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Official Timekeeper: Lap2Go	1 / 6	generate 03-Jan-2018 14:26
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PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	83	Fábio Manuel Fernandes Pereira	individual	Senior Masculino	45:45	+14:00	04:35
41	268	Camilo Oliveira	decathlon	Veterano M40	45:52	+14:07	04:35
42	21	Pedro Miguel Antunes Machado	braga	Senior Masculino	46:03	+14:18	04:36
43	208	António Martins	lebres minhotas	Senior Masculino	46:06	+14:21	04:37
44	172	Filipe Peixoto	individual	Veterano M40	46:08	+14:22	04:37
45	67	Alexandre Mendes Martins	individual	Senior Masculino	46:08	+14:23	04:37
46	294	José Ribeiro	clube de veteranos de coimbra	Veterano M40	46:11	+14:26	04:37
47	74	Carlos Fernandes	individual	Senior Masculino	46:25	+14:39	04:38
48	180	José Bonjardim	individual	Veterano M40	46:29	+14:44	04:39
49	37	Diogo Marques	individual	Junior Masculino	46:48	+15:02	04:41
50	279	João Pereira	decathlon	Senior Masculino	46:54	+15:09	04:41
51	251	João Silva Amaral	individual	Senior Masculino	47:01	+15:16	04:42
52	184	Luís Filipe Soares	individual	Veterano M40	47:06	+15:21	04:43
53	7	Joaquim Ferreira	a.c. vermoim	Veterano M40	47:39	+15:53	04:46
54	300	Miguel Ribeiro	individual	Senior Masculino	47:48	+16:02	04:47
55	297	Joaquim Antunes	individual	Senior Masculino	47:49	+16:04	04:47
56	126	Nuno Daniel Marçal de Barros	individual	Senior Masculino	48:01	+16:15	04:48
57	293	Manuel Oliveira	individual	Senior Masculino	48:02	+16:17	04:48
58	280	Carlos Alves	decathlon	Veterano M40	48:05	+16:19	04:48
59	39	João Manuel Pinheiro Fernandes	individual	Junior Masculino	48:07	+16:22	04:49
60	157	Maria José Ribeiro	kalorias team	Veterana F40	48:14	+16:28	04:49
61	292	Antonio Pimentel	individual	Veterano M40	48:15	+16:29	04:49
62	179	Jorge Vieira	individual	Veterano M40	48:16	+16:30	04:50
63	2	João Esteves	individual	Senior Masculino	48:19	+16:34	04:50
64	95	João Carlos Oliveira Gonçalves	individual	Senior Masculino	48:24	+16:39	04:50
65	153	Vítor Vieira	individual	Senior Masculino	48:27	+16:42	04:51
66	195	Ricardo Reis	individual	Veterano M40	48:31	+16:46	04:51
67	143	Rui Campos	individual	Senior Masculino	48:36	+16:50	04:52
68	167	Eduardo Faria	individual	Veterano M40	48:44	+16:58	04:52
69	241	Bruno Antunes	pais babados	Senior Masculino	48:44	+16:59	04:52
70	137	Ricardo Duarte	individual	Senior Masculino	48:48	+17:02	04:53
71	271	Adelino Magalhães	decathlon	Senior Masculino	48:52	+17:07	04:53
72	123	Narciso Magalhães	individual	Senior Masculino	48:59	+17:13	04:54
73	210	Miguel Domingues	lebres minhotas	Veterano M40	49:01	+17:15	04:54
74	165	Augusto Lopes	individual	Veterano M40	49:06	+17:21	04:55
75	166	Carlos Manuel Ferreira	individual	Veterano M40	49:19	+17:33	04:56
76	183	José Nuno Sousa	individual	Veterano M40	49:19	+17:33	04:56
77	236	Flavio Caldas	n14 crossfit	Senior Masculino	49:20	+17:34	04:56
78	132	Pedro Marinho Gonçalves Teixeira	individual	Senior Masculino	49:23	+17:38	04:56
79	17	Domingos Oliveira Sousa Veiga	bracaracrossfit	Senior Masculino	49:25	+17:39	04:56
80	265	José Barreto	individual	Senior Masculino	49:28	+17:43	04:57
81	185	Luis Martins	individual	Veterano M40	49:28	+17:43	04:57

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	8	Celina Maria Ferreira da Silva	associação figueiredo's runner's and friends	Senior Feminino	49:32	+17:47	04:57
83	286	António Machado	individual	Veterano M40	49:35	+17:50	04:58
84	98	João Forte	individual	Senior Masculino	49:38	+17:52	04:58
85	193	Pedro Matias	individual	Veterano M40	49:39	+17:54	04:58
86	120	Miguel Ângelo Fernandes Caldas Correia	individual	Senior Masculino	49:40	+17:54	04:58
87	217	cristiano correia	let's go	Senior Masculino	49:47	+18:02	04:59
88	219	SAMUEL SILVA	let's go	Senior Masculino	49:48	+18:02	04:59
89	43	Rodrigo Silva Almeida	individual	Junior Masculino	49:49	+18:04	04:59
90	234	Guilherme Martins	movimento de juventude de merelim	Veterano M40	49:51	+18:06	04:59
91	101	João Marques	individual	Senior Masculino	50:12	+18:27	05:01
92	6	Filipe Ribeiro	a.c. vermoim	Veterano M40	50:15	+18:29	05:01
93	163	António Fins	individual	Veterano M40	50:31	+18:45	05:03
94	276	Babila Carvalho	decathlon	Senior Feminino	50:39	+18:53	05:04
95	100	João Manuel Peixoto Magalhães	individual	Senior Masculino	50:40	+18:54	05:04
96	295	Camigo Helder	individual	Senior Masculino	50:44	+18:59	05:04
97	112	Luís Miguel Soares Fernandes	individual	Senior Masculino	51:03	+19:17	05:06
98	176	JOÃO ALFREDO FARIA VIEIRA	individual	Veterano M40	51:07	+19:22	05:07
99	283	Mario Rosas	individual	Senior Masculino	51:21	+19:36	05:08
100	86	Filipe Pinto	individual	Senior Masculino	51:32	+19:47	05:09
101	72	Carlos Alexandre Pinheiro de Oliveira	individual	Senior Masculino	51:35	+19:49	05:09
102	200	Ana Filipa Costa Pinto	kalorias team	Senior Feminino	51:40	+19:54	05:10
103	156	Mª Elisabete F. M. Ministro	individual	Veterana F40	51:44	+19:59	05:10
104	255	Nuno Dias	individual	Senior Masculino	51:45	+20:00	05:11
105	139	Ricardo Ismael Rodrigues Carvalho	individual	Senior Masculino	52:04	+20:18	05:12
106	173	Gilberto Franco Pinto	individual	Veterano M40	52:08	+20:23	05:13
107	238	Helena Fernandes	n14 crossfit	Veterana F40	52:10	+20:24	05:13
108	41	Luís Filipe Antunes Machado	individual	Junior Masculino	52:14	+20:29	05:13
109	131	Pedro Leandro Peixoto	individual	Senior Masculino	52:19	+20:34	05:14
110	85	Filipe Macedo Pontes	individual	Senior Masculino	52:23	+20:38	05:14
111	240	Vânia Cerqueira	país babados	Senior Feminino	52:27	+20:42	05:15
112	186	Manuel Araújo de Brito	individual	Veterano M40	52:35	+20:50	05:16
113	75	Carlos Gonçalves	individual	Senior Masculino	52:55	+21:10	05:18
114	145	Rui Macedo Cruz	individual	Senior Masculino	53:15	+21:30	05:19
115	89	Gonçalo Nuno Fernandes Alves	individual	Senior Masculino	53:15	+21:30	05:20
116	40	Jorge Daniel Da Costa Soares	individual	Junior Masculino	53:30	+21:45	05:21
117	152	Vítor Daniel Tinoco Marçal	individual	Senior Masculino	53:36	+21:50	05:22
118	275	José Quinteiro	decathlon	Veterano M40	54:16	+22:30	05:26
119	274	Carmo Ferreira	decathlon	Veterana F40	54:16	+22:31	05:26
120	277	Bruno Peixoto	decathlon	Senior Masculino	54:18	+22:32	05:26
121	76	Carlos José Gonçalves Brandão	individual	Senior Masculino	54:37	+22:51	05:28
122	298	Bruno Cunha	individual	Junior Masculino	54:39	+22:53	05:28

PROVA PRINCIPAL - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
123	130	Pedro Ferreira	individual	Senior Masculino	54:46	+23:00	05:29
124	80	Daniel Barros	individual	Senior Masculino	54:53	+23:07	05:29
125	133	Rafael Amaro Vieira Araújo	individual	Senior Masculino	54:53	+23:07	05:29
126	111	Luís Filipe Lima Fernandes	individual	Senior Masculino	54:53	+23:07	05:29
127	263	Paulo Ribeiro Abreu	individual	Senior Masculino	54:53	+23:07	05:29
128	27	Fabrice Carvalho	cvp amares	Senior Masculino	55:13	+23:27	05:31
129	105	José Domingos de Sousa Almeida	individual	Senior Masculino	55:19	+23:33	05:32
130	159	Alfredo Agostinho Silva Pereira	individual	Veterano M40	55:24	+23:38	05:32
131	77	César Gomes	individual	Senior Masculino	55:29	+23:44	05:33
132	96	João Daniel Pereira Gonçalves	individual	Senior Masculino	55:39	+23:54	05:34
133	119	Marco Rascão	individual	Senior Masculino	55:44	+23:58	05:34
134	299	Elsa Rodrigues	individual	Veterana F40	55:47	+24:01	05:35
135	237	Pedro Gois	n14 crossfit	Senior Masculino	56:00	+24:15	05:36
136	94	Ivo Leandro Ribeiro	individual	Senior Masculino	56:01	+24:16	05:36
137	58	Marta Conceição da Silva	individual	Senior Feminino	56:02	+24:16	05:36
138	177	Joao manuel lopes ministro	individual	Veterano M40	56:02	+24:17	05:36
139	115	Marcelo José Rodrigues Gonçalves	individual	Senior Masculino	56:05	+24:19	05:36
140	14	Domingos Pinto	aventureiros	Veterano M40	56:23	+24:38	05:38
141	12	Simão Fernandes	aventureiros	Senior Masculino	56:35	+24:50	05:40
142	284	Lourenço Antunes	individual	Veterano M40	56:37	+24:52	05:40
143	102	João Ricardo Ferreira Freitas	individual	Senior Masculino	56:38	+24:52	05:40
144	262	Diogo Lemos	individual	Senior Masculino	56:40	+24:55	05:40
145	150	Tiago André Carrasqueira Pereira	individual	Senior Masculino	56:40	+24:55	05:40
146	194	pedro silva	individual	Veterano M40	56:42	+24:57	05:40
147	106	José Fernando Ferreira	individual	Senior Masculino	56:51	+25:06	05:41
148	285	Domingos Lourenço	decathlon	Veterano M40	57:05	+25:20	05:43
149	144	Rui Costa	individual	Senior Masculino	57:07	+25:22	05:43
150	124	Nelson Agostinho Silva Vieira	individual	Senior Masculino	57:08	+25:23	05:43
151	42	MIGUEL TEIXEIRA RODRIGUES	individual	Junior Masculino	57:08	+25:23	05:43
152	233	Isabel Alves	movimento de juventude de merelim	Veterana F40	57:21	+25:35	05:44
153	213	Gisela Machado	let´s go	Senior Feminino	57:25	+25:39	05:44
154	261	Ana Filipa Carvalho	individual	Senior Feminino	57:25	+25:39	05:44
155	214	Margarida Pinheiro	let´s go	Senior Feminino	57:25	+25:40	05:45
156	147	Sérgio Adriano Azevedo Rodrigues	individual	Senior Masculino	57:30	+25:45	05:45
157	11	Nuno Santos	aventureiros	Senior Masculino	57:36	+25:51	05:46
158	168	Fernando Costa	individual	Veterano M40	57:39	+25:53	05:46
159	109	José Miguel de Sousa Laranjeira	individual	Senior Masculino	58:03	+26:17	05:48
160	73	Carlos André Magalhães Torres	individual	Senior Masculino	58:05	+26:20	05:49
161	259	Miguel Gomes	individual	Senior Masculino	58:11	+26:26	05:49
162	281	Carlos Gomes	individual	Veterano M40	58:21	+26:36	05:50
163	64	Sónia Almeida	individual	Senior Feminino	58:36	+26:51	05:52

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
164	191	Paulo Oliveira	individual	Veterano M40	58:51	+27:05	05:53
165	278	Isabel Martins	decathlon	Veterana F40	58:54	+27:08	05:53
166	243	Ricardo Freitas	r&r team	Senior Masculino	58:55	+27:10	05:54
167	229	Isabel Fernandes	moves lima	Senior Feminino	59:04	+27:18	05:54
168	231	Candido Lima	moves lima	Veterano M40	59:06	+27:21	05:55
169	201	Liliana Sofia de Sousa Fontes	kalorias team	Senior Feminino	59:09	+27:24	05:55
170	273	Liliana Vilaça	decathlon	Senior Feminino	59:25	+27:40	05:57
171	88	Flavio Sao Joao	individual	Senior Masculino	59:34	+27:49	05:57
172	242	Raquel Pereira	r&r team	Senior Feminino	59:41	+27:55	05:58
173	162	Ângelo Octávio Guerreiro da Rosa	individual	Veterano M40	59:46	+28:00	05:59
174	44	Tiago Manuel Ribeiro Costa	individual	Junior Masculino	59:54	+28:08	05:59
175	78	Constantin Ciocalou	individual	Senior Masculino	59:58	+28:13	06:00
176	254	Domingos Gomes Rocha	individual	Veterano M40	01:00:05	+28:20	06:01
177	296	Rui Araujo	individual	Senior Masculino	01:00:20	+28:35	06:02
178	151	Vitor Alexandre Teixeira Granja	individual	Senior Masculino	01:00:21	+28:36	06:02
179	45	Ana Luisa Silva Ferreira	individual	Senior Feminino	01:00:21	+28:36	06:02
180	206	Rogério Bruno da Silva Queirós	laranjeiro amares team	Senior Masculino	01:00:39	+28:54	06:04
181	257	Hugo Martins	individual	Senior Masculino	01:00:46	+29:00	06:05
182	197	Vitinho	individual	Veterano M40	01:00:53	+29:07	06:05
183	258	Luis Carvalho	individual	Senior Masculino	01:00:54	+29:09	06:05
184	189	Orlando César Oliveira Rodrigues	individual	Veterano M40	01:00:56	+29:10	06:06
185	15	Diana Raquel Cardoso Vilaça	bracaracrossfit	Senior Feminino	01:00:56	+29:11	06:06
186	149	Tiago Alberto Fernandes Caldas Correia	individual	Senior Masculino	01:00:58	+29:12	06:06
187	282	Joel Fernandes	individual	Senior Masculino	01:01:03	+29:18	06:06
188	128	Nuno Pereira	individual	Senior Masculino	01:01:29	+29:44	06:09
189	52	Helena Silva	individual	Senior Feminino	01:01:57	+30:12	06:12
190	267	José Coelho	individual	Senior Masculino	01:01:57	+30:12	06:12
191	60	Paula Vieira	individual	Senior Feminino	01:02:01	+30:15	06:12
192	161	Andre Rocha	individual	Veterano M40	01:02:02	+30:16	06:12
193	205	Celine da Silva Alves	laranjeiro amares team	Senior Feminino	01:02:16	+30:30	06:14
194	51	Filipa Andrade	individual	Senior Feminino	01:02:40	+30:55	06:16
195	140	Ricardo Xavier	individual	Senior Masculino	01:02:43	+30:58	06:16
196	82	Dinis Manuel Pimenta Paredes	individual	Senior Masculino	01:02:43	+30:58	06:16
197	181	José Balixa	individual	Veterano M40	01:03:05	+31:20	06:19
198	218	João Eurico de Sousa Macedo	let's go	Senior Masculino	01:03:23	+31:37	06:20
199	289	Nuno Silva	individual	Senior Masculino	01:03:25	+31:39	06:20
200	125	Nelson Pinto	individual	Senior Masculino	01:03:34	+31:49	06:21
201	13	Ana Brá	aventureiros	Veterana F40	01:03:58	+32:13	06:24
202	9	Carla Sofia Pereira Novais	aventureiros	Senior Feminino	01:03:59	+32:13	06:24
203	174	Hugo Candeias	individual	Veterano M40	01:04:06	+32:20	06:25
204	23	Vitor Mendes	corro mais que o candeias	Senior Masculino	01:04:06	+32:21	06:25
205	154	Alda Cristina Sá Faustino	individual	Veterana F40	01:04:07	+32:22	06:25
206	50	Catarina Gonçalves Mendes	individual	Senior Feminino	01:04:13	+32:27	06:25

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
207	117	Marco Caldas	individual	Senior Masculino	01:04:48	+33:02	06:29
208	221	Aurora Rodrigues	let's go	Veterana F40	01:04:58	+33:12	06:30
209	54	Mafalda Sofia Macedo Cruz	individual	Senior Feminino	01:05:02	+33:17	06:30
210	62	Sara Macedo Gonçalves	individual	Senior Feminino	01:05:02	+33:17	06:30
211	65	Susana Filipa Fernandes	individual	Senior Feminino	01:05:19	+33:34	06:32
212	66	Alberto Mendes	individual	Senior Masculino	01:05:19	+33:34	06:32
213	272	Maria Fonseca	decathlon	Senior Feminino	01:05:46	+34:01	06:35
214	232	Carla Soares	movimento de juventude de merelim	Veterana F40	01:06:19	+34:33	06:38
215	175	Ilídio Assis	individual	Veterano M40	01:06:26	+34:41	06:39
216	170	Fernando silva	individual	Veterano M40	01:06:39	+34:54	06:40
217	266	Ana Esteves	individual	Senior Feminino	01:07:18	+35:33	06:44
218	207	Mónica 6	lebres minhotas	Senior Feminino	01:07:45	+36:00	06:47
219	71	Carla Mónica Costa Fernandes Macedo	individual	Senior Masculino	01:08:10	+36:25	06:49
220	99	Joao Luis Andrade	individual	Senior Masculino	01:09:08	+37:23	06:55
221	158	Maria José Sousa Fernandes	individual	Veterana F40	01:09:10	+37:24	06:55
222	108	José Macedo	individual	Senior Masculino	01:09:32	+37:47	06:57
223	63	Silvia Gomes	individual	Senior Feminino	01:09:41	+37:55	06:58
224	59	Patrícia Isabel Sá Faustino	individual	Senior Feminino	01:09:56	+38:10	07:00
225	290	Marina Sousa	individual	Senior Feminino	01:10:41	+38:55	07:04
226	28	Eugénia Gonçalves Pereira	cvp amares	Veterana F40	01:11:17	+39:31	07:08
227	26	Sónia Brás	cvp amares	Senior Feminino	01:11:17	+39:31	07:08
228	25	Margarida Manuela Macedo Barros	cvp amares	Senior Feminino	01:11:17	+39:31	07:08
229	24	Cátia Andreia Gaspar Coutinho	cvp amares	Senior Feminino	01:11:17	+39:31	07:08
230	178	Jorge Manuel Pinheiro Afonso	individual	Veterano M40	01:12:37	+40:52	07:16
231	212	ANA ANDRADE	let's go	Senior Feminino	01:14:06	+42:21	07:25
232	260	Sandra Silva	individual	Senior Feminino	01:14:06	+42:21	07:25
233	216	Teresa Veloso	let's go	Senior Feminino	01:14:06	+42:21	07:25
234	56	MARIANA ISABEL DIAS RODRIGUES	individual	Senior Feminino	01:16:19	+44:34	07:38
235	47	ANA RAFAELA GONÇALVES ANTUNES	individual	Senior Feminino	01:16:19	+44:34	07:38
236	48	Ana Simões	individual	Senior Feminino	01:22:54	+51:09	08:17
237	222	Carla Sousa	let's go	Veterana F40	01:23:06	+51:20	08:19
238	211	Ines Monteiro	let's go	Junior Feminino	01:26:14	+54:29	08:37
239	223	Cristina Monteiro	let's go	Veterana F40	01:28:14	+56:28	08:49
240	220	Adélia Gomes	let's go	Veterana F40	01:28:49	+57:03	08:53

Prova Principal

10 KM

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OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	18:00	13.5°C	87%
End	19:36	13.5°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Feminino

1	211	Ines Monteiro	Let's Go	Junior Feminino	01:26:14	+54:29	08:37
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Junior Masculino

1	38	Hugo Barros	Individual	Junior Masculino	41:17	+09:31	04:08
2	37	Diogo Marques	Individual	Junior Masculino	46:48	+15:02	04:41
3	39	João Manuel Pinheiro Fernandes	Individual	Junior Masculino	48:07	+16:22	04:49
4	43	Rodrigo Silva Almeida	Individual	Junior Masculino	49:49	+18:04	04:59
5	41	Luís Filipe Antunes Machado	Individual	Junior Masculino	52:14	+20:29	05:13
6	40	Jorge Daniel Da Costa Soares	Individual	Junior Masculino	53:30	+21:45	05:21
7	298	Bruno Cunha	Individual	Junior Masculino	54:39	+22:53	05:28
8	42	MIGUEL TEIXEIRA RODRIGUES	Individual	Junior Masculino	57:08	+25:23	05:43
9	44	Tiago Manuel Ribeiro Costa	Individual	Junior Masculino	59:54	+28:08	05:59

Senior Feminino

1	244	Teresa Costa	Sporting	Senior Feminino	42:03	+10:18	04:12
2	3	Joana Vasconselos	Individual	Senior Feminino	43:07	+11:21	04:19
3	225	Daniela Gregório	Maia AC	Senior Feminino	43:17	+11:32	04:20
4	226	Marta Marques	Maia Runners	Senior Feminino	45:31	+13:45	04:33
5	8	Celina Maria Ferreira da Silva	ASSOCIAÇÃO FIGUEIREDO'S RUNNER S AND FRIENDS	Senior Feminino	49:32	+17:47	04:57
6	276	Babila Carvalho	Decathlon	Senior Feminino	50:39	+18:53	05:04
7	200	Ana Filipa Costa Pinto	Kalorias Team	Senior Feminino	51:40	+19:54	05:10
8	240	Vânia Cerqueira	País babados	Senior Feminino	52:27	+20:42	05:15
9	58	Marta Conceição da Silva	Individual	Senior Feminino	56:02	+24:16	05:36
10	213	Gisela Machado	Let's Go	Senior Feminino	57:25	+25:39	05:44
11	261	Ana Filipa Carvalho	Individual	Senior Feminino	57:25	+25:39	05:44
12	214	Margarida Pinheiro	Let's Go	Senior Feminino	57:25	+25:40	05:45
13	64	Sónia Almeida	Individual	Senior Feminino	58:36	+26:51	05:52
14	229	Isabel Fernandes	Moveis Lima	Senior Feminino	59:04	+27:18	05:54
15	201	Liliana Sofia de Sousa Fontes	Kalorias Team	Senior Feminino	59:09	+27:24	05:55
16	273	Liliana Vilaça	Decathlon	Senior Feminino	59:25	+27:40	05:57
17	242	Raquel Pereira	R&R Team	Senior Feminino	59:41	+27:55	05:58
18	45	Ana Luisa Silva Ferreira	Individual	Senior Feminino	01:00:21	+28:36	06:02
19	15	Diana Raquel Cardoso Vilaça	bracaracrossfit	Senior Feminino	01:00:56	+29:11	06:06
20	52	Helena Silva	Individual	Senior Feminino	01:01:57	+30:12	06:12
21	60	Paula Vieira	Individual	Senior Feminino	01:02:01	+30:15	06:12
22	205	Celine da Silva Alves	Laranjeiro Amares TEAM	Senior Feminino	01:02:16	+30:30	06:14

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Prova Principal

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23	51	Filipa Andrade	Individual	Senior Feminino	01:02:40	+30:55	06:16
24	9	Carla Sofia Pereira Novais	Aventureiros	Senior Feminino	01:03:59	+32:13	06:24
25	50	Catarina Gonçalves Mendes	Individual	Senior Feminino	01:04:13	+32:27	06:25
26	54	Mafalda Sofia Macedo Cruz	Individual	Senior Feminino	01:05:02	+33:17	06:30
27	62	Sara Macedo Gonçalves	Individual	Senior Feminino	01:05:02	+33:17	06:30
28	65	Susana Filipa Fernandes	Individual	Senior Feminino	01:05:19	+33:34	06:32
29	272	Maria Fonseca	Decathlon	Senior Feminino	01:05:46	+34:01	06:35
30	266	Ana Esteves	Individual	Senior Feminino	01:07:18	+35:33	06:44
31	207	Mónica 6	Lebres Minhotas	Senior Feminino	01:07:45	+36:00	06:47
32	63	Silvia Gomes	Individual	Senior Feminino	01:09:41	+37:55	06:58
33	59	Patrícia Isabel Sá Faustino	Individual	Senior Feminino	01:09:56	+38:10	07:00
34	290	Marina Sousa	Individual	Senior Feminino	01:10:41	+38:55	07:04
35	26	Sónia Brás	CVP Amares	Senior Feminino	01:11:17	+39:31	07:08
36	25	Margarida Manuela Macedo Barros	CVP Amares	Senior Feminino	01:11:17	+39:31	07:08
37	24	Cátia Andreia Gaspar Coutinho	CVP Amares	Senior Feminino	01:11:17	+39:31	07:08
38	212	ANA ANDRADE	Let's Go	Senior Feminino	01:14:06	+42:21	07:25
39	260	Sandra Silva	Individual	Senior Feminino	01:14:06	+42:21	07:25
40	216	Teresa Veloso	Let's Go	Senior Feminino	01:14:06	+42:21	07:25
41	56	MARIANA ISABEL DIAS RODRIGUES	Individual	Senior Feminino	01:16:19	+44:34	07:38
42	47	ANA RAFAELA GONÇALVES ANTUNES	Individual	Senior Feminino	01:16:19	+44:34	07:38
43	48	Ana Simões	Individual	Senior Feminino	01:22:54	+51:09	08:17

Senior Masculino

1	19	Francisco Rodrigues	Braga	Senior Masculino	31:45		03:10
2	20	Jorge Santa Cruz	Braga	Senior Masculino	31:52	+00:06	03:11
3	122	Mihail Lalev	Individual	Senior Masculino	33:54	+02:09	03:23
4	239	Pedro Poeira	Nucleo despirtivo e cultural de odemira	Senior Masculino	36:03	+04:17	03:36
5	22	Rui Jorge Gonçalves	Braga	Senior Masculino	36:40	+04:54	03:40
6	5	Emanuel Silva	Individual	Senior Masculino	39:11	+07:25	03:55
7	121	Miguel Tinoco	Individual	Senior Masculino	40:28	+08:42	04:03
8	30	Jose Alberto Santos Marques	Gulbenkian	Senior Masculino	40:48	+09:02	04:05
9	18	Luís Miguel da Cunha Oliveira	bracaracrossfit	Senior Masculino	41:54	+10:09	04:11
10	69	Avelino Macedo	Individual	Senior Masculino	42:09	+10:24	04:13
11	116	Marco Aurélio Gonçalves Marques	Individual	Senior Masculino	42:12	+10:27	04:13
12	138	Ricardo gonçalves	Individual	Senior Masculino	43:37	+11:51	04:22
13	269	Américo Lopes	Decathlon	Senior Masculino	43:39	+11:53	04:22
14	68	António Fernandes	Individual	Senior Masculino	44:01	+12:15	04:24
15	230	Bruno Lima	Moveis Lima	Senior Masculino	44:19	+12:34	04:26
16	70	Bruno Moreira	Individual	Senior Masculino	44:38	+12:53	04:28
17	16	António Fernando Silva	bracaracrossfit	Senior Masculino	44:39	+12:54	04:28
18	29	Martinho Dias	Ermida Team	Senior Masculino	44:55	+13:10	04:30
19	91	Hilário Matos	Individual	Senior Masculino	44:56	+13:11	04:30
20	224	Miguel Nóbrega	Luís	Senior Masculino	45:10	+13:25	04:31
21	84	Fábio Martins	Individual	Senior Masculino	45:18	+13:33	04:32

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22	291	Tiago Costa	Ermida Team	Senior Masculino	45:29	+13:44	04:33
23	227	Filipe Rocha	Maia Runners	Senior Masculino	45:32	+13:47	04:33
24	118	Marco Lima	Individual	Senior Masculino	45:42	+13:57	04:34
25	129	Paulo Hernâni Rocha Alves	Individual	Senior Masculino	45:44	+13:59	04:34
26	83	Fábio Manuel Fernandes Pereira	Individual	Senior Masculino	45:45	+14:00	04:35
27	21	Pedro Miguel Antunes Machado	Braga	Senior Masculino	46:03	+14:18	04:36
28	208	António Martins	Lebres Minhotas	Senior Masculino	46:06	+14:21	04:37
29	67	Alexandre Mendes Martins	Individual	Senior Masculino	46:08	+14:23	04:37
30	74	Carlos Fernandes	Individual	Senior Masculino	46:25	+14:39	04:38
31	279	João Pereira	Decathlon	Senior Masculino	46:54	+15:09	04:41
32	251	João Silva Amaral	Individual	Senior Masculino	47:01	+15:16	04:42
33	300	Miguel Ribeiro	Individual	Senior Masculino	47:48	+16:02	04:47
34	297	Joaquim Antunes	Individual	Senior Masculino	47:49	+16:04	04:47
35	126	Nuno Daniel Marçal de Barros	Individual	Senior Masculino	48:01	+16:15	04:48
36	293	Manuel Oliveira	Individual	Senior Masculino	48:02	+16:17	04:48
37	2	João Esteves	Individual	Senior Masculino	48:19	+16:34	04:50
38	95	João Carlos Oliveira Gonçalves	Individual	Senior Masculino	48:24	+16:39	04:50
39	153	Vítor Vieira	Individual	Senior Masculino	48:27	+16:42	04:51
40	143	Rui Campos	Individual	Senior Masculino	48:36	+16:50	04:52
41	241	Bruno Antunes	Pais babados	Senior Masculino	48:44	+16:59	04:52
42	137	Ricardo Duarte	Individual	Senior Masculino	48:48	+17:02	04:53
43	271	Adelino Magalhães	Decathlon	Senior Masculino	48:52	+17:07	04:53
44	123	Narciso Magalhães	Individual	Senior Masculino	48:59	+17:13	04:54
45	236	Flavio Caldas	N14 Crossfit	Senior Masculino	49:20	+17:34	04:56
46	132	Pedro Marinho Gonçalves Teixeira	Individual	Senior Masculino	49:23	+17:38	04:56
47	17	Domingos Oliveira Sousa Veiga	bracaracrossfit	Senior Masculino	49:25	+17:39	04:56
48	265	José Barreto	Individual	Senior Masculino	49:28	+17:43	04:57
49	98	João Forte	Individual	Senior Masculino	49:38	+17:52	04:58
50	120	Miguel Ângelo Fernandes Caldas Correia	Individual	Senior Masculino	49:40	+17:54	04:58
51	217	cristiano correia	Let´s Go	Senior Masculino	49:47	+18:02	04:59
52	219	SAMUEL SILVA	Let´s Go	Senior Masculino	49:48	+18:02	04:59
53	101	João Marques	Individual	Senior Masculino	50:12	+18:27	05:01
54	100	João Manuel Peixoto Magalhães	Individual	Senior Masculino	50:40	+18:54	05:04
55	295	Camigo Helder	Individual	Senior Masculino	50:44	+18:59	05:04
56	112	Luís Miguel Soares Fernandes	Individual	Senior Masculino	51:03	+19:17	05:06
57	283	Mario Rosas	Individual	Senior Masculino	51:21	+19:36	05:08
58	86	Filipe Pinto	Individual	Senior Masculino	51:32	+19:47	05:09
59	72	Carlos Alexandre Pinheiro de Oliveira	Individual	Senior Masculino	51:35	+19:49	05:09
60	255	Nuno Dias	Individual	Senior Masculino	51:45	+20:00	05:11
61	139	Ricardo Ismael Rodrigues Carvalho	Individual	Senior Masculino	52:04	+20:18	05:12
62	131	Pedro Leandro Peixoto	Individual	Senior Masculino	52:19	+20:34	05:14
63	85	Filipe Macedo Pontes	Individual	Senior Masculino	52:23	+20:38	05:14
64	75	Carlos Gonçalves	Individual	Senior Masculino	52:55	+21:10	05:18
65	145	Rui Macedo Cruz	Individual	Senior Masculino	53:15	+21:30	05:19
66	89	Gonçalo Nuno Fernandes Alves	Individual	Senior Masculino	53:15	+21:30	05:20
67	152	Vítor Daniel Tinoco Marçal	Individual	Senior Masculino	53:36	+21:50	05:22

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68	277	Bruno Peixoto	Decathlon	Senior Masculino	54:18	+22:32	05:26
69	76	Carlos José Gonçalves Brandão	Individual	Senior Masculino	54:37	+22:51	05:28
70	130	Pedro Ferreira	Individual	Senior Masculino	54:46	+23:00	05:29
71	80	Daniel Barros	Individual	Senior Masculino	54:53	+23:07	05:29
72	133	Rafael Amaro Vieira Araújo	Individual	Senior Masculino	54:53	+23:07	05:29
73	111	Luís Filipe Lima Fernandes	Individual	Senior Masculino	54:53	+23:07	05:29
74	263	Paulo Ribeiro Abreu	Individual	Senior Masculino	54:53	+23:07	05:29
75	27	Fabrice Carvalho	CVP Amares	Senior Masculino	55:13	+23:27	05:31
76	105	José Domingos de Sousa Almeida	Individual	Senior Masculino	55:19	+23:33	05:32
77	77	César Gomes	Individual	Senior Masculino	55:29	+23:44	05:33
78	96	João Daniel Pereira Gonçalves	Individual	Senior Masculino	55:39	+23:54	05:34
79	119	Marco Rascão	Individual	Senior Masculino	55:44	+23:58	05:34
80	237	Pedro Gois	N14 Crossfit	Senior Masculino	56:00	+24:15	05:36
81	94	Ivo Leandro Ribeiro	Individual	Senior Masculino	56:01	+24:16	05:36
82	115	Marcelo José Rodrigues Gonçalves	Individual	Senior Masculino	56:05	+24:19	05:36
83	12	Simão Fernandes	Aventureiros	Senior Masculino	56:35	+24:50	05:40
84	102	João Ricardo Ferreira Freitas	Individual	Senior Masculino	56:38	+24:52	05:40
85	262	Diogo Lemos	Individual	Senior Masculino	56:40	+24:55	05:40
86	150	Tiago André Carrasqueira Pereira	Individual	Senior Masculino	56:40	+24:55	05:40
87	106	José Fernando Ferreira	Individual	Senior Masculino	56:51	+25:06	05:41
88	144	Rui Costa	Individual	Senior Masculino	57:07	+25:22	05:43
89	124	Nelson Agostinho Silva Vieira	Individual	Senior Masculino	57:08	+25:23	05:43
90	147	Sérgio Adriano Azevedo Rodrigues	Individual	Senior Masculino	57:30	+25:45	05:45
91	11	Nuno Santos	Aventureiros	Senior Masculino	57:36	+25:51	05:46
92	109	José Miguel de Sousa Laranjeira	Individual	Senior Masculino	58:03	+26:17	05:48
93	73	Carlos André Magalhães Torres	Individual	Senior Masculino	58:05	+26:20	05:49
94	259	Miguel Gomes	Individual	Senior Masculino	58:11	+26:26	05:49
95	243	Ricardo Freitas	R&R Team	Senior Masculino	58:55	+27:10	05:54
96	88	Flavio Sao Joao	Individual	Senior Masculino	59:34	+27:49	05:57
97	78	Constantin Ciocalou	Individual	Senior Masculino	59:58	+28:13	06:00
98	296	Rui Araujo	Individual	Senior Masculino	01:00:20	+28:35	06:02
99	151	Vitor Alexandre Teixeira Granja	Individual	Senior Masculino	01:00:21	+28:36	06:02
100	206	Rogério Bruno da Silva Queirós	Laranjeiro Amares TEAM	Senior Masculino	01:00:39	+28:54	06:04
101	257	Hugo Martins	Individual	Senior Masculino	01:00:46	+29:00	06:05
102	258	Luis Carvalho	Individual	Senior Masculino	01:00:54	+29:09	06:05
103	149	Tiago Alberto Fernandes Caldas Correia	Individual	Senior Masculino	01:00:58	+29:12	06:06
104	282	Joel Fernandes	Individual	Senior Masculino	01:01:03	+29:18	06:06
105	128	Nuno Pereira	Individual	Senior Masculino	01:01:29	+29:44	06:09
106	267	José Coelho	Individual	Senior Masculino	01:01:57	+30:12	06:12
107	140	Ricardo Xavier	Individual	Senior Masculino	01:02:43	+30:58	06:16
108	82	Dinis Manuel Pimenta Paredes	Individual	Senior Masculino	01:02:43	+30:58	06:16
109	218	João Eurico de Sousa Macedo	Let´s Go	Senior Masculino	01:03:23	+31:37	06:20
110	289	Nuno Silva	Individual	Senior Masculino	01:03:25	+31:39	06:20
111	125	Nelson Pinto	Individual	Senior Masculino	01:03:34	+31:49	06:21
112	23	Vitor Mendes	Corro mais que o Candeias	Senior Masculino	01:04:06	+32:21	06:25
113	117	Marco Caldas	Individual	Senior Masculino	01:04:48	+33:02	06:29

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114	66	Alberto Mendes	Individual	Senior Masculino	01:05:19	+33:34	06:32
115	71	Carla Mónica Costa Fernandes Macedo	Individual	Senior Masculino	01:08:10	+36:25	06:49
116	99	Joao Luis Andrade	Individual	Senior Masculino	01:09:08	+37:23	06:55
117	108	José Macedo	Individual	Senior Masculino	01:09:32	+37:47	06:57

Veterana F40

1	157	Maria José Ribeiro	Kalorias Team	Veterana F40	48:14	+16:28	04:49
2	156	Mª Elisabete F. M. Ministro	Individual	Veterana F40	51:44	+19:59	05:10
3	238	Helena Fernandes	N14 Crossfit	Veterana F40	52:10	+20:24	05:13
4	274	Carmo Ferreira	Decathlon	Veterana F40	54:16	+22:31	05:26
5	299	Elsa Rodrigues	Individual	Veterana F40	55:47	+24:01	05:35
6	233	Isabel Alves	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F40	57:21	+25:35	05:44
7	278	Isabel Martins	Decathlon	Veterana F40	58:54	+27:08	05:53
8	13	Ana Brá	Aventureiros	Veterana F40	01:03:58	+32:13	06:24
9	154	Alda Cristina Sá Faustino	Individual	Veterana F40	01:04:07	+32:22	06:25
10	221	Aurora Rodrigues	Let´s Go	Veterana F40	01:04:58	+33:12	06:30
11	232	Carla Soares	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterana F40	01:06:19	+34:33	06:38
12	158	Maria José Sousa Fernandes	Individual	Veterana F40	01:09:10	+37:24	06:55
13	28	Eugénia Gonçalves Pereira	CVP Amares	Veterana F40	01:11:17	+39:31	07:08
14	222	Carla Sousa	Let´s Go	Veterana F40	01:23:06	+51:20	08:19
15	223	Cristina Monteiro	Let´s Go	Veterana F40	01:28:14	+56:28	08:49
16	220	Adélia Gomes	Let´s Go	Veterana F40	01:28:49	+57:03	08:53

Veterano M40

1	31	Paulo Jorge da Silva Lopes de Matos	Gulbenkian	Veterano M40	38:35	+06:50	03:51
2	196	Sérgio Talaia	Individual	Veterano M40	41:43	+09:57	04:10
3	188	MOUTINHO DE CARVALHO CASIMIRO	Individual	Veterano M40	43:02	+11:17	04:18
4	270	Fernando Rocha	Decathlon	Veterano M40	43:33	+11:47	04:21
5	235	José Fenandes	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M40	43:36	+11:50	04:22
6	209	Jorge Domingues	Lebres Minhotas	Veterano M40	44:12	+12:27	04:25
7	182	Jose de Freitas Lopes	Individual	Veterano M40	44:56	+13:11	04:30
8	169	Fernando Manuel Ribeiro Antunes de Sousa	Individual	Veterano M40	45:21	+13:36	04:32
9	160	Amandio correia lopes	Individual	Veterano M40	45:28	+13:43	04:33
10	268	Camilo Oliveira	Decathlon	Veterano M40	45:52	+14:07	04:35
11	172	Filipe Peixoto	Individual	Veterano M40	46:08	+14:22	04:37
12	294	José Ribeiro	Clube de Veteranos de Coimbra	Veterano M40	46:11	+14:26	04:37
13	180	José Bonjardim	Individual	Veterano M40	46:29	+14:44	04:39
14	184	luís Filipe Soares	Individual	Veterano M40	47:06	+15:21	04:43
15	7	Joaquim Ferreira	A.C. VERMOIM	Veterano M40	47:39	+15:53	04:46
16	280	Carlos Alves	Decathlon	Veterano M40	48:05	+16:19	04:48

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OFFICIAL RESULT

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17	292	Antonio Pimentel	Individual	Veterano M40	48:15	+16:29	04:49
18	279	Jorge Vieira	Individual	Veterano M40	48:16	+16:30	04:50
19	195	Ricardo Reis	Individual	Veterano M40	48:31	+16:46	04:51
20	167	Eduardo Faria	Individual	Veterano M40	48:44	+16:58	04:52
21	210	Miguel Domingues	Lebres Minhotas	Veterano M40	49:01	+17:15	04:54
22	165	Augusto Lopes	Individual	Veterano M40	49:06	+17:21	04:55
23	166	Carlos Manuel Ferreira	Individual	Veterano M40	49:19	+17:33	04:56
24	183	José Nuno Sousa	Individual	Veterano M40	49:19	+17:33	04:56
25	185	Luis Martins	Individual	Veterano M40	49:28	+17:43	04:57
26	286	António Machado	Individual	Veterano M40	49:35	+17:50	04:58
27	193	Pedro Matias	Individual	Veterano M40	49:39	+17:54	04:58
28	234	Guilherme Martins	MOVIMENTO DE JUVENTUDE DE MERELIM	Veterano M40	49:51	+18:06	04:59
29	6	Filipe Ribeiro	A.C. VERMOIM	Veterano M40	50:15	+18:29	05:01
30	163	António Fins	Individual	Veterano M40	50:31	+18:45	05:03
31	176	JOÃO ALFREDO FARIA VIEIRA	Individual	Veterano M40	51:07	+19:22	05:07
32	173	Gilberto Franco Pinto	Individual	Veterano M40	52:08	+20:23	05:13
33	186	Manuel Araújo de Brito	Individual	Veterano M40	52:35	+20:50	05:16
34	275	José Quinteiro	Decathlon	Veterano M40	54:16	+22:30	05:26
35	159	Alfredo Agostinho Silva Pereira	Individual	Veterano M40	55:24	+23:38	05:32
36	177	Joao manuel lopes ministro	Individual	Veterano M40	56:02	+24:17	05:36
37	14	Domingos Pinto	Aventureiros	Veterano M40	56:23	+24:38	05:38
38	284	Lourenço Antunes	Individual	Veterano M40	56:37	+24:52	05:40
39	194	pedro silva	Individual	Veterano M40	56:42	+24:57	05:40
40	285	Domingos Lourenço	Decathlon	Veterano M40	57:05	+25:20	05:43
41	168	Fernando Costa	Individual	Veterano M40	57:39	+25:53	05:46
42	281	Carlos Gomes	Individual	Veterano M40	58:21	+26:36	05:50
43	191	Paulo Oliveira	Individual	Veterano M40	58:51	+27:05	05:53
44	231	Candido Lima	Moveis Lima	Veterano M40	59:06	+27:21	05:55
45	162	Ângelo Octávio Guerreiro da Rosa	Individual	Veterano M40	59:46	+28:00	05:59
46	254	Domingos Gomes Rocha	Individual	Veterano M40	01:00:05	+28:20	06:01
47	197	Vitinho	Individual	Veterano M40	01:00:53	+29:07	06:05
48	189	Orlando César Oliveira Rodrigues	Individual	Veterano M40	01:00:56	+29:10	06:06
49	161	Andre Rocha	Individual	Veterano M40	01:02:02	+30:16	06:12
50	181	José Balixa	Individual	Veterano M40	01:03:05	+31:20	06:19
51	174	Hugo Candeias	Individual	Veterano M40	01:04:06	+32:20	06:25
52	175	Ilídio Assis	Individual	Veterano M40	01:06:26	+34:41	06:39
53	170	Fernando silva	Individual	Veterano M40	01:06:39	+34:54	06:40
54	178	Jorge Manuel Pinheiro Afonso	Individual	Veterano M40	01:12:37	+40:52	07:16

JUVENIS - STAGE 1

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	13,5°C	87%
End	18:39	13,5°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	250	Rodrigo Filipe Padilha Faria	individual	Juvenil Masculino	22:11		04:26
2	288	Leandro Machado	individual	Juvenil Masculino	22:58	+00:47	04:36
3	249	Ricardo Rocha	individual	Juvenil Masculino	25:02	+02:51	05:00
4	248	Manuel António Alves Silva	individual	Juvenil Masculino	26:48	+04:37	05:22
5	246	Mariana Costa	individual	Juvenil Feminino	33:42	+11:31	06:44
6	245	Maria Margarida Coutinho da Silva	individual	Juvenil Feminino	33:46	+11:35	06:45

Juvenis

5 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	13,5°C	87%
End	18:39	13,5°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Juvenil Feminino

1	246	Mariana Costa	Individual	Juvenil Feminino	33:42	+11:31	06:44
2	245	Maria Margarida Coutinho da Silva	Individual	Juvenil Feminino	33:46	+11:35	06:45

Juvenil Masculino

1	250	Rodrigo Filipe Padilha Faria	Individual	Juvenil Masculino	22:11	04:26
2	288	Leandro Machado	Individual	Juvenil Masculino	22:58	+00:47 04:36
3	249	Ricardo Rocha	Individual	Juvenil Masculino	25:02	+02:51 05:00
4	248	Manuel António Alves Silva	Individual	Juvenil Masculino	26:48	+04:37 05:22