

PI	Text1	Name	Club	Time	Diff.
<b>Open Curto (8)</b>					
1		Gulherme +Catarina+Pedro	[11513] AGRUP 1198	31:08	0:00
2	FR	João Maia	[085] A Montanha	34:08	+3:00
3	FR	AntonyLeyser	[166] ADM Ori-Mondego	35:12	+4:04
4	FR	Aline Almeida	[005] CP Armada	44:10	+13:02
5	FNR	Francisco Loureiro	[6594] EBM Cavado	48:48	+17:40
6		M Gonc+B Gomes +B Sant+A Boléo	[11601] Unicórnios Saltitant	54:15	+23:07
7	FR	Silvani Silva	[166] ADM Ori-Mondego	57:37	+26:29
	FR	Miguel Trindade	[007] Ori-Estarreja	dns	

**Open Médio (29)**

1	NF	Jorge Barbosa	[1564] Individual POR	30:19	0:00
2	NF	EvaristoM MariaJoãoG	[1564] Individual POR	37:19	+7:00
3	NF	David Ferreira	[11532] Emmad	37:48	+7:29
3	NF	Aníbal Xamora	[11532] Emmad	37:48	+7:29
5	NF	Mário Caixeirinho	[11532] Emmad	37:55	+7:36
6		Alice Moreira	[166] ADM Ori-Mondego	38:24	+8:05
7		M Pereira +S Ribeiro	[1564] Individual POR	47:38	+17:19
8	NF	HenriqueS +SofiaS	[128] COALA	48:14	+17:55
9	NF	CarlaA +MariaE	[1564] Individual POR	52:17	+21:58
10	NF	Carlos Miguel Almeida	[1564] Individual POR	53:40	+23:21
11		B Almeida+A Alex +E Alexandre	[1564] Individual POR	53:42	+23:23
12	NF/NF	MARIAS +PAULOS	[128] COALA	57:59	+27:40
13	FNR	Carolina Araújo	[6594] EBM Cavado	1:06:48	+36:29
14	FNR	Gabriela Borges	[6594] EBM Cavado	1:06:56	+36:37
15	FR	Martim Rocha	[037] GD Luz Verde	1:08:18	+37:59
16	FNR	Mª Beatriz Sameiro	[6594] EBM Cavado	1:13:03	+42:44
17	NF	Deolinda Rosa da Sousa	[6594] EBM Cavado	1:13:56	+43:37
18	FNR	Eduarda Gomes	[6594] EBM Cavado	1:15:07	+44:48
19	NF	Luis Barbosa	[1564] Individual POR	1:15:10	+44:51
20	FNR	Tânia Dias	[6594] EBM Cavado	1:18:36	+48:17
21	FNR	Joana Costa	[6594] EBM Cavado	1:20:36	+50:17
22	FNR	Ana Luísa Araújo	[6594] EBM Cavado	1:21:40	+51:21
23	NF	Nuno Calado	[128] COALA	1:23:41	+53:22
24	NF	Catia Ferreira	[11532] Emmad	1:28:23	+58:04
25	NF	Ruben Vicente	[1564] Individual POR	1:28:25	+58:06
26	NF	Jorge Mendrico	[1564] Individual POR	1:28:27	+58:08
27		Filipa Trindade	[1564] Individual POR	1:40:04	+1:09:45
	NF	M.Lourdes Diogo	[1564] Individual POR	dnf	
	NF	Luísa Calado	[128] COALA	dns	

**Open Longo (14)**

1		Francisco Abreu	[102] .COM	39:59	0:00
2	NF	Marco Lopes	[1564] Individual POR	40:17	+0:18
3		Raúl Azevedo	[052] GD4C	42:38	+2:39
4	NF	Jorge Ribeiro	[1564] Individual POR	43:50	+3:51
5	NF	Marcio Sousa	[11526] CPR.A-DO-BARBA	54:20	+14:21
6	NF	JoãoP +SofiaA	[1564] Individual POR	54:34	+14:35
7	NF	Gonçalo Marques	[1564] Individual POR	55:37	+15:38
8	NF	Ricardo Domingues	[1564] Individual POR	57:31	+17:32
9	NF	David Leal	[1564] Individual POR	1:08:56	+28:57
10	NF	Carlos Gameiro	[094] CPOC	1:29:06	+49:07
11	F/NF/NF	FatimaC+JoanaS LuisB+TiagoB	[1564] Individual POR	1:32:08	+52:09

PI	Text1	Name	Club	Time	Diff.
<b>Open Longo (14)</b>		(cont.)			
	NF	Pedro Nuno Casás Sousa	[11408] CAL	mp	
	NF	Serafim Joaquim Sousa	[11408] CAL	mp	
	NF	Simão Ribeiro	[1564] Individual POR	mp	
<b>Turística (5)</b>					
	NF	Joseane Lima	[1930] Individual BRA	dnf	
	FR	Susana Mora	[166] ADM Ori-Mondego	dns	
	FR	Miguel Mora	[166] ADM Ori-Mondego	dns	
	FR	Alda Marcelo	[166] ADM Ori-Mondego	dns	
	FNR	Catarina Mendes	[166] ADM Ori-Mondego	dns	
<b>Formação (14)</b>					
1	FR	Benedita	[007] Ori-Estarreja	24:09	0:00
2	FR	Salvador Nazaré	[070] COC	27:02	+2:53
3	FR	Miguel Ferreira	[070] COC	30:45	+6:36
4	NF	Miguel Barbosa	[1564] Individual POR	31:08	+6:59
5	FNR	André Ferreira	[070] COC	43:07	+18:58
6	FR	Santiago Soares	[037] GD Luz Verde	43:41	+19:32
7	FR	Juliana Pedro	[107] CAOS	1:03:07	+38:58
	FR	Tiago Oliveira	[094] CPOC	mp	
	FNR	Ivone Gomes	[070] COC	dns	
	FR	Clara Lima	[070] COC	dns	
	FR	António Oliveira	[070] COC	dns	
	FR	David Marques	[070] COC	dns	
	FR	Maria Oliveira	[070] COC	dns	
	FR	Maria Leonor	[070] COC	dns	
<b>Juvenis M (12)</b>					
1	FR	Rodrigo Lima	[085] A Montanha	35:55	0:00
2	FR	João Rodrigues	[052] GD4C	38:05	+2:10
3	FR	Pedro Viana	[052] GD4C	39:37	+3:42
4	FR	Miguel Braz	[070] COC	43:09	+7:14
5	FR	Bernardo Rosa	[070] COC	47:09	+11:14
6	FR	Alexandre Soares	[022] CLAC	52:22	+16:27
7	FR	Bernardo Filipe	[070] COC	55:27	+19:32
8	FR	Rafael Rocha	[037] GD Luz Verde	57:10	+21:15
9	FR	João Pedro	[107] CAOS	1:16:11	+40:16
10	FR	André Cunha	[052] GD4C	1:22:07	+46:12
	FR	Afonso Ferreira	[094] CPOC	mp	
	FR	Dinis Santo	[070] COC	dnf	
<b>Juvenis F (12)</b>					
1	FR	Nadine Silva	[052] GD4C	34:20	0:00
2	FR	Leonor Ferreira	[094] CPOC	35:13	+0:53
3	FR	Beatriz Moreira	[088] ADC	38:00	+3:40
4	FNR	Beatriz Barrreto	[6594] EBMCavado	42:38	+8:18
5	FR	Rita Maia	[085] A Montanha	43:02	+8:42
6	FR	Patrícia Rosa	[070] COC	43:35	+9:15
7	FR	Daniela Faria	[052] GD4C	45:36	+11:16
8	FR	Débora Oliveira	[102] .COM	52:26	+18:06
9	FR	Maria Nazaré	[070] COC	1:05:56	+31:36

PI	Text1	Name	Club	Time	Diff.
<b>Juvenis F (12)</b>		(cont.)			
	FR	Inês Gomes	[070] COC	mp	
	FNR	Cátia Olaio	[070] COC	dns	
	FR	Sara Grácio	[070] COC	dns	
<b>Juniores M (7)</b>					
1	FR	André Roberto	[070] COC	53:57	0:00
2	FR	José Dinis	[052] GD4C	56:14	+2:17
3	FR	Diogo Oliveira	[102] .COM	57:59	+4:02
4	FR	Fábio Baptista	[085] A Montanha	1:11:08	+17:11
5	FNR	Bernardo Igreja	[166] ADM Ori-Mondego	1:12:55	+18:58
6	FR	José Vieira Maia	[085] A Montanha	1:19:44	+25:47
	FR	Rodrigo Oliveira	[070] COC	dns	
<b>Juniores F (6)</b>					
1	FR	Ana Viana	[052] GD4C	51:15	0:00
2	FR	Dulce Fernandes	[052] GD4C	52:36	+1:21
3	FR	Rita Nogueira	[088] ADC	58:18	+7:03
4	FR	Sofia Meireles	[166] ADM Ori-Mondego	58:46	+7:31
	FR	Sara Roberto	[070] COC	dns	
	FR	Tânia Pereira Olaio	[070] COC	dns	
<b>Seniores M (26)</b>					
1	FR	Paulo Palhinha	[125] CP Abrunheira	52:13	0:00
2	FR	Gil Serafim	[119] OriMarão	56:23	+4:10
3	FR	Rui Martins	[056] Natura	57:29	+5:16
4	FR	Bruno Moreiras	[005] CP Armada	1:00:20	+8:07
5	NF	sch Alexandre Reis	[999] EscolaArmas	1:00:49	+8:36
6	FR	Diogo Reis	[052] GD4C	1:03:03	+10:50
7	FR	André Martins	[022] CLAC	1:03:47	+11:34
8	FNR	Nuno Mendes	[151] GafanhOri	1:03:53	+11:40
9	FR	Ricardo Lopes	[056] Natura	1:05:34	+13:21
10	NF	saj Sergio Contente	[999] EscolaArmas	1:06:01	+13:48
11	FR	Vasco Vinhas	[052] GD4C	1:09:58	+17:45
12	FR	André Mora	[166] ADM Ori-Mondego	1:10:51	+18:38
13	FR	Bruno André	[119] OriMarão	1:12:04	+19:51
14	FR	Pedro Tiago Gomes	[159] COAAL	1:12:53	+20:40
15	FR	Marco Martins	[022] CLAC	1:16:22	+24:09
16	FR	Rafael Silva	[056] Natura	1:20:18	+28:05
17	NF	Ricardo Filipe	[1564] Individual POR	1:20:27	+28:14
18		Marco Alexandre	[11600] RI 15	1:25:38	+33:25
19	NF	Cap. João Arnaut	[11521] RA4	1:30:32	+38:19
20	NF	maj Almeida Agostinho	[11519] Esc. sargentos Ex	1:42:43	+50:30
	FR	Luís Viedma	[070] COC	mp	
	FR	Nuno Evangelista	[114] COA	dnf	
	FR	Fabio Coradinho	[151] GafanhOri	dns	
	FR	João Bernardino	[070] COC	dns	
	NF	furr al Jose Silva	[999] EscolaArmas	dns	
	NF	furr Al Ricardo Lopes	[999] EscolaArmas	dns	

PI	Text1	Name	Club	Time	Diff.
<b>Seniores F (15)</b>					
1	FR	Raquel Costa	[151] GafanhOri	58:49	0:00
2	FR	Raquel Ferreira	[052] GD4C	1:01:53	+3:04
3	FR	Susana Almeida	[056] Natura	1:03:56	+5:07
4		Ana Magina	[11600] RI 15	1:04:36	+5:47
5	FNR	Sara Miranda	[085] A Montanha	1:10:07	+11:18
6	NF	furr al Andrea Dumitru	[999] EscolaArmas	1:10:32	+11:43
7	FR	Marta Sousa Pinto	[119] OriMarão	1:15:09	+16:20
8	FR	Anabela André	[119] OriMarão	1:15:57	+17:08
9	FNR	Cristiana Silva	[052] GD4C	1:36:31	+37:42
10	FR	Laura Romo	[070] COC	1:52:38	+53:49
11	FR	Rita Pereira	[166] ADM Ori-Mondego	2:00:58	+1:02:09
	NF	Zofia Galla	[11524] Azymut Mochy	dns	
	FNR	Inês Catalão	[151] GafanhOri	dns	
	FR	Sofia Rocha	[151] GafanhOri	dns	
	FR	Rafaela Rua	[007] Ori-Estarreja	dns	
<b>Veteranos I M (32)</b>					
1	FR	Joaquim Sousa	[070] COC	47:35	0:00
2	FR	Arnaldo Mendes	[166] ADM Ori-Mondego	48:50	+1:15
3	FR	Nuno Ferreira	[094] CPOC	50:42	+3:07
4	FR	Javier Liz	[2236] Fluvial	51:44	+4:09
5	FNR	Rui Ferreira	[119] OriMarão	55:14	+7:39
6	FR	Vítor Delgado	[052] GD4C	55:38	+8:03
7	FR	António Amador	[007] Ori-Estarreja	56:04	+8:29
8	FR	Nuno Pedro	[107] CAOS	59:52	+12:17
9	FR	João Amorim	[007] Ori-Estarreja	1:01:00	+13:25
10	FR	José João Ferreira	[119] OriMarão	1:03:11	+15:36
11	FR	António Batista	[115] ATV	1:03:49	+16:14
12	FR	Fernando Silva	[052] GD4C	1:10:05	+22:30
13	FR	Nuno Rebelo	[007] Ori-Estarreja	1:10:50	+23:15
14	FR	Sérgio Mónica	[128] COALA	1:10:51	+23:16
15	FR	João Martins	[022] CLAC	1:11:18	+23:43
16	FR	Duarte Santo	[070] COC	1:12:13	+24:38
17	FR	Ricardo Silva	[007] Ori-Estarreja	1:12:24	+24:49
18	FR	Arménio Mendes	[094] CPOC	1:12:31	+24:56
19	FR	Luís Bucha	[008] CP EPAL	1:13:40	+26:05
20	FR	Rui Morais	[007] Ori-Estarreja	1:16:29	+28:54
21	FR	Alberto César	[052] GD4C	1:19:39	+32:04
22	FR	António Rompante	[167] NAST	1:24:50	+37:15
23	FR	Fernando Fonseca	[167] NAST	1:25:35	+38:00
24	FR	Ricardo Freitas	[166] ADM Ori-Mondego	1:29:29	+41:54
25	FR	Jorge Ferreira	[088] ADC	1:35:42	+48:07
26	NF	Jose Saraiva	[1564] Individual POR	1:42:53	+55:18
27	FR	Rui Mora	[166] ADM Ori-Mondego	1:44:49	+57:14
28	FR	Luis Pinto	[094] CPOC	1:50:13	+1:02:38
	FR	José Rebola	[005] CP Armada	dnf	
	FR	Paulo Pintassilgo	[159] COAAL	dns	
	FR	José Carlos Marques	[159] COAAL	dns	
	FR	Daniel Filipe	[007] Ori-Estarreja	dns	

PI	Text1	Name	Club	Time	Diff.
<b>Veteranos I F (11)</b>					
1	FR	Carmo Silva	[007] Ori-Estarreja	58:28	0:00
2	FR	Carla Amorim	[166] ADM Ori-Mondego	1:01:44	+3:16
3	FR	Ana Margarida Vaz	[007] Ori-Estarreja	1:03:02	+4:34
4	FR	Helena Sousa	[119] OriMarão	1:03:08	+4:40
5	FR	Manuela Nogueira	[007] Ori-Estarreja	1:09:50	+11:22
6	FR	Ângela Pedro	[107] CAOS	1:12:15	+13:47
7	FR	Vanessa Jorge	[094] CPOC	1:12:23	+13:55
8	FR	Paula Goncalves	[052] GD4C	1:13:44	+15:16
9	FR	Fátima Emauz	[094] CPOC	1:16:12	+17:44
10	FR	Rute Ferreira	[094] CPOC	1:30:22	+31:54
	FR	Ana Vieira	[037] GD Luz Verde	mp	
<b>Veteranos II M (20)</b>					
1	FR	Jadir Pereira	[166] ADM Ori-Mondego	1:01:07	0:00
2	FR	Carlos Garcia	[157] AFAP	1:05:54	+4:47
3	FR	António Matias	[022] CLAC	1:11:33	+10:26
4	NF	Eugénio Grilo	[1564] Individual POR	1:18:07	+17:00
5	FR	José Manuel Pedrosa	[128] COALA	1:18:46	+17:39
6	NF	Jan Van der Elst	[1943] Individual BEL	1:21:11	+20:04
7	FR	Jose Leite Rocha	[037] GD Luz Verde	1:21:54	+20:47
8	FR	Rui Almeida	[157] AFAP	1:22:35	+21:28
9	FR	Aniceto Soares	[022] CLAC	1:24:56	+23:49
10	FR	João Alves	[052] GD4C	1:34:30	+33:23
11	FR	Jose Monteiro Pires	[094] CPOC	1:35:24	+34:17
12	FR	Vitor Almeida	[005] CP Armada	1:36:48	+35:41
13	NF	Carlos José de Lima	[1930] Individual BRA	1:40:52	+39:45
14	FR	José Vicente	[157] AFAP	1:44:18	+43:11
15	FR	Domingos Sereno	[128] COALA	1:47:54	+46:47
16	FR	Carlos Matos	[167] NAST	2:02:34	+1:01:27
17	FR	Amândio Gonçalves	[022] CLAC	2:08:57	+1:07:50
	FR	José Fernandes	[102] .COM	mp	
	FR	Paulo Ferreira	[005] CP Armada	mp	
	FR	José Bolrão	[070] COC	dns	
<b>Veteranos II F (2)</b>					
1	FR	Aida Correia	[052] GD4C	1:03:45	0:00
2	FR	Amália Gonçalves	[022] CLAC	1:32:43	+28:58
<b>Veteranos III M (7)</b>					
1	FR	Vítor Rodrigues	[094] CPOC	30:07	0:00
2	FR	Armando Santos	[128] COALA	30:18	+0:11
3	FR	António Reyes	[128] COALA	42:30	+12:23
4	FNR	Costa Leite	[052] GD4C	43:20	+13:13
5	FR	Gil Rua	[007] Ori-Estarreja	44:30	+14:23
6	NF	Dalmino Natividade	[1564] Individual POR	46:46	+16:39
7	FNR	Altino Silva	[007] Ori-Estarreja	1:17:00	+46:53
<b>Veteranos III F (2)</b>					
1	FR	Maria São João	[022] CLAC	48:48	0:00
2	FR	Beatriz Leite	[052] GD4C	56:04	+7:16