

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
NELSON COSTA	Ar Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa	168	1	01:55:28.760	00:00:00.000
PAULO PALHINHA	Ar Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa	173	2	01:56:29.763	00:01:01.003
MÁRCIO PEREIRA	Ar Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa	139	3	01:57:32.767	00:02:04.007
LUIS CUNHA	Coimbra Trail Running	15	4	01:57:39.513	00:02:10.753
DIOGO PINHEIRO	Coimbra Trail Running	200	5	01:58:26.017	00:02:57.257
JOÃO FERNANDES	Zona Alta Trail	114	6	01:59:08.020	00:03:39.260
JOÃO SILVA	Acdrs Quinhendros	11	7	02:02:09.027	00:06:40.267
EDUARDO MOREIRA	Ar Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa	96	8	02:02:30.487	00:07:01.727
MIGUEL PIRES	Ar Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa	138	9	02:03:20.730	00:07:51.970
ANDRÉ ROSÁRIO	Zona Alta Trail	113	10	02:03:33.780	00:08:05.020
PEDRO MENDES	Abutres	191	11	02:04:46.530	00:09:17.770
RICARDO CARREIRA	A. C. S. Mamede	158	12	02:05:03.780	00:09:35.020
JOSE MARTINS	Ozxtreme/Adcrpereira	55	13	02:05:29.033	00:10:00.273
TIAGO DUARTE	Atletismo Clube Da Tocha	167	14	02:06:09.047	00:10:40.287
JORGE PEREIRA	Ozxtreme/Adcrpereira	157	15	02:06:53.193	00:11:24.433
JOÃO FERREIRA	Coimbra Trail Running	106	16	02:08:34.180	00:13:05.420
RICARDO AGUIAR	Ar Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa	142	17	02:09:13.040	00:13:44.280
DUARTE CRUZ	Montanha Clube Trail Running/Efapel	145	18	02:09:36.540	00:14:07.780
MIGUEL RIBEIRO	Zona Alta Trail	115	19	02:09:52.290	00:14:23.530
ROMEU FERNANDES	Individual	136	20	02:10:00.793	00:14:32.033
VASCO MONTEIRO	Vikings Trail Runners / Ccr Alcabideque	127	21	02:10:07.043	00:14:38.283
DAVID AMARAL	Coimbra Trail Running	10	22	02:10:30.430	00:15:01.670
ALFREDO GASPAR	Grvilaverdense	17	23	02:12:05.147	00:16:36.387
FERNANDO MARQUES	Dci Trilhos Luso Bussaco	22	24	02:12:08.400	00:16:39.640
LUÍS NARCISO	Individual	181	25	02:12:23.647	00:16:54.887
GUSTAVO BORGES	Individual	176	26	02:12:53.297	00:17:24.537
HÉLDER PIEDADE	Ozxtreme/Adcrpereira	155	27	02:13:04.297	00:17:35.537
ANTÓNIO FIGUEIREDO	Coimbra Trail Running	146	28	02:13:28.297	00:17:59.537
PAULO SANTOS	Grupo Desportivo Ferreirense	164	29	02:13:32.807	00:18:04.047
ARLINDO RIBEIRO	Arcd Venda Da Luisa	91	30	02:13:34.797	00:18:06.037
VASCO SOUSA	Coimbra Trail Running	94	31	02:13:49.797	00:18:21.037
LUIS SILVA	Seat	201	32	02:14:09.547	00:18:40.787
HUGO SIMÕES	Vikings Trail Runners / Ccr Alcabideque	128	33	02:14:39.297	00:19:10.537
JORGE RODRIGUES	Naza - Núcleo Atletismo Zona Da Abóbada	178	34	02:15:17.550	00:19:48.790
TELMO CARVALHO	Seat	202	35	02:15:22.550	00:19:53.790
PAULO RODRIGUES	Arcd Venda Da Luisa	83	36	02:15:43.870	00:20:15.110
TIAGO MORENO	Acdrs Quinhendros	44	37	02:15:53.303	00:20:24.543
FERNANDO SANTOS	Abutres	140	38	02:16:01.800	00:20:33.040
ÁLVARO MANO	Coimbra Trail Running	4	39	02:17:11.053	00:21:42.293
MIGUEL RAMOS	Vikings Trail Runners / Ccr Alcabideque	124	40	02:18:47.557	00:23:18.797
LUIS PEREIRA	Acdrs Quinhendros	172	41	02:19:03.557	00:23:34.797
AMÍLCAR RAMOS	Grvilaverdense	52	42	02:19:18.307	00:23:49.547
VITOR FAIM	Atletismo Clube Da Tocha	34	43	02:20:46.310	00:25:17.550
BRUNO ALEXANDRE	Acdrs Quinhendros	141	44	02:21:13.063	00:25:44.303

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
PEDRO MENDES	Arsm - Associação Recreativa De S. Miguel	152	45	02:21:17.073	00:25:48.313
PAULO PESSOA	Act	189	46	02:22:02.317	00:26:33.557
ELÍSIO GONÇALVES	Individual	143	47	02:24:08.820	00:28:40.060
PEDRO FERREIRA	Arcd Venda Da Luisa	77	48	02:25:59.073	00:30:30.313
FILIPE SALTÃO	Acds Quinhendros	26	49	02:26:25.323	00:30:56.563
FERNANDO VILELA	Ajzambujal	47	50	02:27:17.577	00:31:48.817
BRUNO MARTINS	O Mundo Da Corrida	135	51	02:27:17.827	00:31:49.067
FERNANDO CATARINO	Individual	93	52	02:27:21.077	00:31:52.317
VITOR CAÇÃO	Gatoesbtt	59	53	02:27:55.020	00:32:26.260
VITOR SANTO	Arcd Venda Da Luisa	72	54	02:28:08.083	00:32:39.323
JOSÉ SANTOS	Scpovoense - Caracóis De Corrida	177	55	02:28:19.827	00:32:51.067
FERNANDO FERREIRA	União Fci Tomar	171	56	02:28:29.767	00:33:01.007
EMANUEL FERREIRA	Tropa D'Edite	39	57	02:28:46.077	00:33:17.317
ARTUR GÂNDARA	Arcd Venda Da Luisa	90	58	02:29:15.087	00:33:46.327
NELSON CORREIA	Arcd Venda Da Luisa	80	59	02:30:31.003	00:35:02.243
VERA BERNARDO	Arcd Venda Da Luisa	78	60	02:30:31.250	00:35:02.490
MÁRCIO RODRIGUES	Acds Quinhendros	118	61	02:31:04.083	00:35:35.323
JOÃO OLIVEIRA	Grvilaverdense	29	62	02:32:41.837	00:37:13.077
SIMÃO CASTRO	Coimbra Trail Running	56	63	02:34:05.090	00:38:36.330
EUGÉNIO SANTOS	Out 2 Run Miro	58	64	02:34:42.340	00:39:13.580
RUI NETO	Individual	12	65	02:35:43.843	00:40:15.083
JOSÉ SANTOS	Arcd Venda Da Luisa	85	66	02:36:39.343	00:41:10.583
SERGIO FORTE	Aventuras Forte(S)	169	67	02:36:48.093	00:41:19.333
RICARDO SILVA	Atletismo Clube Da Tocha	165	68	02:37:06.847	00:41:38.087
PAULO BATISTA	Atletismo Clube Da Tocha	148	69	02:37:22.347	00:41:53.587
ANTÓNIO SERRA	Acds Quinhendros	14	70	02:39:08.097	00:43:39.337
ANTÓNIO SOARES	Formobike Btt & Trail Running	154	71	02:39:22.097	00:43:53.337
RUI PEREIRA	Papakms	163	72	02:39:50.097	00:44:21.337
ÁLVARO CENTEIO	Ugas Trail Running	116	73	02:40:41.600	00:45:12.840
ARIANA TAVARES	Viseu Running Team	38	74	02:40:53.927	00:45:25.167
PAULA VALENTE	Ansibikers	41	75	02:41:40.673	00:46:11.913
ANTÓNIO PEGO	Acds Quinhendros	28	76	02:42:54.357	00:47:25.597
JOSÉ SILVA	Tropa D'Edite	40	77	02:43:01.107	00:47:32.347
PAULO CARVALHO	Coimbra Trail Running	174	78	02:43:06.150	00:47:37.390
SÉRGIO VILÃO	Arcd Venda Da Luisa	75	79	02:43:51.607	00:48:22.847
JOÃO ROSO	Cscd Norte E Soure	441	80	02:43:52.107	00:48:23.347
ANA OLIVEIRA	Figueira Kayak Clube	20	81	02:44:07.110	00:48:38.350
NUNO SILVA	Individual	66	82	02:44:10.607	00:48:41.847
MARCO CUNHA	Individual	69	83	02:45:20.363	00:49:51.603
NANCY CANTANTE	Grvilaverdense	187	84	02:46:08.630	00:50:39.870
TELMO CRUZ	Individual	104	85	02:46:39.363	00:51:10.603
TIAGO MAIA	Individual	190	86	02:46:49.873	00:51:21.113
PEDRO MARQUES	Arsm - Associação Recreativa De S. Miguel	2	87	02:47:14.120	00:51:45.360
CARLOS FERREIRA	Vikings Trail Runners / Ccr Alcabideque	120	88	02:47:26.380	00:51:57.620

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
VÍTOR MARQUES	Arcd Venda Da Luisa	73	89	02:48:31.107	00:53:02.347
CARLOS PALAIO	Grvilaverdense	35	90	02:48:46.617	00:53:17.857
PAULA OLIVEIRA	Grvilaverdense	24	91	02:48:48.103	00:53:19.343
FERNANDO FONSECA	O Mundo Da Corrida	32	92	02:49:21.370	00:53:52.610
JOANA FRANCA	Assscc	6	93	02:49:22.867	00:53:54.107
LURDES GIL	Grupo Desportivo Ferreirense	133	94	02:49:47.870	00:54:19.110
ANA TOMÉ	Zona Alta Trail	112	95	02:50:47.870	00:55:19.110
TIAGO MATIAS	Vikings Trail Runners / Ccr Alcabideque	126	96	02:50:55.123	00:55:26.363
NÉLIO GIRÃO	Formobike Btt & Trail Running	153	97	02:51:17.330	00:55:48.570
FILIPE CUSTODIO	Clube Desportivo Escola Porto Da Cruz	105	98	02:51:33.873	00:56:05.113
DIOGO ALVES	Vikings Trail Runners / Ccr Alcabideque	121	99	02:52:50.380	00:57:21.620
CARLOS COSTA	Individual	101	100	02:53:50.127	00:58:21.367
LUIS PEREIRA	C.M.M.Escaravelhos	63	101	02:54:19.143	00:58:50.383
MIGUEL ALFAIATE	Aac-Remo	111	102	02:54:23.377	00:58:54.617
LUÍS SILVA	Arsm - Associação Recreativa De S. Miguel	194	103	02:54:49.630	00:59:20.870
ANDREIA VICENTE	Grupo Desportivo Ferreirense	159	104	02:55:09.157	00:59:40.397
NUNO CARVALHO	Almatrail	9	105	02:56:02.883	01:00:34.123
PAULA PENEDO	Boavista Trail	179	106	02:56:49.383	01:01:20.623
CIDÁLIA OLIVEIRA	Acdrs Quinhendros	18	107	02:58:29.637	01:03:00.877
PEDRO MATIAS	Ajzambujal	134	108	03:00:26.140	01:04:57.380
MARGARIDA NUNES	Porto De Mós A Correr	185	109	03:00:30.140	01:05:01.380
FERNANDO VENDA	Individual	21	110	03:00:45.390	01:05:16.630
GAUDENCIO LOPES	Viseu Running Team	54	111	03:00:54.913	01:05:26.153
JOSÉ FIGUEIREDO	O Mundo Da Corrida	57	112	03:01:29.143	01:06:00.383
ANDRÉ ANTUNES	Arcd Venda Da Luisa	92	113	03:01:30.893	01:06:02.133
ANDRÉ RIBEIRO	Individual	48	114	03:02:04.640	01:06:35.880
ANDRÉ SILVA	Viseu Running Team	137	115	03:02:12.007	01:06:43.247
MICAEL MARQUES	Viseu Running Team	37	116	03:02:14.497	01:06:45.737
RAUL MARTINS	Individual	102	117	03:02:33.403	01:07:04.643
ANTONIO MARTINS	Vikings Trail Runners / Ccr Alcabideque	129	118	03:02:54.397	01:07:25.637
ELISABETE GIRÃO	Arcd Venda Da Luisa	88	119	03:03:02.397	01:07:33.637
EDUARDO FERREIRA	Atletismo Clube Da Tocha	170	120	03:03:48.147	01:08:19.387
FAUSTO CARVALHO	Arsm - Associação Recreativa De S. Miguel	99	121	03:04:50.900	01:09:22.140
DANY MATEUS	Moinhos Da Gândara Trail	65	122	03:05:50.900	01:10:22.140
RICARDO VEIGA	Individual	151	123	03:06:02.900	01:10:34.140
PAULO CARVALHO	Individual	8	124	03:06:07.160	01:10:38.400
JORGE RAMOS	Individual	108	125	03:06:07.707	01:10:38.947
ANTÓNIO RIBEIRO	Individual	49	126	03:07:49.157	01:12:20.397
MARCO OLIVEIRA	Arcd Venda Da Luisa	79	127	03:07:57.653	01:12:28.893
FILIPE LEMOS	Grupo Desportivo Ferreirense	188	128	03:08:13.157	01:12:44.397
TIAGO ALMEIDA	Arcd Venda Da Luisa	74	129	03:08:17.940	01:12:49.180
GORETI GAUDÊNCIO	Vikings Trail Runners / Ccr Alcabideque	132	130	03:08:54.933	01:13:26.173
HUGO SILVA	Arcd Venda Da Luisa	84	131	03:09:54.923	01:14:26.163
SUSANA CASTRO	Trail Runners Family	42	132	03:09:56.910	01:14:28.150

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
FERNANDO MARQUES	Trail Runners Family	43	133	03:09:59.160	01:14:30.400
TIAGO FIGUEIREDO	Clube Benfeita - Aldeia De Xisto	110	134	03:10:07.660	01:14:38.900
RUI SANTOS	BlackBulls	147	135	03:12:15.163	01:16:46.403
ANABELA FONSECA	Grupo Desportivo Ferreirense	183	136	03:12:27.667	01:16:58.907
LUIS CARVALHO	Individual	53	137	03:13:18.417	01:17:49.657
ANA MELO	Ccfamily	162	138	03:14:13.417	01:18:44.657
JOAQUIM BRANQUINHO	Arsm - Associação Recreativa De S. Miguel	1	139	03:15:13.917	01:19:45.157
GUSTAVO BAETA	Santiagobikes	161	140	03:15:27.667	01:19:58.907
RUBEN ALMEIDA	Arcd Venda Da Luisa	76	141	03:16:05.173	01:20:36.413
LUIS DUARTE	Assscc	7	142	03:16:05.670	01:20:36.910
ROSA RODRIGUES	Acdrs Quinhendros	109	143	03:18:54.927	01:23:26.167
LUÍS VIZEU	Individual	197	144	03:20:11.427	01:24:42.667
PEDRO SILVA	Arcd Venda Da Luisa	82	145	03:20:27.677	01:24:58.917
HUGO OLIVEIRA	Individual	144	146	03:21:42.680	01:26:13.920
JOÃO MARICATO	Moinhos Da Gândara Trail	68	147	03:23:19.183	01:27:50.423
RICARDO PATRÍCIO	Individual	36	148	03:23:40.433	01:28:11.673
ISABEL TRINDADE	O Mundo Da Corrida	33	149	03:24:13.437	01:28:44.677
CARLA ROMEIRO	Arcd Venda Da Luisa	89	150	03:24:13.933	01:28:45.173
LUÍSA MIRANDA	Arcd Venda Da Luisa	81	151	03:24:14.443	01:28:45.683
TIAGO CARVALHO	Pónalama	70	152	03:24:43.190	01:29:14.430
RICARDO BARBOSA	Individual	117	153	03:24:43.443	01:29:14.683
ELZA CORDEIRO	Arcd Venda Da Luisa	86	154	03:27:18.693	01:31:49.933
FERNANDO ROCHA	Grupo Desportivo Leoes Do Veneza	103	155	03:27:48.943	01:32:20.183
JOSÉ GONÇALVES	Individual	25	156	03:28:43.947	01:33:15.187
RITA CARVALHO	Arsm - Associação Recreativa De S. Miguel	100	157	03:30:56.700	01:35:27.940
JORGE LOUREIRO	Individual	27	158	03:38:06.710	01:42:37.950
ANDREIA DIAS	Figueira Kayak Clube	19	159	03:39:36.463	01:44:07.703
JOANA GANTE	Soure Mov	199	160	03:42:46.720	01:47:17.960
HUGO MAROUVO	Soure Mov	198	161	03:42:47.220	01:47:18.460
PAULO ALVES	Spem	60	162	03:44:02.470	01:48:33.710
FATIMA MALTA	Individual	13	163	03:46:32.730	01:51:03.970
HILTON OLIVEIRA	Abutres	192	164	03:46:38.727	01:51:09.967
RUI MARQUES	Acdrs Quinhendros	50	165	03:51:29.983	01:56:01.223
JOÃO SERRA	Individual	186	166	03:59:39.753	02:04:10.993
MÁRIO FERREIRA	Individual	175	167	04:03:33.013	02:08:04.253
HELENA LOPES	Tribo Nr	23	168	04:03:39.260	02:08:10.500
VERA BIZARRO	Arsm - Associação Recreativa De S. Miguel	196	169	04:05:15.013	02:09:46.253
ANA FAUSTINO	Arsm - Associação Recreativa De S. Miguel	195	170	04:05:19.010	02:09:50.250
ANA GARCIA	Montanha Clube Trail Running/Efapel	67	171	04:10:55.023	02:15:26.263
LEANDRO CRAVEIRO	Out 2 Run Miro	184	172	04:11:43.530	02:16:14.770
CARINA JORDÃO	Moinhos Da Gândara Trail	64	173	04:11:46.527	02:16:17.767
CARLA ALVES	Spem	61	174	05:28:18.667	03:32:49.907
FILIPE COSTA	Individual	180	175	05:28:20.417	03:32:51.657

Competição	Escalão	Ponto de Controlo		
Trail Longo 25 km	Femininos	Chegada	DORSAL / NOME / EQUIPA	Filtrar

NOME	NÚMERO DE DORSAL	POSIÇÃO	TEMPO	DIFERENÇA	ESTADO
VB VERA BERNARDO Arcd Venda Da Luisa	78	1	02:30:31.250	00:00:00.000	CONCLUÍDO
AT ARIANA TAVARES Viseu Running Team	38	2	02:40:53.927	00:10:22.677	CONCLUÍDO
PV PAULA VALENTE Ansibikers	41	3	02:41:40.673	00:11:09.423	CONCLUÍDO
AO ANA OLIVEIRA Figueira Kayak Clube	20	4	02:44:07.110	00:13:35.860	CONCLUÍDO
NC NANCY CANTANTE Grvilaverdense	187	5	02:46:08.630	00:15:37.380	CONCLUÍDO
PO PAULA OLIVEIRA Grvilaverdense	24	6	02:48:48.103	00:18:16.853	CONCLUÍDO
JF JOANA FRANCA Asssc	6	7	02:49:22.867	00:18:51.617	CONCLUÍDO
LG LURDES GIL Grupo Desportivo Ferreirense	133	8	02:49:47.870	00:19:16.620	CONCLUÍDO
AT ANA TOMÉ Zona Alta Trail	112	9	02:50:47.870	00:20:16.620	CONCLUÍDO
AV ANDREIA VICENTE Grupo Desportivo Ferreirense	159	10	02:55:09.157	00:24:37.907	CONCLUÍDO
PP PAULA PENEDO Boavista Trail	179	11	02:56:49.383	00:26:18.133	CONCLUÍDO
CO CIDÁLIA OLIVEIRA Acdrs Quinhendros	18	12	02:58:29.637	00:27:58.387	CONCLUÍDO
MN MARGARIDA NUNES Porto De Mós A Correr	185	13	03:00:30.140	00:29:58.890	CONCLUÍDO
EG ELISABETE GIRÃO Arcd Venda Da Luisa	88	14	03:03:02.397	00:32:31.147	CONCLUÍDO
GG GORETI GAUDÊNCIO Vikings Trail Runners / Ccr Alcabideque	132	15	03:08:54.933	00:38:23.683	CONCLUÍDO



Competição	Escalão	Ponto de Controlo		
Trail Longo 25 km	F18	Chegada	DORSAL / NOME / EQUIPA	Filtrar

	NOME	NÚMERO DE DORSAL	POSIÇÃO	TEMPO	DIFERENÇA	ESTADO
VB	VERA BERNARDO Arcd Venda Da Luisa	78	1	02:30:31.250	00:00:00.000	CONCLUÍDO
AT	ARIANA TAVARES Viseu Running Team	38	2	02:40:53.927	00:10:22.677	CONCLUÍDO
PV	PAULA VALENTE Ansibikers	41	3	02:41:40.673	00:11:09.423	CONCLUÍDO
AO	ANA OLIVEIRA Figueira Kayak Clube	20	4	02:44:07.110	00:13:35.860	CONCLUÍDO
NC	NANCY CANTANTE Grvilaverdense	187	5	02:46:08.630	00:15:37.380	CONCLUÍDO
AV	ANDREIA VICENTE Grupo Desportivo Ferreirense	159	6	02:55:09.157	00:24:37.907	CONCLUÍDO
GG	GORETI GAUDÊNCIO Vikings Trail Runners / Ccr Alcabideque	132	7	03:08:54.933	00:38:23.683	CONCLUÍDO
AM	ANA MELO Cefamily	162	8	03:14:13.417	00:43:42.167	CONCLUÍDO
RC	RITA CARVALHO Arsm - Associação Recreativa De S. Miguel	100	9	03:30:56.700	01:00:25.450	CONCLUÍDO
AD	ANDREIA DIAS Figueira Kayak Clube	19	10	03:39:36.463	01:09:05.213	CONCLUÍDO
JG	JOANA GANTE Soure Mov	199	11	03:42:46.720	01:12:15.470	CONCLUÍDO
VB	VERA BIZARRO Arsm - Associação Recreativa De S. Miguel	196	12	04:05:15.013	01:34:43.763	CONCLUÍDO
AF	ANA FAUSTINO Arsm - Associação Recreativa De S. Miguel	195	13	04:05:19.010	01:34:47.760	CONCLUÍDO
AG	ANA GARCIA Montanha Clube Trail Running/Efapel	67	14	04:10:55.023	01:40:23.773	CONCLUÍDO
CJ	CARINA JORDÃO Moinhos Da Gândara Trail	64	15	04:11:46.527	01:41:15.277	CONCLUÍDO

