

Pl	Stno	Name	Time																		
Veteranos M1 (9)				3.5 km 0 m 17 C				<i>(cont.)</i>													
				1(124)	2(128)	3(117)	4(114)	5(120)	6(134)	7(115)	8(131)	9(129)	10(132)	11(113)	12(133)	13(130)	14(125)				
				15(118)	16(123)	17(200)	F														
6	5555	Marques José Carlos [159] COAAL	57:43	3:10	5:02	7:31	11:31	12:50	15:10	17:20	20:02	32:13	42:39	45:42	48:12	51:07	53:12				
				3:10	1:52	2:29	4:00	1:19	2:20	2:10	2:42	12:11	10:26	3:03	2:30	2:55	2:05				
				55:21	56:22	57:16	57:43														
				2:09	1:01	0:54	0:27														
7	6281	Pintassilgo Paulo [159] COAAL	1:06:36	4:39	7:40	11:04	13:32	15:29	19:48	23:28	27:01	32:30	41:47	48:36	53:03	56:07	59:06				
				4:39	3:01	3:24	2:28	1:57	4:19	3:40	3:33	5:29	9:17	6:49	4:27	3:04	2:59				
				1:02:05	1:04:22	1:06:08	1:06:36														
				2:59	2:17	1:46	0:28														
8	7323	Trepeças Eduardo [201] ADN Sesimbra	1:07:17	3:48	6:07	10:11	12:29	14:51	19:05	22:11	25:35	32:00	38:17	44:56	50:41	58:08	1:01:00				
				3:48	2:19	4:04	2:18	2:22	4:14	3:06	3:24	6:25	6:17	6:39	5:45	7:27	2:52				
				1:04:25	1:05:48	1:06:50	1:07:17														
				3:25	1:23	1:02	0:27														
9	1912	Machado Hélder [107] CAOS	1:33:04	4:20	6:34	8:39	10:59	12:59	16:37	23:39	27:14	35:09	44:02	49:40	1:00:25	1:22:44	1:25:07				
				4:20	2:14	2:05	2:20	2:00	3:38	7:02	3:35	7:55	8:53	5:38	10:45	22:19	2:23				
				1:28:57	1:30:41	1:32:27	1:33:04														
				3:50	1:44	1:46	0:37														
Veteranos M2 (8)				3.5 km 0 m 15 C																	
				1(128)	2(124)	3(127)	4(132)	5(129)	6(131)	7(115)	8(134)	9(120)	10(114)	11(117)	12(130)	13(125)	14(123)				
				15(200)	F																
1	1152	Rebola José [005] CP Armada	38:19	2:13	4:40	7:29	10:05	13:40	17:23	20:42	22:13	24:14	25:29	27:24	31:04	35:21	37:10				
				2:13	2:27	2:49	2:36	3:35	3:43	3:19	1:31	2:01	1:15	1:55	3:40	4:17	1:49				
				37:56	38:19																
				0:46	0:23																
2	1084	Luis Manuel [005] CP Armada	43:21	2:43	4:22	8:11	11:03	14:00	18:24	21:44	23:35	26:05	27:16	30:23	38:05	39:45	41:51				
				2:43	1:39	3:49	2:52	2:57	4:24	3:20	1:51	2:30	1:11	3:07	7:42	1:40	2:06				
				42:54	43:21	6:31															
				1:03	0:27	*125															
3	90001	Paavola Kimmo [1835] Individual FIN	47:09	2:51	4:43	8:46	12:21	16:21	21:31	25:04	27:25	30:18	31:43	35:20	40:48	43:06	45:18				
				2:51	1:52	4:03	3:35	4:00	5:10	3:33	2:21	2:53	1:25	3:37	5:28	2:18	2:12				
				46:41	47:09																
				1:23	0:28																
4	3850	Ferreira Paulo [005] CP Armada	57:42	2:35	4:47	12:20	15:09	18:51	24:06	29:03	34:06	39:53	41:27	44:40	50:48	53:27	55:54				
				2:35	2:12	7:33	2:49	3:42	5:15	4:57	5:03	5:47	1:34	3:13	6:08	2:39	2:27				
				57:16	57:42	38:19	38:40														
				1:22	0:26	*122	*122														
5	2863	Patrício António [022] CLAC	1:11:22	3:50	6:26	12:49	18:04	27:04	34:07	38:09	41:12	45:24	47:28	51:53	1:04:10	1:07:06	1:09:37				
				3:50	2:36	6:23	5:15	9:00	7:03	4:02	3:03	4:12	2:04	4:25	12:17	2:56	2:31				
				1:10:53	1:11:22																
				1:16	0:29																
6	1471	Pires José [094] CPOC	1:14:05	3:18	5:47	10:08	19:42	29:17	35:02	40:15	43:06	48:20	50:23	57:42	1:05:09	1:07:28	1:12:26				
				3:18	2:29	4:21	9:34	9:35	5:45	5:13	2:51	5:14	2:03	7:19	7:27	2:19	4:58				
				1:13:36	1:14:05																
				1:10	0:29																
7	2960	Soares Jorge [097] Clube Millennium	1:20:54	4:02	12:35	18:44	23:54	31:02	40:26	44:21	47:24	52:02	53:40	56:48	1:10:42	1:15:39	1:18:49				
				4:02	8:33	6:09	5:10	7:08	9:24	3:55	3:03	4:38	1:38	3:08	13:54	4:57	3:10				
				1:20:23	1:20:54	10:48															
				1:34	0:31	*110															
8	2672	Chumbinho Ricardo [206] Palmela Desporto	1:29:01	3:18	5:34	11:13	15:35	30:58	37:03	43:14	46:00	51:01	52:54	1:00:50	1:20:51	1:23:29	1:27:28				
				3:18	2:16	5:39	4:22	15:23	6:05	6:11	2:46	5:01	1:53	7:56	20:01	2:38	3:59				
				1:28:31	1:29:01																
				1:03	0:30																

Pl	Stno	Name	Time														
Veteranos M3 (2)			3.0 km 0 m 15 C														
			1(124)	2(128)	3(114)	4(120)	5(112)	6(134)	7(115)	8(122)	9(113)	10(133)	11(126)	12(127)	13(125)	14(123)	
			15(200)	F													
1	4077	Pinto Custódio	43:46	3:37	5:56	9:38	11:15	12:22	13:45	16:19	19:42	24:52	28:11	34:24	37:20	39:07	41:51
		[056] COViseu - Natura		3:37	2:19	3:42	1:37	1:07	1:23	2:34	3:23	5:10	3:19	6:13	2:56	1:47	2:44
				43:16	43:46		1:46										
				1:25	0:30		*111										
2	2810	Serra Carlos	1:44:59	4:02	6:35	11:46	14:14	15:35	23:17	28:02	38:34	47:33	1:12:23	1:19:20	1:24:15	1:37:18	1:41:15
		[103] ADADesnivel		4:02	2:33	5:11	2:28	1:21	7:42	4:45	10:32	8:59	24:50	6:57	4:55	13:03	3:57
				1:44:14	1:44:59												
				2:59	0:45												
Juvenis Fem (1)			2.3 km 0 m 14 C														
			1(111)	2(128)	3(133)	4(117)	5(120)	6(112)	7(121)	8(135)	9(116)	10(126)	11(127)	12(125)	13(124)	14(200)	
				F													
1	5333	Pedro Juliana	50:49	3:22	6:54	15:20	17:15	18:54	22:11	23:06	28:28	30:26	35:53	38:41	40:03	45:23	50:30
		[107] CAOS		3:22	3:32	8:26	1:55	1:39	3:17	0:55	5:22	1:58	5:27	2:48	1:22	5:20	5:07
				50:49													
				0:19													
Seniores Fem (2)			3.7 km 0 m 15 C														
			1(128)	2(114)	3(122)	4(134)	5(115)	6(116)	7(117)	8(132)	9(127)	10(130)	11(133)	12(126)	13(125)	14(124)	
			15(200)	F													
1	6413	Ferreira Leonor	47:00	2:34	7:10	9:15	12:18	14:40	17:52	20:40	27:18	30:09	33:15	35:57	40:15	43:10	45:31
		[201] ADN Sesimbra		2:34	4:36	2:05	3:03	2:22	3:12	2:48	6:38	2:51	3:06	2:42	4:18	2:55	2:21
				46:34	47:00												
				1:03	0:26												
2	3157	Dias Liliana Oliveira	56:57	3:53	7:46	10:35	13:33	18:46	22:56	26:42	33:26	36:21	40:34	43:08	47:01	50:44	55:34
		[052] GD4C		3:53	3:53	2:49	2:58	5:13	4:10	3:46	6:44	2:55	4:13	2:34	3:53	3:43	4:50
				56:31	56:57												
				0:57	0:26												
Veteranos F1 (4)			3.0 km 0 m 15 C														
			1(124)	2(128)	3(114)	4(120)	5(112)	6(134)	7(115)	8(122)	9(113)	10(133)	11(126)	12(127)	13(125)	14(123)	
			15(200)	F													
1	6582	Lampreia Suzana	39:05	2:46	4:27	8:40	10:11	11:20	12:43	16:10	19:57	22:42	27:03	31:35	33:54	35:22	37:28
		[005] CP Armada		2:46	1:41	4:13	1:31	1:09	1:23	3:27	3:47	2:45	4:21	4:32	2:19	1:28	2:06
				38:37	39:05												
				1:09	0:28												
2	7265	Melnikova Tatiana	41:30	3:26	5:09	9:00	10:34	11:44	13:24	15:44	23:18	26:05	29:55	34:13	36:49	38:08	39:56
		[107] CAOS		3:26	1:43	3:51	1:34	1:10	1:40	2:20	7:34	2:47	3:50	4:18	2:36	1:19	1:48
				41:06	41:30												
				1:10	0:24												
3	2561	Pedro Angela	58:02	4:18	7:05	13:17	16:48	18:28	20:33	24:11	30:06	36:35	39:55	46:26	50:46	52:28	56:00
		[107] CAOS		4:18	2:47	6:12	3:31	1:40	2:05	3:38	5:55	6:29	3:20	6:31	4:20	1:42	3:32
				57:30	58:02												
				1:30	0:32												
4	4954	Jorge Vanessa	1:11:33	4:15	7:32	15:19	18:10	20:45	23:13	27:45	37:01	43:17	47:06	54:57	1:01:26	1:05:07	1:09:13
		[094] CPOC		4:15	3:17	7:47	2:51	2:35	2:28	4:32	9:16	6:16	3:49	7:51	6:29	3:41	4:06
				1:10:59	1:11:33												
				1:46	0:34												
Veteranos F2 (1)			2.6 km 0 m 13 C														
			1(124)	2(117)	3(114)	4(120)	5(112)	6(121)	7(122)	8(113)	9(126)	10(125)	11(133)	12(128)	13(200)	F	
1	2849	Coelho Alexandra	50:03	3:33	6:59	10:08	12:23	13:46	15:04	17:33	21:47	25:49	35:13	42:00	45:40	49:33	50:03
		[052] GD4C		3:33	3:26	3:09	2:15	1:23	1:18	2:29	4:14	4:02	9:24	6:47	3:40	3:53	0:30

Pl	Stno	Name	Time														
Amarelo (2)			2.6 km 0 m 13 C														
			1(111)	2(128)	3(117)	4(120)	5(112)	6(115)	7(135)	8(122)	9(104)	10(127)	11(118)	12(123)	13(200)	F	
1	6822	Nair Almeida + Eugénio [1000] Individual POR F	1:07:01	3:04	5:57	8:44	10:53	12:55	15:54	34:16	36:36	----	57:36	1:02:33	1:04:31	1:06:22	1:07:01
				3:04	2:53	2:47	2:09	2:02	2:59	18:22	2:20	21:00	4:57	1:58	1:51	0:39	
2	6794	Conceição Ana Maria [056] COViseu - Natura	1:49:41	3:56	8:44	15:47	25:05	38:24	44:15	1:04:45	1:06:32	----	1:34:23	----	1:46:33	1:48:56	1:49:41
				3:56	4:48	7:03	9:18	13:19	5:51	20:30	1:47	27:51	----	12:10	2:23	0:45	
Formação (1)			1.5 km 0 m 11 C														
			1(101)	2(102)	3(103)	4(104)	5(105)	6(106)	7(107)	8(108)	9(109)	10(110)	11(200)		F		
1	5941	Pedro Inês [107] CAOS	14:59	0:57	2:17	4:27	5:21	6:10	7:34	8:11	9:51	12:00	13:39	14:30	14:59		
				0:57	1:20	2:10	0:54	0:49	1:24	0:37	1:40	2:09	1:39	0:51	0:29		