

PI	Text1	Name	Club	Time	Diff.
Escolas M (1)					
1	NF	Tiago Oliveira Freire	[1564] Individual POR	42:00	0:00
Escolas F (5)					
1	FR	Benedita	[007] Ori-Estarreja	23:44	0:00
2	FR	Margarida Velez	[185] ADRAA Avis	24:42	+0:58
3	FNR	Carlota Pereira	[185] ADRAA Avis	24:50	+1:06
4	FR	Catarina Mendes	[166] ADM Ori-Mondego	29:45	+6:01
	FR	Cristiana Mendes	[166] ADM Ori-Mondego	dns	
Infantis F (2)					
1	FR	Maria Oliveira	[070] COC	56:32	0:00
2	FR	Clara Lima	[070] COC	59:51	+3:19
Jovens 1M (8)					
1	FR	André Espada Pereira	[133] GDU Azoia	37:01	0:00
2	FR	Miguel Costa	[085] A Montanha	37:02	+0:01
3	FR	João Pedro	[107] CAOS	40:40	+3:39
3	FR	João Maia	[085] A Montanha	40:40	+3:39
5	FR	Dinis Santo	[070] COC	41:48	+4:47
6	FR	Tiago Oliveira	[094] CPOC	56:00	+18:59
7	FR	António Oliveira	[070] COC	1:25:39	+48:38
	FR	Rodrigo Rusga	[133] GDU Azoia	dnf	
Jovens 1 F (2)					
1	FR	Beatriz Ribeiro	[085] A Montanha	43:59	0:00
2	FR	Juliana Pedro	[107] CAOS	53:52	+9:53
Jovens 2M (5)					
1	FR	Rodrigo Lima	[085] A Montanha	52:41	0:00
2	FR	Afonso Ferreira	[133] GDU Azoia	58:28	+5:47
3	FR	Ricardo Quintas	[102] .COM	58:29	+5:48
4		Miguel Braz	[070] COC	1:00:28	+7:47
5	FR	Antony Leyser	[166] ADM Ori-Mondego	2:21:25	+1:28:44
Jovens 2F (7)					
1	FR	Joana Canana	[133] GDU Azoia	43:42	0:00
2	FR	Leonor Ferreira	[133] GDU Azoia	43:53	+0:11
3	FR	Carolina Rusga	[133] GDU Azoia	43:54	+0:12
4	FR	Sofia Pulquério	[133] GDU Azoia	43:59	+0:17
5	FR	Alexandra Serra Campos	[102] .COM	44:14	+0:32
6	FR	Patrícia Rosa	[070] COC	58:46	+15:04
7	FR	Rita Maia	[085] A Montanha	1:11:46	+28:04
Seniores M (18)					
1	NF	TEREMETSKYI TYMOFII	[1453] Individual UKR	54:12	0:00
2	NF	ARBUZOV VLADYSLAV	[1453] Individual UKR	56:14	+2:02
3	FR	Vasco Mendes	[133] GDU Azoia	57:32	+3:20
4	FR	Pedro Lagarto	[022] CLAC	58:03	+3:51

PI	Text1	Name	Club	Time	Diff.
Seniores M (18)			(cont.)		
5	FR	Tiago Gingão Leal	[052] GD4C	58:18	+4:06
6	FR	ANDRÉ ROBERTO	[070] COC	1:05:30	+11:18
7		Gabriel Braz	[070] COC	1:14:32	+20:20
8	FNR	Vasco Duarte	[090] ADFA	1:28:54	+34:42
9	FR	Nuno Santos	[090] ADFA	1:29:33	+35:21
10	FR	Luis Viedma	[070] COC	1:36:07	+41:55
11	FR	João Delgado	[052] GD4C	1:42:16	+48:04
12	FR	Marco Martins	[022] CLAC	1:46:03	+51:51
13	FR	José Vieira Maia	[085] A Montanha	1:56:18	+1:02:06
14	FR	Igor Ventura	[133] GDU Azoia	2:39:35	+1:45:23
	NF	Eduardo Correia	[094] CPOC	dnf	
	NF	Tiago Leão	[094] CPOC	dnf	
	FR	José Dias	[022] CLAC	dns	
	NF	André Silva	[166] ADM Ori-Mondego	dns	
Seniores F (1)					
1	FR	Inês Gonçalves	[007] Ori-Estarreja	2:29:43	0:00
Veteranos M I (18)					
1	FR	Arnaldo Mendes	[166] ADM Ori-Mondego	1:02:25	0:00
2	FR	Tiago Lopes	[107] CAOS	1:08:38	+6:13
3	FR	Nuno Ferreira	[133] GDU Azoia	1:13:26	+11:01
4	FR	Nuno Pedro	[107] CAOS	1:13:37	+11:12
5	FR	Nuno Cruz	[005] CP Armada	1:14:22	+11:57
6	FR	Sérgio Contente	[114] COA	1:14:50	+12:25
7	FR	Arlindo Varela	[107] CAOS	1:16:29	+14:04
8	FR	Luís Gonçalves	[094] CPOC	1:17:11	+14:46
9	FR	José Pereira	[005] CP Armada	1:20:30	+18:05
10	FR	Octávio Andrade	[102] .COM	1:35:03	+32:38
11	NF	Orlando Marques	[12709] RA4	1:36:04	+33:39
12	FR	Narciso Santos	[107] CAOS	1:40:05	+37:40
13	FR	Artur Freitas	[166] ADM Ori-Mondego	1:40:06	+37:41
14	FR	José Carlos Marques	[159] COAAL	1:46:09	+43:44
15	FR	Fleky	[114] COA	1:54:30	+52:05
16	FR	João Esteves	[094] CPOC	1:57:10	+54:45
17	FNR	Sérgio Mónica	[128] COALA	2:21:34	+1:19:09
18	FR	Javier García	[11588] OesteXtrem-AFN	2:22:51	+1:20:26
Veteranos F I (17)					
1	FR	Tania Covas Costa	[102] .COM	56:02	0:00
2	FR	Ana Margarida Vaz	[007] Ori-Estarreja	1:13:28	+17:26
3	FR	Paula Serra Campos	[102] .COM	1:16:55	+20:53
4	FR	Marisa Barroso	[070] COC	1:17:50	+21:48
5	FR	Ana Porta Nova	[094] CPOC	1:19:37	+23:35
6	FR	Kátia Almeida	[094] CPOC	1:21:25	+25:23
7	NF	Ana Magina	[1564] Individual POR	1:22:39	+26:37
8	FR	Suzana Lampreia	[005] CP Armada	1:23:09	+27:07
9	FR	Carla Amorim	[166] ADM Ori-Mondego	1:35:14	+39:12
9	FR	Ana Casaca	[133] GDU Azoia	1:35:14	+39:12
11	FR	Angela Pedro	[107] CAOS	1:37:43	+41:41
12	FR	Tânia Agostinho	[094] CPOC	1:43:59	+47:57
13	FR	Ana Rita Pinto	[056] COViseu - Natura	2:29:22	+1:33:20

PI	Text1	Name	Club	Time	Diff.
		Veteranos F I (17)	(cont.)		
	FR	Catarina Castelão	[070] COC	dnf	
	FR	Cristiana Cunha	[070] COC	dnf	
	FR	María José Hernández	[11588] OesteXtrem-AFN	dnf	
	FR	Maria Calado	[114] COA	dns	
		Veteranos M II (32)			
1	FR	Victor Delgado	[052] GD4C	48:47	0:00
2	FR	Jadir Pereira	[166] ADM Ori-Mondego	56:00	+7:13
3	FR	Manuel Dias	[133] GDU Azoia	56:03	+7:16
4	FR	Nuno Pires	[007] Ori-Estarreja	56:44	+7:57
5	FR	Rafael Lima	[085] A Montanha	57:53	+9:06
6	FR	Mário Marques	[184] Saca Trilhos	1:00:15	+11:28
7	FR	Paulo Ferreira	[005] CP Armada	1:00:20	+11:33
8	FR	José Carlos	[166] ADM Ori-Mondego	1:00:30	+11:43
9	FR	Marco Alpande Póvoa	[166] ADM Ori-Mondego	1:01:15	+12:28
10	FR	Jorge Baltazar	[133] GDU Azoia	1:01:40	+12:53
11	FR	João Martins	[022] CLAC	1:07:07	+18:20
12	FR	Jorge Oliveira	[070] COC	1:13:07	+24:20
13	FR	Carlos Garcia	[157] AFAP	1:13:39	+24:52
14	FR	Manuel Delgado	[052] GD4C	1:15:33	+26:46
14	FR	Vitor Rodrigues	[094] CPOC	1:15:33	+26:46
16	FR	António Neves	[133] GDU Azoia	1:22:34	+33:47
17	FNR	António Bastos	[070] COC	1:24:26	+35:39
18	FR	Carlos Coelho	[094] CPOC	1:25:07	+36:20
19	FR	António Matias	[022] CLAC	1:26:06	+37:19
20	FR	Mário Álvares	[107] CAOS	1:31:11	+42:24
20	FR	José Henriques	[094] CPOC	1:31:11	+42:24
22	NF	Luís Miguel da S Pereira	[1564] Individual POR	1:33:15	+44:28
23	FR	Feliciano Alves	[133] GDU Azoia	1:36:38	+47:51
24	FR	José Fontoura	[094] CPOC	1:37:02	+48:15
25	FR	Rui Oliveira	[094] CPOC	1:44:16	+55:29
26	FR	José Vicente	[157] AFAP	1:46:28	+57:41
27	FR	Joaquim Vidal Pereira	[107] CAOS	2:13:02	+1:24:15
	FNR	Rui Antunes	[070] COC	mp	
	FR	Custódio Pinto	[056] COViseu - Natura	mp	
	FR	Amândio Gonçalves	[022] CLAC	dnf	
	NF	Fausto Cardoso	[1564] Individual POR	dnf	
	FR	Bruno Silva	[166] ADM Ori-Mondego	dns	
		Veteranos F II (11)			
1	FR	M Jesus Leão	[133] GDU Azoia	1:00:57	0:00
2	FR	Catarina Félix	[133] GDU Azoia	1:06:26	+5:29
3		Alda Marcelo	[166] ADM Ori-Mondego	1:17:38	+16:41
4	NF	Rosário Matias	[1564] Individual POR	1:27:38	+26:41
5	FR	Inês Fonseca	[185] ADRAA Avis	1:42:11	+41:14
6	FR	Marina Guilherme	[070] COC	1:43:50	+42:53
7	FR	Paula Joaquim	[022] CLAC	1:47:41	+46:44
8	FR	Maria de São João	[022] CLAC	2:35:45	+1:34:48
	FR	Amália Gonçalves	[022] CLAC	dnf	
	FR	Olga Paulino	[133] GDU Azoia	dnf	
	FR	Teresa Alves	[070] COC	dns	

PI	Text1	Name	Club	Time	Diff.
Aberto 1 (14)					
1		Margarida Gomes + Núria Madeira	[1564] Individual POR	20:51	0:00
2	FR	Ana Velez	[185] ADRAA Avis	21:47	+0:56
3	FR	Diogo Nunes	[185] ADRAA Avis	24:25	+3:34
4		Carolina Fonseca	[1564] Individual POR	28:20	+7:29
5	NF	Adélia Santos	[107] CAOS	31:49	+10:58
6	NF	Eva Cruz	[070] COC	42:01	+21:10
6	NF	Helena Cruz	[070] COC	42:01	+21:10
	NF	Simão Mariana	[056] COViseu - Natura	mp	
	FR	Cristiana Maranhão	[070] COC	dnf	
	NF	Ruben Miguel Freire	[1564] Individual POR	dns	
	NF	Henrique Estevão	[094] CPOC	dns	
	NF	Gabriel Estevão	[094] CPOC	dns	
	NF	Mara Estevão	[094] CPOC	dns	
	NF	João Estevão	[094] CPOC	dns	
Aberto 2 (13)					
1		Antonio Fernandes	[1564] Individual POR	42:44	0:00
2	FR	Carlos Nunes	[185] ADRAA Avis	46:49	+4:05
3	FR	Luís Barosa	[166] ADM Ori-Mondego	49:36	+6:52
4	FR	Sofia Álvares	[107] CAOS	52:06	+9:22
5	NF	Joana Pereira	[085] A Montanha	55:21	+12:37
6	NF	Adriana Silva	[1564] Individual POR	58:46	+16:02
7	NF	Rogério Silva	[1564] Individual POR	59:16	+16:32
8	NF	Artur Silva	[1564] Individual POR	59:17	+16:33
9	FR	José Guilherme	[185] ADRAA Avis	1:01:26	+18:42
10		Nuno Fernandes	[1564] Individual POR	1:13:25	+30:41
11	NF	Sara Ferreira	[085] A Montanha	1:15:18	+32:34
	FR	Afonso Monteiro	[022] CLAC	mp	
	NF	Inês Monteiro	[070] COC	dns	
Aberto 3 (13)					
1	FR	Gonçalo Daniel	[070] COC	36:01	0:00
2	FR	Nuno Rebelo	[007] Ori-Estarreja	37:00	+0:59
3	FR	Paulo Pintassilgo	[159] COAAL	39:16	+3:15
4	FNR	Bernardo Rosa	[070] COC	40:18	+4:17
5	FR	Jorge Nunes	[185] ADRAA Avis	41:49	+5:48
6		Tiago Amaral	[1564] Individual POR	46:13	+10:12
7	FNR	Eugénio +Nair	[1564] Individual POR	50:51	+14:50
8	NF	Diogo Pimenta	[094] CPOC	51:08	+15:07
9	FR	Gonçalo Oliveira	[094] CPOC	51:10	+15:09
10	NF	José António da Dias	[1564] Individual POR	59:11	+23:10
11	FR	Jorge Rocha	[185] ADRAA Avis	1:05:46	+29:45
12	FNR	Francisco Bolrão	[070] COC	1:10:38	+34:37
13	NF	Marco Alexandre	[1564] Individual POR	1:21:41	+45:40