carrito | Individual | Veterano M50 | 01:08:37 | +38:42 | 06:52 |
| 121 | 614 | José Geria | Focus & TUU | Veterano M50 | 01:08:54 | +38:59 | 06:53 |
| 122 | 709 | Mário Ferreira | Homework_out & ActiFisio Running Team | Veterano M50 | 01:12:34 | +42:39 | 07:15 |
| 123 | 1490 | Artur Rodrigues | Os Kágados | Veterano M50 | 01:12:43 | +42:48 | 07:16 |
| 124 | 1282 | Cláudio Pacheco Dinis e Silva | Individual | Veterano M50 | 01:13:11 | +43:16 | 07:19 |
| 125 | 1318 | Pedro Medina | Individual | Veterano M50 | 01:15:55 | +46:00 | 07:36 |

## Veterano M55

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 426 | João Almeida | Dci/trilhos luso bussaco | Veterano M55 | 38:20 | +08:25 | 03:50 |
| 2 | 430 | Vitor Oliveira | Dci/trilhos luso bussaco | Veterano M55 | 38:42 | +08:47 | 03:52 |
| 3 | 425 | Fernando Gonçalves | Dci/trilhos luso bussaco | Veterano M55 | 40:20 | +10:25 | 04:02 |
| 4 | 266 | Fernando Antunes | CCDS S.Frutuoso | Veterano M55 | 40:52 | +10:57 | 04:05 |
| 5 | 347 | António Patrício | CMCoimbra | Veterano M55 | 42:00 | +12:05 | 04:12 |
| 6 | 1708 | José Carlos Santos | Team El Comandante | Veterano M55 | 42:15 | +12:19 | 04:14 |
| 7 | 1333 | António Ribeiro | Individual | Veterano M55 | 42:45 | +12:50 | 04:17 |
| 8 | 549 | Juan Rassoul | FitLine | Veterano M55 | 43:16 | +13:21 | 04:20 |
| 9 | 1766 | Manuel campos | Viriathvs Runners Viseu | Veterano M55 | 44:03 | +14:08 | 04:24 |
| 10 | 424 | Américo Almeida | Dci/trilhos luso bussaco | Veterano M55 | 44:15 | +14:20 | 04:26 |

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## 10 KM

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|---|---|---|---|---|---|---|---|
| 11 | 429 | Tony Graça | Dci/trilhos luso bussaco | Veterano M55 | 44:28 | +14:33 | 04:27 |
| 12 | 123 | José Manuel Amado Marques | Águas de Coimbra | Veterano M55 | 44:31 | +14:36 | 04:27 |
| 13 | 1351 | Luis Pires | Individual | Veterano M55 | 44:36 | +14:41 | 04:28 |
| 14 | 1335 | Bernardino Novais Ribeiro | Individual | Veterano M55 | 44:47 | +14:52 | 04:29 |
| 15 | 1357 | Pedro Vicente | Individual | Veterano M55 | 45:07 | +15:12 | 04:31 |
| 16 | 507 | Luís Oliveira | Escola de Atletismo de Coimbra/JPaiva | Veterano M55 | 45:23 | +15:28 | 04:32 |
| 17 | 1336 | CARLOS ALBERTO DA SILVA PIRES | Individual | Veterano M55 | 45:25 | +15:30 | 04:33 |
| 18 | 164 | Mário Carapinheiro | Associação Académica de Coimbra | Veterano M55 | 45:27 | +15:32 | 04:33 |
| 19 | 389 | David Patricio Santos | CPT Sobral de Ceira | Veterano M55 | 45:41 | +15:46 | 04:34 |
| 20 | 428 | José Pereira | Dci/trilhos luso bussaco | Veterano M55 | 46:40 | +16:45 | 04:40 |
| 21 | 1334 | Basilio Simoes | Individual | Veterano M55 | 46:52 | +16:57 | 04:41 |
| 22 | 1329 | Anthony J. Burke | Individual | Veterano M55 | 47:57 | +18:02 | 04:48 |
| 23 | 1344 | João Veloso | Individual | Veterano M55 | 48:11 | +18:16 | 04:49 |
| 24 | 1587 | Custódio Loureiro | PROSISTEM.RUNNERS | Veterano M55 | 48:42 | +18:47 | 04:52 |
| 25 | 1356 | Pedro Elias | Individual | Veterano M55 | 48:47 | +18:52 | 04:53 |
| 26 | 1360 | Valter dos Santos Cabral | Individual | Veterano M55 | 50:29 | +20:34 | 05:03 |
| 27 | 1339 | Fernando Medeiros | Individual | Veterano M55 | 50:50 | +20:55 | 05:05 |
| 28 | 390 | Fernando Teixeira | CPT Sobral de Ceira | Veterano M55 | 51:31 | +21:36 | 05:09 |
| 29 | 1354 | Paulo José Rodrigues Fernandes | Individual | Veterano M55 | 51:41 | +21:46 | 05:10 |
| 30 | 47 | Paulo Batista | 6:45 | Veterano M55 | 51:45 | +21:50 | 05:11 |
| 31 | 175 | João Cavadas | ASSSCC - AR LIVRE E AVENTURA | Veterano M55 | 51:51 | +21:55 | 05:11 |
| 32 | 399 | Rui Monteiro | Crazy Runners | Veterano M55 | 51:57 | +22:02 | 05:12 |
| 33 | 1358 | Ricardo Rocha | Individual | Veterano M55 | 52:14 | +22:18 | 05:13 |
| 34 | 1353 | octavio sergio rodrigues linhares | Individual | Veterano M55 | 52:46 | +22:50 | 05:17 |
| 35 | 1342 | João Paulo Mendes | Individual | Veterano M55 | 52:49 | +22:54 | 05:17 |
| 36 | 1682 | Filipe "Pelicano" Filipe | Sesimbra Mar - Team Pelicano | Veterano M55 | 52:51 | +22:56 | 05:17 |
| 37 | 1394 | Guedes Alfredo | Inter da Mata | Veterano M55 | 52:56 | +23:01 | 05:18 |
| 38 | 1341 | João Capeloa | Individual | Veterano M55 | 53:12 | +23:17 | 05:19 |
| 39 | 1615 | Almerindo Ferreira | RGLP | Veterano M55 | 53:13 | +23:18 | 05:19 |
| 40 | 1359 | Rui Simões | Individual | Veterano M55 | 53:25 | +23:29 | 05:21 |
| 41 | 1753 | João Paulo Tondela | Vacões a correr | Veterano M55 | 53:26 | +23:31 | 05:21 |
| 42 | 1347 | José das Neves Batata | Individual | Veterano M55 | 53:50 | +23:55 | 05:23 |
| 43 | 615 | Francisco leao | Focus & TUU | Veterano M55 | 54:28 | +24:33 | 05:27 |
| 44 | 44 | David Abegoaria | 6:45 | Veterano M55 | 54:57 | +25:01 | 05:30 |
| 45 | 190 | Artur Arromba | besouros.com | Veterano M55 | 55:18 | +25:23 | 05:32 |
| 46 | 514 | Manuel Chaves | Escola Superior de Enfermagem de Coimbra | Veterano M55 | 55:26 | +25:31 | 05:33 |
| 47 | 655 | João Guimarães | Gomates e Trelos | Veterano M55 | 55:33 | +25:38 | 05:33 |
| 48 | 49 | Renato Ramos | 6:45 | Veterano M55 | 56:15 | +26:20 | 05:38 |
| 49 | 1330 | António Ferreira | Individual | Veterano M55 | 56:24 | +26:29 | 05:38 |
| 50 | 1710 | Pedro Teixeira | Teixeira | Veterano M55 | 56:42 | +26:46 | 05:40 |
| 51 | 1350 | Luís Fernando Pimentel Gaspar Alves Novais | Individual | Veterano M55 | 56:49 | +26:54 | 05:41 |
| 52 | 43 | Carlos Van Zeller | 6:45 | Veterano M55 | 56:51 | +26:56 | 05:41 |
| 53 | 45 | Manuel António | 6:45 | Veterano M55 | 56:51 | +26:56 | 05:41 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 54 | 1331 | António Jorge Ferreira | Individual | Veterano M55 | 57:25 | +27:30 | 05:45 |
| 55 | 1340 | Filipe Carvalho | Individual | Veterano M55 | 58:18 | +28:23 | 05:50 |
| 56 | 1345 | Jorge Ramalho | Individual | Veterano M55 | 58:20 | +28:25 | 05:50 |
| 57 | 654 | António Oliveira | Gomates e Trelos | Veterano M55 | 59:31 | +29:36 | 05:57 |
| 58 | 710 | Paulo Barreirinhas | Homework_out & ActiFisio Running Team | Veterano M55 | 01:00:43 | +30:48 | 06:04 |
| 59 | 78 | Julio Reis | AAC-REMO | Veterano M55 | 01:00:44 | +30:49 | 06:04 |
| 60 | 1343 | João Rodrigues | Individual | Veterano M55 | 01:00:54 | +30:59 | 06:05 |
| 61 | 629 | Mário Nunes | Gelcentro Team | Veterano M55 | 01:01:12 | +31:17 | 06:07 |
| 62 | 1586 | André Mendes | PROSISTEM.RUNNERS | Veterano M55 | 01:01:37 | +31:42 | 06:10 |
| 63 | 1404 | João Paulo Mouta Dias | IPNrunners | Veterano M55 | 01:02:20 | +32:25 | 06:14 |
| 64 | 1355 | Paulo Tavares | Individual | Veterano M55 | 01:03:07 | +33:11 | 06:19 |
| 65 | 1349 | Leonildo Manuel Jacob dos Reis | Individual | Veterano M55 | 01:04:50 | +34:55 | 06:29 |
| 66 | 1338 | Eduardo Mateus | Individual | Veterano M55 | 01:06:41 | +36:46 | 06:40 |
| 67 | 1337 | Carlos Alberto Ramos de Oliveira | Individual | Veterano M55 | 01:09:43 | +39:48 | 06:58 |
| 68 | 1466 | José Antonio Freitas | MSS CONTABILIDADE TRAIL TEAM | Veterano M55 | 01:09:46 | +39:51 | 06:59 |
| 69 | 310 | ARMANDO RUI CARDOSO PIRES MARTINS | Clube Millennium BCP | Veterano M55 | 01:10:47 | +40:51 | 07:05 |
| 70 | 1467 | Rui Machado | MSS CONTABILIDADE TRAIL TEAM | Veterano M55 | 01:11:17 | +41:22 | 07:08 |
| 71 | 530 | ANTÓNIO OLIVEIRA | Farmácia Luciano e Matos | Veterano M55 | 01:12:32 | +42:37 | 07:15 |
| 72 | 547 | Américo Ferro | FitLine | Veterano M55 | 01:12:38 | +42:42 | 07:16 |
| 73 | 1491 | Paulo Pinho | Os Kágados | Veterano M55 | 01:12:43 | +42:48 | 07:16 |
| 74 | 1352 | Mário Severo de Matos Marinho | Individual | Veterano M55 | 01:13:02 | +43:07 | 07:18 |
| 75 | 1620 | Luis Miguel Guedes Pinto Antunes da Cunha | Rmcasa Lda | Veterano M55 | 01:13:07 | +43:11 | 07:19 |
| 76 | 48 | Paulo Trindade | 6:45 | Veterano M55 | 01:16:35 | +46:40 | 07:40 |
| 77 | 1348 | José Mário Gama | Individual | Veterano M55 | 01:25:26 | +55:31 | 08:33 |

## Veterano M60

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 265 | Manuel Oliveira | Casas Adriano Astromil Clube | Veterano M60 | 42:24 | +12:29 | 04:14 |
| 2 | 263 | Carlos Almeida | CASA DO POVO DE MANGUALDE | Veterano M60 | 42:29 | +12:34 | 04:15 |
| 3 | 165 | Pedro Gerardo | Associação Académica de Coimbra | Veterano M60 | 43:12 | +13:17 | 04:19 |
| 4 | 370 | Fernando Alhau | Coimbra Trail Running | Veterano M60 | 43:33 | +13:38 | 04:21 |
| 5 | 1443 | José Carlos Gomes | Ligeirinhos | Veterano M60 | 43:52 | +13:56 | 04:23 |
| 6 | 1459 | JOÃO MANUEL SIMÕES MATOS | Miro Trail | Veterano M60 | 44:53 | +14:58 | 04:29 |
| 7 | 642 | Adérito Curto | Gira Sol | Veterano M60 | 44:53 | +14:58 | 04:29 |
| 8 | 1370 | José canha | Individual | Veterano M60 | 45:41 | +15:46 | 04:34 |
| 9 | 1366 | Helder de Jesus Araújo | Individual | Veterano M60 | 47:38 | +17:43 | 04:46 |
| 10 | 659 | ALBANO JACINTO | GRUPO DESPORTIVO ASSEMPARK - AVEIRO | Veterano M60 | 48:27 | +18:32 | 04:51 |
| 11 | 1449 | Carlos Simões | Marcianos | Veterano M60 | 51:05 | +21:10 | 05:07 |
| 12 | 1595 | Paulo Providência | R G Levanta Poeira | Veterano M60 | 52:04 | +22:09 | 05:12 |
| 13 | 1364 | Fernando Duarte Rodrigues | Individual | Veterano M60 | 53:24 | +23:29 | 05:20 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 14 | 1362 | carlos da conceicao lobo | Individual | Veterano M60 | 53:38 | +23:42 | 05:22 |
| 15 | 188 | Vitor Fontes | Atletas de Peralta | Veterano M60 | 53:42 | +23:47 | 05:22 |
| 16 | 1368 | Joaquim Almeida | Individual | Veterano M60 | 56:04 | +26:08 | 05:36 |
| 17 | 1674 | A. Nunes | Saldo Válido | Veterano M60 | 56:24 | +26:28 | 05:38 |
| 18 | 1361 | Aníbal Pisco | Individual | Veterano M60 | 56:25 | +26:30 | 05:39 |
| 19 | 1365 | Fernando Silva | Individual | Veterano M60 | 56:33 | +26:38 | 05:39 |
| 20 | 1371 | José Manuel Gonçalves | Individual | Veterano M60 | 56:35 | +26:40 | 05:40 |
| 21 | 1367 | Humberto Fernandes | Individual | Veterano M60 | 57:29 | +27:34 | 05:45 |
| 22 | 1363 | Carlos Manuel Gonçalves Mota | Individual | Veterano M60 | 57:34 | +27:39 | 05:45 |
| 23 | 1460 | Pedro Coutinho | Miro Trail | Veterano M60 | 59:00 | +29:05 | 05:54 |
| 24 | 348 | Mário Ricardo Lopes | CMCoimbra | Veterano M60 | 01:00:15 | +30:20 | 06:02 |
| 25 | 1369 | Jorge Manuel Cruz Campos | Individual | Veterano M60 | 01:01:12 | +31:17 | 06:07 |
| 26 | 1372 | Paulo Manuel Cordeiro da Veiga | Individual | Veterano M60 | 01:02:15 | +32:20 | 06:14 |
| 27 | 1588 | Jorge Campos | PROSISTEM.RUNNERS | Veterano M60 | 01:03:00 | +33:05 | 06:18 |
| 28 | 515 | Arménio Guardado Cruz | Escola Superior de Enfermagem de Coimbra | Veterano M60 | 01:09:05 | +39:10 | 06:55 |
| 29 | 1492 | Manuel Pereira Santos | Os Kágados | Veterano M60 | 01:12:44 | +42:49 | 07:16 |
| 30 | 283 | Jorge Manuel de Miranda Domingues Janicas | CFCoimbra | Veterano M60 | 01:19:03 | +49:08 | 07:54 |

## Veterano M65

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 1589 | César Almeida | PROSISTEM.RUNNERS | Veterano M65 | 41:54 | +11:59 | 04:11 |
| 2 | 318 | João Catalão | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M65 | 44:37 | +14:42 | 04:28 |
| 3 | 431 | Joaquim Godinho | Dci/trilhos luso bussaco | Veterano M65 | 44:51 | +14:56 | 04:29 |
| 4 | 70 | Jorge Fernandes | A.R.S.M. - Associação Recreativa de São Miguel | Veterano M65 | 46:02 | +16:07 | 04:36 |
| 5 | 1377 | Fausto Carvalho | Individual | Veterano M65 | 48:43 | +18:48 | 04:52 |
| 6 | 1383 | Manuel Santos | Individual | Veterano M65 | 49:28 | +19:32 | 04:57 |
| 7 | 616 | ALVARO PORTUGAL | Focus & TUU | Veterano M65 | 50:20 | +20:25 | 05:02 |
| 8 | 1379 | Helder José Ferreira | Individual | Veterano M65 | 51:44 | +21:49 | 05:10 |
| 9 | 71 | José Sequeira | A.R.S.M. - Associação Recreativa de São Miguel | Veterano M65 | 52:40 | +22:45 | 05:16 |
| 10 | 1385 | Vitor Martins Ferreira | Individual | Veterano M65 | 52:58 | +23:02 | 05:18 |
| 11 | 319 | Narciso Arromba | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M65 | 53:05 | +23:10 | 05:19 |
| 12 | 1375 | António Apolinário Silva Carvalho Saraiva | Individual | Veterano M65 | 53:51 | +23:55 | 05:23 |
| 13 | 1381 | José Luis Nogueira Gaspar | Individual | Veterano M65 | 53:59 | +24:04 | 05:24 |
| 14 | 139 | Jorge Luiz Alves Martins | AMIG@S do PI | Veterano M65 | 55:25 | +25:30 | 05:33 |
| 15 | 1374 | Alcides Marques | Individual | Veterano M65 | 57:32 | +27:37 | 05:45 |
| 16 | 1596 | José Luís Cruz | R G Levanta Poeira | Veterano M65 | 57:43 | +27:47 | 05:46 |
| 17 | 1384 | Victor Manuel de Assunção Pereira | Individual | Veterano M65 | 01:01:03 | +31:08 | 06:06 |
| 18 | 1742 | Rui Fonseca | THE FIRST Wellness & Bootcamp | Veterano M65 | 01:01:08 | +31:13 | 06:07 |
| 19 | 1640 | Jorge Pessoa | Runners & Friends | Veterano M65 | 01:02:32 | +32:36 | 06:15 |
| 20 | 1702 | António Mota | SOURE MOV | Veterano M65 | 01:03:42 | +33:47 | 06:22 |
| 21 | 1380 | João Marques Silva | Individual | Veterano M65 | 01:05:31 | +35:36 | 06:33 |

## Prova Principal

## 10 KM

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

## OFFICIAL RESULT

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

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|---|---|---|---|---|---|---|---|
| 22 | 1432 | Manuel Costa | K Studio Running Team | Veterano M65 | 01:06:18 | +36:23 | 06:38 |
| 23 | 317 | António Tavares | CluVe - Clube de Veteranos de Atletismo Coimbra | Veterano M65 | 01:06:53 | +36:58 | 06:41 |
| 24 | 1477 | José Madeira | OLIVEIRA | Veterano M65 | 01:11:41 | +41:46 | 07:10 |
| 25 | 1548 | José Pires lima | Pernas Inertes | Veterano M65 | 01:18:40 | +48:45 | 07:52 |

# TEAM RESULTS - PROVA PRINCIPAL

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

| RANK | TEAM | DESCRIPTION | POINTS |
|---|---|---|---|
| 1 | ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA | 3 + 4 + 6 + 12 + 15 | 40 |
| 2 | CPT SOBRAL DE CEIRA | 2 + 9 + 13 + 19 + 20 | 63 |
| 3 | DCI/TRILHOS LUSO BUSSACO | 8 + 50 + 54 + 55 + 58 | 225 |
| 4 | AMIG@S DO PI | 31 + 61 + 89 + 95 + 273 | 549 |
| 5 | ASSOCIAÇÃO ACADÉMICA DE COIMBRA | 42 + 82 + 152 + 237 + 238 | 751 |
| 6 | A.R.S.M. - ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL | 56 + 144 + 240 + 243 + 267 | 950 |
| 7 | PROSISTEM.RUNNERS | 112 + 173 + 180 + 232 + 375 | 1072 |
| 8 | BOMBEIROS SAPADORES DE COIMBRA | 133 + 161 + 181 + 285 + 320 | 1080 |
| 9 | VIRIATHVS RUNNERS VISEU | 62 + 177 + 231 + 304 + 331 | 1105 |
| 10 | COIMBRA TRAIL RUNNING | 65 + 163 + 170 + 253 + 492 | 1143 |
| 11 | ARCD VENDA DA LUÍSA TRAIL | 84 + 227 + 260 + 278 + 311 | 1160 |
| 12 | CNI | 68 + 120 + 235 + 297 + 462 | 1182 |
| 13 | HOMEWORK_OUT & ACTIFISIO RUNNING TEAM | 94 + 263 + 279 + 309 + 335 | 1280 |
| 14 | CLUBE DE ATLETISMO DA NAZARÉ | 200 + 221 + 222 + 312 + 333 | 1288 |
| 15 | FOCUS & TUU | 156 + 258 + 265 + 315 + 336 | 1330 |
| 16 | GELCENTRO TEAM | 46 + 162 + 168 + 271 + 683 | 1330 |
| 17 | ÁGUAS DE COIMBRA | 185 + 194 + 321 + 322 + 345 | 1367 |
| 18 | ACDRS QUINHENDROS | 47 + 59 + 388 + 449 + 450 | 1393 |
| 19 | RUNNING4FUN VISEU | 209 + 234 + 308 + 338 + 362 | 1451 |
| 20 | PCL | 83 + 187 + 406 + 407 + 426 | 1509 |
| 21 | BLUEPHARMA | 110 + 325 + 403 + 409 + 484 | 1731 |
| 22 | K STUDIO RUNNING TEAM | 96 + 160 + 454 + 455 + 740 | 1905 |
| 23 | GERARDO STUDIO | 301 + 302 + 373 + 502 + 519 | 1997 |
| 24 | CLUVE - CLUBE DE VETERANOS DE ATLETISMO COIMBRA | 199 + 329 + 424 + 441 + 605 | 1998 |
| 25 | MIRO TRAIL | 155 + 211 + 493 + 507 + 667 | 2033 |
| 26 | CMCOIMBRA | 117 + 245 + 432 + 530 + 741 | 2065 |
| 27 | AAC-REMO | 136 + 150 + 542 + 638 + 654 | 2120 |
| 28 | ADÕES TRAIL | 178 + 189 + 416 + 718 + 735 | 2236 |
| 29 | ACADEMIA DESPORTOS CONDEIXA | 113 + 414 + 457 + 628 + 629 | 2241 |
| 30 | LAGARTIXAS EM FUGA | 275 + 307 + 418 + 671 + 699 | 2370 |
| 31 | RUNNERS & FRIENDS | 229 + 587 + 589 + 591 + 658 | 2654 |
| 32 | CRAZY RUNNERS | 332 + 350 + 439 + 543 + 1014 | 2678 |
| 33 | 6:45 | 171 + 533 + 656 + 698 + 731 | 2789 |
| 34 | RODA DIANTEIRA BTT | 164 + 357 + 475 + 899 + 907 | 2802 |
| 35 | ESCOLA SUPERIOR DE ENFERMAGEM DE COIMBRA | 224 + 567 + 568 + 729 + 750 | 2838 |
| 36 | FARMÁCIA LUCIANO E MATOS | 73 + 316 + 367 + 1123 + 1124 | 3003 |
| 37 | #TEAMNOESIS | 369 + 517 + 579 + 730 + 839 | 3034 |
| 38 | SKY.STUDIO RUNNERS | 456 + 549 + 586 + 685 + 884 | 3160 |

## TEAM RESULTS - PROVA PRINCIPAL

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

| | | | |
|---|---|---|---|
| 39 | ATLETAS AO DOMINGO | 578 + 584 + 627 + 648 + 749 | 3186 |
| 40 | PEDRO BONITO COACH | 86 + 398 + 522 + 1069 + 1140 | 3215 |
| 41 | THE FIRST WELLNESS & BOOTCAMP | 299 + 408 + 816 + 845 + 982 | 3350 |
| 42 | INTER DA MATA | 431 + 581 + 598 + 693 + 1082 | 3385 |
| 43 | ASSOCIAÇÃO DE VÍTIMAS DAS PETAS DO SAL | 419 + 463 + 840 + 860 + 964 | 3546 |
| 44 | R G LEVANTA POEIRA | 548 + 610 + 764 + 848 + 867 | 3637 |
| 45 | GOMATES E TRELOS | 443 + 736 + 747 + 922 + 923 | 3771 |
| 46 | DOJO FIT COIMBRA | 596 + 611 + 822 + 859 + 920 | 3808 |
| 47 | WELVY | 535 + 590 + 809 + 824 + 1068 | 3826 |
| 48 | RUNNERS DA CALÇADA | 300 + 797 + 996 + 997 + 1055 | 4145 |
| 49 | IPNRUNNERS | 179 + 651 + 1074 + 1148 + 1151 | 4203 |
| 50 | OS PAPA MILHAS | 213 + 646 + 1112 + 1152 + 1220 | 4343 |
| 51 | CFCOIMBRA | 571 + 572 + 705 + 1341 + 1342 | 4531 |
| 52 | RC BELIEVERS | 251 + 900 + 959 + 1173 + 1307 | 4590 |
| 53 | SOURE MOV | 458 + 863 + 871 + 1130 + 1394 | 4716 |
| 54 | TERTÚLIA DA VELHA CABRA | 521 + 898 + 1047 + 1094 + 1233 | 4793 |
| 55 | ISIDOVIAS - GRUPO ISIDORO | 872 + 874 + 935 + 1101 + 1210 | 4992 |
| 56 | FITLINE | 154 + 1073 + 1362 + 1363 + 1460 | 5412 |
| 57 | FIT TEAM | 1183 + 1192 + 1193 + 1228 + 1319 | 6115 |
| 58 | POLYRUNNERS AND FRIENDS | 1006 + 1007 + 1332 + 1430 + 1437 | 6212 |
| 59 | OWLPHARMA | 984 + 1274 + 1275 + 1291 + 1400 | 6224 |
| 60 | NAVEGANTES DA RUA | 904 + 1133 + 1423 + 1424 + 1425 | 6309 |