

Pl	Stno	Name	Time														
PROM1 - Fácil Curto (4)			1.2 km	65 m	14 C												
				1(115) F	2(113)	3(109)	4(108)	5(114)	6(120)	7(121)	8(110)	9(124)	10(125)	11(126)	12(130)	13(128)	14(200)
1	90021	Matilde+ Valter Luís [1564] Individual POR	17:37	1:37 1:37 17:37 0:16	2:29 0:52	3:06 0:37	3:53 0:47	5:41 1:48	6:57 1:16	8:14 1:17	9:29 1:15	10:26 0:57	13:23 2:57	14:28 1:05	16:00 1:32	16:45 0:45	17:21 0:36
2	6338	Cristina Rocha + Inês J [062] CA Madeira	25:41	4:46 4:46 25:41 0:11	5:45 0:59	6:56 1:11	8:34 1:38	11:51 3:17	14:35 2:44	16:08 1:33	17:45 1:37	18:37 0:52	20:45 2:08	22:00 1:15	23:29 1:29	24:43 1:14	25:30 0:47
3	90022	Sofia Ferreira+ Ana Fer [062] CA Madeira	33:24	2:21 2:21 33:24 0:36	3:54 1:33	5:23 1:29	6:19 0:56	9:04 2:45	13:45 4:41	15:26 1:41	17:54 2:28	18:57 1:03	22:05 3:08	26:58 4:53	29:26 2:28	31:11 1:45	32:48 1:37
4	9016	FranciscaS+LinaM +Mz [1564] Individual POR	46:10	13:05 13:05 46:10 0:25	14:12 1:07	14:59 0:47	17:04 2:05	19:21 2:17	21:34 2:13	23:26 1:52	24:57 1:31	26:09 1:12	33:24 7:15	35:16 1:52	37:50 2:34	44:00 6:10	45:45 1:45
PROM3 - Fácil Longo (3)			1.5 km	75 m	15 C												
				1(108) 15(200) F	2(103)	3(104)	4(107)	5(131)	6(119)	7(121)	8(123)	9(124)	10(125)	11(122)	12(137)	13(128)	14(127)
1	9006	Tânia Silva [1564] Individual POR	33:01	3:29 3:29 32:51 0:48 33:01 0:10	4:29 1:00	5:03 0:34	6:13 1:10	9:23 3:10	12:01 2:38	14:27 2:26	17:55 3:28	18:38 0:43	19:54 1:16	25:51 5:57	28:57 3:06	31:24 2:27	32:03 0:39
2	9005	Ricardo Palet Almeida [1564] Individual POR	1:03:41	2:21 2:21 1:03:20 0:38	3:41 1:20	4:18 0:37	5:45 1:27	8:41 2:56	32:16 23:35	34:13 1:57	44:57 10:44	45:57 1:00	47:43 1:46	54:12 6:29	58:47 4:35	1:02:04 3:17	1:02:42 0:38
3	4679	Maria Rocha [172] ACM Madeira	1:04:59	5:52 5:52 1:04:41 1:06	7:13 1:21	8:30 1:17	9:50 1:20	15:12 5:22	19:34 4:22	23:12 3:38	29:03 5:51	31:02 1:59	33:47 2:45	43:22 9:35	58:20 14:58	1:01:31 3:11	1:03:35 2:04
H10 (2)			1.2 km	65 m	14 C												
				1(115) F	2(113)	3(109)	4(108)	5(114)	6(120)	7(121)	8(110)	9(124)	10(125)	11(126)	12(130)	13(128)	14(200)
1	6346	Pedro Ferro [062] CA Madeira	27:01	1:34 1:34 27:01 0:15	2:43 1:09	4:07 1:24	6:08 2:01	9:06 2:58	10:54 1:48	12:51 1:57	14:29 1:38	15:48 1:19	18:21 2:33	20:56 2:35	23:00 2:04	24:55 1:55	26:46 1:51
2	6129	Tomás Velosa [139] GDE	46:54	1:11 1:11 46:54 0:12	7:44 6:33	8:41 0:57	9:32 0:51	16:56 7:24	22:34 5:38	23:35 1:01	27:29 3:54	28:25 0:56	30:46 2:21	42:16 11:30	43:43 1:27	45:51 2:08	46:42 0:51
D12 (2)			1.4 km	65 m	14 C												
				1(115) F	2(113)	3(103)	4(104)	5(108)	6(114)	7(120)	8(110)	9(124)	10(125)	11(126)	12(130)	13(128)	14(200)
1	6340	Catarina Jesus [062] CA Madeira	20:21	1:00 1:00 20:21 0:06	1:46 0:46	3:37 1:51	4:23 0:46	5:23 1:00	7:06 1:43	8:52 1:46	11:12 2:20	12:01 0:49	14:31 2:30	15:50 1:19	17:35 1:45	18:47 1:12	20:15 1:28
	6016	Leonor Soares [139] GDE	mp	1:04 1:04 25:44 0:20	1:49 0:45	7:54 6:05	8:41 0:47	9:35 0:54	11:32 1:57	14:23 2:51	16:40 2:17	17:21 0:41	----- 4:17	21:38 4:17	22:58 1:20	24:14 1:16	25:24 1:10
H14 (2)			1.5 km	75 m	15 C												
				1(108) 15(200) F	2(103)	3(104)	4(107)	5(131)	6(119)	7(121)	8(123)	9(124)	10(125)	11(122)	12(137)	13(128)	14(127)
1	6275	José Nunes [139] GDE	1:17:15	3:33 3:33 1:17:04 1:07	7:17 3:44 1:17:15 0:11	8:00 0:43	11:51 3:51	26:32 14:41	33:17 6:45	38:41 5:24	45:00 6:19	46:23 1:23	48:02 1:39	58:59 10:57	1:12:42 13:43	1:15:23 2:41	1:15:57 0:34
2	6444	Roque Serrão [139] GDE	1:20:18	6:31 6:31 1:20:10 1:06	10:42 4:11 1:20:18 0:08	11:33 0:51	15:14 3:41	29:52 14:38	36:40 6:48	41:40 5:00	48:28 6:48	49:43 1:15	51:30 1:47	1:02:01 10:31	1:15:40 13:39	1:18:06 2:26	1:19:04 0:58
D14 (5)			1.5 km	75 m	15 C												
				1(108) 15(200) F	2(103)	3(104)	4(107)	5(131)	6(119)	7(121)	8(123)	9(124)	10(125)	11(122)	12(137)	13(128)	14(127)
1	5758	Inês Perdigão [073] CMo Funchal	34:02	2:20 2:20 33:56 0:41	2:54 0:34 34:02 0:06	3:34 0:40	4:23 0:49	8:28 4:05	11:45 3:17	13:45 2:00	16:46 3:01	17:33 0:47	19:18 1:45	25:22 6:04	30:03 4:41	32:33 2:30	33:15 0:42
2	6290	Laura Fernandes [139] GDE	59:58	9:50 9:50 59:48 1:38	11:12 1:22 59:58 0:10	12:30 1:18	13:06 0:36	21:23 8:17	25:15 3:52	28:55 3:40	32:35 3:40	33:52 1:17	35:11 1:19	42:49 7:38	53:17 10:28	57:37 4:20	58:10 0:33
3	5600	Catarina Vieira [139] GDE	1:07:57	17:45 17:45 1:07:49 1:27	20:12 2:27 1:07:57 0:08	20:37 0:25	21:20 0:43	29:30 8:10	33:19 3:49	36:56 3:37	40:32 3:36	41:49 1:17	43:12 1:23	51:11 7:59	1:01:25 10:14	1:05:36 4:11	1:06:22 0:46

PI	Stno	Name	Time														
D14 (5)			1.5 km	75 m	15 C	<i>(cont.)</i>											
				1(108) 15(200)	2(103) F	3(104)	4(107)	5(131)	6(119)	7(121)	8(123)	9(124)	10(125)	11(122)	12(137)	13(128)	14(127)
4	6296	Beatriz Graça [139] GDE	1:16:01	25:51 25:51 1:15:51 1:28	27:20 1:29 1:16:01 0:10	28:28 1:08	29:15 0:47	37:32 8:17	41:24 3:52	45:02 3:38	48:39 3:37	49:56 1:17	51:17 1:21	59:05 7:48	1:09:23 10:18	1:13:39 4:16	1:14:23 0:44
	6252	Vanessa Câmara [139] GDE	mp	14:20 14:20 -----	15:25 1:05	16:38 1:13	17:30 0:52	25:36 8:06	29:31 3:55	32:53 3:22	37:39 4:46	-----	-----	46:56 9:17	-----	-----	-----
H16 (4)			2.5 km	150 m	20 C												
				1(116) 15(137)	2(112) 16(127)	3(109) 17(129)	4(117) 18(132)	5(106) 19(130)	6(101) 20(200)	7(102) F	8(105)	9(104)	10(107)	11(119)	12(126)	13(125)	14(135)
1	5601	João Vieira [139] GDE	28:29	0:57 0:57 22:33 2:11	2:01 1:04 23:30 0:57	3:58 1:57 24:46 1:16	7:00 3:02 26:00 1:14	8:52 1:52 27:44 1:44	9:43 0:51 28:22 0:38	10:29 0:46 28:29 0:07	11:14 0:45 14:53 *138	12:59 1:45 14:53 *138	13:30 0:31 14:53 *138	15:36 2:06 14:53 *138	18:11 2:35 14:53 *138	19:24 1:13 14:53 *138	20:22 0:58 14:53 *138
2	5997	Pedro Pereira [139] GDE	37:45	1:01 1:01 29:07 3:13	1:43 0:42 30:14 1:07	3:55 2:12 32:12 1:58	10:16 6:21 33:16 1:04	13:36 3:20 36:46 3:30	14:28 0:52 37:38 0:52	15:16 0:48 37:45 0:07	15:53 0:37 37:45 0:07	17:35 1:42 37:45 0:07	18:09 0:34 37:45 0:07	20:13 2:04 37:45 0:07	23:29 3:16 37:45 0:07	24:42 1:13 37:45 0:07	25:54 1:12 37:45 0:07
3	6274	Nuno Faria [139] GDE	52:28	1:35 1:35 38:49 2:44	2:45 1:10 42:11 3:22	5:57 3:12 45:28 3:17	10:43 4:46 48:39 3:11	13:33 2:50 51:09 2:30	15:02 1:29 52:23 2:14	16:26 1:24 52:28 0:05	17:24 0:58 52:28 0:05	20:11 2:47 52:28 0:05	21:13 1:02 52:28 0:05	24:30 3:17 52:28 0:05	32:49 8:19 52:28 0:05	34:56 2:07 52:28 0:05	36:05 1:09 52:28 0:05
4	5998	Gonçalo Silva [139] GDE	57:22	5:15 5:15 43:34 3:05	6:25 1:10 46:47 3:13	10:04 3:39 49:39 2:52	14:54 4:50 52:42 3:03	17:47 2:53 56:12 3:30	19:24 1:37 57:13 1:01	20:37 1:13 57:22 0:09	21:30 0:53 57:22 0:09	24:31 3:01 57:22 0:09	25:29 0:58 57:22 0:09	28:49 3:20 57:22 0:09	36:55 8:06 57:22 0:09	39:06 2:11 57:22 0:09	40:29 1:23 57:22 0:09
D16 (2)			1.9 km	110 m	15 C												
				1(109) 15(200)	2(104) F	3(105)	4(101)	5(106)	6(107)	7(114)	8(123)	9(125)	10(135)	11(122)	12(137)	13(127)	14(128)
1	5611	Inês Soares [139] GDE	28:41	1:23 1:23 28:31 0:42	2:19 0:56 28:41 0:10	4:09 1:50	5:17 1:08	7:47 2:30	9:03 1:16	10:51 1:48	15:26 4:35	16:47 1:21	19:29 2:42	23:57 4:28	25:42 1:45	27:25 1:43	27:49 0:24
2	6327	Beatriz Coelho [033] Clube TAP	37:56	1:14 1:14 37:49 0:48	1:52 0:38 37:56 0:07	3:35 1:43	4:39 1:04	7:51 3:12	10:13 2:22	12:36 2:23	18:23 5:47	19:27 1:04	24:22 4:55	30:32 6:10	33:53 3:21	36:39 2:46	37:01 0:22
H18 (1)			2.7 km	155 m	22 C												
				1(112) 15(135)	2(111) 16(122)	3(109) 17(137)	4(136) 18(127)	5(117) 19(129)	6(118) 20(133)	7(106) 21(130)	8(101) 22(200)	9(105) F	10(103)	11(107)	12(119)	13(123)	14(134)
1	5397	Filipe Jesus [062] CA Madeira	39:44	1:52 1:52 25:26 0:56	2:20 0:28 29:50 4:24	4:39 2:19 31:37 1:47	7:13 2:34 33:19 1:42	8:46 1:33 35:08 1:49	9:51 1:05 36:20 1:12	12:08 2:17 38:41 2:21	13:18 1:10 39:39 0:58	14:28 1:10 39:44 0:05	16:12 1:44 39:44 0:05	16:50 0:38 39:44 0:05	18:59 2:09 39:44 0:05	22:44 3:45 39:44 0:05	24:30 1:46 39:44 0:05
D18 (2)			2.1 km	130 m	18 C												
				1(112) 15(133)	2(111) 16(129)	3(103) 17(128)	4(105) 18(200)	5(101) F	6(106)	7(136)	8(117)	9(119)	10(137)	11(123)	12(125)	13(134)	14(135)
1	5768	Isaura Pestana [139] GDE	49:13	2:56 2:56 42:59 10:49	3:28 0:32 47:03 4:04	8:18 4:50 48:26 1:23	9:47 1:29 49:03 0:37	11:18 1:31 49:13 0:10	14:25 3:07	16:23 1:58	18:10 1:47	23:23 5:13	27:07 3:44	28:56 1:49	30:13 1:17	31:06 0:53	32:10 1:04
2	5751	Clara Costa [139] GDE	1:01:54	2:18 2:18 57:17 14:19	2:50 0:32 58:30 1:13	8:20 5:30 1:00:48 2:18	9:32 1:12 1:01:44 0:56	11:17 1:45 1:01:54 0:10	15:30 4:13	19:17 3:47	27:59 8:42	32:16 4:17	36:48 4:32	38:53 2:05	40:38 1:45	41:41 1:03	42:58 1:17
HE (10)			2.8 km	165 m	24 C												
				1(112) 15(125)	2(103) 16(134)	3(105) 17(135)	4(101) 18(122)	5(107) 19(137)	6(136) 20(129)	7(106) 21(133)	8(104) 22(130)	9(138) 23(127)	10(131) 24(200)	11(117) F	12(109)	13(119)	14(123)
1	3785	Nelson Baroca [062] CA Madeira	27:15	1:03 1:03 17:38 0:31	3:07 2:04 18:02 0:24	4:00 0:53 18:35 0:33	4:38 0:38 21:21 2:46	6:36 1:58 22:18 0:57	7:34 0:58 24:16 1:58	8:07 0:33 25:30 1:14	8:39 0:32 26:16 0:46	9:48 1:09 26:43 0:27	11:04 1:16 27:08 0:25	12:02 0:58 27:15 0:07	13:04 1:02 27:15 0:07	14:01 0:57 27:15 0:07	17:07 3:06 27:15 0:07
2	5195	António Abreu [158] ACDJS	28:57	1:08 1:08 17:34 0:34	3:13 2:05 18:06 0:32	3:55 0:42 19:24 1:18	4:36 0:41 22:39 3:15	6:31 1:55 24:07 1:28	7:44 1:13 25:18 1:11	8:22 0:38 26:42 1:24	8:57 0:35 28:00 1:18	10:00 1:03 28:33 0:33	11:04 1:04 28:51 0:18	12:24 1:20 28:57 0:06	13:32 1:08 28:57 0:06	14:31 0:59 28:57 0:06	17:00 2:29 28:57 0:06
3	2983	João Gomes [062] CA Madeira	35:14	1:12 1:12 20:51 0:40	3:02 1:50 21:30 0:39	3:53 0:51 22:21 0:51	4:43 0:50 28:07 5:46	7:10 2:27 29:23 1:16	8:36 1:26 31:05 1:42	9:24 0:48 32:49 1:44	10:07 0:43 34:06 1:17	11:37 1:30 34:46 0:40	12:42 1:05 35:08 0:22	14:51 2:09 35:14 0:06	16:13 1:22 35:14 0:06	17:14 1:01 35:14 0:06	20:11 2:57 35:14 0:06
4	3026	Orlando Barros [139] GDE	35:55	1:12 1:12 22:34 0:36	3:49 2:37 23:06 0:32	4:40 0:51 23:49 0:43	5:32 0:52 29:50 6:01	7:56 2:24 31:17 1:27	9:36 1:40 32:59 1:42	10:32 0:56 33:53 0:54	11:11 0:39 34:54 1:01	13:25 2:14 35:25 0:31	14:44 1:19 35:48 0:23	15:54 1:10 35:55 0:07	17:41 1:47 35:55 0:07	19:00 1:19 35:55 0:07	21:58 2:58 35:55 0:07

Pl	Stno	Name	Time														
HE (10)				2.8 km 165 m 24 C			<i>(cont.)</i>										
				1(112) 15(125)	2(103) 16(134)	3(105) 17(135)	4(101) 18(122)	5(107) 19(137)	6(136) 20(129)	7(106) 21(133)	8(104) 22(130)	9(138) 23(127)	10(131) 24(200)	11(117) F	12(109)	13(119)	14(123)
5	2092	António Olival [062] CA Madeira	36:36	1:21 1:21 25:07	4:21 3:00 25:50	5:24 1:03 26:36	6:27 1:03 29:03	9:39 3:12 30:29	11:12 1:33 32:28	12:09 0:57 33:35	13:03 0:54 35:24	14:55 1:52 36:00	16:40 1:45 36:29	17:40 1:00 36:36	19:22 1:42	20:54 1:32	24:19 3:25
6	5950	Fábio Pereira [073] CMO Funchal	36:56	0:48 1:24 25:04	0:43 4:12 25:39	0:46 5:08 26:22	2:27 5:58 29:57	1:26 8:17 31:30	1:59 9:51 33:12	1:07 10:39 34:08	1:49 11:30 35:48	0:36 13:32 36:25	0:29 15:01 36:48	0:07 16:32 36:56		19:11 20:09	24:06 3:57
7	6303	Ricardo Filipe V Gonça [073] CMO Funchal	39:36	0:58 1:30 1:30 26:45	0:35 4:04 2:34 27:14	0:43 4:58 0:54 27:56	3:35 5:50 0:52 32:35	1:33 12:35 6:45 34:02	1:42 14:06 1:31 35:53	0:56 14:54 0:48 36:50	1:40 15:42 0:48 38:13	0:37 17:44 2:02 39:00	0:23 19:00 1:16 39:29	0:08 20:34 1:34 39:36	22:09 23:15	23:15 1:06	26:09 2:54
8	5816	Dinarte Jesus [073] CMO Funchal	45:33	1:23 1:23 26:36	4:56 3:33 27:17	5:50 0:54 27:53	6:38 0:48 35:39	8:59 2:21 38:57	10:22 1:23 40:48	11:22 1:00 41:50	12:08 0:46 43:38	14:17 2:09 44:12	15:33 1:16 45:26	18:57 3:24 45:33	21:03 2:06	22:04 1:01	25:45 3:41
9	5820	Márcio Gouveia [137] LCM	47:55	0:51 1:42 1:42 32:59	0:41 4:40 2:58 33:38	0:36 6:53 2:13 34:55	7:46 7:39 0:46 37:55	3:18 10:49 3:10 40:30	1:51 13:42 2:53 42:30	1:02 14:49 1:07 43:32	1:48 16:43 1:54 45:25	0:34 19:15 2:32 47:12	1:14 20:48 1:33 47:50	0:07 23:27 2:39 47:55		27:04 28:27	32:00 3:33
	2150	Xavier Vieira [139] GDE	mp	0:59 1:06 21:38 0:58	0:39 2:07 22:06 0:28	1:17 4:01 -----	3:00 4:48 -----	2:35 7:17 23:14	2:00 8:22 25:30	1:02 9:00 26:21	1:53 9:40 27:29	1:47 11:01 28:12	0:38 13:57 28:36	0:05 15:01 28:41		*101	20:40 3:30
DE (4)				2.7 km 155 m 22 C													
				1(112) 15(135)	2(111) 16(122)	3(109) 17(137)	4(136) 18(127)	5(117) 19(129)	6(118) 20(133)	7(106) 21(130)	8(101) 22(200)	9(105) F	10(103)	11(107)	12(119)	13(123)	14(134)
1	4333	Sónia Silva [139] GDE	46:33	1:52 1:52 25:07 0:52	2:21 0:29 37:11 12:04	4:50 2:29 39:19 2:08	7:25 2:35 41:04 1:45	8:18 0:53 42:44 1:40	9:24 1:06 43:52 1:08	11:14 1:50 45:34 1:42	12:29 1:15 46:20 0:46	13:51 1:22 46:33 0:13	15:47 1:56	16:51 1:04	18:37 1:46	22:30 3:53	24:15 1:45
2	2289	Nélia Sousa [062] CA Madeira	56:22	2:04 2:04 39:18 1:05	2:42 0:38 44:59 5:41	5:33 2:51 46:33 1:34	8:45 3:12 48:09 1:36	10:12 1:27 50:28 2:19	11:37 1:25 52:09 1:41	19:54 8:17 55:11 3:02	21:42 1:48 56:12 1:01	23:54 2:12 56:22 0:10	26:40 2:46	27:54 1:14	30:08 2:14	35:54 5:46	38:13 2:19
3	5944	Laura Ramos [158] ACDJS	56:48	2:24 2:24 35:40 1:09	3:02 0:38 41:36 5:56	6:25 3:23 46:00 4:24	10:24 3:59 48:13 2:13	12:32 2:08 50:50 2:37	14:12 1:40 52:50 2:00	17:31 3:19 55:46 2:56	19:29 1:58 56:41 0:55	21:27 1:58 56:48 0:07	23:56 2:29	25:15 1:19	27:36 2:21	32:10 4:34	34:31 2:21
4	2174	Paula Rodrigues [172] ACM Madeira	1:01:38	1:56 1:56 35:54 0:58	2:43 0:47 49:11 13:17	5:31 2:48 51:04 1:53	15:10 9:39 52:31 1:27	18:49 3:39 54:19 1:48	19:46 0:57 58:00 3:41	21:22 1:36 1:00:14 2:14	22:31 1:09 1:01:32 1:18	23:58 1:27 1:01:38 0:06	25:59 2:01	27:05 1:06	28:53 1:48	33:32 4:39	34:56 1:24
H21A (12)				2.5 km 150 m 20 C													
				1(116) 15(137)	2(112) 16(127)	3(109) 17(129)	4(117) 18(132)	5(106) 19(130)	6(101) 20(200)	7(102) F	8(105)	9(104)	10(107)	11(119)	12(126)	13(125)	14(135)
1	6473	Leonel Gomes [158] ACDJS	29:29	1:16 1:16 22:19 2:13	2:23 1:07 23:52 1:33	4:08 1:45 25:32 1:40	6:45 2:37 27:15 1:43	8:58 2:13 28:31 1:16	9:57 0:59 29:23 0:52	10:38 0:41 29:29 0:06	11:19 0:41	12:51 1:32	13:23 0:32	14:56 1:33	18:01 3:05	19:05 1:04	20:06 1:01
2	6443	Rodolfo Ramos [158] ACDJS	29:51	1:17 1:17 22:16 2:04	1:53 0:36 23:31 1:15	4:14 2:21 25:42 1:10	6:56 2:42 27:19 3:03	8:32 1:36 28:58 2:33	9:40 1:08 29:43 0:48	10:28 0:48 29:51 0:08	11:05 0:37	12:32 1:27	13:05 0:33	14:29 1:24	17:42 3:13	19:09 1:27	20:12 1:03
3	5598	Afonso Fernandes [137] LCM	31:52	2:30 1:24 25:12 2:30	1:25 2:27 26:37 1:25	3:40 4:48 28:02 1:25	6:43 9:26 28:53 0:51	9:16 13:03 30:53 2:00	10:04 14:07 31:46 0:53	10:58 14:46 31:52 0:06	11:52 15:18	13:42 16:50	14:35 17:37	16:04 18:56	19:36 21:12	21:33 22:17	22:42 23:16
4	1449	Manuel Dias [151] GafanhOri	32:22	1:24 1:24 25:03 1:47	2:27 1:03 26:00 0:57	4:48 2:21 27:30 1:30	9:26 4:38 28:23 0:53	13:03 3:37 30:39 2:16	14:07 1:04 32:13 1:34	14:46 0:39 32:22 0:09	15:18 0:32	16:50 1:32	17:37 0:47	18:56 1:19	21:12 2:16	22:17 1:05	23:16 0:59
5	5651	Rubim Gonçalves [158] ACDJS	32:50	1:07 1:07 24:35 2:03	1:56 0:49 25:54 1:19	3:54 1:58 27:14 1:20	9:12 5:18 29:47 2:33	10:51 1:39 32:00 2:13	11:54 1:03 32:45 0:45	13:28 1:34 32:50 0:05	14:07 0:39	15:43 1:36	16:27 0:44	17:48 1:21	20:17 2:29	21:31 1:14	22:32 1:01
6	5852	João Figueira [062] CA Madeira	36:48	1:24 1:24 28:12 2:26	2:15 0:51 30:02 1:50	3:49 1:34 32:11 2:09	7:27 3:38 33:27 1:16	10:34 3:07 35:41 2:14	12:05 1:31 36:41 1:00	12:57 0:52 36:48 0:07	13:42 0:45	15:42 2:00	16:28 0:46	19:14 2:46	22:37 3:23	24:00 1:23	25:46 1:46
7	5103	Diogo Melim [062] CA Madeira	38:25	1:48 2:23 30:52 1:48	1:01 0:43 31:53 1:01	1:58 2:15 33:51 1:58	1:21 2:43 35:12 1:21	2:07 8:00 37:19 2:07	1:00 1:07 38:19 1:00	0:06 1:43 38:25 0:06	19:32 0:38	21:32 2:00	22:02 0:30	23:45 1:43	27:11 3:26	28:07 0:56	29:04 0:57
8	2369	Bruno Mendes [062] CA Madeira	46:47	1:39 1:39 35:54 5:01	2:53 1:14 38:08 2:14	8:06 5:13 40:29 2:21	11:17 3:11 42:04 1:35	14:36 3:19 45:28 3:24	16:18 1:42 46:38 1:10	17:29 1:11 46:47 0:09	18:19 0:50	20:18 1:59	20:56 0:38	22:41 1:45	27:03 4:22	28:56 1:53	30:53 1:57
9	6337	David de Sousa [062] CA Madeira	47:23	4:48 4:48 39:31 3:02	5:44 0:56 40:49 1:18	9:51 4:07 42:33 1:44	13:41 3:50 44:39 2:06	16:21 2:40 46:13 1:34	17:44 1:23 47:14 1:01	18:57 1:13 47:23 0:09	19:44 0:47	21:57 2:13	22:31 0:34	24:19 1:48	28:37 4:18	34:45 6:08	36:29 1:44

PI	Stno	Name	Time														
H21A (12)				2.5 km 150 m 20 C			(cont.)										
				1(116) 15(137)	2(112) 16(127)	3(109) 17(129)	4(117) 18(132)	5(106) 19(130)	6(101) 20(200)	7(102) F	8(105)	9(104)	10(107)	11(119)	12(126)	13(125)	14(135)
10	4298	Luis Gomes [073] CMO Funchal	53:24	1:24 1:24 41:40 4:59	2:28 1:04 44:09 2:29	4:58 2:30 46:39 2:30	13:38 8:40 48:48 2:09	16:38 3:00 52:13 3:25	18:02 1:24 53:12 0:59	19:13 1:11 53:24 0:12	20:20 1:07	23:10 2:50	25:04 1:54	27:34 2:30	33:01 5:27	34:55 1:54	36:41 1:46
11	5882	Rodrigo Abreu [139] GDE	53:43	1:05 1:05 42:39 5:31	1:43 0:38 45:28 2:49	5:13 3:30 48:28 3:00	9:29 4:16 50:11 1:43	13:13 3:44 52:36 2:25	14:40 1:27 53:36 1:00	16:03 1:23 53:43 0:07	16:48 0:45	20:05 3:17	21:30 1:25	24:28 2:58	31:01 6:33	33:16 2:15	37:08 3:52
12	5586	Luis Rosário [062] CA Madeira	1:02:46	3:13 3:13 52:02 5:49	4:38 1:25 54:48 2:46	7:31 2:53 57:22 2:34	13:25 5:54 59:03 1:41	19:51 6:26 1:01:41 2:38	23:23 3:32 1:02:35 0:54	25:09 1:46 1:02:46 0:11	25:55 0:46	29:11 3:16	30:29 1:18	33:33 3:04	40:03 6:30	42:23 2:20	46:13 3:50
D21A (4)				2.1 km 130 m 18 C													
				1(112) 15(133)	2(111) 16(129)	3(103) 17(128)	4(105) 18(200)	5(101) F	6(106)	7(136)	8(117)	9(119)	10(137)	11(123)	12(125)	13(134)	14(135)
1	6261	Sofia Inácio [073] CMO Funchal	41:48	2:17 2:17 36:29 6:18	3:05 0:48 39:12 2:43	7:22 4:17 41:01 1:49	8:44 1:22 41:39 0:38	10:05 1:21 41:48 0:09	13:12 3:07	15:16 2:04	18:44 3:28	21:38 2:54	25:32 3:54	27:08 1:36	28:13 1:05	29:05 0:52	30:11 1:06
2	6033	Melissa Jesus [158] ACDJS	53:57	2:14 2:14 49:09 7:07	2:59 0:45 50:49 1:40	7:51 4:52 52:41 1:52	9:18 1:27 53:49 1:08	10:37 1:19 53:57 0:08	14:17 3:40	17:06 2:49	18:40 1:34	32:59 14:19	37:10 4:11	39:13 2:03	40:16 1:03	41:01 0:45	42:02 1:01
3	6216	Lucilia Sousa [062] CA Madeira	57:52	2:39 2:39 52:24 6:46	3:27 0:48 53:57 1:33	8:55 5:28 56:46 2:49	13:01 4:06 57:40 0:54	14:38 1:37 57:52 0:12	18:53 4:15	23:28 4:35	25:44 2:16	35:15 9:31	39:53 4:38	42:16 2:23	43:21 1:05	44:14 0:53	45:38 1:24
4	6439	Fátima Olival [137] LCM	1:28:09	3:11 3:11 1:20:57 8:50	3:55 0:44 1:25:02 4:05	7:31 3:36 1:27:09 2:07	9:15 1:44 1:28:01 0:52	38:04 28:49 1:28:09 0:08	42:24 4:20	46:30 4:06	48:11 1:41	1:00:10 11:59	1:05:23 5:13	1:07:55 2:32	1:09:35 1:40	1:10:39 1:04	1:12:07 1:28
H35 (10)				2.8 km 165 m 24 C													
				1(112) 15(125)	2(103) 16(134)	3(105) 17(135)	4(101) 18(122)	5(107) 19(137)	6(136) 20(129)	7(106) 21(133)	8(104) 22(130)	9(138) 23(127)	10(131) 24(200)	11(117) F	12(109)	13(119)	14(123)
1	2512	Vítor Sousa [073] CMO Funchal	35:29	1:25 1:25 25:15 0:45	4:17 2:52 25:53 0:38	5:23 1:06 26:36 0:43	6:21 0:58 28:50 0:56	9:11 2:50 29:46 0:56	10:28 1:17 31:30 1:44	11:17 0:49 33:05 1:35	12:04 0:47 34:19 1:14	13:42 1:38 34:54 0:35	16:56 3:14 35:21 0:27	18:14 1:18 35:29 0:08	19:47 1:33	21:10 1:23	24:30 3:20
2	4169	Miguel Noia [137] LCM	40:41	1:23 1:23 24:50 0:44	4:20 2:57 25:37 0:47	5:19 0:59 26:23 0:46	6:35 1:16 32:31 6:08	8:53 2:18 34:22 1:51	10:44 1:51 36:02 1:40	11:43 0:59 37:16 1:14	12:30 0:47 38:57 1:41	14:35 2:05 39:58 1:01	15:52 1:17 40:32 0:34	16:54 1:02 40:41 0:09	19:16 2:22	20:39 1:23	24:06 3:27
3	6461	Sérgio Catarino [073] CMO Funchal	42:14	1:36 1:36 28:26 0:57	7:24 5:48 29:18 0:52	8:19 0:55 30:00 0:42	9:16 0:57 33:51 3:51	12:08 2:52 35:49 1:58	13:42 1:34 38:15 2:26	15:03 1:21 39:25 1:10	15:53 0:50 41:08 1:43	17:31 1:38 41:44 0:36	18:58 1:27 42:09 0:25	21:12 2:14 42:14 0:05	22:53 1:41	24:20 1:27	27:29 3:09
4	3712	Dinis Ferreira [062] CA Madeira	42:39	1:26 1:26 30:00 0:54	4:42 3:16 30:33 0:33	5:53 1:11 31:24 0:51	6:50 0:57 34:46 3:22	9:45 2:55 35:38 0:52	12:01 2:16 37:51 2:13	15:41 3:40 39:28 1:37	16:22 0:41 41:16 1:48	18:54 2:32 42:08 0:52	20:29 1:35 42:34 0:26	22:10 1:41 42:39 0:05	24:22 2:12	25:52 1:30	29:06 3:14
5	2161	Sidónio Jesus [062] CA Madeira	45:12	2:03 2:03 32:14 0:49	5:05 3:02 32:52 0:38	6:07 1:02 33:39 0:47	7:12 1:05 36:38 2:59	10:08 2:56 38:36 1:58	14:37 4:29 40:35 1:59	15:36 0:59 42:06 1:31	16:30 0:54 43:55 1:49	18:17 1:47 44:34 0:39	20:00 1:43 45:05 0:31	22:06 2:06 45:12 0:07	26:19 4:13	27:45 1:26	31:25 3:40
6	6134	Antonio Pereira [062] CA Madeira	46:50	2:08 2:08 31:22 0:51	4:25 2:17 32:13 0:51	5:34 1:09 33:04 0:51	6:37 1:03 37:47 4:43	10:18 3:41 39:24 1:37	13:13 2:55 41:34 2:10	14:12 0:59 43:14 1:40	15:30 1:18 45:24 2:10	18:48 3:18 46:11 0:47	20:45 1:57 46:42 0:31	22:15 1:30 46:50 0:08	24:24 2:09	26:06 1:42	30:31 4:25
7	6231	Paulo Rodrigues [073] CMO Funchal	48:21	2:26 2:26 35:23 0:53	7:20 4:54 36:02 0:39	8:44 1:24 36:51 0:49	9:48 1:04 40:01 3:10	13:12 3:24 41:39 1:38	17:38 4:26 43:46 2:07	18:46 1:08 45:09 1:23	19:40 0:54 47:13 2:04	21:37 1:57 47:48 0:35	23:15 1:38 48:16 0:28	25:12 1:57 48:21 0:05	29:26 4:14	30:54 1:28	34:30 3:36
8	4198	Sérgio Silva Lopes [073] CMO Funchal	52:50	2:00 2:00 32:20 0:49	6:57 4:57 33:15 0:55	8:03 1:06 34:20 1:05	9:13 1:10 42:44 8:24	12:26 3:13 44:25 1:41	14:25 1:59 47:03 2:38	15:59 1:34 48:49 1:46	17:04 1:05 51:10 2:21	19:45 2:41 52:07 0:57	21:21 1:36 52:41 0:34	23:23 2:02 52:50 0:09	26:11 2:48	27:52 1:41	31:31 3:39
9	6137	Toni Silva [137] LCM	1:01:46	1:39 1:39 45:33 1:10	4:30 2:51 46:44 1:11	5:35 1:05 47:28 0:44	6:35 1:00 53:28 6:00	9:08 2:33 55:11 1:43	10:48 1:40 57:12 2:01	11:39 0:51 58:41 1:29	13:10 1:31 59:58 1:17	21:23 8:13 1:01:02 1:04	22:33 1:10 1:01:38 0:36	24:26 1:53 1:01:46 0:08	27:09 2:43	35:40 8:31	44:23 8:43
4464	Pedro Damião [062] CA Madeira	mp		1:48 1:48 30:34 0:47	5:19 3:31 31:31 0:57	6:28 1:09 32:21 0:50	7:30 1:02 ----- 0:37	10:41 3:11 34:42 2:21	15:11 4:30 36:47 2:05	16:04 0:53 38:22 1:35	16:52 0:48 39:58 1:36	18:37 1:45 40:39 0:41	20:15 1:38 41:07 0:28	22:08 1:53 41:12 0:05	24:35 2:27	26:00 1:25	29:47 3:47
D35 (4)				2.1 km 130 m 18 C													
				1(112) 15(133)	2(111) 16(129)	3(103) 17(128)	4(105) 18(200)	5(101) F	6(106)	7(136)	8(117)	9(119)	10(137)	11(123)	12(125)	13(134)	14(135)
1	2272	Adriana Ladeira [062] CA Madeira	37:26	2:52 2:52 34:19 4:33	3:25 0:33 35:36 1:17	7:13 3:48 36:39 1:03	8:39 1:26 37:16 0:37	9:54 1:15 37:26 0:10	13:22 3:28	17:12 3:50	18:51 1:39	21:16 2:25	25:00 3:44	26:37 1:37	27:41 1:04	28:57 1:16	29:46 0:49

PI	Stno	Name	Time														
D35 (4)				2.1 km 130 m 18 C				<i>(cont.)</i>									
				1(112) 15(133)	2(111) 16(129)	3(103) 17(128)	4(105) 18(200)	5(101) F	6(106)	7(136)	8(117)	9(119)	10(137)	11(123)	12(125)	13(134)	14(135)
2	3584	Ana Abreu [039] CP Telecom	42:27	2:32 2:32 38:42 5:25	3:23 0:51 39:53 1:17	8:12 4:49 41:18 1:25	9:52 1:40 42:18 1:00	11:16 1:24 42:27 0:09	14:38 3:22	16:34 1:56	18:37 2:03	22:15 3:38	27:51 5:36	29:33 1:42	30:43 1:10	32:16 1:33	33:17 1:01
3	3286	Donita Barradas [073] CMO Funchal	43:47	3:06 3:06 39:34 8:01	3:46 0:40 40:59 1:25	7:03 3:17 42:53 1:54	8:40 1:37 43:36 0:43	10:10 1:30 43:47 0:11	13:36 3:26	16:06 2:30	17:46 1:40	22:56 5:10	26:07 3:11	27:35 1:28	28:52 1:17	29:47 0:55	31:33 1:46
4	3713	Susana Graça [062] CA Madeira	50:35	3:21 3:21 45:35 10:04	4:36 1:15 47:14 1:39	8:32 3:56 49:23 2:09	10:58 2:26 50:23 1:00	12:29 1:31 50:35 0:12	16:21 3:52	20:04 3:43	22:06 2:02	24:58 2:52	29:56 4:58	31:59 2:03	33:04 1:05	34:03 0:59	35:31 1:28
H45 (3)				2.7 km 155 m 22 C													
				1(112) 15(135)	2(111) 16(122)	3(109) 17(137)	4(136) 18(127)	5(117) 19(129)	6(118) 20(133)	7(106) 21(130)	8(101) 22(200)	9(105) F	10(103)	11(107)	12(119)	13(123)	14(134)
1	2263	Duarte Andrade [073] CMO Funchal	33:52	1:17 1:17 21:30 0:47	1:49 0:32 25:40 4:10	3:50 2:01 27:31 1:51	6:15 2:25 28:38 1:07	7:21 1:06 29:56 1:18	8:19 0:58 30:59 1:03	10:08 1:49 32:58 1:59	11:17 1:09 33:43 0:45	12:32 1:15 33:52 0:09	14:01 1:29	14:50 0:49	16:15 1:25	19:14 2:59	20:43 1:29
2	2982	Frederico Jesus [062] CA Madeira	40:12	1:33 1:33 25:49 0:55	1:58 0:25 29:00 3:11	4:35 2:37 31:53 2:53	7:00 2:25 33:00 1:07	8:19 1:19 34:54 1:54	9:34 1:15 37:04 2:10	11:04 1:30 38:51 1:47	12:16 1:12 40:07 1:16	13:48 1:32 40:12 0:05	16:01 2:13	17:18 1:17	19:10 1:52	23:16 4:06	24:54 1:38
3	2162	Francisco Jesus [062] CA Madeira	1:00:36	2:41 2:41 36:20 1:19	3:25 0:44 46:44 10:24	7:10 3:45 48:37 1:53	12:37 5:27 51:20 2:43	13:51 1:14 53:37 2:17	15:06 1:15 56:30 2:53	17:23 2:17 58:35 2:05	19:09 1:46 1:00:24 1:49	21:25 2:16 1:00:36 0:12	24:03 2:38	25:31 1:28	27:52 2:21	32:36 4:44	35:01 2:25
D45 (1)				1.9 km 110 m 15 C													
				1(109) 15(200)	2(104) F	3(105)	4(101)	5(106)	6(107)	7(114)	8(123)	9(125)	10(135)	11(122)	12(137)	13(127)	14(128)
1	6239	Lídia Silva [139] GDE	1:09:45	4:11 4:11 1:09:31 1:03	16:16 12:05 1:09:45 0:14	18:37 2:21	20:13 1:36	25:41 5:28	32:21 6:40	34:30 2:09	40:09 5:39	42:44 2:35	44:09 1:25	50:58 6:49	1:04:20 13:22	1:08:05 3:45	1:08:28 0:23
H50 (2)				2.5 km 150 m 20 C													
				1(116) 15(137)	2(112) 16(127)	3(109) 17(129)	4(117) 18(132)	5(106) 19(130)	6(101) 20(200)	7(102) F	8(105)	9(104)	10(107)	11(119)	12(126)	13(125)	14(135)
1	2099	José Bernardo [070] COC	35:08	1:17 1:17 26:24 2:24	2:00 0:43 28:22 1:58	4:48 2:48 30:10 1:48	7:42 2:54 31:04 0:54	9:39 1:57 33:53 2:49	10:47 1:08 35:01 1:08	11:33 0:46 35:08 0:07	12:09 0:36	14:01 1:52	14:38 0:37	16:13 1:35	21:21 5:08	22:56 1:35	24:00 1:04
2	1471	José Pires 094 CPOC	41:31	1:38 1:38 31:17 2:35	2:41 1:03 33:08 1:51	5:51 3:10 35:27 2:19	10:07 4:16 36:37 1:10	12:20 2:13 39:27 2:50	13:59 1:39 41:20 1:53	15:03 1:04 41:31 0:11	16:04 1:01	18:27 2:23	19:17 0:50	21:35 2:18	25:49 4:14	27:11 1:22	28:42 1:31
D50 (1)				1.7 km 105 m 14 C													
				1(103) F	2(104)	3(131)	4(118)	5(106)	6(138)	7(119)	8(123)	9(125)	10(134)	11(132)	12(129)	13(127)	14(200)
1	9013	Julia Jarvis [11100] SO ENGLAND	27:58	1:53 1:53 27:58 0:08	2:24 0:31	6:54 4:30	8:33 1:39	10:31 1:58	13:54 3:23	14:36 0:42	18:28 3:52	19:29 1:01	20:18 0:49	24:25 4:07	25:36 1:11	27:20 1:44	27:50 0:30
H55 (8)				1.9 km 110 m 15 C													
				1(109) 15(200)	2(104) F	3(105)	4(101)	5(106)	6(107)	7(114)	8(123)	9(125)	10(135)	11(122)	12(137)	13(127)	14(128)
1	9012	Steve Jarvis [11100] SO ENGLAND	22:37	1:27 1:27 22:31 0:40	1:56 0:29 22:37 0:06	3:09 1:13	4:10 1:01	6:48 2:38	8:08 1:20	9:32 1:24	12:30 2:58	13:34 1:04	14:33 0:59	18:25 3:52	20:03 1:38	21:28 1:25	21:51 0:23
2	3147	Emanuel Abreu [039] CP Telecom	30:11	1:31 1:31 30:03 0:59	2:12 0:41 30:11 0:08	3:32 1:20	4:41 1:09	7:20 2:39	8:40 1:20	10:23 1:43	16:59 6:36	18:07 1:08	19:18 1:11	25:14 5:56	26:55 1:41	28:32 1:37	29:04 0:32
3	2266	José Nunes [062] CA Madeira	33:32	1:57 1:57 33:25 0:41	2:55 0:58 33:32 0:07	5:14 2:19	6:49 1:35	9:54 3:05	11:28 1:34	13:30 2:02	18:45 5:15	19:37 0:52	21:24 1:47	27:05 5:41	29:50 2:45	32:18 2:28	32:44 0:26
4	4792	José Rosário [062] CA Madeira	34:34	1:38 1:38 34:26 1:31	2:15 0:37 34:34 0:08	4:17 2:02	5:44 1:27	8:40 2:56	10:32 1:52	12:20 1:48	19:16 6:56	20:10 0:54	21:26 1:16	27:31 6:05	30:03 2:32	32:31 2:28	32:55 0:24
5	3763	João Pupo [039] CP Telecom	36:16	1:45 1:45 36:09 1:26	2:24 0:39 36:16 0:07	3:54 1:30	5:56 2:02	10:22 4:26	12:11 1:49	13:54 1:43	18:59 5:05	20:06 1:07	21:43 1:37	31:08 9:25	32:56 1:48	34:26 1:30	34:43 0:17
6	3983	José Sardinha [039] CP Telecom	39:51	5:13 5:13 39:40 0:29	5:54 0:41 39:51 0:11	7:55 2:01	9:18 1:23	12:06 2:48	13:44 1:38	15:21 1:37	21:45 6:24	22:56 1:11	24:47 1:51	31:58 7:11	35:47 3:49	38:09 2:22	39:11 1:02

Pl	Stno	Name	Time													
H55 (8)				1.9 km 110 m 15 C	<i>(cont.)</i>											
				1(109) 15(200)	2(104) F	3(105)	4(101)	5(106)	6(107)	7(114)	8(123)	9(125)	10(135)	11(122)	12(137)	13(127) 14(128)
7	2364	António Amador [073] CMo Funchal	39:54	2:26 2:26 39:43 0:47	3:04 0:38 39:54 0:11	5:02 1:58	6:36 1:34	10:54 4:18	12:51 1:57	15:17 2:26	22:20 7:03	23:38 1:18	25:30 1:52	31:37 6:07	35:58 4:21	38:10 2:12 38:56 0:46
8	4196	Carlos Jorge Silva [062] CA Madeira	50:07	2:40 2:40 49:52 1:42	3:47 1:07 50:07 0:15	6:57 3:10	9:03 2:06	14:18 5:15	17:44 3:26	20:44 3:00	28:04 7:20	29:59 1:55	32:40 2:41	41:48 9:08	44:38 2:50	47:51 3:13 48:10 0:19
D55 (2)				1.7 km 100 m 14 C	1(116) F	2(112)	3(104)	4(106)	5(136)	6(131)	7(119)	8(134)	9(125)	10(123)	11(137)	12(122) 13(128) 14(200)
1	4195	Susana Ines Silva [062] CA Madeira	40:14	2:00 2:00 40:14 0:12	3:30 1:30	7:27 3:57	9:36 2:09	13:00 3:24	17:02 4:02	19:22 2:20	28:54 9:32	30:19 1:25	31:55 1:36	34:10 2:15	37:27 3:17	39:09 1:42 40:02 0:53
2	5704	Otilia Henriques [073] CMo Funchal	1:27:45	3:19 3:19 1:27:45 0:18	6:00 2:41	18:30 12:30	23:48 5:18	28:39 4:51	34:50 6:11	45:36 10:46	1:01:26 15:50	1:04:06 2:40	1:08:42 4:36	1:16:16 7:34	1:21:23 5:07	1:25:16 3:53 1:27:27 2:11
H60 (2)				1.7 km 105 m 14 C	1(103) F	2(104)	3(131)	4(118)	5(106)	6(138)	7(119)	8(123)	9(125)	10(134)	11(132)	12(129) 13(127) 14(200)
1	9009	Ulf Burman [11052] Gustavsbergs C	21:36	1:38 1:38 21:36 0:09	2:03 0:25	4:12 2:09	5:54 1:42	7:49 1:55	9:52 2:03	10:26 0:34	13:43 3:17	14:38 0:55	15:28 0:50	18:20 2:52	19:30 1:10	21:00 1:30 21:27 0:27
2	3430	Dias Coelho [033] Clube TAP	1:06:10	3:10 3:10 1:06:10 0:11	3:56 0:46	8:43 4:47	13:33 4:50	21:02 7:29	28:48 7:46	30:28 1:40	38:29 8:01	40:18 1:49	41:53 1:35	52:33 10:40	59:45 7:12	1:04:49 5:04 1:05:59 1:10
D60 (2)				1.7 km 100 m 14 C	1(116) F	2(112)	3(104)	4(106)	5(136)	6(131)	7(119)	8(134)	9(125)	10(123)	11(137)	12(122) 13(128) 14(200)
1	9008	Anneli Lindkvist [11052] Gustavsbergs C	28:07	1:35 1:35 28:07 0:10	2:34 0:59	6:37 4:03	7:47 1:10	9:58 2:11	12:08 2:10	13:55 1:47	19:35 5:40	20:35 1:00	21:34 0:59	23:46 2:12	25:24 1:38	27:12 1:48 27:57 0:45
2	9010	Mezo Éva [11057] PVM	35:12	1:57 1:57 35:12 0:13	3:27 1:30	9:38 6:11	11:25 1:47	13:50 2:25	16:30 2:40	18:39 2:09	26:29 7:50	27:45 1:16	29:07 1:22	30:38 1:31	32:35 1:57	34:14 1:39 34:59 0:45
H65 (1)				1.7 km 100 m 14 C	1(116) F	2(112)	3(104)	4(106)	5(136)	6(131)	7(119)	8(134)	9(125)	10(123)	11(137)	12(122) 13(128) 14(200)
1	9011	Fluck István [11057] PVM	32:18	1:38 1:38 32:18 0:09	2:28 0:50	7:35 5:07	9:24 1:49	11:25 2:01	13:37 2:12	15:46 2:09	23:32 7:46	25:17 1:45	26:32 1:15	28:01 1:29	29:45 1:44	31:19 1:34 32:09 0:50
H70 (2)				1.5 km 85 m 15 C	1(113) 15(200)	2(108) F	3(103)	4(106)	5(136)	6(138)	7(121)	8(134)	9(125)	10(124)	11(123)	12(130) 13(128) 14(127)
1	1576	Francisco Coelho [033] Clube TAP	39:10	2:27 2:27 38:45 1:16	4:18 1:51 39:10 0:25	5:37 1:19	8:31 2:54	11:13 2:42	15:03 3:50	19:17 4:14	27:11 7:54	28:30 1:19	30:08 1:38	31:54 1:46	35:16 3:22	36:31 1:15 37:29 0:58
	9000	George Guy Goodair [9899] EPOC	mp	2:21 2:21 56:19 1:10	3:58 1:37 56:33 0:14	4:54 0:56	10:19 5:25	15:54 5:35	----- 21:20	37:14 21:20	44:54 7:40	46:26 1:32	47:33 1:07	49:51 2:18	52:54 3:03	54:09 1:15 55:09 1:00
D70 (1)				1.5 km 85 m 15 C	1(113) 15(200)	2(108) F	3(103)	4(106)	5(136)	6(138)	7(121)	8(134)	9(125)	10(124)	11(123)	12(130) 13(128) 14(127)
1	9001	Judith Goodair [9899] EPOC	29:59	1:45 1:45 29:51 1:13	3:22 1:37 29:59 0:08	4:11 0:49	7:15 3:04	9:56 2:41	13:06 3:10	16:21 3:15	20:30 4:09	21:26 0:56	22:20 0:54	23:59 1:39	26:53 2:54	27:52 0:59 28:38 0:46