



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	593	David Pinto Carvalheiro	A.R.Casaense/Escola Atletismo de Coimbra	Male	1	MS23	1	01:57:27	5'52"/km
2	598	André Machado	Vitória SC	Male	2	MSenior	1	02:02:38	6'07"/km
3	3029	Pedro Miguel Azevedo Costa	Team Run Habcarpintaria	Male	3	M35	1	02:04:16	6'12"/km
4	533	Manuel Ferreira	GD AIRÃO RUN	Male	4	M55	1	02:09:06	6'27"/km
5	537	Ricardo Primo	Clube Atletismo Fafe	Male	5	M40	1	02:09:29	6'28"/km
6	1068	Leandro Oliveira	CB RUN	Male	6	M40	2	02:12:12	6'36"/km
7	575	Armindo Freitas	Com Dor	Male	7	M50	1	02:12:14	6'36"/km
8	546	Filipe Freitas	AMIGOS DA CORRIDA BRITO	Male	8	M45	1	02:14:46	6'44"/km
9	577	João Marques	Erdal-Vimarunners	Male	9	M40	3	02:16:28	6'49"/km
10	574	Luís Miguel Santos	Erdal-Vimarunners	Male	10	M40	4	02:16:43	6'50"/km
11	535	Cláudio Monteiro	CB RUN	Male	11	M55	2	02:17:41	6'53"/km
12	521	Paulo Alexandre Freitas Sousa	Tuga Mobile ADAP Trail	Male	12	MSenior	2	02:18:32	6'55"/km
13	515	Rui Gomes	Pó na lama trail runners	Male	13	M35	2	02:20:33	7'01"/km
14	578	João Santos	Erdal-Vimarunners	Male	14	M45	2	02:23:19	7'09"/km
15	539	Pedro Sousa	Vilaventura Trail	Male	15	M40	5	02:25:02	7'15"/km
16	3007	Luis Silva	CB RUN	Male	16	M40	6	02:25:06	7'15"/km
17	508	Céu Fernandes	RFrun	Female	1	F50	1	02:25:42	7'17"/km
18	584	João Mendes	A.R.Sequeirô - Destemidos	Male	17	MSenior	3	02:25:55	7'17"/km
19	583	Bruno Maciel Maia Rodrigues	ACDRS QUINHENDROS	Male	18	M45	3	02:27:18	7'21"/km
20	569	Vasco Sousa	SCP - Caracóis de corrida	Male	19	M55	3	02:30:04	7'30"/km
21	580	Xénia Graça	Trilhos do Costume	Female	2	F45	1	02:33:19	7'39"/km
22	3027	Jose Melo		Male	20	M45	4	02:34:47	7'44"/km
23	536	Vitor Martins	Individual	Male	21	M50	2	02:34:57	7'44"/km
24	568	Conceição Ribeiro	A D Nós Acreditamos	Female	3	F45	2	02:36:56	7'50"/km
25	513	Lino Cunha Moreira	All About	Male	22	M70	1	02:37:37	7'52"/km
26	592	Rui Moreira	Individual	Male	23	MSenior	4	02:38:36	7'55"/km
27	528	Carlos Alberto	Individual	Male	24	M45	5	02:39:26	7'58"/km
28	564	Carlos Morais	RFrun	Male	25	M45	6	02:39:33	7'58"/km
29	531	Jean Martins Salgado Martins	Individual	Male	26	M40	7	02:40:24	8'01"/km
30	532	Antonio	ARC Vale S Cosme	Male	27	M50	3	02:40:56	8'02"/km
31	534	Joaquim Ferreira	A.C. VERMOIM	Male	28	M60	1	02:42:18	8'06"/km
32	582	Armindo Ferreira	A.R.Sequeirô - Destemidos	Male	29	M55	4	02:43:19	8'10"/km
33	570	Fernando Faria	Os Lorpas	Male	30	M40	8	02:44:16	8'12"/km
34	500	Dulce Félix	Sport Lisboa e Benfica	Female	4	F40	1	02:44:17	8'12"/km
35	571	Olegário Oliveira	Os Lorpas	Male	31	M50	4	02:44:17	8'12"/km
36	538	Miguel Carvalho	Individual	Male	32	M35	3	02:44:17	8'12"/km
37	540	Liliana Moreira	Team El COMANDANTE	Female	5	F35	1	02:44:17	8'12"/km
38	600	José Manuel Castro Salgado	Individual	Male	33	M45	7	02:45:05	8'15"/km
39	576	Iazalde Martins	Com Dor	Male	34	M50	5	02:45:53	8'17"/km
40	581	Alexandre Pereira	A.R.Sequeirô - Destemidos	Male	35	M60	2	02:47:12	8'21"/km
41	548	Joel	Erdal-Vimarunners	Male	36	MSenior	5	02:48:23	8'25"/km
42	549	Vitor Silva	Erdal-Vimarunners	Male	37	M35	4	02:48:23	8'25"/km
43	552	Braulio Gomes	Erdal-Vimarunners	Male	38	M35	5	02:48:34	8'25"/km
44	530	De Oliveira	Individual	Male	39	M50	6	02:48:38	8'25"/km
45	562	José Faria	Running Dolls	Male	40	M45	8	02:48:50	8'26"/km
46	542	Diogo Barbosa	Amantes Trail & Run	Male	41	M40	9	02:49:46	8'29"/km
47	555	Paulo Gomes	No Tomorrow Running Team	Male	42	M50	7	02:50:25	8'31"/km
48	518	Filipe Martins	Tuga Mobile ADAP Trail	Male	43	MSenior	6	02:50:38	8'31"/km
49	509	Helder Correia	Associação Desportiva do Fundão	Male	44	M55	5	02:51:06	8'33"/km
50	599	Armindo Lopes	ARC Vale S. Cosme	Male	45	M55	6	02:54:14	8'42"/km
51	541	Cristiana Ribeiro	AMIGOS DA CORRIDA BRITO	Female	6	F45	3	02:55:20	8'46"/km
52	557	Henrique Ferreira	Twogym	Male	46	M50	8	02:55:22	8'46"/km
53	561	Sérgio Silva	Running Dolls	Male	47	M45	9	02:55:57	8'47"/km



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54	527	Filipe Manuel Fernandes Ribeiro	Individual	Male	48	M50	9	02:57:25	8'52"/km
55	519	Vitor Sousa	Tuga Mobile ADAP Trail	Male	49	MSenior	7	02:57:49	8'53"/km
56	503	Fernanda Machado	A.R.Sequeirô - Destemidos	Female	7	F40	2	02:58:25	8'55"/km
57	551	Luísa Rodrigues	Erdal-Vimarunners	Female	8	F45	4	02:58:37	8'55"/km
58	558	Sofia Paula Goncalves Soares	Individual	Female	9	F45	5	02:58:46	8'56"/km
59	510	Lionel Jacques	Individual	Male	50	MSenior	8	03:01:52	9'05"/km
60	526	Fernando Lopes	terror dos montes	Male	51	M55	7	03:05:21	9'16"/km
61	579	Miguel Maia	Coronado Runners	Male	52	MSenior	9	03:05:28	9'16"/km
62	543	João Silva	A.R.Sequeirô - Destemidos	Male	53	M65	1	03:09:39	9'28"/km
63	556	Francisco Miranda	A.C. VERMOIM	Male	54	M50	10	03:12:06	9'36"/km
64	565	Joaquim Oliveira	RFrun	Male	55	M55	8	03:13:55	9'41"/km
65	594	Rui Marcelo Abreu Coelho	Individual	Male	56	M40	10	03:15:07	9'45"/km
66	547	Romeu José Freitas Vieira	A Team	Male	57	M40	11	03:15:36	9'46"/km
67	514	António Joaquim Cunha Dias Oliveira	Individual	Male	58	M55	9	03:19:15	9'57"/km
68	520	Fátima Freitas	ADTTR TRAVASSÓS RUNNING FAFE	Female	10	F45	6	03:19:47	9'59"/km
69	545	Emanuel Neves	Individual	Male	59	M50	11	03:19:50	9'59"/km
70	596	João Moreira	Tás bem méne??	Male	60	M35	6	03:21:22	10'04"/km
71	585	Pedro Pimenta	A.R.Sequeirô - Destemidos	Male	61	M45	10	03:35:13	10'45"/km
72	566	Noel Pereira	RFrun	Male	62	M50	12	03:40:43	11'02"/km
73	516	Gustavo Assunção	Tás bem méne??	Male	63	M45	11	03:41:35	11'04"/km
74	597	Sílvia Ferreira	Tás bem méne??	Female	11	F35	2	03:41:37	11'04"/km
75	511	Pedro Valverde	Individual	Male	64	M40	12	03:53:16	11'39"/km
76	567	Eduardo Ferreira	RFrun	Male	65	MSenior	10	03:54:38	11'43"/km
77	512	Paulo Silva	Individual	Male	66	M35	7	04:33:01	13'39"/km