

Pl	Stno	Name	Time														
Infantil Fem A (17)				1.0 km	5 m	16 C											
						1 (62)	2 (57)	3 (53)	4 (50)	5 (45)	6 (40)	7 (67)	8 (72)	9 (37)	10 (39)	11 (46)	12 (69)
						15 (61)	16 (100)	F									
1	90040	Mariana Diogo [4215] AECCondeOurém	9:21	0:40	1:23	2:01	2:29	3:32	3:52	4:12	4:42	5:55	6:19	7:03	7:32	7:46	8:18
				0:40	0:43	0:38	0:28	1:03	0:20	0:20	0:30	1:13	0:24	0:44	0:29	0:14	0:32
				8:47	9:09	9:21											
				0:29	0:22	0:12											
2	90065	Soraia Oliveira Silva [7243] CSCMaria	11:04	0:43	1:12	1:49	4:21	5:07	5:33	5:49	6:18	6:36	7:05	7:50	8:20	8:32	9:05
				0:43	0:29	0:37	2:32	0:46	0:26	0:16	0:29	0:18	0:29	0:45	0:30	0:12	0:33
				10:17	10:45	11:04		10:51									
				1:12	0:28	0:19		*100									
3	90274	Sara Gonçalves [6978] AECidadeEntroncam	11:35	0:48	1:32	2:47	3:17	4:25	4:59	5:24	6:01	6:23	6:59	7:57	8:38	9:31	10:13
				0:48	0:44	1:15	0:30	1:08	0:34	0:25	0:37	0:22	0:36	0:58	0:41	0:53	0:42
				10:49	11:21	11:35											
				0:36	0:32	0:14											
4	90281	Valéria Popa [10212] EBHC	14:47	1:07	1:55	2:40	3:23	4:56	5:18	5:45	6:21	6:38	7:21	11:02	11:57	12:10	12:48
				1:07	0:48	0:45	0:43	1:33	0:22	0:27	0:36	0:17	0:43	3:41	0:55	0:13	0:38
				13:28	14:37	14:47											
				0:40	1:09	0:10											
5	90177	Rafaela Serra [10169] AEBoaAgua	14:56	1:16	2:07	2:56	3:37	5:15	5:47	6:15	7:14	7:39	8:11	10:30	11:15	11:35	12:22
				1:16	0:51	0:49	0:41	1:38	0:32	0:28	0:59	0:25	0:32	2:19	0:45	0:20	0:47
				13:36	14:32	14:56											
				1:14	0:56	0:24											
6	90195	Luana Batista [7061] AENavRodrigSorome	15:39	1:19	2:04	2:56	3:30	4:38	4:59	5:20	9:21	10:06	11:04	12:17	12:54	13:06	13:45
				1:19	0:45	0:52	0:34	1:08	0:21	0:21	4:01	0:45	0:58	1:13	0:37	0:12	0:39
				14:32	15:21	15:39											
				0:47	0:49	0:18											
7	90033	Margarida Reis [6809] AEOurém	16:06	0:44	2:55	3:23	3:53	5:23	5:42	6:05	11:57	12:14	12:35	13:22	13:54	14:17	14:49
				0:44	2:11	0:28	0:30	1:30	0:19	0:23	5:52	0:17	0:21	0:47	0:32	0:23	0:32
				15:27	15:54	16:06											
				0:38	0:27	0:12											
8	90276	Matilde Chorincas [10212] EBHC	16:54	1:11	2:04	3:12	4:06	4:57	5:33	6:05	11:35	11:51	12:11	13:31	14:16	14:36	15:15
				1:11	0:53	1:08	0:54	0:51	0:36	0:32	5:30	0:16	0:20	1:20	0:45	0:20	0:39
				16:02	16:40	16:54											
				0:47	0:38	0:14											
9	90076	Maria Lains [7243] CSCMaria	18:40	0:42	1:28	2:12	3:54	5:22	5:57	6:24	11:02	11:27	11:47	14:27	15:23	15:52	16:46
				0:42	0:46	0:44	1:42	1:28	0:35	0:27	4:38	0:25	0:20	2:40	0:56	0:29	0:54
				17:30	18:10	18:40											
				0:44	0:40	0:30											
10	90285	Carolina Alcobia [10212] EBHC	20:12	1:11	2:02	3:04	7:23	9:28	9:48	10:18	10:53	11:11	12:02	15:29	16:32	16:46	17:31
				1:11	0:51	1:02	4:19	2:05	0:20	0:30	0:35	0:18	0:51	3:27	1:03	0:14	0:45
				18:29	19:49	20:12											
				0:58	1:20	0:23											
11	90077	Laura Martins [7243] CSCMaria	24:23	0:46	1:24	2:26	3:39	6:00	6:38	6:57	8:29	10:23	10:41	20:21	21:03	21:15	22:22
				0:46	0:38	1:02	1:13	2:21	0:38	0:19	1:32	1:54	0:18	9:40	0:42	0:12	1:07
				23:31	24:11	24:23											
				1:09	0:40	0:12											

12	90172	Débora Batista [10169] AEBoaAgua	29:49	1:24 1:24 28:41 0:52	2:24 1:00 29:22 0:41	8:19 5:55 29:49 0:27	10:47 2:28	11:52 1:05	12:16 0:24	12:34 0:18	13:23 0:49	14:23 1:00	24:14 9:51	25:05 0:51	26:31 1:26	26:44 0:13	27:49 1:05
	90173	Ariana Barbosa [10169] AEBoaAgua	mp	1:11 1:11 12:34 0:42	----- 2:00 13:20 0:46	3:11 2:00 13:45 0:25	3:50 0:39	4:45 0:55 2:06 *60	5:18 0:33 8:22 *42	5:41 0:23	----- 1:10	6:51 0:59	7:50 2:19	10:09 2:19	10:43 0:34	11:09 0:26	11:52 0:43
	90180	Joana Martins [10169] AEBoaAgua	mp	1:20 1:20 8:21 0:29	1:48 0:28 8:52 0:31	2:25 0:37 9:12 0:20	2:58 0:33	3:56 0:58	4:24 0:28	4:48 0:24	5:16 0:28	5:34 0:18	----- 0:56	6:30 0:56	7:00 0:30	7:12 0:12	7:52 0:40
	90178	Maria Brito [10169] AEBoaAgua	mp	1:33 1:33 15:35 0:33	----- 4:01 16:16 0:41	5:34 4:01 2:27 *60	6:43 1:09	8:19 1:36 2:27 *60	8:51 0:32	9:43 0:52	10:54 1:11	11:35 0:41	12:00 0:25	13:02 1:02	13:51 0:49	14:16 0:25	15:02 0:46
	90280	Sara Astúcia [10212] EBHC	mp	1:01 1:01 30:24 0:54 11:57 *34	1:34 0:33 31:45 1:21 12:07 *72	2:19 0:45 32:08 0:23 12:16 *37	----- 0:45 32:08 0:23 12:43 *39	21:26 19:07 3:08 *51 12:56 *42	21:46 0:20 4:56 *37 13:27 *46	22:15 0:29 5:35 *72 14:14 *69	22:50 0:35 6:53 *32 14:21 *52	23:08 0:18 8:00 *33 14:54 *56	23:54 0:46 9:46 *73 14:54 *56	27:28 3:34 10:44 *70 14:54 *56	28:33 1:05 10:53 *73 14:54 *56	28:43 0:10 11:13 *32 14:54 *56	29:30 0:47 11:48 *33 14:54 *56
	90368	Ana Carapinha [10212] EBHC	mp	----- 1:09:00 3:45	----- 1:10:14 1:14	----- 1:10:43 0:29	20:56 20:56	----- 8:44 *60	----- 9:26 *58	26:08 5:12 20:32 *51	28:32 2:24 21:58 *43	33:37 5:05 22:22 *48	54:51 21:14 32:32 *39	59:08 4:17	1:03:53 4:45	1:04:09 0:16	1:05:15 1:06

Infantil Masc A (24)			1.2 km	5 m	19 C	1 (62) 15 (69)	2 (57) 16 (52)	3 (53) 17 (56)	4 (50) 18 (61)	5 (45) 19 (100)	6 (40) F	7 (67)	8 (64)	9 (73)	10 (32)	11 (72)	12 (39)	13 (42)	14 (46)
1	90028	Ivan Shvets [6809] AEOurém	9:57	0:31 0:31 8:01 0:25	1:17 0:46 8:13 0:12	1:53 0:36 8:43 0:30	2:24 0:31 9:20 0:37	3:03 0:39 9:44 0:24	3:21 0:18 9:57 0:13	3:34 0:13	4:05 0:31	4:31 0:26	4:45 0:14	6:19 1:34	6:59 0:40	7:13 0:14	7:36 0:23		
2	90041	Rodrigo Baptista [4215] AECondeOurém	11:01	0:34 0:34 9:23 0:31	1:04 0:30 9:32 0:09	1:39 0:35 9:56 0:24	2:10 0:31 10:25 0:29	3:15 1:05 10:49 0:24	3:37 0:22 11:01 0:12	3:57 0:20	4:40 0:43	5:34 0:54	5:49 0:15	6:26 0:37	6:49 0:23	7:04 0:15	8:52 1:48		
3	90174	André Pereira [10169] AEBoaAgua	11:31	0:52 0:52 9:17 0:41	1:24 0:32 9:36 0:19	2:12 0:48 10:05 0:29	3:14 1:02 10:39 0:34	3:58 0:44 11:15 0:36	4:21 0:23 11:31 0:16	4:37 0:16	5:46 1:09	6:12 0:26	6:38 0:26	7:23 0:45	7:52 0:29	8:13 0:21	8:36 0:23		
4	90171	André Alves [10169] AEBoaAgua	11:35	2:26 2:26 9:43 0:39	2:52 0:26 9:54 0:11	3:29 0:37 10:20 0:26	3:55 0:26 10:50 0:30	4:42 0:47 11:22 0:32	5:07 0:25 11:35 0:13	5:23 0:16	6:13 0:50	6:31 0:18	6:52 0:21	7:33 0:41	8:06 0:33	8:28 0:22	9:04 0:36		
5	90202	Ricardo Chambel [7061] AENavRodrigSorome	12:04	1:22 1:22 9:43 0:38	2:12 0:50 9:52 0:09	2:50 0:38 10:33 0:41	4:01 1:11 11:16 0:43	4:54 0:53 11:46 0:30	5:13 0:19 12:04 0:18	5:34 0:21	6:13 0:39	6:48 0:35	7:04 0:16	8:10 1:06	8:30 0:20	8:46 0:16	9:05 0:19		
6	90039	Luís Ribeiro [4215] AECondeOurém	12:21	0:47 0:47 10:16	1:16 0:29 10:34	1:51 0:35 11:05	2:22 0:31 11:41	3:21 0:59 12:08	3:39 0:18 12:21	6:12 2:33	7:03 0:51	7:34 0:31	7:48 0:14	8:34 0:46	9:01 0:27	9:18 0:17	9:43 0:25		

7	90082 Duarte Baptista [7243] CSCMaria	12:31	0:33	0:18	0:31	0:36	0:27	0:13									
			0:38	1:22	1:59	3:04	3:57	4:15	4:36	6:08	6:32	6:57	8:15	8:40	9:11	9:45	
			0:38	0:44	0:37	1:05	0:53	0:18	0:21	1:32	0:24	0:25	1:18	0:25	0:31	0:34	
8	90196 Rodrigo Rusga [7061] AENavRodrigSorome	14:03	10:21	10:35	11:09	11:43	12:12	12:31									
			0:36	0:14	0:34	0:34	0:29	0:19									
			0:55	1:34	2:18	3:05	3:58	4:27	5:04	6:16	6:49	7:21	8:29	9:40	10:04	10:19	
9	90066 Martim Freitas [7243] CSCMaria	15:13	0:55	0:39	0:44	0:47	0:53	0:29	0:37	1:12	0:33	0:32	1:08	1:11	0:24	0:15	
			10:52	11:00	11:40	13:18	13:47	14:03		13:50							
			0:33	0:08	0:40	1:38	0:29	0:16		*100							
10	90176 Francisco Camoesas [10169] AEBoaAgua	16:18	0:38	1:13	1:51	2:29	3:25	3:50	4:07	6:24	6:47	7:06	8:31	8:59	9:24	9:54	
			0:38	0:35	0:38	0:38	0:56	0:25	0:17	2:17	0:23	0:19	1:25	0:28	0:25	0:30	
			10:28	10:39	12:22	14:10	14:55	15:13									
11	90080 Rodrigo Vieira [7243] CSCMaria	16:35	0:34	0:11	1:43	1:48	0:45	0:18									
			1:35	2:23	3:55	4:36	5:56	6:19	6:36	8:09	8:51	10:19	11:03	12:17	12:39	13:11	
			1:35	0:48	1:32	0:41	1:20	0:23	0:17	1:33	0:42	1:28	0:44	1:14	0:22	0:32	
12	90036 Afonso Henriques [4215] AECondeOurém	18:51	13:49	14:10	14:45	15:22	16:00	16:18									
			0:38	0:21	0:35	0:37	0:38	0:18									
			1:08	2:21	4:04	5:32	6:47	7:19	7:37	9:21	10:11	10:29	11:44	12:30	12:48	13:30	
13	90277 Rafael Justino [10212] EBHC	21:57	1:08	1:13	1:43	1:28	1:15	0:32	0:18	1:44	0:50	0:18	1:15	0:46	0:18	0:42	
			14:05	14:23	15:02	15:49	16:22	16:35									
			0:35	0:18	0:39	0:47	0:33	0:13									
14	90079 Martim Silva [7243] CSCMaria	22:40	0:54	1:26	2:35	3:14	5:49	6:17	6:42	8:08	12:05	12:35	13:35	14:09	14:27	15:18	
			0:54	0:32	1:09	0:39	2:35	0:28	0:25	1:26	3:57	0:30	1:00	0:34	0:18	0:51	
			16:08	16:25	17:20	18:10	18:40	18:51									
15	90105 Lucas Duque [7243] CSCMaria	26:08	0:50	0:17	0:55	0:50	0:30	0:11									
			1:24	2:11	3:17	5:58	7:43	8:23	9:05	10:39	11:37	12:25	14:06	15:10	15:47	16:21	
			1:24	0:47	1:06	2:41	1:45	0:40	0:42	1:34	0:58	0:48	1:41	1:04	0:37	0:34	
16	90107 Francisco Gouveia [7243] CSCMaria	26:36	17:21	17:40	18:57	20:09	21:29	21:57									
			1:00	0:19	1:17	1:12	1:20	0:28									
			0:58	2:09	4:14	5:00	6:20	7:13	7:37	9:38	10:10	11:00	14:55	15:59	16:26	18:24	
17	90106 Francisco Marques [7243] CSCMaria	26:36	0:58	1:11	2:05	0:46	1:20	0:53	0:24	2:01	0:32	0:50	3:55	1:04	0:27	1:58	
			19:00	19:26	20:00	21:41	22:21	22:40		22:25							
			0:36	0:26	0:34	1:41	0:40	0:19		*100							
18	90035 Afonso Carvalho [4215] AECondeOurém	mp	0:58	1:56	5:49	14:26	15:45	16:08	16:34	17:46	18:42	19:03	20:23	21:50	22:13	22:35	
			0:58	0:58	3:53	8:37	1:19	0:23	0:26	1:12	0:56	0:21	1:20	1:27	0:23	0:22	
			23:09	23:24	23:57	24:50	25:54	26:08		1:28	2:08	5:12	11:33	12:38			
19	90200 Tiago Lopes [7061] AENavRodrigSorome	mp	0:34	0:15	0:33	0:53	1:04	0:14		*60	*58	*54	*62	*57			
			1:44	2:23	14:27	15:06	16:31	16:53	17:09	18:34	19:21	19:48	21:02	22:39	22:58	23:17	
			1:44	0:39	12:04	0:39	1:25	0:22	0:16	1:25	0:47	0:27	1:14	1:37	0:19	0:19	
20	90075 Bernardo Martins [7243] CSCMaria	mp	23:51	24:02	24:29	25:38	26:13	26:36		2:10	2:36	6:17	7:35	9:32	12:19		
			0:34	0:11	0:27	1:09	0:35	0:23		*60	*58	*54	*51	*50	*62		
21	90106 Francisco Marques [7243] CSCMaria	mp	0:30	1:22	2:13	2:42	3:33	----	4:16	6:13	6:43	7:40	9:08	9:57	10:32	11:05	
			0:30	0:52	0:51	0:29	0:51		0:43	1:57	0:30	0:57	1:28	0:49	0:35	0:33	
			11:37	11:48	12:20	13:06	13:52	14:10		8:25							
22	90106 Francisco Marques [7243] CSCMaria	mp	0:32	0:11	0:32	0:46	0:46	0:18		*33							
			0:36	1:14	----	----	15:51	16:09	16:30	21:44	22:20	22:41	23:39	24:22	24:50	25:39	
			0:36	0:38			14:37	0:18	0:21	5:14	0:36	0:21	0:58	0:43	0:28	0:49	
23	90106 Francisco Marques [7243] CSCMaria	mp	26:28	26:42	27:29	28:09	28:44	28:57		4:54	12:25						
			0:49	0:14	0:47	0:40	0:35	0:13		*56	*69						
			0:38	1:53	2:35	----	4:33	4:54	----	----	----	11:03	11:51	----	12:32	12:57	
24	90106 Francisco Marques [7243] CSCMaria	mp	0:38	1:15	0:42		1:58	0:21				6:09	0:48		0:41	0:25	
			13:26	13:43	14:34	15:10	15:55	16:14		2:57	4:04	6:18	7:57	12:13			
			0:29	0:17	0:51	0:36	0:45	0:19		*54	*47	*35	*71	*37			
25	90106 Francisco Marques [7243] CSCMaria	mp	0:48	1:18	2:03	2:51	4:57	5:16	5:33	18:03	18:54	19:58	24:19	----	24:53	25:28	
			0:48	0:30	0:45	0:48	2:06	0:19	0:17	12:30	0:51	1:04	4:21		0:34	0:35	
			26:01	26:15	26:47	27:15	27:42	27:55		11:08	11:34	13:09	14:48				

			0:33	0:14	0:32	0:28	0:27	0:13		*72	*39	*32	*31			
90108	Guilherme Antunes	mp	1:26	1:53	2:39	4:55	6:28	6:51	8:03	10:02	10:29	10:50	13:30	14:25	14:56	15:24
	[7243] CSCMaria		1:26	0:27	0:46	2:16	1:33	0:23	1:12	1:59	0:27	0:21	2:40	0:55	0:31	0:28
			-----	17:28	18:06	18:46	19:21	19:46								
				2:04	0:38	0:40	0:35	0:25								
90084	Nuno Lopes	mp	0:40	1:24	1:58	2:22	-----	-----	-----	-----	-----	-----	-----	3:43	4:16	4:33
	[7243] CSCMaria		0:40	0:44	0:34	0:24								1:21	0:33	0:17
			4:55	5:07	5:31	6:07	6:28	6:42		1:10	2:13	2:42	3:01	3:29	5:49	
			0:22	0:12	0:24	0:36	0:21	0:14		*60	*51	*43	*48	*42	*59	
90374	Diogo Ribeiro	mp	0:36	-----	-----	2:33	30:31	-----	-----	-----	-----	36:41	-----	38:04	38:29	39:01
	[7243] CSCMaria		0:36			1:57	27:58					6:10		1:23	0:25	0:32
			39:26	39:44	40:16	41:22	42:00	42:12		0:58	1:16	1:54	2:25	3:23	3:43	4:03
			0:25	0:18	0:32	1:06	0:38	0:12		*60	*58	*54	*51	*48	*42	*41
			4:54	8:35	9:51	15:04	19:22	24:14	25:07	26:30	27:14					
			*39	*52	*55	*43	*72	*73	*64	*64	*73					
90078	Francisco Valentim	dns	1:14	1:48	2:19	2:42	3:27	4:19	4:35	5:16	5:40	5:53	8:00	8:26	8:47	9:14
	[7243] CSCMaria		1:14	0:34	0:31	0:23	0:45	0:52	0:16	0:41	0:24	0:13	2:07	0:26	0:21	0:27
			9:42	9:56	10:30	11:01	11:28									
			0:28	0:14	0:34	0:31	0:27									

Infantil Fem B (32)			1.4 km	10 m	18 C													
					1 (57)	2 (59)	3 (55)	4 (52)	5 (49)	6 (46)	7 (36)	8 (34)	9 (63)	10 (70)	11 (35)	12 (44)	13 (47)	14 (51)
					15 (54)	16 (58)	17 (61)	18 (100)	F									
1	90131	Diana Carvalho [2756] ESPalmela	12:16	1:10	1:31	2:09	2:58	3:29	4:06	5:08	5:47	6:28	6:46	7:25	8:19	9:00	9:36	
				1:10	0:21	0:38	0:49	0:31	0:37	1:02	0:39	0:41	0:18	0:39	0:54	0:41	0:36	
				10:15	10:44	11:27	12:02	12:16										
2	90183	Joana Canana [7061] AENavRodrigSorome	12:35	0:39	0:29	0:43	0:35	0:14										
				0:56	1:20	2:00	2:49	3:22	3:54	4:59	5:31	6:31	6:55	7:27	8:23	9:07	9:43	
				0:56	0:24	0:40	0:49	0:33	0:32	1:05	0:32	1:00	0:24	0:32	0:56	0:44	0:36	
3	90337	Rita Fonseca [3152] ESPinhal Novo	13:21	10:24	11:09	11:57	12:25	12:35										
				0:41	0:45	0:48	0:28	0:10										
				0:53	1:38	2:47	3:22	3:43	4:17	5:20	5:48	6:37	7:00	8:48	9:43	10:27	11:02	
4	90312	Iara Pó [3152] ESPinhal Novo	13:39	0:53	0:45	1:09	0:35	0:21	0:34	1:03	0:28	0:49	0:23	1:48	0:55	0:44	0:35	
				11:44	12:05	12:41	13:10	13:21	1:28									
				0:42	0:21	0:36	0:29	0:11	*56									
5	90013	Paula Sousa [4215] AECondeOurém	13:54	1:08	1:37	2:15	3:05	3:30	4:03	5:13	5:39	6:39	7:01	7:45	8:39	10:10	10:40	
				1:08	0:29	0:38	0:50	0:25	0:33	1:10	0:26	1:00	0:22	0:44	0:54	1:31	0:30	
				11:25	12:05	12:48	13:29	13:39										
6	90347	Mafalda Marques [3152] ESPinhal Novo	14:04	0:45	0:40	0:43	0:41	0:10										
				0:58	1:30	2:21	3:32	3:59	4:41	5:50	6:31	7:24	8:01	9:19	10:05	10:46	11:18	
				0:58	0:32	0:51	1:11	0:27	0:42	1:09	0:41	0:53	0:37	1:18	0:46	0:41	0:32	
7	90238	Matilde Chumbinho [2756] ESPalmela	15:12	11:58	12:23	13:09	13:44	13:54										
				0:40	0:25	0:46	0:35	0:10										
				0:50	1:20	1:58	2:36	3:15	3:57	4:57	5:28	7:07	7:25	8:11	9:09	9:54	11:16	
8	90011	Maria Rodrigues [4215] AECondeOurém	15:27	0:50	0:30	0:38	0:38	0:39	0:42	1:00	0:31	1:39	0:18	0:46	0:58	0:45	1:22	
				11:56	12:44	13:31	13:54	14:04										
				0:40	0:48	0:47	0:23	0:10										
9	90238	Matilde Chumbinho [2756] ESPalmela	15:12	2:28	2:58	3:28	4:08	4:32	6:29	7:55	8:38	9:21	9:56	10:42	11:24	11:59	12:34	
				2:28	0:30	0:30	0:40	0:24	1:57	1:26	0:43	0:43	0:35	0:46	0:42	0:35	0:35	
				13:20	13:53	14:33	15:01	15:12										
10	90011	Maria Rodrigues [4215] AECondeOurém	15:27	0:46	0:33	0:40	0:28	0:11										
				0:56	1:15	1:53	2:39	2:58	3:33	5:33	5:58	6:41	8:45	9:25	10:25	11:02	11:35	
				0:56	0:19	0:38	0:46	0:19	0:35	2:00	0:25	0:43	2:04	0:40	1:00	0:37	0:33	
11	90011	Maria Rodrigues [4215] AECondeOurém	15:27	13:56	14:19	14:55	15:17	15:27		11:59								

9	90259	Íris Fonseca [6978] AECidadeEntroncam	16:08	2:21	0:23	0:36	0:22	0:10	*50								
				1:15	1:41	2:18	3:09	3:28	4:06	5:25	5:55	6:37	9:56	10:50	11:52	12:37	13:13
				1:15	0:26	0:37	0:51	0:19	0:38	1:19	0:30	0:42	3:19	0:54	1:02	0:45	0:36
				14:16	14:43	15:32	15:57	16:08									
10	90361	Iris Quendera [3152] ESPinhal Novo	16:25	1:03	0:27	0:49	0:25	0:11									
				1:51	2:10	2:56	3:57	4:17	5:58	7:38	8:06	8:57	10:34	11:44	12:40	13:18	13:51
				1:51	0:19	0:46	1:01	0:20	1:41	1:40	0:28	0:51	1:37	1:10	0:56	0:38	0:33
				14:31	15:04	15:42	16:11	16:25									
11	90134	Maria Justino [2756] ESPalmela	16:31	0:40	0:33	0:38	0:29	0:14									
				1:28	1:55	2:45	3:36	4:21	5:50	7:08	7:45	9:07	10:02	11:31	12:25	13:06	13:47
				1:28	0:27	0:50	0:51	0:45	1:29	1:18	0:37	1:22	0:55	1:29	0:54	0:41	0:41
				14:36	15:05	15:44	16:19	16:31									
12	90330	Lara Teixeira [3152] ESPinhal Novo	17:08	0:49	0:29	0:39	0:35	0:12									
				1:18	1:43	2:19	3:11	7:10	7:49	8:57	9:32	10:17	10:34	12:00	12:52	13:30	14:10
				1:18	0:25	0:36	0:52	3:59	0:39	1:08	0:35	0:45	0:17	1:26	0:52	0:38	0:40
				14:43	15:08	16:34	16:57	17:08									
13	90154	Raquel Martins [6815] ESDomJoãoII	19:32	0:33	0:25	1:26	0:23	0:11									
				2:49	3:24	4:32	5:32	5:59	7:23	8:54	9:25	10:13	10:40	12:14	13:11	14:07	15:23
				2:49	0:35	1:08	1:00	0:27	1:24	1:31	0:31	0:48	0:27	1:34	0:57	0:56	1:16
				16:22	17:13	17:58	19:19	19:32									
14	90004	Filipa Gomes [4215] AECondeOurém	20:02	0:59	0:51	0:45	1:21	0:13									
				1:21	1:43	2:20	3:18	5:10	6:06	7:30	7:59	9:04	12:28	13:30	14:45	15:46	16:38
				1:21	0:22	0:37	0:58	1:52	0:56	1:24	0:29	1:05	3:24	1:02	1:15	1:01	0:52
				17:16	18:03	19:17	19:50	20:02									
15	90367	Liliana Jesus [3152] ESPinhal Novo	20:05	0:38	0:47	1:14	0:33	0:12									
				1:47	2:13	2:45	3:39	4:10	8:22	9:40	10:22	12:20	12:38	13:39	14:37	15:23	16:11
				1:47	0:26	0:32	0:54	0:31	4:12	1:18	0:42	1:58	0:18	1:01	0:58	0:46	0:48
				17:07	17:41	19:21	19:49	20:05									
16	90015	Rita Monteiro [4215] AECondeOurém	20:50	0:56	0:34	1:40	0:28	0:16									
				2:42	3:29	4:07	4:59	5:31	6:53	8:57	9:43	10:42	11:07	15:31	16:32	17:19	18:00
				2:42	0:47	0:38	0:52	0:32	1:22	2:04	0:46	0:59	0:25	4:24	1:01	0:47	0:41
				18:40	19:14	20:10	20:37	20:50									
17	90264	Leonor Guedes [6978] AECidadeEntroncam	21:24	0:40	0:34	0:56	0:27	0:13									
				1:06	2:01	2:34	3:42	4:33	7:21	8:23	9:53	10:55	11:20	15:41	16:33	17:22	18:16
				1:06	0:55	0:33	1:08	0:51	2:48	1:02	1:30	1:02	0:25	4:21	0:52	0:49	0:54
				19:13	19:49	20:31	21:13	21:24									
18	90009	Laura Santos [4215] AECondeOurém	22:47	0:57	0:36	0:42	0:42	0:11									
				1:04	2:20	3:00	3:55	4:32	5:57	7:30	8:07	9:18	10:11	13:57	14:53	17:56	18:20
				1:04	1:16	0:40	0:55	0:37	1:25	1:33	0:37	1:11	0:53	3:46	0:56	3:03	0:24
				19:30	21:16	22:00	22:36	22:47									
19	90037	Eva Vieira [4215] AECondeOurém	23:19	1:10	1:46	0:44	0:36	0:11									
				1:35	2:22	3:07	3:57	4:44	6:19	8:15	11:37	13:09	13:26	14:26	16:17	17:32	19:06
				1:35	0:47	0:45	0:50	0:47	1:35	1:56	3:22	1:32	0:17	1:00	1:51	1:15	1:34
				20:52	21:28	22:41	23:06	23:19									
20	90205	Núria Batista [7061] AENavRodrigSorome	23:28	1:46	0:36	1:13	0:25	0:13									
				1:33	2:26	3:13	4:42	6:33	7:21	9:15	9:54	13:00	13:35	16:14	17:43	18:50	19:44
				1:33	0:53	0:47	1:29	1:51	0:48	1:54	0:39	3:06	0:35	2:39	1:29	1:07	0:54
				20:39	21:40	22:42	23:16	23:28									
21	90020	Catarina Ruivo [7243] CSCMaria	23:43	0:55	1:01	1:02	0:34	0:12									
				1:29	2:06	2:48	4:01	4:45	6:20	7:45	8:17	12:37	14:54	18:16	19:15	20:06	20:50
				1:29	0:37	0:42	1:13	0:44	1:35	1:25	0:32	4:20	2:17	3:22	0:59	0:51	0:44
				21:31	22:19	23:07	23:30	23:43									
22	90054	Mariana Rego [6797] AEFernãoPó	25:00	0:41	0:48	0:48	0:23	0:13									
				3:00	4:03	4:48	5:52	6:25	8:04	9:53	13:16	14:50	15:05	16:07	17:59	19:07	20:50
				3:00	1:03	0:45	1:04	0:33	1:39	1:49	3:23	1:34	0:15	1:02	1:52	1:08	1:43
				22:31	23:13	24:23	24:49	25:00									
				1:41	0:42	1:10	0:26	0:11	*60								

23	90060	Sabrina Alves [6797] AEFernãoPó	26:19	1:26	8:03	8:34	9:56	10:20	12:12	16:03	17:03	18:42	19:10	20:10	21:40	22:29	23:03
				1:26	6:37	0:31	1:22	0:24	1:52	3:51	1:00	1:39	0:28	1:00	1:30	0:49	0:34
				24:03	24:46	25:32	26:03	26:19									
24	90019	Ana Lopes [7243] CSCMaria	28:43	1:00	0:43	0:46	0:31	0:16									
				2:19	3:17	4:24	6:42	7:16	10:27	14:24	14:51	16:19	17:08	18:31	20:45	21:59	22:57
				2:19	0:58	1:07	2:18	0:34	3:11	3:57	0:27	1:28	0:49	1:23	2:14	1:14	0:58
				24:25	25:31	27:00	28:17	28:43									
25	90055	Matilde Silva [6797] AEFernãoPó	30:00	1:28	1:06	1:29	1:17	0:26									
				1:42	2:22	3:09	3:56	4:13	8:45	9:45	11:05	12:13	12:54	23:05	23:56	24:51	25:50
				1:42	0:40	0:47	0:47	0:17	4:32	1:00	1:20	1:08	0:41	10:11	0:51	0:55	0:59
				26:25	28:26	29:11	29:46	30:00									
26	90061	Rita Rodrigues [6797] AEFernãoPó	31:27	0:35	2:01	0:45	0:35	0:14									
				1:35	2:52	9:27	10:30	10:52	20:34	22:11	22:42	23:51	24:07	24:44	26:16	27:10	27:49
				1:35	1:17	6:35	1:03	0:22	9:42	1:37	0:31	1:09	0:16	0:37	1:32	0:54	0:39
				28:47	29:32	30:30	31:15	31:27									
27	90282	Lúcia Pinho [10212] EBHC	32:26	0:58	0:45	0:58	0:45	0:12									
				3:39	4:10	4:54	6:12	6:41	16:16	17:36	18:17	19:20	19:47	22:04	23:28	24:21	26:38
				3:39	0:31	0:44	1:18	0:29	9:35	1:20	0:41	1:03	0:27	2:17	1:24	0:53	2:17
				29:14	30:10	31:42	32:12	32:26									
				2:36	0:56	1:32	0:30	0:14									
	90189	Carolina Rusga [7061] AENavRodrigSorome	mp	1:16	2:10	2:54	6:17	13:18	14:04	15:05	15:42	16:53	17:21	18:14	19:37	20:16	20:55
1:16				0:54	0:44	3:23	7:01	0:46	1:01	0:37	1:11	0:28	0:53	1:23	0:39	0:39	
22:04				22:44	23:38	-----	24:26										
	90111	Kassia Martins [7243] CSCMaria	mp	1:09	0:40	0:54	0:48	0:17									
1:44				2:37	3:13	4:19	4:45	-----	6:32	7:05	8:44	9:06	10:14	11:22	12:16	13:19	
1:44				0:53	0:36	1:06	0:26		1:47	0:33	1:39	0:22	1:08	1:08	0:54	1:03	
				14:06	14:51	15:53	16:34	16:51									
	90242	Sofia Raminhos [7056] EBDomSanchoI	mp	0:47	0:45	1:02	0:41	0:17									
1:48				3:08	6:34	7:57	9:38	15:57	21:33	-----	29:27	29:49	32:13	34:38	35:52	36:50	
1:48				1:20	3:26	1:23	1:41	6:19	5:36		7:54	0:22	2:24	2:25	1:14	0:58	
				37:50	38:43	39:38	40:25	40:43		17:44							
	90142	Débora Martins [6815] ESDomJoãoII	mp	1:00	0:53	0:55	0:47	0:18		*34							
1:43				2:12	2:43	-----	13:24	14:20	15:28	18:16	18:58	19:16	20:09	21:01	21:52	22:22	
1:43				0:29	0:31		10:41	0:56	1:08	2:48	0:42	0:18	0:53	0:52	0:51	0:30	
				29:16	29:41	30:36	31:18	31:29									
	90135	Mónica Carapinha [2756] ESPalmela	mp	6:54	0:25	0:55	0:42	0:11									
1:39				2:17	3:12	-----	12:05	13:20	14:54	15:40	17:25	18:00	-----	24:29	25:20	26:03	
1:39				0:38	0:55		8:53	1:15	1:34	0:46	1:45	0:35		6:29	0:51	0:43	
				27:05	-----	28:48	29:34	29:46		4:08	21:58	27:46					
				1:02		1:43	0:46	0:12		*69	*71	*57					

Infantil Masc B (30)			1.5 km	10 m	20 C													
					1 (57)	2 (59)	3 (55)	4 (52)	5 (46)	6 (41)	7 (36)	8 (34)	9 (63)	10 (70)	11 (71)	12 (31)	13 (35)	14 (44)
					15 (47)	16 (51)	17 (54)	18 (58)	19 (61)	20 (100)	F							
1	90198	Tiago Gomes	9:52	0:48	1:08	1:33	2:06	2:36	3:08	3:30	3:51	4:36	4:51	5:23	5:45	6:23	7:00	
		[7061] AENavRodrigSorome		0:48	0:20	0:25	0:33	0:30	0:32	0:22	0:21	0:45	0:15	0:32	0:22	0:38	0:37	
				7:27	7:52	8:22	8:44	9:20	9:41	9:52								
				0:27	0:25	0:30	0:22	0:36	0:21	0:11								
2	90291	André Neves	11:20	0:59	1:29	2:02	2:41	3:12	3:42	4:07	4:55	5:25	5:45	6:22	6:46	7:04	7:44	
		[10228] AE Gil Paes		0:59	0:30	0:33	0:39	0:31	0:30	0:25	0:48	0:30	0:20	0:37	0:24	0:18	0:40	
				8:49	9:15	9:44	10:05	10:39	11:09	11:20								
				1:05	0:26	0:29	0:21	0:34	0:30	0:11								
3	90296	Pedro Razões	11:44	1:25	2:07	2:36	3:07	3:39	4:24	4:46	5:17	6:15	6:26	7:00	7:28	7:48	8:28	

		[10228] AE Gil Paes		1:25	0:42	0:29	0:31	0:32	0:45	0:22	0:31	0:58	0:11	0:34	0:28	0:20	0:40
				9:02	9:26	9:55	10:18	10:58	11:32	11:44							
				0:34	0:24	0:29	0:23	0:40	0:34	0:12							
4	90204	Miguel Manso	12:39	0:53	1:22	1:51	2:27	3:01	3:43	4:12	4:48	5:23	5:44	6:36	7:32	7:54	8:43
		[7061] AENavRodrigSorome		0:53	0:29	0:29	0:36	0:34	0:42	0:29	0:36	0:35	0:21	0:52	0:56	0:22	0:49
				9:26	9:53	10:33	11:03	11:44	12:23	12:39							
				0:43	0:27	0:40	0:30	0:41	0:39	0:16							
5	90007	João Vieira	12:48	0:59	1:17	1:56	2:32	3:10	3:41	4:11	4:49	5:25	5:57	6:40	7:13	7:38	8:23
		[4215] AECondeOurém		0:59	0:18	0:39	0:36	0:38	0:31	0:30	0:38	0:36	0:32	0:43	0:33	0:25	0:45
				9:04	9:33	10:16	10:41	12:10	12:37	12:48							
				0:41	0:29	0:43	0:25	1:29	0:27	0:11							
6	90017	Simão Luís	13:20	0:55	1:17	1:53	2:44	3:20	4:01	4:37	5:41	6:36	6:54	7:59	8:17	8:44	9:36
		[4215] AECondeOurém		0:55	0:22	0:36	0:51	0:36	0:41	0:36	1:04	0:55	0:18	1:05	0:18	0:27	0:52
				10:12	10:51	11:24	11:58	12:43	13:08	13:20							
				0:36	0:39	0:33	0:34	0:45	0:25	0:12							
7	90016	Simão Clemente	13:27	0:52	1:19	1:48	2:21	2:50	3:28	4:09	4:36	5:17	5:39	6:17	6:52	7:17	7:58
		[4215] AECondeOurém		0:52	0:27	0:29	0:33	0:29	0:38	0:41	0:27	0:41	0:22	0:38	0:35	0:25	0:41
				9:03	9:36	10:18	12:05	12:55	13:17	13:27							
				1:05	0:33	0:42	1:47	0:50	0:22	0:10							
8	90008	José Vieira	13:59	1:25	1:51	2:22	3:24	3:58	4:42	5:19	6:02	6:52	7:32	8:14	8:48	9:18	10:08
		[4215] AECondeOurém		1:25	0:26	0:31	1:02	0:34	0:44	0:37	0:43	0:50	0:40	0:42	0:34	0:30	0:50
				10:48	11:38	12:16	12:42	13:19	13:47	13:59							
				0:40	0:50	0:38	0:26	0:37	0:28	0:12							
9	90192	Francisco Laranjeira	16:02	1:09	1:35	2:33	3:36	4:17	5:03	5:36	7:46	8:30	9:04	9:58	10:31	10:59	11:57
		[7061] AENavRodrigSorome		1:09	0:26	0:58	1:03	0:41	0:46	0:33	2:10	0:44	0:34	0:54	0:33	0:28	0:58
				12:37	13:14	13:57	14:28	15:14	15:48	16:02							
				0:40	0:37	0:43	0:31	0:46	0:34	0:14							
10	90293	Guilherme Domingues	16:09	1:59	4:44	5:23	6:05	6:35	7:19	7:50	8:24	9:09	9:38	10:23	10:48	11:33	12:17
		[10228] AE Gil Paes		1:59	2:45	0:39	0:42	0:30	0:44	0:31	0:34	0:45	0:29	0:45	0:25	0:45	0:44
				13:10	13:46	14:15	14:40	15:20	15:53	16:09							
				0:53	0:36	0:29	0:25	0:40	0:33	0:16							
11	90370	António Oliveira	16:10	0:50	1:14	1:49	2:28	2:57	3:36	4:00	4:36	5:24	5:52	7:08	7:45	9:47	10:43
		[7243] CSCMaria		0:50	0:24	0:35	0:39	0:29	0:39	0:24	0:36	0:48	0:28	1:16	0:37	2:02	0:56
				13:23	13:47	14:22	14:49	15:26	15:53	16:10							
				2:40	0:24	0:35	0:27	0:37	0:27	0:17							
12	90247	Rodrigo Mendes	17:21	1:04	1:34	2:06	3:41	4:21	5:02	5:38	8:36	9:39	10:01	10:50	11:27	11:53	12:57
		[7056] EBDomSanchoI		1:04	0:30	0:32	1:35	0:40	0:41	0:36	2:58	1:03	0:22	0:49	0:37	0:26	1:04
				13:49	14:39	15:25	15:52	16:46	17:10	17:21							
				0:52	0:50	0:46	0:27	0:54	0:24	0:11							
13	90220	Gonçalo Caseiro	17:23	1:26	3:08	3:44	4:48	5:56	6:37	7:41	8:13	8:58	9:15	10:06	10:29	11:32	12:24
		[6806] AEJoséSaramago		1:26	1:42	0:36	1:04	1:08	0:41	1:04	0:32	0:45	0:17	0:51	0:23	1:03	0:52
				13:25	13:56	14:35	15:03	16:36	17:10	17:23							
				1:01	0:31	0:39	0:28	1:33	0:34	0:13							
14	90184	João Palma	17:28	1:25	1:51	2:27	3:06	3:54	4:45	5:14	7:06	8:01	8:36	9:33	10:25	10:58	12:05
		[7061] AENavRodrigSorome		1:25	0:26	0:36	0:39	0:48	0:51	0:29	1:52	0:55	0:35	0:57	0:52	0:33	1:07
				13:03	14:06	15:07	15:41	16:45	17:14	17:28							
				0:58	1:03	1:01	0:34	1:04	0:29	0:14							
15	90006	Guilherme Sousa	17:58	1:00	1:19	1:54	2:33	4:39	5:44	6:10	7:40	10:03	10:44	11:37	12:03	12:32	13:30
		[4215] AECondeOurém		1:00	0:19	0:35	0:39	2:06	1:05	0:26	1:30	2:23	0:41	0:53	0:26	0:29	0:58
				15:28	15:56	16:23	16:49	17:26	17:48	17:58							
				1:58	0:28	0:27	0:26	0:37	0:22	0:10							
16	90188	Gabriel Laia	18:11	1:12	1:53	2:35	3:11	4:03	5:27	5:49	7:31	8:50	9:08	10:29	11:01	11:42	12:54
		[7061] AENavRodrigSorome		1:12	0:41	0:42	0:36	0:52	1:24	0:22	1:42	1:19	0:18	1:21	0:32	0:41	1:12
				13:56	14:36	15:47	16:36	17:38	18:00	18:11							
				1:02	0:40	1:11	0:49	1:02	0:22	0:11							
17	90246	Simão Ferreira	18:37	1:10	1:36	2:21	3:11	3:53	4:52	5:40	6:19	7:37	8:11	8:56	9:27	10:06	11:15
		[7056] EBDomSanchoI		1:10	0:26	0:45	0:50	0:42	0:59	0:48	0:39	1:18	0:34	0:45	0:31	0:39	1:09

			12:29	13:16	14:02	14:54	15:53	18:20	18:37								
18	90371	Dinis Iascenko [3152] ESPinhal Novo	19:26	1:14	0:47	0:46	0:52	0:59	2:27	0:17							
				1:26	2:01	3:02	3:50	7:01	8:04	9:03	9:38	10:45	11:25	12:35	13:50	14:14	15:07
				1:26	0:35	1:01	0:48	3:11	1:03	0:59	0:35	1:07	0:40	1:10	1:15	0:24	0:53
				15:58	16:32	17:09	17:41	18:33	19:00	19:26							
19	90085	António Bernardino [4215] AECondeOurém	20:01	0:51	0:34	0:37	0:32	0:52	0:27	0:26							
				1:22	1:45	2:40	3:39	4:34	5:39	6:19	7:45	8:52	9:28	10:53	11:44	12:24	13:46
				1:22	0:23	0:55	0:59	0:55	1:05	0:40	1:26	1:07	0:36	1:25	0:51	0:40	1:22
				14:54	15:47	17:08	18:03	19:12	19:48	20:01							
20	90320	David Loureiro [3152] ESPinhal Novo	20:39	1:08	0:53	1:21	0:55	1:09	0:36	0:13							
				1:21	1:59	2:43	3:58	4:58	5:53	6:46	7:35	8:46	9:27	11:00	11:38	12:19	13:31
				1:21	0:38	0:44	1:15	1:00	0:55	0:53	0:49	1:11	0:41	1:33	0:38	0:41	1:12
				14:36	15:30	16:23	17:32	19:30	20:21	20:39							
				1:05	0:54	0:53	1:09	1:58	0:51	0:18							
21	90369	Nuno Pereira [7243] CSCMaria	23:13	1:19	2:16	2:48	8:28	9:13	10:09	10:52	11:20	15:05	16:55	17:26	18:07	18:30	19:14
				1:19	0:57	0:32	5:40	0:45	0:56	0:43	0:28	3:45	1:50	0:31	0:41	0:23	0:44
				19:54	20:21	21:01	21:58	22:39	23:03	23:13							
				0:40	0:27	0:40	0:57	0:41	0:24	0:10							
22	90149	Rui Silva [6815] ESDomJoãoII	24:08	1:41	2:15	5:11	6:14	9:15	11:17	11:59	12:58	13:46	14:29	15:48	16:25	17:05	18:06
				1:41	0:34	2:56	1:03	3:01	2:02	0:42	0:59	0:48	0:43	1:19	0:37	0:40	1:01
				19:15	20:15	21:16	22:08	23:02	23:53	24:08							
				1:09	1:00	1:01	0:52	0:54	0:51	0:15							
23	90045	Guilherme André [6797] AEFernãoPó	27:02	1:40	2:11	2:49	3:49	4:28	5:21	6:09	7:15	8:59	9:22	10:39	11:07	12:03	13:33
				1:40	0:31	0:38	1:00	0:39	0:53	0:48	1:06	1:44	0:23	1:17	0:28	0:56	1:30
				14:37	15:39	17:25	18:42	26:24	26:50	27:02							
				1:04	1:02	1:46	1:17	7:42	0:26	0:12							
24	90197	Santiago Correia [7061] AENavRodrigSorome	27:37	2:17	2:52	3:37	4:19	5:04	5:44	6:21	14:53	15:46	16:13	18:31	19:21	19:52	20:54
				2:17	0:35	0:45	0:42	0:45	0:40	0:37	8:32	0:53	0:27	2:18	0:50	0:31	1:02
				23:18	23:59	24:50	26:03	26:50	27:26	27:37							
				2:24	0:41	0:51	1:13	0:47	0:36	0:11							
25	90090	David Pacheco [6798] AEMonteLua	28:26	13:54	14:21	15:02	15:47	16:27	17:51	18:19	19:26	20:35	20:57	21:55	22:29	22:56	23:56
				13:54	0:27	0:41	0:45	0:40	1:24	0:28	1:07	1:09	0:22	0:58	0:34	0:27	1:00
				24:34	25:23	26:13	26:41	27:30	28:13	28:26							
				0:38	0:49	0:50	0:28	0:49	0:43	0:13							
	90175	Diogo Viseu [10169] AEBoaAgua	mp	-----	8:32	9:16	-----	10:39	11:28	12:10	-----	15:08	-----	16:34	17:16	17:53	18:52
					8:32	0:44	-----	1:23	0:49	0:42		2:58		1:26	0:42	0:37	0:59
				19:57	20:29	22:01	-----	23:45	24:25	24:36		4:18	10:01	14:21	22:21		
				1:05	0:32	1:32	-----	1:44	0:40	0:11		*53	*69	*33	*53		
90326	Diogo Xavier Silva [3152] ESPinhal Novo	mp		0:42	1:02	1:34	2:11	2:39	3:24	3:49	4:35	5:13	5:30	6:08	6:38	8:14	8:57
				0:42	0:20	0:32	0:37	0:28	0:45	0:25	0:46	0:38	0:17	0:38	0:30	1:36	0:43
				9:29	10:04	10:39	11:01	-----	11:44	11:55							
				0:32	0:35	0:35	0:22	-----	0:43	0:11							
90360	Gil Patinhas [3152] ESPinhal Novo	mp		1:21	1:42	2:16	-----	3:29	4:03	4:33	5:13	5:57	6:21	7:07	7:38	8:00	8:42
				1:21	0:21	0:34	-----	1:13	0:34	0:30	0:40	0:44	0:24	0:46	0:31	0:22	0:42
				9:18	-----	11:06	11:37	12:24	12:51	13:03		2:52	10:29				
				0:36	-----	1:48	0:31	0:47	0:27	0:12		*69	*50				
90139	Diogo Conceição [6815] ESDomJoãoII	dns		2:28	3:17	4:04	5:41	6:39	7:30	7:59	8:33	9:58	10:22	11:25	12:47	13:04	13:55
				2:28	0:49	0:47	1:37	0:58	0:51	0:29	0:34	1:25	0:24	1:03	1:22	0:17	0:51
				14:48	15:24	16:00	16:37	17:14	18:09								
				0:53	0:36	0:36	0:37	0:37	0:55								
90362	Sérgio Bob [3152] ESPinhal Novo	dns		2:48	3:06	3:43	4:23	5:08	5:52	7:46	9:55	11:02	11:16	11:58	12:25	12:50	14:21
				2:48	0:18	0:37	0:40	0:45	0:44	1:54	2:09	1:07	0:14	0:42	0:27	0:25	1:31
				15:02	16:24	21:26	22:15	23:58	24:24								
				0:41	1:22	5:02	0:49	1:43	0:26								

Iniciado Fem (38)		2.0 km	20 m	21 C	1 (54)	2 (55)	3 (52)	4 (46)	5 (47)	6 (34)	7 (63)	8 (70)	9 (71)	10 (31)	11 (64)	12 (44)	13 (43)	14 (36)
					15 (41)	16 (65)	17 (51)	18 (58)	19 (59)	20 (61)	21 (100)	F						
1	90005 Filipa Pedro [4215] AECondeOurém	15:19	1:23	1:59	2:45	3:15	4:00	5:22	5:56	6:17	7:02	7:21	7:45	9:03	9:47	10:57		
			1:23	0:36	0:46	0:30	0:45	1:22	0:34	0:21	0:45	0:19	0:24	1:18	0:44	1:10		
			11:38	12:18	13:09	13:55	14:24	14:44	15:09	15:19								
			0:41	0:40	0:51	0:46	0:29	0:20	0:25	0:10								
2	90353 Maria Teresa Reis [3152] ESPinhal Novo	15:23	1:18	1:53	2:44	3:19	4:10	5:37	7:34	7:51	8:26	8:45	9:07	10:04	10:40	11:28		
			1:18	0:35	0:51	0:35	0:51	1:27	1:57	0:17	0:35	0:19	0:22	0:57	0:36	0:48		
			11:51	12:38	13:20	14:05	14:31	14:50	15:13	15:23								
			0:23	0:47	0:42	0:45	0:26	0:19	0:23	0:10								
3	90103 Vera Gräf [6798] AEMonteLua	15:35	1:15	1:59	2:55	3:32	4:17	5:19	5:59	6:20	7:06	7:27	8:03	9:04	9:40	10:40		
			1:15	0:44	0:56	0:37	0:45	1:02	0:40	0:21	0:46	0:21	0:36	1:01	0:36	1:00		
			11:15	11:58	12:50	14:06	14:43	15:03	15:26	15:35								
			0:35	0:43	0:52	1:16	0:37	0:20	0:23	0:09								
4	90322 Catarina Moreira [3152] ESPinhal Novo	15:44	1:20	2:01	2:36	3:09	3:58	5:17	5:55	6:17	7:02	7:25	7:56	9:05	9:45	10:54		
			1:20	0:41	0:35	0:33	0:49	1:19	0:38	0:22	0:45	0:23	0:31	1:09	0:40	1:09		
			11:19	12:14	13:08	14:03	14:42	15:04	15:33	15:44								
			0:25	0:55	0:54	0:55	0:39	0:22	0:29	0:11								
5	90094 Joana Iglésias [6798] AEMonteLua	15:51	2:11	3:00	3:38	4:16	5:11	6:23	7:02	7:21	8:00	8:26	8:54	10:03	10:38	11:35		
			2:11	0:49	0:38	0:38	0:55	1:12	0:39	0:19	0:39	0:26	0:28	1:09	0:35	0:57		
			12:09	12:50	13:36	14:21	14:49	15:12	15:40	15:51								
			0:34	0:41	0:46	0:45	0:28	0:23	0:28	0:11								
6	90000 Alexandra Pinto [4215] AECondeOurém	16:09	1:34	2:15	2:56	3:37	4:32	6:02	6:43	7:01	7:40	8:04	8:32	9:44	10:30	11:43		
			1:34	0:41	0:41	0:41	0:55	1:30	0:41	0:18	0:39	0:24	0:28	1:12	0:46	1:13		
			12:07	12:55	13:49	14:43	15:13	15:36	15:59	16:09								
			0:24	0:48	0:54	0:54	0:30	0:23	0:23	0:10								
7	90034 Mariana Oliveira [6809] AEOurém	16:32	1:33	2:09	2:45	3:18	4:05	5:32	6:20	6:39	7:12	7:33	7:59	9:12	9:50	11:06		
			1:33	0:36	0:36	0:33	0:47	1:27	0:48	0:19	0:33	0:21	0:26	1:13	0:38	1:16		
			11:31	12:15	14:23	14:58	15:37	15:55	16:21	16:32								
			0:25	0:44	2:08	0:35	0:39	0:18	0:26	0:11								
8	90350 Matilde Salgueiro [3152] ESPinhal Novo	17:10	2:07	2:47	3:29	4:03	4:49	6:18	6:54	7:18	7:57	8:25	8:55	10:18	11:02	12:01		
			2:07	0:40	0:42	0:34	0:46	1:29	0:36	0:24	0:39	0:28	0:30	1:23	0:44	0:59		
			12:30	13:30	14:36	15:35	16:13	16:32	17:01	17:10								
			0:29	1:00	1:06	0:59	0:38	0:19	0:29	0:09								
9	90102 Sofia Iglésias [6798] AEMonteLua	17:20	3:41	4:16	4:50	5:29	6:30	7:43	8:24	8:51	9:29	9:53	10:28	11:24	12:07	13:12		
			3:41	0:35	0:34	0:39	1:01	1:13	0:41	0:27	0:38	0:24	0:35	0:56	0:43	1:05		
			13:38	14:41	15:23	16:02	16:30	16:49	17:10	17:20								
			0:26	1:03	0:42	0:39	0:28	0:19	0:21	0:10								
10	90087 Catarina Bio [6798] AEMonteLua	17:34	2:28	3:09	3:47	4:24	5:25	6:50	7:45	8:09	8:50	9:17	9:49	11:10	11:49	12:46		
			2:28	0:41	0:38	0:37	1:01	1:25	0:55	0:24	0:41	0:27	0:32	1:21	0:39	0:57		
			13:25	14:11	15:05	15:59	16:30	16:55	17:22	17:34								
			0:39	0:46	0:54	0:54	0:31	0:25	0:27	0:12								
11	90124 Marta Guinote [2756] ESPalmela	18:21	1:33	2:18	2:58	3:32	4:31	7:36	8:23	8:44	9:26	9:51	10:29	11:42	12:25	13:21		
			1:33	0:45	0:40	0:34	0:59	3:05	0:47	0:21	0:42	0:25	0:38	1:13	0:43	0:56		
			13:56	14:47	15:42	16:53	17:25	17:47	18:11	18:21								
			0:35	0:51	0:55	1:11	0:32	0:22	0:24	0:10								
12	90093 Joana Bio [6798] AEMonteLua	18:59	1:14	3:12	3:58	4:31	5:20	7:15	8:04	8:22	9:04	9:39	10:15	11:38	12:22	13:42		
			1:14	1:58	0:46	0:33	0:49	1:55	0:49	0:18	0:42	0:35	0:36	1:23	0:44	1:20		
			14:08	15:09	16:14	17:13	17:53	18:20	18:47	18:59								
			0:26	1:01	1:05	0:59	0:40	0:27	0:27	0:12								
13	90114 Carolina Afonso [2756] ESPalmela	19:12	1:36	2:23	3:06	3:35	4:33	6:07	7:12	7:33	8:25	8:53	9:28	10:48	13:10	14:06		
			1:36	0:47	0:43	0:29	0:58	1:34	1:05	0:21	0:52	0:28	0:35	1:20	2:22	0:56		
			14:46	15:19	16:25	17:33	18:01	18:34	18:59	19:12								
			0:40	0:33	1:06	1:08	0:28	0:33	0:25	0:13								

14	90044	Ana Mafalda Mil-Homens [6797] AEFernãoPó	19:15	1:35 1:35 14:45	2:37 1:02 15:35	3:36 0:59 16:49	4:40 1:04 17:34	5:41 1:01 18:15	7:45 2:04 18:36	8:44 0:59 19:04	8:59 0:15 19:15	9:32 0:33 0:27	9:59 0:35	10:34 1:23	11:57 0:41	12:38 1:41	14:19
15	90255	Catarina Moutinho [6978] AECidadeEntroncam	19:51	0:26 1:30 1:30 11:57	0:50 2:14 0:44 16:46	1:14 3:00 0:46 17:33	0:45 3:39 0:39 18:15	0:41 4:29 0:50 18:48	0:21 5:48 1:19 19:14	0:28 6:33 0:45 19:40	0:11 6:57 0:24 19:51	7:40 8:04 0:43 0:24	8:32 8:32 0:28	9:34 9:34 1:02	10:16 10:16 0:42	11:24 11:24 1:08	
16	90218	Beatriz Simões [6806] AEJoséSaramago	20:30	0:33 1:53 1:53 15:15	4:49 2:36 0:43 16:08	0:47 3:41 1:05 17:19	0:42 4:17 0:36 18:23	0:33 5:29 1:12 19:08	0:26 7:01 1:32 19:35	0:26 8:22 0:50 20:13	0:11 8:22 0:31 20:30	9:32 10:06 1:10 0:34	10:41 10:41 0:35	12:24 12:24 1:43	13:08 13:08 0:44	14:30 14:30 1:22	
17	90351	Marta Santos [3152] ESPinhal Novo	20:37	1:38 1:38 16:02	2:33 0:55 17:06	3:18 0:45 18:17	3:57 0:39 19:05	4:57 1:00 19:41	9:41 4:44 20:02	10:15 0:34 20:27	10:34 0:19 20:37	11:20 0:46 0:20	11:40 0:26	12:06 1:10	13:16 0:47	14:03 1:37	15:40
18	90215	Carolina Cabete [6806] AEJoséSaramago	20:55	0:22 1:47 1:47 15:54	1:04 3:01 1:14 17:07	1:11 4:06 1:05 17:54	0:48 4:42 0:36 18:39	0:36 5:45 1:03 19:47	0:21 6:53 1:08 20:19	0:25 7:46 0:53 20:44	0:10 8:09 0:23 20:55	8:52 9:28 0:43 0:36	9:28 10:24 0:56	10:24 12:00 1:36	13:08 13:08 1:08	15:28 15:28 2:20	
19	90283	Inês Costa [10212] EBHC	21:21	0:26 1:24 1:24 15:26	1:13 2:13 0:49 16:22	0:47 3:16 1:03 18:43	0:45 3:52 0:36 19:41	1:08 5:57 2:05 20:16	0:32 7:31 1:34 20:38	0:25 8:53 1:22 21:10	0:11 9:29 0:36 21:21	10:34 11:00 1:05 0:26	11:34 11:34 0:34	12:52 13:33 1:18	13:33 14:47 0:41	14:47 14:47 1:14	
20	90214	Filipa Costa [6806] AEJoséSaramago	21:52	0:39 1:57 1:57 16:20	0:56 2:44 0:47 17:19	2:21 3:53 1:09 18:39	0:58 4:24 0:31 19:59	0:35 5:43 1:19 20:52	0:22 7:14 1:31 21:12	0:32 8:25 1:11 21:39	0:11 8:47 0:22 21:52	9:54 10:35 1:07 0:41	11:06 11:06 0:31	13:18 13:18 2:12	14:27 14:27 1:09	15:49 15:49 1:22	
21	90190	Catarina Chambel [7061] AENavRodrigSorome	22:20	0:31 1:10 1:10 13:22	0:59 1:51 0:41 14:19	1:20 2:36 0:45 15:25	1:20 3:14 0:38 19:55	0:53 4:15 1:01 20:21	0:20 5:45 1:30 20:42	0:27 6:44 0:59 22:09	0:13 7:00 0:16 22:20	7:55 8:18 0:55 0:23	8:18 8:51 0:33	10:16 10:16 1:25	10:56 10:56 0:40	12:08 12:08 1:12	
22	90012	Mariana Oliveira [4215] AECondeOurém	22:28	1:14 2:17 2:17 17:40	0:57 3:13 0:56 18:31	1:06 4:02 0:49 19:44	4:30 5:17 1:15 20:31	0:26 6:28 1:11 21:36	0:21 8:44 2:16 21:56	1:27 9:37 0:53 22:19	0:11 11:39 2:02 22:28	12:51 13:13 1:12 0:22	13:49 13:49 0:36	14:56 14:56 1:07	15:46 15:46 0:50	17:10 17:10 1:24	
23	90057	Sara Carvalho [6797] AEFernãoPó	24:02	0:30 3:17 3:17 18:11	0:51 4:21 1:04 18:58	1:13 5:05 0:44 21:25	0:47 5:36 0:31 22:22	1:05 7:53 2:17 23:04	0:20 11:17 3:24 23:24	0:23 12:20 1:03 23:51	0:09 12:48 0:28 24:02	13:23 13:52 0:35 0:29	14:21 14:21 0:29	15:42 15:42 1:21	16:34 16:34 0:52	17:35 17:35 1:01	
24	90227	Rita Carromeu [6806] AEJoséSaramago	24:04	0:36 2:42 2:42 18:01	0:47 3:22 0:40 19:17	2:27 4:23 1:01 20:26	0:57 5:08 0:45 21:59	0:42 8:09 3:01 22:50	0:20 9:45 1:36 23:12	0:27 10:46 1:01 23:42	0:11 11:12 0:26 24:04	11:55 12:34 0:43 0:39	12:34 13:22 0:48	14:33 14:33 1:11	15:28 15:28 0:55	17:16 17:16 1:48	
25	90341	Rita Ribeiro [3152] ESPinhal Novo	24:10	0:45 2:00 2:00 18:29	1:16 2:45 0:45 19:51	1:09 3:51 1:06 21:03	1:33 4:38 0:47 22:23	0:51 7:14 2:36 23:00	0:22 8:59 1:45 23:27	0:30 10:00 1:01 23:58	0:22 10:29 0:29 24:10	11:41 12:14 1:12 0:33	12:56 12:56 0:42	15:03 15:03 2:07	16:07 16:07 1:04	17:50 17:50 1:43	
26	90095	Joana Vilela [6798] AEMonteLua	24:31	0:39 2:43 2:43 18:52	1:22 3:32 0:49 19:39	1:12 4:22 0:50 22:29	1:20 11:37 7:15 23:02	0:37 12:30 0:53 23:34	0:27 13:32 1:02 23:59	0:31 14:07 0:35 24:21	0:12 14:25 0:18 24:31	15:05 15:26 0:40 0:21	15:55 15:55 0:29	17:00 17:00 1:05	17:37 17:37 0:37	18:26 18:26 0:49	
27	90125	Mariana Ascenço [2756] ESPalmela	24:56	0:26 1:28 1:28 18:29	0:47 2:09 0:41 19:41	2:50 2:48 0:39 22:07	0:33 8:20 5:32 23:13	0:32 9:41 1:21 23:48	0:25 11:10 1:29 24:11	0:22 12:06 0:56 24:41	0:10 12:30 0:24 24:56	13:14 13:43 0:44 0:29	14:13 14:13 0:30	15:30 15:30 1:17	16:20 16:20 0:50	17:28 17:28 1:08	
28	90099	Mariana Pacheco	25:52	1:01 1:15	1:12 2:37	2:26 3:37	1:06 4:24	0:35 5:49	0:23 7:53	0:30 9:17	0:15 9:46	10:40 11:06	11:53 13:47	14:56 14:56	18:07 18:07		

Iniciado	Masc	(44)	2.1 km	20 m	23 C													
					1 (54)	2 (48)	3 (47)	4 (44)	5 (35)	6 (34)	7 (63)	8 (71)	9 (31)	10 (64)	11 (37)	12 (41)	13 (65)	14 (51)
					15 (43)	16 (46)	17 (52)	18 (55)	19 (58)	20 (60)	21 (59)	22 (61)	23 (100)	F				
1	90269	Pedro Lagarto		10:57	1:02	1:47	2:16	2:37	3:13	3:37	4:17	4:47	5:01	5:20	5:49	6:13	6:47	7:20
		[6978] AECidadeEntroncam			1:02	0:45	0:29	0:21	0:36	0:24	0:40	0:30	0:14	0:19	0:29	0:24	0:34	0:33
					7:41	8:04	8:30	9:01	9:43	9:55	10:12	10:27	10:47	10:57				
					0:21	0:23	0:26	0:31	0:42	0:12	0:17	0:15	0:20	0:10				
2	90308	Afonso Araújo		11:03	1:14	1:42	2:11	2:28	3:02	3:26	3:57	4:42	4:55	5:17	5:47	6:11	6:47	7:19
		[3152] ESPinhal Novo			1:14	0:28	0:29	0:17	0:34	0:24	0:31	0:45	0:13	0:22	0:30	0:24	0:36	0:32

				7:39	8:04	8:25	9:09	9:52	10:04	10:19	10:33	10:54	11:03				
				0:20	0:25	0:21	0:44	0:43	0:12	0:15	0:14	0:21	0:09				
3	90325	Dinis Kaiseler	11:33	1:13	1:43	2:13	2:35	3:16	3:40	4:08	4:42	4:59	5:21	6:01	6:29	7:02	7:42
		[3152] ESPinhal Novo		1:13	0:30	0:30	0:22	0:41	0:24	0:28	0:34	0:17	0:22	0:40	0:28	0:33	0:40
				8:05	8:30	8:59	9:28	10:13	10:26	10:45	11:02	11:23	11:33				
				0:23	0:25	0:29	0:29	0:45	0:13	0:19	0:17	0:21	0:10				
4	90315	José Mário Reis	11:47	1:03	1:30	2:09	2:29	3:09	3:34	4:03	4:37	4:59	5:21	5:52	6:21	7:03	7:38
		[3152] ESPinhal Novo		1:03	0:27	0:39	0:20	0:40	0:25	0:29	0:34	0:22	0:22	0:31	0:29	0:42	0:35
				8:08	8:32	8:58	9:36	10:29	10:42	11:04	11:20	11:39	11:47				
				0:30	0:24	0:26	0:38	0:53	0:13	0:22	0:16	0:19	0:08				
5	90092	Guilherme Moreira	13:34	1:11	2:36	3:43	4:08	4:50	5:16	5:45	6:20	6:43	7:04	7:41	8:12	8:47	9:26
		[6798] AEMonteLua		1:11	1:25	1:07	0:25	0:42	0:26	0:29	0:35	0:23	0:21	0:37	0:31	0:35	0:39
				9:52	10:17	10:45	11:16	12:10	12:26	12:48	13:07	13:25	13:34				
				0:26	0:25	0:28	0:31	0:54	0:16	0:22	0:19	0:18	0:09				
6	90342	Miguel Miranda	13:48	1:30	2:03	2:36	2:59	3:42	4:56	5:42	6:15	6:31	6:54	7:30	7:57	8:36	9:26
		[3152] ESPinhal Novo		1:30	0:33	0:33	0:23	0:43	1:14	0:46	0:33	0:16	0:23	0:36	0:27	0:39	0:50
				9:59	10:29	10:56	11:35	12:18	12:31	12:54	13:15	13:38	13:48				
				0:33	0:30	0:27	0:39	0:43	0:13	0:23	0:21	0:23	0:10				
7	90338	Tiago Soares	14:10	1:05	1:43	2:38	3:02	3:43	4:28	4:58	5:33	6:01	6:29	7:07	7:39	8:27	9:09
		[3152] ESPinhal Novo		1:05	0:38	0:55	0:24	0:41	0:45	0:30	0:35	0:28	0:28	0:38	0:32	0:48	0:42
				10:07	10:42	11:20	11:49	12:45	13:05	13:23	13:39	14:00	14:10				
				0:58	0:35	0:38	0:29	0:56	0:20	0:18	0:16	0:21	0:10				
8	90025	António Branco	14:32	2:49	3:35	4:06	4:27	5:13	5:50	6:20	6:55	7:14	7:38	8:16	8:49	9:30	10:14
		[6809] AEOurém		2:49	0:46	0:31	0:21	0:46	0:37	0:30	0:35	0:19	0:24	0:38	0:33	0:41	0:44
				10:40	11:13	11:45	12:12	13:04	13:17	13:37	13:56	14:21	14:32				
				0:26	0:33	0:32	0:27	0:52	0:13	0:20	0:19	0:25	0:11				
9	90263	João Martins	15:03	1:29	2:10	3:05	3:28	4:19	5:16	5:46	6:24	6:46	7:12	7:55	8:28	9:10	9:58
		[6978] AECidadeEntroncam		1:29	0:41	0:55	0:23	0:51	0:57	0:30	0:38	0:22	0:26	0:43	0:33	0:42	0:48
				10:37	11:07	11:38	12:19	13:14	13:37	14:17	14:33	14:53	15:03				
				0:39	0:30	0:31	0:41	0:55	0:23	0:40	0:16	0:20	0:10				
10	90372	Miguel Jesus	15:26	1:31	2:22	3:03	3:26	4:20	4:58	5:40	6:26	6:48	7:16	8:02	8:50	9:29	10:22
		[3152] ESPinhal Novo		1:31	0:51	0:41	0:23	0:54	0:38	0:42	0:46	0:22	0:28	0:46	0:48	0:39	0:53
				10:53	11:30	12:01	12:51	13:48	14:02	14:30	14:49	15:14	15:26				
				0:31	0:37	0:31	0:50	0:57	0:14	0:28	0:19	0:25	0:12				
11	90206	Rafael Rusga	15:31	2:54	3:39	4:15	4:41	5:21	5:49	6:24	7:02	7:23	7:45	8:23	8:55	9:37	10:23
		[7061] AENavRodrigSorome		2:54	0:45	0:36	0:26	0:40	0:28	0:35	0:38	0:21	0:22	0:38	0:32	0:42	0:46
				11:28	11:58	12:27	13:00	14:06	14:22	14:43	15:04	15:22	15:31				
				1:05	0:30	0:29	0:33	1:06	0:16	0:21	0:21	0:18	0:09				
12	90284	Rafael Salgueiro	15:36	1:05	1:53	2:57	3:18	4:32	5:51	6:23	7:01	7:24	7:59	8:35	9:04	9:43	10:34
		[10212] EBHC		1:05	0:48	1:04	0:21	1:14	1:19	0:32	0:38	0:23	0:35	0:36	0:29	0:39	0:51
				11:05	11:39	12:06	12:41	13:47	14:01	14:22	14:38	15:26	15:36				
				0:31	0:34	0:27	0:35	1:06	0:14	0:21	0:16	0:48	0:10				
13	90334	Pedro Miranda	15:44	1:18	3:03	3:42	4:07	4:57	5:33	6:12	6:55	7:19	7:46	8:30	9:05	9:48	10:33
		[3152] ESPinhal Novo		1:18	1:45	0:39	0:25	0:50	0:36	0:39	0:43	0:24	0:27	0:44	0:35	0:43	0:45
				11:01	11:36	12:07	12:49	14:00	14:19	14:41	15:06	15:34	15:44				
				0:28	0:35	0:31	0:42	1:11	0:19	0:22	0:25	0:28	0:10				
14	90118	Afonso Freire	16:15	2:32	3:15	3:52	4:20	5:17	5:48	6:34	7:12	7:40	8:08	8:48	9:25	10:12	11:15
		[2756] ESPalmela		2:32	0:43	0:37	0:28	0:57	0:31	0:46	0:38	0:28	0:28	0:40	0:37	0:47	1:03
				11:57	12:28	13:08	13:45	14:41	14:59	15:17	15:38	16:04	16:15				
				0:42	0:31	0:40	0:37	0:56	0:18	0:18	0:21	0:26	0:11				
15	90212	Diogo Carrajola	16:17	1:50	2:56	3:34	4:00	4:56	5:53	6:32	7:07	7:38	8:02	8:46	9:16	9:53	10:42
		[6806] AEJoséSaramago		1:50	1:06	0:38	0:26	0:56	0:57	0:39	0:35	0:31	0:24	0:44	0:30	0:37	0:49
				11:14	11:58	12:29	13:09	14:05	14:31	15:25	15:42	16:07	16:17				
				0:32	0:44	0:31	0:40	0:56	0:26	0:54	0:17	0:25	0:10				
16	90003	Diogo Ferreira	17:13	0:59	1:46	2:25	2:45	3:21	4:00	4:29	5:02	5:22	5:43	6:21	6:58	7:36	10:18
		[4215] AECondeOurém		0:59	0:47	0:39	0:20	0:36	0:39	0:29	0:33	0:20	0:21	0:38	0:37	0:38	2:42
				10:45	11:15	11:45	12:47	13:35	15:06	16:32	16:46	17:04	17:13		13:54		

17	90248	Fábio Gonçalves [6978] AECidadeEntroncam	17:23	0:27	0:30	0:30	1:02	0:48	1:31	1:26	0:14	0:18	0:09		*59																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
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18	90231	Miguel Alegria [6806] AEJoséSaramago	17:27	1:08	0:52	0:30	0:59	1:02	0:26	0:24	0:24	0:26	0:11																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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19	90126	Luís Carrasco [2756] ESPalmela	17:36	0:36	0:34	1:03	0:45	1:05	0:16	0:29	0:21	0:24	0:14																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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20	90224	Rodrigo Trancos [6806] AEJoséSaramago	17:40	0:27	0:39	0:31	0:46	1:25	0:17	0:24	0:23	0:23	0:11																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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21	90091	Denis MotKalyuk [6798] AEMonteLua	18:01	0:24	0:44	0:35	0:35	0:59	0:15	0:58	0:18	0:29	0:11																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
				1:27	2:55	3:46	4:19	5:08	6:46	7:18	8:05	8:29	8:56	9:40	10:22	11:09	12:05																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				1:27	1:28	0:51	0:33	0:49	1:38	0:32	0:47	0:24	0:27	0:44	0:42	0:47	0:56																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				12:40	13:50	14:25	15:06	16:11	16:46	17:03	17:25	17:52	18:01																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
22	90074	Dinis Santos [7243] CSCMaria	18:03	0:35	1:10	0:35	0:41	1:05	0:35	0:17	0:22	0:27	0:09																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
				1:12	2:20	3:33	4:34	5:20	5:52	6:45	7:32	8:03	8:35	10:17	11:08	11:45	12:47																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				1:12	1:08	1:13	1:01	0:46	0:32	0:53	0:47	0:31	0:32	1:42	0:51	0:37	1:02																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				13:27	14:09	14:46	15:19	16:27	16:49	17:17	17:35	17:53	18:03																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
23	90313	João Pedro Fernandes [3152] ESPinhal Novo	18:08	0:40	0:42	0:37	0:33	1:08	0:22	0:28	0:18	0:18	0:10																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
				2:02	2:58	3:42	4:10	5:10	6:19	6:54	7:41	8:18	8:42	9:53	10:28	11:23	12:25																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				2:02	0:56	0:44	0:28	1:00	1:09	0:35	0:47	0:37	0:24	1:11	0:35	0:55	1:02																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				13:26	14:08	14:38	15:17	16:39	16:58	17:12	17:31	17:59	18:08																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
24	90343	Miguel Alpedrinha [3152] ESPinhal Novo	18:09	1:01	0:42	0:30	0:39	1:22	0:19	0:14	0:19	0:28	0:09																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
				1:31	2:19	3:16	3:42	4:36	5:37	6:39	7:14	7:52	8:22	9:09	9:43	10:27	11:12																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				1:31	0:48	0:57	0:26	0:54	1:01	1:02	0:35	0:38	0:30	0:47	0:34	0:44	0:45																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				11:50	13:45	14:20	15:07	16:28	16:41	17:11	17:34	17:59	18:09																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
25	90063	Rodrigo Alves [6797] AEFernãoPó	19:12	0:38	1:55	0:35	0:47	1:21	0:13	0:30	0:23	0:25	0:10																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
				1:50	3:07	3:58	4:31	5:24	6:06	7:01	7:40	8:09	8:41	9:27	10:01	10:51	11:54																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				1:50	1:17	0:51	0:33	0:53	0:42	0:55	0:39	0:29	0:32	0:46	0:34	0:50	1:03																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				12:26	14:18	14:48	15:43	17:23	17:43	18:12	18:30	19:01	19:12																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
26	90363	Mykhailo Voichuk [3152] ESPinhal Novo	19:45	0:32	1:52	0:30	0:55	1:40	0:20	0:29	0:18	0:31	0:11																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
				2:01	3:10	3:54	4:25	5:24	6:11	6:55	7:45	8:21	8:57	9:53	10:46	11:40	12:36																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				2:01	1:09	0:44	0:31	0:59	0:47	0:44	0:50	0:36	0:36	0:56	0:53	0:54	0:56																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
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27	90260	João Cardoso [6978] AECidadeEntroncam	20:03	0:44	1:03	0:44	0:47	1:24	0:20	0:35	0:26	0:51	0:15																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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28	90021	Hugo Reis [7243] CSCMaria	20:23	0:39	0:49	0:35	0:39	1:00	0:19	0:25	0:23	0:37	0:10																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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29	90058	Tiago Duarte [6797] AEFernãoPó	21:18	3:26	0:47	1:00	0:47	0:59	0:20	0:23	0:22	0:29	0:14																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
				1:33	2:21	3:20	3:56	5:15	6:07	7:15	8:34	9:06	9:57	11:12	12:07	13:20	14:40																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				1:33	0:48	0:59	0:36	1:19	0:52	1:08	1:19	0:32	0:51	1:15	0:55	1:13	1:20																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				15:32	16:25	16:59	17:52	19:21	19:43	20:21	20:47	21:08	21:18																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
30	90062	Rodolfo Bernardino [6797] AEFernãoPó	21:25	0:52	0:53	0:34	0:53	1:29	0:22	0:38	0:26	0:21	0:10																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
				2:27	3:21	4:32	5:02	6:13	7:24	8:47	9:53	10:28	11:02	11:55	12:42	13:47	15:21																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				2:27	0:54	1:11	0:30	1:11	1:11	1:23	1:06	0:35	0:34	0:53	0:47	1:05	1:34																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
				16:00	16:42	17:23	18:15	19:30	19:51	20:21	20:43	21:15	21:25																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		

31	90073	Simão Vieira [7243] CSCMaria	21:30	2:01	3:29	4:08	4:41	5:37	7:32	8:12	9:03	9:31	10:04	10:59	11:54	12:43	13:55
				2:01	1:28	0:39	0:33	0:56	1:55	0:40	0:51	0:28	0:33	0:55	0:55	0:49	1:12
				16:13	16:49	17:28	18:06	19:08	19:30	20:24	20:45	21:18	21:30				
32	90067	Ricardo Lopes [7243] CSCMaria	21:44	2:18	0:36	0:39	0:38	1:02	0:22	0:54	0:21	0:33	0:12				
				5:12	6:01	6:37	7:14	8:02	9:18	10:05	10:46	11:13	11:40	13:05	13:55	14:43	15:54
				5:12	0:49	0:36	0:37	0:48	1:16	0:47	0:41	0:27	0:27	1:25	0:50	0:48	1:11
33	90068	Bruno Ribeiro [7243] CSCMaria	21:56	16:47	17:41	18:23	19:13	20:09	20:22	20:38	21:08	21:33	21:44				
				0:53	0:54	0:42	0:50	0:56	0:13	0:16	0:30	0:25	0:11				
				4:27	6:05	7:21	8:29	9:14	9:50	10:47	11:26	11:51	12:22	14:10	14:56	15:35	16:30
34	90221	George Ardelean [6806] AEFJoséSaramago	23:06	4:27	1:38	1:16	1:08	0:45	0:36	0:57	0:39	0:25	0:31	1:48	0:46	0:39	0:55
				17:11	17:58	18:35	19:12	20:11	20:33	21:02	21:22	21:44	21:56				
				0:41	0:47	0:37	0:37	0:59	0:22	0:29	0:20	0:22	0:12				
35	90064	Rodrigo Isidoro [6797] AEFernãoPó	24:33	1:49	3:10	4:21	5:01	6:12	6:58	8:04	9:14	10:02	10:39	11:54	12:48	13:42	15:00
				1:49	1:21	1:11	0:40	1:11	0:46	1:06	1:10	0:48	0:37	1:15	0:54	0:54	1:18
				15:31	16:19	17:25	18:29	20:11	20:44	21:30	22:04	22:52	23:06				
36	90048	Gonçalo Delgado [6797] AEFernãoPó	25:36	0:31	0:48	1:06	1:04	1:42	0:33	0:46	0:34	0:48	0:14				
				1:35	3:18	4:48	5:29	6:42	9:03	10:13	11:33	12:15	12:48	13:55	14:28	15:14	16:37
				1:35	1:43	1:30	0:41	1:13	2:21	1:10	1:20	0:42	0:33	1:07	0:33	0:46	1:23
37	90143	David Perdigão [6815] ESDomJoãoII	26:49	17:23	18:21	19:17	20:12	22:47	23:09	23:38	24:00	24:22	24:33				
				0:46	0:58	0:56	0:55	2:35	0:22	0:29	0:22	0:22	0:11				
				1:58	5:49	7:22	8:04	11:06	12:06	13:03	13:54	14:32	15:09	15:58	16:52	17:54	19:27
38	90014	Ricardo Gomes [4215] AECondeOurém	27:31	1:58	3:51	1:33	0:42	3:02	1:00	0:57	0:51	0:38	0:37	0:49	0:54	1:02	1:33
				20:12	20:49	21:33	22:19	23:35	23:56	24:31	24:53	25:26	25:36				
				0:45	0:37	0:44	0:46	1:16	0:21	0:35	0:22	0:33	0:10				
39	90210	André Sombreiro [6806] AEFJoséSaramago	27:57	3:08	5:05	5:53	6:33	7:46	8:25	9:23	11:16	11:43	12:26	13:50	15:21	16:26	17:27
				3:08	1:57	0:48	0:40	1:13	0:39	0:58	1:53	0:27	0:43	1:24	1:31	1:05	1:01
				19:16	19:49	20:45	22:31	23:55	24:41	25:15	25:53	26:38	26:49				
40	90262	Alexandre Aleixo [6978] AECidadeEntroncam	28:17	1:49	0:33	0:56	1:46	1:24	0:46	0:34	0:38	0:45	0:11				
				3:52	6:08	7:27	8:04	9:15	10:04	10:51	11:56	12:43	13:39	14:40	15:40	16:49	18:20
				3:52	2:16	1:19	0:37	1:11	0:49	0:47	1:05	0:47	0:56	1:01	1:00	1:09	1:31
41	90047	Lucas Marques [6797] AEFernãoPó	30:11	20:01	20:50	21:48	23:11	24:49	25:30	26:19	26:54	27:20	27:31				
				1:41	0:49	0:58	1:23	1:38	0:41	0:49	0:35	0:26	0:11				
				1:42	4:58	6:48	7:36	8:39	9:51	10:47	11:51	12:40	13:32	14:53	15:38	17:06	18:40
42	90230	Leandro Rocha [6806] AEFJoséSaramago	31:02	1:42	3:16	1:50	0:48	1:03	1:12	0:56	1:04	0:49	0:52	1:21	0:45	1:28	1:34
				20:35	21:35	22:47	24:07	25:50	26:13	26:48	27:14	27:45	27:57				
				1:55	1:00	1:12	1:20	1:43	0:23	0:35	0:26	0:31	0:12				
43	90232	Miguel Roça [6806] AEFJoséSaramago	mp	1:36	5:35	6:36	7:10	8:38	11:59	12:48	14:32	15:01	15:34	18:10	19:16	21:28	22:56
				1:36	3:59	1:01	0:34	1:28	3:21	0:49	1:44	0:29	0:33	2:36	1:06	2:12	1:28
				23:35	23:56	24:33	25:23	26:26	26:38	27:19	27:44	28:07	28:17				
44	90047	Lucas Marques [6797] AEFernãoPó	30:11	0:39	0:21	0:37	0:50	1:03	0:12	0:41	0:25	0:23	0:10				
				4:20	5:15	6:30	7:01	9:51	10:51	11:39	13:52	14:23	14:56	17:02	18:23	20:08	21:46
				4:20	0:55	1:15	0:31	2:50	1:00	0:48	2:13	0:31	0:33	2:06	1:21	1:45	1:38
45	90230	Leandro Rocha [6806] AEFJoséSaramago	31:02	22:56	24:04	25:29	26:14	28:18	28:40	29:02	29:27	29:59	30:11				
				1:10	1:08	1:25	0:45	2:04	0:22	0:22	0:25	0:32	0:12				
				2:32	4:55	6:43	7:26	12:10	12:56	14:03	14:58	15:51	16:40	17:56	18:43	20:14	21:46
46	90335	Pedro Almeida [3152] ESPinhal Novo	mp	2:32	2:23	1:48	0:43	4:44	0:46	1:07	0:55	0:53	0:49	1:16	0:47	1:31	1:32
				23:35	24:37	25:49	27:13	28:58	29:20	29:50	30:20	30:49	31:02				
				1:49	1:02	1:12	1:24	1:45	0:22	0:30	0:30	0:29	0:13				
47	90232	Miguel Roça [6806] AEFJoséSaramago	mp	4:23	5:14	6:02	6:28	7:20	8:02	-----	9:43	10:07	10:34	-----	11:47	12:37	13:26
				4:23	0:51	0:48	0:26	0:52	0:42		1:41	0:24	0:27		1:13	0:50	0:49
				14:47	15:20	17:27	18:15	19:44	20:05	20:33	20:59	21:25	21:38		8:31	11:09	
48	90335	Pedro Almeida [3152] ESPinhal Novo	mp	1:21	0:33	2:07	0:48	1:29	0:21	0:28	0:26	0:26	0:13		*73	*72	
				0:54	1:28	2:08	2:34	3:15	3:59	4:34	5:17	5:42	6:14	6:51	7:25	8:11	9:05
				0:54	0:34	0:40	0:26	0:41	0:44	0:35	0:43	0:25	0:32	0:37	0:34	0:46	0:54
49	90335	Pedro Almeida [3152] ESPinhal Novo	mp	9:37	10:08	10:39	11:14	12:13	12:37	13:03	-----	14:33	14:44				
				0:32	0:31	0:31	0:35	0:59	0:24	0:26		1:30	0:11				

Juvenis Fem (39)		2.5 km	25 m	23 C	1 (60)	2 (54)	3 (55)	4 (65)	5 (49)	6 (34)	7 (63)	8 (31)	9 (35)	10 (44)	11 (47)	12 (39)	13 (46)	14 (43)
					15 (51)	16 (52)	17 (36)	18 (32)	19 (64)	20 (58)	21 (59)	22 (61)	23 (100)	F				
1	90245 Matilde Ribeiro [7056] EBDomSanchoI	14:05	0:32	1:11	1:45	2:11	2:41	3:41	4:17	4:59	5:17	5:53	6:18	7:03	7:32	7:54		
			0:32	0:39	0:34	0:26	0:30	1:00	0:36	0:42	0:18	0:36	0:25	0:45	0:29	0:22		
			8:22	8:49	9:57	10:31	10:58	12:46	13:11	13:32	13:56	14:05						
			0:28	0:27	1:08	0:34	0:27	1:48	0:25	0:21	0:24	0:09						
2	90261 Joana Catarino [6978] AECidadeEntroncam	14:19	0:32	1:10	1:50	2:16	2:42	3:45	4:11	4:50	5:09	5:49	6:21	7:08	7:36	8:01		
			0:32	0:38	0:40	0:26	0:26	1:03	0:26	0:39	0:19	0:40	0:32	0:47	0:28	0:25		
			8:28	8:59	10:09	10:45	11:04	13:06	13:31	13:47	14:10	14:19						
			0:27	0:31	1:10	0:36	0:19	2:02	0:25	0:16	0:23	0:09						
3	90115 Carolina Tacão [2756] ESPalmela	15:13	0:37	1:27	1:58	2:25	2:50	4:14	4:49	5:32	5:50	6:30	6:57	7:45	8:17	8:41		
			0:37	0:50	0:31	0:27	0:25	1:24	0:35	0:43	0:18	0:40	0:27	0:48	0:32	0:24		
			9:17	9:55	11:02	11:40	11:58	13:57	14:22	14:42	15:03	15:13						
			0:36	0:38	1:07	0:38	0:18	1:59	0:25	0:20	0:21	0:10						
4	90101 Raquel Henriques [6798] AEMonteLua	15:56	0:37	1:16	1:56	2:21	3:22	4:34	5:13	5:58	6:17	6:59	7:24	8:11	8:49	9:23		
			0:37	0:39	0:40	0:25	1:01	1:12	0:39	0:45	0:19	0:42	0:25	0:47	0:38	0:34		
			9:50	10:16	11:32	12:11	12:30	14:40	15:04	15:23	15:47	15:56						
			0:27	0:26	1:16	0:39	0:19	2:10	0:24	0:19	0:24	0:09						
5	90097 Mafalda Moreira [6798] AEMonteLua	16:00	0:38	1:13	1:53	2:33	2:58	4:11	4:51	5:31	5:52	6:34	7:06	8:14	8:43	9:09		
			0:38	0:35	0:40	0:40	0:25	1:13	0:40	0:40	0:21	0:42	0:32	1:08	0:29	0:26		
			9:38	10:05	11:22	12:00	12:24	14:41	15:06	15:25	15:51	16:00						
			0:29	0:27	1:17	0:38	0:24	2:17	0:25	0:19	0:26	0:09						
6	90253 Beatriz Esteves [6978] AECidadeEntroncam	16:24	0:34	1:07	2:04	2:29	2:57	4:14	4:45	5:28	5:50	6:35	7:09	8:04	8:38	9:03		
			0:34	0:33	0:57	0:25	0:28	1:17	0:31	0:43	0:22	0:45	0:34	0:55	0:34	0:25		
			9:38	10:10	11:33	12:14	12:36	15:01	15:27	15:47	16:14	16:24						
			0:35	0:32	1:23	0:41	0:22	2:25	0:26	0:20	0:27	0:10						
7	90352 Marta Costinha [3152] ESPinhal Novo	16:25	0:31	1:05	2:05	2:32	3:05	4:15	4:46	5:33	5:51	6:38	7:09	8:11	8:46	9:11		
			0:31	0:34	1:00	0:27	0:33	1:10	0:31	0:47	0:18	0:47	0:31	1:02	0:35	0:25		
			9:42	10:05	11:28	12:06	12:36	15:05	15:29	15:50	16:16	16:25						
			0:31	0:23	1:23	0:38	0:30	2:29	0:24	0:21	0:26	0:09						
8	90121 Constança Ilunga [2756] ESPalmela	16:28	0:34	1:07	1:44	2:12	2:41	3:52	4:35	5:18	5:39	6:25	7:00	7:49	8:29	8:52		
			0:34	0:33	0:37	0:28	0:29	1:11	0:43	0:43	0:21	0:46	0:35	0:49	0:40	0:23		
			9:24	9:56	11:28	12:09	12:29	15:01	15:34	15:53	16:18	16:28						
			0:32	0:32	1:32	0:41	0:20	2:32	0:33	0:19	0:25	0:10						
9	90349 Maria do Mar Salgueiro [3152] ESPinhal Novo	16:34	0:33	1:42	2:17	2:50	3:11	4:24	4:54	5:36	6:01	6:40	7:11	8:03	8:55	9:17		
			0:33	1:09	0:35	0:33	0:21	1:13	0:30	0:42	0:25	0:39	0:31	0:52	0:52	0:22		
			9:59	10:30	11:33	12:19	12:42	15:11	15:43	15:58	16:22	16:34						
			0:42	0:31	1:03	0:46	0:23	2:29	0:32	0:15	0:24	0:12						
10	90086 Ana Nunes [6798] AEMonteLua	16:50	0:34	2:50	3:23	3:51	4:18	5:25	5:58	6:38	6:59	7:41	8:10	9:02	9:34	9:58		
			0:34	2:16	0:33	0:28	0:27	1:07	0:33	0:40	0:21	0:42	0:29	0:52	0:32	0:24		
			10:33	11:02	12:12	12:55	13:15	15:25	15:52	16:13	16:40	16:50						
			0:35	0:29	1:10	0:43	0:20	2:10	0:27	0:21	0:27	0:10						
11	90345 Márcia Félix [3152] ESPinhal Novo	17:02	0:36	1:15	2:12	2:40	3:03	4:34	5:08	5:48	6:15	6:58	7:32	8:25	8:57	9:45		
			0:36	0:39	0:57	0:28	0:23	1:31	0:34	0:40	0:27	0:43	0:34	0:53	0:32	0:48		
			10:19	10:50	12:10	12:50	13:19	15:39	16:08	16:31	16:52	17:02						
			0:34	0:31	1:20	0:40	0:29	2:20	0:29	0:23	0:21	0:10						
12	90032 Mariana Simões [6809] AEOurém	17:20	0:47	2:37	3:14	3:41	4:04	5:22	5:55	6:42	7:02	7:45	8:17	9:09	9:44	10:09		
			0:47	1:50	0:37	0:27	0:23	1:18	0:33	0:47	0:20	0:43	0:32	0:52	0:35	0:25		
			10:38	11:06	12:21	13:10	13:29	15:53	16:22	16:41	17:07	17:20						
			0:29	0:28	1:15	0:49	0:19	2:24	0:29	0:19	0:26	0:13						
13	90272 Mariana Ferreira [6978] AECidadeEntroncam	17:21	0:37	1:26	2:03	2:46	3:12	4:19	5:36	6:21	6:46	7:24	7:51	8:38	9:11	9:41		
			0:37	0:49	0:37	0:43	0:26	1:07	1:17	0:45	0:25	0:38	0:27	0:47	0:33	0:30		

				10:10	10:42	12:09	13:16	13:43	16:01	16:23	16:43	17:11	17:21				
				0:29	0:32	1:27	1:07	0:27	2:18	0:22	0:20	0:28	0:10				
14	90254	Carina Cotovio	17:27	0:39	1:21	2:02	2:30	2:56	4:13	4:58	5:46	6:07	6:59	7:30	8:34	9:08	9:36
		[6978] AECidadeEntroncam		0:39	0:42	0:41	0:28	0:26	1:17	0:45	0:48	0:21	0:52	0:31	1:04	0:34	0:28
				10:14	10:48	12:18	12:58	13:23	16:03	16:31	16:51	17:16	17:27				
				0:38	0:34	1:30	0:40	0:25	2:40	0:28	0:20	0:25	0:11				
15	90273	Mariana Beirante	17:31	0:35	1:13	1:49	2:39	3:12	4:28	5:07	5:55	6:21	7:03	7:35	8:33	9:05	9:36
		[6978] AECidadeEntroncam		0:35	0:38	0:36	0:50	0:33	1:16	0:39	0:48	0:26	0:42	0:32	0:58	0:32	0:31
				10:13	10:53	12:16	13:03	13:26	16:03	16:37	16:56	17:21	17:31				
				0:37	0:40	1:23	0:47	0:23	2:37	0:34	0:19	0:25	0:10				
16	90130	Inês Carvalho	17:35	0:40	1:26	2:06	2:56	3:26	4:55	5:41	6:25	6:48	7:38	8:09	9:14	9:44	10:12
		[2756] ESPalmela		0:40	0:46	0:40	0:50	0:30	1:29	0:46	0:44	0:23	0:50	0:31	1:05	0:30	0:28
				10:42	11:14	12:35	13:18	13:43	16:04	16:37	16:58	17:24	17:35				
				0:30	0:32	1:21	0:43	0:25	2:21	0:33	0:21	0:26	0:11				
17	90096	Lilia Colisnyc	17:43	0:35	1:37	2:13	2:47	3:20	4:34	5:10	6:02	6:26	7:15	7:47	8:43	9:21	9:50
		[6798] AEMonteLua		0:35	1:02	0:36	0:34	0:33	1:14	0:36	0:52	0:24	0:49	0:32	0:56	0:38	0:29
				10:24	10:56	12:31	13:20	13:46	16:14	16:44	17:08	17:32	17:43				
				0:34	0:32	1:35	0:49	0:26	2:28	0:30	0:24	0:24	0:11				
18	90311	Cristiana Silva	18:04	0:36	1:50	2:25	3:44	4:25	5:56	6:39	7:31	7:51	8:45	9:11	10:00	10:30	10:54
		[3152] ESPinhal Novo		0:36	1:14	0:35	1:19	0:41	1:31	0:43	0:52	0:20	0:54	0:26	0:49	0:30	0:24
				11:23	11:51	13:22	14:10	14:33	16:45	17:11	17:31	17:52	18:04				
				0:29	0:28	1:31	0:48	0:23	2:12	0:26	0:20	0:21	0:12				
19	90098	Mariana Almeida	19:34	0:42	1:26	2:05	2:35	3:05	5:27	6:12	7:06	7:33	8:21	9:06	10:03	10:44	11:17
		[6798] AEMonteLua		0:42	0:44	0:39	0:30	0:30	2:22	0:45	0:54	0:27	0:48	0:45	0:57	0:41	0:33
				11:57	12:32	14:10	14:53	15:20	18:01	18:33	18:54	19:22	19:34				
				0:40	0:35	1:38	0:43	0:27	2:41	0:32	0:21	0:28	0:12				
20	90321	Daniela Holdych	19:57	0:38	1:35	2:20	2:51	3:36	4:57	5:49	6:36	6:58	7:41	8:21	9:18	9:54	10:19
		[3152] ESPinhal Novo		0:38	0:57	0:45	0:31	0:45	1:21	0:52	0:47	0:22	0:43	0:40	0:57	0:36	0:25
				10:53	11:27	12:44	13:34	16:08	18:32	18:59	19:20	19:46	19:57				
				0:34	0:34	1:17	0:50	2:34	2:24	0:27	0:21	0:26	0:11				
21	90348	Margarida Rosa	20:31	0:35	1:14	1:51	2:25	2:56	4:34	6:37	7:43	8:05	8:51	9:32	10:39	11:13	11:40
		[3152] ESPinhal Novo		0:35	0:39	0:37	0:34	0:31	1:38	2:03	1:06	0:22	0:46	0:41	1:07	0:34	0:27
				12:20	12:52	14:39	15:20	15:58	19:03	19:35	19:55	20:20	20:31				
				0:40	0:32	1:47	0:41	0:38	3:05	0:32	0:20	0:25	0:11				
22	90089	Daniela Tomás	20:36	0:44	1:45	2:28	3:04	3:38	5:11	5:49	6:54	7:19	8:09	8:54	9:55	10:58	11:33
		[6798] AEMonteLua		0:44	1:01	0:43	0:36	0:34	1:33	0:38	1:05	0:25	0:50	0:45	1:01	1:03	0:35
				12:13	12:46	14:28	15:20	16:01	18:51	19:30	19:54	20:26	20:36				
				0:40	0:33	1:42	0:52	0:41	2:50	0:39	0:24	0:32	0:10				
23	90026	Ana Oliveira	20:38	0:37	1:25	2:01	2:36	3:28	5:02	5:41	6:31	7:08	7:56	8:41	9:44	10:19	10:54
		[6809] AEOurém		0:37	0:48	0:36	0:35	0:52	1:34	0:39	0:50	0:37	0:48	0:45	1:03	0:35	0:35
				11:29	12:22	14:21	14:59	15:24	18:15	19:03	19:22	20:26	20:38				
				0:35	0:53	1:59	0:38	0:25	2:51	0:48	0:19	1:04	0:12				
24	90123	Margarida Correia	21:09	0:48	1:48	2:35	3:07	3:54	5:42	6:31	7:36	8:02	8:50	9:23	10:29	11:09	11:52
		[2756] ESPalmela		0:48	1:00	0:47	0:32	0:47	1:48	0:49	1:05	0:26	0:48	0:33	1:06	0:40	0:43
				12:41	13:18	15:10	15:52	16:30	19:29	20:05	20:26	20:55	21:09				
				0:49	0:37	1:52	0:42	0:38	2:59	0:36	0:21	0:29	0:14				
25	90295	Sofia Branco	21:13	0:47	1:46	2:30	4:06	4:48	6:14	7:12	8:11	8:37	9:31	10:13	11:09	11:54	12:23
		[10228] AE Gil Paes		0:47	0:59	0:44	1:36	0:42	1:26	0:58	0:59	0:26	0:54	0:42	0:56	0:45	0:29
				13:02	13:34	15:19	15:54	16:34	19:38	20:07	20:30	21:00	21:13				
				0:39	0:32	1:45	0:35	0:40	3:04	0:29	0:23	0:30	0:13				
26	90147	Margarida Cruz	21:54	0:57	1:57	2:46	4:51	5:39	7:20	8:20	9:28	9:51	10:37	11:07	11:58	12:36	13:01
		[6815] ESDomJoãoII		0:57	1:00	0:49	2:05	0:48	1:41	1:00	1:08	0:23	0:46	0:30	0:51	0:38	0:25
				13:48	14:16	15:35	16:19	17:39	20:33	21:00	21:19	21:44	21:54				
				0:47	0:28	1:19	0:44	1:20	2:54	0:27	0:19	0:25	0:10				
27	90336	Petra Pó	22:29	0:40	1:35	2:19	3:07	3:44	5:19	6:23	7:13	7:38	8:38	9:20	10:33	12:03	12:39
		[3152] ESPinhal Novo		0:40	0:55	0:44	0:48	0:37	1:35	1:04	0:50	0:25	1:00	0:42	1:13	1:30	0:36
				13:24	14:26	16:07	17:11	18:03	21:01	21:30	21:49	22:18	22:29				

28	90137	Maria Vieira [4215] AECondeOurém	23:47	0:45	1:02	1:41	1:04	0:52	2:58	0:29	0:19	0:29	0:11				
				2:14	2:50	3:35	4:25	5:06	6:34	7:51	8:57	9:25	10:22	11:12	12:23	12:59	13:34
				2:14	0:36	0:45	0:50	0:41	1:28	1:17	1:06	0:28	0:57	0:50	1:11	0:36	0:35
29	90148	Marta Parreira [6815] ESDomJoãoII	23:58	14:22	14:59	17:04	18:00	18:32	21:49	22:44	23:07	23:36	23:47				
				0:48	0:37	2:05	0:56	0:32	3:17	0:55	0:23	0:29	0:11				
				1:00	2:22	3:16	4:37	5:27	7:02	8:11	9:53	10:18	11:08	13:05	14:16	14:47	15:18
30	90116	Beatriz Rosa [2756] ESPalmela	24:43	1:00	1:22	0:54	1:21	0:50	1:35	1:09	1:42	0:25	0:50	1:57	1:11	0:31	0:31
				15:54	16:38	18:21	19:06	19:42	22:21	22:49	23:10	23:42	23:58				
				0:36	0:44	1:43	0:45	0:36	2:39	0:28	0:21	0:32	0:16				
31	90225	Tatiana Fernandes [6806] AEJoséSaramago	26:48	0:42	1:33	2:20	3:10	5:43	7:13	7:53	8:50	9:18	10:15	11:02	12:03	12:56	13:45
				0:42	0:51	0:47	0:50	2:33	1:30	0:40	0:57	0:28	0:57	0:47	1:01	0:53	0:49
				14:31	15:09	16:50	17:43	20:03	22:57	23:36	24:01	24:32	24:43				
32	90288	Rita Tavares [6815] ESDomJoãoII	28:00	0:46	0:38	1:41	0:53	2:20	2:54	0:39	0:25	0:31	0:11				
				0:52	2:15	3:27	5:41	6:46	8:46	9:51	11:50	12:16	13:04	13:42	15:04	16:07	16:45
				0:52	1:23	1:12	2:14	1:05	2:00	1:05	1:59	0:26	0:48	0:38	1:22	1:03	0:38
33	90018	Sofia Forte [4215] AECondeOurém	28:28	17:31	18:07	19:55	20:48	21:53	25:07	25:47	26:11	26:39	26:48				
				0:46	0:36	1:48	0:53	1:05	3:14	0:40	0:24	0:28	0:09				
				1:30	4:38	5:17	5:53	6:41	8:37	10:12	11:00	11:35	12:25	13:17	15:42	16:47	17:20
34	90228	Paula Cráciun [6806] AEJoséSaramago	29:50	1:30	3:08	0:39	0:36	0:48	1:56	1:35	0:48	0:35	0:50	0:52	2:25	1:05	0:33
				18:10	18:49	20:50	21:36	22:33	26:00	26:46	27:14	27:50	28:00				
				0:50	0:39	2:01	0:46	0:57	3:27	0:46	0:28	0:36	0:10				
35	90049	Elisabete Correia [6797] AEFernãoPó	30:53	0:45	2:04	2:49	3:29	4:57	6:42	7:46	12:15	12:43	13:38	14:47	16:12	17:09	17:48
				0:45	1:19	0:45	0:40	1:28	1:45	1:04	4:29	0:28	0:55	1:09	1:25	0:57	0:39
				18:35	19:22	21:17	22:20	23:00	26:42	27:19	27:40	28:15	28:28				
90217	Andrea Paul [6806] AEJoséSaramago	mp	29:50	0:47	0:47	1:55	1:03	0:40	3:42	0:37	0:21	0:35	0:13				
				1:04	2:28	4:18	4:46	14:35	15:54	16:31	17:31	17:51	18:44	19:08	19:56	20:29	20:57
				1:04	1:24	1:50	0:28	9:49	1:19	0:37	1:00	0:20	0:53	0:24	0:48	0:33	0:28
90140	Lara Costa [6815] ESDomJoãoII	mp	30:53	21:32	22:04	23:25	24:16	25:24	28:11	28:42	29:08	29:38	29:50				
				0:35	0:32	1:21	0:51	1:08	2:47	0:31	0:26	0:30	0:12				
				1:12	2:09	3:16	4:43	5:26	8:17	9:08	11:17	11:59	13:08	14:54	16:35	17:27	18:16
90127	Inês Guerreiro [2756] ESPalmela	mp	30:53	1:12	0:57	1:07	1:27	0:43	2:51	0:51	2:09	0:42	1:09	1:46	1:41	0:52	0:49
				19:06	20:02	22:47	23:49	25:36	28:42	29:31	29:55	30:39	30:53				
				0:50	0:56	2:45	1:02	1:47	3:06	0:49	0:24	0:44	0:14				
90357	Catarina Domingos [3152] ESPinhal Novo	dns	30:53	2:15	8:45	10:14	10:58	15:46	21:35	23:20	28:38	29:46	30:37	31:08	33:04	33:38	36:57
				2:15	6:30	1:29	0:44	4:48	5:49	1:45	5:18	1:08	0:51	0:31	1:56	0:34	3:19
				40:05	40:42	46:12	47:10	48:03	51:44	-----	53:06	54:42	54:57		32:27		
90127	Inês Guerreiro [2756] ESPalmela	mp	30:53	3:08	0:37	5:30	0:58	0:53	3:41		1:22	1:36	0:15		*46		
				1:29	2:27	3:25	4:23	7:59	9:54	10:34	12:31	13:13	14:22	16:03	17:36	19:07	19:54
				1:29	0:58	0:58	0:58	3:36	1:55	0:40	1:57	0:42	1:09	1:41	1:33	1:31	0:47
90127	Inês Guerreiro [2756] ESPalmela	mp	30:53	20:38	21:09	22:59	23:46	24:20	28:05	29:05	30:13	-----	31:09				
				0:44	0:31	1:50	0:47	0:34	3:45	1:00	1:08		0:56				
				0:48	3:14	3:48	4:19	4:50	6:17	7:10	7:51	8:17	9:05	9:44	11:16	12:11	12:38
90357	Catarina Domingos [3152] ESPinhal Novo	dns	30:53	0:48	2:26	0:34	0:31	0:31	1:27	0:53	0:41	0:26	0:48	0:39	1:32	0:55	0:27
				13:18	13:50	-----	15:50	16:17	19:09	19:53	20:17	20:44	20:56		15:06		
				0:40	0:32		2:00	0:27	2:52	0:44	0:24	0:27	0:12		*37		
90357	Catarina Domingos [3152] ESPinhal Novo	dns	30:53	1:18	5:20	6:58	7:51	9:00	12:09	13:40	15:50	16:41	17:58	18:48	20:33	21:46	23:00
				1:18	4:02	1:38	0:53	1:09	3:09	1:31	2:10	0:51	1:17	0:50	1:45	1:13	1:14
				24:05	25:37	29:22	30:41	31:44	36:18	37:16	37:57	38:54					
90357	Catarina Domingos [3152] ESPinhal Novo	dns	30:53	1:05	1:32	3:45	1:19	1:03	4:34	0:58	0:41	0:57					

Juvenis Masc	(32)	2.6 km	25 m	24 C													
				1 (60)	2 (59)	3 (54)	4 (55)	5 (65)	6 (47)	7 (34)	8 (63)	9 (71)	10 (31)	11 (35)	12 (44)	13 (39)	14 (46)
				15 (43)	16 (51)	17 (52)	18 (36)	19 (32)	20 (70)	21 (64)	22 (58)	23 (61)	24 (100)	F			

1	90327	Diogo Lampreia [3152] ESPinhal Novo	10:35	0:25	0:37	0:58	1:20	1:39	2:17	2:57	3:20	3:47	4:00	4:13	4:42	5:20	5:41
				0:25	0:12	0:21	0:22	0:19	0:38	0:40	0:23	0:27	0:13	0:13	0:29	0:38	0:21
				5:57	6:17	6:37	7:29	7:57	8:08	8:16	9:43	10:08	10:26	10:35			
2	90333	Pedro Moniz [3152] ESPinhal Novo	10:41	0:16	0:20	0:20	0:52	0:28	0:11	0:08	1:27	0:25	0:18	0:09			
				0:23	0:36	0:57	1:21	1:40	2:18	2:58	3:19	3:47	4:00	4:14	4:43	5:22	5:45
				0:23	0:13	0:21	0:24	0:19	0:38	0:40	0:21	0:28	0:13	0:14	0:29	0:39	0:23
3	90332	João Pedro Pinto [3152] ESPinhal Novo	10:49	6:01	6:19	6:41	7:33	7:59	8:11	8:21	9:47	10:12	10:31	10:41			
				0:16	0:18	0:22	0:52	0:26	0:12	0:10	1:26	0:25	0:19	0:10			
				0:22	0:32	0:53	1:17	1:35	2:13	2:52	3:18	3:41	3:56	4:12	4:41	5:17	5:38
4	90339	Tiago Lampreia [3152] ESPinhal Novo	11:07	0:22	0:10	0:21	0:24	0:18	0:38	0:39	0:26	0:23	0:15	0:16	0:29	0:36	0:21
				5:55	6:16	6:52	7:41	8:12	8:24	8:33	9:57	10:23	10:40	10:49		6:38	
				0:17	0:21	0:36	0:49	0:31	0:12	0:09	1:24	0:26	0:17	0:09		*69	
5	90199	Vasco Amorim Mendes [7061] AENavRodrigSorome	11:13	0:25	0:36	0:57	1:23	1:44	2:24	3:05	3:27	3:54	4:09	4:23	4:52	5:30	5:53
				0:25	0:11	0:21	0:26	0:21	0:40	0:41	0:22	0:27	0:15	0:14	0:29	0:38	0:23
				6:12	6:33	6:54	7:54	8:22	8:33	8:44	10:14	10:40	10:58	11:07			
5	90319	Rodrigo Oliveira [3152] ESPinhal Novo	11:13	0:19	0:21	0:21	1:00	0:28	0:11	0:11	1:30	0:26	0:18	0:09			
				0:25	0:37	0:59	1:24	1:47	2:32	3:12	3:35	4:04	4:18	4:33	5:02	5:41	6:02
				0:25	0:12	0:22	0:25	0:23	0:45	0:40	0:23	0:29	0:14	0:15	0:29	0:39	0:21
7	90251	João Fonseca [6978] AECidadeEntroncam	11:50	6:20	6:40	7:02	7:57	8:25	8:36	8:46	10:18	10:44	11:03	11:13			
				0:18	0:20	0:22	0:55	0:28	0:11	0:10	1:32	0:26	0:19	0:10			
				0:24	0:35	0:57	1:20	1:40	2:29	3:11	3:34	4:01	4:13	4:27	4:57	5:38	5:59
8	90207	Pedro Peralta [7061] AENavRodrigSorome	12:52	0:24	0:11	0:22	0:23	0:20	0:49	0:42	0:23	0:27	0:12	0:14	0:30	0:41	0:21
				6:14	6:49	7:09	8:04	8:31	8:41	8:52	10:24	10:46	11:04	11:13			
				0:15	0:35	0:20	0:55	0:27	0:10	0:11	1:32	0:22	0:18	0:09			
9	90266	Pedro Carvalho [6978] AECidadeEntroncam	14:59	0:26	0:39	1:02	1:28	1:49	2:34	3:15	3:38	4:07	4:21	4:36	5:10	5:49	6:15
				0:26	0:13	0:23	0:26	0:21	0:45	0:41	0:23	0:29	0:14	0:15	0:34	0:39	0:26
				6:35	6:55	7:17	8:15	8:43	8:59	9:13	10:46	11:11	11:41	11:50			
10	90318	Emanuel Silva [3152] ESPinhal Novo	16:02	0:20	0:20	0:22	0:58	0:28	0:16	0:14	1:33	0:25	0:30	0:09			
				0:29	0:42	1:11	1:42	2:09	2:55	3:44	4:16	4:47	5:03	5:20	5:51	6:35	7:00
				0:29	0:13	0:29	0:31	0:27	0:46	0:49	0:32	0:31	0:16	0:17	0:31	0:44	0:25
11	90117	António Matos [2756] ESPalmela	16:40	7:27	7:50	8:11	9:11	9:48	10:00	10:11	11:57	12:25	12:43	12:52		4:07	
				0:27	0:23	0:21	1:00	0:37	0:12	0:11	1:46	0:28	0:18	0:09		*73	
				0:28	0:40	1:05	1:38	2:01	2:55	3:55	4:25	5:04	5:25	5:42	6:19	7:13	8:08
12	90316	João Vinagreiro [3152] ESPinhal Novo	16:55	0:28	0:12	0:25	0:33	0:23	0:54	1:00	0:30	0:39	0:21	0:17	0:37	0:54	0:55
				8:30	8:56	9:21	10:36	11:08	11:26	11:42	13:46	14:25	14:48	14:59			
				0:22	0:26	0:25	1:15	0:32	0:18	0:16	2:04	0:39	0:23	0:11			
13	90120	André Marques [2756] ESPalmela	17:43	0:40	0:59	1:40	2:17	2:46	3:42	4:44	5:22	5:59	6:18	6:39	7:19	8:13	8:44
				0:40	0:19	0:41	0:37	0:29	0:56	1:02	0:38	0:37	0:19	0:21	0:40	0:54	0:31
				9:11	9:37	10:12	11:29	12:04	12:23	12:36	14:47	15:24	15:52	16:02			
14	90122	Gonçalo Matos [2756] ESPalmela	18:34	0:27	0:26	0:35	1:17	0:35	0:19	0:13	2:11	0:37	0:28	0:10			
				0:34	0:54	1:27	1:57	3:06	4:10	5:22	6:14	6:50	7:16	7:39	8:16	9:09	9:52
				0:34	0:20	0:33	0:30	1:09	1:04	1:12	0:52	0:36	0:26	0:23	0:37	0:53	0:43
15	90287	Leonardo Ramos	19:06	10:20	10:49	11:12	12:17	13:00	13:15	13:31	15:29	16:07	16:29	16:40			
				0:28	0:29	0:23	1:05	0:43	0:15	0:16	1:58	0:38	0:22	0:11			
				0:51	1:09	1:38	2:13	2:39	3:47	4:49	5:24	6:01	6:18	6:47	7:23	8:17	8:58
15	90122	Gonçalo Matos [2756] ESPalmela	18:34	0:51	0:18	0:29	0:35	0:26	1:08	1:02	0:35	0:37	0:17	0:29	0:36	0:54	0:41
				9:26	10:01	10:39	12:02	12:37	12:52	13:04	15:50	16:22	16:45	16:55			
				0:28	0:35	0:38	1:23	0:35	0:15	0:12	2:46	0:32	0:23	0:10			
15	90287	Leonardo Ramos	19:06	0:36	0:53	1:26	2:06	2:43	4:11	5:15	5:51	6:32	6:56	7:21	7:57	8:49	9:19
				0:36	0:17	0:33	0:40	0:37	1:28	1:04	0:36	0:41	0:24	0:25	0:36	0:52	0:30
				9:46	10:48	11:49	12:56	13:40	14:02	14:29	16:29	17:10	17:33	17:43			
15	90122	Gonçalo Matos [2756] ESPalmela	18:34	0:27	1:02	1:01	1:07	0:44	0:22	0:27	2:00	0:41	0:23	0:10			
				0:35	0:55	1:27	2:11	2:51	3:58	6:13	6:48	7:31	7:53	8:13	9:02	10:05	10:36
				0:35	0:20	0:32	0:44	0:40	1:07	2:15	0:35	0:43	0:22	0:20	0:49	1:03	0:31
15	90287	Leonardo Ramos	19:06	11:04	11:31	11:59	13:22	14:09	14:35	14:51	17:08	17:56	18:22	18:34			
				0:28	0:27	0:28	1:23	0:47	0:26	0:16	2:17	0:48	0:26	0:12			
				1:07	1:29	2:03	2:47	3:22	4:42	6:09	6:43	7:22	8:00	8:23	9:05	9:49	11:07

			[6815] ESDomJoãoII		1:07	0:22	0:34	0:44	0:35	1:20	1:27	0:34	0:39	0:38	0:23	0:42	0:44	1:18
					11:30	12:02	12:44	13:51	14:29	14:53	15:06	17:40	18:34	18:55	19:06			
					0:23	0:32	0:42	1:07	0:38	0:24	0:13	2:34	0:54	0:21	0:11			
16	90317	João Pombo	19:21		0:36	0:54	1:22	1:58	5:25	6:19	7:26	8:17	9:00	9:34	9:54	10:31	11:18	11:51
		[3152] ESPinhal Novo			0:36	0:18	0:28	0:36	3:27	0:54	1:07	0:51	0:43	0:34	0:20	0:37	0:47	0:33
					12:16	12:54	13:37	14:51	15:29	15:56	16:11	18:16	18:51	19:12	19:21			
					0:25	0:38	0:43	1:14	0:38	0:27	0:15	2:05	0:35	0:21	0:09			
17	90290	Rodrigo Santos	19:58		0:56	1:30	1:58	2:37	3:03	6:09	7:28	8:05	8:44	9:03	9:35	10:15	11:07	11:35
		[6815] ESDomJoãoII			0:56	0:34	0:28	0:39	0:26	3:06	1:19	0:37	0:39	0:19	0:32	0:40	0:52	0:28
					12:15	12:50	13:16	14:41	15:22	15:44	15:57	18:12	19:13	19:44	19:58			
					0:40	0:35	0:26	1:25	0:41	0:22	0:13	2:15	1:01	0:31	0:14			
18	90268	Tiago Ramos	20:09		0:31	1:40	2:12	2:53	3:19	4:45	6:05	6:43	7:32	7:56	8:25	9:11	10:20	11:05
		[6978] AECidadeEntroncam			0:31	1:09	0:32	0:41	0:26	1:26	1:20	0:38	0:49	0:24	0:29	0:46	1:09	0:45
					11:38	12:25	12:57	14:47	15:45	16:14	16:32	18:53	19:34	19:59	20:09			
					0:33	0:47	0:32	1:50	0:58	0:29	0:18	2:21	0:41	0:25	0:10			
19	90265	Luís Miguel Covã Cabral	21:58		2:07	2:33	3:18	3:55	4:41	6:28	7:31	8:19	9:00	9:27	10:16	10:57	11:54	12:38
		[6978] AECidadeEntroncam			2:07	0:26	0:45	0:37	0:46	1:47	1:03	0:48	0:41	0:27	0:49	0:41	0:57	0:44
					13:19	14:04	14:43	16:31	17:16	17:44	18:18	20:22	21:18	21:46	21:58			
					0:41	0:45	0:39	1:48	0:45	0:28	0:34	2:04	0:56	0:28	0:12			
20	90128	Henrique Marques	22:25		0:31	1:14	3:36	4:08	4:50	5:54	7:34	8:07	8:52	9:14	9:57	11:10	12:16	12:51
		[2756] ESPalmela			0:31	0:43	2:22	0:32	0:42	1:04	1:40	0:33	0:45	0:22	0:43	1:13	1:06	0:35
					13:30	13:59	14:31	15:57	16:36	17:16	17:33	19:53	-----	21:05	22:25		22:15	
					0:39	0:29	0:32	1:26	0:39	0:40	0:17	2:20		1:12	1:20		*100	
21	90292	Gil Dias	24:42		1:03	2:01	3:10	3:55	4:39	6:20	8:00	9:04	10:09	11:07	11:32	12:36	13:38	14:26
		[10228] AE Gil Paes			1:03	0:58	1:09	0:45	0:44	1:41	1:40	1:04	1:05	0:58	0:25	1:04	1:02	0:48
					15:03	15:40	16:18	18:04	19:05	19:44	20:07	23:14	24:09	24:32	24:42			
					0:37	0:37	0:38	1:46	1:01	0:39	0:23	3:07	0:55	0:23	0:10			
22	90024	Lucas Maravilhas	25:25		1:53	2:21	5:29	6:21	7:01	8:12	9:45	10:22	11:07	11:35	11:55	12:46	13:55	15:03
		[6809] AEOurém			1:53	0:28	3:08	0:52	0:40	1:11	1:33	0:37	0:45	0:28	0:20	0:51	1:09	1:08
					16:08	17:51	18:27	20:00	20:48	21:21	21:49	23:50	24:37	25:12	25:25			
					1:05	1:43	0:36	1:33	0:48	0:33	0:28	2:01	0:47	0:35	0:13			
23	90219	Bruno Costa	25:33		1:23	1:47	2:24	3:14	3:51	4:54	6:14	7:02	7:59	8:24	8:55	10:01	15:51	16:25
		[6806] AEJoséSaramago			1:23	0:24	0:37	0:50	0:37	1:03	1:20	0:48	0:57	0:25	0:31	1:06	5:50	0:34
					17:28	18:27	18:56	20:30	21:21	21:44	22:02	24:27	24:59	25:21	25:33			
					1:03	0:59	0:29	1:34	0:51	0:23	0:18	2:25	0:32	0:22	0:12			
24	90329	Dinis Saramago	25:41		0:39	1:07	1:50	2:40	3:22	4:45	6:23	7:26	8:06	8:52	9:30	10:40	12:13	12:59
		[3152] ESPinhal Novo			0:39	0:28	0:43	0:50	0:42	1:23	1:38	1:03	0:40	0:46	0:38	1:10	1:33	0:46
					13:50	14:49	15:28	17:47	18:47	19:15	19:56	23:53	24:58	25:29	25:41			
					0:51	0:59	0:39	2:19	1:00	0:28	0:41	3:57	1:05	0:31	0:12			
25	90294	João Ganhão	27:46		0:51	1:13	2:56	3:48	4:18	5:28	7:43	8:22	12:19	12:42	13:11	13:54	14:52	15:30
		[10228] AE Gil Paes			0:51	0:22	1:43	0:52	0:30	1:10	2:15	0:39	3:57	0:23	0:29	0:43	0:58	0:38
					16:00	16:34	17:14	22:59	23:39	23:57	24:13	26:30	27:07	27:35	27:46			
					0:30	0:34	0:40	5:45	0:40	0:18	0:16	2:17	0:37	0:28	0:11			
26	90226	Tomás Guerreiro	39:02		1:18	1:59	6:56	7:57	9:29	14:43	18:39	19:22	20:55	21:50	23:07	24:01	25:19	26:52
		[6806] AEJoséSaramago			1:18	0:41	4:57	1:01	1:32	5:14	3:56	0:43	1:33	0:55	1:17	0:54	1:18	1:33
					27:34	28:25	29:09	31:16	32:07	33:06	33:39	37:19	38:05	38:46	39:02			
					0:42	0:51	0:44	2:07	0:51	0:59	0:33	3:40	0:46	0:41	0:16			
	90186	João Sousa	mp		0:26	0:42	1:09	1:47	2:10	3:00	3:45	4:15	4:48	5:04	5:19	5:54	6:41	7:05
		[7061] AENavRodrigSorome			0:26	0:16	0:27	0:38	0:23	0:50	0:45	0:30	0:33	0:16	0:15	0:35	0:47	0:24
					7:26	7:52	-----	9:06	9:34	9:48	9:57	11:38	12:12	12:31	12:41		8:13	
					0:21	0:26		1:14	0:28	0:14	0:09	1:41	0:34	0:19	0:10		*69	
	90150	Tiago Pratas	mp		1:00	1:25	2:20	2:58	-----	7:07	8:42	9:46	11:19	11:59	12:22	13:32	14:58	15:54
		[6815] ESDomJoãoII			1:00	0:25	0:55	0:38		4:09	1:35	1:04	1:33	0:40	0:23	1:10	1:26	0:56
					16:51	17:41	18:30	20:44	21:46	22:21	22:47	26:16	26:58	27:43	27:54			
					0:57	0:50	0:49	2:14	1:02	0:35	0:26	3:29	0:42	0:45	0:11			
	90136	Pedro Vaz	mp		0:38	1:14	2:42	3:10	3:54	5:08	6:17	6:48	7:25	7:51	8:10	8:45	9:46	10:41

	[2756] ESPalmela		0:38	0:36	1:28	0:28	0:44	1:14	1:09	0:31	0:37	0:26	0:19	0:35	1:01	0:55
			11:02	11:29	11:56	13:04	13:36	-----	13:57	16:01	16:30	16:55	17:05			
			0:21	0:27	0:27	1:08	0:32		0:21	2:04	0:29	0:25	0:10			
90328	Diogo Job	mp	0:31	0:59	1:32	2:02	5:55	6:49	7:46	8:41	9:18	9:34	9:53	10:30	-----	-----
	[3152] ESPinhal Novo		0:31	0:28	0:33	0:30	3:53	0:54	0:57	0:55	0:37	0:16	0:19	0:37		
			-----	-----	-----	11:39	12:17	12:29	12:40	15:05	15:32	15:51	16:01			
						1:09	0:38	0:12	0:11	2:25	0:27	0:19	0:10			
90346	Manuel Oliveira	mp	0:30	0:42	1:03	1:27	1:47	2:27	3:08	3:50	4:16	4:29	4:41	5:09	5:46	6:06
	[3152] ESPinhal Novo		0:30	0:12	0:21	0:24	0:20	0:40	0:41	0:42	0:26	0:13	0:12	0:28	0:37	0:20
			6:23	6:44	-----	7:53	8:19	8:30	8:40	10:06	10:31	10:51	11:01		3:28	3:31
			0:17	0:21		1:09	0:26	0:11	0:10	1:26	0:25	0:20	0:10		*73	*73
			7:04													
			*69													
90340	Simão Cegonho A.	mp	0:28	0:40	1:10	1:40	2:06	3:18	4:14	4:48	5:23	-----	5:55	6:38	7:26	8:24
	[3152] ESPinhal Novo		0:28	0:12	0:30	0:30	0:26	1:12	0:56	0:34	0:35		0:32	0:43	0:48	0:58
			8:45	9:10	9:35	10:41	11:27	11:42	11:56	13:58	14:47	15:08	15:18			
			0:21	0:25	0:25	1:06	0:46	0:15	0:14	2:02	0:49	0:21	0:10			

Juniore Fem (2)			2.5 km	25 m	23 C											
					1 (60)	2 (54)	3 (55)	4 (65)	5 (49)	6 (34)	7 (63)	8 (31)	9 (35)	10 (44)	11 (47)	12 (39)
					15 (51)	16 (52)	17 (36)	18 (32)	19 (64)	20 (58)	21 (59)	22 (61)	23 (100)	F		14 (43)
1	90165 Juelma Júlio Tótchena	1:11:49	1:47	5:08	8:22	10:14	22:40	32:14	35:05	40:42	41:19	45:14	46:08	51:42	53:13	56:07
	[6977] EPCiênciasGeográf		1:47	3:21	3:14	1:52	12:26	9:34	2:51	5:37	0:37	3:55	0:54	5:34	1:31	2:54
			56:47	58:08	1:00:27	1:03:56	1:05:04	1:09:09	1:10:09	1:10:44	1:11:32	1:11:49				
			0:40	1:21	2:19	3:29	1:08	4:05	1:00	0:35	0:48	0:17				
2	90162 Graciete Rosita Djú	1:14:08	3:55	7:22	10:40	12:27	25:21	43:03	44:28	45:29	46:01	47:43	48:28	54:30	56:36	58:35
	[6977] EPCiênciasGeográf		3:55	3:27	3:18	1:47	12:54	17:42	1:25	1:01	0:32	1:42	0:45	6:02	2:06	1:59
			59:03	1:00:33	1:03:09	1:06:21	1:07:43	1:11:36	1:12:39	1:13:01	1:13:48	1:14:08	0:20			
			0:28	1:30	2:36	3:12	1:22	3:53	1:03	0:22	0:47					

Juniore Masc (4)			2.6 km	25 m	24 C											
					1 (60)	2 (59)	3 (54)	4 (55)	5 (65)	6 (47)	7 (34)	8 (63)	9 (71)	10 (31)	11 (35)	12 (44)
					15 (43)	16 (51)	17 (52)	18 (36)	19 (32)	20 (70)	21 (64)	22 (58)	23 (61)	24 (100)	F	14 (46)
1	90355 Diogo Pelicho Jesus	16:20	0:29	0:43	2:11	2:39	3:23	4:14	5:14	5:43	6:15	6:32	6:49	7:23	8:12	8:57
	[3152] ESPinhal Novo		0:29	0:14	1:28	0:28	0:44	0:51	1:00	0:29	0:32	0:17	0:17	0:34	0:49	0:45
			9:21	9:46	10:13	11:22	11:56	12:20	12:35	14:57	15:39	16:08	16:20			
			0:24	0:25	0:27	1:09	0:34	0:24	0:15	2:22	0:42	0:29	0:12			
2	90169 Simão Marques Se Fernand	38:12	2:25	3:24	5:09	7:14	9:49	11:27	14:20	15:58	17:40	18:04	18:42	20:06	22:15	24:06
	[6977] EPCiênciasGeográf		2:25	0:59	1:45	2:05	2:35	1:38	2:53	1:38	1:42	0:24	0:38	1:24	2:09	1:51
			24:58	26:08	26:48	29:32	30:44	31:17	31:51	35:20	36:43	37:37	38:12			
			0:52	1:10	0:40	2:44	1:12	0:33	0:34	3:29	1:23	0:54	0:35			
3	90166 Rodrigo de Matos Carvalh	53:03	15:25	18:16	19:58	22:07	24:47	26:15	29:05	30:41	32:24	32:53	33:14	34:16	36:00	38:28
	[6977] EPCiênciasGeográf		15:25	2:51	1:42	2:09	2:40	1:28	2:50	1:36	1:43	0:29	0:21	1:02	1:44	2:28
			39:21	40:16	41:12	44:06	45:32	46:08	46:36	49:47	51:13	52:33	53:03			
			0:53	0:55	0:56	2:54	1:26	0:36	0:28	3:11	1:26	1:20	0:30			
90163	Guilherme de Mat Carvalh	mp	-----	2:08	2:47	4:16	5:22	6:46	9:45	11:21	12:57	13:28	13:57	14:56	16:33	19:29
	[6977] EPCiênciasGeográf			2:08	0:39	1:29	1:06	1:24	2:59	1:36	1:36	0:31	0:29	0:59	1:37	2:56
			20:25	21:29	22:13	24:44	26:06	26:42	27:06	30:41	32:08	33:06	33:36		0:53	
			0:56	1:04	0:44	2:31	1:22	0:36	0:24	3:35	1:27	0:58	0:30		*62	

OPT 1 (8)		1.3 km	5 m	21 C	1 (62)	2 (57)	3 (53)	4 (50)	5 (45)	6 (40)	7 (31)	8 (71)	9 (73)	10 (32)	11 (33)	12 (72)	13 (37)	14 (39)
					15 (42)	16 (46)	17 (69)	18 (52)	19 (56)	20 (61)	21 (100)	F						
1	90243 Mafalda Garrido+ Matilde P [7056] EBDomSanchoI	17:28	1:18 1:18 12:36 0:38	2:11 0:53 13:14 0:38	3:05 0:54 14:07 0:53	3:39 0:34 14:23 0:16	4:45 1:06 14:51 0:28	5:12 0:27 15:48 0:57	6:45 1:33 17:05 1:17	7:39 0:54 17:28 0:23	9:27 1:48	9:46 0:19	10:16 0:30	11:07 0:51	11:39 0:32	11:58 0:19		
2	90144 Carlos Barbosa [6815] ESDomJoãoII	18:37	1:38 1:38 13:17 0:32	2:26 0:48 15:18 2:01	3:25 0:59 15:49 0:31	4:02 0:37 16:11 0:22	5:35 1:33 16:53 0:42	6:05 0:30 17:34 0:41	7:54 1:49 18:21 0:47	8:31 0:37 18:37 0:16	10:04 1:33	10:34 0:30	11:00 0:26	11:49 0:49	12:13 0:24	12:45 0:32		
3	90029 Marcelo Neto [6809] AEOurém	19:47	0:43 0:43 15:25 0:48	1:22 0:39 16:06 0:41	2:12 0:50 16:47 0:41	2:47 0:35 17:09 0:22	4:08 1:21 17:50 0:41	5:07 0:59 18:44 0:54	6:23 1:16 19:18 0:34	6:54 0:31 19:47 0:29	10:56 4:02	11:42 0:46	12:11 0:29	12:59 0:48	14:00 1:01	14:37 0:37		
4	90249 Diana França [6978] AECidadeEntroncam	20:04	1:52 1:52 15:46 0:16	2:30 0:38 16:58 1:12	3:11 0:41 17:55 0:57	3:54 0:43 18:08 0:13	4:57 1:03 18:35 0:27	5:16 0:19 19:11 0:36	11:04 5:48 19:41 0:30	11:30 0:26 20:04 0:23	12:32 1:02	12:58 0:26	13:23 0:25	14:01 0:38	14:21 0:20	15:30 1:09		
5	90050 Arthur Carvalho [6797] AEFernãoPó	22:31	1:09 1:09 15:57 0:43	2:03 0:54 16:47 0:50	3:20 1:17 18:01 1:14	4:27 1:07 18:38 0:37	6:24 1:57 19:33 0:55	6:47 0:23 20:48 1:15	8:35 1:48 22:11 1:23	9:22 0:47 22:31 0:20	11:21 1:59	11:53 0:32	13:08 1:15	14:12 1:04	14:35 0:23	15:14 0:39		
6	90289 João saldanha [6815] ESDomJoãoII	28:11	2:02 2:02 23:20 0:24	2:51 0:49 23:59 0:39	5:29 2:38 24:56 0:57	6:26 0:57 25:23 0:27	12:03 5:37 26:14 0:51	12:51 0:48 27:17 1:03	18:07 5:16 27:48 0:31	18:45 0:38 28:11 0:23	20:03 1:18	20:45 0:42	21:34 0:49	22:12 0:38	22:32 0:20	22:56 0:24		
7	90252 Afonso Moreira [6978] AECidadeEntroncam	1:15:50	1:01 1:01 41:06 0:39	3:33 2:32 44:42 3:36	4:31 0:58 1:11:16 26:34	12:14 7:43 1:11:36 0:20	15:51 3:37 1:12:46 1:10	16:23 0:32 1:13:58 1:12	29:52 13:29 1:15:29 1:31	30:43 0:51 1:15:50 0:21	35:19 4:36	36:32 1:13	37:09 0:37	38:05 0:56	39:45 1:40	40:27 0:42		
	90023 Airton Neto [6809] AEOurém	mp	0:35 0:35 11:00 0:23	1:20 0:45 11:51 0:51	2:11 0:51 12:25 0:34	3:09 0:58 12:37 0:12	4:16 1:07 13:03 0:26	4:34 0:18 13:38 0:35	5:51 1:17 ----- 1:31	6:40 0:49 14:29 0:51	7:53 1:13	8:42 0:49	9:02 0:20	9:53 0:51	10:07 0:14	10:37 0:30		
OPT 2 (9)		2.0 km	20 m	22 C	1 (59)	2 (54)	3 (48)	4 (47)	5 (44)	6 (35)	7 (34)	8 (63)	9 (71)	10 (31)	11 (64)	12 (37)	13 (41)	14 (65)
					15 (51)	16 (43)	17 (46)	18 (52)	19 (55)	20 (58)	21 (61)	22 (100)	F					
1	90375 Maria João [6815] ESDomJoãoII	14:47	0:48 0:48 10:24 1:24	1:23 0:35 10:58 0:34	2:10 0:47 11:24 0:26	2:50 0:40 11:56 0:32	3:21 0:31 12:39 0:43	4:12 0:51 13:31 0:52	4:48 0:36 14:06 0:35	5:25 0:37 14:36 0:30	6:05 0:40 14:47 0:11	6:27 0:22	6:55 0:28	7:49 0:54	8:20 0:31	9:00 0:40		
2	90235 Sónia Viegas [2756] ESPalmela	20:42	1:04 1:04 14:50 1:03	1:51 0:47 15:44 0:54	3:33 1:42 16:36 0:52	4:26 0:53 17:10 0:34	5:08 0:42 17:52 0:42	6:14 1:06 19:03 1:11	8:24 2:10 19:53 0:50	9:08 0:44 20:29 0:36	10:09 1:01 20:42 0:13	10:37 0:28	11:13 0:36	12:02 0:49	12:56 0:54	13:47 0:51		
3	90301 Rita Luís+ Inês Carvalho [6978] AECidadeEntroncam	23:30	2:32 2:32 16:56	3:13 0:41 17:33	4:01 0:48 18:14	5:03 1:02 18:59	5:34 0:31 19:54	7:41 2:07 21:42	8:14 0:33 22:36	9:40 1:26 23:11	10:56 1:16 23:30	11:20 0:24	12:04 0:44	13:00 0:56	14:48 1:48	15:33 0:45		

4	90145 Célia António [6815] ESDomJoãoII	27:44	1:23	0:37	0:41	0:45	0:55	1:48	0:54	0:35	0:19	*58	*73			
			1:32	2:26	3:30	5:26	6:05	7:14	8:00	8:48	9:43	10:15	10:58	12:00	13:34	15:37
			1:32	0:54	1:04	1:56	0:39	1:09	0:46	0:48	0:55	0:32	0:43	1:02	1:34	2:03
5	90303 Érica Cristiano+ Cotrim [6978] AECidadeEntroncam	28:16	17:55	18:44	22:44	23:35	24:42	26:06	26:56	27:29	27:44					
			2:18	0:49	4:00	0:51	1:07	1:24	0:50	0:33	0:15					
			2:53	4:25	6:12	8:13	8:42	10:17	11:36	12:49	14:28	14:53	15:23	16:27	18:35	19:52
6	90138 AlexandraB+ PedroM [6815] ESDomJoãoII	29:19	2:53	1:32	1:47	2:01	0:29	1:35	1:19	1:13	1:39	0:25	0:30	1:04	2:08	1:17
			21:08	22:04	22:47	23:35	24:45	26:17	27:14	27:46	28:16					
			1:16	0:56	0:43	0:48	1:10	1:32	0:57	0:32	0:30					
7	90141 LuísM+ SaraP [6815] ESDomJoãoII	35:53	2:34	4:01	6:45	8:13	9:53	11:50	13:44	15:03	15:51	16:43	17:23	18:23	19:54	20:32
			2:34	1:27	2:44	1:28	1:40	1:57	1:54	1:19	0:48	0:52	0:40	1:00	1:31	0:38
			21:38	22:17	22:51	23:26	24:33	26:24	27:51	29:00	29:19					
8	90146 CláudiaB+ MatildeP [6815] ESDomJoãoII	36:45	1:06	0:39	0:34	0:35	1:07	1:51	1:27	1:09	0:19					
			4:09	5:44	8:02	10:00	11:10	13:01	15:08	16:03	18:21	18:58	20:07	22:11	24:06	25:37
			4:09	1:35	2:18	1:58	1:10	1:51	2:07	0:55	2:18	0:37	1:09	2:04	1:55	1:31
9	90307 Diogo Fonseca+ IvCarlos [6978] AECidadeEntroncam	37:15	27:11	28:45	30:11	30:58	32:30	33:40	34:17	34:58	35:53					
			1:34	1:34	1:26	0:47	1:32	1:10	0:37	0:41	0:55					
			2:05	6:21	8:01	9:35	10:48	12:55	16:16	17:59	19:31	20:34	21:48	23:41	25:00	26:25
9	90307 Diogo Fonseca+ IvCarlos [6978] AECidadeEntroncam	37:15	2:05	4:16	1:40	1:34	1:13	2:07	3:21	1:43	1:32	1:03	1:14	1:53	1:19	1:25
			27:17	28:30	29:32	30:34	32:12	34:45	36:00	36:32	36:45					
			0:52	1:13	1:02	1:02	1:38	2:33	1:15	0:32	0:13					
9	90307 Diogo Fonseca+ IvCarlos [6978] AECidadeEntroncam	37:15	2:20	3:43	5:39	6:56	7:56	9:31	11:52	13:15	14:55	15:41	16:44	18:47	20:43	22:22
			2:20	1:23	1:56	1:17	1:00	1:35	2:21	1:23	1:40	0:46	1:03	2:03	1:56	1:39
			24:24	25:34	26:41	28:00	29:31	33:54	35:39	36:48	37:15					
9	90307 Diogo Fonseca+ IvCarlos [6978] AECidadeEntroncam	37:15	2:02	1:10	1:07	1:19	1:31	4:23	1:45	1:09	0:27					