

PI	tno	Name	B	Club	S1	S2	Time
PROM1 - Fácil Curto (34)							
1	90138	Bernardo Contente	09	[114] COA	22:56	1	39:59
2	90140	João Nascimento	05	[114] COA	23:27	4	44:06
3	90170	Rodrigo Martins	06	[4826] AEJoséBelchiorVi	25:38	5	46:22
4	6648	João Teixeira	04	[007] Ori-Estarreja	33:47	7	52:29
5	90126	Rui Oliveira	65	[094] CPOC	37:18	10	54:49
6	90127	Maria Jose Almeida	61	[094] CPOC	42:24	14	1:01:49
7	6304	Aline Almeida	66	[005] CP Armada	36:29	9	1:02:40
8	90131	Gonçalo Oliveira	05	[094] CPOC	46:42	15	1:04:02
9	90166	Rui Bernardo	66	[4826] AEJoséBelchiorVi	38:11	11	1:07:32
10	90264	Duarte Andrade		[1564] Individual POR	47:24	16	1:10:00
11	6587	Salvador Mendes	15	[133] GDU Azoia	39:49	12	1:11:47
12	4179	Margarida Novo	61	[035] CN Alvito	40:23	13	1:12:04
13	6514	Anabela Gomes	69	[133] GDU Azoia	1:00:57	22	1:23:51
14	90018	José Real	18	[159] COAAL	58:37	20	1:34:51
15	6576	Antony Leyser	06	[166] ADM Ori-Mondego	55:38	18	1:35:57
16	6577	Silvani Silva	72	[166] ADM Ori-Mondego	55:38	18	1:36:00
17	90254	wCAS Rego		[1564] Individual POR	59:13	21	2:01:59
18	90143	Yolanda Lopes de Torre	80	[11706] Califas Orientaci	2:29:38	23	2:53:10
	90146	Manuel Carraliza	70	[11706] Califas Orientaci	mp		
	90141	Maria Carmem Moreno	84	[11706] Califas Orientaci	dnf		
	90169	Rodrigo Brito	06	[4826] AEJoséBelchiorVi	mp		
	90261	Daniel Gonçalves		[1564] Individual POR	mp		
	90248	Rita Canha		[157] AFAP	22:58	2	
	2243	Maria João + Laura		[1564] Individual POR	51:11	17	
	90249	Diogo Correia		[157] AFAP	22:58	2	
	90276	Gil Gaspar		[1564] Individual POR			47:06 23
	90240	Bernardo Soares	08	[133] GDU Azoia			29:46 15
	4078	Ana Pinto	83	[056] Natura	33:49	8	
	90244	Maria João Pinheiro		[022] CLAC	30:58	6	
	90274	Mafalda Delgado		[052] GD4C			32:12 18
	90275	Elvira Batista		[1564] Individual POR			47:07 24
	90186	Noémia Mesquita	86	[1564] Individual POR			dns
	90008	Sónia palma	79	[1564] Individual POR	dns		
	90157	Joana Rodrigues	05	[4826] AEJoséBelchiorVi	dns		
PROM2 - Difícil Curto (22)							
1	6429	Fábio Gonçalves		UCDA	33:42	1	1:10:14
2	6487	Gonçalo Maia		UCDA	33:54	2	1:16:30
3	6560	Hugo Magalhães		UCDA	34:06	3	1:16:41
4	1728	Paulo Gonçalves		UCDA	34:09	4	1:16:58
5	6422	António Santos		UCDA	38:45	5	1:21:53
6	90176	Nair Almeida	55	[1564] Individual POR	56:15	7	1:48:14
7	1554	Ana Porta Nova	86	[094] CPOC	1:00:17	8	1:57:18
8	90253	Nuno Mira		[1564] Individual POR	1:04:32	9	2:05:29
9	4422	João Direitinho	70	[159] COAAL	1:34:20	10	3:23:54
	90113	Angelo Rosado	71	[11654] ADRAA Avis			1:14:51 13
	90245	Maria João Pinheiro		[022] CLAC			1:29:49 14
	14078	Ana Pinto		[056] Natura			1:10:32 9
	90137	Teresa Pereira	09	[11654] ADRAA Avis			1:13:26 11
	90051	Margarida Paulo	77	[094] CPOC			1:11:26 10
	2381	Nelson Tereso	58	[070] COC	1:35:46	11	
	2380	Florabela Sousa	61	[070] COC	1:35:50	12	
	90217	Diogo Job	02	[3152] ESPinhal Novo	47:20	6	
	90136	Helder Pereira	75	[11654] ADRAA Avis			1:14:32 12
	90135	Inês Fonseca	75	[11654] ADRAA Avis			1:49:43 16
	90134	Carlota Pereira	13	[11654] ADRAA Avis			mp

PI	tno	Name	B	Club	S1	S2	Time
PROM2 - Difícil Curto (22)		<i>(cont.)</i>					
	26595	João Augusto	05	[056] Natura		dns	
	4489	Grigas Piteira	90	[151] GafanhOri	dns	dns	
PROM3 - Fácil Longo (97)							
1	90158	João Spínola	02	[4826] AEJoséBelchiorVi	42:03	6	33:31 1 1:15:34
2	90114	Rui Miguel Pereira	78	[11699] Dublin O'Seven	43:36	10	41:09 2 1:24:45
3	90028	Francisco Cassia Santos	07	[1564] Individual POR	43:10	7	51:14 3 1:34:24
4	90032	Helena Vieira	74	[1564] Individual POR	43:28	8	53:27 6 1:36:55
5	90030	Rita Cassiano Santos	05	[1564] Individual POR	48:46	18	53:15 5 1:42:01
6	90034	Gonçalo Cassiano Santos	69	[1564] Individual POR	48:50	19	54:32 7 1:43:22
7	90184	Vasco Luís Rosado	84	[1564] Individual POR	44:30	11	1:01:01 11 1:45:31
8	90130	Monica Cardoso	89	[094] CPOC	39:51	4	1:05:55 12 1:45:46
9	90153	Ivone Ferreira	72	[133] GDU Azoia	45:20	12	1:06:16 13 1:51:36
10	90256	Sérgio Canana		[133] GDU Azoia	36:46	2	1:16:40 18 1:53:26
11	90257	Bengt Safwenberg		[11708] TMOK	34:42	1	1:26:40 19 2:01:22
12	90027	Catarina + Josse + Rita	72	[1564] Individual POR	1:19:22	56	54:50 8 2:14:12
13	90238	Lara Marques	06	[133] GDU Azoia	58:39	28	1:15:56 17 2:14:35
14	90022	Helena Fonseca	07	[1564] Individual POR	1:16:37	54	1:14:06 15 2:30:43
15	90024	carla franco sa cardoso	71	[1564] Individual POR	1:11:00	47	1:30:27 20 2:41:27
16	90023	jorge nuno fonseca	70	[1564] Individual POR	1:16:37	54	1:30:27 20 2:47:04
17	90152	Fátima Loureiro	78	[1564] Individual POR	1:50:00	67	1:33:07 23 3:23:07
	90149	Maria del Carmem cano	65	[11706] Califas Orientaci	mp		mp
	90251	Beatriz Sá		Clube 4 Run	1:12:51	51	dns
	90260	Custódio Sebastião		[1564] Individual POR	59:20	31	mp
	5648	Rita Castro	05	[052] GD4C	mp		1:32:39 22
	90255	Célia Canana		[133] GDU Azoia	mp		2:19:22 27
	90108	Guilherme Matias	02	[11697] EAG	58:43	29	
	90103	Maria Carrilho	02	[11697] EAG	53:18	23	
	90104	Mariana Santos	03	[11697] EAG	dnf		
	90105	Miguel Alexandre Sousa	02	[11697] EAG	1:12:29	48	
	90083	Mónica Mertola	03	[11697] EAG	mp		
	90072	Nuno Ventura	01	[11697] EAG	mp		
	90088	Miguel Ângelo Figueiredo	01	[11697] EAG	mp		
	90089	Miguel Ângelo Rosa	02	[11697] EAG	47:53	15	
	90102	Mafalda Sequeira	01	[11697] EAG	56:59	26	
	90107	João Concinha	01	[11697] EAG	mp		
	90085	Hugo Cebola	03	[11697] EAG	47:55	16	
	90086	Isaac Jorge Prates	02	[11697] EAG	dnf		
	90110	Joana Soares	02	[11697] EAG	mp		
	90111	João Paulino	03	[11697] EAG	1:28:28	62	
	90106	José Cavaco	02	[11697] EAG	mp		
	90109	Guilherme Salvador	02	[11697] EAG	1:12:34	49	
	90087	João Palma	02	[11697] EAG	1:21:38	59	
	90246	Mariana Cruz		[3152] ESPinhal Novo	1:00:25	33	
	90247	Pedro Meira		[3152] ESPinhal Novo	57:35	27	
	90070	Tomás Aleixo	02	[11697] EAG	50:48	21	
	90065	Tomás Bento	02	[11697] EAG	dnf		
	90263	Célia Gonçalves		[1564] Individual POR			53:12 4
	90267	Maria Oliveira		[1564] Individual POR	1:30:53	64	
	90252	Inês Franco		Clube 4 Run	mp		
	90262	Daniel Gonçalves		[1564] Individual POR			1:14:36 16
	90071	Tiago Dordio	01	[11697] EAG	mp		
	90079	Raul da Rosa	03	[11697] EAG	38:33	3	
	90073	Rita Silveira	02	[11697] EAG	55:28	25	
	90082	Patrícia Beja	03	[11697] EAG	1:07:44	44	
	90078	Pedro Valverde	03	[11697] EAG	1:29:36	63	

PI	tno	Name	B	Club	S1	S2	Time
PROM3 - Fácil Longo (97)		<i>(cont.)</i>					
	90075	Soraia Cabeçana	02	[11697] EAG	1:09:41	45	
	90081	Tânia Barradas	01	[11697] EAG	1:31:04	65	
	90080	Samuel Carvalho	02	[11697] EAG	1:00:07	32	
	90074	Sandro Alas	03	[11697] EAG	1:12:35	50	
	90237	Miguel Conde	05	[3152] ESPinhal Novo	43:35	9	
	90228	SARA GALVÃO	07	[3152] ESPinhal Novo	1:00:31	35	
	90221	Daniel Pó	71	[3152] ESPinhal Novo	mp		
	90219	FRANCISCA SANTOS	07	[3152] ESPinhal Novo	1:00:34	36	
	90187	Montserrat Sancho	84	[5316] FrontelaO	48:52	20	
	90052	Rui Oliveira	61	[11654] ADRAA Avis		57:36	9
	90053	Teresa Oliveira	66	[11654] ADRAA Avis		2:02:13	26
	90048	Ana Velez	75	[11654] ADRAA Avis		1:57:51	24
	90139	Laura Espinho	05	[11654] ADRAA Avis		1:57:52	25
	90119	Alexandra Oliveira	79	[1564] Individual POR	1:01:30	38	
	90120	Anselmo Luz	76	[1564] Individual POR	1:01:37	39	
	6540	Núria Fernandez	92	[007] Ori-Estarreja		1:07:13	14
	90239	Bernardo Soares	08	[133] GDU Azoia	59:08	30	
	90118	Joana Luz	12	[1564] Individual POR	1:01:38	40	
	90216	Ana Beatriz Vedrasco	07	[3152] ESPinhal Novo	1:00:29	34	
	90223	CAMILA DOS GUILHERME	07	[3152] ESPinhal Novo	1:00:36	37	
	90117	Joao Luz	12	[1564] Individual POR	1:01:44	41	
	90183	Miguel Singéis	85	[1564] Individual POR		1:01:00	10
	90066	Alexandre Palmela	99	[11697] EAG	1:20:20	57	
	90090	David Missa	02	[11697] EAG	mp		
	90091	Diogo Antunes	03	[11697] EAG	1:05:54	43	
	90094	Catarina Garnacha	02	[11697] EAG	1:03:01	42	
	90077	Daniel Rosa	02	[11697] EAG	46:45	14	
	90092	Eduardo Ferreira	03	[11697] EAG	mp		
	90101	Gonçalo Couto	01	[11697] EAG	dnf		
	90100	Gonçalo Tanganho	03	[11697] EAG	48:11	17	
	90093	Fábio Baptista	01	[11697] EAG	1:10:38	46	
	90084	Gonçalo Baioa	02	[11697] EAG	1:21:35	58	
	90096	André Korol	03	[11697] EAG	1:24:36	61	
	90097	António Carmo	03	[11697] EAG	54:59	24	
	90067	Alexandre Ramitos	00	[11697] EAG	45:26	13	
	90068	André Carapinha	03	[11697] EAG	50:48	21	
	90098	António Geadas	03	[11697] EAG	41:51	5	
	90095	Carolina Franjoso	03	[11697] EAG	1:15:08	53	
	90076	Carolina Murteira	01	[11697] EAG	1:23:53	60	
	90069	Beatriz Neves	02	[11697] EAG	1:31:54	66	
	90099	Beatriz Lourenço	03	[11697] EAG	1:14:36	52	
	6595	João Augusto	05	[056] Natura	dns		
	90128	João Oliveira	00	[094] CPOC	dns	dns	
	90182	Francisco Laranjeira	06	[133] GDU Azoia	dns		
	90129	Tiago Pereira	90	[094] CPOC	dns	dns	

PROM4 - Difícil Longo (26)

1	6003	Paulo Batista		CM Arrábida	1:02:20	2	57:42	1	2:00:02
2	2871	Paulo Faustino	68	[094] CPOC	1:01:39	1	1:09:09	2	2:10:48
3	90242	Luciano Matos	57	[1564] Individual POR	1:14:41	3	1:43:24	8	2:58:05
4	6044	Dora Ferreirinha	82	[166] ADM Ori-Mondego	1:50:30	6	1:46:05	9	3:36:35
5	90047	Carlos Gameiro	68	[094] CPOC	1:37:29	5	1:59:43	10	3:37:12
	90144	Isabel Baena	84	[11706] Califas Orientaci	dnf		mp		
	90145	Miguel Cano	74	[11706] Califas Orientaci	2:29:27	8	mp		
	90250	Ricardo Sá		Clube 4 Run	mp		dns		
	90142	Francisco Cano	86	[11706] Califas Orientaci	2:29:19	7	mp		

PI	tno	Name	B	Club	S1	S2	Time		
PROM4 - Difícil Longo (26) (cont.)									
	90054	Rui Henriques	66	[11654] ADRAA Avis		1:22:44	6		
	90185	Jorge Rocha	77	[11654] ADRAA Avis		1:21:21	4		
	1018	Isilda Santos		[1564] Individual POR		2:31:59	11		
	1126	Teresa Marques		[1564] Individual POR		mp			
	90243	José Leote		[022] CLAC	1:23:38	4			
	6582	Suzana Paula Gom Lampreia	76	[003] CIMO		1:30:49	7		
	90132	Clarinda Nobre	58	[1564] Individual POR		2:47:04	12		
	90154	António Correia	73	[11654] ADRAA Avis		1:20:35	3		
	90056	Gonçalo Antunes	93	[11609] PNM		1:22:24	5		
	90002	Joaquim Pereira	58	[1564] Individual POR	dns	dns			
	6644	Rafael Ferreira	04	[022] CLAC	dns	dns			
	3638	Nuno José Almeida	77	[128] COALA		dns			
	90062	Miguel Cano	01	[1851] Individual ESP	dns	dns			
	90061	Javier Barja	78	[2234] CODAN Extremad	dns				
	90133	Octavio Patricio	50	[1564] Individual POR		dns			
	90180	Serafim Joaquim Sousa	66	[11714] CAL		dns			
	90179	Pedro Nuno Casás Sousa	93	[11714] CAL		dns			
H10 (10)									
1	5436	Manuel Henrique Raposo	11	[128] COALA	21:25	4	15:13	1	36:38
2	6100	Rodrigo Rusga	09	[133] GDU Azoia	13:51	1	23:45	5	37:36
3	6590	Miguel Canana	09	[133] GDU Azoia	15:24	2	24:23	6	39:47
4	6343	António Oliveira	09	[070] COC	18:58	3	23:12	4	42:10
5	6546	Santiago Soares	09	[037] GD Luz Verde	27:37	6	17:06	2	44:43
6	6539	André Ferreira	10	[070] COC	26:14	5	25:35	7	51:49
7	90181	Rodrigo Quinta-Nova	13	[090] ADFA	37:57	7	20:51	3	58:48
8	6526	David Ramos		[107] CAOS	43:14	8	25:52	8	1:09:06
9	6531	Miguel Machado	16	[166] ADM Ori-Mondego	48:37	9	33:47	9	1:22:24
	90060	Lucas Barja	10	[2234] CODAN Extremad	mp				
D10 (16)									
1	90040	Daniela Molina	10	[2188] ADOL	18:08	1	15:22	2	33:30
2	6550	Matilde Nazário	10	[007] Ori-Estarreja	22:20	2	12:33	1	34:53
3	6000	Benedita	13	[007] Ori-Estarreja	22:34	3	15:24	3	37:58
4	90112	Mariana Mestre	12	[133] GDU Azoia	26:54	6	22:02	5	48:56
5	6551	Beatriz Nazário	14	[007] Ori-Estarreja	33:09	8	16:55	4	50:04
6	6520	Clara Lima	10	[070] COC	26:14	4	26:17	8	52:31
7	6498	Maria Oliveira	10	[070] COC	26:15	5	26:17	8	52:32
8	90161	Bárbara Santos	09	[4826] AEJoséBelchiorVi	29:54	7	29:21	10	59:15
9	6545	Chloé Santos	13	[107] CAOS	39:55	12	24:38	7	1:04:33
10	6552	Catarina Mendes	16	[166] ADM Ori-Mondego	41:39	13	33:46	12	1:15:25
11	6544	Sofia Santos	10	[107] CAOS	47:22	14	32:45	11	1:20:07
12	6538	Ivone Gomes	10	[070] COC	38:28	11	46:00	13	1:24:28
	90049	Margarida Velez	12	[11654] ADRAA Avis			23:45	6	
	5941	Inês Pedro	14	[107] CAOS	35:49	9			
	5333	Juliana Pedro	11	[107] CAOS	38:15	10			
	90167	Tatiana Gonçalves	09	[4826] AEJoséBelchiorVi	dns		dns		
H12 (7)									
1	6393	Miguel Ferreira	08	[070] COC	19:37	1	10:19	1	29:56
2	90165	Tomás Gomes	07	[4826] AEJoséBelchiorVi	24:51	3	17:01	2	41:52
3	90162	Diogo Pereira	07	[4826] AEJoséBelchiorVi	26:22	4	18:42	3	45:04
	90271	Rodrigo Barbas		[159] COAAL			19:33	4	

PI	tno	Name	B	Club	S1	S2	Time
H12 (7)		<i>(cont.)</i>					
	90272	Noémia Mesquita		[1564] Individual POR		mp	
	90226	Guilherme Cravo	07	[3152] ESPinhal Novo	20:25	2	
	6360	Rodrigo Barbas	08	[159] COAAL		dns	
D12 (14)							
1	90163	Laura Guerra	07	[4826] AEJoséBelchiorVi	22:18	1	13:52 2 36:10
2	90156	Joana Réves	07	[4826] AEJoséBelchiorVi	25:19	3	17:55 5 43:14
3	90155	Alice Guerreiro Rato	08	[4826] AEJoséBelchiorVi	27:14	4	20:28 7 47:42
4	6431	Sara Grácio	07	[070] COC	23:29	2	27:13 10 50:42
5	90164	Marta Penisga	08	[4826] AEJoséBelchiorVi	37:50	8	20:43 8 58:33
6	6369	Maria Nazaré	07	[070] COC	34:04	7	26:17 9 1:00:21
7	90178	Leonora Teixeira	08	[4826] AEJoséBelchiorVi	46:19	10	19:03 6 1:05:22
8	6387	Inês Gomes	07	[070] COC	43:56	9	28:53 11 1:12:49
9	90160	Ana Gutuleac	07	[4826] AEJoséBelchiorVi	57:06	11	16:37 3 1:13:43
10	90159	Eva Santos	07	[4826] AEJoséBelchiorVi	59:43	12	17:42 4 1:17:25
	6371	Matilde Batista	07	[070] COC	mp		11:30 1
	90172	Elena Gago	07	[2234] CODAN Extremad	29:53	5	
	90224	CAROLINA DOS SANTOS	07	[3152] ESPinhal Novo	32:46	6	
	90177	Laura Ferreira	08	[4826] AEJoséBelchiorVi	dns		dns
H14 (17)							
1	6414	Miguel Manso	05	[133] GDU Azoia	21:40	1	20:27 1 42:07
2	6203	João Ferreira	05	[007] Ori-Estarreja	25:00	3	27:14 5 52:14
3	6227	Tiago Gomes	05	[133] GDU Azoia	28:23	6	24:47 4 53:10
4	90192	Pablo Pereira	07	[2172] COMA	32:33	10	24:10 3 56:43
5	6316	Rafael Rocha	05	[037] GD Luz Verde	28:31	7	30:53 6 59:24
6	90123	Iván Pinto	06	[2188] ADOL	37:26	12	22:24 2 59:50
7	6585	Diogo Rocha	05	[085] A Montanha	30:21	9	31:39 7 1:02:00
8	6174	Duarte Reis	06	[085] A Montanha	27:58	5	35:35 8 1:03:33
9	5904	Miguel Dias	06	[094] CPOC	25:27	4	49:25 10 1:14:52
10	6521	André Cunha	06	[052] GD4C	39:36	14	41:34 9 1:21:10
11	6623	Tiago Oliveira	07	[094] CPOC	34:01	11	53:15 11 1:27:16
	6449	Rodrigo Fonseca	05	[007] Ori-Estarreja	46:14	nc	1:11:07 nc
	6503	Dinis Santo	07	[070] COC	28:56	8	dnf
	5899	Guilherme Clímaco	05	[133] GDU Azoia	21:51	2	mp
	90227	Rodrigo Parreira	06	[3152] ESPinhal Novo	39:17	13	
	90220	Dinis Guerreiro	06	[3152] ESPinhal Novo	mp		
	4222	João Pedro	07	[107] CAOS	43:02	15	
D14 (14)							
1	90011	Isabel Ramos	06	[2188] ADOL	27:32	1	24:35 2 52:07
2	6515	Joana Canana	06	[133] GDU Azoia	32:27	4	23:39 1 56:06
3	6480	Débora Oliveira	05	[102] .COM	30:38	3	29:45 4 1:00:23
4	5880	Alexandra Serra Campos	06	[102] .COM	34:36	7	28:49 3 1:03:25
5	6208	Patrícia Rosa	05	[070] COC	34:27	6	31:39 5 1:06:06
6	6492	Marta Maurício	05	[102] .COM	33:57	5	34:31 6 1:08:28
7	6325	Inês Laranjeira	06	[085] A Montanha	30:13	2	38:17 9 1:08:30
8	6522	Sofia Pulquério	06	[133] GDU Azoia	40:35	9	36:58 8 1:17:33
9	5784	Carolina Rusga	06	[133] GDU Azoia	44:40	10	35:40 7 1:20:20
10	6315	Diana Santos	06	[037] GD Luz Verde	1:06:22	11	1:02:56 10 2:09:18
	90171	Susana Réves	05	[4826] AEJoséBelchiorVi	50:15	nc	dns nc
	90168	Tamára Palma	05	[4826] AEJoséBelchiorVi	38:16	nc	42:05 nc
	90233	Iara Pó	05	[3152] ESPinhal Novo	40:17	8	
	6579	Antónia Brito	05	[085] A Montanha	dns		dns

Pl	tno	Name	B	Club	S1	S2	Time
H16 (17)							
1	6347	Miguel Sousa	04	[166] ADM Ori-Mondego	25:48	1	30:24 3 56:12
2	6377	Gabriel Vilaça	04	[102] .COM	29:44	3	33:42 4 1:03:26
3	6534	Tiago Silva	04	[102] .COM	29:07	2	36:32 8 1:05:39
4	6494	João Lencastre	04	[102] .COM	32:29	4	37:57 9 1:10:26
5	6349	Ricardo Quintas	04	[102] .COM	36:35	6	35:43 6 1:12:18
6	6285	Alexandre Soares	04	[022] CLAC	34:41	5	41:53 11 1:16:34
7	6197	Tiago Almeida Lopes	04	[094] CPOC	48:30	7	56:05 13 1:44:35
	90235	Miguel Alpedrinha	04	[3152] ESPinhal Novo	52:41	10	
	90236	Miguel Miranda	03	[3152] ESPinhal Novo	48:38	8	
	90231	Pedro Miranda	03	[3152] ESPinhal Novo	50:11	9	
	90232	Mykhailo Voichuk	04	[3152] ESPinhal Novo	54:11	11	
	26557	Rafael Salgueiro	04	[133] GDU Azoia			47:45 12
	26065	Diogo Neto	04	[056] Natura			35:48 7
	26207	Bernardo Rosa	03	[070] COC			28:54 1
	26401	João Rodrigues	03	[052] GD4C			29:14 2
	25794	Rafael Rusga	03	[133] GDU Azoia			41:48 10
	26270	Afonso Guimarães	03	[052] GD4C			34:10 5
D16 (7)							
1	6327	Beatriz Coelho	04	[033] Clube TAP	29:51	2	23:02 1 52:53
2	6413	Leonor Ferreira	06	[094] CPOC	28:52	1	24:36 2 53:28
3	5611	Inês Soares	04	[139] GDE	32:03	3	29:17 4 1:01:20
4	5779	Beatriz Parda	04	[159] COAAL	37:49	4	26:41 3 1:04:30
	90222	Anastacia Cristi Ryzhova	03	[3152] ESPinhal Novo	38:21	5	dns
	6584	Beatriz Barreto	04	[085] A Montanha	50:42	6	mp
	5905	Juliana Dias	04	[094] CPOC	1:22:27	7	dns
H18 (4)							
	25529	André Serra Campos	02	[102] .COM			43:54 3
	26491	Samuel Conde	02	[102] .COM			29:22 1
	26160	Artur Cunha	02	[085] A Montanha			59:29 4
	26334	Fábio Baptista	02	[085] A Montanha			35:26 2
H20 (2)							
	26173	José Dinis	00	[052] GD4C			56:07 1
	25437	Tiago Figueiredo	99	[007] Ori-Estarreja			dns
D20 (1)							
	5482	Tânia Pereira Olaio	00	[070] COC			52:31 1
HE (2)							
	24987	Daniel Catarino	96	[007] Ori-Estarreja			45:52 1
	2816	Jorge Fortunato	89	[007] Ori-Estarreja			47:04 2
H21A (18)							
1	5684	Francisco Neto Silva	89	[052] GD4C	43:28	2	47:12 4 1:30:40
2	5950	Fábio Pereira	88	[073] CMo Funchal	49:00	3	52:39 5 1:41:39
3	5698	Pedro Laia	77	[133] GDU Azoia	51:34	4	54:33 7 1:46:07
4	5421	Alexandre Santo	81	[166] ADM Ori-Mondego	55:42	6	53:45 6 1:49:27
5	5583	Pedro Rodrigues	82	[166] ADM Ori-Mondego	1:03:08	8	58:47 8 2:01:55
6	5925	Pedro Tiago Gomes	90	[159] COAAL	59:42	7	1:08:53 10 2:08:35

PI	tno	Name	B	Club	S1	S2	Time		
H21A (18)		<i>(cont.)</i>							
	26620	Gonçalo Daniel	91	[070] COC		1:10:15	11		
	90125	Julian Marco Diaz	83	[2234] CODAN Extremad	52:14	5			
	90124	Juan Pablo Bautista	87	[2234] CODAN Extremad	39:15	1			
	25980	Rafael Silva	87	[056] Natura		1:01:57	9		
	25504	Diogo Reis	98	[052] GD4C		45:58	2		
	23684	Rui Martins	89	[056] Natura		42:02	1		
	26272	Ricardo Lopes	89	[056] Natura		47:04	3		
	23633	Marco Martins	94	[022] CLAC		dns			
	24779	Daniel Cruz	98	[007] Ori-Estarreja		dns			
	2603	Ricardo Oliveira	91	[037] GD Luz Verde	dns	dns			
	5468	Eduardo Soares	81	[159] COAAL	dns	nc			
	26527	Vasco Vinhas	83	[052] GD4C		dns			
D21A (4)									
	5992	Marisa ferreira	81	[159] COAAL	dns	dns			
	5857	Diana Moreira	87	[168] CAB	dns				
	26446	Raquel Ferreira	80	[052] GD4C		dns			
	4606	Cristiana Cunha	87	[070] COC	dns	dns			
H21B (11)									
1	4298	Luís Gomes	76	[073] CMo Funchal	41:59	1	53:35	6	1:35:34
2	6403	Mário Moreira	77	[070] COC	49:54	2	54:39	7	1:44:33
3	6594	Ricardo Augusto	79	[056] Natura	1:07:26	3	41:36	3	1:49:02
4	5892	Rui Pedro Amaral	79	[070] COC	1:39:42	4	48:08	5	2:27:50
	4174	Patrício Lopes	76	[137] LCM	43:04	nc	53:15	nc	
	26445	António Pires	90	[052] GD4C			32:24	1	
	25063	Sandro Castro	72	[052] GD4C			41:56	4	
	24778	Tiago Mota	93	[007] Ori-Estarreja			33:54	2	
	6281	Paulo Pintassilgo	74	[159] COAAL	dns	nc	dns	nc	
	6541	Pedro Sena	86	[007] Ori-Estarreja			dns		
	6465	António Laia Jr.	70	[133] GDU Azoia	dns		dns		
D21B (9)									
1	2104	Sandra Mestre	84	[133] GDU Azoia	31:45	1	32:26	1	1:04:11
2	5824	Ângela Ayres	77	[107] CAOS	38:34	3	40:38	2	1:19:12
3	6516	M Jesus Leão	66	[133] GDU Azoia	37:44	2	50:51	4	1:28:35
4	6543	Laura Romo	88	[070] COC	49:10	4	53:09	5	1:42:19
5	6409	Cristina Torcato	93	[007] Ori-Estarreja	1:03:33	5	50:30	3	1:54:03
	90057	Catarina Teixeir Fernandes	94	[11609] PNM	1:38:28	6	dnf		
	6496	Olívia Sousa	79	[073] CMo Funchal	45:22	nc	40:29	nc	
	90273	Diogo Correia		[157] AFAP			54:36	6	
	90266	Rita Canha		[157] AFAP			54:44	7	
H35 (8)									
1	90014	Antonio Hernnandez	73	[5316] FrontelaO	36:44	1	44:13	2	1:20:57
	22333	Rui Marques	71	[133] GDU Azoia			48:58	4	
	25916	Artur Freitas	80	[166] ADM Ori-Mondego			54:08	5	
	90188	Tegaday Cordobes	82	[5316] FrontelaO	43:05	2			
	23593	Jose Pereira	78	[005] CP Armada			45:18	3	
	21708	Gonçalo Mota	81	[033] Clube TAP			41:38	1	
	22945	António Rodrigues	84	[094] CPOC			1:05:47	6	
	21516	Alberto Branco	75	[005] CP Armada			dns		

Pl	tno	Name	B	Club	S1	S2	Time		
H40 (14)									
1	2772	Jorge Santos	79	[107] CAOS	40:17	1	45:20	1	1:25:37
2	2588	José Domingos	76	[094] CPOC	42:01	3	48:06	2	1:30:07
3	5823	Cláudio Ramos	78	[107] CAOS	52:28	4	1:01:00	6	1:53:28
4	1325	Nuno Rebelo	79	[007] Ori-Estarreja	52:31	5	1:02:11	9	1:54:42
	5555	José Carlos Marques	78	[159] COAAL	51:48	nc	56:52	nc	
	5746	Luís Miguel Pires	77	[056] Natura	1:25:22	nc	1:35:49	nc	
	2562	Nuno Pedro	79	[107] CAOS	41:13	2			
	4565	Abilio Barbas	78	[159] COAAL			52:27	3	
	24685	José João Ferreira	74	[119] OriMarão			59:25	5	
	26537	Ivo Gomes	75	[070] COC			1:02:09	8	
	26399	Fernando Silva	74	[052] GD4C			1:06:57	10	
	26433	Nuno Grácio	78	[070] COC			1:01:09	7	
	21285	Duarte Lopes	70	[094] CPOC			56:10	4	
	22823	Rui Pisco	75	[114] COA			dns		
D40 (9)									
1	1346	Fátima Saraiva	77	[168] CAB	29:35	1	47:47	1	1:17:22
2	1005	Kátia Almeida	72	[094] CPOC	34:16	2	49:52	2	1:24:08
3	2936	Anabela Freitas	72	[085] A Montanha	37:58	3	55:53	3	1:33:51
4	4327	Sónia Saramago	73	[115] ATV	42:18	5	1:01:57	4	1:44:15
5	6406	Paula Goncalves	75	[052] GD4C	46:43	7	1:22:58	5	2:09:41
6	5307	Manuela Marques	72	[102] .COM	44:51	6	1:28:16	6	2:13:07
7	4954	Vanessa Jorge	75	[094] CPOC	48:44	8	1:30:59	7	2:19:43
8	3421	Susana Figueiredo	75	[094] CPOC	1:18:17	9	1:50:32	8	3:08:49
	2561	Ângela Pedro	79	[107] CAOS	40:55	4			
H45 (17)									
1	2092	António Olival	72	[062] CA Madeira	38:51	1	43:49	2	1:22:40
2	2654	Gilberto Andrade	71	[102] .COM	46:49	3	51:33	6	1:38:22
3	4328	Luís Miguel Martinho	70	[115] ATV	43:38	2	55:58	12	1:39:36
4	2188	Rui Morais	74	[007] Ori-Estarreja	52:48	6	47:13	4	1:40:01
5	4147	Sergio Contente	74	[114] COA	50:31	5	55:05	10	1:45:36
6	3727	Paulo Fernandes	72	[128] COALA	50:29	4	56:26	13	1:46:55
7	6263	Ricardo Silva	70	[007] Ori-Estarreja	1:00:03	9	51:45	7	1:51:48
8	1657	Luís Dias	70	[094] CPOC	53:22	7	59:48	14	1:53:10
9	6226	José Gomes	74	[133] GDU Azoia	59:15	8	55:34	11	1:54:49
	1967	Luís Bucha	70	[008] CP EPAL	mp		47:05	3	
	90122	José Martín Pinto	73	[2188] ADOL			43:39	1	
	24635	Sérgio Mónica	70	[128] COALA			53:46	9	
	22244	Cláudio Tereso	70	[115] ATV			1:10:46	16	
	25057	Humberto Esteves	71	[070] COC			52:39	8	
	26555	Ricardo Guimarães	71	[052] GD4C			mp		
	22999	António Batista	69	[115] ATV			1:00:34	15	
	23408	Nuno Pires	74	[007] Ori-Estarreja			48:38	5	
D45 (5)									
1	2849	Alexandra Coelho	68	[052] GD4C	39:43	1	36:21	1	1:16:04
2	90015	Nuria Calvo Segovia	71	[5316] FrontelaO	42:58	2	44:09	3	1:27:07
3	5056	Paula Ferreira	73	[070] COC	55:32	4	50:20	4	1:45:52
	5783	Catarina Félix	67	[133] GDU Azoia	mp		41:11	2	
	90173	Inmaculada Macías	68	[2234] CODAN Extremad	47:59	3			

PI	tno	Name	B	Club	S1	S2	Time		
H50 (16)									
1	1344	António Pina	66	[157] AFAP	44:03	3	47:59	4	1:32:02
2	6649	José Henriques	65	[094] CPOC	1:44:11	5	1:21:34	11	3:05:45
	6481	Rui Silva	68	[102] .COM	1:07:08	nc	1:15:43	nc	
	2960	Jorge Soares	65	[097] Clube Millennium B	1:30:05	4	dns		
	24045	Fernando Mendes	67	[133] GDU Azoia			50:53	5	
	90010	José Ángel Ramos	64	[2188] ADOL			40:03	1	
	90151	Carlos Trejo	69	[2234] CODAN Extremad	42:17	2			
	90174	José Gago	64	[2234] CODAN Extremad	39:58	1			
	90194	Paul Pereira	69	[2172] COMA			40:52	2	
	22667	João Martins	67	[022] CLAC			54:18	6	
	24287	António Cotovio	68	[070] COC			1:16:44	9	
	5515	Paulo Olaio	68	[070] COC			1:17:56	10	
	22533	Arménio Mendes	65	[094] CPOC			55:52	7	
	21937	Tozé Silva	66	[070] COC			45:37	3	
	22750	Leonel Vieito	66	[070] COC			1:02:56	8	
	21364	Helder Ferreira	69	[070] COC			dns		
D50 (3)									
1	90017	Marilo Lahoz	67	[1851] Individual ESP	34:45	1	36:00	1	1:10:45
2	6479	Fátima Emauz	68	[094] CPOC	1:00:36	2	1:17:50	2	2:18:26
3	3890	Claudia Figueiredo	66	[052] GD4C	1:11:58	3	1:40:18	3	2:52:16
H55 (22)									
1	90021	MASSON	61	[9536] CRCO BR3502	44:59	1	32:41	1	1:17:40
2	90147	Emílio Cano	62	[11706] Califas Orientaci	54:38	6	41:43	4	1:36:21
3	90016	Manuel Parrilla	64	[1851] Individual ESP	51:57	3	46:07	7	1:38:04
4	2592	João Alves	61	[052] GD4C	54:36	5	55:17	13	1:49:53
5	5354	Noel Cabeça	64	[133] GDU Azoia	54:02	4	56:25	14	1:50:27
6	90148	Bonifácio Távira	61	[11706] Califas Orientaci	50:50	2	1:04:01	15	1:54:51
7	3889	Rui Almeida	64	[157] AFAP	59:57	7	1:07:00	17	2:06:57
8	5248	José Vicente	61	[157] AFAP	1:07:34	8	1:14:12	20	2:21:46
9	5294	Amândio Gonçalves	63	[022] CLAC	1:20:48	9	1:09:54	19	2:30:42
10	4196	Carlos Jorge Silva	62	[062] CA Madeira	1:27:41	10	1:07:22	18	2:35:03
	90259	Manuel Lahoz		[1851] Individual ESP	55:35	nc	44:15	6	
	2130	Pedro Serralheiro	61	[070] COC	mp		49:39	11	
	26509	Jadir Pereira	64	[166] ADM Ori-Mondego			37:51	2	
	90265	José Leote		[022] CLAC			1:05:13	16	
	23850	Paulo Ferreira	61	[005] CP Armada			46:20	8	
	21758	Aniceto Soares	62	[022] CLAC			43:40	5	
	24783	Carlos Fortunato	62	[007] Ori-Estarreja			53:40	12	
	21907	Carlos Coelho	61	[094] CPOC			47:09	9	
	23098	António Graça	63	[005] CP Armada			41:42	3	
	24656	José Bolrão	64	[070] COC			49:23	10	
	2863	António Patrício	64	[1000] Individual POR Fe	dns		dns		
	22592	João Alves	61	[052] GD4C			dns		
D55 (5)									
1	90258	Rosário Matias		[1564] Individual POR	38:50	1	48:42	2	1:27:32
2	90150	Ruth Harriet Safwenberg	63	[11708] TMOK	50:49	2	49:10	3	1:39:59
3	5695	Luísa Gaboleiro	63	[133] GDU Azoia	57:49	3	48:40	1	1:46:29
4	4195	Susana Ines Silva	62	[062] CA Madeira	1:07:46	4	1:07:42	5	2:15:28
5	5293	Amália Goncalves	63	[022] CLAC	1:33:01	5	1:02:45	4	2:35:46

PI	tno	Name	B	Club	S1	S2	Time
H60 (16)							
1	1190	Carlos Ferreira	56	[168] CAB	42:30	1 42:42 2	1:25:12
2	1423	Jose Leite Rocha	59	[037] GD Luz Verde	45:40	2 41:40 1	1:27:20
3	2118	Manuel Domingues	57	[070] COC	45:57	3 45:14 4	1:31:11
4	1851	Escada da Costa	56	[128] COALA	1:03:34	5 48:51 7	1:52:25
5	4077	Custódio Pinto	56	[056] Natura	1:19:36	8 47:20 6	2:06:56
6	1479	Manuel Rocha	56	[037] GD Luz Verde	1:23:05	9 47:10 5	2:10:15
7	2810	José Serra	59	[103] ADADesnível	1:16:49	6 1:07:20 12	2:24:09
8	2452	Jorge Saraiva	57	[007] Ori-Estarreja	1:32:18	10 1:01:54 11	2:34:12
9	3865	Luís Pereira	58	[052] GD4C	1:18:58	7 1:29:05 13	2:48:03
10	3430	Dias Coelho	55	[033] Clube TAP	1:34:44	11 1:36:44 14	3:11:28
11	2364	António Amador	58	[073] CMo Funchal	1:39:19	12 1:38:42 15	3:18:01
	4229	António Bastos	58	[070] COC	55:25	4 mp	
	23888	Vitor Almeida	59	[005] CP Armada		56:42 10	
	23128	Manuel Martins	56	[005] CP Armada		53:10 9	
	21931	Carlos Monteiro	58	[070] COC		44:02 3	
	21391	António Matias	57	[022] CLAC		49:37 8	
D60 (4)							
1	90115	Elina Kukkasjärvi	57	[1835] Individual FIN	25:09	1 32:47 1	57:56
2	1640	Fernanda Ferreira	55	[168] CAB	48:07	2 54:33 2	1:42:40
3	2410	Margarida Rocha	55	[052] GD4C	51:21	3 55:11 3	1:46:32
	1393	Paula Joaquim	57	[022] CLAC	dns	dns	
H65 (8)							
1	3088	José Raposo	51	[128] COALA	37:17	1 31:09 2	1:08:26
2	1557	Acácio Porta Nova	53	[094] CPOC	41:32	3 32:40 3	1:14:12
3	1831	Jorge Santos	50	[128] COALA	38:48	2 38:11 5	1:16:59
4	90116	Tapio Kukkasjärvi	52	[1835] Individual FIN	43:51	4 37:34 4	1:21:25
5	1677	António Reyes	54	[128] COALA	49:04	5 45:12 6	1:34:16
6	2341	João Rodrigues	50	[056] Natura	1:21:02	7 1:40:58 7	3:02:00
	2053	Carlos Rabaça	54	[022] CLAC	1:07:12	6 mp	
	21905	Vítor Rodrigues	54	[094] CPOC		28:56 1	
D65 (5)							
1	5123	Cathy Dawson	53	[151] GafanhOri	27:02	1 35:21 1	1:02:23
2	1390	Maria São João	53	[022] CLAC	40:19	2 40:59 2	1:21:18
3	2379	Hermínia Tavares	53	[056] Natura	43:41	3 44:12 3	1:27:53
4	1556	Ana Carreira	51	[094] CPOC	58:42	5 50:21 4	1:49:03
	5686	Sinikka Ovaskainen	49	[151] GafanhOri	47:31	4 mp	
H70 (3)							
1	5124	Roy Dawson	48	[151] GafanhOri	28:56	1 31:14 1	1:00:10
2	1079	Joaquim Patrício	48	[035] CN Alvito	45:51	2 41:22 2	1:27:13
3	4440	Coelho dos Santos	46	[007] Ori-Estarreja	1:09:57	3 1:17:33 3	2:27:30
H75 (4)							
1	1576	Francisco Coelho	44	[033] Clube TAP	27:36	1 28:17 1	55:53
2	5687	Jorma Ovaskainen	42	[151] GafanhOri	29:39	2 30:32 2	1:00:11
3	1149	Armandino Cramez	42	[007] Ori-Estarreja	31:39	3 30:37 3	1:02:16
4	5958	António Laia	44	[133] GDU Azoia	44:35	4 48:07 4	1:32:42

PI	tno	Name	B	Club	S1	S2	Time
H80 (1)							
1	2121	José Grada	39	[007] Ori-Estarreja	37:40	1	40:11 1 1:17:51
Apuramento Mas A (66)							
5448		João Magalhães	98	[102] .COM	32:00	1	
5447		Leonardo Ramalho	99	[102] .COM	49:01	29	
5529		André Serra Campos	02	[102] .COM	56:07	41	
6048		Diogo Oliveira	01	[102] .COM	49:54	32	
2244		Cláudio Tereso	70	[115] ATV	1:11:05	54	
4685		José João Ferreira	74	[119] OriMarão	1:03:05	49	
6478		Luís Amorim	01	[102] .COM	46:26	23	
3167		Nuno Evangelista	80	[114] COA	34:42	3	
1874		Tiago Martins Aires	82	[073] CMo Funchal	35:36	nc	
6160		Artur Cunha	02	[085] A Montanha	dnf		
2377		Rui Botão	68	[070] COC	41:09	11	
1937		Tozé Silva	66	[070] COC	55:14	39	
2945		António Rodrigues	84	[094] CPOC	mp		
1907		Carlos Coelho	61	[094] CPOC	55:53	40	
6164		Rodrigo Lima	04	[085] A Montanha	47:35	26	
1873		António Aires	70	[094] CPOC	46:44	24	
4045		Fernando Mendes	67	[133] GDU Azoia	52:17	35	
90193		Paul Pereira	69	[2172] COMA	51:05	33	
90058		Antonio Guerrero	68	[2188] ADOL	40:24	10	
5916		Artur Freitas	80	[166] ADM Ori-Mondego	55:00	38	
6509		Jadir Pereira	64	[166] ADM Ori-Mondego	52:46	36	
90000		Josep Morlá	86	[6482] AROMON	36:23	6	
90001		Andreas GROTE	64	[11643] OLC SKOG	41:56	13	
90121		José Martín Pinto	73	[2188] ADOL	mp		
90229		Simão Cegonha	02	[3152] ESPinhal Novo	mp		
5737		Vasco Mendes	02	[133] GDU Azoia	34:02	2	
5598		Afonso Fernandes	01	[137] LCM	48:39	27	
5794		Rafael Rusga	03	[133] GDU Azoia	1:00:05	47	
2333		Rui Marques	71	[133] GDU Azoia	mp		
1298		Carlos Garcia	64	[157] AFAP	47:34	25	
5316		João Real	84	[159] COAAL	49:39	31	
2150		Xavier Vieira	69	[139] GDE	42:51	15	
1449		Manuel Dias	52	[151] GafanhOri	48:51	28	
2667		João Martins	67	[022] CLAC	51:56	34	
1708		Gonçalo Mota	81	[033] Clube TAP	58:50	46	
3408		Nuno Pires	74	[007] Ori-Estarreja	1:02:40	48	
1758		Aniceto Soares	62	[022] CLAC	1:04:07	51	
6270		Afonso Guimarães	03	[052] GD4C	58:07	45	
6445		António Pires	90	[052] GD4C	57:48	43	
6232		Jean-Charles Lalevee	60	[035] CN Alvito	41:42	12	
4101		Jorge Marques	73	[052] GD4C	49:04	30	
1202		Paulo Mosca	69	[005] CP Armada	44:20	19	
3888		Vitor Almeida	59	[005] CP Armada	1:17:08	56	
3593		Jose Pereira	78	[005] CP Armada	mp		
1084		Manuel Luís	63	[005] CP Armada	43:46	17	
4987		Daniel Catarino	96	[007] Ori-Estarreja	mp		
4779		Daniel Cruz	98	[007] Ori-Estarreja	57:34	42	
5488		André Henriques	00	[007] Ori-Estarreja	45:02	21	
1457		António Amador	68	[007] Ori-Estarreja	44:36	20	
5504		Diogo Reis	98	[052] GD4C	54:44	37	
2099		José Bernardo	68	[070] COC	44:16	18	
5295		João Bernardino	98	[070] COC	35:11	4	
6620		Gonçalo Daniel	91	[070] COC	dnf		
4656		José Bolrão	64	[070] COC	1:06:09	52	

PI	tno	Name	B	Club	S1	S2	Time
Apuramento Mas A (66)		<i>(cont.)</i>					
	1302	Rafael Lima	68	[070] COC	42:34	14	
	1132	Paulo Franco	81	[070] COC	35:57	5	
	6433	Nuno Grácio	78	[070] COC	1:13:40	55	
	4287	António Cotovio	68	[070] COC	1:06:25	53	
	4495	Tiago Gingão Leal	90	[052] GD4C	38:49	8	
	4016	Miguel Nobrega	89	[056] Natura	45:50	22	
	2969	Domingos Martins	89	[052] GD4C	42:56	16	
	6401	João Rodrigues	03	[052] GD4C	57:53	44	
	5299	André Roberto	02	[070] COC	40:04	9	
	3785	Nelson Baroca	80	[062] CA Madeira	37:40	7	
	5980	Rafael Silva	87	[056] Natura	1:04:04	50	
	1364	Helder Ferreira	69	[070] COC	dns		
Apuramento Fem A (31)							
	2022	Paula Serra Campos	68	[102] .COM	44:34	15	
	6209	Rita Fernandes	99	[102] .COM	47:51	20	
	5696	Ana Casaca	76	[133] GDU Azoia	46:34	18	
	6329	Maria Dias	99	[102] .COM	1:20:03	30	
	5659	Raquel Henriques	00	[094] CPOC	47:24	19	
	6488	Inês Augusto	02	[102] .COM	42:12	8	
	5745	Luísa Pinheiro	96	[102] .COM	42:22	9	
	4333	Sónia Silva	75	[139] GDE	44:12	14	
	90190	Marian Roldán	74	[2172] COMA	40:31	6	
	90003	Irene Guerrero	04	[2188] ADOL	37:13	2	
	90012	Isabel Serrano	68	[2188] ADOL	57:53	24	
	2174	Paula Rodrigues	67	[172] ACM Madeira	1:06:09	25	
	1006	Cristina Santos	68	[151] GafanhOri	53:47	22	
	1629	Emília Silveira	76	[159] COAAL	39:04	3	
	5499	Alice Moreira	82	[166] ADM Ori-Mondego	1:10:53	28	
	6447	Matilde Ribeiro	02	[094] CPOC	39:21	4	
	3157	Liliana Oliveira	90	[052] GD4C	44:07	13	
	6402	Nadine Silva	03	[052] GD4C	42:59	10	
	5280	Carmo Silva	67	[007] Ori-Estarreja	1:08:52	27	
	4112	Inês Pinto	92	[052] GD4C	32:20	1	
	5138	Joana Marques	98	[007] Ori-Estarreja	43:15	12	
	3134	Manuela Nogueira	69	[007] Ori-Estarreja	1:19:56	29	
	6456	Dulce Fernandes	01	[052] GD4C	46:23	17	
	2503	Susana Pontes	71	[070] COC	40:52	7	
	1301	Teresa Alves	69	[070] COC	1:07:24	26	
	6261	Sofia Inácio	92	[073] CMo Funchal	49:56	21	
	4909	Sara Roberto	99	[070] COC	57:10	23	
	5388	Susana Almeida	93	[056] Natura	43:01	11	
	2582	Anabela Vieito	67	[070] COC	44:34	15	
	3060	Patricia Casalinho	87	[070] COC	39:50	5	
	6446	Raquel Ferreira	80	[052] GD4C	dns		
Apuramento Fem B (32)							
	6482	Ana Silva	02	[102] .COM	56:34	22	
	6046	Ana Pacheco	03	[102] .COM	45:09	13	
	5850	Zélia Viana	83	[102] .COM	47:52	nc	
	6646	Beatriz Meireles	02	[102] .COM	42:57	9	
	5811	Ana Nunes	01	[094] CPOC	53:24	20	
	4142	Rita Rodrigues	93	[073] CMo Funchal	40:10	7	
	3156	Mariana Moreira	92	[094] CPOC	29:44	1	
	5533	Beatriz Sanguino	98	[094] CPOC	32:48	3	
	1524	Helena Lopes	58	[1000] Individual POR Fe	57:38	26	

PI	tno	Name	B	Club	S1	S2	Time
Apuramento Fem B (32)		<i>(cont.)</i>					
	5288	Stepanka Betkova	87	[166] ADM Ori-Mondego	33:34	4	
	90038	María Josefa Molina	75	[2188] ADOL	36:32	5	
	90043	Carmen Pedrero	71	[2188] ADOL	1:06:30	29	
	6439	Fátima Olival	99	[137] LCM	1:16:13	30	
	3467	Helena Sousa	67	[119] OriMarão	49:52	16	
	5663	Patricia Pardal	01	[159] COAAL	46:41	14	
	4730	Assunção Almeida	59	[151] GafanhOri	1:05:00	28	
	6400	Daniela Faria	03	[052] GD4C	57:09	24	
	5502	Cristiana Silva	97	[052] GD4C	57:37	25	
	6087	Carla Macedo	88	[056] Natura	1:17:18	31	
	5506	Verónica Fradique	97	[052] GD4C	50:24	18	
	1490	Cristina Nazário	83	[007] Ori-Estarreja	57:47	27	
	4587	Ana Margarida Vaz	76	[007] Ori-Estarreja	49:16	15	
	6457	Ana Viana	01	[052] GD4C	53:29	21	
	5879	Joana Catarino	02	[022] CLAC	41:19	8	
	3054	Inês Domingues	94	[070] COC	44:11	11	
	3975	Helena Lima	99	[070] COC	32:16	2	
	2129	Luísa Mateus	58	[070] COC	50:08	17	
	1952	Isabel Monteiro	58	[070] COC	51:25	19	
	3315	Adelindina Lopes	74	[070] COC	37:18	6	
	4693	Sofia Pinto	94	[056] Natura	45:05	12	
	5977	Catarina Castelão	85	[070] COC	43:58	10	
	5166	Beatriz Esteves	00	[070] COC	56:52	23	

Apuramento Mas B (69)

	1285	Duarte Lopes	70	[094] CPOC	55:23	43	
	4241	Luis Gonçalves	81	[094] CPOC	49:50	33	
	6287	Afonso Ferreira	04	[094] CPOC	51:06	35	
	2533	Arménio Mendes	65	[094] CPOC	1:07:35	58	
	5287	João Novo	97	[102] .COM	35:13	2	
	1532	José Fernandes	59	[102] .COM	43:31	16	
	1872	Nuno Ferreira	76	[094] CPOC	43:01	15	
	1905	Vítor Rodrigues	54	[094] CPOC	53:54	39	
	2750	Leonel Vieito	66	[070] COC	1:03:20	53	
	6542	Luís Viedma	87	[070] COC	47:31	27	
	6537	Ivo Gomes	75	[070] COC	1:15:13	60	
	1583	Jorge Oliveira	69	[070] COC	45:37	24	
	2818	Tiago Romão	89	[073] CMo Funchal	30:44	1	
	6334	Fábio Baptista	02	[085] A Montanha	51:53	37	
	3915	Nuno Ferreira	78	[070] COC	49:22	32	
	5074	Rodrigo Oliveira	02	[070] COC	35:14	3	
	6201	José Pedro Fernandes	01	[102] .COM	38:58	9	
	3943	Arnaldo Mendes	79	[166] ADM Ori-Mondego	38:50	8	
	1963	João Ferreira	89	[168] CAB	36:27	4	
	2398	Pedro Silva	93	[151] GafanhOri	38:15	6	
	5524	Manuel Real	77	[159] COAAL	45:02	22	
	90036	Juan José Durán	64	[2188] ADOL	45:57	25	
	90055	Gonçalo Antunes	93	[11609] PNM	1:04:30	55	
	90045	José Manuel Martínez	70	[2188] ADOL	45:22	23	
	90009	José Ángel Ramos	64	[2188] ADOL	51:43	36	
	5796	Bruno André	81	[119] OriMarão	48:29	29	
	4635	Sérgio Mónica	70	[128] COALA	59:43	47	
	6491	Samuel Conde	02	[102] .COM	53:56	40	
	2999	António Batista	69	[115] ATV	1:05:14	56	
	6557	Rafael Salgueiro	04	[133] GDU Azoia	dnf		
	5601	João Vieira	03	[139] GDE	44:46	21	
	6175	João Sousa	02	[133] GDU Azoia	46:30	26	

PI	tno	Name	B	Club	S1	S2	Time
Apuramento Mas B (69)		<i>(cont.)</i>					
	5896	Pedro Peralta	02	[133] GDU Azoia	50:07	34	
	5057	Humberto Esteves	71	[070] COC	1:00:40	50	
	1391	António Matias	57	[022] CLAC	58:08	44	
	4778	Tiago Mota	93	[007] Ori-Estarreja	1:01:58	52	
	5437	Tiago Figueiredo	99	[007] Ori-Estarreja	53:59	41	
	6053	Pedro Lagarto	03	[022] CLAC	40:19	10	
	3555	Filipe Dias	85	[052] GD4C	42:56	14	
	6399	Fernando Silva	74	[052] GD4C	59:24	46	
	6618	Alex Vincho	96	[052] GD4C	48:55	31	
	5510	Pedro Barbosa Silva	00	[007] Ori-Estarreja	42:15	13	
	6448	Bruno Moreiras	84	[005] CP Armada	44:42	20	
	3098	António Graça	63	[005] CP Armada	1:00:11	49	
	11152	José Rebola	67	[005] CP Armada	43:53	17	
	3128	Manuel Martins	56	[005] CP Armada	1:10:47	59	
	4783	Carlos Fortunato	62	[007] Ori-Estarreja	mp		
	1721	Bruno Nazário	80	[007] Ori-Estarreja	48:48	30	
	3850	Paulo Ferreira	61	[005] CP Armada	1:03:58	54	
	6173	José Dinis	00	[052] GD4C	1:00:05	48	
	3684	Rui Martins	89	[056] Natura	53:02	38	
	6207	Bernardo Rosa	03	[070] COC	1:01:38	51	
	6065	Diogo Neto	04	[056] Natura	58:19	45	
	6272	Ricardo Lopes	89	[056] Natura	54:33	42	
	2635	Edgar Domingues	88	[070] COC	48:12	28	
	2668	Gildo Silva	85	[070] COC	38:44	7	
	2547	André Ramos	86	[070] COC	40:58	11	
	1931	Carlos Monteiro	58	[070] COC	1:05:41	57	
	3602	Luis Barreiro	82	[054] NADA	44:40	19	
	6555	Ricardo Guimarães	71	[052] GD4C	1:18:57	61	
	6210	Pedro Viana	03	[052] GD4C	44:18	18	
	1811	Luis Leite	76	[052] GD4C	38:14	5	
	5063	Sandro Castro	72	[052] GD4C	1:24:56	62	
	2593	Vítor Delgado	67	[052] GD4C	41:11	12	
	1516	Alberto Branco	75	[005] CP Armada	dns		
	90189	Xoel Chamorro	87	[6482] AROMON	dns		
	3633	Marco Martins	94	[022] CLAC	dns		
	2823	Rui Pisco	75	[114] COA	dns		
	6527	Vasco Vinhas	83	[052] GD4C	dns		

Final Masculina (71)

	26478	Luís Amorim	01	[102] .COM		55:16	51
	23167	Nuno Evangelista	80	[114] COA		40:10	8
	26201	José Pedro Fernandes	01	[102] .COM		40:26	9
	25447	Leonardo Ramalho	99	[102] .COM		58:16	54
	22831	Daniel Raposo	80	[128] COALA		1:09:17	63
	26175	João Sousa	02	[133] GDU Azoia		1:20:36	64
	25796	Bruno André	81	[119] OriMarão		54:41	50
	2831	Daniel Raposo	80	[128] COALA	51:53	1	
	21532	José Fernandes	59	[102] .COM		54:23	49
	21873	António Aires	70	[094] CPOC		50:52	42
	24241	Luis Gonçalves	81	[094] CPOC		55:17	52
	26164	Rodrigo Lima	04	[085] A Montanha		47:52	30
	26287	Afonso Ferreira	04	[094] CPOC		1:00:31	59
	25448	João Magalhães	98	[102] .COM		38:12	4
	25287	João Novo	97	[102] .COM		41:02	11
	21872	Nuno Ferreira	76	[094] CPOC		47:38	28
	26048	Diogo Oliveira	01	[102] .COM		1:03:55	61
	25896	Pedro Peralta	02	[133] GDU Azoia		58:32	57

PI	tno	Name	B	Club	S1	S2	Time
Final Masculina (71)		<i>(cont.)</i>					
	90046	José Manuel Martínez	70	[2188] ADOL		dnf	nc
	90059	Antonio Guerrero	68	[2188] ADOL		45:46	nc
	23943	Arnaldo Mendes	79	[166] ADM Ori-Mondego		45:11	21
	21963	João Ferreira	89	[168] CAB		39:58	7
	90007	Josep Morlá	86	[6482] AROMON		39:18	6
	90050	Andreas GROTE	64	[11643] OLC SKOG		51:00	nc
	90037	Juan José Durán	64	[2188] ADOL		52:01	nc
	90230	Simão Cegonho	02	[3152] ESPinhal Novo		1:10:30	nc
	25524	Manuel Real	77	[159] COAAL		48:53	33
	25601	João Vieira	03	[139] GDE		47:49	29
	22150	Xavier Vieira	69	[139] GDE		50:58	43
	25737	Vasco Mendes	02	[133] GDU Azoia		35:57	3
	25598	Afonso Fernandes	01	[137] LCM		50:23	41
	21298	Carlos Garcia	64	[157] AFAP		1:01:41	60
	25316	João Real	84	[159] COAAL		52:47	47
	21449	Manuel Dias	52	[151] GafanhOri		59:18	58
	22398	Pedro Silva	93	[151] GafanhOri		40:29	10
	22818	Tiago Romão	89	[073] CMo Funchal		32:28	1
	26618	Alex Vincho	96	[052] GD4C		1:05:16	62
	22969	Domingos Martins	89	[052] GD4C		43:48	17
	26232	Jean-Charles Lalevee	60	[035] CN Alvito		49:07	35
	24101	Jorge Marques	73	[052] GD4C		49:24	38
	26210	Pedro Viana	03	[052] GD4C		58:18	55
	24495	Tiago Gingão Leal	90	[052] GD4C		34:49	2
	23555	Filipe Dias	85	[052] GD4C		45:35	23
	21811	Luis Leite	76	[052] GD4C		42:45	13
	26053	Pedro Lagarto	03	[022] CLAC		44:29	18
	21084	Manuel Luís	63	[005] CP Armada		50:04	40
	21202	Paulo Mosca	69	[005] CP Armada		47:23	27
	1152	José Rebola	67	[005] CP Armada		48:32	31
	26448	Bruno Moreiras	84	[005] CP Armada		53:56	48
	21721	Bruno Nazário	80	[007] Ori-Estarreja		48:32	31
	25510	Pedro Barbosa Silva	00	[007] Ori-Estarreja		46:41	26
	25488	André Henriques	00	[007] Ori-Estarreja		58:25	56
	21457	António Amador	68	[007] Ori-Estarreja		49:17	36
	22593	Vítor Delgado	67	[052] GD4C		45:06	20
	23915	Nuno Ferreira	78	[070] COC		52:11	46
	21132	Paulo Franco	81	[070] COC		44:50	19
	22099	José Bernardo	68	[070] COC		55:42	53
	26542	Luís Viedma	87	[070] COC		51:13	44
	22377	Rui Botão	68	[070] COC		43:20	15
	21874	Tiago Martins Aires	82	[073] CMo Funchal	nc	40:08	nc
	21302	Rafael Lima	68	[070] COC		49:19	37
	25074	Rodrigo Oliveira	02	[070] COC		41:54	12
	21583	Jorge Oliveira	69	[070] COC		51:25	45
	23785	Nelson Baroca	80	[062] CA Madeira		38:29	5
	22547	André Ramos	86	[070] COC		43:01	14
	23602	Luis Barreiro	82	[054] NADA		46:27	25
	24016	Miguel Nobrega	89	[056] Natura		48:53	33
	22668	Gildo Silva	85	[070] COC		43:37	16
	25295	João Bernardino	98	[070] COC		45:18	22
	25299	André Roberto	02	[070] COC		49:38	39
	22635	Edgar Domingues	88	[070] COC		46:00	24

PI	tno	Name	B	Club	S1	S2	Time
Final Feminina (61)							
	26329	Maria Dias	99	[102] .COM		1:41:39	59
	25745	Luísa Pinheiro	96	[102] .COM		49:28	14
	26488	Inês Augusto	02	[102] .COM		52:29	18
	22022	Paula Serra Campos	68	[102] .COM		52:59	20
	23467	Helena Sousa	67	[119] OriMarão		59:34	31
	25850	Zélia Viana	83	[102] .COM		1:11:36	48
	26209	Rita Fernandes	99	[102] .COM		55:15	23
	26646	Beatriz Meireles	02	[102] .COM		1:01:41	35
	25533	Beatriz Sanguino	98	[094] CPOC		37:06	2
	25811	Ana Nunes	01	[094] CPOC		1:04:26	40
	26261	Sofia Inácio	92	[073] CMo Funchal		57:38	28
	23156	Mariana Moreira	92	[094] CPOC		36:17	1
	26482	Ana Silva	02	[102] .COM		57:59	29
	25659	Raquel Henriques	00	[094] CPOC		1:02:08	37
	26447	Matilde Ribeiro	02	[094] CPOC		46:37	10
	90191	Marian Roldán	74	[2172] COMA		57:28	27
	21524	Helena Lopes	58	[1000] Individual POR Fe		1:18:06	52
	22174	Paula Rodrigues	67	[172] ACM Madeira		1:21:06	53
	90044	Carmen Pedrero	71	[2188] ADOL		1:09:44	45
	90269	María Josefa Molina		[2188] ADOL		44:54	7
	90268	Irene Guerrero		[2188] ADOL		41:09	6
	90013	Isabel Serrano	68	[2188] ADOL		1:26:42	55
	25499	Alice Moreira	82	[166] ADM Ori-Mondego		1:33:42	57
	24333	Sónia Silva	75	[139] GDE		52:41	19
	26439	Fátima Olival	99	[137] LCM		1:36:07	58
	25696	Ana Casaca	76	[133] GDU Azoia		1:10:28	46
	24730	Assunção Almeida	59	[151] GafanhOri		1:21:52	54
	25663	Patrícia Pardal	01	[159] COAAL		1:01:18	34
	21629	Emília Silveira	76	[159] COAAL		46:32	9
	21006	Cristina Santos	68	[151] GafanhOri		1:00:08	33
	24112	Inês Pinto	92	[052] GD4C		38:37	3
	26456	Dulce Fernandes	01	[052] GD4C		54:59	22
	26400	Daniela Faria	03	[052] GD4C		1:08:13	43
	23157	Liliana Oliveira	90	[052] GD4C		49:18	13
	26087	Carla Macedo	88	[056] Natura		1:17:57	51
	25506	Verónica Fradique	97	[052] GD4C		57:07	26
	26402	Nadine Silva	03	[052] GD4C		55:42	24
	25502	Cristiana Silva	97	[052] GD4C		1:16:08	50
	21490	Cristina Nazário	83	[007] Ori-Estarreja		1:03:27	39
	25280	Carmo Silva	67	[007] Ori-Estarreja		1:27:28	56
	24587	Ana Margarida Vaz	76	[007] Ori-Estarreja		1:03:00	38
	25138	Joana Marques	98	[007] Ori-Estarreja		49:11	12
	26457	Ana Viana	01	[052] GD4C		1:06:26	42
	25879	Joana Catarino	02	[022] CLAC		52:26	17
	23134	Manuela Nogueira	69	[007] Ori-Estarreja		1:09:16	44
	24693	Sofia Pinto	94	[056] Natura		59:40	32
	23060	Patrícia Casalinho	87	[070] COC		48:45	11
	22129	Luísa Mateus	58	[070] COC		1:14:23	49
	21952	Isabel Monteiro	58	[070] COC		1:02:02	36
	24909	Sara Roberto	99	[070] COC		58:48	30
	24142	Rita Rodrigues	93	[073] CMo Funchal		40:57	5
	21301	Teresa Alves	69	[070] COC		1:10:59	47
	22503	Susana Pontes	71	[070] COC		45:09	8
	22582	Anabela Vieito	67	[070] COC		dnf	
	25166	Beatriz Esteves	00	[070] COC		1:05:07	41
	25388	Susana Almeida	93	[056] Natura		55:48	25
	23315	Adelindina Lopes	74	[070] COC		49:38	15
	23054	Inês Domingues	94	[070] COC		53:12	21

Pl	tno	Name	B	Club	S1	S2	Time
Final Feminina (61)		<i>(cont.)</i>					
	23975	Helena Lima	99	[070] COC		38:48	4
	25977	Catarina Castelão	85	[070] COC		52:16	16
	26046	Ana Pacheco	03	[102] .COM		dns	