

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:30	9,4°C	76%
End	20:12	9,4°C	76%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	5	Luís Saraiva	SC Braga	31:21		03:08	
2	2224	Pedro Saldanha	Individual	31:24	+00:03	03:08	
3	2	Vitor Oliveira	GDC Guilhovai	31:33	+00:12	03:09	
4	10	Paulo Rosário	SL Benfica	32:07	+00:46	03:13	
5	7	Hermano Ferreira	Escola de Atletismo de Coimbra/JPaiva	32:26	+01:05	03:15	
6	575	Luís Rafael Ramos Contente	Escola de Atletismo de Coimbra/JPaiva	33:25	+02:04	03:20	
7	9	Pedro Ribeiro	Prime Running Clube	33:30	+02:09	03:21	
8	571	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	33:31	+02:10	03:21	
9	1217	Steven Lopes de Sá	Individual	33:36	+02:15	03:22	
10	4	José Moreira	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	33:39	+02:18	03:22	
11	577	Ricardo Gaspar	Escola de Atletismo de Coimbra/JPaiva	33:43	+02:22	03:22	
12	2214	João Oliveira	NPCAD	33:54	+02:33	03:23	
13	470	João Pedro Albano	CPT Sobral de Ceira	34:00	+02:39	03:24	
14	1938	André Fonte	Recreio Desportivo de Águeda	34:31	+03:10	03:27	
15	1061	Diogo Ramalheira	Individual	34:36	+03:15	03:28	
16	570	Carlos Costa	Escola de Atletismo de Coimbra/JPaiva	34:41	+03:20	03:28	
17	3	Solange Jesus	SC Braga	34:46	+03:25	03:29	
18	80	Francisco Melícias	AAC-Remo	34:55	+03:34	03:30	
19	68	Leonardo Schwindt	AAC Multisport Triatlo	35:25	+04:04	03:33	
20	2146	Filipe Monteiro Leite	UDV	35:28	+04:07	03:33	
21	2215	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	36:01	+04:40	03:36	
22	566	Ulisses Rodrigues	Escola de Atletismo de Coimbra/JPaiva	36:04	+04:43	03:36	
23	565	David Pinto Carvalheiro	Escola de Atletismo de Coimbra/JPaiva	36:12	+04:51	03:37	
24	270	Carlos Nunes	Casa do Povo de Mangualde	36:14	+04:53	03:37	
25	471	João Pedro Rodrigues	CPT Sobral de Ceira	36:20	+04:59	03:38	
26	79	Diogo Pinheiro	AAC-Remo	36:29	+05:08	03:39	
27	536	William Caetano	Diário de Coimbra	36:30	+05:09	03:39	
28	2201	Ivo Relveiro	Zuna/Ndurance	36:30	+05:09	03:39	
29	572	Filipe Rocha	Escola de Atletismo de Coimbra/JPaiva	36:32	+05:11	03:39	
30	1939	Alberto Fonte	Recreio Desportivo de Águeda	36:33	+05:12	03:39	
31	6	Carla Martinho	Recreio Desportivo de Águeda	36:43	+05:22	03:40	
32	779	Vitor Rito	Gelcentro Team	36:43	+05:22	03:40	
33	252	Nuno Silva	CAL - Clube Atletismo de Lamas	36:50	+05:29	03:41	
34	813	João Pontes	Grupo Recreativo Eirense	37:07	+05:46	03:43	
35	397	Luís Couto	CNI	37:18	+05:57	03:44	
36	1067	Eduardo Costa	Individual	37:19	+05:58	03:44	
37	1215	Samuel Custodio	ARCD Venda da Luisa	37:24	+06:03	03:44	
38	340	Diogo Gomes	CM Coimbra	37:30	+06:09	03:45	
39	476	Vitor Pleno	CPT Sobral de Ceira	37:32	+06:11	03:45	
40	76	Mauro Azevedo	AAC Multisport Triatlo	37:35	+06:14	03:46	
41	528	Nuno Miguel Correia da Silva	DAR- Desportivo Atlético de Recardães	37:36	+06:15	03:46	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	54	Ricardo Simões	AAC Multisport Triatlo	37:41	+06:20	03:46	
43	527	Davide Silva	DAR- Desportivo Atlético de Recardães	37:45	+06:24	03:47	
44	2183	Paulo Costa	Viriathvs Runners Viseu	37:52	+06:31	03:47	
45	1101	João Dias	Individual	37:58	+06:37	03:48	
46	1114	João Marques	Individual	38:06	+06:45	03:49	
47	1455	ALEXANDRE MESTRE	Individual	38:09	+06:48	03:49	
48	277	Luís Miguel Martins	CASCI	38:11	+06:50	03:49	
49	300	Helder Isidoro	Clube Atlético de Oliveira do Hospital	38:13	+06:52	03:49	
50	1206	Rodrigo Santos	Individual	38:15	+06:54	03:49	
51	2070	Joel André Fernandes Mota Ramalhoto	Team El Comandante	38:17	+06:56	03:50	
52	533	diogo reis	Diário de Coimbra	38:19	+06:58	03:50	
53	592	Miguel Pires	Escola de Atletismo de Coimbra/JPaiva	38:20	+06:59	03:50	
54	555	Vitor Oliveira	Diário de Coimbra	38:26	+07:05	03:51	
55	2213	João Pato	Individual	38:34	+07:13	03:51	
56	554	Manuel Vicente	Diário de Coimbra	38:36	+07:15	03:52	
57	51	Eduardo Gonçalves	AAC Multisport Triatlo	38:39	+07:18	03:52	
58	547	Manuel Pinto	Tribo NR	38:41	+07:20	03:52	
59	599	Vitor Godinho	Escola de Atletismo de Coimbra/JPaiva	38:45	+07:24	03:53	
60	794	Gonçalo Pitaça	Gerardo Studio	38:53	+07:32	03:53	
61	343	João Manuel Bento Cardoso	CM Coimbra	39:01	+07:40	03:54	
62	1576	José Santos	Individual	39:06	+07:45	03:55	
63	78	Afonso Castanhola	AAC-Remo	39:11	+07:50	03:55	
64	2094	Francisco Fonseca	THE FIRST RUNNING TEAM	39:13	+07:52	03:55	
65	1519	Paulo Marques	Individual	39:16	+07:55	03:56	
66	1467	Didier de Jesus	Individual	39:27	+08:06	03:57	
67	1974	João Pedro Andrade Rodrigues	Runners Project Trail Team	39:34	+08:13	03:57	
68	185	Rui Rodrigues	Associação Académica de Coimbra	39:35	+08:14	03:57	
69	2218	Rui Gala	Individual	39:36	+08:15	03:58	
70	550	João Almeida	Diário de Coimbra	39:38	+08:17	03:58	
71	1490	Jorge Manuel Matos dos Santos	Individual	39:42	+08:21	03:58	
72	2137	Pedro Manuel Lopes Quelhas	Trail da Amizade Runners	39:42	+08:21	03:58	
73	290	Ricardo Auxiliar	Centro atlético Póvoa pacense	39:43	+08:22	03:58	
74	106	João Simões	ACDRS QUINHENDROS	39:45	+08:24	03:58	
75	1373	David Silva	Individual	39:46	+08:25	03:59	
76	1210	Rui Alberto Ferreira Moutela	Individual	39:47	+08:26	03:59	
77	1745	Fernando Ferreira	Kstudio running team	39:48	+08:27	03:59	
78	1065	Edson Bragança	Individual	39:50	+08:29	03:59	
79	469	Evandro Silva	CPT Sobral de Ceira	39:50	+08:29	03:59	
80	1396	José Lopes	Individual	39:58	+08:37	04:00	
81	281	Fernando Antunes	CDC Macieira de Cambra	39:58	+08:37	04:00	
82	1174	Nuno Freitas	Individual	40:00	+08:39	04:00	
83	443	Armindo Antunes	Coimbra Trail Running	40:13	+08:52	04:01	
84	2206	João Pimentel	Individual	40:15	+08:54	04:01	
85	512	Vitor Daniel de Jesus Ferreira	Dar à Sola	40:21	+09:00	04:02	
86	400	Ricardo Moreira	CNI	40:22	+09:01	04:02	

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OFFICIAL RESULT
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 REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	2203	Paulo Jorge Fernandes	Individual	40:28	+09:07	04:03	
88	646	SEBASTIÃO GORNE	FLASHOVER	40:29	+09:08	04:03	
89	291	Rui silva	Centro atlético Póvoa pacense	40:35	+09:14	04:03	
90	341	Hugo Nunes	CM Coimbra	40:36	+09:15	04:04	
91	2221	Virgilio Figueiredo	Individual	40:44	+09:23	04:04	
92	1338	André Andrade	Individual	40:47	+09:26	04:05	
93	1060	Diogo Pratas	Individual	40:48	+09:27	04:05	
94	1149	Luís Jesus	Individual	40:48	+09:27	04:05	
95	82	João Ferreira	AAC-Remo	40:50	+09:29	04:05	
96	57	Filipa Santos	AAC Multisport Triatlo	40:53	+09:32	04:05	
97	1159	Marco Pires	Individual	40:57	+09:36	04:06	
98	843	Ricardo Agostinho	HOT.Runners	41:00	+09:39	04:06	
99	296	Mário José dos Santos Henriques	Clube Atlético de Oliveira do Hospital	41:02	+09:41	04:06	
100	405	Vítor Nunes	CNI	41:04	+09:43	04:06	
101	814	Tiago Ferraz	Grupo Recreativo Eirense	41:05	+09:44	04:06	
102	1761	António Ferreira	Lobos da Serra - Loureiro	41:07	+09:46	04:07	
103	1521	Pedro Canha	Individual	41:07	+09:46	04:07	
104	1802	Luis Vilela	Montanha Clube Trail Running/EFAPEL	41:08	+09:47	04:07	
105	1043	Daniel Guedes	Individual	41:12	+09:51	04:07	
106	1389	Joao Barateiro Diogo	Individual	41:15	+09:54	04:07	
107	2216	Pedro Boleixa	Associação Cultural Sambrazense	41:15	+09:54	04:08	
108	335	Luis Santos	CluVe	41:17	+09:56	04:08	
109	1357	Arnaldo Mendes	Individual	41:18	+09:57	04:08	
110	1176	Nuno Miguel Moura Cachulo	Individual	41:18	+09:57	04:08	
111	1204	Rodrigo Fernandes Pinhal	Individual	41:26	+10:05	04:09	
112	584	Célia Alves	Escola de Atletismo de Coimbra/JPaiva	41:28	+10:07	04:09	
113	770	José Marinho	FOCUS_TUU	41:29	+10:08	04:09	
114	694	Bruno Mikael	FOCUS_TUU	41:31	+10:10	04:09	
115	1517	Paulo César Silva	Individual	41:32	+10:11	04:09	
116	342	João Costa	CM Coimbra	41:34	+10:13	04:09	
117	713	Nuno Simões	FOCUS_TUU	41:34	+10:13	04:09	
118	2065	António Miguel Duarte da Silva	STORYBUGGIES - TRAIL DO SERROTE	41:41	+10:20	04:10	
119	1607	António amado	Individual	41:47	+10:26	04:11	
120	1146	Luís Andrade	Individual	41:50	+10:29	04:11	
121	74	Rui Silva	AAC Multisport Triatlo	42:02	+10:41	04:12	
122	1051	David Rafael Bernardo Soares	Individual	42:10	+10:49	04:13	
123	1208	Rúben Rodrigues	Individual	42:10	+10:49	04:13	
124	1762	João Carvalho	Lobos da Serra - Loureiro	42:15	+10:54	04:13	
125	844	Rodrigo Quelhas	HOT.RUNNERS	42:15	+10:54	04:14	
126	857	Artur Miguel Ferrão Vieira	HOT.Runners	42:22	+11:01	04:14	
127	1178	Nuno Nuno Ramos	Individual	42:26	+11:05	04:15	
128	749	Nuno Gomes	FOCUS_TUU	42:27	+11:06	04:15	
129	2142	João Margarido	Trepanelas / Prifer	42:30	+11:09	04:15	
130	269	Luis Neves	Casa do Povo de Mangualde	42:32	+11:11	04:15	
131	56	Sandro Touil	AAC Multisport Triatlo	42:35	+11:14	04:15	
132	67	Ivo Magalhães	AAC Multisport Triatlo	42:36	+11:15	04:16	

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10 KM

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REVISED

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	1780	Rodrigo Dias	Miro trail	42:37	+11:16	04:16	
134	253	Carlos Cardoso	CAL - Clube Atletismo de Lamas	42:38	+11:17	04:16	
135	1098	João Antunes	Individual	42:39	+11:18	04:16	
136	65	Rui Nunes	AAC Multisport Triatlo	42:42	+11:21	04:16	
137	268	André Nunes	Casa do Povo de Mangualde	42:43	+11:22	04:16	
138	1295	Lígia Casimiro	Individual	42:46	+11:25	04:17	
139	1124	João Rolim	Individual	42:58	+11:37	04:18	
140	188	Pedro Gerardo	Associação Académica de Coimbra	43:01	+11:40	04:18	
141	104	Bruno B. Ferreira	ACDRS QUINHENDROS	43:04	+11:43	04:18	
142	475	Renato Rodrigues	CPT Sobral de Ceira	43:08	+11:47	04:19	
143	1787	Joselito Pereira	Miro trail	43:09	+11:48	04:19	
144	1071	Fábio Antunes	Individual	43:09	+11:48	04:19	
145	61	Luis Carreira	AAC Multisport Triatlo	43:10	+11:49	04:19	
146	178	Miguel Fonseca Monteiro	ARSM - Associação Recreativa de S. Miguel	43:12	+11:51	04:19	
147	118	Manuel António Roseiro Ferreira	ADABEM RUNNING team	43:14	+11:53	04:19	
148	2122	Cláudio Rafael Sequeira Matos	THE FIRST RUNNING TEAM	43:17	+11:56	04:20	
149	1112	João Lopes	Individual	43:18	+11:57	04:20	
150	567	Cátia rodrigues	Escola de Atletismo de Coimbra/JPaiva	43:18	+11:57	04:20	
151	1230	Vítor Coelho	Individual	43:21	+12:00	04:20	
152	1785	Eugénio Santos	Miro Trail	43:22	+12:01	04:20	
153	1057	Diogo Goncalves	Individual	43:23	+12:02	04:20	
154	428	Gilberto Modiz	Coimbra Trail Running	43:23	+12:02	04:20	
155	97	Bruno Costa	Academia de Desportos de Condeixa	43:24	+12:03	04:20	
156	2038	Bruno Martelo	Sky.runners	43:32	+12:11	04:21	
157	287	Ricardo Noémio Mendes Cruz	CDCamarneira	43:33	+12:12	04:21	
158	2220	Bruno Bernardes	Cluve	43:47	+12:26	04:23	
159	1613	António Ribeiro	Individual	43:48	+12:27	04:23	
160	751	Pedro Bento	FOCUS_TUU	43:49	+12:28	04:23	
161	1155	Manuel Loureiro	Individual	43:54	+12:33	04:23	
162	344	João Mateus	CM Coimbra	44:03	+12:42	04:24	
163	50	Diogo Guerra	AAC Multisport Triatlo	44:08	+12:47	04:25	
164	2029	Mário Aragão	Sky.runners	44:08	+12:47	04:25	
165	1834	André Monteiro	OS (IN)CANSÁVEIS	44:11	+12:50	04:25	
166	1412	Miguel Pereira	Individual	44:19	+12:58	04:26	
167	1023	Andre Vitor	Individual	44:20	+12:59	04:26	
168	395	Artur Jorge Henriques Gândara	CNI	44:22	+13:01	04:26	
169	271	Carlos Almeida	Casa do Povo de Mangualde	44:27	+13:06	04:27	
170	1816	Sérgio Ruela	O Praticante	44:28	+13:07	04:27	
171	1405	Luis Pereira	Individual	44:30	+13:09	04:27	
172	1196	Ricardo Lopes	Individual	44:31	+13:10	04:27	
173	1689	Pieter van de Wiel	Individual	44:33	+13:12	04:27	
174	439	Nuno Vasconcelos de Carvalho	Coimbra Trail Running	44:38	+13:17	04:28	
175	21	Marco Almeida	29/07	44:38	+13:17	04:28	
176	1562	Hilário Espadilha	Individual	44:38	+13:17	04:28	
177	444	Carlos Manuel	Coimbra Trail Running	44:40	+13:19	04:28	
178	479	Celso Pereira	CPT Sobral de Ceira	44:42	+13:21	04:28	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	1154	Luís Silva	Individual	44:44	+13:23	04:28	
180	1425	Pedro Eufrásio	Individual	44:50	+13:29	04:29	
181	100	Paulo Nunes	Academia de Desportos de Condeixa	44:53	+13:32	04:29	
182	2124	Marco Brásio	THE FIRST RUNNING TEAM	44:56	+13:35	04:30	
183	70	Pedro Figueira	AAC Multisport Triatlo	45:02	+13:41	04:30	
184	651	VITOR GOMES	FLASHOVER	45:03	+13:42	04:30	
185	502	António Silva	CTCV Fast & Furious	45:06	+13:45	04:31	
186	596	Luc Hennetier	Escola de Atletismo de Coimbra/JPaiva	45:06	+13:45	04:31	
187	790	Francisco Reis Pinto	Gerardo Studio	45:06	+13:45	04:31	
188	2182	Manuel campos	Viriathvs Runners Viseu	45:08	+13:47	04:31	
189	532	Daniela Assunção	Diário de Coimbra	45:11	+13:50	04:31	
190	1501	Mario Joao Reis Gonçalves	Individual	45:14	+13:53	04:31	
191	1510	Nuno Henriques	Individual	45:18	+13:57	04:32	
192	541	Júlia Santos	Diário de Coimbra	45:20	+13:59	04:32	
193	55	Rui Melo	AAC Multisport Triatlo	45:27	+14:06	04:33	
194	1434	Ruben Duarte Fernandes	Individual	45:27	+14:06	04:33	
195	1708	César Tafula	JANGA	45:29	+14:08	04:33	
196	590	Pedro Marques	Escola de Atletismo de Coimbra/JPaiva	45:29	+14:08	04:33	
197	2168	Micael Santos	Vieira Team	45:30	+14:09	04:33	
198	1087	Gustavo Gama	Individual	45:30	+14:09	04:33	
199	1962	André Assena	RM Runners	45:30	+14:09	04:33	
200	480	David Patricio Santos	CPT Sobral de Ceira	45:31	+14:10	04:33	
201	177	Maria João Vieira	ARSM - Associação Recreativa de S. Miguel	45:32	+14:11	04:33	
202	2152	João Filipe dos Santos Faria	URCR Team 2023	45:33	+14:12	04:33	
203	958	Lurdes do Rosario da Costa Gonçalves	Individual	45:34	+14:13	04:33	
204	1859	Rui Silva	Os Papa Milhas	45:35	+14:14	04:33	
205	160	João Silva	ARCD Venda da Luisa	45:36	+14:15	04:34	
206	173	Basílio Simões	ARCD Venda da Luisa	45:36	+14:15	04:34	
207	1800	Bruno Marques	Montanha Clube Trail Running/EFAPEL	45:37	+14:16	04:34	
208	2185	Palmira quinhama	Walkandrun-we run	45:38	+14:17	04:34	
209	880	Marco Ribeiro Catarino	Individual	45:38	+14:17	04:34	
210	184	Fábio Samuel Marques	Associação Académica de Coimbra	45:39	+14:18	04:34	
211	333	Gonçalo Carvalho	CluVe	45:40	+14:19	04:34	
212	1756	Nuno Oliveira	Lobitos BikeTeam	45:40	+14:19	04:34	
213	1592	Paulo Cardoso	Individual	45:45	+14:24	04:35	
214	1573	José Lúcio Ventura Santos	Individual	45:48	+14:27	04:35	
215	1225	Tiago Vitória	Individual	45:48	+14:27	04:35	
216	1648	PEDRO VICENTE	Individual	45:49	+14:28	04:35	
217	190	PAULO SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	45:51	+14:30	04:35	
218	110	Filipe Carvalheiro	ACRM Silveirinha Grande Claras	45:55	+14:34	04:36	
219	1978	Gonçalo Marques	Runners&Friends	45:57	+14:36	04:36	
220	1022	André Simões	Individual	45:57	+14:36	04:36	
221	1719	Nelson Santos	Jovase Trail Running	45:58	+14:37	04:36	
222	1718	David Couto	Jovase Trail Running	46:00	+14:39	04:36	
223	815	Miguel Coimbra	Grupo Recreativo Eirense	46:01	+14:40	04:36	

CORRIDA - STAGE 1**10 KM****R**
REVISED**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	60	Filipe Canilho	AAC Multisport Triatlo	46:02	+14:41	04:36	
225	1528	Ricardo Veiga	Individual	46:02	+14:41	04:36	
226	1161	Mário Rui Nogueira	Individual	46:05	+14:44	04:36	
227	1126	JOAO TIAGO TEIXEIRA GARRIDO	Individual	46:05	+14:44	04:37	
228	1409	Marco Simões	Individual	46:10	+14:49	04:37	
229	556	Joaquim Godinho	Diário de Coimbra	46:12	+14:51	04:37	
230	1157	Marcel Santos	Individual	46:13	+14:52	04:37	
231	121	Sérgio Cruz	ADCP PEDRALVA	46:15	+14:54	04:38	
232	1384	Gustavo Barros	Individual	46:15	+14:54	04:38	
233	1454	Alexandre mendes	Individual	46:16	+14:55	04:38	
234	2047	Paulo Pires	Sosense trail team Braga e Fernandes	46:16	+14:55	04:38	
235	2085	Nelson Meco	TEAM MC FORUM	46:16	+14:55	04:38	
236	49	Diogo Cacho	AAC Multisport Triatlo	46:16	+14:55	04:38	
237	73	Rui Pereira	AAC Multisport Triatlo	46:18	+14:57	04:38	
238	301	Rafael Delaunay Gomes	Clube Atlético de Oliveira do Hospital	46:19	+14:58	04:38	
239	1475	Filipe Almeida Fernandes	Individual	46:19	+14:58	04:38	
240	531	Pedro Ribeiro	Denthitech/ Fisiopatelar	46:19	+14:58	04:38	
241	548	Paulo Maia	Diário de Coimbra	46:20	+14:59	04:38	
242	1713	Fábio Costa	Joca não dói	46:20	+14:59	04:38	
243	1716	Samuel Martinho	Joca não dói	46:20	+14:59	04:38	
244	460	Ricardo Queirós	Corredores de Fim de Semana	46:21	+15:00	04:38	
245	1450	Vítor Ribeiro	Individual	46:22	+15:01	04:38	
246	1736	Catarina Sousa	Kstudio running team	46:23	+15:02	04:38	
247	1723	Ana Miguel Nogueira	Kstudio running team	46:24	+15:03	04:38	
248	1542	Antonio Rogério Cruz Simões Almeida	Individual	46:27	+15:06	04:39	
249	811	Adérito Curto	Gira Sol	46:28	+15:07	04:39	
250	181	PEDRO SIMÕES	ARSM - Associação Recreativa de S. Miguel	46:28	+15:07	04:39	
251	1618	EUGENIO NEVES	Individual	46:29	+15:08	04:39	
252	1705	Jorge Daniel da Silva Pimenta	IPNrunners	46:29	+15:08	04:39	
253	1958	José Carvalho	RM Runners	46:30	+15:09	04:39	
254	66	Rui Trovão	AAC Multisport Triatlo	46:31	+15:10	04:39	
255	693	Alexandre Pereira	FOCUS_TUU	46:31	+15:10	04:39	
256	1919	Tiago da Cruz	R G Levanta Poeira	46:31	+15:10	04:39	
257	1144	Leandro Emanuel Baptista Cardoso	Individual	46:32	+15:11	04:39	
258	191	José Sousa	Associação de Atletismo Lebres do Sado	46:34	+15:13	04:39	
259	81	Gonçalo Delgado	AAC-Remo	46:34	+15:13	04:39	
260	1759	Nuno Madeira	Lobos da Serra - Loureiro	46:35	+15:14	04:39	
261	792	Francisco Silva	Gerardo Studio	46:35	+15:14	04:40	
262	549	Américo Almeida	Diário de Coimbra	46:36	+15:15	04:40	
263	890	Ana Ramalho	Individual	46:37	+15:16	04:40	
264	373	Silvio Oliveira	CM Coimbra	46:39	+15:18	04:40	
265	765	Pedro Craveiro	FOCUS_TUU	46:42	+15:21	04:40	
266	1417	Nuno Marques	Individual	46:42	+15:21	04:40	
267	832	Bruno Cardoso	HOT.Runners	46:43	+15:22	04:40	
268	285	Nuno Ricardo Pereira Francisco	CDCamarneira	46:43	+15:22	04:40	

CORRIDA - STAGE 1
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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	579	Clara Rodrigues	Escola de Atletismo de Coimbra/JPaiva	46:43	+15:22	04:40	
270	826	Flávia Ferraz	HOT.RUNNERS	46:44	+15:23	04:40	
271	869	João Paulo	HOT.RUNNERS	46:44	+15:23	04:40	
272	1571	JOSÉ DIAS	Individual	46:45	+15:24	04:40	
273	453	Paulo Carvalho	Coimbra Trail Running	46:45	+15:24	04:40	
274	1593	Paulo Figueira	Individual	46:45	+15:24	04:41	
275	1897	Ricardo Lopes Gomes	Pé de atleta	46:46	+15:25	04:41	
276	1024	Angelo Fonseca	Individual	46:49	+15:28	04:41	
277	1372	Daniel Gomes	Individual	46:51	+15:30	04:41	
278	788	Diogo Gerardo	Gerardo Studio	46:51	+15:30	04:41	
279	1422	Paulo Silva	Individual	46:52	+15:31	04:41	
280	1983	Egídio Neves	Runners&Friends	46:53	+15:32	04:41	
281	1577	José Vitor Vieira	Individual	46:53	+15:32	04:41	
282	1999	CARLOS ALBERTO DA SILVA PIRES	SACA TRILHOS ANADIA	46:54	+15:33	04:41	
283	200	Miguel Figueiredo	Atletas ao Domingo	46:54	+15:33	04:41	
284	108	Joel Santos	ACRM Silveirinha Grande Claras	46:56	+15:35	04:42	
285	783	Catarina Mouraz	Gerardo Studio	46:58	+15:37	04:42	
286	186	José Carlos Simões	Associação Académica de Coimbra	46:59	+15:38	04:42	
287	187	Mário Carapinho	Associação Académica de Coimbra	47:00	+15:39	04:42	
288	2048	Paulo Cruz	Sosensebtttrail-braga&fernandes	47:00	+15:39	04:42	
289	1167	Miguel Pereira	Individual	47:02	+15:41	04:42	
290	1222	Tiago João Louro Galvão	Individual	47:03	+15:42	04:42	
291	1125	João Teles	Individual	47:04	+15:43	04:42	
292	2171	DOUGLAS GOMES SERDEIRA	VIPTTEAM	47:10	+15:49	04:43	
293	2179	DANIEL TOMÉ VASCONCELOS MARQUES TOSCANO	VIPTTEAM	47:10	+15:49	04:43	
294	1814	Luís Vargas	NUCLEO SCP CONDEIXA	47:10	+15:49	04:43	
295	563	David Pinho	Domus Trail	47:14	+15:53	04:43	
296	553	José Pereira	Diário de Coimbra	47:18	+15:57	04:44	
297	1701	Fábio Cerejo	IPNrunners	47:19	+15:58	04:44	
298	1032	Carlos Oliveira	Individual	47:19	+15:58	04:44	
299	1026	António Encarnação	Individual	47:20	+15:59	04:44	
300	1097	João Afonso Baptista Marques	Individual	47:20	+15:59	04:44	
301	1376	Eduardo Jorge Penacho Ribeiro	Individual	47:21	+16:00	04:44	
302	427	Filipe Semedo	Coimbra Trail Running	47:24	+16:03	04:44	
303	1113	João Marques	Individual	47:24	+16:03	04:44	
304	600	Luís Oliveira	Escola de Atletismo de Coimbra/JPaiva	47:25	+16:04	04:44	
305	1976	Marco Paulo Bela Simões	Runners Project Trail Team	47:26	+16:05	04:45	
306	438	Eduardo Baptista	Coimbra Trail Running	47:28	+16:07	04:45	
307	1028	António Sales	Individual	47:28	+16:07	04:45	
308	1445	Tiago Lopes	Individual	47:29	+16:08	04:45	
309	627	João Salgado	Família Salgados	47:29	+16:08	04:45	
310	1560	Hélder Piedade	Individual	47:31	+16:10	04:45	
311	585	Dora Serra	Escola de Atletismo de Coimbra/JPaiva	47:32	+16:11	04:45	
312	1135	José Diogo Mendes Carvalho	Individual	47:34	+16:13	04:45	
313	183	José Canha	Assempark Atletismo	47:35	+16:14	04:46	

Official Timekeeper: Lap2Go	7 / 41	generate 18-dez-2023 10:33
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CORRIDA - STAGE 1
10 KM
OFFICIAL RESULT


RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
314	1047	Daniel Silva Gaspar	Individual	47:35	+16:14	04:46	
315	1077	Filipe Duarte	Individual	47:36	+16:15	04:46	
316	2127	Nuno Mendes	THE FIRST RUNNING TEAM	47:38	+16:17	04:46	
317	455	Fernando Alhau	Coimbra Trail Running	47:38	+16:17	04:46	
318	139	Bruno Rei	AllforOne	47:38	+16:17	04:46	
319	347	Renato Parreira	CM Coimbra	47:40	+16:19	04:46	
320	345	Leonardo Rafael Ferreira da Cruz	CM Coimbra	47:40	+16:19	04:46	
321	603	Hugo Leiria Neves	Escola Superior de Enfermagem de Coimbra	47:41	+16:20	04:46	
322	1789	joão matos	Miro trail	47:42	+16:21	04:46	
323	1462	Carlos Matos	Individual	47:46	+16:25	04:47	
324	1654	Silvério Pinto	Individual	47:47	+16:26	04:47	
325	223	João Ricardo Lopes	Bluepharma	47:50	+16:29	04:47	
326	1561	Henrique Amador	Individual	47:52	+16:31	04:47	
327	447	Nuno Coelho	Coimbra Trail Running	47:53	+16:32	04:47	
328	2076	Jorge Lemos	Team JM Fitness	47:54	+16:33	04:47	
329	1583	Marcelo Coutinho	Individual	47:56	+16:35	04:48	
330	1765	Carlos Silva	Lobos da Serra - Loureiro	47:58	+16:37	04:48	
331	1064	Edgar Pratas	Individual	47:59	+16:38	04:48	
332	1359	Artur Rocha	Individual	48:00	+16:39	04:48	
333	1395	José Diniz	Individual	48:00	+16:39	04:48	
334	1387	Henrique Carvalheiro	Individual	48:01	+16:40	04:48	
335	52	Fábio Veríssimo	AAC Multisport Triatlo	48:01	+16:40	04:48	
336	2219	Gonçalo Fileno	Individual	48:04	+16:43	04:48	
337	1520	paulo pinheiro	Individual	48:04	+16:43	04:48	
338	2155	Rúben Filipe Baia Mendes Teixeira	URCR Team 2023	48:06	+16:45	04:49	
339	461	João Martim Miguéis Lourenço	CORRER POR GOSTO	48:06	+16:45	04:49	
340	1595	Pedro Barros	Individual	48:11	+16:50	04:49	
341	1116	João Martins	Individual	48:11	+16:50	04:49	
342	1171	Nelson Rodrigues	Individual	48:14	+16:53	04:49	
343	334	Luis Costa	CluVe	48:14	+16:53	04:49	
344	128	Paulo Madeira	Adões Trail	48:17	+16:56	04:50	
345	717	Tiago Carvalho	FOCUS_TUU	48:18	+16:57	04:50	
346	1136	José Freitas	Individual	48:19	+16:58	04:50	
347	1218	Tiago António Gadim Novo	Individual	48:20	+16:59	04:50	
348	2129	José Proença	TRAIL - Grupo Desportivo de Trancoso	48:22	+17:01	04:50	
349	1494	José Martins	Individual	48:22	+17:01	04:50	
350	1448	Vagner Marques	Individual	48:23	+17:02	04:50	
351	2008	Joaquim Frade	Serviços Sociais da Caixa Geral de Depósitos	48:25	+17:04	04:50	
352	448	Edgar Semedo	Coimbra Trail Running	48:25	+17:04	04:51	
353	841	Marco Marreiro	HOT.Runners	48:27	+17:06	04:51	
354	442	Tiago Almeida	Coimbra Trail Running	48:29	+17:08	04:51	
355	1530	Rui Martins	Individual	48:30	+17:09	04:51	
356	303	Vasco Manuel de Campos Figueiredo	Clube Atlético de Oliveira do Hospital	48:30	+17:09	04:51	
357	2141	Carlos Eduardo Domingues	Trepanelas / Prifer	48:31	+17:10	04:51	
358	1398	José Miguel de Jesus Perdigão	Individual	48:32	+17:11	04:51	

CORRIDA - STAGE 1
10 KM
OFFICIAL RESULT


RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
405	375	Virgílio Neto	CM Coimbra	49:09	+17:48	04:55	
406	1950	Paulo Silva	Remax White	49:09	+17:48	04:55	
407	1207	Rúben Filipe Pragosa Almeida	Individual	49:10	+17:49	04:55	
408	643	MÁRIO FERREIRA	FLASHOVER	49:11	+17:50	04:55	
409	477	Rui Figueiredo	CPT Sobral de Ceira	49:14	+17:53	04:55	
410	1092	Hugo Caetano	Individual	49:16	+17:55	04:56	
411	1010	André Carvalheira	Individual	49:18	+17:57	04:56	
412	714	Pedro Martins	FOCUS_TUU	49:20	+17:59	04:56	
413	2148	Laura Santos Lopes	URCR Team 2023	49:20	+17:59	04:56	
414	451	Jorge Tiago	Coimbra Trail Running	49:23	+18:02	04:56	
415	1966	Rui Cainé	RM Runners	49:25	+18:04	04:57	
416	1413	Nuno Afonso	Individual	49:29	+18:08	04:57	
417	1658	VITOR PEREIRA	Individual	49:29	+18:08	04:57	
418	485	Paulo Dias	Crazy Runners	49:31	+18:10	04:57	
419	2156	Rui Manuel de Sousa Lopes	URCR Team 2023	49:33	+18:12	04:57	
420	1199	Roberto Dias	Individual	49:34	+18:13	04:57	
421	1552	Esmael Naves	Individual	49:38	+18:17	04:58	
422	1769	Pedro Maia	M4A	49:38	+18:17	04:58	
423	1682	Jorge Santos	Individual	49:38	+18:17	04:58	
424	1768	Luis Almeida	M4A	49:39	+18:18	04:58	
425	282	José Manuel dos Santos Quinta	CDCamarneira	49:40	+18:19	04:58	
426	142	Carlos Campos	Ameal Trail	49:40	+18:19	04:58	
427	237	Ricardo Ruas	BoraBora, Vamos Lá!	49:40	+18:19	04:58	
428	474	Manuela Gonçalves	CPT Sobral de Ceira	49:42	+18:21	04:58	
429	1476	Filipe Duarte Marques	Individual	49:42	+18:21	04:58	
430	2173	TIAGO MARQUES	VIPTEAM	49:42	+18:21	04:58	
431	436	Alvaro Pinheiro	Coimbra Trail Running	49:43	+18:22	04:58	
432	101	Vitor Fonseca	Academia de Desportos de Condeixa	49:43	+18:22	04:58	
433	861	Marco Veloso	HOT.RUNNERS	49:44	+18:23	04:58	
434	830	Rita Domingos	HOT.Runners	49:44	+18:23	04:58	
435	2108	Luis Bornes	THE FIRST RUNNING TEAM	49:46	+18:25	04:59	
436	1777	Tomás Pereira	Miro trail	49:46	+18:25	04:59	
437	1015	André José Fernandes Martins	Individual	49:46	+18:25	04:59	
438	88	Hugo Neves	Academia de Desportos de Condeixa	49:47	+18:26	04:59	
439	745	Diogo Brandão	FOCUS_TUU	49:48	+18:27	04:59	
440	1924	Paulo Providência	R G Levanta Poeira	49:49	+18:28	04:59	
441	1416	Nuno Leal	Individual	49:51	+18:30	04:59	
442	120	Mário Miguel Ferreira	ADCP PEDRALVA	49:51	+18:30	04:59	
443	98	João Teles	Academia de Desportos de Condeixa	49:51	+18:30	04:59	
444	1402	Kevin Cruz	Individual	49:53	+18:32	04:59	
445	150	João Santiago	Anaquim	49:57	+18:36	05:00	
446	1368	Carlos Ribeiro	Individual	49:58	+18:37	05:00	
447	227	André Carvalho	Bluepharma	49:58	+18:37	05:00	
448	703	Gonçalo Santos	FOCUS_TUU	50:00	+18:39	05:00	
449	1139	José Miguel Assafrão Craveiro	Individual	50:00	+18:39	05:00	
450	1365	Bruno Miguel Bernardes de Jesus	Individual	50:02	+18:41	05:00	

CORRIDA - STAGE 1
10 KM
OFFICIAL RESULT


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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
451	1507	Nuno Miguel Sampaio	Individual	50:04	+18:43	05:00	
452	542	Manuela Mendes	Diário de Coimbra	50:05	+18:44	05:01	
453	1597	Pedro Jacinto	Individual	50:06	+18:45	05:01	
454	2044	João Nascimento	Somisis	50:08	+18:47	05:01	
455	2073	josé carlos santos	Team El Comandante	50:09	+18:48	05:01	
456	1393	Rui Canudo	RM Runners	50:11	+18:50	05:01	
457	526	Maribel Cardoso Correia da Graça	DAR- Desportivo Atlético de Recardães	50:13	+18:52	05:01	
458	250	Antonio Moreira	Cafe Consolado	50:13	+18:52	05:01	
459	170	Jody Fernandes Rato	ARCD Venda da Luisa	50:14	+18:53	05:01	
460	17	João Manuel Lopes Sequeira	111 SPORT	50:15	+18:54	05:01	
461	1228	Tomás Fernandes Cadete	Individual	50:19	+18:58	05:02	
462	289	Carlos Manuel Pedro	CDCamarneira	50:20	+18:59	05:02	
463	710	Luís Gonzaga	FOCUS_TUU	50:20	+18:59	05:02	
464	1694	Fernando Costa	Inter de Limão	50:21	+19:00	05:02	
465	776	Bruno Martins	Gelcentro Team	50:22	+19:01	05:02	
466	840	Luís Venâncio	HOT.Runners	50:23	+19:02	05:02	
467	1074	Fausto Emanuel Forte dos Reis	Individual	50:23	+19:02	05:02	
468	1474	Fernando Manuel Rocha Freire	Individual	50:23	+19:02	05:02	
469	1214	Rui Marcelino	Individual	50:24	+19:03	05:02	
470	1482	Gonçalo Padilha	Individual	50:24	+19:03	05:02	
471	1634	Tiago Matias	Individual	50:25	+19:04	05:03	
472	146	Pedro Relvão	Ameal Trail	50:25	+19:04	05:03	
473	429	Rodrigo Santos	Coimbra Trail Running	50:26	+19:05	05:03	
474	392	Gabriela Marques	CNI	50:28	+19:07	05:03	
475	1261	Marina Silva	Individual	50:28	+19:07	05:03	
476	1194	Ricardo Bica	Individual	50:29	+19:08	05:03	
477	179	João Rosinha	ARSM - Associação Recreativa de S. Miguel	50:31	+19:10	05:03	
478	2052	Ernesto Nabeiro	Soure Mov	50:32	+19:11	05:03	
479	1200	Rodolfo Silva	Individual	50:34	+19:13	05:03	
480	1954	Hélder Costa	Remax White	50:34	+19:13	05:03	
481	1610	Antonio Gomes	Individual	50:35	+19:14	05:04	
482	1771	Ana Gomes	MEIA DÚZIA	50:36	+19:15	05:04	
483	1075	Fernando Jorge Rodrigues do Rosário	Individual	50:37	+19:16	05:04	
484	2113	Valter Afonso	THE FIRST RUNNING TEAM	50:38	+19:17	05:04	
485	465	Maria Cândida Miguéis	CORRER POR GOSTO	50:38	+19:17	05:04	
486	1473	Fernando de Sousa	Individual	50:41	+19:20	05:04	
487	1099	João Carreira	Individual	50:43	+19:22	05:04	
488	1411	Miguel Forte	Individual	50:43	+19:22	05:04	
489	1982	Vitor Gomes	Runners&Friends	50:46	+19:25	05:05	
490	1747	Ana Teresa Machado	Lábios Vermelhos	50:47	+19:26	05:05	
491	1772	joaquim silva	MEIA DÚZIA	50:47	+19:26	05:05	
492	136	Diogo Carvalheira	Alguém que nos compre	50:48	+19:27	05:05	
493	1464	Celso Rafael Gonçalves de Carvalho	Individual	50:48	+19:27	05:05	
494	1444	Tiago Carvalho	Individual	50:49	+19:28	05:05	
495	1687	Manuel Carvalho dos Santos	Individual	50:49	+19:28	05:05	

CORRIDA - STAGE 1
10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
542	224	Joel Esteves	Bluepharma	51:36	+20:15	05:10	
543	1318	Carla Martins	Individual	51:36	+20:15	05:10	
544	821	Carla Marques	HOT.RUNNERS	51:38	+20:17	05:10	
545	763	Isaiás Reis	FOCUS_TUU	51:39	+20:18	05:10	
546	862	Miguel Sequeira	HOT.Runners	51:39	+20:18	05:10	
547	1019	André Pires	Individual	51:40	+20:19	05:10	
548	450	João Nunes	Coimbra Trail Running	51:40	+20:19	05:10	
549	2210	José Abade	CluVe	51:41	+20:20	05:10	
550	2030	Miguel Cabrita	Sky.runners	51:41	+20:20	05:10	
551	1656	Virgílio Oliveira	Individual	51:42	+20:21	05:10	
552	1403	Luis Carvalho	Individual	51:43	+20:22	05:10	
553	1341	Maria Noémia Rodrigues Sequeira	Individual	51:43	+20:22	05:10	
554	1941	Luís André de Carvalho Marques	Reload - Exercício e Saúde	51:43	+20:22	05:10	
555	472	Joana Moutela	CPT Sobral de Ceira	51:44	+20:23	05:10	
556	1645	Paulo Fernandes	Individual	51:45	+20:24	05:11	
557	1754	Pedro Santos	Lobitos BikeTeam	51:48	+20:27	05:11	
558	1902	Miguel Freire	Pião a Correr	51:50	+20:29	05:11	
559	1644	Octavio Sergio R. Linhares	Individual	51:50	+20:29	05:11	
560	754	José Luís Nunes	FOCUS_TUU	51:51	+20:30	05:11	
561	2003	Gonçalo Gomes	Sem sede	51:52	+20:31	05:11	
562	176	Luis inacio	ARSM - Associação Recreativa de S. Miguel	51:52	+20:31	05:11	
563	109	Monica Jordão	ACRM Silveirinha Grande Claras	51:53	+20:32	05:11	
564	2153	João Nuno Lourenço Silveira	URCR Team 2023	51:54	+20:33	05:11	
565	276	João Nuno Garcia Teixeira	CASCI	51:54	+20:33	05:11	
566	806	Vitor Ribas	Gerardo Studio	51:54	+20:33	05:11	
567	1481	Frederico Marques	Individual	51:55	+20:34	05:11	
568	260	ANTÓNIO RASTEIRO	CASA BAÍA TERTÚLIA DA VELHA CABRA	51:57	+20:36	05:12	
569	1672	Jorge Manuel Cruz Campos	Individual	51:59	+20:38	05:12	
570	1429	Pedro Ricardo Coelho Gonçalves	Individual	51:59	+20:38	05:12	
571	162	Tiago Pires	ARCD Venda da Luisa	52:00	+20:39	05:12	
572	1722	Rui Manuel Pacheco Duarte	Karrapateira 1919	52:00	+20:39	05:12	
573	1326	Maria de Fátima Fidalgo Lopes	Individual	52:00	+20:39	05:12	
574	787	Daniel Pires	Gerardo Studio	52:01	+20:40	05:12	
575	538	Catarina Baptista	Diário de Coimbra	52:02	+20:41	05:12	
576	1031	Carlos Manuel Simões Pereira	Individual	52:04	+20:43	05:12	
577	1272	Paulo Carnim	Individual	52:06	+20:45	05:13	
578	1191	Rafael Areias	Individual	52:06	+20:45	05:13	
579	486	Cláudio Sousa	Crazy Runners	52:06	+20:45	05:13	
580	777	Diogo Bastos	Gelcentro Team	52:07	+20:46	05:13	
581	1484	Hugo Oliveira	Individual	52:07	+20:46	05:13	
582	445	Diogo Reis	Coimbra Trail Running	52:08	+20:47	05:13	
583	1670	Joaquim Alvarinhas	Individual	52:10	+20:49	05:13	
584	1600	Rui Manuel da Rosa Colaço	Individual	52:12	+20:51	05:13	
585	564	Jorge Laranjeiro	Domus Trail	52:13	+20:52	05:13	
586	1263	Marta Rosa	Individual	52:18	+20:57	05:14	
587	1959	Rudy Baptista	RM Runners	52:20	+20:59	05:14	

CORRIDA - STAGE 1

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R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
588	85	Carlos Lopes	AAC-Remo	52:20	+20:59	05:14	
589	773	ALVARO PORTUGAL	FOCUS_TUU	52:22	+21:01	05:14	
590	1673	Jorge Manuel Saraiva	Individual	52:23	+21:02	05:14	
591	1093	Hugo Nobre	Individual	52:23	+21:02	05:14	
592	239	Filomena Maria da Costa Marqus	Botão Camp	52:26	+21:05	05:15	
593	668	Catarina Amaral	FOCUS_TUU	52:29	+21:08	05:15	
594	1129	Jônatas Augusto Manzolli	Individual	52:30	+21:09	05:15	
595	1362	Bruno Filipe Venâncio Leal Rodrigues	Individual	52:31	+21:10	05:15	
596	1265	Milena Rouxinol	Individual	52:36	+21:15	05:16	
597	385	Ricardo Madureira	CM Coimbra	52:37	+21:16	05:16	
598	1086	Gustavo de Almeida Madureira	Individual	52:37	+21:16	05:16	
599	1686	Júlio Gonçalves	Individual	52:38	+21:17	05:16	
600	388	Marco Nobre	CNI	52:38	+21:17	05:16	
601	390	Telmo Santos	CNI	52:38	+21:17	05:16	
602	387	Joao Carvalho	CNI	52:40	+21:19	05:16	
603	369	João Ramos	CM Coimbra	52:40	+21:19	05:16	
604	513	Carlos Silva	Dar à Sola	52:41	+21:20	05:16	
605	425	Paulo Tavares	Coimbra Functional Fitness	52:43	+21:22	05:16	
606	816	João Daniel Cruz	GRVilaverdense	52:44	+21:23	05:16	
607	818	João Cruz	GRVilaverdense	52:44	+21:23	05:16	
608	1439	Sérgio Leite	Individual	52:44	+21:23	05:16	
609	1386	Hélio Paulino	Individual	52:45	+21:24	05:16	
610	1500	Luís Almeida	Individual	52:45	+21:24	05:16	
611	1559	Guillermo Cabrera	Individual	52:45	+21:24	05:17	
612	628	joana salgado	Família Salgados	52:45	+21:24	05:17	
613	1138	José Maia Costa	Individual	52:47	+21:26	05:17	
614	1034	Celso Filipe Garrido Ferreira	Individual	52:48	+21:27	05:17	
615	1531	Rui Póvoa	Individual	52:50	+21:29	05:17	
616	1929	António Pinto	Rato Esquilo	52:50	+21:29	05:17	
617	2178	ARTUR MANUEL MARQUES COUTEIRO	VIPTEAM	52:53	+21:32	05:17	
618	759	Rui Reis	FOCUS_TUU	52:57	+21:36	05:18	
619	810	Mónica Rocha	Gira Sol	52:58	+21:37	05:18	
620	454	Carlos Lobo	Coimbra Trail Running	52:59	+21:38	05:18	
621	853	Carla Manaia	HOT.Runners	53:00	+21:39	05:18	
622	1066	Eduardo Azevedo	Individual	53:01	+21:40	05:18	
623	1578	Luís Filipe Cabral de Matos	Individual	53:01	+21:40	05:18	
624	16	Emanuel Menezes	111 SPORT	53:01	+21:40	05:18	
625	808	Tiago Costa	Gerardo Studio	53:02	+21:41	05:18	
626	218	André Dias	Bluepharma	53:05	+21:44	05:19	
627	2144	Pedro Sequeira	Trialmotor	53:05	+21:44	05:19	
628	182	José Sequeira	ARSM - Associação Recreativa de S. Miguel	53:06	+21:45	05:19	
629	1657	Vitor Carlos Figueiredo	Individual	53:06	+21:45	05:19	
630	870	José Guilherme Parreiral	HOT.Runners	53:09	+21:48	05:19	
631	2204	Carla Hovenkamp		53:10	+21:49	05:19	
632	159	Gonçalo Deus	ARCD Venda da Luisa	53:11	+21:50	05:19	

CORRIDA - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
633	156	Margarida Moita	ARCD Venda da Luisa	53:11	+21:50	05:19	
634	1212	Rui Azenha	Individual	53:12	+21:51	05:19	
635	1951	Rui Alexandre Raposeiro Margato	Remax White	53:13	+21:52	05:19	
636	1105	João Ferreira	Individual	53:13	+21:52	05:19	
637	91	Vera Tomé	Academia de Desportos de Condeixa	53:14	+21:53	05:19	
638	1211	Rui Alexandre Gomes Pereira	Individual	53:16	+21:55	05:20	
639	1399	José Pedro Laranjeira	Individual	53:19	+21:59	05:20	
640	1100	João David França Santos	Individual	53:20	+21:59	05:20	
641	2164	Luis Guerra	Vacões na estrada	53:20	+21:59	05:20	
642	90	Rute Aguiar de Melo	Academia de Desportos de Condeixa	53:21	+22:00	05:20	
643	1629	João Veloso	Individual	53:21	+22:00	05:20	
644	635	João Josadak Acácio de Carvalho	FISIOSFERA	53:22	+22:01	05:20	
645	228	Rafael Silva	Bluepharma	53:23	+22:02	05:20	
646	2007	Pedro Ponte	Sem sede	53:23	+22:02	05:20	
647	1142	José Sequeira	Individual	53:24	+22:03	05:20	
648	2022	Alexandre Veloso	Sky.runners	53:25	+22:04	05:21	
649	2163	Hugo Correia	Vacões na estrada	53:25	+22:04	05:21	
650	1358	Artur Mateus	Individual	53:27	+22:06	05:21	
651	221	Gustavo Simões	Bluepharma	53:29	+22:08	05:21	
652	1727	Alexandre Silva	Kstudio running team	53:31	+22:10	05:21	
653	1985	Nuno Costa	Runners&Friends	53:32	+22:11	05:21	
654	1987	Augusto Amaral	Runners&Friends	53:32	+22:11	05:21	
655	322	PC Simões	Clube Fluvial de Coimbra	53:33	+22:12	05:21	
656	321	Francisco Carlos Gaspar Branco Caridade	Clube Fluvial de Coimbra	53:34	+22:13	05:21	
657	1404	Luis Manuel Cordeiro Nunes	Individual	53:35	+22:14	05:22	
658	827	Marta Sofia Martins	HOT.Runners	53:36	+22:15	05:22	
659	2079	Dora Silva	Team JM Fitness	53:38	+22:17	05:22	
660	346	Miguel Roque	CM Coimbra	53:39	+22:18	05:22	
661	1848	Vitor Antunes	Os mestiços	53:39	+22:18	05:22	
662	43	Filipa Ferreira	A la Pata	53:40	+22:19	05:22	
663	1579	Luis Filipe de Jesus Afonso	Individual	53:44	+22:23	05:22	
664	1081	Gabriel Costa	Individual	53:45	+22:24	05:23	
665	2053	Paulo Lopes	Soure Mov	53:45	+22:24	05:23	
666	700	Eduardo de Lemos Correia Umbelino	FOCUS_TUU	53:46	+22:25	05:23	
667	507	Jorge Faria	CUMIBROA RUNNING TEAM	53:48	+22:27	05:23	
668	2135	Jorge André Santana Pimenta	Trail da Amizade Runners	53:49	+22:28	05:23	
669	2134	Sónia Belém Mendes	Trail da Amizade Runners	53:49	+22:28	05:23	
670	557	Joaquim Pessoa	Diário de Coimbra	53:50	+22:29	05:23	
671	551	Joaquim Martins	Diário de Coimbra	53:51	+22:30	05:23	
672	265	Cristina Batista	Casa Benfica Bairrada	53:51	+22:30	05:23	
673	325	MARIA INACIO	CLUBE MILLENNIUM BCP	53:52	+22:31	05:23	
674	1791	Sofia Figueira	Molecular Marathoners	53:53	+22:32	05:23	
675	1627	João Paulo Mendes	Individual	53:54	+22:33	05:23	
676	1221	Tiago Filipe Santos Coelho	Individual	53:58	+22:37	05:24	
677	404	Ricardo Monteiro	CNI	53:58	+22:37	05:24	

CORRIDA - STAGE 1
10 KM
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 REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
769	26	António João Ramos	6:45	55:28	+24:07	05:33	
770	1790	José Pedro Coutinho	Miro trail	55:29	+24:08	05:33	
771	1147	Luis Artur Santana Saraiva	Individual	55:29	+24:08	05:33	
772	1006	Vânia Fachada	Individual	55:30	+24:09	05:33	
773	1451	Wanja Stier	Individual	55:30	+24:09	05:33	
774	418	Rafael Vicente	Coimbra Functional Fitness	55:31	+24:10	05:33	
775	413	António Rodrigues	Coimbra Functional Fitness	55:31	+24:10	05:33	
776	1646	Pedro Elias	Individual	55:33	+24:12	05:33	
777	1329	Silvia Coelho	Individual	55:33	+24:12	05:33	
778	1821	Francisco Maquinão	Olimpíadas da Economia	55:34	+24:13	05:33	
779	86	Nuno Alexandre Silva	AAC-Remo	55:35	+24:14	05:34	
780	1544	Armando Rodrigues	Individual	55:37	+24:16	05:34	
781	140	Ricardo Silva	Ameal Trail	55:39	+24:18	05:34	
782	768	Carlos Neiva	FOCUS_TUU	55:41	+24:20	05:34	
783	638	Adriana Simoes	FIT3040	55:41	+24:20	05:34	
784	1678	António Apolinário Saraiva	Individual	55:42	+24:21	05:34	
785	1874	Paulo Gomes	Pais em furia	55:43	+24:22	05:34	
786	1224	Tiago Santos	Individual	55:43	+24:22	05:34	
787	1169	Miguel Silva Resende	Individual	55:45	+24:24	05:35	
788	1516	Paulo Faustino	Individual	55:46	+24:25	05:35	
789	2112	Ricardo Soares	THE FIRST RUNNING TEAM	55:49	+24:28	05:35	
790	84	Ricardo Paula	AAC-Remo	55:50	+24:29	05:35	
791	2140	Marilyn Lourenço	Trepanelas / Prifer	55:53	+24:32	05:35	
792	746	Luís Cunha	FOCUS_TUU	55:54	+24:33	05:35	
793	249	Rui Teixeira	Cafe Consolado	55:55	+24:34	05:36	
794	1513	Nuno Rafael	Individual	55:56	+24:35	05:36	
795	1665	Carlos Simões	Individual	55:57	+24:36	05:36	
796	2089	Alexandra Pereira	THE FIRST RUNNING TEAM	56:00	+24:39	05:36	
797	365	Carlos Carecho	CM Coimbra	56:00	+24:39	05:36	
798	1021	André Sérgio	Individual	56:01	+24:40	05:36	
799	1667	Fernando Duarte Rodrigues	Individual	56:01	+24:40	05:36	
800	1651	Rui Simões	Individual	56:02	+24:41	05:36	
801	850	Marta Marques	HOT.Runners	56:02	+24:41	05:36	
802	231	Marta Senos	BoraBora, Vamos Lá!	56:03	+24:42	05:36	
803	1584	Messias Dias	Individual	56:04	+24:43	05:36	
804	1625	João Carlos Almeida Santos	Individual	56:05	+24:44	05:36	
805	1472	Enrique Leitão Ferreira	Individual	56:07	+24:46	05:37	
806	2025	Francisco Oliveira	Sky.runners	56:07	+24:46	05:37	
807	1119	João Nuno Loução Mestre	Individual	56:09	+24:48	05:37	
808	206	Pedro Brites	Atletas ao Domingo	56:09	+24:48	05:37	
809	1168	Miguel Ruivo	Individual	56:14	+24:53	05:37	
810	562	José Manuel da Mota Dias	Dias Lima	56:16	+24:55	05:38	
811	941	Inês Esteves Martins	Individual	56:17	+24:56	05:38	
812	2193	Leonardo Oliveira	Wressels	56:20	+24:59	05:38	
813	2196	Rafael Dias	Wressels	56:20	+24:59	05:38	
814	372	Ricardo Alexandre Teixeira	CM Coimbra	56:22	+25:01	05:38	

CORRIDA - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
815	1237	Andreia Raquel dos Santos Costa	Individual	56:23	+25:02	05:38	
816	46	Lucas Biaggini Diniz Barbosa	A la Pata	56:23	+25:02	05:38	
817	47	Nuno Luis Teixeira Gonzaga Pinto	A la Pata	56:23	+25:02	05:38	
818	377	João Salustiano	CM Coimbra	56:23	+25:02	05:38	
819	356	Silvina Maria Nascimento Baptista	CM Coimbra	56:24	+25:03	05:38	
820	1419	Osvaldo Leite	Individual	56:26	+25:05	05:39	
821	1027	António Figueiredo	Individual	56:26	+25:05	05:39	
822	2027	Gonçalo Serra	Sky.runners	56:28	+25:07	05:39	
823	863	Nuno Antunes	HOT.Runners	56:29	+25:08	05:39	
824	299	Artur Lobo	Clube Atlético de Oliveira do Hospital	56:32	+25:11	05:39	
825	1276	Sandrina Nóbrega Pereira	Individual	56:32	+25:11	05:39	
826	864	Antonio Rodrigues	HOT.RUNNERS	56:32	+25:11	05:39	
827	1418	Nuno Tavares	Individual	56:34	+25:13	05:39	
828	496	Daniel Vaz	Crédito Agrícola de Coimbra	56:34	+25:13	05:39	
829	886	Ana Alves	Individual	56:37	+25:16	05:40	
830	302	Gil Fonseca	Clube Atlético de Oliveira do Hospital	56:38	+25:17	05:40	
831	1	Domingos Castro	Clube Elite Expo running	56:38	+25:17	05:40	
832	312	Rui Melo	Clube Elite Expo running	56:38	+25:17	05:40	
833	308	Gonçalo Ferreira	Clube Elite Expo running	56:39	+25:18	05:40	
834	309	José António Barros Soares	Clube Elite Expo running	56:39	+25:18	05:40	
835	311	Henrique Borges	Clube Elite Expo running	56:39	+25:18	05:40	
836	310	Francisco António de Almeida Coimbra	Clube Elite Expo running	56:39	+25:18	05:40	
837	1877	Avelino Rodrigues	Pascoalitos	56:40	+25:19	05:40	
838	1480	Francisco Pedro Silva	Individual	56:40	+25:19	05:40	
839	490	Fábio Pita	Crédito Agrícola de Coimbra	56:41	+25:20	05:40	
840	169	Gonçalo Fonseca	ARCD Venda da Luisa	56:42	+25:21	05:40	
841	2083	Guilherme Rodolfo Leite Pereira Gonçalves	Team JM Fitness	56:42	+25:21	05:40	
842	174	José Carlos Fernandes	ARCD Venda da Luisa	56:43	+25:22	05:40	
843	1014	André Jesus	Individual	56:43	+25:22	05:40	
844	986	Raquel Sousa	Individual	56:44	+25:23	05:40	
845	2059	Marco Joel Freitas Carvalho Xavier	SR team	56:44	+25:23	05:40	
846	2056	Acácio Xavier	SR team	56:45	+25:24	05:40	
847	236	Filomena Santos	BoraBora, Vamos Lá!	56:45	+25:24	05:40	
848	1535	Samuel Ferraz Costa	Individual	56:47	+25:26	05:41	
849	1078	Filipe Miguéis	Individual	56:47	+25:26	05:41	
850	83	Isa Neves	AAC-Remo	56:48	+25:27	05:41	
851	1981	Diogo Ribeiro	Runners&Friends	56:49	+25:28	05:41	
852	2000	Patrícia Diogo	Saldo Valido	56:52	+25:31	05:41	
853	2002	Adelino Nunes	Saldo Valido	56:52	+25:31	05:41	
854	1486	João Luís Almeida Cunha Rodrigues	Individual	56:53	+25:32	05:41	
855	1726	Vanda Graca	Kstudio running team	56:55	+25:34	05:41	
856	87	Teresa Botelho	Academia de Desportos de Condeixa	56:55	+25:34	05:42	
857	2037	Elsa Marques	Sky.runners	56:56	+25:35	05:42	
858	2024	Filipe Almeida	Sky.runners	56:57	+25:36	05:42	
859	45	Fábio Silva	A la Pata	56:57	+25:36	05:42	

CORRIDA - STAGE 1

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OFFICIAL RESULT



RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
905	1175	Nuno Marques	Individual	57:44	+26:23	05:46	
906	973	Marta Ribeiro de Carvalho	Individual	57:44	+26:23	05:46	
907	1293	Elsa Maria Fajardo Matos	Individual	57:45	+26:24	05:46	
908	1248	Joana Rodrigues	Individual	57:45	+26:24	05:46	
909	1965	Ricardo Mingatos	RM Runners	57:45	+26:24	05:47	
910	11	EVA FERNANDES	#GanguedasCalorias	57:46	+26:25	05:47	
911	313	João Lopes	Clube Elite Expo running	57:47	+26:26	05:47	
912	967	Mariana Campos	Individual	57:48	+26:27	05:47	
913	804	Simão Carvalho Monteiro	Gerardo Studio	57:48	+26:27	05:47	
914	1267	Nizia Regina Mendonça Izidoro	Individual	57:49	+26:28	05:47	
915	419	Olena Yurchuk	Coimbra Functional Fitness	57:49	+26:28	05:47	
916	1794	Jorge Miguel Paquim Serra Lopes	Mondego Peças	57:51	+26:30	05:47	
917	331	Sara Martins	CluVe	57:52	+26:31	05:47	
918	2035	Filipa Sousa	Sky.runners	57:56	+26:35	05:48	
919	630	Rodrigo Rosado Gonçalves	FISIOSFERA	57:59	+26:38	05:48	
920	2212	Mafalda Tavares	Individual	57:59	+26:38	05:48	
921	766	Simão Paredes	FOCUS_TUU	58:02	+26:41	05:48	
922	846	Ana Oliveira	HOT.Runners	58:03	+26:42	05:48	
923	1685	José Manuel Gonçalves	Individual	58:04	+26:43	05:48	
924	961	Maria Ana da Costa Duarte Castanheira	Individual	58:05	+26:44	05:48	
925	1605	Alexandre Gouveia e Melo	Individual	58:06	+26:45	05:49	
926	329	Fátima Sofia Simões Baptista Santos	Clube Pessoal EDP Porto	58:07	+26:46	05:49	
927	831	Rita Mendes	HOT.Runners	58:08	+26:47	05:49	
928	258	Luís Ferreira	CAOH	58:10	+26:49	05:49	
929	1004	Teresa Marcelino	Individual	58:10	+26:49	05:49	
930	845	Vítor Mendonça	HOT.RUNNERS	58:12	+26:51	05:49	
931	111	Lino Carraco	ACRM Silveirinha Grande Claras	58:12	+26:51	05:49	
932	960	Manuela Pereira	Individual	58:14	+26:53	05:49	
933	2054	Joana Sobral	Sport Clube do Porto	58:14	+26:53	05:49	
934	75	Jorge Mendes Santos	AAC Multisport Triatlo	58:14	+26:53	05:49	
935	1371	Cláudio Mortágua	Individual	58:17	+26:56	05:50	
936	1089	Gustavo Veiga	Individual	58:19	+26:58	05:50	
937	822	Carla Santos	HOT.Runners	58:20	+26:59	05:50	
938	1655	Valdemar Almeida	Individual	58:20	+26:59	05:50	
939	1499	Leonel Mendes Francisco	Individual	58:20	+26:59	05:50	
940	362	Ana Cristina Direito Gonçalves	CM Coimbra	58:22	+27:01	05:50	
941	1536	Tiago Jorge Rodrigues Baptista	Individual	58:22	+27:01	05:50	
942	1751	Nuno Alexandre Coelho	Lambrusco Kds	58:22	+27:01	05:50	
943	697	Diogo Carvalho	FOCUS_TUU	58:23	+27:02	05:50	
944	42	Cláudia Lopes	A la Pata	58:26	+27:05	05:51	
945	264	FILIPE CARVALHO	CASA BAÍA TERTÚLIA DA VELHA CABRA	58:27	+27:06	05:51	
946	560	João Pedro Teixeira Lima	Dias Lima	58:28	+27:07	05:51	
947	203	Pedro Pires	Atletas ao Domingo	58:29	+27:08	05:51	
948	1264	Marta Varandas	Individual	58:30	+27:09	05:51	
949	2100	Mariana Martins	THE FIRST RUNNING TEAM	58:34	+27:13	05:51	

Official Timekeeper: Lap2Go	21 / 41	generate 18-dez-2023 10:33
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CORRIDA - STAGE 1
10 KM
OFFICIAL RESULT
R
 REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1042	1582	Luís Vasconcelos	Individual	59:36	+28:15	05:58	
1043	517	Luis Cunha	Dar à Sola	59:36	+28:15	05:58	
1044	671	Diana Simões	FOCUS_TUU	59:37	+28:16	05:58	
1045	809	Ana Reis	Gira Sol	59:38	+28:17	05:58	
1046	297	Anabela Dinis Tavares Figueiredo	Clube Atlético de Oliveira do Hospital	59:38	+28:17	05:58	
1047	2166	Gustavo Brandão	VELOCIDADE BRASIL RACING	59:39	+28:18	05:58	
1048	1539	Alexandre Ritchie	Individual	59:40	+28:19	05:58	
1049	1488	João Pedro Baptista Matos	Individual	59:43	+28:22	05:58	
1050	965	Maria Leonor	Individual	59:47	+28:26	05:59	
1051	800	Pedro Miguel	Gerardo Studio	59:48	+28:27	05:59	
1052	652	LUIS ALVES	FLASHOVER	59:49	+28:28	05:59	
1053	1322	Florbela da Silva Rouxinol	Individual	59:52	+28:31	05:59	
1054	707	José Dinis	FOCUS_TUU	59:53	+28:32	05:59	
1055	172	arlindo oliveira neves	ARCD Venda da Luisa	59:54	+28:33	05:59	
1056	865	Rui Pires	HOT.Runners	59:54	+28:33	05:59	
1057	2157	Sandra Isabel Mendes dos reis	URCR Team 2023	59:56	+28:35	06:00	
1058	1056	Diogo Dias	Individual	59:56	+28:35	06:00	
1059	1053	Davide Tomé	Individual	59:56	+28:35	06:00	
1060	704	João Nuno Ventura Pires	FOCUS_TUU	59:59	+28:38	06:00	
1061	1189	Pedro Miguel Rodrigues	Individual	01:00:00	+28:39	06:00	
1062	1614	ARTUR JORGE MORAIS RODRIGUES	Individual	01:00:01	+28:40	06:00	
1063	1838	Ana Amaral	Os Cromos	01:00:02	+28:41	06:00	
1064	871	André Mendes	HOT.Runners	01:00:02	+28:41	06:00	
1065	537	Ana Rufino	Tribo NR	01:00:02	+28:41	06:00	
1066	589	João Pato	Escola de Atletismo de Coimbra/JPaiva	01:00:03	+28:42	06:00	
1067	1878	Rui Pastor	PASTOR RACING	01:00:03	+28:42	06:00	
1068	279	Alexandre Fernandes	CDA Runners	01:00:09	+28:48	06:01	
1069	2017	Filipa Pires	Sky.runners	01:00:10	+28:49	06:01	
1070	1868	Margarida Soares	Owlpharma	01:00:10	+28:49	06:01	
1071	278	Renato Garcia Dias	CDA Runners	01:00:11	+28:50	06:01	
1072	1431	Ricardo Carvalho	Individual	01:00:11	+28:50	06:01	
1073	1277	Sara Silva	Individual	01:00:12	+28:51	06:01	
1074	1990	Ana Oliveira	Running Esmoriz	01:00:15	+28:54	06:01	
1075	1286	Anabela Ribeiro	Individual	01:00:17	+28:56	06:02	
1076	1856	António Sousa	Os Papa Milhas	01:00:17	+28:56	06:02	
1077	13	Filipe Vilao	#moç@sdsomoking	01:00:17	+28:56	06:02	
1078	1437	Sergio Castanheira	Individual	01:00:18	+28:57	06:02	
1079	14	Sérgio Gaminha	#moç@sdsomoking	01:00:18	+28:57	06:02	
1080	189	ISABEL SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	01:00:21	+29:00	06:02	
1081	1456	André Luz Silva	Individual	01:00:21	+29:00	06:02	
1082	1638	Manuel Alberto Pinto Espada	Individual	01:00:24	+29:03	06:02	
1083	314	Tânia Brejo	Clube Fluvial de Coimbra	01:00:24	+29:03	06:02	
1084	1994	João fernandes	RVA	01:00:24	+29:03	06:02	
1085	1998	João Ramalhete	RVA	01:00:24	+29:03	06:02	
1086	1993	Bernardo Santos Clemente	RVA	01:00:24	+29:03	06:02	

CORRIDA - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1087	649	LUIS BALÃO	FLASHOVER	01:00:25	+29:04	06:02	
1088	539	Helena Lopes	Diário de Coimbra	01:00:28	+29:07	06:03	
1089	516	Luis Batista	Dar à Sola	01:00:29	+29:08	06:03	
1090	796	João Barbosa	Gerardo Studio	01:00:29	+29:08	06:03	
1091	2209	Miguel Fonseca	Individual	01:00:29	+29:08	06:03	
1092	1930	Mário Rui Pinto	Rato Esquilo	01:00:31	+29:10	06:03	
1093	1397	José Melo Ferreira	Individual	01:00:31	+29:10	06:03	
1094	758	Nuno Ventura	FOCUS_TUU	01:00:31	+29:10	06:03	
1095	1127	João Vitor Vieira Gomes	Individual	01:00:31	+29:10	06:03	
1096	1271	Patrícia Rodrigues	Individual	01:00:33	+29:12	06:03	
1097	2176	SUSANA MARGARIDA GÓIS LEAL MADEIRA	VIPTTEAM	01:00:33	+29:12	06:03	
1098	615	ALERSON APOLONIO DA SILVA	Extreme Run	01:00:33	+29:12	06:03	
1099	662	Ana Rita Duarte Gomes	FOCUS_TUU	01:00:33	+29:12	06:03	
1100	2177	TERESA ISABEL DA SILVA OLIVEIRA	VIPTTEAM	01:00:34	+29:13	06:03	
1101	829	Patrícia Magano	HOT.Runners	01:00:34	+29:13	06:03	
1102	1020	André Queda	Individual	01:00:36	+29:15	06:04	
1103	1953	Alexandre Branco	Remax White	01:00:36	+29:15	06:04	
1104	552	José Carlos Fernandes	Tribo NR	01:00:37	+29:16	06:04	
1105	1502	Michel Ferreira Pestana	Individual	01:00:40	+29:19	06:04	
1106	1336	Ivone Dilella	Individual	01:00:40	+29:19	06:04	
1107	1798	Liliana Serra	Montanha Clube Trail Running/EFAPEL	01:00:42	+29:21	06:04	
1108	1925	Jose Luis Cruz	R G Levanta Poeira	01:00:43	+29:22	06:04	
1109	2202	Rachel Drazek	Individual	01:00:44	+29:23	06:04	
1110	1825	Nuno Moura	Olimpíadas da Economia	01:00:44	+29:23	06:04	
1111	1301	Marta Costa	Individual	01:00:45	+29:24	06:04	
1112	433	Ana Marques	Coimbra Trail Running	01:00:45	+29:24	06:04	
1113	954	Juliana Oliveira	Individual	01:00:46	+29:25	06:05	
1114	137	Rui Saraiva	Alguém que nos compre	01:00:47	+29:26	06:05	
1115	916	Cristiana Baeta	Individual	01:00:47	+29:26	06:05	
1116	732	Célia Gaspar	FOCUS_TUU	01:00:48	+29:27	06:05	
1117	2120	Paula Pereira	THE FIRST RUNNING TEAM	01:00:49	+29:28	06:05	
1118	2119	Sandra Mendes	THE FIRST RUNNING TEAM	01:00:50	+29:29	06:05	
1119	2126	Luis Costa	THE FIRST RUNNING TEAM	01:00:50	+29:29	06:05	
1120	2217	Sidnei Silva	Individual	01:00:51	+29:30	06:05	
1121	756	Nuno Góis	FOCUS_TUU	01:00:52	+29:31	06:05	
1122	980	Nelly PIC	Individual	01:00:52	+29:31	06:05	
1123	1810	João Lourenço	Neuraspace	01:00:52	+29:31	06:05	
1124	1937	Sérgio Mateus	RCB21	01:00:53	+29:32	06:05	
1125	1933	Joana Relvão	RCB21	01:00:53	+29:32	06:05	
1126	1775	Rui Azevedo	MIRASpaco/PAzevedoSeguros/CasaDoPão/A.D.Serpinense	01:00:53	+29:32	06:05	
1127	1773	Zélia Duarte	MIRASpaco/PAzevedoSeguros/CasaDoPão/A.D.Serpinense	01:00:53	+29:32	06:05	
1128	1606	António Aguiar	Individual	01:00:54	+29:33	06:05	
1129	994	Sara Gonçalves	Individual	01:00:55	+29:34	06:06	

CORRIDA - STAGE 1

10 KM

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REVISED

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1175	511	Pedro Cabral	Dar à Sola	01:01:38	+30:17	06:10	
1176	523	Luis Palas	Dar à Sola	01:01:39	+30:18	06:10	
1177	1457	André Maria Sande Ribeiro Serpa Oliva	Individual	01:01:41	+30:20	06:10	
1178	1738	Filipa Barreira	Kstudio running team	01:01:43	+30:22	06:10	
1179	1316	Ana Lima	Individual	01:01:43	+30:22	06:10	
1180	458	Lucília Queirós	Corredores de Fim de Semana	01:01:45	+30:24	06:10	
1181	1375	Edgar António Guedes Ferreira Mendes	Individual	01:01:46	+30:25	06:11	
1182	1740	Regina Rei	Kstudio running team	01:01:46	+30:25	06:11	
1183	1735	Alicia Seabra	Kstudio running team	01:01:46	+30:25	06:11	
1184	1739	Claudia Vaz	Kstudio running team	01:01:47	+30:26	06:11	
1185	155	Elisabete Marisa Barradas Correia	ARCD Venda da Luisa	01:01:48	+30:27	06:11	
1186	161	Luis Paulo calção Lapa	ARCD Venda da Luisa	01:01:48	+30:27	06:11	
1187	420	Olga Filipova	Coimbra Functional Fitness	01:01:50	+30:29	06:11	
1188	1690	Vitor Ferreira	Individual	01:01:52	+30:31	06:11	
1189	1337	Margarida Mota	Individual	01:01:52	+30:31	06:11	
1190	1489	João Pedro Vasconcelos Lucas	Individual	01:01:56	+30:35	06:12	
1191	1622	Filipe Carvalho	Individual	01:01:56	+30:35	06:12	
1192	380	Paulo Palrilha	CM Coimbra	01:01:57	+30:36	06:12	
1193	1280	Vera vieira	Individual	01:01:57	+30:36	06:12	
1194	604	Arménio Guardado Cruz	Escola Superior de Enfermagem de Coimbra	01:01:58	+30:37	06:12	
1195	1192	Renato Filipe Rodrigues Ramos	Individual	01:01:58	+30:37	06:12	
1196	273	Rita Marieiro	CASCI	01:01:59	+30:38	06:12	
1197	238	António Matos	BoraBora, Vamos Lá!	01:01:59	+30:38	06:12	
1198	246	Sérgio Gaspar	Brigada do Reumático	01:02:01	+30:40	06:12	
1199	244	Marta Ferreira	Brigada do Reumático	01:02:01	+30:40	06:12	
1200	1857	Hélder Duarte	Os Papa Milhas	01:02:04	+30:43	06:12	
1201	1380	Gonçalo Antunes	Individual	01:02:07	+30:46	06:13	
1202	1325	Margarida Castro	Individual	01:02:08	+30:47	06:13	
1203	951	Joana Palma	Individual	01:02:09	+30:48	06:13	
1204	1153	Luís Oliveira	Individual	01:02:09	+30:48	06:13	
1205	1195	Ricardo Filipe Matias	Individual	01:02:09	+30:48	06:13	
1206	1603	Sérgio Palma	Individual	01:02:10	+30:49	06:13	
1207	468	Fátima Machado	CPT Coimbra	01:02:11	+30:50	06:13	
1208	2012	Ricardo Ferreira	Sky.runners	01:02:12	+30:51	06:13	
1209	735	Olga Caramelo	FOCUS_TUU	01:02:18	+30:57	06:14	
1210	1236	Ana Marques	Individual	01:02:22	+31:01	06:14	
1211	935	Francisca Soeiro	Individual	01:02:25	+31:04	06:15	
1212	1377	Filipe Pratas	Individual	01:02:26	+31:05	06:15	
1213	284	Sónia Cristina de Oliveira Pinho	CDCamarneira	01:02:27	+31:06	06:15	
1214	1374	Diogo Rodrigues	Individual	01:02:29	+31:08	06:15	
1215	145	Miguel Cortesão	Ameal Trail	01:02:34	+31:13	06:15	
1216	2036	Mónica Pinto	Sky.runners	01:02:37	+31:16	06:16	
1217	913	Catarina Proença	Individual	01:02:38	+31:17	06:16	
1218	1137	José Ladeiro	Individual	01:02:41	+31:20	06:16	
1219	1181	Oscar David Torres Sanchez	Individual	01:02:44	+31:23	06:16	

CORRIDA - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1220	158	Tânia Vanessa Silva Maia	ARCD Venda da Luisa	01:02:48	+31:27	06:17	
1221	685	Natália Garcia	FOCUS_TUU	01:02:50	+31:29	06:17	
1222	996	Sílvia Carvalho	Individual	01:02:50	+31:29	06:17	
1223	858	Bruno Nunes	HOT.Runners	01:02:51	+31:30	06:17	
1224	280	Márcio Ferreira	CDA Runners	01:02:52	+31:31	06:17	
1225	1566	Joao Sousa	Individual	01:02:52	+31:31	06:17	
1226	2145	ILIDIO CORDEIRO	TRILHOS DE SICÓ	01:02:52	+31:31	06:17	
1227	1907	Jorge Miguel Borges Almeida	Portuguese United Training Association	01:02:55	+31:34	06:18	
1228	2125	João Allen	THE FIRST RUNNING TEAM	01:02:59	+31:38	06:18	
1229	1017	Andre Pinheiro	Individual	01:02:59	+31:38	06:18	
1230	1922	Almerindo Ferreira	R G Levanta Poeira	01:03:00	+31:39	06:18	
1231	489	Diana Martins	Crédito Agrícola de Coimbra	01:03:01	+31:40	06:18	
1232	1257	Luísa Mesquita	Individual	01:03:01	+31:40	06:18	
1233	493	Tiago Marques	Crédito Agrícola de Coimbra	01:03:02	+31:41	06:18	
1234	1288	Andrea Salgueiro	Individual	01:03:02	+31:41	06:18	
1235	1956	José Rodrigues Cravo Valente de Almeida	Remax White	01:03:03	+31:42	06:18	
1236	1876	Gonçalo Martins	Pais em furia	01:03:04	+31:43	06:18	
1237	1946	Pedro Daniel Marques Valente de Almeida	Remax White	01:03:04	+31:43	06:18	
1238	1875	Adriano Oliveira	Pais em furia	01:03:04	+31:43	06:18	
1239	893	Ana Sofia Pimenta	Individual	01:03:04	+31:43	06:18	
1240	1835	Nelson Matos	OS (IN)CANSÁVEIS	01:03:05	+31:44	06:18	
1241	1334	Cristina Carolino	Individual	01:03:05	+31:44	06:19	
1242	1647	Pedro Teixeira	Individual	01:03:07	+31:46	06:19	
1243	1320	Célia Silva	Individual	01:03:07	+31:46	06:19	
1244	351	Sandra Salgado	CM Coimbra	01:03:09	+31:48	06:19	
1245	719	Ana Colaço	FOCUS_TUU	01:03:10	+31:49	06:19	
1246	1330	Alda Domingues	Individual	01:03:10	+31:49	06:19	
1247	1007	Victoria Sophia Tayt-Sohn Canongia	Individual	01:03:11	+31:50	06:19	
1248	2086	Luis Cunha	TEAM MC FORUM	01:03:15	+31:54	06:20	
1249	1611	António Jorge Ferreira	Individual	01:03:16	+31:55	06:20	
1250	208	Joel Reis	Bairro dos anjos	01:03:16	+31:55	06:20	
1251	207	Marta Pereira	Bairro dos anjos	01:03:16	+31:55	06:20	
1252	384	Heitor Santos	CM Coimbra	01:03:19	+31:58	06:20	
1253	1140	José Portugal	Individual	01:03:19	+31:58	06:20	
1254	376	Acílio Noro	CM Coimbra	01:03:22	+32:01	06:20	
1255	358	Alda Santos	CM Coimbra	01:03:22	+32:01	06:20	
1256	1096	Ivo Alexandre Carvalho dos Reis	Individual	01:03:24	+32:03	06:20	
1257	684	Michaela Cabral	FOCUS_TUU	01:03:26	+32:05	06:21	
1258	2049	Beatriz Pedro	Soure Mov	01:03:27	+32:06	06:21	
1259	734	Mariana Correia	FOCUS_TUU	01:03:27	+32:06	06:21	
1260	2130	Catarina Filipa Jesus Tomás	Trail da Amizade Runners	01:03:29	+32:08	06:21	
1261	576	Nuno Matos	Escola de Atletismo de Coimbra/JPaiva	01:03:32	+32:11	06:21	
1262	2162	Luis Gomes	Vacões na estrada	01:03:33	+32:12	06:21	
1263	942	Inês Ferreira Alvia	Individual	01:03:34	+32:13	06:21	
1264	1918	Afonso Alves	R G Levanta Poeira	01:03:34	+32:13	06:21	

CORRIDA - STAGE 1

10 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1574	148	Carolina Peixeiro Cardantas	Anaquim	01:10:52	+39:31	07:05	
1575	610	Fernando Marques	esTrilhos	01:10:55	+39:34	07:05	
1576	1620	Fernando Mendes Silva	Individual	01:10:58	+39:37	07:06	
1577	494	Filipe Silveira	Crédito Agrícola de Coimbra	01:10:58	+39:37	07:06	
1578	497	Miguel Moreira	Crédito Agrícola de Coimbra	01:10:58	+39:37	07:06	
1579	692	Tânia Duarte	FOCUS_TUU	01:11:00	+39:39	07:06	
1580	795	Jano Lucas Plag Fontes	Gerardo Studio	01:11:05	+39:44	07:06	
1581	1063	Duarte Cavaco	Individual	01:11:05	+39:44	07:06	
1582	799	Miguel Cunha	Gerardo Studio	01:11:05	+39:44	07:07	
1583	904	Camila Dalecio Soares	Individual	01:11:07	+39:46	07:07	
1584	2006	Alda Ponte	Sem sede	01:11:08	+39:47	07:07	
1585	352	Carla Manuel Ferreira de Carvalho Braz Cardoso	CM Coimbra	01:11:09	+39:48	07:07	
1586	307	António Tavares	CluVe	01:11:10	+39:49	07:07	
1587	1515	Nuno Saquete	Individual	01:11:11	+39:50	07:07	
1588	143	José Pedro Gonçalves	Ameal Trail	01:11:12	+39:51	07:07	
1589	2093	Ângela Nunes	THE FIRST RUNNING TEAM	01:11:14	+39:53	07:07	
1590	2102	Rafaela Prata	THE FIRST RUNNING TEAM	01:11:14	+39:53	07:07	
1591	1896	João Pedro Lopes Freire	Pé de atleta	01:11:16	+39:55	07:08	
1592	854	Cristina Nunes	HOT.Runners	01:11:17	+39:56	07:08	
1593	1873	António Silveiro	Owpharma	01:11:17	+39:56	07:08	
1594	1992	Margarida Tralhão	RVA	01:11:22	+40:01	07:08	
1595	1378	Filipe Simões	Individual	01:11:23	+40:02	07:08	
1596	1991	Celine Fernandes	RVA	01:11:24	+40:03	07:08	
1597	1894	João Almeida Mendes	Pé de atleta	01:11:28	+40:07	07:09	
1598	969	Mariana Gomes Tucunduva	Individual	01:11:36	+40:15	07:10	
1599	353	Cecilia Maria Da Silva Oliveira Lopes	CM Coimbra	01:11:48	+40:27	07:11	
1600	359	Elsa Maria Lourenço dos Santos Costa	CM Coimbra	01:11:49	+40:28	07:11	
1601	2078	Cláudia Souto	Team JM Fitness	01:11:50	+40:29	07:11	
1602	357	Sónia Farias	CM Coimbra	01:11:52	+40:31	07:11	
1603	1942	George Martins	Reload - Exercício e Saúde	01:11:53	+40:32	07:11	
1604	509	Michel Ferreira	Dar à Sola	01:12:01	+40:40	07:12	
1605	720	Ana Tavares	FOCUS_TUU	01:12:06	+40:45	07:13	
1606	2084	Tiago Cunha	TEAM MC FORUM	01:12:27	+41:06	07:15	
1607	1616	Carlos Oliveira	Individual	01:12:29	+41:08	07:15	
1608	2158	Cidália Maria Regino Rodrigues	URCR Team 2023	01:12:31	+41:10	07:15	
1609	2128	Vitor Costa	THE FIRST RUNNING TEAM	01:12:32	+41:11	07:15	
1610	323	Pedro Amaro	Clube Fluvial de Coimbra	01:12:35	+41:14	07:15	
1611	856	Fernanda Duarte	HOT.Runners	01:12:41	+41:20	07:16	
1612	611	Daiani Gessi Silveira Costa	Extreme Run	01:12:42	+41:21	07:16	
1613	1302	Marta Esteves	Individual	01:12:52	+41:31	07:17	
1614	2115	Ana Sofia de Jesus Rodrigues	THE FIRST RUNNING TEAM	01:12:52	+41:31	07:17	
1615	2095	Joana Mendes	THE FIRST RUNNING TEAM	01:12:53	+41:32	07:17	
1616	1567	Joaquim Gaspar	Individual	01:12:54	+41:33	07:17	
1617	1327	Milú Gaspar	Individual	01:12:54	+41:33	07:17	

CORRIDA - STAGE 1
10 KM
OFFICIAL RESULT
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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1752	736	Susana Eloy	FOCUS_TUU	01:20:40	+49:19	08:04	
1753	660	Ana Lobo	FOCUS_TUU	01:20:40	+49:19	08:04	
1754	1249	Joana Tudela	Individual	01:20:48	+49:27	08:05	
1755	2147	Fátima manuela Ferreira Barbosa	URCR Team 2023	01:20:50	+49:29	08:05	
1756	1917	Eunice da Silva dos Santos	Projeto Sexto Sentido	01:20:53	+49:32	08:05	
1757	1916	Ana alexandra de Oliveira Brett	Projeto Sexto Sentido	01:20:53	+49:32	08:05	
1758	1661	Bernardino Martins Gregorio	Individual	01:21:06	+49:45	08:07	
1759	930	Filipa Ramalho	Individual	01:21:07	+49:46	08:07	
1760	621	Fernanda Rodrigues de Jesus da Silva	Extreme Run	01:21:08	+49:47	08:07	
1761	1243	Clara Paiva	Individual	01:21:11	+49:50	08:07	
1762	655	Alexandra Ferraz	FOCUS_TUU	01:21:30	+50:09	08:09	
1763	708	José Rodrigues	FOCUS_TUU	01:21:30	+50:09	08:09	
1764	982	Patrícia Leal	Individual	01:21:46	+50:25	08:11	
1765	464	Luciana Maria Albuquerque André	CORRER POR GOSTO	01:21:57	+50:36	08:12	
1766	616	BRUNO DE OLIVEIRA	Extreme Run	01:22:26	+51:05	08:15	
1767	963	Maria Inês Abegão	Individual	01:22:32	+51:11	08:15	
1768	2187	Eliana Fernandes	Wressels	01:22:35	+51:14	08:16	
1769	2195	Mário Pires	Wressels	01:22:37	+51:16	08:16	
1770	888	Ana Figueiredo	Individual	01:22:38	+51:17	08:16	
1771	491	João Campos	Crédito Agrícola de Coimbra	01:22:44	+51:23	08:16	
1772	744	Sofia Lopes	FOCUS_TUU	01:23:27	+52:06	08:21	
1773	1996	Andreia Ventura	RVA	01:23:43	+52:22	08:22	
1774	1315	Alexandra Beirão Mendes	Individual	01:23:46	+52:25	08:23	
1775	1512	Nuno Neves	Individual	01:23:53	+52:32	08:23	
1776	876	João Gonçalo Pessoa	Individual	01:23:54	+52:33	08:23	
1777	664	Andreia Passeiro	FOCUS_TUU	01:24:29	+53:08	08:27	
1778	715	Renato franca	FOCUS_TUU	01:24:29	+53:08	08:27	
1779	968	Mariana Falcão Correia Cabral da Costa	Individual	01:24:39	+53:18	08:28	
1780	1344	Manuela Virgínia Pereira Pires Cabral	Individual	01:24:39	+53:18	08:28	
1781	1469	Edson Pimentel Filho	Individual	01:25:24	+54:03	08:32	
1782	619	Jessé Araújo da Silva	Extreme Run	01:25:25	+54:04	08:32	
1783	624	Thimna Andrade Alves zorrilla	Extreme Run	01:25:25	+54:04	08:33	
1784	620	LUIS CARLOS SANTOS DO NASCIMENTO	Extreme Run	01:25:25	+54:04	08:33	
1785	1572	José Fernandes	Individual	01:25:38	+54:17	08:34	
1786	1602	Sérgio Almeida	Individual	01:25:40	+54:19	08:34	
1787	984	Pilar Branquinho	Individual	01:26:05	+54:44	08:37	
1788	1926	José Nogueira	RAFAS TEAM II ASSURGEST - SEGUROS	01:26:46	+55:25	08:41	
1789	1612	António José de Figueiredo Bento	Individual	01:26:58	+55:37	08:42	
1790	623	Roseane Assis	Extreme Run	01:27:10	+55:49	08:43	
1791	1260	MARIA JOSE DA SILVA MARTINS ANDRADE	Individual	01:27:10	+55:49	08:43	
1792	2191	Flávio Silva	Wressels	01:28:00	+56:39	08:48	
1793	2200	Miguel Cabral	Wressels	01:28:01	+56:40	08:48	

CORRIDA - 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 SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1794	1973	Tânia Patrícia Bela Simões	Runners Project Trail Team	01:29:23	+58:02	08:56	
1795	522	Ricardo Dias	Dar à Sola	01:31:52	+01:00:31	09:11	
1796	1712	Adriana Manco	Joca não dói	01:31:56	+01:00:35	09:12	
1797	1717	Susana Leitão	Joca não dói	01:31:57	+01:00:36	09:12	
1798	520	Pedro Dinis	Dar à Sola	01:32:05	+01:00:44	09:13	
1799	1107	João Figueiredo	Individual	01:33:11	+01:01:50	09:19	
1800	891	Ana Rita Laranjeiro	Individual	01:33:11	+01:01:50	09:19	
1801	519	Paulo Pinto	Dar à Sola	01:33:13	+01:01:52	09:19	
1802	524	Vítor Campos	Dar à Sola	01:33:13	+01:01:52	09:19	
1803	1910	Miguel Faria	Portuguese United Training Association	01:33:30	+01:02:09	09:21	
1804	1187	Pedro Matos	Individual	01:36:34	+01:05:13	09:39	
1805	1882	Ariana Patrícia Pina Rodrigues	Pé de atleta	01:37:33	+01:06:12	09:45	
1806	1884	Camila Marques Aveiro	Pé de atleta	01:37:33	+01:06:12	09:45	
1807	1949	Bruno Stefano	Remax White	01:38:06	+01:06:45	09:49	
1808	1285	Ana Vaz Valente	Individual	01:38:55	+01:07:34	09:53	
1809	1615	Carlos Dionísio	Individual	01:38:55	+01:07:34	09:53	
1810	1833	Ana Santos	OS (IN)CANSÁVEIS	01:40:39	+01:09:18	10:04	
1811	1589	Nilson Araujo dos Santos	Individual	01:42:08	+01:10:47	10:13	
1812	591	Roso - VASSOURA	Escola de Atletismo de Coimbra/JPaiva	01:42:12	+01:10:51	10:13	

Corrida

10 KM

OFFICIAL RESULT



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

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	Time	Temperature	Humidity
Start	18:30	9,4°C	76%
End	20:12	9,4°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Junior Feminino

1	532	Daniela Assunção	Diário de Coimbra	Junior Feminino	45:11		04:31
2	1836	Sara Gomes	Os Cromos	Junior Feminino	01:04:10	+18:58	06:25
3	2186	Ana Simões	Wressels	Junior Feminino	01:04:49	+19:37	06:29
4	874	MATILDE RODRIGUES	Individual	Junior Feminino	01:07:04	+21:52	06:42
5	1879	Viliana Marques Gaspar	Pé de atleta	Junior Feminino	01:16:24	+31:12	07:38
6	2010	Beatriz Nina	Sky.runners	Junior Feminino	01:17:02	+31:50	07:42

Junior Masculino

1	566	Ulisses Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Junior Masculino	36:04		03:36
2	565	David Pinto Carvalho	Escola de Atletismo de Coimbra/JPaiva	Junior Masculino	36:12	+00:08	03:37
3	78	Afonso Castanhola	AAC-Remo	Junior Masculino	39:11	+03:07	03:55
4	880	Marco Ribeiro Catarino	Individual	Junior Masculino	45:38	+09:34	04:34
5	461	João Martim Miguéis Lourenço	CORRER POR GOSTO	Junior Masculino	48:06	+12:02	04:49
6	154	João Pratas	ARCD Venda da Luisa	Junior Masculino	48:41	+12:37	04:52
7	881	Pedro Brandão	Individual	Junior Masculino	49:03	+12:59	04:54
8	1777	Tomás Pereira	Miro trail	Junior Masculino	49:46	+13:42	04:59
9	176	Luis inacio	ARSM - Associação Recreativa de S. Miguel	Junior Masculino	51:52	+15:48	05:11
10	816	João Daniel Cruz	GRVilaverdense	Junior Masculino	52:44	+16:40	05:16
11	879	Márcio Vale	Individual	Junior Masculino	55:23	+19:19	05:32
12	630	Rodrigo Rosado Gonçalves	FISIOSFERA	Junior Masculino	57:59	+21:55	05:48
13	2012	Ricardo Ferreira	Sky.runners	Junior Masculino	01:02:12	+26:08	06:13
14	654	Ricardo Geria	FOCUS_TUUI	Junior Masculino	01:04:53	+28:49	06:29
15	133	João Antonio Narciso	Aleixo clínica dentária	Junior Masculino	01:05:19	+29:15	06:32
16	2084	Tiago Cunha	TEAM MC FORUM	Junior Masculino	01:12:27	+36:23	07:15
17	876	João Gonçalo Pessoa	Individual	Junior Masculino	01:23:54	+47:50	08:23

Senior Feminino

1	3	Solange Jesus	SC Braga	Senior Feminino	34:46		03:29
2	567	Cátia rodrigues	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	43:18	+08:32	04:20
3	177	Maria João Vieira	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	45:32	+10:45	04:33
4	958	Lurdes do Rosario da Costa Gonçalves	Individual	Senior Feminino	45:34	+10:48	04:33
5	1723	Ana Miguel Nogueira	Kstudio running team	Senior Feminino	46:24	+11:37	04:38
6	890	Ana Ramalho	Individual	Senior Feminino	46:37	+11:51	04:40

Corrida

10 KM



OFFICIAL RESULT

7	826	Flávia Ferraz	HOT.RUNNERS	Senior Feminino	46:44	+11:57	04:40
8	783	Catarina Mouraz	Gerardo Studio	Senior Feminino	46:58	+12:11	04:42
9	2148	Laura Santos Lopes	URCR Team 2023	Senior Feminino	49:20	+14:33	04:56
10	830	Rita Domingos	HOT.Runners	Senior Feminino	49:44	+14:58	04:58
11	1747	Ana Teresa Machado	Lábios Vermelhos	Senior Feminino	50:47	+16:01	05:05
12	525	Elizabeth Lopes	DAR- Desportivo Atlético de Recardães	Senior Feminino	50:57	+16:11	05:06
13	992	Rita Seara	Individual	Senior Feminino	51:18	+16:31	05:08
14	821	Carla Marques	HOT.RUNNERS	Senior Feminino	51:38	+16:52	05:10
15	668	Catarina Amaral	FOCUS_TUU	Senior Feminino	52:29	+17:43	05:15
16	2204	Carla Hovenkamp		Senior Feminino	53:10	+18:24	05:19
17	156	Margarida Moita	ARCD Venda da Luisa	Senior Feminino	53:11	+18:25	05:19
18	827	Marta Sofia Martins	HOT.Runners	Senior Feminino	53:36	+18:50	05:22
19	43	Filipa Ferreira	A la Pata	Senior Feminino	53:40	+18:54	05:22
20	265	Cristina Batista	Casa Benfica Bairrada	Senior Feminino	53:51	+19:05	05:23
21	1791	Sofia Figueira	Molecular Marathoners	Senior Feminino	53:53	+19:07	05:23
22	2015	Beatriz Pires	Sky.runners	Senior Feminino	54:03	+19:17	05:24
23	782	Adriana Isabel Pereira de Sousa	Gerardo Studio	Senior Feminino	54:05	+19:18	05:24
24	892	Ana Rita Monteiro	Individual	Senior Feminino	54:20	+19:34	05:26
25	947	Joana Cerveira	Individual	Senior Feminino	54:41	+19:55	05:28
26	912	Catarina Pestana Aguiar	Individual	Senior Feminino	54:44	+19:58	05:28
27	407	Carina Simoes	Coimbra Functional Fitness	Senior Feminino	54:48	+20:01	05:29
28	632	Liliana Sofia Ribeiro de Almeida	FISIOSFERA	Senior Feminino	55:01	+20:15	05:30
29	819	Ana Pinheiro	HOT.Runners	Senior Feminino	55:04	+20:18	05:30
30	922	Diana Sofia Gaioso Dias	Individual	Senior Feminino	55:14	+20:27	05:31
31	987	REBECA VALE	Individual	Senior Feminino	55:17	+20:31	05:32
32	983	Patrícia Santos	Individual	Senior Feminino	55:20	+20:33	05:32
33	929	Filipa Ferraz Guimarães	Individual	Senior Feminino	55:25	+20:39	05:32
34	1778	Mara Cardoso	Miro trail	Senior Feminino	55:25	+20:39	05:33
35	1006	Vânia Fachada	Individual	Senior Feminino	55:30	+20:44	05:33
36	638	Adriana Simoes	FIT3040	Senior Feminino	55:41	+20:55	05:34
37	2089	Alexandra Pereira	THE FIRST RUNNING TEAM	Senior Feminino	56:00	+21:13	05:36
38	231	Marta Senos	BoraBora, Vamos Lá!	Senior Feminino	56:03	+21:17	05:36
39	941	Inês Esteves Martins	Individual	Senior Feminino	56:17	+21:31	05:38
40	886	Ana Alves	Individual	Senior Feminino	56:37	+21:50	05:40
41	986	Raquel Sousa	Individual	Senior Feminino	56:44	+21:58	05:40
42	2000	Patrícia Diogo	Saldo Valido	Senior Feminino	56:52	+22:06	05:41
43	1726	Vanda Graca	Kstudio running team	Senior Feminino	56:55	+22:08	05:41
44	87	Teresa Botelho	Academia de Desportos de Condeixa	Senior Feminino	56:55	+22:09	05:42
45	2138	Beatriz Guiomar	Trail da Ladeia Running Team	Senior Feminino	57:02	+22:15	05:42
46	949	Joana Gameiro	Individual	Senior Feminino	57:12	+22:25	05:43
47	959	Mafalda Carvalho Réu Santos Neves	Individual	Senior Feminino	57:25	+22:39	05:45
48	934	Francisca Santos	Individual	Senior Feminino	57:25	+22:39	05:45
49	920	Daniela Jardim Pereira	Individual	Senior Feminino	57:31	+22:45	05:45
50	973	Marta Ribeiro de Carvalho	Individual	Senior Feminino	57:44	+22:58	05:46
51	967	Mariana Campos	Individual	Senior Feminino	57:48	+23:02	05:47

Corrida

10 KM

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REVISED

OFFICIAL RESULT

52	2212	Mafalda Tavares	Individual	Senior Feminino	57:59	+23:13	05:48
53	961	Maria Ana da Costa Duarte Castanheira	Individual	Senior Feminino	58:05	+23:19	05:48
54	831	Rita Mendes	HOT.Runners	Senior Feminino	58:08	+23:22	05:49
55	1004	Teresa Marcelino	Individual	Senior Feminino	58:10	+23:24	05:49
56	960	Manuela Pereira	Individual	Senior Feminino	58:14	+23:27	05:49
57	2054	Joana Sobral	Sport Clube do Porto	Senior Feminino	58:14	+23:27	05:49
58	822	Carla Santos	HOT.Runners	Senior Feminino	58:20	+23:34	05:50
59	42	Cláudia Lopes	A la Pata	Senior Feminino	58:26	+23:39	05:51
60	2100	Mariana Martins	THE FIRST RUNNING TEAM	Senior Feminino	58:34	+23:48	05:51
61	1865	Beatriz Matias	Owlpharma	Senior Feminino	58:38	+23:52	05:52
62	2099	Mara Janeiro	THE FIRST RUNNING TEAM	Senior Feminino	58:42	+23:56	05:52
63	1766	Sara Silva	M4A	Senior Feminino	58:45	+23:58	05:52
64	785	Isabela Almeida	Gerardo Studio	Senior Feminino	58:49	+24:02	05:53
65	409	Catarina Maças	Coimbra Functional Fitness	Senior Feminino	58:50	+24:04	05:53
66	962	Maria Caetano	Individual	Senior Feminino	58:55	+24:09	05:54
67	885	Aline Nort Kuster	Individual	Senior Feminino	58:55	+24:09	05:54
68	894	Ana Sousa	Individual	Senior Feminino	58:59	+24:13	05:54
69	988	Rita Bandarra	Individual	Senior Feminino	58:59	+24:13	05:54
70	1052	Adriana Isabel Fonseca Costa	Individual	Senior Feminino	59:07	+24:21	05:55
71	2064	Ana Luis Garcia	STORYBUGGIES - TRAIL DO SERROTE	Senior Feminino	59:08	+24:21	05:55
72	2092	Andreia Pinto	THE FIRST RUNNING TEAM	Senior Feminino	59:09	+24:22	05:55
73	911	Catarina Joana Macedo de Faria	Individual	Senior Feminino	59:17	+24:30	05:56
74	484	Vera Constâncio	Crazy Runners	Senior Feminino	59:27	+24:41	05:57
75	671	Diana Simões	FOCUS_TUU	Senior Feminino	59:37	+24:51	05:58
76	809	Ana Reis	Gira Sol	Senior Feminino	59:38	+24:51	05:58
77	965	Maria Leonor	Individual	Senior Feminino	59:47	+25:00	05:59
78	2017	Filipa Pires	Sky.runners	Senior Feminino	01:00:10	+25:24	06:01
79	1868	Margarida Soares	Owlpharma	Senior Feminino	01:00:10	+25:24	06:01
80	314	Tânia Brejo	Clube Fluvial de Coimbra	Senior Feminino	01:00:24	+25:38	06:02
81	662	Ana Rita Duarte Gomes	FOCUS_TUU	Senior Feminino	01:00:33	+25:47	06:03
82	829	Patrícia Magano	HOT.Runners	Senior Feminino	01:00:34	+25:47	06:03
83	2202	Rachel Drazek	Individual	Senior Feminino	01:00:44	+25:58	06:04
84	954	Juliana Oliveira	Individual	Senior Feminino	01:00:46	+26:00	06:05
85	916	Cristiana Baeta	Individual	Senior Feminino	01:00:47	+26:01	06:05
86	980	Nelly PIC	Individual	Senior Feminino	01:00:52	+26:05	06:05
87	1933	Joana Relvão	RCB21	Senior Feminino	01:00:53	+26:06	06:05
88	994	Sara Gonçalves	Individual	Senior Feminino	01:00:55	+26:09	06:06
89	688	Renata Patrão	FOCUS_TUU	Senior Feminino	01:01:02	+26:16	06:06
90	902	Armanda Santos	Individual	Senior Feminino	01:01:03	+26:16	06:06
91	410	Dina Gaspar	Coimbra Functional Fitness	Senior Feminino	01:01:04	+26:18	06:06
92	530	Rita Lagos	Denthitech/ Fisiopatelar	Senior Feminino	01:01:05	+26:18	06:06
93	2075	Raquel Correia	Team JM Fitness	Senior Feminino	01:01:08	+26:22	06:07
94	953	Joana Silva	Individual	Senior Feminino	01:01:13	+26:26	06:07
95	897	Andreia Macia	Individual	Senior Feminino	01:01:14	+26:28	06:07
96	945	Joana Barbosa	Individual	Senior Feminino	01:01:21	+26:35	06:08
97	2091	Andreia Ferraz	THE FIRST RUNNING TEAM	Senior Feminino	01:01:24	+26:38	06:08

Official Timekeeper: Lap2Go	3 / 43	generate 18-dez-2023 10:33
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Corrida
10 KM

OFFICIAL RESULT

98	669	Catarina Mesquita Guedes	FOCUS_TUU	Senior Feminino	01:01:26	+26:40	06:09
99	2131	Melanie Pires	Trail da Amizade Runners	Senior Feminino	01:01:26	+26:40	06:09
100	889	Ana Patricia da Silva Cravo	Individual	Senior Feminino	01:01:29	+26:43	06:09
101	687	Raquel souza	FOCUS_TUU	Senior Feminino	01:01:30	+26:43	06:09
102	661	Ana pião	FOCUS_TUU	Senior Feminino	01:01:30	+26:43	06:09
103	1815	Helena Santos	O Praticante	Senior Feminino	01:01:32	+26:46	06:09
104	155	Elisabete Marisa Barradas Correia	ARCD Venda da Luisa	Senior Feminino	01:01:48	+27:01	06:11
105	273	Rita Marieiro	CASCI	Senior Feminino	01:01:59	+27:12	06:12
106	244	Marta Ferreira	Brigada do Reumático	Senior Feminino	01:02:01	+27:14	06:12
107	951	Joana Palma	Individual	Senior Feminino	01:02:09	+27:23	06:13
108	935	Francisca Soeiro	Individual	Senior Feminino	01:02:25	+27:39	06:15
109	913	Catarina Proença	Individual	Senior Feminino	01:02:38	+27:52	06:16
110	158	Tânia Vanessa Silva Maia	ARCD Venda da Luisa	Senior Feminino	01:02:48	+28:02	06:17
111	685	Natália Garcia	FOCUS_TUU	Senior Feminino	01:02:50	+28:04	06:17
112	996	Sílvia Carvalho	Individual	Senior Feminino	01:02:50	+28:04	06:17
113	489	Diana Martins	Crédito Agrícola de Coimbra	Senior Feminino	01:03:01	+28:15	06:18
114	893	Ana Sofia Pimenta	Individual	Senior Feminino	01:03:04	+28:18	06:18
115	1007	Victoria Sophia Tayt-Sohn Canongia	Individual	Senior Feminino	01:03:11	+28:24	06:19
116	207	Marta Pereira	Bairro dos anjos	Senior Feminino	01:03:16	+28:30	06:20
117	684	Michaela Cabral	FOCUS_TUU	Senior Feminino	01:03:26	+28:40	06:21
118	2049	Beatriz Pedro	Soure Mov	Senior Feminino	01:03:27	+28:41	06:21
119	2130	Catarina Filipa Jesus Tomás	Trail da Amizade Runners	Senior Feminino	01:03:29	+28:43	06:21
120	942	Inês Ferreira Alvadia	Individual	Senior Feminino	01:03:34	+28:48	06:21
121	1796	Ana matos	Montanha Clube Trail Running/EFAPEL	Senior Feminino	01:03:39	+28:53	06:22
122	977	Milene Ladeira	Individual	Senior Feminino	01:03:42	+28:55	06:22
123	979	Miriam Olivares Torres	Individual	Senior Feminino	01:03:53	+29:06	06:23
124	1001	Stella da Silva	Individual	Senior Feminino	01:03:56	+29:10	06:24
125	985	Raquel Figuiinha Videira	Individual	Senior Feminino	01:04:01	+29:15	06:24
126	1867	Diana Oliveira	Owlpharma	Senior Feminino	01:04:17	+29:31	06:26
127	1698	Ana Rita Neves	IPNrunners	Senior Feminino	01:04:25	+29:38	06:26
128	122	Maria Abrunheiro	Adões Trail	Senior Feminino	01:04:32	+29:46	06:27
129	568	Inês Sabino	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	01:04:34	+29:47	06:27
130	157	Martha Mendes	ARCD Venda da Luisa	Senior Feminino	01:04:40	+29:53	06:28
131	2180	VIVIANE VELOSO	Viriathvs Runners Viseu	Senior Feminino	01:04:40	+29:54	06:28
132	925	Elisabeth Cavalcante dos Santos	Individual	Senior Feminino	01:04:40	+29:54	06:28
133	1779	Tania Ferreira	Miro trail	Senior Feminino	01:04:49	+30:02	06:29
134	147	Ana Rita Gonçalves Gaspar	Anaquim	Senior Feminino	01:05:03	+30:17	06:30
135	1885	Carolina Sabóia	Pé de atleta	Senior Feminino	01:05:06	+30:20	06:31
136	882	Adriana Campos	Individual	Senior Feminino	01:05:10	+30:23	06:31
137	901	Ariana Vaz Martins	Individual	Senior Feminino	01:05:12	+30:25	06:31
138	658	Ana Faria	FOCUS_TUU	Senior Feminino	01:05:24	+30:38	06:32
139	656	Alexandra Silva	FOCUS_TUU	Senior Feminino	01:05:51	+31:04	06:35
140	944	Joana Ascensão	Individual	Senior Feminino	01:05:53	+31:06	06:35
141	923	Dirce Ladeia	Individual	Senior Feminino	01:05:53	+31:06	06:35
142	1863	Alexandra Miranda	Owlpharma	Senior Feminino	01:05:55	+31:09	06:36

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143	950	Joana Martins	Individual	Senior Feminino	01:05:58	+31:12	06:36
144	2104	Soraia Costa Branco	THE FIRST RUNNING TEAM	Senior Feminino	01:06:02	+31:15	06:36
145	2098	Mafalda Magro Dias	THE FIRST RUNNING TEAM	Senior Feminino	01:06:03	+31:17	06:36
146	631	Gabriela Tavares da Cruz	FISIOSFERA	Senior Feminino	01:06:03	+31:17	06:36
147	917	Cristina Pereira	Individual	Senior Feminino	01:06:17	+31:31	06:38
148	991	Rita Quadrado Nunes	Individual	Senior Feminino	01:06:20	+31:33	06:38
149	825	Constança Fragoso	HOT.RUNNERS	Senior Feminino	01:06:23	+31:36	06:38
150	466	Bruna Ferreira	CPT Coimbra	Senior Feminino	01:06:35	+31:49	06:39
151	2101	Melanie Afonso	THE FIRST RUNNING TEAM	Senior Feminino	01:06:52	+32:05	06:41
152	966	Mariana Caetano da Silva Schwindt	Individual	Senior Feminino	01:07:02	+32:16	06:42
153	2014	Ana Taboada	Sky.runners	Senior Feminino	01:07:06	+32:20	06:43
154	2097	Liliane Carvalho	THE FIRST RUNNING TEAM	Senior Feminino	01:07:27	+32:41	06:45
155	971	Mariana Rodrigues Correia	Individual	Senior Feminino	01:07:33	+32:47	06:45
156	924	Dora Ferreira da Fonseca	Individual	Senior Feminino	01:07:41	+32:55	06:46
157	663	Ana Rita Rodrigues	FOCUS_TUU	Senior Feminino	01:07:47	+33:01	06:47
158	659	Ana João pires Gomes guerra	FOCUS_TUU	Senior Feminino	01:07:52	+33:05	06:47
159	1861	Maria Beatriz Grilo Mendes	Os Torta de Laranja	Senior Feminino	01:07:52	+33:06	06:47
160	678	Margarida Cerqueira	FOCUS_TUU	Senior Feminino	01:07:53	+33:06	06:47
161	943	Inês Sal Martins	Individual	Senior Feminino	01:07:56	+33:10	06:48
162	938	Inês Cruz	Individual	Senior Feminino	01:07:59	+33:12	06:48
163	2208	Mónica Catarina da Providência Wolters	Remax White	Senior Feminino	01:08:22	+33:36	06:50
164	936	Hélia Soraia Gonçalves Marques	Individual	Senior Feminino	01:08:30	+33:44	06:51
165	919	Daniela Filipa Codinha Valério	Individual	Senior Feminino	01:08:35	+33:48	06:51
166	680	Mariana Costa	FOCUS_TUU	Senior Feminino	01:08:40	+33:53	06:52
167	1002	Susana Parreira	Individual	Senior Feminino	01:08:40	+33:54	06:52
168	23	Inês Sobral	6:45	Senior Feminino	01:08:47	+34:01	06:53
169	214	Mafalda Marques	Bluepharma	Senior Feminino	01:08:48	+34:01	06:53
170	667	Carla Braz	FOCUS_TUU	Senior Feminino	01:08:54	+34:08	06:53
171	2150	Maria Teresa Gouveia Martins	URCR Team 2023	Senior Feminino	01:08:59	+34:13	06:54
172	690	Sara Ferreira	FOCUS_TUU	Senior Feminino	01:09:05	+34:18	06:54
173	666	Carina Lopes	FOCUS_TUU	Senior Feminino	01:09:05	+34:18	06:54
174	670	Daniela Melo	FOCUS_TUU	Senior Feminino	01:09:05	+34:19	06:54
175	634	Virgínia Cristina Tavares Almeida	FISIOSFERA	Senior Feminino	01:09:06	+34:20	06:55
176	1866	Daniela Vieira	Owlpharma	Senior Feminino	01:09:15	+34:28	06:55
177	2170	LILIANA VANESSA DA COSTA SERÓDIO	VIPTEAM	Senior Feminino	01:09:18	+34:32	06:56
178	1827	Beatriz Silva	Olympic Silvas	Senior Feminino	01:09:20	+34:34	06:56
179	946	Joana Campos	ARCD Venda da Luisa	Senior Feminino	01:09:29	+34:43	06:57
180	896	Andreia Castro	ARCD Venda da Luisa	Senior Feminino	01:09:30	+34:44	06:57
181	900	Ângela Maria Monteiro de Sousa	Individual	Senior Feminino	01:09:30	+34:44	06:57
182	216	Marta Falcão	Bluepharma	Senior Feminino	01:09:37	+34:51	06:58
183	1003	Tânia Delgado	Individual	Senior Feminino	01:09:39	+34:53	06:58
184	999	Sónia Brito	Individual	Senior Feminino	01:09:49	+35:02	06:59
185	2149	Leticia Pavão Balanco	URCR Team 2023	Senior Feminino	01:09:58	+35:11	07:00
186	2018	Mariana Peixoto	Sky.runners	Senior Feminino	01:10:01	+35:14	07:00
187	2016	Catarina Pinto	Sky.runners	Senior Feminino	01:10:01	+35:15	07:00

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188	964	Maria João da Costa Lourenço Pereira	Individual	Senior Feminino	01:10:09	+35:23	07:01
189	970	Mariana Mouronho Fernandes	Individual	Senior Feminino	01:10:10	+35:24	07:01
190	408	Catarina Ferreira	Coimbra Functional Fitness	Senior Feminino	01:10:16	+35:30	07:02
191	386	Rita Silva	CNI	Senior Feminino	01:10:24	+35:38	07:02
192	908	Carolina Ferreira	Individual	Senior Feminino	01:10:28	+35:41	07:03
193	673	Inês Fernandes	FOCUS_TUU	Senior Feminino	01:10:34	+35:47	07:03
194	918	Daniela Duarte	Individual	Senior Feminino	01:10:37	+35:51	07:04
195	2090	Ana Simões	THE FIRST RUNNING TEAM	Senior Feminino	01:10:39	+35:53	07:04
196	691	Sara Silva	FOCUS_TUU	Senior Feminino	01:10:46	+35:59	07:05
197	1850	Helena Duarte	Os Papa Milhas	Senior Feminino	01:10:51	+36:05	07:05
198	148	Carolina Peixeiro Cardantas	Anaquim	Senior Feminino	01:10:52	+36:06	07:05
199	692	Tânia Duarte	FOCUS_TUU	Senior Feminino	01:11:00	+36:14	07:06
200	904	Camila Dalecio Soares	Individual	Senior Feminino	01:11:07	+36:21	07:07
201	2093	Ângela Nunes	THE FIRST RUNNING TEAM	Senior Feminino	01:11:14	+36:27	07:07
202	2102	Rafaela Prata	THE FIRST RUNNING TEAM	Senior Feminino	01:11:14	+36:27	07:07
203	1992	Margarida Tralhão	RVA	Senior Feminino	01:11:22	+36:36	07:08
204	1991	Celine Fernandes	RVA	Senior Feminino	01:11:24	+36:38	07:08
205	969	Mariana Gomes Tucunduva	Individual	Senior Feminino	01:11:36	+36:50	07:10
206	611	Daiani Gessi Silveira Costa	Extreme Run	Senior Feminino	01:12:42	+37:56	07:16
207	2095	Joana Mendes	THE FIRST RUNNING TEAM	Senior Feminino	01:12:53	+38:06	07:17
208	2013	Ana Rita Silva	Sky.runners	Senior Feminino	01:13:07	+38:21	07:19
209	887	Ana Carolina Dinis	Individual	Senior Feminino	01:13:08	+38:22	07:19
210	2019	Marta Costa	Sky.runners	Senior Feminino	01:13:09	+38:22	07:19
211	2020	Rafaela Duarte	Sky.runners	Senior Feminino	01:13:09	+38:23	07:19
212	1887	Rita Soares Rico	Pé de atleta	Senior Feminino	01:13:18	+38:32	07:20
213	679	Maria Eduarda Oliveira	FOCUS_TUU	Senior Feminino	01:13:33	+38:46	07:21
214	990	Rita Leal	Individual	Senior Feminino	01:13:43	+38:57	07:22
215	907	Carolina Cunha	Individual	Senior Feminino	01:13:58	+39:12	07:24
216	613	SAMYA SULAMITA RIBEIRO DANTAS APOLONIO	Extreme Run	Senior Feminino	01:14:03	+39:17	07:24
217	957	Luísa Inês Baião da Constantina Jácome Nogueira	Individual	Senior Feminino	01:14:09	+39:23	07:25
218	937	Heloísa Gerardo	Individual	Senior Feminino	01:14:51	+40:04	07:29
219	909	Carolina Moreira Santos	Individual	Senior Feminino	01:14:53	+40:07	07:29
220	1724	Monica Ruivo	Kstudio running team	Senior Feminino	01:15:41	+40:55	07:34
221	614	Tatiane de Freitas Oliveira	Extreme Run	Senior Feminino	01:15:41	+40:55	07:34
222	784	Glória Costa Ferreira	Gerardo Studio	Senior Feminino	01:15:41	+40:55	07:34
223	640	JOANA SANTO	FLASHOVER	Senior Feminino	01:15:52	+41:06	07:35
224	676	Joana Mendes	FOCUS_TUU	Senior Feminino	01:16:00	+41:13	07:36
225	978	Míriam Medeiros Strack	Individual	Senior Feminino	01:16:03	+41:17	07:36
226	931	Florine Lepape	Individual	Senior Feminino	01:16:03	+41:17	07:36
227	989	Rita de Almeida Neves	Individual	Senior Feminino	01:16:07	+41:20	07:37
228	976	Milanna nagib	Individual	Senior Feminino	01:16:17	+41:30	07:38
229	956	Lillian Castelão	Individual	Senior Feminino	01:16:25	+41:38	07:38
230	927	Fátima Carrolo	Individual	Senior Feminino	01:16:25	+41:39	07:39
231	1864	Ana Cristina	Owlpharma	Senior Feminino	01:16:34	+41:48	07:39
232	25	Marta Goulão	6:45	Senior Feminino	01:16:42	+41:56	07:40

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233	456	Rita Araújo	Corredores	Senior Feminino	01:16:46	+42:00	07:41
234	884	Alexandra Morais	Individual	Senior Feminino	01:16:49	+42:03	07:41
235	823	Catarina Alçada	HOT.Runners	Senior Feminino	01:17:07	+42:20	07:43
236	612	Jordana Teles	Extreme Run	Senior Feminino	01:17:07	+42:21	07:43
237	1903	Joana Costa	Polyrunners	Senior Feminino	01:17:23	+42:37	07:44
238	1819	Catarina Fernandes	Olimpíadas da Economia	Senior Feminino	01:17:25	+42:38	07:44
239	686	Raquel Sofia Pires Antunes Cruz	FOCUS_TUU	Senior Feminino	01:17:26	+42:40	07:45
240	1767	Susana Ferreira	M4A	Senior Feminino	01:17:46	+42:59	07:47
241	926	Erica Limongi	Individual	Senior Feminino	01:17:50	+43:04	07:47
242	2096	Joana Sousa	THE FIRST RUNNING TEAM	Senior Feminino	01:17:52	+43:06	07:47
243	1972	Márcia Daniela Bela Simões	Runners Project Trail Team	Senior Feminino	01:17:55	+43:09	07:48
244	2055	Cátia Correia	SR team	Senior Feminino	01:18:10	+43:24	07:49
245	1005	Vanessa Marques	Individual	Senior Feminino	01:18:23	+43:36	07:50
246	2103	Raquel Dias	THE FIRST RUNNING TEAM	Senior Feminino	01:18:49	+44:02	07:53
247	903	Bianca Gomes de Figueiredo	Individual	Senior Feminino	01:18:57	+44:11	07:54
248	1700	Maria João Meireles Pereira	IPNrunners	Senior Feminino	01:19:01	+44:15	07:54
249	948	Joana da Orada Gonçalves	Individual	Senior Feminino	01:19:06	+44:19	07:55
250	895	Ana Teresa Santos	Individual	Senior Feminino	01:19:12	+44:26	07:55
251	932	Francisca Pedrosa Salgado	Individual	Senior Feminino	01:19:48	+45:02	07:59
252	955	Liliana Agante	Individual	Senior Feminino	01:20:06	+45:20	08:01
253	660	Ana Lobo	FOCUS_TUU	Senior Feminino	01:20:40	+45:54	08:04
254	2147	Fátima manuela Ferreira Barbosa	URCR Team 2023	Senior Feminino	01:20:50	+46:04	08:05
255	1916	Ana alexandra de Oliveira Brett	Projeto Sexto Sentido	Senior Feminino	01:20:53	+46:06	08:05
256	930	Filipa Ramalho	Individual	Senior Feminino	01:21:07	+46:21	08:07
257	655	Alexandra Ferraz	FOCUS_TUU	Senior Feminino	01:21:30	+46:44	08:09
258	982	Patrícia Leal	Individual	Senior Feminino	01:21:46	+47:00	08:11
259	963	Maria Inês Abegão	Individual	Senior Feminino	01:22:32	+47:46	08:15
260	2187	Eliana Fernandes	Wressels	Senior Feminino	01:22:35	+47:49	08:16
261	888	Ana Figueiredo	Individual	Senior Feminino	01:22:38	+47:52	08:16
262	664	Andreia Passeiro	FOCUS_TUU	Senior Feminino	01:24:29	+49:42	08:27
263	968	Mariana Falcão Correia Cabral da Costa	Individual	Senior Feminino	01:24:39	+49:52	08:28
264	984	Pilar Branquinho	Individual	Senior Feminino	01:26:05	+51:19	08:37
265	1973	Tânia Patrícia Bela Simões	Runners Project Trail Team	Senior Feminino	01:29:23	+54:36	08:56
266	1712	Adriana Manco	Joca não dói	Senior Feminino	01:31:56	+57:10	09:12
267	891	Ana Rita Laranjeiro	Individual	Senior Feminino	01:33:11	+58:25	09:19
268	1882	Ariana Patrícia Pina Rodrigues	Pé de atleta	Senior Feminino	01:37:33	+01:02:47	09:45
269	1884	Camila Marques Aveiro	Pé de atleta	Senior Feminino	01:37:33	+01:02:47	09:45
270	1833	Ana Santos	OS (IN)CANSÁVEIS	Senior Feminino	01:40:39	+01:05:53	10:04

Senior Masculino

1	5	Luís Saraiva	SC Braga	Senior Masculino	31:21		03:08
2	2224	Pedro Saldanha	Individual	Senior Masculino	31:24	+00:02	03:08
3	10	Paulo Rosário	SL Benfica	Senior Masculino	32:07	+00:45	03:13
4	575	Luís Rafael Ramos Contente	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	33:25	+02:03	03:20

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5	571	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	33:31	+02:09	03:21
6	1217	Steven Lopes de Sá	Individual	Senior Masculino	33:36	+02:15	03:22
7	577	Ricardo Gaspar	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	33:43	+02:21	03:22
8	2214	João Oliveira	NPCAD	Senior Masculino	33:54	+02:32	03:23
9	470	João Pedro Albano	CPT Sobral de Ceira	Senior Masculino	34:00	+02:38	03:24
10	1938	André Fonte	Recreio Desportivo de Águeda	Senior Masculino	34:31	+03:10	03:27
11	1061	Diogo Ramalheira	Individual	Senior Masculino	34:36	+03:14	03:28
12	570	Carlos Costa	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	34:41	+03:19	03:28
13	80	Francisco Melícias	AAC-Remo	Senior Masculino	34:55	+03:33	03:30
14	2146	Filipe Monteiro Leite	UDV	Senior Masculino	35:28	+04:07	03:33
15	2215	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	36:01	+04:40	03:36
16	471	João Pedro Rodrigues	CPT Sobral de Ceira	Senior Masculino	36:20	+04:58	03:38
17	79	Diogo Pinheiro	AAC-Remo	Senior Masculino	36:29	+05:08	03:39
18	536	William Caetano	Diário de Coimbra	Senior Masculino	36:30	+05:08	03:39
19	2201	Ivo Relveiro	Zuna/Ndurance	Senior Masculino	36:30	+05:08	03:39
20	572	Filipe Rocha	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	36:32	+05:10	03:39
21	779	Vitor Rito	Gelcentro Team	Senior Masculino	36:43	+05:21	03:40
22	813	João Pontes	Grupo Recreativo Eirense	Senior Masculino	37:07	+05:46	03:43
23	1067	Eduardo Costa	Individual	Senior Masculino	37:19	+05:57	03:44
24	1215	Samuel Custodio	ARCD Venda da Luisa	Senior Masculino	37:24	+06:03	03:44
25	340	Diogo Gomes	CM Coimbra	Senior Masculino	37:30	+06:08	03:45
26	54	Ricardo Simões	AAC Multisport Triatlo	Senior Masculino	37:41	+06:19	03:46
27	1101	João Dias	Individual	Senior Masculino	37:58	+06:36	03:48
28	1114	João Marques	Individual	Senior Masculino	38:06	+06:44	03:49
29	1206	Rodrigo Santos	Individual	Senior Masculino	38:15	+06:53	03:49
30	2070	Joel André Fernandes Mota Ramalhoto	Team El Comandante	Senior Masculino	38:17	+06:56	03:50
31	533	diogo reis	Diário de Coimbra	Senior Masculino	38:19	+06:58	03:50
32	2213	João Pato	Individual	Senior Masculino	38:34	+07:12	03:51
33	51	Eduardo Gonçalves	AAC Multisport Triatlo	Senior Masculino	38:39	+07:17	03:52
34	794	Gonçalo Pitaça	Gerardo Studio	Senior Masculino	38:53	+07:31	03:53
35	343	João Manuel Bento Cardoso	CM Coimbra	Senior Masculino	39:01	+07:39	03:54
36	2094	Francisco Fonseca	THE FIRST RUNNING TEAM	Senior Masculino	39:13	+07:51	03:55
37	1974	João Pedro Andrade Rodrigues	Runners Project Trail Team	Senior Masculino	39:34	+08:12	03:57
38	2218	Rui Gala	Individual	Senior Masculino	39:36	+08:14	03:58
39	290	Ricardo Auxiliar	Centro atlético Póvoa pacense	Senior Masculino	39:43	+08:21	03:58
40	1210	Rui Alberto Ferreira Moutela	Individual	Senior Masculino	39:47	+08:25	03:59
41	1065	Edson Bragança	Individual	Senior Masculino	39:50	+08:28	03:59
42	469	Evandro Silva	CPT Sobral de Ceira	Senior Masculino	39:50	+08:29	03:59
43	1174	Nuno Freitas	Individual	Senior Masculino	40:00	+08:38	04:00
44	512	Vitor Daniel de Jesus Ferreira	Dar à Sola	Senior Masculino	40:21	+08:59	04:02
45	646	SEBASTIÃO GORNE	FLASHOVER	Senior Masculino	40:29	+09:07	04:03
46	341	Hugo Nunes	CM Coimbra	Senior Masculino	40:36	+09:14	04:04
47	1338	André Andrade	Individual	Senior Masculino	40:47	+09:26	04:05

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48	1060	Diogo Pratas	Individual	Senior Masculino	40:48	+09:26	04:05
49	1149	Luís Jesus	Individual	Senior Masculino	40:48	+09:26	04:05
50	82	João Ferreira	AAC-Remo	Senior Masculino	40:50	+09:28	04:05
51	1159	Marco Pires	Individual	Senior Masculino	40:57	+09:36	04:06
52	843	Ricardo Agostinho	HOT.Runners	Senior Masculino	41:00	+09:38	04:06
53	296	Mário José dos Santos Henriques	Clube Atlético de Oliveira do Hospital	Senior Masculino	41:02	+09:40	04:06
54	1043	Daniel Guedes	Individual	Senior Masculino	41:12	+09:51	04:07
55	1176	Nuno Miguel Moura Cachulo	Individual	Senior Masculino	41:18	+09:56	04:08
56	1204	Rodrigo Fernandes Pinhal	Individual	Senior Masculino	41:26	+10:04	04:09
57	694	Bruno Mikael	FOCUS_TUU	Senior Masculino	41:31	+10:09	04:09
58	342	João Costa	CM Coimbra	Senior Masculino	41:34	+10:12	04:09
59	713	Nuno Simões	FOCUS_TUU	Senior Masculino	41:34	+10:12	04:09
60	1146	Luís Andrade	Individual	Senior Masculino	41:50	+10:29	04:11
61	1051	David Rafael Bernardo Soares	Individual	Senior Masculino	42:10	+10:48	04:13
62	1208	Rúben Rodrigues	Individual	Senior Masculino	42:10	+10:49	04:13
63	844	Rodrigo Quelhas	HOT.RUNNERS	Senior Masculino	42:15	+10:54	04:14
64	1178	Nuno Nuno Ramos	Individual	Senior Masculino	42:26	+11:04	04:15
65	269	Luis Neves	Casa do Povo de Mangualde	Senior Masculino	42:32	+11:11	04:15
66	56	Sandro Touil	AAC Multisport Triatlo	Senior Masculino	42:35	+11:13	04:15
67	1780	Rodrigo Dias	Miro trail	Senior Masculino	42:37	+11:16	04:16
68	1098	João Antunes	Individual	Senior Masculino	42:39	+11:17	04:16
69	268	André Nunes	Casa do Povo de Mangualde	Senior Masculino	42:43	+11:21	04:16
70	1124	João Rolim	Individual	Senior Masculino	42:58	+11:37	04:18
71	1071	Fábio Antunes	Individual	Senior Masculino	43:09	+11:48	04:19
72	178	Miguel Fonseca Monteiro	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	43:12	+11:50	04:19
73	1112	João Lopes	Individual	Senior Masculino	43:18	+11:56	04:20
74	1230	Vítor Coelho	Individual	Senior Masculino	43:21	+11:59	04:20
75	1057	Diogo Goncalves	Individual	Senior Masculino	43:23	+12:01	04:20
76	428	Gilberto Modiz	Coimbra Trail Running	Senior Masculino	43:23	+12:01	04:20
77	1155	Manuel Loureiro	Individual	Senior Masculino	43:54	+12:33	04:23
78	344	João Mateus	CM Coimbra	Senior Masculino	44:03	+12:41	04:24
79	50	Diogo Guerra	AAC Multisport Triatlo	Senior Masculino	44:08	+12:46	04:25
80	2029	Mário Aragão	Sky.runners	Senior Masculino	44:08	+12:46	04:25
81	1834	André Monteiro	OS (IN)CANSÁVEIS	Senior Masculino	44:11	+12:49	04:25
82	1023	Andre Vitor	Individual	Senior Masculino	44:20	+12:58	04:26
83	1816	Sérgio Ruela	O Praticante	Senior Masculino	44:28	+13:06	04:27
84	1196	Ricardo Lopes	Individual	Senior Masculino	44:31	+13:10	04:27
85	21	Marco Almeida	29/07	Senior Masculino	44:38	+13:16	04:28
86	1154	Luís Silva	Individual	Senior Masculino	44:44	+13:22	04:28
87	790	Francisco Reis Pinto	Gerardo Studio	Senior Masculino	45:06	+13:45	04:31
88	55	Rui Melo	AAC Multisport Triatlo	Senior Masculino	45:27	+14:05	04:33
89	1087	Gustavo Gama	Individual	Senior Masculino	45:30	+14:08	04:33
90	2152	João Filipe dos Santos Faria	URCR Team 2023	Senior Masculino	45:33	+14:11	04:33
91	160	João Silva	ARCD Venda da Luisa	Senior Masculino	45:36	+14:14	04:34

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137	2076	Jorge Lemos	Team JM Fitness	Senior Masculino	47:54	+16:32	04:47
138	1064	Edgar Pratas	Individual	Senior Masculino	47:59	+16:38	04:48
139	52	Fábio Veríssimo	AAC Multisport Triatlo	Senior Masculino	48:01	+16:39	04:48
140	2219	Gonçalo Fileno	Individual	Senior Masculino	48:04	+16:42	04:48
141	2155	Rúben Filipe Baia Mendes Teixeira	URCR Team 2023	Senior Masculino	48:06	+16:44	04:49
142	1116	João Martins	Individual	Senior Masculino	48:11	+16:50	04:49
143	1171	Nelson Rodrigues	Individual	Senior Masculino	48:14	+16:52	04:49
144	717	Tiago Carvalho	FOCUS_TUU	Senior Masculino	48:18	+16:56	04:50
145	1136	José Freitas	Individual	Senior Masculino	48:19	+16:57	04:50
146	1218	Tiago António Gadim Novo	Individual	Senior Masculino	48:20	+16:58	04:50
147	841	Marco Marreiro	HOT.Runners	Senior Masculino	48:27	+17:05	04:51
148	1201	Rodrigo André Maturana Pais	Individual	Senior Masculino	48:32	+17:11	04:51
149	1183	Pedro Carvalho Almeida	Individual	Senior Masculino	48:36	+17:14	04:52
150	1179	Nuno Picado	Individual	Senior Masculino	48:39	+17:18	04:52
151	1013	André Godinho	Individual	Senior Masculino	48:39	+17:18	04:52
152	798	Luís Nelas	Gerardo Studio	Senior Masculino	48:40	+17:18	04:52
153	1059	Diogo Monteiro	Individual	Senior Masculino	48:43	+17:21	04:52
154	1042	Daniel Duarte	Individual	Senior Masculino	48:43	+17:22	04:52
155	1068	Élio Rodrigues	Individual	Senior Masculino	48:46	+17:24	04:53
156	838	Fernando Almeida	HOT.Runners	Senior Masculino	48:47	+17:25	04:53
157	2174	VINÍCIUS REGIS PIRES	VIPTEAM	Senior Masculino	48:49	+17:28	04:53
158	1082	Gonçalo Dias	Individual	Senior Masculino	48:51	+17:29	04:53
159	1143	Júlio Teixeira	Individual	Senior Masculino	48:52	+17:31	04:53
160	1753	Micael Santos	Lobitos BikeTeam	Senior Masculino	48:53	+17:31	04:53
161	1109	JOAO FILIPE SEQUEIRA	Individual	Senior Masculino	48:54	+17:32	04:53
162	789	Diogo Guilherme	Gerardo Studio	Senior Masculino	48:57	+17:35	04:54
163	1030	Carlos Daniel Domingos Silva	Individual	Senior Masculino	48:58	+17:36	04:54
164	778	Tiago Estrafalhote	Gelcentro Team	Senior Masculino	49:04	+17:42	04:54
165	1132	Jorge Póvoa	Individual	Senior Masculino	49:05	+17:44	04:55
166	274	Rui Miguel Rodrigues Xavier	CASCI	Senior Masculino	49:07	+17:45	04:55
167	1207	Rúben Filipe Pragosa Almeida	Individual	Senior Masculino	49:10	+17:49	04:55
168	643	MÁRIO FERREIRA	FLASHOVER	Senior Masculino	49:11	+17:50	04:55
169	1092	Hugo Caetano	Individual	Senior Masculino	49:16	+17:55	04:56
170	1010	André Carvalheira	Individual	Senior Masculino	49:18	+17:56	04:56
171	714	Pedro Martins	FOCUS_TUU	Senior Masculino	49:20	+17:58	04:56
172	2156	Rui Manuel de Sousa Lopes	URCR Team 2023	Senior Masculino	49:33	+18:11	04:57
173	1199	Roberto Dias	Individual	Senior Masculino	49:34	+18:12	04:57
174	1769	Pedro Maia	M4A	Senior Masculino	49:38	+18:16	04:58
175	1768	Luis Almeida	M4A	Senior Masculino	49:39	+18:17	04:58
176	282	José Manuel dos Santos Quinta	CDCamarneira	Senior Masculino	49:40	+18:18	04:58
177	2173	TIAGO MARQUES	VIPTEAM	Senior Masculino	49:42	+18:20	04:58
178	2108	Luis Bornes	THE FIRST RUNNING TEAM	Senior Masculino	49:46	+18:24	04:59
179	1015	André José Fernandes Martins	Individual	Senior Masculino	49:46	+18:25	04:59
180	88	Hugo Neves	Academia de Desportos de Condeixa	Senior Masculino	49:47	+18:25	04:59
181	703	Gonçalo Santos	FOCUS_TUU	Senior Masculino	50:00	+18:38	05:00
182	1139	José Miguel Assafrão Craveiro	Individual	Senior Masculino	50:00	+18:38	05:00

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183	2044	João Nascimento	Somisis	Senior Masculino	50:08	+18:46	05:01
184	1393	Rui Canudo	RM Runners	Senior Masculino	50:11	+18:49	05:01
185	1228	Tomás Fernandes Cadete	Individual	Senior Masculino	50:19	+18:58	05:02
186	710	Luís Gonzaga	FOCUS_TUU	Senior Masculino	50:20	+18:59	05:02
187	1694	Fernando Costa	Inter de Limão	Senior Masculino	50:21	+18:59	05:02
188	776	Bruno Martins	Gelcentro Team	Senior Masculino	50:22	+19:00	05:02
189	840	Luís Venâncio	HOT.Runners	Senior Masculino	50:23	+19:01	05:02
190	1074	Fausto Emanuel Forte dos Reis	Individual	Senior Masculino	50:23	+19:01	05:02
191	1214	Rui Marcelino	Individual	Senior Masculino	50:24	+19:02	05:02
192	1634	Tiago Matias	Individual	Senior Masculino	50:25	+19:03	05:03
193	429	Rodrigo Santos	Coimbra Trail Running	Senior Masculino	50:26	+19:04	05:03
194	1194	Ricardo Bica	Individual	Senior Masculino	50:29	+19:08	05:03
195	1200	Rodolfo Silva	Individual	Senior Masculino	50:34	+19:12	05:03
196	1075	Fernando Jorge Rodrigues do Rosário	Individual	Senior Masculino	50:37	+19:15	05:04
197	2113	Valter Afonso	THE FIRST RUNNING TEAM	Senior Masculino	50:38	+19:16	05:04
198	1099	João Carreira	Individual	Senior Masculino	50:43	+19:21	05:04
199	136	Diogo Carvalheira	Alguém que nos compre	Senior Masculino	50:48	+19:26	05:05
200	1227	Tomás Dinis	Individual	Senior Masculino	50:50	+19:29	05:05
201	1870	José Gomes	Owlpharma	Senior Masculino	50:50	+19:29	05:05
202	1166	Miguel Pedro	Individual	Senior Masculino	50:56	+19:34	05:06
203	1693	Daniel Silva	Inter de Limão	Senior Masculino	50:56	+19:34	05:06
204	1837	Alfredo Gomes	Os Cromos	Senior Masculino	50:58	+19:37	05:06
205	1009	André Banaco	Individual	Senior Masculino	51:07	+19:45	05:07
206	1050	David José Caetano Pratas	Individual	Senior Masculino	51:10	+19:48	05:07
207	1695	João Rainho	Inter de Limão	Senior Masculino	51:15	+19:53	05:08
208	797	João Gerardo	Gerardo Studio	Senior Masculino	51:16	+19:55	05:08
209	1141	José Ricardo Farias	Individual	Senior Masculino	51:18	+19:57	05:08
210	786	Bruno Nobre	Gerardo Studio	Senior Masculino	51:19	+19:58	05:08
211	705	João Paiva	FOCUS_TUU	Senior Masculino	51:20	+19:58	05:08
212	1696	Rafael Cunha	Inter de Limão	Senior Masculino	51:21	+19:59	05:08
213	1792	Júlio Torres	Molecular Marathoners	Senior Masculino	51:21	+19:59	05:08
214	803	Rui Couto	Gerardo Studio	Senior Masculino	51:28	+20:06	05:09
215	1223	Tiago Marcelino	Individual	Senior Masculino	51:28	+20:06	05:09
216	1016	André Moraes	Individual	Senior Masculino	51:28	+20:06	05:09
217	1131	Jorge Correia	Individual	Senior Masculino	51:29	+20:07	05:09
218	1122	João Pedro Vidal Santos	Individual	Senior Masculino	51:31	+20:09	05:09
219	53	Pedro Madeira	AAC Multisport Triatlo	Senior Masculino	51:31	+20:10	05:09
220	224	Joel Esteves	Bluepharma	Senior Masculino	51:36	+20:14	05:10
221	1019	André Pires	Individual	Senior Masculino	51:40	+20:18	05:10
222	2030	Miguel Cabrita	Sky.runners	Senior Masculino	51:41	+20:19	05:10
223	1941	Luís André de Carvalho Marques	Reload - Exercício e Saúde	Senior Masculino	51:43	+20:21	05:10
224	1754	Pedro Santos	Lobitos BikeTeam	Senior Masculino	51:48	+20:26	05:11
225	1902	Miguel Freire	Pião a Correr	Senior Masculino	51:50	+20:28	05:11
226	2003	Gonçalo Gomes	Sem sede	Senior Masculino	51:52	+20:30	05:11
227	2153	João Nuno Lourenço Silveira	URCR Team 2023	Senior Masculino	51:54	+20:32	05:11
228	806	Vitor Ribas	Gerardo Studio	Senior Masculino	51:54	+20:33	05:11

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229	260	ANTÓNIO RASTEIRO	CASA BAÍA TERTÚLIA DA VELHA CABRA	Senior Masculino	51:57	+20:36	05:12
230	162	Tiago Pires	ARCD Venda da Luisa	Senior Masculino	52:00	+20:38	05:12
231	787	Daniel Pires	Gerardo Studio	Senior Masculino	52:01	+20:39	05:12
232	1031	Carlos Manuel Simões Pereira	Individual	Senior Masculino	52:04	+20:42	05:12
233	1191	Rafael Areias	Individual	Senior Masculino	52:06	+20:44	05:13
234	777	Diogo Bastos	Gelcentro Team	Senior Masculino	52:07	+20:45	05:13
235	1959	Rudy Baptista	RM Runners	Senior Masculino	52:20	+20:58	05:14
236	1093	Hugo Nobre	Individual	Senior Masculino	52:23	+21:02	05:14
237	1129	Jônatas Augusto Manzolli	Individual	Senior Masculino	52:30	+21:08	05:15
238	1086	Gustavo de Almeida Madureira	Individual	Senior Masculino	52:37	+21:16	05:16
239	388	Marco Nobre	CNI	Senior Masculino	52:38	+21:16	05:16
240	390	Telmo Santos	CNI	Senior Masculino	52:38	+21:17	05:16
241	387	Joao Carvalho	CNI	Senior Masculino	52:40	+21:18	05:16
242	1138	José Maia Costa	Individual	Senior Masculino	52:47	+21:26	05:17
243	1034	Celso Filipe Garrido Ferreira	Individual	Senior Masculino	52:48	+21:26	05:17
244	1929	António Pinto	Rato Esquilo	Senior Masculino	52:50	+21:28	05:17
245	1066	Eduardo Azevedo	Individual	Senior Masculino	53:01	+21:39	05:18
246	218	André Dias	Bluepharma	Senior Masculino	53:05	+21:43	05:19
247	2144	Pedro Sequeira	Trialmotor	Senior Masculino	53:05	+21:43	05:19
248	159	Gonçalo Deus	ARCD Venda da Luisa	Senior Masculino	53:11	+21:49	05:19
249	1212	Rui Azenha	Individual	Senior Masculino	53:12	+21:51	05:19
250	1105	João Ferreira	Individual	Senior Masculino	53:13	+21:51	05:19
251	1211	Rui Alexandre Gomes Pereira	Individual	Senior Masculino	53:16	+21:55	05:20
252	1100	João David França Santos	Individual	Senior Masculino	53:20	+21:58	05:20
253	1142	José Sequeira	Individual	Senior Masculino	53:24	+22:02	05:20
254	2022	Alexandre Veloso	Sky.runners	Senior Masculino	53:25	+22:03	05:21
255	221	Gustavo Simões	Bluepharma	Senior Masculino	53:29	+22:07	05:21
256	1727	Alexandre Silva	Kstudio running team	Senior Masculino	53:31	+22:09	05:21
257	346	Miguel Roque	CM Coimbra	Senior Masculino	53:39	+22:17	05:22
258	1081	Gabriel Costa	Individual	Senior Masculino	53:45	+22:24	05:23
259	700	Eduardo de Lemos Correia Umbelino	FOCUS_TUU	Senior Masculino	53:46	+22:24	05:23
260	1221	Tiago Filipe Santos Coelho	Individual	Senior Masculino	53:58	+22:36	05:24
261	1033	Carlos Ramalho	Individual	Senior Masculino	54:09	+22:47	05:25
262	1170	Mike Pascoal	Individual	Senior Masculino	54:10	+22:49	05:25
263	1190	Pedro Russo	Individual	Senior Masculino	54:24	+23:02	05:26
264	1197	Ricardo Serra	Individual	Senior Masculino	54:26	+23:04	05:27
265	1044	Daniel Lopes	Individual	Senior Masculino	54:31	+23:09	05:27
266	1180	Nuno Silva	Individual	Senior Masculino	54:33	+23:12	05:27
267	2001	Andre Ventura	Saldo Valido	Senior Masculino	54:40	+23:18	05:28
268	1755	Ricardo Santos	Lobitos BikeTeam	Senior Masculino	54:40	+23:18	05:28
269	1904	Jorge Emanuel da Cunha Feijó	Polyrunners	Senior Masculino	54:41	+23:19	05:28
270	1714	Nuno Manco	Joca não dói	Senior Masculino	54:42	+23:20	05:28
271	1037	Cesar Zavala	Individual	Senior Masculino	54:44	+23:22	05:28
272	1103	João Fernandes	Individual	Senior Masculino	54:46	+23:25	05:29
273	2058	Diogo Ramos	SR team	Senior Masculino	54:49	+23:27	05:29
274	1079	Filipe Sequeira	Individual	Senior Masculino	54:51	+23:30	05:29

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275	1046	Daniel Ramos	Individual	Senior Masculino	54:53	+23:31	05:29
276	1091	Henrique Manuel Rodelo Baptista	Individual	Senior Masculino	54:56	+23:34	05:30
277	2154	João pedro Gameiro Lopes	URCR Team 2023	Senior Masculino	55:01	+23:39	05:30
278	1038	Cláudio Relvas	Individual	Senior Masculino	55:18	+23:56	05:32
279	1209	Rui Abreu	Individual	Senior Masculino	55:26	+24:04	05:33
280	130	Pedro Gaspar	AGM Team Running	Senior Masculino	55:27	+24:06	05:33
281	26	António João Ramos	6:45	Senior Masculino	55:28	+24:06	05:33
282	1147	Luis Artur Santana Saraiva	Individual	Senior Masculino	55:29	+24:08	05:33
283	418	Rafael Vicente	Coimbra Functional Fitness	Senior Masculino	55:31	+24:09	05:33
284	413	António Rodrigues	Coimbra Functional Fitness	Senior Masculino	55:31	+24:10	05:33
285	1821	Francisco Maquinão	Olimpíadas da Economia	Senior Masculino	55:34	+24:12	05:33
286	140	Ricardo Silva	Ameal Trail	Senior Masculino	55:39	+24:17	05:34
287	1224	Tiago Santos	Individual	Senior Masculino	55:43	+24:21	05:34
288	1169	Miguel Silva Resende	Individual	Senior Masculino	55:45	+24:23	05:35
289	2112	Ricardo Soares	THE FIRST RUNNING TEAM	Senior Masculino	55:49	+24:27	05:35
290	1021	André Sérgio	Individual	Senior Masculino	56:01	+24:39	05:36
291	2025	Francisco Oliveira	Sky.runners	Senior Masculino	56:07	+24:45	05:37
292	1119	João Nuno Loução Mestre	Individual	Senior Masculino	56:09	+24:47	05:37
293	1168	Miguel Ruivo	Individual	Senior Masculino	56:14	+24:52	05:37
294	2193	Leonardo Oliveira	Wressels	Senior Masculino	56:20	+24:58	05:38
295	2196	Rafael Dias	Wressels	Senior Masculino	56:20	+24:59	05:38
296	46	Lucas Biaggini Diniz Barbosa	A la Pata	Senior Masculino	56:23	+25:01	05:38
297	1027	António Figueiredo	Individual	Senior Masculino	56:26	+25:04	05:39
298	2027	Gonçalo Serra	Sky.runners	Senior Masculino	56:28	+25:07	05:39
299	490	Fábio Pita	Crédito Agrícola de Coimbra	Senior Masculino	56:41	+25:19	05:40
300	1014	André Jesus	Individual	Senior Masculino	56:43	+25:22	05:40
301	2059	Marco Joel Freitas Carvalho Xavier	SR team	Senior Masculino	56:44	+25:23	05:40
302	2056	Acácio Xavier	SR team	Senior Masculino	56:45	+25:23	05:40
303	1078	Filipe Miguéis	Individual	Senior Masculino	56:47	+25:25	05:41
304	2024	Filipe Almeida	Sky.runners	Senior Masculino	56:57	+25:35	05:42
305	45	Fábio Silva	A la Pata	Senior Masculino	56:57	+25:35	05:42
306	709	Lucas Monteiro	FOCUS_TUU	Senior Masculino	57:02	+25:40	05:42
307	1231	Vitor Martins de Oliveira	Individual	Senior Masculino	57:10	+25:48	05:43
308	1820	Filipe Murta	Olimpíadas da Economia	Senior Masculino	57:11	+25:49	05:43
309	2107	João Pacheco Mendes	THE FIRST RUNNING TEAM	Senior Masculino	57:16	+25:55	05:44
310	1165	Miguel Neto Wasterlain	Individual	Senior Masculino	57:20	+25:58	05:44
311	348	Tiago Alves	CM Coimbra	Senior Masculino	57:20	+25:58	05:44
312	417	Paulo Ferreira	Coimbra Functional Fitness	Senior Masculino	57:20	+25:58	05:44
313	718	Tiago Relvão	FOCUS_TUU	Senior Masculino	57:36	+26:15	05:46
314	793	Gabriel Chaves Oliveira	Gerardo Studio	Senior Masculino	57:38	+26:16	05:46
315	505	Carlos Mendes	CUMIBROA RUNNING TEAM	Senior Masculino	57:40	+26:19	05:46
316	123	Filipe Neto	Adões Trail	Senior Masculino	57:42	+26:20	05:46
317	1048	Daniel Valdagua Malva	Individual	Senior Masculino	57:43	+26:21	05:46
318	1175	Nuno Marques	Individual	Senior Masculino	57:44	+26:22	05:46
319	804	Simão Carvalho Monteiro	Gerardo Studio	Senior Masculino	57:48	+26:27	05:47
320	845	Vítor Mendonça	HOT.RUNNERS	Senior Masculino	58:12	+26:50	05:49

Corrida

10 KM

OFFICIAL RESULT



LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION							
321	1089	Gustavo Veiga	Individual	Senior Masculino	58:19	+26:57	05:50
322	697	Diogo Carvalho	FOCUS_TUU	Senior Masculino	58:23	+27:01	05:50
323	560	João Pedro Teixeira Lima	Dias Lima	Senior Masculino	58:28	+27:06	05:51
324	2106	João Luis	THE FIRST RUNNING TEAM	Senior Masculino	58:36	+27:14	05:52
325	225	Nuno Cardoso	Bluepharma	Senior Masculino	58:37	+27:15	05:52
326	698	Diogo Emanuel	FOCUS_TUU	Senior Masculino	58:49	+27:27	05:53
327	842	Rafael Luís	HOT.Runners	Senior Masculino	58:50	+27:28	05:53
328	1040	Cristovao Pires	Individual	Senior Masculino	58:50	+27:28	05:53
329	2057	André Ferreira	SR team	Senior Masculino	58:57	+27:36	05:54
330	1944	João Paulo de Almeida Barata Serra	Remax White	Senior Masculino	58:58	+27:36	05:54
331	2111	Marcos Simões	THE FIRST RUNNING TEAM	Senior Masculino	59:05	+27:43	05:54
332	1121	João Pedro Moreira Sousa	Individual	Senior Masculino	59:09	+27:47	05:55
333	2110	Marco Manta	THE FIRST RUNNING TEAM	Senior Masculino	59:09	+27:47	05:55
334	1229	Vasco Madeira	Individual	Senior Masculino	59:11	+27:49	05:55
335	1036	Celso Ricardo de Moura Marques	Individual	Senior Masculino	59:11	+27:50	05:55
336	28	João Liberado	6:45	Senior Masculino	59:12	+27:51	05:55
337	2031	Rui Alexandre Soares	Sky.runners	Senior Masculino	59:16	+27:55	05:56
338	1172	Nuno Duarte	Individual	Senior Masculino	59:28	+28:06	05:57
339	1750	João Manuel Ferreira	Lambrusco Kds	Senior Masculino	59:29	+28:07	05:57
340	833	Bruno Victor Pereira da Silva	HOT.Runners	Senior Masculino	59:32	+28:11	05:57
341	1752	Fábio Alves Faneca	Lobitos BikeTeam	Senior Masculino	59:33	+28:12	05:57
342	2181	Guilherme Valverde	Viriathvs Runners Viseu	Senior Masculino	59:34	+28:12	05:57
343	1822	João Moura	Olimpíadas da Economia	Senior Masculino	59:35	+28:13	05:57
344	2166	Gustavo Brandão	VELOCIDADE BRASIL RACING	Senior Masculino	59:39	+28:17	05:58
345	800	Pedro Miguel	Gerardo Studio	Senior Masculino	59:48	+28:26	05:59
346	707	José Dinis	FOCUS_TUU	Senior Masculino	59:53	+28:31	05:59
347	1056	Diogo Dias	Individual	Senior Masculino	59:56	+28:34	06:00
348	1053	Davide Tomé	Individual	Senior Masculino	59:56	+28:35	06:00
349	704	João Nuno Ventura Pires	FOCUS_TUU	Senior Masculino	59:59	+28:37	06:00
350	1189	Pedro Miguel Rodrigues	Individual	Senior Masculino	01:00:00	+28:39	06:00
351	278	Renato Garcia Dias	CDA Runners	Senior Masculino	01:00:11	+28:49	06:01
352	1994	João fernandes	RVA	Senior Masculino	01:00:24	+29:02	06:02
353	1993	Bernardo Santos Clemente	RVA	Senior Masculino	01:00:24	+29:03	06:02
354	796	João Barbosa	Gerardo Studio	Senior Masculino	01:00:29	+29:07	06:03
355	1930	Mário Rui Pinto	Rato Esquilo	Senior Masculino	01:00:31	+29:09	06:03
356	1127	João Vitor Vieira Gomes	Individual	Senior Masculino	01:00:31	+29:10	06:03
357	615	ALERSON APOLONIO DA SILVA	Extreme Run	Senior Masculino	01:00:33	+29:11	06:03
358	1020	André Queda	Individual	Senior Masculino	01:00:36	+29:14	06:04
359	1825	Nuno Moura	Olimpíadas da Economia	Senior Masculino	01:00:44	+29:23	06:04
360	137	Rui Saraiva	Alguém que nos compre	Senior Masculino	01:00:47	+29:25	06:05
361	1810	João Lourenço	Neuraspace	Senior Masculino	01:00:52	+29:30	06:05
362	1115	João Martins	Individual	Senior Masculino	01:00:55	+29:34	06:06
363	1839	Fábio Fernandes	Os da Banda	Senior Masculino	01:00:59	+29:38	06:06
364	1160	Marcos Calvo	Individual	Senior Masculino	01:01:01	+29:39	06:06
365	1843	Francisco Antunes	Os mestiços	Senior Masculino	01:01:02	+29:40	06:06
366	653	José Albino Alves da Silva	Floponor Team	Senior Masculino	01:01:02	+29:40	06:06

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367	1869	Guilherme Monteiro	Owlpharma	Senior Masculino	01:01:08	+29:46	06:07
368	1073	Fábio Moreira Santos	Individual	Senior Masculino	01:01:15	+29:53	06:07
369	1039	Cristian Gonçalves Bonfim	Individual	Senior Masculino	01:01:21	+29:59	06:08
370	561	José Filipe Rodrigues Dias	Dias Lima	Senior Masculino	01:01:22	+30:01	06:08
371	1841	Emanuel Silva	Os Incríveis	Senior Masculino	01:01:24	+30:02	06:08
372	2222	Anderson da Silva Alves	Individual	Senior Masculino	01:01:32	+30:11	06:09
373	510	Nuno Melo	Dar à Sola	Senior Masculino	01:01:38	+30:17	06:10
374	511	Pedro Cabral	Dar à Sola	Senior Masculino	01:01:38	+30:17	06:10
375	161	Luis Paulo calçarão Lapa	ARCD Venda da Luisa	Senior Masculino	01:01:48	+30:26	06:11
376	1192	Renato Filipe Rodrigues Ramos	Individual	Senior Masculino	01:01:58	+30:36	06:12
377	246	Sérgio Gaspar	Brigada do Reumático	Senior Masculino	01:02:01	+30:39	06:12
378	1153	Luís Oliveira	Individual	Senior Masculino	01:02:09	+30:47	06:13
379	1195	Ricardo Filipe Matias	Individual	Senior Masculino	01:02:09	+30:47	06:13
380	1137	José Ladeiro	Individual	Senior Masculino	01:02:41	+31:19	06:16
381	1181	Oscar David Torres Sanchez	Individual	Senior Masculino	01:02:44	+31:22	06:16
382	1017	Andre Pinheiro	Individual	Senior Masculino	01:02:59	+31:38	06:18
383	493	Tiago Marques	Crédito Agrícola de Coimbra	Senior Masculino	01:03:02	+31:40	06:18
384	1946	Pedro Daniel Marques Valente de Almeida	Remax White	Senior Masculino	01:03:04	+31:42	06:18
385	208	Joel Reis	Bairro dos anjos	Senior Masculino	01:03:16	+31:54	06:20
386	1140	José Portugal	Individual	Senior Masculino	01:03:19	+31:57	06:20
387	1096	Ivo Alexandre Carvalho dos Reis	Individual	Senior Masculino	01:03:24	+32:02	06:20
388	576	Nuno Matos	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	01:03:32	+32:10	06:21
389	2162	Luis Gomes	Vacões na estrada	Senior Masculino	01:03:33	+32:12	06:21
390	1918	Afonso Alves	R G Levanta Poeira	Senior Masculino	01:03:34	+32:13	06:21
391	1173	Nuno Ferreira	Individual	Senior Masculino	01:03:35	+32:13	06:21
392	1072	Fábio José Pais do Amaral	Individual	Senior Masculino	01:03:44	+32:22	06:22
393	1162	Mauro Conde	Individual	Senior Masculino	01:03:52	+32:31	06:23
394	1804	André Matias	MoreirasFarosGuerreiros	Senior Masculino	01:03:58	+32:36	06:24
395	1008	Alexandre Fernandes	Individual	Senior Masculino	01:04:01	+32:40	06:24
396	1823	João Pedro São Miguel dos Santos	Olimpíadas da Economia	Senior Masculino	01:04:07	+32:45	06:25
397	1102	João Emanuel Batista Bento	Individual	Senior Masculino	01:04:22	+33:00	06:26
398	1957	Jael Antunes	RM Runners	Senior Masculino	01:04:25	+33:03	06:26
399	2205	Gonçalo Jorge Seabra de Almeida	Individual	Senior Masculino	01:04:25	+33:04	06:27
400	1226	Tito Silva	Individual	Senior Masculino	01:04:34	+33:13	06:27
401	1130	Jorge Campos	Individual	Senior Masculino	01:04:38	+33:16	06:28
402	1104	João Ferreira	Individual	Senior Masculino	01:05:07	+33:45	06:31
403	702	Frederico Macedo	FOCUS_TUU	Senior Masculino	01:05:14	+33:53	06:31
404	1018	André Pinto	Individual	Senior Masculino	01:05:17	+33:56	06:32
405	1090	Helder Fernandes	Individual	Senior Masculino	01:05:25	+34:03	06:32
406	801	Ricardo Brito	Gerardo Studio	Senior Masculino	01:05:25	+34:03	06:32
407	1062	Diogo Travassos	Individual	Senior Masculino	01:05:31	+34:09	06:33
408	1889	Daniel Faus Marmelo	Pé de atleta	Senior Masculino	01:05:32	+34:11	06:33
409	1150	Luís Miguel Oliveira da Silva	Individual	Senior Masculino	01:05:47	+34:26	06:35
410	1890	Diogo Rodrigues Palma Guerreiro	Pé de atleta	Senior Masculino	01:05:47	+34:26	06:35
411	2109	Marcelo Vieira	THE FIRST RUNNING TEAM	Senior Masculino	01:06:06	+34:44	06:37

Corrida

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

412	1106	João Ferreira	Individual	Senior Masculino	01:06:09	+34:48	06:37
413	1733	Luís Pinheiro	Kstudio running team	Senior Masculino	01:06:14	+34:53	06:37
414	1893	Hugo Jorge da Cunha Fernandes	Pé de atleta	Senior Masculino	01:06:35	+35:13	06:39
415	1793	Tomás Machado	Molecular Marathoners	Senior Masculino	01:06:36	+35:15	06:40
416	2004	Nuno Santos	Sem sede	Senior Masculino	01:07:11	+35:49	06:43
417	2005	Pedro Ponte	Sem sede	Senior Masculino	01:07:14	+35:52	06:43
418	1123	João Rodrigues	Individual	Senior Masculino	01:07:18	+35:56	06:44
419	1035	Celso Miguel Furtado Cabral Gomes da Costa	Individual	Senior Masculino	01:07:18	+35:57	06:44
420	1943	Filipe Coelho	Remax White	Senior Masculino	01:07:19	+35:57	06:44
421	1219	Tiago Dinis	Individual	Senior Masculino	01:07:19	+35:57	06:44
422	1049	David Carvalho	Individual	Senior Masculino	01:07:20	+35:58	06:44
423	1110	João Francisco Pedrosa	Individual	Senior Masculino	01:07:33	+36:11	06:45
424	1069	Emanuel Santos Cuco	Individual	Senior Masculino	01:07:33	+36:12	06:45
425	711	Luís Velez	FOCUS_TUU	Senior Masculino	01:07:37	+36:15	06:46
426	836	Eduardo Ferreira	HOT.Runners	Senior Masculino	01:07:48	+36:27	06:47
427	839	João Matos	HOT.Runners	Senior Masculino	01:08:13	+36:52	06:49
428	618	Guilherme Fernandes Martins Lima	Extreme Run	Senior Masculino	01:08:28	+37:06	06:51
429	1133	Jorge Vale	Individual	Senior Masculino	01:08:29	+37:07	06:51
430	802	Rodrigo Alves	Gerardo Studio	Senior Masculino	01:08:29	+37:08	06:51
431	1220	Tiago Filipe Pedro Silva	Individual	Senior Masculino	01:08:31	+37:09	06:51
432	1213	Rui Bernardes	Individual	Senior Masculino	01:08:41	+37:19	06:52
433	701	Eduardo vilas boas	FOCUS_TUU	Senior Masculino	01:08:50	+37:28	06:53
434	1120	Joao Paulo Rodrigues de Oliveira	Individual	Senior Masculino	01:08:59	+37:37	06:54
435	1847	Mário Laranjeiro	Os mestiços	Senior Masculino	01:09:20	+37:58	06:56
436	1829	Miguel Rosendo	Olympic Silvas	Senior Masculino	01:09:21	+37:59	06:56
437	1845	Joel Pereira	Os mestiços	Senior Masculino	01:09:22	+38:00	06:56
438	2026	Gonçalo Abreu	Sky.runners	Senior Masculino	01:09:37	+38:16	06:58
439	2151	Flávio António Dominguez Ribeiro	URCR Team 2023	Senior Masculino	01:09:45	+38:23	06:59
440	248	carlos Eduardo Bastos Dias	CAETANADAS	Senior Masculino	01:09:49	+38:27	06:59
441	261	JOÃO PEDRO	CASA BÁIA TERTÚLIA DA VELHA CABRA	Senior Masculino	01:09:49	+38:27	06:59
442	1055	Diogo da Silva Filipe	Individual	Senior Masculino	01:09:52	+38:30	06:59
443	467	André Rodrigues	CPT Coimbra	Senior Masculino	01:10:02	+38:40	07:00
444	617	Bruno Henrique Ramos	Extreme Run	Senior Masculino	01:10:09	+38:47	07:01
445	534	Eurico Santos	Diário de Coimbra	Senior Masculino	01:10:18	+38:56	07:02
446	795	Jano Lucas Plag Fontes	Gerardo Studio	Senior Masculino	01:11:05	+39:43	07:06
447	1063	Duarte Cavaco	Individual	Senior Masculino	01:11:05	+39:43	07:06
448	799	Miguel Cunha	Gerardo Studio	Senior Masculino	01:11:05	+39:43	07:07
449	1896	João Pedro Lopes Freire	Pé de atleta	Senior Masculino	01:11:16	+39:54	07:08
450	1894	João Almeida Mendes	Pé de atleta	Senior Masculino	01:11:28	+40:06	07:09
451	509	Michel Ferreira	Dar à Sola	Senior Masculino	01:12:01	+40:39	07:12
452	2067	Cândido Veloso	Tainadas Run Team	Senior Masculino	01:13:00	+41:38	07:18
453	2028	Luis Pires	Sky.runners	Senior Masculino	01:13:07	+41:45	07:19
454	837	Emerson Abruñosa	HOT.RUNNERS	Senior Masculino	01:13:09	+41:48	07:19
455	716	Rui Saldanha	FOCUS_TUU	Senior Masculino	01:13:33	+42:11	07:21

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456	262	JOÃO VILÃO	CASA BAÍA TERTÚLIA DA VELHA CABRA	Senior Masculino	01:14:02	+42:41	07:24
457	1085	Guilherme Murta	Individual	Senior Masculino	01:15:26	+44:04	07:33
458	695	Bruno Simões	FOCUS_TUU	Senior Masculino	01:16:00	+44:38	07:36
459	1076	Filipe de Castro Oliveira	Individual	Senior Masculino	01:16:03	+44:41	07:36
460	1729	Daniel Seabra	Kstudio running team	Senior Masculino	01:16:34	+45:12	07:39
461	699	Diogo Matias	FOCUS_TUU	Senior Masculino	01:16:36	+45:14	07:40
462	457	Jose Félix	Corredores	Senior Masculino	01:16:46	+45:24	07:41
463	1905	Carlos Paula	Polyrunners	Senior Masculino	01:17:26	+46:04	07:45
464	1715	Rodrigo Lopes	Joca não dói	Senior Masculino	01:17:38	+46:16	07:46
465	1193	Ricardo Almeida	Individual	Senior Masculino	01:17:50	+46:28	07:47
466	2105	Fábio Amado	THE FIRST RUNNING TEAM	Senior Masculino	01:17:59	+46:38	07:48
467	2061	Tiago Henriques	SR team	Senior Masculino	01:18:11	+46:49	07:49
468	1182	Paulo Alexandre Morais Calado Oliveira Bajouco	Individual	Senior Masculino	01:18:34	+47:13	07:51
469	1156	Manuel Rodrigo Morim	Individual	Senior Masculino	01:19:32	+48:10	07:57
470	1198	Ricardo Simões	Individual	Senior Masculino	01:19:47	+48:25	07:59
471	2207	André de Pinho e Cunha Lopes	Remax White	Senior Masculino	01:20:06	+48:44	08:01
472	708	José Rodrigues	FOCUS_TUU	Senior Masculino	01:21:30	+50:09	08:09
473	616	BRUNO DE OLIVEIRA	Extreme Run	Senior Masculino	01:22:26	+51:04	08:15
474	2195	Mário Pires	Wressels	Senior Masculino	01:22:37	+51:15	08:16
475	491	João Campos	Crédito Agrícola de Coimbra	Senior Masculino	01:22:44	+51:22	08:16
476	715	Renato franca	FOCUS_TUU	Senior Masculino	01:24:29	+53:07	08:27
477	619	Jessé Araújo da Silva	Extreme Run	Senior Masculino	01:25:25	+54:03	08:32
478	620	LUIS CARLOS SANTOS DO NASCIMENTO	Extreme Run	Senior Masculino	01:25:25	+54:04	08:33
479	2191	Flávio Silva	Wressels	Senior Masculino	01:28:00	+56:39	08:48
480	1107	João Figueiredo	Individual	Senior Masculino	01:33:11	+01:01:50	09:19
481	1187	Pedro Matos	Individual	Senior Masculino	01:36:34	+01:05:12	09:39

Veterana F40

1	57	Filipa Santos	AAC Multisport Triatlo	Veterana F40	40:53		04:05
2	1736	Catarina Sousa	Kstudio running team	Veterana F40	46:23	+05:30	04:38
3	579	Clara Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	46:43	+05:50	04:40
4	2132	Ana lemos	Trail da Amizade Runners	Veterana F40	48:47	+07:54	04:53
5	1274	Sabina Carvalho	Individual	Veterana F40	49:06	+08:13	04:55
6	526	Maribel Cardoso Correia da Graça	DAR- Desportivo Atlético de Recardães	Veterana F40	50:13	+09:20	05:01
7	392	Gabriela Marques	CNI	Veterana F40	50:28	+09:35	05:03
8	1261	Marina Silva	Individual	Veterana F40	50:28	+09:35	05:03
9	472	Joana Moutela	CPT Sobral de Ceira	Veterana F40	51:44	+10:51	05:10
10	109	Monica Jordão	ACRM Silveirinha Grande Claras	Veterana F40	51:53	+11:00	05:11
11	1272	Paulo Carnim	Individual	Veterana F40	52:06	+11:12	05:13
12	1263	Marta Rosa	Individual	Veterana F40	52:18	+11:25	05:14
13	1265	Milena Rouxinol	Individual	Veterana F40	52:36	+11:43	05:16
14	628	joana salgado	Família Salgados	Veterana F40	52:45	+11:52	05:17

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15	91	Vera Tomé	Academia de Desportos de Condeixa	Veterana F40	53:14	+12:21	05:19
16	90	Rute Aguiar de Melo	Academia de Desportos de Condeixa	Veterana F40	53:21	+12:28	05:20
17	2079	Dora Silva	Team JM Fitness	Veterana F40	53:38	+12:45	05:22
18	1279	Sílvia Gouveia	Individual	Veterana F40	54:39	+13:46	05:28
19	1278	Sara Soares	Individual	Veterana F40	54:39	+13:46	05:28
20	2118	Vera Gomes	THE FIRST RUNNING TEAM	Veterana F40	54:57	+14:03	05:30
21	1275	Salomé Oliveira	Individual	Veterana F40	55:06	+14:13	05:31
22	1781	Isabel Jesus	Miro trail	Veterana F40	55:08	+14:15	05:31
23	639	Catarina Simoes	FIT3040	Veterana F40	55:17	+14:24	05:32
24	2140	Marilyn Lourenço	Trepanelas / Prifer	Veterana F40	55:53	+15:00	05:35
25	850	Marta Marques	HOT.Runners	Veterana F40	56:02	+15:09	05:36
26	1237	Andreia Raquel dos Santos Costa	Individual	Veterana F40	56:23	+15:29	05:38
27	1276	Sandrina Nóbrega Pereira	Individual	Veterana F40	56:32	+15:38	05:39
28	83	Isa Neves	AAC-Remo	Veterana F40	56:48	+15:55	05:41
29	124	Jacinta Manata	Adões Trail	Veterana F40	57:12	+16:19	05:43
30	2114	Ana Fortuna	THE FIRST RUNNING TEAM	Veterana F40	57:43	+16:50	05:46
31	1248	Joana Rodrigues	Individual	Veterana F40	57:45	+16:52	05:46
32	11	EVA FERNANDES	#GanguedasCalorias	Veterana F40	57:46	+16:53	05:47
33	1267	Nizia Regina Mendonça Izidoro	Individual	Veterana F40	57:49	+16:55	05:47
34	419	Olena Yurchuk	Coimbra Functional Fitness	Veterana F40	57:49	+16:56	05:47
35	846	Ana Oliveira	HOT.Runners	Veterana F40	58:03	+17:10	05:48
36	329	Fátima Sofia Simões Baptista Santos	Clube Pessoal EDP Porto	Veterana F40	58:07	+17:14	05:49
37	1264	Marta Varandas	Individual	Veterana F40	58:30	+17:37	05:51
38	721	Catarina Filipe	FOCUS_TUU	Veterana F40	58:46	+17:53	05:53
39	2080	Joana Barbosa	Team JM Fitness	Veterana F40	58:53	+18:00	05:53
40	1256	Lúcia Carrasqueiro	Individual	Veterana F40	59:30	+18:37	05:57
41	2157	Sandra Isabel Mendes dos reis	URCR Team 2023	Veterana F40	59:56	+19:03	06:00
42	1277	Sara Silva	Individual	Veterana F40	01:00:12	+19:19	06:01
43	1271	Patrícia Rodrigues	Individual	Veterana F40	01:00:33	+19:40	06:03
44	1798	Liliana Serra	Montanha Clube Trail Running/EFAPEL	Veterana F40	01:00:42	+19:49	06:04
45	1738	Filipa Barreira	Kstudio running team	Veterana F40	01:01:43	+20:49	06:10
46	1735	Alicia Seabra	Kstudio running team	Veterana F40	01:01:46	+20:53	06:11
47	420	Olga Filipova	Coimbra Functional Fitness	Veterana F40	01:01:50	+20:56	06:11
48	1280	Vera vieira	Individual	Veterana F40	01:01:57	+21:04	06:12
49	1236	Ana Marques	Individual	Veterana F40	01:02:22	+21:29	06:14
50	1257	Luísa Mesquita	Individual	Veterana F40	01:03:01	+22:08	06:18
51	351	Sandra Salgado	CM Coimbra	Veterana F40	01:03:09	+22:16	06:19
52	719	Ana Colaço	FOCUS_TUU	Veterana F40	01:03:10	+22:17	06:19
53	849	Marisa Amaral	HOT.Runners	Veterana F40	01:03:41	+22:48	06:22
54	1244	Cláudia Danieli	Individual	Veterana F40	01:03:47	+22:54	06:23
55	2077	Cláudia Amaral	Team JM Fitness	Veterana F40	01:03:59	+23:06	06:24
56	1871	Lígia Ferreira	Owlpharma	Veterana F40	01:04:17	+23:24	06:26
57	1232	Alice Moreira	Individual	Veterana F40	01:04:26	+23:33	06:27
58	1246	Inês Gomes Vaz	Individual	Veterana F40	01:04:28	+23:34	06:27

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59	349	Liliana Pimenta	CM Coimbra	Veterana F40	01:04:40	+23:47	06:28
60	724	Joana Manaia	FOCUS_TUU	Veterana F40	01:05:24	+24:31	06:32
61	1262	Marisa Sá	Individual	Veterana F40	01:06:16	+25:23	06:38
62	582	Joana Espírito Santo	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	01:06:42	+25:49	06:40
63	1266	Nicole Dourado	Individual	Veterana F40	01:06:46	+25:53	06:41
64	391	Filipa Vidal	CNI	Veterana F40	01:06:46	+25:53	06:41
65	2116	Joana Nogueira	THE FIRST RUNNING TEAM	Veterana F40	01:07:20	+26:27	06:44
66	1234	Ana Dias	Individual	Veterana F40	01:08:12	+27:19	06:49
67	730	Vanessa Gonçalves	FOCUS_TUU	Veterana F40	01:09:05	+28:12	06:54
68	1270	Patrícia Falcão	Individual	Veterana F40	01:09:43	+28:50	06:58
69	1737	Elisabete Garrido	Kstudio running team	Veterana F40	01:09:44	+28:51	06:58
70	851	Rafaela Bento	HOT.RUNNERS	Veterana F40	01:09:53	+28:59	06:59
71	622	Jocilene Azevedo Trindade Amarante	Extreme Run	Veterana F40	01:09:56	+29:03	07:00
72	2042	Filipa Santos	SMA	Veterana F40	01:10:08	+29:15	07:01
73	1241	Catarina Bastos	Individual	Veterana F40	01:10:12	+29:19	07:01
74	848	Lina Carvalho	HOT.Runners	Veterana F40	01:10:19	+29:26	07:02
75	2078	Cláudia Souto	Team JM Fitness	Veterana F40	01:11:50	+30:56	07:11
76	720	Ana Tavares	FOCUS_TUU	Veterana F40	01:12:06	+31:13	07:13
77	2115	Ana Sofia de Jesus Rodrigues	THE FIRST RUNNING TEAM	Veterana F40	01:12:52	+31:59	07:17
78	2068	Patricia Simões	Tainadas Run Team	Veterana F40	01:13:00	+32:07	07:18
79	578	Cátia Martins	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	01:13:27	+32:34	07:21
80	275	Gisela Macedo	CASCI	Veterana F40	01:13:29	+32:36	07:21
81	1691	ANABELA NEVES	INTER DA MATA	Veterana F40	01:13:43	+32:50	07:22
82	728	Sandra Ângela	FOCUS_TUU	Veterana F40	01:14:11	+33:18	07:25
83	731	Vera Cordeiro	FOCUS_TUU	Veterana F40	01:14:11	+33:18	07:25
84	722	Cláudia Carrapato	FOCUS_TUU	Veterana F40	01:14:15	+33:22	07:26
85	1273	Rosa Roso	Individual	Veterana F40	01:14:43	+33:50	07:28
86	580	Daniela Norte	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	01:14:44	+33:50	07:28
87	725	Luísa Ganho	FOCUS_TUU	Veterana F40	01:14:57	+34:04	07:30
88	149	Ana Isabel Domingues Arieiro	Anaquim	Veterana F40	01:15:02	+34:09	07:30
89	1233	Ana Cardoso	Individual	Veterana F40	01:15:21	+34:28	07:32
90	1242	Catarina Esteves	Individual	Veterana F40	01:16:08	+35:15	07:37
91	1253	Liliana Barbosa	Individual	Veterana F40	01:16:47	+35:54	07:41
92	2117	Marcela Martins	THE FIRST RUNNING TEAM	Veterana F40	01:17:04	+36:10	07:42
93	256	Diana Monteiro	Canianos	Veterana F40	01:17:32	+36:39	07:45
94	193	Ana Burnay	Atletas ao Domingo	Veterana F40	01:17:50	+36:57	07:47
95	1250	Joana Vale	Individual	Veterana F40	01:18:07	+37:14	07:49
96	1240	Carla Pimenta	Individual	Veterana F40	01:19:17	+38:24	07:56
97	1830	Inês Rosendo	Olympic Silvas	Veterana F40	01:20:25	+39:32	08:03
98	1249	Joana Tudela	Individual	Veterana F40	01:20:48	+39:55	08:05
99	621	Fernanda Rodrigues de Jesus da Silva	Extreme Run	Veterana F40	01:21:08	+40:15	08:07
100	1243	Clara Paiva	Individual	Veterana F40	01:21:11	+40:18	08:07
101	1996	Andreia Ventura	RVA	Veterana F40	01:23:43	+42:49	08:22
102	624	Thimna Andrade Alves zorrilla	Extreme Run	Veterana F40	01:25:25	+44:32	08:33

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OFFICIAL RESULT

103	623	Roseane Assis	Extreme Run	Veterana F40	01:27:10	+46:17	08:43
104	1260	MARIA JOSE DA SILVA MARTINS ANDRADE	Individual	Veterana F40	01:27:10	+46:17	08:43

Veterana F45

1	6	Carla Martinho	Recreio Desportivo de Águeda	Veterana F45	36:43		03:40
2	584	Célia Alves	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	41:28	+04:45	04:09
3	1295	Ligia Casimiro	Individual	Veterana F45	42:46	+06:03	04:17
4	2185	Palmira quinhama	Walkandrun-we run	Veterana F45	45:38	+08:54	04:34
5	585	Dora Serra	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	47:32	+10:49	04:45
6	330	Sandra Soldan	CluVe	Veterana F45	49:07	+12:24	04:55
7	1771	Ana Gomes	MEIA DÚZIA	Veterana F45	50:36	+13:53	05:04
8	165	Maria João Benquerença	ARCD Venda da Luisa	Veterana F45	51:10	+14:27	05:07
9	393	Lucia silva	CNI	Veterana F45	51:26	+14:43	05:09
10	538	Catarina Baptista	Diário de Coimbra	Veterana F45	52:02	+15:19	05:12
11	239	Filomena Maria da Costa Marqus	Botão Camp	Veterana F45	52:26	+15:43	05:15
12	810	Mónica Rocha	Gira Sol	Veterana F45	52:58	+16:15	05:18
13	2134	Sónia Belém Mendes	Trail da Amizade Runners	Veterana F45	53:49	+17:06	05:23
14	92	Andréia Almeida	Academia de Desportos de Condeixa	Veterana F45	54:15	+17:32	05:25
15	1307	Sandra de Carvalho	Individual	Veterana F45	54:16	+17:33	05:26
16	232	Paula Juliets	BoraBora, Vamos Lá!	Veterana F45	54:29	+17:46	05:27
17	1290	Catarina Isabel Jesus Gomes	Individual	Veterana F45	55:25	+18:42	05:32
18	356	Silvina Maria Nascimento Baptista	CM Coimbra	Veterana F45	56:24	+19:40	05:38
19	1757	Patrícia Cunha	Lobos da Serra - Loureiro	Veterana F45	57:04	+20:21	05:42
20	1294	Filipa Aparício	Individual	Veterana F45	57:22	+20:39	05:44
21	59	Rita Gouveia	AAC Multisport Triatlo	Veterana F45	57:42	+20:59	05:46
22	1293	Elsa Maria Fajardo Matos	Individual	Veterana F45	57:45	+21:01	05:46
23	331	Sara Martins	CluVe	Veterana F45	57:52	+21:09	05:47
24	2035	Filipa Sousa	Sky.runners	Veterana F45	57:56	+21:13	05:48
25	1297	Margarida Victor Vieira	Individual	Veterana F45	58:36	+21:53	05:52
26	1306	Sandra Agante	Individual	Veterana F45	58:46	+22:03	05:53
27	2050	Marta Serralheiro	Soure Mov	Veterana F45	58:49	+22:06	05:53
28	1283	Ana Moraes	Individual	Veterana F45	59:08	+22:25	05:55
29	1289	Carla Carvalho	Individual	Veterana F45	59:14	+22:31	05:55
30	1300	Marta Carvalho	Individual	Veterana F45	59:17	+22:34	05:56
31	141	Ana Lucas	Ameal Trail	Veterana F45	59:23	+22:40	05:56
32	414	Cristina Gomes	Coimbra Functional Fitness	Veterana F45	59:31	+22:48	05:57
33	297	Anabela Dinis Tavares Figueiredo	Clube Atlético de Oliveira do Hospital	Veterana F45	59:38	+22:55	05:58
34	1838	Ana Amaral	Os Cromos	Veterana F45	01:00:02	+23:18	06:00
35	537	Ana Rufino	Tribo NR	Veterana F45	01:00:02	+23:19	06:00
36	1286	Anabela Ribeiro	Individual	Veterana F45	01:00:17	+23:34	06:02
37	539	Helena Lopes	Diário de Coimbra	Veterana F45	01:00:28	+23:44	06:03

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80	29	Ana Filipa Torneiro Pedrosa	6:45	Veterana F45	01:08:19	+31:36	06:50
81	1305	Rosa Simões	Individual	Veterana F45	01:08:33	+31:50	06:51
82	1741	Sandra Rei	Kstudio running team	Veterana F45	01:09:44	+33:01	06:58
83	421	Sónia Sampaio	Coimbra Functional Fitness	Veterana F45	01:10:16	+33:33	07:02
84	352	Carla Manuel Ferreira de Carvalho Braz Cardoso	CM Coimbra	Veterana F45	01:11:09	+34:26	07:07
85	353	Cecilia Maria Da Silva Oliveira Lopes	CM Coimbra	Veterana F45	01:11:48	+35:05	07:11
86	357	Sónia Farias	CM Coimbra	Veterana F45	01:11:52	+35:09	07:11
87	2158	Cidália Maria Regino Rodrigues	URCR Team 2023	Veterana F45	01:12:31	+35:48	07:15
88	1302	Marta Esteves	Individual	Veterana F45	01:12:52	+36:09	07:17
89	1947	Carla Vinagre	Remax White	Veterana F45	01:13:29	+36:46	07:21
90	2081	Lurdes Antunes	Team JM Fitness	Veterana F45	01:14:03	+37:20	07:24
91	607	Idalina Albuquerque	esTrilhos	Veterana F45	01:17:08	+40:25	07:43
92	194	Cláudia Pinto	Atletas ao Domingo	Veterana F45	01:17:48	+41:05	07:47
93	197	Sara Lindo	Atletas ao Domingo	Veterana F45	01:18:11	+41:28	07:49
94	1282	ana maria oliveira mendes alves	Individual	Veterana F45	01:20:03	+43:20	08:00
95	736	Susana Eloy	FOCUS_TUU	Veterana F45	01:20:40	+43:57	08:04
96	1917	Eunice da Silva dos Santos	Projeto Sexto Sentido	Veterana F45	01:20:53	+44:10	08:05
97	1717	Susana Leitão	Joca não dói	Veterana F45	01:31:57	+55:14	09:12
98	1285	Ana Vaz Valente	Individual	Veterana F45	01:38:55	+01:02:12	09:53

Veterana F50

1	541	Júlia Santos	Diário de Coimbra	Veterana F50	45:20		04:32
2	474	Manuela Gonçalves	CPT Sobral de Ceira	Veterana F50	49:42	+04:21	04:58
3	542	Manuela Mendes	Diário de Coimbra	Veterana F50	50:05	+04:44	05:01
4	1318	Carla Martins	Individual	Veterana F50	51:36	+06:15	05:10
5	1326	Maria de Fátima Fidalgo Lopes	Individual	Veterana F50	52:00	+06:40	05:12
6	853	Carla Manaia	HOT.Runners	Veterana F50	53:00	+07:40	05:18
7	325	MARIA INACIO	CLUBE MILLENNIUM BCP	Veterana F50	53:52	+08:31	05:23
8	543	Paula Duarte	Diário de Coimbra	Veterana F50	54:15	+08:54	05:25
9	1319	Célia Santos	Individual	Veterana F50	54:17	+08:56	05:26
10	1853	Sandra Leite	Os Papa Milhas	Veterana F50	54:30	+09:09	05:27
11	1329	Silvia Coelho	Individual	Veterana F50	55:33	+10:12	05:33
12	2037	Elsa Marques	Sky.runners	Veterana F50	56:56	+11:36	05:42
13	2045	Isabel Teixeira	Somisis	Veterana F50	59:02	+13:41	05:54
14	506	Anabela Monteiro	CUMIBROA RUNNING TEAM	Veterana F50	59:12	+13:51	05:55
15	1324	Ines Magalhaes	Individual	Veterana F50	59:31	+14:10	05:57
16	34	Teresa Mafalda Rosa Pedro	6:45	Veterana F50	59:34	+14:13	05:57
17	1322	Florabela da Silva Rouxinol	Individual	Veterana F50	59:52	+14:31	05:59
18	2177	TERESA ISABEL DA SILVA OLIVEIRA	VIPTEAM	Veterana F50	01:00:34	+15:13	06:03
19	2120	Paula Pereira	THE FIRST RUNNING TEAM	Veterana F50	01:00:49	+15:28	06:05
20	422	Teresa Carvalho Torres	Coimbra Functional Fitness	Veterana F50	01:01:08	+15:47	06:07
21	95	Rosa Ferreira	Academia de Desportos de Condeixa	Veterana F50	01:01:37	+16:16	06:10
22	1316	Ana Lima	Individual	Veterana F50	01:01:43	+16:23	06:10
23	1325	Margarida Castro	Individual	Veterana F50	01:02:08	+16:47	06:13

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24	1320	Célia Silva	Individual	Veterana F50	01:03:07	+17:47	06:19
25	358	Alda Santos	CM Coimbra	Veterana F50	01:03:22	+18:01	06:20
26	167	Judite Duarte	ARCD Venda da Luisa	Veterana F50	01:03:45	+18:24	06:23
27	1321	Elisabete Pedrosa	Individual	Veterana F50	01:04:29	+19:09	06:27
28	33	Maria do Castelo Batista Gouveia	6:45	Veterana F50	01:04:33	+19:12	06:27
29	32	Lúisa Goulão	6:45	Veterana F50	01:06:00	+20:39	06:36
30	540	Carlota Joaquina	Diário de Coimbra	Veterana F50	01:06:46	+21:26	06:41
31	94	Arabela Fabre	Academia de Desportos de Condeixa	Veterana F50	01:08:06	+22:45	06:49
32	1852	Paula Tavares	Os Papa Milhas	Veterana F50	01:08:32	+23:11	06:51
33	127	Elsa Sousa	Adões Trail	Veterana F50	01:09:38	+24:18	06:58
34	2006	Alda Ponte	Sem sede	Veterana F50	01:11:08	+25:47	07:07
35	854	Cristina Nunes	HOT.Runners	Veterana F50	01:11:17	+25:56	07:08
36	359	Elsa Maria Lourenço dos Santos Costa	CM Coimbra	Veterana F50	01:11:49	+26:28	07:11
37	1327	Milú Gaspar	Individual	Veterana F50	01:12:54	+27:33	07:17
38	1323	Florbela Fernandes	Individual	Veterana F50	01:13:30	+28:09	07:21
39	1317	anabela amaral	Individual	Veterana F50	01:13:30	+28:09	07:21
40	361	Maria João da Silva Martins	CM Coimbra	Veterana F50	01:13:38	+28:17	07:22
41	1328	Paula Sofia Sequeira	Individual	Veterana F50	01:14:54	+29:33	07:29
42	126	Carla Gandarez	Adões Trail	Veterana F50	01:15:08	+29:47	07:31
43	741	Márcia Pereira	FOCUS_TUU	Veterana F50	01:19:46	+34:25	07:59
44	272	Telma Alves	Casa do Povo de Tondela	Veterana F50	01:20:38	+35:17	08:04
45	1315	Alexandra Beirão Mendes	Individual	Veterana F50	01:23:46	+38:25	08:23

Veterana F55

1	306	Kim Howes	CluVe	Veterana F55	48:57		04:54
2	465	Maria Cândida Miguéis	CORRER POR GOSTO	Veterana F55	50:38	+01:41	05:04
3	1341	Maria Noémia Rodrigues Sequeira	Individual	Veterana F55	51:43	+02:46	05:10
4	2071	Madalena Correia	TEAM EL COMANDANTE	Veterana F55	54:57	+06:00	05:30
5	198	Maria Luis	Atletas ao Domingo	Veterana F55	59:06	+10:08	05:55
6	1990	Ana Oliveira	Running Esmoriz	Veterana F55	01:00:15	+11:17	06:01
7	189	ISABEL SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	Veterana F55	01:00:21	+11:23	06:02
8	1336	Ivone Dilella	Individual	Veterana F55	01:00:40	+11:43	06:04
9	1340	Maria Glória Soares	Individual	Veterana F55	01:01:18	+12:21	06:08
10	1337	Margarida Mota	Individual	Veterana F55	01:01:52	+12:55	06:11
11	1334	Cristina Carolino	Individual	Veterana F55	01:03:05	+14:08	06:19
12	1330	Alda Domingues	Individual	Veterana F55	01:03:10	+14:13	06:19
13	1342	Maria Paula Andrade Nogueira	Individual	Veterana F55	01:04:12	+15:14	06:25
14	35	Antonieta Abegoaria	6:45	Veterana F55	01:04:33	+15:35	06:27
15	544	Isabel Ventura	Diário de Coimbra	Veterana F55	01:04:44	+15:46	06:28
16	1335	Isabel Maria Moniz Vieira	Individual	Veterana F55	01:05:52	+16:55	06:35
17	463	Clara Mónica Eva Miguéis	CORRER POR GOSTO	Veterana F55	01:08:24	+19:27	06:50
18	1333	cristina carmo	Individual	Veterana F55	01:09:14	+20:17	06:55
19	1331	Ângela Teresa Simões Silva Campos	Individual	Veterana F55	01:09:34	+20:37	06:57
20	743	Pedro Miguel Calisto Simões	FOCUS_TUU	Veterana F55	01:09:40	+20:43	06:58

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Corrida

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21	1831	Ana Migueis	Olympic Silvas	Veterana F55	01:09:54	+20:57	06:59
22	1339	Maria do Céu Rodrigues	Individual	Veterana F55	01:10:06	+21:09	07:01
23	36	Dulce Rajado	6:45	Veterana F55	01:10:19	+21:21	07:02
24	1343	Paula Martins	Individual	Veterana F55	01:10:50	+21:53	07:05
25	1805	Margarida Moreira	MoreirasFarosGuerreiros	Veterana F55	01:13:40	+24:42	07:22
26	1968	Monica Cunha	RmCasa Lda	Veterana F55	01:16:59	+28:02	07:42
27	318	Armanda Matos	Clube Fluvial de Coimbra	Veterana F55	01:19:27	+30:30	07:57
28	464	Luciana Maria Albuquerque André	CORRER POR GOSTO	Veterana F55	01:21:57	+33:00	08:12
29	744	Sofia Lopes	FOCUS_TUU	Veterana F55	01:23:27	+34:30	08:21

Veterana F60

1	1758	Esmeralda Fiúza	Lobos da Serra - Loureiro	Veterana F60	51:35		05:10
2	236	Filomena Santos	BoraBora, Vamos Lá!	Veterana F60	56:45	+05:09	05:40
3	362	Ana Cristina Direito Gonçalves	CM Coimbra	Veterana F60	58:22	+06:46	05:50
4	468	Fátima Machado	CPT Coimbra	Veterana F60	01:02:11	+10:35	06:13
5	1832	Amélia Mendes	Olympic Silvas	Veterana F60	01:03:41	+12:05	06:22
6	1783	rosa matos	Miro trail	Veterana F60	01:03:55	+12:20	06:24
7	1345	Maria Celina Medeiros Fontes de Abreu	Individual	Veterana F60	01:04:14	+12:38	06:25
8	1344	Manuela Virgínia Pereira Pires Cabral	Individual	Veterana F60	01:24:39	+33:04	08:28

Veterana F65

1	1350	Rosário Ramos	Individual	Veterana F65	01:06:15		06:38
2	131	ELISABETE PRECIOSA AZEVEDO TEIXEIRA PINTO	AGUALVA RUNNERS	Veterana F65	01:07:37	+01:21	06:46
3	326	TERESA MARIA LOURENÇO RAMOS	CLUBE MILLENNIUM BCP	Veterana F65	01:08:31	+02:15	06:51
4	1900	Rosa Bispo	Pernas Inertes lentos desde 2017	Veterana F65	01:09:56	+03:40	07:00
5	856	Fernanda Duarte	HOT.Runners	Veterana F65	01:12:41	+06:25	07:16
6	1348	Joaquina Martins	Individual	Veterana F65	01:15:53	+09:37	07:35

Veterano M40

1	2	Vitor Oliveira	GDC Guilhovai	Veterano M40	31:33		03:09
2	7	Hermano Ferreira	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	32:26	+00:53	03:15
3	9	Pedro Ribeiro	Prime Running Clube	Veterano M40	33:30	+01:57	03:21
4	4	José Moreira	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Veterano M40	33:39	+02:05	03:22
5	270	Carlos Nunes	Casa do Povo de Mangualde	Veterano M40	36:14	+04:41	03:37
6	397	Luís Couto	CNI	Veterano M40	37:18	+05:45	03:44
7	476	Vitor Pleno	CPT Sobral de Ceira	Veterano M40	37:32	+05:58	03:45
8	527	Davide Silva	DAR- Desportivo Atlético de Recardães	Veterano M40	37:45	+06:12	03:47
9	300	Helder Isidoro	Clube Atlético de Oliveira do Hospital	Veterano M40	38:13	+06:40	03:49
10	1373	David Silva	Individual	Veterano M40	39:46	+08:12	03:59

Corrida

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REVISED**OFFICIAL RESULT**

11	1396	José Lopes	Individual	Veterano M40	39:58	+08:24	04:00
12	2206	João Pimentel	Individual	Veterano M40	40:15	+08:41	04:01
13	400	Ricardo Moreira	CNI	Veterano M40	40:22	+08:48	04:02
14	814	Tiago Ferraz	Grupo Recreativo Eirense	Veterano M40	41:05	+09:31	04:06
15	1389	Joao Barateiro Diogo	Individual	Veterano M40	41:15	+09:42	04:07
16	1357	Arnaldo Mendes	Individual	Veterano M40	41:18	+09:44	04:08
17	857	Artur Miguel Ferrão Vieira	HOT.Runners	Veterano M40	42:22	+10:49	04:14
18	749	Nuno Gomes	FOCUS_TUU	Veterano M40	42:27	+10:54	04:15
19	2142	João Margarido	Trepanelas / Prifer	Veterano M40	42:30	+10:57	04:15
20	65	Rui Nunes	AAC Multisport Triatlo	Veterano M40	42:42	+11:09	04:16
21	104	Bruno B. Ferreira	ACDRS QUINHENDROS	Veterano M40	43:04	+11:31	04:18
22	475	Renato Rodrigues	CPT Sobral de Ceira	Veterano M40	43:08	+11:34	04:19
23	61	Luis Carreira	AAC Multisport Triatlo	Veterano M40	43:10	+11:37	04:19
24	2122	Cláudio Rafael Sequeira Matos	THE FIRST RUNNING TEAM	Veterano M40	43:17	+11:44	04:20
25	1785	Eugénio Santos	Miro Trail	Veterano M40	43:22	+11:49	04:20
26	97	Bruno Costa	Academia de Desportos de Condeixa	Veterano M40	43:24	+11:50	04:20
27	287	Ricardo Noémio Mendes Cruz	CDCamarneira	Veterano M40	43:33	+12:00	04:21
28	2220	Bruno Bernardes	Cluve	Veterano M40	43:47	+12:14	04:23
29	751	Pedro Bento	FOCUS_TUU	Veterano M40	43:49	+12:15	04:23
30	1412	Miguel Pereira	Individual	Veterano M40	44:19	+12:45	04:26
31	395	Artur Jorge Henriques Gândara	CNI	Veterano M40	44:22	+12:48	04:26
32	1405	Luis Pereira	Individual	Veterano M40	44:30	+12:57	04:27
33	439	Nuno Vasconcelos de Carvalho	Coimbra Trail Running	Veterano M40	44:38	+13:04	04:28
34	1425	Pedro Eufrásio	Individual	Veterano M40	44:50	+13:17	04:29
35	2124	Marco Brásio	THE FIRST RUNNING TEAM	Veterano M40	44:56	+13:23	04:30
36	502	António Silva	CTCV Fast & Furious	Veterano M40	45:06	+13:33	04:31
37	1434	Ruben Duarte Fernandes	Individual	Veterano M40	45:27	+13:53	04:33
38	590	Pedro Marques	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	45:29	+13:55	04:33
39	2168	Micael Santos	Vieira Team	Veterano M40	45:30	+13:56	04:33
40	1962	André Assena	RM Runners	Veterano M40	45:30	+13:57	04:33
41	1800	Bruno Marques	Montanha Clube Trail Running/EFAPEL	Veterano M40	45:37	+14:03	04:34
42	333	Gonçalo Carvalho	CluVe	Veterano M40	45:40	+14:06	04:34
43	1756	Nuno Oliveira	Lobitos BikeTeam	Veterano M40	45:40	+14:07	04:34
44	1719	Nelson Santos	Jovase Trail Running	Veterano M40	45:58	+14:25	04:36
45	60	Filipe Canilho	AAC Multisport Triatlo	Veterano M40	46:02	+14:28	04:36
46	1409	Marco Simões	Individual	Veterano M40	46:10	+14:36	04:37
47	1384	Gustavo Barros	Individual	Veterano M40	46:15	+14:42	04:38
48	2085	Nelson Meco	TEAM MC FORUM	Veterano M40	46:16	+14:43	04:38
49	301	Rafael Delaunay Gomes	Clube Atlético de Oliveira do Hospital	Veterano M40	46:19	+14:45	04:38
50	460	Ricardo Queirós	Corredores de Fim de Semana	Veterano M40	46:21	+14:48	04:38
51	1450	Vítor Ribeiro	Individual	Veterano M40	46:22	+14:49	04:38
52	66	Rui Trovão	AAC Multisport Triatlo	Veterano M40	46:31	+14:58	04:39
53	1919	Tiago da Cruz	R G Levanta Poeira	Veterano M40	46:31	+14:58	04:39
54	1759	Nuno Madeira	Lobos da Serra - Loureiro	Veterano M40	46:35	+15:01	04:39

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55	1417	Nuno Marques	Individual	Veterano M40	46:42	+15:09	04:40
56	1372	Daniel Gomes	Individual	Veterano M40	46:51	+15:17	04:41
57	1422	Paulo Silva	Individual	Veterano M40	46:52	+15:18	04:41
58	2048	Paulo Cruz	Sosensebttrail-braga&fernandes	Veterano M40	47:00	+15:27	04:42
59	2179	DANIEL TOMÉ VASCONCELOS MARQUES TOSCANO	VIPTTEAM	Veterano M40	47:10	+15:37	04:43
60	1376	Eduardo Jorge Penacho Ribeiro	Individual	Veterano M40	47:21	+15:47	04:44
61	438	Eduardo Baptista	Coimbra Trail Running	Veterano M40	47:28	+15:54	04:45
62	1445	Tiago Lopes	Individual	Veterano M40	47:29	+15:55	04:45
63	603	Hugo Leiria Neves	Escola Superior de Enfermagem de Coimbra	Veterano M40	47:41	+16:08	04:46
64	1359	Artur Rocha	Individual	Veterano M40	48:00	+16:26	04:48
65	1395	José Diniz	Individual	Veterano M40	48:00	+16:27	04:48
66	1387	Henrique Carvalheiro	Individual	Veterano M40	48:01	+16:27	04:48
67	1448	Vagner Marques	Individual	Veterano M40	48:23	+16:50	04:50
68	442	Tiago Almeida	Coimbra Trail Running	Veterano M40	48:29	+16:56	04:51
69	2141	Carlos Eduardo Domingues	Trepanelas / Prifer	Veterano M40	48:31	+16:58	04:51
70	1398	José Miguel de Jesus Perdigão	Individual	Veterano M40	48:32	+16:58	04:51
71	1361	Bruno Correia	Individual	Veterano M40	48:43	+17:10	04:52
72	1363	Bruno Francisco	Individual	Veterano M40	48:48	+17:15	04:53
73	1428	Pedro Renca	Individual	Veterano M40	49:03	+17:29	04:54
74	1381	Gonçalo Barão	Individual	Veterano M40	49:04	+17:31	04:54
75	1420	Paulo Coutinho	Individual	Veterano M40	49:05	+17:32	04:55
76	1351	Alexandre Simão Vieira Pires	Individual	Veterano M40	49:07	+17:33	04:55
77	1950	Paulo silva	Remax White	Veterano M40	49:09	+17:36	04:55
78	1966	Rui Cainé	RM Runners	Veterano M40	49:25	+17:52	04:57
79	1413	Nuno Afonso	Individual	Veterano M40	49:29	+17:55	04:57
80	485	Paulo Dias	Crazy Runners	Veterano M40	49:31	+17:57	04:57
81	436	Alvaro Pinheiro	Coimbra Trail Running	Veterano M40	49:43	+18:10	04:58
82	861	Marco Veloso	HOT.RUNNERS	Veterano M40	49:44	+18:11	04:58
83	745	Diogo brandao	FOCUS_TUU	Veterano M40	49:48	+18:15	04:59
84	1416	Nuno Leal	Individual	Veterano M40	49:51	+18:17	04:59
85	1402	Kevin Cruz	Individual	Veterano M40	49:53	+18:19	04:59
86	150	João Santiago	Anaquim	Veterano M40	49:57	+18:23	05:00
87	1368	Carlos Ribeiro	Individual	Veterano M40	49:58	+18:24	05:00
88	227	André Carvalho	Bluepharma	Veterano M40	49:58	+18:25	05:00
89	1365	Bruno Miguel Bernardes de Jesus	Individual	Veterano M40	50:02	+18:29	05:00
90	1411	Miguel Forte	Individual	Veterano M40	50:43	+19:10	05:04
91	1444	Tiago Carvalho	Individual	Veterano M40	50:49	+19:15	05:05
92	780	Eugénio Santos	Gelcentro Team	Veterano M40	50:50	+19:17	05:05
93	1963	Filipe Canudo	RM Runners	Veterano M40	50:58	+19:24	05:06
94	1391	João Pedro da Fonseca Lopes	Individual	Veterano M40	51:02	+19:28	05:06
95	1410	Mário Almeida	Individual	Veterano M40	51:04	+19:31	05:06
96	2051	Miguel Vidal	Soure Mov	Veterano M40	51:35	+20:01	05:09
97	2072	João Jorge	Team El Comandante	Veterano M40	51:35	+20:01	05:09
98	862	Miguel Sequeira	HOT.Runners	Veterano M40	51:39	+20:06	05:10
99	1403	Luis Carvalho	Individual	Veterano M40	51:43	+20:09	05:10

Official Timekeeper: Lap2Go	27 / 43	generate 18-dez-2023 10:33
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100	1429	Pedro Ricardo Coelho Gonçalves	Individual	Veterano M40	51:59	+20:26	05:12
101	1362	Bruno Filipe Venâncio Leal Rodrigues	Individual	Veterano M40	52:31	+20:58	05:15
102	513	Carlos Silva	Dar à Sola	Veterano M40	52:41	+21:08	05:16
103	1439	Sérgio Leite	Individual	Veterano M40	52:44	+21:11	05:16
104	1386	Hélio Paulino	Individual	Veterano M40	52:45	+21:11	05:16
105	2178	ARTUR MANUEL MARQUES COUTEIRO	VIPTEAM	Veterano M40	52:53	+21:19	05:17
106	808	Tiago Costa	Gerardo Studio	Veterano M40	53:02	+21:29	05:18
107	1951	Rui Alexandre Raposeiro Margato	Remax White	Veterano M40	53:13	+21:39	05:19
108	1399	José Pedro Laranjeira	Individual	Veterano M40	53:19	+21:46	05:20
109	635	João Josadak Acácio de Carvalho	FISIOSFERA	Veterano M40	53:22	+21:48	05:20
110	228	Rafael Silva	Bluepharma	Veterano M40	53:23	+21:49	05:20
111	1358	Artur Mateus	Individual	Veterano M40	53:27	+21:53	05:21
112	1404	Luís Manuel Cordeiro Nunes	Individual	Veterano M40	53:35	+22:02	05:22
113	2135	Jorge André Santana Pimenta	Trail da Amizade Runners	Veterano M40	53:49	+22:15	05:23
114	1426	Pedro Fonseca	Individual	Veterano M40	54:17	+22:43	05:26
115	1382	Gonçalo Mota	Individual	Veterano M40	54:20	+22:46	05:26
116	648	RICARDO RODRIGUES	FLASHOVER	Veterano M40	54:37	+23:04	05:28
117	1353	André Mendes	Individual	Veterano M40	54:53	+23:20	05:29
118	2063	Jaime Santos	SR Team	Veterano M40	55:00	+23:26	05:30
119	1421	Paulo Matafome	Individual	Veterano M40	55:10	+23:37	05:31
120	459	Márcio Pereira	Corredores de Fim de Semana	Veterano M40	55:19	+23:45	05:32
121	1451	Wanja Stier	Individual	Veterano M40	55:30	+23:57	05:33
122	1874	Paulo Gomes	Pais em furia	Veterano M40	55:43	+24:09	05:34
123	84	Ricardo Paula	AAC-Remo	Veterano M40	55:50	+24:16	05:35
124	746	Luís Cunha	FOCUS_TUU	Veterano M40	55:54	+24:20	05:35
125	1419	Oswaldo Leite	Individual	Veterano M40	56:26	+24:53	05:39
126	863	Nuno Antunes	HOT.Runners	Veterano M40	56:29	+24:55	05:39
127	299	Artur Lobo	Clube Atlético de Oliveira do Hospital	Veterano M40	56:32	+24:58	05:39
128	1418	Nuno Tavares	Individual	Veterano M40	56:34	+25:00	05:39
129	308	Gonçalo Ferreira	Clube Elite Expo running	Veterano M40	56:39	+25:05	05:40
130	169	Gonçalo Fonseca	ARCD Venda da Luisa	Veterano M40	56:42	+25:08	05:40
131	529	Célio Duarte	Deixa Passar	Veterano M40	57:25	+25:52	05:45
132	1401	Júlio César	Individual	Veterano M40	57:34	+26:00	05:45
133	1406	Manuel Ferreira	Individual	Veterano M40	57:36	+26:03	05:46
134	1965	Ricardo Mingatos	RM Runners	Veterano M40	57:45	+26:12	05:47
135	1371	Cláudio Mortágua	Individual	Veterano M40	58:17	+26:43	05:50
136	264	FILIPE CARVALHO	CASA BAÍA TERTÚLIA DA VELHA CABRA	Veterano M40	58:27	+26:54	05:51
137	1400	José Rui Simões	Individual	Veterano M40	58:37	+27:04	05:52
138	364	Telmo Gonçalves	CM Coimbra	Veterano M40	58:42	+27:08	05:52
139	748	Mário Pratas	FOCUS_TUU	Veterano M40	58:56	+27:23	05:54
140	1704	Carlos Lopes	IPNrunners	Veterano M40	59:03	+27:29	05:54
141	286	Pedro Alexandre Baptista Lusitano	CDCamarneira	Veterano M40	59:06	+27:32	05:55
142	257	António Borges	Canianos	Veterano M40	59:11	+27:38	05:55
143	521	Ricardo André Silva Branco	Dar à Sola	Veterano M40	59:16	+27:43	05:56

Corrida

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190	494	Filipe Silveira	Crédito Agrícola de Coimbra	Veterano M40	01:10:58	+39:25	07:06
191	1378	Filipe Simões	Individual	Veterano M40	01:11:23	+39:50	07:08
192	2223	Thiago Alves	Individual	Veterano M40	01:14:04	+42:30	07:24
193	152	Luis Duarte	Anaquim	Veterano M40	01:14:41	+43:08	07:28
194	423	Vasco Alves	Coimbra Functional Fitness	Veterano M40	01:15:45	+44:11	07:34
195	514	Edgar Vicente	Dar à Sola	Veterano M40	01:15:46	+44:13	07:35
196	750	Pedro Alexandre Mesquita dos Santos Martins	FOCUS_TUU	Veterano M40	01:17:29	+45:56	07:45
197	2123	João Afonso	THE FIRST RUNNING TEAM	Veterano M40	01:18:49	+47:16	07:53
198	1407	Márcio Martins	Individual	Veterano M40	01:19:17	+47:44	07:56
199	522	Ricardo Dias	Dar à Sola	Veterano M40	01:31:52	+01:00:19	09:11
200	520	Pedro Dinis	Dar à Sola	Veterano M40	01:32:05	+01:00:32	09:13
201	519	Paulo Pinto	Dar à Sola	Veterano M40	01:33:13	+01:01:39	09:19
202	1949	Bruno Stefano	Remax White	Veterano M40	01:38:06	+01:06:33	09:49
203	591	Roso - VASSOURA	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	01:42:12	+01:10:39	10:13

Veterano M45

1	68	Leonardo Schwindt	AAC Multisport Triatlo	Veterano M45	35:25		03:33
2	252	Nuno Silva	CAL - Clube Atletismo de Lamas	Veterano M45	36:50	+01:24	03:41
3	528	Nuno Miguel Correia da Silva	DAR- Desportivo Atlético de Recardães	Veterano M45	37:36	+02:10	03:46
4	1455	ALEXANDRE MESTRE	Individual	Veterano M45	38:09	+02:43	03:49
5	277	Luís Miguel Martins	CASCI	Veterano M45	38:11	+02:45	03:49
6	592	Miguel Pires	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	38:20	+02:54	03:50
7	1519	Paulo Marques	Individual	Veterano M45	39:16	+03:50	03:56
8	1467	Didier de Jesus	Individual	Veterano M45	39:27	+04:01	03:57
9	185	Rui Rodrigues	Associação Académica de Coimbra	Veterano M45	39:35	+04:09	03:57
10	1490	Jorge Manuel Matos dos Santos	Individual	Veterano M45	39:42	+04:16	03:58
11	2137	Pedro Manuel Lopes Quelhas	Trail da Amizade Runners	Veterano M45	39:42	+04:16	03:58
12	106	João Simões	ACDRS QUINHENDROS	Veterano M45	39:45	+04:19	03:58
13	1745	Fernando Ferreira	Kstudio running team	Veterano M45	39:48	+04:22	03:59
14	443	Armindo Antunes	Coimbra Trail Running	Veterano M45	40:13	+04:47	04:01
15	2203	Paulo Jorge Fernandes	Individual	Veterano M45	40:28	+05:02	04:03
16	405	Vítor Nunes	CNI	Veterano M45	41:04	+05:38	04:06
17	1521	Pedro Canha	Individual	Veterano M45	41:07	+05:41	04:07
18	1802	Luis Vilela	Montanha Clube Trail Running/EFAPEL	Veterano M45	41:08	+05:42	04:07
19	1517	Paulo César Silva	Individual	Veterano M45	41:32	+06:06	04:09
20	2065	António Miguel Duarte da Silva	STORYBUGGIES - TRAIL DO SERROTE	Veterano M45	41:41	+06:15	04:10
21	74	Rui Silva	AAC Multisport Triatlo	Veterano M45	42:02	+06:36	04:12
22	67	Ivo Magalhães	AAC Multisport Triatlo	Veterano M45	42:36	+07:10	04:16
23	1787	Joselito Pereira	Miro trail	Veterano M45	43:09	+07:43	04:19
24	2038	Bruno Martelo	Sky.runners	Veterano M45	43:32	+08:06	04:21

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25	444	Carlos Manuel	Coimbra Trail Running	Veterano M45	44:40	+09:14	04:28
26	70	Pedro Figueira	AAC Multisport Triatlo	Veterano M45	45:02	+09:36	04:30
27	651	VITOR GOMES	FLASHOVER	Veterano M45	45:03	+09:37	04:30
28	1501	Mario Joao Reis Gonçalves	Individual	Veterano M45	45:14	+09:48	04:31
29	1510	Nuno Henriques	Individual	Veterano M45	45:18	+09:52	04:32
30	1708	César Tafula	JANGA	Veterano M45	45:29	+10:03	04:33
31	1528	Ricardo Veiga	Individual	Veterano M45	46:02	+10:36	04:36
32	121	Sérgio Cruz	ADCP PEDRALVA	Veterano M45	46:15	+10:49	04:38
33	1454	Alexandre mendes	Individual	Veterano M45	46:16	+10:50	04:38
34	73	Rui Pereira	AAC Multisport Triatlo	Veterano M45	46:18	+10:52	04:38
35	1475	Filipe Almeida Fernandes	Individual	Veterano M45	46:19	+10:53	04:38
36	1705	Jorge Daniel da Silva Pimenta	IPNrunners	Veterano M45	46:29	+11:03	04:39
37	373	Silvio Oliveira	CM Coimbra	Veterano M45	46:39	+11:13	04:40
38	200	Miguel Figueiredo	Atletas ao Domingo	Veterano M45	46:54	+11:28	04:41
39	2127	Nuno Mendes	THE FIRST RUNNING TEAM	Veterano M45	47:38	+12:12	04:46
40	1462	Carlos Matos	Individual	Veterano M45	47:46	+12:20	04:47
41	447	Nuno Coelho	Coimbra Trail Running	Veterano M45	47:53	+12:27	04:47
42	1520	paulo pinheiro	Individual	Veterano M45	48:04	+12:38	04:48
43	1494	José Martins	Individual	Veterano M45	48:22	+12:56	04:50
44	1530	Rui Martins	Individual	Veterano M45	48:30	+13:04	04:51
45	303	Vasco Manuel de Campos Figueiredo	Clube Atlético de Oliveira do Hospital	Veterano M45	48:30	+13:04	04:51
46	69	Nuno Simoes	AAC Multisport Triatlo	Veterano M45	48:38	+13:12	04:52
47	1483	Hugo Abade	Individual	Veterano M45	48:56	+13:30	04:54
48	1491	Jose António Ribeiro Costa	Individual	Veterano M45	49:03	+13:37	04:54
49	375	Virgílio Neto	CM Coimbra	Veterano M45	49:09	+13:43	04:55
50	477	Rui Figueiredo	CPT Sobral de Ceira	Veterano M45	49:14	+13:48	04:55
51	142	Carlos Campos	Ameal Trail	Veterano M45	49:40	+14:14	04:58
52	237	Ricardo Ruas	BoraBora, Vamos Lá!	Veterano M45	49:40	+14:14	04:58
53	1476	Filipe Duarte Marques	Individual	Veterano M45	49:42	+14:16	04:58
54	120	Mário Miguel Ferreira	ADCP PEDRALVA	Veterano M45	49:51	+14:25	04:59
55	98	João Teles	Academia de Desportos de Condeixa	Veterano M45	49:51	+14:25	04:59
56	1507	Nuno Miguel Sampaio	Individual	Veterano M45	50:04	+14:38	05:00
57	170	Jody Fernandes Rato	ARCD Venda da Luisa	Veterano M45	50:14	+14:48	05:01
58	1474	Fernando Manuel Rocha Freire	Individual	Veterano M45	50:23	+14:57	05:02
59	1482	Gonçalo Padilha	Individual	Veterano M45	50:24	+14:58	05:02
60	146	Pedro Relvão	Ameal Trail	Veterano M45	50:25	+14:59	05:03
61	179	João Rosinha	ARSM - Associação Recreativa de S. Miguel	Veterano M45	50:31	+15:05	05:03
62	1954	Hélder Costa	Remax White	Veterano M45	50:34	+15:08	05:03
63	1473	Fernando de Sousa	Individual	Veterano M45	50:41	+15:15	05:04
64	1982	Vitor Gomes	Runners&Friends	Veterano M45	50:46	+15:20	05:05
65	1464	Celso Rafael Gonçalves de Carvalho	Individual	Veterano M45	50:48	+15:22	05:05
66	1532	Rui Ramalho	Individual	Veterano M45	51:06	+15:40	05:07
67	1511	Nuno Maltez	Individual	Veterano M45	51:16	+15:50	05:08
68	754	José Luís Nunes	FOCUS_TUU	Veterano M45	51:51	+16:25	05:11

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69	276	João Nuno Garcia Teixeira	CASCI	Veterano M45	51:54	+16:28	05:11
70	1481	Frederico Marques	Individual	Veterano M45	51:55	+16:29	05:11
71	1484	Hugo Oliveira	Individual	Veterano M45	52:07	+16:41	05:13
72	445	Diogo Reis	Coimbra Trail Running	Veterano M45	52:08	+16:42	05:13
73	85	Carlos Lopes	AAC-Remo	Veterano M45	52:20	+16:54	05:14
74	369	João Ramos	CM Coimbra	Veterano M45	52:40	+17:14	05:16
75	1500	Luís Almeida	Individual	Veterano M45	52:45	+17:19	05:16
76	1531	Rui Póvoa	Individual	Veterano M45	52:50	+17:24	05:17
77	759	Rui Reis	FOCUS_TUU	Veterano M45	52:57	+17:31	05:18
78	507	Jorge Faria	CUMIBROA RUNNING TEAM	Veterano M45	53:48	+18:22	05:23
79	404	Ricardo Monteiro	CNI	Veterano M45	53:58	+18:32	05:24
80	403	Paulo Nunes	CNI	Veterano M45	53:58	+18:32	05:24
81	1506	Miguel Martins Felgueiras	Individual	Veterano M45	54:05	+18:39	05:24
82	1463	CARLOS VIEGAS	Individual	Veterano M45	54:25	+18:59	05:26
83	1479	Francisco Correia	Individual	Veterano M45	54:27	+19:01	05:27
84	626	Leandro Lucas dos Sanros	Extreme Run	Veterano M45	54:42	+19:16	05:28
85	266	Marco Santiago	Casa Benfica Bairrada	Veterano M45	54:45	+19:19	05:29
86	199	Duarte Bernardo	Atletas ao Domingo	Veterano M45	54:50	+19:24	05:29
87	866	Tiago Prata	HOT.Runners	Veterano M45	55:08	+19:42	05:31
88	1786	João Pereira	Miro Trail	Veterano M45	55:08	+19:42	05:31
89	755	Manuel Telles	FOCUS_TUU	Veterano M45	55:09	+19:43	05:31
90	1466	Daniel Fragoso	Individual	Veterano M45	55:18	+19:52	05:32
91	202	Nuno Pinto	Atletas ao Domingo	Veterano M45	55:24	+19:58	05:32
92	86	Nuno Alexandre Silva	AAC-Remo	Veterano M45	55:35	+20:09	05:34
93	1516	Paulo Faustino	Individual	Veterano M45	55:46	+20:20	05:35
94	1513	Nuno Rafael	Individual	Veterano M45	55:56	+20:30	05:36
95	365	Carlos Carecho	CM Coimbra	Veterano M45	56:00	+20:35	05:36
96	1472	Enrique Leitão Ferreira	Individual	Veterano M45	56:07	+20:41	05:37
97	372	Ricardo Alexandre Teixeira	CM Coimbra	Veterano M45	56:22	+20:56	05:38
98	47	Nuno Luis Teixeira Gonzaga Pinto	A la Pata	Veterano M45	56:23	+20:57	05:38
99	864	Antonio Rodrigues	HOT.RUNNERS	Veterano M45	56:32	+21:06	05:39
100	496	Daniel Vaz	Crédito Agrícola de Coimbra	Veterano M45	56:34	+21:08	05:39
101	302	Gil Fonseca	Clube Atlético de Oliveira do Hospital	Veterano M45	56:38	+21:12	05:40
102	309	José António Barros Soares	Clube Elite Expo running	Veterano M45	56:39	+21:13	05:40
103	1877	Avelino Rodrigues	Pascoalitos	Veterano M45	56:40	+21:14	05:40
104	1480	Francisco Pedro Silva	Individual	Veterano M45	56:40	+21:14	05:40
105	2083	Guilherme Rodolfo Leite Pereira Gonçalves	Team JM Fitness	Veterano M45	56:42	+21:16	05:40
106	1535	Samuel Ferraz Costa	Individual	Veterano M45	56:47	+21:21	05:41
107	1981	Diogo Ribeiro	Runners&Friends	Veterano M45	56:49	+21:23	05:41
108	1486	João Luís Almeida Cunha Rodrigues	Individual	Veterano M45	56:53	+21:27	05:41
109	402	Miguel Ferreira	CNI	Veterano M45	57:00	+21:34	05:42
110	1760	Nuno Cunha	Lobos da Serra - Loureiro	Veterano M45	57:03	+21:37	05:42
111	205	Zé Sandinha	Atletas ao Domingo	Veterano M45	57:24	+21:58	05:44
112	12	DANIEL VILÃO	#GanguedasCalorias	Veterano M45	57:25	+21:59	05:44
113	1453	Alexandre Ferreira	Individual	Veterano M45	57:43	+22:17	05:46

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114	1794	Jorge Miguel Paquim Serra Lopes	Mondego Peças	Veterano M45	57:51	+22:25	05:47
115	1499	Leonel Mendes Francisco	Individual	Veterano M45	58:20	+22:54	05:50
116	1536	Tiago Jorge Rodrigues Baptista	Individual	Veterano M45	58:22	+22:56	05:50
117	1751	Nuno Alexandre Coelho	Lambrusco Kds	Veterano M45	58:22	+22:56	05:50
118	203	Pedro Pires	Atletas ao Domingo	Veterano M45	58:29	+23:03	05:51
119	374	Tiago Francisco Oliveira Cardoso	CM Coimbra	Veterano M45	58:38	+23:12	05:52
120	1461	Bruno Ventura	Individual	Veterano M45	58:43	+23:17	05:52
121	1495	José Miguel Batista Mendes	Individual	Veterano M45	58:45	+23:19	05:52
122	2167	MARCELO BRAGA MOREIRA	VELOCIDADE BRASIL RACING	Veterano M45	58:47	+23:21	05:53
123	1504	Miguel Campos	Individual	Veterano M45	58:49	+23:23	05:53
124	2082	Bruno Leitão	Team JM Fitness	Veterano M45	58:53	+23:27	05:53
125	545	Paulo Domingues	Tribo NR	Veterano M45	58:56	+23:30	05:54
126	1537	Urbino Santos	Individual	Veterano M45	58:57	+23:32	05:54
127	1496	José Miguel Coimbra	Individual	Veterano M45	58:59	+23:33	05:54
128	107	Rui Marques	ACDRS QUINHENDROS	Veterano M45	59:01	+23:35	05:54
129	1492	José Dias	Individual	Veterano M45	59:08	+23:42	05:55
130	650	PAULO MIGUEL	FLASHOVER	Veterano M45	59:14	+23:48	05:55
131	1514	Nuno Rodrigues	Individual	Veterano M45	59:18	+23:52	05:56
132	229	Jorge Ferreira	Bluepharma	Veterano M45	59:18	+23:52	05:56
133	1908	José Carlos Valle Costa Teixeira	Portuguese United Training Association	Veterano M45	59:19	+23:53	05:56
134	1485	Hugo Silva	Individual	Veterano M45	59:28	+24:02	05:57
135	1458	Arsénio Galvão	Individual	Veterano M45	59:33	+24:07	05:57
136	1488	João Pedro Baptista Matos	Individual	Veterano M45	59:43	+24:17	05:58
137	865	Rui Pires	HOT.Runners	Veterano M45	59:54	+24:28	05:59
138	1456	André Luz Silva	Individual	Veterano M45	01:00:21	+24:55	06:02
139	649	LUIS BALÃO	FLASHOVER	Veterano M45	01:00:25	+24:59	06:02
140	2209	Miguel Fonseca	Individual	Veterano M45	01:00:29	+25:03	06:03
141	758	Nuno Ventura	FOCUS_TUU	Veterano M45	01:00:31	+25:05	06:03
142	1953	Alexandre Branco	Remax White	Veterano M45	01:00:36	+25:10	06:04
143	1502	Michel Ferreira Pestana	Individual	Veterano M45	01:00:40	+25:14	06:04
144	2126	Luis Costa	THE FIRST RUNNING TEAM	Veterano M45	01:00:50	+25:24	06:05
145	756	Nuno Góis	FOCUS_TUU	Veterano M45	01:00:52	+25:26	06:05
146	1912	Paulo Guilherme Borges da Silva Mateus Ferreira	Portuguese United Training Association	Veterano M45	01:01:10	+25:44	06:07
147	1911	Olinto Miguel Teodoro Vieira	Portuguese United Training Association	Veterano M45	01:01:10	+25:44	06:07
148	241	Ricardo Firmino	Botão Camp	Veterano M45	01:01:28	+26:02	06:09
149	523	Luis Palas	Dar à Sola	Veterano M45	01:01:39	+26:13	06:10
150	1457	André Maria Sande Ribeiro Serpa Oliva	Individual	Veterano M45	01:01:41	+26:15	06:10
151	1489	João Pedro Vasconcelos Lucas	Individual	Veterano M45	01:01:56	+26:30	06:12
152	145	Miguel Cortesão	Ameal Trail	Veterano M45	01:02:34	+27:08	06:15
153	1907	Jorge Miguel Borges Almeida	Portuguese United Training Association	Veterano M45	01:02:55	+27:29	06:18
154	2125	João Allen	THE FIRST RUNNING TEAM	Veterano M45	01:02:59	+27:33	06:18
155	1876	Gonçalo Martins	Pais em furia	Veterano M45	01:03:04	+27:38	06:18
156	1875	Adriano Oliveira	Pais em furia	Veterano M45	01:03:04	+27:38	06:18
157	1835	Nelson Matos	OS (IN)CANSÁVEIS	Veterano M45	01:03:05	+27:39	06:18

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158	71	Pedro Quadros	AAC Multisport Triatlo	Veterano M45	01:03:47	+28:21	06:23
159	503	João Caldeira	CTCV Fast & Furious	Veterano M45	01:03:49	+28:23	06:23
160	1812	Tiago Baptista	Neuraspace	Veterano M45	01:04:16	+28:50	06:26
161	288	António José Pinto Vaz Ribeiro	CDCamarneira	Veterano M45	01:04:18	+28:52	06:26
162	1509	Nuno Cunha	Individual	Veterano M45	01:04:18	+28:52	06:26
163	1529	Rui Manuel de Campos Henriques	Individual	Veterano M45	01:04:28	+29:02	06:27
164	812	Pedro Almeida	Grupo Desportivo Santander Totta	Veterano M45	01:04:41	+29:15	06:28
165	368	João Pimenta	CM Coimbra	Veterano M45	01:04:42	+29:16	06:28
166	593	Paulo Amaral	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	01:05:06	+29:40	06:31
167	320	Rui Garcia	Clube Fluvial de Coimbra	Veterano M45	01:05:15	+29:49	06:32
168	134	João Aleixo Narciso	Aleixo clínica dentária	Veterano M45	01:05:20	+29:54	06:32
169	1523	Pedro Nuno Vasco Amado	Individual	Veterano M45	01:05:58	+30:32	06:36
170	495	Artur Tomé	Crédito Agrícola de Coimbra	Veterano M45	01:06:02	+30:36	06:36
171	636	Hugo Alexandra Carvalho Soares	FISIOSFERA	Veterano M45	01:06:53	+31:27	06:41
172	1913	Pedro Nuno Pimentel Vila Nova	Portuguese United Training Association	Veterano M45	01:06:55	+31:29	06:41
173	201	Nuno Gonçalves	Atletas ao Domingo	Veterano M45	01:06:55	+31:29	06:42
174	1459	Aurélio Lapo	Individual	Veterano M45	01:07:02	+31:36	06:42
175	1526	RICARDO HUMBERTO M RODRIGUES	Individual	Veterano M45	01:07:05	+31:39	06:43
176	1471	Eduardo Reis	Individual	Veterano M45	01:07:59	+32:33	06:48
177	625	Clecio Machado	Extreme Run	Veterano M45	01:08:26	+33:00	06:51
178	1533	Rui Santos	Individual	Veterano M45	01:08:39	+33:13	06:52
179	292	Rui Soares	CLINIC4YOU	Veterano M45	01:09:47	+34:21	06:59
180	424	Vitor Santos	Coimbra Functional Fitness	Veterano M45	01:10:17	+34:51	07:02
181	497	Miguel Moreira	Crédito Agrícola de Coimbra	Veterano M45	01:10:58	+35:32	07:06
182	1515	Nuno Saquete	Individual	Veterano M45	01:11:11	+35:45	07:07
183	143	José Pedro Gonçalves	Ameal Trail	Veterano M45	01:11:12	+35:46	07:07
184	1942	George Martins	Reload - Exercício e Saúde	Veterano M45	01:11:53	+36:27	07:11
185	2128	Vitor Costa	THE FIRST RUNNING TEAM	Veterano M45	01:12:32	+37:06	07:15
186	2039	Jorge Mendes	Sky.runners	Veterano M45	01:13:09	+37:43	07:19
187	367	João Martins	CM Coimbra	Veterano M45	01:13:25	+37:59	07:20
188	1460	Bruno Almeida	Individual	Veterano M45	01:14:07	+38:41	07:25
189	757	Nuno madama	FOCUS_TUU	Veterano M45	01:14:57	+39:31	07:30
190	1811	Pedro Feio	Neuraspace	Veterano M45	01:16:30	+41:04	07:39
191	760	Silvio Gaspar	FOCUS_TUU	Veterano M45	01:16:36	+41:10	07:40
192	609	Nuno Lopes	esTrilhos	Veterano M45	01:17:08	+41:42	07:43
193	1477	Filipe Jorge Pereira Forte Alves Marques	Individual	Veterano M45	01:19:38	+44:12	07:58
194	1522	pedro miguel sarmento antunes	Individual	Veterano M45	01:20:03	+44:37	08:00
195	1512	Nuno Neves	Individual	Veterano M45	01:23:53	+48:27	08:23
196	1469	Edson Pimentel Filho	Individual	Veterano M45	01:25:24	+49:58	08:32
197	2200	Miguel Cabral	Wressels	Veterano M45	01:28:01	+52:35	08:48
198	1910	Miguel Faria	Portuguese United Training Association	Veterano M45	01:33:30	+58:04	09:21

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129	1706	Alberto Valejo	IPNrunners	Veterano M50	01:04:21	+27:47	06:26
130	1585	Miguel Bernardo	Individual	Veterano M50	01:04:22	+27:48	06:26
131	1599	Porfirio Paiva	Individual	Veterano M50	01:04:22	+27:49	06:26
132	594	Jorge Alves	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	01:04:59	+28:25	06:30
133	2159	Pedro Miguel da Silva Correia	URCR Team 2023	Veterano M50	01:05:05	+28:31	06:31
134	210	Luís Campos	Bairro dos anjos	Veterano M50	01:06:08	+29:34	06:37
135	1563	Jesús Antonio Martín Gutiérrez	Individual	Veterano M50	01:06:10	+29:36	06:37
136	1581	Luís Miguel Nunes	Individual	Veterano M50	01:06:20	+29:46	06:38
137	1598	Pedro Medina	Individual	Veterano M50	01:06:36	+30:02	06:40
138	1594	Paulo Manuel Pereira Soares Gonçalves	Individual	Veterano M50	01:06:49	+30:15	06:41
139	1553	Fausto Pimentel	Individual	Veterano M50	01:07:06	+30:32	06:43
140	1546	Artur Anastácio	Individual	Veterano M50	01:07:08	+30:34	06:43
141	1570	José Cavaco	Individual	Veterano M50	01:07:20	+30:46	06:44
142	1550	Carlos Rocha Silva	Individual	Veterano M50	01:08:12	+31:38	06:49
143	1915	Pedro Miguel Henriques Pinheiro do Nascimento	Portuguese United Training Association	Veterano M50	01:08:13	+31:39	06:49
144	1541	António Manuel de Almeida e Sousa	Individual	Veterano M50	01:08:38	+32:04	06:52
145	171	Paulo Rogério Rodrigues da Silva Santa	ARCD Venda da Luisa	Veterano M50	01:09:13	+32:39	06:55
146	18	Nuno Alves	111 SPORT	Veterano M50	01:09:37	+33:03	06:58
147	1551	Eduardo Pereira	Individual	Veterano M50	01:09:40	+33:06	06:58
148	1549	Carlos miranda	Individual	Veterano M50	01:09:49	+33:15	06:59
149	1858	Rui Ferreira	Os Papa Milhas	Veterano M50	01:10:51	+34:17	07:05
150	1567	Joaquim Gaspar	Individual	Veterano M50	01:12:54	+36:20	07:17
151	129	Pedro Neto	Adões Trail	Veterano M50	01:15:09	+38:35	07:31
152	1558	Guilherme Tralhao	Individual	Veterano M50	01:17:15	+40:41	07:44
153	1554	Fernando António Gaspar Simões	Individual	Veterano M50	01:17:22	+40:48	07:44
154	1572	José Fernandes	Individual	Veterano M50	01:25:38	+49:04	08:34
155	1602	Sérgio Almeida	Individual	Veterano M50	01:25:40	+49:06	08:34
156	1926	José Nogueira	RAFAS TEAM II ASSURGEST - SEGUROS	Veterano M50	01:26:46	+50:12	08:41
157	524	Vítor Campos	Dar à Sola	Veterano M50	01:33:13	+56:39	09:19
158	1589	Nilson Araujo dos Santos	Individual	Veterano M50	01:42:08	+01:05:34	10:13

Veterano M55

1	2183	Paulo Costa	Viriathvs Runners Viseu	Veterano M55	37:52		03:47
2	555	Vitor Oliveira	Diário de Coimbra	Veterano M55	38:26	+00:34	03:51
3	554	Manuel Vicente	Diário de Coimbra	Veterano M55	38:36	+00:44	03:52
4	550	João Almeida	Diário de Coimbra	Veterano M55	39:38	+01:46	03:58
5	281	Fernando Antunes	CDC Macieira de Cambra	Veterano M55	39:58	+02:06	04:00
6	770	José Marinho	FOCUS_TUU	Veterano M55	41:29	+03:37	04:09
7	1607	Antônio amado	Individual	Veterano M55	41:47	+03:55	04:11
8	1613	António Ribeiro	Individual	Veterano M55	43:48	+05:56	04:23
9	2182	Manuel campos	Viriathvs Runners Viseu	Veterano M55	45:08	+07:16	04:31
10	480	David Patricio Santos	CPT Sobral de Ceira	Veterano M55	45:31	+07:38	04:33

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11	173	Basílio Simões	ARCD Venda da Luísa	Veterano M55	45:36	+07:44	04:34
12	1648	PEDRO VICENTE	Individual	Veterano M55	45:49	+07:57	04:35
13	190	PAULO SANTOS	ASSOCIAÇÃO CULTURAL SAMBRASENSE	Veterano M55	45:51	+07:59	04:35
14	815	Miguel Coimbra	Grupo Recreativo Eirense	Veterano M55	46:01	+08:09	04:36
15	1618	EUGENIO NEVES	Individual	Veterano M55	46:29	+08:36	04:39
16	549	Américo Almeida	Diário de Coimbra	Veterano M55	46:36	+08:44	04:40
17	1999	CARLOS ALBERTO DA SILVA PIRES	SACA TRILHOS ANADIA	Veterano M55	46:54	+09:01	04:41
18	187	Mário Carapinheiro	Associação Académica de Coimbra	Veterano M55	47:00	+09:07	04:42
19	553	José Pereira	Diário de Coimbra	Veterano M55	47:18	+09:26	04:44
20	600	Luís Oliveira	Escola de Atletismo de Coimbra/JPaiva	Veterano M55	47:25	+09:33	04:44
21	1654	Silvério Pinto	Individual	Veterano M55	47:47	+09:55	04:47
22	1765	Carlos Silva	Lobos da Serra - Loureiro	Veterano M55	47:58	+10:06	04:48
23	872	Custódio Loureiro	HOT.RUNNERS	Veterano M55	48:43	+10:51	04:52
24	1608	Antonio Burke	Individual	Veterano M55	48:44	+10:52	04:52
25	482	Pedro Roque	CPT Sobral de Ceira	Veterano M55	48:48	+10:55	04:53
26	499	Pedro Matias	Crédito Agrícola de Coimbra	Veterano M55	48:59	+11:07	04:54
27	1609	António Ferreira	Individual	Veterano M55	49:00	+11:08	04:54
28	1658	VITOR PEREIRA	Individual	Veterano M55	49:29	+11:37	04:57
29	2073	josé carlos santos	Team El Comandante	Veterano M55	50:09	+12:17	05:01
30	1610	Antonio Gomes	Individual	Veterano M55	50:35	+12:43	05:04
31	1619	Fernando Medeiros	Individual	Veterano M55	51:20	+13:27	05:08
32	1860	Pedro Roque	Os Papa Milhas	Veterano M55	51:20	+13:28	05:08
33	212	Artur Arromba	Besouros	Veterano M55	51:23	+13:31	05:08
34	1637	Luís Novais	Individual	Veterano M55	51:34	+13:41	05:09
35	1656	Virgílio Oliveira	Individual	Veterano M55	51:42	+13:50	05:10
36	1645	Paulo Fernandes	Individual	Veterano M55	51:45	+13:53	05:11
37	1644	Octavio Sergio R. Linhares	Individual	Veterano M55	51:50	+13:58	05:11
38	1657	Vitor Carlos Figueiredo	Individual	Veterano M55	53:06	+15:14	05:19
39	1629	João Veloso	Individual	Veterano M55	53:21	+15:29	05:20
40	2007	Pedro Ponte	Sem sede	Veterano M55	53:23	+15:31	05:20
41	1987	Augusto Amaral	Runners&Friends	Veterano M55	53:32	+15:40	05:21
42	322	PC Simões	Clube Fluvial de Coimbra	Veterano M55	53:33	+15:41	05:21
43	321	Francisco Carlos Gaspar Branco Caridade	Clube Fluvial de Coimbra	Veterano M55	53:34	+15:42	05:21
44	1848	Vitor Antunes	Os mestiços	Veterano M55	53:39	+15:47	05:22
45	551	Joaquim Martins	Diário de Coimbra	Veterano M55	53:51	+15:59	05:23
46	1627	João Paulo Mendes	Individual	Veterano M55	53:54	+16:02	05:23
47	2165	joão paulo tondela	Vacões na estrada	Veterano M55	54:04	+16:12	05:24
48	1652	rui monteiro	Individual	Veterano M55	54:17	+16:25	05:26
49	242	Joaquim Baptista	Botão Camp	Veterano M55	54:54	+17:01	05:29
50	2074	Rui Carlos de Sousa Correia	TEAM EL COMANDANTE	Veterano M55	54:57	+17:04	05:30
51	1710	Carlos Barroso	JANGA	Veterano M55	55:07	+17:15	05:31
52	1692	ALFREDO GUEDES	INTER DA MATA	Veterano M55	55:17	+17:25	05:32
53	267	Rui Faria	Casa do Povo de Lavos	Veterano M55	55:19	+17:27	05:32
54	1635	Luís António Jesus Carvalheiro	Individual	Veterano M55	55:19	+17:27	05:32

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Corrida
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101	327	ARMANDO RUI PIRES MARTINS	CLUBE MILLENNIUM BCP	Veterano M55	01:12:58	+35:06	07:18
102	1970	Raúl Jorge da Cruz Gomes Vigário de Matos	Run 4 Fun	Veterano M55	01:13:40	+35:47	07:22
103	2225	Arnaldo Paredes	CM Coimbra	Veterano M55	01:14:10	+36:18	07:25
104	873	Vítor Redondo	HOT.Runners	Veterano M55	01:14:23	+36:30	07:26
105	1813	Carlos Cerqueira	Neuraspace	Veterano M55	01:14:44	+36:52	07:28
106	1642	Mario Miguel Branco Teles	Individual	Veterano M55	01:17:05	+39:13	07:43
107	1969	Miguel Cunha	Rmcasa Lda	Veterano M55	01:17:42	+39:50	07:46
108	1612	António José de Figueiredo Bento	Individual	Veterano M55	01:26:58	+49:06	08:42
109	1615	Carlos Dionísio	Individual	Veterano M55	01:38:55	+01:01:03	09:53

Veterano M60

1	188	Pedro Gerardo	Associação Académica de Coimbra	Veterano M60	43:01		04:18
2	271	Carlos Almeida	Casa do Povo de Mangualde	Veterano M60	44:27	+01:25	04:27
3	811	Adérito Curto	Gira Sol	Veterano M60	46:28	+03:26	04:39
4	183	José Canha	Assempark Atletismo	Veterano M60	47:35	+04:34	04:46
5	455	Fernando Alhau	Coimbra Trail Running	Veterano M60	47:38	+04:37	04:46
6	1789	joão matos	Miro trail	Veterano M60	47:42	+04:41	04:46
7	1675	Pedro Iglésias	Individual	Veterano M60	49:07	+06:06	04:55
8	1924	Paulo Providência	R G Levanta Poeira	Veterano M60	49:49	+06:48	04:59
9	1676	Rui Ventura	Individual	Veterano M60	51:09	+08:08	05:07
10	1663	Carlos Manuel Cardoso Leitao	Individual	Veterano M60	51:14	+08:13	05:07
11	1672	Jorge Manuel Cruz Campos	Individual	Veterano M60	51:59	+08:58	05:12
12	1722	Rui Manuel Pacheco Duarte	Karrapateira 1919	Veterano M60	52:00	+08:59	05:12
13	1670	Joaquim Alvarinhas	Individual	Veterano M60	52:10	+09:09	05:13
14	1673	Jorge Manuel Saraiva	Individual	Veterano M60	52:23	+09:22	05:14
15	385	Ricardo Madureira	CM Coimbra	Veterano M60	52:37	+09:36	05:16
16	454	Carlos Lobo	Coimbra Trail Running	Veterano M60	52:59	+09:58	05:18
17	2040	João Pires	Sky.runners	Veterano M60	54:03	+11:02	05:24
18	1669	João Capelôa	Individual	Veterano M60	54:53	+11:52	05:29
19	1790	José Pedro Coutinho	Miro trail	Veterano M60	55:29	+12:27	05:33
20	249	Rui Teixeira	Cafe Consolado	Veterano M60	55:55	+12:54	05:36
21	1665	Carlos Simões	Individual	Veterano M60	55:57	+12:55	05:36
22	1667	Fernando Duarte Rodrigues	Individual	Veterano M60	56:01	+13:00	05:36
23	1	Domingos Castro	Clube Elite Expo running	Veterano M60	56:38	+13:37	05:40
24	2002	Adelino Nunes	Saldo Valido	Veterano M60	56:52	+13:51	05:41
25	771	Mário Ricardo Lopes	FOCUS_TUU	Veterano M60	57:03	+14:02	05:42
26	2211	Paulo Almeida	Individual	Veterano M60	57:07	+14:05	05:43
27	1664	Carlos Manuel Gonçalves Mota	Individual	Veterano M60	57:26	+14:25	05:45
28	258	Luís Ferreira	CAOH	Veterano M60	58:10	+15:08	05:49
29	2066	José Luís Silva Garcia	STORYBUGGIES - TRAIL DO SERROTE	Veterano M60	59:07	+16:06	05:55
30	483	Jorge Justo	CPT Sobral de Ceira	Veterano M60	01:01:17	+18:15	06:08
31	2145	ILIDIO CORDEIRO	TRILHOS DE SICÓ	Veterano M60	01:02:52	+19:51	06:17

Corrida

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32	1956	José Rodrigues Cravo Valente de Almeida	Remax White	Veterano M60	01:03:03	+20:02	06:18
33	384	Heitor Santos	CM Coimbra	Veterano M60	01:03:19	+20:17	06:20
34	1659	Alcides Marques	Individual	Veterano M60	01:04:40	+21:39	06:28
35	1662	Carlos Ferreira	Individual	Veterano M60	01:05:07	+22:05	06:31
36	1674	Paulo Manuel Cordeiro da Veiga	Individual	Veterano M60	01:06:45	+23:44	06:41
37	1862	Eduardo Nuno Cardoso Nascimento Mendes	Os Torta de Laranja	Veterano M60	01:07:52	+24:50	06:47
38	1671	Joaquim Fernando de Oliveira Castro	Individual	Veterano M60	01:09:30	+26:29	06:57
39	1873	António Silveiro	Owlpharma	Veterano M60	01:11:17	+28:15	07:08
40	1661	Bernardino Martins Gregorio	Individual	Veterano M60	01:21:06	+38:05	08:07

Veterano M65

1	1689	Pieter van de Wiel	Individual	Veterano M65	44:33		04:27
2	556	Joaquim Godinho	Diário de Coimbra	Veterano M65	46:12	+01:38	04:37
3	2008	Joaquim Frade	Serviços Sociais da Caixa Geral de Depósitos	Veterano M65	48:25	+03:51	04:50
4	20	Helder Araujo	111 SPORT	Veterano M65	48:34	+04:01	04:51
5	1683	José Alberto Monteiro	Individual	Veterano M65	48:37	+04:03	04:52
6	1679	António Neto	Individual	Veterano M65	48:52	+04:18	04:53
7	175	Fausto Carvalho	ARCD Venda da Luisa	Veterano M65	48:59	+04:26	04:54
8	1682	Jorge Santos	Individual	Veterano M65	49:38	+05:04	04:58
9	250	Antonio Moreira	Cafe Consolado	Veterano M65	50:13	+05:39	05:01
10	1687	Manuel Carvalho dos Santos	Individual	Veterano M65	50:49	+06:15	05:05
11	337	Helder Ferreira	CluVe	Veterano M65	51:06	+06:32	05:07
12	2210	José Abade	CluVe	Veterano M65	51:41	+07:07	05:10
13	773	ALVARO PORTUGAL	FOCUS_TUU	Veterano M65	52:22	+07:48	05:14
14	1686	Júlio Gonçalves	Individual	Veterano M65	52:38	+08:04	05:16
15	182	José Sequeira	ARSM - Associação Recreativa de S. Miguel	Veterano M65	53:06	+08:32	05:19
16	557	Joaquim Pessoa	Diário de Coimbra	Veterano M65	53:50	+09:16	05:23
17	113	João Sintra	ACRM Silveirinha Grande Claras	Veterano M65	54:22	+09:48	05:26
18	338	Narciso Arromba	CluVe	Veterano M65	54:25	+09:51	05:27
19	328	ANTONIO MARIA SEIXAS RAMOS	CLUBE MILLENNIUM BCP	Veterano M65	54:31	+09:57	05:27
20	1678	António Apolinário Saraiva	Individual	Veterano M65	55:42	+11:08	05:34
21	562	José Manuel da Mota Dias	Dias Lima	Veterano M65	56:16	+11:42	05:38
22	251	Joaquim Pereira	Cafe Consolado	Veterano M65	57:15	+12:41	05:43
23	1685	José Manuel Gonçalves	Individual	Veterano M65	58:04	+13:30	05:48
24	1684	Jose manuel gandara	Individual	Veterano M65	59:05	+14:31	05:54
25	304	João José Pereira Esteves	Clube Atlético de Oliveira do Hospital	Veterano M65	59:08	+14:35	05:55
26	1925	Jose Luis Cruz	R G Levanta Poeira	Veterano M65	01:00:43	+16:09	06:04
27	1690	Vitor Ferreira	Individual	Veterano M65	01:01:52	+17:19	06:11
28	604	Arménio Guardado Cruz	Escola Superior de Enfermagem de Coimbra	Veterano M65	01:01:58	+17:24	06:12
29	1989	Jorge Pessoa	Runners&Friends	Veterano M65	01:03:50	+19:17	06:23
30	1688	Paulo Ramos	Individual	Veterano M65	01:06:16	+21:42	06:38

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Corrida

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31	114	Lucidio Dias	ACRM Silveirinha Grande Claras	Veterano M65	01:06:30	+21:56	06:39
32	1680	João Marques Silva	Individual	Veterano M65	01:06:32	+21:58	06:39
33	1746	Manuel Costa	Kstudio running team	Veterano M65	01:08:08	+23:34	06:49
34	2009	Fernando Venda	Sir.aivamed	Veterano M65	01:09:38	+25:04	06:58
35	132	PEDRO NUNO NEVES PINTO	AGUALVA RUNNERS	Veterano M65	01:10:10	+25:36	07:01
36	307	António Tavares	CluVe	Veterano M65	01:11:10	+26:37	07:07
37	774	Manuel Passeiro	FOCUS_TUU	Veterano M65	01:14:02	+29:28	07:24
38	1901	José Pires Lima	Pernas Inertes lentos desde 2017	Veterano M65	01:17:13	+32:39	07:43
39	426	António Alves	Coimbra Functional Fitness	Veterano M65	01:17:20	+32:46	07:44
40	324	Jorge Janicas	Clube Fluvial de Coimbra	Veterano M65	01:19:27	+34:53	07:57

TEAM RESULTS - CORRIDA

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

39	OS PAPA MILHAS	204 + 526 + 703 + 1075 + 1200	3708
40	COIMBRA FUNCTIONAL FITNESS	605 + 721 + 774 + 775 + 878	3753
41	TEAM JM FITNESS	328 + 659 + 841 + 974 + 975	3777
42	DAR À SOLA	85 + 604 + 1016 + 1043 + 1089	3837
43	CASCI	48 + 403 + 565 + 1196 + 1632	3844
44	SOURE MOV	478 + 539 + 665 + 967 + 1258	3907
45	AMEAL TRAIL	426 + 472 + 781 + 1027 + 1215	3921
46	BORABORA, VAMOS LÁ!	427 + 702 + 802 + 847 + 1197	3975
47	IPNRUNNERS	252 + 297 + 991 + 1170 + 1303	4013
48	A LA PATA	662 + 816 + 817 + 859 + 944	4098
49	SR TEAM	722 + 733 + 845 + 846 + 981	4127
50	CLUBE ELITE EXPO RUNNING	831 + 832 + 833 + 834 + 835	4165
51	CRÉDITO AGRÍCOLA DE COIMBRA	391 + 828 + 839 + 1014 + 1231	4303
52	OWLPHARMA	499 + 955 + 1025 + 1070 + 1142	4691
53	JOCA NÃO DÓI	242 + 243 + 715 + 1715 + 1796	4711
54	FISIOSFERA	644 + 735 + 919 + 1134 + 1383	4815
55	6:45	769 + 985 + 1012 + 1038 + 1040	4844
56	ADÕES TRAIL	344 + 873 + 901 + 1319 + 1522	4959
57	OLIMPÍADAS DA ECONOMIA	778 + 870 + 1041 + 1110 + 1292	5091
58	CLUBE FLUVIAL DE COIMBRA	655 + 656 + 1083 + 1354 + 1487	5235
59	SEM SEDE	561 + 646 + 1433 + 1435 + 1584	5659
60	PÉ DE ATLETA	275 + 1343 + 1364 + 1368 + 1408	5758
61	PORTUGUESE UNITED TRAINING ASSOCIATION	1023 + 1145 + 1147 + 1227 + 1424	5966
62	EXTREME RUN	716 + 1098 + 1475 + 1476 + 1541	6306
63	ANAQUIM	445 + 1340 + 1341 + 1574 + 1655	6355
64	RVA	1084 + 1085 + 1086 + 1594 + 1596	6445
65	WRESSELS	812 + 813 + 1334 + 1768 + 1769	6496
66	OLYMPIC SILVAS	1268 + 1510 + 1511 + 1539 + 1750	7578
67	ESTRILHOS	1416 + 1443 + 1575 + 1703 + 1704	7841