

10 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	18:30	8°C	88%
End	20:09	8°C	88%

Official Timekeeper: Lap2Go	1 / 61	generate 13-dez.-2025 20:25
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10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	1559	Luís Jesus	Individual	37:05	+07:50	03:42	
42	1476	Hugo Neves	Individual	37:09	+07:54	03:43	
43	955	Luís Catarino	Gira Sol	37:19	+08:04	03:44	
44	76	Carlos Patrão	Academia de Desportos de Condeixa	37:23	+08:08	03:44	
45	3143	Rafael Azevedo de Oliveira	Sola Dura	37:34	+08:19	03:45	
46	973	Renato Figueiredo	Grupo Desportivo 3 Santos Populares - Carregal do Sal	37:35	+08:20	03:45	
47	628	Diogo Reis	DCI/Trilhos Luso Bussaco	37:37	+08:23	03:46	
48	196	Nelson Meco	Ameal Trail	37:39	+08:24	03:46	
49	3151	Bruno Marques	STRUE ENGENHARIA	37:49	+08:34	03:47	
50	139	Paulo Silva	ACD os Ílhavos	37:51	+08:36	03:47	
51	447	Luiz Mota	Clube de Atletismo de Ferreira do Zêzere	37:52	+08:37	03:47	
52	964	Ricardo Saraiva	GR EIRENSE	37:53	+08:38	03:47	
53	331	João Marques	C.F. "Os Marialvas"	38:02	+08:47	03:48	
54	2284	Óscar Sobral	Individual	38:07	+08:52	03:49	
55	484	Mário Monteiro	CluVe - Clube Veteranos de Atletismo de Coimbra	38:13	+08:58	03:49	
56	1522	João Tomásio	Individual	38:14	+08:59	03:49	
57	2939	Fernando santos	Reumaticos	38:16	+09:01	03:50	
58	368	Francisco Silva	Câmara Municipal de Coimbra	38:21	+09:06	03:50	
59	2614	Ricardo Santos	Lobitos BikeTeam	38:22	+09:07	03:50	
60	1417	Eduardo Patrício	Individual	38:23	+09:08	03:50	
61	656	Martim Cordeiro	Equipa de sonho	38:24	+09:09	03:50	
62	2092	David Silva	Individual	38:24	+09:09	03:50	
63	89	Ricardo Simões	Académica Triatlo	38:24	+09:09	03:50	
64	407	André Nunes	CASA DO POVO DE MANGUALDE	38:31	+09:16	03:51	
65	2983	Tiago Marcelino	Rui	38:32	+09:17	03:51	
66	3325	Francisco Costa	ZeTor	38:37	+09:22	03:52	
67	971	Carlos Figueiredo	Grupo Desportivo 3 Santos Populares - Carregal do Sal	38:39	+09:24	03:52	
68	167	Eduardo Silva	ADRAP	38:47	+09:32	03:53	
69	282	Rui Rodrigues	Auchan	38:57	+09:42	03:54	
70	958	Rui Moutela	GR EIRENSE	39:00	+09:45	03:54	
71	1436	Francisco António Marques Lima	Individual	39:02	+09:47	03:54	
72	2540	Jorge Lemos	JM FITNESS	39:06	+09:51	03:55	
73	2366	Manuel Sérgio Marques Pinto	Individual	39:10	+09:55	03:55	
74	2940	Paulo pereira	Reumaticos	39:11	+09:56	03:55	
75	619	William Caetano	DCI/Trilhos Luso Bussaco	39:17	+10:02	03:56	
76	1497	João Gomes	Individual	39:24	+10:09	03:56	
77	1944	Cameron Sanderson	Individual	39:25	+10:10	03:57	
78	3202	Marco Xavier	Adões Trail	39:30	+10:15	03:57	
79	1947	Carlos Oliveira	Individual	39:34	+10:19	03:57	
80	2710	Bruno sousa	Montanha Clube Trail Running/Efapel	39:36	+10:21	03:58	
81	44	Tibério Albuquerque	AAC - Remo	39:37	+10:22	03:58	
82	2040	Renato Seara	Individual	39:40	+10:25	03:58	
83	2365	Luis Santos	Individual	39:42	+10:27	03:58	
84	2701	Helder Henriques	MIRO TRAIL	39:43	+10:28	03:58	
85	1565	Marco Silva	Individual	39:45	+10:30	03:58	

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
86	449	Gonalo Gaspar	Clube dos Galitos	39:45	+10:30	03:58	
87	284	Jorge Moreira	Avelar sunset team	39:49	+10:34	03:59	
88	428	lvvaro Mano	CF Os Marialvas	39:54	+10:39	03:59	
89	513	Armindo Jos Henrique Antunes	Coimbra Trail Running	39:58	+10:43	04:00	
90	570	Joo Pedro Albano	CPT Sobral de Ceira	40:01	+10:46	04:00	
91	1987	Joo Salgado	Individual	40:08	+10:53	04:01	
92	414	Fernando Antunes	CDC Macieira de Cambra	40:08	+10:53	04:01	
93	2593	David Gomes	LEITAO SAO SILVESTRE	40:10	+10:55	04:01	
94	426	Bruno Primo	Centro de Trail Carlos S Penacova Team	40:13	+10:58	04:01	
95	1562	Manuel Domingues Marques	Individual	40:13	+10:58	04:01	
96	59	Claudio Pereira	Abutres	40:14	+10:59	04:01	
97	618	Ruben Fernandes	DCI/Trilhos Luso Bussaco	40:16	+11:01	04:02	
98	78	Samuel Anjos	Academia de Desportos de Condeixa	40:21	+11:06	04:02	
99	2621	Joo Carvalho	Lobos da Serra Loureiro	40:21	+11:06	04:02	
100	3046	Nuno Alexandre Gonalves da Silva	S. C. Povoense - Caracois de Corrida	40:24	+11:09	04:02	
101	3313	Paulo Brites	Wait 4 me RUNNERS	40:27	+11:12	04:03	
102	1236	Maria Francisca Andrade	Individual	40:29	+11:14	04:03	
103	2615	Tiago Gandarez	Lobitos BikeTeam	40:29	+11:14	04:03	
104	2026	Nuno Protasio	Individual	40:31	+11:16	04:03	
105	1951	Daniel Duarte	Individual	40:34	+11:19	04:03	
106	1640	Rui Loureiro	Individual	40:34	+11:19	04:03	
107	424	Pedro Sequeira	Cdm Running Crew	40:34	+11:19	04:03	
108	572	Evandro Silva	CPT Sobral de Ceira	40:37	+11:22	04:04	
109	3306	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	40:38	+11:23	04:04	
110	601	Pedro Mateus	CTCV40 Power	40:38	+11:23	04:04	
111	652	David Pinho	Domus Trail	40:41	+11:26	04:04	
112	256	Mrio Carapinho	Associao Acadmica de Coimbra	40:42	+11:27	04:04	
113	83	Andr Miguel Lameiro Monteiro	Acadmica Triatlo	40:44	+11:29	04:04	
114	2031	Pedro Bastos	Individual	40:53	+11:38	04:05	
115	1540	Jos Matos	Individual	40:57	+11:42	04:06	
116	2534	Mark Neves	J.Prior - Running Team	40:59	+11:44	04:06	
117	2338	Eduardo Costa	Individual	41:02	+11:47	04:06	
118	972	Nuno Lopes	Grupo Desportivo 3 Santos Populares - Carregal do Sal	41:05	+11:50	04:07	
119	166	Antnio Patrcio	ADR4 Estaes	41:06	+11:51	04:07	
120	3186	Lus Rebelo	THOMAR ATHLETICS	41:07	+11:52	04:07	
121	126	Rui Silva	Acadmica Triatlo	41:09	+11:54	04:07	
122	68	Karen Mendes	Academia de Desportos de Condeixa	41:13	+11:58	04:07	
123	514	Carlos Alberto de Jesus Manuel	Coimbra Trail Running	41:14	+11:59	04:07	
124	2769	Jos Pereira	MSS Grupo Desportivo de Gondomar	41:15	+12:00	04:07	
125	871	Ricardo Ramos	Focus_TUU	41:18	+12:03	04:08	
126	469	PEDRO NOGUEIRA SILVA	Clube Millennium BCP	41:18	+12:03	04:08	
127	869	Nuno Simes	Focus_TUU	41:18	+12:03	04:08	
128	1057	Afonso Oliveira	Individual	41:19	+12:04	04:08	
129	2996	Daniel Madeira	Run 4 your LIFE	41:21	+12:06	04:08	
130	3201	Diogo Ramos	TRS	41:25	+12:10	04:08	

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[illegible]

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
131	2368	Mario Ferreira	Individual	41:25	+12:10	04:08	
132	101	Diogo Guerra	Académica Triatlo	41:30	+12:15	04:09	
133	1988	João Veríssimo	Individual	41:31	+12:16	04:09	
134	2158	Miguel Alexandre Fernandes Nunes	Individual	41:31	+12:16	04:09	
135	111	Rui Trovão	Académica Triatlo	41:32	+12:17	04:09	
136	3330	Luis Jesus	ZeTor	41:33	+12:18	04:09	
137	1495	João Gaspar	Individual	41:33	+12:18	04:09	
138	524	Tiago de Castro Nunes Santos Silva	Coimbra Trail Running	41:33	+12:18	04:09	
139	2702	Eugénio Santos	MIRO TRAIL	41:34	+12:19	04:09	
140	3271	Carlos Branco	URCR 2025 & Amigos	41:35	+12:20	04:10	
141	721	Vitor Gomes	FLASHOVER-BVPenela	41:37	+12:22	04:10	
142	2619	Pedro Barreirinhas	Lobos da Serra Loureiro	41:37	+12:22	04:10	
143	2282	Nuno Sampaio	Individual	41:38	+12:23	04:10	
144	3192	António Ribeiro	Tramagal Sport União	41:41	+12:26	04:10	
145	677	Célia Alves	Escola de Atletismo de Coimbra/JPaiva	41:42	+12:27	04:10	
146	1040	Artur Vieira	HOT.Runners	41:44	+12:29	04:10	
147	896	Pedro Craveiro	Focus_TUU	41:49	+12:34	04:11	
148	2302	RICARDO GASPAR	Individual	41:52	+12:37	04:11	
149	2229	Daniel Espinhal	Individual	41:53	+12:38	04:11	
150	341	Francisco Gonçalves	Cabritos	41:53	+12:38	04:11	
151	1446	Gabriel Matos Pereira	Individual	41:56	+12:41	04:12	
152	1276	Nataliya Zhurakivska	Individual	41:56	+12:41	04:12	
153	522	Luis Miguel Ribeiro da Cunha	Coimbra Trail Running	42:00	+12:45	04:12	
154	2822	Sérgio Miguel Esteves Ruela	opraticante.pt	42:02	+12:47	04:12	
155	90	Rodrigo Quelhas	Académica Triatlo	42:03	+12:48	04:12	
156	2960	Nuno Mendes	RI.JO HYBRID TEAM	42:05	+12:50	04:12	
157	188	José Miguel Nobre Sousa	ALTRI	42:06	+12:51	04:13	
158	2984	Rui silva	Rui	42:09	+12:54	04:13	
159	2254	José Manuel Seromenho Duarte	Individual	42:09	+12:54	04:13	
160	123	Ivo Magalhães	Académica Triatlo	42:11	+12:56	04:13	
161	231	João Silva	ARCD Venda da Luísa Trail	42:12	+12:57	04:13	
162	1610	Pedro Silva	Individual	42:12	+12:57	04:13	
163	425	Hernani Iaranja	CENAP	42:13	+12:58	04:13	
164	2076	Bernardo Teles Fazendeiro	Individual	42:14	+12:59	04:13	
165	2784	João Lopes	NEXEBRA TRAIL TEAM	42:15	+13:00	04:14	
166	690	Luc Hennetier	Escola de Atletismo de Coimbra/JPaiva	42:18	+13:03	04:14	
167	106	Filipe Canilho	Académica Triatlo	42:19	+13:04	04:14	
168	116	Luís Carreira	Académica Triatlo	42:20	+13:05	04:14	
169	504	Gilberto João Quicalango Modiz	Coimbra Trail Running	42:21	+13:06	04:14	
170	507	Eduardo Baptista	Coimbra Trail Running	42:22	+13:07	04:14	
171	2330	António Ferreira	Individual	42:28	+13:13	04:15	
172	2305	Ricardo Nuno Carvalho	Individual	42:28	+13:13	04:15	
173	2811	João Carvalho	One More Time	42:31	+13:16	04:15	
174	2956	Marco Brásio	RI.JO HYBRID TEAM	42:33	+13:18	04:15	
175	1039	Paulo Bernardo	HOT.Runners	42:35	+13:20	04:15	
176	189	Diogo Filipe Oliveira Alves	ALTRI	42:37	+13:22	04:16	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
177	1487	João Craveiro Henriques	Individual	42:38	+13:23	04:16	
178	568	André Ferreira	CPT Sobral de Ceira	42:39	+13:24	04:16	
179	1678	Vitor Sousa	Individual	42:39	+13:24	04:16	
180	258	André Santos	ASSSCC AR LIVRE E AVENTURA	42:40	+13:25	04:16	
181	3144	Cláudio Agostinho	Sport Clube Paradela	42:42	+13:27	04:16	
182	3178	Nuno Arnauth	Team Diamantino Jorge	42:43	+13:28	04:16	
183	74	Tiago João Alves Salgueiro	Academia de Desportos de Condeixa	42:44	+13:29	04:16	
184	1879	Carla Manaia	Individual	42:46	+13:31	04:17	
185	2225	Carlos Matos	Individual	42:47	+13:32	04:17	
186	613	Ivo Gonçalves	DAR Recardães	42:47	+13:32	04:17	
187	2191	Ricardo Queiros	Individual	42:51	+13:36	04:17	
188	3314	Nuno Dinis	Welvy Running Club	42:52	+13:37	04:17	
189	327	João Oliveira	Briosa	42:53	+13:38	04:17	
190	936	Fábio Cerejo	GeckoBluePrints	42:55	+13:40	04:18	
191	2265	Luís Vilela	Individual	42:57	+13:42	04:18	
192	575	Celso Pereira	CPT Sobral de Ceira	42:59	+13:44	04:18	
193	2980	Maria ana de almeida monteiro	Rugby clube de coimbra	43:02	+13:47	04:18	
194	3024	João Barbeit0	Runners&Friends	43:04	+13:49	04:18	
195	1479	João Marcos Domingues Esteves	Individual	43:04	+13:49	04:18	
196	732	André Vilas Boas	Focus_TUU	43:06	+13:51	04:19	
197	2091	Daniel Sousa Baptista	Individual	43:07	+13:52	04:19	
198	987	André Monteiro	Grupo Remax White	43:07	+13:52	04:19	
199	1569	Micael Alexandre Cavaleiro da Costa	Individual	43:08	+13:53	04:19	
200	1709	Inês Barreto	Individual	43:10	+13:55	04:19	
201	3329	Alexandre Dias	ZeTor	43:10	+13:55	04:19	
202	658	Angelo Sá	Escola de Atletismo Carlos Lopes/Lusitano	43:12	+13:57	04:19	
203	216	Basilio Simões	Arcd Venda Da Luísa	43:16	+14:01	04:20	
204	660	Tiago Ribeiro	Escola de Atletismo Carlos Lopes/Lusitano	43:18	+14:03	04:20	
205	2771	Miguel Silva	Nazaré Running	43:20	+14:05	04:20	
206	2770	Helder Pereira	Nazaré Running	43:20	+14:05	04:20	
207	1978	João Ferreira	Individual	43:20	+14:05	04:20	
208	1966	Gelies Afonso	Individual	43:20	+14:05	04:20	
209	2080	Bruno Silva	Individual	43:21	+14:06	04:20	
210	877	Fabiano Felipe Santos de Freitas	Focus_TUU	43:24	+14:09	04:20	
211	927	Inês Costa	funrunners fit&fun	43:25	+14:10	04:20	
212	2698	Gabriel Quitério	MIRO TRAIL	43:25	+14:10	04:21	
213	1041	Joaquim Amaral	HOT.Runners	43:28	+14:13	04:21	
214	1942	Bruno Simões Martins	Individual	43:29	+14:14	04:21	
215	977	João Pedro Pereira Coelho	Grupo Remax White	43:30	+14:15	04:21	
216	1627	Ricardo Saraiva	Individual	43:31	+14:16	04:21	
217	125	Pedro Figueira	Académica Triatlo	43:32	+14:17	04:21	
218	162	Manuel Roseiro Ferreira	Adabem Running Team	43:34	+14:19	04:21	
219	805	Luís Negrão	Focus_TUU	43:34	+14:19	04:21	
220	1407	Diogo Santos	Individual	43:34	+14:19	04:21	
221	2740	Alice Brito	MSC - Mais Saúde Coimbra	43:36	+14:21	04:22	

10 KM

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	2732	João Gerardo	MSC - Mais Saúde Coimbra	43:36	+14:21	04:22	
223	617	Pedro Henriques	DCI/Trilhos Luso Bussaco	43:38	+14:23	04:22	
224	2205	Sérgio Oliveira Monteiro	Individual	43:40	+14:25	04:22	
225	1618	Rafael Tinoco Ferrão	Individual	43:41	+14:26	04:22	
226	657	Miguel Cordeiro	Equipa de sonho	43:42	+14:27	04:22	
227	1938	António José Oliveira Dias	Individual	43:45	+14:30	04:23	
228	633	Daniel Silva	DCI/Trilhos Luso Bussaco	43:47	+14:32	04:23	
229	2308	Ricardo Veiga	Individual	43:49	+14:34	04:23	
230	1344	André Rodrigues	Individual	43:49	+14:34	04:23	
231	1632	Ruben Campos	Individual	43:51	+14:36	04:23	
232	2089	Daniel Gomes	Individual	43:53	+14:38	04:23	
233	962	Filipe Duarte	GR EIRENSE	43:54	+14:39	04:23	
234	516	Pedro Manuel Jordão Pereira	Coimbra Trail Running	43:55	+14:40	04:24	
235	646	Hugo Lima	Dias & Companhia Lda	43:56	+14:41	04:24	
236	2025	Nuno Fontes	Individual	43:56	+14:41	04:24	
237	305	Francisco Sousa	Big Bang Runners	43:56	+14:41	04:24	
238	255	José Carlos Simões	Associação Académica de Coimbra	43:57	+14:42	04:24	
239	2003	Luís Fontes	Individual	43:58	+14:43	04:24	
240	2968	Bruno Cartaxo	RM RUNNERS	43:59	+14:44	04:24	
241	280	Ricardo Jorge pinto Gouveia Angelino	Auchan	44:04	+14:49	04:24	
242	1470	Henrique Penim	Individual	44:04	+14:49	04:24	
243	1598	Pedro Brandão	Individual	44:05	+14:50	04:25	
244	2638	Carlos Pimenta	Lusoteam	44:06	+14:51	04:25	
245	1046	João Carlos Oliveira	HOT.Runners	44:10	+14:55	04:25	
246	1672	Vicente Zuzarte	Individual	44:11	+14:56	04:25	
247	3299	Bernardo Monteiro	Vila Ventura Trail	44:12	+14:57	04:25	
248	2576	Hugo Miguel Maurício Pais	Köyü Running Club	44:13	+14:58	04:25	
249	505	Rui Jorge Simões Carrito	Coimbra Trail Running	44:16	+15:01	04:26	
250	778	André Manuel Justino Alberto	Focus_TUU	44:16	+15:01	04:26	
251	1626	Ricardo Santos	Individual	44:17	+15:02	04:26	
252	23	Luís Cação	233 Club	44:19	+15:04	04:26	
253	2090	Daniel Peneda	Individual	44:20	+15:05	04:26	
254	2818	Silvio Miguel Ferreira Bulhosa	One More Time	44:21	+15:06	04:26	
255	579	David Patricio Santos	CPT Sobral de Ceira	44:21	+15:06	04:26	
256	1478	Jean Henrique da Silva Lima	Individual	44:22	+15:07	04:26	
257	1656	Tiago Marques	Individual	44:22	+15:07	04:26	
258	612	Maribel Cardoso	DAR Recardães	44:23	+15:08	04:26	
259	3213	MARTA PADILLA AGUILÔ	UD MOSQUITO	44:25	+15:10	04:27	
260	792	Guilherme Cabral	Focus_TUU	44:27	+15:12	04:27	
261	2222	Bruno Miguel Bernardes de Jesus	Individual	44:27	+15:12	04:27	
262	3120	João Antunes	SicóTrilhos	44:28	+15:13	04:27	
263	2357	José Coroa	Individual	44:29	+15:14	04:27	
264	183	Davide Gonçalves	Algarunners	44:29	+15:14	04:27	
265	1666	Tomás Costa	Individual	44:30	+15:15	04:27	
266	2361	Luís Afonso	Individual	44:31	+15:16	04:27	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
267	1524	João Vairinhos	Individual	44:32	+15:17	04:27	
268	2523	Carolina Marques	Ingleses Futebol Clube	44:33	+15:18	04:27	
269	940	Diogo Guilherme	GERARDO STUDIO	44:34	+15:19	04:27	
270	636	Horacio Ferreira	DCI/Trilhos Luso Bussaco	44:37	+15:22	04:28	
271	638	Mário Gonçalves	DCI/Trilhos Luso Bussaco	44:39	+15:24	04:28	
272	688	Pedro Marques	Escola de Atletismo de Coimbra/JPaiva	44:41	+15:26	04:28	
273	708	Edgar Gomes	Farmácia Luciano e Matos	44:41	+15:26	04:28	
274	207	Rui Monteir	Arcd Venda Da Luísa	44:41	+15:26	04:28	
275	1511	João Pedro Santos	Individual	44:41	+15:26	04:28	
276	335	Paulo Almeida	C.F. "Os Marialvas"	44:42	+15:27	04:28	
277	2586	José Manuel de Castro Torres	KrushIt	44:43	+15:28	04:28	
278	631	Miguel Viegas	DCI/Trilhos Luso Bussaco	44:44	+15:29	04:28	
279	1278	Nathalie Silva	Individual	44:44	+15:29	04:28	
280	2954	Carlos Ribeiro	RI.JO HYBRID TEAM	44:45	+15:30	04:28	
281	639	Vitor Oliveira	DCI/Trilhos Luso Bussaco	44:45	+15:30	04:29	
282	2242	Hugo Abade	Individual	44:46	+15:31	04:29	
283	1630	Rodrigo Cardoso Caldeira	Individual	44:47	+15:32	04:29	
284	944	Sérgio Alves	GGinho	44:48	+15:33	04:29	
285	2352	João Teles	Individual	44:49	+15:34	04:29	
286	525	Jorge Manuel Rodrigues Tiago	Coimbra Trail Running	44:50	+15:35	04:29	
287	1473	Hugo Caetano	Individual	44:50	+15:35	04:29	
288	418	José Manuel dos Santos Quinta	CDCamarneira	44:54	+15:39	04:29	
289	140	André Varejão	ACDR Rapoula	44:55	+15:40	04:29	
290	56	Bruno Paiva	Abutres	44:56	+15:41	04:30	
291	2820	Tomás Alexandre da Silva Costa	One More Time	44:57	+15:43	04:30	
292	527	Fernando Manuel Machado Alhau	Coimbra Trail Running	44:58	+15:43	04:30	
293	2934	Luis Marques	Reload - Exercício e Saúde	45:01	+15:46	04:30	
294	1655	Tiago Marques	Individual	45:04	+15:49	04:30	
295	3014	Diogo Santos	RunAway Club	45:04	+15:49	04:30	
296	357	Pedro Martins	Cágados	45:05	+15:50	04:31	
297	1560	Luís Monteiro	Individual	45:07	+15:52	04:31	
298	1625	Ricardo Manuel Guerra Pina	Individual	45:08	+15:53	04:31	
299	451	José Carlos Martins	Clube EDP - Lisboa	45:08	+15:53	04:31	
300	2356	Jose António Ribeiro costa	Individual	45:10	+15:55	04:31	
301	2153	Luis Nelas	Individual	45:11	+15:56	04:31	
302	2414	Vitor Tavares	Individual	45:12	+15:57	04:31	
303	3129	Joao Paulo Anjo	Sky.runners	45:12	+15:57	04:31	
304	2616	Ricardo Miranda	Lobitos BikeTeam	45:12	+15:57	04:31	
305	165	BRUNO FERREIRA	Adões Trail	45:14	+15:59	04:31	
306	2190	Ricardo Pereira	Individual	45:14	+15:59	04:31	
307	1590	Nuno Gonçalo Pires Chicória	Individual	45:15	+16:00	04:32	
308	209	Ana Luisa Branco Fernandes	Arcd Venda Da Luísa	45:16	+16:01	04:32	
309	2178	Pedro Simões	Individual	45:18	+16:03	04:32	
310	157	Henrique Carvalheiro	ACRM Silveirinha Grande e Claras	45:18	+16:03	04:32	
311	1453	Gonçalo Dias	Individual	45:18	+16:03	04:32	
312	2037	Pedro Miguel Lopes Neto	Individual	45:19	+16:04	04:32	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
313	295	José Afonso Moreira Patrão Soares	Benidormes	45:19	+16:04	04:32	
314	203	Tiago Lopes	Ansibikers	45:22	+16:07	04:32	
315	2532	Joel Prior	J.Prior - Running Team	45:22	+16:07	04:32	
316	2105	Filipe Rebelo	Individual	45:24	+16:09	04:32	
317	1506	João Pedro Mateus Simões	Individual	45:25	+16:10	04:32	
318	2682	Diogo Girão	MB Studio	45:26	+16:11	04:33	
319	2850	Rui Silva	Os Papa Milhas	45:27	+16:12	04:33	
320	2816	Roberto Pinho dos Santos	One More Time	45:28	+16:13	04:33	
321	1069	Martim Soares	Individual	45:28	+16:13	04:33	
322	2318	Sérgio Simões	Individual	45:30	+16:15	04:33	
323	2136	Jorge Berardo	Individual	45:32	+16:17	04:33	
324	2271	Nélio Girão	Individual	45:35	+16:20	04:33	
325	956	António Almeida	Gira Sol	45:36	+16:21	04:34	
326	1305	Sofia Dias	Individual	45:37	+16:22	04:34	
327	511	Tiago Feitor Almeida	Coimbra Trail Running	45:40	+16:25	04:34	
328	2608	Nelson Rodrigues	Light Runners	45:40	+16:25	04:34	
329	445	Maria João Rico	Clube de Triatlo do Fundão	45:41	+16:26	04:34	
330	332	João Paulo Pires Nunes	C.F. "Os Marialvas"	45:43	+16:28	04:34	
331	62	Jorge Rodrigues	Abutres	45:44	+16:29	04:34	
332	659	João Aguiar	Escola de Atletismo Carlos Lopes/Lusitano	45:44	+16:29	04:34	
333	243	Pedro Nunes	ARSM - Associação Recreativa de S. Miguel	45:45	+16:30	04:34	
334	3300	Vitor Monteiro	Vila Ventura Trail	45:46	+16:31	04:35	
335	2969	jose tavares	RM RUNNERS	45:47	+16:32	04:35	
336	2345	Hélder Piedade	Individual	45:47	+16:32	04:35	
337	1076	Alejandra Gonzalez	Individual	45:47	+16:32	04:35	
338	1943	Bruno Vital	Individual	45:49	+16:34	04:35	
339	2752	Rui Couto	MSC - Mais Saúde Coimbra	45:49	+16:34	04:35	
340	1541	José Miguel dos Santos Ventura	Individual	45:50	+16:35	04:35	
341	2396	Pedro Marques	Individual	45:51	+16:37	04:35	
342	2108	Francisco Martins	Individual	45:55	+16:40	04:35	
343	991	Nuno Henrique Lucas	Grupo Remax White	45:55	+16:40	04:35	
344	2653	Rui Sérgio Dias Ferreira	Maltha	45:56	+16:41	04:36	
345	2941	Paulo ramos	Reumaticos	46:00	+16:45	04:36	
346	1508	João Pedro Rebelo da Silva	Individual	46:00	+16:45	04:36	
347	2213	Alexandre Mendes	Individual	46:03	+16:48	04:36	
348	3015	Edgar Pimenta	RunAway Club	46:05	+16:50	04:36	
349	2017	Miguel Ferreira	Individual	46:07	+16:52	04:37	
350	876	Diogo Brandão	Focus_TUU	46:08	+16:53	04:37	
351	422	Ricardo Noémio Mendes Cruz	CDCamarneira	46:08	+16:53	04:37	
352	953	Guilherme Almeida	Gira Sol	46:10	+16:55	04:37	
353	176	Miguel Balaia	ÁGUIAS DA SERRA	46:12	+16:57	04:37	
354	3238	Laura Lopes	URCR 2025 & Amigos	46:14	+16:59	04:37	
355	60	Francisco Gouveia	Abutres	46:14	+16:59	04:37	
356	1372	Carlos F. Marques	Individual	46:15	+17:00	04:38	
357	1207	Joana Rodrigues	Individual	46:16	+17:01	04:38	
358	2082	Carlos Reis	Individual	46:16	+17:01	04:38	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
359	554	Diana Rodrigues	RunAway Club	46:18	+17:03	04:38	
360	108	José Domingues Costa	Académica Triatlo	46:18	+17:03	04:38	
361	2057	Tiago Vaz	Individual	46:19	+17:04	04:38	
362	2413	Victor Manuel Nunes Pinto	Individual	46:20	+17:05	04:38	
363	872	Artur Rocha	Focus_TUU	46:21	+17:06	04:38	
364	1606	Pedro Pereira	Individual	46:21	+17:06	04:38	
365	1359	Bernardo Pedro Santos Almeida Baptista	Individual	46:21	+17:06	04:38	
366	2450	José Vitor Vieira	Individual	46:22	+17:07	04:38	
367	1424	Fábio Figueiredo	Individual	46:23	+17:08	04:38	
368	2235	Filipe Fernandes	Individual	46:23	+17:08	04:38	
369	1502	João Miguel Fresco Leal	Individual	46:24	+17:09	04:38	
370	2684	João Pedro Monteiro Breda	MB Studio	46:24	+17:09	04:38	
371	693	Luís Oliveira	Escola de Atletismo de Coimbra/JPaiva	46:24	+17:09	04:38	
372	2206	Simão Tomaz Duarte	Individual	46:25	+17:10	04:38	
373	2709	Bruno Marques	Montanha Clube Trail Running/Efapel	46:26	+17:11	04:39	
374	1022	Carla Marques	HOT.Runners	46:26	+17:11	04:39	
375	1958	Edgar Seco	Individual	46:27	+17:12	04:39	
376	2597	José Carlos Gomes	Ligeirinhos	46:27	+17:12	04:39	
377	2243	Hugo Romao	Individual	46:27	+17:12	04:39	
378	385	Luís Bispo	Câmara Municipal de Coimbra	46:27	+17:12	04:39	
379	630	Fernando Marques	DCI/Trilhos Luso Bussaco	46:28	+17:13	04:39	
380	1012	Flávio Ferrão	Healthy Move	46:28	+17:13	04:39	
381	635	Américo Almeida	DCI/Trilhos Luso Bussaco	46:28	+17:13	04:39	
382	1612	Pedro Vilafanha	Individual	46:30	+17:15	04:39	
383	672	Clara Sofia Rodrigues	Escola de Atletismo de Coimbra/JPaiva	46:30	+17:15	04:39	
384	2654	Luís Barraca Pereira	Maltha	46:31	+17:16	04:39	
385	2058	Tiago Vitória	Individual	46:31	+17:16	04:39	
386	2838	Daniel Azevedo	Os indecisos	46:34	+17:19	04:39	
387	932	Maria de Fátima Fidalgo Lopes	Gaspare	46:35	+17:20	04:40	
388	2232	Eduardo Ribeiro	Individual	46:37	+17:22	04:40	
389	1624	Ricardo Lé	Individual	46:37	+17:22	04:40	
390	3208	Alexandre Figueiras	UD Casével	46:38	+17:23	04:40	
391	2342	Gilberto Palmeira	Individual	46:38	+17:23	04:40	
392	2663	Zé Pedro	Maratoin@s	46:39	+17:24	04:40	
393	2972	Rui Cainé	RM RUNNERS	46:41	+17:26	04:40	
394	1614	Rafael Pereira	Individual	46:41	+17:26	04:40	
395	1060	André Silva	Individual	46:43	+17:28	04:40	
396	57	Hugo Cabral	Abutres	46:43	+17:28	04:40	
397	1642	Rui Mota Pinto	Individual	46:46	+17:31	04:41	
398	3122	Jorge Henriques	SicóTrilhos	46:49	+17:34	04:41	
399	1580	Miguel Pedro	Individual	46:49	+17:34	04:41	
400	2186	Ricardo Gomes	Individual	46:51	+17:36	04:41	
401	966	Maria de Lurdes Coimbras	Grupo Desportivo 3 Santos Populares - Carregal do Sal	46:53	+17:38	04:41	
402	2192	Rodrigo Crespo dos Reis	Individual	46:54	+17:39	04:41	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
403	468	PEDRO MANUEL REISINHO PEREIRA	Clube Millennium BCP	46:56	+17:41	04:42	
404	2063	Vítor Fonseca	Individual	46:57	+17:42	04:42	
405	337	Ângela Pinto	Cabritos	46:57	+17:42	04:42	
406	1451	Gonçalo Correia de Matos	Individual	46:58	+17:43	04:42	
407	63	Paulo Bento	Abutres	46:59	+17:44	04:42	
408	3200	Acácio Xavier	TRS	46:59	+17:44	04:42	
409	3182	Aislan Victor Alves da Silva	The six	47:00	+17:45	04:42	
410	2380	Nuno Henriques	Individual	47:01	+17:46	04:42	
411	1613	Rafael Clino	Individual	47:02	+17:47	04:42	
412	2353	Jorge Figueiredo	Individual	47:04	+17:49	04:42	
413	2039	Pedro Santos	Individual	47:05	+17:50	04:42	
414	2065	Vitor Silva	Individual	47:08	+17:53	04:43	
415	3282	Rui Sousa Lopes	URCR 2025 & Amigos	47:08	+17:53	04:43	
416	2959	Tiago Carreiro	RI.JO HYBRID TEAM	47:09	+17:54	04:43	
417	2241	Gustavo Barros	Individual	47:09	+17:54	04:43	
418	2027	Paulo Alexandre Gomes dos Santos	Individual	47:10	+17:55	04:43	
419	2310	Rui Abreu	Individual	47:10	+17:55	04:43	
420	1413	Edgar Lopes	Individual	47:10	+17:55	04:43	
421	245	Kevin Cruz	ASCV ASSOCIAÇÃO SOCIO CULTURAL DA VALEIRINHA	47:11	+17:56	04:43	
422	72	ANABELA SANTIAGO MARQUES	Academia de Desportos de Condeixa	47:11	+17:56	04:43	
423	410	Carlos Almeida	CASA DO POVO DE MANGUALDE	47:13	+17:58	04:43	
424	2813	Luis Carlos Cancela Fernandes Gonçalves Vilarinho	One More Time	47:13	+17:58	04:43	
425	384	Fernando Neves	Câmara Municipal de Coimbra	47:13	+17:58	04:43	
426	1414	Édi Condorcet	Individual	47:14	+17:59	04:43	
427	2754	Daniel Cardoso	MSC - Mais Saúde Coimbra	47:18	+18:03	04:44	
428	3272	Carlos Lourenço	URCR 2025 & Amigos	47:22	+18:07	04:44	
429	642	Nuno Rodrigues	Deixa passar	47:22	+18:07	04:44	
430	61	Hilton Oliveira	Abutres	47:23	+18:08	04:44	
431	1604	Pedro Martins Gonçalves	Individual	47:23	+18:08	04:44	
432	2407	Salomão Rocha	Individual	47:23	+18:09	04:44	
433	2528	Jorge Pimenta	IPN Runners	47:25	+18:10	04:44	
434	2719	Jorge Ramos	Motores a Broa	47:25	+18:10	04:45	
435	2100	Filipe Agante Simões	Individual	47:26	+18:11	04:45	
436	1931	André Monteiro	Individual	47:27	+18:12	04:45	
437	3214	ÁNGEL MUÑOZ CAMPANERO	UD MOSQUITO	47:27	+18:12	04:45	
438	3270	António Paiva	URCR 2025 & Amigos	47:27	+18:12	04:45	
439	1549	Leandro Pereira	Individual	47:27	+18:12	04:45	
440	866	João Figueiredo	Focus_TUU	47:28	+18:13	04:45	
441	607	Filipa Neves	CUMIBROA RUNNING TEAM	47:28	+18:13	04:45	
442	1403	Diogo Peixoto	Individual	47:29	+18:14	04:45	
443	1585	Nelson Gonçalves	Individual	47:29	+18:14	04:45	
444	2288	Paulo Fonte	Individual	47:30	+18:15	04:45	
445	1405	Diogo Ribeiro Farias	Individual	47:32	+18:17	04:45	
446	626	Manuela Mendes	DCI/Trilhos Luso Bussaco	47:32	+18:17	04:45	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
447	1472	Hugo Belez Brito	Individual	47:33	+18:18	04:45	
448	351	Victor Pinheiro	Caeser's Gin	47:33	+18:18	04:45	
449	2087	Cristovao Pires	Individual	47:34	+18:19	04:45	
450	3034	Luís Dias	RUNNING4FUN Team Viseu	47:36	+18:21	04:46	
451	2930	Francisco Ribeiro	Reload - Exercício e Saúde	47:38	+18:23	04:46	
452	1561	Luís Roque S. Lopes	Individual	47:39	+18:24	04:46	
453	3149	Joana Marreco	STRUE ENGENHARIA	47:40	+18:25	04:46	
454	339	Flávia Marques	Cabritos	47:40	+18:25	04:46	
455	359	João Oliveira	Cágados	47:41	+18:26	04:46	
456	2343	Gonçalo Filipe Neves Padilha	Individual	47:42	+18:27	04:46	
457	2755	Miguel Marques	MSC - Mais Saúde Coimbra	47:42	+18:27	04:46	
458	895	Nuno Cardoso	Focus_TUU	47:43	+18:28	04:46	
459	2311	Rui Jorge Gonçalves Pereira Nobre	Individual	47:46	+18:31	04:47	
460	1033	João Vidal	HOT.Runners	47:47	+18:32	04:47	
461	1420	Énio Carrasqueira	Individual	47:48	+18:33	04:47	
462	1868	Tânia Mateus	Individual	47:51	+18:36	04:47	
463	2467	Pedro Santos	Individual	47:51	+18:36	04:47	
464	1286	Raquel Costa	Individual	47:51	+18:36	04:47	
465	3017	João Pais	RunAway Club	47:51	+18:36	04:47	
466	467	JOAO MIGUEL LAPA ESTIVEIRA	Clube Millennium BCP	47:52	+18:37	04:47	
467	2045	Roberto Dias	Individual	47:52	+18:37	04:47	
468	2423	Armando Goncalves	Individual	47:52	+18:37	04:47	
469	1445	Gabriel Filipe Mendes Carvalho	Individual	47:52	+18:37	04:47	
470	1538	José Maria Andrade	Individual	47:52	+18:37	04:47	
471	957	Adérito Curto	Gira Sol	47:53	+18:38	04:47	
472	1500	João Lima	Individual	47:53	+18:38	04:47	
473	641	Célio Duarte	Deixa passar	47:54	+18:39	04:47	
474	3050	Ana Teresa Mateus Rebelo	Sanfil	47:55	+18:40	04:47	
475	2350	João Nunes	Individual	47:55	+18:40	04:47	
476	2936	Miguel Figueiredo	Reload - Exercício e Saúde	47:55	+18:40	04:48	
477	158	Henrique Lavaredas	ACRM Silveirinha Grande e Claras	47:57	+18:42	04:48	
478	3250	David Francisco	URCR 2025 & Amigos	47:57	+18:42	04:48	
479	1259	Mariana Rodrigues	Individual	47:57	+18:42	04:48	
480	2046	Rui Pereira	Individual	47:57	+18:42	04:48	
481	1430	Filipe Mateus	Individual	47:59	+18:44	04:48	
482	2489	Dale Mark Desautel	Individual	47:59	+18:44	04:48	
483	1930	André Marques	Individual	47:59	+18:44	04:48	
484	109	José Lopes	Académica Triatlo	48:01	+18:46	04:48	
485	3233	Ana Veiga	URCR 2025 & Amigos	48:02	+18:47	04:48	
486	2876	José Miguel Carvalho Gomes	Owlpharma Team	48:03	+18:48	04:48	
487	1361	Bruno Alvim	Individual	48:03	+18:48	04:48	
488	501	Tania Batista	Coimbra Trail Running	48:05	+18:50	04:49	
489	654	MIGUEL LOPES MESTRE	Domus Trail	48:06	+18:51	04:49	
490	2069	Alexandre Flórido	Individual	48:07	+18:52	04:49	
491	517	Ricardo André Rodrigues de Jesus	Coimbra Trail Running	48:07	+18:52	04:49	
492	1402	Diogo Oliveira	Individual	48:08	+18:53	04:49	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
493	1592	Nuno Pinto	Individual	48:08	+18:53	04:49	
494	164	Luis Santos	ADI-ILHAVO	48:08	+18:53	04:49	
495	640	Joaquim Godinho	DCI/Trilhos Luso Bussaco	48:09	+18:54	04:49	
496	954	Francisco Catarino	Gira Sol	48:10	+18:55	04:49	
497	2997	Goncalo Barreto	run2eat	48:10	+18:55	04:49	
498	1077	Alexandra Duarte	Individual	48:11	+18:56	04:49	
499	362	PAULO NEVES	CAL - Clube Atletismo de Lamas	48:12	+18:57	04:49	
500	2923	Paulo Providência	R G Levanta Poeira	48:13	+18:58	04:49	
501	2054	Tiago Largo	Individual	48:13	+18:58	04:49	
502	3013	David Ferreira Marques	RunAway Club	48:14	+18:59	04:49	
503	1641	Rui Miguel Grunert da Fonseca	Individual	48:14	+18:59	04:49	
504	2454	Luís Costa	Individual	48:14	+18:59	04:49	
505	2626	Pedro peralta	Longevity Team	48:15	+19:00	04:49	
506	577	Rui Figueiredo	CPT Sobral de Ceira	48:16	+19:01	04:50	
507	2013	Maxim Mironov	Individual	48:19	+19:04	04:50	
508	87	Hugo Matos	Académica Triatlo	48:20	+19:05	04:50	
509	1620	Renato Daniel Dias Simões	Individual	48:21	+19:06	04:50	
510	259	Daniel Lopes	ASSSCC AR LIVRE E AVENTURA	48:22	+19:07	04:50	
511	975	Fausto Reis	Grupo Recreativo Eirense - Academia de Atletismo	48:23	+19:08	04:50	
512	2179	Rafael Carvalho Laranja dos Santos	Individual	48:23	+19:08	04:50	
513	2469	Prof. Anthony J. Burke	Individual	48:24	+19:09	04:50	
514	1584	Nazar Vershynin	Individual	48:24	+19:09	04:50	
515	3119	Paulo Faustino	Shape on You	48:25	+19:10	04:50	
516	1373	Carlos Feteira	Individual	48:26	+19:11	04:51	
517	2279	Nuno Preces	Individual	48:27	+19:12	04:51	
518	1385	Daniel Morais	Individual	48:27	+19:12	04:51	
519	3099	Ricardo Costa	Shape on You	48:27	+19:12	04:51	
520	1689	Andreia Silva	Individual	48:28	+19:13	04:51	
521	1325	Acácio Silva	Individual	48:28	+19:13	04:51	
522	1399	Diogo Mendes	Individual	48:28	+19:13	04:51	
523	1617	Rafael Teixeira	Individual	48:29	+19:14	04:51	
524	1928	André Domingues	Individual	48:31	+19:16	04:51	
525	2579	António Aragão	KrushIt	48:31	+19:16	04:51	
526	692	Jorge Alves	Escola de Atletismo de Coimbra/JPaiva	48:31	+19:16	04:51	
527	3117	Ivo Cardoso	Shape on You	48:32	+19:17	04:51	
528	1652	Tiago Fernandes	Individual	48:32	+19:17	04:51	
529	2793	Nuno Moura	Olimpíadas da Economia	48:32	+19:17	04:51	
530	2309	Rogério Amaro	Individual	48:33	+19:18	04:51	
531	938	Eugénio Santos	Gelcentro Team	48:35	+19:20	04:52	
532	2512	João Ramos	Individual	48:35	+19:20	04:52	
533	66	Pedro Caetano	Abutres	48:36	+19:21	04:52	
534	2135	Jorge Almeida	Individual	48:36	+19:21	04:52	
535	1371	Carlos Daniel Duarte Simões	Individual	48:36	+19:21	04:52	
536	54	Marina Caetano	Abutres	48:37	+19:22	04:52	
537	1555	Lucas Trindade	Individual	48:38	+19:23	04:52	
538	2290	Paulo Jorge Fernandes Pinheiro	Individual	48:38	+19:23	04:52	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
539	1441	Francisco Martins	Individual	48:38	+19:23	04:52	
540	576	Manuela Gonçalves	CPT Sobral de Ceira	48:38	+19:23	04:52	
541	1352	António Venâncio	Individual	48:38	+19:23	04:52	
542	2194	Rodrigo Vaz	Individual	48:39	+19:24	04:52	
543	1362	Bruno de Oliveira	Individual	48:40	+19:25	04:52	
544	2386	Paulo David da Silva Cardoso	Individual	48:40	+19:25	04:52	
545	644	João Lima	Dias & Companhia Lda	48:40	+19:25	04:52	
546	2381	Nuno José das Neves Adelino	Individual	48:41	+19:26	04:52	
547	2245	João Luís Almeida Cunha Rodrigues	Individual	48:41	+19:26	04:52	
548	2384	Nuno Rodrigues	Individual	48:41	+19:26	04:52	
549	2473	Rui Godinho	Individual	48:41	+19:26	04:52	
550	2542	António Cardoso	JM FITNESS	48:43	+19:28	04:52	
551	814	Tiago Carvalho	Focus_TUU	48:43	+19:28	04:52	
552	1504	joao Pacheco	Individual	48:43	+19:28	04:52	
553	2763	Michel Almeida	MSC - Mais Saúde Coimbra	48:44	+19:29	04:52	
554	528	Vitor Figueiredo	Condores do Choupal	48:44	+19:29	04:52	
555	2001	Leonel Reis	Individual	48:45	+19:30	04:52	
556	2440	João Paulo Queirós	Individual	48:45	+19:30	04:52	
557	2312	Rui Póvoa	Individual	48:45	+19:30	04:52	
558	1221	Luana Ferreira	Individual	48:46	+19:31	04:53	
559	1442	Francisco Santos	Individual	48:48	+19:33	04:53	
560	2277	Nuno Miguel Pais Freire	Individual	48:50	+19:35	04:53	
561	1647	Telmo Silva	Individual	48:51	+19:36	04:53	
562	1925	Susana Martins	ACR Vale de Cambra	48:51	+19:36	04:53	
563	926	Alexandrina Leitão	funrunners fit&fun	48:51	+19:37	04:53	
564	2683	Diogo Luís Monteiro Breda	MB Studio	48:52	+19:37	04:53	
565	2182	Renato Rodrigues	Individual	48:52	+19:37	04:53	
566	2664	Romeu Cardoso	Maratoin@s	48:54	+19:39	04:53	
567	2147	José Oliveira	Individual	48:56	+19:41	04:54	
568	177	João Branco	ÁGUIAS DA SERRA	48:58	+19:43	04:54	
569	2839	Diniz Azevedo	Os indecisos	48:58	+19:43	04:54	
570	2336	Daniel Fragoso	Individual	48:59	+19:44	04:54	
571	1665	Tomás Andrade	Individual	48:59	+19:44	04:54	
572	2227	CARLOS VIEGAS	Individual	48:59	+19:44	04:54	
573	2641	Nuno Santos Rocha	Macaxeira Running Club	49:00	+19:45	04:54	
574	1383	Daniel Gaspar	Individual	49:01	+19:46	04:54	
575	94	Maria Lobo	Académica Triatlo	49:01	+19:46	04:54	
576	2537	Mariana Nujo	JM FITNESS	49:01	+19:46	04:54	
577	122	Rui Nunes	Académica Triatlo	49:02	+19:47	04:54	
578	2188	Ricardo Lourenço	Individual	49:02	+19:47	04:54	
579	2514	Joaquim Pocinho	Individual	49:03	+19:48	04:54	
580	427	Catarina Alves	CF Os Marialvas	49:04	+19:49	04:54	
581	2685	João Pedro Pinão Santos	MB Studio	49:04	+19:49	04:54	
582	404	Rui Salgueiro	CASA DO BENFICA EM ABRANTES	49:04	+19:49	04:54	
583	2452	Luís António Jesus Carvalheiro	Individual	49:08	+19:53	04:55	
584	80	Pedro Santiago Almeida	Académica Triatlo	49:08	+19:53	04:55	

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10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
585	397	Miguel Silva	Câmara Municipal de Coimbra	49:08	+19:53	04:55	
586	2395	Pedro Jacinto	Individual	49:08	+19:53	04:55	
587	345	João Silva	Caeser's Gin	49:08	+19:53	04:55	
588	3365	Pedro Sequeira	Câmara Municipal de Coimbra	49:09	+19:54	04:55	
589	806	Manuel Santos	Focus_TUU	49:09	+19:54	04:55	
590	173	Alexis da Cruz Henriques Guia	Agora Vai...	49:10	+19:55	04:55	
591	148	Francisco Batalha	Acordo, Logo Supero	49:10	+19:55	04:55	
592	594	Rodrigo Pereira	Cris7ianismo	49:10	+19:55	04:55	
593	2246	João P, Mendes	Individual	49:10	+19:55	04:55	
594	2321	Tiago Jorge Rodrigues Baptista	Individual	49:13	+19:58	04:55	
595	2829	Vitor Antunes	Os Antunes	49:13	+19:58	04:55	
596	1967	Gonçalo Alves	Individual	49:14	+19:59	04:55	
597	2791	João Moura	Olimpíadas da Economia	49:14	+19:59	04:55	
598	1629	Rodrigo Maturana	Individual	49:15	+20:00	04:56	
599	2516	Jorge Santos	Individual	49:15	+20:00	04:56	
600	1527	Joaquim Santos	Individual	49:16	+20:01	04:56	
601	2334	Carlos Santos	Individual	49:16	+20:01	04:56	
602	1534	José Henrique Carvalho	Individual	49:18	+20:03	04:56	
603	1636	Rúben Rodrigues	Individual	49:19	+20:04	04:56	
604	610	Marcos Afonso	CUMIBROA RUNNING TEAM	49:20	+20:05	04:56	
605	160	Vitor Alonso	ActiveLifebyTiagoSilva	49:22	+20:07	04:56	
606	3255	João Marcelino	URCR 2025 & Amigos	49:23	+20:08	04:56	
607	1418	Emanuel Ferreira	Individual	49:23	+20:08	04:56	
608	2249	João silva	Individual	49:23	+20:08	04:56	
609	2150	Luis Almeida	Individual	49:24	+20:09	04:56	
610	2285	Patrick Pinto	Individual	49:24	+20:09	04:56	
611	1544	José Pedro Correia Filipe	Individual	49:25	+20:10	04:56	
612	2676	Nahuel Martínez	Maratontos	49:26	+20:11	04:57	
613	1574	Miguel de Lemos	Individual	49:27	+20:12	04:57	
614	2477	VITOR PAULO BORGES DA CRUZ PEREIRA	Individual	49:27	+20:12	04:57	
615	358	João Martins	Cágados	49:30	+20:15	04:57	
616	2642	Pedro Carvalho	Macaxeira Running Club	49:30	+20:15	04:57	
617	2767	Rui Machado	MSS Grupo Desportivo de Gondomar	49:32	+20:17	04:57	
618	2777	Daniel Miranda	Nelson Gym	49:32	+20:17	04:57	
619	2778	Gustavo Madureira	Nelson Gym	49:32	+20:17	04:57	
620	2893	José Lopes	Pássaros Gordos	49:32	+20:17	04:57	
621	2772	Fábio António Tavares Fonseca	Nelson Gym	49:33	+20:18	04:57	
622	119	Nuno Simões	Académica Triatlo	49:33	+20:18	04:57	
623	2443	Jorge Manuel da Silva	Individual	49:33	+20:18	04:57	
624	2815	Pedro Afonso	One More Time	49:34	+20:19	04:57	
625	728	Ana Cunha	Focus_TUU	49:36	+20:21	04:58	
626	2332	Antonio Paulo Santos	Individual	49:36	+20:21	04:58	
627	625	Carla Gonçalves	DCI/Trilhos Luso Bussaco	49:38	+20:23	04:58	
628	98	Natália Silva	Académica Triatlo	49:39	+20:24	04:58	
629	120	Rafael Martinho	Académica Triatlo	49:39	+20:24	04:58	

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10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
630	2688	Maria Miguéis Teixeira	MIGUÉIS a correr	49:39	+20:24	04:58	
631	321	Joaquim Baptista	Botão Camp	49:40	+20:25	04:58	
632	2296	Pedro Gonçalves	Individual	49:41	+20:26	04:58	
633	1066	Ivo Marques	Individual	49:42	+20:27	04:58	
634	494	Rodrigo Filipe de Carvalho dos Santos	Coimbra Trail Running	49:43	+20:28	04:58	
635	2346	Hugo O	Individual	49:45	+20:30	04:59	
636	2304	Ricardo Miguel Moura Santos	Individual	49:45	+20:30	04:59	
637	2431	Fernando Medeiros	Individual	49:46	+20:31	04:59	
638	2314	Sérgio Bandarra	Individual	49:46	+20:31	04:59	
639	2933	Bruno Carvalho	Reload - Exercício e Saúde	49:46	+20:31	04:59	
640	3227	Nuno Oliveira	Urb. Teodora Running Team	49:47	+20:32	04:59	
641	623	Marisa Duarte	DCI/Trilhos Luso Bussaco	49:47	+20:32	04:59	
642	2044	Ricardo Vitorino	Individual	49:50	+20:35	04:59	
643	864	Gonçalo Cruz	Focus_TUU	49:51	+20:36	04:59	
644	1469	Henrique BARBOSA PEREIRA	Individual	49:52	+20:37	04:59	
645	2051	Sérgio Pereira	Individual	49:53	+20:38	04:59	
646	678	Dora Serra	Escola de Atletismo de Coimbra/JPaiva	49:53	+20:38	04:59	
647	38	Bruno Concha	AAC - Remo	49:53	+20:38	04:59	
648	2195	Rui Cunha	Individual	49:54	+20:39	04:59	
649	1621	Renato Neves	Individual	49:54	+20:39	04:59	
650	1328	Afonso Antunes Rodrigues	Individual	49:54	+20:39	04:59	
651	2007	Marco Custódio	Individual	49:54	+20:40	04:59	
652	2146	José Nunes	Individual	49:55	+20:40	04:59	
653	1341	André Peixoto	Individual	49:56	+20:41	05:00	
654	136	Pedro Nora	Academistas de Murte de	49:56	+20:41	05:00	
655	838	Taciana Maria Campos Goes de Freitas	Focus_TUU	49:57	+20:42	05:00	
656	1532	José Duarte	Individual	49:57	+20:42	05:00	
657	2422	António Ribeiro	Individual	49:58	+20:43	05:00	
658	2640	Miguel Vasconcelos de Sousa	Macaxeira Running Club	49:58	+20:43	05:00	
659	1898	Sandra de Carvalho	Individual	49:59	+20:44	05:00	
660	992	Celso Carvalho	Grupo Remax White	50:00	+20:45	05:00	
661	311	Sara Daniela Neves Lopes	Botão Camp	50:01	+20:46	05:00	
662	2292	Pedro carreira	Individual	50:02	+20:47	05:00	
663	1603	Pedro Henrique Tinoco Nunes	Individual	50:02	+20:47	05:00	
664	1857	Natalina Almeida	Individual	50:02	+20:47	05:00	
665	2364	Luís Pinto	Individual	50:02	+20:47	05:00	
666	1962	Fernando Marinho	Individual	50:02	+20:47	05:00	
667	488	Hélder Ferreira	CluVe - Clube Veteranos de Atletismo de Coimbra	50:03	+20:48	05:00	
668	2170	Paulo Carnim	Individual	50:03	+20:48	05:00	
669	2341	Geraldo de Souza	Individual	50:04	+20:49	05:00	
670	2788	António Rodrigues	O praticante.pt	50:04	+20:49	05:00	
671	1990	Jônatas Augusto Manzolli	Individual	50:04	+20:49	05:00	
672	1493	João Filipe Alves	Individual	50:05	+20:50	05:00	
673	1488	João Cruz	Individual	50:07	+20:52	05:01	
674	2159	Miguel Forte	Individual	50:08	+20:53	05:01	

10 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	16 / 61	generate 13-dez.-2025 20:25
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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
720	1334	Andre Ferraz	Individual	50:46	+21:31	05:05	
721	65	Sérgio Duarte	Abutres	50:46	+21:31	05:05	
722	2882	Paulo César Silva Santos	Owlpharma Team	50:47	+21:32	05:05	
723	3183	Victor Hugo Souza	The six	50:48	+21:33	05:05	
724	1747	Ana Cristina Fernandes Ferreira	Individual	50:49	+21:34	05:05	
725	1025	Rita Mendes	HOT.Runners	50:50	+21:35	05:05	
726	3027	Vitor Gomes	Runners&Friends	50:51	+21:36	05:05	
727	1995	Jorge Manuel dos Santos Póvoa	Individual	50:51	+21:36	05:05	
728	1519	João Silva	Individual	50:51	+21:36	05:05	
729	3020	Luís Ferrão	RunAway Club	50:51	+21:36	05:05	
730	406	Joaquim Pessoa	Casa do Povo de Lavos	50:53	+21:38	05:05	
731	401	Cristina Silva	Casa Benfica Bairrada	50:54	+21:39	05:05	
732	1920	Isabel Nobre	Individual	50:54	+21:39	05:05	
733	2319	Silvio Oliveira	Individual	50:54	+21:39	05:05	
734	1393	Diogo Filipe Santos Vitorino	Individual	50:54	+21:39	05:05	
735	1212	Kelvia Oliveir	Individual	50:55	+21:40	05:05	
736	432	Vitor Hugo Alves Oliveira	Cioga runners	50:59	+21:44	05:06	
737	1426	Fábio Rafael Fernandes dos Santos	Individual	50:59	+21:44	05:06	
738	1644	SAMUEL CORREIA	Individual	51:01	+21:46	05:06	
739	489	Afonso Vasconcelos	Coimbra Trail Running	51:02	+21:47	05:06	
740	510	Nuno Vasconcelos	Coimbra Trail Running	51:02	+21:47	05:06	
741	2792	João Pedro Santos	Olimpíadas da Economia	51:03	+21:48	05:06	
742	2465	Pedro Elias	Individual	51:03	+21:48	05:06	
743	1927	André Azambujo	Individual	51:03	+21:48	05:06	
744	2269	Miguel Santos	Individual	51:04	+21:49	05:06	
745	2049	Samuel Lindo	Individual	51:04	+21:49	05:06	
746	748	Ines Lucas	Focus_TUU	51:05	+21:50	05:06	
747	1981	João Guilherme Marques Silva	Individual	51:05	+21:50	05:07	
748	1384	Daniel Loureiro	Individual	51:06	+21:51	05:07	
749	346	Luís Galante Santiago	Caeser's Gin	51:07	+21:52	05:07	
750	506	Álvaro Batista	Coimbra Trail Running	51:08	+21:53	05:07	
751	2914	Miguel Freire	Power Guido	51:08	+21:53	05:07	
752	2085	César Silva	Individual	51:08	+21:53	05:07	
753	1345	André Silva Jacinto	Individual	51:08	+21:53	05:07	
754	578	Pedro Roque Martins	CPT Sobral de Ceira	51:09	+21:54	05:07	
755	3174	Liliana Lopes	Team Diamantino Jorge	51:10	+21:55	05:07	
756	3096	Nuno Oliveira	Shape on You	51:10	+21:55	05:07	
757	2760	Nuno Cortesão	MSC - Mais Saúde Coimbra	51:10	+21:55	05:07	
758	2538	DORA SILVA	JM FITNESS	51:10	+21:55	05:07	
759	235	Tiago Pires	ARCD Venda da Luísa Trail	51:11	+21:56	05:07	
760	1677	Vitor Rodrigues	Individual	51:14	+21:59	05:07	
761	2873	Alexandre Miguel Mourato Monteiro	Owlpharma Team	51:16	+22:01	05:08	
762	279	Mickael Pereira	Auchan	51:16	+22:01	05:08	
763	2875	Guilherme Mourato Monteiro	Owlpharma Team	51:18	+22:03	05:08	
764	2221	Bruno Gil	Individual	51:18	+22:03	05:08	
765	2064	Vitor Silva	Individual	51:20	+22:05	05:08	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
766	1072	Simão Brito	Individual	51:21	+22:06	05:08	
767	1862	Rute Aguiar de Melo	Individual	51:22	+22:07	05:08	
768	3253	João Fernandes	URCR 2025 & Amigos	51:22	+22:07	05:08	
769	3243	Mariana Lourenço	URCR 2025 & Amigos	51:22	+22:07	05:08	
770	1509	João Pedro Rodrigues Antunes	Individual	51:23	+22:08	05:08	
771	2913	Marco André Dias Sousa	Power Guido	51:25	+22:10	05:08	
772	1465	Guilherme Frias	Individual	51:25	+22:10	05:08	
773	2141	José Almeida	Individual	51:27	+22:12	05:09	
774	1389	David Silva	Individual	51:29	+22:14	05:09	
775	803	Leonardo Vieira	Focus_TUU	51:30	+22:15	05:09	
776	546	Filipe Quintas	Corre Que Passa!	51:31	+22:16	05:09	
777	2023	Nuno Duarte	Individual	51:32	+22:17	05:09	
778	118	Nuno Afonso	Académica Triatlo	51:33	+22:18	05:09	
779	1972	Ivan Souto	Individual	51:35	+22:20	05:10	
780	2278	Nuno Miguel Trincão Craveiro	Individual	51:35	+22:20	05:10	
781	1454	Gonçalo Dias	Individual	51:36	+22:21	05:10	
782	3244	Mariana Oliveira	URCR 2025 & Amigos	51:39	+22:24	05:10	
783	2561	Rui Manuel Pacheco Duarte	Karrapateira 1919	51:39	+22:24	05:10	
784	2496	Jorge Manuel Saraiva	Individual	51:40	+22:25	05:10	
785	3205	Tiago Baptista	TSE	51:42	+22:27	05:10	
786	2447	José Guilherme Marques Parreiral	Individual	51:42	+22:27	05:10	
787	110	Rui Melo	Académica Triatlo	51:42	+22:27	05:10	
788	1483	João Bigotte de Almeida	Individual	51:43	+22:28	05:10	
789	2326	Alberto Joaquim Marques Vitória	Individual	51:43	+22:28	05:10	
790	2464	Paulo José Rodrigues Fernandes	Individual	51:43	+22:28	05:10	
791	943	Raquel Gonçalves	GGinho	51:44	+22:29	05:10	
792	361	JOÃO NEVES	CAL - Clube Atletismo de Lamas	51:45	+22:30	05:10	
793	312	Rui Filipe Marques Costa	Botão Camp	51:45	+22:30	05:11	
794	2121	Ivo José Martins França	Individual	51:46	+22:31	05:11	
795	415	Tiago Candido Pedro	CDCamarneira	51:47	+22:32	05:11	
796	75	Hugo Neves	Academia de Desportos de Condeixa	51:47	+22:32	05:11	
797	2444	Jorge Paz Pires	Individual	51:48	+22:33	05:11	
798	2086	Cosmo Menezes de Souza	Individual	51:51	+22:36	05:11	
799	85	Diogo Travassos	Académica Triatlo	51:52	+22:37	05:11	
800	320	Pedro Valença	Botão Camp	51:52	+22:37	05:11	
801	2596	Deolinda Camarinha	Ligeirinhos	51:52	+22:37	05:11	
802	1339	Andre Oliveira	Individual	51:52	+22:37	05:11	
803	272	Duarte Bernardo	Atletas ao Domingo	51:55	+22:40	05:11	
804	2951	Paula Pereira	RI.JO HYBRID TEAM	51:55	+22:40	05:11	
805	2696	Maria Cândida Miguéis	MIGUÉIS a correr	51:55	+22:40	05:11	
806	3091	Inês Oliveira	Shape on You	51:55	+22:40	05:12	
807	2424	Armando José Gonçalves Mendes Santos Rodrigues	Individual	51:56	+22:41	05:12	
808	1515	João Ricardo Loureiro dos Santos	Individual	51:57	+22:42	05:12	
809	3154	António de Carvalho Geraldo	Tartarugas do Choupal	51:57	+22:42	05:12	
810	2495	Joaquim Alvarinhas	Individual	51:57	+22:42	05:12	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
811	2116	Hélio Santos	Individual	51:58	+22:43	05:12	
812	807	Micael. P	Focus_TUU	51:58	+22:43	05:12	
813	785	Diogo Sousa	Focus_TUU	51:58	+22:43	05:12	
814	1390	Dinis Lindeza	Individual	51:59	+22:44	05:12	
815	1810	Sónia Lemos	Individual	52:00	+22:45	05:12	
816	1416	Eduardo Barradas	Individual	52:00	+22:45	05:12	
817	1523	João Trindade	Individual	52:01	+22:46	05:12	
818	2419	António Ferreira	Individual	52:01	+22:46	05:12	
819	1490	João Diogo Gonçalves Pereira	Individual	52:01	+22:46	05:12	
820	2524	LUIS ROSA	Inter da Mata	52:02	+22:47	05:12	
821	1406	Diogo Santos	Individual	52:02	+22:47	05:12	
822	2870	Libânia Jorge Da Conceição Alves	Owlpharma Team	52:03	+22:48	05:12	
823	669	João Rodrigues	Escola de Atletismo de Coimbra/JPaiva	52:04	+22:49	05:12	
824	912	Álvaro Portugal	Focus_TUU	52:04	+22:49	05:12	
825	2485	Carlos lobo	Individual	52:04	+22:49	05:12	
826	2230	Diogo Reis	Individual	52:04	+22:49	05:12	
827	1668	Tomás Folques	Individual	52:05	+22:50	05:12	
828	2362	Luís Miguel Almeida	Individual	52:06	+22:51	05:13	
829	1885	Lília Simoes	Individual	52:06	+22:51	05:13	
830	3116	Gonçalo Tralhão	Shape on You	52:06	+22:51	05:13	
831	2068	Alexandre Almeida de Aguiar	Individual	52:07	+22:52	05:13	
832	2234	Fernando de Sousa	Individual	52:07	+22:52	05:13	
833	2494	João Veloso	Individual	52:09	+22:54	05:13	
834	1382	Daniel Filipe Simões Meira	Individual	52:09	+22:54	05:13	
835	1819	Vera Tomé	Individual	52:10	+22:55	05:13	
836	1457	Gonçalo Nuno Dias Calado	Individual	52:12	+22:57	05:13	
837	423	Carlos Manuel Pedro	CDCamarneira	52:13	+22:58	05:13	
838	2145	José Miguel Girão	Individual	52:13	+22:58	05:13	
839	3215	DIEGO BAYAN GÓMEZ	UD MOSQUITO	52:13	+22:58	05:13	
840	1670	Valentim Lopes	Individual	52:16	+23:01	05:14	
841	2932	Marcos Carvalho	Reload - Exercício e Saúde	52:17	+23:02	05:14	
842	1776	Juliana Pratas	Individual	52:18	+23:03	05:14	
843	1307	Sofia Gouveia	Individual	52:18	+23:03	05:14	
844	1353	Bernardo Alves	Individual	52:19	+23:04	05:14	
845	2220	Bruno Doutor	Individual	52:19	+23:04	05:14	
846	3288	Inês Soares	Vendas de Ceira	52:19	+23:04	05:14	
847	67	ÂNGELA RIBEIRO	Academia de Desportos de Condeixa	52:20	+23:05	05:14	
848	2451	Lino Neves	Individual	52:20	+23:05	05:14	
849	382	Silvina Baptista	Câmara Municipal de Coimbra	52:20	+23:05	05:14	
850	1659	Tiago Oliveira	Individual	52:20	+23:05	05:14	
851	1897	Sandra Aguiar	Individual	52:23	+23:08	05:14	
852	2038	Pedro Sá	Individual	52:24	+23:09	05:14	
853	1959	Eduardo Domingos	Individual	52:24	+23:09	05:14	
854	3291	Carlos CCC	Verdadeira Família Costa	52:25	+23:10	05:14	
855	905	José Marinho	Focus_TUU	52:26	+23:11	05:15	
856	779	António Parra	Focus_TUU	52:27	+23:12	05:15	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
857	1551	Leonardo Branck	Individual	52:29	+23:14	05:15	
858	1852	Marta Sofia	Individual	52:29	+23:14	05:15	
859	2991	Pedro M. Santos Neves	Run 4 your LIFE	52:29	+23:14	05:15	
860	1691	Bruna Monteiro	Individual	52:30	+23:15	05:15	
861	3216	PABLO BELLVIS BOSQUED	UD MOSQUITO	52:30	+23:15	05:15	
862	1180	Gabriela Rosário	Individual	52:30	+23:15	05:15	
863	338	Erika Daniel	Cabritos	52:31	+23:16	05:15	
864	817	Andrea Prada	Focus_TUU	52:31	+23:16	05:15	
865	2193	Rodrigo Nunes	Individual	52:31	+23:16	05:15	
866	3296	Marcio luiz	VIEIRA	52:31	+23:16	05:15	
867	1896	Nicky Botwright	Individual	52:32	+23:17	05:15	
868	1634	Rúben Filipe Pragosa Almeida	Individual	52:33	+23:18	05:15	
869	2445	Jorge Santos	Individual	52:34	+23:19	05:15	
870	2919	Miguel Santos	R G Levanta Poeira	52:37	+23:22	05:16	
871	756	Lay Fernandes	Focus_TUU	52:37	+23:22	05:16	
872	939	José Sousa	GERARDO STUDIO	52:38	+23:23	05:16	
873	2088	Daniel Gaio Simões	Individual	52:38	+23:23	05:16	
874	1586	Nelson Silva	Individual	52:39	+23:24	05:16	
875	2390	Paulo Silva	Individual	52:40	+23:25	05:16	
876	3023	Paulo Bajouco	RunAway Club	52:40	+23:25	05:16	
877	270	N Pinto	Atletas ao Domingo	52:42	+23:27	05:16	
878	874	Carlos Montenegro	Focus_TUU	52:42	+23:27	05:16	
879	3028	Nuno Costa	Runners&Friends	52:44	+23:29	05:16	
880	2169	Paolo Iacomini	Individual	52:45	+23:30	05:17	
881	2166	Nuno Miguel da Conceição Serrano Chagas	Individual	52:46	+23:31	05:17	
882	1197	Íris Cristina Mirante Chagas	Individual	52:46	+23:31	05:17	
883	149	Ricardo Mendonça	Acordo, Logo Supero	52:46	+23:31	05:17	
884	2912	Fábio Mendes	Power Guido	52:46	+23:31	05:17	
885	298	Artur Arromba	Besouros.com	52:47	+23:32	05:17	
886	894	José Luís Nunes	Focus_TUU	52:48	+23:33	05:17	
887	3289	Marco Amaral	Vendas de Ceira	52:49	+23:34	05:17	
888	1863	Sandrina Pereira	Individual	52:49	+23:34	05:17	
889	1953	David Emanuel Dias Fernandes	Individual	52:50	+23:35	05:17	
890	355	José Forte	Cágados	52:51	+23:36	05:17	
891	1125	Camille Fernandes	Individual	52:51	+23:36	05:17	
892	2472	Rui Colaço	Individual	52:51	+23:36	05:17	
893	2094	Eduardo Carvalho de Paula Oliveira	Individual	52:51	+23:36	05:17	
894	1501	João Mendes	Individual	52:52	+23:37	05:17	
895	2928	Afonso Andrade	Reload - Exercício e Saúde	52:52	+23:37	05:17	
896	2137	Jorge Correia	Individual	52:54	+23:39	05:17	
897	784	Diogo Carvalho	Focus_TUU	52:55	+23:40	05:17	
898	460	ANA CATARINA RAMOS CARREIRO	Clube Millennium BCP	52:55	+23:40	05:18	
899	308	Rodrigo Gomes	Boat Crew 2	52:56	+23:41	05:18	
900	309	Silvia Gomes	Boat Crew 2	52:57	+23:42	05:18	
901	1213	Lara Daniela Rosário Martins	Individual	52:57	+23:42	05:18	

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10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
902	775	Alexandre Pereira	Focus_TUU	52:59	+23:44	05:18	
903	2668	César de Jesus Santos	Maratonistas de Sofá	52:59	+23:44	05:18	
904	3002	Alexandre Fonseca	Run4Beer	53:00	+23:45	05:18	
905	2122	Jaime Antunes	Individual	53:02	+23:47	05:18	
906	3163	Sérgio Mendes	Tarucas	53:02	+23:47	05:18	
907	990	João António da silva Vaz Gonçalves	Grupo Remax White	53:02	+23:47	05:18	
908	1354	Bernardo Carrilho	Individual	53:04	+23:49	05:18	
909	1168	Erica orlando Cerqueira	Individual	53:04	+23:49	05:18	
910	395	José António da Rosa Neto	Câmara Municipal de Coimbra	53:05	+23:50	05:18	
911	1434	Filipe Sequeira	Individual	53:05	+23:50	05:19	
912	1059	André Samuel Rodrigues Sousa	Individual	53:06	+23:51	05:19	
913	1006	Sara Coelho	HCT RUNNING Team	53:06	+23:51	05:19	
914	237	Jody Rato	ARCD Venda da Luísa Trail	53:07	+23:52	05:19	
915	1020	Nuno Alexandre Branco Ramos	Hospital da Luz	53:07	+23:52	05:19	
916	475	Paulo Ribeiro	Clube novobanco	53:13	+23:58	05:19	
917	1788	Marta Varandas	Individual	53:13	+23:58	05:19	
918	1791	Mónica Marques	Individual	53:13	+23:58	05:19	
919	471	Carolina Ribeiro	Clube novobanco	53:13	+23:58	05:19	
920	159	Lino Carraco	ACRM Silveirinha Grande e Claras	53:15	+24:00	05:19	
921	931	António Pereira	funrunners fit&fun	53:15	+24:00	05:20	
922	994	João Teixeira	Grupo Remax White	53:16	+24:01	05:20	
923	701	Joel Filipe Seíça Bazílio	Família Basílio	53:16	+24:01	05:20	
924	2073	António Pinto	Individual	53:16	+24:01	05:20	
925	294	Eduardo Alexandre	Benidormes	53:17	+24:02	05:20	
926	212	Maria João Benquerença	Arcd Venda Da Luísa	53:17	+24:02	05:20	
927	1985	João Pereira	Individual	53:17	+24:02	05:20	
928	2316	Sérgio José Pinto Albuquerque	Individual	53:18	+24:03	05:20	
929	1835	Catarina Simoes	Individual	53:18	+24:03	05:20	
930	1144	Catarina Santos	Individual	53:19	+24:04	05:20	
931	2441	João Paulo Silva	Individual	53:19	+24:04	05:20	
932	1338	André Grilo	Individual	53:20	+24:05	05:20	
933	2132	João Santiago	Individual	53:21	+24:06	05:20	
934	2689	António Miguéis Teixeira	MIGUÉIS a correr	53:23	+24:08	05:20	
935	2677	Wesllen De Souza Santos	Maratontos	53:23	+24:08	05:20	
936	2077	Bruno Filipe Venâncio Leal Rodrigues	Individual	53:24	+24:09	05:20	
937	1365	BRUNO MIGUEL FONSECA FERREIRA	Individual	53:24	+24:09	05:20	
938	3016	Gustavo Miguel Santos Assunção	RunAway Club	53:24	+24:09	05:20	
939	3130	Miguel Pedro	Sky.runners	53:25	+24:10	05:20	
940	2966	Tiago Jesus	RM RUNNERS	53:25	+24:10	05:21	
941	486	Vitor Gomes	CluVe - Clube Veteranos de Atletismo de Coimbra	53:26	+24:11	05:21	
942	661	Carlos Lopes	Escola de Atletismo Carlos Lopes/Lusitano	53:26	+24:11	05:21	
943	2492	João Capelôa	Individual	53:26	+24:11	05:21	
944	2387	Paulo Domingues	Individual	53:27	+24:12	05:21	
945	3077	Tiago Dinis Morais Patrão	Sanfil	53:27	+24:12	05:21	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
946	2782	Renato Marquês	Nelson Gym	53:27	+24:12	05:21	
947	984	Daniela Catulo	Grupo Remax White	53:27	+24:12	05:21	
948	1591	Nuno Paixão	Individual	53:28	+24:13	05:21	
949	1596	Pedro Antunes	Individual	53:28	+24:13	05:21	
950	2118	Hugo Madeira	Individual	53:29	+24:14	05:21	
951	1428	Filipe Gustavo Sol Murta	Individual	53:29	+24:14	05:21	
952	2476	Victor Martins	Individual	53:29	+24:14	05:21	
953	565	Garcia Matias	CPT Coimbra	53:29	+24:14	05:21	
954	3312	Nuno Brites	Wait 4 me RUNNERS	53:31	+24:16	05:21	
955	1463	Guilherme Almeida	Individual	53:32	+24:17	05:21	
956	2922	Almerindo Ferreira	R G Levanta Poeira	53:32	+24:17	05:21	
957	1129	Carolina Correia	Individual	53:32	+24:17	05:21	
958	2921	Jorge Ribeiro	R G Levanta Poeira	53:33	+24:18	05:21	
959	2667	Fábio Moreira Santos	Maratonistas de Sofá	53:33	+24:18	05:21	
960	1563	Marcelo Verga	Individual	53:34	+24:19	05:21	
961	1205	Joana Pova	Individual	53:34	+24:19	05:21	
962	1713	Karolina Mello	Individual	53:34	+24:19	05:21	
963	1387	Daniel Tomás	Individual	53:36	+24:21	05:22	
964	2298	Pedro Pinto Carvalho	Individual	53:37	+24:22	05:22	
965	2502	Alvaro Silva	Individual	53:37	+24:22	05:22	
966	3284	Tiago Costa	URCR 2025 & Amigos	53:37	+24:23	05:22	
967	2328	Amilcar Dias	Individual	53:38	+24:23	05:22	
968	227	SUZANA SANTO	ARCD Venda da Luísa Trail	53:38	+24:23	05:22	
969	2595	Rosa Lídia Silva	Ligeirinhos	53:40	+24:25	05:22	
970	3229	Diogo Pereira	URCR 2025 & Amigos	53:41	+24:26	05:22	
971	1749	Ana Malhão	Individual	53:42	+24:27	05:22	
972	2541	Bruno Leitão	JM FITNESS	53:42	+24:27	05:22	
973	402	Marco Santiago	Casa Benfica Bairrada	53:42	+24:27	05:22	
974	1934	André Pires	Individual	53:42	+24:27	05:22	
975	2348	João Fonseca	Individual	53:43	+24:28	05:22	
976	145	Deive Gonzaga	Acelerados	53:44	+24:29	05:22	
977	356	Pedro Bică	Cágados	53:44	+24:29	05:22	
978	870	Pedro Roque	Focus_TUU	53:44	+24:29	05:22	
979	1496	João Godinho	Individual	53:44	+24:29	05:22	
980	2525	RUI MOURA	Inter da Mata	53:44	+24:29	05:22	
981	2033	Pedro Gonçalves	Individual	53:45	+24:30	05:23	
982	2883	César Amílcar Tomás Gonçalves	Owlpharma Team	53:45	+24:30	05:23	
983	1828	Andrea Manuela Simões Henriques	Individual	53:48	+24:33	05:23	
984	262	Mário Medeiros	AST - Avelar Sunset Team	53:48	+24:33	05:23	
985	2937	Fernando Figueiredo	Reload - Exercício e Saúde	53:50	+24:35	05:23	
986	1302	Sandra Assunção	Individual	53:50	+24:35	05:23	
987	3361	Antonio Daniel Cordeiro Vaz	Crédito Agrícola	53:51	+24:36	05:23	
988	1851	Marta Fonseca	Individual	53:52	+24:37	05:23	
989	3100	Ana Botelho	Shape on You	53:53	+24:38	05:23	
990	2198	Saúl Martins	Individual	53:54	+24:39	05:23	
991	1725	Patrícia Diogo	Individual	53:55	+24:40	05:23	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
992	127	Vasco Borges	Académica Triatlo	53:55	+24:40	05:24	
993	1935	André Ventura	Individual	53:55	+24:40	05:24	
994	2774	Carolina Borges	Nelson Gym	53:55	+24:40	05:24	
995	929	Flávio Silva	funrunners fit&fun	53:55	+24:40	05:24	
996	624	Paula Pedro	DCI/Trilhos Luso Bussaco	53:56	+24:41	05:24	
997	1889	Maria Ramos	Individual	53:56	+24:41	05:24	
998	3268	Sandra Reis	URCR 2025 & Amigos	53:56	+24:41	05:24	
999	3137	Alexandre Veloso	Sky.runners	53:56	+24:41	05:24	
1000	1583	Mustafa Ertulbay	Individual	53:56	+24:41	05:24	
1001	2030	Pedro Almeida Barbosa Ribeiro	Individual	53:56	+24:41	05:24	
1002	1867	Susana Matos	Individual	53:57	+24:42	05:24	
1003	3131	Ana Taboada	Sky.runners	53:57	+24:42	05:24	
1004	1379	Daniel Almeida	Individual	53:57	+24:42	05:24	
1005	251	Nuno Braz	Asmáticos e rotos	53:57	+24:42	05:24	
1006	1577	Miguel Meireles Teixeira	Individual	53:57	+24:42	05:24	
1007	3115	António Vilão	Shape on You	53:57	+24:42	05:24	
1008	921	Carlos Miguel da Silva Mendes	Frutibairrada	53:57	+24:42	05:24	
1009	950	Mónica Rocha	Gira Sol	53:57	+24:43	05:24	
1010	1654	Tiago Guiomar	Individual	53:57	+24:43	05:24	
1011	777	André Luzio	Focus_TUU	53:58	+24:43	05:24	
1012	2620	Esmeralda Fiuza	Lobos da Serra Loureiro	53:58	+24:43	05:24	
1013	3279	João Silveira	URCR 2025 & Amigos	53:58	+24:43	05:24	
1014	1723	Marta Vicente	Individual	53:59	+24:44	05:24	
1015	2522	Vitor Fontes	Individual	54:00	+24:45	05:24	
1016	296	Manuel Afonso Rodrigues Nunes	Benidormes	54:01	+24:46	05:24	
1017	1030	Catarina Sequeira	HOT.Runners	54:01	+24:46	05:24	
1018	2527	Carlos João Bento Madeira Lopes	IPN Runners	54:01	+24:46	05:24	
1019	592	Miguel Carvalho	Cris7ianismo	54:02	+24:47	05:24	
1020	2156	Marco Silva	Individual	54:02	+24:47	05:24	
1021	2478	Adelino Nunes	Individual	54:02	+24:47	05:24	
1022	1370	Carlos Bravo	Individual	54:04	+24:49	05:24	
1023	1386	Daniel Santos Jesus	Individual	54:04	+24:49	05:24	
1024	1507	João Pedro Mogo da Silva	Individual	54:04	+24:49	05:24	
1025	881	Nuno Gomes	Focus_TUU	54:05	+24:50	05:24	
1026	1513	João Piedade	Individual	54:05	+24:50	05:24	
1027	889	Pedro Bento	Focus_TUU	54:05	+24:50	05:24	
1028	271	A J Sandinha	Atletas ao Domingo	54:06	+24:51	05:25	
1029	2197	Rui Vieira	Individual	54:07	+24:52	05:25	
1030	349	Rui César	Caeser's Gin	54:08	+24:53	05:25	
1031	3245	Rita Regatia	URCR 2025 & Amigos	54:12	+24:57	05:25	
1032	2585	Luís Miguel dos Santos Reis	KrushIt	54:12	+24:57	05:25	
1033	1019	Sofia Pedrosa	Hospital da Luz	54:12	+24:57	05:25	
1034	2002	Lucas Biaggini Diniz Barbosa	Individual	54:12	+24:57	05:25	
1035	1071	Rodrigo Oliveira	Individual	54:13	+24:58	05:25	
1036	3199	Steve Freitas dos Santos	TRS	54:14	+24:59	05:25	
1037	2212	Alexandre Martins Correia	Individual	54:15	+25:00	05:25	

10 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	24 / 61	generate 13-dez.-2025 20:25
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10KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1082	1581	Miguel Pereira	Individual	54:40	+25:25	05:28	
1083	974	Maria Pinho	Grupo Desportivo do Pinheiro Grande	54:40	+25:25	05:28	
1084	1103	Ana Rufino	Individual	54:41	+25:26	05:28	
1085	3362	Luís Batista	Crédito Agricola	54:41	+25:26	05:28	
1086	2457	Manuel António	Individual	54:43	+25:28	05:28	
1087	3048	Ana Carolina Faria Miranda	Sanfil	54:43	+25:28	05:28	
1088	49	Laura Moita	Abutres	54:46	+25:31	05:29	
1089	2138	Jorge Henriques	Individual	54:47	+25:32	05:29	
1090	2411	vasco gouveia	Individual	54:47	+25:32	05:29	
1091	3102	Ana Neves	Shape on You	54:48	+25:33	05:29	
1092	3310	André Filipe Santos Jorge	Wait 4 me RUNNERS	54:48	+25:33	05:29	
1093	684	Edivaldo Maciel	Escola de Atletismo de Coimbra/JPaiva	54:49	+25:34	05:29	
1094	1149	Cristiana Correia	Individual	54:49	+25:34	05:29	
1095	687	João Jorge	Escola de Atletismo de Coimbra/JPaiva	54:49	+25:34	05:29	
1096	2498	Leonildo Manuel Jacob dos Reis	Individual	54:49	+25:34	05:29	
1097	2018	Mykola Florynskyi	Individual	54:50	+25:35	05:29	
1098	1537	José Manuel Lopes Simões	Individual	54:51	+25:36	05:29	
1099	734	Bárbara Ferreira	Focus_TUU	54:52	+25:37	05:29	
1100	1130	Carolina Costa	Individual	54:52	+25:37	05:29	
1101	2474	Salil Shukla	Individual	54:53	+25:38	05:29	
1102	1347	António Canze Jr	Individual	54:53	+25:38	05:29	
1103	34	Amanda Guapo	AAC - Remo	54:53	+25:38	05:29	
1104	39	Ricardo reis	AAC - Remo	54:54	+25:39	05:29	
1105	1812	Tânia Rodrigues	Individual	54:55	+25:40	05:29	
1106	2434	Humberto silva	Individual	54:55	+25:40	05:30	
1107	2180	Rafael Santos	Individual	54:56	+25:41	05:30	
1108	2373	Miguel Campos	Individual	54:57	+25:42	05:30	
1109	153	Fernanda Almeida	ACR Vale de Cambra	54:57	+25:42	05:30	
1110	1253	Mariana Isabel Gonçalves Tereso	Individual	54:57	+25:42	05:30	
1111	1369	Carlos Alexandre	Individual	54:58	+25:43	05:30	
1112	521	Luís Filipe Rodrigues dos Santos	Coimbra Trail Running	54:58	+25:43	05:30	
1113	2174	Pedro Ferreira	Individual	54:58	+25:43	05:30	
1114	1468	Gustavo Mendes	Individual	54:58	+25:43	05:30	
1115	835	Joana Catarina Santos	Focus_TUU	54:59	+25:44	05:30	
1116	2133	João Sargento Freitas	Individual	54:59	+25:44	05:30	
1117	1971	Hugo Vieira	Individual	55:00	+25:45	05:30	
1118	675	Sandra Maciel	Escola de Atletismo de Coimbra/JPaiva	55:01	+25:46	05:30	
1119	2817	Rodrigo Francisco Ferreira	One More Time	55:01	+25:46	05:30	
1120	1412	Duarte Meneses	Individual	55:02	+25:47	05:30	
1121	2291	Paulo Tomás	Individual	55:03	+25:48	05:30	
1122	3239	Lurdes Rovisco	URCR 2025 & Amigos	55:03	+25:48	05:30	
1123	459	Raquel Estrela	Clube Futebol Santa Clara	55:04	+25:49	05:30	
1124	250	Francisco Maria Godinho Ventura	Asmáticos e rotos	55:05	+25:50	05:31	
1125	2517	José Manuel Gândara	Individual	55:06	+25:51	05:31	
1126	1977	João Carreira	Individual	55:06	+25:51	05:31	
1127	2131	João Pereira	Individual	55:07	+25:52	05:31	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1128	2461	Nuno Baptista	Individual	55:07	+25:52	05:31	
1129	799	João Ribeiro	Focus_TUU	55:08	+25:53	05:31	
1130	2117	Hugo Godinho	Individual	55:10	+25:55	05:31	
1131	2403	Ricardo Nobre	Individual	55:10	+25:55	05:31	
1132	1127	Carina Azevedo	Individual	55:11	+25:56	05:31	
1133	2726	Daniela Simões	MSC - Mais Saúde Coimbra	55:11	+25:56	05:31	
1134	1679	Vitor Vidreiro	Individual	55:11	+25:56	05:31	
1135	1979	João Fialho	Individual	55:11	+25:56	05:31	
1136	1830	Arminda Almeida	Individual	55:12	+25:57	05:31	
1137	96	Ana Filipa santos	Académica Triatlo	55:13	+25:58	05:31	
1138	3026	Diogo Ribeiro	Runners&Friends	55:15	+26:00	05:32	
1139	1775	JOSIANE ANTONIA DAS CHAGAS	Individual	55:15	+26:00	05:32	
1140	3029	Augusto Amaral	Runners&Friends	55:16	+26:01	05:32	
1141	2691	Francisco Miguéis	MIGUÉIS a correr	55:17	+26:02	05:32	
1142	3111	Rafael Albuquerque	Shape on You	55:17	+26:02	05:32	
1143	1159	Diana Batista	Individual	55:18	+26:03	05:32	
1144	3175	Monica Parente	Team Diamantino Jorge	55:19	+26:04	05:32	
1145	3347	José Miguel Esteves Rodrigues da silva	Grupo Remax White	55:19	+26:04	05:32	
1146	608	Anabela Monteiro	CUMIBROA RUNNING TEAM	55:19	+26:04	05:32	
1147	2589	Luana Luiz	LatiRun	55:19	+26:04	05:32	
1148	2307	Ricardo Santos	Individual	55:19	+26:04	05:32	
1149	318	Ricardo Firmino	Botão Camp	55:19	+26:04	05:32	
1150	314	Helena Gonçalves	Botão Camp	55:20	+26:05	05:32	
1151	581	Álvaro Coelho	CPT Sobral de Ceira	55:21	+26:06	05:32	
1152	512	Hugo Alexandre do Nascimento Bera	Coimbra Trail Running	55:21	+26:06	05:32	
1153	2151	Luís Carvalho	Individual	55:21	+26:06	05:32	
1154	2551	José Fernando Diniz	K STUDIO RUNNING TEAM	55:23	+26:08	05:32	
1155	3081	Bruno Santos	Santonurb Construções Lda	55:24	+26:09	05:32	
1156	720	Luís Alves	Flashover	55:24	+26:09	05:32	
1157	493	Miguel Ângelo Carvalho Abrantes	Coimbra Trail Running	55:24	+26:09	05:32	
1158	2372	Miguel Bernardo	Individual	55:26	+26:11	05:33	
1159	1969	Helder Manuel Ferreira Rico	Individual	55:26	+26:11	05:33	
1160	2217	Andre Luz	Individual	55:26	+26:11	05:33	
1161	1594	Nuno Varelas	Individual	55:28	+26:13	05:33	
1162	1375	Carlos Manuel Monteiro Teixeira	Individual	55:29	+26:14	05:33	
1163	1739	Sofia Pereira	Individual	55:30	+26:15	05:33	
1164	2201	Sérgio Ferreira	Individual	55:30	+26:15	05:33	
1165	2327	Alexandre Ritchie	Individual	55:30	+26:15	05:33	
1166	1038	Miguel Sequeira	HOT.Runners	55:30	+26:15	05:33	
1167	2906	José Teixeira	Portuguese United Training Association	55:31	+26:16	05:33	
1168	1690	Ângela da Conceição Bessa Teixeira	Individual	55:31	+26:16	05:33	
1169	1558	Luís Felipe Barone	Individual	55:31	+26:16	05:33	
1170	645	José Filipe Dias	Dias & Companhia Lda	55:31	+26:16	05:33	
1171	20	Ricardo Jorge Carvalho Gonçalves	111 Sport	55:32	+26:17	05:33	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1172	920	Gustavo Rodrigues de Almeida Simões	Frutibairrada	55:33	+26:18	05:33	
1173	2095	Eduardo Duarte	Individual	55:34	+26:19	05:33	
1174	564	Ricardo Branco	CPT Coimbra	55:35	+26:20	05:34	
1175	561	Carla Fidalgo	CPT Coimbra	55:36	+26:21	05:34	
1176	643	Inês Dias	Dias & Companhia Lda	55:36	+26:21	05:34	
1177	3318	Tomás Rovira	X-Cake	55:36	+26:21	05:34	
1178	3228	Nuno Patrício	Urb. Teodora Running Team	55:37	+26:22	05:34	
1179	2042	Ricardo Campos	Individual	55:37	+26:22	05:34	
1180	2231	Eduardo Reis	Individual	55:37	+26:22	05:34	
1181	2798	Marco João Brás	On Move BPR	55:38	+26:23	05:34	
1182	69	Fábio Almeida	Academia de Desportos de Condeixa	55:40	+26:25	05:34	
1183	1326	Adrián Carrera Calzada	Individual	55:40	+26:25	05:34	
1184	1126	Candice CERON	Individual	55:40	+26:25	05:34	
1185	2859	Adriana Ramalho Alves	Owlpharma Team	55:40	+26:25	05:34	
1186	3148	Nil Freire	STRUE ENGENHARIA	55:41	+26:26	05:34	
1187	539	João Teixeira	Contramão	55:42	+26:27	05:34	
1188	537	João Gaio	Contramão	55:42	+26:27	05:34	
1189	3190	Jorge Pimenta	Trail da Amizade Runners	55:42	+26:27	05:34	
1190	2059	Valter Simões	Individual	55:43	+26:28	05:34	
1191	1321	Teresa Ferreira	Individual	55:43	+26:28	05:34	
1192	3257	João Santos	URCR 2025 & Amigos	55:46	+26:31	05:35	
1193	676	Ana Rebola	Escola de Atletismo de Coimbra/JPaiva	55:47	+26:32	05:35	
1194	1976	João Carlos Amaral Matias	Individual	55:48	+26:33	05:35	
1195	611	Jorge Faria	CUMIBROA RUNNING TEAM	55:49	+26:34	05:35	
1196	2504	António Lemos	Individual	55:50	+26:35	05:35	
1197	42	Nuno Alexandre Silva	AAC - Remo	55:51	+26:36	05:35	
1198	35	Isa Neves	AAC - Remo	55:51	+26:36	05:35	
1199	2297	Pedro Nuno Jordão Paiva	Individual	55:51	+26:36	05:35	
1200	1838	Filipa barreira	Individual	55:53	+26:38	05:35	
1201	2408	Samuel Costa	Individual	55:54	+26:39	05:35	
1202	2488	Carlos VanZeller	Individual	55:54	+26:39	05:35	
1203	3003	António Carvalho	Run4Beer	55:57	+26:42	05:36	
1204	3082	Telmo Craveiro	Santonurb Construções Lda	55:57	+26:42	05:36	
1205	2535	Fabricio Araujo	J.Prior - Running Team	55:59	+26:44	05:36	
1206	1674	Víctor Galindo Fuertes	Individual	56:00	+26:45	05:36	
1207	1528	Jorge Notario Díaz de Mera	Individual	56:01	+26:46	05:36	
1208	2367	Marco Gomes	Individual	56:01	+26:46	05:36	
1209	3181	Bianca Mendes	The six	56:01	+26:46	05:36	
1210	2536	Nuno Oliveira	J.Prior - Running Team	56:03	+26:48	05:36	
1211	2493	João Paulo Mouta Dias	Individual	56:03	+26:48	05:36	
1212	3363	Paulo Almeida	Crédito Agricola	56:03	+26:48	05:36	
1213	1804	Sandra Antunes	Individual	56:03	+26:48	05:36	
1214	2187	Ricardo Janeiro	Individual	56:03	+26:48	05:36	
1215	2624	Filipa Bagulho	Longevity Team	56:04	+26:49	05:36	
1216	497	Raquel Juliana Batista Lourenço Rondão	Coimbra Trail Running	56:05	+26:50	05:36	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1217	2659	Marta Santos	Maratoin@s	56:06	+26:51	05:37	
1218	1134	Carolina Martins	Individual	56:06	+26:51	05:37	
1219	2275	Nuno Felicio	Individual	56:07	+26:52	05:37	
1220	1348	António de Pinho	Individual	56:07	+26:52	05:37	
1221	1748	Ana Luisa Santos Dias	Individual	56:08	+26:53	05:37	
1222	1447	Gabriel Simões Rodrigues	Individual	56:08	+26:53	05:37	
1223	2978	Paulo Matos	Roentgen Team Runners	56:08	+26:53	05:37	
1224	1517	João Rui Pires Moraes	Individual	56:09	+26:54	05:37	
1225	1587	Nuno Cunha	Individual	56:09	+26:54	05:37	
1226	1401	Diogo Nora Matias	Individual	56:09	+26:54	05:37	
1227	2134	Joel Pedro	Individual	56:10	+26:55	05:37	
1228	2104	Filipe Nunes	Individual	56:11	+26:56	05:37	
1229	2622	Paulo Barreirinhas	Lobos da Serra Loureiro	56:12	+26:57	05:37	
1230	1255	Mariana Marques Ferreira	Individual	56:13	+26:58	05:37	
1231	622	Helena Lopes	DCI/Trilhos Luso Bussaco	56:14	+26:59	05:37	
1232	811	Ricardo Loureiro	Focus_TUU	56:14	+26:59	05:37	
1233	1783	Mariana Campos	Individual	56:15	+27:00	05:37	
1234	2075	Bernardo Cavalcanti	Individual	56:16	+27:01	05:38	
1235	244	José Sequeira	ARSM - Associação Recreativa de S. Miguel	56:16	+27:01	05:38	
1236	154	RUI FERREIRA	ACR Vale de Cambra	56:17	+27:02	05:38	
1237	2432	Germano Anastácio	Individual	56:19	+27:04	05:38	
1238	1015	Antonio Goncalves	Healthy Move	56:19	+27:04	05:38	
1239	1975	João Baptista	Individual	56:19	+27:04	05:38	
1240	1482	João Bernardo Barata	Individual	56:20	+27:05	05:38	
1241	1771	Joana Margarida Rosmaninho Salgado	Individual	56:20	+27:05	05:38	
1242	3206	Pedro Bailão	TSE	56:21	+27:06	05:38	
1243	2072	António Monteiro	Individual	56:21	+27:06	05:38	
1244	1763	Filipa Mascarenhas Melo	Individual	56:21	+27:06	05:38	
1245	253	Maria Isabel Garcia de Campos Trindade	Associação O Mundo da Corrida	56:22	+27:07	05:38	
1246	627	Paula Duarte	DCI/Trilhos Luso Bussaco	56:23	+27:08	05:38	
1247	2211	Vasco Mantas	Individual	56:23	+27:08	05:38	
1248	899	Claudio Silva	Focus_TUU	56:24	+27:09	05:38	
1249	457	PC Simões	Clube Fluvial de Coimbra	56:25	+27:10	05:39	
1250	3350	Pedro Daniel Marques Valente de Almeida	Grupo Remax White	56:26	+27:11	05:39	
1251	455	Francisco Caridade	Clube Fluvial de Coimbra	56:26	+27:11	05:39	
1252	2712	Firmino Mendes	Montanha Clube Trail Running/Efapel	56:27	+27:12	05:39	
1253	3297	Vitor Gonçalves	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	56:27	+27:12	05:39	
1254	888	Nuno Ventura	Focus_TUU	56:27	+27:12	05:39	
1255	2776	Laetitia Gaspar	Nelson Gym	56:27	+27:12	05:39	
1256	1658	Tiago Neno	Individual	56:27	+27:12	05:39	
1257	2096	Fabio Areias	Individual	56:27	+27:12	05:39	
1258	2333	Carlos Miguel Touças Martins	Individual	56:27	+27:12	05:39	
1259	129	Fernando Martins	Académica Triatlo	56:28	+27:13	05:39	
1260	210	Silvia costa	Arcd Venda Da Luísa	56:28	+27:13	05:39	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1261	214	André Gonalo Martins Santos	Arcd Venda Da Lu�sa	56:29	+27:14	05:39	
1262	3085	NORTON DA SILVA JUNIOR	SEVEN RUN	56:29	+27:14	05:39	
1263	1164	Elena Cano Cortes	Individual	56:29	+27:14	05:39	
1264	2389	Paulo serras	Individual	56:30	+27:15	05:39	
1265	620	Andrea Marques	DCI/Trilhos Luso Bussaco	56:30	+27:15	05:39	
1266	1503	Jo�o Monteiro	Individual	56:30	+27:15	05:39	
1267	632	Marco Sim�es	DCI/Trilhos Luso Bussaco	56:30	+27:15	05:39	
1268	3172	Vera Dias	Team Diamantino Jorge	56:31	+27:16	05:39	
1269	1218	Liliana Matias Barreto	Individual	56:31	+27:16	05:39	
1270	2216	Am�ndio Reima da Cruz	Individual	56:32	+27:17	05:39	
1271	2204	S�rgio Mateus	Individual	56:32	+27:17	05:39	
1272	3249	Carlos Pais	URCR 2025 & Amigos	56:32	+27:17	05:39	
1273	466	ANTONIO EDUARDO REVERENDO C OLIVEIRA	Clube Millennium BCP	56:33	+27:18	05:39	
1274	3354	Joaquim Jos� Rodrigues Cravo Valente de Almeida	Grupo Remax White	56:33	+27:18	05:39	
1275	1790	Milena Rouxinol	Individual	56:34	+27:19	05:39	
1276	2226	Carlos Rodrigues	Individual	56:35	+27:20	05:39	
1277	266	M Veiga	Atletas ao Domingo	56:35	+27:20	05:40	
1278	2531	Jo�o Santos	J.Prior - Running Team	56:35	+27:20	05:40	
1279	2375	Miguel Relvao	Individual	56:36	+27:21	05:40	
1280	3298	B�rbara Monteiro	Vila Ventura Trail	56:37	+27:22	05:40	
1281	2891	Sil�rio Silva	Pascoalitos	56:38	+27:23	05:40	
1282	3110	Lu�s Elvas	Shape on You	56:40	+27:25	05:40	
1283	1719	Mariana Fonseca	Individual	56:41	+27:26	05:40	
1284	2035	Pedro Mendes	Individual	56:42	+27:27	05:40	
1285	1794	Niz�ia Isidoro	Individual	56:43	+27:29	05:40	
1286	2048	Sampaio Bruno	Individual	56:45	+27:30	05:40	
1287	1554	Lucas Rodrigues Alves	Individual	56:46	+27:31	05:41	
1288	2029	Paulo Pinto	Individual	56:46	+27:31	05:41	
1289	1875	Ana margarida Gaviao Morais	Individual	56:47	+27:32	05:41	
1290	2084	Carlos Viegas	Individual	56:47	+27:32	05:41	
1291	2421	Ant�nio Manuel Loureo Guedes	Individual	56:48	+27:33	05:41	
1292	2446	Jos� Fernandes	Individual	56:49	+27:34	05:41	
1293	1552	Leonardo Gonalves Gomes	Individual	56:49	+27:34	05:41	
1294	2952	Sandra Mendes	RI.JO HYBRID TEAM	56:49	+27:34	05:41	
1295	580	Jorge Justo	CPT Sobral de Ceira	56:50	+27:35	05:41	
1296	2106	Filipe Vil�o	Individual	56:50	+27:35	05:41	
1297	1211	Juliane Corr�a	Individual	56:51	+27:36	05:41	
1298	2986	Andr� Carmo	Run 4 your LIFE	56:53	+27:38	05:41	
1299	2519	JULIO MANUEL DA SILVA GONALVES	Individual	56:54	+27:39	05:41	
1300	1817	Vera Marques	Individual	56:55	+27:40	05:41	
1301	1172	Filipa Marques	Individual	56:55	+27:40	05:42	
1302	53	Patr�cia Lopes	Abutres	56:56	+27:41	05:42	
1303	3032	Rui Manuel de Oliveira Dias	Runners&Friends	56:56	+27:41	05:42	
1304	2674	Fernando Vitale	Maratontos	56:56	+27:41	05:42	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1305	2661	Ricardo Ferreira	Maratoim@s	56:56	+27:41	05:42	
1306	1688	Andreia Rodrigues Fernandes	Individual	56:57	+27:42	05:42	
1307	2745	Sara Marcelino	MSC - Mais Saúde Coimbra	56:57	+27:42	05:42	
1308	892	Tiago Machado	Focus_TUU	56:57	+27:42	05:42	
1309	1174	Filipa Nogueira	Individual	56:59	+27:44	05:42	
1310	1546	Júlio Henriques Ferreira	Individual	56:59	+27:44	05:42	
1311	2623	Dioniso Mendes	Longevity Team	57:00	+27:45	05:42	
1312	2877	José Paulo Rolim	Owlpharma Team	57:00	+27:45	05:42	
1313	719	Duarte Cavaco	Fitcamp Box	57:00	+27:45	05:42	
1314	1485	João Carlos Santos	Individual	57:02	+27:47	05:42	
1315	1095	Ana Marta Pires	Individual	57:02	+27:47	05:42	
1316	597	Laurinda Pereira	CSKD	57:07	+27:52	05:43	
1317	1187	Inês Campos Costa	Individual	57:07	+27:52	05:43	
1318	204	Joana Cruz	Arco Venda Da Luísa	57:08	+27:53	05:43	
1319	2293	Pedro Dâmaso	Individual	57:08	+27:53	05:43	
1320	2258	José Rui Simões	Individual	57:11	+27:56	05:43	
1321	1784	Marisa Amaral de Almeida	Individual	57:11	+27:56	05:43	
1322	1759	Daniela Aparecida de Oliveira	Individual	57:12	+27:57	05:43	
1323	2835	Rafael José Rodrigues Arnaut dos Santos	Os Cebolas	57:13	+27:58	05:43	
1324	3264	António Santos	URCR 2025 & Amigos	57:17	+28:02	05:44	
1325	1165	Elsa Carneiro	Individual	57:18	+28:03	05:44	
1326	1964	Filipe Miguel Veloso Rolim	Individual	57:19	+28:04	05:44	
1327	1492	João Fernandes	Individual	57:19	+28:04	05:44	
1328	2953	Marco Manta	RI.JO HYBRID TEAM	57:20	+28:05	05:44	
1329	2686	João Rolim	MB Studio	57:21	+28:06	05:44	
1330	794	João Carvalho	Focus_TUU	57:21	+28:06	05:44	
1331	2794	Sérgio Minas	Olimpíadas da Economia	57:21	+28:06	05:44	
1332	2857	Ricardo Jorge Barros Abreu	Os Promessa	57:22	+28:07	05:44	
1333	376	Andreia Sofia Curado de Almeida	Câmara Municipal de Coimbra	57:23	+28:08	05:44	
1334	1786	Marta Cardoso	Individual	57:23	+28:08	05:44	
1335	2093	Edgar Mendes	Individual	57:23	+28:08	05:44	
1336	324	Filipa Bernardo	Branco & Tinto	57:24	+28:09	05:44	
1337	325	Pedro Afonso	Branco & Tinto	57:24	+28:09	05:44	
1338	2557	Claudia Susana Ligeiro Vaz	K STUDIO RUNNING TEAM	57:25	+28:10	05:44	
1339	2554	Andreia Catarino	K STUDIO RUNNING TEAM	57:25	+28:10	05:45	
1340	3121	Stephanie Silva	SicóTrilhos	57:26	+28:11	05:45	
1341	1367	Bruno Perelló	Individual	57:26	+28:11	05:45	
1342	2613	Pedro Soares dos Santos	Lobitos BikeTeam	57:28	+28:13	05:45	
1343	2658	Joana Filipa Batista Santos	Manas Bifanas	57:28	+28:13	05:45	
1344	348	Mário Matos	Caeser's Gin	57:28	+28:13	05:45	
1345	3134	Filipa Sousa	Sky.runners	57:28	+28:13	05:45	
1346	2530	David Couto	J.Prior - Running Team	57:28	+28:13	05:45	
1347	347	Luís Oliveira	Caeser's Gin	57:29	+28:14	05:45	
1348	615	Arlindo Santos	DAR Recardães	57:29	+28:14	05:45	
1349	2034	PEDRO JORGE DIAS SILVA	Individual	57:29	+28:14	05:45	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1350	1288	Renata Soares	Individual	57:29	+28:14	05:45	
1351	2699	Isabel Jesus	MIRO TRAIL	57:29	+28:14	05:45	
1352	904	João Antunes	Focus_TUU	57:30	+28:15	05:45	
1353	2267	Michel Ferreira Pestana	Individual	57:30	+28:15	05:45	
1354	2973	Filipe Canudo	RM RUNNERS	57:30	+28:15	05:45	
1355	3104	Tânia Ralha	Shape on You	57:30	+28:15	05:45	
1356	107	Hugo Heleno	Académica Triatlo	57:30	+28:15	05:45	
1357	2266	Manuel António Silva Filipe	Individual	57:30	+28:15	05:45	
1358	1829	Andreia Couceiro	Individual	57:30	+28:15	05:45	
1359	908	ARMÉNIO GALVÃO	Focus_TUU	57:30	+28:15	05:45	
1360	2499	Octavio Sergio Rodrigues Linhares	Individual	57:31	+28:16	05:45	
1361	3135	Elsa Marques	Sky.runners	57:33	+28:18	05:45	
1362	3263	Susana Matos	URCR 2025 & Amigos	57:33	+28:18	05:45	
1363	621	Carla Henriques	DCI/Trilhos Luso Bussaco	57:33	+28:18	05:45	
1364	846	Olga Caramelo	Focus_TUU	57:33	+28:18	05:45	
1365	191	Fernando Luis Pinheiro Arede	ALTRI	57:34	+28:19	05:45	
1366	450	Rodrigo de Melo Viana	Clube dos Galitos	57:34	+28:19	05:45	
1367	1514	Joao Prazelos	Individual	57:35	+28:20	05:45	
1368	2052	Silvio Costa	Individual	57:35	+28:20	05:45	
1369	2274	Nuno Almeida	Individual	57:35	+28:20	05:46	
1370	985	Marta Mateus	Grupo Remax White	57:36	+28:21	05:46	
1371	1036	Emerson Abrunhosa	HOT.Runners	57:37	+28:22	05:46	
1372	2949	Joana Nogueira	RI.JO HYBRID TEAM	57:37	+28:22	05:46	
1373	3185	Sara Pinto	The Warriors	57:38	+28:23	05:46	
1374	1796	Olga Fernandes	Individual	57:39	+28:24	05:46	
1375	637	Joaquim Martins	DCI/Trilhos Luso Bussaco	57:39	+28:24	05:46	
1376	1741	Tânia Rodrigues	Individual	57:39	+28:24	05:46	
1377	1649	Tiago Cardoso	Individual	57:40	+28:25	05:46	
1378	1744	Vânia Vieira Rodrigues	Individual	57:40	+28:25	05:46	
1379	3012	Daniel Marmelo	RunAway Club	57:41	+28:26	05:46	
1380	2128	João Pato	Individual	57:42	+28:27	05:46	
1381	252	Tiago de Sousa Ribeiro	Asmáticos e rotos	57:42	+28:27	05:46	
1382	1667	Tomás Ferreira Marques	Individual	57:43	+28:28	05:46	
1383	3317	Filipa Rovira	X-Cake	57:44	+28:29	05:46	
1384	1752	Ana Pocinho	Individual	57:44	+28:29	05:46	
1385	71	Ana Marques	Academia de Desportos de Condeixa	57:44	+28:29	05:46	
1386	393	Tiago Cardoso	Câmara Municipal de Coimbra	57:44	+28:29	05:46	
1387	1572	Miguel Afonso dos Santos Pires	Individual	57:46	+28:31	05:47	
1388	3047	Carlos Pires	Saca Trilhos Anadia	57:46	+28:31	05:47	
1389	2012	Mauro Pinheiro	Individual	57:46	+28:31	05:47	
1390	420	Carlos Alexandre Ferreira Figueiredo	CDCamarneira	57:47	+28:32	05:47	
1391	2483	Antonio Manuel Gameiro Lopes	Individual	57:48	+28:33	05:47	
1392	2830	Sandra Arraias	Os Arraias	57:48	+28:33	05:47	
1393	97	Andreia Heleno	Académica Triatlo	57:49	+28:34	05:47	
1394	1727	Raquel Sá	Individual	57:49	+28:34	05:47	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1395	2961	Rui José Sousa Girão	RI.JO HYBRID TEAM	57:49	+28:34	05:47	
1396	3346	Paulo Jorge Ferreira Gomes	Grupo Remax White	57:49	+28:34	05:47	
1397	2851	Pedro Roque	Os Papa Milhas	57:51	+28:36	05:47	
1398	3338	Guida Ferreira	ASCV ASSOCIAÇÃO SOCIO CULTURAL DA VALEIRINHA	57:51	+28:36	05:47	
1399	1837	Dora Perpétua	Individual	57:51	+28:36	05:47	
1400	1881	Diana Mafalda Almeida e Costa Barreira	Individual	57:51	+28:36	05:47	
1401	2402	Ricardo Jorge Marques dos Reis	Individual	57:51	+28:36	05:47	
1402	3005	Gualter Martins	Run4Beer	57:51	+28:36	05:47	
1403	2175	Pedro Manuel de Matos Lopes Pinto	Individual	57:51	+28:36	05:47	
1404	104	Vítor Archer	Académica Triatlo	57:52	+28:37	05:47	
1405	2339	Emanuel Meneses	Individual	57:52	+28:37	05:47	
1406	2168	Óscar Fernandes Dos Santos Baptista	Individual	57:53	+28:38	05:47	
1407	82	Sara Marques	Académica Triatlo	57:54	+28:39	05:47	
1408	2518	José Manuel Gonçalves	Individual	57:54	+28:39	05:47	
1409	2729	Sandra Santos	MSC - Mais Saúde Coimbra	57:54	+28:39	05:47	
1410	2758	Eduardo Rodrigues	MSC - Mais Saúde Coimbra	57:54	+28:39	05:47	
1411	3108	Francisco Cruz	Shape on You	57:55	+28:40	05:47	
1412	22	Dora Marques	233 Club	57:55	+28:40	05:48	
1413	2864	Beatriz Duarte Gameiro Matias	Owlpharma Team	57:55	+28:40	05:48	
1414	1124	Camila Ferreira	Individual	57:55	+28:40	05:48	
1415	919	Joana Filipa Negrão Barbosa	Frutibairrada	57:55	+28:40	05:48	
1416	2977	Ricardo Marques	Roda Dianteira	57:56	+28:41	05:48	
1417	1293	Rita Mendes	Individual	57:57	+28:42	05:48	
1418	1306	Sofia Figueiró	Individual	57:57	+28:42	05:48	
1419	2918	Tiago da Cruz	R G Levanta Poeira	57:58	+28:43	05:48	
1420	132	Nuno Nunes	Academistas de Murtede	57:58	+28:43	05:48	
1421	545	Rita Costa e Sousa	Corre Que Passa!	57:59	+28:44	05:48	
1422	1466	Guilherme Mendes	Individual	57:59	+28:44	05:48	
1423	213	Maria João Benquerença	Arcd Venda Da Luísa	57:59	+28:44	05:48	
1424	2874	Diogo Afonso Duarte Reis	Owlpharma Team	57:59	+28:44	05:48	
1425	2868	Inês Martins Penedones	Owlpharma Team	58:00	+28:45	05:48	
1426	1235	Maria Figueiró	Individual	58:00	+28:45	05:48	
1427	1965	Frederico Lopes	Individual	58:01	+28:46	05:48	
1428	3040	Luís Marques	RunsRUs	58:02	+28:47	05:48	
1429	841	Conceição Costa	Focus_TUU	58:03	+28:48	05:48	
1430	2139	Jorge Manuel da Cunha Simples	Individual	58:03	+28:48	05:48	
1431	3212	MARIA MARTINEZ LAHOZ	UD MOSQUITO	58:04	+28:49	05:48	
1432	21	João Manuel Lopes Sequeira	111 Sport	58:05	+28:50	05:48	
1433	283	Isabel maria moniz vieira	Avelar sunset team	58:06	+28:51	05:49	
1434	786	Duarte Carapeto Carreiro	Focus_TUU	58:06	+28:51	05:49	
1435	2331	António Martins	Individual	58:07	+28:52	05:49	
1436	2743	Joana Dias	MSC - Mais Saúde Coimbra	58:09	+28:54	05:49	
1437	2733	Ana Miguel	MSC - Mais Saúde Coimbra	58:09	+28:54	05:49	
1438	3112	Daniel Costa	Shape on You	58:10	+28:55	05:49	

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10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1439	924	Sara Fernandes	FUN RUN GIRLS CLUB	58:10	+28:55	05:49	
1440	1899	Sandra Paulo	Individual	58:11	+28:56	05:49	
1441	1292	Rita Fonseca	Individual	58:11	+28:56	05:49	
1442	3124	Maria Sousa	Sky.runners	58:12	+28:57	05:49	
1443	2471	Rui Antonio Duarte Simoes	Individual	58:12	+28:57	05:49	
1444	547	Henrique Marques	Corre Que Passa!	58:13	+28:58	05:49	
1445	1287	RAQUEL MARQUES NEVES	Individual	58:14	+28:59	05:49	
1446	1433	Filipe Sardo	Individual	58:14	+28:59	05:49	
1447	291	JOSELITO LUCAS	Bacalhaus de Corrida	58:15	+29:00	05:49	
1448	201	Camila Teixeira	Andoricos	58:16	+29:01	05:50	
1449	2894	Miguel Ângelo Do Carmo Pardal	Pássaros Gordos	58:16	+29:01	05:50	
1450	2892	Catarina Fernandes Pardal	Pássaros Gordos	58:16	+29:01	05:50	
1451	1452	Gonçalo Daniel Marques Neves	Individual	58:16	+29:01	05:50	
1452	3153	Paulo Marques	Talentos Objetivos	58:17	+29:02	05:50	
1453	1014	Bruno costa	Healthy Move	58:17	+29:02	05:50	
1454	897	Simão Paredes	Focus_TUU	58:18	+29:03	05:50	
1455	1989	Joel Eurresta	Individual	58:19	+29:04	05:50	
1456	2723	Melanie Afonso	MoveFelgueira	58:19	+29:04	05:50	
1457	1553	LUCAS ALEXANDRE BARBOSA DE ALMEIDA	Individual	58:24	+29:09	05:50	
1458	2060	Vasco Madeira	Individual	58:25	+29:10	05:50	
1459	2497	Jorge Ramalho	Individual	58:25	+29:10	05:51	
1460	789	Francisco Santos	Focus_TUU	58:26	+29:11	05:51	
1461	437	Brigite Clemente	Clementinas & Companhia	58:26	+29:11	05:51	
1462	2223	Carlos Alves Cunha	Individual	58:27	+29:12	05:51	
1463	2735	Andreia Mesquita	MSC - Mais Saúde Coimbra	58:27	+29:12	05:51	
1464	1787	Marta Isabel Lopes Fernandes	Individual	58:27	+29:12	05:51	
1465	2335	Carlos Silva	Individual	58:27	+29:12	05:51	
1466	1333	André correia Silva	Individual	58:27	+29:12	05:51	
1467	1301	Rute Viseu	Individual	58:28	+29:13	05:51	
1468	591	Henrique Esteves	Cris7ianismo	58:28	+29:13	05:51	
1469	73	Sandra Ponte	Academia de Desportos de Condeixa	58:28	+29:13	05:51	
1470	48	Maria Sequeira	Abutres	58:28	+29:13	05:51	
1471	1902	Teresa Tavares	Individual	58:29	+29:14	05:51	
1472	934	João José de Almeida Gaspar de Matos	Gaspare	58:29	+29:14	05:51	
1473	329	Nuno Miguel Saraiva	C Partners Group	58:29	+29:14	05:51	
1474	1270	Merlina Alexandra Ferreira Garthe	Individual	58:29	+29:14	05:51	
1475	768	Raquel Sousa	Focus_TUU	58:29	+29:14	05:51	
1476	1329	Afonso da Silva Pereira	Individual	58:29	+29:14	05:51	
1477	2268	Miguel Capela	Individual	58:31	+29:16	05:51	
1478	1933	André Pinto	Individual	58:31	+29:16	05:51	
1479	273	P Brites	Atletas ao Domingo	58:32	+29:17	05:51	
1480	3011	Raissa Morais	RunAway Club	58:33	+29:18	05:51	
1481	1222	Luana Tesch	Individual	58:33	+29:18	05:51	
1482	2510	Fernando Duarte Rodrigues	Individual	58:33	+29:18	05:51	
1483	1891	Maria João	Individual	58:34	+29:19	05:51	

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10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1484	1653	Tiago Ferreira	Individual	58:35	+29:20	05:51	
1485	161	MÁRIO JORGE FERNANDES OLIVEIRA	Adabem Running Team	58:35	+29:20	05:52	
1486	2010	Mário Moreira	Individual	58:36	+29:21	05:52	
1487	1733	Sara Sabino	Individual	58:36	+29:21	05:52	
1488	916	Francisco Ferraz	Frutibairrada	58:37	+29:22	05:52	
1489	520	João Nuno Ribeiro e Pinho	Coimbra Trail Running	58:37	+29:22	05:52	
1490	653	Mónica Ventura	Domus Trail	58:38	+29:23	05:52	
1491	587	Mariana Silva	Cris7ianismo	58:39	+29:24	05:52	
1492	1415	Eduardo Azevedo	Individual	58:39	+29:24	05:52	
1493	135	Miguel Nora	Academistas de Murtede	58:39	+29:24	05:52	
1494	2947	Patrícia Farinha	RI.JO HYBRID TEAM	58:39	+29:24	05:52	
1495	1909	Isabel Silva	Individual	58:40	+29:25	05:52	
1496	1107	Andreia Pita	Individual	58:41	+29:26	05:52	
1497	2657	Maria Inês Duarte Santos	Manas Bifanas	58:43	+29:28	05:52	
1498	694	Luís Miguel da Silva Gonçalves	Esteves Gonçalves	58:43	+29:28	05:52	
1499	795	João Coelho	Focus_TUU	58:45	+29:30	05:52	
1500	976	Maria Domingues	Grupo Remax White	58:45	+29:30	05:52	
1501	465	LUIS MIGUEL ALMEIDA FRADE	Clube Millennium BCP	58:47	+29:32	05:53	
1502	2358	José Luís Barroco de Melo Coelho	Individual	58:47	+29:32	05:53	
1503	1092	Ana Lúcia Rocha	Individual	58:47	+29:32	05:53	
1504	1437	Francisco Costa Pires	Individual	58:47	+29:32	05:53	
1505	541	Cátia Almeida	Corre Que Passa!	58:48	+29:33	05:53	
1506	762	Mariana Ferreira	Focus_TUU	58:48	+29:33	05:53	
1507	462	SONIA CLARA SANTOS FRADE	Clube Millennium BCP	58:49	+29:34	05:53	
1508	182	Alexandre Oliveira	Domus Trail	58:49	+29:34	05:53	
1509	2480	Alexandre Mateus da Silva	Individual	58:51	+29:36	05:53	
1510	206	Rodrigo Maleiro	Arcd Venda Da Luísa	58:51	+29:36	05:53	
1511	2871	Mariana Dos Santos Fernandes Gomes Ambrósio	Owlpharma Team	58:52	+29:37	05:53	
1512	533	Tânia Baía	Contramão	58:53	+29:38	05:53	
1513	195	Ana Lucas	Ameal Trail	58:54	+29:39	05:53	
1514	2067	Pedro Fernandes	Individual	58:56	+29:41	05:54	
1515	151	Cristina Gomes	Acordo, Logo Supero	58:56	+29:41	05:54	
1516	1729	Rita Lagos	Individual	58:57	+29:42	05:54	
1517	1536	José Manuel Carvalheiro Perdigoto	Individual	58:57	+29:42	05:54	
1518	801	José Rodrigues	Focus_TUU	58:57	+29:42	05:54	
1519	1778	Luisa Mota	Individual	58:57	+29:42	05:54	
1520	1332	Alexandre Vicente	Individual	58:58	+29:43	05:54	
1521	2144	José Leandro Barros	Individual	58:58	+29:43	05:54	
1522	3106	Esmeralda Carvalho	Shape on You	59:00	+29:45	05:54	
1523	1697	Catia Santos	Individual	59:00	+29:45	05:54	
1524	2929	Diogo Andrade	Reload - Exercício e Saúde	59:00	+29:45	05:54	
1525	1929	André Ferreira	Individual	59:01	+29:46	05:54	
1526	2773	Andreia Santos	Nelson Gym	59:01	+29:46	05:54	
1527	1374	Carlos Gonçalves	Individual	59:01	+29:46	05:54	
1528	2721	Carlos Santos	Motores a Broa	59:02	+29:47	05:54	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1529	2718	Diogo Ferreira	Motores a Broa	59:02	+29:47	05:54	
1530	1533	José Eduardo Rebelo Nunes	Individual	59:04	+29:49	05:54	
1531	3277	Hugo Lourenço	URCR 2025 & Amigos	59:04	+29:49	05:54	
1532	3352	Paulo Silva	Grupo Remax White	59:05	+29:50	05:55	
1533	3353	Helder Costa	Grupo Remax White	59:05	+29:50	05:55	
1534	2656	Pedro José Soares Cruz	Maltha	59:06	+29:52	05:55	
1535	1521	João Tomás Peres	Individual	59:07	+29:52	05:55	
1536	52	Andreia Looes	Abutres	59:07	+29:52	05:55	
1537	221	Gonçalo Deus	ARCD Venda da Luísa Trail	59:07	+29:52	05:55	
1538	220	Margarida Moita	ARCD Venda da Luísa Trail	59:08	+29:53	05:55	
1539	2581	Ana Ribeiro	KrushIt	59:08	+29:53	05:55	
1540	1024	Maria Matos	HOT.Runners	59:08	+29:53	05:55	
1541	1267	Matilde Freitas da Mota	Individual	59:08	+29:53	05:55	
1542	24	Priscillia Coelho Moutinho	4U Training Pereira	59:09	+29:54	05:55	
1543	1240	Maria Rodrigues	Individual	59:09	+29:54	05:55	
1544	3037	Clara Nunes	RunsRUs	59:09	+29:54	05:55	
1545	3309	Inês Fonseca Brites	Wait 4 me RUNNERS	59:09	+29:54	05:55	
1546	3041	Salvador Caetano Mota	RunsRUs	59:09	+29:54	05:55	
1547	880	Nelson soares	Focus_TUU	59:11	+29:56	05:55	
1548	787	Duarte Santos	Focus_TUU	59:13	+29:58	05:55	
1549	2000	Laurens De Geest	Individual	59:14	+29:59	05:55	
1550	542	Clara Campelo	Corre Que Passa!	59:15	+30:00	05:55	
1551	1955	David Pereira	Individual	59:16	+30:01	05:56	
1552	340	Sara Ferreira	Cabritos	59:18	+30:03	05:56	
1553	1047	Manuel Miranda	HOT.Runners	59:19	+30:04	05:56	
1554	3109	Gonçalo Agante	Shape on You	59:19	+30:04	05:56	
1555	796	João Emanuel Batista Bento	Focus_TUU	59:20	+30:05	05:56	
1556	970	Rui Dias	Grupo Desportivo 3 Santos Populares - Carregal do Sal	59:20	+30:05	05:56	
1557	3007	Catarina Câmara	RunAway Club	59:20	+30:05	05:56	
1558	1543	José Pedro Andrade ferreira	Individual	59:21	+30:06	05:56	
1559	1098	Ana Oliveira	Individual	59:22	+30:07	05:56	
1560	1037	Filipe Cardoso	HOT.Runners	59:22	+30:07	05:56	
1561	1027	Carla Santos	HOT.Runners	59:22	+30:07	05:56	
1562	1028	Lina Carvalho	HOT.Runners	59:23	+30:08	05:56	
1563	1029	Ana Oliveira	HOT.Runners	59:23	+30:08	05:56	
1564	1802	Rita Carvalho	Individual	59:23	+30:08	05:56	
1565	508	Gustavo Pessoa Pinto	Coimbra Trail Running	59:24	+30:09	05:56	
1566	229	Luísa Lacerda	ARCD Venda da Luísa Trail	59:25	+30:10	05:56	
1567	1203	Joana Diogo Mingacho	Individual	59:25	+30:10	05:56	
1568	1646	Simão Pedro Marques dos Santos Cardoso Timóteo da Silva	Individual	59:25	+30:10	05:56	
1569	906	Pedro Albuquerque	Focus_TUU	59:25	+30:10	05:56	
1570	1444	Gabriel Almeida	Individual	59:25	+30:10	05:57	
1571	1609	Pedro Seco	Individual	59:25	+30:10	05:57	
1572	1133	Carolina Francisco	Individual	59:27	+30:12	05:57	
1573	2475	SIDNEI FERNANDES DA SILVA	Individual	59:27	+30:12	05:57	

10 KM

OFFICIAL RESULT

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

Official Timekeeper: Lap2Go	36 / 61	generate 13-dez.-2025 20:25
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10 KM

OFFICIAL RESULT

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

Official Timekeeper: Lap2Go	37 / 61	generate 13-dez.-2025 20:25
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10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1664	1986	João Rodrigues	Individual	01:00:24	+31:09	06:02	
1665	1774	Joana Sintra	Individual	01:00:25	+31:10	06:03	
1666	2503	Anibal Pisco	Individual	01:00:26	+31:11	06:03	
1667	1848	Lina Santos	Individual	01:00:26	+31:11	06:03	
1668	2123	Jaime Colaço	Individual	01:00:26	+31:11	06:03	
1669	2378	Nuno Fernandes	Individual	01:00:26	+31:11	06:03	
1670	1793	Nicole Dourado	Individual	01:00:26	+31:11	06:03	
1671	1685	Ana Sousa	Individual	01:00:27	+31:12	06:03	
1672	2019	NANNY JESUS	Individual	01:00:27	+31:12	06:03	
1673	821	Cátia Santos	Focus_TUU	01:00:27	+31:12	06:03	
1674	1751	Ana Paula Teixeira	Individual	01:00:27	+31:12	06:03	
1675	2944	Ana Raquel Gonçalves Soares	RI.JO HYBRID TEAM	01:00:28	+31:13	06:03	
1676	2946	Mara Janeiro	RI.JO HYBRID TEAM	01:00:29	+31:14	06:03	
1677	979	Ruben Carreira Martins	Grupo Remax White	01:00:30	+31:15	06:03	
1678	2507	António Saraiva	Individual	01:00:30	+31:16	06:03	
1679	2270	Miguel Serra	Individual	01:00:31	+31:16	06:03	
1680	609	Carlos Mendes	CUMIBROA RUNNING TEAM	01:00:31	+31:16	06:03	
1681	1115	Beatriz Figueiredo Coutinho	Individual	01:00:33	+31:18	06:03	
1682	861	Bruno Cunha	Focus_TUU	01:00:33	+31:18	06:03	
1683	739	Catarina Pastilha	Focus_TUU	01:00:34	+31:19	06:03	
1684	1075	Agathe Grenier	Individual	01:00:34	+31:19	06:03	
1685	429	Ana Beatriz Coelho Mateus da Silva	Cioga runners	01:00:36	+31:21	06:04	
1686	1567	Mário Laranjeiro Gouveia Santos	Individual	01:00:36	+31:21	06:04	
1687	898	Alfredo Cortesão	Focus_TUU	01:00:38	+31:23	06:04	
1688	2800	Diana Carvalho	On Move BPR	01:00:40	+31:25	06:04	
1689	2842	Ricardo P	Os indecisos	01:00:41	+31:26	06:04	
1690	563	Carlos Muxagata	CPT Coimbra	01:00:42	+31:27	06:04	
1691	819	Carolina Rato	Focus_TUU	01:00:42	+31:27	06:04	
1692	226	Graça Simões	ARCD Venda da Luísa Trail	01:00:43	+31:28	06:04	
1693	1877	Carla Cláudia Esperança da Silva Simões	Individual	01:00:44	+31:29	06:04	
1694	2374	Miguel Cunha	Individual	01:00:44	+31:29	06:04	
1695	922	Marta Barbosa	Fugidos do Sofá	01:00:45	+31:30	06:05	
1696	2126	João Manuel Ferreira	Individual	01:00:46	+31:31	06:05	
1697	3217	Carla Lemos	Uma Questão de Atitude	01:00:48	+31:33	06:05	
1698	3218	Manuel Carlos Martins	Uma Questão de Atitude	01:00:48	+31:33	06:05	
1699	1456	Gonçalo Maria	Individual	01:00:49	+31:34	06:05	
1700	3009	Laura Poletti	RunAway Club	01:00:49	+31:34	06:05	
1701	1400	Diogo Morais	Individual	01:00:50	+31:35	06:05	
1702	1161	Diana Rodrigues	Individual	01:00:52	+31:37	06:05	
1703	879	Mario Pratas	Focus_TUU	01:00:53	+31:38	06:05	
1704	1571	Micael Neves	Individual	01:00:53	+31:38	06:05	
1705	1701	Cristina Fonseca	Individual	01:00:54	+31:39	06:05	
1706	582	Eva Cristina dos Reis Fernandes	Crédito Agrícola	01:00:54	+31:39	06:05	
1707	716	Sónia Gomes de Oliveira	Figueira Kayak Clube	01:00:54	+31:39	06:05	
1708	1724	Natália Oliveira	Individual	01:00:56	+31:41	06:06	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1709	1044	Rui Pires	HOT.Runners	01:00:56	+31:41	06:06	
1710	933	Miguel Ângelo de Almeida Gaspar de Matos	Gasparens	01:00:57	+31:42	06:06	
1711	3328	Monica Dias	ZeTor	01:00:59	+31:44	06:06	
1712	3323	Catarina Silva	ZeTor	01:01:00	+31:45	06:06	
1713	3326	Rodrigo Cardoso	ZeTor	01:01:00	+31:45	06:06	
1714	18	Susana Lobo	100 Ritmo	01:01:02	+31:47	06:06	
1715	269	N Gonçalves	Atletas ao Domingo	01:01:03	+31:48	06:06	
1716	1448	George Abraham	Individual	01:01:05	+31:50	06:07	
1717	1459	Gonçalo Simões	Individual	01:01:06	+31:51	06:07	
1718	2849	Helder Duarte	Os Papa Milhas	01:01:06	+31:51	06:07	
1719	2462	Nuno Santos	Individual	01:01:07	+31:52	06:07	
1720	1765	Helena Esperança	Individual	01:01:07	+31:52	06:07	
1721	823	Renata Patrao	Focus_TUU	01:01:07	+31:52	06:07	
1722	1051	Emmy Betzer	Individual	01:01:07	+31:52	06:07	
1723	1806	Sara Gonçalves	Individual	01:01:07	+31:52	06:07	
1724	715	Cláudia Azenha	Figueira Kayak Clube	01:01:09	+31:54	06:07	
1725	2825	Marta de Matos Amaral Brites Carvalho	Ora et Corre	01:01:10	+31:55	06:07	
1726	3147	Helder Fernandes	STRUE ENGENHARIA	01:01:10	+31:55	06:07	
1727	3251	João Branquinho	URCR 2025 & Amigos	01:01:12	+31:57	06:07	
1728	1717	Mafalda Martinho	Individual	01:01:12	+31:57	06:07	
1729	3266	Cidália Rodrigues	URCR 2025 & Amigos	01:01:12	+31:57	06:07	
1730	2731	Francisco Simões	MSC - Mais Saúde Coimbra	01:01:12	+31:57	06:07	
1731	2764	Francisco Delille	MSC - Mais Saúde Coimbra	01:01:12	+31:57	06:07	
1732	1575	Miguel Lopes	Individual	01:01:13	+31:58	06:07	
1733	2416	António Aguiar	Individual	01:01:14	+31:59	06:07	
1734	2253	José Manuel Henriques David Fernandes	Individual	01:01:15	+32:00	06:07	
1735	1257	Mariana Mendes	Individual	01:01:15	+32:00	06:07	
1736	2625	Sofia valente	Longevity Team	01:01:16	+32:01	06:08	
1737	2909	Olinto Vieira	Portuguese United Training Association	01:01:17	+32:02	06:08	
1738	326	Matilde Oliveira	Briosa	01:01:19	+32:04	06:08	
1739	910	Ricardo Lopes	Focus_TUU	01:01:19	+32:04	06:08	
1740	543	Fátima Rodrigues	Corre Que Passa!	01:01:19	+32:04	06:08	
1741	192	Tiago Rafael Rodrigues de Jesus	ALTRI	01:01:20	+32:05	06:08	
1742	2884	Ricardo Manuel Simões Andrade	Owlpharma Team	01:01:21	+32:06	06:08	
1743	130	Maria Blanco	Academistas de Murte de	01:01:21	+32:06	06:08	
1744	818	Carolina Abreu	Focus_TUU	01:01:21	+32:06	06:08	
1745	93	Maria Lobo	Académica Triatlo	01:01:22	+32:07	06:08	
1746	2160	Nelson Matias	Individual	01:01:23	+32:08	06:08	
1747	2022	Nuno Duarte	Individual	01:01:24	+32:09	06:08	
1748	883	Simao Conceicao	Focus_TUU	01:01:24	+32:09	06:08	
1749	782	Daniel Vaz	Focus_TUU	01:01:27	+32:12	06:09	
1750	64	Ricardo Bandarra	Abutres	01:01:27	+32:12	06:09	
1751	2442	Jorge Gois	Individual	01:01:28	+32:13	06:09	
1752	558	Jorge Duarte	CPT Coimbra	01:01:29	+32:14	06:09	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1753	330	Helena Sarges	C.F. “Os Marialvas”	01:01:30	+32:15	06:09	
1754	1576	Miguel Martins	Individual	01:01:31	+32:16	06:09	
1755	913	Rodrigo Miguel Fragoso Grilo	Fragosinhos	01:01:33	+32:18	06:09	
1756	1320	Tere Alarcon	Individual	01:01:33	+32:18	06:09	
1757	1699	Cláudia Raposo	Individual	01:01:34	+32:19	06:09	
1758	760	Maria Isabel da Cunha Reis dos Santos e Silva	Focus_TUU	01:01:36	+32:21	06:10	
1759	1557	Luís Cláudio da Costa Abreu	Individual	01:01:36	+32:21	06:10	
1760	831	Cláudia Carrapato	Focus_TUU	01:01:37	+32:22	06:10	
1761	810	Renato França	Focus_TUU	01:01:37	+32:22	06:10	
1762	496	Filipa de Sá	Coimbra Trail Running	01:01:40	+32:25	06:10	
1763	3101	Cátia Tavares Ferreira	Shape on You	01:01:40	+32:25	06:10	
1764	2484	Armando Magalhães Pereira.	Individual	01:01:42	+32:27	06:10	
1765	117	Marta Silva	Académica Triatlo	01:01:42	+32:27	06:10	
1766	2247	João Pedro Vasconcelos Lucas	Individual	01:01:44	+32:29	06:10	
1767	1411	Duarte Marques	Individual	01:01:48	+32:33	06:11	
1768	1082	Amélia José Gonçalves	Individual	01:01:49	+32:34	06:11	
1769	3079	Pedro Nunes	Sanfil	01:01:50	+32:35	06:11	
1770	3355	Joni Oliveira	Grupo Remax White	01:01:51	+32:36	06:11	
1771	1865	Sofia Isabel Rodrigues Lemos	Individual	01:01:51	+32:36	06:11	
1772	3349	Pedro Fonseca	Grupo Remax White	01:01:51	+32:36	06:11	
1773	2533	Anderson Chaves	J.Prior - Running Team	01:01:51	+32:36	06:11	
1774	2583	Tiago Fernandes	KrushIt	01:01:51	+32:36	06:11	
1775	1651	Tiago Dinis	Individual	01:01:51	+32:36	06:11	
1776	2397	Pedro Miguel da Silva Jacinto	Individual	01:01:52	+32:37	06:11	
1777	3256	João Maria Bento	URCR 2025 & Amigos	01:01:54	+32:39	06:11	
1778	843	Luísa Ganho	Focus_TUU	01:01:54	+32:39	06:11	
1779	2904	João Sendas	Portuguese United Training Association	01:01:55	+32:40	06:12	
1780	1579	Miguel Oliveira	Individual	01:01:56	+32:41	06:12	
1781	2119	Hugo Pereira	Individual	01:01:58	+32:43	06:12	
1782	2544	Bernardo Patrão	Joelhos de Ferro	01:01:59	+32:44	06:12	
1783	1381	Daniel Filipe Cardoso Pereira	Individual	01:01:59	+32:44	06:12	
1784	2862	Ana Rita Mateus Cordeiro	Owlpharma Team	01:02:00	+32:45	06:12	
1785	914	Jorge Miguel Paquim Serra Lopes	Fragosinhos	01:02:01	+32:46	06:12	
1786	923	Ana França	FUN RUN GIRLS CLUB	01:02:03	+32:48	06:12	
1787	2687	Maria do Carmo Miguéis	MIGUÉIS a correr	01:02:05	+32:50	06:12	
1788	2693	Ricardo Emanuel Barca Ramos	MIGUÉIS a correr	01:02:05	+32:50	06:12	
1789	58	Hugo Pedro Cabral Fernandes	Abutres	01:02:05	+32:50	06:13	
1790	77	Nuno Correia	Academia de Desportos de Condeixa	01:02:06	+32:51	06:13	
1791	1740	Tânia Brejo	Individual	01:02:06	+32:51	06:13	
1792	2863	Ana Teresa Reis Martins	Owlpharma Team	01:02:08	+32:53	06:13	
1793	2828	Francisco Antunes	Os Antunes	01:02:08	+32:53	06:13	
1794	2556	Sandra Rei	K STUDIO RUNNING TEAM	01:02:09	+32:54	06:13	
1795	27	Luisa Goulão	6:45	01:02:09	+32:54	06:13	
1796	3236	Chantal Cortesão	URCR 2025 & Amigos	01:02:11	+32:56	06:13	
1797	1673	Victor da Silva Neutzling	Individual	01:02:12	+32:57	06:13	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1798	2575	Miguel Duarte	Ketorunners	01:02:12	+32:57	06:13	
1799	2228	Celso Goncalves	Individual	01:02:13	+32:58	06:13	
1800	1742	Tatiana Queirós	Individual	01:02:13	+32:58	06:13	
1801	1510	João Pedro Rodrigues Dias	Individual	01:02:14	+32:59	06:13	
1802	3225	João Manata	Unidos Run Team / As Oliveirinhas	01:02:14	+32:59	06:13	
1803	3224	Élio Janicas	Unidos Run Team / As Oliveirinhas	01:02:15	+33:00	06:13	
1804	3219	João Cruz	Unidos Run Team / As Oliveirinhas	01:02:15	+33:00	06:13	
1805	2070	André Lopes	Individual	01:02:15	+33:00	06:13	
1806	1330	Alexandre Bonito	Individual	01:02:15	+33:00	06:13	
1807	1346	André Silveiro	Individual	01:02:15	+33:00	06:13	
1808	1799	Raquel Carvalho	Individual	01:02:15	+33:00	06:14	
1809	735	Bruna Coelho	Focus_TUU	01:02:16	+33:01	06:14	
1810	1017	Patrícia Violante Viegas	Hospital da Luz	01:02:17	+33:02	06:14	
1811	228	Judite Duarte	ARCD Venda da Luísa Trail	01:02:18	+33:03	06:14	
1812	1883	Elsa Patricio	Individual	01:02:19	+33:04	06:14	
1813	3105	Vânia Santos	Shape on You	01:02:19	+33:04	06:14	
1814	474	Carlos Cruz	Clube novobanco	01:02:21	+33:06	06:14	
1815	472	Joana Lopes	Clube novobanco	01:02:21	+33:06	06:14	
1816	1169	Fabiana Cristina Santos Domingos	Individual	01:02:21	+33:06	06:14	
1817	1202	Joana Costa	Individual	01:02:22	+33:07	06:14	
1818	900	EDUARDO PEREIRA	Focus_TUU	01:02:23	+33:08	06:14	
1819	698	Fernado Marques	esTrilho	01:02:23	+33:08	06:14	
1820	1272	Mirian Gloriana Da Silva Escalante	Individual	01:02:25	+33:10	06:15	
1821	725	Adriana Rua Carneiro	Focus_TUU	01:02:25	+33:10	06:15	
1822	909	Joao lemos	Focus_TUU	01:02:25	+33:10	06:15	
1823	1768	Isabel Gomes	Individual	01:02:27	+33:12	06:15	
1824	124	José Gonçalves	Académica Triatlo	01:02:28	+33:13	06:15	
1825	2779	Sara Galvão	Nelson Gym	01:02:29	+33:14	06:15	
1826	1189	Inês Esteves	Individual	01:02:31	+33:16	06:15	
1827	2436	João Carlos de Almeida Santos	Individual	01:02:31	+33:16	06:15	
1828	1861	Rita Fernandes	Individual	01:02:31	+33:16	06:15	
1829	1094	Ana Magalhães	Individual	01:02:31	+33:16	06:15	
1830	1289	Rita de Palhares Falcão Bernardo Barreiros	Individual	01:02:33	+33:18	06:15	
1831	2273	Nuno Rodrigues	Individual	01:02:34	+33:19	06:15	
1832	1811	Susana Rodrigues	Individual	01:02:34	+33:19	06:15	
1833	3123	Filipe Ferreira	SicóTrilhos	01:02:35	+33:20	06:16	
1834	2200	Sérgio Ferreira	Individual	01:02:35	+33:20	06:16	
1835	2841	Ricardo Jorge Rocha e Sousa de Moura Vieira	Os indecisos	01:02:36	+33:21	06:16	
1836	95	Miriam Queiroz	Académica Triatlo	01:02:38	+33:23	06:16	
1837	986	Luis Pedro Alves Ferreira	Grupo Remax White	01:02:38	+33:23	06:16	
1838	1475	Hugo Miguel Costa Ramos	Individual	01:02:38	+33:23	06:16	
1839	989	Pedro Xavier Figueira Marques	Grupo Remax White	01:02:41	+33:26	06:16	
1840	2717	Eduardo Santos	Motores a Broa	01:02:42	+33:27	06:16	
1841	2722	João Santos	Motores a Broa	01:02:42	+33:27	06:16	
1842	562	Fátima Machado	CPT Coimbra	01:02:44	+33:29	06:16	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1843	988	João Barreto Rodrigues	Grupo Remax White	01:02:44	+33:29	06:16	
1844	268	Marco Pomar	Atletas ao Domingo	01:02:45	+33:30	06:16	
1845	1915	Maria Paula Andrade Nogueira	Individual	01:02:45	+33:30	06:16	
1846	3260	Tiago Pais	URCR 2025 & Amigos	01:02:45	+33:30	06:17	
1847	289	Pedro Bracons	Bacalhaus de Corrida	01:02:45	+33:30	06:17	
1848	287	Gonçalo Lucas	Bacalhaus de Corrida	01:02:46	+33:31	06:17	
1849	1706	Filipa Ferreira	Individual	01:02:48	+33:33	06:17	
1850	2566	Joana Barata	Ketorunners	01:02:48	+33:33	06:17	
1851	2573	Fábio Jesus	Ketorunners	01:02:48	+33:33	06:17	
1852	2574	João Caldeira	Ketorunners	01:02:48	+33:33	06:17	
1853	1342	André Pimentel Cruz	Individual	01:02:50	+33:35	06:17	
1854	2957	Artur Andrade	RI.JO HYBRID TEAM	01:02:51	+33:36	06:17	
1855	2950	Vera Gomes	RI.JO HYBRID TEAM	01:02:51	+33:36	06:17	
1856	2848	António Sousa	Os Papa Milhas	01:02:52	+33:37	06:17	
1857	2251	José Gomes	Individual	01:02:52	+33:37	06:17	
1858	2925	Diana Carvalho	Reload - Exercício e Saúde	01:02:52	+33:37	06:17	
1859	982	Ângela Costa	Grupo Remax White	01:02:54	+33:39	06:17	
1860	3366	Miguel Fonseca	Individual	01:02:55	+33:40	06:18	
1861	788	Francisco Cristóvão	Focus_TUU	01:02:57	+33:42	06:18	
1862	1780	Mafalda Sofia Vilela Cunha	Individual	01:02:57	+33:42	06:18	
1863	3301	MiMi Ladeira	Viriathvs Runners Viseu	01:03:02	+33:47	06:18	
1864	1280	Olga Vieira	Individual	01:03:04	+33:49	06:18	
1865	747	Ines Lourenco Martins	Focus_TUU	01:03:05	+33:50	06:19	
1866	1734	Silvana Marques de Jesus	Individual	01:03:05	+33:50	06:19	
1867	3187	Nicole Lopes	Tios d'Alice	01:03:07	+33:52	06:19	
1868	744	Filipa Pita	Focus_TUU	01:03:07	+33:52	06:19	
1869	3188	Ricardo Agostinho	Tios d'Alice	01:03:07	+33:52	06:19	
1870	389	Jorge manuel Batista antunes	Câmara Municipal de Coimbra	01:03:10	+33:55	06:19	
1871	2931	Luís Pereira	Reload - Exercício e Saúde	01:03:11	+33:56	06:19	
1872	319	Mário João da Silva henriques	Botão Camp	01:03:12	+33:57	06:19	
1873	2607	Ana Joaquim	Light Runners	01:03:12	+33:57	06:19	
1874	2412	Victor Cunha	Individual	01:03:13	+33:58	06:19	
1875	1158	Débora Ribeiro	Individual	01:03:14	+33:59	06:19	
1876	84	Cristian Bonfim	Académica Triatlo	01:03:14	+33:59	06:19	
1877	1105	Ana Sofia Monteiro Simão	Individual	01:03:14	+33:59	06:19	
1878	776	André Galvão	Focus_TUU	01:03:14	+33:59	06:19	
1879	113	Hugo Oliveira	Académica Triatlo	01:03:14	+33:59	06:19	
1880	3287	Pedro Correia	URCR 2025 & Amigos	01:03:16	+34:01	06:20	
1881	559	Bruna Ferreira	CPT Coimbra	01:03:18	+34:03	06:20	
1882	2383	Nuno Rafael Dinis	Individual	01:03:19	+34:04	06:20	
1883	3158	Carlos Rei	Tartarugas Velozes	01:03:19	+34:04	06:20	
1884	1777	Lilian Campos	Individual	01:03:19	+34:04	06:20	
1885	1378	César Temudo	Individual	01:03:20	+34:05	06:20	
1886	2600	Laura Seco	Light Runners	01:03:21	+34:06	06:20	
1887	2545	Diogo Rodrigues	Joelhos de Ferro	01:03:21	+34:06	06:20	
1888	2543	Patrícia Oliveira	Joelhos de Ferro	01:03:21	+34:06	06:20	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1889	1435	Flávio Alexandre Mendes Carvalho	Individual	01:03:22	+34:07	06:20	
1890	1008	Andreia Filipa	Healthy Move	01:03:23	+34:08	06:20	
1891	1011	Sofia Silva	Healthy Move	01:03:23	+34:08	06:20	
1892	2981	Ana Claudia Guedes	Rugby clube de coimbra	01:03:23	+34:08	06:20	
1893	2272	Nelson Pedro Fonseca de Matos	Individual	01:03:23	+34:08	06:20	
1894	596	Mário Salumbongo Ezequiel Pereira	Cristo Run Club	01:03:24	+34:09	06:20	
1895	3351	Alexandre Branco	Grupo Remax White	01:03:24	+34:09	06:20	
1896	3033	Jorge Pessoa	Runners&Friends	01:03:24	+34:09	06:20	
1897	2802	Afonso Machado	On Move BPR	01:03:25	+34:10	06:20	
1898	3030	Luis Pires	Runners&Friends	01:03:25	+34:10	06:20	
1899	2803	Alexandre Carvalho	On Move BPR	01:03:25	+34:10	06:21	
1900	3304	Daniel Sousa Fonseca	Vizinhos	01:03:25	+34:10	06:21	
1901	1271	Micaela Fonseca	Individual	01:03:27	+34:12	06:21	
1902	1112	Beatriz Afonso	Individual	01:03:27	+34:12	06:21	
1903	583	Daniel José Pratas Vilão	Crédito Agricola	01:03:30	+34:15	06:21	
1904	1219	Liliana Pinto Lopes	Individual	01:03:30	+34:15	06:21	
1905	394	Virgílio Neto	Câmara Municipal de Coimbra	01:03:31	+34:16	06:21	
1906	2102	Filipe Manuel Varandas Costa	Individual	01:03:31	+34:16	06:21	
1907	2807	João Allen	On Move BPR	01:03:31	+34:16	06:21	
1908	993	Bruno Lino	Grupo Remax White	01:03:32	+34:17	06:21	
1909	232	Luís Lapa	ARCD Venda da Luísa Trail	01:03:32	+34:17	06:21	
1910	223	Soraia Martins	ARCD Venda da Luísa Trail	01:03:32	+34:17	06:21	
1911	2920	Nuno Dias	R G Levanta Poeira	01:03:32	+34:17	06:21	
1912	381	MARIA DE FATIMA DELGADO	Câmara Municipal de Coimbra	01:03:33	+34:18	06:21	
1913	703	Sandrina Isabel Seíça Basílio	Família Basílio	01:03:33	+34:18	06:21	
1914	1573	Miguel Branco	Individual	01:03:33	+34:18	06:21	
1915	3004	Hugo Jesus	Run4Beer	01:03:34	+34:19	06:21	
1916	1295	Rita Pires	Individual	01:03:34	+34:19	06:21	
1917	2458	Manuel Mateus	Individual	01:03:34	+34:19	06:21	
1918	584	Beatriz Moreira	Cris7ianismo	01:03:35	+34:20	06:22	
1919	833	Dina Gonçalves	Focus_TUU	01:03:36	+34:21	06:22	
1920	3316	Luís Ribeiro	We-MOVE	01:03:36	+34:21	06:22	
1921	1178	Francisca oliveira	Individual	01:03:38	+34:23	06:22	
1922	1890	Maria Gomes	Individual	01:03:38	+34:23	06:22	
1923	2263	Luis Pedro Rodrigues	Individual	01:03:38	+34:23	06:22	
1924	208	Carla Cotas	Arcd Venda Da Luísa	01:03:38	+34:23	06:22	
1925	1762	Elainia Lima	Individual	01:03:41	+34:26	06:22	
1926	1714	Leticia Sodr�	Individual	01:03:41	+34:26	06:22	
1927	1892	Mariana Perdig�o	Individual	01:03:43	+34:28	06:22	
1928	2805	S�nia Vieira	On Move BPR	01:03:43	+34:28	06:22	
1929	1230	Margarida cordeiro	Individual	01:03:43	+34:28	06:22	
1930	1358	Bernardo Mendes	Individual	01:03:44	+34:29	06:22	
1931	2720	Paulo Rodrigues	Motores a Broa	01:03:44	+34:29	06:22	
1932	769	Renatha Vieira	Focus_TUU	01:03:45	+34:30	06:22	
1933	3094	Jo�o Cavaleiro	Shape on You	01:03:46	+34:31	06:23	
1934	2907	Jorge Almeida	Portuguese United Training Association	01:03:46	+34:31	06:23	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1935	858	Maria Gloria Andrade Santos	Focus_TUU	01:03:47	+34:32	06:23	
1936	1327	Adrian Kimura	Individual	01:03:47	+34:32	06:23	
1937	1285	Raquel Carvalho	Individual	01:03:47	+34:32	06:23	
1938	313	Diana Lourenço	Botão Camp	01:03:49	+34:34	06:23	
1939	315	Rita Trindade	Botão Camp	01:03:49	+34:34	06:23	
1940	316	Dulcínia Maria Lopes Sousa	Botão Camp	01:03:49	+34:34	06:23	
1941	603	António Silva	CTCV40 Power	01:03:50	+34:35	06:23	
1942	605	João Pedro Caldeira	CTCV40 Power	01:03:50	+34:35	06:23	
1943	602	Ana Inês Rondão	CTCV40 Power	01:03:51	+34:36	06:23	
1944	848	Sandra Ferreira	Focus_TUU	01:03:52	+34:37	06:23	
1945	1243	Maria Tinoco	Individual	01:03:52	+34:37	06:23	
1946	830	Célia Rodrigues	Focus_TUU	01:03:52	+34:37	06:23	
1947	2990	Miguel Silva	Run 4 your LIFE	01:03:53	+34:38	06:23	
1948	1681	Ana Carolina Nunes Esteves Castanheira	Individual	01:03:56	+34:41	06:24	
1949	1440	Francisco José Tomás Vaz	Individual	01:03:57	+34:42	06:24	
1950	1154	Daniela Filipa Henriques Mendes	Individual	01:03:57	+34:42	06:24	
1951	1410	Duarte André Jesus Almeida da Silva	Individual	01:03:57	+34:42	06:24	
1952	2958	Rodrigo Ferreira	RI.JO HYBRID TEAM	01:03:57	+34:42	06:24	
1953	2837	Mário Correia Martins	Os Cebolas	01:03:59	+34:44	06:24	
1954	1363	Bruno Filipe Santos Morais	Individual	01:03:59	+34:44	06:24	
1955	46	Julio Lagem Reis	AAC - Remo	01:03:59	+34:44	06:24	
1956	3209	André Monteiro	UD Casével	01:04:01	+34:46	06:24	
1957	2248	João Quaresma	Individual	01:04:02	+34:47	06:24	
1958	2129	João Pedro Campos	Individual	01:04:02	+34:47	06:24	
1959	2819	Tiago José Rodrigues Costa	One More Time	01:04:03	+34:48	06:24	
1960	1185	Inês Beatriz Kryvitska	Individual	01:04:04	+34:49	06:24	
1961	2004	Luis Manuel Silva Antonio	Individual	01:04:04	+34:49	06:24	
1962	749	Inês Marques	Focus_TUU	01:04:06	+34:51	06:25	
1963	1568	Mauro Pinto	Individual	01:04:07	+34:52	06:25	
1964	1648	Tiago André Martinho Alves	Individual	01:04:07	+34:52	06:25	
1965	50	Sara França	Abutres	01:04:10	+34:55	06:25	
1966	464	FERNANDO ANTONIO RESENDE RODRIGUES	Clube Millennium BCP	01:04:11	+34:56	06:25	
1967	2203	Sérgio Manuel	Individual	01:04:11	+34:56	06:25	
1968	755	Juliana Freitas Pereira	Focus_TUU	01:04:13	+34:58	06:25	
1969	780	Bruno Micael Silva Souza	Focus_TUU	01:04:14	+34:59	06:25	
1970	1156	Daniela Luís	Individual	01:04:15	+35:00	06:25	
1971	3053	HELENA SOFIA DA SILVA DUARTE	Sanfil	01:04:15	+35:00	06:25	
1972	2905	Maria Bicas	Portuguese United Training Association	01:04:15	+35:00	06:26	
1973	1303	Sara Cristina Dias Simão	Individual	01:04:16	+35:01	06:26	
1974	2844	Antony Vincent	Os Papa Milhas	01:04:16	+35:01	06:26	
1975	1827	Ana Rufino	Individual	01:04:17	+35:02	06:26	
1976	187	João Pedro Saltão Lima	ALTRI	01:04:17	+35:02	06:26	
1977	421	Pedro Alexandre Baptista Lusitano	CDCamarneira	01:04:19	+35:04	06:26	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1978	2727	Felícia Costa	MSC - Mais Saúde Coimbra	01:04:22	+35:07	06:26	
1979	726	Alexandra Silva	Focus_TUU	01:04:22	+35:07	06:26	
1980	1822	Ana Figueiredo	Individual	01:04:22	+35:07	06:26	
1981	434	Hugo Rafael da Silva Ribeiro	Cioga runners	01:04:24	+35:09	06:26	
1982	2821	Tomás Miguel Garcia	One More Time	01:04:25	+35:10	06:26	
1983	2257	José Pedro Laranjeira	Individual	01:04:25	+35:10	06:27	
1984	1120	Beatriz Nunes Maria	Individual	01:04:25	+35:10	06:27	
1985	2992	Rodrigo Cardoso	Run 4 your LIFE	01:04:27	+35:12	06:27	
1986	556	Susana Parreira	CPT Coimbra	01:04:27	+35:12	06:27	
1987	1957	Diego Gabriel	Individual	01:04:27	+35:12	06:27	
1988	1122	Beatriz Saturnino Fernandes Samuel	Individual	01:04:29	+35:14	06:27	
1989	1904	Ana Maria	Individual	01:04:31	+35:16	06:27	
1990	2363	Luís Miguel de Paiva Simões	Individual	01:04:31	+35:16	06:27	
1991	2705	Ana matos	Montanha Clube Trail Running/Efapel	01:04:32	+35:17	06:27	
1992	3203	Samuel Pinto	TRS	01:04:32	+35:17	06:27	
1993	2649	Ângela Almeida	Maltha	01:04:32	+35:17	06:27	
1994	981	Ana Catarina Cunha Fernandes Silva	Grupo Remax White	01:04:32	+35:17	06:27	
1995	2032	Pedro Carneiro	Individual	01:04:32	+35:17	06:27	
1996	1893	Marta Cro	Individual	01:04:33	+35:18	06:27	
1997	1770	Joana Castanheira	Individual	01:04:33	+35:18	06:27	
1998	1188	Inês Cruz	Individual	01:04:35	+35:20	06:28	
1999	599	Carlos Costa	CTCV40 Power	01:04:38	+35:23	06:28	
2000	731	Ana Rita Rodrigues	Focus_TUU	01:04:40	+35:25	06:28	
2001	281	Énio Rodrigues	Auchan	01:04:40	+35:25	06:28	
2002	2244	Humberto Toscano	Individual	01:04:42	+35:27	06:28	
2003	1388	David Carvalho	Individual	01:04:43	+35:28	06:28	
2004	1048	Diogo da Fonseca	HuXiDi	01:04:44	+35:29	06:28	
2005	724	Adriana Duarte	Focus_TUU	01:04:44	+35:29	06:28	
2006	1128	Carolina Batista	Individual	01:04:44	+35:29	06:28	
2007	655	Cristina Carolino	Draco Runners	01:04:48	+35:33	06:29	
2008	2665	Carolina Moreira Santos	Maratonistas de Sofá	01:04:50	+35:35	06:29	
2009	1034	Jorge Carriço	HOT.Runners	01:04:52	+35:37	06:29	
2010	1042	Tiago Prata	HOT.Runners	01:04:52	+35:37	06:29	
2011	2814	Miguel Dinis	One More Time	01:04:52	+35:37	06:29	
2012	1035	Vitor Mendonça	HOT.Runners	01:04:52	+35:37	06:29	
2013	2963	Joana Rodrigues	RM RUNNERS	01:04:53	+35:38	06:29	
2014	2970	PEDRO J. R. FRANCO	RM RUNNERS	01:04:53	+35:38	06:29	
2015	2240	Gonçalo Gaspar	Individual	01:04:54	+35:39	06:29	
2016	1703	Diana Gaspar	Individual	01:04:55	+35:40	06:29	
2017	717	Paulo Domingues	Figueira Kayak Clube	01:04:55	+35:40	06:29	
2018	2112	Gil Correia	Individual	01:04:55	+35:40	06:30	
2019	433	Maria Adriana Mateus Canelas Teixeira Dias	Cioga runners	01:04:56	+35:41	06:30	
2020	763	Mariana Lucena	Focus_TUU	01:04:58	+35:43	06:30	
2021	1318	Tatiana Duarte	Individual	01:04:58	+35:43	06:30	

10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2022	1398	Diogo Matos Paiva	Individual	01:04:59	+35:44	06:30	
2023	2824	Maria Ana Castanheira	Ora et Corre	01:04:59	+35:44	06:30	
2024	1376	Carlos Santos	Individual	01:05:02	+35:47	06:30	
2025	827	Xana Ferraz	Focus_TUU	01:05:02	+35:47	06:30	
2026	3234	Camila Lourenço	URCR 2025 & Amigos	01:05:03	+35:48	06:30	
2027	891	Ricardo Godinho	Focus_TUU	01:05:05	+35:50	06:30	
2028	854	Márcia P	Focus_TUU	01:05:05	+35:50	06:31	
2029	1628	Ricardo Valente Dias	Individual	01:05:10	+35:55	06:31	
2030	1946	Carlos Mota	Individual	01:05:11	+35:56	06:31	
2031	3071	Sandra Raquel de Jesus Ribeiro	Sanfil	01:05:12	+35:57	06:31	
2032	417	Ana Bela Pedro	CDCamarneira	01:05:12	+35:57	06:31	
2033	412	Ana Vicente	CBR	01:05:13	+35:58	06:31	
2034	538	João Rainho	Contramão	01:05:13	+35:58	06:31	
2035	702	Daniela Filipa Seíça Basílio	Família Basílio	01:05:16	+36:01	06:32	
2036	3126	Anaelle Boissonnet	Sky.runners	01:05:17	+36:02	06:32	
2037	1184	Inês Amado	Individual	01:05:18	+36:03	06:32	
2038	1064	Gabriel Fernandes Loureiro	Individual	01:05:18	+36:03	06:32	
2039	274	Tatiana Filipa Alves dos Santos	Auchan	01:05:19	+36:04	06:32	
2040	2340	Enrique Manuel Leitão Ferreira	Individual	01:05:19	+36:04	06:32	
2041	535	Daniel Silva	Contramão	01:05:20	+36:05	06:32	
2042	1215	Leonor Antunes	Individual	01:05:20	+36:05	06:32	
2043	1084	Ana Carolina Gaspar Fernandes	Individual	01:05:20	+36:05	06:32	
2044	1296	Rita Rosa	Individual	01:05:21	+36:06	06:32	
2045	490	Laura Pinto	Coimbra Trail Running	01:05:21	+36:06	06:32	
2046	526	Óscar Pinto	Coimbra Trail Running	01:05:22	+36:07	06:32	
2047	1155	Daniela Guerra	Individual	01:05:22	+36:07	06:32	
2048	1160	Diana Farinha	Individual	01:05:22	+36:07	06:32	
2049	306	Andreia Alves	Big Bang Runners	01:05:23	+36:08	06:32	
2050	595	António Joaquim	Cris7ianismo	01:05:24	+36:09	06:32	
2051	842	Inês costa	Focus_TUU	01:05:25	+36:10	06:32	
2052	146	Bruno Góis	Acelerados	01:05:25	+36:10	06:32	
2053	2466	Pedro Medina	Individual	01:05:26	+36:11	06:33	
2054	766	Michaela Cabral	Focus_TUU	01:05:27	+36:12	06:33	
2055	147	Marco Ramos	Acelerados	01:05:27	+36:12	06:33	
2056	1117	Beatriz Loureiro	Individual	01:05:29	+36:14	06:33	
2057	1409	Diogo Valente Dias	Individual	01:05:29	+36:14	06:33	
2058	2359	José Manuel Valente Dias	Individual	01:05:29	+36:14	06:33	
2059	3262	Sofia Rodrigues	URCR 2025 & Amigos	01:05:29	+36:14	06:33	
2060	1121	Beatriz Queirós	Individual	01:05:31	+36:16	06:33	
2061	364	Filipe Oliveira	CalmaRia	01:05:31	+36:16	06:33	
2062	2679	Juan Flores	Maratontos	01:05:31	+36:16	06:33	
2063	746	Inês Albuquerque	Focus_TUU	01:05:32	+36:17	06:33	
2064	1232	Margarida Oliveira	Individual	01:05:32	+36:17	06:33	
2065	1003	Jorge Caldas	Happy's	01:05:32	+36:17	06:33	
2066	825	Sara Ferreira	Focus_TUU	01:05:35	+36:20	06:33	
2067	2746	Susana Domingues	MSC - Mais Saúde Coimbra	01:05:36	+36:21	06:34	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2068	1263	Marta Cardoso Lamas	Individual	01:05:38	+36:23	06:34	
2069	3169	Daniel Filipe Machado Barata	Tea, Tascas & Tendinites	01:05:39	+36:24	06:34	
2070	1090	Ana Gomes	Individual	01:05:39	+36:24	06:34	
2071	3170	Rafael Gama Pereira	Tea, Tascas & Tendinites	01:05:39	+36:24	06:34	
2072	1458	Gonalo Oliveira	Individual	01:05:39	+36:24	06:34	
2073	2590	Lury Morena	LatiRun	01:05:39	+36:24	06:34	
2074	1099	Ana Patricia Teixeira	Individual	01:05:39	+36:24	06:34	
2075	772	Sandra Rito	Focus_TUU	01:05:44	+36:29	06:34	
2076	2577	Beatriz Madureira	KrushIt	01:05:44	+36:29	06:34	
2077	2810	Edgar Filipe Ferreira Duarte	One More Time	01:05:45	+36:30	06:34	
2078	737	Catarina Guedes	Focus_TUU	01:05:47	+36:32	06:35	
2079	930	Bruno Almeida	funrunners fit&fun	01:05:47	+36:32	06:35	
2080	859	Graa Silva	Focus_TUU	01:05:48	+36:33	06:35	
2081	1282	Patr�cia Isabel Silva Rodrigues	Individual	01:05:49	+36:34	06:35	
2082	695	Claudia Fontes	esTrilho	01:05:49	+36:34	06:35	
2083	2601	Liliana Dias	Light Runners	01:05:49	+36:34	06:35	
2084	3058	In�s Filipa Silva Coelho	Sanfil	01:05:50	+36:35	06:35	
2085	2598	Ana Sim�es	Light Runners	01:05:50	+36:35	06:35	
2086	2781	Paula Rocha	Nelson Gym	01:05:51	+36:36	06:35	
2087	2890	Diana Cardoso	Pascoalitos	01:05:52	+36:37	06:35	
2088	2783	Ivo Dias	Nelson Gym	01:05:52	+36:37	06:35	
2089	1807	Sara Jo�o Carvalho	Individual	01:05:53	+36:38	06:35	
2090	2926	Mariana Salvador	Reload - Exerc�cio e Sa�de	01:05:53	+36:38	06:35	
2091	2673	F�lix �lvarez	Maratontos	01:05:54	+36:39	06:35	
2092	1914	Lurdes soares	Individual	01:05:54	+36:39	06:35	
2093	1680	Alice Morgado	Individual	01:05:54	+36:39	06:35	
2094	2865	Carolina Marques Pinto	Owlpharma Team	01:05:54	+36:39	06:35	
2095	1878	Carla claudino	Individual	01:05:56	+36:41	06:36	
2096	2988	Jo�o Pidrana	Run 4 your LIFE	01:05:57	+36:42	06:36	
2097	1201	J�ssica Cristina Fernandes Violante	Individual	01:06:00	+36:45	06:36	
2098	1921	Isabel Ventura	Individual	01:06:00	+36:45	06:36	
2099	463	MARIA ARMANDA BAI�O LEAL FOLQUES	Clube Millennium BCP	01:06:00	+36:45	06:36	
2100	1131	Carolina Ferreira	Individual	01:06:02	+36:47	06:36	
2101	2744	Lara Coelho	MSC - Mais Sa�de Coimbra	01:06:04	+36:49	06:36	
2102	2734	Ana Rita Campos	MSC - Mais Sa�de Coimbra	01:06:04	+36:49	06:36	
2103	2730	Francisco Sim�es	MSC - Mais Sa�de Coimbra	01:06:05	+36:50	06:36	
2104	791	Gonalo Fernandes	Focus_TUU	01:06:06	+36:51	06:37	
2105	878	Jorge Cruz	Focus_TUU	01:06:06	+36:51	06:37	
2106	40	R�ben Leite	AAC - Remo	01:06:07	+36:52	06:37	
2107	808	Paulo Oliveira	Focus_TUU	01:06:07	+36:52	06:37	
2108	2739	Vanessa Vieira	MSC - Mais Sa�de Coimbra	01:06:08	+36:53	06:37	
2109	2508	Assel Guzinski	Individual	01:06:09	+36:54	06:37	
2110	2751	Bruno Cruz	MSC - Mais Sa�de Coimbra	01:06:11	+36:56	06:37	
2111	1821	Ana Figueiredo	Individual	01:06:13	+36:58	06:37	
2112	2878	Rodrigo Fernandes Pita	Owlpharma Team	01:06:14	+36:59	06:37	

10KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2113	1013	João Lourenço	Healthy Move	01:06:14	+36:59	06:37	
2114	2858	Joana Inês Santos	Os Promessa	01:06:18	+37:03	06:38	
2115	1181	Gabriela Sofia Rodrigues da Silva	Individual	01:06:19	+37:04	06:38	
2116	2911	Pedro Nova	Portuguese United Training Association	01:06:19	+37:04	06:38	
2117	1310	Sofia Pinheiro	Individual	01:06:19	+37:04	06:38	
2118	1432	Filipe Mignon	Individual	01:06:20	+37:05	06:38	
2119	2588	Érica Cristina de Nascimento	LatiRun	01:06:20	+37:05	06:38	
2120	1138	Carolina Roma	Individual	01:06:21	+37:06	06:38	
2121	3173	Ana Rita Castanheira	Team Diamantino Jorge	01:06:23	+37:08	06:38	
2122	2900	Rosa Bispo	Pernas Inertes Lentos desde 2017	01:06:24	+37:09	06:38	
2123	2552	Mónica Ruivo	K STUDIO RUNNING TEAM	01:06:24	+37:09	06:38	
2124	2560	Manuel Costa	K STUDIO RUNNING TEAM	01:06:24	+37:09	06:38	
2125	2943	Ana Margarida França	RIJO HYBRID TEAM	01:06:25	+37:10	06:38	
2126	1805	Sandra Gonçalves	Montanha Clube Trail Running/Efapel	01:06:26	+37:11	06:39	
2127	2708	Célia Carvalho	Montanha Clube Trail Running/Efapel	01:06:26	+37:11	06:39	
2128	1142	Catarina Dias Melo	Individual	01:06:27	+37:12	06:39	
2129	1738	Sofia Marques	Individual	01:06:28	+37:13	06:39	
2130	648	Luís Oliveira	Dias & Companhia Lda	01:06:28	+37:13	06:39	
2131	1304	Sara Simões	Individual	01:06:30	+37:15	06:39	
2132	1298	Rita Simões	Individual	01:06:30	+37:15	06:39	
2133	1021	Hugo Raimundo	Hospital da Luz	01:06:30	+37:15	06:39	
2134	903	Gonçalo Azevedo Mendes	Focus_TUU	01:06:31	+37:16	06:39	
2135	867	José Dinis	Focus_TUU	01:06:32	+37:17	06:39	
2136	1275	Nataliya Samodyelkina	Individual	01:06:33	+37:18	06:39	
2137	1708	Helena Isabel Prata Domingues	Individual	01:06:35	+37:20	06:39	
2138	487	Fernando Ribeiro	CluVe - Clube Veteranos de Atletismo de Coimbra	01:06:37	+37:22	06:40	
2139	2011	Mário Rui Freitas Pinto	Individual	01:06:39	+37:24	06:40	
2140	137	Rui Braz	Academistas de Murtede	01:06:39	+37:24	06:40	
2141	134	Joana Nora	Academistas de Murtede	01:06:39	+37:24	06:40	
2142	2915	Rafael Mendes	Power Guido	01:06:40	+37:25	06:40	
2143	1063	Francisco Lima	Individual	01:06:40	+37:25	06:40	
2144	1735	Sílvia Leal de Andrade	Individual	01:06:41	+37:26	06:40	
2145	2382	Nuno Lima	Individual	01:06:41	+37:26	06:40	
2146	1114	Beatriz Cação	Individual	01:06:42	+37:27	06:40	
2147	3084	DYELLE LEYDEN AMARAL SANTOS	SEVEN RUN	01:06:43	+37:28	06:40	
2148	2521	Vitor Ferreira	Individual	01:06:44	+37:29	06:40	
2149	2354	Jorge Mendes	Individual	01:06:45	+37:30	06:40	
2150	2759	Gonçalo Silva	MSC - Mais Saúde Coimbra	01:06:49	+37:34	06:41	
2151	2812	João Luís Marques	One More Time	01:06:54	+37:39	06:41	
2152	1265	Marta Cristina Dias Simão	Individual	01:06:55	+37:40	06:41	
2153	802	José Tabau	Focus_TUU	01:06:55	+37:40	06:42	
2154	606	Victor Francisco	CTCV40 Power	01:06:56	+37:41	06:42	
2155	2020	Natanael Pereira	Individual	01:06:56	+37:41	06:42	
2156	1792	Nádia Moura	Individual	01:06:56	+37:41	06:42	
2157	2695	Ana Maria Miguéis	MIGUÉIS a correr	01:06:57	+37:42	06:42	

10 KM

OFFICIAL RESULT

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

Official Timekeeper: Lap2Go	49 / 61	generate 13-dez.-2025 20:25
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10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2202	1712	Joana Marta Carvalho Miranda Augusto Roque	Individual	01:07:57	+38:42	06:48	
2203	1700	Cristiana Raquel Alves Duarte	Individual	01:07:58	+38:43	06:48	
2204	1866	Sónia Conceição	Individual	01:08:02	+38:47	06:48	
2205	246	Beatriz Gomes Lopes	Asmáticos e rotos	01:08:05	+38:50	06:48	
2206	247	Sofia Roque Freire	Asmáticos e rotos	01:08:05	+38:50	06:48	
2207	3241	Maria Teresa Martins	URCR 2025 & Amigos	01:08:06	+38:51	06:49	
2208	713	Inês Mendes	Figarteira Team	01:08:06	+38:51	06:49	
2209	714	Patrícia Ferreira	Figarteira Team	01:08:06	+38:51	06:49	
2210	1600	Pedro Cardoso	Individual	01:08:07	+38:52	06:49	
2211	868	Luís Vaz	Focus_TUU	01:08:10	+38:55	06:49	
2212	824	Rosana Santos	Focus_TUU	01:08:10	+38:55	06:49	
2213	2479	Agostinho Sá	Individual	01:08:13	+38:58	06:49	
2214	2487	Carlos Oliveira	Individual	01:08:14	+38:59	06:49	
2215	3113	Luís Pedro	Shape on You	01:08:16	+39:01	06:50	
2216	3098	Renato Domingues	Shape on You	01:08:17	+39:02	06:50	
2217	1843	Joana Batista	Individual	01:08:18	+39:03	06:50	
2218	1054	Maria Rosário Gouveia Pestana	Individual	01:08:19	+39:04	06:50	
2219	2738	Vanessa Braga	MSC - Mais Saúde Coimbra	01:08:19	+39:04	06:50	
2220	2846	Paula Tavares	Os Papa Milhas	01:08:22	+39:07	06:50	
2221	1874	Ana Lima	Individual	01:08:23	+39:08	06:50	
2222	1671	Vasco Alves	Individual	01:08:25	+39:10	06:51	
2223	996	Sandra Liceia	GRVilaverdense	01:08:26	+39:11	06:51	
2224	263	A Burnay	Atletas ao Domingo	01:08:28	+39:13	06:51	
2225	1009	Beatriz Valente	Healthy Move	01:08:29	+39:14	06:51	
2226	3303	Marta Sofia dos Santos Falcão	Vizinhos	01:08:30	+39:15	06:51	
2227	3021	Paulo Fernandes	RunAway Club	01:08:31	+39:16	06:51	
2228	2603	Inês Sobral	Light Runners	01:08:32	+39:17	06:51	
2229	1439	Francisco José Artur Azedo	Individual	01:08:33	+39:18	06:51	
2230	1010	Inês Quadros	Healthy Move	01:08:33	+39:18	06:51	
2231	2281	Nuno Ricardo Esteves Ferreira	Individual	01:08:34	+39:19	06:51	
2232	847	Sandra Ferreira	Focus_TUU	01:08:36	+39:21	06:52	
2233	1711	Joana Araújo	Individual	01:08:37	+39:22	06:52	
2234	3159	Cátia Santos	Tarucas	01:08:39	+39:24	06:52	
2235	3160	Rute Santos	Tarucas	01:08:39	+39:24	06:52	
2236	1901	Susana Margarida Morais Regalo	Individual	01:08:40	+39:25	06:52	
2237	1525	Joao Vaz	Individual	01:08:41	+39:26	06:52	
2238	3006	Ana Carolina Paulino	RunAway Club	01:08:42	+39:27	06:52	
2239	3222	Nohélia Cartaxo	Unidos Run Team / As Oliveirinhas	01:08:47	+39:32	06:53	
2240	1746	Ana Célia Henriques Antunes	Individual	01:08:48	+39:33	06:53	
2241	3221	CARLA SANTOS	Unidos Run Team / As Oliveirinhas	01:08:48	+39:33	06:53	
2242	2935	George Martins	Reload - Exercício e Saúde	01:08:48	+39:33	06:53	
2243	783	David Melo	Focus_TUU	01:08:50	+39:35	06:53	
2244	740	Daniela Melo	Focus_TUU	01:08:51	+39:36	06:53	
2245	793	Ivo Resende	Focus_TUU	01:08:51	+39:36	06:53	
2246	2843	Mariana Magalhães	Os Papa Milhas	01:08:55	+39:40	06:54	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2247	2670	Paula Jiménez	Maratontos	01:08:58	+39:43	06:54	
2248	2671	Carlos Campos	Maratontos	01:08:58	+39:43	06:54	
2249	3204	Eliana Tavares	TSE	01:09:00	+39:45	06:54	
2250	2183	Ricardo Bica	Individual	01:09:00	+39:45	06:54	
2251	1106	Andreia Menezes	Individual	01:09:01	+39:46	06:54	
2252	1767	Isa Reis	Individual	01:09:01	+39:46	06:54	
2253	2606	Mariya Oliveira	Light Runners	01:09:02	+39:47	06:54	
2254	3057	Rute Eliana Matos Ferreira	Sanfil	01:09:06	+39:51	06:55	
2255	797	João Oliveira	Focus_TUU	01:09:08	+39:53	06:55	
2256	754	Joana Papel	Focus_TUU	01:09:08	+39:53	06:55	
2257	865	João Aveiro	Focus_TUU	01:09:08	+39:53	06:55	
2258	844	Marta Mendes	Focus_TUU	01:09:09	+39:54	06:55	
2259	809	Paulo Preto Castanho	Focus_TUU	01:09:10	+39:55	06:55	
2260	1224	Lucie Martins	Individual	01:09:10	+39:55	06:55	
2261	738	Catarina leuzinger	Focus_TUU	01:09:12	+39:57	06:55	
2262	1167	Emma Rampnoux	Individual	01:09:17	+40:03	06:56	
2263	300	Cátia Esteves	Big Bang Runners	01:09:18	+40:03	06:56	
2264	2787	Fernando Luis	O Mundo da Corrida	01:09:18	+40:03	06:56	
2265	826	Tânia Duarte	Focus_TUU	01:09:21	+40:06	06:56	
2266	862	Bruno Simões	Focus_TUU	01:09:22	+40:07	06:56	
2267	286	Margarida Pinto	Bacalhaus de Corrida	01:09:22	+40:07	06:56	
2268	285	Joana Lucas	Bacalhaus de Corrida	01:09:22	+40:07	06:56	
2269	2999	Vanessa Teixeira	Run4Beer	01:09:22	+40:07	06:56	
2270	3320	João Miranda	X-Cake	01:09:22	+40:07	06:56	
2271	1692	Carolina Goncalves	Individual	01:09:23	+40:08	06:56	
2272	1669	Tomás Marques	Individual	01:09:24	+40:09	06:56	
2273	2971	Ricardo Mingatos	RM RUNNERS	01:09:25	+40:10	06:57	
2274	2024	Nuno Filipe Sobral Santos	Individual	01:09:25	+40:10	06:57	
2275	2964	Julia Alves	RM RUNNERS	01:09:26	+40:11	06:57	
2276	1183	Helena Zhu Zhan	Individual	01:09:26	+40:11	06:57	
2277	3065	Joana Raquel Silveira Cavaleiro	Sanfil	01:09:27	+40:12	06:57	
2278	3281	Nélson Correia	URCR 2025 & Amigos	01:09:27	+40:12	06:57	
2279	1108	Anne Elise Netto Sobrinho	Individual	01:09:28	+40:13	06:57	
2280	1210	Juliana d ABREU	Individual	01:09:28	+40:13	06:57	
2281	3265	Catarina Rénio	URCR 2025 & Amigos	01:09:28	+40:13	06:57	
2282	2074	Artur Couteiro	Individual	01:09:29	+40:14	06:57	
2283	1113	Beatriz Brites Seixas	Individual	01:09:30	+40:15	06:57	
2284	1853	Micaela Pires	Individual	01:09:30	+40:15	06:57	
2285	1091	ana jessica holanda	Individual	01:09:30	+40:15	06:57	
2286	1335	André Filipe Ventura	Individual	01:09:31	+40:16	06:57	
2287	840	Vera Cordeiro	Focus_TUU	01:09:35	+40:20	06:58	
2288	863	Francisco Monsanto	Focus_TUU	01:09:36	+40:21	06:58	
2289	3062	Carla Cristina Mendes Ângelo	Sanfil	01:09:38	+40:23	06:58	
2290	1217	Liliana Carvalho	Individual	01:09:38	+40:23	06:58	
2291	1245	Mariana Costa	Individual	01:09:39	+40:24	06:58	
2292	742	Diana Vaz	Focus_TUU	01:09:41	+40:26	06:58	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2293	2903	Rui Neto	Porteladinha	01:09:41	+40:26	06:58	
2294	2902	Sofia Pinheiro	Porteladinha	01:09:41	+40:26	06:58	
2295	3292	Verónica Montevideo	Vero&Bruno	01:09:42	+40:27	06:58	
2296	3293	Bruno Santos Nascimento Dias	Vero&Bruno	01:09:43	+40:28	06:58	
2297	2571	Daniel Henriques	Ketorunners	01:09:44	+40:29	06:58	
2298	1251	Mariana Folques	Individual	01:09:45	+40:30	06:59	
2299	1229	Mara Andreia Alves Santos	Individual	01:09:46	+40:31	06:59	
2300	1516	João Rodrigues	Individual	01:09:47	+40:32	06:59	
2301	1319	Tatiana Grácio	Individual	01:09:47	+40:32	06:59	
2302	704	Ana Cristina Novo Azeiteiro	Farmácia Luciano e Matos	01:09:48	+40:33	06:59	
2303	707	Simona Burduja	Farmácia Luciano e Matos	01:09:49	+40:34	06:59	
2304	706	Mónica Mota da Cunha	Farmácia Luciano e Matos	01:09:50	+40:35	06:59	
2305	2630	Joana Sequeira	Lousangeles	01:09:50	+40:35	06:59	
2306	3210	Renato Janeiro	UD Casével	01:09:50	+40:35	06:59	
2307	1055	Sofia Mota Amaral	Individual	01:09:51	+40:36	06:59	
2308	2409	Tiago Amaral	Individual	01:09:51	+40:36	06:59	
2309	886	Luís Cunha	Focus_TUU	01:09:52	+40:37	06:59	
2310	829	Carla Maranhão	Focus_TUU	01:09:52	+40:37	06:59	
2311	1279	Nicole Santos	Individual	01:09:56	+40:41	07:00	
2312	1266	Marta Lopes Fernandes	Individual	01:09:56	+40:41	07:00	
2313	2580	Leonardo Falcão	KrushIt	01:09:58	+40:43	07:00	
2314	2582	Sandra Fonseca	KrushIt	01:09:58	+40:43	07:00	
2315	443	Miguel Cruz Mendes	Clínica PROREAB	01:09:59	+40:44	07:00	
2316	1923	Jeniffer Orzatty	Individual	01:10:05	+40:50	07:01	
2317	837	Rita Januário	Focus_TUU	01:10:06	+40:51	07:01	
2318	884	Daniel Taborda	Focus_TUU	01:10:06	+40:51	07:01	
2319	893	Hugo Tocha	Focus_TUU	01:10:06	+40:51	07:01	
2320	1858	Olga Martins	Individual	01:10:06	+40:51	07:01	
2321	2602	Carolina Dinis	Light Runners	01:10:06	+40:51	07:01	
2322	3068	Sónia Margarida Travassos Rama	Sanfil	01:10:06	+40:51	07:01	
2323	2725	Beatriz Silva	MSC - Mais Saúde Coimbra	01:10:06	+40:51	07:01	
2324	3073	Sara Elisabete Silvestre Pinheiro	Sanfil	01:10:06	+40:51	07:01	
2325	3141	Mariana da Torre	Sola Dura	01:10:23	+41:08	07:02	
2326	1368	Bruno Rafael Antunes Morgado	Individual	01:10:23	+41:08	07:02	
2327	3142	Fábio André Martins Azevedo	Sola Dura	01:10:23	+41:08	07:02	
2328	343	Bruno Almeida	Caeser's Gin	01:10:31	+41:16	07:03	
2329	353	Miguel Ramos	Caeser's Gin	01:10:31	+41:16	07:03	
2330	1223	Lucia Allende	Individual	01:10:31	+41:16	07:03	
2331	1438	Francisco Jerez Fontecha	Individual	01:10:32	+41:17	07:03	
2332	2831	Inês Leite	Os caracóis	01:10:34	+41:19	07:03	
2333	261	Dulce Medeiros	AST - Avelar Sunset Team	01:10:34	+41:19	07:03	
2334	812	Ricardo Marques	Focus_TUU	01:10:36	+41:21	07:04	
2335	1237	Maria Isabel Vieira Araújo	Individual	01:10:36	+41:21	07:04	
2336	1192	Inês Marques	Individual	01:10:37	+41:22	07:04	
2337	3136	Gabriela Portugal	Sky.runners	01:10:38	+41:23	07:04	
2338	2036	Pedro Miguel dos Santos Lopes	Individual	01:10:43	+41:28	07:04	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2339	2176	Pedro Marinheira	Individual	01:10:43	+41:28	07:04	
2340	1261	Mariana Sousa	Individual	01:10:43	+41:28	07:04	
2341	163	Maria Abrunheiro	ADCR PEREIRA TRAIL E BTT	01:10:49	+41:34	07:05	
2342	141	Paula Mota	ACDR Rapoula	01:10:50	+41:35	07:05	
2343	3132	Carolina Ferrão	Sky.runners	01:10:52	+41:37	07:05	
2344	3302	Tânia Margarida Pereira Simões	Vizinhos	01:10:53	+41:38	07:05	
2345	239	João Costa	Arranja desculpas	01:10:56	+41:41	07:06	
2346	1324	Vitória Melâneo	Individual	01:10:56	+41:41	07:06	
2347	240	José Regala	Arranja desculpas	01:10:56	+41:41	07:06	
2348	917	Rui Léo	Frutibairrada	01:10:56	+41:41	07:06	
2349	241	Rui Pancas	Arranja desculpas	01:10:56	+41:41	07:06	
2350	2651	Francisco Herlon Alves Serafim	Maltha	01:10:57	+41:42	07:06	
2351	813	Rodrigo Pardal	Focus_TUU	01:10:59	+41:44	07:06	
2352	839	Vanessa Gonçalves	Focus_TUU	01:10:59	+41:44	07:06	
2353	1079	Alexandra Santos Albuquerque	Individual	01:11:01	+41:46	07:06	
2354	1209	Juliana Amaro Costa	Individual	01:11:06	+41:51	07:07	
2355	2780	Anastácia Assunção Zuzarte	Nelson Gym	01:11:06	+41:51	07:07	
2356	131	Miguel Nunes	Academistas de Murte de	01:11:11	+41:56	07:07	
2357	3097	Pedro Mesquita	Shape on You	01:11:11	+41:56	07:07	
2358	2885	João António da Costa Miranda	Owlpharma Team	01:11:14	+41:59	07:07	
2359	2860	Ana Alexandra De Azevedo Miranda	Owlpharma Team	01:11:14	+41:59	07:07	
2360	2610	Emanuel Silva	Lima & Silva Lda.	01:11:15	+42:00	07:07	
2361	2609	Ana Lima	Lima & Silva Lda.	01:11:15	+42:00	07:07	
2362	532	Sofia Furtado	Contramão	01:11:15	+42:00	07:08	
2363	2650	Cátia Alexandra Primo Martins	Maltha	01:11:20	+42:05	07:08	
2364	963	Nuno Alves	GR EIRENSE	01:11:20	+42:05	07:08	
2365	1785	Marisa Gonçalves	Individual	01:11:21	+42:06	07:08	
2366	1684	Ana Pereira	Individual	01:11:21	+42:06	07:08	
2367	1824	Ana Neves	Individual	01:11:22	+42:07	07:08	
2368	1905	anabela vieira amaral	Individual	01:11:25	+42:10	07:09	
2369	1908	Florbela Fernandes	Individual	01:11:26	+42:11	07:09	
2370	1314	Susana Cherednykova	Individual	01:11:27	+42:12	07:09	
2371	2410	Vasco Alexandre Rodrigues Santos	Individual	01:11:27	+42:12	07:09	
2372	354	Francisco Monteiro	Cágados	01:11:28	+42:13	07:09	
2373	3059	Raquel João Simões Abrantes	Sanfil	01:11:30	+42:15	07:09	
2374	3052	Filipa Nunes	Sanfil	01:11:30	+42:15	07:09	
2375	2394	Pedro Gonçalo da Fonseca Alves Loureiro	Individual	01:11:31	+42:16	07:09	
2376	2565	Filipa Correia	Ketorunners	01:11:31	+42:16	07:09	
2377	2562	Ana Pedroso	Ketorunners	01:11:31	+42:16	07:09	
2378	2714	Rute Daniela Gomes Lourenço	Motivação Mútua: Agora Vai!	01:11:31	+42:16	07:09	
2379	2715	Gonçalo Meireles	Motivação Mútua: Agora Vai!	01:11:31	+42:16	07:09	
2380	2164	Nuno Marques	Individual	01:11:32	+42:17	07:09	
2381	2716	António Ventura	Motivação Mútua: Agora Vai!	01:11:32	+42:17	07:09	
2382	2564	Carla Pereira	Ketorunners	01:11:32	+42:17	07:09	
2383	2570	Carlos Guimarães	Ketorunners	01:11:32	+42:17	07:09	

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2384	2568	Margarida Cruz	Ketorunners	01:11:32	+42:17	07:09	
2385	2572	Duarte Campante	Ketorunners	01:11:33	+42:18	07:09	
2386	1244	Mariana Aidos	Individual	01:11:33	+42:18	07:09	
2387	2417	António Aidos	Individual	01:11:34	+42:19	07:09	
2388	1078	Alexandra Matos	Individual	01:11:35	+42:20	07:09	
2389	2584	Jorge Santos	KrushIt	01:11:37	+42:22	07:10	
2390	1991	Jorge Fraga	Individual	01:11:37	+42:22	07:10	
2391	440	Inês Seabra Lourenço	Clínica PROREAB	01:11:38	+42:23	07:10	
2392	2962	Lillian Castelão	RM RUNNERS	01:11:38	+42:23	07:10	
2393	1179	Francisca Pimentel	Individual	01:11:38	+42:23	07:10	
2394	2430	Fausto Pimentel	Individual	01:11:39	+42:24	07:10	
2395	264	Sara Pereira	Atletas ao Domingo	01:11:42	+42:27	07:10	
2396	267	Filipe Afonso	Atletas ao Domingo	01:11:42	+42:27	07:10	
2397	733	Andreia Marinhas	Focus_TUU	01:11:45	+42:30	07:10	
2398	753	Joana Mafra	Focus_TUU	01:11:45	+42:30	07:11	
2399	834	Filipa marques	Focus_TUU	01:11:46	+42:31	07:11	
2400	1702	Daniela Santos Silva	Individual	01:11:50	+42:35	07:11	
2401	1143	Catarina Filipa Falcão Salvado	Individual	01:11:51	+42:36	07:11	
2402	1145	Catía Costa	Individual	01:11:55	+42:40	07:12	
2403	378	Joana lopes	Câmara Municipal de Coimbra	01:12:04	+42:49	07:12	
2404	1043	João Fernandes	HOT.Runners	01:12:04	+42:49	07:12	
2405	1031	Isabel Nunes	HOT.Runners	01:12:04	+42:49	07:12	
2406	2569	Rita Góis	Ketorunners	01:12:09	+42:54	07:13	
2407	2567	Mafalda Pereira	Ketorunners	01:12:09	+42:54	07:13	
2408	800	Jorge França	Focus_TUU	01:12:11	+42:56	07:13	
2409	3348	Anabela Machado Ribeiro	Individual	01:12:14	+42:59	07:13	
2410	202	Miguel Antunes	Andoricos	01:12:15	+43:00	07:13	
2411	200	Ana Rita Sousa	Andoricos	01:12:15	+43:00	07:13	
2412	1067	Leonardo Figueira	Individual	01:12:15	+43:00	07:14	
2413	1070	Miguel de Abreu Dias	Individual	01:12:18	+43:03	07:14	
2414	1312	Soraia Rodrigues	Individual	01:12:18	+43:03	07:14	
2415	1622	Ricardo Elias	Individual	01:12:20	+43:05	07:14	
2416	2886	Katarina Augusto	Pagamos para sofrer	01:12:20	+43:05	07:14	
2417	1831	Carla Brás	Individual	01:12:39	+43:24	07:16	
2418	549	Ricardo Reis	Corre Que Passa!	01:12:42	+43:27	07:16	
2419	1252	Mariana Gomes	Individual	01:12:44	+43:30	07:16	
2420	1238	Maria João	Individual	01:12:45	+43:30	07:17	
2421	2927	Mónica Silva	Reload - Exercício e Saúde	01:12:46	+43:31	07:17	
2422	3305	Carlos Manuel Dos Santos Silva	Vizinhos	01:12:51	+43:36	07:17	
2423	456	José Pedro Amaro	Clube Fluvial de Coimbra	01:12:51	+43:36	07:17	
2424	751	Joana Amorim	Focus_TUU	01:12:51	+43:36	07:17	
2425	143	Joao Simoes	ACDRS QUINHENDROS	01:12:52	+43:37	07:17	
2426	142	Cíntia Simões	ACDRS QUINHENDROS	01:12:53	+43:38	07:17	
2427	1096	Ana Miguel da Silva Loureiro	Individual	01:12:54	+43:39	07:17	
2428	375	Ana Godinho	Câmara Municipal de Coimbra	01:12:55	+43:40	07:18	
2429	2762	Mauro Fonseca	MSC - Mais Saúde Coimbra	01:12:57	+43:42	07:18	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2430	1844	Joana Espirito-Santo	Individual	01:12:57	+43:42	07:18	
2431	1818	Vera Mónica Santos de Vasconcelos	Individual	01:12:57	+43:42	07:18	
2432	3152	Cláudia Madeira	Sunday group	01:12:59	+43:44	07:18	
2433	2548	Daniel Fernandes	JOVASE Trail Running	01:13:00	+43:45	07:18	
2434	1239	Maria Miguel Cruz	Individual	01:13:00	+43:45	07:18	
2435	1350	Antonio Marques	Individual	01:13:01	+43:46	07:18	
2436	33	Bárbara Pereira	AAC - Remo	01:13:03	+43:48	07:18	
2437	32	Andreia Nunes	AAC - Remo	01:13:04	+43:49	07:18	
2438	1152	Damiana Gomes	Individual	01:13:06	+43:51	07:19	
2439	804	Lucas Monteiro	Focus_TUU	01:13:07	+43:52	07:19	
2440	767	Nadine Caetano	Focus_TUU	01:13:07	+43:52	07:19	
2441	2053	Telmo Manuel das Neves Simões	Individual	01:13:08	+43:53	07:19	
2442	302	Nélia Tavares	Big Bang Runners	01:13:09	+43:54	07:19	
2443	301	Diana Branco	Big Bang Runners	01:13:10	+43:55	07:19	
2444	761	Mariana Almeida	Focus_TUU	01:13:12	+43:57	07:19	
2445	851	Carla Rodrigues	Focus_TUU	01:13:14	+43:59	07:19	
2446	1166	Ema Salvador	Individual	01:13:15	+44:00	07:19	
2447	205	Rafaela Maria Pinto Serrano	Arcd Venda Da Luísa	01:13:15	+44:00	07:20	
2448	2750	Vanda Marques	MSC - Mais Saúde Coimbra	01:13:19	+44:04	07:20	
2449	249	Eduardo Miguel Mendes Matias	Asmáticos e rotos	01:13:23	+44:08	07:20	
2450	2741	Cláudia Almeida	MSC - Mais Saúde Coimbra	01:13:26	+44:11	07:21	
2451	3211	ISABEL SAGÜÉS ORTIZ	UD MOSQUITO	01:13:28	+44:13	07:21	
2452	3038	Mariana da Costa Dias	RunsRUs	01:13:28	+44:13	07:21	
2453	1505	João Pedro Estêvão Martins	Individual	01:13:29	+44:14	07:21	
2454	2385	Orlando Martins	Individual	01:13:30	+44:15	07:21	
2455	2501	PEDRO TEIXEIRA	Individual	01:13:34	+44:19	07:21	
2456	2872	Sara Cristina Videira Antunes França	Owlpharma Team	01:13:35	+44:20	07:22	
2457	3049	Ana Rita Cunha Amorim	Sanfil	01:13:36	+44:21	07:22	
2458	377	Carla Manuel Ferreira de Carvalho Braz Cardoso	Câmara Municipal de Coimbra	01:13:36	+44:21	07:22	
2459	2177	Pedro Rodrigues	Individual	01:13:37	+44:22	07:22	
2460	1839	Filipa Pedrosa	Individual	01:13:37	+44:22	07:22	
2461	3235	Carla Hovenkamp	URCR 2025 & Amigos	01:13:39	+44:24	07:22	
2462	1080	Alicia Legendre	Individual	01:13:39	+44:24	07:22	
2463	2152	LUIS FILIPE	Individual	01:13:41	+44:26	07:22	
2464	3078	Jorge Miguel Gomes Teixeira	Sanfil	01:13:42	+44:27	07:22	
2465	3064	Diana Maura dos Santos Rodrigues	Sanfil	01:13:42	+44:27	07:22	
2466	887	Nuno Madama	Focus_TUU	01:13:45	+44:30	07:23	
2467	849	Susana Martins	Focus_TUU	01:13:45	+44:30	07:23	
2468	3072	Camila da Conceição Videira dos Santos Campos	Sanfil	01:13:46	+44:31	07:23	
2469	366	Andreia Filipa Silva Travassos Graça	Câmara Municipal de Coimbra	01:13:46	+44:31	07:23	
2470	383	Elsa Maria Santos Costa	Câmara Municipal de Coimbra	01:13:46	+44:31	07:23	
2471	1462	Guilherme Aliski Bento	Individual	01:13:47	+44:32	07:23	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2472	709	Gonalo Daniel Nunes Relvo Loureno	Farmcia Luciano e Matos	01:13:48	+44:33	07:23	
2473	711	Antnio Pedro Santos Oliveira	Farmcia Luciano e Matos	01:13:48	+44:33	07:23	
2474	710	David Cunha da Silva	Farmcia Luciano e Matos	01:13:49	+44:34	07:23	
2475	705	Mlanie Duarte	Farmcia Luciano e Matos	01:13:49	+44:34	07:23	
2476	852	Carla Vieira	Focus_TUU	01:13:51	+44:36	07:23	
2477	380	Cecilia	Cmara Municipal de Coimbra	01:13:52	+44:37	07:23	
2478	2107	Francisco Jos Carvalho Pires	Individual	01:13:55	+44:40	07:23	
2479	1322	Thaise caelli bordin da Silva	Individual	01:13:56	+44:41	07:24	
2480	2286	Paulo Coutinho	Individual	01:13:57	+44:42	07:24	
2481	1916	Maria Praa	Individual	01:14:02	+44:47	07:24	
2482	781	Carlos Manuel Sousa Ramos	Focus_TUU	01:14:08	+44:53	07:25	
2483	828	Ana Abreu	Focus_TUU	01:14:08	+44:53	07:25	
2484	1798	Paula Fonseca	Individual	01:14:12	+44:57	07:25	
2485	2209	Tiago Dias	Individual	01:14:12	+44:57	07:25	
2486	2908	Jorge Jesus	Portuguese United Training Association	01:14:12	+44:57	07:25	
2487	2549	Fbio Ferreira	JOVASE Trail Running	01:14:15	+45:00	07:25	
2488	1860	Raquel Nobre	Individual	01:14:16	+45:01	07:26	
2489	2604	Patrcia Coelho	Light Runners	01:14:17	+45:02	07:26	
2490	557	Andr Rodrigues	CPT Coimbra	01:14:18	+45:03	07:26	
2491	3069	Sonia Rijo Simoes	Sanfil	01:14:19	+45:04	07:26	
2492	3157	Alexandre Pinho	Tartarugas Velozes	01:14:24	+45:09	07:26	
2493	1486	Joo Conde	Individual	01:14:26	+45:11	07:27	
2494	700	Isa Gomes	Eurekas	01:14:27	+45:12	07:27	
2495	699	Rita Cadaval	Eurekas	01:14:27	+45:12	07:27	
2496	1049	Clara Perez	Individual	01:14:28	+45:13	07:27	
2497	365	Edson Pimentel Filho	CalmaRia	01:14:29	+45:14	07:27	
2498	363	Bernardo Hughes Pimentel	CalmaRia	01:14:29	+45:14	07:27	
2499	2899	Pedro Santos	Pernas de Javali	01:14:33	+45:18	07:27	
2500	2898	Carlos Diogo	Pernas de Javali	01:14:33	+45:18	07:27	
2501	2895	Helena pissarra	Pernas de Javali	01:14:33	+45:18	07:27	
2502	2749	Anabela Geraldo	MSC - Mais Sude Coimbra	01:14:36	+45:21	07:28	
2503	2856	Daniela Muon	Os Promessa	01:14:37	+45:22	07:28	
2504	3008	Cristiana Santos	RunAway Club	01:14:38	+45:23	07:28	
2505	2753	Srgio Carvalho	MSC - Mais Sude Coimbra	01:14:38	+45:23	07:28	
2506	1912	Licinia Almeida	Individual	01:14:42	+45:27	07:28	
2507	2707	Snia Viana	Montanha Clube Trail Running/Efapel	01:14:44	+45:29	07:28	
2508	2711	Joo Tiago Costa	Montanha Clube Trail Running/Efapel	01:14:45	+45:30	07:28	
2509	2061	Vincius Pires	Individual	01:14:47	+45:32	07:29	
2510	1074	Adriana Roma	Individual	01:14:47	+45:32	07:29	
2511	2313	Rui Prata	Individual	01:14:55	+45:40	07:30	
2512	1002	Andreia Patrcia C. Oliveira	Happy's	01:14:55	+45:40	07:30	
2513	1871	Vera Lcia da Silva Nuno	Individual	01:14:56	+45:41	07:30	
2514	1173	Filipa Martins	Individual	01:14:59	+45:44	07:30	
2515	1997	Jos Lopes	Individual	01:15:04	+45:49	07:30	
2516	3088	Patrcia Seabra	Sexto Sentido Portugal	01:15:05	+45:50	07:31	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2517	1948	Cristiano Matos	Individual	01:15:05	+45:50	07:31	
2518	3089	Maria do Castelo	Sexto Sentido Portugal	01:15:05	+45:50	07:31	
2519	729	Ana Francisca	Focus_TUU	01:15:07	+45:52	07:31	
2520	2109	François Fernandes	Individual	01:15:07	+45:52	07:31	
2521	723	Sara Falcão	Focus_TUU	01:15:07	+45:52	07:31	
2522	1132	Carolina Fortunato	Individual	01:15:10	+45:55	07:31	
2523	2587	Ana Beatriz Desiderati Saraiva	LatiRun	01:15:12	+45:57	07:31	
2524	1800	Raquel Nogueira	Individual	01:15:15	+46:00	07:32	
2525	2766	Luís Mota	MSC - Mais Saúde Coimbra	01:15:15	+46:00	07:32	
2526	2742	Inês Alexandrino	MSC - Mais Saúde Coimbra	01:15:16	+46:01	07:32	
2527	1380	Daniel Ferreira	Individual	01:15:24	+46:09	07:32	
2528	3247	Tatiana Costa	URCR 2025 & Amigos	01:15:30	+46:15	07:33	
2529	1316	Tânia Brás	Individual	01:15:35	+46:20	07:34	
2530	3184	Cátia Veneza	The Warriors	01:15:37	+46:22	07:34	
2531	70	Tânia Cruz	Academia de Desportos de Condeixa	01:15:39	+46:24	07:34	
2532	951	Patrícia Ribeiro	Gira Sol	01:15:48	+46:33	07:35	
2533	947	Juliana Catarino	Gira Sol	01:15:48	+46:33	07:35	
2534	949	Mónica Dias	Gira Sol	01:15:48	+46:33	07:35	
2535	952	Carla Martins	Gira Sol	01:15:48	+46:33	07:35	
2536	948	Tânia Faria	Gira Sol	01:15:48	+46:33	07:35	
2537	2250	Jorge Rodrigues	Individual	01:15:49	+46:34	07:35	
2538	1795	NORMA CHRISTIE WANZELER SILVA	Individual	01:15:52	+46:37	07:35	
2539	2832	Margarida Filipe Martins	Os Cebolas	01:15:53	+46:38	07:35	
2540	2605	Véronique Seco	Light Runners	01:15:54	+46:39	07:35	
2541	2833	Mariana Moraes Martins	Os Cebolas	01:15:54	+46:39	07:35	
2542	2834	Daniel Filipe Costa Cavaleiro	Os Cebolas	01:15:55	+46:40	07:35	
2543	1349	António Figueiredo	Individual	01:15:55	+46:40	07:36	
2544	1260	Mariana Sofia Pinto Soares	Individual	01:15:56	+46:41	07:36	
2545	1269	Mena Maria	Individual	01:15:56	+46:41	07:36	
2546	236	Gonçalo Fonseca	ARCD Venda da Luísa Trail	01:15:58	+46:43	07:36	
2547	1190	Ines Lopes	Individual	01:15:59	+46:44	07:36	
2548	1351	António Quelhas	Individual	01:15:59	+46:44	07:36	
2549	16	Diogo Melo	#euvimobrigado	01:16:01	+46:46	07:36	
2550	3337	António José Ferraz Tarrafa	Individual	01:16:01	+46:46	07:36	
2551	81	Patricia Cardoso	Académica Triatlo	01:16:01	+46:46	07:36	
2552	2852	Sérgio David Esteves Martins	Os pé Dói	01:16:02	+46:47	07:36	
2553	3107	Joana Nunes	Shape on You	01:16:06	+46:51	07:37	
2554	2306	Ricardo Pessoa	Individual	01:16:09	+46:54	07:37	
2555	1498	João Gonçalo Sanches Silva Pessoa	Individual	01:16:09	+46:54	07:37	
2556	1467	Guilherme Santos	Individual	01:16:12	+46:57	07:37	
2557	1206	Joana Prioste	Individual	01:16:12	+46:57	07:37	
2558	571	Carla Lisboa	CPT Sobral de Ceira	01:16:13	+46:58	07:37	
2559	2796	Miguel Rosendo	Olympic Silvas	01:16:15	+47:00	07:38	
2560	2998	Dilara Sozen	Run4Beer	01:16:17	+47:02	07:38	
2561	1582	Miguel Sítima	Individual	01:16:27	+47:12	07:39	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2562	1309	Sofia Monteiro	Individual	01:16:27	+47:12	07:39	
2563	1854	Mónica Maleiro	Individual	01:16:32	+47:17	07:39	
2564	1841	Iris Barbosa	Individual	01:16:34	+47:19	07:39	
2565	2737	Sara Constante	MSC - Mais Saúde Coimbra	01:16:34	+47:19	07:39	
2566	303	Diogo Carvalho	Big Bang Runners	01:16:36	+47:21	07:40	
2567	304	Fábio Silva	Big Bang Runners	01:16:37	+47:22	07:40	
2568	2854	Ana Carolina Moura Pereira	Os Promessa	01:16:38	+47:23	07:40	
2569	2855	Barbara Martinho	Os Promessa	01:16:38	+47:23	07:40	
2570	441	Márcia Pessoa Caramujo	Clínica PROREAB	01:16:41	+47:26	07:40	
2571	2724	Ana Marrta	MSC - Mais Saúde Coimbra	01:16:43	+47:28	07:40	
2572	2591	Filipa Ferraz	Law & Disorder	01:16:57	+47:42	07:42	
2573	2592	Maria Miguel Rosmaninho	Law & Disorder	01:16:57	+47:42	07:42	
2574	1886	M. Inês H. Antunes	Individual	01:16:58	+47:43	07:42	
2575	918	Cátia Sofia dos Santos da Conceição	Frutibairrada	01:16:59	+47:44	07:42	
2576	1726	Raquel Correia	Individual	01:17:01	+47:46	07:42	
2577	983	Marcela Martins de Lima	Grupo Remax White	01:17:05	+47:50	07:43	
2578	458	Jorge Janicas	Clube Fluvial de Coimbra	01:17:07	+47:52	07:43	
2579	452	Alexandra André	Clube Fluvial de Coimbra	01:17:08	+47:53	07:43	
2580	1919	Felismina Pires	Individual	01:17:11	+47:56	07:43	
2581	1123	Beatriz Sêco	Individual	01:17:13	+47:58	07:43	
2582	2901	José Pires Lima	Pernas Inertes Lentos desde 2017	01:17:14	+47:59	07:43	
2583	14	Sofia Almeida	#euvimobrigado	01:17:16	+48:01	07:44	
2584	482	Duarte Ramalho	CluVe - Clube Veteranos de Atletismo de Coimbra	01:17:17	+48:02	07:44	
2585	476	Joana Santos	CluVe - Clube Veteranos de Atletismo de Coimbra	01:17:17	+48:02	07:44	
2586	1177	Francisca Leal	Individual	01:17:21	+48:06	07:44	
2587	156	Antonio Sequeira	ACRD SEQUEIRA	01:17:29	+48:14	07:45	
2588	155	Paula Sofia Sequeira	ACRD SEQUEIRA	01:17:29	+48:14	07:45	
2589	2845	Sandra Ferreira	Os Papa Milhas	01:17:29	+48:14	07:45	
2590	2804	Sónia Neves	On Move BPR	01:17:29	+48:14	07:45	
2591	2806	António Salgueiro	On Move BPR	01:17:30	+48:15	07:45	
2592	3269	Elisabete Pereira Martelo	URCR 2025 & Amigos	01:17:35	+48:20	07:45	
2593	3283	Sergio Estevão	URCR 2025 & Amigos	01:17:35	+48:20	07:46	
2594	3010	Maria Miguel	RunAway Club	01:17:40	+48:25	07:46	
2595	551	ANA CAROLINE SOUZA DA SILVA BARBOSA	Corredores do Leão	01:17:51	+48:36	07:47	
2596	1803	Sabina Carvalho	Individual	01:17:58	+48:43	07:48	
2597	1427	Filipe Duarte	Individual	01:18:03	+48:48	07:48	
2598	3267	Inês Morais	URCR 2025 & Amigos	01:18:05	+48:50	07:48	
2599	1772	Joana Marta Lopes Simões	Individual	01:18:12	+48:57	07:49	
2600	1081	Aline Ronsani	Individual	01:18:24	+49:09	07:50	
2601	765	Marta Ferreira	Focus_TUU	01:18:27	+49:12	07:51	
2602	773	Simone Ribeiro	Focus_TUU	01:18:28	+49:13	07:51	
2603	1050	Dámaris Jacinto	Individual	01:18:44	+49:29	07:52	
2604	1146	Cátia Filipa Dias Antunes	Individual	01:18:44	+49:29	07:52	
2605	3295	Flavia vieira	VIEIRA	01:18:52	+49:37	07:53	
2606	1052	Joana Fernandes	Individual	01:18:53	+49:38	07:53	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
2607	515	João Carlos Henriques Nunes da Silva	Coimbra Trail Running	01:19:00	+49:45	07:54	
2608	1083	Ana Beatriz Miranda Fernandes	Individual	01:19:00	+49:45	07:54	
2609	743	Fernanda Tayná Fernandes Fontes da Silva	Focus_TUU	01:19:07	+49:52	07:55	
2610	2371	Messias Dias	Individual	01:19:07	+49:52	07:55	
2611	238	Paulo santa	ARCD Venda da Luísa Trail	01:19:12	+49:57	07:55	
2612	1004	Pedro Correia	Happy's	01:19:20	+50:05	07:56	
2613	323	Emerson Madeira Viana	BragunciMadeira	01:19:24	+50:09	07:56	
2614	322	Lydiane Bragunci Bedeschi	BragunciMadeira	01:19:25	+50:10	07:56	
2615	741	Daniela Oliveira	Focus_TUU	01:19:26	+50:11	07:57	
2616	1782	Maria Sarabando	Individual	01:19:27	+50:12	07:57	
2617	26	Antonieta Abegoaria	6:45	01:19:27	+50:12	07:57	
2618	1196	Inês Simões	Individual	01:19:27	+50:12	07:57	
2619	1710	Inês Catarina Barbosa Gonçalves	Individual	01:19:27	+50:12	07:57	
2620	1355	Bernardo Cerdeira	Individual	01:19:27	+50:12	07:57	
2621	2678	Carolina Torrado	Maratontos	01:19:35	+50:20	07:57	
2622	1705	Dora Patrícia Freire dos Santos	Individual	01:19:36	+50:21	07:58	
2623	2694	Clara Eva Miguéis	MIGUÉIS a correr	01:19:37	+50:22	07:58	
2624	2775	Filipa Margarida Duque	Nelson Gym	01:19:43	+50:28	07:58	
2625	2652	Ricardo Miguel de Oliveira Domingues	Maltha	01:20:01	+50:46	08:00	
2626	2646	Maria Isabel Rodrigues Ferraz	Maltha	01:20:01	+50:46	08:00	
2627	2994	Ana Barreira	Run 4 your LIFE	01:20:03	+50:48	08:00	
2628	2399	Pedro Ricardo Conde dos Santos	Individual	01:20:05	+50:50	08:00	
2629	2747	Cláudia Duarte	MSC - Mais Saúde Coimbra	01:20:06	+50:51	08:01	
2630	2748	Sandra Condesso	MSC - Mais Saúde Coimbra	01:20:06	+50:51	08:01	
2631	2765	Mário Simões	MSC - Mais Saúde Coimbra	01:20:06	+50:51	08:01	
2632	1903	Zurita Dias	Individual	01:20:07	+50:52	08:01	
2633	1832	Carla Gomes	Individual	01:20:07	+50:52	08:01	
2634	152	Vasco Alves	Acordo, Logo Supero	01:20:09	+50:54	08:01	
2635	2505	antonio manuel dias alves	Individual	01:20:10	+50:55	08:01	
2636	181	João Aleixo Narciso	Aleixo clínica dentária	01:20:17	+51:02	08:02	
2637	180	Maria Aleixo narciso	Aleixo clínica dentária	01:20:18	+51:03	08:02	
2638	1754	Andreia Almeida	Individual	01:20:18	+51:03	08:02	
2639	1840	Helena Correia	Individual	01:20:21	+51:06	08:02	
2640	3231	Ana Carolina Gonçalves	URCR 2025 & Amigos	01:20:26	+51:11	08:03	
2641	1801	Raquel Sofia Barros Dias	Individual	01:20:30	+51:15	08:03	
2642	1737	Sofia Ferreira	Individual	01:20:34	+51:19	08:03	
2643	1234	Maria Brígida Melo	Individual	01:20:44	+51:29	08:04	
2644	1836	Clara Paiva	Individual	01:20:46	+51:31	08:05	
2645	3145	Adolfo Freitas	STRUE ENGENHARIA	01:20:51	+51:36	08:05	
2646	2406	Rogério dos Santos Chagas	Individual	01:20:54	+51:39	08:05	
2647	1228	Mafalda Figueiredo	Individual	01:21:01	+51:46	08:06	
2648	502	Tânia Ferreira de Sousa Pinto	Coimbra Trail Running	01:21:03	+51:48	08:06	
2649	1960	Eunísio Domingos	Individual	01:21:26	+52:11	08:09	
2650	2728	Rute Valentim	MSC - Mais Saúde Coimbra	01:21:31	+52:16	08:09	

10KM - STAGE 1

10 KM

OFFICIAL RESULT

10 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	61 / 61	generate 13-dez.-2025 20:25
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10KM

[illegible]

10 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:30	8°C	88%
End	20:09	8°C	88%

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

1	471	Carolina Ribeiro	Clube novobanco	Junior Feminino	53:13	05:19
2	3124	Maria Sousa	Sky.runners	Junior Feminino	58:12	+04:58 05:49
3	48	Maria Sequeira	Abutres	Junior Feminino	58:28	+05:15 05:51
4	293	Mafalda Macedo Silva	Benidormes	Junior Feminino	59:55	+06:42 06:00
5	1051	Emmy Betzer	Individual	Junior Feminino	01:01:07	+07:54 06:07
6	1054	Maria Rosário Gouveia Pestana	Individual	Junior Feminino	01:08:19	+15:06 06:50
7	1055	Sofia Mota Amaral	Individual	Junior Feminino	01:09:51	+16:37 06:59
8	1049	Clara Perez	Individual	Junior Feminino	01:14:28	+21:15 07:27
9	723	Sara Falcão	Focus_TUU	Junior Feminino	01:15:07	+21:53 07:31
10	1050	Dámaris Jacinto	Individual	Junior Feminino	01:18:44	+25:30 07:52
11	1052	Joana Fernandes	Individual	Junior Feminino	01:18:53	+25:39 07:53
12	180	Maria Aleixo narciso	Aleixo clínica dentária	Junior Feminino	01:20:18	+27:04 08:02
13	3322	Emma Martins	ZeTor	Junior Feminino	01:24:13	+30:59 08:25

Junior Masculino

1	662	Diogo Teixeira	Escola de Atletismo de Coimbra/JPaiva	Junior Masculino	35:19	03:32
2	663	Pedro António Teixeira Fidalgo de Oliveira	Escola de Atletismo de Coimbra/JPaiva	Junior Masculino	36:32	+01:12 03:39
3	566	Rodrigo Baptista	CPT Sobral de Ceira	Junior Masculino	36:47	+01:28 03:41
4	449	Gonçalo Gaspar	Clube dos Galitos	Junior Masculino	39:45	+04:25 03:58
5	1057	Afonso Oliveira	Individual	Junior Masculino	41:19	+06:00 04:08
6	2619	Pedro Barreirinhas	Lobos da Serra Loureiro	Junior Masculino	41:37	+06:18 04:10
7	2698	Gabriel Quitério	MIRO TRAIL	Junior Masculino	43:25	+08:05 04:21
8	295	José Afonso Moreira Patrão Soares	Benidormes	Junior Masculino	45:19	+10:00 04:32
9	1069	Martim Soares	Individual	Junior Masculino	45:28	+10:08 04:33
10	1060	André Silva	Individual	Junior Masculino	46:43	+11:23 04:40
11	80	Pedro Santiago Almeida	Académica Triatlo	Junior Masculino	49:08	+13:48 04:55
12	1066	Ivo Marques	Individual	Junior Masculino	49:42	+14:22 04:58
13	2546	Duarte Fernandes	JOVASE Trail Running	Junior Masculino	50:25	+15:05 05:02
14	489	Afonso Vasconcelos	Coimbra Trail Running	Junior Masculino	51:02	+15:42 05:06
15	1072	Simão Brito	Individual	Junior Masculino	51:21	+16:01 05:08
16	1059	André Samuel Rodrigues Sousa	Individual	Junior Masculino	53:06	+17:46 05:19
17	294	Eduardo Alexandre	Benidormes	Junior Masculino	53:17	+17:57 05:20
18	3229	Diogo Pereira	URCR 2025 & Amigos	Junior Masculino	53:41	+18:21 05:22
19	296	Manuel Afonso Rodrigues Nunes	Benidormes	Junior Masculino	54:01	+18:41 05:24
20	1071	Rodrigo Oliveira	Individual	Junior Masculino	54:13	+18:53 05:25
21	1062	Ernâni Afonso Pinto Carreira	Individual	Junior Masculino	54:36	+19:16 05:28
22	2798	Marco João Brás	On Move BPR	Junior Masculino	55:38	+20:19 05:34

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23	1061	David Santos Silva Gaio	Individual	Junior Masculino	59:30	+24:10	05:57
24	1058	Afonso Ramiro	Individual	Junior Masculino	59:30	+24:11	05:57
25	2717	Eduardo Santos	Motores a Broa	Junior Masculino	01:02:42	+27:22	06:16
26	1064	Gabriel Fernandes Loureiro	Individual	Junior Masculino	01:05:18	+29:58	06:32
27	1063	Francisco Lima	Individual	Junior Masculino	01:06:40	+31:20	06:40
28	1067	Leonardo Figueira	Individual	Junior Masculino	01:12:15	+36:56	07:14
29	1070	Miguel de Abreu Dias	Individual	Junior Masculino	01:12:18	+36:58	07:14
30	363	Bernardo Hughes Pimentel	CalmaRia	Junior Masculino	01:14:29	+39:09	07:27
31	2852	Sérgio David Esteves Martins	Os pé Dói	Junior Masculino	01:16:02	+40:42	07:36

Senior Feminino

1	9	Joana Ferreira	SC Beira-Mar	Senior Feminino	35:52		03:35
2	1236	Maria Francisca Andrade	Individual	Senior Feminino	40:29	+04:37	04:03
3	68	Karen Mendes	Academia de Desportos de Condeixa	Senior Feminino	41:13	+05:21	04:07
4	1276	Nataliya Zhurakivska	Individual	Senior Feminino	41:56	+06:04	04:12
5	2980	Maria ana de almeida monteiro	Rugby clube de coimbra	Senior Feminino	43:02	+07:10	04:18
6	732	André Vilas Boas	Focus_TUU	Senior Feminino	43:06	+07:14	04:19
7	3213	MARTA PADILLA AGUILÓ	UD MOSQUITO	Senior Feminino	44:25	+08:33	04:27
8	2523	Carolina Marques	Ingleses Futebol Clube	Senior Feminino	44:33	+08:41	04:27
9	1278	Nathalie Silva	Individual	Senior Feminino	44:44	+08:52	04:28
10	1305	Sofia Dias	Individual	Senior Feminino	45:37	+09:45	04:34
11	1076	Alejandra Gonzalez	Individual	Senior Feminino	45:47	+09:55	04:35
12	3238	Laura Lopes	URCR 2025 & Amigos	Senior Feminino	46:14	+10:21	04:37
13	1207	Joana Rodrigues	Individual	Senior Feminino	46:16	+10:24	04:38
14	554	Diana Rodrigues	RunAway Club	Senior Feminino	46:18	+10:26	04:38
15	1022	Carla Marques	HOT.Runners	Senior Feminino	46:26	+10:34	04:39
16	337	Ângela Pinto	Cabritos	Senior Feminino	46:57	+11:05	04:42
17	339	Flávia Marques	Cabritos	Senior Feminino	47:40	+11:48	04:46
18	1286	Raquel Costa	Individual	Senior Feminino	47:51	+11:59	04:47
19	3050	Ana Teresa Mateus Rebelo	Sanfil	Senior Feminino	47:55	+12:02	04:47
20	1259	Mariana Rodrigues	Individual	Senior Feminino	47:57	+12:05	04:48
21	3233	Ana Veiga	URCR 2025 & Amigos	Senior Feminino	48:02	+12:10	04:48
22	1077	Alexandra Duarte	Individual	Senior Feminino	48:11	+12:19	04:49
23	1221	Luana Ferreira	Individual	Senior Feminino	48:46	+12:54	04:53
24	926	Alexandrina Leitão	funrunners fit&fun	Senior Feminino	48:51	+12:59	04:53
25	2537	Mariana Nujo	JM FITNESS	Senior Feminino	49:01	+13:09	04:54
26	728	Ana Cunha	Focus_TUU	Senior Feminino	49:36	+13:43	04:58
27	2688	Maria Miguéis Teixeira	MIGUÉIS a correr	Senior Feminino	49:39	+13:47	04:58
28	311	Sara Daniela Neves Lopes	Botão Camp	Senior Feminino	50:01	+14:09	05:00
29	1151	Cristiana Sousa	Individual	Senior Feminino	50:22	+14:30	05:02
30	399	Margarida Esteves	CAOH - Clube Atlético de Oliveira do Hospital	Senior Feminino	50:34	+14:42	05:03
31	491	Marisa Isabel Rodrigues Martins	Coimbra Trail Running	Senior Feminino	50:41	+14:49	05:04
32	2563	Beatriz Matos	Ketorunners	Senior Feminino	50:45	+14:53	05:05
33	1025	Rita Mendes	HOT.Runners	Senior Feminino	50:50	+14:57	05:05

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34	1212	Kelvia Oliveira	Individual	Senior Feminino	50:55	+15:03	05:05
35	748	Ines Lucas	Focus_TUU	Senior Feminino	51:05	+15:13	05:06
36	3243	Mariana Lourenço	URCR 2025 & Amigos	Senior Feminino	51:22	+15:30	05:08
37	3244	Mariana Oliveira	URCR 2025 & Amigos	Senior Feminino	51:39	+15:47	05:10
38	3091	Inês Oliveira	Shape on You	Senior Feminino	51:55	+16:03	05:12
39	2870	Libânia Jorge Da Conceição Alves	Owlpharma Team	Senior Feminino	52:03	+16:11	05:12
40	1307	Sofia Gouveia	Individual	Senior Feminino	52:18	+16:26	05:14
41	67	ÂNGELA RIBEIRO	Academia de Desportos de Condeixa	Senior Feminino	52:20	+16:27	05:14
42	1180	Gabriela Rosário	Individual	Senior Feminino	52:30	+16:37	05:15
43	338	Erika Daniel	Cabritos	Senior Feminino	52:31	+16:38	05:15
44	756	Lay Fernandes	Focus_TUU	Senior Feminino	52:37	+16:45	05:16
45	1197	Íris Cristina Mirante Chagas	Individual	Senior Feminino	52:46	+16:54	05:17
46	1125	Camille Fernandes	Individual	Senior Feminino	52:51	+16:59	05:17
47	460	ANA CATARINA RAMOS CARREIRO	Clube Millennium BCP	Senior Feminino	52:55	+17:03	05:18
48	1213	Lara Daniela Rosário Martins	Individual	Senior Feminino	52:57	+17:05	05:18
49	1168	Erica orlando Cerqueira	Individual	Senior Feminino	53:04	+17:12	05:18
50	1144	Catarina Santos	Individual	Senior Feminino	53:19	+17:26	05:20
51	1129	Carolina Correia	Individual	Senior Feminino	53:32	+17:40	05:21
52	1205	Joana Pova	Individual	Senior Feminino	53:34	+17:42	05:21
53	1302	Sandra Assunção	Individual	Senior Feminino	53:50	+17:58	05:23
54	2774	Carolina Borges	Nelson Gym	Senior Feminino	53:55	+18:03	05:24
55	3245	Rita Regatia	URCR 2025 & Amigos	Senior Feminino	54:12	+18:19	05:25
56	184	Ana Rita Pereira Gomes	ALTRI	Senior Feminino	54:24	+18:32	05:26
57	1262	Mariana Veloso	Individual	Senior Feminino	54:27	+18:35	05:27
58	6	Gabriela Martins	SC BEIRA MAR	Senior Feminino	54:34	+18:42	05:27
59	2578	Daniela Duarte	KrushIt	Senior Feminino	54:34	+18:42	05:27
60	974	Maria Pinho	Grupo Desportivo do Pinheiro Grande	Senior Feminino	54:40	+18:48	05:28
61	1103	Ana Rufino	Individual	Senior Feminino	54:41	+18:48	05:28
62	3048	Ana Carolina Faria Miranda	Sanfil	Senior Feminino	54:43	+18:51	05:28
63	49	Laura Moita	Abutres	Senior Feminino	54:46	+18:54	05:29
64	1149	Cristiana Correia	Individual	Senior Feminino	54:49	+18:56	05:29
65	734	Bárbara Ferreira	Focus_TUU	Senior Feminino	54:52	+19:00	05:29
66	1130	Carolina Costa	Individual	Senior Feminino	54:52	+19:00	05:29
67	1253	Mariana Isabel Gonçalves Tereso	Individual	Senior Feminino	54:57	+19:05	05:30
68	3239	Lurdes Rovisco	URCR 2025 & Amigos	Senior Feminino	55:03	+19:11	05:30
69	1127	Carina Azevedo	Individual	Senior Feminino	55:11	+19:18	05:31
70	2726	Daniela Simões	MSC - Mais Saúde Coimbra	Senior Feminino	55:11	+19:18	05:31
71	1159	Diana Batista	Individual	Senior Feminino	55:18	+19:26	05:32
72	2589	Luana Luiz	LatiRun	Senior Feminino	55:19	+19:27	05:32
73	1126	Candice CERON	Individual	Senior Feminino	55:40	+19:48	05:34
74	2859	Adriana Ramalho Alves	Owlpharma Team	Senior Feminino	55:40	+19:48	05:34
75	1321	Teresa Ferreira	Individual	Senior Feminino	55:43	+19:51	05:34
76	3181	Bianca Mendes	The six	Senior Feminino	56:01	+20:09	05:36
77	2659	Marta Santos	Maratoin@s	Senior Feminino	56:06	+20:14	05:37
78	1134	Carolina Martins	Individual	Senior Feminino	56:06	+20:14	05:37

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79	1255	Mariana Marques Ferreira	Individual	Senior Feminino	56:13	+20:20	05:37
80	2776	Laetitia Gaspar	Nelson Gym	Senior Feminino	56:27	+20:35	05:39
81	1164	Elena Cano Cortes	Individual	Senior Feminino	56:29	+20:37	05:39
82	1218	Liliana Matias Barreto	Individual	Senior Feminino	56:31	+20:39	05:39
83	3298	Bárbara Monteiro	Vila Ventura Trail	Senior Feminino	56:37	+20:45	05:40
84	1211	Juliane Corrêa	Individual	Senior Feminino	56:51	+20:58	05:41
85	1172	Filipa Marques	Individual	Senior Feminino	56:55	+21:03	05:42
86	1174	Filipa Nogueira	Individual	Senior Feminino	56:59	+21:07	05:42
87	1095	Ana Marta Pires	Individual	Senior Feminino	57:02	+21:10	05:42
88	1187	Inês Campos Costa	Individual	Senior Feminino	57:07	+21:15	05:43
89	204	Joana Cruz	Arcd Venda Da Luísa	Senior Feminino	57:08	+21:15	05:43
90	1165	Elsa Carneiro	Individual	Senior Feminino	57:18	+21:26	05:44
91	1288	Renata Soares	Individual	Senior Feminino	57:29	+21:37	05:45
92	3317	Filipa Rovira	X-Cake	Senior Feminino	57:44	+21:51	05:46
93	82	Sara Marques	Académica Triatlo	Senior Feminino	57:54	+22:01	05:47
94	2729	Sandra Santos	MSC - Mais Saúde Coimbra	Senior Feminino	57:54	+22:02	05:47
95	2864	Beatriz Duarte Gameiro Matias	Owlpharma Team	Senior Feminino	57:55	+22:03	05:48
96	1124	Camila Ferreira	Individual	Senior Feminino	57:55	+22:03	05:48
97	1293	Rita Mendes	Individual	Senior Feminino	57:57	+22:04	05:48
98	1306	Sofia Figueiró	Individual	Senior Feminino	57:57	+22:05	05:48
99	545	Rita Costa e Sousa	Corre Que Passa!	Senior Feminino	57:59	+22:06	05:48
100	2868	Inês Martins Penedones	Owlpharma Team	Senior Feminino	58:00	+22:07	05:48
101	1235	Maria Figueiró	Individual	Senior Feminino	58:00	+22:07	05:48
102	3212	MARIA MARTINEZ LAHOZ	UD MOSQUITO	Senior Feminino	58:04	+22:12	05:48
103	924	Sara Fernandes	FUN RUN GIRLS CLUB	Senior Feminino	58:10	+22:18	05:49
104	1292	Rita Fonseca	Individual	Senior Feminino	58:11	+22:19	05:49
105	1287	RAQUEL MARQUES NEVES	Individual	Senior Feminino	58:14	+22:22	05:49
106	201	Camila Teixeira	Andoricos	Senior Feminino	58:16	+22:24	05:50
107	2892	Catarina Fernandes Pardal	Pássaros Gordos	Senior Feminino	58:16	+22:24	05:50
108	2723	Melanie Afonso	MoveFelgueira	Senior Feminino	58:19	+22:26	05:50
109	1301	Rute Viseu	Individual	Senior Feminino	58:28	+22:35	05:51
110	1270	Merlina Alexandra Ferreira Garthe	Individual	Senior Feminino	58:29	+22:37	05:51
111	768	Raquel Sousa	Focus_TUU	Senior Feminino	58:29	+22:37	05:51
112	3011	Raissa Morais	RunAway Club	Senior Feminino	58:33	+22:40	05:51
113	1222	Luana Tesch	Individual	Senior Feminino	58:33	+22:41	05:51
114	587	Mariana Silva	Cris7ianismo	Senior Feminino	58:39	+22:46	05:52
115	1107	Andreia Pita	Individual	Senior Feminino	58:41	+22:49	05:52
116	2657	Maria Inês Duarte Santos	Manas Bifanas	Senior Feminino	58:43	+22:50	05:52
117	976	Maria Domingues	Grupo Remax White	Senior Feminino	58:45	+22:53	05:52
118	1092	Ana Lúcia Rocha	Individual	Senior Feminino	58:47	+22:55	05:53
119	541	Cátia Almeida	Corre Que Passa!	Senior Feminino	58:48	+22:55	05:53
120	762	Mariana Ferreira	Focus_TUU	Senior Feminino	58:48	+22:56	05:53
121	2871	Mariana Dos Santos Fernandes Gomes Ambrósio	Owlpharma Team	Senior Feminino	58:52	+23:00	05:53
122	533	Tânia Baía	Contramão	Senior Feminino	58:53	+23:00	05:53
123	2773	Andreia Santos	Nelson Gym	Senior Feminino	59:01	+23:09	05:54
124	220	Margarida Moita	ARCD Venda da Luísa Trail	Senior Feminino	59:08	+23:15	05:55

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125	1024	Maria Matos	HOT.Runners	Senior Feminino	59:08	+23:16	05:55
126	1267	Matilde Freitas da Mota	Individual	Senior Feminino	59:08	+23:16	05:55
127	24	Priscillia Coelho Moutinho	4U Training Pereira	Senior Feminino	59:09	+23:16	05:55
128	1240	Maria Rodrigues	Individual	Senior Feminino	59:09	+23:16	05:55
129	3037	Clara Nunes	RunsRUs	Senior Feminino	59:09	+23:17	05:55
130	3309	Inês Fonseca Brites	Wait 4 me RUNNERS	Senior Feminino	59:09	+23:17	05:55
131	542	Clara Campelo	Corre Que Passa!	Senior Feminino	59:15	+23:22	05:55
132	340	Sara Ferreira	Cabritos	Senior Feminino	59:18	+23:25	05:56
133	3007	Catarina Câmara	RunAway Club	Senior Feminino	59:20	+23:28	05:56
134	1098	Ana Oliveira	Individual	Senior Feminino	59:22	+23:29	05:56
135	1203	Joana Diogo Mingacho	Individual	Senior Feminino	59:25	+23:32	05:56
136	1133	Carolina Francisco	Individual	Senior Feminino	59:27	+23:34	05:57
137	2826	Sofia China Faria Gonçalves Rocha	Ora et Corre	Senior Feminino	59:28	+23:36	05:57
138	1283	Patricia Santos	Individual	Senior Feminino	59:33	+23:41	05:57
139	3232	Ana Rita Graça	URCR 2025 & Amigos	Senior Feminino	59:45	+23:53	05:59
140	3127	Eva Xenard	Sky.runners	Senior Feminino	59:50	+23:57	05:59
141	3128	Sara Antunes	Sky.runners	Senior Feminino	59:53	+24:01	05:59
142	3242	Mariana Lagarto	URCR 2025 & Amigos	Senior Feminino	59:57	+24:04	06:00
143	1281	Patrícia Cardoso Brás	Individual	Senior Feminino	59:58	+24:05	06:00
144	1116	Beatriz Graça	Individual	Senior Feminino	01:00:02	+24:09	06:00
145	1214	Laura Seromenho Sousa Duarte	Individual	Senior Feminino	01:00:03	+24:11	06:00
146	1085	Ana Carvalhal	Individual	Senior Feminino	01:00:12	+24:20	06:01
147	1191	Ines Madail Marques Silva	Individual	Senior Feminino	01:00:13	+24:21	06:01
148	3039	Rafaela Carvalho	RunsRUs	Senior Feminino	01:00:18	+24:26	06:02
149	1115	Beatriz Figueiredo Coutinho	Individual	Senior Feminino	01:00:33	+24:41	06:03
150	739	Catarina Pastilha	Focus_TUU	Senior Feminino	01:00:34	+24:42	06:03
151	1075	Agathe Grenier	Individual	Senior Feminino	01:00:34	+24:42	06:03
152	429	Ana Beatriz Coelho Mateus da Silva	Cioga runners	Senior Feminino	01:00:36	+24:44	06:04
153	2800	Diana Carvalho	On Move BPR	Senior Feminino	01:00:40	+24:48	06:04
154	3009	Laura Poletti	RunAway Club	Senior Feminino	01:00:49	+24:57	06:05
155	1161	Diana Rodrigues	Individual	Senior Feminino	01:00:52	+24:59	06:05
156	3323	Catarina Silva	ZeTor	Senior Feminino	01:01:00	+25:07	06:06
157	2825	Marta de Matos Amaral Brites Carvalho	Ora et Corre	Senior Feminino	01:01:10	+25:18	06:07
158	1257	Mariana Mendes	Individual	Senior Feminino	01:01:15	+25:23	06:07
159	326	Matilde Oliveira	Briosa	Senior Feminino	01:01:19	+25:27	06:08
160	543	Fátima Rodrigues	Corre Que Passa!	Senior Feminino	01:01:19	+25:27	06:08
161	130	Maria Blanco	Academistas de Murtede	Senior Feminino	01:01:21	+25:29	06:08
162	1320	Tere Alarcon	Individual	Senior Feminino	01:01:33	+25:41	06:09
163	760	Maria Isabel da Cunha Reis dos Santos e Silva	Focus_TUU	Senior Feminino	01:01:36	+25:44	06:10
164	1082	Amélia José Gonçalves	Individual	Senior Feminino	01:01:49	+25:56	06:11
165	2862	Ana Rita Mateus Cordeiro	Owlpharma Team	Senior Feminino	01:02:00	+26:08	06:12
166	923	Ana França	FUN RUN GIRLS CLUB	Senior Feminino	01:02:03	+26:11	06:12
167	2687	Maria do Carmo Miguéis	MIGUÉIS a correr	Senior Feminino	01:02:05	+26:12	06:12
168	2863	Ana Teresa Reis Martins	Owlpharma Team	Senior Feminino	01:02:08	+26:16	06:13
169	3236	Chantal Cortesão	URCR 2025 & Amigos	Senior Feminino	01:02:11	+26:19	06:13
170	735	Bruna Coelho	Focus_TUU	Senior Feminino	01:02:16	+26:24	06:14

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171	1017	Patrícia Violante Viegas	Hospital da Luz	Senior Feminino	01:02:17	+26:25	06:14
172	1169	Fabiana Cristina Santos Domingos	Individual	Senior Feminino	01:02:21	+26:29	06:14
173	1202	Joana Costa	Individual	Senior Feminino	01:02:22	+26:30	06:14
174	1272	Mirian Gloriana Da Silva Escalante	Individual	Senior Feminino	01:02:25	+26:33	06:15
175	725	Adriana Rua Carneiro	Focus_TUU	Senior Feminino	01:02:25	+26:33	06:15
176	1189	Inês Esteves	Individual	Senior Feminino	01:02:31	+26:38	06:15
177	1094	Ana Magalhães	Individual	Senior Feminino	01:02:31	+26:39	06:15
178	1289	Rita de Palhares Falcão Bernardo Barreiros	Individual	Senior Feminino	01:02:33	+26:41	06:17
179	2566	Joana Barata	Ketorunners	Senior Feminino	01:02:48	+26:56	06:17
180	2925	Diana Carvalho	Reload - Exercício e Saúde	Senior Feminino	01:02:52	+27:00	06:17
181	3301	MiMi Ladeira	Viriathvs Runners Viseu	Senior Feminino	01:03:02	+27:10	06:18
182	1280	Olga Vieira	Individual	Senior Feminino	01:03:04	+27:12	06:18
183	747	Ines Lourenco Martins	Focus_TUU	Senior Feminino	01:03:05	+27:13	06:19
184	3187	Nicole Lopes	Tios d'Alice	Senior Feminino	01:03:07	+27:14	06:19
185	744	Filipa Pita	Focus_TUU	Senior Feminino	01:03:07	+27:14	06:19
186	1158	Débora Ribeiro	Individual	Senior Feminino	01:03:14	+27:22	06:19
187	1105	Ana Sofia Monteiro Simão	Individual	Senior Feminino	01:03:14	+27:22	06:19
188	2600	Laura Seco	Light Runners	Senior Feminino	01:03:21	+27:29	06:20
189	2543	Patrícia Oliveira	Joelhos de Ferro	Senior Feminino	01:03:21	+27:29	06:20
190	1008	Andreia Filipa	Healthy Move	Senior Feminino	01:03:23	+27:30	06:20
191	1011	Sofia Silva	Healthy Move	Senior Feminino	01:03:23	+27:31	06:20
192	1271	Micaela Fonseca	Individual	Senior Feminino	01:03:27	+27:34	06:21
193	1112	Beatriz Afonso	Individual	Senior Feminino	01:03:27	+27:35	06:21
194	1219	Liliana Pinto Lopes	Individual	Senior Feminino	01:03:30	+27:38	06:21
195	1295	Rita Pires	Individual	Senior Feminino	01:03:34	+27:42	06:21
196	584	Beatriz Moreira	Cris7ianismo	Senior Feminino	01:03:35	+27:43	06:22
197	1178	Francisca oliveira	Individual	Senior Feminino	01:03:38	+27:45	06:22
198	1230	Margarida cordeiro	Individual	Senior Feminino	01:03:43	+27:51	06:22
199	769	Renatha Vieira	Focus_TUU	Senior Feminino	01:03:45	+27:53	06:22
200	1285	Raquel Carvalho	Individual	Senior Feminino	01:03:47	+27:55	06:23
201	1243	Maria Tinoco	Individual	Senior Feminino	01:03:52	+28:00	06:23
202	1154	Daniela Filipa Henriques Mendes	Individual	Senior Feminino	01:03:57	+28:04	06:24
203	1185	Inês Beatriz Kryvitska	Individual	Senior Feminino	01:04:04	+28:11	06:24
204	749	Inês Marques	Focus_TUU	Senior Feminino	01:04:06	+28:14	06:25
205	50	Sara França	Abutres	Senior Feminino	01:04:10	+28:17	06:25
206	755	Juliana Freitas Pereira	Focus_TUU	Senior Feminino	01:04:13	+28:21	06:25
207	1156	Daniela Luís	Individual	Senior Feminino	01:04:15	+28:22	06:25
208	3053	HELENA SOFIA DA SILVA DUARTE	Sanfil	Senior Feminino	01:04:15	+28:23	06:25
209	1303	Sara Cristina Dias Simão	Individual	Senior Feminino	01:04:16	+28:24	06:26
210	2727	Felícia Costa	MSC - Mais Saúde Coimbra	Senior Feminino	01:04:22	+28:30	06:26
211	726	Alexandra Silva	Focus_TUU	Senior Feminino	01:04:22	+28:30	06:26
212	1120	Beatriz Nunes Maria	Individual	Senior Feminino	01:04:25	+28:33	06:27
213	556	Susana Parreira	CPT Coimbra	Senior Feminino	01:04:27	+28:35	06:27
214	1122	Beatriz Saturnino Fernandes Samuel	Individual	Senior Feminino	01:04:29	+28:36	06:27
215	2705	Ana matos	Montanha Clube Trail Running/Efapel	Senior Feminino	01:04:32	+28:40	06:27

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216	1188	Inês Cruz	Individual	Senior Feminino	01:04:35	+28:43	06:28
217	731	Ana Rita Rodrigues	Focus_TUU	Senior Feminino	01:04:40	+28:48	06:28
218	724	Adriana Duarte	Focus_TUU	Senior Feminino	01:04:44	+28:52	06:28
219	1128	Carolina Batista	Individual	Senior Feminino	01:04:44	+28:52	06:28
220	2665	Carolina Moreira Santos	Maratonistas de Sofá	Senior Feminino	01:04:50	+28:57	06:29
221	763	Mariana Lucena	Focus_TUU	Senior Feminino	01:04:58	+29:06	06:30
222	1318	Tatiana Duarte	Individual	Senior Feminino	01:04:58	+29:06	06:30
223	2824	Maria Ana Castanheira	Ora et Corre	Senior Feminino	01:04:59	+29:07	06:30
224	3234	Camila Lourenço	URCR 2025 & Amigos	Senior Feminino	01:05:03	+29:11	06:30
225	412	Ana Vicente	CBR	Senior Feminino	01:05:13	+29:21	06:31
226	3126	Anaëlle Boissonnet	Sky.runners	Senior Feminino	01:05:17	+29:25	06:32
227	1184	Inês Amado	Individual	Senior Feminino	01:05:18	+29:25	06:32
228	274	Tatiana Filipa Alves dos Santos	Auchan	Senior Feminino	01:05:19	+29:27	06:32
229	1215	Leonor Antunes	Individual	Senior Feminino	01:05:20	+29:28	06:32
230	1084	Ana Carolina Gaspar Fernandes	Individual	Senior Feminino	01:05:20	+29:28	06:32
231	1296	Rita Rosa	Individual	Senior Feminino	01:05:21	+29:29	06:32
232	490	Laura Pinto	Coimbra Trail Running	Senior Feminino	01:05:21	+29:29	06:32
233	1155	Daniela Guerra	Individual	Senior Feminino	01:05:22	+29:30	06:32
234	1160	Diana Farinha	Individual	Senior Feminino	01:05:22	+29:30	06:32
235	766	Michaela Cabral	Focus_TUU	Senior Feminino	01:05:27	+29:34	06:33
236	1117	Beatriz Loureiro	Individual	Senior Feminino	01:05:29	+29:36	06:33
237	1121	Beatriz Queirós	Individual	Senior Feminino	01:05:31	+29:38	06:33
238	746	Inês Albuquerque	Focus_TUU	Senior Feminino	01:05:32	+29:40	06:33
239	1232	Margarida Oliveira	Individual	Senior Feminino	01:05:32	+29:40	06:33
240	1263	Marta Cardoso Lamas	Individual	Senior Feminino	01:05:38	+29:46	06:34
241	1090	Ana Gomes	Individual	Senior Feminino	01:05:39	+29:46	06:34
242	2590	Lury Morena	LatiRun	Senior Feminino	01:05:39	+29:47	06:34
243	1099	Ana Patricia Teixeira	Individual	Senior Feminino	01:05:39	+29:47	06:34
244	772	Sandra Rito	Focus_TUU	Senior Feminino	01:05:44	+29:52	06:34
245	2577	Beatriz Madureira	KrushIt	Senior Feminino	01:05:44	+29:52	06:34
246	737	Catarina Guedes	Focus_TUU	Senior Feminino	01:05:47	+29:55	06:35
247	1282	Patrícia Isabel Silva Rodrigues	Individual	Senior Feminino	01:05:49	+29:57	06:35
248	2601	Liliana Dias	Light Runners	Senior Feminino	01:05:49	+29:57	06:35
249	2598	Ana Simões	Light Runners	Senior Feminino	01:05:50	+29:57	06:35
250	2926	Mariana Salvador	Reload - Exercício e Saúde	Senior Feminino	01:05:53	+30:01	06:35
251	2865	Carolina Marques Pinto	Owlpharma Team	Senior Feminino	01:05:54	+30:02	06:35
252	1201	Jéssica Cristina Fernandes Violante	Individual	Senior Feminino	01:06:00	+30:08	06:36
253	1131	Carolina Ferreira	Individual	Senior Feminino	01:06:02	+30:10	06:36
254	1181	Gabriela Sofia Rodrigues da Silva	Individual	Senior Feminino	01:06:19	+30:26	06:38
255	1310	Sofia Pinheiro	Individual	Senior Feminino	01:06:19	+30:27	06:38
256	2588	Érica Cristina de Nascimento	LatiRun	Senior Feminino	01:06:20	+30:28	06:38
257	1138	Carolina Roma	Individual	Senior Feminino	01:06:21	+30:29	06:38
258	1142	Catarina Dias Melo	Individual	Senior Feminino	01:06:27	+30:35	06:39
259	1304	Sara Simões	Individual	Senior Feminino	01:06:30	+30:37	06:39
260	1298	Rita Simões	Individual	Senior Feminino	01:06:30	+30:37	06:39
261	1275	Nataliya Samodyelkina	Individual	Senior Feminino	01:06:33	+30:41	06:39

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262	1114	Beatriz Cação	Individual	Senior Feminino	01:06:42	+30:50	06:40
263	1265	Marta Cristina Dias Simão	Individual	Senior Feminino	01:06:55	+31:03	06:41
264	2869	Lara Filipa Nunes E Santos	Owlpharma Team	Senior Feminino	01:07:06	+31:13	06:43
265	1220	Livia Stenico Tanajura	Individual	Senior Feminino	01:07:06	+31:14	06:43
266	1311	Sofia Silva	Individual	Senior Feminino	01:07:10	+31:17	06:43
267	2681	Inês Munhoz	MB Studio	Senior Feminino	01:07:10	+31:18	06:43
268	2823	Madalena Jorge	Ora et Corre	Senior Feminino	01:07:11	+31:18	06:43
269	552	Bianca Botaro	Corredores do Leão	Senior Feminino	01:07:17	+31:24	06:44
270	745	Francisca Rato	Focus_TUU	Senior Feminino	01:07:24	+31:31	06:44
271	3307	Beatriz Costa	Wait 4 me RUNNERS	Senior Feminino	01:07:28	+31:35	06:45
272	1150	Cristiana Roma	Individual	Senior Feminino	01:07:28	+31:36	06:45
273	1139	Catarina Alexandra Monteiro Marques Camões	Individual	Senior Feminino	01:07:32	+31:40	06:45
274	1284	Raquel Assunção	Individual	Senior Feminino	01:07:33	+31:41	06:45
275	1242	Maria Silva	Individual	Senior Feminino	01:07:34	+31:42	06:45
276	1137	Carolina Reis	Individual	Senior Feminino	01:07:40	+31:48	06:46
277	1231	Margarida Mendonça	Individual	Senior Feminino	01:07:42	+31:50	06:46
278	3230	Adriana Dias	URCR 2025 & Amigos	Senior Feminino	01:07:43	+31:51	06:46
279	1119	Beatriz Marques Gonçalves	Individual	Senior Feminino	01:07:43	+31:51	06:46
280	1216	Leonor Marques Gonçalves	Individual	Senior Feminino	01:07:43	+31:51	06:46
281	2629	Joana Paiva	Lousangeles	Senior Feminino	01:07:43	+31:51	06:46
282	2669	Diana Coria	Maratontos	Senior Feminino	01:07:43	+31:51	06:46
283	1111	Bárbara Morais	Individual	Senior Feminino	01:07:50	+31:58	06:47
284	246	Beatriz Gomes Lopes	Asmáticos e rotos	Senior Feminino	01:08:05	+32:12	06:48
285	247	Sofia Roque Freire	Asmáticos e rotos	Senior Feminino	01:08:05	+32:12	06:48
286	3241	Maria Teresa Martins	URCR 2025 & Amigos	Senior Feminino	01:08:06	+32:13	06:49
287	713	Inês Mendes	Figarteira Team	Senior Feminino	01:08:06	+32:14	06:49
288	714	Patrícia Ferreira	Figarteira Team	Senior Feminino	01:08:06	+32:14	06:49
289	1009	Beatriz Valente	Healthy Move	Senior Feminino	01:08:29	+32:37	06:51
290	1010	Inês Quadros	Healthy Move	Senior Feminino	01:08:33	+32:41	06:51
291	3159	Cátia Santos	Tarucas	Senior Feminino	01:08:39	+32:46	06:52
292	3160	Rute Santos	Tarucas	Senior Feminino	01:08:39	+32:47	06:52
293	3006	Ana Carolina Paulino	RunAway Club	Senior Feminino	01:08:42	+32:50	06:52
294	740	Daniela Melo	Focus_TUU	Senior Feminino	01:08:51	+32:58	06:53
295	2843	Mariana Magalhães	Os Papa Milhas	Senior Feminino	01:08:55	+33:03	06:54
296	2670	Paula Jiménez	Maratontos	Senior Feminino	01:08:58	+33:05	06:54
297	1106	Andreia Menezes	Individual	Senior Feminino	01:09:01	+33:09	06:54
298	3057	Rute Eliana Matos Ferreira	Sanfil	Senior Feminino	01:09:06	+33:13	06:55
299	754	Joana Papel	Focus_TUU	Senior Feminino	01:09:08	+33:16	06:55
300	1224	Lucie Martins	Individual	Senior Feminino	01:09:10	+33:18	06:55
301	738	Catarina leuzinger	Focus_TUU	Senior Feminino	01:09:12	+33:19	06:55
302	1167	Emma Rampnoux	Individual	Senior Feminino	01:09:17	+33:25	06:56
303	300	Cátia Esteves	Big Bang Runners	Senior Feminino	01:09:18	+33:25	06:56
304	286	Margarida Pinto	Bacalhaus de Corrida	Senior Feminino	01:09:22	+33:29	06:56
305	285	Joana Lucas	Bacalhaus de Corrida	Senior Feminino	01:09:22	+33:29	06:56
306	2999	Vanessa Teixeira	Run4Beer	Senior Feminino	01:09:22	+33:30	06:56
307	1183	Helena Zhu Zhan	Individual	Senior Feminino	01:09:26	+33:34	06:57

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308	1108	Anne Elise Netto Sobrinho	Individual	Senior Feminino	01:09:28	+33:35	06:57
309	1210	Juliana d ABREU	Individual	Senior Feminino	01:09:28	+33:36	06:57
310	1113	Beatriz Brites Seixas	Individual	Senior Feminino	01:09:30	+33:38	06:57
311	1091	ana jessica holanda	Individual	Senior Feminino	01:09:30	+33:38	06:57
312	1217	Liliana Carvalho	Individual	Senior Feminino	01:09:38	+33:46	06:58
313	1245	Mariana Costa	Individual	Senior Feminino	01:09:39	+33:47	06:58
314	742	Diana Vaz	Focus_TUU	Senior Feminino	01:09:41	+33:49	06:58
315	1251	Mariana Folques	Individual	Senior Feminino	01:09:45	+33:53	06:59
316	1229	Mara Andreia Alves Santos	Individual	Senior Feminino	01:09:46	+33:53	06:59
317	1319	Tatiana Grácio	Individual	Senior Feminino	01:09:47	+33:55	06:59
318	2630	Joana Sequeira	Lousangeles	Senior Feminino	01:09:50	+33:57	06:59
319	1279	Nicole Santos	Individual	Senior Feminino	01:09:56	+34:04	07:00
320	1266	Marta Lopes Fernandes	Individual	Senior Feminino	01:09:56	+34:04	07:00
321	2725	Beatriz Silva	MSC - Mais Saúde Coimbra	Senior Feminino	01:10:06	+34:14	07:01
322	3141	Mariana da Torre	Sola Dura	Senior Feminino	01:10:23	+34:30	07:02
323	1223	Lucia Allende	Individual	Senior Feminino	01:10:31	+34:39	07:03
324	2831	Inês Leite	Os caracóis	Senior Feminino	01:10:34	+34:41	07:03
325	1237	Maria Isabel Vieira Araújo	Individual	Senior Feminino	01:10:36	+34:44	07:04
326	1192	Inês Marques	Individual	Senior Feminino	01:10:37	+34:45	07:04
327	1261	Mariana Sousa	Individual	Senior Feminino	01:10:43	+34:51	07:04
328	163	Maria Abrunheiro	ADCR PEREIRA TRAIL E BTT	Senior Feminino	01:10:49	+34:57	07:05
329	1324	Vitória Melâneo	Individual	Senior Feminino	01:10:56	+35:03	07:06
330	1079	Alexandra Santos Albuquerque	Individual	Senior Feminino	01:11:01	+35:09	07:06
331	1209	Juliana Amaro Costa	Individual	Senior Feminino	01:11:06	+35:13	07:07
332	2860	Ana Alexandra De Azevedo Miranda	Owlpharma Team	Senior Feminino	01:11:14	+35:22	07:07
333	2609	Ana Llma	Lima & Silva Lda.	Senior Feminino	01:11:15	+35:22	07:07
334	532	Sofia Furtado	Contramão	Senior Feminino	01:11:15	+35:23	07:08
335	1314	Susana Cherednykova	Individual	Senior Feminino	01:11:27	+35:34	07:09
336	3052	Filipa Nunes	Sanfil	Senior Feminino	01:11:30	+35:38	07:09
337	2565	Filipa Correia	Ketorunners	Senior Feminino	01:11:31	+35:39	07:09
338	2562	Ana Pedroso	Ketorunners	Senior Feminino	01:11:31	+35:39	07:09
339	2714	Rute Daniela Gomes Lourenço	Motivação Mútua: Agora Vai!	Senior Feminino	01:11:31	+35:39	07:09
340	2564	Carla Pereira	Ketorunners	Senior Feminino	01:11:32	+35:40	07:09
341	2568	Margarida Cruz	Ketorunners	Senior Feminino	01:11:32	+35:40	07:09
342	1244	Mariana Aidos	Individual	Senior Feminino	01:11:33	+35:41	07:09
343	1078	Alexandra Matos	Individual	Senior Feminino	01:11:35	+35:43	07:09
344	440	Inês Seabra Lourenço	Clínica PROREAB	Senior Feminino	01:11:38	+35:46	07:10
345	1179	Francisca Pimentel	Individual	Senior Feminino	01:11:38	+35:46	07:10
346	733	Andreia Marinhas	Focus_TUU	Senior Feminino	01:11:45	+35:53	07:10
347	753	Joana Mafra	Focus_TUU	Senior Feminino	01:11:45	+35:53	07:11
348	1143	Catarina Filipa Falcão Salvado	Individual	Senior Feminino	01:11:51	+35:59	07:11
349	1145	Catia Costa	Individual	Senior Feminino	01:11:55	+36:03	07:12
350	2569	Rita Góis	Ketorunners	Senior Feminino	01:12:09	+36:17	07:13
351	2567	Mafalda Pereira	Ketorunners	Senior Feminino	01:12:09	+36:17	07:13
352	200	Ana Rita Sousa	Andoricos	Senior Feminino	01:12:15	+36:23	07:13
353	1312	Soraia Rodrigues	Individual	Senior Feminino	01:12:18	+36:26	07:14

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354	1252	Mariana Gomes	Individual	Senior Feminino	01:12:44	+36:52	07:16
355	1238	Maria João	Individual	Senior Feminino	01:12:45	+36:53	07:17
356	2927	Mónica Silva	Reload - Exercício e Saúde	Senior Feminino	01:12:46	+36:53	07:17
357	751	Joana Amorim	Focus_TUU	Senior Feminino	01:12:51	+36:59	07:17
358	142	Cíntia Simões	ACDRS QUINHENDROS	Senior Feminino	01:12:53	+37:00	07:17
359	1096	Ana Miguel da Silva Loureiro	Individual	Senior Feminino	01:12:54	+37:01	07:17
360	1239	Maria Miguel Cruz	Individual	Senior Feminino	01:13:00	+37:08	07:18
361	33	Bárbara Pereira	AAC - Remo	Senior Feminino	01:13:03	+37:11	07:18
362	32	Andreia Nunes	AAC - Remo	Senior Feminino	01:13:04	+37:12	07:18
363	1152	Damiana Gomes	Individual	Senior Feminino	01:13:06	+37:14	07:19
364	767	Nadine Caetano	Focus_TUU	Senior Feminino	01:13:07	+37:15	07:19
365	302	Nélia Tavares	Big Bang Runners	Senior Feminino	01:13:09	+37:17	07:19
366	301	Diana Branco	Big Bang Runners	Senior Feminino	01:13:10	+37:17	07:19
367	761	Mariana Almeida	Focus_TUU	Senior Feminino	01:13:12	+37:20	07:19
368	1166	Ema Salvador	Individual	Senior Feminino	01:13:15	+37:22	07:19
369	205	Rafaela Maria Pinto Serrano	Arcd Venda Da Luísa	Senior Feminino	01:13:15	+37:23	07:20
370	3211	ISABEL SAGÜÉS ORTIZ	UD MOSQUITO	Senior Feminino	01:13:28	+37:35	07:21
371	3038	Mariana da Costa Dias	RunsRUs	Senior Feminino	01:13:28	+37:36	07:21
372	2872	Sara Cristina Videira Antunes França	Owlpharma Team	Senior Feminino	01:13:35	+37:43	07:22
373	3049	Ana Rita Cunha Amorim	Sanfil	Senior Feminino	01:13:36	+37:44	07:22
374	3235	Carla Hovenkamp	URCR 2025 & Amigos	Senior Feminino	01:13:39	+37:46	07:22
375	1080	Alicia Legendre	Individual	Senior Feminino	01:13:39	+37:46	07:22
376	366	Andreia Filipa Silva Travassos Graça	Câmara Municipal de Coimbra	Senior Feminino	01:13:46	+37:54	07:23
377	1322	Thaise caelli bordin da Silva	Individual	Senior Feminino	01:13:56	+38:04	07:24
378	699	Rita Cadaval	Eurekas	Senior Feminino	01:14:27	+38:35	07:27
379	2895	Helena pissarra	Pernas de Javali	Senior Feminino	01:14:33	+38:41	07:27
380	2856	Daniela Muon	Os Promessa	Senior Feminino	01:14:37	+38:44	07:28
381	3008	Cristiana Santos	RunAway Club	Senior Feminino	01:14:38	+38:46	07:28
382	1074	Adriana Roma	Individual	Senior Feminino	01:14:47	+38:55	07:29
383	1173	Filipa Martins	Individual	Senior Feminino	01:14:59	+39:06	07:30
384	729	Ana Francisca	Focus_TUU	Senior Feminino	01:15:07	+39:14	07:31
385	1132	Carolina Fortunato	Individual	Senior Feminino	01:15:10	+39:18	07:31
386	2587	Ana Beatriz Desiderati Saraiva	LatiRun	Senior Feminino	01:15:12	+39:20	07:31
387	3247	Tatiana Costa	URCR 2025 & Amigos	Senior Feminino	01:15:30	+39:38	07:33
388	1316	Tânia Brás	Individual	Senior Feminino	01:15:35	+39:43	07:34
389	3184	Cátia Veneza	The Warriors	Senior Feminino	01:15:37	+39:45	07:34
390	2832	Margarida Filipe Martins	Os Cebolas	Senior Feminino	01:15:53	+40:01	07:35
391	2833	Mariana Morais Martins	Os Cebolas	Senior Feminino	01:15:54	+40:02	07:35
392	1260	Mariana Sofia Pinto Soares	Individual	Senior Feminino	01:15:56	+40:04	07:36
393	1269	Mena Maria	Individual	Senior Feminino	01:15:56	+40:04	07:36
394	1190	Ines Lopes	Individual	Senior Feminino	01:15:59	+40:06	07:36
395	81	Patricia Cardoso	Académica Triatlo	Senior Feminino	01:16:01	+40:09	07:36
396	1206	Joana Prioste	Individual	Senior Feminino	01:16:12	+40:19	07:37
397	2998	Dilara Sozen	Run4Beer	Senior Feminino	01:16:17	+40:25	07:38
398	1309	Sofia Monteiro	Individual	Senior Feminino	01:16:27	+40:35	07:39
399	2854	Ana Carolina Moura Pereira	Os Promessa	Senior Feminino	01:16:38	+40:45	07:40

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400	2855	Barbara Martinho	Os Promessa	Senior Feminino	01:16:38	+40:46	07:40
401	441	Márcia Pessoa Caramujo	Clínica PROREAB	Senior Feminino	01:16:41	+40:48	07:40
402	2724	Ana Marra	MSC - Mais Saúde Coimbra	Senior Feminino	01:16:43	+40:51	07:40
403	1123	Beatriz Sêco	Individual	Senior Feminino	01:17:13	+41:20	07:43
404	14	Sofia Almeida	#euvimobrigado	Senior Feminino	01:17:16	+41:24	07:44
405	1177	Francisca Leal	Individual	Senior Feminino	01:17:21	+41:29	07:44
406	3010	Maria Miguel	RunAway Club	Senior Feminino	01:17:40	+41:47	07:46
407	551	ANA CAROLINE SOUZA DA SILVA BARBOSA	Corredores do Leão	Senior Feminino	01:17:51	+41:59	07:47
408	1081	Aline Ronsani	Individual	Senior Feminino	01:18:24	+42:31	07:50
409	765	Marta Ferreira	Focus_TUU	Senior Feminino	01:18:27	+42:35	07:51
410	773	Simone Ribeiro	Focus_TUU	Senior Feminino	01:18:28	+42:36	07:51
411	1146	Cátia Filipa Dias Antunes	Individual	Senior Feminino	01:18:44	+42:52	07:52
412	1083	Ana Beatriz Miranda Fernandes	Individual	Senior Feminino	01:19:00	+43:08	07:54
413	743	Fernanda Tayná Fernandes Fontes da Silva	Focus_TUU	Senior Feminino	01:19:07	+43:15	07:55
414	741	Daniela Oliveira	Focus_TUU	Senior Feminino	01:19:26	+43:34	07:57
415	1196	Inês Simões	Individual	Senior Feminino	01:19:27	+43:34	07:57
416	2775	Filipa Margarida Duque	Nelson Gym	Senior Feminino	01:19:43	+43:51	07:58
417	2646	Maria Isabel Rodrigues Ferraz	Maltha	Senior Feminino	01:20:01	+44:08	08:00
418	3231	Ana Carolina Gonçalves	URCR 2025 & Amigos	Senior Feminino	01:20:26	+44:34	08:03
419	1234	Maria Brígida Melo	Individual	Senior Feminino	01:20:44	+44:52	08:04
420	1228	Mafalda Figueiredo	Individual	Senior Feminino	01:21:01	+45:09	08:06
421	2728	Rute Valentim	MSC - Mais Saúde Coimbra	Senior Feminino	01:21:31	+45:39	08:09
422	1200	Izabella Mendes Sena	Individual	Senior Feminino	01:22:01	+46:08	08:12
423	544	Letícia Pereira	Corre Que Passa!	Senior Feminino	01:22:08	+46:16	08:13
424	1135	Carolina Martins Simões	Individual	Senior Feminino	01:22:37	+46:45	08:16
425	1148	Cátia Queiroz	Individual	Senior Feminino	01:22:40	+46:48	08:16
426	1171	Filipa Eiras Santos	Individual	Senior Feminino	01:23:14	+47:22	08:19
427	430	Ana Carolina Coelho Mateus da Silva	Cioga runners	Senior Feminino	01:23:15	+47:22	08:19
428	3155	Daniela Rei	Tartarugas Velozes	Senior Feminino	01:23:36	+47:43	08:22
429	1162	Diana Silva	Individual	Senior Feminino	01:23:58	+48:05	08:24
430	3324	Soraia Gomes	ZeTor	Senior Feminino	01:24:13	+48:21	08:25
431	1315	Tamar Jacinto	Individual	Senior Feminino	01:24:44	+48:52	08:28
432	3156	Soraia Rei	Tartarugas Velozes	Senior Feminino	01:25:12	+49:20	08:31
433	1170	Filipa Domingues	Individual	Senior Feminino	01:25:41	+49:49	08:34
434	1317	Tânia Maria da Costa Nunes	Individual	Senior Feminino	01:28:59	+53:06	08:54
435	1109	Bárbara Correia da Silva	Individual	Senior Feminino	01:33:51	+57:58	09:23
436	1227	Madalena Veiga	Individual	Senior Feminino	01:33:51	+57:59	09:23
437	1308	Sofia Miranda Leitão dos Santos	Individual	Senior Feminino	01:33:51	+57:59	09:23
438	2795	Beatriz Silva	Olympic Silvas	Senior Feminino	01:36:02	+01:00:10	09:36

Senior Masculino

1	7	André Pereira	GDR Santa Tecla	Senior Masculino	29:15		02:56
2	5	Davide Silva	SC BRAGA	Senior Masculino	29:28	+00:12	02:57
3	3332	Francisco Graça	CPT Sobral de Ceira	Senior Masculino	32:00	+02:44	03:12

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4	567	Afonso Oliveira	CPT Sobral de Ceira	Senior Masculino	32:12	+02:56	03:13
5	666	Cristiano Oliveira	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	32:24	+03:09	03:14
6	945	Steven Sá	Gil Vicente Futebol Clube	Senior Masculino	32:30	+03:14	03:15
7	254	Filipe Leite	Associação Académica de Coimbra	Senior Masculino	33:20	+04:05	03:20
8	1675	Vitor Almeida	Individual	Senior Masculino	33:54	+04:39	03:23
9	2594	Diogo Gonçalves	LEITAO SAO SILVESTRE	Senior Masculino	34:39	+05:23	03:28
10	667	David Pinto Carvalheiro	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	34:42	+05:26	03:28
11	448	Miguel Ângelo Valente Figueira	Clube de Campismos de São João da Madeira	Senior Masculino	34:54	+05:39	03:29
12	367	Diogo Gomes	Câmara Municipal de Coimbra	Senior Masculino	35:08	+05:53	03:31
13	138	Francisco Andrade Inácio Silveira	ACD os Ílhavos	Senior Masculino	35:28	+06:12	03:33
14	91	Sandro Medhi Novais Touil	Académica Triatlo	Senior Masculino	35:54	+06:39	03:35
15	1480	João Alves	Individual	Senior Masculino	36:31	+07:15	03:39
16	2982	Ricardo Auxiliar	Rui	Senior Masculino	36:49	+07:33	03:41
17	1559	Luís Jesus	Individual	Senior Masculino	37:05	+07:49	03:42
18	1476	Hugo Neves	Individual	Senior Masculino	37:09	+07:53	03:43
19	3143	Rafael Azevedo de Oliveira	Sola Dura	Senior Masculino	37:34	+08:19	03:45
20	484	Mário Monteiro	CluVe - Clube Veteranos de Atletismo de Coimbra	Senior Masculino	38:13	+08:57	03:49
21	1522	João Tomásio	Individual	Senior Masculino	38:14	+08:58	03:49
22	368	Francisco Silva	Câmara Municipal de Coimbra	Senior Masculino	38:21	+09:05	03:50
23	1417	Eduardo Patrício	Individual	Senior Masculino	38:23	+09:07	03:50
24	656	Martim Cordeiro	Equipa de sonho	Senior Masculino	38:24	+09:08	03:50
25	89	Ricardo Simões	Académica Triatlo	Senior Masculino	38:24	+09:09	03:50
26	407	André Nunes	CASA DO POVO DE MANGUALDE	Senior Masculino	38:31	+09:15	03:51
27	2983	Tiago Marcelino	Rui	Senior Masculino	38:32	+09:16	03:51
28	3325	Francisco Costa	ZeTor	Senior Masculino	38:37	+09:22	03:52
29	167	Eduardo Silva	ADRAP	Senior Masculino	38:47	+09:32	03:53
30	958	Rui Moutela	GR EIRENSE	Senior Masculino	39:00	+09:44	03:54
31	1436	Francisco António Marques Lima	Individual	Senior Masculino	39:02	+09:46	03:54
32	619	William Caetano	DCI/Trilhos Luso Bussaco	Senior Masculino	39:17	+10:01	03:56
33	1497	João Gomes	Individual	Senior Masculino	39:24	+10:08	03:56
34	1565	Marco Silva	Individual	Senior Masculino	39:45	+10:29	03:58
35	570	João Pedro Albano	CPT Sobral de Ceira	Senior Masculino	40:01	+10:46	04:00
36	2593	David Gomes	LEITAO SAO SILVESTRE	Senior Masculino	40:10	+10:55	04:01
37	1562	Manuel Domingues Marques	Individual	Senior Masculino	40:13	+10:57	04:01
38	618	Ruben Fernandes	DCI/Trilhos Luso Bussaco	Senior Masculino	40:16	+11:00	04:02
39	3313	Paulo Brites	Wait 4 me RUNNERS	Senior Masculino	40:27	+11:11	04:03
40	1640	Rui Loureiro	Individual	Senior Masculino	40:34	+11:18	04:03
41	601	Pedro Mateus	CTCV40 Power	Senior Masculino	40:38	+11:23	04:04
42	652	David Pinho	Domus Trail	Senior Masculino	40:41	+11:25	04:04
43	83	André Miguel Lameiro Monteiro	Académica Triatlo	Senior Masculino	40:44	+11:28	04:04
44	1540	José Matos	Individual	Senior Masculino	40:57	+11:41	04:06
45	1495	João Gaspar	Individual	Senior Masculino	41:33	+12:17	04:09

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46	341	Francisco Gonçalves	Cabritos	Senior Masculino	41:53	+12:38	04:11
47	1446	Gabriel Matos Pereira	Individual	Senior Masculino	41:56	+12:40	04:12
48	90	Rodrigo Quelhas	Académica Triatlo	Senior Masculino	42:03	+12:47	04:12
49	188	José Miguel Nobre Sousa	ALTRI	Senior Masculino	42:06	+12:51	04:13
50	1610	Pedro Silva	Individual	Senior Masculino	42:12	+12:57	04:13
51	2784	João Lopes	NEXEBRA TRAIL TEAM	Senior Masculino	42:15	+13:00	04:14
52	2811	João Carvalho	One More Time	Senior Masculino	42:31	+13:15	04:15
53	1487	João Craveiro Henriques	Individual	Senior Masculino	42:38	+13:23	04:16
54	568	André Ferreira	CPT Sobral de Ceira	Senior Masculino	42:39	+13:24	04:16
55	1678	Vitor Sousa	Individual	Senior Masculino	42:39	+13:24	04:16
56	258	André Santos	ASSCC AR LIVRE E AVENTURA	Senior Masculino	42:40	+13:24	04:16
57	3144	Cláudio Agostinho	Sport Clube Paradelas	Senior Masculino	42:42	+13:27	04:16
58	327	João Oliveira	Briosa	Senior Masculino	42:53	+13:37	04:17
59	1479	João Marcos Domingues Esteves	Individual	Senior Masculino	43:04	+13:49	04:18
60	1569	Micael Alexandre Cavaleiro da Costa	Individual	Senior Masculino	43:08	+13:53	04:19
61	977	João Pedro Pereira Coelho	Grupo Remax White	Senior Masculino	43:30	+14:14	04:21
62	1627	Ricardo Saraiva	Individual	Senior Masculino	43:31	+14:16	04:21
63	805	Luís Negrão	Focus_TUU	Senior Masculino	43:34	+14:19	04:21
64	1407	Diogo Santos	Individual	Senior Masculino	43:34	+14:19	04:21
65	2732	João Gerardo	MSC - Mais Saúde Coimbra	Senior Masculino	43:36	+14:20	04:22
66	617	Pedro Henriques	DCI/Trilhos Luso Bussaco	Senior Masculino	43:38	+14:23	04:22
67	1618	Rafael Tinoco Ferrão	Individual	Senior Masculino	43:41	+14:26	04:22
68	1344	André Rodrigues	Individual	Senior Masculino	43:49	+14:34	04:23
69	1632	Ruben Campos	Individual	Senior Masculino	43:51	+14:35	04:23
70	305	Francisco Sousa	Big Bang Runners	Senior Masculino	43:56	+14:41	04:24
71	1470	Henrique Penim	Individual	Senior Masculino	44:04	+14:49	04:24
72	1598	Pedro Brandão	Individual	Senior Masculino	44:05	+14:50	04:25
73	1672	Vicente Zuzarte	Individual	Senior Masculino	44:11	+14:55	04:25
74	3299	Bernardo Monteiro	Vila Ventura Trail	Senior Masculino	44:12	+14:57	04:25
75	778	André Manuel Justino Alberto	Focus_TUU	Senior Masculino	44:16	+15:01	04:26
76	1626	Ricardo Santos	Individual	Senior Masculino	44:17	+15:01	04:26
77	2818	Silvio Miguel Ferreira Bulhosa	One More Time	Senior Masculino	44:21	+15:05	04:26
78	1478	Jean Henrique da Silva Lima	Individual	Senior Masculino	44:22	+15:07	04:26
79	1656	Tiago Marques	Individual	Senior Masculino	44:22	+15:07	04:26
80	792	Guilherme Cabral	Focus_TUU	Senior Masculino	44:27	+15:11	04:27
81	3120	João Antunes	SicóTrilhos	Senior Masculino	44:28	+15:12	04:27
82	183	Davide Gonçalves	Algarunners	Senior Masculino	44:29	+15:14	04:27
83	1666	Tomás Costa	Individual	Senior Masculino	44:30	+15:14	04:27
84	1524	João Vairinhos	Individual	Senior Masculino	44:32	+15:17	04:27
85	207	Rui Monteir	Arcd Venda Da Luísa	Senior Masculino	44:41	+15:25	04:28
86	1511	João Pedro Santos	Individual	Senior Masculino	44:41	+15:26	04:28
87	1630	Rodrigo Cardoso Caldeira	Individual	Senior Masculino	44:47	+15:31	04:29
88	1473	Hugo Caetano	Individual	Senior Masculino	44:50	+15:35	04:29
89	140	André Varejão	ACDR Rapoula	Senior Masculino	44:55	+15:39	04:29
90	2820	Tomás Alexandre da Silva Costa	One More Time	Senior Masculino	44:57	+15:42	04:30
91	1655	Tiago Marques	Individual	Senior Masculino	45:04	+15:49	04:30

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137	1420	Énio Carrasqueira	Individual	Senior Masculino	47:48	+18:32	04:47
138	3017	João Pais	RunAway Club	Senior Masculino	47:51	+18:36	04:47
139	1445	Gabriel Filipe Mendes Carvalho	Individual	Senior Masculino	47:52	+18:37	04:47
140	1538	José Maria Andrade	Individual	Senior Masculino	47:52	+18:37	04:47
141	1500	João Lima	Individual	Senior Masculino	47:53	+18:38	04:47
142	3250	David Francisco	URCR 2025 & Amigos	Senior Masculino	47:57	+18:42	04:48
143	1430	Filipe Mateus	Individual	Senior Masculino	47:59	+18:43	04:48
144	2876	José Miguel Carvalho Gomes	Owlpharma Team	Senior Masculino	48:03	+18:48	04:48
145	1361	Bruno Alvim	Individual	Senior Masculino	48:03	+18:48	04:48
146	1402	Diogo Oliveira	Individual	Senior Masculino	48:08	+18:52	04:49
147	1592	Nuno Pinto	Individual	Senior Masculino	48:08	+18:52	04:49
148	3013	David Ferreira Marques	RunAway Club	Senior Masculino	48:14	+18:58	04:49
149	1641	Rui Miguel Grunert da Fonseca	Individual	Senior Masculino	48:14	+18:58	04:49
150	87	Hugo Matos	Académica Triatlo	Senior Masculino	48:20	+19:05	04:50
151	1620	Renato Daniel Dias Simões	Individual	Senior Masculino	48:21	+19:06	04:50
152	259	Daniel Lopes	ASSSCC AR LIVRE E AVENTURA	Senior Masculino	48:22	+19:06	04:50
153	1584	Nazar Vershynin	Individual	Senior Masculino	48:24	+19:09	04:50
154	1373	Carlos Feteira	Individual	Senior Masculino	48:26	+19:10	04:51
155	1385	Daniel Morais	Individual	Senior Masculino	48:27	+19:12	04:51
156	3099	Ricardo Costa	Shape on You	Senior Masculino	48:27	+19:12	04:51
157	1325	Acácio Silva	Individual	Senior Masculino	48:28	+19:12	04:51
158	1399	Diogo Mendes	Individual	Senior Masculino	48:28	+19:13	04:51
159	1617	Rafael Teixeira	Individual	Senior Masculino	48:29	+19:13	04:51
160	2579	António Aragão	KrushIt	Senior Masculino	48:31	+19:16	04:51
161	1652	Tiago Fernandes	Individual	Senior Masculino	48:32	+19:17	04:51
162	2793	Nuno Moura	Olimpíadas da Economia	Senior Masculino	48:32	+19:17	04:51
163	1371	Carlos Daniel Duarte Simões	Individual	Senior Masculino	48:36	+19:21	04:52
164	1555	Lucas Trindade	Individual	Senior Masculino	48:38	+19:22	04:52
165	1441	Francisco Martins	Individual	Senior Masculino	48:38	+19:22	04:52
166	1352	António Venâncio	Individual	Senior Masculino	48:38	+19:23	04:52
167	1362	Bruno de Oliveira	Individual	Senior Masculino	48:40	+19:24	04:52
168	814	Tiago Carvalho	Focus_TUU	Senior Masculino	48:43	+19:27	04:52
169	1504	joao Pacheco	Individual	Senior Masculino	48:43	+19:27	04:52
170	1442	Francisco Santos	Individual	Senior Masculino	48:48	+19:32	04:53
171	1647	Telmo Silva	Individual	Senior Masculino	48:51	+19:35	04:53
172	2683	Diogo Luís Monteiro Breda	MB Studio	Senior Masculino	48:52	+19:36	04:53
173	2839	Diniz Azevedo	Os indecisos	Senior Masculino	48:58	+19:43	04:54
174	1665	Tomás Andrade	Individual	Senior Masculino	48:59	+19:43	04:54
175	1383	Daniel Gaspar	Individual	Senior Masculino	49:01	+19:45	04:54
176	2685	João Pedro Pinão Santos	MB Studio	Senior Masculino	49:04	+19:49	04:54
177	806	Manuel Santos	Focus_TUU	Senior Masculino	49:09	+19:53	04:55
178	148	Francisco Batalha	Acordo, Logo Supero	Senior Masculino	49:10	+19:54	04:55
179	594	Rodrigo Pereira	Cris7ianismo	Senior Masculino	49:10	+19:54	04:55
180	2791	João Moura	Olimpíadas da Economia	Senior Masculino	49:14	+19:59	04:55
181	1629	Rodrigo Maturana	Individual	Senior Masculino	49:15	+20:00	04:56
182	1527	Joaquim Santos	Individual	Senior Masculino	49:16	+20:00	04:56

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183	1534	José Henrique Carvalho	Individual	Senior Masculino	49:18	+20:02	04:56
184	1636	Rúben Rodrigues	Individual	Senior Masculino	49:19	+20:03	04:56
185	3255	João Marcelino	URCR 2025 & Amigos	Senior Masculino	49:23	+20:07	04:56
186	1418	Emanuel Ferreira	Individual	Senior Masculino	49:23	+20:07	04:56
187	1544	José Pedro Correia Filipe	Individual	Senior Masculino	49:25	+20:09	04:56
188	2676	Nahuel Martínez	Maratontos	Senior Masculino	49:26	+20:10	04:57
189	1574	Miguel de Lemos	Individual	Senior Masculino	49:27	+20:11	04:57
190	2777	Daniel Miranda	Nelson Gym	Senior Masculino	49:32	+20:17	04:57
191	2778	Gustavo Madureira	Nelson Gym	Senior Masculino	49:32	+20:17	04:57
192	2772	Fábio António Tavares Fonseca	Nelson Gym	Senior Masculino	49:33	+20:17	04:57
193	2815	Pedro Afonso	One More Time	Senior Masculino	49:34	+20:19	04:57
194	494	Rodrigo Filipe de Carvalho dos Santos	Coimbra Trail Running	Senior Masculino	49:43	+20:28	04:58
195	1469	Henrique BARBOSA PEREIRA	Individual	Senior Masculino	49:52	+20:36	04:59
196	1621	Renato Neves	Individual	Senior Masculino	49:54	+20:38	04:59
197	1328	Afonso Antunes Rodrigues	Individual	Senior Masculino	49:54	+20:39	04:59
198	1341	André Peixoto	Individual	Senior Masculino	49:56	+20:40	05:00
199	1532	José Duarte	Individual	Senior Masculino	49:57	+20:42	05:00
200	1603	Pedro Henrique Tinoco Nunes	Individual	Senior Masculino	50:02	+20:47	05:00
201	1493	João Filipe Alves	Individual	Senior Masculino	50:05	+20:49	05:00
202	1488	João Cruz	Individual	Senior Masculino	50:07	+20:51	05:01
203	1631	Rodrigo Gonçalo	Individual	Senior Masculino	50:13	+20:58	05:01
204	1661	Tiago Pires	Individual	Senior Masculino	50:13	+20:58	05:01
205	1357	Bernardo Jose Mendes Malheiro	Individual	Senior Masculino	50:16	+21:00	05:02
206	1676	Vítor André	Individual	Senior Masculino	50:27	+21:12	05:03
207	288	Luis Lucas	Bacalhaus de Corrida	Senior Masculino	50:29	+21:13	05:03
208	2660	Eugeniu Strelet	Maratoin@s	Senior Masculino	50:29	+21:14	05:03
209	1616	Rafael Silva	Individual	Senior Masculino	50:34	+21:19	05:03
210	1545	Julien Correia	Individual	Senior Masculino	50:35	+21:19	05:03
211	1366	bruno mosca	Individual	Senior Masculino	50:35	+21:19	05:03
212	1377	Carlos Silveira	Individual	Senior Masculino	50:35	+21:19	05:03
213	1660	Tiago Oliveira	Individual	Senior Masculino	50:35	+21:19	05:03
214	2662	Ricardo Pedro	Maratoin@s	Senior Masculino	50:36	+21:20	05:04
215	2675	Matias Recalde	Maratontos	Senior Masculino	50:38	+21:22	05:04
216	492	Diogo Carneiro	Coimbra Trail Running	Senior Masculino	50:38	+21:23	05:04
217	3018	José Pedro Toscano	RunAway Club	Senior Masculino	50:43	+21:27	05:04
218	555	Izaias Pedro da Silva Junior	Corro para fugir da mulher	Senior Masculino	50:46	+21:30	05:05
219	1334	Andre Ferraz	Individual	Senior Masculino	50:46	+21:30	05:05
220	3183	Victor Hugo Souza	The six	Senior Masculino	50:48	+21:32	05:05
221	1519	João Silva	Individual	Senior Masculino	50:51	+21:35	05:05
222	3020	Luís Ferrão	RunAway Club	Senior Masculino	50:51	+21:36	05:05
223	1393	Diogo Filipe Santos Vitorino	Individual	Senior Masculino	50:54	+21:39	05:05
224	432	Vítor Hugo Alves Oliveira	Cioga runners	Senior Masculino	50:59	+21:43	05:06
225	1426	Fábio Rafael Fernandes dos Santos	Individual	Senior Masculino	50:59	+21:44	05:06
226	1644	SAMUEL CORREIA	Individual	Senior Masculino	51:01	+21:46	05:06
227	2792	João Pedro Santos	Olimpíadas da Economia	Senior Masculino	51:03	+21:47	05:06
228	1384	Daniel Loureiro	Individual	Senior Masculino	51:06	+21:51	05:07

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229	2914	Miguel Freire	Power Guido	Senior Masculino	51:08	+21:53	05:07
230	1345	André Silva Jacinto	Individual	Senior Masculino	51:08	+21:53	05:07
231	3096	Nuno Oliveira	Shape on You	Senior Masculino	51:10	+21:54	05:07
232	1677	Vitor Rodrigues	Individual	Senior Masculino	51:14	+21:59	05:07
233	2873	Alexandre Miguel Mourato Monteiro	Owlpharma Team	Senior Masculino	51:16	+22:00	05:08
234	2875	Guilherme Mourato Monteiro	Owlpharma Team	Senior Masculino	51:18	+22:02	05:08
235	3253	João Fernandes	URCR 2025 & Amigos	Senior Masculino	51:22	+22:06	05:08
236	1509	João Pedro Rodrigues Antunes	Individual	Senior Masculino	51:23	+22:08	05:08
237	2913	Marco André Dias Sousa	Power Guido	Senior Masculino	51:25	+22:09	05:08
238	1465	Guilherme Frias	Individual	Senior Masculino	51:25	+22:09	05:08
239	1389	David Silva	Individual	Senior Masculino	51:29	+22:14	05:09
240	803	Leonardo Vieira	Focus_TUU	Senior Masculino	51:30	+22:14	05:09
241	546	Filipe Quintas	Corre Que Passa!	Senior Masculino	51:31	+22:15	05:09
242	1454	Gonçalo Dias	Individual	Senior Masculino	51:36	+22:21	05:10
243	1483	João Bigotte de Almeida	Individual	Senior Masculino	51:43	+22:27	05:10
244	312	Rui Filipe Marques Costa	Botão Camp	Senior Masculino	51:45	+22:30	05:11
245	415	Tiago Candido Pedro	CDCamarneira	Senior Masculino	51:47	+22:31	05:11
246	85	Diogo Travassos	Académica Triatlo	Senior Masculino	51:52	+22:36	05:11
247	1339	Andre Oliveira	Individual	Senior Masculino	51:52	+22:37	05:11
248	1515	João Ricardo Loureiro dos Santos	Individual	Senior Masculino	51:57	+22:41	05:12
249	807	Micael. P	Focus_TUU	Senior Masculino	51:58	+22:42	05:12
250	785	Diogo Sousa	Focus_TUU	Senior Masculino	51:58	+22:42	05:12
251	1390	Dinis Lindeza	Individual	Senior Masculino	51:59	+22:44	05:12
252	1416	Eduardo Barradas	Individual	Senior Masculino	52:00	+22:45	05:12
253	1523	João Trindade	Individual	Senior Masculino	52:01	+22:45	05:12
254	1490	João Diogo Gonçalves Pereira	Individual	Senior Masculino	52:01	+22:46	05:12
255	1406	Diogo Santos	Individual	Senior Masculino	52:02	+22:46	05:12
256	669	João Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Senior Masculino	52:04	+22:48	05:12
257	1668	Tomás Folques	Individual	Senior Masculino	52:05	+22:49	05:12
258	1382	Daniel Filipe Simões Meira	Individual	Senior Masculino	52:09	+22:53	05:13
259	1457	Gonçalo Nuno Dias Calado	Individual	Senior Masculino	52:12	+22:57	05:13
260	3215	DIEGO BAYAN GÓMEZ	UD MOSQUITO	Senior Masculino	52:13	+22:58	05:13
261	1670	Valentim Lopes	Individual	Senior Masculino	52:16	+23:01	05:14
262	1353	Bernardo Alves	Individual	Senior Masculino	52:19	+23:03	05:14
263	1659	Tiago Oliveira	Individual	Senior Masculino	52:20	+23:05	05:14
264	779	António Parra	Focus_TUU	Senior Masculino	52:27	+23:12	05:15
265	1551	Leonardo Branck	Individual	Senior Masculino	52:29	+23:13	05:15
266	2991	Pedro M. Santos Neves	Run 4 your LIFE	Senior Masculino	52:29	+23:14	05:15
267	3216	PABLO BELLVIS BOSQUED	UD MOSQUITO	Senior Masculino	52:30	+23:14	05:15
268	1634	Rúben Filipe Pragosa Almeida	Individual	Senior Masculino	52:33	+23:17	05:15
269	939	José Sousa	GERARDO STUDIO	Senior Masculino	52:38	+23:22	05:16
270	1586	Nelson Silva	Individual	Senior Masculino	52:39	+23:24	05:16
271	149	Ricardo Mendonça	Acordo, Logo Supero	Senior Masculino	52:46	+23:31	05:17
272	2912	Fábio Mendes	Power Guido	Senior Masculino	52:46	+23:31	05:17
273	355	José Forte	Cágados	Senior Masculino	52:51	+23:35	05:17
274	1501	João Mendes	Individual	Senior Masculino	52:52	+23:37	05:17

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275	2928	Afonso Andrade	Reload - Exercício e Saúde	Senior Masculino	52:52	+23:37	05:17
276	784	Diogo Carvalho	Focus_TUU	Senior Masculino	52:55	+23:39	05:17
277	308	Rodrigo Gomes	Boat Crew 2	Senior Masculino	52:56	+23:41	05:18
278	775	Alexandre Pereira	Focus_TUU	Senior Masculino	52:59	+23:43	05:18
279	1354	Bernardo Carrilho	Individual	Senior Masculino	53:04	+23:49	05:18
280	1434	Filipe Sequeira	Individual	Senior Masculino	53:05	+23:50	05:19
281	701	Joel Filipe Seíça Bazílio	Família Basílio	Senior Masculino	53:16	+24:00	05:20
282	1338	André Grilo	Individual	Senior Masculino	53:20	+24:04	05:20
283	2689	António Miguéis Teixeira	MIGUÉIS a correr	Senior Masculino	53:23	+24:07	05:20
284	2677	Wesllen De Souza Santos	Maratontos	Senior Masculino	53:23	+24:07	05:20
285	1365	BRUNO MIGUEL FONSECA FERREIRA	Individual	Senior Masculino	53:24	+24:09	05:20
286	3016	Gustavo Miguel Santos Assunção	RunAway Club	Senior Masculino	53:24	+24:09	05:20
287	3130	Miguel Pedro	Sky.runners	Senior Masculino	53:25	+24:09	05:20
288	1591	Nuno Paixão	Individual	Senior Masculino	53:28	+24:12	05:21
289	1596	Pedro Antunes	Individual	Senior Masculino	53:28	+24:12	05:21
290	1428	Filipe Gustavo Sol Murta	Individual	Senior Masculino	53:29	+24:13	05:21
291	3312	Nuno Brites	Wait 4 me RUNNERS	Senior Masculino	53:31	+24:16	05:21
292	1463	Guilherme Almeida	Individual	Senior Masculino	53:32	+24:16	05:21
293	2667	Fábio Moreira Santos	Maratonistas de Sofá	Senior Masculino	53:33	+24:17	05:21
294	1563	Marcelo Verga	Individual	Senior Masculino	53:34	+24:18	05:21
295	1387	Daniel Tomás	Individual	Senior Masculino	53:36	+24:21	05:22
296	145	Deive Gonzaga	Acelerados	Senior Masculino	53:44	+24:28	05:22
297	356	Pedro Bicá	Cágados	Senior Masculino	53:44	+24:28	05:22
298	1496	João Godinho	Individual	Senior Masculino	53:44	+24:29	05:22
299	1583	Mustafa Ertulbay	Individual	Senior Masculino	53:56	+24:41	05:24
300	1379	Daniel Almeida	Individual	Senior Masculino	53:57	+24:41	05:24
301	251	Nuno Braz	Asmáticos e rotos	Senior Masculino	53:57	+24:41	05:24
302	1577	Miguel Meireles Teixeira	Individual	Senior Masculino	53:57	+24:41	05:24
303	1654	Tiago Guiomar	Individual	Senior Masculino	53:57	+24:42	05:24
304	777	André Luzio	Focus_TUU	Senior Masculino	53:58	+24:42	05:24
305	592	Miguel Carvalho	Cris7ianismo	Senior Masculino	54:02	+24:46	05:24
306	1370	Carlos Bravo	Individual	Senior Masculino	54:04	+24:48	05:24
307	1386	Daniel Santos Jesus	Individual	Senior Masculino	54:04	+24:48	05:24
308	1507	João Pedro Mogo da Silva	Individual	Senior Masculino	54:04	+24:49	05:24
309	1513	João Piedade	Individual	Senior Masculino	54:05	+24:49	05:24
310	3199	Steve Freitas dos Santos	TRS	Senior Masculino	54:14	+24:58	05:25
311	168	João Vidal	Afugem que eles andem aí	Senior Masculino	54:16	+25:00	05:26
312	1639	Rui Gaspar	Individual	Senior Masculino	54:21	+25:06	05:26
313	1395	Diogo Gala	Individual	Senior Masculino	54:26	+25:11	05:27
314	1396	Diogo Jorge Tomaz Ferreira	Individual	Senior Masculino	54:26	+25:11	05:27
315	815	Tiago Teixeira Luís	Focus_TUU	Senior Masculino	54:29	+25:13	05:27
316	1512	JOAO PEDRO VIEIRA	Individual	Senior Masculino	54:32	+25:16	05:27
317	1443	Franclim Silva	Individual	Senior Masculino	54:34	+25:18	05:27
318	1611	Pedro Soares	Individual	Senior Masculino	54:34	+25:19	05:27
319	1581	Miguel Pereira	Individual	Senior Masculino	54:40	+25:24	05:28
320	3310	André Filipe Santos Jorge	Wait 4 me RUNNERS	Senior Masculino	54:48	+25:32	05:29

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321	1537	José Manuel Lopes Simões	Individual	Senior Masculino	54:51	+25:35	05:29
322	1347	António Canze Jr	Individual	Senior Masculino	54:53	+25:38	05:29
323	1369	Carlos Alexandre	Individual	Senior Masculino	54:58	+25:42	05:30
324	1468	Gustavo Mendes	Individual	Senior Masculino	54:58	+25:43	05:30
325	2817	Rodrigo Francisco Ferreira	One More Time	Senior Masculino	55:01	+25:46	05:30
326	1412	Duarte Meneses	Individual	Senior Masculino	55:02	+25:46	05:30
327	250	Francisco Maria Godinho Ventura	Asmáticos e rotos	Senior Masculino	55:05	+25:50	05:31
328	799	João Ribeiro	Focus_TUU	Senior Masculino	55:08	+25:52	05:31
329	1679	Vitor Vidreiro	Individual	Senior Masculino	55:11	+25:55	05:31
330	2691	Francisco Miguéis	MIGUÉIS a correr	Senior Masculino	55:17	+26:02	05:32
331	2551	José Fernando Diniz	K STUDIO RUNNING TEAM	Senior Masculino	55:23	+26:08	05:32
332	493	Miguel Ângelo Carvalho Abrantes	Coimbra Trail Running	Senior Masculino	55:24	+26:09	05:32
333	1594	Nuno Varelas	Individual	Senior Masculino	55:28	+26:13	05:33
334	1375	Carlos Manuel Monteiro Teixeira	Individual	Senior Masculino	55:29	+26:14	05:33
335	1558	Luís Felipe Barone	Individual	Senior Masculino	55:31	+26:16	05:33
336	20	Ricardo Jorge Carvalho Gonçalves	111 Sport	Senior Masculino	55:32	+26:17	05:33
337	3318	Tomás Rovira	X-Cake	Senior Masculino	55:36	+26:21	05:34
338	69	Fábio Almeida	Academia de Desportos de Condeixa	Senior Masculino	55:40	+26:24	05:34
339	1326	Adrián Carrera Calzada	Individual	Senior Masculino	55:40	+26:24	05:34
340	3148	Nil Freire	STRUE ENGENHARIA	Senior Masculino	55:41	+26:26	05:34
341	539	João Teixeira	Contramão	Senior Masculino	55:42	+26:26	05:34
342	537	João Gaio	Contramão	Senior Masculino	55:42	+26:27	05:34
343	3257	João Santos	URCR 2025 & Amigos	Senior Masculino	55:46	+26:31	05:35
344	1674	Víctor Galindo Fuertes	Individual	Senior Masculino	56:00	+26:44	05:36
345	1528	Jorge Notario Díaz de Mera	Individual	Senior Masculino	56:01	+26:45	05:36
346	1348	António de Pinho	Individual	Senior Masculino	56:07	+26:51	05:37
347	1447	Gabriel Simões Rodrigues	Individual	Senior Masculino	56:08	+26:52	05:37
348	1517	João Rui Pires Morais	Individual	Senior Masculino	56:09	+26:53	05:37
349	1587	Nuno Cunha	Individual	Senior Masculino	56:09	+26:53	05:37
350	1401	Diogo Nora Matias	Individual	Senior Masculino	56:09	+26:54	05:37
351	811	Ricardo Loureiro	Focus_TUU	Senior Masculino	56:14	+26:59	05:37
352	1482	João Bernardo Barata	Individual	Senior Masculino	56:20	+27:04	05:38
353	1658	Tiago Neno	Individual	Senior Masculino	56:27	+27:12	05:39
354	1503	João Monteiro	Individual	Senior Masculino	56:30	+27:14	05:39
355	3249	Carlos Pais	URCR 2025 & Amigos	Senior Masculino	56:32	+27:16	05:39
356	2531	João Santos	J.Prior - Running Team	Senior Masculino	56:35	+27:20	05:40
357	1554	Lucas Rodrigues Alves	Individual	Senior Masculino	56:46	+27:30	05:41
358	1552	Leonardo Gonçalves Gomes	Individual	Senior Masculino	56:49	+27:34	05:41
359	2986	André Carmo	Run 4 your LIFE	Senior Masculino	56:53	+27:38	05:41
360	2674	Fernando Vitale	Maratontos	Senior Masculino	56:56	+27:40	05:42
361	2661	Ricardo Ferreira	Maratoin@s	Senior Masculino	56:56	+27:41	05:42
362	1546	Júlio Henriques Ferreira	Individual	Senior Masculino	56:59	+27:44	05:42
363	2623	Dioniso Mendes	Longevity Team	Senior Masculino	57:00	+27:44	05:42
364	2877	José Paulo Rolim	Owlpharma Team	Senior Masculino	57:00	+27:45	05:42
365	719	Duarte Cavaco	Fitcamp Box	Senior Masculino	57:00	+27:45	05:42
366	1485	João Carlos Santos	Individual	Senior Masculino	57:02	+27:47	05:42

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367	2835	Rafael José Rodrigues Arnaut dos Santos	Os Cebolas	Senior Masculino	57:13	+27:57	05:43
368	1492	João Fernandes	Individual	Senior Masculino	57:19	+28:04	05:44
369	794	João Carvalho	Focus_TUU	Senior Masculino	57:21	+28:05	05:44
370	2794	Sérgio Minas	Olimpíadas da Economia	Senior Masculino	57:21	+28:06	05:44
371	2857	Ricardo Jorge Barros Abreu	Os Promessa	Senior Masculino	57:22	+28:07	05:44
372	1367	Bruno Perelló	Individual	Senior Masculino	57:26	+28:10	05:45
373	2613	Pedro Soares dos Santos	Lobitos BikeTeam	Senior Masculino	57:28	+28:12	05:45
374	2530	David Couto	J.Prior - Running Team	Senior Masculino	57:28	+28:13	05:45
375	450	Rodrigo de Melo Viana	Clube dos Galitos	Senior Masculino	57:34	+28:18	05:45
376	1514	Joao Prazelos	Individual	Senior Masculino	57:35	+28:19	05:45
377	1649	Tiago Cardoso	Individual	Senior Masculino	57:40	+28:24	05:46
378	3012	Daniel Marmelo	RunAway Club	Senior Masculino	57:41	+28:25	05:46
379	252	Tiago de Sousa Ribeiro	Asmáticos e rotos	Senior Masculino	57:42	+28:26	05:46
380	1667	Tomás Ferreira Marques	Individual	Senior Masculino	57:43	+28:27	05:46
381	1572	Miguel Afonso dos Santos Pires	Individual	Senior Masculino	57:46	+28:30	05:47
382	132	Nuno Nunes	Academistas de Murtede	Senior Masculino	57:58	+28:43	05:48
383	1466	Guilherme Mendes	Individual	Senior Masculino	57:59	+28:43	05:48
384	2874	Diogo Afonso Duarte Reis	Owlpharma Team	Senior Masculino	57:59	+28:44	05:48
385	3040	Luís Marques	RunsRUs	Senior Masculino	58:02	+28:46	05:48
386	786	Duarte Carapeto Carreiro	Focus_TUU	Senior Masculino	58:06	+28:51	05:49
387	547	Henrique Marques	Corre Que Passa!	Senior Masculino	58:13	+28:57	05:49
388	1433	Filipe Sardo	Individual	Senior Masculino	58:14	+28:59	05:49
389	1452	Gonçalo Daniel Marques Neves	Individual	Senior Masculino	58:16	+29:01	05:50
390	1553	LUCAS ALEXANDRE BARBOSA DE ALMEIDA	Individual	Senior Masculino	58:24	+29:08	05:50
391	789	Francisco Santos	Focus_TUU	Senior Masculino	58:26	+29:10	05:51
392	1333	André correia Silva	Individual	Senior Masculino	58:27	+29:12	05:51
393	591	Henrique Esteves	Cris7ianismo	Senior Masculino	58:28	+29:12	05:51
394	1329	Afonso da Silva Pereira	Individual	Senior Masculino	58:29	+29:14	05:51
395	1653	Tiago Ferreira	Individual	Senior Masculino	58:35	+29:19	05:51
396	916	Francisco Ferraz	Frutibairrada	Senior Masculino	58:37	+29:21	05:52
397	1415	Eduardo Azevedo	Individual	Senior Masculino	58:39	+29:23	05:52
398	795	João Coelho	Focus_TUU	Senior Masculino	58:45	+29:29	05:52
399	1437	Francisco Costa Pires	Individual	Senior Masculino	58:47	+29:32	05:53
400	206	Rodrigo Maleiro	Arcd Venda Da Luísa	Senior Masculino	58:51	+29:35	05:53
401	1536	José Manuel Carvalheiro Perdigoto	Individual	Senior Masculino	58:57	+29:41	05:54
402	801	José Rodrigues	Focus_TUU	Senior Masculino	58:57	+29:42	05:54
403	1332	Alexandre Vicente	Individual	Senior Masculino	58:58	+29:42	05:54
404	2929	Diogo Andrade	Reload - Exercício e Saúde	Senior Masculino	59:00	+29:45	05:54
405	1374	Carlos Gonçalves	Individual	Senior Masculino	59:01	+29:46	05:54
406	2718	Diogo Ferreira	Motores a Broa	Senior Masculino	59:02	+29:46	05:54
407	1533	José Eduardo Rebelo Nunes	Individual	Senior Masculino	59:04	+29:48	05:54
408	1521	João Tomás Peres	Individual	Senior Masculino	59:07	+29:51	05:55
409	221	Gonçalo Deus	ARCD Venda da Luísa Trail	Senior Masculino	59:07	+29:52	05:55
410	3041	Salvador Caetano Mota	RunsRUs	Senior Masculino	59:09	+29:54	05:55
411	787	Duarte Santos	Focus_TUU	Senior Masculino	59:13	+29:58	05:55

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412	796	João Emanuel Batista Bento	Focus_TUU	Senior Masculino	59:20	+30:04	05:56
413	1543	José Pedro Andrade ferreira	Individual	Senior Masculino	59:21	+30:05	05:56
414	1646	Simão Pedro Marques dos Santos Cardoso Timóteo da Silva	Individual	Senior Masculino	59:25	+30:09	05:56
415	1444	Gabriel Almeida	Individual	Senior Masculino	59:25	+30:10	05:57
416	1609	Pedro Seco	Individual	Senior Masculino	59:25	+30:10	05:57
417	1597	PEDRO BORGES FERNANDES	Individual	Senior Masculino	59:28	+30:13	05:57
418	1364	Bruno Mendes	Individual	Senior Masculino	59:29	+30:13	05:57
419	1529	Jorge Piedra Rull	Individual	Senior Masculino	59:31	+30:16	05:57
420	2840	Joaquim Cabral	Os indecisos	Senior Masculino	59:35	+30:19	05:57
421	3019	Luís Coimbra	RunAway Club	Senior Masculino	59:36	+30:21	05:58
422	1601	Pedro Garcia	Individual	Senior Masculino	59:40	+30:25	05:58
423	1535	José Ladeiro	Individual	Senior Masculino	59:41	+30:25	05:58
424	275	JOSÉ MIGUEL BARRADAS FIGUEIRA	Auchan	Senior Masculino	59:42	+30:26	05:58
425	86	Gonçalo Fileno	Académica Triatlo	Senior Masculino	59:42	+30:26	05:58
426	1491	João Faria	Individual	Senior Masculino	59:45	+30:30	05:59
427	548	Luís Ferreira	Corre Que Passa!	Senior Masculino	59:47	+30:31	05:59
428	1530	José Diogo Tomas Vaz	Individual	Senior Masculino	59:52	+30:37	05:59
429	461	DIOGO MANUEL GIESTAS RODRIGUES	Clube Millennium BCP	Senior Masculino	01:00:00	+30:45	06:00
430	2672	Christopher Van Bieze	Maratontos	Senior Masculino	01:00:02	+30:47	06:00
431	88	Pedro Madeira	Académica Triatlo	Senior Masculino	01:00:03	+30:47	06:00
432	798	João Pires	Focus_TUU	Senior Masculino	01:00:09	+30:53	06:01
433	1408	Diogo Silva	Individual	Senior Masculino	01:00:11	+30:55	06:01
434	534	Bernardo Silva	Contramão	Senior Masculino	01:00:11	+30:56	06:01
435	3254	João Henriques	URCR 2025 & Amigos	Senior Masculino	01:00:13	+30:57	06:01
436	979	Ruben Carreira Martins	Grupo Remax White	Senior Masculino	01:00:30	+31:15	06:03
437	1567	Mário Laranjeiro Gouveia Santos	Individual	Senior Masculino	01:00:36	+31:20	06:04
438	2842	Ricardo P	Os indecisos	Senior Masculino	01:00:41	+31:26	06:04
439	1456	Gonçalo Maria	Individual	Senior Masculino	01:00:49	+31:33	06:05
440	1400	Diogo Morais	Individual	Senior Masculino	01:00:50	+31:35	06:05
441	1571	Micael Neves	Individual	Senior Masculino	01:00:53	+31:37	06:05
442	3326	Rodrigo Cardoso	ZeTor	Senior Masculino	01:01:00	+31:45	06:06
443	1448	George Abraham	Individual	Senior Masculino	01:01:05	+31:49	06:07
444	1459	Gonçalo Simões	Individual	Senior Masculino	01:01:06	+31:51	06:07
445	3147	Helder Fernandes	STRUE ENGENHARIA	Senior Masculino	01:01:10	+31:55	06:07
446	3251	João Branquinho	URCR 2025 & Amigos	Senior Masculino	01:01:12	+31:56	06:07
447	2731	Francisco Simões	MSC - Mais Saúde Coimbra	Senior Masculino	01:01:12	+31:57	06:07
448	1575	Miguel Lopes	Individual	Senior Masculino	01:01:13	+31:58	06:07
449	782	Daniel Vaz	Focus_TUU	Senior Masculino	01:01:27	+32:12	06:09
450	558	Jorge Duarte	CPT Coimbra	Senior Masculino	01:01:29	+32:13	06:09
451	1576	Miguel Martins	Individual	Senior Masculino	01:01:31	+32:15	06:09
452	913	Rodrigo Miguel Frago	Fragosinhos	Senior Masculino	01:01:33	+32:17	06:09
453	1557	Luís Cláudio da Costa Abreu	Individual	Senior Masculino	01:01:36	+32:21	06:10
454	810	Renato França	Focus_TUU	Senior Masculino	01:01:37	+32:22	06:10
455	1411	Duarte Marques	Individual	Senior Masculino	01:01:48	+32:32	06:11
456	1651	Tiago Dinis	Individual	Senior Masculino	01:01:51	+32:36	06:11

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457	3256	João Maria Bento	URCR 2025 & Amigos	Senior Masculino	01:01:54	+32:39	06:11
458	2904	João Sendas	Portuguese United Training Association	Senior Masculino	01:01:55	+32:40	06:12
459	1579	Miguel Oliveira	Individual	Senior Masculino	01:01:56	+32:41	06:12
460	1381	Daniel Filipe Cardoso Pereira	Individual	Senior Masculino	01:01:59	+32:44	06:12
461	2693	Ricardo Emanuel Barca Ramos	MIGUÉIS a correr	Senior Masculino	01:02:05	+32:49	06:12
462	2828	Francisco Antunes	Os Antunes	Senior Masculino	01:02:08	+32:53	06:13
463	1673	Victor da Silva Neutzling	Individual	Senior Masculino	01:02:12	+32:56	06:13
464	2575	Miguel Duarte	Ketorunners	Senior Masculino	01:02:12	+32:57	06:13
465	1510	João Pedro Rodrigues Dias	Individual	Senior Masculino	01:02:14	+32:58	06:13
466	3219	João Cruz	Unidos Run Team / As Oliveirinhas	Senior Masculino	01:02:15	+32:59	06:13
467	1330	Alexandre Bonito	Individual	Senior Masculino	01:02:15	+32:59	06:13
468	1346	André Silveiro	Individual	Senior Masculino	01:02:15	+32:59	06:13
469	2841	Ricardo Jorge Rocha e Sousa de Moura Vieira	Os indecisos	Senior Masculino	01:02:36	+33:20	06:16
470	1475	Hugo Miguel Costa Ramos	Individual	Senior Masculino	01:02:38	+33:23	06:16
471	3260	Tiago Pais	URCR 2025 & Amigos	Senior Masculino	01:02:45	+33:30	06:17
472	289	Pedro Bracons	Bacalhaus de Corrida	Senior Masculino	01:02:45	+33:30	06:17
473	287	Gonçalo Lucas	Bacalhaus de Corrida	Senior Masculino	01:02:46	+33:30	06:17
474	2573	Fábio Jesus	Ketorunners	Senior Masculino	01:02:48	+33:33	06:17
475	2574	João Caldeira	Ketorunners	Senior Masculino	01:02:48	+33:33	06:17
476	1342	André Pimentel Cruz	Individual	Senior Masculino	01:02:50	+33:35	06:17
477	788	Francisco Cristóvão	Focus_TUU	Senior Masculino	01:02:57	+33:41	06:18
478	3188	Ricardo Agostinho	Tios d'Alice	Senior Masculino	01:03:07	+33:51	06:19
479	2931	Luís Pereira	Reload - Exercício e Saúde	Senior Masculino	01:03:11	+33:55	06:19
480	84	Cristian Bonfim	Académica Triatlo	Senior Masculino	01:03:14	+33:58	06:19
481	776	André Galvão	Focus_TUU	Senior Masculino	01:03:14	+33:59	06:19
482	1378	César Temudo	Individual	Senior Masculino	01:03:20	+34:05	06:20
483	1435	Flávio Alexandre Mendes Carvalho	Individual	Senior Masculino	01:03:22	+34:06	06:20
484	2802	Afonso Machado	On Move BPR	Senior Masculino	01:03:25	+34:09	06:20
485	2803	Alexandre Carvalho	On Move BPR	Senior Masculino	01:03:25	+34:10	06:21
486	1573	Miguel Branco	Individual	Senior Masculino	01:03:33	+34:18	06:21
487	1358	Bernardo Mendes	Individual	Senior Masculino	01:03:44	+34:28	06:22
488	3094	João Cavaleiro	Shape on You	Senior Masculino	01:03:46	+34:30	06:23
489	1327	Adrian Kimura	Individual	Senior Masculino	01:03:47	+34:31	06:23
490	2990	Miguel Silva	Run 4 your LIFE	Senior Masculino	01:03:53	+34:38	06:23
491	1440	Francisco José Tomás Vaz	Individual	Senior Masculino	01:03:57	+34:41	06:24
492	1410	Duarte André Jesus Almeida da Silva	Individual	Senior Masculino	01:03:57	+34:41	06:24
493	1363	Bruno Filipe Santos Moraes	Individual	Senior Masculino	01:03:59	+34:44	06:24
494	3209	André Monteiro	UD Casével	Senior Masculino	01:04:01	+34:45	06:24
495	2819	Tiago José Rodrigues Costa	One More Time	Senior Masculino	01:04:03	+34:48	06:24
496	1568	Mauro Pinto	Individual	Senior Masculino	01:04:07	+34:52	06:25
497	1648	Tiago André Martinho Alves	Individual	Senior Masculino	01:04:07	+34:52	06:25
498	780	Bruno Micael Silva Souza	Focus_TUU	Senior Masculino	01:04:14	+34:58	06:25
499	2844	Antony Vincent	Os Papa Milhas	Senior Masculino	01:04:16	+35:01	06:26
500	187	João Pedro Saltão Lima	ALTRI	Senior Masculino	01:04:17	+35:02	06:26
501	2821	Tomás Miguel Garcia	One More Time	Senior Masculino	01:04:25	+35:09	06:26

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502	2992	Rodrigo Cardoso	Run 4 your LIFE	Senior Masculino	01:04:27	+35:11	06:27
503	599	Carlos Costa	CTCV40 Power	Senior Masculino	01:04:38	+35:22	06:28
504	1388	David Carvalho	Individual	Senior Masculino	01:04:43	+35:27	06:28
505	1048	Diogo da Fonseca	HuXiDi	Senior Masculino	01:04:44	+35:28	06:28
506	2814	Miguel Dinis	One More Time	Senior Masculino	01:04:52	+35:37	06:29
507	1398	Diogo Matos Paiva	Individual	Senior Masculino	01:04:59	+35:43	06:30
508	1376	Carlos Santos	Individual	Senior Masculino	01:05:02	+35:47	06:30
509	1628	Ricardo Valente Dias	Individual	Senior Masculino	01:05:10	+35:55	06:31
510	538	João Rainho	Contramão	Senior Masculino	01:05:13	+35:58	06:31
511	535	Daniel Silva	Contramão	Senior Masculino	01:05:20	+36:04	06:32
512	1409	Diogo Valente Dias	Individual	Senior Masculino	01:05:29	+36:13	06:33
513	1458	Gonçalo Oliveira	Individual	Senior Masculino	01:05:39	+36:24	06:34
514	2810	Edgar Filipe Ferreira Duarte	One More Time	Senior Masculino	01:05:45	+36:29	06:34
515	2673	Félix Álvarez	Maratontos	Senior Masculino	01:05:54	+36:38	06:35
516	2988	João Pidrança	Run 4 your LIFE	Senior Masculino	01:05:57	+36:42	06:36
517	2730	Francisco Simões	MSC - Mais Saúde Coimbra	Senior Masculino	01:06:05	+36:49	06:36
518	791	Gonçalo Fernandes	Focus_TUU	Senior Masculino	01:06:06	+36:50	06:37
519	808	Paulo Oliveira	Focus_TUU	Senior Masculino	01:06:07	+36:52	06:37
520	2878	Rodrigo Fernandes Pita	Owlpharma Team	Senior Masculino	01:06:14	+36:59	06:37
521	1013	João Lourenço	Healthy Move	Senior Masculino	01:06:14	+36:59	06:37
522	1432	Filipe Mignon	Individual	Senior Masculino	01:06:20	+37:04	06:38
523	2915	Rafael Mendes	Power Guido	Senior Masculino	01:06:40	+37:24	06:40
524	2812	João Luís Marques	One More Time	Senior Masculino	01:06:54	+37:38	06:41
525	802	José Tabau	Focus_TUU	Senior Masculino	01:06:55	+37:40	06:42
526	444	Rui Carvalho Lopes Madureira Marques	Clínica PROREAB	Senior Masculino	01:07:25	+38:09	06:44
527	3311	Eduardo Mendes	Wait 4 me RUNNERS	Senior Masculino	01:07:28	+38:12	06:45
528	790	Frederico Macedo	Focus_TUU	Senior Masculino	01:07:29	+38:13	06:45
529	1663	Tiago Silva	Individual	Senior Masculino	01:07:34	+38:18	06:45
530	1600	Pedro Cardoso	Individual	Senior Masculino	01:08:07	+38:52	06:49
531	3098	Renato Domingues	Shape on You	Senior Masculino	01:08:17	+39:01	06:50
532	1671	Vasco Alves	Individual	Senior Masculino	01:08:25	+39:10	06:51
533	3021	Paulo Fernandes	RunAway Club	Senior Masculino	01:08:31	+39:15	06:51
534	1439	Francisco José Artur Azedo	Individual	Senior Masculino	01:08:33	+39:18	06:51
535	1525	Joao Vaz	Individual	Senior Masculino	01:08:41	+39:25	06:52
536	783	David Melo	Focus_TUU	Senior Masculino	01:08:50	+39:35	06:53
537	793	Ivo Resende	Focus_TUU	Senior Masculino	01:08:51	+39:35	06:53
538	2671	Carlos Campos	Maratontos	Senior Masculino	01:08:58	+39:42	06:54
539	797	João Oliveira	Focus_TUU	Senior Masculino	01:09:08	+39:52	06:55
540	809	Paulo Preto Castanho	Focus_TUU	Senior Masculino	01:09:10	+39:54	06:55
541	1669	Tomás Marques	Individual	Senior Masculino	01:09:24	+40:08	06:56
542	1335	André Filipe Ventura	Individual	Senior Masculino	01:09:31	+40:15	06:57
543	2571	Daniel Henriques	Ketorunners	Senior Masculino	01:09:44	+40:28	06:58
544	1516	João Rodrigues	Individual	Senior Masculino	01:09:47	+40:31	06:59
545	3210	Renato Janeiro	UD Casével	Senior Masculino	01:09:50	+40:35	06:59
546	2580	Leonardo Falcão	KrushIt	Senior Masculino	01:09:58	+40:42	07:00
547	443	Miguel Cruz Mendes	Clínica PROREAB	Senior Masculino	01:09:59	+40:44	07:00

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548	1368	Bruno Rafael Antunes Morgado	Individual	Senior Masculino	01:10:23	+41:07	07:02
549	3142	Fábio André Martins Azevedo	Sola Dura	Senior Masculino	01:10:23	+41:07	07:02
550	1438	Francisco Jerez Fontecha	Individual	Senior Masculino	01:10:32	+41:16	07:03
551	812	Ricardo Marques	Focus_TUU	Senior Masculino	01:10:36	+41:20	07:04
552	239	João Costa	Arranja desculpas	Senior Masculino	01:10:56	+41:40	07:06
553	240	José Regala	Arranja desculpas	Senior Masculino	01:10:56	+41:40	07:06
554	917	Rui Léo	Frutibairrada	Senior Masculino	01:10:56	+41:40	07:06
555	241	Rui Pancas	Arranja desculpas	Senior Masculino	01:10:56	+41:40	07:06
556	813	Rodrigo Pardal	Focus_TUU	Senior Masculino	01:10:59	+41:43	07:06
557	131	Miguel Nunes	Academistas de Murtede	Senior Masculino	01:11:11	+41:55	07:07
558	3097	Pedro Mesquita	Shape on You	Senior Masculino	01:11:11	+41:55	07:07
559	2610	Emanuel Silva	Lima & Silva Lda.	Senior Masculino	01:11:15	+41:59	07:07
560	354	Francisco Monteiro	Cágados	Senior Masculino	01:11:28	+42:13	07:09
561	2715	Gonçalo Meireles	Motivação Mútua: Agora Vai!	Senior Masculino	01:11:31	+42:16	07:09
562	2570	Carlos Guimarães	Ketorunners	Senior Masculino	01:11:32	+42:17	07:09
563	2572	Duarte Campante	Ketorunners	Senior Masculino	01:11:33	+42:17	07:09
564	800	Jorge França	Focus_TUU	Senior Masculino	01:12:11	+42:56	07:13
565	202	Miguel Antunes	Andoricos	Senior Masculino	01:12:15	+42:59	07:13
566	1622	Ricardo Elias	Individual	Senior Masculino	01:12:20	+43:04	07:14
567	549	Ricardo Reis	Corre Que Passa!	Senior Masculino	01:12:42	+43:27	07:16
568	1350	Antonio Marques	Individual	Senior Masculino	01:13:01	+43:46	07:18
569	804	Lucas Monteiro	Focus_TUU	Senior Masculino	01:13:07	+43:51	07:19
570	249	Eduardo Miguel Mendes Matias	Asmáticos e rotos	Senior Masculino	01:13:23	+44:07	07:20
571	1505	João Pedro Estêvão Martins	Individual	Senior Masculino	01:13:29	+44:14	07:21
572	1462	Guilherme Aliski Bento	Individual	Senior Masculino	01:13:47	+44:32	07:23
573	781	Carlos Manuel Sousa Ramos	Focus_TUU	Senior Masculino	01:14:08	+44:52	07:25
574	557	André Rodrigues	CPT Coimbra	Senior Masculino	01:14:18	+45:03	07:26
575	3157	Alexandre Pinho	Tartarugas Velozes	Senior Masculino	01:14:24	+45:08	07:26
576	1486	João Conde	Individual	Senior Masculino	01:14:26	+45:10	07:27
577	1380	Daniel Ferreira	Individual	Senior Masculino	01:15:24	+46:09	07:32
578	2834	Daniel Filipe Costa Cavaleiro	Os Cebolas	Senior Masculino	01:15:55	+46:39	07:35
579	1349	António Figueiredo	Individual	Senior Masculino	01:15:55	+46:40	07:36
580	1351	António Quelhas	Individual	Senior Masculino	01:15:59	+46:43	07:36
581	16	Diogo Melo	#euvimobrigado	Senior Masculino	01:16:01	+46:45	07:36
582	1498	João Gonçalo Sanches Silva Pessoa	Individual	Senior Masculino	01:16:09	+46:54	07:37
583	1467	Guilherme Santos	Individual	Senior Masculino	01:16:12	+46:56	07:37
584	2796	Miguel Rosendo	Olympic Silvas	Senior Masculino	01:16:15	+47:00	07:38
585	1582	Miguel Sítima	Individual	Senior Masculino	01:16:27	+47:12	07:39
586	303	Diogo Carvalho	Big Bang Runners	Senior Masculino	01:16:36	+47:21	07:40
587	304	Fábio Silva	Big Bang Runners	Senior Masculino	01:16:37	+47:21	07:40
588	1427	Filipe Duarte	Individual	Senior Masculino	01:18:03	+48:48	07:48
589	1355	Bernardo Cerdeira	Individual	Senior Masculino	01:19:27	+50:12	07:57
590	3145	Adolfo Freitas	STRUE ENGENHARIA	Senior Masculino	01:20:51	+51:36	08:05
591	553	Fernando Lima Migliorini	Corredores do Leão	Senior Masculino	01:22:06	+52:50	08:13
592	1550	Leonardo Amado Brito	Individual	Senior Masculino	01:22:29	+53:14	08:15
593	1643	Rui Santos	Individual	Senior Masculino	01:22:30	+53:14	08:15

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594	431	Guilherme Silva Cabaço	Cioga runners	Senior Masculino	01:23:16	+54:00	08:20
595	1633	Rúben Carvalho	Individual	Senior Masculino	01:23:58	+54:42	08:24
596	1499	João Leite	Individual	Senior Masculino	01:27:34	+58:19	08:45
597	442	André Filipe Amaral Bebiano	Clínica PROREAB	Senior Masculino	01:30:47	+01:01:32	09:05
598	1657	Tiago Mota	Individual	Senior Masculino	01:30:49	+01:01:33	09:05
599	1588	Nuno Diogo Rosado Cupido dos Santos	Individual	Senior Masculino	01:33:50	+01:04:35	09:23
600	3226	Ruben Pita	Urb. Teodora Running Team	Senior Masculino	01:33:51	+01:04:35	09:23

Veterana F35

1	4	Solange Jesus	SC BRAGA	Veterana F35	34:04		03:24
2	1709	Inês Barreto	Individual	Veterana F35	43:10	+09:06	04:19
3	607	Filipa Neves	CUMIBROA RUNNING TEAM	Veterana F35	47:28	+13:24	04:45
4	1689	Andreia Silva	Individual	Veterana F35	48:28	+14:23	04:51
5	94	Maria Lobo	Académica Triatlo	Veterana F35	49:01	+14:57	04:54
6	1704	Diana Nobre	Individual	Veterana F35	50:08	+16:04	05:01
7	1728	Rita Bandarra	Individual	Veterana F35	50:33	+16:29	05:03
8	3288	Inês Soares	Vendas de Ceira	Veterana F35	52:19	+18:15	05:14
9	1691	Bruna Monteiro	Individual	Veterana F35	52:30	+18:25	05:15
10	817	Andrea Prada	Focus_TUU	Veterana F35	52:31	+18:26	05:15
11	1006	Sara Coelho	HCT RUNNING Team	Veterana F35	53:06	+19:01	05:19
12	1713	Karolina Mello	Individual	Veterana F35	53:34	+19:30	05:21
13	3100	Ana Botelho	Shape on You	Veterana F35	53:53	+19:49	05:23
14	1725	Patrícia Diogo	Individual	Veterana F35	53:55	+19:50	05:23
15	3131	Ana Taboada	Sky.runners	Veterana F35	53:57	+19:52	05:24
16	1723	Marta Vicente	Individual	Veterana F35	53:59	+19:55	05:24
17	1019	Sofia Pedrosa	Hospital da Luz	Veterana F35	54:12	+20:08	05:25
18	1720	Mariana Mouronho	Individual	Veterana F35	54:31	+20:27	05:27
19	980	Ana Cátia Madeira Simões	Grupo Remax White	Veterana F35	54:38	+20:34	05:28
20	459	Raquel Estrela	Clube Futebol Santa Clara	Veterana F35	55:04	+21:00	05:30
21	314	Helena Gonçalves	Botão Camp	Veterana F35	55:20	+21:16	05:32
22	1739	Sofia Pereira	Individual	Veterana F35	55:30	+21:25	05:33
23	1690	Ângela da Conceição Bessa Teixeira	Individual	Veterana F35	55:31	+21:26	05:33
24	620	Andrea Marques	DCI/Trilhos Luso Bussaco	Veterana F35	56:30	+22:25	05:39
25	3172	Vera Dias	Team Diamantino Jorge	Veterana F35	56:31	+22:26	05:39
26	1719	Mariana Fonseca	Individual	Veterana F35	56:41	+22:37	05:40
27	1688	Andreia Rodrigues Fernandes	Individual	Veterana F35	56:57	+22:53	05:42
28	3185	Sara Pinto	The Warriors	Veterana F35	57:38	+23:33	05:46
29	1741	Tânia Rodrigues	Individual	Veterana F35	57:39	+23:35	05:46
30	1744	Vânia Vieira Rodrigues	Individual	Veterana F35	57:40	+23:36	05:46
31	1727	Raquel Sá	Individual	Veterana F35	57:49	+23:45	05:47
32	22	Dora Marques	233 Club	Veterana F35	57:55	+23:51	05:48
33	919	Joana Filipa Negrão Barbosa	Frutibairrada	Veterana F35	57:55	+23:51	05:48
34	2733	Ana Miguel	MSC - Mais Saúde Coimbra	Veterana F35	58:09	+24:05	05:49
35	2735	Andreia Mesquita	MSC - Mais Saúde Coimbra	Veterana F35	58:27	+24:23	05:51
36	1733	Sara Sabino	Individual	Veterana F35	58:36	+24:32	05:52

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37	653	Mónica Ventura	Domus Trail	Veterana F35	58:38	+24:33	05:52
38	1729	Rita Lagos	Individual	Veterana F35	58:57	+24:52	05:54
39	1697	Catia Santos	Individual	Veterana F35	59:00	+24:56	05:54
40	2581	Ana Ribeiro	KrushIt	Veterana F35	59:08	+25:03	05:55
41	328	Ana Andrei Antão Barata	RunAway Club	Veterana F35	59:30	+25:26	05:57
42	51	Claudia Ventura	Abutres	Veterana F35	59:31	+25:27	05:57
43	1721	Marília Cruz	Individual	Veterana F35	59:32	+25:28	05:57
44	3000	Sara Santos	Run4Beer	Veterana F35	59:36	+25:31	05:58
45	1026	Mariana Póvoa	HOT.Runners	Veterana F35	59:59	+25:55	06:00
46	3001	Tânia Silva	Run4Beer	Veterana F35	01:00:05	+26:01	06:01
47	2879	Diana Micaela Varelas Oliveira	Owlpharma Team	Veterana F35	01:00:07	+26:03	06:01
48	1693	Catarina Fortunato	Individual	Veterana F35	01:00:10	+26:06	06:01
49	1731	Sara Felício	Individual	Veterana F35	01:00:17	+26:13	06:02
50	560	Jennifer Antunes	CPT Coimbra	Veterana F35	01:00:21	+26:17	06:02
51	1685	Ana Sousa	Individual	Veterana F35	01:00:27	+26:22	06:03
52	821	Cátia Santos	Focus_TUU	Veterana F35	01:00:27	+26:23	06:03
53	819	Carolina Rato	Focus_TUU	Veterana F35	01:00:42	+26:38	06:04
54	1701	Cristina Fonseca	Individual	Veterana F35	01:00:54	+26:49	06:05
55	1724	Natália Oliveira	Individual	Veterana F35	01:00:56	+26:51	06:06
56	823	Renata Patrao	Focus_TUU	Veterana F35	01:01:07	+27:03	06:07
57	1717	Mafalda Martinho	Individual	Veterana F35	01:01:12	+27:07	06:07
58	818	Carolina Abreu	Focus_TUU	Veterana F35	01:01:21	+27:17	06:08
59	93	Maria Lobo	Académica Triatlo	Veterana F35	01:01:22	+27:17	06:08
60	1699	Cláudia Raposo	Individual	Veterana F35	01:01:34	+27:29	06:09
61	3101	Cátia Tavares Ferreira	Shape on You	Veterana F35	01:01:40	+27:36	06:10
62	1740	Tânia Brejo	Individual	Veterana F35	01:02:06	+28:02	06:13
63	1742	Tatiana Queirós	Individual	Veterana F35	01:02:13	+28:09	06:13
64	2779	Sara Galvão	Nelson Gym	Veterana F35	01:02:29	+28:25	06:15
65	95	Miriam Queiroz	Académica Triatlo	Veterana F35	01:02:38	+28:33	06:16
66	1706	Filipa Ferreira	Individual	Veterana F35	01:02:48	+28:44	06:17
67	1734	Silvana Marques de Jesus	Individual	Veterana F35	01:03:05	+29:01	06:19
68	559	Bruna Ferreira	CPT Coimbra	Veterana F35	01:03:18	+29:14	06:20
69	223	Soraia Martins	ARCD Venda da Luísa Trail	Veterana F35	01:03:32	+29:28	06:21
70	1714	Letícia Sodr�	Individual	Veterana F35	01:03:41	+29:37	06:22
71	313	Diana Lourenço	Botão Camp	Veterana F35	01:03:49	+29:45	06:23
72	602	Ana Inês Rondão	CTCV40 Power	Veterana F35	01:03:51	+29:46	06:23
73	1681	Ana Carolina Nunes Esteves Castanheira	Individual	Veterana F35	01:03:56	+29:52	06:24
74	1703	Diana Gaspar	Individual	Veterana F35	01:04:55	+30:51	06:29
75	827	Xana Ferraz	Focus_TUU	Veterana F35	01:05:02	+30:58	06:30
76	702	Daniela Filipa Seiça Basílio	Família Basílio	Veterana F35	01:05:16	+31:12	06:32
77	306	Andreia Alves	Big Bang Runners	Veterana F35	01:05:23	+31:18	06:32
78	825	Sara Ferreira	Focus_TUU	Veterana F35	01:05:35	+31:30	06:33
79	3058	Inês Filipa Silva Coelho	Sanfil	Veterana F35	01:05:50	+31:45	06:35
80	2890	Diana Cardoso	Pascoalitos	Veterana F35	01:05:52	+31:48	06:35
81	1680	Alice Morgado	Individual	Veterana F35	01:05:54	+31:50	06:35
82	2734	Ana Rita Campos	MSC - Mais Saúde Coimbra	Veterana F35	01:06:04	+32:00	06:36

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83	2739	Vanessa Vieira	MSC - Mais Saúde Coimbra	Veterana F35	01:06:08	+32:04	06:37
84	2858	Joana Inês Santos	Os Promessa	Veterana F35	01:06:18	+32:14	06:38
85	2552	Mónica Ruivo	K STUDIO RUNNING TEAM	Veterana F35	01:06:24	+32:20	06:38
86	1738	Sofia Marques	Individual	Veterana F35	01:06:28	+32:24	06:39
87	1708	Helena Isabel Prata Domingues	Individual	Veterana F35	01:06:35	+32:30	06:39
88	1735	Sílvia Leal de Andrade	Individual	Veterana F35	01:06:41	+32:36	06:40
89	3084	DYELLE LEYDEN AMARAL SANTOS	SEVEN RUN	Veterana F35	01:06:43	+32:39	06:40
90	816	Ana Leite	Focus_TUU	Veterana F35	01:07:07	+33:03	06:43
91	1694	Cátia Agostinho	Individual	Veterana F35	01:07:14	+33:10	06:43
92	1743	Telma Margalho	Individual	Veterana F35	01:07:17	+33:12	06:44
93	2736	Inês Vidal	MSC - Mais Saúde Coimbra	Veterana F35	01:07:33	+33:29	06:45
94	1712	Joana Marta Carvalho Miranda Augusto Roque	Individual	Veterana F35	01:07:57	+33:53	06:48
95	1700	Cristiana Raquel Alves Duarte	Individual	Veterana F35	01:07:58	+33:53	06:48
96	824	Rosana Santos	Focus_TUU	Veterana F35	01:08:10	+34:06	06:49
97	2738	Vanessa Braga	MSC - Mais Saúde Coimbra	Veterana F35	01:08:19	+34:15	06:50
98	1711	Joana Araújo	Individual	Veterana F35	01:08:37	+34:32	06:52
99	826	Tânia Duarte	Focus_TUU	Veterana F35	01:09:21	+35:17	06:56
100	1692	Carolina Goncalves	Individual	Veterana F35	01:09:23	+35:19	06:56
101	2602	Carolina Dinis	Light Runners	Veterana F35	01:10:06	+36:02	07:01
102	3302	Tânia Margarida Pereira Simões	Vizinhos	Veterana F35	01:10:53	+36:49	07:05
103	1684	Ana Pereira	Individual	Veterana F35	01:11:21	+37:17	07:08
104	3059	Raquel João Simões Abrantes	Sanfil	Veterana F35	01:11:30	+37:25	07:09
105	2962	Lillian Castelão	RM RUNNERS	Veterana F35	01:11:38	+37:34	07:10
106	1702	Daniela Santos Silva	Individual	Veterana F35	01:11:50	+37:46	07:11
107	700	Isa Gomes	Eurekas	Veterana F35	01:14:27	+40:22	07:27
108	70	Tânia Cruz	Academia de Desportos de Condeixa	Veterana F35	01:15:39	+41:35	07:34
109	947	Juliana Catarino	Gira Sol	Veterana F35	01:15:48	+41:43	07:35
110	948	Tânia Faria	Gira Sol	Veterana F35	01:15:48	+41:44	07:35
111	2737	Sara Constante	MSC - Mais Saúde Coimbra	Veterana F35	01:16:34	+42:30	07:39
112	2591	Filipa Ferraz	Law & Disorder	Veterana F35	01:16:57	+42:52	07:42
113	2592	Maria Miguel Rosmaninho	Law & Disorder	Veterana F35	01:16:57	+42:53	07:42
114	918	Cátia Sofia dos Santos da Conceição	Frutibairrada	Veterana F35	01:16:59	+42:55	07:42
115	1726	Raquel Correia	Individual	Veterana F35	01:17:01	+42:56	07:42
116	1710	Inês Catarina Barbosa Gonçalves	Individual	Veterana F35	01:19:27	+45:22	07:57
117	1705	Dora Patrícia Freire dos Santos	Individual	Veterana F35	01:19:36	+45:31	07:58
118	1737	Sofia Ferreira	Individual	Veterana F35	01:20:34	+46:30	08:03
119	925	Joana Santos	FUN RUN GIRLS CLUB	Veterana F35	01:22:11	+48:07	08:13
120	1687	Andreia Pereira	Individual	Veterana F35	01:22:36	+48:32	08:16
121	133	Luísa Nora	Academistas de Murtede	Veterana F35	01:24:34	+50:30	08:27

1	8	Rafaela Fonseca	SC BEIRA MAR	Veterana F40	35:33	03:33
2	927	Inês Costa	funrunners fit&fun	Veterana F40	43:25	+07:51 04:20
3	2740	Alice Brito	MSC - Mais Saúde Coimbra	Veterana F40	43:36	+08:03 04:22

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4	672	Clara Sofia Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	46:30	+10:57	04:39
5	72	ANABELA SANTIAGO MARQUES	Academia de Desportos de Condeixa	Veterana F40	47:11	+11:38	04:43
6	3149	Joana Marreco	STRUE ENGENHARIA	Veterana F40	47:40	+12:07	04:46
7	838	Taciana Maria Campos Goes de Freitas	Focus_TUU	Veterana F40	49:57	+14:24	05:00
8	1747	Ana Cristina Fernandes Ferreira	Individual	Veterana F40	50:49	+15:16	05:05
9	401	Cristina Silva	Casa Benfica Bairrada	Veterana F40	50:54	+15:21	05:05
10	3174	Liliana Lopes	Team Diamantino Jorge	Veterana F40	51:10	+15:36	05:07
11	2538	DORA SILVA	JM FITNESS	Veterana F40	51:10	+15:37	05:07
12	943	Raquel Gonçalves	GGinho	Veterana F40	51:44	+16:11	05:10
13	1810	Sónia Lemos	Individual	Veterana F40	52:00	+16:27	05:12
14	1819	Vera Tomé	Individual	Veterana F40	52:10	+16:37	05:13
15	1776	Juliana Pratas	Individual	Veterana F40	52:18	+16:45	05:14
16	1788	Marta Varandas	Individual	Veterana F40	53:13	+17:40	05:19
17	1791	Mónica Marques	Individual	Veterana F40	53:13	+17:40	05:19
18	1749	Ana Malhão	Individual	Veterana F40	53:42	+18:09	05:22
19	1808	Sílvia Gouveia	Individual	Veterana F40	54:27	+18:54	05:27
20	1789	Mércia Bezerra	Individual	Veterana F40	54:37	+19:04	05:28
21	1764	Gisela Oliveira	Individual	Veterana F40	54:39	+19:06	05:28
22	3102	Ana Neves	Shape on You	Veterana F40	54:48	+19:15	05:29
23	34	Amanda Guapo	AAC - Remo	Veterana F40	54:53	+19:20	05:29
24	1812	Tânia Rodrigues	Individual	Veterana F40	54:55	+19:22	05:29
25	835	Joana Catarina Santos	Focus_TUU	Veterana F40	54:59	+19:26	05:30
26	675	Sandra Maciel	Escola de Atletismo de Coimbra/JPaiva	Veterana F40	55:01	+19:28	05:30
27	96	Ana Filipa santos	Académica Triatlo	Veterana F40	55:13	+19:40	05:31
28	1775	JOSIANE ANTONIA DAS CHAGAS	Individual	Veterana F40	55:15	+19:42	05:32
29	3175	Monica Parente	Team Diamantino Jorge	Veterana F40	55:19	+19:45	05:32
30	643	Inês Dias	Dias & Companhia Lda	Veterana F40	55:36	+20:03	05:34
31	35	Isa Neves	AAC - Remo	Veterana F40	55:51	+20:18	05:35
32	1804	Sandra Antunes	Individual	Veterana F40	56:03	+20:30	05:36
33	2624	Filipa Bagulho	Longevity Team	Veterana F40	56:04	+20:31	05:36
34	497	Raquel Juliana Batista Lourenço Rondão	Coimbra Trail Running	Veterana F40	56:05	+20:32	05:36
35	1748	Ana Luisa Santos Dias	Individual	Veterana F40	56:08	+20:35	05:37
36	1783	Mariana Campos	Individual	Veterana F40	56:15	+20:42	05:37
37	1771	Joana Margarida Rosmaninho Salgado	Individual	Veterana F40	56:20	+20:47	05:38
38	1763	Filipa Mascarenhas Melo	Individual	Veterana F40	56:21	+20:48	05:38
39	1790	Milena Rouxinol	Individual	Veterana F40	56:34	+21:01	05:39
40	1794	Nizia Isidoro	Individual	Veterana F40	56:43	+21:10	05:40
41	1817	Vera Marques	Individual	Veterana F40	56:55	+21:22	05:41
42	53	Patrícia Lopes	Abutres	Veterana F40	56:56	+21:23	05:42
43	2745	Sara Marcelino	MSC - Mais Saúde Coimbra	Veterana F40	56:57	+21:24	05:42
44	1784	Marisa Amaral de Almeida	Individual	Veterana F40	57:11	+21:38	05:43
45	1759	Daniela Aparecida de Oliveira	Individual	Veterana F40	57:12	+21:39	05:43
46	1786	Marta Cardoso	Individual	Veterana F40	57:23	+21:50	05:44
47	2658	Joana Filipa Batista Santos	Manas Bifanas	Veterana F40	57:28	+21:55	05:45

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94	315	Rita Trindade	Botão Camp	Veterana F40	01:03:49	+28:16	06:23
95	830	Célia Rodrigues	Focus_TUU	Veterana F40	01:03:52	+28:19	06:23
96	2649	Ângela Almeida	Maltha	Veterana F40	01:04:32	+28:59	06:27
97	981	Ana Catarina Cunha Fernandes Silva	Grupo Remax White	Veterana F40	01:04:32	+28:59	06:27
98	1770	Joana Castanheira	Individual	Veterana F40	01:04:33	+29:00	06:27
99	2963	Joana Rodrigues	RM RUNNERS	Veterana F40	01:04:53	+29:20	06:29
100	433	Maria Adriana Mateus Canelas Teixeira Dias	Cioga runners	Veterana F40	01:04:56	+29:23	06:30
101	3262	Sofia Rodrigues	URCR 2025 & Amigos	Veterana F40	01:05:29	+29:56	06:33
102	2746	Susana Domingues	MSC - Mais Saúde Coimbra	Veterana F40	01:05:36	+30:03	06:34
103	2781	Paula Rocha	Nelson Gym	Veterana F40	01:05:51	+30:18	06:35
104	1807	Sara João Carvalho	Individual	Veterana F40	01:05:53	+30:19	06:35
105	2744	Lara Coelho	MSC - Mais Saúde Coimbra	Veterana F40	01:06:04	+30:31	06:36
106	3173	Ana Rita Castanheira	Team Diamantino Jorge	Veterana F40	01:06:23	+30:50	06:38
107	2943	Ana Margarida França	RI.JO HYBRID TEAM	Veterana F40	01:06:25	+30:52	06:38
108	1805	Sandra Gonçalves	Montanha Clube Trail Running/Efapel	Veterana F40	01:06:26	+30:53	06:39
109	1792	Nádia Moura	Individual	Veterana F40	01:06:56	+31:23	06:42
110	832	Cristina Coelho	Focus_TUU	Veterana F40	01:07:06	+31:33	06:43
111	2547	yuri dias	JOVASE Trail Running	Veterana F40	01:07:19	+31:45	06:44
112	1773	Joana Rodrigues	Individual	Veterana F40	01:07:27	+31:54	06:45
113	2896	Liliana Santos	Pernas de Javali	Veterana F40	01:07:33	+32:00	06:45
114	1750	Ana Marques	Individual	Veterana F40	01:07:38	+32:05	06:46
115	3303	Marta Sofia dos Santos Falcão	Vizinhos	Veterana F40	01:08:30	+32:57	06:51
116	2603	Inês Sobral	Light Runners	Veterana F40	01:08:32	+32:59	06:51
117	1746	Ana Célia Henriques Antunes	Individual	Veterana F40	01:08:48	+33:14	06:53
118	1767	Isa Reis	Individual	Veterana F40	01:09:01	+33:28	06:54
119	2964	Julia Alves	RM RUNNERS	Veterana F40	01:09:26	+33:53	06:57
120	3065	Joana Raquel Silveira Cavaleiro	Sanfil	Veterana F40	01:09:27	+33:54	06:57
121	840	Vera Cordeiro	Focus_TUU	Veterana F40	01:09:35	+34:02	06:58
122	3062	Carla Cristina Mendes Ângelo	Sanfil	Veterana F40	01:09:38	+34:05	06:58
123	3292	Verónica Montevideo	Vero&Bruno	Veterana F40	01:09:42	+34:09	06:58
124	829	Carla Maranhão	Focus_TUU	Veterana F40	01:09:52	+34:19	06:59
125	837	Rita Januário	Focus_TUU	Veterana F40	01:10:06	+34:32	07:01
126	3068	Sónia Margarida Travassos Rama	Sanfil	Veterana F40	01:10:06	+34:33	07:01
127	3132	Carolina Ferrão	Sky.runners	Veterana F40	01:10:52	+35:18	07:05
128	839	Vanessa Gonçalves	Focus_TUU	Veterana F40	01:10:59	+35:26	07:06
129	2780	Anastácia Assunção Zuzarte	Nelson Gym	Veterana F40	01:11:06	+35:33	07:07
130	1785	Marisa Gonçalves	Individual	Veterana F40	01:11:21	+35:48	07:08
131	834	Filipa marques	Focus_TUU	Veterana F40	01:11:46	+36:13	07:11
132	1818	Vera Mónica Santos de Vasconcelos	Individual	Veterana F40	01:12:57	+37:24	07:18
133	2741	Cláudia Almeida	MSC - Mais Saúde Coimbra	Veterana F40	01:13:26	+37:53	07:21
134	3064	Diana Maura dos Santos Rodrigues	Sanfil	Veterana F40	01:13:42	+38:09	07:22
135	828	Ana Abreu	Focus_TUU	Veterana F40	01:14:08	+38:35	07:25
136	1798	Paula Fonseca	Individual	Veterana F40	01:14:12	+38:39	07:25
137	2604	Patrícia Coelho	Light Runners	Veterana F40	01:14:17	+38:44	07:26
138	3069	Sonia Rijo Simoes	Sanfil	Veterana F40	01:14:19	+38:46	07:26

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139	1002	Andreia Patrícia C. Oliveira	Happy's	Veterana F40	01:14:55	+39:22	07:30
140	1800	Raquel Nogueira	Individual	Veterana F40	01:15:15	+39:42	07:32
141	2742	Inês Alexandrino	MSC - Mais Saúde Coimbra	Veterana F40	01:15:16	+39:43	07:32
142	949	Mónica Dias	Gira Sol	Veterana F40	01:15:48	+40:15	07:35
143	1795	NORMA CHRISTIE WANZELER SILVA	Individual	Veterana F40	01:15:52	+40:19	07:35
144	2605	Véronique Seco	Light Runners	Veterana F40	01:15:54	+40:21	07:35
145	571	Carla Lisboa	CPT Sobral de Ceira	Veterana F40	01:16:13	+40:39	07:37
146	983	Marcela Martins de Lima	Grupo Remax White	Veterana F40	01:17:05	+41:32	07:43
147	476	Joana Santos	CluVe - Clube Veteranos de Atletismo de Coimbra	Veterana F40	01:17:17	+41:44	07:44
148	1803	Sabina Carvalho	Individual	Veterana F40	01:17:58	+42:25	07:48
149	1772	Joana Marta Lopes Simões	Individual	Veterana F40	01:18:12	+42:39	07:49
150	322	Lydiane Bragunci Bedeschi	BragunciMadeira	Veterana F40	01:19:25	+43:51	07:56
151	1782	Maria Sarabando	Individual	Veterana F40	01:19:27	+43:53	07:57
152	2994	Ana Barreira	Run 4 your LIFE	Veterana F40	01:20:03	+44:30	08:00
153	1754	Andreia Almeida	Individual	Veterana F40	01:20:18	+44:45	08:02
154	1801	Raquel Sofia Barros Dias	Individual	Veterana F40	01:20:30	+44:57	08:03
155	1809	Sofia Alexandra das Neves Gandarez	Individual	Veterana F40	01:22:37	+47:03	08:16
156	2948	Viviana Estêvão	RI.JO HYBRID TEAM	Veterana F40	01:22:42	+47:09	08:16
157	3067	Maria Carolina Pinto de Matos Rodrigues	Sanfil	Veterana F40	01:22:48	+47:15	08:17
158	1813	Telma Antunes	Individual	Veterana F40	01:23:57	+48:24	08:24
159	3327	Ines Sousa	ZeTor	Veterana F40	01:24:13	+48:39	08:25
160	372	Joana Monteiro	Câmara Municipal de Coimbra	Veterana F40	01:25:39	+50:06	08:34
161	2797	Inês Rosendo	Olympic Silvas	Veterana F40	01:36:02	+01:00:29	09:36

Veterana F45

1	677	Célia Alves	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	41:42	04:10
2	612	Maribel Cardoso	DAR Recardães	Veterana F45	44:23	+02:41 04:26
3	209	Ana Luisa Branco Fernandes	Arcd Venda Da Luísa	Veterana F45	45:16	+03:34 04:32
4	966	Maria de Lurdes Coimbras	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterana F45	46:53	+05:10 04:41
5	1868	Tânia Mateus	Individual	Veterana F45	47:51	+06:08 04:47
6	501	Tania Batista	Coimbra Trail Running	Veterana F45	48:05	+06:22 04:49
7	54	Marina Caetano	Abutres	Veterana F45	48:37	+06:54 04:52
8	98	Natália Silva	Académica Triatlo	Veterana F45	49:39	+07:56 04:58
9	623	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F45	49:47	+08:05 04:59
10	1857	Natalina Almeida	Individual	Veterana F45	50:02	+08:19 05:00
11	1862	Rute Aguiar de Melo	Individual	Veterana F45	51:22	+09:39 05:08
12	1852	Marta Sofia	Individual	Veterana F45	52:29	+10:46 05:15
13	1863	Sandrina Pereira	Individual	Veterana F45	52:49	+11:06 05:17
14	309	Silvia Gomes	Boat Crew 2	Veterana F45	52:57	+11:14 05:18
15	1835	Catarina Simoes	Individual	Veterana F45	53:18	+11:35 05:20
16	984	Daniela Catulo	Grupo Remax White	Veterana F45	53:27	+11:45 05:21
17	227	SUZANA SANTO	ARCD Venda da Luísa Trail	Veterana F45	53:38	+11:55 05:22

10KM

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OFFICIAL RESULT

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18	1828	Andrea Manuela Simões Henriques	Individual	Veterana F45	53:48	+12:05	05:23
19	1851	Marta Fonseca	Individual	Veterana F45	53:52	+12:09	05:23
20	624	Paula Pedro	DCI/Trilhos Luso Bussaco	Veterana F45	53:56	+12:13	05:24
21	3268	Sandra Reis	URCR 2025 & Amigos	Veterana F45	53:56	+12:13	05:24
22	1867	Susana Matos	Individual	Veterana F45	53:57	+12:14	05:24
23	950	Mónica Rocha	Gira Sol	Veterana F45	53:57	+12:15	05:24
24	1030	Catarina Sequeira	HOT.Runners	Veterana F45	54:01	+12:18	05:24
25	1830	Arminda Almeida	Individual	Veterana F45	55:12	+13:29	05:31
26	676	Ana Rebola	Escola de Atletismo de Coimbra/JPaiva	Veterana F45	55:47	+14:04	05:35
27	1838	Filipa barreira	Individual	Veterana F45	55:53	+14:10	05:35
28	622	Helena Lopes	DCI/Trilhos Luso Bussaco	Veterana F45	56:14	+14:31	05:37
29	210	Sílvia costa	Arcd Venda Da Luísa	Veterana F45	56:28	+14:46	05:39
30	3264	António Santos	URCR 2025 & Amigos	Veterana F45	57:17	+15:34	05:44
31	376	Andreia Sofia Curado de Almeida	Câmara Municipal de Coimbra	Veterana F45	57:23	+15:40	05:44
32	324	Filipa Bernardo	Branco & Tinto	Veterana F45	57:24	+15:42	05:44
33	2554	Andreia Catarino	K STUDIO RUNNING TEAM	Veterana F45	57:25	+15:42	05:45
34	3134	Filipa Sousa	Sky.runners	Veterana F45	57:28	+15:45	05:45
35	2699	Isabel Jesus	MIRO TRAIL	Veterana F45	57:29	+15:46	05:45
36	1829	Andreia Couceiro	Individual	Veterana F45	57:30	+15:47	05:45
37	846	Olga Caramelo	Focus_TUU	Veterana F45	57:33	+15:51	05:45
38	985	Marta Mateus	Grupo Remax White	Veterana F45	57:36	+15:53	05:46
39	2949	Joana Nogueira	RI.JO HYBRID TEAM	Veterana F45	57:37	+15:54	05:46
40	1837	Dora Perpétua	Individual	Veterana F45	57:51	+16:08	05:47
41	841	Conceição Costa	Focus_TUU	Veterana F45	58:03	+16:20	05:48
42	437	Brigite Clemente	Clementinas & Companhia	Veterana F45	58:26	+16:44	05:51
43	462	SONIA CLARA SANTOS FRADE	Clube Millennium BCP	Veterana F45	58:49	+17:06	05:53
44	195	Ana Lucas	Ameal Trail	Veterana F45	58:54	+17:11	05:53
45	3106	Esmeralda Carvalho	Shape on You	Veterana F45	59:00	+17:17	05:54
46	1029	Ana Oliveira	HOT.Runners	Veterana F45	59:23	+17:40	05:56
47	2700	Susana Baptista	MIRO TRAIL	Veterana F45	59:28	+17:46	05:57
48	379	Sandra Sofia Pereira Simões	Câmara Municipal de Coimbra	Veterana F45	59:50	+18:07	05:59
49	416	Sónia Cristina de Oliveira Pinho	CDCamarneira	Veterana F45	59:54	+18:11	05:59
50	436	Angela Clemente	Clementinas & Companhia	Veterana F45	59:57	+18:14	06:00
51	1864	Sílvia Matos	Individual	Veterana F45	01:00:11	+18:29	06:01
52	1855	Mónica Marcelino	Individual	Veterana F45	01:00:20	+18:38	06:02
53	1848	Lina Santos	Individual	Veterana F45	01:00:26	+18:43	06:03
54	226	Graça Simões	ARCD Venda da Luísa Trail	Veterana F45	01:00:43	+19:00	06:04
55	922	Marta Barbosa	Fugidos do Sofá	Veterana F45	01:00:45	+19:02	06:05
56	3217	Carla Lemos	Uma Questão de Atitude	Veterana F45	01:00:48	+19:05	06:05
57	18	Susana Lobo	100 Ritmo	Veterana F45	01:01:02	+19:19	06:06
58	3266	Cidália Rodrigues	URCR 2025 & Amigos	Veterana F45	01:01:12	+19:29	06:07
59	2625	Sofia valente	Longevity Team	Veterana F45	01:01:16	+19:33	06:08
60	330	Helena Sarges	C.F. “Os Marialvas”	Veterana F45	01:01:30	+19:47	06:09
61	1865	Sofia Isabel Rodrigues Lemos	Individual	Veterana F45	01:01:51	+20:08	06:11
62	843	Luísa Ganho	Focus_TUU	Veterana F45	01:01:54	+20:11	06:11
63	2556	Sandra Rei	K STUDIO RUNNING TEAM	Veterana F45	01:02:09	+20:26	06:13

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64	1861	Rita Fernandes	Individual	Veterana F45	01:02:31	+20:48	06:15
65	2950	Vera Gomes	RI.JO HYBRID TEAM	Veterana F45	01:02:51	+21:08	06:17
66	316	Dulcínia Maria Lopes Sousa	Botão Camp	Veterana F45	01:03:49	+22:07	06:23
67	848	Sandra Ferreira	Focus_TUU	Veterana F45	01:03:52	+22:09	06:23
68	2905	Maria Bicas	Portuguese United Training Association	Veterana F45	01:04:15	+22:32	06:26
69	1827	Ana Rufino	Individual	Veterana F45	01:04:17	+22:34	06:26
70	1822	Ana Figueiredo	Individual	Veterana F45	01:04:22	+22:39	06:26
71	3071	Sandra Raquel de Jesus Ribeiro	Sanfil	Veterana F45	01:05:12	+23:29	06:31
72	842	Inês costa	Focus_TUU	Veterana F45	01:05:25	+23:42	06:32
73	695	Claudia Fontes	esTrilho	Veterana F45	01:05:49	+24:06	06:35
74	1821	Ana Figueiredo	Individual	Veterana F45	01:06:13	+24:30	06:37
75	134	Joana Nora	Academistas de Murtede	Veterana F45	01:06:39	+24:56	06:40
76	2887	Paula Santos	Pagamos para sofrer	Veterana F45	01:07:36	+25:53	06:46
77	2888	Sónia Matos	Pagamos para sofrer	Veterana F45	01:07:36	+25:54	06:46
78	1866	Sónia Conceição	Individual	Veterana F45	01:08:02	+26:19	06:48
79	1843	Joana Batista	Individual	Veterana F45	01:08:18	+26:36	06:50
80	996	Sandra Liceia	GRVilaverdense	Veterana F45	01:08:26	+26:43	06:51
81	263	A Burnay	Atletas ao Domingo	Veterana F45	01:08:28	+26:45	06:51
82	847	Sandra Ferreira	Focus_TUU	Veterana F45	01:08:36	+26:54	06:52
83	3222	Nohélia Cartaxo	Unidos Run Team / As Oliveirinhas	Veterana F45	01:08:47	+27:04	06:53
84	3221	CARLA SANTOS	Unidos Run Team / As Oliveirinhas	Veterana F45	01:08:48	+27:05	06:53
85	3204	Eliana Tavares	TSE	Veterana F45	01:09:00	+27:17	06:54
86	2606	Mariya Oliveira	Light Runners	Veterana F45	01:09:02	+27:19	06:54
87	844	Marta Mendes	Focus_TUU	Veterana F45	01:09:09	+27:27	06:55
88	3265	Catarina Rénio	URCR 2025 & Amigos	Veterana F45	01:09:28	+27:45	06:57
89	1853	Micaela Pires	Individual	Veterana F45	01:09:30	+27:47	06:57
90	2902	Sofia Pinheiro	Porteladinha	Veterana F45	01:09:41	+27:58	06:58
91	704	Ana Cristina Novo Azeiteiro	Farmácia Luciano e Matos	Veterana F45	01:09:48	+28:06	06:59
92	707	Simona Burduja	Farmácia Luciano e Matos	Veterana F45	01:09:49	+28:06	06:59
93	706	Mónica Mota da Cunha	Farmácia Luciano e Matos	Veterana F45	01:09:50	+28:07	06:59
94	1858	Olga Martins	Individual	Veterana F45	01:10:06	+28:23	07:01
95	2650	Cátia Alexandra Primo Martins	Maltha	Veterana F45	01:11:20	+29:37	07:08
96	1824	Ana Neves	Individual	Veterana F45	01:11:22	+29:39	07:08
97	264	Sara Pereira	Atletas ao Domingo	Veterana F45	01:11:42	+29:59	07:10
98	378	Joana lopes	Câmara Municipal de Coimbra	Veterana F45	01:12:04	+30:21	07:12
99	2886	Katarina Augusto	Pagamos para sofrer	Veterana F45	01:12:20	+30:37	07:14
100	1831	Carla Brás	Individual	Veterana F45	01:12:39	+30:56	07:16
101	375	Ana Godinho	Câmara Municipal de Coimbra	Veterana F45	01:12:55	+31:12	07:18
102	1844	Joana Espirito-Santo	Individual	Veterana F45	01:12:57	+31:14	07:18
103	3152	Cláudia Madeira	Sunday group	Veterana F45	01:12:59	+31:17	07:18
104	377	Carla Manuel Ferreira de Carvalho Braz Cardoso	Câmara Municipal de Coimbra	Veterana F45	01:13:36	+31:54	07:22
105	1839	Filipa Pedrosa	Individual	Veterana F45	01:13:37	+31:54	07:22
106	849	Susana Martins	Focus_TUU	Veterana F45	01:13:45	+32:03	07:23
107	705	Mélanie Duarte	Farmácia Luciano e Matos	Veterana F45	01:13:49	+32:06	07:23
108	1860	Raquel Nobre	Individual	Veterana F45	01:14:16	+32:33	07:26

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21	597	Laurinda Pereira	CSKD	Veterana F50	57:07	+14:20	05:43
22	2557	Claudia Susana Ligeiro Vaz	K STUDIO RUNNING TEAM	Veterana F50	57:25	+14:38	05:44
23	3121	Stephanie Silva	SicóTrilhos	Veterana F50	57:26	+14:39	05:45
24	3135	Elsa Marques	Sky.runners	Veterana F50	57:33	+14:46	05:45
25	3338	Guida Ferreira	ASCV ASSOCIAÇÃO SOCIO CULTURAL DA VALEIRINHA	Veterana F50	57:51	+15:04	05:47
26	1881	Diana Mafalda Almeida e Costa Barreira	Individual	Veterana F50	57:51	+15:04	05:47
27	213	Maria João Benquerença	Arcd Venda Da Luísa	Veterana F50	57:59	+15:12	05:48
28	1899	Sandra Paulo	Individual	Veterana F50	58:11	+15:24	05:49
29	73	Sandra Ponte	Academia de Desportos de Condeixa	Veterana F50	58:28	+15:41	05:51
30	1902	Teresa Tavares	Individual	Veterana F50	58:29	+15:42	05:51
31	1891	Maria João	Individual	Veterana F50	58:34	+15:47	05:51
32	151	Cristina Gomes	Acordo, Logo Supero	Veterana F50	58:56	+16:09	05:54
33	229	Luísa Lacerda	ARCD Venda da Luísa Trail	Veterana F50	59:25	+16:38	05:56
34	1873	Ana Alexandra de Jesus Rodrigues dos Santos	Individual	Veterana F50	59:58	+17:11	06:00
35	1877	Carla Cláudia Esperança da Silva Simões	Individual	Veterana F50	01:00:44	+17:57	06:04
36	716	Sónia Gomes de Oliveira	Figueira Kayak Clube	Veterana F50	01:00:54	+18:07	06:05
37	228	Judite Duarte	ARCD Venda da Luísa Trail	Veterana F50	01:02:18	+19:31	06:14
38	1883	Elsa Patricio	Individual	Veterana F50	01:02:19	+19:32	06:14
39	2981	Ana Claudia Guedes	Rugby clube de coimbra	Veterana F50	01:03:23	+20:36	06:20
40	381	MARIA DE FATIMA DELGADO	Câmara Municipal de Coimbra	Veterana F50	01:03:33	+20:46	06:21
41	1890	Maria Gomes	Individual	Veterana F50	01:03:38	+20:51	06:22
42	1892	Mariana Perdigão	Individual	Veterana F50	01:03:43	+20:56	06:22
43	2805	Sónia Vieira	On Move BPR	Veterana F50	01:03:43	+20:56	06:22
44	1893	Marta Cro	Individual	Veterana F50	01:04:33	+21:46	06:27
45	854	Márcia P	Focus_TUU	Veterana F50	01:05:05	+22:18	06:31
46	417	Ana Bela Pedro	CDCamarneira	Veterana F50	01:05:12	+22:25	06:31
47	1878	Carla claudino	Individual	Veterana F50	01:05:56	+23:10	06:36
48	2708	Célia Carvalho	Montanha Clube Trail Running/Efapel	Veterana F50	01:06:26	+23:40	06:39
49	2539	Lurdes Antunes	JM FITNESS	Veterana F50	01:07:29	+24:42	06:45
50	2846	Paula Tavares	Os Papa Milhas	Veterana F50	01:08:22	+25:35	06:50
51	1874	Ana Lima	Individual	Veterana F50	01:08:23	+25:36	06:50
52	1901	Susana Margarida Morais Regalo	Individual	Veterana F50	01:08:40	+25:53	06:52
53	2582	Sandra Fonseca	KrushIt	Veterana F50	01:09:58	+27:11	07:00
54	3073	Sara Elisabete Silvestre Pinheiro	Sanfil	Veterana F50	01:10:06	+27:20	07:01
55	261	Dulce Medeiros	AST - Avelar Sunset Team	Veterana F50	01:10:34	+27:47	07:03
56	1031	Isabel Nunes	HOT.Runners	Veterana F50	01:12:04	+29:18	07:12
57	3348	Anabela Machado Ribeiro	Individual	Veterana F50	01:12:14	+29:27	07:13
58	851	Carla Rodrigues	Focus_TUU	Veterana F50	01:13:14	+30:27	07:19
59	2750	Vanda Marques	MSC - Mais Saúde Coimbra	Veterana F50	01:13:19	+30:32	07:20
60	3072	Camila da Conceição Videira dos Santos Campos	Sanfil	Veterana F50	01:13:46	+30:59	07:23
61	852	Carla Vieira	Focus_TUU	Veterana F50	01:13:51	+31:04	07:23
62	380	Cecilia	Câmara Municipal de Coimbra	Veterana F50	01:13:52	+31:05	07:23

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63	2749	Anabela Geraldo	MSC - Mais Saúde Coimbra	Veterana F50	01:14:36	+31:50	07:28
64	3089	Maria do Castelo	Sexto - Sentido Portugal	Veterana F50	01:15:05	+32:18	07:31
65	952	Carla Martins	Gira Sol	Veterana F50	01:15:48	+33:01	07:35
66	1886	M. Inês H. Antunes	Individual	Veterana F50	01:16:58	+34:12	07:42
67	155	Paula Sofia Sequeira	ACRD SEQUEIRA	Veterana F50	01:17:29	+34:42	07:45
68	3269	Elisabete Pereira Martelo	URCR 2025 & Amigos	Veterana F50	01:17:35	+34:48	07:45
69	3295	Flavia vieira	VIEIRA	Veterana F50	01:18:52	+36:05	07:53
70	1903	Zurita Dias	Individual	Veterana F50	01:20:07	+37:20	08:01

1	445	Maria João Rico	Clube de Triatlo do Fundão	Veterana F55	45:41	04:34
2	626	Manuela Mendes	DCI/Trilhos Luso Bussaco	Veterana F55	47:32	+01:51 04:45
3	625	Carla Gonçalves	DCI/Trilhos Luso Bussaco	Veterana F55	49:38	+03:57 04:58
4	2595	Rosa Lídia Silva	Ligeirinhos	Veterana F55	53:40	+07:59 05:22
5	627	Paula Duarte	DCI/Trilhos Luso Bussaco	Veterana F55	56:23	+10:42 05:38
6	266	M Veiga	Atletas ao Domingo	Veterana F55	56:35	+10:54 05:40
7	1909	Isabel Silva	Individual	Veterana F55	58:40	+12:59 05:52
8	27	Luisa Goulão	6:45	Veterana F55	01:02:09	+16:28 06:13
9	1915	Maria Paula Andrade Nogueira	Individual	Veterana F55	01:02:45	+17:04 06:16
10	2607	Ana Joaquim	Light Runners	Veterana F55	01:03:12	+17:31 06:19
11	858	Maria Gloria Andrade Santos	Focus_TUU	Veterana F55	01:03:47	+18:06 06:23
12	1904	Ana Maria	Individual	Veterana F55	01:04:31	+18:50 06:27
13	655	Cristina Carolino	Draco Runners	Veterana F55	01:04:48	+19:07 06:29
14	1914	Lurdes soares	Individual	Veterana F55	01:05:54	+20:13 06:35
15	463	MARIA ARMANDA BAIÃO LEAL FOLQUES	Clube Millennium BCP	Veterana F55	01:06:00	+20:19 06:36
16	941	Milú Gaspar	Gespares	Veterana F55	01:07:38	+21:57 06:46
17	857	Eliane Vilas Boas	Focus_TUU	Veterana F55	01:07:55	+22:14 06:48
18	1905	anabela vieira amaral	Individual	Veterana F55	01:11:25	+25:44 07:09
19	1908	Florbelá Fernandes	Individual	Veterana F55	01:11:26	+25:45 07:09
20	383	Elsa Maria Santos Costa	Câmara Municipal de Coimbra	Veterana F55	01:13:46	+28:05 07:23
21	1916	Maria Praça	Individual	Veterana F55	01:14:02	+28:21 07:24
22	1912	Licinia Almeida	Individual	Veterana F55	01:14:42	+29:01 07:28
23	452	Alexandra André	Clube Fluvial de Coimbra	Veterana F55	01:17:08	+31:27 07:43
24	26	Antonieta Abegoaria	6:45	Veterana F55	01:19:27	+33:46 07:57
25	2694	Clara Eva Miguéis	MIGUÉIS a correr	Veterana F55	01:19:37	+33:56 07:58
26	453	Armanda Matos	Clube Fluvial de Coimbra	Veterana F55	01:23:24	+37:43 08:20

1	1920	Isabel Nobre	Individual	Veterana F60	50:54	05:05
2	2696	Maria Cândida Miguéis	MIGUÉIS a correr	Veterana F60	51:55	+01:01 05:11
3	2620	Esmeralda Fiuza	Lobos da Serra Loureiro	Veterana F60	53:58	+03:04 05:24
4	253	Maria Isabel Garcia de Campos Trindade	Associação O Mundo da Corrida	Veterana F60	56:22	+05:28 05:38

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5	283	Isabel maria moniz vieira	Avelar sunset team	Veterana F60	58:06	+07:11	05:49
6	562	Fátima Machado	CPT Coimbra	Veterana F60	01:02:44	+11:49	06:16
7	859	Graça Silva	Focus_TUU	Veterana F60	01:05:48	+14:54	06:35
8	1921	Isabel Ventura	Individual	Veterana F60	01:06:00	+15:06	06:36
9	2695	Ana Maria Miguéis	MIGUÉIS a correr	Veterana F60	01:06:57	+16:03	06:42
10	1923	Jeniffer Orzatty	Individual	Veterana F60	01:10:05	+19:11	07:01
11	141	Paula Mota	ACDR Rapoula	Veterana F60	01:10:50	+19:56	07:05
12	1919	Felismina Pires	Individual	Veterana F60	01:17:11	+26:17	07:43
13	1924	Licinia Matias Carvalheiro	Individual	Veterana F60	01:25:12	+34:18	08:31
14	2975	Maria Monica Vasconcelos Mota Antunes da Cunha	Rmcasa Lda	Veterana F60	01:28:52	+37:58	08:53

1	2596	Deolinda Camarinha	Ligeirinhos	Veterana F65	51:52		05:11
2	153	Fernanda Almeida	ACR Vale de Cambra	Veterana F65	54:57	+03:04	05:30
3	2697	Maria Amélia Mendes	MIGUÉIS a correr	Veterana F65	01:00:21	+08:29	06:02
4	2900	Rosa Bispo	Pernas Inertes Lentos desde 2017	Veterana F65	01:06:24	+14:32	06:38
5	1032	Fernanda Duarte	HOT.Runners	Veterana F65	01:07:52	+15:59	06:47
6	3136	Gabriela Portugal	Sky.runners	Veterana F65	01:10:38	+18:46	07:04
7	2635	Carolina Silva	Love is in the air	Veterana F65	01:21:38	+29:46	08:10

1	629	Helder Lopes	DCI/Trilhos Luso Bussaco	Veterano M35	32:51	03:17
2	3075	Diogo Pinheiro	Sanfil	Veterano M35	34:39	+01:48 03:28
3	680	Filipe Rocha	Escola de Atletismo de Coimbra/JPaiva	Veterano M35	35:54	+03:03 03:35
4	683	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	Veterano M35	36:27	+03:36 03:39
5	960	Ricardo Neves	GR EIRENSE	Veterano M35	36:42	+03:51 03:40
6	628	Diogo Reis	DCI/Trilhos Luso Bussaco	Veterano M35	37:37	+04:46 03:46
7	331	João Marques	C.F. "Os Marialvas"	Veterano M35	38:02	+05:11 03:48
8	2614	Ricardo Santos	Lobitos BikeTeam	Veterano M35	38:22	+05:31 03:50
9	2540	Jorge Lemos	JM FITNESS	Veterano M35	39:06	+06:14 03:55
10	1944	Cameron Sanderson	Individual	Veterano M35	39:25	+06:34 03:57
11	3202	Marco Xavier	Adões Trail	Veterano M35	39:30	+06:39 03:57
12	1947	Carlos Oliveira	Individual	Veterano M35	39:34	+06:43 03:57
13	2040	Renato Seara	Individual	Veterano M35	39:40	+06:49 03:58
14	2701	Helder Henriques	MIRO TRAIL	Veterano M35	39:43	+06:51 03:58
15	1987	João Salgado	Individual	Veterano M35	40:08	+07:17 04:01
16	2615	Tiago Gandarez	Lobitos BikeTeam	Veterano M35	40:29	+07:38 04:03
17	2026	Nuno Protasio	Individual	Veterano M35	40:31	+07:39 04:03
18	1951	Daniel Duarte	Individual	Veterano M35	40:34	+07:43 04:03
19	572	Evandro Silva	CPT Sobral de Ceira	Veterano M35	40:37	+07:46 04:04
20	2031	Pedro Bastos	Individual	Veterano M35	40:53	+08:02 04:05

10KM

10 KM

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OFFICIAL RESULT

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21	2534	Mark Neves	J.Prior - Running Team	Veterano M35	40:59	+08:08	04:06
22	871	Ricardo Ramos	Focus_TUU	Veterano M35	41:18	+08:26	04:08
23	869	Nuno Simões	Focus_TUU	Veterano M35	41:18	+08:27	04:08
24	3201	Diogo Ramos	TRS	Veterano M35	41:25	+08:33	04:08
25	101	Diogo Guerra	Académica Triatlo	Veterano M35	41:30	+08:39	04:09
26	1988	João Veríssimo	Individual	Veterano M35	41:31	+08:40	04:09
27	3271	Carlos Branco	URCR 2025 & Amigos	Veterano M35	41:35	+08:44	04:10
28	2822	Sérgio Miguel Esteves Ruela	opraticante.pt	Veterano M35	42:02	+09:11	04:12
29	231	João Silva	ARCD Venda da Luísa Trail	Veterano M35	42:12	+09:21	04:13
30	504	Gilberto João Quicalango Modiz	Coimbra Trail Running	Veterano M35	42:21	+09:30	04:14
31	189	Diogo Filipe Oliveira Alves	ALTRI	Veterano M35	42:37	+09:46	04:16
32	74	Tiago João Alves Salgueiro	Academia de Desportos de Condeixa	Veterano M35	42:44	+09:53	04:16
33	613	Ivo Gonçalves	DAR Recardães	Veterano M35	42:47	+09:56	04:17
34	3314	Nuno Dinis	Welvy Running Club	Veterano M35	42:52	+10:01	04:17
35	3024	João Barbeit0	Runners&Friends	Veterano M35	43:04	+10:13	04:18
36	987	André Monteiro	Grupo Remax White	Veterano M35	43:07	+10:15	04:19
37	658	Angelo Sá	Escola de Atletismo Carlos Lopes/Lusitano	Veterano M35	43:12	+10:21	04:19
38	660	Tiago Ribeiro	Escola de Atletismo Carlos Lopes/Lusitano	Veterano M35	43:18	+10:27	04:20
39	1978	João Ferreira	Individual	Veterano M35	43:20	+10:29	04:20
40	1966	Gelies Afonso	Individual	Veterano M35	43:20	+10:29	04:20
41	1942	Bruno Simões Martins	Individual	Veterano M35	43:29	+10:38	04:21
42	1938	António José Oliveira Dias	Individual	Veterano M35	43:45	+10:54	04:23
43	2025	Nuno Fontes	Individual	Veterano M35	43:56	+11:05	04:24
44	2003	Luís Fontes	Individual	Veterano M35	43:58	+11:06	04:24
45	2576	Hugo Miguel Maurício Pais	Köyü Running Club	Veterano M35	44:13	+11:22	04:25
46	505	Rui Jorge Simões Carrito	Coimbra Trail Running	Veterano M35	44:16	+11:24	04:26
47	23	Luis Cação	233 Club	Veterano M35	44:19	+11:28	04:26
48	940	Diogo Guilherme	GERARDO STUDIO	Veterano M35	44:34	+11:43	04:27
49	418	José Manuel dos Santos Quinta	CDCamarneira	Veterano M35	44:54	+12:03	04:29
50	2037	Pedro Miguel Lopes Neto	Individual	Veterano M35	45:19	+12:27	04:32
51	2608	Nelson Rodrigues	Light Runners	Veterano M35	45:40	+12:49	04:34
52	659	João Aguiar	Escola de Atletismo Carlos Lopes/Lusitano	Veterano M35	45:44	+12:53	04:34
53	1943	Bruno Vital	Individual	Veterano M35	45:49	+12:58	04:35
54	2752	Rui Couto	MSC - Mais Saúde Coimbra	Veterano M35	45:49	+12:58	04:35
55	2017	Miguel Ferreira	Individual	Veterano M35	46:07	+13:15	04:37
56	953	Guilherme Almeida	Gira Sol	Veterano M35	46:10	+13:19	04:37
57	2057	Tiago Vaz	Individual	Veterano M35	46:19	+13:28	04:38
58	1958	Edgar Seco	Individual	Veterano M35	46:27	+13:35	04:39
59	2058	Tiago Vitória	Individual	Veterano M35	46:31	+13:40	04:39
60	3122	Jorge Henriques	SicóTrilhos	Veterano M35	46:49	+13:58	04:41
61	2063	Vítor Fonseca	Individual	Veterano M35	46:57	+14:06	04:42
62	3200	Acácio Xavier	TRS	Veterano M35	46:59	+14:08	04:42
63	2039	Pedro Santos	Individual	Veterano M35	47:05	+14:14	04:42
64	2065	Vítor Silva	Individual	Veterano M35	47:08	+14:17	04:43

10 KM

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65	2027	Paulo Alexandre Gomes dos Santos	Individual	Veterano M35	47:10	+14:19	04:43
66	3272	Carlos Lourenço	URCR 2025 & Amigos	Veterano M35	47:22	+14:31	04:44
67	1931	André Monteiro	Individual	Veterano M35	47:27	+14:35	04:45
68	3270	António Paiva	URCR 2025 & Amigos	Veterano M35	47:27	+14:36	04:45
69	866	João Figueiredo	Focus_TUU	Veterano M35	47:28	+14:36	04:45
70	351	Víctor Pinheiro	Caeser's Gin	Veterano M35	47:33	+14:42	04:45
71	3034	Luís Dias	RUNNING4FUN Team Viseu	Veterano M35	47:36	+14:45	04:46
72	359	João Oliveira	Cágados	Veterano M35	47:41	+14:50	04:46
73	1033	João Vidal	HOT.Runners	Veterano M35	47:47	+14:56	04:47
74	2045	Roberto Dias	Individual	Veterano M35	47:52	+15:01	04:47
75	2046	Rui Pereira	Individual	Veterano M35	47:57	+15:06	04:48
76	1930	André Marques	Individual	Veterano M35	47:59	+15:08	04:48
77	654	MIGUEL LOPES MESTRE	Domus Trail	Veterano M35	48:06	+15:15	04:49
78	2997	Goncalo Barreto	run2eat	Veterano M35	48:10	+15:19	04:49
79	2054	Tiago Largo	Individual	Veterano M35	48:13	+15:22	04:49
80	2013	Maxim Mironov	Individual	Veterano M35	48:19	+15:28	04:50
81	1928	André Domingues	Individual	Veterano M35	48:31	+15:40	04:51
82	644	João Lima	Dias & Companhia Lda	Veterano M35	48:40	+15:49	04:52
83	2001	Leonel Reis	Individual	Veterano M35	48:45	+15:53	04:52
84	2664	Romeu Cardoso	Maratoin@s	Veterano M35	48:54	+16:03	04:53
85	177	João Branco	ÁGUIAS DA SERRA	Veterano M35	48:58	+16:06	04:54
86	2641	Nuno Santos Rocha	Macaxeira Running Club	Veterano M35	49:00	+16:09	04:54
87	345	João Silva	Caeser's Gin	Veterano M35	49:08	+16:17	04:55
88	1967	Gonçalo Alves	Individual	Veterano M35	49:14	+16:23	04:55
89	358	João Martins	Cágados	Veterano M35	49:30	+16:38	04:57
90	2642	Pedro Carvalho	Macaxeira Running Club	Veterano M35	49:30	+16:39	04:57
91	2044	Ricardo Vitorino	Individual	Veterano M35	49:50	+16:59	04:59
92	864	Gonçalo Cruz	Focus_TUU	Veterano M35	49:51	+17:00	04:59
93	2051	Sérgio Pereira	Individual	Veterano M35	49:53	+17:02	04:59
94	2007	Marco Custódio	Individual	Veterano M35	49:54	+17:03	04:59
95	2640	Miguel Vasconcelos de Sousa	Macaxeira Running Club	Veterano M35	49:58	+17:07	05:00
96	1962	Fernando Marinho	Individual	Veterano M35	50:02	+17:11	05:00
97	1990	Jônatas Augusto Manzolli	Individual	Veterano M35	50:04	+17:13	05:00
98	2639	Joao Figueiredo	Macaxeira Running Club	Veterano M35	50:09	+17:18	05:01
99	1007	Rafael Jose Mateus Vicente	HCT RUNNING Team	Veterano M35	50:13	+17:22	05:01
100	2041	Ricardo Brito	Individual	Veterano M35	50:33	+17:42	05:03
101	2882	Paulo César Silva Santos	Owlpharma Team	Veterano M35	50:47	+17:56	05:05
102	1995	Jorge Manuel dos Santos Póvoa	Individual	Veterano M35	50:51	+18:00	05:05
103	1927	André Azambujo	Individual	Veterano M35	51:03	+18:12	05:06
104	2049	Samuel Lindo	Individual	Veterano M35	51:04	+18:12	05:06
105	1981	João Guilherme Marques Silva	Individual	Veterano M35	51:05	+18:14	05:07
106	346	Luís Galante Santiago	Caeser's Gin	Veterano M35	51:07	+18:15	05:07
107	279	Mickael Pereira	Auchan	Veterano M35	51:16	+18:25	05:08
108	2064	Vitor Silva	Individual	Veterano M35	51:20	+18:29	05:08
109	2023	Nuno Duarte	Individual	Veterano M35	51:32	+18:40	05:09
110	1972	Ivan Souto	Individual	Veterano M35	51:35	+18:44	05:10

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111	2932	Marcos Carvalho	Reload - Exercício e Saúde	Veterano M35	52:17	+19:26	05:14
112	2038	Pedro Sá	Individual	Veterano M35	52:24	+19:32	05:14
113	1959	Eduardo Domingos	Individual	Veterano M35	52:24	+19:33	05:14
114	3289	Marco Amaral	Vendas de Ceira	Veterano M35	52:49	+19:57	05:17
115	1953	David Emanuel Dias Fernandes	Individual	Veterano M35	52:50	+19:59	05:17
116	3002	Alexandre Fonseca	Run4Beer	Veterano M35	53:00	+20:08	05:18
117	3163	Sérgio Mendes	Tarucas	Veterano M35	53:02	+20:11	05:18
118	1985	João Pereira	Individual	Veterano M35	53:17	+20:26	05:20
119	2966	Tiago Jesus	RM RUNNERS	Veterano M35	53:25	+20:34	05:21
120	2782	Renato Marquês	Nelson Gym	Veterano M35	53:27	+20:36	05:21
121	1934	André Pires	Individual	Veterano M35	53:42	+20:51	05:22
122	870	Pedro Roque	Focus_TUU	Veterano M35	53:44	+20:53	05:22
123	2033	Pedro Gonçalves	Individual	Veterano M35	53:45	+20:54	05:23
124	1935	André Ventura	Individual	Veterano M35	53:55	+21:04	05:24
125	929	Flávio Silva	funrunners fit&fun	Veterano M35	53:55	+21:04	05:24
126	3137	Alexandre Veloso	Sky.runners	Veterano M35	53:56	+21:05	05:24
127	2030	Pedro Almeida Barbosa Ribeiro	Individual	Veterano M35	53:56	+21:05	05:24
128	349	Rui César	Caesar's Gin	Veterano M35	54:08	+21:17	05:25
129	2002	Lucas Biaggini Diniz Barbosa	Individual	Veterano M35	54:12	+21:21	05:25
130	3150	Igor Cardoso	STRUE ENGENHARIA	Veterano M35	54:21	+21:30	05:26
131	550	Gonçalo Pereira	Corre Que Passa!	Veterano M35	54:22	+21:30	05:26
132	1973	Ivo Alexandre Carvalho dos Reis	Individual	Veterano M35	54:24	+21:33	05:26
133	1970	Henrique Correia	Individual	Veterano M35	54:25	+21:34	05:27
134	2047	Rui Santos	Individual	Veterano M35	54:32	+21:41	05:27
135	1936	Andrés Yepes	Individual	Veterano M35	54:39	+21:48	05:28
136	2018	Mykola Florynskyi	Individual	Veterano M35	54:50	+21:59	05:29
137	1971	Hugo Vieira	Individual	Veterano M35	55:00	+22:09	05:30
138	1977	João Carreira	Individual	Veterano M35	55:06	+22:15	05:31
139	1979	João Fialho	Individual	Veterano M35	55:11	+22:20	05:31
140	3111	Rafael Albuquerque	Shape on You	Veterano M35	55:17	+22:26	05:32
141	3081	Bruno Santos	Santonurb Construções Lda	Veterano M35	55:24	+22:32	05:32
142	1969	Helder Manuel Ferreira Rico	Individual	Veterano M35	55:26	+22:35	05:33
143	645	José Filipe Dias	Dias & Companhia Lda	Veterano M35	55:31	+22:40	05:33
144	920	Gustavo Rodrigues de Almeida Simões	Frutibairrada	Veterano M35	55:33	+22:41	05:33
145	2042	Ricardo Campos	Individual	Veterano M35	55:37	+22:46	05:34
146	2059	Valter Simões	Individual	Veterano M35	55:43	+22:52	05:34
147	1976	João Carlos Amaral Matias	Individual	Veterano M35	55:48	+22:57	05:35
148	3003	António Carvalho	Run4Beer	Veterano M35	55:57	+23:06	05:36
149	3082	Telmo Craveiro	Santonurb Construções Lda	Veterano M35	55:57	+23:06	05:36
150	154	RUI FERREIRA	ACR Vale de Cambra	Veterano M35	56:17	+23:26	05:38
151	1975	João Baptista	Individual	Veterano M35	56:19	+23:28	05:38
152	2891	Silvério Silva	Pascoalitos	Veterano M35	56:38	+23:47	05:40
153	3110	Luís Elvas	Shape on You	Veterano M35	56:40	+23:49	05:40
154	2035	Pedro Mendes	Individual	Veterano M35	56:42	+23:51	05:40
155	2048	Sampaio Bruno	Individual	Veterano M35	56:45	+23:53	05:40
156	2029	Paulo Pinto	Individual	Veterano M35	56:46	+23:55	05:41

Official Timekeeper: Lap2Go	40 / 62	generate 13-dez.-2025 20:25
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Official Timekeeper: Lap2Go	41 / 62	generate 13-dez.-2025 20:25
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203	2004	Luis Manuel Silva Antonio	Individual	Veterano M35	01:04:04	+31:13	06:24
204	434	Hugo Rafael da Silva Ribeiro	Cioga runners	Veterano M35	01:04:24	+31:33	06:26
205	1957	Diego Gabriel	Individual	Veterano M35	01:04:27	+31:36	06:27
206	3203	Samuel Pinto	TRS	Veterano M35	01:04:32	+31:41	06:27
207	2032	Pedro Carneiro	Individual	Veterano M35	01:04:32	+31:41	06:27
208	1034	Jorge Carriço	HOT.Runners	Veterano M35	01:04:52	+32:01	06:29
209	1035	Vitor Mendonça	HOT.Runners	Veterano M35	01:04:52	+32:01	06:29
210	1946	Carlos Mota	Individual	Veterano M35	01:05:11	+32:20	06:31
211	146	Bruno Góis	Acelerados	Veterano M35	01:05:25	+32:34	06:32
212	364	Filipe Oliveira	CalmaRia	Veterano M35	01:05:31	+32:40	06:33
213	2679	Juan Flores	Maratontos	Veterano M35	01:05:31	+32:40	06:33
214	3169	Daniel Filipe Machado Barata	Tea, Tascas & Tendinites	Veterano M35	01:05:39	+32:47	06:34
215	3170	Rafael Gama Pereira	Tea, Tascas & Tendinites	Veterano M35	01:05:39	+32:48	06:34
216	2751	Bruno Cruz	MSC - Mais Saúde Coimbra	Veterano M35	01:06:11	+33:20	06:37
217	867	José Dinis	Focus_TUU	Veterano M35	01:06:32	+33:41	06:39
218	2011	Mário Rui Freitas Pinto	Individual	Veterano M35	01:06:39	+33:47	06:40
219	2020	Natanael Pereira	Individual	Veterano M35	01:06:56	+34:05	06:42
220	868	Luís Vaz	Focus_TUU	Veterano M35	01:08:10	+35:19	06:49
221	865	João Aveiro	Focus_TUU	Veterano M35	01:09:08	+36:17	06:55
222	862	Bruno Simões	Focus_TUU	Veterano M35	01:09:22	+36:30	06:56
223	2024	Nuno Filipe Sobral Santos	Individual	Veterano M35	01:09:25	+36:34	06:57
224	863	Francisco Monsanto	Focus_TUU	Veterano M35	01:09:36	+36:45	06:58
225	343	Bruno Almeida	Caeser's Gin	Veterano M35	01:10:31	+37:40	07:03
226	2036	Pedro Miguel dos Santos Lopes	Individual	Veterano M35	01:10:43	+37:52	07:04
227	1991	Jorge Fraga	Individual	Veterano M35	01:11:37	+38:46	07:10
228	2053	Telmo Manuel das Neves Simões	Individual	Veterano M35	01:13:08	+40:17	07:19
229	2753	Sérgio Carvalho	MSC - Mais Saúde Coimbra	Veterano M35	01:14:38	+41:47	07:28
230	2061	Vinícius Pires	Individual	Veterano M35	01:14:47	+41:56	07:29
231	1997	José Lopes	Individual	Veterano M35	01:15:04	+42:13	07:30
232	1948	Cristiano Matos	Individual	Veterano M35	01:15:05	+42:14	07:31
233	482	Duarte Ramalho	CluVe - Clube Veteranos de Atletismo de Coimbra	Veterano M35	01:17:17	+44:25	07:44
234	2806	António Salgueiro	On Move BPR	Veterano M35	01:17:30	+44:39	07:45
235	2678	Carolina Torrado	Maratontos	Veterano M35	01:19:35	+46:43	07:57
236	1960	Eunísio Domingos	Individual	Veterano M35	01:21:26	+48:35	08:09

Veterano M40

1	3	Hermano Ferreira	Escola Atletismo Coimbra/JPaiva	Veterano M40	30:59		03:06
2	409	Carlos Nunes	CASA DO POVO DE MANGUALDE	Veterano M40	35:16	+04:16	03:32
3	686	Pedro Miguel Lopes Pereira	Escola de Atletismo de Coimbra/JPaiva	Veterano M40	35:26	+04:26	03:33
4	969	Pedro Duarte	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterano M40	36:15	+05:15	03:37
5	573	Vítor Pleno	CPT Sobral de Ceira	Veterano M40	36:57	+05:57	03:42
6	955	Luís Catarino	Gira Sol	Veterano M40	37:19	+06:19	03:44

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7	3151	Bruno Marques	STRUE ENGENHARIA	Veterano M40	37:49	+06:49	03:47
8	2092	David Silva	Individual	Veterano M40	38:24	+07:24	03:50
9	2710	Bruno sousa	Montanha Clube Trail Running/Efapel	Veterano M40	39:36	+08:36	03:58
10	426	Bruno Primo	Centro de Trail Carlos Sá Penacova Team	Veterano M40	40:13	+09:13	04:01
11	424	Pedro Sequeira	Cdm Running Crew	Veterano M40	40:34	+09:34	04:03
12	3306	Nuno Ribeiro	VVTR VALONGO DO VOUGA TRAIL RUNNING	Veterano M40	40:38	+09:38	04:04
13	2996	Daniel Madeira	Run 4 your LIFE	Veterano M40	41:21	+10:21	04:08
14	2158	Miguel Alexandre Fernandes Nunes	Individual	Veterano M40	41:31	+10:31	04:09
15	111	Rui Trovão	Académica Triatlo	Veterano M40	41:32	+10:32	04:09
16	3330	Luis Jesus	ZeTor	Veterano M40	41:33	+10:33	04:09
17	2702	Eugénio Santos	MIRO TRAIL	Veterano M40	41:34	+10:34	04:09
18	2076	Bernardo Teles Fazendeiro	Individual	Veterano M40	42:14	+11:14	04:13
19	106	Filipe Canilho	Académica Triatlo	Veterano M40	42:19	+11:19	04:14
20	507	Eduardo Baptista	Coimbra Trail Running	Veterano M40	42:22	+11:22	04:14
21	2956	Marco Brásio	RI.JO HYBRID TEAM	Veterano M40	42:33	+11:33	04:15
22	1039	Paulo Bernardo	HOT.Runners	Veterano M40	42:35	+11:35	04:15
23	2191	Ricardo Queiros	Individual	Veterano M40	42:51	+11:51	04:17
24	936	Fábio Cerejo	GeckoBluePrints	Veterano M40	42:55	+11:55	04:18
25	2091	Daniel Sousa Baptista	Individual	Veterano M40	43:07	+12:07	04:19
26	3329	Alexandre Dias	ZeTor	Veterano M40	43:10	+12:10	04:19
27	2080	Bruno Silva	Individual	Veterano M40	43:21	+12:21	04:20
28	877	Fabiano Felipe Santos de Freitas	Focus_TUU	Veterano M40	43:24	+12:24	04:20
29	2205	Sérgio Oliveira Monteiro	Individual	Veterano M40	43:40	+12:40	04:22
30	2089	Daniel Gomes	Individual	Veterano M40	43:53	+12:53	04:23
31	962	Filipe Duarte	GR EIRENSE	Veterano M40	43:54	+12:54	04:23
32	646	Hugo Lima	Dias & Companhia Lda	Veterano M40	43:56	+12:56	04:24
33	2968	Bruno Cartaxo	RM RUNNERS	Veterano M40	43:59	+12:59	04:24
34	280	Ricardo Jorge pinto Gouveia Angelino	Auchan	Veterano M40	44:04	+13:04	04:24
35	2090	Daniel Peneda	Individual	Veterano M40	44:20	+13:20	04:26
36	708	Edgar Gomes	Farmácia Luciano e Matos	Veterano M40	44:41	+13:41	04:28
37	631	Miguel Viegas	DCI/Trilhos Luso Bussaco	Veterano M40	44:44	+13:44	04:28
38	2954	Carlos Ribeiro	RI.JO HYBRID TEAM	Veterano M40	44:45	+13:45	04:28
39	944	Sérgio Alves	GGinho	Veterano M40	44:48	+13:48	04:29
40	56	Bruno Paiva	Abutres	Veterano M40	44:56	+13:56	04:30
41	2934	Luis Marques	Reload - Exercício e Saúde	Veterano M40	45:01	+14:01	04:30
42	2153	Luis Nelas	Individual	Veterano M40	45:11	+14:11	04:31
43	2616	Ricardo Miranda	Lobitos BikeTeam	Veterano M40	45:12	+14:12	04:31
44	2190	Ricardo Pereira	Individual	Veterano M40	45:14	+14:14	04:31
45	2178	Pedro Simões	Individual	Veterano M40	45:18	+14:18	04:32
46	157	Henrique Carvalheiro	ACRM Silveirinha Grande e Claras	Veterano M40	45:18	+14:18	04:32
47	203	Tiago Lopes	Ansibikers	Veterano M40	45:22	+14:22	04:32
48	2105	Filipe Rebelo	Individual	Veterano M40	45:24	+14:24	04:32
49	2136	Jorge Berardo	Individual	Veterano M40	45:32	+14:32	04:33
50	511	Tiago Feitor Almeida	Coimbra Trail Running	Veterano M40	45:40	+14:40	04:34

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OFFICIAL RESULT

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51	332	João Paulo Pires Nunes	C.F. “Os Marialvas”	Veterano M40	45:43	+14:43	04:34
52	2969	jose tavares	RM RUNNERS	Veterano M40	45:47	+14:47	04:35
53	2108	Francisco Martins	Individual	Veterano M40	45:55	+14:55	04:35
54	991	Nuno Henrique Lucas	Grupo Remax White	Veterano M40	45:55	+14:55	04:35
55	876	Diogo Brandão	Focus_TUU	Veterano M40	46:08	+15:08	04:37
56	2082	Carlos Reis	Individual	Veterano M40	46:16	+15:16	04:38
57	108	José Domingues Costa	Académica Triatlo	Veterano M40	46:18	+15:18	04:38
58	872	Artur Rocha	Focus_TUU	Veterano M40	46:21	+15:21	04:38
59	2206	Simão Tomaz Duarte	Individual	Veterano M40	46:25	+15:25	04:38
60	2709	Bruno Marques	Montanha Clube Trail Running/Efapel	Veterano M40	46:26	+15:26	04:39
61	385	Luís Bispo	Câmara Municipal de Coimbra	Veterano M40	46:27	+15:27	04:39
62	630	Fernando Marques	DCI/Trilhos Luso Bussaco	Veterano M40	46:28	+15:28	04:39
63	2972	Rui Cainé	RM RUNNERS	Veterano M40	46:41	+15:41	04:40
64	57	Hugo Cabral	Abutres	Veterano M40	46:43	+15:43	04:40
65	2186	Ricardo Gomes	Individual	Veterano M40	46:51	+15:51	04:41
66	2192	Rodrigo Crespo dos Reis	Individual	Veterano M40	46:54	+15:54	04:41
67	3282	Rui Sousa Lopes	URCR 2025 & Amigos	Veterano M40	47:08	+16:08	04:43
68	384	Fernando Neves	Câmara Municipal de Coimbra	Veterano M40	47:13	+16:13	04:43
69	2754	Daniel Cardoso	MSC - Mais Saúde Coimbra	Veterano M40	47:18	+16:18	04:44
70	2719	Jorge Ramos	Motores a Broa	Veterano M40	47:25	+16:25	04:45
71	2100	Filipe Agante Simões	Individual	Veterano M40	47:26	+16:26	04:45
72	2087	Cristovao Pires	Individual	Veterano M40	47:34	+16:34	04:45
73	2755	Miguel Marques	MSC - Mais Saúde Coimbra	Veterano M40	47:42	+16:42	04:46
74	641	Célio Duarte	Deixa passar	Veterano M40	47:54	+16:54	04:47
75	109	José Lopes	Académica Triatlo	Veterano M40	48:01	+17:01	04:48
76	2069	Alexandre Flório	Individual	Veterano M40	48:07	+17:07	04:49
77	954	Francisco Catarino	Gira Sol	Veterano M40	48:10	+17:10	04:49
78	2626	Pedro peralta	Longevity Team	Veterano M40	48:15	+17:15	04:49
79	975	Fausto Reis	Grupo Recreativo Eirense - Academia de Atletismo	Veterano M40	48:23	+17:23	04:50
80	2179	Rafael Carvalho Laranja dos Santos	Individual	Veterano M40	48:23	+17:23	04:50
81	938	Eugénio Santos	Gelcentro Team	Veterano M40	48:35	+17:35	04:52
82	2135	Jorge Almeida	Individual	Veterano M40	48:36	+17:36	04:52
83	2194	Rodrigo Vaz	Individual	Veterano M40	48:39	+17:39	04:52
84	2182	Renato Rodrigues	Individual	Veterano M40	48:52	+17:52	04:53
85	2147	José Oliveira	Individual	Veterano M40	48:56	+17:56	04:54
86	2188	Ricardo Lourenço	Individual	Veterano M40	49:02	+18:02	04:54
87	610	Marcos Afonso	CUMIBROA RUNNING TEAM	Veterano M40	49:20	+18:20	04:56
88	2150	Luis Almeida	Individual	Veterano M40	49:24	+18:24	04:56
89	2933	Bruno Carvalho	Reload - Exercício e Saúde	Veterano M40	49:46	+18:46	04:59
90	38	Bruno Concha	AAC - Remo	Veterano M40	49:53	+18:53	04:59
91	2195	Rui Cunha	Individual	Veterano M40	49:54	+18:54	04:59
92	2146	José Nunes	Individual	Veterano M40	49:55	+18:55	04:59
93	136	Pedro Nora	Academistas de Murtede	Veterano M40	49:56	+18:56	05:00
94	2170	Paulo Carnim	Individual	Veterano M40	50:03	+19:03	05:00
95	2159	Miguel Forte	Individual	Veterano M40	50:08	+19:08	05:00

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96	2098	Fernando Mesquita	Individual	Veterano M40	50:30	+19:30	05:03
97	2185	Ricardo Filipe da cunha Simões	Individual	Veterano M40	50:39	+19:39	05:04
98	352	Ricardo Baptista	Caeser's Gin	Veterano M40	50:43	+19:43	05:04
99	1000	Jefferson Viana	Hajam Pernas	Veterano M40	50:45	+19:45	05:05
100	510	Nuno Vasconcelos	Coimbra Trail Running	Veterano M40	51:02	+20:02	05:06
101	506	Álvaro Batista	Coimbra Trail Running	Veterano M40	51:08	+20:08	05:07
102	2085	César Silva	Individual	Veterano M40	51:08	+20:08	05:07
103	235	Tiago Pires	ARCD Venda da Luísa Trail	Veterano M40	51:11	+20:11	05:07
104	2141	José Almeida	Individual	Veterano M40	51:27	+20:27	05:09
105	3205	Tiago Baptista	TSE	Veterano M40	51:42	+20:42	05:10
106	110	Rui Melo	Académica Triatlo	Veterano M40	51:42	+20:42	05:10
107	2121	Ivo José Martins França	Individual	Veterano M40	51:46	+20:46	05:11
108	75	Hugo Neves	Academia de Desportos de Condeixa	Veterano M40	51:47	+20:47	05:11
109	2086	Cosmo Menezes de Souza	Individual	Veterano M40	51:51	+20:51	05:11
110	2116	Hélio Santos	Individual	Veterano M40	51:58	+20:58	05:12
111	2068	Alexandre Almeida de Aguiar	Individual	Veterano M40	52:07	+21:07	05:13
112	2145	José Miguel Girão	Individual	Veterano M40	52:13	+21:13	05:13
113	2193	Rodrigo Nunes	Individual	Veterano M40	52:31	+21:31	05:15
114	2088	Daniel Gaio Simões	Individual	Veterano M40	52:38	+21:38	05:16
115	3023	Paulo Bajouco	RunAway Club	Veterano M40	52:40	+21:40	05:16
116	874	Carlos Montenegro	Focus_TUU	Veterano M40	52:42	+21:42	05:16
117	2169	Paolo Iacomini	Individual	Veterano M40	52:45	+21:45	05:17
118	2166	Nuno Miguel da Conceição Serrano Chagas	Individual	Veterano M40	52:46	+21:46	05:17
119	2094	Eduardo Carvalho de Paula Oliveira	Individual	Veterano M40	52:51	+21:51	05:17
120	2137	Jorge Correia	Individual	Veterano M40	52:54	+21:54	05:17
121	2122	Jaime Antunes	Individual	Veterano M40	53:02	+22:02	05:18
122	990	João António da Silva Vaz Gonçalves	Grupo Remax White	Veterano M40	53:02	+22:02	05:18
123	1020	Nuno Alexandre Branco Ramos	Hospital da Luz	Veterano M40	53:07	+22:07	05:19
124	2073	António Pinto	Individual	Veterano M40	53:16	+22:16	05:20
125	2132	João Santiago	Individual	Veterano M40	53:21	+22:21	05:20
126	2077	Bruno Filipe Venâncio Leal Rodrigues	Individual	Veterano M40	53:24	+22:24	05:20
127	3077	Tiago Dinis Morais Patrão	Sanfil	Veterano M40	53:27	+22:27	05:21
128	2118	Hugo Madeira	Individual	Veterano M40	53:29	+22:29	05:21
129	3284	Tiago Costa	URCR 2025 & Amigos	Veterano M40	53:37	+22:38	05:22
130	2883	César Amílcar Tomás Gonçalves	Owlpharma Team	Veterano M40	53:45	+22:45	05:23
131	2198	Saúl Martins	Individual	Veterano M40	53:54	+22:54	05:23
132	921	Carlos Miguel da Silva Mendes	Frutibairrada	Veterano M40	53:57	+22:57	05:24
133	3279	João Silveira	URCR 2025 & Amigos	Veterano M40	53:58	+22:58	05:24
134	2156	Marco Silva	Individual	Veterano M40	54:02	+23:02	05:24
135	881	Nuno Gomes	Focus_TUU	Veterano M40	54:05	+23:05	05:24
136	2197	Rui Vieira	Individual	Veterano M40	54:07	+23:07	05:25
137	2161	Nuno Cunha	Individual	Veterano M40	54:22	+23:22	05:26
138	2967	André Assena	RM RUNNERS	Veterano M40	54:23	+23:23	05:26
139	2113	Gonçalo Duarte	Individual	Veterano M40	54:24	+23:24	05:26
140	2083	Carlos Santos	Individual	Veterano M40	54:25	+23:25	05:26

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186	135	Miguel Nora	Academistas de Murtede	Veterano M40	58:39	+27:39	05:52
187	2067	Pedro Fernandes	Individual	Veterano M40	58:56	+27:56	05:54
188	2144	José Leandro Barros	Individual	Veterano M40	58:58	+27:58	05:54
189	3277	Hugo Lourenço	URCR 2025 & Amigos	Veterano M40	59:04	+28:04	05:54
190	880	Nelson soares	Focus_TUU	Veterano M40	59:11	+28:11	05:55
191	970	Rui Dias	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterano M40	59:20	+28:20	05:56
192	1037	Filipe Cardoso	HOT.Runners	Veterano M40	59:22	+28:22	05:56
193	508	Gustavo Pessoa Pinto	Coimbra Trail Running	Veterano M40	59:24	+28:24	05:56
194	2149	Luiis mendes	Individual	Veterano M40	59:33	+28:33	05:57
195	3280	Miguel Paulo	URCR 2025 & Amigos	Veterano M40	59:41	+28:41	05:58
196	2756	ntónio Mexia	MSC - Mais Saúde Coimbra	Veterano M40	59:42	+28:42	05:58
197	2143	Jose Fernandes	Individual	Veterano M40	59:46	+28:46	05:59
198	2172	Paulo Machado	Individual	Veterano M40	01:00:00	+29:00	06:00
199	2124	João Baptista	Individual	Veterano M40	01:00:12	+29:12	06:01
200	171	Emanuel Ferreira	Agora Vai...	Veterano M40	01:00:13	+29:13	06:01
201	2181	Renato Ramos	Individual	Veterano M40	01:00:16	+29:16	06:02
202	2123	Jaime Colaço	Individual	Veterano M40	01:00:26	+29:26	06:03
203	609	Carlos Mendes	CUMIBROA RUNNING TEAM	Veterano M40	01:00:31	+29:31	06:03
204	2126	João Manuel Ferreira	Individual	Veterano M40	01:00:46	+29:46	06:05
205	879	Mario Pratas	Focus_TUU	Veterano M40	01:00:53	+29:53	06:05
206	192	Tiago Rafael Rodrigues de Jesus	ALTRI	Veterano M40	01:01:20	+30:20	06:08
207	2884	Ricardo Manuel Simões Andrade	Owlpharma Team	Veterano M40	01:01:21	+30:21	06:08
208	2160	Nelson Matias	Individual	Veterano M40	01:01:23	+30:23	06:08
209	883	Simao Conceicao	Focus_TUU	Veterano M40	01:01:24	+30:24	06:08
210	2119	Hugo Pereira	Individual	Veterano M40	01:01:58	+30:58	06:12
211	2544	Bernardo Patrão	Joelhos de Ferro	Veterano M40	01:01:59	+30:59	06:12
212	58	Hugo Pedro Cabral Fernandes	Abutres	Veterano M40	01:02:05	+31:05	06:13
213	2070	André Lopes	Individual	Veterano M40	01:02:15	+31:15	06:13
214	2200	Sérgio Ferreira	Individual	Veterano M40	01:02:35	+31:35	06:16
215	2545	Diogo Rodrigues	Joelhos de Ferro	Veterano M40	01:03:21	+32:21	06:20
216	596	Mário Salumbongo Ezequiel Pereira	Cristo Run Club	Veterano M40	01:03:24	+32:24	06:20
217	2102	Filipe Manuel Varandas Costa	Individual	Veterano M40	01:03:31	+32:31	06:21
218	603	António Silva	CTCV40 Power	Veterano M40	01:03:50	+32:50	06:23
219	2129	João Pedro Campos	Individual	Veterano M40	01:04:02	+33:02	06:24
220	2203	Sérgio Manuel	Individual	Veterano M40	01:04:11	+33:11	06:25
221	421	Pedro Alexandre Baptista Lusitano	CDCamarneira	Veterano M40	01:04:19	+33:19	06:26
222	2970	PEDRO J. R. FRANCO	RM RUNNERS	Veterano M40	01:04:53	+33:53	06:29
223	717	Paulo Domingues	Figueira Kayak Clube	Veterano M40	01:04:55	+33:55	06:29
224	2112	Gil Correia	Individual	Veterano M40	01:04:55	+33:55	06:30
225	147	Marco Ramos	Acelerados	Veterano M40	01:05:27	+34:27	06:33
226	878	Jorge Cruz	Focus_TUU	Veterano M40	01:06:06	+35:06	06:37
227	40	Rúben Leite	AAC - Remo	Veterano M40	01:06:07	+35:07	06:37
228	648	Luís Oliveira	Dias & Companhia Lda	Veterano M40	01:06:28	+35:28	06:39
229	3139	António Pedro Ferrão	Sky.runners	Veterano M40	01:07:40	+36:40	06:46
230	3113	Luís Pedro	Shape on You	Veterano M40	01:08:16	+37:16	06:50
231	2183	Ricardo Bica	Individual	Veterano M40	01:09:00	+38:00	06:54

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232	2971	Ricardo Mingatos	RM RUNNERS	Veterano M40	01:09:25	+38:25	06:57
233	3281	Nélson Correia	URCR 2025 & Amigos	Veterano M40	01:09:27	+38:27	06:57
234	2074	Artur Couteiro	Individual	Veterano M40	01:09:29	+38:29	06:57
235	3293	Bruno Santos Nascimento Dias	Vero&Bruno	Veterano M40	01:09:43	+38:43	06:58
236	2176	Pedro Marinheira	Individual	Veterano M40	01:10:43	+39:43	07:04
237	2651	Francisco Herlon Alves Serafim	Maltha	Veterano M40	01:10:57	+39:57	07:06
238	2164	Nuno Marques	Individual	Veterano M40	01:11:32	+40:32	07:09
239	2177	Pedro Rodrigues	Individual	Veterano M40	01:13:37	+42:37	07:22
240	2152	LUIS FILIPE	Individual	Veterano M40	01:13:41	+42:41	07:22
241	709	Gonçalo Daniel Nunes Relvão Lourenço	Farmácia Luciano e Matos	Veterano M40	01:13:48	+42:48	07:23
242	2107	Francisco José Carvalho Pires	Individual	Veterano M40	01:13:55	+42:55	07:23
243	2209	Tiago Dias	Individual	Veterano M40	01:14:12	+43:12	07:25
244	2898	Carlos Diogo	Pernas de Javali	Veterano M40	01:14:33	+43:33	07:27
245	2109	François Fernandes	Individual	Veterano M40	01:15:07	+44:07	07:31
246	3283	Sergio Estevão	URCR 2025 & Amigos	Veterano M40	01:17:35	+46:35	07:46
247	152	Vasco Alves	Acordo, Logo Supero	Veterano M40	01:20:09	+49:09	08:01
248	2955	João Afonso	RI.JO HYBRID TEAM	Veterano M40	01:22:48	+51:48	08:17

Veterano M45

1	403	Luís Quintas	CASA DO BENFICA EM ABRANTES	Veterano M45	34:17	03:26
2	115	Leonardo Schwindt	Académica Triatlo	Veterano M45	34:47	+00:29 03:29
3	614	NUNO CORREIA	DAR Recardães	Veterano M45	36:10	+01:52 03:37
4	2252	José Lopes	Individual	Veterano M45	36:21	+02:04 03:38
5	360	Nuno Silva	CAL - Clube Atletismo de Lamas	Veterano M45	36:26	+02:08 03:39
6	76	Carlos Patrão	Academia de Desportos de Condeixa	Veterano M45	37:23	+03:05 03:44
7	973	Renato Figueiredo	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterano M45	37:35	+03:17 03:45
8	196	Nelson Meco	Ameal Trail	Veterano M45	37:39	+03:21 03:46
9	139	Paulo Silva	ACD os Ílhavos	Veterano M45	37:51	+03:33 03:47
10	2284	Óscar Sobral	Individual	Veterano M45	38:07	+03:49 03:49
11	971	Carlos Figueiredo	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterano M45	38:39	+04:22 03:52
12	44	Tibério Albuquerque	AAC - Remo	Veterano M45	39:37	+05:19 03:58
13	284	Jorge Moreira	Avelar sunset team	Veterano M45	39:49	+05:31 03:59
14	513	Armindo José Henriques Antunes	Coimbra Trail Running	Veterano M45	39:58	+05:41 04:00
15	59	Claudio Pereira	Abutres	Veterano M45	40:14	+05:57 04:01
16	3046	Nuno Alexandre Gonçalves da Silva	S. C. Povoense - Caracóis de Corrida	Veterano M45	40:24	+06:06 04:02
17	972	Nuno Lopes	Grupo Desportivo 3 Santos Populares - Carregal do Sal	Veterano M45	41:05	+06:47 04:07
18	514	Carlos Alberto de Jesus Manuel	Coimbra Trail Running	Veterano M45	41:14	+06:56 04:07
19	2282	Nuno Sampaio	Individual	Veterano M45	41:38	+07:21 04:10
20	3192	António Ribeiro	Tramagal Sport União	Veterano M45	41:41	+07:24 04:10
21	1040	Artur Vieira	HOT.Runners	Veterano M45	41:44	+07:26 04:10

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22	2302	RICARDO GASPAR	Individual	Veterano M45	41:52	+07:34	04:11
23	2229	Daniel Espinhal	Individual	Veterano M45	41:53	+07:35	04:11
24	2254	José Manuel Seromenho Duarte	Individual	Veterano M45	42:09	+07:52	04:13
25	425	Hernani Iaranja	CENAP	Veterano M45	42:13	+07:56	04:13
26	116	Luís Carreira	Académica Triatlo	Veterano M45	42:20	+08:02	04:14
27	2305	Ricardo Nuno Carvalho	Individual	Veterano M45	42:28	+08:11	04:15
28	3178	Nuno Arnauth	Team Diamantino Jorge	Veterano M45	42:43	+08:25	04:16
29	2225	Carlos Matos	Individual	Veterano M45	42:47	+08:29	04:17
30	2265	Luís Vilela	Individual	Veterano M45	42:57	+08:39	04:18
31	2770	Helder Pereira	Nazaré Running	Veterano M45	43:20	+09:02	04:20
32	1041	Joaquim Amaral	HOT.Runners	Veterano M45	43:28	+09:10	04:21
33	2308	Ricardo Veiga	Individual	Veterano M45	43:49	+09:31	04:23
34	516	Pedro Manuel Jordão Pereira	Coimbra Trail Running	Veterano M45	43:55	+09:38	04:24
35	2222	Bruno Miguel Bernardes de Jesus	Individual	Veterano M45	44:27	+10:09	04:27
36	688	Pedro Marques	Escola de Atletismo de Coimbra/JPaiva	Veterano M45	44:41	+10:23	04:28
37	2242	Hugo Abade	Individual	Veterano M45	44:46	+10:28	04:29
38	165	BRUNO FERREIRA	Adões Trail	Veterano M45	45:14	+10:57	04:31
39	2318	Sérgio Simões	Individual	Veterano M45	45:30	+11:13	04:33
40	2271	Nélio Girão	Individual	Veterano M45	45:35	+11:17	04:33
41	62	Jorge Rodrigues	Abutres	Veterano M45	45:44	+11:26	04:34
42	2653	Rui Sérgio Dias Ferreira	Maltha	Veterano M45	45:56	+11:39	04:36
43	2213	Alexandre Mendes	Individual	Veterano M45	46:03	+11:46	04:36
44	422	Ricardo Noémio Mendes Cruz	CDCamarneira	Veterano M45	46:08	+11:51	04:37
45	60	Francisco Gouveia	Abutres	Veterano M45	46:14	+11:57	04:37
46	2235	Filipe Fernandes	Individual	Veterano M45	46:23	+12:05	04:38
47	2243	Hugo Romao	Individual	Veterano M45	46:27	+12:09	04:39
48	2232	Eduardo Ribeiro	Individual	Veterano M45	46:37	+12:19	04:40
49	63	Paulo Bento	Abutres	Veterano M45	46:59	+12:41	04:42
50	2959	Tiago Carreiro	RI.JO HYBRID TEAM	Veterano M45	47:09	+12:51	04:43
51	2241	Gustavo Barros	Individual	Veterano M45	47:09	+12:52	04:43
52	2310	Rui Abreu	Individual	Veterano M45	47:10	+12:53	04:43
53	245	Kevin Cruz	ASCV ASSOCIAÇÃO SOCIO CULTURAL DA VALEIRINHA	Veterano M45	47:11	+12:54	04:43
54	642	Nuno Rodrigues	Deixa passar	Veterano M45	47:22	+13:04	04:44
55	61	Hilton Oliveira	Abutres	Veterano M45	47:23	+13:05	04:44
56	2528	Jorge Pimenta	IPN Runners	Veterano M45	47:25	+13:07	04:44
57	2288	Paulo Fonte	Individual	Veterano M45	47:30	+13:12	04:45
58	2311	Rui Jorge Gonçalves Pereira Nobre	Individual	Veterano M45	47:46	+13:28	04:47
59	517	Ricardo André Rodrigues de Jesus	Coimbra Trail Running	Veterano M45	48:07	+13:50	04:49
60	164	Luis Santos	ADI-ILHAVO	Veterano M45	48:08	+13:50	04:49
61	2279	Nuno Precês	Individual	Veterano M45	48:27	+14:09	04:51
62	3117	Ivo Cardoso	Shape on You	Veterano M45	48:32	+14:14	04:51
63	2309	Rogério Amaro	Individual	Veterano M45	48:33	+14:16	04:51
64	2290	Paulo Jorge Fernandes Pinheiro	Individual	Veterano M45	48:38	+14:20	04:52
65	2245	João Luís Almeida Cunha Rodrigues	Individual	Veterano M45	48:41	+14:24	04:52
66	2312	Rui Póvoa	Individual	Veterano M45	48:45	+14:27	04:52

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67	2277	Nuno Miguel Pais Freire	Individual	Veterano M45	48:50	+14:32	04:53
68	2227	CARLOS VIEGAS	Individual	Veterano M45	48:59	+14:42	04:54
69	122	Rui Nunes	Académica Triatlo	Veterano M45	49:02	+14:44	04:54
70	3365	Pedro Sequeira	Câmara Municipal de Coimbra	Veterano M45	49:09	+14:51	04:55
71	173	Alexis da Cruz Henriques Guia	Agora Vai...	Veterano M45	49:10	+14:52	04:55
72	2246	João P, Mendes	Individual	Veterano M45	49:10	+14:53	04:55
73	2321	Tiago Jorge Rodrigues Baptista	Individual	Veterano M45	49:13	+14:55	04:55
74	2249	João silva	Individual	Veterano M45	49:23	+15:06	04:56
75	2285	Patrick Pinto	Individual	Veterano M45	49:24	+15:07	04:56
76	119	Nuno Simões	Académica Triatlo	Veterano M45	49:33	+15:15	04:57
77	120	Rafael Martinho	Académica Triatlo	Veterano M45	49:39	+15:21	04:58
78	2296	Pedro Gonçalves	Individual	Veterano M45	49:41	+15:24	04:58
79	2304	Ricardo Miguel Moura Santos	Individual	Veterano M45	49:45	+15:28	04:59
80	2314	Sérgio Bandarra	Individual	Veterano M45	49:46	+15:29	04:59
81	3227	Nuno Oliveira	Urb. Teodora Running Team	Veterano M45	49:47	+15:29	04:59
82	992	Celso Carvalho	Grupo Remax White	Veterano M45	50:00	+15:42	05:00
83	2292	Pedro carreira	Individual	Veterano M45	50:02	+15:44	05:00
84	197	João Pedro Lopes	Amigos do Pet	Veterano M45	50:20	+16:02	05:02
85	174	Pedro Jorge Sales Mano	Agora Vai...	Veterano M45	50:28	+16:10	05:03
86	890	Renato Machado	Focus_TUU	Veterano M45	50:42	+16:24	05:04
87	2256	JOSE MIGUEL MELO CASTRO COIMBRA	Individual	Veterano M45	50:45	+16:27	05:04
88	2238	Frederico Marques	Individual	Veterano M45	50:45	+16:27	05:04
89	65	Sérgio Duarte	Abutres	Veterano M45	50:46	+16:29	05:05
90	3027	Vitor Gomes	Runners&Friends	Veterano M45	50:51	+16:33	05:05
91	2319	Silvio Oliveira	Individual	Veterano M45	50:54	+16:36	05:05
92	2269	Miguel Santos	Individual	Veterano M45	51:04	+16:46	05:06
93	2760	Nuno Cortesão	MSC - Mais Saúde Coimbra	Veterano M45	51:10	+16:52	05:07
94	2221	Bruno Gil	Individual	Veterano M45	51:18	+17:00	05:08
95	118	Nuno Afonso	Académica Triatlo	Veterano M45	51:33	+17:15	05:09
96	2278	Nuno Miguel Trincão Craveiro	Individual	Veterano M45	51:35	+17:18	05:10
97	2524	LUIS ROSA	Inter da Mata	Veterano M45	52:02	+17:44	05:12
98	2230	Diogo Reis	Individual	Veterano M45	52:04	+17:47	05:12
99	3116	Gonçalo Tralhão	Shape on You	Veterano M45	52:06	+17:49	05:13
100	2234	Fernando de Sousa	Individual	Veterano M45	52:07	+17:50	05:13
101	2220	Bruno Doutor	Individual	Veterano M45	52:19	+18:02	05:14
102	270	N Pinto	Atletas ao Domingo	Veterano M45	52:42	+18:25	05:16
103	475	Paulo Ribeiro	Clube novobanco	Veterano M45	53:13	+18:55	05:19
104	2316	Sérgio José Pinto Albuquerque	Individual	Veterano M45	53:18	+19:00	05:20
105	2298	Pedro Pinto Carvalho	Individual	Veterano M45	53:37	+19:20	05:22
106	2541	Bruno Leitão	JM FITNESS	Veterano M45	53:42	+19:24	05:22
107	402	Marco Santiago	Casa Benfica Bairrada	Veterano M45	53:42	+19:24	05:22
108	2525	RUI MOURA	Inter da Mata	Veterano M45	53:44	+19:27	05:22
109	3361	Antonio Daniel Cordeiro Vaz	Crédito Agricola	Veterano M45	53:51	+19:33	05:23
110	3115	António Vilão	Shape on You	Veterano M45	53:57	+19:40	05:24
111	2527	Carlos João Bento Madeira Lopes	IPN Runners	Veterano M45	54:01	+19:44	05:24
112	889	Pedro Bento	Focus TUU	Veterano M45	54:05	+19:47	05:24

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157	3353	Helder Costa	Grupo Remax White	Veterano M45	59:05	+24:48	05:55
158	2218	André Oliva	Individual	Veterano M45	59:29	+25:11	05:57
159	2280	Nuno Rasteiro	Individual	Veterano M45	59:35	+25:17	05:57
160	2255	José Melo Ferreira	Individual	Veterano M45	59:41	+25:24	05:58
161	2237	Filipe Pratas	Individual	Veterano M45	59:58	+25:41	06:00
162	3285	Flávio Melo	URCR 2025 & Amigos	Veterano M45	59:58	+25:41	06:00
163	3164	Cláudio Mortagua	Taste And Quality	Veterano M45	01:00:04	+25:47	06:00
164	3194	Marcio simoes	Transparence	Veterano M45	01:00:12	+25:55	06:01
165	2270	Miguel Serra	Individual	Veterano M45	01:00:31	+26:14	06:03
166	3218	Manuel Carlos Martins	Uma Questão de Atitude	Veterano M45	01:00:48	+26:31	06:05
167	269	N Gonçalves	Atletas ao Domingo	Veterano M45	01:01:03	+26:45	06:06
168	2253	José Manuel Henriques David Fernandes	Individual	Veterano M45	01:01:15	+26:57	06:07
169	64	Ricardo Bandarra	Abutres	Veterano M45	01:01:27	+27:10	06:09
170	117	Marta Silva	Académica Triatlo	Veterano M45	01:01:42	+27:25	06:10
171	2247	João Pedro Vasconcelos Lucas	Individual	Veterano M45	01:01:44	+27:27	06:10
172	3349	Pedro Fonseca	Grupo Remax White	Veterano M45	01:01:51	+27:33	06:11
173	914	Jorge Miguel Paquim Serra Lopes	Fragosinhos	Veterano M45	01:02:01	+27:43	06:12
174	77	Nuno Correia	Academia de Desportos de Condeixa	Veterano M45	01:02:06	+27:48	06:13
175	2228	Celso Goncalves	Individual	Veterano M45	01:02:13	+27:55	06:13
176	2273	Nuno Rodrigues	Individual	Veterano M45	01:02:34	+28:17	06:15
177	3123	Filipe Ferreira	SicóTrilhos	Veterano M45	01:02:35	+28:18	06:16
178	268	Marco Pomar	Atletas ao Domingo	Veterano M45	01:02:45	+28:27	06:16
179	2957	Artur Andrade	RI.JO HYBRID TEAM	Veterano M45	01:02:51	+28:33	06:17
180	2251	José Gomes	Individual	Veterano M45	01:02:52	+28:35	06:17
181	389	Jorge manuel Batista antunes	Câmara Municipal de Coimbra	Veterano M45	01:03:10	+28:52	06:19
182	113	Hugo Oliveira	Académica Triatlo	Veterano M45	01:03:14	+28:57	06:19
183	2272	Nelson Pedro Fonseca de Matos	Individual	Veterano M45	01:03:23	+29:06	06:20
184	583	Daniel José Pratas Vilão	Crédito Agrícola	Veterano M45	01:03:30	+29:12	06:21
185	394	Virgílio Neto	Câmara Municipal de Coimbra	Veterano M45	01:03:31	+29:13	06:21
186	2807	João Allen	On Move BPR	Veterano M45	01:03:31	+29:14	06:21
187	2263	Luis Pedro Rodrigues	Individual	Veterano M45	01:03:38	+29:20	06:22
188	2720	Paulo Rodrigues	Motores a Broa	Veterano M45	01:03:44	+29:27	06:22
189	605	João Pedro Caldeira	CTCV40 Power	Veterano M45	01:03:50	+29:32	06:23
190	2958	Rodrigo Ferreira	RI.JO HYBRID TEAM	Veterano M45	01:03:57	+29:40	06:24
191	2248	João Quaresma	Individual	Veterano M45	01:04:02	+29:44	06:24
192	2257	José Pedro Laranjeira	Individual	Veterano M45	01:04:25	+30:08	06:27
193	281	Énio Rodrigues	Auchan	Veterano M45	01:04:40	+30:23	06:28
194	2244	Humberto Toscano	Individual	Veterano M45	01:04:42	+30:25	06:28
195	1042	Tiago Prata	HOT.Runners	Veterano M45	01:04:52	+30:34	06:29
196	2240	Gonçalo Gaspar	Individual	Veterano M45	01:04:54	+30:36	06:29
197	891	Ricardo Godinho	Focus_TUU	Veterano M45	01:05:05	+30:47	06:30
198	1003	Jorge Caldas	Happy's	Veterano M45	01:05:32	+31:15	06:33
199	930	Bruno Almeida	funrunners fit&fun	Veterano M45	01:05:47	+31:30	06:35
200	2783	Ivo Dias	Nelson Gym	Veterano M45	01:05:52	+31:35	06:35
201	1021	Hugo Raimundo	Hospital da Luz	Veterano M45	01:06:30	+32:12	06:39

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202	137	Rui Braz	Academistas de Murtede	Veterano M45	01:06:39	+32:21	06:40
203	2759	Gonalo Silva	MSC - Mais Saude Coimbra	Veterano M45	01:06:49	+32:32	06:41
204	2281	Nuno Ricardo Esteves Ferreira	Individual	Veterano M45	01:08:34	+34:16	06:51
205	2935	George Martins	Reload - Exercício e Saude	Veterano M45	01:08:48	+34:31	06:53
206	3320	João Miranda	X-Cake	Veterano M45	01:09:22	+35:05	06:56
207	2903	Rui Neto	Porteladinha	Veterano M45	01:09:41	+35:24	06:58
208	886	Luís Cunha	Focus_TUU	Veterano M45	01:09:52	+35:34	06:59
209	884	Daniel Taborda	Focus_TUU	Veterano M45	01:10:06	+35:48	07:01
210	353	Miguel Ramos	Caeser's Gin	Veterano M45	01:10:31	+36:13	07:03
211	2716	António Ventura	Motivação Mútua: Agora Vai!	Veterano M45	01:11:32	+37:14	07:09
212	2584	Jorge Santos	KrushIt	Veterano M45	01:11:37	+37:19	07:10
213	267	Filipe Afonso	Atletas ao Domingo	Veterano M45	01:11:42	+37:24	07:10
214	3305	Carlos Manuel Dos Santos Silva	Vizinhos	Veterano M45	01:12:51	+38:33	07:17
215	2548	Daniel Fernandes	JOVASE Trail Running	Veterano M45	01:13:00	+38:43	07:18
216	887	Nuno Madama	Focus_TUU	Veterano M45	01:13:45	+39:28	07:23
217	710	David Cunha da Silva	Farmácia Luciano e Matos	Veterano M45	01:13:49	+39:31	07:23
218	2286	Paulo Coutinho	Individual	Veterano M45	01:13:57	+39:39	07:24
219	2549	Fábio Ferreira	JOVASE Trail Running	Veterano M45	01:14:15	+39:57	07:25
220	2899	Pedro Santos	Pernas de Javali	Veterano M45	01:14:33	+40:15	07:27
221	2711	João Tiago Costa	Montanha Clube Trail Running/Efapel	Veterano M45	01:14:45	+40:27	07:28
222	2313	Rui Prata	Individual	Veterano M45	01:14:55	+40:38	07:30
223	2250	Jorge Rodrigues	Individual	Veterano M45	01:15:49	+41:32	07:35
224	236	Gonalo Fonseca	ARCD Venda da Luísa Trail	Veterano M45	01:15:58	+41:40	07:36
225	2306	Ricardo Pessoa	Individual	Veterano M45	01:16:09	+41:52	07:37
226	515	João Carlos Henriques Nunes da Silva	Coimbra Trail Running	Veterano M45	01:19:00	+44:42	07:54
227	1004	Pedro Correia	Happy's	Veterano M45	01:19:20	+45:02	07:56
228	2652	Ricardo Miguel de Oliveira Domingues	Maltha	Veterano M45	01:20:01	+45:43	08:00

1	518	David José dos Santos Amaral	Coimbra Trail Running	Veterano M50	36:50	03:41
2	689	Jorge santos	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	37:00	+00:10 03:42
3	2939	Fernando santos	Reumaticos	Veterano M50	38:16	+01:26 03:50
4	282	Rui Rodrigues	Auchan	Veterano M50	38:57	+02:07 03:54
5	2366	Manuel Sérgio Marques Pinto	Individual	Veterano M50	39:10	+02:20 03:55
6	2940	Paulo pereira	Reumaticos	Veterano M50	39:11	+02:21 03:55
7	2365	Luis Santos	Individual	Veterano M50	39:42	+02:52 03:58
8	428	Álvaro Mano	CF Os Marialvas	Veterano M50	39:54	+03:04 03:59
9	78	Samuel Anjos	Academia de Desportos de Condeixa	Veterano M50	40:21	+03:30 04:02
10	2621	João Carvalho	Lobos da Serra Loureiro	Veterano M50	40:21	+03:31 04:02
11	2338	Eduardo Costa	Individual	Veterano M50	41:02	+04:11 04:06
12	126	Rui Silva	Académica Triatlo	Veterano M50	41:09	+04:18 04:07
13	2368	Mario Ferreira	Individual	Veterano M50	41:25	+04:35 04:08
14	524	Tiago de Castro Nunes Santos Silva	Coimbra Trail Running	Veterano M50	41:33	+04:43 04:09

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15	721	Vitor Gomes	FLASHOVER-BVPenela	Veterano M50	41:37	+04:46	04:10
16	896	Pedro Craveiro	Focus_TUU	Veterano M50	41:49	+04:59	04:11
17	522	Luis Miguel Ribeiro da Cunha	Coimbra Trail Running	Veterano M50	42:00	+05:10	04:12
18	2960	Nuno Mendes	RI.JO HYBRID TEAM	Veterano M50	42:05	+05:15	04:12
19	2984	Rui silva	Rui	Veterano M50	42:09	+05:19	04:13
20	123	Ivo Magalhães	Académica Triatlo	Veterano M50	42:11	+05:21	04:13
21	690	Luc Hennetier	Escola de Atletismo de Coimbra/JPaiva	Veterano M50	42:18	+05:28	04:14
22	2330	António Ferreira	Individual	Veterano M50	42:28	+05:37	04:15
23	575	Celso Pereira	CPT Sobral de Ceira	Veterano M50	42:59	+06:09	04:18
24	125	Pedro Figueira	Académica Triatlo	Veterano M50	43:32	+06:42	04:21
25	162	Manuel Roseiro Ferreira	Adabem Running Team	Veterano M50	43:34	+06:44	04:21
26	657	Miguel Cordeiro	Equipa de sonho	Veterano M50	43:42	+06:52	04:22
27	633	Daniel Silva	DCI/Trilhos Luso Bussaco	Veterano M50	43:47	+06:57	04:23
28	255	José Carlos Simões	Associação Académica de Coimbra	Veterano M50	43:57	+07:06	04:24
29	2638	Carlos Pimenta	Lusoteam	Veterano M50	44:06	+07:16	04:25
30	2357	José Coroa	Individual	Veterano M50	44:29	+07:38	04:27
31	2361	Luís Afonso	Individual	Veterano M50	44:31	+07:41	04:27
32	335	Paulo Almeida	C.F. "Os Marialvas"	Veterano M50	44:42	+07:52	04:28
33	2586	José Manuel de Castro Torres	KrushIt	Veterano M50	44:43	+07:53	04:28
34	2352	João Teles	Individual	Veterano M50	44:49	+07:59	04:29
35	451	José Carlos Martins	Clube EDP - Lisboa	Veterano M50	45:08	+08:18	04:31
36	2356	Jose António Ribeiro costa	Individual	Veterano M50	45:10	+08:20	04:31
37	2414	Vitor Tavares	Individual	Veterano M50	45:12	+08:21	04:31
38	2850	Rui Silva	Os Papa Milhas	Veterano M50	45:27	+08:36	04:33
39	243	Pedro Nunes	ARSM - Associação Recreativa de S. Miguel	Veterano M50	45:45	+08:55	04:34
40	2345	Hélder Piedade	Individual	Veterano M50	45:47	+08:57	04:35
41	2396	Pedro Marques	Individual	Veterano M50	45:51	+09:01	04:35
42	2941	Paulo ramos	Reumaticos	Veterano M50	46:00	+09:09	04:36
43	2413	Victor Manuel Nunes Pinto	Individual	Veterano M50	46:20	+09:29	04:38
44	2654	Luís Barraca Pereira	Maltha	Veterano M50	46:31	+09:40	04:39
45	2342	Gilberto Palmeira	Individual	Veterano M50	46:38	+09:48	04:40
46	2380	Nuno Henriques	Individual	Veterano M50	47:01	+10:11	04:42
47	2353	Jorge Figueiredo	Individual	Veterano M50	47:04	+10:14	04:42
48	2407	Salomão Rocha	Individual	Veterano M50	47:23	+10:33	04:44
49	2343	Gonçalo Filipe Neves Padilha	Individual	Veterano M50	47:42	+10:51	04:46
50	895	Nuno Cardoso	Focus_TUU	Veterano M50	47:43	+10:53	04:46
51	2350	João Nunes	Individual	Veterano M50	47:55	+11:05	04:47
52	2936	Miguel Figueiredo	Reload - Exercício e Saúde	Veterano M50	47:55	+11:05	04:48
53	158	Henrique Lavaredas	ACRM Silveirinha Grande e Claras	Veterano M50	47:57	+11:07	04:48
54	577	Rui Figueiredo	CPT Sobral de Ceira	Veterano M50	48:16	+11:25	04:50
55	3119	Paulo Faustino	Shape on You	Veterano M50	48:25	+11:34	04:50
56	66	Pedro Caetano	Abutres	Veterano M50	48:36	+11:46	04:52
57	2386	Paulo David da Silva Cardoso	Individual	Veterano M50	48:40	+11:50	04:52
58	2381	Nuno José das Neves Adelino	Individual	Veterano M50	48:41	+11:51	04:52

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104	2327	Alexandre Ritchie	Individual	Veterano M50	55:30	+18:40	05:33
105	611	Jorge Faria	CUMIBROA RUNNING TEAM	Veterano M50	55:49	+18:59	05:35
106	2408	Samuel Costa	Individual	Veterano M50	55:54	+19:04	05:35
107	2367	Marco Gomes	Individual	Veterano M50	56:01	+19:11	05:36
108	2333	Carlos Miguel Touças Martins	Individual	Veterano M50	56:27	+19:37	05:39
109	2389	Paulo serras	Individual	Veterano M50	56:30	+19:39	05:39
110	2375	Miguel Relvao	Individual	Veterano M50	56:36	+19:46	05:40
111	2402	Ricardo Jorge Marques dos Reis	Individual	Veterano M50	57:51	+21:01	05:47
112	2339	Emanuel Meneses	Individual	Veterano M50	57:52	+21:02	05:47
113	2331	António Martins	Individual	Veterano M50	58:07	+21:17	05:49
114	291	JOSELITO LUCAS	Bacalhaus de Corrida	Veterano M50	58:15	+21:24	05:49
115	897	Simão Paredes	Focus_TUU	Veterano M50	58:18	+21:28	05:50
116	2335	Carlos Silva	Individual	Veterano M50	58:27	+21:37	05:51
117	273	P Brites	Atletas ao Domingo	Veterano M50	58:32	+21:41	05:51
118	520	João Nuno Ribeiro e Pinho	Coimbra Trail Running	Veterano M50	58:37	+21:47	05:52
119	465	LUIS MIGUEL ALMEIDA FRADE	Clube Millennium BCP	Veterano M50	58:47	+21:57	05:53
120	2358	José Luís Barroco de Melo Coelho	Individual	Veterano M50	58:47	+21:57	05:53
121	2721	Carlos Santos	Motores a Broa	Veterano M50	59:02	+22:11	05:54
122	3207	Rogério Domingues	TSE	Veterano M50	59:33	+22:43	05:57
123	2355	Jorge Mendes Santos	Individual	Veterano M50	01:00:08	+23:18	06:01
124	2378	Nuno Fernandes	Individual	Veterano M50	01:00:26	+23:36	06:03
125	2374	Miguel Cunha	Individual	Veterano M50	01:00:44	+23:54	06:04
126	1044	Rui Pires	HOT.Runners	Veterano M50	01:00:56	+24:06	06:06
127	2849	Helder Duarte	Os Papa Milhas	Veterano M50	01:01:06	+24:16	06:07
128	2909	Olinto Vieira	Portuguese United Training Association	Veterano M50	01:01:17	+24:26	06:08
129	3079	Pedro Nunes	Sanfil	Veterano M50	01:01:50	+25:00	06:11
130	2397	Pedro Miguel da Silva Jacinto	Individual	Veterano M50	01:01:52	+25:01	06:11
131	124	José Gonçalves	Académica Triatlo	Veterano M50	01:02:28	+25:37	06:15
132	2848	António Sousa	Os Papa Milhas	Veterano M50	01:02:52	+26:01	06:17
133	3366	Miguel Fonseca	Individual	Veterano M50	01:02:55	+26:05	06:18
134	319	Mário João da Silva henriques	Botão Camp	Veterano M50	01:03:12	+26:21	06:19
135	2412	Victor Cunha	Individual	Veterano M50	01:03:13	+26:23	06:19
136	3287	Pedro Correia	URCR 2025 & Amigos	Veterano M50	01:03:16	+26:26	06:20
137	2383	Nuno Rafael Dinis	Individual	Veterano M50	01:03:19	+26:28	06:20
138	3158	Carlos Rei	Tartarugas Velozes	Veterano M50	01:03:19	+26:29	06:20
139	3351	Alexandre Branco	Grupo Remax White	Veterano M50	01:03:24	+26:33	06:20
140	993	Bruno Lino	Grupo Remax White	Veterano M50	01:03:32	+26:41	06:21
141	2920	Nuno Dias	R G Levanta Poeira	Veterano M50	01:03:32	+26:42	06:21
142	2907	Jorge Almeida	Portuguese United Training Association	Veterano M50	01:03:46	+26:56	06:23
143	464	FERNANDO ANTONIO RESENDE RODRIGUES	Clube Millennium BCP	Veterano M50	01:04:11	+27:21	06:25
144	2363	Luís Miguel de Paiva Simões	Individual	Veterano M50	01:04:31	+27:41	06:27
145	2340	Enrique Manuel Leitão Ferreira	Individual	Veterano M50	01:05:19	+28:29	06:32
146	2359	José Manuel Valente Dias	Individual	Veterano M50	01:05:29	+28:39	06:33
147	2911	Pedro Nova	Portuguese United Training Association	Veterano M50	01:06:19	+29:29	06:38

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148	2382	Nuno Lima	Individual	Veterano M50	01:06:41	+29:50	06:40
149	2354	Jorge Mendes	Individual	Veterano M50	01:06:45	+29:54	06:40
150	606	Victor Francisco	CTCV40 Power	Veterano M50	01:06:56	+30:05	06:42
151	175	Rui Jorge Santos Fonseca	Agora Vai...	Veterano M50	01:07:14	+30:24	06:43
152	2409	Tiago Amaral	Individual	Veterano M50	01:09:51	+33:01	06:59
153	893	Hugo Tocha	Focus_TUU	Veterano M50	01:10:06	+33:16	07:01
154	963	Nuno Alves	GR EIRENSE	Veterano M50	01:11:20	+34:30	07:08
155	2410	Vasco Alexandre Rodrigues Santos	Individual	Veterano M50	01:11:27	+34:37	07:09
156	2394	Pedro Gonalo da Fonseca Alves Loureiro	Individual	Veterano M50	01:11:31	+34:40	07:09
157	1043	Joo Fernandes	HOT.Runners	Veterano M50	01:12:04	+35:14	07:12
158	143	Joao Simoes	ACDRS QUINHENDROS	Veterano M50	01:12:52	+36:02	07:17
159	2762	Mauro Fonseca	MSC - Mais Saude Coimbra	Veterano M50	01:12:57	+36:06	07:18
160	2385	Orlando Martins	Individual	Veterano M50	01:13:30	+36:39	07:21
161	3078	Jorge Miguel Gomes Teixeira	Sanfil	Veterano M50	01:13:42	+36:51	07:22
162	2908	Jorge Jesus	Portuguese United Training Association	Veterano M50	01:14:12	+37:22	07:25
163	365	Edson Pimentel Filho	CalmaRia	Veterano M50	01:14:29	+37:38	07:27
164	2371	Messias Dias	Individual	Veterano M50	01:19:07	+42:17	07:55
165	238	Paulo santa	ARCD Venda da Lusa Trail	Veterano M50	01:19:12	+42:22	07:55
166	323	Emerson Madeira Viana	BragunciMadeira	Veterano M50	01:19:24	+42:34	07:56
167	2399	Pedro Ricardo Conde dos Santos	Individual	Veterano M50	01:20:05	+43:15	08:00
168	181	Joo Aleixo Narciso	Aleixo clnica dentria	Veterano M50	01:20:17	+43:27	08:02
169	2406	Rogrio dos Santos Chagas	Individual	Veterano M50	01:20:54	+44:04	08:05

Veterano M55

1	483	Hugo Coelho	CluVe - Clube Veteranos de Atletismo de Coimbra	Veterano M55	36:46	03:41
2	447	Luiz Mota	Clube de Atletismo de Ferreira do Zêzere	Veterano M55	37:52	+01:05 03:47
3	964	Ricardo Saraiva	GR EIRENSE	Veterano M55	37:53	+01:07 03:47
4	414	Fernando Antunes	CDC Macieira de Cambra	Veterano M55	40:08	+03:22 04:01
5	469	PEDRO NOGUEIRA SILVA	Clube Millennium BCP	Veterano M55	41:18	+04:32 04:08
6	216	Basilio Simões	Arcd Venda Da Luísa	Veterano M55	43:16	+06:29 04:20
7	2771	Miguel Silva	Nazaré Running	Veterano M55	43:20	+06:33 04:20
8	1046	João Carlos Oliveira	HOT.Runners	Veterano M55	44:10	+07:24 04:25
9	636	Horacio Ferreira	DCI/Trilhos Luso Bussaco	Veterano M55	44:37	+07:50 04:28
10	638	Mário Gonçalves	DCI/Trilhos Luso Bussaco	Veterano M55	44:39	+07:52 04:28
11	639	Vitor Oliveira	DCI/Trilhos Luso Bussaco	Veterano M55	44:45	+07:59 04:29
12	525	Jorge Manuel Rodrigues Tiago	Coimbra Trail Running	Veterano M55	44:50	+08:04 04:29
13	956	António Almeida	Gira Sol	Veterano M55	45:36	+08:49 04:34
14	3300	Vitor Monteiro	Vila Ventura Trail	Veterano M55	45:46	+08:59 04:35
15	2450	José Vitor Vieira	Individual	Veterano M55	46:22	+09:36 04:38
16	693	Luís Oliveira	Escola de Atletismo de Coimbra/JPaiva	Veterano M55	46:24	+09:38 04:38
17	635	Américo Almeida	DCI/Trilhos Luso Bussaco	Veterano M55	46:28	+09:42 04:39
18	468	PEDRO MANUEL REISINHO PEREIRA	Clube Millennium BCP	Veterano M55	46:56	+10:09 04:42

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63	2457	Manuel António	Individual	Veterano M55	54:43	+17:57	05:28
64	2474	Salil Shukla	Individual	Veterano M55	54:53	+18:07	05:29
65	2434	Humberto silva	Individual	Veterano M55	54:55	+18:09	05:30
66	2461	Nuno Baptista	Individual	Veterano M55	55:07	+18:21	05:31
67	3029	Augusto Amaral	Runners&Friends	Veterano M55	55:16	+18:30	05:32
68	2622	Paulo Barreirinhas	Lobos da Serra Loureiro	Veterano M55	56:12	+19:26	05:37
69	2432	Germano Anastácio	Individual	Veterano M55	56:19	+19:33	05:38
70	1015	Antonio Goncalves	Healthy Move	Veterano M55	56:19	+19:33	05:38
71	899	Claudio Silva	Focus_TUU	Veterano M55	56:24	+19:38	05:38
72	457	PC Simões	Clube Fluvial de Coimbra	Veterano M55	56:25	+19:39	05:39
73	455	Francisco Caridade	Clube Fluvial de Coimbra	Veterano M55	56:26	+19:40	05:39
74	466	ANTONIO EDUARDO REVERENDO C OLIVEIRA	Clube Millennium BCP	Veterano M55	56:33	+19:47	05:39
75	2421	António Manuel Loureço Guedes	Individual	Veterano M55	56:48	+20:02	05:41
76	2446	José Fernandes	Individual	Veterano M55	56:49	+20:03	05:41
77	3032	Rui Manuel de Oliveira Dias	Runners&Friends	Veterano M55	56:56	+20:10	05:42
78	904	João Antunes	Focus_TUU	Veterano M55	57:30	+20:44	05:45
79	637	Joaquim Martins	DCI/Trilhos Luso Bussaco	Veterano M55	57:39	+20:53	05:46
80	2851	Pedro Roque	Os Papa Milhas	Veterano M55	57:51	+21:04	05:47
81	21	João Manuel Lopes Sequeira	111 Sport	Veterano M55	58:05	+21:19	05:48
82	2471	Rui Antonio Duarte Simoes	Individual	Veterano M55	58:12	+21:26	05:49
83	2894	Miguel Ângelo Do Carmo Pardal	Pássaros Gordos	Veterano M55	58:16	+21:30	05:50
84	3153	Paulo Marques	Talentos Objetivos	Veterano M55	58:17	+21:31	05:50
85	1047	Manuel Miranda	HOT.Runners	Veterano M55	59:19	+22:33	05:56
86	906	Pedro Albuquerque	Focus_TUU	Veterano M55	59:25	+22:39	05:56
87	2475	SIDNEI FERNANDES DA SILVA	Individual	Veterano M55	59:27	+22:41	05:57
88	2453	Luis Banaco	Individual	Veterano M55	59:38	+22:52	05:58
89	902	Francisco Pereira	Focus_TUU	Veterano M55	59:40	+22:54	05:58
90	2428	Carlos Barroso	Individual	Veterano M55	59:46	+23:00	05:59
91	2470	Ricardo Santos Rosa	Individual	Veterano M55	59:50	+23:03	05:59
92	2985	Raúl Matos	RUN 4 FUN	Veterano M55	59:51	+23:05	05:59
93	2438	João Luis Dias Dos Santos	Individual	Veterano M55	01:00:00	+23:14	06:00
94	898	Alfredo Cortesão	Focus_TUU	Veterano M55	01:00:38	+23:52	06:04
95	933	Miguel Ângelo de Almeida Gaspar de Matos	Gaspares	Veterano M55	01:00:57	+24:11	06:06
96	2462	Nuno Santos	Individual	Veterano M55	01:01:07	+24:20	06:07
97	2764	Francisco Delille	MSC - Mais Saúde Coimbra	Veterano M55	01:01:12	+24:26	06:07
98	2416	António Aguiar	Individual	Veterano M55	01:01:14	+24:28	06:07
99	2442	Jorge Gois	Individual	Veterano M55	01:01:28	+24:42	06:09
100	900	EDUARDO PEREIRA	Focus_TUU	Veterano M55	01:02:23	+25:37	06:14
101	2436	João Carlos de Almeida Santos	Individual	Veterano M55	01:02:31	+25:44	06:15
102	2722	João Santos	Motores a Broa	Veterano M55	01:02:42	+25:56	06:16
103	3030	Luis Pires	Runners&Friends	Veterano M55	01:03:25	+26:38	06:20
104	2458	Manuel Mateus	Individual	Veterano M55	01:03:34	+26:48	06:21
105	46	Julio Lagem Reis	AAC - Remo	Veterano M55	01:03:59	+27:13	06:24
106	526	Óscar Pinto	Coimbra Trail Running	Veterano M55	01:05:22	+28:36	06:32
107	595	António Joaquim	Cris7ianismo	Veterano M55	01:05:24	+28:38	06:32

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108	2466	Pedro Medina	Individual	Veterano M55	01:05:26	+28:40	06:33
109	903	Gonalo Azevedo Mendes	Focus_TUU	Veterano M55	01:06:31	+29:45	06:39
110	2550	filipe silva	JOVASE Trail Running	Veterano M55	01:07:27	+30:41	06:45
111	942	Joaquim Gaspar	Gespares	Veterano M55	01:07:38	+30:52	06:46
112	2417	Ant3nio Aidos	Individual	Veterano M55	01:11:34	+34:47	07:09
113	2430	Fausto Pimentel	Individual	Veterano M55	01:11:39	+34:53	07:10
114	456	Jos3 Pedro Amaro	Clube Fluvial de Coimbra	Veterano M55	01:12:51	+36:05	07:17
115	3337	Ant3nio Jos3 Ferraz Tarrafa	Individual	Veterano M55	01:16:01	+39:15	07:36
116	156	Antonio Sequeira	ACRD SEQUEIRA	Veterano M55	01:17:29	+40:42	07:45
117	2765	M3rio Sim3es	MSC - Mais Sa3de Coimbra	Veterano M55	01:20:06	+43:20	08:01
118	446	Jo3o Matos	Clube de Triatlo do Fund3o	Veterano M55	01:23:24	+46:38	08:20

Veterano M60

1	256	Mário Carapinheiro	Associação Académica de Coimbra	Veterano M60	40:42	04:04
2	166	António Patrício	ADR4 Estações	Veterano M60	41:06	+00:24 04:07
3	3186	Luís Rebelo	THOMAR ATHLETICS	Veterano M60	41:07	+00:25 04:07
4	579	David Patricio Santos	CPT Sobral de Ceira	Veterano M60	44:21	+03:39 04:26
5	527	Fernando Manuel Machado Alhau	Coimbra Trail Running	Veterano M60	44:58	+04:16 04:30
6	410	Carlos Almeida	CASA DO POVO DE MANGUALDE	Veterano M60	47:13	+06:30 04:43
7	2489	Dale Mark Desautel	Individual	Veterano M60	47:59	+07:17 04:48
8	2923	Paulo Providência	R G Levanta Poeira	Veterano M60	48:13	+07:30 04:49
9	485	Ricardo Madureira	CluVe - Clube Veteranos de Atletismo de Coimbra	Veterano M60	50:28	+09:46 05:03
10	2561	Rui Manuel Pacheco Duarte	Karrapateira 1919	Veterano M60	51:39	+10:57 05:10
11	2496	Jorge Manuel Saraiva	Individual	Veterano M60	51:40	+10:58 05:10
12	2495	Joaquim Alvarinhas	Individual	Veterano M60	51:57	+11:15 05:12
13	2485	Carlos lobo	Individual	Veterano M60	52:04	+11:21 05:12
14	2494	João Veloso	Individual	Veterano M60	52:09	+11:26 05:13
15	3291	Carlos CCC	Verdadeira Família Costa	Veterano M60	52:25	+11:42 05:14
16	298	Artur Arromba	Besouros.com	Veterano M60	52:47	+12:05 05:17
17	486	Vitor Gomes	CluVe - Clube Veteranos de Atletismo de Coimbra	Veterano M60	53:26	+12:44 05:21
18	2492	João Capelôa	Individual	Veterano M60	53:26	+12:44 05:21
19	565	Garcia Matias	CPT Coimbra	Veterano M60	53:29	+12:47 05:21
20	2922	Almerindo Ferreira	R G Levanta Poeira	Veterano M60	53:32	+12:49 05:21
21	2937	Fernando Figueiredo	Reload - Exercício e Saúde	Veterano M60	53:50	+13:07 05:23
22	2478	Adelino Nunes	Individual	Veterano M60	54:02	+13:20 05:24
23	2498	Leonildo Manuel Jacob dos Reis	Individual	Veterano M60	54:49	+14:06 05:29
24	2488	Carlos VanZeller	Individual	Veterano M60	55:54	+15:12 05:35
25	2493	João Paulo Mouta Dias	Individual	Veterano M60	56:03	+15:20 05:36
26	3363	Paulo Almeida	Crédito Agricola	Veterano M60	56:03	+15:21 05:36
27	2712	Firmino Mendes	Montanha Clube Trail Running/Efapel	Veterano M60	56:27	+15:44 05:39
28	3297	Vitor Gonçalves	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	Veterano M60	56:27	+15:44 05:39

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29	580	Jorge Justo	CPT Sobral de Ceira	Veterano M60	56:50	+16:08	05:41
30	908	ARMÉNIO GALVÃO	Focus_TUU	Veterano M60	57:30	+16:48	05:45
31	2499	Octavio Sergio Rodrigues Linhares	Individual	Veterano M60	57:31	+16:49	05:45
32	3047	Carlos Pires	Saca Trilhos Anadia	Veterano M60	57:46	+17:03	05:47
33	2483	Antonio Manuel Gameiro Lopes	Individual	Veterano M60	57:48	+17:05	05:47
34	2497	Jorge Ramalho	Individual	Veterano M60	58:25	+17:43	05:51
35	2480	Alexandre Mateus da Silva	Individual	Veterano M60	58:51	+18:08	05:53
36	2656	Pedro José Soares Cruz	Maltha	Veterano M60	59:06	+18:24	05:55
37	218	José Carlos Fernandes	Arcd Venda Da Luísa	Veterano M60	59:36	+18:53	05:58
38	3179	Jose Carlos Santos	Team El Comandante	Veterano M60	59:57	+19:14	06:00
39	910	Ricardo Lopes	Focus_TUU	Veterano M60	01:01:19	+20:36	06:08
40	2484	Armando Magalhães Pereira.	Individual	Veterano M60	01:01:42	+20:59	06:10
41	698	Fernado Marques	esTrilho	Veterano M60	01:02:23	+21:41	06:14
42	909	Joao lemos	Focus_TUU	Veterano M60	01:02:25	+21:43	06:15
43	2837	Mário Correia Martins	Os Cebolas	Veterano M60	01:03:59	+23:16	06:24
44	2979	RUI MARTINS	RPM AC	Veterano M60	01:07:32	+26:49	06:45
45	2479	Agostinho Sá	Individual	Veterano M60	01:08:13	+27:30	06:49
46	2487	Carlos Oliveira	Individual	Veterano M60	01:08:14	+27:31	06:49
47	2885	João António da Costa Miranda	Owlpharma Team	Veterano M60	01:11:14	+30:31	07:07
48	2501	PEDRO TEIXEIRA	Individual	Veterano M60	01:13:34	+32:51	07:21
49	711	António Pedro Santos Oliveira	Farmácia Luciano e Matos	Veterano M60	01:13:48	+33:06	07:23
50	128	Paulo Trindade	Académica Triatlo	Veterano M60	01:21:59	+41:16	08:12
51	2976	Luis Miguel Guedes Pinto Antunes da Cunha	Rmcasa Lda	Veterano M60	01:28:53	+48:10	08:53

1	2769	José Pereira	MSS Grupo Desportivo de Gondomar	Veterano M65	41:15	04:07
2	2597	José Carlos Gomes	Ligeirinhos	Veterano M65	46:27	+05:11 04:39
3	957	Adérito Curto	Gira Sol	Veterano M65	47:53	+06:38 04:4
4	640	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M65	48:09	+06:54 04:49
5	2512	João Ramos	Individual	Veterano M65	48:35	+07:20 04:52
6	2514	Joaquim Pocinho	Individual	Veterano M65	49:03	+07:47 04:54
7	2516	Jorge Santos	Individual	Veterano M65	49:15	+08:00 04:56
8	488	Hélder Ferreira	CluVe - Clube Veteranos de Atletismo de Coimbra	Veterano M65	50:03	+08:47 05:00
9	2506	António Mendes	Individual	Veterano M65	50:15	+08:59 05:01
10	219	Fausto de Matos	Arcd Venda Da Luísa	Veterano M65	50:29	+09:14 05:03
11	406	Joaquim Pessoa	Casa do Povo de Lavos	Veterano M65	50:53	+09:37 05:05
12	3154	António de Carvalho Geraldo	Tartarugas do Choupal	Veterano M65	51:57	+10:42 05:12
13	912	Álvaro Portugal	Focus_TUU	Veterano M65	52:04	+10:48 05:12
14	931	António Pereira	funrunners fit&fun	Veterano M65	53:15	+12:00 05:20
15	2502	Alvaro Silva	Individual	Veterano M65	53:37	+12:22 05:22
16	2522	Vitor Fontes	Individual	Veterano M65	54:00	+12:44 05:24
17	649	José Manuel Dias	Dias & Companhia Lda	Veterano M65	54:20	+13:04 05:26
18	2517	José Manuel Gândara	Individual	Veterano M65	55:06	+13:51 05:31

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19	581	Álvaro Coelho	CPT Sobral de Ceira	Veterano M65	55:21	+14:05	05:32
20	2504	António Lemos	Individual	Veterano M65	55:50	+14:35	05:35
21	244	José Sequeira	ARSM - Associação Recreativa de S. Miguel	Veterano M65	56:16	+15:01	05:38
22	129	Fernando Martins	Académica Triatlo	Veterano M65	56:28	+15:13	05:39
23	3354	Joaquim José Rodrigues Cravo Valente de Almeida	Grupo Remax White	Veterano M65	56:33	+15:18	05:39
24	2519	JULIO MANUEL DA SILVA GONÇALVES	Individual	Veterano M65	56:54	+15:39	05:41
25	615	Arlindo Santos	DAR Recardães	Veterano M65	57:29	+16:13	05:45
26	2961	Rui José Sousa Girão	RIJO HYBRID TEAM	Veterano M65	57:49	+16:34	05:47
27	2518	José Manuel Gonçalves	Individual	Veterano M65	57:54	+16:38	05:47
28	934	João José de Almeida Gaspar de Matos	Gaspare	Veterano M65	58:29	+17:13	05:51
29	2510	Fernando Duarte Rodrigues	Individual	Veterano M65	58:33	+17:18	05:51
30	2503	Anibal Pisco	Individual	Veterano M65	01:00:26	+19:11	06:03
31	2507	António Saraiva	Individual	Veterano M65	01:00:30	+19:15	06:03
32	3033	Jorge Pessoa	Runners&Friends	Veterano M65	01:03:24	+22:09	06:20
33	2508	Assel Guzinski	Individual	Veterano M65	01:06:09	+24:53	06:37
34	2560	Manuel Costa	K STUDIO RUNNING TEAM	Veterano M65	01:06:24	+25:09	06:38
35	487	Fernando Ribeiro	CluVe - Clube Veteranos de Atletismo de Coimbra	Veterano M65	01:06:37	+25:22	06:40
36	2521	Vitor Ferreira	Individual	Veterano M65	01:06:44	+25:29	06:40
37	2787	Fernando Luis	O Mundo da Corrida	Veterano M65	01:09:18	+28:03	06:56
38	2766	Luís Mota	MSC - Mais Saúde Coimbra	Veterano M65	01:15:15	+34:00	07:32
39	458	Jorge Janicas	Clube Fluvial de Coimbra	Veterano M65	01:17:07	+35:52	07:43
40	2901	José Pires Lima	Pernas Inertes Lentos desde 2017	Veterano M65	01:17:14	+35:59	07:43
41	2505	antonio manuel dias alves	Individual	Veterano M65	01:20:10	+38:54	08:01
42	2636	Joaquim Castro	Love is in the air	Veterano M65	01:21:38	+40:22	08:10
43	1005	José Oliveira Madeira	Happy's	Veterano M65	01:22:49	+41:34	08:17

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Official Timekeeper: Lap2Go	1 / 3	generate 13-dez.-2025 20:12
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[illegible]

Official Timekeeper: Lap2Go	2 / 3	generate 13-dez.-2025 20:12
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[illegible]

Official Timekeeper: Lap2Go	3 / 3	generate 13-dez.-2025 20:12
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