

PI	tno	Name	B	Club	S1	S2	Total
Open Curto (18)							
1	90023	BeatrizS +Ricardo		[1564] Individual POR	18:22	1 12:50	1
					100.00	100.00	200.00
2	90002	Joana Lopes	81	[184] Sacca Trilhos	25:20	2 15:59	3
					62.07	75.45	137.52
3	16856	CarlotaP +InêsF		[185] ADRAA Avis	25:30	3 19:12	5
					61.16	50.39	111.55
4	90035	Angela Ferraz	77	[1564] Individual POR	27:05	4 18:52	4
					52.54	52.99	105.53
5	90005	Luis Rodrigues	71	[1564] Individual POR		14:48	2
						84.68	84.68
6	90006	Bernardo Rodrigues	05	[1564] Individual POR		19:34	6
						47.53	47.53
7	6796	Ana Velez	75	[185] ADRAA Avis	31:00	6 23:53	9
					31.22	13.90	45.12
8	90025	André dos Santos Costa	03	[1564] Individual POR		20:12	7
						42.60	42.60
9	90003	Francisco Silva	78	[184] Sacca Trilhos	35:42	13 20:57	8
					5.63	36.75	42.38
10	90030	DuarteM +RafaelP		[1564] Individual POR	30:42	5	
					32.85		32.85
11	90056	Leonardo+Andreia +Marco		[1564] Individual POR	31:26	7 dns	
					28.86		28.86
12	90022	Filipe Baptista	74	[1564] Individual POR	34:11	8	
					13.88		13.88
13	90017	Guilherme Batista	07	[1564] Individual POR	34:15	9	
					13.52		13.52
14	90013	Adriana Frazão	92	[1564] Individual POR	34:24	10	
					12.70		12.70
15	90021	Pedro Cordeiro	92	[1564] Individual POR	34:56	11	
					9.80		9.80
16	90020	Ana Pacheco	74	[1564] Individual POR	35:04	12	
					9.07		9.07
17	90061	Sofia +Joana		[1564] Individual POR		29:55	10
						0.00	0.00
17	6088	Carolina Vasconcelos	82	[102] .COM	mp	dns	
					0.00		0.00
Open Longo (26)							
1	3832	Diogo Delgado		[052] GD4C	13:31	1 15:17	1
					100.00	100.00	200.00
2	90004	Mario Rodrigues Marques	64	[1564] Individual POR	18:37	2 16:48	2
					62.27	90.08	152.35
3	90036	Ricardo Domingues	81	[1564] Individual POR	21:52	3 18:47	3
					38.22	77.10	115.32
4	90034	Lara Almeida	03	[184] Sacca Trilhos	24:15	5 20:39	4
					20.59	64.89	85.48
5	90033	João Almeida	78	[184] Sacca Trilhos	24:27	6 20:42	5
					19.11	64.56	83.67
6	6219	Sara Miranda	92	[085] A Montanha	23:50	4 23:32	8
					23.67	46.02	69.69
7	90050	Daniel Pereira	11	[1564] Individual POR		22:21	6
						53.76	53.76
8	90049	Floriano Pereira	77	[1564] Individual POR		22:25	7
						53.33	53.33
9	90031	DuarteM +RafaelP		[1564] Individual POR		25:56	9
						30.32	30.32
10	90038	Jailson Junior	05	[12337] AEPM.	35:18	9	
					0.00		0.00

PI	tno	Name	B	Club	S1	S2	Total
Open Longo (26)		<i>(cont.)</i>					
10	90041	Rodrigo Coelho	03	[12337] AEPM.	mp 0.00		0.00
10	90039	Lorena Rodrigues	04	[12337] AEPM.	1:10:14 0.00	16	0.00
10	90040	Pedro Martins	04	[12337] AEPM.	58:52 0.00	13	0.00
10	90063	João Fonseca	75	[1564] Individual POR		43:08 0.00	12 0.00
10	90064	Salomé Santana	81	[1564] Individual POR		43:08 0.00	12 0.00
10	90037	Tomas Ferreira	03	[12337] AEPM.	44:35 0.00	12	0.00
10	90058	Francisco Morgado		[070] COC	1:09:29 0.00	15	dns 0.00
10	90044	Adilia Cordeiro	03	[12337] AEPM.	1:23:51 0.00	18	0.00
10	90045	Carolina Amorim	03	[12337] AEPM.	1:07:09 0.00	14	0.00
10	16857	HelderP +TeresaP		[185] ADRAA Avis	32:53 0.00	7	33:32 0.00
10	90054	BrunoC+CatiaF JorgeM		[1564] Individual POR			32:26 0.00
10	90046	Diana Valente	03	[12337] AEPM.	1:22:08 0.00	17	0.00
10	90043	Guilherme Vieira	03	[12337] AEPM.	mp 0.00		0.00
10	90042	Hugo David	02	[12337] AEPM.	43:05 0.00	11	0.00
10	90048	Diogo Marques	03	[12337] AEPM.	38:24 0.00	10	0.00
10	90047	Duarte Cordeiro	02	[12337] AEPM.	33:32 0.00	8	0.00
D10 (8)							
1	5941	Inês Pedro	14	[107] CAOS	24:47 72.80	2	20:00 100.00
2	6552	Catarina Mendes	16	[166] ADM Ori-Mondego	30:15 44.74	4	20:00 100.00
3	6000	Benedita	13	[007] Ori-Estarreja	26:12 65.53	3	25:23 73.08
4	6746	Margarida Velez	12	[185] ADRAA Avis	30:22 44.14	5	25:25 72.92
5	6655	Joana Martinho	15	[115] ATV	19:29 100.00	1	dns 100.00
6	90055	Maria Lopes	11	[107] CAOS	32:31 33.11	6	33:41 31.58
7	6545	CHLOÉ SANTOS	13	[107] CAOS	mp 0.00		33:39 31.75
8	90060	Julieta Andrade	17	[1564] Individual POR	dnf 0.00	nc	dns nc
H10 (9)							
1	6104	Dinis Rama	13	[166] ADM Ori-Mondego	24:53 100.00	1	19:50 85.02
2	90007	Pedro Barroso Marques	16	[070] COC	35:11 58.61	4	23:31 63.67
3	90062	DDS Franco	16	[1564] Individual POR			17:15 100.00

Pl	tno	Name	B	Club	S1	S2	Total
H10 (9)		<i>(cont.)</i>					
4	26896	Guilherme Silva	11	[184] Saca Trilhos		19:30 86.96	2 86.96
5	90008	Diogo Santo	12	[070] COC	42:59 27.26	5 24:15 59.42	5 86.68
6	90024	Vicente Pinheiro	12	[070] COC	43:04 26.93	6 24:17 59.23	6 86.16
7	6896	Guilherme Silva	11	[184] Saca Trilhos	28:53 83.92	2	83.92
8	6407	Gil Ehrhardt	13	[102] .COM	33:48 64.17	3 34:28 0.19	7 64.36
9	90059	Guilherme Andrade	14	[1564] Individual POR	dnf 0.00	nc dns nc	nc 0.00
D12 (4)							
1	5333	Juliana Pedro	11	[107] CAOS	26:51 98.42	2 21:05 95.11	2 193.53
2	6520	Clara Lima	10	[070] COC	30:50 83.35	3 20:06 100.00	1 183.35
3	6498	MARIA OLIVEIRA	10	[070] COC	26:26 100.00	1 24:12 79.60	3 179.60
4	6544	SOFIA SANTOS	10	[107] CAOS	mp 0.00	27:11 64.76	4 64.76
H12 (4)							
1	6658	Bernardo Contente	09	[114] COA	14:10 100.00	1 11:42 100.00	1 200.00
2	6343	ANTÓNIO OLIVEIRA	09	[070] COC	15:23 91.41	2 18:29 42.02	2 133.43
3	6242	David Marques	10	[070] COC	20:31 55.18	3 19:28 33.62	3 88.80
4	6539	André Ferreira	10	[070] COC	25:24 20.71	4 20:39 23.50	4 44.21
D14 (6)							
1	6483	Matilde Silva	08	[102] .COM	19:41 98.01	2 16:34 100.00	1 198.01
2	6404	Maria Leonor	08	[070] COC	28:34 51.99	5 19:29 82.39	3 134.38
3	6369	Maria Nazaré	07	[070] COC	25:19 68.83	4 22:29 64.29	4 133.12
4	6387	Inês Gomes	07	[070] COC	19:18 100.00	1 30:13 17.61	6 117.61
5	6575	Carolina Marques	07	[085] A Montanha	24:52 71.16	3 28:32 27.77	5 98.93
6	6371	Matilde Batista	07	[070] COC	dnf 0.00	17:23 95.07	2 95.07
H14 (10)							
1	6623	Tiago Oliveira	07	[094] CPOC	11:29 100.00	1 12:19 100.00	1 200.00
2	4222	João Pedro	07	[107] CAOS	14:12 76.34	2 13:23 91.34	3 167.68
3	6590	Miguel Canana	09	[133] GDU Azoia	18:36 38.03	4 15:27 74.56	6 112.59
4	6730	André Espada Pereira	07	[133] GDU Azoia	18:25 39.62	3 15:42 72.53	7 112.15

Pl	tno	Name	B	Club	S1	S2	Total
H14 (10)			<i>(cont.)</i>				
5	6503	Dinis Santo	07	[070] COC	mp 0.00	12:34 97.97	2 97.97
6	6393	Miguel Ferreira	08	[070] COC	21:18 14.51	6 14:45 80.24	4 94.75
7	5670	GABRIEL LOPES	09	[107] CAOS	20:56 17.71	5 15:09 77.00	5 94.71
8	90057	Alfredo Marcelo	08	[166] ADM Ori-Mondego	22:05 7.69	7 19:36 40.87	8 48.56
9	6674	Miguel Costa	08	[085] A Montanha	27:20 0.00	8 20:16 35.45	9 35.45
10	6475	Hugo Mira	08	[085] A Montanha	1:02:54 0.00	9 30:15 0.00	10 0.00
D16 (9)							
1	6413	Leonor Ferreira	06	[094] CPOC	12:50 100.00	1 12:09 100.00	1 200.00
2	6515	Joana Canana	06	[133] GDU Azoia	13:35 94.16	2 13:16 90.81	2 184.97
3	5880	Alexandra Serra Campos	06	[102] .COM	14:33 86.62	3 14:39 79.42	3 166.04
4	6480	Débora Oliveira	05	[102] .COM	14:46 84.94	4 15:34 71.88	5 156.82
5	5784	Carolina Rusga	06	[133] GDU Azoia	14:46 84.94	4 17:31 55.83	7 140.77
6	6208	Patrícia Rosa	05	[070] COC	17:22 64.68	6 17:01 59.95	6 124.63
7	6522	Sofia Pulquério	06	[133] GDU Azoia	mp 0.00	15:21 73.66	4 73.66
8	5648	Rita Castro	05	[052] GD4C	21:40 31.17	8 19:58 35.67	8 66.84
9	6492	Marta Maurício	05	[102] .COM	21:00 36.36	7 22:25 15.50	9 51.86
H16 (6)							
1	6414	Miguel Manso	05	[133] GDU Azoia	12:29 100.00	1 12:34 100.00	1 200.00
2	6536	Miguel Trindade	05	[007] Ori-Estarreja	12:41 98.40	2 13:33 92.18	2 190.58
3	6673	Emanuel Barbosa	06	[085] A Montanha	22:49 17.22	5 14:44 82.76	3 99.98
4	6659	João Nascimento	05	[114] COA	19:37 42.86	4 21:29 29.05	4 71.91
5	6576	ANTONY LEYSER	06	[166] ADM Ori-Mondego	17:48 57.41	3 25:13 0.00	5 57.41
6	6780	Gonçalo Oliveira	05	[094] CPOC	mp 0.00	29:15 0.00	6 0.00
D18 (3)							
1	6327	Beatriz Coelho	04	[033] Clube TAP	14:02 100.00	1 14:33 100.00	1 200.00
2	6320	MARIANA SÃO BENTO	04	[085] A Montanha	14:10 99.05	2 27:34 10.54	3 109.59
3	6400	DANIELA FARIA	03	[052] GD4C	20:53 51.19	3 21:20 53.38	2 104.57

Pl	tno	Name	B	Club	S1	S2	Total
H18 (9)							
1	6164	Rodrigo Lima	04	[085] A Montanha	16:40 98.79	2 12:55 100.00	1 198.79
2	6287	Afonso Ferreira	04	[094] CPOC	16:28 100.00	1 14:41 86.32	2 186.32
3	6349	Ricardo Quintas	04	[102] .COM	18:05 90.18	3 16:01 76.00	4 166.18
4	6065	Diogo Neto	04	[056] COViseu - Natura	21:43 68.12	4 18:40 55.48	6 123.60
5	6474	Nuno Almeida	04	[102] .COM	22:37 62.65	6 19:01 52.77	7 115.42
6	5671	DINIS LOPES	05	[107] CAOS	mp 0.00	15:11 82.45	3 82.45
7	6534	TIAGO SILVA	04	[102] .COM	21:56 66.80	5 25:18 4.13	8 70.93
8	6494	João Lencastre	04	[102] .COM	mp 0.00	17:59 60.77	5 60.77
9	6347	Miguel Sousa	04	[166] ADM Ori-Mondego	mp 0.00	dns	 0.00
D20 (1)							
1	6741	Francisca Araújo	01	[088] ADC	17:54 100.00	1 16:44 100.00	1 200.00
H20 (7)							
1	5299	ANDRÉ ROBERTO	02	[070] COC	16:27 100.00	1 13:33 97.48	2 197.48
2	6048	Diogo Oliveira	01	[102] .COM	16:59 96.76	2 13:13 100.00	1 196.76
3	6702	Iuri Soares	01	[088] ADC	17:45 92.10	4 13:53 94.96	3 187.06
4	6401	João Rodrigues	03	[052] GD4C	17:16 95.04	3 14:26 90.79	4 185.83
5	6175	João Sousa	02	[133] GDU Azoia	19:03 84.19	5 19:29 52.59	5 136.78
6	6210	Pedro Viana	03	[052] GD4C	22:07 65.55	7 19:37 51.58	6 117.13
7	6334	Fábio Baptista	02	[085] A Montanha	20:00 78.42	6 28:11 0.00	7 78.42
Damas Elite (7)							
1	4112	Inês Pinto	92	[052] GD4C	16:13 100.00	1 15:01 100.00	1 200.00
2	3799	Tania Covas Costa	78	[102] .COM	16:42 97.02	2 19:55 67.37	3 164.39
3	5388	Susana raquel Co Almeida	93	[056] COViseu - Natura	20:53 71.22	3 18:04 79.69	2 150.91
4	5659	Raquel Henriques	00	[094] CPOC	20:56 70.91	4 21:36 56.16	5 127.07
5	3082	Marisa Barroso	81	[070] COC	22:12 63.10	5	63.10
6	6402	Nadine Silva	03	[052] GD4C	mp 0.00	21:10 59.05	4 59.05
7	5288	Stepanka Betkova	87	[166] ADM Ori-Mondego	52:46 0.00	6	0.00

PI	tno	Name	B	Club	S1	S2	Total
Homens Elite (16)							
1	3976	Tomás Lima	01	[070] COC	14:02	1 15:25	1
					100.00	100.00	200.00
2	5073	MANUEL OLIVEIRA	01	[070] COC	14:32	2 16:06	2
					96.44	95.57	192.01
3	5737	Vasco Mendes	02	[133] GDU Azoia	14:47	4 16:09	3
					94.66	95.24	189.90
4	5074	RODRIGO OLIVEIRA	02	[070] COC	14:41	3 16:51	4
					95.37	90.70	186.07
5	6053	Pedro Lagarto	03	[022] CLAC	14:48	5 17:25	5
					94.54	87.03	181.57
6	4495	Tiago Gingão Leal	90	[052] GD4C	14:48	5 18:04	7
					94.54	82.81	177.35
7	1132	Paulo Franco	81	[070] COC	15:52	7 17:53	6
					86.94	84.00	170.94
8	2969	Domingos Martins	89	[052] GD4C	16:49	8 18:35	8
					80.17	79.46	159.63
9	1811	Luís Leite	76	[052] GD4C	17:36	11 18:57	9
					74.58	77.08	151.66
10	2816	Jorge Fortunato	89	[007] Ori-Estarreja	17:23	9 19:21	11
					76.13	74.49	150.62
11	5006	Gabriel Braz	97	[070] COC	17:53	12 19:03	10
					72.57	76.43	149.00
12	5061	Manuel Pereira Lopes	96	[090] ADFA	20:18	14 20:06	12
					55.34	69.62	124.96
13	4016	Miguel Nóbrega	89	[056] COViseu - Natura	17:27	10 25:48	16
					75.65	32.65	108.30
14	3684	Rui Martins	89	[056] COViseu - Natura	19:37	13 24:07	14
					60.21	43.57	103.78
15	5216	Nuno Santos	96	[090] ADFA	20:53	15 23:56	13
					51.19	44.76	95.95
16	1670	Paulo Santos	83	[090] ADFA	mp	24:35	15
					0.00	40.54	40.54
D21A (4)							
1	6087	Carla Macedo	88	[056] COViseu - Natura	16:45	2 14:33	1
					99.40	100.00	199.40
2	4693	Sofia Pinto	94	[056] COViseu - Natura	16:39	1 15:26	2
					100.00	93.93	193.93
3	6923	Ana Costa	93	[056] COViseu - Natura	18:53	3 16:47	3
					86.59	84.65	171.24
4	5502	Cristiana Silva	97	[052] GD4C	20:18	nc 17:17	nc
					0.00	0.00	0.00
H21A (7)							
1	6542	Luis Viedma	87	[070] COC	15:42	1 14:13	1
					100.00	100.00	200.00
2	6272	Ricardo Lopes	89	[056] COViseu - Natura	16:57	3 15:41	2
					92.04	89.68	181.72
3	2049	António J Silva	85	[085] A Montanha	16:23	2 16:52	3
					95.65	81.36	177.01
4	6665	Gonçalo Antunes	93	[094] CPOC	18:23	5 17:45	4
					82.91	75.15	158.06
5	5980	Rafael Silva	87	[056] COViseu - Natura	17:45	4 21:39	6
					86.94	47.71	134.65
6	5925	PEDRO TIAGO GOMES	90	[159] COAAL	19:13	6 20:24	5
					77.60	56.51	134.11
7	6687	Rodrigo Carrera	86	[094] CPOC	19:30	7 dns	

PI	tno	Name	B	Club	S1		S2		Total
H21A (7)					<i>(cont.)</i>				
					75.80				75.80
D21B (2)									
1	6543	Laura Romo	88	[070] COC	23:00	1	16:57	1	
					100.00		100.00		200.00
2	6683	Catarina Fernandes	94	[094] CPOC	25:50	2	18:53	2	
					87.68		88.59		176.27
H21B (2)									
1	6281	PAULO PINTASSILGO	74	[159] COAAL	12:39	1	12:39	1	
					100.00		100.00		200.00
2	6694	Sérgio Canana	75	[133] GDU Azoia	19:25	2	19:57	2	
					46.51		42.29		88.80
D35 (5)									
1	2503	Susana Pontes	71	[070] COC	15:19	1	12:30	1	
					100.00		100.00		200.00
2	4901	Carla Amorim	79	[166] ADM Ori-Mondego	17:50	2	16:16	2	
					83.57		69.87		153.44
3	6044	Dora Ferreira	82	[166] ADM Ori-Mondego	21:14	3	17:43	3	
					61.37		58.27		119.64
4	4078	Ana Rita Pinto	83	[056] COViseu - Natura	34:11	4	21:53	4	
					0.00		24.93		24.93
5	1554	Ana Porta Nova	86	[094] CPOC	dns	nc	17:43	nc	
							0.00		0.00
H35 (5)									
1	3943	Arnaldo Mendes	79	[166] ADM Ori-Mondego	13:18	1	12:25	1	
					100.00		100.00		200.00
2	3887	Pedro Rama	84	[166] ADM Ori-Mondego	15:32	2	15:20	2	
					83.21		76.51		159.72
3	2831	Daniel Raposo	80	[128] COALA	17:43	3	16:38	4	
					66.79		66.04		132.83
4	6089	César Cruz	83	[102] .COM	22:02	4	15:46	3	
					34.34		73.02		107.36
5	6849	Endy Endivas	86	[1000] Individual POR Fe	22:38	nc	21:54	nc	
					0.00		0.00		0.00
D40 (6)									
1	6582	Suzana Lampreia	76	[005] CP Armada	14:28	1	14:10	1	
					100.00		100.00		200.00
2	4587	Ana Margarida Vaz	76	[007] Ori-Estarreja	15:18	2	16:20	4	
					94.24		84.71		178.95
3	2561	Ângela Pedro	79	[107] CAOS	16:41	3	16:07	3	
					84.68		86.24		170.92
4	5696	Ana Casaca	76	[133] GDU Azoia	21:51	5	15:11	2	
					48.96		92.82		141.78
5	4895	Alda Marcelo	77	[166] ADM Ori-Mondego	18:47	4	18:42	5	
					70.16		68.00		138.16
6	6406	Paula Gonçalves	75	[052] GD4C	mp		mp		
					0.00		0.00		0.00

Pl	tno	Name	B	Club	S1	S2	Total
H40 (10)							
1	2562	Nuno Pedro	79	[107] CAOS	13:09	1 14:00 2	
					100.00	94.47	194.47
2	2375	TIAGO LOPES	78	[107] CAOS	14:25	3 13:16 1	
					90.37	100.00	190.37
3	2772	JORGE SANTOS	79	[107] CAOS	13:22	2 14:44 3	
					98.35	88.94	187.29
4	1050	Daniel Filipe	78	[007] Ori-Estarreja	14:28	4 15:16 5	
					89.99	84.92	174.91
5	5555	JOSE CARLOS MARQUES	78	[159] COAAL	17:45	5 15:08 4	
					65.02	85.93	150.95
6	6754	Jorge Rocha	77	[185] ADRAA Avis	18:21	6 15:58 6	
					60.46	79.65	140.11
7	1325	Nuno Rebelo	79	[007] Ori-Estarreja	mp	16:42 7	
					0.00	74.12	74.12
8	6732	Jorge Nunes	79	[185] ADRAA Avis	20:54	7 22:18 9	
					41.06	31.91	72.97
9	5746	Luis Miguel Pires	77	[056] COViseu - Natura	58:11	8 21:08 8	
					0.00	40.70	40.70
10	4241	Luís Gonçalves	81	[094] CPOC	dns	nc 14:42 nc	
						0.00	0.00
D45 (2)							
1	1005	Kátia Almeida	72	[094] CPOC	15:24	1 16:04 1	
					100.00	100.00	200.00
2	4327	Sónia Saramago	73	[115] ATV	21:25	2 19:27 2	
					60.93	78.94	139.87
H45 (12)							
1	1872	Nuno Ferreira	76	[094] CPOC	11:43	1 11:58 2	
					100.00	95.34	195.34
2	1281	Joaquim Sousa	70	[184] Saca Trilhos	12:17	2 11:26 1	
					95.16	100.00	195.16
3	3408	Nuno Pires	74	[007] Ori-Estarreja	14:31	4 14:12 5	
					76.10	75.80	151.90
4	4147	Sérgio Contente	74	[114] COA	14:49	5 14:07 4	
					73.54	76.53	150.07
5	5063	Sandro Castro	72	[052] GD4C	14:22	3 16:21 6	
					77.38	57.00	134.38
6	3913	Alberto César	70	[052] GD4C	15:58	7 16:29 7	
					63.73	55.83	119.56
7	6003	Paulo Batista	75	[038] CM Arrábida	16:53	9 18:18 8	
					55.90	39.94	95.84
8	4101	Jorge Marques	73	[052] GD4C	mp	13:29 3	
					0.00	82.07	82.07
9	1302	RAFAEL LIMA	68	[085] A Montanha	14:52	6 dns	
					73.12		73.12
10	6399	FERNANDO SILVA	74	[052] GD4C	16:12	8 mp	
					61.74	0.00	61.74
11	3755	ANTÓNIO ROMPANTE	71	[167] NAST	mp	18:52 9	
					0.00	34.99	34.99
12	2188	Rui Morais	74	[007] Ori-Estarreja	15:51	nc 17:25 nc	
					0.00	0.00	0.00
D50 (4)							
1	5783	Catarina Félix	67	[133] GDU Azoia	14:43	1 15:30 1	
					100.00	100.00	200.00

Pl	tno	Name	B	Club	S1	S2	Total
D50 (4)		<i>(cont.)</i>					
2	6479	Fátima Emauz	68	[094] CPOC	18:44	2 17:05 3	
					72.71	89.78	162.49
3	2243	Maria João Borges	71	[115] ATV	18:49	3 20:37 4	
					72.14	66.99	139.13
4	5280	Carmo Silva	67	[007] Ori-Estarreja	27:57	4 16:37 2	
					10.08	92.80	102.88
H50 (10)							
1	2593	Victor Delgado	67	[052] GD4C	14:58	1 12:22 1	
					100.00	100.00	200.00
2	4328	Luis Miguel Martinho	70	[115] ATV	15:34	2 15:44 2	
					95.99	72.78	168.77
3	6263	Ricardo Silva	70	[007] Ori-Estarreja	16:19	3 16:19 3	
					90.98	68.06	159.04
4	4635	Sérgio Mónica	70	[128] COALA	16:34	4 18:50 5	
					89.31	47.71	137.02
5	2244	Cláudio Tereso	70	[115] ATV	18:46	5 17:57 4	
					74.61	54.85	129.46
6	2533	Arménio Mendes	65	[094] CPOC	18:50	6 21:44 7	
					74.16	24.26	98.42
7	1810	OCTÁVIO ANDRADE	68	[102] .COM	mp	18:56 6	
					0.00	46.90	46.90
8	6481	Rui Silva	68	[102] .COM	23:57	7 dnf	
					39.98	0.00	39.98
9	3081	ALBERTO BARROS	69	[052] GD4C	mp	22:01 8	
					0.00	21.97	21.97
10	1202	Paulo Mosca	69	[005] CP Armada	14:21	nc 14:02 nc	
					0.00	0.00	0.00
D55 (5)							
1	5695	Luísa Gaboleiro	63	[133] GDU Azoia	13:41	1 14:16 1	
					100.00	100.00	200.00
2	6516	M Jesus Leão	66	[133] GDU Azoia	15:55	2 15:35 2	
					83.68	90.77	174.45
3	2497	Aida Correia	63	[052] GD4C	16:53	3 20:40 4	
					76.61	55.14	131.75
4	5209	Eugénia Maria de Tavares	62	[007] Ori-Estarreja	22:56	4 18:11 3	
					32.40	72.55	104.95
5	6547	Teresa Ribeiro	65	[033] Clube TAP	25:32	nc 22:46 nc	
					0.00	0.00	0.00
H55 (14)							
1	6509	JADIR PEREIRA	64	[166] ADM Ori-Mondego	15:09	2 13:38 1	
					90.75	100.00	190.75
2	1084	MANUEL LUÍS	63	[005] CP Armada	13:52	1 16:10 3	
					100.00	81.42	181.42
3	1093	Jorge Baltazar	66	[133] GDU Azoia	16:22	3 17:08 5	
					81.97	74.33	156.30
4	1407	Luís Quinta-Nova	66	[090] ADFA	17:03	6 16:35 4	
					77.04	78.36	155.40
5	3098	António Graça	63	[005] CP Armada	19:04	8 15:45 2	
					62.50	84.47	146.97
6	5354	Noel Cabeça	64	[133] GDU Azoia	16:53	5 18:55 6	
					78.25	61.25	139.50
7	5053	José Carlos	62	[166] ADM Ori-Mondego	16:47	4 21:47 10	
					78.97	40.22	119.19

Pl	tno	Name	B	Club	S1	S2	Total
H55 (14)		<i>(cont.)</i>					
8	5551	David Afonso	66	[033] Clube TAP	19:44 57.69	9 19:57 53.67	7 111.36
9	1344	António Pina	66	[157] AFAP	17:49 71.51	7 22:15 36.80	11 108.31
10	4783	Carlos Fortunato	62	[007] Ori-Estarreja	22:54 34.86	10 20:12 51.83	8 86.69
11	6649	José Henriques	65	[094] CPOC	25:12 18.27	11 21:34 41.81	9 60.08
12	5248	José Vicente	61	[157] AFAP	28:07 0.00	12 23:31 27.51	12 27.51
13	5391	José Almeida	62	[056] COViseu - Natura	24:39 0.00	nc 22:21 nc	nc 0.00
13	4098	Júlio Oliveira	63	[005] CP Armada	29:45 0.00	13 28:07 0.00	13 0.00
D60 (1)							
1	2129	Luisa Mateus	58	[070] COC	14:45 100.00	1 15:15 100.00	1 200.00
H60 (7)							
1	1182	Albano João	59	[184] Saca Trilhos	12:51 100.00	1 12:34 100.00	1 200.00
2	2905	Manuel Delgado	61	[052] GD4C	14:31 87.03	3 13:38 91.51	3 178.54
3	1095	Fernando Costa	61	[052] GD4C	13:39 93.77	2 14:30 84.62	4 178.39
4	2454	Jorge Silva	60	[085] A Montanha	15:57 75.88	4 13:20 93.90	2 169.78
5	2592	João Alves	61	[052] GD4C	17:17 65.50	5 16:14 70.82	5 136.32
6	2130	Pedro Serralheiro	58	[070] COC	17:24 64.59	6 18:15 54.77	7 119.36
7	1907	Carlos Coelho	61	[094] CPOC	18:54 52.92	7 16:50 66.05	6 118.97
D65 (4)							
1	1640	FERNANDA FERREIRA	55	[168] CAB	24:23 100.00	1 20:41 100.00	1 200.00
2	1556	Ana Carreira	51	[094] CPOC	29:47 77.85	2 26:56 69.78	3 147.63
3	5564	Zezipha Mora	51	[166] ADM Ori-Mondego	39:45 36.98	3 28:34 61.89	4 98.87
4	2410	Margarida Rocha	55	[052] GD4C	mp 0.00	24:41 80.66	2 80.66
H65 (6)							
1	1903	Armando Santos	52	[128] COALA	11:40 100.00	1 13:13 100.00	1 200.00
2	1190	CARLOS FERREIRA	56	[168] CAB	13:03 88.14	2 14:59 86.63	4 174.77
3	1905	Vitor Rodrigues	54	[094] CPOC	16:50 55.71	6 13:17 99.50	2 155.21
4	1851	Escada da Costa	56	[128] COALA	15:42 65.43	5 14:49 87.89	3 153.32
5	4077	Custódio Pinto	56	[056] COViseu - Natura	15:06 70.57	3 16:48 72.89	5 143.46

Pl	tno	Name	B	Club	S1		S2		Total
H65 (6)			<i>(cont.)</i>						
6	1557	Acácio Porta Nova	53	[094] CPOC	15:23 68.14	4	17:06 70.62	6	138.76
H75 (2)									
1	1576	Francisco Coelho	44	[033] Clube TAP	16:19 100.00	1	21:22 100.00	1	200.00
2	4440	Coelho dos Santos	46	[007] Ori-Estarreja	27:42 0.00	nc	27:27 0.00	nc	0.00
H80 (1)									
1	2121	José Grada	39	[007] Ori-Estarreja	33:44 0.00	nc	31:29 0.00	nc	0.00