

Pl	Name	Cl.	Time	1(104)	2(115)	3(132)	4(121)	5(130)	6(124)	7(114)	8(119)	9(135)	10(125)	11(134)	12(117)	13(126)	14(128)
03 Longo (7) 7.7 km 75 m 18 C				15(123)	16(110)	17(107)	18(200)	F									
1	Daniel Luis [1564] Individual POR	OpenL	42:28	1:22	6:27	8:10	10:24	12:48	14:56	19:13	21:51	23:34	26:19	27:23	31:19	33:31	37:56
				1:22	5:05	1:43	2:14	2:24	2:08	4:17	2:38	1:43	2:45	1:04	3:56	2:12	4:25
				39:57	40:42	41:38	42:19	42:28									
				2:01	0:45	0:56	0:41	0:09									
2	Paulo Santos [003] CIMO	OpenL	56:17	1:46	8:45	11:09	14:18	17:52	20:14	25:58	28:48	31:00	35:00	36:36	41:37	44:22	50:08
				1:46	6:59	2:24	3:09	3:34	2:22	5:44	2:50	2:12	4:00	1:36	5:01	2:45	5:46
				53:06	54:01	55:13	56:03	56:17									
				2:58	0:55	1:12	0:50	0:14									
3	António Costa [1564] Individual POR	OpenL	59:25	2:04	8:42	11:37	14:28	18:57	21:16	26:34	29:25	31:22	34:58	36:32	43:14	45:41	52:09
				2:04	6:38	2:55	2:51	4:29	2:19	5:18	2:51	1:57	3:36	1:34	6:42	2:27	6:28
				55:00	56:47	58:07	59:09	59:25									
				2:51	1:47	1:20	1:02	0:16									
4	Hugo Borda d'Água [052] GD4C	OpenL	1:01:06	1:32	8:46	10:57	13:50	17:26	18:59	28:58	30:47	33:03	37:12	38:29	43:42	47:07	54:01
				1:32	7:14	2:11	2:53	3:36	1:33	9:59	1:49	2:16	4:09	1:17	5:13	3:25	6:54
				56:55	57:44	59:56	1:00:50	1:01:06									
				2:54	0:49	2:12	0:54	0:16									
5	Pedro Almeida [056] COViseu - Natura	OpenL	1:29:39	3:05	14:35	18:03	24:07	29:14	32:42	41:14	44:47	47:49	53:53	56:14	1:04:57	1:09:13	1:18:41
				3:05	11:30	3:28	6:04	5:07	3:28	8:32	3:33	3:02	6:04	2:21	8:43	4:16	9:28
				1:23:38	1:25:18	1:27:28	1:29:12	1:29:39									
				4:57	1:40	2:10	1:44	0:27									
6	Diana Moreira Marques [1564] Individual POR	OpenL	1:39:11	3:05	15:39	19:20	24:35	31:39	35:19	46:10	50:21	54:09	1:00:31	1:03:05	1:12:28	1:17:19	1:27:58
				3:05	12:34	3:41	5:15	7:04	3:40	10:51	4:11	3:48	6:22	2:34	9:23	4:51	10:39
				1:33:42	1:35:22	1:37:02	1:38:55	1:39:11									
				5:44	1:40	1:40	1:53	0:16									
	Carlos Lobo [128] COALA	OpenL	mp	2:28	12:19	16:22	21:23	26:24	29:23	37:14	40:09	42:53	48:30	50:50	57:54	1:01:35	1:08:55
				2:28	9:51	4:03	5:01	5:01	2:59	7:51	2:55	2:44	5:37	2:20	7:04	3:41	7:20
				1:12:20	----	1:14:38	1:16:01	1:16:22									
				3:25		2:18	1:23	0:21									
11 Juv MF (3) 5.1 km 40 m 16 C				15(111)	16(200)	F											
1	Bernardo Contente [114] COA	JUV M	36:07	0:51	3:29	5:44	8:56	10:21	15:27	16:30	18:29	23:11	24:54	28:35	30:41	31:38	33:14
				0:51	2:38	2:15	3:12	1:25	5:06	1:03	1:59	4:42	1:43	3:41	2:06	0:57	1:36
				34:53	35:56	36:07											
				1:39	1:03	0:11											
2	Rodrigo Doppler [166] ADM Ori-Mondego	JUV M	38:39	0:59	3:06	6:01	8:51	10:29	13:07	14:02	16:07	20:12	22:18	28:23	31:47	33:08	35:38
				0:59	2:07	2:55	2:50	1:38	2:38	0:55	2:05	4:05	2:06	6:05	3:24	1:21	2:30
				37:20	38:28	38:39		38:08									
				1:42	1:08	0:11		*123									
3	Henrique Bayan [052] GD4C	JUV M	47:04	1:42	3:34	6:20	10:57	12:18	18:38	19:49	21:24	25:45	27:38	33:47	36:58	38:12	41:57
				1:42	1:52	2:46	4:37	1:21	6:20	1:11	1:35	4:21	1:53	6:09	3:11	1:14	3:45
				44:15	46:54	47:04		39:13									
				2:18	2:39	0:10		*104									
13 Sen M (11) 9.6 km 85 m 23 C				15(117)	16(134)	17(118)	18(123)	19(105)	20(103)	21(102)	22(107)	23(200)	F				
1	José Mendes [137] LCM	SEN M	46:44	1:32	5:46	8:01	9:43	11:08	14:49	16:26	18:27	20:21	21:41	22:44	23:38	27:54	32:21
				1:32	4:14	2:15	1:42	1:25	3:41	1:37	2:01	1:54	1:20	1:03	0:54	4:16	4:27
				33:54	37:31	40:09	42:27	43:18	44:04	44:30	45:50	46:35	46:44				
				1:33	3:37	2:38	2:18	0:51	0:46	0:26	1:20	0:45	0:09				

Pl	Name	Cl.	Time	(cont.)													
			1(103)	2(115)	3(130)	4(121)	5(132)	6(124)	7(134)	8(122)	9(126)	10(125)	11(123)	12(113)	13(106)	14(200)	
14 Vet M1 (16)	7.0 km 60 m 14 C			F													
4	Sérgio Contente [114] COA	VET1M	39:04	0:59 0:59 39:04 0:10	6:38 5:39	11:16 4:38	13:33 2:17	15:53 2:20	18:30 2:37	21:24 2:54	24:33 3:09	25:57 1:24	28:44 2:47	33:09 4:25	36:03 2:54	37:51 1:48	38:54 1:03
5	Luis Gaspar [166] ADM Ori-Mondego	VET1M	39:16	1:00 1:00 39:16 0:11	6:37 5:37	11:03 4:26	13:23 2:20	15:36 2:13	18:18 2:42	20:55 2:37	25:46 4:51	27:20 1:34	30:17 2:57	34:25 4:08	36:24 1:59	37:57 1:33	39:05 1:08
6	Narciso Santos [107] CAOS	VET1M	39:29	0:51 0:51 39:29 0:09	6:39 5:48	10:53 4:14	13:06 2:13	15:17 2:11	17:57 2:40	22:51 4:54	25:37 2:46	27:19 1:42	30:09 2:50	34:16 4:07	36:37 2:21	38:20 1:43	39:20 1:00
7	Luis Silva Reis [1564] Individual POR	VET1M	42:00	2:39 2:39 42:00 0:11	9:16 6:37	13:32 4:16	15:58 2:26	18:10 2:12	20:37 2:27	23:28 2:51	28:40 5:12	30:09 1:29	32:52 2:43	36:41 3:49	39:14 2:33	40:49 1:35	41:49 1:00
8	Luis Bucha [008] CP EPAL	VET1M	42:18	1:01 1:01 42:18 0:15	7:45 6:44	12:50 5:05	15:20 2:30	17:42 2:22	20:41 2:59	23:32 2:51	26:38 3:06	28:31 1:53	31:38 3:07	36:57 5:19	39:03 2:06	40:48 1:45	42:03 1:15
9	José Carlos Marques [159] COAAL	VET1M	42:55	0:55 0:55 42:55 0:21	7:57 7:02	12:48 4:51	15:17 2:29	17:40 2:23	20:45 3:05	23:40 2:55	27:08 3:28	29:03 1:55	32:23 3:20	36:48 4:25	38:59 2:11	40:54 1:55	42:34 1:40
10	Luis Miguel Martinho [115] ATV	VET1M	44:19	1:11 1:11 44:19 0:11	9:06 7:55	14:05 4:59	16:32 2:27	19:27 2:55	22:34 3:07	25:31 2:57	28:47 3:16	30:48 2:01	34:07 3:19	38:51 4:44	40:43 1:52	42:50 2:07	44:08 1:18
11	Duarte Lopes [094] CPOC	VET1M	45:50	1:05 1:05 45:50 0:13	7:43 6:38	12:30 4:47	15:01 2:31	17:26 2:25	20:34 3:08	23:36 3:02	26:37 3:01	28:31 1:54	31:58 3:27	37:33 5:35	41:59 4:26	44:23 2:24	45:37 1:14
12	Jorge Rocha [185] ADRAA Avis	VET1M	45:55	1:11 1:11 45:55 0:11	10:07 8:56	15:14 5:07	17:53 2:39	20:28 2:35	23:33 3:05	26:48 3:15	30:18 3:30	32:16 1:58	35:34 3:18	40:27 4:53	42:58 2:31	44:36 1:38	45:44 1:08
13	Rui Morais [007] Ori-Estarreja	VET1M	47:45	1:03 1:03 47:45 0:15	9:18 8:15	14:54 5:36	17:49 2:55	20:31 2:42	23:57 3:26	27:27 3:30	30:42 3:15	32:56 2:14	36:40 3:44	41:49 5:09	43:59 2:10	45:56 1:57	47:30 1:34
14	Paulo Pintassilgo [159] COAAL	VET1M	47:48	1:06 1:06 47:48 0:12	8:22 7:16	13:30 5:08	16:19 2:49	19:20 3:01	22:54 3:34	26:28 3:34	30:25 3:57	32:17 1:52	35:58 3:41	41:22 5:24	43:43 2:21	46:02 2:19	47:36 1:34
15	Gerhard Doppler [166] ADM Ori-Mondego	VET1M	56:55	1:14 1:14 56:55 0:15	10:45 9:31	17:44 6:59	21:03 3:19	24:09 3:06	28:49 4:40	32:56 4:07	36:52 3:56	39:22 2:30	43:40 4:18	49:26 5:46	52:11 2:45	54:55 2:44	56:40 1:45
16	Angelo Rosado [185] ADRAA Avis	VET1M	1:11:27	3:47 3:47 1:11:27 0:17	13:50 10:03	21:09 7:19	24:47 3:38	30:50 6:03	39:29 8:39	44:46 5:17	49:05 4:19	51:47 2:42	56:09 4:22	1:03:36 7:27	1:06:57 3:21	1:09:31 2:34	1:11:10 1:39

Pl	Name	Cl.	Time														
16 Vet M3 (5) 5.5 km 45 m 15 C																	
			1(113) 15(200)	2(125) F	3(133)	4(119)	5(132)	6(115)	7(134)	8(126)	9(128)	10(123)	11(106)	12(103)	13(102)	14(107)	
1	Vitor Rodrigues [094] CPOC	VET3M	52:17	2:11 2:11 51:57 1:05	9:39 7:28 52:17 0:20	13:03 3:24	17:07 4:04	18:58 1:51	21:31 2:33	27:01 5:30	31:23 4:22	38:12 6:49	41:36 3:24	44:06 2:30	46:49 2:43	47:40 0:51	50:52 3:12
2	Joaquim Vidal Pereira [107] CAOS	VET3M	57:54	3:19 3:19 57:38 1:15	12:26 9:07 57:54 0:16	16:35 4:09	20:43 4:08	22:57 2:14	25:46 2:49	28:37 2:51	32:43 4:06	43:42 10:59	46:59 3:17	49:37 2:38	52:34 2:57	53:29 0:55	56:23 2:54
3	Domingos Sereno [128] COALA	VET3M	1:04:48	4:00 4:00 1:04:32 1:30	13:32 9:32 1:04:48 0:16	18:48 5:16	22:41 3:53	25:16 2:35	28:49 3:33	32:32 3:43	37:00 4:28	46:05 9:05	50:34 4:29	54:41 4:07	57:46 3:05	58:44 0:58	1:03:02 4:18
4	Dalmino Natividade [1000] Individual POR Fed	VET3M	1:24:06	3:09 3:09 1:23:38 3:10	13:32 10:23 1:24:06 0:28	18:49 5:17	24:29 5:40	27:46 3:17	34:00 6:14	38:43 4:43	44:13 5:30	57:47 13:34	1:04:17 6:30	1:10:11 5:54	1:14:20 4:09	1:15:43 1:23	1:20:28 4:45
5	João Rodrigues [056] COViseu - Natura	VET3M	1:33:34	3:46 3:46 1:33:06 2:06	15:59 12:13 1:33:34 0:28	23:15 7:16	29:54 6:39	34:10 4:16	41:14 7:04	46:24 5:10	56:54 10:30	1:10:47 13:53	1:17:17 6:30	1:21:02 3:45	1:24:32 3:30	1:25:53 1:21	1:31:00 5:07
17 Vet M4 (2) 4.5 km 45 m 13 C																	
			1(113)	2(125)	3(133)	4(119)	5(132)	6(115)	7(134)	8(127)	9(128)	10(123)	11(106)	12(103)	13(200)	F	
1	Joaquim Patricio [035] CN Alvito	VET4M	57:45	3:33 3:33	13:50 10:17	19:39 5:49	24:17 4:38	27:03 2:46	30:45 3:42	34:30 3:45	39:27 4:57	43:32 4:05	48:13 4:41	51:18 3:05	54:12 2:54	57:15 3:03	57:45 0:30
	Francisco Coelho [033] Clube TAP	VET4M	mp	2:54 2:54	11:20 8:26	15:58 4:38	19:55 3:57	24:51 4:56	28:43 3:52	32:20 3:37	37:59 5:39	42:06 4:07	46:27 4:21	----	49:07 2:40	52:29 3:22	52:50 0:21
21 Jun F (1) 5.3 km 45 m 16 C																	
			1(131) 15(108)	2(115) 16(200)	3(135) F	4(133)	5(132)	6(114)	7(119)	8(134)	9(125)	10(127)	11(107)	12(123)	13(103)	14(113)	
1	Lara Santos [1564] Individual POR	JUN F	1:29:33	6:05 6:05 1:28:46 3:38	14:10 8:05 1:29:33 0:34	35:09 20:59 1:29:33 0:13	36:48 1:39	42:59 6:11	47:19 4:20	51:21 4:02	58:04 6:43	1:02:00 3:56	1:06:14 4:14	1:18:08 11:54	1:20:55 2:47	1:23:52 2:57	1:25:08 1:16
22 Sen F (5) 6.7 km 55 m 17 C																	
			1(104) 15(110)	2(120) 16(107)	3(131) 17(200)	4(127) F	5(134)	6(133)	7(119)	8(114)	9(130)	10(124)	11(132)	12(115)	13(118)	14(123)	
1	Patricia Sousa [137] LCM	SEN F	41:27	1:26 1:26 39:27 0:50	2:48 1:22 40:30 1:03	3:57 1:09 41:14 0:44	9:44 5:47	12:20 2:36	14:44 2:24	17:14 2:30	19:44 2:30	24:05 4:21	25:49 1:44	29:11 3:22	30:57 1:46	35:36 4:39	38:37 3:01
2	Joana Marques [007] Ori-Estarreja	SEN F	46:25	1:29 1:29 44:15 0:50	3:23 1:54 45:21 1:06	4:38 1:15 46:14 0:53	11:27 6:49 46:25 0:11	15:00 3:33	17:46 2:46	20:56 3:10	22:44 1:48	28:28 5:44	30:42 2:14	33:22 2:40	36:06 2:44	40:47 4:41	43:25 2:38
3	Leonor Alves [115] ATV	SEN F	47:08	1:34 1:34 45:01 0:53	3:15 1:41 46:00 0:59	4:29 1:14 46:57 0:57	10:31 6:02 47:08 0:11	13:38 3:07	16:22 2:44	21:49 5:27	23:57 2:08	28:50 4:53	30:30 1:40	33:23 2:53	35:59 2:36	41:06 5:07	44:08 3:02
4	Liliana Oliveira Dias [052] GD4C	SEN F	48:01	1:40 1:40 45:45 0:54	3:21 1:41 46:47 1:02	4:41 1:20 47:47 1:00	10:59 6:18 48:01 0:14	14:15 3:16	17:13 2:58	20:06 2:53	22:06 2:00	27:22 5:16	29:36 2:14	32:57 3:21	36:02 3:05	41:47 5:45	44:51 3:04

