

Pl	tno	Name	B	Club	Time
<b>D10 (3/3)</b>		<b>Status of: 19:05</b>			
1	5996	Cátia Olaio	05	[070] COC	19:56
2	5648	Rita Castro	05	[052] GD4C	32:46
3	0046	Maria Cruz		EPDAF	45:48
<b>H12 (7/7)</b>		<b>Status of: 19:05</b>			
1	0051	Adelino Pereira		EPDAF	26:36
2	0053	Miguel Vila		EPDAF	27:59
3	5708	Tiago Marcolino	03	[052] GD4C	29:15
4	5714	João Sá	04	[116] Montepio Geral	31:23
5	0052	Gabriel António		EPDAF	1:13:51
	5081	Martim Carrilho	03	[107] CAOS	mp
	0054	Rodrigo Lima		EPDAF	mp
<b>D12 (1/1)</b>		<b>Status of: 19:05</b>			
1	0050	Ana Teixeira		EPDAF	46:54
<b>H14 (17/17)</b>		<b>Status of: 19:05</b>			
1	0056	João Melo		EPDAF	0:00
1	0057	João Marques		EPDAF	0:00
3	5737	Vasco Mendes	02	[133] GDU Azoia	23:50
4	5059	João Pedro	02	[090] ADFa	24:36
5	5074	Rodrigo Oliveira	02	[070] COC	26:28
6	5529	André Serra Campos	02	[102] .COM	31:31
7	5299	André Roberto	02	[070] COC	32:21
8	5954	Pedro Carvalho	01	[022] CLAC	33:44
9	5877	António Aguiar	02	[056] Natura	38:11
10	5896	Pedro Peralta	02	[133] GDU Azoia	41:34
11	5598	Afonso Fernandes	01	[137] LCM	42:42
12	5311	Bernardo Filipe	03	[070] COC	47:07
13	0055	Tiago Silva		EPDAF	54:01
nc	5878	Frederico Lisboa	01	[070] COC	mp
nc	0039	Diogo Oliveira	01	[6593] ESCarlosAmarant	35:19
nc	5763	Afonso Carriço	02	[007] Ori-Estarreja	50:11
nc	0014	Rui Silva	01	[088] ADC	dns
<b>D14 (5/5)</b>		<b>Status of: 19:05</b>			
1	5879	Joana Catarino	02	[022] CLAC	37:45
2	5739	Carina Castro	01	[007] Ori-Estarreja	40:14
3	5811	Ana Nunes	01	[094] CPOC	42:02
4	5827	Margarida Ferreira	01	[088] ADC	43:23
5	5828	Luciana Ferreira	02	[088] ADC	1:07:13
<b>H16 (19/20)</b>		<b>Status of: 19:05</b>			
1	5437	Tiago Figueiredo	99	[007] Ori-Estarreja	47:01
2	5447	Leonardo Ramalho	99	[102] .COM	54:57
3	5510	Pedro Barbosa Silva	00	[007] Ori-Estarreja	55:01
4	3976	Tomas Lima	01	[070] COC	55:57
5	5799	Pedro Moniz	00	[090] ADFa	57:33
6	4697	Samuel Silva	99	[070] COC	1:00:20
7	5843	Rui Batista	99	[022] CLAC	1:01:01

Pl	tno	Name	B	Club	Time	
<b>H16 (19/20)</b>		<b>Status of: 19:05</b>				(
8	5707	Gabriel Leal	00	[052] GD4C	1:01:24	
9	5488	André Henriques	00	[007] Ori-Estarreja	1:02:18	
10	5797	Ricardo Ferreira	00	[007] Ori-Estarreja	1:04:32	
11		Faria Guilherme		[102] .COM	1:05:12	
12	5131	Pedro Cabeça	99	[133] GDU Azoia	1:18:11	
13	5842	José Dias	99	[022] CLAC	1:24:51	
	5073	Manuel Oliveira	01	[070] COC	mp	
nc	0043	João Pedro Gomes Pinto	01	[3152] ESPinhal Novo	54:58	
nc	0041	Tiago Filipe Mar Lampreia	01	[3152] ESPinhal Novo	58:46	
nc	0042	Diogo Alexandre Lampreia	01	[3152] ESPinhal Novo	1:06:45	
nc	5962	João Rebelo	00	[022] CLAC	1:30:40	
nc	0040	Hugo Miguel Silv Glórias	00	[3152] ESPinhal Novo	dns	
<b>D16 (16/16)</b>		<b>Status of: 19:05</b>				
1	5166	Beatriz Esteves	00	[070] COC	55:00	
2	3975	Helena Lima	99	[070] COC	58:46	
3	5482	Tânia Pereira Olaio	00	[070] COC	1:02:26	
4	5064	Carina Cotovio	00	[070] COC	1:03:27	
5	5443	Filipa Castro	99	[007] Ori-Estarreja	1:06:15	
6	5939	Mariana Ferreira	00	[022] CLAC	1:07:48	
7	5657	Mafalda Moreira	00	[094] CPOC	1:08:34	
8	5808	Diana Marques	00	[022] CLAC	1:11:06	
9	5659	Raquel Henriques	00	[094] CPOC	1:13:58	
10	5940	Mariana Beirante	00	[022] CLAC	1:18:03	
11	5837	Mariana Almeida	00	[094] CPOC	1:18:38	
12	5466	Susana Silva	00	[167] NAST	1:22:12	
13	5645	Eduarda Martins	00	[167] NAST	1:42:03	
14	4907	Camila Coelho	00	[070] COC	1:58:02	
nc	0015	beatrz costa	01	[022] CLAC	1:29:41	
	5839	Eduarda Moreira	99	[088] ADC	dns	
<b>H18 (17/17)</b>		<b>Status of: 19:05</b>				
1	5636	Ricardo Esteves	98	[090] ADFA	38:55	
2	5295	João Bernardino	98	[070] COC	39:54	
3	4657	João P. Casal	99	[007] Ori-Estarreja	47:14	
4	3832	Diogo Delgado	97	[052] GD4C	49:22	
5	3760	Vasco Duarte	97	[090] ADFA	50:04	
6	5477	Ricardo Tenreiro	98	[070] COC	51:17	
7	3955	Miguel Baltazar	98	[090] ADFA	54:21	
8	5448	João Magalhães	98	[102] .COM	1:01:25	
9	5006	Gabriel Braz	97	[070] COC	1:04:05	
10	5757	Daniel Magalhães	98	[102] .COM	1:07:39	
11	5504	Diogo Reis	98	[052] GD4C	1:08:06	
12	5787	Robert Verdasco	98	[090] ADFA	1:08:31	
13	4985	Pedro Gonçalves	98	[007] Ori-Estarreja	1:29:01	
14	5845	Francisco Ábreu	98	[102] .COM	1:31:36	
15	5224	Francisco Fernandes	97	[133] GDU Azoia	1:32:29	
	4908	Pedro Roberto	97	[070] COC	mp	
	4504	João Gomes	98	[102] .COM	dns	

Pl	tno	Name	B	Club	Time
<b>D18 (13/13) Status of: 19:05</b>					
1	5138	Joana Marques	98	[007] Ori-Estarreja	43:52
2	5665	Patrícia Romão	98	[090] ADFa	47:51
3	5679	Ana Castanheiro	97	[102] .COM	50:07
4	5533	Beatriz Sanguino	98	[094] CPOC	52:15
5	5227	Daniela Pires	98	[090] ADFa	53:53
6	5634	Carolina Carço	98	[090] ADFa	58:10
7	5785	Rita Raimundo	98	[090] ADFa	59:59
8	5506	Verónica Fradique		[052] GD4C	1:00:16
9	5961	Mariana Jorge	98	[090] ADFa	1:02:01
10	4909	Sara Roberto	99	[070] COC	1:02:10
11	4935	Raquel Martins	98	[167] NAST	1:16:21
	5643	Cristina Mafalda	97	[088] ADC	dnf
	5639	Debora Swinke	98	[094] CPOC	dns
<b>H20 (12/12) Status of: 19:05</b>					
1	5287	João Novo	97	[102] .COM	45:37
2	5055	André Esteves	96	[070] COC	49:18
3	5185	Rui Oliveira	95	[007] Ori-Estarreja	53:04
4	5216	Nuno Santos	96	[090] ADFa	56:22
5	4765	Hugo Velinho	96	[094] CPOC	1:08:35
6	5626	Rodrigo Magalhães	96	[102] .COM	1:10:56
7	5061	Manuel Lopes	96	[090] ADFa	1:12:15
8	5628	Gonçalo Dias	96	[052] GD4C	1:12:46
9	3910	Rui Pinto	95	[167] NAST	1:29:04
10	4991	Ismael Machado	96	[167] NAST	1:36:48
11	5885	Pedro Morais	96	[168] CAB	1:44:52
12	5886	Tiago Oliveira	96	[168] CAB	1:48:08
<b>D20 (6/6) Status of: 19:05</b>					
1	4515	Beatriz Moreira	97	[094] CPOC	38:09
2	5736	Filipa Rodrigues	96	[090] ADFa	44:02
3	4313	Joana Fernandes	96	[102] .COM	48:09
4	5485	Ana Catarina Andrade	96	[007] Ori-Estarreja	48:12
5	4277	Inês Alves	96	[052] GD4C	53:35
	4986	Inês Gonçalves	95	[007] Ori-Estarreja	mp
<b>HE (18/18) Status of: 19:05</b>					
1	4495	Tiago Gingão Leal	90	[052] GD4C	34:34
2	1874	Tiago Martins Aires	82	[151] GafanhOri	35:25
3	4103	Rafael Miguel	93	[007] Ori-Estarreja	36:55
4	1871	Pedro Duarte	86	[090] ADFa	38:31
5	2398	Pedro Silva	93	[151] GafanhOri	39:08
6	2668	Gildo Silva	85	[070] COC	39:22
7	1888	Diogo Miguel	89	[007] Ori-Estarreja	39:24
8	2060	Marco Pova	76	[090] ADFa	39:45
9	2818	Tiago Romão	89	[151] GafanhOri	40:32
10	3167	Nuno Evangelista	80	[114] COA	41:51
11	4633	Nelson Santos	89	[070] COC	42:50
12	1811	Luis Leite	76	[052] GD4C	43:28
13	1111	Pedro Nogueira	82	[090] ADFa	43:40
14	3173	Davide Machado	88	[102] .COM	46:19

PI	tno	Name	B	Club	Time
<b>HE (18/18)</b>		<b>Status of: 19:05</b>			(
15	3785	Nelson Baroca	80	[062] CA Madeira	50:06
16	3602	Luis Barreiro	82	[054] NADA	53:57
17	3555	Filipe Dias	85	[052] GD4C	55:32
	4429	Manuel Horta	90	[151] GafanhOri	dns
<b>DE (11/11)</b>		<b>Status of: 19:05</b>			
1	3156	Mariana Moreira	92	[094] CPOC	33:43
2	2348	Raquel Costa	83	[151] GafanhOri	34:57
3	3237	Vera Alvarez	94	[094] CPOC	37:19
4	3519	Albertina Sá	77	[090] ADFA	40:15
5	3315	Adelindina Lopes	74	[070] COC	45:48
6	3054	Inês Domingues	94	[070] COC	46:57
7	3060	Patricia Casalinho	87	[070] COC	47:13
8	4142	Rita Rodrigues	93	[151] GafanhOri	48:38
9	4112	Inês Pinto	92	[151] GafanhOri	48:41
10	3479	Carolina Delgado	95	[052] GD4C	49:24
11	3157	Liliana Oliveira	90	[052] GD4C	50:35
<b>H21A (22/22)</b>		<b>Status of: 19:05</b>			
1	1721	Bruno Nazário	80	[007] Ori-Estarreja	47:45
2	2128	Daniel Marques	84	[070] COC	48:50
3	2983	João Gomes	78	[062] CA Madeira	53:04
4	4101	Jorge Marques	73	[052] GD4C	53:17
5	3099	Nuno Cruz	81	[005] CP Armada	58:56
6	2635	Edgar Domingues	88	[070] COC	1:00:59
7	4807	Fidel Conde	77	[070] COC	1:01:04
8	2054	Jorge Mendes	75	[090] ADFA	1:03:04
9	2150	Xavier Vieira	69	[062] CA Madeira	1:03:30
10	5698	Pedro Laia	77	[133] GDU Azoia	1:03:38
11	4016	Miguel Nobrega	89	[056] Natura	1:07:15
12	4019	João Moura	89	[056] Natura	1:08:44
13	3684	Rui Martins	89	[056] Natura	1:14:29
14	5684	Francisco Neto Silva	89	[052] GD4C	1:15:18
15	5615	Luís Castro	94	[088] ADC	1:15:48
16	3489	Jorge Frazão	79	[070] COC	1:16:15
17	5907	Rui Miguel Príncipe	86	[052] GD4C	1:38:57
18	5960	humberto santos	79	[090] ADFA	6:18:52
nc	2969	Domingos Martins	89	[151] GafanhOri	56:30
nc	5605	Gil Alves Serafim	86	[1000] Individual POR Fe	1:05:21
nc	4027	Miguel Moreira	93	[088] ADC	1:25:24
	4241	Luis Gonçalves	81	[094] CPOC	dns
<b>D21A (11/11)</b>		<b>Status of: 19:05</b>			
1	3445	Ana Filipa Silva	90	[094] CPOC	49:58
2	2174	Paula Rodrigues	67	[073] CMo Funchal	54:30
3	2582	Anabela Vieito	67	[070] COC	58:35
4	5313	Maria Bernardino	93	[102] .COM	1:00:04
5	2749	Daniela Alves	90	[088] ADC	1:00:26
6	4078	Ana Pinto	83	[056] Natura	1:09:16
7	4693	Sofia Pinto	94	[056] Natura	1:12:14
8	1490	Cristina Nazário	83	[007] Ori-Estarreja	1:27:01

Pl	tno	Name	B	Club	Time
<b>D21A (11/11)</b>		<b>Status of: 19:05</b>			(
	5977	Catarina Castelão	85	[070] COC	dns
	5990	Cláudia Santos	92	[070] COC	dns
	1554	Ana Porta Nova	86	[094] CPOC	dns
<b>H21B (18/18)</b>		<b>Status of: 19:05</b>			
1	5316	João Real	84	[159] COAAL	52:03
2	5555	José Carlos Marques	78	[119] OriMarão	1:02:16
3	5334	Hugo Monteiro	86	[094] CPOC	1:02:51
4	2831	Daniel Raposo	80	[128] COALA	1:04:32
5	5796	Bruno André	81	[119] OriMarão	1:06:40
6	5846	Filipe Ramalho	80	[159] COAAL	1:09:56
7	5895	Fábio Miguel	95	[133] GDU Azoia	1:10:53
8	4635	Sérgio Mónica	70	[128] COALA	1:14:45
9	5692	Luis Jacinto	84	[094] CPOC	1:16:46
10	5314	Carlos M T Teixeira	72	[033] Clube TAP	1:29:36
11	4422	João Direitinho	70	[159] COAAL	1:39:50
12	5925	Pedro Tiago Gomes	90	[1000] Individual POR Fe	1:41:25
13	5929	Nelson S. Pinto	94	[167] NAST	1:45:46
14	5980	Rafael Silva	87	[056] Natura	1:56:28
15	5898	Nuno Gomes	76	[133] GDU Azoia	1:57:11
16	5746	Luís Miguel Pires	77	[056] Natura	3:06:23
	4813	Rui Alves	94	[137] LCM	mp
	6031	Carlos Emanuel C Santos	88	[166] ADM Ori-Mondego	dnf
<b>D21B (9/9)</b>		<b>Status of: 19:05</b>			
1	5850	Zélia Viana	83	[102] .COM	1:04:40
2	4425	Ana Gouveia	80	[062] CA Madeira	1:15:53
3	3510	L R Gouveia	78	[085] A Montanha	1:22:20
4	5696	Ana Casaca	76	[133] GDU Azoia	1:25:34
5	4954	Vanessa Jorge	75	[094] CPOC	1:32:14
6	5956	Carla Ramos	73	[133] GDU Azoia	1:44:30
7	5943	Ana Soares	73	[052] GD4C	2:02:01
	5783	Catarina Félix	67	[133] GDU Azoia	dnf
	5995	Ana Isabel Madal Cabeleira	87	[094] CPOC	dnf
<b>H35 (11/11)</b>		<b>Status of: 19:05</b>			
1	1516	Alberto Branco	75	[005] CP Armada	38:30
2	2562	Nuno Pedro	79	[107] CAOS	48:40
3	2588	José Domingos	76	[094] CPOC	50:30
4	3593	Jose Pereira	78	[005] CP Armada	50:48
5	1050	Daniel Filipe	78	[007] Ori-Estarreja	58:54
6	3898	Sergio Junqueira	79	[070] COC	1:00:16
7	2170	A F Gouveia	75	[085] A Montanha	1:02:48
8	3852	Marco Fidalgo	77	[115] ATV	1:27:34
9	3936	Norberto Henriques	77	[070] COC	1:55:48
	2333	Rui Marques	71	[133] GDU Azoia	dns
	1986	Eduardo Oliveira	72	[115] ATV	dns

Pl	tno	Name	B	Club	Time
<b>D35 (10/10)</b>		<b>Status of: 19:05</b>			
1	3799	Tânia Covas Costa	78	[102] .COM	40:55
2	2503	Susana Pontes	71	[070] COC	43:56
3	3467	Helena Sousa	67	[119] OriMarão	48:15
4	2022	Paula Serra Campos	68	[102] .COM	51:27
5	1006	Cristina Santos	68	[151] GafanhOri	57:30
6	1346	Fátima Saraiva	77	[168] CAB	1:01:10
7	1031	Mafalda Almeida	78	[007] Ori-Estarreja	1:12:03
8	5307	Manuela Marques	72	[102] .COM	1:22:13
	2561	Ângela Pedro	79	[107] CAOS	mp
	4327	Sónia Saramago	73	[115] ATV	dns
<b>H40 (18/18)</b>		<b>Status of: 19:05</b>			
1	4285	Jorge Correia	70	[090] ADFa	41:34
2	5463	Marco Almeida	73	[168] CAB	50:02
3	4059	Miguel Sá	71	[116] Montepio Geral	54:08
4	3304	Cesar Conceição	75	[070] COC	54:11
5	2099	José Bernardo	68	[070] COC	56:39
6	5199	Paulo Silva	72	[052] GD4C	59:02
7	5297	Cidália Oliveira	73	[052] GD4C	1:01:32
8	2999	António Batista	69	[115] ATV	1:02:05
9	4685	José João Ferreira	74	[119] OriMarão	1:02:25
10	3913	Alberto César	70	[052] GD4C	1:06:42
11	2823	Rui Pisco	75	[114] COA	1:12:44
12	5063	Sandro Castro	72	[052] GD4C	1:17:08
13	3062	Samuel Oliveira	68	[168] CAB	1:25:39
	5277	Luís Miguel S Pereira	70	[070] COC	mp
nc	3750	Jorge Parreira	68	[114] COA	1:15:59
nc	3437	Carlos Lobo	71	[128] COALA	1:19:26
nc	4250	Marco Palhinha	73	[125] Casa Povo Abrunh	1:23:14
	1225	Alexandre Reis	67	[090] ADFa	dns
<b>D40 (9/9)</b>		<b>Status of: 19:05</b>			
1	2784	Teresa Alves	69	[119] OriMarão	1:09:48
2	2171	Jandira Peres	73	[070] COC	1:13:58
3	5056	Paula Ferreira	73	[070] COC	1:16:20
4	1528	Marina Carrilho	73	[107] CAOS	1:19:02
5	2574	Ana Casal	70	[007] Ori-Estarreja	1:22:47
6	2842	Isabel Oliveira	72	[070] COC	1:23:59
7	5819	Anabela Dias	71	[070] COC	1:28:33
8	2259	Susana Domingos	72	[070] COC	1:30:12
nc	1039	Margarida Maria	71	[007] Ori-Estarreja	1:45:03
<b>H45 (31/31)</b>		<b>Status of: 19:05</b>			
1	2044	João Pedro Valente	66	[094] CPOC	41:09
2	2377	Rui Botão	68	[070] COC	41:55
3	2593	Vítor Delgado	67	[052] GD4C	42:46
4	2785	Rafael Lima	68	[119] OriMarão	45:21
5	1202	Mosca Rodrigues	69	[005] CP Armada	48:05
6	1682	Santos Sousa	64	[090] ADFa	50:13
7	1298	Carlos Garcia	64	[157] AFAP	50:51
8	1246	Daniel Pires	65	[090] ADFa	52:07

Pl	tno	Name	B	Club	Time	
<b>H45 (31/31)</b>		<b>Status of: 19:05</b>				(
9	1583	Jorge Oliveira	69	[070] COC	52:47	
10	1281	Joaquim Sousa	70	[070] COC	53:01	
11	1937	Tozé Silva	66	[070] COC	54:56	
12	1093	Jorge Baltazar	66	[133] GDU Azoia	55:13	
13	1967	Luís Bucha	70	[008] CP EPAL	55:33	
14	1784	João Carrilho	70	[107] CAOS	1:00:36	
15	1935	Rui Tenreiro	67	[070] COC	1:00:44	
16	5158	Sérgio Santos	66	[090] ADFa	1:01:20	
17	1364	Helder Ferreira	69	[070] COC	1:02:03	
18	1499	José Carlos Ramalho	67	[102] .COM	1:02:16	
19	1931	Carlos Monteiro	58	[070] COC	1:03:38	
20	4287	António Cotovio	68	[070] COC	1:06:56	
21	1810	Octávio Andrade	68	[102] .COM	1:10:05	
22	2244	Cláudio Tereso	70	[115] ATV	1:10:18	
23	3836	Martins de Jesus	70	[007] Ori-Estarreja	1:11:24	
24	2667	João Martins	67	[022] CLAC	1:12:29	
25	4632	Mario Marinheiro	65	[125] Casa Povo Abrunh	1:24:16	
26	2750	Leonel Vieito	66	[070] COC	1:26:52	
27	5551	David Afonso	66	[033] Clube TAP	1:28:17	
28	3629	João Carriço	70	[007] Ori-Estarreja	1:39:38	
	4228	Ilídio Coelho	67	[070] COC	dnf	
	3081	Alberto Barros	69	[052] GD4C	dnf	
	4328	Luís Miguel Martinho	70	[115] ATV	dns	
<b>D45 (6/6)</b>		<b>Status of: 19:05</b>				
1	2849	Alexandra Coelho	68	[052] GD4C	58:19	
2	2129	Luísa Mateus	58	[070] COC	59:55	
3	1092	Alice Silva	65	[090] ADFa	1:08:26	
4	3890	Claudia Figueiredo	66	[052] GD4C	1:18:04	
5	5211	Rosário Barros	69	[070] COC	1:18:49	
6	4104	Maria Silva	65	[007] Ori-Estarreja	1:27:55	
<b>H50 (24/24)</b>		<b>Status of: 19:05</b>				
1	4671	Francisco Cordeiro	64	[090] ADFa	49:28	
2	1084	Manuel Luís	63	[005] CP Armada	50:18	
3	1907	Carlos Coelho	61	[094] CPOC	56:39	
4	4783	Carlos Fortunato	62	[007] Ori-Estarreja	1:00:20	
5	1256	Mário Duarte	62	[090] ADFa	1:04:33	
6	2417	Carlos Matos	60	[167] NAST	1:06:36	
7	1095	Fernando Costa	61	[052] GD4C	1:07:38	
8	5354	Noel Cabeça	64	[133] GDU Azoia	1:10:04	
9	3098	António Graça	63	[005] CP Armada	1:10:12	
10	4656	José Bolrão	64	[070] COC	1:10:35	
11	1405	João Barrulas	61	[090] ADFa	1:12:24	
12	5391	José Almeida	62	[056] Natura	1:15:09	
13	3073	Jorge Ferreira	65	[088] ADC	1:18:40	
14	3872	António Aguiar	61	[007] Ori-Estarreja	1:27:05	
15	2905	Manuel Delgado	61	[052] GD4C	1:28:14	
16	2592	João Alves	61	[052] GD4C	1:31:44	
17	4098	Júlio Oliveira	63	[005] CP Armada	1:34:53	
18	2440	António Ferreira	63	[088] ADC	1:35:17	
19	1218	Fontoura	63	[094] CPOC	1:45:48	
20	5294	Amândio Gonçalves	63	[022] CLAC	1:46:53	

Pl	tno	Name	B	Club	Time
<b>H50 (24/24)</b>		<b>Status of: 19:05</b>			(
21	5930	Manuel Silva	63	[167] NAST	2:31:02
	1884	Sérgio Aguiar	60	[056] Natura	mp
	1471	Jose Monteiro Pires	59	[094] CPOC	mp
	1449	Manuel Dias	52	[151] GafanhOri	dns
<b>D50 (8/8)</b>		<b>Status of: 19:05</b>			
1	5695	Luísa Gaboleiro	63	[133] GDU Azoia	1:03:48
2	1952	Isabel Monteiro	58	[070] COC	1:07:40
3	2497	Aida Correia	63	[052] GD4C	1:08:03
4	2411	Jerónima Rocha	60	[052] GD4C	1:13:58
5	1524	Helena Lopes	58	[003] CIMO	1:14:02
6	4730	Assunção Almeida	59	[151] GafanhOri	1:16:14
7	5293	Amália Gonçalves	63	[022] CLAC	2:09:19
nc	5123	Cathy Dawson	53	[151] GafanhOri	mp
<b>H55 (14/14)</b>		<b>Status of: 19:05</b>			
1	1182	Albano João	59	[070] COC	52:36
2	1577	Luís Sousa	54	[090] ADFA	1:06:30
3	1190	Carlos Ferreira	56	[168] CAB	1:08:42
4	3888	Vitor Almeida	59	[005] CP Armada	1:15:42
5	3128	Manuel Martins	56	[005] CP Armada	1:17:24
6	3997	Jorge Artur	55	[090] ADFA	1:20:00
7	3865	Luís Pereira	58	[052] GD4C	1:23:43
8	1851	Escada da Costa	56	[128] COALA	1:25:26
9	2118	Manuel Domingues	57	[070] COC	1:25:28
10	2201	Luciano Lucas	57	[128] COALA	1:29:56
11	2364	António Amador	58	[073] CMo Funchal	1:35:45
	1532	José Fernandes	59	[102] .COM	mp
	2145	Fernando André	54	[167] NAST	mp
nc	5124	Roy Dawson	48	[151] GafanhOri	1:00:46
<b>D55 (1/1)</b>		<b>Status of: 19:05</b>			
1	1640	Fernanda Ferreira	55	[168] CAB	1:11:56
<b>H60 (8/8)</b>		<b>Status of: 19:05</b>			
1	1905	Vítor Rodrigues	54	[094] CPOC	1:05:47
2	1410	Jacinto Eleutério	54	[090] ADFA	1:20:43
3	2053	Carlos Rabaça	54	[022] CLAC	1:45:06
4	3430	Dias Coelho	55	[033] Clube TAP	1:55:47
5	1677	António Reyes	54	[151] GafanhOri	1:56:44
nc	4401	Custódio Sebastião	50	[151] GafanhOri	mp
nc	1062	Dionísio Estroia	52	[128] COALA	1:13:28
	1557	Acácio Porta Nova	53	[094] CPOC	dns
<b>D60 (5/5)</b>		<b>Status of: 19:05</b>			
1	5686	Sinikka Ovaskainen	49	[151] GafanhOri	1:30:26
2	2379	Hermínia Tavares	53	[056] Natura	1:33:11
3	1964	Guida Santos	53	[128] COALA	2:06:02



Pl	tno	Name	B	Club	Time
<b>D60 (5/5)</b>		<b>Status of: 19:05</b>			(
	2101	Beatriz Leite	50	[116] Montepio Geral	dnf
	1556	Ana Carreira	51	[094] CPOC	dns
<b>H65 (4/4)</b>		<b>Status of: 19:05</b>			
1	1441	Gil Rua	48	[007] Ori-Estarreja	1:19:44
2	1576	Francisco Coelho	44	[033] Clube TAP	1:21:59
3	2001	Costa Leite	50	[116] Montepio Geral	1:37:25
4	2341	João Rodrigues	50	[056] Natura	2:40:53
<b>H70 (3/3)</b>		<b>Status of: 19:05</b>			
1	5687	Jorma Ovaskainen	42	[151] GafanhOri	1:17:46
2	1149	Armandino Cramez	42	[007] Ori-Estarreja	1:43:26
3	5958	António Laia	44	[133] GDU Azoia	2:01:02
<b>H75 (2/2)</b>		<b>Status of: 19:05</b>			
1	2121	José Grada	39	[007] Ori-Estarreja	1:58:31
	3126	Joaquim da Costa	38	[052] GD4C	mp
<b>PROM1 - Fácil Curto (17/1)</b>		<b>Status of: 19:05</b>			
1	0067	Diogo Neto		[056] Natura	20:25
2	0069	Hugo Costa		[056] Natura	20:29
3	0068	Pedro Almeida		[056] Natura	21:11
4	5947	Alexandre Almeida	03	[168] CAB	30:05
5	5948	Maria Luís Almeida	02	[168] CAB	30:21
6	0018	Maria Leal	02	[133] GDU Azoia	30:58
7	0060	Paulo Martins		AEFM	33:20
8	0045	João Cruz		EPDAF	35:07
9	1240	Fernando Crisóstomo	49	[1000] Individual POR Fe	37:07
10	0058	Inês Silva		EPDAF	37:37
11	0048	Beatriz Fernandes		EPDAF	39:40
12	0044	Amanda Miranda		EPDAF	39:56
13	5405	Sónia Pereira	78	[116] Montepio Geral	43:23
14	0063	Tiago MArtins		AEFM	57:38
15	0062	Isabel Martins		AEFM	57:40
	0059	Nuno Pinto		AEFM	dns
	0061	Natacha Rodrigues		AEFM	dns
<b>PROM2 - Difícil Curto (18/)</b>		<b>Status of: 19:05</b>			
1	0001	EugénioS+NairA		[1000] Individual POR Fe	33:52
2	4489	Grigas Piteira	90	[151] GafanhOri	36:44
3	5515	Paulo Olaio	68	[070] COC	38:22
4	0005	José Dinis	00	[5644] EBJúlioSaúlDias	45:31
5	0006	Pedro Viana	02	[5644] EBJúlioSaúlDias	45:45
6	3007	José Mário Baptista	62	[052] GD4C	46:31
7	0009	Ana Lage	99	[5476] AEErmesinde/AE	50:18
8	0008	Adriana Sousa	99	[5476] AEErmesinde/AE	51:00
9	0020	Carolina Oliveira	99	[5476] AEErmesinde/AE	51:38
10	2380	Florbela Sousa	61	[070] COC	1:03:19
11	2381	Nelson Tereso	58	[070] COC	1:03:24
12	5963	Núria Ferreira	82	[167] NAST	2:05:30

Pl	tno	Name	B	Club	Time
<b>PROM2 - Difícil Curto (18/ Status of: 19:05</b>					
13	0021	Rui Pedro Ferrei Gonçalves	96	[167] NAST	2:06:09
14	5931	A. Amorim	96	[167] NAST	2:06:44
	0017	Patrícia Mendes	99	[094] CPOC	mp
	0016	Carlos Gameiro	68	[094] CPOC	mp
	3082	Marisa Barroso		[070] COC	mp
	0007	Gabriela Marisa Gonçalves	75	[167] NAST	dns
<b>PROM3 - Fácil Longo (20/ Status of: 19:05</b>					
1	5892	Rui Pedro Amaral	79	[070] COC	31:10
2	0026	Renato Gouveia	98	[8249] ESMC	31:47
3	0022	Carla Macedo	88	[056] Natura	34:27
4	0033	Marco Oliveira	98	[8249] ESMC	34:29
4	0023	Ana Paula Marques	72	[8249] ESMC	34:29
6	0011	Marta Pinto	87	[1564] Individual POR	34:37
7	0036	Bruno Vieira	97	[8249] ESMC	34:58
8	0031	Hugo Pinhal	98	[8249] ESMC	35:03
9	0019	António Patricio	98	[133] GDU Azoia	35:50
10	0025	João Azevedo	97	[8249] ESMC	36:28
11	0028	Daniel Mendonça	98	[8249] ESMC	37:44
12	4604	Sandra Marcolino	80	[052] GD4C	39:57
13	4402	Maria Adelaide	60	[151] GafanhOri	40:09
14	0027	Jessica Timoteo	98	[8249] ESMC	43:47
15	0024	Diana Marques	98	[8249] ESMC	44:24
16	0030	Daniel Simões	96	[8249] ESMC	51:57
17	0034	João Simões	98	[8249] ESMC	52:10
	0029	Pedro Salgado	95	[8249] ESMC	mp
	0032	Ruben Nunes	98	[8249] ESMC	mp
	0035	Ricardo Rocha	97	[8249] ESMC	mp
<b>H10 (4/4) Status of: 19:05</b>					
1	0047	João Ferreira		EPDAF	18:50
	0000	LucianoM+MariaM		[1564] Individual POR	mp
	0049	Vitor Amorim		EPDAF	mp
	2863	António Patrício	64	[1564] Individual POR	dns
<b>PROM4- Difícil Longo (8/8 Status of: 19:05</b>					
1	5851	Carlos Viana	89	[102] .COM	28:53
2	0004	Nuno Lemos	75	[1564] Individual POR	33:14
3	0070	Paulo Costa		CAAL	1:03:54
4	0071	Dina Costa		CAAL	1:04:02
5	0064	Pedro Lemos		[1564] Individual POR	1:10:04
6	0002	César Cruz	83	[1564] Individual POR	1:21:39
7	0003	Carolina Vasconcelos	82	[1564] Individual POR	1:21:41
	2533	Arménio Mendes	65	[094] CPOC	mp