

Pl	Stno	Name	Time	1(77) 15(100)	2(78) F	3(44)	4(40)	5(34)	6(35)	7(39)	8(41)	9(43)	10(51)	11(52)	12(58)	13(59)	14(65)	
Infantil Fem A (15)				1.4 km 15 C														
1	2437	Inês Laranjeira [6595] EBForjães	14:14	0:36 0:36	1:45 1:09	4:54 3:09	5:29 0:35	6:02 0:33	6:43 0:41	7:41 0:58	7:53 0:12	8:36 0:43	9:00 0:24	9:43 0:43	11:55 2:12	12:42 0:47	13:38 0:56	
2	3510	VIVIANA PEREIRA [8340] EBPaçosFerrei	19:15	0:45 0:45	1:53 1:08	5:20 3:27	6:05 0:45	6:46 0:41	7:33 0:47	9:37 2:04	9:54 0:17	10:52 0:58	11:17 0:25	12:52 1:35	15:11 2:19	17:04 1:53	18:37 1:33	
3	3430	Marta Queirós [6593] ESCarlosAmarç	20:12	0:49 0:49	1:50 1:01	6:24 4:34	7:07 0:43	7:43 0:36	8:32 0:49	10:57 2:25	11:09 0:12	11:55 0:46	12:24 0:29	14:03 1:39	16:24 2:21	18:08 1:44	19:29 1:21	
4	3532	Beatriz Varajão [6595] EBForjães	21:24	0:54 0:54	2:13 1:19	7:30 5:17	8:10 0:40	8:56 0:46	9:41 0:45	12:04 2:23	12:19 0:15	13:16 0:57	13:45 0:29	14:45 1:00	18:00 3:15	19:27 1:27	20:43 1:16	
5	3503	RAQUEL LEAL [8340] EBPaçosFerrei	21:49	0:57 0:57	2:20 1:23	6:28 4:08	7:21 0:53	8:28 1:07	10:50 2:22	11:51 1:01	12:04 0:13	13:01 0:57	13:28 0:27	14:41 1:13	18:10 3:29	19:19 1:09	21:04 1:45	
6	3504	MADALENA SILVA [8340] EBPaçosFerrei	22:07	0:59 0:59	2:23 1:24	6:25 4:02	7:17 0:52	8:26 1:09	10:48 2:22	11:47 0:59	12:02 0:15	12:59 0:57	13:38 0:39	14:39 1:01	18:19 3:40	19:25 1:06	21:16 1:51	
7	3424	Yara Ferreira [6593] ESCarlosAmarç	23:36	0:48 0:48	2:06 1:18	7:41 5:35	8:17 0:36	8:54 0:37	9:40 0:46	10:59 1:19	11:14 0:15	12:04 0:50	12:40 0:36	13:32 0:52	17:44 4:12	21:11 3:27	23:00 1:49	
8	3447	Inês Vila Boa [6593] ESCarlosAmarç	23:58	0:55 0:55	2:22 1:27	7:57 5:35	8:32 0:35	9:10 0:38	9:56 0:46	11:18 1:22	11:33 0:15	12:18 0:45	12:59 0:41	13:49 0:50	18:01 4:12	21:07 3:06	23:20 2:13	
9	3531	Cláudia Tomás [6595] EBForjães	24:20	0:53 0:53	2:43 1:50	10:41 7:58	12:14 1:33	12:59 0:45	14:09 1:10	15:07 0:58	15:19 0:12	16:11 0:52	16:38 0:27	17:41 1:03	20:55 3:14	22:11 1:16	23:31 1:20	
10	3446	Alexia Mesquita [6593] ESCarlosAmarç	24:55	1:10 1:10	2:23 1:13	11:07 8:44	11:43 0:36	12:19 0:36	13:08 0:49	15:34 2:26	15:45 0:11	16:30 0:45	16:58 0:28	18:34 1:36	20:47 2:13	22:42 1:55	24:15 1:33	
11	3302	Madalena Augusto [6593] ESCarlosAmarç	32:21	1:42 1:42	2:51 1:09	7:33 4:42	8:19 0:46	8:57 0:38	10:15 1:18	18:46 8:31	19:10 0:24	20:34 1:24	21:00 0:26	22:15 1:15	26:31 4:16	30:11 3:40	31:44 1:33	
12	3537	Verónica Jaques [6595] EBForjães	34:41	2:31 2:31	4:45 2:14	9:40 4:55	10:34 0:54	11:29 0:55	12:23 0:54	21:00 8:37	21:17 0:17	22:39 1:22	23:08 0:29	24:31 1:23	28:48 4:17	32:07 3:19	33:54 1:47	
13	3743	Leonor Oliveira [5644] EBJúlioSaúIDia	40:36	1:28 1:28	3:06 1:38	7:58 4:52	8:46 0:48	9:52 1:06	21:18 11:26	23:03 1:45	23:42 0:39	25:09 1:27	30:10 5:01	32:16 2:06	37:04 4:48	38:19 1:15	39:29 1:10	
	3378	Raquel Neiva [6697] EBSpteBarca	mp	0:40 0:40	2:00 1:20	----	5:43 3:43	----	----	20:53 15:10	----	----	25:20 4:27	----	28:58 3:38	30:07 1:09	31:34 1:27	
	170	Alexandra Serra Camç [6593] ESCarlosAmarç	mp	0:28 0:28	0:21 0:21	1:07 1:07	1:43 0:36	2:16 0:33	4:45 2:29	5:36 0:51	----	----	6:47 1:11	----	----	----	14:35 7:48	

Pl	Stno	Name	Time	1(77) 15(100)	2(78) F	3(46)	4(36)	5(34)	6(32)	7(35)	8(39)	9(42)	10(51)	11(55)	12(58)	13(59)	14(65)	
Infantil Masc A (15)				1.4 km 15 C														
1	148	Duarte Pedro [6595] EBForjães	16:45	0:41 0:41	1:34 0:53	3:21 1:47	5:23 2:02	6:07 0:44	6:39 0:32	6:56 0:17	7:42 0:46	8:14 0:32	9:13 0:59	10:23 1:10	12:31 2:08	15:07 2:36	16:01 0:54	
2	3222	Simão Carvalho [6595] EBForjães	23:30	0:50 0:50	1:42 0:52	7:35 5:53	11:33 3:58	12:22 0:49	12:56 0:34	13:15 0:19	14:50 1:35	15:17 0:27	16:24 1:07	17:48 1:24	20:09 2:21	21:53 1:44	22:52 0:59	
3	3547	Luis Neta [5476] AEErmesinde/A	24:47	0:55 0:55	1:58 1:03	4:54 2:56	14:06 9:12	15:01 0:55	15:43 0:42	16:07 0:24	16:55 0:48	17:34 0:39	18:38 1:04	19:48 1:10	21:27 1:39	22:29 1:02	24:08 1:39	
4	3994	Francisco Leal [6724] AELousadaNort	28:12	0:43 0:43	1:37 0:54	5:03 3:26	17:00 11:57	17:44 0:44	18:07 0:23	18:35 0:28	19:30 0:55	19:55 0:25	21:18 1:23	22:48 1:30	24:54 2:06	25:58 1:04	27:30 1:32	
5	3355	Bruno Nascimento [5476] AEErmesinde/A	28:50	1:32 1:32	3:22 1:50	7:05 3:43	11:20 4:15	12:42 1:22	13:43 1:01	14:28 0:45	16:51 2:23	17:40 0:49	19:24 1:44	21:35 2:11	25:02 3:27	26:29 1:27	27:51 1:22	
6	3493	João Vaz [6975] EBSobreira	29:44	1:35 1:35	3:51 2:16	8:30 4:39	11:42 3:12	12:20 0:38	13:29 1:09	14:09 0:40	16:50 2:41	19:15 2:25	20:52 1:37	23:09 2:17	26:09 3:00	28:15 2:06	29:04 0:49	

Pl	Stno	Name	Time														
Infantil Masc A (15)			1.4 km 15 C	<i>(cont.)</i>													
				1(77) 15(100)	2(78) F	3(46)	4(36)	5(34)	6(32)	7(35)	8(39)	9(42)	10(51)	11(55)	12(58)	13(59)	14(65)
7	3560	Marco Sousa [6705] EBSPinheiro	30:21	0:38 0:38	2:48 2:10	7:21 4:33	15:27 8:06	17:12 1:45	18:13 1:01	18:46 0:33	20:57 2:11	21:26 0:29	22:25 0:59	23:36 1:11	27:19 3:43	28:25 1:06	29:31 1:06
8	3676	Diogo Gomes [5476] AEErmesinde/A	31:10	30:04 0:33	30:21 0:17	11:15	19:11 *37	20:28	20:57	21:20	22:13	22:51	24:00	25:19	27:42	28:43	30:22
9	3544	Simão Silva [6595] EBForjães	31:33	0:56 0:56	2:28 1:32	7:15 4:47	11:39 4:24	12:55 1:16	14:06 1:11	14:52 0:46	19:42 4:50	20:38 0:56	21:49 1:11	26:03 4:14	28:52 2:49	29:44 0:52	30:56 1:12
10	3428	Gabriel Vieira [5476] AEErmesinde/A	31:42	0:27 1:00	0:10 3:45	*37 9:57	15:28 14:15	15:45 1:30	16:41 0:56	17:21 0:40	19:48 2:27	20:38 0:50	22:26 1:48	24:32 2:06	27:58 3:26	29:26 1:28	30:54 1:28
11	3819	Miguel Rapagão [6722] EBEugénioAnd	46:14	0:47 0:47	2:57 2:10	15:23 12:26	22:06 6:43	23:23 1:17	24:54 1:31	25:30 0:36	27:04 1:34	28:09 1:05	30:00 1:51	32:00 2:00	36:40 4:40	44:10 7:30	45:18 1:08
12	3670	José Oliveira [6705] EBSPinheiro	47:43	2:30 47:27	4:58 47:43	17:24 12:26	22:41 5:17	24:46 2:05	26:33 1:47	27:06 0:33	28:38 1:32	30:06 1:28	31:52 1:46	33:57 2:05	40:34 6:37	42:58 2:24	46:41 3:43
13	3320	Diogo Martins Pe Soai [6639] EBSParedesCo	53:16	1:12 1:12	13:23 12:11	24:48 11:25	31:08 6:20	35:20 4:12	36:01 0:41	36:26 0:25	38:01 1:35	39:11 1:10	43:51 4:40	47:27 3:36	49:49 2:22	50:53 1:04	52:30 1:37
90027	João Rodrigues [1564] Individual POR	mp	1:14 1:14	2:27 1:13	4:43 2:16	14:01 9:18	14:40 0:39	15:00 0:20	15:25 0:25	18:27 3:02	-----	20:25 1:58	22:04 1:39	27:57 5:53	29:05 1:08	30:25 1:20	
3405	Miguel Rangel [6705] EBSPinheiro	dns	0:38 0:38	2:48 2:10	7:21 4:33	15:27 8:06	17:12 1:45	18:13 1:01	18:46 0:33	20:57 2:11	21:26 0:29	22:25 0:59	23:36 1:11	27:19 3:43	28:25 1:06	29:31 1:06	
Infantil Fem B (50)			1.4 km 16 C														
				1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(36)	6(34)	7(32)	8(39)	9(42)	10(51)	11(50)	12(55)	13(58)	14(59)
1	3277	Mariana Cunha [8300] AEFreixo	14:08	0:38 0:38	1:30 0:52	3:44 2:14	4:44 1:00	5:28 0:44	6:08 0:40	6:30 0:22	7:48 1:18	8:10 0:22	9:01 0:51	9:23 0:22	9:58 0:35	11:46 1:48	12:56 1:10
2	3479	Clara André [6596] EBApulia	14:46	1:03 1:03	1:49 0:46	3:29 1:40	4:20 0:51	5:21 1:01	6:00 0:39	6:26 0:26	7:52 1:26	8:15 0:23	9:04 0:49	9:30 0:26	10:11 0:41	11:53 1:42	12:48 0:55
3	2163	Mariana São Bento [6590] EBManhente	16:14	0:44 0:44	1:50 1:06	4:10 2:20	5:12 1:02	6:28 1:16	7:09 0:41	7:38 0:29	8:36 0:58	9:10 0:34	10:01 0:51	10:36 0:35	11:15 0:39	13:21 2:06	14:30 1:09
4	3194	Filipa Soares [6596] EBApulia	17:03	0:36 0:36	1:31 0:55	3:21 1:50	4:09 0:48	8:56 4:47	9:37 0:41	9:57 0:20	10:43 0:46	11:16 0:33	12:04 0:48	12:25 0:21	13:07 0:42	14:54 1:47	15:39 0:45
5	2350	Ana Chen [6596] EBApulia	17:19	1:45 1:45	2:39 0:54	6:04 3:25	6:51 0:47	8:00 1:09	8:56 0:56	9:18 0:22	10:01 0:43	10:28 0:27	11:24 0:56	11:47 0:23	12:27 0:40	14:39 2:12	15:34 0:55
6	2762	Jéssica Rocha [6696] AEMiguelTorga	17:27	0:38 0:38	1:30 0:52	4:20 2:50	5:10 0:50	6:19 1:09	7:27 1:08	7:54 0:27	9:15 1:21	9:45 0:30	10:43 0:58	11:10 0:27	11:43 0:33	14:12 2:29	15:38 1:26
7	2161	Ana Macedo [6590] EBManhente	17:31	0:54 0:54	1:56 1:02	3:57 2:01	5:10 1:13	6:28 1:18	7:08 0:40	8:01 0:53	9:00 0:59	9:34 0:34	11:35 2:01	12:04 0:29	12:43 0:39	15:01 2:18	15:58 0:57
8	3475	Daniela Jesus [6596] EBApulia	18:05	0:47 0:47	1:42 0:55	3:29 1:47	4:29 1:00	6:27 1:58	7:32 1:05	7:57 0:25	9:56 1:59	10:23 0:27	12:06 1:43	12:31 0:25	13:14 0:43	15:45 2:31	16:38 0:53
9	2439	Antónia Brito [6595] EBForjães	18:08	0:48 0:48	1:37 0:49	3:51 2:14	4:52 1:01	6:23 1:31	7:00 0:37	7:34 0:34	8:33 0:59	8:58 0:25	10:04 1:06	10:34 0:30	11:16 0:42	13:26 2:10	16:11 2:45
10	2293	Isabel Silva [6590] EBManhente	18:22	1:27 1:27	3:54 2:27	6:15 2:21	7:16 1:01	8:33 1:17	9:12 0:39	9:40 0:28	10:41 1:01	11:13 0:32	12:16 1:03	12:39 0:23	13:26 0:47	15:56 2:30	16:50 0:54
11	4005	Barbara Rodrigues [6764] AE1Gondomar (19:13	0:44 0:44	1:47 1:03	4:26 2:39	5:33 1:07	6:40 1:07	7:47 1:07	8:21 0:34	9:58 1:37	10:33 0:35	11:41 1:08	12:10 0:29	13:02 0:52	15:31 2:29	16:54 1:23
12	3396	Iva Silva [6722] EBEugénioAnd	20:13	0:50 0:50	1:58 1:08	4:25 2:27	5:54 1:29	7:28 1:34	8:24 0:56	9:03 0:39	10:51 1:48	11:40 0:49	13:25 1:45	14:01 0:36	14:57 0:56	17:24 2:27	18:40 1:16

Pl	Stno	Name	Time																
<i>Infantil Fem B (50)</i>			<i>1.4 km 16 C</i>			<i>(cont.)</i>													
				1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(36)	6(34)	7(32)	8(39)	9(42)	10(51)	11(50)	12(55)	13(58)	14(59)		
13	2878	BARBARA ALVES [8340] EBPaçosFerreir	21:03	1:03 1:03 20:25 1:35	2:30 1:27 20:48 0:23	4:49 2:19 21:03 0:15	6:04 1:15	7:33 1:29	8:44 1:11	9:49 1:05	11:45 1:56	12:27 0:42	13:54 1:27	14:34 0:40	15:16 0:42	17:42 2:26	18:50 1:08		
14	3492	Débora Oliveira [6593] ESCarlosAmarç	21:17	0:33 0:33 20:38 1:18	3:47 3:14 21:04 0:26	5:41 1:54 21:17 0:13	6:50 1:09	9:01 2:11	10:14 1:13	10:46 0:32	12:24 1:38	13:00 0:36	14:03 1:03	14:33 0:30	15:19 0:46	17:37 2:18	19:20 1:43		
15	3564	Ana Mirra [6791] ESTomazPelayo	21:20	1:12 1:12 20:40 1:27	4:32 3:20 21:06 0:26	6:31 1:59 21:20 0:14	8:00 1:29	10:05 2:05	10:44 0:39	11:30 0:46	12:35 1:05	13:01 0:26	14:12 1:11	14:45 0:33	15:40 0:55	17:59 2:19	19:13 1:14		
16	3477	Leonor Rodrigues [6596] EBApulia	21:30	0:56 0:56 20:47 1:12	1:52 0:56 21:15 0:28	5:32 3:40 21:30 0:15	6:29 0:57	8:23 1:54	9:35 1:12	9:57 0:22	11:57 2:00	12:23 0:26	14:08 1:45	14:33 0:25	15:18 0:45	18:24 3:06	19:35 1:11		
17	3373	Leticia Costa [6697] EBSpteBarca	21:38	0:46 0:46 21:03 5:18	1:53 1:07 21:26 0:23	3:20 1:27 21:38 0:12	4:32 1:12	6:21 1:49	6:53 0:32	7:30 0:37	9:08 1:38	9:50 0:42	10:54 1:04	11:41 0:47	12:20 0:39	14:36 2:16	15:45 1:09		
18	2346	Ana Carolina Machado [6593] ESCarlosAmarç	21:54	1:00 1:00 21:17 1:15	4:23 3:23 21:42 0:25	6:21 1:58 21:54 0:12	7:29 1:08	9:43 2:14	10:50 1:07	11:24 0:34	13:01 1:37	13:39 0:38	14:43 1:04	15:13 0:30	16:00 0:47	18:30 2:30	20:02 1:32		
19	2435	Catarina Ribeiro [6595] EBForjães	21:57	0:55 0:55 21:22 2:30	1:50 0:55 21:46 0:24	4:24 2:34 21:57 0:11	5:23 0:59	6:34 1:11	8:10 1:36	8:42 0:32	9:49 1:07	10:32 0:43	11:41 1:09	12:22 0:41	14:43 2:21	17:31 2:48	18:52 1:21		
20	2761	Sofia Machado [6696] AEMiguelTorga	22:04	0:52 0:52 21:33 1:48	1:42 0:50 21:54 0:21	5:01 3:19 22:04 0:10	6:29 1:28	10:57 4:28	11:43 0:46	12:25 0:42	14:00 1:35	14:28 0:28	15:16 0:48	15:41 0:25	16:26 0:45	18:20 1:54	19:45 1:25		
21	1988	Laura Múrias [6722] EBEugénioAndr	22:42	1:49 1:49 22:02 1:39	2:47 0:58 22:28 0:26	4:30 1:43 22:42 0:14	5:30 1:00	6:29 0:59	7:09 0:40	7:37 0:28	8:45 1:08	9:15 0:30	12:58 3:43	13:40 0:42	14:33 0:53	19:14 4:41	20:23 1:09		
22	2441	Rute Moreira [6595] EBForjães	22:50	0:38 0:38 22:15 0:44	1:37 0:59 22:38 0:23	4:16 2:39 22:50 0:12	5:00 0:44	5:58 0:58	6:41 0:43	8:32 1:51	9:35 1:03	10:00 0:25	16:51 6:51	17:12 0:21	17:54 0:42	20:17 2:23	21:31 1:14		
23	2355	Mariana Cruz [6596] EBApulia	22:56	0:53 0:53 22:14 1:25	2:28 1:35 22:42 0:28	4:41 2:13 22:56 0:14	6:19 1:38	8:56 2:37	9:59 1:03	11:19 1:20	12:33 1:14	13:22 0:49	14:33 1:11	15:04 0:31	16:28 1:24	19:16 2:48	20:49 1:33		
24	3947	Beatriz Guedes [6764] AE1Gondomar	23:07	0:49 0:49 22:18 1:30	1:46 0:57 22:51 0:33	8:39 6:53 23:07 0:16	9:35 0:56	10:42 1:07	11:47 1:05	12:21 0:34	13:54 1:33	14:26 0:32	15:38 1:12	16:07 0:29	16:58 0:51	19:26 2:28	20:48 1:22		
25	3481	Mariana Diogo [8299] AEPBS-Joane	23:35	0:49 0:49 22:53 1:44	1:45 0:56 23:21 0:28	7:44 5:59 23:35 0:14	9:45 2:01	11:29 1:44	11:58 0:29	12:47 0:49	14:06 1:19	14:50 0:44	15:48 0:58	16:20 0:32	17:14 0:54	19:39 2:25	21:09 1:30		
26	3522	Ana Rita Peixoto [6604] AEMaximinos	24:08	1:16 1:16 23:33 1:03	2:12 0:56 23:54 0:21	6:37 4:25 24:08 0:14	7:37 1:00	9:44 2:07	11:39 1:55	12:10 0:31	14:26 2:16	14:56 0:30	16:20 1:24	-----	17:21 1:01	21:16 3:55	22:30 1:14		
27	3436	Ana Nunes [9172] AEVilela	24:15	0:59 0:59 23:25 0:45	4:42 3:43 23:52 0:27	9:39 4:57 24:15 0:23	11:52 2:13	13:00 1:08	13:57 0:57	15:05 1:08	16:05 1:00	16:35 0:30	18:31 1:56	18:57 0:26	19:32 0:35	21:50 2:18	22:40 0:50		
28	3539	Eduarda Sá [6595] EBForjães	24:24	0:48 0:48 23:47 1:06	1:46 0:58 24:12 0:25	3:37 1:51 24:24 0:12	4:39 1:02	5:36 0:57	6:17 0:41	6:48 0:31	7:57 1:09	8:34 0:37	10:09 1:35	11:03 0:54	12:10 1:07	21:05 8:55	22:41 1:36		
29	2370	Telma Carvalho [6596] EBApulia	24:49	1:07 1:07 24:04 1:14	2:36 1:29 24:32 0:28	6:37 4:01 24:49 0:17	8:28 1:51	9:58 1:30	12:24 2:26	12:56 0:32	14:31 1:35	15:16 0:45	16:34 1:18	17:08 0:34	17:58 0:50	21:04 3:06	22:50 1:46		
30	3486	Joana Santos [8299] AEPBS-Joane	25:45	1:41 1:41 25:05 1:07	2:47 1:06 25:31 0:26	5:45 2:58 25:45 0:14	7:06 1:21	8:00 0:54	13:32 5:32	14:18 0:46	15:53 1:35	16:26 0:33	17:41 1:15	18:15 0:34	19:12 0:57	21:25 2:13	23:58 2:33		
31	3521	Maria Oliveira [6604] AEMaximinos	26:41	0:41 0:41 26:04 1:22	2:08 1:27 26:29 0:25	4:53 2:45 26:41 0:12	5:50 0:57	12:46 6:56	14:41 1:55	15:50 1:09	17:26 1:36	18:27 1:01	19:29 1:02	20:00 0:31	20:50 0:50	23:20 2:30	24:42 1:22		
32	3462	Filipa Soares [6705] EBSPinheiro	27:07	1:51 1:51 26:26 1:34	3:10 1:19 26:54 0:28	7:23 4:13 27:07 0:13	10:32 3:09	12:26 1:54	13:48 1:22	15:12 1:24	16:51 1:39	17:26 0:35	18:48 1:22	19:21 0:33	20:28 1:07	23:21 2:53	24:52 1:31		
33	2879	MARIA SOUSA [8340] EBPaçosFerreir	27:23	1:14 1:14 26:41 1:04	2:39 1:25 27:08 0:27	8:16 5:37 27:23 0:15	9:27 1:11	11:33 2:06	12:40 1:07	13:15 0:35	17:37 4:22	18:30 0:53	19:43 1:13	20:20 0:37	21:33 1:13	24:17 2:44	25:37 1:20		
34	2541	Joana Lopes [5644] EBJúlioSaúlDia	27:50	1:59 1:59 26:05 2:28	3:40 1:41 27:36 1:31	5:21 1:41 27:50 0:14	7:04 1:43	8:34 1:30	9:49 1:15	10:29 0:40	12:30 2:01	13:33 1:03	15:48 2:15	16:29 0:41	17:39 1:10	21:56 4:17	23:37 1:41		

Pl	Stno	Name	Time														
Infantil Fem B (50)			1.4 km 16 C	<i>(cont.)</i>													
				1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(36)	6(34)	7(32)	8(39)	9(42)	10(51)	11(50)	12(55)	13(58)	14(59)
35	2374	Ana Ribeiro [6705] EBSPinheiro	30:08	1:21 1:21 29:27 1:35	6:12 4:51 29:53 0:26	10:28 4:16 30:08 0:15	13:30 3:02	15:21 1:51	16:48 1:27	18:11 1:23	19:51 1:40	20:26 0:35	21:48 1:22	22:24 0:36	23:31 1:07	26:22 2:51	27:52 1:30
36	3933	Catarina Santos [6778] AE1Gondomar	33:58	1:52 1:52 32:59 2:13	3:45 1:53 33:40 0:41	8:19 4:34 33:58 0:18	10:11 1:52	12:29 2:18	16:13 3:44	17:13 1:00	19:27 2:14	20:28 1:01	23:54 3:26	24:40 0:46	25:46 1:06	28:33 2:47	30:46 2:13
37	3932	Bruna Rocha [6778] AE1Gondomar	35:21	1:01 1:01 34:40 1:05	2:32 1:31 35:21 0:27	6:21 3:49 35:21 0:14	17:29 11:08	18:43 1:14	21:01 2:18	23:48 2:47	25:39 1:51	26:27 0:48	27:36 1:09	28:11 0:35	29:29 1:18	32:15 2:46	33:35 1:20
38	2599	Cláudia Sequeira [6722] EBEugénioAnd	35:45	0:40 0:40 34:58 0:58	1:39 0:59 35:28 0:30	6:03 4:24 35:45 0:17	9:09 3:06	11:32 2:23	12:10 0:38	12:44 0:34	21:48 9:04	22:19 0:31	25:58 3:39	26:39 0:41	27:32 0:53	32:16 4:44	34:00 1:44
39	3404	Júlia Souza [6722] EBEugénioAnd	37:02	1:03 1:03 36:21 2:07	2:36 1:33 36:49 0:28	6:04 3:28 37:02 0:13	7:25 1:21	11:45 4:20	12:41 0:56	13:32 0:51	15:21 1:49	16:39 1:18	18:25 1:46	19:24 0:59	20:54 1:30	25:11 4:17	34:14 9:03
40	3597	Alexandra da Cos Gor [6639] EBSParedesCo	39:23	1:07 1:07 37:49 2:04	2:43 1:36 38:43 0:54	7:29 4:46 39:23 0:40	10:29 3:00	13:11 2:42	19:22 6:11	21:16 1:54	23:11 1:55	24:11 1:00	26:18 2:07	27:21 1:03	28:39 1:18	34:09 5:30	35:45 1:36
41	3541	Mariana Félix [6595] EBForjães	39:43	1:17 1:17 38:44 1:08	5:38 4:21 39:30 0:46	9:22 3:44 39:43 0:13	24:19 14:57	25:34 1:15	27:05 1:31	27:38 0:33	29:42 2:04	30:31 0:49	31:57 1:26	32:27 0:30	33:34 1:07	36:21 2:47	37:36 1:15
42	23590	Luana Machado [6722] EBEugénioAnd	39:57	0:48 0:48 38:44 1:22	3:26 2:38 39:38 0:54	16:10 12:44 39:57 0:19	18:24 2:14	20:57 2:33	22:26 1:29	24:48 2:22	27:48 3:00	28:34 0:46	30:42 2:08	31:32 0:50	32:38 1:06	35:56 3:18	37:22 1:26
43	3589	Mariana Gonçalves [6722] EBEugénioAnd	42:56	1:32 1:32 41:45 1:22	6:10 4:38 42:41 0:56	19:11 13:01 42:56 0:15	21:19 2:08	23:51 2:32	25:27 1:36	27:45 2:18	30:43 2:58	31:32 0:49	33:42 2:10	34:34 0:52	35:38 1:04	39:04 3:26	40:23 1:19
44	90029	Eduarda Pontes [1564] Individual POR	53:13	1:42 1:42 52:16 1:00	3:54 2:12 53:00 0:44	8:28 4:34 53:13 0:13	23:24 14:56	25:21 1:57	26:06 0:45	26:39 0:33	27:55 1:16	28:32 0:37	43:03 14:31	43:37 0:34	44:25 0:48	47:12 2:47	51:16 4:04
3949	Iris Pereira [6764] AE1Gondomar	mp	0:44 0:44 51:48 10:04	1:59 1:15 52:49 1:01	5:16 3:17 53:23 0:34	13:03 7:47	14:35 1:32	16:09 1:34	17:04 0:55	35:29 18:25	----- 6:15	41:44 -----	----- -----	----- -----	----- -----	----- -----	----- -----
4008	Catarina Alves [6778] AE1Gondomar	mp	0:49 0:49 -----	2:08 1:19 30:37	6:51 4:43 30:54	8:14 1:23	16:34 8:20	18:41 2:07	19:47 1:06	21:23 1:36	22:24 1:01	23:28 1:04	23:58 0:30	24:48 0:50	27:17 2:29	28:42 1:25	
1992	Speranta Gaina [6722] EBEugénioAnd	mp	0:44 0:44 17:51 1:37	1:38 0:54 18:15 0:24	4:22 2:44 18:28 0:13	5:22 1:00	9:02 3:40	9:38 0:36	10:17 0:39	11:34 1:17	12:09 0:35	13:07 0:58	13:34 0:27	14:12 0:38	16:14 2:02	-----	
3497	BEATRIZ GOMES [8340] EBPaçosFerreir	mp	0:57 0:57 25:32 1:01	4:39 3:42 25:54 0:22	8:35 3:56 26:08 0:14	9:38 1:03	11:43 2:05	13:31 1:48	14:11 0:40	16:32 2:21	17:00 0:28	18:24 1:24	-----	19:27 1:03	23:23 3:56	24:31 1:08	
3565	Cidália Martins [6791] ESTomazPelayo	mp	1:51 1:51 31:37 1:19	3:15 1:24 32:08 0:31	8:29 5:14 32:24 0:16	16:18 7:49	-----	18:33 2:15	22:33 4:00	23:38 1:05	24:06 0:28	25:17 1:11	25:52 0:35	26:44 0:52	29:15 2:31	30:18 1:03	
90031	Rosário Baptista [1564] Individual POR	mp	1:13 1:13 24:47 1:03	2:35 1:22 25:34 0:47	15:04 12:29 25:46 0:12	16:05 1:01	-----	16:36 0:31	-----	18:00 1:24	18:33 0:33	19:21 0:48	-----	20:28 1:07	22:32 2:04	23:44 1:12	
Infantil Masc B (42)			1.5 km 16 C														
				1(77) 15(65)	2(78) 16(100)	3(46) F	4(44)	5(40)	6(36)	7(34)	8(37)	9(42)	10(43)	11(51)	12(52)	13(58)	14(59)
1	3280	Rodrigo Lima [8300] AEFreixo	13:09	0:30 0:30 12:38 0:54	1:09 0:39 12:58 0:20	2:42 1:33 13:09 0:11	2:55 0:13	3:23 0:28	4:26 1:03	4:58 0:32	6:06 1:08	6:50 0:44	7:16 0:26	7:36 0:20	8:13 0:37	10:01 1:48	11:44 1:43
2	3300	Fábio Monteiro [6593] ESCarlosAmaral	13:59	0:46 0:46 13:24 0:48	1:35 0:49 13:46 0:22	3:13 1:38 13:59 0:13	3:34 0:21	4:11 0:37	4:56 0:45	5:37 0:41	6:39 1:02	7:30 0:51	8:03 0:33	8:33 0:30	9:22 0:49	11:45 2:23	12:36 0:51
3	1781	Gonçalo Silva [6754] EB23SãoRosen	14:01	0:29 0:29 13:19 1:19	1:09 0:40 13:50 0:31	2:20 1:11 14:01 0:11	2:38 0:18	3:09 0:31	3:58 0:49	4:40 0:42	5:26 0:46	6:16 0:50	6:39 0:23	7:10 0:31	8:10 1:00	10:51 2:41	12:00 1:09
4	2880	RODRIGO COELHO [8340] EBPaçosFerreir	14:05	0:42 0:42 13:28 1:00	1:34 0:52 13:52 0:24	2:52 1:18 14:05 0:13	3:08 0:16	3:48 0:40	4:39 0:51	5:24 0:45	6:11 0:47	7:19 1:08	7:51 0:32	8:22 0:31	9:05 0:43	11:31 2:26	12:28 0:57
5	3196	Tiago Silva [6593] ESCarlosAmaral	15:57	1:07 1:07 15:17 0:47	1:55 0:48 15:44 0:27	3:35 1:40 15:57 0:13	3:59 0:24	4:36 0:37	5:34 0:58	6:18 0:44	8:02 1:44	9:06 1:04	9:40 0:34	10:07 0:27	10:56 0:49	13:32 2:36	14:30 0:58

Pl	Stno	Name	Time														
Infantil Masc B (42)			1.5 km 16 C	<i>(cont.)</i>													
			1(77) 15(65)	2(78) 16(100)	3(46) F	4(44)	5(40)	6(36)	7(34)	8(37)	9(42)	10(43)	11(51)	12(52)	13(58)	14(59)	
6	3490	Vitor Mesquita [8299] AEPBS-Joane	16:49	2:06 2:06 16:05 1:01	3:12 1:06 16:37 0:32	5:13 2:01 16:49 0:12	5:32 0:19	6:14 0:42 9:33 *41	7:04 0:50 9:35 *41	7:50 0:46 0:50	8:40 0:50 1:18	9:58 0:27 0:31	10:25 0:31 0:51	10:56 0:31 2:28	11:47 0:51 2:28	14:15 0:49 0:49	
7	2438	Fábio Novo [6595] EBForjães	16:58	0:39 0:39 16:29 0:48	1:41 1:02 16:49 0:20	3:22 1:41 16:58 0:09	3:43 0:21	4:13 0:30	7:23 3:10	8:03 0:40	9:13 1:10	10:36 1:23	11:02 0:26	11:26 0:24	12:13 0:47	14:50 2:37	15:41 0:51
8	1650	Tiago Soares [6724] AELousadaNort	17:18	0:42 0:42 16:25 0:51	1:41 0:59 17:18 0:40	3:33 1:52 17:18 0:13	3:58 0:25	4:36 0:38 8:49 *39	5:56 1:20	6:44 0:48	8:11 1:27	9:38 1:27	10:12 0:34	10:42 0:30	11:41 0:59	14:33 2:52	15:34 1:01
9	2001	Bruno Moreira [6975] EBSobreira	17:43	0:36 0:36 17:09 0:43	1:27 0:51 17:31 0:22	2:56 1:29 17:43 0:12	3:18 0:22	3:51 0:33	6:33 2:42	7:33 1:00	10:26 2:53	11:50 1:24	12:21 0:31	12:43 0:22	13:27 0:44	15:47 2:20	16:26 0:39
10	2726	Diogo Almeida [6596] EBApulia	17:49	0:47 0:47 17:02 1:15	1:40 0:53 17:34 0:32	4:23 2:43 17:49 0:15	4:37 0:14	5:20 0:43	6:11 0:51	7:04 0:53	8:14 1:10	10:41 2:27	11:12 0:31	11:41 0:29	12:34 0:53	15:00 2:26	15:47 0:47
11	3427	Ricardo Quintas [6593] ESCarlosAmarã	17:56	1:48 1:48 17:10 1:12	3:17 1:29 17:39 0:29	5:04 1:47 17:56 0:17	5:25 0:21	6:04 0:39	7:09 1:05	7:53 0:44	8:56 1:03	10:03 1:07	10:43 0:40	11:12 0:29	11:59 0:47	14:21 2:22	15:58 1:37
12	3423	Gabriel Vilaça [6593] ESCarlosAmarã	18:06	1:51 1:51 17:36 0:45	2:46 0:55 17:56 0:20	4:27 1:41 18:06 0:10	4:50 0:23	5:20 0:30	8:20 3:00	8:49 0:29	10:19 1:30	11:42 1:23	12:03 0:21	12:26 0:23	13:18 0:52	15:52 2:34	16:51 0:59
13	3483	Mário Diogo [8299] AEPBS-Joane	18:52	0:32 0:32 18:17 0:56	1:15 0:43 18:39 0:22	2:52 1:37 18:52 0:13	3:10 0:18	3:41 0:31	5:13 1:32	5:40 0:27	6:44 1:04	7:58 1:14	8:27 0:29	8:54 0:27	11:41 2:47	14:00 2:19	17:21 3:21
14	1482	João Vilaça [6604] AEMaximinos	19:26	0:40 0:40 18:51 1:42	1:59 1:19 19:26 0:23	4:09 2:10 19:26 0:12	4:27 0:18	5:16 0:49	6:33 1:17	7:23 0:50	9:59 2:36	10:54 0:55	11:34 0:40	12:17 0:43	13:20 1:03	15:59 2:39	17:09 1:10
15	1877	Júlio Soares [6722] EBEugénioAndr	19:46	0:49 0:49 19:07 1:09	1:49 1:00 19:33 0:26	3:56 2:07 19:46 0:13	4:14 0:18	5:01 0:47	7:35 2:34	8:48 1:13	10:02 1:14	11:02 1:00	11:38 0:36	12:08 0:30	12:52 0:44	15:10 2:18	17:58 2:48
16	1982	Claudio Pereira [6975] EBSobreira	20:43	0:46 0:46 19:57 0:45	1:55 1:09 20:27 0:30	4:14 2:19 20:43 0:16	4:36 0:22	5:16 0:40	8:55 3:39	9:35 0:40	13:29 3:54	14:27 0:58	14:53 0:26	15:21 0:28	16:12 0:51	18:27 2:15	19:12 0:45
17	3019	Cláudio Coelho [6724] AELousadaNort	21:26	1:57 1:57 20:42 1:08	3:00 1:03 21:11 0:29	6:31 3:31 21:26 0:15	6:52 0:21	7:36 0:44	8:40 1:04	9:39 0:59	12:12 2:33	13:35 1:23	14:14 0:39	14:47 0:33	15:44 0:57	18:24 2:40	19:34 1:10
17	3163	Tomé Carvalho [6595] EBForjães	21:26	0:35 0:35 20:39 1:27	1:45 1:10 21:16 0:37	3:49 2:04 21:26 0:10	4:23 0:34	5:04 0:41	6:34 1:30	7:25 0:51	10:06 2:41	12:15 2:09	12:54 0:39	13:23 0:29	14:52 1:29	18:36 3:44	19:12 0:36
19	3555	Jorge Rafel Freitas [5644] EBJúlioSaúlDia	21:31	0:49 0:49 20:42 1:00	1:55 1:06 21:31 0:30	4:11 2:16 21:31 0:19	4:35 0:24	5:25 0:50	6:28 1:03	10:11 3:43	11:35 1:24	12:51 1:16	13:19 0:28	13:54 0:35	15:01 1:07	18:49 3:48	19:42 0:53
20	3270	João Paulo Gomes [8300] AEFreixo	21:57	3:20 3:20 21:25 0:42	4:17 0:57 21:47 0:22	10:57 6:40 21:57 0:10	11:32 0:35	12:03 0:31	13:02 0:59	13:37 0:35	14:40 1:03	15:38 0:58	16:06 0:28	16:32 0:26	17:21 0:49	19:57 2:36	20:43 0:46
21	3558	Rúben Pereira [5644] EBJúlioSaúlDia	22:06	0:37 0:37 21:30 1:09	1:39 1:02 21:53 0:23	5:54 4:15 22:06 0:13	6:14 0:20	7:03 0:49	8:07 1:04	8:51 0:44	12:34 3:43	14:08 1:34	14:49 0:41	15:19 0:30	16:37 1:18	19:14 2:37	20:21 1:07
22	2542	João Gomes [5644] EBJúlioSaúlDia	22:40	0:40 0:40 22:02 1:05	1:33 0:53 22:27 0:25	4:12 2:39 22:40 0:13	4:34 0:22	5:07 0:33	10:20 5:13	11:36 1:16	14:02 2:26	15:28 1:26	16:01 0:33	16:30 0:29	17:19 0:49	19:57 2:38	20:57 1:00
23	3480	Jorge Oliveira [8299] AEPBS-Joane	22:41	0:37 0:37 21:59 1:12	1:24 0:47 22:25 0:26	4:32 3:08 22:41 0:16	4:50 0:18	5:31 0:41	6:56 1:25	9:30 2:34	10:34 1:04	13:16 2:42	14:01 0:45	14:39 0:38	15:37 0:58	18:29 2:52	20:47 2:18
24	1782	Gonçalo Araújo [6754] EB23SãoRosen	22:48	0:44 0:44 22:15 0:42	1:48 1:04 22:37 0:22	3:19 1:31 22:48 0:11	3:55 0:36	4:53 0:58	12:06 7:13	13:51 1:45	15:09 1:18	16:22 1:13	17:03 0:41	17:40 0:37	18:30 0:50	20:35 2:05	21:33 0:58
25	3472	Delmar Gonçalves [6596] EBApulia	23:14	1:28 1:28 22:22 0:48	2:26 0:58 23:00 0:38	6:48 4:22 23:14 0:14	7:12 0:24	7:55 0:43	12:40 4:45	13:13 0:33	14:01 0:48	15:30 1:29	16:01 0:31	16:29 0:28	17:29 1:00	20:22 2:53	21:34 1:12
26	3321	Leonardo Pinto Felisb [6639] EBSParadesCo	24:49	0:55 0:55 24:02 0:57	2:49 1:54 24:31 0:29	4:56 2:07 24:49 0:18	5:14 0:18	6:01 0:47	11:13 5:12	11:51 0:38	12:50 0:59	14:01 1:11	14:34 0:33	15:04 0:30	15:57 0:53	18:17 2:20	23:05 4:48
27	3984	Nuno Araújo [6604] AEMaximinos	25:03	0:42 0:42 24:15 0:46	3:02 2:20 24:47 0:32	7:41 4:39 25:03 0:16	8:03 0:22	8:42 0:39 20:29 *57	10:16 1:34	11:00 0:44	15:07 4:07	16:32 1:25	17:08 0:36	17:40 0:32	18:37 0:57	22:09 3:32	23:29 1:20

Pl	Stno	Name	Time															
Infantil Masc B (42)			1.5 km 16 C		<i>(cont.)</i>													
				1(77) 15(65)	2(78) 16(100)	3(46) F	4(44)	5(40)	6(36)	7(34)	8(37)	9(42)	10(43)	11(51)	12(52)	13(58)	14(59)	
28	2864	PEDRO COSTA [8340] EBPaçosFerreir	25:18	1:19 1:19 24:27 1:14	2:36 1:17 25:00 0:33	6:50 4:14 25:18 0:18	7:17 0:27	9:05 1:48	11:07 2:02	12:23 1:16	14:07 1:44	16:19 2:12	17:09 0:50	17:37 0:28	18:43 1:06	21:46 3:03	23:13 1:27	
29	3414	Armando Moreira [6975] EBSobreira	25:22	0:35 0:35 24:45 0:29	1:27 0:52 25:09 0:24	2:59 1:32 25:22 0:13	3:24 0:25	4:08 0:44	9:06 4:58	9:36 0:30	14:41 5:05	15:37 0:56	16:11 0:34	16:41 0:30	21:23 4:42	23:38 2:15	24:16 0:38	
30	2367	Gonçalo Fernandes [6593] ESCarlosAmarç	26:24	12:49 12:49 25:53 1:02	13:31 0:42 26:14 0:21	15:24 1:53 26:24 0:10	15:37 0:13	16:09 0:32	17:02 0:53	17:46 0:44	19:18 1:32	20:44 1:26	21:07 0:23	21:31 0:24	22:11 0:40	23:57 1:46	24:51 0:54	
31	3970	BrunoM+FernandoB [6696] AEMiguelTorga	26:28	1:10 1:10 25:51 0:45	2:50 1:40 26:14 0:23	5:55 3:05 26:28 0:14	6:14 0:19	7:11 0:57	8:37 1:26	9:38 1:01	13:18 3:40	15:23 2:05	16:30 1:07	17:09 0:39	19:59 2:50	24:06 4:07	25:06 1:00	
32	2536	Cristiano Silva [5644] EBJúlioSaúlDia	26:53	0:58 0:58 25:08 2:33	2:44 1:46 26:39 1:31	4:27 1:43 26:53 0:14	4:55 0:28	6:15 1:20	7:38 1:23	8:55 1:17	10:40 1:45	12:36 1:56	13:44 1:08	14:52 1:08	16:20 1:28	20:40 4:20	22:35 1:55	
33	3059	Gonçalo Sousa [5644] EBJúlioSaúlDia	27:31	0:56 0:56 26:46 1:35	4:36 3:40 27:18 0:32	8:07 3:31 27:31 0:13	8:43 0:36	9:26 0:43 19:58 *50	11:33 2:07	12:44 1:11	16:47 4:03	18:11 1:24	18:52 0:41	19:26 0:34	20:36 1:10	23:42 3:06	25:11 1:29	
34	3573	Miguel Ferreira [6791] ESTomazPelayo	27:41	----- 0:45 0:57 27:27	6:42 0:30 2:49 27:27	8:45 0:14 10:39 27:41	9:06 0:21	9:50 0:44 12:07 0:50	13:53 4:03	15:14 1:21	17:58 2:44	19:15 1:17	19:57 0:42	20:27 0:30	21:58 1:31	24:53 2:55	26:12 1:19	
35	3176	Rafael Gomes [6696] AEMiguelTorga	28:08	0:57 0:57 27:27 1:27	2:49 1:52 27:53 0:26	10:39 7:50 28:08 0:15	11:01 0:22	12:07 1:06	14:57 2:50	15:39 0:42	17:14 1:35	18:41 1:27	19:18 0:37	19:52 0:34	21:10 1:18	24:51 3:41	26:00 1:09	
36	3425	Nuno Almeida [6593] ESCarlosAmarç	28:18	0:50 0:50 27:16 1:07	2:05 1:15 28:05 0:49	13:13 11:08 28:18 0:13	13:39 0:26	14:15 0:36	16:18 2:03	17:14 0:56	18:12 0:58	19:27 1:15	20:09 0:42	20:46 0:37	22:10 1:24	25:00 2:50	26:09 1:09	
37	3473	Edgar Vale [6596] EBApulia	28:31	0:50 0:50 27:50 1:17	1:56 1:06 28:18 0:28	4:44 2:48 28:31 0:13	7:16 2:32	8:40 1:24	11:06 2:26	11:58 0:52	13:38 1:40	15:06 1:28	16:05 0:59	16:53 0:48	22:23 5:30	25:20 2:57	26:33 1:13	
38	3502	DIOGO COUTO [8340] EBPaçosFerreir	28:59	0:46 0:46 28:22 0:40	2:09 1:23 28:47 0:25	4:53 2:44 28:59 0:12	5:19 0:26	5:56 0:37	15:43 9:47	16:47 1:04	18:33 1:46	20:01 1:28	20:46 0:45	21:20 0:34	22:04 0:44	26:33 4:29	27:42 1:09	
39	3500	DUARTE PACHECO [8340] EBPaçosFerreir	29:26	0:59 0:59 28:31 1:44	2:45 1:46 29:10 0:39	8:39 5:54 29:26 0:16	9:02 0:23	9:44 0:42	13:08 3:24	17:08 4:00	18:10 1:02	19:50 1:40	20:30 0:40	20:59 0:29	22:02 1:03	25:49 3:47	26:47 0:58	
40	3463	Leonel Silva [9172] AEVilela	38:35	1:00 1:00 37:42 1:12	4:43 3:43 38:17 0:35	9:43 5:00 38:35 0:18	11:11 1:28	11:46 0:35	12:57 1:11	13:55 0:58	21:26 7:31	28:02 6:36	28:40 0:38	29:08 0:28	31:41 2:33	35:05 3:24	36:30 1:25	
	3357	Gustavo Araújo [8299] AEPBS-Joane	mp	0:38 0:38 17:43 1:12	1:55 1:17 18:05 0:22	3:20 1:25 18:17 0:12	4:01 0:41	4:44 0:43	6:24 1:40	6:51 0:27	8:36 1:45	9:48 1:12	10:26 0:38	10:52 0:26	14:49 3:57	16:31 1:42	-----	
	1523	João Lencastre [6593] ESCarlosAmarç	dns	1:07 1:07 15:17 0:47	1:55 0:48 15:44 0:27	3:35 1:40 15:57 0:13	3:59 0:24	4:36 0:37	5:34 0:58	6:18 0:44	8:02 1:44	9:06 1:04	9:40 0:34	10:07 0:27	10:56 0:49	13:32 2:36	14:30 0:58	
Iniciado Fem (59)			1.5 km 15 C															
				1(77) 15(100)	2(78) F	3(47)	4(44)	5(36)	6(31)	7(35)	8(38)	9(42)	10(50)	11(52)	12(58)	13(59)	14(65)	
1	166	Ana Pacheco [6604] AEMaximinos	14:29	0:43 0:43 14:19 0:22	1:34 0:51 14:29 0:10	2:55 1:21	3:22 0:27	4:32 1:10	5:33 1:01	6:25 0:52	7:40 1:15	9:03 1:23	10:26 1:23	10:45 0:19	12:29 1:44	13:12 0:43	13:57 0:45	
2	2851	Ana Soraia Costa [6601] EBSVieiraAraúj	19:22	2:01 2:01 19:10 0:28	2:52 0:51 19:22 0:12	6:11 3:19	6:34 0:23	7:47 1:13	9:26 1:39	10:41 1:15	12:01 1:20	13:05 1:04	14:24 1:19	14:49 0:25	17:02 2:13	17:42 0:40	18:42 1:00	
3	1516	Ana Beatriz Silva [6593] ESCarlosAmarç	20:24	0:51 0:51 20:11 0:29	1:52 1:01 20:24 0:13	3:35 1:43	4:09 0:34	5:51 1:42	8:05 2:14	9:50 1:45	11:46 1:56	13:03 1:17	14:45 1:42	15:11 0:26	17:48 2:37	18:46 0:58	19:42 0:56	
4	60	Flávia Santos [6596] EBApulia	21:44	0:41 0:41 21:30 0:26	1:42 1:01 21:44 0:14	3:16 1:34	3:48 0:32	5:27 1:39	7:19 1:52	9:41 2:22	12:48 3:07	14:29 1:41	15:50 1:21	16:31 0:41	19:08 2:37	20:03 0:55	21:04 1:01	
5	2353	Maria Martins [6596] EBApulia	22:32	0:42 0:42 22:19 0:28	1:44 1:02 22:32 0:13	3:36 1:52	4:05 0:29	5:47 1:42	7:50 2:03	9:45 1:55	13:46 4:01	15:10 1:24	16:40 1:30	17:03 0:23	19:25 2:22	20:34 1:09	21:51 1:17	
6	112	Matilde Brito [6595] EBForjães	22:44	0:43 0:43 22:33 0:24	1:37 0:54 22:44 0:11	3:26 1:49	3:58 0:32	6:00 2:02	8:32 2:32	10:06 1:34	13:46 3:40	15:42 1:56	17:04 1:22	17:24 0:20	20:27 3:03	21:30 1:03	22:09 0:39	

Pl	Stno	Name	Time														
<i>Iniciado Fem (59)</i>			<i>1.5 km 15 C</i>		<i>(cont.)</i>												
			1(77) 15(100)	2(78) F	3(47)	4(44)	5(36)	6(31)	7(35)	8(38)	9(42)	10(50)	11(52)	12(58)	13(59)	14(65)	
7	334	Luna Dantas [6697] EBSPTeBarca	23:02	0:33 0:33	1:29 0:56	2:54 1:25	3:35 0:41	5:10 1:35	8:08 2:58	12:03 3:55	14:18 2:15	16:02 1:44	17:27 1:25	17:51 0:24	20:24 2:33	21:17 0:53	22:18 1:01
8	98	Ana Fonseca [6596] EBAPulia	24:27	0:45 0:45	1:45 1:00	5:32 3:47	6:01 0:29	7:47 1:46	9:50 2:03	11:42 1:52	15:47 4:05	17:07 1:20	18:37 1:30	18:59 0:22	21:24 2:25	22:34 1:10	23:48 1:14
9	3301	Inês Augusto [6593] ESCarlosAmaraz	24:54	0:38 0:38	1:29 0:51	3:28 1:59	4:00 0:32	5:39 1:39	11:49 6:10	12:44 0:55	14:51 2:07	17:18 2:27	20:45 3:27	21:02 0:17	22:59 1:57	23:47 0:48	24:25 0:38
10	337	Diana Gomes [6697] EBSPTeBarca	24:55	0:44 0:44	1:40 0:56	3:26 1:46	3:57 0:31	5:52 1:55	8:42 2:50	11:30 2:48	13:49 2:19	15:29 1:40	16:59 1:30	17:25 0:26	21:08 3:43	23:16 2:08	24:12 0:56
11	3595	Mariana Peixoto [6696] AEMiguelTorga	25:10	1:00 1:00	2:56 1:56	4:59 2:03	5:28 0:29	7:13 1:45	9:05 1:52	10:52 1:47	14:59 4:07	17:45 2:46	19:05 1:20	19:27 0:22	22:03 2:36	23:31 1:28	24:33 1:02
12	3244	LAVÍNIA CARDOSO [8340] EBPaçosFerreir	25:30	0:49 0:49	2:46 1:57	4:38 1:52	5:06 0:28	6:51 1:45	8:53 2:02	10:52 1:59	14:34 3:42	17:17 2:43	19:13 1:56	19:58 0:45	22:51 2:53	23:51 1:00	24:30 0:39
13	3512	BRUNA TORRES [8340] EBPaçosFerreir	26:08	0:45 0:45	1:54 1:09	3:47 1:53	4:22 0:35	6:07 1:45	10:52 4:45	12:10 1:18	16:22 4:12	18:12 1:50	20:17 2:05	20:36 0:19	23:10 2:34	24:25 1:15	25:29 1:04
14	922	Mariana Marques [6696] AEMiguelTorga	27:01	0:42 0:42	1:39 0:57	3:47 2:08	4:14 0:27	5:40 1:26	12:13 6:33	13:38 1:25	16:00 2:22	18:19 2:19	20:16 1:57	20:55 0:39	24:05 3:10	25:14 1:09	26:25 1:11
14	90034	Márcia Felgueueiras [1564] Individual POR	27:01	0:48 0:48	5:38 4:50	7:45 2:07	8:23 0:38	9:58 1:35	12:11 2:13	14:45 2:34	17:56 3:11	19:30 1:34	20:53 1:23	21:56 1:03	24:16 2:20	25:10 0:54	26:23 1:13
16	96	Carina Rita [6596] EBAPulia	27:33	0:48 0:48	1:49 1:01	4:14 2:25	4:46 0:32	6:10 1:24	11:57 5:47	14:19 2:22	17:27 3:08	19:43 2:16	21:25 1:42	21:51 0:26	24:44 2:53	25:45 1:01	27:02 1:17
17	2048	Andreia Almeida [6595] EBForjães	28:08	0:53 0:53	1:55 1:02	4:02 2:07	4:44 0:42	6:39 1:55	12:02 5:23	13:09 1:07	16:12 3:03	18:02 1:50	20:32 2:30	21:03 0:31	24:36 3:33	25:50 1:14	27:29 1:39
18	331	Katia Gomes [6697] EBSPTeBarca	29:16	0:47 0:47	1:58 1:11	5:17 3:19	5:49 0:32	8:03 2:14	11:25 3:22	12:59 1:34	19:13 6:14	21:20 2:07	23:00 1:40	23:23 0:23	26:17 2:54	27:12 0:55	28:35 1:23
19	1545	Vera Alegre [6596] EBAPulia	29:51	0:58 0:58	2:27 1:29	4:07 1:40	5:04 0:57	8:14 3:10	14:03 5:49	16:19 2:16	19:26 3:07	21:49 2:23	23:28 1:39	23:53 0:25	26:47 2:54	27:55 1:08	29:11 1:16
20	924	Bárbara Marques [6696] AEMiguelTorga	30:02	0:44 0:44	1:56 1:12	4:26 2:30	5:06 0:40	6:59 1:53	10:08 3:09	16:42 6:34	19:15 2:33	21:26 2:11	23:17 1:51	23:52 0:35	27:05 3:13	28:13 1:08	29:26 1:13
21	2482	Nadine Silva [8299] AEPBS-Joane	30:07	2:41 2:41	5:20 2:39	7:30 2:10	8:08 0:38	10:03 1:55	14:07 4:04	15:46 1:39	19:57 4:11	22:36 2:39	23:58 1:22	24:22 0:24	26:55 2:33	28:29 1:34	29:33 1:04
22	2521	Bruna Meira [6595] EBForjães	30:12	0:43 0:43	5:21 4:38	7:12 1:51	8:01 0:49	9:57 1:56	13:54 3:57	15:19 1:25	18:09 2:50	20:08 1:59	22:30 2:22	22:57 0:27	26:38 3:41	27:52 1:14	29:33 1:41
22	2166	Mafalda Lima [6595] EBForjães	30:12	0:41 0:41	2:05 1:24	3:29 1:24	4:07 0:38	5:43 1:36	11:45 6:02	12:46 1:01	19:15 6:29	20:37 1:22	22:06 1:29	22:39 0:33	27:27 4:48	28:28 1:01	29:13 0:45
24	1837	Bárbara Oliveira [6677] AEGomesMonte	30:51	1:14 1:14	2:29 1:15	4:31 2:02	5:02 0:31	7:20 2:18	9:38 2:18	11:34 1:56	14:36 3:02	22:07 7:31	23:28 1:21	24:04 0:36	27:00 2:56	28:04 1:04	29:31 1:27
25	2871	INÉS MARTINS [8340] EBPaçosFerreir	30:56	0:46 0:46	1:47 1:01	4:57 3:10	5:32 0:35	7:37 2:05	12:08 4:31	13:45 1:37	21:21 7:36	22:49 1:28	24:40 1:51	25:09 0:29	28:00 2:51	29:33 1:33	30:20 0:47
26	2511	Rita Gomes [6594] EBM Cavado	31:10	0:56 0:56	2:05 1:09	5:02 2:57	5:34 0:32	7:30 1:56	12:27 4:57	14:50 2:23	16:47 1:57	21:47 5:00	24:59 3:12	25:38 0:39	28:27 2:49	29:33 1:06	30:30 0:57
27	3217	Beatriz Ferreira [8326] EB23 Nevogilde	31:35	0:39 0:39	5:32 4:53	8:40 3:08	9:32 0:52	11:52 2:20	14:27 2:35	17:10 2:43	19:31 2:21	23:29 3:58	25:14 1:45	25:44 0:30	28:48 3:04	30:01 1:13	30:54 0:53
28	2857	CARINA COELHO [8340] EBPaçosFerreir	32:14	0:58 0:58	2:28 1:30	4:51 2:23	5:39 0:48	7:45 2:06	10:19 2:34	12:19 2:00	14:52 2:33	22:52 8:00	24:59 2:07	25:45 0:46	28:51 3:06	30:04 1:13	31:34 1:30

Pl	Stno	Name	Time														
<i>Iniciado Fem (59)</i>			<i>1.5 km 15 C</i>		<i>(cont.)</i>												
			1(77) 15(100)	2(78) F	3(47)	4(44)	5(36)	6(31)	7(35)	8(38)	9(42)	10(50)	11(52)	12(58)	13(59)	14(65)	
29	2790	Maria Inês Rodrigo [6677] AEGomesMonte	32:38	0:48 0:48 32:22 0:31	1:50 1:02 32:38 0:16	4:48 2:58	6:18 1:30	8:14 1:56	11:38 3:24	13:45 2:07	17:58 4:13	24:57 6:59	26:45 1:48	27:06 0:21	29:45 2:39	30:59 1:14	31:51 0:52
30	3384	Raquel Costa [6697] EBSpteBarca	32:42	3:32 3:32 32:25 0:29	4:27 0:55 32:42 0:17	6:53 2:26	7:21 0:28	11:06 3:45	12:51 1:45	15:09 2:18	17:18 2:09	23:36 6:18	25:01 1:25	25:25 0:24	29:39 4:14	30:52 1:13	31:56 1:04
31	3632	Ana Pombinho [6698] ESDrAntGranjo	33:12	0:51 0:51 32:59 0:26	1:51 1:00 33:12 0:13	3:38 1:47	4:16 0:38	6:40 2:24	18:03 11:23	19:29 1:26	21:15 1:46	23:41 2:26	25:35 1:54	26:59 1:24	30:06 3:07	31:32 1:26	32:33 1:01
32	3245	ANA FERREIRA [8340] EBPaçosFerrei	35:02	1:03 1:03 34:48 0:30	2:19 1:16 35:02 0:14	3:58 1:39	4:36 0:38	6:42 2:06	10:17 3:35	17:46 7:29	25:23 7:37	26:47 1:24	28:38 1:51	29:08 0:30	32:01 2:53	33:34 1:33	34:18 0:44
33	3406	Inês Neves [6975] EBSobreira	35:15	0:59 0:59 35:00 0:27	1:59 1:00 35:15 0:15	4:04 2:05	4:54 0:50	7:17 2:23	10:01 2:44	11:49 1:48	24:55 13:06	27:09 2:14	29:06 1:57	29:36 0:30	32:19 2:43	33:23 1:04	34:33 1:10
34	3505	ANA PEREIRA [8340] EBPaçosFerrei	35:26	1:10 1:10 35:14 0:26	2:26 1:16 35:26 0:12	4:54 2:28	5:29 0:35	14:28 8:59	16:00 1:32	18:34 2:34	25:05 6:31	27:03 1:58	28:51 1:48	29:21 0:30	31:57 2:36	33:03 1:06	34:48 1:45
35	2674	Mariana Neto [8326] EB23 Nevogilde	35:42	0:59 0:59 35:15 0:33	2:30 1:31 35:42 0:27	6:42 4:12	7:36 0:54	9:44 2:08	12:46 3:02	16:19 3:33	18:46 2:27	21:47 3:01	24:28 2:41	25:20 0:52	29:38 4:18	31:47 2:09	34:42 2:55
36	2874	MARIANA MARTINS [8340] EBPaçosFerrei	36:20	0:41 0:41 36:06 0:25	1:34 0:53 36:20 0:14	4:22 2:48	4:59 0:37	6:30 1:31	16:17 9:47	18:20 2:03	20:36 2:16	28:50 8:14	30:14 1:24	30:49 0:35	33:40 2:51	34:22 0:42	35:41 1:19
37	90033	Daniela Martins [1564] Individual POR	38:30	0:41 0:41 38:15 0:28	2:01 1:20 38:30 0:15	4:39 2:38	6:49 2:10	9:23 2:34	11:54 2:31	13:50 1:56	26:56 13:06	29:13 2:17	31:06 1:53	31:36 0:30	34:28 2:52	36:00 1:32	37:47 1:47
38	2480	Maria Martins [8299] AEPBS-Joane	38:42	0:46 0:46 38:29 0:41	2:06 1:20 38:42 0:13	5:56 3:50	6:23 0:27	8:48 2:25	15:02 6:14	16:50 1:48	28:02 11:12	30:01 1:59	31:47 1:46	32:24 0:37	35:05 2:41	36:08 1:03	37:48 1:40
39	2872	BEATRIZ MARTINS [8340] EBPaçosFerrei	38:45	0:38 0:38 38:33 0:22	1:33 0:55 38:45 0:12	3:41 2:08	4:10 0:29	9:33 5:23	19:04 9:31	20:50 1:46	24:45 3:55	26:06 1:21	34:11 8:05	34:44 0:33	36:37 1:53	37:27 0:50	38:11 0:44
40	2676	Regina Souto [8326] EB23 Nevogilde	39:35	8:39 8:39 39:21 0:24	13:28 4:49 39:35 0:14	16:42 3:14	17:24 0:42	19:55 2:31	22:24 2:29	25:14 2:50	27:37 2:23	31:23 3:46	33:14 1:51	33:43 0:29	36:46 3:03	38:09 1:23	38:57 0:48
41	3864	Cassandra António [6677] AEGomesMonte	39:38	3:24 3:24 39:07 0:50	9:32 6:08 39:38 0:31	13:17 3:45	13:47 0:30	16:10 2:23	18:28 2:18	20:19 1:51	23:25 3:06	30:49 7:24	32:15 1:26	32:53 0:38	35:40 2:47	36:54 1:14	38:17 1:23
42	2666	Maria Rafaela Silva [8326] EB23 Nevogilde	39:51	9:57 9:57 39:31 0:29	11:09 1:12 39:51 0:20	13:44 2:35	14:40 0:56	16:16 1:36	21:58 5:42	24:51 2:53	27:31 2:40	31:23 3:52	33:14 1:51	33:44 0:30	36:47 3:03	37:56 1:09	39:02 1:06
43	90032	Rafaela Esteves [1564] Individual POR	40:03	3:13 3:13 39:45 0:28	4:10 0:57 40:03 0:18	6:11 2:01	6:57 0:46	15:05 8:08	24:12 9:07	25:57 1:45	29:32 3:35	31:13 1:41	32:50 1:37	33:16 0:26	36:25 3:09	37:23 0:58	39:17 1:54
44	3859	Maria Moreira [6975] EBSobreira	40:58	3:43 3:43 40:17 1:08	5:30 1:47 40:58 0:41	8:07 2:37	9:11 1:04	12:19 3:08	19:14 6:55	21:33 2:19	23:56 2:23	25:56 2:00	30:32 4:36	31:59 1:27	36:08 4:09	37:28 1:20	39:09 1:41
45	90019	Mara Moreira [8326] EB23 Nevogilde	41:46	7:02 7:02 41:20 0:36	8:32 1:30 41:46 0:26	12:45 4:13	13:39 0:54	15:46 2:07	18:48 3:02	22:21 3:33	24:54 2:33	27:48 2:54	30:31 2:43	31:26 0:55	35:41 4:15	37:56 2:15	40:44 2:48
46	113	Beatriz Moura [6595] EBForjães	43:14	0:50 0:50 43:02 0:25	1:52 1:02 43:14 0:12	3:46 1:54	4:28 0:42	6:25 1:57	20:03 13:38	21:35 1:32	30:21 8:46	33:52 3:31	35:30 1:38	35:53 0:23	39:36 3:43	40:55 1:19	42:37 1:42
47	2792	Andreia Filipa L Silva [6677] AEGomesMonte	43:47	1:21 1:21 43:16 0:50	2:45 1:24 43:47 0:31	7:54 5:09	9:12 1:18	15:30 6:18	22:47 7:17	24:34 1:47	27:40 3:06	35:08 7:28	36:32 1:24	37:08 0:36	40:06 2:58	41:12 1:06	42:26 1:14
48	1977	Alexandra Alves [6975] EBSobreira	44:02	1:02 1:02 43:48 0:33	6:57 5:55 44:02 0:14	8:58 2:01	9:43 0:45	15:27 5:44	26:06 10:39	28:35 2:29	30:53 2:18	34:57 4:04	36:54 1:57	37:28 0:34	40:18 2:50	41:26 1:08	43:15 1:49
49	2856	MARIANA NETO [8340] EBPaçosFerrei	44:28	0:56 0:56 44:15 0:49	2:20 1:24 44:28 0:13	4:32 2:12	5:18 0:46	7:26 2:08	21:14 13:48	24:06 2:52	29:04 4:58	35:57 6:53	37:41 1:44	38:08 0:27	40:59 2:51	42:07 1:08	43:26 1:19
50	3335	Amandine Rosemar Fe [6639] EBSParadesCo	45:02	1:13 1:13 44:33 0:28	2:24 1:11 45:02 0:29	4:10 1:46	5:56 1:46	18:24 12:28	20:18 1:54	29:12 8:54	32:59 3:47	35:28 2:29	37:48 2:20	38:09 0:21	41:17 3:08	42:20 1:03	44:05 1:45

Pl	Stno	Name	Time													
Iniciado Fem (59)			1.5 km 15 C		<i>(cont.)</i>											
			1(77) 15(100)	2(78) F	3(47)	4(44)	5(36)	6(31)	7(35)	8(38)	9(42)	10(50)	11(52)	12(58)	13(59)	14(65)
2793	Rita Santos Oliveira [6677] AEGomesMonte	mp	0:51 0:51 -----	2:04 1:13 25:37 20:44	3:58 1:54	4:53 0:55	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
3341	Ana Lameiras [7533] AEVilaPoucaAg	mp	0:46 0:46 21:38 1:22	1:35 0:49 21:51 0:13	3:50 2:15	4:21 0:31	6:38 2:17	9:24 2:46	11:59 2:35	14:23 2:24	15:43 1:20	17:07 1:24	17:24 0:17	19:23 1:59	20:16 0:53	-----
2662	Catarina Sousa [8326] EB23 Nevogilde	mp	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
			31:18 *59	34:02 *65	34:43 *100	*49	*40	*36	*34	*38	*39	*42	*51	*50	*55	*57
3675	Simone Nogueira [6590] EBManhente	mp	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
887	Inês Gomes [6594] EBM Cavado	mp	0:41 0:41 41:35	1:37 0:56 41:49	3:16 1:39	3:47 0:31	15:41 11:54	23:32 7:51	25:50 2:18	27:50 2:00	32:47 4:57	35:58 3:11	36:37 0:39	39:09 2:32	-----	40:57 1:48
3369	Diana Passos [6704] EBSArgaLima	mp	0:38 2:11 2:11 39:42 0:55	0:14 3:52 1:41 40:20 0:38	8:53 5:01	10:36 1:43	14:07 3:31	17:13 3:06	-----	-----	-----	-----	-----	-----	-----	38:47 21:34
3309	Maria Machado [6704] EBSArgaLima	mp	5:09 5:09 42:02 0:55	6:27 1:18 42:44 0:42	9:21 2:54	10:21 1:00	12:40 2:19	-----	20:37 7:57	-----	28:40 8:03	31:10 2:30	32:17 1:07	36:30 4:13	38:28 1:58	41:07 2:39
3515	Ariana Perreira [6975] EBSobreira	mp	1:01 1:01 25:06 0:28	2:13 1:12 25:19 0:13	3:59 1:46	4:34 0:35	8:08 3:34	13:05 4:57	-----	15:07 2:02	17:45 2:38	18:55 1:10	19:48 0:53	23:08 3:20	23:53 0:45	24:38 0:45
3333	Joana Filipa San Barb [6639] EBSParedesCo	mp	0:47 0:47 41:51 0:24	2:34 1:47 42:13 0:22	12:03 9:29	14:03 2:00	20:11 6:08	23:30 3:19	25:24 1:54	-----	28:10 2:46	33:52 5:42	35:31 1:39	38:46 3:15	39:53 1:07	41:27 1:34
Iniciado Masc (81)			1.5 km 16 C													
			1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(36)	6(32)	7(38)	8(39)	9(42)	10(51)	11(50)	12(55)	13(57)	14(59)
1	81 André Serra Campos [6593] ESCarlosAmaral	11:08	0:30 0:30 10:40 0:45	1:09 0:39 10:59 0:19	2:06 0:57 11:08 0:09	2:49 0:43	3:23 0:34 4:16 *34	4:57 1:34	5:43 0:46	6:44 1:01	7:05 0:21	7:39 0:34	7:58 0:19	8:26 0:28	9:18 0:52	9:55 0:37
2	3508 RÚBEN TORRES [8340] EBPaçosFerreiros	11:29	0:37 0:37 10:59 0:42	1:17 0:40 11:19 0:20	2:20 1:03 11:29 0:10	3:05 0:45	3:42 0:37	4:55 1:13	5:57 1:02	6:44 0:47	7:11 0:27	7:50 0:39	8:13 0:23	8:40 0:27	9:23 0:43	10:17 0:54
3	3293 Bruno Lopes [8300] AEFreixo	11:48	0:31 0:31 11:21 0:49	1:15 0:44 11:39 0:18	2:13 0:58 11:48 0:09	3:10 0:57	3:41 0:31	4:39 0:58	5:31 0:52	6:33 1:02	7:14 0:41	7:56 0:42	8:19 0:23	8:46 0:27	9:50 1:04	10:32 0:42
4	3278 Pedro Alves [8300] AEFreixo	11:49	1:03 1:03 11:17 0:44	1:45 0:42 11:39 0:22	2:52 1:07 11:49 0:10	3:41 0:49	4:09 0:28	5:10 1:01	6:05 0:55	7:06 1:01	7:30 0:24	8:09 0:39	8:31 0:22	9:09 0:38	9:54 0:45	10:33 0:39
5	89 Eduardo Dias [6593] ESCarlosAmaral	12:32	0:29 0:29 12:05 0:35	1:10 0:41 12:24 0:19	2:23 1:13 12:32 0:08	3:00 0:37	3:27 0:27 7:57 *43	4:17 0:50	5:48 1:31	7:16 1:28	7:35 0:19	8:16 0:41	8:36 0:20	9:02 0:26	9:37 0:35	11:30 1:53
6	122 Tomás Araújo [6595] EBForjães	12:53	0:43 0:43 12:23 0:31	1:45 1:02 12:43 0:20	3:17 1:32 12:53 0:10	4:05 0:48	4:43 0:38	5:51 1:08	6:36 0:45	7:23 0:47	7:46 0:23	8:27 0:41	8:50 0:23	9:22 0:32	9:59 0:37	11:52 1:53
7	3288 Alexandre Silva [8300] AEFreixo	13:00	0:37 0:37 12:29 0:47	1:21 0:44 12:49 0:20	3:31 2:10 13:00 0:11	4:13 0:42	4:45 0:32	5:38 0:53	6:51 1:13	7:47 0:56	8:19 0:32	9:03 0:44	9:27 0:24	9:56 0:29	10:39 0:43	11:42 1:03
8	101 Daniel Pereira [6596] EBApulia	13:15	0:32 0:32 12:41 0:43	1:26 0:54 13:04 0:23	2:54 1:28 13:15 0:11	3:40 0:46	4:17 0:37	5:12 0:55	6:31 1:19	7:59 1:28	8:21 0:22	9:09 0:48	9:36 0:27	10:10 0:34	11:04 0:54	11:58 0:54
8	1567 Ruben Laranjeira [6595] EBForjães	13:15	0:33 0:33 12:41 0:48	1:37 1:04 13:04 0:23	3:37 2:00 13:15 0:11	4:24 0:47	5:21 0:57	6:20 0:59	7:29 1:09	8:16 0:47	8:37 0:21	9:27 0:50	9:57 0:30	10:27 0:30	11:09 0:42	11:53 0:44
10	3342 Leonardo Mota [7533] AEVilaPoucaAg	13:28	0:39 0:39 12:53 0:36	1:34 0:55 13:15 0:22	3:13 1:39 13:28 0:13	4:04 0:51	4:50 0:46	6:33 1:43	8:06 1:33	8:45 0:39	9:09 0:24	9:55 0:46	10:19 0:24	10:54 0:35	11:39 0:45	12:17 0:38
11	3268 João Carvalho [8300] AEFreixo	13:49	0:39 0:39 13:15 0:44	1:25 0:46 13:38 0:23	2:53 1:28 13:49 0:11	3:45 0:52	4:25 0:40	5:54 1:29	6:54 1:00	8:48 1:54	9:04 0:16	9:51 0:47	10:18 0:27	10:59 0:41	11:45 0:46	12:31 0:46

Pl	Stno	Name	Time														
<i>Iniciado Masc (81)</i>			<i>1.5 km</i>	<i>16 C</i>	<i>(cont.)</i>												
			1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(36)	6(32)	7(38)	8(39)	9(42)	10(51)	11(50)	12(55)	13(57)	14(59)	
12	2887	JOÃO SOUSA [8340] EBPaçosFerreir	13:56	0:43 0:43 13:26 0:38	1:30 0:47 13:46 0:20	2:50 1:20 13:56 0:10	3:42 0:52	4:19 0:37	5:23 1:04	6:22 0:59	8:09 1:47	8:35 0:26	9:24 0:49	9:55 0:31	10:27 0:32	11:22 0:55	12:48 1:26
13	1555	Daniel Pires [6595] EBForjães	14:10	0:42 0:42 13:37 0:45	1:24 0:42 14:01 0:24	2:50 1:26 14:10 0:09	4:07 1:17	4:49 0:42	6:06 1:17	6:59 0:53	9:05 2:06	9:26 0:21	10:23 0:57	10:46 0:23	11:24 0:38	12:08 0:44	12:52 0:44
14	3334	Daniel José P. Coutinh [6639] EBSParedesCo	14:16	0:35 0:35 13:45 0:32	1:14 0:39 14:04 0:19	3:15 2:01 14:16 0:12	4:01 0:46	4:38 0:37	6:31 1:53	7:18 0:47	8:51 1:33	9:19 0:28	10:08 0:49	10:33 0:25	10:57 0:24	11:42 0:45	13:13 1:31
15	3356	Francisco Oliveira [8299] AEPBS-Joane	14:24	0:50 0:50 13:51 0:37	1:43 0:53 14:13 0:22	4:18 2:35 14:24 0:11	5:05 0:47	5:46 0:41	7:35 1:49	9:00 1:25	9:42 0:42	10:07 0:25	10:53 0:46	11:18 0:25	11:51 0:33	12:37 0:46	13:14 0:37
16	3489	João Rodrigues [8299] AEPBS-Joane	14:25	0:39 0:39 13:50 0:42	1:25 0:46 14:14 0:24	3:08 1:43 14:25 0:11	3:56 0:48	4:30 0:34	5:58 1:28	6:50 0:52	7:52 1:02	8:13 0:21	8:56 0:43	9:19 0:23	9:56 0:37	10:37 0:41	13:08 2:31
17	3269	João Cunha [8300] AEFreixo	14:41	0:50 0:50 14:00 0:43	1:36 0:46 14:29 0:29	3:00 1:24 14:41 0:12	4:02 1:02	4:49 0:47	5:44 0:55	7:53 2:09	8:53 1:00	9:26 0:33	10:11 0:45	10:47 0:36	11:26 0:39	12:29 1:03	13:17 0:48
18	2008	Octávio Silva [6696] AEMiguelTorga	14:53	0:33 0:33 14:19 0:34	1:23 0:50 14:41 0:22	2:27 1:04 14:53 0:12	3:08 0:41	4:06 0:58	5:19 1:13	6:01 0:42	10:39 4:38	10:59 0:20	11:43 0:44	12:07 0:24	12:34 0:27	13:10 0:36	13:45 0:35
19	572	Afonso Guimarães [6722] EBEugénioAndr	15:03	0:37 0:37 14:29 0:49	1:35 0:58 14:51 0:22	3:48 2:13 15:03 0:12	4:41 0:53	5:37 0:56	6:38 1:01	7:49 1:11	8:49 1:00	9:09 0:20	9:56 0:47	10:20 0:24	11:08 0:48	11:57 0:49	13:40 1:43
20	869	Pedro Raimundo [6594] EBM Cavado	15:07	0:47 0:47 14:35 0:47	1:41 0:54 14:56 0:21	3:01 1:20 15:07 0:11	3:42 0:41	4:39 0:57	5:40 1:01	7:04 1:24	8:41 1:37	9:08 0:27	9:49 0:41	10:16 0:27	10:47 0:31	11:40 0:53	13:48 2:08
21	2489	Rafael Rodrigues [8299] AEPBS-Joane	15:13	0:54 0:54 14:35 0:44	1:40 0:46 15:01 0:26	4:25 2:45 15:13 0:12	5:18 0:53	6:06 0:48	7:07 1:01	7:59 0:52	10:09 2:10	10:28 0:19	11:23 0:55	11:45 0:22	12:23 0:38	13:09 0:46	13:51 0:42
22	2563	Tiago Pinto [6791] ESTomazPelayo	15:17	0:35 0:35 14:39 0:44	1:16 0:41 15:04 0:25	2:49 1:33 15:17 0:13	3:36 0:47	4:27 0:51	5:20 0:53	6:14 0:54	9:26 3:12	10:23 0:57	11:00 0:37	11:51 0:51	12:19 0:28	13:15 0:56	13:55 0:40
23	3854	Pedro Nogueira [6724] AELousadaNort	15:18	0:48 0:48 14:48 0:47	1:44 0:56 15:08 0:20	3:46 2:02 15:18 0:10	4:26 0:40	5:13 0:47	6:12 0:59	7:11 0:59	7:56 0:45	8:33 0:37	9:35 1:02	10:00 0:25	10:29 0:29	12:44 2:15	14:01 1:17
24	3548	Marco Oliveira [7533] AEVilaPoucaAg	15:42	0:30 0:30 15:05 0:35	1:11 0:41 15:28 0:23	2:54 1:43 15:42 0:14	3:39 0:45	4:30 0:51	6:05 1:35	7:44 1:39	9:49 2:05	10:23 0:34	11:10 0:47	11:38 0:28	12:10 0:32	12:52 0:42	14:30 1:38
25	3291	Artur Cunha [8300] AEFreixo	15:47	0:29 0:29 15:15 0:51	1:34 1:05 15:37 0:22	3:12 1:38 15:47 0:10	3:57 0:45	5:04 1:07	6:12 1:08	7:28 1:16	9:23 1:55	9:56 0:33	10:57 1:01	11:22 0:25	12:21 0:59	13:18 0:57	14:24 1:06
26	2458	Owen Chippendale [6697] EBS PteBarca	16:15	0:39 0:39 15:41 0:41	1:36 0:57 16:03 0:22	3:13 1:37 16:15 0:12	4:20 1:07	5:25 1:05	7:15 1:50	8:36 1:21	9:58 1:22	10:29 0:31	11:41 1:12	12:08 0:27	12:42 0:34	13:44 1:02	15:00 1:16
27	124	Pedro Sepúlveda [6595] EBForjães	16:31	0:34 0:34 15:57 0:34	1:36 1:02 16:21 0:24	3:58 2:22 16:31 0:10	4:40 0:42	5:32 0:52	7:10 1:38	8:43 1:33	11:09 2:26	11:32 0:23	12:14 0:42	12:40 0:26	13:14 0:34	13:55 0:41	15:23 1:28
28	71	Miguel Férron [6593] ESCarlosAmaral	16:48	0:44 0:44 16:08 3:05	1:32 0:48 16:35 0:27	2:44 1:12 16:48 0:13	3:35 0:51	4:20 0:45	5:30 1:10	6:57 1:27	7:47 0:50	8:11 0:24	9:22 1:11	9:52 0:30	10:33 0:41	11:15 0:42	13:03 1:48
29	2471	Tiago Mota [6705] EBSPinheiro	16:53	0:28 0:28 16:10 0:51	1:22 0:54 16:39 0:29	3:07 1:45 16:53 0:14	4:01 0:54	4:48 0:47	6:59 2:11	8:23 1:24	9:28 1:05	9:52 0:24	10:40 0:48	11:09 0:29	11:48 0:39	12:48 1:00	15:19 2:31
30	1033	André Correia [6696] AEMiguelTorga	17:57	0:41 0:41 17:29 1:58	1:30 0:49 17:46 0:17	2:55 1:25 17:57 0:11	4:04 1:09	4:54 0:50	6:48 1:54	7:56 1:08	9:19 1:23	9:56 0:37	10:47 0:51	11:17 0:30	11:57 0:40	12:42 0:45	15:31 2:49
31	3204	André Neto [8300] AEFreixo	18:02	0:45 0:45 17:23 0:57	1:40 0:55 17:51 0:28	4:14 2:34 18:02 0:11	5:10 0:56	6:01 0:51	7:06 1:05	8:40 1:34	9:42 1:02	10:17 0:35	13:27 3:10	13:57 0:30	14:38 0:41	15:40 1:02	16:26 0:46
32	2220	Tiago Marques [5476] AEErmesinde/A	18:27	0:39 0:39 17:29 0:54	1:33 0:54 18:11 0:42	3:09 1:36 18:27 0:16	4:26 1:17	5:56 1:30	7:02 1:06	8:19 1:17	9:29 1:10	10:18 0:49	11:10 0:52	11:38 0:28	12:37 0:59	14:14 1:37	16:35 2:21
33	3643	Diogo Fernandes [6698] ESDrAntGranjo	19:06	1:06 1:06 18:21 0:54	2:27 1:21 18:49 0:28	5:16 2:49 19:06 0:17	6:03 0:47	7:09 1:06	8:06 0:57	9:48 1:42	10:42 0:54	11:12 0:30	14:27 3:15	14:56 0:29	15:36 0:40	16:38 1:02	17:27 0:49

Pl	Stno	Name	Time														
<i>Iniciado Masc (81)</i>			<i>1.5 km 16 C</i>	<i>(cont.)</i>													
			1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(36)	6(32)	7(38)	8(39)	9(42)	10(51)	11(50)	12(55)	13(57)	14(59)	
34	125	Gonçalo Pereira [6595] EBForjães	19:12	0:36 0:36 18:38 1:01	1:23 0:47 19:03 0:25	3:56 2:33 19:12 0:09	4:46 0:50	6:05 1:19	7:17 1:12	8:42 1:25	11:04 2:22	11:35 0:31	12:34 0:59	13:04 0:30	13:34 0:30	14:33 0:59	17:37 3:04
35	2890	GABRIEL PEREIRA [8340] EBPaçosFerrei	19:14	1:11 1:11 18:33 1:10	2:10 0:59 19:02 0:29	4:09 1:59 19:14 0:12	4:56 0:47	5:55 0:59	7:53 1:58	9:36 1:43	10:38 1:02	11:45 1:07	12:34 0:49	13:05 0:31	13:57 0:52	15:17 1:20	17:23 2:06
36	3261	Carlos Ramos [8300] AEFreixo	19:31	0:41 0:41 18:52 0:57	1:45 1:04 19:17 0:25	4:06 2:21 19:31 0:14	4:59 0:53	6:15 1:16	7:54 1:39	10:02 2:08	12:13 2:11	12:48 0:35	13:50 1:02	14:17 0:27	14:46 0:29	15:43 0:57	17:55 2:12
36	3345	Pedro Miguel Carvalh [7533] AEVilaPoucaAg	19:31	1:21 1:21 18:37 0:47	4:08 2:47 19:16 0:39	5:57 1:49 19:31 0:15	6:49 0:52	7:43 0:54	9:08 1:25	10:48 1:40	13:07 2:19	13:30 0:23	14:17 0:47	14:44 0:27	15:27 0:43	16:27 1:00	17:50 1:23
38	2442	Tiago Silva [6595] EBForjães	19:57	0:34 0:34 19:07 1:20	1:26 0:52 19:33 0:26	3:24 1:58 19:57 0:24	4:18 0:54	5:08 0:50	6:23 1:15	7:45 1:22	11:26 3:41	11:49 0:23	12:48 0:59	13:17 0:29	13:54 0:37	15:50 1:56	17:47 1:57
39	3294	Cristiano Duarte [8300] AEFreixo	19:58	0:44 0:44 19:26 1:15	4:12 3:28 19:48 0:22	5:57 1:45 19:58 0:10	8:11 2:14	8:46 0:35	9:37 0:51	10:55 1:18	11:56 1:01	12:19 0:23	13:09 0:50	13:31 0:22	14:06 0:35	15:00 0:54	18:11 3:11
40	910	Miguel Amorim [6754] EB23SãoRosen	20:22	0:40 0:40 19:50 1:01	3:09 2:29 20:11 0:21	4:58 1:49 20:22 0:11	6:04 1:06	7:04 1:00	8:41 1:37	10:51 2:10	13:09 2:18	13:49 0:40	14:52 1:03	15:15 0:23	15:44 0:29	16:29 0:45	18:49 2:20
41	3296	Fábio Baptista [8300] AEFreixo	20:43	0:49 0:49 20:08 1:01	5:25 4:36 20:33 0:25	8:32 3:07 20:43 0:10	9:24 0:52	10:24 1:00	11:23 0:59	12:19 0:56	14:04 1:45	14:27 0:23	15:14 0:47	16:02 0:48	16:34 0:32	17:33 0:59	19:07 1:34
42	2472	Rodrigo Sousa [6705] EBSPinheiro	20:48	0:58 0:58 20:05 0:50	2:07 1:09 20:35 0:30	4:00 1:53 20:48 0:13	5:16 1:16	6:30 1:14	8:37 2:07	10:04 1:27	12:12 2:08	12:42 0:30	14:30 1:48	14:53 0:23	15:51 0:58	17:51 2:00	19:15 1:24
43	1802	Eduardo Fernandes [6697] EBSpteBarca	20:49	0:56 0:56 20:10 1:14	2:08 1:12 20:35 0:25	5:26 3:18 20:49 0:14	6:38 1:12	7:58 1:20	9:52 1:54	11:46 1:54	12:38 0:52	13:21 0:43	14:31 1:10	15:02 0:31	15:38 0:36	16:46 1:08	18:56 2:10
44	3639	Nuno Freitas [6698] ESDrAntGranjo	21:17	1:06 1:06 20:29 0:39	2:15 1:09 21:04 0:35	3:44 1:29 21:17 0:13	4:35 0:51	5:26 0:51	6:36 1:10	7:51 1:15	9:06 1:15	9:30 0:24	10:31 1:01	10:55 0:24	11:25 0:30	12:22 0:57	19:50 7:28
45	2420	Marcelo Vieites [6704] EBSArgaLima	21:33	1:06 1:06 20:56 0:42	1:54 0:48 21:21 0:22	3:37 1:43 21:33 0:12	4:40 1:03	5:42 1:02	11:08 5:26	11:49 0:41	12:29 0:40	12:50 0:21	13:38 0:48	14:02 0:24	14:32 0:30	15:58 1:26	20:17 4:19
46	3623	Celso Silva [6677] AEGomesMonte	21:57	0:45 0:45 21:09 0:58	1:43 0:58 21:37 0:28	4:26 2:43 21:57 0:20	5:36 1:10	6:34 0:58	8:14 1:40	9:49 1:35	14:05 4:16	14:35 0:30	15:44 1:09	16:13 0:29	17:00 0:47	18:47 1:47	20:11 1:24
47	1696	David Barbosa [6639] EBSParedesCo	22:16	0:46 0:46 21:24 0:45	1:35 0:49 22:02 0:38	3:55 2:20 22:16 0:14	4:50 0:55	6:13 1:23	10:48 4:35	12:13 1:25	14:40 2:27	15:16 0:36	16:37 1:21	17:02 0:25	17:34 0:32	18:33 0:59	20:39 2:06
48	2859	VASCO MOURA [8340] EBPaçosFerrei	22:34	1:41 1:41 21:55 1:28	2:50 1:09 22:21 0:26	5:54 3:04 22:34 0:13	6:46 0:52	8:06 1:20	12:10 4:04	14:01 1:51	14:53 0:52	15:27 0:34	16:35 1:08	17:00 0:25	17:39 0:39	18:39 1:00	20:27 1:48
49	2394	Louis Manuel Correia [6639] EBSParedesCo	24:18	3:03 3:03 23:35 0:43	3:44 0:41 24:07 0:32	6:04 2:20 24:18 0:11	6:59 0:55	8:29 1:30	12:57 4:28	14:21 1:24	16:47 2:26	17:21 0:34	18:39 1:18	19:04 0:25	19:42 0:38	20:42 1:00	22:52 2:10
50	90036	Pedro Fernandes [1564] Individual POR	24:27	0:52 0:52 23:53 0:53	1:36 0:44 24:17 0:24	3:50 2:14 24:27 0:10	4:55 1:05	5:37 0:42	6:52 1:15	9:07 2:15	17:54 8:47	18:19 0:25	19:15 0:56	19:43 0:28	20:35 0:52	22:14 1:39	23:00 0:46
51	3260	Cristiano Mota [8300] AEFreixo	24:58	0:48 0:48 24:15 1:47	2:39 1:51 24:44 0:29	5:18 2:39 24:58 0:14	6:58 1:40	7:58 1:00	9:27 1:29	11:08 1:41	15:06 3:58	15:28 0:22	16:44 1:16	17:21 0:37	18:28 1:07	20:49 2:21	22:28 1:39
52	878	Bernardo Ribeiro [6594] EBM Cavado	25:10	0:39 0:39 24:29 1:25	1:37 0:58 24:56 0:27	3:36 1:59 25:10 0:14	4:31 0:55	5:34 1:03	7:09 1:35	8:54 1:45	16:32 7:38	16:53 0:21	17:49 0:56	18:19 0:30	19:15 0:56	20:34 1:19	23:04 2:30
53	3371	Quévin Pereira [6704] EBSArgaLima	25:26	0:45 0:45 24:49 0:43	1:35 0:50 25:13 0:24	3:51 2:16 25:26 0:13	4:40 0:49	5:22 0:42	7:17 1:55	16:16 8:59	17:11 0:55	17:37 0:26	19:04 1:27	19:50 0:46	20:42 0:52	21:55 1:13	24:06 2:11
54	3625	Tiago Gonçalves [6677] AEGomesMonte	25:53	0:52 0:52 25:06 0:55	1:47 0:55 25:36 0:30	4:01 2:14 25:53 0:17	4:55 0:54	6:04 1:09	11:52 5:48	12:49 0:57	18:29 5:40	18:59 0:30	19:55 0:56	20:25 0:30	21:05 0:40	22:20 1:15	24:11 1:51
55	3422	Pedro Moura [6722] EBEugénioAndr	25:59	3:00 3:00 25:22 0:59	4:00 1:00 25:46 0:24	5:43 1:43 25:59 0:13	6:46 1:03	8:52 2:06	10:27 1:35	12:12 1:45	15:18 3:06	15:49 0:31	16:55 1:06	18:03 1:08	18:39 0:36	21:26 2:47	24:23 2:57

Pl	Stno	Name	Time														
<i>Iniciado Masc (81)</i>			<i>1.5 km 16 C</i>		<i>(cont.)</i>												
			1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(36)	6(32)	7(38)	8(39)	9(42)	10(51)	11(50)	12(55)	13(57)	14(59)	
56	3995	Tiago Rodrigues [6724] AELousadaNori	26:31	2:15 2:15 25:55 0:48	3:46 1:31 26:19 0:24	7:16 3:30 26:31 0:12	10:23 3:07	11:50 1:27	14:41 2:51	17:55 3:14	19:04 1:09	19:34 0:30	20:41 1:07	21:04 0:23	21:33 0:29	23:51 2:18	25:07 1:16
57	3435	João Nunes [9172] AEVilela	26:39	1:15 1:15 25:27 0:43	2:51 1:36 26:23 0:56	6:19 3:28 26:39 0:16	9:27 3:08	10:42 1:15	13:40 2:58	16:34 2:54	18:17 1:43	18:40 0:23	19:49 1:09	20:10 0:21	20:51 0:41	23:19 2:28	24:44 1:25
58	90035	Miguel Oliveira [1564] Individual POR	27:27	0:47 0:47 26:45 1:11	2:03 1:16 27:14 0:29	9:39 7:36 27:27 0:13	10:33 0:54	11:23 0:50	15:32 4:09	17:07 1:35	18:01 0:54	18:35 0:34	19:34 0:59	20:02 0:28	20:42 0:40	23:15 2:33	25:34 2:19
59	3917	Gabriel Rocha [6704] EBSArgaLima	31:29	1:02 1:02 30:57 0:42	2:21 1:19 31:16 0:19	5:45 3:24 31:29 0:13	7:34 1:49	8:36 1:02	13:43 5:07	21:58 8:15	22:32 0:34	22:48 0:16	23:34 0:46	23:59 0:25	24:31 0:32	25:47 1:16	30:15 4:28
60	2669	Pedro Martins [8326] EB23 Nevogilde	31:37	1:16 1:16 30:45 0:59	3:19 2:03 31:19 0:34	5:56 2:37 31:37 0:18	7:12 1:16	8:10 0:58	13:10 5:00	15:55 2:45	18:22 2:27	20:11 1:49	24:42 4:31	25:29 0:47	26:14 0:45	27:21 1:07	29:46 2:25
61	3507	TITO FERREIRA [8340] EBPaçosFerreir	34:56	2:40 2:40 34:11 0:47	3:56 1:16 34:43 0:32	5:13 1:17 34:56 0:13	5:55 0:42	7:07 1:12	8:53 1:46	10:45 1:52	27:13 16:28	28:03 0:50	29:23 1:20	29:49 0:26	30:26 0:37	31:19 0:53	33:24 2:05
62	2670	Ricardo Barbosa [8326] EB23 Nevogilde	35:47	5:31 5:31 34:58 1:03	7:18 1:47 35:24 0:26	10:10 2:52 35:47 0:23	11:18 1:08	12:22 1:04	18:04 5:42	22:08 4:04	26:29 4:21	27:28 0:59	28:58 1:30	29:41 0:43	30:21 0:40	31:26 1:05	33:55 2:29
63	3563	Carlos Sousa [6705] EBSPinheiro	36:29	1:08 1:08 35:34 1:11	2:10 1:02 36:00 0:26	4:14 2:04 36:29 0:29	8:08 3:54	9:32 1:24	19:41 10:09	21:51 2:10	23:38 1:47	25:54 2:16	27:25 1:31	28:38 1:13	30:07 1:29	31:35 1:28	34:23 2:48
64	879	Ângelo Machado [6594] EBM Cavado	37:10	2:46 2:46 36:36 1:01	4:28 1:42 36:58 0:22	9:21 4:53 37:10 0:12	10:09 0:48	13:06 2:57	16:19 3:13	20:38 4:19	27:34 6:56	28:27 0:53	29:38 1:11	30:24 0:46	31:22 0:58	34:14 2:52	35:35 1:21
65	3945	José Pedro Sousa [6764] AE1Gondomar	37:17	0:52 0:52 36:45 2:08	7:46 6:54 37:17 0:20	10:26 2:40 37:17 0:12	11:22 0:56	12:41 1:19	15:17 2:36	25:19 10:02	26:14 0:55	26:39 0:25	29:42 3:03	30:09 0:27	30:57 0:48	32:14 1:17	34:37 2:23
66	1045	José Babo [6697] EBSPteBarca	39:04	4:13 4:13 38:21 2:15	5:37 1:24 38:48 0:27	11:32 5:55 39:04 0:16	13:28 1:56	14:35 1:07	16:24 1:49	25:46 9:22	27:24 1:38	28:22 0:58	29:37 1:15	30:13 0:36	31:12 0:59	32:51 1:39	36:06 3:15
67	2681	Luis Moreira [8326] EB23 Nevogilde	39:21	9:55 9:55 38:43 0:57	11:04 1:09 39:08 0:25	14:01 2:57 39:21 0:13	15:18 1:17	16:18 1:00	22:09 5:51	25:15 3:06	27:14 1:59	28:44 1:30	32:44 4:00	33:29 0:45	34:02 0:33	35:20 1:18	37:46 2:26
68	2865	DIOGO COELHO [8340] EBPaçosFerreir	41:31	1:02 1:02 40:50 3:04	3:21 2:19 41:18 0:28	13:05 9:44 41:31 0:13	15:18 2:13	17:48 2:30	20:20 2:32	22:29 2:09	29:30 7:01	30:28 0:58	32:24 1:56	33:12 0:48	34:22 1:10	35:41 1:19	37:46 2:05
69	3569	Bernardo Guimarães [6791] ESTomazPelayo	43:12	1:03 1:03 42:28 2:44	2:35 1:32 42:53 0:25	5:13 2:38 43:12 0:19	7:27 2:14	8:33 1:06	21:18 12:45	24:23 3:05	26:19 1:56	28:32 2:13	31:03 2:31	32:18 1:15	33:48 1:30	35:28 1:40	39:44 4:16
70	3916	André Bouças [6704] EBSArgaLima	43:15	0:41 0:41 42:37 2:10	1:44 1:03 43:00 0:23	5:11 3:27 43:15 0:15	16:56 11:45	18:16 1:20	21:09 2:53	31:10 10:01	32:05 0:55	32:31 0:26	35:36 3:05	36:01 0:25	36:52 0:51	38:04 1:12	40:27 2:23
71	2755	Gonçalo Domingues [6704] EBSArgaLima	59:25	0:56 0:56 58:39 1:48	4:18 3:22 59:08 0:29	20:43 16:25 59:25 0:17	22:21 1:38	23:10 0:49	33:53 10:43	43:11 9:18	48:43 5:32	49:32 0:49	50:34 1:02	52:11 1:37	52:48 0:37	54:13 1:25	56:51 2:38
3257	Cláudio Neto [8300] AEFreixo	mp	0:44 0:44 ----- 0:52	1:36 0:52 17:59 0:14	3:41 2:05 18:13 0:14	4:30 0:49	5:18 0:48	9:34 4:16	11:11 1:37	11:59 0:48	12:37 0:38	13:32 0:55	13:54 0:22	14:45 0:51	15:36 0:51	17:07 1:31	
3389	Jorge Araújo [8300] AEFreixo	mp	0:44 0:44 ----- 1:14	2:03 1:19 27:32 0:10	4:02 1:59 27:42 0:10	5:19 1:17	6:19 1:00	15:47 9:28	17:32 1:45	19:21 1:49	20:48 1:27	21:55 1:07	22:35 0:40	23:33 0:58	24:42 1:09	26:18 1:36	
3865	Bruno Gomes [6677] AEGomesMonte	mp	0:41 0:41 15:18 2:08	1:37 0:56 15:47 0:29	3:11 1:34 16:07 0:20	4:14 1:03	5:28 1:14	6:51 1:23	8:14 1:23	8:58 0:44	9:54 0:56	10:53 0:59	11:29 0:36	12:19 0:50	13:10 0:51	-----	
3851	Pedro Pereira [6724] AELousadaNori	mp	2:28 2:28 24:00 1:13	3:27 0:59 24:26 0:26	5:27 2:00 24:40 0:14	6:17 0:50	7:24 1:07	8:56 1:32	12:14 3:18	13:47 1:33	16:30 2:43	-----	17:58 1:28	19:03 1:05	20:15 1:12	22:47 2:32	
3021	Vitor Oliveira [6724] AELousadaNori	mp	0:34 0:34 ----- 0:55	1:23 0:49 17:07 0:11	3:20 1:57 17:18 0:11	4:13 0:53	5:01 0:48	6:18 1:17	9:54 3:36	11:27 1:33	11:54 0:27	12:44 0:50	13:02 0:18	13:51 0:49	14:43 0:52	16:12 1:29	
2023	Pedro Viana [5644] EBJúlioSaúlDia	mp	0:33 0:33 12:01 0:41	1:11 0:38 12:22 0:21	2:50 1:39 12:31 0:09	3:26 0:36	4:17 0:51	5:10 0:53	6:10 1:00	6:56 0:46	-----	8:10 1:14	8:32 0:22	9:03 0:31	9:46 0:43	11:20 1:34	

Pl	Stno	Name	Time														
Iniciado Masc (81)			1.5 km 16 C		<i>(cont.)</i>												
			1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(36)	6(32)	7(38)	8(39)	9(42)	10(51)	11(50)	12(55)	13(57)	14(59)	
1979	Miguel Silva	[6975] EBSobreira	mp	1:38 29:06 0:36	2:27 29:29 0:23	4:58 29:42 0:13	5:52 0:54	7:21 1:29	9:17 1:56	13:34 4:17	20:26 6:52	21:22 0:56	22:24 1:02	----	23:38 1:14	25:45 2:07	28:30 2:45
2523	Rafael Vieira	[6975] EBSobreira	mp	1:40 1:40 -----	2:33 0:53 -----	7:50 5:17 44:40 9:34	9:15 1:25	11:26 2:11	12:33 1:07	----- 34:38 22:05	35:06 0:28	-----	-----	-----	-----	-----	-----
84	Samuel Gonçalves	[6593] ESCarlosAmaral	mp	0:38 0:38 -----	1:24 0:46 13:43 0:55	2:37 1:13 13:53 0:10	3:22 0:45	3:58 0:36	4:56 0:58	8:55 3:59	9:49 0:54	10:08 0:19	10:46 0:38	11:07 0:21	11:35 0:28	12:15 0:40	12:48 0:33
2345	Tiago Lima	[6593] ESCarlosAmaral	mp	0:39 0:39 16:49 0:46	1:48 1:09 17:18 0:29	3:45 1:57 17:26 0:08	4:43 0:58	5:47 1:04 <i>11:04</i> <i>*41</i>	6:52 1:05	8:49 1:57	-----	11:21 2:32	12:10 0:49	12:32 0:22	13:17 0:45	14:03 0:46	16:03 2:00
Juvenis Fem (38)			1.8 km 15 C														
			1(78) 15(100)	2(49) F	3(36)	4(33)	5(31)	6(34)	7(38)	8(51)	9(48)	10(56)	11(57)	12(59)	13(67)	14(71)	
1	146 Helena Lima	[6593] ESCarlosAmaral	17:40	1:29 1:29 17:30 0:29	2:18 0:49 17:40 0:10	3:49 1:31	4:24 0:35	5:20 0:56	6:02 0:42	7:12 1:10	8:03 0:51	8:44 0:41	10:52 2:08	12:58 2:06	13:59 1:01	15:06 1:07	17:01 1:55
2	2473 Ana Rita Fernandes	[6593] ESCarlosAmaral	19:00	1:21 1:21 18:50 0:32	2:17 0:56 19:00 0:10	3:55 1:38	4:36 0:41	5:24 0:48	6:19 0:55	7:47 1:28	8:40 0:53	9:29 0:49	11:23 1:54	13:17 1:54	14:51 1:34	16:05 1:14	18:18 2:13
3	61 Filipa Castro	[6601] EBSVieiraAraújo	22:23	1:19 1:19 22:08 0:39	2:19 1:00 22:23 0:15	4:48 2:29	5:30 0:42	6:33 1:03	7:22 0:49	8:39 1:17	10:20 1:41	11:10 0:50	14:38 3:28	16:48 2:10	17:42 0:54	19:28 1:46	21:29 2:01
4	3203 Inês José	[6593] ESCarlosAmaral	22:32	1:36 1:36 22:20 0:37	3:11 1:35 22:32 0:12	5:28 2:17	6:21 0:53	7:32 1:11	8:20 0:48	9:28 1:08	10:42 1:14	11:51 1:09	14:51 3:00	17:07 2:16	17:59 0:52	19:31 1:32	21:43 2:12
5	486 Sara Silva	[6590] EBManhente	23:10	1:41 1:41 22:58 0:34	2:34 0:53 23:10 0:12	4:43 2:09	5:30 0:47	6:30 1:00	7:27 0:57	9:39 2:12	10:58 1:19	12:11 1:13	15:35 3:24	17:57 2:22	19:01 1:04	20:26 1:25	22:24 1:58
6	2372 Maria Ribeiro	[6705] EBSPinheiro	23:28	1:34 1:34 23:14 0:35	3:13 1:39 23:28 0:14	5:05 1:52	5:54 0:49	7:04 1:10	7:54 0:50	8:53 0:59	11:05 2:12	11:56 0:51	14:27 2:31	17:04 2:37	17:53 0:49	19:32 1:39	22:39 3:07
7	2351 Dulce Fernandes	[6596] EBApulia	24:11	1:25 1:25 23:59 0:34	2:26 1:01 24:11 0:12	4:21 1:55	5:09 0:48	6:51 1:42	7:57 1:06	9:09 1:12	10:23 1:14	11:15 0:52	13:26 2:11	16:12 2:46	16:56 0:44	18:41 1:45	23:25 4:44
8	3100 Bárbara Pereira	[6593] ESCarlosAmaral	24:46	1:24 1:24 24:34 0:47	2:16 0:52 24:46 0:12	4:03 1:47	4:48 0:45	5:39 0:51	6:41 1:02	7:43 1:02	8:36 0:53	9:36 1:00	12:23 2:47	14:43 2:20	16:57 2:14	18:11 1:14	23:47 5:36
9	1546 Bruna Pires	[6596] EBApulia	26:12	2:47 2:47 25:59 0:31	4:04 1:17 26:12 0:13	6:40 2:36	7:38 0:58	8:46 1:08	10:06 1:20	12:03 1:57	14:00 1:57	15:25 1:25	18:27 3:02	20:48 2:21	21:45 0:57	23:21 1:36	25:28 2:07
10	106 Carina Castro	[6601] EBSVieiraAraújo	26:43	1:37 1:37 26:30 0:41	3:35 1:58 26:43 0:13	5:41 2:06	6:39 0:58	7:50 1:11	8:45 0:55	9:56 1:11	11:45 1:49	12:35 0:50	17:14 4:39	19:48 2:34	20:46 0:58	23:23 2:37	25:49 2:26
11	647 Susana Silva	[6791] ESTomazPelayo	27:06	1:51 1:51 26:54 0:39	3:01 1:10 27:06 0:12	6:03 3:02	6:56 0:53	9:09 2:13	10:01 0:52	11:19 1:18	12:26 1:07	13:26 1:00	17:32 4:06	20:56 3:24	21:45 0:49	23:57 2:12	26:15 2:18
12	24 Margarida Miranda	[6596] EBApulia	27:25	1:18 1:18 27:11 0:40	2:23 1:05 27:25 0:14	4:08 1:45	4:49 0:41	5:48 0:59	6:40 0:52	7:48 1:08	8:58 1:10	9:52 0:54	13:52 4:00	17:11 3:19	17:48 0:37	19:46 1:58	26:31 6:45
13	53 Ana Pereira	[6596] EBApulia	27:49	2:04 2:04 27:33 0:40	4:34 2:30 27:49 0:16	6:47 2:13	7:43 0:56	8:58 1:15	9:52 0:54	11:03 1:11	12:48 1:45	13:43 0:55	18:11 4:28	20:52 2:41	21:50 0:58	24:27 2:37	26:53 2:26
14	3218 Catarina Rodrigues	[6593] ESCarlosAmaral	28:12	1:35 1:35 27:57 0:38	3:05 1:30 28:12 0:15	5:12 2:07	6:09 0:57 <i>28:00</i> <i>*100</i>	7:20 1:11	8:52 1:32	10:16 1:24	11:36 1:20	12:36 1:00	15:52 3:16	18:04 2:12	20:15 2:11	21:40 1:25	27:19 5:39
15	3364 Oriana Oliveira	[7533] AEVilaPoucaAg	29:02	1:35 1:35 28:52 0:33	3:30 1:55 29:02 0:10	5:56 2:26	9:14 3:18	10:01 0:47	10:57 0:56	12:42 1:45	14:16 1:34	15:14 0:58	19:57 4:43	22:30 2:33	23:22 0:52	25:03 1:41	28:19 3:16
16	126 Ana Rita Ribeiro	[6595] EBForjães	31:00	2:04 2:04 30:48 0:31	5:57 3:53 31:00 0:12	8:03 2:06	8:49 0:46	10:07 1:18	11:10 1:03	12:33 1:23	13:39 1:06	14:35 0:56	21:23 6:48	24:23 3:00	25:23 1:00	27:16 1:53	30:17 3:01
17	1809 Eduarda Martins	[6791] ESTomazPelayo	31:25	1:34 1:34 31:10 1:05	2:51 1:17 31:25 0:15	5:22 2:31	6:46 1:24	8:05 1:19	9:12 1:07	10:14 1:02	11:37 1:23	13:33 1:56	17:19 3:46	20:09 2:50	21:33 1:24	23:02 1:29	30:05 7:03

Pl	Stno	Name	Time														
<i>Juvenis Fem (38)</i>			<i>1.8 km 15 C</i>		<i>(cont.)</i>												
			1(78) 15(100)	2(49) F	3(36)	4(33)	5(31)	6(34)	7(38)	8(51)	9(48)	10(56)	11(57)	12(59)	13(67)	14(71)	
18	265	Lúisa Fernandes [6697] EBS PteBarca	31:30	2:25 2:25 31:14 0:50	4:24 1:59 31:30 0:16	6:55 2:31	10:32 3:37	11:45 1:13	12:49 1:04	14:33 1:44	16:00 1:27	17:11 1:11	20:54 3:43	23:33 2:39	24:43 1:10	27:19 2:36	30:24 3:05
19	80	Maria Portela [6593] ESCarlosAmarã	31:55	2:33 2:33 31:24 1:00	4:20 1:47 31:55 0:31	7:50 3:30	8:59 1:09	10:40 1:41	12:17 1:37	13:59 1:42	15:54 1:55	17:42 1:48	20:58 3:16	24:12 3:14	25:21 1:09	27:19 1:58	30:24 3:05
20	3299	Maria Castilho [6593] ESCarlosAmarã	34:50	2:01 2:01 34:33 0:40	3:40 1:39 34:50 0:17	7:21 3:41	8:41 1:20	10:02 1:21	11:02 1:00	13:15 2:13	14:34 1:19	15:44 1:10	25:26 9:42	28:49 3:23	29:46 0:57	31:40 1:54	33:53 2:13
21	51	Ana Viana [6596] EBA Apulia	35:04	4:13 4:13 34:53 0:33	6:07 1:54 35:04 0:11	8:44 2:37	15:12 6:28	15:59 0:47	16:59 1:00	18:40 1:41	20:17 1:37	21:11 0:54	26:00 4:49	28:31 2:31	29:26 0:55	31:04 1:38	34:20 3:16
22	52	Filipa Mano [6596] EBA Apulia	35:37	1:29 1:29 35:25 0:34	2:49 1:20 35:37 0:12	6:46 3:57	7:54 1:08	12:15 4:21	13:12 0:57	14:46 1:34	18:51 4:05	22:29 3:38	25:45 3:16	28:12 2:27	29:19 1:07	31:10 1:51	34:51 3:41
23	2359	Carolina Oliveira [5476] AEE Ermesinde/A	36:14	2:17 2:17 36:00 0:39	5:53 3:36 36:14 0:14	9:32 3:39	10:56 1:24	13:26 2:30	16:12 2:46	18:00 1:48	19:34 1:34	22:38 3:04	26:42 4:04	30:01 3:19	30:56 0:55	33:09 2:13	35:21 2:12
24	3358	Adriana Martins [8299] AEPBS-Joane	37:09	4:04 4:04 36:55 0:46	5:19 1:15 37:09 0:14	8:02 2:43	9:30 1:28	11:02 1:32	12:28 1:26	14:11 1:43	15:32 1:21	16:40 1:08	23:52 7:12	28:12 4:20	31:26 3:14	33:18 1:52	36:09 2:51
25	2347	Beatriz Castilho [6593] ESCarlosAmarã	38:52	2:20 2:20 38:40 1:12	4:05 1:45 38:52 0:12	7:19 3:14	8:36 1:17	10:28 1:52	11:50 1:22	14:14 2:24	15:49 1:35	17:02 1:13	21:24 4:22	25:53 4:29	27:12 1:19	29:26 2:14	37:28 8:02
26	2222	Ana Lage [5476] AEE Ermesinde/A	41:25	1:48 1:48 41:14 1:03	3:23 1:35 41:25 0:11	6:20 2:57	7:42 1:22	10:12 2:30	13:11 2:59	15:50 2:39	19:08 3:18	20:28 1:20	29:06 8:38	32:12 3:06	35:17 3:05	37:31 2:14	40:11 2:40
27	540	Adriana Sousa [5476] AEE Ermesinde/A	44:01	1:39 1:39 43:47 0:53	3:58 2:19 44:01 0:14	7:44 3:46	9:00 1:16	10:46 1:46	16:38 5:52	18:33 1:55	20:00 1:27	22:22 2:22	25:13 2:51	28:42 3:29	30:01 1:19	32:54 2:53	42:54 10:00
28	3628	Rita Isabel Alvites [6677] AEGomesMonte	53:51	1:48 1:48 53:36 1:02	4:09 2:21 53:51 0:15	8:09 4:00	9:27 1:18	13:31 4:04	14:59 1:28	20:55 5:56	22:46 1:51	24:33 1:47	28:33 4:00	32:49 4:16	35:57 3:08	40:10 4:13	52:34 12:24
29	3679	Leonor Losa [6593] ESCarlosAmarã	1:02:26	1:45 1:45 1:02:13 1:02	3:35 1:50 1:02:26 0:13	7:58 4:23	9:57 1:59	11:43 1:46	13:56 2:13	16:05 2:09	18:20 2:15	19:43 1:23	28:53 9:10	33:47 4:54	35:11 1:24	42:04 6:53	1:01:11 19:07
30	3626	Eva Rodrigues Esteve [6677] AEGomesMonte	1:06:04	7:39 7:39 1:05:44 1:05	16:13 8:34 1:06:04 0:20	20:13 4:00	21:31 1:18	25:32 4:01	27:32 2:00	32:58 5:26	34:50 1:52	36:41 1:51	40:45 4:04	44:57 4:12	48:04 3:07	52:25 4:21	1:04:39 12:14
31	3445	Eva Costa [6593] ESCarlosAmarã	1:07:27	3:02 3:02 1:07:13 1:03	5:58 2:56 1:07:27 0:14	13:09 7:11	14:57 1:48	16:43 1:46	19:00 2:17	21:04 2:04	23:26 2:22	24:43 1:17	33:53 9:10	38:45 4:52	40:14 1:29	47:06 6:52	1:06:10 19:04
	3034	Beatriz Oliveira [6778] AE1Gondomar (mp	2:48 2:48 -----	6:47 3:59 -----	11:14 4:27	12:39 1:25	16:15 3:36	18:19 2:04	28:12 9:53	30:01 1:49	41:00 10:59	1:03:14 22:14	1:09:47 6:33	1:11:44 1:57	-----	-----
	3940	Catarina Ferreira [6778] AE1Gondomar (mp	3:09 3:09 34:21 2:34	4:46 1:37 34:34 0:13	8:50 4:04	14:38 5:48	18:23 3:45	19:25 1:02	21:10 1:45	23:26 2:16	25:32 2:06	----- -----	31:47 6:15	-----	-----	
	3942	Jéssica Mota [6778] AE1Gondomar (mp	15:08 15:08 46:22 2:36	16:45 1:37 46:34 0:12	20:50 4:05	26:38 5:48	30:23 3:45	31:23 1:00	33:08 1:45	35:26 2:18	37:30 2:04	----- -----	43:46 6:16	-----	-----	
	2388	Beatriz Couto [5476] AEE Ermesinde/A	mp	7:31 7:31 56:53 1:04	11:11 3:40 57:22 0:29	14:33 3:22	-----	17:48 3:15	19:22 1:34	21:25 2:03	24:07 2:42	28:40 4:33	32:45 4:05	36:18 3:33	39:10 2:52	47:34 8:24	55:49 8:15
	3438	Ana Barbosa [9172] AEVilela	mp	2:24 2:24 24:03 0:37	3:44 1:20 24:15 0:12	5:59 2:15	6:39 0:40	7:42 1:03	-----	10:07 2:25	12:01 1:54	13:27 1:26	16:34 3:07	18:54 2:20	19:47 0:53	21:22 1:35	23:26 2:04
	3612	Iolanda Silva [9224] Colgaia	mp	1:51 1:51 1:25:31 22:16	6:01 4:10 1:25:56 0:25	9:38 3:37	10:40 1:02	12:41 2:01	13:38 0:57	17:10 3:32	20:01 2:51	21:56 1:55	54:44 32:48	57:58 3:14	1:00:30 2:32	1:03:15 2:45	-----
	58	Alexandra Machado [6596] EBA Apulia	mp	1:52 1:52 52:14 13:38	3:13 1:21 52:36 0:22	6:05 2:52	7:33 1:28	19:59 12:26	20:43 0:44	21:56 1:13	23:01 1:05	24:03 1:02	27:58 3:55	32:35 4:37	34:09 1:34	38:36 4:27	-----

Pl	Stno	Name	Time	1(49)	2(53)	3(40)	4(33)	5(31)	6(32)	7(45)	8(42)	9(48)	10(55)	11(57)	12(56)	13(62)	14(67)
Juvenis Masc (39)				2.1 km 18 C													
				15(73)	16(72)	17(71)	18(100)	F									
1	142	Tomás Lima [6593] ESCarlosAmarç	17:26	0:54	1:48	3:12	4:10	4:45	5:20	6:18	7:11	7:51	8:20	8:49	10:09	11:48	13:33
				0:54	0:54	1:24	0:58	0:35	0:35	0:58	0:53	0:40	0:29	0:29	1:20	1:39	1:45
				14:24	15:14	16:52	17:17	17:26									
				0:51	0:50	1:38	0:25	0:09									
2	358	Iury Soares [6724] AELousadaNori	25:18	1:03	2:07	3:50	5:50	6:49	7:31	9:07	10:10	11:08	11:48	12:26	14:59	18:07	20:08
				1:03	1:04	1:43	2:00	0:59	0:42	1:36	1:03	0:58	0:40	0:38	2:33	3:08	2:01
				21:26	22:34	24:36	25:07	25:18									
				1:18	1:08	2:02	0:31	0:11									
3	78	Leonardo Ramalho [6593] ESCarlosAmarç	25:30	0:53	1:49	3:34	4:41	5:24	5:59	7:15	8:11	8:57	9:33	10:19	12:04	14:24	16:51
				0:53	0:56	1:45	1:07	0:43	0:35	1:16	0:56	0:46	0:36	0:46	1:45	2:20	2:27
				21:51	22:46	24:44	25:15	25:30									
				5:00	0:55	1:58	0:31	0:15									
4	147	Nuno Pereira [6595] EBForjães	28:40	1:03	2:49	4:45	6:10	7:21	8:17	10:48	12:01	13:12	14:00	14:44	16:58	20:10	22:50
				1:03	1:46	1:56	1:25	1:11	0:56	2:31	1:13	1:11	0:48	0:44	2:14	3:12	2:40
				24:19	25:35	27:50	28:30	28:40									
				1:29	1:16	2:15	0:40	0:10									
5	3474	José Fernandes [6596] EBApulia	30:03	1:05	2:15	3:52	4:49	5:31	6:08	7:24	8:28	9:28	10:11	10:46	12:14	20:55	24:08
				1:05	1:10	1:37	0:57	0:42	0:37	1:16	1:04	1:00	0:43	0:35	1:28	8:41	3:13
				26:01	27:08	29:19	29:55	30:03									
				1:53	1:07	2:11	0:36	0:08									
6	66	Carlos Rocha [6593] ESCarlosAmarç	30:39	2:12	3:37	5:59	7:08	8:01	9:18	10:33	11:50	12:42	13:58	14:39	16:46	22:29	25:11
				2:12	1:25	2:22	1:09	0:53	1:17	1:15	1:17	0:52	1:16	0:41	2:07	5:43	2:42
				26:26	27:40	29:58	30:28	30:39									
				1:15	1:14	2:18	0:30	0:11									
7	2360	Diogo Oliveira [6593] ESCarlosAmarç	32:12	1:20	3:05	5:20	6:50	7:51	8:35	9:59	11:06	12:12	13:13	13:48	17:32	23:40	25:57
				1:20	1:45	2:15	1:30	1:01	0:44	1:24	1:07	1:06	1:01	0:35	3:44	6:08	2:17
				27:09	28:29	31:35	32:04	32:12									
				1:12	1:20	3:06	0:29	0:08									
8	1509	Guilherme Faria [6593] ESCarlosAmarç	35:35	1:05	1:59	3:38	5:03	6:12	7:04	8:22	9:21	10:38	11:14	11:53	13:24	16:42	18:46
				1:05	0:54	1:39	1:25	1:09	0:52	1:18	0:59	1:17	0:36	0:39	1:31	3:18	2:04
				30:20	31:41	34:35	35:20	35:35		10:58							
				11:34	1:21	2:54	0:45	0:15		*52							
9	139	Guilherme Ribeiro [6595] EBForjães	37:39	1:13	2:11	4:25	5:36	6:38	7:33	13:56	14:38	18:10	19:05	20:04	22:44	28:14	31:18
				1:13	0:58	2:14	1:11	1:02	0:55	6:23	0:42	3:32	0:55	0:59	2:40	5:30	3:04
				33:08	34:18	37:06	37:31	37:39									
				1:50	1:10	2:48	0:25	0:08									
10	2419	José Ribeiro [6704] EBSArgaLima	38:38	2:13	4:31	7:08	8:47	9:42	10:25	12:05	16:09	17:00	18:01	19:20	21:31	31:23	33:24
				2:13	2:18	2:37	1:39	0:55	0:43	1:40	4:04	0:51	1:01	1:19	2:11	9:52	2:01
				34:55	35:43	38:01	38:29	38:38									
				1:31	0:48	2:18	0:28	0:09									
11	1573	Ruslan Virsta [6772] AEValongo	39:14	1:08	3:31	5:46	7:19	8:35	9:34	11:45	12:41	15:44	16:34	17:16	22:09	27:27	31:17
				1:08	2:23	2:15	1:33	1:16	0:59	2:11	0:56	3:03	0:50	0:42	4:53	5:18	3:50
				32:33	33:54	38:19	39:04	39:14									
				1:16	1:21	4:25	0:45	0:10									
12	3353	Marco Pinto [5476] AEERMesinde/A	39:34	3:37	6:01	7:55	9:35	10:36	11:56	13:44	14:42	15:43	16:44	18:37	20:38	23:36	25:42
				3:37	2:24	1:54	1:40	1:01	1:20	1:48	0:58	1:01	1:01	1:53	2:01	2:58	2:06
				34:09	35:16	38:53	39:22	39:34									
				8:27	1:07	3:37	0:29	0:12									
13	140	Roberto Torres [6595] EBForjães	40:04	1:14	2:55	5:33	7:18	8:36	9:24	11:17	14:59	16:09	17:29	18:09	22:33	29:42	32:30
				1:14	1:41	2:38	1:45	1:18	0:48	1:53	3:42	1:10	1:20	0:40	4:24	7:09	2:48
				33:48	34:58	39:09	39:54	40:04									
				1:18	1:10	4:11	0:45	0:10									
14	3618	Diogo Silva [6593] ESCarlosAmarç	40:12	1:10	5:24	7:22	12:58	14:18	15:02	18:27	19:32	20:39	21:20	22:16	26:42	32:50	34:53
				1:10	4:14	1:58	5:36	1:20	0:44	3:25	1:05	1:07	0:41	0:56	4:26	6:08	2:03
				36:00	37:01	39:36	40:03	40:12									
				1:07	1:01	2:35	0:27	0:09									
15	3310	Marcos Carvalho [6704] EBSArgaLima	41:00	4:18	6:41	9:12	10:52	11:47	12:29	14:12	18:14	19:09	20:10	21:25	24:15	33:26	35:24
				4:18	2:23	2:31	1:40	0:55	0:42	1:43	4:02	0:55	1:01	1:15	2:50	9:11	1:58
				36:51	37:43	40:06	40:37	41:00		40:40							
				1:27	0:52	2:23	0:31	0:23		*100							
16	287	José Dinis [5644] EBJúlioSaulDia	41:15	1:04	2:20	4:20	6:23	8:05	8:53	12:21	13:06	14:54	17:01	17:52	19:26	32:32	35:52
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				36:56	38:04	40:40	41:05	41:15									
				1:04	1:08	2:36	0:25	0:10									
17	1577	António Machado [6772] AEValongo	42:14	1:12	2:28	4:29	6:09	7:11	9:36	12:39	13:58	19:01	19:48	21:01	24:32	32:29	35:14
				1:12	1:16	2:01	1:40	1:02	2:25	3:03	1:19	5:03	0:47	1:13	3:31	7:57	2:45
				37:06	38:11	41:23	42:03	42:14									
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18	3411	Bruno Barbosa [6975] EBSobreira	43:37	1:28	3:14	5:48	9:24	10:18	11:38	15:40	18:47	19:27	20:10	21:00	23:51	34:33	37:26
				1:28	1:46	2:34	3:36	0:54	1:20	4:02	3:07	0:40	0:43	0:50	2:51	10:42	2:53
				38:47	40:08	42:54	43:26	43:37									
				1:21	1:21	2:46	0:32	0:11									
19	1506	Marco Amaro [5476] AEERMesinde/A	44:54	1:29	2:41	5:05	6:37	8:44	9:45	11:53	13:17	15:48	16:50	17:49	20:59	24:47	31:00
				1:29	1:12	2:24	1:32	2:07	1:01	2:08	1:24	2:31	1:02	0:59	3:10	3:48	6:13
				39:28	40:28	44:03	44:42	44:54									
				8:28	1:00	3:35	0:39	0:12									
20	3316	Ricardo Rodrigues [6705] EBSPinheiro	48:17	1:04	9:43	11:36	12:5										

Pl	Stno	Name	Time														
Juvenis Masc (39)				2.1 km 18 C			<i>(cont.)</i>										
				1(49) 15(73)	2(53) 16(72)	3(40) 17(71)	4(33) 18(100)	5(31) F	6(32)	7(45)	8(42)	9(48)	10(55)	11(57)	12(56)	13(62)	14(67)
23	603	Roberto Nascimento [6728] ESAIfena	53:45	1:26 1:26 47:31 1:58	3:33 2:07 48:57 1:26	6:09 2:36 52:42 3:45	9:58 3:49 53:30 0:48	11:15 1:17 53:45 0:15	12:18 1:03	14:48 2:30	16:15 1:27	25:11 8:56	26:10 0:59	27:28 1:18	30:01 2:33	41:46 11:45	45:33 3:47
24	3247	Miguel Lerenó [5476] AEErmesinde/A	56:10	2:36 2:36 48:52 2:37	5:06 2:30 50:47 1:55	7:31 2:25 54:56 4:09	9:00 1:29 55:54 0:58	10:22 1:22 56:10 0:16	11:31 1:09	13:21 1:50	15:06 1:45	19:45 4:39	20:33 0:48	21:32 0:59	25:43 4:11	41:42 15:59	46:15 4:33
25	1006	José Moreira [6772] AEValongo	56:17	2:30 2:30 49:58 1:46	21:01 18:31 50:59 1:01	22:48 1:47 55:18 4:19	24:34 1:46 56:06 0:48	25:41 1:07 56:17 0:11	26:36 0:55	28:49 2:13	30:05 1:16	32:46 2:41	33:32 0:46	34:27 0:55	39:47 5:20	44:20 4:33	48:12 3:52
26	3440	Fábio Dias [9172] AEVilela	57:14	1:24 1:24 51:08 1:45	5:11 3:47 52:34 1:26	8:56 3:45 56:25 3:51	11:19 2:23 57:00 0:35	14:43 3:24 57:14 0:14	16:41 1:58	19:54 3:13	22:17 2:23	34:45 12:28	35:27 0:42	36:29 1:02	38:46 2:17	45:20 6:34	49:23 4:03
27	490	Gil Pereira Rocha [6772] AEValongo	1:01:33	1:35 1:35 48:29 2:47	4:18 2:43 49:53 1:24	6:55 2:37 1:00:51 10:58	11:45 4:50 1:01:22 0:31	13:33 1:48 1:01:33 0:11	15:08 1:35	17:24 2:16	19:12 1:48	20:54 1:42	22:27 1:33	23:44 1:17	30:04 6:20	40:13 10:09	45:42 5:29
28	3443	Paulo Fernandes [9172] AEVilela	1:05:26	5:18 5:18 59:17 1:56	13:13 7:55 1:00:51 1:34	16:55 3:42 1:04:34 3:43	19:38 2:43 1:05:10 0:36	22:51 3:13 1:05:26 0:16	24:41 1:50	28:08 3:27	30:28 2:20	42:59 12:31	43:46 0:47	44:36 0:50	47:25 2:49	53:41 6:16	57:21 3:40
29	800	Mário Martins [6696] AEMiguelTorga	1:08:34	1:32 1:32 1:02:17 1:55	9:53 8:21 1:03:42 1:25	12:56 3:03 1:07:46 4:04	15:45 2:49 1:08:17 0:31	17:28 1:43 1:08:34 0:17	18:27 0:59	20:14 1:47	22:42 2:28	25:26 2:44	26:30 1:04	27:26 0:56	52:02 24:36	56:32 4:30	1:00:22 3:50
30	3372	Jónatas Almeida [6697] EBSpteBarca	1:10:12	1:57 1:57 1:02:57 2:09	4:56 2:59 1:05:13 2:16	8:46 3:50 1:09:03 3:50	10:46 2:00 1:09:54 0:51	12:16 1:30 1:10:12 0:18	13:49 1:33	17:34 3:45	19:10 1:36	23:08 3:58	28:09 5:01	28:43 0:34	39:35 10:52	55:21 15:46	1:00:48 5:27
31	3444	Rui Nogueira [9172] AEVilela	1:18:24	3:13 3:13 1:12:23 1:54	26:05 22:52 1:13:55 1:32	29:58 3:53 1:17:33 3:38	32:32 2:34 1:18:09 0:36	35:45 3:13 1:18:24 0:15	37:45 2:00	40:46 3:01	43:21 2:35	55:50 12:29	56:32 0:42	57:34 1:02	1:00:00 2:26	1:06:36 6:36	1:10:29 3:53
32	3943	Sérgio Silva [6778] AE1Gondomar	1:20:50	2:58 2:58 1:09:13 2:26	11:20 8:22 1:10:28 1:15	20:19 8:59 1:19:34 9:06	22:42 2:23 1:20:33 0:59	29:45 7:03 1:20:50 0:17	30:40 0:55	32:50 2:10	35:39 2:49	40:12 4:33	41:33 1:21	43:44 2:11	49:32 5:48	1:01:02 11:30	1:06:47 5:45
33	3442	Lúis Baião [9172] AEVilela	1:22:16	2:48 2:48 1:16:15 1:59	30:12 27:24 1:17:55 1:40	34:07 3:55 1:21:26 3:31	36:28 2:21 1:22:01 0:35	39:48 3:20 1:22:16 0:15	41:49 2:01	44:37 2:48	47:17 2:40	59:54 12:37	1:00:35 0:42	1:01:37 1:02	1:03:37 2:00	1:10:30 6:53	1:14:16 3:46
34	3441	João Pereira [9172] AEVilela	1:31:27	3:44 3:44 1:25:19 1:53	39:09 35:25 1:26:53 1:34	43:33 4:24 1:30:36 3:43	45:35 2:02 1:31:12 0:36	48:51 3:16 1:31:27 0:15	50:44 1:53	54:25 3:41	56:20 1:55	1:08:49 12:29	1:09:39 0:51	1:10:33 0:54	1:12:49 2:16	1:19:25 6:36	1:23:26 4:01
35	1003	Tiago Nogueira [6975] EBSobreira	1:35:06	1:51 1:51 1:14:42 4:52	7:48 5:57 1:27:24 12:42	12:38 4:50 1:33:47 6:23	18:52 6:14 1:34:50 1:03	22:05 3:13 1:35:06 0:16	23:30 1:25	31:46 8:16	33:48 2:02	37:39 3:51	38:24 0:45	39:28 1:04	42:10 2:42	1:04:53 22:43	1:09:50 4:57
36	3439	Carlos Coelho [9172] AEVilela	1:47:28	2:48 2:48 1:41:22 1:51	55:08 52:20 1:42:44 1:22	58:58 3:50 1:46:22 3:38	1:01:17 2:19 1:47:17 0:55	1:04:50 3:33 1:47:28 0:11	1:06:45 1:55	1:10:02 3:17	1:12:23 2:21	1:24:45 12:22	1:25:35 0:50	1:26:32 0:57	1:29:11 2:39	1:35:36 6:25	1:39:31 3:55
37	3614	Pedro Silva [9224] Colgaia	1:57:56	2:46 2:46 ----- -----	16:46 14:00 ----- -----	24:41 7:55 ----- -----	33:07 8:26 1:57:22 8:23	35:34 2:27 1:57:56 0:34	37:26 1:52	1:07:58 30:32	1:09:53 1:55	1:14:14 4:21	1:15:35 1:21	1:17:35 2:00	1:41:51 24:16	1:48:59 7:08	-----
	3437	Abílio Silva [9172] AEVilela	mp	1:17 1:17 45:38 1:42	2:35 1:18 46:39 1:01	4:54 2:19 48:56 2:17	6:53 1:59 49:44 0:48	8:16 1:23 49:57 0:13	9:15 0:59	10:55 1:40	----- 1:38	12:33 1:38	14:16 1:43	15:35 1:19	20:50 5:15	37:21 16:31	43:56 6:35
	2424	Paulo Correia [6704] EBSArgaLima	mp	3:10 3:10 ----- -----	4:59 1:49 ----- -----	6:52 1:53 ----- -----	8:19 1:27 26:20 5:59	----- 26:51 0:31	----- -----	16:23 8:04	18:20 1:57	19:24 1:04	20:21 0:57	----- -----	----- -----	----- -----	----- -----
Juniores Masc (8)				2.4 km 20 C													
				1(49) 15(72)	2(38) 16(70)	3(31) 17(69)	4(33) 18(60)	5(40) 19(71)	6(45) 20(100)	7(42) F	8(55)	9(62)	10(74)	11(75)	12(63)	13(61)	14(67)
1	74	João Magalhães [6593] ESCarlosAmaral	27:34	0:59 0:59 23:04 2:10	2:47 1:48 24:47 1:43	4:04 1:17 25:12 0:25	5:18 1:14 25:34 0:22	6:10 0:52 26:42 1:08	7:22 1:12 27:18 0:36	8:13 0:51 27:34 0:16	9:30 1:17	13:55 4:25	16:19 2:24	16:57 0:38	17:58 1:01	20:05 2:07	20:54 0:49
2	465	Daniel Magalhães [6604] AEMaximinos	29:55	1:01 1:01 25:03 2:37	3:38 2:37 26:33 1:30	5:08 1:30 27:18 0:45	5:52 0:44 27:40 0:22	7:01 1:09 29:10 1:30	8:19 1:18 29:42 0:32	9:28 1:09 29:55 0:13	10:42 1:14	13:22 2:40	16:00 2:38	16:45 0:45	17:38 0:53	19:43 2:05	22:26 2:43
3	326	Gonçalo Silva [6696] AEMiguelTorga	41:45	1:06 1:06 35:56 2:55	3:20 2:14 38:18 2:22	5:15 1:55 39:04 0:46	7:19 2:04 39:41 0:37	8:39 1:20 41:03 1:22	12:42 4:03 41:34 0:31	14:12 1:30 41:45 0:11	16:12 2:00	20:17 4:05	23:58 3:41	26:03 2:05	27:41 1:38	31:18 3:37	33:01 1:43
4	2009	Pedro Silva [6696] AEMiguelTorga	49:32	1:39 1:39 42:28 4:10	6:08 4:29 45:54 3:26	8:03 1:55 46:22 0:28	9:45 1:42 46:54 0:32	13:34 3:49 48:57 2:03	16:59 3:25 49:23 0:26	18:19 1:20 49:32 0:09	20:02 1:43	28:51 8:49	31:49 2:58	32:30 0:41	33:45 1:15	36:34 2:49	38:18 1:44

Pl	Stno	Name	Time														
Juniore Masc (8)				2.4 km 20 C				<i>(cont.)</i>									
				1(49) 15(72)	2(38) 16(70)	3(31) 17(69)	4(33) 18(60)	5(40) 19(71)	6(45) 20(100)	7(42) F	8(55)	9(62)	10(74)	11(75)	12(63)	13(61)	14(67)
5	3826	Ricardo Gomes [6728] ESAlfena	50:06	1:16 43:12 2:57	5:41 45:45 2:33	7:59 46:40 0:55	10:06 47:00 0:20	12:06 49:20 2:20	14:54 49:52 0:32	16:43 50:06 0:14	20:31 3:48	26:55 6:24	31:31 4:36	34:23 2:52	35:41 1:18	38:25 2:44	40:15 1:50
6	3746	João Silva [6728] ESAlfena	59:11	10:24 52:24 2:59	15:07 54:57 2:33	17:10 55:45 0:48	19:15 56:05 0:20	21:15 58:30 2:25	24:10 59:00 0:30	25:45 59:11 0:11	29:36 3:51	36:06 6:30	40:40 4:34	43:32 2:52	44:51 1:19	47:34 2:43	49:25 1:51
7	3363	Gil Fernandes [7533] AEVilaPoucaAg	1:12:34	1:44 1:05:45 4:44	5:50 1:08:11 2:26	10:42 1:09:26 1:15	24:12 1:09:44 0:18	25:54 1:11:46 2:02	29:12 1:12:25 0:39	30:18 1:12:34 0:09	32:20 2:02	36:11 3:51	40:41 4:30	42:44 2:03	44:53 2:09	55:55 11:02	1:01:01 5:06
8	3553	Bruno Vieira [5644] EBJúlioSaúlDia	2:09:18	1:44 1:51:06 4:19	26:03 2:02:51 11:45	30:20 2:03:17 0:26	36:20 2:03:58 0:41	38:01 2:08:04 4:06	39:57 2:09:02 0:58	49:48 2:09:18 0:16	51:22 1:34	1:00:49 9:27	1:22:27 21:38	1:23:39 1:12	1:30:41 7:02	1:34:29 3:48	1:46:47 12:18
Fácil (40)				1.5 km 16 C													
				1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(34)	6(35)	7(39)	8(42)	9(51)	10(52)	11(55)	12(57)	13(58)	14(59)
1	90010	Rita Catarina Va Maia [1564] Individual POR	16:07	0:39 0:39 15:26	1:32 0:53 15:55	3:40 2:08 16:07	4:41 1:01	5:24 0:43	6:07 0:43	6:54 0:47	7:22 0:28	8:15 0:53	8:58 0:43	9:21 0:23	10:12 0:51	11:22 1:10	14:46 3:24
2	90009	João Vicente Vaz Maia [1564] Individual POR	17:02	0:43 0:43 16:10	1:42 0:59 16:47	3:39 1:57 17:02	4:35 0:56	5:12 0:37	6:01 0:49	7:08 1:07	7:44 0:36	8:46 1:02	9:37 0:51	10:13 0:36	11:02 0:49	12:10 1:08	13:10 1:00
3	3571	Carla Castro [6791] ESTomazPelayo	17:49	0:46 0:46 17:04	1:38 0:52 17:35	5:41 4:03 17:49	6:39 0:58	7:15 0:36	8:08 0:53	9:05 0:57	9:39 0:34	10:40 1:01	11:36 0:56	12:06 0:30	13:17 1:11	14:20 1:03	15:12 0:52
4	3572	Barbara Barbosa [6791] ESTomazPelayo	17:50	0:48 0:48 17:06	1:35 0:47 17:36	5:40 4:05 17:50	6:41 1:01	7:18 0:37	8:10 0:52	9:07 0:57	9:36 0:29	10:42 1:06	11:38 0:56	12:09 0:31	13:19 1:10	14:24 1:05	15:17 0:53
5	3336	Laura Barreiro d Silva [6639] EBSParedesCo	19:32	0:41 0:41 18:55	2:03 1:22 19:18	4:14 2:11 19:32	6:26 2:12	7:00 0:34	8:01 1:01	10:13 2:12	10:40 0:27	12:07 1:27	13:24 1:17	13:49 0:25	14:29 0:40	15:47 1:18	17:55 2:08
6	3911	Jorge André Ribeiro [5644] EBJúlioSaúlDia	20:28	0:43 0:43 19:57	2:48 2:05 20:17	5:16 2:28 20:28	7:26 2:10	7:59 0:33	9:00 1:01	11:09 2:09	11:38 0:29	13:07 1:29	14:20 1:13	14:45 0:25	15:28 0:43	16:47 1:19	18:56 2:09
7	90052	Afonso Cunha [1564] Individual POR	20:42	1:09 1:09 20:03	2:40 1:31 20:30	4:55 2:15 20:42	6:24 1:29	7:06 0:42	8:21 1:15	10:12 1:51	10:46 0:34	12:09 1:23	13:11 1:02	13:51 0:40	14:45 0:54	17:23 2:38	18:42 1:19
8	3629	Jéssica Esteves [6677] AEGomesMonte	22:27	3:10 3:10 21:07	5:13 2:03 22:10	7:03 1:50 22:27	8:17 1:14	9:04 0:47	9:52 0:48	11:02 1:10	11:31 0:29	12:42 1:11	13:36 0:54	14:02 0:26	16:01 1:59	17:11 1:10	19:10 1:59
9	3785	Maria Pedrosa [6792] AEDomPedrol	25:45	0:46 0:46 25:05	3:58 3:12 25:28	5:46 1:48 25:45	6:49 1:03	7:40 0:51	8:56 1:16	11:07 2:11	11:36 0:29	13:28 1:52	18:19 4:51	18:38 0:19	21:31 2:53	22:33 1:02	24:12 1:39
10	4000	GUILHERME AVELIN C [8328] ES Monserrate	26:29	3:16 3:16 25:46	4:49 1:33 26:13	8:49 4:00 26:29	10:18 1:29	11:17 0:59	12:32 1:15	14:21 1:49	15:14 0:53	16:59 1:45	18:29 1:30	18:54 0:25	20:49 1:55	22:25 1:36	24:35 2:10
11	4001	HUGO ALEXANDRE R [8328] ES Monserrate	26:44	3:17 3:17 25:50	4:54 1:37 26:17	8:49 3:55 26:44	10:22 1:33	11:17 0:55	12:37 1:20	14:17 1:40	15:12 0:55	17:02 1:50	18:29 1:27	18:54 0:25	20:48 1:54	22:24 1:36	24:33 2:09
12	3325	Lara Rafaela Rod Soai [6639] EBSParedesCo	27:19	1:19 1:19 26:40	2:56 1:37 27:04	6:23 3:27 27:19	7:56 1:33	9:27 1:31	11:22 1:55	13:16 1:54	14:13 0:57	15:28 1:15	16:45 1:17	17:13 0:28	18:25 1:12	20:44 2:19	22:59 2:15
13	3545	José Silva [1000] Individual POR	28:04	1:20 1:20 27:06	3:07 1:47 27:47	7:08 4:01 28:04	8:32 1:24	9:48 1:16	11:25 1:37	13:35 2:10	14:26 0:51	16:38 2:12	18:05 1:27	18:42 0:37	20:19 1:37	22:51 2:32	25:41 2:50
14	23591	Susana Ferreira Ana F [6722] EBEugénioAndr	28:34	1:30 1:30 27:01	3:13 1:43 27:59	7:29 4:16 28:34	9:24 1:55	10:28 1:04	11:48 1:20	13:05 1:17	14:07 1:02	16:40 2:33	18:27 1:47	19:03 0:36	20:29 1:26	22:23 1:54	24:00 1:37
14	90040	Rodrigo Salgado [1564] Individual POR	28:34	0:51 0:51 28:01	4:56 4:05 28:24	6:14 1:18 28:34	7:25 1:11	8:06 0:41	11:35 3:29	12:55 1:20	13:25 0:30	14:48 1:23	15:44 0:56	22:44 7:00	23:40 0:56	24:36 0:56	25:45 1:09
16	3909	Francisco Cleto [7533] AEVilaPoucaAg	28:57	1:38 1:38 28:01	5:51 4:13 28:37	8:22 2:31 28:57	9:26 1:04	11:12 1:46	12:22 1:10	14:30 2:08	15:17 0:47	17:35 2:18	19:01 1:26	19:33 0:32	21:15 1:42	23:39 2:24	26:34 2:55
17	3996	ANA LUÍS SIMÕES SO [8328] ES Monserrate	28:59	1:19 1:19 27:23	3:27 2:08 28:19	7:40 4:13 28:59	10:23 2:43	12:24 2:01	13:42 1:18	15:31 1:49	16:24 0:53	18:17 1:53	19:39 1:22	20:11 0:32	21:57 1:46	23:41 1:44	25:49 2:08

Pl	Stno	Name	Time															
<i>Fácil (40)</i>			<i>1.5 km</i>	<i>16 C</i>	<i>(cont.)</i>													
			1(77) 15(65)	2(78) 16(100)	3(46) F	4(40)	5(34)	6(35)	7(39)	8(42)	9(51)	10(52)	11(55)	12(57)	13(58)	14(59)		
17	3998	GONÇALO GUILHERM [8328] ES Monserrate	28:59	1:16 1:16 27:18 1:29	2:57 1:41 28:20 1:02	7:33 4:36 28:59 0:39	10:18 2:45	12:24 2:06	13:43 1:19	15:31 1:48	16:19 0:48	18:12 1:53	19:41 1:29	20:14 0:33	21:57 1:43	23:37 1:40	25:49 2:12	
19	3630	Daniela Serafim [6677] AEGomesMonte	29:44	0:57 0:57 28:55 1:01	2:11 1:14 29:27 0:32	5:17 3:06 29:44 0:17	6:42 1:25	9:51 3:09	18:44 8:53	19:33 0:49	20:16 0:43	21:42 1:26	23:17 1:35	23:46 0:29	25:10 1:24	26:35 1:25	27:54 1:19	
20	23907	Leandro Mota [7533] AEVilaPoucaAg	30:40	1:10 1:10 30:04 1:12	3:50 2:40 30:27 0:23	6:53 3:03 30:40 0:13	8:24 1:31	9:25 1:01	16:38 7:13	19:51 3:13	20:35 0:44	21:55 1:20	23:16 1:21	23:53 0:37	25:05 1:12	27:28 2:23	28:52 1:24	
21	3653	Sofia Dias [6728] ESAlfena	32:42	2:11 2:11 31:04 2:12	4:27 2:16 32:07 1:03	8:15 3:48 32:42 0:35	10:17 2:02	11:25 1:08	13:06 1:41	16:09 3:03	18:31 2:22	20:32 2:01	23:01 2:29	23:37 0:36	25:55 2:18	27:18 1:23	28:52 1:34	
22	4002	ANDRÉ FILIPE LIM PE [8328] ES Monserrate	32:58	1:30 1:30 31:18 1:57	3:46 2:16 32:17 0:59	8:20 4:34 32:58 0:41	10:18 1:58	12:24 2:06	14:12 1:48	17:50 3:38	18:52 1:02	20:59 2:07	22:38 1:39	23:21 0:43	24:53 1:32	26:53 2:00	29:21 2:28	
23	3824	NunoC+SantiagoA [6698] ESDrAntGranjo	38:13	1:09 1:09 37:25 2:41	2:54 1:45 37:54 0:29	18:06 15:12 38:13 0:19	19:52 1:46	21:12 1:20	23:14 2:02	25:56 2:42	26:36 0:40	28:01 1:25	29:36 1:35	30:12 0:36	31:35 1:23	33:22 1:47	34:44 1:22	
24	3678	Cláudia Santos [6754] EB23SãoRosen	38:39	1:24 1:24 37:01 2:46	4:25 3:01 38:05 1:04	9:48 5:23 38:39 0:34	12:12 2:24	14:28 2:16	18:49 4:21	20:57 2:08	21:59 1:02	24:23 2:24	26:35 2:12	27:10 0:35	28:43 1:33	32:26 3:43	34:15 1:49	
25	22157	Diana Mirra [6791] ESTomazPelayo	38:43	1:27 1:27 37:08 2:47	4:24 2:57 38:08 1:00	9:47 5:23 38:43 0:35	12:11 2:24	14:27 2:16	18:53 4:26	20:56 2:03	22:03 1:07	24:28 2:25	26:35 2:07	27:09 0:34	28:47 1:38	32:31 3:44	34:21 1:50	
26	3633	AnaB+JoanaC [6698] ESDrAntGranjo	39:44	0:51 0:51 39:00 2:58	4:00 3:09 39:26 0:26	19:35 15:35 39:44 0:18	21:15 1:40	22:40 1:25	24:30 1:50	27:27 2:57	28:03 0:36	29:27 1:24	31:06 1:39	31:43 0:37	32:46 1:03	34:13 1:27	36:02 1:49	
27	90062	Francisco Marque Gus [1564] Individual POR	40:39	2:39 2:39 38:43 2:40	6:07 3:28 39:20 0:37	11:37 5:30 40:39 1:19	13:26 1:49	16:40 3:14	19:24 2:44	20:54 1:30	22:24 1:30	25:24 3:00	27:28 2:04	29:11 1:43	31:52 2:41	33:33 1:41	36:03 2:30	
28	3542	Lídia Silva [6595] EBForjães	41:25	3:28 3:28 39:54 0:42	5:23 1:55 41:10 1:16	16:06 10:43 41:25 0:15	17:51 1:45	18:54 1:03	21:25 2:31	23:00 1:35	24:17 1:17	26:28 2:11	28:12 1:44	28:50 0:38	30:18 1:28	32:45 2:27	39:12 6:27	
29	3554	Fernando Marques [5644] EBJulioSaulDia	41:43	2:48 2:48 39:57 3:32	5:11 2:23 41:07 1:10	8:56 3:45 41:43 0:36	12:22 3:26	14:00 1:38	16:15 2:15	18:49 2:34	20:48 1:59	24:10 3:22	26:29 2:19	28:04 1:35	30:02 1:58	33:49 3:47	36:25 2:36	
30	90053	Ana Clara Barbosa [1564] Individual POR	43:38	2:49 2:49 42:37 3:40	6:30 3:41 43:23 0:46	12:50 6:20 43:38 0:15	15:31 2:41	16:53 1:22	20:46 3:53	23:56 3:10	25:24 1:28	27:01 1:37	28:43 1:42	29:29 0:46	31:37 2:08	35:45 4:08	38:57 3:12	
31	3221	Beatriz Costa [6754] EB23SãoRosen	49:21	1:06 1:06 48:31 3:27	6:34 5:28 49:05 0:34	10:19 3:45 49:21 0:16	16:10 5:51	19:30 3:20	21:22 1:52	22:59 1:37	24:01 1:02	30:58 6:57	32:46 1:48	33:17 0:31	35:14 1:57	38:00 2:46	45:04 7:04	
31	3832	Jéssica Silva [6754] EB23SãoRosen	49:21	1:04 1:04 48:29 3:34	6:32 5:28 49:04 0:35	10:24 3:52 49:21 0:17	16:07 5:43	19:27 3:20	21:21 1:54	22:56 1:35	23:59 1:03	30:57 6:58	32:45 1:48	33:16 0:31	35:16 2:00	38:02 2:46	44:55 6:53	
3519	Carolina Ferreira [6604] AEMaximinos	mp	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
3577	Rita Fontes [6754] EB23SãoRosen	mp	1:22 1:22 37:00 2:44	4:28 3:06 38:03 1:03	----- 38:39 0:36	12:17 7:49	14:32 2:15	18:47 4:15	20:52 2:05	21:57 1:05	24:25 2:28	26:32 2:07	27:08 0:36	28:41 1:33	32:24 3:43	34:16 1:52		
3818	João Rapagão [6722] EBEugénioAndr	mp	2:32 2:32 27:05 2:07	4:27 1:55 27:37 0:32	8:07 3:40 27:50 0:13	9:24 1:17	10:45 1:21	12:22 1:37	13:31 1:09	14:03 0:32	15:39 1:36	17:01 1:22	----- -----	20:28 3:27	22:50 2:22	24:58 2:08		
3416	Ana Reis [6975] EBSobreira	mp	----- ----- ----- -----	5:25 5:25 ----- -----	----- 1:11:46 3:46	19:17 13:52	----- 16:34 *49	1:02:41 43:24 *33	----- 59:00 *32	1:05:07 2:26 *48	----- ----- -----	1:08:00 2:53 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----		
3991	Francisco Sousa [6639] EBSParedesCo	mp	----- ----- ----- -----	3:00 3:00 27:06 1:48	6:23 3:23 27:20 0:14	----- -----	9:28 3:05	----- -----	13:19 3:51	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	25:18 11:59	
2365	Ana Matilde Silva [6593] ESCarlosAmaral	mp	1:08 1:08 26:12 1:17	3:12 2:04 26:38 0:26	9:29 6:17 26:52 0:14	11:28 1:59	12:49 1:21	13:52 1:03	16:25 2:33	17:28 1:03	19:17 1:49	20:45 1:28	21:40 0:55	----- -----	23:51 2:11	24:55 1:04		
3570	Daniel Silva [6791] ESTomazPelayo	mp	0:52 0:52 22:16 1:54	1:42 0:50 22:35 0:19	4:24 2:42 22:49 0:14	5:21 0:57	7:09 1:48	9:12 2:03	10:38 1:26	11:48 1:10	----- -----	----- -----	16:01 4:13	17:08 1:07	18:56 1:48	20:22 1:26		

Pl	Stno	Name	Time															
Difícil (27)				2.4 km 20 C														
				1(54)	2(49)	3(38)	4(31)	5(33)	6(36)	7(45)	8(48)	9(56)	10(67)	11(76)	12(75)	13(74)	14(63)	
				15(73)	16(72)	17(69)	18(70)	19(71)	20(100)	F								
1	90022	Joaquim Sousa [070] COC	23:26	1:11	1:54	3:50	5:10	6:11	6:41	8:00	8:55	10:28	13:13	14:12	14:59	15:43	16:35	
				1:11	0:43	1:56	1:20	1:01	0:30	1:19	0:55	1:33	2:45	0:59	0:47	0:44	0:52	
				18:40	19:40	21:11	21:52	22:35	23:10	23:26								
				2:08	0:57	1:31	0:41	0:43	0:35	0:16								
2	90024	Verónica Fradique [052] GD4C	29:55	1:18	2:06	4:11	6:00	7:05	7:42	9:53	10:50	12:51	16:22	17:53	19:15	20:51	21:58	
				1:18	0:48	2:05	1:49	1:05	0:37	2:11	0:57	2:01	3:31	1:31	1:22	1:36	1:07	
				24:35	25:40	27:24	28:16	29:10	29:43	29:55								
				2:37	1:05	1:44	0:52	0:54	0:33	0:12								
3	90016	Nelson S. Pinto [167] NAST	32:50	1:55	2:41	5:49	8:15	9:56	10:55	12:53	13:55	16:02	19:47	21:11	22:33	23:55	24:53	
				1:55	0:46	3:08	2:26	1:41	0:59	1:58	1:02	2:07	3:45	1:24	1:22	1:22	0:58	
				27:42	28:50	30:34	31:12	32:03	32:37	32:50								
				2:49	1:08	1:44	0:38	0:51	0:34	0:13								
4	90046	André Baptista [1564] Individual POR	33:53	1:16	2:13	4:26	6:27	7:34	8:15	12:24	13:29	15:27	20:32	22:03	22:57	24:05	25:08	
				1:16	0:57	2:13	2:01	1:07	0:41	4:09	1:05	1:58	5:05	1:31	0:54	1:08	1:03	
				28:20	29:28	31:21	32:02	33:07	33:41	33:53								
				3:12	1:08	1:53	0:41	1:05	0:34	0:12								
5	90023	Bruno André [119] OriMarão	34:02	1:21	2:26	5:03	6:56	8:35	9:20	11:35	13:16	15:05	18:53	20:41	21:44	25:14	26:09	
				1:21	1:05	2:37	1:53	1:39	0:45	2:15	1:41	1:49	3:48	1:48	1:03	3:30	0:55	
				28:46	30:05	31:40	32:28	33:14	33:49	34:02								
				2:37	1:19	1:35	0:48	0:46	0:35	0:13								
6	90004	Paulo Silva [052] GD4C	34:30	3:11	4:11	6:38	9:14	10:21	11:26	13:20	14:23	16:20	19:54	21:18	22:19	23:22	24:31	
				3:11	1:00	2:27	2:36	1:07	1:05	1:54	1:03	1:57	3:34	1:24	1:01	1:03	1:09	
				27:40	28:49	32:02	32:42	33:42	34:18	34:30								
				3:09	1:09	3:13	0:40	1:00	0:36	0:12								
7	90025	Vitor Miguel Car Silva [1564] Individual POR	35:18	1:31	2:35	6:14	8:06	9:09	10:10	12:57	15:23	17:20	20:32	22:27	23:49	24:54	25:48	
				1:31	1:04	3:39	1:52	1:03	1:01	2:47	2:26	1:57	3:12	1:55	1:22	1:05	0:54	
				28:42	29:50	31:57	33:56	34:37	35:08	35:18								
				2:54	1:08	2:07	1:59	0:41	0:31	0:10								
8	3105	Filipe Marques [8299] AEPBS-Joane	35:23	2:33	3:42	7:42	10:11	11:16	12:09	13:50	15:14	17:54	22:09	23:33	24:32	25:33	26:37	
				2:33	1:09	4:00	2:29	1:05	0:53	1:41	1:24	2:40	4:15	1:24	0:59	1:01	1:04	
				29:25	30:35	32:15	33:03	34:35	35:11	35:23								
				2:48	1:10	1:40	0:48	1:32	0:36	0:12								
9	90000	Raquel Ferreira [1564] Individual POR	35:33	3:57	5:24	7:53	10:18	11:16	12:01	14:18	15:15	17:05	20:26	22:01	23:24	24:32	25:27	
				3:57	1:27	2:29	2:25	0:58	0:45	2:17	0:57	1:50	3:21	1:35	1:23	1:08	0:55	
				28:25	29:33	33:06	33:45	34:40	35:20	35:33								
				2:58	1:08	3:33	0:39	0:55	0:40	0:13								
10	90015	José Marco [167] NAST	36:52	2:31	3:59	6:22	9:00	10:26	11:15	13:22	15:56	18:27	21:31	23:21	24:25	25:33	27:53	
				2:31	1:28	2:23	2:38	1:26	0:49	2:07	2:34	2:31	3:04	1:50	1:04	1:08	2:20	
				31:18	32:42	34:12	35:06	36:06	36:41	36:52								
				3:25	1:24	1:30	0:54	1:00	0:35	0:11								
11	90026	Vasco Fernandes [052] GD4C	37:49	4:32	5:49	7:56	10:26	11:34	12:14	15:40	16:46	19:30	23:13	24:59	26:11	27:50	28:57	
				4:32	1:17	2:07	2:30	1:08	0:40	3:26	1:06	2:44	3:43	1:46	1:12	1:39	1:07	
				31:20	32:40	35:34	36:06	37:04	37:36	37:49								
				2:23	1:20	2:54	0:32	0:58	0:32	0:13								
12	90018	Alberto César [052] GD4C	39:55	2:00	3:17	6:14	8:20	9:40	10:41	15:51	17:30	19:58	23:52	25:27	27:03	29:02	30:08	
				2:00	1:17	2:57	2:06	1:20	1:01	5:10	1:39	2:28	3:54	1:35	1:36	1:59	1:06	
				33:19	34:39	36:25	38:00	39:01	39:41	39:55								
				3:11	1:20	1:46	1:35	1:01	0:40	0:14								
13	90001	Vasco Vinhas [1564] Individual POR	41:16	2:21	4:10	6:45	8:45	10:36	11:10	13:17	14:29	16:51	21:36	24:06	26:07	27:24	28:29	
				2:21	1:49	2:35	2:00	1:51	0:34	2:07	1:12	2:22	4:45	2:30	2:01	1:17	1:05	
				31:51	36:20	38:10	39:02	40:22	41:03	41:16								
				3:22	4:29	1:50	0:52	1:20	0:41	0:13								
14	3359	Ricardo Vaz [8299] AEPBS-Joane	41:26	2:24	5:48	11:54	13:44	15:24	16:15	18:24	19:37	23:31	27:21	28:48	30:00	31:17	32:32	
				2:24	3:24	6:06	1:50	1:40	0:51	2:09	1:13	3:54	3:50	1:27	1:12	1:17	1:15	
				35:04	36:28	39:07	39:40	40:42	41:14	41:26								
				2:32	1:24	2:39	0:33	1:02	0:32	0:12								
15	90007	Pedro Tiago Gomes [159] COAL	42:02	1:50	3:18	6:31	9:04	10:11	11:14	13:32	16:14	18:14	25:05	26:45	27:51	29:35	31:49	
				1:50	1:28	3:13	2:33	1:07	1:03	2:18	2:42	2:00	6:51	1:40	1:06	1:44	2:14	
				34:38	35:51	38:32	39:57	41:06	41:48	42:02								
				2:49	1:13	2:41	1:25	1:09	0:42	0:14								
16	2478	Nuno Ferreira [8299] AEPBS-Joane	42:32	3:27	6:52	12:58	14:49	16:22	17:11	19:27	20:30	24:45	28:28	29:50	31:06	32:20	33:28	
				3:27	3:25	6:06	1:51	1:33	0:49	2:16	1:03	4:15	3:43	1:22	1:16	1:14	1:08	
				36:08	37:27	40:14	40:43	41:41	42:18	42:32								
				2:40	1:19	2:47	0:29	0:58	0:37	0:14								
17	90002	José João Ferreira [119] OriMarão	43:56	3:56	5:27	8:44	12:40	13:57	14:54	17:42	19:05	21:25	28:05	30:07	31:38	33:14	34:23	
				3:56	1:31	3:17	3:56	1:17	0:57	2:48	1:23	2:20	6:40	2:02	1:31	1:36	1:09	
				38:15	39:37	41:14	41:58	42:54	43:39	43:56								
				3:52	1:22	1:37	0:44	0:56	0:45	0:17								
18	500	Gonçalo Rodrigues [6772] AEEValongo	44:26	1:42	3:10	5:57	8:03	10:47	11:46	16:44	18:17	20:48	25:35	27:20	29:17	30:48	33:16	
				1:42	1:28	2:47	2:06	2:44	0:59	4:58	1:33	2:31	4:47	1:45	1:57	1:31	2:28	
				37:18	38:22	41:07	42:07	43:27	44:09	44:26								
				4:02	1:04	2:45	1:00	1:20	0:42	0:17								
19	1810	Octávio Andrade [102] .COM	44:44	1:22	2:08	7:02	12:50	13:51	14:42	16:27	17:25	20:21	28:47	30:11	31:07	35:27	36:25	
				1:22	0:46	4:54	5:48	1:01	0:51	1:45	0:58	2:56	8:26	1:24	0:56	4:20	0:58	
				39:34	40:40	42:17	43:03	43:55	44:30	44:44								
				3:09	1:06	1:37	0:46	0:52	0:35	0:14								
20	90021	Helena Sousa [119] OriMarão	49:26	3:03	4:42	8:05	11:28	13:13	14:35	20:21	23:08	26:21	31:08	33:34	34:58	37:32	38:41	
				3:03	1:39	3:23	3:23	1:45	1:22	5:46	2:47	3:13	4:47	2:26	1:24	2:34	1:09	
				42:51	44:21	46:16	47:09	48:11	49:01	49:26								
				4:10	1:30	1:55	0:53	1:02	0:50	0:25								
21	90048	Daniel Silva [1564] Individual POR	1:14:31	2:44	4:44	11:14	13:53	16:08	17:27	21:46	26:16	28:42	51:53	55:13	57:19	59:08	1:00:30	
				2:44	2:00	6:30	2:39	2:15	1:19	4:19	4:30	2:26	23:11	3:20	2:06	1:49	1:22	
				1:06:17	1:08:04	1:10:41	1:11:51	1:13:41	1:14:20	1:14:31								
				5:47	1:47	2:37	1:10	1										

Pl	Stno	Name	Time														
Difícil (27)				2.4 km 20 C			<i>(cont.)</i>										
				1(54)	2(49)	3(38)	4(31)	5(33)	6(36)	7(45)	8(48)	9(56)	10(67)	11(76)	12(75)	13(74)	14(63)
				15(73)	16(72)	17(69)	18(70)	19(71)	20(100)	F							
3744		Bárbara Carvalho	mp	----	5:24	----	----	----	----	----	19:51	----	----	----	----	----	----
		[6602] ExtDelfimFerrei			5:24						14:27						
				----	43:16	46:11	48:16	----	51:02	51:38							
					23:25	2:55	2:05		2:46	0:36							
2292		Eduardo Silva	mp	----	5:20	----	----	----	----	----	19:36	----	----	----	----	----	----
		[6602] ExtDelfimFerrei			5:20						14:16						
				----	43:13	46:06	48:12	----	51:01	51:31							
					23:37	2:53	2:06		2:49	0:30							
1542		Marco António	mp	----	5:06	----	----	----	----	----	19:27	----	----	----	----	----	----
		[6602] ExtDelfimFerrei			5:06						14:21						
				----	42:53	46:41	48:08	----	50:14	50:27							
					23:26	3:48	1:27		2:06	0:13							
90047		Cristiano Gomes	mp	7:32	9:35	13:12	18:12	----	----	----	----	----	----	----	----	----	----
		[1564] Individual POR															
				7:32	2:03	3:37	5:00										
				----	----	----	----										
90049		Rui Silva	mp	2:13	3:32	8:35	11:41	14:44	15:33	17:34	23:42	26:55	----	----	----	----	----
		[6593] ESCarlosAmaral															
				2:13	1:19	5:03	3:06	3:03	0:49	2:01	6:08	3:13					
				----	----	----	----	----	----	----							