

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
RICARDO MARTINS	Ozxtreme/Adcrpereira	216	1	01:58:31.827	00:00:00.000
ORLANDO PIRES	Formobike Btt & Trail Running	192	2	01:58:32.073	00:00:00.246
PEDRO VERISSIMO	Amcf-Arrábida Trail Team	232	3	01:59:11.580	00:00:39.753
FERNANDO MARQUES	Dci/Ccdrpedrulha-Mealhada	245	4	01:59:16.077	00:00:44.250
HÉLDER PIEDADE	Ozxtreme/Adcrpereira	7	5	02:01:35.330	00:03:03.503
ANTÓNIO JESUS	Vulcal	234	6	02:02:27.833	00:03:56.006
FILIPE ROCHA	Ozxtreme/Adcrpereira	6	7	02:02:35.330	00:04:03.503
EDUARDO MOREIRA	S.C. Povoense - Caracóis De Corrida	77	8	02:03:02.333	00:04:30.506
JOÃO SILVA	Acdrs Quinhendros	424	9	02:05:06.090	00:06:34.263
LUÍS VERÍSSIMO	Figueira Kayak Clube	191	10	02:06:21.843	00:07:50.016
JOSÉ SANTOS	S.C. Povoense - Caracóis De Corrida	143	11	02:06:31.370	00:07:59.543
NUNO VASCONCELOS	Coimbra Trail Running	64	12	02:07:23.847	00:08:52.020
RICARDO AGUIAR	S.C. Povoense - Caracóis De Corrida	140	13	02:07:47.347	00:09:15.520
TIAGO SALGUEIRO	Abutres	94	14	02:08:17.597	00:09:45.770
BRUNO RIBEIRO	Vikings Trail Runners / Ccr Alcabideque	157	15	02:08:49.097	00:10:17.270
NUNO COELHO	Coimbra Trail Running	76	16	02:09:42.603	00:11:10.776
JOAQUIM BALTAZAR	Arcd Venda Da Luisa	109	17	02:09:52.847	00:11:21.020
JOÃO SACRAMENTO	Ozxtreme/Adcrpereira	5	18	02:10:52.630	00:12:20.803
FILIPE RODRIGUES	Associação Pombal Jovem	129	19	02:11:30.113	00:12:58.286
VITOR GOMES	Flashover - Bvpenela	194	20	02:11:47.607	00:13:15.780
MIGUEL RAMOS	Vikings Trail Runners / Ccr Alcabideque	150	21	02:13:18.610	00:14:46.783
JOSÉ SANTOS	S.C. Povoense - Caracóis De Corrida	141	22	02:13:24.627	00:14:52.800
TIAGO GREGÓRIO	S.C. Povoense - Caracóis De Corrida	139	23	02:13:28.357	00:14:56.530
PEDRO CARDOSO	Assscc - Ar Livre E Aventura	125	24	02:13:42.110	00:15:10.283
VASCO MONTEIRO	Vikings Trail Runners / Ccr Alcabideque	146	25	02:14:52.863	00:16:21.036
TIAGO MORENO	Acdrs Quinhendros	38	26	02:14:53.363	00:16:21.536
MAURO MARTINS	Vikings Trail Runners / Ccr Alcabideque	149	27	02:14:55.613	00:16:23.786
TIAGO COSTA	Formobike Btt & Trail Running	209	28	02:14:59.363	00:16:27.536
SÉRGIO GONÇALO	Bttrain	123	29	02:14:59.617	00:16:27.790
SUSANA ECHEVERRIA	Coimbra Trail Running	60	30	02:15:23.117	00:16:51.290
VITOR FAIM	Atletismo Club Da Tocha	82	31	02:16:18.117	00:17:46.290
DAVIDE CARVALHO	Ozxtreme/Adcrpereira	174	32	02:17:12.117	00:18:40.290
LUIS PEREIRA	Individual	153	33	02:18:34.370	00:20:02.543
ARTUR GÂNDARA	Arcd Venda Da Luisa	98	34	02:19:33.627	00:21:01.800
LAURENTINO MARTINS	Caminhar Ao Luar	200	35	02:20:06.400	00:21:34.573
MIGUEL VIEGAS	Dci/Ccdrpedrulha-Mealhada	230	36	02:21:00.627	00:22:28.800
ANTÓNIO JORGE	Acdrs Quinhendros	30	37	02:21:30.880	00:22:59.053
GONÇALO RODRIGUES	Arsm - Associação Recreativa De S. Miguel	176	38	02:22:05.887	00:23:34.060
BRUNO FOLHAS	Individual	93	39	02:22:35.883	00:24:04.056
JORGE TIAGO	Coimbra Trail Running	264	40	02:22:49.390	00:24:17.563
ARMANDO VIDEIRA	Louzanteam	24	41	02:23:22.883	00:24:51.056
RICARDO SILVA	Atletismo Club Da Tocha	58	42	02:23:50.637	00:25:18.810
MIGUEL RIBEIRO	S.C. Povoense - Caracóis De Corrida	144	43	02:23:52.637	00:25:20.810
JOSÉ ZANANAR	Atletismo Club Da Tocha	69	44	02:24:09.887	00:25:38.060
VASCO SOUSA	Coimbra Trail Running	85	45	02:24:19.637	00:25:47.810
PAULO RAMIREZ	Ozxtreme/Adcrpereira	215	46	02:24:30.887	00:25:59.060
BRUNO COELHO	Vikings Trail Runners / Ccr Alcabideque	147	47	02:24:35.637	00:26:03.810

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
ANTÓNIO SOARES	Formobike Btt & Trail Running	68	48	02:24:42.637	00:26:10.810
ANTÓNIO PEGO	Acdrs Quinhendros	237	49	02:25:05.390	00:26:33.563
MARCIO FELICIO	Soure Mov	132	50	02:25:15.897	00:26:44.070
LUIS CARIDADE	Vikings Trail Runners / Ccr Alcabideque	46	51	02:25:53.647	00:27:21.820
JOSE MARQUES	Arcd Venda Da Luisa	110	52	02:26:11.390	00:27:39.563
RODRIGO QUINTAL	S.C. Povoense - Caracóis De Corrida	47	53	02:26:59.393	00:28:27.566
BRIAN CANTANTE	Bio Team Run	235	54	02:27:13.167	00:28:41.340
JOÃO GOMES	Aac - Remo	17	55	02:27:38.147	00:29:06.320
JORGE JUSTO	O Mundo Da Corrida	71	56	02:28:04.167	00:29:32.340
BRUNO JULIÃO	Pés Troikados-Cscs	18	57	02:28:31.397	00:29:59.570
NUNO ENGENHEIRO	Corvos Bike Team	190	58	02:28:36.147	00:30:04.320
ALEXANDRE CONCHO	Acdrs Quinhendros	36	59	02:29:17.157	00:30:45.330
ANDRÉ MONTEIRO	Montanha Clube Trail Running/Efapel	3	60	02:29:31.397	00:30:59.570
VERA BERNARDO	Arcd Venda Da Luisa	171	61	02:29:32.397	00:31:00.570
ACILIO NORO	Soure Mov	66	62	02:29:54.900	00:31:23.073
BRUNO MARQUES	Atletismo Club Da Tocha	231	63	02:30:05.153	00:31:33.326
PEDRO FERREIRA	Individual	52	64	02:30:08.647	00:31:36.820
MÁRCIO RODRIGUES	Acdrs Quinhendros	37	65	02:30:24.400	00:31:52.573
RENATO FERREIRA	C. B. Viseu Running Team	22	66	02:30:40.903	00:32:09.076
PEDRO MENDES	Bio Team Run	165	67	02:31:12.400	00:32:40.573
RUI FONSECA	Warpspeed	222	68	02:31:53.653	00:33:21.826
LORA PEREIRA	Acdrs Quinhendros	28	69	02:32:22.663	00:33:50.836
AURÉLIO SAÚDE	Jogging Lovers Coimbra	173	70	02:32:33.160	00:34:01.333
JOSÉ SANTOS	Arcd Venda Da Luisa	111	71	02:33:02.657	00:34:30.830
RUI NETO	Individual	206	72	02:33:08.407	00:34:36.580
CÉLIO DUARTE	Deixa Passar	195	73	02:34:34.413	00:36:02.586
TIAGO CLARO	Associação Pombal Jovem	201	74	02:35:39.913	00:37:08.086
JOÃO RASTEIRO	C. B. Viseu Running Team	126	75	02:36:10.163	00:37:38.336
MIGUEL ALFAIATE	Aac - Remo	2	76	02:36:15.920	00:37:44.093
GONÇALO ALVES	Individual	213	77	02:36:34.163	00:38:02.336
JORGE ASSUNÇÃO	Miro Atletismo	59	78	02:36:48.663	00:38:16.836
NUNO REIS	Bttrain	26	79	02:37:06.423	00:38:34.596
JOSÉ SIMÕES	Acdrs Quinhendros	50	80	02:37:21.417	00:38:49.590
ANTÓNIO SILVA	Acdrs Quinhendros	40	81	02:37:22.417	00:38:50.590
NELSON CORREIRA	Arcd Venda Da Luisa	115	82	02:37:26.917	00:38:55.090
LUÍS ANDRADE	Grupo Desportivo Ferreirense / Mountain Trails	86	83	02:37:32.167	00:39:00.340
VALTER VIVEIROS	Individual	78	84	02:37:34.917	00:39:03.090
AMÍLCAR RAMOS	Grv	183	85	02:37:49.667	00:39:17.840
JOAO MONTEIRO	Vikings Trail Runners / Ccr Alcabideque	159	86	02:38:16.920	00:39:45.093
VITOR FONSECA	Coimbra Trail Running	169	87	02:38:45.420	00:40:13.593
ALBINO MORAIS	Louzanteam	23	88	02:38:57.670	00:40:25.843
JOAO COSTA	Montanha Clube Trail Running/Efapel	67	89	02:39:37.447	00:41:05.620
ANDRÉ LAVADO	Acdrs Quinhendros	16	90	02:39:55.923	00:41:24.096
TIAGO MIGUEL	Arcd Venda Da Luisa	137	91	02:40:01.673	00:41:29.846
OSCAR SIMOES	Arsm - Associação Recreativa De S. Miguel	95	92	02:40:47.423	00:42:15.596
VÍTOR ESCADA	Caminhar Ao Luar	199	93	02:41:24.677	00:42:52.850
TIAGO SANTOS	Flashover - Bvpenela	193	94	02:41:47.677	00:43:15.850

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JOÃO LAMAS	Vikings Trail Runners / Ccr Alcabideque	70	95	02:42:25.430	00:43:53.603
RUI SOLES	Formobike Btt & Trail Running	210	96	02:42:35.680	00:44:03.853
NUNO CARVALHO	Individual	177	97	02:42:42.680	00:44:10.853
GIL SANTOS	Arcd Venda Da Luisa	106	98	02:42:47.683	00:44:15.856
MARCO CUNHA	Compasso	253	99	02:43:13.680	00:44:41.853
ANTÓNIO MELO	Vikings Trail Runners / Ccr Alcabideque	220	100	02:43:19.430	00:44:47.603
CLÁUDIO SOUSA	Domplex	203	101	02:43:38.433	00:45:06.606
JOSÉ COSTA	Ozxtreme/Adcrpereira	91	102	02:43:47.430	00:45:15.603
MAURO SOUSA	Individual	136	103	02:43:52.680	00:45:20.853
NANCY CANTANTE	Bio Team Run	189	104	02:44:03.183	00:45:31.356
MÓNICA RIBEIRO	Vikings Trail Runners / Ccr Alcabideque	219	105	02:44:34.940	00:46:03.113
JORGE CORDEIRO	Soure Mov	131	106	02:45:30.693	00:46:58.866
NUNO RODRIGUES	Deixa Passar	188	107	02:45:37.187	00:47:05.360
PAULO CARVALHO	Formobike Btt & Trail Running	1	108	02:46:20.437	00:47:48.610
EUGÉNIO DIAS	Individual	45	109	02:47:25.690	00:48:53.863
RICARDO DIOGO	Ozxtreme/Adcrpereira	214	110	02:48:44.443	00:50:12.616
VITOR FRANCISCO	S.C. Povoense - Caracóis De Corrida	145	111	02:50:20.697	00:51:48.870
ARIANA TAVARES	C. B. Viseu Running Team	41	112	02:51:09.700	00:52:37.873
TIAGO MATIAS	Vikings Trail Runners / Ccr Alcabideque	148	113	02:51:21.200	00:52:49.373
ANA NASCIMENTO	C. B. Viseu Running Team	21	114	02:51:38.200	00:53:06.373
BRUNO TORREIRA	Acdrs Quinhendros	35	115	02:52:12.950	00:53:41.123
FERNANDO VILELA	Ajf Zambujal	156	116	02:53:12.960	00:54:41.133
HELDER COUTO	Ajf Zambujal	175	117	02:53:25.453	00:54:53.626
FRED GASPAR	Grv	184	118	02:53:27.963	00:54:56.136
PAULA OLIVEIRA	Grv	185	119	02:53:31.453	00:54:59.626
JOSÉ BUGALHO	Grv	186	120	02:53:31.960	00:55:00.133
PAULO SANTOS	Flashover - Bvpenela	11	121	02:53:33.230	00:55:01.403
ROGÉRIO RIBEIRO	Figueira Kayak Clube	197	122	02:53:49.703	00:55:17.876
JOSÉ FIGUEIREDO	O Mundo Da Corrida	10	123	02:54:17.983	00:55:46.156
DIOGO ROSÁRIO	Individual	128	124	02:55:08.993	00:56:37.166
NELSON SIMÕES	Arcd Venda Da Luisa	116	125	02:55:26.207	00:56:54.380
FERNANDO FONSECA	O Mundo Da Corrida	73	126	02:55:57.710	00:57:25.883
ZENAIDE ALVES	Out 2 Run/Miro	79	127	02:56:02.463	00:57:30.636
PAULO PINTO	Out 2 Run/Miro	167	128	02:56:02.963	00:57:31.136
JORGE RAMOS	Individual	238	129	02:56:12.480	00:57:40.653
SANDRA ARRIBANÇA	Individual	233	130	02:56:34.710	00:58:02.883
NUNO COELHO	Formobike Btt & Trail Running	211	131	02:57:55.463	00:59:23.636
LUÍS MACHADO	Acdrs Quinhendros	31	132	02:57:56.967	00:59:25.140
ANDRÉ AZAMBUJO	Acdrs Quinhendros	34	133	02:58:24.220	00:59:52.393
CIDÁLIA OLIVEIRA	Acdrs Quinhendros	39	134	02:58:31.467	00:59:59.640
MARCOS ALVES	Tribo Nr	254	135	02:59:06.217	01:00:34.390
HELDER PAIS	Run Forest Run	172	136	02:59:14.217	01:00:42.390
CLÁUDIO ESPADA	Individual	198	137	02:59:31.470	01:00:59.643
ALICE VENTURA	Vikings Trail Runners / Ccr Alcabideque	158	138	02:59:36.220	01:01:04.393
LUIS PEREIRA	C.M.M Escravelhos Team	122	139	03:00:35.970	01:02:04.143
MICAEL MARQUES	C. B. Viseu Running Team	20	140	03:00:57.977	01:02:26.150
LUÍS VASCO	Grv	168	141	03:01:26.473	01:02:54.646

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
JORGE ACURCIO	Run Forest Run	178	142	03:01:31.220	01:02:59.393
HUGO MAROUVO	Soure Mov	130	143	03:01:32.723	01:03:00.896
MARCELO COUTINHO	This Side Up - Run Team	155	144	03:01:56.223	01:03:24.396
MAGDA VIEIRA	Individual	212	145	03:01:56.473	01:03:24.646
JOSÉ EUFRASIO	Cluve	83	146	03:02:08.977	01:03:37.150
NUNO CARVALHO	Almatrail	55	147	03:02:30.727	01:03:58.900
SARA CARVALHO	Arcd Venda Da Luisa	119	148	03:03:28.983	01:04:57.156
LEONEL CONCHO	Acdrs Quinhendros	29	149	03:04:43.230	01:06:11.403
HEBER PIRES	Pascoalitos	196	150	03:04:58.230	01:06:26.403
LUÍS BRAGANÇA	Deixa Passar	187	151	03:05:20.733	01:06:48.906
FAUSTO CARVALHO	Arsm - Associação Recreativa De S. Miguel	164	152	03:06:05.233	01:07:33.406
FERNANDO MOITA	Bio Team Run	133	153	03:06:41.733	01:08:09.906
PAULO PROVIDÊNCIA	Team Nuno Alves	80	154	03:07:39.237	01:09:07.410
EUNICE MAGALHÃES	Dci/Ccdrpedrulha-Mealhada	221	155	03:09:15.490	01:10:43.663
ELZA CORDEIRO	Arcd Venda Da Luisa	105	156	03:09:41.490	01:11:09.663
KATY LOPES	Ozxtreme/Adcrpereira	51	157	03:10:04.243	01:11:32.416
PEDRO FREITAS	Individual	124	158	03:10:57.250	01:12:25.423
ORIANA MARQUES	C. B. Viseu Running Team	25	159	03:11:09.243	01:12:37.416
PEDRO TAVARES	S.C. Povoense - Caracóis De Corrida	142	160	03:11:47.243	01:13:15.416
DANIELA GONÇALVES	Vikings Trail Runners / Ccr Alcabideque	160	161	03:11:51.997	01:13:20.170
VANESSA REBOCA	Figueira Kayak Clube	223	162	03:12:09.507	01:13:37.680
HUMBERTO RODRIGUES	Pascoalitos	127	163	03:13:05.247	01:14:33.420
HUGO GIRÃO	Pés Troikados-Cscs	224	164	03:14:04.500	01:15:32.673
PATRICIA SIMÕES	Vikings Trail Runners / Ccr Alcabideque	161	165	03:15:22.007	01:16:50.180
ISABEL TRINDADE	O Mundo Da Corrida	27	166	03:15:31.507	01:16:59.680
JOAQUIM BRANQUINHO	Arsm - Associação Recreativa De S. Miguel	410	167	03:15:44.763	01:17:12.936
GONÇALO DELGADO	Aac - Remo	15	168	03:16:14.007	01:17:42.180
RUI LOPES	Ozxtreme/Adcrpereira	92	169	03:16:55.507	01:18:23.680
LUISA MIRANDA	Arcd Venda Da Luisa	112	170	03:18:24.013	01:19:52.186
CÉLIA SANTOS	Arcd Venda Da Luisa	101	171	03:18:24.260	01:19:52.433
RUI MONTEIRO	Arcd Venda Da Luisa	118	172	03:18:26.010	01:19:54.183
ANDRÉ ANTUNES	Arcd Venda Da Luisa	97	173	03:18:27.760	01:19:55.933
MARCO OLIVEIRA	Arcd Venda Da Luisa	113	174	03:18:28.510	01:19:56.683
JORGE LESTRO	Clube Dos Atletas Tortos	8	175	03:18:40.510	01:20:08.683
AVELINO RODRIGUES	Pascoalitos	163	176	03:20:13.017	01:21:41.190
HELENA LOPES	Tribo Nr	217	177	03:20:54.017	01:22:22.190
FERNANDO FERRÃO	Pés Troikados-Cscs	226	178	03:21:52.270	01:23:20.443
RITA LEMOS	Individual	247	179	03:23:11.770	01:24:39.943
FRANCISCO RIBEIRO	Individual	120	180	03:25:14.533	01:26:42.706
NUNO CABRAL	Jogging Lovers Coimbra	135	181	03:25:19.523	01:26:47.696
FERNANDO LUIS	O Mundo Da Corrida	96	182	03:25:33.537	01:27:01.710
JOÃO BORGES	Individual	134	183	03:27:36.030	01:29:04.203
ROSA GUARDÃO	Acdrs Quinhendros	32	184	03:27:47.030	01:29:15.203
RICARDO PEREIRA	Grv	57	185	03:27:48.780	01:29:16.953
JOÃO NOBRE	João Nobre Trail	13	186	03:28:00.787	01:29:28.960
MIGUEL SANTOS	Individual	81	187	03:28:30.283	01:29:58.456
PEDRO MARTINS	Vikings Trail Runners / Ccr Alcabideque	162	188	03:28:31.033	01:29:59.206

Nome	Equipa	Dorsal	Lugar	Tempo	Diferença
MÓNICA SILVA	Individual	121	189	03:30:16.537	01:31:44.710
SANDRA AGRA	Vikings Trail Runners / Ccr Alcabideque	151	190	03:30:49.537	01:32:17.710
FATIMA MALTA	Out 2 Run/Miro	14	191	03:31:02.290	01:32:30.463
CARLOS CANAIS	Arcd Venda Da Luisa	100	192	03:31:38.290	01:33:06.463
CIDALIA CANAIS	Arcd Venda Da Luisa	103	193	03:31:38.543	01:33:06.716
SANDRA BRITO	Vikings Trail Runners / Ccr Alcabideque	152	194	03:32:44.290	01:34:12.463
CARLA FREIRE	Arcd Venda Da Luisa	138	195	03:33:59.797	01:35:27.970
JÉSSICA CORREIA	Arcd Venda Da Luisa	107	196	03:34:59.050	01:36:27.223
MAURO SILVA	Arcd Venda Da Luisa	114	197	03:37:36.553	01:39:04.726
HUGO CARVALHO	Fruta Da 5A	204	198	03:38:33.067	01:40:01.240
FLÁVIO SILVA	Fruta Da 5?	205	199	03:38:53.313	01:40:21.486
CARLA ROMEIRO	Arcd Venda Da Luisa	99	200	03:42:50.313	01:44:18.486
ESTER SOARES	Bit Runners	88	201	03:48:58.077	01:50:26.250
ANDRÉ OLIVEIRA	Band Of Runners	228	202	03:48:59.327	01:50:27.500
LUIS PEREIRA	Individual	87	203	03:49:56.330	01:51:24.503
SANDRA SIMÕES	Arcd Venda Da Luisa	241	204	03:54:05.340	01:55:33.513
CÉU SANTOS	O Mundo Da Corrida	72	205	03:55:03.343	01:56:31.516
CRISTINA MELO	Arcd Venda Da Luisa	104	206	03:55:03.843	01:56:32.016
DANIELA RIBAU	Ozxtreme/Adcrpereira	90	207	04:13:20.630	02:14:48.803
NUNO ALVES	Casa Do Benfica De Condeixa	44	208	04:13:21.130	02:14:49.303
DINA FERREIRA	Individual	225	209	04:13:52.633	02:15:20.806
BRUNO FERREIRA	Individual	240	210	04:13:52.880	02:15:21.053
ALCINA MATA	Individual	229	211	04:33:25.427	02:34:53.600



Competição

Trail Longo

Escalação

Femininos

Ponto de Controlo

Chegada

DORSAL / NOME / EQUIPA



Filtrar

NOME

NÚMERO DE DORSAL

POSIÇÃO

TEMPO

DIFERENÇA

ESTADO

SE

SUSANA ECHEVERRIA
Coimbra Trail Running

60

1

02:15:23.117

00:00:00.000

● CONCLUÍDO



VB

VERA BERNARDO
Arcd Venda Da Luisa

171

2

02:29:32.397

00:14:09.280

● CONCLUÍDO



LP

LORA PEREIRA
Acdrs Quinhendros

28

3

02:32:22.663

00:16:59.546

● CONCLUÍDO





Competição

Trail Longo

Escalação

F18

Ponto de Controlo

Chegada

DORSAL / NOME / EQUIPA



Filtrar

NOME

NÚMERO DE DORSAL

POSIÇÃO

TEMPO

DIFERENÇA

ESTADO

VB

VERA BERNARDO
Arcd Venda Da Luisa

171

1

02:29:32.397

00:00:00.000

● CONCLUÍDO



LP

LORA PEREIRA
Acdrs Quinhendros

28

2

02:32:22.663

00:02:50.266

● CONCLUÍDO



NC

NANCY CANTANTE
Bio Team Run

189

3

02:44:03.183

00:14:30.786

● CONCLUÍDO

