





























Prova aberta - Divisions Results
Men Juniores (18-19)

Pos	Start #	Athlete	Country				Time	AGR
1	85	Rui Filipe Gonçalves Viana	 - POR	00:21:38	00:50:32	00:11:08	01:25:38	
2	166	João Campos de Carvalho	 - POR	00:22:12	00:52:22	00:12:09	01:29:36	
3	16	Daniel de Oliveira Cunha	 - POR	00:24:39	00:52:28	00:11:40	01:30:36	
4	165	Jorge Campos de Carvalho	 - POR	00:22:29	00:54:18	00:12:46	01:32:13	

Men 20-24

Pos	Start #	Athlete	Country				Time	AGR
1	150	Ivo Duarte Faria Ferreira	 - POR	00:21:02	00:41:29	00:11:48	01:16:37	
2	155	Bruno Nogueira	 - POR	00:22:42	00:49:33	00:10:49	01:27:03	
3	99	Gonçalo Traila	 - POR	00:25:00	00:53:39	00:12:45	01:34:05	
4	27	Mateus Rodrigues de Matos	 - POR	00:25:44	00:54:15	00:12:26	01:36:22	

Men 25-29






Pos	Start #	Athlete	Country				Time	AGR
1	62	Rafael Fernandes	 - POR	00:18:26	00:42:09	00:08:47	01:10:58	
2	195	João Carneiro	 - POR	00:21:00	00:40:58	00:09:49	01:14:29	
3	68	Pedro Abreu	 - POR	00:21:40	00:43:37	00:09:26	01:17:18	
4	142	Bernardo Teixeira	 - POR	00:21:05	00:49:50	00:09:28	01:22:06	
5	31	João Pedro Freitas ribeiro	 - POR	00:20:29	00:48:23	00:11:44	01:22:55	
6	51	João Silva	 - POR	00:22:03	00:45:50	00:11:49	01:24:37	
7	88	Tiago Borges	 - POR	00:20:56	00:50:44	00:11:08	01:25:34	
8	144	Celso Filho	 - POR	00:25:23	00:49:37	00:12:42	01:30:38	
9	66	Marcelo Oliveira	 - POR	00:23:06	00:53:59	00:11:19	01:31:29	
10	98	Manuel Bastos	 - POR	00:25:43	00:53:54	00:10:59	01:34:27	
11	140	João Gaspar	 - POR	00:26:23	01:05:09	00:13:23	01:47:08	

Men 30-34


Pos	Start #	Athlete	Country				Time	AGR
1	114	Emanuel Silva	 - POR	00:21:04	00:41:54	00:09:09	01:13:58	
2	111	Marco Faria	 - POR	00:20:57	00:44:22	00:09:49	01:17:29	
3	71	Pedro Campos	 - POR	00:21:42	00:49:10	00:11:06	01:24:02	
4	143	Raimundo Joel de Oliveira Pinto	 - POR	00:21:40	00:50:43	00:11:14	01:25:30	
5	58	João Fernandes	 - POR	00:21:57	00:51:32	00:10:11	01:26:03	
6	139	JORGE MIGUEL	 - POR	00:23:06	00:50:01	00:10:50	01:27:03	
7	47	Valter Soares	 - POR	00:23:28	00:52:52	00:12:00	01:30:36	
8	35	Miguel Martins	 - POR	00:23:42	00:52:28	00:12:41	01:32:07	
9	160	jose lima	 - POR	00:26:44	00:57:45	00:13:54	01:41:54	
10	64	José Gomes	 - POR	00:29:00	00:59:30	00:10:58	01:42:22	
11	60	Ricardo Pinto	 - POR	00:26:35	01:04:01	00:12:39	01:46:40	
12	167	Paulo Dias	 - POR	00:29:52	01:05:56	00:15:56	01:55:17	
13	48	Luis Sousa	 - POR	00:34:21	00:57:16	12:02:04	02:01:57	

Men 35-39











Prova aberta - Divisions Results

Pos	Start #	Athlete	Country				Time	AGR
1	25	Luís Faria	 - POR	00:19:19	00:42:37	00:09:35	01:13:05	
2	131	Ricardo Costa	 - POR	00:18:55	00:43:58	00:09:06	01:14:01	
3	184	jorge cardoso	 - POR	00:21:53	00:44:26	00:10:49	01:19:28	
4	87	Ivo Ferreira	 - POR	00:22:22	00:45:38	00:10:18	01:20:10	
5	145	Cristiano Sousa	 - POR	00:19:53	00:48:32	00:09:31	01:20:20	
6	65	Tiago Barros	 - POR	00:21:34	00:46:04	00:10:39	01:20:30	
7	110	Carlos Alberto Rodrigues Alves	 - POR	00:23:56	00:49:54	00:12:26	01:28:48	
8	72	Paulo Elias	 - POR	00:21:10	00:55:17	00:10:30	01:29:38	
9	183	João Nuno Fonseca	 - POR	00:23:43	00:51:32	00:12:22	01:30:37	
10	119	Davide Miranda	 - POR	00:24:10	00:51:57	00:11:39	01:30:54	
11	70	André Mota	 - POR	00:21:49	00:54:29	00:11:39	01:31:08	
12	97	Luís Carlos Ribeiro da Fonseca	 - POR	00:25:53	00:53:08	00:11:13	01:32:12	
13	32	Rui Pedro Castro Coelho	 - POR	00:23:03	00:56:35	00:11:42	01:33:00	
14	169	Nuno Duarte dos Santos Sa	 - POR	00:25:49	00:51:11	00:12:29	01:33:27	
15	80	Marcos Henriques Oliveira	 - POR	00:25:59	00:54:28	00:11:22	01:33:29	
16	63	Paulo Pinheiro	 - POR	00:24:44	00:52:14	00:14:04	01:33:49	
17	78	José Filipe Moreira da Silva Figueiredo	 - POR	00:22:50	00:55:28	00:11:41	01:34:00	
18	22	Ilídio Renato Costa Oliveira	 - POR	00:24:44	00:58:38	00:08:47	01:34:10	
19	26	Hugo Oliveira	 - POR	00:25:37	00:56:42	00:10:49	01:35:57	
20	42	Vítor Gonçalves	 - POR	00:25:28	01:02:14	00:10:48	01:40:54	
21	96	Marcos Pedroso	 - POR	00:25:46	00:59:19	00:13:45	01:42:25	
22	130	Hélder Rodrigues	 - POR	00:25:48	01:01:56	00:12:13	01:45:15	
23	49	Tiago Couto	 - POR	00:26:42	01:01:03	00:14:53	01:45:21	
24	115	Frederico Ribeiro	 - POR	00:25:07	01:04:53	00:13:39	01:46:35	
25	109	Hugo Américo Ferreira e Silva	 - POR	00:28:41	01:04:04	00:15:04	01:52:14	
26	52	Pedro Gomes	 - POR	00:26:51	01:10:10	00:17:26	01:57:07	






















Men 40-44

Pos	Start #	Athlete	Country				Time	AGR
1	118	Ricardo cunha	 - POR	00:19:05	00:41:19	00:09:29	01:11:42	
2	95	Rui Gonçalves	 - POR	00:18:14	00:47:03	00:08:46	01:15:35	
3	55	Carlos Rebelo	 - POR	00:19:47	00:45:40	00:09:32	01:17:00	
4	190	VITOR MS LOPES	 - POR	00:22:11	00:41:51	00:10:59	01:17:07	
5	138	André Costa	 - POR	00:20:56	00:50:26	00:10:05	01:23:21	
6	168	Rui Costa Jesus	 - POR	00:22:52	00:46:56	00:11:55	01:24:26	
7	69	Carlos Jorge da Costa Carvalho	 - POR	00:22:15	00:51:29	00:10:28	01:25:58	
8	90	Helder Araujo	 - POR	00:22:16	00:51:32	00:10:38	01:27:00	
9	75	Bruno Silva	 - POR	00:22:02	00:50:37	00:10:08	01:27:01	
10	82	Emanuel Vieira	 - POR	00:22:18	00:52:30	00:10:24	01:28:57	
11	38	Nelson Pires	 - POR	00:21:07	00:55:05	00:10:37	01:29:26	
12	19	Rui Pereira	 - POR	00:23:57	00:52:20	00:11:53	01:29:54	
13	46	Carlos Magalhães	 - POR	00:25:06	00:51:35	00:12:46	01:31:58	
14	91	Pedro Teixeira	 - POR	00:24:22	00:54:21	00:10:58	01:33:23	
15	76	José	 - POR	00:22:57	00:58:42	00:11:13	01:34:46	
16	11	Vasco Faria	 - POR	00:25:18	00:54:38	00:12:18	01:35:04	

Prova aberta - Divisions Results
Men 40-44

Pos	Start #	Athlete	Country				Time	AGR
17	50	António Gil Alves Ferreira	 - POR	00:24:52	00:56:23	00:11:51	01:36:46	
18	92	Nelson Jesus	 - POR	00:24:21	00:56:55	00:12:34	01:37:32	
19	83	Luís André Silva elias	 - POR	00:24:53	00:59:02	00:11:32	01:37:41	
20	192	Armando gomes da Costa	 - POR	00:21:25	01:04:10	00:10:54	01:38:05	
21	21	André Soares	 - POR	00:24:46	00:59:24	00:12:37	01:38:53	
22	191	Henrique Gonçalves	 - POR	00:23:11	01:01:39	00:10:42	01:38:58	
23	108	Ricardo Jorge Sousa Reis	 - POR	00:28:43	00:54:26	00:12:41	01:39:52	

Men 45-49











Pos	Start #	Athlete	Country				Time	AGR
1	162	jorge Malheiro	 - POR	00:19:04	00:41:29	00:09:59	01:12:22	
2	124	Sérgio Pereira	 - POR	00:19:32	00:44:43	00:09:43	01:15:59	
3	178	Belmiro Moreira	 - POR	00:19:23	00:44:54	00:09:26	01:16:04	
4	116	Paulo Pereira	 - POR	00:18:13	00:47:05	00:09:12	01:16:13	
5	94	Filipe Fontes	 - POR	00:18:24	00:47:08	00:09:41	01:17:19	
6	15	rui pinho	 - POR	00:20:34	00:44:59	00:09:50	01:17:33	
7	23	Francisco Silva Morais	 - POR	00:19:10	00:46:53	00:09:40	01:18:42	
8	3	PEDRO VOGA	 - POR	00:19:50	00:45:57	00:10:11	01:18:42	
9	100	ARMANDO RAMOS	 - POR	00:21:48	00:47:56	00:11:08	01:23:41	
10	18	Milton Cabral	 - POR	00:21:48	00:48:35	00:11:33	01:24:00	
11	53	José Félix	 - POR	00:20:14	00:51:08	00:09:58	01:25:16	
12	152	Daniel Grenha Fonseca	 - POR	00:21:15	00:51:29	00:09:56	01:26:20	
13	17	Jorge Gonçalves	 - POR	00:25:10	00:45:23	00:13:39	01:26:51	
14	103	SÉRGIO ARAÚJO	 - POR	00:21:45	00:52:20	00:10:29	01:27:10	
15	112	Marco Silva	 - POR	00:22:50	00:49:48	00:12:30	01:28:34	
16	93	Rodrigo Silva	 - POR	00:21:18	00:54:48	00:10:03	01:29:53	
17	164	Jaime Silva	 - POR	00:22:24	00:53:58	00:11:11	01:30:32	
18	36	Sérgio Carvalho	 - POR	00:22:17	00:56:25	00:09:59	01:31:43	
19	177	Luís Azevedo	 - POR	00:21:11	00:59:30	00:10:39	01:32:50	
20	180	Orlando Novais	 - POR	00:23:11	00:55:28	00:12:34	01:33:56	
21	113	Marcelo Pires Moreira	 - POR	00:24:13	00:56:01	00:11:33	01:35:24	
22	61	Mário Costa	 - POR	00:22:42	00:56:13	00:12:07	01:35:44	
23	189	Filipe Neves	 - POR	00:23:45	01:02:54	00:13:08	01:43:18	
24	67	Luís Terêncio	 - POR	00:26:33	01:03:36	00:11:47	01:45:46	
25	179	andre martins	 - POR	00:22:32	01:12:07	00:11:03	01:48:07	
26	158	Rui Alberto Sousa Viana	 - POR	00:26:49	01:06:07	00:13:19	01:49:56	
27	193	Filipe Pereira	 - POR	00:27:17	01:09:28	00:14:01	01:53:48	
28	129	Jorge Moreira	 - POR	00:26:16	01:18:24	00:14:12	02:01:22	
29	175	Francisco Almeida Martins	 - POR	00:28:31	01:11:29	00:15:45	02:01:30	
DNF	89	Luis Silva	 - POR	00:25:59	00:50:37			
DNF	188	Nuno Mendes	 - POR	00:26:27	01:06:42			

Men 50-54

Prova aberta - Divisions Results

Pos	Start #	Athlete	Country				Time	AGR
1	170	Vítor Coelho	 - POR	00:18:58	00:47:49	00:08:36	01:17:13	
2	30	José antonio Silva Oliveira	 - POR	00:20:51	00:47:22	00:09:57	01:20:24	
3	79	Nuno Miguel Carvalho	 - POR	00:21:11	00:46:53	00:10:05	01:20:29	
4	28	Rui Martins	 - POR	00:20:26	00:47:44	00:10:35	01:21:23	
5	154	Daniel Silva	 - POR	00:20:22	00:50:09	00:09:49	01:24:13	
6	37	Marco Rocha	 - POR	00:19:02	00:52:33	00:09:48	01:24:22	
7	172	hugo manuel barbosa alves	 - POR	00:22:03	00:49:30	00:11:11	01:25:25	
8	77	Eduardo Caramalho	 - POR	00:24:54	00:47:24	00:12:32	01:26:44	
9	136	MIGUEL SOUSA	 - POR	00:22:33	00:54:25	00:11:17	01:30:05	
10	151	Manuel Amadeu Oliveira Soares	 - POR	00:23:10	00:54:09	00:11:51	01:31:48	
11	181	Eduardo Nascimento	 - POR	00:27:10	00:42:42	00:15:15	01:32:02	
12	153	César Costa	 - POR	00:25:26	00:51:52	00:12:46	01:32:32	
13	102	Francisco Carvalho	 - POR	00:24:28	00:53:59	00:11:58	01:32:38	
14	40	Ismael Alves	 - POR	00:24:53	00:55:10	00:12:04	01:36:55	
15	29	Avelino Alexandre carvalho da Cruz	 - POR	00:25:44	00:56:14	00:12:46	01:38:56	
16	122	Marco Oliveira	 - POR	00:25:39	00:56:33	00:12:47	01:39:29	
17	41	Laurentino da Silva Moreira	 - POR	00:25:34	00:58:10	00:13:10	01:40:12	
18	147	Vitor Manuel Gomes Araújo	 - POR	00:24:14	01:01:22	00:12:35	01:41:30	
19	104	Vítor castro	 - POR	00:24:57	01:00:54	00:13:21	01:42:20	
20	133	Zeferino Araújo Alves Alves	 - POR	00:29:03	00:57:35	00:14:13	01:44:11	
21	39	Miguel castro	 - POR	00:25:34	01:13:23	00:12:22	01:53:41	
22	135	paulo freitas	 - POR	00:24:19	01:14:31	00:13:44	01:55:38	
23	161	José Vieira Filipe	 - POR	00:33:14	01:07:22	00:16:09	02:01:22	
24	117	Abilio Melo	 - POR	00:31:43	01:09:28	00:16:20	02:03:37	
25	173	Carlos Costa	 - POR	00:31:43	00:38:39	00:49:11	02:03:38	

Men 55-59

Pos	Start #	Athlete	Country				Time	AGR
1	156	António Valinhas	 - POR	00:23:30	00:51:07	00:12:18	01:30:01	
2	34	Jose Pacheco	 - POR	00:22:41	00:54:52	00:11:50	01:32:24	
3	59	Abilio Topa	 - POR	00:26:17	00:51:50	00:14:23	01:35:11	
4	174	Nuno Rodrigues	 - POR	00:24:34	00:58:03	00:12:15	01:37:25	
5	81	José Augusto Costa	 - POR	00:22:49	01:00:14	00:13:29	01:40:11	
6	125	Inácio dias Mendes	 - POR	00:29:28	00:56:12	00:15:58	01:45:16	
7	54	Vítor M Cardoso	 - POR	00:26:55	01:06:11	00:12:34	01:48:15	

Men 60-64

Pos	Start #	Athlete	Country				Time	AGR
1	86	Augusto Manuel Azevedo Antunes	 - POR	00:19:40	00:50:16	00:10:05	01:22:05	
2	84	Alexandre Pereira	 - POR	00:25:53	00:53:07	00:11:14	01:34:24	
3	107	Casimiro Tavares	 - POR	00:29:38	00:57:08	00:14:12	01:42:50	

Men 65-69

Pos	Start #	Athlete	Country				Time	AGR
1	159	José Mendonça	 - POR	00:24:51	00:56:46	00:12:26	01:40:01	

Prova aberta - Divisions Results

Men 65-69

Pos	Start #	Athlete	Country				Time	AGR
2	187	SERAFIM FREITAS	 - POR	00:31:38	01:08:09	00:17:52	02:01:10	






Men 70-74

Pos	Start #	Athlete	Country				Time	AGR
1	185	Manuel segundo santiago Rodrigues	 - POR	00:20:26	01:01:13	00:10:01	01:34:32	

Prova aberta - Divisions Results
Women 30-34

Pos	Start #	Athlete	Country				Time	AGR
1	137	Mariana Machado	 - POR	00:19:27	00:48:55	00:09:39	01:19:59	









Women 35-39

Pos	Start #	Athlete	Country				Time	AGR
1	163	Marta Peixoto	 - POR	00:26:58	00:59:51	00:13:58	01:43:25	
2	134	Joana Filipa de Barros Ferreira	 - POR	00:29:03	00:57:38	00:14:12	01:44:08	

Women 40-44

Pos	Start #	Athlete	Country				Time	AGR
1	2	Raquel Cunha	 - POR	00:25:17	00:49:25	00:12:17	01:28:59	






Women 45-49

Pos	Start #	Athlete	Country				Time	AGR
1	56	Anabela Machado	 - POR	00:25:24	00:55:37	00:12:47	01:37:34	
2	186	Cláudia Gonçalves Marques	 - POR	00:26:15	01:01:52	00:13:36	01:44:59	
3	148	Marlene Oliveira Barbosa	 - POR	00:26:30	01:02:57	00:13:36	01:47:21	
4	194	Sílvia Rafael	 - POR	00:27:19	01:09:35	00:14:01	01:53:48	
5	171	Sónia Maria Ferreira Magalhães	 - POR	00:33:54	01:15:49	00:18:19	02:12:15	

Women 50-54

Pos	Start #	Athlete	Country				Time	AGR
1	149	Ana Helena Cardoso Carneiro	 - POR	00:27:09	01:18:40	00:14:31	02:04:16	

Women 55-59

Pos	Start #	Athlete	Country				Time	AGR
1	141	Flora Freitas Carvalho	 - POR	00:26:40	01:04:25	00:12:46	01:47:46	
2	146	Maria Manuela Costa Rebelo	 - POR	00:27:14	01:29:37	00:15:32	02:18:25	