

Pl	tno	Name	B	Club	Time
<b>Open Curto (15)</b>			<b>2.0 km 10 m 17 C</b>		
1	0023	BeatrizS +Ricardo		[1564] Individual POR	18:22
2	0002	Joana Lopes	81	[184] Sacca Trilhos	25:20
3	6856	CarlotaP +InêsF		[185] ADRAA Avis	25:30
4	0035	Angela Ferraz	77	[1564] Individual POR	27:05
5	0030	DuarteM +RafaelP		[1564] Individual POR	30:42
6	6796	Ana Velez	75	[185] ADRAA Avis	31:00
7	0056	Leonardo+Andreia +Marco		[1564] Individual POR	31:26
8	0022	Filipe Baptista	74	[1564] Individual POR	34:11
9	0017	Guilherme Batista	07	[1564] Individual POR	34:15
10	0013	Adriana Frazão	92	[1564] Individual POR	34:24
11	0021	Pedro Cordeiro	92	[1564] Individual POR	34:56
12	0020	Ana Pacheco	74	[1564] Individual POR	35:04
13	0003	Francisco Silva	78	[184] Sacca Trilhos	35:42
	6088	Carolina Vasconcelos	82	[102] .COM	mp
	6540	Núria Ruiz	92	[007] Ori-Estarreja	dns
<b>Open Longo (21)</b>			<b>2.4 km 30 m 19 C</b>		
1	3832	Diogo Delgado		[052] GD4C	13:31
2	0004	Mario Rodrigues Marques	64	[1564] Individual POR	18:37
3	0036	Ricardo Domingues	81	[1564] Individual POR	21:52
4	6219	Sara Miranda	92	[085] A Montanha	23:50
5	0034	Lara Almeida	03	[184] Sacca Trilhos	24:15
6	0033	João Almeida	78	[184] Sacca Trilhos	24:27
7	6857	HelderP +TeresaP		[185] ADRAA Avis	32:53
8	0047	Duarte Cordeiro	02	[12337] AEPM.	33:32
9	0038	Jailson Junior	05	[12337] AEPM.	35:18
10	0048	Diogo Marques	03	[12337] AEPM.	38:24
11	0042	Hugo David	02	[12337] AEPM.	43:05
12	0037	Tomas Ferreira	03	[12337] AEPM.	44:35
13	0040	Pedro Martins	04	[12337] AEPM.	58:52
14	0045	Carolina Amorim	03	[12337] AEPM.	1:07:09
15	0058	Francisco Morgado		[070] COC	1:09:29
16	0039	Lorena Rodrigues	04	[12337] AEPM.	1:10:14
17	0046	Diana Valente	03	[12337] AEPM.	1:22:08
18	0044	Adilia Cordeiro	03	[12337] AEPM.	1:23:51
	0043	Guilherme Vieira	03	[12337] AEPM.	mp
	0041	Rodrigo Coelho	03	[12337] AEPM.	mp
	3954	Gonçalo Pirrolas	96	[090] ADFA	dns
<b>D10 (9)</b>			<b>1.6 km 5 m 23 C</b>		
1	6655	Joana Martinho	15	[115] ATV	19:29
2	5941	Inês Pedro	14	[107] CAOS	24:47
3	6000	Benedita	13	[007] Ori-Estarreja	26:12
4	6552	Catarina Mendes	16	[166] ADM Ori-Mondego	30:15
5	6746	Margarida Velez	12	[185] ADRAA Avis	30:22
6	0055	Maria Lopes	11	[107] CAOS	32:31
	6545	CHLOÉ SANTOS	13	[107] CAOS	mp
nc	0060	Julieta Andrade	17	[1564] Individual POR	dnf
	7007	Constança	20	[166] ADM Ori-Mondego	dns

Pl	tno	Name	B	Club	Time
<b>H10 (8) 1.6 km 5 m 23 C</b>					
1	6104	Dinis Rama	13	[166] ADM Ori-Mondego	24:53
2	6896	Guilherme Silva	11	[184] Saca Trilhos	28:53
3	6407	Gil Ehrhardt	13	[102] .COM	33:48
4	0007	Pedro Barroso Marques	16	[070] COC	35:11
5	0008	Diogo Santo	12	[070] COC	42:59
6	0024	Vicente Pinheiro	12	[070] COC	43:04
nc	0059	Guilherme Andrade	14	[1564] Individual POR	dnf
	6050	Miguel Mora	15	[166] ADM Ori-Mondego	dns
<b>D12 (5) 1.9 km 15 m 18 C</b>					
1	6498	MARIA OLIVEIRA	10	[070] COC	26:26
2	5333	Juliana Pedro	11	[107] CAOS	26:51
3	6520	Clara Lima	10	[070] COC	30:50
	6544	SOFIA SANTOS	10	[107] CAOS	mp
	6538	Ivone Gomes	10	[070] COC	dns
<b>H12 (4) 1.9 km 15 m 18 C</b>					
1	6658	Bernardo Contente	09	[114] COA	14:10
2	6343	ANTÓNIO OLIVEIRA	09	[070] COC	15:23
3	6242	David Marques	10	[070] COC	20:31
4	6539	André Ferreira	10	[070] COC	25:24
<b>D14 (7) 2.0 km 15 m 17 C</b>					
1	6387	Inês Gomes	07	[070] COC	19:18
2	6483	Matilde Silva	08	[102] .COM	19:41
3	6575	Carolina Marques	07	[085] A Montanha	24:52
4	6369	Maria Nazaré	07	[070] COC	25:19
5	6404	Maria Leonor	08	[070] COC	28:34
	6371	Matilde Batista	07	[070] COC	dnf
	6431	Sara Grácio	07	[070] COC	dns
<b>H14 (10) 2.1 km 15 m 17 C</b>					
1	6623	Tiago Oliveira	07	[094] CPOC	11:29
2	4222	João Pedro	07	[107] CAOS	14:12
3	6730	André Espada Pereira	07	[133] GDU Azoia	18:25
4	6590	Miguel Canana	09	[133] GDU Azoia	18:36
5	5670	GABRIEL LOPES	09	[107] CAOS	20:56
6	6393	Miguel Ferreira	08	[070] COC	21:18
7	0057	Alfredo Marcelo	08	[166] ADM Ori-Mondego	22:05
8	6674	Miguel Costa	08	[085] A Montanha	27:20
9	6475	Hugo Mira	08	[085] A Montanha	1:02:54
	6503	Dinis Santo	07	[070] COC	mp
<b>D16 (9) 2.1 km 25 m 17 C</b>					
1	6413	Leonor Ferreira	06	[094] CPOC	12:50
2	6515	Joana Canana	06	[133] GDU Azoia	13:35
3	5880	Alexandra Serra Campos	06	[102] .COM	14:33
4	5784	Carolina Rusga	06	[133] GDU Azoia	14:46
4	6480	Débora Oliveira	05	[102] .COM	14:46

Pl	tno	Name	B	Club	Time
<b>D16 (9)</b>		<b>2.1 km 25 m 17 C</b>			<i>(cont.)</i>
6	6208	Patrícia Rosa	05	[070] COC	17:22
7	6492	Marta Maurício	05	[102] .COM	21:00
8	5648	Rita Castro	05	[052] GD4C	21:40
	6522	Sofia Pulquério	06	[133] GDU Azoia	mp
<b>H16 (7)</b>		<b>2.2 km 20 m 18 C</b>			
1	6414	Miguel Manso	05	[133] GDU Azoia	12:29
2	6536	Miguel Trindade	05	[007] Ori-Estarreja	12:41
3	6576	ANTONY LEYSER	06	[166] ADM Ori-Mondego	17:48
4	6659	João Nascimento	05	[114] COA	19:37
5	6673	Emanuel Barbosa	06	[085] A Montanha	22:49
	6780	Gonçalo Oliveira	05	[094] CPOC	mp
	6656	Miguel Pires	06	[070] COC	dns
<b>D18 (3)</b>		<b>2.2 km 20 m 18 C</b>			
1	6327	Beatriz Coelho	04	[033] Clube TAP	14:02
2	6320	MARIANA SÃO BENTO	04	[085] A Montanha	14:10
3	6400	DANIELA FARIA	03	[052] GD4C	20:53
<b>H18 (9)</b>		<b>3.0 km 30 m 22 C</b>			
1	6287	Afonso Ferreira	04	[094] CPOC	16:28
2	6164	Rodrigo Lima	04	[085] A Montanha	16:40
3	6349	Ricardo Quintas	04	[102] .COM	18:05
4	6065	Diogo Neto	04	[056] COViseu - Natura	21:43
5	6534	TIAGO SILVA	04	[102] .COM	21:56
6	6474	Nuno Almeida	04	[102] .COM	22:37
	5671	DINIS LOPES	05	[107] CAOS	mp
	6347	Miguel Sousa	04	[166] ADM Ori-Mondego	mp
	6494	João Lencastre	04	[102] .COM	mp
<b>D20 (1)</b>		<b>2.4 km 10 m 20 C</b>			
1	6741	Francisca Araújo	01	[088] ADC	17:54
<b>H20 (7)</b>		<b>3.0 km 30 m 22 C</b>			
1	5299	ANDRÉ ROBERTO	02	[070] COC	16:27
2	6048	Diogo Oliveira	01	[102] .COM	16:59
3	6401	João Rodrigues	03	[052] GD4C	17:16
4	6702	Iuri Soares	01	[088] ADC	17:45
5	6175	João Sousa	02	[133] GDU Azoia	19:03
6	6334	Fábio Baptista	02	[085] A Montanha	20:00
7	6210	Pedro Viana	03	[052] GD4C	22:07
<b>Damas Elite (7)</b>		<b>2.8 km 30 m 20 C</b>			
1	4112	Inês Pinto	92	[052] GD4C	16:13
2	3799	Tania Covas Costa	78	[102] .COM	16:42
3	5388	Susana raquel Co Almeida	93	[056] COViseu - Natura	20:53
4	5659	Raquel Henriques	00	[094] CPOC	20:56
5	3082	Marisa Barroso	81	[070] COC	22:12
6	5288	Stepanka Betkova	87	[166] ADM Ori-Mondego	52:46

Pl	tno	Name	B	Club	Time
<b>Damas Elite (7)</b>			<b>2.8 km 30 m 20 C</b>		(cont.)
	6402	Nadine Silva	03	[052] GD4C	mp
<b>Homens Elite (17)</b>			<b>3.0 km 40 m 26 C</b>		
1	3976	Tomás Lima	01	[070] COC	14:02
2	5073	MANUEL OLIVEIRA	01	[070] COC	14:32
3	5074	RODRIGO OLIVEIRA	02	[070] COC	14:41
4	5737	Vasco Mendes	02	[133] GDU Azoia	14:47
5	6053	Pedro Lagarto	03	[022] CLAC	14:48
5	4495	Tiago Gingão Leal	90	[052] GD4C	14:48
7	1132	Paulo Franco	81	[070] COC	15:52
8	2969	Domingos Martins	89	[052] GD4C	16:49
9	2816	Jorge Fortunato	89	[007] Ori-Estarreja	17:23
10	4016	Miguel Nóbrega	89	[056] COViseu - Natura	17:27
11	1811	Luís Leite	76	[052] GD4C	17:36
12	5006	Gabriel Braz	97	[070] COC	17:53
13	3684	Rui Martins	89	[056] COViseu - Natura	19:37
14	5061	Manuel Pereira Lopes	96	[090] ADFa	20:18
15	5216	Nuno Santos	96	[090] ADFa	20:53
	1670	Paulo Santos	83	[090] ADFa	mp
	3426	André Mora	90	[166] ADM Ori-Mondego	dns
<b>D21A (6)</b>			<b>2.1 km 25 m 17 C</b>		
1	4693	Sofia Pinto	94	[056] COViseu - Natura	16:39
2	6087	Carla Macedo	88	[056] COViseu - Natura	16:45
3	6923	Ana Costa	93	[056] COViseu - Natura	18:53
nc	5502	Cristiana Silva	97	[052] GD4C	20:18
	6500	Rita Pereira	95	[166] ADM Ori-Mondego	dns
nc	5482	Tânia Olaio	00	[070] COC	dns
<b>H21A (7)</b>			<b>2.8 km 30 m 20 C</b>		
1	6542	Luis Viedma	87	[070] COC	15:42
2	2049	António J Silva	85	[085] A Montanha	16:23
3	6272	Ricardo Lopes	89	[056] COViseu - Natura	16:57
4	5980	Rafael Silva	87	[056] COViseu - Natura	17:45
5	6665	Gonçalo Antunes	93	[094] CPOC	18:23
6	5925	PEDRO TIAGO GOMES	90	[159] COAAL	19:13
7	6687	Rodrigo Carrera	86	[094] CPOC	19:30
<b>D21B (2)</b>			<b>2.0 km 15 m 17 C</b>		
1	6543	Laura Romo	88	[070] COC	23:00
2	6683	Catarina Fernandes	94	[094] CPOC	25:50
<b>H21B (2)</b>			<b>2.1 km 15 m 17 C</b>		
1	6281	PAULO PINTASSILGO	74	[159] COAAL	12:39
2	6694	Sérgio Canana	75	[133] GDU Azoia	19:25

Pl	tno	Name	B	Club	Time
<b>D35 (5)</b>					
<b>2.1 km 25 m 17 C</b>					
1	2503	Susana Pontes	71	[070] COC	15:19
2	4901	Carla Amorim	79	[166] ADM Ori-Mondego	17:50
3	6044	Dora Ferreira	82	[166] ADM Ori-Mondego	21:14
4	4078	Ana Rita Pinto	83	[056] COViseu - Natura	34:11
nc	1554	Ana Porta Nova	86	[094] CPOC	dns
<b>H35 (6)</b>					
<b>2.8 km 30 m 20 C</b>					
1	3943	Arnaldo Mendes	79	[166] ADM Ori-Mondego	13:18
2	3887	Pedro Rama	84	[166] ADM Ori-Mondego	15:32
3	2831	Daniel Raposo	80	[128] COALA	17:43
4	6089	César Cruz	83	[102] .COM	22:02
nc	6849	Endy Endivas	86	[1000] Individual POR Fe	22:38
	7001	Bruno Castro	83	[185] ADRAA Avis	dns
<b>D40 (6)</b>					
<b>2.1 km 15 m 15 C</b>					
1	6582	Suzana Lampreia	76	[005] CP Armada	14:28
2	4587	Ana Margarida Vaz	76	[007] Ori-Estarreja	15:18
3	2561	Ângela Pedro	79	[107] CAOS	16:41
4	4895	Alda Marcelo	77	[166] ADM Ori-Mondego	18:47
5	5696	Ana Casaca	76	[133] GDU Azoia	21:51
	6406	Paula Gonçalves	75	[052] GD4C	mp
<b>H40 (10)</b>					
<b>2.4 km 15 m 18 C</b>					
1	2562	Nuno Pedro	79	[107] CAOS	13:09
2	2772	JORGE SANTOS	79	[107] CAOS	13:22
3	2375	TIAGO LOPES	78	[107] CAOS	14:25
4	1050	Daniel Filipe	78	[007] Ori-Estarreja	14:28
5	5555	JOSE CARLOS MARQUES	78	[159] COAAL	17:45
6	6754	Jorge Rocha	77	[185] ADRAA Avis	18:21
7	6732	Jorge Nunes	79	[185] ADRAA Avis	20:54
8	5746	Luis Miguel Pires	77	[056] COViseu - Natura	58:11
	1325	Nuno Rebelo	79	[007] Ori-Estarreja	mp
nc	4241	Luís Gonçalves	81	[094] CPOC	dns
<b>D45 (2)</b>					
<b>2.1 km 15 m 15 C</b>					
1	1005	Kátia Almeida	72	[094] CPOC	15:24
2	4327	Sónia Saramago	73	[115] ATV	21:25
<b>H45 (12)</b>					
<b>2.4 km 15 m 18 C</b>					
1	1872	Nuno Ferreira	76	[094] CPOC	11:43
2	1281	Joaquim Sousa	70	[184] Saca Trilhos	12:17
3	5063	Sandro Castro	72	[052] GD4C	14:22
4	3408	Nuno Pires	74	[007] Ori-Estarreja	14:31
5	4147	Sérgio Contente	74	[114] COA	14:49
6	1302	RAFAEL LIMA	68	[085] A Montanha	14:52
7	3913	Alberto César	70	[052] GD4C	15:58
8	6399	FERNANDO SILVA	74	[052] GD4C	16:12
9	6003	Paulo Batista	75	[038] CM Arrábida	16:53

Pl	tno	Name	B	Club	Time
<b>H45 (12)</b>		<b>2.4 km 15 m 18 C</b>			<i>(cont.)</i>
	4101	Jorge Marques	73	[052] GD4C	mp
	3755	ANTÓNIO ROMPANTE	71	[167] NAST	mp
nc	2188	Rui Morais	74	[007] Ori-Estarreja	15:51
<b>D50 (5)</b>		<b>1.8 km 10 m 15 C</b>			
1	5783	Catarina Félix	67	[133] GDU Azoia	14:43
2	6479	Fátima Emauz	68	[094] CPOC	18:44
3	2243	Maria João Borges	71	[115] ATV	18:49
4	5280	Carmo Silva	67	[007] Ori-Estarreja	27:57
nc	6845	Aurora Soares	70	[097] Clube Millennium B	dns
<b>H50 (11)</b>		<b>2.3 km 25 m 18 C</b>			
1	2593	Victor Delgado	67	[052] GD4C	14:58
2	4328	Luis Miguel Martinho	70	[115] ATV	15:34
3	6263	Ricardo Silva	70	[007] Ori-Estarreja	16:19
4	4635	Sérgio Mónica	70	[128] COALA	16:34
5	2244	Cláudio Tereso	70	[115] ATV	18:46
6	2533	Arménio Mendes	65	[094] CPOC	18:50
7	6481	Rui Silva	68	[102] .COM	23:57
	3081	ALBERTO BARROS	69	[052] GD4C	mp
	1810	OCTÁVIO ANDRADE	68	[102] .COM	mp
nc	1202	Paulo Mosca	69	[005] CP Armada	14:21
	2236	Rui Mora	71	[166] ADM Ori-Mondego	dns
<b>D55 (5)</b>		<b>1.8 km 10 m 15 C</b>			
1	5695	Luísa Gaboleiro	63	[133] GDU Azoia	13:41
2	6516	M Jesus Leão	66	[133] GDU Azoia	15:55
3	2497	Aida Correia	63	[052] GD4C	16:53
4	5209	Eugénia Maria de Tavares	62	[007] Ori-Estarreja	22:56
nc	6547	Teresa Ribeiro	65	[033] Clube TAP	25:32
<b>H55 (16)</b>		<b>2.3 km 25 m 18 C</b>			
1	1084	MANUEL LUÍS	63	[005] CP Armada	13:52
2	6509	JADIR PEREIRA	64	[166] ADM Ori-Mondego	15:09
3	1093	Jorge Baltazar	66	[133] GDU Azoia	16:22
4	5053	José Carlos	62	[166] ADM Ori-Mondego	16:47
5	5354	Noel Cabeça	64	[133] GDU Azoia	16:53
6	1407	Luís Quinta-Nova	66	[090] ADFA	17:03
7	1344	António Pina	66	[157] AFAP	17:49
8	3098	António Graça	63	[005] CP Armada	19:04
9	5551	David Afonso	66	[033] Clube TAP	19:44
10	4783	Carlos Fortunato	62	[007] Ori-Estarreja	22:54
11	6649	José Henriques	65	[094] CPOC	25:12
12	5248	José Vicente	61	[157] AFAP	28:07
13	4098	Júlio Oliveira	63	[005] CP Armada	29:45
nc	5391	José Almeida	62	[056] COViseu - Natura	24:39
	2960	Jorge Soares	65	[097] Clube Millennium B	dns
	6786	Rui Oliveira	65	[094] CPOC	dns

Pl	tno	Name	B	Club	Time
<b>D60 (2)</b>			<b>1.7 km 10 m 14 C</b>		
1	2129	Luisa Mateus	58	[070] COC	14:45
	6805	Maria José almeida	61	[094] CPOC	dns
<b>H60 (7)</b>			<b>2.1 km 15 m 15 C</b>		
1	1182	Albano João	59	[184] Saca Trilhos	12:51
2	1095	Fernando Costa	61	[052] GD4C	13:39
3	2905	Manuel Delgado	61	[052] GD4C	14:31
4	2454	Jorge Silva	60	[085] A Montanha	15:57
5	2592	João Alves	61	[052] GD4C	17:17
6	2130	Pedro Serralheiro	58	[070] COC	17:24
7	1907	Carlos Coelho	61	[094] CPOC	18:54
<b>D65 (4)</b>			<b>1.7 km 10 m 14 C</b>		
1	1640	FERNANDA FERREIRA	55	[168] CAB	24:23
2	1556	Ana Carreira	51	[094] CPOC	29:47
3	5564	Zezipha Mora	51	[166] ADM Ori-Mondego	39:45
	2410	Margarida Rocha	55	[052] GD4C	mp
<b>H65 (6)</b>			<b>1.8 km 10 m 15 C</b>		
1	1903	Armando Santos	52	[128] COALA	11:40
2	1190	CARLOS FERREIRA	56	[168] CAB	13:03
3	4077	Custódio Pinto	56	[056] COViseu - Natura	15:06
4	1557	Acácio Porta Nova	53	[094] CPOC	15:23
5	1851	Escada da Costa	56	[128] COALA	15:42
6	1905	Vitor Rodrigues	54	[094] CPOC	16:50
<b>H75 (2)</b>			<b>1.7 km 10 m 14 C</b>		
1	1576	Francisco Coelho	44	[033] Clube TAP	16:19
nc	4440	Coelho dos Santos	46	[007] Ori-Estarreja	27:42
<b>H80 (1)</b>			<b>1.7 km 10 m 14 C</b>		
nc	2121	José Grada	39	[007] Ori-Estarreja	33:44