

Jogos do Futuro da Região de Setúbal 2016 - 04 junho2016

Split time results

Mon 6/6/2016 12:16 PM

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Name															
Inf Fem (18)	1.8 km 16 C														
	1 (59)	2 (33)	3 (35)	4 (58)	5 (42)	6 (45)	7 (47)	8 (50)	9 (34)	10 (41)	11 (31)	12 (39)	13 (46)	14 (49)	
Marta Guinote	0:53	1:47	3:26	4:06	5:32	6:33	7:30	8:44	10:48	11:45	12:45	13:50	15:19	17:33	
PALMELA.	0:53	0:54	1:39	0:40	1:26	1:01	0:57	1:14	2:04	0:57	1:00	1:05	1:29	2:14	
Beatriz Fernandes	0:56	2:05	3:31	4:07	5:24	6:42	7:22	8:24	11:45	12:38	13:42	14:48	16:28	17:51	
PALMELA,	0:56	1:09	1:26	0:36	1:17	1:18	0:40	1:02	3:21	0:53	1:04	1:06	1:40	1:23	
Catarina Chambel	0:53	1:51	3:15	3:49	5:27	6:44	7:47	9:05	12:11	13:18	14:15	15:56	17:19	19:22	
SESIMBRA	0:53	0:58	1:24	0:34	1:38	1:17	1:03	1:18	3:06	1:07	0:57	1:41	1:23	2:03	
Leonor Filipe	1:13	2:14	3:54	5:04	6:44	7:42	8:47	10:08	12:39	13:33	14:42	15:59	17:20	19:05	
SESIMBRA	1:13	1:01	1:40	1:10	1:40	0:58	1:05	1:21	2:31	0:54	1:09	1:17	1:21	1:45	
Adriana Rodrigues	1:21	2:33	4:48	5:44	7:49	9:09	10:06	11:42	14:43	15:38	17:04	18:27	20:21	23:01	
PALMELA.	1:21	1:12	2:15	0:56	2:05	1:20	0:57	1:36	3:01	0:55	1:26	1:23	1:54	2:40	
Zoé Parrinha	1:33	2:34	3:54	4:29	6:09	7:11	7:59	18:30	20:23	21:17	22:22	23:47	25:11	26:50	
PALMELA.	1:33	1:01	1:20	0:35	1:40	1:02	0:48	10:31	1:53	0:54	1:05	1:25	1:24	1:39	
Lara Santos	2:49	4:16	6:10	7:06	9:02	11:05	12:52	14:29	18:24	19:28	20:46	22:12	23:35	27:27	
PALMELA,	2:49	1:27	1:54	0:56	1:56	2:03	1:47	1:37	3:55	1:04	1:18	1:26	1:23	3:52	
Inês Costa	1:48	2:44	5:47	6:25	8:07	9:11	10:17	16:27	18:50	20:07	21:23	25:23	26:39	28:40	
SESIMBRA	1:48	0:56	3:03	0:38	1:42	1:04	1:06	6:10	2:23	1:17	1:16	4:00	1:16	2:01	
Leticia Martins	9:38	10:28	12:10	12:56	14:18	15:35	16:32	18:10	21:16	22:07	23:24	24:57	26:43	29:05	
PALMELA,	9:38	0:50	1:42	0:46	1:22	1:17	0:57	1:38	3:06	0:51	1:17	1:33	1:46	2:22	
Inês Inácio	2:57	4:11	6:21	7:19	9:06	10:21	11:59	16:40	18:53	20:38	21:28	23:00	24:07	28:31	
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Rafaela Caiado	1:20	4:29	9:31	10:52	13:35	15:37	17:22	19:02	23:07	24:11	25:22	27:17	28:41	32:16	
SESIMBRA	1:20	3:09	5:02	1:21	2:43	2:02	1:45	1:40	4:05	1:04	1:11	1:55	1:24	3:35	
Carolina Coelho	1:52	3:11	6:12	7:45	10:12	11:23	12:22	18:45	22:11	23:30	24:44	26:13	27:35	29:52	
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Margarida Rato	1:08	3:15	6:06	6:48	8:34	11:08	12:04	13:14	18:00	18:58	23:53	24:50	29:44	33:06	
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Renata Cardoso	5:09	8:39	13:37	14:44	17:32	19:36	21:21	22:53	27:05	28:07	29:39	31:12	32:23	36:09	
SESIMBRA	5:09	3:30	4:58	1:07	2:48	2:04	1:45	1:32	4:12	1:02	1:32	1:33	1:11	3:46	
Rita Paraiba	3:04	4:19	6:25	10:37	14:29	17:40	19:20	21:10	33:04	34:22	36:49	39:11	42:54	48:16	
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Inf Masc (6)	1.9 km 16 C														
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SESIMBRA	0:46	0:39	1:47	1:16	4:01	0:57	1:14	0:51	2:36	0:54	1:40	0:59	0:43	0:43	
Miguel Jesus	1:08	2:07	4:19	5:53	7:04	8:45	10:12	10:55	12:46	13:51	15:06	16:19	17:35	18:24	
PALMELA,	1:08	0:59	2:12	1:34	1:11	1:41	1:27	0:43	1:51	1:05	1:15	1:13	1:16	0:49	
Tiago Gomes	1:34	2:25	4:36	6:55	8:10	9:34	10:55	13:45	15:20	17:49	19:28	20:36	21:23	22:06	
SESIMBRA	1:34	0:51	2:11	2:19	1:15	1:24	1:21	2:50	1:35	2:29	1:39	1:08	0:47	0:43	
Rafael Salgueiro	0:54	1:39	3:35	4:38	6:28	7:27	9:03	9:55	11:27	12:09	14:20	18:37	32:17	33:18	
PALMELA	0:54	0:45	1:56	1:03	1:50	0:59	1:36	0:52	1:32	0:42	2:11	4:17	13:40	1:01	
Miguel Cortes	3:16	4:37	7:13	13:59	15:43	-----	39:28	57:27	1:06:03	1:07:47	1:10:43	1:13:11	1:14:39	1:16:54	
PALMELA	3:16	1:21	2:36	6:46	1:44		23:45	17:59	8:36	1:44	2:56	2:28	1:28	2:15	
Diogo Pinhal	5:45	6:49	12:26	14:51	15:54	16:48	23:32	25:08	29:09	29:46	31:55	33:21	-----	34:33	
SESIMBRA	5:45	1:04	5:37	2:25	1:03	0:54	6:44	1:36	4:01	0:37	2:09	1:26		1:12	
Inic Fem (22)	2.4 km 18 C														
	1 (34) F	2 (50)	3 (52)	4 (36)	5 (45)	6 (42)	7 (55)	8 (57)	9 (58)	10 (33)	11 (31)	12 (49)	13 (44)	14 (48)	
Maria do Mar Salgue	1:03	2:49	3:38	4:28	5:59	6:57	7:48	8:59	10:39	12:40	14:15	15:15	16:35	18:18	
PALMELA,	1:03	1:46	0:49	0:50	1:31	0:58	0:51	1:11	1:40	2:01	1:35	1:00	1:20	1:43	
	22:49														
	0:13														
Joana Branco	1:05	2:47	5:38	6:26	7:55	8:49	10:50	12:09	13:32	14:50	16:02	17:19	18:10	19:08	
PALMELA,	1:05	1:42	2:51	0:48	1:29	0:54	2:01	1:19	1:23	1:18	1:12	1:17	0:51	0:58	
	23:16														
	0:15														
Carolina Tacão	0:59	2:40	3:26	4:08	5:34	6:17	7:23	8:21	9:48	11:25	12:52	14:33	17:56	19:17	
PALMELA.	0:59	1:41	0:46	0:42	1:26	0:43	1:06	0:58	1:27	1:37	1:27	1:41	3:23	1:21	
	23:24														
	0:14														
Sara Anica	1:22	3:11	4:40	5:28	7:42	8:37	10:07	11:47	13:44	15:55	17:22	18:33	20:20	21:23	
PALMELA,	1:22	1:49	1:29	0:48	2:14	0:55	1:30	1:40	1:57	2:11	1:27	1:11	1:47	1:03	
	25:16														
	0:16														
Sofia Anica	1:21	3:00	4:18	5:25	7:04	8:19	10:07	12:54	16:44	18:45	19:59	21:12	22:41	23:43	
PALMELA,	1:21	1:39	1:18	1:07	1:39	1:15	1:48	2:47	3:50	2:01	1:14	1:13	1:29	1:02	
	27:46														
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Márcia Félix	1:23	3:05	4:04	5:28	7:06	8:00	9:27	11:42	13:49	15:29	17:15	18:29	22:34	23:41	
PALMELA,	1:23	1:42	0:59	1:24	1:38	0:54	1:27	2:15	2:07	1:40	1:46	1:14	4:05	1:07	
	28:55														
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Érica Martins	1:38	3:48	5:17	6:24	8:14	9:16	11:06	13:33	15:41	17:24	18:46	20:32	23:55	25:15	
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	29:18														
	0:16														
Daniela Holdych	1:30	3:38	4:56	5:56	7:50	9:13	10:53	14:31	16:39	18:39	20:11	21:36	23:39	25:03	
PALMELA,	1:30	2:08	1:18	1:00	1:54	1:23	1:40	3:38	2:08	2:00	1:32	1:25	2:03	1:24	
	29:24														
	0:16														
Marta Costinha	1:15	2:59	3:52	4:48	6:43	7:41									

	1:15 29:34 0:15	1:44	0:53	0:56	1:55	0:58	1:40	2:23	1:46	2:29	1:31	1:27	2:28	1:26		
Inês Guerreiro PALMELA.	1:37 1:37 35:20 0:14	3:32 1:55	5:28 1:56	6:42 1:14	8:40 1:58	9:48 1:08	13:21 3:33	15:53 2:32	17:58 2:05	21:27 3:29	23:03 1:36	24:44 1:41	26:58 2:14	29:16 2:18		
Eugenia Ionel PALMELA,	1:27 1:27 35:46 0:14	4:00 2:33	5:28 1:28	6:28 1:00	9:11 2:43	10:23 1:12	11:47 1:24	16:07 4:20	18:50 2:43	21:40 2:50	23:55 2:15	25:30 1:35	28:22 2:52	30:05 1:43		
Bianca Alves PALMELA.	1:33 1:33 35:52 0:16	4:09 2:36	5:36 1:27	6:56 1:20	9:31 2:35	10:40 1:09	11:53 1:13	13:29 1:36	15:56 2:27	20:06 4:10	22:04 1:58	24:42 2:38	26:41 1:59	29:29 2:48		
Rita Aragão PALMELA,	1:37 1:37 39:22 0:43	4:21 2:44	5:51 1:30	6:58 1:07	9:08 2:10	10:49 1:41	13:21 2:32	17:22 4:01	20:20 2:58	23:42 3:22	25:16 1:34	27:25 2:09	30:07 2:42	32:03 1:56		
Anabela Morais PALMELA.	1:57 1:57 39:35 0:14	5:04 3:07	7:49 2:45	9:05 1:16	11:17 2:12	14:03 2:46	15:38 1:35	17:09 1:31	19:42 2:33	23:53 4:11	25:44 1:51	28:27 2:43	30:31 2:04	33:28 2:57		
Margarida Rosa PALMELA,	2:13 2:13 41:14 0:18	5:07 2:54	6:36 1:29	8:39 2:03	13:14 4:35	14:57 1:43	17:41 2:44	19:51 2:10	22:45 2:54	25:31 2:46	27:58 2:27	29:59 2:01	32:18 2:19	34:18 2:00		
Ana Roque PALMELA	2:15 2:15 43:42 0:24	4:36 2:21	6:43 2:07	7:54 1:11	10:34 2:40	12:04 1:30	14:48 2:44	18:43 3:55	21:38 2:55	26:40 5:02	29:45 3:05	32:02 2:17	34:19 2:17	37:33 3:14		
Margarida Correia PALMELA.	2:05 2:05 47:23 0:16	4:41 2:36	6:20 1:39	8:48 2:28	11:31 2:43	13:33 2:02	19:26 5:53	21:18 1:52	24:20 3:02	27:24 3:04	29:58 2:34	31:57 1:59	34:40 2:43	36:56 2:16		
Marta Parreira SETÚBAL	3:01 3:01 51:57 0:41	6:05 3:04	7:39 1:34	9:30 1:51	12:35 3:05	14:28 1:53	19:09 4:41	20:53 1:44	24:33 3:40	29:35 5:02	32:56 3:21	36:02 3:06	38:30 2:28	41:20 2:50		
Maria Leal SESIMBRA	2:48 2:48 53:30 0:19	7:00 4:12	9:54 2:54	11:38 1:44	15:56 4:18	17:43 1:47	20:57 3:14	24:21 3:24	29:41 5:20	34:19 4:38	37:23 3:04	40:02 2:39	42:14 2:12	44:04 1:50		
Lara costa SETÚBAL	4:08 4:08 53:35 0:17	12:22 8:14	13:46 1:24	15:20 1:34	18:29 3:09	22:03 3:34	25:21 3:18	26:43 1:22	30:41 3:58	37:55 7:14	40:45 2:50	41:53 1:08	43:53 2:00	45:57 2:04		
Margarida Cruz SETÚBAL	2:48 2:48 57:42 0:55	5:27 2:39	8:24 2:57	10:10 1:46	13:20 3:10	15:55 2:35	19:41 3:46	24:23 4:42	28:27 4:04	32:58 4:31	36:20 3:22	38:35 2:15	42:59 4:24	46:15 3:16		
Matilde Pinho SETÚBAL	3:27 3:27 58:43 0:51	6:44 3:17	9:33 2:49	11:22 1:49	14:27 3:05	17:01 2:34	21:05 4:04	25:29 4:24	29:34 4:05	34:04 4:30	37:27 3:23	39:42 2:15	44:08 4:26	47:14 3:06		
Inic Masc (17)	1 (33) F	2 (35)	3 (57)	2.7 km 18 C		4 (55)	5 (45)	6 (36)	7 (50)	8 (53)	9 (51)	10 (38)	11 (34)	12 (31)	13 (39)	14 (48)
João Pinto PALMELA,	0:47 0:47 17:24 0:12	1:39 0:52	3:19 1:40	3:55 0:36	5:03 1:08	5:57 0:54	6:22 0:25	7:34 1:12	8:12 0:38	9:12 1:00	11:35 2:23	12:41 1:06	13:21 0:40	14:37 1:16		
Tiago Lampreia PALMELA,	0:53 0:53 17:30 0:10	1:47 0:54	3:21 1:34	4:10 0:49	5:18 1:08	6:21 1:03	6:47 0:26	7:57 1:10	8:45 0:48	9:44 0:59	11:12 1:28	12:23 1:11	13:07 0:44	14:35 1:28		
Diogo Lampreia PALMELA,	0:49 0:49 18:32 0:11	1:52 1:03	3:49 1:57	4:50 1:01	6:00 1:10	7:06 1:06	7:32 0:26	8:45 1:13	9:26 0:41	10:29 1:03	12:07 1:38	13:25 1:18	14:04 0:39	15:35 1:31		
Bernardo Marçalo PALMELA,	0:51 0:51 24:09 0:13	1:48 0:57	3:33 1:45	4:29 0:56	5:56 1:27	7:14 1:18	7:44 0:30	9:40 1:56	10:31 0:51	12:47 2:16	14:45 1:58	16:06 1:21	17:16 1:10	19:10 1:54		
João Sousa PALMELA.	1:07 1:07 28:11 0:14	2:18 1:11	4:23 2:05	5:24 1:01	7:24 2:00	9:01 1:37	9:31 0:30	11:17 1:46	12:46 1:29	13:54 1:08	16:04 2:10	17:37 1:33	18:36 0:59	20:32 1:56		
Pedro Peralta SESIMBRA	0:50 0:50 29:52 0:12	1:51 1:01	3:47 1:56	5:07 1:20	6:30 1:23	7:38 1:08	8:09 0:31	9:44 1:35	10:31 0:47	11:26 0:55	13:58 2:32	15:26 1:28	16:20 0:54	25:54 9:34		
Artur Ramos PALMELA	1:30 1:30 34:47 0:13	2:41 1:11	8:45 6:04	10:31 1:46	12:56 2:25	14:28 1:32	15:09 0:41	16:59 1:50	18:07 1:08	21:23 3:16	24:04 2:41	26:06 2:02	27:22 1:16	30:10 2:48		
Alain Leite PALMELA	1:05 1:05 40:12 0:15	2:40 1:35	5:33 2:53	6:56 1:23	9:44 2:48	12:47 3:03	13:59 1:12	18:00 4:01	21:18 3:18	23:33 2:15	27:42 4:09	29:07 1:25	30:59 1:52	34:34 3:35		
Guilherme Carvalho PALMELA.	1:52 1:52 47:11 0:15	7:22 5:30	11:13 3:51	13:54 2:41	16:50 2:56	19:21 2:31	20:46 1:25	23:44 2:58	27:05 3:21	29:31 2:26	32:28 2:57	35:03 2:35	36:39 1:36	39:38 2:59		
Marco Miranda PALMELA.	1:19 1:19 52:20 0:15	4:33 3:14	7:09 2:36	9:27 2:18	12:38 3:11	15:34 2:56	16:55 1:21	19:45 2:50	21:33 1:48	24:09 2:36	29:42 5:33	31:44 2:02	33:11 1:27	43:44 10:33		
Simão Almeida PALMELA,	1:54 1:54 54:40 0:18	3:30 1:36	8:34 5:04	17:37 9:03	23:05 5:28	25:58 2:53	28:17 2:19	30:56 2:39	35:01 4:05	37:21 2:20	40:32 3:11	42:58 2:26	44:44 1:46	47:27 2:43		
Pedro Moreira	3:14	5:34	10:32	13:35	16:51	22:03	23:00	31:48	40:18	42:32	46:53	49:32	50:57	56:47		

PALMELA,	3:14 1:09:15 0:14	2:20	4:58	3:03	3:16	5:12	0:57	8:48	8:30	2:14	4:21	2:39	1:25	5:50
Diogo Cardim	2:33	5:51	18:45	22:24	26:24	30:43	33:17	37:55	40:30	45:53	52:15	55:04	58:14	1:02:54
SETÚBAL	2:33 1:15:17 0:14	3:18	12:54	3:39	4:00	4:19	2:34	4:38	2:35	5:23	6:22	2:49	3:10	4:40
Miguel Matos	3:06	5:58	17:02	20:08	24:57	29:06	33:17	38:34	43:44	46:51	54:31	57:41	1:00:05	1:04:54
PALMELA,	3:06 1:20:57 0:28	2:52	11:04	3:06	4:49	4:09	4:11	5:17	5:10	3:07	7:40	3:10	2:24	4:49
Diogo Fernandes	2:55	6:42	12:43	15:45	19:02	24:14	25:09	33:56	----	45:45	56:22	1:00:19	1:04:01	1:08:26
PALMELA	2:55 1:17:40 0:38	3:47	6:01	3:02	3:17	5:12	0:55	8:47		11:49	10:37	3:57	3:42	4:25
António Matos	2:02	3:28	6:04	7:32	-----	12:12	14:09	19:49	21:54	23:54	26:42	28:52	30:14	33:31
PALMELA.	2:02 40:30 0:14	1:26	2:36	1:28		4:40	1:57	5:40	2:05	2:00	2:48	2:10	1:22	3:17
Dinis Saramago	1:43	7:23	13:09	24:34	30:56	35:32	37:52	51:08	-----	-----	-----	-----	-----	-----
PALMELA,	1:43 1:15:23 24:15	5:40	5:46	11:25	6:22	4:36	2:20	13:16						
Juv Fem (7)				2.8 km	18 C									
	1 (34) F	2 (52)	3 (53)	4 (51)	5 (38)	6 (48)	7 (44)	8 (49)	9 (31)	10 (32)	11 (58)	12 (56)	13 (57)	14 (42)
Ana Pacheco	1:14	3:04	3:57	5:28	7:18	9:47	11:15	12:25	14:05	15:17	17:06	22:09	24:52	25:40
PALMELA.	1:14 32:27 0:19	1:50	0:53	1:31	1:50	2:29	1:28	1:10	1:40	1:12	1:49	5:03	2:43	0:48
Inês Ferreira	1:34	4:26	5:26	7:29	9:10	12:05	14:19	15:30	17:41	19:01	21:20	25:25	27:02	28:14
PALMELA.	1:34 36:18 0:21	2:52	1:00	2:03	1:41	2:55	2:14	1:11	2:11	1:20	2:19	4:05	1:37	1:12
Catarina Alinho	1:18	3:27	4:50	7:14	8:51	12:12	14:13	15:28	16:55	18:21	20:42	24:24	26:02	26:56
PALMELA.	1:18 36:50 0:24	2:09	1:23	2:24	1:37	3:21	2:01	1:15	1:27	1:26	2:21	3:42	1:38	0:54
Inês Carvalho	1:35	4:13	6:01	7:31	8:57	12:33	15:56	17:04	18:17	19:41	22:05	26:14	28:15	29:19
PALMELA.	1:35 37:25 0:17	2:38	1:48	1:30	1:26	3:36	3:23	1:08	1:13	1:24	2:24	4:09	2:01	1:04
Leonor David	1:43	6:13	9:55	11:13	13:34	17:43	19:49	21:43	23:01	24:29	27:21	31:24	32:51	39:00
PALMELA.	1:43 47:44 0:23	4:30	3:42	1:18	2:21	4:09	2:06	1:54	1:18	1:28	2:52	4:03	1:27	6:09
Liane Fernandes	1:34	4:21	6:20	13:20	14:59	22:02	24:01	25:55	27:11	28:36	31:28	35:36	37:02	43:05
PALMELA.	1:34 51:59 0:21	2:47	1:59	7:00	1:39	7:03	1:59	1:54	1:16	1:25	2:52	4:08	1:26	6:03
Marisa Ribeiro	-----	1:29:00	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
PALMELA,	1:36:19 0:16 1:33:37 *39	1:29:00	16:43 *32	21:12 *54	22:43 *58	27:41 *56	28:49 *57	35:59 *55	40:34 *47	42:08 *36	47:36 *50	56:59 *41	58:20 *31	1:05:41 *44
Juv Masc (10)				3.0 km	20 C									
	1 (32) 19 (39)	2 (54) 20 (100)	3 (58) F	4 (56)	5 (57)	6 (55)	7 (47)	8 (36)	9 (50)	10 (41)	11 (31)	12 (44)	13 (48)	14 (43)
Henrique Paquete	0:38	2:20	3:15	5:07	5:44	6:28	8:07	8:36	9:03	11:33	12:13	13:31	14:16	15:59
PALMELA,	0:38 21:25 0:25	1:42 22:23 0:58	0:55 22:34 0:11	1:52	0:37	0:44	1:39	0:29	0:27	2:30	0:40	1:18	0:45	1:43
Hugo Glórias	0:39	2:23	3:18	5:20	6:24	8:42	10:13	10:43	11:09	13:03	13:45	15:20	17:21	20:06
PALMELA,	0:39 26:43 0:27	1:44 27:42 0:59	0:55 27:55 0:13	2:02	1:04	2:18	1:31	0:30	0:26	1:54	0:42	1:35	2:01	2:45
Diogo Jesus	0:42	2:53	3:53	6:28	11:57	13:10	15:06	15:41	16:15	18:07	18:56	23:18	24:05	25:43
PALMELA	0:42 31:24 0:32	2:11 32:27 1:03	1:00 32:40 0:13	2:35	5:29	1:13	1:56	0:35	0:34	1:52	0:49	4:22	0:47	1:38
Pedro Cabeça	0:49	2:46	3:58	6:37	10:03	11:41	14:05	14:59	15:56	18:35	19:36	23:18	24:37	27:39
SESIMBRA	0:49 35:23 0:36	1:57 36:51 1:28	1:12 37:05 0:14	2:39	3:26	1:38	2:24	0:54	0:57	2:39	1:01	3:42	1:19	3:02
Tiago Rocha	1:14	3:45	5:19	14:16	16:52	19:27	22:47	24:17	25:01	27:40	29:09	32:34	34:27	37:57
PALMELA,	1:14 51:50 0:51	2:31 53:25 1:35	1:34 53:47 0:22	8:57	2:36	2:35	3:20	1:30	0:44	2:39	1:29	3:25	1:53	3:30
João Palma	0:59	4:31	6:07	10:48	12:24	14:47	20:12	21:51	24:14	28:53	30:46	45:37	47:27	55:09
PALMELA	0:59 1:11:22 2:28	3:32 1:13:52 2:30	1:36 1:14:10 0:18	4:41	1:36	2:23	5:25	1:39	2:23	4:39	1:53	14:51	1:50	7:42
Ricardo Santos	2:41	5:13	6:38	11:37	12:44	20:00	24:29	26:08	31:35	40:58	42:18	49:32	51:26	59:01
PALMELA,	2:41 1:17:37 0:52	2:32 1:20:02 2:25	1:25 1:20:18 0:16	4:59	1:07	7:16	4:29	1:39	5:27	9:23	1:20	7:14	1:54	7:35
Tiago Pratas	6:18	16:00	19:27	30:11	32:14	33:18	1:22:06	1:22:56	1:24:13	1:29:11	1:30:41	1:41:59	1:44:04	1:49:07
SETÚBAL	6:18 2:02:33 0:56	9:42 2:04:38 2:05	3:27 2:05:05 0:27	10:44	2:03 4:53 *33	1:04	48:48	0:50	1:17	4:58	1:30	11:18	2:05	5:03
Diogo Fernandes	2:59	11:37	13:53	37:03	39:23	40:22	1:29:15	1:30:14	1:31:21	1:36:20	1:37:53	1:49:09	1:51:11	1:56:28
SETÚBAL	2:59 2:09:39 0:53	8:38 2:11:49 2:10	2:16 2:12:19 0:30	23:10	2:20	0:59	48:53	0:59	1:07	4:59	1:33	11:16	2:02	5:17
Filipe Gonçalves	3:26	6:25	9:22	48:49	50:56	51:55	1:40:45	1:41:33	1:42:55	1:47:52	1:49:22	2:00:32	2:02:14	2:07:52
SETÚBAL	3:26	2:59	2:57	39:27	2:07	0:59	48:50	0:48	1:22	4:57	1:30	11:10	1:42	5:38

	2:21:14 0:52	2:23:25 2:11	2:23:53 0:28												
Opt1 (20)	1.6 km 14 C														
	1 (59)	2 (32)	3 (41)	4 (39)	5 (40)	6 (52)	7 (50)	8 (47)	9 (45)	10 (42)	11 (58)	12 (34)	13 (31)	14 (100)	
Rodolfo Costa	0:38	1:02	2:18	3:14	3:45	7:15	8:22	9:19	10:22	12:02	12:55	14:05	15:19	18:14	
SESIMBRA	0:38	0:24	1:16	0:56	0:31	3:30	1:07	0:57	1:03	1:40	0:53	1:10	1:14	2:55	
AnaBeatriz+ Carolin	1:52	2:51	4:05	6:11	9:38	13:05	15:22	17:38	19:01	21:04	22:38	24:22	26:06	26:30	
SETÚBAL	1:52	0:59	1:14	2:06	3:27	3:27	2:17	2:16	1:23	2:03	1:34	1:44	1:44	0:24	
TiagoMestre+ DiogoM	1:54	3:03	4:13	7:07	8:10	11:00	12:57	14:51	17:21	19:18	22:03	24:17	26:37	27:47	
SETÚBAL	1:54	1:09	1:10	2:54	1:03	2:50	1:57	1:54	2:30	1:57	2:45	2:14	2:20	1:10	
Gabriel Couto	1:49	3:04	9:21	10:38	11:17	13:00	14:59	16:22	17:54	18:53	20:06	26:43	28:06	28:42	
SESIMBRA	1:49	1:15	6:17	1:17	0:39	1:43	1:59	1:23	1:32	0:59	1:13	6:37	1:23	0:36	
MªEspíritoSanto+ Na	2:51	3:42	4:57	7:09	8:10	11:43	13:14	15:41	19:49	21:26	23:37	25:34	28:21	28:53	
SETÚBAL	2:51	0:51	1:15	2:12	1:01	3:33	1:31	2:27	4:08	1:37	2:11	1:57	2:47	0:32	
Beatriz Figueiredo	1:20	2:42	3:27	5:36	6:57	11:18	14:29	16:40	18:21	20:02	24:38	27:08	29:18	29:49	
SESIMBRA	1:20	1:22	0:45	2:09	1:21	4:21	3:11	2:11	1:41	1:41	4:36	2:30	2:10	0:31	
MariaJoão+ Esmerald	2:34	3:39	4:54	7:39	9:08	13:08	15:41	19:48	22:51	24:47	27:18	30:03	33:27	34:19	
SETÚBAL	2:34	1:05	1:15	2:45	1:29	4:00	2:33	4:07	3:03	1:56	2:31	2:45	3:24	0:52	
Carolina Rusga	2:48	5:02	6:08	9:34	10:56	15:14	18:44	20:45	22:41	24:07	29:05	31:50	34:55	36:33	
SESIMBRA	2:48	2:14	1:06	3:26	1:22	4:18	3:30	2:01	1:56	1:26	4:58	2:45	3:05	1:38	
Rodrigo Veras	0:56	3:54	5:12	7:01	7:51	20:01	22:21	24:58	26:35	28:16	33:20	35:22	37:08	37:32	
SESIMBRA	0:56	2:58	1:18	1:49	0:50	12:10	2:20	2:37	1:37	1:41	5:04	2:02	1:46	0:24	
Micaela Cidré	5:45	6:54	7:43	9:43	11:33	15:20	17:55	19:39	22:03	23:31	29:44	32:07	35:20	39:20	
PALMELA	5:45	1:09	0:49	2:00	1:50	3:47	2:35	1:44	2:24	1:28	6:13	2:23	3:13	4:00	
Cristina Lourenço	2:18	4:01	5:29	9:15	11:05	17:30	21:06	24:24	27:05	29:39	32:28	35:02	38:20	39:15	
SETÚBAL	2:18	1:43	1:28	3:46	1:50	6:25	3:36	3:18	2:41	2:34	2:49	2:34	3:18	0:55	
Rodrigo Rusga	2:23	5:05	7:00	10:11	11:44	16:02	18:22	20:27	22:53	25:54	29:58	34:31	40:20	41:34	
SESIMBRA	2:23	2:42	1:55	3:11	1:33	4:18	2:20	2:05	2:26	3:01	4:04	4:33	5:49	1:14	
SofiaAssis+ InêsPer	3:52	5:19	6:41	9:31	10:51	15:02	17:50	20:49	30:36	33:14	35:05	37:53	41:06	42:46	
SETÚBAL	3:52	1:27	1:22	2:50	1:20	4:11	2:48	2:59	9:47	2:38	1:51	2:48	3:13	1:40	
Rita+André+ Inês+Lu	4:15	5:57	9:08	13:33	15:20	22:26	26:06	29:37	32:18	33:34	37:27	41:24	44:53	45:26	
PALMELA	4:15	1:42	3:11	4:25	1:47	7:06	3:40	3:31	2:41	1:16	3:53	3:57	3:29	0:33	
LeonorRibeiro+ Rita	4:09	6:00	9:04	13:41	15:25	22:04	25:59	29:46	31:30	33:44	37:23	41:32	44:59	45:27	
PALMELA	4:09	1:51	3:04	4:37	1:44	6:39	3:55	3:47	1:44	2:14	3:39	4:09	3:27	0:28	
Silvia Amaral	3:05	3:54	4:35	7:43	13:05	18:35	21:48	35:51	37:50	39:47	45:49	48:30	52:48	53:34	
BARREIRO	3:05	0:49	0:41	3:08	5:22	5:30	3:13	14:03	1:59	1:57	6:02	2:41	4:18	0:46	
Ana Silva	4:03	9:05	11:28	14:21	19:50	25:22	28:52	42:38	44:38	46:36	52:32	55:29	59:58	1:00:32	
BARREIRO	4:03	5:02	2:23	2:53	5:29	5:32	3:30	13:46	2:00	1:58	5:56	2:57	4:29	0:34	
Daniela Silva	4:35	7:21	8:47	14:02	19:17	43:08	45:09	49:34	51:54	53:59	59:44	1:02:39	1:06:44	1:07:47	
BARREIRO	4:35	2:46	1:26	5:15	5:15	23:51	2:01	4:25	2:20	2:05	5:45	2:55	4:05	1:03	
Rodrigo Maduro	-----	6:04	7:32	11:28	16:07	22:17	25:44	39:45	41:48	43:38	49:29	52:26	56:24	57:32	
BARREIRO		6:04	1:28	3:56	4:39	6:10	3:27	14:01	2:03	1:50	5:51	2:57	3:58	1:08	
Tiago Marquez	1:00	-----	2:29	4:37	5:10	7:02	7:45	8:46	9:37	10:55	11:45	-----	-----	-----	
SESIMBRA	1:00		1:29	2:08	0:33	1:52	0:43	1:01	0:51	1:18	0:50				
	3:28														
	*100														
Opt2 (18)	2.9 km 21 C														
	1 (32)	2 (34)	3 (40)	4 (49)	5 (44)	6 (48)	7 (43)	8 (38)	9 (51)	10 (53)	11 (50)	12 (36)	13 (45)	14 (55)	
	19 (33)	20 (31)	21 (100)	F											
Nuno Rebelo	0:39	1:23	2:53	4:26	5:57	6:50	7:57	8:59	9:50	10:42	12:13	12:46	14:15	16:06	
SETÚBAL	0:39	0:44	1:30	1:33	1:31	0:53	1:07	1:02	0:51	0:52	1:31	0:33	1:29	1:51	
	23:39	24:56	25:18	25:36											
	1:51	1:17	0:22	0:18											
Tiago Oliveira	0:44	1:26	2:52	4:25	5:32	6:25	7:56	9:05	10:51	12:21	14:00	14:37	16:04	17:20	
PALMELA	0:44	0:42	1:26	1:33	1:07	0:53	1:31	1:09	1:46	1:30	1:39	0:37	1:27	1:16	
	25:04	26:15	26:29	26:40											
	1:51	1:11	0:14	0:11											
FábioMurilhas+ Antó	1:41	2:40	4:49	7:01	8:41	10:25	12:15	13:45	15:31	17:03	18:46	19:31	21:02	23:11	
PALMELA	1:41	0:59	2:09	2:12	1:40	1:44	1:50	1:30	1:46	1:32	1:43	0:45	1:31	2:09	
	31:22	33:16	35:15	35:28											
	1:47	1:54	1:59	0:13											
João Figueira	1:03	1:56	3:28	4:59	6:06	7:13	9:28	10:47	12:34	14:08	16:03	16:55	18:33	20:24	
PALMELA	1:03	0:53	1:32	1:31	1:07	1:07	2:15	1:19	1:47	1:34	1:55	0:52	1:38	1:51	
	38:22	40:06	40:35	40:47											
	2:58	1:44	0:29	0:12											
João Costa	1:35	2:20	4:12	5:54	9:25	10:39	14:22	15:36	16:54	17:50	20:25	21:14	23:44	25:40	
SETÚBAL	1:35	0:45	1:52	1:42	3:31	1:14	3:43	1:14	1:18	0:56	2:35	0:49	2:30	1:56	
	39:16	40:45	41:11	41:30											
	2:38	1:29	0:26	0:19											
Orlando Silva	1:15	2:22	4:06	5:53	8:57	10:19	12:07	13:28	14:42	16:40	18:54	19:43	21:13	23:40	
PALMELA	1:15	1:07	1:44	1:47	3:04	1:22	1:48	1:21	1:14	1:58	2:14	0:49	1:30	2:27	
	47:31	49:19	49:47	50:03											
	2:24	1:48	0:28	0:16											
António Patrício	1:32	2:23	4:08	5:58	12:19	13:58	24:40	30:46	32:29	33:35	35:38	36:39	38:32	41:48	
SESIMBRA	1:32	0:51	1:45	1:50	6:21	1:39	10:42	6:06	1:43	1:06	2:03	1:01	1:53	3:16	
	51:44	54:36	58:51	59:05											
	2:44	2:52	4:15	0:14											
JoãoMartins+ VeraSi	3:12	4:56	9:58	14:14	16:50	18:15	20:50	23:17	26:41	28:43	32:04	32:53	35:19	37:39	
PALMELA	3:12	1:44	5:02	4:16	2:36	1:25	2:35	2:27	3:24	2:02	3:21	0:49	2:26	2:20	
	56:21	57:50	1:01:52	1:02:08											
	4:00	1:29	4:02	0:16											
Célia Costa	2:19	3:44	6:28	9:16	14:43	16:28	21:34	24:15	27:18	29:56	34:58	36:40	40:20	43:56	
SETÚBAL	2:19	1:25	2:44	2:48	5:27	1:45	5:06	2:41	3:03	2:38	5:02	1:42	3:40	3:36	
	1:03:07	1:06:27	1:07:13	1:07:50											
	4:29	3:20	0:46	0:37											
Ana Ramalho	2:40	4:51	7:44	10:22	16:12	17:45	22:25	25:17	28:35	31:00	36:01	37:41	41:21	45:00	
BARREIRO	2:40	2:11	2:53	2:38	5:50	1:33	4:40	2:52	3:18	2:25	5:01	1:40	3:40	3:39	
	1:04:09	1:07:19	1:07:55	1:08:29											
	4:18	3:10	0:36	0:34											
CatarinaMestre+ Cat	2:49	4:38	7:13	10:14	17:56	21:22	26:31	29:12	34:42	37:19	40:33	43:00	45:24	51:11	
SETÚBAL	2:49	1:49	2:35	3:01	7:42	3:26	5:09	2:41	5:30	2:37	3:14	2:27	2:24	5:47	
	1:07:17	1:10:00	1:10:42	1:11:11											
	3:53	2:43	0:42	0:29											
Rui Cerdeira	3:07	5:11	9:05	11:56	20:22	21:55	25:23	28:15	31:08	33:59	39:07	40:44	44:24	48:05	
SETÚBAL	3:07	2:04	3:54	2:51	8:26	1:33	3:28	2:52	2:53	2:51	5:08	1:37	3:40	3:41	
	1:07:11	1:10:31	1:11:17	1:11:55											
	4:24	3:20	0:46	0:38											
Carlos Silva	4:03	6:31	9:32	12:54	14:34	16:25	20:54	22:23	25:04	26:56	35:32	37:07	41:23	44:52	

[illegible]