

Pl	tno	Name	B	Club	Time
Ini Fem (22)					
			2,6 km	25 m	11 C
1	13	Joana Branco	[20]	ES de Pinhal Novo	20:44
2	16	Joana Catarino	[24]	ES do Entroncamento IN	21:56
3	102	Ana Pacheco	[01]	AE Maximinos IND	22:58
4	10	Carolina Tacão	[19]	ES de Palmela IND	26:23
5	9	Beatriz Dias	[16]	ES Carlos Amarante IND	27:18
6	14	Maria Salgueiro	[20]	ES de Pinhal Novo	27:33
7	11	Constança Ilunga	[19]	ES de Palmela IND	28:04
8	99	Márcia Félix	[20]	ES de Pinhal Novo	30:30
9	100	Kátia Gomes	[02]	AE Ponte da Barca IND	32:03
10	12	Daniela Holdych	[20]	ES de Pinhal Novo	32:09
11	104	Carina Castro	[12]	EB/S Vieira Araújo IND	32:29
12	1	Ana Viana	[04]	EB Apúlia	34:06
13	4	Dulce Fernandes	[04]	EB Apúlia	34:39
14	2	Ana Pereira	[04]	EB Apúlia	36:04
15	8	Ana Silva	[16]	ES Carlos Amarante IND	36:06
16	6	Ana Monteiro	[10]	EB/S de Vila Pouca de Ag	37:06
17	3	Bruna Pires	[04]	EB Apúlia	38:05
18	15	Marta Costinha	[20]	ES de Pinhal Novo	39:05
19	5	Filipa Mano	[04]	EB Apúlia	39:23
20	103	Ana Costa	[12]	EB/S Vieira Araújo IND	40:46
21	7	Beatriz Teixeira	[10]	EB/S de Vila Pouca de Ag	48:13
22	17	Carolina Ferreira	[14]	ES Calazans Duarte IND	49:25

Ini Masc (23)					
			3,0 km	30 m	13 C
1	28	Tomás Lima	[15]	ES Carlos Amarante	18:30
2	32	Rodrigo Oliveira	[20]	ES de Pinhal Novo	19:40
3	33	Tiago Lampreia	[20]	ES de Pinhal Novo	21:20
4	35	André Roberto	[13]	ES Calazans Duarte	21:54
5	31	Manuel Oliveira	[20]	ES de Pinhal Novo	23:21
6	30	João Pinto	[20]	ES de Pinhal Novo	23:38
7	29	Diogo Lampreia	[20]	ES de Pinhal Novo	27:04
8	39	Frederico Lisboa	[13]	ES Calazans Duarte	27:51
9	21	Vasco Mendes	[07]	EB Rodrigues Soromenh	27:56
10	98	André Sérgio	[03]	AE Visconde Chancelheiro	29:12
11	24	Diogo Oliveira	[15]	ES Carlos Amarante	31:28
12	26	José Fernandes	[15]	ES Carlos Amarante	31:39
13	105	Joel Silva	[12]	EB/S Vieira Araújo IND	32:51
14	22	André Ferreira	[15]	ES Carlos Amarante	33:31
15	23	Carlos Rocha	[16]	ES Carlos Amarante IND	35:51
16	20	Pedro Peralta	[07]	EB Rodrigues Soromenh	38:49
17	107	Hugo Teixeira	[25]	ES Estarreja IND	39:27
18	18	Daniel Pereira	[05]	EB Apúlia IND	40:23
19	27	Samuel Gonçalves	[16]	ES Carlos Amarante IND	41:58
20	36	Bernardo Rosa	[13]	ES Calazans Duarte	42:26
21	19	Iuri Soares	[11]	EB/S Dr. Mário Fonseca I	43:36
22	25	Eduardo Dias	[15]	ES Carlos Amarante	46:23
	34	André Cunha	[23]	ES de Valpaços IND	dnf

Juv Fem (26)					
			3,4 km	40 m	12 C
1	55	Debora Swinke	[22]	ES de Santa Maria	25:23
2	52	Patrícia Romão	[21]	ES de Pinhal Novo IND	28:21
3	54	Beatriz Sanguino	[22]	ES de Santa Maria	28:34
4	51	Joana Marques	[25]	ES Estarreja IND	32:13

Pl	tno	Name	B	Club	Time
Juv Fem (26)			3,4 km 40 m 12 C (cont.)		
5	44	Margarida Miranda	[04]	EB Apúlia	36:30
6	47	Helena Lima	[15]	ES Carlos Amarante	36:33
7	58	Beatriz Esteves	[24]	ES do Entroncamento IN	36:55
8	56	Mafalda Moreira	[22]	ES de Santa Maria	37:49
9	106	Filipa Castro	[12]	EB/S Vieira Araújo IND	38:36
10	62	Tânia Olaio	[13]	ES Calazans Duarte	39:03
11	48	Maria Portela	[15]	ES Carlos Amarante	39:30
12	64	Carina Cotovia	[26]	ES Jacôme Ratton IND	40:48
13	53	Ana Henriques	[22]	ES de Santa Maria	41:50
14	49	Mariana Maurício	[15]	ES Carlos Amarante	49:13
15	42	Catarina Eirado	[04]	EB Apúlia	50:38
16	45	Ana Fernandes	[15]	ES Carlos Amarante	54:10
17	57	Mariana Almeida	[22]	ES de Santa Maria	54:22
18	43	Gabriela Cruz	[04]	EB Apúlia	54:34
19	46	Florinda Lopes	[15]	ES Carlos Amarante	58:21
20	101	Delfina Silva	[02]	AE Ponte da Barca IND	58:43
21	41	Bruna Miranda	[04]	EB Apúlia	59:02
22	66	Maria Martins	[27]	ES Tomaz Pelayo IND	1:00:26
23	50	Daniela Silva	[17]	ES D. Afonso Sanches IN	1:02:48
24	40	Alexandra Machado	[04]	EB Apúlia	1:04:41
25	61	Liane Batista	[13]	ES Calazans Duarte	1:08:46
26	60	Filipa Ferreira	[13]	ES Calazans Duarte	1:23:45

Juv Masc (28)			4,0 km 40 m 13 C		
1	89	Ricardo Ferreira	[20]	ES de Pinhal Novo	20:01
2	95	João Bernardino	[13]	ES Calazans Duarte	21:13
3	79	João Magalhães	[15]	ES Carlos Amarante	21:20
4	92	Rui Batista	[24]	ES do Entroncamento IN	25:23
5	70	João Casal	[08]	EB/S de Ermesinde	25:51
6	91	André Martins	[24]	ES do Entroncamento IN	25:55
7	74	Diogo Reis	[09]	EB/S de Ourém IND	29:37
8	81	André Henriques	[25]	ES Estarreja IND	30:57
9	78	João Gomes	[15]	ES Carlos Amarante	32:02
10	80	Leonardo Ramalho	[15]	ES Carlos Amarante	32:21
11	88	Pedro Moniz	[20]	ES de Pinhal Novo	34:24
12	84	Francisco Abreu	[18]	ES de Maximinos IND	35:29
13	82	Daniel Magalhães	[18]	ES de Maximinos IND	35:32
14	83	Eduardo Leite	[18]	ES de Maximinos IND	37:38
15	86	Henrique Paquete	[20]	ES de Pinhal Novo	39:16
16	96	José Fonseca	[13]	ES Calazans Duarte	39:31
17	77	Guilherme Faria	[15]	ES Carlos Amarante	40:28
18	76	Ernesto Martins	[16]	ES Carlos Amarante IND	41:51
19	94	Guilherme Reinoite	[13]	ES Calazans Duarte	44:05
20	90	Robert Vedrasco	[20]	ES de Pinhal Novo	44:47
21	87	Hugo Glórias	[20]	ES de Pinhal Novo	47:40
22	75	Carlos Peixoto	[15]	ES Carlos Amarante	49:31
23	85	Luís Ferreira	[18]	ES de Maximinos IND	51:22
24	68	Guilherme Ribeiro	[06]	EB das Marinhas IND	1:02:07
25	71	Marco Amaro	[08]	EB/S de Ermesinde	1:02:14
26	72	Pedro Silva	[08]	EB/S de Ermesinde	1:04:05
27	69	Ângelo Silva	[08]	EB/S de Ermesinde	1:11:58
28	73	Rafael Silva	[08]	EB/S de Ermesinde	1:13:50