

Pl	Stno	Name	Time														
<b>H15 / H-Cadete O-BM (3)</b>			<b>9.9 km</b>	<b>14 C</b>													
				1(145) F	2(148)	3(163)	4(149)	5(154)	6(147)	7(142)	8(161)	9(159)	10(157)	11(172)	12(166)	13(143)	14(200)
1	5246	José Soares [035] CN Alvito	1:00:16	3:10 3:10 1:00:16 0:33	6:28 3:18	10:14 3:46	13:56 3:42	20:40 6:44	23:40 3:00	25:25 1:45	32:31 7:06	36:29 3:58	39:41 3:12	43:05 3:24	49:21 6:16	53:07 3:46	59:43 6:36
2	5680	Tiago Silva [105] BTTLoulé/BPI	2:40:17	4:00 4:00 2:40:17 0:56	8:06 4:06	21:57 13:51	26:43 4:46	34:40 7:57	39:53 5:13	43:08 3:15	1:09:27 26:19	1:16:07 6:40	2:04:31 48:24	2:12:59 8:28	2:25:14 12:15	2:31:48 6:34	2:39:21 7:33
3	5691	Matheus Roichman [035] CN Alvito	2:42:00	14:10 14:10 2:42:00 0:54	18:39 4:29	34:48 16:09	58:04 23:16	1:08:22 10:18	1:12:00 3:38	1:30:14 18:14	1:40:48 10:34	1:47:28 6:40	1:52:57 5:29	1:58:57 6:00	2:25:44 26:47	2:34:27 8:43	2:41:06 6:39
<b>D15 / D-Cadete O-BM (2)</b>			<b>9.9 km</b>	<b>14 C</b>													
				1(145) F	2(148)	3(163)	4(149)	5(154)	6(147)	7(142)	8(161)	9(159)	10(157)	11(172)	12(166)	13(143)	14(200)
1	5095	Sofia Gomes [105] BTTLoulé/BPI	1:06:11	3:09 3:09 1:06:11 0:33	6:06 2:57	10:09 4:03	14:17 4:08	20:26 6:09	23:42 3:16	26:39 2:57	33:47 7:08	40:01 6:14	43:28 3:27	46:24 2:56	54:36 8:12	1:00:19 5:43	1:05:38 5:19
2	5709	Marisa Costa [114] COA	1:12:24	3:32 3:32 1:12:24 0:39	6:48 3:16	13:30 6:42	17:58 4:28	23:50 5:52	27:09 3:19	29:04 1:55	45:59 16:55	49:07 3:08	53:24 4:17	57:21 3:57	1:04:49 7:28	1:09:00 4:11	1:11:45 2:45
<b>H18 / H-Juvenil O-BM (8)</b>			<b>13.0 km</b>	<b>14 C</b>													
				1(171) F	2(163)	3(149)	4(168)	5(155)	6(156)	7(142)	8(159)	9(157)	10(172)	11(144)	12(146)	13(143)	14(200)
1	5359	Duarte Sousa [105] BTTLoulé/BPI	1:00:27	5:59 5:59 1:00:27 0:43	8:00 2:01	11:26 3:26	16:31 5:05	20:39 4:08	23:23 2:44	28:28 5:05	33:03 4:35	35:55 2:52	37:57 2:02	44:56 6:59	51:44 6:48	56:41 4:57	59:44 3:03
2	5055	André Esteves [070] COC	1:04:29	6:18 6:18 1:04:29 0:33	8:03 1:45	11:38 3:35	17:29 5:51	22:13 4:44	24:41 2:28	30:34 5:53	38:10 7:36	41:02 2:52	43:38 2:36	48:53 5:15	56:33 7:40	1:01:15 4:42	1:03:56 2:41
3	4064	Ricardo Nunes [127] Ginásio	1:07:38	6:24 6:24 1:07:38 0:29	8:00 1:36	11:00 3:00	19:13 8:13	23:53 4:40	26:30 2:37	33:02 6:32	40:09 7:07	43:40 3:31	46:01 2:21	51:45 5:44	59:17 7:32	1:03:14 3:57	1:07:09 3:55
4	5245	José Moço [035] CN Alvito	1:08:03	6:59 6:59 1:08:03 0:28	8:50 1:51	12:04 3:14	21:47 9:43	27:19 5:32	30:10 2:51	35:37 5:27	42:02 6:25	45:23 3:21	47:58 2:35	53:56 5:58	1:00:31 6:35	1:04:45 4:14	1:07:35 2:50
5	5490	Rui Costa	1:12:14	8:37	10:26	13:33	18:44	25:37	29:05	35:52	42:16	46:46	49:49	58:35	1:04:51	1:08:45	1:11:47



HE / H-SeniorA O-BM (19)		20.4 km	18 C	1(148)	2(170)	3(149)	4(150)	5(151)	6(158)	7(152)	8(153)	9(154)	10(168)	11(155)	12(156)	13(160)	14(161)
				15(157)	16(172)	17(169)	18(200)	F									
1	3173 Davide Machado [102] .COM	1:01:48	3:49	8:09	9:45	15:07	22:55	24:26	27:23	32:35	37:34	38:43	42:38	44:13	47:08	51:25	
			3:49	4:20	1:36	5:22	7:48	1:31	2:57	5:12	4:59	1:09	3:55	1:35	2:55	4:17	
			54:04	55:36	59:58	1:01:26	1:01:48										
			2:39	1:32	4:22	1:28	0:22										
2	5127 Carlos Simões [128] COALA	1:05:13	3:58	7:32	9:09	14:56	22:25	24:01	26:40	32:23	37:54	39:03	43:17	45:09	48:34	53:41	
			3:58	3:34	1:37	5:47	7:29	1:36	2:39	5:43	5:31	1:09	4:14	1:52	3:25	5:07	
			56:26	58:08	1:03:07	1:04:50	1:05:13										
			2:45	1:42	4:59	1:43	0:23										
3	122 Iván Trigales Delgado [211] LOS ANGELES	1:07:30	4:03	7:13	8:39	13:56	22:00	25:00	27:54	33:35	39:10	40:16	43:53	45:46	49:15	53:58	
			4:03	3:10	1:26	5:17	8:04	3:00	2:54	5:41	5:35	1:06	3:37	1:53	3:29	4:43	
			56:57	58:47	1:04:06	1:07:05	1:07:30										
			2:59	1:50	5:19	2:59	0:25										
4	115 David Toll Clos [208] GO-XTREM	1:08:39	3:51	9:22	10:59	15:46	23:40	26:11	28:55	35:06	41:47	42:59	46:36	48:23	51:30	57:10	
			3:51	5:31	1:37	4:47	7:54	2:31	2:44	6:11	6:41	1:12	3:37	1:47	3:07	5:40	
			1:00:05	1:01:49	1:06:50	1:08:16	1:08:39										
			2:55	1:44	5:01	1:26	0:23										
5	2700 Joel Morgado [070] COC	1:09:37	4:32	8:08	9:49	15:55	24:52	26:32	29:38	35:52	41:47	42:58	46:33	48:32	51:44	57:28	
			4:32	3:36	1:41	6:06	8:57	1:40	3:06	6:14	5:55	1:11	3:35	1:59	3:12	5:44	
			1:00:44	1:02:31	1:07:41	1:09:13	1:09:37										
			3:16	1:47	5:10	1:32	0:24										
6	1963 João Ferreira [015] DA Recardães	1:10:30	4:00	7:59	9:35	15:12	24:24	26:22	29:12	35:34	41:29	42:42	46:24	48:36	51:59	59:06	
			4:00	3:59	1:36	5:37	9:12	1:58	2:50	6:22	5:55	1:13	3:42	2:12	3:23	7:07	
			1:01:59	1:03:42	1:08:31	1:10:04	1:10:30										
			2:53	1:43	4:49	1:33	0:26										
7	2791 Elisio Roque [090] ADFA	1:12:17	3:53	8:30	9:57	16:24	24:39	26:47	29:51	35:26	42:19	43:26	47:05	49:04	53:16	59:19	
			3:53	4:37	1:27	6:27	8:15	2:08	3:04	5:35	6:53	1:07	3:39	1:59	4:12	6:03	
			1:02:06	1:03:54	1:10:04	1:11:53	1:12:17										
			2:47	1:48	6:10	1:49	0:24										
8	107 Urtzi Iglesias [202] COBI	1:14:11	4:07	7:31	9:03	14:22	22:37	26:55	31:45	38:00	44:12	45:32	49:25	51:23	55:47	1:01:22	
			4:07	3:24	1:32	5:19	8:15	4:18	4:50	6:15	6:12	1:20	3:53	1:58	4:24	5:35	
			1:04:34	1:06:36	1:12:03	1:13:43	1:14:11										
			3:12	2:02	5:27	1:40	0:28										
9	3943 Arnaldo Mendes [127] Ginásio	1:14:22	4:24	7:55	9:36	15:19	23:50	26:20	29:27	35:27	41:24	42:41	46:31	48:29	52:20	1:01:18	
			4:24	3:31	1:41	5:43	8:31	2:30	3:07	6:00	5:57	1:17	3:50	1:58	3:51	8:58	
			1:04:31	1:06:26	1:12:17	1:13:57	1:14:22										
			3:13	1:55	5:51	1:40	0:25										
10	2401 Guilherme Marques [070] COC	1:14:38	4:16	8:56	10:39	16:42	24:58	26:38	29:58	36:27	43:20	44:48	49:23	51:21	55:06	1:01:31	
			4:16	4:40	1:43	6:03	8:16	1:40	3:20	6:29	6:53	1:28	4:35	1:58	3:45	6:25	
			1:04:58	1:06:46	1:12:46	1:14:16	1:14:38										
			3:27	1:48	6:00	1:30	0:22										
11	2128 Daniel Marques [070] COC	1:15:16	4:03	7:28	9:02	15:25	24:04	26:08	30:09	37:10	43:18	44:42	49:19	51:23	55:20	1:01:41	
			4:03	3:25	1:34	6:23	8:39	2:04	4:01	7:01	6:08	1:24	4:37	2:04	3:57	6:21	
			1:05:07	1:06:55	1:13:16	1:14:50	1:15:16										
			3:26	1:48	6:21	1:34	0:26										
12	104 Javier García Aris [201] Sotobosque	1:16:12	4:27	8:17	9:55	15:46	24:11	27:10	30:38	36:56	43:13	44:35	49:33	51:42	55:38	1:02:03	
			4:27	3:50	1:38	5:51	8:25	2:59	3:28	6:18	6:17	1:22	4:58	2:09	3:56	6:25	
			1:05:23	1:07:19	1:13:03	1:15:47	1:16:12										
			3:20	1:56	5:44	2:44	0:25										
13	4584 Fernando Henrique [133] GDU Azóia	1:16:44	4:24	12:00	13:41	18:49	27:20	29:26	32:19	38:53	44:53	46:02	49:49	51:49	55:23	1:01:44	
			4:24	7:36	1:41	5:08	8:31	2:06	2:53	6:34	6:00	1:09	3:47	2:00	3:34	6:21	
			1:04:51	1:06:36	1:14:23	1:16:19	1:16:44										
			3:07	1:45	7:47	1:56	0:25										
14	4593 Samuel de Jesus [105] BTTLoulé/BPI	1:19:12	4:14	10:27	12:30	18:03	28:17	31:57	35:05	41:41	47:37	49:09	53:10	55:13	59:06	1:04:56	
			4:14	6:13	2:03	5:33	10:14	3:40	3:08	6:36	5:56	1:32	4:01	2:03	3:53	5:50	
			1:08:01	1:09:56	1:15:48	1:18:48	1:19:12										
			3:05	1:55	5:52	3:00	0:24										
15	3887 Pedro Rama [127] Ginásio	1:22:26	4:31	8:36	10:27	17:11	27:03	29:23	32:52	39:58	46:45	48:03	52:03	54:25	1:00:45	1:07:49	
			4:31	4:05	1:51	6:44	9:52	2:20	3:29	7:06	6:47	1:18	4:00	2:22	6:20	7:04	

			1:11:09	1:13:27	1:19:53	1:22:01	1:22:26											
			3:20	2:18	6:26	2:08	0:25											
16	5343 Eurico Gomes	1:25:55	4:04	10:32	12:24	18:53	28:00	30:39	34:36	41:39	49:53	51:14	56:02	58:31	1:02:51	1:09:30		
	[105] BTTLoulé/BPI		4:04	6:28	1:52	6:29	9:07	2:39	3:57	7:03	8:14	1:21	4:48	2:29	4:20	6:39		
			1:13:38	1:15:54	1:22:15	1:25:12	1:25:55											
			4:08	2:16	6:21	2:57	0:43											
17	3869 Luis Monteiro	1:26:03	4:49	9:16	10:56	17:42	27:55	30:35	34:18	41:09	48:36	50:07	55:30	58:34	1:02:57	1:10:39		
	[070] COC		4:49	4:27	1:40	6:46	10:13	2:40	3:43	6:51	7:27	1:31	5:23	3:04	4:23	7:42		
			1:13:56	1:15:45	1:23:38	1:25:35	1:26:03											
			3:17	1:49	7:53	1:57	0:28											
18	3276 Jorge Xará	1:27:36	4:44	9:16	11:04	17:28	28:49	32:03	35:52	43:00	50:05	51:40	56:05	58:39	1:03:09	1:12:04		
	[115] ATV		4:44	4:32	1:48	6:24	11:21	3:14	3:49	7:08	7:05	1:35	4:25	2:34	4:30	8:55		
			1:15:59	1:18:26	1:25:11	1:27:06	1:27:36											
			3:55	2:27	6:45	1:55	0:30											
	3177 António Valentim	mp	5:27	10:21	12:40	21:03	35:39	-----	-----	-----	-----	-----	41:00	44:39	-----	-----		
	[090] ADFA		5:27	4:54	2:19	8:23	14:36						5:21	3:39				
			-----	57:17	1:05:04	1:07:40	1:08:15											
				12:38	7:47	2:36	0:35											

DE / D-SeniorA O-BM (5)

15.2 km 16 C

			1(148)	2(170)	3(149)	4(164)	5(168)	6(165)	7(156)	8(142)	9(167)	10(159)	11(157)	12(172)	13(144)	14(146)
			15(143)	16(200)	F											
1	2503 Susana Pontes	1:12:36	5:02	9:20	11:25	16:52	21:16	27:52	33:00	38:15	41:01	47:35	50:11	53:03	59:39	1:05:26
	[094] CPOC		5:02	4:18	2:05	5:27	4:24	6:36	5:08	5:15	2:46	6:34	2:36	2:52	6:36	5:47
			1:08:40	1:12:07	1:12:36											
			3:14	3:27	0:29											
2	108 Barbara de Oliveira	1:24:50	4:58	13:57	15:41	20:39	25:35	33:26	39:12	46:52	51:21	1:00:40	1:03:17	1:05:50	1:11:14	1:16:50
	[202] COBI		4:58	8:59	1:44	4:58	4:56	7:51	5:46	7:40	4:29	9:19	2:37	2:33	5:24	5:36
			1:19:26	1:24:23	1:24:50		32:03									
			2:36	4:57	0:27		*151									
3	105 Susana Arroyo	1:25:42	5:45	10:13	13:13	17:31	22:24	28:21	34:16	40:19	43:07	51:25	53:58	56:56	1:05:35	1:18:39
	[201] Sotobosque		5:45	4:28	3:00	4:18	4:53	5:57	5:55	6:03	2:48	8:18	2:33	2:58	8:39	13:04
			1:21:52	1:25:10	1:25:42		1:21:13									
			3:13	3:18	0:32		*169									
4	3519 Albertina Sá	1:34:22	7:12	14:37	16:42	20:58	26:59	34:20	40:33	50:07	53:23	1:02:01	1:05:15	1:08:17	1:15:44	1:27:16
	[090] ADFA		7:12	7:25	2:05	4:16	6:01	7:21	6:13	9:34	3:16	8:38	3:14	3:02	7:27	11:32
			1:30:19	1:33:44	1:34:22											
			3:03	3:25	0:38											
5	3748 Rita Gomes	1:43:36	6:03	12:16	14:23	18:59	26:02	47:15	54:02	1:00:37	1:04:25	1:14:03	1:17:51	1:20:45	1:28:15	1:35:40
	[105] BTTLoulé/BPI		6:03	6:13	2:07	4:36	7:03	21:13	6:47	6:35	3:48	9:38	3:48	2:54	7:30	7:25
			1:39:15	1:42:58	1:43:36		35:13									
			3:35	3:43	0:38		*164									

H21A / H-SeniorB O-B (23)

16.1 km 15 C

			1(148)	2(163)	3(149)	4(150)	5(168)	6(155)	7(156)	8(167)	9(159)	10(157)	11(172)	12(144)	13(162)	14(143)
			15(200)	F												
1	5519 José João Henriques	1:02:49	5:42	8:36	11:27	17:25	25:20	29:34	32:11	37:05	44:15	46:48	49:08	54:17	58:23	1:00:12
	[085] A Montanha		5:42	2:54	2:51	5:58	7:55	4:14	2:37	4:54	7:10	2:33	2:20	5:09	4:06	1:49
			1:02:21	1:02:49												
			2:09	0:28												
2	4442 António Figueiredo	1:04:07	4:34	7:13	10:06	16:09	25:26	29:19	31:42	36:39	43:57	46:23	48:32	54:37	59:01	1:01:13
	[115] ATV		4:34	2:39	2:53	6:03	9:17	3:53	2:23	4:57	7:18	2:26	2:09	6:05	4:24	2:12
			1:03:38	1:04:07												
			2:25	0:29												
3	1837 Bruno Gonçalves	1:04:19	4:26	8:00	10:47	16:59	27:17	31:25	33:43	38:09	45:07	48:09	50:09	55:02	59:04	1:00:57
	[105] BTTLoulé/BPI		4:26	3:34	2:47	6:12	10:18	4:08	2:18	4:26	6:58	3:02	2:00	4:53	4:02	1:53

			1:03:52	1:04:19														
			2:55	0:27														
4	3489 Jorge Frazão [070] COC	1:05:50	5:14	8:11	10:56	17:41	25:00	30:37	33:06	37:53	46:16	48:34	50:52	56:52	1:01:18	1:03:19		
			5:14	2:57	2:45	6:45	7:19	5:37	2:29	4:47	8:23	2:18	2:18	6:00	4:26	2:01		
			1:05:24	1:05:50														
			2:05	0:26														
5	4799 Pedro Serrazina [149] CRP	1:07:38	4:52	7:57	10:56	17:27	25:44	30:12	32:51	38:02	45:46	49:06	51:21	58:01	1:02:22	1:04:44		
			4:52	3:05	2:59	6:31	8:17	4:28	2:39	5:11	7:44	3:20	2:15	6:40	4:21	2:22		
			1:07:10	1:07:38														
			2:26	0:28														
6	4147 Sergio Contente [114] COA	1:08:37	4:41	7:48	11:08	18:17	26:57	31:55	34:48	39:46	47:01	49:46	52:19	58:00	1:02:18	1:05:18		
			4:41	3:07	3:20	7:09	8:40	4:58	2:53	4:58	7:15	2:45	2:33	5:41	4:18	3:00		
			1:08:09	1:08:37														
			2:51	0:28														
7	4066 João Jesus [090] ADFA	1:08:38	5:48	9:09	12:05	18:08	27:02	31:17	34:33	39:39	47:38	50:52	53:09	58:37	1:02:35	1:04:45		
			5:48	3:21	2:56	6:03	8:54	4:15	3:16	5:06	7:59	3:14	2:17	5:28	3:58	2:10		
			1:08:12	1:08:38														
			3:27	0:26														
8	4154 Paulo Coelho [134] CMG	1:08:58	4:32	7:21	10:11	17:42	26:00	30:32	35:07	40:23	46:47	49:38	52:09	58:13	1:02:50	1:05:21		
			4:32	2:49	2:50	7:31	8:18	4:32	4:35	5:16	6:24	2:51	2:31	6:04	4:37	2:31		
			1:08:31	1:08:58														
			3:10	0:27														
9	3898 Sergio Junqueira [070] COC	1:10:01	4:48	7:52	11:09	18:30	26:00	30:32	34:31	39:37	48:02	51:14	53:41	59:29	1:04:05	1:06:39		
			4:48	3:04	3:17	7:21	7:30	4:32	3:59	5:06	8:25	3:12	2:27	5:48	4:36	2:34		
			1:09:27	1:10:01														
			2:48	0:34														
10	4252 João Palhinha [125] CPA Abrunhos	1:12:18	7:37	10:26	13:19	19:46	28:06	35:04	37:49	43:02	50:29	53:22	55:30	1:01:46	1:06:22	1:08:11		
			7:37	2:49	2:53	6:27	8:20	6:58	2:45	5:13	7:27	2:53	2:08	6:16	4:36	1:49		
			1:11:38	1:12:18														
			3:27	0:40														
11	4596 Claudio Santos [105] BTTLoulé/BPI	1:14:07	5:17	8:21	11:26	18:20	27:11	32:57	35:34	40:42	49:48	53:17	55:32	1:02:24	1:06:46	1:09:52		
			5:17	3:04	3:05	6:54	8:51	5:46	2:37	5:08	9:06	3:29	2:15	6:52	4:22	3:06		
			1:13:36	1:14:07		1:08:33												
			3:44	0:31		*169												
12	4391 Paulo Magalhães [085] A Montanha	1:15:01	5:13	8:25	11:32	21:05	29:52	34:24	37:24	42:26	52:17	55:32	57:56	1:03:43	1:08:22	1:11:17		
			5:13	3:12	3:07	9:33	8:47	4:32	3:00	5:02	9:51	3:15	2:24	5:47	4:39	2:55		
			1:14:34	1:15:01														
			3:17	0:27														
13	5410 Noel [127] Ginásio	1:15:13	4:43	8:32	11:31	19:24	28:03	33:24	36:38	41:28	48:35	51:54	54:41	1:03:53	1:08:45	1:11:51		
			4:43	3:49	2:59	7:53	8:39	5:21	3:14	4:50	7:07	3:19	2:47	9:12	4:52	3:06		
			1:14:47	1:15:13														
			2:56	0:26														
14	5675 Ângelo Marques [105] BTTLoulé/BPI	1:15:17	6:07	8:57	11:44	24:22	33:52	38:49	41:20	45:54	53:41	56:45	59:08	1:05:35	1:09:45	1:12:20		
			6:07	2:50	2:47	12:38	9:30	4:57	2:31	4:34	7:47	3:04	2:23	6:27	4:10	2:35		
			1:14:51	1:15:17														
			2:31	0:26														
15	3936 Norberto Henriques [070] COC	1:17:12	5:12	8:37	11:34	19:03	27:24	32:19	35:03	40:51	52:52	56:01	58:30	1:05:32	1:10:18	1:12:41		
			5:12	3:25	2:57	7:29	8:21	4:55	2:44	5:48	12:01	3:09	2:29	7:02	4:46	2:23		
			1:16:40	1:17:12														
			3:59	0:32														
16	3570 Frederico Costa [070] COC	1:20:16	4:32	7:25	10:32	25:49	33:53	38:15	43:00	48:02	56:50	59:17	1:02:06	1:09:18	1:14:18	1:17:25		
			4:32	2:53	3:07	15:17	8:04	4:22	4:45	5:02	8:48	2:27	2:49	7:12	5:00	3:07		
			1:19:43	1:20:16														
			2:18	0:33														
17	3353 Jorge Pires [070] COC	1:22:14	6:11	9:34	13:12	21:45	31:39	37:11	40:20	46:40	55:28	58:53	1:01:41	1:08:05	1:14:00	1:16:48		
			6:11	3:23	3:38	8:33	9:54	5:32	3:09	6:20	8:48	3:25	2:48	6:24	5:55	2:48		
			1:21:41	1:22:14														
			4:53	0:33														
18	2257 Nuno Soares [035] CN Alvito	1:23:25	5:36	9:16	13:05	21:53	34:29	39:32	42:32	48:36	57:23	1:01:04	1:04:08	1:11:39	1:17:26	1:19:54		
			5:36	3:40	3:49	8:48	12:36	5:03	3:00	6:04	8:47	3:41	3:04	7:31	5:47	2:28		
			1:22:45	1:23:25														
			2:51	0:40														
19	3018 Luis Teves	1:23:28	6:07	9:44	13:21	23:45	34:05	38:57	42:55	48:51	56:55	59:47	1:02:29	1:12:12	1:17:18	1:20:13		



2	121 Ana Karin Coll Eriksson [211] LOS ANGELES	1:16:04	3:22 3:22 1:16:04	9:19 5:57	11:37 2:18	15:17 3:40	22:36 7:19	28:18 5:42	35:03 6:45	42:03 7:00	47:19 5:16	50:59 3:40	59:39 8:40	1:07:00 7:21	1:10:43 3:43	1:15:27 4:44
3	4210 Isabel Maria Novo [035] CN Alvito	1:18:04	3:20 3:20 1:18:04	8:29 5:09	10:22 1:53	13:58 3:36	19:44 5:46	29:33 9:49	33:32 3:59	42:29 8:57	47:39 5:10	51:48 4:09	1:03:05 11:17	1:10:41 7:36	1:14:01 3:20	1:17:29 3:28
4	4060 Elisabete Dinis [127] Ginásio	1:20:59	3:18 3:18 1:20:59	7:27 4:09	9:23 1:56	13:04 3:41	31:02 17:58	37:06 6:04	41:34 4:28	49:02 7:28	51:55 2:53	55:47 3:52	1:03:24 7:37	1:10:11 6:47	1:15:14 5:03	1:20:23 5:09
5	123 Nuria Valle Ares [212] MONTAÑA FERROL	1:34:30	3:56 3:56 1:34:30	9:49 5:53	12:50 3:01	17:25 4:35	31:50 14:25	40:57 9:07	45:44 4:47	53:07 7:23	57:59 4:52	1:03:17 5:18	1:15:09 11:52	1:25:02 9:53	1:29:56 4:54	1:33:50 3:54
6	111 M <sup>a</sup> Luisa Sánchez Vázquez [205] AROMON	2:38:37	3:54 3:54 2:38:37	10:49 6:55	13:50 3:01	18:50 5:00	30:20 11:30	40:26 10:06	45:19 4:53	1:00:21 15:02	1:07:24 7:03	1:13:33 6:09	2:08:30 54:57	2:22:02 13:32	2:31:15 9:13	2:37:47 6:32

H40 / H-Vet A O-BM (42)

19.1 km 16 C

		1(148)	2(163)	3(149)	4(150)	5(151)	6(165)	7(152)	8(153)	9(168)	10(160)	11(167)	12(159)	13(166)	14(146)	
		15(169)	16(200)	F												
1	4632 Mario Marinheiro [125] CPA Abruñhos	4:30 4:30 1:06:43	7:07 2:37 1:08:46	9:33 2:26 1:09:12	15:19 5:46	23:29 8:10	24:15 0:46	26:54 2:39	33:41 6:47	39:21 5:40	42:49 3:28	46:43 3:54	52:59 6:16	1:00:05 7:06	1:03:25 3:20	
2	1086 Eduardo Sebastião [090] ADFA	3:18 4:54 1:12:59	2:03 7:50 1:14:42	0:26 10:34 1:15:09	17:43 7:09	27:30 9:47	28:31 1:01	31:53 3:22	40:12 8:19	45:54 5:42	49:28 3:34	53:43 4:15	1:00:33 6:50	1:07:41 7:08	1:11:03 3:22	
3	109 Juan Francisco Abellán O [203] LORCA-O	5:13 5:13 1:12:39	8:56 3:43 1:14:52	11:56 3:00 1:15:27	17:58 6:02	26:16 8:18	27:08 0:52	30:13 3:05	36:43 6:30	43:10 6:27	47:24 4:14	51:20 3:56	59:07 7:47	1:06:44 7:37	1:09:49 3:05	
4	2377 Rui Botão [401] Individual POR Fed	2:50 4:49 1:14:40	2:13 7:35 1:16:35	0:35 10:47 1:17:05	17:07 6:20	27:30 10:23	28:29 0:59	31:43 3:14	38:12 6:29	44:46 6:34	48:48 4:02	53:36 4:48	1:01:08 7:32	1:08:24 7:16	1:11:57 3:33	
5	124 Carlos García Lorenzo [212] MONTAÑA FERROL	2:43 4:50 1:15:26	1:55 7:52 1:17:26	0:30 10:40 1:17:54	17:42 7:02	28:20 10:38	29:15 0:55	33:14 3:59	39:54 6:40	46:24 6:30	50:11 3:47	54:32 4:21	1:01:15 6:43	1:09:06 7:51	1:12:43 3:37	
6	2094 Leandro Silva [035] CN Alvito	2:43 5:03 1:17:44	2:00 7:59 1:20:09	0:28 10:59 1:20:39	17:06 6:07	29:54 12:48	30:46 0:52	33:55 3:09	40:13 6:18	46:11 5:58	50:11 4:00	54:52 4:41	1:03:05 8:13	1:11:29 8:24	1:15:10 3:41	
7	116 Josep Selga San Jose [208] GO-XTREM	2:34 4:34 1:19:03	2:25 7:14 1:20:44	0:30 9:46 1:21:13	16:22 6:36	30:22 14:00	31:14 0:52	36:08 4:54	43:00 6:52	48:46 5:46	52:26 3:40	56:29 4:03	1:02:55 6:26	1:10:50 7:55	1:17:01 6:11	
8	4250 Marco Palhinha [125] CPA Abruñhos	2:02 4:04 1:14:47	1:41 6:36 1:20:54	0:29 9:12 1:21:41	19:28 10:16	28:48 9:20	29:49 1:01	32:44 2:55	39:48 7:04	47:16 7:28	50:39 3:23	54:29 3:50	1:01:44 7:15	1:09:17 7:33	1:12:33 3:16	
9	4427 Roberto Ribeiro [114] COA	2:14 4:30 1:20:33	6:07 10:43 1:22:49	0:47 13:27 1:23:13	20:34 7:07	31:37 11:03	32:35 0:58	35:50 3:15	43:02 7:12	50:33 7:31	53:54 3:21	58:28 4:34	1:05:21 6:53	1:13:35 8:14	1:17:54 4:19	
		2:39	2:16	0:24			1:16:19	*162								





			7:44	2:11	0:29												
26	120 Urbano Chousa Álvarez [210] IMPERDIBLE BUFF	1:37:17	5:50	13:37	16:40	25:19	36:32	37:36	42:04	50:02	57:51	1:04:22	1:10:17	1:17:46	1:26:32	1:31:02	
			5:50	7:47	3:03	8:39	11:13	1:04	4:28	7:58	7:49	6:31	5:55	7:29	8:46	4:30	
			1:33:46	1:36:42	1:37:17												
			2:44	2:56	0:35												
27	1937 Tozé Silva [070] COC	1:37:19	5:42	8:39	11:36	19:12	32:34	33:25	39:05	47:29	58:03	1:02:14	1:11:25	1:18:59	1:27:22	1:33:08	
			5:42	2:57	2:57	7:36	13:22	0:51	5:40	8:24	10:34	4:11	9:11	7:34	8:23	5:46	
			1:35:09	1:36:46	1:37:19												
			2:01	1:37	0:33												
28	3323 Pedro Mota [125] CPA Abrunhos	1:37:57	4:52	7:58	11:03	18:26	32:14	35:10	39:03	47:22	55:56	1:00:30	1:06:07	1:14:40	1:25:44	1:30:23	
			4:52	3:06	3:05	7:23	13:48	2:56	3:53	8:19	8:34	4:34	5:37	8:33	11:04	4:39	
			1:34:23	1:37:27	1:37:57												
			4:00	3:04	0:30												
29	4372 Norberto Marques [070] COC	1:41:33	11:58	15:14	18:49	26:01	38:01	39:32	43:38	51:50	58:55	1:03:47	1:10:19	1:19:32	1:29:39	1:35:06	
			11:58	3:16	3:35	7:12	12:00	1:31	4:06	8:12	7:05	4:52	6:32	9:13	10:07	5:27	
			1:38:08	1:40:54	1:41:33												
			3:02	2:46	0:39												
30	5306 Luís Pinheiro [125] CPA Abrunhos	1:42:21	5:50	9:17	13:03	22:14	33:52	34:50	39:25	51:20	58:38	1:03:42	1:09:39	1:20:25	1:31:33	1:36:07	
			5:50	3:27	3:46	9:11	11:38	0:58	4:35	11:55	7:18	5:04	5:57	10:46	11:08	4:34	
			1:39:00	1:41:43	1:42:21												
			2:53	2:43	0:38												
31	3880 Nuno Neves [070] COC	1:42:27	7:15	11:00	14:44	23:58	34:37	35:46	40:20	48:23	57:37	1:03:32	1:10:57	1:19:17	1:28:16	1:33:49	
			7:15	3:45	3:44	9:14	10:39	1:09	4:34	8:03	9:14	5:55	7:25	8:20	8:59	5:33	
			1:38:52	1:41:49	1:42:27												
			5:03	2:57	0:38												
32	2834 António Costa [090] ADFA	1:42:31	8:19	12:47	15:43	22:01	32:36	33:28	38:32	48:09	54:22	1:07:46	1:13:16	1:20:38	1:28:44	1:33:12	
			8:19	4:28	2:56	6:18	10:35	0:52	5:04	9:37	6:13	13:24	5:30	7:22	8:06	4:28	
			1:35:37	1:42:00	1:42:31		1:03:10										
			2:25	6:23	0:31		*142										
33	2750 Leonel Vieito [070] COC	1:50:06	5:57	9:32	12:50	23:22	36:53	38:00	42:56	54:30	1:03:47	1:08:24	1:13:39	1:25:51	1:36:42	1:41:45	
			5:57	3:35	3:18	10:32	13:31	1:07	4:56	11:34	9:17	4:37	5:15	12:12	10:51	5:03	
			1:44:52	1:49:27	1:50:06												
			3:07	4:35	0:39												
34	1093 Jorge Baltazar [133] GDU Azóia	1:51:30	4:31	7:40	10:39	20:14	30:55	31:52	35:31	51:28	1:06:35	1:11:23	1:17:30	1:26:23	1:36:29	1:41:44	
			4:31	3:09	2:59	9:35	10:41	0:57	3:39	15:57	15:07	4:48	6:07	8:53	10:06	5:15	
			1:47:45	1:50:48	1:51:30												
			6:01	3:03	0:42												
35	3085 Horacio Braz [070] COC	1:53:27	7:14	12:51	16:40	25:40	41:22	42:42	49:24	58:52	1:06:30	1:11:36	1:18:09	1:28:05	1:40:21	1:45:40	
			7:14	5:37	3:49	9:00	15:42	1:20	6:42	9:28	7:38	5:06	6:33	9:56	12:16	5:19	
			1:48:50	1:52:53	1:53:27												
			3:10	4:03	0:34												
36	1704 João Lavado [105] BTTLoulé/BPI	1:58:58	5:57	14:31	17:51	34:56	46:51	48:16	53:11	1:03:02	1:11:37	1:17:50	1:24:55	1:34:07	1:45:30	1:50:26	
			5:57	8:34	3:20	17:05	11:55	1:25	4:55	9:51	8:35	6:13	7:05	9:12	11:23	4:56	
			1:55:31	1:58:19	1:58:58		1:54:21										
			5:05	2:48	0:39		*143										
37	3422 Jorge Bastos [094] CPOC	2:00:27	7:21	10:53	14:45	24:34	38:26	39:41	49:21	1:00:43	1:08:35	1:18:06	1:24:43	1:35:02	1:47:37	1:53:30	
			7:21	3:32	3:52	9:49	13:52	1:15	9:40	11:22	7:52	9:31	6:37	10:19	12:35	5:53	
			1:56:58	1:59:31	2:00:27												
			3:28	2:33	0:56												
38	3111 Tiago Fernandes [401] Individual POR Fed	2:03:47	6:34	10:38	14:35	30:27	42:14	43:25	48:37	59:04	1:08:16	1:13:33	1:20:33	1:32:49	1:49:23	1:54:58	
			6:34	4:04	3:57	15:52	11:47	1:11	5:12	10:27	9:12	5:17	7:00	12:16	16:34	5:35	
			1:59:51	2:03:02	2:03:47												
			4:53	3:11	0:45												
39	5186 Carlos Fernandes [035] CN Alvito	2:05:10	5:54	10:32	14:49	23:49	41:28	42:50	50:35	1:00:23	1:08:43	1:16:08	1:24:35	1:34:33	1:47:15	1:54:06	
			5:54	4:38	4:17	9:00	17:39	1:22	7:45	9:48	8:20	7:25	8:27	9:58	12:42	6:51	
			2:01:21	2:04:36	2:05:10												
			7:15	3:15	0:34												
40	2244 Cláudio Tereso [115] ATV	2:16:10	5:58	10:00	13:58	23:57	39:03	40:16	45:26	1:00:10	1:09:09	1:14:35	1:23:23	1:46:08	2:02:42	2:09:56	
			5:58	4:02	3:58	9:59	15:06	1:13	5:10	14:44	8:59	5:26	8:48	22:45	16:34	7:14	
			2:13:03	2:15:30	2:16:10												
			3:07	2:27	0:40												
41	125 Carmelo Plaza Álvarez [213] RUMBO-MADRID SANSE	2:16:18	6:27	10:48	15:15	28:21	48:37	50:13	55:56	1:06:44	1:16:03	1:23:09	1:30:23	1:42:28	1:56:25	2:01:29	
			6:27	4:21	4:27	13:06	20:16	1:36	5:43	10:48	9:19	7:06	7:14	12:05	13:57	5:04	

		2:06:14	2:15:30	2:16:18												
		4:45	9:16	0:48												
2078	Inácio Serralheiro [035] CN Alvito	mp	4:34	7:37	10:11	17:03	25:29	26:24	29:15	36:03	41:37	50:18	55:01	1:00:55	1:07:38	-----
			4:34	3:03	2:34	6:52	8:26	0:55	2:51	6:48	5:34	8:41	4:43	5:54	6:43	
			1:13:57	1:15:47	1:16:10		1:09:44									
			6:19	1:50	0:23		*162									
<b>D50 / D-Vet B O-BM (3)</b>			<b>9.9 km</b>	<b>14 C</b>												
			1(145)	2(148)	3(163)	4(149)	5(154)	6(147)	7(142)	8(161)	9(159)	10(157)	11(172)	12(166)	13(143)	14(200)
			F													
1	2129 Luísa Mateus [070] COC	1:06:27	3:28	6:04	10:21	14:17	23:44	26:51	28:57	37:27	43:21	47:00	50:27	57:06	1:02:13	1:05:44
			3:28	2:36	4:17	3:56	9:27	3:07	2:06	8:30	5:54	3:39	3:27	6:39	5:07	3:31
			1:06:27													
			0:43													
2	4179 Margarida Gonç Novo [035] CN Alvito	1:29:02	3:50	6:47	11:51	16:29	24:59	28:48	30:51	53:56	57:05	1:00:45	1:05:04	1:17:44	1:22:05	1:28:22
			3:50	2:57	5:04	4:38	8:30	3:49	2:03	23:05	3:09	3:40	4:19	12:40	4:21	6:17
			1:29:02													
			0:40													
3	1640 Fernanda Ferreira [015] DA Recardães	1:40:05	4:08	8:19	17:17	23:18	33:11	37:10	39:51	54:52	1:06:32	1:11:47	1:16:03	1:25:37	1:30:48	1:39:13
			4:08	4:11	8:58	6:01	9:53	3:59	2:41	15:01	11:40	5:15	4:16	9:34	5:11	8:25
			1:40:05													
			0:52													
<b>H50 / H-Vet B O-BM (26)</b>			<b>13.7 km</b>	<b>15 C</b>												
			1(171)	2(170)	3(149)	4(164)	5(168)	6(155)	7(156)	8(142)	9(167)	10(159)	11(157)	12(172)	13(144)	14(169)
			15(200)	F												
1	1577 Luís Sousa [033] Clube TAP	53:23	5:25	7:27	9:24	12:54	16:51	20:58	23:09	27:54	30:49	36:40	39:15	41:33	47:18	51:01
			5:25	2:02	1:57	3:30	3:57	4:07	2:11	4:45	2:55	5:51	2:35	2:18	5:45	3:43
			52:54	53:23												
			1:53	0:29												
2	1256 Mário Duarte [090] ADFA	57:03	5:52	8:02	9:56	13:40	17:48	22:11	24:25	29:20	32:00	39:20	42:23	44:46	50:03	54:41
			5:52	2:10	1:54	3:44	4:08	4:23	2:14	4:55	2:40	7:20	3:03	2:23	5:17	4:38
			56:36	57:03												
			1:55	0:27												
3	2525 Francisco Moura [074] Montes e Vales	58:20	5:43	7:48	9:49	13:09	17:39	21:55	24:19	30:55	33:52	40:18	42:48	45:12	51:07	55:33
			5:43	2:05	2:01	3:20	4:30	4:16	2:24	6:36	2:57	6:26	2:30	2:24	5:55	4:26
			57:51	58:20												
			2:18	0:29												
4	1182 Albano João [070] COC	1:02:24	5:51	8:09	10:00	13:53	18:22	22:36	25:26	31:16	33:55	41:25	46:15	49:01	54:38	58:54
			5:51	2:18	1:51	3:53	4:29	4:14	2:50	5:50	2:39	7:30	4:50	2:46	5:37	4:16
			1:01:55	1:02:24												
			3:01	0:29												
5	2796 Filipe Silva [097] Clube Millennium B	1:05:29	5:34	7:40	9:32	13:59	20:08	24:48	27:53	33:39	37:08	45:11	48:20	50:48	57:34	1:02:32
			5:34	2:06	1:52	4:27	6:09	4:40	3:05	5:46	3:29	8:03	3:09	2:28	6:46	4:58
			1:04:54	1:05:29												
			2:22	0:35												
6	1471 Jose Pires [094] CPOC	1:05:55	5:25	9:48	11:57	19:23	23:42	28:13	31:14	36:40	39:25	47:20	50:33	53:28	59:10	1:03:13
			5:25	4:23	2:09	7:26	4:19	4:31	3:01	5:26	2:45	7:55	3:13	2:55	5:42	4:03
			1:05:18	1:05:55												
			2:05	0:37												
7	1190 Carlos Ferreira [015] DA Recardães	1:06:18	6:04	8:55	10:41	16:08	20:30	26:42	29:22	36:54	39:52	48:26	50:58	53:23	59:23	1:03:40
			6:04	2:51	1:46	5:27	4:22	6:12	2:40	7:32	2:58	8:34	2:32	2:25	6:00	4:17
			1:05:47	1:06:18												
			2:07	0:31												
8	2130 Pedro Serralheiro [070] COC	1:08:12	8:50	11:03	12:55	16:00	21:27	29:54	32:39	39:30	42:15	49:45	52:44	54:50	1:00:50	1:05:31
			8:50	2:13	1:52	3:05	5:27	8:27	2:45	6:51	2:45	7:30	2:59	2:06	6:00	4:41

			1:07:40	1:08:12													
9	112 Miguel Ángel Rica Cámara [206] BOM	1:09:23	2:09	0:32													
			7:26	9:54	11:56	16:40	21:10	25:53	28:33	35:02	37:52	47:36	50:49	53:32	1:01:06	1:06:21	
			7:26	2:28	2:02	4:44	4:30	4:43	2:40	6:29	2:50	9:44	3:13	2:43	7:34	5:15	
			1:08:50	1:09:23													
			2:29	0:33													
10	4433 António Rosa [035] CN Alvito	1:10:52	6:24	9:02	11:11	15:14	20:41	25:36	28:35	38:05	42:20	49:42	55:23	57:57	1:03:52	1:08:27	
			6:24	2:38	2:09	4:03	5:27	4:55	2:59	9:30	4:15	7:22	5:41	2:34	5:55	4:35	
			1:10:21	1:10:52													
			1:54	0:31													
11	1851 Escada da Costa [157] AFAP	1:11:22	6:16	9:51	11:50	15:55	20:48	25:15	28:09	34:10	37:26	45:52	48:40	51:01	1:04:31	1:08:55	
			6:16	3:35	1:59	4:05	4:53	4:27	2:54	6:01	3:16	8:26	2:48	2:21	13:30	4:24	
			1:10:48	1:11:22													
			1:53	0:34													
12	3169 António Rebelo [105] BTTLoulé/BPI	1:11:30	6:54	14:36	17:03	20:35	25:03	30:07	32:53	38:11	40:41	46:47	49:56	52:00	57:17	1:08:47	
			6:54	7:42	2:27	3:32	4:28	5:04	2:46	5:18	2:30	6:06	3:09	2:04	5:17	11:30	
			1:11:02	1:11:30													
			2:15	0:28													
13	2201 Luciano Lucas [128] COALA	1:11:31	6:26	9:18	11:32	15:29	22:38	28:11	31:33	37:19	40:12	50:09	53:58	56:33	1:03:30	1:08:38	
			6:26	2:52	2:14	3:57	7:09	5:33	3:22	5:46	2:53	9:57	3:49	2:35	6:57	5:08	
			1:10:53	1:11:31													
			2:15	0:38													
14	1375 Jorge Elias [114] COA	1:14:41	7:50	10:26	12:22	17:53	25:27	31:24	34:29	41:20	44:45	54:17	57:13	59:26	1:05:42	1:12:10	
			7:50	2:36	1:56	5:31	7:34	5:57	3:05	6:51	3:25	9:32	2:56	2:13	6:16	6:28	
			1:14:09	1:14:41													
			1:59	0:32													
15	2329 Jorge Dias [401] Individual POR Fed	1:15:26	6:23	13:25	15:38	20:57	27:34	33:29	37:20	42:24	45:10	52:39	55:05	58:53	1:05:01	1:11:52	
			6:23	7:02	2:13	5:19	6:37	5:55	3:51	5:04	2:46	7:29	2:26	3:48	6:08	6:51	
			1:14:51	1:15:26													
			2:59	0:35													
16	3997 Jorge Artur [133] GDU Azóia	1:17:17	7:37	10:30	13:05	21:19	27:02	31:42	34:14	40:14	43:29	51:28	56:29	59:43	1:06:45	1:11:54	
			7:37	2:53	2:35	8:14	5:43	4:40	2:32	6:00	3:15	7:59	5:01	3:14	7:02	5:09	
			1:16:26	1:17:17		1:16:38											
			4:32	0:51		*200											
17	127 Sebastian Calderón Barre [213] RUMBO-MADRID SANSE	1:19:27	6:23	14:20	16:27	20:21	26:16	31:09	33:55	41:59	45:40	54:49	1:01:19	1:04:07	1:11:38	1:16:42	
			6:23	7:57	2:07	3:54	5:55	4:53	2:46	8:04	3:41	9:09	6:30	2:48	7:31	5:04	
			1:18:58	1:19:27													
			2:16	0:29													
18	2788 Luís Limas [105] BTTLoulé/BPI	1:20:12	8:18	10:54	12:54	25:06	29:54	34:58	37:54	45:56	48:55	56:37	1:00:17	1:02:54	1:09:39	1:15:24	
			8:18	2:36	2:00	12:12	4:48	5:04	2:56	8:02	2:59	7:42	3:40	2:37	6:45	5:45	
			1:19:28	1:20:12													
			4:04	0:44													
19	5050 Mário Torneiro [097] Clube Millennium B	1:20:39	6:44	13:13	15:31	21:52	31:38	37:55	42:58	48:44	52:14	1:00:17	1:03:27	1:05:51	1:12:40	1:17:40	
			6:44	6:29	2:18	6:21	9:46	6:17	5:03	5:46	3:30	8:03	3:10	2:24	6:49	5:00	
			1:19:59	1:20:39													
			2:19	0:40													
20	4455 Carlos do Vale [070] COC	1:21:09	6:04	11:42	14:02	18:25	25:53	30:51	33:37	41:13	45:33	56:01	58:48	1:01:41	1:11:45	1:17:44	
			6:04	5:38	2:20	4:23	7:28	4:58	2:46	7:36	4:20	10:28	2:47	2:53	10:04	5:59	
			1:20:26	1:21:09													
			2:42	0:43													
21	4300 Carlos Garrido [114] COA	1:21:20	9:07	13:18	15:35	21:10	28:07	33:30	37:01	43:06	46:24	57:48	1:01:22	1:04:23	1:13:13	1:18:07	
			9:07	4:11	2:17	5:35	6:57	5:23	3:31	6:05	3:18	11:24	3:34	3:01	8:50	4:54	
			1:20:45	1:21:20													
			2:38	0:35													
22	1834 Manuel Gomes [039] CP Telecom	1:22:42	6:54	12:49	15:11	25:02	29:49	34:58	38:07	44:25	47:14	56:29	1:00:59	1:04:07	1:11:43	1:19:23	
			6:54	5:55	2:22	9:51	4:47	5:09	3:09	6:18	2:49	9:15	4:30	3:08	7:36	7:40	
			1:22:06	1:22:42													
			2:43	0:36													
23	4537 Luis Patricio [094] CPOC	1:30:05	8:37	13:24	17:37	22:05	28:59	34:35	38:47	45:33	49:21	58:14	1:03:17	1:07:11	1:15:41	1:23:37	
			8:37	4:47	4:13	4:28	6:54	5:36	4:12	6:46	3:48	8:53	5:03	3:54	8:30	7:56	
			1:29:28	1:30:05													
			5:51	0:37													
24	2797 Alberto Sabino	3:25:11	24:55	40:46	43:48	1:03:00	1:17:31	1:26:23	1:37:49	1:52:23	1:57:27	2:12:06	2:18:42	2:23:29	2:45:19	3:17:02	

[097] Clube Millennium B		24:55	15:51	3:02	19:12	14:31	8:52	11:26	14:34	5:04	14:39	6:36	4:47	21:50	31:43
		3:24:15	3:25:11												
		7:13	0:56												
126 José Luis Báscones Huert	mp	8:35	13:35	16:19	20:56	27:27	32:44	36:06	-----	42:34	52:22	56:21	59:32	1:06:07	1:11:16
[213] RUMBO-MADRID SANSE		8:35	5:00	2:44	4:37	6:31	5:17	3:22		6:28	9:48	3:59	3:11	6:35	5:09
		1:13:51	1:14:24												
1567 Crispim Júnior	mp	2:35	0:33												
[090] ADFA		8:28	11:25	13:51	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		8:28	2:57	2:26											
		-----													

H60 / --- (3)

13.0 km 14 C

		1 (171)	2 (163)	3 (149)	4 (168)	5 (155)	6 (156)	7 (142)	8 (159)	9 (157)	10 (172)	11 (144)	12 (146)	13 (143)	14 (200)	
		F														
1	1079 Joaquim Patrício	1:10:36	7:42	9:51	13:27	19:32	25:11	28:20	35:13	41:52	45:17	47:59	55:20	1:02:39	1:06:54	1:09:59
	[035] CN Alvito		7:42	2:09	3:36	6:05	5:39	3:09	6:53	6:39	3:25	2:42	7:21	7:19	4:15	3:05
		1:10:36														
		0:37														
2	1903 Armando Santos	1:10:50	7:09	9:05	12:02	17:58	22:28	25:03	31:50	39:32	42:10	44:42	52:15	1:00:39	1:05:49	1:10:22
	[128] COALA		7:09	1:56	2:57	5:56	4:30	2:35	6:47	7:42	2:38	2:32	7:33	8:24	5:10	4:33
		1:10:50														
		0:28														
3	1831 Jorge Santos	1:22:56	7:08	9:29	13:11	20:24	27:54	33:38	41:41	49:45	53:14	56:36	1:08:48	1:15:53	1:18:45	1:22:20
	[128] COALA		7:08	2:21	3:42	7:13	7:30	5:44	8:03	8:04	3:29	3:22	12:12	7:05	2:52	3:35
		1:22:56														
		0:36														

OPT1 - Open Curto (1)

9.9 km 14 C

		1 (145)	2 (148)	3 (163)	4 (149)	5 (154)	6 (147)	7 (142)	8 (161)	9 (159)	10 (157)	11 (172)	12 (166)	13 (143)	14 (200)	
		F														
1	131 AntonioPeres+ JoãoSeiça	1:23:14	3:37	11:44	18:31	23:26	29:43	33:29	38:41	49:38	52:25	57:43	1:01:44	1:08:33	1:14:07	1:22:17
	[402] Individual POR		3:37	8:07	6:47	4:55	6:17	3:46	5:12	10:57	2:47	5:18	4:01	6:49	5:34	8:10
		1:23:14			1:12:55											
		0:57			*169											

OPT2 - Open Longo (5)

13.7 km 15 C

		1 (171)	2 (170)	3 (149)	4 (164)	5 (168)	6 (155)	7 (156)	8 (142)	9 (167)	10 (159)	11 (157)	12 (172)	13 (144)	14 (169)	
		15 (200)	F													
1	137 Carlos Sousa	1:10:57	6:24	13:39	15:32	19:27	24:27	29:09	32:07	37:47	40:14	51:46	54:10	56:30	1:04:23	1:08:17
	[402] Individual POR		6:24	7:15	1:53	3:55	5:00	4:42	2:58	5:40	2:27	11:32	2:24	2:20	7:53	3:54
		1:10:28	1:10:57													
		2:11	0:29													
2	134 Pedro Ruivo Silva	1:22:05	9:53	16:16	18:58	23:59	28:42	33:37	36:30	47:19	51:28	59:37	1:02:54	1:06:10	1:13:48	1:19:19
	[402] Individual POR		9:53	6:23	2:42	5:01	4:43	4:55	2:53	10:49	4:09	8:09	3:17	3:16	7:38	5:31
		1:21:35	1:22:05													
		2:16	0:30													
3	132 Nuno F P Sousa	1:27:26	6:13	10:54	12:58	16:41	41:45	46:16	49:13	58:07	1:01:28	1:09:27	1:12:44	1:15:29	1:20:30	1:24:50
	[402] Individual POR		6:13	4:41	2:04	3:43	25:04	4:31	2:57	8:54	3:21	7:59	3:17	2:45	5:01	4:20
		1:26:55	1:27:26													
		2:05	0:31													
4	133 Luis Rodrigues	1:28:05	8:32	11:43	15:17	20:41	33:03	38:34	42:35	49:55	52:48	1:01:26	1:07:44	1:11:03	1:17:14	1:23:35
	[402] Individual POR		8:32	3:11	3:34	5:24	12:22	5:31	4:01	7:20	2:53	8:38	6:18	3:19	6:11	6:21

