

Jogos do Futuro 2017 - Orientação
Split time results

Sat 6/3/2017 12:36 PM
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Name

Inf Fem (9) 1.9 km 12 C

	1(101)	2(102)	3(103)	4(104)	5(104)	6(105)	7(106)	8(113)	9(107)	10(108)	11(119)	12(200)	F
Carolina Ruge	3:21	5:06	6:37	7:53	8:59	11:44	13:01	14:00	15:16	16:07	17:22	18:13	18:32
Sesimbra - NRS	3:21	1:45	1:31	1:16	1:06	2:45	1:17	0:59	1:16	0:51	1:15	0:51	0:19
Joana Canana	3:26	5:25	6:47	7:54	8:54	11:21	12:52	14:38	15:45	17:09	18:34	19:58	20:19
Sesimbra - NRS	3:26	1:59	1:22	1:07	1:00	2:27	1:31	1:46	1:07	1:24	1:25	1:24	0:21
Catarina Verissimo	4:45	6:47	8:18	10:07	10:57	13:36	15:24	17:02	18:19	19:21	20:36	21:42	22:05
Sesimbra - NRS	4:45	2:02	1:52	1:37	0:50	2:39	1:48	1:39	1:17	1:02	1:15	1:06	0:23
Beatriz Nascimento	8:15	9:38	10:39	11:58	12:45	16:18	17:26	18:58	20:48	21:28	22:35	23:39	24:01
Palma - ESP	8:15	1:23	1:01	1:19	0:47	3:33	1:08	1:32	1:50	0:40	1:07	1:04	0:22
Núria Batista	4:29	9:24	11:11	12:19	13:27	16:11	18:48	21:03	22:15	27:11	28:20	29:24	29:56
Sesimbra - NRS	4:29	4:55	1:47	1:08	1:08	2:44	2:37	2:15	1:12	4:56	1:09	1:04	0:32
Iara Pó	4:46	8:50	10:23	19:15	22:04	24:42	26:26	27:44	28:36	31:51	33:48	34:33	34:54
Palma - ESPN	4:46	4:04	1:33	8:52	2:49	2:38	1:44	1:18	0:52	3:15	1:57	0:45	0:21
Sofia Trafaria	5:07	7:19	9:05	15:05	16:37	19:47	24:11	27:24	30:23	31:33	34:39	36:42	37:07
Sesimbra - NRS	5:07	2:12	1:46	6:45	0:47	3:10	4:24	3:13	2:59	1:10	3:06	2:03	0:25
Maritana Gabeleiro	4:12	6:24	8:06	9:24	10:08	14:02	16:52	30:59	32:17	36:48	38:13	39:20	39:52
Sesimbra - NRS	4:12	2:12	1:42	1:19	0:44	3:54	2:50	14:07	1:18	4:31	1:25	1:07	0:32
Soraia Tavares	6:11	10:26	12:05	13:26	14:06	18:04	20:47	35:01	36:16	42:17	45:44	47:29	47:57
Sesimbra - NRS	6:11	4:15	1:39	1:21	0:40	3:58	2:43	14:14	1:15	6:01	3:27	1:45	0:28

Inf Masc (13) 1.9 km 12 C

	1(119)	2(108)	3(113)	4(106)	5(105)	6(104)	7(103)	8(122)	9(102)	10(101)	11(107)	12(200)	F
Afonso Freire	0:53	1:46	2:46	3:54	5:53	8:09	9:28	10:23	11:26	12:53	13:43	14:38	15:02
Palma - ESP	0:53	0:53	1:08	1:08	1:59	1:27	0:50	0:55	0:24	1:25	0:54	0:24	0:19
Luís Carrasco	1:07	1:56	3:43	5:34	7:32	9:45	10:51	12:34	13:28	14:41	17:48	18:43	19:06
Palma - ESP	1:07	0:49	1:47	1:51	1:58	2:13	1:06	1:43	0:54	1:13	3:07	0:55	0:23
Miguel Alpedrinha	1:05	2:00	4:16	5:29	6:58	10:00	12:13	13:53	15:04	17:05	17:56	19:04	19:29
Palma - ESPN	1:05	0:55	2:16	1:13	1:29	3:02	2:13	1:40	1:11	2:01	0:51	1:08	0:25
Rodrigo Polido	1:29	1:04	0:49	0:16	2:56	2:24	3:12	4:34	0:56	18:25	20:03	21:33	21:58
Sesimbra - NRS	1:35	1:16	2:55	1:31	1:29	2:48	2:23	2:06	0:50	1:32	1:38	1:08	0:22
Rafael Salgueiro	0:55	1:37	2:17	3:14	10:34	15:07	16:25	17:21	18:07	20:14	21:08	22:17	22:35
Palma - ESP	0:55	0:42	0:40	0:57	7:20	4:33	1:18	0:56	0:46	2:07	0:54	1:09	0:18
Gonçalo Amigo	1:00	2:04	2:53	5:09	8:05	10:29	13:41	18:15	19:11	20:36	21:38	23:37	23:57
Sesimbra - NRS	1:00	1:09	0:49	0:16	2:56	2:24	3:12	4:34	0:56	1:25	1:02	1:59	0:20
Tiago Gomes	1:06	1:45	13:24	14:49	16:04	18:14	19:24	20:18	21:05	22:42	23:29	24:36	24:52
Sesimbra - NRS	1:06	0:39	11:39	1:25	1:15	2:10	1:10	0:54	0:47	1:37	0:47	1:07	0:16
Gabriel Antunes	4:44	5:50	6:49	8:08	12:53	16:02	18:15	20:42	21:58	23:54	25:24	27:20	27:47
Sesimbra - NRS	4:44	1:06	0:59	1:19	4:45	3:09	2:13	2:27	1:16	1:56	1:30	1:56	0:27
Francisco Correia	4:02	4:02	12:22	12:58	14:21	16:37	18:06	19:28	16:23	25:24	26:36	28:23	28:55
Sesimbra - NRS	1:46	2:16	6:20	1:50	2:09	3:16	1:48	1:40	1:18	3:01	1:12	1:47	0:32
Rodrigo Gonçalves	2:02	4:13	5:15	7:32	10:21	15:25	17:41	19:40	21:53	25:03	26:39	28:38	29:02
Palma - ESPN	2:02	2:11	1:02	2:17	2:49	5:04	2:16	1:59	2:13	3:10	1:36	1:59	0:24
Dinis Kaiseiler	9:28	10:04	11:06	13:59	16:57	20:03	22:15	23:59	25:11	27:05	27:59	29:31	29:52
Palma - ESPN	9:28	0:36	1:02	2:58	3:06	2:12	1:44	1:12	1:54	0:54	1:32	1:01	0:19
João Pinhal	1:06	1:51	2:51	4:13	8:41	11:15	13:39	25:12	26:00	27:55	28:43	30:05	30:27
Sesimbra - NRS	1:06	0:45	1:00	1:22	4:28	2:34	2:24	11:33	0:48	1:55	0:48	1:22	0:22
André Matos Estrela	-----	2:39	3:19	4:27	5:54	7:53	8:53	10:43	11:28	12:48	13:52	14:57	15:20
Sesimbra - NRS	-----	2:39	0:40	1:08	1:27	1:59	1:00	1:50	0:45	1:20	1:04	1:05	0:23

Inf Fem (17) 2.3 km 13 C

	1(108)	2(101)	3(109)	4(102)	5(103)	6(126)	7(123)	8(104)	9(114)	10(105)	11(106)	12(121)	13(200)	F
Carolina Tacho	1:19	2:19	3:47	4:18	5:20	5:54	7:36	9:27	11:11	12:33	13:39	16:03	17:11	17:30
Palma - ESP	1:19	1:00	1:28	0:31	1:02	0:34	1:42	1:51	1:44	1:22	1:06	2:24	1:08	0:19
Maria do Mar Salgue	1:20	2:26	4:12	4:45	5:39	6:26	7:59	9:10	11:50	13:09	14:14	16:30	17:39	17:58
Palma - ESPN	1:20	1:06	1:46	0:33	0:54	0:53	1:49	1:53	1:45	1:19	1:05	2:16	0:21	0:19
Marta Costinha	1:17	2:29	4:13	4:42	5:39	6:14	7:59	10:00	12:40	14:03	15:13	17:53	19:15	19:31
Palma - ESPN	1:17	1:12	1:44	0:29	0:57	0:35	1:45	2:01	2:40	1:23	1:10	2:40	1:22	0:16
Sara Anica	1:34	3:41	5:28	6:00	7:07	7:47	10:09	11:32	14:21	15:59	17:04	19:11	20:29	20:50
Palma - ESPN	1:34	2:07	1:47	0:32	1:07	1:40	2:22	1:23	2:49	1:38	1:05	2:07	1:18	0:21
Sofia Anica	3:25	9:40	7:25	6:58	9:06	9:24	12:05	16:18	17:58	19:03	20:03	22:15	22:38	22:58
Palma - ESPN	3:25	2:15	1:46	0:32	1:08	0:39	2:21	1:22	2:50	1:40	1:05	2:00	1:16	0:19
Catarina Chambel	2:21	4:32	7:11	8:00	9:23	10:07	12:27	14:06	17:17	19:21	20:44	23:44	25:42	26:03
Sesimbra - NRS	2:21	2:11	2:39	0:49	1:23	0:44	2:20	1:39	3:11	2:04	1:23	3:00	1:58	0:21
Zé Parrinha	1:29	3:13	5:18	6:00	7:19	8:22	10:32	12:09	18:59	20:56	22:02	24:26	25:44	26:07
Palma - ESP	1:29	1:44	2:05	0:42	1:19	1:03	2:10	1:37	6:50	1:57	1:06	2:24	1:18	0:22
Leonor Filipe	3:34	6:35	8:28	9:04	10:28	11:18	13:06	14:56	21:47	23:58	25:03	27:07	28:17	28:38
Sesimbra - NRS	3:34	3:01	1:53	0:36	1:24	0:50	1:48	1:50	6:51	2:11	1:05	2:04	1:10	0:21
Carolina Coelho	2:37	4:20	6:33	7:22	8:41	9:29	11:41	13:32	20:07	22:08	23:30	28:37	30:29	30:53
Palma - ESPN	2:37	1:43	2:13	0:49	1:19	0:48	2:12	1:51	6:35	2:01	1:22	5:07	1:52	0:24
Marta Guinote	2:05	4:18	6:40	7:15	8:46	10:21	12:31	14:03	23:50	25:24	26:33	30:09	31:50	31:50
Palma - ESP	2:05	2:13	2:22	0:35	1:31	1:35	2:10	1:32	9:47	1:34	1:09	3:36	1:21	0:20
Anabela Morais	2:20	4:51	7:10	7:56	9:13	10:02	14:42	16:07	22:56	25:38	27:14	30:58	32:10	32:32
Palma - ESP	2:20	2:31	2:19	0:46	1:17	0:49	4:40	1:25	6:49	2:42	1:36	3:44	1:12	0:22
Petra Pó	2:29	5:46	8:12	9:16	11:04	12:16	15:01	18:09	21:53	25:22	27:38	32:57	35:24	35:48
Palma - ESPN	2:29	3:17	2:26	1:04	1:48	1:12	2:45	3:08	3:44	3:29	2:16	5:19	2:27	0:24
Beatriz Coelho	2:25	4:20	6:05	6:52	8:29	9:22	12:46	14:54	25:13	27:25	28:50	36:00	38:20	38:41
Palma - ESPN	2:25	1:55	1:45	0:47	1:37	0:53	3:24	2:08	10:19	2:12	1:25	7:10	2:20	0:21
Diana Coropocanu	4:03	13:57	16:10	17:03	18:44	20:22	23:00	25:36	30:07	32:50	34:26	38:04	39:26	39:54
Palma - ESPN	4:03	9:54	2:13	0:53	1:41	1:38	2:38	2:36	4:31	2:43	1:36	3:38	1:22	0:28
Isma Costa	1:49	5:19	11:26	11:58	13:21	14:53	18:10	19:51	35:54	35:24	36:39	40:12	41:38	42:02
Sesimbra - NRS	1:49	3:30	6:07	0:32	1:23	1:32	3:17	1:41	14:03	1:30	1:15	3:33	1:26	0:24
Adriana Rodrigues	2:55	4:33	8:35	9:16	11:02	12:20	15:30	17:48	35:54	37:46	39:27	44:15	47:08	47:34
Palma - ESP	2:55	1:38	4:02	0:41	1:46	1:18	3:10	2:18	18:06	1:52	1:41	4:48	2:53	0:26

Anastacia Ryzhova	4:19	8:38	-----	-----	13:19	15:09	18:32	21:55	40:15	-----	-----	-----	54:27	55:13	1:50	33:11	37:35
Palma - ESPN	4:19	4:19	-----	-----	4:41	1:50	3:23	3:23	18:20	-----	-----	-----	14:12	0:46	*119	*106	*105

Inf Masc (10) 2.3 km 14 C

Diogo Soares	1:09	1:48	4:22	5:19	6:45	7:49	9:38	10:44	14:09	15:29	16:25	18:59	20:41	21:43	22:01
Palma - ESPN	1:09	0:39	2:34	0:57	1:26	1:04	1:48	1:06	3:25	1:20	0:56	2:34	1:42	1:02	0:18
Rafael Ruge	1:09	1:49	3:33	4:20	5:14	6:09	8:19	9:27	11:42	13:22	14:10	16:09	18:43	20:28	25:56
Sesimbra - NRS	1:09	0:40	1:44	0:47	0:54	0:55	2:10	1:08	2:15	1:40	0:48	1:59	8:26	24:35	26:40
Ricardo Gomes	1:07	3:58	6:33	6:04	9:17	10:10	12:11	14:04	18:47	20:39	21:48	24:22	26:40	28:40	29:00
Palma - ESPN	1:09	1:51	2:07	1:21	1:23	1:17	1:23	1:43	3:13	1:43	1:10	2:18	1:42	1:02	0:18
António Matos	1:25	2:16	7:33	9:26	12:10	13:10	14:52	16:19	21:12	22:46	23:56	26:35	28:40	30:40	31:00
Palma - ESPN	1:25	0:51	5:17	1:53	2:34	1:10	1:42	1:27	4:53	1:34	1:10	2:39	2:13	1:31	0:18
Pedro Miguel Jacint	4:39	6:54	10:15	11:11	12:14	15:52	18:23	19:32	21:48	23:26	24:15	26:11	34:38	36:40	37:00
Sesimbra - NRS	1:39	2:15	3:21	6:56	1:03	3:38	2:10	1:50	2:16	1:38	0:40	1:56	8:27	24:35	26:40
André Marques	1:39	2:25	6:24	7:31	11:13	12:16	14:40	18:20	20:02	21:22	22:31	26:20	35:57	37:00	37:20
Palma - ESPN	1:06	0:46	3:19	0:51	1:09	1:03	1:34	1:42	1:42	1:42	1:42	2:18	2:18	2:18	2:18
Diogo Jo	2:55	3:31	8:14	9:19	10:47	11:33	12:45	14:07	15:35	16:53	17:49	20:33	37:37	38:40	39:00
Palma - ESPN	2:55	0:36	4:43	1:05	1:28	0:46	1:12	1:22	1:28	1:18	0:56	2:44	17:00	17:00	17:00

Palmela - ESP	2:19	3:34	2:03	0:30	1:55	0:59	1:36	2:34	2:00	0:38	2:34	0:30	1:40	2:02	2:12	0:16	*110
João Pombo	2:06	3:10	22:56	23:40	25:29	26:41	28:22	30:25	32:16	33:09	34:52	35:44	42:24	48:05	50:23	50:44	
Palmela - ESPN	2:06	1:04	19:46	0:44	1:49	1:12	1:41	2:03	1:51	0:53	1:43	0:52	6:40	5:41	2:18	0:21	
João Costa	-----	-----	12:50	13:40	15:07	16:00	26:47	29:28	31:40	32:36	34:47	36:14	37:49	39:53	41:35	41:59	8:46
Palmela - ESPN			12:50	0:50	1:27	0:53	10:47	2:41	2:12	0:56	2:11	1:27	1:35	2:04	1:42	0:24	*107

Fácil Curto (24)	1(119)	2(107)	3(106)	4(105)	5(118)	6(124)	7(104)	8(125)	9(103)	10(122)	11(102)	12(101)	13(200)	F	
Miguel Graça	1:38	3:12	4:57	8:27	9:20	12:08	13:02	13:46	14:25	15:28	16:17	18:08	19:17	19:36	
Seixal - Pinhal Fra	1:38	1:34	1:45	3:30	0:53	2:48	0:54	0:44	0:39	1:03	0:49	1:51	1:09	0:19	
Marta Costa	0:49	3:05	5:42	6:53	8:17	10:16	12:46	13:50	15:22	17:35	18:15	20:07	21:32	21:58	
Seixal - NRS	0:49	2:16	2:37	1:11	1:24	1:59	2:30	1:04	1:32	2:13	0:40	1:52	1:25	0:26	
Beatriz Albuquerque	0:54	3:09	5:39	7:03	8:25	10:27	12:44	13:54	15:26	17:34	18:25	20:12	21:33	22:00	
Seixal - NRS	2:44	2:15	2:30	1:24	1:22	2:02	2:17	1:10	1:32	2:08	0:51	1:47	1:21	0:27	
Rita Pinto	0:53	3:11	5:16	7:02	8:23	10:43	12:41	13:59	15:25	17:29	18:24	20:16	21:35	22:04	
Seixal - NRS	0:53	2:18	2:05	1:46	1:21	2:20	1:58	1:18	1:26	2:04	0:55	1:52	1:19	0:29	
MarianaAscenço+ Mar	1:44	4:26	6:37	13:03	14:46	16:43	18:43	19:44	20:31	23:03	24:15	26:06	27:33	28:12	
Palmela - ESP	1:44	2:42	2:11	6:26	1:43	1:57	2:00	1:01	0:47	2:32	1:12	1:51	1:27	0:39	
Rui Rodrigues	2:44	5:25	8:14	10:43	12:48	15:27	17:47	18:36	19:45	21:25	24:26	26:35	28:18	28:57	
Setúbal - CJTabor	2:44	2:41	2:49	2:29	2:05	2:39	2:20	0:49	1:09	1:40	3:01	2:09	1:43	0:39	
Miguel Castro	1:21	6:09	9:23	15:42	17:15	19:12	20:07	22:32	23:29	25:14	26:12	28:20	29:22	29:41	21:05
Setúbal - CJTabor	1:21	4:48	3:14	6:19	1:33	1:57	0:55	2:25	0:57	1:45	0:58	2:08	1:02	0:19	*103
Ricardo Évora	0:42	3:15	12:28	17:31	19:01	20:50	21:43	24:18	25:06	27:14	27:50	29:59	30:56	31:17	22:42
Setúbal - CJTabor	0:42	2:33	9:13	5:03	1:30	1:49	0:53	2:35	0:48	2:08	0:36	2:09	0:57	0:21	*103
Leonor Custódio	2:48	8:12	12:30	15:17	17:56	20:18	22:44	23:28	24:18	27:03	27:58	30:21	32:27	32:59	
Seixal - NRS	2:48	5:24	4:18	2:47	2:39	2:22	2:26	0:44	0:50	2:45	0:55	2:23	2:06	0:32	
Afonso Gomes	3:01	8:16	13:01	15:22	18:00	20:33	22:57	23:48	24:54	27:09	28:08	30:31	32:34	33:01	
Seixal - NRS	3:01	5:15	4:45	2:21	2:38	2:33	2:24	0:51	1:06	2:15	0:59	2:23	2:03	0:27	
Paulo Duarte	2:46	8:19	12:29	15:11	18:06	20:21	22:47	23:32	24:45	27:06	28:04	30:21	32:38	33:04	
Seixal - NRS	2:46	5:33	4:10	2:42	2:55	2:15	2:26	0:45	1:13	2:21	0:58	2:17	2:17	0:26	
Sebastião Raimundo	2:54	8:44	12:28	15:13	17:43	20:17	22:51	23:29	24:55	27:14	28:04	30:29	32:38	33:06	
Seixal - NRS	2:54	5:50	3:44	2:45	2:30	2:34	2:34	0:38	1:26	2:19	0:50	2:25	2:09	0:28	
Carolina Figueiredo	2:32	4:41	6:56	8:26	10:00	25:51	26:55	29:37	30:23	32:04	33:06	34:57	36:03	36:24	
Seixal - Pinhal Fra	2:32	5:19	2:15	1:30	1:34	1:51	1:04	2:42	0:46	1:41	1:02	1:51	1:06	0:21	
Ana Silva	1:52	9:15	20:54	23:17	25:54	36:51	37:59	40:36	41:21	43:03	44:06	46:16	47:16	48:12	
Barreiro - QNT	1:52	7:23	11:39	2:23	2:37	10:57	1:08	2:37	0:45	1:42	1:03	2:10	1:00	0:56	
IsabelaSouza+ João	10:14	12:46	18:03	21:17	25:21	33:56	37:01	38:33	39:42	44:09	45:34	49:48	51:42	52:19	
Barreiro - QNT	10:14	2:32	5:17	3:14	4:04	8:35	3:05	1:32	1:09	4:27	1:25	4:14	1:54	0:37	
Francisco Caetano	5:37	10:37	11:09	19:21	20:17	27:24	30:34	31:16	36:02	46:14	47:26	53:54	55:03	55:28	
Setúbal - CJTabor	5:37	2:43	2:49	8:12	0:56	7:07	3:10	0:42	4:46	10:12	1:12	6:28	1:09	0:25	
InêsOliveira+ Silvi	3:21	7:42	27:44	30:40	36:24	39:18	42:23	43:40	44:58	49:42	50:57	55:18	57:09	57:48	
Barreiro - QNT	3:21	4:21	20:02	2:56	5:44	2:54	3:05	1:17	1:18	4:44	1:15	4:21	1:51	0:39	
Carolina Marques	6:28	9:29	13:18	21:05	-----	24:58	27:03	29:09	30:21	32:18	34:22	36:25	38:03	38:32	18:10
Seixal - Pinhal Fra	6:28	3:01	3:49	7:47		3:53	2:05	2:06	1:12	1:57	2:04	2:03	1:38	0:29	*118
Bernardo Duarte	1:35	-----	4:53	7:52	9:07	10:51	11:59	12:41	14:19	18:14	19:00	20:22	21:24	21:44	2:30
Seixal - Pinhal Fra	1:35		3:18	2:59	1:15	1:44	1:08	0:42	1:38	3:55	0:46	1:22	1:02	0:20	*108
Diogo Castro	1:41	-----	5:57	8:40	10:02	12:23	19:52	20:33	21:45	28:31	29:11	30:56	32:01	32:26	3:36
Seixal - Pinhal Fra	1:41	-----	6:16	2:43	1:22	2:21	7:29	0:41	1:12	6:46	0:40	1:45	1:05	0:25	4:35
Gabriela Cunha	2:32	-----	8:49	10:31	12:01	27:36	28:47	31:26	32:28	34:14	35:06	37:09	38:22	38:42	*113
Seixal - Pinhal Fra	2:32		6:17	1:42	1:30	15:35	1:11	2:39	1:02	1:46	0:52	2:03	1:13	0:20	3:29
Diogo Silva	1:57	9:03	-----	-----	-----	-----	-----	-----	-----	-----	-----	10:17	11:32	12:02	*108
Setúbal - CJTabor	1:57	7:06										1:14	1:15	0:30	
Oclando Silva	0:56	2:24	4:16	6:25	7:48	10:11	11:33	12:46	13:33	15:26	16:54	18:46	20:02	20:32	
Individual	0:56	1:28	1:52	2:09	1:23	2:23	1:22	1:13	0:47	1:53	1:28	1:52	1:16	0:30	
Tiago Batista	1:00	2:12	3:54	5:21	6:41	8:54	10:33	11:38	12:12	13:20	14:09	15:47	16:35	16:57	
Individual	1:00	1:12	1:42	1:27	1:20	2:13	1:39	1:05	0:34	1:08	0:49	1:38	0:48	0:22	

Fácil Longo (17)	1(101)	2(102)	3(126)	4(103)	5(125)	6(104)	7(124)	8(116)	9(118)	10(105)	11(106)	12(113)	13(107)	14(108)	15(119)	16(200)	F
David Bernardo	2:24	4:16	5:45	6:19	9:45	10:43	11:51	12:54	14:40	16:42	17:32	19:30	20:11	21:17	22:21	23:20	23:53
Seixal - Pinhal Fra	2:24	1:52	1:29	0:34	3:26	0:58	1:08	1:03	1:46	2:02	0:50	1:58	0:41	1:06	1:04	0:59	0:30
Barbara Cruz	3:36	5:07	6:28	7:09	8:27	9:02	10:13	11:30	14:08	16:55	17:59	18:54	19:43	20:36	22:28	23:42	24:49
Seixal - Pinhal Fra	3:36	1:31	1:21	0:41	1:18	0:35	1:11	1:17	2:38	2:47	1:04	0:55	0:49	0:53	1:52	1:14	0:27
João Silva	4:09	5:22	6:31	7:18	8:05	8:35	9:16	10:06	11:48	13:07	14:02	17:24	22:42	24:32	26:30	27:35	27:53
Seixal - Pinhal Fra	4:09	1:13	1:09	0:47	0:47	0:30	0:41	0:50	1:42	1:19	0:55	3:22	1:45	1:58	1:05	0:18	
Inês Rodrigues	3:17	5:16	6:50	7:33	9:39	10:17	11:27	12:43	17:33	20:38	22:21	24:58	26:07	26:56	28:15	29:10	29:35
Barreiro - QNT	3:17	1:59	1:34	0:43	2:06	0:38	1:10	1:16	4:50	3:05	1:43	2:37	1:09	0:49	1:19	0:55	0:25
DavidMachado+ Silvi	3:10	6:31	9:09	11:00	12:29	13:45	15:45	17:26	21:40	23:56	26:35	29:04	30:42	32:13	33:57	36:21	37:22
Palmela - ESP	3:10	3:21	2:38	1:51	1:29	1:16	2:00	1:41	4:14	2:16	2:39	2:29	1:38	1:31	1:44	2:24	1:01
Diogo Silva	7:05	11:03	15:38	17:33	19:44	21:53	24:33	27:46	33:34	38:51	42:35	47:43	52:29	55:11	56:41	57:33	57:58
Barreiro - QNT	7:05	3:58	4:35	1:55	2:11	2:09	2:40	3:13	5:48	5:17	3:44	5:08	4:46	2:42	1:30	0:52	0:25
João Cardoso	16:45	18:05	19:23	19:55	27:14	27:47	37:37	38:31	41:14	45:00	46:09	49:29	52:48	56:45	58:29	59:09	59:29
Seixal - Pinhal Fra	16:45	1:20	1:18	0:32	7:19	0:33	9:50	0:54	2:43	3:46	1:09	3:20	3:19	3:57	1:44	0:40	0:20
Rodrigo Maduro	8:50	12:48	17:27	19:22	21:27	23:42	26:18	29:26	35:16	40:39	44:24	49:26	54:11	56:51	58:11	59:04	59:30
Barreiro - QNT	8:50	3:58	4:39	1:55	2:05	2:15	2:36	3:08	5:50	5:23	3:45	5:02	4:45	2:40	1:20	0:53	0:26
Beatriz Ribeiro	3:07	5:07	6:15	6:56	7:37	11:25	13:32	14:53	23:05	25:45	27:09	28:40	30:17	-----	-----	32:23	32:47
Seixal - Pinhal Fra	3:07	2:00	1:08	0:41	0:41	3:48	2:07	1:21	8:12	2:40	1:24	1:31	1:37			2:06	0:24
Luis Guerra	5:36	6:46	9:48	10:27	11:08	11:37	15:22	15:54	17:07	18:26	19:53	21:05	-----	24:24	25:31	26:38	26:56
Seixal - Pinhal Fra	5:36	1:10	3:02	0:39	0:41	0:29	3:45	0:32	1:13	1:19	1:27	1:12		3:19	1:07	1:07	0:18
Rafael Silva	3:35	-----	6:25	7:04	7:47	8:21	9:21	9:57	11:10	12:33	13:56	15:03	-----	18:12	19:31	20:40	21:01
Seixal - Pinhal Fra	3:35		2:50	0:39	0:43	0:34	1:00	0:36	1:13	1:23	1:23	1:07		3:09	1:19	1:09	0:21
Rodrigo Esgueira	2:44	5:35	6:19	7:35	8:18	8:41	9:21	10:00	-----	13:59	14:54	15:34	19:10	-----	21:58	22:47	23:10
Seixal - Pinhal Fra	2:44	1:51	0:44	1:16	0:43	0:23	0:40	0:39		3:59	0:55	0:40	3:36		2:48	0:49	0:20
Sofia	11:07	16:24	22:48														
Seixal - Pinhal Fra	11:07	1:08	2:00	2:00													
RicardoAzenha+ Igor Moita	17:39	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	18:31	18:54
Seixal - Pinhal Fra	17:39																
DianaGomes+ MartaSi	12:20	15:24	18:35	19:42	21:28	22:34	24:22	25:39	49:56	52:42	54:48	57:49	1:03:29	1:04:33	-----	1:06:51	1:08:15
Seixal - Pinhal Fra	12:20	3:04	3:11	1:07	1:46	1:06	1:48	1:17	2:46	2:06	3:01	5:40	1:04	1:04		2:18	1:24
Seixal - Pinhal Fra	12:20	5:18	9:44	17:57													
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