



Associação de Atletismo do Algarve

Comunicado de Resultados

Atleta Completo Regional (Iniciados)

Pista de Atletismo do Parchal

Belavista / Faro

Jornada de: 19 de abril de 2019

1980044



80 M Barreiras-0,76

(Fem)



Dardo 500 Gr

(Fem)

Serie 1

Vento:

Desf: - 2,3

1ª Marta Custódio	04 Ini	CRAL	1 5,89
2ª Joana Moraes	05 Ini	CDQ	1 6,65
3ª Inês Dolgova	05 Ini	AABV	1 7,09
4ª Ana Andrade	05 Ini	CDQ	1 7,22
5ª Sara Sousa	05 Ini	ADECT	1 9,32
6ª Alexandra Durão	05 Ini	CDQ	2 1,00
Leticia Lopes	04 Ini	CDQ	DST

Serie 2

Vento:

Desf: - 2,5

1ª Catarina Sousa	04 Ini	CBF	1 4,03
2ª Jéssica Gonçalves	04 Ini	AABV	1 6,00
3ª Oriana Sousa	05 Ini	CDQ	1 7,45
4ª Genilza Trindade	05 Ini	CDQ	1 7,50
5ª Miriam Rodrigues	05 Ini	CRAL	1 9,16
6ª Fabiana Socorro	04 Ini	AABV	1 9,52
Matilde Padrão	05 Ini	CRAL	DST
Soraia Guerreiro	06 Inf	OCL	DST



80 Metros Planos

(Masc)

Serie 1

Vento:

Desf: - 1,4

1º Demetrio Kopytsya	04 Ini	CATUNES	1 0,58
2º Ricardo Torrado	06 Inf	CRAL	1 1,42
3º Joshua Taylor	05 Ini	GBR ADECT	1 1,43
4º Gil Jorge	05 Ini	AABV	1 1,48
5º Gabriel Neves	04 Ini	CATUNES	1 1,68
6º Diogo Nobre	05 Ini	CATUNES	1 1,76
7º Tomé Nascimento	06 Inf	OCL	1 2,33

Serie 2

Vento:

Desf: - 3,0

1º Gonçalo Rodrigues	04 Ini	CRDS	9,79
2º Ricardo Tomé	04 Ini	COP	1 0,46
3º Bernardo Freitas	04 Ini	CATUNES	1 0,84
4º Pedro Santos	05 Ini	CBF	1 1,02
5º João Santos	04 Ini	CATUNES	1 1,42
6º David Guedes	05 Ini	CDQ	1 1,48
7º Joao Correia	05 Ini	CRAL	1 2,82
8º Tomás Fernandes	05 Ini	CRAL	1 2,84



Dardo 500 Gr

(Fem)



Dardo 600 Gr

(Masc)

Final 1

1ª Catarina Sousa	04 Ini	CBF	23,99
2ª Alexandra Durão	05 Ini	CDQ	20,38
3ª Joana Moraes	05 Ini	CDQ	16,78
4ª Inês Dolgova	05 Ini	AABV	16,69
5ª Jéssica Gonçalves	04 Ini	AABV	15,48
6ª Leticia Lopes	04 Ini	CDQ	14,26
7ª Ana Andrade	05 Ini	CDQ	13,27
8ª Fabiana Socorro	04 Ini	AABV	10,18
9ª Oriana Sousa	05 Ini	CDQ	9,37
10ª Soraia Guerreiro	06 Inf	OCL	8,49
11ª Marta Custódio	04 Ini	CRAL	7,41
12ª Sara Sousa	05 Ini	ADECT	7,08
13ª Matilde Padrão	05 Ini	CRAL	6,72
14ª Miriam Rodrigues	05 Ini	CRAL	6,28
15ª Genilza Trindade	05 Ini	CDQ	6,19

Final 1

1º Gonçalo Rodrigues	04 Ini	CRDS	5,46 +1,0
2º Pedro Santos	05 Ini	CBF	4,91 +1,4
3º Bernardo Freitas	04 Ini	CATUNES	4,62 +1,4
4º Demetrio Kopytsya	04 Ini	CATUNES	4,52 +0,7
5º João Santos	04 Ini	CATUNES	4,42 +0,8
6º Ricardo Torrado	06 Inf	CRAL	4,32 +1,5
7º Gabriel Neves	04 Ini	CATUNES	4,23 +3,1 v
8º Ricardo Tomé	04 Ini	COP	4,18 +1,5
9º Gil Jorge	05 Ini	AABV	4,09 +1,5
10º David Guedes	05 Ini	CDQ	4,05 +2,0
11º Diogo Nobre	05 Ini	CATUNES	4,01 +0,6
12º Tomé Nascimento	06 Inf	OCL	3,74 +1,7
13º Joshua Taylor	05 Ini	GBR ADECT	3,70 +2,5 v
14º Tomás Fernandes	05 Ini	CRAL	3,53 +1,8
15º Joao Correia	05 Ini	CRAL	3,53 +1,2



Salto em Altura

(Fem)

Final 1

1ª Marta Custódio	04 Ini	CRAL	1,18
2ª Jéssica Gonçalves	04 Ini	AABV	1,18
2ª Genilza Trindade	05 Ini	CDQ	1,18
4ª Catarina Sousa	04 Ini	CBF	1,14
4ª Ana Andrade	05 Ini	CDQ	1,14
6ª Oriana Sousa	05 Ini	CDQ	1,14
6ª Inês Dolgova	05 Ini	AABV	1,14
8ª Alexandra Durão	05 Ini	CDQ	1,14
9ª Miriam Rodrigues	05 Ini	CRAL	1,10
Matilde Padrão	05 Ini	CRAL	SM
Sara Sousa	05 Ini	ADECT	SM
Joana Moraes	05 Ini	CDQ	SM
Soraia Guerreiro	06 Inf	OCL	SM
Leticia Lopes	04 Ini	CDQ	SM
Fabiana Socorro	04 Ini	AABV	SM



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Dardo 600 Gr

(Masc)

Final 1

14º Diogo Nobre	05 Ini	CATUNES	6,91
15º Tomé Nascimento	06 Inf	OCL	5,95



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100 M Barreiras-0.84

(Masc)



Salto em Comprimento

(Fem)

Serie 1

Vento:

Fav: + 0,5

1º Diogo Nobre	05 Ini	CATUNES	1 9,41
2º Gabriel Neves	04 Ini	CATUNES	2 0,13
3º Joshua Taylor	05 Ini	GBRADECT	2 0,31
4º Tomé Nascimento	06 Inf	OCL	2 0,67
5º Ricardo Torrado	06 Inf	CRAL	2 0,69
6º Tomás Fernandes	05 Ini	CRAL	2 0,90
7º Joao Correia	05 Ini	CRAL	2 4,88

Serie 2

Vento:

Fav: + 1,4

1º Ricardo Tomé	04 Ini	COP	1 6,21
2º Gonçalo Rodrigues	04 Ini	CRDS	1 6,23
3º Bernardo Freitas	04 Ini	CATUNES	1 8,34
4º João Santos	04 Ini	CATUNES	1 8,36
5º Demetrio Kopytsya	04 Ini	CATUNES	1 9,07
6º Pedro Santos	05 Ini	CBF	2 0,08
7º Gil Jorge	05 Ini	AABV	2 0,51
8º David Guedes	05 Ini	CDQ	2 1,77

Final 1

1ª Jéssica Gonçalves	04 Ini	AABV	4,24 + 0,7
2ª Catarina Sousa	04 Ini	CBF	4,15 - 2,6
3ª Ana Andrade	05 Ini	CDQ	3,97 - 1,6
4ª Oriana Sousa	05 Ini	CDQ	3,89 - 1,1
5ª Joana Morais	05 Ini	CDQ	3,83 - 1,7
6ª Inês Dolgova	05 Ini	AABV	3,45 - 1,7
7ª Marta Custódio	04 Ini	CRAL	3,40 + 1,8
8ª Genilza Trindade	05 Ini	CDQ	3,34 + 1,9
9ª Alexandra Durão	05 Ini	CDQ	3,21 + 1,6
10ª Fabiana Socorro	04 Ini	AABV	3,19 - 1,9
Soraia Guerreiro	06 Inf	OCL	0,0 -SM
Letícia Lopes	04 Ini	CDQ	0,0 -SM
Miriam Rodrigues	05 Ini	CRAL	0,0 -SM
Sara Sousa	05 Ini	ADECT	0,0 -SM



80 Metros Planos

(Fem)

Serie 1

Vento:

Fav: + 1,0

1ª Joana Morais	05 Ini	CDQ	1 1,74
2ª Miriam Rodrigues	05 Ini	CRAL	1 1,97
3ª Soraia Guerreiro	06 Inf	OCL	1 2,26
4ª Fabiana Socorro	04 Ini	AABV	1 2,35
5ª Sara Sousa	05 Ini	ADECT	1 2,75
6ª Letícia Lopes	04 Ini	CDQ	1 4,37

Serie 2

Vento:

Fav: + 1,1

1ª Catarina Sousa	04 Ini	CBF	1 0,96
2ª Jéssica Gonçalves	04 Ini	AABV	1 1,29
3ª Marta Custódio	04 Ini	CRAL	1 1,56
4ª Inês Dolgova	05 Ini	AABV	1 1,71
5ª Oriana Sousa	05 Ini	CDQ	1 1,88
6ª Genilza Trindade	05 Ini	CDQ	1 2,20
7ª Ana Andrade	05 Ini	CDQ	1 2,34
8ª Alexandra Durão	05 Ini	CDQ	1 3,01



Lançamento Peso-3Kg

(Fem)

Final 1

1ª Letícia Lopes	04 Ini	CDQ	13,14 RR Ini-RR Juv
2ª Catarina Sousa	04 Ini	CBF	10,89
3ª Ana Andrade	05 Ini	CDQ	9,06
4ª Jéssica Gonçalves	04 Ini	AABV	7,66
5ª Fabiana Socorro	04 Ini	AABV	7,57
6ª Alexandra Durão	05 Ini	CDQ	6,90
7ª Oriana Sousa	05 Ini	CDQ	6,70
8ª Inês Dolgova	05 Ini	AABV	6,55
9ª Genilza Trindade	05 Ini	CDQ	5,73
10ª Marta Custódio	04 Ini	CRAL	5,59
11ª Soraia Guerreiro	06 Inf	OCL	5,56
12ª Joana Morais	05 Ini	CDQ	5,48
13ª Miriam Rodrigues	05 Ini	CRAL	5,38
14ª Sara Sousa	05 Ini	ADECT	3,90



Lançamento Peso-4Kg

(Masc)

Final 1

1º Gonçalo Rodrigues	04 Ini	CRDS	10,14
2º Demetrio Kopytsya	04 Ini	CATUNES	8,52
3º Pedro Santos	05 Ini	CBF	7,37
4º Gabriel Neves	04 Ini	CATUNES	7,31
5º João Santos	04 Ini	CATUNES	6,91
6º Ricardo Tomé	04 Ini	COP	6,74
7º Ricardo Torrado	06 Inf	CRAL	6,57
8º David Guedes	05 Ini	CDQ	6,47
9º Gil Jorge	05 Ini	AABV	6,34
10º Bernardo Freitas	04 Ini	CATUNES	6,04
11º Diogo Nobre	05 Ini	CATUNES	6,03
12º Joao Correia	05 Ini	CRAL	5,79
13º Tomé Nascimento	06 Inf	OCL	5,60
14º Joshua Taylor	05 Ini	GBRADECT	5,39
15º Tomás Fernandes	05 Ini	CRAL	4,75



800 Metros

(Fem)

Final 1

1ª Oriana Sousa	05 Ini	CDQ	2 3 3,56
2ª Genilza Trindade	05 Ini	CDQ	2 4 4,21
3ª Marta Custódio	04 Ini	CRAL	2 4 5,40
4ª Alexandra Durão	05 Ini	CDQ	2 5 1,47
5ª Jéssica Gonçalves	04 Ini	AABV	2 5 2,69
6ª Catarina Sousa	04 Ini	CBF	2 5 6,82
7ª Miriam Rodrigues	05 Ini	CRAL	3 0 3,86
8ª Joana Morais	05 Ini	CDQ	3 0 4,00
9ª Soraia Guerreiro	06 Inf	OCL	3 1 1,90
10ª Ana Andrade	05 Ini	CDQ	3 1 3,79
11ª Fabiana Socorro	04 Ini	AABV	3 2 2,23
12ª Sara Sousa	05 Ini	ADECT	3 2 9,68
13ª Inês Dolgova	05 Ini	AABV	3 3 1,47
Letícia Lopes	04 Ini	CDQ	DST



Salto em Altura

(Masc)

Final 1



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Salto em Altura

(Masc)

Final 1

1º Demetrio Kopytsya	04 Ini	CATUNES	1,47	
2º Gonçalo Rodrigues	04 Ini	CRDS	1,43	
3º Ricardo Tomé	04 Ini	COP	1,43	
4º Joshua Taylor	05 Ini	GBRADECT	1,39	
5º Gabriel Neves	04 Ini	CATUNES	1,39	
6º João Santos	04 Ini	CATUNES	1,39	
7º David Guedes	05 Ini	CDQ	1,39	
8º Bernardo Freitas	04 Ini	CATUNES	1,35	
9º Pedro Santos	05 Ini	CBF	1,31	
10º Tomé Nascimento	06 Inf	OCL	1,31	
11º Gil Jorge	05 Ini	AABV	1,23	
11º Diogo Nobre	05 Ini	CATUNES	1,23	
Ricardo Torrado	06 Inf	CRAL		SM
Joao Correia	05 Ini	CRAL		SM
Tomás Fernandes	05 Ini	CRAL		SM



1.000 Metros

(Masc)

Final 1

1º João Santos	04 Ini	CATUNES	3 0 0,68
2º Ricardo Tomé	04 Ini	COP	3 0 4,07
3º Diogo Nobre	05 Ini	CATUNES	3 1 0,50
4º Tomé Nascimento	06 Inf	OCL	3 1 3,91
5º Gabriel Neves	04 Ini	CATUNES	3 1 6,30
6º Gonçalo Rodrigues	04 Ini	CRDS	3 1 6,62
7º Gil Jorge	05 Ini	AABV	3 1 9,10
8º Pedro Santos	05 Ini	CBF	3 2 0,52
9º Bernardo Freitas	04 Ini	CATUNES	3 2 2,09
10º Tomás Fernandes	05 Ini	CRAL	3 2 3,43
11º Ricardo Torrado	06 Inf	CRAL	3 3 3,24
12º Joshua Taylor	05 Ini	GBRADECT	3 3 5,89
13º Demetrio Kopytsya	04 Ini	CATUNES	3 5 0,60
14º David Guedes	05 Ini	CDQ	3 5 1,65

Classificação Colectiva

Ordem	Clube	Pontuação
Geral		
Iniciados		
1	CBF CASA BENFICA FARO	5343,0
2	AABV A ACAD BELA VISTA	4445,0
3	CDQ C DESP QUARTEIRA	4005,0
4	CRAL C REC ALTURENSE	3685,0
5	CRDS C R D SANTALUZIENSE	3240,0
6	COP C ORIENTAL PECHÃO	2628,0
7	OCL OLÍMPICO C LAGOS	2591,0
8	ADECT A D CULT DE TUNES	2408,0
9	CATUNES C ATLETISMO TUNES	2358,0

Clube Participantes	Participações	Nr. Atletas
	F M T	F M T

<u>PORTUGAL</u>			=		
<u>ASSOCIACAO ATLETISMO ALGARVE</u>			Federado		
AABV	A ACAD BELA VISTA	21	7	28	3 1 4
ADECT	A D CULT DE TUNES	7	7	14	1 1 2
CATUNESC	ATLETISMO TUNES		35	35	5 5
CBF	CASA BENFICA FARO	7	7	14	1 1 2
CDQ	C DESP QUARTEIRA	42	7	49	6 1 7
COP	C ORIENTAL PECHÃO		7	7	1 1
CRAL	C REC ALTURENSE	17	20	37	3 3 6
CRDS	C R D SANTALUZIENSE		7	7	1 1
OCL	OLÍMPICO C LAGOS	7	7	14	1 1 2

Totais de participações individuais + estafetas	101	15
	104	15
	205	30

Participação por Escalão	Participações	Nr. Atletas
	F M T	F M T
Infantis	7 14 21	1 2 3
Iniciados	94 90 184	14 13 27

Totais de participações individuais + estafetas	101	15
	104	15
	205	30

Recordes batidos na competição

Regional AALG

Lançamento Peso-3Kg

Fem

Ini Letícia Lopes 2004 Ini 13,14



Associação de Atletismo do Algarve

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Recordes batidos na competição

Regional AALG

Lançamento Peso-3Kg

Fem

Juv

Letícia Lopes

2004 Ini

13,14

Legendagem de Observações Codificadas

DST	Desistiu
RR	Recorde Regional
SM	Sem Marca



Associação de Atletismo do Algarve

Atleta Completo Regional (Iniciados)

21-04-2019

1

Heptatlo - Iniciados

Fem

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	80 M Barreiras- 0,76	Dardo 500 Gr	Salto em Altura	80 Metros Planos	Salto em Comprimento	Lançamento Peso-3Kg	800 Metros
1 ^a	Catarina Sousa 538 CBF	Ini 2004	3 234	598 14,03 - 2,5	363 23,99	257 1,14	690 10,96 + 1,1	343 4,15 - 2,6	588 10,89	395 256,82
2 ^a	Jéssica Gonçalves 572 AABV	Ini 2004	2 659	363 16,00 - 2,5	205 15,48	293 1,18	621 11,29 + 1,1	364 4,24 + 0,7	377 7,66	436 252,69
3 ^a	Oriana Sousa 525 CDQ	Ini 2005	2 330	224 17,45 - 2,5	95 9,37	257 1,14	506 11,88 + 1,1	283 3,89 - 1,1	316 6,70	649 233,56
4 ^a	Marta Custódio 531 CRAL	Ini 2004	2 232	374 15,89 - 2,3	60 7,41	293 1,18	567 11,56 + 1,1	180 3,40 + 1,8	245 5,59	513 245,40
5 ^a	Ana Andrade 516 CDQ	Ini 2005	2 106	244 17,22 - 2,3	165 13,27	257 1,14	423 12,34 + 1,1	301 3,97 - 1,6	468 9,06	248 313,79
6 ^a	Genilza Trindade 529 CDQ	Ini 2005	1 948	220 17,50 - 2,5	39 6,19	293 1,18	448 12,20 + 1,1	168 3,34 + 1,9	254 5,73	526 244,21
7 ^a	Inês Dolgova 621 AABV	Ini 2005	1 904	256 17,09 - 2,3	228 16,69	257 1,14	538 11,71 + 1,1	190 3,45 - 1,7	306 6,55	129 331,47
8 ^a	Joana Moraes 527 CDQ	Ini 2005	1 895	297 16,65 - 2,3	229 16,78	0	532 11,74 + 1,0	270 3,83 - 1,7	238 5,48	329 304,00
9 ^a	Alexandra Durão 526 CDQ	Ini 2005	1 809	20 21,00 - 2,3	296 20,38	257 1,14	315 13,01 + 1,1	144 3,21 + 1,6	329 6,90	448 251,47
10 ^a	Miriam Rodrigues 511 CRAL	Ini 2005	1 415	101 19,16 - 2,5	41 6,28	222 1,10	489 11,97 + 1,0	0	232 5,38	330 303,86
11 ^a	Fabiana Socorro 609 AABV	Ini 2004	1 309	80 19,52 - 2,5	109 10,18	0	422 12,35 + 1,0	140 3,19 - 1,9	372 7,57	186 322,23
12 ^a	Letícia Lopes 578 CDQ	Ini 2004	1 061	0	183 14,26	0	141 14,37 + 1,0	0	737 13,14	0
13 ^a	Soraia Guerreiro 322 OCL	Inf 2006	1 022	0	79 8,49	0	437 12,26 + 1,0	0	243 5,56	263 311,90
14 ^a	Sara Sousa 550 ADECT	Ini 2005	779	91 19,32 - 2,3	54 7,08	0	355 12,75 + 1,0	0	140 3,90	139 329,68
Descl ^a	Matilde Padrão 510 CRAL	Ini 2005		0	48 6,72	0				



Associação de Atletismo do Algarve

Atleta Completo Regional (Iniciados)

21-04-2019

1

Heptatlo - Iniciados

Masc

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	80 Metros Planos	Salto em Comprimento	Dardo 600 Gr	100 M Barreiras- 0.84	Lançamento Peso-4Kg	Salto em Altura	1.000 Metros
1 ^º	Gonçalo Rodrigues 587 CRDS	Ini 2004	3 240	674 9,79 - 3,0	473 5,46 + 1,0	184 21,71	566 16,23 + 1,4	494 10,14	338 1,43	511 316,62
2 ^º	Ricardo Tomé 573 COP	Ini 2004	2 628	525 10,46 - 3,0	235 4,18 + 1,5	45 11,03	568 16,21 + 1,4	292 6,74	338 1,43	625 304,07
3 ^º	João Santos 561 CATUNES	Ini 2004	2 358	341 11,42 - 3,0	276 4,42 + 0,8	111 16,18	360 18,36 + 1,4	302 6,91	310 1,39	658 300,68
4 ^º	Demetrio Kopytsya 565 CATUNES	Ini 2004	2 283	500 10,58 - 1,4	294 4,52 + 0,7	169 20,57	301 19,07 + 1,4	397 8,52	367 1,47	255 350,60
5 ^º	Bernardo Freitas 560 CATUNES	Ini 2004	2 154	448 10,84 - 3,0	312 4,62 + 1,4	34 10,11	362 18,34 + 1,4	251 6,04	283 1,35	464 322,09
6 ^º	Pedro Santos 518 CBF	Ini 2005	2 109	414 11,02 - 3,0	365 4,91 + 1,4	41 10,69	226 20,08 + 1,4	329 7,37	257 1,31	477 320,52
7 ^º	Gabriel Neves 557 CATUNES	Ini 2004	1 995	298 11,68 - 1,4	244 4,23 + 3,1	82 13,95	222 20,13 + 0,5	326 7,31	310 1,39	513 316,30
8 ^º	Diogo Nobre 547 CATUNES	Ini 2005	1 789	285 11,76 - 1,4	207 4,01 + 0,6	0 6,91	275 19,41 + 0,5	251 6,03	206 1,23	565 310,50
9 ^º	Gil Jorge 579 AABV	Ini 2005	1 786	331 11,48 - 1,4	220 4,09 + 1,5	74 13,32	197 20,51 + 1,4	269 6,34	206 1,23	489 319,10
10 ^º	David Guedes 517 CDQ	Ini 2005	1 675	331 11,48 - 3,0	214 4,05 + 2,0	173 20,84	122 21,77 + 1,4	276 6,47	310 1,39	249 351,65
11 ^º	Joshua Taylor 606 GBR ADECT	Ini 2005	1 629	340 11,43 - 1,4	159 3,70 + 2,5	41 10,69	210 20,31 + 0,5	213 5,39	310 1,39	356 335,89
12 ^º	Tomé Nascimento 363 OCL	Inf 2006	1 569	201 12,33 - 1,4	165 3,74 + 1,7	0 5,95	186 20,67 + 0,5	226 5,60	257 1,31	534 313,91
13 ^º	Ricardo Torrado 328 CRAL	Inf 2006	1 453	341 11,42 - 1,4	259 4,32 + 1,5	10 8,00	185 20,69 + 0,5	282 6,57	0	376 333,24
14 ^º	Tomás Fernandes 524 CRAL	Ini 2005	1 102	137 12,84 - 3,0	135 3,53 + 1,8	28 9,61	172 20,90 + 0,5	177 4,75	0	453 323,43
Descl ^º	Joao Correia 581 CRAL	Ini 2005		139 12,82 - 3,0	135 3,53 + 1,2	112 16,30	10 24,88 + 0,5	237 5,79	0	



Associação de Atletismo do Algarve

Comunicado de Resultados

Campeonato Regional de Provas Combinadas (Juvenis)

Pista de Atletismo do Parchal

Belavista / Faro

Jornada de: 19 de abril de 2019

1980045



100 M Barreiras-0.76

(Fem)

Final 1		Vento:	Desf: - 3,9
1ª Érica Conceição	03 Juv	COP	1 6,90
2ª Telma Mendes	02 Juv	COP	1 7,82
3ª Ana Catarina Mestre	02 Juv	COP	1 8,19
4ª Margarida Soromenho	03 Juv	OCL	2 0,10
5ª Sofia Barros	03 Juv	CDQ	2 0,68
6ª Joana Fernandes	03 Juv	CRAL	2 0,74
7ª Beatriz Rodrigues	02 Juv	CRAL	2 2,21



Salto em Comprimento

(Masc)

Final 1			
5º Tiago Ramos	03 Juv	CATUNES	5,30 +1,6
6º Diogo Batista	02 Juv	COP	5,10 +0,5
7º Guilherme Alves	03 Juv	CATUNES	4,96 +0,7
8º Flávio Pinto	02 Juv	OCL	4,82 +1,0
9º Xavier Bolotinha	03 Juv	CDQ	4,79 +1,4
10º Rafael Pereira	03 Juv	CDQ	4,56 +0,4
11º Igor Varela	03 Juv	CDQ	4,19 +0,5



100 Metros planos

(Masc)

Serie 1		Vento:	Desf: - 2,8
1º Flávio Pinto	02 Juv	OCL	1 3,00
2º Guilherme Alves	03 Juv	CATUNES	1 3,32
3º Rafael Pereira	03 Juv	CDQ	1 3,57
4º Xavier Bolotinha	03 Juv	CDQ	1 3,99
5º Igor Varela	03 Juv	CDQ	1 4,53
Serie 2		Vento:	Desf: - 1,7
1º José Baião	02 Juv	CATUNES	1 1,77
2º Tomás Glória	02 Juv	CBF	1 1,99
3º Guilherme Baião	02 Juv	CATUNES	1 2,58
4º Diogo Batista	02 Juv	COP	1 2,79
5º Tiago Ramos	03 Juv	CATUNES	1 2,86
6º António Marreiros	03 Juv	CBF	1 2,99



200 Metros

(Fem)

Final 1		Vento:	Desf: - 0,4
1ª Érica Conceição	03 Juv	COP	2 8,34
2ª Ana Catarina Mestre	02 Juv	COP	2 8,35
3ª Telma Mendes	02 Juv	COP	2 8,46
4ª Margarida Soromenho	03 Juv	OCL	3 0,29
5ª Sofia Barros	03 Juv	CDQ	3 1,91
6ª Joana Fernandes	03 Juv	CRAL	3 2,66
7ª Beatriz Rodrigues	02 Juv	CRAL	3 6,90



Salto em Altura

(Fem)

Final 1			
1ª Ana Catarina Mestre	02 Juv	COP	1,38
2ª Margarida Soromenho	03 Juv	OCL	1,34
3ª Érica Conceição	03 Juv	COP	1,18
3ª Sofia Barros	03 Juv	CDQ	1,18
5ª Joana Fernandes	03 Juv	CRAL	1,18
5ª Telma Mendes	02 Juv	COP	1,18
Beatriz Rodrigues	02 Juv	CRAL	SM



Lançamento Peso-5Kg

(Masc)

Final 1			
1º José Baião	02 Juv	CATUNES	10,26
2º Diogo Batista	02 Juv	COP	9,83
3º Guilherme Baião	02 Juv	CATUNES	8,80
4º Tiago Ramos	03 Juv	CATUNES	7,91
5º António Marreiros	03 Juv	CBF	7,75
6º Flávio Pinto	02 Juv	OCL	7,29
7º Xavier Bolotinha	03 Juv	CDQ	6,50
8º Guilherme Alves	03 Juv	CATUNES	6,36
9º Igor Varela	03 Juv	CDQ	5,92
10º Rafael Pereira	03 Juv	CDQ	4,80



Lançamento Peso-3Kg

(Fem)

Final 1			
1ª Telma Mendes	02 Juv	COP	8,53
2ª Ana Catarina Mestre	02 Juv	COP	8,41
3ª Sofia Barros	03 Juv	CDQ	8,36
4ª Érica Conceição	03 Juv	COP	7,27
5ª Margarida Soromenho	03 Juv	OCL	6,00
6ª Joana Fernandes	03 Juv	CRAL	5,41
7ª Beatriz Rodrigues	02 Juv	CRAL	5,22



Salto em Altura

(Masc)

Final 1			
1º Guilherme Baião	02 Juv	CATUNES	1,71
2º António Marreiros	03 Juv	CBF	1,63
3º Diogo Batista	02 Juv	COP	1,51
4º Xavier Bolotinha	03 Juv	CDQ	1,43
5º Igor Varela	03 Juv	CDQ	1,43
6º José Baião	02 Juv	CATUNES	1,39
6º Tiago Ramos	03 Juv	CATUNES	1,39
8º Rafael Pereira	03 Juv	CDQ	1,35
Guilherme Alves	03 Juv	CATUNES	SM
Flávio Pinto	02 Juv	OCL	SM



Salto em Comprimento

(Masc)

Final 1			
1º Guilherme Baião	02 Juv	CATUNES	5,73 +0,8
2º José Baião	02 Juv	CATUNES	5,70 +1,1
3º Tomás Glória	02 Juv	CBF	5,64 +1,6
4º António Marreiros	03 Juv	CBF	5,34 +1,3



400 Metros Planos

(Masc)

Serie 1			
1º Flávio Pinto	02 Juv	OCL	5 6,50
2º Guilherme Alves	03 Juv	CATUNES	1 0 2,28
3º Xavier Bolotinha	03 Juv	CDQ	1 0 2,92



Associação de Atletismo do Algarve

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Pista de Atletismo do Parchal

Belavista / Faro

Jornada de: 19 de abril de 2019

1980045



400 Metros Planos

(Masc)

Serie 1

4º Igor Varela	03 Juv	CDQ	1 0 9,63
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Serie 2

1º José Baião	02 Juv	CATUNES	5 4,86
2º Diogo Batista	02 Juv	COP	5 6,14
3º Guilherme Baião	02 Juv	CATUNES	5 7,51
4º António Marreiros	03 Juv	CBF	5 8,18
5º Tiago Ramos	03 Juv	CATUNES	1 0 0,21



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Jornada de: 21 de abril de 2019

1980045



110 M Barreiras-0.91

(Masc)



800 Metros

(Fem)

Serie 1

1º	Guilherme Alves	03 Juv	CATUNES	1 9,51
2º	Flávio Pinto	02 Juv	OCL	2 0,83
3º	Igor Varela	03 Juv	CDQ	2 3,01
4º	Xavier Bolotinha	03 Juv	CDQ	2 3,09

Serie 2

1º	Guilherme Baião	02 Juv	CATUNES	1 7,19
2º	António Marreiros	03 Juv	CBF	1 7,20
3º	José Baião	02 Juv	CATUNES	1 7,59
4º	Tiago Ramos	03 Juv	CATUNES	1 9,76
5º	Diogo Batista	02 Juv	COP	2 0,67



Salto Com Vara

(Masc)

Final 1

1º	António Marreiros	03 Juv	CBF	2,70
2º	Guilherme Baião	02 Juv	CATUNES	2,50
3º	José Baião	02 Juv	CATUNES	2,30
	Tiago Ramos	03 Juv	CATUNES	SM
	Flávio Pinto	02 Juv	OCL	SM
	Xavier Bolotinha	03 Juv	CDQ	SM
	Diogo Batista	02 Juv	COP	SM
	Igor Varela	03 Juv	CDQ	SM
	Guilherme Alves	03 Juv	CATUNES	SM



Salto em Comprimento

(Fem)

Final 1

1ª	Ana Catarina Mestre	02 Juv	COP	5,00 + 1,3
2ª	Telma Mendes	02 Juv	COP	4,60 + 1,3
3ª	Érica Conceição	03 Juv	COP	4,31 + 0,4
4ª	Sofia Barros	03 Juv	CDQ	4,20 + 1,5
5ª	Margarida Soromenho	03 Juv	OCL	3,81 + 1,7
6ª	Joana Fernandes	03 Juv	CRAL	3,65 + 1,1



Dardo 700 Gr

(Masc)

Final 1

1º	Guilherme Baião	02 Juv	CATUNES	34,70
2º	Diogo Batista	02 Juv	COP	27,36
3º	Flávio Pinto	02 Juv	OCL	25,02
4º	Xavier Bolotinha	03 Juv	CDQ	18,64
5º	António Marreiros	03 Juv	CBF	18,10
6º	Guilherme Alves	03 Juv	CATUNES	15,94
7º	Igor Varela	03 Juv	CDQ	15,01
8º	Tiago Ramos	03 Juv	CATUNES	13,63
	José Baião	02 Juv	CATUNES	SM



Disco 1 Kg

(Masc)

Final 1

1º	Diogo Batista	02 Juv	COP	33,13
2º	José Baião	02 Juv	CATUNES	30,19
3º	Guilherme Baião	02 Juv	CATUNES	29,96
4º	Flávio Pinto	02 Juv	OCL	21,42
5º	Igor Varela	03 Juv	CDQ	21,03
6º	Xavier Bolotinha	03 Juv	CDQ	18,71
7º	António Marreiros	03 Juv	CBF	17,96
8º	Guilherme Alves	03 Juv	CATUNES	16,82
9º	Tiago Ramos	03 Juv	CATUNES	13,72



Dardo 500 Gr

(Fem)

Final 1

1ª	Sofia Barros	03 Juv	CDQ	29,70
2ª	Ana Catarina Mestre	02 Juv	COP	20,33
3ª	Érica Conceição	03 Juv	COP	16,14
4ª	Telma Mendes	02 Juv	COP	14,79
5ª	Margarida Soromenho	03 Juv	OCL	12,98
6ª	Joana Fernandes	03 Juv	CRAL	6,69



800 Metros

(Fem)

Final 1

1ª	Telma Mendes	02 Juv	COP	2 2 8,47
2ª	Margarida Soromenho	03 Juv	OCL	2 3 5,25
3ª	Ana Catarina Mestre	02 Juv	COP	2 3 7,53
4ª	Joana Fernandes	03 Juv	CRAL	2 4 3,61
5ª	Érica Conceição	03 Juv	COP	2 5 4,36
6ª	Sofia Barros	03 Juv	CDQ	3 0 0,81



Associação de Atletismo do Algarve

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1980045

Clube Participantes	Participações			Nr.Atletas		
	F	M	T	F	M	T

PORTUGAL

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ASSOCIACAO ATLETISMO ALGARVE

Federado

CATUNES C ATLETISMO TUNES	40	40		4	4	
CBF CASA BENFICA FARO	12	12		2	2	
CDQ C DESP QUARTEIRA	7	24	31	1	3	4
COP C ORIENTAL PECHÃO	21	10	31	3	1	4
CRAL C REC ALTURENSE	11		11	2		2
OCL OLÍMPICO C LAGOS	7	10	17	1	1	2

Totais de participações individuais + estafetas

46			7			
	96			11		
		142				18

Participação por Escalão	Participações			Nr.Atletas		
	F	M	T	F	M	T

Juvenis	46	96	142	7	11	18
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Totais de participações individuais + estafetas

46			7			
	96			11		
		142				18

Legendagem de Observações Codificadas

SM Sem Marca



Associação de Atletismo do Algarve

Campeonato Regional de Provas Combinadas (Juvenis)

21-04-2019

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Heptatlo - Juvenis

Fem

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	100 M Barreiras- 0.76	Salto em Altura	Lançamento Peso-3Kg	200 Metros	Salto em Comprimento	Dardo 500 Gr	800 Metros
1 ^a	Ana Catarina Mestre 746 COP	Juv 2002	3 446	469 18,19 - 3,9	491 1,38	426 8,41	604 28,35 - 0,4	559 5,00 + 1,3	295 20,33	602 237,53
2 ^a	Telma Mendes 741 COP	Juv 2002	3 188	507 17,82 - 3,9	293 1,18	434 8,53	595 28,46 - 0,4	454 4,60 + 1,3	193 14,79	712 228,47
3 ^a	Érica Conceição 732 COP	Juv 2003	2 875	608 16,90 - 3,9	293 1,18	352 7,27	604 28,34 - 0,4	381 4,31 + 0,4	218 16,14	419 254,36
4 ^a	Margarida Soromenho 753 OCL	Juv 2003	2 530	294 20,10 - 3,9	449 1,34	271 6,00	462 30,29 - 0,4	265 3,81 + 1,7	160 12,98	629 235,25
5 ^a	Sofia Barros 709 CDQ	Juv 2003	2 505	248 20,68 - 3,9	293 1,18	423 8,36	357 31,91 - 0,4	355 4,20 + 1,5	471 29,70	358 300,81
6 ^a	Joana Fernandes 702 CRAL	Juv 2003	1 894	244 20,74 - 3,9	293 1,18	234 5,41	312 32,66 - 0,4	231 3,65 + 1,1	48 6,69	532 243,61
Descl ^a	Beatriz Rodrigues 713 CRAL	Juv 2002		145 22,21 - 3,9	0	222 5,22	112 36,90 - 0,4			



Associação de Atletismo do Algarve

Campeonato Regional de Provas Combinadas (Juvenis)

21-04-2019

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Decatlo Juvenis

Masc

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	100 Metros planos	Salto em Comprimento	Lançamento Peso-5Kg	Salto em Altura	400 Metros Planos	110 M Barreiras- 0.91	Disco 1 Kg	Salto Com Vara	Dardo 700 Gr	1.500 Metros
1 ^º	Guilherme Baião 743 CATUNES	Juv 2002	4 686	541 12,58 - 1,7	529 5,73 + 0,8	414 8,80	552 1,71	502 57,51	605 17,19 + 1,9	464 29,96	242 2,50	366 34,70	471 516,09
2 ^º	José Baião 737 CATUNES	Juv 2002	4 165	697 11,77 - 1,7	523 5,70 + 1,1	501 10,26	310 1,39	604 54,86	564 17,59 + 1,9	468 30,19	199 2,30	0	299 551,64
3 ^º	Diogo Batista 744 COP	Juv 2002	4 118	504 12,79 - 1,7	402 5,10 + 0,5	475 9,83	396 1,51	554 56,14	298 20,67 + 1,9	526 33,13	0	262 27,36	701 436,68
4 ^º	António Marreiros 703 CBF	Juv 2003	3 996	470 12,99 - 1,7	449 5,34 + 1,3	352 7,75	488 1,63	477 58,18	604 17,20 + 1,9	234 17,96	286 2,70	136 18,10	500 510,72
5 ^º	Tiago Ramos 730 CATUNES	Juv 2003	3 252	492 12,86 - 1,7	441 5,30 + 1,6	361 7,91	310 1,39	406 100,21	368 19,76 + 1,9	157 13,72	0	78 13,63	639 446,70
6 ^º	Flávio Pinto 724 OCL	Juv 2002	3 094	468 13,00 - 2,8	348 4,82 + 1,0	324 7,29	0	540 56,50	287 20,83 + 2,1	299 21,42	0	230 25,02	598 453,43
7 ^º	Guilherme Alves 726 CATUNES	Juv 2003	2 707	415 13,32 - 2,8	375 4,96 + 0,7	270 6,36	0	339 102,28	389 19,51 + 2,1	213 16,82	0	108 15,94	598 453,41
8 ^º	Xavier Bolotinha 701 CDQ	Juv 2003	2 640	314 13,99 - 2,8	343 4,79 + 1,4	278 6,50	338 1,43	319 102,92	146 23,09 + 2,1	248 18,71	0	143 18,64	511 508,56
9 ^º	Igor Varela 706 CDQ	Juv 2003	2 333	241 14,53 - 2,8	237 4,19 + 0,5	244 5,92	338 1,43	145 109,63	151 23,01 + 2,1	291 21,03	0	95 15,01	591 454,64
Descl ^º	Rafael Pereira 700 CDQ	Juv 2003		376 13,57 - 2,8	301 4,56 + 0,4	180 4,80	283 1,35						
Descl ^º	Tomás Glória 711 CBF	Juv 2002		653 11,99 - 1,7	510 5,64 + 1,6								



Associação de Atletismo do Algarve

RESULTADOS EM DIRETO EM: WWW.CRONO.AAALGARVE.ORG

CRONO
AAALGARVE

Campeonato Regional de 10.000 metros - 10 000 Metros Femininos (10.000 km) - 20 April 2019
GENERAL RANKING - FEMALE - 10.000 mm

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23:07

Class.	Dorsal	Nome	Clube	Nac.	Ano	Class	Categoria	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.
1	#1323	Anabela Moreira	COP	POR	70	1	F45	00:44:58.18		4'30	23	
2	#1120	Mariana Cabrita	ADECT	POR	88	1	Senior Fem	00:46:34.77	+ 1m37s	4'39	23	
3	#1402	Lina Brito	CRDS	POR	61	1	F55	00:46:41.35	+ 1m44s	4'40	23	
4	#1385	Justina Pereira	CRDS	POR	72	2	F45	00:48:35.19	+ 3m37s	4'52	23	
5	#1201	Marília Cavaco	CDQ	POR	50	1	F65	00:49:24.32	+ 4m27s	4'56	23	
6	#1048	Lisa Vieira	IND-AL	POR	85	2	Senior Fem	00:49:27.25	+ 4m30s	4'57	23	
7	#1405	Helena Blanc	CRDS	POR	56	1	F60	00:50:05.35	+ 5m08s	5'01	23	
8	#1394	Manuela Pereira	CRDS	POR	68	1	F50	00:53:21.95	+ 8m24s	5'20	23	



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Associação de Atletismo do Algarve

RESULTADOS EM DIRETO EM: WWW.CRONO.AAALGARVE.ORG

CRONO
AAALGARVE

Campeonato Regional de 10.000 metros - 10 000 Metros Femininos (10.000 km) - 20 April 2019
CATEGORY RANKING - 10.000 km

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23:07

Senior Fem - FEMALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1120	Mariana Cabrita	POR	88	2	ADECT	00:46:34.77		4'39	23		
2	#1048	Lisa Vieira	POR	85	6	IND-AL	00:49:27.25	+ 2m53s	4'57	23		

F45 - FEMALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1323	Anabela Moreira	POR	70	1	COP	00:44:58.18		4'30	23		
2	#1385	Justina Pereira	POR	72	4	CRDS	00:48:35.19	+ 3m37s	4'52	23		

F50 - FEMALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1394	Manuela Pereira	POR	68	8	CRDS	00:53:21.95		5'20	23		

F55 - FEMALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1402	Lina Brito	POR	61	3	CRDS	00:46:41.35		4'40	23		

F60 - FEMALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1405	Helena Blanc	POR	56	7	CRDS	00:50:05.35		5'01	23		

F65 - FEMALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1201	Marília Cavaco	POR	50	5	CDQ	00:49:24.32		4'56	23		



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Associação de Atletismo do Algarve

RESULTADOS EM DIRETO EM: WWW.CRONO.AAALGARVE.ORG

CRONO
AAALGARVE

Campeonato Regional de 10.000 metros - 10 000 Metros Femininos (10.000 km) - 20 April 2019
TEMPOS POR VOLTAS - 10.000 km

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23:09

Rnk	Lastname - firstname	Nat	Bib	Yr	Gal	Rnk Cat	Rnk Sx	Time	Aver.	Club
1	. Anabela Moreira		#1323	70	1	1 F45F	1 F	00:44:58.18	4'30	COP
	Tr-01: 00:02:14.00	00:02:14.00	Pl: 1	Tr-02: 00:01:54.00	00:04:08.00	Pl: 1	Tr-03: 00:01:54.28	00:06:02.30	Pl: 1	
	Tr-04: 00:01:54.90	00:07:57.20	Pl: 1	Tr-05: 00:01:56.54	00:09:53.70	Pl: 1	Tr-06: 00:01:56.48	00:11:50.20	Pl: 1	
	Tr-07: 00:01:58.12	00:13:48.30	Pl: 1	Tr-08: 00:01:56.70	00:15:45.10	Pl: 1	Tr-09: 00:01:57.60	00:17:42.80	Pl: 1	
	Tr-10: 00:01:57.34	00:19:40.10	Pl: 1	Tr-11: 00:01:58.70	00:21:38.80	Pl: 1	Tr-12: 00:01:57.78	00:23:36.60	Pl: 1	
	Tr-13: 00:01:58.50	00:25:35.20	Pl: 1	Tr-14: 00:01:59.50	00:27:34.70	Pl: 1	Tr-15: 00:01:58.00	00:29:32.70	Pl: 1	
	Tr-16: 00:01:57.81	00:31:30.50	Pl: 1	Tr-17: 00:01:57.40	00:33:28.00	Pl: 1	Tr-18: 00:01:56.57	00:35:24.60	Pl: 1	
	Tr-19: 00:01:57.61	00:37:22.20	Pl: 1	Tr-20: 00:01:57.21	00:39:19.40	Pl: 1	Tr-21: 00:01:54.54	00:41:13.90	Pl: 1	
	Tr-22: 00:01:52.14	00:43:06.10	Pl: 1	Tr-23: 00:01:52.00	00:44:58.18	Pl: 1				
2	. Mariana Cabrita		#1120	88	2	1 SENF	2 F	00:46:34.77	4'39	ADECT
	Tr-01: 00:02:18.30	00:02:18.30	Pl: 3	Tr-02: 00:01:59.80	00:04:18.10	Pl: 5	Tr-03: 00:02:01.07	00:06:19.10	Pl: 5	
	Tr-04: 00:02:04.18	00:08:23.30	Pl: 4	Tr-05: 00:02:03.50	00:10:26.80	Pl: 4	Tr-06: 00:02:04.90	00:12:31.80	Pl: 4	
	Tr-07: 00:02:04.80	00:14:36.70	Pl: 3	Tr-08: 00:02:05.31	00:16:42.00	Pl: 3	Tr-09: 00:02:04.70	00:18:46.80	Pl: 3	
	Tr-10: 00:02:03.70	00:20:50.60	Pl: 3	Tr-11: 00:02:02.20	00:22:52.80	Pl: 3	Tr-12: 00:02:02.00	00:24:54.80	Pl: 3	
	Tr-13: 00:01:58.90	00:26:53.70	Pl: 3	Tr-14: 00:02:00.64	00:28:54.40	Pl: 3	Tr-15: 00:01:59.81	00:30:54.20	Pl: 3	
	Tr-16: 00:01:58.40	00:32:52.60	Pl: 3	Tr-17: 00:02:02.00	00:34:54.60	Pl: 3	Tr-18: 00:02:00.20	00:36:54.90	Pl: 3	
	Tr-19: 00:01:58.70	00:38:53.60	Pl: 3	Tr-20: 00:01:55.54	00:40:49.20	Pl: 3	Tr-21: 00:01:54.50	00:42:43.80	Pl: 3	
	Tr-22: 00:01:55.20	00:44:39.00	Pl: 3	Tr-23: 00:01:55.60	00:46:34.77	Pl: 2				
3	. Lina Brito		#1402	61	3	1 F55F	3 F	00:46:41.30	4'40	CRDS
	Tr-01: 00:02:17.80	00:02:17.80	Pl: 2	Tr-02: 00:01:57.90	00:04:15.80	Pl: 2	Tr-03: 00:01:55.70	00:06:11.50	Pl: 2	
	Tr-04: 00:01:56.50	00:08:08.00	Pl: 2	Tr-05: 00:01:58.30	00:10:06.40	Pl: 2	Tr-06: 00:01:55.80	00:12:02.30	Pl: 2	
	Tr-07: 00:01:56.34	00:13:58.60	Pl: 2	Tr-08: 00:01:56.61	00:15:55.20	Pl: 2	Tr-09: 00:01:58.84	00:17:54.00	Pl: 2	
	Tr-10: 00:01:58.21	00:19:52.30	Pl: 2	Tr-11: 00:01:58.10	00:21:50.40	Pl: 2	Tr-12: 00:02:00.70	00:23:51.20	Pl: 2	
	Tr-13: 00:02:00.60	00:25:51.90	Pl: 2	Tr-14: 00:02:02.10	00:27:54.00	Pl: 2	Tr-15: 00:02:02.84	00:29:56.90	Pl: 2	
	Tr-16: 00:02:02.50	00:31:59.50	Pl: 2	Tr-17: 00:02:04.20	00:34:03.70	Pl: 2	Tr-18: 00:02:05.74	00:36:09.50	Pl: 2	
	Tr-19: 00:02:06.70	00:38:16.30	Pl: 2	Tr-20: 00:02:05.37	00:40:21.60	Pl: 2	Tr-21: 00:02:05.44	00:42:27.10	Pl: 2	
	Tr-22: 00:02:07.40	00:44:34.50	Pl: 2	Tr-23: 00:02:06.81	00:46:41.30	Pl: 3				
4	. Justina Pereira		#1385	72	4	2 F45F	4 F	00:48:35.10	4'52	CRDS
	Tr-01: 00:02:19.10	00:02:19.10	Pl: 5	Tr-02: 00:02:01.20	00:04:20.30	Pl: 6	Tr-03: 00:02:02.11	00:06:22.40	Pl: 6	
	Tr-04: 00:02:03.00	00:08:25.40	Pl: 6	Tr-05: 00:02:03.80	00:10:29.30	Pl: 6	Tr-06: 00:02:05.20	00:12:34.60	Pl: 5	
	Tr-07: 00:02:06.60	00:14:41.20	Pl: 5	Tr-08: 00:02:07.10	00:16:48.40	Pl: 5	Tr-09: 00:02:07.40	00:18:55.80	Pl: 5	
	Tr-10: 00:02:06.30	00:21:02.20	Pl: 5	Tr-11: 00:02:06.80	00:23:09.00	Pl: 5	Tr-12: 00:02:10.10	00:25:19.10	Pl: 5	
	Tr-13: 00:02:07.11	00:27:26.20	Pl: 5	Tr-14: 00:02:04.80	00:29:31.10	Pl: 4	Tr-15: 00:02:07.70	00:31:38.90	Pl: 4	
	Tr-16: 00:02:07.60	00:33:46.50	Pl: 4	Tr-17: 00:02:07.90	00:35:54.50	Pl: 4	Tr-18: 00:02:09.80	00:38:04.40	Pl: 4	
	Tr-19: 00:02:06.20	00:40:10.60	Pl: 4	Tr-20: 00:02:04.21	00:42:14.80	Pl: 4	Tr-21: 00:02:06.00	00:44:20.80	Pl: 4	
	Tr-22: 00:02:06.10	00:46:27.00	Pl: 4	Tr-23: 00:02:08.10	00:48:35.10	Pl: 4				
5	. Marília Cavaco		#1201	50	5	1 F65F	5 F	00:49:24.30	4'56	CDQ
	Tr-01: 00:02:19.60	00:02:19.60	Pl: 6	Tr-02: 00:01:58.30	00:04:17.90	Pl: 4	Tr-03: 00:02:00.44	00:06:18.40	Pl: 3	
	Tr-04: 00:02:03.50	00:08:21.90	Pl: 3	Tr-05: 00:02:03.90	00:10:25.90	Pl: 3	Tr-06: 00:02:05.10	00:12:31.00	Pl: 3	
	Tr-07: 00:02:06.30	00:14:37.40	Pl: 4	Tr-08: 00:02:07.00	00:16:44.50	Pl: 4	Tr-09: 00:02:10.30	00:18:54.90	Pl: 4	



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Campeonato Regional de 10.000 metros - 10 000 Metros Femininos (10.000 km) - 20 April 2019
TEMPOS POR VOLTAS - 10.000 km

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Rnk	Lastname - firstname	Nat	Bib	Yr	Gal	Rnk Cat	Rnk Sx	Time	Aver.	Club
	Tr-10: 00:02:07.1100:21:02.05Pl: 4				Tr-11: 00:02:06.1500:23:08.18Pl: 4			Tr-12: 00:02:10.4100:25:18.55Pl: 4		
	Tr-13: 00:02:07.5600:27:26.15Pl: 4				Tr-14: 00:02:08.0500:29:34.26Pl: 5			Tr-15: 00:02:11.3500:31:45.55Pl: 5		
	Tr-16: 00:02:10.5100:33:56.04Pl: 5				Tr-17: 00:02:10.7600:36:06.86Pl: 5			Tr-18: 00:02:11.3400:38:18.14Pl: 6		
	Tr-19: 00:02:14.4200:40:32.56Pl: 6				Tr-20: 00:02:14.0700:42:46.65Pl: 6			Tr-21: 00:02:13.1400:44:59.77Pl: 6		
	Tr-22: 00:02:13.3700:47:13.14Pl: 5				Tr-23: 00:02:11.1800:49:24.32Pl: 5					
6	. Lisa Vieira		#1048	85	6	2 SENF	6 F	00:49:27.254'57		IND-AL
	Tr-01: 00:02:19.1000:02:19.10Pl: 4				Tr-02: 00:01:58.7800:04:17.88Pl: 3			Tr-03: 00:02:00.9500:06:18.81Pl: 4		
	Tr-04: 00:02:05.1000:08:23.91Pl: 5				Tr-05: 00:02:04.7800:10:28.65Pl: 5			Tr-06: 00:02:06.6600:12:35.25Pl: 7		
	Tr-07: 00:02:06.1600:14:41.45Pl: 6				Tr-08: 00:02:07.2500:16:48.74Pl: 7			Tr-09: 00:02:08.4100:18:57.15Pl: 7		
	Tr-10: 00:02:07.2600:21:04.41Pl: 7				Tr-11: 00:02:06.8100:23:11.22Pl: 7			Tr-12: 00:02:08.9600:25:20.18Pl: 7		
	Tr-13: 00:02:07.6600:27:27.78Pl: 7				Tr-14: 00:02:08.3500:29:36.15Pl: 6			Tr-15: 00:02:09.8500:31:46.02Pl: 6		
	Tr-16: 00:02:10.6800:33:56.70Pl: 6				Tr-17: 00:02:10.2000:36:06.90Pl: 6			Tr-18: 00:02:08.1400:38:15.04Pl: 5		
	Tr-19: 00:02:08.9500:40:23.97Pl: 5				Tr-20: 00:02:11.2500:42:35.26Pl: 5			Tr-21: 00:02:13.2000:44:48.46Pl: 5		
	Tr-22: 00:02:29.1600:47:17.62Pl: 6				Tr-23: 00:02:09.6500:49:27.25Pl: 6					
7	. Helena Blanc		#1405	56	7	1 F60F	7 F	00:50:05.355'01		CRDS
	Tr-01: 00:02:20.3500:02:20.35Pl: 7				Tr-02: 00:02:00.3500:04:20.65Pl: 7			Tr-03: 00:02:02.5500:06:23.18Pl: 7		
	Tr-04: 00:02:02.4500:08:25.65Pl: 7				Tr-05: 00:02:03.9000:10:29.55Pl: 7			Tr-06: 00:02:05.4100:12:34.94Pl: 6		
	Tr-07: 00:02:06.5100:14:41.45Pl: 6				Tr-08: 00:02:07.1800:16:48.65Pl: 6			Tr-09: 00:02:08.1500:18:56.76Pl: 6		
	Tr-10: 00:02:06.5500:21:03.35Pl: 6				Tr-11: 00:02:07.3600:23:10.71Pl: 6			Tr-12: 00:02:08.9100:25:19.62Pl: 6		
	Tr-13: 00:02:07.5500:27:27.21Pl: 6				Tr-14: 00:02:09.6500:29:36.90Pl: 7			Tr-15: 00:02:14.4200:31:51.35Pl: 7		
	Tr-16: 00:02:12.8100:34:04.15Pl: 7				Tr-17: 00:02:12.7200:36:16.85Pl: 7			Tr-18: 00:02:15.4800:38:32.35Pl: 7		
	Tr-19: 00:02:16.9500:40:49.32Pl: 7				Tr-20: 00:02:18.9500:43:08.25Pl: 7			Tr-21: 00:02:17.6600:45:25.91Pl: 7		
	Tr-22: 00:02:20.6500:47:46.56Pl: 7				Tr-23: 00:02:18.7500:50:05.35Pl: 7					
8	. Manuela Pereira		#1394	68	8	1 F50F	8 F	00:53:21.955'20		CRDS
	Tr-01: 00:02:20.6800:02:20.68Pl: 8				Tr-02: 00:02:06.7500:04:27.47Pl: 8			Tr-03: 00:02:14.0500:06:41.50Pl: 8		
	Tr-04: 00:02:12.9500:08:54.45Pl: 8				Tr-05: 00:02:15.8100:11:10.24Pl: 8			Tr-06: 00:02:16.5400:13:26.78Pl: 8		
	Tr-07: 00:02:17.3800:15:44.16Pl: 8				Tr-08: 00:02:22.7500:18:06.95Pl: 8			Tr-09: 00:02:08.0500:20:15.00Pl: 8		
	Tr-10: 00:02:39.4500:22:54.45Pl: 8				Tr-11: 00:02:20.3100:25:14.80Pl: 8			Tr-12: 00:02:12.3000:27:27.10Pl: 8		
	Tr-13: 00:02:15.7700:29:42.87Pl: 8				Tr-14: 00:02:19.5500:32:02.42Pl: 8			Tr-15: 00:02:23.2600:34:25.68Pl: 8		
	Tr-16: 00:02:20.6000:36:46.28Pl: 8				Tr-17: 00:02:19.0500:39:05.37Pl: 8			Tr-18: 00:02:24.7500:41:30.16Pl: 8		
	Tr-19: 00:02:23.4700:43:53.65Pl: 8				Tr-20: 00:02:21.9100:46:15.54Pl: 8			Tr-21: 00:02:26.1000:48:41.64Pl: 8		
	Tr-22: 00:02:19.5700:51:01.21Pl: 8				Tr-23: 00:02:20.7400:53:21.95Pl: 8					



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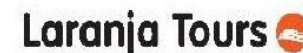
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Campeonato Regional de 10.000 metros - 10 000 Metros Masculinos (10.000 km) - 20 April 2019
GENERAL RANKING - MALE - 10.000 mm

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Class.	Dorsal	Nome	Clube	Nac.	Ano	Class	Categoria	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.
1	#1247	Nuno Miguel Correia	ACSAMB	POR	75	1	M40	00:32:53.04		3'17	25	
2	#1032	Fábio Reis	CBF	POR	93	1	Seniores Masc	00:32:59.89	+ 7s	3'18	25	
3	#1367	Manuel Rodrigues	SCL	POR	80	1	M35	00:33:07.55	+ 15s	3'19	25	
4	#1100	Ricardo Silva	SCL	POR	92	2	Seniores Masc	00:33:32.33	+ 40s	3'21	25	
5	#1080	João Sustelo	AABV	POR	98	1	Sub 23 Masc	00:35:07.14	+ 2m15s	3'31	25	
6	#1264	Rui Guerreiro	OCL	POR	71	1	M45	00:35:12.77	+ 2m20s	3'31	25	
7	#1382	Bertrand Palma	AOA	POR	73	2	M45	00:35:24.87	+ 2m32s	3'32	25	
8	#1279	Paulo António	CDQ	POR	67	1	M50	00:35:31.67	+ 2m39s	3'33	25	
9	#1244	Khalid Tahiri	ACSAMB	POR	75	2	M40	00:35:42.24	+ 2m50s	3'34	25	
10	#1224	Joaquim Abraços	CASJ	POR	78	3	M40	00:35:58.12	+ 3m06s	3'36	25	
11	#1231	Nuno Marques	IND-AL	POR	77	4	M40	00:36:28.48	+ 3m36s	3'39	25	
12	#1346	Rui Martins	CDQ	POR	71	3	M45	00:37:19.62	+ 4m27s	3'44	25	
13	#1600	Bruno Carrilho	ACP	POR	81	2	M35	00:37:24.74	+ 4m32s	3'44	25	EXTRA
14	#939	Aymeric Boisvieux	CFEL	FRA	00	1	Juniores Masc	00:37:37.72	+ 4m45s	3'46	25	
15	#1262	Pedro Boleixa	ACSAMB	POR	72	4	M45	00:38:02.36	+ 5m10s	3'48	25	
16	#1325	Valentim Vargues	COP	POR	70	5	M45	00:38:29.80	+ 5m37s	3'51	25	
17	#1073	Rui Andrade	CRAL	POR	85	3	Seniores Masc	00:38:49.52	+ 5m57s	3'53	25	
18	#1461	João Coelho	ADECT	POR	81	3	M35	00:39:08.12	+ 6m16s	3'55	25	
19	#1364	Lúcio Sustelo	CRDS	POR	80	4	M35	00:39:11.22	+ 6m19s	3'55	25	
20	#1219	Luís Massapina	CDQ	POR	79	5	M35	00:39:44.62	+ 6m52s	3'58	25	
21	#1293	Jorge Santos	OCL	POR	61	1	M55	00:39:47.47	+ 6m55s	3'59	25	
22	#1233	Licínio Dos Santos	COP	POR	76	5	M40	00:40:06.08	+ 7m13s	4'01	25	
23	#1044	Daniel Filipe Anjos	CRAL	POR	88	4	Seniores Masc	00:40:50.17	+ 7m58s	4'05	25	
24	#1314	Gil Rodrigues	ADECT	POR	76	6	M40	00:42:30.09	+ 9m37s	4'15	25	
25	#1438	Luís Alfarroba	OCL	POR	53	1	M65	00:42:50.00	+ 9m57s	4'17	25	
26	#1296	Anacleto Faísca	CASJ	POR	57	1	M60	00:43:17.32	+ 10m25s	4'20	25	
27	#1473	Jorge Viegas	CRDS	POR	76	7	M40	00:43:23.08	+ 10m30s	4'20	25	
28	#1419	Mário Santos	COP	POR	76	8	M40	00:44:29.26	+ 11m37s	4'27	25	
29	#1468	João Carlos Almeida	SCL	POR	70	6	M45	00:44:37.59	+ 11m45s	4'28	25	
30	#1403	José Oliveira	ACSAMB	POR	60	2	M55	00:45:45.66	+ 12m53s	4'35	25	
31	#1285	Orlando Sebastião	CRAL	POR	66	2	M50	00:46:32.98	+ 13m40s	4'39	25	
32	#1292	Jorge Machado	OCL	POR	61	3	M55	00:48:36.20	+ 15m44s	4'52	25	
33	#1330	José Cereja	ADECT	POR	66	3	M50	00:51:55.58	+ 19m03s	5'12	25	
	#1395	João Carvalheiro	AOA	POR	67		M50	00:00:00.00		0'00	25	
	#1433	Paulo Soares	CASJ	POR	75		M40	00:00:00.00		0'00	25	



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Campeonato Regional de 10.000 metros - 10 000 Metros Masculinos (10.000 km) - 20 April 2019
CATEGORY RANKING - 10.000 km

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Juniões Masc - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#939	Aymeric Boisvieux	FRA	00	14	CFEL	00:37:37.72		3'46	25		

Sub 23 Masc - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1080	João Sustelo	POR	98	5	AABV	00:35:07.14		3'31	25		

Seniores Masc - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1032	Fábio Reis	POR	93	2	CBF	00:32:59.89		3'18	25		
2	#1100	Ricardo Silva	POR	92	4	SCL	00:33:32.33	+ 33s	3'21	25		
3	#1073	Rui Andrade	POR	85	17	CRAL	00:38:49.52	+ 5m50s	3'53	25		
4	#1044	Daniel Filipe Anjos	POR	88	23	CRAL	00:40:50.17	+ 7m51s	4'05	25		

M35 - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1367	Manuel Rodrigues	POR	80	3	SCL	00:33:07.55		3'19	25		
2	#1600	Bruno Carrilho	POR	81	13	ACP	00:37:24.74	+ 4m18s	3'44	25	EXTRA	
3	#1461	João Coelho	POR	81	18	ADECT	00:39:08.12	+ 6m01s	3'55	25		
4	#1364	Lúcio Sustelo	POR	80	19	CRDS	00:39:11.22	+ 6m04s	3'55	25		
5	#1219	Luís Massapina	POR	79	20	CDQ	00:39:44.62	+ 6m38s	3'58	25		

M40 - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1247	Nuno Miguel Correia	POR	75	1	ACSAMB	00:32:53.04		3'17	25		
2	#1244	Khalid Tahiri	POR	75	9	ACSAMB	00:35:42.24	+ 2m50s	3'34	25		
3	#1224	Joaquim Abraços	POR	78	10	CASJ	00:35:58.12	+ 3m06s	3'36	25		
4	#1231	Nuno Marques	POR	77	11	IND-AL	00:36:28.48	+ 3m36s	3'39	25		
5	#1233	Licínio Dos Santos	POR	76	22	COP	00:40:06.08	+ 7m13s	4'01	25		
6	#1314	Gil Rodrigues	POR	76	24	ADECT	00:42:30.09	+ 9m37s	4'15	25		
7	#1473	Jorge Viegas	POR	76	27	CRDS	00:43:23.08	+ 10m30s	4'20	25		



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CATEGORY RANKING - 10.000 km

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M40 - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
8	#1419	Mário Santos	POR	76	28	COP	00:44:29.26	+ 11m37s	4'27	25		
	#1433	Paulo Soares	POR	75		CASJ	00:00:00.00		0'00	25		DNF

M45 - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1264	Rui Guerreiro	POR	71	6	OCL	00:35:12.77		3'31	25		
2	#1382	Bertrand Palma	POR	73	7	AOA	00:35:24.87	+ 13s	3'32	25		
3	#1346	Rui Martins	POR	71	12	CDQ	00:37:19.62	+ 2m07s	3'44	25		
4	#1262	Pedro Boleixa	POR	72	15	ACSAMB	00:38:02.36	+ 2m50s	3'48	25		
5	#1325	Valentim Vargues	POR	70	16	COP	00:38:29.80	+ 3m17s	3'51	25		
6	#1468	João Carlos Almeida	POR	70	29	SCL	00:44:37.59	+ 9m25s	4'28	25		

M50 - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1279	Paulo António	POR	67	8	CDQ	00:35:31.67		3'33	25		
2	#1285	Orlando Sebastião	POR	66	31	CRAL	00:46:32.98	+ 11m02s	4'39	25		
3	#1330	José Cereja	POR	66	33	ADECT	00:51:55.58	+ 16m24s	5'12	25		
	#1395	João Carvalheiro	POR	67		AOA	00:00:00.00		0'00	25		DNF

M55 - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1293	Jorge Santos	POR	61	21	OCL	00:39:47.47		3'59	25		
2	#1403	José Oliveira	POR	60	30	ACSAMB	00:45:45.66	+ 5m59s	4'35	25		
3	#1292	Jorge Machado	POR	61	32	OCL	00:48:36.20	+ 8m49s	4'52	25		

M60 - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1296	Anacleto Faísca	POR	57	26	CASJ	00:43:17.32		4'20	25		



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Campeonato Regional de 10.000 metros - 10 000 Metros Masculinos (10.000 km) - 20 April 2019
CATEGORY RANKING - 10.000 km

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M65 - MALE

Class.	Dorsal	Nome	Nac.	Ano	C. Geral	Clube	Marca	Dif. do 1.º	Média Km	N.º V.	OBS.	Info
1	#1438	Luís Alfarroba	POR	53	25	OCL	00:42:50.00		4'17	25		



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Campeonato Regional de 10.000 metros - 10 000 Metros Masculinos (10.000 km) - 20 April 2019
TEMPOS POR VOLTAS - 0.000 km

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Rnk	Lastname - firstname	Nat	Bib	Yr	Gal	Rnk Cat	Rnk Sx	Time	Aver.	Club
1	. Nuno Miguel Correia		#1247	75	1	1 M40M	1 M	00:32:53.0< ???		ACSAMB
	Tr-01: 00:01:22.5100:01:22.51Pl: 5							Tr-02: 00:01:19.8100:02:42.32Pl: 5		Tr-03: 00:01:18.9400:04:01.26Pl: 5
	Tr-04: 00:01:20.1700:05:21.43Pl: 4							Tr-05: 00:01:19.5000:06:40.93Pl: 5		Tr-06: 00:01:19.6800:08:00.61Pl: 5
	Tr-07: 00:01:20.8000:09:21.41Pl: 4							Tr-08: 00:01:19.1100:10:40.52Pl: 4		Tr-09: 00:01:19.3600:11:59.88Pl: 5
	Tr-10: 00:01:19.8400:13:19.72Pl: 4							Tr-11: 00:01:19.4500:14:39.21Pl: 4		Tr-12: 00:01:20.2400:15:59.43Pl: 4
	Tr-13: 00:01:18.7200:17:18.17Pl: 3							Tr-14: 00:01:17.7500:18:35.92Pl: 3		Tr-15: 00:01:17.8300:19:53.73Pl: 4
	Tr-16: 00:01:18.1800:21:11.93Pl: 3							Tr-17: 00:01:18.4500:22:30.38Pl: 4		Tr-18: 00:01:18.6500:23:49.03Pl: 4
	Tr-19: 00:01:18.8600:25:07.85Pl: 4							Tr-20: 00:01:14.8700:26:22.76Pl: 2		Tr-21: 00:01:16.8100:27:39.57Pl: 1
	Tr-22: 00:01:18.8300:28:58.46Pl: 1							Tr-23: 00:01:19.6100:30:18.01Pl: 1		Tr-24: 00:01:20.2500:31:38.26Pl: 1
	Tr-25: 00:01:14.7800:32:53.04Pl: 1									
2	. Fábio Reis		#1032	93	2	1 SENM	2 M	00:32:59.8< ???		CBF
	Tr-01: 00:01:21.5100:01:21.51Pl: 1							Tr-02: 00:01:19.8600:02:41.37Pl: 1		Tr-03: 00:01:19.4400:04:00.81Pl: 1
	Tr-04: 00:01:19.9700:05:20.78Pl: 1							Tr-05: 00:01:19.7200:06:40.56Pl: 3		Tr-06: 00:01:19.8500:08:00.33Pl: 3
	Tr-07: 00:01:20.2700:09:20.62Pl: 1							Tr-08: 00:01:19.3200:10:39.94Pl: 1		Tr-09: 00:01:19.2700:11:59.21Pl: 1
	Tr-10: 00:01:19.9600:13:19.17Pl: 2							Tr-11: 00:01:19.9300:14:39.16Pl: 1		Tr-12: 00:01:19.9100:15:59.01Pl: 3
	Tr-13: 00:01:19.0800:17:18.05Pl: 2							Tr-14: 00:01:17.5100:18:35.66Pl: 1		Tr-15: 00:01:17.7000:19:53.36Pl: 2
	Tr-16: 00:01:18.2300:21:11.53Pl: 1							Tr-17: 00:01:18.3800:22:29.91Pl: 2		Tr-18: 00:01:18.3600:23:48.27Pl: 1
	Tr-19: 00:01:19.2400:25:07.51Pl: 3							Tr-20: 00:01:17.3600:26:24.87Pl: 3		Tr-21: 00:01:18.7300:27:43.66Pl: 3
	Tr-22: 00:01:18.4600:29:02.06Pl: 2							Tr-23: 00:01:19.2500:30:21.31Pl: 2		Tr-24: 00:01:21.2800:31:42.59Pl: 2
	Tr-25: 00:01:17.3000:32:59.85Pl: 2									
3	. Manuel Rodrigues		#1367	80	3	1 M35M	3 M	00:33:07.5< ???		SCL
	Tr-01: 00:01:21.7400:01:21.74Pl: 2							Tr-02: 00:01:19.8400:02:41.58Pl: 2		Tr-03: 00:01:19.3000:04:00.88Pl: 2
	Tr-04: 00:01:19.9000:05:20.78Pl: 1							Tr-05: 00:01:19.5700:06:40.33Pl: 1		Tr-06: 00:01:19.7800:08:00.13Pl: 1
	Tr-07: 00:01:20.8200:09:20.95Pl: 2							Tr-08: 00:01:19.4700:10:40.42Pl: 3		Tr-09: 00:01:19.0800:11:59.56Pl: 2
	Tr-10: 00:01:19.6700:13:19.17Pl: 2							Tr-11: 00:01:19.9500:14:39.12Pl: 2		Tr-12: 00:01:19.7500:15:58.91Pl: 1
	Tr-13: 00:01:19.5300:17:18.44Pl: 5							Tr-14: 00:01:17.8700:18:36.31Pl: 4		Tr-15: 00:01:17.4000:19:53.71Pl: 3
	Tr-16: 00:01:18.7500:21:12.46Pl: 4							Tr-17: 00:01:17.7600:22:30.22Pl: 3		Tr-18: 00:01:18.6800:23:48.96Pl: 3
	Tr-19: 00:01:18.5800:25:07.48Pl: 2							Tr-20: 00:01:17.4100:26:24.85Pl: 4		Tr-21: 00:01:17.8200:27:42.71Pl: 2
	Tr-22: 00:01:19.6000:29:02.31Pl: 3							Tr-23: 00:01:20.3400:30:22.65Pl: 3		Tr-24: 00:01:22.3500:31:45.04Pl: 3
	Tr-25: 00:01:22.5100:33:07.55Pl: 3									
4	. Ricardo Silva		#1100	92	4	2 SENM	4 M	00:33:32.3< ???		SCL
	Tr-01: 00:01:22.0300:01:22.03Pl: 4							Tr-02: 00:01:19.7500:02:41.82Pl: 4		Tr-03: 00:01:19.3400:04:01.16Pl: 4
	Tr-04: 00:01:20.3000:05:21.46Pl: 5							Tr-05: 00:01:19.4300:06:40.85Pl: 4		Tr-06: 00:01:19.5500:08:00.44Pl: 4
	Tr-07: 00:01:21.0200:09:21.46Pl: 5							Tr-08: 00:01:19.4400:10:40.96Pl: 5		Tr-09: 00:01:18.6600:11:59.56Pl: 3
	Tr-10: 00:01:20.1800:13:19.74Pl: 5							Tr-11: 00:01:19.4800:14:39.22Pl: 5		Tr-12: 00:01:20.2400:15:59.46Pl: 5
	Tr-13: 00:01:18.9300:17:18.35Pl: 4							Tr-14: 00:01:18.3800:18:36.77Pl: 5		Tr-15: 00:01:17.7200:19:54.52Pl: 5
	Tr-16: 00:01:20.4200:21:14.94Pl: 5							Tr-17: 00:01:21.6400:22:36.58Pl: 5		Tr-18: 00:01:23.0700:23:59.65Pl: 5
	Tr-19: 00:01:22.9400:25:22.55Pl: 5							Tr-20: 00:01:24.1800:26:46.77Pl: 5		Tr-21: 00:01:22.2800:28:09.05Pl: 4
	Tr-22: 00:01:22.9500:29:32.06Pl: 4							Tr-23: 00:01:23.8500:30:55.85Pl: 4		Tr-24: 00:01:20.1000:32:15.95Pl: 4
	Tr-25: 00:01:16.3400:33:32.33Pl: 4									



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Rnk	Lastname - firstname	Nat	Bib	Yr	Gal	Rnk Cat	Rnk Sx	Time	Aver.	Club
5	. João Sustelo		#1080	98	5	1 S23M	5 M	00:35:07.1< ???		AABV
	Tr-01: 00:01:23.5<00:01:23.5<Pl: 8						Tr-02: 00:01:19.9100:02:43.47Pl: 8			Tr-03: 00:01:19.7<00:04:03.2<Pl: 8
	Tr-04: 00:01:19.5<00:05:22.8<Pl: 8						Tr-05: 00:01:20.3<00:06:43.17Pl: 8			Tr-06: 00:01:21.7<00:08:04.9<Pl: 8
	Tr-07: 00:01:22.6<00:09:27.6<Pl: 6						Tr-08: 00:01:21.7<00:10:49.37Pl: 6			Tr-09: 00:01:23.4<00:12:12.77Pl: 6
	Tr-10: 00:01:22.0100:13:34.7<Pl: 6						Tr-11: 00:01:23.7<00:14:58.4<Pl: 6			Tr-12: 00:01:24.9<00:16:23.4<Pl: 6
	Tr-13: 00:01:24.7<00:17:48.1<Pl: 6						Tr-14: 00:01:23.9<00:19:12.11Pl: 6			Tr-15: 00:01:25.5<00:20:37.67Pl: 6
	Tr-16: 00:01:26.7<00:22:04.4<Pl: 6						Tr-17: 00:01:26.1<00:23:30.5<Pl: 6			Tr-18: 00:01:26.8<00:24:57.3<Pl: 6
	Tr-19: 00:01:28.0<00:26:25.4<Pl: 6						Tr-20: 00:01:28.3<00:27:53.7<Pl: 6			Tr-21: 00:01:29.3<00:29:23.0<Pl: 5
	Tr-22: 00:01:29.5<00:30:52.5<Pl: 5						Tr-23: 00:01:29.4<00:32:22.01Pl: 6			Tr-24: 00:01:25.0<00:33:47.0<Pl: 5
	Tr-25: 00:01:20.0<00:35:07.14Pl: 5									
6	. Rui Guerreiro		#1264	71	6	1 M45M	6 M	00:35:12.7< ???		OCL
	Tr-01: 00:01:23.0<00:01:23.0<Pl: 7						Tr-02: 00:01:19.7<00:02:42.81Pl: 7			Tr-03: 00:01:19.6<00:04:02.4<Pl: 7
	Tr-04: 00:01:19.7<00:05:22.1<Pl: 7						Tr-05: 00:01:20.2700:06:42.4<Pl: 7			Tr-06: 00:01:22.4<00:08:04.9<Pl: 7
	Tr-07: 00:01:24.1<00:09:29.0<Pl: 8						Tr-08: 00:01:24.9<00:10:53.9<Pl: 8			Tr-09: 00:01:25.4<00:12:19.4<Pl: 7
	Tr-10: 00:01:25.8700:13:45.31Pl: 8						Tr-11: 00:01:25.3100:15:10.6<Pl: 8			Tr-12: 00:01:27.3<00:16:37.9<Pl: 8
	Tr-13: 00:01:26.5<00:18:04.51Pl: 8						Tr-14: 00:01:26.3<00:19:30.8<Pl: 8			Tr-15: 00:01:26.9<00:20:57.8<Pl: 8
	Tr-16: 00:01:26.9<00:22:24.7<Pl: 8						Tr-17: 00:01:24.8100:23:49.5<Pl: 7			Tr-18: 00:01:22.0<00:25:11.5<Pl: 7
	Tr-19: 00:01:24.9<00:26:36.4<Pl: 7						Tr-20: 00:01:25.0100:28:01.4<Pl: 7			Tr-21: 00:01:26.7<00:29:28.1<Pl: 6
	Tr-22: 00:01:26.6<00:30:54.8<Pl: 6						Tr-23: 00:01:25.7<00:32:20.5<Pl: 5			Tr-24: 00:01:27.9<00:33:48.5<Pl: 6
	Tr-25: 00:01:24.2<00:35:12.77Pl: 6									
7	. Bertrand Palma		#1382	73	7	2 M45M	7 M	00:35:24.8< ???		AOA
	Tr-01: 00:01:22.6<00:01:22.6<Pl: 6						Tr-02: 00:01:19.7<00:02:42.4<Pl: 6			Tr-03: 00:01:19.5<00:04:01.9<Pl: 6
	Tr-04: 00:01:19.5<00:05:21.4<Pl: 6						Tr-05: 00:01:20.8700:06:42.3<Pl: 6			Tr-06: 00:01:22.5<00:08:04.8<Pl: 6
	Tr-07: 00:01:23.5<00:09:28.37Pl: 7						Tr-08: 00:01:25.2<00:10:53.6<Pl: 7			Tr-09: 00:01:25.9<00:12:19.57Pl: 8
	Tr-10: 00:01:25.4<00:13:44.97Pl: 7						Tr-11: 00:01:25.5<00:15:10.4<Pl: 7			Tr-12: 00:01:27.3<00:16:37.8<Pl: 7
	Tr-13: 00:01:26.0<00:18:03.8<Pl: 7						Tr-14: 00:01:26.5<00:19:30.3<Pl: 7			Tr-15: 00:01:26.7<00:20:57.1<Pl: 7
	Tr-16: 00:01:27.1<00:22:24.2<Pl: 7						Tr-17: 00:01:25.3<00:23:49.6<Pl: 8			Tr-18: 00:01:27.0<00:25:16.6<Pl: 8
	Tr-19: 00:01:26.1<00:26:42.8<Pl: 8						Tr-20: 00:01:27.3<00:28:10.1<Pl: 8			Tr-21: 00:01:28.4100:29:38.5<Pl: 7
	Tr-22: 00:01:27.5<00:31:06.14Pl: 7						Tr-23: 00:01:26.9<00:32:33.1<Pl: 7			Tr-24: 00:01:27.5<00:34:00.67Pl: 7
	Tr-25: 00:01:24.2<00:35:24.87Pl: 7									
8	. Paulo António		#1279	67	8	1 M50M	8 M	00:35:31.6< ???		CDQ
	Tr-01: 00:01:26.0<00:01:26.0<Pl: 15						Tr-02: 00:01:21.9<00:02:48.0<Pl: 13			Tr-03: 00:01:23.1<00:04:11.1<Pl: 11
	Tr-04: 00:01:21.7<00:05:32.8<Pl: 11						Tr-05: 00:01:23.1<00:06:56.0<Pl: 11			Tr-06: 00:01:23.5<00:08:19.5<Pl: 10
	Tr-07: 00:01:26.7<00:09:46.31Pl: 11						Tr-08: 00:01:25.7<00:11:12.0<Pl: 9			Tr-09: 00:01:24.7<00:12:36.81Pl: 9
	Tr-10: 00:01:25.1<00:14:01.9<Pl: 9						Tr-11: 00:01:25.4<00:15:27.4<Pl: 9			Tr-12: 00:01:25.2<00:16:52.77Pl: 9
	Tr-13: 00:01:25.5<00:18:18.2<Pl: 9						Tr-14: 00:01:25.4<00:19:43.71Pl: 10			Tr-15: 00:01:27.0<00:21:10.7<Pl: 9
	Tr-16: 00:01:25.2<00:22:36.0<Pl: 9						Tr-17: 00:01:26.9<00:24:03.0<Pl: 9			Tr-18: 00:01:25.8<00:25:28.8<Pl: 9
	Tr-19: 00:01:26.5<00:26:55.47Pl: 9						Tr-20: 00:01:26.5<00:28:22.01Pl: 9			Tr-21: 00:01:26.7<00:29:48.8<Pl: 8
	Tr-22: 00:01:26.3<00:31:15.1<Pl: 8						Tr-23: 00:01:27.1<00:32:42.2<Pl: 8			Tr-24: 00:01:26.2<00:34:08.4<Pl: 8
	Tr-25: 00:01:23.1<00:35:31.67Pl: 8									



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Rnk	Lastname - firstname	Nat	Bib	Yr	Gal	Rnk Cat	Rnk Sx	Time	Aver.	Club	
9	. Khalid Tahiri		#1244	75	9	2 M40M	9 M	00:35:42.24	???	ACSAMB	
	Tr-01: 00:01:25.62	00:01:25.62	Pl: 13		Tr-02: 00:01:20.75	00:02:46.38	Pl: 9		Tr-03: 00:01:23.20	00:04:09.58	Pl: 9
	Tr-04: 00:01:22.83	00:05:32.41	Pl: 9		Tr-05: 00:01:23.07	00:06:55.48	Pl: 9		Tr-06: 00:01:24.03	00:08:19.51	Pl: 9
	Tr-07: 00:01:26.77	00:09:46.28	Pl: 10		Tr-08: 00:01:26.11	00:11:12.35	Pl: 10		Tr-09: 00:01:24.83	00:12:37.22	Pl: 10
	Tr-10: 00:01:25.21	00:14:02.42	Pl: 10		Tr-11: 00:01:25.18	00:15:27.61	Pl: 10		Tr-12: 00:01:25.41	00:16:53.02	Pl: 10
	Tr-13: 00:01:25.28	00:18:18.30	Pl: 10		Tr-14: 00:01:25.24	00:19:43.54	Pl: 9		Tr-15: 00:01:27.59	00:21:11.13	Pl: 10
	Tr-16: 00:01:25.65	00:22:36.78	Pl: 10		Tr-17: 00:01:26.74	00:24:03.52	Pl: 10		Tr-18: 00:01:26.13	00:25:29.65	Pl: 10
	Tr-19: 00:01:26.28	00:26:55.93	Pl: 10		Tr-20: 00:01:26.80	00:28:22.73	Pl: 10		Tr-21: 00:01:26.89	00:29:49.62	Pl: 9
	Tr-22: 00:01:27.45	00:31:17.07	Pl: 9		Tr-23: 00:01:30.36	00:32:47.42	Pl: 9		Tr-24: 00:01:31.00	00:34:18.42	Pl: 9
	Tr-25: 00:01:23.81	00:35:42.24	Pl: 9								
10	. Joaquim Abraços		#1224	78	10	3 M40M	10 M	00:35:58.15	???	CASJ	
	Tr-01: 00:01:25.38	00:01:25.38	Pl: 12		Tr-02: 00:01:21.00	00:02:46.38	Pl: 9		Tr-03: 00:01:23.80	00:04:10.18	Pl: 10
	Tr-04: 00:01:22.35	00:05:32.53	Pl: 10		Tr-05: 00:01:23.42	00:06:55.95	Pl: 10		Tr-06: 00:01:24.10	00:08:20.05	Pl: 11
	Tr-07: 00:01:26.14	00:09:46.15	Pl: 9		Tr-08: 00:01:26.37	00:11:12.56	Pl: 11		Tr-09: 00:01:24.89	00:12:37.43	Pl: 11
	Tr-10: 00:01:25.31	00:14:02.76	Pl: 11		Tr-11: 00:01:25.42	00:15:28.18	Pl: 11		Tr-12: 00:01:25.02	00:16:53.20	Pl: 11
	Tr-13: 00:01:25.17	00:18:18.37	Pl: 11		Tr-14: 00:01:25.94	00:19:44.31	Pl: 11		Tr-15: 00:01:26.86	00:21:11.17	Pl: 11
	Tr-16: 00:01:26.59	00:22:37.76	Pl: 11		Tr-17: 00:01:26.89	00:24:04.65	Pl: 11		Tr-18: 00:01:29.34	00:25:33.99	Pl: 11
	Tr-19: 00:01:30.20	00:27:04.15	Pl: 11		Tr-20: 00:01:29.44	00:28:33.65	Pl: 11		Tr-21: 00:01:29.09	00:30:02.72	Pl: 10
	Tr-22: 00:01:30.32	00:31:33.04	Pl: 10		Tr-23: 00:01:29.50	00:33:02.54	Pl: 10		Tr-24: 00:01:30.21	00:34:32.75	Pl: 10
	Tr-25: 00:01:25.37	00:35:58.12	Pl: 10								
11	. Nuno Marques		#1231	77	11	4 M40M	11 M	00:36:28.45	???	IND-AL	
	Tr-01: 00:01:25.74	00:01:25.74	Pl: 14		Tr-02: 00:01:23.80	00:02:49.54	Pl: 14		Tr-03: 00:01:22.18	00:04:11.72	Pl: 13
	Tr-04: 00:01:23.00	00:05:34.72	Pl: 12		Tr-05: 00:01:24.67	00:06:59.35	Pl: 12		Tr-06: 00:01:26.72	00:08:26.11	Pl: 12
	Tr-07: 00:01:29.22	00:09:55.33	Pl: 12		Tr-08: 00:01:26.76	00:11:22.09	Pl: 12		Tr-09: 00:01:24.82	00:12:46.91	Pl: 12
	Tr-10: 00:01:26.58	00:14:13.45	Pl: 12		Tr-11: 00:01:27.92	00:15:41.41	Pl: 12		Tr-12: 00:01:27.99	00:17:09.40	Pl: 12
	Tr-13: 00:01:26.96	00:18:36.36	Pl: 12		Tr-14: 00:01:28.09	00:20:04.45	Pl: 12		Tr-15: 00:01:28.01	00:21:32.46	Pl: 12
	Tr-16: 00:01:27.56	00:23:00.02	Pl: 12		Tr-17: 00:01:28.90	00:24:28.92	Pl: 12		Tr-18: 00:01:30.52	00:25:59.44	Pl: 12
	Tr-19: 00:01:30.70	00:27:30.14	Pl: 12		Tr-20: 00:01:34.16	00:29:04.30	Pl: 12		Tr-21: 00:01:34.51	00:30:38.81	Pl: 11
	Tr-22: 00:01:31.95	00:32:10.76	Pl: 11		Tr-23: 00:01:27.18	00:33:37.94	Pl: 11		Tr-24: 00:01:18.42	00:34:56.36	Pl: 11
	Tr-25: 00:01:32.12	00:36:28.48	Pl: 11								
12	. Rui Martins		#1346	71	12	3 M45M	12 M	00:37:19.62	???	CDQ	
	Tr-01: 00:01:27.64	00:01:27.64	Pl: 20		Tr-02: 00:01:26.05	00:02:53.65	Pl: 17		Tr-03: 00:01:26.84	00:04:20.53	Pl: 17
	Tr-04: 00:01:28.33	00:05:48.86	Pl: 17		Tr-05: 00:01:27.86	00:07:16.72	Pl: 17		Tr-06: 00:01:28.22	00:08:44.95	Pl: 17
	Tr-07: 00:01:28.52	00:10:13.48	Pl: 17		Tr-08: 00:01:28.56	00:11:42.04	Pl: 14		Tr-09: 00:01:29.50	00:13:11.54	Pl: 14
	Tr-10: 00:01:29.24	00:14:40.78	Pl: 14		Tr-11: 00:01:30.20	00:16:10.98	Pl: 13		Tr-12: 00:01:29.81	00:17:40.75	Pl: 13
	Tr-13: 00:01:31.83	00:19:12.62	Pl: 13		Tr-14: 00:01:29.15	00:20:41.77	Pl: 13		Tr-15: 00:01:31.09	00:22:12.86	Pl: 13
	Tr-16: 00:01:30.43	00:23:43.25	Pl: 13		Tr-17: 00:01:29.94	00:25:13.22	Pl: 13		Tr-18: 00:01:30.51	00:26:43.74	Pl: 13
	Tr-19: 00:01:30.92	00:28:14.66	Pl: 13		Tr-20: 00:01:32.57	00:29:47.23	Pl: 13		Tr-21: 00:01:30.19	00:31:17.42	Pl: 12
	Tr-22: 00:01:31.52	00:32:48.94	Pl: 12		Tr-23: 00:01:33.30	00:34:22.24	Pl: 12		Tr-24: 00:01:31.17	00:35:53.41	Pl: 12
	Tr-25: 00:01:26.21	00:37:19.62	Pl: 12								



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TEMPOS POR VOLTAS - 0.000 km

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Rnk	Lastname - firstname	Nat	Bib	Yr	Gal	Rnk Cat	Rnk Sx	Time	Aver.	Club	
13	. Bruno Carrilho		#1600	81	13	2 M35M	13 M	00:37:24.74 ???		ACP	
	Tr-01: 00:01:28.08	00:01:28.08	Pl: 21		Tr-02: 00:01:24.62	00:02:52.70	Pl: 16		Tr-03: 00:01:26.87	00:04:19.57	Pl: 16
	Tr-04: 00:01:27.47	00:05:47.04	Pl: 16		Tr-05: 00:01:28.46	00:07:15.50	Pl: 15		Tr-06: 00:01:28.59	00:08:44.05	Pl: 16
	Tr-07: 00:01:29.01	00:10:13.10	Pl: 16		Tr-08: 00:01:29.44	00:11:42.54	Pl: 15		Tr-09: 00:01:29.80	00:13:12.34	Pl: 15
	Tr-10: 00:01:29.41	00:14:41.75	Pl: 15		Tr-11: 00:01:29.79	00:16:11.54	Pl: 14		Tr-12: 00:01:29.71	00:17:41.25	Pl: 14
	Tr-13: 00:01:31.63	00:19:12.88	Pl: 14		Tr-14: 00:01:29.83	00:20:42.71	Pl: 14		Tr-15: 00:01:31.03	00:22:13.74	Pl: 14
	Tr-16: 00:01:30.17	00:23:43.91	Pl: 14		Tr-17: 00:01:30.43	00:25:14.34	Pl: 14		Tr-18: 00:01:31.55	00:26:45.89	Pl: 14
	Tr-19: 00:01:31.59	00:28:17.48	Pl: 14		Tr-20: 00:01:32.04	00:29:49.52	Pl: 14		Tr-21: 00:01:31.60	00:31:21.12	Pl: 13
	Tr-22: 00:01:32.07	00:32:53.15	Pl: 13		Tr-23: 00:01:31.33	00:34:24.52	Pl: 13		Tr-24: 00:01:30.42	00:35:54.94	Pl: 13
	Tr-25: 00:01:29.79	00:37:24.74	Pl: 13								
14	. Aymeric Boisvieux	FRA	#939	00	14	1 JUNM	14 M	00:37:37.74 ???		CFEL	
	Tr-01: 00:01:24.74	00:01:24.74	Pl: 11		Tr-02: 00:01:22.66	00:02:47.40	Pl: 12		Tr-03: 00:01:24.87	00:04:12.27	Pl: 14
	Tr-04: 00:01:26.45	00:05:38.76	Pl: 14		Tr-05: 00:01:28.88	00:07:07.64	Pl: 13		Tr-06: 00:01:28.42	00:08:36.06	Pl: 13
	Tr-07: 00:01:29.52	00:10:05.58	Pl: 13		Tr-08: 00:01:30.99	00:11:36.57	Pl: 13		Tr-09: 00:01:28.37	00:13:04.94	Pl: 13
	Tr-10: 00:01:33.25	00:14:38.23	Pl: 13		Tr-11: 00:01:33.87	00:16:12.10	Pl: 15		Tr-12: 00:01:30.98	00:17:43.08	Pl: 15
	Tr-13: 00:01:30.45	00:19:13.57	Pl: 15		Tr-14: 00:01:29.66	00:20:43.23	Pl: 15		Tr-15: 00:01:30.74	00:22:13.97	Pl: 15
	Tr-16: 00:01:30.80	00:23:44.77	Pl: 15		Tr-17: 00:01:30.94	00:25:15.71	Pl: 15		Tr-18: 00:01:32.23	00:26:47.94	Pl: 15
	Tr-19: 00:01:35.63	00:28:23.57	Pl: 15		Tr-20: 00:01:33.87	00:29:57.44	Pl: 15		Tr-21: 00:01:30.88	00:31:28.32	Pl: 14
	Tr-22: 00:01:34.76	00:33:03.08	Pl: 14		Tr-23: 00:01:30.60	00:34:33.68	Pl: 14		Tr-24: 00:01:23.36	00:35:57.04	Pl: 14
	Tr-25: 00:01:40.68	00:37:37.72	Pl: 14								
15	. Pedro Boleixa		#1262	72	15	4 M45M	15 M	00:38:02.36 ???		ACSAMB	
	Tr-01: 00:01:26.50	00:01:26.50	Pl: 16		Tr-02: 00:01:27.80	00:02:54.30	Pl: 18		Tr-03: 00:01:29.21	00:04:23.51	Pl: 20
	Tr-04: 00:01:29.83	00:05:53.34	Pl: 20		Tr-05: 00:01:31.16	00:07:24.50	Pl: 19		Tr-06: 00:01:30.66	00:08:55.16	Pl: 18
	Tr-07: 00:01:30.59	00:10:25.75	Pl: 18		Tr-08: 00:01:30.17	00:11:55.92	Pl: 18		Tr-09: 00:01:30.68	00:13:26.60	Pl: 18
	Tr-10: 00:01:32.78	00:14:59.38	Pl: 18		Tr-11: 00:01:33.86	00:16:33.24	Pl: 18		Tr-12: 00:01:31.44	00:18:04.68	Pl: 18
	Tr-13: 00:01:31.91	00:19:36.55	Pl: 16		Tr-14: 00:01:30.85	00:21:07.44	Pl: 16		Tr-15: 00:01:32.12	00:22:39.56	Pl: 16
	Tr-16: 00:01:32.60	00:24:12.16	Pl: 16		Tr-17: 00:01:32.28	00:25:44.44	Pl: 16		Tr-18: 00:01:32.90	00:27:17.34	Pl: 16
	Tr-19: 00:01:31.65	00:28:49.02	Pl: 16		Tr-20: 00:01:20.96	00:30:10.00	Pl: 16		Tr-21: 00:01:43.22	00:31:53.22	Pl: 15
	Tr-22: 00:01:33.01	00:33:26.23	Pl: 15		Tr-23: 00:01:31.98	00:34:58.21	Pl: 15		Tr-24: 00:01:32.56	00:36:30.77	Pl: 15
	Tr-25: 00:01:31.59	00:38:02.36	Pl: 15								
16	. Valentim Vargues		#1325	70	16	5 M45M	16 M	00:38:29.80 ???		COP	
	Tr-01: 00:01:29.64	00:01:29.64	Pl: 25		Tr-02: 00:01:31.11	00:03:00.75	Pl: 23		Tr-03: 00:01:32.78	00:04:33.53	Pl: 24
	Tr-04: 00:01:31.67	00:06:05.20	Pl: 23		Tr-05: 00:01:32.30	00:07:37.50	Pl: 24		Tr-06: 00:01:31.32	00:09:08.82	Pl: 24
	Tr-07: 00:01:30.52	00:10:39.35	Pl: 22		Tr-08: 00:01:30.71	00:12:10.06	Pl: 21		Tr-09: 00:01:32.50	00:13:42.56	Pl: 21
	Tr-10: 00:01:31.02	00:15:13.58	Pl: 19		Tr-11: 00:01:32.96	00:16:46.54	Pl: 19		Tr-12: 00:01:33.24	00:18:19.78	Pl: 19
	Tr-13: 00:01:34.97	00:19:54.75	Pl: 19		Tr-14: 00:01:34.43	00:21:29.18	Pl: 19		Tr-15: 00:01:33.96	00:23:03.14	Pl: 19
	Tr-16: 00:01:33.16	00:24:36.30	Pl: 19		Tr-17: 00:01:32.95	00:26:09.25	Pl: 17		Tr-18: 00:01:34.03	00:27:43.28	Pl: 17
	Tr-19: 00:01:32.23	00:29:15.51	Pl: 17		Tr-20: 00:01:34.13	00:30:49.64	Pl: 17		Tr-21: 00:01:34.04	00:32:23.68	Pl: 16
	Tr-22: 00:01:33.85	00:33:57.53	Pl: 16		Tr-23: 00:01:32.15	00:35:29.68	Pl: 16		Tr-24: 00:01:31.13	00:37:00.81	Pl: 16
	Tr-25: 00:01:28.99	00:38:29.80	Pl: 16								



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17	. Rui Andrade		#1073	85	17	3 SENM	17 M	00:38:49.5? ??		CRAL
	Tr-01: 00:01:26.8700:01:26.87Pl: 18				Tr-02: 00:01:28.5800:02:55.45Pl: 22				Tr-03: 00:01:28.8200:04:24.27Pl: 21	
	Tr-04: 00:01:29.4600:05:53.75Pl: 21				Tr-05: 00:01:31.1100:07:24.85Pl: 20				Tr-06: 00:01:32.2500:08:57.08Pl: 20	
	Tr-07: 00:01:34.6500:10:31.77Pl: 20				Tr-08: 00:01:34.9500:12:06.72Pl: 20				Tr-09: 00:01:35.0400:13:41.76Pl: 20	
	Tr-10: 00:01:35.2600:15:17.02Pl: 21				Tr-11: 00:01:35.1900:16:52.21Pl: 20				Tr-12: 00:01:35.0800:18:27.25Pl: 20	
	Tr-13: 00:01:34.5300:20:01.82Pl: 20				Tr-14: 00:01:35.5700:21:37.35Pl: 20				Tr-15: 00:01:35.8800:23:13.27Pl: 20	
	Tr-16: 00:01:35.4600:24:48.75Pl: 20				Tr-17: 00:01:35.3400:26:24.07Pl: 20				Tr-18: 00:01:36.4400:28:00.51Pl: 20	
	Tr-19: 00:01:35.3200:29:35.85Pl: 20				Tr-20: 00:01:35.1400:31:10.97Pl: 20				Tr-21: 00:01:33.8500:32:44.85Pl: 18	
	Tr-22: 00:01:34.4600:34:19.28Pl: 17				Tr-23: 00:01:34.8500:35:54.13Pl: 17				Tr-24: 00:01:30.2300:37:24.36Pl: 17	
	Tr-25: 00:01:25.1600:38:49.52Pl: 17									
18	. João Coelho		#1461	81	18	3 M35M	18 M	00:39:08.15? ??		ADECT
	Tr-01: 00:01:24.6400:01:24.64Pl: 9				Tr-02: 00:01:22.1300:02:46.77Pl: 11				Tr-03: 00:01:24.9300:04:11.76Pl: 12	
	Tr-04: 00:01:26.6200:05:38.32Pl: 13				Tr-05: 00:01:30.6200:07:08.95Pl: 14				Tr-06: 00:01:32.5600:08:41.51Pl: 14	
	Tr-07: 00:01:30.8200:10:12.35Pl: 15				Tr-08: 00:01:30.3400:11:42.67Pl: 16				Tr-09: 00:01:30.6200:13:13.36Pl: 16	
	Tr-10: 00:01:34.3400:14:47.64Pl: 16				Tr-11: 00:01:35.5100:16:23.15Pl: 16				Tr-12: 00:01:35.3200:17:58.47Pl: 16	
	Tr-13: 00:01:39.1200:19:37.55Pl: 17				Tr-14: 00:01:38.4200:21:16.01Pl: 17				Tr-15: 00:01:39.2700:22:55.28Pl: 17	
	Tr-16: 00:01:39.3200:24:34.61Pl: 18				Tr-17: 00:01:39.0600:26:13.67Pl: 19				Tr-18: 00:01:39.1400:27:52.81Pl: 18	
	Tr-19: 00:01:40.9600:29:33.77Pl: 19				Tr-20: 00:01:35.0700:31:08.84Pl: 18				Tr-21: 00:01:34.8100:32:43.65Pl: 17	
	Tr-22: 00:01:36.1100:34:19.76Pl: 18				Tr-23: 00:01:34.8200:35:54.58Pl: 18				Tr-24: 00:01:40.4500:37:35.07Pl: 18	
	Tr-25: 00:01:33.0500:39:08.12Pl: 18									
19	. Lúcio Sustelo		#1364	80	19	4 M35M	19 M	00:39:11.22? ??		CRDS
	Tr-01: 00:01:27.2300:01:27.23Pl: 19				Tr-02: 00:01:27.5600:02:54.75Pl: 20				Tr-03: 00:01:27.0800:04:21.81Pl: 18	
	Tr-04: 00:01:29.9600:05:51.71Pl: 18				Tr-05: 00:01:31.9600:07:23.61Pl: 18				Tr-06: 00:01:32.0600:08:55.61Pl: 19	
	Tr-07: 00:01:33.6600:10:29.21Pl: 19				Tr-08: 00:01:35.7600:12:04.97Pl: 19				Tr-09: 00:01:35.0900:13:40.06Pl: 19	
	Tr-10: 00:01:36.6800:15:16.74Pl: 20				Tr-11: 00:01:36.6600:16:53.34Pl: 21				Tr-12: 00:01:35.7800:18:29.12Pl: 21	
	Tr-13: 00:01:37.0100:20:06.15Pl: 21				Tr-14: 00:01:36.2400:21:42.37Pl: 21				Tr-15: 00:01:35.4500:23:17.82Pl: 21	
	Tr-16: 00:01:37.1500:24:54.97Pl: 21				Tr-17: 00:01:36.2700:26:31.24Pl: 21				Tr-18: 00:01:37.1800:28:08.42Pl: 21	
	Tr-19: 00:01:35.9600:29:44.32Pl: 21				Tr-20: 00:01:34.2200:31:18.55Pl: 21				Tr-21: 00:01:36.8500:32:55.44Pl: 20	
	Tr-22: 00:01:37.7500:34:33.25Pl: 19				Tr-23: 00:01:37.5100:36:10.74Pl: 19				Tr-24: 00:01:34.4400:37:45.18Pl: 20	
	Tr-25: 00:01:26.0400:39:11.22Pl: 19									
20	. Luís Massapina		#1219	79	20	5 M35M	20 M	00:39:44.62? ??		CDQ
	Tr-01: 00:01:24.6400:01:24.64Pl: 9				Tr-02: 00:01:25.3300:02:49.97Pl: 15				Tr-03: 00:01:27.0200:04:16.95Pl: 15	
	Tr-04: 00:01:29.5500:05:46.54Pl: 15				Tr-05: 00:01:29.0300:07:15.57Pl: 16				Tr-06: 00:01:28.3800:08:43.95Pl: 15	
	Tr-07: 00:01:27.8600:10:11.81Pl: 14				Tr-08: 00:01:30.8600:11:42.67Pl: 16				Tr-09: 00:01:30.7600:13:13.37Pl: 17	
	Tr-10: 00:01:35.6300:14:49.06Pl: 17				Tr-11: 00:01:38.1200:16:27.12Pl: 17				Tr-12: 00:01:37.4700:18:04.55Pl: 17	
	Tr-13: 00:01:36.4600:19:40.95Pl: 18				Tr-14: 00:01:37.0500:21:18.04Pl: 18				Tr-15: 00:01:38.8100:22:56.85Pl: 18	
	Tr-16: 00:01:37.5400:24:34.35Pl: 17				Tr-17: 00:01:38.5600:26:12.95Pl: 18				Tr-18: 00:01:39.9600:27:52.85Pl: 19	
	Tr-19: 00:01:40.3700:29:33.22Pl: 18				Tr-20: 00:01:37.1400:31:10.36Pl: 19				Tr-21: 00:01:39.4500:32:49.81Pl: 19	
	Tr-22: 00:01:48.9500:34:38.86Pl: 20				Tr-23: 00:01:45.6400:36:24.44Pl: 20				Tr-24: 00:01:17.8500:37:42.33Pl: 19	
	Tr-25: 00:02:02.2500:39:44.62Pl: 20									



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21	. Jorge Santos		#1293	61	21	1 M55M	21 M	00:39:47.47???		OCL
	Tr-01: 00:01:29.2100:01:29.21Pl: 24							Tr-02: 00:01:32.2800:03:01.45Pl: 26		Tr-03: 00:01:31.8700:04:33.36Pl: 23
	Tr-04: 00:01:32.3000:06:05.66Pl: 24							Tr-05: 00:01:31.4600:07:37.12Pl: 23		Tr-06: 00:01:31.5000:09:08.62Pl: 23
	Tr-07: 00:01:32.4000:10:41.02Pl: 23							Tr-08: 00:01:33.9900:12:15.01Pl: 22		Tr-09: 00:01:34.9800:13:49.95Pl: 22
	Tr-10: 00:01:35.3600:15:25.35Pl: 22							Tr-11: 00:01:36.0900:17:01.44Pl: 22		Tr-12: 00:01:36.5900:18:38.03Pl: 22
	Tr-13: 00:01:37.2600:20:15.25Pl: 22							Tr-14: 00:01:36.5100:21:51.86Pl: 22		Tr-15: 00:01:36.9500:23:28.75Pl: 22
	Tr-16: 00:01:38.2700:25:07.02Pl: 22							Tr-17: 00:01:38.8500:26:45.91Pl: 22		Tr-18: 00:01:38.8800:28:24.75Pl: 22
	Tr-19: 00:01:40.4300:30:05.22Pl: 22							Tr-20: 00:01:37.7100:31:42.92Pl: 22		Tr-21: 00:01:38.5500:33:21.48Pl: 21
	Tr-22: 00:01:39.8400:35:01.32Pl: 21							Tr-23: 00:01:39.6100:36:40.92Pl: 21		Tr-24: 00:01:37.2700:38:18.20Pl: 21
	Tr-25: 00:01:29.2700:39:47.47Pl: 21									
22	. Licínio Dos Santos		#1233	76	22	5 M40M	22 M	00:40:06.08???		COP
	Tr-01: 00:01:29.7500:01:29.75Pl: 26							Tr-02: 00:01:31.6700:03:01.46Pl: 25		Tr-03: 00:01:32.6100:04:34.07Pl: 25
	Tr-04: 00:01:31.6300:06:05.70Pl: 25							Tr-05: 00:01:33.3700:07:39.07Pl: 25		Tr-06: 00:01:32.5500:09:11.62Pl: 25
	Tr-07: 00:01:33.0200:10:44.64Pl: 24							Tr-08: 00:01:33.7400:12:18.38Pl: 24		Tr-09: 00:01:35.0100:13:53.35Pl: 23
	Tr-10: 00:01:35.2500:15:28.64Pl: 23							Tr-11: 00:01:35.0800:17:03.72Pl: 23		Tr-12: 00:01:36.4100:18:40.12Pl: 23
	Tr-13: 00:01:40.1700:20:20.30Pl: 23							Tr-14: 00:01:37.8100:21:58.11Pl: 23		Tr-15: 00:01:39.6700:23:37.78Pl: 23
	Tr-16: 00:01:41.1700:25:18.95Pl: 23							Tr-17: 00:01:39.7700:26:58.72Pl: 23		Tr-18: 00:01:39.2200:28:37.94Pl: 23
	Tr-19: 00:01:40.0700:30:18.01Pl: 23							Tr-20: 00:01:42.1100:32:00.12Pl: 23		Tr-21: 00:01:40.3800:33:40.50Pl: 22
	Tr-22: 00:01:41.0900:35:21.55Pl: 22							Tr-23: 00:01:39.7700:37:01.36Pl: 22		Tr-24: 00:01:38.6800:38:40.04Pl: 22
	Tr-25: 00:01:26.0400:40:06.08Pl: 22									
23	. Daniel Filipe Anjos		#1044	88	23	4 SENM	23 M	00:40:50.17???		CRAL
	Tr-01: 00:01:28.1400:01:28.14Pl: 23							Tr-02: 00:01:26.5400:02:54.68Pl: 19		Tr-03: 00:01:27.2200:04:21.90Pl: 19
	Tr-04: 00:01:30.5200:05:52.42Pl: 19							Tr-05: 00:01:33.9000:07:26.32Pl: 21		Tr-06: 00:01:35.0200:09:01.34Pl: 21
	Tr-07: 00:01:37.4800:10:38.82Pl: 21							Tr-08: 00:01:37.8000:12:16.62Pl: 23		Tr-09: 00:01:37.8100:13:54.43Pl: 24
	Tr-10: 00:01:37.8600:15:32.25Pl: 24							Tr-11: 00:01:37.2200:17:09.51Pl: 24		Tr-12: 00:01:39.8800:18:49.35Pl: 24
	Tr-13: 00:01:40.9100:20:30.30Pl: 24							Tr-14: 00:01:41.2200:22:11.52Pl: 24		Tr-15: 00:01:41.7000:23:53.22Pl: 24
	Tr-16: 00:01:42.3200:25:35.54Pl: 24							Tr-17: 00:01:41.1600:27:16.70Pl: 24		Tr-18: 00:01:41.6600:28:58.30Pl: 24
	Tr-19: 00:01:43.1000:30:41.40Pl: 24							Tr-20: 00:01:42.0000:32:23.40Pl: 24		Tr-21: 00:01:38.2800:34:01.68Pl: 23
	Tr-22: 00:01:44.2100:35:45.85Pl: 23							Tr-23: 00:01:44.3000:37:30.15Pl: 23		Tr-24: 00:01:44.1600:39:14.35Pl: 23
	Tr-25: 00:01:35.8200:40:50.17Pl: 23									
24	. Gil Rodrigues		#1314	76	24	6 M40M	24 M	00:42:30.05???		ADECT
	Tr-01: 00:01:30.2500:01:30.25Pl: 27							Tr-02: 00:01:33.1600:03:03.41Pl: 27		Tr-03: 00:01:35.7500:04:39.16Pl: 27
	Tr-04: 00:01:35.9300:06:15.05Pl: 27							Tr-05: 00:01:40.6800:07:55.77Pl: 27		Tr-06: 00:01:38.1100:09:33.88Pl: 27
	Tr-07: 00:01:41.3700:11:15.25Pl: 26							Tr-08: 00:01:42.4500:12:57.70Pl: 26		Tr-09: 00:01:40.7500:14:38.45Pl: 26
	Tr-10: 00:01:42.1800:16:20.67Pl: 26							Tr-11: 00:01:40.3500:18:01.06Pl: 26		Tr-12: 00:01:43.1200:19:44.18Pl: 25
	Tr-13: 00:01:43.9000:21:28.08Pl: 25							Tr-14: 00:01:44.1400:23:12.22Pl: 25		Tr-15: 00:01:45.5600:24:57.78Pl: 25
	Tr-16: 00:01:47.3500:26:45.17Pl: 25							Tr-17: 00:01:46.4300:28:31.60Pl: 25		Tr-18: 00:01:46.2100:30:17.81Pl: 25
	Tr-19: 00:01:46.9100:32:04.72Pl: 25							Tr-20: 00:01:46.8400:33:51.56Pl: 25		Tr-21: 00:01:45.9000:35:37.46Pl: 24
	Tr-22: 00:01:45.4300:37:22.85Pl: 24							Tr-23: 00:01:44.6200:39:07.52Pl: 24		Tr-24: 00:01:45.4700:40:52.95Pl: 24
	Tr-25: 00:01:37.1000:42:30.05Pl: 24									



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Rnk	Lastname - firstname	Nat	Bib	Yr	Gal	Rnk Cat	Rnk Sx	Time	Aver.	Club
25	. Luís Alfarroba		#1438	53	25	1 M65M	25 M	00:42:50.00 ???		OCL
	Tr-01: 00:01:38.9700:01:38.97Pl: 32							Tr-02: 00:01:41.5500:03:20.52Pl: 32		Tr-03: 00:01:41.1500:05:01.65Pl: 32
	Tr-04: 00:01:42.0100:06:43.66Pl: 32							Tr-05: 00:01:41.0900:08:24.75Pl: 32		Tr-06: 00:01:42.5000:10:07.25Pl: 32
	Tr-07: 00:01:40.7400:11:47.95Pl: 30							Tr-08: 00:01:43.3200:13:31.31Pl: 29		Tr-09: 00:01:44.7200:15:16.05Pl: 29
	Tr-10: 00:01:45.4500:17:01.48Pl: 28							Tr-11: 00:01:43.2700:18:44.75Pl: 28		Tr-12: 00:01:43.1500:20:27.88Pl: 28
	Tr-13: 00:01:42.8700:22:10.75Pl: 28							Tr-14: 00:01:43.2200:23:53.97Pl: 27		Tr-15: 00:01:43.0700:25:37.04Pl: 27
	Tr-16: 00:01:42.4000:27:19.44Pl: 27							Tr-17: 00:01:41.0400:29:00.48Pl: 27		Tr-18: 00:01:42.1500:30:42.61Pl: 26
	Tr-19: 00:01:43.0400:32:25.65Pl: 26							Tr-20: 00:01:40.2600:34:05.91Pl: 26		Tr-21: 00:01:43.8600:35:49.77Pl: 25
	Tr-22: 00:01:42.0500:37:31.82Pl: 25							Tr-23: 00:01:42.1500:39:13.95Pl: 25		Tr-24: 00:01:41.9500:40:55.94Pl: 25
	Tr-25: 00:01:54.0500:42:50.00Pl: 25									
26	. Anacleto Faísca		#1296	57	26	1 M60M	26 M	00:43:17.35 ???		CASJ
	Tr-01: 00:01:37.9800:01:37.98Pl: 31							Tr-02: 00:01:41.4500:03:19.43Pl: 31		Tr-03: 00:01:41.5500:05:01.02Pl: 31
	Tr-04: 00:01:41.8500:06:42.91Pl: 31							Tr-05: 00:01:40.6800:08:23.55Pl: 31		Tr-06: 00:01:43.5400:10:07.15Pl: 31
	Tr-07: 00:01:44.2000:11:51.33Pl: 31							Tr-08: 00:01:47.2700:13:38.66Pl: 31		Tr-09: 00:01:44.6600:15:23.26Pl: 30
	Tr-10: 00:01:46.7300:17:09.95Pl: 30							Tr-11: 00:01:46.3700:18:56.36Pl: 30		Tr-12: 00:01:49.7500:20:46.15Pl: 30
	Tr-13: 00:01:48.0600:22:34.21Pl: 30							Tr-14: 00:01:46.8500:24:21.06Pl: 30		Tr-15: 00:01:49.4500:26:10.51Pl: 29
	Tr-16: 00:01:45.2400:27:55.75Pl: 29							Tr-17: 00:01:47.6500:29:43.44Pl: 29		Tr-18: 00:01:44.0000:31:27.44Pl: 29
	Tr-19: 00:01:45.4400:33:12.88Pl: 29							Tr-20: 00:01:44.3500:34:57.25Pl: 29		Tr-21: 00:01:41.3500:36:38.56Pl: 28
	Tr-22: 00:01:37.5400:38:16.10Pl: 27							Tr-23: 00:01:38.0700:39:54.17Pl: 26		Tr-24: 00:01:41.9700:41:36.14Pl: 26
	Tr-25: 00:01:41.1800:43:17.32Pl: 26									
27	. Jorge Viegas		#1473	76	27	7 M40M	27 M	00:43:23.05 ???		CRDS
	Tr-01: 00:01:32.3800:01:32.38Pl: 29							Tr-02: 00:01:36.3400:03:08.72Pl: 29		Tr-03: 00:01:38.7400:04:47.46Pl: 29
	Tr-04: 00:01:39.8000:06:27.26Pl: 29							Tr-05: 00:01:41.2200:08:08.48Pl: 28		Tr-06: 00:01:43.6200:09:52.10Pl: 28
	Tr-07: 00:01:44.0600:11:36.16Pl: 27							Tr-08: 00:01:43.4500:13:19.65Pl: 27		Tr-09: 00:01:44.4700:15:04.12Pl: 27
	Tr-10: 00:01:46.3000:16:50.42Pl: 27							Tr-11: 00:01:45.7400:18:36.16Pl: 27		Tr-12: 00:01:45.9500:20:22.11Pl: 27
	Tr-13: 00:01:45.5400:22:07.65Pl: 27							Tr-14: 00:01:47.5800:23:55.25Pl: 28		Tr-15: 00:01:46.5500:25:41.78Pl: 28
	Tr-16: 00:01:46.5600:27:28.34Pl: 28							Tr-17: 00:01:45.6500:29:13.97Pl: 28		Tr-18: 00:01:45.0700:30:59.04Pl: 28
	Tr-19: 00:01:48.5800:32:47.62Pl: 28							Tr-20: 00:01:46.6800:34:34.30Pl: 27		Tr-21: 00:01:46.9700:36:21.27Pl: 26
	Tr-22: 00:01:47.2500:38:08.52Pl: 26							Tr-23: 00:01:48.5500:39:57.11Pl: 27		Tr-24: 00:01:47.3000:41:44.41Pl: 27
	Tr-25: 00:01:38.6700:43:23.08Pl: 27									
28	. Mário Santos		#1419	76	28	8 M40M	28 M	00:44:29.25 ???		COP
	Tr-01: 00:01:30.3100:01:30.31Pl: 28							Tr-02: 00:01:33.6600:03:03.97Pl: 28		Tr-03: 00:01:38.2800:04:42.25Pl: 28
	Tr-04: 00:01:40.5500:06:22.84Pl: 28							Tr-05: 00:01:46.4700:08:09.31Pl: 29		Tr-06: 00:01:46.3200:09:55.65Pl: 29
	Tr-07: 00:01:46.3600:11:41.95Pl: 28							Tr-08: 00:01:46.1700:13:28.16Pl: 28		Tr-09: 00:01:46.9600:15:15.12Pl: 28
	Tr-10: 00:01:48.4400:17:03.56Pl: 29							Tr-11: 00:01:49.0500:18:52.61Pl: 29		Tr-12: 00:01:47.4000:20:40.01Pl: 29
	Tr-13: 00:01:49.1600:22:29.17Pl: 29							Tr-14: 00:01:50.2200:24:19.40Pl: 29		Tr-15: 00:01:51.9500:26:11.35Pl: 30
	Tr-16: 00:01:53.7500:28:05.10Pl: 30							Tr-17: 00:01:52.6800:29:57.78Pl: 30		Tr-18: 00:01:51.2100:31:48.95Pl: 30
	Tr-19: 00:01:51.8400:33:40.85Pl: 30							Tr-20: 00:01:47.9100:35:28.74Pl: 30		Tr-21: 00:01:48.2000:37:16.94Pl: 29
	Tr-22: 00:01:52.7200:39:09.66Pl: 29							Tr-23: 00:01:51.1400:41:00.80Pl: 29		Tr-24: 00:01:49.3500:42:50.15Pl: 29
	Tr-25: 00:01:39.1500:44:29.26Pl: 28									



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29	. João Carlos Almeida		#1468	70	29	6 M45M	29 M	00:44:37.55 ???		SCL
	Tr-01: 00:01:28.13 00:01:28.13 Pl: 22				Tr-02: 00:01:32.65 00:03:00.78 Pl: 24				Tr-03: 00:01:33.95 00:04:34.77 Pl: 26	
	Tr-04: 00:01:36.11 00:06:10.88 Pl: 26				Tr-05: 00:01:35.55 00:07:46.47 Pl: 26				Tr-06: 00:01:38.92 00:09:25.40 Pl: 26	
	Tr-07: 00:01:39.93 00:11:05.33 Pl: 25				Tr-08: 00:01:40.31 00:12:45.64 Pl: 25				Tr-09: 00:01:43.01 00:14:28.65 Pl: 25	
	Tr-10: 00:01:44.81 00:16:13.46 Pl: 25				Tr-11: 00:01:46.19 00:17:59.65 Pl: 25				Tr-12: 00:01:46.78 00:19:46.43 Pl: 26	
	Tr-13: 00:01:51.63 00:21:38.06 Pl: 26				Tr-14: 00:01:47.62 00:23:25.68 Pl: 26				Tr-15: 00:01:48.95 00:25:14.63 Pl: 26	
	Tr-16: 00:01:52.88 00:27:07.51 Pl: 26				Tr-17: 00:01:51.40 00:28:58.91 Pl: 26				Tr-18: 00:01:50.81 00:30:49.72 Pl: 27	
	Tr-19: 00:01:53.83 00:32:43.55 Pl: 27				Tr-20: 00:01:51.93 00:34:35.48 Pl: 28				Tr-21: 00:01:56.58 00:36:32.06 Pl: 27	
	Tr-22: 00:01:56.94 00:38:29.06 Pl: 28				Tr-23: 00:02:00.07 00:40:29.07 Pl: 28				Tr-24: 00:02:04.43 00:42:33.50 Pl: 28	
	Tr-25: 00:02:04.05 00:44:37.55 Pl: 29									
30	. José Oliveira		#1403	60	30	2 M55M	30 M	00:45:45.66 ???		ACSAMB
	Tr-01: 00:01:41.73 00:01:41.73 Pl: 34				Tr-02: 00:01:47.42 00:03:29.15 Pl: 34				Tr-03: 00:01:49.14 00:05:18.25 Pl: 34	
	Tr-04: 00:01:48.40 00:07:06.65 Pl: 34				Tr-05: 00:01:48.43 00:08:55.17 Pl: 34				Tr-06: 00:01:51.25 00:10:46.41 Pl: 34	
	Tr-07: 00:01:49.23 00:12:35.64 Pl: 32				Tr-08: 00:01:48.32 00:14:23.96 Pl: 32				Tr-09: 00:01:50.83 00:16:14.75 Pl: 32	
	Tr-10: 00:01:50.85 00:18:05.64 Pl: 32				Tr-11: 00:01:50.55 00:19:56.15 Pl: 32				Tr-12: 00:01:50.11 00:21:46.30 Pl: 32	
	Tr-13: 00:01:49.43 00:23:35.73 Pl: 32				Tr-14: 00:01:51.40 00:25:27.13 Pl: 32				Tr-15: 00:01:52.12 00:27:19.25 Pl: 32	
	Tr-16: 00:01:51.32 00:29:10.57 Pl: 32				Tr-17: 00:01:50.50 00:31:01.07 Pl: 31				Tr-18: 00:01:51.46 00:32:52.53 Pl: 31	
	Tr-19: 00:01:49.83 00:34:42.36 Pl: 31				Tr-20: 00:01:52.50 00:36:34.86 Pl: 31				Tr-21: 00:01:53.32 00:38:28.18 Pl: 30	
	Tr-22: 00:01:52.00 00:40:20.18 Pl: 30				Tr-23: 00:01:51.30 00:42:11.48 Pl: 30				Tr-24: 00:01:49.94 00:44:01.42 Pl: 30	
	Tr-25: 00:01:44.24 00:45:45.66 Pl: 30									
31	. Orlando Sebastião		#1285	66	31	2 M50M	31 M	00:46:32.95 ???		CRAL
	Tr-01: 00:01:32.58 00:01:32.58 Pl: 30				Tr-02: 00:01:36.75 00:03:09.33 Pl: 30				Tr-03: 00:01:39.85 00:04:49.27 Pl: 30	
	Tr-04: 00:01:40.58 00:06:29.80 Pl: 30				Tr-05: 00:01:44.65 00:08:14.45 Pl: 30				Tr-06: 00:01:45.71 00:10:00.20 Pl: 30	
	Tr-07: 00:01:45.72 00:11:45.92 Pl: 29				Tr-08: 00:01:49.32 00:13:35.24 Pl: 30				Tr-09: 00:01:49.10 00:15:24.34 Pl: 31	
	Tr-10: 00:01:52.95 00:17:17.25 Pl: 31				Tr-11: 00:01:58.45 00:19:15.78 Pl: 31				Tr-12: 00:01:54.47 00:21:10.25 Pl: 31	
	Tr-13: 00:01:59.90 00:23:10.15 Pl: 31				Tr-14: 00:01:58.74 00:25:08.85 Pl: 31				Tr-15: 00:01:57.64 00:27:06.53 Pl: 31	
	Tr-16: 00:01:58.05 00:29:04.58 Pl: 31				Tr-17: 00:01:59.64 00:31:04.22 Pl: 32				Tr-18: 00:01:59.45 00:33:03.67 Pl: 32	
	Tr-19: 00:01:58.08 00:35:01.75 Pl: 32				Tr-20: 00:01:54.60 00:36:56.35 Pl: 32				Tr-21: 00:01:59.70 00:38:56.05 Pl: 31	
	Tr-22: 00:01:57.91 00:40:53.96 Pl: 31				Tr-23: 00:01:59.02 00:42:52.98 Pl: 31				Tr-24: 00:01:53.62 00:44:46.60 Pl: 31	
	Tr-25: 00:01:46.38 00:46:32.95 Pl: 31									
32	. Jorge Machado		#1292	61	32	3 M55M	32 M	00:48:36.20 ???		OCL
	Tr-01: 00:01:41.47 00:01:41.47 Pl: 33				Tr-02: 00:01:47.66 00:03:29.13 Pl: 33				Tr-03: 00:01:48.53 00:05:17.66 Pl: 33	
	Tr-04: 00:01:48.83 00:07:06.45 Pl: 33				Tr-05: 00:01:48.50 00:08:54.95 Pl: 33				Tr-06: 00:01:50.84 00:10:45.83 Pl: 33	
	Tr-07: 00:01:51.14 00:12:36.97 Pl: 33				Tr-08: 00:01:55.85 00:14:32.82 Pl: 33				Tr-09: 00:01:58.92 00:16:31.74 Pl: 33	
	Tr-10: 00:01:58.62 00:18:30.36 Pl: 33				Tr-11: 00:01:56.04 00:20:26.40 Pl: 33				Tr-12: 00:01:55.56 00:22:21.96 Pl: 33	
	Tr-13: 00:01:56.62 00:24:18.58 Pl: 33				Tr-14: 00:02:00.73 00:26:19.31 Pl: 33				Tr-15: 00:02:03.84 00:28:23.15 Pl: 33	
	Tr-16: 00:02:01.53 00:30:24.68 Pl: 33				Tr-17: 00:02:14.65 00:32:39.37 Pl: 33				Tr-18: 00:02:04.65 00:34:44.06 Pl: 33	
	Tr-19: 00:02:01.52 00:36:45.58 Pl: 33				Tr-20: 00:02:00.07 00:38:45.65 Pl: 33				Tr-21: 00:01:59.05 00:40:44.70 Pl: 32	
	Tr-22: 00:02:03.10 00:42:47.80 Pl: 32				Tr-23: 00:02:03.32 00:44:51.12 Pl: 32				Tr-24: 00:01:57.67 00:46:48.75 Pl: 32	
	Tr-25: 00:01:47.41 00:48:36.20 Pl: 32									



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33	. José Cereja		#1330	66	33	3 M50M	33 M	00:51:55.58 ???		ADECT		
	Tr-01:	00:01:52.97	00:01:52.97	Pl: 35	Tr-02:	00:01:57.74	00:03:50.71	Pl: 35	Tr-03:	00:01:54.74	00:05:45.45	Pl: 35
	Tr-04:	00:01:58.18	00:07:43.63	Pl: 35	Tr-05:	00:01:59.38	00:09:43.01	Pl: 35	Tr-06:	00:02:05.47	00:11:48.48	Pl: 35
	Tr-07:	00:02:01.11	00:13:49.55	Pl: 34	Tr-08:	00:02:00.83	00:15:50.42	Pl: 34	Tr-09:	00:02:03.55	00:17:53.97	Pl: 34
	Tr-10:	00:01:58.58	00:19:52.55	Pl: 34	Tr-11:	00:01:57.95	00:21:50.50	Pl: 34	Tr-12:	00:01:59.97	00:23:50.47	Pl: 34
	Tr-13:	00:02:02.77	00:25:53.24	Pl: 34	Tr-14:	00:02:06.61	00:27:59.85	Pl: 34	Tr-15:	00:02:07.01	00:30:06.86	Pl: 34
	Tr-16:	00:02:08.31	00:32:15.17	Pl: 34	Tr-17:	00:02:10.76	00:34:25.93	Pl: 34	Tr-18:	00:02:12.72	00:36:38.65	Pl: 34
	Tr-19:	00:02:12.33	00:38:50.98	Pl: 34	Tr-20:	00:02:17.45	00:41:08.47	Pl: 34	Tr-21:	00:02:18.35	00:43:26.86	Pl: 33
	Tr-22:	00:02:17.35	00:45:44.21	Pl: 33	Tr-23:	00:02:13.74	00:47:57.95	Pl: 33	Tr-24:	00:02:11.45	00:50:09.42	Pl: 33
	Tr-25:	00:01:46.14	00:51:55.58	Pl: 33								
DNF	. Paulo Soares		#1433	75		M40M	DNF M	00:00:00.00		CASJ		
	Tr-01:	00:01:21.85	00:01:21.85	Pl: 3	Tr-02:	00:01:19.87	00:02:41.72	Pl: 3	Tr-03:	00:01:19.36	00:04:01.08	Pl: 3
	Tr-04:	00:01:19.82	00:05:20.90	Pl: 3	Tr-05:	00:01:19.58	00:06:40.48	Pl: 2	Tr-06:	00:01:19.80	00:08:00.28	Pl: 2
	Tr-07:	00:01:20.80	00:09:21.08	Pl: 3	Tr-08:	00:01:19.32	00:10:40.40	Pl: 2	Tr-09:	00:01:19.27	00:11:59.67	Pl: 4
	Tr-10:	00:01:19.46	00:13:19.13	Pl: 1	Tr-11:	00:01:20.05	00:14:39.18	Pl: 3	Tr-12:	00:01:19.81	00:15:58.95	Pl: 2
	Tr-13:	00:01:18.90	00:17:17.85	Pl: 1	Tr-14:	00:01:17.77	00:18:35.66	Pl: 2	Tr-15:	00:01:17.41	00:19:53.07	Pl: 1
	Tr-16:	00:01:18.84	00:21:11.91	Pl: 2	Tr-17:	00:01:17.96	00:22:29.87	Pl: 1	Tr-18:	00:01:18.85	00:23:48.72	Pl: 2
	Tr-19:	00:01:18.37	00:25:07.05	Pl: 1	Tr-20:	00:01:14.95	00:26:22.04	Pl: 1				
DNF	. João Carneiro		#1395	67		M50M	DNF M	00:00:00.00		AOA		
	Tr-01:	00:01:26.50	00:01:26.50	Pl: 16	Tr-02:	00:01:28.65	00:02:55.15	Pl: 21	Tr-03:	00:01:29.21	00:04:24.40	Pl: 22
	Tr-04:	00:01:29.85	00:05:54.25	Pl: 22	Tr-05:	00:01:33.93	00:07:28.18	Pl: 22	Tr-06:	00:01:34.80	00:09:02.98	Pl: 22



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