

Pl	Stno	Name	Time																	
D35 (6)			11.8 km 190 m 17 C				<i>(cont.)</i>													
			1(157)	2(145)	3(152)	4(154)	5(153)	6(143)	7(146)	8(139)	9(133)	10(120)	11(122)	12(108)	13(107)	14(104)				
			15(101)	16(103)	17(200)	F														
5	5409	Margarida Correia [105] BTTLoulé/BPI	58:56	2:51	5:23	9:29	11:00	14:27	16:19	22:55	25:33	29:07	38:21	41:29	49:30	50:43	51:18			
				2:51	2:32	4:06	1:31	3:27	1:52	6:36	2:38	3:34	9:14	3:08	8:01	1:13	0:35			
				54:14	56:06	58:26	58:56													
				2:56	1:52	2:20	0:30													
6	4327	Sónia Saramago [115] ATV	1:01:23	3:00	7:09	11:25	13:26	15:57	17:51	22:45	28:25	31:50	41:49	44:35	52:23	53:42	54:22			
				3:00	4:09	4:16	2:01	2:31	1:54	4:54	5:40	3:25	9:59	2:46	7:48	1:19	0:40			
				56:42	58:15	1:00:46	1:01:23													
				2:20	1:33	2:31	0:37													
H40 (8)			15.6 km 260 m 18 C																	
			1(157)	2(158)	3(152)	4(154)	5(151)	6(142)	7(134)	8(144)	9(147)	10(126)	11(121)	12(117)	13(108)	14(107)				
			15(104)	16(101)	17(103)	18(200)	F													
1	5517	José Silva [085] A Montanha	1:02:34	2:03	3:40	6:47	8:07	11:00	14:31	17:36	22:18	26:53	34:39	39:58	45:24	49:41	57:24			
				2:03	1:37	3:07	1:20	2:53	3:31	3:05	4:42	4:35	7:46	5:19	5:26	4:17	7:43			
				57:56	59:23	1:00:37	1:02:12	1:02:34												
				0:32	1:27	1:14	1:35	0:22	*104	*101	*103									
2	2787	Óscar Marques [070] COC	1:02:58	2:55	4:33	8:09	9:28	12:12	15:51	18:26	24:29	28:12	38:22	45:08	51:45	55:31	56:45			
				2:55	1:38	3:36	1:19	2:44	3:39	2:35	6:03	3:43	10:10	6:46	6:37	3:46	1:14			
				57:19	59:06	1:00:28	1:02:27	1:02:58												
				0:34	1:47	1:22	1:59	0:31												
3	3431	Michael Memeteau [094] CPOC	1:08:53	2:06	3:32	7:03	8:30	11:35	16:18	19:19	25:15	28:42	37:20	43:50	52:09	1:01:10	1:02:12			
				2:06	1:26	3:31	1:27	3:05	4:43	3:01	5:56	3:27	8:38	6:30	8:19	9:01	1:02			
				1:02:58	1:04:42	1:05:58	1:08:21	1:08:53												
				0:46	1:44	1:16	2:23	0:32												
4	4725	Eduardo Costa [114] COA	1:08:54	2:13	3:42	7:26	9:00	12:13	16:04	21:07	26:38	31:54	42:17	48:05	55:39	1:00:47	1:01:56			
				2:13	1:29	3:44	1:34	3:13	3:51	5:03	5:31	5:16	10:23	5:48	7:34	5:08	1:09			
				1:02:32	1:04:30	1:05:59	1:08:23	1:08:54												
				0:36	1:58	1:29	2:24	0:31												
5	4372	Norberto Marques [070] COC	1:11:51	2:34	4:15	8:27	10:09	12:57	16:59	20:27	27:35	31:53	41:58	49:37	57:27	1:04:24	1:05:38			
				2:34	1:41	4:12	1:42	2:48	4:02	3:28	7:08	4:18	10:05	7:39	7:50	6:57	1:14			
				1:06:14	1:07:56	1:09:23	1:11:15	1:11:51												
				0:36	1:42	1:27	1:52	0:36												
6	3323	Pedro Mota [125] Casa Povo Abrui	1:13:57	2:27	4:03	7:51	9:06	12:02	15:52	19:24	25:48	30:35	41:34	50:16	59:55	1:04:40	1:05:50			
				2:27	1:36	3:48	1:15	2:56	3:50	3:32	6:24	4:47	10:59	8:42	9:39	4:45	1:10			
				1:06:35	1:09:25	1:11:01	1:13:24	1:13:57												
				0:45	2:50	1:36	2:23	0:33												
1873		António Aires [1000] Individual POR	mp	2:38	4:19	9:21	10:56	13:38	-----	-----	16:11	19:56	28:16	34:33	41:37	45:41	46:40			
				2:38	1:41	5:02	1:35	2:42			2:33	3:45	8:20	6:17	7:04	4:04	0:59			
				47:16	49:00	50:25	52:40	53:10												
				0:36	1:44	1:25	2:15	0:30												
nc	2377	Rui Botão [094] CPOC	53:56	1:51	3:32	6:31	7:56	10:26	13:45	16:31	21:33	25:19	32:36	38:32	43:59	47:24	48:13			
				1:51	1:41	2:59	1:25	2:30	3:19	2:46	5:02	3:46	7:17	5:56	5:27	3:25	0:49			
				48:46	50:18	51:32	53:31	53:56												
				0:33	1:32	1:14	1:59	0:25												
H45 (11)			15.0 km 250 m 18 C																	
			1(157)	2(159)	3(154)	4(151)	5(142)	6(134)	7(144)	8(139)	9(133)	10(126)	11(121)	12(117)	13(108)	14(107)				
			15(104)	16(101)	17(103)	18(200)	F													
1	2078	Inácio Serralheiro [035] CN Alvito	50:42	1:37	4:20	7:31	9:47	13:22	16:17	20:58	22:31	24:58	29:03	34:32	39:58	43:39	45:14			
				1:37	2:43	3:11	2:16	3:35	2:55	4:41	1:33	2:27	4:05	5:29	5:26	3:41	1:35			
				45:42	47:23	48:29	50:24	50:42												
				0:28	1:41	1:06	1:55	0:18												
2	1843	António Rocha [003] CIMO/Ciclonatur	50:47	1:59	4:24	7:37	10:07	13:38	16:41	21:57	23:55	26:09	29:43	34:36	40:29	44:04	44:56			
				1:59	2:25	3:13	2:30	3:31	3:03	5:16	1:58	2:14	3:34	4:53	5:53	3:35	0:52			
				45:31	47:20	48:36	50:21	50:47												
				0:35	1:49	1:16	1:45	0:26												

Pl	Stno	Name	Time															
H45 (11)			15.0 km 250 m 18 C					<i>(cont.)</i>										
			1(157)	2(159)	3(154)	4(151)	5(142)	6(134)	7(144)	8(139)	9(133)	10(126)	11(121)	12(117)	13(108)	14(107)		
			15(104)	16(101)	17(103)	18(200)	F											
3	1704	João Lavado [105] BTTLoulé/BPI	57:39	2:43	5:03	9:03	11:48	15:54	19:17	24:46	26:38	29:08	33:29	39:21	46:03	50:13	51:18	
				2:43	2:20	4:00	2:45	4:06	3:23	5:29	1:52	2:30	4:21	5:52	6:42	4:10	1:05	
				51:56	53:37	55:07	57:16	57:39										
				0:38	1:41	1:30	2:09	0:23										
4	2789	Helder Faisca [105] BTTLoulé/BPI	1:03:24	2:00	4:09	7:29	10:10	14:37	18:42	24:59	26:29	29:17	38:43	44:20	51:22	55:17	56:29	
				2:00	2:09	3:20	2:41	4:27	4:05	6:17	1:30	2:48	9:26	5:37	7:02	3:55	1:12	
				57:21	59:28	1:01:00	1:03:01	1:03:24										
				0:52	2:07	1:32	2:01	0:23										
5	2894	Jorge Silva [003] CIMO/Ciclonatur	1:04:40	1:54	4:26	7:56	10:50	14:43	18:13	24:35	26:31	29:11	33:25	39:31	46:53	56:52	58:14	
				1:54	2:32	3:30	2:54	3:53	3:30	6:22	1:56	2:40	4:14	6:06	7:22	9:59	1:22	
				58:48	1:00:43	1:02:02	1:04:10	1:04:40										
				0:34	1:55	1:19	2:08	0:30										
6	2750	Leonel Vieito [070] COC	1:07:34	2:30	5:24	9:26	12:40	17:04	20:58	27:36	30:34	33:15	39:16	45:39	53:31	58:17	1:00:16	
				2:30	2:54	4:02	3:14	4:24	3:54	6:38	2:58	2:41	6:01	6:23	7:52	4:46	1:59	
				1:01:01	1:02:52	1:04:47	1:07:05	1:07:34										
				0:45	1:51	1:55	2:18	0:29										
7	5186	Carlos Fernandes [035] CN Alvito	1:14:25	2:09	7:07	11:11	14:16	20:23	23:19	30:46	33:16	36:19	44:02	50:40	1:00:28	1:05:40	1:06:57	
				2:09	4:58	4:04	3:05	6:07	2:56	7:27	2:30	3:03	7:43	6:38	9:48	5:12	1:17	
				1:07:37	1:09:46	1:11:28	1:13:49	1:14:25										
				0:40	2:09	1:42	2:21	0:36										
8	4537	Luis Patricio [094] CPOC	1:14:57	2:02	7:30	11:50	19:10	24:01	29:24	35:06	37:41	40:25	44:10	49:42	59:08	1:03:36	1:04:49	
				2:02	5:28	4:20	7:20	4:51	5:23	5:42	2:35	2:44	3:45	5:32	9:26	4:28	1:13	
				1:05:27	1:10:12	1:11:34	1:14:30	1:14:57										
				0:38	4:45	1:22	2:56	0:27										
9	3111	Tiago Fernandes [094] CPOC	1:15:39	3:34	7:04	11:45	15:16	20:15	23:53	32:58	35:08	38:34	43:39	51:28	1:00:09	1:04:55	1:06:10	
				3:34	3:30	4:41	3:31	4:59	3:38	9:05	2:10	3:26	5:05	7:49	8:41	4:46	1:15	
				1:06:55	1:10:58	1:12:41	1:15:11	1:15:39										
				0:45	4:03	1:43	2:30	0:28										
10	1375	Jorge Elias [114] COA	1:24:01	2:54	5:50	10:42	16:09	20:53	24:58	36:08	38:08	41:46	48:59	58:18	1:08:15	1:13:36	1:15:14	
				2:54	2:56	4:52	5:27	4:44	4:05	11:10	2:00	3:38	7:13	9:19	9:57	5:21	1:38	
				1:15:54	1:17:58	1:19:38	1:23:11	1:24:01										
				0:40	2:04	1:40	3:33	0:50										
	3422	Jorge Bastos [094] CPOC	mp	2:12	4:41	9:34	12:20	-----	-----	15:16	17:00	20:10	25:37	31:38	40:12	44:47	46:06	
				2:12	2:29	4:53	2:46											
				46:45	49:29	50:54	53:13	53:45										
				0:39	2:44	1:25	2:19	0:32										
D45 (4)			10.3 km 135 m 16 C															
			1(157)	2(159)	3(152)	4(154)	5(153)	6(141)	7(140)	8(137)	9(133)	10(125)	11(121)	12(108)	13(107)	14(104)		
			15(102)	16(200)	F													
1	4210	Isabel Maria Novo [035] CN Alvito	52:10	2:38	5:56	8:35	10:11	12:31	16:38	18:13	20:35	24:07	29:52	35:37	42:22	43:45	44:31	
				2:38	3:18	2:39	1:36	2:20	4:07	1:35	2:22	3:32	5:45	5:45	6:45	1:23	0:46	
				49:56	51:38	52:10												
				5:25	1:42	0:32												
2	2129	Luísa Mateus [070] COC	52:50	2:24	5:38	8:15	10:09	12:37	17:18	19:00	23:46	27:19	32:54	39:22	46:42	48:09	48:55	
				2:24	3:14	2:37	1:54	2:28	4:41	1:42	4:46	3:33	5:35	6:28	7:20	1:27	0:46	
				50:39	52:21	52:50												
				1:44	1:42	0:29												
3	4179	Margarida Gonçalves [035] CN Alvito	1:25:56	3:00	6:32	9:16	11:14	13:52	18:51	52:25	55:48	59:48	1:05:35	1:12:22	1:19:34	1:21:05	1:21:53	
				3:00	3:32	2:44	1:58	2:38	4:59	33:34	3:23	4:00	5:47	6:47	7:12	1:31	0:48	
				1:23:30	1:25:19	1:25:56												
				1:37	1:49	0:37												
4	1640	Fernanda Ferreira [015] DA Recardães	1:26:05	4:08	9:49	14:18	16:40	20:24	27:01	28:58	32:32	38:57	48:25	57:29	1:15:02	1:17:23	1:18:31	
				4:08	5:41	4:29	2:22	3:44	6:37	1:57	3:34	6:25	9:28	9:04	17:33	2:21	1:08	
				1:22:44	1:25:06	1:26:05												
				4:13	2:22	0:59												

Pl	Stno	Name	Time															
H50 (5)			12.9 km 205 m 16 C															
			1(158)	2(152)	3(154)	4(153)	5(143)	6(146)	7(139)	8(126)	9(121)	10(117)	11(108)	12(107)	13(104)	14(101)		
			15(103)	16(200)	F													
1	1577	Luís Sousa [033] Clube TAP	47:40	3:38	6:53	8:17	10:13	11:25	14:52	16:52	24:55	30:47	36:28	40:20	41:20	41:58	44:08	
				3:38	3:15	1:24	1:56	1:12	3:27	2:00	8:03	5:52	5:41	3:52	1:00	0:38	2:10	
				45:26	47:16	47:40												
				1:18	1:50	0:24												
2	3169	António Rebelo [105] BTTLoulé/BPI	51:29	3:26	7:00	8:18	10:05	11:26	14:41	17:44	23:41	29:19	36:53	40:19	41:13	41:55	48:18	
				3:26	3:34	1:18	1:47	1:21	3:15	3:03	5:57	5:38	7:34	3:26	0:54	0:42	6:23	
				49:27	51:06	51:29												
				1:09	1:39	0:23												
3	1471	Jose Pires [094] CPOC	53:19	3:46	7:08	8:44	10:41	12:44	16:29	18:31	25:59	32:03	39:51	44:22	45:34	46:26	49:03	
				3:46	3:22	1:36	1:57	2:03	3:45	2:02	7:28	6:04	7:48	4:31	1:12	0:52	2:37	
				50:36	52:53	53:19												
				1:33	2:17	0:26												
4	2788	Luís Limas [105] BTTLoulé/BPI	1:07:41	10:17	14:28	16:01	18:20	19:56	25:35	28:31	37:04	43:02	52:11	56:47	57:57	58:37	1:03:32	
				10:17	4:11	1:33	2:19	1:36	5:39	2:56	8:33	5:58	9:09	4:36	1:10	0:40	4:55	
				1:04:57	1:07:09	1:07:41												
				1:25	2:12	0:32												
1512	Manuel Santos [102] .COM	mp	6:07	9:44	11:23	-----	14:44	22:00	25:23	33:04	38:57	46:09	50:09	51:13	51:45	53:41		
				6:07	3:37	1:39	3:21	7:16	3:23	7:41	5:53	7:12	4:00	1:04	0:32	1:56		
				55:03	57:00	57:26												
				1:22	1:57	0:26												
H55 (5)			11.8 km 190 m 17 C															
			1(157)	2(145)	3(152)	4(154)	5(153)	6(143)	7(146)	8(139)	9(133)	10(120)	11(122)	12(108)	13(107)	14(104)		
			15(101)	16(103)	17(200)	F												
1	1903	Armando Santos [128] COALA	45:34	1:50	5:20	9:07	10:26	12:38	14:08	18:11	20:22	23:06	30:14	32:44	37:29	38:28	39:06	
				1:50	3:30	3:47	1:19	2:12	1:30	4:03	2:11	2:44	7:08	2:30	4:45	0:59	0:38	
				41:27	42:58	45:07	45:34											
				2:21	1:31	2:09	0:27											
2	1079	Joaquim Patrício [035] CN Alvito	46:43	2:22	5:29	9:22	10:54	13:00	14:35	18:31	21:28	24:39	31:58	33:59	38:35	39:34	40:17	
				2:22	3:07	3:53	1:32	2:06	1:35	3:56	2:57	3:11	7:19	2:01	4:36	0:59	0:43	
				42:38	44:12	46:14	46:43											
				2:21	1:34	2:02	0:29											
3	1190	Carlos Ferreira [015] DA Recardães	47:15	2:18	5:05	8:45	10:23	12:22	13:50	17:54	20:46	23:41	30:12	32:43	38:29	39:49	40:36	
				2:18	2:47	3:40	1:38	1:59	1:28	4:04	2:52	2:55	6:31	2:31	5:46	1:20	0:47	
				42:46	44:23	46:47	47:15											
				2:10	1:37	2:24	0:28											
4	4433	António Rosa [035] CN Alvito	48:03	1:57	4:04	7:31	8:59	11:09	12:42	18:45	21:25	24:16	30:42	34:35	40:04	41:13	41:51	
				1:57	2:07	3:27	1:28	2:10	1:33	6:03	2:40	2:51	6:26	3:53	5:29	1:09	0:38	
				43:52	45:24	47:34	48:03											
				2:01	1:32	2:10	0:29											
5	2201	Luciano Lucas [128] COALA	48:18	2:19	4:51	8:27	9:55	12:11	14:55	19:02	20:56	24:16	30:32	33:57	39:51	41:06	41:51	
				2:19	2:32	3:36	1:28	2:16	2:44	4:07	1:54	3:20	6:16	3:25	5:54	1:15	0:45	
				43:54	45:26	47:55	48:18											
				2:03	1:32	2:29	0:23											
Open Longo (4)			12.9 km 205 m 16 C															
			1(158)	2(152)	3(154)	4(153)	5(143)	6(146)	7(139)	8(126)	9(121)	10(117)	11(108)	12(107)	13(104)	14(101)		
			15(103)	16(200)	F													
1	30000	David Coelho [1564] Individual POR	53:21	3:02	6:11	7:23	12:01	13:10	20:55	22:21	32:24	37:19	42:40	46:41	47:37	48:19	49:58	
				3:02	3:09	1:12	4:38	1:09	7:45	1:26	10:03	4:55	5:21	4:01	0:56	0:42	1:39	
				51:16	53:00	53:21												
				1:18	1:44	0:21												
2	30003	Angelo Marques [105] BTTLoulé/BPI	55:02	5:27	8:55	10:19	12:53	14:24	18:25	20:44	28:25	34:02	40:06	45:17	46:33	47:34	50:30	
				5:27	3:28	1:24	2:34	1:31	4:01	2:19	7:41	5:37	6:04	5:11	1:16	1:01	2:56	
				52:38	54:40	55:02												
				2:08	2:02	0:22												

Pl	Stno	Name	Time														
Open Longo (4)			12.9 km 205 m 16 C											<i>(cont.)</i>			
			1(158)	2(152)	3(154)	4(153)	5(143)	6(146)	7(139)	8(126)	9(121)	10(117)	11(108)	12(107)	13(104)	14(101)	
			15(103)	16(200)	F												
3	90002	Rui Palma	58:57	3:48	7:25	8:51	12:54	14:05	17:49	21:38	28:34	35:36	44:31	49:06	50:23	51:12	53:44
		[1564] Individual POR		3:48	3:37	1:26	4:03	1:11	3:44	3:49	6:56	7:02	8:55	4:35	1:17	0:49	2:32
				55:23	58:32	58:57											
				1:39	3:09	0:25											
4	90001	Alexandre Correia	1:04:58	3:50	8:23	9:44	12:00	14:00	19:07	21:57	32:31	39:01	45:27	49:57	51:34	52:21	59:58
		[1564] Individual POR		3:50	4:33	1:21	2:16	2:00	5:07	2:50	10:34	6:30	6:26	4:30	1:37	0:47	7:37
				1:01:48	1:04:33	1:04:58											
				1:50	2:45	0:25											
Open Curto (2)			9.4 km 115 m 13 C														
			1(145)	2(152)	3(154)	4(153)	5(141)	6(133)	7(128)	8(121)	9(108)	10(107)	11(104)	12(102)	13(200)	F	
1	90007	Carla Cristina	1:14:27	5:23	12:02	14:00	18:04	28:24	34:51	46:02	53:09	1:01:05	1:03:28	1:05:07	1:07:57	1:13:57	1:14:27
		[035] CN Alvito		5:23	6:39	1:58	4:04	10:20	6:27	11:11	7:07	7:56	2:23	1:39	2:50	6:00	0:30
2	90008	Telmo Ferreira	1:48:19	7:19	11:59	14:35	19:33	27:22	33:26	1:12:57	1:20:25	1:34:58	1:37:11	1:38:37	1:45:28	1:47:43	1:48:19
		[149] CRP		7:19	4:40	2:36	4:58	7:49	6:04	39:31	7:28	14:33	2:13	1:26	6:51	2:15	0:36