

## Campeonatos Nacionais Desporto Escolar 2017 - Orientação

sáb 27-05-2017 18:13

## Split time results Stage 1

created by MT2003 © Stephan Krämer 2008

Pl	Stno	Name	Time							
<b>Iniciados Femininos (25)</b>			<b>2.4 km</b>	<b>90 m</b>	<b>12 C</b>					
						1(114)	2(115)	3(124)	4(137)	5(127)
6(118)	7(122)	8(113)	9(108)	10(111)	11(103)	12(200)	F			
<b>1</b>	<b>135</b>	<b>Ana Pacheco (IND)</b>			<b>17:02</b>	1:53	2:50	4:08	6:51	<b>8:13</b>
9:39	10:41	12:18	13:24	14:19	15:43	16:40	17:02			
1:26	1:02	1:37	1:06	0:55	1:24	0:57	0:22	1:18	2:43	1:22
<b>2</b>	<b>188</b>	<b>Constança Ilunga (IND)</b>			<b>19:57</b>	2:03	3:10	4:14	6:25	8:23
9:47	11:07	13:28	15:23	16:24	18:07	19:27	19:57			
1:24	1:20	2:21	1:55	1:01	1:43	1:20	0:30	1:04	2:11	1:58
<b>3</b>	<b>172</b>	<b>Joana Catarino (IND)</b>			<b>20:06</b>	2:09	2:58	4:29	<b>6:05</b>	9:06
10:17	11:27	13:30	15:17	16:38	18:39	19:39	20:06			
1:11	1:10	2:03	1:47	1:21	2:01	1:00	0:27	1:31	1:36	3:01
<b>4</b>	<b>192</b>	<b>Marta Costinha</b>			<b>22:36</b>	2:24	3:22	4:23	6:44	9:35
11:34	13:37	16:06	17:39	18:41	20:56	22:08	22:36			
1:59	2:03	2:29	1:33	1:02	2:15	1:12	0:28	1:01	2:21	2:51
<b>5</b>	<b>176</b>	<b>Lilia Colisnyc</b>			<b>25:07</b>	2:57	4:02	7:23	10:26	13:19
14:35	15:47	17:48	19:36	20:45	22:50	24:36	25:07			
1:16	1:12	2:01	1:48	1:09	2:05	1:46	0:31	3:21	3:03	2:53
<b>6</b>	<b>194</b>	<b>Daniela Holdych</b>			<b>26:18</b>	2:21	4:27	5:32	8:09	11:05
12:48	14:11	17:48	19:47	21:33	24:18	25:47	26:18			
1:43	1:23	3:37	1:59	1:46	2:45	1:29	0:31	1:05	2:37	2:56
<b>7</b>	<b>206</b>	<b>Maria do Mar Salgueiro</b>			<b>26:33</b>	1:37	2:27	3:25	8:41	11:24
13:07	14:13	16:42	18:18	23:34	25:09	26:07	26:33			
1:43	1:06	2:29	1:36	5:16	1:35	0:58	0:26	0:58	5:16	2:43
<b>8</b>	<b>169</b>	<b>Matilde Neto Ribeiro (IN</b>			<b>27:03</b>	2:13	3:13	4:15	6:39	8:45
10:29	11:23	13:12	15:49	24:23	25:44	26:41	27:03			
1:44	0:54	1:49	2:37	8:34	1:21	0:57	0:22	1:02	2:24	2:06
<b>9</b>	<b>203</b>	<b>Margarida Figuei Rosa</b>			<b>30:39</b>	2:57	4:05	6:20	10:31	15:33
17:28	18:59	22:01	23:58	25:32	28:28	30:07	30:39			
1:55	1:31	3:02	1:57	1:34	2:56	1:39	0:32	2:15	4:11	5:02
<b>10</b>	<b>183</b>	<b>Matilde Teixeira</b>			<b>31:18</b>	2:45	4:03	5:26	8:55	12:46
15:08	16:38	20:52	23:40	27:10	29:28	30:47	31:18			
2:22	1:30	4:14	2:48	3:30	2:18	1:19	0:31	1:23	3:29	3:51
<b>11</b>	<b>184</b>	<b>Joana Vilela</b>			<b>31:33</b>	2:55	4:13	5:29	8:38	12:37
14:34	15:46	18:08	27:06	28:25	29:58	31:06	31:33			
1:57	1:12	2:22	8:58	1:19	1:33	1:08	0:27	1:16	3:09	3:59
<b>12</b>	<b>162</b>	<b>Cátia Pereira Olaio</b>			<b>33:03</b>	3:06	4:16	5:28	10:14	15:10
17:31	18:26	21:09	26:47	28:48	31:17	32:39	33:03			
2:21	0:55	2:43	5:38	2:01	2:29	1:22	0:24	1:12	4:46	4:56
<b>13</b>	<b>164</b>	<b>Carlota Alves Rodrigues</b>			<b>34:35</b>	3:22	4:29	7:00	11:00	14:43
17:03	18:53	22:07	29:14	30:30	32:41	34:06	34:35			
2:20	1:50	3:14	7:07	1:16	2:11	1:25	0:29	2:31	4:00	3:43
<b>14</b>	<b>179</b>	<b>Sofia Iglésias</b>			<b>34:43</b>	2:25	3:37	4:45	8:13	16:57
22:03	23:32	25:31	29:57	31:10	33:05	34:18	34:43			
5:06	1:29	1:59	4:26	1:13	1:55	1:13	0:25	1:08	3:28	8:44
<b>15</b>	<b>178</b>	<b>Joana Iglésias</b>			<b>35:08</b>	2:42	3:54	5:48	12:24	16:50
19:03	20:40	24:42	27:45	30:58	33:04	34:33	35:08			
2:13	1:37	4:02	3:03	3:13	2:06	1:29	0:35	1:54	6:36	4:26
<b>16</b>	<b>106</b>	<b>Maria Martins</b>			<b>35:38</b>	3:18	4:41	6:09	8:32	11:53
15:21	16:24	19:13	23:09	24:56	33:43	35:03	35:38			
						3:18	1:23	1:28	2:23	3:21



8	136	Pedro Miguel Car Viana (	27:09	1:53	4:00	5:45	9:01	11:27
14:45	18:19	20:10 21:44 24:37	26:23	26:48	27:09			
		CLDE Porto ES D.AfonsoSa		1:53	2:07	1:45	3:16	2:26
3:18	3:34	1:51 1:34 2:53	1:46	0:25	0:21			
9	154	Miguel Braz	31:14	2:07	4:32	5:48	8:36	12:09
16:13	19:18	21:26 25:48 28:47	30:21	30:49	31:14			
		CLDE Leiri ES Eng.Acácio		2:07	2:25	1:16	2:48	3:33
4:04	3:05	2:08 4:22 2:59	1:34	0:28	0:25			
10	124	Samuel Conde Gonçalves	31:40	2:24	4:30	5:44	8:04	12:01
15:52	18:37	20:14 26:17 29:47	30:55	31:20	31:40			
		CLDE Braga ES CarlosAmar		2:24	2:06	1:14	2:20	3:57
3:51	2:45	1:37 6:03 3:30	1:08	0:25	0:20			
11	142	João Pedro de So Carvalh	32:05	3:18	5:25	6:32	8:30	11:50
15:01	18:09	20:24 27:08 30:05	31:14	31:41	32:05			
		CLDE VCast EBFreixo-Pont		3:18	2:07	1:07	1:58	3:20
3:11	3:08	2:15 6:44 2:57	1:09	0:27	0:24			
12	190	Simão José Cegon Almeida	34:30	3:12	5:57	7:44	10:18	13:29
17:27	21:17	22:59 24:24 27:55	33:34	34:01	34:30			
		CLDE PSetu ES PinhalNovo		3:12	2:45	1:47	2:34	3:11
3:58	3:50	1:42 1:25 3:31	5:39	0:27	0:29			
13	143	Artur Catarino Cunha	35:45	1:45	4:17	5:34	8:10	12:05
16:03	19:58	22:36 24:38 32:53	34:48	35:18	35:45			
		CLDE VCast EBFreixo-Pont		1:45	2:32	1:17	2:36	3:55
3:58	3:55	2:38 2:02 8:15	1:55	0:30	0:27			
14	146	Alexandre Dantas Silva	38:09	2:01	4:01	5:06	7:02	9:48
21:55	24:40	26:33 32:58 36:05	37:30	37:49	38:09			
		CLDE VCast EBFreixo-Pont		2:01	2:00	1:05	1:56	2:46
12:07	2:45	1:53 6:25 3:07	1:25	0:19	0:20			
15	161	Mansur Kaxorkulo Navruzo	39:13	2:38	5:21	7:55	11:23	14:17
17:25	22:20	25:33 32:31 36:42	38:18	38:48	39:13			
		CLDE Leiri ES Eng.Acácio		2:38	2:43	2:34	3:28	2:54
3:08	4:55	3:13 6:58 4:11	1:36	0:30	0:25			
16	109	Daniel Monte Pereira (IN	41:50	2:39	5:45	7:33	10:21	15:21
20:23	26:31	29:57 32:42 38:03	40:46	41:22	41:50			
		CLDE Braga EB Apúlia-Esp		2:39	3:06	1:48	2:48	5:00
5:02	6:08	3:26 2:45 5:21	2:43	0:36	0:28			
17	144	João Martinho Fo Cunha	44:30	2:31	4:58	6:10	8:08	10:55
14:43	16:59	18:32 39:30 42:28	43:42	44:07	44:30			
		CLDE VCast EBFreixo-Pont		2:31	2:27	1:12	1:58	2:47
3:48	2:16	1:33 20:58 2:58	1:14	0:25	0:23			
18	165	Bernardo Rosa	46:02	2:14	4:37	5:58	9:19	12:28
16:24	24:45	27:34 30:03 34:46	45:10	45:36	46:02			
		CLDE Leiri ES Eng.Acácio		2:14	2:23	1:21	3:21	3:09
3:56	8:21	2:49 2:29 4:43	10:24	0:26	0:26			
19	197	Miguel Fernandes Miranda	46:15	2:26	6:24	7:38	10:02	15:05
19:04	22:23	24:30 34:41 41:30	45:27	45:51	46:15			
		CLDE PSetu ES PinhalNovo		2:26	3:58	1:14	2:24	5:03
3:59	3:19	2:07 10:11 6:49	3:57	0:24	0:24			
20	138	Rúben Carvalho Torres (I	48:12	1:46	3:29	4:23	6:00	10:14
30:23	36:41	39:38 41:07 45:58	47:21	47:46	48:12			
		CLDE Tâmeg EB Paços Ferr		1:46	1:43	0:54	1:37	4:14
20:09	6:18	2:57 1:29 4:51	1:23	0:25	0:26			
21	198	Pedro Fernandes Miranda	53:38	2:42	5:55	7:06	11:05	15:02
19:49	28:06	31:12 45:02 50:56	52:41	53:07	53:38			
		CLDE PSetu ES PinhalNovo		2:42	3:13	1:11	3:59	3:57
4:47	8:17	3:06 13:50 5:54	1:45	0:26	0:31			
22	204	Tiago Simões Soares	56:15	2:34	5:10	6:32	9:06	12:31
19:48	24:15	27:14 44:25 51:32	55:28	55:52	56:15			
		CLDE PSetu ES PinhalNovo		2:34	2:36	1:22	2:34	3:25
7:17	4:27	2:59 17:11 7:07	3:56	0:24	0:23			
		123 André Serra Camp Ferreir	mp	2:00	3:45	6:13	7:59	10:15
13:04	15:29	16:51 18:35 -----	22:49	23:16	23:39			
		CLDE Braga ES CarlosAmar		2:00	1:45	2:28	1:46	2:16
2:49	2:25	1:22 1:44	4:14	0:27	0:23			
				20:54				
				*107				
		155 João da Silva Cruz	mp	4:26	14:04	20:22	26:33	36:02
47:54	55:41	-----	-----	1:36:58	1:37:38			
		CLDE Leiri ES Eng.Acácio		4:26	9:38	6:18	6:11	9:29
11:52	7:47			41:17	0:40			

Juvenis Femininos (28)

2.9 km 115 m 14 C

1(114) 2(116) 3(117) 4(124) 5(126)

6(127) 7(132) 8(133) 9(123) 10(113) 11(112) 12(108) 13(105) 14(200)

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1	126	Helena Lima	19:42	1:39	2:43	3:25	4:09	4:56
6:06	8:16	9:31 11:55 13:46	14:55	16:03	18:25	19:17		
1:10	2:10	1:15 2:24 1:51	1:09	1:08	2:22	0:52	0:42	0:44
				19:42			0:42	0:44
				0:25				
2	191	Joana Filipa Roc Branco	25:21	1:32	2:11	2:52	3:33	4:17
8:09	9:41	10:58 15:45 17:32	18:42	21:51	24:04	24:56		
3:52	1:32	1:17 4:47 1:47	1:10	3:09	2:13	0:52	0:41	0:44
				25:21			0:41	0:44
				0:25				
3	118	Filipa Rafaela C Castro	26:53	2:02	3:08	4:21	5:14	6:24
7:50	10:37	12:28 17:03 19:27	20:33	22:02	25:27	26:27		
1:26	2:47	1:51 4:35 2:24	1:06	1:29	3:25	1:00	1:13	0:53
				26:53			1:13	0:53
				0:26				1:10
4	174	Beatriz Ferreira Esteves	27:36	2:08	3:00	3:58	4:54	5:49
11:10	13:09	15:12 18:27 20:42	21:53	23:24	25:59	27:06		
5:21	1:59	2:03 3:15 2:15	1:11	1:31	2:35	1:07	0:58	0:56
				27:36			0:58	0:56
				0:30				
5	180	Mafalda Moreira	30:07	2:02	2:58	3:51	4:44	5:43
12:18	14:48	16:37 20:26 23:05	24:26	25:50	28:33	29:37		
6:35	2:30	1:49 3:49 2:39	1:21	1:24	2:43	1:04	0:53	0:59
				30:07			0:53	0:59
				0:30				
6	107	Margarida Vilas Miranda	30:52	2:00	2:56	5:10	5:57	7:12
13:49	16:00	17:38 21:47 24:00	25:15	26:36	29:24	30:27		
6:37	2:11	1:38 4:09 2:13	1:15	1:21	2:48	1:03	2:14	0:47
				30:52			2:14	0:47
				0:25				1:15
7	130	Maria Soares Mar Portela	31:48	2:26	3:18	4:14	5:10	6:36
10:13	12:34	14:36 21:53 24:16	25:50	27:20	30:08	31:20		
3:37	2:21	2:02 7:17 2:23	1:34	1:30	2:48	1:12	0:56	0:56
				31:48			0:56	1:26
				0:28				
8	157	Tânia Olaio	32:56	3:05	4:56	5:55	7:06	8:06
9:46	16:05	17:59 22:04 25:09	26:42	28:07	30:51	32:22		
1:40	6:19	1:54 4:05 3:05	1:33	1:25	2:44	1:31	0:59	1:11
				32:56			0:59	1:00
				0:34				
9	181	Ana Nunes	32:58	2:49	3:44	4:43	5:35	6:50
12:13	14:34	16:38 23:53 26:12	27:15	28:45	31:21	32:29		
5:23	2:21	2:04 7:15 2:19	1:03	1:30	2:36	1:08	0:59	0:52
				32:58			0:59	0:52
				0:29				1:15
10	122	Ana Rita Fernandes	34:00	2:05	3:12	4:01	5:07	6:02
10:10	14:24	16:13 24:43 26:53	28:12	29:40	32:20	33:25		
4:08	4:14	1:49 8:30 2:10	1:19	1:28	2:40	1:05	0:49	1:06
				34:00			0:49	1:06
				0:35				0:55
11	101	Gabriela Cruz	35:35	2:30	3:54	4:55	6:21	7:22
12:50	16:56	19:05 23:46 26:21	27:39	30:27	33:55	35:07		
5:28	4:06	2:09 4:41 2:35	1:18	2:48	3:28	1:12	1:01	1:26
				35:35			1:01	1:26
				0:28				
12	129	Bárbara Miranda Pereira	35:43	4:59	6:06	6:53	7:50	9:19
10:48	16:36	18:49 25:50 27:58	29:35	30:55	34:01	35:17		
1:29	5:48	2:13 7:01 2:08	1:37	1:20	3:06	1:16	0:47	0:57
				35:43			0:47	0:57
				0:26				1:29
13	177	Ana Raquel Henriques	36:13	2:17	9:01	9:52	10:42	11:44
18:21	20:51	22:38 26:19 28:47	30:22	31:54	34:38	35:45		

6:37	2:30	CLDE Sintr AE MonteDaLua	1:47	3:41	2:28	1:35	1:32	2:44	1:07	0:51	0:50	1:02
							36:13					
							0:28					
<b>14</b>	<b>102</b>	<b>Dulce Fernandes</b>				<b>38:24</b>	2:18	3:18	4:41	5:42	6:57	
9:45	12:17	14:24	27:56	30:28	32:13	33:49	36:39	37:57				
		CLDE Braga EB Apúlia-Esp					2:18	1:00	1:23	1:01	1:15	
2:48	2:32	2:07	13:32	2:32	1:45	1:36	2:50	1:18				
							38:24					
							0:27					
<b>15</b>	<b>170</b>	<b>Mariana Bernardi Simões</b>				<b>39:17</b>	2:20	5:40	6:24	7:33	8:38	
14:04	18:41	20:32	29:23	31:46	33:10	34:57	37:35	38:48				
		CLDE LMT EBSec Ourém-Our					2:20	3:20	0:44	1:09	1:05	
5:26	4:37	1:51	8:51	2:23	1:24	1:47	2:38	1:13				
							39:17					
							0:29					
<b>16</b>	<b>152</b>	<b>Ana Jorge Pereir Silva (</b>				<b>39:20</b>	1:55	2:40	3:41	5:03	8:08	
14:59	19:09	20:49	27:55	30:16	31:46	33:48	37:51	38:54				
		CLDE Aveir ES Estarreja-					1:55	0:45	1:01	1:22	3:05	
6:51	4:10	1:40	7:06	2:21	1:30	2:02	4:03	1:03				
							39:20					
							0:26					
<b>17</b>	<b>140</b>	<b>Maria da Conceiç Ribeiro</b>				<b>40:45</b>	2:55	4:56	5:57	6:59	7:56	
13:24	16:50	18:57	26:27	29:53	31:25	33:40	39:02	40:13				
		CLDE Tâmeg EBSec Pinheir					2:55	2:01	1:01	1:02	0:57	
5:28	3:26	2:07	7:30	3:26	1:32	2:15	5:22	1:11				
							40:45					
							0:32					
<b>18</b>	<b>132</b>	<b>Catarina Rodrigues (IND)</b>				<b>41:49</b>	4:49	6:11	7:29	12:35	13:33	
18:55	22:51	25:09	29:25	32:20	33:47	37:00	40:13	41:20				
		CLDE Braga ES CarlosAmar					4:49	1:22	1:18	5:06	0:58	
5:22	3:56	2:18	4:16	2:55	1:27	3:13	3:13	1:07				
							41:49					
							0:29					
<b>19</b>	<b>110</b>	<b>Bruna Carina Dia Pires</b>				<b>42:37</b>	2:58	4:51	5:55	7:00	9:54	
13:05	16:02	18:53	29:42	32:53	34:38	36:33	40:43	42:04				
		CLDE Braga EB Apúlia-Esp					2:58	1:53	1:04	1:05	2:54	
3:11	2:57	2:51	10:49	3:11	1:45	1:55	4:10	1:21				
							42:37					
							0:33					
<b>20</b>	<b>117</b>	<b>Carina Manuela C Castro</b>				<b>42:38</b>	2:14	3:20	4:45	6:34	8:39	
15:36	19:15	21:43	26:28	29:11	30:29	36:08	40:57	42:08				
		CLDE Braga EBSec VieiraA					2:14	1:06	1:25	1:49	2:05	
6:57	3:39	2:28	4:45	2:43	1:18	5:39	4:49	1:11				
							42:38					
							0:30					
<b>21</b>	<b>108</b>	<b>Ana Ribeiro do P Pereira</b>				<b>45:15</b>	3:40	5:26	6:44	8:37	10:44	
17:39	21:25	23:57	28:48	31:23	33:04	38:12	43:12	44:35				
		CLDE Braga EB Apúlia-Esp					3:40	1:46	1:18	1:53	2:07	
6:55	3:46	2:32	4:51	2:35	1:41	5:08	5:00	1:23				
							45:15					
							0:40					
<b>22</b>	<b>159</b>	<b>Liane Batista</b>				<b>45:46</b>	2:33	3:33	5:30	6:19	7:32	
18:33	21:04	24:00	30:56	34:39	36:17	39:47	44:02	45:13				
		CLDE Leiri ES Eng.Acácio					2:33	1:00	1:57	0:49	1:13	
11:01	2:31	2:56	6:56	3:43	1:38	3:30	4:15	1:11				
							45:46					
							0:33					
<b>23</b>	<b>160</b>	<b>Ana Rita Santos Gouveia</b>				<b>48:44</b>	2:59	6:34	8:06	9:12	11:47	
18:55	22:05	25:01	35:39	39:02	40:46	42:37	46:45	48:09				
		CLDE Leiri ES Eng.Acácio					2:59	3:35	1:32	1:06	2:35	
7:08	3:10	2:56	10:38	3:23	1:44	1:51	4:08	1:24				
							48:44					
							0:35					
<b>24</b>	<b>156</b>	<b>Catarina Jesus</b>				<b>49:50</b>	2:26	5:15	6:39	7:59	11:26	
22:36	25:07	28:05	35:02	38:39	40:18	43:40	48:03	49:16				
		CLDE Leiri ES Eng.Acácio					2:26	2:49	1:24	1:20	3:27	
11:10	2:31	2:58	6:57	3:37	1:39	3:22	4:23	1:13				
							49:50					
							0:34					
<b>25</b>	<b>158</b>	<b>Filipa Ferreira</b>				<b>50:37</b>	3:45	5:38	7:31	9:38	11:43	
21:34	26:20	29:10	35:30	40:00	42:07	44:25	48:35	50:03				
		CLDE Leiri ES Eng.Acácio					3:45	1:53	1:53	2:07	2:05	
9:51	4:46	2:50	6:20	4:30	2:07	2:18	4:10	1:28				
							50:37					
							0:34					

<b>26</b>	<b>182</b>	<b>Daniela Tomás</b>			<b>52:53</b>	3:17	4:44	7:38	8:42	11:31	
16:05	23:00	26:19	33:41	37:14	38:55	47:00	50:47	52:19			
		<b>CLDE Sintr AE MonteDaLua</b>				3:17	1:27	2:54	1:04	2:49	
4:34	6:55	3:19	7:22	3:33	1:41	8:05	3:47	1:32			
						52:53					
						0:34					
		<b>125</b>	<b>Inês Filipa Antu José</b>			<b>mp</b>	2:17	3:20	4:19	5:18	6:17
8:20	11:16	13:16	17:20	20:06	21:48	23:49	-----	26:43			
		<b>CLDE Braga ES CarlosAmar</b>				2:17	1:03	0:59	0:59	0:59	
2:03	2:56	2:00	4:04	2:46	1:42	2:01		2:54			
						27:10					
						0:27					
		<b>175</b>	<b>Mariana Almeida</b>			<b>mp</b>	2:49	4:48	-----	5:56	10:50
12:47	18:07	20:04	25:08	27:58	29:38	31:10	34:04	35:52			
		<b>CLDE Sintr AE MonteDaLua</b>				2:49	1:59		1:08	4:54	
1:57	5:20	1:57	5:04	2:50	1:40	1:32	2:54	1:48			
						36:26					
						0:34					

<b>Juvenis Masculinos (24) Canceled 3.8 km 150 m 14 C</b>										
1(117) 2(125) 3(137) 4(132) 5(133)										
6(138) 7(101) 8(141) 9(123) 10(121) 11(112) 12(111) 13(103) 14(200)										
F										
<b>1</b>	<b>199</b>	<b>Pedro Lin MONIZ</b>			<b>20:35</b>	<b>2:00</b>	<b>2:27</b>	<b>3:30</b>	<b>4:39</b>	<b>5:47</b>
7:29	9:41	11:09	14:21	15:43	16:52	18:07	19:14	20:06		
		<b>CLDE PSetu ES PinhalNovo</b>				2:00	0:27	1:03	1:09	1:08
1:42	2:12	1:28	3:12	1:22	1:09	1:15	1:07	0:52		
						20:35				
						0:29				
<b>2</b>	<b>196</b>	<b>Tiago Filipe Mar Lamprei</b>			<b>21:56</b>	<b>2:08</b>	<b>2:39</b>	<b>3:53</b>	<b>5:13</b>	<b>6:19</b>
8:33	10:21	11:53	15:16	16:40	18:32	19:43	20:47	21:33		
		<b>CLDE PSetu ES PinhalNovo</b>				2:08	0:31	1:14	1:20	1:06
2:14	1:48	1:32	3:23	1:24	1:52	1:11	1:04	0:46		
						21:56				
						0:23				
<b>3</b>	<b>150</b>	<b>Pedro Silva</b>			<b>21:59</b>	<b>2:16</b>	<b>2:49</b>	<b>4:15</b>	<b>5:25</b>	<b>6:44</b>
8:30	11:25	12:51	16:07	17:33	18:30	19:37	20:48	21:36		
		<b>CLDE Aveir ES Estarreja-</b>				2:16	0:33	1:26	1:10	1:19
1:46	2:55	1:26	3:16	1:26	0:57	1:07	1:11	0:48		
						21:59				
						0:23				
<b>4</b>	<b>171</b>	<b>Rui Alexandre Batista (I</b>			<b>23:35</b>	<b>2:04</b>	<b>2:33</b>	<b>3:51</b>	<b>5:14</b>	<b>6:19</b>
8:06	10:23	12:20	16:16	18:18	19:30	21:00	22:19	23:12		
		<b>CLDE LMT ES Entroncament</b>				2:04	0:29	1:18	1:23	1:05
1:47	2:17	1:57	3:56	2:02	1:12	1:30	1:19	0:53		
						23:35				
						0:23				
<b>5</b>	<b>195</b>	<b>Diogo Alexandre Lampreia</b>			<b>24:14</b>	<b>2:12</b>	<b>2:42</b>	<b>4:07</b>	<b>5:35</b>	<b>6:41</b>
10:41	12:51	14:37	17:44	19:40	20:49	22:06	23:05	23:54		
		<b>CLDE PSetu ES PinhalNovo</b>				2:12	0:30	1:25	1:28	1:06
4:00	2:10	1:46	3:07	1:56	1:09	1:17	0:59	0:49		
						24:14				
						0:20				
<b>6</b>	<b>147</b>	<b>André Henriques</b>			<b>25:55</b>	<b>2:14</b>	<b>2:49</b>	<b>4:05</b>	<b>5:26</b>	<b>6:45</b>
8:55	14:24	15:43	19:09	21:01	22:13	23:34	24:38	25:29		
		<b>CLDE Aveir ES Estarreja-</b>				2:14	0:35	1:16	1:21	1:19
2:10	5:29	1:19	3:26	1:52	1:12	1:21	1:04	0:51		
						25:55				
						0:26				
<b>7</b>	<b>131</b>	<b>Leonardo Lopes Ramalho</b>			<b>27:35</b>	<b>2:45</b>	<b>3:26</b>	<b>4:47</b>	<b>6:20</b>	<b>7:39</b>
9:28	12:11	14:15	20:38	22:27	23:38	25:05	26:18	27:12		
		<b>CLDE Braga ES CarlosAmar</b>				2:45	0:41	1:21	1:33	1:19
1:49	2:43	2:04	6:23	1:49	1:11	1:27	1:13	0:54		
						27:35				
						0:23				
<b>8</b>	<b>202</b>	<b>João Pedro Gomes Pinto</b>			<b>27:55</b>	<b>2:26</b>	<b>3:14</b>	<b>4:36</b>	<b>6:00</b>	<b>7:00</b>
10:49	16:34	17:57	21:14	23:09	24:20	25:39	26:39	27:33		
		<b>CLDE PSetu ES PinhalNovo</b>				2:26	0:48	1:22	1:24	1:00
3:49	5:45	1:23	3:17	1:55	1:11	1:19	1:00	0:54		
						27:55				
						0:22				
<b>9</b>	<b>133</b>	<b>Diogo Alexandre Silva</b>			<b>29:16</b>	<b>3:10</b>	<b>3:53</b>	<b>6:00</b>	<b>7:31</b>	<b>9:02</b>
10:57	14:18	16:12	20:13	22:42	24:29	26:17	27:52	28:57		



1:55	3:21	<b>CLDE Braga ES CarlosAmar</b>	1:54	4:01	2:29	1:47	1:48	1:35	1:05	2:07	1:31	1:31
							29:16					
							0:19					
<b>10</b>	<b>173</b>	<b>José Dias (IND)</b>				<b>29:25</b>	2:47	3:27	4:55	6:22	7:53	
9:55	14:45		16:49	21:19	23:10	24:37	26:25	27:56	28:59			
		<b>CLDE LMT ES Entroncament</b>					2:47	0:40	1:28	1:27	1:31	
2:02	4:50		2:04	4:30	1:51	1:27	1:48	1:31	1:03			
							29:25					
							0:26					
<b>11</b>	<b>103</b>	<b>José Pedro Fernandes (IN</b>				<b>32:29</b>	2:31	3:35	5:07	7:04	8:10	
10:04	19:24		21:10	25:07	27:11	28:32	30:04	31:17	32:04			
		<b>CLDE Braga EB Apúlia-Esp</b>					2:31	1:04	1:32	1:57	1:06	
1:54	9:20		1:46	3:57	2:04	1:21	1:32	1:13	0:47			
							32:29					
							0:25					
<b>12</b>	<b>193</b>	<b>Hugo Glórias</b>				<b>34:03</b>	2:42	3:12	6:10	7:32	8:38	
12:58	15:18		16:46	24:57	29:02	30:05	31:27	33:00	33:44			
		<b>CLDE PSetu ES PinhalNovo</b>					2:42	0:30	2:58	1:22	1:06	
4:20	2:20		1:28	8:11	4:05	1:03	1:22	1:33	0:44			
							34:03					
							0:19					
<b>13</b>	<b>153</b>	<b>Tomás António Mo Carvalh</b>				<b>35:58</b>	2:35	3:17	6:43	8:23	9:35	
12:53	15:09		16:56	27:30	29:57	31:38	33:17	34:37	35:32			
		<b>CLDE Coimb ES Dr.Bernard</b>					2:35	0:42	3:26	1:40	1:12	
3:18	2:16		1:47	10:34	2:27	1:41	1:39	1:20	0:55			
							35:58					
							0:26					
<b>14</b>	<b>137</b>	<b>António Machado (IND)</b>				<b>37:37</b>	3:13	6:04	8:13	10:47	12:43	
15:03	18:41		20:32	27:59	30:34	32:20	33:59	35:59	37:09			
		<b>CLDE Porto ES Valongo-Va</b>					3:13	2:51	2:09	2:34	1:56	
2:20	3:38		1:51	7:27	2:35	1:46	1:39	2:00	1:10			
							37:37					
							0:28					
<b>15</b>	<b>139</b>	<b>Iuri Soares (IND)</b>				<b>41:29</b>	3:11	4:06	6:30	8:34	10:14	
12:35	15:19		17:26	22:23	24:27	26:22	28:26	40:07	41:07			
		<b>CLDE Tâmeg EBSec Dr.Mári</b>					3:11	0:55	2:24	2:04	1:40	
2:21	2:44		2:07	4:57	2:04	1:55	2:04	11:41	1:00			
							41:29					
							0:22					
<b>16</b>	<b>151</b>	<b>Tiago da Luz Cai Silva</b>				<b>42:39</b>	3:20	3:58	5:53	7:40	9:42	
15:33	19:17		22:24	28:30	35:06	36:39	39:41	41:17	42:17			
		<b>CLDE Aveir ES Estarreja-</b>					3:20	0:38	1:55	1:47	2:02	
5:51	3:44		3:07	6:06	6:36	1:33	3:02	1:36	1:00			
							42:39					
							0:22					
<b>17</b>	<b>128</b>	<b>Diogo Oliveira</b>				<b>43:23</b>	3:11	3:58	5:32	6:52	8:08	
9:58	14:47		16:36	32:51	34:43	38:35	40:42	42:09	43:00			
		<b>CLDE Braga ES CarlosAmar</b>					3:11	0:47	1:34	1:20	1:16	
1:50	4:49		1:49	16:15	1:52	3:52	2:07	1:27	0:51			
							43:23					
							0:23					
<b>18</b>	<b>114</b>	<b>Nuno Pereira</b>				<b>54:48</b>	5:37	6:21	8:46	10:52	12:32	
15:31	20:16		22:37	40:26	46:54	48:46	51:45	53:23	54:23			
		<b>CLDE Braga EB Forjães-Es</b>					5:37	0:44	2:25	2:06	1:40	
2:59	4:45		2:21	17:49	6:28	1:52	2:59	1:38	1:00			
							54:48					
							0:25					
<b>19</b>	<b>116</b>	<b>Roberto Torres</b>				<b>1:08:44</b>	3:37	4:31	8:00	9:50	11:57	
17:27	21:23		24:16	41:20	45:03	47:35	51:56	1:05:52	1:08:17			
		<b>CLDE Braga EB Forjães-Es</b>					3:37	0:54	3:29	1:50	2:07	
5:30	3:56		2:53	17:04	3:43	2:32	4:21	13:56	2:25			
							1:08:44					
							0:27					
<b>20</b>	<b>113</b>	<b>André Pereira</b>				<b>1:14:49</b>	7:12	11:08	13:58	15:54	17:59	
23:31	27:19		30:23	47:25	51:09	53:43	57:54	1:12:10	1:14:13			
		<b>CLDE Braga EB Forjães-Es</b>					7:12	3:56	2:50	1:56	2:05	
5:32	3:48		3:04	17:02	3:44	2:34	4:11	14:16	2:03			
							1:14:49					
							0:36					
		<b>115</b>	<b>Guilherme Ribeiro</b>			<b>mp</b>	3:14	4:09	7:57	12:50	14:12	
							3:14	0:55	3:48	4:53	1:22	
							35:12					
							21:00					

	<b>121</b>	<b>Guilherme Faria</b>		<b>mp</b>	2:49	3:54	5:37	7:17	8:30
		<b>CLDE Braga ES CarlosAmar</b>			2:49	1:05	1:43	1:40	1:13
					53:05				
					44:35				
	<b>127</b>	<b>Tomás Alves Lima</b>		<b>mp</b>	2:07	2:36	3:44	5:05	6:02
7:54	12:40								
		<b>CLDE Braga ES CarlosAmar</b>			2:07	0:29	1:08	1:21	0:57
1:52	4:46								
					23:00				
					10:20				
	<b>141</b>	<b>Ricardo Rodrigues (IND)</b>		<b>mp</b>	3:25	6:11	7:29	10:21	11:59
20:03	22:15		32:32	34:02	35:15	36:43	39:37	40:29	
		<b>CLDE Tâmeg EBSec Pinheir</b>				3:25	2:46	1:18	2:52
8:04	2:12		10:17	1:30	1:13	1:28	2:54	0:52	1:38
						40:54			
						0:25			