

II Meeting de Orientação Dão Lafões
Overall point score results

Sun 10/9/2016 9:52 PM
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Pl	Stno Name	YB Club	S1	S2	Total
H10 (1)					
1	4222 João Pedro	07 [107] CAOS	46:36 1000.00	1 35:03 1000.00	1 2000.00
D10 (1)					
1	5880 Alexandra Serra Campos	06 [102] .COM	31:42 1000.00	1 20:51 1000.00	1 2000.00
H12 (3)					
1	6164 Rodrigo Lima	04 [085] A Montanha	18:45 1000.00	1 29:45 966.95	2 1966.95
2	6197 Tiago Lopes	04 [115] ATV	29:45 630.25	2 28:46 1000.00	1 1630.25
3	90026 João Gomes	05 [5644] EBJúlioSaúlDias	56:28 332.05	3 48:28 593.54	3 925.59
D12 (3)					
1	90022 Beatriz Coelho	04 [033] Clube TAP	33:06 1000.00	1 28:42 1000.00	1 2000.00
2	6162 Fernanda Rego	04 [085] A Montanha	32:33 0.00	nc 32:36 0.00	nc 0.00
2	6057 Maria Cruz	05 [007] Ori-Estarreja	48:04 0.00	nc 50:24 0.00	nc 0.00
H14 (13)					
1	5737 Vasco Mendes	02 [133] GDU Azoia	13:36 1000.00	1 37:03 1000.00	1 2000.00
2	5074 Rodrigo Oliveira	02 [070] COC	18:21 741.14	2 39:56 927.80	2 1668.94
3	5529 André Serra Campos	02 [102] .COM	28:35 475.80	3 58:09 637.15	4 1112.95
4	6175 João Sousa	02 [133] GDU Azoia	33:06 410.88	4 55:43 664.97	3 1075.85
5	6075 Tiago Pereira	02 [167] NAST	45:20 300.00	9 58:41 631.35	5 931.35
6	5896 Pedro Peralta	02 [133] GDU Azoia	37:23 363.80	5 1:08:26 541.40	8 905.20
7	5299 André Roberto	02 [070] COC	39:28 344.59	7 1:07:19 550.38	7 894.97
8	90027 Pedro Viana	03 [5644] EBJúlioSaúlDias	39:14 346.64	6 1:21:15 456.00	9 802.64
9	6056 Adelino Pereira	03 [007] Ori-Estarreja	44:32 305.39	8 2:07:59 289.49	10 594.88
10	90035 Eduardo Dias	02 [6593] ESCarlosAmarante	mp 0.00	1:05:20 567.09	6 567.09
11	6160 Artur Cunha	02 [085] A Montanha	1:00:24 0.00	nc 1:32:03 0.00	nc 0.00
11	6053 Pedro Lagarto	03 [022] CLAC	24:27 0.00	nc 1:09:01 0.00	nc 0.00
11	5794 Rafael Rusga	03 [133] GDU Azoia	mp 0.00	nc 1:01:12 0.00	nc 0.00

D14 (5)

1	6046 Ana Pacheco	03 [102] .COM	20:07	1	1:03:09	2	
			1000.00		921.35		1921.35
2	5879 Joana Catarino	02 [022] CLAC	42:18	3	58:11	1	
			475.57		1000.00		1475.57
3	5828 Luciana Ferreira	02 [088] ADC	40:16	2	1:09:00	4	
			499.59		843.24		1342.83
4	6180 Carolina Tacão	02 [090] ADFA	44:22	4	1:06:06	3	
			453.42		880.23		1333.65
5	6177 Maria do Mar	02 [090] ADFA	46:48	5	1:15:31	5	
			429.84		770.47		1200.31

H16 (21)

1	3976 Tomas Lima	01 [070] COC	34:02	2	47:55	1	
			983.84		1000.00		1983.84
2	5392 André Ferreira	01 [166] ADM Ori-Mondego	33:29	1	59:55	2	
			1000.00		799.72		1799.72
3	5488 André Henriques	00 [007] Ori-Estarreja	36:30	3	1:05:25	3	
			917.35		732.48		1649.83
4	5797 Ricardo Ferreira	00 [007] Ori-Estarreja	36:42	4	1:29:53	9	
			912.35		533.10		1445.45
5	5510 Pedro Barbosa Silva	00 [007] Ori-Estarreja	41:31	6	1:18:22	5	
			806.50		611.44		1417.94
6	6039 João Pinto	01 [090] ADFA	40:23	5	1:22:47	6	
			829.14		578.82		1407.96
7	6040 Diogo Lampreia	01 [090] ADFA	44:19	7	1:37:07	10	
			755.55		493.39		1248.94
8	5962 João Rebelo	00 [022] CLAC	58:50	15	1:15:13	4	
			569.12		637.05		1206.17
9	6041 Tiago Lampreia	01 [090] ADFA	52:58	10	1:26:16	8	
			632.16		555.45		1187.61
10	5073 Manuel Oliveira	01 [070] COC	56:54	14	1:23:03	7	
			588.46		576.96		1165.42
11	6097 Miguel Marques	01 [022] CLAC	44:37	8	2:04:08	14	
			750.47		386.01		1136.48
12	90043 Henrique Paquete	00 [3152] ESPinhal Novo	54:21	12	1:46:04	12	
			616.07		451.76		1067.83
13	6073 Tiago Caineta	01 [007] Ori-Estarreja	54:57	13	2:02:10	13	
			609.34		392.22		1001.56
14	6201 José Fernandes	01 [102] .COM	1:22:53	18	1:43:42	11	
			403.98		462.07		866.05
15	6179 Hugo Glórias	00 [090] ADFA	46:04	9	dnf		
			726.85		0.00		726.85
16	90044 Bernardo Marçalo	01 [3152] ESPinhal Novo	54:16	11	dnf		
			617.01		0.00		617.01
17	6086 Rui Silva	01 [088] ADC	1:01:03	16	mp		
			548.46		0.00		548.46
18	5954 Pedro Carvalho	01 [022] CLAC	1:12:04	17	mp		
			464.62		0.00		464.62
19	6173 José Dinis	00 [052] GD4C	2:31:54	19	mp		
			220.43		0.00		220.43
20	6048 Diogo Oliveira	01 [102] .COM	54:43	nc	1:34:45	nc	
			0.00		0.00		0.00
20	6072 Miguel Lereno	01 [052] GD4C	2:35:59	nc	mp	nc	
			0.00		0.00		0.00

D16 (13)

1	5166 Beatriz Esteves	00 [070] COC	35:49	1	1:10:35	2	
			1000.00		946.16		1946.16
2	5657 Mafalda Moreira	00 [094] CPOC	53:02	5	1:06:47	1	
			675.36		1000.00		1675.36
3	5659 Raquel Henriques	00 [094] CPOC	49:33	4	1:16:32	5	
			722.84		872.60		1595.44
4	5811 Ana Nunes	01 [094] CPOC	48:04	3	1:18:48	6	
			745.15		847.50		1592.65
5	90045 Joana Branco	01 [3152] ESPinhal Novo	45:28	2	1:28:01	7	
			787.76		758.76		1546.52

6	5599 Liane Batista	00 [070] COC	54:07	6	1:15:51	4	
			661.84		880.47		1542.31
7	5706 Margarida Miranda	01 [052] GD4C	57:39	8	1:13:21	3	
			621.28		910.47		1531.75
8	5837 Mariana Almeida	00 [094] CPOC	56:05	7	1:28:32	8	
			638.63		754.33		1392.96
9	6198 Beatriz Castilho	01 [102] .COM	1:49:40	11	1:41:26	9	
			326.60		658.40		985.00
10	90033 Bárbara Pereira	01 [6593] ESCarlosAmarante	1:07:36	9	mp		
			529.83		0.00		529.83
11	90034 Inês José	00 [6593] ESCarlosAmarante	mp		2:20:25	10	
			0.00		475.61		475.61
12	6199 Soraia Costa	02 [007] Ori-Estarreja	1:17:51	10	mp		
			460.07		0.00		460.07
13	5739 Carina Castro	01 [007] Ori-Estarreja	42:24	nc	mp	nc	
			0.00		0.00		0.00

H18 (12)

1	5448 João Magalhães	98 [102] .COM	32:00	1	1:23:18	1	
			1000.00		1000.00		2000.00
2	3955 Miguel Baltazar	98 [090] ADFA	52:17	3	1:38:38	2	
			612.05		844.54		1456.59
3	5437 Tiago Figueiredo	99 [007] Ori-Estarreja	58:20	5	1:41:27	3	
			548.57		821.09		1369.66
4	4697 Samuel Silva	99 [070] COC	50:02	2	1:57:39	6	
			639.57		708.03		1347.60
5	5757 Daniel Magalhães	98 [102] .COM	1:04:19	8	1:46:58	4	
			497.54		778.75		1276.29
6	5440 Ernesto Martins	98 [102] .COM	56:34	4	2:09:03	8	
			565.70		645.49		1211.19
7	5845 Francisco Abreu	98 [102] .COM	1:04:17	7	2:02:06	7	
			497.80		682.23		1180.03
8	6047 Guilherme Faria	99 [102] .COM	1:10:43	10	1:55:38	5	
			452.51		720.38		1172.89
9	5504 Diogo Reis	98 [052] GD4C	1:10:29	9	3:28:12	9	
			454.01		400.10		854.11
10	5842 José Dias	99 [022] CLAC	1:01:37	6	mp		
			519.34		0.00		519.34
11	4889 Tomás Mora C	99 [166] ADM Ori-Mondego	1:15:12	11	mp		
			425.53		0.00		425.53
12	5636 Ricardo Esteves	98 [090] ADFA	mp		dns		
			0.00				0.00

D18 (11)

1	3975 Helena Lima	99 [070] COC	55:46	1	1:40:39	5	
			1000.00		813.38		1813.38
2	5665 Patrícia Romão	98 [090] ADFA	1:10:31	4	1:21:52	1	
			790.83		1000.00		1790.83
3	5138 Joana Marques	98 [007] Ori-Estarreja	1:04:02	2	1:30:01	3	
			870.90		909.46		1780.36
4	5533 Beatriz Sanguino	98 [094] CPOC	1:13:10	5	1:24:40	2	
			762.19		966.93		1729.12
5	4909 Sara Roberto	99 [070] COC	1:17:20	8	1:33:40	4	
			721.12		874.02		1595.14
6	5634 Carolina Carçoço	98 [090] ADFA	1:06:21	3	1:49:46	7	
			840.49		745.82		1586.31
7	5961 Mariana Jorge	98 [090] ADFA	1:18:32	9	1:43:43	6	
			710.10		789.33		1499.43
8	5785 Rita Raimundo	98 [090] ADFA	1:14:49	7	1:51:07	8	
			745.38		736.76		1482.14
9	5839 Eduarda Moreira	99 [088] ADC	1:13:23	6	2:21:02	9	
			759.94		580.48		1340.42
10	5805 Beatriz Margarido	98 [090] ADFA	1:23:28	10	mp		
			668.13		0.00		668.13
11	5443 Filipa Castro	99 [007] Ori-Estarreja	mp		mp		
			0.00		0.00		0.00

H20 (11)

1	5295	João Bernardino	98	[070]	COC	39:32	1	1:45:38	2	
						1000.00		979.17		1979.17
2	5287	João Novo	97	[102]	.COM	42:43	2	1:43:26	1	
						925.48		1000.00		1925.48
3	5279	Bernardo Pereira	97	[090]	ADFA	48:04	4	2:01:02	4	
						822.47		854.59		1677.06
4	3760	Vasco Duarte	97	[090]	ADFA	54:25	6	1:49:27	3	
						726.49		945.03		1671.52
5	5838	Pedro Silva	97	[088]	ADC	53:31	5	2:25:22	6	
						738.71		711.53		1450.24
6	5216	Nuno Santos	96	[090]	ADFA	1:04:24	7	2:08:25	5	
						613.87		805.45		1419.32
7	3832	Diogo Delgado	97	[052]	GD4C	47:28	3	mp		
						832.87		0.00		832.87
8	5840	Luis Carlos	97	[088]	ADC	1:11:05	8	mp		
						556.15		0.00		556.15
9	4908	Pedro Roberto	97	[070]	COC	1:38:11	9	mp		
						402.65		0.00		402.65
10	5885	Pedro Morais	96	[168]	CAB	1:43:39	10	mp		
						381.41		0.00		381.41
11	4803	Jorge Valente	99	[094]	CPOC	1:05:24	nc	mp	nc	
						0.00		0.00		0.00

D20 (6)

1	5736	Filipa Rodrigues	96	[090]	ADFA	37:35	1	1:23:14	1	
						1000.00		1000.00		2000.00
2	4277	Inês Alves	96	[052]	GD4C	39:41	2	1:30:31	3	
						947.08		919.54		1866.62
3	5679	Ana Castanheiro	97	[102]	.COM	1:03:32	4	1:37:06	5	
						591.55		857.19		1448.74
4	5506	Verónica Fradique	97	[052]	GD4C	1:25:05	5	1:34:15	4	
						441.72		883.11		1324.83
5	4313	Joana Fernandes	96	[102]	.COM	mp		1:26:15	2	
						0.00		965.02		965.02
6	4515	Beatriz Moreira	97	[094]	CPOC	54:00	3	mp		
						695.99		0.00		695.99

HE (13)

1	90032	Anssi Vesanto	93	[9105]	EsSu	40:05	2	1:48:28	1	
						942.62		1000.00		1942.62
2	1888	Diogo Miguel	89	[007]	Ori-Estarreja	37:47	1	2:02:11	4	
						1000.00		887.74		1887.74
3	4103	Rafael Miguel	93	[007]	Ori-Estarreja	42:45	4	1:48:40	2	
						883.82		998.16		1881.98
4	1871	Pedro Duarte	86	[090]	ADFA	42:31	3	2:23:16	7	
						888.67		757.10		1645.77
5	2060	Marco Povia	76	[090]	ADFA	47:53	5	2:19:09	6	
						789.07		779.49		1568.56
6	3167	Nuno Evangelista	80	[114]	COA	53:02	8	2:13:57	5	
						712.45		809.75		1522.20
7	3785	Nelson Baroca	80	[062]	CA Madeira	47:56	6	2:40:05	10	
						788.25		677.56		1465.81
8	3555	Filipe Dias	85	[052]	GD4C	55:05	10	2:31:39	9	
						685.93		715.24		1401.17
9	3113	Filipe Farinha	82	[052]	GD4C	1:00:25	11	2:26:20	8	
						625.38		741.23		1366.61
10	1811	Luis Leite	76	[052]	GD4C	50:07	7	2:58:14	12	
						753.91		608.57		1362.48
11	5055	André Esteves	96	[070]	COC	53:35	9	2:52:52	11	
						705.13		627.46		1332.59
12	4101	Jorge Marques	73	[052]	GD4C	1:06:16	12	3:04:08	13	
						570.17		589.07		1159.24
13	2728	Miguel Silva	87	[073]	CMo Funchal	dns		1:51:01	3	
								977.03		977.03

DE (8)

1	3156 Mariana Moreira	92 [094] CPOC	43:41	1	1:59:09	1	
			1000.00		1000.00		2000.00
2	3060 Patricia Casalinho	87 [070] COC	55:38	2	2:23:40	3	
			785.20		829.35		1614.55
3	3479 Carolina Delgado	95 [052] GD4C	1:17:27	5	2:15:06	2	
			564.02		881.94		1445.96
4	3315 Adelindina Lopes	74 [070] COC	1:02:00	3	2:48:31	5	
			704.57		707.05		1411.62
5	3519 Albertina Sá	77 [090] ADFA	1:08:08	4	3:00:31	7	
			641.14		660.05		1301.19
6	4112 Inês Pinto	92 [052] GD4C	1:24:56	6	2:37:30	4	
			514.32		756.51		1270.83
7	3720 Ines Aires	92 [007] Ori-Estarreja	mp		2:52:14	6	
			0.00		691.79		691.79
8	3054 Inês Domingues	94 [070] COC	1:25:07	7	mp		
			513.22		0.00		513.22

H21A (22)

1	2816 Jorge Fortunato	89 [007] Ori-Estarreja	40:20	1	1:12:49	1	
			1000.00		1000.00		2000.00
2	5140 Sergio Duarte	94 [102] .COM	47:50	2	1:19:02	2	
			843.21		921.34		1764.55
3	2969 Domingos Martins	89 [052] GD4C	50:15	3	1:26:48	3	
			802.65		838.90		1641.55
4	2150 Xavier Vieira	69 [062] CA Madeira	51:22	4	1:29:12	4	
			785.20		816.33		1601.53
5	3892 Tiago Bento	84 [166] ADM Ori-Mondego	52:02	5	1:52:25	11	
			775.14		647.74		1422.88
6	5410 Noel Valadão	78 [166] ADM Ori-Mondego	55:59	8	1:46:07	7	
			720.45		686.19		1406.64
7	2635 Edgar Domingues	88 [070] COC	53:48	6	1:51:11	9	
			749.69		654.92		1404.61
8	5316 João Real	84 [159] COAAL	1:05:26	12	1:36:57	6	
			616.40		751.07		1367.47
9	2983 João Gomes	78 [062] CA Madeira	1:10:47	15	1:34:57	5	
			569.81		766.89		1336.70
10	5796 Bruno André	81 [119] OriMarão	1:00:38	10	1:50:08	8	
			665.20		661.17		1326.37
11	2831 Daniel Raposo	80 [128] COALA	1:07:05	14	2:04:49	13	
			601.24		583.39		1184.63
12	5061 Manuel Lopes	96 [090] ADFA	1:04:48	11	2:15:37	14	
			622.43		536.93		1159.36
13	5698 Pedro Laia	77 [133] GDU Azoia	58:36	9	2:46:11	15	
			688.28		438.17		1126.45
14	5615 Luís Castro	94 [088] ADC	1:37:52	18	1:51:51	10	
			412.13		651.02		1063.15
15	5075 Ricardo Freitas	78 [166] ADM Ori-Mondego	1:31:56	17	2:50:44	16	
			438.72		426.49		865.21
16	3887 Pedro Rama	84 [166] ADM Ori-Mondego	54:44	7	mp		
			736.91		0.00		736.91
17	5605 Gil Sousa Pinto	86 [119] OriMarão	mp		1:57:48	12	
			0.00		618.14		618.14
18	5960 humberto santos	79 [090] ADFA	1:06:46	13	mp		
			604.09		0.00		604.09
19	5421 Alexandre Espíri Santo	81 [166] ADM Ori-Mondego	1:25:52	16			
			469.72				469.72
20	1132 Paulo Franco	81 [070] COC		nc	1:22:07	nc	
					0.00		0.00
20	5541 Tomás Silva	93 [094] CPOC	51:25	nc	mp	nc	
			0.00		0.00		0.00
20	4485 Fábio Coradinho	90 [3157] Exército	45:49	nc	1:37:57	nc	
			0.00		0.00		0.00

D21A (11)

1	2587 Sandra Rodrigues	78 [090] ADFA	54:54	3	1:11:07	1	
			975.11		1000.00		1975.11
2	2582 Anabela Vieito	67 [070] COC	53:32	1	1:14:45	2	

3	1554 Ana Porta Nova	86 [094] CPOC	1000.00 53:40	2	1:31:50	6	1951.39
			997.52		774.41		1771.93
4	1490 Cristina Nazário	83 [007] Ori-Estarreja	55:32	4	1:28:42	5	1765.76
			963.99		801.77		1765.76
5	4901 Carla Ferreira	79 [166] ADM Ori-Mondego	1:02:39	6	1:21:36	3	1726.01
			854.48		871.53		1726.01
6	5696 Ana Casaca	76 [133] GDU Azoia	1:00:44	5	1:35:52	8	1623.28
			881.45		741.83		1623.28
7	4375 Joana Moutela	81 [007] Ori-Estarreja	1:11:58	9	1:25:13	4	1578.40
			743.86		834.54		1578.40
8	4425 Ana Gouveia	80 [062] CA Madeira	1:08:59	8	1:32:51	7	1541.96
			776.03		765.93		1541.96
9	4986 Inês Gonçalves	95 [007] Ori-Estarreja	1:06:40	7	1:36:26	9	1540.47
			803.00		737.47		1540.47
10	5549 Ana Ferreira	83 [166] ADM Ori-Mondego	1:34:49	10	2:31:37	10	1033.66
			564.60		469.06		1033.66
11	90023 Sara Miranda	92 [3157] Exército	1:05:48	nc	1:36:28	nc	0.00
			0.00		0.00		0.00

H21B (15)

1	5524 Manuel Real	77 [159] COAAL	35:14	1	1:08:15	2	1926.50
			1000.00		926.50		1926.50
2	5555 José Carlos Marques	78 [159] COAAL	43:29	2	1:09:04	3	1725.81
			810.27		915.54		1725.81
3	3638 Nuno José Almeida	77 [128] COALA	54:13	3	1:11:56	5	1528.91
			649.86		879.05		1528.91
4	5925 Pedro Tiago Gomes	90 [1000] Individual POR F	1:13:36	6	1:26:24	6	1210.58
			478.71		731.87		1210.58
5	5895 Fábio Miguel	95 [133] GDU Azoia	1:05:24	5	2:13:18	8	1013.11
			538.74		474.37		1013.11
6	5692 Luis Jacinto	84 [094] CPOC	mp		1:03:14	1	1000.00
			0.00		1000.00		1000.00
7	35421 Alexandre Espíri Santo	81 [166] ADM Ori-Mondego			1:11:32	4	883.97
					883.97		883.97
8	5892 Rui Pedro Amaral	79 [070] COC	1:52:23	8	2:16:50	9	775.63
			313.51		462.12		775.63
9	6061 António Luís San Patri	98 [133] GDU Azoia	3:17:30	9	2:07:34	7	674.09
			178.40		495.69		674.09
10	90047 Gabor Acs	71 [1564] Individual POR	54:20	4			648.47
			648.47				648.47
11	6096 Gonçalo Machado	86 [168] CAB	1:31:52	7	mp		383.53
			383.53		0.00		383.53
12	5894 André Silva	92 [022] CLAC	1:36:27	nc	1:12:51	nc	0.00
			0.00		0.00		0.00
12	3633 Marco Martins	94 [022] CLAC	36:44	nc	1:06:24	nc	0.00
			0.00		0.00		0.00
12	90024 José Lopes	90 [3157] Exército	mp	nc	dns	nc	0.00
			0.00				0.00
12	5898 Nuno Gomes	76 [133] GDU Azoia	3:25:35	nc	2:02:39	nc	0.00
			0.00		0.00		0.00

D21B (4)

1	6095 Rita Dinis	80 [168] CAB	1:01:05	1	1:54:52	3	1871.30
			1000.00		871.30		1871.30
2	90014 Elena Riaño	72 [2244] El Imperdible	1:30:28	2	1:40:05	1	1675.20
			675.20		1000.00		1675.20
3	6109 Marta Sousa Pinto	87 [119] OriMarão	2:04:36	3	1:40:45	2	1483.62
			490.24		993.38		1483.62
4	6182 Inês Correia	97 [085] A Montanha	mp		2:47:19	4	598.17
			0.00		598.17		598.17

H35 (12)

1	1516 Alberto Branco	75 [005] CP Armada	35:15	1	1:11:42	1	2000.00
			1000.00		1000.00		2000.00
2	4241 Luis Gonçalves	81 [094] CPOC	47:02	6	1:19:11	2	

3	1721 Bruno Nazário	80 [007] Ori-Estarreja	749.47 42:43	4	905.49 1:35:30	5	1654.96
4	2044 João Pedro Valente	66 [094] CPOC	825.20 55:07	9	750.79 1:22:56	3	1575.99
5	90008 José Manuel Martínez	70 [2188] ADOL	639.55 47:10	7	864.55 1:37:28	6	1504.10
6	90015 Héctor Lorenzo	72 [2244] El Imperdible	747.35 45:36	5	735.64 1:51:26	7	1482.99
7	2588 José Domingos	76 [094] CPOC	773.03 39:33	2	643.43 2:27:27	8	1416.46
8	1457 António Amador	68 [007] Ori-Estarreja	891.28 1:09:10	10	486.27 1:34:46	4	1377.55
9	3943 Arnaldo Mendes	79 [166] ADM Ori-Mondego	509.64 39:48	3	756.60 mp		1266.24
10	2562 Nuno Pedro	79 [107] CAOS	885.68 51:05	8	0.00 mp		885.68
11	3593 Jose Pereira	78 [005] CP Armada	690.05 44:01	nc	0.00 1:24:54	nc	690.05
11	6105 Fernando Fonseca	78 [167] NAST	0.00 mp		0.00 mp		0.00
			0.00		0.00		0.00

D35 (12)

1	3799 Tânia Covas Costa	78 [102] .COM	45:56	1	1:31:54	1	
2	1031 Mafalda Almeida	78 [007] Ori-Estarreja	1000.00 48:22	2	1000.00 1:40:32	4	2000.00
3	2503 Susana Pontes	71 [070] COC	949.69 48:51	3	914.12 1:52:56	6	1863.81
4	4060 Elisabete Dinis	73 [166] ADM Ori-Mondego	940.29 1:03:23	5	813.75 1:39:30	2	1754.04
5	2616 Paula Nóbrega	71 [119] OriMarão	724.69 1:09:28	7	923.62 1:40:23	3	1648.31
6	1006 Cristina Santos	68 [151] GafanhOri	661.23 1:01:30	4	915.49 1:59:34	7	1576.72
7	2561 Ângela Pedro	79 [107] CAOS	746.88 1:13:26	9	768.61 1:45:18	5	1515.49
8	1346 Fátima Saraiva	77 [168] CAB	625.51 1:16:52	10	872.74 2:01:18	8	1498.25
9	3134 Manuela Nogueira	69 [007] Ori-Estarreja	597.57 1:09:51	8	757.63 2:36:22	10	1355.20
10	5307 Manuela Marques	72 [102] .COM	657.60 1:33:35	11	587.72 2:10:27	9	1245.32
11	4895 Alda Marcelo	77 [166] ADM Ori-Mondego	490.83 1:04:29	6	704.48		1195.31
12	2022 Paula Serra Campos	68 [102] .COM	712.33 1:00:39	nc	0.00 1:55:18	nc	712.33
			0.00		0.00		0.00

H40 (17)

1	4285 Jorge Correia	70 [090] ADFA	55:23	1	1:33:59	1	
2	1302 Rafael Lima	68 [070] COC	1000.00 59:24	2	1000.00 1:43:30	2	2000.00
3	2092 António Olival	72 [062] CA Madeira	932.38 1:02:17	3	908.05 1:49:10	3	1840.43
4	3304 Cesar Conceição	75 [070] COC	889.22 1:03:24	4	860.92 1:57:52	4	1750.14
5	4685 José João Ferreira	74 [119] OriMarão	873.55 1:10:44	6	797.37 2:12:28	8	1670.92
6	5297 Cidálio Oliveira	73 [052] GD4C	782.99 1:17:14	10	709.49 2:08:04	6	1492.48
7	1285 Duarte Lopes	70 [115] ATV	717.09 1:12:37	7	733.86 2:17:31	9	1450.95
8	5063 Sandro Castro	72 [052] GD4C	762.68 1:27:10	13	683.43 2:02:54	5	1446.11
9	6003 Paulo Batista	75 [1000] Individual POR F	635.37 1:07:49	5	764.71 2:43:55	13	1400.08
10	2188 Rui Morais	74 [007] Ori-Estarreja	816.66 1:15:22	9	573.36 2:29:37	11	1390.02
			734.85		628.16		1363.01

11	3893	Luis Nunes	72	[166]	ADM Ori-Mondego	1:22:14 673.49	12	2:28:15 633.95	10	1307.44
12	5199	Paulo Silva	72	[052]	GD4C	1:20:57 684.17	11	2:33:25 612.60	12	1296.77
13	2999	António Batista	69	[115]	ATV	1:41:48 544.04	15	2:10:24 720.73	7	1264.77
14	4635	Sérgio Mónica	70	[128]	COALA	1:31:40 604.18	14	2:44:04 572.84	14	1177.02
15	2823	Rui Pisco	75	[114]	COA	1:13:39 751.98	8	mp 0.00		751.98
16	3437	Carlos Lobo	71	[128]	COALA	1:29:37 0.00	nc	dns 0.00	nc	0.00
16	4922	Nuno Gaspar	76	[3157]	Exército	1:04:19 0.00	nc	2:22:27 0.00	nc	0.00

D40 (7)

1	1005	Kátia Almeida	72	[115]	ATV	55:05 1000.00	1	1:35:59 975.69	2	1975.69
2	1301	Teresa Alves	69	[070]	COC	1:05:53 836.07	2	1:41:15 924.94	3	1761.01
3	2936	Anabela Freitas	72	[085]	A Montanha	1:20:51 681.30	5	1:33:39 1000.00	1	1681.30
4	2574	Ana Casal	70	[007]	Ori-Estarreja	1:18:36 700.81	4	1:55:58 807.56	5	1508.37
5	5056	Paula Ferreira	73	[070]	COC	1:29:13 617.41	6	1:53:47 823.06	4	1440.47
6	2259	Susana Domingos	72	[070]	COC	mp 0.00		1:59:36 783.03	6	783.03
7	4327	Sónia Saramago	73	[115]	ATV	1:10:44 778.75	3	mp 0.00		778.75

H45 (18)

1	1281	Joaquim Sousa	70	[070]	COC	34:00 1000.00	1	54:41 1000.00	1	2000.00
2	2593	Vitor Delgado	67	[052]	GD4C	54:58 618.56	4	1:15:03 728.63	2	1347.19
3	2377	Rui Botão	68	[070]	COC	47:36 714.29	2	1:30:10 606.47	6	1320.76
4	1810	Octávio Andrade	68	[102]	.COM	1:02:41 542.41	8	1:16:18 716.69	3	1259.10
5	2439	Licínio Ferreira	68	[088]	ADC	56:23 603.02	5	1:29:37 610.19	5	1213.21
6	1583	Jorge Oliveira	69	[070]	COC	1:04:18 528.77	9	1:26:57 628.91	4	1157.68
7	2209	Luis Borges	71	[103]	ADADesnível	1:01:44 550.76	7	1:35:11 574.51	8	1125.27
8	1967	Luis Bucha	70	[008]	CP EPAL	53:47 632.17	3	1:54:37 477.10	12	1109.27
9	2667	João Martins	67	[022]	CLAC	1:12:43 467.57	11	1:37:06 563.17	9	1030.74
10	2743	Rogério Pereira	71	[107]	CAOS	1:16:10 446.39	13	1:42:46 532.11	10	978.50
11	1931	Carlos Monteiro	58	[070]	COC	1:15:28 450.53	12	1:47:13 510.03	11	960.56
12	5772	Manuel Machado Calçada	68	[070]	COC	58:16 583.52	6	2:25:58 374.63	16	958.15
13	4287	António Cotovio	68	[070]	COC	1:11:51 473.21	10	1:59:13 458.69	15	931.90
14	4328	Luis Miguel Martinho	70	[115]	ATV	1:47:47 315.45	15	1:31:42 596.33	7	911.78
15	2244	Cláudio Tereso	70	[115]	ATV	1:21:06 419.24	14	1:55:12 474.68	13	893.92
16	3062	Samuel Oliveira	68	[168]	CAB			1:59:05 459.20	14	459.20
17	5057	Humberto Esteves	71	[3157]	Exército	54:22 0.00	nc	1:31:17 0.00	nc	0.00
17	6108	Miguel Vidinha	67	[167]	NAST	mp 0.00		mp 0.00		0.00

D45 (8)

1	2849 Alexandra Coelho	68 [052] GD4C	44:13	1	1:36:20	1	
			1000.00		1000.00		2000.00
2	3467 Helena Sousa	67 [119] OriMarão	46:05	2	1:41:46	2	
			959.49		946.61		1906.10
3	5211 Rosário Barros	69 [070] COC	1:33:55	4	2:24:08	3	
			470.81		668.36		1139.17
4	5280 Carmo Silva	67 [007] Ori-Estarreja	1:08:11	3	dns		
			648.50				648.50
5	4386 Ana Silveira	71 [119] OriMarão	1:41:01	5	dns		
			437.72				437.72
6	5783 Catarina Félix	67 [133] GDU Azoia	1:47:02	6	dns		
			413.11				413.11
7	90007 Carmen Pedrero	71 [2188] ADOL	mp		mp		
			0.00		0.00		0.00
7	1039 Margarida Maria	71 [007] Ori-Estarreja	mp	nc	2:26:09	nc	
			0.00		0.00		0.00

H50 (20)

1	1246 Daniel Pires	65 [090] ADFA	42:40	4	1:04:51	1	
			903.13		1000.00		1903.13
2	1682 Santos Sousa	64 [090] ADFA	39:12	2	1:17:03	3	
			982.99		841.66		1824.65
3	4671 Francisco Cordeiro	64 [090] ADFA	38:32	1	1:19:59	4	
			1000.00		810.79		1810.79
4	1093 Jorge Baltazar	66 [133] GDU Azoia	44:52	6	1:14:21	2	
			858.84		872.23		1731.07
5	1256 Mário Duarte	62 [090] ADFA	40:33	3	1:43:59	8	
			950.27		623.66		1573.93
6	3098 António Graça	63 [005] CP Armada	1:11:54	11	1:22:51	5	
			535.93		782.74		1318.67
7	4656 José Bolrão	64 [070] COC	55:53	7	2:03:04	10	
			689.53		526.95		1216.48
8	5053 José Carlos	62 [166] ADM Ori-Mondego	57:42	8	2:04:34	11	
			667.82		520.60		1188.42
9	1937 Tozé Silva	66 [070] COC	1:16:00	14	1:35:36	6	
			507.02		678.35		1185.37
10	5354 Noel Cabeça	64 [133] GDU Azoia	1:03:24	9	1:56:34	9	
			607.78		556.33		1164.11
11	3007 José Mário Baptista	62 [052] GD4C	1:12:16	12	2:08:20	12	
			533.21		505.32		1038.53
12	3073 Jorge Ferreira	65 [088] ADC	1:24:18	15	2:15:11	13	
			457.10		479.72		936.82
13	4783 Carlos Fortunato	62 [007] Ori-Estarreja	1:26:18	16	2:18:05	14	
			446.50		469.64		916.14
14	1084 Manuel Luís	63 [005] CP Armada	44:12	5	mp		
			871.79		0.00		871.79
15	5294 Amândio Gonçalves	63 [022] CLAC	1:30:38	17	2:49:30	16	
			425.16		382.60		807.76
16	2440 António Ferreira	63 [088] ADC	mp		1:38:42	7	
			0.00		657.04		657.04
17	4098 Júlio Oliveira	63 [005] CP Armada	2:02:10	18	3:23:13	17	
			315.42		319.12		634.54
18	2750 Leonel Vieito	66 [070] COC	1:08:14	10	mp		
			564.73		0.00		564.73
19	3872 António Aguiar	61 [007] Ori-Estarreja	1:13:22	13	mp		
			525.22		0.00		525.22
20	6107 Pedro Mieiro	65 [167] NAST	mp		2:21:13	15	
			0.00		459.22		459.22

D50 (6)

1	1524 Helena Lopes	58 [1000] Individual POR F	1:04:49	2	1:23:20	1	
			839.03		1000.00		1839.03
2	1092 Alice Silva	65 [090] ADFA	54:23	1	1:48:38	4	
			1000.00		767.11		1767.11
3	3890 Claudia Figueiredo	66 [052] GD4C	1:17:44	4	1:44:21	2	

4	4730 Assunção Almeida	59 [151] GafanhOri	699.61 1:12:01	798.59 3 1:52:18	5	1498.20
			755.15	742.06		1497.21
5	5695 Luísa Gaboleiro	63 [133] GDU Azoia	1:31:17	5 1:45:38	3	
			595.76	788.89		1384.65
6	5293 Amália Gonçalves	63 [022] CLAC	1:41:36	6 1:59:45	6	
			535.27	695.89		1231.16

H55 (15)

1	1532 José Fernandes	59 [102] .COM	29:29	1 1:06:57	1	
			1000.00	1000.00		2000.00
2	2454 Jorge Silva	60 [085] A Montanha	44:24	2 1:13:59	2	
			664.04	904.93		1568.97
3	2201 Luciano Lucas	57 [128] COALA	45:11	3 1:22:42	3	
			652.53	809.55		1462.08
4	1907 Carlos Coelho	61 [094] CPOC	45:25	4 1:33:59	5	
			649.17	712.36		1361.53
5	3997 Jorge Artur	55 [090] ADFA	46:10	5 2:06:55	8	
			638.63	527.51		1166.14
6	1391 António Matias	57 [022] CLAC	54:27	7 1:48:20	7	
			541.48	618.00		1159.48
7	2905 Manuel Delgado	61 [052] GD4C	1:18:46	9 1:33:45	4	
			374.31	714.13		1088.44
8	2130 Pedro Serralheiro	61 [070] COC	1:07:53	8 1:46:28	6	
			434.32	628.84		1063.16
9	2452 Jorge Saraiva	57 [007] Ori-Estarreja	1:23:00	10 2:20:17	10	
			355.22	477.25		832.47
10	3721 Fernando Santos	[007] Ori-Estarreja	1:30:55	12 2:24:52	11	
			324.29	462.15		786.44
11	2592 João Alves	61 [052] GD4C	53:10	6 mp		
			554.55	0.00		554.55
12	2417 Carlos Matos	60 [167] NAST	mp	2:09:32	9	
			0.00	516.86		516.86
13	3865 Luís Pereira	58 [052] GD4C	1:27:46	11 mp		
			335.93	0.00		335.93
14	4300 Carlos Garrido	59 [166] ADM Ori-Mondego	47:18	nc 2:26:05	nc	
			0.00	0.00		0.00
14	90049 Vitor Pimentel	77 [1564] Individual POR	48:47	nc		
			0.00			0.00

D55 (3)

1	2129 Luísa Mateus	58 [070] COC	53:44	1 1:12:44	1	
			1000.00	1000.00		2000.00
2	2410 Margarida Rocha	55 [052] GD4C	58:06	2 1:16:42	2	
			924.84	948.28		1873.12
3	1640 Fernanda Ferreira	55 [168] CAB	1:13:02	3 1:30:18	3	
			735.74	805.46		1541.20

H60 (11)

1	1251 Álvaro Coelho	53 [166] ADM Ori-Mondego	40:51	2 1:17:06	1	
			986.94	1000.00		1986.94
2	1577 Luís Sousa	54 [090] ADFA	43:11	3 1:23:16	2	
			933.62	925.94		1859.56
3	1903 Armando Santos	52 [128] COALA	40:19	1 1:39:11	4	
			1000.00	777.35		1777.35
4	1905 Vítor Rodrigues	54 [094] CPOC	49:41	5 1:33:47	3	
			811.47	822.11		1633.58
5	1190 Carlos Ferreira	56 [168] CAB	45:54	4 1:51:56	5	
			878.36	688.80		1567.16
6	1851 Escada da Costa	56 [128] COALA	55:46	7 1:58:18	6	
			722.95	651.73		1374.68
7	1062 Dionísio Estroia	52 [128] COALA	52:49	6 2:17:09	7	
			763.33	562.16		1325.49
8	1557 Acácio Porta Nova	53 [094] CPOC	1:01:46	8 2:36:43	9	
			652.73	491.97		1144.70
9	1045 Manuel Tavares	52 [007] Ori-Estarreja	1:29:24	11 2:29:04	8	

10	1677 António Reyes	54 [151] GafanhOri	450.97 1:17:23 521.00	9	517.22 dns	968.19
11	3430 Dias Coelho	55 [033] Clube TAP	1:25:36 470.99	10	mp 0.00	521.00 470.99

D60 (1)

1	1390 Maria São João	53 [022] CLAC	58:12 1000.00	1	1:08:33 1000.00	1 2000.00
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H65 (4)

1	3088 José Raposo	51 [128] COALA	50:11 1000.00	1	53:21 990.32	2 1990.32
2	2001 Costa Leite	50 [116] Montepio Geral	1:05:32 765.77	2	52:50 1000.00	1 1765.77
3	1831 Jorge Santos	50 [128] COALA	1:06:57 749.56	3	55:11 957.41	3 1706.97
4	1048 Altino Silva	51 [007] Ori-Estarreja	2:31:24 331.46	4	1:21:54 645.10	4 976.56

D65 (3)

1	2101 Beatriz Leite	50 [116] Montepio Geral	1:54:34 1000.00	1	1:55:54 763.45	2 1763.45
2	1556 Ana Carreira	51 [094] CPOC	1:57:45 972.97	2	2:02:35 721.82	3 1694.79
3	5686 Sinikka Ovaskainen	49 [151] GafanhOri	mp 0.00	1	1:28:29 1000.00	1 1000.00

H70 (5)

1	1576 Francisco Coelho	44 [033] Clube TAP	52:19 1000.00	1	54:40 1000.00	1 2000.00
2	5687 Jorma Ovaskainen	42 [151] GafanhOri	54:42 956.43	2	59:25 920.06	2 1876.49
3	1149 Armandino Cramez	42 [007] Ori-Estarreja	1:17:32 674.76	4	1:28:46 615.85	3 1290.61
4	5958 António Laia	44 [133] GDU Azoia	1:15:32 692.63	3	1:31:48 595.50	4 1288.13
5	4440 Coelho dos Santos	46 [007] Ori-Estarreja	mp 0.00	5	2:37:30 347.09	5 347.09

H75 (1)

1	3126 Joaquim da Costa	38 [052] GD4C	1:31:38 1000.00	1	1:51:51 1000.00	1 2000.00
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PROM1 - Fácil Curto (12)

1	90025 Ana Vilar	73 [1564] Individual POR	52:33 893.75	2	54:00 747.53	5 1641.28
2	6106 Elisabete Miei	78 [167] NAST	59:41 786.93	3	1:12:49 554.36	9 1341.29
3	90054 Antonio Oliveira	[1564] Individual POR	1:04:17 730.62	4	1:09:46 578.60	8 1309.22
4	90060 Emilia Emilia	[1564] Individual POR	1:36:05 488.81	6	59:06 683.02	6 1171.83
5	90059 Maria Florbela	[1564] Individual POR	1:36:50 485.03	7	1:00:43 664.84	7 1149.87
6	90037 Guilherme Almeida	08 [1564] Individual POR	mp 0.00	1	40:22 1000.00	1 1000.00

6	90050 Raquel Figueiredo	78	[1564] Individual POR	46:58	1			
				1000.00				1000.00
8	90036 Leonor Almeida	09	[1564] Individual POR	mp		40:33	2	
				0.00		995.48		995.48
9	90055 Susana Ferreira		[1564] Individual POR	1:22:21	5	1:42:30	10	
				570.33		393.82		964.15
10	90021 Barbara Lopes	09	[115] ATV	mp		43:35	3	
				0.00		926.20		926.20
11	90066 Alda Marcelo		[166] ADM Ori-Mondego			48:54	4	
						825.49		825.49
12	90065 Ana Vitoria		[1564] Individual POR			mp		
						0.00		0.00

PROM2 - Difícil Curt (6)

1	90063 Francisco Esteves		[022] CLAC	1:20:07	2	1:22:37	1	
				860.20		1000.00		1860.20
2	4991 Ismael Machado	96	[167] NAST	1:08:55	1	1:37:14	2	
				1000.00		849.67		1849.67
3	90029 EugénioS+NairA		[1000] Individual POR F	2:01:59	3	1:56:36	3	
				564.97		708.55		1273.52
4	5288 Stepanka Betkova	87	[166] ADM Ori-Mondego			mp		
						0.00		0.00
4	90057 Ana Beatriz Silva		[6593] ESCarlosAmarante	mp		mp		
				0.00		0.00		0.00
4	90061 Ines Furet		[1564] Individual POR	mp		dnf		
				0.00		0.00		0.00

PROM3 - Fácil Longo (8)

1	90062 Luis Giroto		[1564] Individual POR	31:18	1	1:22:43	1	
				1000.00		1000.00		2000.00
2	90040 Eduardo Esteves	75	[1564] Individual POR	41:22	4	1:36:42	2	
				756.65		855.39		1612.04
3	90020 Paulo Rego	80	[1564] Individual POR	1:00:54	6	2:37:49	3	
				513.96		524.13		1038.09
4	90019 Carla Santos	81	[1564] Individual POR	1:01:02	7	2:37:56	4	
				512.83		523.74		1036.57
5	90053 Anabela André	81	[119] OriMarão	33:32	2	dns		
				933.40				933.40
6	90006 Nuno Lemos	75	[1564] Individual POR	33:49	3			
				925.58				925.58
7	90048 Emese Szabo	80	[1564] Individual POR	46:45	5			
				669.52				669.52
8	90058 Santiago Alves		[1564] Individual POR	1:25:37	8			
				365.58				365.58

PROM4 - Difícil Long (16)

1	2871 Paulo Faustino	68	[094] CPOC	1:14:11	1	1:29:33	2	
				1000.00		976.18		1976.18
2	90038 Bruno Almeida	71	[1564] Individual POR	1:26:49	4	1:27:25	1	
				854.48		1000.00		1854.48
3	90011 Nelson Frias Amaral	83	[1564] Individual POR	1:18:19	2	2:07:38	8	
				947.22		684.90		1632.12
4	2533 Arménio Mendes	65	[094] CPOC	1:46:11	7	1:48:03	4	
				698.63		809.04		1507.67
5	90030 Vasco Fernandes	77	[1564] Individual POR	2:07:58	12	1:59:18	6	
				579.71		732.75		1312.46
6	90000 Rui Figueiredo	61	[116] Montepio Geral	2:03:34	10	2:20:40	9	
				600.35		621.45		1221.80
7	90004 Sónia Sandra	73	[116] Montepio Geral	2:03:57	11	2:20:46	10	
				598.49		621.00		1219.49
8	90046 Tiago Oliveira	97	[3152] ESPinhal Novo	mp		1:32:20	3	
				0.00		946.75		946.75
9	90010 António Cruz	81	[1564] Individual POR	1:20:14	3			
				924.59				924.59
10	90041 Anabela Lopes	67	[1564] Individual POR	1:29:02	5	dns		
				833.21				833.21

11	90067	Santiago Alves	[1564]	Individual	POR			1:49:04	5		
								801.50			801.50
12	2052	Antonio Campos	[1564]	Individual	POR	1:45:42	6				
						701.83					701.83
13	90052	Carlos Gameiro	68	[094]	CPOC			2:06:58	7		
								688.50			688.50
14	90056	Ana Maria Conceição	[1564]	Individual	POR	1:58:58	8				
						623.56					623.56
15	90064	Custodio Pinto	[1564]	Individual	POR	1:59:01	9				
						623.30					623.30
16	90042	Mário Fernandes	64	[1564]	Individual	POR				dns	
						dnf					
						0.00					0.00

