

PI	Text1	Name	Club	Time	iff.
Open Curto (19)					
1	FR	AntonyLeyser	[166] ADM Ori-M	36:52	:00
2	NF	BernardoP+Rafael GonçaloD	[11516] AGRUP	38:03	1:11
3	NF	GuilhermeC +Pedro	[11513] AGRUP	41:51	4:59
4	F/NF/NF	CarolinaL+JoãoC MiguelP	[11516] AGRUP	42:02	5:10
5	NF/NF	RafaelC +SimãoC	[11513] AGRUP	42:10	5:18
6	FR	Ismael Rodrigues	[167] NAST	43:16	6:24
7	NF/NF	EricaF+MariaC SaraL	[11513] AGRUP	45:35	8:43
8	NF/NF	GonçaloA +ManuelP	[11513] AGRUP	46:01	9:09
9	F/NF/NF	EduardoG+LuisaM FranciscoF	[11516] AGRUP	47:23	10:31
10	FR	Aline Almeida	[005] CP Armad	55:11	18:19
11	NF/NF	JoãoC +JuanS	[11513] AGRUP	56:51	19:59
12	F/NF/NF	DanielaC+JoaoB JoaquimC+JorgeS+JoséV+	[11518] Liga Co	1:01:00	24:08
13	NF	AnaA+MafaldaS MatildeT	[11516] AGRUP	1:01:54	25:02
14	NF	JoãoR +MariaC	[11513] AGRUP	1:05:07	28:15
15	FR	Silvani Silva	[166] ADM Ori-M	1:10:08	33:16
16	NF/NF	JoanaA+LuanaG MariaD	[11516] AGRUP	1:11:39	34:47
17	NF	AdrianaM+DianaS JoanaG	[11516] AGRUP	1:31:14	54:22
	F/NF/NF	AfonsoC+Carolina MiguelF	[11516] AGRUP	mp	
	NF/NF	CarlaG+MafaldaS MárioS	[1564] Individual	dns	
Open Médio (14)					
1	NF	EvaristoM MariaJoãoG	[1564] Individual	40:10	:00
2		Alice Moreira	[166] ADM Ori-M	43:31	3:21
3	NF	Jorge Barbosa	[1564] Individual	46:32	6:22
4	NF	HenriqueS +SofiaS	[128] COALA	57:56	17:46
5	FR	Martim Rocha	[037] GD Luz Ve	58:53	18:43
6	NF	Miguel Pires	[070] COC	1:01:00	20:50
6		Lucas+Marcos +Ivan+Diogo	[070] COC	1:01:00	20:50
8	NF	CarlaA +CarlosA	[1564] Individual	1:01:56	21:46
9	NF	FranciscoB +Marta+Matilde	[11513] AGRUP	1:06:15	26:05
10	F/NF/NF	LuísaC+MariaS NunoC+PauloS	[128] COALA	1:16:44	36:34
11	NF	AnaS +Miguel	[11513] AGRUP	1:22:10	42:00
12	NF	Luis Barbosa	[1564] Individual	1:47:15	1:07:05
	NF/NF	InêsR +SóniaC	[11513] AGRUP	dnf	
	NF	M.Lourdes Diogo	[1564] Individual	dnf	
Open Longo (17)					
1		P Viana +R Azevedo	[052] GD4C	36:16	:00
2	NF	Gonçalo Marques	[11513] AGRUP	40:39	4:23
3	NF	Ezequiel Reis	[1564] Individual	42:25	6:09
4	NF	Jorge Ribeiro	[1564] Individual	44:18	8:02
5	NF	JoãoP +SofiaA	[1564] Individual	47:53	11:37
6		Luis Pereira	[1564] Individual	49:55	13:39
7	NF	Ricardo Domingues	[1564] Individual	55:01	18:45
8	NF	Marcio Sousa	[11526] CPR.A-	59:45	23:29
9	NF/NF	PauloF +VitorS	[11510] JuntaIte	1:03:10	26:54
10	NF/NF	PauloD +RuiM	[11510] JuntaIte	1:04:12	27:56
11	NF	Carlos Gameiro	[094] CPOC	1:15:25	39:09
12	NF/NF	FernandoV RogerioA	[11510] JuntaIte	1:19:59	43:43
13		J Lavado +S Antunes	[123] UCDA	1:31:13	54:57
14		António Agostinho	[1564] Individual	1:34:26	58:10
		João Fonseca	[1564] Individual	mp	

PI	Text1	Name	Club	Time	iff.
Open Longo (17)		<i>(cont.)</i>			
	NF	Simão Ribeiro	[1564] Individual	dns	
	NF	João Guilherme F Pedro	[167] NAST	dns	
Formação (14)					
1	FNR	André Ferreira	[070] COC	15:31	:00
2	FR	Tiago Oliveira	[094] CPOC	15:50	0:19
3	FR	Miguel Ferreira	[070] COC	23:04	7:33
4		Inês Pedro	[107] CAOS	24:25	8:54
5	FR	David Marques	[070] COC	24:47	9:16
6	FR	Benedita	[007] Ori-Estarre	27:37	12:06
7	FR	Santiago Soares	[037] GD Luz Ve	33:53	18:22
8	NF	Miguel Barbosa	[1564] Individual	41:11	25:40
9		Beatriz Jesus	[1564] Individual	41:12	25:41
9	FR	Maria Leonor	[070] COC	41:12	25:41
11	FR	Juliana Pedro	[107] CAOS	44:57	29:26
	FR	António Oliveira	[070] COC	dns	
	FR	Clara Lima	[070] COC	dns	
	FR	Maria Oliveira	[070] COC	dns	
Juvenis M (9)					
1	FR	João Rodrigues	[052] GD4C	33:28	:00
2	FR	Miguel Braz	[070] COC	37:21	3:53
3	FR	Afonso Ferreira	[094] CPOC	39:17	5:49
4	FR	Alexandre Soares	[022] CLAC	40:17	6:49
5	FR	André Cunha	[052] GD4C	42:29	9:01
6	FR	Bernardo Filipe	[070] COC	42:32	9:04
7	FR	Rafael Rocha	[037] GD Luz Ve	47:46	14:18
8	FR	Dinis Santo	[070] COC	47:54	14:26
9	FR	João Pedro	[107] CAOS	53:55	20:27
Juvenis F (6)					
1	FR	Beatriz Moreira	[088] ADC	33:22	:00
2	FR	Daniela Faria	[052] GD4C	34:29	1:07
3	FR	Leonor Ferreira	[094] CPOC	36:50	3:28
4	FR	Nadine Silva	[052] GD4C	37:22	4:00
	FR	Débora Oliveira	[102] .COM	mp	
	FNR	Cátia Olaio	[070] COC	dns	
Juniores M (3)					
1	FR	André Roberto	[070] COC	40:05	:00
2	FR	José Dinis	[052] GD4C	43:56	3:51
3	FR	Diogo Oliveira	[102] .COM	44:40	4:35
Juniores F (6)					
1	FR	Dulce Fernandes	[052] GD4C	37:06	:00
2	FR	Ana Viana	[052] GD4C	42:05	4:59
3	FR	Rita Nogueira	[088] ADC	44:50	7:44
4	FR	Sofia Meireles	[166] ADM Ori-M	58:06	21:00
	FR	Sara Roberto	[070] COC	dns	
	FR	Tânia Pereira Olaio	[070] COC	dns	

PI	Text1	Name	Club	Time	iff.
Seniores M (24)					
1	FR	Paulo Palhinha	[125] CP Abrunh	51:23	:00
2	FR	Gil Serafim	[119] OriMarão	1:00:31	9:08
3	FR	André Martins	[022] CLAC	1:01:26	10:03
4	FR	Diogo Reis	[052] GD4C	1:01:41	10:18
5	FR	Bruno Moreiras	[005] CP Armad	1:02:30	11:07
6	FR	Pedro Rama	[166] ADM Ori-M	1:03:59	12:36
7	FR	Luís Viedma	[070] COC	1:04:27	13:04
8	FNR	Nuno Mendes	[151] GafanhOri	1:04:51	13:28
9	NF	saj Sergio Contente	[999] EscolaArm	1:05:43	14:20
10	FR	André Mora	[166] ADM Ori-M	1:08:26	17:03
11	FR	Bruno André	[119] OriMarão	1:08:48	17:25
12	FR	Vasco Vinhas	[052] GD4C	1:09:14	17:51
13	FR	Rafael Silva	[056] Natura	1:10:35	19:12
14	FR	Pedro Tiago Gomes	[159] COAAL	1:10:49	19:26
15	FR	Marco Martins	[022] CLAC	1:14:23	23:00
16	FR	Fabio Coradinho	[151] GafanhOri	1:16:56	25:33
17	NF	maj Almeida Agostinho	[11519] Esc. sar	1:18:19	26:56
18	NF	Cap. João Arnaut	[11521] RA4	1:21:05	29:42
19		Marco Alexandre	[11600] RI15	1:31:33	40:10
20	FR	Fred Loureiro	[056] Natura	1:41:25	50:02
	NF	furr Al Ricardo Lopes	[999] EscolaArm	dns	
	FR	João Bernardino	[070] COC	dns	
	NF	sch Alexandre Reis	[999] EscolaArm	dns	
	NF	furr al Jose Silva	[999] EscolaArm	dns	
Seniores F (13)					
1	FR	Raquel Ferreira	[052] GD4C	51:18	:00
2	NF	Zofia Galla	[11524] Azymut	1:01:15	9:57
3	FNR	Sara Miranda	[085] A Montanh	1:05:31	14:13
4		Ana Magina	[11600] RI15	1:06:21	15:03
5	NF	furr al Andrea Dumitru	[999] EscolaArm	1:07:38	16:20
6	FR	Anabela André	[119] OriMarão	1:16:15	24:57
7	FNR	Cristiana Silva	[052] GD4C	1:19:37	28:19
8	FR	Sofia Rocha	[151] GafanhOri	1:20:40	29:22
9	FR	Rita Pereira	[166] ADM Ori-M	1:54:38	1:03:20
	FR	Raquel Costa	[151] GafanhOri	mp	
	FR	Laura Romo	[070] COC	dnf	
	FR	Marta Fonseca	[090] ADFA	dns	
	FNR	Inês Catalão	[151] GafanhOri	dns	
Veteranos I M (30)					
1	FR	Joaquim Sousa	[070] COC	45:25	:00
2	FR	Arnaldo Mendes	[166] ADM Ori-M	47:59	2:34
3	FR	Javier Liz	[2236] Fluvial	51:06	5:41
4	FR	Nuno Ferreira	[094] CPOC	51:38	6:13
5	FR	Vítor Delgado	[052] GD4C	59:19	13:54
6	FR	Nuno Pedro	[107] CAOS	1:01:44	16:19
7	FR	Luís Bucha	[008] CP EPAL	1:01:47	16:22
8	FR	José João Ferreira	[119] OriMarão	1:03:56	18:31
9	FR	Nuno Rebelo	[007] Ori-Estarre	1:05:45	20:20
10	FR	Rui Morais	[007] Ori-Estarre	1:05:49	20:24
11	FR	Sérgio Mónica	[128] COALA	1:06:05	20:40

PI	Text1	Name	Club	Time	iff.
Veteranos I M (30)			(cont.)		
12	FR	José Marco	[167] NAST	1:07:10	21:45
13	FR	João Martins	[022] CLAC	1:07:54	22:29
14	FR	Duarte Santo	[070] COC	1:08:28	23:03
15	FR	Gerhard Doppler	[166] ADM Ori-M	1:11:22	25:57
16	FR	Paulo Pintassilgo	[159] COAAL	1:11:32	26:07
17	FR	António Batista	[115] ATV	1:13:24	27:59
18	FR	Fernando Silva	[052] GD4C	1:14:40	29:15
19	FR	António Rompante	[167] NAST	1:15:22	29:57
20	FR	Jorge Ferreira	[088] ADC	1:16:47	31:22
21	FR	Alberto César	[052] GD4C	1:16:54	31:29
22	FR	Fernando Fonseca	[167] NAST	1:17:18	31:53
23	FR	Arménio Mendes	[094] CPOC	1:19:59	34:34
24	NF	Pedro Miei	[167] NAST	1:29:27	44:02
25	FR	Miguel Vidinha	[167] NAST	1:35:02	49:37
26	FR	Luis Pinto	[094] CPOC	1:38:18	52:53
27	NF	Jose Saraiva	[1564] Individual	1:44:04	58:39
	FR	José Carlos Marques	[159] COAAL	dnf	
	FR	Daniel Filipe	[007] Ori-Estarre	dns	
	FNR	Rui Ferreira	[119] OriMarão	dns	

Veteranos I F (9)

1	FR	Carla Amorim	[166] ADM Ori-M	40:23	:00
2	FR	Ana Margarida Vaz	[007] Ori-Estarre	43:02	2:39
3	FR	Helena Sousa	[119] OriMarão	45:09	4:46
4	FR	Ângela Pedro	[107] CAOS	47:40	7:17
5	FR	Paula Goncalves	[052] GD4C	48:05	7:42
6	FR	Vanessa Jorge	[094] CPOC	49:59	9:36
7	FR	Claudia Figueiredo	[052] GD4C	1:00:41	20:18
8	FR	Fátima Emauz	[094] CPOC	1:07:03	26:40
	FR	Ana Vieira	[037] GD Luz Ve	mp	

Veteranos II M (19)

1	FR	José Fernandes	[102] .COM	44:30	:00
2	FR	Mário Duarte	[090] ADFA	46:54	2:24
3	FR	Carlos Garcia	[157] AFAP	50:54	6:24
4	FR	Jadir Pereira	[166] ADM Ori-M	52:28	7:58
5	FR	Paulo Ferreira	[005] CP Armad	54:53	10:23
6	NF	Jan Van der Elst	[1943] Individual	55:19	10:49
7	FR	José Manuel Pedrosa	[128] COALA	56:50	12:20
8	FR	Rui Almeida	[157] AFAP	58:02	13:32
9	NF	Eugénio Grilo	[1564] Individual	58:52	14:22
10	FR	Jose Leite Rocha	[037] GD Luz Ve	59:25	14:55
11	FR	Aniceto Soares	[022] CLAC	1:02:26	17:56
12	FR	Vitor Almeida	[005] CP Armad	1:05:26	20:56
13	FR	Jose Monteiro Pires	[094] CPOC	1:07:02	22:32
14	FR	Luís Pereira	[052] GD4C	1:19:55	35:25
15	FR	José Vicente	[157] AFAP	1:26:52	42:22
16	FR	Amândio Gonçalves	[022] CLAC	1:28:15	43:45
17	FR	Carlos Matos	[167] NAST	1:32:09	47:39
18	FR	Domingos Sereno	[128] COALA	1:36:27	51:57
19	FR	José Bolrão	[070] COC	1:37:33	53:03

Pl	Text1	Name	Club	Time	iff.
Veteranos II F (2)					
1	FR	Aida Correia	[052] GD4C	36:48	:00
2	FR	Amália Gonçalves	[022] CLAC	1:04:10	27:22
Veteranos III M (6)					
1	FR	Vítor Rodrigues	[094] CPOC	26:40	:00
2	FR	Armando Santos	[128] COALA	26:49	0:09
3	FNR	Costa Leite	[052] GD4C	34:18	7:38
4	FR	António Reyes	[128] COALA	34:20	7:40
5	FR	Jorge Santos	[128] COALA	35:03	8:23
6	NF	Dalmino Natividade	[1564] Individual	43:53	17:13
Veteranos III F (2)					
1	FR	Maria São João	[022] CLAC	48:01	:00
2	FR	Beatriz Leite	[052] GD4C	51:45	3:44