

Louzan 1000

Km Vertical

Classificação Final



Rank	Num	Atleta	Equipa	Classe	Time	Gap
GERAL						
1	1067	Guilherme Loureço	CRP RIBAFRIA	SENIOR	52:58.7	
2	1068	Luis Serrazina	CRP RIBAFRIA	M40	58:53.0	5:54.3
3	1078	Fernando Carvalho	CDCR CTT COIMBRA	SENIOR	59:57.8	6:59.1
4	1086	João Pimentel	Holmes Place	SENIOR	1h00:50.6	7:51.9
5	1019	Luís Filipe Amaral de Oliveira	GD Ribeirinhos de Viseu	SENIOR	1h02:17.8	9:19.1
6	1018	Nuno Vasconcelos Carvalho	ThunderRunners	SENIOR	1h03:14.2	10:15.5
7	1001	José António Rodrigues Sequeir	Trialmotor Online Trial Shop	SENIOR	1h03:34.1	10:35.4
8	1029	António Figueiredo	GLOBAZ/Destilaria Levira	SENIOR	1h03:44.7	10:46.0
9	1071	António Ferreira		M40	1h04:13.6	11:14.9
10	1066	Nelson Diogo	Monsanto Running Team	SENIOR	1h05:09.6	12:10.9
11	1072	Paulo R. Santos	Mountain Trails	M40	1h05:35.3	12:36.6
12	1069	Joel António Santos Martins	Juventude Vidigalense	SENIOR	1h05:56.0	12:57.3
13	1093	Rui Manuel Da Silva Gomes	GD Os Ribeirinhos	M40	1h06:30.8	13:32.1
14	1097	Jose Guimaraes		M40	1h07:39.7	14:41.0
15	1103	Pedro Filipe Rosmaninho Ferrei		SENIOR	1h08:16.3	15:17.6
16	1007	José Manuel Antunes Correia	Clube Académico das Gândaras R	M50	1h08:34.9	15:36.2
17	1015	Jorge Lestro	O MUNDO DA CORRIDA	SENIOR	1h08:38.4	15:39.7
18	1081	Romeu Gouveia	Pizzaria Papo-Seco Trail		1h08:57.8	15:59.1
19	1023	Filipe Manuel Vicente Afonso		SENIOR	1h09:14.6	16:15.9
20	1107	Luís Miguel Jesus Correia Bent			1h10:05.8	17:07.1
21	1020	Bruno Sousa Querido	Desnível Positivo	M40	1h10:54.6	17:55.9
22	1035	Luís Trindade		SENIOR	1h11:19.3	18:20.6
23	1042	Joao Branquinho		SENIOR	1h11:29.9	18:31.2
24	1032	Henrique Madeira	Pickle Films	SENIOR	1h12:08.6	19:09.9
25	1092	Joao Neto		SENIOR	1h12:12.7	19:14.0
26	1108	Gonçalo Filipe Matos Gaspar		SENIOR	1h12:28.3	19:29.6
27	1079	Vitor manuel neves leitão	doutor exercício	M40	1h12:54.1	19:55.4
28	1051	Pedro Gabriel	C.A. Amigos Parque da Paz	M40	1h12:54.5	19:55.8
29	1033	Jorge José Andrade Assunção	GRClube	M50	1h13:49.5	20:50.8
30	1085	João Pedro Correia Fernandes	The Fat	SENIOR	1h14:10.7	21:12.0
31	1098	Bruno Safara		SENIOR	1h14:34.8	21:36.1
32	1112	Emanuel Oliveira		M40	1h14:48.4	21:49.7
33	1084	Arsénio Fernandes		M50	1h15:02.2	22:03.5
34	1057	ARNALDO FERREIRA	BTTRAIN	SENIOR	1h15:10.4	22:11.7
35	1002	Pedro Tomás Luiz	Correr na Cidade Running Crew	SENIOR	1h15:25.0	22:26.3
36	1006	Bruno Esteves	ABUTRES RUNNING TEAM	SENIOR	1h15:39.3	22:40.6
37	1074	Jorge Pedro	Mountain trails	M40	1h15:40.9	22:42.2
38	1034	Manuel Fradinho Bonito		M40	1h16:05.2	23:06.5
39	1049	Alexandre Travassos Dias	OS Bots	SENIOR	1h16:18.8	23:20.1
40	1059	João Lamas	Abutres Running Team	SENIOR	1h16:23.7	23:25.0
41	1077	João Pedro Mendes	O MUNDO DA CORRIDA	SENIOR	1h16:28.6	23:29.9
42	1076	jorge dias	CCDPJCOIMBRA	M50	1h17:03.7	24:05.0
43	1099	Maria João Pereira		SENIOR	1h17:20.8	24:22.1
44	1058	Sérgio Miguel Simões Gonçalves	BTTRAIN	SENIOR	1h17:22.7	24:24.0
45	1063	Miguel Serradas Duarte	Run4Fun	M40	1h18:20.8	25:22.1
46	1094	David Silva Clemente		SENIOR	1h18:24.2	25:25.5
47	1005	Tiago Araújo	ABUTRES RUNNING TEAM	SENIOR	1h18:31.3	25:32.6

Louzan 1000
Km Vertical
Classificação Final



Rank	Num	Atleta	Equipa	Classe	Time	Gap
48	1037	Tiago Figueiredo		SENIOR	1h19:18.4	26:19.7
49	1052	André João Gomes Ruivo	Kickboxing Running Team	SENIOR	1h19:50.5	26:51.8
50	1082	Ana Groznik	Run 4 Fun	F40	1h20:31.1	27:32.4
51	1104	Paulo Açafrão	Mountain Trails	M40	1h20:39.7	27:41.0
52	1106	Luís Andrade	Mountain Trails	SENIOR	1h20:40.0	27:41.3
53	1031	Antonio Madeira	Pickle Films	M60	1h20:53.5	27:54.8
54	1041	João David Fernando	GR Clube		1h22:28.2	29:29.5
55	1091	Antonio Girão		M50	1h23:04.4	30:05.7
56	1048	António Guerreiro	Monsanto Running Team	M60	1h23:20.9	30:22.2
57	1070	Tiago José Neves Simões		SENIOR	1h23:23.6	30:24.9
58	1073	Lurdes Gil	Mountain trails	F40	1h23:31.1	30:32.4
59	1030	Luis Carvalho Lopes	Abutres Running Team	M40	1h24:12.2	31:13.5
60	1110	Pedro Gonçalo Henriques		SENIOR	1h24:55.2	31:56.5
61	1109	Luis Mendes		SENIOR	1h24:55.7	31:57.0
62	1044	Filipe Rafael Carvalho Amado			1h25:16.9	32:18.2
63	1075	Agostinho Abranches	CCDPJCOIMBRA	M50	1h25:21.6	32:22.9
64	1047	Álvaro Santos	Hand2Hand Club Better Living	SENIOR	1h25:28.7	32:30.0
65	1009	José Manuel Pereira dos Santos	Clube Academico das Gândaras R	M60	1h25:55.8	32:57.1
66	1011	Tiago Santos Silva		M40	1h26:38.4	33:39.7
67	1100	João Alvaro Dos Santos	logurte Magro	SENIOR	1h26:57.8	33:59.1
68	1090	Sabina aramehmedovics	logurte Magro	SENIOR	1h26:58.4	33:59.7
69	1054	RICARDO RODRIGUES	Pantone4	SENIOR	1h27:22.1	34:23.4
70	1046	Fausto Pimentel	Pantone4	M40	1h27:33.8	34:35.1
71	1065	Pedro Jorge Ferreira Granadas	Tough Trails	SENIOR	1h28:04.1	35:05.4
72	1028	Paulo Costa		SENIOR	1h29:42.7	36:44.0
73	1027	Diogo Roberto		SENIOR	1h29:43.2	36:44.5
74	1014	Carla Isabel Correia Sousa San	Clube Académico das Gândaras	SENIOR	1h29:55.7	36:57.0
75	1061	Gonçalo Alexandre Fernandes Mo			1h29:56.1	36:57.4
76	1064	Nuno Manuel Ferreira Granadas	Tough Trails	SENIOR	1h29:56.8	36:58.1
77	1017	Nuno Jerónimo Henriques da Cos		SENIOR	1h30:00.5	37:01.8
78	1060	Jorge Alexandre Correia Moita		SENIOR	1h32:08.6	39:09.9
79	1055	Sergio Leal		SENIOR	1h32:18.7	39:20.0
80	1039	Pedro Fernando	GR Clube	M40	1h32:28.8	39:30.1
81	1040	Maria Mafalda Fernando	GR Clube	SENIOR	1h32:29.4	39:30.7
82	1053	João Paulo Almeida Barata Serr		SENIOR	1h32:36.8	39:38.1
83	1062	Mario João Meira Bastardo	Hand 2 Hand Better Club Living	SENIOR	1h32:48.8	39:50.1
84	1004	José David Fernandes		SENIOR	1h32:50.6	39:51.9
85	1089	Tiago Silva	logurte Magro	SENIOR	1h34:11.1	41:12.4
86	1096	Luís Boletto		SENIOR	1h36:58.0	43:59.3
87	1105	José Andrade	Mountain Trails	SENIOR	1h39:09.3	46:10.6
88	1111	Sergio Carlos Almeida Tavares		SENIOR	1h39:40.4	46:41.7
89	1003	Armando Ventura	Correr na Cidade Running Crew	M60	1h42:55.4	49:56.7
90	1043	André Jorge Neves Simões		SENIOR	1h43:38.9	50:40.2
91	1045	Carlos António Serra Costa	A. D. Serpinense	SENIOR	1h43:39.4	50:40.7
92	1038	Ílgia dos santos matos	A.D.SERPINENSE	SENIOR	1h55:17.9	1h02:19.2
93	1056	Miguel Simões	Montanha clube	SENIOR	1h55:18.7	1h02:20.0
94	1113	João Rodrigues		SENIOR	1h55:19.9	1h02:21.2
95	1013	Jorge Luis Gonçalves Vieira	ABC Caxarias	SENIOR	1h56:59.0	1h04:00.3
96	1012	Rita Garcia Dias	NEL - Pédatleta	SENIOR	1h59:09.4	1h06:10.7
97	1102	Nuno Miguel Dias	logurte Magro	M40	2h06:11.9	1h13:13.2
98	1008	José Adelino Neves Sequeira	Clube Académico das Gândaras	M60	2h17:16.5	1h24:17.8

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Classificação Final



Rank	Num	Atleta	Equipa	Classe	Time	Gap
DNS						
	1010	Márcia Cristino dos Santos		SENIOR		
	1016	Carlos Miguel Lopes Filipe		M40		
	1021	eurico joão	FreeRunners	SENIOR		
	1022	Ismael Costa	FreeRunners	SENIOR		
	1024	ORLANDO MANUEL AVEIRO PIRES	ARSM - ASSOCIAÇÃO RECREATIVA D	M40		
	1025	MARIO PIRES		M50		
	1026	João Filipe Teixeira Veigas		SENIOR		
	1036	Pedro João Roque Martins	Tartarugas do Choupal	M40		
	1050	Pedro Simões		SENIOR		
	1080	Tiago Ricardo Vicente		SENIOR		
	1083	Ruben Borges		SENIOR		
	1087	Ruben Borges		M40		
	1088	Márcio Silva				
	1095	Jorge Antonio Matos	AMinhaCorrida/Cellfood	M40		
	1101	Daniela Filipa Ramos Silva	logurte Magro	SENIOR		

Louzan 1000
Km Vertical
Classificação Final



Rank	Num	Atleta	Equipa	Classe	Time	Gap
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GERAL MASCULINO

1	1067	Guilherme Loureço	CRP RIBAFRIA	SENIOR	52:58.7	
2	1068	Luis Serrazina	CRP RIBAFRIA	M40	58:53.0	5:54.3
3	1078	Fernando Carvalho	CDCR CTT COIMBRA	SENIOR	59:57.8	6:59.1
4	1086	João Pimentel	Holmes Place	SENIOR	1h00:50.6	7:51.9
5	1019	Luís Filipe Amaral de Oliveira	GD Ribeirinhos de Viseu	SENIOR	1h02:17.8	9:19.1
6	1018	Nuno Vasconcelos Carvalho	ThunderRunners	SENIOR	1h03:14.2	10:15.5
7	1001	José António Rodrigues Sequeir	Trialmotor Online Trial Shop	SENIOR	1h03:34.1	10:35.4
8	1029	António Figueiredo	GLOBAZ/Destilaria Levira	SENIOR	1h03:44.7	10:46.0
9	1071	António Ferreira		M40	1h04:13.6	11:14.9
10	1066	Nelson Diogo	Monsanto Running Team	SENIOR	1h05:09.6	12:10.9
11	1072	Paulo R. Santos	Mountain Trails	M40	1h05:35.3	12:36.6
12	1069	Joel António Santos Martins	Juventude Vidigalense	SENIOR	1h05:56.0	12:57.3
13	1093	Rui Manuel Da Silva Gomes	GD Os Ribeirinhos	M40	1h06:30.8	13:32.1
14	1097	Jose Guimaraes		M40	1h07:39.7	14:41.0
15	1103	Pedro Filipe Rosmaninho Ferrei		SENIOR	1h08:16.3	15:17.6
16	1007	José Manuel Antunes Correia	Clube Académico das Gândaras R	M50	1h08:34.9	15:36.2
17	1015	Jorge Lestro	O MUNDO DA CORRIDA	SENIOR	1h08:38.4	15:39.7
18	1081	Romeu Gouveia	Pizzaria Papo-Seco Trail		1h08:57.8	15:59.1
19	1023	Filipe Manuel Vicente Afonso		SENIOR	1h09:14.6	16:15.9
20	1107	Luís Miguel Jesus Correia Bent			1h10:05.8	17:07.1
21	1020	Bruno Sousa Querido	Desnível Positivo	M40	1h10:54.6	17:55.9
22	1035	Luís Trindade		SENIOR	1h11:19.3	18:20.6
23	1042	Joao Branquinho		SENIOR	1h11:29.9	18:31.2
24	1032	Henrique Madeira	Pickle Films	SENIOR	1h12:08.6	19:09.9
25	1092	Joao Neto		SENIOR	1h12:12.7	19:14.0
26	1108	Gonçalo Filipe Matos Gaspar		SENIOR	1h12:28.3	19:29.6
27	1079	Vitor manuel neves leitão	doutor exercício	M40	1h12:54.1	19:55.4
28	1051	Pedro Gabriel	C.A. Amigos Parque da Paz	M40	1h12:54.5	19:55.8
29	1033	Jorge José Andrade Assunção	GRClube	M50	1h13:49.5	20:50.8
30	1085	João Pedro Correia Fernandes	The Fat	SENIOR	1h14:10.7	21:12.0
31	1098	Bruno Safara		SENIOR	1h14:34.8	21:36.1
32	1112	Emanuel Oliveira		M40	1h14:48.4	21:49.7
33	1084	Arsénio Fernandes		M50	1h15:02.2	22:03.5
34	1057	ARNALDO FERREIRA	BTTRAIN	SENIOR	1h15:10.4	22:11.7
35	1002	Pedro Tomás Luiz	Correr na Cidade Running Crew	SENIOR	1h15:25.0	22:26.3
36	1006	Bruno Esteves	ABUTRES RUNNING TEAM	SENIOR	1h15:39.3	22:40.6
37	1074	Jorge Pedro	Mountain trails	M40	1h15:40.9	22:42.2
38	1034	Manuel Fradinho Bonito		M40	1h16:05.2	23:06.5
39	1049	Alexandre Travassos Dias	OS Bots	SENIOR	1h16:18.8	23:20.1
40	1059	João Lamas	Abutres Running Team	SENIOR	1h16:23.7	23:25.0
41	1077	João Pedro Mendes	O MUNDO DA CORRIDA	SENIOR	1h16:28.6	23:29.9
42	1076	jorge dias	CCDPJCOIMBRA	M50	1h17:03.7	24:05.0
43	1058	Sérgio Miguel Simões Gonçalves	BTTRAIN	SENIOR	1h17:22.7	24:24.0
44	1063	Miguel Serradas Duarte	Run4Fun	M40	1h18:20.8	25:22.1
45	1094	David Silva Clemente		SENIOR	1h18:24.2	25:25.5
46	1005	Tiago Araújo	ABUTRES RUNNING TEAM	SENIOR	1h18:31.3	25:32.6
47	1037	Tiago Figueiredo		SENIOR	1h19:18.4	26:19.7
48	1052	André João Gomes Ruivo	Kickboxing Running Team	SENIOR	1h19:50.5	26:51.8

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Classificação Final**



Rank	Num	Atleta	Equipa	Classe	Time	Gap
49	1104	Paulo Açafrão	Mountain Trails	M40	1h20:39.7	27:41.0
50	1106	Luís Andrade	Mountain Trails	SENIOR	1h20:40.0	27:41.3
51	1031	Antonio Madeira	Pickle Films	M60	1h20:53.5	27:54.8
52	1041	João David Fernando	GR Clube		1h22:28.2	29:29.5
53	1091	Antonio Girão		M50	1h23:04.4	30:05.7
54	1048	António Guerreiro	Monsanto Running Team	M60	1h23:20.9	30:22.2
55	1070	Tiago José Neves Simões		SENIOR	1h23:23.6	30:24.9
56	1030	Luis Carvalho Lopes	Abutres Running Team	M40	1h24:12.2	31:13.5
57	1110	Pedro Gonçalo Henriques		SENIOR	1h24:55.2	31:56.5
58	1109	Luis Mendes		SENIOR	1h24:55.7	31:57.0
59	1044	Filipe Rafael Carvalho Amado			1h25:16.9	32:18.2
60	1075	Agostinho Abranches	CCDPJCOIMBRA	M50	1h25:21.6	32:22.9
61	1047	Álvaro Santos	Hand2Hand Club Better Living	SENIOR	1h25:28.7	32:30.0
62	1009	José Manuel Pereira dos Santos	Clube Academico das Gândaras R	M60	1h25:55.8	32:57.1
63	1011	Tiago Santos Silva		M40	1h26:38.4	33:39.7
64	1100	João Alvaro Dos Santos	logurte Magro	SENIOR	1h26:57.8	33:59.1
65	1054	RICARDO RODRIGUES	Pantone4	SENIOR	1h27:22.1	34:23.4
66	1046	Fausto Pimentel	Pantone4	M40	1h27:33.8	34:35.1
67	1065	Pedro Jorge Ferreira Granadas	Tough Trails	SENIOR	1h28:04.1	35:05.4
68	1028	Paulo Costa		SENIOR	1h29:42.7	36:44.0
69	1027	Diogo Roberto		SENIOR	1h29:43.2	36:44.5
70	1061	Gonçalo Alexandre Fernandes Mo			1h29:56.1	36:57.4
71	1064	Nuno Manuel Ferreira Granadas	Tough Trails	SENIOR	1h29:56.8	36:58.1
72	1017	Nuno Jerónimo Henriques da Cos		SENIOR	1h30:00.5	37:01.8
73	1060	Jorge Alexandre Correia Moita		SENIOR	1h32:08.6	39:09.9
74	1055	Sergio Leal		SENIOR	1h32:18.7	39:20.0
75	1039	Pedro Fernando	GR Clube	M40	1h32:28.8	39:30.1
76	1053	João Paulo Almeida Barata Serr		SENIOR	1h32:36.8	39:38.1
77	1062	Mario João Meira Bastardo	Hand 2 Hand Better Club Living	SENIOR	1h32:48.8	39:50.1
78	1004	José David Fernandes		SENIOR	1h32:50.6	39:51.9
79	1089	Tiago Silva	logurte Magro	SENIOR	1h34:11.1	41:12.4
80	1096	Luís Boleto		SENIOR	1h36:58.0	43:59.3
81	1105	José Andrade	Mountain Trails	SENIOR	1h39:09.3	46:10.6
82	1111	Sergio Carlos Almeida Tavares		SENIOR	1h39:40.4	46:41.7
83	1003	Armando Ventura	Correr na Cidade Running Crew	M60	1h42:55.4	49:56.7
84	1043	André Jorge Neves Simões		SENIOR	1h43:38.9	50:40.2
85	1045	Carlos António Serra Costa	A. D. Serpinense	SENIOR	1h43:39.4	50:40.7
86	1056	Miguel Simões	Montanha clube	SENIOR	1h55:18.7	1h02:20.0
87	1113	João Rodrigues		SENIOR	1h55:19.9	1h02:21.2
88	1013	Jorge Luis Gonçalves Vieira	ABC Caxarias	SENIOR	1h56:59.0	1h04:00.3
89	1102	Nuno Miguel Dias	logurte Magro	M40	2h06:11.9	1h13:13.2
90	1008	José Adelino Neves Sequeira	Clube Académico das Gândaras	M60	2h17:16.5	1h24:17.8

DNS

1016	Carlos Miguel Lopes Filipe		M40
1021	eurico joão	FreeRunners	SENIOR
1022	Ismael Costa	FreeRunners	SENIOR
1024	ORLANDO MANUEL AVEIRO PIRES	ARSM - ASSOCIAÇÃO RECREATIVA D	M40
1025	MARIO PIRES		M50
1026	João Filipe Teixeira Veigas		SENIOR

**Louzan 1000
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Classificação Final**



Rank	Num	Atleta	Equipa	Classe	Time	Gap
	1036	Pedro João Roque Martins	Tartarugas do Choupal	M40		
	1050	Pedro Simões		SENIOR		
	1080	Tiago Ricardo Vicente		SENIOR		
	1083	Ruben Borges		SENIOR		
	1087	Ruben Borges		M40		
	1088	Márcio Silva				
	1095	Jorge Antonio Matos	AMinhaCorrida/Cellfood	M40		

Louzan 1000
Km Vertical
Classificação Final



Rank	Num	Atleta	Equipa	Classe	Time	Gap
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GERAL FEMININO

1	1099	Maria João Pereira		SENIOR	1h17:20.8	
2	1082	Ana Groznik	Run 4 Fun	F40	1h20:31.1	3:10.3
3	1073	Lurdes Gil	Mountain trails	F40	1h23:31.1	6:10.3
4	1090	Sabina aramehmedovics	logurte Magro	SENIOR	1h26:58.4	9:37.6
5	1014	Carla Isabel Correia Sousa San	Clube Académico das Gândaras	SENIOR	1h29:55.7	12:34.9
6	1040	Maria Mafalda Fernando	GR Clube	SENIOR	1h32:29.4	15:08.6
7	1038	Ilgia dos santos matos	A.D.SERPINENSE	SENIOR	1h55:17.9	37:57.1
8	1012	Rita Garcia Dias	NEL - Pédatleta	SENIOR	1h59:09.4	41:48.6

DNS

1010	Márcia Cristino dos Santos		SENIOR
1101	Daniela Filipa Ramos Silva	logurte Magro	SENIOR

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Km Vertical
Classificação Final



Rank	Num	Atleta	Equipa	Classe	Time	Gap
SENIOR						
1	1067	Guilherme Loureço	CRP RIBAFRIA	SENIOR	52:58.7	
2	1078	Fernando Carvalho	CDCR CTT COIMBRA	SENIOR	59:57.8	6:59.1
3	1086	João Pimentel	Holmes Place	SENIOR	1h00:50.6	7:51.9
4	1019	Luís Filipe Amaral de Oliveira	GD Ribeirinhos de Viseu	SENIOR	1h02:17.8	9:19.1
5	1018	Nuno Vasconcelos Carvalho	ThunderRunners	SENIOR	1h03:14.2	10:15.5
6	1001	José António Rodrigues Sequeir	Trialmotor Online Trial Shop	SENIOR	1h03:34.1	10:35.4
7	1029	António Figueiredo	GLOBAZ/Destilaria Levira	SENIOR	1h03:44.7	10:46.0
8	1066	Nelson Diogo	Monsanto Running Team	SENIOR	1h05:09.6	12:10.9
9	1069	Joel António Santos Martins	Juventude Vidigalense	SENIOR	1h05:56.0	12:57.3
10	1103	Pedro Filipe Rosmaninho Ferrei		SENIOR	1h08:16.3	15:17.6
11	1015	Jorge Lestro	O MUNDO DA CORRIDA	SENIOR	1h08:38.4	15:39.7
12	1023	Filipe Manuel Vicente Afonso		SENIOR	1h09:14.6	16:15.9
13	1035	Luís Trindade		SENIOR	1h11:19.3	18:20.6
14	1042	Joao Branquinho		SENIOR	1h11:29.9	18:31.2
15	1032	Henrique Madeira	Pickle Films	SENIOR	1h12:08.6	19:09.9
16	1092	Joao Neto		SENIOR	1h12:12.7	19:14.0
17	1108	Gonçalo Filipe Matos Gaspar		SENIOR	1h12:28.3	19:29.6
18	1085	João Pedro Correia Fernandes	The Fat	SENIOR	1h14:10.7	21:12.0
19	1098	Bruno Safara		SENIOR	1h14:34.8	21:36.1
20	1057	ARNALDO FERREIRA	BTTRAIN	SENIOR	1h15:10.4	22:11.7
21	1002	Pedro Tomás Luiz	Correr na Cidade Running Crew	SENIOR	1h15:25.0	22:26.3
22	1006	Bruno Esteves	ABUTRES RUNNING TEAM	SENIOR	1h15:39.3	22:40.6
23	1049	Alexandre Travassos Dias	OS Bots	SENIOR	1h16:18.8	23:20.1
24	1059	João Lamas	Abutres Running Team	SENIOR	1h16:23.7	23:25.0
25	1077	João Pedro Mendes	O MUNDO DA CORRIDA	SENIOR	1h16:28.6	23:29.9
26	1099	Maria João Pereira		SENIOR	1h17:20.8	24:22.1
27	1058	Sérgio Miguel Simões Gonçalves	BTTRAIN	SENIOR	1h17:22.7	24:24.0
28	1094	David Silva Clemente		SENIOR	1h18:24.2	25:25.5
29	1005	Tiago Araújo	ABUTRES RUNNING TEAM	SENIOR	1h18:31.3	25:32.6
30	1037	Tiago Figueiredo		SENIOR	1h19:18.4	26:19.7
31	1052	André João Gomes Ruivo	Kickboxing Running Team	SENIOR	1h19:50.5	26:51.8
32	1106	Luís Andrade	Mountain Trails	SENIOR	1h20:40.0	27:41.3
33	1070	Tiago José Neves Simões		SENIOR	1h23:23.6	30:24.9
34	1110	Pedro Gonçalo Henriques		SENIOR	1h24:55.2	31:56.5
35	1109	Luis Mendes		SENIOR	1h24:55.7	31:57.0
36	1047	Álvaro Santos	Hand2Hand Club Better Living	SENIOR	1h25:28.7	32:30.0
37	1100	João Alvaro Dos Santos	logurte Magro	SENIOR	1h26:57.8	33:59.1
38	1090	Sabina aramehmedovics	logurte Magro	SENIOR	1h26:58.4	33:59.7
39	1054	RICARDO RODRIGUES	Pantone4	SENIOR	1h27:22.1	34:23.4
40	1065	Pedro Jorge Ferreira Granadas	Tough Trails	SENIOR	1h28:04.1	35:05.4
41	1028	Paulo Costa		SENIOR	1h29:42.7	36:44.0
42	1027	Diogo Roberto		SENIOR	1h29:43.2	36:44.5
43	1014	Carla Isabel Correia Sousa San	Clube Académico das Gândaras	SENIOR	1h29:55.7	36:57.0
44	1064	Nuno Manuel Ferreira Granadas	Tough Trails	SENIOR	1h29:56.8	36:58.1
45	1017	Nuno Jerónimo Henriques da Cos		SENIOR	1h30:00.5	37:01.8
46	1060	Jorge Alexandre Correia Moita		SENIOR	1h32:08.6	39:09.9
47	1055	Sergio Leal		SENIOR	1h32:18.7	39:20.0
48	1040	Maria Mafalda Fernando	GR Clube	SENIOR	1h32:29.4	39:30.7

Louzan 1000
Km Vertical
Classificação Final



Rank	Num	Atleta	Equipa	Classe	Time	Gap
49	1053	João Paulo Almeida Barata Serr		SENIOR	1h32:36.8	39:38.1
50	1062	Mario João Meira Bastardo	Hand 2 Hand Better Club Living	SENIOR	1h32:48.8	39:50.1
51	1004	José David Fernandes		SENIOR	1h32:50.6	39:51.9
52	1089	Tiago Silva	logurte Magro	SENIOR	1h34:11.1	41:12.4
53	1096	Luís Boleto		SENIOR	1h36:58.0	43:59.3
54	1105	José Andrade	Mountain Trails	SENIOR	1h39:09.3	46:10.6
55	1111	Sergio Carlos Almeida Tavares		SENIOR	1h39:40.4	46:41.7
56	1043	André Jorge Neves Simões		SENIOR	1h43:38.9	50:40.2
57	1045	Carlos António Serra Costa	A. D. Serpinense	SENIOR	1h43:39.4	50:40.7
58	1038	Ilgia dos santos matos	A.D.SERPINENSE	SENIOR	1h55:17.9	1h02:19.2
59	1056	Miguel Simões	Montanha clube	SENIOR	1h55:18.7	1h02:20.0
60	1113	João Rodrigues		SENIOR	1h55:19.9	1h02:21.2
61	1013	Jorge Luis Gonçalves Vieira	ABC Caxarias	SENIOR	1h56:59.0	1h04:00.3
62	1012	Rita Garcia Dias	NEL - Pédatleta	SENIOR	1h59:09.4	1h06:10.7

DNS

1010	Márcia Cristino dos Santos		SENIOR
1021	eurico joão	FreeRunners	SENIOR
1022	Ismael Costa	FreeRunners	SENIOR
1026	João Filipe Teixeira Veigas		SENIOR
1050	Pedro Simões		SENIOR
1080	Tiago Ricardo Vicente		SENIOR
1083	Ruben Borges		SENIOR
1101	Daniela Filipa Ramos Silva	logurte Magro	SENIOR

Louzan 1000
Km Vertical
Classificação Final



Rank	Num	Atleta	Equipa	Classe	Time	Gap
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M40

1	1068	Luis Serrazina	CRP RIBAFRIA	M40	58:53.0	
2	1071	António Ferreira		M40	1h04:13.6	5:20.6
3	1072	Paulo R. Santos	Mountain Trails	M40	1h05:35.3	6:42.3
4	1093	Rui Manuel Da Silva Gomes	GD Os Ribeirinhos	M40	1h06:30.8	7:37.8
5	1097	Jose Guimaraes		M40	1h07:39.7	8:46.7
6	1020	Bruno Sousa Querido	Desnível Positivo	M40	1h10:54.6	12:01.6
7	1079	Vitor manuel neves leitão	doutor exercício	M40	1h12:54.1	14:01.1
8	1051	Pedro Gabriel	C.A. Amigos Parque da Paz	M40	1h12:54.5	14:01.5
9	1112	Emanuel Oliveira		M40	1h14:48.4	15:55.4
10	1074	Jorge Pedro	Mountain trails	M40	1h15:40.9	16:47.9
11	1034	Manuel Fradinho Bonito		M40	1h16:05.2	17:12.2
12	1063	Miguel Serradas Duarte	Run4Fun	M40	1h18:20.8	19:27.8
13	1104	Paulo Açafrao	Mountain Trails	M40	1h20:39.7	21:46.7
14	1030	Luis Carvalho Lopes	Abutres Running Team	M40	1h24:12.2	25:19.2
15	1011	Tiago Santos Silva		M40	1h26:38.4	27:45.4
16	1046	Fausto Pimentel	Pantone4	M40	1h27:33.8	28:40.8
17	1039	Pedro Fernando	GR Clube	M40	1h32:28.8	33:35.8
18	1102	Nuno Miguel Dias	logurte Magro	M40	2h06:11.9	1h07:18.9

DNS

1016	Carlos Miguel Lopes Filipe		M40
1024	ORLANDO MANUEL AVEIRO PIRES	ARSM - ASSOCIAÇÃO RECREATIVA D	M40
1036	Pedro João Roque Martins	Tartarugas do Choupal	M40
1087	Ruben Borges		M40
1095	Jorge Antonio Matos	AMinhaCorrida/Cellfood	M40

**Louzan 1000
Km Vertical
Classificação Final**



Rank	Num	Atleta	Equipa	Classe	Time	Gap
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M50

1	1007	José Manuel Antunes Correia	Clube Académico das Gândaras R	M50	1h08:34.9	
2	1033	Jorge José Andrade Assunção	GRClube	M50	1h13:49.5	5:14.6
3	1084	Arsénio Fernandes		M50	1h15:02.2	6:27.3
4	1076	jorge dias	CCDPJCOIMBRA	M50	1h17:03.7	8:28.8
5	1091	Antonio Girão		M50	1h23:04.4	14:29.5
6	1075	Agostinho Abranches	CCDPJCOIMBRA	M50	1h25:21.6	16:46.7

DNS

1025	MARIO PIRES		M50			
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**Louzan 1000
Km Vertical
Classificação Final**



Rank	Num	Atleta	Equipa	Classe	Time	Gap
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M60

1	1031	Antonio Madeira	Pickle Films	M60	1h20:53.5	
2	1048	António Guerreiro	Monsanto Running Team	M60	1h23:20.9	2:27.4
3	1009	José Manuel Pereira dos Santos	Clube Academico das Gândaras R	M60	1h25:55.8	5:02.3
4	1003	Armando Ventura	Correr na Cidade Running Crew	M60	1h42:55.4	22:01.9
5	1008	José Adelino Neves Sequeira	Clube Académico das Gândaras	M60	2h17:16.5	56:23.0

Timing

