

6.020 Metros - Juniores/Seniores/Veteranos | JUN a VET - M | Dia 1

Série 1

1	Nelson Oliveira	1981	VET 40	CPTSC	0:19:10
2	Rúben Fortunato	2002	SUB-23	CPTSC	0:19:12
3	João Albano	2003	JUN	CPTSC	0:19:22
4	Cristiano Oliveira	1995	SEN	ARC-EAC	0:20:26
5	Vítor Pleno	1983	VET 35	CPTSC	0:20:29
6	João Garcia	1994	SEN	CPTSC	0:20:40
7	João Pontes	1990	SEN	GRE-AA	0:20:55
8	Hugo Coelho	1969	VET 50	IND	0:21:03
9	Vítor Gonçalves	1975	VET 45	ARC-EAC	0:21:08
10	Vítor Godinho	1972	VET 50	ARC-EAC	0:21:32
11	Rui Lopes	1977	VET 45	CPLAVOS	0:21:56
12	Mário Silva	1963	VET 55	ACRS	0:22:09
13	Carlos Pagaimo	1973	VET 45	SUOV	0:22:23
14	Francisco Graça	2003	JUN	CPTSC	0:22:29
15	Paulo Garcia	1968	VET 50	ARC-EAC	0:22:40
16	José Jesus	1967	VET 55	FB&TR	0:22:48
17	Ricardo Saraiva	1970	VET 50	GRE-AA	0:22:54
18	João Costa	1990	SEN	IND	0:23:18
19	André Fonte	1980	VET 40	ARC-EAC	0:23:57
20	Mário Monteiro	2003	JUN	CLUVE	0:24:25
21	Pedro Gerardo	1961	VET 60	AAC	0:24:34
22	José Carlos Simões	1971	VET 50	AAC	0:25:29
23	Álvaro Coelho	1953	VET 65	CPTSC	0:26:08
24	Pedro Roque	1968	VET 50	CPTSC	0:26:12
25	Rui Figueiredo	1975	VET 45	CPTSC	0:26:39
26	Manuel Santos	1957	VET 65	IND	0:28:16
27	Jorge Justo	1961	VET 60	CPTSC	0:30:23
28	Víctor Pereira	1946	VET 75	CLUVE	0:32:34
29	Armando Delgado	1956	VET 65	CPLAVOS	0:36:40

4.020 Metros - Juniores/Seniores/Veteranos | JUN a VET - F | Dia 1

Série 1

1	Vera Simões	2002	SUB-23	GS	0:16:08
2	Célia Alves	1978	VET 40	ARC-EAC	0:16:58
3	Jennifer Maia	1990	SEN	ARC-EAC	0:17:06
4	Raquel Caires	2003	JUN	AAC	0:17:26
5	Manuela Gonçalves	1970	VET 50	CPTSC	0:17:35
6	Andreia Eliseu	2001	SUB-23	GRE-AA	0:17:38
7	Helena Mourão	1960	VET 60	ACRS	0:19:16
8	Ana Morais	1965	VET 55	SUOV	0:19:32
9	Liliana Silva	1974	VET 45	ADR4E	0:19:35
10	Rute Lopes	1992	SEN	GRE-AA	0:19:37
11	Odeta Cruz	1966	VET 55	CCRP	0:20:00
12	Sara Martins	1975	VET 45	CLUVE	0:20:20
13	Natércia Rodrigues	1969	VET 50	GRE-AA	0:23:03
14	Cristina Serém	1979	VET 40	GRE-AA	0:25:58

3.120 Metros - Iniciados | INI - M | Dia 1

Série 1

1	Duarte Vilas Boas	2007	INI	CAOB-A	0:09:56
2	José Afonso	2007	INI	CAOB-A	0:10:13
3	Martim Rosas	2007	INI	CDP-C	0:11:49
4	Afonso Martins	2007	INI	OLIVAIS	0:11:59
5	Rui Silveira	2007	INI	ANG CLUVE	0:12:08

6	Gabriel Santos	2007	INI	ACDRSQ	0:12:20
7	Diogo Dias	2008	INI	CPTSC	0:12:59
8	Diogo Teorgas	2008	INI	CLUVE	0:13:07
9	José Pedro Jesus	2007	INI	ACDRSQ	0:13:20
10	José Pedro Oliveira	2008	INI	AAC	0:13:42
11	Duarte Rosado	2008	INI	AAC	0:15:29
DNS	Tomás Machado	2007	INI	GRE-AA	0:00:00
DNS	Miguel Lopes	2008	INI	ASCV	0:00:00
DNS	Alfredo Marcelo	2008	INI	ACDRSQ	0:00:00
DNF	Bernardo Salgado	2006	JUV	CPTSC	0:00:00

3.120 Metros - Juvenis | JUV - M | Dia 1

Série 1

1	Alexandre Lucas	2005	JUV	CPTSC	0:09:39
2	Diogo Pagaimo	2005	JUV	SUOV	0:09:54
3	Afonso Oliveira	2005	JUV	CPTSC	0:10:01
4	André Ferreira	2005	JUV	GS	0:10:06
5	Lucas Azambujo	2006	JUV	ASCV	0:10:07
6	Emanuel Silva	2005	JUV	GS	0:10:11
7	Rodrigo Baptista	2006	JUV	CPTSC	0:10:15
8	Diogo Teixeira	2006	JUV	ARC-EAC	0:10:32
9	Rogério Cabrita	2006	JUV	GS	0:11:10
10	Eduardo Henriques	2005	JUV	AMCRS	0:12:11
11	Paulo Oliveira	2006	JUV	AMCRS	0:14:28
DNS	Tiago Tavares	2005	JUV	ASCV	0:00:00

2.780 Metros - Iniciados | INI - F | Dia 1

Série 1

2	Ana Luísa Silva	2007	INI	ACDRSQ	0:11:19
3	Margarida Oliveira	2008	INI	GRE-AA	0:11:43
4	Rita Abrantes	2007	INI	CDP-C	0:12:50
5	Branca Fernandes	2007	INI	ACDRSQ	0:12:52
6	Leonor Saraiva	2007	INI	GRE-AA	0:12:54
7	Beatriz Achando	2008	INI	GRE-AA	0:12:59
8	Francisca Nunes	2008	INI	NSCPCDX	0:13:39
9	Nádia Morais	2007	INI	ACRS	0:14:35
10	Regina Costa	2007	INI	GS	0:15:05
11	Rita Fonseca	2008	INI	NSCPCDX	0:15:23
12	Lara Neves	2007	INI	CPLAVOS	0:00:00
DNS	Carla Cunha	2008	INI	AMCRS	0:00:00
DNS	Rita Ferreira	2007	INI	ACDRSQ	0:00:00
DNS	Maria Leonor Santos	2007	INI	ACDRSQ	0:00:00

2.780 Metros - Juvenis | JUV - F | Dia 1

Série 1

1	Stela Fernandes	2006	JUV	GS	0:09:59
2	Marina Pinteia	2005	JUV	GS	0:11:34
3	Beatriz Marques	2006	JUV	ARC-EAC	0:12:07
4	Beatriz Guimarães	2005	JUV	AAC	0:12:15
5	Matilde Albarino	2005	JUV	ACDRSQ	0:14:13

1.740 Metros - Infantis | INF - M | Dia 1

Série 1

1	Pedro Freitas	2009	INF	CAOB-A	0:05:21
2	Santiago Fernandes	2009	INF	GS	0:05:26
3	José Miguel Caetano	2009	INF	CPTSC	0:05:53
4	João Silva	2009	INF	SCP-C	0:06:01

5	Guilherme Magalhães	2010	INF	CLUVE	0:06:16
6	Nuno Gonçalves	2010	INF	OLIVAIS	0:06:17
7	Pedro Fonseca	2010	INF	OLIVAIS	0:06:21
8	Duarte Baptista	2009	INF	GS	0:06:22
9	Santiago Ferreira	2009	INF	ACDRSQ	0:06:56
10	Mateus Antunes	2009	INF	ACDRSQ	0:06:59
11	Martim Marcelino	2009	INF	CPTSC	0:07:08
12	Tiago Fortunato	2010	INF	CPTSC	0:07:14
13	Jorge B Jorge	2009	INF	OLIVAIS	0:07:17
14	Paulo Cruz	2010	INF	ACRSD	0:07:35
15	Gustavo Sousa	2010	INF	OLIVAIS	0:07:45
16	Benjamín Molinari	2010	INF	ARG CAOB-A	0:07:53
17	Dinis Duarte	2010	INF	CPTSC	0:08:23
DNS	Alexandre Jesus	2010	INF	OLIVAIS	0:00:00

1.740 Metros - Infantis | INF - F | Dia 1

Série 1

1	Carolina Cruz	2009	INF	CAOB-A	0:06:07
2	Julia Freitas	2009	INF	ASCV	0:06:42
3	Maria Inês Santos	2010	INF	GS	0:06:43
4	Matilde Oliveira	2009	INF	CAOB-A	0:06:46
5	Inês Neto	2010	INF	OLIVAIS	0:06:53
6	Antonia Freitas	2009	INF	ASCV	0:06:58
7	Alícia Garcia	2010	INF	CPV ACRSD	0:07:01
8	Inês Ventura	2009	INF	CPTSC	0:07:18
9	Alexandra Vogado	2009	INF	CPTSC	0:07:25
10	Petra Pinto	2010	INF	OLIVAIS	0:07:29
11	Margarida Marcelino	2010	INF	CPTSC	0:07:30
12	Aurora Pereira	2009	INF	SCP-C	0:07:38
13	Beatriz Fonseca	2010	INF	NSCPCDX	0:07:41
14	Mafalda Marcelino	2010	INF	CPTSC	0:07:42
15	Carolina Mendes	2010	INF	OLIVAIS	0:07:46
16	Catarina Abrantes	2010	INF	CAOB-A	0:07:49
17	Iris Tabanez	2009	INF	ASCV	0:07:54
18	Ana Amado	2010	INF	CLUVE	0:07:56
19	Madalena Calado	2010	INF	NSCPCDX	0:07:57
20	Carolina Santos	2010	INF	GRE-AA	0:07:58
21	Bianca Cravinho	2010	INF	CLUVE	0:07:59
22	Isa Santos	2010	INF	SCP-C	0:08:11
23	Matilde Maia	2010	INF	GRE-AA	0:08:45

1.040 Metros - Benj. B | BENJ B - M | Dia 1

Série 1

1	Rodrigo Martins	2011	BENJ B	GS	0:03:39
2	Henrique Dinis	2012	BENJ B	ARC-EAC	0:03:46
3	Gustavo Oliveira	2012	BENJ B	CAOB-A	0:03:57
4	Tomás Belém	2012	BENJ B	CAOB-A	0:04:00
5	Lucas Henriques	2012	BENJ B	AMCRS	0:04:01
6	João Fernandes	2011	BENJ B	ACDRSQ	0:04:03
7	Sebastião Martins	2012	BENJ B	SCP-C	0:04:07
8	Nuno Manata	2011	BENJ B	ASCV	0:04:11
9	Santiago Calinas	2011	BENJ B	GRE-AA	0:04:16
10	João Nuno Rosado	2012	BENJ B	AAC	0:04:39
11	Martim Santos	2011	BENJ B	NSCPCDX	0:04:39
12	Tomás Gonçalves	2012	BENJ B	CAOB-A	0:04:40
13	Tomás Jesus	2011	BENJ B	ACDRSQ	0:05:02
14	Jamie Gonçalves	2012	BENJ B	FRA CDP-C	0:06:46
15	Gonçalo Almeida	2012	BENJ B	CDP-C	0:06:58
16	Francisco Marques	2011	BENJ B	AMCRS	0:07:19

1.040 Metros - Benj. B | BENJ B - F | Dia 1

Série 1

1	Vitória Simões	2011	BENJ B	CAOB-A	0:03:48
2	Ema Marques	2011	BENJ B	SCP-C	0:03:48
3	Clara Silva	2011	BENJ B	GS	0:03:53
5	Leonor Marques	2011	BENJ B	ARC-EAC	0:03:58
6	Leonor Henrietier	2011	BENJ B	ARC-EAC	0:03:59
7	Beatriz Rosa	2012	BENJ B	SCP-C	0:04:04
8	Maria Pinto	2011	BENJ B	NSCPCDX	0:04:12
9	Gabriela Mesquita	2012	BENJ B	ASCV	0:04:13
10	Mariana Silva	2011	BENJ B	GS	0:04:18
11	Alexandra Querido	2011	BENJ B	NSCPCDX	0:04:18
12	Pilar Pinto	2012	BENJ B	OLIVAIS	0:04:22
13	Ana Teresa Amado	2012	BENJ B	CPTSC	0:04:23
14	Leonor Silva	2011	BENJ B	GS	0:04:24
15	Carolina Ferreira	2011	BENJ B	ARC-EAC	0:04:32
16	Laura Pratas	2011	BENJ B	CLUVE	0:04:38
17	Heliana Oliveira	2011	BENJ B	AMCRS	0:04:41
18	Sofia Simão	2011	BENJ B	ARC-EAC	0:04:43
19	Helena Mourão	1960	VET 60	ACRSD	0:04:47
20	Lara Fernandes	2011	BENJ B	OLIVAIS	0:04:52
21	Ana Rodrigues	2011	BENJ B	NSCPCDX	0:04:55
22	Laura Santos	2012	BENJ B	AMCRS	0:04:58
23	Laura Silva	2012	BENJ B	SCP-C	0:05:16
24	Sara Cardetas	2011	BENJ B	ARC-EAC	0:06:12

700 Metros - Benj. A | BENJ A - M | Dia 1

Série 1

1	Afonso Dinis	2014	BENJ A	ARC-EAC	0:02:34
2	Tomás Silva	2014	BENJ A	CAOB-A	0:02:37
3	Gaspar Magalhães	2013	BENJ A	CLUVE	0:02:40
4	Rafael Pleno	2015	BENJ A	CPTSC	0:02:42
5	Diego Garcia	2013	BENJ A	CPV ACRSD	0:02:43
6	Francisco Teixeira	2013	BENJ A	ARC-EAC	0:02:43
7	Alexandre Cardoso	2013	BENJ A	GS	0:02:45
8	Santiago Madureira	2014	BENJ A	CAOB-A	0:02:47
9	Matias Ferraz	2014	BENJ A	GRE-AA	0:02:54
10	Artur Oliveira	2014	BENJ A	AMCRS	0:02:58
11	Francisco Neves	2015	BENJ A	CAOB-A	0:02:59
12	Guilherme Reis	2013	BENJ A	GS	0:03:03
13	Mafalda Tribuna	2013	BENJ A	GS	0:03:12
14	João Pedro Santos	2014	BENJ A	AAC	0:03:15
15	Tiago Vinhas	2014	BENJ A	GS	0:03:17
16	Francisco Rojais	2014	BENJ A	CDP-C	0:03:21
17	Martim Marques	2014	BENJ A	ACDRSQ	0:03:28
18	Pedro Galvão	2016	BENJ A	ACDRSQ	0:03:45
19	Diogo Cravinho	2016	BENJ A	CLUVE	0:03:52
20	Miguel Silva	2017	BENJ A	ACDRSQ	0:03:57
21	Eduardo Jesus	2014	BENJ A	ACDRSQ	0:03:59
22	Filipe Marcelo	2016	BENJ A	ACDRSQ	0:04:03
23	Carlos Jesus	2014	BENJ A	ACDRSQ	0:04:15
24	Gabriel Estevão	2018	BENJ A	GS	0:05:52

700 Metros - Benj. A | BENJ A - F | Dia 1

Série 1

1	Petra Gonçalves	2014	BENJ A	GRE-AA	0:02:37
2	Leonor Reis	2014	BENJ A	GRE-AA	0:02:41
3	Rita Melo	2015	BENJ A	CPTSC	0:03:01
4	Eva Lopes	2013	BENJ A	CLUVE	0:03:06
5	Bárbara Castro	2015	BENJ A	GS	0:03:07



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6	Sofia Machado	2015	BENJ A	ACDRSQ	0:03:10	14	Nicole Ferreira	2015	BENJ A	ACDRSQ	0:03:44
7	Bianca Loureiro	2013	BENJ A	GS	0:03:14	15	Áurea Moreira	2014	BENJ A	ACDRSQ	0:03:58
8	Mara Tribuna	2016	BENJ A	GS	0:03:19	16	Letícia Ferreira	2015	BENJ A	ACDRSQ	0:04:00
9	Maria Bento Da Cruz	2013	BENJ A	GS	0:03:20	17	Benedita Ferreira	2017	BENJ A	SCP-C	0:04:06
10	David Estevão	2015	BENJ A	GS	0:03:23	18	Carolina Galvão	2016	BENJ A	ACDRSQ	0:04:32
11	Ana Rita Santos	2016	BENJ A	GRE-AA	0:03:31	19	Haley Gonçalves	2014	BENJ A	FRA CDP-C	0:04:47
12	Maria Sol Oliveira	2014	BENJ A	OLIVAIS	0:03:35	20	Benedita Caetano		BENJ A	GS	0:05:07
13	Graça Silva	2014	BENJ A	CAOB-A	0:03:38	21	Leonor Reis	2014	BENJ A	GRE-AA	0:02:41



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Estadística Clubes

Sigla	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
AAC	6	2	8	6	2	8
ACDRSQ	13	10	23	13	10	23
ACRSD	3	3	6	3	4	7
ADR4E	0	1	1	0	1	1
AMCRS	5	3	8	5	3	8
ARC-EAC	9	8	17	9	8	17
ASCV	4	4	8	4	4	8
CAOB-A	10	5	15	10	5	15
CCRPM	0	1	1	0	1	1
CDP-C	4	2	6	4	2	6
CLUVE	7	5	12	7	5	12
CPLAVOS	2	1	3	2	1	3
CPTSC	20	7	27	20	7	27
FB&TR	1	0	1	1	0	1
GRE-AA	5	12	17	5	13	18
GS	11	13	24	11	13	24
IND	3	0	3	3	0	3
NSCPCDX	1	7	8	1	7	8
OLIVAIS	6	6	12	6	6	12
SCP-C	2	6	8	2	6	8
SUOV	2	1	3	2	1	3
_NaoFederado	-	-	1	-	-	1
_Total	114	97	212	114	99	214



Estatística Escalão

Escalão	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
BENJ A	24	19	43	24	20	44
BENJ B	16	22	38	16	22	38
INF	18	23	41	18	23	41
INI	14	14	28	14	14	28
JUV	13	5	18	13	5	18
JUN	3	1	4	3	1	4
SUB-23	1	2	3	1	2	3
SEN	4	2	6	4	2	6
VET 35	1	0	1	1	0	1
VET 40	2	2	4	2	2	4
VET 45	4	2	6	4	2	6
VET 50	6	2	8	6	2	8
VET 55	2	2	4	2	2	4
VET 60	2	1	3	2	2	4
VET 65	3	0	3	3	0	3
VET 75	1	0	1	1	0	1
_NaoFederado	-	-	1	-	-	1



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Designação Clubes

Sigla	Nome	Associação
AAC	ASS ACAD COIMBRA	Coimbra
ACDRSQ	ACDRS QUINHENDROS	Coimbra
ACRSD	A C R SRA DESTERRO	Guarda
ADR4E	A D REC 4 ESTAÇÕES	Coimbra
AMCRS	A M C R SILVEIRINHO	Coimbra
ARC-EAC	A R CASAENSE - EAC	Coimbra
ASCV	A S C VALEIRINHA	Coimbra
CAOB-A	CAOB OLIVEIRA BAIRRO	Aveiro
CCRPM	CCR PRAIA DE MIRA	Coimbra
CDP-C	C DESP PENACOVA	Coimbra
CLUVE	C VETERANOS COIMBRA	Coimbra
CPLAVOS	CASA DO POVO LAVOS	Coimbra
CPTSC	C P T SOBRAL CEIRA	Coimbra
FB&TR	FORMOBIKE BTT & TR	Coimbra
GRE-AA	GRUPO REC EIRENSE	Coimbra
GS	GIRA SOL	Coimbra
IND	Individual	None
NSPCDX	NÚCLEO SCP CONDEIXA	Coimbra
OLIVAIS	OLIVAIS F CLUBE	Coimbra
SCP-C	S C POVOENSE	Coimbra
SUOV	S U OPERÁRIA VAIS	Coimbra



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