

Pl	tno	Name	B	Club	S1	S2	Time
D10 (3)							
1	5996	Cátia Olaio	05	[070] COC	19:56	1 19:49	1 39:45
2	5648	Rita Castro	05	[052] GD4C	32:46	2 30:19	3 1:03:05
3	90046	Maria Cruz		EPDAF	45:48	3 28:50	2 1:14:38
H12 (7)							
1	90051	Adelino Pereira		EPDAF	26:36	1 28:51	1 55:27
2	90053	Miguel Vila		EPDAF	27:59	2 32:05	4 1:00:04
3	5708	Tiago Marcolino	03	[052] GD4C	29:15	3 33:46	5 1:03:01
4	5714	João Sá	04	[116] Montepio Geral	31:23	4 31:46	3 1:03:09
5		Gabriel Antonio		EPDAF	1:13:51	5 30:01	2 1:43:52
	5081	Martim Carrilho	03	[107] CAOS	mp	34:50	6
	90054	Rodrigo Lima		EPDAF	mp		
D12 (1)							
1	90050	Ana Teixeira		EPDAF	46:54	1 48:40	1 1:35:34
H14 (17)							
1	5074	Rodrigo Oliveira	02	[070] COC	26:28	3 26:47	1 53:15
2	5737	Vasco Mendes	02	[133] GDU Azoia	23:50	1 29:29	2 53:19
3	5059	João Pedro	02	[090] ADFA	24:36	2 30:07	3 54:43
4	5299	André Roberto	02	[070] COC	32:21	5 30:22	4 1:02:43
5	5954	Pedro Carvalho	01	[022] CLAC	33:44	6 38:58	7 1:12:42
6	5896	Pedro Peralta	02	[133] GDU Azoia	41:34	8 35:41	6 1:17:15
7	5598	Afonso Fernandes	01	[137] LCM	42:42	9 45:27	8 1:28:09
8	5311	Bernardo Filipe	03	[070] COC	47:07	10 47:36	9 1:34:43
9	90057	João Marques		EPDAF	53:07	11 55:11	10 1:48:18
10	90055	Tiago Silva		EPDAF	54:01	12 1:00:06	11 1:54:07
11	90056	Hugo Teixeira		EPDAF	1:31:43	13 1:03:14	12 2:34:57
	5763	Afonso Carriço	02	[007] Ori-Estarreja	50:11	nc dns	
	5878	Frederico Lisboa	01	[070] COC	mp	nc 30:46	5
	5529	André Serra Campos	02	[102] .COM	31:31	4	
	5877	António Aguiar	02	[056] Natura	38:11	7	
	90039	Diogo Oliveira	01	[6593] ESCarlosAmarant	35:19	nc	
	90014	Rui Silva	01	[088] ADC	dns	nc dns	
D14 (5)							
1	5879	Joana Catarino	02	[022] CLAC	37:45	1 38:37	3 1:16:22
2	5811	Ana Nunes	01	[094] CPOC	42:02	3 35:55	2 1:17:57
3	5739	Carina Castro	01	[007] Ori-Estarreja	40:14	2 41:17	4 1:21:31
4	5827	Margarida Ferreira	01	[088] ADC	43:23	4 53:12	5 1:36:35
5	5828	Luciana Ferreira	02	[088] ADC	1:07:13	5 34:33	1 1:41:46
H16 (16)							
1	5843	Rui Batista	99	[022] CLAC	1:01:01	3 28:40	1 1:29:41
2	4697	Samuel Silva	99	[070] COC	1:00:20	2 31:46	3 1:32:06
3	5488	André Henriques	00	[007] Ori-Estarreja	1:02:18	5 32:11	4 1:34:29
4	5707	Gabriel Leal	00	[052] GD4C	1:01:24	4 36:31	6 1:37:55
5	5799	Pedro Moniz	00	[090] ADFA	57:33	1 44:16	12 1:41:49
6	5797	Ricardo Ferreira	00	[007] Ori-Estarreja	1:04:32	6 40:24	8 1:44:56
7	5842	José Dias	99	[022] CLAC	1:24:51	8 31:01	2 1:55:52
8	5131	Pedro Cabeça	99	[133] GDU Azoia	1:18:11	7 45:58	13 2:04:09
	90041	Tiago Filipe Mar Lampreia	01	[3152] ESPinhal Novo	58:46	nc 33:57	5

Pl	tno	Name	B	Club	S1	S2	Time
H16 (16) (cont.)							
	90042	Diogo Alexandre Lampreia	01	[3152] ESPinhal Novo	1:06:45	nc	42:53 11
	90043	João Pedro Gomes Pinto	01	[3152] ESPinhal Novo	54:58	nc	52:44 14
	5962	João Rebelo	00	[022] CLAC	1:30:40	nc	40:13 7
	5073	Manuel Oliveira	01	[070] COC	mp		42:11 10
	90038	Guilherme Faria	99	[6593] ESCarlosAmarant			40:44 9
	80001	Faria Guilherme		[102] .COM			dns
	90040	Hugo Miguel Silv Glórias	00	[3152] ESPinhal Novo	dns	nc	dns
D16 (15)							
	1	3975 Helena Lima	99	[070] COC	58:46	1	36:53 2 1:35:39
	2	5482 Tânia Pereira Olaio	00	[070] COC	1:02:26	2	35:20 1 1:37:46
	3	5064 Carina Cotovio	00	[070] COC	1:03:27	3	38:22 3 1:41:49
	4	5657 Mafalda Moreira	00	[094] CPOC	1:08:34	6	39:14 4 1:47:48
	5	5939 Mariana Ferreira	00	[022] CLAC	1:07:48	5	43:03 6 1:50:51
	6	5443 Filipa Castro	99	[007] Ori-Estarreja	1:06:15	4	46:06 7 1:52:21
	7	5659 Raquel Henriques	00	[094] CPOC	1:13:58	8	39:27 5 1:53:25
	8	5940 Mariana Beirante	00	[022] CLAC	1:18:03	9	47:00 9 2:05:03
	9	5466 Susana Silva	00	[167] NAST	1:22:12	11	52:07 10 2:14:19
	10	5837 Mariana Almeida	00	[094] CPOC	1:18:38	10	55:49 11 2:14:27
	11	5645 Eduarda Martins	00	[167] NAST	1:42:03	12	46:25 8 2:28:28
	90015	beatrz costa	01	[022] CLAC	1:29:41	nc	dnf
	4907	Camila Coelho	00	[070] COC	1:58:02	13	mp
	5808	Diana Marques	00	[022] CLAC	1:11:06	7	mp
	5839	Eduarda Moreira	99	[088] ADC	dns		
H18 (10)							
	1	5448 João Magalhães	98	[102] .COM	1:01:25	2	32:09 2 1:33:34
	2	4908 Pedro Roberto	97	[070] COC	52:57	1	40:59 5 1:33:56
	3	5006 Gabriel Braz	97	[070] COC	1:04:05	3	31:43 1 1:35:48
	4	5504 Diogo Reis	98	[052] GD4C	1:08:06	5	37:22 3 1:45:28
	5	5757 Daniel Magalhães	98	[102] .COM	1:07:39	4	40:13 4 1:47:52
	6	5787 Robert Verdasco	98	[090] ADFA	1:08:31	6	45:24 6 1:53:55
	7	4985 Pedro Gonçalves	98	[007] Ori-Estarreja	1:29:01	7	56:34 7 2:25:35
	5845	Francisco Abreu	98	[102] .COM	1:31:36	8	mp
	5224	Francisco Fernandes	97	[133] GDU Azoia	1:32:29	9	mp
	4504	João Gomes	98	[102] .COM	dns		dns
D18 (8)							
	1	5634 Carolina Carço	98	[090] ADFA	58:10	1	41:03 2 1:39:13
	2	5785 Rita Raimundo	98	[090] ADFA	59:59	2	42:35 3 1:42:34
	3	4909 Sara Roberto	99	[070] COC	1:02:10	5	40:44 1 1:42:54
	4	5961 Mariana Jorge	98	[090] ADFA	1:02:01	4	47:32 4 1:49:33
	5	4935 Raquel Martins	98	[167] NAST	1:16:21	6	1:05:31 6 2:21:52
	5643	Cristina Mafalda	97	[088] ADC	dnf		53:19 5
	5506	Verónica Fradique		[052] GD4C	1:00:16	3	
	5639	Debora Swinke	98	[094] CPOC	dns		dns
H20 (9)							
	1	5216 Nuno Santos	96	[090] ADFA	56:22	1	52:10 2 1:48:32
	2	5626 Rodrigo Magalhães	96	[102] .COM	1:10:56	3	51:43 1 2:02:39
	3	5061 Manuel Lopes	96	[090] ADFA	1:12:15	4	1:02:13 3 2:14:28
	4	4765 Hugo Velhinho	96	[094] CPOC	1:08:35	2	1:08:12 5 2:16:47
	5	5628 Gonçalo Dias	96	[052] GD4C	1:12:46	5	1:04:10 4 2:16:56

Pl	tno	Name	B	Club	S1	S2	Time	
H20 (9)		<i>(cont.)</i>						
	5886	Tiago Oliveira	96	[168] CAB	1:48:08	9	mp	
	5885	Pedro Morais	96	[168] CAB	1:44:52	8	dns	
	4991	Ismael Machado	96	[167] NAST	1:36:48	7	mp	
	3910	Rui Pinto	95	[167] NAST	1:29:04	6	mp	
D20 (1)								
	4986	Inês Gonçalves	95	[007] Ori-Estarreja	mp	1:00:05	1	
HE (1)								
	4429	Manuel Horta	90	[151] GafanhOri	dns	dns		
DE (1)								
	3720	Ines Aires	92	[007] Ori-Estarreja		1:40:07	1	
H21A (18)								
1	2635	Edgar Domingues	88	[070] COC	1:00:59	2	35:39	1 1:36:38
2	3099	Nuno Cruz	81	[005] CP Armada	58:56	1	38:32	2 1:37:28
3	4807	Fidel Conde	77	[070] COC	1:01:04	3	38:46	3 1:39:50
4	4016	Miguel Nobrega	89	[056] Natura	1:07:15	8	39:05	4 1:46:20
5	5698	Pedro Laia	77	[133] GDU Azoia	1:03:38	6	44:39	8 1:48:17
6	2054	Jorge Mendes	75	[090] ADFA	1:03:04	4	46:31	10 1:49:35
7	5615	Luís Castro	94	[088] ADC	1:15:48	12	41:05	5 1:56:53
8	4019	João Moura	89	[056] Natura	1:08:44	9	48:42	11 1:57:26
9	2150	Xavier Vieira	69	[062] CA Madeira	1:03:30	5	54:00	15 1:57:30
10	3489	Jorge Frazão	79	[070] COC	1:16:15	13	42:11	6 1:58:26
11	5684	Francisco Neto Silva	89	[052] GD4C	1:15:18	11	46:08	9 2:01:26
12	3684	Rui Martins	89	[056] Natura	1:14:29	10	50:34	12 2:05:03
13	5907	Rui Miguel Príncipe	86	[052] GD4C	1:38:57	14	57:13	16 2:36:10
	5960	humberto santos	79	[090] ADFA	1:05:52	7	mp	
	4027	Miguel Moreira	93	[088] ADC	1:25:24	nc	52:56	14
	5605	Gil Alves Serafim	86	[1000] Individual POR Fe	1:05:21	nc	51:00	13
	2969	Domingos Martins	89	[151] GafanhOri	56:30	nc	42:15	7
	4241	Luis Gonçalves	81	[094] CPOC	dns		dns	
D21A (11)								
1	2582	Anabela Vieito	67	[070] COC	58:35	1	32:35	1 1:31:10
2	2749	Daniela Alves	90	[088] ADC	1:00:26	3	33:18	2 1:33:44
3	5313	Maria Bernardino	93	[102] .COM	1:00:04	2	44:04	6 1:44:08
4	4693	Sofia Pinto	94	[056] Natura	1:12:14	5	40:08	4 1:52:22
5	4078	Ana Pinto	83	[056] Natura	1:09:16	4	49:01	8 1:58:17
6	1490	Cristina Nazário	83	[007] Ori-Estarreja	1:27:01	6	43:14	5 2:10:15
	5977	Catarina Castelão	85	[070] COC	dns		33:53	3
	1429	Rafaela Rua	80	[007] Ori-Estarreja			49:00	7
	5990	Cláudia Santos	92	[070] COC	dns		dns	
	4594	Marta Fonseca	82	[090] ADFA			dns	
	1554	Ana Porta Nova	86	[094] CPOC	dns		dns	
H21B (18)								
1	5555	José Carlos Marques	78	[119] OriMarão	1:02:16	1	29:29	2 1:31:45
2	5796	Bruno André	81	[119] OriMarão	1:06:40	4	32:37	3 1:39:17
3	2831	Daniel Raposo	80	[128] COALA	1:04:32	3	38:08	6 1:42:40
4	5692	Luis Jacinto	84	[094] CPOC	1:16:46	8	27:18	1 1:44:04

Pl	tno	Name	B	Club	S1	S2	Time
H21B (18) (cont.)							
5	5334	Hugo Monteiro	86	[094] CPOC	1:02:51	2 41:16	8 1:44:07
6	4635	Sérgio Mónica	70	[128] COALA	1:14:45	7 33:30	4 1:48:15
7	5895	Fábio Miguel	95	[133] GDU Azoia	1:10:53	6 41:55	10 1:52:48
8	5846	Filipe Ramalho	80	[159] COAAL	1:09:56	5 49:18	12 1:59:14
9	5314	Carlos M T Teixeira	72	[033] Clube TAP	1:29:36	9 39:47	7 2:09:23
10	5925	Pedro Tiago Gomes	90	[1000] Individual POR Fe	1:41:25	11 41:46	9 2:23:11
11	4422	João Direitinho	70	[159] COAAL	1:39:50	10 45:46	11 2:25:36
12	5929	Nelson S. Pinto	94	[167] NAST	1:45:46	12 54:41	14 2:40:27
13	5980	Rafael Silva	87	[056] Natura	1:56:28	13 50:01	13 2:46:29
14	5746	Luís Miguel Pires	77	[056] Natura	3:06:23	15 58:19	15 4:04:42
	4813	Rui Alves	94	[137] LCM	mp	37:44	5
	6031	Carlos Emanuel C Santos	88	[166] ADM Ori-Mondego	dnf	1:12:14	17
	5898	Nuno Gomes	76	[133] GDU Azoia	1:57:11	14 dns	
	35892	Rui Pedro Amaral	79	[070] COC		1:08:36	16
D21B (9)							
1	5850	Zélia Viana	83	[102] .COM	1:04:40	1 43:49	2 1:48:29
2	4425	Ana Gouveia	80	[062] CA Madeira	1:15:53	2 45:41	3 2:01:34
3	5696	Ana Casaca	76	[133] GDU Azoia	1:25:34	4 49:19	5 2:14:53
4	4954	Vanessa Jorge	75	[094] CPOC	1:32:14	5 48:36	4 2:20:50
5	3510	L R Gouveia	78	[085] A Montanha	1:22:20	3 1:23:20	8 2:45:40
6	5943	Ana Soares	73	[052] GD4C	2:02:01	7 1:13:29	7 3:15:30
	5995	Ana Isabel Madal Cabeleira	87	[094] CPOC	dnf	38:56	1
	5783	Catarina Félix	67	[133] GDU Azoia	dnf	54:02	6
	5956	Carla Ramos	73	[133] GDU Azoia	1:44:30	6	
H35 (7)							
1	1050	Daniel Filipe	78	[007] Ori-Estarreja	58:54	1 48:04	2 1:46:58
2	2170	A F Gouveia	75	[085] A Montanha	1:02:48	3 46:16	1 1:49:04
3	3898	Sergio Junqueira	79	[070] COC	1:00:16	2 55:22	3 1:55:38
4	3852	Marco Fidalgo	77	[115] ATV	1:27:34	4 1:14:12	4 2:41:46
5	3936	Norberto Henriques	77	[070] COC	1:55:48	5 1:44:30	5 3:40:18
	1986	Eduardo Oliveira	72	[115] ATV	dns	dns	
	2333	Rui Marques	71	[133] GDU Azoia	dns	dns	
D35 (7)							
1	2561	Ângela Pedro	79	[107] CAOS	38:58	1 58:59	5 1:37:57
2	1346	Fátima Saraiva	77	[168] CAB	1:01:10	3 42:14	1 1:43:24
3	1006	Cristina Santos	68	[151] GafanhOri	57:30	2 50:43	4 1:48:13
4	1031	Mafalda Almeida	78	[007] Ori-Estarreja	1:12:03	4 49:25	3 2:01:28
	5307	Manuela Marques	72	[102] .COM	1:22:13	5 dns	
	2616	Paula Nóbrega	71	[119] OriMarão		45:09	2
	4327	Sónia Saramago	73	[115] ATV	dns		
H40 (14)							
1	2099	José Bernardo	68	[070] COC	56:39	1 40:49	1 1:37:28
2	5297	Cidálio Oliveira	73	[052] GD4C	1:01:32	3 44:26	3 1:45:58
3	3913	Alberto César	70	[052] GD4C	1:06:42	6 43:18	2 1:50:00
4	4685	José João Ferreira	74	[119] OriMarão	1:02:25	5 48:37	5 1:51:02
5	2999	António Batista	69	[115] ATV	1:02:05	4 50:03	7 1:52:08
6	5199	Paulo Silva	72	[052] GD4C	59:02	2 1:04:46	11 2:03:48
7	2823	Rui Pisco	75	[114] COA	1:12:44	7 52:01	8 2:04:45
8	5063	Sandro Castro	72	[052] GD4C	1:17:08	8 48:01	4 2:05:09

Pl	tno	Name	B	Club	S1	S2	Time
H40 (14)		<i>(cont.)</i>					
9	3062	Samuel Oliveira	68	[168] CAB	1:25:39	9 52:53 9	2:18:32
	3437	Carlos Lobo	71	[128] COALA	1:19:26	nc 1:00:37 10	
	3750	Jorge Parreira	68	[114] COA	1:15:59	nc 48:41 6	
	4250	Marco Palhinha	73	[125] Casa Povo Abrunhe	1:23:14	nc 1:23:10 12	
	5277	Luís Miguel S Pereira	70	[070] COC	mp		
	1225	Alexandre Reis	67	[090] ADFA	dns	dns	
D40 (9)							
1	2784	Teresa Alves	69	[119] OriMarão	1:09:48	1 49:04 1	1:58:52
2	5056	Paula Ferreira	73	[070] COC	1:16:20	3 50:37 2	2:06:57
3	2171	Jandira Peres	73	[070] COC	1:13:58	2 57:53 4	2:11:51
4	2842	Isabel Oliveira	72	[070] COC	1:23:59	6 55:43 3	2:19:42
5	1528	Marina Carrilho	73	[107] CAOS	1:19:02	4 1:02:48 5	2:21:50
6	2574	Ana Casal	70	[007] Ori-Estarreja	1:22:47	5 1:08:12 6	2:30:59
7	5819	Anabela Dias	71	[070] COC	1:28:33	7 1:12:39 8	2:41:12
8	2259	Susana Domingos	72	[070] COC	1:30:12	8 1:39:38 9	3:09:50
	1039	Margarida Maria	71	[007] Ori-Estarreja	1:45:03	nc 1:10:39 7	
H45 (18)							
1	1935	Rui Tenreiro	67	[070] COC	1:00:44	2 41:08 2	1:41:52
2	1810	Octávio Andrade	68	[102] .COM	1:10:05	8 35:05 1	1:45:10
3	1784	João Carrilho	70	[107] CAOS	1:00:36	1 44:55 6	1:45:31
4	5158	Sérgio Santos	66	[090] ADFA	1:01:20	3 44:52 5	1:46:12
5	4287	António Cotovio	68	[070] COC	1:06:56	7 43:57 4	1:50:53
6	1931	Carlos Monteiro	58	[070] COC	1:03:38	6 47:37 7	1:51:15
7	2667	João Martins	67	[022] CLAC	1:12:29	11 43:26 3	1:55:55
8	2244	Cláudio Tereso	70	[115] ATV	1:10:18	9 50:16 8	2:00:34
9	1499	José Carlos Ramalho	67	[102] .COM	1:02:16	5 59:38 12	2:01:54
10	2750	Leonel Vieito	66	[070] COC	1:26:52	13 55:42 10	2:22:34
11	5551	David Afonso	66	[033] Clube TAP	1:28:17	14 1:00:48 13	2:29:05
12	4632	Mario Marinheiro	65	[125] Casa Povo Abrunhe	1:24:16	12 1:04:56 14	2:29:12
	3081	Alberto Barros	69	[052] GD4C	dnf	58:01 11	
	3629	João Carriço	70	[007] Ori-Estarreja	1:39:38	15 dns	
	4228	Ilídio Coelho	67	[070] COC	dnf	54:04 9	
	1364	Helder Ferreira	69	[070] COC	1:02:03	4	
	3836	Martins de Jesus	70	[007] Ori-Estarreja	1:11:24	10	
	4328	Luís Miguel Martinho	70	[115] ATV	dns	dns	
D45 (7)							
1	2849	Alexandra Coelho	68	[052] GD4C	58:19	1 44:14 1	1:42:33
2	2129	Luísa Mateus	58	[070] COC	59:55	2 46:19 2	1:46:14
3	1092	Alice Silva	65	[090] ADFA	1:08:26	3 54:09 3	2:02:35
4	3890	Claudia Figueiredo	66	[052] GD4C	1:18:04	4 58:12 5	2:16:16
5	5211	Rosário Barros	69	[070] COC	1:18:49	5 1:03:30 6	2:22:19
6	4104	Maria Silva	65	[007] Ori-Estarreja	1:27:55	6 54:39 4	2:22:34
	5280	Carmo Silva	67	[007] Ori-Estarreja		1:03:50 7	
H50 (22)							
1	1256	Mário Duarte	62	[090] ADFA	1:04:33	3 38:30 1	1:43:03
2	1907	Carlos Coelho	61	[094] CPOC	56:39	1 48:35 6	1:45:14
3	5354	Noel Cabeça	64	[133] GDU Azoia	1:10:04	6 39:16 2	1:49:20
4	1095	Fernando Costa	61	[052] GD4C	1:07:38	5 43:15 3	1:50:53
5	4783	Carlos Fortunato	62	[007] Ori-Estarreja	1:00:20	2 52:29 9	1:52:49

Pl	tno	Name	B	Club	S1	S2	Time
H50 (22)		<i>(cont.)</i>					
6	1405	João Barrulas	61	[090] ADFA	1:12:24	8 45:21 4	1:57:45
7	4656	José Bolrão	64	[070] COC	1:10:35	7 52:58 10	2:03:33
8	3073	Jorge Ferreira	65	[088] ADC	1:18:40	10 50:43 8	2:09:23
9	2905	Manuel Delgado	61	[052] GD4C	1:28:14	13 45:26 5	2:13:40
10	2417	Carlos Matos	60	[167] NAST	1:06:36	4 1:08:40 16	2:15:16
11	5391	José Almeida	62	[056] Natura	1:15:09	9 1:06:22 13	2:21:31
12	2440	António Ferreira	63	[088] ADC	1:35:17	16 49:46 7	2:25:03
13	2592	João Alves	61	[052] GD4C	1:31:44	14 55:41 12	2:27:25
14	3098	António Graça	63	[005] CP Armada	1:28:12	12 1:08:05 15	2:36:17
15	3872	António Aguiar	61	[007] Ori-Estarreja	1:27:05	11 1:22:13 18	2:49:18
16	4098	Júlio Oliveira	63	[005] CP Armada	1:34:53	15 1:15:57 17	2:50:50
17	5294	Amândio Gonçalves	63	[022] CLAC	1:46:53	18 1:06:57 14	2:53:50
18	5930	Manuel Silva	63	[167] NAST	2:31:02	19 1:32:22 19	4:03:24
	1218	Fontoura	63	[094] CPOC	1:45:48	17 dns	
	1471	Jose Monteiro Pires	59	[094] CPOC	mp	54:32 11	
	1884	Sérgio Aguiar	60	[056] Natura	mp		
	1449	Manuel Dias	52	[151] GafanhOri	dns	dns	
D50 (8)							
1	5695	Luísa Gaboleiro	63	[133] GDU Azoia	1:03:48	1 41:35 3	1:45:23
2	2497	Aida Correia	63	[052] GD4C	1:08:03	3 39:50 2	1:47:53
3	1952	Isabel Monteiro	58	[070] COC	1:07:40	2 44:02 4	1:51:42
4	1524	Helena Lopes	58	[003] CIMO	1:14:02	5 37:45 1	1:51:47
5	4730	Assunção Almeida	59	[151] GafanhOri	1:16:14	6 1:00:25 6	2:16:39
6	2411	Jerónima Rocha	60	[052] GD4C	1:13:58	4 1:13:28 7	2:27:26
7	5293	Amália Gonçalves	63	[022] CLAC	2:09:19	7 1:26:15 8	3:35:34
	5123	Cathy Dawson	53	[151] GafanhOri	mp nc	53:39 5	
H55 (13)							
1	1532	José Fernandes	59	[102] .COM	50:30	1 29:23 2	1:19:53
2	1577	Luís Sousa	54	[090] ADFA	1:06:30	2 29:01 1	1:35:31
3	1190	Carlos Ferreira	56	[168] CAB	1:08:42	3 37:06 3	1:45:48
4	3997	Jorge Artur	55	[090] ADFA	1:20:00	6 42:28 6	2:02:28
5	3888	Vitor Almeida	59	[005] CP Armada	1:15:42	4 47:46 10	2:03:28
6	1851	Escada da Costa	56	[128] COALA	1:25:26	8 39:17 5	2:04:43
7	2118	Manuel Domingues	57	[070] COC	1:25:28	9 42:35 7	2:08:03
8	2201	Luciano Lucas	57	[128] COALA	1:29:56	10 38:17 4	2:08:13
9	3865	Luís Pereira	58	[052] GD4C	1:23:43	7 45:22 8	2:09:05
10	3128	Manuel Martins	56	[005] CP Armada	1:17:24	5 55:44 12	2:13:08
11	2364	António Amador	58	[073] CMo Funchal	1:35:45	11 1:29:41 13	3:05:26
	5124	Roy Dawson	48	[151] GafanhOri	1:00:46	nc 45:29 9	
	2145	Fernando André	54	[167] NAST	mp	48:37 11	
D55 (2)							
1	1640	Fernanda Ferreira	55	[168] CAB	1:11:56	1 51:11 1	2:03:07
	31442	Elda Rua	56	[007] Ori-Estarreja		1:25:06 2	
H60 (8)							
1	1905	Vítor Rodrigues	54	[094] CPOC	1:05:47	1 40:01 3	1:45:48
2	1410	Jacinto Eleutério	54	[090] ADFA	1:20:43	2 36:31 2	1:57:14
3	2053	Carlos Rabaça	54	[022] CLAC	1:45:06	3 58:31 5	2:43:37
4	1677	António Reyes	54	[151] GafanhOri	1:56:44	5 58:49 6	2:55:33
5	3430	Dias Coelho	55	[033] Clube TAP	1:55:47	4 1:11:55 7	3:07:42

Pl	tno	Name	B	Club	S1	S2	Time
H60 (8)		<i>(cont.)</i>					
	4401	Custódio Sebastião	50	[151] GafanhOri	mp	nc	1:37:54 8
	1557	Acácio Porta Nova	53	[094] CPOC	dns		58:11 4
	1062	Dionísio Estroia	52	[128] COALA	1:13:28	nc	32:33 1
D60 (5)							
1	5686	Sinikka Ovaskainen	49	[151] GafanhOri	1:30:26	1	1:01:10 1 2:31:36
2	2379	Erminia Tavares		[056] Natura	1:33:11	2	1:04:09 2 2:37:20
	2101	Beatriz Leite	50	[116] Montepio Geral	dnf		1:06:14 3
	1556	Ana Carreira	51	[094] CPOC	dns		1:12:07 4
	1964	Guida Santos	53	[128] COALA	2:06:02	3	dns
H65 (4)							
1	1576	Francisco Coelho	44	[033] Clube TAP	1:21:59	2	45:40 1 2:07:39
2	2341	João Rodrigues	50	[056] Natura	2:40:53	4	1:13:25 2 3:54:18
	2001	Costa Leite	50	[116] Montepio Geral	1:37:25	3	disq
	1441	Gil Rua	48	[007] Ori-Estarreja	1:19:44	1	mp
H70 (3)							
1	5687	Jorma Ovaskainen	42	[151] GafanhOri	1:17:46	1	51:28 1 2:09:14
2	1149	Armandino Cramez	42	[007] Ori-Estarreja	1:43:26	2	1:02:56 2 2:46:22
	5958	António Laia	44	[133] GDU Azoia	2:01:02	3	mp
H75 (2)							
1	2121	José Grada	39	[007] Ori-Estarreja	1:58:31	1	1:00:32 1 2:59:03
	3126	Joaquim da Costa	38	[052] GD4C	mp		1:03:54 2
PROM1 - Fácil Curto (22)							
1	90068	Pedro Almeida		[056] Natura	21:11	3	30:51 2 52:02
2	90060	Paulo Martins		AEFM	33:20	7	25:37 1 58:57
3	90018	Maria Leal	02	[133] GDU Azoia	30:58	6	35:38 7 1:06:36
4	90045	João Cruz		EPDAF	35:07	8	35:25 6 1:10:32
5	90058	Matilde Silva		EPDAF	37:37	10	33:04 3 1:10:41
6	90048	Beatriz Fernandes		EPDAF	39:40	11	34:00 4 1:13:40
7	5405	Sónia Pereira	78	[116] Montepio Geral	43:23	13	35:04 5 1:18:27
8	90044	Amanda Miranda		EPDAF	39:56	12	41:44 8 1:21:40
	1240	Fernando Crisóstomo	49	[1000] Individual POR Fe	37:07	9	mp
	90067	Diogo Neto		[056] Natura	20:25	1	mp
	90069	Hugo Costa		[056] Natura	20:29	2	
	90081	Matilde+ Ines		[1564] Individual POR			53:30 9
		Margarida Ferrar + João		[090] ADFA	dnf		
	90074	João Graça		[1564] Individual POR			dnf
	5947	Alexandre Almeida	03	[168] CAB	30:05	4	
	90083	Mariana Rodrigues		[166] ADM Ori-Mondego			53:38 10
	5948	Maria Luís Almeida	02	[168] CAB	30:21	5	
	90063	Tiago MArtins		AEFM	57:38	14	
	90062	Isabel Martins		AEFM	57:40	15	
	90082	Tomas Neves		[1564] Individual POR			54:03 11
	90059	Nuno Pinto		AEFM	dns		
	90061	Natacha Rodrigues		AEFM	dns		

Pl	tno	Name	B	Club	S1	S2	Time
PROM2 - Difícil Curto (18)							
1	4489	Grigas Piteira	90	[151] GafanhOri	36:44	2 41:39	1 1:18:23
2	5515	Paulo Olaio	68	[070] COC	38:22	3 48:35	2 1:26:57
3	90001	EugénioS+NairA		[1000] Individual POR Fe	33:52	1 54:48	7 1:28:40
4	90005	José Dinis	00	[5644] EBJúlioSaúlDias	45:31	4 52:07	3 1:37:38
5	90006	Pedro Viana	02	[5644] EBJúlioSaúlDias	45:45	5 52:40	5 1:38:25
6	3007	José Mário Baptista	62	[052] GD4C	46:31	6 53:31	6 1:40:02
7	90009	Ana Lage	99	[5476] AEErmesinde/AE	50:18	7 1:11:26	8 2:01:44
8	90020	Carolina Oliveira	99	[5476] AEErmesinde/AE	51:38	9 1:19:43	9 2:11:21
9	90008	Adriana Sousa	99	[5476] AEErmesinde/AE	51:00	8 1:24:28	10 2:15:28
10	2380	Florabela Sousa	61	[070] COC	1:03:19	10 1:27:32	12 2:30:51
11	2381	Nelson Tereso	58	[070] COC	1:03:24	11 1:27:39	13 2:31:03
	90021	Rui Pedro Ferrei Gonçalves	96	[167] NAST	2:06:09	13	dnf
	5963	Núria Ferreira	82	[167] NAST	2:05:30	12	dnf
	5931	A. Amorim	96	[167] NAST	2:06:44	14	dnf
	90080	José Dinis		[5644] EBJúlioSaúlDias		52:07	3
	90076	Mafalda + Judite Degado		[1564] Individual POR		1:25:00	11
	3082	Marisa Barroso		[070] COC	mp		
	90007	Gabriela Marisa Gonçalves	75	[167] NAST	dns		
PROM3 - Fácil Longo (24)							
1	90072	Silvia Silva		[1564] Individual POR	24:34	1 44:04	2 1:08:38
2	90022	Carla Macedo	88	[056] Natura	34:27	4 48:33	3 1:23:00
3	90011	Marta Pinto	87	[1564] Individual POR	34:37	7 48:34	4 1:23:11
4	4402	Maria Adelaide	60	[151] GafanhOri	40:09	14 1:02:53	5 1:43:02
5	4604	Sandra Marcolino	80	[052] GD4C	39:57	13 1:14:57	6 1:54:54
6	90019	António Patrício	98	[133] GDU Azoia	35:50	10 1:29:00	7 2:04:50
	90034	João Simões	98	[8249] ESMC	52:10	18	
	90035	Ricardo Rocha	97	[8249] ESMC	mp		
	90032	Ruben Nunes	98	[8249] ESMC	mp		
	90033	Marco Oliveira	98	[8249] ESMC	34:29	5	
	90066	Isabel Lemos		[1564] Individual POR		1:55:35	9
	90079	Diana Carvalho		[1564] Individual POR		33:56	1
	90036	Bruno Vieira	97	[8249] ESMC	34:58	8	
	90065	Rita Lemos		[1564] Individual POR		1:55:34	8
	90031	Hugo Pinhal	98	[8249] ESMC	35:03	9	
	90024	Diana Marques	98	[8249] ESMC	44:24	16	
	90025	João Azevedo	97	[8249] ESMC	36:28	11	
	5892	Rui Pedro Amaral	79	[070] COC	31:10	2	
	90023	Ana Paula Marques	72	[8249] ESMC	34:29	5	
	90026	Renato Gouveia	98	[8249] ESMC	31:47	3	
	90029	Pedro Salgado	95	[8249] ESMC	mp		
	90030	Daniel Simões	96	[8249] ESMC	51:57	17	
	90027	Jessica Timoteo	98	[8249] ESMC	43:47	15	
	90028	Daniel Mendonça	98	[8249] ESMC	37:44	12	
H10 (4)							
1	90047	João Ferreira		EPDAF	18:50	1 28:36	2 47:26
2	90077	João Pedro		[107] CAOS	25:41	2 28:01	1 53:42
	90049	Vitor Amorim		EPDAF	mp		
	2863	António Patrício	64	[1564] Individual POR	dns		

Pl	tno	Name	B	Club	S1	S2	Time
PROM4- Dificil Longo (13)							
1	5851	Carlos Viana	89	[102] .COM	28:53	1 32:18	1 1:01:11
2	90064	Pedro Lemos		[1564] Individual POR	1:10:04	5 1:14:06	5 2:24:10
3	90002	César Cruz	83	[1564] Individual POR	1:21:39	6 1:23:47	8 2:45:26
4	90003	Carolina Vasconcelos	82	[1564] Individual POR	1:21:41	7 1:24:34	9 2:46:15
	90017	Patrícia Mendes	99	[094] CPOC	mp	1:17:00	7
	90016	Carlos Gameiro	68	[094] CPOC	mp	1:16:05	6
	90000	LucianoM+MariaM		[1564] Individual POR	mp	46:37	2
	2533	Arménio Mendes	65	[094] CPOC	mp	52:51	4
	90075	Francisco Esteves		[1564] Individual POR		mp	
	90071	Dina Costa		CAAL	1:04:02	4	
	90070	Paulo Costa		CAAL	1:03:54	3	
	90004	Nuno Lemos	75	[1564] Individual POR	33:14	2	
	90010	Eugénio Grilo	60	[1564] Individual POR		51:20	3