

Pl	Stno	Name	Time															
Formação	(2)		1.3 km	10 m	15 C													
					1 (117) 15 (200)	2 (114) F	3 (111)	4 (107)	5 (109)	6 (116)	7 (118)	8 (119)	9 (124)	10 (127)	11 (128)	12 (123)	13 (121)	14 (125)
1	926	AntónioCotovio+ RicardoC [070] COC	30:12		1:42 1:42 30:02 0:13	3:29 1:47 30:12 0:10	6:08 2:39	8:42 2:34	12:56 4:14	15:45 2:49	17:20 1:35	18:23 1:03	20:12 1:49	22:54 2:42	24:51 1:57	27:14 2:23	28:37 1:23	29:49 1:12
	922	SimãoVeríssimo Luís+Cláu [1564] Individual POR	mp		1:09 1:09 21:20 0:13	2:14 1:05 21:34 0:14	3:16 1:02	4:40 1:24 6:15 *112	9:42 5:02 7:32 *115	12:03 2:21 8:59 *108	-----	14:18 2:15	15:27 1:09	16:22 0:55	18:12 1:50	19:48 1:36	20:23 0:35	21:07 0:44
Fácil Masculino	(2)		1.5 km	10 m	17 C													
					1 (117) 15 (121)	2 (114) 16 (125)	3 (111) 17 (200)	4 (107) F	5 (112)	6 (115)	7 (108)	8 (109)	9 (116)	10 (119)	11 (124)	12 (127)	13 (128)	14 (123)
nc	919	HéliaFreitas+ RicardoFer [1564] Individual POR	30:16		1:33 1:33 27:53 1:24	3:35 2:02 29:23 1:30	4:43 1:08 29:44 0:21	6:41 1:58 30:16 0:32	8:31 1:50	10:04 1:33	11:55 1:51	13:16 1:21	16:14 2:58	18:15 2:01	20:06 1:51	22:00 1:54	24:13 2:13	26:29 2:16
nc	938	AndréFerreira+ SandraTei [1564] Individual POR	mp		2:09 2:09 22:22 0:54	4:22 2:13 23:31 1:09	5:23 1:01 23:48 0:17	7:23 2:00 24:05 0:17	-----	----- 14:06 *118	-----	9:57 2:34	12:19 2:22	15:00 2:41	16:32 1:32	17:43 1:11	19:32 1:49	21:28 1:56
Médio Masculino	(10)		3.1 km	15 m	22 C													
					1 (115) 15 (118)	2 (107) 16 (126)	3 (104) 17 (122)	4 (103) 18 (128)	5 (101) 19 (123)	6 (102) 20 (121)	7 (106) 21 (125)	8 (108) 22 (200)	9 (105) F	10 (110)	11 (120)	12 (111)	13 (108)	14 (113)
1	931	Nelson Luz [1564] Individual POR	22:54		1:09 1:09 16:40	2:00 0:51 18:07	3:15 1:15 20:28	3:46 0:31 20:57	4:20 0:34 21:34	4:43 0:23 22:11	5:35 0:52 22:36	6:49 1:14 22:45	8:14 1:25 22:54	10:13 1:59	11:11 0:58	12:35 1:24	13:53 1:18	15:25 1:32
2	916	Ricardo Veríssimo [1564] Individual POR	23:05		1:15 1:10 1:10 17:24 1:46	1:27 2:05 0:55 18:46 1:22	2:21 3:18 1:13 20:33 1:47	0:29 3:48 0:30 21:04 0:31	0:37 4:28 0:40 21:41 0:37	0:37 4:54 0:26 22:11 0:30	0:25 5:40 0:46 22:45 0:34	0:09 7:03 1:23 22:53 0:12	0:09 8:19 1:16 23:05 0:12	10:06 1:47	11:25 1:19	12:37 1:12	13:46 1:09	15:38 1:52
3	915	Paulo Gomes [1564] Individual POR	23:35		1:24 1:24 18:16 1:06	2:23 0:59 19:41 1:25	3:32 1:09 21:13 1:32	4:02 0:36 21:43 0:30	4:38 0:36 22:20 0:37	4:59 0:21 22:49 0:29	5:48 0:49 23:15 0:26	7:02 1:14 23:24 0:09	8:20 1:18 23:35 0:11	10:14 1:54	11:33 1:19	12:56 1:23	14:15 1:19	17:10 2:55
4	933	Eurico Silva [1564] Individual POR	27:50		1:54 1:54 21:00 2:28	3:41 1:47 23:06 2:06	4:59 1:18 24:45 1:39	5:32 0:33 25:16 0:31	6:46 1:14 26:08 0:52	7:08 0:22 26:42 0:34	8:03 0:55 27:27 0:45	9:26 1:23 27:37 0:10	10:55 1:29 27:50 0:13	13:18 2:23	14:19 1:01	15:34 1:15	16:38 1:04	18:32 1:54
5	924	Tiago Silva	35:41		8:41	9:30	10:37	12:58	13:24	15:37	16:34	17:49	19:08	21:09	22:18	23:33	25:03	26:43

		[1564] Individual POR		8:41	0:49	1:07	2:21	0:26	2:13	0:57	1:15	1:19	2:01	1:09	1:15	1:30	1:40
				27:48	29:22	32:39	33:12	34:24	34:49	35:16	35:28	35:41					
				1:05	1:34	3:17	0:33	1:12	0:25	0:27	0:12	0:13					
6	911	Paulo César Pont Rego	45:34	2:24	3:38	5:23	6:19	9:10	11:45	12:55	21:10	22:40	25:03	25:59	27:42	29:26	31:24
		[1564] Individual POR		2:24	1:14	1:45	0:56	2:51	2:35	1:10	8:15	1:30	2:23	0:56	1:43	1:44	1:58
				35:49	37:21	40:33	41:05	44:10	44:45	45:11	45:22	45:34					
				4:25	1:32	3:12	0:32	3:05	0:35	0:26	0:11	0:12					
	1407	Luís Quinta-Nova	mp	1:32	2:33	-----	4:15	4:51	5:18	6:15	7:37	9:21	11:49	12:45	14:21	15:53	17:58
		[164] COBIS		1:32	1:01		1:42	0:36	0:27	0:57	1:22	1:44	2:28	0:56	1:36	1:32	2:05
				19:37	21:03	22:56	23:29	24:15	24:54	25:21	25:33	25:45					
				1:39	1:26	1:53	0:33	0:46	0:39	0:27	0:12	0:12					
	927	Francisco Reis	mp	-----	18:40	-----	-----	-----	-----	-----	19:49	-----	-----	-----	-----	-----	22:02
		[8939] Vespinga			18:40						1:09						2:13
				-----	26:40	29:24	30:20	31:05	31:38	32:00	32:12	32:26					6:06
					4:38	2:44	0:56	0:45	0:33	0:22	0:12	0:14		*117	4:37	5:40	*103
				9:03	9:21	10:25	11:24	12:34	14:20	16:46	17:52	25:26	27:58	28:27	*111	*104	
				*101	*102	*106	*109	*105	*110	*120	*111	*119	*124	*127			
	914	Renato Vaz	mp	2:47	3:37	11:23	12:05	12:35	12:56	15:23	16:35	19:27	22:20	23:24	24:23	25:33	36:54
		[8939] Vespinga		2:47	0:50	7:46	0:42	0:30	0:21	2:27	1:12	2:52	2:53	1:04	0:59	1:10	11:21
				-----	41:37	44:25	45:13	46:00	46:37	46:58	47:08	47:21		7:52	40:25	42:51	43:23
					4:43	2:48	0:48	0:47	0:37	0:21	0:10	0:13		*111	*119	*124	*127
nc	4287	AntónioCotovio+ RicardoC	55:22	3:36	5:28	8:43	9:51	10:56	11:41	13:50	17:32	21:11	27:07	28:56	31:54	34:37	37:35
		[070] COC		3:36	1:52	3:15	1:08	1:05	0:45	2:09	3:42	3:39	5:56	1:49	2:58	2:43	2:58
				42:25	46:17	51:18	52:36	53:21	54:11	55:04	55:12	55:22					
				4:50	3:52	5:01	1:18	0:45	0:50	0:53	0:08	0:10					

Difícil Masculino (16)				3.9 km	20 m	23 C																
						1 (118)	2 (113)	3 (110)	4 (120)	5 (111)	6 (105)	7 (104)	8 (103)	9 (101)	10 (102)	11 (106)	12 (107)	13 (111)	14 (115)			
						15 (124)	16 (126)	17 (118)	18 (109)	19 (122)	20 (123)	21 (121)	22 (125)	23 (200)	F							
1	4495	Tiago Gingão Leal [052] GD4C	19:49	2:17	3:33	5:51	6:29	7:17	8:19	8:53	9:16	9:40	9:54	10:27	11:21	11:51	13:01					
				2:17	1:16	2:18	0:38	0:48	1:02	0:34	0:23	0:24	0:14	0:33	0:54	0:30	1:10					
				14:11	15:03	15:57	16:44	18:24	18:55	19:16	19:33	19:40	19:49									
2	1936	Celso Moiteiro [070] COC	23:02	1:10	0:52	0:54	0:47	1:40	0:31	0:21	0:17	0:07	0:09									
				2:19	3:33	6:04	6:44	7:44	8:57	9:24	9:52	10:23	10:45	11:25	12:30	13:15	14:35					
				2:19	1:14	2:31	0:40	1:00	1:13	0:27	0:28	0:31	0:22	0:40	1:05	0:45	1:20					
3	6039	João Pinto [090] ADFA	23:59	15:56	17:23	18:25	19:28	21:24	21:57	22:23	22:44	22:52	23:02									
				1:21	1:27	1:02	1:03	1:56	0:33	0:26	0:21	0:08	0:10									
				2:38	3:23	6:12	6:57	7:57	9:18	9:54	10:19	10:50	11:07	11:48	13:06	13:47	15:14					
4	3832	Diogo Delgado [052] GD4C	24:10	2:38	0:45	2:49	0:45	1:00	1:21	0:36	0:25	0:31	0:17	0:41	1:18	0:41	1:27					
				16:47	17:54	19:02	20:08	22:21	23:01	23:24	23:42	23:49	23:59									
				1:33	1:07	1:08	1:06	2:13	0:40	0:23	0:18	0:07	0:10									
5	2635	Edgar Domingues [070] COC	25:01	2:42	3:56	6:41	7:25	8:27	10:02	10:41	11:08	11:37	11:56	12:34	13:41	14:17	15:46					
				2:42	1:14	2:45	0:44	1:02	1:35	0:39	0:27	0:29	0:19	0:38	1:07	0:36	1:29					
				17:14	18:41	19:47	20:41	22:39	23:13	23:36	23:53	24:00	24:10									
6	902	Diogo Reis [6809] AEOurém	27:15	1:28	1:27	1:06	0:54	1:58	0:34	0:23	0:17	0:07	0:10									
				2:37	4:25	7:18	8:03	9:06	10:29	11:11	11:37	12:04	12:23	13:05	14:14	14:50	16:11					
				2:37	1:48	2:53	0:45	1:03	1:23	0:42	0:26	0:27	0:19	0:42	1:09	0:36	1:21					
7	913	Ricardo Ferreira [1564] Individual POR	29:28	17:39	18:45	19:51	21:01	23:27	23:57	24:22	24:43	24:50	25:01									
				1:28	1:06	1:06	1:10	2:26	0:30	0:25	0:21	0:07	0:11									
				4:22	7:19	8:13	9:21	10:58	11:38	12:04	12:37	12:57	13:39	14:59	15:40	17:01						
8	5555	José Carlos Marques	29:57		4:22	2:57	0:54	1:08	1:37	0:40	0:26	0:33	0:20	0:42	1:20	0:41	1:21					
				18:41	19:58	-----	22:41	25:19	26:00	26:31	26:55	27:04	27:15									
				1:40	1:17		2:43	2:38	0:41	0:31	0:24	0:09	0:11									
9	913	Ricardo Ferreira [1564] Individual POR	29:28	3:36	5:02	8:54	9:50	11:05	12:49	13:30	14:15	14:53	15:14	16:00	17:18	18:01	19:48					
				3:36	1:26	3:52	0:56	1:15	1:44	0:41	0:45	0:38	0:21	0:46	1:18	0:43	1:47					
				22:01	23:18	24:25	25:23	27:53	28:25	28:49	29:10	29:17	29:28									
10	5555	José Carlos Marques	29:57	2:13	1:17	1:07	0:58	2:30	0:32	0:24	0:21	0:07	0:11									
				3:11	5:05	8:19	9:11	10:23	12:07	12:55	13:24	14:02	14:24	15:13	16:35	17:20	19:06					

		[159] COAAL		3:11	1:54	3:14	0:52	1:12	1:44	0:48	0:29	0:38	0:22	0:49	1:22	0:45	1:46
				20:51	22:44	24:15	25:35	27:58	28:44	29:14	29:38	29:46	29:57				
9	3898	Sergio Junqueira	31:37	1:45	1:53	1:31	1:20	2:23	0:46	0:30	0:24	0:08	0:11				
		[070] COC		2:59	5:56	9:06	9:57	11:20	13:04	13:50	14:23	15:02	15:25	16:16	18:09	18:54	20:47
				2:59	2:57	3:10	0:51	1:23	1:44	0:46	0:33	0:39	0:23	0:51	1:53	0:45	1:53
				22:42	24:25	25:51	27:11	29:31	30:13	30:47	31:14	31:23	31:37				
				1:55	1:43	1:26	1:20	2:20	0:42	0:34	0:27	0:09	0:14				
10	905	Gonçalo Oliveira	32:40	2:55	5:02	7:58	8:56	10:11	12:16	12:56	13:35	14:05	14:31	15:34	17:19	18:02	20:04
		[6809] AEOurém		2:55	2:07	2:56	0:58	1:15	2:05	0:40	0:39	0:30	0:26	1:03	1:45	0:43	2:02
				21:55	23:30	24:57	26:10	29:39	30:36	31:19	32:18	32:27	32:40				
				1:51	1:35	1:27	1:13	3:29	0:57	0:43	0:59	0:09	0:13				
11	918	Mikael Ferreira	33:00	2:57	4:43	8:05	9:02	10:18	12:08	12:52	13:23	14:03	14:29	15:23	16:54	17:40	19:38
		[1564] Individual POR		2:57	1:46	3:22	0:57	1:16	1:50	0:44	0:31	0:40	0:26	0:54	1:31	0:46	1:58
				21:35	23:27	24:54	26:12	30:39	31:35	32:08	32:37	32:47	33:00				
				1:57	1:52	1:27	1:18	4:27	0:56	0:33	0:29	0:10	0:13				
12	907	Rodrigo Alves	34:18	3:45	6:02	10:33	11:45	13:39	15:26	16:18	17:02	17:39	18:01	18:48	20:33	22:06	23:37
		[6809] AEOurém		3:45	2:17	4:31	1:12	1:54	1:47	0:52	0:44	0:37	0:22	0:47	1:45	1:33	1:31
				25:32	27:03	28:45	30:00	32:29	33:12	33:41	34:02	34:08	34:18				
				1:55	1:31	1:42	1:15	2:29	0:43	0:29	0:21	0:06	0:10				
13	932	Nuno Gomes Ferreira	36:00	3:21	4:50	8:28	9:28	10:48	16:02	16:46	17:20	18:02	18:29	19:30	21:38	22:30	24:22
		[8946] UDO		3:21	1:29	3:38	1:00	1:20	5:14	0:44	0:34	0:42	0:27	1:01	2:08	0:52	1:52
				26:24	28:05	29:33	31:05	33:42	34:33	35:07	35:35	35:46	36:00		13:19		
				2:02	1:41	1:28	1:32	2:37	0:51	0:34	0:28	0:11	0:14		*101		
14	936	André Ferreira	36:57	4:07	6:31	9:26	10:20	11:32	13:47	14:19	14:50	21:15	21:35	22:25	23:46	24:29	26:01
		[1564] Individual POR		4:07	2:24	2:55	0:54	1:12	2:15	0:32	0:31	6:25	0:20	0:50	1:21	0:43	1:32
				28:29	29:55	31:08	32:18	34:52	35:43	36:16	36:37	36:46	36:57				
				2:28	1:26	1:13	1:10	2:34	0:51	0:33	0:21	0:09	0:11				
15	929	Miguel Agostinho	45:23	7:51	10:31	14:43	15:48	17:39	19:58	21:03	21:48	22:36	23:06	24:08	25:52	26:54	29:31
		[1564] Individual POR		7:51	2:40	4:12	1:05	1:51	2:19	1:05	0:45	0:48	0:30	1:02	1:44	1:02	2:37
				32:26	34:37	36:32	38:31	42:07	43:18	44:05	44:48	45:02	45:23				
				2:55	2:11	1:55	1:59	3:36	1:11	0:47	0:43	0:14	0:21				
nc	937	NunoLopes+ NunoLopesJr. (	37:30	4:04	6:03	10:06	11:33	13:26	15:47	16:57	17:59	18:42	19:07	20:46	22:36	23:25	25:55
		[1564] Individual POR		4:04	1:59	4:03	1:27	1:53	2:21	1:10	1:02	0:43	0:25	1:39	1:50	0:49	2:30
				28:26	29:56	31:07	32:20	35:10	35:55	36:34	37:07	37:17	37:30				
				2:31	1:30	1:11	1:13	2:50	0:45	0:39	0:33	0:10	0:13				

Fácil Feminino	(1)	1.5 km	10 m	17 C													
				1 (117)	2 (114)	3 (111)	4 (107)	5 (112)	6 (115)	7 (108)	8 (109)	9 (116)	10 (119)	11 (124)	12 (127)	13 (128)	14 (123)
				15 (121)	16 (125)	17 (200)	F										
1	934	Júlia Sousa	20:42	0:38	1:32	2:31	3:56	5:14	6:21	7:34	8:33	10:44	12:13	13:17	14:33	16:27	17:52
		[6809] AEOurém		0:38	0:54	0:59	1:25	1:18	1:07	1:13	0:59	2:11	1:29	1:04	1:16	1:54	1:25
				18:42	20:14	20:25	20:42										
				0:50	1:32	0:11	0:17										

Médio Feminino	(4)	3.1 km	15 m	22 C													
				1 (115)	2 (107)	3 (104)	4 (103)	5 (101)	6 (102)	7 (106)	8 (108)	9 (105)	10 (110)	11 (120)	12 (111)	13 (108)	14 (113)
				15 (118)	16 (126)	17 (122)	18 (128)	19 (123)	20 (121)	21 (125)	22 (200)	F					
1	6044	Dora Ferreirinha	40:24	2:17	3:45	6:26	7:22	8:10	8:47	9:57	14:39	17:13	20:18	21:28	23:14	25:44	27:43
		[164] COBIS		2:17	1:28	2:41	0:56	0:48	0:37	1:10	4:42	2:34	3:05	1:10	1:46	2:30	1:59
				30:16	32:22	36:40	37:29	38:27	39:10	39:54	40:07	40:24					
				2:33	2:06	4:18	0:49	0:58	0:43	0:44	0:13	0:17					
2	923	CláudiaVeríssimo Luís	45:31	2:37	4:14	6:31	7:25	8:39	9:09	10:48	13:01	15:43	19:52	21:43	24:30	27:05	32:02
		[1564] Individual POR		2:37	1:37	2:17	0:54	1:14	0:30	1:39	2:13	2:42	4:09	1:51	2:47	2:35	4:57
				34:13	38:24	41:17	42:06	43:21	44:01	44:57	45:14	45:31					
				2:11	4:11	2:53	0:49	1:15	0:40	0:56	0:17	0:17					

	939	Filipa Pedro	mp	1:57	3:22	5:18	6:19	7:20	8:04	9:28	13:07	-----	-----	-----	-----	-----	
		[6809] AEOurém		1:57	1:25	1:56	1:01	1:01	0:44	1:24	3:39						
				-----	-----	-----	-----	-----	-----	-----	18:00	18:31					
											4:53	0:31					
nc	935	JúliaSousa+ DavidSantos	48:51	2:51	4:40	7:00	8:04	9:21	9:55	11:39	16:00	18:12	23:27	25:00	27:57	30:40	33:37
		[6809] AEOurém		2:51	1:49	2:20	1:04	1:17	0:34	1:44	4:21	2:12	5:15	1:33	2:57	2:43	2:57
				37:37	40:50	45:14	46:04	47:08	47:51	48:26	48:37	48:51					
				4:00	3:13	4:24	0:50	1:04	0:43	0:35	0:11	0:14					

Difícil Feminino (4)

3.9 km 20 m 23 C

1 (118)	2 (113)	3 (110)	4 (120)	5 (111)	6 (105)	7 (104)	8 (103)	9 (101)	10 (102)	11 (106)	12 (107)	13 (111)	14 (115)
15 (124)	16 (126)	17 (118)	18 (109)	19 (122)	20 (123)	21 (121)	22 (125)	23 (200)	F				
3:03	4:53	8:25	9:18	10:36	12:14	13:01	13:30	14:05	14:26	15:14	16:36	17:17	18:59
3:03	1:50	3:32	0:53	1:18	1:38	0:47	0:29	0:35	0:21	0:48	1:22	0:41	1:42
20:40	22:44	23:57	25:08	27:53	28:32	29:00	29:24	29:33	29:46				
1:41	2:04	1:13	1:11	2:45	0:39	0:28	0:24	0:09	0:13				
3:30	4:59	9:02	9:57	11:39	13:43	14:31	15:10	16:02	16:40	17:56	19:42	20:40	22:39
3:30	1:29	4:03	0:55	1:42	2:04	0:48	0:39	0:52	0:38	1:16	1:46	0:58	1:59
24:34	26:21	27:57	29:41	32:58	33:43	34:17	34:45	34:56	35:09				
1:55	1:47	1:36	1:44	3:17	0:45	0:34	0:28	0:11	0:13				
4:09	6:55	11:13	12:18	13:58	16:06	16:51	17:32	27:19	27:50	28:52	30:38	31:32	33:30
4:09	2:46	4:18	1:05	1:40	2:08	0:45	0:41	9:47	0:31	1:02	1:46	0:54	1:58
35:39	37:16	38:50	40:27	44:13	45:10	45:51	46:23	46:34	46:48				
2:09	1:37	1:34	1:37	3:46	0:57	0:41	0:32	0:11	0:14				
6:30	11:00	16:19	17:49	19:55	22:36	24:12	25:08	26:19	26:52	28:13	30:19	36:19	39:26
6:30	4:30	5:19	1:30	2:06	2:41	1:36	0:56	1:11	0:33	1:21	2:06	6:00	3:07
42:35	45:08	47:30	50:00	54:56	56:11	57:07	57:52	58:15	58:37				
3:09	2:33	2:22	2:30	4:56	1:15	0:56	0:45	0:23	0:22				