

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	11:20	17,3°C	65%
End	12:44	17,3°C	65%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	285	Nelson Oliveira	Cpt sobral de ceira	34:59		03:30	
2	293	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	35:52	+00:53	03:35	
3	433	Jorge Albuquerque	UGAS TRAIL	38:18	+03:19	03:50	
4	291	Miguel Rodrigues	Escola de Atletismo de Coimbra/JPaiva	38:37	+03:38	03:52	
5	284	Vitor Pleno	Cpt sobral de ceira	38:42	+03:43	03:52	
6	258	Alexandre Azevedo	Associação Académica de Coimbra	38:47	+03:48	03:53	
7	265	RICARDO Santos	Clube de atletismo HM Training Group de Sangalhos	38:50	+03:51	03:53	
8	289	Diogo Reis	DCI/Trilhos Luso Bussaco	39:03	+04:04	03:54	
9	279	Hugo Coelho	Cluve - Clube de Veteranos de Atletismo de Coimbra	39:12	+04:13	03:55	
10	324	João Carlos das Neves Alves	Individual	39:35	+04:36	03:57	
11	450	Ricardo Margalho	Individual	39:54	+04:55	03:59	
12	264	Fernando Margalho	Clube de atletismo HM Training Group de Sangalhos	40:29	+05:30	04:03	
13	303	Ricardo Saraiva	Grupo Recreativo Eirense	40:39	+05:40	04:04	
14	259	Mário Monteiro	Associação Académica de Coimbra	40:51	+05:52	04:05	
15	377	Samuel salabertt	Individual	41:11	+06:12	04:07	
16	292	Pedro Oliveira	Escola de Atletismo de Coimbra/JPaiva	41:26	+06:27	04:09	
17	329	Pedro Junior	Individual	41:28	+06:29	04:09	
18	421	Hélder Henriques	MIRO TRAIL	41:37	+06:38	04:10	
19	426	André Assena	RM Runners by Mira a Mexer	42:00	+07:01	04:12	
20	274	Mário Silva	Clube de atletismo HM Training Group de Sangalhos	42:02	+07:03	04:12	
21	449	Daniel Flório	Associação Académica de Coimbra	42:26	+07:27	04:15	
22	432	Paulo Ferreira da Silva	Sport Club Beira-Mar	42:37	+07:38	04:16	
23	328	Nuno Veloso	Individual	43:12	+08:13	04:19	
24	277	LÍDIA PEREIRA	Cluve - Clube de Veteranos de Atletismo de Coimbra	43:48	+08:49	04:23	
25	398	José Santos	Individual	43:51	+08:52	04:23	
26	325	João Narciso	Individual	44:06	+09:07	04:25	
27	436	Mário Madeira	ADCRPereira	44:37	+09:38	04:28	
28	379	Silvério Santos	Individual	44:56	+09:57	04:30	
29	283	Eduardo Baptista	Coimbra TrailRunning	45:02	+10:03	04:30	
30	422	João Lopes	Nexebra Trail Team	45:28	+10:29	04:33	
31	392	José Manuel Seromenho Duarte	Individual	45:35	+10:36	04:33	
32	260	Pedro Gerardo	Associação Académica de Coimbra	45:51	+10:52	04:35	
33	423	Paulo Marques	Paulo Marques	45:57	+10:58	04:36	
34	317	André Seco	Individual	46:33	+11:34	04:39	
35	374	Ricardo João	Individual	46:57	+11:58	04:42	
36	434	Steve Mendes Catarino	Individual	46:59	+12:00	04:42	
37	435	Antonio Amado	Individual	47:02	+12:03	04:42	
38	307	António Marques	Individual	47:16	+12:17	04:44	
39	278	Bruno Bernardes	Cluve - Clube de Veteranos de Atletismo de Coimbra	47:24	+12:25	04:44	
40	255	Fernando Silva	ADCP PEDRALVA	47:27	+12:28	04:45	
41	297	Catarina Lopes	GINÁSIO CLUBE DE BRAGANÇA	47:28	+12:29	04:45	
42	256	Pedro Ribeiro	Alba Saudade	48:03	+13:04	04:48	

Official Timekeeper: Lap2Go	1 / 4	generate 18-out.-2026 12:50
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PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	286	Pedro Roque	Cpt sobral de ceira	48:35	+13:36	04:52	
44	298	Henrique Baessa	GINÁSIO CLUBE DE BRAGANÇA	48:43	+13:44	04:52	
45	382	Greg Hickman	Individual	48:46	+13:47	04:53	
46	425	Sandra Costa	RM Runners by Mira a Mexer	49:17	+14:18	04:56	
47	290	Joaquim Godinho	DCI/Trilhos Luso Bussaco	49:20	+14:21	04:56	
48	366	Flávio Silva	Individual	49:21	+14:22	04:56	
49	424	Paulo Providência	R G Levanta Poeira	49:29	+14:30	04:57	
50	270	Filipe Correia	Clube de atletismo HM Training Group de Sangalhos	49:38	+14:39	04:58	
51	419	Carlos Pedro	João Silva CCR Praia de Mira	49:39	+14:40	04:58	
52	266	Patrícia Vieira	Clube de atletismo HM Training Group de Sangalhos	49:45	+14:46	04:59	
53	407	pedro saraiva	Individual	49:48	+14:49	04:59	
54	391	José Diniz	Individual	50:22	+15:23	05:02	
55	373	RAFAEL LEMOS SANTOS	Individual	50:28	+15:29	05:03	
56	251	Vagner Filipe	ACDRS QUINHENDROS	50:31	+15:32	05:03	
57	331	Richard Eusebio de Andrade de Andrade	Individual	50:32	+15:33	05:03	
58	287	António Quatorze	Cpt sobral de ceira	50:32	+15:33	05:03	
59	323	Hugo fonseca	Individual	51:12	+16:13	05:07	
60	253	Mónica Jordão	ACRM Silveirinha Grande e Claras	51:27	+16:28	05:09	
61	430	Paulo José Garcia Marques	Running family	51:45	+16:46	05:11	
62	321	Francisco M	Individual	51:53	+16:54	05:11	
63	409	Luís Dias	Individual	51:53	+16:54	05:11	
64	301	Adérito Curto	Gira Sol	52:13	+17:14	05:13	
65	339	Ana Neves	Individual	53:12	+18:13	05:19	
66	386	Paulo Alexandre de Sousa Trigo	Individual	53:13	+18:14	05:19	
67	300	Tiago Freitas	Gira Sol	53:14	+18:15	05:19	
68	280	Hélder José Ferreira	Cluve - Clube de Veteranos de Atletismo de Coimbra	53:18	+18:19	05:20	
69	429	Liliana Lopes Marcelino	Running family	53:20	+18:21	05:20	
70	267	Luciana Sardo	Clube de atletismo HM Training Group de Sangalhos	53:31	+18:32	05:21	
71	367	Gonçalo Calado	Individual	54:02	+19:03	05:24	
72	318	Daniel Pinto	Individual	54:23	+19:24	05:26	
73	334	Vinícius Pereira	Individual	54:37	+19:38	05:28	
74	310	Luana Bevervanco	Individual	54:38	+19:39	05:28	
75	384	Joao Carvalho	Individual	54:39	+19:40	05:28	
76	410	Júlio Gonçalves	Individual	54:40	+19:41	05:28	
77	420	Fernando Cardoso	Lavandaria flor de lis	54:51	+19:52	05:29	
78	387	Pedro Santos	Individual	55:07	+20:08	05:31	
79	394	Nuno Jorge da Silva Antunes	Individual	55:08	+20:09	05:31	
80	404	Célio Almeida	Individual	55:13	+20:14	05:31	
81	312	Maria Beatriz Pinto Martins	Individual	55:34	+20:35	05:33	
82	335	Carolina dos Santos Veloso	Individual	55:56	+20:57	05:36	
83	269	Helena Mourão	Clube de atletismo HM Training Group de Sangalhos	56:08	+21:09	05:37	
84	272	Olegário Rocha	Clube de atletismo HM Training Group de Sangalhos	56:09	+21:10	05:37	
85	351	Rita Carvalho	Individual	56:09	+21:10	05:37	
86	261	Pedro B	Atletas ao Domingo	56:16	+21:17	05:38	
87	401	Ricardo Pinho	Individual	56:16	+21:17	05:38	

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	276	Garcia Matias	Clube PT Coimbra	56:17	+21:18	05:38	
89	446	Pedro Valente	Individual	56:28	+21:29	05:39	
90	431	Armando Rodrigues	Sciencestory	56:30	+21:31	05:39	
91	338	Lucas Moreira	Individual	56:30	+21:31	05:39	
92	402	Rui Miguel Dias Dos Santos	Individual	56:39	+21:40	05:40	
93	296	Milene Santos	FunRunners	56:55	+21:56	05:42	
94	388	Rui Simoes	Individual	56:55	+21:56	05:42	
95	412	João Elias	Individual	57:16	+22:17	05:44	
96	458	Jorge Justo	Cpt sobral de ceira	57:17	+22:18	05:44	
97	309	Liliana Batista	Individual	57:21	+22:22	05:44	
98	345	Adriana Caldeira de Souza	Individual	57:28	+22:29	05:45	
99	355	Anastasiia Zenkovich	Individual	57:45	+22:46	05:47	
100	271	Ildefonso Marin	Clube de atletismo HM Training Group de Sangalhos	57:58	+22:59	05:48	
101	336	Zuriñe Bahoñ Bravo	Individual	58:07	+23:08	05:49	
102	447	Pedro Abreu	Individual	58:22	+23:23	05:50	
103	349	Isabel Pereira Marques	Individual	58:51	+23:52	05:53	
104	347	Eliana Santos	Individual	58:51	+23:52	05:53	
105	330	Rasmus Tannebaum	Individual	59:10	+24:11	05:55	
106	416	Odeta Cruz	João Silva CCR Praia de Mira	59:12	+24:13	05:55	
107	375	Rui Alexandre da Silva Mendes	Individual	59:20	+24:21	05:56	
108	390	João Pedro da Silva Mendes	Individual	59:21	+24:22	05:56	
109	257	José Sequeira	ARSM - Associação Recreativa de S. Miguel	59:52	+24:53	05:59	
110	352	RITA JOANA RODRIGUES DE OLIVEIRA FERNANDES	Individual	01:00:00	+25:01	06:00	
111	369	Laurens De Geest	Individual	01:00:11	+25:12	06:01	
112	315	Marta Manso	Individual	01:00:18	+25:19	06:02	
113	332	Rodrigo Silveira	Individual	01:00:53	+25:54	06:05	
114	327	Marco José Lemos Ferreira	Individual	01:00:56	+25:57	06:06	
115	371	Nelson Lopes	Individual	01:00:56	+25:57	06:06	
116	356	Andrea Canelas	Individual	01:01:22	+26:23	06:08	
117	360	Susana Lobo	Individual	01:01:23	+26:24	06:08	
118	273	Gilberto Alves	Clube de atletismo HM Training Group de Sangalhos	01:01:34	+26:35	06:09	
119	403	António Manuel Esteves Joaquim	Individual	01:01:38	+26:39	06:10	
120	439	Pedro Medina	Individual	01:01:41	+26:42	06:10	
121	275	Fernando Matias	Clube PT Coimbra	01:02:26	+27:27	06:15	
122	376	Rui Mota	Individual	01:02:49	+27:50	06:17	
123	383	Jaime Antunes	Individual	01:03:12	+28:13	06:19	
124	322	Henrique Esteves	Individual	01:03:49	+28:50	06:23	
125	313	Mariana silva	Individual	01:03:55	+28:56	06:23	
126	337	Joao Gomes	Individual	01:04:17	+29:18	06:26	
127	306	Maria Inês Lança	Individual	01:05:33	+30:34	06:33	
128	413	Joao Graça	Individual	01:07:06	+32:07	06:43	
129	361	Jianwei Zheng	Individual	01:07:22	+32:23	06:44	
130	397	Antonio Trigo	Individual	01:07:51	+32:52	06:47	
131	262	Catarina Ferreira	Catarina & Filipe	01:08:25	+33:26	06:51	
132	263	Filipe Pinto	Catarina & Filipe	01:08:26	+33:27	06:51	

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	11:20	17,3°C	65%
End	12:44	17,3°C	65%

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

1	306	Maria Inês Lança	Individual	Junior Feminino	01:05:33	06:33
2	414	Beatriz Gonçalves	João Silva CCR Praia de Mira	Junior Feminino	01:08:55	+03:22 06:54

Junior Masculino

1	264	Fernando Margalho	Clube de atletismo HM Training Group de Sangalhos	Junior Masculino	40:29	04:03
2	307	António Marques	Individual	Junior Masculino	47:16	+06:46 04:44

Senior Feminino

1	310	Luana Bevervanco	Individual	Senior Feminino	54:38	05:28
2	312	Maria Beatriz Pinto Martins	Individual	Senior Feminino	55:34	+00:56 05:33
3	309	Liliana Batista	Individual	Senior Feminino	57:21	+02:43 05:44
4	315	Marta Manso	Individual	Senior Feminino	01:00:18	+05:40 06:02
5	313	Mariana silva	Individual	Senior Feminino	01:03:55	+09:17 06:23

Senior Masculino

1	258	Alexandre Azevedo	Associação Académica de Coimbra	Senior Masculino	38:47	03:53
2	265	RICARDO Santos	Clube de atletismo HM Training Group de Sangalhos	Senior Masculino	38:50	+00:03 03:53
3	324	João Carlos das Neves Alves	Individual	Senior Masculino	39:35	+00:47 03:57
4	259	Mário Monteiro	Associação Académica de Coimbra	Senior Masculino	40:51	+02:04 04:05
5	329	Pedro Junior	Individual	Senior Masculino	41:28	+02:41 04:09
6	328	Nuno Veloso	Individual	Senior Masculino	43:12	+04:24 04:19
7	325	João Narciso	Individual	Senior Masculino	44:06	+05:18 04:25
8	422	João Lopes	Nexebra Trail Team	Senior Masculino	45:28	+06:41 04:33
9	317	André Seco	Individual	Senior Masculino	46:33	+07:46 04:39
10	331	Richard Eusebio de Andrade de Andrade	Individual	Senior Masculino	50:32	+11:44 05:03
11	323	Hugo fonseca	Individual	Senior Masculino	51:12	+12:25 05:07
12	321	Francisco M	Individual	Senior Masculino	51:53	+13:05 05:11
13	318	Daniel Pinto	Individual	Senior Masculino	54:23	+15:35 05:26
14	334	Vinícius Pereira	Individual	Senior Masculino	54:37	+15:50 05:28
15	330	Rasmus Tannebaum	Individual	Senior Masculino	59:10	+20:22 05:55
16	332	Rodrigo Silveira	Individual	Senior Masculino	01:00:53	+22:06 06:05
17	327	Marco José Lemos Ferreira	Individual	Senior Masculino	01:00:56	+22:08 06:06

Prova Principal

10 KM

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OFFICIAL RESULT

[illegible]

18	322	Henrique Esteves	Individual	Senior Masculino	01:03:49	+25:01	06:23
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Sub 23 Feminino

1	335	Carolina dos Santos Veloso	Individual	Sub 23 Feminino	55:56	05:36
2	336	Zuriñe Bahon Bravo	Individual	Sub 23 Feminino	58:07	+02:10 05:49

Sub 23 Masculino

1	291	Miguel Rodrigues	Escola de Atletismo de Coimbra/JPaiva	Sub 23 Masculino	38:37	03:52
2	292	Pedro Oliveira	Escola de Atletismo de Coimbra/JPaiva	Sub 23 Masculino	41:26	+02:48 04:09
3	338	Lucas Moreira	Individual	Sub 23 Masculino	56:30	+17:53 05:39
4	337	Joao Gomes	Individual	Sub 23 Masculino	01:04:17	+25:39 06:26

Veterana F35

1	297	Catarina Lopes	GINÁSIO CLUBE DE BRAGANÇA	Veterana F35	47:28	04:45
2	266	Patrícia Vieira	Clube de atletismo HM Training Group de Sangalhos	Veterana F35	49:45	+02:17 04:59
3	339	Ana Neves	Individual	Veterana F35	53:12	+05:44 05:19
4	296	Milene Santos	FunRunners	Veterana F35	56:55	+09:27 05:42
5	342	Marta Pinto	Individual	Veterana F35	01:17:32	+30:03 07:45
6	341	Maria Lopes	Individual	Veterana F35	01:19:41	+32:12 07:58

Veterana F40

1	429	Liliana Lopes Marcelino	Running family	Veterana F40	53:20	05:20
2	351	Rita Carvalho	Individual	Veterana F40	56:09	+02:48 05:37
3	345	Adriana Caldeira de Souza	Individual	Veterana F40	57:28	+04:07 05:45
4	349	Isabel Pereira Marques	Individual	Veterana F40	58:51	+05:30 05:53
5	347	Eliana Santos	Individual	Veterana F40	58:51	+05:31 05:53
6	352	RITA JOANA RODRIGUES DE OLIVEIRA FERNANDES	Individual	Veterana F40	01:00:00	+06:39 06:00
7	262	Catarina Ferreira	Catarina & Filipe	Veterana F40	01:08:25	+15:04 06:51
8	350	Joana Tudela	Individual	Veterana F40	01:16:55	+23:34 07:42

Veterana F45

1	253	Mónica Jordão	ACRM Silveirinha Grande e Claras	Veterana F45	51:27	05:09
2	267	Luciana Sardo	Clube de atletismo HM Training Group de Sangalhos	Veterana F45	53:31	+02:04 05:21
3	355	Anastasiia Zenkovich	Individual	Veterana F45	57:45	+06:18 05:47

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

4	356	Andrea Canelas	Individual	Veterana F45	01:01:22	+09:55	06:08
5	360	Susana Lobo	Individual	Veterana F45	01:01:23	+09:55	06:08
6	358	Patricia Rodrigues	Individual	Veterana F45	01:13:45	+22:18	07:22
7	357	Micaela Pires	Individual	Veterana F45	01:15:15	+23:48	07:32

Veterana F50

1	425	Sandra Costa	RM Runners by Mira a Mexer	Veterana F50	49:17	04:56
2	361	Jianwei Zheng	Individual	Veterana F50	01:07:22	+18:05 06:44

Veterana F55

1	277	LÍDIA PEREIRA	Clube - Clube de Veteranos de Atletismo de Coimbra	Veterana F55	43:48	04:23
2	268	Neusa Santos	Clube de atletismo HM Training Group de Sangalhos	Veterana F55	01:15:26	+31:38 07:33

Veterana F60

1	416	Odeta Cruz	João Silva CCR Praia de Mira	Veterana F60	59:12	05:55
2	362	Paula Mota	Individual	Veterana F60	01:10:26	+11:14 07:03

Veterana F65

1	269	Helena Mourão	Clube de atletismo HM Training Group de Sangalhos	Veterana F65	56:08	05:37
2	305	Fernanda Duarte	HOT. Runners	Veterana F65	01:12:37	+16:28 07:16

Veterana F75

1	364	Julieta Coelho	Individual	Veterana F75	01:23:48	08:23
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Veterano M35

1	293	Vasco Pereira	Escola de Atletismo de Coimbra/JPaiva	Veterano M35	35:52	03:35
2	433	Jorge Albuquerque	UGAS TRAIL	Veterano M35	38:18	+02:25 03:50
3	289	Diogo Reis	DCI/Trilhos Luso Bussaco	Veterano M35	39:03	+03:10 03:54
4	450	Ricardo Margalho	Individual	Veterano M35	39:54	+04:01 03:59
5	377	Samuel salabertt	Individual	Veterano M35	41:11	+05:18 04:07
6	421	Hélder Henriques	MIRO TRAIL	Veterano M35	41:37	+05:44 04:10
7	379	Silvério Santos	Individual	Veterano M35	44:56	+09:04 04:30
8	374	Ricardo João	Individual	Veterano M35	46:57	+11:05 04:42
9	366	Flávio Silva	Individual	Veterano M35	49:21	+13:28 04:56
10	373	RAFAEL LEMOS SANTOS	Individual	Veterano M35	50:28	+14:35 05:03

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

11	367	Gonalo Calado	Individual	Veterano M35	54:02	+18:09	05:24
12	375	Rui Alexandre da Silva Mendes	Individual	Veterano M35	59:20	+23:28	05:56
13	369	Laurens De Geest	Individual	Veterano M35	01:00:11	+24:18	06:01
14	371	Nelson Lopes	Individual	Veterano M35	01:00:56	+25:03	06:06
15	376	Rui Mota	Individual	Veterano M35	01:02:49	+26:56	06:17
16	365	Fbio Gil	Individual	Veterano M35	01:19:41	+43:48	07:58

Veterano M40

1	284	Vitor Pleno	Cpt sobral de ceira	Veterano M40	38:42		03:52
2	449	Daniel Flórido	Associação Académica de Coimbra	Veterano M40	42:26	+03:44	04:15
3	436	Mário Madeira	ADCRPereira	Veterano M40	44:37	+05:55	04:28
4	283	Eduardo Baptista	Coimbra TrailRunning	Veterano M40	45:02	+06:19	04:30
5	278	Bruno Bernardes	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M40	47:24	+08:41	04:44
6	382	Greg Hickman	Individual	Veterano M40	48:46	+10:03	04:53
7	270	Filipe Correia	Clube de atletismo HM Training Group de Sangalhos	Veterano M40	49:38	+10:55	04:58
8	251	Vagner Filipe	ACDRS QUINHENDROS	Veterano M40	50:31	+11:48	05:03
9	386	Paulo Alexandre de Sousa Trigo	Individual	Veterano M40	53:13	+14:30	05:19
10	384	Joao Carvalho	Individual	Veterano M40	54:39	+15:56	05:28
11	387	Pedro Santos	Individual	Veterano M40	55:07	+16:25	05:31
12	446	Pedro Valente	Individual	Veterano M40	56:28	+17:45	05:39
13	388	Rui Simoes	Individual	Veterano M40	56:55	+18:12	05:42
14	383	Jaime Antunes	Individual	Veterano M40	01:03:12	+24:29	06:19

Veterano M45

1	285	Nelson Oliveira	Cpt sobral de ceira	Veterano M45	34:59		03:30
2	426	André Assena	RM Runners by Mira a Mexer	Veterano M45	42:00	+07:01	04:12
3	392	José Manuel Seromenho Duarte	Individual	Veterano M45	45:35	+10:35	04:33
4	434	Steve Mendes Catarino	Individual	Veterano M45	46:59	+12:00	04:42
5	255	Fernando Silva	ADCP PEDRALVA	Veterano M45	47:27	+12:28	04:45
6	391	José Diniz	Individual	Veterano M45	50:22	+15:23	05:02
7	430	Paulo José Garcia Marques	Running family	Veterano M45	51:45	+16:46	05:11
8	300	Tiago Freitas	Gira Sol	Veterano M45	53:14	+18:14	05:19
9	394	Nuno Jorge da Silva Antunes	Individual	Veterano M45	55:08	+20:09	05:31
10	447	Pedro Abreu	Individual	Veterano M45	58:22	+23:23	05:50
11	390	João Pedro da Silva Mendes	Individual	Veterano M45	59:21	+24:21	05:56
12	263	Filipe Pinto	Catarina & Filipe	Veterano M45	01:08:26	+33:27	06:51

Veterano M50

1	398	José Santos	Individual	Veterano M50	43:51	04:23
2	256	Pedro Ribeiro	Alba Saudade	Veterano M50	48:03	+04:12 04:48

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

3	298	Henrique Baessa	GINÁSIO CLUBE DE BRAGANÇA	Veterano M50	48:43	+04:52	04:52
4	419	Carlos Pedro	João Silva CCR Praia de Mira	Veterano M50	49:39	+05:48	04:58
5	420	Fernando Cardoso	Lavandaria flor de lis	Veterano M50	54:51	+11:00	05:29
6	272	Olegário Rocha	Clube de atletismo HM Training Group de Sangalhos	Veterano M50	56:09	+12:18	05:37
7	261	Pedro B	Atletas ao Domingo	Veterano M50	56:16	+12:24	05:38
8	401	Ricardo Pinho	Individual	Veterano M50	56:16	+12:25	05:38
9	402	Rui Miguel Dias Dos Santos	Individual	Veterano M50	56:39	+12:48	05:40
10	271	Ildefonso Marin	Clube de atletismo HM Training Group de Sangalhos	Veterano M50	57:58	+14:07	05:48
11	397	Antonio Trigo	Individual	Veterano M50	01:07:51	+24:00	06:47

Veterano M55

1	279	Hugo Coelho	Cluve - Clube de Veteranos de Atletismo de Coimbra	Veterano M55	39:12	03:55
2	303	Ricardo Saraiva	Grupo Recreativo Eirense	Veterano M55	40:39	+01:27 04:04
3	432	Paulo Ferreira da Silva	Sport Club Beira-Mar	Veterano M55	42:37	+03:25 04:16
4	435	Antonio Amado	Individual	Veterano M55	47:02	+07:50 04:42
5	286	Pedro Roque	Cpt sobral de ceira	Veterano M55	48:35	+09:23 04:52
6	407	pedro saraiva	Individual	Veterano M55	49:48	+10:36 04:59
7	404	Célio Almeida	Individual	Veterano M55	55:13	+16:00 05:31
8	431	Armando Rodrigues	Sciencestory	Veterano M55	56:30	+17:18 05:39
9	403	António Manuel Esteves Joaquim	Individual	Veterano M55	01:01:38	+22:26 06:10
10	439	Pedro Medina	Individual	Veterano M55	01:01:41	+22:28 06:10
11	275	Fernando Matias	Clube PT Coimbra	Veterano M55	01:02:26	+23:14 06:15

Veterano M60

1	274	Mário Silva	Clube de atletismo HM Training Group de Sangalhos	Veterano M60	42:02	04:12
2	260	Pedro Gerardo	Associação Académica de Coimbra	Veterano M60	45:51	+03:48 04:35
3	423	Paulo Marques	Paulo Marques	Veterano M60	45:57	+03:54 04:36
4	424	Paulo Providência	R G Levanta Poeira	Veterano M60	49:29	+07:26 04:57
5	409	Luís Dias	Individual	Veterano M60	51:53	+09:50 05:11
6	276	Garcia Matias	Clube PT Coimbra	Veterano M60	56:17	+14:14 05:38
7	273	Gilberto Alves	Clube de atletismo HM Training Group de Sangalhos	Veterano M60	01:01:34	+19:31 06:09

Veterano M65

1	287	António Quatorze	Cpt sobral de ceira	Veterano M65	50:32	05:03
2	301	Adérito Curto	Gira Sol	Veterano M65	52:13	+01:40 05:13
3	410	Júlio Gonçalves	Individual	Veterano M65	54:40	+04:08 05:28
4	458	Jorge Justo	Cpt sobral de ceira	Veterano M65	57:17	+06:44 05:44

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M70

1	290	Joaquim Godinho	DCI/Trilhos Luso Bussaco	Veterano M70	49:20	04:56
2	280	Hélder José Ferreira	Clube - Clube de Veteranos de Atletismo de Coimbra	Veterano M70	53:18	+03:57 05:20
3	412	João Elias	Individual	Veterano M70	57:16	+07:55 05:44
4	413	Joao Graça	Individual	Veterano M70	01:07:06	+17:45 06:43

Veterano M75

1	257	José Sequeira	ARSM - Associação Recreativa de S. Miguel	Veterano M75	59:52	05:59
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TEAM RESULTS

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	CLUBE DE ATLETISMO HM TRAINING GROUP DE SANGALHOS	11 [1, 1, 1, 2, ...]	59
2	CPT SOBRAL DE CEIRA	5 [1, 1, 1, 4, ...]	33
3	CLUVE - CLUBE DE VETERANOS DE ATLETISMO DE COIMBRA	4 [1, 1, 2, 5]	27
4	ASSOCIAÇÃO ACADÉMICA DE COIMBRA	4 [1, 2, 2, 4]	27
5	ESCOLA DE ATLETISMO DE COIMBRA/JPAIVA	3 [1, 1, 2]	23
6	JOÃO SILVA CCR PRAIA DE MIRA	3 [1, 2, 4]	20
7	RM RUNNERS BY MIRA A MEXER	2 [1, 2]	15
8	GINÁSIO CLUBE DE BRAGANÇA	2 [1, 3]	14
9	DCI/TRILHOS LUSO BUSSACO	2 [1, 3]	14
10	RUNNING FAMILY	2 [1, 7]	10
11	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	1 [1]	8
12	ACRM SILVEIRINHA GRANDE E CLARAS	1 [1]	8
13	GIRA SOL	2 [2, 8]	8
14	GRUPO RECREATIVO EIRENSE	1 [2]	7
15	HOT. RUNNERS	1 [2]	7
16	UGAS TRAIL	1 [2]	7
17	ALBA SAUDADE	1 [2]	7
18	ADCRPEREIRA	1 [3]	6
19	SPORT CLUB BEIRA-MAR	1 [3]	6
20	PAULO MARQUES	1 [3]	6
21	R G LEVANTA POEIRA	1 [4]	5
22	FUNRUNNERS	1 [4]	5
23	COIMBRA TRAILRUNNING	1 [4]	5
24	ADCP PEDRALVA	1 [5]	4
25	LAVANDARIA FLOR DE LIS	1 [5]	4
26	MIRO TRAIL	1 [6]	3
27	CLUBE PT COIMBRA	2 [6, 11]	3
28	ATLETAS AO DOMINGO	1 [7]	2
29	CATARINA & FILIPE	2 [7, 12]	2
30	ACDRS QUINHENDROS	1 [8]	1
31	NEXEBRA TRAIL TEAM	1 [8]	1
32	SCIENCESTORY	1 [8]	1