

Pl	Stno	Name	B	Club	Time
Open Curto (13)					
1.9 km 45 m 13 C					
1	90023	BeatrizS +Ricardo		[1564] Individual POR	12:50
2	90005	Luis Rodrigues	71	[1564] Individual POR	14:48
3	90002	Joana Lopes	81	[184] Saca Trilhos	15:59
4	90035	Angela Ferraz	77	[1564] Individual POR	18:52
5	16856	CarlotaP +InêsF		[185] ADRAA Avis	19:12
6	90006	Bernardo Rodrigues	05	[1564] Individual POR	19:34
7	90025	André dos Santos Costa	03	[1564] Individual POR	20:12
8	90003	Francisco Silva	78	[184] Saca Trilhos	20:57
9	6796	Ana Velez	75	[185] ADRAA Avis	23:53
10	90061	Sofia +Joana		[1564] Individual POR	29:55
	90056	Leonardo+Andreia +Marco		[1564] Individual POR	dns
	6088	Carolina Vasconcelos	82	[102] .COM	dns
	6540	Núria Ruiz	92	[007] Ori-Estarreja	dns
Open Longo (17)					
2.8 km 45 m 15 C					
1	3832	Diogo Delgado		[052] GD4C	15:17
2	90004	Mario Rodrigues Marques	64	[1564] Individual POR	16:48
3	90036	Ricardo Domingues	81	[1564] Individual POR	18:47
4	90034	Lara Almeida	03	[184] Saca Trilhos	20:39
5	90033	João Almeida	78	[184] Saca Trilhos	20:42
6	90050	Daniel Pereira	11	[1564] Individual POR	22:21
7	90049	Floriano Pereira	77	[1564] Individual POR	22:25
8	6219	Sara Miranda	92	[085] A Montanha	23:32
9	90031	DuarteM +RafaelP		[1564] Individual POR	25:56
10	90054	BrunoC+CatiaF JorgeM		[1564] Individual POR	32:26
11	16857	HelderP +TeresaP		[185] ADRAA Avis	33:32
12	90064	Salomé Santana	81	[1564] Individual POR	43:08
12	90063	João Fonseca	75	[1564] Individual POR	43:08
	90058	Francisco Morgado		[070] COC	dns
	90000	Briana Michelle Vieira	93	[1564] Individual POR	dns
	3954	Gonçalo Pirrolas	96	[090] ADFA	dns
	90001	Tiago André Pene Vieira	93	[1564] Individual POR	dns
D10 (9)					
1.7 km 40 m 16 C					
1	5941	Inês Pedro	14	[107] CAOS	20:00
1	6552	Catarina Mendes	16	[166] ADM Ori-Mondego	20:00
3	6000	Benedita	13	[007] Ori-Estarreja	25:23
4	6746	Margarida Velez	12	[185] ADRAA Avis	25:25
5	6545	CHLOÉ SANTOS	13	[107] CAOS	33:39
6	90055	Maria Lopes	11	[107] CAOS	33:41
nc	90060	Julieta Andrade	17	[1564] Individual POR	dns
	6655	Joana Martinho	15	[115] ATV	dns
	7007	Constança	20	[166] ADM Ori-Mondego	dns
H10 (8)					
1.7 km 40 m 16 C					
1	90062	DDS Franco	16	[1564] Individual POR	17:15
2	26896	Guilherme Silva	11	[184] Saca Trilhos	19:30
3	6104	Dinis Rama	13	[166] ADM Ori-Mondego	19:50
4	90007	Pedro Barroso Marques	16	[070] COC	23:31
5	90008	Diogo Santo	12	[070] COC	24:15
6	90024	Vicente Pinheiro	12	[070] COC	24:17

Pl	Stno	Name	B	Club	Time
H10 (8)			1.7 km 40 m 16 C (cont.)		
7	6407	Gil Ehrhardt	13	[102] .COM	34:28
nc	90059	Guilherme Andrade	14	[1564] Individual POR	dns
D12 (5)			1.9 km 40 m 12 C		
1	6520	Clara Lima	10	[070] COC	20:06
2	5333	Juliana Pedro	11	[107] CAOS	21:05
3	6498	MARIA OLIVEIRA	10	[070] COC	24:12
4	6544	SOFIA SANTOS	10	[107] CAOS	27:11
	6538	Ivone Gomes	10	[070] COC	dns
H12 (4)			1.9 km 40 m 12 C		
1	6658	Bernardo Contente	09	[114] COA	11:42
2	6343	ANTÓNIO OLIVEIRA	09	[070] COC	18:29
3	6242	David Marques	10	[070] COC	19:28
4	6539	André Ferreira	10	[070] COC	20:39
D14 (7)			2.0 km 25 m 12 C		
1	6483	Matilde Silva	08	[102] .COM	16:34
2	6371	Matilde Batista	07	[070] COC	17:23
3	6404	Maria Leonor	08	[070] COC	19:29
4	6369	Maria Nazaré	07	[070] COC	22:29
5	6575	Carolina Marques	07	[085] A Montanha	28:32
6	6387	Inês Gomes	07	[070] COC	30:13
	6431	Sara Grácio	07	[070] COC	dns
H14 (10)			2.2 km 40 m 13 C		
1	6623	Tiago Oliveira	07	[094] CPOC	12:19
2	6503	Dinis Santo	07	[070] COC	12:34
3	4222	João Pedro	07	[107] CAOS	13:23
4	6393	Miguel Ferreira	08	[070] COC	14:45
5	5670	GABRIEL LOPES	09	[107] CAOS	15:09
6	6590	Miguel Canana	09	[133] GDU Azoia	15:27
7	6730	André Espada Pereira	07	[133] GDU Azoia	15:42
8	90057	Alfredo Marcelo	08	[166] ADM Ori-Mondego	19:36
9	6674	Miguel Costa	08	[085] A Montanha	20:16
10	6475	Hugo Mira	08	[085] A Montanha	30:15
D16 (9)			2.3 km 35 m 14 C		
1	6413	Leonor Ferreira	06	[094] CPOC	12:09
2	6515	Joana Canana	06	[133] GDU Azoia	13:16
3	5880	Alexandra Serra Campos	06	[102] .COM	14:39
4	6522	Sofia Pulquério	06	[133] GDU Azoia	15:21
5	6480	Débora Oliveira	05	[102] .COM	15:34
6	6208	Patrícia Rosa	05	[070] COC	17:01
7	5784	Carolina Rusga	06	[133] GDU Azoia	17:31
8	5648	Rita Castro	05	[052] GD4C	19:58
9	6492	Marta Maurício	05	[102] .COM	22:25

Pl	Stno	Name	B	Club	Time
H16 (7) 2.4 km 65 m 15 C					
1	6414	Miguel Manso	05	[133] GDU Azoia	12:34
2	6536	Miguel Trindade	05	[007] Ori-Estarreja	13:33
3	6673	Emanuel Barbosa	06	[085] A Montanha	14:44
4	6659	João Nascimento	05	[114] COA	21:29
5	6576	ANTONY LEYSER	06	[166] ADM Ori-Mondego	25:13
6	6780	Gonçalo Oliveira	05	[094] CPOC	29:15
	6656	Miguel Pires	06	[070] COC	dns
D18 (3) 2.4 km 65 m 15 C					
1	6327	Beatriz Coelho	04	[033] Clube TAP	14:33
2	6400	DANIELA FARIA	03	[052] GD4C	21:20
3	6320	MARIANA SÃO BENTO	04	[085] A Montanha	27:34
H18 (9) 2.7 km 50 m 16 C					
1	6164	Rodrigo Lima	04	[085] A Montanha	12:55
2	6287	Afonso Ferreira	04	[094] CPOC	14:41
3	5671	DINIS LOPES	05	[107] CAOS	15:11
4	6349	Ricardo Quintas	04	[102] .COM	16:01
5	6494	João Lencastre	04	[102] .COM	17:59
6	6065	Diogo Neto	04	[056] COViseu - Natura	18:40
7	6474	Nuno Almeida	04	[102] .COM	19:01
8	6534	TIAGO SILVA	04	[102] .COM	25:18
	6347	Miguel Sousa	04	[166] ADM Ori-Mondego	dns
D20 (1) 2.4 km 40 m 13 C					
1	6741	Francisca Araújo	01	[088] ADC	16:44
H20 (7) 2.7 km 50 m 16 C					
1	6048	Diogo Oliveira	01	[102] .COM	13:13
2	5299	ANDRÉ ROBERTO	02	[070] COC	13:33
3	6702	Iuri Soares	01	[088] ADC	13:53
4	6401	João Rodrigues	03	[052] GD4C	14:26
5	6175	João Sousa	02	[133] GDU Azoia	19:29
6	6210	Pedro Viana	03	[052] GD4C	19:37
7	6334	Fábio Baptista	02	[085] A Montanha	28:11
Damas Elite (5) 2.6 km 55 m 16 C					
1	4112	Inês Pinto	92	[052] GD4C	15:01
2	5388	Susana raquel Co Almeida	93	[056] COViseu - Natura	18:04
3	3799	Tania Covas Costa	78	[102] .COM	19:55
4	6402	Nadine Silva	03	[052] GD4C	21:10
5	5659	Raquel Henriques	00	[094] CPOC	21:36
Homens Elite (17) 3.8 km 80 m 19 C					
1	3976	Tomás Lima	01	[070] COC	15:25
2	5073	MANUEL OLIVEIRA	01	[070] COC	16:06
3	5737	Vasco Mendes	02	[133] GDU Azoia	16:09
4	5074	RODRIGO OLIVEIRA	02	[070] COC	16:51
5	6053	Pedro Lagarto	03	[022] CLAC	17:25

Pl	Stno	Name	B	Club	Time
Homens Elite (17)		3.8 km 80 m 19 C			<i>(cont.)</i>
6	1132	Paulo Franco	81	[070] COC	17:53
7	4495	Tiago Gingão Leal	90	[052] GD4C	18:04
8	2969	Domingos Martins	89	[052] GD4C	18:35
9	1811	Luís Leite	76	[052] GD4C	18:57
10	5006	Gabriel Braz	97	[070] COC	19:03
11	2816	Jorge Fortunato	89	[007] Ori-Estarreja	19:21
12	5061	Manuel Pereira Lopes	96	[090] ADFA	20:06
13	5216	Nuno Santos	96	[090] ADFA	23:56
14	3684	Rui Martins	89	[056] COViseu - Natura	24:07
15	1670	Paulo Santos	83	[090] ADFA	24:35
16	4016	Miguel Nóbrega	89	[056] COViseu - Natura	25:48
	3426	André Mora	90	[166] ADM Ori-Mondego	dns
D21A (6)		2.3 km 35 m 14 C			
1	6087	Carla Macedo	88	[056] COViseu - Natura	14:33
2	4693	Sofia Pinto	94	[056] COViseu - Natura	15:26
3	6923	Ana Costa	93	[056] COViseu - Natura	16:47
nc	5502	Cristiana Silva	97	[052] GD4C	17:17
	6500	Rita Pereira	95	[166] ADM Ori-Mondego	dns
nc	5482	Tânia Olaio	00	[070] COC	dns
H21A (7)		2.6 km 55 m 16 C			
1	6542	Luis Viedma	87	[070] COC	14:13
2	6272	Ricardo Lopes	89	[056] COViseu - Natura	15:41
3	2049	António J Silva	85	[085] A Montanha	16:52
4	6665	Gonçalo Antunes	93	[094] CPOC	17:45
5	5925	PEDRO TIAGO GOMES	90	[159] COAAL	20:24
6	5980	Rafael Silva	87	[056] COViseu - Natura	21:39
	6687	Rodrigo Carrera	86	[094] CPOC	dns
D21B (2)		2.0 km 25 m 12 C			
1	6543	Laura Romo	88	[070] COC	16:57
2	6683	Catarina Fernandes	94	[094] CPOC	18:53
H21B (2)		2.2 km 40 m 13 C			
1	6281	PAULO PINTASSILGO	74	[159] COAAL	12:39
2	6694	Sérgio Canana	75	[133] GDU Azoia	19:57
D35 (5)		2.3 km 35 m 14 C			
1	2503	Susana Pontes	71	[070] COC	12:30
2	4901	Carla Amorim	79	[166] ADM Ori-Mondego	16:16
3	6044	Dora Ferreira	82	[166] ADM Ori-Mondego	17:43
4	4078	Ana Rita Pinto	83	[056] COViseu - Natura	21:53
nc	1554	Ana Porta Nova	86	[094] CPOC	17:43

Pl	Stno	Name	B	Club	Time
H35 (6) 2.6 km 55 m 16 C					
1	3943	Arnaldo Mendes	79	[166] ADM Ori-Mondego	12:25
2	3887	Pedro Rama	84	[166] ADM Ori-Mondego	15:20
3	6089	César Cruz	83	[102] .COM	15:46
4	2831	Daniel Raposo	80	[128] COALA	16:38
nc	6849	Endy Endivas	86	[1000] Individual POR Fe	21:54
	7001	Bruno Castro	83	[185] ADRAA Avis	dns
D40 (6) 2.2 km 35 m 12 C					
1	6582	Suzana Lampreia	76	[005] CP Armada	14:10
2	5696	Ana Casaca	76	[133] GDU Azoia	15:11
3	2561	Ângela Pedro	79	[107] CAOS	16:07
4	4587	Ana Margarida Vaz	76	[007] Ori-Estarreja	16:20
5	4895	Alda Marcelo	77	[166] ADM Ori-Mondego	18:42
	6406	Paula Gonçalves	75	[052] GD4C	mp
H40 (10) 2.6 km 60 m 15 C					
1	2375	TIAGO LOPES	78	[107] CAOS	13:16
2	2562	Nuno Pedro	79	[107] CAOS	14:00
3	2772	JORGE SANTOS	79	[107] CAOS	14:44
4	5555	JOSE CARLOS MARQUES	78	[159] COAAL	15:08
5	1050	Daniel Filipe	78	[007] Ori-Estarreja	15:16
6	6754	Jorge Rocha	77	[185] ADRAA Avis	15:58
7	1325	Nuno Rebelo	79	[007] Ori-Estarreja	16:42
8	5746	Luis Miguel Pires	77	[056] COViseu - Natura	21:08
9	6732	Jorge Nunes	79	[185] ADRAA Avis	22:18
nc	4241	Luís Gonçalves	81	[094] CPOC	14:42
D45 (2) 2.2 km 35 m 12 C					
1	1005	Kátia Almeida	72	[094] CPOC	16:04
2	4327	Sónia Saramago	73	[115] ATV	19:27
H45 (12) 2.6 km 60 m 15 C					
1	1281	Joaquim Sousa	70	[184] Saca Trilhos	11:26
2	1872	Nuno Ferreira	76	[094] CPOC	11:58
3	4101	Jorge Marques	73	[052] GD4C	13:29
4	4147	Sérgio Contente	74	[114] COA	14:07
5	3408	Nuno Pires	74	[007] Ori-Estarreja	14:12
6	5063	Sandro Castro	72	[052] GD4C	16:21
7	3913	Alberto César	70	[052] GD4C	16:29
8	6003	Paulo Batista	75	[038] CM Arrábida	18:18
9	3755	ANTÓNIO ROMPANTE	71	[167] NAST	18:52
	6399	FERNANDO SILVA	74	[052] GD4C	mp
nc	2188	Rui Morais	74	[007] Ori-Estarreja	17:25
	1302	RAFAEL LIMA	68	[085] A Montanha	dns
D50 (5) 2.1 km 50 m 12 C					
1	5783	Catarina Félix	67	[133] GDU Azoia	15:30
2	5280	Carmo Silva	67	[007] Ori-Estarreja	16:37
3	6479	Fátima Emauz	68	[094] CPOC	17:05

Pl	Stno	Name	B	Club	Time
D50 (5)		2.1 km 50 m 12 C			<i>(cont.)</i>
4	2243	Maria João Borges	71	[115] ATV	20:37
nc	6845	Aurora Soares	70	[097] Clube Millennium B	dns
H50 (10)		2.5 km 45 m 14 C			
1	2593	Victor Delgado	67	[052] GD4C	12:22
2	4328	Luis Miguel Martinho	70	[115] ATV	15:44
3	6263	Ricardo Silva	70	[007] Ori-Estarreja	16:19
4	2244	Cláudio Tereso	70	[115] ATV	17:57
5	4635	Sérgio Mónica	70	[128] COALA	18:50
6	1810	OCTÁVIO ANDRADE	68	[102] .COM	18:56
7	2533	Arménio Mendes	65	[094] CPOC	21:44
8	3081	ALBERTO BARROS	69	[052] GD4C	22:01
	6481	Rui Silva	68	[102] .COM	dnf
nc	1202	Paulo Mosca	69	[005] CP Armada	14:02
D55 (5)		2.1 km 50 m 12 C			
1	5695	Luísa Gaboleiro	63	[133] GDU Azoia	14:16
2	6516	M Jesus Leão	66	[133] GDU Azoia	15:35
3	5209	Eugénia Maria de Tavares	62	[007] Ori-Estarreja	18:11
4	2497	Aida Correia	63	[052] GD4C	20:40
nc	6547	Teresa Ribeiro	65	[033] Clube TAP	22:46
H55 (16)		2.5 km 45 m 14 C			
1	6509	JADIR PEREIRA	64	[166] ADM Ori-Mondego	13:38
2	3098	António Graça	63	[005] CP Armada	15:45
3	1084	MANUEL LUÍS	63	[005] CP Armada	16:10
4	1407	Luís Quinta-Nova	66	[090] ADFA	16:35
5	1093	Jorge Baltazar	66	[133] GDU Azoia	17:08
6	5354	Noel Cabeça	64	[133] GDU Azoia	18:55
7	5551	David Afonso	66	[033] Clube TAP	19:57
8	4783	Carlos Fortunato	62	[007] Ori-Estarreja	20:12
9	6649	José Henriques	65	[094] CPOC	21:34
10	5053	José Carlos	62	[166] ADM Ori-Mondego	21:47
11	1344	António Pina	66	[157] AFAP	22:15
12	5248	José Vicente	61	[157] AFAP	23:31
13	4098	Júlio Oliveira	63	[005] CP Armada	28:07
nc	5391	José Almeida	62	[056] COViseu - Natura	22:21
	6786	Rui Oliveira	65	[094] CPOC	dns
	2960	Jorge Soares	65	[097] Clube Millennium B	dns
D60 (2)		1.9 km 50 m 12 C			
1	2129	Luisa Mateus	58	[070] COC	15:15
	6805	Maria José almeida	61	[094] CPOC	dns
H60 (7)		2.2 km 35 m 12 C			
1	1182	Albano João	59	[184] Saca Trilhos	12:34
2	2454	Jorge Silva	60	[085] A Montanha	13:20
3	2905	Manuel Delgado	61	[052] GD4C	13:38

Pl	Stno	Name	B	Club	Time
H60 (7)		2.2 km 35 m 12 C			<i>(cont.)</i>
4	1095	Fernando Costa	61	[052] GD4C	14:30
5	2592	João Alves	61	[052] GD4C	16:14
6	1907	Carlos Coelho	61	[094] CPOC	16:50
7	2130	Pedro Serralheiro	58	[070] COC	18:15
D65 (4)		1.9 km 50 m 12 C			
1	1640	FERNANDA FERREIRA	55	[168] CAB	20:41
2	2410	Margarida Rocha	55	[052] GD4C	24:41
3	1556	Ana Carreira	51	[094] CPOC	26:56
4	5564	Zezenia Mora	51	[166] ADM Ori-Mondego	28:34
H65 (6)		2.1 km 50 m 12 C			
1	1903	Armando Santos	52	[128] COALA	13:13
2	1905	Vitor Rodrigues	54	[094] CPOC	13:17
3	1851	Escada da Costa	56	[128] COALA	14:49
4	1190	CARLOS FERREIRA	56	[168] CAB	14:59
5	4077	Custódio Pinto	56	[056] COViseu - Natura	16:48
6	1557	Acácio Porta Nova	53	[094] CPOC	17:06
H75 (2)		1.9 km 50 m 12 C			
1	1576	Francisco Coelho	44	[033] Clube TAP	21:22
nc	4440	Coelho dos Santos	46	[007] Ori-Estarreja	27:27
H80 (1)		1.9 km 50 m 12 C			
nc	2121	José Grada	39	[007] Ori-Estarreja	31:29