

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

	Time	Temperature	Humidity
Start	18:30	10,5°C	75%
End	20:06	10,5°C	75%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	9	André Pereira	SL Benfica	29:45		02:59	
2	6	Rui Teixeira	Escola de Atletismo de Coimbra/JPaiva	29:56	+00:11	03:00	
3	10	Rogério Amaral	CPT Sobral de Ceira	30:22	+00:37	03:02	
4	2254	Francisco Batista	RECREIO DESPORTIVO DE ÁGUEDA	30:57	+01:12	03:06	
5	5	Hermano Ferreira	Escola de Atletismo de Coimbra/JPaiva	31:34	+01:49	03:09	
6	560	Luís Contente	Escola de Atletismo de Coimbra/JPaiva	32:10	+02:25	03:13	
7	475	Francisco Graça	CPT Sobral de Ceira	32:14	+02:29	03:13	
8	342	André Pais	Clube Desportivo de Tondela	32:18	+02:33	03:14	
9	549	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	32:19	+02:34	03:14	
10	476	João Albano	CPT Sobral de Ceira	32:27	+02:42	03:15	
11	517	Hélder Lopes	DCI / Trilhos Luso Bussaco	32:32	+02:47	03:15	
12	501	JOÃO OLIVEIRA	DAR Recardães	32:59	+03:14	03:18	
13	275	João Pereira	C. D. São Salvador do Campo	33:14	+03:29	03:19	
14	581	Marco Marques	EV-PERALTAFIL	33:39	+03:54	03:22	
15	2	Solange Jesus	SC BRAGA	33:46	+04:01	03:23	
16	88	Leonardo Schwindt	Académica Triatlo	33:59	+04:14	03:24	
17	1214	Paulo Pereira	Individual	34:05	+04:20	03:24	
18	553	Pedro Saldanha	Escola de Atletismo de Coimbra/JPaiva	34:10	+04:25	03:25	
19	344	Luis Martins	Clube Desportivo de Tondela	34:11	+04:26	03:25	
20	561	Ricardo Gaspar	Escola de Atletismo de Coimbra/JPaiva	34:24	+04:39	03:26	
21	343	Rafael Pais	Clube Desportivo de Tondela	34:29	+04:44	03:27	
22	4	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	34:29	+04:44	03:27	
23	480	João Pedro Rodrigues	CPT Sobral de Ceira	34:32	+04:47	03:27	
24	562	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	34:34	+04:49	03:27	
25	2256	Luís Martins	RECREIO DESPORTIVO DE ÁGUEDA	34:51	+05:06	03:29	
26	223	Joaquim Oliveira	Atletismo Clube da Tocha	34:54	+05:09	03:29	
27	8	Sara Catarina Ribeiro	Sporting Clube de Portugal	35:02	+05:17	03:30	
28	474	Afonso Oliveira	CPT Sobral de Ceira	35:03	+05:18	03:30	
29	552	Miguel Rodrigues	Escola de Atletismo de Coimbra/JPaiva	35:11	+05:26	03:31	
30	1685	Licínio Pimentel	Individual	35:13	+05:28	03:31	
31	2618	David Amaral	Coimbra Trail Running	35:18	+05:33	03:32	
32	2255	Ricardo Andrade	RECREIO DESPORTIVO DE ÁGUEDA	35:20	+05:35	03:32	
33	307	Carlos Nunes	CASA DO POVO DE MANGUALDE	35:31	+05:46	03:33	
34	198	João Alves	Associação Académica de Coimbra	35:38	+05:53	03:34	
35	101	Francisco Silveira	Acd Ilhavo	35:46	+06:01	03:35	
36	843	Ricardo Sousa	Grupo Recreativo Eirense	36:05	+06:20	03:37	
37	324	Fábio Antunes	Centro de Trail Carlos Sá Penacova Team	36:18	+06:33	03:38	
38	550	David Pinto Carvalheiro	Escola de Atletismo de Coimbra/JPaiva	36:31	+06:46	03:39	
39	566	Jorge santos	Escola de Atletismo de Coimbra/JPaiva	36:35	+06:50	03:40	
40	446	Armindo Antunes	Coimbra Trail Running	36:36	+06:51	03:40	
41	2602	Helder Galvão	Saca Trilhos Anadia	36:37	+06:52	03:40	
42	506	Nuno Silva	DAR Recardães	36:38	+06:53	03:40	

PROVA PRINCIPAL - STAGE 1**10 KM**

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	551	Leonardo Jerónimo	Escola de Atletismo de Coimbra/JPaiva	36:39	+06:54	03:40	
44	1677	José Lopes	Individual	36:40	+06:55	03:40	
45	2065	José Miguel Simões Marcelino	Marcianos	36:43	+06:58	03:40	
46	2423	Sebastião Görne	Sebastião Görne	36:45	+07:00	03:41	
47	2091	Fernando Bastos	MONTANHA CLUBE TRAIL RUNNING EFAPEL	36:47	+07:02	03:41	
48	1086	Diogo Goncalves	Individual	36:53	+07:08	03:41	
49	346	Carlos Ribeiro	Clube Desportivo de Tondela	36:56	+07:11	03:42	
50	1204	Milton Santos	Individual	36:56	+07:11	03:42	
51	516	Diogo Reis	DCI / Trilhos Luso Bussaco	36:58	+07:13	03:42	
52	789	Fábio Vidrigo	GDR Santa Tecla	36:59	+07:14	03:42	
53	2603	Ricardo Gomes	Individual	37:01	+07:16	03:42	
54	97	Mauro Azevedo	Académica Triatlo	37:05	+07:20	03:42	
55	2409	Diogo Pinheiro	Sanfil Medicina	37:12	+07:27	03:43	
56	482	Vítor Pleno	CPT Sobral de Ceira	37:13	+07:28	03:43	
57	1077	David Gomes	Individual	37:20	+07:35	03:44	
58	1598	Nelson Santos	Individual	37:25	+07:40	03:44	
59	1079	David Rafael Bernardo Soares	Individual	37:27	+07:42	03:45	
60	1959	Joaquim Marques Oliveira	JRun Project	37:28	+07:43	03:45	
61	731	Nuno Simões	FOCCUS_TUU	37:34	+07:49	03:45	
62	569	Filipe Rocha	Escola de Atletismo de Coimbra/JPaiva	37:50	+08:05	03:47	
63	320	Ricardo Auxiliar	CENAP	37:53	+08:08	03:47	
64	479	Evandro Silva	CPT Sobral de Ceira	37:55	+08:10	03:47	
65	544	Pedro António Teixeira Fidalgo de Oliveira	Escola de Atletismo de Coimbra/JPaiva	37:55	+08:10	03:48	
66	317	Fernando Antunes	CDC Macieira de Cambra	37:56	+08:11	03:48	
67	102	Paulo silva	Acad Ihavos	37:57	+08:12	03:48	
68	290	Nuno Silva	CAL - Clube Atletismo de Lamas	38:04	+08:19	03:48	
69	767	Carlos neiva	FOCCUS_TUU	38:07	+08:22	03:49	
70	2464	Marcos André Jesus Ferreira	Sport Clube Paradela	38:09	+08:24	03:49	
71	2516	Pedro Manuel Lopes Quelhas	Trail da Amizade Runners	38:17	+08:32	03:50	
72	72	Filipa Santos	Académica Triatlo	38:18	+08:33	03:50	
73	840	Rui Alberto Ferreira Moutela	Grupo Recreativo Eirense	38:27	+08:42	03:51	
74	505	DAVIDE SILVA	DAR Recardães	38:47	+09:02	03:53	
75	2206	Henrique Abreu Madeira	Pickle Films	38:49	+09:04	03:53	
76	542	Diogo Teixeira	Escola de Atletismo de Coimbra/JPaiva	38:50	+09:05	03:53	
77	69	Ricardo Simões	Académica Triatlo	38:50	+09:05	03:53	
78	280	Álvaro Mano	C. F. Os Marialvas	38:58	+09:13	03:54	
79	524	Vítor Oliveira	DCI / Trilhos Luso Bussaco	39:01	+09:16	03:54	
80	827	Pedro Duarte	Grupo Desportivo 3 Santos Populares - Carregal do Sal	39:05	+09:20	03:54	
81	205	André Rafeiro	Aston Martinis	39:09	+09:24	03:55	
82	1713	Paulo Marques	Individual	39:18	+09:33	03:56	
83	322	Rui silva	CENAP	39:22	+09:37	03:56	
84	677	Luís Paiva	FOCCUS_TUU	39:28	+09:43	03:57	
85	276	Silvio Marques	C. F. Os Marialvas	39:29	+09:44	03:57	
86	1494	Pedro Farias	Individual	39:37	+09:52	03:58	
87	56	Bruno Costa	Academia de Desportos de Condeixa	39:38	+09:53	03:58	

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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

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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
88	508	Afonso Silva	Individual	39:39	+09:54	03:58	
89	519	Marco Simões	Individual	39:40	+09:55	03:58	
90	1182	Luís Jesus	Individual	39:47	+10:02	03:59	
91	77	Eduardo Gonçalves	Académica Triatlo	39:49	+10:04	03:59	
92	347	Carlos Pimenta	Clube do Mimo - LT Power	39:50	+10:05	03:59	
93	1534	Carlos Patrão	Individual	39:58	+10:13	04:00	
94	299	João Dinis	CAOH-Clube Atlético de Oliveira do Hospital	40:00	+10:15	04:00	
95	2463	Luís silva	Sport Clube Paradela	40:01	+10:16	04:00	
96	2093	Luís Vilela	MONTANHA CLUBE TRAIL RUNNING EFAPEL	40:08	+10:23	04:01	
97	1048	António Sales	Individual	40:09	+10:24	04:01	
98	98	Rui Silva	Académica Triatlo	40:12	+10:27	04:01	
99	1773	LUIS SILVA	Individual	40:14	+10:29	04:01	
100	2493	JORGE FILIPE CORREIA LEMOS	Team JM Fitness	40:16	+10:31	04:02	
101	1175	Leonel Guedes	Individual	40:19	+10:34	04:02	
102	1667	João Amaral	Individual	40:22	+10:37	04:02	
103	1501	Ricardo Saltão	Individual	40:24	+10:39	04:02	
104	321	Tiago Marcelino	CENAP	40:27	+10:42	04:03	
105	1121	Gonçalo Abreu	Individual	40:27	+10:42	04:03	
106	541	Célia Alves	Escola de Atletismo de Coimbra/JPaiva	40:29	+10:44	04:03	
107	828	Nuno Miguel Lopes	Grupo Desportivo 3 Santos Populares - Carregal do Sal	40:30	+10:45	04:03	
108	2511	Tomé Rodrigues	Tomé Rodrigues	40:32	+10:47	04:03	
109	2236	Artur Vieira	PROSISTEM.Runners	40:36	+10:51	04:04	
110	532	David Pinho	Domus Trail	40:37	+10:52	04:04	
111	1813	António Manuel ventura amado	Grupo Recreativo Eirense	40:38	+10:53	04:04	
112	845	Hugo Gaspar	Grupo Recreativo Eirense	40:40	+10:55	04:04	
113	1960	Manuel Duarte Santos Cardoso	JRun Project	40:42	+10:57	04:04	
114	1957	Miguel Campos	JRun Project	40:42	+10:57	04:04	
115	1502	Ricardo Silva	Individual	40:46	+11:01	04:05	
116	2075	João Rolim	MIRO TRAIL	40:47	+11:02	04:05	
117	1456	Fernando Marinho	Individual	40:56	+11:11	04:06	
118	1498	Renato Seara	Individual	41:00	+11:15	04:06	
119	2324	Cláudio Matos	RIJO HYBRID TEAM	41:07	+11:22	04:07	
120	43	João Ferreira	AAC REMO	41:12	+11:27	04:07	
121	453	Tiago Santos Silva	Coimbra Trail Running	41:13	+11:28	04:07	
122	2310	João Luís	RIJO HYBRID TEAM	41:20	+11:35	04:08	
123	509	Renato Ferreira	Individual	41:20	+11:35	04:08	
124	87	Ivo Magalhães	Académica Triatlo	41:22	+11:37	04:08	
125	348	Luís Martins	Clube do Mimo - LT Power	41:22	+11:37	04:08	
126	363	Mário Monteiro	Clube - Clube de Veteranos de Atletismo de Coimbra	41:24	+11:39	04:08	
127	2090	Bruno Sousa	MONTANHA CLUBE TRAIL RUNNING EFAPEL	41:26	+11:41	04:09	
128	1746	Eduardo Costa	Individual	41:27	+11:42	04:09	
129	1721	ricardo gaspar	Individual	41:27	+11:42	04:09	
130	427	Horácio Ferreira	CM Coimbra	41:29	+11:44	04:09	
131	18	Marco Almeida	29/07	41:29	+11:44	04:09	
132	305	André Nunes	CASA DO POVO DE MANGUALDE	41:30	+11:45	04:09	

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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

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
133	1977	Fernando Ferreira	K STUDIO RUNNING TEAM	41:31	+11:46	04:09	
134	1976	Vitor Varandas	K STUDIO RUNNING TEAM	41:31	+11:46	04:09	
135	1524	Bernardo Teles Fazendeiro	Individual	41:32	+11:47	04:09	
136	841	Tânia Pinto	Grupo Recreativo Eirense	41:34	+11:49	04:09	
137	2528	Marco Xavier	TRS	41:35	+11:50	04:10	
138	2014	José Torres	KrushIt Runners	41:42	+11:57	04:10	
139	567	Luc Henrietier	Escola de Atletismo de Coimbra/JPaiva	41:43	+11:58	04:10	
140	2078	Eugénio Santos	MIRO TRAIL	41:46	+12:01	04:11	
141	2292	Sérgio Filipe Matos Pires	Remax White	41:52	+12:07	04:11	
142	762	Pedro craveiro	FOCCUS_TUU	41:57	+12:12	04:12	
143	2026	António Ferreira	Lobos da Serra - Loureiro	41:58	+12:13	04:12	
144	120	António Patrício	ADR4 Estações	42:03	+12:18	04:12	
145	1238	Rodrigo Marques	Individual	42:08	+12:23	04:13	
146	2569	Carlos Filipe do Vale Branco	URCR 2024	42:10	+12:25	04:13	
147	2380	Hugo Lopes Bastos	RUNNING4FUN Team Viseu	42:12	+12:27	04:13	
148	1164	Jose Neves	Individual	42:14	+12:29	04:13	
149	1454	Fábio Fernandes	Individual	42:16	+12:31	04:14	
150	2151	João Marques	Os Lindos	42:16	+12:31	04:14	
151	370	Gonçalo Carvalho	Cluve - Clube de Veteranos de Atletismo de Coimbra	42:19	+12:34	04:14	
152	258	Joel Costa Esteves	Bluepharma	42:20	+12:35	04:14	
153	2462	Cláudio Agostinho	Sport Clube Paradela	42:21	+12:36	04:14	
154	414	Paulo Serra	CM Coimbra	42:21	+12:36	04:14	
155	302	Rui Dias	Carregal do Sal Runners	42:22	+12:37	04:14	
156	486	David Patricio Santos	CPT Sobral de Ceira	42:22	+12:37	04:14	
157	2011	António Rui Ferreira	KrushIt Runners	42:25	+12:40	04:15	
158	2487	José Carlos Santos	Team El Comandante	42:26	+12:41	04:15	
159	484	Belmiro Parada	CPT Sobral de Ceira	42:27	+12:42	04:15	
160	2389	Luis Miguel Reis	RUNNING4FUN Team Viseu	42:28	+12:43	04:15	
161	1678	José Manuel Seromenho Duarte	Individual	42:28	+12:43	04:15	
162	257	João Ricardo Lopes	Bluepharma	42:29	+12:44	04:15	
163	1912	Fábio Cerejo	IPN Runners	42:30	+12:45	04:15	
164	1788	Paulo Nunes	Individual	42:33	+12:48	04:15	
165	2508	Nuno Mendes	THE FIRST TEAM	42:36	+12:51	04:16	
166	107	Manuel António Roseiro Ferreira	Adabem Running Team	42:36	+12:51	04:16	
167	2616	Gilberto Modiz	Coimbra Trail Running	42:40	+12:55	04:16	
168	1541	David Silva	Individual	42:42	+12:57	04:16	
169	106	Alfredo Pinheiro	AD Amarante	42:42	+12:57	04:16	
170	2497	Nelson Meco	TEAM MC FORUM	42:45	+13:00	04:16	
171	2544	Laura Santos Lopes	URCR 2024	42:45	+13:00	04:17	
172	2080	Carlos Coelho	MIRO TRAIL	42:46	+13:01	04:17	
173	201	Pedro Gerardo	Associação Académica de Coimbra	42:50	+13:05	04:17	
174	244	Eduardo António da Silva Moreira	Bluepharma	42:56	+13:11	04:18	
175	2323	Carlos Ribeiro	RIJO HYBRID TEAM	42:58	+13:13	04:18	
176	135	Jorge Lestro	Ameal Trail	43:01	+13:16	04:18	
177	545	Anaïs Robin	Escola de Atletismo de Coimbra/JPaiva	43:04	+13:19	04:18	
178	5336	Sérgio Ruela	opraticante.pt	43:04	+13:19	04:18	

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	2326	Marco Brásio	RIJO HYBRID TEAM	43:05	+13:20	04:18	
180	1642	Alexandre Mesttre	Individual	43:06	+13:21	04:19	
181	1260	Valter Simões	Individual	43:08	+13:23	04:19	
182	485	Celso Pereira	CPT Sobral de Ceira	43:08	+13:23	04:19	
183	1651	Cesar Tafula	Individual	43:11	+13:26	04:19	
184	1640	Alexandre Mendes	Individual	43:12	+13:27	04:19	
185	1752	Hilário Espadilha	Individual	43:18	+13:33	04:20	
186	200	Fábio Marques	Associação Académica de Coimbra	43:19	+13:34	04:20	
187	744	Nuno Gomes	FOCCUS_TUU	43:31	+13:46	04:21	
188	2313	Rúben Neves	RIJO HYBRID TEAM	43:33	+13:48	04:21	
189	80	Rui Melo	Académica Triatlo	43:34	+13:49	04:21	
190	1246	Rui Silva	Individual	43:34	+13:49	04:21	
191	521	Amílcar Gonçalves	Individual	43:38	+13:53	04:22	
192	46	Tibério Albuquerque	AAC REMO	43:39	+13:54	04:22	
193	2454	Pedro Peixoto	SMA	43:40	+13:55	04:22	
194	70	Sandro Touil	Académica Triatlo	43:40	+13:55	04:22	
195	1190	Martim Cordeiro	Individual	43:42	+13:57	04:22	
196	1546	Filipe Duarte	Individual	43:42	+13:57	04:22	
197	35	Francisco Sousa	A Fuga dos Eletrões	43:43	+13:58	04:22	
198	736	Daniel Espinhal	FOCCUS_TUU	43:44	+13:59	04:22	
199	1107	Fábio Figueiredo	Individual	43:54	+14:09	04:23	
200	1777	Miguel Cordeiro	Individual	43:55	+14:10	04:23	
201	543	João Oliveira	Escola de Atletismo de Coimbra/JPaiva	43:58	+14:13	04:24	
202	1060	Carlos Alexandre Araújo	Individual	43:59	+14:14	04:24	
203	1248	Samuel Godinho	Individual	44:03	+14:18	04:24	
204	442	Alvaro Pinheiro	Coimbra Trail Running	44:03	+14:18	04:24	
205	1452	Emanuel Rodrigues	Individual	44:05	+14:20	04:24	
206	1637	Tiago Lopes	Individual	44:06	+14:21	04:25	
207	218	Miguel Figueiredo	Atletas ao Domingo	44:06	+14:21	04:25	
208	513	Júlia Santos	Individual	44:07	+14:22	04:25	
209	1531	Bruno Primo	Individual	44:07	+14:22	04:25	
210	547	Margarida Garcia	Escola de Atletismo de Coimbra/JPaiva	44:09	+14:24	04:25	
211	2092	Jorge Manuel Baptista catorze	MONTANHA CLUBE TRAIL RUNNING EFAPEL	44:09	+14:24	04:25	
212	1706	Nuno Sampaio	Individual	44:09	+14:24	04:25	
213	327	Vitor Silva	Cerveira Team Running	44:09	+14:24	04:25	
214	679	Pedro Martins	FOCCUS_TUU	44:12	+14:27	04:25	
215	443	Eduardo Baptista	Coimbra Trail Running	44:12	+14:27	04:25	
216	1057	Bruno Rodrigues	Individual	44:14	+14:29	04:25	
217	1606	Paulo Silva	Individual	44:15	+14:30	04:25	
218	1447	Bruno Fernando da Silva	Individual	44:15	+14:30	04:25	
219	2081	carlos Coelho	MIRO TRAIL	44:15	+14:30	04:26	
220	1997	Nuno Filipe Simão Ramos	Krushlt Runners	44:15	+14:30	04:26	
221	481	Renato Rodrigues	CPT Sobral de Ceira	44:21	+14:36	04:26	
222	642	Margarida Cerqueira	FOCCUS_TUU	44:22	+14:37	04:26	
223	582	Hannah Hussein Ibrahim Taha	Familia 2025 ATIVAR	44:25	+14:40	04:26	
224	1150	João Pedro Rebelo da Silva	Individual	44:30	+14:45	04:27	

PROVA PRINCIPAL - STAGE 1**10 KM**

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	2032	Ricardo José Neves Moreira	Lourosa em Movimento	44:30	+14:45	04:27	
226	431	Filipe Semedo	Coimbra Trail Running	44:31	+14:46	04:27	
227	1615	Renato Moraes	Individual	44:32	+14:47	04:27	
228	1202	Miguel Pereira	Individual	44:34	+14:49	04:27	
229	1255	Tiago Pedro	Individual	44:35	+14:50	04:28	
230	1751	Geraldo de Sousa	Individual	44:36	+14:51	04:28	
231	1284	Ines Costa	Individual	44:37	+14:52	04:28	
232	2079	Joselito Pereira	MIRO TRAIL	44:40	+14:55	04:28	
233	522	Américo Almeida	Individual	44:41	+14:56	04:28	
234	617	Mário Ferreira	Flashover BVPenela	44:41	+14:56	04:28	
235	2163	Rui Silva	Os Papa Milhas	44:41	+14:56	04:28	
236	1821	Eugénio Neves	Individual	44:45	+15:00	04:29	
237	112	Nelson Silva	Adões Trail	44:47	+15:02	04:29	
238	91	Pedro Figueira	Académica Triatlo	44:50	+15:05	04:29	
239	1225	Pedro Miguel Figueiredo Pires	Individual	44:51	+15:06	04:29	
240	31	Renato Ramos	6:45	44:53	+15:08	04:29	
241	520	Miguel Viegas	Individual	44:54	+15:09	04:29	
242	1919	Mark Neves	J.Prior Running Team	44:59	+15:14	04:30	
243	1765	José Vitor Vieira	Individual	45:02	+15:17	04:30	
244	821	Miguel Resende	GR Contabilidade e Assessoria	45:04	+15:19	04:30	
245	180	Basílio Simões	ARCD Venda da Luisa	45:06	+15:21	04:31	
246	441	Rui Carrito	Coimbra Trail Running	45:06	+15:21	04:31	
247	525	Joaquim Godinho	Individual	45:12	+15:27	04:31	
248	1759	Jose Dias	Individual	45:14	+15:29	04:31	
249	1035	Afonso Marques	Individual	45:15	+15:30	04:31	
250	1224	Pedro Martins Gonçalves	Individual	45:16	+15:31	04:32	
251	1597	Miguel Pereira	Individual	45:17	+15:32	04:32	
252	1455	Fernando José Ribeiro Alexandre	Individual	45:18	+15:33	04:32	
253	1914	Jorge Daniel da Silva Pimenta	IPN Runners	45:18	+15:33	04:32	
254	125	Hélio José Esteves Simões	AFIPRE Team	45:19	+15:34	04:32	
255	807	João Gerardo	GERARDO STUDIO	45:19	+15:34	04:32	
256	68	Pedro Madeira	Académica Triatlo	45:20	+15:35	04:32	
257	1213	Paulo Brites	Individual	45:20	+15:35	04:32	
258	2226	Rodrigo Quelhas	PROSISTEM.Runners	45:20	+15:35	04:32	
259	1117	Francisco Simões Ribeiro	Individual	45:21	+15:36	04:32	
260	1122	Gonçalo Ferreira	Individual	45:23	+15:38	04:32	
261	356	Rui Garcia	Clube Fluvial de Coimbra	45:23	+15:38	04:32	
262	836	Rafael Henriques	Grupo não Abeliano	45:25	+15:40	04:32	
263	1515	Tiago Oliveira	Individual	45:25	+15:40	04:32	
264	810	Luis Nelas	GERARDO STUDIO	45:27	+15:42	04:33	
265	1141	Joao Garrido	Individual	45:28	+15:43	04:33	
266	1917	David Couto	J.Prior Running Team	45:29	+15:44	04:33	
267	1712	Paulo Jorge Fernandes Pinheiro	Individual	45:30	+15:45	04:33	
268	372	António Jorge Martinho	Cluve - Clube de Veteranos de Atletismo de Coimbra	45:35	+15:50	04:34	
269	1578	José Miguel de Jesus Perdigão	Individual	45:35	+15:50	04:34	
270	797	João Barreto Rodrigues	Geração90	45:36	+15:51	04:34	

PROVA PRINCIPAL - STAGE 1**10 KM**

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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
271	2522	João Mendes	Trambolhos do asfalto	45:36	+15:51	04:34	
272	124	João Victor Diniz De Azevedo	AFIPRE Team	45:36	+15:51	04:34	
273	1766	Lúcio Ventura	Individual	45:36	+15:51	04:34	
274	1509	Sérgio Moço	Individual	45:37	+15:52	04:34	
275	1625	Rui Miguel Ferreira Pinto	Individual	45:37	+15:52	04:34	
276	1848	Miguel Lopes Batista Viegas	Individual	45:40	+15:55	04:34	
277	455	Fernando Alhau	Coimbra Trail Running	45:41	+15:56	04:34	
278	63	Diogo Cacho	Académica Triatlo	45:42	+15:57	04:34	
279	1540	Daniel Morais Madeira	Individual	45:45	+16:00	04:34	
280	1649	Carlos Matos	Individual	45:46	+16:01	04:35	
281	510	Rúben Fernandes	Individual	45:47	+16:02	04:35	
282	1322	Anabela Santiago Marques	Individual	45:48	+16:03	04:35	
283	181	Pedro Roxo	ARCD Venda da Luisa	45:48	+16:03	04:35	
284	614	Rui Miguel Monteiro Soles Gonçalves	FISIOSFERA	45:48	+16:03	04:35	
285	1200	Miguel Neves	Individual	45:50	+16:05	04:35	
286	2049	Romeu Cardoso	Maratoínos	45:50	+16:05	04:35	
287	145	Eduardo Ribeiro	ARCA	45:51	+16:06	04:35	
288	738	Fabiano Freitas	FOCCUS_TUU	45:52	+16:07	04:35	
289	1674	José Costa	Individual	45:53	+16:08	04:35	
290	490	Pedro Mateus	CTCV Motion Team	45:53	+16:08	04:35	
291	1148	João Nobre	Individual	45:54	+16:09	04:35	
292	86	Hugo Rodolfo de Campos Martins	Académica Triatlo	45:54	+16:09	04:35	
293	734	Artur Rocha	FOCCUS_TUU	45:54	+16:09	04:35	
294	1115	Francisco Gonçalves	Individual	45:55	+16:10	04:35	
295	1067	Daniel Duarte	Individual	45:55	+16:10	04:35	
296	826	Daniel Rodrigues	Grupo Desportivo 3 Santos Populares - Carregal do Sal	45:59	+16:14	04:36	
297	504	DAVIDE CARVALHO	DAR Recardães	46:00	+16:15	04:36	
298	705	Taciana Góes	FOCCUS_TUU	46:02	+16:17	04:36	
299	2335	Bruno Cartaxo	RM RUNNERS	46:04	+16:19	04:36	
300	1457	Fernando Rosário	Individual	46:06	+16:21	04:37	
301	850	Hélder Araújo	Grupo Recreativo Eirense	46:08	+16:23	04:37	
302	1691	Marco Oliveira	Individual	46:08	+16:23	04:37	
303	809	Diogo Guilherme	GERARDO STUDIO	46:09	+16:24	04:37	
304	1485	Mike Michel	Individual	46:10	+16:25	04:37	
305	1453	Emeric Bojarski	Individual	46:13	+16:28	04:37	
306	2039	ARMANDO OLIVEIRA	Magic friends runners/amitorre	46:13	+16:28	04:37	
307	2033	Fátima Santos	Lusitânia Lourosa	46:14	+16:29	04:37	
308	555	Clara Sofia da Costa Rodrigues	Escola de Atletismo de Coimbra/JPaiva	46:14	+16:29	04:37	
309	1781	Nuno Henriques	Individual	46:14	+16:29	04:37	
310	1894	Jorge Santos	Individual	46:15	+16:30	04:37	
311	832	André Varejão	Grupo não Abeliano	46:15	+16:30	04:37	
312	1158	José Diogo da Costa Jesus Jesus	Individual	46:15	+16:30	04:38	
313	287	João Campos	Cagamelos	46:16	+16:31	04:38	
314	2365	João Barbeito	Runners&Friends	46:16	+16:31	04:38	
315	1889	Fausto Carvalho	Individual	46:17	+16:32	04:38	

PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
316	2352	Rodrigo Barradas	Run 4 your life - PHIVE	46:20	+16:35	04:38	
317	67	Jorge Madeira	Académica Triatlo	46:20	+16:35	04:38	
318	1918	Joel Prior	J.Prior Running Team	46:24	+16:39	04:38	
319	1556	Gonçalo Barão	Individual	46:24	+16:39	04:38	
320	1537	Cristovao Pires	Individual	46:25	+16:40	04:38	
321	1216	Pedro Brandão	Individual	46:25	+16:40	04:38	
322	278	João Marques	C. F. Os Marialvas	46:27	+16:42	04:39	
323	281	Paulo Almeida	C. F. Os Marialvas	46:27	+16:42	04:39	
324	2048	Ricardo Pedro	Maratoínos	46:28	+16:43	04:39	
325	492	António Silva	CTCV Motion Team	46:29	+16:44	04:39	
326	83	Nuno Afonso	Académica Triatlo	46:30	+16:45	04:39	
327	795	Eugénio Santos	Gelcentro Team	46:31	+16:46	04:39	
328	1157	José Craveiro	Individual	46:33	+16:48	04:39	
329	2430	Ricardo Borges Pena Oliveira Costa	Shape on You	46:33	+16:48	04:39	
330	1814	António Ribeiro	Individual	46:34	+16:49	04:39	
331	81	Filipe Miguel Campos Canilho	Académica Triatlo	46:35	+16:50	04:39	
332	2518	Carlos Pereira	Trail da Ladeia Running Team	46:38	+16:53	04:40	
333	814	Adérito Curto	Gira Sol	46:40	+16:55	04:40	
334	503	Ivo Gonçalves	DAR Recardães	46:43	+16:58	04:40	
335	2386	Humberto Dias	RUNNING4FUN Team Viseu	46:44	+16:59	04:40	
336	2234	Tiago Carvalho	PROSISTEM.Runners	46:45	+17:00	04:40	
337	1793	Paulo Oliveira Tavares	Individual	46:45	+17:00	04:41	
338	2387	Jose Faro	RUNNING4FUN Team Viseu	46:46	+17:01	04:41	
339	813	António Almeida	Gira Sol	46:46	+17:01	04:41	
340	1994	João Miguel Coimbra Barros da Silva	Krushlt Runners	46:47	+17:02	04:41	
341	1555	Gilberto Gonçalo Luis Gaio	Individual	46:49	+17:04	04:41	
342	2364	Leonardo Oliveira	Runners&Friends	46:52	+17:07	04:41	
343	2382	Celina Dias	RUNNING4FUN Team Viseu	46:53	+17:08	04:41	
344	84	Rui Trovão	Académica Triatlo	46:53	+17:08	04:41	
345	1159	José Francisco Maia	Individual	46:54	+17:09	04:41	
346	2388	José Manuel Lima Antunes	RUNNING4FUN Team Viseu	46:56	+17:11	04:42	
347	1052	Artur Jorge da Silva Pernas	Individual	47:00	+17:15	04:42	
348	1844	Marcelo Coutinho	Individual	47:00	+17:15	04:42	
349	1194	Miguel Afonso	Individual	47:02	+17:17	04:42	
350	1660	Gilberto Palmeira	Individual	47:02	+17:17	04:42	
351	1800	Pedro Miguel Barros	Individual	47:03	+17:18	04:42	
352	981	Mariana Costa	Individual	47:03	+17:18	04:42	
353	2566	Tiago Filipe Barreirinhas Gaspar	URCR 2024	47:04	+17:19	04:42	
354	325	João Sousa Guedes	Cernache Futures	47:08	+17:23	04:43	
355	1539	Daniel Gomes	Individual	47:08	+17:23	04:43	
356	1840	Luís Pires	Individual	47:10	+17:25	04:43	
357	277	Catarina Alves	C. F. Os Marialvas	47:10	+17:25	04:43	
358	1491	Paulo Abrantes	Individual	47:11	+17:26	04:43	
359	777	ALVARO PORTUGAL	FOCCUS_TUU	47:11	+17:26	04:43	
360	1925	Nuno Oliveira	J.Prior Running Team	47:12	+17:27	04:43	

Official Timekeeper: Lap2Go	8 / 47	generate 14-dez.-2024 20:18
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PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
452	992	Marine Taillandier	Individual	48:40	+18:55	04:52	
453	1244	Rui Miguel Rodrigues Xavier	Individual	48:40	+18:56	04:52	
454	1143	João Martins	Individual	48:41	+18:56	04:52	
455	1841	Manuel Carlos Domingues Pires	Individual	48:41	+18:56	04:52	
456	2527	Acácio Xavier	TRS	48:41	+18:56	04:52	
457	2244	Custódio Loureiro	PROSISTEM.Runners	48:42	+18:57	04:52	
458	2286	Helder Costa	Remax White	48:44	+18:59	04:52	
459	1007	Raquel Costa	Individual	48:44	+18:59	04:52	
460	1504	Roberto Dias	Individual	48:44	+18:59	04:52	
461	1758	José Carlos Pinto Martins	Individual	48:47	+19:02	04:53	
462	1646	Aurelio Pimentel Lapo	Individual	48:49	+19:04	04:53	
463	761	José Luís Nunes	FOCCUS_TUU	48:49	+19:04	04:53	
464	1724	Ricardo Santos	Individual	48:51	+19:06	04:53	
465	536	Nuno Manco	Domus Trail	48:52	+19:07	04:53	
466	1198	Miguel Medeiros	Individual	48:52	+19:07	04:53	
467	1611	Pedro Gonçalves	Individual	48:52	+19:07	04:53	
468	2024	Ligia Marques	Ligia Marques	48:53	+19:08	04:53	
469	1939	Mariana Pinto Martins	Já chegámos?	48:53	+19:08	04:53	
470	1927	Sara Rodrigues dos Santos	Já chegámos?	48:53	+19:08	04:53	
471	1171	Leandro Pereira	Individual	48:54	+19:09	04:53	
472	1658	Francisco Correia	Individual	48:54	+19:09	04:53	
473	127	Carlos Santos	AGM-Team Running	48:55	+19:10	04:54	
474	450	Filipe Santos	Coimbra Trail Running	48:56	+19:11	04:54	
475	483	Rui Figueiredo	CPT Sobral de Ceira	48:58	+19:13	04:54	
476	512	Sara Oliveira	Individual	48:58	+19:13	04:54	
477	2071	Maria Cândida Eva Miguéis	MIGUÉIS a correr	48:59	+19:14	04:54	
478	133	Miguel Sequeira	Almatrail	49:00	+19:15	04:54	
479	65	Hugo Matos	Académica Triatlo	49:01	+19:16	04:54	
480	1634	Tiago Antunes	Individual	49:01	+19:16	04:54	
481	523	José Pereira	Individual	49:03	+19:18	04:54	
482	574	Carolina Saraiva	Esgalhada Trail Team	49:03	+19:18	04:54	
483	2366	Vitor Sousa	Runners&Friends	49:05	+19:20	04:54	
484	78	Fábio Veríssimo Santos	Académica Triatlo	49:06	+19:21	04:55	
485	34	Margarida Esteves	A Fuga dos Eletrões	49:08	+19:23	04:55	
486	1684	Leonel Mendes Francisco	Individual	49:08	+19:23	04:55	
487	2131	João Moura	Olimpíadas da Economia	49:09	+19:24	04:55	
488	2399	Carlos Pires	Saca Trilhos Anadia	49:09	+19:24	04:55	
489	306	Luís Neves	CASA DO POVO DE MANGUALDE	49:09	+19:24	04:55	
490	1254	Tiago Marques	Individual	49:09	+19:24	04:55	
491	1822	Fernando Medeiros	Individual	49:10	+19:25	04:55	
492	118	Paulo Silva	Adões Trail	49:10	+19:25	04:55	
493	2404	Salomé Oliveira	Sanfil Medicina	49:11	+19:26	04:55	
494	2379	Filipe Morais	RUNNING4FUN Team Viseu	49:13	+19:28	04:55	
495	515	Manuela Mendes	Individual	49:13	+19:28	04:55	
496	242	André Dias	Bluepharma	49:13	+19:28	04:55	
497	1627	Rui O. Costa	Individual	49:14	+19:29	04:55	

PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
544	448	Luis Vizeu	Coimbra Trail Running	49:50	+20:05	04:59	
545	2532	TIAGO MANUEL DE JESUS BAPTISTA	TSE	49:50	+20:05	04:59	
546	2563	Pedro Emanuel Neves Guerreiro	URCR 2024	49:51	+20:06	04:59	
547	1072	David Barata	Individual	49:51	+20:06	04:59	
548	1076	David Francisco	Individual	49:52	+20:07	04:59	
549	2114	Gustavo de Almeida Madureira	Nelson Gym	49:53	+20:08	04:59	
550	1327	Catarina Simões	Individual	49:54	+20:09	04:59	
551	1795	Paulo serras	Individual	49:54	+20:09	04:59	
552	1532	Carlos Machado e Moura	Individual	49:55	+20:10	04:59	
553	44	Oswaldo leite	AAC REMO	49:55	+20:10	05:00	
554	1922	Micael Santos	J.Prior Running Team	49:55	+20:10	05:00	
555	1168	Kamal Thapa	Individual	49:56	+20:11	05:00	
556	1153	João Sequeira	Individual	49:57	+20:12	05:00	
557	1745	Davide Almeida	Individual	49:57	+20:12	05:00	
558	1413	Maria de Fátima Fidalgo Lopes	Individual	49:58	+20:13	05:00	
559	1393	Tânia Mateus	Individual	50:01	+20:16	05:00	
560	1179	Luis Almeida	Individual	50:04	+20:19	05:00	
561	2439	Paulo Alexandre Traça Faustino	Shape on You	50:06	+20:21	05:01	
562	2524	Rúben Estrela	Trambolhos do asfalto	50:06	+20:21	05:01	
563	2578	António Miguel Ribeiro Paiva	URCR 2024	50:07	+20:22	05:01	
564	1774	M Gandara	Individual	50:07	+20:22	05:01	
565	891	Angela Pinto	Individual	50:11	+20:26	05:01	
566	1525	Bruno Bernardes de Jesus	Individual	50:11	+20:26	05:01	
567	1226	Pedro Pereira	Individual	50:12	+20:27	05:01	
568	1869	Carlos Manuel Gonçalves Mota	Individual	50:15	+20:30	05:01	
569	1853	Pedro Santos	Individual	50:15	+20:30	05:01	
570	1091	Diogo Travassos	Individual	50:15	+20:30	05:02	
571	2141	Nuno Miguel Pereira da Silva Silva	Orthia	50:15	+20:30	05:02	
572	79	José David Lopes	Académica Triatlo	50:17	+20:32	05:02	
573	1476	Jorge Manuel dos Santos Póvoa	Individual	50:19	+20:34	05:02	
574	1990	António Figueiredo	KrushIt Runners	50:19	+20:34	05:02	
575	11	Diogo Carvalheira	#AmigosLoucos	50:19	+20:34	05:02	
576	410	Luís Filipe Amaro Caetano	CM Coimbra	50:20	+20:35	05:02	
577	1469	João Marques	Individual	50:21	+20:36	05:02	
578	291	JULIA HUGHES SENTO SÉ PIMENTEL	Calamaria	50:22	+20:37	05:02	
579	1467	João Carreira	Individual	50:23	+20:38	05:02	
580	1511	Simão Henriques	Individual	50:24	+20:39	05:02	
581	402	Filipe Santos	CM Coimbra	50:24	+20:39	05:02	
582	1503	Ricardo Vitorino	Individual	50:25	+20:40	05:03	
583	1776	Miguel Bernardo	Individual	50:25	+20:40	05:03	
584	2066	Carlos Alberto Santos Marcelino Simões	Marcianos	50:25	+20:40	05:03	
585	1817	Artur Arromba	Individual	50:26	+20:41	05:03	
586	377	Hélder José Ferreira	Cluve - Clube de Veteranos de Atletismo de Coimbra	50:26	+20:41	05:03	
587	1507	Rui Canudo	Individual	50:28	+20:43	05:03	

PROVA PRINCIPAL - STAGE 1**10 KM**

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
588	2334	André Assena	RM RUNNERS	50:29	+20:44	05:03	
589	2125	Raquel Raimundo Santos Ferreira	Nuncamais!	50:30	+20:45	05:03	
590	1866	VITOR PEREIRA	Individual	50:32	+20:47	05:03	
591	1259	Tomé Fernandes	Individual	50:32	+20:47	05:03	
592	1708	Nuno Vítor Franco	Individual	50:32	+20:47	05:03	
593	2038	Élia Oliveira	Magic friends runners/amitorre	50:33	+20:48	05:03	
594	2505	Marco Manta	THE FIRST TEAM	50:33	+20:48	05:03	
595	1518	Alexandre João Nunes Flório	Individual	50:35	+20:50	05:04	
596	304	Joaquim Pessoa	Casa do Povo de Lavos	50:37	+20:52	05:04	
597	1790	Paulo David da Silva Cardoso	Individual	50:38	+20:53	05:04	
598	2239	Marco Veloso	PROSISTEM.Runners	50:39	+20:54	05:04	
599	2195	Avelino Rodrigues	Pascoalitos	50:40	+20:55	05:04	
600	1671	João Teles	Individual	50:41	+20:56	05:04	
601	571	Luís Oliveira	Escola de Atletismo de Coimbra/JPaiva	50:42	+20:57	05:04	
602	1816	Armando Santos Rodrigues	Individual	50:43	+20:58	05:04	
603	913	Catarina Proença	Individual	50:43	+20:58	05:04	
604	1351	Rute Aguiar de Melo	Individual	50:45	+21:00	05:04	
605	1951	Odeta Cruz	João Silva CCR Praia de Mira	50:47	+21:02	05:05	
606	142	Carlos Arieiro	Anaquim	50:47	+21:02	05:05	
607	2289	Paulo Silva	Remax White	50:47	+21:02	05:05	
608	1743	Daniel Costa	Individual	50:48	+21:03	05:05	
609	2242	António Santos	PROSISTEM.Runners	50:50	+21:05	05:05	
610	1092	Duarte Lapa	Individual	50:50	+21:05	05:05	
611	1237	Roberto Santos	Individual	50:51	+21:06	05:05	
612	952	Joana Alves	Individual	50:51	+21:06	05:05	
613	1883	Alvaro Silva	Individual	50:51	+21:06	05:05	
614	28	Gonçalo Seixas	6:45	50:52	+21:07	05:05	
615	2514	João Tavares	Trail da Amizade Runners	50:54	+21:09	05:05	
616	45	Rei do Mondego	AAC REMO	50:55	+21:10	05:05	
617	477	Joana Moutela	CPT Sobral de Ceira	50:55	+21:10	05:06	
618	260	André Carvalho	Bluepharma	50:56	+21:11	05:06	
619	404	Luis Filipe Barros Bispo	CM Coimbra	50:57	+21:12	05:06	
620	999	Nelly Pic	Individual	50:57	+21:12	05:06	
621	394	Silvina Maria Nascimento Baptista	CM Coimbra	50:59	+21:14	05:06	
622	1747	Emanuel Meneses	Individual	50:59	+21:14	05:06	
623	1761	José Guedes	Individual	50:59	+21:14	05:06	
624	676	Luís Gonzaga	FOCCUS_TUU	51:00	+21:15	05:06	
625	2052	Marco André Dias Sousa	Maratonas we like	51:01	+21:16	05:06	
626	1875	João Marques	Individual	51:02	+21:17	05:06	
627	49	Fábio Almeida	Academia de Desportos de Condeixa	51:03	+21:18	05:06	
628	1580	José Pedro Laranjeira	Individual	51:06	+21:21	05:07	
629	1655	Fernando de Sousa	Individual	51:07	+21:22	05:07	
630	1710	Paulo Alexandre Pessoa	Individual	51:09	+21:24	05:07	
631	2184	César Gonçalves	Owlpharma	51:09	+21:24	05:07	
632	99	Paulo Trindade	Académica Triatlo	51:10	+21:25	05:07	
633	537	Jorge Laranjeiro	Domus Trail	51:12	+21:27	05:07	

PROVA PRINCIPAL - STAGE 1

10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
634	2104	João Lima	Mota Dias e Lima	51:12	+21:27	05:07	
635	1094	Duarte Pires	Individual	51:13	+21:28	05:07	
636	825	Rosário Miranda	Grupo Desportivo 3 Santos Populares - Carregal do Sal	51:13	+21:28	05:07	
637	2124	Carla Vieira	Nuncamais!	51:14	+21:29	05:07	
638	1596	Mário Almeida	Individual	51:15	+21:30	05:07	
639	1439	André Amado Domingues	Individual	51:15	+21:30	05:08	
640	1228	Rafael Marques	Individual	51:15	+21:30	05:08	
641	2133	Nuno Moura	Olimpíadas da Economia	51:16	+21:31	05:08	
642	429	Luís Filipe Cabral de Matos	CM Coimbra	51:16	+21:31	05:08	
643	311	Nuno duarte	Casca de bala	51:17	+21:32	05:08	
644	2160	Sandra Leite	Os Papa Milhas	51:18	+21:33	05:08	
645	314	Guilherme Regalo de Almeida Metelo	Castêlo da Maia Runners	51:18	+21:33	05:08	
646	41	Rui Gaspar	AAC REMO	51:20	+21:35	05:08	
647	40	José Diogo	AAC REMO	51:20	+21:35	05:08	
648	1589	Luis Miguel Figueiredo	Individual	51:21	+21:36	05:08	
649	2243	Vítor Redondo	PROSISTEM.Runners	51:23	+21:38	05:08	
650	146	Gonçalo Marques	ARCD Venda da Luisa	51:24	+21:39	05:08	
651	2517	alfredo valente	Trail da Amizade Runners	51:25	+21:40	05:08	
652	1835	Kledilson Antonio Firmino de Oliveira	Individual	51:25	+21:40	05:09	
653	2262	Mónica Silva Santos	Reload	51:25	+21:40	05:09	
654	2269	Luís Marques	Reload	51:25	+21:40	05:09	
655	2558	João Pedro Fernandes Cruz Oliveira Pereira	URCR 2024	51:27	+21:42	05:09	
656	1600	Nuno Leal	Individual	51:29	+21:44	05:09	
657	2471	Cristina Teixeira	Talentos Objetivos	51:30	+21:45	05:09	
658	530	Nuno Rodrigues	Deixa passar	51:30	+21:45	05:09	
659	199	Patrícia Neto	Associação Académica de Coimbra	51:31	+21:46	05:09	
660	529	Celio Duarte	Deixa passar	51:32	+21:47	05:09	
661	1151	João Pedro Rodrigues Antunes	Individual	51:35	+21:50	05:10	
662	1843	Manuel Silva	Individual	51:37	+21:52	05:10	
663	2315	Mara Janeiro	RIJO HYBRID TEAM	51:38	+21:53	05:10	
664	1240	Rúben Filipe Pragosa Almeida	Individual	51:40	+21:55	05:10	
665	1876	Joaquim Alvarinhas	Individual	51:40	+21:55	05:10	
666	1687	Luís Manuel Cordeiro Nunes	Individual	51:41	+21:56	05:10	
667	1907	RUI MOURA	Inter da Mata	51:43	+21:58	05:10	
668	950	Ines Saltao	Individual	51:43	+21:58	05:10	
669	1854	Raul Jorge Silva	Individual	51:44	+21:59	05:10	
670	2294	José Gonçalves	Remax White	51:45	+22:00	05:10	
671	1631	Sérgio Ferreira	Individual	51:46	+22:01	05:11	
672	368	Antónia Abrantes	Cluve - Clube de Veteranos de Atletismo de Coimbra	51:46	+22:01	05:11	
673	25	Teresa Pedro	6:45	51:46	+22:01	05:11	
674	2010	Nuno Tenente	KrushIt Runners	51:46	+22:01	05:11	
675	2051	Fábio Mendes	Maratonas we like	51:48	+22:03	05:11	
676	58	António Figueiredo	Academia de Desportos de Condeixa	51:49	+22:04	05:11	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
677	1358	Vera Tomé	Individual	51:49	+22:04	05:11	
678	1575	Jorge Henriques	Individual	51:53	+22:08	05:11	
679	1471	João Neves	Individual	51:54	+22:09	05:11	
680	2340	Maria Monica Vasconcelos Mota Antunes da Cunha	RmCasa Lda	51:54	+22:09	05:11	
681	1571	João Pedro Campos Poças	Individual	51:54	+22:09	05:11	
682	2561	Miguel dos Santos Sequeira	URCR 2024	51:55	+22:10	05:11	
683	1602	Nuno Marques	Individual	51:55	+22:10	05:12	
684	1878	Octavio Sergio Rodrigues Linhares	Individual	51:56	+22:11	05:12	
685	1147	Joao Mota	Individual	51:56	+22:11	05:12	
686	254	Gustavo Rodrigues de Almeida Simões	Bluepharma	51:59	+22:14	05:12	
687	358	Francisco Caridade	Clube Fluvial de Coimbra	52:01	+22:16	05:12	
688	359	PC Simões	Clube Fluvial de Coimbra	52:01	+22:16	05:12	
689	2085	Ana Sêco	MONTANHA CLUBE TRAIL RUNNING EFAPEL	52:04	+22:19	05:12	
690	2579	João Nuno Lourenço Silveira	URCR 2024	52:04	+22:19	05:12	
691	1116	Francisco Jesus	Individual	52:05	+22:20	05:12	
692	279	Rudy Baptista	C. F. Os Marialvas	52:07	+22:22	05:13	
693	445	Ricardo Jesus	Coimbra Trail Running	52:07	+22:22	05:13	
694	1760	José Fernandes	Individual	52:08	+22:23	05:13	
695	2272	João Guilherme Madeira Fernandes	Remax White	52:08	+22:23	05:13	
696	1638	vitalino azevedo	Individual	52:08	+22:23	05:13	
697	2291	Renato Machado	Remax White	52:09	+22:24	05:13	
698	2593	Paula Cardoso	Viseu 360	52:09	+22:24	05:13	
699	1850	Paulo Moreira	Individual	52:09	+22:24	05:13	
700	918	Cláudia Gonçalves	Individual	52:09	+22:24	05:13	
701	126	António De Neiva Rodrigues	AFIPRE Team	52:10	+22:25	05:13	
702	113	JACINTA MANATA	Adões Trail	52:10	+22:25	05:13	
703	1873	fernando Pereira	Individual	52:12	+22:27	05:13	
704	1659	Francisco Pedro Silva	Individual	52:13	+22:28	05:13	
705	42	Isa Neves	AAC REMO	52:13	+22:28	05:13	
706	2348	David Nunes	Run 4 your life - PHIVE	52:16	+22:31	05:14	
707	1258	Tomás Jesus Reis Oliveira	Individual	52:16	+22:31	05:14	
708	383	Tiago Alves	CM Coimbra	52:19	+22:34	05:14	
709	47	Nuno Silva	AAC REMO	52:19	+22:34	05:14	
710	381	Miguel Roque	CM Coimbra	52:20	+22:35	05:14	
711	1063	Célio Mendes	Individual	52:20	+22:35	05:14	
712	1177	Lucas Alves	Individual	52:21	+22:36	05:14	
713	514	Paula Duarte	Individual	52:21	+22:36	05:14	
714	90	Nuno Simões	Académica Triatlo	52:23	+22:38	05:14	
715	1160	José Henrique	Individual	52:24	+22:39	05:14	
716	488	Jorge Justo	CPT Sobral de Ceira	52:24	+22:39	05:14	
717	1355	Sónia Isabel Gomes RAMOS	Individual	52:24	+22:39	05:14	
718	1619	Ricardo Ramos	Individual	52:24	+22:39	05:14	
719	507	Daniela Assunção	Individual	52:24	+22:39	05:14	
720	1339	Rui Miguel Silvestre Ferreira	Individual	52:25	+22:40	05:14	
721	1516	Tiago Queirós	Individual	52:25	+22:40	05:15	

PROVA PRINCIPAL - STAGE 1**10 KM****OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
722	1574	Jorge Correia	Individual	52:25	+22:40	05:15	
723	2342	Hélio Paulino	Roda Dianteira	52:25	+22:40	05:15	
724	2220	Tiago Silva	Primeira aventura	52:25	+22:40	05:15	
725	788	Tiago Abrantes	G.D. Águias de Camarate	52:27	+22:42	05:15	
726	2306	Vitor Lopes	Revista Maria	52:29	+22:44	05:15	
727	2225	Rita Mendes	PROSISTEM.Runners	52:29	+22:44	05:15	
728	2247	Miguel Santos	R G Levanta Poeira	52:31	+22:46	05:15	
729	1099	Emanuel David Fernandes Gonçalves	Individual	52:31	+22:46	05:15	
730	1829	João Paulo Mendes	Individual	52:31	+22:46	05:15	
731	1809	António Carvalho	Individual	52:32	+22:47	05:15	
732	1899	julio gonçaves	Individual	52:32	+22:47	05:15	
733	1381	Marta Maria Pleno da Fonseca	Individual	52:33	+22:48	05:15	
734	1629	Sérgio Capelo	Individual	52:34	+22:49	05:15	
735	1636	Tiago Filipe Vasco Lopes	Individual	52:36	+22:51	05:16	
736	1144	João Martins	Individual	52:39	+22:54	05:16	
737	1885	António Lemos	Individual	52:40	+22:55	05:16	
738	2567	Tiago Jorge da Silva Costa	URCR 2024	52:41	+22:56	05:16	
739	1111	Filipe de Campos Hipólito Pedroso Mateus	Individual	52:43	+22:58	05:16	
740	737	Diogo Brandão	FOCCUS_TUU	52:43	+22:58	05:16	
741	497	Anabela Monteiro	CUMIBROA RUNNING TEAM	52:43	+22:58	05:16	
742	1553	Francisco José Ramos Martins	Individual	52:44	+22:59	05:16	
743	406	João Ramos	CM Coimbra	52:44	+22:59	05:16	
744	1496	Rafael Vicente	Individual	52:45	+23:00	05:17	
745	2118	Renato Marquês	Nelson Gym	52:45	+23:00	05:17	
746	1366	Catarina Sequeira	Almatrail	52:47	+23:02	05:17	
747	1769	Luis Almeida	Individual	52:47	+23:02	05:17	
748	2253	Sérgio Mateus	RCB21	52:48	+23:03	05:17	
749	2529	Samuel Pinto	TRS	52:49	+23:04	05:17	
750	1653	Diogo Lucas Pires	Individual	52:49	+23:04	05:17	
751	758	Eduardo Costa	FOCCUS_TUU	52:49	+23:04	05:17	
752	1169	Kevin Mito	Individual	52:50	+23:05	05:17	
753	2073	Carlos Filipe Almeida Fernandes	MIGUÉIS a correr	52:50	+23:05	05:17	
754	1441	André Martins	Individual	52:50	+23:05	05:17	
755	1298	Raquel Abrantes	Individual	52:51	+23:06	05:17	
756	1451	Diogo Monteiro	Individual	52:52	+23:07	05:17	
757	1851	Pedro Elias	Individual	52:53	+23:08	05:17	
758	1104	Énio Jesus Carrasqueira	Individual	52:54	+23:09	05:17	
759	1945	João António Grilo Alves	Já chegámos?	52:54	+23:09	05:17	
760	2502	Ana Fortuna	THE FIRST TEAM	52:55	+23:10	05:17	
761	2506	David Paiva	THE FIRST TEAM	52:55	+23:10	05:17	
762	1324	Armanda Santos	Individual	52:55	+23:10	05:18	
763	2526	Paulo Domingues	Individual	52:56	+23:11	05:18	
764	849	Silvino Lemos	Grupo Recreativo Eirense	52:56	+23:11	05:18	
765	190	Artur Yurchuk	Artistas	52:57	+23:12	05:18	
766	1136	João Daniel Cruz	Individual	52:58	+23:13	05:18	

Official Timekeeper: Lap2Go	17 / 47	generate 14-dez.-2024 20:18
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PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
767	1863	Victor Martins	Individual	52:59	+23:14	05:18	
768	757	Anselmo Cardoso	FOCCUS_TUU	53:00	+23:15	05:18	
769	2249	Almerindo Ferreira	R G Levanta Poeira	53:01	+23:16	05:18	
770	1263	Vítor Silva	Individual	53:02	+23:17	05:18	
771	518	Luis Diogo	DCI / Trilhos Luso Bussaco	53:03	+23:18	05:18	
772	2523	João Ribeiro	Trambolhos do asfalto	53:03	+23:18	05:18	
773	740	Ivo José de Almeida Cardoso	FOCCUS_TUU	53:03	+23:18	05:18	
774	2027	Paulo Barreirinhas	Lobos da Serra - Loureiro	53:03	+23:18	05:18	
775	2457	Madalena Correia	Somisis	53:03	+23:18	05:18	
776	2460	Rui Correia	Somisis	53:03	+23:18	05:18	
777	1526	Bruno Correia	Individual	53:04	+23:19	05:18	
778	1295	Mónica Ventura	Individual	53:04	+23:19	05:18	
779	1070	Daniel Ramos	Individual	53:04	+23:19	05:18	
780	240	Maria Carvalho	Bluepharma	53:04	+23:19	05:18	
781	1145	João Mestre	Individual	53:05	+23:20	05:18	
782	1513	Tiago Jesus	Individual	53:05	+23:20	05:18	
783	1543	Diogo Rodrigues	Joelhos de Ferro	53:05	+23:20	05:19	
784	1682	LAKHDAR HADDAR	Individual	53:06	+23:21	05:19	
785	2248	Jorge Ribeiro	R G Levanta Poeira	53:06	+23:21	05:19	
786	1623	Rui Florindo	Individual	53:07	+23:22	05:19	
787	418	Telmo Alexandre Rodrigues Gonçalves	CM Coimbra	53:08	+23:23	05:19	
788	1770	Luis Guerra	Individual	53:08	+23:23	05:19	
789	1243	Rui Dias	Individual	53:09	+23:24	05:19	
790	792	Valter Costa	Gelcentro Team	53:09	+23:24	05:19	
791	858	Hugo Silva	Hugo Silva	53:10	+23:25	05:19	
792	1529	Bruno Leal Rodrigues	Individual	53:11	+23:26	05:19	
793	2283	João António da Silva Vaz Gonçalves	Remax White	53:11	+23:26	05:19	
794	2016	Marco Santos	Ladeira Running Team	53:11	+23:26	05:19	
795	1858	Rui António Duarte Simões	Individual	53:12	+23:27	05:19	
796	1942	Daniel Faus Marmelo	Já chegámos?	53:12	+23:27	05:19	
797	1805	vasco gouveia	Individual	53:13	+23:28	05:19	
798	1113	Flávio Silva	Individual	53:14	+23:29	05:19	
799	2488	Mariana Oliveira Nujo	Team JM Fitness	53:14	+23:29	05:19	
800	1061	Carlos Feteira	Individual	53:15	+23:30	05:19	
801	1890	Fernando Rodrigues	Individual	53:15	+23:30	05:19	
802	1782	Nuno José das Neves Adelino	Individual	53:16	+23:31	05:20	
803	115	Carla Gandarez	Adões Trail	53:17	+23:32	05:20	
804	2515	Jorge Pimenta	Trail da Amizade Runners	53:18	+23:33	05:20	
805	1780	Miguel Relvão	Individual	53:19	+23:34	05:20	
806	1365	Andrea Salgueiro	Individual	53:20	+23:35	05:20	
807	669	Guilherme Maia	FOCCUS_TUU	53:20	+23:35	05:20	
808	235	Alexandra Pereira	Bluepharma	53:20	+23:35	05:20	
809	1920	Pedro Santos	J.Prior Running Team	53:20	+23:35	05:20	
810	2328	Rui Ferreira	RIJO HYBRID TEAM	53:21	+23:36	05:20	
811	785	Natalina Almeida	FUN RUN GIRLS CLUB	53:21	+23:36	05:20	

PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
858	2378	Raquel Lopes Caracitas	RUNNING4FUN Team Viseu	54:03	+24:18	05:24	
859	1610	Pedro Dâmaso	Individual	54:03	+24:18	05:24	
860	1189	Marco godinho	Individual	54:04	+24:19	05:24	
861	1956	Sónia Isabel Duarte Franco	JRun Project	54:04	+24:19	05:24	
862	2393	Sandra Manuela Rodrigues Mendes Ribeiro	S.M.M. ATLETISMO	54:06	+24:21	05:25	
863	2412	Tiago patrão	Sanfil Medicina	54:07	+24:22	05:25	
864	1042	André Salgado	Individual	54:07	+24:22	05:25	
865	174	Tiago Pires	ARCD Venda da Luisa	54:10	+24:25	05:25	
866	271	Joaquim Baptista	Botão Camp	54:11	+24:26	05:25	
867	1352	Sandrina Pereira	Individual	54:12	+24:27	05:25	
868	800	Nuno Fachada	Geração90	54:12	+24:27	05:25	
869	2210	José Teixeira	Portuguese United Training Association	54:13	+24:28	05:25	
870	1533	Carlos Montenegro	Individual	54:13	+24:28	05:25	
871	1857	Ricardo Rocha	Individual	54:14	+24:29	05:25	
872	301	Luís Ferreira	CAOH-Clube Atlético de Oliveira do Hospital	54:16	+24:31	05:26	
873	1497	Ramiro Lima	Individual	54:17	+24:32	05:26	
874	378	José Abade	Cluve - Clube de Veteranos de Atletismo de Coimbra	54:17	+24:32	05:26	
875	1726	Rui Póvoa	Individual	54:17	+24:32	05:26	
876	866	João Lima	Individual	54:18	+24:33	05:26	
877	2500	Oscar Mira	Teamliberty ocr	54:19	+24:34	05:26	
878	163	Sílvia costa	ARCD Venda da Luisa	54:19	+24:34	05:26	
879	1142	João Godinho	Individual	54:20	+24:35	05:26	
880	639	Joana Simões	FOCCUS_TUU	54:21	+24:36	05:26	
881	1201	Miguel Pedro	Individual	54:23	+24:38	05:26	
882	1047	António Rodrigues	Individual	54:24	+24:39	05:26	
883	1974	Luis Pinheiro	K STUDIO RUNNING TEAM	54:25	+24:40	05:26	
884	2414	Pedro Nunes	Sanfil Medicina	54:25	+24:40	05:26	
885	2562	Nuno Filipe da Silva Freire	URCR 2024	54:25	+24:40	05:27	
886	1725	Rui Mateus	Individual	54:25	+24:40	05:27	
887	2485	Paula Juliets	Team El Comandante	54:26	+24:41	05:27	
888	1134	João Bernardo Barata	Individual	54:26	+24:41	05:27	
889	538	Patricia Oliveira	Energize_me	54:26	+24:41	05:27	
890	1037	Andre Ferraz	Individual	54:27	+24:42	05:27	
891	1605	Óscar Baptista	Individual	54:27	+24:42	05:27	
892	987	Mariana Rodrigues	Individual	54:27	+24:42	05:27	
893	983	Mariana Girão	Individual	54:27	+24:42	05:27	
894	1566	João Manuel Pereira de Jesus	Individual	54:28	+24:43	05:27	
895	177	Pina Bala	ARCD Venda da Luisa	54:29	+24:44	05:27	
896	243	Daniel Malva	Bluepharma	54:30	+24:45	05:27	
897	861	Leonor Almeida	Individual	54:30	+24:45	05:27	
898	269	Ricardo Firmino	Botão Camp	54:31	+24:46	05:27	
899	2189	André Neves	P.O.R.C.A.	54:33	+24:48	05:27	
900	846	Luís Pato	Grupo Recreativo Eirense	54:35	+24:50	05:27	
901	246	Joni Gaspar	Bluepharma	54:39	+24:54	05:28	
902	2223	Ana Pinheiro	PROSISTEM.Runners	54:42	+24:57	05:28	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1038	2601	Gonçalo Lourenço Martins	Remax White	56:26	+26:41	05:39	
1039	2119	Filipe José Carvalho	Individual	56:28	+26:43	05:39	
1040	1544	Edgar Mendes	Individual	56:29	+26:44	05:39	
1041	1250	Simão Freitas	Individual	56:31	+26:46	05:39	
1042	1319	Ana Pocinho	Individual	56:32	+26:47	05:39	
1043	1039	André Rodrigues	Individual	56:32	+26:47	05:39	
1044	2483	David Simão	Team Diamantino Jorge&Filho, S.A.	56:33	+26:48	05:39	
1045	819	Filipe Arede	Goslow	56:34	+26:49	05:39	
1046	818	Patricia Cotovio	Goslow	56:34	+26:49	05:39	
1047	2215	Olinto Vieira	Portuguese United Training Association	56:35	+26:50	05:39	
1048	763	Simão Paredes	FOCCUS_TUU	56:36	+26:51	05:40	
1049	66	João Nobre	Académica Triatlo	56:37	+26:52	05:40	
1050	1673	José Coimbra	Individual	56:37	+26:52	05:40	
1051	175	Gonçalo Fonseca	ARCD Venda da Luisa	56:39	+26:54	05:40	
1052	152	Gonçalo Deus	ARCD Venda da Luisa	56:39	+26:54	05:40	
1053	150	Margarida Moita	ARCD Venda da Luisa	56:39	+26:54	05:40	
1054	161	Graça Simões	ARCD Venda da Luisa	56:40	+26:55	05:40	
1055	1811	António Jorge Ferreira	Individual	56:40	+26:55	05:40	
1056	1482	Marcos Calvo	Individual	56:41	+26:56	05:40	
1057	1652	Dário Rafael Martins Madeira	Individual	56:41	+26:56	05:40	
1058	1185	Manuel Rodrigo Espírito Santo Marques Morim	Individual	56:42	+26:57	05:40	
1059	1903	Vitor Martins Ferreira	Individual	56:44	+26:59	05:40	
1060	1430	Margarida Mota	Individual	56:44	+26:59	05:40	
1061	557	Andreia Costa	Escola de Atletismo de Coimbra/JPaiva	56:44	+26:59	05:40	
1062	1517	Vasco Madeira	Individual	56:49	+27:04	05:41	
1063	695	Catarina Filipe	FOCCUS_TUU	56:50	+27:05	05:41	
1064	765	Arménio Galvão	FOCCUS_TUU	56:50	+27:05	05:41	
1065	2139	Nuno Fernandes	opraticante.pt	56:50	+27:05	05:41	
1066	2023	Cláudio Miguel Rodrigues Cancela	LesmasTrail	56:51	+27:06	05:41	
1067	2212	Jorge Almeida	Portuguese United Training Association	56:51	+27:06	05:41	
1068	1015	Sandra Assunção	Individual	56:51	+27:06	05:41	
1069	1778	Miguel Cunha	Individual	56:52	+27:07	05:41	
1070	350	João Cavadas	Clube do Mimo - LT Power	56:52	+27:07	05:41	
1071	1203	Miguel Vasques	Individual	56:53	+27:08	05:41	
1072	794	Bruno Martins	Gelcentro Team	56:53	+27:08	05:41	
1073	1764	José Oliveira	Individual	56:54	+27:09	05:41	
1074	2120	Vera Moreira	Nós2	56:55	+27:10	05:41	
1075	2121	Sergio Moreira	Nós2	56:55	+27:10	05:42	
1076	1178	Lucas Prioste	Individual	56:55	+27:10	05:42	
1077	1628	Rui Vieira	Individual	56:56	+27:11	05:42	
1078	1251	Tiago Almeida Santos Simões	Individual	56:57	+27:12	05:42	
1079	2311	joao Pacheco	RIJO HYBRID TEAM	56:58	+27:13	05:42	
1080	1165	José Pereira	Individual	56:58	+27:13	05:42	
1081	2103	Inês Dias	Mota Dias e Lima	56:58	+27:13	05:42	
1082	2449	Elsa Marques	Sky.runners	56:59	+27:14	05:42	

PROVA PRINCIPAL - STAGE 1

10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1083	665	Diogo carvalho	FOCCUS_TUU	56:59	+27:14	05:42	
1084	1426	Dalila duarte	Individual	57:00	+27:15	05:42	
1085	385	Fausto Emanuel Forte dos Reis	CM Coimbra	57:01	+27:16	05:42	
1086	1680	Jose Pedro Saraiva	Individual	57:01	+27:16	05:42	
1087	1043	António Maria Castanheira	Individual	57:01	+27:16	05:42	
1088	93	Rui Miguel Martins	Académica Triatlo	57:02	+27:17	05:42	
1089	100	Fernando Martins	Académica Triatlo	57:04	+27:19	05:42	
1090	1897	José Manuel Silva	Individual	57:04	+27:19	05:42	
1091	2467	Andreia Mendes Fernandes	Sunday Run day	57:05	+27:20	05:43	
1092	61	Maria Lobo	Académica Triatlo	57:06	+27:21	05:43	
1093	1044	António Maria da Silva Conceição	Individual	57:08	+27:23	05:43	
1094	2503	Andreia Pinto	THE FIRST TEAM	57:08	+27:23	05:43	
1095	2501	Mariana Martins	THE FIRST TEAM	57:08	+27:23	05:43	
1096	1299	Raquel Estrela	Individual	57:10	+27:25	05:43	
1097	1911	Anabela Almeida	IPN Runners	57:10	+27:25	05:43	
1098	1825	Humberto Joaquim leite silva	Individual	57:11	+27:26	05:43	
1099	1705	Nuno Miguel Trincão Craveiro	Individual	57:11	+27:26	05:43	
1100	759	Gonçalo Azevedo Mendes	FOCCUS_TUU	57:12	+27:27	05:43	
1101	2233	João Vidal	PROSISTEM.Runners	57:12	+27:27	05:43	
1102	2591	Ana Sofia da Costa Loureiro Chaves	Viseu 360	57:13	+27:28	05:43	
1103	166	Carla Patrícia Sequeira Góis Romeiro	ARCD Venda da Luisa	57:14	+27:29	05:43	
1104	968	Madalena Maria Miguéis Ferreira	Individual	57:15	+27:30	05:43	
1105	790	Diogo Bastos	Gelcentro Team	57:17	+27:32	05:44	
1106	1545	Fernando Neves	Individual	57:17	+27:32	05:44	
1107	896	Beatriz Marques Tomé	Individual	57:19	+27:34	05:44	
1108	1093	Duarte Marques	Individual	57:20	+27:35	05:44	
1109	1239	Ruben Costa	Individual	57:22	+27:37	05:44	
1110	1969	Claudia Vaz	K STUDIO RUNNING TEAM	57:22	+27:37	05:44	
1111	1581	José Rui Simões	Individual	57:23	+27:38	05:44	
1112	1970	Regina Rei	K STUDIO RUNNING TEAM	57:23	+27:38	05:44	
1113	2135	Mariana Póvoa	On Move BPR	57:24	+27:39	05:44	
1114	15	Nelson Matos	(IN)CANSÁVEIS	57:24	+27:39	05:44	
1115	1266	Ana Botelho	Individual	57:25	+27:40	05:45	
1116	1315	Teresa Botelho	Individual	57:26	+27:41	05:45	
1117	778	José Gaspar	FOCCUS_TUU	57:26	+27:41	05:45	
1118	1968	Andreia Catarino	K STUDIO RUNNING TEAM	57:29	+27:44	05:45	
1119	768	Cláudio silva	FOCCUS_TUU	57:32	+27:47	05:45	
1120	1465	Joao Amaro	Individual	57:34	+27:49	05:45	
1121	2373	Luis Pires	Runners&Friends	57:35	+27:50	05:45	
1122	1101	Emanuel Nascimento	Individual	57:35	+27:50	05:45	
1123	1846	Mário Medeiros	Individual	57:36	+27:51	05:46	
1124	2394	Olga Maria Vieira Gonçalves Pereira	S.M.M. ATLETISMO	57:37	+27:52	05:46	
1125	2397	Rui Alexandre da Silva Correia	S.M.M. ATLETISMO	57:37	+27:52	05:46	
1126	439	Ana Carvalho	Coimbra Trail Running	57:38	+27:53	05:46	
1127	444	Nuno Vasconcelo	Coimbra Trail Running	57:38	+27:53	05:46	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1174	719	Raquel coragem	FOCCUS_TUU	58:24	+28:39	05:50	
1175	906	Carolina Lourenço	Individual	58:24	+28:39	05:50	
1176	2087	CELIA CARVALHO	MONTANHA CLUBE TRAIL RUNNING EFAPEL	58:28	+28:43	05:51	
1177	13	Eva Fernandes	#GangueDasCalorias	58:30	+28:45	05:51	
1178	1188	Marco Custódio	Individual	58:32	+28:47	05:51	
1179	1256	Tiago Silva	Individual	58:32	+28:47	05:51	
1180	498	Carlos Mendes	CUMIBROA RUNNING TEAM	58:32	+28:47	05:51	
1181	2573	Susana Raquel Pinto de Matos	URCR 2024	58:33	+28:48	05:51	
1182	376	Fernando Ribeiro	Cluve - Clube de Veteranos de Atletismo de Coimbra	58:37	+28:52	05:52	
1183	1500	Ricardo Oliveira	Individual	58:39	+28:54	05:52	
1184	2455	João Peixoto	SMA	58:40	+28:55	05:52	
1185	791	Tiago Estrafalhote	Gelcentro Team	58:40	+28:55	05:52	
1186	134	Ana Lucas	Ameal Trail	58:44	+28:59	05:52	
1187	2064	João Pedro Simões Marcelino	Marcianos	58:46	+29:01	05:53	
1188	1286	Joana Santos	Individual	58:47	+29:02	05:53	
1189	2319	Liliane Brasília	RIJO HYBRID TEAM	58:47	+29:02	05:53	
1190	1118	Gabriel Ribeiro	Individual	58:47	+29:02	05:53	
1191	2571	Elisabete Vitorino	URCR 2024	58:48	+29:03	05:53	
1192	1830	João Paulo Mouta Dias	IPN Runners	58:49	+29:04	05:53	
1193	1288	Mara Beirão	Individual	58:49	+29:04	05:53	
1194	2416	Telmo Craveiro	Santonurb Lda	58:49	+29:04	05:53	
1195	1123	Gonçalo Filipe Fernandes São Marcos	Individual	58:50	+29:05	05:53	
1196	2600	Paulo Jorge Ferreira Gomes	Remax White	58:50	+29:05	05:53	
1197	2592	Sandra Elisabete Milheiro Alcaide	Viseu 360	58:52	+29:07	05:53	
1198	1896	José Manuel Gonçalves	Individual	58:52	+29:07	05:53	
1199	2390	Paulo Pinheiro	RUNNING4FUN Team Viseu	58:52	+29:07	05:53	
1200	1349	Nizia Isidoro	Individual	58:52	+29:07	05:53	
1201	411	Luís Miguel Simões Silva	CM Coimbra	58:52	+29:07	05:53	
1202	399	Ana Cristina Direito Gonçalves	CM Coimbra	58:53	+29:08	05:53	
1203	2381	Daniela Ferreira	RUNNING4FUN Team Viseu	58:55	+29:10	05:54	
1204	178	Carlos Albuquerque	ARCD Venda da Luisa	58:57	+29:12	05:54	
1205	1690	Márcio Jorge Pereira Dinis	Individual	58:59	+29:14	05:54	
1206	1669	João Pedro Vasconcelos Lucas	Individual	59:00	+29:15	05:54	
1207	1506	Rui Baltazar	Individual	59:00	+29:15	05:54	
1208	169	Judite Duarte	ARCD Venda da Luisa	59:02	+29:17	05:54	
1209	1901	Paulo Ramos	Individual	59:02	+29:17	05:54	
1210	1742	Carlos Silva	Individual	59:02	+29:17	05:54	
1211	2134	Diana Carvalho	On Move BPR	59:03	+29:18	05:54	
1212	1438	Alexandre Silva	Individual	59:03	+29:18	05:54	
1213	20	Daniela Nunes	6:45	59:05	+29:20	05:54	
1214	2533	Pedro Miguel Festa de Sousa Bailão	TSE	59:05	+29:20	05:54	
1215	2301	Renato Neves	Revista Maria	59:06	+29:21	05:55	
1216	1215	Pedro Bracons	Individual	59:07	+29:22	05:55	
1217	922	Cristina Pereira	Individual	59:07	+29:22	05:55	
1218	933	Eva Lanier	Individual	59:09	+29:24	05:55	

PROVA PRINCIPAL - STAGE 1

10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1219	2293	Alexandre Branco	Remax White	59:09	+29:24	05:55	
1220	1105	Fábio André Pereira Alves	Individual	59:10	+29:25	05:55	
1221	255	Hugo Machado	Bluepharma	59:11	+29:26	05:55	
1222	1059	Carlos Abegão	Individual	59:12	+29:27	05:55	
1223	563	Henrique Dinis	Escola de Atletismo de Coimbra/JPaiva	59:14	+29:29	05:55	
1224	2207	Antonio Madeira	Pickle Films	59:14	+29:29	05:55	
1225	2433	Tânia Teresa dos Santos Ralha	Shape on You	59:15	+29:30	05:56	
1226	2288	João Teixeira	Remax White	59:16	+29:31	05:56	
1227	2279	Marta Mateus	Remax White	59:16	+29:31	05:56	
1228	2568	Tiago Luís de Frias Pais	URCR 2024	59:17	+29:32	05:56	
1229	2581	Flávio Daniel de Carvalho e Melo	URCR 2024	59:18	+29:33	05:56	
1230	1318	Ana Paula Teixeira	Individual	59:19	+29:34	05:56	
1231	1862	SIDNEI FERNANDES DA SILVA	Individual	59:20	+29:35	05:56	
1232	1001	Patrícia Santos	Individual	59:21	+29:36	05:56	
1233	1999	Ana Sofia Ribeiro	KrushIt Runners	59:22	+29:37	05:56	
1234	2534	Rogério Domingues	TSE	59:23	+29:38	05:56	
1235	1604	Nuno Moreira Filipe	Individual	59:23	+29:38	05:56	
1236	1722	Ricardo Rasteiro de Campos	Individual	59:23	+29:38	05:56	
1237	1577	José Melo Ferreira	Individual	59:25	+29:40	05:56	
1238	2109	Laetitia Gaspar	Nelson Gym	59:26	+29:41	05:57	
1239	1129	Guilherme Frias	Individual	59:27	+29:42	05:57	
1240	1064	César García García	Individual	59:28	+29:43	05:57	
1241	860	Léa Martins	Individual	59:29	+29:44	05:57	
1242	1887	Arménio Cruz	Individual	59:30	+29:45	05:57	
1243	1385	Rita Fernandes	Individual	59:31	+29:46	05:57	
1244	780	Amelia Gonçalves	FUN RUN GIRLS CLUB	59:32	+29:47	05:57	
1245	539	Isabel Alexandra Nunes Ribeiro de Lima Enes	Energize_me	59:32	+29:47	05:57	
1246	2521	Patrícia Carvalho	Trambolhos do asfalto	59:32	+29:47	05:57	
1247	718	Olga caramelo	FOCCUS_TUU	59:35	+29:50	05:58	
1248	689	Joana Rodrigues Mortágua	FOCCUS_TUU	59:35	+29:50	05:58	
1249	1383	Monica salvador	Individual	59:35	+29:50	05:58	
1250	948	Inês Rafaela Carvalho Ferreira	Individual	59:36	+29:51	05:58	
1251	1018	Sara Martins	Individual	59:36	+29:51	05:58	
1252	298	Anabela Dinis Tavares Figueiredo	CAOH-Clube Atlético de Oliveira do Hospital	59:36	+29:51	05:58	
1253	300	Vasco Manuel de Campos Figueiredo	CAOH-Clube Atlético de Oliveira do Hospital	59:37	+29:52	05:58	
1254	1400	Cristina Gomes	Individual	59:38	+29:53	05:58	
1255	2432	Ana Isabel Gomes Neves	Shape on You	59:38	+29:53	05:58	
1256	213	Isabel Brites	Atletas ao Domingo	59:39	+29:54	05:58	
1257	955	Joana Maria Silva Simões	Individual	59:39	+29:54	05:58	
1258	2054	Carolina Moreira Santos	Maratonistas de Sofá	59:39	+29:54	05:58	
1259	319	Hugo Pinho	CDCamarneira	59:40	+29:55	05:58	
1260	1342	Maria João de Barros Campos	Individual	59:40	+29:55	05:58	
1261	165	Ana Luísa Lacerda	ARCD Venda da Luisa	59:40	+29:55	05:58	
1262	1466	João Carlos Amaral Matias	Individual	59:41	+29:56	05:58	
1263	1489	Nuno Lourenço	Individual	59:41	+29:56	05:58	

PROVA PRINCIPAL - STAGE 1
10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1264	899	Carina Alexandra Pinho Azevedo	Individual	59:44	+29:59	05:58	
1265	2161	António Sousa	Os Papa Milhas	59:44	+29:59	05:58	
1266	887	Andreia Fernandes	Individual	59:45	+30:00	05:58	
1267	1985	Daniela Ribeiro	Krushlt Runners	59:45	+30:00	05:58	
1268	2302	Carine Lopes	Revista Maria	59:46	+30:01	05:59	
1269	1632	Sérgio Gaminha	Individual	59:49	+30:04	05:59	
1270	1748	Enrique Manuel Leitão Ferreira	Individual	59:51	+30:06	05:59	
1271	643	Mariana cordeiro	FOCCUS_TUU	59:52	+30:07	05:59	
1272	1448	Daniel Andrade	Individual	59:52	+30:07	05:59	
1273	1183	Luís Lucas	Individual	59:52	+30:07	05:59	
1274	1312	Tânia Brejo	Individual	59:53	+30:08	05:59	
1275	159	Liliane Vaz	ARCD Venda da Luisa	59:54	+30:09	05:59	
1276	171	João Paulinho "Fantástico "	ARCD Venda da Luisa	59:54	+30:09	05:59	
1277	1347	Marta Viegas Cardoso	Individual	59:55	+30:10	06:00	
1278	1787	Nuno Santos	Individual	59:56	+30:11	06:00	
1279	1966	Lili Seabra	K STUDIO RUNNING TEAM	59:56	+30:11	06:00	
1280	2572	Sandra Isabel Mendes dos Reis	URCR 2024	59:58	+30:13	06:00	
1281	214	Maria Luís	Atletas ao Domingo	59:59	+30:14	06:00	
1282	1389	Sílvia Matos	Individual	59:59	+30:14	06:00	
1283	295	Filipe de Castro Oliveira	Calamaria	01:00:00	+30:15	06:00	
1284	1573	Joel Pedro	Individual	01:00:01	+30:16	06:00	
1285	1888	EDGAR COUTINHO DE ABREU PROENÇA	Individual	01:00:01	+30:16	06:00	
1286	1283	Inês alvadia	Individual	01:00:01	+30:16	06:00	
1287	717	Luísa Ganho	FOCCUS_TUU	01:00:01	+30:16	06:00	
1288	423	José Pimenta	CM Coimbra	01:00:02	+30:17	06:00	
1289	2069	Maria do Carmo Miguéis Fernandes	MIGUÉIS a correr	01:00:03	+30:18	06:00	
1290	2431	Cátia Sofia Tavares Ferreira	Shape on You	01:00:04	+30:19	06:00	
1291	1303	Sandra Batista	Individual	01:00:04	+30:19	06:00	
1292	711	Ana Tavares	FOCCUS_TUU	01:00:04	+30:19	06:00	
1293	491	Andreia Silva	CTCV Motion Team	01:00:06	+30:21	06:01	
1294	2260	Filipa Rovira	Reload	01:00:07	+30:22	06:01	
1295	2481	Mónica Parente	Team Diamantino Jorge&Filho, S.A.	01:00:07	+30:22	06:01	
1296	157	Elisabete correia	ARCD Venda da Luisa	01:00:09	+30:24	06:01	
1297	172	Luís lapa	ARCD Venda da Luisa	01:00:09	+30:24	06:01	
1298	225	Reinaldo Miranda	Aurora Cunha Team	01:00:10	+30:25	06:01	
1299	224	Paula Miranda	Aurora Cunha Team	01:00:11	+30:26	06:01	
1300	2547	Maria de Lurdes Rovisco Branquinho Pais Monteiro	URCR 2024	01:00:13	+30:28	06:01	
1301	956	Joana Marques	Individual	01:00:14	+30:29	06:01	
1302	2137	Frederico Dias	On Move BPR	01:00:15	+30:30	06:01	
1303	1552	Francisco José Carvalho Pires	Individual	01:00:15	+30:30	06:02	
1304	2241	André Mendes	PROSISTEM.Runners	01:00:16	+30:31	06:02	
1305	1231	Ricardo Campos	Individual	01:00:16	+30:31	06:02	
1306	2268	João Paulo Miranda	Reload	01:00:17	+30:32	06:02	
1307	1644	André Oliva	Individual	01:00:20	+30:35	06:02	
1308	1698	Miguel Morgado	Individual	01:00:20	+30:35	06:02	

Official Timekeeper: Lap2Go	29 / 47	generate 14-dez.-2024 20:18
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PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1309	2322	Joana Nogueira	RIJO HYBRID TEAM	01:00:21	+30:36	06:02	
1310	1881	Vítor Gonçalves	Individual	01:00:24	+30:39	06:02	
1311	697	Cristina Sofia Perninha da Costa Coelho	FOCCUS_TUU	01:00:24	+30:39	06:02	
1312	2034	Inês Monteiro	M4A	01:00:24	+30:39	06:02	
1313	2037	Nuno Almeida	M4A	01:00:24	+30:39	06:02	
1314	1028	Teresa Calheiros de Sá	Individual	01:00:24	+30:39	06:02	
1315	1568	João Nuno Baptista	Individual	01:00:25	+30:40	06:02	
1316	2277	Ana Cátia Madeira Simões	Remax White	01:00:27	+30:42	06:03	
1317	1867	António Agostinho Sá	Individual	01:00:27	+30:42	06:03	
1318	373	Ricardo Madureira	Cluve - Clube de Veteranos de Atletismo de Coimbra	01:00:27	+30:42	06:03	
1319	2183	Lígia Ferreira	Owlpharma	01:00:29	+30:44	06:03	
1320	2174	Diana Oliveira	Owlpharma	01:00:29	+30:44	06:03	
1321	2070	Filipe Manuel Miguéis Fernandes	MIGUÉIS a correr	01:00:30	+30:45	06:03	
1322	1739	Bruno Rodrigues	Individual	01:00:30	+30:45	06:03	
1323	326	Samuel Beirão	Cernache Futures	01:00:32	+30:47	06:03	
1324	2238	Filipe Cardoso	PROSISTEM.Runners	01:00:32	+30:47	06:03	
1325	1484	Mauro Pinheiro	Individual	01:00:33	+30:48	06:03	
1326	2229	Lina Carvalho	PROSISTEM.Runners	01:00:33	+30:48	06:03	
1327	1616	Renato Ramos	Individual	01:00:33	+30:48	06:03	
1328	970	Mafalda Fideles	Individual	01:00:34	+30:49	06:03	
1329	1741	Carlos Barradas	Individual	01:00:36	+30:51	06:04	
1330	57	Nuno Correia	Academia de Desportos de Condeixa	01:00:39	+30:54	06:04	
1331	459	Samara Azevedo Rodrigues	Corredores do Leão	01:00:40	+30:55	06:04	
1332	1842	Manuel Filipe da Silva Miranda	Individual	01:00:43	+30:58	06:04	
1333	1425	Cristina Carolino	Individual	01:00:44	+30:59	06:04	
1334	206	Filipa Carvalho	Atletas ao Domingo	01:00:45	+31:00	06:04	
1335	661	Bruno Pires	FOCCUS_TUU	01:00:45	+31:00	06:04	
1336	2148	Marta Carvalho	Os Lindos	01:00:45	+31:00	06:05	
1337	1902	Victor Pereira	Individual	01:00:45	+31:00	06:05	
1338	564	Paulo Amaral	Escola de Atletismo de Coimbra/JPaiva	01:00:45	+31:00	06:05	
1339	1419	Sara Rocha	Individual	01:00:46	+31:01	06:05	
1340	1207	Nuno del Villar	Individual	01:00:46	+31:01	06:05	
1341	1390	Sofia Rocha	Individual	01:00:46	+31:01	06:05	
1342	921	Cristina Herrero Segura	Individual	01:00:47	+31:02	06:05	
1343	766	Artur Rodrigues	FOCCUS_TUU	01:00:47	+31:02	06:05	
1344	1630	Sergio castanheira	Individual	01:00:48	+31:03	06:05	
1345	1363	Ana Ledo	Individual	01:00:50	+31:05	06:05	
1346	975	Maria Filipa Rabaça	Individual	01:00:50	+31:05	06:05	
1347	2314	Rui Alves	RIJO HYBRID TEAM	01:00:50	+31:05	06:05	
1348	2166	Liliana Rodrigues	OS PE NA COVA	01:00:51	+31:06	06:05	
1349	945	Inês Esteves	Individual	01:00:52	+31:07	06:05	
1350	1031	Vânia Serra	Individual	01:00:52	+31:07	06:05	
1351	871	Alba Quintana Ruiz	Individual	01:00:53	+31:08	06:05	
1352	469	Bruna Ferreira	CPT Coimbra	01:00:53	+31:08	06:05	
1353	154	Rui Monteiro	ARCD Venda da Luisa	01:00:56	+31:11	06:06	

PROVA PRINCIPAL - STAGE 1

10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1354	869	Adriana Lopes	Individual	01:00:57	+31:12	06:06	
1355	2304	António Almeida	Revista Maria	01:00:57	+31:12	06:06	
1356	2300	Luis Silva	Revista Maria	01:00:57	+31:12	06:06	
1357	1643	André Luz	Individual	01:00:58	+31:13	06:06	
1358	1753	Jesús Antonio Martín Gutiérrez	Individual	01:00:58	+31:13	06:06	
1359	1983	Beatriz Reis	Krushlt Runners	01:00:59	+31:14	06:06	
1360	60	Samuel Fontes dos Anjos	Academia de Desportos de Condeixa	01:00:59	+31:14	06:06	
1361	51	Ana Flôr da Silva Marques	Academia de Desportos de Condeixa	01:00:59	+31:14	06:06	
1362	1704	Nuno Miguel Saraiva	Individual	01:00:59	+31:14	06:06	
1363	1293	Marisa Brás	Individual	01:01:00	+31:15	06:06	
1364	2377	Beatriz Oliveira Dias	RUNNING4FUN Team Viseu	01:01:00	+31:15	06:06	
1365	844	Tiago Ferraz	Grupo Recreativo Eirense	01:01:00	+31:15	06:06	
1366	909	Carolina Reis	Individual	01:01:00	+31:15	06:06	
1367	2441	Ricardo Ferreira	Sky.runners	01:01:00	+31:15	06:06	
1368	2177	Inês Penedones	Owlpharma	01:01:01	+31:16	06:06	
1369	2587	Anna Clara Carlos de Araújo Barbosa	Vidas3	01:01:02	+31:17	06:06	
1370	943	Inês Cruz	Individual	01:01:02	+31:17	06:06	
1371	1880	Rui Ventura	Individual	01:01:03	+31:18	06:06	
1372	527	De Geest Laurens	De Geest	01:01:03	+31:18	06:06	
1373	2480	Liliana Lopes	Team Diamantino Jorge&Filho, S.A.	01:01:04	+31:19	06:06	
1374	1166	José Santos	Individual	01:01:05	+31:20	06:06	
1375	1032	Victoria Matos	Individual	01:01:06	+31:21	06:07	
1376	1473	João Simões	Individual	01:01:06	+31:21	06:07	
1377	626	Carolina Abreu	FOCCUS_TUU	01:01:08	+31:23	06:07	
1378	53	Sandra Ponte	Academia de Desportos de Condeixa	01:01:08	+31:23	06:07	
1379	2374	Rui Dias	Runners&Friends	01:01:10	+31:25	06:07	
1380	1126	Gonçalo Sousa	Individual	01:01:10	+31:25	06:07	
1381	2375	Jorge Pessoa	Runners&Friends	01:01:10	+31:25	06:07	
1382	48	Julio Lagem Reis	AAC REMO	01:01:11	+31:26	06:07	
1383	680	Renato França	FOCCUS_TUU	01:01:11	+31:26	06:07	
1384	2550	Mariana Cordeiro da Silva Lagarto	URCR 2024	01:01:11	+31:26	06:07	
1385	1458	Filipe Marques	Individual	01:01:11	+31:26	06:07	
1386	2231	Rui Pires	PROSISTEM.Runners	01:01:12	+31:27	06:07	
1387	1614	Rafael Santos	Individual	01:01:14	+31:29	06:07	
1388	494	Marta Godinho	CUMIBROA RUNNING TEAM	01:01:15	+31:30	06:07	
1389	2157	Helena Duarte	Os Papa Milhas	01:01:15	+31:30	06:08	
1390	495	Sofia Mendes	CUMIBROA RUNNING TEAM	01:01:15	+31:30	06:08	
1391	799	Luis Pedro Ferreira	Geração90	01:01:17	+31:32	06:08	
1392	801	Pedro Xavier Marques	Geração90	01:01:17	+31:32	06:08	
1393	466	Susana Parreira	CPT Coimbra	01:01:17	+31:32	06:08	
1394	2282	Pedro Daniel Marques Valente de Almeida	Remax White	01:01:20	+31:35	06:08	
1395	2296	Joaquim José Rodrigues Cravo Valente de Almeida	Remax White	01:01:21	+31:36	06:08	
1396	2273	Joni Oliveira	Remax White	01:01:21	+31:36	06:08	
1397	1058	Bureau Wandrille	Individual	01:01:22	+31:37	06:08	

PROVA PRINCIPAL - STAGE 1

10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1398	1988	Marlene Leitão	Krushlt Runners	01:01:25	+31:40	06:09	
1399	1334	Joana Castanheira	Individual	01:01:27	+31:42	06:09	
1400	901	Carolina Barreto Ferreira	Individual	01:01:29	+31:44	06:09	
1401	1146	João Miguel Barreto Ferreira	Individual	01:01:29	+31:44	06:09	
1402	2343	Raúl Matos	RUN 4 FUN	01:01:30	+31:45	06:09	
1403	1536	Cláudio Mortagua	Individual	01:01:34	+31:49	06:09	
1404	1320	Ana Raquel Sá Rodrigues	Individual	01:01:34	+31:49	06:09	
1405	1499	Ricardo Costa	Individual	01:01:36	+31:51	06:10	
1406	130	João Antonio Narciso	Aleixo clínica dentária	01:01:36	+31:51	06:10	
1407	131	João Aleixo Narciso	Aleixo clínica dentária	01:01:37	+31:52	06:10	
1408	2553	Vânia Isabel Louro Fernandes	URCR 2024	01:01:38	+31:53	06:10	
1409	248	Keven Reis	Bluepharma	01:01:39	+31:54	06:10	
1410	2165	Nancy Simões	OS PE NA COVA	01:01:39	+31:54	06:10	
1411	2168	Hélio Antunes	OS PE NA COVA	01:01:39	+31:54	06:10	
1412	1371	Elsa Carvalho	Individual	01:01:41	+31:56	06:10	
1413	1261	Vinícius Pires	Individual	01:01:42	+31:57	06:10	
1414	1022	Sofia Daniela Martins Ferreira	Individual	01:01:42	+31:57	06:10	
1415	1027	Tatiana Filipa Cortez Costa	Individual	01:01:42	+31:57	06:10	
1416	782	Francisca Matos	FUN RUN GIRLS CLUB	01:01:44	+31:59	06:10	
1417	1845	MARCIO LUIZ FERREIRA VIEIRA	Individual	01:01:44	+31:59	06:10	
1418	808	Vitor Ribas Boska	GERARDO STUDIO	01:01:48	+32:03	06:11	
1419	811	Luciano Boska	GERARDO STUDIO	01:01:48	+32:03	06:11	
1420	1128	Guilherme Baptista	Individual	01:01:50	+32:05	06:11	
1421	633	Diana Simões	FOCCUS_TUU	01:01:50	+32:05	06:11	
1422	2264	Diogo Andrade	Reload	01:01:52	+32:07	06:11	
1423	2565	Rudi Batista	URCR 2024	01:01:52	+32:07	06:11	
1424	1181	Luís Gabriel Semedo das Neves	Individual	01:01:53	+32:08	06:11	
1425	973	Maria Eduarda Vieira Santos	Individual	01:01:53	+32:08	06:11	
1426	2468	Mariya Dimitrova Gyundurova de Oliveira	Sunday Run day	01:01:53	+32:08	06:11	
1427	2088	Liliana Serra	MONTANHA CLUB E TRAIL RUNNING EFAPEL	01:01:53	+32:08	06:11	
1428	425	Pedro Varanda	CM Coimbra	01:01:54	+32:09	06:11	
1429	1264	Adriana Pinto	Individual	01:01:54	+32:09	06:11	
1430	884	Ana Rodrigues	Individual	01:01:54	+32:09	06:11	
1431	644	Mariana Ferreira	FOCCUS_TUU	01:01:55	+32:10	06:11	
1432	1311	Soraia Martins	Individual	01:01:56	+32:11	06:12	
1433	1279	Caty Dias	Individual	01:01:57	+32:12	06:12	
1434	14	Daniel Vilão	#GangueDasCalorias	01:01:58	+32:13	06:12	
1435	1588	Luis mendes	Individual	01:01:58	+32:13	06:12	
1436	1521	Anselmo José Pimentel Baptista	Individual	01:02:03	+32:18	06:12	
1437	746	Pedro Martins	FOCCUS_TUU	01:02:04	+32:19	06:12	
1438	155	Andreia Castro	ARCD Venda da Luisa	01:02:08	+32:23	06:13	
1439	173	Samuel Custódio	ARCD Venda da Luisa	01:02:08	+32:23	06:13	
1440	2309	Cristiana Bento	RIJO HYBRID TEAM	01:02:08	+32:23	06:13	
1441	1981	Ana Rosário	Krushlt Runners	01:02:08	+32:23	06:13	
1442	1488	Nuno Lopes	Individual	01:02:08	+32:23	06:13	

PROVA PRINCIPAL - STAGE 1

10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1443	2509	Nicole Lopes	Tios d Alice	01:02:09	+32:24	06:13	
1444	2008	Fábio Emanuel Batista Direito	KrushIt Runners	01:02:09	+32:24	06:13	
1445	2004	Marisa Sá	KrushIt Runners	01:02:10	+32:25	06:13	
1446	1633	Sérgio Manuel	Individual	01:02:10	+32:25	06:13	
1447	470	Fátima Machado	CPT Coimbra	01:02:12	+32:27	06:13	
1448	1804	Rui silva	Individual	01:02:13	+32:28	06:13	
1449	1307	Sara Monteiro Gonçalves	Individual	01:02:15	+32:30	06:13	
1450	1395	Tânia Rodrigues	Individual	01:02:18	+32:33	06:14	
1451	1221	Pedro Gonçalves	Individual	01:02:18	+32:33	06:14	
1452	889	Andreia Pita	Individual	01:02:18	+32:33	06:14	
1453	1314	Tânia Sabino	Individual	01:02:20	+32:35	06:14	
1454	1292	Mariana Mouronho Fernandes	Individual	01:02:20	+32:35	06:14	
1455	29	João liberado	6:45	01:02:22	+32:37	06:14	
1456	168	Gabriela Lopes	ARCD Venda da Luisa	01:02:22	+32:37	06:14	
1457	2307	Paulo Fontes	Revista Maria	01:02:23	+32:38	06:14	
1458	1826	João Amândio do Nascimento Guimarães	Individual	01:02:23	+32:38	06:14	
1459	2428	Susana Catarina dos Santos Craveiro	Shape on You	01:02:23	+32:38	06:14	
1460	207	João Pedro Santos Marques	Atletas ao Domingo	01:02:23	+32:38	06:14	
1461	1921	Anderson Chaves	J.Prior Running Team	01:02:25	+32:40	06:15	
1462	1472	João Rodrigues	Individual	01:02:26	+32:41	06:15	
1463	33	Cátia Esteves	A Fuga dos Eletrões	01:02:27	+32:42	06:15	
1464	1436	Rosário Ramos	Individual	01:02:28	+32:43	06:15	
1465	1309	Sónia Rascão	Individual	01:02:28	+32:43	06:15	
1466	1847	Miguel Ângelo de Almeida Gaspar de Matos	Individual	01:02:29	+32:44	06:15	
1467	892	Bárbara Raimundo	Individual	01:02:31	+32:46	06:15	
1468	932	Erika Daniel	Individual	01:02:32	+32:47	06:15	
1469	881	Ana Margarida Cavaleiro Gomes	Individual	01:02:34	+32:49	06:15	
1470	1330	Georgina Baptista	Individual	01:02:36	+32:51	06:16	
1471	1301	Rute Micaela Figueiredo da Silva	Individual	01:02:37	+32:52	06:16	
1472	2178	Joana Regina Fernandes	Owlpharma	01:02:39	+32:54	06:16	
1473	741	João Lourenço	FOCCUS_TUU	01:02:39	+32:54	06:16	
1474	1285	Inês Rondão	Individual	01:02:41	+32:56	06:16	
1475	1683	Leonel Almeida	Individual	01:02:42	+32:57	06:16	
1476	1772	Luís Paiva	Individual	01:02:43	+32:58	06:16	
1477	493	João Caldeira	CTCV Motion Team	01:02:45	+33:00	06:16	
1478	556	Ana Rebola	Escola de Atletismo de Coimbra/JPaiva	01:02:46	+33:01	06:17	
1479	1591	Luís Rodrigues	Individual	01:02:49	+33:04	06:17	
1480	2218	Pedro VilaNova	Portuguese United Training Association	01:02:50	+33:05	06:17	
1481	1647	Bruno Oliveira	Individual	01:02:51	+33:06	06:17	
1482	919	Cristiana Correia	Individual	01:02:52	+33:07	06:17	
1483	903	Carolina Correia	Individual	01:02:52	+33:07	06:17	
1484	1127	Guilherme Almeida	Individual	01:02:52	+33:07	06:17	
1485	1431	Maria Paula Andrade Nogueira	Individual	01:02:53	+33:08	06:17	
1486	1487	Nuno Filipe Marques Duarte	Individual	01:02:54	+33:09	06:17	

PROVA PRINCIPAL - STAGE 1

10 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1487	559	Joana Silva	Escola de Atletismo de Coimbra/JPaiva	01:02:54	+33:09	06:17	
1488	456	Jael Leal Antunes	Coriscos da Cruzeta	01:02:55	+33:10	06:17	
1489	1963	Monica Ruivo	K STUDIO RUNNING TEAM	01:02:55	+33:10	06:17	
1490	2015	Ricardo Rosa	KrushIt Runners	01:02:56	+33:11	06:18	
1491	1306	Sara Maria Alves Pinto	Individual	01:02:57	+33:12	06:18	
1492	210	Erika Bizarro	Atletas ao Domingo	01:02:58	+33:13	06:18	
1493	635	Inês Marques	FOCCUS_TUU	01:02:59	+33:14	06:18	
1494	2145	Nuno Bala	Os corre para comer	01:03:01	+33:16	06:18	
1495	2299	Matilde Gonçalves	Revista Maria	01:03:01	+33:16	06:18	
1496	1723	RICARDO RODRIGUES	Individual	01:03:03	+33:18	06:18	
1497	864	MATILDE RODRIGUES	Individual	01:03:03	+33:18	06:18	
1498	2132	João Pedro Santos	Olimpíadas da Economia	01:03:03	+33:18	06:18	
1499	1783	Nuno Lima	Individual	01:03:05	+33:20	06:19	
1500	1664	Hugo Alexandre Manso Gonçalves	Individual	01:03:06	+33:21	06:19	
1501	1879	PEDRO TEIXEIRA	Individual	01:03:06	+33:21	06:19	
1502	833	Francisco Cruz	Grupo não Abeliano	01:03:06	+33:21	06:19	
1503	834	Gonçalo Varejão	Grupo não Abeliano	01:03:07	+33:22	06:19	
1504	2086	Sandra Gonçalves	MONTANHA CLUBE TRAIL RUNNING EFAPEL	01:03:07	+33:22	06:19	
1505	263	Mónica Martins	Bombeiros Voluntários de Brásfemes BTT e trail	01:03:08	+33:23	06:19	
1506	1477	JOSÉ LUÍS PIRES FERNANDES	Individual	01:03:08	+33:23	06:19	
1507	1270	ANA ISABEL HENRIQUES LOURENÇO SIMÕES	Individual	01:03:08	+33:23	06:19	
1508	764	Alfredo Cortesão	FOCCUS_TUU	01:03:09	+33:24	06:19	
1509	534	Karoll Kolombo	Domus Trail	01:03:09	+33:24	06:19	
1510	995	Melanie Afonso	Individual	01:03:09	+33:24	06:19	
1511	1420	Susana Madeira	Individual	01:03:11	+33:26	06:19	
1512	1801	Porfírio Paiva	Individual	01:03:12	+33:27	06:19	
1513	23	Luisa Goulão	6:45	01:03:12	+33:27	06:19	
1514	2586	Pedro Miguel da Silva Correia	URCR 2024	01:03:12	+33:27	06:19	
1515	1108	Fábio José Pais do Amaral	Individual	01:03:13	+33:28	06:19	
1516	1762	José Luís Barroco de Melo Coelho	Individual	01:03:13	+33:28	06:19	
1517	1229	Rafael Silva	Individual	01:03:13	+33:28	06:19	
1518	1562	João Baltazar	Individual	01:03:14	+33:29	06:19	
1519	1377	Lina Santos	Individual	01:03:14	+33:29	06:19	
1520	696	Cláudia Carrapato	FOCCUS_TUU	01:03:16	+33:31	06:20	
1521	925	Daniela Temudo	Individual	01:03:16	+33:31	06:20	
1522	297	Carlota Joaquina	Individual	01:03:18	+33:33	06:20	
1523	2337	Ricardo Mingatos	RM RUNNERS	01:03:21	+33:36	06:20	
1524	953	Joana Ferraz	Individual	01:03:22	+33:37	06:20	
1525	1075	David Fontes	Individual	01:03:22	+33:37	06:20	
1526	1461	Gustavo Veiga	Individual	01:03:23	+33:38	06:20	
1527	38	Pedro Pedrosa	A2Z	01:03:24	+33:39	06:20	
1528	1679	José Manuel Valente Dias	Individual	01:03:24	+33:39	06:20	
1529	1675	José Dias	Individual	01:03:24	+33:39	06:20	
1530	915	Cátia Veneza	Individual	01:03:25	+33:40	06:20	
1531	36	Sofia Sampaio	A2Z	01:03:25	+33:40	06:21	

PROVA PRINCIPAL - STAGE 1

10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1532	37	Antonio silva	A2Z	01:03:25	+33:40	06:21	
1533	2545	Letícia Balanco	URCR 2024	01:03:28	+33:43	06:21	
1534	2203	Inês Carolina	Physio Mondego	01:03:32	+33:47	06:21	
1535	649	Renata Patrão	FOCCUS_TUU	01:03:33	+33:48	06:21	
1536	1085	Diogo Filipe Simões Abade	Individual	01:03:34	+33:49	06:21	
1537	1462	Hugo de Souza Freitas	Individual	01:03:35	+33:50	06:22	
1538	2535	Nuno Patrício	URB TEODORA RUNNING TEAM	01:03:35	+33:50	06:22	
1539	847	Nuno Miguel Alves	Grupo Recreativo Eirense	01:03:37	+33:52	06:22	
1540	1437	Afonso Neto	Individual	01:03:38	+33:53	06:22	
1541	678	Paulo Preto Castanho	FOCCUS_TUU	01:03:39	+33:54	06:22	
1542	191	Ana Sofia Santos	Artistas	01:03:39	+33:54	06:22	
1543	238	Mafalda Marques	Bluepharma	01:03:39	+33:54	06:22	
1544	2584	Albino Miguel Palhares Santos Pereira	URCR 2024	01:03:40	+33:55	06:22	
1545	2444	Francisco Oliveira	Sky.runners	01:03:41	+33:56	06:22	
1546	1928	André Veiga de Brito	Já chegámos?	01:03:42	+33:57	06:22	
1547	2442	Rafaela Duarte	Sky.runners	01:03:42	+33:57	06:22	
1548	2246	Tiago da Cruz	R G Levanta Poeira	01:03:43	+33:58	06:22	
1549	2251	Jose Luis Cruz	R G Levanta Poeira	01:03:43	+33:58	06:22	
1550	1199	Miguel Meireles Teixeira	Individual	01:03:43	+33:58	06:22	
1551	2606	Miguel Fonseca	Individual	01:03:45	+34:00	06:23	
1552	2537	Alice Isabel Sousa Monsanto	URCR 2024	01:03:46	+34:01	06:23	
1553	629	Catarina Guedes	FOCCUS_TUU	01:03:48	+34:03	06:23	
1554	2332	JOANA RODRIGUES	RM RUNNERS	01:03:48	+34:03	06:23	
1555	262	João Veloso	Bluepharma	01:03:49	+34:04	06:23	
1556	878	Ana Jessica Holanda	Individual	01:03:49	+34:04	06:23	
1557	875	Ana Clara Maneira	Individual	01:03:51	+34:06	06:23	
1558	963	Laura da Silva Seco	Individual	01:03:51	+34:06	06:23	
1559	1268	Ana Carolina Domingues Dinis	Individual	01:03:51	+34:06	06:23	
1560	1343	Mariana schwindt	Individual	01:03:53	+34:08	06:23	
1561	2438	Luís Pedro Gomes Neves	Shape on You	01:03:53	+34:09	06:23	
1562	714	ESMERALDA MARIA DE ALMEIDA CARVALHO	FOCCUS_TUU	01:03:55	+34:10	06:23	
1563	195	Patrícia Filipa Pedro Ferreira	As Velozes e Furiosas	01:03:55	+34:10	06:23	
1564	194	Inês Rodrigues Mendes	As Velozes e Furiosas	01:03:55	+34:10	06:24	
1565	52	Juliana Pratas	Individual	01:03:56	+34:11	06:24	
1566	2295	Paulo Branco	Remax White	01:03:57	+34:12	06:24	
1567	1717	Pedro lemos	Individual	01:03:57	+34:12	06:24	
1568	859	Beatriz Amaral	Individual	01:03:57	+34:12	06:24	
1569	2354	Vitor Lopes	Run 4 your life - PHIVE	01:03:57	+34:12	06:24	
1570	1208	Nuno Filipe Marin Norberto	Individual	01:03:57	+34:12	06:24	
1571	2519	Cátia Santos	Trambolhos do asfalto	01:03:58	+34:13	06:24	
1572	998	Milene Ladeira	Individual	01:03:59	+34:14	06:24	
1573	2107	Ana Figueiredo	Nelson Gym	01:04:01	+34:16	06:24	
1574	675	Lucas Monteiro	FOCCUS_TUU	01:04:01	+34:16	06:24	
1575	672	José Dinis	FOCCUS_TUU	01:04:02	+34:17	06:24	
1576	742	Jorge Manuel Ferreira Cruz	FOCCUS_TUU	01:04:02	+34:17	06:24	

Official Timekeeper: Lap2Go	35 / 47	generate 14-dez.-2024 20:18
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PROVA PRINCIPAL - STAGE 1
10 KM

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1577	753	Nuno madama	FOCCUS_TUU	01:04:03	+34:18	06:24	
1578	2197	Catarina Sofia Ventura Parrado Baptista Moniz	PEKI	01:04:05	+34:20	06:24	
1579	2198	Pedro Manuel de Sequeira Baptista Correia Moniz	PEKI	01:04:05	+34:20	06:25	
1580	2495	Guilherme Rodolfo Leite Pereira Gonçalves	Team JM Fitness	01:04:06	+34:21	06:25	
1581	2175	Eva Faria	Owlpharma	01:04:07	+34:22	06:25	
1582	251	Joana Pacheco Mendes	Bluepharma	01:04:07	+34:22	06:25	
1583	1972	Susana Paula Costa	K STUDIO RUNNING TEAM	01:04:09	+34:24	06:25	
1584	1978	Manuel Costa	K STUDIO RUNNING TEAM	01:04:09	+34:24	06:25	
1585	144	Florbela Rouxinol	ARCA	01:04:10	+34:25	06:25	
1586	1852	Pedro Medina	Individual	01:04:12	+34:27	06:25	
1587	266	Ana Rita Trindade	Botão Camp	01:04:15	+34:30	06:25	
1588	268	Maria João Pereira	Botão Camp	01:04:15	+34:30	06:25	
1589	2126	Rúben Filipe Carvalho Marques	Nuncamais!	01:04:15	+34:30	06:25	
1590	403	Jaime Antunes	CM Coimbra	01:04:15	+34:30	06:25	
1591	187	Ana Isabel Romeiro	Artistas	01:04:15	+34:30	06:26	
1592	993	Marta Coelho	Individual	01:04:15	+34:30	06:26	
1593	2202	Beatriz Amaral	Physio Mondego	01:04:17	+34:32	06:26	
1594	237	Carolina Santiago	Bluepharma	01:04:18	+34:33	06:26	
1595	2357	Joana Silva	Run 4 your life - PHIVE	01:04:19	+34:34	06:26	
1596	1161	José Ladeiro	Individual	01:04:20	+34:35	06:26	
1597	2489	Cláudia Amaral	Team JM Fitness	01:04:21	+34:36	06:26	
1598	2492	Lurdes Antunes	Team JM Fitness	01:04:21	+34:36	06:26	
1599	188	Margarida Rodrigues	Artistas	01:04:23	+34:38	06:26	
1600	1269	Ana Freitas	Individual	01:04:24	+34:39	06:26	
1601	2237	Emerson Abrunhosa	PROSISTEM.Runners	01:04:25	+34:40	06:27	
1602	2574	Cidália Maria Regino Rodrigues	URCR 2024	01:04:26	+34:41	06:27	
1603	2448	Ana Taboada	Sky.runners	01:04:30	+34:45	06:27	
1604	1029	Teresa Francisco	Individual	01:04:30	+34:45	06:27	
1605	1882	Alcides Manuel da cunha Marques	Individual	01:04:30	+34:45	06:27	
1606	1404	Elizabete Ferreira	Individual	01:04:31	+34:46	06:27	
1607	2018	Mário Laranjeiro Gouveia Santos	Laranjal	01:04:34	+34:49	06:27	
1608	1252	Tiago André Gonçalves Dinis	Individual	01:04:35	+34:50	06:28	
1609	698	Joana Manaia	FOCCUS_TUU	01:04:37	+34:52	06:28	
1610	2128	Catarina Fernandes	Olimpíadas da Economia	01:04:37	+34:52	06:28	
1611	2452	Gil Correia	Sky.runners	01:04:37	+34:52	06:28	
1612	942	Inês Cabral	Individual	01:04:41	+34:56	06:28	
1613	1368	Cláudia Monteiro Pato de Carvalho	Individual	01:04:41	+34:56	06:28	
1614	1789	Paulo Azevedo	Individual	01:04:43	+34:58	06:28	
1615	2214	Joselito lucas	Portuguese United Training Association	01:04:48	+35:03	06:29	
1616	222	Pedro Brites	Atletas ao Domingo	01:04:48	+35:03	06:29	
1617	694	Carlos Lopes	FOCCUS_TUU	01:04:51	+35:06	06:29	
1618	659	André vilas boas	FOCCUS_TUU	01:04:53	+35:08	06:29	
1619	2006	Sandra Fonseca	KrushIt Runners	01:04:55	+35:10	06:29	
1620	700	Lisa Nunes	FOCCUS_TUU	01:04:55	+35:10	06:29	

PROVA PRINCIPAL - STAGE 1
10 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
1621	949	Inês Rodrigues	Individual	01:04:56	+35:11	06:30	
1622	1714	Paulo Sérgio Esgaio	Individual	01:04:59	+35:14	06:30	
1623	1414	Maria do Ceu Gomes	Individual	01:05:00	+35:15	06:30	
1624	1688	Luis Pedro Rodrigues	Individual	01:05:00	+35:15	06:30	
1625	340	JORGE FERNANDO JORDAO COELHO	CLUBE DE FUTEBOL SANTA CLARA	01:05:01	+35:16	06:30	
1626	341	RUI MANUEL GOMES MONTEIRO	CLUBE DE FUTEBOL SANTA CLARA	01:05:01	+35:16	06:30	
1627	1559	Ivo Dias Pinto	Individual	01:05:01	+35:16	06:30	
1628	2108	Andreia Santos	Nelson Gym	01:05:01	+35:16	06:30	
1629	2116	Paula Rocha	Nelson Gym	01:05:01	+35:16	06:30	
1630	1417	Mariana Perdígao	Individual	01:05:10	+35:25	06:31	
1631	2136	Sónia Vieira	On Move BPR	01:05:10	+35:25	06:31	
1632	1211	Oscar David Torres Sanchez	Individual	01:05:11	+35:26	06:31	
1633	2465	Ângela Sofia Silva Pinto	Sunday Run day	01:05:11	+35:26	06:31	
1634	883	Ana Rita Jesus	Individual	01:05:11	+35:26	06:31	
1635	660	Bruno Micael	FOCCUS_TUU	01:05:12	+35:27	06:31	
1636	640	Juliana Freitas	FOCCUS_TUU	01:05:12	+35:27	06:31	
1637	533	Fabio Silveira	Domus Trail	01:05:13	+35:28	06:31	
1638	2209	Maria Bicas	Portuguese United Training Association	01:05:16	+35:31	06:32	
1639	365	Raquel Santos	Clube - Clube de Veteranos de Atletismo de Coimbra	01:05:21	+35:36	06:32	
1640	2421	Joana Santo	Sebastião Görne	01:05:22	+35:37	06:32	
1641	468	Jorge Duarte	CPT Coimbra	01:05:22	+35:37	06:32	
1642	1382	Mónica Guedes	Individual	01:05:26	+35:41	06:33	
1643	2466	João Rui Leitão Ribeiro	Sunday Run day	01:05:27	+35:42	06:33	
1644	1590	Luís Oliveira	Individual	01:05:31	+35:46	06:33	
1645	2608	Ana Rita Simões de Oliveira	Individual	01:05:33	+35:48	06:33	
1646	208	Ana Burnay	Atletas ao Domingo	01:05:33	+35:48	06:33	
1647	703	Rita Januário	FOCCUS_TUU	01:05:34	+35:49	06:33	
1648	1434	Ana Maria Eva Miguéis	Individual	01:05:34	+35:49	06:33	
1649	652	Rita Rodrigues	FOCCUS_TUU	01:05:35	+35:50	06:33	
1650	653	Sandra rito	FOCCUS_TUU	01:05:35	+35:50	06:33	
1651	548	Mariana Alves	Escola de Atletismo de Coimbra/JPaiva	01:05:36	+35:51	06:34	
1652	570	Jorge Alves	Escola de Atletismo de Coimbra/JPaiva	01:05:36	+35:51	06:34	
1653	2531	ELIANA SOUSA TAVARES	TSE	01:05:37	+35:52	06:34	
1654	2539	Carla Hovenkamp	URCR 2024	01:05:40	+35:55	06:34	
1655	783	Patrícia Catarino	FUN RUN GIRLS CLUB	01:05:42	+35:57	06:34	
1656	2594	António José Almeida Moita	Viseu 360	01:05:43	+35:58	06:34	
1657	2281	Filipe Coelho	Remax White	01:05:45	+36:00	06:34	
1658	1073	David Carvalho	Individual	01:05:48	+36:03	06:35	
1659	2447	Alice Morgado	Sky.runners	01:05:48	+36:03	06:35	
1660	1017	Sara Cristina Dias Simão	Individual	01:05:50	+36:05	06:35	
1661	2250	Paulo Providência	R G Levanta Poeira	01:05:50	+36:05	06:35	
1662	994	Marta Cristina Dias Simão	Individual	01:05:50	+36:05	06:35	
1663	54	Arabela Fabre	Academia de Desportos de Condeixa	01:05:50	+36:05	06:35	
1664	1435	Jeniffer orzatty	Individual	01:05:54	+36:09	06:35	
1665	462	Jocilene Azevedo Trindade Amarante	Corredores do Leão	01:05:56	+36:11	06:36	

Official Timekeeper: Lap2Go	37 / 47	generate 14-dez.-2024 20:18
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PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
1711	2486	Ricardo Ruas	Team El Comandante	01:07:02	+37:17	06:42	
1712	1595	Marco Humberto Vasconcelos Ramos	Individual	01:07:03	+37:18	06:42	
1713	868	Adriana Figueiredo	Individual	01:07:07	+37:22	06:43	
1714	769	Eduardo Pereira	FOCCUS_TUU	01:07:11	+37:26	06:43	
1715	773	Pedro calisto	FOCCUS_TUU	01:07:11	+37:26	06:43	
1716	2257	Bárbara Gil	Reload	01:07:15	+37:30	06:43	
1717	729	Eliane Vilas Boas	FOCCUS_TUU	01:07:16	+37:31	06:44	
1718	1087	Diogo Guerreiro	Individual	01:07:17	+37:32	06:44	
1719	229	Ivan Costa	B .V. Mortágua	01:07:17	+37:32	06:44	
1720	228	Maria Rodrigues	B .V. Mortágua	01:07:18	+37:33	06:44	
1721	267	Patrícia Almeida	Botão Camp	01:07:22	+37:37	06:44	
1722	668	Frederico Macedo	FOCCUS_TUU	01:07:23	+37:38	06:44	
1723	634	Filipa Neves	FOCCUS_TUU	01:07:24	+37:39	06:44	
1724	2359	Sara Barreira	Run 4 your life - PHIVE	01:07:29	+37:44	06:45	
1725	619	Alexandra Silva	FOCCUS_TUU	01:07:31	+37:46	06:45	
1726	690	Tânia Duarte	FOCCUS_TUU	01:07:31	+37:46	06:45	
1727	646	Michaela Cabral	FOCCUS_TUU	01:07:31	+37:46	06:45	
1728	645	Mariana Lucena	FOCCUS_TUU	01:07:32	+37:47	06:45	
1729	2055	Joana Ribeiro Pedrosa Linhares	Maratonistas de Sofá	01:07:33	+37:48	06:45	
1730	2020	Tiago José Gaspar Pimentel	Laranjal	01:07:34	+37:49	06:45	
1731	1289	Maria Madalena Lima Amorim	Individual	01:07:35	+37:50	06:46	
1732	1812	António José de Figueiredo Bento	Individual	01:07:37	+37:52	06:46	
1733	2029	Filipa bagulho	Longevity Team	01:07:37	+37:52	06:46	
1734	2094	Renato Miguel Fernandes Simões de Barros	MONTANHA CLUBE TRAIL RUNNING EFAPEL	01:07:40	+37:55	06:46	
1735	2083	Ana matos	MONTANHA CLUBE TRAIL RUNNING EFAPEL	01:07:40	+37:55	06:46	
1736	440	Pedro Fernandes	Coimbra Trail Running	01:07:40	+37:55	06:46	
1737	911	Carolina Sarabando	Individual	01:07:41	+37:56	06:46	
1738	1335	Joana Isabel Ferreira Alexandre da Silva	Individual	01:07:41	+37:56	06:46	
1739	967	Lucie Martins	Individual	01:07:42	+37:57	06:46	
1740	1731	Sérgio José Pinto Albuquerque	Individual	01:07:45	+38:00	06:47	
1741	2552	Susana Gonçalves Fernandes Lareiro	URCR 2024	01:07:47	+38:02	06:47	
1742	618	Sara Falcão	FOCCUS_TUU	01:07:48	+38:03	06:47	
1743	842	Ricardo Neves	Grupo Recreativo Eirense	01:07:49	+38:04	06:47	
1744	982	Mariana da Costa Dias	Individual	01:07:49	+38:04	06:47	
1745	2199	Rosa Bispo	Pernas Inertes Lentos desde 2017	01:07:51	+38:06	06:47	
1746	336	Cleide Martins	Cleide Martins Gab. Fisioterapia	01:07:52	+38:07	06:47	
1747	337	Maria Beirão	Cleide Martins Gab. Fisioterapia	01:07:53	+38:08	06:47	
1748	338	João Sousa	Cleide Martins Gab. Fisioterapia	01:07:53	+38:08	06:47	
1749	463	Andrea Maria Azevedo	Corredores do Leão	01:07:54	+38:09	06:47	
1750	1056	Bruno Neves da Silva	Individual	01:07:55	+38:10	06:47	
1751	2349	Diogo Santos	Run 4 your life - PHIVE	01:07:57	+38:12	06:48	
1752	1961	Mário Fonseca	Juventude Cortegacense	01:07:59	+38:14	06:48	
1753	219	Miguel Mendes	Atletas ao Domingo	01:07:59	+38:14	06:48	

PROVA PRINCIPAL - STAGE 1
10 KM
OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1754	315	Rute Alexandra de Almeida Pinheiro	Castêlo da Maia Runners	01:08:00	+38:15	06:48	
1755	1693	Mário Rui Ferreira Vaz	Individual	01:08:00	+38:15	06:48	
1756	316	Susana Margarida Morais Regalo	Castêlo da Maia Runners	01:08:01	+38:16	06:48	
1757	610	Virgínia Cristina Tavares Almeida	FISIOSFERA	01:08:03	+38:18	06:48	
1758	2536	Adriana Sofia Correia Dias	URCR 2024	01:08:03	+38:18	06:48	
1759	2045	Maria Franca	Maratoínos	01:08:04	+38:19	06:48	
1760	2525	Isabel Ventura	Individual	01:08:06	+38:21	06:49	
1761	760	Hugo tocha	FOCCUS_TUU	01:08:07	+38:22	06:49	
1762	2154	Nuno Oliveira	Os Loucos	01:08:13	+38:28	06:49	
1763	985	Mariana Pedrosa	Individual	01:08:15	+38:30	06:49	
1764	1480	Luís António	Individual	01:08:16	+38:31	06:50	
1765	2180	Sara França	Owlpharma	01:08:20	+38:35	06:50	
1766	2159	Paula Tavares	Os Papa Milhas	01:08:23	+38:38	06:50	
1767	837	Paula Mota	Grupo não Abeliano	01:08:24	+38:39	06:50	
1768	900	Carolina Afonso	Individual	01:08:26	+38:41	06:51	
1769	2403	Mariana Sousa	Sanfil Medicina	01:08:30	+38:45	06:51	
1770	461	FABIANA CRISTINA RIBEIRO SEVERIANO GONÇALVES	Corredores do Leão	01:08:34	+38:49	06:51	
1771	2445	Matheus Panicio	Sky.runners	01:08:34	+38:49	06:51	
1772	2427	Rita Flório	Shape on You	01:08:38	+38:53	06:52	
1773	1274	Ashwini Bapat	Individual	01:08:39	+38:54	06:52	
1774	1316	Amina Ismael	Individual	01:08:41	+38:56	06:52	
1775	2482	Rita Castanheira	Team Diamantino Jorge&Filho, S.A.	01:08:44	+38:59	06:52	
1776	139	Ana Arieiro	Anaquim	01:08:46	+39:01	06:53	
1777	1423	anabela vieira amaral	Individual	01:08:46	+39:01	06:53	
1778	1406	Florbela Fernandes	Individual	01:08:47	+39:02	06:53	
1779	961	Juliana Cardoso	Individual	01:08:50	+39:05	06:53	
1780	877	Ana Gomes	Individual	01:08:52	+39:07	06:53	
1781	111	Maria Abrunheiro	Adões Trail	01:08:54	+39:09	06:53	
1782	1908	PAULO CRAVEIRO	Inter da Mata	01:08:55	+39:10	06:53	
1783	1870	Carlos Oliveira	Individual	01:08:55	+39:10	06:54	
1784	974	Maria Figueiró	Individual	01:08:56	+39:11	06:54	
1785	1024	Sofia Figueiró	Individual	01:08:56	+39:11	06:54	
1786	784	Elisabete Vaz	FUN RUN GIRLS CLUB	01:08:57	+39:12	06:54	
1787	2436	Sofia Pereira	Shape on You	01:08:58	+39:13	06:54	
1788	1398	Catarina Silva	Individual	01:08:59	+39:14	06:54	
1789	2298	Liliana Barreto	Revista Maria	01:09:01	+39:16	06:54	
1790	907	Carolina Matias Barreto	Individual	01:09:01	+39:16	06:54	
1791	2232	Fernanda Duarte	PROSISTEM.Runners	01:09:03	+39:18	06:54	
1792	2604	Micaela Pires	Individual	01:09:04	+39:19	06:54	
1793	1005	Paula Gallés Sánchez	Individual	01:09:08	+39:23	06:55	
1794	1648	Carlos Lopes	Individual	01:09:17	+39:32	06:56	
1795	264	Mariana Campos	Bora Assessoria	01:09:20	+39:35	06:56	
1796	2548	Maria Inês Pais Viegas	URCR 2024	01:09:24	+39:39	06:56	
1797	2540	Chantal Rodrigues Cortesão	URCR 2024	01:09:25	+39:40	06:56	
1798	1036	Alexandre Fernandes	Individual	01:09:28	+39:43	06:57	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1799	1125	Gonçalo Pereira	Individual	01:09:29	+39:44	06:57	
1800	624	Beatriz Ribau	FOCCUS_TUU	01:09:29	+39:44	06:57	
1801	1003	Patrícia Ferreira	Individual	01:09:29	+39:44	06:57	
1802	622	Ana Margarida Matoso Coutinho	FOCCUS_TUU	01:09:31	+39:46	06:57	
1803	2582	João Paulo Neves Branco	URCR 2024	01:09:33	+39:48	06:57	
1804	1607	Paulo Coutinho	Individual	01:09:36	+39:51	06:58	
1805	164	Vanda Albuquerque	ARCD Venda da Luisa	01:09:36	+39:51	06:58	
1806	1170	Leandro Filipe Silva Leonardo Ralha	Individual	01:09:37	+39:52	06:58	
1807	1008	Raquel Ribeiro Freitas	Individual	01:09:37	+39:52	06:58	
1808	2541	Eduarda Cristina Coelho Paiva	URCR 2024	01:09:38	+39:53	06:58	
1809	2062	Maria Inês Freitas Ribeiro	Marcianas	01:09:44	+39:59	06:58	
1810	1763	José Mendes Malva da Fonseca	Individual	01:09:48	+40:03	06:59	
1811	2063	Maria Teresa Simões Marcelino	Marcianas	01:09:52	+40:07	06:59	
1812	286	João Antão	Cagamelos	01:09:54	+40:09	06:59	
1813	666	Eduardo Guerra	FOCCUS_TUU	01:09:55	+40:10	06:59	
1814	1935	Carolina Sabóia	Já chegámos?	01:09:55	+40:10	07:00	
1815	964	Laura Gante	Individual	01:09:56	+40:11	07:00	
1816	1332	Inês Margarida Sal Martins	Individual	01:09:57	+40:12	07:00	
1817	631	Daniela Maurício	FOCCUS_TUU	01:09:58	+40:13	07:00	
1818	2426	Francisca Simões	Shape on You	01:09:59	+40:14	07:00	
1819	1798	Pedro Carvalho	Individual	01:09:59	+40:14	07:00	
1820	972	Maria Dias Rodrigues	Individual	01:10:00	+40:15	07:00	
1821	1253	Tiago Guiomar	Individual	01:10:00	+40:15	07:00	
1822	1986	Inês Moreira	KrushIt Runners	01:10:00	+40:15	07:00	
1823	1984	Daniela Duarte	KrushIt Runners	01:10:00	+40:15	07:00	
1824	2123	Miguel Ruivo	NPCs	01:10:00	+40:15	07:00	
1825	831	Pilar Branquinho	Grupo não Abeliano	01:10:01	+40:16	07:00	
1826	1098	Elísio Alexandre Mira Pena de Campos e Sousa	Individual	01:10:01	+40:16	07:00	
1827	2122	Félix Rodrigues	NPCs	01:10:01	+40:16	07:00	
1828	704	Rita Januário	FOCCUS_TUU	01:10:01	+40:16	07:00	
1829	997	Milanna Nagib	Individual	01:10:03	+40:18	07:00	
1830	580	Fernando Marques	esTrilho	01:10:04	+40:19	07:00	
1831	2406	Sandra Raquel de Jesus Ribeiro	Sanfil Medicina	01:10:06	+40:21	07:01	
1832	2520	Joana Cruz	Trambolhos do asfalto	01:10:06	+40:21	07:01	
1833	966	Livia Stenico Tanajura	Individual	01:10:07	+40:22	07:01	
1834	2435	Sofia Gomes	Shape on You	01:10:10	+40:25	07:01	
1835	575	Cláudia Fontes	esTrilho	01:10:10	+40:25	07:01	
1836	2106	José Antonio Freitas	MSS Grupo Desportivo de Gondomar	01:10:13	+40:28	07:01	
1837	2551	Sara Margarida Santos de Oliveira e Silva	URCR 2024	01:10:14	+40:29	07:01	
1838	2331	Filipa Neves	RM RUNNERS	01:10:14	+40:29	07:01	
1839	2047	Rita Santos	Maratoínos	01:10:26	+40:41	07:03	
1840	2499	Eduardo Mateus	TEAM MC FORUM	01:10:28	+40:43	07:03	
1841	1861	Rui Mendes	Individual	01:10:31	+40:46	07:03	
1842	272	Matilde João Nunes Oliveira	Briosa	01:10:38	+40:53	07:04	
1843	2434	Vânia Sofia Fonseca Santos	Shape on You	01:10:39	+40:54	07:04	

PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
1844	1979	Carla Alves	Kabi Runners	01:10:39	+40:54	07:04	
1845	141	Luís Duarte	Anaquim	01:10:44	+40:59	07:04	
1846	212	Sara Pereira	Atletas ao Domingo	01:10:51	+41:06	07:05	
1847	2402	Ana Rita Cunha Amorim	Sanfil Medicina	01:10:51	+41:06	07:05	
1848	388	Carla Manuel Ferreira de Carvalho Braz Cardoso	CM Coimbra	01:10:51	+41:06	07:05	
1849	908	Carolina Nunes	Individual	01:10:52	+41:07	07:05	
1850	578	Idalina Albuquerque	esTrilho	01:10:53	+41:08	07:05	
1851	579	Nuno Lopes	esTrilho	01:10:54	+41:09	07:05	
1852	1587	Luis Filipe Simoes	Individual	01:11:02	+41:17	07:06	
1853	330	Maria Ana Castanheira	Chimanga	01:11:03	+41:18	07:06	
1854	2146	Beatriz Areosa	Os Lindos	01:11:03	+41:18	07:06	
1855	1045	António Murta Carvalho	Individual	01:11:03	+41:18	07:06	
1856	2150	Francisco Pratas	Os Lindos	01:11:03	+41:18	07:06	
1857	1021	Sofia China Faria Gonçalves Rocha	Individual	01:11:03	+41:18	07:06	
1858	2453	Filipa Santos	SMA	01:11:03	+41:18	07:06	
1859	1287	Liliana Seródio	Individual	01:11:03	+41:18	07:06	
1860	1953	Bernardo Patrão	Joelhos de Ferro	01:11:09	+41:24	07:07	
1861	1952	Patrícia Oliveira	Joelhos de Ferro	01:11:09	+41:24	07:07	
1862	2605	Isabelle Lepori	Individual	01:11:10	+41:25	07:07	
1863	1374	Liana Daiha	Individual	01:11:14	+41:29	07:07	
1864	954	Joana Lucas	Individual	01:11:18	+41:33	07:08	
1865	1938	Maria Combo Gorgulho	Já chegámos?	01:11:25	+41:40	07:09	
1866	1932	Ana Sofia Pereira Castanheira	Já chegámos?	01:11:25	+41:40	07:09	
1867	1547	Filipe Freitas	Individual	01:11:26	+41:41	07:09	
1868	2060	Tiago dos Santos Mota	Maratonistas de Sofá	01:11:27	+41:42	07:09	
1869	2025	Luis Joaquim	LIZ RUNNERS	01:11:28	+41:43	07:09	
1870	779	Flávio Silva	Fruta da 5ª	01:11:29	+41:44	07:09	
1871	747	Ricardo Lino	FOCCUS_TUU	01:11:30	+41:45	07:09	
1872	1871	Fausto Cardoso	Individual	01:11:33	+41:48	07:09	
1873	2285	Manuel Carlos Pereira Cunha	Remax White	01:11:33	+41:48	07:09	
1874	707	Vera Cordeiro	FOCCUS_TUU	01:11:33	+41:48	07:09	
1875	2280	Kelly Farias	Remax White	01:11:34	+41:49	07:09	
1876	2278	Maria Silvia Pereira Cunha	Remax White	01:11:34	+41:49	07:09	
1877	924	Daniela Duarte	Individual	01:11:35	+41:50	07:09	
1878	1088	Diogo Pereira	Individual	01:11:36	+41:51	07:10	
1879	1359	Véronique Seco	Individual	01:11:44	+41:59	07:10	
1880	21	Inês Sobral	6:45	01:11:44	+41:59	07:10	
1881	1475	Jorge David Oliveira Araujo Junior	Individual	01:11:47	+42:02	07:11	
1882	1828	João Modesto	Individual	01:11:50	+42:05	07:11	
1883	863	Maria Modesto	Individual	01:11:50	+42:05	07:11	
1884	2030	Sofia valente	Longevity Team	01:11:55	+42:10	07:12	
1885	2028	Dionisio mendes	Longevity Team	01:11:56	+42:11	07:12	
1886	2096	Inês Costa	Monumentais Atletas	01:11:56	+42:11	07:12	
1887	2101	Pedro Farias	Monumentais Atletas	01:11:57	+42:12	07:12	
1888	2100	Mauro Nereu	Monumentais Atletas	01:11:57	+42:12	07:12	

PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
1889	1401	Dulce Medeiros	Individual	01:11:57	+42:12	07:12	
1890	926	Danila ferreira da Silva	Individual	01:11:58	+42:13	07:12	
1891	2450	Gabriela Portugal	Sky.runners	01:12:00	+42:15	07:12	
1892	2144	Natacha Flecha	Os corre para comer	01:12:03	+42:18	07:12	
1893	706	Vanessa Gonçalves	FOCCUS_TUU	01:12:04	+42:19	07:12	
1894	625	Carina Lopes	FOCCUS_TUU	01:12:04	+42:19	07:12	
1895	1391	Sónia Matos	Individual	01:12:07	+42:22	07:13	
1896	2000	Daniela Alves	KrushIt Runners	01:12:12	+42:27	07:13	
1897	1450	David Martins	Individual	01:12:15	+42:30	07:14	
1898	2110	Margarida Duque	Nelson Gym	01:12:16	+42:31	07:14	
1899	1149	João Pedro Neves	Individual	01:12:17	+42:32	07:14	
1900	323	Beatriz Silva	Centro de Trail Carlos Sá Penacova Team	01:12:19	+42:34	07:14	
1901	655	Sara silva	FOCCUS_TUU	01:12:22	+42:37	07:14	
1902	2410	Pedro Marinheira	Sanfil Medicina	01:12:25	+42:40	07:14	
1903	1411	Margarida Gante	Individual	01:12:25	+42:40	07:14	
1904	1370	Ekaterina Augusto	Individual	01:12:29	+42:44	07:15	
1905	2607	Uriel Oliveira	Individual	01:12:37	+42:52	07:16	
1906	293	Renata Uchoa	Calamaria	01:12:39	+42:54	07:16	
1907	1946	João Pedro Lopes Freire	Já chegámos?	01:12:41	+42:56	07:16	
1908	2408	Sara Pinheiro	Sanfil Medicina	01:12:45	+43:00	07:16	
1909	2407	Sónia Margarida Travassos Rama	Sanfil Medicina	01:12:45	+43:00	07:16	
1910	835	João Terrível	Grupo não Abeliano	01:12:47	+43:02	07:17	
1911	2072	Maria do Carmo Eva Miguéis	MIGUÉIS a correr	01:12:49	+43:04	07:17	
1912	1955	Liliana Ferreira	JRun Project	01:12:49	+43:04	07:17	
1913	1971	Sandra Rei	K STUDIO RUNNING TEAM	01:12:49	+43:04	07:17	
1914	2259	Diana Carvalho	Reload	01:12:50	+43:05	07:17	
1915	1233	ricardo pereira	Individual	01:12:55	+43:10	07:17	
1916	250	Carina Carvalho	Bluepharma	01:12:57	+43:12	07:18	
1917	1102	Emanuel Silva	Individual	01:12:58	+43:13	07:18	
1918	880	Ana Lima	Individual	01:12:58	+43:13	07:18	
1919	447	Luis Silva	Coimbra Trail Running	01:13:01	+43:16	07:18	
1920	369	Duarte Ramalho	Cluve - Clube de Veteranos de Atletismo de Coimbra	01:13:14	+43:29	07:19	
1921	364	Joana Santos	Cluve - Clube de Veteranos de Atletismo de Coimbra	01:13:14	+43:29	07:19	
1922	609	Cláudia Filipa Francisco Fortunato	FISIOSFERA	01:13:16	+43:31	07:20	
1923	460	Tatiane de Freitas Oliveira	Corredores do Leão	01:13:18	+43:33	07:20	
1924	674	Leonardo vieira	FOCCUS_TUU	01:13:19	+43:34	07:20	
1925	160	Elsa Almeida	ARCD Venda da Luisa	01:13:23	+43:38	07:20	
1926	1026	Sophia Caroline Bortoluzzi	Individual	01:13:24	+43:39	07:20	
1927	1278	Catarina Ferreira	Individual	01:13:29	+43:44	07:21	
1928	1608	Paulo Ferreira	Individual	01:13:30	+43:45	07:21	
1929	2475	Hugo Santos	Tartarugas	01:13:32	+43:47	07:21	
1930	211	Sara Lindo	Atletas ao Domingo	01:13:34	+43:49	07:21	
1931	451	Nuno Martins	Coimbra Trail Running	01:13:34	+43:49	07:21	
1932	662	Bruno Simões	FOCCUS_TUU	01:13:36	+43:51	07:22	
1933	774	João Aidos	FOCCUS_TUU	01:13:36	+43:51	07:22	
1934	1367	Clara Paiva	Individual	01:13:38	+43:53	07:22	

PROVA PRINCIPAL - STAGE 1
10 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1935	1635	Tiago Carvalho	Individual	01:13:39	+43:54	07:22	
1936	292	BERNARDO HUGHES PIMENTEL	Calamaria	01:13:43	+43:58	07:22	
1937	1962	Carina Batista	K STUDIO RUNNING TEAM	01:13:44	+43:59	07:22	
1938	2609	Diana Maura dos Santos Rodrigues	Sanfil Medicina	01:13:44	+43:59	07:22	
1939	2413	Miguel Teixeira	Sanfil Medicina	01:13:45	+44:00	07:22	
1940	1975	Carlos Santos	K STUDIO RUNNING TEAM	01:13:45	+44:00	07:23	
1941	585	Ana Azeiteiro	Farmácia Luciano e Matos	01:13:46	+44:01	07:23	
1942	24	Maria do Castelo Batista Gouveia	6:45	01:13:48	+44:03	07:23	
1943	73	Sandra Matos	Académica Triatlo	01:13:48	+44:03	07:23	
1944	391	Patrícia Seabra	CM Coimbra	01:13:48	+44:03	07:23	
1945	74	Joana Castela Lobo Magalhães	Académica Triatlo	01:13:48	+44:03	07:23	
1946	1859	Rui Ferreira	Individual	01:13:50	+44:05	07:23	
1947	558	Daniela Norte	Escola de Atletismo de Coimbra/JPaiva	01:13:52	+44:07	07:23	
1948	1296	Patricia Mendes	Individual	01:13:52	+44:07	07:23	
1949	2084	João Gonçalves	MONTANHA CLUBE TRAIL RUNNING EFAPEL	01:13:53	+44:08	07:23	
1950	2418	André Matias	Santonurb Lda	01:13:53	+44:08	07:23	
1951	1996	Leonardo Falcão	Krushlt Runners	01:13:54	+44:09	07:23	
1952	1317	Ana Célia Henriques Antunes	Individual	01:14:08	+44:23	07:25	
1953	398	Cristina Cesário	CM Coimbra	01:14:09	+44:24	07:25	
1954	32	Ricardo Bastos	A A Lebres do Sado	01:14:09	+44:24	07:25	
1955	392	Sandra Sofia Pereira Simões	CM Coimbra	01:14:09	+44:24	07:25	
1956	1212	Patrick Guerra	Individual	01:14:10	+44:25	07:25	
1957	1304	Sandra Lucas	Individual	01:14:10	+44:25	07:25	
1958	1379	Maria Aida Henriques Antunes	Individual	01:14:11	+44:26	07:25	
1959	716	Josefa janainy mota da silva	FOCCUS_TUU	01:14:11	+44:26	07:25	
1960	528	De Geest Hugo	De Geest	01:14:12	+44:27	07:25	
1961	1205	Moisés Dias	Individual	01:14:12	+44:27	07:25	
1962	1410	M. Inês H. Antunes	Individual	01:14:13	+44:28	07:25	
1963	1982	Ângela Maria Pinto Saraiva	Krushlt Runners	01:14:13	+44:28	07:25	
1964	230	Valdivino Santos	B .V. Mortágua	01:14:16	+44:31	07:26	
1965	226	Bruna Santos	B .V. Mortágua	01:14:16	+44:31	07:26	
1966	647	Nélia Carreira	FOCCUS_TUU	01:14:17	+44:32	07:26	
1967	296	Edson Pimentel Filho	Calamaria	01:14:29	+44:44	07:27	
1968	990	Marina Rodrigues	Individual	01:14:31	+44:46	07:27	
1969	934	Filipa Melo	Individual	01:14:32	+44:47	07:27	
1970	2400	Mario Marinho	Saca Trilhos Anadia	01:14:39	+44:54	07:28	
1971	1944	Hugo Jorge da Cunha Fernandes.	Já chegámos?	01:14:42	+44:57	07:28	
1972	1940	Rita Rico	Já chegámos?	01:14:42	+44:57	07:28	
1973	405	João Martins	CM Coimbra	01:14:46	+45:01	07:29	
1974	1838	Luis Manuel Cordeiro Banaco	Individual	01:14:46	+45:01	07:29	
1975	2355	ana Barreira	Run 4 your life - PHIVE	01:14:48	+45:03	07:29	
1976	673	José Rodrigues	FOCCUS_TUU	01:14:48	+45:03	07:29	
1977	149	Ludmila Christina Nascimento Huhn	ARCD Venda da Luisa	01:14:50	+45:05	07:29	
1978	156	Carla Cotas	ARCD Venda da Luisa	01:14:51	+45:06	07:29	
1979	1372	Joana Batista	Individual	01:14:58	+45:13	07:30	
1980	1333	Ines Menezes	Individual	01:14:59	+45:14	07:30	

PROVA PRINCIPAL - STAGE 1

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1981	282	Filipe Silveira	CA Coimbra	01:15:12	+45:27	07:31	
1982	283	Miguel Moreira	CA Coimbra	01:15:12	+45:27	07:31	
1983	951	Inês valada	Individual	01:15:15	+45:30	07:32	
1984	2297	Andreia Sousa	Revista Maria	01:15:16	+45:31	07:32	
1985	2303	Carina Rodrigues	Revista Maria	01:15:16	+45:31	07:32	
1986	856	Pedro Alexandre Correia	Happys	01:15:18	+45:33	07:32	
1987	2316	Raquel Dias	RIJO HYBRID TEAM	01:15:18	+45:33	07:32	
1988	957	Joana Prioste	Individual	01:15:22	+45:37	07:32	
1989	1402	Eduarda Agra	Individual	01:15:40	+45:55	07:34	
1990	2325	João Afonso	RIJO HYBRID TEAM	01:15:41	+45:56	07:34	
1991	2588	Francisco Carlos Barbosa da Silva	Vidas3	01:15:45	+46:00	07:34	
1992	2318	Inês Madeira	RIJO HYBRID TEAM	01:15:47	+46:02	07:35	
1993	1308	Sónia Campos	Individual	01:15:47	+46:02	07:35	
1994	2329	Vitor Costa	RIJO HYBRID TEAM	01:15:47	+46:02	07:35	
1995	1375	Liliana Andrea Alves Resende	Individual	01:15:48	+46:03	07:35	
1996	1068	Daniel Gertrudes	Individual	01:15:49	+46:04	07:35	
1997	693	Ana Lobo	FOCCUS_TUU	01:15:51	+46:06	07:35	
1998	739	Fábio domingos	FOCCUS_TUU	01:15:51	+46:06	07:35	
1999	641	Laura vaz	FOCCUS_TUU	01:15:59	+46:14	07:36	
2000	1429	Larissa Maria Morais Flavoni	Individual	01:16:02	+46:17	07:36	
2001	2002	Raquel Rego	KrushIt Runners	01:16:03	+46:18	07:36	
2002	236	Ana Chaves Mendes	Bluepharma	01:16:03	+46:18	07:36	
2003	241	Patrícia Semião	Bluepharma	01:16:03	+46:18	07:36	
2004	245	João Basso	Bluepharma	01:16:03	+46:18	07:36	
2005	1736	Amilcar Seco	Individual	01:16:05	+46:20	07:36	
2006	1727	Rui Prata	Individual	01:16:06	+46:21	07:37	
2007	1424	cristina carmo	Individual	01:16:06	+46:21	07:37	
2008	2458	João Jorge	Somisis	01:16:22	+46:37	07:38	
2009	2456	Dora Dinis	Somisis	01:16:26	+46:41	07:39	
2010	2491	Cláudia Souto	Team JM Fitness	01:16:32	+46:47	07:39	
2011	937	Filomena Matias Godinho	Individual	01:16:45	+47:00	07:40	
2012	2095	Carolina Rocha	Monumentais Atletas	01:16:45	+47:00	07:41	
2013	401	Arnaldo Paredes	CM Coimbra	01:16:46	+47:01	07:41	
2014	458	Isabelle Algaranhar Lima	Corredores do Leão	01:17:12	+47:27	07:43	
2015	1924	Fabrcio Oliveira	J.Prior Running Team	01:17:20	+47:35	07:44	
2016	2097	Isabel Silva	Monumentais Atletas	01:17:39	+47:54	07:46	
2017	984	Mariana Isabel Batista Nascimento	Individual	01:17:48	+48:03	07:47	
2018	2347	Laura Roberto	Run 4 your life - PHIVE	01:17:50	+48:05	07:47	
2019	2341	Luis Miguel Guedes Pinto Antunes da Cunha	Rmcasa Lda	01:17:51	+48:06	07:47	
2020	1360	Zósima Lima Pinto	Individual	01:17:54	+48:09	07:47	
2021	1281	Érica Dias	Individual	01:17:59	+48:14	07:48	
2022	1442	André Miguel Dias Alves	Individual	01:17:59	+48:14	07:48	
2023	2115	Helena Guerra	Nelson Gym	01:18:23	+48:38	07:50	
2024	457	Bárbara Gonçalves Oliveira Morais	Corredores do Leão	01:18:33	+48:48	07:51	
2025	464	Bruno Oliveira	Corredores do Leão	01:18:33	+48:48	07:51	

PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
2026	1124	Gonalo Medeiros	Individual	01:19:00	+49:15	07:54	
2027	912	Catarina Caldeira	Individual	01:19:00	+49:15	07:54	
2028	2624	Joao Pinho	Coimbra Trail Running	01:19:11	+49:26	07:55	
2029	857	Jos Manuel Oliveira Madeira	Happys	01:19:11	+49:26	07:55	
2030	437	Tania Pinto	Coimbra Trail Running	01:19:11	+49:26	07:55	
2031	627	Carolina Marques	FOCCUS_TUU	01:19:17	+49:32	07:56	
2032	1272	Ana Raquel Pova Correia	Individual	01:19:19	+49:34	07:56	
2033	594	Maria Carolina Fortunato	Farmcia Santo Andr	01:19:21	+49:36	07:56	
2034	603	Nuno Neves	Farmcia Santo Andr	01:19:22	+49:37	07:56	
2035	531	Quessia Q	Domus Trail	01:19:23	+49:38	07:56	
2036	882	Ana Marques	Individual	01:19:36	+49:51	07:58	
2037	946	Ins Fraga	Individual	01:19:36	+49:51	07:58	
2038	600	Filipe Oliveira	Farmcia Santo Andr	01:19:41	+49:56	07:58	
2039	597	Olga Correia	Farmcia Santo Andr	01:19:41	+49:56	07:58	
2040	138	Carolina Cardantas	Anaquim	01:19:55	+50:10	07:59	
2041	1378	Margarida Ferreira	Individual	01:20:06	+50:21	08:01	
2042	591	David Silva	Farmcia Luciano e Matos	01:20:12	+50:27	08:01	
2043	586	Mlanie Duarte	Farmcia Luciano e Matos	01:20:12	+50:27	08:01	
2044	587	Mnica Cunha	Farmcia Luciano e Matos	01:20:12	+50:27	08:01	
2045	592	Pedro Oliveira	Farmcia Luciano e Matos	01:20:12	+50:28	08:01	
2046	584	Mariana Giro	Farmcia Luciano e Matos	01:20:13	+50:28	08:01	
2047	588	Helena Amado	Farmcia Luciano e Matos	01:20:13	+50:28	08:01	
2048	590	Joo Azeiteiro	Farmcia Luciano e Matos	01:20:13	+50:28	08:01	
2049	589	Andr Paiva	Farmcia Luciano e Matos	01:20:14	+50:29	08:01	
2050	1139	Joo Filipe Dias Figueiredo	Individual	01:20:17	+50:32	08:02	
2051	977	Maria Ins Dias Figueiredo	Individual	01:20:20	+50:35	08:02	
2052	1265	Alexandra Pascoal	Individual	01:20:22	+50:37	08:02	
2053	1904	ANABELA NEVES	Inter da Mata	01:20:29	+50:44	08:03	
2054	1905	OLGA MOURA	Inter da Mata	01:20:29	+50:44	08:03	
2055	2152	Susana S	Os Loucos	01:20:37	+50:52	08:04	
2056	2344	Angelina Albino	Run 4 your life - PHIVE	01:20:41	+50:56	08:04	
2057	2153	Lisa Rodrigues	Os Loucos	01:20:47	+51:02	08:05	
2058	798	Joo Freitas Cruz	Gerao90	01:21:03	+51:18	08:06	
2059	583	Mafalda Rebelo Cruz	Farmcia Luciano e Matos	01:21:04	+51:19	08:06	
2060	1384	Olga Martins	Individual	01:21:05	+51:20	08:06	
2061	855	Andreia Patrcia C. Oliveira	Happys	01:21:06	+51:21	08:07	
2062	1323	Andreia Oliveira Almeida	Individual	01:21:06	+51:21	08:07	
2063	1345	Marta Lopes	Individual	01:21:06	+51:21	08:07	
2064	606	Vera Vieira	Finos & caracis	01:21:20	+51:35	08:08	
2065	608	Raul Paulo	Finos & caracis	01:21:20	+51:35	08:08	
2066	2261	Maria Joo Brs	Reload	01:21:21	+51:36	08:08	
2067	162	Lsa Simes	ARCD Venda da Luisa	01:21:21	+51:36	08:08	
2068	2595	Paula Sofia Cardoso Coelho dos Santos Ferreira Sequeira	Individual	01:21:23	+51:38	08:08	
2069	2596	Antnio Manuel Correia Sequeira	Individual	01:21:23	+51:38	08:08	
2070	2473	Marlene Dias	Tartarugas	01:21:34	+51:49	08:09	

PROVA PRINCIPAL - STAGE 1

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
2071	2200	José Pires Lima	Pernas Inertes Lentos desde 2017	01:21:44	+51:59	08:10	
2072	938	Francisca Salgado	Individual	01:21:49	+52:04	08:11	
2073	1235	Ricardo Simões	Individual	01:21:50	+52:05	08:11	
2074	604	Paulo Jorge Fortunato	Farmácia Santo André	01:21:52	+52:07	08:11	
2075	361	Jorge Janicas	Clube Fluvial de Coimbra	01:21:56	+52:11	08:12	
2076	352	Armanda Matos	Clube Fluvial de Coimbra	01:21:57	+52:12	08:12	
2077	1492	Paulo Bajouco	Individual	01:22:30	+52:45	08:15	
2078	802	Ana Luísa São Bento	GERARDO STUDIO	01:22:31	+52:46	08:15	
2079	638	Joana Bexiga	FOCCUS_TUU	01:22:49	+53:04	08:17	
2080	637	Joana Almeida	FOCCUS_TUU	01:23:08	+53:23	08:19	
2081	650	Rita matos	FOCCUS_TUU	01:23:18	+53:33	08:20	
2082	664	Carlos ramos	FOCCUS_TUU	01:23:19	+53:34	08:20	
2083	2358	Lisete Marques	Run 4 your life - PHIVE	01:24:14	+54:29	08:25	
2084	1405	FLAVIA DO NASCIMENTO VIEIRA	Individual	01:25:00	+55:15	08:30	
2085	923	DANIELA DO NASCIMENTO VIEIRA	Individual	01:25:00	+55:15	08:30	
2086	1336	Joana Vale	Individual	01:25:01	+55:16	08:30	
2087	2167	Susana Simões	OS PE NA COVA	01:25:12	+55:27	08:31	
2088	595	Maria Silva	Farmácia Santo André	01:25:27	+55:42	08:33	
2089	593	Daniela Barreira	Farmácia Santo André	01:25:29	+55:44	08:33	
2090	599	Vera Sofia Duarte	Farmácia Santo André	01:25:30	+55:45	08:33	
2091	1987	Inês Sofia Alves Fernandes	KrushIt Runners	01:25:43	+55:58	08:34	
2092	1980	Ana Mafalda Varandas Costa e Silva	KrushIt Runners	01:25:44	+55:59	08:34	
2093	1418	Rosangela Mota Reis	Individual	01:26:01	+56:16	08:36	
2094	2542	Fátima Manuela Ferreira Barbosa	URCR 2024	01:26:28	+56:43	08:39	
2095	1271	Ana Paula Lessa Sathler Domiciano	Individual	01:26:32	+56:47	08:39	
2096	1463	Hugo Domiciano Cicarini Hott	Individual	01:26:33	+56:48	08:39	
2097	2172	Ana Isabel Santos	Owlpharma	01:27:10	+57:25	08:43	
2098	2266	Sofia Lopes	Reload	01:27:13	+57:28	08:43	
2099	1353	SARA NASCIMENTO	Individual	01:27:14	+57:29	08:43	
2100	1004	Patricia Silva	Individual	01:29:22	+59:37	08:56	
2101	976	Maria Inês	Individual	01:29:22	+59:37	08:56	
2102	2590	Duarte Santos	Viseu 360	01:30:33	+01:00:48	09:03	
2103	1868	António Reis da Silva	Individual	01:31:31	+01:01:46	09:09	
2104	2360	Liliane Santos	Run 4 your life - PHIVE	01:32:29	+01:02:44	09:15	
2105	636	Inês Melo e Faro	FOCCUS_TUU	01:34:38	+01:04:53	09:28	
2106	577	Ana Silva	esTrilho	01:34:50	+01:05:05	09:29	

Prova Principal

10 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	18:30	10,5°C	75%
End	20:06	10,5°C	75%

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

1	1927	Sara Rodrigues dos Santos	Já chegámos?	Junior Feminino	48:53		04:53
2	291	JULIA HUGHES SENTO SÉ PIMENTEL	Calamaria	Junior Feminino	50:22	+01:29	05:02
3	861	Leonor Almeida	Individual	Junior Feminino	54:30	+05:36	05:27
4	862	Maria Gama	Individual	Junior Feminino	57:58	+09:04	05:48
5	313	Carolina de Almeida Ribeiro	Castêlo da Maia Runners	Junior Feminino	58:11	+09:17	05:49
6	860	Léa Martins	Individual	Junior Feminino	59:29	+10:35	05:57
7	864	MATILDE RODRIGUES	Individual	Junior Feminino	01:03:03	+14:09	06:18
8	859	Beatriz Amaral	Individual	Junior Feminino	01:03:57	+15:03	06:24
9	618	Sara Falcão	FOCCUS_TUU	Junior Feminino	01:07:48	+18:55	06:47
10	272	Matilde João Nunes Oliveira	Briosa	Junior Feminino	01:10:38	+21:44	07:04
11	863	Maria Modesto	Individual	Junior Feminino	01:11:50	+22:56	07:11

Junior Masculino

1	474	Afonso Oliveira	CPT Sobral de Ceira	Junior Masculino	35:03		03:30
2	544	Pedro António Teixeira Fidalgo de Oliveira	Escola de Atletismo de Coimbra/JPaiva	Junior Masculino	37:55	+02:52	03:48
3	542	Diogo Teixeira	Escola de Atletismo de Coimbra/JPaiva	Junior Masculino	38:50	+03:47	03:53
4	543	João Oliveira	Escola de Atletismo de Coimbra/JPaiva	Junior Masculino	43:58	+08:55	04:24
5	2074	Tomás Pereira	MIRO TRAIL	Junior Masculino	47:38	+12:35	04:46
6	2208	JOÃO SENDAS	Portuguese United Training Association	Junior Masculino	47:41	+12:38	04:46
7	39	Dinis da Lagem	AAC REMO	Junior Masculino	47:54	+12:51	04:47
8	2067	Antonio Maria Miguéis Teixeira	MIGUÉIS a correr	Junior Masculino	49:32	+14:29	04:57
9	314	Guilherme Regalo de Almeida Metelo	Castêlo da Maia Runners	Junior Masculino	51:18	+16:15	05:08
10	146	Gonçalo Marques	ARCD Venda da Luisa	Junior Masculino	51:24	+16:21	05:08
11	2270	Vicente Antunes	Remax White	Junior Masculino	54:02	+18:59	05:24
12	866	João Lima	Individual	Junior Masculino	54:18	+19:15	05:26
13	2308	Francisco Costa	RIJO HYBRID TEAM	Junior Masculino	54:48	+19:45	05:29
14	867	Tiago Duarte	Individual	Junior Masculino	55:14	+20:11	05:31
15	2441	Ricardo Ferreira	Sky.runners	Junior Masculino	01:01:00	+25:57	06:06
16	1928	André Veiga de Brito	Já chegámos?	Junior Masculino	01:03:42	+28:39	06:22
17	292	BERNARDO HUGHES PIMENTEL	Calamaria	Junior Masculino	01:13:43	+38:39	07:22

Senior Feminino

1	8	Sara Catarina Ribeiro	Sporting Clube de Portugal	Senior Feminino	35:02		03:30
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Official Timekeeper: Lap2Go

1 / 49

generate 14-dez.-2024 20:19

Prova Principal

10 KM

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

OFFICIAL RESULT

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2	2544	Laura Santos Lopes	URCR 2024	Senior Feminino	42:45	+07:43	04:17
3	545	Anaís Robin	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	43:04	+08:01	04:18
4	547	Margarida Garcia	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	44:09	+09:06	04:25
5	642	Margarida Cerqueira	FOCCUS_TUU	Senior Feminino	44:22	+09:20	04:26
6	981	Mariana Costa	Individual	Senior Feminino	47:03	+12:01	04:42
7	2112	Mariana Sofia dos Santos Fernandes	Nelson Gym	Senior Feminino	47:17	+12:15	04:44
8	941	Inês Barreto	Individual	Senior Feminino	47:39	+12:37	04:46
9	969	Mafalda Dias Mendes	Individual	Senior Feminino	47:53	+12:51	04:47
10	2224	Carla Marques	PROSISTEM.Runners	Senior Feminino	48:22	+13:19	04:50
11	2147	Filipa Guimarães	Os Lindos	Senior Feminino	48:24	+13:22	04:50
12	2149	Miguel Neto Wasterlain	Os Lindos	Senior Feminino	48:26	+13:24	04:51
13	959	Joana Rodrigues	Individual	Senior Feminino	48:36	+13:33	04:52
14	992	Marine Taillandier	Individual	Senior Feminino	48:40	+13:38	04:52
15	1007	Raquel Costa	Individual	Senior Feminino	48:44	+13:42	04:52
16	1939	Mariana Pinto Martins	Já chegámos?	Senior Feminino	48:53	+13:50	04:53
17	512	Sara Oliveira	Individual	Senior Feminino	48:58	+13:55	04:54
18	34	Margarida Esteves	A Fuga dos Eletrões	Senior Feminino	49:08	+14:05	04:55
19	804	Catarina Mouraz	GERARDO STUDIO	Senior Feminino	49:30	+14:28	04:57
20	331	Maria Joana Fernandes	Chimanga	Senior Feminino	49:31	+14:29	04:57
21	1954	Tania Lopes	JRun Project	Senior Feminino	49:46	+14:44	04:59
22	891	Angela Pinto	Individual	Senior Feminino	50:11	+15:08	05:01
23	2125	Raquel Raimundo Santos Ferreira	Nuncamais!	Senior Feminino	50:30	+15:27	05:03
24	913	Catarina Proença	Individual	Senior Feminino	50:43	+15:41	05:04
25	952	Joana Alves	Individual	Senior Feminino	50:51	+15:48	05:05
26	999	Nelly Pic	Individual	Senior Feminino	50:57	+15:55	05:06
27	2124	Carla Vieira	Nuncamais!	Senior Feminino	51:14	+16:11	05:07
28	2262	Mónica Silva Santos	Reload	Senior Feminino	51:25	+16:23	05:09
29	950	Ines Saltao	Individual	Senior Feminino	51:43	+16:40	05:10
30	918	Cláudia Gonçalves	Individual	Senior Feminino	52:09	+17:07	05:13
31	507	Daniela Assunção	Individual	Senior Feminino	52:24	+17:22	05:14
32	2225	Rita Mendes	PROSISTEM.Runners	Senior Feminino	52:29	+17:27	05:15
33	240	Maria Carvalho	Bluepharma	Senior Feminino	53:04	+18:02	05:18
34	2488	Mariana Oliveira Nujo	Team JM Fitness	Senior Feminino	53:14	+18:11	05:19
35	235	Alexandra Pereira	Bluepharma	Senior Feminino	53:20	+18:18	05:20
36	991	Marina Rodríguez Muñoz	Individual	Senior Feminino	53:23	+18:20	05:20
37	1020	Sílvia Carvalho	Individual	Senior Feminino	53:26	+18:24	05:21
38	651	Rita Oliveira	FOCCUS_TUU	Senior Feminino	53:32	+18:30	05:21
39	2345	Beatriz Dias da Silva	Run 4 your life - PHIVE	Senior Feminino	53:33	+18:30	05:21
40	151	Sofia Simões	ARCD Venda da Luisa	Senior Feminino	53:42	+18:40	05:22
41	914	Catarina Santos	Individual	Senior Feminino	54:01	+18:58	05:24
42	2378	Raquel Lopes Caracitas	RUNNING4FUN Team Viseu	Senior Feminino	54:03	+19:00	05:24
43	639	Joana Simões	FOCCUS_TUU	Senior Feminino	54:21	+19:19	05:26
44	987	Mariana Rodrigues	Individual	Senior Feminino	54:27	+19:25	05:27
45	983	Mariana Girão	Individual	Senior Feminino	54:27	+19:25	05:27
46	2223	Ana Pinheiro	PROSISTEM.Runners	Senior Feminino	54:42	+19:39	05:28

Prova Principal

10 KM

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

OFFICIAL RESULT

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47	204	Daniela Resende	Aston Martinis	Senior Feminino	54:44	+19:41	05:28
48	2538	Ana Filipa Ribeiro	URCR 2024	Senior Feminino	54:48	+19:46	05:29
49	996	Melodie Mota	Individual	Senior Feminino	55:03	+20:00	05:30
50	1013	Rosária Maria Amado Fernandes	Individual	Senior Feminino	55:13	+20:10	05:31
51	873	Alexandra Duarte	Individual	Senior Feminino	55:13	+20:11	05:31
52	886	Anaís Jeudy	Individual	Senior Feminino	55:19	+20:17	05:32
53	1012	Rita Sousa	Individual	Senior Feminino	55:35	+20:32	05:33
54	110	Joana Almeida	Adões Trail	Senior Feminino	55:49	+20:46	05:35
55	2046	Marta Santos	Maratoínos	Senior Feminino	55:53	+20:50	05:35
56	888	Andreia Ferraz	Individual	Senior Feminino	55:55	+20:52	05:35
57	885	Ana Rufino	Individual	Senior Feminino	55:57	+20:54	05:36
58	2173	Beatriz Matias	Owlpharma	Senior Feminino	55:57	+20:54	05:36
59	894	Beatriz da Silva Gago Pereira	Individual	Senior Feminino	55:58	+20:55	05:36
60	971	Maria Caniceiro	Individual	Senior Feminino	56:08	+21:06	05:37
61	935	Filipa Ponte	Individual	Senior Feminino	56:09	+21:06	05:37
62	648	Raquel Sousa	FOCCUS_TUU	Senior Feminino	56:14	+21:11	05:37
63	1014	Rute Rôla	Individual	Senior Feminino	56:15	+21:12	05:37
64	150	Margarida Moita	ARCD Venda da Luisa	Senior Feminino	56:39	+21:37	05:40
65	1015	Sandra Assunção	Individual	Senior Feminino	56:51	+21:49	05:41
66	61	Maria Lobo	Académica Triatlo	Senior Feminino	57:06	+22:04	05:43
67	2501	Mariana Martins	THE FIRST TEAM	Senior Feminino	57:08	+22:05	05:43
68	968	Madalena Maria Miguéis Ferreira	Individual	Senior Feminino	57:15	+22:12	05:43
69	896	Beatriz Marques Tomé	Individual	Senior Feminino	57:19	+22:16	05:44
70	939	Gabriela Barbosa Almeida	Individual	Senior Feminino	57:42	+22:39	05:46
71	876	Ana Cláudia Vinhas Raposo	Individual	Senior Feminino	57:43	+22:41	05:46
72	2056	Maria de Pinho	Maratonistas de Sofá	Senior Feminino	57:45	+22:43	05:47
73	1011	Rita Mateus Lopes	Individual	Senior Feminino	57:46	+22:44	05:47
74	265	Helena Isabel Gonçalves	Botão Camp	Senior Feminino	57:57	+22:54	05:48
75	838	Maria Blanco	Grupo Oriental dos Açores	Senior Feminino	58:04	+23:02	05:48
76	2042	Inês Brites	Máinada	Senior Feminino	58:05	+23:03	05:49
77	1989	Sofia Amaro	Krushlt Runners	Senior Feminino	58:06	+23:04	05:49
78	906	Carolina Lourenço	Individual	Senior Feminino	58:24	+23:22	05:50
79	2134	Diana Carvalho	On Move BPR	Senior Feminino	59:03	+24:00	05:54
80	922	Cristina Pereira	Individual	Senior Feminino	59:07	+24:05	05:55
81	933	Eva Lanier	Individual	Senior Feminino	59:09	+24:06	05:55
82	1001	Patrícia Santos	Individual	Senior Feminino	59:21	+24:19	05:56
83	2109	Laetitia Gaspar	Nelson Gym	Senior Feminino	59:26	+24:23	05:57
84	780	Amelia Gonçalves	FUN RUN GIRLS CLUB	Senior Feminino	59:32	+24:30	05:57
85	948	Inês Rafaela Carvalho Ferreira	Individual	Senior Feminino	59:36	+24:33	05:58
86	1018	Sara Martins	Individual	Senior Feminino	59:36	+24:33	05:58
87	955	Joana Maria Silva Simões	Individual	Senior Feminino	59:39	+24:36	05:58
88	2054	Carolina Moreira Santos	Maratonistas de Sofá	Senior Feminino	59:39	+24:37	05:58
89	899	Carina Alexandra Pinho Azevedo	Individual	Senior Feminino	59:44	+24:41	05:58
90	887	Andreia Fernandes	Individual	Senior Feminino	59:45	+24:42	05:58
91	1985	Daniela Ribeiro	Krushlt Runners	Senior Feminino	59:45	+24:42	05:58
92	643	Mariana cordeiro	FOCCUS_TUU	Senior Feminino	59:52	+24:50	05:59

Prova Principal

10 KM

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

OFFICIAL RESULT

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93	2069	Maria do Carmo Miguéis Fernandes	MIGUÉIS a correr	Senior Feminino	01:00:03	+25:01	06:00
94	2260	Filipa Rovira	Reload	Senior Feminino	01:00:07	+25:04	06:01
95	2547	Maria de Lurdes Rovisco Branquinho Pais Monteiro	URCR 2024	Senior Feminino	01:00:13	+25:11	06:01
96	956	Joana Marques	Individual	Senior Feminino	01:00:14	+25:12	06:01
97	2034	Inês Monteiro	M4A	Senior Feminino	01:00:24	+25:21	06:02
98	1028	Teresa Calheiros de Sá	Individual	Senior Feminino	01:00:24	+25:22	06:02
99	2174	Diana Oliveira	Owpharma	Senior Feminino	01:00:29	+25:27	06:03
100	970	Mafalda Fideles	Individual	Senior Feminino	01:00:34	+25:31	06:03
101	459	Samara Azevedo Rodrigues	Corredores do Leão	Senior Feminino	01:00:40	+25:37	06:04
102	206	Filipa Carvalho	Atletas ao Domingo	Senior Feminino	01:00:45	+25:42	06:04
103	2148	Marta Carvalho	Os Lindos	Senior Feminino	01:00:45	+25:43	06:05
104	921	Cristina Herrero Segura	Individual	Senior Feminino	01:00:47	+25:44	06:05
105	975	Maria Filipa Rabaça	Individual	Senior Feminino	01:00:50	+25:48	06:05
106	945	Inês Esteves	Individual	Senior Feminino	01:00:52	+25:49	06:05
107	1031	Vânia Serra	Individual	Senior Feminino	01:00:52	+25:49	06:05
108	871	Alba Quintana Ruiz	Individual	Senior Feminino	01:00:53	+25:51	06:05
109	869	Adriana Lopes	Individual	Senior Feminino	01:00:57	+25:54	06:06
110	1983	Beatriz Reis	KrushIt Runners	Senior Feminino	01:00:59	+25:56	06:06
111	2377	Beatriz Oliveira Dias	RUNNING4FUN Team Viseu	Senior Feminino	01:01:00	+25:58	06:06
112	909	Carolina Reis	Individual	Senior Feminino	01:01:00	+25:58	06:06
113	2177	Inês Penedones	Owpharma	Senior Feminino	01:01:01	+25:58	06:06
114	2587	Anna Clara Carlos de Araújo Barbosa	Vidas3	Senior Feminino	01:01:02	+25:59	06:06
115	943	Inês Cruz	Individual	Senior Feminino	01:01:02	+26:00	06:06
116	1032	Victoria Matos	Individual	Senior Feminino	01:01:06	+26:03	06:07
117	626	Carolina Abreu	FOCCUS_TUU	Senior Feminino	01:01:08	+26:05	06:07
118	2550	Mariana Cordeiro da Silva Lagarto	URCR 2024	Senior Feminino	01:01:11	+26:09	06:07
119	494	Marta Godinho	CUMIBROA RUNNING TEAM	Senior Feminino	01:01:15	+26:12	06:07
120	2157	Helena Duarte	Os Papa Milhas	Senior Feminino	01:01:15	+26:13	06:08
121	495	Sofia Mendes	CUMIBROA RUNNING TEAM	Senior Feminino	01:01:15	+26:13	06:08
122	466	Susana Parreira	CPT Coimbra	Senior Feminino	01:01:17	+26:15	06:08
123	1988	Marlene Leitão	KrushIt Runners	Senior Feminino	01:01:25	+26:23	06:09
124	901	Carolina Barreto Ferreira	Individual	Senior Feminino	01:01:29	+26:27	06:09
125	2553	Vânia Isabel Louro Fernandes	URCR 2024	Senior Feminino	01:01:38	+26:36	06:10
126	1022	Sofia Daniela Martins Ferreira	Individual	Senior Feminino	01:01:42	+26:39	06:10
127	1027	Tatiana Filipa Cortez Costa	Individual	Senior Feminino	01:01:42	+26:40	06:10
128	782	Francisca Matos	FUN RUN GIRLS CLUB	Senior Feminino	01:01:44	+26:41	06:10
129	633	Diana Simões	FOCCUS_TUU	Senior Feminino	01:01:50	+26:48	06:11
130	973	Maria Eduarda Vieira Santos	Individual	Senior Feminino	01:01:53	+26:50	06:11
131	884	Ana Rodrigues	Individual	Senior Feminino	01:01:54	+26:52	06:11
132	644	Mariana Ferreira	FOCCUS_TUU	Senior Feminino	01:01:55	+26:52	06:11
133	2309	Cristiana Bento	RIJO HYBRID TEAM	Senior Feminino	01:02:08	+27:06	06:13
134	1981	Ana Rosário	KrushIt Runners	Senior Feminino	01:02:08	+27:06	06:13
135	2509	Nicole Lopes	Tios d Alice	Senior Feminino	01:02:09	+27:06	06:13
136	889	Andreia Pita	Individual	Senior Feminino	01:02:18	+27:15	06:14
137	2428	Susana Catarina dos Santos Craveiro	Shape on You	Senior Feminino	01:02:23	+27:21	06:14
138	33	Cátia Esteves	A Fuga dos Eletrões	Senior Feminino	01:02:27	+27:24	06:15

Prova Principal**10 KM****OFFICIAL RESULT**

139	892	Bárbara Raimundo	Individual	Senior Feminino	01:02:31	+27:28	06:15
140	932	Erika Daniel	Individual	Senior Feminino	01:02:32	+27:30	06:15
141	881	Ana Margarida Cavaleiro Gomes	Individual	Senior Feminino	01:02:34	+27:32	06:15
142	2178	Joana Regina Fernandes	Owlpharma	Senior Feminino	01:02:39	+27:36	06:16
143	919	Cristiana Correia	Individual	Senior Feminino	01:02:52	+27:49	06:17
144	903	Carolina Correia	Individual	Senior Feminino	01:02:52	+27:50	06:17
145	635	Inês Marques	FOCCUS_TUU	Senior Feminino	01:02:59	+27:56	06:18
146	2299	Matilde Gonçalves	Revista Maria	Senior Feminino	01:03:01	+27:59	06:18
147	995	Melanie Afonso	Individual	Senior Feminino	01:03:09	+28:07	06:19
148	925	Daniela Temudo	Individual	Senior Feminino	01:03:16	+28:14	06:20
149	953	Joana Ferraz	Individual	Senior Feminino	01:03:22	+28:19	06:20
150	915	Cátia Veneza	Individual	Senior Feminino	01:03:25	+28:22	06:20
151	2545	Letícia Balanco	URCR 2024	Senior Feminino	01:03:28	+28:26	06:21
152	2203	Inês Carolina	Physio Mondego	Senior Feminino	01:03:32	+28:29	06:21
153	649	Renata Patrão	FOCCUS_TUU	Senior Feminino	01:03:33	+28:31	06:21
154	238	Mafalda Marques	Bluepharma	Senior Feminino	01:03:39	+28:37	06:22
155	2442	Rafaela Duarte	Sky.runners	Senior Feminino	01:03:42	+28:39	06:22
156	2537	Alice Isabel Sousa Monsanto	URCR 2024	Senior Feminino	01:03:46	+28:44	06:23
157	629	Catarina Guedes	FOCCUS_TUU	Senior Feminino	01:03:48	+28:45	06:23
158	878	Ana Jessica Holanda	Individual	Senior Feminino	01:03:49	+28:47	06:23
159	875	Ana Clara Maneira	Individual	Senior Feminino	01:03:51	+28:48	06:23
160	963	Laura da Silva Seco	Individual	Senior Feminino	01:03:51	+28:49	06:23
161	195	Patrícia Filipa Pedro Ferreira	As Velozes e Furiosas	Senior Feminino	01:03:55	+28:52	06:23
162	194	Inês Rodrigues Mendes	As Velozes e Furiosas	Senior Feminino	01:03:55	+28:53	06:24
163	998	Milene Ladeira	Individual	Senior Feminino	01:03:59	+28:57	06:24
164	2107	Ana Figueiredo	Nelson Gym	Senior Feminino	01:04:01	+28:58	06:24
165	2175	Eva Faria	Owlpharma	Senior Feminino	01:04:07	+29:05	06:25
166	187	Ana Isabel Romeiro	Artistas	Senior Feminino	01:04:15	+29:13	06:26
167	993	Marta Coelho	Individual	Senior Feminino	01:04:15	+29:13	06:26
168	2202	Beatriz Amaral	Physio Mondego	Senior Feminino	01:04:17	+29:15	06:26
169	237	Carolina Santiago	Bluepharma	Senior Feminino	01:04:18	+29:15	06:26
170	188	Margarida Rodrigues	Artistas	Senior Feminino	01:04:23	+29:21	06:26
171	1029	Teresa Francisco	Individual	Senior Feminino	01:04:30	+29:27	06:27
172	2128	Catarina Fernandes	Olimpíadas da Economia	Senior Feminino	01:04:37	+29:35	06:28
173	942	Inês Cabral	Individual	Senior Feminino	01:04:41	+29:38	06:28
174	949	Inês Rodrigues	Individual	Senior Feminino	01:04:56	+29:53	06:30
175	2108	Andreia Santos	Nelson Gym	Senior Feminino	01:05:01	+29:59	06:30
176	2465	Ângela Sofia Silva Pinto	Sunday Run day	Senior Feminino	01:05:11	+30:08	06:31
177	883	Ana Rita Jesus	Individual	Senior Feminino	01:05:11	+30:08	06:31
178	640	Juliana Freitas	FOCCUS_TUU	Senior Feminino	01:05:12	+30:10	06:31
179	2421	Joana Santo	Sebastião Görne	Senior Feminino	01:05:22	+30:19	06:32
180	2608	Ana Rita Simões de Oliveira	Individual	Senior Feminino	01:05:33	+30:30	06:33
181	652	Rita Rodrigues	FOCCUS_TUU	Senior Feminino	01:05:35	+30:32	06:33
182	653	Sandra rito	FOCCUS_TUU	Senior Feminino	01:05:35	+30:32	06:33
183	548	Mariana Alves	Escola de Atletismo de Coimbra/JPaiva	Senior Feminino	01:05:36	+30:34	06:34
184	2539	Carla Hovenkamp	URCR 2024	Senior Feminino	01:05:40	+30:37	06:34

Prova Principal

10 KM

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OFFICIAL RESULT

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185	783	Patricia Catarino	FUN RUN GIRLS CLUB	Senior Feminino	01:05:42	+30:40	06:34
186	1017	Sara Cristina Dias Simão	Individual	Senior Feminino	01:05:50	+30:47	06:35
187	994	Marta Cristina Dias Simão	Individual	Senior Feminino	01:05:50	+30:47	06:35
188	960	Joana Santos	Individual	Senior Feminino	01:06:01	+30:59	06:36
189	978	Maria Inês Santos	Individual	Senior Feminino	01:06:03	+31:00	06:36
190	2549	Maria Teresa Gouveia Martins	URCR 2024	Senior Feminino	01:06:17	+31:14	06:38
191	910	Carolina Roma	Individual	Senior Feminino	01:06:17	+31:14	06:38
192	227	Carolina Lopes	B .V. Mortágua	Senior Feminino	01:06:27	+31:25	06:39
193	2512	Maria Beatriz Grilo Mendes	Torta de laranja	Senior Feminino	01:06:28	+31:25	06:39
194	1002	Patrícia Dias	Individual	Senior Feminino	01:06:29	+31:26	06:39
195	980	Mariana Amaral	Individual	Senior Feminino	01:06:47	+31:45	06:41
196	1019	Sara Rodrigues	Individual	Senior Feminino	01:06:52	+31:49	06:41
197	868	Adriana Figueiredo	Individual	Senior Feminino	01:07:07	+32:05	06:43
198	2257	Bárbara Gil	Reload	Senior Feminino	01:07:15	+32:12	06:43
199	228	Maria Rodrigues	B .V. Mortágua	Senior Feminino	01:07:18	+32:16	06:44
200	634	Filipa Neves	FOCCUS_TUU	Senior Feminino	01:07:24	+32:21	06:44
201	619	Alexandra Silva	FOCCUS_TUU	Senior Feminino	01:07:31	+32:28	06:45
202	646	Michaela Cabral	FOCCUS_TUU	Senior Feminino	01:07:31	+32:29	06:45
203	645	Mariana Lucena	FOCCUS_TUU	Senior Feminino	01:07:32	+32:29	06:45
204	2055	Joana Ribeiro Pedrosa Linhares	Maratonistas de Sofá	Senior Feminino	01:07:33	+32:31	06:45
205	2083	Ana matos	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Senior Feminino	01:07:40	+32:38	06:46
206	911	Carolina Sarabando	Individual	Senior Feminino	01:07:41	+32:38	06:46
207	967	Lucie Martins	Individual	Senior Feminino	01:07:42	+32:40	06:46
208	2552	Susana Gonçalves Fernandes Lareiro	URCR 2024	Senior Feminino	01:07:47	+32:44	06:47
209	982	Mariana da Costa Dias	Individual	Senior Feminino	01:07:49	+32:46	06:47
210	336	Cleide Martins	Cleide Martins Gab. Fisioterapia	Senior Feminino	01:07:52	+32:49	06:47
211	337	Maria Beirão	Cleide Martins Gab. Fisioterapia	Senior Feminino	01:07:53	+32:50	06:47
212	610	Virgínia Cristina Tavares Almeida	FISIOSFERA	Senior Feminino	01:08:03	+33:01	06:48
213	2536	Adriana Sofia Correia Dias	URCR 2024	Senior Feminino	01:08:03	+33:01	06:48
214	2045	Maria Franca	Maratoínos	Senior Feminino	01:08:04	+33:01	06:48
215	985	Mariana Pedrosa	Individual	Senior Feminino	01:08:15	+33:12	06:49
216	2180	Sara França	Owpharma	Senior Feminino	01:08:20	+33:18	06:50
217	900	Carolina Afonso	Individual	Senior Feminino	01:08:26	+33:23	06:51
218	2403	Mariana Sousa	Sanfil Medicina	Senior Feminino	01:08:30	+33:27	06:51
219	2427	Rita Flório	Shape on You	Senior Feminino	01:08:38	+33:35	06:52
220	961	Juliana Cardoso	Individual	Senior Feminino	01:08:50	+33:48	06:53
221	877	Ana Gomes	Individual	Senior Feminino	01:08:52	+33:49	06:53
222	111	Maria Abrunheiro	Adões Trail	Senior Feminino	01:08:54	+33:52	06:53
223	974	Maria Figueiró	Individual	Senior Feminino	01:08:56	+33:54	06:54
224	1024	Sofia Figueiró	Individual	Senior Feminino	01:08:56	+33:54	06:54
225	2298	Liliana Barreto	Revista Maria	Senior Feminino	01:09:01	+33:58	06:54
226	907	Carolina Matias Barreto	Individual	Senior Feminino	01:09:01	+33:58	06:54
227	1005	Paula Gallés Sánchez	Individual	Senior Feminino	01:09:08	+34:05	06:55
228	2548	Maria Inês Pais Viegas	URCR 2024	Senior Feminino	01:09:24	+34:22	06:56
229	2540	Chantal Rodrigues Cortesão	URCR 2024	Senior Feminino	01:09:25	+34:22	06:56
230	624	Beatriz Ribau	FOCCUS_TUU	Senior Feminino	01:09:29	+34:27	06:57

Prova Principal

10 KM

OFFICIAL RESULT

276	149	Ludmila Christina Nascimento Huhn	ARCD Venda da Luísa	Senior Feminino	01:14:50	+39:48	07:29
277	951	Inês valada	Individual	Senior Feminino	01:15:15	+40:13	07:32
278	2297	Andreia Sousa	Revista Maria	Senior Feminino	01:15:16	+40:14	07:32
279	957	Joana Prioste	Individual	Senior Feminino	01:15:22	+40:20	07:32
280	641	Laura vaz	FOCCUS_TUU	Senior Feminino	01:15:59	+40:56	07:36
281	236	Ana Chaves Mendes	Bluepharma	Senior Feminino	01:16:03	+41:00	07:36
282	241	Patrícia Semião	Bluepharma	Senior Feminino	01:16:03	+41:00	07:36
283	937	Filomena Matias Godinho	Individual	Senior Feminino	01:16:45	+41:42	07:40
284	2095	Carolina Rocha	Monumentais Atletas	Senior Feminino	01:16:45	+41:43	07:41
285	458	Isabelle Algaranhar Lima	Corredores do Leão	Senior Feminino	01:17:12	+42:09	07:43
286	2097	Isabel Silva	Monumentais Atletas	Senior Feminino	01:17:39	+42:37	07:46
287	984	Mariana Isabel Batista Nascimento	Individual	Senior Feminino	01:17:48	+42:45	07:47
288	2347	Laura Roberto	Run 4 your life - PHIVE	Senior Feminino	01:17:50	+42:47	07:47
289	457	Bárbara Gonçalves Oliveira Morais	Corredores do Leão	Senior Feminino	01:18:33	+43:30	07:51
290	912	Catarina Caldeira	Individual	Senior Feminino	01:19:00	+43:57	07:54
291	627	Carolina Marques	FOCCUS_TUU	Senior Feminino	01:19:17	+44:14	07:56
292	594	Maria Carolina Fortunato	Farmácia Santo André	Senior Feminino	01:19:21	+44:19	07:56
293	531	Quessia Q	Domus Trail	Senior Feminino	01:19:23	+44:21	07:56
294	882	Ana Marques	Individual	Senior Feminino	01:19:36	+44:33	07:58
295	946	Inês Fraga	Individual	Senior Feminino	01:19:36	+44:33	07:58
296	584	Mariana Girão	Farmácia Luciano e Matos	Senior Feminino	01:20:13	+45:10	08:01
297	977	Maria Inês Dias Figueiredo	Individual	Senior Feminino	01:20:20	+45:17	08:02
298	2152	Susana Sá	Os Loucos	Senior Feminino	01:20:37	+45:34	08:04
299	2344	Angelina Albino	Run 4 your life - PHIVE	Senior Feminino	01:20:41	+45:39	08:04
300	583	Mafalda Rebelo Cruz	Farmácia Luciano e Matos	Senior Feminino	01:21:04	+46:01	08:06
301	2261	Maria João Brás	Reload	Senior Feminino	01:21:21	+46:18	08:08
302	2473	Marlene Dias	Tartarugas	Senior Feminino	01:21:34	+46:31	08:09
303	938	Francisca Salgado	Individual	Senior Feminino	01:21:49	+46:47	08:11
304	802	Ana Luísa São Bento	GERARDO STUDIO	Senior Feminino	01:22:31	+47:28	08:15
305	638	Joana Bexiga	FOCCUS_TUU	Senior Feminino	01:22:49	+47:46	08:17
306	637	Joana Almeida	FOCCUS_TUU	Senior Feminino	01:23:08	+48:05	08:19
307	650	Rita matos	FOCCUS_TUU	Senior Feminino	01:23:18	+48:16	08:20
308	923	DANIELA DO NASCIMENTO VIEIRA	Individual	Senior Feminino	01:25:00	+49:57	08:30
309	595	Maria Silva	Farmácia Santo André	Senior Feminino	01:25:27	+50:24	08:33
310	593	Daniela Barreira	Farmácia Santo André	Senior Feminino	01:25:29	+50:26	08:33
311	1987	Inês Sofia Alves Fernandes	KrushIt Runners	Senior Feminino	01:25:43	+50:40	08:34
312	1980	Ana Mafalda Varandas Costa e Silva	KrushIt Runners	Senior Feminino	01:25:44	+50:41	08:34
313	2542	Fátima Manuela Ferreira Barbosa	URCR 2024	Senior Feminino	01:26:28	+51:26	08:39
314	2172	Ana Isabel Santos	Owlpharma	Senior Feminino	01:27:10	+52:07	08:43
315	1004	Patricia Silva	Individual	Senior Feminino	01:29:22	+54:19	08:56
316	976	Maria Inês	Individual	Senior Feminino	01:29:22	+54:20	08:56
317	636	Inês Melo e Faro	FOCCUS_TUU	Senior Feminino	01:34:38	+59:35	09:28

Senior Masculino

1	9	André Pereira	SL Benfica	Senior Masculino	29:45		02:59
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Prova Principal

10 KM

OFFICIAL RESULT

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2	10	Rogério Amaral	CPT Sobral de Ceira	Senior Masculino	30:22	+00:36	03:02
3	2254	Francisco Batista	RECREIO DESPORTIVO DE ÁGUEDA	Senior Masculino	30:57	+01:12	03:06
4	475	Francisco Graça	CPT Sobral de Ceira	Senior Masculino	32:14	+02:29	03:13
5	342	André Pais	Clube Desportivo de Tondela	Senior Masculino	32:18	+02:32	03:14
6	549	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:19	+02:33	03:14
7	476	João Albano	CPT Sobral de Ceira	Senior Masculino	32:27	+02:41	03:15
8	501	JOÃO OLIVEIRA	DAR Recardães	Senior Masculino	32:59	+03:13	03:18
9	581	Marco Marques	EV-PERALTAFIL	Senior Masculino	33:39	+03:53	03:22
10	1214	Paulo Pereira	Individual	Senior Masculino	34:05	+04:19	03:24
11	553	Pedro Saldanha	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	34:10	+04:24	03:25
12	343	Rafael Pais	Clube Desportivo de Tondela	Senior Masculino	34:29	+04:44	03:27
13	223	Joaquim Oliveira	Atletismo Clube da Tocha	Senior Masculino	34:54	+05:08	03:29
14	552	Miguel Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	35:11	+05:25	03:31
15	198	João Alves	Associação Académica de Coimbra	Senior Masculino	35:38	+05:53	03:34
16	101	Francisco Silveira	Acd Ilhавos	Senior Masculino	35:46	+06:00	03:35
17	324	Fábio Antunes	Centro de Trail Carlos Sá Penacova Team	Senior Masculino	36:18	+06:33	03:38
18	550	David Pinto Carvalheiro	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	36:31	+06:45	03:39
19	551	Leonardo Jerónimo	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	36:39	+06:53	03:40
20	2065	José Miguel Simões Marcelino	Marcianos	Senior Masculino	36:43	+06:57	03:40
21	2423	Sebastião Görne	Sebastião Görne	Senior Masculino	36:45	+07:00	03:41
22	1086	Diogo Goncalves	Individual	Senior Masculino	36:53	+07:07	03:41
23	1204	Milton Santos	Individual	Senior Masculino	36:56	+07:11	03:42
24	789	Fábio Vidrago	GDR Santa Tecla	Senior Masculino	36:59	+07:13	03:42
25	1077	David Gomes	Individual	Senior Masculino	37:20	+07:35	03:44
26	1079	David Rafael Bernardo Soares	Individual	Senior Masculino	37:27	+07:41	03:45
27	320	Ricardo Auxiliar	CENAP	Senior Masculino	37:53	+08:08	03:47
28	840	Rui Alberto Ferreira Moutela	Grupo Recreativo Eirense	Senior Masculino	38:27	+08:41	03:51
29	69	Ricardo Simões	Académica Triatlo	Senior Masculino	38:50	+09:04	03:53
30	205	André Rafeiro	Aston Martinis	Senior Masculino	39:09	+09:23	03:55
31	677	Luís Paiva	FOCCUS_TUU	Senior Masculino	39:28	+09:43	03:57
32	276	Silvio Marques	C. F. Os Marialvas	Senior Masculino	39:29	+09:44	03:57
33	508	Afonso Silva	Individual	Senior Masculino	39:39	+09:54	03:58
34	1182	Luís Jesus	Individual	Senior Masculino	39:47	+10:01	03:59
35	2463	Luís silva	Sport Clube Paradela	Senior Masculino	40:01	+10:15	04:00
36	1048	António Sales	Individual	Senior Masculino	40:09	+10:24	04:01
37	1175	Leonel Guedes	Individual	Senior Masculino	40:19	+10:34	04:02
38	321	Tiago Marcelino	CENAP	Senior Masculino	40:27	+10:41	04:03
39	1121	Gonçalo Abreu	Individual	Senior Masculino	40:27	+10:42	04:03
40	532	David Pinho	Domus Trail	Senior Masculino	40:37	+10:51	04:04
41	2075	João Rolim	MIRO TRAIL	Senior Masculino	40:47	+11:02	04:05
42	2310	João Luís	RIJO HYBRID TEAM	Senior Masculino	41:20	+11:34	04:08

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Prova Principal
10 KM
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OFFICIAL RESULT
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43	509	Renato Ferreira	Individual	Senior Masculino	41:20	+11:35	04:08
44	363	Mário Monteiro	Cluve - Clube de Veteranos de Atletismo de Coimbra	Senior Masculino	41:24	+11:38	04:08
45	305	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	41:30	+11:45	04:09
46	1238	Rodrigo Marques	Individual	Senior Masculino	42:08	+12:22	04:13
47	2380	Hugo Lopes Bastos	RUNNING4FUN Team Viseu	Senior Masculino	42:12	+12:26	04:13
48	1164	Jose Neves	Individual	Senior Masculino	42:14	+12:28	04:13
49	2151	João Marques	Os Lindos	Senior Masculino	42:16	+12:30	04:14
50	2462	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	42:21	+12:35	04:14
51	244	Eduardo António da Silva Moreira	Bluepharma	Senior Masculino	42:56	+13:10	04:18
52	1260	Valter Simões	Individual	Senior Masculino	43:08	+13:22	04:19
53	2313	Rúben Neves	RIJO HYBRID TEAM	Senior Masculino	43:33	+13:48	04:21
54	1246	Rui Silva	Individual	Senior Masculino	43:34	+13:49	04:21
55	70	Sandro Touil	Académica Triatlo	Senior Masculino	43:40	+13:55	04:22
56	1190	Martim Cordeiro	Individual	Senior Masculino	43:42	+13:56	04:22
57	35	Francisco Sousa	A Fuga dos Eletrões	Senior Masculino	43:43	+13:58	04:22
58	1107	Fábio Figueiredo	Individual	Senior Masculino	43:54	+14:08	04:23
59	1060	Carlos Alexandre Araújo	Individual	Senior Masculino	43:59	+14:13	04:24
60	1248	Samuel Godinho	Individual	Senior Masculino	44:03	+14:18	04:24
61	679	Pedro Martins	FOCCUS_TUU	Senior Masculino	44:12	+14:26	04:25
62	1057	Bruno Rodrigues	Individual	Senior Masculino	44:14	+14:28	04:25
63	1997	Nuno Filipe Simão Ramos	KrushIt Runners	Senior Masculino	44:15	+14:30	04:26
64	1150	João Pedro Rebelo da Silva	Individual	Senior Masculino	44:30	+14:45	04:27
65	431	Filipe Semedo	Coimbra Trail Running	Senior Masculino	44:31	+14:45	04:27
66	1202	Miguel Pereira	Individual	Senior Masculino	44:34	+14:48	04:27
67	1255	Tiago Pedro	Individual	Senior Masculino	44:35	+14:50	04:28
68	112	Nelson Silva	Adões Trail	Senior Masculino	44:47	+15:01	04:29
69	1225	Pedro Miguel Figueiredo Pires	Individual	Senior Masculino	44:51	+15:06	04:29
70	1919	Mark Neves	J.Prior Running Team	Senior Masculino	44:59	+15:13	04:30
71	1035	Afonso Marques	Individual	Senior Masculino	45:15	+15:29	04:31
72	1224	Pedro Martins Gonçalves	Individual	Senior Masculino	45:16	+15:30	04:32
73	807	João Gerardo	GERARDO STUDIO	Senior Masculino	45:19	+15:34	04:32
74	68	Pedro Madeira	Académica Triatlo	Senior Masculino	45:20	+15:34	04:32
75	1213	Paulo Brites	Individual	Senior Masculino	45:20	+15:35	04:32
76	2226	Rodrigo Quelhas	PROSISTEM.Runners	Senior Masculino	45:20	+15:35	04:32
77	1117	Francisco Simões Ribeiro	Individual	Senior Masculino	45:21	+15:35	04:32
78	1122	Gonçalo Ferreira	Individual	Senior Masculino	45:23	+15:37	04:32
79	836	Rafael Henriques	Grupo não Abeliano	Senior Masculino	45:25	+15:39	04:32
80	1141	Joao Garrido	Individual	Senior Masculino	45:28	+15:43	04:33
81	1917	David Couto	J.Prior Running Team	Senior Masculino	45:29	+15:44	04:33
82	797	João Barreto Rodrigues	Geração90	Senior Masculino	45:36	+15:50	04:34
83	124	João Victor Diniz De Azevedo	AFIPRE Team	Senior Masculino	45:36	+15:51	04:34
84	63	Diogo Cacho	Académica Triatlo	Senior Masculino	45:42	+15:57	04:34
85	510	Rúben Fernandes	Individual	Senior Masculino	45:47	+16:01	04:35
86	1200	Miguel Neves	Individual	Senior Masculino	45:50	+16:05	04:35
87	2049	Romeu Cardoso	Maratoinos	Senior Masculino	45:50	+16:05	04:35

Prova Principal**10 KM**

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

OFFICIAL RESULT

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88	490	Pedro Mateus	CTCV Motion Team	Senior Masculino	45:53	+16:07	04:35
89	1148	João Nobre	Individual	Senior Masculino	45:54	+16:09	04:35
90	1115	Francisco Gonçalves	Individual	Senior Masculino	45:55	+16:09	04:35
91	1067	Daniel Duarte	Individual	Senior Masculino	45:55	+16:09	04:35
92	832	André Varejão	Grupo não Abeliano	Senior Masculino	46:15	+16:29	04:37
93	1158	José Diogo da Costa Jesus Jesus	Individual	Senior Masculino	46:15	+16:30	04:38
94	287	João Campos	Cagamelos	Senior Masculino	46:16	+16:31	04:38
95	2352	Rodrigo Barradas	Run 4 your life - PHIVE	Senior Masculino	46:20	+16:34	04:38
96	67	Jorge Madeira	Académica Triatlo	Senior Masculino	46:20	+16:35	04:38
97	1918	Joel Prior	J.Prior Running Team	Senior Masculino	46:24	+16:38	04:38
98	1216	Pedro Brandão	Individual	Senior Masculino	46:25	+16:39	04:38
99	2048	Ricardo Pedro	Maratoínos	Senior Masculino	46:28	+16:42	04:39
100	1157	José Craveiro	Individual	Senior Masculino	46:33	+16:47	04:39
101	2430	Ricardo Borges Pena Oliveira Costa	Shape on You	Senior Masculino	46:33	+16:47	04:39
102	2518	Carlos Pereira	Trail da Ladeia Running Team	Senior Masculino	46:38	+16:53	04:40
103	1994	João Miguel Coimbra Barros da Silva	Krushlt Runners	Senior Masculino	46:47	+17:01	04:41
104	2364	Leonardo Oliveira	Runners&Friends	Senior Masculino	46:52	+17:06	04:41
105	1159	José Francisco Maia	Individual	Senior Masculino	46:54	+17:09	04:41
106	1052	Artur Jorge da Silva Pernas	Individual	Senior Masculino	47:00	+17:14	04:42
107	1194	Miguel Afonso	Individual	Senior Masculino	47:02	+17:16	04:42
108	2566	Tiago Filipe Barreirinhas Gaspar	URCR 2024	Senior Masculino	47:04	+17:19	04:42
109	325	João Sousa Guedes	Cernache Futures	Senior Masculino	47:08	+17:22	04:43
110	2625	Rodrigo Santos	Coimbra Trail Running	Senior Masculino	47:14	+17:28	04:43
111	62	André Miguel Lameiro Monteiro	Académica Triatlo	Senior Masculino	47:15	+17:29	04:43
112	684	Tiago Carvalho	FOCCUS_TUU	Senior Masculino	47:26	+17:41	04:45
113	2361	Jorge Cartaxo	run2eat	Senior Masculino	47:28	+17:43	04:45
114	1040	André Rodrigues	Individual	Senior Masculino	47:29	+17:44	04:45
115	2510	Ricardo Agostinho	Tios d Alice	Senior Masculino	47:35	+17:49	04:45
116	1184	Luís Moreno	Individual	Senior Masculino	47:45	+17:59	04:46
117	1071	Daniel Silva	Individual	Senior Masculino	47:55	+18:10	04:48
118	2422	Bernardo Alves	Sebastião Görne	Senior Masculino	47:58	+18:12	04:48
119	670	Ivo Ferreira	FOCCUS_TUU	Senior Masculino	48:00	+18:14	04:48
120	2187	Diogo Pardal	P.O.R.C.A.	Senior Masculino	48:00	+18:15	04:48
121	1195	Miguel Balaia	Individual	Senior Masculino	48:07	+18:21	04:49
122	2053	Miguel Freire	Maratonas we like	Senior Masculino	48:11	+18:25	04:49
123	1998	Rodrigo Silva Cardoso	Krushlt Runners	Senior Masculino	48:17	+18:31	04:50
124	1119	Gabriel Sanchez	Individual	Senior Masculino	48:17	+18:31	04:50
125	1095	Eduardo Carvalheiro	Individual	Senior Masculino	48:22	+18:37	04:50
126	681	Ricardo ramos	FOCCUS_TUU	Senior Masculino	48:35	+18:49	04:51
127	1242	Rui Brandão	Individual	Senior Masculino	48:35	+18:49	04:51
128	1244	Rui Miguel Rodrigues Xavier	Individual	Senior Masculino	48:40	+18:55	04:52
129	1143	João Martins	Individual	Senior Masculino	48:41	+18:55	04:52
130	1198	Miguel Medeiros	Individual	Senior Masculino	48:52	+19:06	04:53
131	1171	Leandro Pereira	Individual	Senior Masculino	48:54	+19:08	04:53
132	65	Hugo Matos	Académica Triatlo	Senior Masculino	49:01	+19:15	04:54
133	2131	João Moura	Olimpíadas da Economia	Senior Masculino	49:09	+19:23	04:55

Prova Principal**10 KM**

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

OFFICIAL RESULT

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134	306	Luís Neves	CASA DO POVO DE MANGUALDE	Senior Masculino	49:09	+19:23	04:55
135	1254	Tiago Marques	Individual	Senior Masculino	49:09	+19:24	04:55
136	2379	Filipe Morais	RUNNING4FUN Team Viseu	Senior Masculino	49:13	+19:27	04:55
137	242	André Dias	Bluepharma	Senior Masculino	49:13	+19:27	04:55
138	1069	Daniel Henriques Lopes	Individual	Senior Masculino	49:15	+19:29	04:55
139	2564	Rúben Filipe Baía Mendes teixeira	URCR 2024	Senior Masculino	49:17	+19:32	04:56
140	2275	Rodrigo Mexia	Remax White	Senior Masculino	49:25	+19:40	04:57
141	1112	Filipe Sequeira	Individual	Senior Masculino	49:26	+19:41	04:57
142	1156	Jorge Espirito Santo	Individual	Senior Masculino	49:28	+19:43	04:57
143	1051	Armando Wulff Olea	Individual	Senior Masculino	49:37	+19:52	04:58
144	1218	Pedro Campos	Individual	Senior Masculino	49:45	+20:00	04:59
145	2113	Fábio Fonseca	Nelson Gym	Senior Masculino	49:49	+20:04	04:59
146	2563	Pedro Emanuel Neves Guerreiro	URCR 2024	Senior Masculino	49:51	+20:05	04:59
147	1072	David Barata	Individual	Senior Masculino	49:51	+20:06	04:59
148	1076	David Francisco	Individual	Senior Masculino	49:52	+20:06	04:59
149	2114	Gustavo de Almeida Madureira	Nelson Gym	Senior Masculino	49:53	+20:07	04:59
150	1168	Kamal Thapa	Individual	Senior Masculino	49:56	+20:10	05:00
151	1153	João Sequeira	Individual	Senior Masculino	49:57	+20:12	05:00
152	1179	Luis Almeida	Individual	Senior Masculino	50:04	+20:18	05:00
153	1226	Pedro Pereira	Individual	Senior Masculino	50:12	+20:27	05:01
154	1091	Diogo Travassos	Individual	Senior Masculino	50:15	+20:30	05:02
155	1990	António Figueiredo	Krushlt Runners	Senior Masculino	50:19	+20:33	05:02
156	11	Diogo Carvalheira	#AmigosLoucos	Senior Masculino	50:19	+20:34	05:02
157	1259	Tomé Fernandes	Individual	Senior Masculino	50:32	+20:46	05:03
158	1092	Duarte Lapa	Individual	Senior Masculino	50:50	+21:05	05:05
159	1237	Roberto Santos	Individual	Senior Masculino	50:51	+21:05	05:05
160	2514	João Tavares	Trail da Amizade Runners	Senior Masculino	50:54	+21:09	05:05
161	676	Luís Gonzaga	FOCCUS_TUU	Senior Masculino	51:00	+21:15	05:06
162	2052	Marco André Dias Sousa	Maratonas we like	Senior Masculino	51:01	+21:15	05:06
163	49	Fábio Almeida	Academia de Desportos de Condeixa	Senior Masculino	51:03	+21:18	05:06
164	1094	Duarte Pires	Individual	Senior Masculino	51:13	+21:28	05:07
165	1228	Rafael Marques	Individual	Senior Masculino	51:15	+21:30	05:08
166	2133	Nuno Moura	Olimpíadas da Economia	Senior Masculino	51:16	+21:30	05:08
167	41	Rui Gaspar	AAC REMO	Senior Masculino	51:20	+21:34	05:08
168	40	José Diogo	AAC REMO	Senior Masculino	51:20	+21:35	05:08
169	2558	João Pedro Fernandes Cruz Oliveira Pereira	URCR 2024	Senior Masculino	51:27	+21:41	05:09
170	1151	João Pedro Rodrigues Antunes	Individual	Senior Masculino	51:35	+21:50	05:10
171	1240	Rúben Filipe Pragosa Almeida	Individual	Senior Masculino	51:40	+21:54	05:10
172	2051	Fábio Mendes	Maratonas we like	Senior Masculino	51:48	+22:02	05:11
173	2561	Miguel dos Santos Sequeira	URCR 2024	Senior Masculino	51:55	+22:09	05:11
174	1147	Joao Mota	Individual	Senior Masculino	51:56	+22:10	05:12
175	1116	Francisco Jesus	Individual	Senior Masculino	52:05	+22:19	05:12
176	2272	João Guilherme Madeira Fernandes	Remax White	Senior Masculino	52:08	+22:22	05:13
177	2348	David Nunes	Run 4 your life - PHIVE	Senior Masculino	52:16	+22:30	05:14

Prova Principal

10 KM

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

OFFICIAL RESULT

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178	1258	Tomás Jesus Reis Oliveira	Individual	Senior Masculino	52:16	+22:31	05:14
179	383	Tiago Alves	CM Coimbra	Senior Masculino	52:19	+22:33	05:14
180	381	Miguel Roque	CM Coimbra	Senior Masculino	52:20	+22:34	05:14
181	1063	Célio Mendes	Individual	Senior Masculino	52:20	+22:35	05:14
182	1177	Lucas Alves	Individual	Senior Masculino	52:21	+22:35	05:14
183	1160	José Henrique	Individual	Senior Masculino	52:24	+22:38	05:14
184	1099	Emanuel David Fernandes Gonçalves	Individual	Senior Masculino	52:31	+22:45	05:15
185	1144	João Martins	Individual	Senior Masculino	52:39	+22:53	05:16
186	2567	Tiago Jorge da Silva Costa	URCR 2024	Senior Masculino	52:41	+22:56	05:16
187	1111	Filipe de Campos Hipólito Pedroso Mateus	Individual	Senior Masculino	52:43	+22:57	05:16
188	1169	Kevin Mioto	Individual	Senior Masculino	52:50	+23:04	05:17
189	1104	Énio Jesus Carrasqueira	Individual	Senior Masculino	52:54	+23:08	05:17
190	1945	João António Grilo Alves	Já chegámos?	Senior Masculino	52:54	+23:08	05:17
191	190	Artur Yurchuk	Artistas	Senior Masculino	52:57	+23:12	05:18
192	1136	João Daniel Cruz	Individual	Senior Masculino	52:58	+23:13	05:18
193	1263	Vítor Silva	Individual	Senior Masculino	53:02	+23:17	05:18
194	1070	Daniel Ramos	Individual	Senior Masculino	53:04	+23:19	05:18
195	1145	João Mestre	Individual	Senior Masculino	53:05	+23:19	05:18
196	1243	Rui Dias	Individual	Senior Masculino	53:09	+23:23	05:19
197	792	Valter Costa	Gelcentro Team	Senior Masculino	53:09	+23:24	05:19
198	2016	Marco Santos	Ladeira Running Team	Senior Masculino	53:11	+23:26	05:19
199	1942	Daniel Faus Marmelo	Já chegámos?	Senior Masculino	53:12	+23:26	05:19
200	1113	Flávio Silva	Individual	Senior Masculino	53:14	+23:28	05:19
201	1061	Carlos Feteira	Individual	Senior Masculino	53:15	+23:29	05:19
202	669	Guilherme Maia	FOCCUS_TUU	Senior Masculino	53:20	+23:34	05:20
203	1920	Pedro Santos	J.Prior Running Team	Senior Masculino	53:20	+23:35	05:20
204	2557	João Filipe dos Santos Faria	URCR 2024	Senior Masculino	53:24	+23:39	05:20
205	1257	Tiago Silva	Individual	Senior Masculino	53:30	+23:44	05:21
206	2559	João Pedro Gameiro Lopes	URCR 2024	Senior Masculino	53:32	+23:46	05:21
207	1162	José Miguel de Almeida Regala	Individual	Senior Masculino	53:33	+23:47	05:21
208	233	Andre Carvalheira	Bichas a rabiar	Senior Masculino	53:33	+23:47	05:21
209	2265	Francisco Ribeiro	Reload	Senior Masculino	53:34	+23:48	05:21
210	1135	João Costa	Individual	Senior Masculino	53:35	+23:50	05:22
211	1186	Manuel Santos	Individual	Senior Masculino	53:39	+23:54	05:22
212	1219	Pedro Fernandes	Individual	Senior Masculino	53:42	+23:56	05:22
213	2353	Simão Pedro Dias Sousa	Run 4 your life - PHIVE	Senior Masculino	53:48	+24:03	05:23
214	1103	Emanuel Tahiri	Individual	Senior Masculino	53:51	+24:06	05:23
215	657	Alexandre Pereira	FOCCUS_TUU	Senior Masculino	53:54	+24:09	05:23
216	285	André Conceição	Cagamelos	Senior Masculino	53:56	+24:10	05:24
217	289	João Veríssimo	Cagamelos	Senior Masculino	53:56	+24:10	05:24
218	1189	Marco godinho	Individual	Senior Masculino	54:04	+24:18	05:24
219	1042	André Salgado	Individual	Senior Masculino	54:07	+24:22	05:25
220	800	Nuno Fachada	Geração90	Senior Masculino	54:12	+24:27	05:25
221	1142	João Godinho	Individual	Senior Masculino	54:20	+24:34	05:26
222	1201	Miguel Pedro	Individual	Senior Masculino	54:23	+24:37	05:26
223	1047	António Rodrigues	Individual	Senior Masculino	54:24	+24:38	05:26

Prova Principal

10 KM

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

OFFICIAL RESULT

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224	2562	Nuno Filipe da Silva Freire	URCR 2024	Senior Masculino	54:25	+24:40	05:27
225	1134	João Bernardo Barata	Individual	Senior Masculino	54:26	+24:41	05:27
226	1037	Andre Ferraz	Individual	Senior Masculino	54:27	+24:41	05:27
227	243	Daniel Malva	Bluepharma	Senior Masculino	54:30	+24:44	05:27
228	246	Joni Gaspar	Bluepharma	Senior Masculino	54:39	+24:53	05:28
229	1172	Leonardo José Gonçalves Torres	Individual	Senior Masculino	54:51	+25:05	05:29
230	1080	David Silva	Individual	Senior Masculino	54:55	+25:09	05:29
231	1995	João Rafael Neves Sequeira	KrushIt Runners	Senior Masculino	54:55	+25:09	05:29
232	1241	Rui Abreu	Individual	Senior Masculino	54:57	+25:11	05:30
233	1232	Ricardo José Ferreira Pocinho	Individual	Senior Masculino	54:58	+25:12	05:30
234	1223	Pedro Martins	Individual	Senior Masculino	54:58	+25:13	05:30
235	1074	David Cortesão	Individual	Senior Masculino	54:58	+25:13	05:30
236	806	André Banaco	GERARDO STUDIO	Senior Masculino	55:03	+25:17	05:30
237	658	André Alberto	FOCCUS_TUU	Senior Masculino	55:10	+25:24	05:31
238	153	Jorge Miguel Ferreira Pocinho	ARCD Venda da Luisa	Senior Masculino	55:11	+25:25	05:31
239	273	João Carlos Nunes Oliveira	Briosa	Senior Masculino	55:13	+25:27	05:31
240	249	Rui Sousa	Bluepharma	Senior Masculino	55:13	+25:27	05:31
241	2182	Guilherme Monteiro	Owlpharma	Senior Masculino	55:16	+25:30	05:32
242	2556	Gustavo Nunes Vicente e Cunha Rodrigues	URCR 2024	Senior Masculino	55:17	+25:31	05:32
243	1096	Eduardo Soares Azevedo	Individual	Senior Masculino	55:17	+25:31	05:32
244	380	João Mateus	CM Coimbra	Senior Masculino	55:20	+25:35	05:32
245	1249	Sérgio Melendre	Individual	Senior Masculino	55:22	+25:36	05:32
246	1187	Márcio Vale	Individual	Senior Masculino	55:28	+25:42	05:33
247	2058	João Pedro Sousa	Maratonistas de Sofá	Senior Masculino	55:45	+25:59	05:34
248	2057	Fábio Moreira Santos	Maratonistas de Sofá	Senior Masculino	55:45	+25:59	05:34
249	1192	Micael Neves	Individual	Senior Masculino	55:45	+25:59	05:34
250	1174	Leonardo Rebocho Lima	Individual	Senior Masculino	55:49	+26:03	05:35
251	2044	Nuno Brites	Máinada	Senior Masculino	55:52	+26:06	05:35
252	2271	Bernardo Santos Clemente	Remax White	Senior Masculino	55:57	+26:12	05:36
253	2429	Paulo Jorge Cunha Antunes	Shape on You	Senior Masculino	55:58	+26:12	05:36
254	2312	Ricardo Soares	RIJO HYBRID TEAM	Senior Masculino	55:59	+26:13	05:36
255	2417	Vitor Santos	Santonurb Lda	Senior Masculino	56:05	+26:19	05:36
256	1054	Bernardo Rodrigues	Individual	Senior Masculino	56:08	+26:23	05:37
257	1082	Diogo Alexandre	Individual	Senior Masculino	56:21	+26:36	05:38
258	2102	José Filipe	Mota Dias e Lima	Senior Masculino	56:21	+26:36	05:38
259	2350	José Lopes	Run 4 your life - PHIVE	Senior Masculino	56:26	+26:40	05:39
260	1250	Simão Freitas	Individual	Senior Masculino	56:31	+26:45	05:39
261	1039	André Rodrigues	Individual	Senior Masculino	56:32	+26:47	05:39
262	66	João Nobre	Académica Triatlto	Senior Masculino	56:37	+26:52	05:40
263	152	Gonçalo Deus	ARCD Venda da Luisa	Senior Masculino	56:39	+26:54	05:40
264	1185	Manuel Rodrigo Espírito Santo Marques Morim	Individual	Senior Masculino	56:42	+26:56	05:40
265	1203	Miguel Vasques	Individual	Senior Masculino	56:53	+27:07	05:41
266	1178	Lucas Prioste	Individual	Senior Masculino	56:55	+27:10	05:42
267	1251	Tiago Almeida Santos Simões	Individual	Senior Masculino	56:57	+27:11	05:42
268	2311	joao Pacheco	RIJO HYBRID TEAM	Senior Masculino	56:58	+27:12	05:42

Prova Principal

10 KM

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

269	1165	José Pereira	Individual	Senior Masculino	56:58	+27:12	05:42
270	665	Diogo carvalho	FOCCUS_TUU	Senior Masculino	56:59	+27:13	05:42
271	1043	António Maria Castanheira	Individual	Senior Masculino	57:01	+27:15	05:42
272	1044	António Maria da Silva Conceição	Individual	Senior Masculino	57:08	+27:22	05:43
273	790	Diogo Bastos	Gelcentro Team	Senior Masculino	57:17	+27:31	05:44
274	1093	Duarte Marques	Individual	Senior Masculino	57:20	+27:34	05:44
275	1239	Ruben Costa	Individual	Senior Masculino	57:22	+27:37	05:44
276	1101	Emanuel Nascimento	Individual	Senior Masculino	57:35	+27:49	05:45
277	2560	Manuel Alberto Nunes Canelas Pais	URCR 2024	Senior Masculino	57:55	+28:10	05:48
278	2554	David José Gaspar Caetano	URCR 2024	Senior Masculino	57:59	+28:13	05:48
279	2555	Francisco Santos Rodrigues	URCR 2024	Senior Masculino	57:59	+28:13	05:48
280	496	João Tortas	CUMIBROA RUNNING TEAM	Senior Masculino	58:00	+28:14	05:48
281	1206	Niklas Schmid	Individual	Senior Masculino	58:00	+28:15	05:48
282	2043	André Jorge	Máinada	Senior Masculino	58:05	+28:20	05:49
283	2186	André Jesus	P.O.R.C.A.	Senior Masculino	58:11	+28:26	05:49
284	1137	João Emanuel Batista Bento	Individual	Senior Masculino	58:18	+28:32	05:50
285	1078	David Machado Cruz	Individual	Senior Masculino	58:24	+28:39	05:50
286	1188	Marco Custódio	Individual	Senior Masculino	58:32	+28:46	05:51
287	1256	Tiago Silva	Individual	Senior Masculino	58:32	+28:46	05:51
288	791	Tiago Estrafalhote	Gelcentro Team	Senior Masculino	58:40	+28:55	05:52
289	2064	João Pedro Simões Marcelino	Marcianos	Senior Masculino	58:46	+29:01	05:53
290	1118	Gabriel Ribeiro	Individual	Senior Masculino	58:47	+29:01	05:53
291	2416	Telmo Craveiro	Santonurb Lda	Senior Masculino	58:49	+29:04	05:53
292	1123	Gonçalo Filipe Fernandes São Marcos	Individual	Senior Masculino	58:50	+29:04	05:53
293	2301	Renato Neves	Revista Maria	Senior Masculino	59:06	+29:21	05:55
294	1215	Pedro Bracons	Individual	Senior Masculino	59:07	+29:21	05:55
295	1105	Fábio André Pereira Alves	Individual	Senior Masculino	59:10	+29:25	05:55
296	1059	Carlos Abegão	Individual	Senior Masculino	59:12	+29:26	05:55
297	2568	Tiago Luís de Frias Pais	URCR 2024	Senior Masculino	59:17	+29:31	05:56
298	1129	Guilherme Frias	Individual	Senior Masculino	59:27	+29:41	05:57
299	1064	César García García	Individual	Senior Masculino	59:28	+29:42	05:57
300	1183	Luís Lucas	Individual	Senior Masculino	59:52	+30:07	05:59
301	1231	Ricardo Campos	Individual	Senior Masculino	01:00:16	+30:31	06:02
302	2070	Filipe Manuel Miguéis Fernandes	MIGUÉIS a correr	Senior Masculino	01:00:30	+30:44	06:03
303	661	Bruno Pires	FOCCUS_TUU	Senior Masculino	01:00:45	+30:59	06:04
304	1207	Nuno del Villar	Individual	Senior Masculino	01:00:46	+31:01	06:05
305	2314	Rui Alves	RIJO HYBRID TEAM	Senior Masculino	01:00:50	+31:05	06:05
306	154	Rui Monteiro	ARCD Venda da Luisa	Senior Masculino	01:00:56	+31:11	06:06
307	2300	Luis Silva	Revista Maria	Senior Masculino	01:00:57	+31:12	06:06
308	1166	José Santos	Individual	Senior Masculino	01:01:05	+31:19	06:06
309	1126	Gonçalo Sousa	Individual	Senior Masculino	01:01:10	+31:24	06:07
310	680	Renato França	FOCCUS_TUU	Senior Masculino	01:01:11	+31:25	06:07
311	799	Luis Pedro Ferreira	Geração90	Senior Masculino	01:01:17	+31:31	06:08
312	801	Pedro Xavier Marques	Geração90	Senior Masculino	01:01:17	+31:32	06:08
313	2273	Joni Oliveira	Remax White	Senior Masculino	01:01:21	+31:35	06:08
314	1058	Bureau Wandrille	Individual	Senior Masculino	01:01:22	+31:37	06:08

Prova Principal

10 KM

OFFICIAL RESULT

315	1146	João Miguel Barreto Ferreira	Individual	Senior Masculino	01:01:29	+31:44	06:09
316	130	João Antonio Narciso	Aleixo clínica dentária	Senior Masculino	01:01:36	+31:51	06:10
317	248	Keven Reis	Bluepharma	Senior Masculino	01:01:39	+31:53	06:10
318	1261	Vinicius Pires	Individual	Senior Masculino	01:01:42	+31:56	06:10
319	808	Vitor Ribas Boska	GERARDO STUDIO	Senior Masculino	01:01:48	+32:02	06:11
320	1128	Guilherme Baptista	Individual	Senior Masculino	01:01:50	+32:04	06:11
321	2264	Diogo Andrade	Reload	Senior Masculino	01:01:52	+32:06	06:11
322	2565	Rudi Batista	URCR 2024	Senior Masculino	01:01:52	+32:07	06:11
323	1181	Luís Gabriel Semedo das Neves	Individual	Senior Masculino	01:01:53	+32:07	06:11
324	1221	Pedro Gonçalves	Individual	Senior Masculino	01:02:18	+32:32	06:14
325	207	João Pedro Santos Marques	Atletas ao Domingo	Senior Masculino	01:02:23	+32:38	06:14
326	1127	Guilherme Almeida	Individual	Senior Masculino	01:02:52	+33:07	06:17
327	2132	João Pedro Santos	Olimpíadas da Economia	Senior Masculino	01:03:03	+33:18	06:18
328	833	Francisco Cruz	Grupo não Abeliano	Senior Masculino	01:03:06	+33:20	06:19
329	834	Gonçalo Varejão	Grupo não Abeliano	Senior Masculino	01:03:07	+33:21	06:19
330	1108	Fábio José Pais do Amaral	Individual	Senior Masculino	01:03:13	+33:27	06:19
331	1229	Rafael Silva	Individual	Senior Masculino	01:03:13	+33:27	06:19
332	1075	David Fontes	Individual	Senior Masculino	01:03:22	+33:37	06:20
333	1085	Diogo Filipe Simões Abade	Individual	Senior Masculino	01:03:34	+33:49	06:21
334	678	Paulo Preto Castanho	FOCCUS_TUU	Senior Masculino	01:03:39	+33:53	06:22
335	2444	Francisco Oliveira	Sky.runners	Senior Masculino	01:03:41	+33:56	06:22
336	1199	Miguel Meireles Teixeira	Individual	Senior Masculino	01:03:43	+33:58	06:22
337	2354	Vitor Lopes	Run 4 your life - PHIVE	Senior Masculino	01:03:57	+34:12	06:24
338	1208	Nuno Filipe Marin Norberto	Individual	Senior Masculino	01:03:57	+34:12	06:24
339	675	Lucas Monteiro	FOCCUS_TUU	Senior Masculino	01:04:01	+34:16	06:24
340	672	José Dinis	FOCCUS_TUU	Senior Masculino	01:04:02	+34:16	06:24
341	2126	Rúben Filipe Carvalho Marques	Nuncamais!	Senior Masculino	01:04:15	+34:29	06:25
342	1161	José Ladeiro	Individual	Senior Masculino	01:04:20	+34:34	06:26
343	2018	Mário Laranjeiro Gouveia Santos	Laranjal	Senior Masculino	01:04:34	+34:48	06:27
344	1252	Tiago André Gonçalves Dinis	Individual	Senior Masculino	01:04:35	+34:50	06:28
345	659	André vilas boas	FOCCUS_TUU	Senior Masculino	01:04:53	+35:08	06:29
346	1211	Oscar David Torres Sanchez	Individual	Senior Masculino	01:05:11	+35:25	06:31
347	660	Bruno Micael	FOCCUS_TUU	Senior Masculino	01:05:12	+35:26	06:31
348	533	Fabio Silveira	Domus Trail	Senior Masculino	01:05:13	+35:28	06:31
349	468	Jorge Duarte	CPT Coimbra	Senior Masculino	01:05:22	+35:37	06:32
350	2466	João Rui Leitão Ribeiro	Sunday Run day	Senior Masculino	01:05:27	+35:41	06:33
351	1073	David Carvalho	Individual	Senior Masculino	01:05:48	+36:02	06:35
352	1155	Joaquim Cabral	Individual	Senior Masculino	01:06:08	+36:23	06:37
353	1131	JEREMIAS J. E. JALIL	Individual	Senior Masculino	01:06:09	+36:24	06:37
354	1191	MAXIMILIANO SANCHEZ	Individual	Senior Masculino	01:06:09	+36:24	06:37
355	1053	Bernardo Monteiro Pimenta	Individual	Senior Masculino	01:06:17	+36:31	06:38
356	467	André Rodrigues	CPT Coimbra	Senior Masculino	01:06:37	+36:52	06:40
357	1110	Filipe Covelo	Individual	Senior Masculino	01:06:50	+37:05	06:41
358	2274	Manuel Duarte Gonçalves Baião Pereira de Almeida	Remax White	Senior Masculino	01:07:00	+37:14	06:42
359	1087	Diogo Guerreiro	Individual	Senior Masculino	01:07:17	+37:31	06:44
360	229	Ivan Costa	B .V. Mortágua	Senior Masculino	01:07:17	+37:32	06:44

Prova Principal

10 KM

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

361	668	Frederico Macedo	FOCCUS_TUU	Senior Masculino	01:07:23	+37:38	06:44
362	2020	Tiago José Gaspar Pimentel	Laranjal	Senior Masculino	01:07:34	+37:48	06:45
363	1056	Bruno Neves da Silva	Individual	Senior Masculino	01:07:55	+38:09	06:47
364	2349	Diogo Santos	Run 4 your life - PHIVE	Senior Masculino	01:07:57	+38:11	06:48
365	2445	Matheus Panicio	Sky.runners	Senior Masculino	01:08:34	+38:49	06:51
366	1036	Alexandre Fernandes	Individual	Senior Masculino	01:09:28	+39:42	06:57
367	1125	Gonçalo Pereira	Individual	Senior Masculino	01:09:29	+39:43	06:57
368	1170	Leandro Filipe Silva Leonardo Ralha	Individual	Senior Masculino	01:09:37	+39:52	06:58
369	286	João Antão	Cagamelos	Senior Masculino	01:09:54	+40:09	06:59
370	666	Eduardo Guerra	FOCCUS_TUU	Senior Masculino	01:09:55	+40:09	06:59
371	1253	Tiago Guiomar	Individual	Senior Masculino	01:10:00	+40:14	07:00
372	2123	Miguel Ruivo	NPCs	Senior Masculino	01:10:00	+40:15	07:00
373	1098	Elísio Alexandre Mira Pena de Campos e Sousa	Individual	Senior Masculino	01:10:01	+40:16	07:00
374	2122	Félix Rodrigues	NPCs	Senior Masculino	01:10:01	+40:16	07:00
375	1045	António Murta Carvalho	Individual	Senior Masculino	01:11:03	+41:17	07:06
376	2150	Francisco Pratas	Os Lindos	Senior Masculino	01:11:03	+41:17	07:06
377	2060	Tiago dos Santos Mota	Maratonistas de Sofá	Senior Masculino	01:11:27	+41:41	07:09
378	779	Flávio Silva	Fruta da 5ª	Senior Masculino	01:11:29	+41:44	07:09
379	1088	Diogo Pereira	Individual	Senior Masculino	01:11:36	+41:50	07:10
380	2028	Dionisio mendes	Longevity Team	Senior Masculino	01:11:56	+42:10	07:12
381	2100	Mauro Nereu	Monumentais Atletas	Senior Masculino	01:11:57	+42:11	07:12
382	1149	João Pedro Neves	Individual	Senior Masculino	01:12:17	+42:31	07:14
383	1946	João Pedro Lopes Freire	Já chegámos?	Senior Masculino	01:12:41	+42:55	07:16
384	835	João Terrível	Grupo não Abeliano	Senior Masculino	01:12:47	+43:01	07:17
385	1233	ricardo pereira	Individual	Senior Masculino	01:12:55	+43:09	07:17
386	1102	Emanuel Silva	Individual	Senior Masculino	01:12:58	+43:12	07:18
387	674	Leonardo vieira	FOCCUS_TUU	Senior Masculino	01:13:19	+43:33	07:20
388	662	Bruno Simões	FOCCUS_TUU	Senior Masculino	01:13:36	+43:51	07:22
389	2084	João Gonçalves	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Senior Masculino	01:13:53	+44:07	07:23
390	1996	Leonardo Falcão	KrushIt Runners	Senior Masculino	01:13:54	+44:08	07:23
391	1212	Patrick Guerra	Individual	Senior Masculino	01:14:10	+44:24	07:25
392	1205	Moisés Dias	Individual	Senior Masculino	01:14:12	+44:27	07:25
393	1944	Hugo Jorge da Cunha Fernandes.	Já chegámos?	Senior Masculino	01:14:42	+44:56	07:28
394	673	José Rodrigues	FOCCUS_TUU	Senior Masculino	01:14:48	+45:03	07:29
395	1068	Daniel Gertrudes	Individual	Senior Masculino	01:15:49	+46:03	07:35
396	245	João Basso	Bluepharma	Senior Masculino	01:16:03	+46:17	07:36
397	1124	Gonçalo Medeiros	Individual	Senior Masculino	01:19:00	+49:14	07:54
398	1139	João Filipe Dias Figueiredo	Individual	Senior Masculino	01:20:17	+50:32	08:02
399	798	João Freitas Cruz	Geração90	Senior Masculino	01:21:03	+51:18	08:06
400	1235	Ricardo Simões	Individual	Senior Masculino	01:21:50	+52:04	08:11
401	664	Carlos ramos	FOCCUS_TUU	Senior Masculino	01:23:19	+53:33	08:20
402	2590	Duarte Santos	Viseu 360	Senior Masculino	01:30:33	+01:00:47	09:03

Prova Principal**10 KM**

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

Veterana F35

1	2	Solange Jesus	SC BRAGA	Veterana F35	33:46	03:23
2	841	Tânia Pinto	Grupo Recreativo Eirense	Veterana F35	41:34	+07:48 04:09
3	1284	Ines Costa	Individual	Veterana F35	44:37	+10:51 04:28
4	554	Maria Carvalho	Escola de Atletismo de Coimbra/JPaiva	Veterana F35	47:56	+14:10 04:48
5	132	Carina Carvalho	Almatrail	Veterana F35	48:06	+14:20 04:49
6	2024	Ligia Marques	Ligia Marques	Veterana F35	48:53	+15:06 04:53
7	574	Carolina Saraiva	Esgalhada Trail Team	Veterana F35	49:03	+15:17 04:54
8	2404	Salomé Oliveira	Sanfil Medicina	Veterana F35	49:11	+15:25 04:55
9	2315	Mara Janeiro	RIJO HYBRID TEAM	Veterana F35	51:38	+17:51 05:10
10	1298	Raquel Abrantes	Individual	Veterana F35	52:51	+19:05 05:17
11	1295	Mónica Ventura	Individual	Veterana F35	53:04	+19:18 05:18
12	310	Magarete Duarte	Casca de bala	Veterana F35	55:03	+21:17 05:30
13	1305	Sara Felício	Individual	Veterana F35	55:40	+21:54 05:34
14	824	Andreia Sofia Santos Bernardo	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterana F35	56:13	+22:26 05:37
15	2103	Inês Dias	Mota Dias e Lima	Veterana F35	56:58	+23:12 05:42
16	1299	Raquel Estrela	Individual	Veterana F35	57:10	+23:24 05:43
17	2135	Mariana Póvoa	On Move BPR	Veterana F35	57:24	+23:37 05:44
18	1266	Ana Botelho	Individual	Veterana F35	57:25	+23:39 05:45
19	1315	Teresa Botelho	Individual	Veterana F35	57:26	+23:40 05:45
20	71	Ana Sousa	Académica Triatlo	Veterana F35	57:39	+23:52 05:46
21	2142	Daniela Jardim Pereira	Os Canunas	Veterana F35	58:03	+24:17 05:48
22	1286	Joana Santos	Individual	Veterana F35	58:47	+25:01 05:53
23	1288	Mara Beirão	Individual	Veterana F35	58:49	+25:03 05:53
24	20	Daniela Nunes	6:45	Veterana F35	59:05	+25:18 05:54
25	1999	Ana Sofia Ribeiro	KrushIt Runners	Veterana F35	59:22	+25:35 05:56
26	2521	Patrícia Carvalho	Trambolhos do asfalto	Veterana F35	59:32	+25:46 05:57
27	689	Joana Rodrigues Mortágua	FOCCUS_TUU	Veterana F35	59:35	+25:49 05:58
28	2302	Carine Lopes	Revista Maria	Veterana F35	59:46	+26:00 05:59
29	1312	Tânia Brejo	Individual	Veterana F35	59:53	+26:07 05:59
30	1283	Inês alvadia	Individual	Veterana F35	01:00:01	+26:15 06:00
31	2431	Cátia Sofia Tavares Ferreira	Shape on You	Veterana F35	01:00:04	+26:17 06:00
32	1303	Sandra Batista	Individual	Veterana F35	01:00:04	+26:18 06:00
33	491	Andreia Silva	CTCV Motion Team	Veterana F35	01:00:06	+26:19 06:01
34	157	Elisabete correia	ARCD Venda da Luisa	Veterana F35	01:00:09	+26:23 06:01
35	2277	Ana Cátia Madeira Simões	Remax White	Veterana F35	01:00:27	+26:41 06:03
36	469	Bruna Ferreira	CPT Coimbra	Veterana F35	01:00:53	+27:07 06:05
37	1293	Marisa Brás	Individual	Veterana F35	01:01:00	+27:14 06:06
38	1264	Adriana Pinto	Individual	Veterana F35	01:01:54	+28:07 06:11
39	1311	Soraia Martins	Individual	Veterana F35	01:01:56	+28:10 06:12
40	1279	Caty Dias	Individual	Veterana F35	01:01:57	+28:11 06:12
41	155	Andreia Castro	ARCD Venda da Luisa	Veterana F35	01:02:08	+28:21 06:13
42	1307	Sara Monteiro Gonçalves	Individual	Veterana F35	01:02:15	+28:29 06:13
43	1314	Tânia Sabino	Individual	Veterana F35	01:02:20	+28:34 06:14

Prova Principal**10 KM**

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

44	1292	Mariana Mouronho Fernandes	Individual	Veterana F35	01:02:20	+28:34	06:14
45	1309	Sónia Rascão	Individual	Veterana F35	01:02:28	+28:42	06:15
46	1301	Rute Micaela Figueiredo da Silva	Individual	Veterana F35	01:02:37	+28:51	06:16
47	1285	Inês Rondão	Individual	Veterana F35	01:02:41	+28:54	06:16
48	1963	Monica Ruivo	K STUDIO RUNNING TEAM	Veterana F35	01:02:55	+29:09	06:17
49	1306	Sara Maria Alves Pinto	Individual	Veterana F35	01:02:57	+29:11	06:18
50	1270	ANA ISABEL HENRIQUES LOURENÇO SIMÕES	Individual	Veterana F35	01:03:08	+29:22	06:19
51	534	Karoll Kolombo	Domus Trail	Veterana F35	01:03:09	+29:23	06:19
52	191	Ana Sofia Santos	Artistas	Veterana F35	01:03:39	+29:53	06:22
53	1268	Ana Carolina Domingues Dinis	Individual	Veterana F35	01:03:51	+30:05	06:23
54	2519	Cátia Santos	Trambolhos do asfalto	Veterana F35	01:03:58	+30:12	06:24
55	251	Joana Pacheco Mendes	Bluepharma	Veterana F35	01:04:07	+30:21	06:25
56	266	Ana Rita Trindade	Botão Camp	Veterana F35	01:04:15	+30:28	06:25
57	2357	Joana Silva	Run 4 your life - PHIVE	Veterana F35	01:04:19	+30:33	06:26
58	1269	Ana Freitas	Individual	Veterana F35	01:04:24	+30:38	06:26
59	2448	Ana Taboada	Sky.runners	Veterana F35	01:04:30	+30:43	06:27
60	2447	Alice Morgado	Sky.runners	Veterana F35	01:05:48	+32:02	06:35
61	2221	Patrícia Primo	Primo	Veterana F35	01:06:03	+32:17	06:36
62	1280	Cláudia Costa	Individual	Veterana F35	01:06:06	+32:20	06:37
63	691	Xana ferraz	FOCCUS_TUU	Veterana F35	01:06:20	+32:34	06:38
64	1276	Carina Isabel Madeira Amaral Borges	Individual	Veterana F35	01:06:31	+32:45	06:39
65	1302	Sandra Agra	Individual	Veterana F35	01:06:59	+33:13	06:42
66	2359	Sara Barreira	Run 4 your life - PHIVE	Veterana F35	01:07:29	+33:43	06:45
67	690	Tânia Duarte	FOCCUS_TUU	Veterana F35	01:07:31	+33:45	06:45
68	1289	Maria Madalena Lima Amorim	Individual	Veterana F35	01:07:35	+33:49	06:46
69	2029	Filipa bagulho	Longevity Team	Veterana F35	01:07:37	+33:51	06:46
70	1274	Ashwini Bapat	Individual	Veterana F35	01:08:39	+34:53	06:52
71	2520	Joana Cruz	Trambolhos do asfalto	Veterana F35	01:10:06	+36:20	07:01
72	1287	Liliana Seródio	Individual	Veterana F35	01:11:03	+37:17	07:06
73	21	Inês Sobral	6:45	Veterana F35	01:11:44	+37:58	07:10
74	2000	Daniela Alves	KrushIt Runners	Veterana F35	01:12:12	+38:25	07:13
75	250	Carina Carvalho	Bluepharma	Veterana F35	01:12:57	+39:10	07:18
76	460	Tatiane de Freitas Oliveira	Corredores do Leão	Veterana F35	01:13:18	+39:31	07:20
77	1278	Catarina Ferreira	Individual	Veterana F35	01:13:29	+39:42	07:21
78	1962	Carina Batista	K STUDIO RUNNING TEAM	Veterana F35	01:13:44	+39:58	07:22
79	2609	Diana Maura dos Santos Rodrigues	Sanfil Medicina	Veterana F35	01:13:44	+39:58	07:22
80	1296	Patricia Mendes	Individual	Veterana F35	01:13:52	+40:06	07:23
81	1304	Sandra Lucas	Individual	Veterana F35	01:14:10	+40:24	07:25
82	2355	ana Barreira	Run 4 your life - PHIVE	Veterana F35	01:14:48	+41:02	07:29
83	156	Carla Cotas	ARCD Venda da Luisa	Veterana F35	01:14:51	+41:04	07:29
84	2316	Raquel Dias	RIJO HYBRID TEAM	Veterana F35	01:15:18	+41:32	07:32
85	1308	Sónia Campos	Individual	Veterana F35	01:15:47	+42:01	07:35
86	1281	Érica Dias	Individual	Veterana F35	01:17:59	+44:13	07:48
87	1272	Ana Raquel Póvoa Correia	Individual	Veterana F35	01:19:19	+45:33	07:56
88	138	Carolina Cardantas	Anaquim	Veterana F35	01:19:55	+46:08	07:59
89	1265	Alexandra Pascoal	Individual	Veterana F35	01:20:22	+46:36	08:02

Prova Principal
10 KM

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

90	2358	Lisete Marques	Run 4 your life - PHIVE	Veterana F35	01:24:14	+50:28	08:25
91	1271	Ana Paula Lessa Sathler Domiciano	Individual	Veterana F35	01:26:32	+52:46	08:39

Veterana F40

1	72	Filipa Santos	Académica Triatlo	Veterana F40	38:18		03:50
2	582	Hannah Hussein Ibrahim Taha	Familia 2025 ATIVAR	Veterana F40	44:25	+06:07	04:26
3	1322	Anabela Santiago Marques	Individual	Veterana F40	45:48	+07:29	04:35
4	705	Taciana Góes	FOCCUS_TUU	Veterana F40	46:02	+07:44	04:36
5	555	Clara Sofia da Costa Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	46:14	+07:56	04:37
6	1325	Carla Neves	Individual	Veterana F40	48:20	+10:02	04:50
7	434	Edite Andre	Coimbra Trail Running	Veterana F40	49:14	+10:56	04:55
8	2490	Dora Silva	Team JM Fitness	Veterana F40	49:28	+11:09	04:57
9	1346	Marta Sofia	Individual	Veterana F40	49:36	+11:18	04:58
10	1327	Catarina Simões	Individual	Veterana F40	49:54	+11:36	04:59
11	1351	Rute Aguiar de Melo	Individual	Veterana F40	50:45	+12:27	05:04
12	477	Joana Moutela	CPT Sobral de Ceira	Veterana F40	50:55	+12:37	05:06
13	2471	Cristina Teixeira	Talentos Objetivos	Veterana F40	51:30	+13:12	05:09
14	1358	Vera Tomé	Individual	Veterana F40	51:49	+13:31	05:11
15	2085	Ana Sêco	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Veterana F40	52:04	+13:46	05:12
16	113	JACINTA MANATA	Adões Trail	Veterana F40	52:10	+13:52	05:13
17	42	Isa Neves	AAC REMO	Veterana F40	52:13	+13:55	05:13
18	1355	Sónia Isabel Gomes RAMOS	Individual	Veterana F40	52:24	+14:06	05:14
19	2502	Ana Fortuna	THE FIRST TEAM	Veterana F40	52:55	+14:37	05:17
20	1324	Armanda Santos	Individual	Veterana F40	52:55	+14:37	05:18
21	785	Natalina Almeida	FUN RUN GIRLS CLUB	Veterana F40	53:21	+15:03	05:20
22	1326	Catarina Pereira	Individual	Veterana F40	53:34	+15:16	05:21
23	193	Olena Yurchuk	Artistas	Veterana F40	53:51	+15:33	05:23
24	1956	Sónia Isabel Duarte Franco	JRun Project	Veterana F40	54:04	+15:46	05:24
25	2393	Sandra Manuela Rodrigues Mendes Ribeiro	S.M.M. ATLETISMO	Veterana F40	54:06	+15:47	05:25
26	1352	Sandrina Pereira	Individual	Veterana F40	54:12	+15:54	05:25
27	538	Patricia Oliveira	Energize_me	Veterana F40	54:26	+16:08	05:27
28	1340	Mara Alexandra Martinho Cardoso	Individual	Veterana F40	55:22	+17:04	05:32
29	435	Raquel Rondão	Coimbra Trail Running	Veterana F40	55:40	+17:22	05:34
30	1964	Catarina Sousa	K STUDIO RUNNING TEAM	Veterana F40	55:51	+17:33	05:35
31	2077	Isabel Jesus	MIRO TRAIL	Veterana F40	55:57	+17:39	05:36
32	2321	Vera Gomes	RIJO HYBRID TEAM	Veterana F40	55:59	+17:41	05:36
33	1319	Ana Pocinho	Individual	Veterana F40	56:32	+18:14	05:39
34	818	Patricia Cotovio	Goslow	Veterana F40	56:34	+18:16	05:39
35	695	Catarina Filipe	FOCCUS_TUU	Veterana F40	56:50	+18:31	05:41
36	2120	Vera Moreira	Nós2	Veterana F40	56:55	+18:36	05:41
37	385	Fausto Emanuel Forte dos Reis	CM Coimbra	Veterana F40	57:01	+18:42	05:42
38	2467	Andreia Mendes Fernandes	Sunday Run day	Veterana F40	57:05	+18:47	05:43
39	2503	Andreia Pinto	THE FIRST TEAM	Veterana F40	57:08	+18:50	05:43

Official Timekeeper: Lap2Go	20 / 49	generate 14-dez.-2024 20:19
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Prova Principal
10 KM
OFFICIAL RESULT

40	1911	Anabela Almeida	IPN Runners	Veterana F40	57:10	+18:52	05:43
41	2227	Ana Oliveira	PROSISTEM.Runners	Veterana F40	57:49	+19:31	05:47
42	13	Eva Fernandes	#GangueDasCalorias	Veterana F40	58:30	+20:12	05:51
43	2573	Susana Raquel Pinto de Matos	URCR 2024	Veterana F40	58:33	+20:15	05:51
44	2319	Liliane Brásio	RIJO HYBRID TEAM	Veterana F40	58:47	+20:29	05:53
45	2571	Elisabete Vitorino	URCR 2024	Veterana F40	58:48	+20:29	05:53
46	1349	Nizia Isidoro	Individual	Veterana F40	58:52	+20:34	05:53
47	2433	Tânia Teresa dos Santos Ralha	Shape on You	Veterana F40	59:15	+20:57	05:56
48	1318	Ana Paula Teixeira	Individual	Veterana F40	59:19	+21:01	05:56
49	2432	Ana Isabel Gomes Neves	Shape on You	Veterana F40	59:38	+21:20	05:58
50	1342	Maria João de Barros Campos	Individual	Veterana F40	59:40	+21:22	05:58
51	159	Liliane Vaz	ARCD Venda da Luisa	Veterana F40	59:54	+21:36	05:59
52	1347	Marta Viegas Cardoso	Individual	Veterana F40	59:55	+21:37	06:00
53	1966	Lili Seabra	K STUDIO RUNNING TEAM	Veterana F40	59:56	+21:38	06:00
54	2572	Sandra Isabel Mendes dos Reis	URCR 2024	Veterana F40	59:58	+21:40	06:00
55	2481	Mónica Parente	Team Diamantino Jorge&Filho, S.A.	Veterana F40	01:00:07	+21:49	06:01
56	697	Cristina Sofia Perninha da Costa Coelho	FOCCUS_TUU	Veterana F40	01:00:24	+22:06	06:02
57	2183	Lígia Ferreira	Owpharma	Veterana F40	01:00:29	+22:11	06:03
58	2229	Lina Carvalho	PROSISTEM.Runners	Veterana F40	01:00:33	+22:15	06:03
59	51	Ana Flôr da Silva Marques	Academia de Desportos de Condeixa	Veterana F40	01:00:59	+22:41	06:06
60	2480	Liliana Lopes	Team Diamantino Jorge&Filho, S.A.	Veterana F40	01:01:04	+22:46	06:06
61	1334	Joana Castanheira	Individual	Veterana F40	01:01:27	+23:09	06:09
62	1320	Ana Raquel Sá Rodrigues	Individual	Veterana F40	01:01:34	+23:16	06:09
63	2165	Nancy Simões	OS PE NA COVA	Veterana F40	01:01:39	+23:21	06:10
64	1330	Georgina Baptista	Individual	Veterana F40	01:02:36	+24:18	06:16
65	2086	Sandra Gonçalves	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Veterana F40	01:03:07	+24:49	06:19
66	696	Cláudia Carrapato	FOCCUS_TUU	Veterana F40	01:03:16	+24:58	06:20
67	2332	JOANA RODRIGUES	RM RUNNERS	Veterana F40	01:03:48	+25:30	06:23
68	1343	Mariana schwindt	Individual	Veterana F40	01:03:53	+25:35	06:23
69	52	Juliana Pratas	Individual	Veterana F40	01:03:56	+25:38	06:24
70	2489	Cláudia Amaral	Team JM Fitness	Veterana F40	01:04:21	+26:03	06:26
71	698	Joana Manaia	FOCCUS_TUU	Veterana F40	01:04:37	+26:19	06:28
72	694	Carlos Lopes	FOCCUS_TUU	Veterana F40	01:04:51	+26:33	06:29
73	700	Lisa Nunes	FOCCUS_TUU	Veterana F40	01:04:55	+26:37	06:29
74	2116	Paula Rocha	Nelson Gym	Veterana F40	01:05:01	+26:43	06:30
75	365	Raquel Santos	Clube - Clube de Veteranos de Atletismo de Coimbra	Veterana F40	01:05:21	+27:03	06:32
76	703	Rita Januário	FOCCUS_TUU	Veterana F40	01:05:34	+27:16	06:33
77	462	Jocilene Azevedo Trindade Amarante	Corredores do Leão	Veterana F40	01:05:56	+27:37	06:36
78	2317	Ana Margarida Martins França	RIJO HYBRID TEAM	Veterana F40	01:06:07	+27:49	06:37
79	1344	Marisa Amaral de Almeida	Individual	Veterana F40	01:06:31	+28:13	06:39
80	2001	Cláudia Trindade	KrushIt Runners	Veterana F40	01:06:49	+28:31	06:41
81	692	Ana colaco	FOCCUS_TUU	Veterana F40	01:06:59	+28:41	06:42

Prova Principal

10 KM

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

82	267	Patrícia Almeida	Botão Camp	Veterana F40	01:07:22	+29:04	06:44
83	1335	Joana Isabel Ferreira Alexandre da Silva	Individual	Veterana F40	01:07:41	+29:23	06:46
84	315	Rute Alexandra de Almeida Pinheiro	Castêlo da Maia Runners	Veterana F40	01:08:00	+29:42	06:48
85	461	FABIANA CRISTINA RIBEIRO SEVERIANO GONÇALVES	Corredores do Leão	Veterana F40	01:08:34	+30:15	06:51
86	1316	Amina Ismael	Individual	Veterana F40	01:08:41	+30:23	06:52
87	2482	Rita Castanheira	Team Diamantino Jorge&Filho, S.A.	Veterana F40	01:08:44	+30:26	06:52
88	784	Elisabete Vaz	FUN RUN GIRLS CLUB	Veterana F40	01:08:57	+30:39	06:54
89	2604	Micaela Pires	Individual	Veterana F40	01:09:04	+30:46	06:54
90	264	Mariana Campos	Bora Assessoria	Veterana F40	01:09:20	+31:02	06:56
91	1332	Inês Margarida Sal Martins	Individual	Veterana F40	01:09:57	+31:39	07:00
92	704	Rita Januário	FOCCUS_TUU	Veterana F40	01:10:01	+31:43	07:00
93	2406	Sandra Raquel de Jesus Ribeiro	Sanfil Medicina	Veterana F40	01:10:06	+31:47	07:01
94	2331	Filipa Neves	RM RUNNERS	Veterana F40	01:10:14	+31:56	07:01
95	2434	Vânia Sofia Fonseca Santos	Shape on You	Veterana F40	01:10:39	+32:21	07:04
96	2453	Filipa Santos	SMA	Veterana F40	01:11:03	+32:45	07:06
97	707	Vera Cordeiro	FOCCUS_TUU	Veterana F40	01:11:33	+33:15	07:09
98	1359	Véronique Seco	Individual	Veterana F40	01:11:44	+33:26	07:10
99	706	Vanessa Gonçalves	FOCCUS_TUU	Veterana F40	01:12:04	+33:46	07:12
100	293	Renata Uchoa	Calamaria	Veterana F40	01:12:39	+34:20	07:16
101	2407	Sónia Margarida Travassos Rama	Sanfil Medicina	Veterana F40	01:12:45	+34:27	07:16
102	1955	Liliana Ferreira	JRun Project	Veterana F40	01:12:49	+34:31	07:17
103	364	Joana Santos	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterana F40	01:13:14	+34:56	07:19
104	585	Ana Azeiteiro	Farmácia Luciano e Matos	Veterana F40	01:13:46	+35:27	07:23
105	73	Sandra Matos	Académica Triatlo	Veterana F40	01:13:48	+35:30	07:23
106	558	Daniela Norte	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	01:13:52	+35:33	07:23
107	1317	Ana Célia Henriques Antunes	Individual	Veterana F40	01:14:08	+35:50	07:25
108	1333	Ines Menezes	Individual	Veterana F40	01:14:59	+36:41	07:30
109	2303	Carina Rodrigues	Revista Maria	Veterana F40	01:15:16	+36:58	07:32
110	2318	Inês Madeira	RIJO HYBRID TEAM	Veterana F40	01:15:47	+37:28	07:35
111	693	Ana Lobo	FOCCUS_TUU	Veterana F40	01:15:51	+37:33	07:35
112	2002	Raquel Rego	KrushIt Runners	Veterana F40	01:16:03	+37:45	07:36
113	2456	Dora Dinis	Somisis	Veterana F40	01:16:26	+38:08	07:39
114	1360	Zósima Lima Pinto	Individual	Veterana F40	01:17:54	+39:35	07:47
115	2115	Helena Guerra	Nelson Gym	Veterana F40	01:18:23	+40:05	07:50
116	597	Olga Correia	Farmácia Santo André	Veterana F40	01:19:41	+41:23	07:58
117	586	Mélanie Duarte	Farmácia Luciano e Matos	Veterana F40	01:20:12	+41:54	08:01
118	1904	ANABELA NEVES	Inter da Mata	Veterana F40	01:20:29	+42:11	08:03
119	1905	OLGA MOURA	Inter da Mata	Veterana F40	01:20:29	+42:11	08:03
120	2153	Lisa Rodrigues	Os Loucos	Veterana F40	01:20:47	+42:29	08:05
121	855	Andreia Patrícia C. Oliveira	Happys	Veterana F40	01:21:06	+42:48	08:07
122	1323	Andreia Oliveira Almeida	Individual	Veterana F40	01:21:06	+42:48	08:07
123	1345	Marta Lopes	Individual	Veterana F40	01:21:06	+42:48	08:07
124	606	Vera Vieira	Finos & caracóis	Veterana F40	01:21:20	+43:02	08:08

Prova Principal**10 KM**

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

125	1336	Joana Vale	Individual	Veterana F40	01:25:01	+46:43	08:30
126	599	Vera Sofia Duarte	Farmácia Santo André	Veterana F40	01:25:30	+47:12	08:33
127	1353	SARA NASCIMENTO	Individual	Veterana F40	01:27:14	+48:56	08:43
128	2360	Liliane Santos	Run 4 your life - PHIVE	Veterana F40	01:32:29	+54:11	09:15

Veterana F45

1	4	Carla Martinho	RECREIO DESPORTIVO DE ÁGUEDA	Veterana F45	34:29		03:27
2	541	Célia Alves	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	40:29	+06:00	04:03
3	277	Catarina Alves	C. F. Os Marialvas	Veterana F45	47:10	+12:40	04:43
4	1388	Sandra de Carvalho	Individual	Veterana F45	47:17	+12:48	04:44
5	502	Maribel Cardoso	DAR Recardães	Veterana F45	47:40	+13:10	04:46
6	328	Filomena Marques	CF Os Marialvas	Veterana F45	47:42	+13:12	04:46
7	812	Mónica Rocha	Gira Sol	Veterana F45	49:25	+14:55	04:56
8	1393	Tânia Mateus	Individual	Veterana F45	50:01	+15:31	05:00
9	199	Patrícia Neto	Associação Académica de Coimbra	Veterana F45	51:31	+17:01	05:09
10	1381	Marta Maria Pleno da Fonseca	Individual	Veterana F45	52:33	+18:04	05:15
11	1366	Catarina Sequeira	Almatrail	Veterana F45	52:47	+18:17	05:17
12	1365	Andrea Salgueiro	Individual	Veterana F45	53:20	+18:50	05:20
13	1380	Marta lacerda	Individual	Veterana F45	53:36	+19:06	05:22
14	1362	Ana Isabel Rocha Vieira Marques	Individual	Veterana F45	53:36	+19:06	05:22
15	163	Sílvia costa	ARCD Venda da Luisa	Veterana F45	54:19	+19:49	05:26
16	2485	Paula Juliets	Team El Comandante	Veterana F45	54:26	+19:56	05:27
17	511	Helena Lopes	Individual	Veterana F45	54:55	+20:26	05:30
18	1364	Ana Rufino	Individual	Veterana F45	55:09	+20:40	05:31
19	2622	Isabel Coimbra	Coimbra Trail Running	Veterana F45	55:15	+20:45	05:32
20	712	Conceição costa	FOCCUS_TUU	Veterana F45	55:15	+20:46	05:32
21	362	Fátima Baptista Santos	CLUBE PESSOAL EDP PORTO	Veterana F45	55:43	+21:13	05:34
22	114	Telma Costa	Adões Trail	Veterana F45	55:49	+21:19	05:35
23	2003	Luis Reis	KrushIt Runners	Veterana F45	55:53	+21:23	05:35
24	161	Graça Simões	ARCD Venda da Luisa	Veterana F45	56:40	+22:11	05:40
25	557	Andreia Costa	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	56:44	+22:14	05:40
26	2591	Ana Sofia da Costa Loureiro Chaves	Viseu 360	Veterana F45	57:13	+22:43	05:43
27	1969	Claudia Vaz	K STUDIO RUNNING TEAM	Veterana F45	57:22	+22:53	05:44
28	1970	Regina Rei	K STUDIO RUNNING TEAM	Veterana F45	57:23	+22:53	05:44
29	1968	Andreia Catarino	K STUDIO RUNNING TEAM	Veterana F45	57:29	+22:59	05:45
30	607	Margarida Victor Vieira	Finos & caracóis	Veterana F45	58:14	+23:44	05:49
31	2504	Sandra Mendes	THE FIRST TEAM	Veterana F45	58:17	+23:47	05:50
32	1392	Susana Matos	Individual	Veterana F45	58:19	+23:50	05:50
33	719	Raquel coragem	FOCCUS_TUU	Veterana F45	58:24	+23:55	05:50
34	2087	CELIA CARVALHO	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Veterana F45	58:28	+23:58	05:51
35	134	Ana Lucas	Ameal Trail	Veterana F45	58:44	+24:15	05:52
36	2381	Daniela Ferreira	RUNNING4FUN Team Viseu	Veterana F45	58:55	+24:26	05:54

Official Timekeeper: Lap2Go	23 / 49	generate 14-dez.-2024 20:19
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Prova Principal

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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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37	2279	Marta Mateus	Remax White	Veterana F45	59:16	+24:47	05:56
38	1385	Rita Fernandes	Individual	Veterana F45	59:31	+25:01	05:57
39	718	Olga caramelo	FOCCUS_TUU	Veterana F45	59:35	+25:06	05:58
40	1383	Monica salvador	Individual	Veterana F45	59:35	+25:06	05:58
41	298	Anabela Dinis Tavares Figueiredo	CAOH-Clube Atlético de Oliveira do Hospital	Veterana F45	59:36	+25:06	05:58
42	1389	Sílvia Matos	Individual	Veterana F45	59:59	+25:30	06:00
43	717	Luísa Ganho	FOCCUS_TUU	Veterana F45	01:00:01	+25:32	06:00
44	711	Ana Tavares	FOCCUS_TUU	Veterana F45	01:00:04	+25:34	06:00
45	2322	Joana Nogueira	RIJO HYBRID TEAM	Veterana F45	01:00:21	+25:51	06:02
46	1390	Sofia Rocha	Individual	Veterana F45	01:00:46	+26:17	06:05
47	1363	Ana Ledo	Individual	Veterana F45	01:00:50	+26:20	06:05
48	2166	Liliana Rodrigues	OS PE NA COVA	Veterana F45	01:00:51	+26:22	06:05
49	1371	Elsa Carvalho	Individual	Veterana F45	01:01:41	+27:11	06:10
50	2468	Mariya Dimitrova Gyundurova de Oliveira	Sunday Run day	Veterana F45	01:01:53	+27:23	06:11
51	2088	Liliana Serra	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Veterana F45	01:01:53	+27:24	06:11
52	2004	Marisa Sá	Krushlt Runners	Veterana F45	01:02:10	+27:40	06:13
53	1395	Tânia Rodrigues	Individual	Veterana F45	01:02:18	+27:48	06:14
54	556	Ana Rebola	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	01:02:46	+28:17	06:17
55	210	Erika Bizarro	Atletas ao Domingo	Veterana F45	01:02:58	+28:28	06:18
56	1377	Lina Santos	Individual	Veterana F45	01:03:14	+28:44	06:19
57	36	Sofia Sampaio	A2Z	Veterana F45	01:03:25	+28:55	06:21
58	714	ESMERALDA MARIA DE ALMEIDA CARVALHO	FOCCUS_TUU	Veterana F45	01:03:55	+29:25	06:23
59	2197	Catarina Sofia Ventura Parrado Baptista Moniz	PEKI	Veterana F45	01:04:05	+29:35	06:24
60	1972	Susana Paula Costa	K STUDIO RUNNING TEAM	Veterana F45	01:04:09	+29:39	06:25
61	268	Maria João Pereira	Botão Camp	Veterana F45	01:04:15	+29:45	06:25
62	2492	Lurdes Antunes	Team JM Fitness	Veterana F45	01:04:21	+29:51	06:26
63	2574	Cidália Maria Regino Rodrigues	URCR 2024	Veterana F45	01:04:26	+29:56	06:27
64	1368	Cláudia Monteiro Pato de Carvalho	Individual	Veterana F45	01:04:41	+30:11	06:28
65	2136	Sónia Vieira	On Move BPR	Veterana F45	01:05:10	+30:41	06:31
66	2209	Maria Bicas	Portuguese United Training Association	Veterana F45	01:05:16	+30:47	06:32
67	1382	Mónica Guedes	Individual	Veterana F45	01:05:26	+30:56	06:33
68	208	Ana Burnay	Atletas ao Domingo	Veterana F45	01:05:33	+31:03	06:33
69	2531	ELIANA SOUSA TAVARES	TSE	Veterana F45	01:05:37	+31:08	06:34
70	2222	Cátia Primo Martins	Primo	Veterana F45	01:06:03	+31:33	06:36
71	1373	Joana Espírito Santo	Individual	Veterana F45	01:06:25	+31:55	06:38
72	2201	Liliana Maria da Costa Barbosa	PÉS TROIKADOS CSCS	Veterana F45	01:06:52	+32:22	06:41
73	209	Cláudia Pinto	Atletas ao Domingo	Veterana F45	01:06:58	+32:28	06:42
74	463	Andrea Maria Azevedo	Corredores do Leão	Veterana F45	01:07:54	+33:25	06:47
75	139	Ana Arieiro	Anaquim	Veterana F45	01:08:46	+34:16	06:53
76	164	Vanda Albuquerque	ARCD Venda da Luisa	Veterana F45	01:09:36	+35:06	06:58
77	2435	Sofia Gomes	Shape on You	Veterana F45	01:10:10	+35:40	07:01
78	575	Cláudia Fontes	esTrilho	Veterana F45	01:10:10	+35:41	07:01

Prova Principal
10 KM

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OFFICIAL RESULT

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79	1979	Carla Alves	Kabi Runners	Veterana F45	01:10:39	+36:09	07:04
80	212	Sara Pereira	Atletas ao Domingo	Veterana F45	01:10:51	+36:21	07:05
81	388	Carla Manuel Ferreira de Carvalho Braz Cardoso	CM Coimbra	Veterana F45	01:10:51	+36:22	07:05
82	1374	Liana Daiha	Individual	Veterana F45	01:11:14	+36:45	07:07
83	2278	Maria Silvia Pereira Cunha	Remax White	Veterana F45	01:11:34	+37:04	07:09
84	2030	Sofia valente	Longevity Team	Veterana F45	01:11:55	+37:26	07:12
85	2144	Natacha Flecha	Os corre para comer	Veterana F45	01:12:03	+37:33	07:12
86	1391	Sónia Matos	Individual	Veterana F45	01:12:07	+37:38	07:13
87	1370	Ekaterina Augusto	Individual	Veterana F45	01:12:29	+38:00	07:15
88	1971	Sandra Rei	K STUDIO RUNNING TEAM	Veterana F45	01:12:49	+38:20	07:17
89	160	Elsa Almeida	ARCD Venda da Luisa	Veterana F45	01:13:23	+38:53	07:20
90	211	Sara Lindo	Atletas ao Domingo	Veterana F45	01:13:34	+39:04	07:21
91	1367	Clara Paiva	Individual	Veterana F45	01:13:38	+39:08	07:22
92	391	Patrícia Seabra	CM Coimbra	Veterana F45	01:13:48	+39:18	07:23
93	392	Sandra Sofia Pereira Simões	CM Coimbra	Veterana F45	01:14:09	+39:40	07:25
94	1379	Maria Aida Henriques Antunes	Individual	Veterana F45	01:14:11	+39:41	07:25
95	716	Josefa janainy mota da silva	FOCCUS_TUU	Veterana F45	01:14:11	+39:42	07:25
96	1372	Joana Batista	Individual	Veterana F45	01:14:58	+40:29	07:30
97	1375	Liliana Andrea Alves Resende	Individual	Veterana F45	01:15:48	+41:18	07:35
98	2491	Cláudia Souto	Team JM Fitness	Veterana F45	01:16:32	+42:02	07:39
99	437	Tania Pinto	Coimbra Trail Running	Veterana F45	01:19:11	+44:42	07:55
100	1378	Margarida Ferreira	Individual	Veterana F45	01:20:06	+45:36	08:01
101	587	Mónica Cunha	Farmácia Luciano e Matos	Veterana F45	01:20:12	+45:43	08:01
102	1384	Olga Martins	Individual	Veterana F45	01:21:05	+46:35	08:06
103	162	Lúisa Simões	ARCD Venda da Luisa	Veterana F45	01:21:21	+46:51	08:08
104	2167	Susana Simões	OS PE NA COVA	Veterana F45	01:25:12	+50:43	08:31

Veterana F50

1	513	Júlia Santos	Individual	Veterana F50	44:07		04:25
2	2382	Celina Dias	RUNNING4FUN Team Viseu	Veterana F50	46:53	+02:45	04:41
3	478	Manuela Gonçalves	CPT Sobral de Ceira	Veterana F50	47:32	+03:25	04:45
4	2230	Carla Manaia	PROSISTEM.Runners	Veterana F50	47:54	+03:46	04:47
5	1397	Carla Martins	Individual	Veterana F50	49:21	+05:14	04:56
6	167	Elisabete Girão	ARCD Venda da Luisa	Veterana F50	49:23	+05:16	04:56
7	1413	Maria de Fátima Fidalgo Lopes	Individual	Veterana F50	49:58	+05:51	05:00
8	2038	Élia Oliveira	Magic friends runners/amitorre	Veterana F50	50:33	+06:25	05:03
9	394	Silvina Maria Nascimento Baptista	CM Coimbra	Veterana F50	50:59	+06:51	05:06
10	825	Rosário Miranda	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterana F50	51:13	+07:06	05:07
11	2160	Sandra Leite	Os Papa Milhas	Veterana F50	51:18	+07:10	05:08
12	25	Teresa Pedro	6:45	Veterana F50	51:46	+07:39	05:11
13	514	Paula Duarte	Individual	Veterana F50	52:21	+08:14	05:14
14	497	Anabela Monteiro	CUMIBROA RUNNING TEAM	Veterana F50	52:43	+08:36	05:16
15	115	Carla Gandarez	Adões Trail	Veterana F50	53:17	+09:10	05:20
16	2117	Carla Alexandra Correia	Individual	Veterana F50	53:22	+09:15	05:20

Official Timekeeper: Lap2Go

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Prova Principal

10 KM

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OFFICIAL RESULT

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68	536	Nuno Manco	Domus Trail	Veterano M35	48:52	+16:41	04:53
69	2366	Vitor Sousa	Runners&Friends	Veterano M35	49:05	+16:54	04:54
70	78	Fábio Veríssimo Santos	Académica Triatlo	Veterano M35	49:06	+16:55	04:55
71	1514	Tiago João Alves Salgueiro	Individual	Veterano M35	49:16	+17:05	04:56
72	1923	Ricardo Santos	J.Prior Running Team	Veterano M35	49:25	+17:15	04:57
73	572	Vítor Sérgio de Oliveira Parola	Escola Superior de Enfermagem de Coimbra	Veterano M35	49:29	+17:19	04:57
74	220	João André Gonçalves	Atletas ao Domingo	Veterano M35	49:35	+17:25	04:58
75	12	Rui Saraiva	#AmigosLoucos	Veterano M35	49:36	+17:26	04:58
76	1922	Micael Santos	J.Prior Running Team	Veterano M35	49:55	+17:45	05:00
77	2524	Rúben Estrela	Trambolhos do asfalto	Veterano M35	50:06	+17:56	05:01
78	2578	António Miguel Ribeiro Paiva	URCR 2024	Veterano M35	50:07	+17:56	05:01
79	2141	Nuno Miguel Pereira da Silva Silva	Orthia	Veterano M35	50:15	+18:05	05:02
80	79	José David Lopes	Académica Triatlo	Veterano M35	50:17	+18:06	05:02
81	1476	Jorge Manuel dos Santos Póvoa	Individual	Veterano M35	50:19	+18:08	05:02
82	1469	João Marques	Individual	Veterano M35	50:21	+18:10	05:02
83	1467	João Carreira	Individual	Veterano M35	50:23	+18:13	05:02
84	1511	Simão Henriques	Individual	Veterano M35	50:24	+18:13	05:02
85	1503	Ricardo Vitorino	Individual	Veterano M35	50:25	+18:15	05:03
86	1507	Rui Canudo	Individual	Veterano M35	50:28	+18:17	05:03
87	2505	Marco Manta	THE FIRST TEAM	Veterano M35	50:33	+18:23	05:03
88	2104	João Lima	Mota Dias e Lima	Veterano M35	51:12	+19:02	05:07
89	1439	André Amado Domingues	Individual	Veterano M35	51:15	+19:05	05:08
90	311	Nuno duarte	Casca de bala	Veterano M35	51:17	+19:07	05:08
91	2010	Nuno Tenente	KrushIt Runners	Veterano M35	51:46	+19:36	05:11
92	1471	João Neves	Individual	Veterano M35	51:54	+19:43	05:11
93	254	Gustavo Rodrigues de Almeida Simões	Bluepharma	Veterano M35	51:59	+19:49	05:12
94	2579	João Nuno Lourenço Silveira	URCR 2024	Veterano M35	52:04	+19:54	05:12
95	1339	Rui Miguel Silvestre Ferreira	Individual	Veterano M35	52:25	+20:14	05:14
96	1516	Tiago Queirós	Individual	Veterano M35	52:25	+20:15	05:15
97	788	Tiago Abrantes	G.D. Águias de Camarate	Veterano M35	52:27	+20:17	05:15
98	2306	Vitor Lopes	Revista Maria	Veterano M35	52:29	+20:18	05:15
99	1496	Rafael Vicente	Individual	Veterano M35	52:45	+20:35	05:17
100	2118	Renato Marquês	Nelson Gym	Veterano M35	52:45	+20:35	05:17
101	2529	Samuel Pinto	TRS	Veterano M35	52:49	+20:38	05:17
102	1441	André Martins	Individual	Veterano M35	52:50	+20:40	05:17
103	1451	Diogo Monteiro	Individual	Veterano M35	52:52	+20:42	05:17
104	518	Luís Diogo	DCI / Trilhos Luso Bussaco	Veterano M35	53:03	+20:52	05:18
105	2523	João Ribeiro	Trambolhos do asfalto	Veterano M35	53:03	+20:52	05:18
106	1513	Tiago Jesus	Individual	Veterano M35	53:05	+20:55	05:18
107	1481	Marco Alexandre Costa Santos	Individual	Veterano M35	53:31	+21:21	05:21
108	1446	Andrés Yepes	Individual	Veterano M35	53:49	+21:39	05:23
109	1497	Ramiro Lima	Individual	Veterano M35	54:17	+22:06	05:26
110	1974	Luis Pinheiro	K STUDIO RUNNING TEAM	Veterano M35	54:25	+22:14	05:26
111	2451	Alexandre Veloso	Sky.runners	Veterano M35	54:43	+22:33	05:28
112	1483	Mario Pinto	Individual	Veterano M35	55:12	+23:01	05:31
113	471	Carlos Muxagata	CPT Coimbra	Veterano M35	56:06	+23:56	05:37

Prova Principal**10 KM**

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

OFFICIAL RESULT

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114	1495	Pedro Pais	Individual	Veterano M35	56:19	+24:09	05:38
115	1505	Roberto Soares	Individual	Veterano M35	56:22	+24:11	05:38
116	1482	Marcos Calvo	Individual	Veterano M35	56:41	+24:30	05:40
117	1517	Vasco Madeira	Individual	Veterano M35	56:49	+24:38	05:41
118	794	Bruno Martins	Gelcentro Team	Veterano M35	56:53	+24:43	05:41
119	2233	João Vidal	PROSISTEM.Runners	Veterano M35	57:12	+25:02	05:43
120	1465	Joao Amaro	Individual	Veterano M35	57:34	+25:23	05:45
121	1459	Filipe Tomás	Individual	Veterano M35	57:46	+25:36	05:47
122	853	Joao ferreira	Hands-on tek	Veterano M35	57:58	+25:47	05:48
123	732	Pedro José Ramalho Rodrigues	FOCCUS_TUU	Veterano M35	58:01	+25:50	05:48
124	1449	Daniel Marcos	Individual	Veterano M35	58:04	+25:54	05:48
125	2437	Luís André Caio Elvas	Shape on You	Veterano M35	58:06	+25:55	05:49
126	1500	Ricardo Oliveira	Individual	Veterano M35	58:39	+26:29	05:52
127	1506	Rui Baltazar	Individual	Veterano M35	59:00	+26:50	05:54
128	1438	Alexandre Silva	Individual	Veterano M35	59:03	+26:52	05:54
129	255	Hugo Machado	Bluepharma	Veterano M35	59:11	+27:01	05:55
130	1466	João Carlos Amaral Matias	Individual	Veterano M35	59:41	+27:31	05:58
131	1489	Nuno Lourenço	Individual	Veterano M35	59:41	+27:31	05:58
132	1448	Daniel Andrade	Individual	Veterano M35	59:52	+27:42	05:59
133	171	João Paulinho "Fantástico "	ARCD Venda da Luisa	Veterano M35	59:54	+27:44	05:59
134	295	Filipe de Castro Oliveira	Calamaria	Veterano M35	01:00:00	+27:50	06:00
135	172	Luís Iapa	ARCD Venda da Luisa	Veterano M35	01:00:09	+27:58	06:01
136	2137	Frederico Dias	On Move BPR	Veterano M35	01:00:15	+28:04	06:01
137	1484	Mauro Pinheiro	Individual	Veterano M35	01:00:33	+28:22	06:03
138	2304	António Almeida	Revista Maria	Veterano M35	01:00:57	+28:46	06:06
139	527	De Geest Laurens	De Geest	Veterano M35	01:01:03	+28:53	06:06
140	1473	João Simões	Individual	Veterano M35	01:01:06	+28:56	06:07
141	1458	Filipe Marques	Individual	Veterano M35	01:01:11	+29:01	06:07
142	2282	Pedro Daniel Marques Valente de Almeida	Remax White	Veterano M35	01:01:20	+29:09	06:08
143	1499	Ricardo Costa	Individual	Veterano M35	01:01:36	+29:25	06:10
144	173	Samuel Custódio	ARCD Venda da Luisa	Veterano M35	01:02:08	+29:57	06:13
145	1488	Nuno Lopes	Individual	Veterano M35	01:02:08	+29:58	06:13
146	2008	Fábio Emanuel Batista Direito	Krushlt Runners	Veterano M35	01:02:09	+29:59	06:13
147	1921	Anderson Chaves	J.Prior Running Team	Veterano M35	01:02:25	+30:15	06:15
148	1472	João Rodrigues	Individual	Veterano M35	01:02:26	+30:15	06:15
149	1487	Nuno Filipe Marques Duarte	Individual	Veterano M35	01:02:54	+30:43	06:17
150	1477	JOSÉ LUÍS PIRES FERNANDES	Individual	Veterano M35	01:03:08	+30:57	06:19
151	1461	Gustavo Veiga	Individual	Veterano M35	01:03:23	+31:13	06:20
152	1462	Hugo de Souza Freitas	Individual	Veterano M35	01:03:35	+31:25	06:22
153	1437	Afonso Neto	Individual	Veterano M35	01:03:38	+31:28	06:22
154	2438	Luís Pedro Gomes Neves	Shape on You	Veterano M35	01:03:53	+31:43	06:23
155	2281	Filipe Coelho	Remax White	Veterano M35	01:05:45	+33:34	06:34
156	440	Pedro Fernandes	Coimbra Trail Running	Veterano M35	01:07:40	+35:30	06:46
157	842	Ricardo Neves	Grupo Recreativo Eirense	Veterano M35	01:07:49	+35:38	06:47
158	338	João Sousa	Cleide Martins Gab. Fisioterapia	Veterano M35	01:07:53	+35:43	06:47
159	1961	Mário Fonseca	Juventude Cortegacense	Veterano M35	01:07:59	+35:48	06:48

Prova Principal
10 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
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160	1480	Luís António	Individual	Veterano M35	01:08:16	+36:05	06:50
161	1475	Jorge David Oliveira Araujo Junior	Individual	Veterano M35	01:11:47	+39:36	07:11
162	2101	Pedro Farias	Monumentais Atletas	Veterano M35	01:11:57	+39:46	07:12
163	1450	David Martins	Individual	Veterano M35	01:12:15	+40:05	07:14
164	2410	Pedro Marinheira	Sanfil Medicina	Veterano M35	01:12:25	+40:14	07:14
165	369	Duarte Ramalho	Clube - Clube de Veteranos de Atletismo de Coimbra	Veterano M35	01:13:14	+41:03	07:19
166	1442	André Miguel Dias Alves	Individual	Veterano M35	01:17:59	+45:49	07:48
167	464	Bruno Oliveira	Corredores do Leão	Veterano M35	01:18:33	+46:23	07:51
168	590	João Azeiteiro	Farmácia Luciano e Matos	Veterano M35	01:20:13	+48:03	08:01
169	589	André Paiva	Farmácia Luciano e Matos	Veterano M35	01:20:14	+48:03	08:01
170	1492	Paulo Bajouco	Individual	Veterano M35	01:22:30	+50:20	08:15
171	1463	Hugo Domiciano Cicarini Hott	Individual	Veterano M35	01:26:33	+54:22	08:39

Veterano M40

1	6	Rui Teixeira	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	29:56		03:00
2	5	Hermano Ferreira	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	31:34	+01:37	03:09
3	344	Luis Martins	Clube Desportivo de Tondela	Veterano M40	34:11	+04:15	03:25
4	307	Carlos Nunes	CASA DO POVO DE MANGUALDE	Veterano M40	35:31	+05:34	03:33
5	2602	Helder Galvão	Saca Trilhos Anadia	Veterano M40	36:37	+06:40	03:40
6	2091	Fernando Bastos	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Veterano M40	36:47	+06:51	03:41
7	482	Vítor Pleno	CPT Sobral de Ceira	Veterano M40	37:13	+07:16	03:43
8	1598	Nelson Santos	Individual	Veterano M40	37:25	+07:28	03:44
9	505	DAVIDE SILVA	DAR Recardães	Veterano M40	38:47	+08:50	03:53
10	2206	Henrique Abreu Madeira	Pickle Films	Veterano M40	38:49	+08:52	03:53
11	827	Pedro Duarte	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterano M40	39:05	+09:08	03:54
12	56	Bruno Costa	Academia de Desportos de Condeixa	Veterano M40	39:38	+09:41	03:58
13	519	Marco Simões	Individual	Veterano M40	39:40	+09:44	03:58
14	1534	Carlos Patrão	Individual	Veterano M40	39:58	+10:01	04:00
15	2511	Tomé Rodrigues	Tomé Rodrigues	Veterano M40	40:32	+10:35	04:03
16	2236	Artur Vieira	PROSISTEM.Runners	Veterano M40	40:36	+10:39	04:04
17	2324	Cláudio Matos	RIJO HYBRID TEAM	Veterano M40	41:07	+11:11	04:07
18	2090	Bruno Sousa	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Veterano M40	41:26	+11:30	04:09
19	1976	Vítor Varandas	K STUDIO RUNNING TEAM	Veterano M40	41:31	+11:34	04:09
20	1524	Bernardo Teles Fazendeiro	Individual	Veterano M40	41:32	+11:36	04:09
21	2078	Eugénio Santos	MIRO TRAIL	Veterano M40	41:46	+11:49	04:11
22	370	Gonçalo Carvalho	Clube - Clube de Veteranos de Atletismo de Coimbra	Veterano M40	42:19	+12:22	04:14
23	302	Rui Dias	Carregal do Sal Runners	Veterano M40	42:22	+12:25	04:14
24	2616	Gilberto Modiz	Coimbra Trail Running	Veterano M40	42:40	+12:43	04:16
25	1541	David Silva	Individual	Veterano M40	42:42	+12:45	04:16

Prova Principal

10 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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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163	444	Nuno Vasconcelo	Coimbra Trail Running	Veterano M40	57:38	+27:41	05:46
164	743	Luís Cunha	FOCCUS_TUU	Veterano M40	57:51	+27:54	05:47
165	1570	João Pedro Aroso de Campos	Individual	Veterano M40	58:17	+28:20	05:50
166	498	Carlos Mendes	CUMIBROA RUNNING TEAM	Veterano M40	58:32	+28:35	05:51
167	2455	João Peixoto	SMA	Veterano M40	58:40	+28:43	05:52
168	2600	Paulo Jorge Ferreira Gomes	Remax White	Veterano M40	58:50	+28:53	05:53
169	2581	Flávio Daniel de Carvalho e Melo	URCR 2024	Veterano M40	59:18	+29:21	05:56
170	1604	Nuno Moreira Filipe	Individual	Veterano M40	59:23	+29:26	05:56
171	1577	José Melo Ferreira	Individual	Veterano M40	59:25	+29:28	05:56
172	319	Hugo Pinho	CDCamarneira	Veterano M40	59:40	+29:43	05:58
173	1632	Sérgio Gaminha	Individual	Veterano M40	59:49	+29:52	05:59
174	1573	Joel Pedro	Individual	Veterano M40	01:00:01	+30:04	06:00
175	1552	Francisco José Carvalho Pires	Individual	Veterano M40	01:00:15	+30:18	06:02
176	2268	João Paulo Miranda	Reload	Veterano M40	01:00:17	+30:20	06:02
177	1568	João Nuno Baptista	Individual	Veterano M40	01:00:25	+30:28	06:02
178	326	Samuel Beirão	Cernache Futures	Veterano M40	01:00:32	+30:35	06:03
179	2238	Filipe Cardoso	PROSISTEM.Runners	Veterano M40	01:00:32	+30:35	06:03
180	1616	Renato Ramos	Individual	Veterano M40	01:00:33	+30:36	06:03
181	1630	Sergio castanheira	Individual	Veterano M40	01:00:48	+30:51	06:05
182	844	Tiago Ferraz	Grupo Recreativo Eirense	Veterano M40	01:01:00	+31:03	06:06
183	1614	Rafael Santos	Individual	Veterano M40	01:01:14	+31:18	06:07
184	1536	Cláudio Mortagua	Individual	Veterano M40	01:01:34	+31:37	06:09
185	2168	Hélio Antunes	OS PE NA COVA	Veterano M40	01:01:39	+31:42	06:10
186	1588	Luis mendes	Individual	Veterano M40	01:01:58	+32:01	06:12
187	1521	Anselmo José Pimentel Baptista	Individual	Veterano M40	01:02:03	+32:06	06:12
188	746	Pedro Martins	FOCCUS_TUU	Veterano M40	01:02:04	+32:08	06:12
189	1633	Sérgio Manuel	Individual	Veterano M40	01:02:10	+32:14	06:13
190	29	João liberado	6:45	Veterano M40	01:02:22	+32:25	06:14
191	741	João Lourenço	FOCCUS_TUU	Veterano M40	01:02:39	+32:42	06:16
192	1591	Luís Rodrigues	Individual	Veterano M40	01:02:49	+32:53	06:17
193	456	Jael Leal Antunes	Coriscos da Cruzeta	Veterano M40	01:02:55	+32:58	06:17
194	1562	João Baltazar	Individual	Veterano M40	01:03:14	+33:17	06:19
195	2337	Ricardo Mingatos	RM RUNNERS	Veterano M40	01:03:21	+33:25	06:20
196	2246	Tiago da Cruz	R G Levanta Poeira	Veterano M40	01:03:43	+33:46	06:22
197	742	Jorge Manuel Ferreira Cruz	FOCCUS_TUU	Veterano M40	01:04:02	+34:05	06:24
198	403	Jaime Antunes	CM Coimbra	Veterano M40	01:04:15	+34:18	06:25
199	2237	Emerson Abrunhosa	PROSISTEM.Runners	Veterano M40	01:04:25	+34:29	06:27
200	2452	Gil Correia	Sky.runners	Veterano M40	01:04:37	+34:41	06:28
201	1559	Ivo Dias Pinto	Individual	Veterano M40	01:05:01	+35:04	06:30
202	1590	Luís Oliveira	Individual	Veterano M40	01:05:31	+35:35	06:33
203	1584	Leandro André	Individual	Veterano M40	01:06:07	+36:11	06:37
204	733	Alexandre Martins	FOCCUS_TUU	Veterano M40	01:06:08	+36:11	06:37
205	1595	Marco Humberto Vasconcelos Ramos	Individual	Veterano M40	01:07:03	+37:06	06:42
206	2582	João Paulo Neves Branco	URCR 2024	Veterano M40	01:09:33	+39:36	06:57
207	1607	Paulo Coutinho	Individual	Veterano M40	01:09:36	+39:39	06:58
208	141	Luís Duarte	Anaquim	Veterano M40	01:10:44	+40:47	07:04

Prova Principal

10 KM

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

OFFICIAL RESULT

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24	1678	José Manuel Seromenho Duarte	Individual	Veterano M45	42:28	+09:14	04:15
25	1642	Alexandre Mestre	Individual	Veterano M45	43:06	+09:52	04:19
26	1651	Cesar Tafula	Individual	Veterano M45	43:11	+09:57	04:19
27	1640	Alexandre Mendes	Individual	Veterano M45	43:12	+09:58	04:19
28	218	Miguel Figueiredo	Atletas ao Domingo	Veterano M45	44:06	+10:52	04:25
29	2092	Jorge Manuel Baptista catorze	MONTANHA CLUBE TRAIL RUNNING EFAPEL	Veterano M45	44:09	+10:54	04:25
30	1706	Nuno Sampaio	Individual	Veterano M45	44:09	+10:55	04:25
31	2079	Joselito Pereira	MIRO TRAIL	Veterano M45	44:40	+11:26	04:28
32	91	Pedro Figueira	Académica Triatlo	Veterano M45	44:50	+11:35	04:29
33	1914	Jorge Daniel da Silva Pimenta	IPN Runners	Veterano M45	45:18	+12:04	04:32
34	356	Rui Garcia	Clube Fluvial de Coimbra	Veterano M45	45:23	+12:09	04:32
35	1712	Paulo Jorge Fernandes Pinheiro	Individual	Veterano M45	45:30	+12:16	04:33
36	1649	Carlos Matos	Individual	Veterano M45	45:46	+12:31	04:35
37	614	Rui Miguel Monteiro Soles Gonçalves	FISIOSFERA	Veterano M45	45:48	+12:34	04:35
38	145	Eduardo Ribeiro	ARCA	Veterano M45	45:51	+12:37	04:35
39	1674	José Costa	Individual	Veterano M45	45:53	+12:38	04:35
40	86	Hugo Rodolfo de Campos Martins	Académica Triatlo	Veterano M45	45:54	+12:40	04:35
41	1691	Marco Oliveira	Individual	Veterano M45	46:08	+12:54	04:37
42	1660	Gilberto Palmeira	Individual	Veterano M45	47:02	+13:48	04:42
43	417	Sílvio Alexandre Sousa Oliveira	CM Coimbra	Veterano M45	47:17	+14:03	04:44
44	1665	Hugo Gandarez	Individual	Veterano M45	47:17	+14:03	04:44
45	303	Kevin Chorosa Cruz	CAS - clube de atletismo de Sangalhos	Veterano M45	47:18	+14:04	04:44
46	1732	Sérgio Simões	Individual	Veterano M45	47:37	+14:23	04:46
47	216	Filipe Afonso	Atletas ao Domingo	Veterano M45	47:43	+14:29	04:46
48	1718	Pedro Marques	Individual	Veterano M45	47:59	+14:44	04:48
49	755	Rogério Nuno de Jesus Amaro	FOCCUS_TUU	Veterano M45	48:16	+15:02	04:50
50	2369	Vitor Gomes	Runners&Friends	Veterano M45	48:32	+15:17	04:51
51	2286	Helder Costa	Remax White	Veterano M45	48:44	+15:30	04:52
52	1646	Aurelio Pimentel Lapo	Individual	Veterano M45	48:49	+15:35	04:53
53	1724	Ricardo Santos	Individual	Veterano M45	48:51	+15:37	04:53
54	1658	Francisco Correia	Individual	Veterano M45	48:54	+15:40	04:53
55	483	Rui Figueiredo	CPT Sobral de Ceira	Veterano M45	48:58	+15:43	04:54
56	1684	Leonel Mendes Francisco	Individual	Veterano M45	49:08	+15:54	04:55
57	2211	Miguel Faria	Portuguese United Training Association	Veterano M45	49:14	+16:00	04:55
58	176	Jody Rato	ARCD Venda da Luisa	Veterano M45	49:19	+16:05	04:56
59	371	Nuno Miguel Cruz	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M45	49:20	+16:05	04:56
60	1650	CARLOS VIEGAS	Individual	Veterano M45	49:20	+16:05	04:56
61	2339	Filipe Canudo	RM RUNNERS	Veterano M45	49:28	+16:14	04:57
62	203	António Alberto Valente Miranda	Associação Desportiva do Fundão	Veterano M45	49:30	+16:16	04:57
63	1703	Nuno Miguel Pais Freire	Individual	Veterano M45	49:30	+16:16	04:57
64	1699	Nuno Alexandre Alves Lopes	Individual	Veterano M45	49:46	+16:32	04:59
65	2494	Bruno Leitão	Team JM Fitness	Veterano M45	49:49	+16:35	04:59
66	2617	Diogo Reis	Coimbra Trail Running	Veterano M45	49:49	+16:35	04:59
67	448	Luis Vizeu	Coimbra Trail Running	Veterano M45	49:50	+16:36	04:59

Prova Principal

10 KM

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

OFFICIAL RESULT

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68	2439	Paulo Alexandre Traça Faustino	Shape on You	Veterano M45	50:06	+16:52	05:01
69	410	Luís Filipe Amaro Caetano	CM Coimbra	Veterano M45	50:20	+17:06	05:02
70	1708	Nuno Vítor Franco	Individual	Veterano M45	50:32	+17:18	05:03
71	2239	Marco Veloso	PROSISTEM.Runners	Veterano M45	50:39	+17:24	05:04
72	2195	Avelino Rodrigues	Pascoalitos	Veterano M45	50:40	+17:26	05:04
73	1671	João Teles	Individual	Veterano M45	50:41	+17:26	05:04
74	2289	Paulo Silva	Remax White	Veterano M45	50:47	+17:33	05:05
75	260	André Carvalho	Bluepharma	Veterano M45	50:56	+17:42	05:06
76	1655	Fernando de Sousa	Individual	Veterano M45	51:07	+17:52	05:07
77	1710	Paulo Alexandre Pessoa	Individual	Veterano M45	51:09	+17:55	05:07
78	1687	Luís Manuel Cordeiro Nunes	Individual	Veterano M45	51:41	+18:27	05:10
79	1907	RUI MOURA	Inter da Mata	Veterano M45	51:43	+18:29	05:10
80	2291	Renato Machado	Remax White	Veterano M45	52:09	+18:54	05:13
81	1659	Francisco Pedro Silva	Individual	Veterano M45	52:13	+18:58	05:13
82	47	Nuno Silva	AAC REMO	Veterano M45	52:19	+19:05	05:14
83	90	Nuno Simões	Académica Triatlo	Veterano M45	52:23	+19:09	05:14
84	406	João Ramos	CM Coimbra	Veterano M45	52:44	+19:30	05:16
85	1653	Diogo Lucas Pires	Individual	Veterano M45	52:49	+19:34	05:17
86	2526	Paulo Domingues	Individual	Veterano M45	52:56	+19:41	05:18
87	1682	LAKHDAR HADDAR	Individual	Veterano M45	53:06	+19:52	05:19
88	418	Telmo Alexandre Rodrigues Gonçalves	CM Coimbra	Veterano M45	53:08	+19:53	05:19
89	858	Hugo Silva	Hugo Silva	Veterano M45	53:10	+19:56	05:19
90	2328	Rui Ferreira	RIJO HYBRID TEAM	Veterano M45	53:21	+20:06	05:20
91	756	RUI PIMENTEL	FOCCUS_TUU	Veterano M45	53:39	+20:25	05:22
92	1645	António Valle	Individual	Veterano M45	54:01	+20:47	05:24
93	2210	José Teixeira	Portuguese United Training Association	Veterano M45	54:13	+20:58	05:25
94	1726	Rui Póvoa	Individual	Veterano M45	54:17	+21:03	05:26
95	1725	Rui Mateus	Individual	Veterano M45	54:25	+21:11	05:27
96	177	Pina Bala	ARCD Venda da Luisa	Veterano M45	54:29	+21:15	05:27
97	269	Ricardo Firmino	Botão Camp	Veterano M45	54:31	+21:17	05:27
98	846	Luís Pato	Grupo Recreativo Eirense	Veterano M45	54:35	+21:21	05:27
99	2127	Nuno Oliveira	Nuno Oliveira	Veterano M45	54:46	+21:32	05:29
100	2368	Diogo Ribeiro	Runners&Friends	Veterano M45	54:48	+21:34	05:29
101	1730	Samuel Ferraz Costa	Individual	Veterano M45	54:50	+21:36	05:29
102	1700	Nuno Cortesão	Individual	Veterano M45	54:54	+21:40	05:29
103	465	João Maria da Silva	Corredores do Leão	Veterano M45	54:59	+21:45	05:30
104	415	Ricardo Teixeira	CM Coimbra	Veterano M45	55:03	+21:48	05:30
105	752	Marco seródio	FOCCUS_TUU	Veterano M45	55:05	+21:51	05:31
106	2170	Pedro Marques	OS PE NA COVA	Veterano M45	55:07	+21:53	05:31
107	1663	Hugo Abade	Individual	Veterano M45	55:08	+21:54	05:31
108	2169	Luis da Silva	OS PE NA COVA	Veterano M45	55:15	+22:01	05:31
109	1719	Pedro Veiga Lopes	Individual	Veterano M45	55:17	+22:03	05:32
110	1657	Filipe Pratas	Individual	Veterano M45	55:23	+22:09	05:32
111	221	Zé Sandinha	Atletas ao Domingo	Veterano M45	55:25	+22:11	05:32
112	1701	Nuno Filipe Gonçalves da cunha	Individual	Veterano M45	55:27	+22:13	05:33
113	2290	Pedro Fonseca	Remax White	Veterano M45	55:28	+22:13	05:33

Prova Principal

10 KM

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

OFFICIAL RESULT

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114	2287	Hugo Sá	Remax White	Veterano M45	55:36	+22:22	05:34
115	2479	Luís Batista	Tartarugas	Veterano M45	55:40	+22:26	05:34
116	1709	Paulo Alexandre Galamarra Janeiro Cipriano Matos	Individual	Veterano M45	55:44	+22:30	05:34
117	215	Duarte Bernardo	Atletas ao Domingo	Veterano M45	55:59	+22:44	05:36
118	1694	Michel Ferreira Pestana	Individual	Veterano M45	55:59	+22:45	05:36
119	754	Nuno ventura	FOCCUS_TUU	Veterano M45	56:01	+22:46	05:36
120	412	Nelson João Branco Mendes	CM Coimbra	Veterano M45	56:19	+23:05	05:38
121	1654	Eduardo Reis	Individual	Veterano M45	56:23	+23:08	05:38
122	2601	Gonçalo Lourenço Martins	Remax White	Veterano M45	56:26	+23:12	05:39
123	1673	José Coimbra	Individual	Veterano M45	56:37	+23:23	05:40
124	175	Gonçalo Fonseca	ARCD Venda da Luisa	Veterano M45	56:39	+23:25	05:40
125	1652	Dário Rafael Martins Madeira	Individual	Veterano M45	56:41	+23:27	05:40
126	2023	Cláudio Miguel Rodrigues Cancela	LesmasTrail	Veterano M45	56:51	+23:36	05:41
127	1680	Jose Pedro Saraiva	Individual	Veterano M45	57:01	+23:47	05:42
128	93	Rui Miguel Martins	Académica Triatlo	Veterano M45	57:02	+23:48	05:42
129	1705	Nuno Miguel Trincão Craveiro	Individual	Veterano M45	57:11	+23:57	05:43
130	15	Nelson Matos	(IN)CANSÁVEIS	Veterano M45	57:24	+24:10	05:44
131	2397	Rui Alexandre da Silva Correia	S.M.M. ATLETISMO	Veterano M45	57:37	+24:23	05:46
132	419	Tiago Francisco Oliveira Cardoso	CM Coimbra	Veterano M45	57:41	+24:27	05:46
133	1906	LUIS ROSA	Inter da Mata	Veterano M45	57:42	+24:27	05:46
134	94	Rui Nunes	Académica Triatlo	Veterano M45	57:44	+24:30	05:46
135	1697	Miguel da Silva Capela	Individual	Veterano M45	57:45	+24:31	05:46
136	1692	Mario Neves	Individual	Veterano M45	57:57	+24:43	05:48
137	89	Luis Carreira	Académica Triatlo	Veterano M45	58:06	+24:52	05:49
138	411	Luís Miguel Simões Silva	CM Coimbra	Veterano M45	58:52	+25:38	05:53
139	1690	Márcio Jorge Pereira Dinis	Individual	Veterano M45	58:59	+25:45	05:54
140	1669	João Pedro Vasconcelos Lucas	Individual	Veterano M45	59:00	+25:45	05:54
141	2533	Pedro Miguel Festa de Sousa Bailão	TSE	Veterano M45	59:05	+25:51	05:54
142	563	Henrique Dinis	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	59:14	+25:59	05:55
143	2288	João Teixeira	Remax White	Veterano M45	59:16	+26:02	05:56
144	1722	Ricardo Rasteiro de Campos	Individual	Veterano M45	59:23	+26:09	05:56
145	1644	André Oliva	Individual	Veterano M45	01:00:20	+27:05	06:02
146	1698	Miguel Morgado	Individual	Veterano M45	01:00:20	+27:06	06:02
147	2037	Nuno Almeida	M4A	Veterano M45	01:00:24	+27:10	06:02
148	57	Nuno Correia	Academia de Desportos de Condeixa	Veterano M45	01:00:39	+27:24	06:04
149	564	Paulo Amaral	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	01:00:45	+27:31	06:05
150	1643	André Luz	Individual	Veterano M45	01:00:58	+27:43	06:06
151	1704	Nuno Miguel Saraiva	Individual	Veterano M45	01:00:59	+27:45	06:06
152	14	Daniel Vilão	#GangueDasCalorias	Veterano M45	01:01:58	+28:44	06:12
153	2307	Paulo Fontes	Revista Maria	Veterano M45	01:02:23	+29:08	06:14
154	1683	Leonel Almeida	Individual	Veterano M45	01:02:42	+29:28	06:16
155	493	João Caldeira	CTCV Motion Team	Veterano M45	01:02:45	+29:31	06:16
156	1647	Bruno Oliveira	Individual	Veterano M45	01:02:51	+29:37	06:17
157	1723	RICARDO RODRIGUES	Individual	Veterano M45	01:03:03	+29:49	06:18

Prova Principal

10 KM

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

OFFICIAL RESULT

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12	567	Luc Hennetier	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	41:43	+06:25	04:10
13	762	Pedro craveiro	FOCCUS_TUU	Veterano M50	41:57	+06:38	04:12
14	2026	António Ferreira	Lobos da Serra - Loureiro	Veterano M50	41:58	+06:40	04:12
15	484	Belmiro Parada	CPT Sobral de Ceira	Veterano M50	42:27	+07:09	04:15
16	2389	Luis Miguel Reis	RUNNING4FUN Team Viseu	Veterano M50	42:28	+07:10	04:15
17	1788	Paulo Nunes	Individual	Veterano M50	42:33	+07:15	04:15
18	2508	Nuno Mendes	THE FIRST TEAM	Veterano M50	42:36	+07:17	04:16
19	107	Manuel António Roseiro Ferreira	Adabem Running Team	Veterano M50	42:36	+07:18	04:16
20	2080	Carlos Coelho	MIRO TRAIL	Veterano M50	42:46	+07:28	04:17
21	485	Celso Pereira	CPT Sobral de Ceira	Veterano M50	43:08	+07:50	04:19
22	1752	Hilário Espadilha	Individual	Veterano M50	43:18	+08:00	04:20
23	521	Amílcar Gonçalves	Individual	Veterano M50	43:38	+08:20	04:22
24	1777	Miguel Cordeiro	Individual	Veterano M50	43:55	+08:37	04:23
25	327	Vitor Silva	Cerveira Team Running	Veterano M50	44:09	+08:51	04:25
26	2081	carlos Coelho	MIRO TRAIL	Veterano M50	44:15	+08:57	04:26
27	1751	Geraldo de Sousa	Individual	Veterano M50	44:36	+09:18	04:28
28	2163	Rui Silva	Os Papa Milhas	Veterano M50	44:41	+09:23	04:28
29	1765	José Vitor Vieira	Individual	Veterano M50	45:02	+09:44	04:30
30	1759	Jose Dias	Individual	Veterano M50	45:14	+09:56	04:31
31	1766	Lúcio Ventura	Individual	Veterano M50	45:36	+10:18	04:34
32	2039	ARMANDO OLIVEIRA	Magic friends runners/amitorre	Veterano M50	46:13	+10:55	04:37
33	1781	Nuno Henriques	Individual	Veterano M50	46:14	+10:56	04:37
34	281	Paulo Almeida	C. F. Os Marialvas	Veterano M50	46:27	+11:08	04:39
35	2386	Humberto Dias	RUNNING4FUN Team Viseu	Veterano M50	46:44	+11:25	04:40
36	1793	Paulo Oliveira Tavares	Individual	Veterano M50	46:45	+11:27	04:41
37	2387	Jose Faro	RUNNING4FUN Team Viseu	Veterano M50	46:46	+11:27	04:41
38	813	António Almeida	Gira Sol	Veterano M50	46:46	+11:27	04:41
39	2388	José Manuel Lima Antunes	RUNNING4FUN Team Viseu	Veterano M50	46:56	+11:38	04:42
40	1800	Pedro Miguel Barros	Individual	Veterano M50	47:03	+11:45	04:42
41	202	José Sousa	Associação de atletismo Lebres do sado	Veterano M50	47:17	+11:58	04:44
42	103	João Simões	ACDRS QUINHENDROS	Veterano M50	47:19	+12:01	04:44
43	1799	Pedro Jacinto	Individual	Veterano M50	47:22	+12:04	04:44
44	1737	Antonio Ricardo Cardoso	Individual	Veterano M50	47:23	+12:05	04:44
45	1768	Luis Afonso	Individual	Veterano M50	47:24	+12:06	04:44
46	231	Luís Soares	Barraocean.runners	Veterano M50	47:32	+12:14	04:45
47	105	Vitor Alonso	ActiveLifebyTiagoSilva	Veterano M50	47:35	+12:17	04:45
48	1740	Carlos Alberto Morgado dos Santos	Individual	Veterano M50	47:41	+12:22	04:46
49	499	Fernando Godinho	CUMIBROA RUNNING TEAM	Veterano M50	47:50	+12:32	04:47
50	2240	João Fernandes	PROSISTEM.Runners	Veterano M50	48:00	+12:42	04:48
51	117	Luis Pinto	Adões Trail	Veterano M50	48:05	+12:47	04:48
52	2585	Miguel Cedra de Almeida	URCR 2024	Veterano M50	48:23	+13:04	04:50
53	449	Edgar Semedo	Coimbra Trail Running	Veterano M50	48:30	+13:12	04:51
54	1758	José Carlos Pinto Martins	Individual	Veterano M50	48:47	+13:28	04:53
55	761	José Luís Nunes	FOCCUS_TUU	Veterano M50	48:49	+13:31	04:53
56	127	Carlos Santos	AGM-Team Running	Veterano M50	48:55	+13:37	04:54

Prova Principal

10 KM

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

OFFICIAL RESULT

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57	450	Filipe Santos	Coimbra Trail Running	Veterano M50	48:56	+13:38	04:54
58	118	Paulo Silva	Adões Trail	Veterano M50	49:10	+13:52	04:55
59	1786	Nuno Rodrigues	Individual	Veterano M50	49:17	+13:59	04:56
60	500	Jorge Faria	CUMIBROA RUNNING TEAM	Veterano M50	49:40	+14:22	04:58
61	270	Pedro Valença	Botão Camp	Veterano M50	49:48	+14:29	04:59
62	1795	Paulo serras	Individual	Veterano M50	49:54	+14:36	04:59
63	1745	Davide Almeida	Individual	Veterano M50	49:57	+14:39	05:00
64	1774	M Gandara	Individual	Veterano M50	50:07	+14:49	05:01
65	1776	Miguel Bernardo	Individual	Veterano M50	50:25	+15:07	05:03
66	1790	Paulo David da Silva Cardoso	Individual	Veterano M50	50:38	+15:20	05:04
67	142	Carlos Arieiro	Anaquim	Veterano M50	50:47	+15:29	05:05
68	1743	Daniel Costa	Individual	Veterano M50	50:48	+15:29	05:05
69	1747	Emanuel Meneses	Individual	Veterano M50	50:59	+15:41	05:06
70	1761	José Guedes	Individual	Veterano M50	50:59	+15:41	05:06
71	537	Jorge Laranjeiro	Domus Trail	Veterano M50	51:12	+15:54	05:07
72	2294	José Gonçalves	Remax White	Veterano M50	51:45	+16:27	05:10
73	58	António Figueiredo	Academia de Desportos de Condeixa	Veterano M50	51:49	+16:31	05:11
74	1760	José Fernandes	Individual	Veterano M50	52:08	+16:49	05:13
75	2247	Miguel Santos	R G Levanta Poeira	Veterano M50	52:31	+17:12	05:15
76	1769	Luis Almeida	Individual	Veterano M50	52:47	+17:29	05:17
77	758	Eduardo Costa	FOCCUS_TUU	Veterano M50	52:49	+17:31	05:17
78	757	Anselmo Cardoso	FOCCUS_TUU	Veterano M50	53:00	+17:41	05:18
79	1770	Luís Guerra	Individual	Veterano M50	53:08	+17:49	05:19
80	1805	vasco gouveia	Individual	Veterano M50	53:13	+17:55	05:19
81	1782	Nuno José das Neves Adelino	Individual	Veterano M50	53:16	+17:57	05:20
82	1780	Miguel Relvão	Individual	Veterano M50	53:19	+18:01	05:20
83	2424	Luís Alves	Sebastião Görne	Veterano M50	53:40	+18:21	05:22
84	2162	Helder Duarte	Os Papa Milhas	Veterano M50	53:46	+18:28	05:23
85	2414	Pedro Nunes	Sanfil Medicina	Veterano M50	54:25	+19:07	05:26
86	452	Paulo Carvalho	Coimbra Trail Running	Veterano M50	54:44	+19:25	05:28
87	2370	Francisco Nuno Santos Veiga da Costa	Runners&Friends	Veterano M50	54:48	+19:30	05:29
88	2196	Rui Pastor	PASTOR RACING	Veterano M50	55:03	+19:45	05:30
89	2371	Paulo Renato Torres	Runners&Friends	Veterano M50	55:08	+19:50	05:31
90	1791	Paulo Duarte	Individual	Veterano M50	55:14	+19:56	05:31
91	422	Dino José Correia Caetano	CM Coimbra	Veterano M50	55:31	+20:13	05:33
92	1785	Nuno Rafael Dinis	Individual	Veterano M50	55:32	+20:14	05:33
93	17	João Sequeira	111 Sport	Veterano M50	55:33	+20:15	05:33
94	2061	César de Jesus Santos	Maratonistas de Sofá	Veterano M50	55:34	+20:16	05:33
95	179	Vitor Manuel Braz Marques	ARCD Venda da Luisa	Veterano M50	55:37	+20:19	05:34
96	1744	Daniel Fragoso	Individual	Veterano M50	55:40	+20:21	05:34
97	1948	Ricardo Pinho	Janga	Veterano M50	55:57	+20:38	05:36
98	1767	Luis Simões	Individual	Veterano M50	56:04	+20:46	05:36
99	2215	Olinto Vieira	Portuguese United Training Association	Veterano M50	56:35	+21:17	05:39
100	763	Simão Paredes	FOCCUS_TUU	Veterano M50	56:36	+21:17	05:40
101	2139	Nuno Fernandes	opraticante.pt	Veterano M50	56:50	+21:32	05:41

Prova Principal**10 KM**

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

OFFICIAL RESULT

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30	1860	Rui Godinho	Individual	Veterano M55	49:25	+11:56	04:56
31	428	João Guilherme Lopes Patriarca	CM Coimbra	Veterano M55	49:32	+12:03	04:57
32	1853	Pedro Santos	Individual	Veterano M55	50:15	+12:46	05:01
33	1817	Artur Arromba	Individual	Veterano M55	50:26	+12:57	05:03
34	1866	VITOR PEREIRA	Individual	Veterano M55	50:32	+13:03	05:03
35	571	Luís Oliveira	Escola de Atletismo de Coimbra/JPaiva	Veterano M55	50:42	+13:13	05:04
36	1816	Armando Santos Rodrigues	Individual	Veterano M55	50:43	+13:14	05:04
37	2242	António Santos	PROSISTEM.Runners	Veterano M55	50:50	+13:21	05:05
38	99	Paulo Trindade	Académica Triatlo	Veterano M55	51:10	+13:41	05:07
39	429	Luís Filipe Cabral de Matos	CM Coimbra	Veterano M55	51:16	+13:48	05:08
40	2243	Vítor Redondo	PROSISTEM.Runners	Veterano M55	51:23	+13:55	05:08
41	1835	Kledilson Antonio Firmino de Oliveira	Individual	Veterano M55	51:25	+13:56	05:09
42	1843	Manuel Silva	Individual	Veterano M55	51:37	+14:08	05:10
43	1854	Raul Jorge Silva	Individual	Veterano M55	51:44	+14:15	05:10
44	358	Francisco Caridade	Clube Fluvial de Coimbra	Veterano M55	52:01	+14:32	05:12
45	359	PC Simões	Clube Fluvial de Coimbra	Veterano M55	52:01	+14:32	05:12
46	1850	Paulo Moreira	Individual	Veterano M55	52:09	+14:41	05:13
47	1829	João Paulo Mendes	Individual	Veterano M55	52:31	+15:02	05:15
48	1809	António Carvalho	Individual	Veterano M55	52:32	+15:03	05:15
49	2073	Carlos Filipe Almeida Fernandes	MIGUÉIS a correr	Veterano M55	52:50	+15:21	05:17
50	1851	Pedro Elias	Individual	Veterano M55	52:53	+15:24	05:17
51	1863	Victor Martins	Individual	Veterano M55	52:59	+15:30	05:18
52	2027	Paulo Barreirinhas	Lobos da Serra - Loureiro	Veterano M55	53:03	+15:34	05:18
53	2460	Rui Correia	Somisis	Veterano M55	53:03	+15:35	05:18
54	2248	Jorge Ribeiro	R G Levanta Poeira	Veterano M55	53:06	+15:37	05:19
55	1858	Rui António Duarte Simões	Individual	Veterano M55	53:12	+15:43	05:19
56	2472	Paulo Marques	Talentos Objetivos	Veterano M55	53:38	+16:09	05:22
57	1823	Francisco Viegas	Individual	Veterano M55	53:40	+16:11	05:22
58	271	Joaquim Baptista	Botão Camp	Veterano M55	54:11	+16:43	05:25
59	1857	Ricardo Rocha	Individual	Veterano M55	54:14	+16:45	05:25
60	2372	Augusto Amaral	Runners&Friends	Veterano M55	54:49	+17:20	05:29
61	1837	Luis Carvalheiro	Individual	Veterano M55	55:15	+17:46	05:32
62	30	David Nunes Abegoaria	6:45	Veterano M55	55:20	+17:51	05:32
63	771	Francisco Pereira	FOCCUS_TUU	Veterano M55	55:24	+17:55	05:32
64	2164	Pedro Roque	Os Papa Milhas	Veterano M55	55:56	+18:27	05:36
65	1949	Carlos Barroso	Janga	Veterano M55	55:56	+18:27	05:36
66	2119	Filipe José Carvalho	Individual	Veterano M55	56:28	+18:59	05:39
67	1811	António Jorge Ferreira	Individual	Veterano M55	56:40	+19:12	05:40
68	765	Arménio Galvão	FOCCUS_TUU	Veterano M55	56:50	+19:21	05:41
69	350	João Cavadas	Clube do Mimo - LT Power	Veterano M55	56:52	+19:24	05:41
70	1825	Humberto Joaquim leite silva	Individual	Veterano M55	57:11	+19:42	05:43
71	768	Cláudio silva	FOCCUS_TUU	Veterano M55	57:32	+20:03	05:45
72	2373	Luis Pires	Runners&Friends	Veterano M55	57:35	+20:06	05:45
73	1846	Mário Medeiros	Individual	Veterano M55	57:36	+20:07	05:46
74	1830	João Paulo Mouta Dias	IPN Runners	Veterano M55	58:49	+21:20	05:53
75	1862	SIDNEI FERNANDES DA SILVA	Individual	Veterano M55	59:20	+21:51	05:56

TEAM RESULTS - PROVA PRINCIPAL

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

RANK	TEAM	DESCRIPTION	POINTS
1	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	2 + 5 + 6 + 9 + 18	40
2	CPT SOBRAL DE CEIRA	3 + 7 + 10 + 23 + 28	71
3	ACADÉMICA TRIATLO	16 + 54 + 72 + 77 + 91	310
4	GRUPO RECREATIVO EIRENSE	36 + 73 + 111 + 112 + 136	468
5	CLUBE DESPORTIVO DE TONDELA	8 + 19 + 21 + 49 + 429	526
6	FOCCUS_TUU	61 + 69 + 84 + 142 + 187	543
7	COIMBRA TRAIL RUNNING	31 + 40 + 121 + 167 + 204	563
8	DAR RECARDÃES	12 + 42 + 74 + 297 + 334	759
9	RIJO HYBRID TEAM	119 + 122 + 175 + 179 + 188	783
10	MIRO TRAIL	116 + 140 + 172 + 219 + 232	879
11	C. F. OS MARIALVAS	78 + 85 + 322 + 323 + 357	1165
12	MONTANHA CLUBE TRAIL RUNNING EFAPEL	47 + 96 + 127 + 211 + 689	1170
13	KRUSHIT RUNNERS	138 + 157 + 220 + 340 + 427	1282
14	RUNNING4FUN TEAM VISEU	147 + 160 + 335 + 338 + 343	1323
15	PROSISTEM.RUNNERS	109 + 258 + 336 + 406 + 416	1525
16	URCR 2024	146 + 171 + 353 + 435 + 439	1544
17	BLUEPHARMA	152 + 162 + 174 + 496 + 618	1602
18	CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	126 + 151 + 268 + 505 + 586	1636
19	JRUN PROJECT	60 + 113 + 114 + 539 + 861	1687
20	J.PRIOR RUNNING TEAM	242 + 266 + 318 + 360 + 514	1700
21	CM COIMBRA	130 + 154 + 365 + 527 + 576	1752
22	AAC REMO	120 + 192 + 408 + 554 + 616	1890
23	RUNNERS&FRIENDS	313 + 342 + 383 + 445 + 483	1966
24	GRUPO DESPORTIVO 3 SANTOS POPULARES - CARREGAL DO SAL	80 + 107 + 296 + 636 + 1024	2143
25	ARCD VENDA DA LUISA	245 + 283 + 504 + 509 + 650	2191
26	GERARDO STUDIO	255 + 264 + 303 + 525 + 930	2277
27	RM RUNNERS	299 + 361 + 519 + 520 + 588	2287
28	REMAX WHITE	141 + 458 + 515 + 607 + 670	2391
29	ADÕES TRAIL	237 + 419 + 492 + 702 + 803	2653
30	ATLETAS AO DOMINGO	207 + 400 + 529 + 969 + 1010	3115
31	ACADEMIA DE DESPORTOS DE CONDEIXA	87 + 401 + 627 + 676 + 1330	3121
32	THE FIRST TEAM	165 + 594 + 760 + 761 + 842	3122
33	K STUDIO RUNNING TEAM	133 + 134 + 883 + 994 + 1110	3254
34	6:45	240 + 614 + 673 + 932 + 960	3419
35	NELSON GYM	367 + 543 + 549 + 745 + 1238	3442
36	TEAM JM FITNESS	100 + 518 + 541 + 799 + 1580	3538
37	RUN 4 YOUR LIFE - PHIVE	316 + 706 + 823 + 847 + 1036	3728
38	PORTUGUESE UNITED TRAINING ASSOCIATION	396 + 498 + 869 + 1047 + 1067	3877

