

**Camp. Nacional Absoluto O-Ped 2016 - CNA/COALA, 12-13nov**  
**Results CNAbs - Qualificatória**
**Sat 11/12/2016 5:50 PM**  
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Pl	Stno	Chip Name	Club
<b>H10 (6) 2.1 km 80 m 12 C</b>			
1	5904	2104647 Miguel Dias	[094] CPOC
2	6059	400335 Tiago Carrilho	[107] CAOS
3	5670	400288 Gabriel Lopes	[107] CAOS
4	136	234373 Miguel Silva Pereira	[302] EBPedonacianoAFreire
5	135	400302 João Cruz	[302] EBPedonacianoAFreire
6	4222	1304277 João Pedro	[107] CAOS
<b>D10 (4) 2.1 km 80 m 12 C</b>			
1	115	2062943 Isabel Ramos	[201] ADOL
2	137	400330 Amanda Rafaela C Miranda	[302] EBPedonacianoAFreire
3	138	419810 Carolina Melo	[302] EBPedonacianoAFreire
4	140	400280 Gabriela Reis	[302] EBPedonacianoAFreire
<b>H12 (11) 2.6 km 95 m 12 C</b>			
1	116	2062939 Iván Pinto	[201] ADOL
2	133	407060 João Gomes	[301] EBJúlioSaúlDias
3	6038	2800479 Miguel Braz	[070] COC
4	6203	246360 João ferreira	[007] Ori-Estarreja
5	182	234123 Filipe Pardal	[035] CN Alvito
6	6065	234388 Diogo Neto	[056] Natura
7	178	2108643 Tiago Santos	[133] GDU Azoia
	5671	409935 Dinis Lopes	[107] CAOS
	139	400250 Afonso Cruz	[302] EBPedonacianoAFreire
	5899	2108641 Guilherme Climaco	[133] GDU Azoia
	6014	234227 Diogo Ferreira	[035] CN Alvito
<b>D12 (15) 2.6 km 95 m 12 C</b>			
1	5779	308258 Beatriz Silveira	[035] CN Alvito
2	104	240969 Beatriz Coelho	[033] Clube TAP
3	5582	2043037 Catarina Pereira	[090] ADFA
4	150	234137 Mara Sanches	[303] AgEscMarinhaGrandeDE
5	117	407446 Irene Guerrero	[201] ADOL
6	5688	1304253 Joana Martinho	[070] COC
7	151	2108705 Patricia Rosa	[303] AgEscMarinhaGrandeDE
8	5648	1220805 Rita Castro	[052] GD4C
9	5905	2104619 Juliana Dias	[094] CPOC
10	143	234051 Matilde Silva	[302] EBPedonacianoAFreire
11	149	259782 Carlota Rodrigues	[303] AgEscMarinhaGrandeDE
12	142	419838 Maria Cruz	[302] EBPedonacianoAFreire
13	141	400285 Beatriz Fernandes	[302] EBPedonacianoAFreire
	6169	308247 Carolina Aires	[035] CN Alvito
	6170	234083 Carolina Vitória	[035] CN Alvito
<b>H14 (21) 3.3 km 165 m 13 C</b>			
1	5737	2077078 Vasco Mendes	[133] GDU Azoia
2	5896	2108645 Pedro Peralta	[133] GDU Azoia
3	5311	1226622 Bernardo Filipe	[070] COC
4	5299	2032985 André Roberto	[070] COC
5	6175	2108644 João Sousa	[133] GDU Azoia
6	6053	2106943 Pedro Lagarto	[022] CLAC
7	134	409999 Pedro Viana	[301] EBJúlioSaúlDias
8	6007	2060053 Pedro Mendes	[090] ADFA
	5889	2043075 Francisco Eleutério	[090] ADFA
	5074	2077080 Rodrigo Oliveira	[070] COC
	6056	400312 Adelino Pereira	[007] Ori-Estarreja
	5081	240760 Martim Carrilho	[107] CAOS
nc	152	2108706 Bernardo Rosa	[303] AgEscMarinhaGrandeDE
nc	153	2108707 Mansur Navruzovich	[303] AgEscMarinhaGrandeDE
nc	144	419865 Gabriel António	[302] EBPedonacianoAFreire
nc	145	419839 Hugo Teixeira	[302] EBPedonacianoAFreire
nc	6066	400314 Pedro Almeida	[056] Natura
nc	114	419807 André Cancela	[146] ES Pinhal Novo
nc	158	400127 José Reis	[146] ES Pinhal Novo
nc	160	400346 Pedro Miranda	[146] ES Pinhal Novo
nc	161	419847 Pedro Moreira	[146] ES Pinhal Novo
<b>D14 (15) 3.3 km 165 m 13 C</b>			
1	6046	2006622 Ana Pacheco	[102] .COM
2	5879	2106947 Joana Catarina	[022] CLAC

3	6180	2063999	Carolina Tacão	[090]	ADFA
4	6177	2043068	Maria do Mar	[090]	ADFA
nc	146	400249	Ana Sofia Teixeira	[302]	EBPeDonacianoAFreire
nc	113	234108	Constança Ilunga	[142]	ES Palmela
nc	162	234018	Ana Matos	[146]	ES Pinhal Novo
nc	163	419861	Sara Anica	[146]	ES Pinhal Novo
nc	164	234065	Beatriz Fernandes	[146]	ES Pinhal Novo
nc	165	400323	Daniela Holdych	[146]	ES Pinhal Novo
nc	166	234017	Eugénia Tonel	[146]	ES Pinhal Novo
nc	167	234022	Márcia Felix	[146]	ES Pinhal Novo
nc	168	400163	Margarida Sousa	[146]	ES Pinhal Novo
nc	169	240807	Marta Costinha	[146]	ES Pinhal Novo
nc	170	400244	Sofia Anica	[146]	ES Pinhal Novo

**H16 (25)****4.9 km 215 m 19 C**

1	5488	400345	André Henriques	[007]	Ori-Estarreja
2	5799	2043061	Pedro Moniz	[090]	ADFA
3	3976	1304209	Tomas Lima	[070]	COC
4	5797	308494	Ricardo Ferreira	[007]	Ori-Estarreja
5	5510	246350	Pedro Barbosa Silva	[007]	Ori-Estarreja
6	6179	2096978	Hugo Glórias	[090]	ADFA
7	6039	2043069	João Pinto	[090]	ADFA
8	6041	2043071	Tiago Lampreia	[090]	ADFA
9	5073	2077079	Manuel Oliveira	[070]	COC
10	6040	2043073	Diogo Lampreia	[090]	ADFA
11	5392	1304160	André Ferreira	[166]	ADM Ori-Mondego
12	5962	2106948	João Rebelo	[022]	CLAC
13	6173	2004380	José Dinis	[052]	GD4C
14	5954	2800516	Pedro Carvalho	[022]	CLAC
15	6048	2086028	Diogo Oliveira	[102]	.COM
16	6058	419860	Duarte Mendes	[171]	IFC
17	6073	246343	Tiago Caineta	[007]	Ori-Estarreja
	6086	241131	Rui Silva	[088]	ADC
nc	111	234119	Artur Pinheiro++++	[142]	ES Palmela
	6097	2106931	Miguel Marques	[022]	CLAC
nc	6153	1	Francisco Esteves	[022]	CLAC
nc	147	419834	João Melo	[302]	EBPeDonacianoAFreire
nc	148	419849	João Rafael C Marques	[302]	EBPeDonacianoAFreire
nc	171	234369	Bernardo Marçalo	[146]	ES Pinhal Novo
nc	172	419862	Henrique Paquete	[146]	ES Pinhal Novo

**D16 (12)****4.3 km 150 m 16 C**

1	5659	208492	Raquel Henriques	[094]	CPOC
2	5706	362704	Margarida Miranda	[052]	GD4C
3	5166	7202502	Beatriz Esteves	[070]	COC
4	5663	234176	Patrícia Pardal	[035]	CN Alvito
5	5837	208486	Mariana Almeida	[094]	CPOC
6	5811	208616	Ana Nunes	[094]	CPOC
7	5657	7170700	Mafalda Moreira	[094]	CPOC
8	5599	211461	Liane Batista	[070]	COC
9	5739	246352	Carina Castro	[007]	Ori-Estarreja
10	6198	2006624	Beatriz Castilho	[102]	.COM
11	6199	246368	Soraia Costa	[007]	Ori-Estarreja
nc	173	234396	Joana Branco	[146]	ES Pinhal Novo

**H18 (17)****4.9 km 220 m 19 C**

1	5636	7161098	Ricardo Esteves	[090]	ADFA
2	5448	2006625	João Magalhães	[102]	.COM
3	5437	308497	Tiago Figueiredo	[007]	Ori-Estarreja
4	5843	214033	Rui Batista	[022]	CLAC
5	5447	7200128	Leonardo Ramalho	[102]	.COM
6	3955	1398376	Miguel Baltazar	[090]	ADFA
7	4697	259855	Samuel Silva	[070]	COC
8	4779	246342	Daniel Cruz	[007]	Ori-Estarreja
9	4544	2003082	António Horta	[151]	GafanhOri
10	5757	2006631	Daniel Magalhães	[102]	.COM
11	6103	2006621	Eduardo Leite	[102]	.COM
12	5845	2006623	Francisco Abreu	[102]	.COM
13	5842	2106939	José Dias	[022]	CLAC
14	5131	1398371	Pedro Cabeça	[133]	GDU Azoia
15	4889	1454000	Tomás Mora C	[166]	ADM Ori-Mondego
16	4985	1246642	Pedro Gonçalves	[007]	Ori-Estarreja
nc	112	419896	Diogo Jesus	[142]	ES Palmela

**D18 (6)****4.3 km 150 m 16 C**

1	3975	1304208	Helena Lima	[070]	COC
2	5138	246347	Joana Marques	[007]	Ori-Estarreja
3	5665	2043041	Patrícia Romão	[090]	ADFA
4	5839	1007271	Eduarda Moreira	[088]	ADC
5	5443	400341	Filipa Castro	[007]	Ori-Estarreja
6	5634	2043046	Carolina Carçoço	[090]	ADFA

H20 (12)		4.9 km 220 m 19 C		
1	5295	1304265	João Bernardino	[070] COC
2	3832	1234432	Diogo Delgado	[052] GD4C
3	5279	2043040	Bernardo Pereira	[090] ADFA
4	3760	2063998	Vasco Duarte	[090] ADFA
5	3553	1008139	Diogo Barradas	[094] CPOC
6	4987	1996153	Daniel Catarino	[007] Ori-Estarreja
7	5216	206350	Nuno Santos	[090] ADFA
8	3954	1440066	Goncalo Pirrolas	[090] ADFA
9	5267	234205	Filipe Fernandes	[137] LCM
10	5006	259869	Gabriel Braz	[070] COC
11	5838	1407875	Pedro Silva	[088] ADC
	5287	1304164	João Novo	[102] .COM
D20 (5)		4.2 km 150 m 16 C		
1	5736	2043058	Filipa Rodrigues	[090] ADFA
2	5506	362725	Verónica Fradique	[052] GD4C
3	5679	2006638	Ana Castanheiro	[102] .COM
4	4277	1441144	Inês Alves	[052] GD4C
5	5485	400334	Ana Catarina Andrade	[007] Ori-Estarreja
HE (19)		4.9 km 220 m 19 C		
1	2818	644444	Tiago Romão	[151] GafanhOri
2	4429	1600294	Manuel Horta	[151] GafanhOri
3	3785	2018937	Nelson Baroca	[062] CA Madeira
4	1111	1010121	Pedro Nogueira	[090] ADFA
5	4103	1304102	Rafael Miguel	[007] Ori-Estarreja
6	2668	1985421	Gildo Silva	[070] COC
7	3173	1409310	Davide Machado	[102] .COM
8	1132	1007141	Paulo Franco	[070] COC
9	2060	1010082	Marco Pova	[090] ADFA
10	4101	1151515	Jorge Marques	[052] GD4C
11	1811	1302802	Luis Leite	[052] GD4C
12	3555	733330	Filipe Dias	[052] GD4C
13	127	9201544	Anssi Vesanto	[202] Espoon Suunta
14	3602	1010040	Luis Barreiro	[054] NADA
15	3167	234034	Nuno Evangelista	[114] COA
16	3621	647071	Leandro Lima	[085] A Montanha
17	3581	981922	Tiago Baltazar	[090] ADFA
	5055	7003284	André Esteves	[070] COC
	5932	208499	Nuno Silva	[094] CPOC
DE (14)		4.2 km 150 m 16 C		
1	2348	1600283	Raquel Costa	[151] GafanhOri
2	3479	1975579	Carolina Delgado	[052] GD4C
3	3156	1280892	Mariana Moreira	[094] CPOC
4	3060	1987128	Patricia Casalinho	[070] COC
5	4112	1600287	Inês Pinto	[052] GD4C
6	4142	1600293	Rita Rodrigues	[151] GafanhOri
7	2282	1396454	Carla Saraiva	[007] Ori-Estarreja
8	3157	1990620	Liliana Oliveira	[052] GD4C
9	3315	1304241	Adelindina Lopes	[070] COC
10	3519	1010119	Albertina Sá	[090] ADFA
11	3054	1302753	Inês Domingues	[070] COC
12	3720	308470	Ines Aires	[007] Ori-Estarreja
13	2490	9002490	Céu Costa	[052] GD4C
nc	5288	2023820	Stepanka Betkova	[166] ADM Ori-Mondego
H21A (30)		4.9 km 215 m 19 C		
1	4016	7855558	Miguel Nobrega	[056] Natura
2	2816	1304089	Jorge Fortunato	[007] Ori-Estarreja
3	5140	7005140	Sergio Duarte	[102] .COM
4	2635	2800494	Edgar Domingues	[070] COC
5	5605	1195605	Gil Sousa Pinto	[119] OriMarão
6	5541	1993412	Tomás Silva	[094] CPOC
7	2969	1302801	Domingos Martins	[052] GD4C
8	2983	2076542	João Gomes	[062] CA Madeira
9	5410	1304157	Noel Valadão	[166] ADM Ori-Mondego
10	2150	2018941	Xavier Vieira	[062] CA Madeira
11	2128	1010044	Daniel Marques	[070] COC
12	5912	242431	Ricardo Bernardo	[114] COA
13	5061	2043031	Manuel Lopes	[090] ADFA
14	118	7204832	Luis Martinez	[201] ADOL
15	3489	239334	Jorge Frazão	[070] COC
16	5796	1811181	Bruno André	[119] OriMarão
17	5334	9111986	Hugo Monteiro	[094] CPOC
18	5540	1091994	Henrique Silva	[094] CPOC
19	5316	7207509	João Real	[159] COAAL
20	5204	2043062	João Freire	[090] ADFA
21	5960	2043066	Humberto Santos	[090] ADFA

22	5421	9777877 Alexandre Espírito Santo	[166] ADM Ori-Mondego
23	5068	1010109 José Alberto Sargaço	[166] ADM Ori-Mondego
23	4019	1564019 João Moura	[056] Natura
25	3684	250530 Rui Martins	[056] Natura
26	5929	409955 Nelson S. Pinto	[167] NAST
27	5698	1403183 Pedro Laia	[133] GDU Azoia
28	5075	1304221 Ricardo Freitas	[166] ADM Ori-Mondego
	3892	840519 Tiago Bento	[166] ADM Ori-Mondego
nc	4485	1600290 Fabio Coradinho	[151] GafanhOri

**D21A (12)****4.3 km 150 m 16 C**

1	3445	901408 Ana Filipa Silva	[094] CPOC
2	2587	2043032 Sandra Rodrigues	[090] ADFA
3	1554	259718 Ana Porta Nova	[094] CPOC
4	5296	1304261 Cátia Marques	[070] COC
5	4986	1977779 Inês Gonçalves	[007] Ori-Estarreja
6	5977	2032990 Catarina Castelão	[070] COC
7	5388	1951993 Susana Almeida	[056] Natura
8	2174	234592 Paula Rodrigues	[137] LCM
9	4693	419866 Sofia Pinto	[056] Natura
10	1490	1304113 Cristina Nazário	[007] Ori-Estarreja
11	5696	400259 Ana Casaca	[133] GDU Azoia
12	5549	2048300 Ana Ferreira	[166] ADM Ori-Mondego

**H21B (16)****4.9 km 220 m 19 C**

1	5692	7666000 Luis Jacinto	[094] CPOC
2	3633	241196 Marco Martins	[022] CLAC
3	5468	400248 Eduardo Soares	[159] COAAL
4	5524	419819 Manuel Real	[159] COAAL
5	5846	419940 Filipe Ramalho	[159] COAAL
6	5980	234379 Rafael Silva	[056] Natura
7	5583	7820123 Pedro Rodrigues	[166] ADM Ori-Mondego
8	5746	1304236 Luis Miguel Pires	[056] Natura
9	5892	259857 Rui Pedro Amaral	[070] COC
	5555	400266 José Carlos Marques	[159] COAAL
	5895	2108647 Fábio Miguel	[133] GDU Azoia
	5925	1903603 Pedro Tiago Gomes	[501] Individual POR Fed
nc	2512	2075598 Vítor Sousa	[073] CMO Funchal
	6061	2108646 António Luis San Patrício	[133] GDU Azoia
nc	5894	242107 André Silva	[022] CLAC
nc	109	234012 Patrício Lopes	[137] LCM

**D21B (7)****4.2 km 150 m 16 C**

1	5850	7051083 Zélia Viana	[102] .COM
2	5525	419855 Tânia Cunha	[159] COAAL
3	5995	9081987 Ana Isabel Madal Cabeleira	[094] CPOC
4	6044	214068 Dora Ferreirinha	[164] COBIS
5	6085	2043059 Margarida Ricardo	[090] ADFA
6	6087	7855557 Carla Macedo	[056] Natura
nc	6152	400145 Sílvia Silva	[159] COAAL

**H35 (12)****4.9 km 215 m 19 C**

1	3593	1336633 Jose Pereira	[005] CP Armada
2	119	7003189 José Manuel Martínez	[201] ADOL
3	1516	240786 Alberto Branco	[005] CP Armada
4	3943	9644100 Arnaldo Mendes	[166] ADM Ori-Mondego
5	2562	1304275 Nuno Pedro	[107] CAOS
6	1936	259849 Celso Moiteiro	[070] COC
7	1721	1304112 Bruno Nazário	[007] Ori-Estarreja
8	4714	9071978 Paulo Lima	[114] COA
9	4241	234189 Luis Gonçalves	[094] CPOC
10	2588	1302729 José Domingos	[094] CPOC
11	2054	308345 Jorge Mendes	[090] ADFA
12	2375	1304162 Tiago Lopes	[107] CAOS

**D35 (8)****4.3 km 150 m 16 C**

1	2503	7711313 Susana Pontes	[070] COC
2	4060	731707 Elisabete Dinis	[166] ADM Ori-Mondego
3	1346	259895 Fátima Saraiva	[168] CAB
4	120	2542566 Maria Josefa Molina	[201] ADOL
5	2561	1304139 Ângela Pedro	[107] CAOS
6	5307	2017030 Manuela Marques	[102] .COM
	1006	259802 Cristina Santos	[151] GafanhOri
	3467	1304188 Helena Sousa	[119] OriMarão

**H40 (20)****4.9 km 215 m 19 C**

1	4285	1010115	Jorge Correia	[090]	ADFA
2	121	981914	Antonio Guerrero	[201]	ADOL
3	5390	2076545	Tiago Reis	[056]	Natura
4	1302	7208670	Rafael Lima	[070]	COC
5	1022	407046	José Marques	[090]	ADFA
6	3304	2032983	Cesar Conceição	[070]	COC
7	122	2045053	José Martín Pinto	[201]	ADOL
8	4685	1304173	José João Ferreira	[119]	OriMarão
9	2092	2060028	António Olival	[062]	CA Madeira
10	5063	9992323	Sandro Castro	[052]	GD4C
11	5297	1973509	Cidália Oliveira	[052]	GD4C
12	2099	2800174	José Bernardo	[070]	COC
13	3913	240783	Alberto César	[052]	GD4C
14	2999	214060	António Batista	[115]	ATV
15	3893	206395	Luis Nunes	[166]	ADM Ori-Mondego
16	2188	1304108	Rui Morais	[007]	Ori-Estarreja
17	2823	213654	Rui Pisco	[114]	COA
18	6003	400299	Paulo Batista	[501]	Individual POR Fed
	2409	308233	Ataide Rosa	[094]	CPOC
	1872	259706	Nuno Ferreira	[094]	CPOC

**D40 (6)****4.2 km 150 m 16 C**

1	1693	259803	Lídia Santana	[107]	CAOS
2	5056	259890	Paula Ferreira	[070]	COC
3	2574	308331	Ana Casal	[007]	Ori-Estarreja
4	1528	308263	Marina Carrilho	[107]	CAOS
5	3421	259737	Susana Figueiredo	[094]	CPOC
6	5943	2800460	Ana Soares	[052]	GD4C

**H45 (25)****4.9 km 215 m 19 C**

1	1281	1111281	Joaquim Sousa	[070]	COC
2	1202	407048	Mosca Rodrigues	[005]	CP Armada
3	1583	1112211	Jorge Oliveira	[070]	COC
4	4287	1304248	António Cotovio	[070]	COC
5	5158	2043072	Sérgio Santos	[090]	ADFA
6	2377	7680122	Rui Botão	[070]	COC
7	2593	1304093	Vitor Delgado	[052]	GD4C
8	1417	2043043	Jaime Torres	[090]	ADFA
9	124	2045055	Juan José Durán	[201]	ADOL
10	2236	1092092	Rui Mora	[166]	ADM Ori-Mondego
11	2654	2099349	Gilberto Andrade	[102]	.COM
12	5913	242397	João Silva	[114]	COA
13	1364	1060169	Helder Ferreira	[070]	COC
14	1499	6740	José Carlos Ramalho	[102]	.COM
15	123	7201312	Jose Angel Ramos	[201]	ADOL
16	2209	242178	Luis Borges	[103]	ADADesnivel
17	2439	241147	Licínio Ferreira	[088]	ADC
18	2667	2800501	João Martins	[022]	CLAC
19	1784	308267	João Carrilho	[107]	CAOS
20	1967	1770099	Luis Bucha	[008]	CP EPAL
21	1657	259741	Luis Dias	[094]	CPOC
22	3010	409921	Paulo Santos	[003]	CIMO
23	3111	670725	Tiago Fernandes	[501]	Individual POR Fed
	2244	409976	Cláudio Tereso	[115]	ATV
	5772	213674	Manuel Machado Calçada	[070]	COC

**D45 (7)****4.2 km 150 m 16 C**

1	2849	1968503	Alexandra Coelho	[052]	GD4C
2	5783	2800499	Catarina Félix	[133]	GDU Azoia
3	5211	2053901	Rosário Barros	[070]	COC
4	125	2010905	Carmen Pedrero	[201]	ADOL
5	126	553327	Isabel Serrano	[201]	ADOL
	2243	24073	Maria João Borges	[115]	ATV
nc	1039	308483	Margarida Maria	[007]	Ori-Estarreja

**H50 (22)****4.9 km 210 m 19 C**

1	1449	8035553	Manuel Dias	[151]	GafanhOri
2	4671	1010084	Francisco Cordeiro	[090]	ADFA
3	1256	1850469	Mário Duarte	[090]	ADFA
4	1682	1961682	Santos Sousa	[090]	ADFA
5	5053	1233322	José Carlos	[166]	ADM Ori-Mondego
6	5354	1401756	Noel Cabeça	[133]	GDU Azoia
7	3007	1304109	José Mário Baptista	[052]	GD4C
8	2440	241125	António Ferreira	[088]	ADC
9	1937	1302828	Tozé Silva	[070]	COC
10	4783	400337	Carlos Fortunato	[007]	Ori-Estarreja
11	5551	1678876	David Afonso	[033]	Clube TAP
12	2147	308235	Belo de Carvalho	[164]	COBIS
13	5294	1680086	Amândio Gonçalves	[022]	CLAC
	1246	2043048	Daniel Pires	[090]	ADFA
	4196	505602	Carlos Jorge Silva	[062]	CA Madeira
	1758	308220	Aniceto Soares	[022]	CLAC

	1407	2106730	Luis Quinta-Nova	[164]	COBIS
	3098	1403184	António Graça	[005]	CP Armada
	1093	1401760	Jorge Baltazar	[133]	GDU Azoia
	2960	407096	Jorge Soares	[097]	Clube Millennium BCP
	1084	407047	Manuel Luis	[005]	CP Armada
nc	1218	7207271	Fontoura	[094]	CPOC
<b>D50 (7)</b>		<b>4.2 km</b>	<b>150 m</b>	<b>16 C</b>	
	1	1092	2082771 Alice Silva	[090]	ADFA
	2	5695	1401624 Luisa Gaboleiro	[133]	GDU Azoia
	3	1524	264942 Helena Lopes	[501]	Individual POR Fed
	4	4730	2003094 Assunção Almeida	[151]	GafanhOri
	5	2497	1991199 Aida Correia	[052]	GD4C
	6	5293	1987789 Amália Gonçalves	[022]	CLAC
	7	4195	330595 Susana Ines Silva	[062]	CA Madeira
<b>H55 (11)</b>		<b>4.9 km</b>	<b>210 m</b>	<b>19 C</b>	
	1	1095	2008961 Fernando Costa	[052]	GD4C
	2	1391	308215 António Matias	[022]	CLAC
	3	2452	308477 Jorge Saraiva	[007]	Ori-Estarreja
	4	1907	259704 Carlos Coelho	[094]	CPOC
	5	4300	1304134 Carlos Garrido	[166]	ADM Ori-Mondego
	6	2905	1396355 Manuel Delgado	[052]	GD4C
	7	1405	2043044 João Barrulas	[090]	ADFA
	8	3997	1401650 Jorge Artur	[090]	ADFA
	9	2592	1304062 João Alves	[052]	GD4C
	10	3848	242143 Ilidio Santos Mendes	[171]	IFC
	11	2364	2032624 António Amador	[073]	CMO Funchal
<b>D55 (3)</b>		<b>4.3 km</b>	<b>150 m</b>	<b>16 C</b>	
	1	2129	2032987 Luisa Mateus	[070]	COC
	2	2410	1304110 Margarida Rocha	[052]	GD4C
	3	1640	259755 Fernanda Ferreira	[168]	CAB
<b>H60 (12)</b>		<b>4.9 km</b>	<b>210 m</b>	<b>19 C</b>	
	1	1251	9200261 Álvaro Coelho	[166]	ADM Ori-Mondego
	2	1577	1191082 Luis Sousa	[090]	ADFA
	3	1410	1541410 Jacinto Eleutério	[090]	ADFA
	4	1190	242174 Carlos Ferreira	[168]	CAB
	5	1557	259713 Acácio Porta Nova	[094]	CPOC
	6	3128	1304153 Manuel Martins	[005]	CP Armada
	7	1905	1010145 Vítor Rodrigues	[094]	CPOC
	8	1677	1954428 António Reyes	[151]	GafanhOri
	9	2053	419845 Carlos Rabaça	[022]	CLAC
	10	3430	2086027 Dias Coelho	[033]	Clube TAP
		1567	559977 Crispim Júnior	[090]	ADFA
nc		4234	400117 Inácio Cardoso	[103]	ADADesnível
<b>D60 (2)</b>		<b>4.3 km</b>	<b>150 m</b>	<b>16 C</b>	
	1	1390	2800483 Maria São João	[022]	CLAC
	2	2379	2800393 Herminia Tavares	[056]	Natura
<b>H65 (4)</b>		<b>4.9 km</b>	<b>210 m</b>	<b>19 C</b>	
	1	1441	308457 Gil Rua	[007]	Ori-Estarreja
	2	1048	308464 Altino Silva	[007]	Ori-Estarreja
	3	2341	9171050 João Rodrigues	[056]	Natura
		2001	1304120 Costa Leite	[116]	Montepio Geral
<b>D65 (3)</b>		<b>4.3 km</b>	<b>150 m</b>	<b>16 C</b>	
	1	5686	1304219 Sinikka Ovaskainen	[151]	GafanhOri
	2	2101	259797 Beatriz Leite	[116]	Montepio Geral
		1556	259715 Ana Carreira	[094]	CPOC
<b>H70 (5)</b>		<b>4.9 km</b>	<b>215 m</b>	<b>19 C</b>	
	1	1576	259816 Francisco Coelho	[033]	Clube TAP
	2	5687	1010105 Jorma Ovaskainen	[151]	GafanhOri
	3	1149	308456 Armandino Cramez	[007]	Ori-Estarreja
	4	5958	2108648 António Laia	[133]	GDU Azoia
		4440	2210946 Coelho dos Santos	[007]	Ori-Estarreja

<b>H75 (2)</b>		<b>4.9 km 215 m 19 C</b>		
1	2121	259818	José Grada	[007] Ori-Estarreja
	3126	1304103	Joaquim da Costa	[052] GD4C
<b>Prom1 - Fácil Curto (7)</b>		<b>2.6 km 95 m 12 C</b>		
1	188	400125	Anabela André	[119] OriMarão
2	106	419898	Raquel Figueiredo	[056] Natura
3	184	1304251	Andrea Santos	[502] Individual POR
	6190	214080	Daisy Geraldês	[128] COALA
	6189	2018592	José Filhó	[128] COALA
	6191	419882	José Luís Filhó	[128] COALA
	6192	400169	Júlia Geraldês Filhó	[128] COALA
<b>Prom2 - Difícil Curt (11)</b>		<b>3.3 km 165 m 13 C</b>		
1	2621	1304250	Pedro Dias	[116] Montepio Geral
2	1062	308231	Dionísio Estróia	[128] COALA
3	1325	790504	Nuno Rebelo	[007] Ori-Estarreja
4	5502	214057	Cristiana Silva	[052] GD4C
5	5992	419890	Marisa ferreira	[159] COAAL
6	154	234110	EugénioSousa+ NairAlmeida	[501] Individual POR Fed
7	187	2035553	Rosário Matias	[502] Individual POR
8	4078	234089	Ana Pinto	[056] Natura
9	5323	1304158	Inês Furet	[166] ADM Ori-Mondego
10	6109	1196109	Marta Sousa Pinto	[119] OriMarão
	2951	560329	AntónioCruz+ JustinaRodrigues	[094] CPOC
<b>Prom3 - Fácil Longo (9)</b>		<b>3.6 km 155 m 15 C</b>		
1	180	400132	Carlos Emanuel G Vitorino	[502] Individual POR
2	183	234020	Ana Margarida Ferreira	[502] Individual POR
3	179	234367	Ana Patrícia Francisco	[502] Individual POR
4	102	2106941	Beatriz Feliz	[022] CLAC
5	176	234026	Marisa Ribeiro	[146] ES Pinhal Novo
6	174	419809	Catarina Moreira	[146] ES Pinhal Novo
7	175	400192	Maria Teresa Reis	[146] ES Pinhal Novo
8	2671	234105	Daniel Pó	[146] ES Pinhal Novo
nc	159	400201	Marta Santos	[146] ES Pinhal Novo
<b>Prom4 - Difícil Long (14)</b>		<b>4.1 km 200 m 16 C</b>		
1	2533	1443344	Arménio Mendes	[094] CPOC
2	177	419843	Tiago Oliveira	[146] ES Pinhal Novo
3	156	400216	Ricardo Vieira Santos	[502] Individual POR
4	185	400290	Ângela Silvério	[502] Individual POR
5	101	240982	LucianoMatos+ MariaMatos	[502] Individual POR
6	2052	234078	António Campos	[502] Individual POR
7	108	308276	Carlos Gameiro	[094] CPOC
8	186	234365	Rui Henriques	[502] Individual POR
9	1018	214017	Isilda Santos	[501] Individual POR Fed
	129	400161	Carlos Calhau	[203] Calhau & Valle
	131	234042	Marta do Valle	[203] Calhau & Valle
	3812	242340	Gisela Martins	[501] Individual POR Fed
	155	259805	Nuno Lemos	[502] Individual POR
	181	234365	Rui Manuel V B Henriques	[502] Individual POR