

Class.	Número	Nome	Clube	Escalão	Marca Cross	Pontos	Marca Praia	Pontos	Marca meia	Pontos	Total
1	1	HELIO FUMO	INDIVIDUAL	M0034	00:18:33	100,00	00:15:58	100,0	01:09:10	99,6	299,6
2	81	EMILIANO VIEIRA	AABV-LAGOA-ALGARVE	M0034	00:18:41	99,29	00:16:01	99,7	01:08:55	100,0	299,0
3	65	IGOR TIMBALARI	CDC NAVE	M3539	00:18:58	97,80	00:16:54	94,5	01:14:48	92,1	284,4
4	52	LUÍS SEMEDO	AC PORTALEGRE/UTSM	M0034	00:19:08	96,95	00:17:01	93,8	01:16:24	90,2	281,0
5	6	CARLOS ALVES	CR ALTURENSE	M4549	00:19:44	94,00	00:16:59	94,0	01:15:43	91,0	279,0
6	64	LUIS ALMEIDA	ESTRELA FC VENDAS NOVAS	M4044	00:20:10	91,98	00:17:15	92,6	01:13:45	93,4	278,0
7	59	JOSE SILVA	AABV-LAGOA-ALGARVE	M0034	00:20:41	89,69	00:17:31	91,2	01:15:55	90,8	271,6
8	5	MICHEL VALENTE	CR ALTURENSE	M0034	00:20:30	90,49	00:17:23	91,9	01:19:19	86,9	269,2
9	49	PEDRO MARQUES	CD ASAS MILENIUM	M0034	00:21:08	87,78	00:17:29	91,3	01:17:16	89,2	268,3
10	8	ALEXANDRE SOARES	CR ALTURENSE	M5054	00:20:44	89,47	00:17:45	90,0	01:18:54	87,3	266,8
11	13	CESAR RODRIGUES	CR ALTURENSE	M3539	00:20:59	88,40	00:17:52	89,4	01:18:53	87,4	265,1
12	33	TIAGO LOUSA	C BENFICA ALG M MARTINS	M0034	00:21:14	87,36	00:17:54	89,2	01:20:35	85,5	262,1
13	17	JOSE ANTUNES	GDR REBOLEIRA	M4549	00:20:36	90,05	00:17:49	89,6	01:23:41	82,4	262,0
14	34	AMÉRICO PEREIRA	C BENFICA ALG M MARTINS	M5054	00:20:57	88,54	00:18:03	88,5	01:21:14	84,8	261,8
15	15	ARMANDO CAIADAS	CR ALTURENSE	M4044	00:21:23	86,75	00:18:04	88,4	01:19:56	86,2	261,3
16	57	ANDRÉ TRINDADE	AC PORTALEGRE/UTSM	M0034	00:21:35	85,95	00:18:36	85,8	01:21:05	85,0	256,8
17	47	PEDRO S FERREIRA	C BENFICA ALG M MARTINS	M3539	00:21:56	84,57	00:18:31	86,2	01:21:14	84,8	255,6
18	75	CARLOS ALVES	INDIVIDUAL	M4044	00:21:57	84,51	00:18:46	85,1	01:21:43	84,3	253,9
19	55	FRANCISCO COSTA	AC PORTALEGRE/UTSM	M4549	00:21:13	87,43	00:19:07	83,5	01:23:52	82,2	253,1
20	62	ANACLETO FAÍSCA	INDIVIDUAL	M5559	00:21:43	85,42	00:18:53	84,6	01:22:56	83,1	253,1
21	58	EMÍLIO PAULINO	AC PORTALEGRE/UTSM	M5559	00:22:13	83,50	00:19:16	82,9	01:25:20	80,8	247,1
22	7	LUIS VARZEA	CR ALTURENSE	M3539	00:22:58	80,77	00:19:37	81,4	01:24:35	81,5	243,6
23	43	JORGE CORREIA	PEGADA VERDE A SUL	M4044	00:22:26	82,69	00:20:08	79,3	01:25:43	80,4	242,4
24	25	JOAO P O MARQUES	CCRAM	M5054	00:22:44	81,60	00:19:31	81,8	01:27:26	78,8	242,2
25	80	MIHAI TICU	INDIVIDUAL	M0034	00:22:36	82,08	00:19:42	81,0	01:28:04	78,3	241,4
26	70	PATRÍCIA I V SERAFIM	INDIVIDUAL	F0034	00:24:36	75,41	00:20:01	79,8	01:22:27	83,6	238,8
27	79	JOAO CALDAS	AUTOCOOP	M4549	00:23:05	80,36	00:19:41	81,1	01:29:22	77,1	238,6
28	45	PEDRO G CARDOSO	CORRER LISBOA	M0034	00:23:11	80,01	00:19:52	80,4	01:28:12	78,1	238,5
29	38	JOSÉ L A SIMÕES	INDIVIDUAL	M5559	00:23:27	79,10	00:19:53	80,3	01:27:08	79,1	238,5
30	87	JUAN A C FERNANDEZ	CA FUENGIROLA	M0034	00:22:43	81,66	00:19:45	80,8	01:31:56	75,0	237,5

31	54	JOÃO FARINHA	AC PORTALEGRE/UTSM	M0034	00:23:52	77,72	00:19:58	80,0	01:28:07	78,2	235,9
32	56	BRUNO CARRILHO	AC PORTALEGRE/UTSM	M0034	00:23:15	79,78	00:20:09	79,2	01:31:45	75,1	234,1
33	116	OSVALDO RODRIGUES	A VALE SILENCIO	M4044	00:24:03	77,13	00:20:43	77,1	01:32:20	74,6	228,8
34	4	VITOR MARTINS	CR ALTURENSE	M4044	00:24:23	76,08	00:20:50	76,6	01:33:05	74,0	226,8
35	72	PEDRO J S AGOSTINHO	INDIVIDUAL	M3539	00:23:57	77,45	00:20:33	77,7	01:37:02	71,0	226,2
76	246	JOSE ALMEIDA	INDIVIDUAL	M5054	00:24:07	76,92	00:20:56	76,3	01:35:01	72,5	225,7
36	74	CARLOS FORTUNATO	INDIVIDUAL	M5054	00:24:45	74,95	00:21:14	75,2	01:31:22	75,4	225,6
37	16	FERNANDO SILVA	CR ALTURENSE	M4549	00:24:09	76,81	00:21:00	76,0	01:34:57	72,6	225,4
38	61	FRANCISCO A MESTRE	INDIVIDUAL	M5054	00:24:06	76,97	00:21:25	74,6	01:35:05	72,5	224,0
39	76	MÁRIO T SOUSA	INDIVIDUAL	M4549	00:24:20	76,23	00:21:13	75,3	01:35:23	72,3	223,7
40	42	JORGE HORTA	PEGADA VERDE A SUL	M3539	00:24:53	74,55	00:21:17	75,0	01:35:07	72,5	222,0
41	73	VALÉRIO FERNANDES	INDIVIDUAL	M4549	00:24:55	74,45	00:21:12	75,3	01:35:45	72,0	221,7
42	26	AMELIA C P COSTA	CCRAM	F4099	00:25:17	73,37	00:21:22	74,7	01:34:22	73,0	221,1
43	66	TÂNIA F C XAVIER	C ORIENTAL PECHAO	F0034	00:25:05	73,95	00:21:27	74,4	01:35:14	72,4	220,8
44	127	ANTONIO FERREIRA	AABV LAGOA ALGARVE	M4549	00:25:25	72,98	00:22:00	72,6	01:34:20	73,1	218,6
45	63	DINIS PRUDENCIO	INDIVIDUAL	M4044	00:25:24	73,03	00:21:32	74,1	01:36:54	71,1	218,3
46	44	MARCO OLIVEIRA	PEGADA VERDE A SUL	M4549	00:25:57	71,48	00:21:21	74,8	01:36:31	71,4	217,7
47	48	CÁTIA SERÓDIO	CD ASAS MILENIUM	F0034	00:26:16	70,62	00:21:52	73,0	01:38:58	69,6	213,3
48	37	SIDNEY RODRIGUEZ	INDIVIDUAL	M0034	00:25:16	73,42	00:21:37	73,9	01:44:52	65,7	213,0
49	46	BRIGITTE CARDOSO	CORRER LISBOA	F0034	00:25:44	72,09	00:22:37	70,6	01:38:51	69,7	212,4
50	77	PAULO ALVES	INDIVIDUAL	M4044	00:26:40	69,56	00:21:52	73,0	01:38:57	69,6	212,2
51	14	PAULO RUA	CR ALTURENSE	M3539	00:24:50	74,70	00:23:58	66,6	01:37:48	70,5	211,8
52	39	NUNO M PEREIRA	PERNAS GAFANHOTO	M3539	00:25:28	72,84	00:21:47	73,3	01:45:03	65,6	211,7
53	41	FERNANDO CORREIA	PEGADA VERDE A SUL	M4549	00:25:18	73,32	00:21:31	74,2	01:48:07	63,7	211,3
54	83	ANTÓNIO I S CABRAL	INDIVIDUAL	M5559	00:26:09	70,94	00:22:37	70,6	01:39:03	69,6	211,1
55	28	RUI DUARTE	KARRAPATEIRA 1919	M5054	00:25:42	72,18	00:22:14	71,8	01:43:34	66,5	210,5
56	82	GHEORGHE TICU	INDIVIDUAL	M0034	00:25:58	71,44	00:22:14	71,8	01:43:34	66,5	209,8
57	89	JERONIMO CARRIÇO	GLORIA FC	M6099	00:26:17	70,58	00:22:47	70,1	01:42:03	67,5	208,2
58	29	TERESA COELHO	WIKABOO	F4099	00:26:24	70,27	00:22:54	69,7	01:41:20	68,0	208,0
59	3	CARLOS CARREGA	CR ALTURENSE	M4549	00:26:19	70,49	00:22:39	70,5	01:45:32	65,3	206,3
60	18	PAULO PEREIRA	RAIL RUNNERS	M4044	00:26:29	70,04	00:23:02	69,3	01:45:29	65,3	204,7

61	30	EDUARDO V RAMOS	INDIVIDUAL	M3539	00:26:14	70,71	00:23:08	69,0	01:46:57	64,4	204,2
62	88	MANUEL C MIGENS	TRI SPORT MIRAFLORES	M4044	00:27:22	67,78	00:23:44	67,3	01:41:09	68,1	203,2
63	27	AMILCAR A SANTANA	CCD O ALVITEJO	M6099	00:28:18	65,55	00:23:05	69,2	01:41:41	67,8	202,5
64	31	JOSE P B TENA RODRIGUEZ	INDIVIDUAL	M0034	00:26:48	69,22	00:23:31	67,9	01:45:26	65,4	202,5
65	69	FRANCISCO E GUERREIRO	S FRANCISCO FARO	M4044	00:27:12	68,20	00:23:37	67,6	01:44:39	65,9	201,7
66	11	Mª JOAO CARREGA	CR ALTURENSE	F4099	00:27:12	68,20	00:23:57	66,7	01:44:42	65,8	200,7
67	12	ALMERI BRITO	CR ALTURENSE	F3539	00:26:56	68,87	00:23:36	67,7	01:52:17	61,4	197,9
68	22	GIL FERREIRA	INDIVIDUAL	M0034	00:27:59	66,29	00:23:26	68,1	01:51:34	61,8	196,2
69	36	RUI GUERREIRO	INDIVIDUAL	M4044	00:27:19	67,91	00:25:08	63,5	01:51:34	61,8	193,2
70	19	PAULA SILVA	FCR ROSSAO	F4099	00:28:29	65,13	00:25:07	63,6	01:56:46	59,0	187,7
71	40	CLARA R	PERNAS GAFANHOTO	F3539	00:29:00	63,97	00:25:26	62,8	01:53:05	60,9	187,7
72	20	JOSE VALERIO	INDIVIDUAL	M6099	00:28:34	64,94	00:25:39	62,2	01:56:46	59,0	186,2
73	71	RENATA I F JESUS	INDIVIDUAL	F0034	00:29:55	62,01	00:26:34	60,1	01:59:12	57,8	179,9
74	90	MARCO RODRIGUES	INDIVIDUAL	M0034	00:29:58	61,90	00:26:06	61,2	02:03:56	55,6	178,7
75	86	MANUEL B GUTIERREZ	A VETERANOS CORDOBA	M5054	00:31:36	58,70	00:28:35	55,9	02:08:36	53,6	168,2