

## Sheet1

<b>Percurso Longo</b>			
<b>#</b>	<b>NOME</b>	<b>DORSAL</b>	<b>TEMPO</b>
1	João Perna Coelho	220	02:00:43
2	DORSAL RESERVA	293	02:05:58
3	Tiago Oliveira	278	02:06:01
4	Ricardo Jorge Braz da Silva	243	02:06:03
5	carlos jorge de matos	286	02:06:10
6	Nelson Santos Silva	168	02:08:09
7	Carlos Pires	196	02:10:15
8	Bruno Miguel Duarte Sebastião	147	02:13:09
9	Bruno Miguel Rosa	54	02:18:26
10	Pedro miguel xavier Nicolau	179	02:20:29
11	Pedro Miguel Ferreira Morais	219	02:20:38
12	Paulo Jorge	152	02:22:39
13	Luís Miguel Furtado António	111	02:22:59
14	Carlos Alberto de Jesus Cardona	287	02:23:10
15	Nelson Dias	210	02:24:09
16	Paulo Martins	213	02:24:25
17	Nelson Encarnação	247	02:25:11
18	Steve Wong Lum Hing	130	02:25:38
19	Vitor Gonçalves	128	02:27:18
20	André Ricardo Cristina da Encarnação	126	02:27:41
21	Hélio Cabral	268	02:29:16
22	Horácio Duarte Gonçalves	186	02:32:09
23	Licélio Sousa	144	02:33:41
24	Rui Francisco da Costa	132	02:33:47
25	Alvaro Conceição	157	02:33:51
26	JOSÉ ALEIXO	165	02:34:54
27	Lino Duarte Gonçalves	50	02:35:02
28	Jorge Figueira	257	02:36:36
29	Filipe Morais de Figueiredo	271	02:37:22
30	PEDRO VIEIRA	103	02:39:18
31	Carlos Emidio	74	02:39:30
32	RENS GREVENSTUK	169	02:40:20
33	RUI ALBERTO FERNANDES	94	02:40:31
34	ELVIS PRATA	96	02:40:43
35	Claudio Matoso	245	02:40:50
36	Jorge Emanuel Nunes	129	02:40:58
37	Miguel Lima	117	02:41:03
38	luis filipe correia batista	77	02:45:08
39	Miguel Ângelo Graça Gregório	209	02:45:54
40	António Barros	258	02:47:42
41	Alberto Melo	40	02:47:48
42	PAULO JOSÉ ROCHA AGOSTINHO	212	02:49:49
43	Guillermo Holgado	106	02:50:31
44	Margarita Porrero	107	02:50:36
45	Pedro Leandro	204	02:51:49
46	carlos jacinto	153	02:53:47
47	Marco Catarino	6	02:54:31
48	Filipe José Martins Pereira	93	02:54:44
49	MARIA TRINDADE PALMA VENANCIO	108	02:55:07
50	Carlos Aurélio Dionísio Guerreiro	98	02:55:13
51	DORSAL RESERVA	302	02:55:24

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52	Marto Coelho	146	02:55:29
53	Daniel de Jesus	172	02:55:37
54	Ângelo Zeferino Serôdio	55	02:55:43
55	jose jacinto gabriel [zuca]	285	02:56:30
56	JOSE ALBERTO ROSARIO PIRES	109	03:02:22
57	David Miguel Vieira Correia	86	03:02:55
58	Luís Filipe Sesinando Silva	269	03:04:27
59	Luis Bacalhau	176	03:04:37
60	Tiago Custódio	120	03:07:30
61	Fernando Joao Costa	282	03:08:27
62	Tiago Filipe de Carvalho Correia	76	03:08:36
63	Luis Filipe Fernandes Dos Santos Cabrita	205	03:09:22
64	Jorge Miguel Silva	280	03:09:30
65	Pedro Miguel Godinho Faria Silva	125	03:11:23
66	carlos rosado	253	03:13:30
67	Eduardo Santos	270	03:13:48
68	Marco Prima	33	03:16:02
69	Marco Alexandre Gomes	246	03:17:22
70	Manuel Joaquim Gonilho Caturra	7	03:18:10
71	Sérgio Alexandre Marques Panão	47	03:19:48
72	Helder Neves Paulos	142	03:20:03
73	Antonio Cabral	267	03:21:15
74	Ricardo Cesario	110	03:23:33
75	Amilcar santos	266	03:24:17
76	Sérgio André Guerreiro	159	03:26:46
77	Nuno Rodrigues	30	03:27:08
78	Ricardo Dias	83	03:28:27
79	joão carlos batista	201	03:30:06
80	Carmelita Maria Prata Lourenço Antonio	112	03:30:13
81	telma virginia calado gonçalves	235	03:32:31
82	João Santos	198	03:33:04
83	Edgar Teodosio	260	03:33:07
84	DORSAL RESERVA	296	03:36:21
85	Leonel Lourenço Costa	183	03:38:56
86	David Coelho	10	03:39:52
87	VITOR MANUEL DIAS GOMES	95	04:02:56
88	Carlos Miguel Alves Vicente	242	04:03:06
89	claudio daniel martins duarte	2	04:12:47
90	Pedro Santinha	216	04:21:32
91	Pedro Miguel Guerreiro Silva	221	04:24:29
92	Helena Pinto Tiago	122	04:35:18
93	Carlos Eduardo da Costa Lopes	123	04:35:26

**Percurso Médio**

#	NOME	DORSAL	TEMPO
1	Fabio Alexandre Martins Domingos	194	01:28:59
2	Luis G. Matias	177	01:29:15
3	Rui Carvalhaes	255	01:30:10
4	David José teixeira monte arroio	192	01:34:03
5	Gabriel Hilário Neto	189	01:34:13
6	Celso Mestre	279	01:37:55
7	JOÃO CEROL	211	01:38:18
8	Tiago Conceição	206	01:38:30

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9 Rui Brito	79	01:38:43
10 Luís Barbosa	250	01:44:20
11 João Peixe	118	01:44:37
12 João Pedro da Palma Camacho André	164	01:45:22
13 Domingos António Barbosa Afonso	180	01:47:21
14 DANIEL ANTONIO GONÇALVES ATAIDE	240	01:48:28
15 Rui Jorge Gonçalves Lopes	254	01:49:43
16 Dimas Silva	99	01:50:02
17 Bruno Vilarinho	256	01:50:11
18 Anibal Batista	185	01:51:05
19 Carla Maria de Sousa Vieira	25	01:51:14
20 António Beja Neves	231	01:52:25
21 João Pacheco	27	01:53:22
22 Mário Daniel Maurício Nilha	26	01:53:29
23 José Manuel Assunção Apolónia	166	01:53:46
24 Bruno Miguel dos Reis Henriques	264	01:54:18
25 João Miguel Lourenço Messias Calado	155	01:54:46
26 carlos manuel guerreiro catarino	133	01:56:47
27 João Carlos do Nascimento Rodrigues	64	01:56:53
28 Manuel Estevão	190	01:56:58
29 Bruno Filipe Rodrigues do Carmo	217	01:57:07
30 DORSAL RESERVA	295	01:58:53
31 Nuno Bernardo	149	01:59:04
32 Ricardo Manuel Guerreiro da Silva	51	01:59:09
33 Roberto Carlos da Silva Remédios Vicente	52	01:59:26
34 carlos manuel marcos	151	02:00:05
35 Eduardo Jose Martins Bentes	174	02:00:11
36 Telmo Pardal	91	02:01:33
37 joão alexandre valoroso	202	02:01:55
38 paulo moreira	143	02:02:00
39 Marco Viegas	158	02:02:11
40 NUNO SILVA	222	02:02:19
41 Paulo Canas	259	02:02:32
42 Marco Serafím	252	02:03:37
43 Paulo Lucas	262	02:03:56
44 Manuel Marcelino	263	02:04:02
45 Rui Gonçalves	223	02:05:30
46 Eurico Grilo	102	02:05:39
47 Joaquim Guerreiro Coelho	71	02:08:31
48 Henrique Cintra	4	02:08:43
49 Luís Galhano	61	02:08:48
50 Eduardo Mamede Rodrigues	275	02:08:59
51 Nilton Duarte	5	02:09:04
52 Luís Jerónimo	62	02:09:15
53 JORGE F. B. BORRALHO	290	02:10:55
54 Sérgio Filipe Costa Vicente	17	02:11:03
55 Marisa Martins	9	02:11:08
56 Daniel Marques	8	02:11:13
57 Gil Bruno	16	02:11:23
58 Arnaud Silva	37	02:11:26
59 DORSAL RESERVA	294	02:12:01
60 Jorge Miguel Oliveira Dias	207	02:12:09
61 Joaquim Emidio	73	02:13:03

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62	Filipe Afonso	23	02:13:09
63	José Manuel Ventura	66	02:13:39
64	Nuno Manuel Afonso Amaro	88	02:13:52
65	José Carlos Martins Dias	167	02:14:01
66	André Pinto	225	02:14:04
67	Ivan Ricardo	156	02:14:17
68	DORSAL RESERVA	300	02:16:40
69	DORSAL RESERVA	299	02:16:43
70	daniel rodriguez prieto	48	02:17:01
71	helder barreira	162	02:17:15
72	Luis Salgueiro	38	02:17:21
73	João Vicente	113	02:17:40
74	Luis Monteiro	58	02:17:50
75	Ricardo Moreira	197	02:18:11
76	Aliete Coelho Martins	276	02:19:35
77	Luis Valério	101	02:19:43
78	Isa Lourenço	119	02:21:29
79	Tiago Galhano	60	02:21:34
80	Ricardo Fernandes	70	02:22:11
81	Luis Laginha	145	02:23:15
82	xavier cavaco	237	02:23:32
83	Ricardo Ferro	214	02:24:21
84	José Silva	244	02:24:26
85	Nuno lima	97	02:25:41
86	guilherme alexandre guerreiro goncalves	78	02:25:54
87	Avelino Branco	281	02:26:00
88	Jorge Humberto Pacheco Guerreiro	43	02:34:19
89	Mário Fragoso	141	02:34:31
90	João Martins	193	02:34:34
91	Ricardo Agostinho	227	02:35:12
92	joão paulo afilhado gonçaves	49	02:35:35
93	José Manuel Fortunato Marques	127	02:38:26
94	Rui Silva	188	02:38:34
95	Alexandre Santos	90	02:39:48
96	Pedro Palma	218	02:39:59
97	PAULO JORGE VICENTE DOS SANTOS	138	02:41:04
98	Antonio M.R.Josue	224	02:42:19
99	Jacinto manuel g. Camacho	284	02:42:22
100	Flávio Alexandre Correia da Silva	89	02:42:32
101	josé Manuel cereja	15	02:42:44
102	Vitor Carvalho	232	02:43:27
103	Paulo Jacinto	234	02:43:36
104	LUIS FERREIRA	137	02:43:41
105	NUNO BÉRTOLO	44	02:43:57
106	Gilberto Martins	191	02:45:03
107	José Carlos Pacheco Silva	208	02:45:13
108	Pedro Martins	140	02:45:46
109	NORBERTO FALCÃO	57	02:45:52
110	Nuno Faustino	154	02:45:57
111	Francisco Pereira	115	02:46:06
112	Albino Figueiredo	56	02:46:10
113	Fernando Manuel de Jesus Maria	3	02:46:15
114	Valdemar Delícias	199	02:47:01

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115	Jose Manuel Matias	215	02:47:06
116	Roberto Tomás	239	02:47:14
117	DORSAL RESERVA	291	02:47:34
118	DORSAL RESERVA	301	02:47:56
119	Hans Persson	12	02:53:26
120	Bertolino Duarte	226	02:53:32
121	Tânia João	182	02:53:40
122	Dário Martins Guerreiro	181	02:53:49
123	João Pedro Ribeiros Marques	63	02:53:53
124	FRANCISCO GONÇALVES	121	02:53:58
125	manuel gonçalves	82	02:54:06
126	Judi Murphy	92	02:54:12
127	Mário Pacheco	163	02:54:17
128	Fernando Encarnação	135	02:54:22
129	Luís Manuel Cavaco	65	02:54:29
130	luis santos	150	02:55:56
131	Joao Monteiro	249	02:58:19
132	Armando Silva	283	03:04:09