

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	17:00	27°C	36%
End	19:01	27°C	36%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	912	Carlos Filipe Leite Costa	Individual	33:54		03:23	
2	1145	Carlos Nunes	Team Nunes	35:51	+01:57	03:35	
3	147	Paulo Renato Mesquita Monteiro	Casa do Povo de Lavos	37:02	+03:08	03:42	
4	1037	Manuel Jorge dos Santos	ISEC Coimbra	37:57	+04:03	03:48	
5	144	Gil Ferreira	C. D. São Salvador do Campo	37:57	+04:03	03:48	
6	1093	Eduardo Gonçalves	OLYMPUS	38:56	+05:02	03:54	
7	533	António José Ratola	Individual	39:19	+05:25	03:56	
8	29	Marco Xavier	Adões Trail	39:20	+05:26	03:56	
9	1144	André Nunes	Team Nunes	40:27	+06:33	04:03	
10	624	Sandro Gonçalves	Individual	40:44	+06:50	04:04	
11	31	Tibério Albuquerque	Adões Trail	40:54	+07:00	04:05	
12	611	Nuno Veloso	Individual	41:16	+07:22	04:08	
13	146	Rui Miguel Oliveira Lopes	Casa do Povo de Lavos	41:40	+07:46	04:10	
14	941	TIAGO MATOS	Individual	41:43	+07:49	04:10	
15	834	Deonilde Costa	Individual	41:49	+07:55	04:11	
16	1033	antonio silva	INDUSTRIAL DESPORTIVO VIEIRENSE	42:05	+08:11	04:12	
17	576	Herbera Théo	Individual	42:59	+09:05	04:18	
18	961	Luís Marques	Individual	43:03	+09:09	04:18	
19	218	Luc Hennetier	ESCOLA DE ATLETISMO DE COIMBRA	43:24	+09:30	04:20	
20	255	Pedro Espírito Santo	FunRunners	43:44	+09:50	04:22	
21	944	Bernardo Teles Fazendeiro	Individual	44:02	+10:08	04:24	
22	1142	Paulo Neves	Talentos Objetivos	44:11	+10:17	04:25	
23	199	Andreia Silva	CrossFit Mondego	44:13	+10:19	04:25	
24	962	Mário André David Marques	Individual	44:16	+10:22	04:26	
25	30	João Ferreira	Adões Trail	44:32	+10:38	04:27	
26	539	Bruno Alvim	Individual	44:35	+10:41	04:27	
27	921	Jair Carlos Gomes de Souza	Individual	44:44	+10:50	04:28	
28	529	André Galha	Individual	44:54	+11:00	04:29	
29	953	Filipe Valente Duarte	Individual	45:00	+11:06	04:30	
30	1133	Hugo Bastos	Running4fun Team Viseu - CSP	45:09	+11:15	04:31	
31	246	Pedro Craveiro	Focus_TUU	45:24	+11:30	04:32	
32	1183	José Martins	Viriathvs Runners Viseu	45:30	+11:36	04:33	
33	1184	Paulo Costa	Viriathvs Runners Viseu	45:30	+11:36	04:33	
34	929	Luís Loureiro	Individual	45:37	+11:43	04:34	
35	1015	Luís Pires	Individual	45:54	+12:00	04:35	
36	975	Germano Wunsch	Individual	45:58	+12:04	04:36	
37	1172	Sérgio pinho	Unidos Run Team / As Oliveirinhas	46:00	+12:06	04:36	
38	18	Ana Cristina Fernandes Ferreira	Academia de Desportos de Condeixa	46:00	+12:06	04:36	
39	21	Nuno Simoes	Académica Triatlo	46:01	+12:07	04:36	
40	1097	Marco Matos	OLYMPUS	46:04	+12:10	04:36	
41	967	Paulo Nuno Ferreira Simões	Individual	46:08	+12:14	04:37	
42	937	ricardo joao	Individual	46:09	+12:15	04:37	

10 KM

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Official Timekeeper: Lap2Go	2 / 23	generate 10-out.-2026 19:03
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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	580	Hugo Nobre	Individual	49:59	+16:05	05:00	
89	212	Alexandre Santos	EllaCorre	49:59	+16:05	05:00	
90	694	Rita Silva	Individual	50:00	+16:06	05:00	
91	1134	Celina Dias	Running4fun Team Viseu - CSP	50:07	+16:13	05:01	
92	631	Tomás Dinis	Individual	50:09	+16:15	05:01	
93	264	Pedro Teles	Haleon	50:10	+16:16	05:01	
94	56	Diana Carreira	BBC Run Team	50:16	+16:22	05:02	
95	207	António Gomes	Draco Runners	50:20	+16:26	05:02	
96	552	Diogo Manuel Moreira Baptista Neves	Individual	50:25	+16:31	05:03	
97	994	Daniel Pereira da Silva	Individual	50:47	+16:53	05:05	
98	203	Marisa Duarte	DCI/Trilhos Luso Bussaco	50:48	+16:54	05:05	
99	775	Ana Nunes	Individual	50:52	+16:58	05:05	
100	1114	Arsénio Santos	Pascoalitos	50:58	+17:04	05:06	
101	497	Rita Mendes	Individual	51:01	+17:07	05:06	
102	1095	Joaquim Nunes	OLYMPUS	51:04	+17:10	05:06	
103	1181	Vânia Leal	Vilaventura Trail	51:07	+17:13	05:07	
104	579	Hugo Miguel Ramos	Individual	51:10	+17:16	05:07	
105	985	Pedro Neto	Individual	51:18	+17:24	05:08	
106	567	Goncalo Gaspar	Individual	51:27	+17:33	05:09	
107	202	Filomena Marques	DCI/Trilhos Luso Bussaco	51:29	+17:35	05:09	
108	592	João Sousa	Individual	51:30	+17:36	05:09	
109	319	Ana Teresa Ferreira	Individual	51:37	+17:43	05:10	
110	432	Libânia Alves	Individual	51:39	+17:45	05:10	
111	590	João Rodrigues	Individual	51:39	+17:45	05:10	
112	1127	Pedro Fontes	Roda Dianteira	51:47	+17:53	05:11	
113	55	Catarina Marques	ASSSCC - Ar Livre e Aventura	51:51	+17:57	05:11	
114	57	Susana Pedrosa	BBC Run Team	51:54	+18:00	05:11	
115	534	Bernardo Bettencourt	Individual	52:04	+18:10	05:12	
116	149	Joaquim José Tavares Pessoa	Casa do Povo de Lavos	52:07	+18:13	05:13	
117	966	Paulo Alexandre Santos	Individual	52:07	+18:13	05:13	
118	942	Willian alves	Individual	52:08	+18:14	05:13	
119	584	João Goncalves	Individual	52:19	+18:25	05:14	
120	822	Ana Rodrigues (dorsal Nita)	Individual	52:21	+18:27	05:14	
121	535	Bernardo César	Individual	52:24	+18:30	05:14	
122	628	Tiago Pais	Individual	52:28	+18:34	05:15	
123	511	Sofia Assunção	Individual	52:31	+18:37	05:15	
124	1132	Raquel Caracitas	Running4fun Team Viseu - CSP	52:32	+18:38	05:15	
125	191	Henrique Marques	Corre Que Passa!	52:33	+18:39	05:15	
126	633	Victor Souza	Individual	52:35	+18:41	05:16	
127	526	Aislan Silva	Individual	52:36	+18:42	05:16	
128	593	João Victor da Silva Fidelis	Individual	52:39	+18:45	05:16	
129	932	Nuno Duarte	Individual	52:42	+18:48	05:16	
130	610	Nuno Paixão	Individual	52:47	+18:53	05:17	
131	1112	David Jesus	Pascoalitos	52:54	+19:00	05:17	
132	211	Cláudia Sofia Marques Vaz	EllaCorre	52:56	+19:02	05:18	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	1130	Liliana Lopes Marcelino	Running family	52:57	+19:03	05:18	
134	1131	Paulo José Garcia Marques	Running family	52:57	+19:03	05:18	
135	1006	Pedro Marques	Individual	52:57	+19:03	05:18	
136	689	Neuza Rebelo	Individual	53:01	+19:07	05:18	
137	704	Amanda Guapo	Individual	53:04	+19:10	05:18	
138	943	Alexandre João Nunes Flório	Individual	53:07	+19:13	05:19	
139	922	João Cotas	Individual	53:32	+19:38	05:21	
140	530	André Jorge	Individual	53:33	+19:39	05:21	
141	464	Mariana Oliveira	Individual	53:33	+19:39	05:21	
142	450	Maria Inês Fino	Individual	53:34	+19:40	05:21	
143	595	José Leiria	Individual	53:36	+19:42	05:22	
144	24	Jacinta Liliana Batista de Jesus Manata	Adões Traik	53:38	+19:44	05:22	
145	1177	André Acúrcio	VentilAqua	53:39	+19:45	05:22	
146	1178	Eduardo Ferreira	VentilAqua	53:40	+19:46	05:22	
147	296	Alexandra Cunha	Individual	53:42	+19:48	05:22	
148	598	José Pedro Ferreira Carola	Individual	53:47	+19:53	05:23	
149	1040	Joaquim Baptista	Joaquim Baptista	53:51	+19:57	05:23	
150	989	Rui Tavares da Silva	Individual	53:51	+19:57	05:23	
151	387	Francisca Duarte	Individual	53:52	+19:58	05:23	
152	1041	Silvia Antunes	Josirosa	53:56	+20:02	05:24	
153	1042	João Marques	Josirosa	53:57	+20:03	05:24	
154	1100	Emanuel Mendes	Os Amendoins	53:57	+20:03	05:24	
155	1094	Miguel Alves	OLYMPUS	53:58	+20:04	05:24	
156	547	David Nunes Aires Duarte	Individual	54:03	+20:09	05:24	
157	952	filipe cardoso	Individual	54:08	+20:14	05:25	
158	613	Pedro Daniel	Individual	54:11	+20:17	05:25	
159	744	Mariana Pimentel	Individual	54:17	+20:23	05:26	
160	551	Diogo Filipe Serra e Silva	Individual	54:26	+20:32	05:27	
161	681	Manuela Eugénio	Individual	54:28	+20:34	05:27	
162	1031	jose manuel gandara	Individual	54:29	+20:36	05:27	
163	427	Kharen Briolo	Individual	54:30	+20:36	05:27	
164	49	Paula Gonçalves	Arcd Venda Da Luísa	54:35	+20:41	05:27	
165	643	Ana Reis	Individual	54:39	+20:45	05:28	
166	949	Fábio costa	Individual	54:39	+20:45	05:28	
167	920	Guilherme José Ribeiro Cruz	Individual	54:40	+20:46	05:28	
168	8	Pedro Antunes	233club	54:42	+20:48	05:28	
169	1170	Hélder Lontro	Unidos Run Team / As Oliveirinhas	54:47	+20:53	05:29	
170	790	Liliana Rodrigues	Individual	54:47	+20:53	05:29	
171	935	Pedro Pinto	Individual	54:48	+20:54	05:29	
172	925	José Lima	Individual	54:51	+20:57	05:29	
173	1179	Levi Amaral Amorim	VentilAqua	54:54	+21:00	05:29	
174	887	Manuela Taveira	Individual	54:54	+21:00	05:29	
175	501	Rita Regatia	Individual	54:54	+21:00	05:29	
176	1012	Jorge Galhispo	Individual	54:56	+21:02	05:30	
177	102	Margarida Marques	BODY FITNESS	54:57	+21:03	05:30	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	109	André Jorge	BODY FITNESS	54:57	+21:03	05:30	
179	171	Monica Patrícia Cardoso Marques	Centro de Trail Carlos Sá Penacova Team	54:58	+21:04	05:30	
180	47	Silvia Costa	Arcd Venda Da Luísa	55:00	+21:06	05:30	
181	578	Hugo Marcos	Individual	55:00	+21:06	05:30	
182	1110	Mónica Batista	Pascoalitos	55:01	+21:07	05:30	
183	1125	António Pinto	Rato Esquilo	55:08	+21:14	05:31	
184	1191	Alexandre Lima	Individual	55:10	+21:16	05:31	
185	1092	Pedro Miguel Caniceiro Valada	OLYMPUS	55:12	+21:18	05:31	
186	1151	Ana Catarina milheiro Pires	Tons de Rosa	55:22	+21:28	05:32	
187	1115	Tatiana Costa	Pereira Trail	55:24	+21:30	05:32	
188	614	Pedro Prado	Individual	55:24	+21:30	05:32	
189	761	Rita Carvalho	Individual	55:26	+21:32	05:33	
190	1113	António Santos	Pascoalitos	55:28	+21:34	05:33	
191	537	Bernardo Marçal	Individual	55:31	+21:37	05:33	
192	53	Basílio Simões	Arcd Venda Da Luísa	55:33	+21:39	05:33	
193	48	Maria João Benquerença	Arcd Venda Da Luísa	55:33	+21:39	05:33	
194	209	Rodrigo Gonçalo	E & R	55:34	+21:40	05:33	
195	208	Erivaldo Figueiredo	E & R	55:34	+21:40	05:33	
196	663	Claudia Cenicante	Individual	55:34	+21:40	05:33	
197	933	Paulo Horta	Individual	55:44	+21:50	05:34	
198	141	Ricardo Filipe Marques da Cruz Firmino	Botão Camp	55:45	+21:51	05:34	
199	505	Rute Viseu	Individual	55:45	+21:51	05:34	
200	1061	Carlos Filipe Jorge Pedreiro	Lesmas Furiosas	55:46	+21:52	05:35	
201	867	Sandra Mendes	Individual	55:47	+21:53	05:35	
202	365	Clara Isabel Loureiro Pinto	Individual	55:49	+21:55	05:35	
203	621	Rúben Neves Mendes	Individual	55:50	+21:56	05:35	
204	1102	Fausto Pimentel	Os Pimentel	55:51	+21:57	05:35	
205	1101	Francisca Pimentel	Os Pimentel	55:52	+21:58	05:35	
206	408	Jéssica Martins	Individual	55:52	+21:58	05:35	
207	560	Francisco Martins	Individual	55:53	+21:59	05:35	
208	779	Andrea Canelas	Individual	55:57	+22:03	05:36	
209	781	Andreia de Sousa	Individual	55:58	+22:04	05:36	
210	196	Carlos Muxagata	CPT Coimbra	55:59	+22:05	05:36	
211	1153	Pedro Cruz	Tons de Rosa	55:59	+22:05	05:36	
212	995	Fernando Freire	Individual	56:01	+22:07	05:36	
213	1192	Sofia Querido Amaro	Individual	56:03	+22:09	05:36	
214	69	David Caneira	Bluepharma	56:08	+22:14	05:37	
215	543	Daniel Paciência Rodrigues	Individual	56:09	+22:15	05:37	
216	773	Ana Cristina Leal Rebola	Individual	56:10	+22:16	05:37	
217	582	João Caldeira	Individual	56:11	+22:17	05:37	
218	619	Rodrigo Costa Pinto	Individual	56:11	+22:17	05:37	
219	163	LILIANA PATRICIA LOPES PRAGANA	Centro Cirúrgico de Coimbra	56:13	+22:19	05:37	
220	162	TATIANA FILIPE FERNANDES BATISTA DA CUNHA	Centro Cirúrgico de Coimbra	56:13	+22:19	05:37	
221	742	Maria Cristina Pereira Gonçalves	Individual	56:13	+22:19	05:37	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	990	Stephen Parker	Individual	56:14	+22:20	05:37	
223	86	Pedro Rebelo	Bluepharma	56:17	+22:23	05:38	
224	204	Helena lopes	DCI/Trilhos Luso Bussaco	56:17	+22:23	05:38	
225	281	Emanuel Fernandes	Iberconcept	56:20	+22:26	05:38	
226	1099	Nuno Garcia	Os Amendoins	56:22	+22:28	05:38	
227	740	Linda Vaz	Individual	56:23	+22:29	05:38	
228	563	Gabriel Luca Nascimento	Individual	56:30	+22:36	05:39	
229	1078	Firmino Mendes	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	56:30	+22:36	05:39	
230	554	Diogo Reis	Individual	56:31	+22:37	05:39	
231	63	Maria Carvalho	Bluepharma	56:36	+22:42	05:40	
232	1056	Mónica Ventura	LadiesRun	56:39	+22:45	05:40	
233	1128	Soraia Gavinhos	RunAway	56:39	+22:45	05:40	
234	85	Pedro Daniel Ferreira	Bluepharma	56:41	+22:47	05:40	
235	1019	Victor Martins	Individual	56:43	+22:49	05:40	
236	634	Vitor Lopes	Individual	56:46	+22:52	05:41	
237	572	Guilherme Monteiro	Individual	56:48	+22:54	05:41	
238	396	Inês Cruz	Individual	57:00	+23:06	05:42	
239	811	Susana Domingues	Individual	57:01	+23:07	05:42	
240	58	Clara silva	BBC Run Team	57:03	+23:09	05:42	
241	609	Miguel Ferreira	Individual	57:04	+23:10	05:42	
242	444	Margarida Vasconcelos	Individual	57:05	+23:11	05:43	
243	178	Miguel Rosa	Climacer, S.A	57:06	+23:12	05:43	
244	1104	Ângelo Pascoal Figueiral	Pascoalitos	57:06	+23:12	05:43	
245	180	Rui Pereira	Climacer, S.A	57:13	+23:19	05:43	
246	77	Joana Lourenço de Matos	Bluepharma	57:15	+23:21	05:44	
247	1169	Graça Rumor	Unidos Run Team / As Oliveirinhas	57:16	+23:22	05:44	
248	1187	Rita alves	XTRAINING	57:16	+23:22	05:44	
249	1185	Ana Póvoa	XTRAINING	57:17	+23:23	05:44	
250	1017	Rui Colaço	Individual	57:18	+23:24	05:44	
251	59	Sónia Santos	BBC Run Team	57:18	+23:24	05:44	
252	173	Sandra Santos	Centro de Trail Carlos Sá Penacova Team	57:19	+23:25	05:44	
253	594	Jonas Magalhães	Individual	57:19	+23:25	05:44	
254	316	Ana Rita Costa Rosa	Individual	57:21	+23:27	05:44	
255	635	Xavier Lemos	Individual	57:23	+23:29	05:44	
256	857	Natália Sofia da Silva Gomes Lucas	Individual	57:24	+23:30	05:44	
257	602	Lucas Disraeli	Individual	57:24	+23:30	05:44	
258	1186	Diana Dias	XTRAINING	57:25	+23:31	05:45	
259	89	João Veloso	Bluepharma	57:32	+23:38	05:45	
260	520	Tânia Tomás	Individual	57:33	+23:39	05:45	
261	532	António Carvalho	Individual	57:34	+23:40	05:45	
262	923	João Gomes	Individual	57:35	+23:41	05:45	
263	814	Teresa Bento	Individual	57:35	+23:41	05:45	
264	339	Bianca Mendes	Individual	57:37	+23:43	05:46	
265	575	Henrique Santos	Individual	57:37	+23:43	05:46	
266	357	Catarina Santos	Individual	57:38	+23:44	05:46	
267	739	Lina Carvalho	Individual	57:40	+23:46	05:46	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
268	15	David Abegoaria	6:45	57:43	+23:49	05:46	
269	73	Matheus Baptista	Bluepharma	57:46	+23:52	05:47	
270	645	Ana Rita Devesa	Individual	57:48	+23:54	05:47	
271	142	Filipa de Palhares Falcão Martins Bernardo	Branco&Tinto	57:49	+23:55	05:47	
272	143	Pedro Miguel Rua Pinto da Silva Afonso	Branco&Tinto	57:49	+23:55	05:47	
273	960	José Daniel Silva	Individual	57:51	+23:57	05:47	
274	620	Rodrigo Ferreira Geraldo	Individual	57:54	+24:00	05:47	
275	646	Ana Rita Teixeira	Individual	57:55	+24:01	05:47	
276	20	André Mendes	Académica Triatlo	57:55	+24:01	05:48	
277	653	Bruna Mendes	Individual	57:56	+24:02	05:48	
278	678	Liliana Domingues	Individual	58:00	+24:06	05:48	
279	252	Milene Santos	FunRunners	58:00	+24:06	05:48	
280	184	PEDRO JOSE JESUS TEIXEIRA	Clube Millennium BCP	58:01	+24:07	05:48	
281	2	Hugo Garrido	#tmggodinho	58:02	+24:08	05:48	
282	755	Nina Correia	Individual	58:05	+24:11	05:48	
283	661	Cátia Pinheiro	Individual	58:05	+24:11	05:49	
284	668	Daniele bonifácio gomes gabry	Individual	58:08	+24:14	05:49	
285	181	Silvio Carvalho	Climacer, S.A	58:08	+24:14	05:49	
286	957	João Manuel	Individual	58:12	+24:18	05:49	
287	402	Inês Penedones	Individual	58:13	+24:19	05:49	
288	1088	Franscico Santos	OLYMPUS	58:17	+24:23	05:50	
289	1116	Cátia Rosa	Pereira Trail	58:19	+24:25	05:50	
290	52	Tiago Pires	Arcd Venda Da Luísa	58:20	+24:26	05:50	
291	1118	Patrícia Ferreira	Pereira Trail	58:22	+24:28	05:50	
292	276	Sónia Antunes	Himalaia Trail	58:24	+24:30	05:50	
293	277	Paulo Batista	Himalaia Trail	58:24	+24:30	05:50	
294	654	Carina Borges	Individual	58:40	+24:46	05:52	
295	745	Marisa Amaral de Almeida	Individual	58:40	+24:46	05:52	
296	6	Carolina Antunes	233club	58:42	+24:48	05:52	
297	1002	Nuno Ricardo Fernandes Teixeira	Individual	58:43	+24:49	05:52	
298	406	Jeanne DEMETZ	Individual	58:49	+24:55	05:53	
299	413	Joana Bárbara	Individual	58:57	+25:03	05:54	
300	1173	Manuel Rumor	Unidos Run Team / As Oliveirinhas	58:58	+25:04	05:54	
301	864	Rosana ricalde da silva	Individual	59:00	+25:06	05:54	
302	1008	Donaldson Teodorico Espírito Santo Filho	Individual	59:01	+25:07	05:54	
303	457	Mariana Castro	Individual	59:02	+25:08	05:54	
304	322	Andreia Sofia Dimas Mendes	Individual	59:05	+25:11	05:54	
305	542	César Temudo	Individual	59:07	+25:13	05:55	
306	1062	Paulo Ricardo da Silva Pereira	Lesmas Furiosas	59:16	+25:22	05:56	
307	84	João Maia	Bluepharma	59:17	+25:23	05:56	
308	50	Manuela Espírito Santo	Arcd Venda Da Luísa	59:17	+25:23	05:56	
309	470	Markéta Sikorová	Individual	59:18	+25:24	05:56	
310	480	Monika Doubravová	Individual	59:18	+25:24	05:56	
311	112	Pedro Ribeiro	BODY FITNESS	59:21	+25:27	05:56	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
312	161	RENATO JOSÉ RODRIGUES DOMINGUES	Centro Cirúrgico de Coimbra	59:22	+25:28	05:56	
313	1096	José Manuel Valente Dias	OLYMPUS	59:23	+25:29	05:56	
314	190	Clara Campelo	Corre Que Passa!	59:23	+25:29	05:56	
315	193	Gonçalo Pereira	Corre Que Passa!	59:23	+25:29	05:56	
316	915	David Cortesão	Individual	59:30	+25:36	05:57	
317	617	Ricardo Almeida	Individual	59:34	+25:40	05:57	
318	451	Maria Inês Paiva	Individual	59:36	+25:42	05:58	
319	303	Ana Cordeiro	Individual	59:37	+25:43	05:58	
320	522	Terezie Cuhrová	Individual	59:38	+25:44	05:58	
321	801	Rita Gomes	Individual	59:43	+25:49	05:58	
322	649	Andreia Pais	Individual	59:44	+25:50	05:58	
323	1063	Liliana Dias	Light Runners	59:52	+25:58	05:59	
324	1098	Raquel Canais	Os Amendoins	59:52	+25:58	05:59	
325	1032	Paulo Ramos	Individual	59:56	+26:02	06:00	
326	909	Rosário Ramos	Individual	59:56	+26:02	06:00	
327	601	Leonardo Falcão	Individual	59:59	+26:05	06:00	
328	650	Anna Pliassova	Individual	01:00:00	+26:06	06:00	
329	1146	Carlos Almeida	Team Nunes	01:00:00	+26:06	06:00	
330	1143	Daniela Amaral	Team Nunes	01:00:01	+26:07	06:00	
331	64	Maria Luís Martins Barreira	Bluepharma	01:00:02	+26:08	06:00	
332	899	Teresa Carvalho Tavares	Individual	01:00:05	+26:11	06:01	
333	664	Cristina Santos	Individual	01:00:08	+26:14	06:01	
334	939	Samuel Cabete	Individual	01:00:08	+26:14	06:01	
335	170	Mara Alexandra Martinho Cardoso	Centro de Trail Carlos Sá Penacova Team	01:00:09	+26:15	06:01	
336	153	CARINA COSTA MARTINS	Centro Cirúrgico de Coimbra	01:00:11	+26:17	06:01	
337	189	Laurinda Pereira	Condeixa Karate	01:00:11	+26:17	06:01	
338	963	Miguel Forte	Individual	01:00:13	+26:19	06:01	
339	279	Daniela Gomes	Iberconcept	01:00:15	+26:21	06:01	
340	121	Tiago Sousa	BOLINHOS DE BACALHAU	01:00:15	+26:21	06:02	
341	789	Liliana Pimenta	Individual	01:00:16	+26:22	06:02	
342	283	Tiago Santos	Iberconcept	01:00:16	+26:22	06:02	
343	213	Rita Pereira	EllaCorre	01:00:18	+26:24	06:02	
344	703	Adriana Caldeira de Souza	Individual	01:00:20	+26:26	06:02	
345	1165	Nohélia Cartaxo	Unidos Run Team / As Oliveirinhas	01:00:21	+26:27	06:02	
346	978	Joao F Duarte	Individual	01:00:23	+26:29	06:02	
347	206	Marlene Patusco	Domus Trail	01:00:23	+26:29	06:02	
348	640	Ana Maria	Individual	01:00:25	+26:31	06:02	
349	105	Rafaela Faria	BODY FITNESS	01:00:25	+26:31	06:02	
350	743	Maria Raquel Rodrigues Macedo	Individual	01:00:27	+26:33	06:03	
351	148	Rui Manuel de Faria Ferreira	Casa do Povo de Lavos	01:00:31	+26:37	06:03	
352	536	Bernardo Filipe Duarte Matias	Individual	01:00:32	+26:38	06:03	
353	771	Ana Azeiteiro	Individual	01:00:37	+26:43	06:04	
354	341	Bruna Simões	Individual	01:00:38	+26:44	06:04	
355	166	Pedro Miguel da Cunha Marques	Centro Cirúrgico de Coimbra	01:00:40	+26:46	06:04	
356	156	INÊS RAFAELA CARVALHO FERREIRA	Centro Cirúrgico de Coimbra	01:00:40	+26:46	06:04	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
357	571	Gonalo So Marcos	Individual	01:00:41	+26:47	06:04	
358	1121	Andreia Filipa	PT Sofia Silva	01:00:42	+26:48	06:04	
359	1122	Francisco Baptista	PT Sofia Silva	01:00:43	+26:49	06:04	
360	271	Carlos Alves	Haleon	01:00:43	+26:49	06:04	
361	265	Itziar Del Estal	Haleon	01:00:43	+26:49	06:04	
362	659	Ctia Jernimo	Individual	01:00:46	+26:52	06:05	
363	955	Hlio Ginjas	Individual	01:00:48	+26:54	06:05	
364	795	Marisa Santos	Individual	01:00:48	+26:54	06:05	
365	1055	Mariana Mouronho	LadiesRun	01:00:49	+26:55	06:05	
366	794	Marina Cruz	Individual	01:00:49	+26:55	06:05	
367	248	Alexandrina Leito	FunRunners	01:00:51	+26:57	06:05	
368	254	Flvio Silva	FunRunners	01:00:51	+26:57	06:05	
369	257	Antnio Pereira	FunRunners	01:00:51	+26:57	06:05	
370	250	Mariana Alves Fonseca	FunRunners	01:00:51	+26:57	06:05	
371	665	Daianna Santos	Individual	01:00:54	+27:00	06:05	
372	382	Eva Conceio de So Jos Oliveira	Individual	01:01:00	+27:06	06:06	
373	376	Diana Carvalho	Individual	01:01:02	+27:08	06:06	
374	482	Natlia Martins Leite	Individual	01:01:06	+27:12	06:07	
375	736	Llia Martins	Individual	01:01:09	+27:15	06:07	
376	1025	Jorge Manuel Santiago Ramalho	Individual	01:01:12	+27:18	06:07	
377	389	Francisca Gaspar	Individual	01:01:15	+27:21	06:07	
378	462	Mariana Freitas	Individual	01:01:16	+27:22	06:08	
379	776	Ana Paula Martins Cruz	Individual	01:01:21	+27:27	06:08	
380	215	Jane santos	EllaCorre	01:01:22	+27:28	06:08	
381	1082	Alexandra Albuquerque	OLYMPUS	01:01:22	+27:28	06:08	
382	980	Luis Pedro Rodrigues	Individual	01:01:25	+27:31	06:08	
383	854	Mria Gomes	Individual	01:01:25	+27:31	06:08	
384	175	Ana Silva	Centro de Trail Carlos S Penacova Team	01:01:30	+27:36	06:09	
385	327	Beatriz Amaral	Individual	01:01:31	+27:37	06:09	
386	486	Pamela Jose	Individual	01:01:35	+27:41	06:10	
387	447	Maria Eduarda Sobrero Rodrigues	Individual	01:01:36	+27:42	06:10	
388	947	Csar Vazo	Individual	01:01:39	+27:45	06:10	
389	78	Marta Falco	Bluepharma	01:01:41	+27:47	06:10	
390	67	Sara Antunes	Bluepharma	01:01:42	+27:48	06:10	
391	1190	Marta Monteiro Almeida	Individual	01:01:46	+27:52	06:11	
392	1159	Ana Paula Fernandes	Trilhos&Rodas	01:02:05	+28:11	06:13	
393	439	Maira Silva	Individual	01:02:06	+28:12	06:13	
394	46	Tnia Vanessa Silva Maia	Arcd Venda Da Lusa	01:02:09	+28:15	06:13	
395	44	Carla Cotas	Arcd Venda Da Lusa	01:02:09	+28:15	06:13	
396	968	Pedro Valente	Individual	01:02:10	+28:16	06:13	
397	311	Ana Margarida Neves	Individual	01:02:12	+28:18	06:13	
398	657	Carolina Afonso	Individual	01:02:14	+28:20	06:13	
399	116	Nelson Heleno	BODY FITNESS	01:02:18	+28:24	06:14	
400	101	Joana Silva	BODY FITNESS	01:02:18	+28:24	06:14	
401	695	Sara Goro	Individual	01:02:19	+28:25	06:14	
402	984	PEDRO MARTINS	Individual	01:02:20	+28:26	06:14	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
403	1038	Naïna de Jesus Ribeiro	João & Naïna	01:02:20	+28:26	06:14	
404	1039	João Ricardo Ângelo Costa	João & Naïna	01:02:20	+28:26	06:14	
405	931	Nuno André Antunes Pedro	Individual	01:02:23	+28:29	06:14	
406	430	Larissa Lopes Fernandes Da Luz	Individual	01:02:24	+28:30	06:14	
407	956	Idalécio Fonseca	Individual	01:02:25	+28:31	06:15	
408	1161	João André	Unidos Run Team / As Oliveirinhas	01:02:27	+28:33	06:15	
409	1171	Rui Pinho	Unidos Run Team / As Oliveirinhas	01:02:27	+28:33	06:15	
410	323	Ângela Silva	Individual	01:02:27	+28:33	06:15	
411	731	Joana Figueiredo	Individual	01:02:30	+28:36	06:15	
412	996	Francisco Nunes	Individual	01:02:31	+28:37	06:15	
413	294	´Cristiana Dias	Individual	01:02:31	+28:37	06:15	
414	1076	Carlos Rodrigues	Montanha Clube Mangualde	01:02:31	+28:37	06:15	
415	288	Inês Ávila	Individual	01:02:35	+28:41	06:15	
416	851	Isabel Neves	Individual	01:02:42	+28:48	06:16	
417	774	Ana Daniela Dias	Individual	01:02:42	+28:48	06:16	
418	992	António Silva	Individual	01:02:43	+28:49	06:16	
419	770	Ana Azambujo	Individual	01:02:48	+28:54	06:17	
420	165	Francisco José Agostinho	Centro Cirúrgico de Coimbra	01:02:50	+28:56	06:17	
421	298	Amélia José Gonçalves	Individual	01:02:55	+29:01	06:18	
422	753	Nancy Simões	Individual	01:02:55	+29:01	06:18	
423	1182	Diana Sousa	Viriathvs Runners Viseu	01:02:58	+29:04	06:18	
424	61	Joana Filipa Costa Pereira	Bluepharma	01:02:59	+29:05	06:18	
425	403	Ines Ramalho	Individual	01:03:00	+29:06	06:18	
426	717	Catarina Ferreira	Individual	01:03:03	+29:09	06:18	
427	401	ines oliveira	Individual	01:03:04	+29:10	06:18	
428	714	carina Sousa	Individual	01:03:08	+29:14	06:19	
429	1077	Liliana Serra	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	01:03:10	+29:16	06:19	
430	32	Carla Nunes	AERGóis Trail Running	01:03:10	+29:16	06:19	
431	813	Teresa Alves	Individual	01:03:15	+29:21	06:19	
432	504	Rute Vasconcelos	Individual	01:03:15	+29:21	06:19	
433	443	Margarida Oliveira	Individual	01:03:15	+29:21	06:19	
434	1067	Nelson Rodrigues	Light Runners	01:03:19	+29:25	06:20	
435	325	Bárbara Baptista	Individual	01:03:24	+29:30	06:20	
436	577	Hugo David	Individual	01:03:25	+29:31	06:20	
437	553	Diogo Morais	Individual	01:03:25	+29:31	06:21	
438	810	Sónia Margarida Matias Pimentel	Individual	01:03:35	+29:41	06:22	
439	1137	Bernard Huot	Sardaniscos	01:03:37	+29:43	06:22	
440	1060	David Jose de Matos Sérvolo	Lesmas Furiosas	01:03:38	+29:44	06:22	
441	469	Marina Salvado	Individual	01:03:39	+29:45	06:22	
442	435	Liliana Miranda	Individual	01:03:40	+29:46	06:22	
443	158	RAQUEL VIEIRA CAIRES	Centro Cirúrgico de Coimbra	01:03:41	+29:47	06:22	
444	128	Ana Azedo	Botão Camp	01:03:51	+29:57	06:23	
445	465	Mariana Santos	Individual	01:03:52	+29:58	06:23	
446	343	Carlota Gaspar	Individual	01:03:52	+29:58	06:23	
447	239	Mélanie Duarte	Farmácia Luciano e Matos	01:03:56	+30:02	06:24	
448	241	Simona Burduja	Farmácia Luciano e Matos	01:03:56	+30:02	06:24	

Official Timekeeper: Lap2Go	10 / 23	generate 10-out.-2026 19:03
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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
449	107	Tânia Branco	BODY FITNESS	01:04:15	+30:21	06:25	
450	1075	Nuno Castanheira	MIRO TRAIL	01:04:18	+30:24	06:26	
451	453	Maria João da Costa Lourenço Pereira	Individual	01:04:21	+30:27	06:26	
452	16	Luísa Rodrigues	Abutres	01:04:23	+30:29	06:26	
453	488	Patrícia de Marchi	Individual	01:04:27	+30:33	06:27	
454	160	ARMANDO FILIPE SANTOS JORGE	Centro Cirúrgico de Coimbra	01:04:28	+30:34	06:27	
455	812	Susana Pinho	Individual	01:04:29	+30:35	06:27	
456	321	Andreia Fernades	Individual	01:04:32	+30:38	06:27	
457	604	Manuel Loureiro dos Santos	Individual	01:04:32	+30:38	06:27	
458	45	Elisabete Correia	Arcd Venda Da Luísa	01:04:34	+30:40	06:27	
459	1057	Rita Fernandes	LadiesRun	01:04:37	+30:43	06:28	
460	192	Luís Ferreira	Corre Que Passa!	01:04:38	+30:44	06:28	
461	632	Tomás Tavares	Individual	01:04:40	+30:46	06:28	
462	354	Catarina Duarte	Individual	01:04:47	+30:53	06:29	
463	892	Nélia Margarida Nogueira Tenreiro de Matos	Individual	01:04:49	+30:55	06:29	
464	437	Lucília Azevedo	Individual	01:04:55	+31:01	06:29	
465	541	Carlos Fontes	Individual	01:04:58	+31:04	06:30	
466	808	Sandrina Basílio	Individual	01:05:02	+31:08	06:30	
467	639	Ana Lucia Alves	Individual	01:05:08	+31:14	06:31	
468	98	Beatriz Costa	BODY FITNESS	01:05:08	+31:14	06:31	
469	484	Neuza Silva	Individual	01:05:15	+31:21	06:31	
470	452	Maria João Corte Real	Individual	01:05:25	+31:31	06:33	
471	586	João Miguel Abreu França	Individual	01:05:33	+31:39	06:33	
472	197	Diana Lopes	CrossFit Mondego	01:05:34	+31:40	06:33	
473	466	Mariana Silva	Individual	01:05:38	+31:44	06:34	
474	564	Gabriel Matias	Individual	01:05:38	+31:44	06:34	
475	7	Ana Alves	233club	01:05:40	+31:46	06:34	
476	723	Daniela Peixoto	Individual	01:05:41	+31:47	06:34	
477	95	Ana Marques	BODY FITNESS	01:05:47	+31:53	06:35	
478	379	Dziyana Boiba	Individual	01:05:49	+31:55	06:35	
479	702	Zinaida Shakel	Individual	01:05:50	+31:56	06:35	
480	792	Margarida Isabel Tomás Pereira	Individual	01:05:58	+32:04	06:36	
481	491	Pollyana Voss	Individual	01:06:03	+32:09	06:36	
482	159	TERESA MARGARIDA ESTEVES OLIVEIRA	Centro Cirúrgico de Coimbra	01:06:04	+32:10	06:36	
483	566	Gonçalo Amaral	Individual	01:06:05	+32:11	06:36	
484	1193	Ana Daniela Ferreira	Individual	01:06:09	+32:15	06:37	
485	589	João Morgado	Individual	01:06:11	+32:17	06:37	
486	337	Beatriz Rei	Individual	01:06:15	+32:21	06:38	
487	371	Daniela Amaral	Individual	01:06:15	+32:21	06:38	
488	12	Antonieta Abegoaria	6:45	01:06:19	+32:25	06:38	
489	71	João Mestre	Bluepharma	01:06:20	+32:26	06:38	
490	431	Leana Grilo	Individual	01:06:21	+32:27	06:38	
491	831	Cristina Isabel Gândara de Carvalho	Individual	01:06:21	+32:27	06:38	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
492	672	Elsa Caetano	Individual	01:06:21	+32:27	06:38	
493	448	Maria Farias	Individual	01:06:21	+32:27	06:38	
494	348	Carolina Jorge	Individual	01:06:26	+32:32	06:39	
495	9	Carla Fidalgo	6:45	01:06:28	+32:34	06:39	
496	129	Regina Costa	Botão Camp	01:06:28	+32:34	06:39	
497	137	Sónia Ribeiro	Botão Camp	01:06:29	+32:35	06:39	
498	187	João Ferreira	Coffeesolum	01:06:30	+32:36	06:39	
499	1022	Carlos Barroso	Individual	01:06:32	+32:38	06:39	
500	5	Sofia Fontes	1002	01:06:38	+32:44	06:40	
501	1160	Paula cardoso	Trilhos&Rodas	01:06:45	+32:51	06:40	
502	498	Rita Pereira	Individual	01:06:45	+32:51	06:40	
503	549	Diogo Capão	Individual	01:06:46	+32:52	06:41	
504	666	Dalila Barroca	Individual	01:06:48	+32:54	06:41	
505	1066	Mariya Oliveira	Light Runners	01:06:53	+32:59	06:41	
506	641	Ana Pedrosa	Individual	01:06:58	+33:04	06:42	
507	982	Nelson Matos	Individual	01:07:02	+33:08	06:42	
508	998	José Quadrado	Individual	01:07:02	+33:08	06:42	
509	707	Ana Margarida Santos	Individual	01:07:10	+33:16	06:43	
510	719	Catarina Temporario	Individual	01:07:12	+33:18	06:43	
511	991	António Jerónimo	Individual	01:07:17	+33:23	06:44	
512	290	Sara Santos	Individual	01:07:23	+33:29	06:44	
513	425	Juliana Miranda	Individual	01:07:26	+33:32	06:45	
514	531	André Rodrit	Individual	01:07:27	+33:33	06:45	
515	890	Maria Paula Nogueira	Individual	01:07:28	+33:34	06:45	
516	169	Liliana Porto	Centro de Trail Carlos Sá Penacova Team	01:07:40	+33:46	06:46	
517	285	Cátia Ferreira	Iberconcept	01:07:41	+33:47	06:46	
518	23	Filipa Costa	Adabem Running Team	01:07:45	+33:51	06:46	
519	997	gilberto lima	Individual	01:07:46	+33:52	06:47	
520	856	Natália Costa	Individual	01:07:47	+33:53	06:47	
521	840	Eliane Oliveira dos Santos	Individual	01:07:48	+33:54	06:47	
522	1111	Sérgio Santos	Pascoalitos	01:07:53	+33:59	06:47	
523	1109	Dina Carvalho	Pascoalitos	01:07:53	+33:59	06:47	
524	608	Miguel Alexandre Dimas Mendes	Individual	01:07:57	+34:03	06:48	
525	366	Claudia Maria Alves e Silva	Individual	01:08:04	+34:10	06:48	
526	395	Inês Barata	Individual	01:08:05	+34:11	06:49	
527	338	Benedita Cabrita	Individual	01:08:06	+34:12	06:49	
528	507	Sara Barata	Individual	01:08:06	+34:12	06:49	
529	680	Ludimila Marvila da Costa	Individual	01:08:07	+34:13	06:49	
530	479	Melanie Gomes	Individual	01:08:15	+34:21	06:49	
531	492	Rafaela Ferreira	Individual	01:08:15	+34:21	06:49	
532	426	Juliana Salvado	Individual	01:08:15	+34:21	06:50	
533	434	Liliana Marina Gomes Rodrigues	Individual	01:08:19	+34:25	06:50	
534	544	Daniel Santos	Individual	01:08:27	+34:33	06:51	
535	569	Gonçalo Martins	Individual	01:08:27	+34:33	06:51	
536	468	Mariana Simões	Individual	01:08:29	+34:35	06:51	
537	195	Fátima Machado	CPT Coimbra	01:08:39	+34:45	06:52	

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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
538	372	Daniela Nunes	Individual	01:08:46	+34:52	06:53	
539	330	Beatriz Cotrim Miguel	Individual	01:08:56	+35:02	06:54	
540	83	Susana Costa	Bluepharma	01:09:01	+35:07	06:54	
541	399	Inês Lemos	Individual	01:09:02	+35:08	06:54	
542	626	Simão Carvalho Monteiro	Individual	01:09:03	+35:09	06:54	
543	295	Adriana Sousa	Individual	01:09:03	+35:09	06:54	
544	889	Maria Isabel dos Santos Cancela Baptista	Individual	01:09:04	+35:10	06:54	
545	38	Ana Santos	Águas de Coimbra	01:09:06	+35:12	06:55	
546	829	Catarina Henriques	Individual	01:09:06	+35:12	06:55	
547	865	Sandra Leonor de Jesus Duarte	Individual	01:09:06	+35:12	06:55	
548	467	Mariana Simões	Individual	01:09:06	+35:12	06:55	
549	416	Joana Leiria	Individual	01:09:12	+35:18	06:55	
550	43	Humberto Lobo	Ameal Trail	01:09:13	+35:19	06:55	
551	850	Isabel Coimbra	Individual	01:09:19	+35:25	06:56	
552	692	Rafaela Prata	Individual	01:09:23	+35:29	06:56	
553	644	Ana Rita Campos	Individual	01:09:29	+35:35	06:57	
554	145	Tiago Lopes	Casa do Benfica em Idanha a Nova	01:09:29	+35:35	06:57	
555	655	Carla Ribeiro	Individual	01:09:29	+35:35	06:57	
556	1166	carla santos	Unidos Run Team / As Oliveirinhas	01:09:33	+35:39	06:57	
557	358	Catarina Vieira	Individual	01:09:35	+35:41	06:57	
558	360	Cátia Gouveia	Individual	01:09:48	+35:54	06:59	
559	333	Beatriz Machado	Individual	01:09:49	+35:55	06:59	
560	472	Marta De Almeida Ribeiro	Individual	01:09:49	+35:55	06:59	
561	683	Maria de Oliveira	Individual	01:09:53	+35:59	06:59	
562	565	Gabriel Pereira	Individual	01:09:54	+36:00	06:59	
563	1091	Daniela Patricia de Albuquerque Alves	OLYMPUS	01:09:56	+36:02	07:00	
564	347	Carolina Guilherme	Individual	01:10:04	+36:10	07:00	
565	164	GABRIELA SOFIA PRIAMO GOMES	Centro Cirúrgico de Coimbra	01:10:06	+36:12	07:01	
566	344	Carolina Coimbra	Individual	01:10:08	+36:14	07:01	
567	310	Ana Luísa Pires Marques	Individual	01:10:10	+36:16	07:01	
568	307	Ana Ines Melo	Individual	01:10:10	+36:16	07:01	
569	1198	Guilherme Rosmaninho Antunes	Individual	01:10:10	+36:16	07:01	
570	329	Beatriz Bucu	Individual	01:10:19	+36:25	07:02	
571	455	Maria Martins	Individual	01:10:20	+36:26	07:02	
572	315	Ana Rita Casanova Malta	Individual	01:10:25	+36:31	07:02	
573	245	Maria Glória Andrade Santos	Focus_TUU	01:10:28	+36:34	07:03	
574	244	Cristina Coelho	Focus_TUU	01:10:29	+36:35	07:03	
575	318	Ana Temudo	Individual	01:10:30	+36:36	07:03	
576	214	Roze Oliveira	EllaCorre	01:10:30	+36:36	07:03	
577	766	Vanessa Fontes	Individual	01:10:30	+36:36	07:03	
578	216	Paula Vieira	EllaCorre	01:10:30	+36:36	07:03	
579	917	Fábio Arriaga	Individual	01:10:35	+36:41	07:03	
580	993	Carlos Godinho Ferreira	Individual	01:10:37	+36:43	07:04	
581	460	Mariana Correia	Individual	01:10:38	+36:44	07:04	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
582	500	Rita Rebelo	Individual	01:10:41	+36:47	07:04	
583	729	Isa Carvalho	Individual	01:10:43	+36:49	07:04	
584	711	Anaísa Ganihho Pires	Individual	01:10:43	+36:49	07:04	
585	600	Júlio Bettencourt	Individual	01:10:54	+37:00	07:05	
586	1152	Ana Coelho	Tons de Rosa	01:10:56	+37:02	07:06	
587	784	Carla Sofia Salvado Batista	Individual	01:10:59	+37:05	07:06	
588	585	João Manuel Bento Cardoso	Individual	01:11:01	+37:07	07:06	
589	34	Marlene Leitão	Águas de Coimbra	01:11:01	+37:07	07:06	
590	117	Mário Pinto	BODY FITNESS	01:11:02	+37:08	07:06	
591	110	João Ferreira	BODY FITNESS	01:11:02	+37:08	07:06	
592	648	Andreia Castro	Individual	01:11:04	+37:10	07:06	
593	240	Mónica Cunha	Farmácia Luciano e Matos	01:11:04	+37:10	07:06	
594	1197	Patricia Marques	Individual	01:11:09	+37:15	07:07	
595	186	Teresa Silva	Coffeesolum	01:11:14	+37:20	07:07	
596	573	Guilherme Santana moreno	Individual	01:11:14	+37:20	07:07	
597	370	Cristiana Santos	Individual	01:11:18	+37:24	07:08	
598	1194	Carla Susana Tovim Rodrigues	Individual	01:11:18	+37:24	07:08	
599	1079	João Lopes	NEXEBRA TRAIL TEAM	01:11:19	+37:25	07:08	
600	735	Lara Azambujo	Individual	01:11:20	+37:26	07:08	
601	762	Sara Ferreira	Individual	01:11:20	+37:26	07:08	
602	927	Luis António	Individual	01:11:20	+37:26	07:08	
603	866	Sandra Fonseca	Individual	01:11:21	+37:27	07:08	
604	417	Joana Pratas	Individual	01:11:22	+37:28	07:08	
605	317	Ana Rodrigues	Individual	01:11:23	+37:29	07:08	
606	331	Beatriz Figueiredo	Individual	01:11:24	+37:30	07:08	
607	823	Anabela Teresa Simões de Paiva Figueiredo	Individual	01:11:24	+37:30	07:08	
608	803	Sandra Cardoso	Individual	01:11:25	+37:31	07:09	
609	249	Ana Sousa	FunRunners	01:11:26	+37:32	07:09	
610	251	Ana Catarina Reganha	FunRunners	01:11:26	+37:32	07:09	
611	623	Rui Macedo	Individual	01:11:34	+37:40	07:09	
612	364	Chantal Cortesão	Individual	01:11:34	+37:40	07:09	
613	80	Sofia Lourenço	Bluepharma	01:11:36	+37:42	07:10	
614	79	Tânia Santos	Bluepharma	01:11:37	+37:43	07:10	
615	384	Filipa Bento	Individual	01:11:38	+37:44	07:10	
616	556	Eduardo Nunes	Individual	01:11:40	+37:46	07:10	
617	700	Vanessa Machado	Individual	01:11:40	+37:46	07:10	
618	476	Matilde Maia	Individual	01:11:40	+37:46	07:10	
619	870	Teresa Rodrigues	Individual	01:11:43	+37:49	07:10	
620	253	Inês Madeira	FunRunners	01:11:52	+37:58	07:11	
621	256	Vitor Costa	FunRunners	01:11:52	+37:58	07:11	
622	1036	Mariana Pires	ISEC Coimbra	01:11:54	+38:00	07:11	
623	525	Zijian Luo	Individual	01:11:55	+38:01	07:12	
624	964	Nuno Matos	Individual	01:12:01	+38:07	07:12	
625	954	Gonçalo Tubarão	Individual	01:12:02	+38:08	07:12	
626	981	Michel Ferreira Pestana	Individual	01:12:09	+38:15	07:13	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
627	510	Sofia Alves	Individual	01:12:12	+38:18	07:13	
628	757	Patrícia Coelho	Individual	01:12:15	+38:21	07:13	
629	514	Sofia Silva	Individual	01:12:16	+38:22	07:14	
630	481	Nadine Pereira Santos	Individual	01:12:18	+38:24	07:14	
631	373	Daniela Pereira dos Santos	Individual	01:12:18	+38:24	07:14	
632	134	Elsa Santos	Botão Camp	01:12:24	+38:30	07:14	
633	11	Patrícia Seabra	6:45	01:12:27	+38:33	07:15	
634	13	Luisa Goulão	6:45	01:12:27	+38:33	07:15	
635	10	Maria do Castelo Gouveia	6:45	01:12:27	+38:33	07:15	
636	14	Olga Simões	6:45	01:12:27	+38:33	07:15	
637	827	Carlota Joaquina	Individual	01:12:28	+38:34	07:15	
638	308	Ana Jesus	Individual	01:12:29	+38:35	07:15	
639	433	Liliana Amaral	Individual	01:12:34	+38:40	07:15	
640	374	Dária Manskaia Gonçalves	Individual	01:12:39	+38:45	07:16	
641	898	Tatiana Nikolaevna Manskaia Gonçalves	Individual	01:12:39	+38:45	07:16	
642	407	Jéssica Lourenço	Individual	01:12:39	+38:45	07:16	
643	355	Catarina Gomes	Individual	01:12:40	+38:46	07:16	
644	261	Sandra Liceia	GRVilaverdense	01:12:45	+38:51	07:17	
645	720	Célia Catarina Fonseca Santos	Individual	01:12:46	+38:52	07:17	
646	904	Maria da Glória soares	Individual	01:12:46	+38:52	07:17	
647	815	Teresa Pedro	Individual	01:12:48	+38:54	07:17	
648	278	Fernanda Duarte	HOT. Runners	01:12:49	+38:55	07:17	
649	676	Joana Santos	Individual	01:12:49	+38:55	07:17	
650	638	Ana Filipa da Silva Carvalho	Individual	01:12:49	+38:55	07:17	
651	314	Ana Raquel Dias	Individual	01:13:01	+39:07	07:18	
652	114	Tânia Rodrigues	BODY FITNESS	01:13:06	+39:12	07:19	
653	741	Mafalda Cunha	Individual	01:13:07	+39:13	07:19	
654	527	Alexandre Santos	Individual	01:13:13	+39:19	07:19	
655	394	Inês Aguiar	Individual	01:13:13	+39:19	07:19	
656	503	Rute Matos	Individual	01:13:14	+39:20	07:19	
657	1023	Fernando Silva	Individual	01:13:15	+39:21	07:20	
658	404	Inês Santos	Individual	01:13:16	+39:22	07:20	
659	490	Patricia Silva	Individual	01:13:21	+39:27	07:20	
660	1090	Catarina Arnaut	OLYMPUS	01:13:21	+39:27	07:20	
661	509	Sara Vilão	Individual	01:13:23	+39:29	07:20	
662	304	Ana de Carvalho	Individual	01:13:26	+39:32	07:21	
663	845	Elisabete Maria Vilela cunha Silva	Individual	01:13:27	+39:33	07:21	
664	429	Lara Filipa de Figueiredo Lage	Individual	01:13:31	+39:37	07:21	
665	893	Nélida Figueiredo	Individual	01:13:31	+39:37	07:21	
666	642	Ana Raquel Leitão	Individual	01:13:35	+39:41	07:21	
667	179	Ricardo Pereira	Climacer, S.A	01:13:35	+39:41	07:21	
668	796	Micaela Pires	Individual	01:13:38	+39:44	07:22	
669	1064	Inês Sobral	Light Runners	01:13:41	+39:47	07:22	
670	41	Daniel Couceiro	Águas de Coimbra	01:13:42	+39:48	07:22	
671	756	Olga Ionova	Individual	01:13:44	+39:50	07:22	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
672	414	Joana Duarte	Individual	01:13:47	+39:53	07:23	
673	832	Cristina Neves	Individual	01:13:47	+39:53	07:23	
674	91	Anaisa Ferreira	Boazonas até ao Natal	01:13:49	+39:55	07:23	
675	176	Laura Almeida	Climacer, S.A	01:13:57	+40:03	07:24	
676	177	Luís Melo	Climacer, S.A	01:13:57	+40:03	07:24	
677	62	kemilly andressa	Bluepharma	01:14:00	+40:06	07:24	
678	763	Sara Marcelino	Individual	01:14:00	+40:06	07:24	
679	474	Matilde Almeida Santos	Individual	01:14:19	+40:25	07:26	
680	92	Andreia Ventura	Boazonas até ao Natal	01:14:24	+40:30	07:26	
681	90	Ana Luísa Cristo	Boazonas até ao Natal	01:14:24	+40:30	07:26	
682	76	Cátia Sofia dos Santos da Conceição	Bluepharma	01:14:42	+40:48	07:28	
683	412	Joana André	Individual	01:14:42	+40:48	07:28	
684	891	Michela Aparecida Lacerda de Souza	Individual	01:14:43	+40:49	07:28	
685	409	Jéssica Neves	Individual	01:14:45	+40:51	07:28	
686	1154	Isabel Ventura	TRIBO NR	01:14:57	+41:03	07:30	
687	1138	Susana Patricia Oliveira	Sisters & Company	01:14:59	+41:05	07:30	
688	1174	Bárbara Baptista	UPCaminhadas	01:15:02	+41:08	07:30	
689	1175	Mariana Pereira	UPCaminhadas	01:15:02	+41:08	07:30	
690	1176	Sabrina Clemente	UPCaminhadas	01:15:02	+41:08	07:30	
691	748	Micaela Filipa Oliveira Ângelo	Individual	01:15:04	+41:10	07:30	
692	293	Martim Ângelo Figueiredo	Individual	01:15:05	+41:11	07:30	
693	449	Maria Inês Antunes	Individual	01:15:06	+41:12	07:31	
694	627	Tiago Dinis	Individual	01:15:06	+41:12	07:31	
695	506	Salomé Loureiro	Individual	01:15:10	+41:16	07:31	
696	456	Maria Silva	Individual	01:15:12	+41:18	07:31	
697	477	Matilde Silva Ruas	Individual	01:15:12	+41:18	07:31	
698	581	João André Dias Craveiro	Individual	01:15:12	+41:18	07:31	
699	328	Beatriz Areia	Individual	01:15:12	+41:18	07:31	
700	390	Francisca Leal	Individual	01:15:16	+41:22	07:32	
701	724	Diana Maura dos Santos Rodrigues	Individual	01:15:17	+41:23	07:32	
702	688	Natacha Henriques	Individual	01:15:17	+41:23	07:32	
703	351	Caroline Galamba Neves	Individual	01:15:18	+41:24	07:32	
704	391	Gabi Silva	Individual	01:15:18	+41:24	07:32	
705	461	Mariana Freire	Individual	01:15:20	+41:26	07:32	
706	1013	Jose Carlos Moreira da Silva Garcia	Individual	01:15:21	+41:27	07:32	
707	785	Clara Paiva	Individual	01:15:21	+41:27	07:32	
708	777	Ana Sofia Jorge	Individual	01:15:25	+41:31	07:32	
709	1034	Simão Rodrigues Fernandes	ISEC Coimbra	01:15:25	+41:31	07:33	
710	123	Andreia Graça	Botão Camp	01:15:25	+41:31	07:33	
711	938	Rui Salvador	Individual	01:15:27	+41:33	07:33	
712	424	Juliana Gomes	Individual	01:15:32	+41:38	07:33	
713	299	Ana Barbosa	Individual	01:15:32	+41:38	07:33	
714	722	Daniela caramujo	Individual	01:15:33	+41:39	07:33	
715	4	Mariana Nunes	1002	01:15:33	+41:39	07:33	
716	734	Joana Tudela	Individual	01:15:36	+41:42	07:34	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
717	139	Elsa Costa	Botão Camp	01:15:40	+41:46	07:34	
718	291	Sofia Mota Amaral	Individual	01:15:48	+41:54	07:35	
719	136	Maria João Galvão Pereira	Botão Camp	01:15:50	+41:56	07:35	
720	35	Filipa Alexandra	Águas de Coimbra	01:15:52	+41:58	07:35	
721	833	Cristina Silva	Individual	01:15:57	+42:03	07:36	
722	508	Sara Coutinho	Individual	01:16:06	+42:12	07:37	
723	1000	Marco Sergio Ferreira Soares Oliveira	Individual	01:16:08	+42:14	07:37	
724	388	Francisca Duarte Santos Mendes Reis	Individual	01:16:09	+42:15	07:37	
725	422	Júlia Floreani Santos	Individual	01:16:10	+42:16	07:37	
726	336	Beatriz Pimentel	Individual	01:16:13	+42:19	07:37	
727	383	Fátima Rodrigues	Individual	01:16:13	+42:19	07:37	
728	674	Fernanda Travasso Miranda	Individual	01:16:15	+42:21	07:38	
729	759	Raquel Melo	Individual	01:16:15	+42:21	07:38	
730	804	Sandra CONCEIÇÃO	Individual	01:16:42	+42:48	07:40	
731	3	Maria João	1002	01:16:43	+42:49	07:40	
732	393	Glória Figueiredo	Individual	01:16:52	+42:58	07:41	
733	415	Joana Gradim Gonçalves	Individual	01:16:52	+42:58	07:41	
734	418	Joana Ramos	Individual	01:17:05	+43:11	07:43	
735	716	Carla Sofia Relvas Pedroso	Individual	01:17:11	+43:17	07:43	
736	750	Mónica Sofia dos Santos Gouveia	Individual	01:17:24	+43:30	07:44	
737	718	CATARINA OLIVEIRA	Individual	01:17:28	+43:34	07:45	
738	721	Claudia Galamba	Individual	01:17:33	+43:39	07:45	
739	751	Mónica Vaz	Individual	01:17:36	+43:42	07:46	
740	419	Joana Raquel	Individual	01:17:37	+43:43	07:46	
741	130	Teresa Santos	Botão Camp	01:17:45	+43:51	07:47	
742	839	Dulcília Sousa	Individual	01:17:45	+43:51	07:47	
743	398	inês garci	Individual	01:17:53	+43:59	07:47	
744	1059	Maria Miguel Rosmaninho	Law & Disorder	01:17:55	+44:01	07:47	
745	1058	Filipa Ferraz Pinto	Law & Disorder	01:17:55	+44:01	07:47	
746	440	Mara Inês Monteiro de Melo	Individual	01:17:57	+44:03	07:48	
747	687	Mónica Gomes	Individual	01:17:58	+44:04	07:48	
748	746	Marta Falcão	Individual	01:18:03	+44:09	07:48	
749	183	CELIA MARIA DIAS DA SILVA	Clube Millennium BCP	01:18:18	+44:24	07:50	
750	326	Bárbara Marques	Individual	01:18:22	+44:28	07:50	
751	605	Marcelo Caetano	Individual	01:18:23	+44:29	07:50	
752	33	Mariana Mendes Travassos	Águas de Coimbra	01:18:23	+44:29	07:50	
753	459	Mariana Coelho	Individual	01:18:27	+44:33	07:51	
754	345	Carolina Cruz	Individual	01:18:29	+44:35	07:51	
755	68	António Figueiredo	Bluepharma	01:18:34	+44:40	07:51	
756	66	Mariana Soares	Bluepharma	01:18:34	+44:40	07:51	
757	1119	Ana Hennetier	Pés de Vento	01:18:44	+44:50	07:52	
758	1120	Olga Correia	Pés de Vento	01:18:44	+44:50	07:52	
759	502	Rita Santos	Individual	01:18:45	+44:51	07:53	
760	392	Gabrielle Lins dos Santos	Individual	01:18:48	+44:54	07:53	
761	1196	Mylena Gonçalves	Individual	01:18:51	+44:57	07:53	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
762	1124	Marta Alexandre Otero	Rato Esquilo	01:18:58	+45:04	07:54	
763	1123	Joana Alexandre da Silva	Rato Esquilo	01:18:58	+45:04	07:54	
764	830	Célia Clemente	Individual	01:19:06	+45:12	07:55	
765	974	Francisco Valério	Individual	01:19:19	+45:25	07:56	
766	1072	Joana lopes	Miana team	01:19:19	+45:25	07:56	
767	684	Mariana Sousa	Individual	01:19:19	+45:25	07:56	
768	1069	Luisa monteiro	Miana team	01:19:19	+45:25	07:56	
769	636	Adriana Cláudia Martins Pinto	Individual	01:19:20	+45:26	07:56	
770	375	Débora Monteiro Cortesão	Individual	01:19:20	+45:26	07:56	
771	673	Fátima Rodrigues	Individual	01:19:20	+45:26	07:56	
772	936	Pedro Sousa	Individual	01:19:20	+45:26	07:56	
773	108	Alexandre Lopes	BODY FITNESS	01:19:20	+45:26	07:56	
774	1071	Cris santos	Miana team	01:19:21	+45:27	07:56	
775	926	José Pedro Romano Ivens Pinto Caeiro	Individual	01:19:26	+45:32	07:57	
776	826	Carla Mendes	Individual	01:19:26	+45:32	07:57	
777	306	Ana Gabriela	Individual	01:19:26	+45:32	07:57	
778	807	Sandra Isabel Tavares Serém	Individual	01:19:27	+45:33	07:57	
779	656	Carla Rodrigues	Individual	01:19:39	+45:45	07:58	
780	517	Tânia Breda	Individual	01:19:40	+45:46	07:58	
781	1010	Helder Antonio Neves Teixeira Pinto	Individual	01:19:50	+45:56	07:59	
782	367	Constança Páris	Individual	01:19:54	+46:00	07:59	
783	446	Maria Beatriz Rodrigues	Individual	01:20:14	+46:20	08:01	
784	860	Paula Caçador	Individual	01:20:30	+46:36	08:03	
785	940	Tiago Alexandre Quaresma Dias	Individual	01:20:32	+46:38	08:03	
786	895	Paula Cristina Vieira Roberto barrelas Sequeira	Individual	01:21:38	+47:44	08:10	
787	154	ELISABETE DO ROSSARIO MONTEIRO	Centro Cirúrgico de Coimbra	01:21:43	+47:49	08:10	
788	599	Julien Fernandes	Individual	01:21:57	+48:03	08:12	
789	410	Jessica Sofia Reis Tavares	Individual	01:21:57	+48:03	08:12	
790	637	Ana Filipa Alves	Individual	01:22:00	+48:06	08:12	
791	352	Carolline Costa	Individual	01:22:15	+48:21	08:14	
792	871	zurita dias	Individual	01:22:16	+48:22	08:14	
793	861	Paula Neves	Individual	01:22:16	+48:22	08:14	
794	783	Carla Gomes	Individual	01:22:16	+48:22	08:14	
795	1188	Monica salvador	XTRAINING	01:22:16	+48:22	08:14	
796	167	Cátia Pestana	Centro de Trail Carlos Sá Penacova Team	01:22:17	+48:23	08:14	
797	174	Vera Gomes	Centro de Trail Carlos Sá Penacova Team	01:22:17	+48:23	08:14	
798	115	Laudelina Teixeira	BODY FITNESS	01:22:35	+48:41	08:16	
799	120	Luis Texeira	BODY FITNESS	01:22:35	+48:41	08:16	
800	662	Cátia Ramos	Individual	01:22:36	+48:42	08:16	
801	793	Margarida Silva	Individual	01:22:37	+48:43	08:16	
802	1065	Véronique Seco	Light Runners	01:22:38	+48:44	08:16	
803	1073	Amélia da Conceição Ferreira Baptista	MIMEL	01:22:49	+48:55	08:17	
804	1074	Miguel Magalhães Correia	MIMEL	01:22:49	+48:55	08:17	

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
805	342	Bruna Sousa	Individual	01:23:15	+49:21	08:19	
806	42	Sónia Conceição	Ameal Trail	01:23:31	+49:37	08:21	
807	725	Elainia Lima	Individual	01:23:33	+49:39	08:21	
808	675	Inês Eufrásio	Individual	01:23:46	+49:52	08:23	
809	841	Elisa Regina Figueiras Julião Inácio de Campos	Individual	01:23:51	+49:57	08:23	
810	787	Inês Coelho	Individual	01:23:51	+49:57	08:23	
811	97	Beatriz Brásio	BODY FITNESS	01:23:53	+49:59	08:23	
812	445	Maria Ana	Individual	01:23:53	+49:59	08:23	
813	65	Maria Simões	Bluepharma	01:23:53	+49:59	08:23	
814	125	Sara Lopes	Botão Camp	01:23:53	+49:59	08:23	
815	131	Teresa Sofia dos Santos Oliveira	Botão Camp	01:23:53	+49:59	08:23	
816	1126	Rita Trindade	Rita Trindade	01:23:53	+49:59	08:23	
817	87	Jorge Ferreira	Bluepharma	01:23:58	+50:04	08:24	
818	495	Rita Eufrásio	Individual	01:24:13	+50:19	08:25	
819	126	Ana Carvalho	Botão Camp	01:24:28	+50:34	08:27	
820	127	Vânia Mendes	Botão Camp	01:24:32	+50:38	08:27	
821	959	Jorge Lopes	Individual	01:24:40	+50:46	08:28	
822	733	Joana Rodrigues	Individual	01:24:41	+50:47	08:28	
823	385	Filipa Cabral Silva	Individual	01:24:42	+50:48	08:28	
824	677	Liliana Araújo	Individual	01:24:42	+50:48	08:28	
825	859	Olga Santos	Individual	01:25:25	+51:31	08:33	
826	1180	Paulo Ventura	VentilAqua	01:25:31	+51:37	08:33	
827	848	Emília Cortesão	Individual	01:25:33	+51:39	08:33	
828	381	Elisia Rodrigues Branco	Individual	01:25:35	+51:41	08:33	
829	528	André Fernandes	Individual	01:25:36	+51:42	08:34	
830	282	José Henriques	Iberconcept	01:25:40	+51:46	08:34	
831	349	Carolina Mendes	Individual	01:25:41	+51:47	08:34	
832	458	Mariana Catarina Amado Trindade Marques	Individual	01:25:41	+51:47	08:34	
833	698	Tânia Rodrigues	Individual	01:25:45	+51:51	08:35	
834	651	Beatriz Soeiro	Individual	01:25:45	+51:51	08:35	
835	728	Inês Santos	Individual	01:25:45	+51:51	08:35	
836	287	Bianca Craveiro	Individual	01:25:54	+52:00	08:35	
837	1085	Alexandre Martins	OLYMPUS	01:26:07	+52:13	08:37	
838	1084	Bruna Pinto dos Santos	OLYMPUS	01:26:08	+52:14	08:37	
839	397	Inês Fernandes	Individual	01:26:23	+52:29	08:38	
840	463	Mariana Marques	Individual	01:26:25	+52:31	08:39	
841	570	Gonçalo Morgado	Individual	01:26:26	+52:32	08:39	
842	135	Luisa Baptista	Botão Camp	01:26:28	+52:34	08:39	
843	133	Cecília Lopes	Botão Camp	01:26:28	+52:34	08:39	
844	155	INÊS ALEXANDRA SARAIVA PATRÍCIO	Centro Cirúrgico de Coimbra	01:27:09	+53:15	08:43	
845	152	BEATRIZ SIMÕES FERNANDES	Centro Cirúrgico de Coimbra	01:27:10	+53:16	08:43	
846	201	Ricardo Assunção	CrossFit Mondego	01:27:38	+53:44	08:46	
847	200	Inês Gonçalves	CrossFit Mondego	01:27:39	+53:45	08:46	
848	313	Ana Pinto	Individual	01:27:48	+53:54	08:47	

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
849	737	Liliane Santos	Individual	01:27:48	+53:54	08:47	
850	151	BEATRIZ FILIPE CAPITÃO	Centro Cirúrgico de Coimbra	01:27:53	+53:59	08:47	
851	428	Kika Campos	Individual	01:28:01	+54:07	08:48	
852	284	Carolina Dias	Iberconcept	01:28:03	+54:09	08:48	
853	280	Marta Grilo Loureiro	Iberconcept	01:28:03	+54:09	08:48	
854	262	Ana Catarina Santos	Haleon	01:28:13	+54:19	08:49	
855	1167	Susy Fernandes	Unidos Run Team / As Oliveirinhas	01:29:13	+55:19	08:55	
856	1168	Paula pinho	Unidos Run Team / As Oliveirinhas	01:29:13	+55:19	08:55	
857	150	CLARA TRAVASSOS MARQUES	Centro Cirúrgico de Coimbra	01:29:20	+55:26	08:56	
858	557	Emanuel Durante	Individual	01:29:55	+56:01	08:59	
859	478	Melani Cardoso	Individual	01:29:55	+56:01	08:59	
860	1028	MÁRIO DE OLIVEIRA	Individual	01:30:07	+56:13	09:01	
861	1054	Tânia Filipa Silva Lopes	Laços que Salvam	01:30:21	+56:27	09:02	
862	1053	Claudia Catarina das Neves Inácio Santos	Laços que Salvam	01:30:22	+56:28	09:02	
863	765	Sónia Craveiro	Individual	01:30:26	+56:32	09:03	
864	842	Elisabete Craveiro	Individual	01:30:26	+56:32	09:03	
865	758	Raquel Dias	Individual	01:31:11	+57:17	09:07	
866	782	Ângela Maria da Costa Marques	Individual	01:31:26	+57:32	09:09	
867	515	Susana Filipa Silva Cardoso Dias	Individual	01:31:29	+57:35	09:09	
868	682	Margarete Duarte	Individual	01:31:38	+57:44	09:10	
869	1189	Eunice Santos	Individual	01:31:39	+57:45	09:10	
870	738	Liliany Diniz	Individual	01:32:03	+58:09	09:12	
871	512	Sofia João Oliveira	Individual	01:32:03	+58:09	09:12	
872	574	Gustavo Filipe Lopes Ribeiro	Individual	01:32:22	+58:28	09:14	
873	302	Ana Catarina Piedade Luís	Individual	01:32:22	+58:28	09:14	
874	487	Patrícia Costa	Individual	01:32:23	+58:29	09:14	
875	386	Filipa Duarte Costa	Individual	01:32:24	+58:30	09:14	
876	872	Ana Isabel Duarte	Individual	01:32:29	+58:35	09:15	
877	25	Joana Almeida	Adões Trail	01:32:31	+58:37	09:15	
878	26	Joana Ferreira	Adões Trail	01:32:32	+58:38	09:15	
879	28	Telma Costa	Adões Trail	01:32:32	+58:38	09:15	
880	361	Cátia Neves	Individual	01:32:51	+58:57	09:17	
881	685	Marta Ferrão	Individual	01:32:51	+58:57	09:17	
882	819	Ana Carvalho	Individual	01:32:52	+58:58	09:17	
883	818	Alexandra Lopes	Individual	01:32:52	+58:58	09:17	
884	852	Laura Alves	Individual	01:33:11	+59:17	09:19	
885	767	Vânia Pereira	Individual	01:33:11	+59:17	09:19	
886	824	Carla Gonçalves	Individual	01:33:40	+59:46	09:22	
887	691	Patrícia Peres	Individual	01:33:50	+59:56	09:23	
888	274	Imaculada Ermida	Happy Family	01:34:15	+01:00:21	09:25	
889	686	MARTA VAZ	Individual	01:34:15	+01:00:21	09:26	
890	471	MARLENE SILVA	Individual	01:34:19	+01:00:25	09:26	
891	877	Dália Costa	Individual	01:34:28	+01:00:34	09:27	
892	806	SANDRA ISABEL FERREIRA CARVALHO	Individual	01:34:28	+01:00:34	09:27	
893	881	Helena Abrantes	Individual	01:34:37	+01:00:43	09:28	

10KM - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
894	730	Joana Almeida	Individual	01:34:41	+01:00:47	09:28	
895	441	Márcia da Silva	Individual	01:34:53	+01:00:59	09:29	
896	421	Jossiandra Manuel	Individual	01:34:53	+01:00:59	09:29	
897	524	Victoria Thalita Alves da Silva	Individual	01:34:53	+01:00:59	09:29	
898	39	Ângela Lopes	Águas de Coimbra	01:35:12	+01:01:18	09:31	
899	37	Ana Neves	Águas de Coimbra	01:35:12	+01:01:18	09:31	
900	583	João Filipe Mota Pinto	Individual	01:35:40	+01:01:46	09:34	
901	305	Ana Filipa Melo Pereira	Individual	01:35:40	+01:01:46	09:34	
902	825	Carla Maria Monteiro Silva	Individual	01:35:57	+01:02:03	09:36	
903	973	Fabio Neves	Individual	01:35:58	+01:02:04	09:36	
904	243	Rita Trindade	FisicaMente Sénior	01:36:25	+01:02:31	09:38	
905	242	Carolina Anjos	FisicaMente Sénior	01:36:25	+01:02:31	09:39	
906	709	Ana Sofia Correia Quintas	Individual	01:36:34	+01:02:40	09:39	
907	309	Ana João Dias	Individual	01:36:36	+01:02:42	09:40	
908	538	Bernardo Silva	Individual	01:36:36	+01:02:42	09:40	
909	475	Matilde Ferreira	Individual	01:36:54	+01:03:00	09:41	
910	1068	Floor ten dolle	Miana team	01:36:57	+01:03:03	09:42	
911	1070	Rita Loureiro	Miana team	01:36:57	+01:03:03	09:42	
912	849	Gabriela Costa	Individual	01:37:52	+01:03:58	09:47	
913	99	Beatriz Pereira	BODY FITNESS	01:38:28	+01:04:34	09:51	
914	104	Mariana Ferreira	BODY FITNESS	01:38:29	+01:04:35	09:51	
915	103	Maria Alago	BODY FITNESS	01:38:29	+01:04:35	09:51	
916	106	Sara Horta	BODY FITNESS	01:38:29	+01:04:35	09:51	
917	324	Babi Figueiredo	Individual	01:38:55	+01:05:01	09:54	
918	713	Andreia Figueiredo	Individual	01:38:57	+01:05:03	09:54	
919	1156	Carla liliana farinha	Trilhos&Rodas	01:39:23	+01:05:29	09:56	
920	301	Ana Carolina Teixeira Pinto	Individual	01:39:48	+01:05:54	09:59	
921	888	Maria do Rosário Oliveira Agostinho	Individual	01:39:48	+01:05:54	09:59	
922	442	Margarida Miguel do Nascimento Domingues	Individual	01:40:43	+01:06:49	10:04	
923	896	Raquel Nascimento	Individual	01:40:43	+01:06:49	10:04	
924	518	Tânia Fernandes	Individual	01:40:59	+01:07:05	10:06	
925	800	RITA BARRA	Individual	01:41:04	+01:07:10	10:06	
926	320	Ana Veneza	Individual	01:41:06	+01:07:12	10:07	
927	561	Francisco Santos	Individual	01:41:08	+01:07:14	10:07	
928	124	Carolina Neves	Botão Camp	01:41:18	+01:07:24	10:08	
929	138	Dulce Almeida	Botão Camp	01:41:18	+01:07:24	10:08	
930	36	Liliana Fernandes	Águas de Coimbra	01:42:48	+01:08:54	10:17	
931	999	Marco Oliveira	Individual	01:42:49	+01:08:55	10:17	
932	907	Ângela Mª Bastardo	Individual	01:43:28	+01:09:34	10:21	
933	1148	Maria Inês Marques Neves Cruz	Toninhos	01:43:31	+01:09:37	10:21	
934	1149	Alexandre José Silva e Saro	Toninhos	01:43:32	+01:09:38	10:21	
935	94	Lisete Marques	Boazonas até ao Natal	01:43:32	+01:09:38	10:21	
936	1108	Marisa Cação	Pascoalitos	01:45:27	+01:11:33	10:33	
937	1103	Beatriz Pascoal	Pascoalitos	01:45:27	+01:11:33	10:33	
938	1107	Leandro Cerqueira	Pascoalitos	01:45:27	+01:11:33	10:33	

10KM - STAGE 1

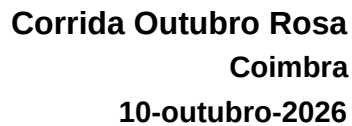
10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
939	906	Noémia Lopes	Individual	01:46:06	+01:12:12	10:37	
940	1018	Sávio Nunes Pereira	Individual	01:46:06	+01:12:12	10:37	
941	1035	Dietmara José da Silva	ISEC Coimbra	01:46:08	+01:12:14	10:37	
942	1021	ANTONIO Henriques Couceiro	Individual	01:46:23	+01:12:29	10:38	
943	696	Sónia Vendeirinho	Individual	01:47:10	+01:13:16	10:43	
944	516	Tânia Bernardo	Individual	01:47:10	+01:13:16	10:43	
945	699	Vanessa Cristina dos Santos Quintã	Individual	01:48:09	+01:14:15	10:49	
946	1157	Lucy Alcatrão	Trilhos&Rodas	01:48:29	+01:14:35	10:51	
947	1158	Ana Maria Martinho	Trilhos&Rodas	01:48:29	+01:14:35	10:51	
948	1147	Francisca Duarte Gonçalves	Toninhos	01:48:41	+01:14:47	10:52	
949	1150	Alexandro Malva Portásio	Toninhos	01:48:42	+01:14:48	10:52	
950	297	Alice Jerónimo	Individual	01:50:00	+01:16:06	11:00	
951	897	Sílvia Pinto	Individual	01:50:01	+01:16:07	11:00	
952	275	Jorge Lapa	Happy Family	01:51:21	+01:17:27	11:08	
953	272	Marina Neves	Happy Family	01:51:21	+01:17:27	11:08	
954	273	Hugo Costa	Happy Family	01:51:27	+01:17:33	11:09	
955	405	Ivone Costa	Individual	01:51:32	+01:17:38	11:09	
956	400	Inês Martins	Individual	01:51:33	+01:17:39	11:09	
957	353	Catarina Cordeiro	Individual	01:53:02	+01:19:08	11:18	
958	727	Estela Filipa Marques Simões	Individual	01:53:02	+01:19:08	11:18	
959	846	Elizabeth afonso	Individual	01:53:06	+01:19:12	11:19	
960	836	Dina Maria Duque Ferreira Calhau Franco	Individual	01:53:07	+01:19:13	11:19	
961	221	Célia Cação	Escola Secundária Dom Dinis	01:54:36	+01:20:42	11:28	
962	236	Alda Pimenta	Escola Secundária Dom Dinis	01:54:42	+01:20:48	11:28	
963	237	Judite Aracanzo	Escola Secundária Dom Dinis	01:54:42	+01:20:48	11:28	
964	232	Isabel Nogueira	Escola Secundária Dom Dinis	01:54:43	+01:20:49	11:28	
965	312	Ana Maria Paiva Amado	Individual	01:55:56	+01:22:02	11:36	
966	820	Ana Cristina Oliveira Manaia	Individual	01:55:56	+01:22:02	11:36	
967	222	Inês Bernardes	Escola Secundária Dom Dinis	01:56:24	+01:22:30	11:38	
968	235	Teresa Fonseca	Escola Secundária Dom Dinis	01:56:24	+01:22:30	11:38	
969	749	Milene Santos	Individual	01:58:00	+01:24:06	11:48	
970	764	Sara Neves	Individual	01:58:02	+01:24:08	11:48	
971	229	Lisete Alexandre	Escola Secundária Dom Dinis	01:58:42	+01:24:48	11:52	
972	238	Margarida Carrington Lemos	Escola Secundária Dom Dinis	01:58:43	+01:24:49	11:52	
973	220	Tânia Teixeira	Escola Secundária Dom Dinis	02:00:24	+01:26:30	12:02	
974	219	Paula Santos	Escola Secundária Dom Dinis	02:00:24	+01:26:30	12:02	
975	227	Isabel Pereira	Escola Secundária Dom Dinis	02:00:25	+01:26:31	12:03	
976	231	Cristina Vinhais Carvalho	Escola Secundária Dom Dinis	02:00:25	+01:26:31	12:03	
977	612	Pedro Afonso da Silva Cardoso Dias	Individual	02:00:26	+01:26:32	12:03	
978	300	Ana Carolina Braz Almeida	Individual	02:00:26	+01:26:32	12:03	
979	485	Nicole Da Silva	Individual	02:00:27	+01:26:33	12:03	
980	223	Joana Nogueira	Escola Secundária Dom Dinis	02:00:27	+01:26:33	12:03	
981	226	Inês Andrade	Escola Secundária Dom Dinis	02:00:27	+01:26:33	12:03	
982	234	Maria José Coutinho	Escola Secundária Dom Dinis	02:00:27	+01:26:33	12:03	
983	233	Laurentina Soares	Escola Secundária Dom Dinis	02:00:28	+01:26:34	12:03	



10 KM

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Official Timekeeper: Lap2Go	23 / 23	generate 10-out.-2026 19:03
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10KM

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	17:00	27°C	36%
End	19:01	27°C	36%

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

1	288	Inês Ávila	Individual	Junior Feminino	01:02:35	06:15:48
2	16	Luísa Rodrigues	Abutres	Junior Feminino	01:04:23	+01:48 06:26:36
3	290	Sara Santos	Individual	Junior Feminino	01:07:23	+04:48 06:44:44
4	291	Sofia Mota Amaral	Individual	Junior Feminino	01:15:48	+13:12 07:35:36
5	3	Maria João	1002	Junior Feminino	01:16:43	+14:08 07:40:44
6	287	Bianca Craveiro	Individual	Junior Feminino	01:25:54	+23:19 08:35:36
7	150	CLARA TRAVASSOS MARQUES	Centro Cirúrgico de Coimbra	Junior Feminino	01:29:20	+26:45 08:56:36

Junior Masculino

1	292	António Miguel Martins Lourenço Marques	Individual	Junior Masculino	46:26		04:39
2	293	Martim Ângelo Figueiredo	Individual	Junior Masculino	01:15:05	+28:39	07:30
3	1034	Simão Rodrigues Fernandes	ISEC Coimbra	Junior Masculino	01:15:25	+28:59	07:33

Senior Feminino

1	210	Mélanie Muller-Maiz	EDV-VIANA TRAIL	Senior Feminino	46:18	04:38
2	198	Joana Rodrigues	CrossFit Mondego	Senior Feminino	47:44	+01:26 04:46
3	1	Jéssica Carreira	#tmggodinho	Senior Feminino	48:30	+02:12 04:51
4	260	Ana Paula Veiga	Geladólicos Anónimos	Senior Feminino	49:02	+02:43 04:55
5	497	Rita Mendes	Individual	Senior Feminino	51:01	+04:43 05:06
6	1181	Vânia Leal	Vilaventura Trail	Senior Feminino	51:07	+04:48 05:07
7	319	Ana Teresa Ferreira	Individual	Senior Feminino	51:37	+05:18 05:10
8	432	Libânia Alves	Individual	Senior Feminino	51:39	+05:21 05:10
9	511	Sofia Assunção	Individual	Senior Feminino	52:31	+06:12 05:15
10	1132	Raquel Caracitas	Running4fun Team Viseu - CSP	Senior Feminino	52:32	+06:14 05:15
11	211	Cláudia Sofia Marques Vaz	EllaCorre	Senior Feminino	52:56	+06:37 05:18
12	464	Mariana Oliveira	Individual	Senior Feminino	53:33	+07:15 05:21
13	450	Maria Inês Fino	Individual	Senior Feminino	53:34	+07:16 05:21
14	296	Alexandra Cunha	Individual	Senior Feminino	53:42	+07:23 05:22
15	387	Francisca Duarte	Individual	Senior Feminino	53:52	+07:34 05:23
16	427	Kharen Briolo	Individual	Senior Feminino	54:30	+08:12 05:27
17	501	Rita Regatia	Individual	Senior Feminino	54:54	+08:36 05:29
18	102	Margarida Marques	BODY FITNESS	Senior Feminino	54:57	+08:38 05:30
19	1115	Tatiana Costa	Pereira Trail	Senior Feminino	55:24	+09:06 05:32
20	505	Rute Viseu	Individual	Senior Feminino	55:45	+09:26 05:34
21	365	Clara Isabel Loureiro Pinto	Individual	Senior Feminino	55:49	+09:31 05:35
22	1101	Francisca Pimentel	Os Pimentel	Senior Feminino	55:52	+09:33 05:35

10KM

10 KM

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OFFICIAL RESULT

[illegible]

23	408	Jéssica Martins	Individual	Senior Feminino	55:52	+09:34	05:35
24	1192	Sofia Querido Amaro	Individual	Senior Feminino	56:03	+09:44	05:36
25	63	Maria Carvalho	Bluepharma	Senior Feminino	56:36	+10:18	05:40
26	1128	Soraia Gaviñhos	RunAway	Senior Feminino	56:39	+10:21	05:40
27	396	Inês Cruz	Individual	Senior Feminino	57:00	+10:42	05:42
28	444	Margarida Vasconcelos	Individual	Senior Feminino	57:05	+10:47	05:43
29	316	Ana Rita Costa Rosa	Individual	Senior Feminino	57:21	+11:03	05:44
30	520	Tânia Tomás	Individual	Senior Feminino	57:33	+11:15	05:45
31	339	Bianca Mendes	Individual	Senior Feminino	57:37	+11:18	05:46
32	357	Catarina Santos	Individual	Senior Feminino	57:38	+11:20	05:46
33	402	Inês Penedones	Individual	Senior Feminino	58:13	+11:55	05:49
34	6	Carolina Antunes	233club	Senior Feminino	58:42	+12:24	05:52
35	406	Jeanne DEMETZ	Individual	Senior Feminino	58:49	+12:30	05:53
36	413	Joana Bárbara	Individual	Senior Feminino	58:57	+12:39	05:54
37	457	Mariana Castro	Individual	Senior Feminino	59:02	+12:44	05:54
38	322	Andreia Sofia Dimas Mendes	Individual	Senior Feminino	59:05	+12:46	05:54
39	470	Markéta Sikorová	Individual	Senior Feminino	59:18	+13:00	05:56
40	480	Monika Doubravová	Individual	Senior Feminino	59:18	+13:00	05:56
41	190	Clara Campelo	Corre Que Passa!	Senior Feminino	59:23	+13:05	05:56
42	451	Maria Inês Paiva	Individual	Senior Feminino	59:36	+13:18	05:58
43	303	Ana Cordeiro	Individual	Senior Feminino	59:37	+13:18	05:58
44	522	Terezie Cuhrová	Individual	Senior Feminino	59:38	+13:20	05:58
45	1143	Daniela Amaral	Team Nunes	Senior Feminino	01:00:01	+13:42	06:00
46	64	Maria Luís Martins Barreira	Bluepharma	Senior Feminino	01:00:02	+13:44	06:00
47	153	CARINA COSTA MARTINS	Centro Cirúrgico de Coimbra	Senior Feminino	01:00:11	+13:52	06:01
48	279	Daniela Gomes	Iberconcept	Senior Feminino	01:00:15	+13:56	06:01
49	206	Marlene Patusco	Domus Trail	Senior Feminino	01:00:23	+14:05	06:02
50	105	Rafaela Faria	BODY FITNESS	Senior Feminino	01:00:25	+14:06	06:02
51	341	Bruna Simões	Individual	Senior Feminino	01:00:38	+14:20	06:04
52	156	INÊS RAFAELA CARVALHO FERREIRA	Centro Cirúrgico de Coimbra	Senior Feminino	01:00:40	+14:21	06:04
53	1121	Andreia Filipa	PT Sofia Silva	Senior Feminino	01:00:42	+14:24	06:04
54	248	Alexandrina Leitão	FunRunners	Senior Feminino	01:00:51	+14:32	06:05
55	250	Mariana Alves Fonseca	FunRunners	Senior Feminino	01:00:51	+14:33	06:05
56	382	Eva Conceição de São José Oliveira	Individual	Senior Feminino	01:01:00	+14:41	06:06
57	376	Diana Carvalho	Individual	Senior Feminino	01:01:02	+14:43	06:06
58	482	Natália Martins Leite	Individual	Senior Feminino	01:01:06	+14:48	06:07
59	389	Francisca Gaspar	Individual	Senior Feminino	01:01:15	+14:57	06:07
60	462	Mariana Freitas	Individual	Senior Feminino	01:01:16	+14:58	06:08
61	1082	Alexandra Albuquerque	OLYMPUS	Senior Feminino	01:01:22	+15:04	06:08
62	327	Beatriz Amaral	Individual	Senior Feminino	01:01:31	+15:12	06:09
63	486	Pamela Jose	Individual	Senior Feminino	01:01:35	+15:17	06:10
64	447	Maria Eduarda Sobrero Rodrigues	Individual	Senior Feminino	01:01:36	+15:17	06:10
65	67	Sara Antunes	Bluepharma	Senior Feminino	01:01:42	+15:24	06:10
66	1190	Marta Monteiro Almeida	Individual	Senior Feminino	01:01:46	+15:28	06:11
67	439	Maira Silva	Individual	Senior Feminino	01:02:06	+15:48	06:13
68	311	Ana Margarida Neves	Individual	Senior Feminino	01:02:12	+15:54	06:13

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69	101	Joana Silva	BODY FITNESS	Senior Feminino	01:02:18	+16:00	06:14
70	1038	Naïna de Jesus Ribeiro	João & Naïna	Senior Feminino	01:02:20	+16:02	06:14
71	430	Larissa Lopes Fernandes Da Luz	Individual	Senior Feminino	01:02:24	+16:06	06:14
72	323	Ângela Silva	Individual	Senior Feminino	01:02:27	+16:09	06:15
73	294	‘Cristiana Dias	Individual	Senior Feminino	01:02:31	+16:12	06:15
74	298	Amélia José Gonçalves	Individual	Senior Feminino	01:02:55	+16:37	06:18
75	1182	Diana Sousa	Viriathvs Runners Viseu	Senior Feminino	01:02:58	+16:39	06:18
76	61	Joana Filipa Costa Pereira	Bluepharma	Senior Feminino	01:02:59	+16:40	06:18
77	403	Ines Ramalho	Individual	Senior Feminino	01:03:00	+16:42	06:18
78	401	ines oliveira	Individual	Senior Feminino	01:03:04	+16:46	06:18
79	504	Rute Vasconcelos	Individual	Senior Feminino	01:03:15	+16:56	06:19
80	443	Margarida Oliveira	Individual	Senior Feminino	01:03:15	+16:56	06:19
81	325	Bárbara Baptista	Individual	Senior Feminino	01:03:24	+17:05	06:20
82	469	Marina Salvado	Individual	Senior Feminino	01:03:39	+17:21	06:22
83	435	Liliana Miranda	Individual	Senior Feminino	01:03:40	+17:21	06:22
84	158	RAQUEL VIEIRA CAIRES	Centro Cirúrgico de Coimbra	Senior Feminino	01:03:41	+17:22	06:22
85	465	Mariana Santos	Individual	Senior Feminino	01:03:52	+17:33	06:23
86	343	Carlota Gaspar	Individual	Senior Feminino	01:03:52	+17:33	06:23
87	107	Tânia Branco	BODY FITNESS	Senior Feminino	01:04:15	+17:56	06:25
88	453	Maria João da Costa Lourenço Pereira	Individual	Senior Feminino	01:04:21	+18:03	06:26
89	488	Patrícia de Marchi	Individual	Senior Feminino	01:04:27	+18:09	06:27
90	321	Andreia Fernades	Individual	Senior Feminino	01:04:32	+18:14	06:27
91	354	Catarina Duarte	Individual	Senior Feminino	01:04:47	+18:28	06:29
92	437	Lucília Azevedo	Individual	Senior Feminino	01:04:55	+18:37	06:29
93	98	Beatriz Costa	BODY FITNESS	Senior Feminino	01:05:08	+18:50	06:31
94	484	Neuza Silva	Individual	Senior Feminino	01:05:15	+18:56	06:31
95	452	Maria João Corte Real	Individual	Senior Feminino	01:05:25	+19:07	06:33
96	197	Diana Lopes	CrossFit Mondego	Senior Feminino	01:05:34	+19:16	06:33
97	466	Mariana Silva	Individual	Senior Feminino	01:05:38	+19:19	06:34
98	95	Ana Marques	BODY FITNESS	Senior Feminino	01:05:47	+19:29	06:35
99	379	Dziyana Boiba	Individual	Senior Feminino	01:05:49	+19:31	06:35
100	491	Pollyana Voss	Individual	Senior Feminino	01:06:03	+19:45	06:36
101	159	TERESA MARGARIDA ESTEVES OLIVEIRA	Centro Cirúrgico de Coimbra	Senior Feminino	01:06:04	+19:46	06:36
102	337	Beatriz Rei	Individual	Senior Feminino	01:06:15	+19:57	06:38
103	371	Daniela Amaral	Individual	Senior Feminino	01:06:15	+19:57	06:38
104	431	Leana Grilo	Individual	Senior Feminino	01:06:21	+20:02	06:38
105	448	Maria Farias	Individual	Senior Feminino	01:06:21	+20:03	06:38
106	348	Carolina Jorge	Individual	Senior Feminino	01:06:26	+20:07	06:39
107	498	Rita Pereira	Individual	Senior Feminino	01:06:45	+20:27	06:40
108	425	Juliana Miranda	Individual	Senior Feminino	01:07:26	+21:08	06:45
109	366	Claudia Maria Alves e Silva	Individual	Senior Feminino	01:08:04	+21:45	06:48
110	395	Inês Barata	Individual	Senior Feminino	01:08:05	+21:47	06:49
111	338	Benedita Cabrita	Individual	Senior Feminino	01:08:06	+21:47	06:49
112	507	Sara Barata	Individual	Senior Feminino	01:08:06	+21:48	06:49
113	479	Melanie Gomes	Individual	Senior Feminino	01:08:15	+21:56	06:49
114	492	Rafaela Ferreira	Individual	Senior Feminino	01:08:15	+21:56	06:49

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115	426	Juliana Salvado	Individual	Senior Feminino	01:08:15	+21:57	06:50
116	434	Liliana Marina Gomes Rodrigues	Individual	Senior Feminino	01:08:19	+22:00	06:50
117	468	Mariana Simões	Individual	Senior Feminino	01:08:29	+22:11	06:51
118	372	Daniela Nunes	Individual	Senior Feminino	01:08:46	+22:27	06:53
119	330	Beatriz Cotrim Miguel	Individual	Senior Feminino	01:08:56	+22:37	06:54
120	399	Inês Lemos	Individual	Senior Feminino	01:09:02	+22:44	06:54
121	295	Adriana Sousa	Individual	Senior Feminino	01:09:03	+22:45	06:54
122	467	Mariana Simões	Individual	Senior Feminino	01:09:06	+22:48	06:55
123	416	Joana Leiria	Individual	Senior Feminino	01:09:12	+22:54	06:55
124	358	Catarina Vieira	Individual	Senior Feminino	01:09:35	+23:16	06:57
125	360	Cátia Gouveia	Individual	Senior Feminino	01:09:48	+23:29	06:59
126	333	Beatriz Machado	Individual	Senior Feminino	01:09:49	+23:31	06:59
127	472	Marta De Almeida Ribeiro	Individual	Senior Feminino	01:09:49	+23:31	06:59
128	347	Carolina Guilherme	Individual	Senior Feminino	01:10:04	+23:46	07:00
129	344	Carolina Coimbra	Individual	Senior Feminino	01:10:08	+23:50	07:01
130	310	Ana Luísa Pires Marques	Individual	Senior Feminino	01:10:10	+23:52	07:01
131	307	Ana Ines Melo	Individual	Senior Feminino	01:10:10	+23:52	07:01
132	329	Beatriz Buco	Individual	Senior Feminino	01:10:19	+24:01	07:02
133	455	Maria Martins	Individual	Senior Feminino	01:10:20	+24:02	07:02
134	315	Ana Rita Casanova Malta	Individual	Senior Feminino	01:10:25	+24:06	07:02
135	318	Ana Temudo	Individual	Senior Feminino	01:10:30	+24:11	07:03
136	460	Mariana Correia	Individual	Senior Feminino	01:10:38	+24:20	07:04
137	500	Rita Rebelo	Individual	Senior Feminino	01:10:41	+24:22	07:04
138	34	Marlene Leitão	Águas de Coimbra	Senior Feminino	01:11:01	+24:43	07:06
139	370	Cristiana Santos	Individual	Senior Feminino	01:11:18	+25:00	07:08
140	417	Joana Pratas	Individual	Senior Feminino	01:11:22	+25:04	07:08
141	317	Ana Rodrigues	Individual	Senior Feminino	01:11:23	+25:05	07:08
142	331	Beatriz Figueiredo	Individual	Senior Feminino	01:11:24	+25:06	07:08
143	249	Ana Sousa	FunRunners	Senior Feminino	01:11:26	+25:07	07:09
144	364	Chantal Cortesão	Individual	Senior Feminino	01:11:34	+25:16	07:09
145	384	Filipa Bento	Individual	Senior Feminino	01:11:38	+25:20	07:10
146	476	Matilde Maia	Individual	Senior Feminino	01:11:40	+25:22	07:10
147	1036	Mariana Pires	ISEC Coimbra	Senior Feminino	01:11:54	+25:35	07:11
148	525	Zijian Luo	Individual	Senior Feminino	01:11:55	+25:37	07:12
149	510	Sofia Alves	Individual	Senior Feminino	01:12:12	+25:53	07:13
150	514	Sofia Silva	Individual	Senior Feminino	01:12:16	+25:58	07:14
151	481	Nadine Pereira Santos	Individual	Senior Feminino	01:12:18	+25:59	07:14
152	373	Daniela Pereira dos Santos	Individual	Senior Feminino	01:12:18	+25:59	07:14
153	308	Ana Jesus	Individual	Senior Feminino	01:12:29	+26:11	07:15
154	433	Liliana Amaral	Individual	Senior Feminino	01:12:34	+26:16	07:15
155	374	Dária Manskaia Gonçalves	Individual	Senior Feminino	01:12:39	+26:20	07:16
156	407	Jéssica Lourenço	Individual	Senior Feminino	01:12:39	+26:21	07:16
157	355	Catarina Gomes	Individual	Senior Feminino	01:12:40	+26:22	07:16
158	314	Ana Raquel Dias	Individual	Senior Feminino	01:13:01	+26:43	07:18
159	394	Inês Aguiar	Individual	Senior Feminino	01:13:13	+26:55	07:19
160	503	Rute Matos	Individual	Senior Feminino	01:13:14	+26:55	07:19

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161	404	Inês Santos	Individual	Senior Feminino	01:13:16	+26:57	07:20
162	490	Patricia Silva	Individual	Senior Feminino	01:13:21	+27:03	07:20
163	509	Sara Vilão	Individual	Senior Feminino	01:13:23	+27:04	07:20
164	304	Ana de Carvalho	Individual	Senior Feminino	01:13:26	+27:08	07:21
165	429	Lara Filipa de Figueiredo Lage	Individual	Senior Feminino	01:13:31	+27:13	07:21
166	414	Joana Duarte	Individual	Senior Feminino	01:13:47	+27:28	07:23
167	176	Laura Almeida	Climacer, S.A	Senior Feminino	01:13:57	+27:39	07:24
168	62	kemilly andressa	Bluepharma	Senior Feminino	01:14:00	+27:42	07:24
169	474	Matilde Almeida Santos	Individual	Senior Feminino	01:14:19	+28:01	07:26
170	412	Joana André	Individual	Senior Feminino	01:14:42	+28:24	07:28
171	409	Jéssica Neves	Individual	Senior Feminino	01:14:45	+28:26	07:28
172	1138	Susana Patricia Oliveira	Sisters & Company	Senior Feminino	01:14:59	+28:41	07:30
173	1174	Bárbara Baptista	UPCaminhadas	Senior Feminino	01:15:02	+28:43	07:30
174	1175	Mariana Pereira	UPCaminhadas	Senior Feminino	01:15:02	+28:43	07:30
175	1176	Sabrina Clemente	UPCaminhadas	Senior Feminino	01:15:02	+28:43	07:30
176	449	Maria Inês Antunes	Individual	Senior Feminino	01:15:06	+28:48	07:31
177	506	Salomé Loureiro	Individual	Senior Feminino	01:15:10	+28:52	07:31
178	456	Maria Silva	Individual	Senior Feminino	01:15:12	+28:54	07:31
179	477	Matilde Silva Ruas	Individual	Senior Feminino	01:15:12	+28:54	07:31
180	328	Beatriz Areia	Individual	Senior Feminino	01:15:12	+28:54	07:31
181	390	Francisca Leal	Individual	Senior Feminino	01:15:16	+28:58	07:32
182	351	Caroline Galamba Neves	Individual	Senior Feminino	01:15:18	+28:59	07:32
183	391	Gabi Silva	Individual	Senior Feminino	01:15:18	+29:00	07:32
184	461	Mariana Freire	Individual	Senior Feminino	01:15:20	+29:02	07:32
185	123	Andreia Graça	Botão Camp	Senior Feminino	01:15:25	+29:07	07:33
186	424	Juliana Gomes	Individual	Senior Feminino	01:15:32	+29:14	07:33
187	299	Ana Barbosa	Individual	Senior Feminino	01:15:32	+29:14	07:33
188	4	Mariana Nunes	1002	Senior Feminino	01:15:33	+29:15	07:33
189	508	Sara Coutinho	Individual	Senior Feminino	01:16:06	+29:48	07:37
190	388	Francisca Duarte Santos Mendes Reis	Individual	Senior Feminino	01:16:09	+29:51	07:37
191	422	Júlia Floreani Santos	Individual	Senior Feminino	01:16:10	+29:52	07:37
192	336	Beatriz Pimentel	Individual	Senior Feminino	01:16:13	+29:55	07:37
193	383	Fátima Rodrigues	Individual	Senior Feminino	01:16:13	+29:55	07:37
194	393	Glória Figueiredo	Individual	Senior Feminino	01:16:52	+30:33	07:41
195	415	Joana Gradim Gonçalves	Individual	Senior Feminino	01:16:52	+30:34	07:41
196	418	Joana Ramos	Individual	Senior Feminino	01:17:05	+30:47	07:43
197	419	Joana Raquel	Individual	Senior Feminino	01:17:37	+31:19	07:46
198	398	inês garci	Individual	Senior Feminino	01:17:53	+31:35	07:47
199	440	Mara Inês Monteiro de Melo	Individual	Senior Feminino	01:17:57	+31:38	07:48
200	326	Bárbara Marques	Individual	Senior Feminino	01:18:22	+32:04	07:50
201	33	Mariana Mendes Travassos	Águas de Coimbra	Senior Feminino	01:18:23	+32:05	07:50
202	459	Mariana Coelho	Individual	Senior Feminino	01:18:27	+32:09	07:51
203	345	Carolina Cruz	Individual	Senior Feminino	01:18:29	+32:11	07:51
204	66	Mariana Soares	Bluepharma	Senior Feminino	01:18:34	+32:16	07:51
205	502	Rita Santos	Individual	Senior Feminino	01:18:45	+32:27	07:53
206	392	Gabrielle Lins dos Santos	Individual	Senior Feminino	01:18:48	+32:29	07:53

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207	1196	Mylena Gonçalves	Individual	Senior Feminino	01:18:51	+32:33	07:53
208	375	Débora Monteiro Cortesão	Individual	Senior Feminino	01:19:20	+33:01	07:56
209	306	Ana Gabriela	Individual	Senior Feminino	01:19:26	+33:08	07:57
210	517	Tânia Breda	Individual	Senior Feminino	01:19:40	+33:22	07:58
211	367	Constança Páris	Individual	Senior Feminino	01:19:54	+33:36	07:59
212	446	Maria Beatriz Rodrigues	Individual	Senior Feminino	01:20:14	+33:56	08:01
213	154	ELISABETE DO ROSSARIO MONTEIRO	Centro Cirúrgico de Coimbra	Senior Feminino	01:21:43	+35:24	08:10
214	410	Jessica Sofia Reis Tavares	Individual	Senior Feminino	01:21:57	+35:39	08:11
215	352	Carolline Costa	Individual	Senior Feminino	01:22:15	+35:57	08:14
216	167	Cátia Pestana	Centro de Trail Carlos Sá Penacova Team	Senior Feminino	01:22:17	+35:59	08:14
217	1073	Amélia da Conceição Ferreira Baptista	MIMEL	Senior Feminino	01:22:49	+36:31	08:17
218	342	Bruna Sousa	Individual	Senior Feminino	01:23:15	+36:56	08:19
219	97	Beatriz Brásio	BODY FITNESS	Senior Feminino	01:23:53	+37:34	08:23
220	445	Maria Ana	Individual	Senior Feminino	01:23:53	+37:34	08:23
221	65	Maria Simões	Bluepharma	Senior Feminino	01:23:53	+37:34	08:23
222	125	Sara Lopes	Botão Camp	Senior Feminino	01:23:53	+37:35	08:23
223	495	Rita Eufrásio	Individual	Senior Feminino	01:24:13	+37:55	08:25
224	385	Filipa Cabral Silva	Individual	Senior Feminino	01:24:42	+38:23	08:28
225	381	Elisia Rodrigues Branco	Individual	Senior Feminino	01:25:35	+39:16	08:33
226	349	Carolina Mendes	Individual	Senior Feminino	01:25:41	+39:23	08:34
227	458	Mariana Catarina Amado Trindade Marques	Individual	Senior Feminino	01:25:41	+39:23	08:34
228	1084	Bruna Pinto dos Santos	OLYMPUS	Senior Feminino	01:26:08	+39:49	08:37
229	397	Inês Fernandes	Individual	Senior Feminino	01:26:23	+40:04	08:38
230	463	Mariana Marques	Individual	Senior Feminino	01:26:25	+40:07	08:39
231	155	INÊS ALEXANDRA SARAIVA PATRÍCIO	Centro Cirúrgico de Coimbra	Senior Feminino	01:27:09	+40:50	08:43
232	152	BEATRIZ SIMÕES FERNANDES	Centro Cirúrgico de Coimbra	Senior Feminino	01:27:10	+40:52	08:43
233	313	Ana Pinto	Individual	Senior Feminino	01:27:48	+41:29	08:47
234	151	BEATRIZ FILIPE CAPITÃO	Centro Cirúrgico de Coimbra	Senior Feminino	01:27:53	+41:35	08:47
235	428	Kika Campos	Individual	Senior Feminino	01:28:01	+41:42	08:48
236	280	Marta Grilo Loureiro	Iberconcept	Senior Feminino	01:28:03	+41:45	08:48
237	262	Ana Catarina Santos	Haleon	Senior Feminino	01:28:13	+41:54	08:49
238	478	Melani Cardoso	Individual	Senior Feminino	01:29:55	+43:37	08:59
239	1053	Claudia Catarina das Neves Inácio Santos	Laços que Salvam	Senior Feminino	01:30:22	+44:04	09:02
240	515	Susana Filipa Silva Cardoso Dias	Individual	Senior Feminino	01:31:29	+45:11	09:09
241	512	Sofia João Oliveira	Individual	Senior Feminino	01:32:03	+45:45	09:12
242	302	Ana Catarina Piedade Luís	Individual	Senior Feminino	01:32:22	+46:04	09:14
243	487	Patrícia Costa	Individual	Senior Feminino	01:32:23	+46:05	09:14
244	386	Filipa Duarte Costa	Individual	Senior Feminino	01:32:24	+46:05	09:14
245	361	Cátia Neves	Individual	Senior Feminino	01:32:51	+46:33	09:17
246	471	MARLENE SILVA	Individual	Senior Feminino	01:34:19	+48:01	09:26
247	441	Márcia da Silva	Individual	Senior Feminino	01:34:53	+48:34	09:29
248	421	Jossiandra Manuel	Individual	Senior Feminino	01:34:53	+48:34	09:29
249	524	Victoria Thalita Alves da Silva	Individual	Senior Feminino	01:34:53	+48:35	09:29

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250	305	Ana Filipa Melo Pereira	Individual	Senior Feminino	01:35:40	+49:22	09:34
251	242	Carolina Anjos	FisicaMente Sénior	Senior Feminino	01:36:25	+50:07	09:39
252	309	Ana João Dias	Individual	Senior Feminino	01:36:36	+50:18	09:40
253	475	Matilde Ferreira	Individual	Senior Feminino	01:36:54	+50:35	09:41
254	1068	Floor ten dolle	Miana team	Senior Feminino	01:36:57	+50:39	09:42
255	99	Beatriz Pereira	BODY FITNESS	Senior Feminino	01:38:28	+52:09	09:51
256	104	Mariana Ferreira	BODY FITNESS	Senior Feminino	01:38:29	+52:11	09:51
257	103	Maria Alago	BODY FITNESS	Senior Feminino	01:38:29	+52:11	09:51
258	106	Sara Horta	BODY FITNESS	Senior Feminino	01:38:29	+52:11	09:51
259	324	Babi Figueiredo	Individual	Senior Feminino	01:38:55	+52:37	09:54
260	301	Ana Carolina Teixeira Pinto	Individual	Senior Feminino	01:39:48	+53:30	09:59
261	442	Margarida Miguel do Nascimento Domingues	Individual	Senior Feminino	01:40:43	+54:25	10:04
262	518	Tânia Fernandes	Individual	Senior Feminino	01:40:59	+54:41	10:06
263	320	Ana Veneza	Individual	Senior Feminino	01:41:06	+54:48	10:07
264	124	Carolina Neves	Botão Camp	Senior Feminino	01:41:18	+54:59	10:08
265	1148	Maria Inês Marques Neves Cruz	Toninhos	Senior Feminino	01:43:31	+57:13	10:21
266	1103	Beatriz Pascoal	Pascoalitos	Senior Feminino	01:45:27	+59:09	10:33
267	1035	Dietmara José da Silva	ISEC Coimbra	Senior Feminino	01:46:08	+59:50	10:37
268	516	Tânia Bernardo	Individual	Senior Feminino	01:47:10	+01:00:51	10:43
269	1147	Francisca Duarte Gonçalves	Toninhos	Senior Feminino	01:48:41	+01:02:23	10:52
270	297	Alice Jerónimo	Individual	Senior Feminino	01:50:00	+01:03:42	11:00
271	272	Marina Neves	Happy Family	Senior Feminino	01:51:21	+01:05:03	11:08
272	405	Ivone Costa	Individual	Senior Feminino	01:51:32	+01:05:14	11:09
273	400	Inês Martins	Individual	Senior Feminino	01:51:33	+01:05:14	11:09
274	353	Catarina Cordeiro	Individual	Senior Feminino	01:53:02	+01:06:44	11:18
275	312	Ana Maria Paiva Amado	Individual	Senior Feminino	01:55:56	+01:09:38	11:36
276	300	Ana Carolina Braz Almeida	Individual	Senior Feminino	02:00:26	+01:14:08	12:03
277	485	Nicole Da Silva	Individual	Senior Feminino	02:00:27	+01:14:08	12:03

Senior Masculino

1	1037	Manuel Jorge dos Santos	ISEC Coimbra	Senior Masculino	37:57		03:48
2	533	António José Ratola	Individual	Senior Masculino	39:19	+01:22	03:56
3	1144	André Nunes	Team Nunes	Senior Masculino	40:27	+02:29	04:03
4	624	Sandro Gonçalves	Individual	Senior Masculino	40:44	+02:47	04:04
5	611	Nuno Veloso	Individual	Senior Masculino	41:16	+03:18	04:08
6	576	Herbera Théo	Individual	Senior Masculino	42:59	+05:02	04:18
7	539	Bruno Alvim	Individual	Senior Masculino	44:35	+06:37	04:27
8	529	André Galha	Individual	Senior Masculino	44:54	+06:57	04:29
9	1133	Hugo Bastos	Running4fun Team Viseu - CSP	Senior Masculino	45:09	+07:12	04:31
10	629	Tiago Pereira	Individual	Senior Masculino	46:31	+08:34	04:39
11	19	Miguel Fonseca Monteiro	Académica Triatlo	Senior Masculino	46:55	+08:58	04:42
12	588	João Miguel Coimbra Barros da Silva	Individual	Senior Masculino	47:04	+09:06	04:42
13	555	Eduardo Coelho	Individual	Senior Masculino	47:15	+09:18	04:44
14	558	Fábio Pimentel	Individual	Senior Masculino	47:28	+09:30	04:45

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15	630	Tiago Silva	Individual	Senior Masculino	47:36	+09:38	04:46
16	74	Nuno Cardoso	Bluepharma	Senior Masculino	47:53	+09:56	04:47
17	111	Luis Caniceiro	BODY FITNESS	Senior Masculino	47:55	+09:58	04:48
18	597	José Pedro Dinis Costa	Individual	Senior Masculino	47:57	+10:00	04:48
19	591	João Santos Pacau	Individual	Senior Masculino	48:07	+10:09	04:49
20	603	Luís Pinto	Individual	Senior Masculino	48:37	+10:40	04:52
21	545	David Machado Cruz	Individual	Senior Masculino	48:41	+10:43	04:52
22	548	Diogo Baptista	Individual	Senior Masculino	48:54	+10:56	04:53
23	580	Hugo Nobre	Individual	Senior Masculino	49:59	+12:01	05:00
24	212	Alexandre Santos	EllaCorre	Senior Masculino	49:59	+12:02	05:00
25	631	Tomás Dinis	Individual	Senior Masculino	50:09	+12:11	05:01
26	264	Pedro Teles	Haleon	Senior Masculino	50:10	+12:12	05:01
27	552	Diogo Manuel Moreira Baptista Neves	Individual	Senior Masculino	50:25	+12:28	05:03
28	579	Hugo Miguel Ramos	Individual	Senior Masculino	51:10	+13:13	05:07
29	567	Goncalo Gaspar	Individual	Senior Masculino	51:27	+13:30	05:09
30	592	João Sousa	Individual	Senior Masculino	51:30	+13:33	05:09
31	590	João Rodrigues	Individual	Senior Masculino	51:39	+13:42	05:10
32	534	Bernardo Bettencourt	Individual	Senior Masculino	52:04	+14:07	05:12
33	584	João Goncalves	Individual	Senior Masculino	52:19	+14:21	05:14
34	535	Bernardo César	Individual	Senior Masculino	52:24	+14:26	05:14
35	628	Tiago Pais	Individual	Senior Masculino	52:28	+14:31	05:15
36	191	Henrique Marques	Corre Que Passa!	Senior Masculino	52:33	+14:35	05:15
37	633	Victor Souza	Individual	Senior Masculino	52:35	+14:38	05:16
38	526	Aislan Silva	Individual	Senior Masculino	52:36	+14:38	05:16
39	593	João Victor da Silva Fidelis	Individual	Senior Masculino	52:39	+14:41	05:16
40	610	Nuno Paixão	Individual	Senior Masculino	52:47	+14:50	05:17
41	530	André Jorge	Individual	Senior Masculino	53:33	+15:35	05:21
42	595	José Leiria	Individual	Senior Masculino	53:36	+15:39	05:22
43	1177	André Acúrcio	VentilAqua	Senior Masculino	53:39	+15:42	05:22
44	1178	Eduardo Ferreira	VentilAqua	Senior Masculino	53:40	+15:42	05:22
45	598	José Pedro Ferreira Carola	Individual	Senior Masculino	53:47	+15:50	05:23
46	547	David Nunes Aires Duarte	Individual	Senior Masculino	54:03	+16:06	05:24
47	613	Pedro Daniel	Individual	Senior Masculino	54:11	+16:13	05:25
48	551	Diogo Filipe Serra e Silva	Individual	Senior Masculino	54:26	+16:29	05:27
49	1179	Levi Amaral Amorim	VentilAqua	Senior Masculino	54:54	+16:57	05:29
50	109	André Jorge	BODY FITNESS	Senior Masculino	54:57	+17:00	05:30
51	578	Hugo Marcos	Individual	Senior Masculino	55:00	+17:03	05:30
52	1191	Alexandre Lima	Individual	Senior Masculino	55:10	+17:12	05:31
53	614	Pedro Prado	Individual	Senior Masculino	55:24	+17:27	05:32
54	537	Bernardo Marçal	Individual	Senior Masculino	55:31	+17:34	05:33
55	209	Rodrigo Gonçalo	E & R	Senior Masculino	55:34	+17:36	05:33
56	208	Erivaldo Figueiredo	E & R	Senior Masculino	55:34	+17:36	05:33
57	621	Rúben Neves Mendes	Individual	Senior Masculino	55:50	+17:52	05:35
58	560	Francisco Martins	Individual	Senior Masculino	55:53	+17:55	05:35
59	69	David Caneira	Bluepharma	Senior Masculino	56:08	+18:10	05:37
60	543	Daniel Paciência Rodrigues	Individual	Senior Masculino	56:09	+18:12	05:37

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61	582	João Caldeira	Individual	Senior Masculino	56:11	+18:14	05:37
62	619	Rodrigo Costa Pinto	Individual	Senior Masculino	56:11	+18:14	05:37
63	281	Emanuel Fernandes	Iberconcept	Senior Masculino	56:20	+18:23	05:38
64	563	Gabriel Luca Nascimento	Individual	Senior Masculino	56:30	+18:32	05:39
65	554	Diogo Reis	Individual	Senior Masculino	56:31	+18:33	05:39
66	634	Vítor Lopes	Individual	Senior Masculino	56:46	+18:49	05:41
67	572	Guilherme Monteiro	Individual	Senior Masculino	56:48	+18:51	05:41
68	609	Miguel Ferreira	Individual	Senior Masculino	57:04	+19:06	05:42
69	178	Miguel Rosa	Climacer, S.A	Senior Masculino	57:06	+19:08	05:43
70	1104	Ângelo Pascoal Figueiral	Pascoalitos	Senior Masculino	57:06	+19:09	05:43
71	594	Jonas Magalhães	Individual	Senior Masculino	57:19	+19:22	05:44
72	635	Xavier Lemos	Individual	Senior Masculino	57:23	+19:25	05:44
73	602	Lucas Disraeli	Individual	Senior Masculino	57:24	+19:27	05:44
74	532	António Carvalho	Individual	Senior Masculino	57:34	+19:37	05:45
75	575	Henrique Santos	Individual	Senior Masculino	57:37	+19:40	05:46
76	73	Matheus Baptista	Bluepharma	Senior Masculino	57:46	+19:49	05:47
77	620	Rodrigo Ferreira Geraldo	Individual	Senior Masculino	57:54	+19:57	05:47
78	2	Hugo Garrido	#tmggodinho	Senior Masculino	58:02	+20:05	05:48
79	1088	Francisco Santos	OLYMPUS	Senior Masculino	58:17	+20:19	05:50
80	542	César Temudo	Individual	Senior Masculino	59:07	+21:10	05:55
81	112	Pedro Ribeiro	BODY FITNESS	Senior Masculino	59:21	+21:24	05:56
82	161	RENATO JOSÉ RODRIGUES DOMINGUES	Centro Cirúrgico de Coimbra	Senior Masculino	59:22	+21:25	05:56
83	617	Ricardo Almeida	Individual	Senior Masculino	59:34	+21:37	05:57
84	601	Leonardo Falcão	Individual	Senior Masculino	59:59	+22:01	06:00
85	283	Tiago Santos	Iberconcept	Senior Masculino	01:00:16	+22:19	06:02
86	536	Bernardo Filipe Duarte Matias	Individual	Senior Masculino	01:00:32	+22:35	06:03
87	571	Gonçalo São Marcos	Individual	Senior Masculino	01:00:41	+22:43	06:04
88	1122	Francisco Baptista	PT Sofia Silva	Senior Masculino	01:00:43	+22:45	06:04
89	1039	João Ricardo Ângelo Costa	João & Naína	Senior Masculino	01:02:20	+24:23	06:14
90	1161	João André	Unidos Run Team / As Oliveirinhas	Senior Masculino	01:02:27	+24:29	06:15
91	577	Hugo David	Individual	Senior Masculino	01:03:25	+25:27	06:20
92	553	Diogo Morais	Individual	Senior Masculino	01:03:25	+25:28	06:21
93	1060	David Jose de Matos Sérvolo	Lesmas Furiosas	Senior Masculino	01:03:38	+25:41	06:22
94	160	ARMANDO FILIPE SANTOS JORGE	Centro Cirúrgico de Coimbra	Senior Masculino	01:04:28	+26:31	06:27
95	604	Manuel Loureiro dos Santos	Individual	Senior Masculino	01:04:32	+26:35	06:27
96	192	Luís Ferreira	Corre Que Passa!	Senior Masculino	01:04:38	+26:41	06:28
97	632	Tomás Tavares	Individual	Senior Masculino	01:04:40	+26:42	06:28
98	541	Carlos Fontes	Individual	Senior Masculino	01:04:58	+27:01	06:30
99	586	João Miguel Abreu França	Individual	Senior Masculino	01:05:33	+27:36	06:33
100	564	Gabriel Matias	Individual	Senior Masculino	01:05:38	+27:41	06:34
101	566	Gonçalo Amaral	Individual	Senior Masculino	01:06:05	+28:07	06:36
102	589	João Morgado	Individual	Senior Masculino	01:06:11	+28:14	06:37
103	71	João Mestre	Bluepharma	Senior Masculino	01:06:20	+28:23	06:38
104	549	Diogo Capão	Individual	Senior Masculino	01:06:46	+28:49	06:41
105	531	André Rodrit	Individual	Senior Masculino	01:07:27	+29:29	06:45
106	608	Miguel Alexandre Dimas Mendes	Individual	Senior Masculino	01:07:57	+29:59	06:48

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107	544	Daniel Santos	Individual	Senior Masculino	01:08:27	+30:30	06:51
108	569	Gonalo Martins	Individual	Senior Masculino	01:08:27	+30:30	06:51
109	626	Simo Carvalho Monteiro	Individual	Senior Masculino	01:09:03	+31:05	06:54
110	565	Gabriel Pereira	Individual	Senior Masculino	01:09:54	+31:57	06:59
111	1198	Guilherme Rosmaninho Antunes	Individual	Senior Masculino	01:10:10	+32:13	07:01
112	600	Jlio Bettencourt	Individual	Senior Masculino	01:10:54	+32:57	07:05
113	585	Joo Manuel Bento Cardoso	Individual	Senior Masculino	01:11:01	+33:04	07:06
114	110	Joo Ferreira	BODY FITNESS	Senior Masculino	01:11:02	+33:05	07:06
115	573	Guilherme Santana moreno	Individual	Senior Masculino	01:11:14	+33:16	07:07
116	1079	Joo Lopes	NEXEBRA TRAIL TEAM	Senior Masculino	01:11:19	+33:21	07:08
117	623	Rui Macedo	Individual	Senior Masculino	01:11:34	+33:37	07:09
118	556	Eduardo Nunes	Individual	Senior Masculino	01:11:40	+33:42	07:10
119	527	Alexandre Santos	Individual	Senior Masculino	01:13:13	+35:15	07:19
120	179	Ricardo Pereira	Climacer, S.A	Senior Masculino	01:13:35	+35:37	07:21
121	177	Lus Melo	Climacer, S.A	Senior Masculino	01:13:57	+36:00	07:24
122	627	Tiago Dinis	Individual	Senior Masculino	01:15:06	+37:09	07:31
123	581	Joo Andr Dias Craveiro	Individual	Senior Masculino	01:15:12	+37:15	07:31
124	605	Marcelo Caetano	Individual	Senior Masculino	01:18:23	+40:26	07:50
125	68	Antnio Figueiredo	Bluepharma	Senior Masculino	01:18:34	+40:37	07:51
126	108	Alexandre Lopes	BODY FITNESS	Senior Masculino	01:19:20	+41:23	07:56
127	599	Julien Fernandes	Individual	Senior Masculino	01:21:57	+43:59	08:12
128	1074	Miguel Magalhes Correia	MIMEL	Senior Masculino	01:22:49	+44:52	08:17
129	528	Andr Fernandes	Individual	Senior Masculino	01:25:36	+47:38	08:34
130	282	Jos Henriques	Iberconcept	Senior Masculino	01:25:40	+47:43	08:34
131	1085	Alexandre Martins	OLYMPUS	Senior Masculino	01:26:07	+48:10	08:37
132	570	Gonalo Morgado	Individual	Senior Masculino	01:26:26	+48:28	08:39
133	557	Emanuel Durante	Individual	Senior Masculino	01:29:55	+51:57	08:59
134	574	Gustavo Filipe Lopes Ribeiro	Individual	Senior Masculino	01:32:22	+54:24	09:14
135	583	Joo Filipe Mota Pinto	Individual	Senior Masculino	01:35:40	+57:42	09:34
136	538	Bernardo Silva	Individual	Senior Masculino	01:36:36	+58:39	09:40
137	561	Francisco Santos	Individual	Senior Masculino	01:41:08	+01:03:11	10:07
138	1149	Alexandre Jos Silva e Saro	Toninhos	Senior Masculino	01:43:32	+01:05:34	10:21
139	1107	Leandro Cerqueira	Pascoalitos	Senior Masculino	01:45:27	+01:07:30	10:33
140	1150	Alexandro Malva Portsio	Toninhos	Senior Masculino	01:48:42	+01:10:44	10:52
141	273	Hugo Costa	Happy Family	Senior Masculino	01:51:27	+01:13:30	11:09
142	612	Pedro Afonso da Silva Cardoso Dias	Individual	Senior Masculino	02:00:26	+01:22:28	12:03

Veterana F35

1	199	Andreia Silva	CrossFit Mondego	Veterana F35	44:13		04:25
2	652	Belisa Martins Pires	Individual	Veterana F35	46:59	+02:46	04:42
3	694	Rita Silva	Individual	Veterana F35	50:00	+05:46	05:00
4	56	Diana Carreira	BBC Run Team	Veterana F35	50:16	+06:03	05:02
5	57	Susana Pedrosa	BBC Run Team	Veterana F35	51:54	+07:40	05:11
6	689	Neuza Rebelo	Individual	Veterana F35	53:01	+08:48	05:18
7	681	Manuela Eugénio	Individual	Veterana F35	54:28	+10:15	05:27

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8	643	Ana Reis	Individual	Veterana F35	54:39	+10:25	05:28
9	663	Claudia Cenicante	Individual	Veterana F35	55:34	+11:21	05:33
10	162	TATIANA FILIPE FERNANDES BATISTA DA CUNHA	Centro Cirúrgico de Coimbra	Veterana F35	56:13	+12:00	05:37
11	1056	Mónica Ventura	LadiesRun	Veterana F35	56:39	+12:26	05:40
12	77	Joana Lourenço de Matos	Bluepharma	Veterana F35	57:15	+13:02	05:44
13	645	Ana Rita Devesa	Individual	Veterana F35	57:48	+13:34	05:47
14	646	Ana Rita Teixeira	Individual	Veterana F35	57:55	+13:41	05:47
15	653	Bruna Mendes	Individual	Veterana F35	57:56	+13:42	05:48
16	678	Liliana Domingues	Individual	Veterana F35	58:00	+13:46	05:48
17	252	Milene Santos	FunRunners	Veterana F35	58:00	+13:46	05:48
18	661	Cátia Pinheiro	Individual	Veterana F35	58:05	+13:52	05:49
19	668	Daniele bonifácio gomes gabry	Individual	Veterana F35	58:08	+13:54	05:49
20	1116	Cátia Rosa	Pereira Trail	Veterana F35	58:19	+14:06	05:50
21	654	Carina Borges	Individual	Veterana F35	58:40	+14:27	05:52
22	649	Andreia Pais	Individual	Veterana F35	59:44	+15:31	05:58
23	1063	Liliana Dias	Light Runners	Veterana F35	59:52	+15:38	05:59
24	650	Anna Pliassova	Individual	Veterana F35	01:00:00	+15:47	06:00
25	664	Cristina Santos	Individual	Veterana F35	01:00:08	+15:54	06:01
26	213	Rita Pereira	EllaCorre	Veterana F35	01:00:18	+16:05	06:02
27	640	Ana Maria	Individual	Veterana F35	01:00:25	+16:11	06:02
28	659	Cátia Jerónimo	Individual	Veterana F35	01:00:46	+16:33	06:05
29	1055	Mariana Mouronho	LadiesRun	Veterana F35	01:00:49	+16:35	06:05
30	665	Daianna Santos	Individual	Veterana F35	01:00:54	+16:41	06:05
31	78	Marta Falcão	Bluepharma	Veterana F35	01:01:41	+17:28	06:10
32	657	Carolina Afonso	Individual	Veterana F35	01:02:14	+18:00	06:13
33	695	Sara Gorjão	Individual	Veterana F35	01:02:19	+18:06	06:14
34	639	Ana Lucia Alves	Individual	Veterana F35	01:05:08	+20:55	06:31
35	702	Zinaida Shakel	Individual	Veterana F35	01:05:50	+21:37	06:35
36	672	Elsa Caetano	Individual	Veterana F35	01:06:21	+22:08	06:38
37	5	Sofia Fontes	1002	Veterana F35	01:06:38	+22:24	06:40
38	666	Dalila Barroca	Individual	Veterana F35	01:06:48	+22:35	06:41
39	641	Ana Pedrosa	Individual	Veterana F35	01:06:58	+22:44	06:42
40	23	Filipa Costa	Adabem Running Team	Veterana F35	01:07:45	+23:32	06:46
41	680	Ludimila Marvila da Costa	Individual	Veterana F35	01:08:07	+23:53	06:49
42	692	Rafaela Prata	Individual	Veterana F35	01:09:23	+25:09	06:56
43	644	Ana Rita Campos	Individual	Veterana F35	01:09:29	+25:15	06:57
44	655	Carla Ribeiro	Individual	Veterana F35	01:09:29	+25:16	06:57
45	683	Maria de Oliveira	Individual	Veterana F35	01:09:53	+25:40	06:59
46	648	Andreia Castro	Individual	Veterana F35	01:11:04	+26:51	07:06
47	251	Ana Catarina Reganha	FunRunners	Veterana F35	01:11:26	+27:12	07:09
48	79	Tânia Santos	Bluepharma	Veterana F35	01:11:37	+27:23	07:10
49	700	Vanessa Machado	Individual	Veterana F35	01:11:40	+27:26	07:10
50	676	Joana Santos	Individual	Veterana F35	01:12:49	+28:36	07:17
51	638	Ana Filipa da Silva Carvalho	Individual	Veterana F35	01:12:49	+28:36	07:17
52	642	Ana Raquel Leitão	Individual	Veterana F35	01:13:35	+29:21	07:21
53	76	Cátia Sofia dos Santos da Conceição	Bluepharma	Veterana F35	01:14:42	+30:29	07:28

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54	688	Natacha Henriques	Individual	Veterana F35	01:15:17	+31:04	07:32
55	674	Fernanda Travasso Miranda	Individual	Veterana F35	01:16:15	+32:02	07:38
56	1059	Maria Miguel Rosmaninho	Law & Disorder	Veterana F35	01:17:55	+33:41	07:47
57	1058	Filipa Ferraz Pinto	Law & Disorder	Veterana F35	01:17:55	+33:42	07:47
58	687	Mónica Gomes	Individual	Veterana F35	01:17:58	+33:45	07:48
59	684	Mariana Sousa	Individual	Veterana F35	01:19:19	+35:06	07:56
60	636	Adriana Cláudia Martins Pinto	Individual	Veterana F35	01:19:20	+35:06	07:56
61	673	Fátima Rodrigues	Individual	Veterana F35	01:19:20	+35:06	07:56
62	656	Carla Rodrigues	Individual	Veterana F35	01:19:39	+35:26	07:58
63	637	Ana Filipa Alves	Individual	Veterana F35	01:22:00	+37:46	08:12
64	662	Cátia Ramos	Individual	Veterana F35	01:22:36	+38:23	08:16
65	675	Inês Eufrásio	Individual	Veterana F35	01:23:46	+39:33	08:23
66	126	Ana Carvalho	Botão Camp	Veterana F35	01:24:28	+40:14	08:27
67	677	Liliana Araújo	Individual	Veterana F35	01:24:42	+40:29	08:28
68	698	Tânia Rodrigues	Individual	Veterana F35	01:25:45	+41:32	08:35
69	651	Beatriz Soeiro	Individual	Veterana F35	01:25:45	+41:32	08:35
70	200	Inês Gonçalves	CrossFit Mondego	Veterana F35	01:27:39	+43:25	08:46
71	1054	Tânia Filipa Silva Lopes	Laços que Salvam	Veterana F35	01:30:21	+46:07	09:02
72	682	Margarete Duarte	Individual	Veterana F35	01:31:38	+47:25	09:10
73	25	Joana Almeida	Adões Trail	Veterana F35	01:32:31	+48:18	09:15
74	685	Marta Ferrão	Individual	Veterana F35	01:32:51	+48:38	09:17
75	691	Patrícia Peres	Individual	Veterana F35	01:33:50	+49:37	09:23
76	686	MARTA VAZ	Individual	Veterana F35	01:34:15	+50:02	09:26
77	243	Rita Trindade	FisicaMente Sénior	Veterana F35	01:36:25	+52:11	09:38
78	696	Sónia Vendeirinho	Individual	Veterana F35	01:47:10	+01:02:56	10:43
79	699	Vanessa Cristina dos Santos Quintã	Individual	Veterana F35	01:48:09	+01:03:56	10:49

Veterana F40

1	18	Ana Cristina Fernandes Ferreira	Academia de Desportos de Condeixa	Veterana F40	46:00	04:36
2	732	Joana Quintã	Individual	Veterana F40	46:43	+00:43 04:40
3	1130	Liliana Lopes Marcelino	Running family	Veterana F40	52:57	+06:56 05:18
4	704	Amanda Guapo	Individual	Veterana F40	53:04	+07:04 05:18
5	1041	Silvia Antunes	Josirosa	Veterana F40	53:56	+07:56 05:24
6	744	Mariana Pimentel	Individual	Veterana F40	54:17	+08:17 05:26
7	171	Monica Patrícia Cardoso Marques	Centro de Trail Carlos Sá Penacova Team	Veterana F40	54:58	+08:57 05:30
8	1151	Ana Catarina milheiro Pires	Tons de Rosa	Veterana F40	55:22	+09:22 05:32
9	761	Rita Carvalho	Individual	Veterana F40	55:26	+09:26 05:33
10	163	LILIANA PATRICIA LOPES PRAGANA	Centro Cirúrgico de Coimbra	Veterana F40	56:13	+10:13 05:37
11	742	Maria Cristina Pereira Gonçalves	Individual	Veterana F40	56:13	+10:13 05:37
12	740	Linda Vaz	Individual	Veterana F40	56:23	+10:22 05:38
13	1187	Rita alves	XTRAINING	Veterana F40	57:16	+11:16 05:44
14	1185	Ana Póvoa	XTRAINING	Veterana F40	57:17	+11:16 05:44
15	1186	Diana Dias	XTRAINING	Veterana F40	57:25	+11:25 05:45
16	739	Lina Carvalho	Individual	Veterana F40	57:40	+11:40 05:46

Official Timekeeper: Lap2Go	12 / 24	generate 10-out.-2026 19:03
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17	755	Nina Correia	Individual	Veterana F40	58:05	+12:05	05:48
18	1118	Patrícia Ferreira	Pereira Trail	Veterana F40	58:22	+12:21	05:50
19	745	Marisa Amaral de Almeida	Individual	Veterana F40	58:40	+12:40	05:52
20	1098	Raquel Canais	Os Amendoins	Veterana F40	59:52	+13:51	05:59
21	170	Mara Alexandra Martinho Cardoso	Centro de Trail Carlos Sá Penacova Team	Veterana F40	01:00:09	+14:08	06:01
22	703	Adriana Caldeira de Souza	Individual	Veterana F40	01:00:20	+14:19	06:02
23	743	Maria Raquel Rodrigues Macedo	Individual	Veterana F40	01:00:27	+14:26	06:03
24	265	Itziar Del Estal	Haleon	Veterana F40	01:00:43	+14:42	06:04
25	736	Lília Martins	Individual	Veterana F40	01:01:09	+15:09	06:07
26	46	Tânia Vanessa Silva Maia	Arcd Venda Da Luísa	Veterana F40	01:02:09	+16:08	06:13
27	44	Carla Cotas	Arcd Venda Da Luísa	Veterana F40	01:02:09	+16:08	06:13
28	731	Joana Figueiredo	Individual	Veterana F40	01:02:30	+16:30	06:15
29	753	Nancy Simões	Individual	Veterana F40	01:02:55	+16:55	06:18
30	717	Catarina Ferreira	Individual	Veterana F40	01:03:03	+17:02	06:18
31	714	carina Sousa	Individual	Veterana F40	01:03:08	+17:08	06:19
32	45	Elisabete Correia	Arcd Venda Da Luísa	Veterana F40	01:04:34	+18:34	06:27
33	723	Daniela Peixoto	Individual	Veterana F40	01:05:41	+19:41	06:34
34	707	Ana Margarida Santos	Individual	Veterana F40	01:07:10	+21:09	06:43
35	719	Catarina Temporario	Individual	Veterana F40	01:07:12	+21:12	06:43
36	169	Liliana Porto	Centro de Trail Carlos Sá Penacova Team	Veterana F40	01:07:40	+21:40	06:46
37	285	Cátia Ferreira	Iberconcept	Veterana F40	01:07:41	+21:41	06:46
38	1091	Daniela Patrícia de Albuquerque Alves	OLYMPUS	Veterana F40	01:09:56	+23:55	07:00
39	244	Cristina Coelho	Focus_TUU	Veterana F40	01:10:29	+24:28	07:03
40	214	Roze Oliveira	EllaCorre	Veterana F40	01:10:30	+24:30	07:03
41	766	Vanessa Fontes	Individual	Veterana F40	01:10:30	+24:30	07:03
42	729	Isa Carvalho	Individual	Veterana F40	01:10:43	+24:43	07:04
43	711	Anaísa Ganiho Pires	Individual	Veterana F40	01:10:43	+24:43	07:04
44	1152	Ana Coelho	Tons de Rosa	Veterana F40	01:10:56	+24:55	07:06
45	1197	Patricia Marques	Individual	Veterana F40	01:11:09	+25:09	07:07
46	735	Lara Azambujo	Individual	Veterana F40	01:11:20	+25:19	07:08
47	762	Sara Ferreira	Individual	Veterana F40	01:11:20	+25:20	07:08
48	80	Sofia Lourenço	Bluepharma	Veterana F40	01:11:36	+25:35	07:10
49	253	Inês Madeira	FunRunners	Veterana F40	01:11:52	+25:51	07:11
50	757	Patrícia Coelho	Individual	Veterana F40	01:12:15	+26:14	07:13
51	720	Célia Catarina Fonseca Santos	Individual	Veterana F40	01:12:46	+26:46	07:17
52	741	Mafalda Cunha	Individual	Veterana F40	01:13:07	+27:07	07:19
53	1090	Catarina Arnaut	OLYMPUS	Veterana F40	01:13:21	+27:21	07:20
54	1064	Inês Sobral	Light Runners	Veterana F40	01:13:41	+27:41	07:22
55	756	Olga Ionova	Individual	Veterana F40	01:13:44	+27:43	07:22
56	763	Sara Marcelino	Individual	Veterana F40	01:14:00	+28:00	07:24
57	748	Micaela Filipa Oliveira Ângelo	Individual	Veterana F40	01:15:04	+29:03	07:30
58	724	Diana Maura dos Santos Rodrigues	Individual	Veterana F40	01:15:17	+29:16	07:32
59	722	Daniela caramujo	Individual	Veterana F40	01:15:33	+29:33	07:33
60	734	Joana Tudela	Individual	Veterana F40	01:15:36	+29:35	07:34
61	35	Filipa Alexandra	Águas de Coimbra	Veterana F40	01:15:52	+29:52	07:35

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62	759	Raquel Melo	Individual	Veterana F40	01:16:15	+30:15	07:38
63	716	Carla Sofia Relvas Pedroso	Individual	Veterana F40	01:17:11	+31:10	07:43
64	750	Mónica Sofia dos Santos Gouveia	Individual	Veterana F40	01:17:24	+31:24	07:44
65	718	CATARINA OLIVEIRA	Individual	Veterana F40	01:17:28	+31:27	07:45
66	721	Claudia Galamba	Individual	Veterana F40	01:17:33	+31:33	07:45
67	751	Mónica Vaz	Individual	Veterana F40	01:17:36	+31:35	07:46
68	746	Marta Falcão	Individual	Veterana F40	01:18:03	+32:03	07:48
69	1123	Joana Alexandre da Silva	Rato Esquilo	Veterana F40	01:18:58	+32:57	07:54
70	1069	Luisa monteiro	Miana team	Veterana F40	01:19:19	+33:19	07:56
71	1065	Véronique Seco	Light Runners	Veterana F40	01:22:38	+36:37	08:16
72	725	Elainia Lima	Individual	Veterana F40	01:23:33	+37:32	08:21
73	1126	Rita Trindade	Rita Trindade	Veterana F40	01:23:53	+37:53	08:23
74	127	Vânia Mendes	Botão Camp	Veterana F40	01:24:32	+38:32	08:27
75	733	Joana Rodrigues	Individual	Veterana F40	01:24:41	+38:41	08:28
76	728	Inês Santos	Individual	Veterana F40	01:25:45	+39:45	08:35
77	737	Liliane Santos	Individual	Veterana F40	01:27:48	+41:47	08:47
78	284	Carolina Dias	Iberconcept	Veterana F40	01:28:03	+42:02	08:48
79	765	Sónia Craveiro	Individual	Veterana F40	01:30:26	+44:25	09:03
80	758	Raquel Dias	Individual	Veterana F40	01:31:11	+45:10	09:07
81	738	Liliany Diniz	Individual	Veterana F40	01:32:03	+46:02	09:12
82	26	Joana Ferreira	Adões Trail	Veterana F40	01:32:32	+46:31	09:15
83	767	Vânia Pereira	Individual	Veterana F40	01:33:11	+47:11	09:19
84	730	Joana Almeida	Individual	Veterana F40	01:34:41	+48:41	09:28
85	709	Ana Sofia Correia Quintas	Individual	Veterana F40	01:36:34	+50:33	09:39
86	1070	Rita Loureiro	Miana team	Veterana F40	01:36:57	+50:57	09:42
87	713	Andreia Figueiredo	Individual	Veterana F40	01:38:57	+52:56	09:54
88	36	Liliana Fernandes	Águas de Coimbra	Veterana F40	01:42:48	+56:48	10:17
89	1108	Marisa Cação	Pascoalitos	Veterana F40	01:45:27	+59:27	10:33
90	727	Estela Filipa Marques Simões	Individual	Veterana F40	01:53:02	+01:07:02	11:18
91	749	Milene Santos	Individual	Veterana F40	01:58:00	+01:12:00	11:48
92	764	Sara Neves	Individual	Veterana F40	01:58:02	+01:12:01	11:48
93	220	Tânia Teixeira	Escola Secundária Dom Dinis	Veterana F40	02:00:24	+01:14:24	12:02
94	219	Paula Santos	Escola Secundária Dom Dinis	Veterana F40	02:00:24	+01:14:24	12:02

Veterana F45

1	1163	Carine Loureiro	Unidos Run Team / As Oliveirinhas	Veterana F45	48:13	04:49
2	81	Ana Fernandes	Bluepharma	Veterana F45	49:07	+00:54 04:55
3	203	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F45	50:48	+02:34 05:05
4	775	Ana Nunes	Individual	Veterana F45	50:52	+02:39 05:05
5	202	Filomena Marques	DCI/Trilhos Luso Bussaco	Veterana F45	51:29	+03:16 05:09
6	55	Catarina Marques	ASSSCC - Ar Livre e Aventura	Veterana F45	51:51	+03:38 05:11
7	24	Jacinta Liliana Batista de Jesus Manata	Adões Traik	Veterana F45	53:38	+05:24 05:22
8	790	Liliana Rodrigues	Individual	Veterana F45	54:47	+06:34 05:29
9	47	Silvia Costa	Arcd Venda Da Luísa	Veterana F45	55:00	+06:46 05:30
10	779	Andrea Canelas	Individual	Veterana F45	55:57	+07:44 05:36

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11	781	Andreia de Sousa	Individual	Veterana F45	55:58	+07:45	05:36
12	773	Ana Cristina Leal Rebola	Individual	Veterana F45	56:10	+07:56	05:37
13	811	Susana Domingues	Individual	Veterana F45	57:01	+08:47	05:42
14	58	Clara silva	BBC Run Team	Veterana F45	57:03	+08:49	05:42
15	173	Sandra Santos	Centro de Trail Carlos Sá Penacova Team	Veterana F45	57:19	+09:06	05:44
16	814	Teresa Bento	Individual	Veterana F45	57:35	+09:21	05:45
17	142	Filipa de Palhares Falcão Martins Bernardo	Branco&Tinto	Veterana F45	57:49	+09:36	05:47
18	801	Rita Gomes	Individual	Veterana F45	59:43	+11:29	05:58
19	789	Liliana Pimenta	Individual	Veterana F45	01:00:16	+12:02	06:02
20	1165	Nohélia Cartaxo	Unidos Run Team / As Oliveirinhas	Veterana F45	01:00:21	+12:07	06:02
21	771	Ana Azeiteiro	Individual	Veterana F45	01:00:37	+12:24	06:04
22	795	Marisa Santos	Individual	Veterana F45	01:00:48	+12:35	06:05
23	794	Marina Cruz	Individual	Veterana F45	01:00:49	+12:35	06:05
24	776	Ana Paula Martins Cruz	Individual	Veterana F45	01:01:21	+13:08	06:08
25	215	Jane santos	EllaCorre	Veterana F45	01:01:22	+13:08	06:08
26	774	Ana Daniela Dias	Individual	Veterana F45	01:02:42	+14:28	06:16
27	770	Ana Azambujo	Individual	Veterana F45	01:02:48	+14:34	06:17
28	1077	Liliana Serra	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Veterana F45	01:03:10	+14:56	06:19
29	32	Carla Nunes	AERGóis Trail Running	Veterana F45	01:03:10	+14:57	06:19
30	813	Teresa Alves	Individual	Veterana F45	01:03:15	+15:01	06:19
31	810	Sónia Margarida Matias Pimentel	Individual	Veterana F45	01:03:35	+15:22	06:22
32	128	Ana Azedo	Botão Camp	Veterana F45	01:03:51	+15:38	06:23
33	239	Mélanie Duarte	Farmácia Luciano e Matos	Veterana F45	01:03:56	+15:42	06:24
34	241	Simona Burduja	Farmácia Luciano e Matos	Veterana F45	01:03:56	+15:42	06:24
35	812	Susana Pinho	Individual	Veterana F45	01:04:29	+16:16	06:27
36	808	Sandrina Basilio	Individual	Veterana F45	01:05:02	+16:48	06:30
37	792	Margarida Isabel Tomás Pereira	Individual	Veterana F45	01:05:58	+17:45	06:36
38	1193	Ana Daniela Ferreira	Individual	Veterana F45	01:06:09	+17:55	06:37
39	129	Regina Costa	Botão Camp	Veterana F45	01:06:28	+18:15	06:39
40	1066	Mariya Oliveira	Light Runners	Veterana F45	01:06:53	+18:39	06:41
41	1109	Dina Carvalho	Pascoalitos	Veterana F45	01:07:53	+19:40	06:47
42	83	Susana Costa	Bluepharma	Veterana F45	01:09:01	+20:48	06:54
43	38	Ana Santos	Águas de Coimbra	Veterana F45	01:09:06	+20:52	06:55
44	164	GABRIELA SOFIA PRIAMO GOMES	Centro Cirúrgico de Coimbra	Veterana F45	01:10:06	+21:52	07:01
45	216	Paula Vieira	EllaCorre	Veterana F45	01:10:30	+22:17	07:03
46	784	Carla Sofia Salvado Batista	Individual	Veterana F45	01:10:59	+22:46	07:06
47	240	Mónica Cunha	Farmácia Luciano e Matos	Veterana F45	01:11:04	+22:51	07:06
48	186	Teresa Silva	Coffeesolum	Veterana F45	01:11:14	+23:00	07:07
49	803	Sandra Cardoso	Individual	Veterana F45	01:11:25	+23:12	07:09
50	261	Sandra Liceia	GRVilaverdense	Veterana F45	01:12:45	+24:32	07:17
51	815	Teresa Pedro	Individual	Veterana F45	01:12:48	+24:34	07:17
52	114	Tânia Rodrigues	BODY FITNESS	Veterana F45	01:13:06	+24:53	07:19
53	796	Micaela Pires	Individual	Veterana F45	01:13:38	+25:24	07:22
54	91	Anaísa Ferreira	Boazonas até ao Natal	Veterana F45	01:13:49	+25:36	07:23

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OFFICIAL RESULT

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55	92	Andreia Ventura	Boazonas até ao Natal	Veterana F45	01:14:24	+26:10	07:26
56	90	Ana Luísa Cristo	Boazonas até ao Natal	Veterana F45	01:14:24	+26:11	07:26
57	785	Clara Paiva	Individual	Veterana F45	01:15:21	+27:08	07:32
58	777	Ana Sofia Jorge	Individual	Veterana F45	01:15:25	+27:11	07:32
59	804	Sandra CONCEIÇÃO	Individual	Veterana F45	01:16:42	+28:29	07:44
60	130	Teresa Santos	Botão Camp	Veterana F45	01:17:45	+29:32	07:47
61	1119	Ana Henrietier	Pés de Vento	Veterana F45	01:18:44	+30:31	07:52
62	1124	Marta Alexandre Otero	Rato Esquilo	Veterana F45	01:18:58	+30:44	07:54
63	1072	Joana lopes	Miana team	Veterana F45	01:19:19	+31:06	07:56
64	1071	Cris santos	Miana team	Veterana F45	01:19:21	+31:07	07:56
65	807	Sandra Isabel Tavares Serém	Individual	Veterana F45	01:19:27	+31:13	07:57
66	783	Carla Gomes	Individual	Veterana F45	01:22:16	+34:03	08:14
67	174	Vera Gomes	Centro de Trail Carlos Sá Penacova Team	Veterana F45	01:22:17	+34:04	08:14
68	793	Margarida Silva	Individual	Veterana F45	01:22:37	+34:23	08:16
69	42	Sónia Conceição	Ameal Trail	Veterana F45	01:23:31	+35:17	08:21
70	787	Inês Coelho	Individual	Veterana F45	01:23:51	+35:38	08:23
71	131	Teresa Sofia dos Santos Oliveira	Botão Camp	Veterana F45	01:23:53	+35:40	08:23
72	782	Ângela Maria da Costa Marques	Individual	Veterana F45	01:31:26	+43:13	09:09
73	28	Telma Costa	Adões Trail	Veterana F45	01:32:32	+44:18	09:15
74	806	SANDRA ISABEL FERREIRA CARVALHO	Individual	Veterana F45	01:34:28	+46:14	09:27
75	39	Ângela Lopes	Águas de Coimbra	Veterana F45	01:35:12	+46:59	09:31
76	37	Ana Neves	Águas de Coimbra	Veterana F45	01:35:12	+46:59	09:31
77	800	RITA BARRA	Individual	Veterana F45	01:41:04	+52:51	10:06
78	221	Célia Cação	Escola Secundária Dom Dinis	Veterana F45	01:54:36	+01:06:22	11:28
79	222	Inês Bernardes	Escola Secundária Dom Dinis	Veterana F45	01:56:24	+01:08:10	11:38
80	223	Joana Nogueira	Escola Secundária Dom Dinis	Veterana F45	02:00:27	+01:12:14	12:03

Veterana F50

1	834	Deonilde Costa	Individual	Veterana F50	41:49		04:11
2	853	Lília Maria Ferreira Simoes	Individual	Veterana F50	49:47	+07:58	04:59
3	822	Ana Rodrigues (dorsal Nita)	Individual	Veterana F50	52:21	+10:32	05:14
4	49	Paula Gonçalves	Arcd Venda Da Luísa	Veterana F50	54:35	+12:46	05:27
5	1110	Mónica Batista	Pascoalitos	Veterana F50	55:01	+13:12	05:30
6	48	Maria João Benquerença	Arcd Venda Da Luísa	Veterana F50	55:33	+13:44	05:33
7	867	Sandra Mendes	Individual	Veterana F50	55:47	+13:58	05:35
8	204	Helena lopes	DCI/Trilhos Luso Bussaco	Veterana F50	56:17	+14:28	05:38
9	59	Sónia Santos	BBC Run Team	Veterana F50	57:18	+15:29	05:44
10	857	Natália Sofia da Silva Gomes Lucas	Individual	Veterana F50	57:24	+15:35	05:44
11	276	Sónia Antunes	Himalaias Trail	Veterana F50	58:24	+16:35	05:50
12	864	Rosana ricalde da silva	Individual	Veterana F50	59:00	+17:11	05:54
13	854	Maria Gomes	Individual	Veterana F50	01:01:25	+19:36	06:08
14	851	Isabel Neves	Individual	Veterana F50	01:02:42	+20:53	06:16
15	1057	Rita Fernandes	LadiesRun	Veterana F50	01:04:37	+22:48	06:28
16	7	Ana Alves	233club	Veterana F50	01:05:40	+23:51	06:34

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OFFICIAL RESULT

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17	831	Cristina Isabel Gândara de Carvalho	Individual	Veterana F50	01:06:21	+24:32	06:38
18	9	Carla Fidalgo	6:45	Veterana F50	01:06:28	+24:39	06:39
19	137	Sónia Ribeiro	Botão Camp	Veterana F50	01:06:29	+24:40	06:39
20	856	Natália Costa	Individual	Veterana F50	01:07:47	+25:58	06:47
21	840	Eliane Oliveira dos Santos	Individual	Veterana F50	01:07:48	+25:59	06:47
22	829	Catarina Henriques	Individual	Veterana F50	01:09:06	+27:17	06:55
23	865	Sandra Leonor de Jesus Duarte	Individual	Veterana F50	01:09:06	+27:17	06:55
24	850	Isabel Coimbra	Individual	Veterana F50	01:09:19	+27:30	06:56
25	1166	carla santos	Unidos Run Team / As Oliveirinhas	Veterana F50	01:09:33	+27:44	06:57
26	1194	Carla Susana Tovim Rodrigues	Individual	Veterana F50	01:11:18	+29:29	07:08
27	866	Sandra Fonseca	Individual	Veterana F50	01:11:21	+29:32	07:08
28	823	Anabela Teresa Simões de Paiva Figueiredo	Individual	Veterana F50	01:11:24	+29:35	07:08
29	870	Teresa Rodrigues	Individual	Veterana F50	01:11:43	+29:54	07:10
30	134	Elsa Santos	Botão Camp	Veterana F50	01:12:24	+30:35	07:14
31	11	Patrícia Seabra	6:45	Veterana F50	01:12:27	+30:38	07:15
32	10	Maria do Castelo Gouveia	6:45	Veterana F50	01:12:27	+30:38	07:15
33	827	Carlota Joaquina	Individual	Veterana F50	01:12:28	+30:39	07:15
34	845	Elisabete Maria Vilela cunha Silva	Individual	Veterana F50	01:13:27	+31:38	07:21
35	832	Cristina Neves	Individual	Veterana F50	01:13:47	+31:58	07:23
36	136	Maria João Galvão Pereira	Botão Camp	Veterana F50	01:15:50	+34:01	07:35
37	833	Cristina Silva	Individual	Veterana F50	01:15:57	+34:08	07:36
38	839	Dulcínia Sousa	Individual	Veterana F50	01:17:45	+35:56	07:47
39	1120	Olga Correia	Pés de Vento	Veterana F50	01:18:44	+36:55	07:52
40	830	Célia Clemente	Individual	Veterana F50	01:19:06	+37:17	07:55
41	826	Carla Mendes	Individual	Veterana F50	01:19:26	+37:37	07:57
42	860	Paula Caçador	Individual	Veterana F50	01:20:30	+38:41	08:03
43	871	zurita dias	Individual	Veterana F50	01:22:16	+40:27	08:14
44	861	Paula Neves	Individual	Veterana F50	01:22:16	+40:27	08:14
45	1188	Monica salvador	XTRAINING	Veterana F50	01:22:16	+40:27	08:14
46	115	Laudelina Teixeira	BODY FITNESS	Veterana F50	01:22:35	+40:46	08:16
47	841	Elisa Regina Figueiras Julião Inácio de Campos	Individual	Veterana F50	01:23:51	+42:02	08:23
48	859	Olga Santos	Individual	Veterana F50	01:25:25	+43:36	08:33
49	848	Emília Cortesão	Individual	Veterana F50	01:25:33	+43:44	08:33
50	135	Luisa Baptista	Botão Camp	Veterana F50	01:26:28	+44:39	08:39
51	133	Cecília Lopes	Botão Camp	Veterana F50	01:26:28	+44:39	08:39
52	1167	Susy Fernandes	Unidos Run Team / As Oliveirinhas	Veterana F50	01:29:13	+47:23	08:55
53	842	Elisabete Craveiro	Individual	Veterana F50	01:30:26	+48:37	09:03
54	1189	Eunice Santos	Individual	Veterana F50	01:31:39	+49:50	09:10
55	819	Ana Carvalho	Individual	Veterana F50	01:32:52	+51:03	09:17
56	818	Alexandra Lopes	Individual	Veterana F50	01:32:52	+51:03	09:17
57	852	Laura Alves	Individual	Veterana F50	01:33:11	+51:22	09:19
58	824	Carla Gonçalves	Individual	Veterana F50	01:33:40	+51:51	09:22
59	825	Carla Maria Monteiro Silva	Individual	Veterana F50	01:35:57	+54:08	09:36
60	849	Gabriela Costa	Individual	Veterana F50	01:37:52	+56:02	09:47
61	1156	Carla liliana farinha	Trilhos&Rodas	Veterana F50	01:39:23	+57:34	09:55

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62	94	Lisete Marques	Boazonas até ao Natal	Veterana F50	01:43:32	+01:01:43	10:21
63	1157	Lucy Alcatrão	Trilhos&Rodas	Veterana F50	01:48:29	+01:06:39	10:51
64	846	Elizabeth afonso	Individual	Veterana F50	01:53:06	+01:11:17	11:19
65	836	Dina Maria Duque Ferreira Calhau Franco	Individual	Veterana F50	01:53:07	+01:11:18	11:19
66	820	Ana Cristina Oliveira Manaia	Individual	Veterana F50	01:55:56	+01:14:07	11:36
67	229	Lisete Alexandre	Escola Secundária Dom Dinis	Veterana F50	01:58:42	+01:16:53	11:52
68	227	Isabel Pereira	Escola Secundária Dom Dinis	Veterana F50	02:00:25	+01:18:36	12:03
69	226	Inês Andrade	Escola Secundária Dom Dinis	Veterana F50	02:00:27	+01:18:38	12:03
70	230	Sandra Rodrigues	Escola Secundária Dom Dinis	Veterana F50	02:00:29	+01:18:39	12:03
71	225	Corina Costa	Escola Secundária Dom Dinis	Veterana F50	02:00:37	+01:18:48	12:04

Veterana F55

1	883	Júlia Santos	Individual	Veterana F55	49:26		04:57
2	1134	Celina Dias	Running4fun Team Viseu - CSP	Veterana F55	50:07	+00:41	05:01
3	887	Manuela Taveira	Individual	Veterana F55	54:54	+05:28	05:29
4	50	Manuela Espírito Santo	Arcd Venda Da Luísa	Veterana F55	59:17	+09:51	05:56
5	899	Teresa Carvalho Tavares	Individual	Veterana F55	01:00:05	+10:39	06:01
6	189	Laurinda Pereira	Condeixa Karate	Veterana F55	01:00:11	+10:45	06:01
7	175	Ana Silva	Centro de Trail Carlos Sá Penacova Team	Veterana F55	01:01:30	+12:03	06:09
8	1159	Ana Paula Fernandes	Trilhos&Rodas	Veterana F55	01:02:05	+12:39	06:13
9	892	Nélia Margarida Nogueira Tenreiro de Matos	Individual	Veterana F55	01:04:49	+15:23	06:29
10	12	Antonieta Abegoaria	6:45	Veterana F55	01:06:19	+16:53	06:38
11	1160	Paula cardoso	Trilhos&Rodas	Veterana F55	01:06:45	+17:18	06:40
12	890	Maria Paula Nogueira	Individual	Veterana F55	01:07:28	+18:02	06:45
13	889	Maria Isabel dos Santos Cancela Baptista	Individual	Veterana F55	01:09:04	+19:38	06:54
14	245	Maria Glória Andrade Santos	Focus_TUU	Veterana F55	01:10:28	+21:02	07:03
15	13	Luisa Goulão	6:45	Veterana F55	01:12:27	+23:01	07:15
16	14	Olga Simões	6:45	Veterana F55	01:12:27	+23:01	07:15
17	898	Tatiana Nikolaevna Manskaia Gonçalves	Individual	Veterana F55	01:12:39	+23:13	07:16
18	893	Nélida Figueiredo	Individual	Veterana F55	01:13:31	+24:05	07:21
19	891	Michela Aparecida Lacerda de Souza	Individual	Veterana F55	01:14:43	+25:17	07:28
20	139	Elsa Costa	Botão Camp	Veterana F55	01:15:40	+26:14	07:34
21	183	CELIA MARIA DIAS DA SILVA	Clube Millennium BCP	Veterana F55	01:18:18	+28:52	07:50
22	895	Paula Cristina Vieira Roberto barrelas Sequeira	Individual	Veterana F55	01:21:38	+32:12	08:10
23	1168	Paula pinho	Unidos Run Team / As Oliveirinhas	Veterana F55	01:29:13	+39:47	08:55
24	872	Ana Isabel Duarte	Individual	Veterana F55	01:32:29	+43:03	09:15
25	274	Imaculada Ermida	Happy Family	Veterana F55	01:34:15	+44:49	09:25
26	877	Dália Costa	Individual	Veterana F55	01:34:28	+45:02	09:27
27	881	Helena Abrantes	Individual	Veterana F55	01:34:37	+45:11	09:28
28	888	Maria do Rosário Oliveira Agostinho	Individual	Veterana F55	01:39:48	+50:22	09:59
29	896	Raquel Nascimento	Individual	Veterana F55	01:40:43	+51:17	10:04

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30	138	Dulce Almeida	Botão Camp	Veterana F55	01:41:18	+51:52	10:08
31	1158	Ana Maria Martinho	Trilhos&Rodas	Veterana F55	01:48:29	+59:03	10:51
32	897	Sílvia Pinto	Individual	Veterana F55	01:50:01	+01:00:35	11:00
33	232	Isabel Nogueira	Escola Secundária Dom Dinis	Veterana F55	01:54:43	+01:05:17	11:28
34	235	Teresa Fonseca	Escola Secundária Dom Dinis	Veterana F55	01:56:24	+01:06:58	11:38
35	231	Cristina Vinhais Carvalho	Escola Secundária Dom Dinis	Veterana F55	02:00:25	+01:10:59	12:03
36	234	Maria José Coutinho	Escola Secundária Dom Dinis	Veterana F55	02:00:27	+01:11:01	12:03
37	233	Laurentina Soares	Escola Secundária Dom Dinis	Veterana F55	02:00:28	+01:11:02	12:03

Veterana F60

1	1169	Graça Rumor	Unidos Run Team / As Oliveirinhas	Veterana F60	57:16	05:44
2	195	Fátima Machado	CPT Coimbra	Veterana F60	01:08:39	+11:22 06:52
3	904	Maria da Glória soares	Individual	Veterana F60	01:12:46	+15:30 07:17
4	1154	Isabel Ventura	TRIBO NR	Veterana F60	01:14:57	+17:41 07:30
5	906	Noémia Lopes	Individual	Veterana F60	01:46:06	+48:49 10:37
6	236	Alda Pimenta	Escola Secundária Dom Dinis	Veterana F60	01:54:42	+57:25 11:28
7	237	Judite Aracânjo	Escola Secundária Dom Dinis	Veterana F60	01:54:42	+57:25 11:28
8	238	Margarida Carrington Lemos	Escola Secundária Dom Dinis	Veterana F60	01:58:43	+01:01:27 11:52

Veterana F65

1	909	Rosário Ramos	Individual	Veterana F65	59:56		06:00
2	278	Fernanda Duarte	HOT. Runners	Veterana F65	01:12:49	+12:52	07:17
3	907	Ângela Mª Bastardo	Individual	Veterana F65	01:43:28	+43:31	10:21

Veterano M35

1	912	Carlos Filipe Leite Costa	Individual	Veterano M35	33:54		03:23
2	29	Marco Xavier	Adões Trail	Veterano M35	39:20	+05:25	03:56
3	941	TIAGO MATOS	Individual	Veterano M35	41:43	+07:49	04:10
4	921	Jair Carlos Gomes de Souza	Individual	Veterano M35	44:44	+10:49	04:28
5	929	Luis Loureiro	Individual	Veterano M35	45:37	+11:42	04:34
6	937	ricardo joao	Individual	Veterano M35	46:09	+12:14	04:37
7	919	Gonçalo Neves	Individual	Veterano M35	46:13	+12:18	04:37
8	911	André Parreiral	Individual	Veterano M35	46:52	+12:57	04:41
9	924	João Paulo Conceição Freitas	Individual	Veterano M35	47:58	+14:03	04:48
10	914	Daniel Fernandes	Individual	Veterano M35	47:58	+14:04	04:48
11	910	André Mora	Individual	Veterano M35	48:47	+14:53	04:53
12	930	Marco Martins	Individual	Veterano M35	49:51	+15:56	04:59
13	934	Pedro Martins	Individual	Veterano M35	49:58	+16:03	05:00
14	942	Willian alves	Individual	Veterano M35	52:08	+18:13	05:13
15	932	Nuno Duarte	Individual	Veterano M35	52:42	+18:48	05:16
16	922	João Cotas	Individual	Veterano M35	53:32	+19:37	05:21
17	920	Guilherme José Ribeiro Cruz	Individual	Veterano M35	54:40	+20:45	05:28

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18	935	Pedro Pinto	Individual	Veterano M35	54:48	+20:54	05:29
19	925	José Lima	Individual	Veterano M35	54:51	+20:56	05:29
20	1092	Pedro Miguel Caniceiro Valada	OLYMPUS	Veterano M35	55:12	+21:18	05:31
21	933	Paulo Horta	Individual	Veterano M35	55:44	+21:49	05:34
22	1061	Carlos Filipe Jorge Pedreiro	Lesmas Furiosas	Veterano M35	55:46	+21:51	05:35
23	196	Carlos Muxagata	CPT Coimbra	Veterano M35	55:59	+22:04	05:36
24	923	João Gomes	Individual	Veterano M35	57:35	+23:40	05:45
25	20	André Mendes	Académica Triatlo	Veterano M35	57:55	+24:01	05:48
26	193	Gonçalo Pereira	Corre Que Passa!	Veterano M35	59:23	+25:29	05:56
27	915	David Cortesão	Individual	Veterano M35	59:30	+25:35	05:57
28	939	Samuel Cabete	Individual	Veterano M35	01:00:08	+26:13	06:01
29	254	Flávio Silva	FunRunners	Veterano M35	01:00:51	+26:56	06:05
30	116	Nelson Heleno	BODY FITNESS	Veterano M35	01:02:18	+28:23	06:14
31	931	Nuno André Antunes Pedro	Individual	Veterano M35	01:02:23	+28:29	06:14
32	1075	Nuno Castanheira	MIRO TRAIL	Veterano M35	01:04:18	+30:23	06:26
33	145	Tiago Lopes	Casa do Benfica em Idanha a Nova	Veterano M35	01:09:29	+35:34	06:57
34	917	Fábio Arriaga	Individual	Veterano M35	01:10:35	+36:40	07:03
35	927	Luis António	Individual	Veterano M35	01:11:20	+37:26	07:08
36	41	Daniel Couceiro	Águas de Coimbra	Veterano M35	01:13:42	+39:47	07:22
37	938	Rui Salvador	Individual	Veterano M35	01:15:27	+41:32	07:33
38	936	Pedro Sousa	Individual	Veterano M35	01:19:20	+45:25	07:56
39	926	José Pedro Romano Ivens Pinto Caeiro	Individual	Veterano M35	01:19:26	+45:31	07:57
40	940	Tiago Alexandre Quaresma Dias	Individual	Veterano M35	01:20:32	+46:37	08:03
41	201	Ricardo Assunção	CrossFit Mondego	Veterano M35	01:27:38	+53:43	08:46

Veterano M40

1	1145	Carlos Nunes	Team Nunes	Veterano M40	35:51	03:35
2	1093	Eduardo Gonçalves	OLYMPUS	Veterano M40	38:56	+03:05 03:54
3	961	Luís Marques	Individual	Veterano M40	43:03	+07:12 04:18
4	944	Bernardo Teles Fazendeiro	Individual	Veterano M40	44:02	+08:11 04:24
5	962	Mário André David Marques	Individual	Veterano M40	44:16	+08:24 04:26
6	30	João Ferreira	Adões Trail	Veterano M40	44:32	+08:40 04:27
7	953	Filipe Valente Duarte	Individual	Veterano M40	45:00	+09:09 04:30
8	967	Paulo Nuno Ferreira Simões	Individual	Veterano M40	46:08	+10:16 04:37
9	948	Emanuel Ferreira	Individual	Veterano M40	48:53	+13:01 04:53
10	969	Tiago Costa	Individual	Veterano M40	49:29	+13:37 04:57
11	945	Bruno Concha	Individual	Veterano M40	49:36	+13:44 04:58
12	966	Paulo Alexandre Santos	Individual	Veterano M40	52:07	+16:16 05:13
13	943	Alexandre João Nunes Flório	Individual	Veterano M40	53:07	+17:15 05:19
14	1042	João Marques	Josirosa	Veterano M40	53:57	+18:05 05:24
15	952	filipe cardoso	Individual	Veterano M40	54:08	+18:16 05:25
16	949	Fábio costa	Individual	Veterano M40	54:39	+18:48 05:28
17	1125	António Pinto	Rato Esquilo	Veterano M40	55:08	+19:16 05:31
18	86	Pedro Rebelo	Bluepharma	Veterano M40	56:17	+20:25 05:38

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19	1099	Nuno Garcia	Os Amendoins	Veterano M40	56:22	+20:30	05:38
20	85	Pedro Daniel Ferreira	Bluepharma	Veterano M40	56:41	+20:50	05:40
21	960	José Daniel Silva	Individual	Veterano M40	57:51	+22:00	05:47
22	957	João Manuel	Individual	Veterano M40	58:12	+22:20	05:49
23	52	Tiago Pires	Arcd Venda Da Luísa	Veterano M40	58:20	+22:28	05:50
24	1062	Paulo Ricardo da Silva Pereira	Lesmas Furiosas	Veterano M40	59:16	+23:25	05:56
25	84	João Maia	Bluepharma	Veterano M40	59:17	+23:25	05:56
26	963	Miguel Forte	Individual	Veterano M40	01:00:13	+24:22	06:01
27	121	Tiago Sousa	BOLINHOS DE BACALHAU	Veterano M40	01:00:15	+24:24	06:02
28	271	Carlos Alves	Haleon	Veterano M40	01:00:43	+24:51	06:04
29	955	Hélio Ginja	Individual	Veterano M40	01:00:48	+24:56	06:05
30	947	César Vazão	Individual	Veterano M40	01:01:39	+25:47	06:10
31	968	Pedro Valente	Individual	Veterano M40	01:02:10	+26:18	06:13
32	956	Idalécio Fonseca	Individual	Veterano M40	01:02:25	+26:34	06:15
33	1067	Nelson Rodrigues	Light Runners	Veterano M40	01:03:19	+27:27	06:20
34	1111	Sérgio Santos	Pascoalitos	Veterano M40	01:07:53	+32:02	06:47
35	117	Mário Pinto	BODY FITNESS	Veterano M40	01:11:02	+35:10	07:06
36	964	Nuno Matos	Individual	Veterano M40	01:12:01	+36:09	07:12
37	954	Gonçalo Tubarão	Individual	Veterano M40	01:12:02	+36:10	07:12
38	959	Jorge Lopes	Individual	Veterano M40	01:24:40	+48:49	08:28

Veterano M45

1	31	Tibério Albuquerque	Adões Trail	Veterano M45	40:54	04:05
2	146	Rui Miguel Oliveira Lopes	Casa do Povo de Lavos	Veterano M45	41:40	+00:45 04:10
3	255	Pedro Espírito Santo	FunRunners	Veterano M45	43:44	+02:50 04:22
4	975	Germano Wunsch	Individual	Veterano M45	45:58	+05:03 04:36
5	21	Nuno Simoes	Académica Triatlo	Veterano M45	46:01	+05:07 04:36
6	988	Rui Neto	Individual	Veterano M45	47:10	+06:15 04:43
7	205	Filipe Soto	DCI/Trilhos Luso Bussaco	Veterano M45	48:51	+07:56 04:53
8	17	Jorge Rodrigues	Abutres	Veterano M45	49:40	+08:45 04:58
9	985	Pedro Neto	Individual	Veterano M45	51:18	+10:23 05:08
10	1112	David Jesus	Pascoalitos	Veterano M45	52:54	+11:59 05:17
11	1131	Paulo José Garcia Marques	Running family	Veterano M45	52:57	+12:02 05:18
12	989	Rui Tavares da Silva	Individual	Veterano M45	53:51	+12:56 05:23
13	1100	Emanuel Mendes	Os Amendoins	Veterano M45	53:57	+13:03 05:24
14	1094	Miguel Alves	OLYMPUS	Veterano M45	53:58	+13:03 05:24
15	1170	Hélder Lontro	Unidos Run Team / As Oliveirinhas	Veterano M45	54:47	+13:52 05:29
16	141	Ricardo Filipe Marques da Cruz Firmino	Botão Camp	Veterano M45	55:45	+14:50 05:34
17	1153	Pedro Cruz	Tons de Rosa	Veterano M45	55:59	+15:05 05:36
18	990	Stephen Parker	Individual	Veterano M45	56:14	+15:19 05:37
19	180	Rui Pereira	Climacer, S.A	Veterano M45	57:13	+16:18 05:43
20	143	Pedro Miguel Rua Pinto da Silva Afonso	Branco&Tinto	Veterano M45	57:49	+16:54 05:47
21	181	Sílvio Carvalho	Climacer, S.A	Veterano M45	58:08	+17:13 05:49
22	978	Joao F Duarte	Individual	Veterano M45	01:00:23	+19:28 06:02

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23	980	Luis Pedro Rodrigues	Individual	Veterano M45	01:01:25	+20:30	06:08
24	984	PEDRO MARTINS	Individual	Veterano M45	01:02:20	+21:25	06:14
25	1076	Carlos Rodrigues	Montanha Clube Mangualde	Veterano M45	01:02:31	+21:36	06:15
26	187	João Ferreira	Coffeesolum	Veterano M45	01:06:30	+25:35	06:39
27	982	Nelson Matos	Individual	Veterano M45	01:07:02	+26:07	06:42
28	981	Michel Ferreira Pestana	Individual	Veterano M45	01:12:09	+31:14	07:13
29	974	Francisco Valério	Individual	Veterano M45	01:19:19	+38:24	07:56
30	87	Jorge Ferreira	Bluepharma	Veterano M45	01:23:58	+43:03	08:24
31	973	Fabio Neves	Individual	Veterano M45	01:35:58	+55:03	09:36

Veterano M50

1	147	Paulo Renato Mesquita Monteiro	Casa do Povo de Lavos	Veterano M50	37:02		03:42
2	218	Luc Hennetier	ESCOLA DE ATLETISMO DE COIMBRA	Veterano M50	43:24	+06:21	04:20
3	246	Pedro Craveiro	Focus_TUU	Veterano M50	45:24	+08:21	04:32
4	1172	Sérgio pinho	Unidos Run Team / As Oliveirinhas	Veterano M50	46:00	+08:57	04:36
5	1097	Marco Matos	OLYMPUS	Veterano M50	46:04	+09:01	04:36
6	1003	Paulo Cardoso	Individual	Veterano M50	46:12	+09:09	04:37
7	1001	Mário Ferreira	Individual	Veterano M50	47:38	+10:35	04:46
8	122	Paulo Silva	BOLINHOS DE BACALHAU	Veterano M50	48:12	+11:09	04:49
9	1005	Paulo Oliveira Tavares	Individual	Veterano M50	49:28	+12:25	04:57
10	1135	Humberto Dias	Running4fun Team Viseu - CSP	Veterano M50	49:43	+12:40	04:58
11	994	Daniel Pereira da Silva	Individual	Veterano M50	50:47	+13:44	05:05
12	1095	Joaquim Nunes	OLYMPUS	Veterano M50	51:04	+14:01	05:06
13	1127	Pedro Fontes	Roda Dianteira	Veterano M50	51:47	+14:44	05:11
14	1006	Pedro Marques	Individual	Veterano M50	52:57	+15:54	05:18
15	8	Pedro Antunes	233club	Veterano M50	54:42	+17:39	05:28
16	1113	António Santos	Pascoalitos	Veterano M50	55:28	+18:26	05:33
17	995	Fernando Freire	Individual	Veterano M50	56:01	+18:58	05:36
18	1002	Nuno Ricardo Fernandes Teixeira	Individual	Veterano M50	58:43	+21:40	05:52
19	1096	José Manuel Valente Dias	OLYMPUS	Veterano M50	59:23	+22:20	05:56
20	166	Pedro Miguel da Cunha Marques	Centro Cirúrgico de Coimbra	Veterano M50	01:00:40	+23:37	06:04
21	1171	Rui Pinho	Unidos Run Team / As Oliveirinhas	Veterano M50	01:02:27	+25:24	06:15
22	996	Francisco Nunes	Individual	Veterano M50	01:02:31	+25:28	06:15
23	992	António Silva	Individual	Veterano M50	01:02:43	+25:40	06:16
24	165	Francisco José Agostinho	Centro Cirúrgico de Coimbra	Veterano M50	01:02:50	+25:47	06:17
25	998	José Quadrado	Individual	Veterano M50	01:07:02	+30:00	06:42
26	991	António Jerónimo	Individual	Veterano M50	01:07:17	+30:14	06:44
27	997	gilberto lima	Individual	Veterano M50	01:07:46	+30:43	06:47
28	43	Humberto Lobo	Ameal Trail	Veterano M50	01:09:13	+32:10	06:55
29	993	Carlos Godinho Ferreira	Individual	Veterano M50	01:10:37	+33:34	07:04
30	256	Vitor Costa	FunRunners	Veterano M50	01:11:52	+34:49	07:11
31	1000	Marco Sergio Ferreira Soares Oliveira	Individual	Veterano M50	01:16:08	+39:05	07:37
32	120	Luis Texeira	BODY FITNESS	Veterano M50	01:22:35	+45:32	08:16
33	1180	Paulo Ventura	VentilAqua	Veterano M50	01:25:31	+48:28	08:33

10KM

10 KM

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OFFICIAL RESULT

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34	999	Marco Oliveira	Individual	Veterano M50	01:42:49	+01:05:46	10:17
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Veterano M55

1	144	Gil Ferreira	C. D. São Salvador do Campo	Veterano M55	37:57	03:48
2	1183	José Martins	Viriathvs Runners Viseu	Veterano M55	45:30	+07:32 04:33
3	1184	Paulo Costa	Viriathvs Runners Viseu	Veterano M55	45:30	+07:32 04:33
4	1015	Luís Pires	Individual	Veterano M55	45:54	+07:56 04:35
5	1009	Fernando Marques	Individual	Veterano M55	47:20	+09:23 04:44
6	207	António Gomes	Draco Runners	Veterano M55	50:20	+12:23 05:02
7	1114	Arsénio Santos	Pascoalitos	Veterano M55	50:58	+13:00 05:06
8	1040	Joaquim Baptista	Joaquim Baptista	Veterano M55	53:51	+15:54 05:23
9	1012	Jorge Galhispo	Individual	Veterano M55	54:56	+16:58 05:30
10	53	Basílio Simões	Arcd Venda Da Luísa	Veterano M55	55:33	+17:35 05:33
11	1102	Fausto Pimentel	Os Pimentel	Veterano M55	55:51	+17:54 05:35
12	1019	Victor Martins	Individual	Veterano M55	56:43	+18:45 05:40
13	1017	Rui Colaço	Individual	Veterano M55	57:18	+19:20 05:44
14	89	João Veloso	Bluepharma	Veterano M55	57:32	+19:34 05:45
15	277	Paulo Batista	Himalaias Trail	Veterano M55	58:24	+20:27 05:50
16	1008	Donaldson Teodorico Espírito Santo Filho	Individual	Veterano M55	59:01	+21:04 05:54
17	148	Rui Manuel de Faria Ferreira	Casa do Povo de Lavos	Veterano M55	01:00:31	+22:33 06:03
18	1137	Bernard Huot	Sardaniscos	Veterano M55	01:03:37	+25:39 06:22
19	1013	Jose Carlos Moreira da Silva Garcia	Individual	Veterano M55	01:15:21	+37:23 07:32
20	1010	Helder Antonio Neves Teixeira Pinto	Individual	Veterano M55	01:19:50	+41:52 07:59
21	1018	Sávio Nunes Pereira	Individual	Veterano M55	01:46:06	+01:08:09 10:37

Veterano M60

1	1033	antonio silva	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M60	42:05	04:12
2	1142	Paulo Neves	Talentos Objetivos	Veterano M60	44:11	+02:06 04:25
3	1026	José Eduardo Neves Mendes	Individual	Veterano M60	48:21	+06:16 04:50
4	1078	Firmino Mendes	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Veterano M60	56:30	+14:25 05:39
5	15	David Abegoaria	6:45	Veterano M60	57:43	+15:38 05:46
6	184	PEDRO JOSE JESUS TEIXEIRA	Clube Millennium BCP	Veterano M60	58:01	+15:56 05:48
7	1173	Manuel Rumor	Unidos Run Team / As Oliveirinhas	Veterano M60	58:58	+16:53 05:54
8	1146	Carlos Almeida	Team Nunes	Veterano M60	01:00:00	+17:55 06:00
9	1025	Jorge Manuel Santiago Ramalho	Individual	Veterano M60	01:01:12	+19:06 06:07
10	1022	Carlos Barroso	Individual	Veterano M60	01:06:32	+24:27 06:39
11	1023	Fernando Silva	Individual	Veterano M60	01:13:15	+31:10 07:20
12	1028	MÁRIO DE OLIVEIRA	Individual	Veterano M60	01:30:07	+48:02 09:01
13	1021	ANTONIO Henriques Couceiro	Individual	Veterano M60	01:46:23	+01:04:18 10:38

10 KM

OFFICIAL RESULT

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Veterano M65

1	188	Fernando Alhau	Coimbra Trail Running	Veterano M65	46:24	04:38
2	149	Joaquim José Tavares Pessoa	Casa do Povo de Lavos	Veterano M65	52:07	+05:42 05:13
3	1031	jose manuel gandara	Individual	Veterano M65	54:29	+08:05 05:27
4	1032	Paulo Ramos	Individual	Veterano M65	59:56	+13:31 06:00
5	257	António Pereira	FunRunners	Veterano M65	01:00:51	+14:26 06:05