

Pl	Stno	Name	YB Club										Pts	Time	Pty	Xtra	Score		
Open Curto (13)			20 C 150 Pts										3:00:00		(cont.)				
1	90028	Eugénio Sousa + Nair Almeida	[1564] Individual POR										100	47:27			100		
6	90019	João Carrolo	81 [1564] Individual POR										100	1:56:12			100		
			37(5)	48(10)	49(10)	51(10)	47(5)	43(5)	40(10)	41(10)	38(10)	34(10)	35(5)	32(5)	33(5)	Finish			
			8:57	17:58	34:48	40:59	1:03:50	1:10:28	1:15:35	1:20:08	1:23:59	1:28:50	1:34:59	1:40:16	1:48:53	1:56:12			
			8:57	9:01	16:50	6:11	22:51	6:38	5:07	4:33	3:51	4:51	6:09	5:17	8:37	7:19			
7	90017	Maria Antónia Pereira	54 [1564] Individual POR										100	1:58:00			100		
			37(5)	48(10)	49(10)	51(10)	47(5)	43(5)	40(10)	41(10)	38(10)	34(10)	35(5)	32(5)	33(5)	Finish			
			9:38	18:42	36:34	42:08	1:04:05	1:10:00	1:15:31	1:20:12	1:24:11	1:29:05	1:35:45	1:44:31	1:49:17	1:58:00			
			9:38	9:04	17:52	5:34	21:57	5:55	5:31	4:41	3:59	4:54	6:40	8:46	4:46	8:43			
	90026	Ricardo Vieira Santos	88 [1564] Individual POR										110	47:30			disq		
			31(5)	32(5)	33(5)	35(5)	34(10)	38(10)	40(10)	41(10)	45(10)	50(10)	43(5)	47(5)	42(5)	44(5)	48(10)	Finish	
			3:13	7:19	9:09	11:02	13:02	14:49	16:30	19:17	20:19	26:40	27:50	30:25	34:09	37:18	40:46	47:30	
			3:13	4:06	1:50	1:53	2:00	1:47	1:41	2:47	1:02	6:21	1:10	2:35	3:44	3:09	3:28	6:44	
	3007	José Mário Baptista	62 [052] GD4C										105	35:38			disq		
			31(5)	34(10)	38(10)	41(10)	45(10)	50(10)	43(5)	47(5)	40(10)	39(5)	35(5)	33(5)	32(5)	46(10)	Finish		
			2:45	5:34	7:00	8:11	9:05	12:59	14:09	17:08	20:30	24:15	25:41	28:28	29:44	15:00	35:38		
			2:45	2:49	1:26	1:11	0:54	3:54	1:10	2:59	3:22	3:45	1:26	2:47	1:16	20:38			
	4454	Helena Xavier Baptista	96 [052] GD4C										95	37:03			disq		
			31(5)	34(10)	38(10)	41(10)	45(10)	50(10)	43(5)	40(10)	39(5)	35(5)	32(5)	46(10)	Finish				
			3:45	7:17	9:03	10:41	11:57	17:28	19:06	21:11	26:22	27:55	30:31	20:00	37:03				
			3:45	3:32	1:46	1:38	1:16	5:31	1:38	2:05	5:11	1:33	2:36		17:03				
	90014	Tiago Carrolo	14 [1564] Individual POR										95	1:56:10			disq		
			37(5)	48(10)	49(10)	51(10)	47(5)	43(5)	40(10)	41(10)	38(10)	34(10)	35(5)	32(5)	Finish				
			9:27	18:32	35:56	42:02	1:03:44	1:10:31	1:15:57	1:20:01	1:23:55	1:28:59	1:35:06	1:40:27	1:56:10				
			9:27	9:05	17:24	6:06	21:42	6:47	5:26	4:04	3:54	5:04	6:07	5:21	15:43				
	6672	José Real	[159] COAL										75	1:25:28			disq		
			31(5)	34(10)	38(10)	41(10)	45(10)	50(10)	43(5)	47(5)	42(5)	33(5)	Finish						
			11:18	19:26	23:29	25:54	29:39	37:49	40:52	48:42	58:50	1:11:19	1:25:28						
			11:18	8:08	4:03	2:25	3:45	8:10	3:03	7:50	10:08	12:29	14:09						
	90018	Catarina Pereira	81 [1564] Individual POR										0				dnf		
		Finish																	
Veteranos III F (3)			20 C 150 Pts										3:00:00						
1	1390	Maria São João	53 [022] CLAC										100	1:21:01			100		
			31(5)	32(5)	33(5)	35(5)	39(5)	42(5)	44(5)	48(10)	37(5)	34(10)	38(10)	41(10)	45(10)	40(10)	Finish		
			3:33	6:34	10:10	13:02	15:35	18:52	23:41	28:07	44:53	57:38	1:00:43	1:05:59	1:08:01	1:12:30	1:21:01		
			3:33	3:01	3:36	2:52	2:33	3:17	4:49	4:26	16:46	12:45	3:05	5:16	2:02	4:29	8:31		
2	11556	Ana Carreira	51 [094] CPOC										100	1:41:28			100		
			31(5)	32(5)	35(5)	34(10)	38(10)	41(10)	45(10)	50(10)	43(5)	40(10)	47(5)	39(5)	33(5)	37(5)	Finish		
			5:46	10:16	14:44	19:44	23:01	25:31	28:23	36:55	40:40	45:52	1:01:38	1:07:23	1:21:05	1:33:28	1:41:28		
			5:46	4:30	4:28	5:00	3:17	2:30	2:52	8:32	3:45	5:12	15:46	5:45	13:42	12:23	8:00		
	90030	Päivi Puolakka	54 [1835] Individual FIN										115	1:17:50			disq		
			31(5)	34(10)	38(10)	41(10)	40(10)	45(10)	43(5)	47(5)	39(5)	42(5)	44(5)	37(5)	48(10)	49(10)	51(10)	Finish	
			2:42	5:43	7:08	8:19	10:25	12:39	24:24	26:38	28:58	37:47	40:42	48:27	53:02	1:00:40	1:03:19	1:17:50	
			2:42	3:01	1:25	1:11	2:06	2:14	11:45	2:14	2:20	8:49	2:55	7:45	4:35	7:38	2:39	14:31	
Veteranos IV M (3)			20 C 150 Pts										3:00:00						
1	11557	Acácio Porta Nova	53 [094] CPOC										100	49:27			100		
			37(5)	48(10)	44(5)	42(5)	47(5)	43(5)	50(10)	45(10)	40(10)	41(10)	38(10)	31(5)	46(10)	Finish			
			13:55	18:18	22:42	26:45	29:37	31:34	33:10	37:13	39:01	40:33	41:40	45:59	30:00	49:27			
			13:55	4:23	4:24	4:03	2:52	1:57	1:36	4:03	1:48	1:32	1:07	4:19	19:27				
2	1831	Jorge Santos	50 [128] COALA										100	55:57			100		
			33(5)	32(5)	35(5)	34(10)	38(10)	40(10)	41(10)	45(10)	50(10)	43(5)	47(5)	42(5)	48(10)	Finish			
			13:47	15:13	16:55	19:07	20:36	22:31	24:16	25:29	30:35	31:57	34:54	39:52	49:30	55:57			
			13:47	1:26	1:42	2:12	1:29	1:55	1:45	1:13	5:06	1:22	2:57	4:58	9:38	6:27			
	90032	Pekka Puolakka	49 [1835] Individual FIN										140	1:35:53			disq		
			31(5)	32(5)	33(5)	35(5)	34(10)	38(10)	40(10)	41(10)	45(10)	50(10)	43(5)	39(5)	47(5)	44(5)	48(10)	37(5)	
			13:02	17:17	19:16	22:16	24:37	26:33	28:25	31:13	32:16	38:47	43:39	46:25	50:21	54:37	58:02	1:01:42	
			13:02	4:15	1:59	3:00	2:21	1:56	1:52	2:48	1:03	6:31	4:52	2:46	3:56	4:16	3:25	3:40	
			49(10)	51(10)	Finish														
			1:20:01	1:22:37	1:35:53														
			11:35	2:36	13:16														
Veteranos III M (9)			20 C 140 Pts										3:00:00						
1	1391	António Matias	57 [022] CLAC										100	45:58			100		
			37(5)	48(10)	49(10)	51(10)	57(10)	52(10)	59(5)	42(5)	47(5)	43(5)	41(10)	35(5)	32(5)	31(5)	Finish		
			5:23	9:01	13:13	15:02	18:22	20:39	23:23	28:44	30:58	32:49	35:54	39:57	41:23	43:35	45:58		
			5:23	3:38	4:12	1:49	3:20	2:17	2:44	5:21	2:14	1:51	3:05	4:03	1:26	2:12	2:23		
2	4656	José Bolrão	64 [070] COC										100	53:30			100		
			31(5)	32(5)	35(5)	41(10)	43(5)	42(5)	59(5)	52(10)	57(10)	51(10)	49(10)	48(10)	37(5)	36(5)	Finish		
			3:55	5:56	7:38	11:23	14:45	19:31	26:37	31:35	34:39	39:12	40:59	44:04	47:40	50:20	53:30		
			3:55	2:01	1:42	3:45	3:22	4:46	7:06	4:58	3:04	4:33	1:47	3:05	3:36	2:40	3:10		
3	1410	Jacinto Eleutério	54 [090] ADFA										100	1:04:28			100		
			37(5)	48(10)	49(10)	51(10)	57(10)	52(10)	59(5)	64(10)	62(5)	54(5)	42(5)	35(5)	32(5)	31(5)	Finish		
			4:23	8:32	14:24	16:51	21:52	24:48	28:43	35:30	40:45	44:29	51:57	55:45	58:09	1:01:01	1:04:28		
			4:23	4:09	5:52	2:27	5:01	2:56	3:55	6:47	5:15	3:44	7:28	3:48	2:24	2:52	3:27		

PI	Stno	Name	YB Club										Pts	Time	Pty	Xtra	Score		
Veteranos I F (7)			20 C 160 Pts										3:00:00		(cont.)				
1	1629	Emília Silveira	76 [159] COAAL										100	44:56			100		
3	5992	Marisa ferreira	81 [159] COAAL										100	1:05:29			100		
			37(5)	48(10)	55(5)	49(10)	56(10)	52(10)	60(10)	61(10)	64(10)	54(5)	42(5)	35(5)	32(5)	Finish			
			3:26	7:33	11:05	14:20	18:19	23:14	27:40	31:41	41:40	49:38	56:16	59:09	1:01:20	1:05:29			
			3:26	4:07	3:32	3:15	3:59	4:55	4:26	4:01	9:59	7:58	6:38	2:53	2:11	4:09			
4	6582	Suzana Lampreia	76 [005] CP Armada										100	1:06:04			100		
			37(5)	48(10)	55(5)	56(10)	58(15)	60(10)	61(10)	64(10)	53(10)	43(5)	35(5)	32(5)	Finish				
			7:55	11:19	14:42	19:21	24:01	27:43	31:44	39:53	56:21	59:04	1:01:20	1:02:47	1:06:04				
			7:55	3:24	3:23	4:39	4:40	3:42	4:01	8:09	16:28	2:43	2:16	1:27	3:17				
5	4327	Sónia Saramago	73 [115] ATV										100	1:14:59			100		
			37(5)	48(10)	55(5)	49(10)	56(10)	52(10)	44(5)	42(5)	47(5)	54(5)	53(10)	43(5)	35(5)	32(5)	36(5)	Finish	
			3:23	7:38	11:51	16:05	20:22	25:37	37:06	40:44	44:01	51:58	58:17	1:02:16	1:05:25	1:07:57	1:11:17	1:14:59	
			3:23	4:15	4:13	4:14	4:17	5:15	11:29	3:38	3:17	7:57	6:19	3:59	3:09	2:32	3:20	3:42	
6	4587	Ana Margarida Vaz	76 [007] Ori-Estarreja										100	1:20:51			100		
			37(5)	48(10)	49(10)	52(10)	60(10)	58(15)	61(10)	47(5)	43(5)	42(5)	35(5)	32(5)	36(5)	Finish			
			3:04	8:21	15:35	21:55	30:08	36:51	46:31	1:04:08	1:05:38	1:11:12	1:13:20	1:15:09	1:17:42	1:20:51			
			3:04	5:17	7:14	6:20	8:13	6:43	9:40	17:37	1:30	5:34	2:08	1:49	2:33	3:09			
7	5696	Ana Casaca	76 [133] GDU Azoia										100	1:34:45			100		
			37(5)	48(10)	55(5)	49(10)	44(5)	52(10)	64(10)	54(5)	53(10)	43(5)	47(5)	42(5)	35(5)	32(5)	32(5)	Finish	
			3:09	9:44	15:21	18:25	29:50	36:11	51:16	1:00:03	1:07:36	1:14:36	1:16:57	1:20:47	1:23:29	1:27:38	1:29:52	1:34:45	
			3:09	6:35	5:37	3:04	11:25	6:21	15:05	8:47	7:33	7:00	2:21	3:50	2:42	4:09	2:14	4:53	

PI	Stno	Name	YB Club										Pts	Time	Pty	Xtra	Score	
Veteranos I M (10)			20 C 160 Pts										3:00:00					
1	1872	Nuno Ferreira	76 [094] CPOC										100	39:00			100	
			32(5)	35(5)	43(5)	47(5)	42(5)	52(10)	60(10)	58(15)	56(10)	49(10)	48(10)	37(5)	36(5)	Finish		
			2:50	4:31	6:58	8:31	10:57	14:47	17:10	21:35	24:42	29:28	31:46	34:47	36:45	39:00		
			2:50	1:41	2:27	1:33	2:26	3:50	2:23	4:25	3:07	4:46	2:18	3:01	1:58	2:15		
2	2562	Nuno Pedro	79 [107] CAOS										100	41:46			100	
			36(5)	32(5)	35(5)	42(5)	44(5)	52(10)	61(10)	60(10)	58(15)	56(10)	49(10)	48(10)	Finish			
			4:29	5:59	7:23	11:00	13:22	18:21	21:53	24:27	27:42	32:59	35:44	37:44	41:46			
			4:29	1:30	1:24	3:37	2:22	4:59	3:32	2:34	3:15	5:17	2:45	2:00	4:02			
3	2772	Jorge Santos	79 [107] CAOS										100	42:09			100	
			32(5)	35(5)	43(5)	53(10)	47(5)	42(5)	52(10)	61(10)	60(10)	58(15)	56(10)	49(10)	Finish			
			4:33	5:54	7:56	10:22	14:30	16:56	20:59	24:39	27:00	30:30	33:51	36:49	42:09			
			4:33	1:21	2:02	2:26	4:08	2:26	4:03	3:40	2:21	3:30	3:21	2:58	5:20			
4	5468	Eduardo Soares	81 [159] COAAL										100	46:00			100	
			32(5)	35(5)	43(5)	53(10)	54(5)	64(10)	61(10)	60(10)	58(15)	56(10)	48(10)	37(5)	Finish			
			2:47	4:11	6:26	8:51	15:17	23:44	27:13	29:50	33:55	36:39	40:48	43:00	46:00			
			2:47	1:24	2:15	2:25	6:26	8:27	3:29	2:37	4:05	2:44	4:09	2:12	3:00			
5	5524	Manuel Real	77 [159] COAAL										100	46:20			100	
			36(5)	48(10)	55(5)	49(10)	52(10)	60(10)	61(10)	64(10)	63(15)	53(10)	43(5)	Finish				
			3:11	6:18	8:43	10:57	14:26	16:45	19:54	26:20	29:39	35:33	40:25	46:20				
			3:11	3:07	2:25	2:14	3:29	2:19	3:09	6:26	3:19	5:54	4:52	5:55				
6	2999	António Batista	69 [115] ATV										100	47:09			100	
			37(5)	48(10)	55(5)	56(10)	58(15)	52(10)	49(10)	44(5)	42(5)	47(5)	43(5)	35(5)	32(5)	36(5)	Finish	
			3:05	6:05	8:38	12:38	18:01	24:54	28:35	32:45	35:26	37:30	38:54	41:14	42:34	44:23	47:09	
			3:05	3:00	2:33	4:00	5:23	6:53	3:41	4:10	2:41	2:04	1:24	2:20	1:20	1:49	2:46	
7	2831	Daniel Raposo	80 [128] COALA										100	50:57			100	
			32(5)	35(5)	47(5)	54(5)	63(15)	64(10)	61(10)	52(10)	56(10)	49(10)	48(10)	37(5)	Finish			
			2:54	4:15	7:41	14:06	18:11	25:15	31:43	36:54	40:07	42:40	45:16	48:27	50:57			
			2:54	1:21	3:26	6:25	4:05	7:04	6:28	5:11	3:13	2:33	2:36	3:11	2:30			
	4476	José Canoa	76 [151] GafanhOri										115	48:39			disq	
			37(5)	48(10)	55(5)	56(10)	58(15)	60(10)	61(10)	64(10)	52(10)	42(5)	47(5)	43(5)	35(5)	32(5)	36(5)	Finish
			3:07	6:13	8:28	11:06	13:42	15:52	18:25	25:05	29:34	33:38	35:54	37:31	40:38	43:00	45:25	48:39
			3:07	3:06	2:15	2:38	2:36	2:10	2:33	6:40	4:29	4:04	2:16	1:37	3:07	2:22	2:25	3:14
	4577	Alexandre Nunes	79 [107] CAOS										115	1:19:31			disq	
			36(5)	32(5)	35(5)	48(10)	55(5)	49(10)	56(10)	58(15)	60(10)	61(10)	52(10)	44(5)	42(5)	47(5)	43(5)	Finish
			4:35	8:17	11:42	17:36	27:22	34:10	38:03	43:09	50:05	55:45	1:00:46	1:05:22	1:08:08	1:11:07	1:12:34	1:19:31
			4:35	3:42	3:25	5:54	9:46	6:48	3:53	5:06	6:56	5:40	5:01	4:36	2:46	2:59	1:27	6:57
	6003	Paulo Batista	75 [038] CM Arrábida														dns	

PI	Stno	Name	YB Club										Pts	Time	Pty	Xtra	Score	
Seniores F B (1)			20 C 160 Pts										3:00:00					
	6683	Catarina Fernandes	94 [094] CPOC										45	1:26:43			disq	
			32(5)	43(5)	47(5)	42(5)	49(10)	48(10)	37(5)	Finish								
			7:44	29:38	35:33	40:41	1:05:11	1:11:21	1:17:55	1:26:43								
			7:44	21:54	5:55	5:08	24:30	6:10	6:34	8:48								

PI	Stno	Name	YB Club										Pts	Time	Pty	Xtra	Score	
Seniores M B (4)			20 C 160 Pts										3:00:00					
1	1708	Gonçalo Mota	81 [033] Clube TAP										100	52:14			100	
			32(5)	35(5)	43(5)	47(5)	54(5)	63(15)	64(10)	61(10)	52(10)	49(10)	48(10)	37(5)	36(5)	Finish		
			4:07	6:14	8:19	9:47	16:12	20:21	25:30	28:56	36:05	40:56	44:25	46:38	49:29	52:14		
			4:07	2:07	2:05	1:28	6:25	4:09	5:09	3:26	7:09	4:51	3:29	2:13	2:51	2:45		
2	4765	Hugo Velhinho	96 [094] CPOC										100	58:06			100	
			32(5)	35(5)	43(5)	53(10)	54(5)	47(5)	42(5)	44(5)	52(10)	56(10)	49(10)	55(5)	48(10)	37(5)	36(5)	Finish
			4:36	6:09	8:52	12:02	19:08	24:17	27:34	30:06	36:12	39:56	42:47	46:30	48:42	52:32	55:18	58:06
			4:36	1:33	2:43	3:10	7:06	5:09	3:17	2:32	6:06	3:44	2:51	3:43	2:12	3:50	2:46	2:48

PI	Stno	Name	YB Club										Pts	Time	Pty	Xtra	Score			
Infantis F (2)			12 C 120 Pts		3:00:00		(cont.)													
1	5333	Juliana Pedro	11 [107] CAOS										100	22:56			100			
1	5333	Juliana Pedro	11 [107] CAOS										100	22:56			100			
			85(10)	82(10)	83(10)	79(10)	78(10)	76(10)	77(10)	73(10)	71(10)	74(10)	Finish							
			16:39	17:14	17:43	18:58	19:55	20:15	20:43	21:00	21:30	21:53	22:56							
			16:39	0:35	0:29	1:15	0:57	0:20	0:28	0:17	0:30	0:23	1:03							
	6404	Maria Leonor	08 [070] COC										0	1:04:24			disq			
		Finish																		
		1:04:24																		
		1:04:24																		
Iniciados M (2)			20 C 150 Pts		3:00:00															
1	6623	Tiago Oliveira	07 [094] CPOC										100	36:48			100			
			31(5)	32(5)	33(5)	35(5)	34(10)	38(10)	41(10)	45(10)	50(10)	43(5)	40(10)	47(5)	42(5)	39(5)	Finish			
			2:39	4:15	5:23	7:40	9:15	10:22	11:18	12:13	16:47	19:20	20:47	24:35	27:39	29:47	36:48			
			2:39	1:36	1:08	2:17	1:35	1:07	0:56	0:55	4:34	2:33	1:27	3:48	3:04	2:08	7:01			
2	4222	João Pedro	07 [107] CAOS										100	43:00			100			
			31(5)	34(10)	38(10)	41(10)	45(10)	50(10)	43(5)	40(10)	47(5)	42(5)	39(5)	35(5)	32(5)	33(5)	Finish			
			3:02	5:55	7:30	8:44	9:52	16:51	18:52	20:56	26:26	30:18	33:11	34:55	37:25	39:05	43:00			
			3:02	2:53	1:35	1:14	1:08	6:59	2:01	2:04	5:30	3:52	2:53	1:44	2:30	1:40	3:55			
Infantis M (1)			12 C 120 Pts		3:00:00															
1	5436	Manuel Henrique Raposo	11 [128] COALA										100	7:53			100			
			85(10)	82(10)	78(10)	76(10)	77(10)	73(10)	71(10)	74(10)	72(10)	83(10)	Finish							
			0:59	1:57	2:35	3:15	3:41	4:10	5:02	5:50	6:12	7:39	7:53							
			0:59	0:58	0:38	0:40	0:26	0:29	0:52	0:48	0:22	1:27	0:14							
Escolas M (1)			12 C 120 Pts		3:00:00															
1	6587	Salvador Mendes	15 [133] GDU Azoia										100	12:09			100			
			85(10)	84(10)	81(10)	76(10)	77(10)	73(10)	72(10)	74(10)	79(10)	83(10)	Finish							
			0:57	1:22	1:45	2:42	2:59	3:25	4:45	6:55	10:41	11:57	12:09							
			0:57	0:25	0:23	0:57	0:17	0:26	1:20	2:10	3:46	1:16	0:12							
Escolas F (3)			12 C 120 Pts		3:00:00															
1	6544	Sofia Santos	10 [107] CAOS										100	8:12			100			
			85(10)	84(10)	81(10)	78(10)	76(10)	73(10)	77(10)	74(10)	75(10)	79(10)	Finish							
			1:10	1:47	2:22	2:43	3:33	5:06	5:21	6:46	7:13	7:33	8:12							
			1:10	0:37	0:35	0:21	0:50	1:33	0:15	1:25	0:27	0:20	0:39							
2	5941	Inês Pedro	14 [107] CAOS										100	32:43			100			
			85(10)	84(10)	81(10)	76(10)	77(10)	73(10)	72(10)	75(10)	79(10)	83(10)	Finish							
			26:07	26:33	27:24	28:28	28:54	29:33	30:11	31:01	31:34	32:29	32:43							
			26:07	0:26	0:51	1:04	0:26	0:39	0:38	0:50	0:33	0:55	0:14							
	6545	Chloé Santos	13 [107] CAOS										90	41:20			disq			
			85(10)	84(10)	81(10)	78(10)	76(10)	73(10)	72(10)	75(10)	79(10)	Finish								
			31:15	32:06	32:57	33:44	35:38	36:35	38:03	39:04	39:58	41:20								
			31:15	0:51	0:51	0:47	1:54	0:57	1:28	1:01	0:54	1:22								