

**Resultados – JAA26 - Campo Maior**

2026-04-26

<b>Amarelo</b>	<b>(34 / 36)</b>	<b>Tempo</b>	<b>Atrás</b>	<b>Tempo perdido</b>		
<b>1. Paulo Carrilho</b>	<b>CMaior</b>	<b>22:19</b>		<b>0:25</b>		
1:20 (1:20)	1:27 (2:47)	0:50 (3:37)	1:39 (5:16)	1:00 (6:16)	1:39 (7:55)	
1:50 (9:45)	1:30 (11:15)	0:50 (12:05)	1:00 (13:05)	1:07 (14:12)	1:12 (15:24)	
1:20 (16:44)	0:59 (17:43)	1:45 (19:28)	1:12 (20:40)	0:47 (21:27)	0:22 (21:49)	
0:21 (22:10)	0:09 (22:19)					
<b>2. Gabriel Rosa</b>	<b>Avis</b>	<b>25:38</b>	<b>+3:19</b>	<b>3:43</b>		
1:10 (1:10)	1:00 (2:10)	0:49 (2:59)	2:43 (5:42)	3:45 (9:27)	1:35 (11:02)	
1:56 (12:58)	1:05 (14:03)	0:47 (14:50)	1:35 (16:25)	1:17 (17:42)	1:06 (18:48)	
1:24 (20:12)	0:55 (21:07)	2:02 (23:09)	0:55 (24:04)	0:38 (24:42)	0:30 (25:12)	
0:21 (25:33)	0:05 (25:38)					
<b>3. Margarida Velez</b>	<b>Avis</b>	<b>25:56</b>	<b>+3:37</b>	<b>2:28</b>		
1:08 (1:08)	1:19 (2:27)	0:47 (3:14)	1:31 (4:45)	1:44 (6:29)	1:51 (8:20)	
1:54 (10:14)	2:00 (12:14)	0:47 (13:01)	1:01 (14:02)	1:20 (15:22)	2:27 (17:49)	
1:38 (19:27)	1:02 (20:29)	2:50 (23:19)	1:29 (24:48)	0:30 (25:18)	0:17 (25:35)	
0:14 (25:49)	0:07 (25:56)					
<b>4. Vasco Fazendas</b>	<b>Nisa</b>	<b>27:23</b>	<b>+5:04</b>	<b>3:03</b>		
2:18 (2:18)	1:06 (3:24)	1:05 (4:29)	1:30 (5:59)	1:37 (7:36)	1:48 (9:24)	
1:42 (11:06)	2:27 (13:33)	0:40 (14:13)	1:42 (15:55)	1:54 (17:49)	1:42 (19:31)	
1:33 (21:04)	1:11 (22:15)	1:59 (24:14)	1:21 (25:35)	0:40 (26:15)	0:28 (26:43)	
0:29 (27:12)	0:11 (27:23)					
<b>5. Ines + Joao</b>	<b>Avis</b>	<b>30:02</b>	<b>+7:43</b>	<b>2:20</b>		
2:22 (2:22)	1:26 (3:48)	1:39 (5:27)	1:59 (7:26)	1:40 (9:06)	2:24 (11:30)	
1:52 (13:22)	1:47 (15:09)	1:07 (16:16)	1:27 (17:43)	1:32 (19:15)	2:08 (21:23)	
2:01 (23:24)	1:17 (24:41)	2:20 (27:01)	1:18 (28:19)	0:41 (29:00)	0:29 (29:29)	
0:22 (29:51)	0:11 (30:02)					
<b>6. Yara Cirilo</b>	<b>CMaior</b>	<b>30:27</b>	<b>+8:08</b>	<b>3:42</b>		
1:26 (1:26)	1:16 (2:42)	0:52 (3:34)	3:16 (6:50)	1:39 (8:29)	2:07 (10:36)	
2:19 (12:55)	1:31 (14:26)	1:23 (15:49)	1:55 (17:44)	1:29 (19:13)	1:28 (20:41)	
2:09 (22:50)	1:01 (23:51)	2:36 (26:27)	1:15 (27:42)	1:42 (29:24)	0:24 (29:48)	
0:28 (30:16)	0:11 (30:27)					
<b>7. Catarina Rosado</b>	<b>Avis</b>	<b>32:14</b>	<b>+9:55</b>	<b>4:44</b>		
1:34 (1:34)	1:15 (2:49)	1:02 (3:51)	1:56 (5:47)	2:19 (8:06)	2:12 (10:18)	
2:20 (12:38)	1:24 (14:02)	4:20 (18:22)	1:37 (19:59)	1:26 (21:25)	2:26 (23:51)	
1:50 (25:41)	1:01 (26:42)	2:37 (29:19)	1:33 (30:52)	0:30 (31:22)	0:23 (31:45)	
0:21 (32:06)	0:08 (32:14)					
<b>8. Carlos Nunes</b>	<b>Avis</b>	<b>33:47</b>	<b>+11:28</b>	<b>2:16</b>		
2:19 (2:19)	1:23 (3:42)	1:14 (4:56)	2:29 (7:25)	1:42 (9:07)	2:46 (11:53)	
2:46 (14:39)	1:43 (16:22)	1:19 (17:41)	1:35 (19:16)	1:50 (21:06)	1:49 (22:55)	
2:04 (24:59)	1:25 (26:24)	3:00 (29:24)	1:58 (31:22)	0:56 (32:18)	0:38 (32:56)	
0:39 (33:35)	0:12 (33:47)					
<b>9. Maria Cordeiro</b>	<b>CMaior</b>	<b>37:14</b>	<b>+14:55</b>	<b>1:50</b>		
1:36 (1:36)	1:30 (3:06)	1:22 (4:28)	2:23 (6:51)	2:27 (9:18)	3:03 (12:21)	
3:13 (15:34)	2:02 (17:36)	1:27 (19:03)	1:38 (20:41)	2:07 (22:48)	2:51 (25:39)	
2:20 (27:59)	1:27 (29:26)	3:11 (32:37)	1:47 (34:24)	1:03 (35:27)	0:46 (36:13)	
0:43 (36:56)	0:18 (37:14)					
<b>10. Luna Rosa</b>	<b>CMaior</b>	<b>37:16</b>	<b>+14:57</b>	<b>1:49</b>		
1:41 (1:41)	1:31 (3:12)	1:22 (4:34)	2:12 (6:46)	2:28 (9:14)	3:09 (12:23)	
3:12 (15:35)	2:01 (17:36)	1:24 (19:00)	1:42 (20:42)	2:04 (22:46)	2:45 (25:31)	
2:24 (27:55)	1:28 (29:23)	3:05 (32:28)	1:58 (34:26)	1:00 (35:26)	0:44 (36:10)	
0:47 (36:57)	0:19 (37:16)					
<b>11. Ricardo Rosa</b>	<b>CMaior</b>	<b>37:18</b>	<b>+14:59</b>	<b>2:57</b>		
1:26 (1:26)	1:01 (2:27)	1:28 (3:55)	2:39 (6:34)	2:27 (9:01)	3:18 (12:19)	
3:23 (15:42)	2:00 (17:42)	1:22 (19:04)	1:32 (20:36)	2:14 (22:50)	2:36 (25:26)	
2:30 (27:56)	1:34 (29:30)	3:05 (32:35)	1:56 (34:31)	1:04 (35:35)	0:37 (36:12)	
0:48 (37:00)	0:18 (37:18)					
<b>11. Sofia Cachapa</b>	<b>CMaior</b>	<b>37:18</b>	<b>+14:59</b>	<b>2:21</b>		
1:37 (1:37)	1:29 (3:06)	1:12 (4:18)	2:34 (6:52)	2:26 (9:18)	3:08 (12:26)	
3:16 (15:42)	1:54 (17:36)	1:31 (19:07)	1:44 (20:51)	2:02 (22:53)	2:52 (25:45)	
2:14 (27:59)	1:28 (29:27)	3:14 (32:41)	1:45 (34:26)	1:02 (35:28)	0:49 (36:17)	
0:43 (37:00)	0:18 (37:18)					
<b>13. João + Ines + Pedro</b>	<b>Monforte</b>	<b>40:58</b>	<b>+18:39</b>	<b>14:05</b>		
2:20 (2:20)	1:26 (3:46)	1:14 (5:00)	2:21 (7:21)	2:21 (9:42)	1:58 (11:40)	
1:54 (13:34)	1:10 (14:44)	6:48 (21:32)	1:17 (22:49)	6:12 (29:01)	2:18 (31:19)	
2:04 (33:23)	0:59 (34:22)	2:12 (36:34)	1:04 (37:38)	1:46 (39:24)	0:26 (39:50)	
0:49 (40:39)	0:19 (40:58)					

14.	Italo Morale	Avis	42:11	+19:52	11:54		
	1:48 (1:48)	1:16 (3:04)	1:22 (4:26)	3:22 (7:48)		2:33 (10:21)	2:31 (12:52)
	2:10 (15:02)	1:19 (16:21)	1:00 (17:21)	7:42 (25:03)		5:55 (30:58)	2:10 (33:08)
	1:50 (34:58)	1:14 (36:12)	2:37 (38:49)	1:24 (40:13)		0:54 (41:07)	0:32 (41:39)
	0:24 (42:03)	0:08 (42:11)					
15.	Edgar Orelhas	CMaior	42:25	+20:06	8:35		
	3:42 (3:42)	2:04 (5:46)	1:52 (7:38)	2:48 (10:26)		1:50 (12:16)	3:31 (15:47)
	2:51 (18:38)	2:21 (20:59)	1:10 (22:09)	3:20 (25:29)		2:14 (27:43)	2:13 (29:56)
	3:03 (32:59)	1:18 (34:17)	2:15 (36:32)	3:44 (40:16)		0:33 (40:49)	0:22 (41:11)
	0:45 (41:56)	0:29 (42:25)					
16.	Andre Jangita	CMaior	42:27	+20:08	5:53		
	3:40 (3:40)	2:14 (5:54)	1:42 (7:36)	2:52 (10:28)		1:50 (12:18)	3:13 (15:31)
	3:01 (18:32)	1:52 (20:24)	1:01 (21:25)	3:53 (25:18)		2:10 (27:28)	2:23 (29:51)
	3:44 (33:35)	1:25 (35:00)	3:18 (38:18)	1:45 (40:03)		0:49 (40:52)	0:34 (41:26)
	0:37 (42:03)	0:24 (42:27)					
17.	Mara Jangita	CMaior	42:33	+20:14	7:38		
	3:50 (3:50)	2:03 (5:53)	1:48 (7:41)	2:58 (10:39)		2:04 (12:43)	2:37 (15:20)
	3:51 (19:11)	1:54 (21:05)	1:04 (22:09)	3:49 (25:58)		1:43 (27:41)	2:23 (30:04)
	3:43 (33:47)	1:27 (35:14)	3:02 (38:16)	1:25 (39:41)		0:57 (40:38)	0:46 (41:24)
	0:36 (42:00)	0:33 (42:33)					
18.	Aida Orelhas	CMaior	42:34	+20:15	6:36		
	3:49 (3:49)	2:17 (6:06)	1:35 (7:41)	2:50 (10:31)		1:42 (12:13)	3:36 (15:49)
	3:20 (19:09)	1:55 (21:04)	1:09 (22:13)	3:31 (25:44)		1:49 (27:33)	2:27 (30:00)
	3:26 (33:26)	1:28 (34:54)	3:08 (38:02)	1:38 (39:40)		1:01 (40:41)	0:42 (41:23)
	0:47 (42:10)	0:24 (42:34)					
19.	Joao Maia	CMaior	42:39	+20:20	5:53		
	2:45 (2:45)	1:47 (4:32)	1:42 (6:14)	3:15 (9:29)		2:56 (12:25)	3:19 (15:44)
	3:29 (19:13)	2:45 (21:58)	1:31 (23:29)	4:07 (27:36)		1:39 (29:15)	1:49 (31:04)
	2:38 (33:42)	1:23 (35:05)	2:53 (37:58)	1:53 (39:51)		0:57 (40:48)	0:42 (41:30)
	0:39 (42:09)	0:30 (42:39)					
20.	Catia Fialho	CMaior	42:43	+20:24	6:02		
	2:48 (2:48)	1:57 (4:45)	1:27 (6:12)	3:18 (9:30)		2:57 (12:27)	3:14 (15:41)
	3:39 (19:20)	2:48 (22:08)	1:33 (23:41)	4:02 (27:43)		1:33 (29:16)	1:54 (31:10)
	2:40 (33:50)	1:19 (35:09)	3:15 (38:24)	1:33 (39:57)		0:57 (40:54)	0:42 (41:36)
	0:39 (42:15)	0:28 (42:43)					
21.	Sofia Maia	CMaior	42:46	+20:27	6:01		
	2:38 (2:38)	2:05 (4:43)	1:27 (6:10)	3:20 (9:30)		2:54 (12:24)	3:13 (15:37)
	3:43 (19:20)	2:41 (22:01)	1:38 (23:39)	4:01 (27:40)		1:31 (29:11)	2:01 (31:12)
	2:35 (33:47)	1:16 (35:03)	2:57 (38:00)	1:55 (39:55)		1:02 (40:57)	0:37 (41:34)
	0:41 (42:15)	0:31 (42:46)					
22.	Ana Deodato	Avis	45:37	+23:18	4:38		
	2:54 (2:54)	2:01 (4:55)	1:47 (6:42)	2:31 (9:13)		5:04 (14:17)	3:27 (17:44)
	3:31 (21:15)	2:02 (23:17)	1:43 (25:00)	2:02 (27:02)		2:44 (29:46)	2:54 (32:40)
	2:36 (35:16)	1:43 (36:59)	3:23 (40:22)	2:11 (42:33)		1:12 (43:45)	0:46 (44:31)
	0:47 (45:18)	0:19 (45:37)					
23.	Rui Moreno	Avis	45:41	+23:22	5:18		
	3:00 (3:00)	1:57 (4:57)	1:51 (6:48)	2:23 (9:11)		5:11 (14:22)	3:27 (17:49)
	3:27 (21:16)	2:03 (23:19)	1:41 (25:00)	2:03 (27:03)		2:46 (29:49)	2:56 (32:45)
	2:34 (35:19)	1:41 (37:00)	3:28 (40:28)	2:11 (42:39)		1:12 (43:51)	0:46 (44:37)
	0:49 (45:26)	0:15 (45:41)					
24.	Hugo Laço	CMaior	46:16	+23:57	13:45		
	6:08 (6:08)	2:15 (8:23)	1:46 (10:09)	2:51 (13:00)		1:33 (14:33)	2:46 (17:19)
	2:59 (20:18)	1:51 (22:09)	0:57 (23:06)	2:50 (25:56)		8:10 (34:06)	1:46 (35:52)
	2:00 (37:52)	1:16 (39:08)	2:46 (41:54)	1:34 (43:28)		1:06 (44:34)	0:42 (45:16)
	0:41 (45:57)	0:19 (46:16)					
25.	Nádia Laço	CMaior	46:20	+24:01	13:56		
	6:10 (6:10)	2:15 (8:25)	1:45 (10:10)	2:56 (13:06)		1:38 (14:44)	2:37 (17:21)
	3:00 (20:21)	1:51 (22:12)	0:54 (23:06)	2:58 (26:04)		8:05 (34:09)	1:49 (35:58)
	1:59 (37:57)	1:16 (39:13)	2:41 (41:54)	1:37 (43:31)		1:03 (44:34)	0:44 (45:18)
	0:41 (45:59)	0:21 (46:20)					
26.	Feliciano Dias	CMaior	46:27	+24:08	13:51		
	5:56 (5:56)	1:43 (7:39)	1:38 (9:17)	2:53 (12:10)		1:33 (13:43)	2:46 (16:29)
	2:55 (19:24)	1:50 (21:14)	1:01 (22:15)	2:59 (25:14)		8:03 (33:17)	1:45 (35:02)
	1:58 (37:00)	1:16 (38:16)	2:45 (41:01)	1:41 (42:42)		1:04 (43:46)	0:41 (44:27)
	0:40 (45:07)	1:20 (46:27)					
27.	Susana Coelho	Avis	48:12	+25:53	3:49		
	2:51 (2:51)	2:00 (4:51)	1:59 (6:50)	3:07 (9:57)		4:30 (14:27)	4:03 (18:30)
	4:06 (22:36)	2:17 (24:53)	1:49 (26:42)	2:03 (28:45)		2:39 (31:24)	2:39 (34:03)
	3:08 (37:11)	1:49 (39:00)	3:40 (42:40)	2:20 (45:00)		1:24 (46:24)	0:47 (47:11)
	0:44 (47:55)	0:17 (48:12)					
28.	Angela Marques	Avis	48:58	+26:39	4:21		
	2:55 (2:55)	2:04 (4:59)	1:59 (6:58)	3:09 (10:07)		4:57 (15:04)	3:40 (18:44)
	3:57 (22:41)	2:18 (24:59)	1:57 (26:56)	2:24 (29:20)		2:12 (31:32)	2:35 (34:07)
	3:12 (37:19)	1:54 (39:13)	3:44 (42:57)	2:08 (45:05)		1:37 (46:42)	0:58 (47:40)
	0:57 (48:37)	0:21 (48:58)					

29.	Ines Fazendas	Nisa	52:35	+30:16	12:34		
	2:53 (2:53)	2:03 (4:56)	1:59 (6:55)	4:08 (11:03)	4:27 (15:30)	3:00 (18:30)	
	2:58 (21:28)	3:55 (25:23)	3:44 (29:07)	2:02 (31:09)	4:26 (35:35)	4:47 (40:22)	
	3:20 (43:42)	1:21 (45:03)	3:45 (48:48)	1:42 (50:30)	0:50 (51:20)	0:37 (51:57)	
	0:27 (52:24)	0:11 (52:35)					
30.	Olga Vieira	Nisa	52:45	+30:26	12:02		
	2:55 (2:55)	2:09 (5:04)	1:52 (6:56)	4:09 (11:05)	4:30 (15:35)	2:59 (18:34)	
	2:59 (21:33)	3:54 (25:27)	3:46 (29:13)	2:04 (31:17)	4:25 (35:42)	4:45 (40:27)	
	3:19 (43:46)	1:21 (45:07)	3:45 (48:52)	1:46 (50:38)	0:47 (51:25)	0:37 (52:02)	
	0:29 (52:31)	0:14 (52:45)					
31.	Lucilia Silva	Avis	54:06	+31:47	6:16		
	3:27 (3:27)	2:23 (5:50)	2:04 (7:54)	6:04 (13:58)	2:30 (16:28)	3:54 (20:22)	
	3:59 (24:21)	2:27 (26:48)	1:39 (28:27)	3:10 (31:37)	4:30 (36:07)	3:08 (39:15)	
	2:52 (42:07)	1:53 (44:00)	4:11 (48:11)	2:13 (50:24)	1:22 (51:46)	1:15 (53:01)	
	0:50 (53:51)	0:15 (54:06)					
32.	Mario Henriques	Avis	56:07	+33:48	8:04		
	2:53 (2:53)	3:16 (6:09)	1:52 (8:01)	3:24 (11:25)	6:21 (17:46)	3:37 (21:23)	
	4:13 (25:36)	2:19 (27:55)	2:07 (30:02)	3:47 (33:49)	4:11 (38:00)	3:16 (41:16)	
	2:49 (44:05)	1:53 (45:58)	3:54 (49:52)	2:38 (52:30)	1:25 (53:55)	0:54 (54:49)	
	0:52 (55:41)	0:26 (56:07)					
33.	Rosa Henriques	Avis	56:10	+33:51	7:40		
	2:53 (2:53)	3:19 (6:12)	1:49 (8:01)	3:34 (11:35)	6:07 (17:42)	3:43 (21:25)	
	4:12 (25:37)	2:18 (27:55)	2:10 (30:05)	3:40 (33:45)	4:11 (37:56)	3:24 (41:20)	
	2:44 (44:04)	1:50 (45:54)	4:00 (49:54)	2:36 (52:30)	1:21 (53:51)	0:59 (54:50)	
	0:54 (55:44)	0:26 (56:10)					
34.	Anabela Pires	Avis	1:01:39	+39:20	23:22		
	3:49 (3:49)	3:46 (7:35)	1:58 (9:33)	2:35 (12:08)	8:06 (20:14)	3:29 (23:43)	
	2:55 (26:38)	1:46 (28:24)	1:23 (29:47)	6:31 (36:18)	8:02 (44:20)	3:33 (47:53)	
	2:10 (50:03)	1:27 (51:30)	3:11 (54:41)	1:44 (56:25)	3:30 (59:55)	0:43 (1:00:38)	
	0:43 (1:01:21)	0:18 (1:01:39)					
	Ana Jangita	CMaior	DNS				
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)					
	Ermelinda Monteiro	CMaior	DNS				
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)					
	Lara Lara	CMaior	DNS				
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)					
	Paula Jangita	CMaior	DNS				
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)					
	Ricardo Canelas	Nisa	DNS				
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)					
<b>Verde</b>		<b>(25 / 35)</b>	<b>Tempo</b>	<b>Atrás</b>	<b>Tempo perdido</b>		
1.	Luis Andrade	Marvao	23:08		1:33		
	1:43 (1:43)	1:03 (2:46)	1:10 (3:56)	1:21 (5:17)	1:27 (6:44)	0:52 (7:36)	
	0:45 (8:21)	1:11 (9:32)	1:41 (11:13)	2:35 (13:48)	1:52 (15:40)	1:02 (16:42)	
	1:37 (18:19)	1:14 (19:33)	1:18 (20:51)	0:54 (21:45)	0:35 (22:20)	0:33 (22:53)	
	0:15 (23:08)						
2.	Ana Pousa	Sousel	23:54	+0:46	4:29		
	1:15 (1:15)	1:10 (2:25)	1:11 (3:36)	1:06 (4:42)	1:18 (6:00)	2:16 (8:16)	
	0:53 (9:09)	0:53 (10:02)	0:58 (11:00)	1:43 (12:43)	1:30 (14:13)	0:57 (15:10)	
	1:39 (16:49)	1:04 (17:53)	0:49 (18:42)	2:03 (20:45)	0:42 (21:27)	2:07 (23:34)	
	0:20 (23:54)						
3.	Eloy Cirilo	CMaior	25:16	+2:08	2:11		
	1:49 (1:49)	1:28 (3:17)	1:01 (4:18)	1:03 (5:21)	2:05 (7:26)	0:57 (8:23)	
	0:34 (8:57)	0:42 (9:39)	1:22 (11:01)	1:36 (12:37)	2:40 (15:17)	1:29 (16:46)	
	2:27 (19:13)	1:38 (20:51)	1:32 (22:23)	1:07 (23:30)	0:45 (24:15)	0:44 (24:59)	
	0:17 (25:16)						

4.	Flore Dias	Marvao	30:28	+7:20	7:40		
	1:44 (1:44)	1:14 (2:58)	1:07 (4:05)	1:13 (5:18)	2:35 (7:53)	3:52 (11:45)	
	0:54 (12:39)	0:56 (13:35)	1:09 (14:44)	3:23 (18:07)	3:02 (21:09)	1:14 (22:23)	
	1:55 (24:18)	1:11 (25:29)	1:11 (26:40)	2:41 (29:21)	0:28 (29:49)	0:28 (30:17)	
	0:11 (30:28)						
5.	Joao Lavadinho	CMaior	31:29	+8:21	2:27		
	3:06 (3:06)	1:33 (4:39)	1:24 (6:03)	1:45 (7:48)	1:52 (9:40)	1:38 (11:18)	
	1:55 (13:13)	1:14 (14:27)	1:40 (16:07)	1:47 (17:54)	2:57 (20:51)	1:26 (22:17)	
	2:33 (24:50)	1:39 (26:29)	1:34 (28:03)	1:34 (29:37)	0:48 (30:25)	0:44 (31:09)	
	0:20 (31:29)						
6.	Georgina Viegas	CMaior	31:36	+8:28	2:17		
	3:06 (3:06)	1:31 (4:37)	1:32 (6:09)	1:36 (7:45)	2:04 (9:49)	1:37 (11:26)	
	1:53 (13:19)	1:06 (14:25)	1:42 (16:07)	1:47 (17:54)	2:45 (20:39)	1:38 (22:17)	
	2:39 (24:56)	1:40 (26:36)	1:33 (28:09)	1:18 (29:27)	1:05 (30:32)	0:45 (31:17)	
	0:19 (31:36)						
7.	Jorge Roupa	CMaior	31:37	+8:29	2:24		
	3:12 (3:12)	1:32 (4:44)	1:31 (6:15)	1:34 (7:49)	2:05 (9:54)	1:36 (11:30)	
	1:48 (13:18)	1:13 (14:31)	1:45 (16:16)	1:44 (18:00)	2:39 (20:39)	1:39 (22:18)	
	2:36 (24:54)	1:39 (26:33)	1:35 (28:08)	1:33 (29:41)	0:48 (30:29)	0:48 (31:17)	
	0:20 (31:37)						
8.	Sara Negrita	CMaior	31:38	+8:30	2:26		
	3:06 (3:06)	1:31 (4:37)	1:36 (6:13)	1:34 (7:47)	2:01 (9:48)	1:30 (11:18)	
	1:58 (13:16)	1:09 (14:25)	1:41 (16:06)	1:45 (17:51)	2:45 (20:36)	1:41 (22:17)	
	2:34 (24:51)	1:39 (26:30)	1:36 (28:06)	1:29 (29:35)	0:54 (30:29)	0:44 (31:13)	
	0:25 (31:38)						
9.	Lucas Jangita	CMaior	35:42	+12:34	4:29		
	2:45 (2:45)	1:52 (4:37)	1:41 (6:18)	1:41 (7:59)	2:35 (10:34)	3:06 (13:40)	
	1:01 (14:41)	1:37 (16:18)	2:18 (18:36)	2:09 (20:45)	3:09 (23:54)	2:01 (25:55)	
	4:11 (30:06)	1:40 (31:46)	1:11 (32:57)	0:52 (33:49)	0:42 (34:31)	0:45 (35:16)	
	0:26 (35:42)						
10.	Carla Carla	CMaior	35:45	+12:37	4:48		
	2:53 (2:53)	1:56 (4:49)	1:34 (6:23)	1:51 (8:14)	2:25 (10:39)	3:07 (13:46)	
	1:00 (14:46)	1:38 (16:24)	2:21 (18:45)	2:05 (20:50)	3:05 (23:55)	2:08 (26:03)	
	4:05 (30:08)	1:46 (31:54)	1:12 (33:06)	0:52 (33:58)	0:42 (34:40)	0:46 (35:26)	
	0:19 (35:45)						
11.	Luna Luna	CMaior	35:46	+12:38	4:44		
	2:54 (2:54)	1:47 (4:41)	1:37 (6:18)	1:52 (8:10)	2:19 (10:29)	3:19 (13:48)	
	0:58 (14:46)	1:34 (16:20)	2:20 (18:40)	2:08 (20:48)	3:03 (23:51)	2:29 (26:20)	
	3:45 (30:05)	1:46 (31:51)	1:16 (33:07)	1:03 (34:10)	0:33 (34:43)	0:38 (35:21)	
	0:25 (35:46)						
12.	João Jangita	CMaior	35:52	+12:44	4:47		
	2:52 (2:52)	1:50 (4:42)	1:42 (6:24)	1:51 (8:15)	2:16 (10:31)	3:15 (13:46)	
	1:05 (14:51)	1:38 (16:29)	2:13 (18:42)	2:11 (20:53)	3:07 (24:00)	2:13 (26:13)	
	4:03 (30:16)	1:41 (31:57)	1:17 (33:14)	0:54 (34:08)	0:35 (34:43)	0:43 (35:26)	
	0:26 (35:52)						
13.	Leonor Sousa	Avis	42:09	+19:01	5:09		
	2:16 (2:16)	2:12 (4:28)	2:05 (6:33)	2:24 (8:57)	3:26 (12:23)	2:50 (15:13)	
	1:00 (16:13)	1:43 (17:56)	2:26 (20:22)	2:31 (22:53)	4:51 (27:44)	3:16 (31:00)	
	3:50 (34:50)	2:14 (37:04)	1:32 (38:36)	1:12 (39:48)	1:09 (40:57)	0:59 (41:56)	
	0:13 (42:09)						
	Antonio Pais	Avis	MP				
	– (–)	– (–)	– (7:53)	1:39 (9:32)	– (–)	– (–)	
	– (29:46)	– (–)	– (–)	– (–)	– (51:33)	– (–)	
	– (–)	– (–)	– (56:26)	3:29 (59:55)	0:42 (1:00:37)	0:43 (1:01:20)	
	0:18 (1:01:38)						
	Caetana Galacho	CMaior	MP				
	2:27 (2:27)	1:35 (4:02)	1:51 (5:53)	1:36 (7:29)	2:48 (10:17)	2:42 (12:59)	
	1:02 (14:01)	1:05 (15:06)	1:47 (16:53)	1:40 (18:33)	5:31 (24:04)	1:59 (26:03)	
	2:44 (28:47)	1:22 (30:09)	1:21 (31:30)	– (–)	– (34:04)	0:36 (34:40)	
	0:13 (34:53)						
	Catarina Galacho	CMaior	MP				
	2:35 (2:35)	1:38 (4:13)	1:47 (6:00)	1:36 (7:36)	2:39 (10:15)	2:45 (13:00)	
	0:51 (13:51)	1:22 (15:13)	1:42 (16:55)	1:38 (18:33)	5:38 (24:11)	1:53 (26:04)	
	2:44 (28:48)	1:22 (30:10)	1:23 (31:33)	– (–)	– (34:05)	0:39 (34:44)	
	0:17 (35:01)						
	Jose Grilo	Avis	MP				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						
	Lourenço Silva	CMaior	MP				
	1:52 (1:52)	1:36 (3:28)	1:45 (5:13)	1:35 (6:48)	2:55 (9:43)	2:41 (12:24)	
	0:54 (13:18)	1:11 (14:29)	1:51 (16:20)	1:36 (17:56)	5:29 (23:25)	1:56 (25:21)	
	2:48 (28:09)	1:23 (29:32)	1:24 (30:56)	– (–)	– (33:22)	– (–)	
	– (34:09)						

<b>Luz Silva</b>	<b>CMaior</b>		<b>MP</b>			
1:48 (1:48)	1:36 (3:24)	1:48 (5:12)	1:36 (6:48)	2:54 (9:42)	2:37 (12:19)	
1:01 (13:20)	1:07 (14:27)	1:53 (16:20)	1:36 (17:56)	5:29 (23:25)	1:53 (25:18)	
2:50 (28:08)	1:25 (29:33)	1:16 (30:49)	– (–)	– (33:24)	0:31 (33:55)	
0:15 (34:10)						
<b>Paulo Borrega</b>	<b>CMaior</b>		<b>MP</b>			
2:22 (2:22)	1:43 (4:05)	1:50 (5:55)	1:37 (7:32)	2:39 (10:11)	2:50 (13:01)	
0:54 (13:55)	1:13 (15:08)	1:43 (16:51)	1:33 (18:24)	5:42 (24:06)	1:41 (25:47)	
3:00 (28:47)	1:22 (30:09)	1:24 (31:33)	– (–)	– (34:01)	0:38 (34:39)	
0:14 (34:53)						
<b>Rute Mourato</b>	<b>CMaior</b>		<b>MP</b>			
2:27 (2:27)	1:35 (4:02)	1:52 (5:54)	1:34 (7:28)	2:54 (10:22)	2:29 (12:51)	
1:00 (13:51)	1:09 (15:00)	1:49 (16:49)	1:39 (18:28)	5:35 (24:03)	1:58 (26:01)	
2:41 (28:42)	1:27 (30:09)	1:26 (31:35)	– (–)	– (34:03)	0:34 (34:37)	
0:13 (34:50)						
<b>Vasco Borrega</b>	<b>CMaior</b>		<b>MP</b>			
2:23 (2:23)	1:36 (3:59)	1:36 (5:35)	1:47 (7:22)	2:53 (10:15)	2:36 (12:51)	
1:03 (13:54)	1:05 (14:59)	1:50 (16:49)	1:38 (18:27)	5:30 (23:57)	1:59 (25:56)	
2:49 (28:45)	1:21 (30:06)	1:22 (31:28)	– (–)	– (34:04)	0:30 (34:34)	
0:14 (34:48)						
<b>Afonso Lavadinho</b>	<b>CMaior</b>		<b>DNF</b>			
2:00 (2:00)	1:35 (3:35)	1:57 (5:32)	1:49 (7:21)	2:28 (9:49)	6:44 (16:33)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)						
<b>Ana Velez</b>	<b>Avis</b>		<b>DNF</b>			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)						
<b>Jose Lavadinho</b>	<b>CMaior</b>		<b>DNF</b>			
2:01 (2:01)	1:38 (3:39)	1:58 (5:37)	1:46 (7:23)	2:34 (9:57)	6:37 (16:34)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)						
<b>Dalia Rasquete</b>	<b>Avis</b>		<b>DNS</b>			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)						
<b>Joel Joel</b>	<b>CMaior</b>		<b>DNS</b>			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)						
<b>Maria Demétrio</b>	<b>CMaior</b>		<b>DNS</b>			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)						
<b>Teresa Oliveira</b>	<b>Avis</b>		<b>DNS</b>			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
– (–)						

<b>Vermelho</b>		<b>(17 / 17)</b>	<b>Tempo</b>	<b>Atrás</b>	<b>Tempo perdido</b>	
<b>1.</b>	<b>Jorge Rocha</b>	<b>Avis</b>	<b>24:29</b>		<b>0:00</b>	
	1:11 (1:11)	1:19 (2:30)	1:26 (3:56)	0:55 (4:51)	1:40 (6:31)	1:27 (7:58)
	1:28 (9:26)	0:59 (10:25)	1:16 (11:41)	0:48 (12:29)	1:02 (13:31)	1:47 (15:18)
	1:15 (16:33)	0:45 (17:18)	0:30 (17:48)	2:15 (20:03)	1:13 (21:16)	1:20 (22:36)
	0:53 (23:29)	0:38 (24:07)	0:16 (24:23)	0:06 (24:29)		
<b>2.</b>	<b>Nani Nunes</b>	<b>Portalegre</b>	<b>30:38</b>	<b>+6:09</b>	<b>1:45</b>	
	1:45 (1:45)	1:32 (3:17)	1:40 (4:57)	2:06 (7:03)	1:37 (8:40)	1:31 (10:11)
	1:49 (12:00)	1:06 (13:06)	1:20 (14:26)	0:58 (15:24)	1:10 (16:34)	2:31 (19:05)
	1:26 (20:31)	1:12 (21:43)	0:40 (22:23)	2:48 (25:11)	1:34 (26:45)	1:35 (28:20)
	0:57 (29:17)	0:47 (30:04)	0:26 (30:30)	0:08 (30:38)		
<b>3.</b>	<b>Fabio Serrano</b>	<b>Avis</b>	<b>32:22</b>	<b>+7:53</b>	<b>4:00</b>	
	1:44 (1:44)	1:18 (3:02)	1:25 (4:27)	1:57 (6:24)	1:33 (7:57)	1:26 (9:23)
	1:44 (11:07)	1:07 (12:14)	1:19 (13:33)	0:56 (14:29)	1:07 (15:36)	1:59 (17:35)
	1:35 (19:10)	1:01 (20:11)	0:46 (20:57)	2:32 (23:29)	1:39 (25:08)	4:38 (29:46)
	0:59 (30:45)	1:04 (31:49)	0:24 (32:13)	0:09 (32:22)		

