

Pl	Stno	Name	Time														
PROM1 - Fácil Curto (1)			2.1 km 85 m 15 C														
			1(131) 15(200)	2(132) F	3(130)	4(139)	5(133)	6(129)	7(126)	8(121)	9(116)	10(108)	11(107)	12(109)	13(113)	14(120)	
1	90019	Rafael Inácio [1564] Individual POR	28:31 3:11 3:11 27:42 1:05	4:34 1:23 1:23 28:31 0:49	6:15 1:41 1:46	8:01 1:04 0:52	8:53 0:52	9:46 0:53	10:57 1:11	12:13 1:16	13:55 1:42	18:15 4:20	19:28 1:13	21:29 2:01	24:02 2:33	26:37 2:35	
PROM3 - Fácil Longo (1)			2.6 km 105 m 17 C														
			1(136) 15(122)	2(137) 16(120)	3(139) 17(200)	4(133) F	5(140)	6(124)	7(121)	8(115)	9(111)	10(143)	11(107)	12(105)	13(113)	14(142)	
1	9006	Tânia Silva [1564] Individual POR	51:54 4:57 48:04 2:58	8:27 3:30 50:23 2:19	12:36 4:09 51:26 1:03	13:40 1:04 51:54 0:28	16:54 3:14	19:08 2:14	21:19 2:11	25:32 4:13	31:20 5:48	34:24 3:04	36:20 1:56	38:59 2:39	43:02 4:03	45:06 2:04	
H16 (1)			4.0 km 195 m 20 C														
			1(125) 15(142)	2(137) 16(115)	3(138) 17(121)	4(127) 18(124)	5(128) 19(122)	6(119) 20(200)	7(143) F	8(106)	9(102)	10(103)	11(101)	12(105)	13(110)	14(114)	
1	5601	João Vieira [139] GDE	47:29 2:07 40:57 3:27	2:07 2:19 42:16 1:19	4:26 4:55 43:49 1:33	9:21 1:39 45:14 1:25	11:00 2:21 46:14 1:00	17:04 3:43 47:06 0:52	21:22 4:18 47:29 0:23	22:47 1:25	27:57 5:10	28:47 0:50	29:37 0:50	32:36 2:59	36:14 3:38	37:30 1:16	
D16 (1)			3.5 km 180 m 17 C														
			1(136) 15(119)	2(137) 16(123)	3(139) 17(200)	4(140) F	5(117)	6(115)	7(114)	8(110)	9(144)	10(101)	11(141)	12(105)	13(143)	14(118)	
1	6327	Beatriz Coelho [033] Clube TAP	1:41:15 5:28 1:30:57 1:35	5:28 2:07 1:36:10 5:13	9:49 2:14 1:40:50 4:40	14:50 5:01 1:41:15 0:25	23:21 8:31	26:30 3:09	47:16 20:46	49:35 2:19	1:05:27 15:52	1:11:47 6:20	1:16:26 4:39	1:19:22 2:56	1:21:08 1:46	1:29:22 8:14	
H18 (1)			4.5 km 210 m 23 C														
			1(134) 15(114)	2(135) 16(118)	3(133) 17(119)	4(127) 18(112)	5(128) 19(115)	6(123) 20(124)	7(143) 21(121)	8(111) 22(117)	9(106) 23(200)	10(102) F	11(144)	12(145)	13(101)	14(105)	
1	5397	Filipe Jesus [062] CA Madeira	1:30:52 9:47 1:05:13 5:35	12:14 2:27 1:11:39 6:26	15:01 2:47 1:12:38 0:59	16:50 1:49 1:17:07 4:29	25:18 8:28 1:20:43 3:36	26:50 1:32 1:24:44 4:01	34:54 8:04 1:26:27 1:43	36:15 1:21 1:28:30 2:03	38:18 2:03 1:30:29 1:59	45:52 7:34 1:30:52 0:23	48:02 2:10	53:26 5:24 1:30:29 *200	55:09 1:43	59:38 4:29	
HE (6)			4.6 km 220 m 24 C														
			1(137) 15(110)	2(135) 16(118)	3(133) 17(119)	4(127) 18(109)	5(125) 19(115)	6(128) 20(117)	7(123) 21(121)	8(111) 22(124)	9(106) 23(122)	10(102) 24(200)	11(144) F	12(145)	13(101)	14(105)	
1	3785	Nelson Baroca [062] CA Madeira	43:20 3:23 31:07	3:55 0:32 33:23	5:13 1:18 34:04	5:55 0:42 35:48	7:37 1:42 37:13	9:03 1:26 38:31	9:57 0:54 40:02	13:00 3:03 41:03	13:59 0:59 42:03	16:14 2:15 42:54	17:11 0:57 43:20	24:25 7:14	25:10 0:45	28:37 3:27	
2	5816	Dinarte Jesus [073] CMo Funchal	55:23 2:30 3:48 3:48 35:13 1:41	2:16 4:43 0:55 38:14 3:01	0:41 6:11 1:28 39:07 0:53	1:44 7:43 1:32 43:19 4:12	1:25 9:13 1:30 45:01 1:42	1:18 10:56 1:43 48:09 3:08	1:31 11:53 0:57 51:53 3:44	1:01 17:21 5:28 53:02 1:09	1:00 18:43 1:22 54:12 1:10	0:51 23:31 4:48 55:02 0:50	0:26 25:01 1:30 55:23 0:21	29:23 4:22	30:29 1:06	33:32 3:03	
3	4667	Emanuel Barreto [137] LCM	56:44 4:13 36:50 2:41	8:44 4:31 40:15 3:25	10:27 1:43 41:32 1:17	11:57 1:30 44:38 3:06	13:42 1:45 46:46 2:08	15:28 1:46 48:44 1:58	16:50 1:22 52:10 3:26	20:53 4:03 53:49 1:39	22:03 1:10 55:07 1:18	25:21 3:18 56:16 1:09	27:02 1:41 56:44 0:28	29:07 2:05	30:09 1:02	34:09 4:00	
4	2150	Xavier Vieira [139] GDE	57:50 2:47 40:01 1:54	4:40 1:53 42:59 2:58	8:18 3:38 44:11 1:12	9:07 0:49 49:42 5:31	10:25 1:18 51:03 1:21	11:35 1:10 52:33 1:30	12:47 1:12 54:14 1:41	16:49 4:02 55:32 1:18	17:47 0:58 56:32 1:00	20:00 2:13 57:23 0:51	23:25 3:25 57:50 0:27	25:11 1:46	26:15 1:04	38:07 11:52	
5	5950	Fábio Pereira [073] CMo Funchal	59:26 4:53 40:50 2:34	5:27 0:34 44:37 3:47	6:29 1:02 45:48 1:11	7:31 1:02 49:40 3:52	8:53 1:22 51:29 1:49	10:20 1:27 53:20 1:51	11:20 1:00 55:05 1:45	18:29 7:09 56:29 1:24	19:57 1:28 58:00 1:31	23:08 3:11 58:57 0:57	24:19 1:11 59:26 0:29	31:30 7:11	32:34 1:04	38:16 5:42	
6	6303	Ricardo Filipe V Gonça [073] CMo Funchal	1:01:26 4:28 4:28 37:15 1:42	5:06 0:38 45:55 8:40	6:11 1:05 46:47 0:52	7:29 1:18 52:09 5:22	8:48 1:19 54:05 1:56	10:17 1:29 55:43 1:38	11:28 1:11 57:19 1:36	16:13 4:45 59:00 1:41	17:26 1:13 1:00:15 1:15	17:26 4:01 1:01:04 0:49	21:27 1:48 1:01:26 0:22	23:15 1:16	28:00 4:45	29:16 1:16	35:33 6:17
DE (1)			4.5 km 210 m 23 C														
			1(134) 15(114)	2(135) 16(118)	3(133) 17(119)	4(127) 18(112)	5(128) 19(115)	6(123) 20(124)	7(143) 21(121)	8(111) 22(117)	9(106) 23(200)	10(102) F	11(144)	12(145)	13(101)	14(105)	
1	2174	Paula Rodrigues [172] ACM Madeira	1:19:15 5:24 55:19 4:05	7:37 2:13 57:32 2:13	9:34 1:57 59:23 1:51	12:13 2:39 1:03:20 3:57	17:00 4:47 1:05:33 2:13	18:46 1:46 1:09:48 4:15	23:01 4:15 1:11:30 1:42	31:49 8:48 1:16:13 4:43	33:28 1:39 1:18:46 2:33	40:29 7:01 1:19:15 0:29	42:15 1:46	44:49 2:34	46:51 2:02	51:14 4:23	
H21A (5)			4.0 km 195 m 20 C														
			1(125) 15(142)	2(137) 16(115)	3(138) 17(121)	4(127) 18(124)	5(128) 19(122)	6(119) 20(200)	7(143) F	8(106)	9(102)	10(103)	11(101)	12(105)	13(110)	14(114)	
1	1449	Manuel Dias [151] GafanhOri	48:11 2:32 37:05 2:14	3:29 0:57 38:42 1:37	4:54 1:25 40:30 1:48	6:47 1:53 42:14 1:44	9:46 2:59 46:55 4:41	13:45 3:59 47:45 0:50	18:22 4:37 48:11 0:26	19:46 1:24	24:08 4:22	25:00 0:52	25:56 0:56	29:19 3:23	33:32 4:13	34:51 1:19	

PI	Stno	Name	Time														
H21A (5)				4.0 km 195 m 20 C				<i>(cont.)</i>									
				1(125) 15(142)	2(137) 16(115)	3(138) 17(121)	4(127) 18(124)	5(128) 19(122)	6(119) 20(200)	7(143) F	8(106)	9(102)	10(103)	11(101)	12(105)	13(110)	14(114)
2	5651	Rubim Gonçalves [158] ACDJS	1:08:50	8:28 8:28 1:02:23 2:05	10:02 1:34 1:03:23 1:00	13:10 3:08 1:04:56 1:33	15:00 1:50 1:06:26 1:30	17:45 2:45 1:07:41 1:15	20:54 3:09 1:08:33 0:52	32:26 11:32 1:08:50 0:17	33:05 0:39	44:54 11:49	46:11 1:17	47:39 1:28	51:23 3:44	59:18 7:55	1:00:18 1:00
3	6337	David de Sousa [062] CA Madeira	1:19:35	3:21 3:21 1:11:14 8:09	4:59 1:38 1:12:43 1:29	6:50 1:51 1:14:58 2:15	9:49 2:59 1:16:36 1:38	12:22 2:33 1:18:01 1:25	17:29 5:07 1:19:09 1:08	32:25 14:56 1:19:35 0:26	34:24 1:59	48:10 13:46	49:04 0:54	49:51 0:47	55:10 5:19	59:48 4:38	1:03:05 3:17
4	6443	Rodolfo Ramos [158] ACDJS	1:20:42	6:43 6:43 1:12:17 2:29	9:15 2:32 1:14:39 2:22	16:43 7:28 1:16:32 1:53	20:07 3:24 1:17:59 1:27	22:50 2:43 1:19:10 1:11	26:08 3:18 1:20:15 1:05	31:05 4:57 1:20:42 0:27	32:29 1:24	37:52 5:23	38:47 0:55	40:06 1:19	52:23 12:17	55:09 2:46	1:09:48 14:39
5	6473	Leonel Gomes [158] ACDJS	1:25:40	5:56 5:56 1:17:15 3:03	7:43 1:47 1:19:44 2:29	10:24 2:41 1:21:35 1:51	18:48 8:24 1:22:55 1:20	21:05 2:17 1:24:06 1:11	29:52 8:47 1:25:11 1:05	36:02 6:10 1:25:40 0:29	37:33 1:31	42:59 5:26	43:51 0:52	45:12 1:21	57:35 12:23	1:00:03 2:28	1:14:12 14:09
D21A (4)				3.9 km 195 m 20 C													
				1(125) 15(105)	2(137) 16(143)	3(138) 17(119)	4(139) 18(123)	5(140) 19(120)	6(122) 20(200)	7(117) F	8(115)	9(114)	10(110)	11(102)	12(144)	13(145)	14(141)
1	4789	Marta Nunes [062] CA Madeira	1:12:20	4:19 4:19 50:57	7:09 2:50 54:52	9:05 1:56 1:02:51	11:05 2:00 1:08:29	13:23 2:18 1:11:03	16:19 2:56 1:11:43	17:09 0:50 1:12:20	19:07 1:58	29:25 10:18	31:04 1:39	37:17 6:13	39:25 2:08	43:52 4:27	47:32 3:40
2	6261	Sofia Inácio [073] CMo Funchal	1:29:09	3:25 3:46 1:07:25 2:47	3:55 2:08 1:09:03 1:38	7:59 4:21 1:19:17 10:14	5:38 1:47 1:23:59 4:42	2:34 2:04 1:27:54 3:55	0:40 2:58 1:28:37 0:43	0:37 1:43 1:29:09 0:32	20:38 1:51	35:42 15:04	37:59 2:17	49:35 11:36	52:58 3:23	1:00:59 8:01	1:04:38 3:39
3	6033	Melissa Jesus [158] ACDJS	1:39:09	11:38 11:38 1:17:26 2:52	13:08 1:30 1:19:00 1:34	17:59 4:51 1:29:13 10:13	19:20 1:21 1:34:14 5:01	21:29 2:09 1:37:53 3:39	24:39 3:10 1:38:35 0:42	25:34 0:55 1:39:09 0:34	28:00 2:26	45:36 17:36	47:46 2:10	59:28 11:42	1:02:53 3:25	1:11:04 8:11	1:14:34 3:30
4	6216	Lucília Sousa [062] CA Madeira	2:08:41	4:46 4:46 1:37:00 3:32	21:05 16:19 1:46:11 9:11	23:57 2:52 1:58:32 12:21	29:27 5:30 2:04:11 5:39	32:53 3:26 2:06:54 2:43	36:06 3:13 2:07:53 0:59	37:45 1:39 2:08:41 0:48	40:37 2:52	1:02:41 22:04	1:04:39 1:58	1:15:40 11:01	1:18:42 3:02	1:25:25 6:43	1:33:28 8:03
H35 (11)				4.6 km 220 m 24 C													
				1(137) 15(110)	2(135) 16(118)	3(133) 17(119)	4(127) 18(109)	5(125) 19(115)	6(128) 20(117)	7(123) 21(121)	8(111) 22(124)	9(106) 23(122)	10(102) 24(200)	11(144) F	12(145)	13(101)	14(105)
1	2512	Vítor Sousa [073] CMo Funchal	56:44	5:16 5:16 38:29 2:03	6:06 0:50 42:14 3:45	7:10 1:04 43:23 1:09	9:58 2:48 47:10 1:09	11:29 1:31 49:13 2:03	16:32 5:03 51:07 1:54	17:56 1:24 52:56 1:49	22:48 4:52 54:22 1:26	23:57 1:09 55:31 1:09	28:06 4:09 56:21 0:50	29:30 1:24 56:44 0:23	31:59 2:29 1:12	33:11 1:12	36:26 3:15
2	2161	Sidónio Jesus [062] CA Madeira	59:55	4:47 4:47 39:59 2:16	6:13 1:26 43:40 3:41	9:48 3:35 44:53 1:13	11:50 2:02 47:41 2:48	13:29 1:39 49:31 1:50	15:03 1:34 51:47 2:16	16:22 1:19 55:00 3:13	21:23 5:01 56:45 1:45	22:58 1:35 58:28 1:43	27:47 4:49 59:24 0:56	29:31 1:44 59:55 0:31	32:28 2:57	33:52 1:24	37:43 3:51
3	5196	António Ramos [158] ACDJS	1:07:20	4:11 4:11 47:00 3:11	8:24 4:13 50:57 3:57	9:52 1:28 52:06 1:09	12:12 2:20 55:33 3:27	14:10 1:58 57:36 2:03	16:51 2:41 59:56 2:20	18:29 1:38 1:02:29 2:33	26:28 7:59 1:04:13 1:44	28:14 1:46 1:05:56 1:43	33:27 5:13 1:06:58 1:02	35:11 1:44 1:07:20 0:22	37:20 2:09	39:13 1:53	43:49 4:36
4	4169	Miguel Noia [137] LCM	1:16:41	3:43 3:43 48:36 2:23	4:41 0:58 52:01 3:25	11:14 6:33 53:12 1:11	12:40 1:26 1:05:54 12:42	14:24 1:44 1:07:23 1:29	16:09 1:45 1:09:20 1:57	19:30 3:21 1:12:12 2:52	24:58 5:28 1:14:06 1:54	26:34 1:36 1:15:21 1:15	31:10 4:36 1:16:14 0:53	32:26 1:16 1:16:41 0:27	37:52 5:26	39:13 1:21	46:13 7:00
5	6461	Sérgio Catarino [073] CMo Funchal	1:27:14	12:53 12:53 1:00:42 2:14	13:47 0:54 1:06:37 5:55	15:40 1:53 1:08:08 1:31	21:54 6:14 1:15:51 7:43	23:40 1:46 1:18:02 2:11	25:54 2:14 1:20:02 2:00	27:31 1:37 1:23:02 3:00	35:21 7:50 1:24:19 1:17	37:51 2:30 1:25:50 1:31	43:44 5:53 1:26:50 1:00	45:11 1:27 1:27:14 0:24	50:16 5:05	52:08 1:52	58:28 6:20
6	6134	Antonio Pereira [062] CA Madeira	1:33:02	7:51 7:51 1:04:21 2:33	9:06 1:15 1:08:40 4:19	11:31 2:25 1:10:06 1:26	23:58 12:27 1:13:50 3:44	25:49 1:51 1:15:50 2:00	27:24 1:35 1:24:25 8:35	28:45 1:21 1:26:45 2:20	34:11 5:26 1:28:47 2:02	35:41 1:30 1:30:41 1:54	40:50 5:09 1:32:23 1:42	42:31 1:41 1:33:02 0:39	56:16 13:45	57:41 1:25	1:01:48 4:07
7	4198	Sérgio Silva Lopes [073] CMo Funchal	1:35:42	5:09 5:09 1:10:21 4:19	6:59 1:50 1:14:46 4:25	8:37 1:38 1:16:10 1:24	10:08 1:31 1:20:30 4:20	14:08 4:00 1:22:53 2:23	16:40 2:32 1:25:33 2:40	18:32 1:52 1:30:37 5:04	24:48 6:16 1:32:24 1:47	26:53 2:05 1:34:05 1:41	35:39 8:46 1:35:12 1:07	37:18 1:39 1:35:42 0:30	39:51 2:33	41:21 1:30	1:06:02 24:41
3712	Dinis Ferreira [062] CA Madeira	mp	3:37 3:37 -----	4:24 0:47 -----	6:02 1:38 -----	13:51 7:49 -----	15:31 1:40 -----	20:35 5:04 -----	23:00 2:25 -----	0.00 -----	0.00 -----	0.00 -----	0.00 -----	0.00 -----	0.00 -----	0.00 -----	----- 8:34:54 8:40:43 *32 *51 8:00:08 *106
4464	Pedro Damião [062] CA Madeira	mp	8:51:49 *31 8:04:00 *102	8:57:13 *30 8:05:52 *107	9:01:17 *41 8:08:26 *114	9:08:02 *71 10:38:24 *123	9:10:38 *80 8:13:07 *108	7:45:05 *121 8:17:37 *124	7:46:32 *119 8:21:09 *105	7:48:14 *130	7:49:59 *122	7:51:50 *116	7:54:32 *110	7:56:11 *104	7:57:53 *103	8:00:08 *106	----- 8:34:54 8:40:43 *32 *51 8:00:08 *106
6231	Paulo Rodrigues [073] CMo Funchal	mp	4:32 4:32 54:52 4:40	5:43 1:11 59:21 4:29	1:00:22 1:01 1:00:22 1:01	1:03:32 3:10 1:03:32 3:10	1:05:30 1:58 1:05:30 1:58	1:07:54 2:24 1:07:54 2:24	1:14:13 6:19 1:14:13 6:19	1:16:06 1:53	1:17:38 1:32	1:18:34 0:56	1:19:04 0:30	1:22:04 1:53	1:24:11 2:07	1:30:23 6:12	

PI	Stno	Name	Time														
H35 (11)				4.6 km 220 m 24 C				<i>(cont.)</i>									
				1(137) 15(110)	2(135) 16(118)	3(133) 17(119)	4(127) 18(109)	5(125) 19(115)	6(128) 20(117)	7(123) 21(121)	8(111) 22(124)	9(106) 23(122)	10(102) 24(200)	11(144) F	12(145)	13(101)	14(105)
	6137	Toni Silva [137] LCM	mp	6:47 6:47 -----	7:49 1:02 -----	13:55 6:06 -----	14:59 1:04 -----	17:24 2:25 -----	59:36 42:12 -----	1:00:58 1:22 -----	1:14:35 13:37 -----	1:17:06 2:31 -----	2:10:38 53:32 -----	2:21:42 11:04 2:43:16 21:34	----	----	----
D35 (3)				3.9 km 195 m 20 C													
				1(125) 15(105)	2(137) 16(143)	3(138) 17(119)	4(139) 18(123)	5(140) 19(120)	6(122) 20(200)	7(117) F	8(115)	9(114)	10(110)	11(102)	12(144)	13(145)	14(141)
1	3286	Donita Barradas [073] CMO Funchal	1:37:42	4:36 4:36 1:12:07	14:03 9:27 1:20:16	20:08 6:05 1:27:45	21:37 1:29 1:33:33	24:06 2:46 1:36:28	26:52 2:46 1:37:08	28:21 1:29 1:37:42	31:01 2:40	39:45 8:44	41:29 1:44	56:29 15:00	58:34 2:05	1:02:44 4:10	1:07:35 4:51
2	3584	Ana Abreu [039] CP Telecom	1:42:32	4:32 5:51 1:17:09 4:33	8:09 3:39 1:25:14 8:05	7:29 4:03 1:32:42 7:28	5:48 4:00 1:38:27 5:45	2:55 5:10 1:41:26 2:59	0:40 3:16 1:42:01 0:35	0:34 3:22 1:42:32 0:31							
	2272	Adriana Ladeira [062] CA Madeira	mp	8:22 8:22 -----	9:31 1:09 -----	12:05 2:34 -----	14:22 2:17 -----	20:10 5:48 -----	22:38 2:28 -----	23:41 1:03 1:27:44 44:06	25:25 1:44	42:12 16:47	43:38 1:26	----	----	----	----
H45 (3)				4.5 km 210 m 23 C													
				1(134) 15(114)	2(135) 16(118)	3(133) 17(119)	4(127) 18(112)	5(128) 19(115)	6(123) 20(124)	7(143) 21(121)	8(111) 22(117)	9(106) 23(200)	10(102) F	11(144)	12(145)	13(101)	14(105)
1	2263	Duarte Andrade [073] CMO Funchal	53:08	2:38 2:38 34:13 3:17	3:43 1:05 36:18 2:05	4:34 0:51 37:12 0:54	5:45 1:11 40:21 3:09	8:01 2:16 42:19 1:58	9:09 1:08 45:13 2:54	14:41 5:32 46:35 1:22	15:40 0:59 50:49 4:14	17:04 1:24 52:39 1:50	20:51 3:47 53:08 0:29	22:17 1:26	25:23 3:06	27:00 1:37	30:56 3:56
2	2982	Frederico Jesus [062] CA Madeira	1:03:32	3:55 3:55 44:37 3:51	5:01 1:06 46:42 2:05	6:08 1:07 47:50 1:08	7:22 1:14 50:35 2:45	12:04 4:42 52:15 1:40	13:56 1:52 56:37 4:22	17:59 4:03 58:18 1:41	23:02 5:03 1:00:55 2:37	24:39 1:37 1:03:10 2:15	28:34 3:55 1:03:32 0:22	32:59 4:25	35:32 2:33	36:54 1:22	40:46 3:52
3	2162	Francisco Jesus [062] CA Madeira	1:48:37	20:01 20:01 1:15:22 5:15	22:31 2:30 1:21:45 6:23	24:56 2:25 1:23:04 1:19	26:52 1:56 1:27:23 4:19	35:24 8:32 1:30:53 3:30	37:34 2:10 1:35:05 4:12	44:52 7:18 1:37:52 2:47	46:35 1:43 1:44:34 6:42	48:35 2:00 1:48:02 3:28	55:54 7:19 1:48:37 0:35	57:56 2:02	1:03:33 5:37	1:05:21 1:48	1:10:07 4:46
H50 (3)				4.0 km 195 m 20 C													
				1(125) 15(142)	2(137) 16(115)	3(138) 17(121)	4(127) 18(124)	5(128) 19(122)	6(119) 20(200)	7(143) F	8(106)	9(102)	10(103)	11(101)	12(105)	13(110)	14(114)
1	9003	Brendan Bolland [10977] WAROC	45:00	2:58 2:58 37:26 2:56	4:16 1:18 38:51 1:25	5:51 1:35 40:41 1:50	7:31 1:40 42:16 1:35	10:05 2:34 43:32 1:16	13:45 3:40 44:31 0:59	18:10 4:25 45:00 0:29	19:09 0:59	23:25 4:16	24:44 1:19	25:56 1:12	30:03 4:07	32:37 2:34	34:30 1:53
2	2099	José Bernardo [070] COC	59:03	2:46 2:46 49:47 4:15	3:49 1:03 51:42 1:55	5:29 1:40 53:31 1:49	7:25 1:56 54:56 1:25	10:07 2:42 56:10 1:14	19:14 9:07 58:33 2:23	28:02 8:48 59:03 0:30	29:10 1:08	33:33 4:23 58:34 *200	34:47 1:14	35:46 0:59	39:11 3:25	44:06 4:55	45:32 1:26
3	1471	José Pires 094 CPOC	1:01:19	3:38 3:38 51:27 2:22	5:01 1:23 53:06 1:39	7:38 2:37 55:15 2:09	11:03 3:25 57:51 2:36	20:20 9:17 59:28 1:37	24:33 4:13 1:00:45 1:17	28:13 3:40 1:01:19 0:34	29:52 1:39	35:02 5:10	37:25 2:23	38:52 1:27	43:11 4:19	47:06 3:55	49:05 1:59
D50 (1)				3.5 km 175 m 20 C													
				1(125) 15(118)	2(137) 16(119)	3(135) 17(142)	4(127) 18(122)	5(126) 19(120)	6(117) 20(200)	7(115) F	8(143)	9(106)	10(102)	11(101)	12(145)	13(144)	14(110)
1	9013	Julia Jarvis [11100] SO ENGLAND	47:25	3:12 3:12 39:44 4:13	6:01 2:49 40:55 1:11	6:56 0:55 43:15 2:20	9:13 2:17 44:52 1:37	12:13 3:00 46:18 1:26	14:30 2:17 46:56 0:38	16:36 2:06 47:25 0:29	18:48 2:12	20:22 1:34	24:00 3:38	25:41 1:41	27:25 1:44	30:15 2:50	35:31 5:16
H55 (4)				3.5 km 180 m 17 C													
				1(136) 15(119)	2(137) 16(123)	3(139) 17(200)	4(140) F	5(117)	6(115)	7(114)	8(110)	9(144)	10(101)	11(141)	12(105)	13(143)	14(118)
1	9012	Steve Jarvis [11100] SO ENGLAND	45:01	4:01 4:01 39:13 1:29	5:06 1:05 42:31 3:18	6:49 1:43 44:37 2:06	8:27 1:38 45:01 0:24	11:14 2:47 45:01 0:24	13:13 1:59 45:01 0:24	17:45 4:32 45:01 0:24	18:42 0:57 45:01 0:24	24:32 5:50 45:01 0:24	26:45 2:13 45:01 0:24	28:42 1:57 45:01 0:24	30:49 2:07 45:01 0:24	32:22 1:33 45:01 0:24	37:44 5:22 45:01 0:24
2	3763	João Pupo [039] CP Telecom	1:05:23	6:34 6:34 57:21 1:33	9:19 2:45 1:02:05 4:44	11:20 2:01 1:05:02 2:57	14:32 3:12 1:05:23 0:21	18:46 4:14 1:05:23 0:21	21:48 3:02 1:05:23 0:21	28:19 6:31 1:05:23 0:21	30:25 2:06 1:05:23 0:21	36:25 6:00 1:05:23 0:21	40:02 3:37 1:05:23 0:21	43:38 3:36 1:05:23 0:21	46:51 3:13 1:05:23 0:21	49:07 2:16 1:05:23 0:21	55:48 6:41 1:05:23 0:21
3	4792	José Rosário [062] CA Madeira	1:11:30	8:30 8:30 1:03:25 1:30	15:26 6:56 1:08:15 4:50	17:33 2:07 1:11:05 2:50	20:40 3:07 1:11:30 0:25	24:51 4:11 1:11:30 0:25	27:51 3:00 1:11:30 0:25	34:23 6:32 1:11:30 0:25	36:31 2:08 1:11:30 0:25	42:46 6:15 1:11:30 0:25	46:06 3:20 1:11:30 0:25	49:39 3:33 1:11:30 0:25	52:50 3:11 1:11:30 0:25	55:06 2:16 1:11:30 0:25	1:01:55 6:49 1:11:30 0:25
4	3147	Emanuel Abreu [039] CP Telecom	1:31:54	6:54 6:54 1:22:54 1:27	11:20 4:26 1:28:55 6:01	20:35 9:15 1:31:26 2:31	23:28 2:53 1:31:54 0:28	27:47 4:19 1:31:54 0:28	30:33 2:46 1:31:54 0:28	36:51 6:18 1:31:54 0:28	38:29 1:38 1:31:54 0:28	52:13 13:44 1:31:54 0:28	57:55 5:42 1:31:54 0:28	1:00:39 2:44 1:31:54 0:28	1:10:31 9:52 1:31:54 0:28	1:12:32 2:01 1:31:54 0:28	1:21:27 8:55 1:31:54 0:28

Pl	Stno	Name	Time														
D55 (1)				3.3 km 175 m 19 C													
				1(132) 15(119)	2(136) 16(112)	3(137) 17(142)	4(135) 18(120)	5(127) 19(200)	6(126) F	7(117)	8(115)	9(143)	10(106)	11(105)	12(102)	13(144)	14(114)
	5704	Otilia Henriques [073] CMo Funchal	mp	24:04 24:04 -----	27:08 3:04 -----	29:57 2:49 -----	45:57 16:00 -----	52:15 6:18 -----	59:34 7:19 -----	1:06:34 7:00 -----	1:11:13 4:39 -----	1:16:44 5:31 -----	1:22:38 5:54 -----	1:26:55 4:17 -----	2:02:55 36:00 -----	2:14:03 11:08 -----	-----
H60 (1)				3.5 km 175 m 20 C													
				1(125) 15(118)	2(137) 16(119)	3(135) 17(142)	4(127) 18(122)	5(126) 19(120)	6(117) 20(200)	7(115) F	8(143)	9(106)	10(102)	11(101)	12(145)	13(144)	14(110)
1	9009	Ulf Burman [11052] Gustavsbergs C	38:48	2:27 2:27 32:00 3:25	3:22 0:55 33:06 1:06	4:19 0:57 35:11 2:05	6:27 2:08 36:31 1:20	8:33 2:06 37:43 1:12	10:14 1:41 38:20 0:37	11:43 1:29 38:48 0:28	13:22 1:39 -----	14:24 1:02 -----	18:19 3:55 -----	----- -----	22:09 3:50	24:24 2:15	28:35 4:11
D60 (2)				3.3 km 175 m 19 C													
				1(132) 15(119)	2(136) 16(112)	3(137) 17(142)	4(135) 18(120)	5(127) 19(200)	6(126) F	7(117)	8(115)	9(143)	10(106)	11(105)	12(102)	13(144)	14(114)
1	9008	Anneli Lindkvist [11052] Gustavsbergs C	1:19:37	3:49 3:49 1:09:36 8:45	5:46 1:57 1:13:12 3:36	7:21 1:35 1:14:26 1:14	8:57 1:36 1:18:09 3:43	12:34 3:37 1:18:59 0:50	16:43 4:09 1:19:37 0:38	22:42 5:59	26:20 3:38 -----	29:35 3:15 -----	32:51 3:16 12:20	45:11 -----	49:56 4:45 -----	51:40 1:44 -----	1:00:51 9:11 -----
	9010	Mezo Éva [11057] PVM	mp	7:58 7:58 -----	10:45 2:47 -----	16:42 5:57 -----	17:55 1:13 1:30:25 13:13	30:02 12:07 1:31:17 0:52	34:34 4:32 1:31:55 0:38	37:32 2:58	41:46 4:14	46:41 4:55	1:03:34 16:53	1:07:40 4:06	1:14:12 6:32	1:17:12 3:00	-----
H65 (1)				3.3 km 175 m 19 C													
				1(132) 15(119)	2(136) 16(112)	3(137) 17(142)	4(135) 18(120)	5(127) 19(200)	6(126) F	7(117)	8(115)	9(143)	10(106)	11(105)	12(102)	13(144)	14(114)
	9011	Fluck István [11057] PVM	mp	18:40 18:40 -----	32:31 13:51 1:28:39 15:25	35:03 2:32 1:29:39 1:00	37:10 2:07 1:33:16 3:37	45:13 8:03 1:34:10 0:54	53:04 7:51 1:34:52 0:42	58:07 5:03 56:50 *122	1:03:11 5:04 -----	1:07:12 4:01 -----	1:09:24 2:12 -----	1:13:14 3:50 -----	-----	-----	-----
H70 (2)				3.0 km 160 m 17 C													
				1(134) 15(142)	2(135) 16(120)	3(139) 17(200)	4(140) F	5(117)	6(115)	7(143)	8(105)	9(102)	10(144)	11(104)	12(114)	13(118)	14(112)
	1576	Francisco Coelho [033] Clube TAP	mp	7:35 7:35 -----	10:49 3:14 -----	14:55 4:06 -----	----- 31:20 16:25	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	9000	George Guy Goodair [9899] EPOC	mp	7:39 7:39 -----	31:01 23:22 -----	38:20 7:19 -----	49:05 10:45 21:05:50 20:16:45	----- -----	----- 20:29:39 *43	----- 20:31:39 *57	----- 20:32:27 *65	----- 20:34:07 *58	----- 20:35:04 *69	----- 20:37:06 *56	----- 20:38:32 *72	----- 20:39:46 *74	----- 20:41:12 *71
				20:43:34 *102	20:45:08 *38	20:47:43 *31	20:49:15 *37	20:51:30 *103	20:53:29 *78	20:55:32 *79	20:58:13 *59	20:58:50 *60	21:02:29 *104	21:03:47 *66	21:04:41 *100		
D70 (1)				3.0 km 160 m 17 C													
				1(134) 15(142)	2(135) 16(120)	3(139) 17(200)	4(140) F	5(117)	6(115)	7(143)	8(105)	9(102)	10(144)	11(104)	12(114)	13(118)	14(112)
1	9001	Judith Goodair [9899] EPOC	1:36:51	11:33 11:33 1:32:05 1:21	18:31 6:58 1:35:10 3:05	20:43 2:12 1:36:15 1:05	24:32 3:49 1:36:51 0:36	30:21 5:49 -----	34:15 3:54 -----	38:32 4:17 -----	40:44 2:12 -----	49:39 8:55 -----	54:24 4:45 -----	1:02:52 8:28 -----	1:16:48 13:56 -----	1:21:40 4:52 -----	1:30:44 9:04 -----