

| Pl | Stno | Name | YB | Club | Time |
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Open Curto (15)**2.5 km 75 m 13 C**

| | | | | | |
|----|-------|-------------------|----|-----------------------|---------|
| 1 | 90020 | Afonso Salema | 16 | [1564] Individual POR | 39:27 |
| 2 | 90019 | Daniel Luís | 89 | [1564] Individual POR | 39:30 |
| 3 | 90006 | Ricardo Sousa | 75 | [1564] Individual POR | 42:33 |
| 4 | 90010 | Sofia Sousa | 17 | [1564] Individual POR | 42:37 |
| 5 | 7038 | Patrícia Castanha | 96 | [107] CAOS | 58:44 |
| 6 | 7502 | Tiago Rodrigues | 13 | [107] CAOS | 1:01:30 |
| 7 | 90025 | Marcos Fidalgo | | [1564] Individual POR | 1:13:27 |
| 8 | 90018 | Ana Maldonado | 67 | [107] CAOS | 1:27:18 |
| 9 | 90017 | Elsa Castanha | 65 | [107] CAOS | 1:27:22 |
| 10 | 90009 | Emi Sousa | 15 | [1564] Individual POR | 1:37:02 |
| 11 | 90008 | Maya Sousa | 12 | [1564] Individual POR | 1:37:06 |
| | 7505 | Sérgio Rodrigues | 82 | [107] CAOS | mp |
| | 90013 | Jacobo Herrera | 84 | [1564] Individual POR | mp |
| | 90012 | Laura Ruiz | 84 | [1564] Individual POR | mp |
| | 90007 | Miki Sousa | 81 | [1564] Individual POR | dns |

Open Médio (10)**3.6 km 85 m 15 C**

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|---|-------|--------------------------|----|-----------------------|---------|
| 1 | 3437 | Carlos Lobo | | [128] COALA | 49:33 |
| 2 | 90004 | Pedro Canaverde Mesquita | 11 | [1564] Individual POR | 57:26 |
| 3 | 90002 | Lara Silva | 07 | [1564] Individual POR | 1:03:33 |
| 4 | 7091 | Natércia Santos | 81 | [166] ADM Ori-Mondego | 1:04:57 |
| 5 | 90023 | Miguel Lucas | 12 | [1564] Individual POR | 1:11:42 |
| 6 | 90022 | Gabriel Fidalgo | 10 | [1564] Individual POR | 1:27:29 |
| 7 | 7488 | Joao Pedro Freire | 05 | [166] ADM Ori-Mondego | 1:30:02 |
| 8 | 6994 | Candida Bonifácio | 78 | [166] ADM Ori-Mondego | 1:30:05 |
| | 6543 | Laura Romo | 88 | [070] COC | mp |
| | 90024 | Liliana Pereira | 75 | [1564] Individual POR | mp |

Open Longo (6)**4.3 km 110 m 17 C**

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|---|-------|----------------|----|------------------------|---------|
| 1 | 90016 | Ricardo Silva | 77 | [094] CPOC | 39:31 |
| 2 | 3010 | Paulo Santos | 67 | [003] CIMO | 42:05 |
| 3 | 90021 | José Sousa | 65 | [094] CPOC | 48:27 |
| 4 | 90001 | Pedro Almeida | 03 | [056] COViseu - Natura | 56:54 |
| 5 | 6993 | Pedro Freire | 75 | [166] ADM Ori-Mondego | 57:23 |
| 6 | 2990 | Mário Rui Dias | 86 | [107] CAOS | 1:09:25 |

Formação (7)**0.8 km 30 m 14 C**

| | | | | | |
|---|-------|---------------------------|----|-----------------------|-------|
| 1 | 5941 | Inês Pedro | 14 | [107] CAOS | 9:14 |
| 2 | 7059 | Valentina Esteves | 12 | [094] CPOC | 10:10 |
| 3 | 90026 | Miguel Miranda | | [1564] Individual POR | 12:25 |
| 4 | 90005 | Margarida Rodrig Carvalho | 12 | [107] CAOS | 12:34 |
| 5 | 7057 | Hugo Esteves | 14 | [094] CPOC | 15:48 |
| 6 | 7503 | Luis Rodrigues | 16 | [107] CAOS | 16:03 |
| 7 | 90011 | Adriana Cabrera | 19 | [1564] Individual POR | 17:16 |

Juvenis M (3)**2.8 km 70 m 14 C**

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| 1 | 5436 | Manuel Raposo | 11 | [128] COALA | 39:03 |
| | 6658 | Bernardo Contente | 09 | [114] COA | disq |

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| Juvenis M (3) | | | 2.8 km 70 m 14 C | | (cont.) |
| | 7294 | Henrique Bayan | 10 | [052] GD4C | dns |
| Juvenis F (2) | | | 2.8 km 70 m 14 C | | |
| 1 | 5333 | Juliana Pedro | 11 | [107] CAOS | 24:02 |
| 2 | 7058 | Lisa Esteves | 09 | [094] CPOC | 52:51 |
| Seniores M (12) | | | 5.0 km 175 m 19 C | | |
| 1 | 6687 | Rodrigo Carrera | 86 | [094] CPOC | 35:22 |
| 2 | 3555 | Filipe Dias | 85 | [052] GD4C | 35:49 |
| 3 | 2588 | José Domingos | 76 | [094] CPOC | 36:25 |
| 4 | 6618 | Alex Vincho | 96 | [052] GD4C | 36:32 |
| 5 | 5182 | José Mendes | 91 | [137] LCM | 37:21 |
| 6 | 6542 | Luis Viedma | 87 | [070] COC | 37:41 |
| 7 | 7055 | Jose Martinho Silva | 98 | [107] CAOS | 38:43 |
| 8 | 2831 | Daniel Raposo | 80 | [128] COALA | 40:44 |
| 9 | 4222 | João Pedro | 07 | [107] CAOS | 42:07 |
| 10 | 90000 | Luke Bartoli | 99 | [1564] Individual POR | 42:27 |
| | 7035 | Diogo Almeida | 92 | [056] COViseu - Natura | dns |
| | 90014 | João Alves | 87 | [1564] Individual POR | dns |
| Seniores F (3) | | | 4.2 km 110 m 17 C | | |
| 1 | 3157 | Liliana Oliveira Dias | 90 | [052] GD4C | 40:22 |
| 2 | 7229 | Margarida Freire | 07 | [166] ADM Ori-Mondego | 52:03 |
| | 7054 | Irina Soares | 98 | [107] CAOS | mp |
| Veteranos I M (20) | | | 4.7 km 100 m 17 C | | |
| 1 | 7004 | Luís Gaspar | 84 | [166] ADM Ori-Mondego | 34:39 |
| 2 | 5524 | Manuel Real | 77 | [159] COAAL | 35:06 |
| 3 | 4147 | Sérgio Contente | 74 | [114] COA | 35:15 |
| 4 | 1349 | Narciso Santos | 71 | [107] CAOS | 36:16 |
| 5 | 6214 | Vasco Fernandes | 77 | [052] GD4C | 36:57 |
| 6 | 2562 | Nuno Pedro | 79 | [107] CAOS | 37:04 |
| 7 | 7056 | João Esteves | 72 | [094] CPOC | 37:41 |
| 8 | 90003 | Pedro Miguel Mes Vasconcelo | 79 | [1564] Individual POR | 38:48 |
| 9 | 1967 | Luís Bucha | 70 | [008] CP EPAL | 39:04 |
| 10 | 1912 | Hélder Machado | 73 | [107] CAOS | 40:18 |
| 11 | 2444 | Bruno Silva | 74 | [166] ADM Ori-Mondego | 41:05 |
| 12 | 5555 | José Carlos Marques | 78 | [159] COAAL | 41:35 |
| 13 | 4328 | Luís Miguel Martinho | 70 | [115] ATV | 41:51 |
| 14 | 7365 | Paulo Loureiro | 80 | [167] NAST | 42:07 |
| 15 | 6281 | Paulo Pintassilgo | 74 | [159] COAAL | 43:56 |
| 16 | 6003 | Paulo Batista | 75 | [038] CM Arrábida | 47:18 |
| 17 | 4635 | Sérgio Mónica | 70 | [128] COALA | 48:04 |
| 18 | 3638 | Nuno José Almeida | 77 | [128] COALA | 57:12 |
| 19 | 2871 | Paulo Faustino | 68 | [094] CPOC | 1:03:05 |
| 20 | 5314 | Carlos Teixeira | 72 | [033] Clube TAP | 1:10:27 |

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Veteranos I F (11)**4.1 km 90 m 16 C**

| | | | | | |
|----|------|-------------------|----|-----------------------|---------|
| 1 | 6680 | Tânia Agostinho | 77 | [107] CAOS | 33:59 |
| 2 | 7265 | Tatiana Melnikova | 74 | [107] CAOS | 38:15 |
| 3 | 6044 | Dora Ferreira | 82 | [166] ADM Ori-Mondego | 42:12 |
| 4 | 6582 | Suzana Lampreia | 76 | [005] CP Armada | 44:18 |
| 5 | 1429 | Rafaela Rua | 80 | [007] Ori-Estarreja | 46:04 |
| 6 | 2561 | Angela Pedro | 79 | [107] CAOS | 47:00 |
| 7 | 5251 | Sandra Florentino | 70 | [107] CAOS | 48:15 |
| 8 | 4327 | Sónia Saramago | 73 | [115] ATV | 48:45 |
| 9 | 4954 | Vanessa Jorge | 75 | [094] CPOC | 1:00:06 |
| 10 | 3175 | Joana Paula | 83 | [107] CAOS | 1:01:07 |
| 11 | 6917 | Sílvia Vaz | 74 | [107] CAOS | 1:04:31 |

Veteranos II M (12)**4.7 km 100 m 17 C**

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|----|------|------------------|----|------------------------|---------|
| 1 | 1152 | José Rebola | 67 | [005] CP Armada | 33:26 |
| 2 | 2098 | Joaquim Oliveira | 66 | [052] GD4C | 38:10 |
| 3 | 2099 | José Bernardo | 68 | [070] COC | 39:27 |
| 4 | 4656 | José Bolrão | 64 | [070] COC | 42:15 |
| 5 | 2999 | António Baptista | 69 | [115] ATV | 42:31 |
| 6 | 3850 | Paulo Ferreira | 61 | [005] CP Armada | 46:03 |
| 7 | 1407 | Luís Quinta-Nova | 66 | [166] ADM Ori-Mondego | 47:11 |
| 8 | 6786 | Rui Oliveira | 65 | [206] Palmela Desporto | 49:32 |
| 9 | 1471 | Jose Pires | 59 | [094] CPOC | 55:22 |
| 10 | 2863 | António Patrício | 64 | [022] CLAC | 59:16 |
| 11 | 5115 | Artur Castanha | 63 | [107] CAOS | 1:01:44 |
| | 2533 | Arménio Mendes | 65 | [094] CPOC | mp |

Veteranos II F (3)**3.9 km 85 m 16 C**

| | | | | | |
|---|------|------------------|----|-----------------|-------|
| 1 | 2849 | Alexandra Coelho | 68 | [052] GD4C | 43:16 |
| 2 | 4727 | Belém Magalhães | 66 | [052] GD4C | 46:26 |
| 3 | 6547 | Teresa Ribeiro | 65 | [033] Clube TAP | 47:25 |

Veteranos III M (1)**4.1 km 90 m 16 C**

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|---|------|----------------|----|-------------|-------|
| 1 | 1903 | Armando Santos | 52 | [128] COALA | 49:24 |
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