

Camp. Nacional Absoluto O-Ped 2016 - CNA/COALA, 12-13nov
Split time results CNAbs - Qualificatória

Sat 11/12/2016 5:51 PM

created by [MT2003 @ Stephan Krämer 2008](#)

Pl	Stno	Name	Time										
H10	(6)		2.1 km 80 m 12 C	1(123)	2(110)	3(109)	4(111)	5(108)	6(107)	7(106)	8(104)	9(103)	10(10)
1	5904	Miguel Dias [094] CPOC	17:48	4:17	8:09	8:51	10:07	10:39	11:42	13:40	14:57	16:02	16:
2	6059	Tiago Carrilho [107] CAOS	20:32	4:17	3:52	0:42	1:16	0:32	1:03	1:58	1:17	1:05	0:
3	5670	Gabriel Lopes [107] CAOS	33:30	3:44	7:32	8:12	9:32	10:06	10:56	16:05	17:23	18:43	19:
4	136	Miguel Silva Pereira [302] EBPeDonacianoAFrei	35:20	3:44	3:48	0:40	1:20	0:34	0:50	5:09	1:18	1:20	0:
5	135	João Cruz [302] EBPeDonacianoAFrei	35:37	6:36	12:00	13:05	16:02	17:09	19:17	22:30	26:14	29:45	30:
6	4222	João Pedro [107] CAOS	51:50	6:36	5:24	1:05	2:57	1:07	2:08	3:13	3:44	3:31	1:
				7:33	15:49	16:42	19:15	20:10	21:51	29:15	30:40	32:57	33:
				7:33	8:16	0:53	2:33	0:55	1:41	7:24	1:25	2:17	0:
				9:24	17:27	18:28	21:19	22:59	24:30	27:36	30:55	33:11	34:
				9:24	8:03	1:01	2:51	1:40	1:31	3:06	3:19	2:16	1:
				18:28	32:09	33:07	36:51	39:08	41:30	45:16	46:48	48:12	50:
				18:28	13:41	0:58	3:44	2:17	2:22	3:46	1:32	1:24	1:
D10	(4)		2.1 km 80 m 12 C	1(123)	2(110)	3(109)	4(111)	5(108)	6(107)	7(106)	8(104)	9(103)	10(10)
1	115	Isabel Ramos [201] ADOL	25:06	6:37	11:35	12:50	14:34	15:13	16:47	19:28	21:15	22:50	23:
2	137	Amanda Rafaela C Miranda [302] EBPeDonacianoAFrei	35:33	6:37	4:58	1:15	1:44	0:39	1:34	2:41	1:47	1:35	1:
3	138	Carolina Melo [302] EBPeDonacianoAFrei	35:58	7:45	16:04	16:58	19:25	20:19	21:58	29:29	30:49	33:10	33:
4	140	Gabriela Reis [302] EBPeDonacianoAFrei	36:30	7:45	8:19	0:54	2:27	0:54	1:39	7:31	1:20	2:21	0:
				35:20									
				*200									
				7:16	15:19	16:52	19:06	21:01	22:38	28:38	31:11	33:18	34:
				7:16	8:03	1:33	2:14	1:55	1:37	6:00	2:33	2:07	0:
				7:52	15:55	16:49	19:55	21:33	23:16	29:23	31:47	33:47	34:
				7:52	8:03	0:54	3:06	1:38	1:43	6:07	2:24	2:00	0:
H12	(10)		2.6 km 95 m 12 C	1(123)	2(110)	3(111)	4(108)	5(112)	6(113)	7(114)	8(106)	9(104)	10(10)
1	116	Iván Pinto [201] ADOL	21:30	4:31	8:25	10:16	10:44	12:47	13:25	15:41	17:24	18:26	19:
2	133	João Gomes [301] EBJúlioSaúlDias	22:07	4:31	3:54	1:51	0:28	2:03	0:38	2:16	1:43	1:02	1:
3	6038	Miguel Braz [070] COC	22:18	4:02	4:55	2:09	0:28	1:56	0:41	2:08	1:41	1:20	1:
4	6203	João ferreira [007] Ori-Estarreja	23:31	4:32	7:28	9:52	10:22	13:34	14:22	16:49	18:20	19:36	20:
5	182	Filipe Pardal [035] CN Alvito	28:37	4:32	2:56	2:24	0:30	3:12	0:48	2:27	1:31	1:16	1:
6	6065	Diogo Neto [056] Natura	40:33	4:41	10:50	12:46	13:14	14:48	15:30	17:38	19:27	20:29	21:
				4:41	6:09	1:56	0:28	1:34	0:42	2:08	1:49	1:02	1:
				3:28	2:46	1:58	0:30	3:54	4:54	2:04	1:05	1:16	1:
				3:30	21:13	24:30	25:02	29:58	30:29	32:42	36:46	37:52	39:
				3:30	17:43	3:17	0:32	4:56	0:31	2:13	4:04	1:06	1:
				39:28									
				*102									
				23:51	34:49	42:05	43:20	49:06	55:38	59:03	1:01:48	1:03:26	1:04:
				23:51	10:58	7:16	1:15	5:46	6:32	3:25	2:45	1:38	1:
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				13:09									
				*108									
				4:28	8:38	11:55	12:30	-----	23:49	26:35	28:04	29:48	31:
				4:28	4:10	3:17	0:35	-----	11:19	2:46	1:29	1:44	1:
				9:48									
				*109									
				17:48	22:28	26:27	27:31	31:26	32:54	38:06	40:11	42:31	44:
				17:48	4:40	3:59	1:04	3:55	1:28	5:12	2:05	2:20	1:
				44:37									
				*102									
D12	(13)		2.6 km 95 m 12 C	1(123)	2(110)	3(111)	4(108)	5(112)	6(113)	7(114)	8(106)	9(104)	10(10)
1	5779	Beatriz Silveira [035] CN Alvito	20:29	4:04	7:14	11:47	12:07	13:37	14:05	16:07	17:12	18:11	19:
2	104	Beatriz Coelho [033] Clube TAP	21:10	4:04	3:10	4:33	0:20	1:30	0:28	2:02	1:05	0:59	0:
3	5582	Catarina Pereira [090] ADFA	23:25	3:29	6:13	8:24	8:53	12:08	13:04	16:02	17:25	18:31	19:
				3:29	2:44	2:11	0:29	3:15	0:56	2:58	1:23	1:06	1:
				4:19	7:49	10:26	10:57	12:53	13:35	17:20	18:52	20:26	21:
				4:19	3:30	2:37	0:31	1:56	0:42	3:45	1:32	1:34	1:
				16:36	22:21								
				*107	*102								
				9:20	13:37	15:24	15:50	17:21	18:29	21:36	23:06	24:06	25:
				9:20	4:17	1:47	0:26	1:31	1:08	3:07	1:30	1:00	1:
				4:17	9:58	12:15	12:51	15:58	16:47	19:58	21:25	23:19	25:
				4:17	5:41	2:17	0:36	3:07	0:49	3:11	1:27	1:54	1:
				25:33									
				*102									
				5:20	9:41	12:16	12:44	15:17	16:06	20:01	22:32	23:47	25:
				5:20	4:21	2:35	0:28	2:33	0:49	3:55	2:31	1:15	1:
				5:39	10:01	12:10	12:42	16:21	16:59	20:04	21:28	23:25	25:

		[146] ES Pinhal Novo		21:27	1:39	4:07	1:54	8:48	1:07	1:41	4:32	8:39	4:
nc	169	Marta Costinha	51:59	12:22	13:50	18:18	20:08	26:26	28:41	30:50	36:08	42:18	46:
		[146] ES Pinhal Novo		12:22	1:28	4:28	1:50	6:18	2:15	2:09	5:18	6:10	3:
nc	170	Sofia Anica	1:02:56	20:16	21:53	25:39	28:02	36:35	37:51	39:35	43:25	53:00	57:
		[146] ES Pinhal Novo		20:16	1:37	3:46	2:23	8:33	1:16	1:44	3:50	9:35	4:
					1:02:45								
					*200								
H16	(24)		4.9 km 215 m	19 C									
				1(128)	2(130)	3(171)	4(132)	5(152)	6(134)	7(136)	8(155)	9(166)	10(14)
				15(161)	16(163)	17(145)	18(119)	19(200)	F				
1	5488	André Henriques	46:15	3:02	4:19	6:02	7:37	9:36	13:52	18:06	21:17	22:32	23:
		[007] Ori-Estarreja		3:02	1:17	1:43	1:35	1:59	4:16	4:14	3:11	1:15	1:
				39:53	42:38	44:00	45:13	46:03	46:15				
				3:50	2:45	1:22	1:13	0:50	0:12				
2	5799	Pedro Moniz	46:28	2:49	7:03	9:56	11:08	14:55	18:33	22:43	25:10	26:28	27:
		[090] ADFA		2:49	4:14	2:53	1:12	3:47	3:38	4:10	2:27	1:18	1:
				41:13	42:54	44:07	45:22	46:18	46:28				
				3:49	1:41	1:13	1:15	0:56	0:10				
3	3976	Tomas Lima	46:59	2:56	5:11	7:04	8:19	11:13	16:15	20:19	22:40	23:55	24:
		[070] COC		2:56	2:15	1:53	1:15	2:54	5:02	4:04	2:21	1:15	0:
				41:33	43:38	45:00	46:07	46:48	46:59				
				4:19	2:05	1:22	1:07	0:41	0:11				
4	5797	Ricardo Ferreira	47:10	2:53	4:07	6:33	7:49	9:56	14:33	19:25	22:08	23:32	24:
		[007] Ori-Estarreja		2:53	1:14	2:26	1:16	2:07	4:37	4:52	2:43	1:24	1:
				40:24	43:09	44:48	45:58	47:00	47:10				
				3:50	2:45	1:39	1:10	1:02	0:10				
5	5510	Pedro Barbosa Silva	52:49	3:26	5:27	7:10	8:27	10:55	15:47	19:46	22:15	23:27	24:
		[007] Ori-Estarreja		3:26	2:01	1:43	1:17	2:28	4:52	3:59	2:29	1:12	1:
				41:43	48:19	50:10	51:21	52:38	52:49				
				3:31	6:36	1:51	1:11	1:17	0:11				
6	6179	Hugo Glórias	54:05	3:18	5:55	10:57	12:20	17:09	22:01	26:12	29:12	30:24	31:
		[090] ADFA		3:18	2:37	5:02	1:23	4:49	4:52	4:11	3:00	1:12	0:
				48:24	50:16	51:49	53:11	53:55	54:05				
				3:55	1:52	1:33	1:22	0:44	0:10				
7	6039	João Pinto	55:44	3:02	4:36	8:06	9:28	11:30	16:00	20:13	23:24	24:34	25:
		[090] ADFA		3:02	1:34	3:30	1:22	2:02	4:30	4:13	3:11	1:10	1:
				48:29	50:25	51:53	54:19	55:32	55:44				
				6:44	1:56	1:28	2:26	1:13	0:12				
8	6041	Tiago Lampreia	56:30	2:53	4:25	6:29	7:45	10:04	15:10	20:21	23:09	25:18	26:
		[090] ADFA		2:53	1:32	2:04	1:16	2:19	5:06	5:11	2:48	2:09	1:
				45:51	52:17	54:13	55:24	56:20	56:30				
				3:44	6:26	1:56	1:11	0:56	0:10				
9	5073	Manuel Oliveira	56:57	4:53	6:19	9:29	10:48	13:11	20:41	24:38	27:07	28:15	29:
		[070] COC		4:53	1:26	3:10	1:19	2:23	7:30	3:57	2:29	1:08	1:
				47:12	52:27	54:54	55:59	56:46	56:57				
				3:33	5:15	2:27	1:05	0:47	0:11				
10	6040	Diogo Lampreia	1:02:30	3:29	5:13	7:35	9:08	11:27	18:08	23:23	28:13	29:28	30:
		[090] ADFA		3:29	1:44	2:22	1:33	2:19	6:41	5:15	4:50	1:15	1:
				52:10	58:23	1:00:21	1:01:29	1:02:21	1:02:30				
				3:59	6:13	1:58	1:08	0:52	0:09				
11	5392	André Ferreira	1:03:15	5:42	7:10	11:15	12:34	16:30	20:56	30:45	33:52	35:11	36:
		[166] ADM Ori-Mondego		5:42	1:28	4:05	1:19	3:56	4:26	9:49	3:07	1:19	1:
				53:18	59:48	1:01:10	1:02:19	1:03:05	1:03:15				
				3:50	6:30	1:22	1:09	0:46	0:10				
12	5962	João Rebelo	1:13:16	3:35	5:53	8:39	10:10	13:27	21:18	28:41	32:28	33:47	35:
		[022] CLAC		3:35	2:18	2:46	1:31	3:17	7:51	7:23	3:47	1:19	1:
				1:05:42	1:08:42	1:10:38	1:12:12	1:13:06	1:13:16				
				5:16	3:00	1:56	1:34	0:54	0:10				
13	6173	José Dinis	1:19:15	3:34	6:08	13:24	14:54	17:21	26:33	32:51	36:12	37:29	38:
		[052] GD4C		3:34	2:34	7:16	1:30	2:27	9:12	6:18	3:21	1:17	1:
				1:03:29	1:12:48	1:14:19	1:17:44	1:19:05	1:19:15				
				8:28	9:19	1:31	3:25	1:21	0:10				
14	5954	Pedro Carvalho	1:28:28	4:33	5:52	7:59	9:37	12:29	20:52	30:28	33:40	42:19	45:
		[022] CLAC		4:33	1:19	2:07	1:38	2:52	8:23	9:36	3:12	8:39	3:
				1:19:53	1:23:27	1:25:47	1:27:18	1:28:16	1:28:28		42:01		
				5:11	3:34	2:20	1:31	0:58	0:12		*167		
15	6048	Diogo Oliveira	1:32:37	3:20	17:16	20:33	22:03	24:51	30:13	35:33	42:51	44:41	51:
		[102] .COM		3:20	13:56	3:17	1:30	2:48	5:22	5:20	7:18	1:50	6:
				1:17:23	1:27:34	1:29:54	1:31:20	1:32:26	1:32:37				
				9:27	10:11	2:20	1:26	1:06	0:11				
16	6058	Duarte Mendes	1:35:11	3:58	14:28	16:43	18:07	29:21	39:34	51:44	56:19	58:52	1:00:
		[171] IFC		3:58	10:30	2:15	1:24	11:14	10:13	12:10	4:35	2:33	1:
				1:24:25	1:27:56	1:32:28	1:33:46	1:35:01	1:35:11				
				6:02	3:31	4:32	1:18	1:15	0:10				
17	6073	Tiago Caineta	1:37:35	4:53	8:06	13:03	14:53	17:57	25:31	33:04	39:07	43:28	45:
		[007] Ori-Estarreja		4:53	3:13	4:57	1:50	3:04	7:34	7:33	6:03	4:21	1:
				1:18:08	1:21:50	1:31:22	1:33:06	1:37:19	1:37:35				
				6:36	3:42	9:32	1:44	4:13	0:16				
		6086 Rui Silva	mp	3:44	5:53	15:23	17:11	20:05	28:26	40:43	47:11	49:50	52:
		[088] ADC		3:44	2:09	9:30	1:48	2:54	8:21	12:17	6:28	2:39	2:
				-----	-----	-----	-----	1:22:02	1:22:22				
								8:11	0:20				
nc	111	Artur Pinheiro++++	mp	17:48	30:26	38:35	41:59	47:28	1:08:11	1:24:23	1:39:50	1:44:14	1:50:
		[142] ES Palmela		17:48	12:38	8:09	3:24	5:29	20:43	16:12	15:27	4:24	6:
				3:02:32	-----	-----	-----	-----	-----				
				11:21									
		6097 Miguel Marques	mp	5:39	10:33	15:15	16:36	19:18	27:25	35:34	39:24	-----	49:
		[022] CLAC		5:39	4:54	4:42	1:21	2:42	8:07	8:09	3:50		9:
				1:29:39	1:32:40	1:34:41	1:36:09	1:37:08	1:37:17		42:27	46:51	
				5:18	3:01	2:01	1:28	0:59	0:09		*138	*169	
nc	147	João Melo	mp	5:27	10:11	-----	14:26	20:31	26:52	35:07	38:32	40:00	---
		[302] EBPeDonacianoAFrei		5:27	4:44		4:15	6:05	6:21	8:15	3:25	1:28	
				1:12:32	1:15:54	1:25:25	1:27:08	1:28:26	1:28:37		13:10	42:06	

			6:58	3:22	9:31	1:43	1:18	0:11		*146	*168	
nc	148 João Rafael C Marques [302] EBPeDonacianoAFrei	mp	5:46	9:36	17:29	19:06	23:35	32:45	-----	-----	-----	---
			5:46	3:50	7:53	1:37	4:29	9:10				
			1:08:19	1:14:02	1:30:43	1:33:36	1:35:17	1:35:30				
			6:05	5:43	16:41	2:53	1:41	0:13				
nc	171 Bernardo Marçalo [146] ES Pinhal Novo	1:34:50	7:14	9:31	13:01	14:50	17:51	24:37	35:27	42:15	44:45	46:
			7:14	2:17	3:30	1:49	3:01	6:46	10:50	6:48	2:30	1:
			1:19:29	1:29:40	1:31:57	1:33:23	1:34:38	1:34:50				
			9:01	10:11	2:17	1:26	1:15	0:12				
nc	172 Henrique Paquete [146] ES Pinhal Novo	1:04:43	2:59	5:09	8:03	9:36	13:42	20:16	25:34	30:18	31:40	33:
			2:59	2:10	2:54	1:33	4:06	6:34	5:18	4:44	1:22	1:
			54:06	1:00:27	1:02:18	1:03:35	1:04:33	1:04:43				
			3:48	6:21	1:51	1:17	0:58	0:10				
D16 (12)		4.3 km 150 m	16 C									
			1 (129)	2 (151)	3 (132)	4 (165)	5 (134)	6 (135)	7 (155)	8 (138)	9 (169)	10 (16)
			15 (170)	16 (200)	F							
1	5659 Raquel Henriques [094] CPOC	1:08:04	4:42	11:26	13:40	16:51	24:17	32:06	37:36	40:12	40:54	44:
			4:42	6:44	2:14	3:11	7:26	7:49	5:30	2:36	0:42	4:
			1:05:51	1:07:51	1:08:04							
			4:25	2:00	0:13							
2	5706 Margarida Miranda [052] GD4C	1:09:59	4:49	13:27	15:38	18:55	26:04	34:03	39:29	42:05	42:56	46:
			4:49	8:38	2:11	3:17	7:09	7:59	5:26	2:36	0:51	4:
			1:07:47	1:09:47	1:09:59							
			4:28	2:00	0:12							
3	5166 Beatriz Esteves [070] COC	1:17:31	4:18	10:20	12:54	16:51	22:31	32:02	38:42	41:29	42:21	45:
			4:18	6:02	2:34	3:57	5:40	9:31	6:40	2:47	0:52	3:
			1:14:39	1:17:16	1:17:31							
			6:59	2:37	0:15							
4	5663 Patrícia Pardal [035] CN Alvito	1:34:29	4:43	15:49	18:14	23:21	37:37	49:13	56:57	59:25	1:00:12	1:02:
			4:43	11:06	2:25	5:07	14:16	11:36	7:44	2:28	0:47	2:
			1:31:41	1:34:17	1:34:29							
			9:56	2:36	0:12							
5	5837 Mariana Almeida [094] CPOC	1:35:25	7:22	18:43	21:24	26:30	32:42	48:37	55:38	59:02	1:00:06	1:03:
			7:22	11:21	2:41	5:06	6:12	15:55	7:01	3:24	1:04	3:
			1:32:34	1:35:10	1:35:25							
			4:13	2:36	0:15							
6	5811 Ana Nunes [094] CPOC	1:36:34	4:46	17:51	20:17	25:23	39:34	51:16	59:00	1:01:23	1:02:09	1:04:
			4:46	13:05	2:26	5:06	14:11	11:42	7:44	2:23	0:46	2:
			1:33:38	1:36:21	1:36:34							
			9:49	2:43	0:13							
7	5657 Mafalda Moreira [094] CPOC	1:39:28	5:17	22:55	25:25	30:35	36:39	52:34	59:41	1:02:59	1:04:02	1:07:
			5:17	17:38	2:30	5:10	6:04	15:55	7:07	3:18	1:03	3:
			1:36:31	1:39:15	1:39:28							
			4:12	2:44	0:13							
8	5599 Liane Batista [070] COC	1:43:30	10:18	14:50	17:23	21:43	35:58	44:45	1:06:53	1:10:22	1:11:43	1:14:
			10:18	4:32	2:33	4:20	14:15	8:47	22:08	3:29	1:21	2:
			1:40:46	1:43:17	1:43:30							
			3:43	2:31	0:13							
9	5739 Carina Castro [007] Ori-Estarreja	1:45:30	12:16	16:49	19:25	23:50	37:54	47:00	1:08:46	1:12:05	1:13:41	1:16:
			12:16	4:33	2:36	4:25	14:04	9:06	21:46	3:19	1:36	2:
			1:42:42	1:45:15	1:45:30							
			3:40	2:33	0:15							
10	6198 Beatriz Castilho [102] .COM	1:57:48	6:52	21:40	24:07	30:38	44:12	58:55	1:20:51	1:24:18	1:25:49	1:28:
			6:52	14:48	2:27	6:31	13:34	14:43	21:56	3:27	1:31	2:
			1:54:48	1:57:34	1:57:48							
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11	6199 Soraia Costa [007] Ori-Estarreja	1:59:39	8:50	23:29	26:00	32:32	46:14	1:00:42	1:22:48	1:26:19	1:27:47	1:30:
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			1:56:51	1:59:27	1:59:39							
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			1:22:39	1:26:29	1:26:42							
			2:41	3:50	0:13			*143				
H18 (17)		4.9 km 220 m	19 C									
			1 (149)	2 (130)	3 (146)	4 (132)	5 (164)	6 (134)	7 (153)	8 (155)	9 (166)	10 (14)
			15 (160)	16 (143)	17 (145)	18 (119)	19 (200)	F				
1	5636 Ricardo Esteves [090] ADFA	41:41	2:14	2:58	4:35	5:39	7:25	9:36	14:10	18:18	19:28	22:
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			33:25	37:36	39:17	40:41	41:31	41:41				
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			39:03	43:03	44:48	45:52	46:34	46:46				
			1:19	4:00	1:45	1:04	0:42	0:12				
3	5437 Tiago Figueiredo [007] Ori-Estarreja	47:32	2:41	4:33	6:31	7:40	9:30	11:47	20:22	24:09	25:19	26:
			2:41	1:52	1:58	1:09	1:50	2:17	8:35	3:47	1:10	1:
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4	5843 Rui Batista [022] CLAC	52:46	2:26	3:27	5:11	6:35	8:59	11:59	18:32	23:47	25:05	28:
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			0:57	4:50	1:56	1:18	1:11	0:11				
5	5447 Leonardo Ramalho [102] .COM	57:58	2:59	4:15	10:10	11:49	14:44	18:20	24:57	29:41	30:59	32:
			2:59	1:16	5:55	1:39	2:55	3:36	6:37	4:44	1:18	1:
			48:02	52:36	55:19	56:37	57:45	57:58				
			1:30	4:34	2:43	1:18	1:08	0:13				
6	3955 Miguel Baltazar [090] ADFA	58:47	2:58	3:58	6:28	7:46	10:25	14:25	23:57	30:17	32:01	33:
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		[090] ADFa		4:58	0:40	2:11	1:14	2:31	2:32	8:09	4:19	1:05	0:
				37:09	41:30	43:23	44:24	45:04	45:14		2:47		
5	3553	Diogo Barradas	45:49	0:43	4:21	1:53	1:01	0:40	0:10		*130		
		[094] CPOC		2:42	5:17	7:10	8:27	10:32	13:00	19:02	24:21	25:40	26:
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				37:38	41:40	43:34	44:41	45:37	45:49				
6	4987	Daniel Catarino	46:36	1:35	4:02	1:54	1:07	0:56	0:12				
		[007] Ori-Estarreja		2:56	3:55	5:59	7:18	9:35	12:52	18:56	22:55	24:05	25:
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				1:34	4:36	2:27	1:17	0:52	0:15				
7	5216	Nuno Santos	57:52	3:32	10:03	12:05	13:22	15:33	19:34	25:07	30:43	32:03	33:
		[090] ADFa		3:32	6:31	2:02	1:17	2:11	4:01	5:33	5:36	1:20	1:
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				1:21	4:59	2:00	1:14	0:57	0:12				
8	3954	Goncalo Pirrolas	59:47	2:42	7:18	10:28	11:40	13:57	18:19	24:00	28:02	29:23	30:
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				50:07	54:52	57:16	58:33	59:32	59:47				
				1:11	4:45	2:24	1:17	0:59	0:15				
9	5267	Filipe Fernandes	1:01:37	3:28	4:20	7:09	8:33	12:04	17:28	27:07	33:08	34:47	36:
		[137] LCM		3:28	0:52	2:49	1:24	3:31	5:24	9:39	6:01	1:39	1:
				50:16	56:25	59:11	1:00:31	1:01:24	1:01:37		48:00		
				1:14	6:09	2:46	1:20	0:53	0:13		*159		
10	5006	Gabriel Braz	1:02:52	2:36	8:33	10:52	12:03	14:34	17:44	26:17	30:11	31:32	34:
		[070] COC		2:36	5:57	2:19	1:11	2:31	3:10	8:33	3:54	1:21	2:
				51:56	57:49	1:00:36	1:01:43	1:02:42	1:02:52				
				1:14	5:53	2:47	1:07	0:59	0:10				
11	5838	Pedro Silva	1:06:29	3:24	13:40	16:01	17:28	19:48	22:49	29:03	36:09	38:45	40:
		[088] ADC		3:24	10:16	2:21	1:27	2:20	3:01	6:14	7:06	2:36	1:
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				0:56	8:38	3:05	1:24	0:55	0:14				
		5287 João Novo	mp	2:32	3:18	5:09	-----	8:14	10:54	16:44	20:05	21:05	22:
		[102] .COM		2:32	0:46	1:51		3:05	2:40	5:50	3:21	1:00	1:
				36:41	42:33	44:12	45:18	46:05	46:19				
				0:51	5:52	1:39	1:06	0:47	0:14				
D20	(5)		4.2 km 150 m	16 C									
				1(149)	2(171)	3(132)	4(133)	5(134)	6(135)	7(155)	8(168)	9(139)	10(16)
				15(120)	16(200)	F							
1	5736	Filipa Rodrigues	42:57	2:59	5:10	6:43	10:29	14:39	20:42	24:37	26:26	27:44	29:
		[090] ADFa		2:59	2:11	1:33	3:46	4:10	6:03	3:55	1:49	1:18	1:
				42:00	42:46	42:57							
				1:12	0:46	0:11							
2	5506	Verónica Fradique	51:50	3:58	7:40	9:33	12:00	16:38	22:38	26:52	29:23	31:43	33:
		[052] GD4C		3:58	3:42	1:53	2:27	4:38	6:00	4:14	2:31	2:20	1:
				50:13	51:38	51:50							
				1:12	1:25	0:12							
3	5679	Ana Castanheiro	57:04	3:55	9:13	10:38	14:53	19:20	26:46	30:55	32:56	34:23	36:
		[102] .COM		3:55	5:18	1:25	4:15	4:27	7:26	4:09	2:01	1:27	1:
				55:38	56:51	57:04							
				1:11	1:13	0:13							
4	4277	Inês Alves	1:05:11	4:25	9:56	11:47	16:33	22:42	28:41	34:01	37:01	38:50	40:
		[052] GD4C		4:25	5:31	1:51	4:46	6:09	5:59	5:20	3:00	1:49	1:
				1:03:47	1:04:56	1:05:11							
				1:25	1:09	0:15							
5	5485	Ana Catarina Andrade	1:16:13	4:28	9:39	11:36	14:20	23:37	33:21	38:36	43:04	44:42	46:
		[007] Ori-Estarreja		4:28	5:11	1:57	2:44	9:17	9:44	5:15	4:28	1:38	2:
				1:13:51	1:15:59	1:16:13							
				1:55	2:08	0:14							
HE	(18)		4.9 km 220 m	19 C									
				1(149)	2(130)	3(146)	4(132)	5(164)	6(134)	7(153)	8(155)	9(166)	10(14)
				15(160)	16(143)	17(145)	18(119)	19(200)	F				
1	2818	Tiago Romão	34:00	2:08	2:53	5:19	6:19	7:58	10:10	14:12	17:12	18:11	18:
		[151] GafanhOri		2:08	0:45	2:26	1:00	1:39	2:12	4:02	3:00	0:59	0:
				27:40	30:36	32:11	33:09	33:49	34:00				
				0:48	2:56	1:35	0:58	0:40	0:11				
2	4429	Manuel Horta	38:00	2:32	3:28	4:52	5:57	7:57	10:15	13:54	18:07	19:10	19:
		[151] GafanhOri		2:32	0:56	1:24	1:05	2:00	2:18	3:39	4:13	1:03	0:
				30:51	34:34	36:12	37:07	37:49	38:00				
				0:43	3:43	1:38	0:55	0:42	0:11				
3	3785	Nelson Baroca	38:04	3:47	4:12	5:53	6:48	8:54	10:59	15:48	19:30	20:29	21:
		[062] CA Madeira		3:47	0:25	1:41	0:55	2:06	2:05	4:49	3:42	0:59	0:
				30:35	34:35	36:14	37:19	37:55	38:04				
				0:59	4:00	1:39	1:05	0:36	0:09				
4	1111	Pedro Nogueira	38:36	2:23	3:35	5:14	6:30	8:42	11:19	16:16	19:45	20:46	21:
		[090] ADFa		2:23	1:12	1:39	1:16	2:12	2:37	4:57	3:29	1:01	0:
				31:15	35:02	36:40	37:37	38:25	38:36				
				0:38	3:47	1:38	0:57	0:48	0:11				
5	4103	Rafael Miguel	38:57	2:51	3:33	5:07	6:17	8:13	10:55	15:24	19:03	20:05	20:
		[007] Ori-Estarreja		2:51	0:42	1:34	1:10	1:56	2:42	4:29	3:39	1:02	0:
				30:58	34:27	36:47	37:53	38:43	38:57				
				0:46	3:29	2:20	1:06	0:50	0:14				
6	2668	Gildo Silva	42:08	2:49	3:42	5:53	7:04	9:17	11:50	16:57	21:08	22:16	23:
		[070] COC		2:49	0:53	2:11	1:11	2:13	2:33	5:07	4:11	1:08	1:
				34:52	38:39	40:09	41:09	41:57	42:08				
				0:41	3:47	1:30	1:00	0:48	0:11				
7	3173	Davide Machado	42:44	2:38	3:56	5:56	7:11	9:17	12:03	19:26	23:05	24:45	25:
		[102] .COM		2:38	1:18	2:00	1:15	2:06	2:46	7:23	3:39	1:40	1:
				35:42	39:21	40:55	41:51	42:33	42:44				
				1:03	3:39	1:34	0:56	0:42	0:11				

8	1132	Paulo Franco [070] COC	45:10	2:31 2:31 34:09 0:54	3:23 0:52 40:36 6:27	4:57 1:34 42:57 2:51	6:10 1:13 44:05 1:08	8:08 1:58 44:57 0:52	10:21 2:13 45:10 0:13	15:38 5:17 31:55 *159	19:14 3:36 1:28 0:	20:42 1:28 0:	21: 0:
9	2060	Marco Povia [090] ADFA	46:25	2:20 2:20 37:41 0:42	5:33 3:13 42:43 5:02	7:17 1:44 44:30 1:47	10:11 2:54 45:32 1:02	11:57 1:46 46:14 0:42	14:30 2:33 46:25 0:11	22:04 7:34 3:24 1:00	25:28 3:24 1:00 0:	26:28 1:00 0:	27: 0:
10	4101	Jorge Marques [052] GD4C	46:43	2:58 2:58 38:49 1:07	4:03 1:05 42:55 4:06	6:08 2:05 44:39 1:44	7:25 1:17 45:46 1:07	10:19 2:54 46:30 0:44	12:36 2:17 46:43 0:13	19:12 6:36 3:44 1:35	22:56 3:44 1:35 0:	24:31 1:35 0:	25: 0:
11	1811	Luis Leite [052] GD4C	46:47	2:50 2:50 37:50 1:41	3:42 0:52 42:30 4:40	6:51 3:09 44:41 2:11	8:03 1:12 45:49 1:08	10:21 2:18 46:37 0:48	13:32 3:11 46:47 0:10	19:16 5:44 3:58 1:23	23:14 3:58 1:23 1:	24:37 1:23 1:	25: 1:
12	3555	Filipe Dias [052] GD4C	49:29	3:07 3:07 40:05 1:12	4:06 0:59 45:00 4:55	6:34 2:28 47:30 2:30	7:51 1:17 48:38 1:08	9:53 2:02 49:19 0:41	13:04 3:11 49:29 0:10	20:29 7:25 4:43 1:07	25:12 4:43 1:07 0:	26:19 1:07 0:	27: 0:
13	127	Anssi Vesanto [202] Espoon Suunta	50:56	2:41 2:41 43:00 3:48	3:31 0:50 47:07 4:07	5:09 1:38 48:47 1:40	6:16 1:07 49:54 1:07	7:58 1:42 50:43 0:49	10:14 2:16 50:56 0:13	17:23 7:09 5:17 0:55	22:40 5:17 0:55 1:	23:35 0:55 1:	24: 1:
14	3602	Luis Barreiro [054] NADA	56:56	2:39 2:39 48:28 1:29	3:46 1:07 52:56 4:28	5:26 1:40 54:55 1:59	6:37 1:11 56:01 1:06	8:48 2:11 56:45 0:44	11:29 2:41 56:56 0:11	30:49 19:20 3:24 1:28	34:13 3:24 1:28 1:	35:41 1:28 1:	36: 1:
15	3167	Nuno Evangelista [114] COA	57:36	2:29 2:29 49:25 1:06	9:21 6:52 53:34 4:09	12:42 3:21 55:35 2:01	13:55 1:13 56:40 1:05	15:53 1:58 57:24 0:44	20:36 4:43 57:36 0:12	30:49 10:13 4:02 1:04	34:51 4:02 1:04 1:	35:55 1:04 1:	36: 1:
16	3621	Leandro Lima [085] A Montanha	58:30	2:45 2:45 48:29 1:04	4:36 1:51 53:48 5:19	7:18 2:42 56:03 2:15	8:42 1:24 57:23 1:20	11:09 2:27 58:18 0:55	14:55 3:46 58:30 0:12	21:47 6:52 5:56 1:25	27:43 5:56 1:25 1:	29:08 1:25 1:	30: 1:
17	3581	Tiago Baltazar [090] ADFA	1:02:12	3:13 3:13 52:30 1:15	13:03 9:50 57:38 5:08	14:49 1:46 59:57 2:19	16:11 1:22 1:01:05 1:08	18:20 2:09 1:02:00 0:55	25:25 7:05 1:02:12 0:12	31:46 6:21 4:55 1:26	36:41 4:55 1:26 1:	38:07 1:26 1:	39: 1:
	5055	André Esteves [070] COC	mp	3:36 3:36 -----	9:00 5:24 -----	12:31 3:31 -----	15:47 3:16 -----	21:34 5:47 -----	27:02 5:28 -----	-----	-----	-----	---

DE	(14)	4.2 km	150 m	16 C	1 (149)	2 (171)	3 (132)	4 (133)	5 (134)	6 (135)	7 (155)	8 (168)	9 (139)	10 (16)
					15(120)	16(200)	F							
1	2348	Raquel Costa [151] GafanhOri	41:28	2:44 2:44 40:08 1:16	6:45 4:01 41:17 1:09	8:05 1:20 41:28 0:11	9:54 1:49 4:31 3:31	13:25 3:31 6:26 3:21	19:51 6:26 3:21 1:39	23:12 3:21 1:38 1:	24:51 1:39 1:38 1:	26:29 1:38 1:	27: 1:	
2	3479	Carolina Delgado [052] GD4C	43:25	3:08 3:08 42:13 1:08	6:14 3:06 43:11 0:58	7:52 1:38 43:25 0:14	10:30 2:38 4:01 4:01	14:31 4:01 5:11 4:34	19:42 5:11 4:34 1:41	24:16 4:34 1:41 1:20	25:57 1:41 1:20 1:	27:17 1:20 1:	28: 1:	
3	3156	Mariana Moreira [094] CPOC	45:31	2:53 2:53 44:31 0:59	9:11 6:18 45:19 0:48	10:37 1:26 45:31 0:12	12:23 1:46 3:27 4:05	15:50 3:27 4:05 3:46	19:55 4:05 3:46 1:52	23:41 3:46 1:52 1:38	25:33 1:52 1:38 3:	27:11 1:38 3:	30: 3:	
4	3060	Patricia Casalinho [070] COC	49:21	3:39 3:39 48:12 2:02	6:29 2:50 49:08 0:56	8:00 1:31 49:21 0:13	10:27 2:27 4:35 5:04	15:02 4:35 5:04 4:31	20:06 5:04 4:31 2:04	24:37 4:31 2:04 1:15	26:41 2:04 1:15 2:	27:56 1:15 2:	30: 2:	
5	4112	Inês Pinto [052] GD4C	49:29	3:26 3:26 48:14 1:16	6:08 2:42 49:16 1:02	7:44 1:36 49:29 0:13	10:46 3:02 4:43 7:11	15:29 4:43 7:11 3:44	22:40 7:11 3:44 2:08	26:24 3:44 2:08 1:39	28:32 2:08 1:39 1:	30:11 1:39 1:	31: 1:	
6	4142	Rita Rodrigues [151] GafanhOri	51:31	3:31 3:31 50:09 1:17	7:10 3:39 51:18 1:09	8:42 1:32 51:31 0:13	12:47 4:05 4:56 6:13	17:43 4:56 6:13 3:59	23:56 6:13 3:59 1:53	27:55 3:59 1:53 1:28	29:48 1:53 1:28 3:	31:16 1:28 3:	34: 3:	
7	2282	Carla Saraiva [007] Ori-Estarreja	55:04	3:41 3:41 54:02 1:17	6:42 3:01 54:54 0:52	8:33 1:51 55:04 0:10	10:46 2:13 4:43 5:22	15:29 4:43 5:22 9:26	20:51 5:22 9:26 2:01	30:17 9:26 2:01 1:30	32:18 2:01 1:30 1:	33:48 1:30 1:	35: 1:	
8	3157	Liliana Oliveira [052] GD4C	55:15	3:33 3:33 53:40 1:23	8:09 4:36 55:00 1:20	9:58 1:49 55:15 0:15	12:13 2:15 5:19 7:05	17:32 5:19 7:05 5:22	24:37 7:05 5:22 2:04	29:59 5:22 2:04 1:42	32:03 2:04 1:42 1:	33:45 1:42 1:	35: 1:	
9	3315	Adelindina Lopes [070] COC	57:53	3:28 3:28 56:49 1:07	6:41 3:13 57:41 0:52	8:06 1:25 57:53 0:12	10:04 1:58 3:37 11:03	13:41 3:37 11:03 3:34	24:44 11:03 3:34 2:16	28:18 3:34 2:16 1:15	30:34 2:16 1:15 4:	31:49 1:15 4:	36: 4:	
10	3519	Albertina Sá [090] ADFA	58:25	4:11 4:11 57:09 2:36	7:17 3:06 58:11 1:02	8:50 1:33 58:25 0:14	11:21 2:31 4:16 7:48	15:37 4:16 7:48 5:07	23:25 7:48 5:07 4:29	28:32 5:07 4:29 1:34	33:01 4:29 1:34 2:	34:35 1:34 2:	36: 2:	
11	3054	Inês Domingues [070] COC	1:00:11	3:52 3:52 58:39 1:25	7:27 3:35 59:57 1:18	9:09 1:42 1:00:11 0:14	11:42 2:33 4:42 6:45	16:24 4:42 6:45 6:02	23:09 6:45 6:02 2:41	29:11 6:02 2:41 1:24	31:52 2:41 1:24 1:	33:16 1:24 1:	35: 1:	
12	3720	Ines Aires [007] Ori-Estarreja	1:20:15	5:00 5:00 5:37	10:37 13:50 3:13	17:43 3:53	25:31 7:48	35:59 10:28	43:45 7:46	47:10 3:25	49:29 2:19	51: 2:		

			1:17:55	1:19:43	1:20:15								
			1:52	1:48	0:32								
13	2490	Céu Costa [052] GD4C	1:46:13	3:47	11:00	12:53	21:27	28:35	36:08	43:13	45:07	47:16	48:
			3:47	7:13	1:53	8:34	7:08	7:33	7:05	1:54	2:09	1:	
			1:43:30	1:45:25	1:46:13								
			1:35	1:55	0:48								
nc	5288	Stepanka Betkova [166] ADM Ori-Mondego	47:49	3:34	7:36	9:19	11:36	15:15	20:47	25:17	27:07	28:41	30:
			3:34	4:02	1:43	2:17	3:39	5:32	4:30	1:50	1:34	1:	
			46:24	47:33	47:49								
			1:08	1:09	0:16								
H21A	(29)	4.9 km 215 m 19 C											
			1(128)	2(130)	3(171)	4(132)	5(152)	6(134)	7(136)	8(155)	9(166)	10(14)	
			15(161)	16(163)	17(145)	18(119)	19(200)	F					
1	4016	Miguel Nobrega [056] Natura	48:34	2:49	5:03	7:24	8:46	11:33	15:28	19:42	22:17	23:34	24:
			2:49	2:14	2:21	1:22	2:47	3:55	4:14	2:35	1:17	1:	
			41:59	44:46	46:18	47:32	48:23	48:34					
			4:13	2:47	1:32	1:14	0:51	0:11					
2	2816	Jorge Fortunato [007] Ori-Estarreja	48:49	2:56	9:33	12:28	13:50	15:45	19:48	23:34	26:24	27:37	28:
			2:56	6:37	2:55	1:22	1:55	4:03	3:46	2:50	1:13	1:	
			42:01	43:37	46:40	47:45	48:36	48:49					
			4:03	1:36	3:03	1:05	0:51	0:13					
3	5140	Sergio Duarte [102] .COM	50:27	2:51	4:08	5:44	7:06	9:45	13:37	21:21	23:42	24:50	26:
			2:51	1:17	1:36	1:22	2:39	3:52	7:44	2:21	1:08	1:	
			45:21	46:59	48:18	49:26	50:14	50:27					
			6:53	1:38	1:19	1:08	0:48	0:13					
4	2635	Edgar Domingues [070] COC	50:46	3:14	6:17	8:17	9:49	14:51	18:35	22:42	25:27	26:41	27:
			3:14	3:03	2:00	1:32	5:02	3:44	4:07	2:45	1:14	1:	
			44:43	46:54	48:38	49:44	50:34	50:46					
			3:51	2:11	1:44	1:06	0:50	0:12					
5	5605	Gil Sousa Pinto [119] OriMarão	51:49	4:20	6:15	8:40	10:06	12:21	17:28	22:41	25:38	26:59	27:
			4:20	1:55	2:25	1:26	2:15	5:07	5:13	2:57	1:21	0:	
			44:30	46:57	49:41	50:49	51:40	51:49					
			3:50	2:27	2:44	1:08	0:51	0:09					
6	5541	Tomás Silva [094] CPOC	54:30	3:28	4:48	6:41	8:03	10:34	16:12	21:34	24:29	25:48	27:
			3:28	1:20	1:53	1:22	2:31	5:38	5:22	2:55	1:19	1:	
			44:38	50:26	52:10	53:32	54:20	54:30					
			3:51	5:48	1:44	1:22	0:48	0:10					
7	2969	Domingos Martins [052] GD4C	54:41	3:16	4:36	6:22	7:51	11:40	15:46	21:03	23:54	25:50	26:
			3:16	1:20	1:46	1:29	3:49	4:06	5:17	2:51	1:56	0:	
			43:40	50:31	51:59	53:16	54:27	54:41					
			4:14	6:51	1:28	1:17	1:11	0:14					
8	2983	João Gomes [062] CA Madeira	56:13	2:57	6:25	8:57	10:14	12:24	16:32	22:41	25:25	26:39	27:
			2:57	3:28	2:32	1:17	2:10	4:08	6:09	2:44	1:14	1:	
			49:40	51:44	53:38	54:52	56:01	56:13					
			4:50	2:04	1:54	1:14	1:09	0:12					
9	5410	Noel Valadão [166] ADM Ori-Mondego	56:21	3:30	4:55	10:28	11:42	13:49	18:00	25:39	28:18	29:33	30:
			3:30	1:25	5:33	1:14	2:07	4:11	7:39	2:39	1:15	1:	
			50:05	52:13	54:14	55:23	56:08	56:21					
			4:53	2:08	2:01	1:09	0:45	0:13					
10	2150	Xavier Vieira [062] CA Madeira	56:38	3:19	4:29	6:07	9:53	12:23	18:41	23:54	26:28	28:02	28:
			3:19	1:10	1:38	3:46	2:30	6:18	5:13	2:34	1:34	0:	
			47:40	52:42	54:18	55:36	56:27	56:38					
			5:07	5:02	1:36	1:18	0:51	0:11					
11	2128	Daniel Marques [070] COC	58:05	3:08	4:25	6:56	8:15	11:10	15:30	20:12	22:53	24:21	27:
			3:08	1:17	2:31	1:19	2:55	4:20	4:42	2:41	1:28	3:	
			51:31	53:38	55:24	56:55	57:51	58:05					
			4:22	2:07	1:46	1:31	0:56	0:14					
									*168				
12	5912	Ricardo Bernardo [114] COA	59:36	6:16	7:41	10:48	12:05	15:07	20:08	25:12	28:33	29:52	31:
			6:16	1:25	3:07	1:17	3:02	5:01	5:04	3:21	1:19	1:	
			52:05	55:00	57:35	58:46	59:25	59:36					
			6:14	2:55	2:35	1:11	0:39	0:11					
13	5061	Manuel Lopes [090] ADFA	1:00:57	3:15	5:58	9:09	10:21	12:20	18:53	24:09	26:58	28:24	29:
			3:15	2:43	3:11	1:12	1:59	6:33	5:16	2:49	1:26	1:	
			50:31	57:13	58:55	1:00:04	1:00:46	1:00:57					
			5:09	6:42	1:42	1:09	0:42	0:11					
14	118	Luis Martinez [201] ADOL	1:01:12	3:00	4:16	13:10	14:26	16:28	20:51	28:12	30:44	33:18	34:
			3:00	1:16	8:54	1:16	2:02	4:23	7:21	2:32	2:34	1:	
			53:15	56:57	58:51	59:59	1:00:59	1:01:12					
			4:19	3:42	1:54	1:08	1:00	0:13					
15	3489	Jorge Frazão [070] COC	1:01:38	3:30	5:01	7:18	8:58	13:22	20:36	29:06	32:18	33:49	35:
			3:30	1:31	2:17	1:40	4:24	7:14	8:30	3:12	1:31	2:	
			55:18	57:41	59:16	1:00:27	1:01:24	1:01:38					
			4:15	2:23	1:35	1:11	0:57	0:14					
16	5796	Bruno André [119] OriMarão	1:02:53	3:37	6:30	9:13	10:39	13:13	18:48	27:33	30:30	31:56	33:
			3:37	2:53	2:43	1:26	2:34	5:35	8:45	2:57	1:26	1:	
			52:49	58:45	1:00:29	1:01:41	1:02:43	1:02:53					
			6:06	5:56	1:44	1:12	1:02	0:10					
17	5334	Hugo Monteiro [094] CPOC	1:04:24	3:33	5:04	8:27	10:04	12:31	17:36	25:10	29:44	31:19	33:
			3:33	1:31	3:23	1:37	2:27	5:05	7:34	4:34	1:35	1:	
			55:19	59:09	1:01:51	1:03:01	1:04:10	1:04:24					
			4:52	3:50	2:42	1:10	1:09	0:14					
18	5540	Henrique Silva [094] CPOC	1:05:01	2:57	5:17	11:43	13:12	16:19	20:25	26:22	29:09	30:24	32:
			2:57	2:20	6:26	1:29	3:07	4:06	5:57	2:47	1:15	2:	
			56:46	59:43	1:01:37	1:03:24	1:04:41	1:05:01					
			8:56	2:57	1:54	1:47	1:17	0:20					
19	5316	João Real [159] COAAL	1:05:28	3:50	10:53	17:03	18:54	22:01	26:49	32:39	35:27	36:58	38:
			3:50	7:03	6:10	1:51	3:07	4:48	5:50	2:48	1:31	1:	
			59:11	1:01:19	1:03:03	1:04:18	1:05:16	1:05:28					
			4:36	2:08	1:44	1:15	0:58	0:12					
20	5204	João Freire [090] ADFA	1:08:54	4:23	10:43	17:10	18:24	20:02	26:55	32:12	34:53	36:07	39:
			4:23	6:20	6:27	1:14	1:38	6:53	5:17	2:41	1:14	3:	
			58:30	1:05:14	1:06:46	1:08:00	1:08:43	1:08:54					
			5:10	6:44	1:32	1:14	0:43	0:11					

21	5960	Humberto Santos [090] ADFA	1:09:14	5:30 5:30 57:58	16:40 11:10 1:05:40	18:54 2:14 1:06:51	20:27 1:33 1:08:04	23:33 3:06 1:09:03	27:40 4:07 1:09:14	36:22 8:42	39:19 2:57	40:56 1:37	42: 1:								
22	5421	Alexandre Espirito Santo [166] ADM Ori-Mondego	1:09:25	4:24 4:24 1:01:18	6:39 2:15 1:04:10	8:51 2:12 1:06:05	10:27 1:36 1:07:39	12:56 2:29 1:09:13	19:47 6:51 1:09:25	29:53 10:06	33:36 3:43	35:22 1:46	36: 1:								
23	5068	José Alberto Sargaço [166] ADM Ori-Mondego	1:13:19	3:58 3:58 1:05:25	5:48 1:50 1:08:23	10:44 4:56 1:10:15	12:24 1:40 1:12:00	14:43 2:19 1:13:08	22:23 7:40 1:13:19	34:07 11:44	39:45 5:38	41:40 1:55	42: 1:								
23	4019	João Moura [056] Natura	1:13:19	4:48 4:48 1:04:22	6:40 1:52 1:07:35	9:57 3:17 1:09:40	11:58 2:01 1:11:36	15:34 3:36 1:12:59	22:19 6:45 1:13:19	28:14 5:55	33:02 4:48	35:18 2:16	37: 2:								
25	3684	Rui Martins [056] Natura	1:15:29	3:58 3:58 1:06:14	9:55 5:57 1:09:18	14:43 4:48 1:12:09	16:14 1:31 1:13:56	19:12 2:58 1:15:15	25:49 6:37 1:15:29	37:42 11:53	41:39 3:57	43:15 1:36	44: 1:								
26	5929	Nelson S. Pinto [167] NAST	1:17:44	3:43 3:43 1:07:10	5:45 2:02 1:10:00	9:47 4:02 1:14:52	11:26 1:39 1:16:03	14:18 2:52 1:17:31	21:08 6:50 1:17:44	29:40 8:32	33:24 3:44	35:27 2:03	36: 1:								
27	5698	Pedro Laia [133] GDU Azoia	1:17:47	3:21 3:21 1:09:44	16:32 13:11 1:11:53	21:06 4:34 1:15:41	22:16 1:10 1:16:59	25:33 3:17 1:17:38	33:10 7:37 1:17:47	44:43 11:33	47:30 2:47	48:33 1:03	49: 0:								
28	5075	Ricardo Freitas [166] ADM Ori-Mondego	1:43:55	3:54 3:54 1:25:01	6:05 2:11 1:30:20	9:45 3:40 1:32:27	11:57 2:12 1:41:56	17:03 5:06 1:43:41	30:46 13:43 1:43:55	42:59 12:13	47:26 4:27	49:23 1:57	51: 1:								
nc	4485	Fabio Coradinho [151] GafanhOri	52:13	3:09 3:09 46:19	4:35 1:26 48:45	6:18 1:43 50:02	7:35 1:17 51:15	10:04 2:29 52:02	15:44 5:40 52:13	22:39 6:55	25:29 2:50	27:18 1:49	28: 1:								
D21A (12)				4.3 km 150 m		16 C															
				1(129) 15(170)		2(151) 16(200)		3(132) F		4(165) 5(134)		6(135) 7(155)		8(138) 9(169)		10(16)					
1	3445	Ana Filipa Silva [094] CPOC	59:07	4:33 4:33 56:13	10:04 5:31 58:52	12:29 2:25 59:07	15:46 3:17	20:45 4:59	27:33 6:48	34:01 6:28	36:31 2:30	37:24 0:53	40: 2:								
2	2587	Sandra Rodrigues [090] ADFA	1:04:26	2:52 8:14 8:14 1:01:55	2:39 11:02 2:48 1:04:13	0:15 15:02 4:00 1:04:26	0:13	19:01 5:00	24:22 5:31	31:53 9:11	40:16 4:56	43:03 2:35	45:57 0:49	48: 2:							
3	1554	Ana Porta Nova [094] CPOC	1:05:48	2:58 4:47 4:47 1:03:19	2:18 7:41 2:54 1:05:35	0:13 10:17 2:36 1:05:48	0:13	15:57 5:40	23:27 7:30	33:28 10:01	39:26 5:58	41:54 2:28	42:46 0:52	45: 2:							
4	5296	Cátia Marques [070] COC	1:08:23	2:52 4:51 4:51 1:05:59	2:16 9:40 4:49 1:08:10	0:13 12:00 2:20 1:08:23	0:13	19:01 7:01	24:22 5:21	31:53 7:31	40:16 8:23	43:03 2:47	45:57 2:54	48: 3:							
5	4986	Inês Gonçalves [007] Ori-Estarreja	1:13:16	2:50 5:38 5:38 1:11:05	2:11 10:39 5:01 1:13:03	0:13 12:40 2:01 1:13:16	0:13	16:31 3:51	23:13 6:42	31:39 8:26	37:25 5:46	43:40 6:15	44:26 0:46	47: 2:							
6	5977	Catarina Castelão [070] COC	1:14:12	4:04 4:42 4:42 1:11:54	1:58 11:29 6:47 1:13:57	0:13 13:19 1:50 1:14:12	0:13	18:09 4:50	22:40 4:31	30:46 8:06	36:09 5:23	38:07 1:58	38:45 0:38	42: 3:							
7	5388	Susana Almeida [056] Natura	1:17:19	3:13 6:43 6:43 1:14:19	2:03 11:41 4:58 1:17:06	0:15 13:42 2:01 1:17:19	0:13	26:27 12:45	34:02 7:35	45:49 11:47	52:29 6:40	55:28 2:59	56:07 0:39	58: 2:							
8	2174	Paula Rodrigues [137] LCM	1:22:08	2:50 6:13 6:13 1:19:52	2:47 19:27 13:14 1:21:54	0:13 22:24 2:57 1:22:08	0:13	31:55 9:31	37:16 5:21	43:44 6:28	55:05 11:21	57:25 2:20	58:47 1:22	1:01: 2:							
9	4693	Sofia Pinto [056] Natura	1:23:47	3:28 4:57 4:57 1:20:55	2:02 15:51 10:54 1:23:31	0:14 18:59 3:08 1:23:47	0:14	22:32 3:33	30:00 7:28	41:47 11:47	48:33 6:46	51:40 3:07	52:25 0:45	55: 2:							
10	1490	Cristina Nazário [007] Ori-Estarreja	1:26:51	3:30 15:06 15:06 1:23:47	2:36 18:32 3:26 1:26:33	0:16 21:04 2:32 1:26:51	0:18	27:50 6:46	36:54 9:04	49:57 13:03	58:00 8:03	1:01:06 3:06	1:01:59 0:53	1:05: 3:							
11	5696	Ana Casaca [133] GDU Azoia	1:31:17	3:24 11:01 11:01 1:28:44	2:46 15:40 4:39 1:31:04	0:18 17:47 2:07 1:31:17	0:18	30:29 12:42	37:24 6:55	47:00 9:36	57:47 10:47	59:57 2:10	1:00:37 0:40	1:03: 2:							
12	5549	Ana Ferreira [166] ADM Ori-Mondego	1:48:54	3:29 7:36 7:36 1:44:57	2:20 15:22 7:46 1:48:35	0:13 19:37 4:15 1:48:54	0:19	28:18 8:41	40:59 12:41	54:50 13:51	1:04:05 9:15	1:08:26 4:21	1:09:27 1:01	1:13: 3:							
H21B (14)				4.9 km 220 m		19 C															
				1(149) 15(160)		2(130) 16(143)		3(146) 17(145)		4(132) 18(119)		5(164) 19(200)		6(134) F		7(153) 8(155)		9(166)		10(14)	

1	5692	Luis Jacinto [094] CPOC	58:27	3:20 3:20	5:38 2:18	7:52 2:14	9:11 1:19	11:52 2:41	16:20 4:28	23:36 7:16	28:41 5:05	30:14 1:33	31: 1:
				46:44	53:07	55:40	57:03	58:16	58:27				
				1:22	6:23	2:33	1:23	1:13	0:11				
2	3633	Marco Martins [022] CLAC	1:00:54	3:16 3:16	6:23 3:07	9:37 3:14	11:07 1:30	13:40 2:33	17:32 3:52	24:47 7:15	29:29 4:42	32:13 2:44	33: 1:
				48:23	55:19	57:58	59:24	1:00:42	1:00:54		24:02	53:56	
				1:21	6:56	2:39	1:26	1:18	0:12		*135	*161	
3	5468	Eduardo Soares [159] COAAL	1:02:00	2:51 2:51	4:02 1:11	6:31 2:29	7:51 1:20	10:22 2:31	13:58 3:36	20:17 6:19	24:59 4:42	26:44 1:45	28: 1:
				47:11	57:11	59:37	1:00:51	1:01:50	1:02:00				
				1:34	10:00	2:26	1:14	0:59	0:10				
4	5524	Manuel Real [159] COAAL	1:06:10	3:02 3:02	7:54 4:52	10:28 2:34	11:50 1:22	14:26 2:36	18:06 3:40	24:20 6:14	28:55 4:35	30:48 1:53	32: 1:
				51:36	1:01:24	1:03:42	1:04:56	1:05:59	1:06:10				
				1:56	9:48	2:18	1:14	1:03	0:11				
5	5846	Filipe Ramalho [159] COAAL	1:10:08	7:26 7:26	10:17 2:51	12:18 2:01	14:08 1:50	18:34 4:26	22:08 3:34	28:11 6:03	33:01 4:50	34:50 1:49	36: 1:
				55:33	1:05:20	1:07:47	1:09:02	1:09:56	1:10:08				
				1:49	9:47	2:27	1:15	0:54	0:12				
6	5980	Rafael Silva [056] Natura	1:15:58	3:07 3:07	4:18 1:11	20:28 16:10	21:44 1:16	24:43 2:59	29:23 4:40	38:33 9:10	44:12 5:39	45:30 1:18	47: 1:
				1:03:57	1:10:29	1:13:38	1:14:46	1:15:48	1:15:58				
				2:27	6:32	3:09	1:08	1:02	0:10				
7	5583	Pedro Rodrigues [166] ADM Ori-Mondego	1:21:38	4:17 4:17	6:57 2:40	9:38 2:41	11:51 2:13	15:31 3:40	24:08 8:37	32:38 8:30	39:18 6:40	41:13 1:55	43: 1:
				1:04:42	1:14:21	1:17:54	1:19:35	1:21:28	1:21:38				
				2:17	9:39	3:33	1:41	1:53	0:10				
8	5746	Luis Miguel Pires [056] Natura	2:03:18	31:11 31:11	33:12 2:01	37:10 3:58	39:18 2:08	44:45 5:27	49:50 5:05	1:00:08 10:18	1:13:00 12:52	1:15:47 2:47	1:17: 1:
				1:44:00	1:53:46	1:59:38	2:01:39	2:03:00	2:03:18		1:55:30		
				4:09	9:46	5:52	2:01	1:21	0:18		*161		
9	5892	Rui Pedro Amaral [070] COC	2:06:01	7:05 7:05	14:09 7:04	22:32 8:23	24:16 1:44	28:05 3:49	33:32 5:27	52:15 18:43	1:00:11 7:56	1:01:46 1:35	1:03: 1:
				1:34:09	1:53:07	2:02:04	2:03:46	2:05:36	2:06:01				
				6:16	18:58	8:57	1:42	1:50	0:25				
	5555	José Carlos Marques [159] COAAL	mp	3:16 3:16	4:24 1:08	6:51 2:27	8:10 1:19	10:46 2:36	14:46 4:00	-----	25:25 10:39	26:52 1:27	28: 1:
				47:46	53:19	56:07	57:28	58:22	58:33		21:24		
				3:25	5:33	2:48	1:21	0:54	0:11		*135		
	5895	Fábio Miguel [133] GDU Azoia	mp	4:18 4:18	5:39 1:21	-----	9:16 3:37	11:44 2:28	16:41 4:57	45:40 28:59	55:50 10:10	56:56 1:06	1:00: 3:
				1:15:06	1:19:52	1:22:17	1:23:26	1:24:21	1:24:31		58:00		
				0:49	4:46	2:25	1:09	0:55	0:10		*168		
	5925	Pedro Tiago Gomes [501] Individual POR Fed	mp	4:36 4:36	6:20 1:44	32:55 26:35	34:54 1:59	38:47 3:53	43:54 5:07	-----	-----	-----	---
				-----	-----	-----	1:29:37	1:31:46	1:32:20				
							45:43	2:09	0:34				
nc	5894	André Silva [022] CLAC	1:19:43	8:53 8:53	10:43 1:50	14:47 4:04	16:06 1:19	20:51 4:45	27:36 6:45	37:29 9:53	44:34 7:05	46:27 1:53	48: 2:
				1:04:37	1:13:57	1:16:34	1:17:55	1:19:31	1:19:43				
				1:30	9:20	2:37	1:21	1:36	0:12				
nc	109	Patricio Lopes [137] LCM	1:21:47	4:49 4:49	8:05 3:16	11:01 2:56	12:37 1:36	19:10 6:33	25:49 6:39	41:42 15:53	48:51 7:09	51:22 2:31	53: 2:
				1:11:24	1:15:57	1:18:33	1:19:51	1:21:30	1:21:47				
				1:03	4:33	2:36	1:18	1:39	0:17				
D21B (7)			4.2 km 150 m	16 C									
				1(149)	2(171)	3(132)	4(133)	5(134)	6(135)	7(155)	8(168)	9(139)	10(16)
				15(120)	16(200)		F						
1	5850	Zélia Viana [102] .COM	1:01:22	4:09 4:09	8:22 4:13	10:10 1:48	12:45 2:35	18:22 5:37	24:54 6:32	32:02 7:08	34:28 2:26	37:22 2:54	39: 1:
				1:00:09	1:01:08	1:01:22							
				1:47	0:59	0:14							
2	5525	Tânia Cunha [159] COAAL	1:32:48	8:43 8:43	16:58 8:15	18:49 1:51	28:50 10:01	35:13 6:23	46:53 11:40	56:42 9:49	1:00:30 3:48	1:03:38 3:08	1:05: 1:
				1:31:33	1:32:37	1:32:48							
				3:30	1:04	0:11							
3	5995	Ana Isabel Madal Cabelei [094] CPOC	1:38:51	6:03 6:03	12:38 6:35	14:33 1:55	18:45 4:12	26:04 7:19	46:00 19:56	53:46 7:46	59:48 6:02	1:02:01 2:13	1:04: 2:
				1:35:15	1:38:35	1:38:51							
				2:41	3:20	0:16							
4	6044	Dora Ferreirinha [164] COBIS	1:46:36	16:48 16:48	21:35 4:47	23:47 2:12	29:57 6:10	37:05 7:08	53:27 16:22	1:00:57 7:30	1:05:43 4:46	1:08:08 2:25	1:10: 2:
				1:44:59	1:46:20	1:46:36							
				1:50	1:21	0:16							
5	6085	Margarida Ricardo [090] ADFA	1:52:38	6:01 6:01	15:05 9:04	17:11 2:06	26:43 9:32	36:17 9:34	52:17 16:00	1:02:53 10:36	1:08:41 5:48	1:12:01 3:20	1:15: 3:
				1:50:55	1:52:23	1:52:38							
				2:02	1:28	0:15							
6	6087	Carla Macedo [056] Natura	1:56:40	6:12 6:12	19:07 12:55	21:16 2:09	30:44 9:28	40:21 9:37	56:15 15:54	1:06:55 10:40	1:12:33 5:38	1:15:56 3:23	1:19: 3:
				1:54:57	1:56:24	1:56:40							
				2:02	1:27	0:16							
nc	6152	Silvia Silva [159] COAAL	1:36:49	4:30 4:30	17:41 13:11	19:56 2:15	23:23 3:27	31:19 7:56	43:27 12:08	52:24 8:57	56:22 3:58	58:36 2:14	1:00: 2:
				1:34:21	1:36:38	1:36:49							
				2:21	2:17	0:11							
H35 (12)			4.9 km 215 m	19 C									

			1 (128)	2 (130)	3 (171)	4 (132)	5 (152)	6 (134)	7 (136)	8 (155)	9 (166)	10 (14)	
			15 (161)	16 (163)	17 (145)	18 (119)	19 (200)	F					
1	3593	Jose Pereira [005] CP Armada	42:50	2:58	5:24	6:54	8:19	11:17	15:01	18:42	21:07	22:20	23:
				2:58	2:26	1:30	1:25	2:58	3:44	3:41	2:25	1:13	1:
				37:11	38:57	40:15	41:32	42:39	42:50				
				3:48	1:46	1:18	1:17	1:07	0:11				
2	119	José Manuel Martínez [201] ADOL	42:57	2:53	3:56	5:46	7:06	10:10	13:38	19:15	21:32	22:36	23:
				2:53	1:03	1:50	1:20	3:04	3:28	5:37	2:17	1:04	0:
				36:00	39:45	40:45	42:03	42:46	42:57				
				3:07	3:45	1:00	1:18	0:43	0:11				
3	1516	Alberto Branco [005] CP Armada	43:08	2:50	3:58	5:18	6:35	8:49	11:54	17:53	20:17	21:36	22:
				2:50	1:08	1:20	1:17	2:14	3:05	5:59	2:24	1:19	0:
				37:01	39:10	40:36	42:04	42:53	43:08				
				3:24	2:09	1:26	1:28	0:49	0:15				
4	3943	Arnaldo Mendes [166] ADM Ori-Mondego	43:40	2:47	3:59	5:55	7:14	9:19	13:11	20:14	22:48	24:05	25:
				2:47	1:12	1:56	1:19	2:05	3:52	7:03	2:34	1:17	0:
				38:32	40:25	41:40	42:46	43:29	43:40				
				3:13	1:53	1:15	1:06	0:43	0:11				
5	2562	Nuno Pedro [107] CAOS	46:18	2:59	4:47	7:07	8:29	10:52	16:39	20:29	23:19	24:43	26:
				2:59	1:48	2:20	1:22	2:23	5:47	3:50	2:50	1:24	1:
				41:04	42:53	44:18	45:20	46:08	46:18				
				3:57	1:49	1:25	1:02	0:48	0:10				
6	1936	Celso Moiteiro [070] COC	47:36	2:39	4:52	6:25	7:38	10:51	13:55	18:00	20:17	21:18	22:
				2:39	2:13	1:33	1:13	3:13	3:04	4:05	2:17	1:01	0:
				38:07	44:32	45:40	46:40	47:24	47:36				
				3:14	6:25	1:08	1:00	0:44	0:12				
7	1721	Bruno Nazário [007] Ori-Estarreja	48:40	3:04	4:10	6:11	7:37	10:04	14:23	20:14	23:05	24:28	25:
				3:04	1:06	2:01	1:26	2:27	4:19	5:51	2:51	1:23	1:
				40:50	42:58	46:12	47:22	48:22	48:40		45:14		
				3:41	2:08	3:14	1:10	1:00	0:18		*154		
8	4714	Paulo Lima [114] COA	50:53	3:36	5:39	9:54	11:12	13:28	17:23	23:05	26:30	27:42	28:
				3:36	2:03	4:15	1:18	2:16	3:55	5:42	3:25	1:12	0:
				43:21	45:55	48:53	49:58	50:41	50:53				
				3:17	2:34	2:58	1:05	0:43	0:12				
9	4241	Luis Gonçalves [094] CPOC	53:08	3:21	7:37	9:18	10:40	12:53	18:03	24:09	26:58	28:18	29:
				3:21	4:16	1:41	1:22	2:13	5:10	6:06	2:49	1:20	0:
				45:06	47:35	50:33	51:49	52:54	53:08				
				3:56	2:29	2:58	1:16	1:05	0:14				
10	2588	José Domingos [094] CPOC	53:13	3:59	5:42	8:44	10:21	14:08	18:53	23:31	26:08	27:27	28:
				3:59	1:43	3:02	1:37	3:47	4:45	4:38	2:37	1:19	1:
				46:09	49:51	50:55	52:07	53:01	53:13				
				3:08	3:42	1:04	1:12	0:54	0:12				
11	2054	Jorge Mendes [090] ADFA	53:23	3:46	6:37	8:29	9:45	12:54	16:02	22:37	25:15	26:25	27:
				3:46	2:51	1:52	1:16	3:09	3:08	6:35	2:38	1:10	1:
				44:50	49:48	50:50	52:13	53:12	53:23				
				4:39	4:58	1:02	1:23	0:59	0:11				
12	2375	Tiago Lopes [107] CAOS	53:50	3:35	4:55	6:43	8:14	12:05	16:45	21:25	24:02	25:22	26:
				3:35	1:20	1:48	1:31	3:51	4:40	4:40	2:37	1:20	1:
				46:50	48:47	50:46	52:12	53:34	53:50		10:37		
				4:49	1:57	1:59	1:26	1:22	0:16		*133		
D35	(8)	4.3 km 150 m	16 C	1 (129)	2 (151)	3 (132)	4 (165)	5 (134)	6 (135)	7 (155)	8 (138)	9 (169)	10 (16)
				15 (170)	16 (200)	F							
1	2503	Susana Pontes [070] COC	57:11	4:42	12:54	14:48	17:42	22:33	27:52	32:45	34:25	35:02	37:
				4:42	8:12	1:54	2:54	4:51	5:19	4:53	1:40	0:37	2:
				55:05	56:59	57:11							
				3:37	1:54	0:12							
2	4060	Elisabete Dinis [166] ADM Ori-Mondego	1:03:24	5:25	11:05	13:14	16:41	23:43	30:14	35:37	38:27	39:26	42:
				5:25	5:40	2:09	3:27	7:02	6:31	5:23	2:50	0:59	2:
				1:00:47	1:03:11	1:03:24							
				2:51	2:24	0:13							
3	1346	Fátima Saraiva [168] CAB	1:04:33	5:08	9:07	11:08	14:50	21:28	28:07	34:36	37:52	38:41	41:
				5:08	3:59	2:01	3:42	6:38	6:39	6:29	3:16	0:49	2:
				1:01:53	1:04:18	1:04:33							
				3:56	2:25	0:15							
4	120	Maria Josefa Molina [201] ADOL	1:10:47	4:25	11:46	13:36	23:50	30:09	37:11	41:47	49:29	50:21	52:
				4:25	7:21	1:50	10:14	6:19	7:02	4:36	7:42	0:52	2:
				1:08:40	1:10:32	1:10:47							
				3:08	1:52	0:15							
5	2561	Ângela Pedro [107] CAOS	1:22:53	6:24	11:25	15:31	19:57	26:14	37:07	48:07	51:22	52:19	55:
				6:24	5:01	4:06	4:26	6:17	10:53	11:00	3:15	0:57	3:
				1:18:38	1:22:36	1:22:53							
				3:38	3:58	0:17							
6	5307	Manuela Marques [102] .COM	1:59:21	6:37	16:43	19:36	29:30	42:34	58:14	1:10:37	1:15:20	1:16:27	1:20:
				6:37	10:06	2:53	9:54	13:04	15:40	12:23	4:43	1:07	3:
				1:49:36	1:59:00	1:59:21							
				6:01	9:24	0:21							
	1006	Cristina Santos [151] GafanhOri	mp	10:30	15:10	17:36	22:11	29:23	38:42	1:04:13	1:07:15	1:08:04	1:10:
				10:30	4:40	2:26	4:35	7:12	9:19	25:31	3:02	0:49	2:
				-----	-----								
	3467	Helena Sousa [119] OriMarão	mp	4:00	7:01	-----	11:54	17:13	25:53	31:17	33:32	34:07	36:
				4:00	3:01		4:53	5:19	8:40	5:24	2:15	0:35	2:
				56:35	58:39	58:52							
				2:56	2:04	0:13							
H40	(18)	4.9 km 215 m	19 C	1 (128)	2 (130)	3 (151)	4 (132)	5 (133)	6 (134)	7 (135)	8 (137)	9 (167)	10 (16)
				15 (162)	16 (163)	17 (126)	18 (119)	19 (200)	F				

1	4285	Jorge Correia [090] ADFA	39:39	2:48 2:48 34:50	5:15 2:27 36:27	6:15 1:00 37:14	7:52 1:37 38:42	9:48 1:56 39:28	12:30 2:42 39:39	17:14 4:44 45:04	20:15 3:01 48:05	21:43 1:28 53:04	22: 1: 1:	
2	121	Antonio Guerrero [201] ADOL	45:04	3:24 3:24 39:35	4:43 1:19 41:05	8:22 3:39 41:59	10:01 1:39 43:38	12:02 2:01 44:50	15:27 3:25 45:04	20:26 4:59 50:05	24:04 3:38 53:43	25:57 1:53 55:36	27: 1: 1:	
3	5390	Tiago Reis [056] Natura	45:17	3:31 3:31 39:36	4:56 1:25 41:26	6:13 1:17 42:24	8:15 2:02 44:12	10:22 2:07 45:06	13:47 3:25 45:17	18:27 4:40 49:57	22:06 3:39 53:36	23:46 1:40 55:16	26: 3: 1:	
4	1302	Rafael Lima [070] COC	47:44	6:49 6:49 41:20	8:06 1:17 43:51	9:31 1:25 44:51	11:03 1:32 46:33	13:03 2:00 47:33	16:49 3:46 47:44	21:52 5:03 53:07	26:32 4:40 57:47	28:12 1:40 59:27	29: 1: 1:	
5	1022	José Marques [090] ADFA	48:01	3:11 3:11 41:54	4:38 1:27 44:07	8:28 3:50 45:09	9:57 1:29 46:56	11:47 1:50 47:48	17:37 5:50 48:01	22:35 4:58 53:00	26:23 3:48 56:48	28:24 2:01 58:49	29: 1: 1:	
6	3304	Cesar Conceição [070] COC	49:00	3:35 3:35 43:05	4:56 1:21 44:47	6:23 1:27 46:08	8:24 2:01 47:53	10:14 1:50 48:48	14:28 4:14 49:00	20:02 5:34 54:34	24:25 4:23 58:57	26:29 2:04 60:59	27: 1: 1:	
7	122	José Martin Pinto [201] ADOL	49:04	3:58 3:58 43:02	5:14 1:16 45:05	7:08 1:54 46:13	9:01 1:53 48:03	11:13 2:12 48:55	15:13 4:00 49:04	20:35 5:22 54:26	25:39 5:04 59:30	27:33 1:54 61:24	28: 1: 1:	
8	4685	José João Ferreira [119] OriMarão	53:56	3:28 3:28 45:27	5:32 2:04 47:20	7:00 1:28 50:39	8:47 1:47 52:35	10:56 2:09 53:43	15:42 4:46 53:56	21:27 5:45 59:01	25:34 4:07 63:08	27:37 2:03 65:11	29: 2: 1:	
9	2092	António Olival [062] CA Madeira	1:00:21	4:03 4:03 52:03	5:24 1:21 54:11	7:14 1:50 55:18	9:05 1:51 59:02	11:08 2:03 1:00:04	15:11 4:03 1:00:21	22:12 7:01 1:07:22	27:21 5:09 1:12:31	29:54 2:33 1:15:04	31: 1: 1:	
10	5063	Sandro Castro [052] GD4C	1:01:27	5:36 5:36 51:44	7:02 1:26 53:39	9:51 2:49 58:21	11:48 1:57 1:00:00	14:23 2:35 1:01:15	18:15 3:52 1:01:27	24:58 6:43 1:08:10	29:47 4:49 1:12:59	31:37 1:50 1:14:49	33: 1: 1:	
11	5297	Cidálio Oliveira [052] GD4C	1:01:59	4:19 4:19 55:23	15:00 10:41 57:17	16:46 1:46 58:27	18:59 2:13 1:00:33	21:39 2:40 1:01:45	25:34 3:55 1:01:59	31:26 5:52 1:07:51	35:39 4:13 1:12:04	37:43 2:04 1:14:08	39: 1: 1:	
12	2099	José Bernardo [070] COC	1:03:13	3:26 3:26 53:47	4:54 1:28 56:09	13:03 8:09 1:01:33	14:45 1:42 1:03:00	17:52 3:07 1:03:13	21:43 3:51 1:07:04	27:13 5:30 1:12:34	33:05 5:52 1:18:26	34:49 1:44 1:20:10	36: 1: 1:	
13	3913	Alberto César [052] GD4C	1:05:47	4:00 4:00 55:43	5:44 1:44 57:53	8:30 2:46 1:02:28	10:38 2:08 1:04:13	12:51 2:13 1:05:33	17:36 4:45 1:05:47	25:26 7:50 1:13:37	30:37 5:11 1:18:48	32:55 2:18 1:21:06	36: 3: 1:	
14	2999	António Batista [115] ATV	1:07:24	3:59 3:59 1:00:48	5:20 1:21 1:02:41	8:00 2:40 1:04:06	9:51 1:51 1:06:04	12:57 3:06 1:07:11	20:24 7:27 1:07:24	27:14 6:50 1:14:14	31:46 4:32 1:18:46	33:50 2:04 1:20:50	37: 4: 1:	
15	3893	Luis Nunes [166] ADM Ori-Mondego	1:12:52	3:52 3:52 1:05:33	12:15 8:23 1:07:45	14:00 1:45 1:09:09	16:03 2:03 1:11:24	21:33 5:30 1:12:38	26:28 4:55 1:12:52	32:57 6:29 1:19:21	38:34 5:37 1:24:58	41:28 2:54 1:27:52	43: 1: 1:	
16	2188	Rui Morais [007] Ori-Estarreja	1:18:21	6:35 6:35 1:10:51	14:10 7:35 1:12:53	15:58 1:48 1:14:11	17:58 2:00 1:16:32	20:06 2:08 1:18:06	25:41 5:35 1:18:21	32:29 6:48 1:25:09	38:09 5:40 1:30:49	40:33 2:24 1:33:13	42: 1: 1:	
17	2823	Rui Pisco [114] COA	1:21:30	2:56 2:56 1:15:50	14:42 11:46 1:17:32	24:20 9:38 1:18:55	25:55 1:35 1:20:22	27:59 2:04 1:21:16	34:59 7:00 1:21:30	48:10 13:11 1:34:41	52:26 4:16 1:38:57	54:04 1:38 1:40:35	57: 2: 1:	
18	6003	Paulo Batista [501] Individual POR Fed	1:45:38	5:55 5:55 1:29:57	15:34 9:39 1:31:52	19:22 3:48 1:33:50	21:22 2:00 1:44:23	23:58 2:36 1:45:24	30:43 6:45 1:45:38	37:33 6:50 1:52:28	53:32 15:59 1:68:27	56:13 2:41 1:71:08	57: 1: 1:	
D40	(6)		4.2 km 150 m	16 C	1(149) 15(120)	2(171) 16(200)	3(132) F	4(133)	5(134)	6(135)	7(155)	8(168)	9(139)	10(16)
1	1693	Lidia Santana [107] CAOS	1:03:56	4:59 4:59 1:02:03	9:35 4:36 1:03:38	11:49 2:14 1:03:56	14:23 2:34 1:06:30	20:12 5:49 1:12:19	27:21 7:09 1:19:28	32:53 5:32 1:25:00	35:27 2:34 1:27:34	37:13 1:46 1:29:20	39: 1: 1:	
2	5056	Paula Ferreira [070] COC	1:15:34	6:10 6:10 1:13:54	11:28 5:18 1:15:18	14:04 2:36 1:15:34	17:28 3:24 1:18:58	23:09 5:41 1:24:39	33:45 10:36 1:35:15	44:04 10:19 1:45:34	47:02 2:58 1:48:32	49:15 2:13 1:50:45	51: 2: 1:	
3	2574	Ana Casal [007] Ori-Estarreja	1:22:03	3:53 3:53 1:20:33	12:47 8:54 1:21:48	14:24 1:37 1:22:03	20:45 6:21 1:28:24	29:12 8:27 1:36:51	40:31 11:19 1:48:10	48:42 8:11 1:56:21	51:25 2:43 1:59:04	53:29 2:04 2:01:08	55: 1: 1:	
4	1528	Marina Carrilho [107] CAOS	1:26:03	6:19 6:19 1:24:31	12:09 5:50 1:25:46	14:14 2:05 1:26:03	17:19 3:05 1:33:08	28:52 11:33 1:44:41	39:26 10:34 1:55:15	47:42 8:16 2:03:31	51:16 3:34 2:07:05	54:04 2:48 2:09:53	56: 2: 1:	
5	3421	Susana Figueiredo [094] CPOC	1:51:08	10:27 10:27 1:49:15	21:13 10:46 1:50:56	23:36 2:23 1:51:08	30:12 6:36 2:07:44	39:34 9:22 2:17:16	55:33 15:59 2:33:15	1:05:03 9:30 2:42:45	1:13:54 8:51 2:51:36	1:16:28 2:34 3:04:10	1:22: 5: 1:	

		1:48 1:41 0:12											
6 5943 Ana Soares		2:10:22	4:23	11:39	13:45	33:00	43:14	1:09:40	1:16:29	1:20:00	1:24:31	1:28:	
[052] GD4C			4:23	7:16	2:06	19:15	10:14	26:26	6:49	3:31	4:31	3:	
			2:08:37	2:10:09	2:10:22								
			1:51	1:32	0:13								
H45 (24)		4.9 km	215 m	19 C									
			1 (128)	2 (130)	3 (151)	4 (132)	5 (133)	6 (134)	7 (135)	8 (137)	9 (167)	10 (16)	
			15 (162)	16 (163)	17 (126)	18 (119)	19 (200)	F					
1 1281 Joaquim Sousa		42:21	3:08	4:48	9:57	11:29	13:20	16:13	20:41	23:45	25:21	26:	
[070] COC			3:08	1:40	5:09	1:32	1:51	2:53	4:28	3:04	1:36	1:	
			37:36	39:10	39:55	41:24	42:08	42:21					
			3:17	1:34	0:45	1:29	0:44	0:13					
2 1202 Mosca Rodrigues		44:14	4:04	6:10	7:23	8:53	10:56	14:16	19:14	22:51	24:33	25:	
[005] CP Armada			4:04	2:06	1:13	1:30	2:03	3:20	4:58	3:37	1:42	1:	
			38:03	40:12	41:07	43:17	44:02	44:14					
			4:13	2:09	0:55	2:10	0:45	0:12					
3 1583 Jorge Oliveira		44:56	2:50	4:20	5:58	7:27	9:22	12:17	16:43	19:52	21:36	22:	
[070] COC			2:50	1:30	1:38	1:29	1:55	2:55	4:26	3:09	1:44	1:	
			38:05	40:01	41:04	43:56	44:45	44:56					
			6:13	1:56	1:03	2:52	0:49	0:11					
4 4287 António Cotovio		46:19	3:19	4:55	7:51	9:28	11:41	16:18	21:13	24:52	26:36	27:	
[070] COC			3:19	1:36	2:56	1:37	2:13	4:37	4:55	3:39	1:44	1:	
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			4:10	2:11	0:55	2:12	0:44	0:11					
5 5158 Sérgio Santos		47:01	3:18	4:42	8:10	9:38	11:25	14:10	18:48	21:48	23:19	24:	
[090] ADFA			3:18	1:24	3:28	1:28	1:47	2:45	4:38	3:00	1:31	1:	
			40:18	41:49	43:01	45:48	46:49	47:01					
			6:22	1:31	1:12	2:47	1:01	0:12					
6 2377 Rui Botão		49:24	4:40	5:55	7:14	8:51	10:56	14:27	19:50	23:11	24:54	26:	
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			7:33	1:21	1:21	1:32	0:55	0:12					
7 2593 Vítor Delgado		50:24	3:19	5:36	6:56	8:33	10:39	14:07	21:35	25:09	26:45	28:	
[052] GD4C			3:19	2:17	1:20	1:37	2:06	3:28	7:28	3:34	1:36	1:	
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			3:55	1:21	0:55	1:54	0:56	0:10					
8 1417 Jaime Torres		54:57	3:39	5:16	6:30	8:27	10:24	14:28	20:06	25:00	28:02	29:	
[090] ADFA			3:39	1:37	1:14	1:57	1:57	4:04	5:38	4:54	3:02	1:	
			48:08	49:45	50:58	53:54	54:48	54:57					
			5:07	1:37	1:13	2:56	0:54	0:09					
9 124 Juan José Durán		57:37	3:45	8:30	10:23	12:11	17:11	21:47	26:49	31:57	33:53	35:	
[201] ADOL			3:45	4:45	1:53	1:48	5:00	4:36	5:02	5:08	1:56	1:	
			51:41	53:22	54:22	56:14	57:23	57:37					
			5:34	1:41	1:00	1:52	1:09	0:14					
10 2236 Rui Mora		58:07	4:42	7:54	9:22	11:30	13:52	18:11	24:12	29:58	32:22	33:	
[166] ADM Ori-Mondego			4:42	3:12	1:28	2:08	2:22	4:19	6:01	5:46	2:24	1:	
			49:54	51:50	53:21	56:23	57:47	58:07					
			4:17	1:56	1:31	3:02	1:24	0:20					
11 2654 Gilberto Andrade		59:26	3:46	8:10	11:59	13:40	15:43	20:06	26:30	32:02	33:57	35:	
[102] .COM			3:46	4:24	3:49	1:41	2:03	4:23	6:24	5:32	1:55	1:	
			53:01	55:14	56:14	58:17	59:16	59:26		10:16	25:42	51:	
			3:47	2:13	1:00	2:03	0:59	0:10		*146	*153	*1	
12 5913 João Silva		1:02:23	4:11	5:54	7:40	9:40	12:17	16:34	23:14	31:07	33:44	35:	
[114] COA			4:11	1:43	1:46	2:00	2:37	4:17	6:40	7:53	2:37	1:	
			52:42	56:09	57:04	1:01:07	1:02:08	1:02:23					
			4:57	3:27	0:55	4:03	1:01	0:15					
13 1364 Helder Ferreira		1:02:51	3:44	5:18	7:03	9:03	13:22	21:52	28:15	33:06	35:46	37:	
[070] COC			3:44	1:34	1:45	2:00	4:19	8:30	6:23	4:51	2:40	1:	
			55:18	57:36	59:04	1:01:43	1:02:40	1:02:51					
			5:03	2:18	1:28	2:39	0:57	0:11					
14 1499 José Carlos Ramalho		1:02:54	4:25	6:53	9:10	11:37	14:35	21:46	28:25	33:33	35:48	37:	
[102] .COM			4:25	2:28	2:17	2:27	2:58	7:11	6:39	5:08	2:15	1:	
			55:00	57:25	58:38	1:00:55	1:02:40	1:02:54					
			5:18	2:25	1:13	2:17	1:45	0:14					
15 123 Jose Angel Ramos		1:05:38	3:41	16:30	21:09	22:46	25:24	30:17	35:42	39:37	41:29	42:	
[201] ADOL			3:41	12:49	4:39	1:37	2:38	4:53	5:25	3:55	1:52	1:	
			58:48	1:00:27	1:02:29	1:04:31	1:05:26	1:05:38					
			3:53	1:39	2:02	2:02	0:55	0:12					
16 2209 Luís Borges		1:07:41	3:54	6:17	8:03	9:57	12:10	16:37	22:35	27:04	29:47	31:	
[103] ADADesnivel			3:54	2:23	1:46	1:54	2:13	4:27	5:58	4:29	2:43	1:	
			1:00:36	1:02:41	1:04:15	1:06:31	1:07:28	1:07:41					
			10:16	2:05	1:34	2:16	0:57	0:13					
17 2439 Licínio Ferreira		1:08:22	3:36	4:52	7:55	9:52	11:44	16:02	21:29	25:16	27:00	28:	
[088] ADC			3:36	1:16	3:03	1:57	1:52	4:18	5:27	3:47	1:44	1:	
			51:31	1:04:24	1:05:35	1:07:21	1:08:09	1:08:22					
			3:45	12:53	1:11	1:46	0:48	0:13					
18 2667 João Martins		1:08:49	3:50	7:34	9:07	10:53	12:50	17:33	25:18	35:42	37:52	42:	
[022] CLAC			3:50	3:44	1:33	1:46	1:57	4:43	7:45	10:24	2:10	4:	
			1:01:39	1:04:30	1:05:32	1:07:34	1:08:33	1:08:49					
			4:40	2:51	1:02	2:02	0:59	0:16					
19 1784 João Carrilho		1:08:52	4:27	6:35	10:54	12:46	15:38	21:28	30:08	36:20	38:30	40:	
[107] CAOS			4:27	2:08	4:19	1:52	2:52	5:50	8:40	6:12	2:10	1:	
			58:34	1:02:26	1:03:39	1:07:33	1:08:38	1:08:52					
			4:17	3:52	1:13	3:54	1:05	0:14					
20 1967 Luís Bucha		1:16:55	3:22	4:45	9:34	11:47	20:02	24:28	29:12	35:07	37:14	38:	
[008] CP EPAL			3:22	1:23	4:49	2:13	8:15	4:26	4:44	5:55	2:07	1:	
			1:09:33	1:12:22	1:13:30	1:15:38	1:16:41	1:16:55		1:08:39			
			10:53	2:49	1:08	2:08	1:03	0:14		*143			
21 1657 Luís Dias		1:19:02	4:42	7:43	17:05	18:56	22:03	29:17	38:30	44:31	49:11	51:	
[094] CPOC			4:42	3:01	9:22	1:51	3:07	7:14	9:13	6:01	4:40	2:	
			1:11:31	1:13:24	1:14:54	1:17:57	1:18:51	1:19:02					
			5:59	1:53	1:30	3:03	0:54	0:11					
22 3010 Paulo Santos		1:33:00	4:23	6:01	20:00	21:49	23:59	32:24	44:38	51:03	53:10	54:	
[003] CIMO			4:23	1:38	13:59	1:49	2:10	8:25	12:14	6:25	2:07	1:	

13	5294	Amândio Gonçalves [022] CLAC	2:10:08	5:21 5:21 1:54:01 7:06	26:32 21:11 1:59:43 5:42	30:56 4:24 2:03:43 4:00	33:15 2:19 2:06:33 2:50	47:11 13:56 2:09:47 3:14	54:46 7:35 2:10:08 0:21	1:13:43 18:57	1:22:31 8:48	1:25:40 3:09	1:27: 2:
	1246	Daniel Pires [090] ADFA	mp	3:21 3:21 54:04 4:01	5:09 1:48 1:04:26 10:22	9:44 4:35 1:06:07 1:41	15:10 5:26 1:11:31 5:24	17:05 1:55 1:13:22 1:51	20:32 3:27 1:13:37 0:15	25:22 4:50	28:31 3:09 32:37 *168	30:21 1:50	---
	4196	Carlos Jorge Silva [062] CA Madeira	mp	7:07 7:07 -----	9:52 2:45 -----	20:23 10:31 -----	22:48 2:25 -----	27:51 5:03 -----	40:54 13:03 -----	59:55 19:01	1:07:26 7:31	1:11:31 4:05	1:15: 3:
	1758	Aniceto Soares [022] CLAC	mp	4:50 4:50 -----	12:53 8:03 -----	18:24 5:31 -----	20:12 1:48 1:10:12 3:02	26:04 5:52 1:16:05 5:53	38:23 12:19 1:16:40 0:35	48:21 9:58	54:19 5:58	57:22 3:03	59: 2:
	1407	Luis Quinta-Nova [164] COBIS	mp	5:02 5:02 1:02:21 8:39	6:53 1:51 1:05:26 3:05	10:02 3:09 1:12:25 6:59	11:42 5:08 1:14:56 2:31	15:10 5:08 1:17:39 2:43	20:32 0:11 1:17:52 0:13	26:13 11:03	31:05 4:52 20:18 *141	33:45 2:40	37: 3:
	3098	Antônio Graça [005] CP Armada	mp	3:51 3:51 59:59 3:49	8:22 4:31 1:10:29 10:30	10:14 1:52 1:12:02 1:33	11:42 1:28 1:17:52 5:50	15:45 4:03 1:19:21 1:29	21:02 5:17 1:19:32 0:11	28:37 7:35	31:32 2:55 38:35 *168	33:25 1:53	---
	1093	Jorge Baltazar [133] GDU Azoia	mp	3:39 3:39 46:41 3:25	6:51 3:12 48:57 2:16	9:08 2:17 51:06 2:09	----- 2:17 52:50 1:44	13:08 4:00 54:44 1:54	17:55 4:47 54:56 0:12	24:49 6:54	28:06 3:17 3:20 *128	30:09 2:03	31: 1:
nc	1218	Fontoura [094] CPOC	1:23:24	4:13 4:13 1:10:50 6:09	6:05 1:52 1:14:56 4:06	8:49 2:44 1:18:32 3:36	10:38 1:49 1:20:25 1:53	15:09 4:31 1:23:11 2:46	24:04 8:55 1:23:24 0:13	29:36 5:32	33:30 3:54	36:10 2:40	40: 4:
D50 (7)			4.2 km 150 m 16 C	1(149) 15(120)	2(171) 16(200)	3(132) F	4(133)	5(134)	6(135)	7(155)	8(168)	9(139)	10(16)
1	1092	Alice Silva [090] ADFA	1:18:31	4:49 4:49 1:15:46 1:45	10:07 5:18 1:18:17 2:31	12:08 2:01 1:18:31 0:14	16:58 4:50	25:00 8:02	37:56 12:56	43:07 5:11	45:31 2:24	47:21 1:50	49: 2:
2	5695	Luisa Gaboleiro [133] GDU Azoia	1:25:45	4:14 4:14 1:24:12 1:31	9:25 5:11 1:25:33 1:21	11:24 1:59 1:25:45 0:12	22:00 10:36	29:22 7:22	38:51 9:29	45:53 7:02	48:38 2:45	50:53 2:15	52: 1:
3	1524	Helena Lopes [501] Individual POR Fed	1:33:10	5:05 5:05 1:31:16 6:07	9:40 4:35 1:32:55 1:39	11:44 2:04 1:33:10 0:15	15:11 3:27	23:19 8:08	34:42 11:23	40:39 5:57	43:34 2:55	45:37 2:03	47: 2:
4	4730	Assunção Almeida [151] GafanhOri	1:51:06	5:35 5:35 1:49:06 1:15	15:28 9:53 1:50:50 1:44	17:33 2:05 1:51:06 0:16	21:02 3:29	29:30 8:28	40:14 10:44 *159 *120	46:44 6:30	49:15 2:31	51:30 2:15	58: 6:
5	2497	Aida Correia [052] GD4C	1:52:31	4:26 4:26 1:50:17 1:32	34:22 29:56 1:52:15 1:58	36:17 1:55 1:52:31 0:16	41:53 5:36	50:05 8:12	58:00 7:55	1:07:17 9:17	1:12:23 5:06	1:15:17 2:54	1:18: 3:
6	5293	Amália Gonçalves [022] CLAC	1:57:59	8:43 8:43 1:55:14 2:56	16:56 8:13 1:57:25 2:11	21:01 4:05 1:57:59 0:34	25:11 4:10	36:20 11:09	54:28 18:08	1:04:42 10:14	1:11:33 6:51	1:15:37 4:04	1:20: 5:
7	4195	Susana Ines Silva [062] CA Madeira	2:27:17	8:46 8:46 2:23:22 3:54	17:49 9:03 2:26:57 3:35	20:35 2:46 2:27:17 0:20	27:52 7:17	44:18 16:26	59:39 15:21	1:14:55 15:16	1:23:00 8:05	1:26:46 3:46	1:30: 3:
H55 (11)			4.9 km 210 m 19 C	1(129) 15(143)	2(130) 16(163)	3(171) 17(145)	4(132) 18(170)	5(165) 19(200)	6(134) F	7(136)	8(137)	9(167)	10(14)
1	1095	Fernando Costa [052] GD4C	55:39	5:10 5:10 46:36 4:11	7:06 1:56 49:05 2:29	9:41 2:35 51:11 2:06	11:18 1:37 53:21 2:10	14:32 3:14 55:27 2:06	18:55 4:23 55:39 0:12	23:56 5:01	26:51 2:55 46:08 *162	28:56 2:05	30: 1:
2	1391	Antônio Matias [022] CLAC	1:05:57	4:31 4:31 55:02 6:28	6:06 1:35 57:49 2:47	10:14 4:08 1:01:17 3:28	11:56 1:42 1:03:43 2:26	14:41 2:45 1:05:45 2:02	20:46 6:05 1:05:57 0:12	25:48 5:02	28:49 3:01	30:53 2:04	32: 1:
3	2452	Jorge Saraiva [007] Ori-Estarreja	1:17:18	5:38 5:38 1:08:11 5:05	8:40 3:02 1:10:58 2:47	13:07 4:27 1:13:15 2:17	14:58 1:51 1:15:14 1:59	18:24 3:26 1:17:06 1:52	27:09 8:45 1:17:18 0:12	40:07 12:58	45:10 5:03	47:43 2:33	49: 1:
4	1907	Carlos Coelho [094] CPOC	1:18:10	3:58 3:58 1:08:44 4:21	6:43 2:45 1:11:20 2:36	10:39 3:56 1:13:36 2:16	12:24 1:45 1:15:56 2:20	15:21 2:57 1:17:57 2:01	20:38 5:17 1:18:10 0:13	35:01 14:23	38:25 3:24	40:31 2:06	42: 2:
5	4300	Carlos Garrido [166] ADM Ori-Mondego	1:21:01	5:14 5:14 1:12:36 4:15	7:23 2:09 1:15:28 2:52	19:13 11:50 1:17:13 1:45	20:48 1:35 1:19:07 1:54	24:53 4:05 1:20:49 1:42	31:32 6:39 1:21:01 0:12	46:30 14:58	50:28 3:58	52:33 2:05	54: 1:
6	2905	Manuel Delgado [052] GD4C	1:21:32	4:01 4:01 1:11:59	6:04 2:03 1:15:12	17:10 11:06 1:17:17	18:46 1:36 1:19:08	23:37 4:51 1:21:21	29:39 6:02 1:21:32	35:30 5:51	39:15 3:45	42:04 2:49	45: 3:

			13:03	3:13	2:05	1:51	2:13	0:11					
7	1405	João Barrulas [090] ADFA	1:24:32	4:03	20:30	22:59	24:33	31:16	35:00	53:44	56:54	58:37	59:
			4:03	16:27	2:29	1:34	6:43	3:44	18:44	3:10	1:43	1:	
			1:17:42	1:19:38	1:21:14	1:22:34	1:24:17	1:24:32					
			3:22	1:56	1:36	1:20	1:43	0:15					
8	3997	Jorge Artur [090] ADFA	1:26:25	4:13	6:16	9:41	11:14	15:31	29:57	39:31	43:27	46:20	47:
			4:13	2:03	3:25	1:33	4:17	14:26	9:34	3:56	2:53	1:	
			1:17:00	1:19:37	1:21:57	1:24:04	1:26:10	1:26:25					
			4:34	2:37	2:20	2:07	2:06	0:15					
9	2592	João Alves [052] GD4C	1:36:07	5:20	7:43	19:12	22:24	27:11	35:01	45:19	51:05	54:47	57:
			5:20	2:23	11:29	3:12	4:47	7:50	10:18	5:46	3:42	2:	
			1:22:30	1:27:17	1:29:42	1:32:16	1:35:47	1:36:07					
			6:29	4:47	2:25	2:34	3:31	0:20					
10	3848	Ilídio Santos Mendes [171] IFC	2:04:46	23:44	25:38	36:03	38:18	43:33	50:01	1:03:09	1:18:41	1:21:51	1:28:
			23:44	1:54	10:25	2:15	5:15	6:28	13:08	15:32	3:10	7:	
			1:51:45	1:55:02	1:59:32	2:01:54	2:04:21	2:04:46					
			6:34	3:17	4:30	2:22	2:27	0:25					
11	2364	António Amador [073] CMO Funchal	2:26:20	6:04	9:30	12:59	15:00	20:57	37:34	56:44	1:03:21	1:07:34	1:10:
			6:04	3:26	3:29	2:01	5:57	16:37	19:10	6:37	4:13	2:	
			2:09:03	2:13:00	2:19:05	2:21:59	2:26:01	2:26:20					
			29:13	3:57	6:05	2:54	4:02	0:19					
D55	(3)		4.3 km	150 m	16 C								
				1(129)	2(151)	3(132)	4(165)	5(134)	6(135)	7(155)	8(138)	9(169)	10(16)
				15(170)	16(200)	F							
1	2129	Luisa Mateus [070] COC	1:20:20	5:31	9:01	11:23	14:42	21:21	32:30	40:01	42:44	43:41	47:
			5:31	3:30	2:22	3:19	6:39	11:09	7:31	2:43	0:57	3:	
			1:16:21	1:20:03	1:20:20								
			7:27	3:42	0:17								
2	2410	Margarida Rocha [052] GD4C	1:48:00	10:42	17:43	20:45	26:58	38:38	47:41	54:09	57:22	58:26	1:11:
			10:42	7:01	3:02	6:13	11:40	9:03	6:28	3:13	1:04	12:	
			1:44:29	1:47:41	1:48:00								
			8:46	3:12	0:19								
3	1640	Fernanda Ferreira [168] CAB	2:03:50	11:44	27:43	30:15	36:47	50:10	1:05:37	1:26:44	1:30:14	1:31:45	1:34:
			11:44	15:59	2:32	6:32	13:23	15:27	21:07	3:30	1:31	2:	
			2:00:54	2:03:35	2:03:50								
			3:42	2:41	0:15								
H60	(12)		4.9 km	210 m	19 C								
				1(129)	2(130)	3(171)	4(132)	5(165)	6(134)	7(136)	8(137)	9(167)	10(14)
				15(143)	16(163)	17(145)	18(170)	19(200)	F				
1	1251	Álvaro Coelho [166] ADM Ori-Mondego	1:03:35	4:21	7:00	11:55	13:30	16:42	24:34	31:58	35:02	37:01	38:
			4:21	2:39	4:55	1:35	3:12	7:52	7:24	3:04	1:59	1:	
			54:31	57:11	59:02	1:01:18	1:03:24	1:03:35		54:10			
			3:53	2:40	1:51	2:16	2:06	0:11		*162			
2	1577	Luis Sousa [090] ADFA	1:04:16	4:10	6:14	8:02	9:38	12:44	18:46	24:32	28:21	30:18	31:
			4:10	2:04	1:48	1:36	3:06	6:02	5:46	3:49	1:57	1:	
			48:53	58:25	59:52	1:01:55	1:04:04	1:04:16					
			3:59	9:32	1:27	2:03	2:09	0:12					
3	1410	Jacinto Eleutério [090] ADFA	1:08:02	3:51	10:23	11:59	13:35	16:39	22:53	28:27	32:15	34:50	36:
			3:51	6:32	1:36	1:36	3:04	6:14	5:34	3:48	2:35	1:	
			52:46	1:02:20	1:04:10	1:05:58	1:07:48	1:08:02					
			3:57	9:34	1:50	1:48	1:50	0:14					
4	1190	Carlos Ferreira [168] CAB	1:14:10	4:35	7:50	10:41	12:28	16:21	24:53	30:15	34:01	36:51	39:
			4:35	3:15	2:51	1:47	3:53	8:32	5:22	3:46	2:50	2:	
			1:00:40	1:03:40	1:08:29	1:11:02	1:13:54	1:14:10					
			4:46	3:00	4:49	2:33	2:52	0:16					
5	1557	Acácio Porta Nova [094] CPOC	1:24:40	4:43	7:52	13:41	15:30	20:50	27:37	37:44	42:52	45:45	47:
			4:43	3:09	5:49	1:49	5:20	6:47	10:07	5:08	2:53	2:	
			1:14:15	1:17:12	1:19:29	1:21:56	1:24:22	1:24:40					
			12:47	2:57	2:17	2:27	2:26	0:18					
6	3128	Manuel Martins [005] CP Armada	1:25:57	14:02	21:59	25:08	26:58	30:46	35:49	45:49	48:53	51:02	52:
			14:02	7:57	3:09	1:50	3:48	5:03	10:00	3:04	2:09	1:	
			1:15:29	1:17:43	1:21:24	1:23:40	1:25:45	1:25:57					
			4:14	2:14	3:41	2:16	2:05	0:12					
7	1905	Vitor Rodrigues [094] CPOC	1:32:31	6:47	8:41	11:19	12:49	15:55	21:52	34:36	40:18	42:42	44:
			6:47	1:54	2:38	1:30	3:06	5:57	12:44	5:42	2:24	2:	
			1:22:07	1:25:11	1:27:29	1:29:37	1:32:13	1:32:31					
			17:47	3:04	2:18	2:08	2:36	0:18					
8	1677	António Reyes [151] GafanhOri	1:49:41	6:32	13:14	19:33	22:17	29:28	37:04	52:33	1:02:04	1:05:04	1:07:
			6:32	6:42	6:19	2:44	7:11	7:36	15:29	9:31	3:00	2:	
			1:34:08	1:37:56	1:40:43	1:44:30	1:49:22	1:49:41					
			6:56	3:48	2:47	3:47	4:52	0:19					
9	2053	Carlos Rabaça [022] CLAC	1:58:06	7:35	10:51	15:09	19:09	27:07	34:09	47:19	53:51	58:37	1:01:
			7:35	3:16	4:18	4:00	7:58	7:02	13:10	6:32	4:46	2:	
			1:41:48	1:45:59	1:48:37	1:52:33	1:57:34	1:58:06					
			6:53	4:11	2:38	3:56	5:01	0:32					
10	3430	Dias Coelho [033] Clube TAP	2:21:41	6:19	9:08	15:19	18:16	24:29	38:34	58:47	1:08:24	1:13:33	1:16:
			6:19	2:49	6:11	2:57	6:13	14:05	20:13	9:37	5:09	3:	
			2:01:49	2:07:05	2:11:14	2:16:04	2:21:24	2:21:41					
			11:52	5:16	4:09	4:50	5:20	0:17					
	1567	Crispim Júnior [090] ADFA	mp	12:37	14:55	29:18	32:12	38:34	53:56	-----	-----	-----	---
				12:37	2:18	14:23	2:54	6:22	15:22				
				-----	-----	-----	-----	55:35	56:17				
								1:39	0:42				
nc	4234	Inácio Cardoso [103] ADADesnivel	1:51:14	4:49	7:34	20:50	23:19	31:00	38:41	54:30	1:03:54	1:06:59	1:09:
			4:49	2:45	13:16	2:29	7:41	7:41	15:49	9:24	3:05	2:	
			1:36:13	1:39:38	1:42:54	1:46:27	1:50:58	1:51:14					
			7:14	3:25	3:16	3:33	4:31	0:16					

D60 (2)		4.3 km	150 m	16 C	1 (129)	2 (151)	3 (132)	4 (165)	5 (134)	6 (135)	7 (155)	8 (138)	9 (169)	10 (16)
					15 (170)	16 (200)	F							
1	1390 Maria São João [022] CLAC	1:47:59	10:09	14:39	16:58	26:27	33:09	40:12	48:08	51:00	51:58	54:		
			10:09	4:30	2:19	9:29	6:42	7:03	7:56	2:52	0:58	2:		
			1:39:51	1:47:41	1:47:59									
			6:23	7:50	0:18									
2	2379 Herminia Tavares [056] Natura	1:56:45	7:23	13:27	16:58	24:12	35:50	47:38	58:15	1:01:46	1:02:45	1:15:		
			7:23	6:04	3:31	7:14	11:38	11:48	10:37	3:31	0:59	12:		
			1:50:09	1:56:17	1:56:45									
			5:48	6:08	0:28									
H65 (4)		4.9 km	210 m	19 C	1 (129)	2 (130)	3 (171)	4 (132)	5 (165)	6 (134)	7 (136)	8 (137)	9 (167)	10 (14)
					15 (143)	16 (163)	17 (145)	18 (170)	19 (200)	F				
1	1441 Gil Rua [007] Ori-Estarreja	2:08:49	14:34	16:26	22:29	24:14	30:47	37:26	58:27	1:10:06	1:13:52	1:21:		
			14:34	1:52	6:03	1:45	6:33	6:39	21:01	11:39	3:46	8:		
			1:55:09	1:59:32	2:02:07	2:04:52	2:08:17	2:08:49						
			4:44	4:23	2:35	2:45	3:25	0:32						
2	1048 Altino Silva [007] Ori-Estarreja	2:28:45	8:22	11:45	18:10	21:05	28:30	41:21	1:01:13	1:10:25	1:15:57	1:22:		
			8:22	3:23	6:25	2:55	7:25	12:51	19:52	9:12	5:32	6:		
			2:08:24	2:13:54	2:18:00	2:24:06	2:28:22	2:28:45						
			11:29	5:30	4:06	6:06	4:16	0:23						
3	2341 João Rodrigues [056] Natura	2:45:08	16:54	23:26	31:21	34:35	42:41	1:02:20	1:20:42	1:30:32	1:35:40	1:38:		
			16:54	6:32	7:55	3:14	8:06	19:39	18:22	9:50	5:08	3:		
			2:24:19	2:29:26	2:33:24	2:38:23	2:44:47	2:45:08						
			11:30	5:07	3:58	4:59	6:24	0:21						
	2001 Costa Leite [116] Montepio Geral	mp	5:42	8:01	22:01	24:42	28:26	35:33	-----	-----	-----	---		
			5:42	2:19	14:00	2:41	3:44	7:07						
			-----	-----	-----	-----	-----	38:13						
								2:40						
D65 (2)		4.3 km	150 m	16 C	1 (129)	2 (151)	3 (132)	4 (165)	5 (134)	6 (135)	7 (155)	8 (138)	9 (169)	10 (16)
					15 (170)	16 (200)	F							
1	5686 Sinikka Ovaskainen [151] GafanhOri	2:29:02	7:30	21:21	25:32	33:38	47:49	1:00:12	1:10:01	1:14:55	1:19:05	1:24:		
			7:30	13:51	4:11	8:06	14:11	12:23	9:49	4:54	4:10	5:		
			2:20:59	2:28:22	2:29:02									
			10:17	7:23	0:40									
2	2101 Beatriz Leite [116] Montepio Geral	2:42:58	22:35	28:13	32:06	46:19	1:00:30	1:19:40	1:40:57	1:44:34	1:45:55	1:48:		
			22:35	5:38	3:53	14:13	14:11	19:10	21:17	3:37	1:21	2:		
			2:35:19	2:42:18	2:42:58									
			10:51	6:59	0:40									
H70 (5)		4.9 km	215 m	19 C	1 (128)	2 (130)	3 (151)	4 (132)	5 (133)	6 (134)	7 (135)	8 (137)	9 (167)	10 (16)
					15 (162)	16 (163)	17 (126)	18 (119)	19 (200)	F				
1	1576 Francisco Coelho [033] Clube TAP	1:34:20	5:20	7:58	10:50	13:22	16:14	21:46	29:57	37:37	40:26	43:		
			5:20	2:38	2:52	2:32	2:52	5:32	8:11	7:40	2:49	2:		
			1:23:17	1:25:22	1:27:51	1:30:38	1:34:05	1:34:20						
			22:31	2:05	2:29	2:47	3:27	0:15						
2	5687 Jorma Ovaskainen [151] GafanhOri	1:48:58	6:06	12:29	17:07	19:59	22:59	30:01	41:15	53:34	56:56	59:		
			6:06	6:23	4:38	2:52	3:00	7:02	11:14	12:19	3:22	2:		
			1:36:42	1:39:50	1:42:00	1:45:36	1:48:37	1:48:58						
			4:57	3:08	2:10	3:36	3:01	0:21						
3	1149 Armandino Cramez [007] Ori-Estarreja	2:17:30	5:29	10:07	16:46	19:29	23:38	37:29	49:18	1:18:50	1:22:04	1:25:		
			5:29	4:38	6:39	2:43	4:09	13:51	11:49	29:32	3:14	3:		
			1:59:56	2:08:00	2:09:43	2:15:06	2:17:09	2:17:30						
			6:46	8:04	1:43	5:23	2:03	0:21						
4	5958 António Laia [133] GDU Azoia	2:21:31	8:47	14:20	20:56	24:15	28:05	41:46	53:14	1:22:55	1:26:28	1:29:		
			8:47	5:33	6:36	3:19	3:50	13:41	11:28	29:41	3:33	3:		
			2:03:58	2:12:06	2:13:46	2:19:01	2:21:12	2:21:31						
			6:51	8:08	1:40	5:15	2:11	0:19						
	4440 Coelho dos Santos [007] Ori-Estarreja	mp	7:27	10:19	12:56	16:24	31:11	41:14	58:55	1:10:14	1:17:07	1:20:		
			7:27	2:52	2:37	3:28	14:47	10:03	17:41	11:19	6:53	3:		
			-----	-----	-----	1:46:57	2:08:09	2:10:03						
						7:12	21:12	1:54						
H75 (1)		4.9 km	215 m	19 C	1 (128)	2 (130)	3 (151)	4 (132)	5 (133)	6 (134)	7 (135)	8 (137)	9 (167)	10 (16)
					15 (162)	16 (163)	17 (126)	18 (119)	19 (200)	F				
1	2121 José Grada [007] Ori-Estarreja	1:54:21	7:07	10:47	17:52	20:53	27:30	35:45	47:54	55:54	1:02:49	1:05:		
			7:07	3:40	7:05	3:01	6:37	8:15	12:09	8:00	6:55	2:		
			1:42:40	1:45:29	1:49:19	1:52:31	1:54:02	1:54:21						
			5:29	2:49	3:50	3:12	1:31	0:19						
Prom1 - Fácil Curto (3)		2.6 km	95 m	12 C	1 (123)	2 (110)	3 (111)	4 (108)	5 (112)	6 (113)	7 (114)	8 (106)	9 (104)	10 (10)
1	188 Anabela André	25:01	5:48	9:34	11:46	12:25	14:59	15:42	18:12	20:32	21:57	23:		

					5:48	3:46	2:12	0:39	2:34	0:43	2:30	2:20	1:25	1:
2	106	Raquel Figueiredo	34:40		4:57	12:36	15:28	16:10	19:49	20:54	23:54	25:46	27:43	29:
		[056] Natura			4:57	7:39	2:52	0:42	3:39	1:05	3:00	1:52	1:57	1:
3	184	Andrea Santos	42:11		6:47	12:47	16:41	17:56	22:11	23:38	28:08	31:19	34:57	38:
		[502] Individual POR			6:47	6:00	3:54	1:15	4:15	1:27	4:30	3:11	3:38	3:
Prom2 - Difícil Curt (10) 3.3 km 165 m 13 C														
					1(121)	2(122)	3(123)	4(115)	5(124)	6(150)	7(117)	8(112)	9(118)	10(10)
1	2621	Pedro Dias	35:18		4:30	5:28	8:25	10:09	15:37	16:31	18:43	22:30	27:06	29:
		[116] Montepio Geral			4:30	0:58	2:57	1:44	5:28	0:54	2:12	3:47	4:36	2:
2	1062	Dionísio Estróia	36:42		5:31	6:28	9:54	11:32	16:10	17:09	18:32	22:48	27:43	31:
		[128] COALA			5:31	0:57	3:26	1:38	4:38	0:59	1:23	4:16	4:55	3:
3	1325	Nuno Rebelo	39:46		5:25	12:00	15:20	16:59	20:54	21:39	22:57	27:11	31:24	34:
		[007] Ori-Estarreja			5:25	6:35	3:20	1:39	3:55	0:45	1:18	4:14	4:13	3:
4	5502	Cristiana Silva	42:11		5:32	6:40	10:48	12:35	19:07	20:09	21:57	27:37	33:23	36:
		[052] GD4C			5:32	1:08	4:08	1:47	6:32	1:02	1:48	5:40	5:46	2:
5	5992	Marisa ferreira	44:14		5:27	6:32	10:17	12:37	20:17	21:39	24:08	28:35	33:56	38:
		[159] COAAL			5:27	1:05	3:45	2:20	7:40	1:22	2:29	4:27	5:21	4:
6	154	EugénioSousa+ NairAlmeid	44:40		6:39	8:18	13:09	15:36	21:56	22:50	25:26	30:15	35:30	38:
		[501] Individual POR Fed			6:39	1:39	4:51	2:27	6:20	0:54	2:36	4:49	5:15	3:
7	187	Rosário Matias	58:25		7:31	9:09	14:39	18:56	26:08	27:29	29:16	34:35	42:06	46:
		[502] Individual POR			7:31	1:38	5:30	4:17	7:12	1:21	1:47	5:19	7:31	3:
8	4078	Ana Pinto	1:03:39		11:40	13:43	19:30	23:13	32:19	33:53	36:23	42:39	49:20	55:
		[056] Natura			11:40	2:03	5:47	3:43	9:06	1:34	2:30	6:16	6:41	5:
9	5323	Inês Furet	1:04:18		15:09	17:00	22:09	24:39	33:00	34:24	37:01	43:27	51:43	55:
		[166] ADM Ori-Mondego			15:09	1:51	5:09	2:30	8:21	1:24	2:37	6:26	8:16	3:
10	6109	Marta Sousa Pinto	1:15:21		15:12	18:05	25:14	29:29	39:39	41:35	45:03	50:53	58:07	1:05:
		[119] OriMarão			15:12	2:53	7:09	4:15	10:10	1:56	3:28	5:50	7:14	7:
Prom3 - Fácil Longo (9) 3.6 km 155 m 15 C														
					1(123)	2(115)	3(116)	4(117)	5(113)	6(114)	7(106)	8(105)	9(103)	10(12)
					15(200)	F								
1	180	Carlos Emanuel G Vitorin	36:49		7:04	10:14	12:48	15:50	19:39	21:57	23:30	26:12	27:47	28:
		[502] Individual POR			7:04	3:10	2:34	3:02	3:49	2:18	1:33	2:42	1:35	0:
					36:35	36:49								
					0:44	0:14								
2	183	Ana Margarida Ferreira	1:06:30		5:45	9:15	20:02	24:28	32:49	38:01	40:45	46:09	48:42	51:
		[502] Individual POR			5:45	3:30	10:47	4:26	8:21	5:12	2:44	5:24	2:33	3:
					1:06:16	1:06:30								
					1:02	0:14								
3	179	Ana Patricia Francisco	1:07:24		6:43	10:05	20:48	25:19	33:37	39:06	41:38	46:54	49:35	52:
		[502] Individual POR			6:43	3:22	10:43	4:31	8:18	5:29	2:32	5:16	2:41	3:
					1:07:07	1:07:24								
					1:00	0:17								
4	102	Beatriz Feliz	1:09:11		4:51	6:46	18:20	22:07	27:29	30:02	31:17	34:34	36:37	37:
		[022] CLAC			4:51	1:55	11:34	3:47	5:22	2:33	1:15	3:17	2:03	0:
					1:08:58	1:09:11								
					0:43	0:13								
5	176	Marisa Ribeiro	1:18:57		8:37	13:51	26:51	32:14	42:24	47:33	49:59	55:16	1:00:52	1:02:
		[146] ES Pinhal Novo			8:37	5:14	13:00	5:23	10:10	5:09	2:26	5:17	5:36	1:
					1:18:32	1:18:57								
					0:46	0:25								
6	174	Catarina Moreira	1:23:13		7:58	13:58	27:11	32:16	41:27	46:33	50:24	55:33	1:01:11	1:03:
		[146] ES Pinhal Novo			7:58	6:00	13:13	5:05	9:11	5:06	3:51	5:09	5:38	1:
					1:22:16	1:23:13								
					1:16	0:57								
7	175	Maria Teresa Reis	1:23:15		7:59	13:59	27:07	32:26	41:24	46:36	50:25	55:38	1:01:16	1:03:
		[146] ES Pinhal Novo			7:59	6:00	13:08	5:19	8:58	5:12	3:49	5:13	5:38	2:
					1:22:16	1:23:15								
					1:12	0:59								
8	2671	Daniel Pó	1:26:07		8:41	14:24	27:13	33:29	42:35	48:59	52:15	58:01	1:01:40	1:03:
		[146] ES Pinhal Novo			8:41	5:43	12:49	6:16	9:06	6:24	3:16	5:46	3:39	1:
					1:25:32	1:26:07								
					2:43	0:35								
nc	159	Marta Santos	1:23:15		8:03	14:02	27:02	32:35	41:25	46:32	50:22	55:40	1:01:16	1:03:
		[146] ES Pinhal Novo			8:03	5:59	13:00	5:33	8:50	5:07	3:50	5:18	5:36	2:
					1:22:20	1:23:15								
					1:15	0:55								
Prom4 - Difícil Long (12) 4.1 km 200 m 16 C														
					1(121)	2(127)	3(116)	4(124)	5(117)	6(112)	7(118)	8(105)	9(103)	10(14)
					15(119)	16(200)	F							
1	2533	Arménio Mendes	56:23		5:44	8:54	17:29	19:52	22:11	25:40	31:22	34:21	36:12	38:
		[094] CPOC			5:44	3:10	8:35	2:23	2:19	3:29	5:42	2:59	1:51	2:
					54:45	56:13	56:23							
					1:37	1:28	0:10							
2	177	Tiago Oliveira	56:36		6:35	11:59	17:37	19:35	26:13	28:54	32:47	37:44	39:14	44:
		[146] ES Pinhal Novo			6:35	5:24	5:38	1:58	6:38	2:41	3:53	4:57	1:30	5:
					55:21	56:25	56:36							
					1:00	1:04	0:11							
3	156	Ricardo Vieira Santos	1:02:21		5:47	8:51	17:08	19:45	22:29	26:35	32:13	35:51	37:49	42:
		[502] Individual POR			5:47	3:04	8:17	2:37	2:44	4:06	5:38	3:38	1:58	4:
					1:00:26	1:02:08	1:02:21							
					2:22	1:42	0:13							
4	185	Ângela Silvério	1:16:22		8:27	11:28	23:14	25:33	28:33	32:31	38:24	42:17	43:36	49:
		[502] Individual POR			8:27	3:01	11:46	2:19	3:00	3:58	5:53	3:53	1:19	5:
					1:14:12	1:16:04	1:16:22							
					2:36	1:52	0:18							

5	101	LucianoMatos+ MariaMatos [502] Individual POR	1:16:30	7:16	11:45	24:12	27:10	29:55	34:05	39:41	43:04	45:53	50:
				7:16	4:29	12:27	2:58	2:45	4:10	5:36	3:23	2:49	4:
				1:14:14	1:16:13	1:16:30							
				3:13	1:59	0:17							
6	2052	Antônio Campos [502] Individual POR	1:26:47	6:24	9:10	22:17	25:46	29:01	33:52	40:03	45:09	48:25	52:
				6:24	2:46	13:07	3:29	3:15	4:51	6:11	5:06	3:16	4:
				1:24:12	1:26:16	1:26:47							
				1:57	2:04	0:31							
7	108	Carlos Gameiro [094] CPOC	1:33:07	8:32	13:04	27:26	31:29	35:05	41:21	52:48	57:45	1:00:13	1:05:
				8:32	4:32	14:22	4:03	3:36	6:16	11:27	4:57	2:28	5:
				1:30:46	1:32:52	1:33:07							
				2:57	2:06	0:15							
8	186	Rui Henriques [502] Individual POR	1:45:19	21:09	24:05	31:47	34:36	37:46	42:12	47:35	50:51	52:30	58:
				21:09	2:56	7:42	2:49	3:10	4:26	5:23	3:16	1:39	5:
				1:42:56	1:45:03	1:45:19							
				3:32	2:07	0:16							
9	1018	Isilda Santos [501] Individual POR Fed	1:56:46	12:20	35:59	46:32	50:17	53:11	58:21	1:04:28	1:09:12	1:11:41	1:18:
				12:20	23:39	10:33	3:45	2:54	5:10	6:07	4:44	2:29	6:
				1:54:19	1:56:25	1:56:46							
				2:15	2:06	0:21							
	129	Carlos Calhau [203] Calhau & Valle	mp	8:06	-----	1:02:49	-----	-----	-----	-----	1:23:25	1:26:37	1:31:
				8:06		54:43					20:36	3:12	5:
				1:57:07	1:59:20	1:59:42		9:09	24:34	26:04	28:13	31:58	33:
				2:27	2:13	0:22		*122	*110	*109	*111	*106	*1
				1:42:12	1:43:00								
				*162	*143								
	131	Marta do Valle [203] Calhau & Valle	mp	7:48	-----	1:03:25	-----	-----	-----	-----	1:23:48	1:26:40	1:32:
				7:48		55:37					20:23	2:52	5:
				1:57:10	1:59:19	1:59:45		9:09	24:37	26:07	28:44	32:04	33:
				2:11	2:09	0:26		*122	*110	*109	*111	*106	*1
				1:42:09	1:43:03								
				*162	*143								
	3812	Gisela Martins [501] Individual POR Fed	mp	8:04	12:12	25:56	30:26	35:56	41:22	48:33	53:19	56:49	1:02:
				8:04	4:08	13:44	4:30	5:30	5:26	7:11	4:46	3:30	5:
				-----	-----	1:51:21							
						24:03							