

PI	Stno	Name	YB	Club	Nat	S1	S2	Time		
Infantil Fem A (15)										
1	2437	Inês Laranjeira	06	[6595] EBFForjães	POF	17:44	6	14:14	1	31:58
2	3430	Marta Queirós	06	[6593] ESCarlosAmarante	POF	13:34	2	20:12	3	33:46
3	3504	MADALENA SILVA	06	[8340] EBPaçosFerreira	POF	15:30	4	22:07	6	37:37
4	3446	Alexia Mesquita	06	[6593] ESCarlosAmarante	POF	13:33	1	24:55	10	38:28
5	3510	VIVIANA PEREIRA	06	[8340] EBPaçosFerreira	POF	19:17	7	19:15	2	38:32
6	3447	Inês Vila Boa	06	[6593] ESCarlosAmarante	POF	15:50	5	23:58	8	39:48
7	3503	RAQUEL LEAL	06	[8340] EBPaçosFerreira	POF	19:24	8	21:49	5	41:13
8	3531	Cláudia Tomás	06	[6595] EBFForjães	POF	19:41	9	24:20	9	44:01
9	3424	Yara Ferreira	06	[6593] ESCarlosAmarante	POF	21:52	11	23:36	7	45:28
10	3532	Beatriz Varajão	06	[6595] EBFForjães	POF	24:56	14	21:24	4	46:20
11	3302	Madalena Augusto	06	[6593] ESCarlosAmarante	POF	21:36	10	32:21	11	53:57
12	3537	Verónica Jaques	06	[6595] EBFForjães	POF	23:55	12	34:41	12	58:36
13	3743	Leonor Oliveira	06	[5644] EBJúlioSaúIDias	POF	24:28	13	40:36	13	1:05:04
	3378	Raquel Neiva	06	[6697] EBSpteBarca	POF	mp		mp		
	170	Alexandra Serra Campos	06	[6593] ESCarlosAmarante	POF	15:22	3	mp		
Infantil Masc A (14)										
1	148	Duarte Pedro	06	[6595] EBFForjães	POF	13:27	1	16:45	1	30:12
2	3547	Luis Neta	06	[5476] AEErmesinde/AEE	POF	14:15	2	24:47	3	39:02
3	3222	Simão Carvalho	06	[6595] EBFForjães	POF	15:47	4	23:30	2	39:17
4	3544	Simão Silva	06	[6595] EBFForjães	POF	18:44	5	31:33	9	50:17
5	3676	Diogo Gomes	06	[5476] AEErmesinde/AEE	POF	19:46	6	31:10	8	50:56
6	3560	Marco Sousa	06	[6705] EBSPinheiro	POF	21:12	8	30:21	7	51:33
7	3355	Bruno Nascimento	06	[5476] AEErmesinde/AEE	POF	24:11	9	28:50	5	53:01
8	3994	Francisco Leal	06	[6724] AELousadaNorte	POF	25:19	10	28:12	4	53:31
9	3493	João Vaz	06	[6975] EBSobreira	POF	27:07	11	29:44	6	56:51
10	3428	Gabriel Vieira	06	[5476] AEErmesinde/AEE	POF	31:05	13	31:42	10	1:02:47
11	3819	Miguel Rapagão	06	[6722] EBEugénioAndrade	POF	19:58	7	46:14	11	1:06:12
12	3670	José Oliveira	06	[6705] EBSPinheiro	POF	27:58	12	47:43	12	1:15:41
	3320	Diogo Martins Pe Soares	06	[6639] EBSparedesCoura	POF	mp		53:16	13	
	30027	João Rodrigues	06	[1564] Individual POR	POF	14:45	3	mp		
Infantil Fem B (55)										
1	2163	Mariana São Bento	04	[6590] EBManhente	POF	9:48	2	16:14	3	26:02
2	2350	Ana Chen	04	[6596] EBApulia	POF	8:51	1	17:19	5	26:10
3	3277	Mariana Cunha	04	[8300] AEFreixo	POF	12:31	9	14:08	1	26:39
4	3479	Clara André	04	[6596] EBApulia	POF	11:59	8	14:46	2	26:45
5	3194	Filipa Soares	04	[6596] EBApulia	POF	11:16	6	17:03	4	28:19
6	3475	Daniela Jesus	04	[6596] EBApulia	POF	10:52	3	18:05	8	28:57
7	2439	Antónia Brito	05	[6595] EBFForjães	POF	13:35	12	18:08	9	31:43
8	2762	Jéssica Rocha	05	[6696] AEMiguelTorga	POF	15:53	21	17:27	6	33:20
9	1988	Laura Múrias	04	[6722] EBEugénioAndrade	POF	10:59	4	22:42	21	33:41
10	2293	Isabel Silva	04	[6590] EBManhente	POF	16:13	24	18:22	10	34:35
11	4005	Barbara Rodrigues	04	[6764] AE1Gondomar G1	POF	16:09	23	19:13	11	35:22
12	2161	Ana Macedo	04	[6590] EBManhente	POF	18:02	27	17:31	7	35:33
13	2435	Catarina Ribeiro	04	[6595] EBFForjães	POF	14:35	17	21:57	19	36:32
14	3492	Déborá Oliveira	05	[6593] ESCarlosAmarante	POF	15:30	19	21:17	14	36:47
15	3564	Ana Mirra	04	[6791] ESTomazPelayo	POF	15:48	20	21:20	15	37:08
16	2441	Rute Moreira	04	[6595] EBFForjães	POF	14:58	18	22:50	22	37:48
17	3436	Ana Nunes	04	[9172] AEVilela	POF	13:52	13	24:15	27	38:07
18	3396	Iva Silva	05	[6722] EBEugénioAndrade	POF	18:10	28	20:13	12	38:23
19	3486	Joana Santos	05	[8299] AEPBS-Joane	POF	13:01	10	25:45	30	38:46
20	3477	Leonor Rodrigues	05	[6596] EBApulia	POF	17:22	25	21:30	16	38:52
21	2355	Mariana Cruz	04	[6596] EBApulia	POF	16:07	22	22:56	23	39:03
22	2541	Joana Lopes	05	[5644] EBJúlioSaúIDias	POF	11:42	7	27:50	34	39:32
23	2878	BARBARA ALVES	04	[8340] EBPaçosFerreira	POF	18:33	31	21:03	13	39:36
24	2346	Ana Carolina Machado	04	[6593] ESCarlosAmarante	POF	18:16	29	21:54	18	40:10
25	3521	Maria Oliveira	04	[6604] AEMaximinos	POF	13:55	14	26:41	31	40:36
26	3522	Ana Rita Peixoto	04	[6604] AEMaximinos	POF	17:39	26	24:08	26	41:47
27	3947	Beatriz Guedes	04	[6764] AE1Gondomar G1	POF	19:11	33	23:07	24	42:18
28	2370	Telma Carvalho	04	[6596] EBApulia	POF	18:24	30	24:49	29	43:13
29	2761	Sofia Machado	04	[6696] AEMiguelTorga	POF	22:58	39	22:04	20	45:02
30	3539	Eduarda Sá	05	[6595] EBFForjães	POF	21:53	38	24:24	28	46:17
31	3932	Bruna Rocha	04	[6778] AE1Gondomar G2	POF	11:04	5	35:21	37	46:25
32	3462	Filipa Soares	05	[6705] EBSPinheiro	POF	19:53	34	27:07	32	47:00
33	3933	Catarina Santos	04	[6778] AE1Gondomar G2	POF	13:13	11	33:58	36	47:11
34	3373	Leticia Costa	05	[6697] EBSpteBarca	POF	26:45	40	21:38	17	48:23
35	2879	MARIA SOUSA	04	[8340] EBPaçosFerreira	POF	21:14	36	27:23	33	48:37
36	2599	Cláudia Sequeira	04	[6722] EBEugénioAndrade	POF	14:27	15	35:45	38	50:12
37	3404	Júlia Souza	05	[6722] EBEugénioAndrade	POF	14:28	16	37:02	39	51:30
38	3589	Mariana Gonçalves	05	[6722] EBEugénioAndrade	POF	18:49	32	42:56	43	1:01:45
39	2374	Ana Ribeiro	04	[6705] EBSPinheiro	POF	36:57	42	30:08	35	1:07:05
40	3597	Alexandra da Cos Gonçal	05	[6639] EBSparedesCoura	POF	39:42	43	39:23	40	1:19:05
	3949	Iris Pereira	04	[6764] AE1Gondomar G1	POF	20:04	35	mp		
	4008	Catarina Alves	04	[6778] AE1Gondomar G2	POF	2:29:10	45	mp		
	1992	Speranta Gaina	04	[6722] EBEugénioAndrade	POF	mp		mp		
	3541	Mariana Félix	05	[6595] EBFForjães	POF	mp		39:43	41	
	3497	BEATRIZ GOMES	05	[8340] EBPaçosFerreira	POF	21:27	37	mp		
	3565	Cidália Martins	04	[6791] ESTomazPelayo	POF	30:37	41	mp		
	3481	Mariana Diogo	05	[8299] AEPBS-Joane	POF			23:35	25	
	2527	Rafaela Teixeira	05	[8299] AEPBS-Joane	POF	mp				

PI	Stno	Name	YB	Club	Nat	S1	S2	Time		
Infantil Fem B (55)					<i>(cont.)</i>					
	23590	Luana Machado	05	[6722] EBEugénioAndrade	POF		39:57	42		
	3661	já inscrita ANAÍSA NASCII	05	[6746] ESFernãoMagalhães	POF	43:01	44	dns		
	3185	LAURA VIEIRA	05	[6746] ESFernãoMagalhães	POF	mp		dns		
	3659	MARIA MIGUEL MONTEII	05	[6746] ESFernãoMagalhães	POF	mp		dns		
	3657	MARIANA	06	[6746] ESFernãoMagalhães	POF	mp		dns		
	30029	Eduarda Pontes	05	[1564] Individual POR	POF		53:13	44		
	30031	Rosário Baptista	04	[1564] Individual POR	POF		mp			
Infantil Masc B (42)										
1	3280	Rodrigo Lima	04	[8300] AEFreixo	POF	6:58	1	13:09	1	20:07
2	3300	Fábio Monteiro	04	[6593] ESCarlosAmarante	POF	9:00	3	13:59	2	22:59
3	2880	RODRIGO COELHO	04	[8340] EBPaçosFerreira	POF	12:18	12	14:05	4	26:23
3	2001	Bruno Moreira	04	[6975] EBSobreira	POF	8:40	2	17:43	9	26:23
5	3490	Vitor Mesquita	05	[8299] AEPBS-Joane	POF	10:23	8	16:49	6	27:12
6	3196	Tiago Silva	04	[6593] ESCarlosAmarante	POF	11:48	11	15:57	5	27:45
7	3423	Gabriel Vilaça	04	[6593] ESCarlosAmarante	POF	10:12	7	18:06	12	28:18
8	1781	Gonçalo Silva	04	[6754] EB23SãoRosendo	POF	16:22	23	14:01	3	30:23
9	3270	João Paulo Gomes	04	[8300] AEFreixo	POF	10:00	5	21:57	20	31:57
10	2542	João Gomes	05	[5644] EBJúlioSaúDias	POF	10:06	6	22:40	22	32:46
10	3427	Ricardo Quintas	04	[6593] ESCarlosAmarante	POF	14:50	18	17:56	11	32:46
12	3019	Cláudio Coelho	05	[6724] AELousadaNorte	POF	11:22	9	21:26	17	32:48
13	1982	Claudio Pereira	05	[6975] EBSobreira	POF	13:05	15	20:43	16	33:48
14	1650	Tiago Soares	04	[6724] AELousadaNorte	POF	17:18	24	17:18	8	34:36
15	2367	Gonçalo Fernandes	04	[6593] ESCarlosAmarante	POF	9:13	4	26:24	30	35:37
16	2726	Diogo Almeida	05	[6596] EBApulia	POF	17:49	25	17:49	10	35:38
17	3555	Jorge Rafael Freitas	05	[5644] EBJúlioSaúDias	POF	14:59	19	21:31	19	36:30
18	3558	Rúben Pereira	05	[5644] EBJúlioSaúDias	POF	15:31	20	22:06	21	37:37
19	3321	Leonardo Pinto Felisberto	05	[6639] EBSParedesCoura	POF	13:03	14	24:49	26	37:52
20	1482	João Vilaça	04	[6604] AEMaximinos	POF	18:30	26	19:26	14	37:56
21	2864	PEDRO COSTA	04	[8340] EBPaçosFerreira	POF	13:00	13	25:18	28	38:18
22	1782	Gonçalo Araújo	04	[6754] EB23SãoRosendo	POF	15:48	21	22:48	24	38:36
23	1877	Júlio Soares	04	[6722] EBEugénioAndrade	POF	19:33	30	19:46	15	39:19
24	2438	Fábio Novo	05	[6595] EBForjães	POF	22:47	33	16:58	7	39:45
25	3425	Nuno Almeida	04	[6593] ESCarlosAmarante	POF	11:47	10	28:18	36	40:05
26	3163	Tomé Carvalho	04	[6595] EBForjães	POF	18:43	27	21:26	17	40:09
27	3059	Gonçalo Sousa	05	[5644] EBJúlioSaúDias	POF	13:54	16	27:31	33	41:25
28	2536	Cristiano Silva	05	[5644] EBJúlioSaúDias	POF	14:38	17	26:53	32	41:31
29	3414	Armando Moreira	04	[6975] EBSobreira	POF	19:06	29	25:22	29	44:28
30	3500	DUARTE PACHECO	05	[8340] EBPaçosFerreira	POF	18:53	28	29:26	39	48:19
31	3473	Edgar Vale	05	[6596] EBApulia	POF	20:43	31	28:31	37	49:14
32	3984	Nuno Araújo	04	[6604] AEMaximinos	POF	25:30	35	25:03	27	50:33
33	3472	Delmar Gonçalves	05	[6596] EBApulia	POF	28:03	37	23:14	25	51:17
34	3502	DIOGO COUTO	05	[8340] EBPaçosFerreira	POF	23:13	34	28:59	38	52:12
35	3176	Rafael Gomes	05	[6696] AEMiguelTorga	POF	26:03	36	28:08	35	54:11
36	3463	Leonel Silva	05	[9172] AEVilela	POF	16:09	22	38:35	40	54:44
	3970	BrunoM+FernandoB		[6696] AEMiguelTorga	POF	mp		26:28	31	
	3357	Gustavo Araújo	05	[8299] AEPBS-Joane	POF	21:09	32	mp		
	3573	Miguel Ferreira	04	[6791] ESTomazPelayo	POF	mp		27:41	34	
	3480	Jorge Oliveira	05	[8299] AEPBS-Joane	POF			22:41	23	
	3483	Mário Diogo	05	[8299] AEPBS-Joane	POF			18:52	13	
	2727	Diogo Páscoa	05	[6596] EBApulia	POF	mp		dns		
Iniciado Fem (64)										
1	166	Ana Pacheco	03	[6604] AEMaximinos	POF	10:06	1	14:29	1	24:35
2	1516	Ana Beatriz Silva	02	[6593] ESCarlosAmarante	POF	14:38	2	20:24	3	35:02
3	2851	Ana Soraia Costa	02	[6601] EBSVieiraAraújo	POF	16:41	4	19:22	2	36:03
4	2353	Maria Martins	02	[6596] EBApulia	POF	19:09	9	22:32	5	41:41
5	112	Matilde Brito	03	[6595] EBForjães	POF	19:17	10	22:44	6	42:01
6	337	Diana Gomes	02	[6697] EBSpteBarca	POF	17:08	5	24:55	10	42:03
7	334	Luna Dantas	02	[6697] EBSpteBarca	POF	20:30	14	23:02	7	43:32
8	3512	BRUNA TORRES	02	[8340] EBPaçosFerreira	POF	17:36	6	26:08	13	43:44
9	3301	Inês Augusto	02	[6593] ESCarlosAmarante	POF	19:39	11	24:54	9	44:33
10	60	Flávia Santos	02	[6596] EBApulia	POF	23:24	20	21:44	4	45:08
11	98	Ana Fonseca	02	[6596] EBApulia	POF	21:05	16	24:27	8	45:32
12	30034	Márcia Felgueiras	02	[1564] Individual POR	POF	20:05	12	27:01	14	47:06
13	2166	Mafalda Lima	02	[6595] EBForjães	POF	18:29	8	30:12	22	48:41
14	1545	Vera Alegre	03	[6596] EBApulia	POF	21:10	17	29:51	19	51:01
15	96	Carina Rita	02	[6596] EBApulia	POF	23:47	22	27:33	16	51:20
16	3244	LAVÍNIA CARDOSO	03	[8340] EBPaçosFerreira	POF	26:39	28	25:30	12	52:09
17	924	Bárbara Marques	02	[6696] AEMiguelTorga	POF	23:26	21	30:02	20	53:28
18	2871	INÊS MARTINS	03	[8340] EBPaçosFerreira	POF	23:23	19	30:56	25	54:19
19	2482	Nadine Silva	03	[8299] AEPBS-Joane	POF	24:43	25	30:07	21	54:50
20	2048	Andreia Almeida	02	[6595] EBForjães	POF	28:23	32	28:08	17	56:31
21	2874	MARIANA MARTINS	03	[8340] EBPaçosFerreira	POF	20:55	15	36:20	36	57:15
22	922	Mariana Marques	03	[6696] AEMiguelTorga	POF	30:49	35	27:01	14	57:50
23	3505	ANA PEREIRA	03	[8340] EBPaçosFerreira	POF	22:41	18	35:26	34	58:07
24	3245	ANA FERREIRA	03	[8340] EBPaçosFerreira	POF	24:37	24	35:02	32	59:39
25	1837	Bárbara Oliveira	02	[6677] AEGomesMonteiro	POF	30:09	34	30:51	24	1:01:00
26	3595	Mariana Peixoto	03	[6696] AEMiguelTorga	POF	37:01	46	25:10	11	1:02:11
27	3406	Inês Neves	02	[6975] EBSobreira	POF	28:17	31	35:15	33	1:03:32
28	2511	Rita Gomes	02	[6594] EBMcavado	POF	33:40	40	31:10	26	1:04:50
29	2480	Maria Martins	03	[8299] AEPBS-Joane	POF	27:37	30	38:42	38	1:06:19

PI	Stno	Name	YB	Club	Nat	S1	S2	Time	
Iniciado Fem (64)					<i>(cont.)</i>				
30	3632	Ana Pombinho	02	[6698] ESDrAntGranj	POF	33:29 39	33:12 31	1:06:41	
31	2521	Bruna Meira	02	[6595] EBForjães	POF	36:33 44	30:12 22	1:06:45	
32	3384	Raquel Costa	02	[6697] EBSPteBarca	POF	34:18 41	32:42 30	1:07:00	
33	2872	BEATRIZ MARTINS	03	[8340] EBPaçosFerreira	POF	29:18 33	38:45 39	1:08:03	
34	113	Beatriz Moura	03	[6595] EBForjães	POF	25:51 27	43:14 46	1:09:05	
35	2792	Andreia Filipa L Silva	02	[6677] AEGomesMonteiro	POF	25:46 26	43:47 47	1:09:33	
36	2790	Maria Inês Rodrigo	03	[6677] AEGomesMonteiro	POF	37:59 48	32:38 29	1:10:37	
37	2857	CARINA COELHO	03	[8340] EBPaçosFerreira	POF	38:35 49	32:14 28	1:10:49	
38	1977	Alexandra Alves	02	[6975] EBSobreira	POF	32:27 38	44:02 48	1:16:29	
39	3335	Amandine Rosemar Fern	02	[6639] EBSParedesCoura	POF	32:12 37	45:02 50	1:17:14	
40	2674	Mariana Neto	02	[8326] EB23 Nevogilde	POF	51:06 54	35:42 35	1:26:48	
41	3859	Maria Moreira	02	[6975] EBSobreira	POF	46:14 51	40:58 44	1:27:12	
42	3217	Beatriz Ferreira	02	[8326] EB23 Nevogilde	POF	59:04 56	31:35 27	1:30:39	
43	2856	MARIANA NETO	03	[8340] EBPaçosFerreira	POF	48:33 52	44:28 49	1:33:01	
44	2676	Regina Souto	02	[8326] EB23 Nevogilde	POF	55:19 55	39:35 40	1:34:54	
	3864	Cassandra António	02	[6677] AEGomesMonteiro	POF	mp	39:38 41		
	2793	Rita Santos Oliveira	02	[6677] AEGomesMonteiro	POF	31:57 36	mp		
	3341	Ana Lameiras	03	[7533] AEVilaPoucaAguiarS	POF	15:52 3	mp		
	2662	Catarina Sousa	02	[8326] EB23 Nevogilde	POF	35:18 43	mp		
	2666	Maria Rafaela Silva	02	[8326] EB23 Nevogilde	POF	mp	39:51 42		
	3675	Simone Nogueira	02	[6590] EBManhente	POF	36:53 45	mp		
	887	Inês Gomes	02	[6594] EBM Cavado	POF	17:52 7	mp		
	3369	Diana Passos	02	[6704] EBSArgaLima	POF	41:44 50	mp		
	3309	Maria Machado	02	[6704] EBSArgaLima	POF	mp	mp		
	3515	Ariana Perreira	02	[6975] EBSobreira	POF	34:22 42	mp		
	3333	Joana Filipa San Barbosa	02	[6639] EBSParedesCoura	POF	mp	mp		
	331	Katia Gomes	02	[6697] EBSPteBarca	POF	mp	29:16 18		
	30033	Daniela Martins	02	[1564] Individual POR	POF	mp	38:30 37		
	30032	Rafaela Esteves	02	[1564] Individual POR	POF	mp	40:03 43		
	1916	Beatriz Vieira	02	[6764] AE1Gondomar G1	POF	37:55 47	dns		
	1917	Joana Vigário	02	[6764] AE1Gondomar G1	POF	26:42 29	dns		
	3103	Daniela Faria	03	[8299] AEPBS-Joane	POF	20:26 13			
	2481	Mariana Azevedo	03	[8299] AEPBS-Joane	POF	24:26 23			
	2665	Eduarda Campos	02	[8326] EB23 Nevogilde	POF	50:22 53	dns		
	30019	Mara Moreira	02	[8326] EB23 Nevogilde	POF	dns	41:46 45		

Iniciado Masc (85)

1	81	André Serra Campos	02	[6593] ESCarlosAmarante	POF	13:02 1	11:08 1	24:10
2	89	Eduardo Dias	02	[6593] ESCarlosAmarante	POF	14:37 3	12:32 5	27:09
3	3508	RÚBEN TORRES	03	[8340] EBPaçosFerreira	POF	15:47 6	11:29 2	27:16
4	101	Daniel Pereira	02	[6596] EBApulia	POF	14:08 2	13:15 8	27:23
5	3293	Bruno Lopes	02	[8300] AEFreixo	POF	15:42 5	11:48 3	27:30
6	3278	Pedro Alves	02	[8300] AEFreixo	POF	16:06 8	11:49 4	27:55
7	3288	Alexandre Silva	02	[8300] AEFreixo	POF	15:55 7	13:00 7	28:55
8	2489	Rafael Rodrigues	04	[8299] AEPBS-Joane	POF	15:22 4	15:13 21	30:35
9	1567	Ruben Laranjeira	02	[6595] EBForjães	POF	17:48 13	13:15 8	31:03
10	3269	João Cunha	02	[8300] AEFreixo	POF	17:03 10	14:41 17	31:44
11	3268	João Carvalho	02	[8300] AEFreixo	POF	18:16 17	13:49 11	32:05
12	572	Afonso Guimarães	03	[6722] EBEugénioAndrade	POF	17:46 12	15:03 19	32:49
13	2563	Tiago Pinto	02	[6791] ESTomazPelayo	POF	17:39 11	15:17 22	32:56
14	122	Tomás Araújo	02	[6595] EBForjães	POF	20:18 21	12:53 6	33:11
15	2008	Octávio Silva	02	[6696] AEMiguelTorga	POF	19:21 19	14:53 18	34:14
16	71	Miguel Férron	03	[6593] ESCarlosAmarante	POF	18:07 15	16:48 28	34:55
17	3548	Marco Oliveira	02	[7533] AEVilaPoucaAguiarS	POF	19:24 20	15:42 24	35:06
18	3489	João Rodrigues	03	[8299] AEPBS-Joane	POF	22:03 26	14:25 16	36:28
19	3356	Francisco Oliveira	03	[8299] AEPBS-Joane	POF	23:17 28	14:24 15	37:41
20	2887	JOÃO SOUSA	03	[8340] EBPaçosFerreira	POF	23:50 30	13:56 12	37:46
21	3334	Daniel José P. Coutinho	02	[6639] EBSParedesCoura	POF	25:03 32	14:16 14	39:19
22	3204	André Neto	03	[8300] AEFreixo	POF	21:27 24	18:02 31	39:29
23	125	Gonçalo Pereira	02	[6595] EBForjães	POF	20:27 22	19:12 34	39:39
24	3296	Fábio Baptista	02	[8300] AEFreixo	POF	18:58 18	20:43 41	39:41
25	124	Pedro Sepúlveda	02	[6595] EBForjães	POF	23:26 29	16:31 27	39:57
26	1555	Daniel Pires	02	[6595] EBForjães	POF	26:05 36	14:10 13	40:15
27	869	Pedro Raimundo	02	[6594] EBM Cavado	POF	25:09 33	15:07 20	40:16
28	30036	Pedro Fernandes	02	[1564] Individual POR	POF	17:55 14	24:27 50	42:22
29	3639	Nuno Freitas	02	[6698] ESDrAntGranj	POF	21:06 23	21:17 44	42:23
30	2220	Tiago Marques	03	[5476] AEEemesinde/AEE	POF	24:11 31	18:27 32	42:38
31	2471	Tiago Mota	03	[6705] EBSPinheiro	POF	27:08 37	16:53 29	44:01
32	1696	David Barbosa	03	[6639] EBSParedesCoura	POF	21:58 25	22:16 47	44:14
33	2472	Rodrigo Sousa	03	[6705] EBSPinheiro	POF	25:09 33	20:48 42	45:57
34	3854	Pedro Nogueira	02	[6724] AELousadaNorte	POF	30:55 42	15:18 23	46:13
35	3291	Artur Cunha	02	[8300] AEFreixo	POF	32:10 47	15:47 25	47:57
36	2442	Tiago Silva	02	[6595] EBForjães	POF	28:42 38	19:57 38	48:39
37	3342	Leonardo Mota	02	[7533] AEVilaPoucaAguiarS	POF	36:10 57	13:28 10	49:38
38	30035	Miguel Oliveira	03	[1564] Individual POR	POF	22:18 27	27:27 58	49:45
39	3261	Carlos Ramos	02	[8300] AEFreixo	POF	32:10 47	19:31 36	51:41
40	3643	Diogo Fernandes	02	[6698] ESDrAntGranj	POF	34:06 51	19:06 33	53:12
41	3345	Pedro Miguel Carvalho	03	[7533] AEVilaPoucaAguiarS	POF	34:33 52	19:31 36	54:04
42	3294	Cristiano Duarte	02	[8300] AEFreixo	POF	34:59 53	19:58 39	54:57
43	3995	Tiago Rodrigues		[6724] AELousadaNorte	POF	28:58 39	26:31 56	55:29
44	3625	Tiago Gonçalves	02	[6677] AEGomesMonteiro	POF	30:29 41	25:53 54	56:22
45	2420	Marcelo Veites	02	[6704] EBSArgaLima	POF	35:05 54	21:33 45	56:38
46	3623	Celso Silva	02	[6677] AEGomesMonteiro	POF	35:26 55	21:57 46	57:23

PI	Stno	Name	YB	Club	Nat	S1	S2	Time
Iniciado Masc (85)			<i>(cont.)</i>					
47	2394	Louis Manuel Correia	02	[6639] EBSParedesCoura	POF	33:15 49	24:18 49	57:33
48	910	Miguel Amorim	03	[6754] EB23SãoRosendo	POF	37:48 59	20:22 40	58:10
49	3435	João Nunes	03	[9172] AEVilela	POF	32:01 45	26:39 57	58:40
50	2859	VASCO MOURA	03	[8340] EBPaçosFerreira	POF	36:12 58	22:34 48	58:46
51	2458	Owen Chippendale	03	[6697] EBSPteBarca	POF	44:44 69	16:15 26	1:00:59
52	2890	GABRIEL PEREIRA	03	[8340] EBPaçosFerreira	POF	43:02 67	19:14 35	1:02:16
53	3260	Cristiano Mota	02	[8300] AEFreixo	POF	38:49 60	24:58 51	1:03:47
54	1033	André Correia	02	[6696] AEMiguelTorga	POF	48:39 70	17:57 30	1:06:36
55	3507	TITO FERREIRA	03	[8340] EBPaçosFerreira	POF	32:06 46	34:56 61	1:07:02
56	878	Bernardo Ribeiro	02	[6594] EBMCavado	POF	44:24 68	25:10 52	1:09:34
57	1802	Eduardo Fernandes	03	[6697] EBSPteBarca	POF	53:09 71	20:49 43	1:13:58
58	2865	DIOGO COELHO	03	[8340] EBPaçosFerreira	POF	33:50 50	41:31 68	1:15:21
59	3563	Carlos Sousa	03	[6705] EBSPinheiro	POF	39:18 61	36:29 63	1:15:47
60	879	Ángelo Machado	02	[6594] EBMCavado	POF	40:04 63	37:10 64	1:17:14
61	3371	Quévin Pereira	02	[6704] EBSArgaLima	POF	55:10 74	25:26 53	1:20:36
62	1045	José Babo	03	[6697] EBSPteBarca	POF	41:57 65	39:04 66	1:21:01
63	3569	Bernardo Guimarães	02	[6791] ESTomazPelayo	POF	42:00 66	43:12 69	1:25:12
64	2670	Ricardo Barbosa	02	[8326] EB23 Nevogilde	POF	53:37 72	35:47 62	1:29:24
65	2669	Pedro Martins	02	[8326] EB23 Nevogilde	POF	1:03:38 79	31:37 60	1:35:15
66	3916	André Bouças	03	[6704] EBSArgaLima	POF	54:29 73	43:15 70	1:37:44
67	2681	Luis Moreira	02	[8326] EB23 Nevogilde	POF	59:38 76	39:21 67	1:38:59
68	2755	Gonçalo Domingues	02	[6704] EBSArgaLima	POF	1:00:41 77	59:25 71	2:00:06
	3945	José Pedro Sousa	01	[6764] AE1Gondomar G1	POF	mp	37:17 65	
	3257	Cláudio Neto	03	[8300] AEFreixo	POF	31:08 43	mp	
	3389	Jorge Araújo	03	[8300] AEFreixo	POF	40:07 64	mp	
	3865	Bruno Gomes	03	[6677] AEGomesMonteiro	POF	35:49 56	mp	
	3851	Pedro Pereira	03	[6724] AELousadaNorte	POF	mp	mp	
	2023	Pedro Viana	03	[5644] EBJúlioSaúlDias	POF	18:13 16	mp	
	1979	Miguel Silva	02	[6975] EBSobreira	POF	26:01 35	mp	
	2523	Rafael Vieira	03	[6975] EBSobreira	POF	31:11 44	mp	
	84	Samuel Gonçalves	02	[6593] ESCarlosAmarante	POF	16:27 9	mp	
	2345	Tiago Lima	03	[6593] ESCarlosAmarante	POF	29:39 40	mp	
	1918	Francisco Fernandes	02	[6764] AE1Gondomar G1	POF	56:35 75	dns	
	3010	José David Rolindo	02	[6764] AE1Gondomar G1	POF	1:00:53 78	dns	
	3021	Vitor Oliveira	01	[6724] AELousadaNorte	POF	dns	mp	
	2671	Ruben Pinto	02	[8326] EB23 Nevogilde	POF	mp	dns	
	3422	Pedro Moura	03	[6722] EBEugénioAndrade	POF	dns	25:59 55	
	824	Diogo Lopes	02	[6704] EBSArgaLima	POF	39:36 62	dns	
	3917	Gabriel Rocha	03	[6704] EBSArgaLima	POF	dns	31:29 59	
Juvenis Fem (43)								
1	146	Helena Lima	99	[6593] ESCarlosAmarante	POF	15:55 1	17:40 1	33:35
2	2473	Ana Rita Fernandes	99	[6593] ESCarlosAmarante	POF	20:11 3	19:00 2	39:11
3	3100	Bárbara Pereira	01	[6593] ESCarlosAmarante	POF	21:20 4	24:46 8	46:06
4	24	Margarida Miranda	01	[6596] EBApulia	POF	19:16 2	27:25 12	46:41
5	486	Sara Silva	00	[6590] EBManhente	POF	24:32 10	23:10 5	47:42
6	2372	Maria Ribeiro	99	[6705] EBSPinheiro	POF	24:38 11	23:28 6	48:06
7	2351	Dulce Fernandes	01	[6596] EBApulia	POF	22:49 12	24:11 7	49:00
8	1546	Bruna Pires	01	[6596] EBApulia	POF	22:54 5	26:12 9	49:06
9	3218	Catarina Rodrigues	99	[6593] ESCarlosAmarante	POF	23:06 6	28:12 14	51:18
10	106	Carina Castro	01	[6601] EBSVieiraAraújo	POF	25:03 13	26:43 10	51:46
11	53	Ana Pereira	01	[6596] EBApulia	POF	24:14 9	27:49 13	52:03
12	3203	Inês José	00	[6593] ESCarlosAmarante	POF	29:46 17	22:32 4	52:18
13	3364	Oriana Oliveira	99	[7533] AEVilaPoucaAguiarS	POF	26:16 14	29:02 15	55:18
14	80	Maria Portela	99	[6593] ESCarlosAmarante	POF	23:51 8	31:55 19	55:46
15	265	Lúisa Fernandes	99	[6697] EBSPteBarca	POF	27:38 16	31:30 18	59:08
16	52	Filipa Mano	01	[6596] EBApulia	POF	23:47 7	35:37 22	59:24
17	647	Susana Silva	00	[6791] ESTomazPelayo	POF	32:45 19	27:06 11	59:51
18	51	Ana Viana	01	[6596] EBApulia	POF	26:50 15	35:04 21	1:01:54
19	1809	Eduarda Martins	00	[6791] ESTomazPelayo	POF	34:34 23	31:25 17	1:05:59
20	126	Ana Rita Ribeiro	01	[6595] EBForjães	POF	35:03 26	31:00 16	1:06:03
21	3299	Maria Castilho	99	[6593] ESCarlosAmarante	POF	34:50 25	34:50 20	1:09:40
22	2347	Beatriz Castilho	01	[6593] ESCarlosAmarante	POF	34:21 21	38:52 25	1:13:13
23	2359	Carolina Oliveira	99	[5476] AEErmesinde/AEE	POF	37:24 28	36:14 23	1:13:38
24	2222	Ana Lage	99	[5476] AEErmesinde/AEE	POF	34:22 22	41:25 26	1:15:47
25	540	Adriana Sousa	99	[5476] AEErmesinde/AEE	POF	33:47 20	44:01 27	1:17:48
26	3358	Adriana Martins	01	[8299] AEPBS-Joane	POF	42:09 30	37:09 24	1:19:18
27	3679	Leonor Losa	01	[6593] ESCarlosAmarante	POF	39:00 29	1:02:26 29	1:41:26
28	3445	Eva Costa	01	[6593] ESCarlosAmarante	POF	52:38 33	1:07:27 31	2:00:05
	3034	Beatriz Oliveira	99	[6778] AE1Gondomar G2	POF	58:54 35	mp	
	3940	Catarina Ferreira	01	[6778] AE1Gondomar G2	POF	1:02:49 37	mp	
	3942	Jéssica Mota	00	[6778] AE1Gondomar G2	POF	34:34 23	mp	
	2388	Beatriz Couto	00	[5476] AEErmesinde/AEE	POF	50:50 32	mp	
	3626	Eva Rodrigues Esteves	01	[6677] AEGomesMonteiro	POF	mp	1:06:04 30	
	3628	Rita Isabel Alvites	00	[6677] AEGomesMonteiro	POF	mp	53:51 28	
	3438	Ana Barbosa	01	[9172] AEVilela	POF	44:31 31	mp	
	3612	Iolanda Silva	01	[9224] Colgaia	POF	1:16:42 39	mp	
	58	Alexandra Machado	00	[6596] EBApulia	POF	31:48 18	mp	
	61	Filipa Castro	99	[6601] EBSVieiraAraújo	POF	mp	22:23 3	
	539	Inês Pinheiro	99	[5476] AEErmesinde/AEE	POF	36:34 27	dns	
	4003	Carolina Fraga		[9224] Colgaia	POF	1:03:37 38		
	3600	Lethicia Silva	00	[9224] Colgaia	POF	57:52 34	dns	

PI	Stno	Name	YB	Club	Nat	S1	S2	Time
Juvenis Fem (43)								
<i>(cont.)</i>								
	3968	Rita Tavares	01	[9224] Colgaia	POF	59:54	36	dns
	3988	ANA PIRES	99	[6746] ESFernãoMagalhães	POF	mp		dns
Juvenis Masc (48)								
1	142	Tomás Lima	01	[6593] ESCarlosAmarante	POF	19:40	1	17:26 1 37:06
2	78	Leonardo Ramalho	99	[6593] ESCarlosAmarante	POF	24:06	2	25:30 3 49:36
3	358	Iury Soares	01	[6724] AELousadaNorte	POF	25:39	6	25:18 2 50:57
4	3474	José Fernandes	01	[6596] EBÁpulia	POF	25:13	5	30:03 5 55:16
5	2360	Diogo Oliveira	01	[6593] ESCarlosAmarante	POF	26:42	7	32:12 7 58:54
6	147	Nuno Pereira	99	[6595] EBForjães	POF	30:49	8	28:40 4 59:29
7	1509	Guilherme Faria	99	[6593] ESCarlosAmarante	POF	24:28	3	35:35 8 1:00:03
8	66	Carlos Rocha	01	[6593] ESCarlosAmarante	POF	36:55	11	30:39 6 1:07:34
9	139	Guilherme Ribeiro	99	[6595] EBForjães	POF	31:51	9	37:39 9 1:09:30
10	3316	Ricardo Rodrigues	01	[6705] EBSPinheiro	POF	25:02	4	48:17 20 1:13:19
11	3618	Diogo Silva	99	[6593] ESCarlosAmarante	POF	33:53	10	40:12 14 1:14:05
12	3353	Marco Pinto	00	[5476] AEErmesinde/AEE	POF	37:07	12	39:34 12 1:16:41
13	1577	António Machado	99	[6772] AEValongo	POF	39:45	13	42:14 17 1:21:59
14	140	Roberto Torres	99	[6595] EBForjães	POF	45:09	15	40:04 13 1:25:13
15	1506	Marco Amaro	99	[5476] AEErmesinde/AEE	POF	43:59	14	44:54 19 1:28:53
16	1573	Ruslan Virsta	99	[6772] AEValongo	POF	51:14	16	39:14 11 1:30:28
17	287	José Dinis	00	[5644] EBJúlioSaúIDias	POF	55:21	18	41:15 16 1:36:36
18	3411	Bruno Barbosa	00	[6975] EBSobreira	POF	57:40	19	43:37 18 1:41:17
19	135	André Pereira	99	[6595] EBForjães	POF	53:53	17	49:04 21 1:42:57
20	110	Luís Filipe Gomes	00	[6601] EBSVieiraAraújo	POF	1:02:47	20	50:47 22 1:53:34
21	3247	Miguel Lerenó	01	[5476] AEErmesinde/AEE	POF	1:07:52	21	56:10 24 2:04:02
22	2419	José Ribeiro	99	[6704] EBSArgaLima	POF	1:44:45	31	38:38 10 2:23:23
23	3444	Rui Nogueira	01	[9172] AEVilela	POF	1:13:43	23	1:18:24 31 2:32:07
24	490	Gil Pereira Rocha	99	[6772] AEValongo	POF	1:32:22	28	1:01:33 27 2:33:55
25	3943	Sérgio Silva	98	[6778] AE1Gondomar G2	POF	1:16:55	25	1:20:50 32 2:37:45
26	3310	Marcos Carvalho	01	[6704] EBSArgaLima	POF	1:56:59	35	41:00 15 2:37:59
27	800	Mário Martins	01	[6696] AEMiguelTorga	POF	1:37:44	30	1:08:34 29 2:46:18
28	3440	Fábio Dias	01	[9172] AEVilela	POF	1:52:49	34	57:14 26 2:50:03
29	3372	Jónatas Almeida	01	[6697] EBSpteBarca	POF	1:45:44	32	1:10:12 30 2:55:56
30	3442	Luís Baião	01	[9172] AEVilela	POF	1:34:55	29	1:22:16 33 2:57:11
31	3439	Carlos Coelho	01	[9172] AEVilela	POF	1:26:14	27	1:47:28 36 3:13:42
32	3614	Pedro Silva	01	[9224] Colgaia	POF	1:16:15	24	1:57:56 37 3:14:11
33	3441	João Pereira	01	[9172] AEVilela	POF	1:48:54	33	1:31:27 34 3:20:21
	1006	José Moreira	00	[6772] AEValongo	POF	mp		56:17 25
	3437	Abílio Silva	99	[9172] AEVilela	POF	mp		mp
	2424	Paulo Correia	01	[6704] EBSArgaLima	POF	1:19:48	26	mp
	1003	Tiago Nogueira	01	[6975] EBSobreira	POF	mp		1:35:06 35
	3459	Marco Gonçalves	01	[9172] AEVilela	POF	1:11:38	22	dns
	3443	Paulo Fernandes	01	[9172] AEVilela	POF	dns		1:05:26 28
	3666	Bruno Gonçalves	00	[9224] Colgaia	POF	2:10:58	37	dns
	3729	Miguel Telles	00	[9224] Colgaia	POF	2:24:59	38	dns
	3831	Pedro Dias	00	[9224] Colgaia	POF	2:09:44	36	dns
	3817	Tiago Guimarães	01	[9224] Colgaia	POF	mp		dns
	3990	Adriano Fernandes	01	[6704] EBSArgaLima	POF	mp		dns
	603	Roberto Nascimento	99	[6728] ESAlfena	POF			53:45 23
	3846	BRUNO MACHADO	99	[6746] ESFernãoMagalhães	POF	mp		dns
	2806	LUÍS BORGES	99	[6746] ESFernãoMagalhães	POF	mp		dns
	3987	PEDRO LOPES	99	[6746] ESFernãoMagalhães	POF	mp		dns
Juniores Fem (1)								
	3599	Ana Fonseca	00	[9224] Colgaia	POF	mp		dns
Juniores Masc (9)								
1	74	João Magalhães	98	[6593] ESCarlosAmarante	POF	31:03	1	27:34 1 58:37
2	465	Daniel Magalhães	98	[6604] AEMaximos	POF	40:57	2	29:55 2 1:10:52
3	326	Gonçalo Silva	98	[6696] AEMiguelTorga	POF	44:40	3	41:45 3 1:26:25
4	2009	Pedro Silva	98	[6696] AEMiguelTorga	POF	1:13:19	4	49:32 4 2:02:51
5	3826	Ricardo Gomes	98	[6728] ESAlfena	POF	1:20:34	6	50:06 5 2:10:40
6	3746	João Silva	98	[6728] ESAlfena	POF	1:29:07	7	59:11 6 2:28:18
7	3363	Gil Fernandes	98	[7533] AEVilaPoucaAguiarS	POF	1:19:26	5	1:12:34 7 2:32:00
	3553	Bruno Vieira	98	[5644] EBJúlioSaúIDias	POF	mp		2:09:18 8
	2802	GABRIEL PEREIRA	98	[6746] ESFernãoMagalhães	POF	mp		dns
Fácil (55)								
1	30009	João Vicente Vaz Maia	08	[1564] Individual POR	POF	11:18	1	17:02 2 28:20
2	30010	Rita Catarina Va Maia	06	[1564] Individual POR	POF	15:24	6	16:07 1 31:31
3	3629	Jéssica Esteves	01	[6677] AEGomesMonteiro	POF	16:21	8	22:27 8 38:48
4	3571	Carla Castro	00	[6791] ESTomazPelayo	POF	21:46	18	17:49 3 39:35
5	3572	Barbara Barbosa	01	[6791] ESTomazPelayo	POF	21:46	18	17:50 4 39:36
6	30052	Afonso Cunha		[1564] Individual POR	POF	22:15	20	20:42 7 42:57
7	30040	Rodrigo Salgado	00	[1564] Individual POR	POF	16:58	9	28:34 14 45:32
8	3325	Lara Rafaela Rod Soares	05	[6639] EBSparedesCoura	POF	19:10	13	27:19 12 46:29
9	3911	Jorge André Ribeiro	04	[5644] EBJúlioSaúIDias	POF	26:17	28	20:28 6 46:45
10	3630	Daniela Serafim	01	[6677] AEGomesMonteiro	POF	19:33	15	29:44 19 49:17
11	3545	José Silva	05	[1000] Individual POR Fed	POF	23:12	22	28:04 13 51:16

PI	Stno	Name	YB	Club	Nat	S1	S2	Time	
Fácil (55)					<i>(cont.)</i>				
12	4000	GUILHERME AVELIN CO	00	[8328] ES Monserrate	POF	26:04 25	26:29 10	52:33	
13	4001	HUGO ALEXANDRE R DI	00	[8328] ES Monserrate	POF	26:07 27	26:44 11	52:51	
14	3998	GONÇALO GUILHERM TI	00	[8328] ES Monserrate	POF	26:37 29	28:59 17	55:36	
15	3785	Maria Pedrosa	03	[6792] AEDomPedrol	POF	32:19 37	25:45 9	58:04	
16	4002	ANDRÉ FILIPE LIM PERE	99	[8328] ES Monserrate	POF	26:41 30	32:58 22	59:39	
17	3653	Sofia Dias	02	[6728] ESAIfena	POF	27:18 31	32:42 21	1:00:00	
18	30053	Ana Clara Barbosa		[1564] Individual POR	POF	19:48 16	43:38 30	1:03:26	
19	3824	NunoC+SantiagoA		[6698] ESDrAntGranjo	POF	26:05 26	38:13 23	1:04:18	
20	3542	Lídia Silva	03	[6595] EBForjães	POF	25:21 24	41:25 28	1:06:46	
21	3554	Fernando Marques	01	[5644] EBJúlioSaúlDias	POF	37:21 39	41:43 29	1:19:04	
22	3221	Beatriz Costa	05	[6754] EB23SãoRosendo	POF	31:20 35	49:21 31	1:20:41	
23	3832	Jéssica Silva	04	[6754] EB23SãoRosendo	POF	31:22 36	49:21 31	1:20:43	
24	3678	Cláudia Santos	00	[6754] EB23SãoRosendo	POF	49:10 41	38:39 24	1:27:49	
	3519	Carolina Ferreira	03	[6604] AEMaximinos	POF	12:16 4	mp		
	3577	Rita Fontes	02	[6754] EB23SãoRosendo	POF	mp	mp		
	3818	João Rapagão	06	[6722] EBEugénioAndrade	POF	24:44 23	mp		
	3416	Ana Reis	03	[6975] EBSobreira	POF	mp	mp		
	3991	Francisco Sousa	05	[6639] EBSParedesCoura	POF	19:11 14	mp		
	3336	Laura Barreiro d Silva	06	[6639] EBSParedesCoura	POF	mp	19:32 5		
	3996	ANA LUÍS SIMÕES SOUS		[8328] ES Monserrate	POF	mp	28:59 17		
	2365	Ana Matilde Silva	08	[6593] ESCarlosAmarante	POF	mp	mp		
	3633	AnaB+JoanaC		[6698] ESDrAntGranjo	POF	mp	39:44 26		
	3570	Daniel Silva	00	[6791] ESTomazPelayo	POF	11:32 3	mp		
	2322	Beatriz Bachá	58	[6778] AE1Gondomar G2	POF	30:34 34	dns		
	3907	FranciscoC LeandroM		[7533] AEVilaPoucaAguiarS	POF	28:55 33			
	3909	Francisco Cleto	06	[7533] AEVilaPoucaAguiarS	POF		28:57 16		
	3907	Leandro Mota	02	[7533] AEVilaPoucaAguiarS	POF		30:40 20		
	3619	Ana Tavares Mota	04	[9328] EB Olival	POF	17:47 11	dns		
	3920	MarioJCRodrigues	04	[9328] EB Olival	POF	17:46 10	dns		
	3620	Rafael Silva	04	[9328] EB Olival	POF	18:32 12	dns		
	3591	Susana Ferreira Ana Rio	00	[6722] EBEugénioAndrade	POF	20:08 17			
	3591	Susana Ferreira Ana Rio	00	[6722] EBEugénioAndrade	POF		28:34 14		
	3590	Luana Machado	05	[6722] EBEugénioAndrade	POF	28:49 32			
	3997	JOÃO SALVADOR DA PI	01	[8328] ES Monserrate	POF	mp	dns		
	3999	MIGUEL FELGUEIRA CAI	00	[8328] ES Monserrate	POF	37:32 40	dns		
	4011	Antonio Serra Campos	03	[6593] ESCarlosAmarante	POF	22:29 21	dns		
	2157	Diana Mirra	01	[6791] ESTomazPelayo	POF	51:28 42			
	22157	Diana Mirra	01	[6791] ESTomazPelayo	POF		38:43 25		
	30028	Eduarda Pontes	05	[1564] Individual POR	POF	11:26 2			
	30030	Rosário Baptista	04	[1564] Individual POR	POF	15:54 7			
	30042	brito teste		[1564] Individual POR	POF	3:06:51 43	dns		
	30045	Manuel Sousa		[1564] Individual POR	POF	12:55 5	dns		
	30054	Francisca, Maria Richard		[1564] Individual POR	POF	35:58 38	dns		
	30062	Francisco Marque Gustav		[1564] Individual POR	POF	dns	40:39 27		
Médio (20)									
1	30051	Fernando André		[167] NAST	POF	33:58 1	26:41 1	1:00:39	
2	30039	Fernando Alves	01	[1564] Individual POR	POF	44:03 6	30:58 2	1:15:01	
3	30043	Carlos Oliveira		[1564] Individual POR	POF	38:39 2	42:53 6	1:21:32	
4	30037	Luís Oliveira	01	[1564] Individual POR	POF	44:21 8	37:16 4	1:21:37	
5	30011	Jose Manuel Vaz Maia	02	[1564] Individual POR	POF	41:16 4	41:54 5	1:23:10	
6	30014	Ismael Rodrigues	87	[167] NAST	POF	40:14 3	45:47 9	1:26:01	
7	30013	Gabriela Gonçalves	75	[167] NAST	POF	52:19 10	44:59 8	1:37:18	
8	2337	Mariana Salgueir Sara Silh	00	[6696] AEMiguelTorga	POF	44:54 9	57:18 14	1:42:12	
9	782	Jorge Araújo	94	[6602] ExtDelfimFerreira	POF	55:08 11	49:27 11	1:44:35	
10	3527	Serafim Pereira	03	[6602] ExtDelfimFerreira	POF	55:11 12	49:34 12	1:44:45	
11	2663	Daniela Pereira	00	[8326] EB23 Nevogilde	POF	1:17:10 15	48:05 10	2:05:15	
12	829	Jéssica Santos	01	[6677] AEGomesMonteiro	POF	59:20 14	1:06:36 15	2:05:56	
	3682	Beatriz Carvalho	97	[6772] AEValongo	POF	44:07 7	mp		
	2526	Carla Vieira	00	[6975] EBSobreira	POF	mp	mp		
	30038	André Vieira	01	[1564] Individual POR	POF	mp	34:01 3		
	30044	João Freitas		[1564] Individual POR	POF	mp	43:58 7		
	3967	Paula Lemos	99	[6602] ExtDelfimFerreira	POF	dns	50:35 13		
	30050	Henrique Xavier Alberto X		[1564] Individual POR	POF	56:50 13	dns		
	30060	Paulo Dias		[1564] Individual POR	POF	43:57 5	dns		
	30061	Dalmindo Natividade		[1564] Individual POR	POF	dns	1:59:08 16		
Difícil (31)									
1	30022	Joaquim Sousa	70	[070] COC	POF	23:53 1	23:26 1	47:19	
2	30023	Bruno André	81	[119] OriMarão	POF	35:35 2	34:02 5	1:09:37	
3	30004	Paulo Silva	72	[052] GD4C	POF	38:23 4	34:30 6	1:12:53	
4	30015	José Marco	79	[167] NAST	POF	36:27 3	36:52 10	1:13:19	
5	30016	Nelson S. Pinto	94	[167] NAST	POF	42:04 7	32:50 3	1:14:54	
6	30024	Verónica Fradique	97	[052] GD4C	POF	47:09 12	29:55 2	1:17:04	
7	30046	André Baptista		[1564] Individual POR	POF	43:17 8	33:53 4	1:17:10	
8	30025	Vitor Miguel Car Silva		[1564] Individual POR	POF	45:14 11	35:18 7	1:20:32	
9	3105	Filipe Marques	71	[8299] AEPBS-Joane	POF	45:11 10	35:23 8	1:20:34	
10	30018	Alberto César	70	[052] GD4C	POF	47:58 14	39:55 12	1:27:53	
11	1810	Octávio Andrade	68	[102] .COM	POF	43:28 9	44:44 19	1:28:12	
12	30007	Pedro Tiago Gomes	90	[159] COAAL	POF	47:48 13	42:02 15	1:29:50	
13	30002	José João Ferreira	74	[119] OriMarão	POF	50:46 16	43:56 17	1:34:42	

Pl	Stno	Name	YB	Club	Nat	S1	S2	Time	
Difícil (31)			<i>(cont.)</i>						
14	500	Gonçalo Rodrigues	67	[6772] AEValongo	POF	56:40 17	44:26 18	1:41:06	
15	30026	Vasco Fernandes	77	[052] GD4C	POF	1:03:35 21	37:49 11	1:41:24	
16	3359	Ricardo Vaz	01	[8299] AEPBS-Joane	POF	1:00:24 19	41:26 14	1:41:50	
17	2478	Nuno Ferreira	98	[8299] AEPBS-Joane	POF	1:03:11 20	42:32 16	1:45:43	
18	30021	Helena Sousa	67	[119] OriMarão	POF	58:31 18	49:26 20	1:47:57	
19	30000	Raquel Ferreira	80	[1564] Individual POR	POF	1:16:29 24	35:33 9	1:52:02	
20	30001	Vasco Vinhas	83	[1564] Individual POR	POF	1:14:36 23	41:16 13	1:55:52	
21	30048	Daniel Silva		[1564] Individual POR	POF	49:29 15	1:14:31 21	2:04:00	
	1499	José Carlos Ramalho	67	[102] .COM	POF	38:45 5	mp		
	1542	Marco António	99	[6602] ExtDelfimFerreira	POF	mp	mp		
	30047	Cristiano Gomes		[1564] Individual POR	POF	1:06:57 22	mp		
	30049	Rui Silva		[6593] ESCarlosAmarante	POF	1:28:06 26	mp		
	3524	Joaquim Simoes	05	[6604] AEMaximos	POF	1:32:15 27	dns		
	3744	Bárbara Carvalho	01	[6602] ExtDelfimFerreira	POF	dns	mp		
	2292	Eduardo Silva	99	[6602] ExtDelfimFerreira	POF	dns	mp		
	30041	Júlio Nogueira	75	[1564] Individual POR	POF	mp	dns		
	30008	Miguel Sá	71	[116] Montepio Geral	POF	41:38 6			
	30017	Manuel Silva	63	[167] NAST	POF	1:21:06 25			