

Pl	Stno	Name	Time	1(47)	2(46)	3(44)	4(40)	5(34)	6(37)	7(39)	8(42)	9(51)	10(50)	11(55)	12(57)	13(65)	14(100)
Infantil Fem A (16)				1.2 km 14 C													
				F													
1	3446	Alexia Mesquita [6593] ESCarlosAmarã	13:33	0:48 0:48 13:33 0:12	1:09 0:21	1:27 0:18 5:52 *43	2:21 0:54	2:54 0:33	3:49 0:55	4:47 0:58	5:17 0:30	6:24 1:07	7:07 0:43	8:05 0:58	9:24 1:19	12:57 3:33	13:21 0:24
2	3430	Marta Queirós [6593] ESCarlosAmarã	13:34	0:50 0:50 13:34 0:12	1:11 0:21	1:35 0:24	2:19 0:44	2:57 0:38	3:52 0:55	4:46 0:54	5:19 0:33	6:26 1:07	7:09 0:43	8:03 0:54	9:26 1:23	12:58 3:32	13:22 0:24
3	170	Alexandra Serra Camp [6593] ESCarlosAmarã	15:22	0:38 0:38 15:22 0:17	0:52 0:14	1:07 0:15 4:45 *35	1:43 0:36	2:16 0:33	4:58 2:42	5:36 0:38	5:58 0:22	6:47 0:49	7:12 0:25	8:03 0:51	8:52 0:49	14:35 5:43	15:05 0:30
4	3504	MADALENA SILVA [8340] EBPaçosFerrei	15:30	1:05 1:05 15:30 0:15	2:06 1:01	2:25 0:19	3:09 0:44	3:51 0:42	5:03 1:12	5:56 0:53	6:52 0:56	8:39 1:47	9:15 0:36	10:16 1:01	11:50 1:34	14:45 2:55	15:15 0:30
5	3447	Inês Vila Boa [6593] ESCarlosAmarã	15:50	1:19 1:19 15:50 0:12	1:38 0:19	1:58 0:20	2:40 0:42	3:19 0:39	4:30 1:11	5:06 0:36	5:40 0:34	6:42 1:02	7:09 0:27	8:00 0:51	9:58 1:58	15:13 5:15	15:38 0:25
6	2437	Inês Laranjeira [6595] EBForjães	17:44	0:41 0:41 17:44 0:16	0:59 0:18	1:17 0:18	1:54 0:37	2:38 0:44	4:55 2:17	6:39 1:44	7:05 0:26	8:37 1:32	9:02 0:25	9:55 0:53	11:49 1:54	17:04 5:15	17:28 0:24
7	3510	VIVIANA PEREIRA [8340] EBPaçosFerrei	19:17	1:19 1:19 19:17 0:13	1:34 0:15	1:56 0:22	2:32 0:36	3:05 0:33	5:46 2:41	7:41 1:55	8:13 0:32	10:46 2:33	11:19 0:33	14:17 2:58	15:36 1:19	18:37 3:01	19:04 0:27
8	3503	RAQUEL LEAL [8340] EBPaçosFerrei	19:24	1:19 1:19 19:24 0:16	1:37 0:18	1:57 0:20	2:33 0:36	3:08 0:35	5:48 2:40	7:46 1:58	8:16 0:30	10:55 2:39	11:23 0:28	14:18 2:55	15:44 1:26	18:38 2:54	19:08 0:30
9	3531	Cláudia Tomás [6595] EBForjães	19:41	1:28 1:28 19:41 0:13	2:30 1:02	2:50 0:20	4:08 1:18	5:03 0:55	7:25 2:22	8:30 1:05	9:15 0:45	10:51 1:36	11:50 0:59	13:53 2:03	16:10 2:17	19:00 2:50	19:28 0:28
10	3302	Madalena Augusto [6593] ESCarlosAmarã	21:36	1:35 1:35 21:36 0:12	2:00 0:25	2:20 0:20	3:19 0:59	3:59 0:40	5:51 1:52	6:34 0:43	7:24 0:50	9:24 2:00	10:02 0:38	11:40 1:38	13:32 1:52	21:03 7:31	21:24 0:21
11	3424	Yara Ferreira [6593] ESCarlosAmarã	21:52	0:50 0:50 21:52 0:12	1:06 0:16	1:24 0:18	2:01 0:37	2:32 0:31	8:57 6:25	10:53 1:56	11:47 0:54	12:47 1:00	13:11 0:24	14:03 0:52	16:00 1:57	21:18 5:18	21:40 0:22
12	3537	Verónica Jaques [6595] EBForjães	23:55	2:04 2:04 23:55 0:13	2:36 0:32	3:07 0:31	4:45 1:38	5:46 1:01	8:06 2:20	8:49 0:43	9:38 0:49	11:33 1:55	12:20 0:47	13:54 1:34	15:56 2:02	23:15 7:19	23:42 0:27
13	3743	Leonor Oliveira [5644] EBJúlioSaúDia	24:28	1:15 1:15 24:28 0:14	1:56 0:41	2:27 0:31	3:26 0:59	4:22 0:56	7:01 2:39	7:54 0:53	8:53 0:59	10:41 1:48	11:17 0:36	11:58 0:41	14:21 2:23	23:24 9:03	24:14 0:50
14	3532	Beatriz Varajão [6595] EBForjães	24:56	0:44 0:44 24:56 0:13	1:03 0:19	1:27 0:24	2:16 0:49	3:04 0:48	7:53 4:49	10:14 2:21	11:06 0:52	13:19 2:13	13:44 0:25	16:00 2:16	18:17 2:17	24:19 6:02	24:43 0:24
	3378	Raquel Neiva [6697] EBSPteBarca	mp	4:00 4:00 28:47 0:14	----- -----	4:34 0:34 10:34 *35	5:33 0:59 14:02 *41	6:14 0:41 15:00 *43	----- -----	13:52 7:38 16:49 *52	----- -----	15:40 1:48	----- -----	17:35 1:55	19:12 1:37	28:11 8:59	28:33 0:22
	3509	LARA SOUSA [8340] EBPaçosFerrei	dns	----- ----- 50:25 50:25	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
Infantil Masc A (14)				1.2 km 14 C													
				F													
1	148	Duarte Pedro [6595] EBForjães	13:27	1:25 1:25 13:27 0:15	1:44 0:19	2:25 0:41	3:05 0:40	3:38 0:33	4:09 0:31	4:53 0:44	5:57 1:04	6:25 0:28	6:52 0:27	7:38 0:46	8:41 1:03	12:45 4:04	13:12 0:27
2	3547	Luis Neta [5476] AEERMesinde/A	14:15	1:07 1:07 14:15 0:11	1:23 0:16	1:55 0:32	2:44 0:49	3:14 0:30	3:45 0:31	6:24 2:39	7:17 0:53	7:46 0:29	8:16 0:30	9:10 0:54	9:57 0:47	13:40 3:43	14:04 0:24
3	90027	João Rodrigues [1564] Individual POR	14:45	1:38 1:38 14:45 0:16	1:55 0:17	2:43 0:48	3:19 0:36	3:49 0:30	4:16 0:27	5:14 0:58	6:10 0:56	6:49 0:39	7:23 0:34	10:36 3:13	13:04 2:28	14:00 0:56	14:29 0:29
4	3222	Simão Carvalho [6595] EBForjães	15:47	1:30 1:30 15:47 0:10	1:53 0:23	2:28 0:35	3:01 0:33	3:32 0:31	4:02 0:30	6:10 2:08	7:03 0:53	7:28 0:25	9:07 1:39	10:43 1:36	11:38 0:55	15:16 3:38	15:37 0:21
5	3544	Simão Silva [6595] EBForjães	18:44	1:32 1:32 18:44 0:12	1:55 0:23	2:31 0:36	3:11 0:40	8:10 4:59	8:48 0:38	9:49 1:01	10:47 0:58	11:43 0:56	12:05 0:22	12:59 0:54	14:05 1:06	17:59 3:54	18:32 0:33

Pl	Stno	Name	Time													
Infantil Masc A (14)			1.2 km 14 C	<i>(cont.)</i>												
			1(46) F	2(44)	3(40)	4(34)	5(32)	6(37)	7(41)	8(43)	9(51)	10(50)	11(55)	12(57)	13(65)	14(100)
6	3676	Diogo Gomes [5476] AEErmesinde/A	19:46 2:09 19:46 0:16	2:26 0:17	3:18 0:52 1:36 *47	3:54 0:36	4:29 0:35	6:05 1:36	6:57 0:52	7:55 0:58	8:58 1:03	9:26 0:28	10:24 0:58	11:22 0:58	19:03 7:41	19:30 0:27
7	3819	Miguel Rapagão [6722] EBEugénioAndr	19:58 3:47 3:47 19:58 0:16	4:35 0:48	5:26 0:51	6:17 0:51	6:50 0:33	7:30 0:40	8:31 1:01	9:48 1:17	11:08 1:20	11:52 0:44	13:04 1:12	16:46 3:42	18:58 2:12	19:42 0:44
8	3560	Marco Sousa [6705] EBSPinheiro	21:12 2:45 2:45 21:12 0:17	3:07 0:22	5:08 2:01	5:51 0:43	7:12 1:21	7:51 0:39	8:43 0:52	9:32 0:49	10:25 0:53	11:02 0:37	12:16 1:14	13:55 1:39	20:24 6:29	20:55 0:31
9	3355	Bruno Nascimento [5476] AEErmesinde/A	24:11 2:22 2:22 24:11 0:17	2:48 0:26	4:16 1:28	5:17 1:01	6:06 0:49	6:55 0:49	8:21 1:26	9:28 1:07	10:19 0:51	10:48 0:29	11:59 1:11	13:24 1:25	23:14 9:50	23:54 0:40
10	3994	Francisco Leal [6724] AELousadaNort	25:19 1:28 1:28 25:19 0:12	1:48 0:20	2:34 0:46 1:07 *47	3:10 0:36	12:17 9:07	12:50 0:33	15:06 2:16	15:55 0:49	16:47 0:52	17:14 0:27	18:44 1:30	21:31 2:47	24:47 3:16	25:07 0:20
11	3493	João Vaz [6975] EBSobreira	27:07 2:01 2:01 27:07 0:12	2:27 0:26	3:43 1:16	4:22 0:39	6:35 2:13	7:09 0:34	10:43 3:34	11:51 1:08	13:41 1:50	14:08 0:27	15:19 1:11	18:56 3:37	26:25 7:29	26:55 0:30
12	3670	José Oliveira [6705] EBSPinheiro	27:58 2:00 2:00 27:58 0:17	2:34 0:34	3:55 1:21	4:57 1:02	13:27 8:30	14:26 0:59	15:43 1:17	16:57 1:14	17:46 0:49	18:15 0:29	19:59 1:44	22:20 2:21	26:56 4:36	27:41 0:45
13	3428	Gabriel Vieira [5476] AEErmesinde/A	31:05 1:32 1:32 31:05 0:19	1:51 0:19	2:55 1:04	3:51 0:56	4:30 0:39	5:02 0:32	6:14 1:12	7:20 1:06	8:16 0:56	8:50 0:34	9:43 0:53	10:58 1:15	30:07 19:09	30:46 0:39
	3320	Diogo Martins Pe Soai [6639] EBSParedesCo	mp 11:44 11:44 39:44 0:18	12:05 0:21	13:05 1:00 37:22 *59	14:06 1:01	15:56 1:50	27:57 12:01	28:40 0:43	30:10 1:30	----- 32:40 2:30	34:09 1:29	36:05 1:56	----- 39:26 3:21		
Infantil Fem B (51)			1.2 km 14 C	<i>(cont.)</i>												
			1(47) F	2(44)	3(40)	4(34)	5(35)	6(39)	7(41)	8(43)	9(51)	10(52)	11(55)	12(57)	13(65)	14(100)
1	2350	Ana Chen [6596] EBApulia	8:51 0:51 0:51 8:51 0:13	1:16 0:25	1:54 0:38	2:22 0:28	3:04 0:42	3:56 0:52	4:06 0:10	4:54 0:48	5:15 0:21	5:59 0:44	6:22 0:23	7:11 0:49	8:14 1:03	8:38 0:24
2	2163	Mariana São Bento [6590] EBManhente	9:48 0:46 0:46 9:48 0:13	1:16 0:30	1:56 0:40	2:37 0:41	3:25 0:48	4:21 0:56	4:35 0:14	5:22 0:47	5:51 0:29	6:45 0:54	7:15 0:30	8:12 0:57	9:13 1:01	9:35 0:22
3	3475	Daniela Jesus [6596] EBApulia	10:52 1:37 1:37 10:52 0:12	2:17 0:40	3:10 0:53	3:52 0:42	4:34 0:42	5:25 0:51	5:39 0:14	6:38 0:59	7:06 0:28	7:54 0:48	8:22 0:28	9:11 0:49	10:08 0:57	10:40 0:32
4	1988	Laura Múrias [6722] EBEugénioAndr	10:59 0:53 0:53 10:59 0:15	1:23 0:30	2:18 0:55	2:57 0:39	3:44 0:47	4:33 0:49	5:00 0:27	5:49 0:49	6:15 0:26	6:58 0:43	7:37 0:39	8:26 0:49	10:19 1:53	10:44 0:25
5	3932	Bruna Rocha [6778] AE1Gondomar (11:04 0:39 0:39 11:04 0:14	1:10 0:31	2:01 0:51	2:43 0:42	3:28 0:45	4:31 1:03	4:45 0:14	5:44 0:59	6:20 0:36	7:16 0:56	7:48 0:32	8:57 1:09	10:20 1:23	10:50 0:30
6	3194	Filipa Soares [6596] EBApulia	11:16 0:47 0:47 11:16 0:15	1:10 0:23	1:40 0:30	2:09 0:29	2:48 0:39	3:31 0:43	3:42 0:11	4:29 0:47	4:49 0:20	5:38 0:49	6:14 0:36	6:57 0:43	9:51 2:54	11:01 1:10
7	2541	Joana Lopes [5644] EBJúlioSaulDia	11:42 1:01 1:01 11:42 0:13	1:34 0:33	2:24 0:50	2:57 0:33	3:56 0:59	5:16 1:20	5:30 0:14	6:40 1:10	7:03 0:23	8:34 1:31	9:00 0:26	9:59 0:59	11:02 1:03	11:29 0:27
8	3479	Clara André [6596] EBApulia	11:59 0:48 0:48 11:59 0:14	1:15 0:27	1:46 0:31	2:19 0:33	3:34 1:15	4:21 0:47	4:33 0:12	5:18 0:45	5:42 0:24	6:39 0:57	6:55 0:16	8:03 1:08	11:23 3:20	11:45 0:22
9	3277	Mariana Cunha [8300] AEFreixo	12:31 0:53 0:53 12:31 0:11 0:11	1:24 0:31	1:59 0:35 7:41 *50	2:35 0:36	4:15 1:40	5:43 1:28	5:57 0:14	6:44 0:47	7:07 0:23	8:22 1:15	8:51 0:29	9:54 1:03	11:58 2:04	12:20 0:22
10	3486	Joana Santos [8299] AEPBS-Joane	13:01 0:49 0:49 13:01 0:19	1:19 0:30	3:16 1:57	3:48 0:32	4:59 1:11	6:13 1:14	6:29 0:16	7:20 0:51	7:58 0:38	9:07 1:09	9:36 0:29	10:26 0:50	12:14 1:48	12:42 0:28
11	3933	Catarina Santos [6778] AE1Gondomar (13:13 1:37 1:37 13:13 0:15	2:35 0:58	3:37 1:02	4:48 1:11	5:33 0:45	6:37 1:04	6:50 0:13	7:49 0:59	8:25 0:36	9:22 0:57	9:53 0:31	11:13 1:20	12:24 1:11	12:58 0:34
12	2439	Antónia Brito [6595] EBForjães	13:35 0:50 0:50 13:35 0:11	1:16 0:26	1:53 0:37	2:23 0:30	4:07 1:44	4:54 0:47	5:06 0:12	5:56 0:50	6:23 0:27	7:44 1:21	8:13 0:29	9:24 1:11	12:39 3:15	13:24 0:45

Pl	Stno	Name	Time														
<i>Infantil Fem B (51)</i>			<i>1.2 km 14 C</i>		<i>(cont.)</i>												
			1(47) F	2(44)	3(40)	4(34)	5(35)	6(39)	7(41)	8(43)	9(51)	10(52)	11(55)	12(57)	13(65)	14(100)	
13	3436	Ana Nunes [9172] AEVilela	13:52 0:53 13:52 0:19	1:30 0:37	2:17 0:47 13:34 *100	3:03 0:46	4:13 1:10	7:19 3:06	7:33 0:14	8:27 0:54	9:03 0:36	10:12 1:09	10:35 0:23	11:27 0:52	13:09 1:42	13:33 0:24	
14	3521	Maria Oliveira [6604] AEMaximinos	13:55 1:44 1:44 13:55 0:13	2:32 0:48	3:18 0:46	3:53 0:35	5:00 1:07	7:15 2:15	7:33 0:18	8:35 1:02	9:06 0:31	10:05 0:59	10:37 0:32	11:37 1:00	13:14 1:37	13:42 0:28	
15	2599	Cláudia Sequeira [6722] EBEugénioAndr	14:27 0:51 0:51 14:27 0:15	1:25 0:34	2:12 0:47	2:54 0:42	3:56 1:02	4:50 0:54	5:18 0:28	6:14 0:56	6:50 0:36	7:53 1:03	8:40 0:47	9:49 1:09	13:47 3:58	14:12 0:25	
16	3404	Júlia Souza [6722] EBEugénioAndr	14:28 0:53 0:53 14:28 0:32	1:31 0:38	2:17 0:46	2:56 0:39	4:10 1:14	5:15 1:05	5:29 0:14	6:15 0:46	6:52 0:37	8:04 1:12	8:43 0:39	10:39 1:56	13:25 2:46	13:56 0:31	
17	2435	Catarina Ribeiro [6595] EBForjães	14:35 0:52 0:52 14:35 0:13	1:22 0:30	2:01 0:39	2:43 0:42	3:32 0:49	4:53 1:21	5:05 0:12	6:01 0:56	6:39 0:38	7:33 0:54	8:03 0:30	10:05 2:02	13:43 3:38	14:22 0:39	
18	2441	Rute Moreira [6595] EBForjães	14:58 0:48 0:48 14:58 0:11	4:02 3:14	4:29 0:27	4:57 0:28	5:43 0:46	6:27 0:44	6:39 0:12	7:21 0:42	7:50 0:29	9:04 1:14	9:26 0:22	10:58 1:32	14:25 3:27	14:47 0:22	
19	3492	Débora Oliveira [6593] ESCarlosAmaral	15:30 0:59 0:59 15:30 0:12	1:31 0:32	2:17 0:46	2:55 0:38	3:54 0:59	5:02 1:08	5:24 0:22	6:15 0:51	6:45 0:30	8:06 1:21	8:31 0:25	10:46 2:15	14:53 4:07	15:18 0:25	
20	3564	Ana Mirra [6791] ESTomazPelayo	15:48 1:02 1:02 15:48 0:15	1:41 0:39	2:43 1:02	3:29 0:46	6:05 2:36	9:24 3:19	9:49 0:25	10:52 1:03	11:19 0:27	12:02 0:43	12:29 0:27	13:40 1:11	15:06 1:26	15:33 0:27	
21	2762	Jéssica Rocha [6696] AEMiguelTorga	15:53 1:15 1:15 15:53 0:19	1:43 0:28	2:21 0:38	3:24 1:03	5:31 2:07	6:52 1:21	7:24 0:32	8:15 0:51	8:40 0:25	10:27 1:47	10:49 0:22	11:47 0:58	15:07 3:20	15:34 0:27	
22	2355	Mariana Cruz [6596] EBApulia	16:07 1:51 1:51 16:07 0:13	2:43 0:52	3:37 0:54	4:18 0:41	5:24 1:06	6:44 1:20	6:58 0:14	7:58 1:00	8:25 0:27	9:46 1:21	10:40 0:54	11:52 1:12	15:27 3:35	15:54 0:27	
23	4005	Barbara Rodrigues [6764] AE1Gondomar	16:09 1:23 1:23 16:09 0:16	1:52 0:29	2:55 1:03	3:59 1:04	5:27 1:28	7:46 2:19	7:58 0:12	9:36 1:38	10:20 0:44	11:26 1:06	11:54 0:28	14:17 2:23	15:27 1:10	15:53 0:26	
24	2293	Isabel Silva [6590] EBManhente	16:13 1:33 1:33 16:13 0:15	2:15 0:42	2:49 0:34	3:26 0:37	6:34 3:08	7:25 0:51	7:36 0:11	8:20 0:44	8:43 0:23	9:36 0:53	10:12 0:36	11:32 1:20	15:01 3:29	15:58 0:57	
25	3477	Leonor Rodrigues [6596] EBApulia	17:22 1:48 1:48 17:22 0:43	2:25 0:37	3:05 0:40	3:50 0:45	4:44 0:54	9:16 4:32	9:36 0:20	10:52 1:16	11:31 0:39	13:11 1:40	13:41 0:30	14:40 0:59	15:55 1:15	16:39 0:44	
26	3522	Ana Rita Peixoto [6604] AEMaximinos	17:39 0:58 0:58 17:39 0:13	1:28 0:30	2:25 0:57	3:02 0:37	4:10 1:08	5:33 1:23	5:56 0:23	7:53 1:57	8:23 0:30	9:43 1:20	10:15 0:32	12:21 2:06	17:05 4:44	17:26 0:21	
27	2161	Ana Macedo [6590] EBManhente	18:02 1:47 1:47 18:02 0:16	2:31 0:44	3:19 0:48	4:07 0:48	5:07 1:00	6:12 1:05	6:30 0:18	7:21 0:51	8:07 0:46	9:11 1:04	9:34 0:23	14:54 5:20	17:17 2:23	17:46 0:29	
28	3396	Iva Silva [6722] EBEugénioAndr	18:10 5:31 5:31 18:10 0:11	6:10 0:39	6:54 0:44	7:38 0:44	8:45 1:07	9:49 1:04	10:00 0:11	10:51 0:51	11:27 0:36	12:43 1:16	13:10 0:27	15:16 2:06	17:37 2:21	17:59 0:22	
29	2346	Ana Carolina Machado [6593] ESCarlosAmaral	18:16 1:00 1:00 18:16 0:15	1:53 0:53	2:48 0:55	3:36 0:48	5:13 1:37	7:43 2:30	8:03 0:20	8:55 0:52	9:25 0:30	10:45 1:20	11:10 0:25	13:27 2:17	17:33 4:06	18:01 0:28	
30	2370	Telma Carvalho [6596] EBApulia	18:24 1:23 1:23 18:24 0:17	2:02 0:39	2:57 0:55	3:36 0:39	4:41 1:05	6:02 1:21	6:29 0:27	8:23 1:54	8:54 0:31	10:12 1:18	10:53 0:41	12:56 2:03	17:37 4:41	18:07 0:30	
31	2878	BARBARA ALVES [8340] EBPaçosFerreiros	18:33 1:09 1:09 18:33 0:13	1:38 0:29	2:45 1:07	3:23 0:38	4:23 1:00	5:58 1:35	6:15 0:17	7:44 1:29	8:32 0:48	15:08 6:36	15:37 0:29	16:40 1:03	17:57 1:17	18:20 0:23	
32	3589	Mariana Gonçalves [6722] EBEugénioAndr	18:49 1:06 1:06 18:49 0:16	2:00 0:54	3:15 1:15	4:23 1:08	5:47 1:24	9:18 3:31	9:39 0:21	10:35 0:56	11:13 0:38	12:32 1:19	13:26 0:54	14:44 1:18	18:06 3:22	18:33 0:27	
33	3947	Beatriz Guedes [6764] AE1Gondomar	19:11 1:18 1:18 19:11 1:44	1:52 0:34	2:40 0:48	3:28 0:48	5:31 2:03	6:52 1:21	7:04 0:12	8:26 1:22	8:56 0:30	10:03 1:07	11:07 1:04	14:21 3:14	17:04 2:43	17:27 0:23	
34	3462	Filipa Soares [6705] EBSPinheiro	19:53 1:25 1:25 19:53 0:12	2:02 0:37	3:08 1:06	4:05 0:57	5:14 1:09	6:28 1:14	6:44 0:16	7:57 1:13	8:34 0:37	10:44 2:10	12:05 1:21	13:09 1:04	19:10 6:01	19:41 0:31	

Pl	Stno	Name	Time													
Infantil Fem B (51)			1.2 km 14 C	<i>(cont.)</i>												
			1(47) F	2(44)	3(40)	4(34)	5(35)	6(39)	7(41)	8(43)	9(51)	10(52)	11(55)	12(57)	13(65)	14(100)
35	3949	Iris Pereira [6764] AE1Gondomar	20:04 2:10 20:04 0:21	3:01 0:51	4:17 1:16	5:26 1:09	6:27 1:01	7:54 1:27	8:16 0:22	10:07 1:51	10:40 0:33	11:56 1:16	12:29 0:33	14:36 2:07	19:13 4:37	19:43 0:30
36	2879	MARIA SOUSA [8340] EBPaçosFerrei	21:14 3:08 21:14 0:16	3:47 0:39	4:38 0:51	5:40 1:02	6:30 0:50	7:33 1:03	7:53 0:20	8:51 0:58	9:26 0:35	15:52 6:26	16:20 0:28	17:18 0:58	20:32 3:14	20:58 0:26
37	3497	BEATRIZ GOMES [8340] EBPaçosFerrei	21:27 0:51 21:27 0:11	1:18 0:27	1:57 0:39	2:49 0:52	3:27 0:38	4:48 1:21	5:03 0:15	6:24 1:21	6:48 0:24	13:41 6:53	16:21 2:40	20:02 3:41	20:53 0:51	21:16 0:23
38	3539	Eduarda Sá [6595] EBForjães	21:53 1:21 21:53 0:13	2:05 0:44	3:16 1:11	4:10 0:54	5:14 1:04	6:54 1:40	7:10 0:16	8:05 0:55	8:48 0:43	9:38 0:50	10:38 1:00	12:31 1:53	21:15 8:44	21:40 0:25
39	2761	Sofia Machado [6696] AEMiguelTorga	22:58 0:51 22:58 0:11	1:23 0:32	2:08 0:45	2:45 0:37	16:36 13:51	17:41 1:05	17:57 0:16	18:43 0:46	19:07 0:24	20:06 0:59	20:34 0:28	21:33 0:59	22:25 0:52	22:47 0:22
40	3373	Leticia Costa [6697] EBSpteBarca	26:45 2:03 26:45 0:11	2:34 0:31	3:36 1:02	4:13 0:37	8:38 4:25	11:47 3:09	12:00 0:13	12:58 0:58	13:39 0:41	14:48 1:09	15:34 0:46	17:17 1:43	26:11 8:54	26:34 0:23
41	3565	Cidália Martins [6791] ESTomazPelayo	30:37 1:19 30:37 0:38	2:14 0:55	3:41 1:27	4:35 0:54	6:58 2:23	8:09 1:11	8:28 0:19	9:49 1:21	10:36 0:47	14:44 4:08	17:27 2:43	18:40 1:13	28:52 10:12	29:59 1:07
42	2374	Ana Ribeiro [6705] EBSPinheiro	36:57 1:39 36:57 0:14	19:03 17:24	20:08 1:05	21:07 0:59	22:14 1:07	23:33 1:19	23:50 0:17	24:57 1:07	25:35 0:38	27:39 2:04	29:05 1:26	30:10 1:05	36:11 6:01	36:43 0:32
43	3597	Alexandra da Cos Gor [6639] EBSParadesCo	39:42 1:36 39:42 0:21	2:30 0:54	3:41 1:11	4:46 1:05	6:23 1:37	17:58 11:35	18:20 0:22	19:50 1:30	20:41 0:51	24:36 3:55	27:19 2:43	28:38 1:19	38:23 9:45	39:21 0:58
44	3661	já inscrita ANAÍSA NA [6746] ESFernãoMaga	43:01 26:34 26:34 43:01 0:21	27:16 0:42	28:36 1:20	29:43 1:07	31:13 1:30	34:34 3:21	34:59 0:25	36:09 1:10	36:44 0:35	37:46 1:02	39:25 1:39	40:49 1:24	----	42:40 1:51
45	4008	Catarina Alves [6778] AE1Gondomar	2:29:10 1:01 2:29:10 2:13:09	1:34 0:33	2:21 0:47	3:00 0:39	6:33 3:33	8:11 1:38	8:24 0:13	9:40 1:16	10:08 0:28	10:54 0:46	11:21 0:27	12:19 0:58	15:33 3:14	16:01 0:28
2527	Rafaela Teixeira [8299] AEPBS-Joane	mp	----	----	----	----	----	----	----	----	----	----	----	----	----	----
1992	Speranta Gaina [6722] EBEugénioAndr	mp	3:38 3:38 12:39 0:12	1:54 0:33	2:44 0:50 6:15 *42	3:22 0:38	4:22 1:00	5:31 1:09	5:56 0:25	----	7:15 1:19	8:23 1:08	8:51 0:28	10:04 1:13	12:04 2:00	12:27 0:23
3541	Mariana Félix [6595] EBForjães	mp	1:32 1:32 21:13 0:22	2:10 0:38	2:58 0:48	3:42 0:44	4:39 0:57	6:39 2:00	6:59 0:20	8:36 1:37	9:22 0:46	15:09 5:47	15:38 0:29	17:29 1:51	----	20:51 3:22
3185	LAURA VIEIRA [6746] ESFernãoMaga	mp	4:00 4:00 30:03 0:20	4:43 0:43	5:42 0:59	6:53 1:11	7:52 0:59	12:34 4:42	12:46 0:12	14:14 1:28	15:06 0:52	24:17 9:11	26:29 2:12	28:01 1:32	----	29:43 1:42
3659	MARIA MIGUEL MONT [6746] ESFernãoMaga	mp	2:18 2:18 18:37 0:19	2:59 0:41	4:18 1:19	5:23 1:05	6:57 1:34	10:16 3:19	10:41 0:25	11:53 1:12	12:28 0:35	13:30 1:02	15:14 1:44	16:35 1:21	----	18:18 1:43
3657	MARIANA [6746] ESFernãoMaga	mp	----	----	----	----	----	26:48 26:48	27:52 1:04	----	31:32 3:40	----	----	----	----	----
					11:51:39 *53	29:31 *42										
Infantil Masc B (40)			1.2 km 14 C	<i>(cont.)</i>												
			1(47) F	2(44)	3(34)	4(37)	5(39)	6(41)	7(42)	8(43)	9(51)	10(50)	11(55)	12(57)	13(65)	14(100)
1	3280	Rodrigo Lima [8300] AEFreixo	6:58 0:36 6:58 0:11	0:59 0:23	1:53 0:54	2:45 0:52	3:07 0:22	3:23 0:16	3:35 0:12	3:58 0:23	4:16 0:18	4:40 0:24	5:13 0:33	5:48 0:35	6:22 0:34	6:47 0:25
2	2001	Bruno Moreira [6975] EBSobreira	8:40 0:46 8:40 0:12	1:12 0:26	2:14 1:02	3:16 1:02	3:49 0:33	3:58 0:09	4:18 0:20	4:46 0:28	5:11 0:25	5:39 0:28	6:18 0:39	7:10 0:52	8:06 0:56	8:28 0:22
3	3300	Fábio Monteiro [6593] ESCarlosAmaral	9:00 0:41 9:00 0:12	1:11 0:30	2:23 1:12	3:32 1:09	4:05 0:33	4:18 0:13	4:46 0:28	5:16 0:30	5:42 0:26	6:23 0:41	6:54 0:31	7:40 0:46	8:24 0:44	8:48 0:24
4	2367	Gonçalo Fernandes [6593] ESCarlosAmaral	9:13 0:39 9:13 0:11	1:02 0:23	2:10 1:08	3:04 0:54	3:34 0:30	3:44 0:10	4:04 0:20	4:31 0:27	4:59 0:28	5:30 0:31	6:42 1:12	7:29 0:47	8:42 1:13	9:02 0:20

Pl	Stno	Name	Time													
<i>Infantil Masc B (40)</i>			<i>1.2 km 14 C</i>		<i>(cont.)</i>											
			1(47) F	2(44)	3(34)	4(37)	5(39)	6(41)	7(42)	8(43)	9(51)	10(50)	11(55)	12(57)	13(65)	14(100)
5	3270	João Paulo Gomes [8300] AEFreixo	10:00 0:44 0:44 10:00 0:11	1:08 0:24	2:17 1:09	3:10 0:53	3:38 0:28	3:52 0:14	4:13 0:21	4:37 0:24	6:00 1:23	6:22 0:22	7:24 1:02	8:13 0:49	9:28 1:15	9:49 0:21
6	2542	João Gomes [5644] EBJúlioSaúlDia	10:06 0:41 0:41 10:06 0:12	1:06 0:25	2:12 1:06	3:02 0:50	3:29 0:27	3:41 0:12	3:59 0:18	4:33 0:34	4:55 0:22	5:19 0:24	8:08 2:49	8:43 0:35	9:32 0:49	9:54 0:22
7	3423	Gabriel Vilaça [6593] ESCarlosAmarã	10:12 0:54 0:54 10:12 0:11	1:21 0:27	2:19 0:58	3:12 0:53	3:48 0:36	4:01 0:13	4:17 0:16	4:49 0:32	6:58 2:09	7:16 0:18	8:27 1:11	9:03 0:36	9:37 0:34	10:01 0:24
8	3490	Vitor Mesquita [8299] AEPBS-Joane	10:23 0:51 0:51 10:23 0:15	1:21 0:30	2:33 1:12	3:36 1:03	4:15 0:39	4:27 0:12	4:48 0:21	5:16 0:28	5:42 0:26	6:19 0:37	7:08 0:49	8:10 1:02	9:36 1:26	10:08 0:32
9	3019	Cláudio Coelho [6724] AELousadaNori	11:22 1:10 1:10 11:22 0:18	1:51 0:41	3:21 1:30	4:18 0:57	4:58 0:40	5:16 0:18	5:49 0:33	6:26 0:37	7:06 0:40	7:38 0:32	8:39 1:01	9:46 1:07	10:34 0:48	11:04 0:30
10	3425	Nuno Almeida [6593] ESCarlosAmarã	11:47 1:00 1:00 11:47 0:15	1:32 0:32	3:02 1:30	4:09 1:07	5:05 0:56	5:58 0:53	6:26 0:28	7:03 0:37	7:38 0:35	8:16 0:38	9:03 0:47	10:08 1:05	11:03 0:55	11:32 0:29
11	3196	Tiago Silva [6593] ESCarlosAmarã	11:48 1:34 1:34 11:48 0:14	2:01 0:27	3:05 1:04	4:20 1:15	4:53 0:33	5:13 0:20	5:33 0:20	6:01 0:28	6:27 0:26	6:54 0:27	7:33 0:39	8:53 1:20	11:11 2:18	11:34 0:23
12	2880	RODRIGO COELHO [8340] EBPaçosFerreir	12:18 2:33 2:33 12:18 0:18	3:10 0:37	4:22 1:12	5:40 1:18	6:21 0:41	6:35 0:14	7:03 0:28	7:34 0:31	8:02 0:28	8:32 0:30	9:33 1:01	10:44 1:11	11:36 0:52	12:00 0:24
13	2864	PEDRO COSTA [8340] EBPaçosFerreir	13:00 1:10 1:10 13:00 0:15	1:45 0:35	3:13 1:28	5:13 2:00	6:04 0:51	6:24 0:20	6:49 0:25	7:43 0:54	8:15 0:32	8:56 0:41	10:03 1:07	10:55 0:52	12:14 1:19	12:45 0:31
14	3321	Leonardo Pinto Felisb [6639] EBSParedesCo	13:03 1:08 1:08 13:03 0:12	1:43 0:35	3:23 1:40	4:28 1:05	5:39 1:11	5:52 0:13	6:15 0:23	6:49 0:34	8:02 1:13	8:32 0:30	9:18 0:46	10:41 1:23	12:27 1:46	12:51 0:24
15	1982	Claudio Pereira [6975] EBSobreira	13:05 0:52 0:52 13:05 0:12	1:27 0:35	2:38 1:11	5:58 3:20	6:35 0:37	6:47 0:12	7:06 0:19	7:41 0:35	8:33 0:52	9:00 0:27	10:14 1:14	11:18 1:04	12:22 1:04	12:53 0:31
16	3059	Gonçalo Sousa [5644] EBJúlioSaúlDia	13:54 0:50 0:50 13:54 0:12	1:30 0:40	6:10 4:40	6:57 0:47	7:43 0:46	8:05 0:22	8:29 0:24	9:02 0:33	9:32 0:30	10:06 0:34	11:05 0:59	12:17 1:12	13:11 0:54	13:42 0:31
17	2536	Cristiano Silva [5644] EBJúlioSaúlDia	14:38 1:23 1:23 14:38 0:13	2:03 0:40	3:42 1:39	4:50 1:08	5:52 1:02	6:08 0:16	6:35 0:27	7:14 0:39	7:59 0:45	8:32 0:33	11:02 2:30	12:30 1:28	13:45 1:15	14:25 0:40
18	3427	Ricardo Quintas [6593] ESCarlosAmarã	14:50 0:57 0:57 14:50 0:14	1:25 0:28	2:37 1:12	3:44 1:07	4:11 0:27	4:25 0:14	4:48 0:23	5:58 1:10	6:23 0:25	6:53 0:30	7:42 0:49	9:04 1:22	14:09 5:05	14:36 0:27
19	3555	Jorge Rafel Freitas [5644] EBJúlioSaúlDia	14:59 1:05 1:05 14:59 0:16	1:42 0:37	3:03 1:21	8:29 5:26	9:07 0:38	9:22 0:15	9:45 0:23	10:12 0:27	10:48 0:36	11:16 0:28	12:08 0:52	13:22 1:14	14:17 0:55	14:43 0:26
20	3558	Rúben Pereira [5644] EBJúlioSaúlDia	15:31 0:43 0:43 15:31 0:12	1:10 0:27	2:28 1:18	8:19 5:51	8:51 0:32	9:08 0:17	9:28 0:20	10:04 0:36	10:35 0:31	11:08 0:33	11:52 0:44	14:01 2:09	14:53 0:52	15:19 0:26
21	1782	Gonçalo Araújo [6754] EB23SãoRosen	15:48 0:58 0:58 15:48 0:17	1:35 0:37	2:59 1:24	4:10 1:11	5:33 1:23	5:47 0:14	6:22 0:35	6:57 0:35	7:40 0:43	8:13 0:33	8:56 0:43	9:53 0:57	15:05 5:12	15:31 0:26
22	3463	Leonel Silva [9172] AEVilela	16:09 1:33 1:33 16:09 0:16	2:14 0:41	4:05 1:51 4:49 *32	7:38 3:33	8:29 0:51	8:43 0:14	9:03 0:20	9:36 0:33	10:07 0:31	10:39 0:32	12:55 2:16	14:09 1:14	15:23 1:14	15:53 0:30
23	1781	Gonçalo Silva [6754] EB23SãoRosen	16:22 0:43 0:43 16:22 0:12	1:05 0:22	2:09 1:04	3:01 0:52	5:27 2:26	5:49 0:22	6:11 0:22	6:43 0:32	7:05 0:22	7:29 0:24	8:05 0:36	8:53 0:48	15:50 6:57	16:10 0:20
24	1650	Tiago Soares [6724] AELousadaNori	17:18 0:59 0:59 17:18 0:15	1:37 0:38	3:01 1:24	9:30 6:29	10:02 0:32	10:14 0:12	10:30 0:16	11:08 0:38	11:35 0:27	12:01 0:26	12:50 0:49	14:24 1:34	16:32 2:08	17:03 0:31
25	2726	Diogo Almeida [6596] EBApulia	17:49 0:54 0:54 17:49 0:15	1:22 0:28	2:32 1:10	3:38 1:06	4:08 0:30	4:25 0:17	4:42 0:17	5:12 0:30	5:37 0:25	6:02 0:25	6:47 0:45	8:38 1:51	17:13 8:35	17:34 0:21
26	1482	João Vilaça [6604] AEMaximinos	18:30 0:17 0:17 18:30 0:15	0:54 0:37	2:26 1:32	4:28 2:02	7:13 2:45	7:36 0:23	7:54 0:18	8:37 0:43	12:00 3:23	12:22 0:22	13:21 0:59	15:31 2:10	17:49 2:18	18:15 0:26

Pl	Stno	Name	Time													
Infantil Masc B (40)			1.2 km 14 C	<i>(cont.)</i>												
			1(47) F	2(44)	3(34)	4(37)	5(39)	6(41)	7(42)	8(43)	9(51)	10(50)	11(55)	12(57)	13(65)	14(100)
27	3163	Tomé Carvalho [6595] EBForjães	18:43 1:00 18:43 0:12	1:32 0:32	3:14 1:42	5:11 1:57	5:52 0:41	6:02 0:10	6:36 0:34	7:11 0:35	8:09 0:58	10:34 2:25	11:52 1:18	13:28 1:36	18:05 4:37	18:31 0:26
28	3500	DUARTE PACHECO [8340] EBPaçosFerreir	18:53 2:33 2:33 18:53 0:16	3:10 0:37	5:24 2:14	6:47 1:23	7:12 0:25	7:25 0:13	7:47 0:22	9:00 1:13	9:24 0:24	9:54 0:30	10:39 0:45	12:23 1:44	18:09 5:46	18:37 0:28
29	3414	Armando Moreira [6975] EBSobreira	19:06 1:40 1:40 19:06 0:19	2:07 0:27	3:13 1:06	4:13 1:00	4:50 0:37	5:04 0:14	5:28 0:24	6:03 0:35	6:35 0:32	7:03 0:28	8:08 1:05	10:04 1:56	18:24 8:20	18:47 0:23
30	1877	Júlio Soares [6722] EBEugénioAndr	19:33 0:53 0:53 19:33 0:16	1:23 0:30	2:37 1:14	9:14 6:37	9:50 0:36	10:03 0:13	10:23 0:20	10:55 0:32	12:29 1:34	12:52 0:23	14:03 1:11	15:23 1:20	18:49 3:26	19:17 0:28
31	3473	Edgar Vale [6596] EBApulia	20:43 1:51 1:51 20:43 0:18	2:33 0:42	7:14 4:41	8:27 1:13	9:18 0:51	9:34 0:16	10:04 0:30	10:46 0:42	11:48 1:02	12:37 0:49	13:44 1:07	17:35 3:51	19:49 2:14	20:25 0:36
32	3357	Gustavo Araújo [8299] AEPBS-Joane	21:09 0:49 0:49 21:09 0:12	1:16 0:27	2:18 1:02	3:43 1:25	7:05 3:22	7:18 0:13	7:44 0:26	8:12 0:28	9:01 0:49	9:59 0:58	15:57 5:58	18:41 2:44	20:19 1:38	20:57 0:38
33	2438	Fábio Novo [6595] EBForjães	22:47 0:52 0:52 22:47 0:10	1:26 0:34	2:52 1:26	4:03 1:11	5:50 1:47	6:05 0:15	6:25 0:20	7:00 0:35	7:30 0:30	8:00 0:30	8:54 0:54	13:21 4:27	21:50 8:29	22:37 0:47
34	3502	DIOGO COUTO [8340] EBPaçosFerreir	23:13 2:30 2:30 23:13 0:12	3:10 0:40	5:48 2:38	6:54 1:06	12:00 5:06	12:24 0:24	12:37 0:13	13:18 0:41	16:42 3:24	17:11 0:29	18:09 0:58	19:58 1:49	22:37 2:39	23:01 0:24
35	3984	Nuno Araújo [6604] AEMaximinos	25:30 1:28 1:28 25:30 0:14	2:05 0:37	8:35 6:30	12:08 3:33	15:24 3:16	15:45 0:21	16:04 0:19	16:35 0:31	17:23 0:48	18:12 0:49	19:30 1:18	20:41 1:11	24:51 4:10	25:16 0:25
36	3176	Rafael Gomes [6696] AEMiguelTorga	26:03 3:11 3:11 26:03 0:12	4:02 0:51	7:27 3:25	8:56 1:29	15:03 6:07	15:24 0:21	16:23 0:59	17:23 1:00	18:17 0:54	18:51 0:34	19:57 1:06	20:58 1:01	25:28 4:30	25:51 0:23
37	3472	Delmar Gonçalves [6596] EBApulia	28:03 2:09 2:09 28:03 0:14	2:40 0:31	5:26 2:46	13:39 8:13	14:12 0:33	14:26 0:14	14:45 0:19	15:15 0:30	15:41 0:26	16:08 0:27	16:54 0:46	18:58 2:04	27:17 8:19	27:49 0:32
	3970	BrunoM+FernandoB [6696] AEMiguelTorga	mp 1:36 1:36 19:35 0:17	2:29 0:53	5:00 2:31 3:35 *40	7:00 2:00 6:08 *32	-----	10:21 3:21	-----	11:57 1:36	-----	13:28 1:31	15:02 1:34	16:40 1:38	18:47 2:07	19:18 0:31
	2727	Diogo Páscoa [6596] EBApulia	mp 1:23 1:23 19:23 0:13	2:01 0:38	3:46 1:45	7:18 3:32	8:21 1:03	8:35 0:14	9:06 0:31	-----	10:40 1:34	11:17 0:37	12:15 0:58	14:01 1:46	18:44 4:43	19:10 0:26
	3573	Miguel Ferreira [6791] ESTomazPelayo	mp -----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

Iniciado Fem (63)			1.2 km 14 C													
			1(46) F	2(40)	3(36)	4(34)	5(38)	6(39)	7(42)	8(51)	9(50)	10(55)	11(57)	12(59)	13(65)	14(100)
1	166	Ana Pacheco [6604] AEMaximinos	10:06 0:51 0:51 10:06 0:11	1:37 0:46	2:18 0:41	2:49 0:31	4:09 1:20	5:11 1:02	5:34 0:23	6:19 0:45	6:40 0:21	7:15 0:35	7:59 0:44	8:37 0:38	9:33 0:56	9:55 0:22
2	1516	Ana Beatriz Silva [6593] ESCarlosAmaral	14:38 1:14 1:14 14:38 0:13	2:13 0:59	3:42 1:29	4:29 0:47	6:10 1:41	7:33 1:23	8:10 0:37	9:13 1:03	9:43 0:30	10:50 1:07	11:41 0:51	12:33 0:52	13:55 1:22	14:25 0:30
3	3341	Ana Lameiras [7533] AEVilaPoucaAg	15:52 1:24 1:24 15:52 0:11	2:13 0:49	3:33 1:20	4:26 0:53	6:43 2:17	8:32 1:49	9:09 0:37	9:55 0:46	10:22 0:27	11:00 0:38	11:52 0:52	12:46 0:54	15:18 2:32	15:41 0:23
4	2851	Ana Soraia Costa [6601] EBSVieiraAraúj	16:41 1:06 1:06 16:41 0:11	1:59 0:53	3:05 1:06	3:52 0:47	5:24 1:32	8:07 2:43	8:28 0:21	9:18 0:50	9:46 0:28	10:31 0:45	11:14 0:43	14:37 3:23	16:01 1:24	16:30 0:29
5	337	Diana Gomes [6697] EBSPTeBarca	17:08 1:00 1:00 17:08 0:14	1:53 0:53	3:07 1:14	4:19 1:12	6:51 2:32	8:09 1:18	9:13 1:04	10:18 1:05	10:54 0:36	11:44 0:50	12:56 1:12	14:59 2:03	16:29 1:30	16:54 0:25
6	3512	BRUNA TORRES [8340] EBPaçosFerreir	17:36 1:06 1:06 17:36 0:15	2:10 1:04	4:21 2:11	5:08 0:47	6:46 1:38	8:15 1:29	8:52 0:37	10:15 1:23	10:55 0:40	11:34 0:39	12:32 0:58	13:19 0:47	16:53 3:34	17:21 0:28
7	887	Inês Gomes [6594] EBM Cavado	17:52 1:02 1:02 17:52 0:11	2:00 0:58	3:01 1:01	5:36 2:35	7:53 2:17	9:17 1:24	9:47 0:30	10:45 0:58	11:09 0:24	12:06 0:57	13:00 0:54	16:13 3:13	17:14 1:01	17:41 0:27

Pl	Stno	Name	Time													
<i>Iniciado Fem (63)</i>			<i>1.2 km 14 C</i>	<i>(cont.)</i>												
			1(46) F	2(40)	3(36)	4(34)	5(38)	6(39)	7(42)	8(51)	9(50)	10(55)	11(57)	12(59)	13(65)	14(100)
8	2166	Mafalda Lima [6595] EBFForjães	18:29 0:59 18:29 0:11	1:49 0:50	2:54 1:05	4:02 1:08	7:10 3:08	9:12 2:02	9:40 0:28	11:02 1:22	11:25 0:23	12:13 0:48	13:33 1:20	16:41 3:08	17:51 1:10	18:18 0:27
9	2353	Maria Martins [6596] EBApulia	19:09 1:44 19:09 0:13	2:34 0:50	4:04 1:30	4:50 0:46	6:24 1:34	11:32 5:08	12:01 0:29	12:57 0:56	13:29 0:32	14:14 0:45	15:00 0:46	17:21 2:21	18:29 1:08	18:56 0:27
10	112	Matilde Brito [6595] EBFForjães	19:17 1:05 19:17 0:10	2:00 0:55	3:32 1:32	4:12 0:40	6:46 2:34	8:58 2:12	9:37 0:39	10:40 1:03	11:06 0:26	12:15 1:09	13:40 1:25	17:16 3:36	18:43 1:27	19:07 0:24
11	3301	Inês Augusto [6593] ESCarlosAmaral	19:39 1:13 19:39 0:12	2:02 0:49	3:05 1:03	3:45 0:40	8:35 4:50	10:37 2:02	10:59 0:22	12:02 1:03	13:30 1:28	14:06 0:36	14:56 0:50	17:28 2:32	19:06 1:38	19:27 0:21
12	90034	Márcia Felgueueiras [1564] Individual POR	20:05 1:23 20:05 0:14	5:35 4:12	6:41 1:06	7:23 0:42	9:25 2:02	11:32 2:07	12:03 0:31	13:20 1:17	13:50 0:30	14:35 0:45	15:35 1:00	17:08 1:33	19:20 2:12	19:51 0:31
13	3103	Daniela Faria [8299] AEPBS-Joane	20:26 1:03 20:26 0:13	2:05 1:02	3:45 1:40	4:39 0:54	6:42 2:03	12:18 5:36	12:57 0:39	13:44 0:47	14:23 0:39	15:06 0:43	16:18 1:12	17:48 1:30	19:45 1:57	20:13 0:28
14	334	Luna Dantas [6697] EBSPteBarca	20:30 1:10 20:30 0:13	2:24 1:14	3:30 1:06	4:30 1:00	7:56 3:26	10:32 2:36	10:55 0:23	12:10 1:15	12:43 0:33	13:40 0:57	15:05 1:25	16:05 1:00	19:49 3:44	20:17 0:28
15	2874	MARIANA MARTINS [8340] EBPaçosFerrei	20:55 0:58 20:55 0:13	1:49 0:51	3:56 2:07	5:13 1:17	7:08 1:55	10:13 3:05	10:53 0:40	11:55 1:02	12:29 0:34	13:32 1:03	14:37 1:05	18:40 4:03	20:13 1:33	20:42 0:29
16	98	Ana Fonseca [6596] EBApulia	21:05 1:16 21:05 0:15	2:17 1:01	4:16 1:59	5:11 0:55	7:27 2:16	13:27 6:00	13:58 0:31	14:54 0:56	15:24 0:30	16:10 0:46	16:56 0:46	19:14 2:18	20:21 1:07	20:50 0:29
17	1545	Vera Alegre [6596] EBApulia	21:10 1:28 21:10 0:11	2:59 1:31	4:03 1:04	5:18 1:15	8:43 3:25	11:39 2:56	12:11 0:32	13:07 0:56	13:39 0:32	14:21 0:42	15:32 1:11	16:51 1:19	20:05 3:14	20:59 0:54
18	3505	ANA PEREIRA [8340] EBPaçosFerrei	22:41 0:59 22:41 0:35	3:02 2:03	4:05 1:03	5:22 1:17	8:57 3:35	12:49 3:52	13:28 0:39	14:53 1:25	15:34 0:41	16:08 0:34	17:07 0:59	17:58 0:51	21:29 3:31	22:06 0:37
19	2871	INÊS MARTINS [8340] EBPaçosFerrei	23:23 2:16 23:23 0:11	4:19 2:03	5:21 1:02	6:39 1:18	10:17 3:38	14:05 3:48	14:49 0:44	16:15 1:26	16:51 0:36	17:25 0:34	18:23 0:58	19:09 0:46	22:45 3:36	23:12 0:27
20	60	Flávia Santos [6596] EBApulia	23:24 1:06 23:24 0:14	2:23 1:17	3:57 1:34	4:44 0:47	9:24 4:40	12:45 3:21	13:22 0:37	14:14 0:52	14:43 0:29	15:37 0:54	16:42 1:05	18:59 2:17	22:34 3:35	23:10 0:36
21	924	Bárbara Marques [6696] AEMiguelTorga	23:26 1:07 23:26 0:12	2:23 1:16	6:58 4:35	8:21 1:23	10:30 2:09	13:39 3:09	14:20 0:41	15:31 1:11	16:07 0:36	17:21 1:14	18:29 1:08	21:10 2:41	22:51 1:41	23:14 0:23
22	96	Carina Rita [6596] EBApulia	23:47 1:10 23:47 0:12	2:13 1:03	3:34 1:21	4:48 1:14	11:55 7:07	14:42 2:47	15:09 0:27	16:03 0:54	16:36 0:33	17:18 0:42	18:25 1:07	19:45 1:20	22:59 3:14	23:35 0:36
23	2481	Mariana Azevedo [8299] AEPBS-Joane	24:26 1:20 24:26 0:13	2:24 1:04	5:26 3:02	6:55 1:29	10:39 3:44	16:34 5:55	17:00 0:26	18:00 1:00	18:30 0:30	19:25 0:55	20:38 1:13	22:00 1:22	23:41 1:41	24:13 0:32
24	3245	ANA FERREIRA [8340] EBPaçosFerrei	24:37 1:11 24:37 0:14	2:07 0:56	5:08 3:01	6:16 1:08	13:12 6:56	14:53 1:41	15:32 0:39	16:45 1:13	17:12 0:27	18:09 0:57	19:36 1:27	23:05 3:29	23:51 0:46	24:23 0:32
25	2482	Nadine Silva [8299] AEPBS-Joane	24:43 1:03 24:43 0:12	1:54 0:51	2:54 1:00	4:02 1:08	14:41 10:39	15:43 1:02	16:08 0:25	18:09 2:01	18:32 0:23	19:25 0:53	21:42 2:17	22:41 0:59	24:07 1:26	24:31 0:24
26	2792	Andreia Filipa L Silva [6677] AEGomesMonte	25:46 1:31 25:46 0:35	2:36 1:05	4:26 1:50	6:02 1:36	10:37 4:35	13:44 3:07	14:30 0:46	16:11 1:41	17:12 1:01	18:29 1:17	20:26 1:57	21:55 1:29	24:15 2:20	25:11 0:56
27	113	Beatriz Moura [6595] EBFForjães	25:51 1:06 25:51 0:11	2:05 0:59	4:01 1:56	4:56 0:55	8:28 3:32	14:43 6:15	15:26 0:43	16:22 0:56	17:07 0:45	18:18 1:11	20:33 2:15	22:37 2:04	25:17 2:40	25:40 0:23
28	3244	LAVÍNIA CARDOSO [8340] EBPaçosFerrei	26:39 1:12 26:39 0:16	2:07 0:55	4:14 2:07	5:00 0:46	13:11 8:11	16:13 3:02	16:51 0:38	17:42 0:51	18:10 0:28	18:56 0:46	20:05 1:09	22:17 2:12	26:01 3:44	26:23 0:22
29	1917	Joana Vigário [6764] AE1Gondomar	26:42 1:33 26:42 0:20	2:43 1:10	8:51 6:08	9:51 1:00	11:36 1:45	15:07 3:31	15:35 0:28	16:27 0:52	17:20 0:53	18:20 1:00	20:05 1:45	22:18 2:13	25:43 3:25	26:22 0:39

Pl	Stno	Name	Time														
<i>Iniciado Fem (63)</i>			<i>1.2 km 14 C</i>	<i>(cont.)</i>													
			1(46) F	2(40)	3(36)	4(34)	5(38)	6(39)	7(42)	8(51)	9(50)	10(55)	11(57)	12(59)	13(65)	14(100)	
30	2480	Maria Martins [8299] AEPBS-Joane	27:37 1:30 1:30 27:37 0:15	2:51 1:21	5:28 2:37	6:46 1:18	10:30 3:44	12:27 1:57	13:28 1:01	15:02 1:34	15:36 0:34	16:44 1:08	21:09 4:25	23:45 2:36	26:52 3:07	27:22 0:30	
31	3406	Inês Neves [6975] EBSobreira	28:17 1:37 1:37 28:17 0:14	2:45 1:08	8:14 5:29	9:26 1:12	12:20 2:54	15:06 2:46	15:42 0:36	16:54 1:12	17:40 0:46	18:40 1:00	19:57 1:17	23:48 3:51	27:34 3:46	28:03 0:29	
32	2048	Andreia Almeida [6595] EBForjães	28:23 1:23 1:23 28:23 0:12	2:31 1:08	4:11 1:40	5:12 1:01	9:54 4:42	13:18 3:24	13:40 0:22	15:03 1:23	15:56 0:53	17:03 1:07	18:40 1:37	26:43 8:03	27:45 1:02	28:11 0:26	
33	2872	BEATRIZ MARTINS [8340] EBPaçosFerreir	29:18 2:50 2:50 29:18 0:17	3:38 0:48	6:59 3:21	8:40 1:41	15:49 7:09	18:54 3:05	19:31 0:37	20:20 0:49	20:48 0:28	21:33 0:45	22:41 1:08	24:47 2:06	28:39 3:52	29:01 0:22	
34	1837	Bárbara Oliveira [6677] AEGomesMonte	30:09 2:12 2:12 30:09 0:38	3:55 1:43	6:13 2:18	7:33 1:20	10:43 3:10	17:20 6:37	18:54 1:34	20:36 1:42	21:33 0:57	22:49 1:16	24:49 2:00	26:19 1:30	28:35 2:16	29:31 0:56	
35	922	Mariana Marques [6696] AEMiguelTorga	30:49 1:18 1:18 30:49 0:13	2:21 1:03	4:04 1:43	5:07 1:03	12:35 7:28	19:59 7:24	20:55 0:56	22:35 1:40	23:25 0:50	24:07 0:42	25:50 1:43	27:15 1:25	29:44 2:29	30:36 0:52	
36	2793	Rita Santos Oliveira [6677] AEGomesMonte	31:57 1:24 1:24 31:57 0:15	2:59 1:35	5:01 2:02	6:10 1:09	13:37 7:27	20:59 7:22	21:56 0:57	23:36 1:40	24:27 0:51	25:25 0:58	26:52 1:27	28:28 1:36	30:49 2:21	31:42 0:53	
37	3335	Amandine Rosemar Fe [6639] EBSParadesCo	32:12 2:04 2:04 32:12 0:28	3:28 1:24	7:50 4:22	8:53 1:03	10:53 2:00	19:35 8:42	20:19 0:44	21:52 1:33	22:24 0:32	23:05 0:41	24:42 1:37	29:00 4:18	31:13 2:13	31:44 0:31	
38	1977	Alexandra Alves [6975] EBSobreira	32:27 1:25 1:25 32:27 0:14	2:25 1:00	3:43 1:18	5:00 1:17	12:35 7:35	20:39 8:04	21:11 0:32	22:09 0:58	22:39 0:30	23:45 1:06	24:46 1:01	30:12 5:26	31:44 1:32	32:13 0:29	
39	3632	Ana Pombinho [6698] ESDrAntGranjo	33:29 1:52 1:52 33:29 0:15	2:56 1:04	12:56 10:00	14:12 1:16	19:18 5:06	23:09 3:51	23:47 0:38	24:41 0:54	25:12 0:31	26:16 1:04	27:55 1:39	30:30 2:35	32:39 2:09	33:14 0:35	
40	2511	Rita Gomes [6594] EBM Cavado	33:40 1:25 1:25 33:40 0:20	2:27 1:02	15:51 13:24	16:48 0:57	18:32 1:44	22:09 3:37	22:31 0:22	23:22 0:51	24:20 0:58	25:15 0:55	27:05 1:50	29:14 2:09	32:44 3:30	33:20 0:36	
41	3384	Raquel Costa [6697] EBS PteBarca	34:18 1:01 1:01 34:18 0:14	2:17 1:16	4:55 2:38	5:50 0:55	15:15 9:25	25:08 9:53	25:33 0:25	26:58 1:25	27:23 0:25	28:40 1:17	29:57 1:17	31:20 1:23	33:40 2:20	34:04 0:24	
42	3515	Ariana Perreira [6975] EBSobreira	34:22 1:31 1:31 34:22 0:14	2:47 1:16	11:16 8:29	12:56 1:40	19:45 6:49	21:32 1:47	22:09 0:37	23:45 1:36	24:42 0:57	25:47 1:05	27:26 1:39	31:29 4:03	33:35 2:06	34:08 0:33	
43	2662	Catarina Sousa [8326] EB23 Nevogilde	35:18 5:00 5:00 35:18 0:35	6:29 1:29	9:08 2:39	11:41 2:33	18:21 6:40	22:31 4:10	23:29 0:58	25:26 1:57	26:22 0:56	27:35 1:13	29:36 2:01	31:18 1:42	34:02 2:44	34:43 0:41	
44	2521	Bruna Meira [6595] EBForjães	36:33 1:15 1:15 36:33 0:13	2:53 1:38	16:17 13:24	17:24 1:07	24:03 6:39	25:55 1:52	26:36 0:41	27:52 1:16	28:25 0:33	29:29 1:04	31:27 1:58	34:09 2:42	35:51 1:42	36:20 0:29	
45	3675	Simone Nogueira [6590] EBManhente	36:53 2:16 2:16 36:53 0:32	4:05 1:49	10:16 6:11	12:21 2:05	22:21 10:00	24:40 2:19	25:03 0:23	26:17 1:14	26:51 0:34	27:36 0:45	33:19 5:43	34:26 1:07	35:47 1:21	36:21 0:34	
46	3595	Mariana Peixoto [6696] AEMiguelTorga	37:01 3:20 3:20 37:01 0:19	4:24 1:04	9:54 5:30	12:09 2:15	26:47 14:38	27:46 0:59	28:11 0:25	30:14 2:03	30:37 0:23	31:31 0:54	33:47 2:16	34:42 0:55	36:16 1:34	36:42 0:26	
47	1916	Beatriz Vieira [6764] AE1Gondomar (37:55 1:24 1:24 37:55 0:20	2:49 1:25	4:10 1:21	7:06 2:56	19:40 12:34	21:45 2:05	22:36 0:51	24:10 1:34	25:02 0:52	25:59 0:57	27:37 1:38	32:23 4:46	36:49 4:26	37:35 0:46	
48	2790	Maria Inês Rodrigo [6677] AEGomesMonte	37:59 1:19 1:19 37:59 0:17	2:31 1:12	10:01 7:30	11:02 1:01	15:05 4:03	19:29 4:24	20:05 0:36	21:53 1:48	22:25 0:32	24:12 1:47	25:32 1:20	30:01 4:29	36:54 6:53	37:42 0:48	
49	2857	CARINA COELHO [8340] EBPaçosFerreir	38:35 1:25 1:25 38:35 0:13	2:56 1:31	4:49 1:53	6:06 1:17	22:17 16:11	24:28 2:11	25:04 0:36	26:43 1:39	27:42 0:59	28:55 1:13	30:43 1:48	34:25 3:42	37:17 2:52	38:22 1:05	
50	3369	Diana Passos [6704] EBSArgaLima	41:44 1:53 1:53 41:44 0:34	4:14 2:21	5:50 1:36	7:37 1:47	16:57 9:20	23:33 6:36	23:50 0:17	27:39 3:49	28:38 0:59	30:08 1:30	32:01 1:53	38:20 6:19	39:52 1:32	41:10 1:18	
51	3859	Maria Moreira [6975] EBSobreira	46:14 2:34 2:34 46:14 0:18	5:19 2:45	7:52 2:33	9:02 1:10	31:05 22:03	32:15 1:10	33:03 0:48	34:53 1:50	35:48 0:55	38:31 2:43	39:42 1:11	42:12 2:30	45:30 3:18	45:56 0:26	

Pl	Stno	Name	Time															
<i>Iniciado Fem (63)</i>			<i>1.2 km 14 C</i>		<i>(cont.)</i>													
			1(46) F	2(40)	3(36)	4(34)	5(38)	6(39)	7(42)	8(51)	9(50)	10(55)	11(57)	12(59)	13(65)	14(100)		
52	2856	MARIANA NETO [8340] EBPaçosFerreir	48:33 2:15 2:15 48:33 0:13	3:59 1:44	11:15 7:16	12:55 1:40	18:51 5:56	26:49 7:58	27:18 0:29	30:24 3:06	31:11 0:47	33:23 2:12	34:53 1:30	42:13 7:20	47:13 5:00	48:20 1:07		
53	2665	Eduarda Campos [8326] EB23 Nevogilde	50:22 3:48 3:48 50:22 0:45	6:04 2:16	7:51 1:47	9:49 1:58	15:57 6:08	25:34 9:37	26:59 1:25	30:23 3:24	32:05 1:42	34:31 2:26	40:23 5:52	42:19 1:56	48:34 6:15	49:37 1:03		
54	2674	Mariana Neto [8326] EB23 Nevogilde	51:06 2:10 2:10 51:06 0:33	3:53 1:43	6:10 2:17	7:54 1:44	33:14 25:20	37:42 4:28	38:33 0:51	40:43 2:10	41:33 0:50	42:41 1:08	44:39 1:58	46:15 1:36	49:23 3:08	50:33 1:10		
55	2676	Regina Souto [8326] EB23 Nevogilde	55:19 7:09 7:09 55:19 0:28	8:51 1:42	11:15 2:24	12:58 1:43	37:42 24:44	42:45 5:03	43:27 0:42	45:40 2:13	46:33 0:53	47:31 0:58	49:40 2:09	51:15 1:35	53:27 2:12	54:51 1:24		
56	3217	Beatriz Ferreira [8326] EB23 Nevogilde	59:04 10:05 10:05 59:04 0:28	11:51 1:46	14:06 2:15	15:52 1:46	41:12 25:20	45:40 4:28	46:24 0:44	48:42 2:18	49:36 0:54	50:38 1:02	52:47 2:09	54:11 1:24	57:32 3:21	58:36 1:04		
3864	Cassandra António [6677] AEGomesMonte	mp	----	----	----	----	----	----	----	----	4:21 4:21	6:31 2:10	----	----	13:36 7:05	14:06 0:30		
2666	Maria Rafaela Silva [8326] EB23 Nevogilde	mp	14:18 0:12 15:49 15:49 1:16:20 0:36	17:53 2:04	20:40 2:47	22:14 1:34	----	----	----	----	47:05 24:51	48:30 1:25	----	55:12 6:42	57:57 2:45	1:15:44 17:47		
3309	Maria Machado [6704] EBSArgaLima	mp	8:24 8:24 1:02:46 0:37	11:41 3:17	26:49 15:08	28:25 1:36	38:30 10:05	----	43:26 4:56	48:51 5:25	49:50 0:59	51:14 1:24	53:04 1:50	59:30 6:26	1:01:06 1:36	1:02:09 1:03		
3333	Joana Filipa San Barb [6639] EBSParedesCo	mp	10:20 10:20 38:16 0:26	11:47 1:27	----	12:46 0:59	20:39 7:53	26:05 5:26	27:22 1:17	30:09 2:47	31:19 1:10	32:50 1:31	34:34 1:44	36:06 1:32	----	37:50 1:44		
331	Katia Gomes [6697] EBSPteBarca	mp	0:55 0:55 12:05 0:11	1:45 0:50	2:35 0:50	3:22 0:47	4:39 1:17	5:53 1:14	6:29 0:36	7:20 0:51	7:49 0:29	8:34 0:45	9:51 1:17	----	11:26 1:35	11:54 0:28		
90033	Daniela Martins [1564] Individual POR	mp	----	----	8:08 8:08	----	----	----	----	----	26:56 18:48	27:48 0:52	----	31:09 3:21	32:32 1:23	46:10 13:38		
90032	Rafaela Esteves [1564] Individual POR	mp	46:34 0:24 2:22 2:22 25:40 0:15	4:49 *49	5:36 *44	20:00 *31	21:28 *37	25:32 *45	25:58 *43	30:06 *58	41:09 *73	42:39 *72	----	24:57 5:02	25:25 0:28			
<i>Iniciado Masc (82)</i>			<i>1.2 km 14 C</i>		<i>(cont.)</i>													
			1(47) F	2(44)	3(36)	4(31)	5(35)	6(38)	7(42)	8(50)	9(52)	10(55)	11(58)	12(59)	13(65)	14(100)		
1	81	André Serra Campos [6593] ESCarlosAmaral	13:02 0:30 0:30 13:02 0:10	0:51 0:21	2:06 1:15	3:14 1:08	4:04 0:50	5:43 1:39	7:01 1:18	7:56 0:55	8:24 0:28	8:59 0:35	10:41 1:42	11:46 1:05	12:30 0:44	12:52 0:22		
2	101	Daniel Pereira [6596] EBAPulia	14:08 0:33 0:33 14:08 0:12	0:56 0:23	2:31 1:35	4:15 1:44	5:21 1:06	6:48 1:27	8:07 1:19	9:10 1:03	9:31 0:21	10:07 0:36	11:39 1:32	12:25 0:46	13:32 1:07	13:56 0:24		
3	89	Eduardo Dias [6593] ESCarlosAmaral	14:37 0:37 0:37 14:37 0:08	0:58 0:21	2:07 1:09	3:22 1:15	4:19 0:57	6:33 2:14	8:10 1:37	9:27 1:17	9:47 0:20	10:02 0:15	11:15 1:13	13:19 2:04	14:11 0:52	14:29 0:18		
4	2489	Rafael Rodrigues [8299] AEPBS-Joane	15:22 0:42 0:42 15:22 0:11	1:08 0:26	3:07 1:59	5:18 2:11	6:23 1:05	7:56 1:33	9:21 1:25	10:21 1:00	10:48 0:27	11:06 0:18	12:54 1:48	13:45 0:51	14:48 1:03	15:11 0:23		
5	3293	Bruno Lopes [8300] AEFreixo	15:42 0:34 0:34 15:42 0:10	0:58 0:24	2:35 1:37	4:24 1:49	5:27 1:03	7:17 1:50	9:47 2:30	10:49 1:02	11:17 0:28	11:36 0:19	13:34 1:58	14:18 0:44	15:12 0:54	15:32 0:20		
6	3508	RÚBEN TORRES [8340] EBPaçosFerreir	15:47 0:42 0:42 15:47 0:10	1:05 0:23	2:27 1:22	3:57 1:30	5:11 1:14	8:58 3:47	10:00 1:02	11:42 1:42	12:13 0:31	12:33 0:20	13:53 1:20	14:27 0:34	15:18 0:51	15:37 0:19		
7	3288	Alexandre Silva [8300] AEFreixo	15:55 0:38 0:38 15:55 0:09	1:01 0:23	2:27 1:26	3:59 1:32	5:15 1:16	6:53 1:38	9:45 2:52	10:48 1:03	12:00 1:12	12:21 0:21	14:02 1:41	14:42 0:40	15:25 0:43	15:46 0:21		
8	3278	Pedro Alves [8300] AEFreixo	16:06 0:40 0:40 16:06 0:11	1:04 0:24	2:15 1:11	3:46 1:31	4:58 1:12	9:05 4:07	11:05 2:00	11:57 0:52	12:13 0:16	12:35 0:22	13:52 1:17	14:49 0:57	15:33 0:44	15:55 0:22		
9	84	Samuel Gonçalves [6593] ESCarlosAmaral	16:27 0:36 0:36 16:27 0:08	0:59 0:23	2:43 1:44	4:07 1:24	5:29 1:22	8:04 2:35	10:09 2:05	11:16 1:07	11:40 0:24	12:01 0:21	13:52 1:51	15:03 1:11	15:50 0:47	16:19 0:29		

Pl	Stno	Name	Time														
<i>Iniciado Masc (82)</i>			<i>1.2 km</i>	<i>14 C</i>	<i>(cont.)</i>												
			1(47) F	2(44)	3(36)	4(31)	5(35)	6(38)	7(42)	8(50)	9(52)	10(55)	11(58)	12(59)	13(65)	14(100)	
10	3269	João Cunha [8300] AEFreixo	17:03 0:59 17:03 0:11	1:30 0:31	2:50 1:20	5:22 2:32	6:49 1:27	8:41 1:52	10:36 1:55	11:52 1:16	12:19 0:27	12:54 0:35	14:51 1:57	15:40 0:49	16:25 0:45	16:52 0:27	
11	2563	Tiago Pinto [6791] ESTomazPelayo	17:39 0:38 17:39 0:10	1:01 0:23	2:31 1:30	6:44 4:13	7:44 1:00	10:11 2:27	11:33 1:22	12:35 1:02	13:03 0:28	13:22 0:19	14:45 1:23	15:22 0:37	17:06 1:44	17:29 0:23	
12	572	Afonso Guimarães [6722] EBEugénioAndriano	17:46 0:43 17:46 0:10	1:07 0:24	2:37 1:30	4:12 1:35	5:59 1:47	8:04 2:05	10:51 2:47	12:15 1:24	12:39 0:24	12:58 0:19	14:44 1:46	15:39 0:55	16:41 1:02	17:36 0:55	
13	1567	Ruben Laranjeira [6595] EBForjães	17:48 0:42 17:48 0:16	1:07 0:25	2:59 1:52	5:03 2:04	6:48 1:45	11:22 4:34	12:20 0:58	13:32 1:12	13:49 0:17	14:05 0:16	15:38 1:33	16:29 0:51	17:15 0:46	17:32 0:17	
14	90036	Pedro Fernandes [1564] Individual POR	17:55 1:06 17:55 0:10	1:37 0:31	3:46 2:09	5:17 1:31	6:41 1:24	8:50 2:09	11:44 2:54	12:48 1:04	14:01 1:13	14:20 0:19	15:57 1:37	16:41 0:44	17:23 0:42	17:45 0:22	
15	71	Miguel Férron [6593] ESCarlosAmaral	18:07 0:42 18:07 0:12	1:12 0:30	2:33 1:21	5:25 2:52	6:53 1:28	9:06 2:13	10:32 1:26	12:26 1:54	13:06 0:40	13:34 0:28	15:36 2:02	16:39 1:03	17:34 0:55	17:55 0:21	
16	2023	Pedro Viana [5644] EBJúlioSaúlDias	18:13 0:34 18:13 0:11	0:57 0:23	2:28 1:31	4:30 2:02	5:46 1:16	8:24 2:38	12:14 3:50	13:27 1:13	13:47 0:20	14:22 0:35	15:48 1:26	16:40 0:52	17:42 1:02	18:02 0:20	
17	3268	João Carvalho [8300] AEFreixo	18:16 0:38 18:16 0:09	1:02 0:24	2:14 1:12	4:02 1:48	5:37 1:35	10:58 5:21	12:06 1:08	13:28 1:22	13:50 0:22	14:12 0:22	15:47 1:35	16:45 0:58	17:46 1:01	18:07 0:21	
18	3296	Fábio Baptista [8300] AEFreixo	18:58 0:53 18:58 0:10	1:22 0:29	3:30 2:08	5:26 1:56	7:00 1:34	10:08 3:08	12:44 2:36	13:49 1:05	15:01 1:12	15:24 0:23	16:55 1:31	17:45 0:50	18:28 0:43	18:48 0:20	
19	2008	Octávio Silva [6696] AEMiguelTorga	19:21 0:43 19:21 0:11	1:06 0:23	3:01 1:55	8:05 5:04	8:49 0:44	10:59 2:10	12:25 1:26	13:34 1:09	13:57 0:23	14:32 0:35	15:48 1:16	17:57 2:09	18:55 0:58	19:10 0:15	
20	3548	Marco Oliveira [7533] AEVilaPoucaAguada	19:24 0:47 19:24 0:16	1:09 0:22	3:21 2:12	5:06 1:45	6:10 1:04	9:15 3:05	10:33 1:18	12:17 1:44	12:41 0:24	13:00 0:19	14:43 1:43	18:05 3:22	18:42 0:37	19:08 0:26	
21	122	Tomás Araújo [6595] EBForjães	20:18 0:43 20:18 0:09	1:08 0:25	2:42 1:34	8:30 5:48	10:07 1:37	12:50 2:43	13:58 1:08	15:05 1:07	15:27 0:22	15:51 0:24	17:20 1:29	18:22 1:02	19:48 1:26	20:09 0:21	
22	125	Gonçalo Pereira [6595] EBForjães	20:27 0:43 20:27 0:09	1:14 0:31	3:10 1:56	6:10 3:00	8:52 2:42	11:19 2:27	13:03 1:44	14:42 1:39	15:11 0:29	15:34 0:23	17:44 2:10	18:35 0:51	19:54 1:19	20:18 0:24	
23	3639	Nuno Freitas [6698] ESDrAntGranja	21:06 0:38 21:06 0:17	0:57 0:19	2:15 1:18	10:00 7:45	11:30 1:30	13:21 1:51	14:53 1:32	16:05 1:12	16:27 0:22	16:59 0:32	18:53 1:54	19:40 0:47	20:24 0:44	20:49 0:25	
24	3204	André Neto [8300] AEFreixo	21:27 1:05 21:27 0:14	1:35 0:30	3:13 1:38	5:41 2:28	6:46 1:05	11:36 4:50	13:56 2:20	15:22 1:26	15:43 0:21	16:22 0:39	18:10 1:48	19:47 1:37	20:48 1:01	21:13 0:25	
25	1696	David Barbosa [6639] EBSParedesCova	21:58 0:43 21:58 0:21	1:15 0:32	3:22 2:07	5:48 2:26	6:52 1:04	13:39 6:47	15:13 1:34	16:20 1:07	16:48 0:28	17:10 0:22	19:14 2:04	20:11 0:57	21:06 0:55	21:37 0:31	
26	3489	João Rodrigues [8299] AEPBS-Joane	22:03 0:44 22:03 0:11	1:16 0:32	4:18 3:02	7:46 3:28	9:12 1:26	13:05 3:53	15:03 1:58	16:10 1:07	16:36 0:26	17:04 0:28	19:07 2:03	20:32 1:25	21:26 0:54	21:52 0:26	
27	90035	Miguel Oliveira [1564] Individual POR	22:18 0:44 22:18 0:13	1:16 0:32	3:07 1:51	5:12 2:05	7:04 1:52	9:58 2:54	12:06 2:08	13:56 1:50	15:46 1:50	16:16 0:30	19:08 2:52	20:11 1:03	21:36 1:25	22:05 0:29	
28	3356	Francisco Oliveira [8299] AEPBS-Joane	23:17 0:45 23:17 0:10	1:11 0:26	2:40 1:29	4:33 1:53	6:03 1:30	14:39 8:36	15:40 1:01	17:06 1:26	17:28 0:22	17:46 0:18	19:22 1:36	21:29 2:07	22:43 1:14	23:07 0:24	
29	124	Pedro Sepúlveda [6595] EBForjães	23:26 0:50 23:26 0:08	1:16 0:26	3:42 2:26	10:07 6:25	11:47 1:40	14:26 2:39	16:00 1:34	17:42 1:42	18:09 0:27	18:31 0:22	20:35 2:04	21:33 0:58	22:49 1:16	23:18 0:29	
30	2887	JOÃO SOUSA [8340] EBPaçosFerreiros	23:50 2:05 23:50 0:12	2:30 0:25	5:49 3:19	8:55 3:06	9:43 0:48	14:14 4:31	16:59 2:45	18:15 1:16	18:57 0:42	19:21 0:24	20:55 1:34	22:09 1:14	23:15 1:06	23:38 0:23	
31	2220	Tiago Marques [5476] AEErmesinde/A	24:11 0:46 24:11 0:14	1:17 0:31	3:32 2:15	7:20 3:48	8:23 1:03	13:09 4:46	14:53 1:44	16:22 1:29	16:55 0:33	17:30 0:35	20:33 3:03	21:49 1:16	23:25 1:36	23:57 0:32	

Pl	Stno	Name	Time															
<i>Iniciado Masc (82)</i>			<i>1.2 km 14 C</i>		<i>(cont.)</i>													
			1(47) F	2(44)	3(36)	4(31)	5(35)	6(38)	7(42)	8(50)	9(52)	10(55)	11(58)	12(59)	13(65)	14(100)		
32	3334	Daniel José P. Coutinh [6639] EBSParedesCo	25:03 0:41 0:41 25:03 0:13	1:07 0:26	6:06 4:59	7:02 0:56	9:43 2:41	14:45 5:02	17:21 2:36	18:50 1:29	19:19 0:29	19:39 0:20	22:00 2:21	22:39 0:39	23:49 1:10	24:50 1:01		
33	869	Pedro Raimundo [6594] EBM Cavado	25:09 0:43 0:43 25:09 0:11	1:07 0:24	3:16 2:09	5:21 2:05	6:54 1:33	14:59 8:05	18:33 3:34	19:47 1:14	20:10 0:23	20:37 0:27	22:19 1:42	23:17 0:58	24:32 1:15	24:58 0:26		
33	2472	Rodrigo Sousa [6705] EBSPinheiro	25:09 0:47 0:47 25:09 0:15	2:15 1:28	4:19 2:04	8:01 3:42	9:29 1:28	12:07 2:38	13:40 1:33	15:16 1:36	15:39 0:23	16:02 0:23	17:58 1:56	19:29 1:31	24:29 5:00	24:54 0:25		
35	1979	Miguel Silva [6975] EBSobreira	26:01 0:43 0:43 26:01 0:13	1:10 0:27	5:14 4:04	8:54 3:40	10:32 1:38	13:02 2:30	14:38 1:36	16:09 1:31	16:37 0:28	16:58 0:21	18:35 1:37	20:25 1:50	25:24 4:59	25:48 0:24		
36	1555	Daniel Pires [6595] EBForjães	26:05 0:53 0:53 26:05 0:11	1:23 0:30	2:42 1:19	6:22 3:40	7:27 1:05	15:27 8:00	17:11 1:44	20:15 3:04	20:57 0:42	21:35 0:38	23:03 1:28	24:16 1:13	25:31 1:15	25:54 0:23		
37	2471	Tiago Mota [6705] EBSPinheiro	27:08 0:38 0:38 27:08 0:12	1:00 0:22	2:52 1:52	8:21 5:29	9:32 1:11	15:19 5:47	18:11 2:52	20:12 2:01	20:44 0:32	21:11 0:27	23:36 2:25	25:17 1:41	26:23 1:06	26:56 0:33		
38	2442	Tiago Silva [6595] EBForjães	28:42 0:57 0:57 28:42 0:10	1:28 0:31	3:52 2:24	12:16 8:24	13:21 1:05	17:39 4:18	20:11 2:32	21:47 1:36	22:22 0:35	23:02 0:40	25:45 2:43	27:14 1:29	28:07 0:53	28:32 0:25		
39	3995	Tiago Rodrigues [6724] AELousadaNort	28:58 1:04 1:04 28:58 0:13	1:54 0:50	4:17 2:23	7:07 2:50	9:20 2:13	13:56 4:36	18:23 4:27	21:36 3:13	22:43 1:07	23:12 0:29	25:57 2:45	26:56 0:59	28:23 1:27	28:45 0:22		
40	2345	Tiago Lima [6593] ESCarlosAmaraz	29:39 0:36 0:36 29:39 0:09	1:03 0:27	8:42 7:39 3:47 *31	10:28 1:46	12:17 1:49	19:42 7:25	22:31 2:49	23:45 1:14	24:05 0:20	24:36 0:31	27:06 2:30	28:10 1:04	29:09 0:59	29:30 0:21		
41	3625	Tiago Gonçalves [6677] AEGomesMonte	30:29 1:00 1:00 30:29 0:15	1:30 0:30	3:20 1:50	14:01 10:41	16:59 2:58	19:08 2:09	20:21 1:13	21:43 1:22	22:07 0:24	22:30 0:23	26:38 4:08	27:23 0:45	29:43 2:20	30:14 0:31		
42	3854	Pedro Nogueira [6724] AELousadaNort	30:55 1:31 1:31 30:55 0:12	2:08 0:37	4:58 2:50	8:58 4:00	11:08 2:10	15:51 4:43	20:13 4:22	23:34 3:21	24:36 1:02	25:09 0:33	27:55 2:46	28:52 0:57	30:19 1:27	30:43 0:24		
43	3257	Cláudio Neto [8300] AEFreixo	31:08 0:46 0:46 31:08 0:14	1:14 0:28	2:56 1:42	16:41 13:45	17:46 1:05	21:22 3:36	23:19 1:57	24:22 1:03	24:47 0:25	25:43 0:56	28:17 2:34	29:18 1:01	30:33 1:15	30:54 0:21		
44	2523	Rafael Vieira [6975] EBSobreira	31:11 2:21 2:21 31:11 0:15	6:11 3:50	10:22 4:11	13:56 3:34	15:32 1:36	18:13 2:41	19:41 1:28	21:16 1:35	21:41 0:25	22:10 0:29	24:02 1:52	25:27 1:25	30:30 5:03	30:56 0:26		
45	3435	João Nunes [9172] AEVilela	32:01 0:51 0:51 32:01 0:15	1:27 0:36	6:21 4:54	10:00 3:39	12:09 2:09	16:46 4:37	21:16 4:30	24:40 3:24	25:49 1:09	26:15 0:26	28:52 2:37	29:49 0:57	31:21 1:32	31:46 0:25		
46	3507	TITO FERREIRA [8340] EBPaçosFerrei	32:06 1:20 1:20 32:06 0:16	1:47 0:27	3:45 1:58	6:29 2:44	8:04 1:35	17:35 9:31	25:10 7:35	26:13 1:03	26:41 0:28	27:04 0:23	29:26 2:22	30:22 0:56	31:28 1:06	31:50 0:22		
47	3291	Artur Cunha [8300] AEFreixo	32:10 0:34 0:34 32:10 0:12	0:56 0:22	2:53 1:57	17:22 14:29	18:19 0:57	21:56 3:37	24:09 2:13	25:17 1:08	25:44 0:27	26:35 0:51	29:11 2:36	30:16 1:05	31:32 1:16	31:58 0:26		
47	3261	Carlos Ramos [8300] AEFreixo	32:10 0:44 0:44 32:10 0:09	1:19 0:35	3:38 2:19	15:04 11:26	16:06 1:02	19:32 3:26	22:07 2:35	23:55 1:48	25:47 1:52	26:10 0:23	29:01 2:51	30:11 1:10	31:36 1:25	32:01 0:25		
49	2394	Louis Manuel Correia [6639] EBSParedesCo	33:15 1:31 1:31 33:15 0:14	2:24 0:53	10:04 7:40	11:57 1:53	15:17 3:20	21:46 6:29	23:28 1:42	24:41 1:13	25:05 0:24	25:34 0:29	29:10 3:36	31:24 2:14	32:36 1:12	33:01 0:25		
50	2865	DIOGO COELHO [8340] EBPaçosFerrei	33:50 1:50 1:50 33:50 0:14	2:33 0:43	4:39 2:06	7:59 3:20	10:26 2:27	14:19 3:53	19:02 4:43	24:47 5:45	25:14 0:27	25:38 0:24	28:43 3:05	31:12 2:29	33:03 1:51	33:36 0:33		
51	3643	Diogo Fernandes [6698] ESDrAntGranjo	34:06 1:16 1:16 34:06 0:15	2:04 0:48	4:23 2:19	8:16 3:53	10:53 2:37	23:31 12:38	25:13 1:42	28:21 3:08	28:55 0:34	29:31 0:36	31:30 1:59	32:32 1:02	33:25 0:53	33:51 0:26		
52	3345	Pedro Miguel Carvalho [7533] AEVilaPoucaAg	34:33 1:14 1:14 34:33 0:13	1:54 0:40	3:34 1:40	7:54 4:20	10:15 2:21	21:33 11:18	23:08 1:35	26:01 2:53	26:21 0:20	27:27 1:06	29:54 2:27	30:48 0:54	33:58 3:10	34:20 0:22		
53	3294	Cristiano Duarte [8300] AEFreixo	34:59 0:40 0:40 34:59 0:10	1:03 0:23	5:15 4:12	9:23 4:08	11:25 2:02	23:00 11:35	24:16 1:16	25:35 1:19	26:07 0:32	26:30 0:23	28:56 2:26	31:55 2:59	34:27 2:32	34:49 0:22		

Pl	Stno	Name	Time													
Iniciado Masc (82)			1.2 km 14 C	<i>(cont.)</i>												
			1(47) F	2(44)	3(36)	4(31)	5(35)	6(38)	7(42)	8(50)	9(52)	10(55)	11(58)	12(59)	13(65)	14(100)
54	2420	Marcelo Vieites [6704] EBSArgaLima	35:05 0:55 35:05 0:09	1:17 0:22	5:26 4:09	9:31 4:05	11:33 2:02	23:14 11:41	24:27 1:13	25:36 1:09	26:38 1:02	26:54 0:16	29:13 2:19	31:35 2:22	34:34 2:59	34:56 0:22
55	3623	Celso Silva [6677] AEGomesMonte	35:26 1:03 35:26 0:31	1:37 0:34	11:33 9:56	13:20 1:47	17:04 3:44	19:24 2:20	21:56 2:32	25:10 3:14	27:32 2:22	28:41 1:09	31:09 2:28	32:42 1:33	34:16 1:34	34:55 0:39
56	3865	Bruno Gomes [6677] AEGomesMonte	35:49 2:50 35:49 0:20	3:33 0:43	6:15 2:42	11:52 5:37	15:23 3:31	19:01 3:38	22:58 3:57	25:17 2:19	26:13 0:56	27:55 1:42	30:58 3:03	32:27 1:29	34:37 2:10	35:29 0:52
57	3342	Leonardo Mota [7533] AEVilaPoucaAg	36:10 1:27 36:10 0:11	2:06 0:39	7:23 5:17	8:50 1:27	17:35 8:45	25:32 7:57	27:19 1:47	30:16 2:57	31:00 0:44	31:35 0:35	33:23 1:48	34:25 1:02	35:34 1:09	35:59 0:25
58	2859	VASCO MOURA [8340] EBPaçosFerrei	36:12 0:53 36:12 0:14	1:22 0:29	5:13 3:51	10:51 5:38	12:22 1:31	24:02 11:40	25:11 1:09	26:30 1:19	27:15 0:45	27:34 0:19	30:06 2:32	33:12 3:06	35:31 2:19	35:58 0:27
59	910	Miguel Amorim [6754] EB23SãoRosen	37:48 3:09 37:48 0:13	3:43 0:34	9:37 5:54	11:24 1:47	13:47 2:23	22:35 8:48	26:03 3:28	29:56 3:53	30:33 0:37	31:19 0:46	33:19 2:00	36:14 2:55	37:09 0:55	37:35 0:26
60	3260	Cristiano Mota [8300] AEFreixo	38:49 0:52 38:49 0:14	1:34 0:42	9:02 7:28	19:59 10:57	21:08 1:09	24:34 3:26	27:17 2:43	29:29 2:12	30:45 1:16	31:20 0:35	34:35 3:15	35:59 1:24	38:06 2:07	38:35 0:29
61	3563	Carlos Sousa [6705] EBSPinheiro	39:18 1:15 39:18 0:14	1:53 0:38	3:51 1:58	7:18 3:27	9:58 2:40	19:03 9:05	23:49 4:46	25:59 2:10	26:49 0:50	27:34 0:45	30:28 2:54	33:31 3:03	38:33 5:02	39:04 0:31
62	824	Diogo Lopes [6704] EBSArgaLima	39:36 39:36 0:40	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	38:56 38:56
63	879	Ângelo Machado [6594] EBM Cavado	40:04 0:46 40:04 0:12	1:11 0:25	3:14 2:03	15:12 11:58	16:45 1:33	25:55 9:10	33:13 7:18	34:10 0:57	34:39 0:29	35:08 0:29	37:12 2:04	38:27 1:15	39:31 1:04	39:52 0:21
64	3389	Jorge Araújo [8300] AEFreixo	40:07 0:59 40:07 0:14	1:43 0:44	16:37 14:54 24:40 *43	18:43 2:06	20:53 2:10	23:29 2:36	26:55 3:26	31:54 4:59	32:25 0:31	33:08 0:43	36:53 3:45	37:46 0:53	39:16 1:30	39:53 0:37
65	1045	José Babo [6697] EBSPteBarca	41:57 0:46 41:57 0:17	1:24 0:38	11:32 10:08	20:22 8:50	22:40 2:18	28:22 5:42	31:01 2:39	33:14 2:13	34:02 0:48	34:36 0:34	37:14 2:38	39:36 2:22	41:13 1:37	41:40 0:27
66	3569	Bernardo Guimarães [6791] ESTomazPelayo	42:00 1:38 42:00 0:18	2:25 0:47	8:11 5:46	10:04 1:53	12:17 2:13	21:10 8:53	24:48 3:38	28:41 3:53	29:07 0:26	29:45 0:38	32:29 2:44	37:00 4:31	40:36 3:36	41:42 1:06
67	2890	GABRIEL PEREIRA [8340] EBPaçosFerrei	43:02 1:15 43:02 0:15	2:04 0:49	6:44 4:40	20:08 13:24	22:11 2:03	23:47 1:36	29:39 5:52	31:47 2:08	32:40 0:53	33:09 0:29	35:42 2:33	38:33 2:51	42:13 3:40	42:47 0:34
68	878	Bernardo Ribeiro [6594] EBM Cavado	44:24 0:47 44:24 0:15	1:16 0:29	18:34 17:18	21:04 2:30	23:31 2:27	30:51 7:20	33:11 2:20	35:34 2:23	36:00 0:26	37:03 1:03	39:28 2:25	42:21 2:53	43:42 1:21	44:09 0:27
69	2458	Owen Chippendale [6697] EBSPteBarca	44:44 3:43 44:44 0:13	4:09 0:26	12:18 8:09	28:31 16:13	29:37 1:06	36:48 7:11	38:16 1:28	39:19 1:03	39:47 0:28	40:11 0:24	42:18 2:07	43:16 0:58	44:07 0:51	44:31 0:24
70	1033	André Correia [6696] AEMiguelTorga	48:39 0:44 48:39 0:10	1:14 0:30	2:41 1:27	24:05 21:24	25:22 1:17	30:14 4:52	38:36 8:22	40:11 1:35	40:42 0:31	41:16 0:34	44:08 2:52	45:49 1:41	47:56 2:07	48:29 0:33
71	1802	Eduardo Fernandes [6697] EBSPteBarca	53:09 0:41 53:09 0:16	1:13 0:32	5:05 3:52	31:13 26:08	33:54 2:41	39:15 5:21	42:14 2:59	44:25 2:11	45:14 0:49	45:48 0:34	48:26 2:38	50:52 2:26	52:25 1:33	52:53 0:28
72	2670	Ricardo Barbosa [8326] EB23 Nevogilde	53:37 0:52 53:37 0:41	2:09 1:17	6:36 4:27	16:58 10:22	19:31 2:33	31:48 12:17	34:56 3:08	37:09 2:13	40:56 3:47	41:40 0:44	44:59 3:19	47:46 2:47	52:00 4:14	52:56 0:56
73	3916	André Bouças [6704] EBSArgaLima	54:29 6:21 54:29 0:10	7:01 0:40	8:33 1:32	29:57 21:24	31:12 1:15	36:12 5:00	44:24 8:12	45:59 1:35	46:33 0:34	47:07 0:34	50:00 2:53	51:39 1:39	53:47 2:08	54:19 0:32
74	3371	Quévin Pereira [6704] EBSArgaLima	55:10 1:24 55:10 0:14	1:58 0:34	20:24 18:26	24:10 3:46	27:17 3:07	31:44 4:27	36:41 4:57	43:22 6:41	44:07 0:45	44:53 0:46	49:25 4:32	53:10 3:45	54:31 1:21	54:56 0:25
75	1918	Francisco Fernandes [6764] AE1Gondomar	56:35 2:24 56:35 0:14	3:06 0:42	20:41 17:35	29:46 9:05	32:13 2:27	38:17 6:04	41:50 3:33	45:00 3:10	46:26 1:26	46:58 0:32	49:58 3:00	51:15 1:17	56:00 4:45	56:21 0:21

Pl	Stno	Name	Time													
Iniciado Masc (82)			1.2 km 14 C		<i>(cont.)</i>											
			1(47) F	2(44)	3(36)	4(31)	5(35)	6(38)	7(42)	8(50)	9(52)	10(55)	11(58)	12(59)	13(65)	14(100)
76	2681	Luis Moreira [8326] EB23 Nevogilde	59:38 3:51 59:38 1:03	7:44 3:53	11:35 3:51 44:16 *51	22:15 10:40	25:23 3:08	37:57 12:34	40:46 2:49	43:27 2:41	46:53 3:26	47:30 0:37	50:52 3:22	53:12 2:20	57:38 4:26	58:35 0:57
77	2755	Gonçalo Domingues [6704] EBSArgaLima	1:00:41 3:51 1:00:41 0:35	7:18 3:27	24:41 17:23	28:15 3:34	31:20 3:05	36:10 4:50	41:19 5:09	47:37 6:18	48:20 0:43	48:58 0:38	53:29 4:31	57:27 3:58	59:03 1:36	1:00:06 1:03
78	3010	José David Rolindo [6764] AE1Gondomar	1:00:53 6:38 1:00:53 0:15	7:25 0:47	24:54 17:29	33:53 8:59	36:36 2:43	42:31 5:55	46:03 3:32	49:13 3:10	50:40 1:27	51:12 0:32	54:11 2:59	55:33 1:22	1:00:14 4:41	1:00:38 0:24
79	2669	Pedro Martins [8326] EB23 Nevogilde	1:03:38 7:52 1:03:38 0:43	10:10 2:18	16:44 6:34 48:20 *51	26:06 9:22	29:22 3:16	42:09 12:47	44:42 2:33	47:27 2:45	50:53 3:26	51:33 0:40	54:52 3:19	57:38 2:46	1:01:54 4:16	1:02:55 1:01
3945		José Pedro Sousa [6764] AE1Gondomar	mp ----- 1:57:00 0:36	----- -----	29:38 29:38 14:58 *54	39:50 10:12 19:36 *53	----- -----	54:00 14:10 56:06 *45	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	1:37:46 43:46	1:56:24 18:38
3851		Pedro Pereira [6724] AELousadaNort	mp 1:02 1:02 47:45 0:13	1:30 0:28	4:15 2:45 40:14 *57	16:08 11:53	17:47 1:39	32:44 14:57	35:47 3:03	37:24 1:37	38:11 0:47	38:50 0:39	41:23 2:33	----- -----	47:10 5:47	47:32 0:22
2671		Ruben Pinto [8326] EB23 Nevogilde	mp 4:42 4:42 51:46 0:45	----- -----	9:17 4:35 7:27 *40	----- -----	----- -----	17:23 8:06 26:56 *34	28:21 10:58 31:48 *39	33:26 5:05 31:48 *51	34:18 0:52	36:00 1:42	----- -----	43:40 7:40	49:56 6:16	51:01 1:05
Juvenis Fem (43)			1.3 km 15 C													
			1(49) 15(100) F	2(44)	3(36)	4(33)	5(31)	6(32)	7(38)	8(45)	9(48)	10(55)	11(58)	12(61)	13(59)	14(65)
1	146	Helena Lima [6593] ESCarlosAmarã	15:55 1:09 15:44 0:23	1:42 0:33 15:55 0:11	2:53 1:11	3:51 0:58	6:27 2:36	7:10 0:43	8:26 1:16	9:04 0:38	10:06 1:02	11:07 1:01	12:40 1:33	13:57 1:17	14:27 0:30	15:21 0:54
2	24	Margarida Miranda [6596] EBApulia	19:16 1:24 19:05 0:23	2:22 0:58 19:16 0:11	4:13 1:51	5:13 1:00	6:36 1:23	7:50 1:14	9:23 1:33	10:17 0:54	11:46 1:29	12:48 1:02	14:32 1:44	16:27 1:55	17:34 1:07	18:42 1:08
3	2473	Ana Rita Fernandes [6593] ESCarlosAmarã	20:11 1:40 19:58 0:27	2:16 0:36 20:11 0:13	3:36 1:20	4:25 0:49	6:02 1:37	7:04 1:02	9:45 2:41	10:25 0:40	11:34 1:09	12:50 1:16	14:55 2:05	17:41 2:46	18:35 0:54	19:31 0:56
4	3100	Bárbara Pereira [6593] ESCarlosAmarã	21:20 1:23 21:10 0:23	1:57 0:34 21:20 0:10	3:24 1:27	4:51 1:27	6:23 1:32	7:25 1:02	8:57 1:32	9:41 0:44	11:12 1:31	12:27 1:15	16:29 4:02	18:31 2:02	19:20 0:49	20:47 1:27
5	1546	Bruna Pires [6596] EBApulia	22:54 1:45 22:40 0:24	2:28 0:43 22:54 0:14	4:07 1:39	5:11 1:04	6:48 1:37	8:32 1:44	10:20 1:48	11:18 0:58	12:32 1:14	13:40 1:08	15:56 2:16	20:13 4:17	20:48 0:35	22:16 1:28
6	3218	Catarina Rodrigues [6593] ESCarlosAmarã	23:06 1:20 22:50 0:28	1:59 0:39 23:06 0:16	3:43 1:44	4:43 1:00	6:31 1:48	7:34 1:03	10:08 2:34	11:22 1:14	13:18 1:56	14:43 1:25	16:37 1:54	19:46 3:09	20:26 0:40	22:22 1:56
7	52	Filipa Mano [6596] EBApulia	23:47 1:30 23:34 0:26	2:08 0:38 23:47 0:13	4:31 2:23	5:33 1:02	7:19 1:46	8:22 1:03	9:57 1:35	11:14 1:17	13:05 1:51	14:03 0:58	17:29 3:26	19:47 2:18	20:52 1:05	23:08 2:16
8	80	Maria Portela [6593] ESCarlosAmarã	23:51 1:40 23:38 0:28	2:50 1:10 23:51 0:13	4:33 1:43	5:28 0:55	7:02 1:34	8:06 1:04	9:45 1:39	10:35 0:50	15:17 4:42	16:18 1:01	18:53 2:35	21:07 2:14	21:54 0:47	23:10 1:16
9	53	Ana Pereira [6596] EBApulia	24:14 1:41 24:00 0:27	2:25 0:44 24:14 0:14	4:28 2:03	5:38 1:10	7:35 1:57	8:54 1:19	11:26 2:32	12:30 1:04	14:38 2:08	15:25 0:47	17:56 2:31	20:49 2:53	21:29 0:40	23:33 2:04
10	486	Sara Silva [6590] EBManhente	24:32 1:24 24:18 0:26	2:06 0:42 24:32 0:14	3:56 1:50	5:01 1:05	6:37 1:36	7:57 1:20	12:20 4:23	13:09 0:49	15:06 1:57	16:08 1:02	18:49 2:41	21:06 2:17	22:45 1:39	23:52 1:07
11	2372	Maria Ribeiro [6705] EBSPinheiro	24:38 1:39 24:24 0:29	2:17 0:38 24:38 0:14	4:12 1:55	5:27 1:15	7:25 1:58	8:38 1:13	10:40 2:02	11:38 0:58	13:08 1:30	14:12 1:04	16:49 2:37	19:32 2:43	20:05 0:33	23:55 3:50
12	2351	Dulce Fernandes [6596] EBApulia	24:49 1:30 24:39 0:24	2:03 0:33 24:49 0:10	3:26 1:23	4:33 1:07	9:45 5:12	10:35 0:50	12:00 1:25	13:14 1:14	14:35 1:21	15:36 1:01	17:45 2:09	22:09 4:24	22:47 0:38	24:15 1:28
13	106	Carina Castro [6601] EBSVieiraAraúj	25:03 1:18 24:49 0:27	2:00 0:42 25:03 0:14	4:23 2:23	5:27 1:04	6:55 1:28	8:20 1:25	14:05 5:45	15:56 1:51	17:32 1:36	18:22 0:50	20:16 1:54	22:13 1:57	23:10 0:57	24:22 1:12
14	3364	Oriana Oliveira [7533] AEVilaPoucaAg	26:16 3:25 26:03 0:24	4:03 0:38 26:16 0:13	6:05 2:02	6:55 0:50	8:26 1:31	9:25 0:59	10:51 1:26	11:53 1:02	13:53 2:00	14:36 0:43	16:20 1:44	18:31 2:11	24:08 5:37	25:39 1:31

Pl	Stno	Name	Time														
<i>Juvenis Fem (43)</i>			<i>1.3 km 15 C</i>	<i>(cont.)</i>													
			1(49) 15(100)	2(44) F	3(36)	4(33)	5(31)	6(32)	7(38)	8(45)	9(48)	10(55)	11(58)	12(61)	13(59)	14(65)	
15	51	Ana Viana [6596] EBApulia	26:50	2:00 2:00 26:39 0:25	2:29 0:29 26:50 0:11	5:42 3:13	7:40 1:58	10:12 2:32	11:24 1:12	13:05 1:41	14:19 1:14	16:10 1:51	17:03 0:53	20:34 3:31	23:01 2:27	24:02 1:01	26:14 2:12
16	265	Lúisa Fernandes [6697] EBSpteBarca	27:38	2:26 2:26 27:24 0:39	3:18 0:52 27:38 0:14	6:07 2:49	7:23 1:16	9:42 2:19	11:18 1:36	13:38 2:20	14:39 1:01	16:29 1:50	18:09 1:40	20:48 2:39	23:01 2:13	24:58 1:57	26:45 1:47
17	3203	Inês José [6593] ESCarlosAmarã	29:46	1:37 1:37 29:34 0:25	2:28 0:51 29:46 0:12	4:06 1:38	5:22 1:16	9:41 4:19	10:30 0:49	12:20 1:50	13:13 0:53	20:27 7:14	21:45 1:18	24:22 2:37	27:24 3:02	28:10 0:46	29:09 0:59
18	58	Alexandra Machado [6596] EBApulia	31:48	2:01 2:01 31:34 0:30	2:46 0:45 31:48 0:14	8:14 5:28	9:06 0:52	10:25 1:19	11:52 1:27	13:26 1:34	14:25 0:59	16:07 1:42	17:24 1:17	23:13 5:49	25:36 2:23	26:12 0:36	31:04 4:52
19	647	Susana Silva [6791] ESTomazPelayo	32:45	2:37 2:37 32:33 0:25	3:23 0:46 32:45 0:12	5:26 2:03	6:46 1:20	8:41 1:55	12:54 4:13	16:13 3:19	17:18 1:05	19:22 2:04	20:28 1:06	23:59 3:31	27:57 3:58	30:36 2:39	32:08 1:32
20	540	Adriana Sousa [5476] AEErmesinde/A	33:47	1:55 1:55 33:34 0:29	2:41 0:46 33:47 0:13	6:09 3:28	9:26 3:17	12:58 3:32	14:31 1:33	17:19 2:48	19:14 1:55	21:26 2:12	22:41 1:15	25:13 2:32	28:20 3:07	29:46 1:26	33:05 3:19
21	2347	Beatriz Castilho [6593] ESCarlosAmarã	34:21	1:48 1:48 34:05 0:36	3:05 1:17 34:21 0:16	5:37 2:32	8:23 2:46	11:01 2:38	13:06 2:05	15:30 2:24	17:07 1:37	20:12 3:05	22:07 1:55	25:55 3:48	28:38 2:43	31:48 3:10	33:29 1:41
22	2222	Ana Lage [5476] AEErmesinde/A	34:22	3:29 3:29 34:10 0:21	4:24 0:55 34:22 0:12	7:09 2:45	8:57 1:48	11:21 2:24	13:04 1:43	19:15 6:11	20:22 1:07	23:16 2:54	25:23 2:07	27:53 2:30	31:04 3:11	32:36 1:32	33:49 1:13
23	3942	Jéssica Mota [6778] AE1Gondomar (34:34	3:28 3:28 34:21 0:31	4:25 0:57 34:34 0:13	7:48 3:23	9:26 1:38	12:37 3:11	14:17 1:40	16:54 2:37	20:09 3:15	22:59 2:50	24:19 1:20	26:45 2:26	30:48 4:03	32:24 1:36	33:50 1:26
23	1809	Eduarda Martins [6791] ESTomazPelayo	34:34	1:19 1:19 34:19 0:30	1:55 0:36 34:34 0:15	4:20 2:25	5:35 1:15	7:51 2:16	9:07 1:16	11:47 2:40	13:01 1:14	15:33 2:32	16:38 1:05	18:49 2:11	31:23 12:34	32:10 0:47	33:49 1:39
25	3299	Maria Castilho [6593] ESCarlosAmarã	34:50	2:25 2:25 34:28 0:37	3:12 0:47 34:50 0:22	6:26 3:14	9:06 2:40	10:57 1:51	12:18 1:21	14:46 2:28	16:09 1:23	18:30 2:21	19:42 1:12	24:53 5:11	31:30 6:37	32:37 1:07	33:51 1:14
26	126	Ana Rita Ribeiro [6595] EBForjães	35:03	4:13 4:13 34:52 0:31	4:50 0:37 35:03 0:11	6:45 1:55	8:07 1:22	10:24 2:17	12:00 1:36	19:54 7:54	21:07 1:13	22:41 1:34	23:56 1:15	27:08 3:12	30:20 3:12	31:50 1:30	34:21 2:31
27	539	Inês Pinheiro [5476] AEErmesinde/A	36:34	6:00 6:00 36:20 0:31	6:54 0:54 36:34 0:14	9:38 2:44	11:18 1:40	14:34 3:16	16:02 1:28	19:01 2:59	22:07 3:06	24:56 2:49	26:16 1:20	28:39 2:23	32:51 4:12	34:30 1:39	35:49 1:19
28	2359	Carolina Oliveira [5476] AEErmesinde/A	37:24	2:10 2:10 37:12 0:24	3:02 0:52 37:24 0:12	6:53 3:51	9:05 2:12	12:41 3:36	16:07 3:26	22:20 6:13	23:35 1:15	26:19 2:44	28:30 2:11	31:00 2:30	34:41 3:41	35:38 0:57	36:48 1:10
29	3679	Leonor Losa [6593] ESCarlosAmarã	39:00	1:40 1:40 38:47 0:26	2:29 0:49 39:00 0:13	9:23 6:54	12:02 2:39	14:44 2:42	16:29 1:45	20:50 4:21	22:17 1:27	24:46 2:29	26:32 1:46	30:34 4:02	34:22 3:48	36:29 2:07	38:21 1:52
30	3358	Adriana Martins [8299] AEPBS-Joane	42:09	2:07 2:07 41:57 1:18	2:51 0:44 42:09 0:12	5:18 2:27	6:51 1:33	12:20 5:29	13:58 1:38	16:58 3:00	18:11 1:13	28:39 10:28	30:16 1:37	32:26 2:10	38:24 5:58	39:17 0:53	40:39 1:22
31	3438	Ana Barbosa [9172] AEVilela	44:31	3:40 3:40 44:11 0:29	5:18 1:38 44:31 0:20	8:07 2:49	9:32 1:25	12:38 3:06	14:35 1:57	22:16 7:41	24:13 1:57	28:56 4:43	30:34 1:38	33:09 2:35	36:37 3:28	42:07 5:30	43:42 1:35
32	2388	Beatriz Couto [5476] AEErmesinde/A	50:50	2:33 2:33 50:28 0:29	4:12 1:39 50:50 0:22	8:50 4:38	14:23 5:33	16:56 2:33	19:18 2:22	24:28 5:10	26:33 2:05	36:35 10:02	37:55 1:20	42:17 4:22	46:35 4:18	47:44 1:09	49:59 2:15
33	3445	Eva Costa [6593] ESCarlosAmarã	52:38	3:56 3:56 52:22 0:33	4:48 0:52 52:38 0:16	13:03 8:15	14:38 1:35	17:38 3:00	20:07 2:29	25:06 4:59	27:16 2:10	31:32 4:16	33:55 2:23	36:49 2:54	47:57 11:08	50:27 2:30	51:49 1:22
34	3600	Lethicia Silva [9224] Colgaia	57:52	3:40 3:40 57:14 0:48	5:05 1:25 57:52 0:38	12:10 7:05	13:35 1:25	16:07 2:32	18:31 2:24	26:39 8:08	28:36 1:57	31:40 3:04	33:44 2:04	38:09 4:25	47:50 9:41	49:22 1:32	56:26 7:04
35	3034	Beatriz Oliveira [6778] AE1Gondomar (58:54	3:31 3:31 58:36 0:30	4:32 1:01 58:54 0:18	7:19 2:47	13:48 6:29	17:40 3:52	20:16 2:36	24:08 3:52	26:26 2:18	47:26 21:00	48:52 1:26	51:54 3:02	56:16 4:22	57:02 0:46	58:06 1:04
36	3968	Rita Tavares [9224] Colgaia	59:54	5:43 5:43 59:21 0:54	7:06 1:23 59:54 0:33	14:16 7:10	15:39 1:23	18:10 2:31	20:29 2:19	28:52 8:23	30:44 1:52	33:47 3:03	35:49 2:02	40:10 4:21	50:03 9:53	51:23 1:20	58:27 7:04

Pl	Stno	Name	Time														
Juvenis Fem (43)			1.3 km 15 C		<i>(cont.)</i>												
			1(49) 15(100)	2(44) F	3(36)	4(33)	5(31)	6(32)	7(38)	8(45)	9(48)	10(55)	11(58)	12(61)	13(59)	14(65)	
37	3940	Catarina Ferreira [6778] AEGondomar	1:02:49	6:41 6:41 1:02:35 0:30	7:39 0:58 1:02:49 0:14	36:00 28:21	37:35 1:35 56:29 *59	40:48 3:13	42:33 1:45	45:05 2:32	48:24 3:19	51:14 2:50	52:30 1:16	55:02 2:32	59:00 3:58	1:00:40 1:40	1:02:05 1:25
38	4003	Carolina Fraga [9224] Colgaia	1:03:37	13:44 13:44 1:03:08 1:18	15:10 1:26 1:03:37 0:29	19:59 4:49	25:04 5:05	32:45 7:41	35:49 3:04	40:13 4:24	42:33 2:20	45:27 2:54	47:33 2:06	50:35 3:02	58:49 8:14	59:41 0:52	1:01:50 2:09
39	3612	Iolanda Silva [9224] Colgaia	1:16:42	26:51 26:51 1:16:13 1:16	28:13 1:22 1:16:42 0:29	33:07 4:54	38:08 5:01	45:36 7:28	48:53 3:17	53:02 4:09	55:33 2:31	58:28 2:55	1:00:39 2:11	1:03:42 3:03	1:11:56 8:14	1:12:47 0:51	1:14:57 2:10
3626	Eva Rodrigues Esteve [6677] AEGomesMonte	mp	5:59 5:59 1:00:52 0:30	7:00 1:01 1:01:09 0:17	12:02 5:02	26:48 14:46	29:05 2:17	37:17 8:12	40:39 3:22	44:44 4:05	49:42 4:58	51:02 1:20	53:57 2:55	-----	58:03 4:06	1:00:22 2:19	
3628	Rita Isabel Alvites [6677] AEGomesMonte	mp	7:08 7:08 1:01:55 0:31	8:08 1:00 1:02:12 0:17	13:04 4:56	27:49 14:45	30:12 2:23	38:24 8:12	41:40 3:16	45:46 4:06	50:41 4:55	52:04 1:23	54:59 2:55	-----	59:04 4:05	1:01:24 2:20	
61	Filipa Castro [6601] EBSVieiraAraúj	mp	1:13 1:13 18:32 1:19	2:01 0:48 18:45 0:13	3:53 1:52	4:45 0:52	6:24 1:39	7:22 0:58	8:39 1:17	10:07 1:28	11:33 1:26	12:25 0:52	14:27 2:02	16:25 1:58	17:13 0:48	-----	
3988	ANA PIRES [6746] ESFernãoMaga	mp	----- 1:39:33 10:41	48:02 48:02 1:40:11 0:38	54:55 6:53	59:25 4:30	1:05:00 5:35	1:09:49 4:49	1:15:37 5:48	1:17:43 2:06	----- 11:09	1:28:52 -----	-----	-----	-----	-----	
Juvenis Masc (46)			1.9 km 15 C														
			1(54) 15(100)	2(53) F	3(36)	4(33)	5(31)	6(38)	7(45)	8(48)	9(56)	10(61)	11(65)	12(72)	13(69)	14(71)	
1	142	Tomás Lima [6593] ESCarlosAmaral	19:40	0:55 0:55 19:30 0:28	1:54 0:59 19:40 0:10	3:57 2:03	4:51 0:54	6:13 1:22	7:32 1:19	8:00 0:28	9:23 1:23	11:31 2:08	14:21 2:50	15:07 0:46	16:36 1:29	17:36 1:00	19:02 1:26
2	78	Leonardo Ramalho [6593] ESCarlosAmaral	24:06	1:27 1:27 23:55 0:28	2:31 1:04 24:06 0:11	4:55 2:24	5:32 0:37	6:23 0:51	7:49 1:26	8:29 0:40	9:38 1:09	12:19 2:41	17:28 5:09	18:44 1:16	20:38 1:54	21:51 1:13	23:27 1:36
3	1509	Guilherme Faria [6593] ESCarlosAmaral	24:28	2:06 2:06 24:19 0:35	3:14 1:08 24:28 0:09	5:33 2:19	6:21 0:48	7:50 1:29	10:20 2:30	10:58 0:38	12:10 1:12	14:23 2:13	17:27 3:04	18:26 0:59	21:07 2:41	22:19 1:12	23:44 1:25
4	3316	Ricardo Rodrigues [6705] EBSPinheiro	25:02	2:26 2:26 24:51 0:25	3:27 1:01 25:02 0:11	5:52 2:25	6:30 0:38	7:19 0:49	8:52 1:33	9:27 0:35	10:35 1:08	13:19 2:44	18:21 5:02	19:22 1:01	21:35 2:13	22:52 1:17	24:26 1:34
5	3474	José Fernandes [6596] EBAPulia	25:13	1:28 1:28 25:04 0:29	2:26 0:58 25:13 0:09	4:56 2:30	5:38 0:42	6:36 0:58	8:19 1:43	8:59 0:40	10:59 2:00	13:02 2:03	16:43 3:41	17:45 1:02	21:25 3:40	23:11 1:46	24:35 1:24
6	358	Iury Soares [6724] AELousadaNorte	25:39	1:09 1:09 25:30 0:32	2:40 1:31 25:39 0:09	5:24 2:44	6:33 1:09	7:26 0:53	9:17 1:51	9:53 0:36	11:10 1:17	13:23 2:13	16:42 3:19	17:58 1:16	21:16 3:18	23:12 1:56	24:58 1:46
7	2360	Diogo Oliveira [6593] ESCarlosAmaral	26:42	1:05 1:05 26:33 0:41	2:28 1:23 26:42 0:09	5:07 2:39	5:54 0:47	7:00 1:06	9:37 2:37	10:14 0:37	11:54 1:40	14:25 2:31	18:04 3:39	20:22 2:18	22:38 2:16	24:13 1:35	25:52 1:39
8	147	Nuno Pereira [6595] EBForjães	30:49	1:05 1:05 30:41 0:39	2:09 1:04 30:49 0:08	5:35 3:26	6:29 0:54	7:47 1:18	10:35 2:48	11:26 0:51	12:42 1:16	15:59 3:17	21:00 5:01	22:09 1:09	26:12 4:03	27:46 1:34	30:02 2:16
9	139	Guilherme Ribeiro [6595] EBForjães	31:51	1:37 1:37 31:42 0:40	3:10 1:33 31:51 0:09	6:31 3:21	7:29 0:58	8:55 1:26	11:23 2:28	12:27 1:04	13:43 1:16	16:59 3:16	21:53 4:54	23:13 1:20	27:18 4:05	28:45 1:27	31:02 2:17
10	3618	Diogo Silva [6593] ESCarlosAmaral	33:53	1:19 1:19 33:44 0:40	2:47 1:28 33:53 0:09	5:30 2:43	6:18 0:48	7:41 1:23	10:42 3:01	11:33 0:51	12:50 1:17	16:01 3:11	22:28 6:27	23:41 1:13	28:40 4:59	29:59 1:19	33:04 3:05
11	66	Carlos Rocha [6593] ESCarlosAmaral	36:55	1:26 1:26 36:45 0:44	3:58 2:32 36:55 0:10	7:12 3:14	8:34 1:22	10:36 2:02	13:40 3:04	14:36 0:56	15:53 1:17	18:59 3:06	25:24 6:25	26:45 1:21	31:29 4:44	33:04 1:35	36:01 2:57
12	3353	Marco Pinto [5476] AEErmesinde/A	37:07	3:12 3:12 36:58 0:27	10:50 7:38 37:07 0:09	15:59 5:09	16:43 0:44	17:51 1:08	20:57 3:06	21:32 0:35	22:45 1:13	25:04 2:19	30:25 5:21	31:28 1:03	33:40 2:12	34:53 1:13	36:31 1:38
13	1577	António Machado [6772] AEValongo	39:45	1:34 1:34 39:34 0:51	3:18 1:44 39:45 0:11	6:29 3:11	7:26 0:57	8:57 1:31	11:24 2:27	12:18 0:54	14:16 1:58	23:19 9:03	27:20 4:01	28:59 1:39	31:56 2:57	34:43 2:47	38:43 4:00
14	1506	Marco Amaro [5476] AEErmesinde/A	43:59	2:20 2:20 43:48 0:54	3:59 1:39 43:59 0:11	7:17 3:18	8:24 1:07	9:56 1:32	12:54 2:58	13:41 0:47	15:17 1:36	24:34 9:17	31:36 7:02	34:04 2:28	38:21 4:17	40:12 1:51	42:54 2:42

Pl	Stno	Name	Time														
Juvenis Masc (46)			1.9 km 15 C	<i>(cont.)</i>													
				1(54) 15(100)	2(53) F	3(36)	4(33)	5(31)	6(38)	7(45)	8(48)	9(56)	10(61)	11(65)	12(72)	13(69)	14(71)
15	140	Roberto Torres [6595] EBFForjães	45:09	1:30 1:30 45:00 0:38	3:03 1:33 45:09 0:09	6:52 3:49	7:46 0:54	8:56 1:10	11:24 2:28	12:17 0:53	13:52 1:35	18:21 4:29	30:41 12:20	32:08 1:27	37:41 5:33	42:08 4:27	44:22 2:14
16	1573	Ruslan Virsta [6772] AEValongo	51:14	5:01 5:01 51:01 0:47	6:44 1:43 51:14 0:13	10:45 4:01	11:45 1:00	13:39 1:54	16:40 3:01	17:41 1:01	19:13 1:32	22:31 3:18	29:05 6:34	30:45 1:40	45:56 15:11	47:38 1:42	50:14 2:36
17	135	André Pereira [6595] EBFForjães	53:53	1:43 1:43 53:41 0:54	3:46 2:03 53:53 0:12	11:11 7:25	12:23 1:12	14:23 2:00	19:14 4:51	19:55 0:41	21:19 1:24	26:23 5:04	35:21 8:58	36:53 1:32	41:42 4:49	48:20 6:38	52:47 4:27
18	287	José Dinis [5644] EBJúlioSaulDia	55:21	2:17 2:17 55:12 0:34	3:32 1:15 55:21 0:09	6:26 2:54	11:21 4:55	15:30 4:09	26:31 11:01	27:14 0:43	31:19 4:05	33:14 1:55	37:46 4:32	39:17 1:31	46:02 6:45	52:18 6:16	54:38 2:20
19	3411	Bruno Barbosa [6975] EBSobreira	57:40	10:38 10:38 57:27 0:37	11:29 0:51 57:40 0:13	16:17 4:48	19:45 3:28	21:15 1:30	24:24 3:09	26:39 2:15	29:09 2:30	38:38 9:29	42:40 4:02	44:06 1:26	48:57 4:51	51:08 2:11	56:50 5:42
20	110	Luis Filipe Gomes [6601] EBSVieiraAraúj	1:02:47	4:42 4:42 1:02:33 0:42	6:34 1:52 1:02:47 0:14	17:07 10:33	18:04 0:57	21:35 3:31	24:55 3:20	26:00 1:05	27:34 1:34	32:34 5:00	40:36 8:02	44:24 3:48	55:25 11:01	57:34 2:09	1:01:51 4:17
21	3247	Miguel Lerenó [5476] AEERMesinde/A	1:07:52	0:43 0:43 1:07:40 0:59	4:31 3:48 1:07:52 0:12	10:34 6:03	12:06 1:32	14:10 2:04	24:44 10:34	28:37 3:53	31:44 3:07	40:48 9:04	45:44 4:56	50:16 4:32	1:00:25 10:09	1:03:28 3:03	1:06:41 3:13
22	3459	Marco Gonçalves [9172] AEVilela	1:11:38	1:41 1:41 1:11:26 0:49	3:58 2:17 1:11:38 0:12	9:21 5:23	11:00 1:39	20:14 9:14	28:44 8:30	29:55 1:11	34:01 4:06	46:46 12:45	52:30 5:44	56:12 3:42	1:03:16 7:04	1:06:01 2:45	1:10:37 4:36
23	3444	Rui Nogueira [9172] AEVilela	1:13:43	1:45 1:45 1:13:24 1:03	5:56 4:11 1:13:43 0:19	11:35 5:39	13:09 1:34	22:09 9:00	30:32 8:23	31:49 1:17	36:07 4:18	48:02 11:55	54:42 6:40	58:18 3:36	1:05:06 6:48	1:07:57 2:51	1:12:21 4:24
24	3614	Pedro Silva [9224] Colgaia	1:16:15	4:18 4:18 1:16:03 0:56	8:20 4:02 1:16:15 0:12	13:58 5:38	15:41 1:43	24:14 8:33	32:58 8:44	34:22 1:24	38:35 4:13	50:26 11:51	57:19 6:53	1:00:48 3:29	1:07:44 6:56	1:10:28 2:44	1:15:07 4:39
25	3943	Sérgio Silva [6778] AE1Gondomar	1:16:55	7:49 7:49 1:16:17 1:01	10:11 2:22 1:16:55 0:38	18:58 8:47	20:40 1:42	22:13 1:33	32:37 10:24	38:30 5:53	40:37 2:07	49:45 9:08	58:27 8:42	1:01:03 2:36	1:08:41 7:38	1:12:07 3:26	1:15:16 3:09
26	2424	Paulo Correia [6704] EBSArgaLima	1:19:48	2:42 2:42 1:19:30 0:35	10:32 7:50 1:19:48 0:18	15:00 4:28	17:10 2:10	18:38 1:28	20:19 1:41	21:37 1:18	23:14 1:37	44:54 21:40	51:17 6:23	54:46 3:29	1:10:49 16:03	1:13:58 3:09	1:18:55 4:57
27	3439	Carlos Coelho [9172] AEVilela	1:26:14	4:02 4:02 1:26:00 1:13	18:36 14:34 1:26:14 0:14	24:15 5:39	25:35 1:20	34:47 9:12	43:28 8:41	44:36 1:08	48:26 3:50	1:01:16 12:50	1:07:26 6:10	1:10:44 3:18	1:17:35 6:51	1:20:34 2:59	1:24:47 4:13
28	490	Gil Pereira Rocha [6772] AEValongo	1:32:22	8:51 8:51 1:32:07 0:49	10:04 1:13 1:32:22 0:15	15:27 5:23	21:29 6:02	22:59 1:30	28:37 5:38	29:57 1:20	42:19 12:22	54:39 12:20	1:04:25 9:46	1:06:02 1:37	1:11:03 5:01	1:26:57 15:54	1:31:18 4:21
29	3442	Luis Baião [9172] AEVilela	1:34:55	2:32 2:32 1:34:38 0:55	26:55 24:23 1:34:55 0:17	32:49 5:54	34:38 1:49	43:33 8:55	52:14 8:41	53:11 0:57	57:11 4:00	1:08:16 11:05	1:15:37 7:21	1:19:43 4:06	1:26:21 6:38	1:28:46 2:25	1:33:43 4:57
30	800	Mário Martins [6696] AEMiguelTorga	1:37:44	2:01 2:01 1:37:28 0:41	3:48 1:47 1:37:44 0:16	38:09 34:21	45:45 7:36	46:44 0:59	49:23 2:39	50:31 1:08	53:21 2:50	1:00:56 7:35	1:06:23 5:27	1:12:48 6:25	1:28:17 15:29	1:31:11 2:54	1:36:47 5:36
31	2419	José Ribeiro [6704] EBSArgaLima	1:44:45	6:01 6:01 1:44:32 0:34	9:20 3:19 1:44:45 0:13	14:19 4:59	15:23 1:04	34:56 19:33	39:13 4:17	40:46 1:33	51:55 11:09	1:09:07 17:12	1:16:19 7:12	1:20:03 3:44	1:36:02 15:59	1:39:11 3:09	1:43:58 4:47
32	3372	Jónatas Almeida [6697] EBSpteBarca	1:45:44	8:36 8:36 1:45:28 0:45	14:24 5:48 1:45:44 0:16	24:19 9:55	30:27 6:08	34:27 4:00	48:21 13:54	50:41 2:20	53:28 2:47	1:08:58 15:30	1:14:18 5:20	1:20:46 6:28	1:36:15 15:29	1:39:02 2:47	1:44:43 5:41
33	3441	João Pereira [9172] AEVilela	1:48:54	16:35 16:35 1:48:37 1:02	41:01 24:26 1:48:54 0:17	46:37 5:36	48:22 1:45	57:04 8:42	1:06:01 8:57	1:07:01 1:00	1:11:10 4:09	1:22:34 11:24	1:29:46 7:12	1:33:37 3:51	1:40:17 6:40	1:43:19 3:02	1:47:35 4:16
34	3440	Fábio Dias [9172] AEVilela	1:52:49	20:28 20:28 1:52:33 0:59	44:55 24:27 1:52:49 0:16	50:40 5:45	52:24 1:44	1:01:24 9:00	1:09:43 8:19	1:10:59 1:16	1:15:03 4:04	1:26:54 11:51	1:33:46 6:52	1:37:32 3:46	1:44:26 6:54	1:46:59 2:33	1:51:34 4:35
35	3310	Marcos Carvalho [6704] EBSArgaLima	1:56:59	15:39 15:39 1:56:40 0:34	21:19 5:40 1:56:59 0:19	26:19 5:00	27:23 1:04	46:54 19:31	51:11 4:17	52:34 1:23	1:03:35 11:01	1:21:59 18:24	1:28:49 6:50	1:32:06 3:17	1:48:13 16:07	1:51:09 2:56	1:56:06 4:57
36	3831	Pedro Dias [9224] Colgaia	2:09:44	7:08 7:08 2:08:52 1:32	12:12 5:04 2:09:44 0:52	21:41 9:29	23:50 2:09	31:28 7:38	38:55 7:27	41:04 2:09	44:24 3:20	1:09:13 24:49	1:22:25 13:12	1:27:00 4:35	1:52:12 25:12	1:55:46 3:34	2:07:20 11:34

Pl	Stno	Name	Time														
Juniore Masc (9)				2.6 km 19 C				<i>(cont.)</i>									
				1(54) 15(73)	2(53) 16(69)	3(49) 17(60)	4(33) 18(71)	5(38) 19(100)	6(45) F	7(48)	8(59)	9(56)	10(62)	11(61)	12(76)	13(75)	14(63)
3553	Bruno Vieira	mp	10:26	16:58	21:47	38:06	42:31	44:18	47:27	1:01:45	----	----	----	----	----	----	----
	[5644] EBJúlioSaúlDia		10:26	6:32	4:49	16:19	4:25	1:47	3:09	14:18							
2802	GABRIEL PEREIRA	mp	9:39	14:44	59:55	1:05:11	----	----	----	----	----	----	----	----	----	----	----
	[6746] ESFernãoMaga		9:39	5:05	45:11	5:16											
Fácil (50)				1.1 km 13 C													
				1(47)	2(44)	3(40)	4(34)	5(32)	6(37)	7(41)	8(43)	9(50)	10(55)	11(57)	12(65)	13(100)	F
1	90009	João Vicente Vaz Maia	11:18	0:59	1:34	2:14	2:54	3:32	4:09	5:08	6:02	7:04	7:53	9:05	10:30	11:01	11:18
		[1564] Individual POR	0:59	0:35	0:40	0:40	0:38	0:37	0:59	0:54	1:02	0:49	1:12	1:25	0:31	0:17	
2	90028	Eduarda Pontes	11:26	1:16	1:48	2:28	3:08	3:45	4:31	5:16	6:48	7:58	8:44	9:41	10:44	11:12	11:26
		[1564] Individual POR	1:16	0:32	0:40	0:40	0:37	0:46	0:45	1:32	1:10	0:46	0:57	1:03	0:28	0:14	
3	3570	Daniel Silva	11:32	1:14	1:52	2:28	3:12	3:47	4:24	5:24	6:20	7:23	8:12	9:24	10:45	11:15	11:32
		[6791] ESTomazPelayo	1:14	0:38	0:36	0:44	0:35	0:37	1:00	0:56	1:03	0:49	1:12	1:21	0:30	0:17	
4	3519	Carolina Ferreira	12:16	0:51	1:32	2:18	3:06	3:37	4:26	5:34	6:28	7:42	8:27	9:54	11:16	12:02	12:16
		[6604] AEMaximinos	0:51	0:41	0:46	0:48	0:31	0:49	1:08	0:54	1:14	0:45	1:27	1:22	0:46	0:14	
5	90045	Manuel Sousa	12:55	1:24	1:53	2:36	3:09	3:48	4:23	5:24	6:13	7:12	8:32	9:18	12:23	12:45	12:55
		[1564] Individual POR	1:24	0:29	0:43	0:33	0:39	0:35	1:01	0:49	0:59	1:20	0:46	3:05	0:22	0:10	
6	90010	Rita Catarina Va Maia	15:24	1:18	1:55	2:46	3:41	4:16	4:49	5:54	6:55	8:18	9:11	10:12	14:45	15:10	15:24
		[1564] Individual POR	1:18	0:37	0:51	0:55	0:35	0:33	1:05	1:01	1:23	0:53	1:01	4:33	0:25	0:14	
7	90030	Rosário Baptista	15:54	1:47	2:38	3:33	4:16	5:03	5:45	7:11	8:49	10:52	12:15	14:07	15:08	15:41	15:54
		[1564] Individual POR	1:47	0:51	0:55	0:43	0:47	0:42	1:26	1:38	2:03	1:23	1:52	1:01	0:33	0:13	
8	3629	Jéssica Esteves	16:21	0:54	1:44	2:40	3:35	4:15	5:00	6:17	7:50	9:11	10:54	12:51	15:25	16:06	16:21
		[6677] AEGomesMonte	0:54	0:50	0:56	0:55	0:40	0:45	1:17	1:33	1:21	1:43	1:57	2:34	0:41	0:15	
9	90040	Rodrigo Salgado	16:58	3:25	3:54	4:30	5:14	6:00	6:41	7:39	9:03	9:46	12:00	12:58	16:15	16:42	16:58
		[1564] Individual POR	3:25	0:29	0:36	0:44	0:46	0:41	0:58	1:24	0:43	2:14	0:58	3:17	0:27	0:16	
10	3920	MarioJCRodrigues	17:46	1:09	1:39	2:23	2:53	3:27	4:03	6:01	7:02	8:05	8:48	10:51	17:05	17:32	17:46
		[9328] EB Olival	1:09	0:30	0:44	0:30	0:34	0:36	1:58	1:01	1:03	0:43	2:03	6:14	0:27	0:14	
11	3619	Ana Tavares Mota	17:47	1:08	1:39	2:22	2:56	3:28	4:02	6:28	7:19	8:16	9:03	11:14	17:07	17:34	17:47
		[9328] EB Olival	1:08	0:31	0:43	0:34	0:32	0:34	2:26	0:51	0:57	0:47	2:11	5:53	0:27	0:13	
12	3620	Rafael Silva	18:32	1:25	1:57	2:46	3:26	3:55	4:30	6:49	7:49	8:48	9:32	11:37	17:51	18:19	18:32
		[9328] EB Olival	1:25	0:32	0:49	0:40	0:29	0:35	2:19	1:00	0:59	0:44	2:05	6:14	0:28	0:13	
13	3325	Lara Rafaela Rod Soai	19:10	2:45	3:47	4:49	5:49	6:44	8:02	10:22	12:01	14:21	15:25	16:44	18:29	18:54	19:10
		[6639] EBSParedesCo	2:45	1:02	1:02	1:00	0:55	1:18	2:20	1:39	2:20	1:04	1:19	1:45	0:25	0:16	
14	3991	Francisco Sousa	19:11	2:45	3:47	4:51	5:51	6:43	8:03	10:21	12:01	14:21	15:28	16:45	18:29	18:55	19:11
		[6639] EBSParedesCo	2:45	1:02	1:04	1:00	0:52	1:20	2:18	1:40	2:20	1:07	1:17	1:44	0:26	0:16	
15	3630	Daniela Serafim	19:33	4:01	4:51	5:47	6:48	7:22	8:09	9:24	10:57	12:20	13:56	16:03	18:37	19:13	19:33
		[6677] AEGomesMonte	4:01	0:50	0:56	1:01	0:34	0:47	1:15	1:33	1:23	1:36	2:07	2:34	0:36	0:20	
16	90053	Ana Clara Barbosa	19:48	3:14	4:36	6:03	7:06	7:43	8:42	9:48	11:45	14:13	15:48	17:01	18:24	19:03	19:48
		[1564] Individual POR	3:14	1:22	1:27	1:03	0:37	0:59	1:06	1:57	2:28	1:35	1:13	1:23	0:39	0:45	
17	3591	Susana Ferreira Ana F	20:08	2:59	3:57	5:23	6:33	7:31	8:26	9:54	11:53	13:39	15:10	16:32	18:35	19:33	20:08
		[6722] EBEugénioAndr	2:59	0:58	1:26	1:10	0:58	0:55	1:28	1:59	1:46	1:31	1:22	2:03	0:58	0:35	
18	3572	Barbara Barbosa	21:46	1:19	1:53	2:38	3:14	6:35	7:06	10:35	11:47	12:46	14:10	15:20	20:54	21:28	21:46
		[6791] ESTomazPelayo	1:19	0:34	0:45	0:36	3:21	0:31	3:29	1:12	0:59	1:24	1:10	5:34	0:34	0:18	
18	3571	Carla Castro	21:46	1:19	1:53	2:39	3:15	6:35	7:06	10:32	11:48	12:46	14:09	15:23	20:55	21:26	21:46
		[6791] ESTomazPelayo	1:19	0:34	0:46	0:36	3:20	0:31	3:26	1:16	0:58	1:23	1:14	5:32	0:31	0:20	
20	90052	Afonso Cunha	22:15	3:18	5:38	6:41	7:42	8:35	9:17	11:28	12:59	15:02	16:08	17:15	21:11	21:57	22:15
		[1564] Individual POR	3:18	2:20	1:03	1:01	0:53	0:42	2:11	1:31	2:03	1:06	1:07	3:56	0:46	0:18	
21	4011	Antonio Serra Campos	22:29	6:48	7:29	8:33	9:29	10:10	10:55	12:07	13:18	14:36	15:50	17:39	21:16	21:52	22:29
		[6593] ESCarlosAmaral	6:48	0:41	1:04	0:56	0:41	0:45	1:12	1:11	1:18	1:14	1:49	3:37	0:36	0:37	
22	3545	José Silva	23:12	1:52	2:43	3:41	4:46	5:41	6:49	8:22	10:40	12:19	13:42	15:55	22:18	22:58	23:12
		[1000] Individual POR	1:52	0:51	0:58	1:05	0:55	1:08	1:33	2:18	1:39	1:23	2:13	6:23	0:40	0:14	
23	3818	João Rapagão	24:44	3:40	5:50	7:13	8:25	9:34	10:53	12:34	14:31	16:54	18:38	20:35	23:29	24:29	24:44
		[6722] EBEugénioAndr	3:40	2:10	1:23	1:12	1:09	1:19	1:41	1:57	2:23	1:44	1:57	2:54	1:00	0:15	
				4:26	24:30												
				*46	*100												
24	3542	Lídia Silva	25:21	2:48	3:41	4:59	5:58	6:54	8:30	9:50	11:26	13:14	16:11	18:39	24:19	25:06	25:21
		[6595] EBForjães	2:48	0:53	1:18	0:59	0:56	1:36	1:20	1:36	1:48	2:57	2:28	5:40	0:47	0:15	
25	4000	GUILHERME AVELIN C	26:04	3:15	4:04	5:08	6:09	7:04	7:54	8:58	11:04	14:27	15:43	17:06	24:48	25:27	26:04
		[8328] ES Monserrate	3:15	0:49	1:04	1:01	0:55	0:50	1:04	2:06	3:23	1:16	1:23	7:42	0:39	0:37	
26	3824	NunoC+SantiagoA	26:05	4:29	5:21	6:21	7:58	9:00	10:43	11:50	14:01	15:46	17:19	18:48	25:01	25:46	26:05
		[6698] ESDrAntGranjo	4:29	0:52	1:00	1:37	1:02	1:43	1:07	2:11	1:45	1:33	1:29	6:13	0:45	0:19	
27	4001	HUGO ALEXANDRE R	26:07	3:26	4:13	5:15	6:15	7:09	7:59	9:02	11:09	14:31	15:49	17:12	24:48	25:30	26:07
		[8328] ES Monserrate	3:26	0:47	1:02	1:00	0:54	0:50	1:03	2:07	3:22	1:18	1:23	7:36	0:42	0:37	
28	3911	Jorge André Ribeiro	26:17	1:40	2:17	3:05	3:37	4:11	5:00	7:05	8:11	9:25	10:18	11:30	25:38	26:03	26:17
		[5644] EBJúlioSaúlDia	1:40	0:37	0:48	0:32	0:34	0:49	2:05	1:06	1:14	0:53	1:12	14:08	0:25	0:14	
29	3998	GONÇALO GUILHERM	26:37	3:29	4:30	5:46	6:49	7:50	8:52	10:10	12:33	14:58	16:06	17:34	24:55	25:59	26:37
		[8328] ES Monserrate	3:29	1:01	1:16	1:03	1:01	1:02	1:18	2:23	2:25	1:08	1:28	7:21	1:04	0:38	
30	4002	ANDRÉ FILIPE LIM PE	26:41	3:30	4:50	6:16	7:27	8:26	10:44	12:20	14:06						

Pl	Stno	Name	Time														
Fácil (50)			1.1 km 13 C	<i>(cont.)</i>													
				1(47)	2(44)	3(40)	4(34)	5(32)	6(37)	7(41)	8(43)	9(50)	10(55)	11(57)	12(65)	13(100)	F
36	3832	Jéssica Silva [6754] EB23SãoRosen	31:22	9:22 9:22	9:54 0:32	13:02 3:08	14:00 0:58	14:38 0:38	15:25 0:47	17:05 1:40	18:38 1:33	20:44 2:06	21:58 1:14	25:37 3:39	29:22 3:45	30:28 1:06	31:22 0:54
37	3785	Maria Pedrosa [6792] AEDomPedrol	32:19	4:56 4:56	5:55 0:59	7:03 1:08	8:13 1:10	9:42 1:29	10:47 1:05	13:34 2:47	15:20 1:46	17:21 2:01	18:54 1:33	20:51 1:57	31:19 10:28	31:49 0:30	32:19 0:30
38	90054	Francisca, Maria Richi [1564] Individual POR	35:58	2:41 2:41	4:27 1:46	6:09 1:42	7:33 1:24	9:04 1:31	11:44 2:40	15:57 4:13	18:45 2:48	21:05 2:20	23:24 2:19	25:22 1:58	31:25 6:03	35:11 3:46	35:58 0:47
39	3554	Fernando Marques [5644] EBJúlioSaúlDia	37:21	12:46 12:46	14:00 1:14	15:55 1:55	17:29 1:34	18:59 1:30	20:14 1:15	22:16 2:02	25:03 2:47	28:12 3:09	30:50 2:38	32:47 1:57	35:20 2:33	36:43 1:23	37:21 0:38
40	3999	MIGUEL FELGUEIRA C [8328] ES Monserrate	37:32	14:47 14:47	15:36 0:49	16:34 0:58	17:38 1:04	18:33 0:55	19:24 0:51	20:26 1:02	22:34 2:08	25:55 3:21	27:19 1:24	28:35 1:16	36:11 7:36	37:11 1:00	37:32 0:21
41	3678	Cláudia Santos [6754] EB23SãoRosen	49:10	14:34 14:34	15:38 1:04	17:03 1:25	19:17 2:14	20:28 1:11	21:43 1:15	30:38 8:55	32:29 1:51	34:50 2:21	36:43 1:53	39:16 2:33	47:20 8:04	48:33 1:13	49:10 0:37
42	2157	Diana Mirra [6791] ESTomazPelayo	51:28	16:47 16:47	17:57 1:10	19:23 1:26	21:28 2:05	22:41 1:13	23:55 1:14	32:55 9:00	34:47 1:52	37:07 2:20	38:55 1:48	41:34 2:39	49:42 8:08	50:49 1:07	51:28 0:39
43	90042	brito teste [1564] Individual POR	23:06:51	0:36	1:00	1:30	1:57	2:20	2:38	3:24	3:57	4:25	4:56	5:38	6:11	6:37	6:51
	3577	Rita Fontes [6754] EB23SãoRosen	mp	14:31 14:31	15:38 1:07	17:07 1:29	19:12 2:05	20:23 1:11	21:37 1:14	30:32 8:55	32:24 1:52	34:48 2:24	----	39:13 4:25	47:19 8:06	48:32 1:13	49:10 0:38
	3416	Ana Reis [6975] EBSobreira	mp	----	4:43 4:43	----	----	----	18:48 14:05	----	22:00 3:12	24:09 2:09	25:41 1:32	----	37:19 11:38	38:28 1:09	39:07 0:39
	3336	Laura Barreiro d Silva [6639] EBSParedesCo	mp	1:07 1:07	1:42 0:35	2:49 1:07	3:41 0:52	5:34 1:53	17:35 12:01	18:15 0:40	19:51 1:36	22:15 2:24	23:50 1:35	25:33 1:43	----	29:02 3:29	29:19 0:17
	3996	ANA LUÍS SIMÕES SO [8328] ES Monserrate	mp	6:12 6:12	7:09 0:57	8:28 1:19	9:45 1:17	10:45 1:00	11:43 0:58	13:28 1:45	15:30 2:02	17:46 2:16	19:09 1:23	24:52 5:43	32:39 7:47	----	34:23 1:44
	3997	JOÃO SALVADOR DA [8328] ES Monserrate	mp	2:10 2:10	3:07 0:57	4:26 1:19	5:37 1:11	6:38 1:01	7:35 0:57	9:26 1:51	11:28 2:02	13:40 2:12	15:02 1:22	20:49 5:47	28:33 7:44	----	30:19 1:46
	2365	Ana Matilde Silva [6593] ESCarlosAmaral	mp	0:59 0:59	1:55 0:56	2:46 0:51	3:22 0:36	3:54 0:32	4:52 0:58	6:05 1:13	7:26 1:21	8:54 1:28	9:57 1:03	12:14 2:17	----	13:54 1:40	14:16 0:22
	3633	AnaB+JoanaC [6698] ESDrAntGranjo	mp	1:27 1:27	1:58 0:31	2:51 0:53	3:51 1:00	4:34 0:43	5:22 0:48	6:32 1:10	7:53 1:21	17:19 9:26	21:55 4:36	23:58 2:03	----	26:06 2:08	27:04 0:58
Médio (18)			1.6 km 15 C														
				1(49) 15(100)	2(44) F	3(36)	4(31)	5(37)	6(45)	7(43)	8(50)	9(55)	10(58)	11(59)	12(65)	13(73)	14(72)
1	90051	Fernando André [167] NAST	33:58	3:07 3:07	5:23 2:16	7:34 2:11	9:51 2:17	12:08 2:17	16:21 4:13	17:06 0:45	18:21 1:15	19:32 1:11	22:20 2:48	23:35 1:15	25:34 1:59	28:49 3:15	30:15 1:26
2	90043	Carlos Oliveira [1564] Individual POR	38:39	1:39 1:39	2:25 0:46	5:21 2:56	8:10 2:49	10:07 1:57	18:14 8:07	18:32 0:18	19:44 1:12	20:45 1:01	22:56 2:11	24:20 1:24	25:49 1:29	30:06 4:17	31:24 1:18
3	90014	Ismael Rodrigues [167] NAST	40:14	3:27 3:27	4:01 0:34	6:48 2:47	18:02 11:14	19:33 1:31	23:30 3:57	24:11 0:41	25:25 1:14	26:39 1:14	28:25 1:46	30:25 2:00	31:35 1:10	36:03 4:28	37:23 1:20
4	90011	Jose Manuel Vaz Maia [1564] Individual POR	41:16	3:08 3:08	3:46 0:38	6:44 2:58	9:43 2:59	14:25 4:42	17:03 2:38	17:32 0:29	18:34 1:02	19:41 1:07	21:56 2:15	22:53 0:57	24:42 1:49	34:41 9:59	36:47 2:06
5	90060	Paulo Dias [1564] Individual POR	43:57	4:08 4:08	4:49 0:41	7:21 2:32	18:39 11:18	20:29 1:50	24:14 3:45	24:44 0:30	25:34 0:50	26:33 0:59	28:34 2:01	30:06 1:32	31:22 1:16	40:06 8:44	41:18 1:12
6	90039	Fernando Alves [1564] Individual POR	44:03	1:22 1:22	1:55 0:33	2:59 1:04	15:57 12:58	17:10 1:13	29:18 12:08	31:36 2:18	32:02 0:26	32:33 0:31	34:35 2:02	35:23 0:48	36:51 1:28	39:44 2:53	41:51 2:07
7	3682	Beatriz Carvalho [6772] AEValongo	44:07	2:55 2:55	4:08 1:13	7:14 3:06	12:31 5:17	14:59 2:28	19:27 4:28	20:07 0:40	21:24 1:17	22:47 1:23	25:32 2:45	26:44 1:12	28:46 2:02	38:48 10:02	40:45 1:57
8	90037	Luis Oliveira [1564] Individual POR	44:21	1:44 1:44	2:21 0:37	4:49 2:28	11:10 6:21	13:41 2:31	24:15 10:34	24:41 0:26	25:52 1:11	27:12 1:20	29:36 2:24	30:35 0:59	32:27 1:52	37:23 4:56	38:59 1:36
9	2337	Mariana Salgueir Sara [6696] AEMiguelTorga	44:54	2:30 2:30	3:11 0:41	5:10 1:59	13:23 8:13	15:14 1:51	26:01 10:47	26:50 0:49	28:10 1:20	28:58 0:48	31:37 2:39	34:47 3:10	36:12 1:25	39:59 3:47	41:33 1:34
10	90013	Gabriela Gonçalves [167] NAST	52:19	2:59 2:59	4:16 1:17	7:38 3:22	11:24 3:46	14:50 3:26	22:07 7:17	23:21 1:14	26:27 3:06	27:55 1:28	32:18 4:23	33:38 1:20	35:47 2:09	42:43 6:56	46:27 3:44
11	782	Jorge Araújo [6602] ExtDelfimFerrei	55:08	3:52 3:52	5:53 2:01	10:54 5:01	15:12 4:18	18:44 3:32	24:57 6:13	26:03 1:06	28:28 2:25	31:19 2:51	36:08 4:49	38:03 1:55	40:38 2:35	46:37 5:59	48:58 2:21

Pl	Stno	Name	Time														
Médio (18)				1.6 km 15 C				<i>(cont.)</i>									
				1(49) 15(100)	2(44) F	3(36)	4(31)	5(37)	6(45)	7(43)	8(50)	9(55)	10(58)	11(59)	12(65)	13(73)	14(72)
12	3527	Serafim Pereira [6602] ExtDelfimFerrei	55:11	3:54 3:54 54:18 5:11	5:52 1:58 55:11 0:53	10:58 5:06	15:29 4:31	18:46 3:17	25:01 6:15	26:20 1:19	28:29 2:09	31:21 2:52	36:08 4:47	38:06 1:58	40:45 2:39	46:51 6:06	49:07 2:16
13	90050	Henrique Xavier Alber [1564] Individual POR	56:50	3:44 3:44 56:39 3:20	4:49 1:05 56:50 0:11	8:31 3:42	27:59 19:28	29:17 1:18	32:54 3:37	33:28 0:34	35:13 1:45	37:35 2:22	39:58 2:23	41:54 1:56	43:25 1:31	52:19 8:54	53:19 1:00
14	829	Jéssica Santos [6677] AEGomesMonte	59:20	3:48 3:48 58:51 4:08	4:48 1:00 59:20 0:29	9:38 4:50	15:47 6:09	26:59 11:12	32:19 5:20	33:00 0:41	35:08 2:08	36:48 1:40	40:20 3:32	41:56 1:36	45:29 3:33	50:15 4:46	54:43 4:28
15	2663	Daniela Pereira [8326] EB23 Nevogilde	1:17:10	16:34 16:34 1:16:33 4:26	17:38 1:04 1:17:10 0:37	21:11 3:33	32:39 11:28	36:24 3:45	43:26 7:02	44:47 1:21	47:50 3:03	49:24 1:34	54:35 5:11	56:04 1:29	58:50 2:46	1:11:15 12:25	1:12:07 0:52
	2526	Carla Vieira [6975] EBSobreira	mp	3:27 3:27 45:57 2:56	4:51 1:24 46:20 0:23	8:58 4:07	----- 2:06	13:35 4:37	19:52 6:17	21:35 1:43	23:28 1:53	25:26 1:58	31:07 5:41	32:45 1:38	34:55 2:10	40:52 5:57	43:01 2:09
	90038	André Vieira [1564] Individual POR	mp	----- 23:00 0:21	1:15 23:09 0:09	3:16 2:01	5:22 2:06	----- 7:46 *47	----- 10:51 *35	----- 13:02 *42	----- 14:49 9:27	----- 17:15 2:26	----- 20:13 2:58	----- 21:17 1:04	----- 22:39 1:22	----- -----	----- -----
	90044	João Freitas [1564] Individual POR	mp	3:51 3:51 45:06 5:27	4:35 0:44 45:33 0:27	6:31 1:56	18:40 12:09 36:41 *72	20:22 1:42	24:23 4:01	24:53 0:30	25:55 1:02	26:41 0:46	28:47 2:06	30:04 1:17	31:31 1:27	39:39 8:08	-----
Difícil (29)				2.4 km 19 C													
				1(49) 15(72)	2(53) 16(70)	3(33) 17(60)	4(31) 18(71)	5(38) 19(100)	6(45) F	7(48)	8(55)	9(56)	10(63)	11(67)	12(61)	13(76)	14(73)
1	90022	Joaquim Sousa [070] COC	23:53	1:02 1:02 19:46 0:55	1:54 0:52 21:26 1:40	5:02 3:08 21:57 0:31	5:59 0:57 23:01 1:04	7:23 1:24 23:39 0:38	7:55 0:32 23:53 0:14	8:40 0:45 -----	9:18 0:38 -----	10:32 1:14 -----	13:01 2:29 -----	14:24 1:23 -----	15:43 1:19 -----	17:09 1:26 -----	18:51 1:42 -----
2	90023	Bruno André [119] OriMarão	35:35	1:04 1:04 30:00 1:18	2:16 1:12 32:15 2:15	6:54 4:38 33:00 0:45	8:08 1:14 34:40 1:40	10:11 2:03 35:21 0:41	10:51 0:40 35:35 0:14	11:56 1:05 -----	12:55 0:59 -----	14:39 1:44 -----	20:34 5:55 -----	22:29 1:55 -----	24:26 1:57 -----	26:37 2:11 -----	28:42 2:05 -----
3	90015	José Marco [167] NAST	36:27	1:07 1:07 30:30 1:10	2:16 1:09 32:55 2:25	5:56 3:40 33:30 0:35	8:33 2:37 35:33 2:03	10:29 1:56 36:15 0:42	11:15 0:46 -----	12:57 1:42 -----	13:55 0:58 -----	16:02 2:07 -----	19:27 3:25 -----	22:01 2:34 -----	23:55 1:54 -----	26:00 2:05 -----	29:20 3:20 -----
4	90004	Paulo Silva [052] GD4C	38:23	1:10 1:10 32:12 1:21	2:20 1:10 34:54 2:42	7:35 5:15 35:50 0:56	10:06 2:31 37:30 1:40	12:13 2:07 38:11 0:41	12:58 0:45 38:23 0:12	14:32 1:34 -----	15:43 1:11 -----	18:09 2:26 -----	22:12 4:03 -----	23:43 1:31 -----	25:20 1:37 -----	27:29 2:09 -----	30:51 3:22 -----
5	1499	José Carlos Ramalho [102] .COM	38:45	1:11 1:11 33:00 1:00	2:30 1:19 35:13 2:13	6:41 4:11 36:03 0:50	8:02 1:21 37:44 1:41	10:08 2:06 38:32 0:48	10:55 0:47 38:45 0:13	12:20 1:25 -----	13:03 0:43 -----	15:21 2:18 -----	20:38 5:17 -----	22:31 1:53 -----	26:40 4:09 -----	29:31 2:51 -----	32:00 2:29 -----
6	90008	Miguel Sá [116] Montepio Geral	41:38	1:22 1:22 35:16 1:37	3:10 1:48 37:53 2:37	11:05 7:55 38:53 1:00	12:19 1:14 40:27 1:34	14:55 2:36 41:23 0:56	16:03 1:08 41:38 0:15	19:00 2:57 -----	20:02 1:02 -----	21:32 1:30 -----	25:16 3:44 -----	26:45 1:29 -----	28:13 1:28 -----	30:22 2:09 -----	33:39 3:17 -----
7	90016	Nelson S. Pinto [167] NAST	42:04	1:34 1:34 36:21 1:11	3:25 1:51 38:42 2:21	8:15 4:50 39:19 0:37	10:29 2:14 41:06 1:47	13:09 2:40 41:53 0:47	13:55 0:46 42:04 0:11	15:13 1:18 -----	16:17 1:04 -----	19:32 3:15 -----	25:39 6:07 -----	27:52 2:13 -----	29:54 2:02 -----	31:55 2:01 -----	35:10 3:15 -----
8	90046	André Baptista [1564] Individual POR	43:17	1:13 1:13 35:31 1:27	2:36 1:23 38:53 3:22	7:45 5:09 40:34 1:41	9:38 1:53 42:25 1:51	14:01 4:23 43:06 0:47	14:53 0:52 43:17 0:11	16:07 1:14 -----	17:11 1:04 -----	20:02 2:51 -----	25:59 5:57 -----	27:36 1:37 -----	29:23 1:47 -----	31:55 2:32 -----	34:04 2:09 -----
9	1810	Octávio Andrade [102] .COM	43:28	1:00 1:00 35:05 1:15	2:08 1:08 37:12 2:07	5:16 3:08 39:49 2:37	6:45 1:29 42:39 2:50	8:31 1:46 43:16 0:37	9:58 1:27 43:28 0:12	11:36 1:38 -----	12:53 1:17 -----	15:30 2:37 -----	22:35 7:05 -----	24:35 2:00 -----	26:19 1:44 -----	28:30 2:11 -----	33:50 5:20 -----
10	3105	Filipe Marques [8299] AEPBS-Joane	45:11	1:00 1:00 39:22 1:16	2:18 1:18 41:40 2:18	12:28 10:10 42:34 0:54	13:35 1:07 44:16 1:42	15:59 2:24 44:59 0:43	16:41 0:42 45:11 0:12	18:14 1:33 -----	19:50 1:36 -----	22:18 2:28 -----	28:27 6:09 -----	30:42 2:15 -----	32:36 1:54 -----	35:01 2:25 -----	38:06 3:05 -----
11	90025	Vitor Miguel Car Silva [1564] Individual POR	45:14	1:39 1:39 37:50 1:25	4:25 2:46 40:46 2:56	9:54 5:29 42:42 1:56	11:05 1:11 44:29 1:47	16:06 5:01 45:03 0:34	16:56 0:50 45:14 0:11	18:12 1:16 -----	19:09 0:57 -----	22:31 3:22 -----	27:28 4:57 -----	28:58 1:30 -----	31:54 2:56 -----	34:11 2:17 -----	36:25 2:14 -----
12	90024	Verónica Fradique [052] GD4C	47:09	1:27 1:27 35:57 1:26	2:53 1:26 38:10 2:13	12:07 9:14 44:20 6:10	13:19 1:12 46:21 2:01	17:33 4:14 46:58 0:37	18:20 0:47 47:09 0:11	19:36 1:16 -----	21:04 1:28 -----	22:38 1:34 -----	26:17 3:39 -----	27:54 1:37 -----	29:35 1:41 -----	32:04 2:29 -----	34:31 2:27 -----
13	90007	Pedro Tiago Gomes [159] COAAL	47:48	2:41 2:41 42:14 1:25	4:49 2:08 44:35 2:21	15:04 10:15 45:11 0:36	16:23 1:19 46:55 1:44	19:06 2:43 47:37 0:42	19:45 0:39 47:48 0:11	21:05 1:20 -----	22:07 1:02 -----	25:21 3:14 -----	31:21 6:00 -----	33:43 2:22 -----	35:42 1:59 -----	37:46 2:04 -----	40:49 3:03 -----
14	90018	Alberto César [052] GD4C	47:58	1:24 1:24 41:30 1:12	3:21 1:57 43:52 2:22	14:10 10:49 44:58 1:06	15:55 1:45 46:53 1:55	18:23 2:28 47:44 0:51	19:14 0:51 47:58 0:14	20:44 1:30 -----	21:38 0:54 -----	24:06 2:28 -----	30:51 6:45 -----	33:19 2:28 -----	35:34 2:15 -----	38:06 2:32 -----	40:18 2:12 -----

Pl	Stno	Name	Time														
<i>Difícil (29)</i>				<i>2.4 km 19 C</i>			<i>(cont.)</i>										
				1(49) 15(72)	2(53) 16(70)	3(33) 17(60)	4(31) 18(71)	5(38) 19(100)	6(45) F	7(48)	8(55)	9(56)	10(63)	11(67)	12(61)	13(76)	14(73)
15	90048	Daniel Silva [1564] Individual POR	49:29	1:34 1:34 41:17 1:08	3:40 2:06 44:34 3:17	12:57 9:17 46:20 1:46	16:11 3:14 48:39 2:19	19:26 3:15 49:19 0:40	20:37 1:11 49:29 0:10	22:10 1:33	23:15 1:05	26:46 3:31	31:36 4:50	33:25 1:49	35:26 2:01	37:49 2:23	40:09 2:20
16	90002	José João Ferreira [119] OriMarão	50:46	3:05 3:05 42:20 1:22	4:13 1:08 45:46 3:26	8:25 4:12 47:32 1:46	10:49 2:24 49:43 2:11	13:51 3:02 50:34 0:51	14:47 0:56 50:46 0:12	16:26 1:39	17:05 0:39	19:34 2:29	26:13 6:39	28:20 2:07	30:18 1:58	33:39 3:21	40:58 7:19
17	500	Gonçalo Rodrigues [6772] AEPValongo	56:40	1:29 1:29 46:35 1:45	2:51 1:22 48:37 2:02	9:53 7:02 53:12 4:35	11:33 1:40 55:30 2:18	22:49 11:16 56:26 0:56	23:50 1:01 56:40 0:14	25:19 1:29	26:23 1:04	29:05 2:42	34:35 5:30	36:16 1:41	38:31 2:15	41:11 2:40	44:50 3:39
18	90021	Helena Sousa [119] OriMarão	58:31	3:17 3:17 50:57 1:03	5:13 1:56 53:59 3:02	20:10 14:57 55:41 1:42	21:51 1:41 57:35 1:54	29:51 8:00 58:17 0:42	30:57 1:06 58:31 0:14	32:39 1:42	33:31 0:52	35:21 1:50	40:59 5:38	42:43 1:44	44:56 2:13	47:48 2:52	49:54 2:06
19	3359	Ricardo Vaz [8299] AEPBS-Joane	1:00:24	1:27 1:27 52:18 1:13	7:00 5:33 54:25 2:07	13:33 6:33 56:47 2:22	20:49 7:16 59:25 2:38	22:56 2:07 1:00:08 0:43	23:55 0:59 1:00:24 0:16	26:16 2:21	27:09 0:53	30:52 3:43	36:06 5:14	38:20 2:14	40:25 2:05	42:16 1:51	51:05 8:49
20	2478	Nuno Ferreira [8299] AEPBS-Joane	1:03:11	1:13 1:13 53:02 1:59	3:17 2:04 58:36 5:34	15:25 12:08 59:12 0:36	16:39 1:14 1:01:53 2:41	19:54 3:15 1:02:54 1:01	20:47 0:53 1:03:11 0:17	22:17 1:30	23:20 1:03	25:30 2:10	41:35 16:05	43:50 2:15	45:50 2:00	48:18 2:28	51:03 2:45
21	90026	Vasco Fernandes [052] GD4C	1:03:35	1:17 1:17 51:38 2:17	2:36 1:19 54:55 3:17	18:12 15:36 1:00:19 5:24	20:17 2:05 1:02:39 2:20	23:21 3:04 1:03:19 0:40	24:14 0:53 1:03:35 0:16	25:33 1:19	26:27 0:54	29:01 2:34	35:31 6:30	37:50 2:19	39:53 2:03	42:55 3:02	49:21 6:26
22	90047	Cristiano Gomes [1564] Individual POR	1:06:57	2:02 2:02 58:27 1:36	5:11 3:09 1:01:15 2:48	15:34 10:23 1:02:43 1:28	17:37 2:03 1:05:35 2:52	22:25 4:48 1:06:41 1:06	23:25 1:00 1:06:57 0:16	25:38 2:13	27:51 2:13	37:21 9:30	44:36 7:15	47:28 2:52	49:52 2:24	53:26 3:34	56:51 3:25
23	90001	Vasco Vinhas [1564] Individual POR	1:14:36	2:11 2:11 1:07:20 2:31	4:03 1:52 1:10:41 3:21	8:41 4:38 1:11:45 1:04	10:04 1:23 1:13:31 1:46	12:46 2:42 1:14:21 0:50	13:32 0:46 1:14:36 0:15	15:10 1:38	16:34 1:24	19:23 2:49	54:12 34:49	57:20 3:08	59:31 2:11	1:01:53 2:22	1:04:49 2:56
24	90000	Raquel Ferreira [1564] Individual POR	1:16:29	1:25 1:25 1:09:23 2:46	3:11 3:11 1:12:40 3:17	10:48 6:12 1:13:36 0:56	12:13 1:25 1:15:25 1:49	15:23 3:10 1:16:14 0:49	16:02 0:39 1:16:29 0:15	17:15 1:13	18:41 1:26	21:10 2:29	56:13 35:03	59:10 2:57	1:01:21 2:11	1:03:47 2:26	1:06:37 2:50
25	90017	Manuel Silva [167] NAST	1:21:06	2:20 2:20 1:08:57 2:08	8:02 5:42 1:12:12 3:15	19:16 11:14 1:18:18 6:06	21:44 2:28 1:19:30 1:12	25:41 3:57 1:20:38 1:08	27:13 1:32 1:21:06 0:28	32:20 5:07	33:48 1:28	37:52 4:04	45:39 7:47	49:52 4:13	53:39 3:47	1:02:49 9:10	1:06:49 4:00
26	90049	Rui Silva [6593] ESCarlosAmarç	1:28:06	1:27 1:27 1:16:58 3:32	3:11 1:44 1:19:53 2:55	23:15 20:04 1:24:03 4:10	24:36 1:21 1:26:35 2:32	28:08 3:32 1:27:45 1:10	29:26 1:18 1:28:06 0:21	35:49 6:23	36:46 0:57	44:33 7:47	1:01:32 16:59	1:04:43 3:11	1:07:14 2:31	1:10:35 3:21	1:13:26 2:51
27	3524	Joaquim Simoes [6604] AEMaximinos	1:32:15	2:01 2:01 1:19:17 2:59	4:21 2:20 1:23:43 4:26	14:20 9:59 1:27:35 3:52	22:00 7:40 1:30:13 2:38	27:34 5:34 1:31:36 1:23	28:43 1:09 1:32:15 0:39	30:13 1:30	31:34 1:21	34:59 3:25	58:55 23:56	1:06:20 7:25	1:08:30 2:10	1:12:47 4:17	1:16:18 3:31
1542	Marco António [6602] ExtDelfimFerrei	mp	5:21 5:21 -----	12:35 7:14 -----	34:01 21:26 -----	37:26 3:25 -----	44:36 7:10 -----	46:56 2:20 -----	56:49 9:53	59:42 2:53	1:37:16 37:34	-----	-----	-----	-----	-----	-----
90041	Júlio Nogueira [1564] Individual POR	mp	1:52 1:52 1:05:52 2:23	3:58 2:06 -----	11:20 7:22 1:10:01 4:09	15:24 4:04 1:13:29 3:28	20:25 5:01 1:14:38 1:09	21:54 1:29 1:15:16 0:38	25:07 3:13	26:57 1:50	32:43 5:46	44:30 11:47	47:43 3:13	51:10 3:27	57:18 6:08	1:03:29 6:11	