

Pl	Stno	Name	Time																
H21A (14)			22.1 km 410 m 17 C																
			<i>(cont.)</i>																
			1(170)	2(172)	3(160)	4(162)	5(156)	6(143)	7(146)	8(136)	9(135)	10(127)	11(125)	12(118)	13(124)	14(116)			
			15(110)	16(105)	17(200)	F													
11	3018	Luis Teves [035] CN Alvito	2:06:13	16:46	29:04	48:13	59:26	1:02:38	1:06:51	1:11:05	1:16:01	1:25:42	1:34:51	1:41:31	1:51:45	1:55:44	1:59:01		
				16:46	12:18	19:09	11:13	3:12	4:13	4:14	4:56	9:41	9:09	6:40	10:14	3:59	3:17		
				2:02:55	2:04:43	2:05:44	2:06:13												
				3:54	1:48	1:01	0:29												
12	5415	João Diniz [114] COA	2:08:59	14:42	21:47	36:30	1:06:17	1:08:55	1:12:48	1:15:54	1:23:54	1:31:52	1:41:05	1:46:46	1:55:42	1:58:31	2:01:49		
				14:42	7:05	14:43	29:47	2:38	3:53	3:06	8:00	7:58	9:13	5:41	8:56	2:49	3:18		
				2:05:58	2:07:46	2:08:34	2:08:59												
				4:09	1:48	0:48	0:25												
13	2257	Nuno Soares [035] CN Alvito	2:18:54	17:29	26:19	43:58	53:46	57:26	1:02:03	1:07:01	1:18:10	1:35:59	1:46:55	1:50:46	2:02:45	2:05:57	2:09:36		
				17:29	8:50	17:39	9:48	3:40	4:37	4:58	11:09	17:49	10:56	3:51	11:59	3:12	3:39		
				2:14:26	2:17:07	2:18:21	2:18:54												
				4:50	2:41	1:14	0:33												
	5045	Miguel Couto [149] CRP	mp	16:13	----	42:35	51:33	55:17	58:59	1:02:52	1:07:14	1:15:09	1:23:11	1:27:44	1:37:03	1:39:27	1:42:05		
				16:13		26:22	8:58	3:44	3:42	3:53	4:22	7:55	8:02	4:33	9:19	2:24	2:38		
				1:45:08	1:46:44	1:47:50	1:48:14												
				3:03	1:36	1:06	0:24												
																	*169		
D21A (2)			16.3 km 310 m 14 C																
			1(171)	2(166)	3(165)	4(162)	5(156)	6(143)	7(146)	8(136)	9(131)	10(121)	11(118)	12(115)	13(110)	14(200)			
			F																
1	5408	Margarida Guerra [149] CRP	1:24:55	7:00	14:24	26:28	29:27	32:36	37:26	41:50	46:25	50:22	59:45	1:04:44	1:10:18	1:23:03	1:24:19		
				7:00	7:24	12:04	2:59	3:09	4:50	4:24	4:35	3:57	9:23	4:59	5:34	12:45	1:16		
				1:24:55															
				0:36															
2	4901	Carla Amorim [127] Ginásio	2:07:21	12:08	20:22	34:55	38:53	43:35	49:08	54:10	1:17:45	1:25:22	1:37:14	1:45:48	2:00:52	2:05:14	2:06:45		
				12:08	8:14	14:33	3:58	4:42	5:33	5:02	23:35	7:37	11:52	8:34	15:04	4:22	1:31		
				2:07:21															
				0:36															
H21B (4)			16.3 km 310 m 14 C																
			1(171)	2(166)	3(165)	4(162)	5(156)	6(143)	7(146)	8(136)	9(131)	10(121)	11(118)	12(115)	13(110)	14(200)			
			F																
1	3437	Carlos Lobo [128] COALA	1:21:56	7:48	16:34	29:51	32:17	35:57	40:34	45:06	50:00	54:29	1:04:20	1:09:59	1:15:35	1:19:56	----		
				7:48	8:46	13:17	2:26	3:40	4:37	4:32	4:54	4:29	9:51	5:39	5:36	4:21			
				1:21:56															
				2:00															
						*155													
2	3277	Fernando Miranda [094] CPOC	1:23:20	8:26	16:22	28:24	31:26	34:46	39:36	44:22	49:32	53:24	1:03:37	1:10:21	1:16:11	1:20:56	1:22:52		
				8:26	7:56	12:02	3:02	3:20	4:50	4:46	5:10	3:52	10:13	6:44	5:50	4:45	1:56		
				1:23:20															
				0:28															
3	5314	Carlos M T Teixeira [033] Clube TAP	1:31:03	9:26	18:26	30:45	33:39	37:52	43:54	49:19	54:40	59:00	1:09:30	1:15:52	1:22:04	1:28:12	1:30:08		
				9:26	9:00	12:19	2:54	4:13	6:02	5:25	5:21	4:20	10:30	6:22	6:12	6:08	1:56		
				1:31:03															
				0:55															
4	5461	Pedro Alves [007] Ori-Estarreja	1:42:02	9:00	18:49	36:12	39:57	43:42	51:24	1:02:13	1:08:05	1:12:19	1:21:46	1:27:57	1:34:48	1:39:30	1:41:34		
				9:00	9:49	17:23	3:45	3:45	7:42	10:49	5:52	4:14	9:27	6:11	6:51	4:42	2:04		
				1:42:02															
				0:28															
H35 (10)			26.0 km 430 m 21 C																
			1(170)	2(169)	3(173)	4(106)	5(160)	6(164)	7(161)	8(156)	9(143)	10(144)	11(136)	12(149)	13(148)	14(127)			
			15(125)	16(118)	17(124)	18(116)	19(110)	20(105)	21(200)	F									
1	4584	Fernando Henrique [133] GDU Azoia	1:29:06	10:46	13:58	16:49	20:25	34:30	40:24	43:10	44:42	48:03	51:00	55:10	58:33	1:00:22	1:08:44		
				10:46	3:12	2:51	3:36	14:05	5:54	2:46	1:32	3:21	2:57	4:10	3:23	1:49	8:22		
				1:11:08	1:17:53	1:20:34	1:23:10	1:26:20	1:28:05	1:28:48	1:29:06								
				2:24	6:45	2:41	2:36	3:10	1:45	0:43	0:18								

Pl	Stno	Name	Time																		
H35 (10)				26.0 km 430 m 21 C				<i>(cont.)</i>													
				1(170)	2(169)	3(173)	4(106)	5(160)	6(164)	7(161)	8(156)	9(143)	10(144)	11(136)	12(149)	13(148)	14(127)				
				15(125)	16(118)	17(124)	18(116)	19(110)	20(105)	21(200)	F										
2	3869	Luis Monteiro [070] COC	1:38:08	14:16	17:41	20:55	24:54	42:24	48:57	51:11	52:52	56:21	59:25	1:02:37	1:06:47	1:08:43	1:17:47				
				14:16	3:25	3:14	3:59	17:30	6:33	2:14	1:41	3:29	3:04	3:12	4:10	1:56	9:04				
				1:20:09	1:27:38	1:29:38	1:32:07	1:35:13	1:37:01	1:37:51	1:38:08										
				2:22	7:29	2:00	2:29	3:06	1:48	0:50	0:17										
3	4154	Paulo Coelho [134] CMG	1:46:56	12:00	15:23	18:40	22:49	45:14	52:53	55:25	57:12	1:00:40	1:03:59	1:07:47	1:12:47	1:15:00	1:24:45				
				12:00	3:23	3:17	4:09	22:25	7:39	2:32	1:47	3:28	3:19	3:48	5:00	2:13	9:45				
				1:27:41	1:35:18	1:37:36	1:40:02	1:43:48	1:45:44	1:46:36	1:46:56										
				2:56	7:37	2:18	2:26	3:46	1:56	0:52	0:20										
4	1810	Octávio Andrade [102] .COM	1:56:18	16:36	20:47	24:48	29:07	48:59	56:15	1:00:02	1:02:04	1:06:24	1:10:00	1:14:48	1:18:35	1:20:52	1:31:51				
				16:36	4:11	4:01	4:19	19:52	7:16	3:47	2:02	4:20	3:36	4:48	3:47	2:17	10:59				
				1:35:36	1:43:58	1:46:24	1:49:21	1:53:02	1:54:56	1:55:51	1:56:18										
				3:45	8:22	2:26	2:57	3:41	1:54	0:55	0:27										
5	4147	Sergio Contente [114] COA	1:58:55	13:05	17:02	21:14	26:44	47:36	55:43	1:01:01	1:02:53	1:06:46	1:10:01	1:14:37	1:19:24	1:21:56	1:32:23				
				13:05	3:57	4:12	5:30	20:52	8:07	5:18	1:52	3:53	3:15	4:36	4:47	2:32	10:27				
				1:35:55	1:44:28	1:47:15	1:50:16	1:54:56	1:57:22	1:58:25	1:58:55										
				3:32	8:33	2:47	3:01	4:40	2:26	1:03	0:30										
6	4250	Marco Palhinha [125] Casa Povo Abru	1:59:15	13:45	24:07	27:41	31:47	50:21	57:20	1:00:18	1:03:05	1:09:38	1:13:16	1:16:44	1:21:01	1:23:21	1:34:09				
				13:45	10:22	3:34	4:06	18:34	6:59	2:58	2:47	6:33	3:38	3:28	4:17	2:20	10:48				
				1:38:26	1:46:54	1:49:29	1:52:15	1:55:58	1:57:51	1:58:52	1:59:15										
				4:17	8:28	2:35	2:46	3:43	1:53	1:01	0:23										
7	4391	Paulo Magalhães [085] A Montanha	2:04:36	14:41	20:10	24:32	28:32	48:47	56:13	59:11	1:01:19	1:05:17	1:09:11	1:13:46	1:17:41	1:20:20	1:37:13				
				14:41	5:29	4:22	4:00	20:15	7:26	2:58	2:08	3:58	3:54	4:35	3:55	2:39	16:53				
				1:42:52	1:51:43	1:54:46	1:57:25	2:00:48	2:02:50	2:04:17	2:04:36										
				5:39	8:51	3:03	2:39	3:23	2:02	1:27	0:19										
8	2563	Daniel Branco [003] CIMO/Ciclonatur	2:08:19	15:20	20:20	25:10	30:02	54:34	1:02:37	1:05:58	1:08:01	1:12:20	1:15:55	1:20:10	1:25:19	1:27:52	1:39:29				
				15:20	5:00	4:50	4:52	24:32	8:03	3:21	2:03	4:19	3:35	4:15	5:09	2:33	11:37				
				1:42:51	1:52:53	1:55:42	1:58:59	2:03:18	2:06:30	2:07:53	2:08:19										
				3:22	10:02	2:49	3:17	4:19	3:12	1:23	0:26										
9	5046	Luis Gerardo [149] CRP	2:09:00	15:13	19:31	23:37	27:46	49:04	57:21	1:00:18	1:02:39	1:07:14	1:11:05	1:16:30	1:21:16	1:24:41	1:38:50				
				15:13	4:18	4:06	4:09	21:18	8:17	2:57	2:21	4:35	3:51	5:25	4:46	3:25	14:09				
				1:42:10	1:54:13	1:56:56	2:02:41	2:06:00	2:07:25	2:08:26	2:09:00										
				3:20	12:03	2:43	5:45	3:19	1:25	1:01	0:34										
10	3880	Nuno Neves [070] COC	2:30:19	15:27	32:33	37:35	43:18	1:07:03	1:14:23	1:18:03	1:20:46	1:24:40	1:28:14	1:35:31	1:41:14	1:50:39	2:01:41				
				15:27	17:06	5:02	5:43	23:45	7:20	3:40	2:43	3:54	3:34	7:17	5:43	9:25	11:02				
				2:06:00	2:14:49	2:17:54	2:21:14	2:26:17	2:28:26	2:29:50	2:30:19										
				4:19	8:49	3:05	3:20	5:03	2:09	1:24	0:29										
D35 (6)				18.2 km 310 m 16 C																	
				1(171)	2(166)	3(165)	4(162)	5(156)	6(151)	7(140)	8(136)	9(131)	10(126)	11(118)	12(124)	13(116)	14(110)				
				15(105)	16(200)	F															
1	3748	Rita Gomes [105] BTTLoulé/BPI	1:17:40	7:25	14:57	26:27	29:25	32:28	35:22	41:03	43:31	46:49	53:01	1:03:40	1:06:31	1:09:33	1:13:10				
				7:25	7:32	11:30	2:58	3:03	2:54	5:41	2:28	3:18	6:12	10:39	2:51	3:02	3:37				
				1:15:21	1:17:10	1:17:40															
				2:11	1:49	0:30															
2	3870	Claudia Garcia Montei [070] COC	1:26:19	7:59	15:41	28:28	32:49	36:42	40:02	44:43	47:10	50:48	56:27	1:09:21	1:12:26	1:15:40	1:20:10				
				7:59	7:42	12:47	4:21	3:53	3:20	4:41	2:27	3:38	5:39	12:54	3:05	3:14	4:30				
				1:24:34	1:25:46	1:26:19															
				4:24	1:12	0:33															
3	4392	Noémia Magalhães [085] A Montanha	1:28:33	7:52	15:51	30:38	35:10	39:05	42:09	52:39	55:05	58:52	1:04:00	1:14:38	1:17:41	1:20:58	1:25:26				
				7:52	7:59	14:47	4:32	3:55	3:04	10:30	2:26	3:47	5:08	10:38	3:03	3:17	4:28				
				1:27:02	1:28:07	1:28:33															
				1:36	1:05	0:26															
4	2491	Fernanda Moedas [094] CPOC	1:30:51	9:29	17:21	30:03	33:34	37:11	41:08	46:54	49:05	54:24	1:01:20	1:14:28	1:17:37	1:22:25	1:27:07				
				9:29	7:52	12:42	3:31	3:37	3:57	5:46	2:11	5:19	6:56	13:08	3:09	4:48	4:42				
				1:29:10	1:30:20	1:30:51															
				2:03	1:10	0:31															

Pl	Stno	Name	Time														
D35 (6)			18.2 km 310 m 16 C														
			<i>(cont.)</i>														
			1(171)	2(166)	3(165)	4(162)	5(156)	6(151)	7(140)	8(136)	9(131)	10(126)	11(118)	12(124)	13(116)	14(110)	
			15(105)	16(200)	F												
5	4327	Sónia Saramago [115] ATV	1:37:45	8:14	16:46	35:57	38:58	43:18	46:26	53:01	55:35	1:00:21	1:07:46	1:21:15	1:24:25	1:28:59	1:33:30
				8:14	8:32	19:11	3:01	4:20	3:08	6:35	2:34	4:46	7:25	13:29	3:10	4:34	4:31
				1:35:57	1:37:09	1:37:45		30:42									
				2:27	1:12	0:36		*162									
6	5409	Margarida Correia [105] BTTLoulé/BPI	2:04:54	9:30	17:34	30:21	39:40	45:48	49:11	1:05:51	1:08:34	1:16:00	1:24:33	1:37:42	1:40:55	1:44:05	1:59:29
				9:30	8:04	12:47	9:19	6:08	3:23	16:40	2:43	7:26	8:33	13:09	3:13	3:10	15:24
				2:03:15	2:04:21	2:04:54											
				3:46	1:06	0:33											
H40 (9)			22.1 km 410 m 17 C														
			1(170)	2(172)	3(160)	4(162)	5(156)	6(143)	7(146)	8(136)	9(135)	10(127)	11(125)	12(118)	13(124)	14(116)	
			15(110)	16(105)	17(200)	F											
1	2094	Leandro Silva [1564] Individual POR	1:32:59	15:21	21:28	32:20	38:34	42:14	47:58	51:14	54:31	1:00:55	1:09:53	1:14:04	1:21:47	1:24:20	1:26:51
				15:21	6:07	10:52	6:14	3:40	5:44	3:16	3:17	6:24	8:58	4:11	7:43	2:33	2:31
				1:30:04	1:31:35	1:32:37	1:32:59										
				3:13	1:31	1:02	0:22										
2	5517	José Silva [085] A Montanha	1:34:09	12:41	19:00	30:35	37:08	40:50	45:00	48:40	52:41	59:18	1:07:40	1:11:51	1:19:49	1:22:25	1:25:31
				12:41	6:19	11:35	6:33	3:42	4:10	3:40	4:01	6:37	8:22	4:11	7:58	2:36	3:06
				1:30:40	1:32:33	1:33:46	1:34:09										
				5:09	1:53	1:13	0:23										
3	3431	Michael Memeteau [094] CPOC	1:45:20	13:45	21:44	36:05	43:39	46:38	51:11	56:26	1:02:11	1:11:03	1:19:17	1:22:48	1:32:23	1:35:22	1:38:52
				13:45	7:59	14:21	7:34	2:59	4:33	5:15	5:45	8:52	8:14	3:31	9:35	2:59	3:30
				1:42:12	1:43:57	1:44:47	1:45:20										
				3:20	1:45	0:50	0:33										
4	1873	António Aires [1000] Individual POR	1:47:47	15:51	26:20	41:07	49:31	53:08	57:14	1:01:30	1:05:55	1:14:08	1:23:15	1:26:07	1:35:14	1:37:43	1:41:03
				15:51	10:29	14:47	8:24	3:37	4:06	4:16	4:25	8:13	9:07	2:52	9:07	2:29	3:20
				1:44:48	1:46:08	1:47:17	1:47:47										
				3:45	1:20	1:09	0:30										
5	2787	Óscar Marques [070] COC	1:49:17	13:32	24:13	37:47	47:39	50:48	59:15	1:03:46	1:07:17	1:15:16	1:25:41	1:28:52	1:37:35	1:39:57	1:42:33
				13:32	10:41	13:34	9:52	3:09	8:27	4:31	3:31	7:59	10:25	3:11	8:43	2:22	2:36
				1:46:08	1:47:47	1:48:51	1:49:17										
				3:35	1:39	1:04	0:26										
6	4372	Norberto Marques [070] COC	1:54:38	15:43	24:26	40:55	49:33	52:44	56:54	1:00:42	1:04:41	1:14:01	1:24:06	1:28:15	1:40:03	1:42:48	1:45:58
				15:43	8:43	16:29	8:38	3:11	4:10	3:48	3:59	9:20	10:05	4:09	11:48	2:45	3:10
				1:50:25	1:53:05	1:54:06	1:54:38										
				4:27	2:40	1:01	0:32										
7	4725	Eduardo Costa [114] COA	1:57:52	15:13	26:03	40:25	52:12	55:52	59:46	1:04:44	1:08:55	1:17:55	1:26:52	1:30:58	1:41:05	1:44:10	1:50:02
				15:13	10:50	14:22	11:47	3:40	3:54	4:58	4:11	9:00	8:57	4:06	10:07	3:05	5:52
				1:54:23	1:55:47	1:57:15	1:57:52										
				4:21	1:24	1:28	0:37										
8	3323	Pedro Mota [125] Casa Povo Abru	2:20:58	18:31	32:17	56:23	1:05:16	1:08:53	1:13:25	1:17:46	1:23:35	1:35:08	1:48:49	1:53:07	2:03:50	2:07:01	2:12:50
				18:31	13:46	24:06	8:53	3:37	4:32	4:21	5:49	11:33	13:41	4:18	10:43	3:11	5:49
				2:17:19	2:19:12	2:20:29	2:20:58										
				4:29	1:53	1:17	0:29										
nc	2377	Rui Botão [094] CPOC	1:30:31	12:36	19:34	33:34	40:26	43:17	46:54	50:24	53:37	1:01:08	1:08:11	1:11:01	1:18:44	1:21:14	1:24:07
				12:36	6:58	14:00	6:52	2:51	3:37	3:30	3:13	7:31	7:03	2:50	7:43	2:30	2:53
				1:27:34	1:28:57	1:30:02	1:30:31										
				3:27	1:23	1:05	0:29										
H45 (11)			21.3 km 380 m 20 C														
			1(171)	2(166)	3(167)	4(165)	5(162)	6(156)	7(143)	8(146)	9(150)	10(147)	11(136)	12(131)	13(126)	14(118)	
			15(124)	16(116)	17(111)	18(110)	19(105)	20(200)	F								
1	2078	Inácio Serralheiro [035] CN Alvito	1:15:32	5:29	11:14	19:00	23:57	25:48	28:15	31:05	35:15	39:48	42:57	45:34	48:30	54:19	1:02:36
				5:29	5:45	7:46	4:57	1:51	2:27	2:50	4:10	4:33	3:09	2:37	2:56	5:49	8:17
				1:05:02	1:08:44	1:10:36	1:12:40	1:13:55	1:15:13	1:15:32							
				2:26	3:42	1:52	2:04	1:15	1:18	0:19							

Pl	Stno	Name	Time																	
H45 (11)			21.3 km 380 m 20 C				<i>(cont.)</i>													
			1(171)	2(166)	3(167)	4(165)	5(162)	6(156)	7(143)	8(146)	9(150)	10(147)	11(136)	12(131)	13(126)	14(118)				
			15(124)	16(116)	17(111)	18(110)	19(105)	20(200)	F											
2	2894	Jorge Silva [003] CIMO/Ciclonatur	1:28:10	6:42	14:11	21:17	27:23	29:24	32:49	37:22	41:15	46:21	49:21	53:29	57:24	1:02:32	1:13:30			
				6:42	7:29	7:06	6:06	2:01	3:25	4:33	3:53	5:06	3:00	4:08	3:55	5:08	10:58			
				1:16:25	1:19:47	1:22:30	1:25:12	1:26:32	1:27:34	1:28:10										
				2:55	3:22	2:43	2:42	1:20	1:02	0:36										
3	2789	Helder Faisca [105] BTTLoulé/BPI	1:29:26	6:37	13:40	24:41	30:19	33:00	36:10	40:11	44:59	49:39	52:44	56:40	1:00:00	1:04:45	1:15:03			
				6:37	7:03	11:01	5:38	2:41	3:10	4:01	4:48	4:40	3:05	3:56	3:20	4:45	10:18			
				1:17:46	1:20:35	1:23:42	1:26:22	1:27:46	1:29:05	1:29:26										
				2:43	2:49	3:07	2:40	1:24	1:19	0:21										
4	1843	António Rocha [003] CIMO/Ciclonatur	1:33:13	6:08	12:11	19:45	25:04	27:24	30:12	33:48	37:17	45:43	48:51	51:53	54:42	1:08:50	1:18:06			
				6:08	6:03	7:34	5:19	2:20	2:48	3:36	3:29	8:26	3:08	3:02	2:49	14:08	9:16			
				1:20:33	1:23:03	1:27:43	1:29:58	1:31:57	1:32:49	1:33:13										
				2:27	2:30	4:40	2:15	1:59	0:52	0:24										
5	1704	João Lavado [105] BTTLoulé/BPI	1:38:23	7:01	14:27	24:07	30:22	33:23	36:25	40:22	44:16	49:32	52:48	56:39	59:56	1:06:33	1:17:26			
				7:01	7:26	9:40	6:15	3:01	3:02	3:57	3:54	5:16	3:16	3:51	3:17	6:37	10:53			
				1:20:16	1:25:52	1:28:53	1:34:09	1:36:11	1:37:27	1:38:23										
				2:50	5:36	3:01	5:16	2:02	1:16	0:56										
6	2750	Leonel Vieito [070] COC	1:45:22	7:51	14:48	23:41	29:52	33:35	36:53	42:24	46:36	54:39	58:21	1:02:36	1:06:36	1:14:36	1:28:30			
				7:51	6:57	8:53	6:11	3:43	3:18	5:31	4:12	8:03	3:42	4:15	4:00	8:00	13:54			
				1:31:37	1:35:12	1:38:17	1:41:32	1:43:26	1:44:54	1:45:22										
				3:07	3:35	3:05	3:15	1:54	1:28	0:28										
7	3111	Tiago Fernandes [094] CPOC	1:46:26	9:11	17:55	28:00	35:15	38:32	42:14	47:42	52:41	58:14	1:02:09	1:06:36	1:10:41	1:17:14	1:29:34			
				9:11	8:44	10:05	7:15	3:17	3:42	5:28	4:59	5:33	3:55	4:27	4:05	6:33	12:20			
				1:32:46	1:36:30	1:40:03	1:42:59	1:44:46	1:45:54	1:46:26										
				3:12	3:44	3:33	2:56	1:47	1:08	0:32										
8	5186	Carlos Fernandes [035] CN Alvito	1:59:17	7:23	15:53	26:02	33:03	36:45	41:14	46:53	51:58	1:02:17	1:05:56	1:10:26	1:17:16	1:24:00	1:36:08			
				7:23	8:30	10:09	7:01	3:42	4:29	5:39	5:05	10:19	3:39	4:30	6:50	6:44	12:08			
				1:39:56	1:44:37	1:48:22	1:52:55	1:57:38	1:58:49	1:59:17										
				3:48	4:41	3:45	4:33	4:43	1:11	0:28										
9	1375	Jorge Elias [114] COA	2:00:41	8:16	16:21	25:36	32:49	36:51	41:02	45:43	50:15	55:36	59:37	1:04:47	1:08:51	1:16:25	1:30:35			
				8:16	8:05	9:15	7:13	4:02	4:11	4:41	4:32	5:21	4:01	5:10	4:04	7:34	14:10			
				1:34:07	1:38:32	1:42:52	1:47:03	1:58:50	1:59:58	2:00:41										
				3:32	4:25	4:20	4:11	11:47	1:08	0:43										
10	4537	Luis Patricio [094] CPOC	2:03:24	7:21	14:08	22:16	28:53	35:21	38:18	42:37	47:23	53:53	58:16	1:02:46	1:09:38	1:16:27	1:32:48			
				7:21	6:47	8:08	6:37	6:28	2:57	4:19	4:46	6:30	4:23	4:30	6:52	6:49	16:21			
				1:36:00	1:39:03	1:45:33	1:50:04	2:01:54	2:02:51	2:03:24										
				3:12	3:03	6:30	4:31	11:50	0:57	0:33										
	3422	Jorge Bastos [094] CPOC	mp	9:07	16:48	27:21	33:37	35:34	----	43:30	47:21	52:25	55:27	59:54	1:03:25	1:08:16	1:19:36			
				9:07	7:41	10:33	6:16	1:57	7:56	3:51	5:04	3:02	4:27	3:31	4:51	11:20				
				1:22:31	1:25:52	1:28:39	1:31:16	1:38:22	1:39:25	1:40:33										
				2:55	3:21	2:47	2:37	7:06	1:03	1:08										
D45 (4)			13.0 km 200 m 15 C																	
			1(112)	2(171)	3(166)	4(152)	5(154)	6(151)	7(143)	8(144)	9(138)	10(129)	11(120)	12(118)	13(115)	14(110)				
			15(200)	F																
1	2129	Luísa Mateus [070] COC	1:16:28	3:09	8:18	17:59	24:53	26:57	31:12	33:56	38:09	42:39	50:09	57:53	1:03:18	1:09:29	1:14:04			
				3:09	5:09	9:41	6:54	2:04	4:15	2:44	4:13	4:30	7:30	7:44	5:25	6:11	4:35			
				1:15:53	1:16:28															
				1:49	0:35															
2	4210	Isabel Maria Novo [035] CN Alvito	1:17:43	3:54	9:32	17:49	26:10	28:03	31:59	35:33	40:42	44:20	50:24	58:41	1:03:42	1:08:53	1:14:42			
				3:54	5:38	8:17	8:21	1:53	3:56	3:34	5:09	3:38	6:04	8:17	5:01	5:11	5:49			
				1:17:10	1:17:43															
				2:28	0:33															
3	4179	Margarida Gonçalves [035] CN Alvito	1:50:34	3:54	10:15	21:08	27:48	29:48	34:25	37:03	41:00	1:07:18	1:13:07	1:22:57	1:36:00	1:42:36	1:47:59			
				3:54	6:21	10:53	6:40	2:00	4:37	2:38	3:57	26:18	5:49	9:50	13:03	6:36	5:23			
				1:49:54	1:50:34															
				1:55	0:40															

