

Class	Num	Nome	Sx	Idd	Cat	Volta	T. Bruto	Equipe
1	75	JOAO R S BERNARDO	M	23		2	00:31:34.65	GIRASOL
2	235	TIAGO MADUREIRA	M	26		2	00:31:54.47	DCI / CCDR PEDRULHA - MEALHADA
3	10	FÁBIO A ABRANTES	M	25		2	00:32:31.70	UNIÃO CLUBE EIRENSE
4	182	RUI RODRIGUES	M	40		2	00:33:27.57	AA COIMBRA
5	225	HUGO RAMALHO	M	38		2	00:33:34.84	ADERCUS
6	46	ANTÓNIO FERREIRA	M	49		2	00:34:01.16	INDIVIDUAL
7	181	RUI LOPES	M	39		2	00:34:06.49	AA COIMBRA
8	304	LICINIO SILVA	M	34		2	00:34:25.50	GRUPO GAU BAJOUCA
9	283	KA LONG LOK	M	24		2	00:34:29.62	
10	180	FRANCISCO FONSECA	M	28		2	00:34:33.55	AA COIMBRA
11	183	PAULO ANTUNES	M	45		2	00:34:34.79	AA COIMBRA
12	233	FERNANDO SANTOS	M	25		2	00:34:38.00	DCI / CCDR PEDRULHA - MEALHADA
13	322	LUIS RODRIGUES	M	34		2	00:34:41.97	
14	116	HUGO COELHO	M	47		2	00:34:46.92	AR S MIGUEL
15	163	IGOR CASTRO	M	32		2	00:34:53.62	ESC ATLETISMO COIMBRA / JPAIVA
16	174	FERNANDO ALMEIDA	M	29		2	00:34:55.09	GIRASOL
17	238	TELMO NASCIMENTO	M	19		2	00:34:55.19	DCI / CCDR PEDRULHA - MEALHADA
18	32	RICARDO SIMOES	M	52		2	00:34:56.04	ESC ATLETISMO CARTAXO
19	226	MAURO AZEVEDO	M	45		2	00:35:08.93	ESC ATLETISMO COIMBRA / JPAIVA
20	154	CARLITOS FILIPE	M	26		2	00:35:24.71	CPT SOBRAL CEIRA
21	303	JOAO FONSECA	M	20		2	00:35:26.24	INDIVIDUAL
22	203	LICÍNIO PEREIRA	M	60		2	00:35:36.00	ID VIEIRENSE
23	62	TELMO ALMEIDA	M	43		2	00:35:44.13	DCI / CCDR PEDRULHA - MEALHADA
24	318	RUI MELO	M	30		2	00:35:59.41	
25	44	FRANCISCO MARQUES	M	55		2	00:36:19.00	CLUVE
26	281	LUIS GASPAR	M	40		2	00:36:25.51	
27	314	VITOR CARDOSO	M	41		2	00:36:26.50	INDIVIDUAL
28	257	EMANUEL G CORREIA	M	25		2	00:36:31.98	ESC ATLETISMO COIMBRA / JPAIVA
29	253	RUBEN FERNANDES	M	20		2	00:36:41.84	DCI / CCDR PEDRULHA - MEALHADA
30	237	FERNANDO MARQUES	M	33		2	00:36:48.63	DCI / CCDR PEDRULHA - MEALHADA
31	77	MÁRCIO LOUREIRO	M	37		2	00:36:52.69	SR JARDOEIRA/RUNCROSSSTRAIL.COM
32	230	MANUEL LINO	M	60		2	00:37:02.99	DCI / CCDR PEDRULHA - MEALHADA
33	313	PAULO BRIGA	M	47		2	00:37:14.15	
34	98	RICARDO LOPES	M	32		2	00:37:17.20	ACRM SILVEIRINHA GRANDE CLARAS

35	231	ANTONIO CARVALHO	M	34	2	00:37:23.17	DCI / CCDDR PEDRULHA - MEALHADA
36	307	PEDRO CAPELA	M	36	2	00:37:28.34	GRUPO GAU BAJOUCA
37	222	BRUNO M M TEIXEIRA	M	34	2	00:37:30.72	INDIVIDUAL
38	136	RICARDO SANTOS	M	23	2	00:37:58.34	DCI / CCDDR PEDRULHA - MEALHADA
39	221	JOAO FONSECA	M	38	2	00:38:02.57	INDIVIDUAL
40	109	AURÉLIO P LAPO	M	39	2	00:38:10.05	BTTRAIN
41	321	RENATO RODRIGUES	M	36	2	00:38:22.34	
42	326	ALVARO COELHO	M	62	2	00:38:26.79	
43	317	RICARDO NUNES	M	25	2	00:39:14.06	ACRM SILVEIRINHA CLARAS
44	278	JOSE MAÇARRIA	M	56	2	00:39:21.78	
45	198	BRUNO H M F BERNARDES	M	33	2	00:39:28.37	GIRASOL
46	316	LUIS FERNANDES	M	34	2	00:39:46.93	INDIVIDUAL
47	186	ALBERTO FRECHES	M	57	2	00:39:48.28	AA COIMBRA
48	61	HEBER PIRES	M	31	2	00:40:01.15	PASCOALITOS
49	66	PEDRO J MARQUES	M	45	2	00:40:14.43	INDIVIDUAL
50	274	PAULO NEVES	M	31	2	00:40:19.99	
51	153	PAULO CAVALEIRO	M	52	2	00:40:21.31	LEITÃO CAVALEIRO
52	28	JORGE M S RIBEIRO	M	40	2	00:40:25.34	INDIVIDUAL
53	262	SERGIO R LOUROS	M	29	2	00:40:27.32	INDIVIDUAL
54	185	FERNANDO AGANTE	M	55	2	00:40:29.15	AA COIMBRA
55	22	FILIPE SILVEIRA	M	34	2	00:40:34.18	GFD RUNNING
56	310	SERGIO MARCELINO	M	52	2	00:40:43.61	GRUPO GAU BAJOUCA
57	101	AUGUSTO GOMES	M	53	2	00:40:47.27	INDIVIDUAL
58	108	DAVID JESUS	M	35	2	00:40:54.05	PASCOALITOS
59	259	HUGO VICENTE	M	37	2	00:40:56.02	CANDOSA RUNNERS
60	323	CELSO PEREIRA	M	45	2	00:40:58.01	
61	170	FREDERICO MARQUES	M	38	2	00:41:01.12	OUT2RUN
62	248	NUNO RODRIGUES	M	36	2	00:41:08.29	DEIXA PASSAR
63	272	RICARDO MELO	M	37	2	00:41:10.25	
64	23	ANDRE OLIVEIRA	M	36	2	00:41:12.13	INDIVIDUAL
65	325	RUI FIGUEIREDO	M	41	2	00:41:21.88	
66	125	TIAGO PRAZERES	M	24	2	00:41:26.58	INDIVIDUAL
67	306	TIAGO PEDROSA	M	31	2	00:41:31.37	GRUPO GAU BAJOUCA
68	96	JOEL SANTOS	M	31	2	00:41:32.72	ACRM SILVEIRINHA GRANDE CLARAS
69	162	SERGIO SANTOS	M	44	2	00:41:36.69	INDIVIDUAL
70	31	FERNANDO M M ALHAU	M	55	2	00:41:42.65	INDIVIDUAL

71	315	MARCO GAMA	M	34	2	00:41:43.08	INDIVIDUAL
72	271	DUARTE DOMINGOS	M	43	2	00:41:44.11	
73	21	JOÃO C N ALVES	M	24	2	00:41:46.30	INDIVIDUAL
74	71	JOSÉ VIEIRA	M	46	2	00:41:51.50	CON DORES CHOUPAL COIMBRA
75	201	MIGUEL LARANJEIRA	M	40	2	00:41:57.34	INDIVIDUAL
76	92	JOAQUIM VIEIRA	M	50	2	00:41:58.21	INDIVIDUAL
77	69	VITOR TINOCO	M	43	2	00:42:01.57	INDIVIDUAL
78	308	ANDRE FERNANDES	M	41	2	00:42:03.84	GRUPO GAU BAJOUCA
79	232	PEDRO NUNES	M	43	2	00:42:21.03	DCI / CCDDR PEDRULHA - MEALHADA
80	260	RICARDO CRISTINO	M	22	2	00:42:28.20	CANDOSA RUNNERS
81	97	FELIPE CARVALHEIRO	M	42	2	00:42:28.55	ACRM SILVEIRINHA GRANDE CLARAS
82	117	VITOR S FIGUEIREDO	M	48	2	00:42:45.43	CON DORES
83	36	RUI DINIS	M	40	2	00:42:50.04	INDIVIDUAL
84	29	LILLA SAMU	F	22	2	00:42:53.27	INDIVIDUAL
85	247	HORÁCIO FERREIRA	M	48	2	00:42:56.13	AR S MIGUEL
86	19	RICARDO GERMANO	M	30	2	00:43:05.18	INDIVIDUAL
87	191	MANUEL FERNANDES	M	62	2	00:43:07.84	ACRM SILVEIRINHA GRANDE CLARAS
88	187	JORGE LOPES	M	38	2	00:43:14.09	MONDEGOPECAS
89	249	LUIS BRAGANÇA	M	34	2	00:43:19.33	DEIXA PASSAR
90	251	PEDRO NETO	M	27	2	00:43:19.55	DEIXA PASSAR
91	145	MÁRIO R F VAZ	M	41	2	00:43:31.43	ESC ATLETISMO COIMBRA / JPAIVA
92	236	BRUNO JESUS	M	34	2	00:43:43.06	DCI / CCDDR PEDRULHA - MEALHADA
93	81	PEDRO MONTEIRO	M	52	2	00:43:54.99	INDIVIDUAL
94	11	JOAQUIM ALMEIDA	M	57	2	00:43:58.21	INDIVIDUAL
95	80	EDUARDO CARVALHEIRO	M	18	2	00:44:10.86	INDIVIDUAL
96	79	LUIS CARVALHEIRO	M	48	2	00:44:14.36	INDIVIDUAL
97	45	RUI LOPES	M	40	2	00:44:23.76	TRIBO NR
98	112	JOAQUIM ALVARINHAS	M	53	2	00:44:26.00	INDIVIDUAL
99	194	FERNANDO FERREIRA	M	23	2	00:44:39.88	INDIVIDUAL
100	196	VÍTOR B C S M FERNANDES	M	33	2	00:44:41.31	INDIVIDUAL
101	48	RUI M P DUARTE	M	54	2	00:44:46.82	KARRAPATEIRA 1919
102	72	ANTÓNIO PATRÍCIO	M	52	2	00:44:58.87	CON DORES CHOUPAL COIMBRA
103	280	JOSE PEDRO FERNANDES	M	39	2	00:45:07.37	
104	200	VITOR FERNANDES	M	41	2	00:45:14.47	SAI DE GATAS BTEAM
105	59	LEANDRO LOURENÇO	M	32	2	00:45:16.43	CORPO CULTO
106	239	ALEXANDRE RITCHIE	M	43	2	00:45:21.48	INDIVIDUAL

107	84	RICARDO ROCHA	M	48	2	00:45:27.60	CON DORES CHOUPAL
108	128	MICHAEL GOUVEIA	M	24	2	00:45:35.69	CLÍNICA DOS RELÓGIOS
109	27	JORGE MORAIS	M	42	2	00:45:36.16	INDIVIDUAL
110	95	JOÃO GRAÇA	M	61	2	00:45:40.27	ACRM SILVEIRINHA GRANDE CLARAS
111	207	RUI GOMES	M	59	2	00:45:54.20	INDIVIDUAL
112	169	ANA CARDOSO	F	39	2	00:45:56.97	CM COIMBRA
113	204	ARNALDO J C TOMÁS	M	42	2	00:45:59.55	CON DORES CHOUPAL
114	279	ANTONIO CAETANO	M	41	2	00:46:05.83	
115	33	JOSÉ NEVES	M	31	2	00:46:09.04	INDIVIDUAL
116	70	MANUEL C DUARTE	M	46	2	00:46:29.07	TRIBO NR
117	142	SILVINA BATISTA	F	42	2	00:46:37.31	CM COIMBRA
118	312	RAMIRO RODRIGUES	M	59	2	00:46:42.26	GRUPO GAU BAJOUCA
119	305	MARCO REIS	M	25	2	00:46:54.69	GRUPO GAU BAJOUCA
120	193	RUI SIMÕES	M	49	2	00:47:03.69	INDIVIDUAL
121	34	FILIPE SANTOS	M	40	2	00:47:11.59	INDIVIDUAL
122	243	JOAQUIM F R MENDES	M	44	2	00:47:13.60	INDIVIDUAL
123	296	LUIS VIEIRA	M	49	2	00:47:15.69	
124	164	JULIO M S GONÇALVES	M	60	2	00:47:23.05	CM COIMBRA
125	320	PATRICIA DIOGO	F	29	2	00:47:27.41	
126	214	BRUNO M F S LIMA	M	28	2	00:47:28.65	CSCRF CHARNECA
127	241	ANDRÉ DIAS	M	50	2	00:47:34.08	TRIBO NR
128	13	ROBERTO PARADINHA	M	32	2	00:47:38.47	INDIVIDUAL
129	245	EDUARDO ALÇADA	M	45	2	00:47:43.52	GCF
130	282	ISABEL GASPAR	F	37	2	00:47:46.18	
131	275	MIGUEL CAPELA	M	40	2	00:48:10.73	
132	57	CATARINA ALVES	F	41	2	00:48:14.31	INDIVIDUAL
133	94	FLORIANO NETO	M	28	2	00:48:22.24	UNIS
134	261	PEDRO ROCHA	M	37	2	00:48:29.88	INDIVIDUAL
135	82	ALBERTO VALEJO	M	45	2	00:48:30.32	INDIVIDUAL
136	137	LEOMAR TIRADENTES	M	49	2	00:48:36.75	INDIVIDUAL
137	211	NUNO M G SANTOS	M	39	2	00:48:45.52	CSCRF CHARNECA
138	205	RUI MATOS	M	31	2	00:48:56.58	RUN@FIGUEIRA
139	87	CARLOS LOPES	M	62	2	00:48:59.56	CLUVE
140	284	MANUEL TAVARES	M	45	2	00:49:01.87	INDIVIDUAL
141	210	ALVARO LOPES	M	38	2	00:49:18.04	CSCRF CHARNECA
142	78	FILIPE SIMÕES	M	44	2	00:49:27.27	CCD CRÉDITO AGRÍCOLA

143	106	HENRIQUE MORAIS	M	31	2	00:49:29.19	INDIVIDUAL
144	192	FERNANDO TEIXEIRA	M	49	2	00:49:30.13	INDIVIDUAL
145	197	MANUEL VENTURA	M	47	2	00:49:42.67	INDIVIDUAL
146	270	NUNO CARDOSO	M	41	2	00:49:47.67	
147	47	NUNO CONCEIÇÃO	M	26	2	00:49:48.15	INDIVIDUAL
148	212	PASCOAL D OLIVEIRA	M	45	2	00:49:50.62	CSCRF CHARNECA
149	158	FILipe COELHO	M	27	2	00:49:50.77	GATINHOS ASSANHADOS
150	120	ANTÓNIO CALHEIROS	M	38	2	00:49:52.98	SEGUEOTEUTRILHO
151	131	CARLA SANTOS	F	37	2	00:49:54.57	INDIVIDUAL
152	40	CARLOS LUCAS	M	38	2	00:49:56.93	CASA BAIA - RUNNING 4 BEER TEAM
153	90	OSVALDO LEITE	M	36	2	00:49:57.35	CLUVE
154	264	CARLOS J A RAMOS	M	54	2	00:49:59.22	TRIBO NR
155	111	JOÃO DIAS	M	51	2	00:50:01.97	INDIVIDUAL
156	86	PAULO DOMINGUES	M	41	2	00:50:06.18	TRIBO NR
157	155	MARIA SOUSA	F	31	2	00:50:08.64	INDIVIDUAL
158	218	RODRIGIO BARRETO	M	25	2	00:50:11.46	INDIVIDUAL
159	309	ROSA HENRIQUES	F	47	2	00:50:21.93	GRUPO GAU BAJOUCA
160	311	ANTONIO FERNANDES	M	55	2	00:50:24.13	GRUPO GAU BAJOUCA
161	141	HENRIQUE COSTA	M	54	2	00:50:26.28	INDIVIDUAL
162	298	DOUGLAS SERDEIRA	M	29	2	00:50:31.80	
163	161	BRUNO BENEDITO	M	38	2	00:50:38.23	INDIVIDUAL
164	63	BRUNO FERRER	M	39	2	00:50:39.06	INDIVIDUAL
165	88	ANTÓNIO TAVARES	M	66	2	00:50:55.51	CLUVE
166	89	CARLOS CORINO	M	71	2	00:50:56.64	CLUVE
167	213	CARLOS CONCEIÇÃO	M	44	2	00:51:10.00	CSCRF CHARNECA
168	130	FÁTIMA MACHADO	F	54	2	00:51:26.29	INDIVIDUAL
169	51	JOÃO SILVA	M	23	2	00:51:29.84	INDIVIDUAL
170	56	ANDRÉ L SILVA	M	38	2	00:51:31.76	DUROS MONDEGO
171	246	RICARDO GASPAR	M	38	2	00:51:33.42	INDIVIDUAL
172	173	PEDRO ABREU	M	39	2	00:51:36.01	TRY TO STOP US
173	171	MILENA ROUXINOL	F	35	2	00:51:43.29	OUT2RUN
174	105	BRUNO REIS	M	30	2	00:51:44.19	INDIVIDUAL
175	99	MARCOS ALVES	M	40	2	00:51:45.70	TRIBO NR
176	113	JOSÉ QUADRADO	M	44	2	00:51:59.14	INDIVIDUAL
177	52	HELENA S R LOPES	F	40	2	00:51:59.21	TRIBO NR
178	273	ANTONIO FARIA	M	49	2	00:52:13.28	

179	168	ANA P PIO	F	38	2	00:52:21.27	CM COIMBRA
180	244	ROSA GUARDÃO	F	47	2	00:52:22.66	GCF
181	93	JOÃO C M SILVA	M	58	2	00:52:32.17	INDIVIDUAL
182	74	ARMANDO RODRIGUES	M	47	2	00:52:32.56	SCIENCESTORY
183	276	LUIS BONITO	M	41	2	00:52:40.24	
184	297	EMANUEL JORGE	M	39	2	00:52:40.70	
185	115	PEDRO FARO	M	47	2	00:52:40.92	ATITUDE
186	55	JULIO O MÁRQUEZ	M	20	2	00:52:41.86	INDIVIDUAL
187	188	LUIS REIS	M	40	2	00:52:44.05	MONDEGOPECAS
188	91	SORAIA LOPES	F	24	2	00:53:03.40	CLUVE
189	202	BRUNO AMARO	M	43	2	00:53:11.24	INDIVIDUAL
190	224	DENISE B SILVA	F	26	2	00:53:14.95	INDIVIDUAL
191	39	GONÇALO HENRIQUES	M	25	2	00:53:31.69	INDIVIDUAL
192	15	SARA M P MARTINS	F	41	2	00:53:47.15	CLUVE
193	132	CLARA MACHADO	F	54	2	00:53:52.66	INDIVIDUAL
194	127	FILIFE CARDOSO	M	34	2	00:54:03.40	INDIVIDUAL
195	206	DANIEL COUCEIRO	M	28	2	00:54:10.39	INDIVIDUAL
196	265	LANNYS K S M MARTINS	M	29	2	00:54:15.01	INDIVIDUAL
197	100	FILIFE SERRA	M	43	2	00:54:21.85	CLUVE
198	285	PEDRO ROQUE	M	48	2	00:54:33.22	INDIVIDUAL
199	286	PAULO MENDES	M	47	2	00:54:34.27	INDIVIDUAL
200	38	Mª JOÃO GAMA	F	41	2	00:54:36.50	INDIVIDUAL
201	20	JOSÉ SANTOS	M	50	2	00:54:47.16	OUT2RUN
202	229	BERNARDO ALMEIDA	M	19	2	00:54:50.36	BJ
203	26	XAVIER ALBANO	M	22	2	00:54:50.98	INDIVIDUAL
204	258	MIGUEL MORGADO	M	41	2	00:54:52.76	PÉ NA TÁBUA
205	242	JACQUELINE DIAS	F	49	2	00:54:55.07	TRIBO NR
206	223	FERNANDO MACHADO	M	57	2	00:54:55.25	INDIVIDUAL
207	319	SANDRA GONÇALVES	F	35	2	00:55:22.80	
208	133	LINA CARVALHO	F	33	2	00:55:23.43	INDIVIDUAL
209	129	MANUEL PEREIRA	M	62	2	00:55:24.45	CLÍNICA DOS RELÓGIOS
210	41	JOÃO N FARINHA	M	40	2	00:55:26.53	INDIVIDUAL
211	135	RUI ESTEVES	M	35	2	00:55:26.63	INDIVIDUAL
212	134	JOAO FRANCISCO	M	43	2	00:55:36.88	INDIVIDUAL
213	254	TIAGO TRINDADE	M	37	2	00:55:49.25	INDIVIDUAL
214	18	ANDREIA ALVES	F	28	2	00:55:49.95	INDIVIDUAL

215	159	JORGE CONTENTE	M	48	2	00:55:51.73	GATINHOS ASSANHADOS
216	42	ALISHA BALUSCHEK	F	22	2	00:56:05.56	INDIVIDUAL
217	25	Mª GLÓRIA L L R SOARES	F	51	2	00:56:17.10	INDIVIDUAL
218	209	MIGUEL NORA	M	34	2	00:56:19.80	LIJT
219	139	MONICA CUNHA	F	51	2	00:56:20.98	INDIVIDUAL
220	104	SÓNIA VIEIRA	F	41	2	00:56:26.00	INDIVIDUAL
221	172	FLORBELA ROUXINOL	F	42	2	00:57:03.00	OUT2RUN
222	37	JOSÉ C SANTOS	M	51	2	00:57:17.43	INDIVIDUAL
223	138	MIGUEL CUNHA	M	52	2	00:57:22.46	INDIVIDUAL
224	54	FÉLIX V RUÍZ	M	21	2	00:57:44.85	INDIVIDUAL
225	147	DORA CRUZ	F	28	2	00:57:46.00	AD
226	146	ANDRÉ DOMINGUES	M	31	2	00:57:46.66	AD
227	299	NUNO DIAS	M	43	2	00:57:52.02	
228	228	PAULO SALVADOR	M	37	2	00:58:07.11	JOGGING LOVERS
229	114	ANA MOREIRA	F	48	2	00:58:21.51	ATITUDE
230	119	NUNO CARDEAS	M	34	2	00:58:31.34	SEGUEOTEUTRILHO
231	252	DAVID PEREIRA	M	28	2	00:58:35.79	DEIXA PASSAR
232	53	BRUNO FERREIRA	M	39	2	00:58:50.68	INDIVIDUAL
233	30	ANABELA V AMARAL	F	47	2	00:58:56.32	INDIVIDUAL
234	148	Mª JOÃO BENQUERENÇA	F	42	2	00:59:18.04	INDIVIDUAL
235	73	JOÃO BERNARDO	M	49	2	00:59:19.77	INDIVIDUAL
236	219	FLORBELA FERNANDES	F	46	2	01:00:01.08	INDIVIDUAL
237	68	VÍTOR REDONDO	M	50	2	01:00:03.08	INDIVIDUAL
238	302	CATARINA PINTO	F	25	2	01:00:52.72	GRUPO GAU BAJOUCA
239	208	RODRIGO LOURENCO	M	40	2	01:00:59.77	LIJT
240	151	ISABEL FIGUEIREDO	F	49	2	01:01:00.61	INDIVIDUAL
241	165	ELSA CORREIA	F	46	2	01:01:47.09	CM COIMBRA
242	156	LEONOR FONSECA	F	29	2	01:02:09.92	INDIVIDUAL
243	50	SÍLVIA SILVA	F	38	2	01:02:25.38	INDIVIDUAL
244	49	PAULO TAVARES	M	52	2	01:02:26.18	INDIVIDUAL
245	102	MARTA R N ANTUNES	F	35	2	01:02:47.92	INDIVIDUAL
246	240	CRISTINA DANIEL	F	40	2	01:02:59.51	TRIBO NR
247	195	IRACEMA FERREIRA	F	51	2	01:03:05.87	INDIVIDUAL
248	227	JOSÉ ALMEIDA	M	46	2	01:03:11.35	BJ
249	43	RAFAELA MAIA	F	24	2	01:03:13.21	INDIVIDUAL
250	150	NANCI BAPTISTA	F	30	2	01:03:20.75	INDIVIDUAL

251	149	ANA BASTOS	F	30	2	01:03:20.77	INDIVIDUAL
252	216	VERA RAPOSO	F	37	2	01:03:47.78	INDIVIDUAL
253	255	GUSTAVO VEIGA	M	28	2	01:04:45.28	INDIVIDUAL
254	300	FRANCISCO ARAUJO	M	50	2	01:05:22.88	INDIVIDUAL
255	65	ANA C D DINIS	F	29	2	01:05:34.90	INDIVIDUAL
256	35	ALEXANDRE GOMES	M	43	2	01:05:49.06	INDIVIDUAL
257	140	MARIO COSTA	M	56	2	01:07:17.53	INDIVIDUAL
258	152	LURDES FIGUEIREDO	F	57	2	01:07:55.01	INDIVIDUAL
259	12	KARL SMYTH	M	39	2	01:08:11.34	INDIVIDUAL
260	189	MARIA CARVALHO	F	50	2	01:08:31.25	AS MARAVILHOSAS
261	190	MARIA FERRÃO	F	34	2	01:08:31.54	AS MARAVILHOSAS
262	118	ANA MARQUES	F	39	2	01:08:31.64	INDIVIDUAL
263	58	FERNANDO M SILVA	M	51	2	01:09:08.09	OUT2RUN
264	123	RITA I P G FIGUEIRA	F	29	2	01:10:35.54	SEGUEOTEUTRILHO
265	124	SUSETTE M S PAIVA	F	35	2	01:10:35.98	SEGUEOTEUTRILHO
266	83	NUNO COSTA	M	41	2	01:12:19.72	INDIVIDUAL
267	126	DEOLINDA ALVES	F	64	2	01:12:45.82	SC COIMBRENSE
268	215	ANDRE R C LOPES	M	45	2	01:13:00.24	CSCRF CHARNECA
269	176	ANA COIMBRA	F	27	2	01:13:19.14	RUNNING CLUBE DE COIMBRA
270	177	MARCO TOMÉ	M	24	2	01:13:19.52	RUNNING CLUBE DE COIMBRA
271	175	ANA JOAQUIM	F	47	2	01:13:19.61	RUNNING CLUBE DE COIMBRA
272	277	ALEXANDRA BIZARRO	F	48	2	01:13:43.65	
273	64	CRISTINA MARINHO	F	34	2	01:17:35.72	PASCOALITOS
274	60	JOANA BIDARRA	F	26	2	01:17:35.89	PASCOALITOS

Total de registros: 274