

Pl	Stno	Name	Time															
Open Longo (13)				3.8 km 15 m 24 C														
				1(58)	2(57)	3(51)	4(48)	5(45)	6(41)	7(39)	8(38)	9(40)	10(42)	11(44)	12(46)	13(47)	14(50)	
				15(49)	16(54)	17(56)	18(63)	19(60)	20(55)	21(52)	22(59)	23(61)	24(100)	F				
1	90183	Paulo Soares Ecowala Ecowala	27:50	1:05	1:32	2:18	4:01	4:31	6:32	8:31	8:47	10:02	13:03	13:57	15:31	17:06	18:34	
				1:05	0:27	0:46	1:43	0:30	2:01	1:59	0:16	1:15	3:01	0:54	1:34	1:35	1:28	
				19:30	20:17	22:27	23:17	23:59	24:50	25:46	26:28	27:07	27:31	27:50				
				0:56	0:47	2:10	0:50	0:42	0:51	0:56	0:42	0:39	0:24	0:19				
2	90182	João Filipe Rio [1564] Individual POR	35:14	1:19	2:04	3:03	5:03	5:46	8:15	12:16	12:39	14:02	17:45	18:56	21:02	23:44	25:38	
				1:19	0:45	0:59	2:00	0:43	2:29	4:01	0:23	1:23	3:43	1:11	2:06	2:42	1:54	
				26:37	27:30	28:42	29:40	30:27	31:43	32:36	33:26	34:16	34:43	35:14				
				0:59	0:53	1:12	0:58	0:47	1:16	0:53	0:50	0:50	0:27	0:31				
3	90131	Candela Puime López [1851] Individual ESP	37:38	2:05	2:37	3:20	5:14	5:47	8:02	10:36	10:56	12:50	16:09	17:03	19:09	21:41	23:22	
				2:05	0:32	0:43	1:54	0:33	2:15	2:34	0:20	1:54	3:19	0:54	2:06	2:32	1:41	
				24:17	25:13	26:27	27:27	28:13	29:46	32:05	32:51	36:46	37:16	37:38				
				0:55	0:56	1:14	1:00	0:46	1:33	2:19	0:46	3:55	0:30	0:22				
4	90187	Fernando Barbedo [1564] Individual POR	40:21	1:35	2:06	2:52	4:40	5:11	8:34	10:50	11:11	12:43	16:59	18:20	20:00	22:17	23:54	
				1:35	0:31	0:46	1:48	0:31	3:23	2:16	0:21	1:32	4:16	1:21	1:40	2:17	1:37	
				24:55	25:49	27:34	28:28	29:14	37:03	37:54	38:46	39:32	39:55	40:21				
				1:01	0:54	1:45	0:54	0:46	7:49	0:51	0:52	0:46	0:23	0:26				
5	90148	CarlaB+JoséA Margari [1564] Individual POR	40:22	2:08	2:52	4:03	6:24	7:05	10:06	12:30	12:51	14:47	19:49	21:45	24:13	26:15	28:43	
				2:08	0:44	1:11	2:21	0:41	3:01	2:24	0:21	1:56	5:02	1:56	2:28	2:02	2:28	
				29:52	30:49	32:23	33:26	34:27	35:41	36:59	38:07	39:11	39:43	40:22				
				1:09	0:57	1:34	1:03	1:01	1:14	1:18	1:08	1:04	0:32	0:39				
6	90002	Júlio Nogueira [1564] Individual POR	41:25	1:23	2:04	3:36	5:58	6:37	10:12	13:20	13:45	16:11	20:31	22:01	24:30	27:12	29:19	
				1:23	0:41	1:32	2:22	0:39	3:35	3:08	0:25	2:26	4:20	1:30	2:29	2:42	2:07	
				30:33	32:08	33:27	34:52	35:53	37:13	38:29	39:31	40:26	40:55	41:25				
				1:14	1:35	1:19	1:25	1:01	1:20	1:16	1:02	0:55	0:29	0:30				
7	90139	Daniela Vilas Bo Mirar [1564] Individual POR	48:40	3:35	5:05	6:30	9:12	9:54	13:13	15:39	16:08	19:08	25:11	26:58	29:25	31:57	34:05	
				3:35	1:30	1:25	2:42	0:42	3:19	2:26	0:29	3:00	6:03	1:47	2:27	2:32	2:08	
				35:29	36:41	38:49	40:19	41:30	43:15	44:48	46:15	47:25	48:07	48:40				
				1:24	1:12	2:08	1:30	1:11	1:45	1:33	1:27	1:10	0:42	0:33				
8	90141	Isidro da Silva Mirandi [1564] Individual POR	48:41	3:36	5:03	6:28	9:05	9:45	13:10	15:30	16:09	19:04	25:09	26:55	29:22	31:55	34:06	
				3:36	1:27	1:25	2:37	0:40	3:25	2:20	0:39	2:55	6:05	1:46	2:27	2:33	2:11	
				35:27	36:38	38:49	40:17	41:30	43:12	44:48	46:09	47:22	48:05	48:41				
				1:21	1:11	2:11	1:28	1:13	1:42	1:36	1:21	1:13	0:43	0:36				
9	90186	Joaquim Simões [1564] Individual POR	53:29	2:35	3:21	4:23	6:24	7:05	11:34	14:02	14:27	16:07	25:07	26:08	28:08	30:33	32:18	
				2:35	0:46	1:02	2:01	0:41	4:29	2:28	0:25	1:40	9:00	1:01	2:00	2:25	1:45	
				33:29	36:58	38:20	39:22	40:20	44:35	45:47	51:00	52:35	53:04	53:29				
				1:11	3:29	1:22	1:02	0:58	4:15	1:12	5:13	1:35	0:29	0:25				
10	90070	Mª Helena+Caroli Mati [9493] CHM	1:24:59	6:57	9:43	12:11	16:40	17:58	23:39	28:54	29:24	32:10	42:06	44:37	50:38	56:01	1:00:56	
				6:57	2:46	2:28	4:29	1:18	5:41	5:15	0:30	2:46	9:56	2:31	6:01	5:23	4:55	
				1:03:04	1:05:32	1:08:44	1:10:50	1:12:33	1:14:46	1:17:05	1:20:32	1:22:24	1:23:37	1:24:59				
				2:08	2:28	3:12	2:06	1:43	2:13	2:19	3:27	1:52	1:13	1:22				
	90061	Jorge Brites [8970] Pé Na Rota	mp	1:17	1:58	2:53	4:40	5:09	8:27	10:14	11:51	13:43	17:31	18:33	21:41	23:48	25:35	
				1:17	0:41	0:55	1:47	0:29	3:18	1:47	1:37	1:52	3:48	1:02	3:08	2:07	1:47	
				26:36	27:28	29:29	30:21	31:06	---	37:36	38:58	39:41	40:04	40:27				
				1:01	0:52	2:01	0:52	0:45	6:30	1:22	0:43	0:23	0:23					
	90184	Ana XAvier Ecowala Ecowala	mp	1:06	1:39	2:26	5:01	5:38	---	10:22	35:12	---	---	43:14	47:24	51:49	---	
				1:06	0:33	0:47	2:35	0:37	---	4:44	24:50	---	---	8:02	4:10	4:25	---	
				---	---	---	---	---	---	---	---	---	---	---	---	20:21	29:55	
				---	---	---	---	---	---	---	---	---	---	---	---	*33	*34	
	90185	Javier Molina Ecowala Ecowala	mp	2:04	2:36	3:26	6:00	6:40	---	11:20	36:05	---	---	44:15	48:22	52:47	---	
				2:04	0:32	0:50	2:34	0:40	---	4:40	24:45	---	---	8:10	4:07	4:25	---	
				---	---	---	---	---	---	---	---	---	---	---	---	21:24	30:49	
				---	---	---	---	---	---	---	---	---	---	---	---	*33	*34	
Open Medio (35)				2.8 km 10 m 18 C														
				1(62)	2(58)	3(53)	4(48)	5(45)	6(41)	7(44)	8(47)	9(50)	10(49)	11(54)	12(55)	13(56)	14(63)	
				15(60)	16(52)	17(61)	18(100)	F										
1	90063	Xavier Brites [8970] Pé Na Rota	18:43	0:42	1:00	1:39	3:17	3:48	5:57	7:12	9:22	10:57	11:53	12:38	13:02	14:11	15:03	
				0:42	0:18	0:39	1:38	0:31	2:09	1:15	2:10	1:35	0:56	0:45	0:24	1:09	0:52	
				15:50	17:13	17:57	18:20	18:43										
				0:47	1:23	0:44	0:23	0:23										
2	90181	Ricardo Neves [1564] Individual POR	19:55	1:10	1:30	1:54	3:38	4:12	6:26	7:48	10:05	11:40	12:33	13:22	14:25	15:27	16:21	
				1:10	0:20	0:24	1:44	0:34	2:14	1:22	2:17	1:35	0:53	0:49	1:03	1:02	0:54	
				17:06	18:30	19:08	19:34	19:55										
				0:45	1:24	0:38	0:26	0:21										
3	90022	Jose Saraiva [1564] Individual POR	24:31	1:47	2:12	4:10	5:55	6:27	8:55	10:30	13:15	15:16	17:01	17:54	18:23	19:38	20:28	
				1:47	0:25	1:58	1:45	0:32	2:28	1:35	2:45	2:01	1:45	0:53	0:29	1:15	0:50	
				21:15	22:54	23:42	24:02	24:31										
				0:47	1:39	0:48	0:20	0:29										
4	90006	Manuel Dias Noites [8970] Pé Na Rota	25:00	1:14	1:35	2:12	4:01	4:39	7:19	8:35	11:39	14:16	16:12	17:11	17:39	19:01	20:19	
				1:14	0:21	0:37	1:49	0:38	2:40	1:16	3:04	2:37	1:56	0:59	0:28	1:22	1:18	
				21:14	23:00	23:54	24:27	25:00										
				0:55	1:46	0:54	0:33	0:33										
5	90060	Paulo Martins [8970] Pé Na Rota	25:05	1:20	1:40	2:18	4:14	4:52	7:30	8:46	11:52	14:26	16:18	17:18	17:44	19:06	20:17	
				1:20	0:20	0:38	1:56	0:38	2:38	1:16	3:06	2:34	1:52	1:00	0:26	1:22	1:11	
				21:19	23:07	24:01	24:32	25:05										
				1:02	1:48	0:54	0:31	0:33										
6	90023	Fernando Costa [1564] Individual POR	25:26	1:38	1:54	2:20	4:06	4:39	7:29	9:22	12:49	14:46	16:03	17:13	17:51	19:21	20:26	
				1:38	0:16	0:26	1:46	0:33	2:50	1:53	3:27	1:57	1:17	1:10	0:38	1:30	1:05	
				21:25	23:39	24:28	24:56	25:26										
				0:59	2:14	0:49	0:28	0:30										
7	90025	AlexandraC Francisco [1564] Individual POR	28:03	2:07	2:34	3:30	6:10	6:53	10:03	11:52	14:39	17:20	18:39	19:42	20:18	21:41	22:55	
				2:07	0:27	0:56	2:40	0:43	3:10	1:49	2:47	2:41	1:19	1:03	0:36	1:23	1:14	
				23:55	26:14	27:03	27:32	28:03										
				1:00	2:19	0:49	0:29	0:31										
8	90073	Ana Pinho [8970] Pé Na Rota	28:18															

Pl	Stno	Name	Time																
<i>Open Medio (35)</i>				<i>2.8 km 10 m 18 C</i>				<i>(cont.)</i>											
				1(62)	2(58)	3(53)	4(48)	5(45)	6(41)	7(44)	8(47)	9(50)	10(49)	11(54)	12(55)	13(56)	14(63)		
				15(60)	16(52)	17(61)	18(100)	F											
9	90066	José Nogueira [1564] Individual POR	28:36	3:14 3:14 25:10 0:53	3:40 0:26 26:54 1:44	4:16 0:36 27:46 0:52	6:45 2:29 28:08 0:22	7:19 0:34 28:36 0:28	10:04 2:45	12:04 2:00	16:49 4:45	19:31 2:42	20:37 1:06	21:34 0:57	21:59 0:25	23:23 1:24	24:17 0:54		
10	90031	Antónia Brito [6595] EBForjães	33:13	1:03 1:03 28:42 1:41	1:26 0:23 31:02 2:20	2:16 0:50 32:18 1:16	4:46 2:30 32:51 0:33	5:23 0:37 33:13 0:22	9:21 3:58	11:29 2:08	17:51 6:22	20:10 2:19	21:24 1:14	22:31 1:07	23:32 1:01	25:55 2:23	27:01 1:06		
11	90170	Nuno Nogueira [1564] Individual POR	34:56	2:03 2:03 30:16 1:07	2:29 0:26 32:51 2:35	3:16 0:47 33:49 0:58	5:56 2:40 34:21 0:32	6:49 0:53 34:56 0:35	13:22 6:33	15:21 1:59	18:51 3:30	22:02 3:11	23:40 1:38	25:10 1:30	26:16 1:06	27:49 1:33	29:09 1:20		
12	90169	Luciana Fradique [1564] Individual POR	34:57	2:05 2:05 30:13 1:01	2:31 0:26 32:50 2:37	3:16 0:45 33:49 0:59	5:58 2:42 34:20 0:31	6:48 0:50 34:57 0:37	13:25 6:37	15:19 1:54	18:54 3:35	22:01 3:07	23:39 1:38	25:10 1:31	26:18 1:08	27:51 1:33	29:12 1:21		
13	6043	Gabriela Gonçalves [167] NAST	35:29	2:16 2:16 31:07 1:26	2:55 0:39 33:20 2:13	3:37 0:42 34:23 1:03	8:09 4:32 34:56 0:33	9:14 1:05 35:29 0:33	13:25 4:11	15:58 2:33	19:26 3:28	22:09 2:43	23:31 1:22	24:48 1:17	26:23 1:35	28:25 2:02	29:41 1:16		
14	90032	Fábio Novo [6595] EBForjães	38:43	1:59 1:59 33:06 1:02	2:33 0:34 36:18 3:12	3:22 0:49 37:33 1:15	6:13 2:51 38:21 0:48	7:20 1:07 38:43 0:22	11:07 3:47	13:11 2:04	18:58 5:47	21:53 2:55	24:25 2:32	27:03 2:38	28:43 1:40	30:55 2:12	32:04 1:09		
15	90188	Marta Lerenó [1564] Individual POR	39:16	1:40 1:40 33:44 1:13	2:04 0:24 36:36 2:52	3:36 1:32 38:12 1:36	6:16 2:40 38:46 0:34	7:04 0:48 39:16 0:30	10:14 3:10	11:50 1:36	17:19 5:29	21:10 3:51	24:20 3:10	28:23 4:03	28:54 0:31	31:07 2:13	32:31 1:24		
16	90193	José Pedro Feijão [1564] Individual POR	41:39	2:38 2:38 36:25 1:06	3:08 0:30 38:48 2:23	4:25 1:17 40:15 1:27	6:41 2:16 40:44 0:29	7:27 0:46 41:39 0:55	20:59 13:32	22:34 1:35	25:49 3:15	28:31 2:42	30:07 1:36	31:15 1:08	31:57 0:42	33:58 2:01	35:19 1:21		
17	90192	João Feijão [1564] Individual POR	41:40	2:31 2:31 36:17 1:04	3:07 0:36 38:59 2:42	4:27 1:20 40:09 1:10	6:33 2:06 40:39 0:30	7:27 0:54 41:40 1:01	20:46 13:19	22:46 2:00	25:55 3:09	28:20 2:25	30:03 1:43	31:14 1:11	31:56 0:42	33:57 2:01	35:13 1:16		
18	90190	Palmira Dulce [1564] Individual POR	43:20	5:06 5:06 37:57 1:37	5:31 0:25 40:38 2:41	7:04 1:33 41:51 1:13	10:17 3:13 42:31 0:40	11:11 0:54 43:20 0:49	15:19 4:08	18:07 2:48	25:37 7:30	28:08 2:31	30:01 1:53	31:37 1:36	32:24 0:47	34:29 2:05	36:20 1:51		
19	90059	Sara Alves [8970] Pé Na Rota	43:55	1:37 1:37 38:10 1:43	1:59 0:22 41:10 3:00	2:38 0:39 42:38 1:28	5:23 2:45 43:17 0:39	6:01 0:38 43:55 0:38	9:38 3:37	12:01 2:23	15:30 3:29	26:13 10:43	28:23 2:10	30:46 2:23	31:52 1:06	35:03 3:11	36:27 1:24		
20	90057	Catarina Dias Noites [8970] Pé Na Rota	43:59	1:39 1:39 38:18 1:37	2:08 0:29 41:19 3:01	2:53 0:45 42:41 1:22	5:28 2:35 43:25 0:44	6:13 0:45 43:59 0:34	9:50 3:37	12:38 2:48	16:14 3:36	26:37 10:23	28:38 2:01	30:55 2:17	32:00 1:05	35:15 3:15	36:41 1:26		
21	90062	Ana Quaresma [8970] Pé Na Rota	44:07	1:50 1:50 38:24 1:40	2:09 0:19 41:27 3:03	2:56 0:47 42:51 1:24	5:35 2:39 43:34 0:43	6:15 0:40 44:07 0:33	9:56 3:41	12:16 2:20	15:44 3:28	26:33 10:49	28:36 2:03	31:04 2:28	32:04 1:00	35:21 3:17	36:44 1:23		
22	90056	Clara Costa [8970] Pé Na Rota	44:10	1:49 1:49 38:25 1:39	2:10 0:21 41:26 3:01	2:58 0:48 42:47 1:21	5:35 2:37 43:33 0:46	6:22 0:47 44:10 0:37	9:58 3:36	12:43 2:45	16:19 3:36	26:42 10:23	28:43 2:01	30:58 2:15	32:05 1:07	35:21 3:16	36:46 1:25		
23	90003	Márcia Barbosa [1564] Individual POR	45:06	4:01 4:01 38:24 1:35	4:39 0:38 41:38 3:14	5:34 0:55 43:13 1:35	9:11 3:37 44:07 0:54	10:23 1:12 45:06 0:59	15:28 5:05	18:40 3:12	23:35 4:55	26:41 3:06	28:50 2:09	30:41 1:51	31:41 1:00	34:48 3:07	36:49 2:01		
24	90125	Francisca Garcia [9506] M M	47:42	2:22 2:22 39:23 1:54	3:05 0:43 43:30 4:07	4:38 1:33 45:27 1:57	8:28 3:50 46:33 1:06	9:41 1:13 47:42 1:09	14:57 5:16	18:42 3:45	23:57 5:15	27:14 3:17	29:26 2:12	31:33 2:07	32:35 1:02	35:19 2:44	37:29 2:10		
25	90124	Lúisa Queiroz [9506] M M	51:55	6:36 6:36 43:37 1:54	7:20 0:44 47:41 4:04	8:49 1:29 49:38 1:57	12:44 3:55 50:47 1:06	13:52 1:08 51:55 1:08	19:07 5:15	22:53 3:46	28:08 5:15	31:25 3:17	33:43 2:18	35:45 2:02	36:47 1:02	39:30 2:43	41:43 2:13		
26	90050	Mariana Félix [6595] EBForjães	57:19	20:43 20:43 52:22 1:33	21:03 0:20 54:47 2:25	21:52 0:49 56:21 1:34	24:50 2:58 56:57 0:36	25:56 1:06 57:19 0:22	29:51 3:55	31:50 1:59	37:36 5:46	40:22 2:46	43:00 2:38	45:38 2:38	47:16 1:38	49:35 2:19	50:49 1:14		
27	90127	Luz Garcia [9506] M M	58:10	6:01 6:01 49:08 1:58	6:58 0:57 53:38 4:30	8:37 1:39 55:38 2:00	15:05 6:28 56:51 1:13	16:24 1:19 58:10 1:19	21:34 5:10	25:15 3:41	30:17 5:02	33:56 3:39	36:25 2:29	40:46 4:21	41:53 1:07	44:44 2:51	47:10 2:26		
28	3573	Ismael Rodrigues [167] NAST	58:27	10:22 10:22 53:28 6:19	10:41 0:19 57:08 3:40	12:24 1:43 57:47 0:39	19:26 7:02 58:06 0:19	19:59 0:33 58:27 0:21	22:59 3:00	25:20 2:21	28:08 2:48	38:03 9:55	41:56 3:53	43:14 1:18	44:09 0:55	45:52 1:43	47:09 1:17		
29	90191	Elisabete Filipa [1564] Individual POR	1:00:26	8:00 8:00 55:05 1:49	8:47 0:47 57:26 2:21	10:32 1:45 59:06 1:40	13:37 3:05 59:40 0:34	14:34 0:57 1:00:26 0:46	28:22 13:48	32:08 3:46	37:22 5:14	40:01 2:39	42:50 2:49	44:28 1:38	46:43 2:15	51:22 4:39	53:16 1:54		
30	90149	Fernanda Fradique [1564] Individual POR	1:03:56	15:53 15:53 55:11 1:26	16:49 0:56 1:00:37 5:26	19:11 2:22 1:02:12 1:35	22:40 3:29 1:03:09 0:57	23:31 0:51 1:03:56 0:47	34:42 11:11	37:06 2:24	40:38 3:32	43:33 2:55	45:13 1:40	48:05 2:52	49:07 1:02	51:52 2:45	53:45 1:53		

Pl	Stno	Name	Time														
Open Medio (35)			2.8 km 10 m 18 C			<i>(cont.)</i>											
			1(62) 15(60)	2(58) 16(52)	3(53) 17(61)	4(48) 18(100)	5(45) F	6(41)	7(44)	8(47)	9(50)	10(49)	11(54)	12(55)	13(56)	14(63)	
30	90150	Manuel Fradique [1564] Individual POR	1:03:56	15:59 15:59 55:17 1:28	16:50 0:51 1:00:41 5:24	19:25 2:35 1:02:12 1:31	22:40 3:15 1:03:10 0:58	23:35 0:55 1:03:56 0:46	34:46 11:11	37:05 2:19 1:03:16 *100	40:39 3:34	43:34 2:55	45:13 1:39	48:00 2:47	49:07 1:07	51:56 2:49	53:49 1:53
32	90067	Tomé Carvalho [6595] EBForjães	1:07:04	8:28 8:28 55:47 2:34	9:41 1:13 58:33 2:46	11:21 1:40 1:06:10 7:37	13:59 2:38 1:06:37 0:27	14:43 0:44 1:07:04 0:27	18:40 3:57	20:28 1:48	29:55 9:27	33:46 3:51	43:47 10:01	45:20 1:33	47:39 2:19	51:13 3:34	53:13 2:00
90082	Catarina Ribeiro [6595] EBForjães	mp	2:19 2:19 39:38 1:00	2:48 0:29 43:13 3:35	3:27 0:39 ---- ----	10:00 6:33 45:02 1:49	10:43 0:43 45:23 0:21	14:12 3:29	16:54 2:42	21:07 4:13	24:54 3:47	28:56 4:02	30:52 1:56	31:36 0:44	37:23 5:47	38:38 1:15	
90126	Ana Rodrigues [9506] M M	mp	----- ----- 42:55 2:00	----- ----- 47:28 4:33	----- ----- 49:29 2:01	8:57 8:57 50:44 1:15	10:16 1:19 52:01 1:17	15:17 5:01	18:41 3:24	24:00 5:19	27:47 3:47	30:14 2:27	34:39 4:25	35:45 1:06	38:37 2:52	40:55 2:18	
90180	EvaristoM+MariaG [1564] Individual POR	dns	1:55 1:55 23:23 0:56	2:14 0:19 25:23 2:00	2:49 0:35 26:13 0:50	4:58 2:09 26:43 0:30	5:40 0:42 27:09 0:26	8:24 2:44	10:57 2:33	14:10 3:13	16:34 2:24	18:03 1:29	19:23 1:20	19:52 0:29	21:30 1:38	22:27 0:57	
Open Curto (17)			1.8 km 10 m 16 C														
			1(62) 15(61)	2(58) 16(100)	3(57) F	4(53)	5(51)	6(52)	7(50)	8(49)	9(54)	10(55)	11(56)	12(63)	13(60)	14(59)	
1	90146	Eladio Rodríguez [2782] Habelas Hainas	20:48	1:21 1:21 19:03 1:15	1:44 0:23 19:51 0:48	2:36 0:52 20:48 0:57	3:20 0:44	4:22 1:02	5:31 1:09	7:37 2:06	9:14 1:37	10:44 1:30	11:25 0:41	13:23 1:58	15:04 1:41	16:26 1:22	17:48 1:22
2	90037	Inês Laranjeira [6595] EBForjães	23:17	1:03 1:03 22:33 8:11	1:23 0:20 22:54 0:21	2:13 0:50 23:17 0:23	4:24 2:11	5:21 0:57	5:57 0:36	7:12 1:15	8:15 1:03	9:24 1:09	9:57 0:33	11:33 1:36	12:29 0:56	13:16 0:47	14:22 1:06
3	90194	Isabel Manadas [1564] Individual POR	25:25	3:36 3:36 23:13 1:37	4:13 0:37 24:24 1:11	5:51 1:38 25:25 1:01	6:28 0:37	7:22 0:54	8:30 1:08	10:29 1:59	11:58 1:29	13:16 1:18	14:18 1:02	16:46 2:28	18:39 1:53	20:27 1:48	21:36 1:09
4	90162	DáliaV+JorgeS [9508] Ori'VC	30:43	3:55 3:55 29:25 1:53	4:28 0:33 30:10 0:45	6:22 1:54 30:43 0:33	6:58 0:36	8:01 1:03	9:50 1:49	11:58 2:08	13:41 1:43	16:25 2:44	18:03 1:38	21:38 3:35	23:52 2:14	25:44 1:52	27:32 1:48
5	90087	Virginia+Rosa Susana [1564] Individual POR	36:06	1:25 1:25 34:35 1:38	1:54 0:29 35:12 0:37	2:48 0:54 36:06 0:54	6:55 4:07	11:51 4:56	12:50 0:59	14:26 1:36	16:49 2:23	18:53 2:04	19:52 0:59	21:45 1:53	23:21 1:36	32:15 8:54	32:57 0:42
6	90028	Cláudia Tomás [6595] EBForjães	36:58	7:23 7:23 35:47 1:06	7:45 0:22 36:24 0:37	10:17 2:32 36:58 0:34	10:47 0:30	13:26 2:39	20:21 6:55	24:45 4:24	26:48 2:03	28:08 1:20	29:04 0:56	31:01 1:57	32:11 1:10	33:10 0:59	34:41 1:31
7	90074	Diogo Ferreira [167] NAST	38:48	6:36 6:36 36:37 1:49	7:27 0:51 37:32 0:55	8:55 1:28 38:48 1:16	10:57 2:02	12:24 1:27	14:01 1:37	17:18 3:17	20:45 3:27	22:54 2:09	24:05 1:11	27:23 3:18	29:53 2:30	32:38 2:45	34:48 2:10
8	6106	Elisabete Miei [167] NAST	38:51	6:22 6:22 36:37 1:55	7:25 1:03 37:41 1:04	8:56 1:31 38:51 1:10	10:55 1:59	12:51 1:24	14:03 1:44	17:13 3:10	20:43 3:30	22:56 2:13	24:04 1:08	27:24 3:20	29:43 2:19	32:38 2:55	34:42 2:04
9	90075	Rui Ferreira [167] NAST	38:52	6:27 6:27 36:34 1:53	7:29 1:02 37:38 1:04	9:00 1:31 38:52 1:14	11:00 2:00	12:24 1:24	14:01 1:37	17:13 3:12	20:41 3:28	22:53 2:12	23:58 1:05	27:22 3:24	29:44 2:22	32:41 2:57	34:41 2:00
10	90034	Simão Silva [6595] EBForjães	39:30	3:48 3:48 38:26 0:58	5:10 1:22 39:01 0:35	7:18 2:08 39:30 0:29	7:36 0:18	8:56 1:20	26:15 17:19	28:05 1:50	29:40 1:35	30:58 1:18	31:56 0:58	33:52 1:56	34:59 1:07	36:02 1:03	37:28 1:26
11	90035	Simão Carvalho [6595] EBForjães	42:13	2:55 2:55 41:25 0:47	3:42 0:47 41:46 0:21	5:03 1:21 42:13 0:27	6:06 1:03	7:36 1:30	10:05 2:29	13:34 3:29	14:50 1:16	16:40 1:50	33:42 17:02	35:40 1:58	37:04 1:24	39:16 2:12	40:38 1:22
12	90140	Maria Helena Car Mira [1564] Individual POR	43:05	4:20 4:20 40:59 2:24	5:14 0:54 42:13 1:14	8:45 3:31 43:05 0:52	10:19 1:34	13:11 2:52	15:04 1:53	18:24 3:20	21:15 2:51	24:20 3:05	26:20 2:00	30:31 4:11	33:21 2:50	36:15 2:54	38:35 2:20
13	90054	Rita Nogueira [088] ADC	46:22	6:37 6:37 45:18 7:56	8:02 1:25 45:53 0:35	10:14 2:12 46:22 0:29	10:34 0:20	11:24 0:50	13:08 1:44	23:18 10:10	26:43 3:25	27:51 1:08	30:31 2:40	31:53 1:22	33:04 1:11	35:43 2:39	37:22 1:39
14	90052	Verónica Jaques [6595] EBForjães	54:47	3:26 3:26 53:40 1:14	4:28 1:02 54:18 0:38	9:26 4:58 54:47 0:29	10:03 0:37	11:22 1:19	21:14 9:52	27:45 6:31	38:36 10:51	40:05 1:29	42:37 2:32	46:32 3:55	48:09 1:37	50:41 2:32	52:26 1:45
15	90033	Guilherme Razão [6595] EBForjães	56:50	2:52 2:52 55:42 1:14	3:19 0:27 56:20 0:38	11:33 8:14 56:50 0:30	12:00 0:27	13:22 1:22	23:17 9:55	29:52 6:35	40:40 10:48	42:06 1:26	44:40 2:34	48:36 3:56	50:10 1:34	52:50 2:40	54:28 1:38
16	90189	Ricardo Gonçalve Bru [1564] Individual POR	1:23:32	5:30 5:30 1:22:42	6:26 0:56 1:23:08	7:53 1:27 1:23:32	8:44 0:51	9:52 1:08	12:11 2:19	51:43 39:32	53:11 1:28	55:34 2:23	57:32 1:58	1:01:10 3:38	1:04:04 2:54	1:08:05 4:01	1:20:02 11:57

Pl	Stno	Name	Time														
Open Curto (17)			1.8 km 10 m 16 C		<i>(cont.)</i>												
			1(62) 15(61)	2(58) 16(100)	3(57) F	4(53)	5(51)	6(52)	7(50)	8(49)	9(54)	10(55)	11(56)	12(63)	13(60)	14(59)	
			2:40	0:26	0:24												
90109	Filmena + Compinhch	dns	3:52	4:25	5:57	6:59	8:01	9:10	11:09	13:38	15:21	16:40	19:03	21:06	22:32	24:20	
	[6596] EBApulia		3:52	0:33	1:32	1:02	1:02	1:09	1:59	2:29	1:43	1:19	2:23	2:03	1:26	1:48	
			27:40	-----	29:58												
			3:20		2:18												
Formação (21)			1.8 km 10 m 16 C														
			1(62) 15(61)	2(58) 16(100)	3(57) F	4(53)	5(51)	6(52)	7(50)	8(49)	9(54)	10(55)	11(56)	12(63)	13(60)	14(59)	
1	90114	Filipa Soares	14:15	1:03	1:53	2:25	3:06	3:41	4:15	5:13	6:33	7:31	8:22	10:00	11:06	11:47	12:49
	[6596] EBApulia			1:03	0:50	0:32	0:41	0:35	0:34	0:58	1:20	0:58	0:51	1:38	1:06	0:41	1:02
				13:30	13:51	14:15											
			0:41	0:21	0:24												
2	90098	Ana Chen	15:24	1:38	1:56	3:12	3:43	4:09	4:44	5:53	6:55	7:46	8:13	9:49	10:38	11:30	12:30
	[6596] EBApulia			1:38	0:18	1:16	0:31	0:26	0:35	1:09	1:02	0:51	0:27	1:36	0:49	0:52	1:00
				14:34	14:59	15:24											
			2:04	0:25	0:25												
3	90156	João Gomes	16:44	1:24	1:44	2:27	2:54	3:32	4:15	5:31	7:13	8:26	9:40	11:16	12:15	13:12	14:37
	[5644] EBJúlioSaúlDia			1:24	0:20	0:43	0:27	0:38	0:43	1:16	1:42	1:13	1:14	1:36	0:59	0:57	1:25
				16:01	16:21	16:44											
			1:24	0:20	0:23												
4	90107	Sara Martins	18:02	1:35	2:00	2:42	3:59	4:44	5:32	6:46	8:06	9:22	9:54	12:03	13:08	14:15	15:25
	[6596] EBApulia			1:35	0:25	0:42	1:17	0:45	0:48	1:14	1:20	1:16	0:32	2:09	1:05	1:07	1:10
				16:25	17:14	18:02											
			1:00	0:49	0:48												
5	90106	Mariana Cruz	19:14	1:31	3:57	4:29	5:11	5:46	6:28	7:58	9:51	11:06	11:41	13:55	15:01	16:08	17:37
	[6596] EBApulia			1:31	2:26	0:32	0:42	0:35	0:42	1:30	1:53	1:15	0:35	2:14	1:06	1:07	1:29
				18:25	18:48	19:14											
			0:48	0:23	0:26												
6	90160	Mafalda Serra Campo	20:39	1:19	1:36	2:26	3:53	4:33	5:22	7:15	8:32	10:32	11:06	12:46	14:27	16:00	17:25
	[1564] Individual POR			1:19	0:17	0:50	1:27	0:40	0:49	1:53	1:17	2:00	0:34	1:40	1:41	1:33	1:25
				19:46	20:13	20:39											
			2:21	0:27	0:26												
7	5880	Alexandra Serra Cam	20:41	1:19	1:35	2:33	3:56	4:33	5:22	7:14	8:35	10:32	11:05	12:46	14:33	16:04	17:28
	[102] .COM			1:19	0:16	0:58	1:23	0:37	0:49	1:52	1:21	1:57	0:33	1:41	1:47	1:31	1:24
				19:48	20:16	20:41											
			2:20	0:28	0:25												
8	90094	Diogo Almeida	20:56	1:54	2:31	3:31	3:55	4:36	5:20	10:02	12:25	13:46	14:18	15:56	17:05	18:12	19:23
	[6596] EBApulia			1:54	0:37	1:00	0:24	0:41	0:44	4:42	2:23	1:21	0:32	1:38	1:09	1:07	1:11
				20:08	20:33	20:56											
			0:45	0:25	0:23												
9	6174	Duarte Reis	21:55	2:06	2:39	3:40	4:34	5:56	6:43	8:21	9:44	13:55	14:22	16:55	18:17	19:12	20:20
	[085] A Montanha			2:06	0:33	1:01	0:54	1:22	0:47	1:38	1:23	4:11	0:27	2:33	1:22	0:55	1:08
				21:08	21:34	21:55											
			0:48	0:26	0:21												
10	90157	Sérgio Gomes	22:20	2:05	2:44	4:49	5:55	7:05	8:41	10:39	12:18	13:45	14:37	16:25	17:50	19:06	20:32
	[5644] EBJúlioSaúlDia			2:05	0:39	2:05	1:06	1:10	1:36	1:58	1:39	1:27	0:52	1:48	1:25	1:16	1:26
				21:33	21:55	22:20											
			1:01	0:22	0:25												
11	90095	Delmar Gonçalves	22:34	3:23	3:50	4:52	5:15	7:29	8:22	9:49	11:14	12:54	14:03	16:26	17:32	19:23	20:30
	[6596] EBApulia			3:23	0:27	1:02	0:23	2:14	0:53	1:27	1:25	1:40	1:09	2:23	1:06	1:51	1:07
				21:37	22:09	22:34											
			1:07	0:32	0:25												
12	90154	Cristiano Silva	23:00	1:36	2:05	3:23	4:00	4:46	6:05	8:10	11:14	13:00	13:47	15:52	17:28	18:41	20:42
	[5644] EBJúlioSaúlDia			1:36	0:29	1:18	0:37	0:46	1:19	2:05	3:04	1:46	0:47	2:05	1:36	1:13	2:01
				21:53	22:33	23:00											
			1:11	0:40	0:27												
13	90055	Andre Barros	23:31	3:05	3:45	4:42	5:16	6:27	7:42	9:42	11:47	13:27	14:09	16:06	18:05	18:55	20:39
	[1564] Individual POR			3:05	0:40	0:57	0:34	1:11	1:15	2:00	2:05	1:40	0:42	1:57	1:59	0:50	1:44
				22:07	22:57	23:31											
			1:28	0:50	0:34												
14	90153	Gonçalo Sousa	24:44	1:55	2:23	3:21	4:03	4:53	6:01	7:34	8:59	13:38	13:59	16:16	18:10	19:45	22:48
	[5644] EBJúlioSaúlDia			1:55	0:28	0:58	0:42	0:50	1:08	1:33	1:25	4:39	0:21	2:17	1:54	1:35	3:03
				23:47	24:14	24:44											
			0:59	0:27	0:30												
15	90093	Daniela Jesus	25:15	3:43	4:06	7:13	7:59	9:02	10:01	11:44	13:41	14:32	18:22	20:07	21:27	22:20	23:47
	[6596] EBApulia			3:43	0:23	3:07	0:46	1:03	0:59	1:43	1:57	0:51	3:50	1:45	1:20	0:53	1:27
				24:27	24:51	25:15		4:36									
			0:40	0:24	0:24			*53									
16	90113	Edgar Vale	25:37	6:21	6:48	7:50	8:13	10:29	11:23	12:58	14:22	16:04	17:06	19:24	20:44	22:23	23:38
	[6596] EBApulia			6:21	0:27	1:02	0:23	2:16	0:54	1:35	1:24	1:42	1:02	2:18	1:20	1:39	1:15
				24:34	25:07	25:37											
			0:56	0:33	0:30												
17	90158	Rúben Pereira	33:44	3:57	4:23	5:17	6:47	10:28	11:29	13:18	14:55	19:05	25:05	26:46	28:04	29:49	31:22
	[5644] EBJúlioSaúlDia			3:57	0:26	0:54	1:30	3:41	1:01	1:49	1:37	4:10	6:00	1:41	1:18	1:45	1:33
				32:54	33:19	33:44											
			1:32	0:25	0:25												
18	90116	Leonor Rodrigues	36:42	9:52	10:22	11:15	12:07	13:00	14:51	16:21	22:08	25:18	27:07	29:26	30:25	31:54	33:18
	[6596] EBApulia			9:52	0:30	0:53	0:52	0:53	1:51	1:30	5:47	3:10	1:49	2:19	0:59	1:29	1:24
				35:38	36:18	36:42											
			2:20	0:40	0:24												
19	90159	Rita Silva	43:22	4:33	4:59	5:52	7:37	8:37	14:57	22:45	24:24	28:57	34:23	36:10	38:14	39:15	40:40
	[5644] EBJúlioSaúlDia			4:33	0:26	0:53	1:45	1:00	6:20	7:48	1:39	4:33	5:26	1:47	2:04	1:01	1:25
				42:18	42:58</												

Pl	Stno	Name	Time														
Formação (21)				1.8 km 10 m 16 C			<i>(cont.)</i>										
				1(62) 15(61)	2(58) 16(100)	3(57) F	4(53)	5(51)	6(52)	7(50)	8(49)	9(54)	10(55)	11(56)	12(63)	13(60)	14(59)
90096	Clara André [6596] EBApulia	dns	2:00 2:00 18:28 0:57	2:35 0:35 19:01 0:33	3:08 0:33 19:26 0:25	7:02 3:54	7:55 0:53	8:35 0:40	9:43 1:08	11:04 1:21	12:11 1:07	12:37 0:26	14:13 1:36	15:19 1:06	16:19 1:00	17:31 1:12	
90103	Diogo Páscoa [6596] EBApulia	dns	2:22 2:22 46:44 1:49	2:47 0:25 47:06 0:22	5:10 2:23 47:34 0:28	5:45 0:35	7:18 1:33	8:05 0:47	15:48 7:43	18:38 2:50	20:39 2:01	21:21 0:42	38:21 17:00	40:49 2:28	42:46 1:57	44:55 2:09	
Juvenis M (14)				4.8 km 20 m 16 C													
				1(57) 15(61)	2(50) 16(100)	3(55) F	4(46)	5(41)	6(37)	7(34)	8(38)	9(43)	10(47)	11(48)	12(52)	13(56)	14(63)
1	6201 José Fernandes [102] .COM	29:53	1:04 1:04 29:15 1:48	2:53 1:49 29:36 0:21	4:37 1:44 29:53 0:17	6:08 1:31	8:08 2:00	12:07 3:59	14:03 1:56	16:46 2:43	19:12 2:26	21:30 2:18	23:23 1:53	25:01 1:38	26:37 1:36	27:27 0:50	
2	6075 Tiago Pereira [167] NAST	33:28	1:23 1:23 32:45 1:56	3:17 1:54 33:03 0:18	4:56 1:39 33:28 0:25	6:40 1:44	9:12 2:32	13:02 3:50	15:19 2:17	18:08 2:49	21:43 3:35	23:59 2:16	26:08 2:09	28:05 1:57	29:59 1:54	30:49 0:50	
3	90147 Mateo Rodríguez [2782] Habelas Hainas	35:22	1:29 1:29 34:41 1:40	3:55 2:26 35:02 0:21	5:45 1:50 35:22 0:20	7:33 1:48	10:30 2:57	14:33 4:03	16:29 1:56	19:59 3:30	24:01 4:02	26:34 2:33	28:22 1:48	30:17 1:55	32:09 1:52	33:01 0:52	
4	5529 André Serra Campos [102] .COM	37:40	1:11 1:11 36:57 1:30	3:11 2:00 37:19 0:22	4:40 1:29 37:40 0:21	6:23 1:43	8:58 2:35	13:51 4:53	16:02 2:11	18:55 2:53	23:27 4:32	27:20 3:53	29:34 2:14	31:49 2:15	34:32 2:43	35:27 0:55	
5	90036 Ruben Laranjeira [6595] EBForjães	38:14	1:17 1:17 37:34 1:43	3:36 2:19 37:53 0:19	5:29 1:53 38:14 0:21	7:23 1:54	9:59 2:36	14:13 4:14	16:40 2:27	20:21 3:41	24:35 4:14	27:35 3:00	30:45 3:10	32:42 1:57	34:55 2:13	35:51 0:56	
6	6210 Pedro Viana [052] GD4C	41:16	1:34 1:34 40:32 2:01	4:08 2:34 40:56 0:24	5:59 1:51 41:16 0:20	7:57 1:58	10:36 2:39	16:38 6:02	20:46 4:08	23:56 3:10	27:53 3:57	30:39 2:46	33:09 2:30	35:18 2:09	37:34 2:16	38:31 0:57	
7	6086 Rui Silva [088] ADC	42:31	1:43 1:43 41:47 1:51	4:11 2:28 42:10 0:23	5:57 1:46 42:31 0:21	7:46 1:49	11:12 3:26	18:21 7:09	21:07 2:46	24:31 3:24	29:15 4:44	32:25 3:10	34:45 2:20	36:50 2:05	38:53 2:03	39:56 1:03	
8	90092 Daniel Pereira [6596] EBApulia	43:05	1:17 1:17 42:23 1:49	3:49 2:32 42:43 0:20	6:12 2:23 43:05 0:22	8:36 2:24	11:26 2:50	16:43 5:17	19:31 2:48	23:35 4:04	28:42 5:07	32:02 3:20	34:30 2:28	36:58 2:28	39:31 2:33	40:34 1:03	
9	90138 Yared Grimaldi [2782] Habelas Hainas	43:59	1:32 1:32 43:10 1:48	4:52 3:20 43:36 0:26	7:12 2:20 43:59 0:23	9:14 2:02	12:55 3:41	19:34 6:39	22:01 2:27	25:20 3:19	29:32 4:12	33:01 3:29	35:16 2:15	37:41 2:25	40:27 2:46	41:22 0:55	
10	90161 Pedro Serra Campos [1564] Individual POR	45:15	1:40 1:40 44:19 2:11	4:26 2:46 44:48 0:29	9:07 4:41 45:15 0:27	10:57 1:50	13:49 2:52	20:25 6:36	23:33 3:08	27:33 4:00	31:25 3:52	34:21 2:56	36:56 2:35	39:22 2:26	41:05 1:43	42:08 1:03	
11	90045 Jose Manuel Vaz Maia [1564] Individual POR	48:54	1:51 1:51 47:55 2:39	4:43 2:52 48:20 0:25	6:56 2:13 48:54 0:34	10:37 3:41	14:13 3:36	20:12 5:59	22:42 2:30	27:02 4:20	30:28 3:26	34:45 4:17	38:00 3:15	41:25 3:25	44:11 2:46	45:16 1:05	
12	6072 Miguel Lerenó [052] GD4C	51:05	1:41 1:41 50:26 2:13	5:37 3:56 50:45 0:19	7:30 1:53 51:05 0:20	10:00 2:30	13:20 3:20	21:15 7:55	27:14 5:59	30:42 3:28	34:56 4:14	38:17 3:21	40:40 2:23	44:24 3:44	47:19 2:55	48:13 0:54	
13	5708 Tiago Marcolino [052] GD4C	1:25:38	2:27 2:27 1:24:36 4:09	9:35 7:08 1:25:08 0:32	12:27 2:52 1:25:38 0:30	15:36 3:09	20:32 4:56	31:19 10:47	34:20 3:01	42:12 7:52	57:07 14:55	1:03:17 6:10	1:09:15 5:58	1:14:12 4:57	1:18:50 4:38	1:20:27 1:37	
14	5714 João Sá [116] Montepio Geral	1:27:02	2:13 2:13 1:26:13 3:13	6:02 3:49 1:26:39 0:26	8:29 2:27 1:27:02 0:23	11:47 3:18	15:56 4:09	29:27 13:31	42:50 13:23	50:07 7:17	1:01:25 11:18	1:07:22 5:57	1:11:51 4:29	1:16:48 4:57	1:21:07 4:19	1:23:00 1:53	
Juvenis F (17)				3.3 km 15 m 13 C													
				1(53)	2(50)	3(45)	4(43)	5(40)	6(38)	7(41)	8(42)	9(47)	10(56)	11(63)	12(61)	13(100)	F
1	6046 Ana Pacheco [102] .COM	25:45	1:29 1:29	3:39 2:10	6:21 2:42	9:29 3:08	12:19 2:50	13:44 1:25	15:59 2:15	16:26 0:27	19:20 2:54	22:18 2:58	23:13 0:55	24:57 1:44	25:21 0:24	25:45 0:24	
2	90111 Margarida Miranda [6596] EBApulia	32:32	1:16 1:16	5:04 3:48	8:02 2:58	12:16 4:14	16:19 4:03	18:23 2:04	20:45 2:22	21:17 0:32	25:09 3:52	28:49 3:40	29:47 0:58	31:41 1:54	32:05 0:24	32:32 0:27	
3	90135 Alba Grimaldi [2782] Habelas Hainas	33:07	1:42 1:42	4:25 2:43	7:48 3:23	12:00 4:12	15:26 3:26	17:04 1:38	19:22 2:18	19:50 0:28	24:47 4:57	29:26 4:39	30:20 0:54	32:21 2:01	32:44 0:23	33:07 0:23	
4	5827 Margarida Ferreira [088] ADC	33:34	1:32 1:32	4:06 2:34	7:56 3:50	11:56 4:00	15:28 3:32	17:30 2:02	19:53 2:23	20:24 0:31	24:22 3:58	28:30 4:08	29:49 1:19	32:43 2:54	33:13 0:30	33:34 0:21	
5	90105 Maria Martins [6596] EBApulia	33:44	1:41 1:41	4:20 2:39	8:12 4:28	12:40 4:10	16:50 4:10	18:39 1:49	21:00 2:21	21:34 0:34	25:16 3:42	29:14 3:58	30:26 1:12	32:48 2:22	33:18 0:30	33:44 0:26	
6	90104 Dulce Fernandes [6596] EBApulia	34:38	1:27 1:27	4:15 2:48	8:13 3:58	13:20 5:07	17:26 4:06	19:16 1:50	21:32 2:16	22:01 0:29	25:54 3:53	30:22 4:28	31:30 1:08	33:47 2:17	34:14 0:27	34:38 0:24	
7	90102 Ana Viana [6596] EBApulia	34:50	2:06 2:06	5:32 3:26	9:01 3:29	12:56 3:55	16:49 3:53	18:43 1:54	22:00 3:17	22:29 0:29	26:03 3:34	30:27 4:24	31:30 1:03	33:59 2:29	34:25 0:26	34:50 0:25	
8	90100 Ana Pereira [6596] EBApulia	35:30	1:45 1:45	4:45 3:00	8:36 3:51	12:53 4:17	16:46 3:53	18:53 2:07	21:28 2:35	22:01 0:33	26:44 4:43	30:51 4:07	32:11 1:20	34:26 2:15	34:59 0:33	35:30 0:31	

Pl	Stno	Name	Time														F
Juvenis F (17)				3.3 km 15 m 13 C			<i>(cont.)</i>										
				1(53)	2(50)	3(45)	4(43)	5(40)	6(38)	7(41)	8(42)	9(47)	10(56)	11(63)	12(61)	13(100)	
9	90097	Carina Rita [6596] EBApulia	37:19	1:33	4:24	8:14	13:20	17:47	19:56	22:56	23:27	28:05	32:46	34:04	36:34	36:57	37:19
				1:33	2:51	3:50	5:06	4:27	2:09	3:00	0:31	4:38	4:41	1:18	2:30	0:23	0:22
10	90112	Filipa Mano [6596] EBApulia	37:46	1:39	5:05	8:54	13:21	17:00	19:05	24:51	25:21	29:07	32:58	33:59	36:51	37:16	37:46
				1:39	3:26	3:49	4:27	3:39	2:05	5:46	0:30	3:46	3:51	1:01	2:52	0:25	0:30
11	90115	Flávia Santos [6596] EBApulia	38:58	3:12	7:02	11:07	15:19	19:46	21:48	24:32	25:03	29:25	34:27	35:31	37:53	38:28	38:58
				3:12	3:50	4:05	4:12	4:27	2:02	2:44	0:31	4:22	5:02	1:04	2:22	0:35	0:30
12	6198	Beatriz Castilho [102] .COM	39:27	1:45	4:52	8:54	14:22	19:10	21:11	23:58	24:38	29:42	34:08	35:30	38:10	38:54	39:27
				1:45	3:07	4:02	5:28	4:48	2:01	2:47	0:40	5:04	4:26	1:22	2:40	0:44	0:33
				13:14 *42													
13	90099	Ana Fonseca [6596] EBApulia	41:27	1:58	6:12	12:54	19:07	22:32	24:49	27:36	28:03	32:44	36:48	38:07	40:23	40:55	41:27
				1:58	4:14	6:42	6:13	3:25	2:17	2:47	0:27	4:41	4:04	1:19	2:16	0:32	0:32
14	90083	Mafalda Lima [6595] EBForjães	43:25	2:27	7:17	12:00	18:05	22:19	24:26	27:33	28:15	33:41	38:48	40:24	42:24	43:01	43:25
				2:27	4:50	4:43	6:05	4:14	2:07	3:07	0:42	5:26	5:07	1:36	2:00	0:37	0:24
15	90038	Matilde Brito [6595] EBForjães	44:58	2:34	6:26	10:15	15:32	20:07	22:06	25:32	26:05	35:02	40:19	41:24	44:05	44:35	44:58
				2:34	3:52	3:49	5:17	4:35	1:59	3:26	0:33	8:57	5:17	1:05	2:41	0:30	0:23
16	90029	Bruna Meira [6595] EBForjães	55:07	2:24	14:59	19:23	25:08	31:12	33:56	37:00	37:40	43:12	49:58	51:23	54:11	54:43	55:07
				2:24	12:35	4:24	5:45	6:04	2:44	3:04	0:40	5:32	6:46	1:25	2:48	0:32	0:24
17	90108	Vera Alegre [6596] EBApulia	55:24	2:01	10:56	15:08	20:14	25:49	28:21	33:04	33:35	39:39	45:12	46:51	54:34	55:05	55:24
				2:01	8:55	4:12	5:06	5:35	2:32	4:43	0:31	6:04	5:33	1:39	7:43	0:31	0:19
Juniore M (9)				6.5 km 25 m 21 C													
				1(57)	2(55)	3(46)	4(41)	5(40)	6(36)	7(34)	8(33)	9(31)	10(32)	11(35)	12(37)	13(38)	14(44)
				15(47)	16(45)	17(48)	18(56)	19(63)	20(61)	21(100)	F						
1	5840	Lúis Carlos [088] ADC	38:36	1:44	3:18	4:44	6:54	9:15	11:21	12:30	14:43	16:52	18:55	20:21	22:56	25:42	28:38
				1:44	1:34	1:26	2:10	2:21	2:06	1:09	2:13	2:09	2:03	1:26	2:35	2:46	2:56
				30:28	32:33	32:57	35:55	36:35	38:00	38:17	38:36						
				1:50	2:05	0:24	2:58	0:40	1:25	0:17	0:19						
2	5800	Pedro Vieira Silva [167] NAST	39:13	1:06	2:37	3:57	6:03	8:57	12:10	13:13	15:20	17:37	19:39	21:03	23:37	26:11	29:03
				1:06	1:31	1:20	2:06	2:54	3:13	1:03	2:07	2:17	2:02	1:24	2:34	2:34	2:52
				30:45	32:52	33:17	36:31	37:17	38:36	38:53	39:13						
				1:42	2:07	0:25	3:14	0:46	1:19	0:17	0:20						
3	5757	Daniel Magalhães [102] .COM	41:13	1:12	2:51	4:20	6:58	9:22	12:05	13:13	15:49	18:32	20:37	22:06	24:44	27:38	30:08
				1:12	1:39	1:29	2:38	2:24	2:43	1:08	2:36	2:43	2:05	1:29	2:38	2:54	2:30
				31:53	34:32	35:00	38:22	39:07	40:30	40:51	41:13						
				1:45	2:39	0:28	3:22	0:45	1:23	0:21	0:22						
4	5838	Pedro Silva [088] ADC	43:21	1:27	3:10	4:50	7:14	9:46	12:17	13:31	16:05	18:26	20:45	22:37	25:38	28:42	32:05
				1:27	1:43	1:40	2:24	2:32	2:31	1:14	2:34	2:21	2:19	1:52	3:01	3:04	3:23
				34:21	36:17	36:48	40:15	41:08	42:42	43:03	43:21						
				2:16	1:56	0:31	3:27	0:53	1:34	0:21	0:18						
5	6173	José Dinis [052] GD4C	47:05	1:14	3:09	4:57	7:08	9:40	12:54	14:13	17:35	21:07	23:21	25:23	28:32	32:04	34:53
				1:14	1:55	1:48	2:11	2:32	3:14	1:19	3:22	3:32	2:14	2:02	3:09	3:32	2:49
				36:47	39:01	39:29	43:40	44:33	46:27	46:45	47:05						
				1:54	2:14	0:28	4:11	0:53	1:54	0:18	0:20						
6	5993	Marco Amaro [052] GD4C	53:46	1:47	3:57	5:53	8:44	11:47	14:43	16:55	20:22	23:11	26:20	28:46	32:16	35:45	39:13
				1:47	2:10	1:56	2:51	3:03	2:56	2:12	3:27	2:49	3:09	2:26	3:30	3:29	3:28
				42:18	44:46	45:23	49:43	50:40	52:59	53:24	53:46						
				3:05	2:28	0:37	4:20	0:57	2:19	0:25	0:22						
7	90121	André Pereira [6595] EBForjães	1:03:51	2:08	4:38	6:57	9:30	13:46	17:12	19:14	22:09	25:43	31:42	35:01	39:01	42:54	47:59
				2:08	2:30	2:19	2:33	4:16	3:26	2:02	2:55	3:34	5:59	3:19	4:00	3:53	5:05
				50:54	54:00	54:43	59:45	1:01:05	1:03:05	1:03:34	1:03:51						
				2:55	3:06	0:43	5:02	1:20	2:00	0:29	0:17						
8	90143	Sergio Pinto [088] ADC	1:06:10	3:37	5:33	7:32	11:14	14:34	17:20	18:45	21:49	24:25	30:48	33:35	40:18	47:58	51:19
				3:37	1:56	1:59	3:42	3:20	2:46	1:25	3:04	2:36	6:23	2:47	6:43	7:40	3:21
				54:23	57:09	58:09	1:02:21	1:03:12	1:05:09	1:05:41	1:06:10						
				3:04	2:46	1:00	4:12	0:51	1:57	0:32	0:29						
9	90152	Bruno Vieira [5644] EBJulioSaulDia	1:34:09	4:38	7:55	10:33	14:47	19:56	24:57	26:58	31:50	36:47	40:27	49:29	54:06	1:00:57	1:11:05
				4:38	3:17	2:38	4:14	5:09	5:01	2:01	4:52	4:57	3:40	9:02	4:37	6:51	10:08
				1:13:52	1:20:16	1:21:00	1:27:43	1:28:50	1:31:23	1:33:46	1:34:09						
				2:47	6:24	0:44	6:43	1:07	2:33	2:23	0:23						
Juniore F (9)				3.6 km 15 m 14 C													
				1(51)	2(55)	3(50)	4(45)	5(43)	6(38)	7(40)	8(42)	9(47)	10(46)	11(54)	12(63)	13(61)	14(100)
				F													
1	6209	Rita Fernandes [102] .COM	31:16	1:15	2:41	4:45	7:50	11:09	14:49	16:21	19:52	23:12	25:02	26:39	28:35	30:23	30:46
				1:15	1:26	2:04	3:05	3:19	3:40	1:32	3:31	3:20	1:50	1:37	1:56	1:48	0:23
				31:16													
				0:30													
2	5839	Eduarda Moreira [088] ADC	31:24	1:13	2:46	5:13	8:15	11:34	14:38	16:12	19:26	23:37	25:31	27:13	28:45	30:35	30:59
				1:13	1:33	2:27	3:02	3:19	3:04	1:34	3:14	4:11	1:54	1:42	1:32	1:50	0:24
				31:24													
				0:25													
3	5506	Verónica Fradique [052] GD4C	32:37	1:05	2:23	4:05	7:14	10:43	14:36	16:07	19:34	24:10	26:28	28:10	29:52	31:46	32:08
				1:05	1:18	1:42	3:09	3:29	3:53	1:31	3:27	4:36	2:18	1:42	1:42	1:54	0:22
				32:37													
				0:29													
4	5679	Ana Castanheiro [102] .COM	33:06	1:10	2:38	4:25	7:39	10:51	15:21	16:49	20:30	24:21	26:05	27:41	30:19	32:23	32:44
				1:10	1:28	1:47	3:14	3:12	4:30	1:28	3:41	3:51	1:44	1:36	2:38	2:04	0:21
				33:06													
				0:22													
5	90117	Gabriela Cruz [6596] EBApulia	33:23	1:18	2:50	4:52	8:17	11:52	15:17	17:06	20:55	24:15	26:40	28:40	30:30	32:28	32:55
				1:18	1:32	2:02	3:25	3:35	3:25	1:49	3:49	3:20	2:25	2:00	1:50	1:58	0:27
				33:23													
				0:28													
6	90151	Inês José [6593] ESCarlosAmaral	37:39	1:29	2:54	5:12	8:53	13:13	17:23	20:08	24:23	28:11	30:22	32:45	34:43	36:54	37:17
				1:29	1:25	2:18	3:41	4:20	4:10	2:45	4:15	3:48	2:11	2:23	1:58	2:11	0:23

Pl	Stno	Name	Time														
Juniors F (9)				3.6 km 15 m 14 C			<i>(cont.)</i>										
				1(51) F	2(55)	3(50)	4(45)	5(43)	6(38)	7(40)	8(42)	9(47)	10(46)	11(54)	12(63)	13(61)	14(100)
7	5644	Bebiana Alves [088] ADC	38:42	2:16 2:16 38:42 0:25	3:49 1:33	6:01 2:12	8:54 2:53	12:10 3:16	22:04 9:54	23:30 1:26	27:28 3:58	30:28 3:00	32:43 2:15	34:21 1:38	36:07 1:46	37:52 1:45	38:17 0:25
8	5643	Cristina Mafalda [088] ADC	40:03	1:25 1:25 40:03 0:30	3:35 2:10	5:59 2:24	9:44 3:45	14:55 5:11	18:55 4:00	20:49 1:54	25:33 4:44	30:10 4:37	32:25 2:15	34:26 2:01	36:35 2:09	39:00 2:25	39:33 0:33
9	90144	Maria Castilho [6593] ESCarlosAmaraz	42:27	2:23 2:23 42:27 0:26	4:13 1:50	6:03 1:50	9:31 3:28	14:17 4:46	21:17 7:00	22:41 1:24	27:33 4:52	32:59 5:26	34:59 2:00	37:14 2:15	39:25 2:11	41:31 2:06	42:01 0:30
Seniores M (18)				7.1 km 30 m 23 C													
				1(58) 15(33)	2(53) 16(37)	3(63) 17(39)	4(54) 18(44)	5(47) 19(45)	6(46) 20(50)	7(43) 21(51)	8(41) 22(55)	9(40) 23(100)	10(36) F	11(34)	12(35)	13(32)	14(31)
1	90009	Maikel Rodriguez [6287] BUDIÑORAID	38:21	0:43 0:43 21:06 1:45	1:07 0:24 1:44 3:44	2:51 1:44 27:29 2:39	3:59 1:08 3:05 2:36	5:17 1:18 32:33 2:28	6:30 1:13 34:36 2:03	7:59 1:29 35:50 1:14	8:47 0:48 36:53 1:03	10:47 2:00 38:05 1:12	12:41 1:54 38:21 0:16	13:49 1:08	16:10 2:21	17:17 1:07	19:21 2:04
2	90039	Ángel Soto [6482] AROMON	42:13	0:52 0:52 23:38	1:18 0:26	3:13 1:55	4:16 1:03	5:20 1:34	7:11 1:19	8:41 1:36	10:28 0:54	11:55 2:16	14:12 2:17	15:24 1:12	18:08 2:44	19:26 1:18	21:41 2:15
3	5615	Luis Castro [088] ADC	45:08	1:57 1:11 1:11 26:23	4:09 1:36 0:25	2:46 4:14 2:38	5:28 1:14	7:11 1:43	8:41 1:30	10:28 1:47	11:21 0:53	13:58 2:37	16:25 2:27	17:44 1:19	20:40 2:56	22:01 1:21	24:19 2:18
4	2437	Daniel Ferreira [088] ADC	45:54	1:00 1:00 25:53	1:23 0:23	3:40 2:17	4:52 1:12	6:32 1:40	8:03 1:31	9:52 1:49	10:42 0:50	13:14 2:32	15:42 2:28	16:58 1:16	19:56 2:58	21:21 1:25	23:45 2:24
5	90014	Antonio Domínguez [6482] AROMON	47:02	1:29 1:29 26:32	1:52 0:23	3:58 2:06	5:12 1:14	6:51 1:39	8:16 1:25	10:32 2:16	11:21 0:49	13:59 2:38	16:21 2:22	17:39 1:18	20:31 2:52	21:54 1:23	24:18 2:24
6	5605	Gil Sousa Pinto [119] OriMarão	47:30	2:14 1:10 1:10 26:53	4:22 1:32 0:22	3:23 3:31 1:59	3:17 4:41 1:10	2:42 6:48 2:07	2:24 8:52 2:04	1:22 10:38 1:46	1:17 11:36 0:58	1:22 14:34 2:58	0:21 16:56 2:22	18:09 1:13	21:00 2:51	22:24 1:24	24:50 2:26
7	90173	André Marques Rodriç [1564] Individual POR	47:50	1:08 1:08 26:49	1:30 0:22	4:12 2:42	5:28 1:16	7:18 1:50	8:48 1:30	10:36 1:48	11:35 0:59	14:12 2:37	16:48 2:36	18:04 1:16	20:58 2:54	22:17 1:19	24:33 2:16
8	6012	André Fonseca [128] COALA	50:19	2:16 1:08 29:35	4:42 0:32	3:36 2:31	2:55 1:21	7:27 1:55	9:04 1:37	10:56 1:52	11:47 0:51	14:17 2:30	18:27 4:10	19:56 1:29	23:16 3:20	24:54 1:38	27:19 2:25
9	90005	Samuel Amorim [1564] Individual POR	50:20	2:16 1:49 1:49 28:45	4:35 2:19 0:30	3:05 5:09 2:50	2:41 6:32 1:23	3:03 8:10 1:38	2:31 9:35 1:25	1:37 11:19 1:44	1:37 12:24 1:05	1:33 14:49 2:25	0:21 17:08 2:19	19:04 1:56	22:19 3:15	23:50 1:31	26:17 2:27
10	90072	Vasco Vinhas [1564] Individual POR	50:56	0:53 0:53 28:12	1:17 0:24	3:36 2:19	4:53 1:17	6:47 1:54	8:23 1:36	10:19 1:56	11:19 1:00	14:09 2:50	16:45 2:36	18:08 1:23	21:27 3:19	23:10 1:43	25:52 2:42
11	90145	José Lopes [1564] Individual POR	51:38	2:20 2:11 2:11 29:39	5:18 2:32 0:21	3:24 4:41 2:09	3:42 6:03 1:22	2:49 7:40 1:37	2:38 9:11 1:31	1:35 11:23 2:12	1:22 12:13 0:50	1:36 14:49 2:36	0:20 19:12 4:23	1:36 20:33 1:21	1:36 23:34 3:01	1:36 24:57 1:23	2:27 27:24
12	5796	Bruno André [119] OriMarão	54:56	1:04 1:04 30:45	1:24 0:20	3:49 2:25	5:10 1:21	7:11 2:01	8:57 1:46	11:03 2:06	12:05 1:02	15:51 3:46	18:49 2:58	20:14 1:25	23:54 3:40	25:22 1:28	28:17 2:55
13	5649	André Baptista [052] GD4C	56:06	0:56 0:56 30:52	1:20 0:24	3:47 2:27	5:10 1:23	7:16 2:06	9:05 1:49	11:11 2:06	12:27 1:16	15:28 3:01	18:27 2:59	19:58 1:31	23:35 3:37	25:20 1:45	28:22 3:02
14	5925	Pedro Tiago Gomes [1000] Individual POR	56:34	1:16 1:16 31:42	1:39 0:23	4:14 2:35	5:52 1:38	7:45 1:53	9:34 1:49	11:54 2:20	12:57 1:03	15:57 3:00	19:08 3:11	20:44 1:36	24:26 3:42	26:10 1:44	29:06 2:56
15	4027	Miguel Moreira [088] ADC	58:40	2:36 1:04 1:04 31:59	5:41 1:27 0:23	3:39 4:11 2:44	3:42 5:40 1:29	3:16 7:46 2:06	3:00 9:38 1:52	1:50 11:58 2:20	1:30 13:11 1:13	1:51 16:24 3:13	1:51 19:25 3:01	58:40 20:57 1:32	58:40 24:44 3:47	58:40 26:29 1:45	58:40 29:29 3:00
16	4019	João Moura [056] Natura	1:00:34	2:30 1:08 1:08 34:09	5:42 1:42 0:34	3:59 4:41 2:59	4:04 6:17 1:36	3:31 8:19 2:02	3:40 10:15 1:56	1:59 12:33 2:18	1:31 13:42 1:09	1:31 16:53 3:11	1:53 20:04 3:11	1:38 21:42 1:38	4:00 25:42 4:00	1:53 27:35 1:53	3:14 30:49
17	5929	Nelson S. Pinto [167] NAST	1:01:23	3:20 0:53 0:53 33:25	6:20 1:18 0:25	3:52 3:50 2:32	3:52 5:20 1:30	3:29 7:22 2:02	3:04 9:12 1:50	1:54 11:27 2:15	1:30 12:41 1:14	1:58 16:03 3:22	1:58 19:32 3:29	1:26 21:12 1:40	1:58 25:25 4:13	1:58 27:10 1:45	3:21 30:31
18	90165	Pedro Martins [119] OriMarão	1:05:19	2:54 1:37 1:37 35:48	6:20 2:02 0:25	3:56 5:58 3:56	4:08 7:31 1:33	3:41 9:26 1:55	3:32 11:17 1:51	2:04 13:35 2:18	1:46 15:01 1:26	2:06 18:33 3:32	0:25 21:50 3:17	1:57 23:47 1:57	3:59 27:46 3:59	1:44 29:30 1:44	3:16 32:46

Pl	Stno	Name	Time														
Seniores F (11)				5.7 km 20 m 17 C													
				1(53)	2(47)	3(46)	4(41)	5(40)	6(36)	7(33)	8(32)	9(35)	10(37)	11(38)	12(43)	13(48)	14(54)
				15(60)	16(61)	17(100)	F										
1	90132	Raquel Ferreira [1564] Individual POR	39:26	1:19	3:24	5:00	7:32	10:21	12:50	15:14	18:51	21:15	24:21	27:37	30:23	33:37	36:16
				1:19	2:05	1:36	2:32	2:49	2:29	2:24	3:37	2:24	3:06	3:16	2:46	3:14	2:39
				37:15	38:41	39:03	39:26										
				0:59	1:26	0:22	0:23										
2	4313	Joana Fernandes [102] .COM	40:45	1:30	3:36	5:16	7:52	10:32	13:10	15:54	19:51	21:51	25:03	28:28	31:09	34:40	37:31
				1:30	2:06	1:40	2:36	2:40	2:38	2:44	3:57	2:00	3:12	3:25	2:41	3:31	2:51
				38:31	39:56	40:19	40:45										
				1:00	1:25	0:23	0:26										
3	2749	Daniela Alves [088] ADC	41:27	1:40	3:48	5:22	7:53	11:26	14:01	16:27	20:02	21:43	24:45	28:04	31:39	35:18	38:05
				1:40	2:08	1:34	2:31	3:33	2:35	2:26	3:35	1:41	3:02	3:19	3:35	3:39	2:47
				39:22	40:43	41:04	41:27										
				1:17	1:21	0:21	0:23										
4	90010	Daniela macedo [1564] Individual POR	42:32	1:34	3:50	5:32	8:47	11:42	15:32	18:02	21:59	23:46	26:48	29:56	33:13	36:40	39:17
				1:34	2:16	1:42	3:15	2:55	3:50	2:30	3:57	1:47	3:02	3:08	3:17	3:27	2:37
				40:18	41:48	42:10	42:32										
				1:01	1:30	0:22	0:22										
5	5456	Helena Miranda [052] GD4C	45:23	1:20	3:35	5:16	8:02	11:01	14:12	17:16	21:41	24:06	28:05	31:52	35:05	38:52	41:57
				1:20	2:15	1:41	2:46	2:59	3:11	3:04	4:25	2:25	3:59	3:47	3:13	3:47	3:05
				43:08	44:39	45:02	45:23										
				1:11	1:31	0:23	0:21										
6	90043	Carlota Veiga [6482] AROMON	46:23	1:32	3:57	5:49	8:44	12:38	15:48	18:47	23:17	25:06	28:50	32:21	35:42	39:38	42:49
				1:32	2:25	1:52	2:55	3:54	3:10	2:59	4:30	1:49	3:44	3:31	3:21	3:56	3:11
				44:04	45:38	45:59	46:23										
				1:15	1:34	0:21	0:24										
7	6005	Juliana P. [070] COC	48:57	1:39	4:05	6:19	9:21	12:35	15:41	18:59	23:32	25:35	29:38	34:22	37:42	41:56	45:08
				1:39	2:26	2:14	3:02	3:14	3:06	3:18	4:33	2:03	4:03	4:44	3:20	4:14	3:12
				46:20	47:59	48:27	48:57										
				1:12	1:39	0:28	0:30										
8	90024	Andrea Dumitru [1564] Individual POR	54:03	2:58	5:50	8:08	11:12	15:25	18:29	22:16	26:50	29:25	33:09	37:25	42:04	46:52	50:29
				2:58	2:52	2:18	3:04	4:13	3:04	3:47	4:34	2:35	3:44	4:16	4:39	4:48	3:37
				51:40	53:15	53:38	54:03										
				1:11	1:35	0:23	0:25										
9	6220	Tatiana Peralta [166] ADM Ori-Mondeg	59:02	2:45	5:42	11:30	14:46	19:09	22:40	25:43	30:51	33:12	37:35	41:49	45:41	50:39	54:59
				2:45	2:57	5:48	3:16	4:23	3:31	3:03	5:08	2:21	4:23	4:14	3:52	4:58	4:20
				56:13	58:12	58:38	59:02										
				1:14	1:59	0:26	0:24										
10	90134	María Jesús Rodrigue. [6482] AROMON	1:01:55	1:56	4:57	7:31	11:23	16:29	20:29	24:47	30:36	33:17	38:09	42:58	47:05	52:47	57:11
				1:56	3:01	2:34	3:52	5:06	4:00	4:18	5:49	2:41	4:52	4:49	4:07	5:42	4:24
				58:47	1:00:50	1:01:19	1:01:55										
				1:36	2:03	0:29	0:36										
11	4801	Raquel Santos [1000] Individual POR	1:02:11	1:58	5:08	8:29	12:17	17:25	20:57	24:47	30:14	32:47	37:49	43:15	47:48	53:04	57:31
				1:58	3:10	3:21	3:48	5:08	3:32	3:50	5:27	2:33	5:02	5:26	4:33	5:16	4:27
				58:50	1:01:13	1:01:42	1:02:11										
				1:19	2:23	0:29	0:29										
Veteranos I M (37)				6.5 km 25 m 21 C													
				1(57)	2(55)	3(46)	4(41)	5(40)	6(36)	7(34)	8(33)	9(31)	10(32)	11(35)	12(37)	13(38)	14(44)
				15(47)	16(45)	17(48)	18(56)	19(63)	20(61)	21(100)	F						
1	3593	Jose Pereira [005] CP Armada	39:34	1:10	2:40	4:03	6:17	8:51	10:55	12:02	14:38	16:51	18:57	20:12	22:45	25:32	28:56
				1:10	1:30	1:23	2:14	2:34	2:04	1:07	2:36	2:13	2:06	1:15	2:33	2:47	3:24
				30:41	33:10	33:37	36:51	37:34	38:56	39:15	39:34						
				1:45	2:29	0:27	3:14	0:43	1:22	0:19	0:19						
2	1281	Joaquim Sousa [070] COC	39:39	1:13	2:49	4:18	6:42	8:59	11:15	12:26	14:48	17:03	19:15	20:35	23:22	26:08	28:48
				1:13	1:36	1:29	2:24	2:17	2:16	1:11	2:22	2:15	2:12	1:20	2:47	2:46	2:40
				30:44	32:56	33:24	36:34	37:22	38:52	39:14	39:39						
				1:56	2:12	0:28	3:10	0:48	1:50	0:22	0:25						
3	5410	Noel Valadão [166] ADM Ori-Mondeg	41:46	1:30	3:18	4:55	7:20	9:41	12:01	13:18	15:47	18:07	20:19	21:45	24:37	27:47	30:36
				1:30	1:48	1:37	2:25	2:21	2:20	1:17	2:29	2:20	2:12	1:26	2:52	3:10	2:49
				32:30	34:26	34:54	38:27	39:17	41:09	41:27	41:46						
				1:54	1:56	0:28	3:33	0:50	1:52	0:18	0:19						
4	1302	Rafael Lima [070] COC	42:44	1:22	3:07	4:44	7:04	9:32	11:51	13:05	15:26	17:41	19:54	21:35	24:23	27:32	32:08
				1:22	1:45	1:37	2:20	2:28	2:19	1:14	2:21	2:15	2:13	1:41	2:48	3:09	4:36
				34:01	36:14	36:42	39:50	40:36	42:03	42:24	42:44						
				1:53	2:13	0:28	3:08	0:46	1:27	0:21	0:20						
5	4101	Jorge Marques [052] GD4C	42:59	1:24	3:11	4:48	7:10	10:08	12:40	13:53	16:54	19:13	21:29	22:51	25:47	28:41	32:04
				1:24	1:47	1:37	2:22	2:58	2:32	1:13	3:01	2:19	2:16	1:22	2:56	2:54	3:23
				34:02	36:03	36:33	39:52	40:41	42:12	42:35	42:59						
				1:58	2:01	0:30	3:19	0:49	1:31	0:23	0:24						
6	6214	Vasco Fernandes [052] GD4C	43:59	1:26	3:57	5:26	7:48	10:15	12:38	13:56	16:31	19:06	21:25	23:07	25:59	29:43	32:44
				1:26	2:31	1:29	2:22	2:27	2:23	1:18	2:35	2:35	2:19	1:42	2:52	3:44	3:01
				34:48	36:54	37:23	40:49	41:39	43:14	43:35	43:59						
				2:04	2:06	0:29	3:26	0:50	1:35	0:21	0:24						
7	5063	Sandro Castro [052] GD4C	44:49	1:16	3:02	4:41	7:04	9:35	12:02	13:19	15:51	18:22	21:03	22:31	25:36	28:37	31:46
				1:16	1:46	1:39	2:23	2:31	2:27	1:17	2:32	2:31	2:41	1:28	3:05	3:01	3:09
				33:58	36:33	37:12	41:17	42:14	44:00	44:24	44:49						
				2:12	2:35	0:39	4:05	0:57	1:46	0:24	0:25						
8	3711	Sandro Rodrigues [062] CA Madeira	45:03	1:19	3:06	4:46	7:12	9:44	12:13	13:35	16:09	18:34	21:02	22:36	25:44	29:01	32:53
				1:19	1:47	1:40	2:26	2:32	2:29	1:22	2:34	2:25	2:28	1:34	3:08	3:17	3:52
				34:58	37:31	38:03	41:51	42:43	44:19	44:41	45:03						
				2:05	2:33	0:32	3:48	0:52	1:36	0:22	0:22						
9	90177	Luis Marques [9501] DBSCHENKER	45:58	1:12	2:59	4:46	7:13	10:19	12:59	14:24	17:04	19:37	22:13	23:46	27:09	30:25	33:39
				1:12	1:47	1:47	2:27	3:06	2:40	1:25	2:40	2:33	2:36	1:33	3:23	3:16	3:14
				35:49	37:54	38:27	42:29	43:29	45:09	45:33	45:58						
				2:10	2:05	0:33	4:02	1:00	1:40	0:24	0:25						
10	90047	Carlos Cunha [1564] Individual POR	47:39	1:15	3:06	4:54	7:25	10:16	12:59	14:24	17:18	19:53	22:24	24:02	27:33	30:49	34:20
				1:15	1:51	1:48	2:31	2:51	2:43	1:25	2:54	2:35	2:31	1:38	3:31	3:16	3:31
				37:05	39:38	40:11	44:16	45:13	46:55	47:17	47:39						
				2:45	2:33	0:33	4:05	0:57	1:42	0:22	0:22						

Pl	Stno	Name	Time														
Veteranos IM (37)				6.5 km	25 m	21 C	<i>(cont.)</i>										
				1(57)	2(55)	3(46)	4(41)	5(40)	6(36)	7(34)	8(33)	9(31)	10(32)	11(35)	12(37)	13(38)	14(44)
				15(47)	16(45)	17(48)	18(56)	19(63)	20(61)	21(100)	F						
11	2439	Licínio Ferreira [088] ADC	48:00	1:44 1:44 37:12 2:12	3:32 1:48 39:51 2:39	5:35 2:03 40:23 0:32	8:06 2:31 44:01 3:38	11:26 3:20 44:54 0:53	14:00 2:34 47:10 2:16	15:22 1:22 47:36 0:26	17:49 2:27 48:00 0:24	20:33 2:44	22:52 2:19	24:36 1:44	27:34 2:58	30:45 3:11	35:00 4:15
11	4685	José João Ferreira [119] OriMarão	48:00	1:26 1:26 37:29 2:13	3:26 2:00 39:39 2:10	5:13 1:47 40:10 0:31	7:49 2:36 44:08 3:58	10:24 2:35 45:05 0:57	13:16 2:52 47:12 2:07	14:39 1:23 47:36 0:24	17:31 2:52 48:00 0:24	20:14 2:43	22:58 2:44	24:57 1:59	28:19 3:22	32:00 3:41	35:16 3:16
13	4059	Miguel Sá [116] Montepio Geral	48:25	1:27 1:27 38:11 2:11	3:24 1:57 40:41 2:30	5:09 1:45 41:13 0:32	7:50 2:41 44:54 3:41	11:02 3:12 45:48 0:54	13:40 2:38 47:33 1:45	15:00 1:20 47:58 0:25	17:43 2:43 48:25 0:27	20:16 2:33	22:47 2:31	24:28 1:41	27:47 3:19	31:21 3:34	36:00 4:39
14	5297	Cidálio Oliveira [052] GD4C	49:13	1:25 1:25 38:13 2:41	3:19 1:54 40:32 2:19	5:11 1:52 41:08 0:36	7:54 2:43 45:31 4:23	10:53 2:59 46:33 1:02	13:45 2:52 48:19 1:46	15:14 1:29 48:45 0:26	18:16 3:02 49:13 0:28	20:57 2:41	23:41 2:44	25:18 1:37	28:39 3:21	32:00 3:21	35:32 3:32
15	3913	Alberto César [052] GD4C	49:32	1:39 1:39 39:12 2:19	3:34 1:55 41:42 2:30	5:25 1:51 42:11 0:29	8:41 3:16 46:13 4:02	11:33 2:52 47:09 0:56	14:56 3:23 48:48 1:39	16:19 1:23 49:10 0:22	19:05 2:46 49:32 0:22	21:51 2:46	24:32 2:41	26:19 1:47	29:34 3:15	33:22 3:48	36:53 3:31
16	90163	Daniel Silva [9508] Ori'VC	51:20	1:45 1:45 40:58 2:41	3:50 2:05 43:36 2:38	5:26 1:36 44:13 0:37	7:58 2:32 48:03 3:50	11:19 3:21 48:55 0:52	14:04 2:45 50:43 1:48	15:31 1:27 51:01 0:18	18:50 3:19 51:20 0:19	22:07 3:17	24:47 2:40	27:36 2:49	30:52 3:16	34:27 3:35	38:17 3:50
17	2950	José Marco [167] NAST	52:51	1:32 1:32 40:16 2:33	3:44 2:12 43:20 3:04	5:44 2:00 43:58 0:38	8:39 2:55 48:46 4:48	12:01 3:22 49:43 0:57	15:03 3:02 51:59 2:16	16:35 1:32 52:24 0:25	19:33 2:58 52:51 0:27	22:22 2:49	25:12 2:50	26:54 1:42	30:35 3:41	34:19 3:44	37:43 3:24
18	1810	Octávio Andrade [102] .COM	53:28	1:28 1:28 42:08 3:02	3:29 2:01 45:01 2:53	5:13 1:44 45:33 0:32	7:46 2:33 49:47 4:14	11:37 3:51 50:42 0:55	15:13 3:36 52:33 1:51	16:38 1:25 52:59 0:26	19:56 3:18 53:28 0:29	22:44 2:48	25:31 2:47	27:16 1:45	30:49 3:33	34:43 3:54	39:06 4:23
19	5199	Paulo Silva [052] GD4C	53:30	1:13 1:13 42:09 4:25	3:06 1:53 45:35 3:26	4:59 1:53 46:05 0:30	7:44 2:45 50:09 4:04	11:24 3:40 51:02 0:53	14:24 3:00 52:44 1:42	15:57 1:33 53:05 0:21	19:33 3:36 53:30 0:25	22:30 2:57	25:29 2:59	27:06 1:37	30:41 3:35	34:31 3:50	37:44 3:13
20	90133	Juan Eugenio Gutiérrez [6482] AROMON	55:55	1:48 1:48 44:29 2:44	4:05 2:17 47:13 2:44	6:05 2:00 47:50 0:37	8:58 2:53 52:14 4:24	12:53 3:55 53:09 0:55	16:57 4:04 54:59 1:50	18:46 1:49 55:23 0:24	22:00 3:14 55:55 0:32	24:53 2:53	27:40 2:47	29:33 1:53	33:13 3:40	37:06 3:53	41:45 4:39
21	6105	Fernando Fonseca [167] NAST	56:28	1:57 1:57 43:26 2:33	4:10 2:13 46:33 3:07	6:16 2:06 47:12 0:39	9:14 2:58 51:54 4:42	12:26 3:12 53:04 1:10	15:43 3:17 55:33 2:29	17:20 1:37 55:59 0:26	20:59 3:39 56:28 0:29	24:14 3:15	27:14 3:00	29:05 1:51	32:47 3:42	36:31 3:44	40:53 4:22
22	90012	José Antonio Ricoy [6482] AROMON	56:39	1:40 1:40 44:05 3:20	4:15 2:35 46:47 2:42	6:15 2:00 47:22 0:35	9:22 3:07 52:12 4:50	12:26 3:04 53:14 1:02	15:24 2:58 55:35 2:21	16:56 1:32 56:04 0:29	20:37 3:41 56:39 0:35	23:25 2:48	26:30 3:05	29:03 2:33	32:39 3:36	36:49 4:10	40:45 3:56
23	90021	António Miguel Magall [1564] Individual POR	57:30	2:15 2:15 45:25 2:32	5:27 3:12 48:29 3:04	7:38 2:11 49:06 0:37	10:58 3:20 53:27 4:21	14:10 3:12 54:25 0:58	17:03 2:53 56:32 2:07	18:37 1:34 57:00 0:28	21:53 3:16 57:30 0:30	24:46 2:53	27:42 2:56	29:45 2:03	33:25 3:40	37:44 4:19	42:53 5:09
24	90178	Rui Oliveira [9501] DBSCHENKER	57:41	2:54 2:54 45:10 3:04	5:20 2:26 48:50 3:40	7:07 1:47 49:33 0:43	9:56 2:49 53:48 4:15	13:29 3:33 54:42 0:54	16:26 2:57 56:48 2:06	18:06 1:40 57:16 0:28	23:04 4:58 57:41 0:25	25:50 2:46	28:34 2:44	30:23 1:49	33:54 3:31	38:26 4:32	42:06 3:40
25	90011	Ricardo Manuel d Gon [1564] Individual POR	57:50	2:12 2:12 45:30 2:34	4:43 2:31 48:34 3:04	6:31 1:48 49:14 0:40	9:06 2:35 53:40 4:26	13:12 4:06 54:38 0:58	16:27 3:15 56:54 2:16	18:10 1:43 57:23 0:29	21:23 3:13 57:50 0:27	23:56 2:33	26:35 2:39	28:42 2:07	32:24 3:42	38:30 6:06	42:56 4:26
26	90174	Henrique Santos [9501] DBSCHENKER	59:58	3:58 3:58 46:00 3:43	6:20 2:22 49:10 3:10	8:10 1:50 49:53 0:43	11:10 3:00 55:03 5:10	14:31 3:21 56:18 1:15	17:49 3:18 59:05 2:47	19:28 1:39 59:30 0:25	22:28 3:00 59:58 0:28	25:24 2:56	28:07 2:43	30:15 2:08	34:05 3:50	38:15 4:10	42:17 4:02
27	3081	Alberto Barros [052] GD4C	1:03:25	1:40 1:40 46:31 3:36	3:54 2:14 49:59 3:28	6:09 2:15 50:35 0:36	9:13 3:04 56:32 5:57	12:51 3:38 57:45 1:13	16:19 3:28 1:01:59 4:14	18:01 1:42 1:02:35 0:36	21:26 3:25 1:03:25 0:50	25:05 3:39	27:58 2:53	30:00 2:02	34:20 4:20	38:03 3:43	42:55 4:52
28	90137	Juan Grimaldi [2782] Habelas Hainas	1:04:16	2:27 2:27 51:06 3:03	4:44 2:17 54:20 3:14	6:56 2:12 55:00 0:40	10:11 3:15 1:00:10 5:10	13:55 3:44 1:01:23 1:13	17:02 3:07 1:03:25 2:02	18:37 1:35 1:03:50 0:25	22:40 4:03 1:04:16 0:26	26:09 3:29	29:11 3:02	31:44 2:33	35:54 4:10	42:20 6:26	48:03 5:43
29	90015	António Ricardo Silva [1564] Individual POR	1:04:47	3:38 3:38 51:18 3:32	5:46 2:08 54:36 3:18	7:57 2:11 55:27 0:51	11:31 3:34 1:00:40 5:13	15:18 3:47 1:01:45 1:05	19:26 4:08 1:03:54 2:09	20:57 1:31 1:04:18 0:24	24:42 3:45 1:04:47 0:29	28:47 4:05	32:07 3:20	34:40 2:33	39:40 5:00	43:25 3:45	47:46 4:21
30	6108	Miguel Vidinha [167] NAST	1:05:18	2:22 2:22 53:13 3:40	4:38 2:16 56:03 2:50	7:47 3:09 56:46 0:43	11:38 3:51 1:01:35 4:49	18:56 7:18 1:02:34 0:59	21:56 3:00 1:04:24 1:50	23:36 1:40 1:04:49 0:25	27:15 3:39 1:05:18 0:29	30:27 3:12	33:37 3:10	37:05 3:28	41:25 4:20	45:58 4:33	49:33 3:35
31	90078	Paulo Esteves [1564] Individual POR	1:06:18	3:16 3:16 51:27 3:01	5:48 2:32 55:00 3:33	7:47 1:59 55:32 0:32	11:05 3:18 1:02:06 6:34	15:13 4:08 1:03:18 1:12	19:15 4:02 1:05:24 2:06	20:51 1:36 1:05:53 0:29	25:04 4:13 1:06:18 0:25	28:28 3:24	31:56 3:28	33:31 1:35	38:40 5:09	43:13 4:33	48:26 5:13
32	90164	Cristiano Gomes [9508] Ori'VC	1:07:43	1:52 1:52 52:14 2:59	4:20 2:28 57:05 4:51	6:39 2:19 57:51 0:46	9:59 3:20 1:03:18 5:27	13:49 3:50 1:04:33 1:15	18:57 5:08 1:06:46 2:13	20:49 1:52 1:07:17 0:31	24:36 3:47 1:07:43 0:26	28:27 3:51	31:49 3:22	34:14 2:25	39:46 5:32	44:27 4:41	49:15 4:48

Pl	Stno	Name	Time														
Veteranos I M (37)				6.5 km 25 m 21 C			<i>(cont.)</i>										
				1(57) 15(47)	2(55) 16(45)	3(46) 17(48)	4(41) 18(56)	5(40) 19(63)	6(36) 20(61)	7(34) 21(100)	8(33) F	9(31)	10(32)	11(35)	12(37)	13(38)	14(44)
33	90172	Hugo Vieira [1564] Individual POR	1:08:25	2:47 2:47 54:06 3:07	5:23 2:36 58:28 4:22	7:32 2:09 59:09 0:41	13:12 5:40 1:04:27 5:18	16:30 3:18 1:05:29 1:02	19:33 3:03 1:07:27 1:58	21:45 2:12 1:07:57 0:30	26:13 4:28 1:08:25 0:28	30:18 4:05	33:38 3:20	36:41 3:03	40:45 4:04	44:44 3:59	50:59 6:15
34	90179	José Pimenta [9501] DBSCHENKER	1:12:40	2:47 2:47 58:50 2:31	15:53 13:06 1:02:34 3:44	17:38 1:45 1:03:15 0:41	20:38 3:00 1:08:05 4:50	24:52 4:14 1:09:06 1:01	28:03 3:11 1:11:30 2:24	29:55 1:52 1:12:03 0:33	34:03 4:08 1:12:40 0:37	37:40 3:37	40:34 2:54	43:42 3:08	47:38 3:56	52:06 4:28	56:19 4:13
35	90046	Rui Pinheiro [1564] Individual POR	1:12:52	2:17 2:17 57:23 3:08	4:53 2:36 1:00:51 3:28	7:21 2:28 1:01:55 1:04	11:03 3:42 1:08:03 6:08	17:42 6:39 1:09:22 1:19	21:55 4:13 1:11:43 2:21	23:43 1:48 1:12:17 0:34	27:30 3:47 1:12:52 0:35	31:17 3:47	35:11 3:54	37:28 2:17	42:49 5:21	47:33 4:44	54:15 6:42
36	90176	Miguel Marcos [9501] DBSCHENKER	1:35:58	8:06 8:06 1:16:12 4:56	11:33 3:27 1:20:13 4:01	14:05 2:32 1:21:03 0:50	18:19 4:14 1:29:13 8:10	23:08 4:49 1:30:55 1:42	27:59 4:51 1:34:48 3:53	30:14 2:15 1:35:21 0:33	34:35 4:21 1:35:58 0:37	39:19 4:44	43:44 4:25	46:57 3:13	52:25 5:28	59:59 7:34	1:11:16 11:17
90049	Rui Pacheco RR Rota da Rolha	mp		1:42 1:42 41:02 2:52	3:50 2:08 43:43 2:41	5:41 1:51 44:13 0:30	8:24 2:43 48:45 4:32	11:44 3:20 49:46 1:01	14:26 2:42 ----- 1:34	16:08 1:42 51:20 0:24	18:54 2:46 51:44 0:24	21:43 2:49	24:33 2:50	26:41 2:08	30:12 3:31	33:54 3:42	38:10 4:16
Veteranos I F (8)				3.6 km 15 m 14 C													
				1(51) F	2(55)	3(50)	4(45)	5(43)	6(38)	7(40)	8(42)	9(47)	10(46)	11(54)	12(63)	13(61)	14(100)
1	6068	Carla Sousa [052] GD4C	32:16	1:34 1:34 32:16 0:23	3:12 1:38	5:09 1:57	8:14 3:05	11:56 3:42	16:11 4:15	17:36 1:25	20:56 3:20	24:29 3:33	26:19 1:50	28:10 1:51	29:41 1:31	31:31 1:50	31:53 0:22
2	3467	Helena Sousa [119] OriMarão	34:10	1:17 1:17 34:10 0:24	2:39 1:22	4:42 2:03	7:31 2:49	10:44 3:13	18:49 8:05	20:15 1:26	23:30 3:15	26:35 3:05	28:23 1:48	30:00 1:37	31:32 1:32	33:22 1:50	33:46 0:24
3	4060	Elisabete Dinis [166] ADM Ori-Mondeg	36:50	1:49 1:49 36:50 0:26	3:25 1:36	5:42 2:17	8:49 3:07	12:27 3:38	18:05 5:38	19:49 1:44	23:45 3:56	27:30 3:45	29:40 2:10	32:00 2:20	33:52 1:52	35:55 2:03	36:24 0:29
4	1429	Rafaela Rua [007] Ori-Estarreja	40:07	1:17 1:17 40:07 0:34	3:03 1:46	7:45 4:42	11:46 4:01	16:08 4:22	20:04 3:56	22:06 2:02	26:21 4:15	30:25 4:04	32:45 2:20	34:47 2:02	36:50 2:03	39:04 2:14	39:33 0:29
5	90166	Anabela André [119] OriMarão	42:08	1:44 1:44 42:08 0:29	3:24 1:40	5:14 1:50	8:40 3:26	12:45 4:05	21:42 8:57	23:10 1:28	28:59 5:49	33:15 4:16	35:24 2:09	37:13 1:49	39:15 2:02	41:14 1:59	41:39 0:25
6	90042	Paula Gonçalves [1564] Individual POR	42:54	1:50 1:50 42:54 0:29	5:17 3:27	8:08 2:51	12:05 3:57	16:20 4:15	21:25 5:05	23:15 1:50	27:35 4:20	31:40 4:05	34:13 2:33	36:17 2:04	38:42 2:25	41:52 3:10	42:25 0:33
7	90136	Amalia Pérez [2782] Habelas Hainas	44:29	1:51 1:51 44:29 0:38	3:40 1:49	7:40 4:00	12:31 4:51	17:09 4:38	21:21 4:12	23:28 2:07	28:19 4:51	33:01 4:42	35:37 2:36	37:48 2:11	40:25 2:37	43:13 2:48	43:51 0:38
8	90079	Sónia Ferreira [1564] Individual POR	55:02	5:06 5:06 55:02 0:30	7:18 2:12	10:12 2:54	14:36 4:24	20:18 5:42	28:17 7:59	30:51 2:34	36:46 5:55	42:11 5:25	44:56 2:45	47:36 2:40	50:19 2:43	54:03 3:44	54:32 0:29
Veteranos II M (18)				4.8 km 20 m 16 C													
				1(57) 15(61)	2(50) 16(100)	3(55) F	4(46)	5(41)	6(37)	7(34)	8(38)	9(43)	10(47)	11(48)	12(52)	13(56)	14(63)
1	1532	José Fernandes [102] .COM	33:36	1:37 1:37 32:51 1:33	3:48 2:11	5:08 1:20	6:56 1:48	9:30 2:34	14:18 4:48	16:31 2:13	19:29 2:58	22:19 2:50	24:49 2:30	26:42 1:53	28:39 1:57	30:25 1:46	31:18 0:53
2	1095	Fernando Costa [052] GD4C	33:55	1:16 1:16 33:13 1:35	3:26 2:10	5:00 1:34	6:36 1:36	9:04 2:28	13:52 4:48	15:53 2:01	18:55 3:02	22:33 3:38	25:05 2:32	27:07 2:02	29:02 1:55	30:49 1:47	31:38 0:49
3	1499	José Carlos Ramalho [102] .COM	36:05	1:32 1:32 35:22 2:03	3:54 2:22	5:33 1:39	7:10 1:37	9:46 2:36	14:11 4:25	16:25 2:14	19:51 3:26	23:56 4:05	26:46 2:50	28:38 1:52	30:32 1:54	32:23 1:51	33:19 0:56
4	2905	Manuel Delgado [052] GD4C	38:16	1:48 1:48 37:34 1:37	4:17 2:29	5:56 1:39	7:41 1:45	10:49 3:08	15:17 4:28	18:47 3:30	21:59 3:12	25:01 3:02	28:04 3:03	31:03 2:59	33:01 1:58	35:01 2:00	35:57 0:56
5	2145	Fernando André [167] NAST	38:43	1:31 1:31 37:53 2:04	4:00 2:29	5:44 1:44	7:35 1:51	10:30 2:55	16:06 5:36	18:20 2:14	21:44 3:24	25:54 4:10	28:49 2:55	30:53 2:04	32:53 2:00	34:52 1:59	35:49 0:57
6	90008	Eugénio Grilo [1564] Individual POR	41:28	1:46 1:46 40:29 2:20	4:10 2:24	5:59 1:49	7:52 1:53	10:45 2:53	19:20 8:35	21:34 2:14	24:56 3:22	28:13 3:17	30:57 2:44	33:04 2:07	35:07 2:03	37:10 2:03	38:09 0:59

Pl	Stno	Name	Time															
Veteranos II M (18)				4.8 km 20 m 16 C			<i>(cont.)</i>											
				1(57) 15(61)	2(50) 16(100)	3(55) F	4(46)	5(41)	6(37)	7(34)	8(38)	9(43)	10(47)	11(48)	12(52)	13(56)	14(63)	
7	2440	António Ferreira [088] ADC	41:50	1:19 41:03 1:39	3:48 41:27 0:24	5:57 41:50 0:23	7:41 1:44	10:35 2:54	15:28 4:53	17:43 2:15	20:48 3:05	27:02 6:14	31:55 4:53	34:13 2:18	36:12 1:59	38:33 2:21	39:24 0:51	
8	2197	José Manuel Pedrosa [128] COALA	43:22	1:35 1:35 42:24 2:56	4:06 2:31 42:52 0:28	5:57 1:51 43:22 0:30	8:05 2:08	11:07 3:02	17:23 6:16	20:13 2:50	23:56 3:43	27:19 3:23	30:39 3:20	33:30 2:51	35:55 2:25	38:26 2:31	39:28 1:02	
9	3007	José Mário Baptista [052] GD4C	43:50	1:22 1:22 42:59 2:06	4:02 2:40 43:23 0:24	6:16 2:14 43:50 0:27	8:36 2:20	11:51 3:15	17:44 5:53	20:23 2:39	24:29 4:06	28:38 4:09	32:16 3:38	35:00 2:44	37:25 2:25	39:54 2:29	40:53 0:59	
10	3073	Jorge Ferreira [088] ADC	45:43	2:09 2:09 44:40 3:03	4:44 2:35 45:11 0:31	6:58 2:14 45:43 0:32	9:02 2:04	12:18 3:16	18:06 5:48	20:41 2:35	24:33 3:52	28:18 3:45	33:21 5:03	35:48 2:27	38:12 2:24	40:36 2:24	41:37 1:01	
11	6107	Pedro Mieiro [167] NAST	46:08	3:44 3:44 45:22 2:08	6:29 2:45 45:44 0:22	8:17 1:48 46:08 0:24	10:11 1:54	13:17 3:06	18:00 4:43	20:13 2:13	24:26 4:13	29:26 5:00	32:23 2:57	35:32 3:09	38:13 2:41	42:18 4:05	43:14 0:56	
12	2796	Filipe Silva [097] Clube Millennium	46:59	1:47 1:47 45:48 2:26	5:29 3:42 46:19 0:31	7:16 1:47 46:59 0:40	9:31 2:15	12:57 3:26	18:53 5:56	21:42 2:49	25:22 3:40	30:55 5:33	34:05 3:10	36:42 2:37	39:17 2:35	41:50 2:33	43:22 1:32	
13	5930	Manuel Silva [167] NAST	48:17	2:20 2:20 47:13 2:33	6:08 3:48 47:44 0:31	8:36 2:28 48:17 0:33	10:48 2:12	14:18 3:30	20:17 5:59	23:09 2:52	27:18 4:09	31:34 4:16	35:01 3:27	37:59 2:58	40:27 2:28	43:30 3:03	44:40 1:10	
14	90128	Mario Costa [9506] M M	50:46	3:06 3:06 49:39 2:07	6:21 3:15 50:12 0:33	8:36 2:15 50:46 0:34	11:11 2:35	14:39 3:28	21:03 6:24	24:06 3:03	28:16 4:10	33:55 5:39	37:26 3:31	41:20 3:54	43:49 2:29	46:16 2:27	47:32 1:16	
15	2417	Carlos Matos [167] NAST	51:01	1:56 1:56 50:02 2:05	7:08 5:12 50:29 0:27	9:27 2:19 51:01 0:32	11:57 2:30	15:22 3:25	22:51 7:29	25:42 2:51	29:20 3:38	33:58 4:38	37:14 3:16	40:01 2:47	43:06 3:05	46:44 3:38	47:57 1:13	
16	3865	Luís Pereira [052] GD4C	52:18	1:32 1:32 51:28 2:17	4:56 3:24 51:55 0:27	7:55 2:59 52:18 0:23	10:11 2:16	13:47 3:36	21:26 7:39	24:33 3:07	28:59 4:26	34:40 5:41	38:09 3:29	41:16 3:07	43:50 2:34	48:03 4:13	49:11 1:08	
17	6204	Domingos Sereno [128] COALA	59:36	2:57 2:57 58:29 2:18	8:28 5:31 59:01 0:32	12:24 3:56 59:36 0:35	14:56 2:32	20:00 5:04	26:14 6:14	29:55 3:41	34:34 4:39	40:06 5:32	44:04 3:58	46:48 2:44	52:01 5:13	54:44 2:43	56:11 1:27	
	6221	Guilherme Neto [166] ADM Ori-Mondeç	mp	2:57 2:57 -----	7:59 5:02 -----	13:24 5:25 1:01:14 22:26	-----	38:48 25:24 56:05 *53	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
Veteranos II F (4)				3.3 km 15 m 13 C														
				1(53) F	2(50)	3(45)	4(43)	5(40)	6(38)	7(41)	8(42)	9(47)	10(56)	11(63)	12(61)	13(100)	F	
1	3890	Claudia Figueiredo [052] GD4C	38:02	2:34 2:34	5:14 2:40	9:46 4:32	13:57 4:11	18:28 4:31	20:11 1:43	22:44 2:33	23:21 0:37	28:17 4:56	32:43 4:26	33:59 1:16	37:04 3:05	37:28 0:24	38:02 0:34	
2	2410	Margarida Rocha [052] GD4C	39:57	2:15 2:15	5:35 3:20	10:11 4:36	15:00 4:49	19:47 4:47	22:06 2:19	25:08 3:02	25:46 0:38	30:27 4:41	34:48 4:21	36:16 1:28	38:53 2:37	39:23 0:30	39:57 0:34	
3	90016	Luisa Sánchez [6482] AROMON	40:48	2:10 2:10	9:33 7:23	14:16 4:43	18:18 4:02	23:30 5:12	25:38 2:08	28:10 2:32	28:43 0:33	32:29 3:46	36:31 4:02	37:42 1:11	39:49 2:07	40:18 0:29	40:48 0:30	
4	90130	Luisa Santos [9506] M M	46:04	5:21 5:21	9:07 3:46	12:55 3:48	17:42 4:47	23:25 5:43	25:28 2:03	28:56 3:28	29:34 0:38	35:34 6:00	40:06 4:32	41:33 1:27	44:58 3:25	45:32 0:34	46:04 0:32	
Veteranos III M (3)				3.6 km 15 m 14 C														
				1(51) F	2(55)	3(50)	4(45)	5(43)	6(38)	7(40)	8(42)	9(47)	10(46)	11(54)	12(63)	13(61)	14(100)	
1	2001	Costa Leite [116] Montepio Geral	38:41	1:23 1:23 38:41 0:30	3:07 1:44	5:24 2:17	8:51 3:27	13:07 4:16	16:52 3:45	18:47 1:55	22:46 3:59	28:52 6:06	31:12 2:20	33:15 2:03	35:23 2:08	37:36 2:13	38:11 0:35	
2	1441	Gil Rua [007] Ori-Estarreja	39:17	1:29 1:29 39:17 0:26	3:27 1:58	5:29 2:02	9:56 4:27	13:46 3:50	19:07 5:21	20:55 1:48	25:31 4:36	30:11 4:40	32:31 2:20	34:21 1:50	36:10 1:49	38:21 2:11	38:51 0:30	
3	90000	Luis Gonçalves [102] .COM	1:55:56	4:59 4:59 1:55:56 1:01	10:33 5:34	17:36 7:03	29:15 11:39	42:32 13:17	54:45 12:13	1:01:34 6:49	1:14:38 13:04	1:29:16 14:38	1:37:40 8:24	1:42:08 4:28	1:47:50 5:42	1:53:19 5:29	1:54:55 1:36	
Veteranos III F (1)				3.3 km 15 m 13 C														
				1(53)	2(50)	3(45)	4(43)	5(40)	6(38)	7(41)	8(42)	9(47)	10(56)	11(63)	12(61)	13(100)	F	
1	2101	Beatriz Leite [116] Montepio Geral	57:41	3:45 3:45	8:14 4:29	14:57 6:43	20:59 6:02	28:06 7:07	30:37 2:31	35:44 5:07	36:36 0:52	45:23 8:47	51:29 6:06	53:06 1:37	56:35 3:29	57:05 0:30	57:41 0:36	