

tno	hipno	Name	B Club	Start
PROM1 - Fácil Curto				
5405	409926	Sónia Pereira	78 [116] Montepio Geral	14:15:00
111	2084850	Sílvia Gonçalves	77 [1564] Individual POR	14:15:00
2341	9171050	João Rodrigues	50 [056] Natura	14:15:00
140	1092092	Vera Silveira	[166] ADM Ori-Mondego	14:15:00
6109	1196109	Marta Sousa Pinto	87 [119] OriMarão	14:15:00
4179	8190961	Margarida Gonçal Novo	61 [035] CN Alvito	14:15:00
171	308253	Madalena Cruz Beja	35 [035] CN Alvito	14:15:00
3082	308312	Marisa Barroso	81 [070] COC	14:15:00
106	1007124	Lucia Cavaleiro	79 ATVB	14:15:00
105	1007225	Bruno Oliveira	77 ATVB	14:15:00

PROM2 - Difícil Curt

179	1007277	Mário Costa	61 [9931] m&m	14:15:00
130	1007239	Luisa Santos	61 [9931] m&m	14:15:00
180	1007269	Helena Correia	61 [9931] m&m	14:15:00
145	2106945	João Martins	[9950] ESE	14:15:00
178	206371	Silvia Direito	[166] ADM Ori-Mondego	14:15:00
4078	234089	Ana Pinto	83 [056] Natura	14:15:00
115	1410239	Paula Gonçalves	75 [1564] Individual POR	14:15:00
5398	1330033	Nadea Morais	77 [125] CP Abrunheira	14:15:00
3060	1987128	Patricia Casalinho	87 [070] COC	14:15:00
3430	2086027	Dias Coelho	55 [033] Clube TAP	14:15:00
114	1304180	Ana Ribeiro	87 Saca Trilhos	14:15:00
112	1304181	Albano Almeida	81 Saca Trilhos	14:15:00
4489	1600300	Grigas Piteira	90 [151] GafanhOri	14:15:00

PROM3 - Fácil Long

172	1010055	Evaristo Moreira	70 [1564] Individual POR	14:15:00
5708	240765	Tiago Marcolino	03 [052] GD4C	14:15:00
2411	888496	Jerónima Rocha	60 [052] GD4C	14:15:00
182	8210021	Raquel Ferreira	80 [1564] Individual POR	14:15:00
183	2084904	Moisés Direito	78 [1564] Individual POR	14:15:00
119	1007136	Mário Moreira	77 [1564] Individual POR	14:15:00
147	1304174	Rodrigo Cunha Ferreira	03 [8853] EBPedonacianoAFr	14:15:00
146	1304167	Pedro Miguel Martins	01 [8853] EBPedonacianoAFr	14:15:00
6281	1304165	Paulo Pintassilgo	74 [159] COAAL	14:15:00
160	2084896	Pedro Almeida	03 [3152] ESPinhal Novo	14:15:00
158	1410246	Daniel Pó	71 [3152] ESPinhal Novo	14:15:00
148	1304178	Rúben Marques Costa	02 [8853] EBPedonacianoAFr	14:15:00

PROM4 - Difícil Long

124	2084923	Rita Lemos	68 [1564] Individual POR	14:15:00
125	2084870	Vasco Vinhas	83 [1564] Individual POR	14:15:00
137	1428630	Humberto Esteves	[070] COC	14:15:00
123	1007270	Pedro Lemos	67 [1564] Individual POR	14:15:00
161	2084817	Samuel Gonçalves	02 [6593] ESCarlosAmarante	14:15:00
122	1420776	Eugénio Grilo	60 [1564] Individual POR	14:15:00
100	1007272	Felisbela Morais	70 [1564] Individual POR	14:15:00

H10 (2)

144	1304126	Alfredo Marcelo	[166] ADM Ori-Mondego	14:15:00
126	1010068	Duarte Andrade	09 [1564] Individual POR	14:15:00

tno	hipno	Name	B Club	Start
D10 (5)				
181	1010129	Maria Leonor Moreira	08 [1564] Individual POR	14:15:00
6000	1892013	Benedita	13 [007] Ori-Estarreja	14:15:00
104	2084833	Bruna Oliveira	10 ATVB	14:15:00
149	1304185	Ana Rita Dias	07 [8853] EBPedonacianoAFr	14:15:00
150	1304192	Catarina Rodrigues	07 [8853] EBPedonacianoAFr	14:15:00
H12 (12)				
6211	409999	João Gomes	05 [052] GD4C	14:15:00
6316	240877	Rafael Rocha	05 [037] GD Luz Verde	14:15:00
159	1010072	Dinis Kaiseler	05 [3152] ESPinhal Novo	14:15:00
6187	1007250	João Cruz	07 [007] Ori-Estarreja	14:15:00
6225	2108633	Afonso Gomes	07 [133] GDU Azoia	14:15:00
6335	240874	Rúben Pereira	05 [052] GD4C	14:15:00
6059	1304134	Tiago Carrilho	06 [107] CAOS	14:15:00
6326	2108658	Fábio Morais	05 [085] A Montanha	14:15:00
6174	407038	Duarte Reis	06 [085] A Montanha	14:15:00
151	1304199	Gonçalo Ribeiro Brites	07 [8853] EBPedonacianoAFr	14:15:00
168	407039	Simão Carvalho	06 [6595] EBForjães	14:15:00
5904	259741	Miguel Dias	06 [094] CPOC	14:15:00
D12 (8)				
6315	308232	Diana Santos	06 [037] GD Luz Verde	14:15:00
6331	208438	Camila Soares	05 [037] GD Luz Verde	14:15:00
143	1444555	Matilde Teixeira	AEFM	14:15:00
133	259706	Leonor Ferreira	[094] CPOC	14:15:00
6271	2108659	Clara Barbosa	06 [085] A Montanha	14:15:00
5880	2006633	Alexandra Serra Campos	06 [102] .COM	14:15:00
162	1410233	Marta Maurício	05 [6593] ESCarlosAmarante	14:15:00
6325	1010046	Inês Laranjeira	06 [085] A Montanha	14:15:00
H14 (20)				
6318	226327	Miguel Ferreira	04 [167] NAST	14:00:00
6065	2108711	Diogo Neto	04 [056] Natura	14:00:00
5714	1304252	João Sá	04 [116] Montepio Geral	14:00:00
6210	407089	Pedro Viana	03 [052] GD4C	14:00:00
6227	2108648	Tiago Gomes	05 [133] GDU Azoia	14:00:00
2544	1007282	Raul Azevedo	EBJúlioSaúlDias	14:00:00
6285	1007182	Alexandre Soares	[022] CLAC	14:00:00
136	339935	Miguel Sousa	[166] ADM Ori-Mondego	14:00:00
6203	246360	João ferreira	05 [007] Ori-Estarreja	14:00:00
6287	1421690	Afonso Ferreira	[094] CPOC	14:00:00
6007	2060053	Pedro Mendes	03 [090] ADFA	14:00:00
5081	1304144	Martim Carrilho	03 [107] CAOS	14:00:00
5889	2043075	Francisco Eleutério	03 [090] ADFA	14:00:00
6330	2006636	Fábio Monteiro	04 [102] .COM	14:00:00
6164	2103693	Rodrigo Lima	04 [085] A Montanha	14:00:00
177	2084907	Nuno Almeida	04 [6593] ESCarlosAmarante	14:00:00
165	2084800	Ricardo Quintas	04 [6593] ESCarlosAmarante	14:00:00
163	2084918	Gabriel Vilaça	04 [6593] ESCarlosAmarante	14:00:00
5311	1226622	Bernardo Filipe	03 [070] COC	14:00:00
6038	2800479	Miguel Braz	04 [070] COC	14:00:00

tno	hipno	Name	B	Club	Start
D14 (8)					
6057	400324	Maria Cruz	05	[007] Ori-Estarreja	14:00:00
153	1007120	Matilde Silva	05	[8853] EBPedonacianoAFr	14:00:00
142	1304268	Maria João Vaz		AEFM	14:00:00
141	1304229	Nadja Santos		AEFM	14:00:00
6327	240969	Beatriz Coelho	04	[033] Clube TAP	14:00:00
5582	2043037	Catarina Pereira	04	[090] ADFA	14:00:00
152	1410260	Beatriz Fernandes	05	[8853] EBPedonacianoAFr	14:00:00
5905	259737	Juliana Dias	04	[094] CPOC	14:00:00
H16 (22)					
5782	214040	David Cruz	01	[037] GD Luz Verde	14:00:00
5622	234381	Miguel Rocha	02	[037] GD Luz Verde	14:00:00
155	1007214	João Vinagreiro	02	[3152] ESPinhal Novo	14:00:00
6053	2106948	Pedro Lagarto	03	[022] CLAC	14:00:00
5299	2032985	André Roberto	02	[070] COC	14:00:00
6175	2060378	João Sousa	02	[133] GDU Azoia	14:00:00
6073	246343	Tiago Caineta	01	[007] Ori-Estarreja	14:00:00
139	1007154	Vitor Almeida		[166] ADM Ori-Mondego	14:00:00
6075	208608	Tiago Pereira	02	[167] NAST	14:00:00
5896	2108635	Pedro Peralta	02	[133] GDU Azoia	14:00:00
5737	2077078	Vasco Mendes	02	[133] GDU Azoia	14:00:00
6161	2103695	Bruno Lopes	02	[085] A Montanha	14:00:00
6334	2108657	Fábio Baptista	02	[085] A Montanha	14:00:00
6201	2006623	José Fernandes	01	[102] .COM	14:00:00
5529	2006626	André Serra Campos	02	[102] .COM	14:00:00
6048	2086028	Diogo Oliveira	01	[102] .COM	14:00:00
6286	2108653	José Vieira Maia	02	[085] A Montanha	14:00:00
6041	2043071	Tiago Lampreia	01	[090] ADFA	14:00:00
5954	2800516	Pedro Carvalho	01	[022] CLAC	14:00:00
6039	2043069	João Pinto	01	[090] ADFA	14:00:00
6040	2043073	Diogo Lampreia	01	[090] ADFA	14:00:00
5059	234087	João Pedro	02	[090] ADFA	14:00:00
D16 (13)					
154	2084816	Daniela Holdych	02	[3152] ESPinhal Novo	14:00:00
167	2084852	Inês Augusto	02	[6593] ESCarlosAmarante	14:00:00
173	2084839	Bárbara Pereira	01	[6593] ESCarlosAmarante	14:00:00
5706	362704	Margarida Miranda	01	[052] GD4C	14:00:00
157	1007202	Marta Costinha	02	[3152] ESPinhal Novo	14:00:00
156	1007133	Márcia Félix	02	[3152] ESPinhal Novo	14:00:00
5811	7915811	Ana Nunes	01	[094] CPOC	14:00:00
6217	2108651	Mafalda Lima	02	[085] A Montanha	14:00:00
6198	7434343	Beatriz Castilho	01	[102] .COM	14:00:00
6046	2006622	Ana Pacheco	03	[102] .COM	14:00:00
5879	1996153	Joana Catarino	02	[022] CLAC	14:00:00
6177	2043068	Maria do Mar	02	[090] ADFA	14:00:00
6205	2063995	Joana Branco	01	[090] ADFA	14:00:00
H18 (10)					
5488	400345	André Henriques	00	[007] Ori-Estarreja	14:00:00
6173	1779977	José Dinis	00	[052] GD4C	14:00:00
5510	246350	Pedro Barbosa Silva	00	[007] Ori-Estarreja	14:00:00
5437	308497	Tiago Figueiredo	99	[007] Ori-Estarreja	14:00:00

tno	hipno	Name	B	Club	Start
H18 (10)		<i>(cont.)</i>			
5797	308494	Ricardo Ferreira	00	[007] Ori-Estarreja	14:00:00
5799	2043061	Pedro Moniz	00	[090] ADFA	14:00:00
5447	7200128	Leonardo Ramalho	99	[102] .COM	14:00:00
5842	2106947	José Dias	99	[022] CLAC	14:00:00
3976	1304209	Tomas Lima	01	[070] COC	14:00:00
5843	214033	Rui Batista	99	[022] CLAC	14:00:00
D18 (12)					
5659	7040100	Raquel Henriques	00	[094] CPOC	14:00:00
5837	7120520	Mariana Almeida	00	[094] CPOC	14:00:00
5657	7170700	Mafalda Moreira	00	[094] CPOC	14:00:00
6246	253072	Ana Jorge	99	[007] Ori-Estarreja	14:00:00
170	2106944	Mariana Ferreira	00	[9950] ESE	14:00:00
169	2106943	Mariana Beirante	00	[9950] ESE	14:00:00
5839	1007271	Eduarda Moreira	99	[088] ADC	14:00:00
6209	2006621	Rita Fernandes	99	[102] .COM	14:00:00
6328	2006637	Inês José	00	[102] .COM	14:00:00
4909	1470612	Sara Roberto	99	[070] COC	14:00:00
5699	308205	Catarina Jesus	99	[070] COC	14:00:00
5166	7202502	Beatriz Esteves	00	[070] COC	14:00:00
H20 (6)					
5295	1304265	João Bernardino	98	[070] COC	14:00:00
3832	1234432	Diogo Delgado	97	[052] GD4C	14:00:00
138	1007141	Alexandre Mano		[166] ADM Ori-Mondego	14:00:00
5838	1407875	Pedro Silva	97	[088] ADC	14:00:00
5279	2043040	Bernardo Pereira	97	[090] ADFA	14:00:00
3760	2063998	Vasco Duarte	97	[090] ADFA	14:00:00
D20 (6)					
3975	1304208	Helena Lima	99	[070] COC	14:00:00
5533	1553355	Beatriz Sanguino	98	[094] CPOC	14:00:00
5138	246347	Joana Marques	98	[007] Ori-Estarreja	14:00:00
5634	2043046	Carolina Carço	98	[090] ADFA	14:00:00
5961	2043074	Mariana Jorge	98	[090] ADFA	14:00:00
5665	2043041	Patrícia Romão	98	[090] ADFA	14:00:00
HE (13)					
3602	1010040	Luis Barreiro	82	[054] NADA	14:00:00
1811	1302802	Luis Leite	76	[052] GD4C	14:00:00
1132	1302844	Paulo Franco	81	[070] COC	14:00:00
4103	1304102	Rafael Miguel	93	[007] Ori-Estarreja	14:00:00
1888	1989522	Diogo Miguel	89	[007] Ori-Estarreja	14:00:00
4016	7855558	Miguel Nobrega	89	[056] Natura	14:00:00
2668	1985421	Gildo Silva	85	[070] COC	14:00:00
5636	7161098	Ricardo Esteves	98	[090] ADFA	14:00:00
1111	1010121	Pedro Nogueira	82	[090] ADFA	14:00:00
1871	886586	Pedro Duarte	86	[090] ADFA	14:00:00
2635	2800494	Edgar Domingues	88	[070] COC	14:00:00
3167	234034	Nuno Evangelista	80	[114] COA	14:00:00
1963	1881188	João Ferreira	89	[168] CAB	14:00:00

tno	hipno	Name	B	Club	Start
DE (3)					
4112	1600287	Inês Pinto	92	[052] GD4C	14:00:00
3315	1304241	Adelindina Lopes	74	[070] COC	14:00:00
3519	1010119	Maria Sá	77	[090] ADFA	14:00:00
H21A (20)					
5898	2108638	Nuno Gomes	76	[133] GDU Azoia	14:00:00
5698	1403183	Pedro Laia	77	[133] GDU Azoia	14:00:00
5628	1221996	Gonçalo Dias	96	[052] GD4C	14:00:00
4251	8167815	Paulo Palhinha	80	[125] CP Abrunheira	14:00:00
4765	7964765	Hugo Velhinho	96	[094] CPOC	14:00:00
5796	1811181	Bruno André	81	[119] OriMarão	14:00:00
5605	1195605	Gil Sousa Pinto	86	[119] OriMarão	14:00:00
5185	246326	Rui Oliveira	95	[007] Ori-Estarreja	14:00:00
5980	234379	Rafael Silva	87	[056] Natura	14:00:00
2816	1304089	Jorge Fortunato	89	[007] Ori-Estarreja	14:00:00
3908	2043050	Oleksandr Zaikin	95	[090] ADFA	14:00:00
5894	242107	André Silva	92	[022] CLAC	14:00:00
5216	206350	Nuno Santos	96	[090] ADFA	14:00:00
3954	1440066	Goncalo Pirrolas	96	[090] ADFA	14:00:00
5061	2043031	Manuel Lopes	96	[090] ADFA	14:00:00
2128	1010044	Daniel Marques	84	[070] COC	14:00:00
4807	242379	Fidel Conde	77	[070] COC	14:00:00
5555	400266	José Carlos Marques	78	[159] COAAL	14:00:00
3633	241196	Marco Martins	94	[022] CLAC	14:00:00
5316	7207509	João Real	84	[159] COAAL	14:00:00
D21A (12)					
5388	1951993	Susana Almeida	93	[056] Natura	14:00:00
4693	1886688	Sofia Pinto	94	[056] Natura	14:00:00
4277	1441144	Inês Alves	96	[052] GD4C	14:00:00
4375	1304119	Joana Moutela	81	[007] Ori-Estarreja	14:00:00
3720	308470	Ines Aires	92	[007] Ori-Estarreja	14:00:00
1490	1304113	Cristina Nazário	83	[007] Ori-Estarreja	14:00:00
2587	2043032	Sandra Rodrigues	78	[090] ADFA	14:00:00
6219	2108652	Sara Miranda	92	[085] A Montanha	14:00:00
5850	7051083	Zélia Viana	83	[102] .COM	14:00:00
4454	2004380	Helena Xavier Baptista	96	[052] GD4C	14:00:00
3054	1302753	Inês Domingues	94	[070] COC	14:00:00
5977	2032990	Catarina Castelão	85	[070] COC	14:00:00
H21B (13)					
4779	246342	Daniel Cruz	98	[007] Ori-Estarreja	14:00:00
6272	2108712	Ricardo Lopes	84	[056] Natura	14:00:00
128	214064	Paulo Gomes	89	[1564] Individual POR	14:00:00
6135	1196135	Simão Cardeal	84	[119] OriMarão	14:00:00
1315	504422	João Amorim	78	[007] Ori-Estarreja	14:00:00
1050	9781050	Daniel Filipe	78	[007] Ori-Estarreja	14:00:00
6226	2108644	José Gomes	74	[133] GDU Azoia	14:00:00
5892	259857	Rui Pedro Amaral	79	[070] COC	14:00:00
3727	1997799	Paulo Fernandes	72	[128] COALA	14:00:00
5925	1903603	Pedro Tiago Gomes	90	[159] COAAL	14:00:00
6222	2108639	Hugo Hilário	79	[133] GDU Azoia	14:00:00
6223	2108634	Alexandre Gomes	75	[133] GDU Azoia	14:00:00
6313	264931	Luís Rodrigues	86	[037] GD Luz Verde	14:00:00

tno	hipno	Name	B	Club	Start
D21B (10)					
6314	214022	Diana Oliveira	93	[037] GD Luz Verde	14:00:00
6300	2113464	Susana Gomes	83	[033] Clube TAP	14:00:00
6087	7855557	Carla Macedo	88	[056] Natura	14:00:00
6215	2542598	Inês Soares	88	[119] OriMarão	14:00:00
132	7110981	Anabela André	81	[119] OriMarão	14:00:00
6044	2026080	Dora Ferreirinha	82	[176] ABC Ori	14:00:00
6182	2800671	Inês Correia	97	[085] A Montanha	14:00:00
6155	2043053	Beatriz Rocha	84	[090] ADFA	14:00:00
5857	214020	Diana Moreira	87	[168] CAB	14:00:00
6085	2043059	Margarida Ricardo	83	[090] ADFA	14:00:00
H35 (7)					
2044	881188	João Pedro Valente	66	[094] CPOC	14:00:00
2950	409956	José Marco	79	[167] NAST	14:00:00
1721	1304112	Bruno Nazário	80	[007] Ori-Estarreja	14:00:00
1516	240786	Alberto Branco	75	[005] CP Armada	14:00:00
2054	308345	Jorge Mendes	75	[090] ADFA	14:00:00
2060	1010082	Marco Póvoa	76	[090] ADFA	14:00:00
1708	259789	Gonçalo Mota	81	[033] Clube TAP	14:00:00
D35 (5)					
3134	1304061	Manuela Nogueira	69	[007] Ori-Estarreja	14:00:00
3467	1304188	Helena Sousa	67	[119] OriMarão	14:00:00
1346	259895	Fátima Saraiva	77	[168] CAB	14:00:00
2022	1009875	Paula Serra Campos	68	[102] .COM	14:00:00
3799	1010087	Tânia Covas Costa	78	[102] .COM	14:00:00
H40 (17)					
4101	1151515	Jorge Marques	73	[052] GD4C	14:00:00
6214	7300391	Vasco Fernandes	77	[052] GD4C	14:00:00
3913	8003913	Alberto César	70	[052] GD4C	14:00:00
5297	9000512	Cidálio Oliveira	73	[052] GD4C	14:00:00
4685	1304173	José João Ferreira	74	[119] OriMarão	14:00:00
1872	1420246	Nuno Ferreira		[094] CPOC	14:00:00
4458	2058079	Tadeu Celestino	74	[056] Natura	14:00:00
3408	308471	Nuno Pires	74	[007] Ori-Estarreja	14:00:00
2588	1302729	José Domingos	76	[094] CPOC	14:00:00
6003	1304158	Paulo Batista	75	[038] CM Arrábida	14:00:00
2823	213654	Rui Pisco	75	[114] COA	14:00:00
4025	241294	Rui Ferreira	73	[088] ADC	14:00:00
4285	1010115	Jorge Correia	70	[090] ADFA	14:00:00
1302	7208670	Rafael Lima	68	[070] COC	14:00:00
4250	1113311	Marco Palhinha	73	[125] CP Abrunheira	14:00:00
4635	2016760	Sérgio Mónica	70	[128] COALA	14:00:00
3304	2032983	Cesar Conceição	75	[070] COC	14:00:00
D40 (7)					
3421	2104619	Susana Figueiredo	75	[094] CPOC	14:00:00
4954	1010163	Vanessa Jorge	75	[094] CPOC	14:00:00
4587	2115015	Ana Margarida Vaz	76	[007] Ori-Estarreja	14:00:00
2582	1210167	Anabela Vieito	67	[070] COC	14:00:00
2936	2800579	Anabela Freitas	72	[085] A Montanha	14:00:00
4327	2096896	Sónia Saramago	73	[115] ATV	14:00:00
1528	308263	Marina Carrilho	73	[107] CAOS	14:00:00

tno	hipno	Name	B	Club	Start
H45 (23)					
3081	1304095	Alberto Barros	69	[052] GD4C	14:00:00
5199	206376	Paulo Silva	72	[052] GD4C	14:00:00
1657	2104647	Luís Dias	70	[094] CPOC	14:00:00
1514	240791	Sérgio Rodrigues	71	[005] CP Armada	14:00:00
1967	1770099	Luís Bucha	70	[008] CP EPAL	14:00:00
4059	1304006	Miguel Sá	71	[116] Montepio Geral	14:00:00
1373	1304227	Rui Antunes		[070] COC	14:00:00
135	206395	Gerhard Doppler		[166] ADM Ori-Mondego	14:00:00
6263	2113523	Ricardo Silva	70	[007] Ori-Estarreja	14:00:00
1457	1304060	António Amador	68	[007] Ori-Estarreja	14:00:00
3836	400212	Martins de Jesus	70	[007] Ori-Estarreja	14:00:00
1202	407048	Paulo Mosca	69	[005] CP Armada	14:00:00
2999	214060	António Batista	69	[115] ATV	14:00:00
2244	409976	Cláudio Tereso	70	[115] ATV	14:00:00
2439	241147	Licínio Ferreira	68	[088] ADC	14:00:00
2654	2099349	Gilberto Andrade	71	[102] .COM	14:00:00
1810	544041	Octávio Andrade	68	[102] .COM	14:00:00
6247	259893	Paulino Silva	68	[168] CAB	14:00:00
1281	1111281	Joaquim Sousa	70	[070] COC	14:00:00
5262	3422	Rui Roberto	68	[070] COC	14:00:00
1931	1000058	Carlos Monteiro	58	[070] COC	14:00:00
1784	308267	João Carrilho	70	[107] CAOS	14:00:00
5314	259819	Carlos M T Teixeira	72	[033] Clube TAP	14:00:00
D45 (7)					
2574	308331	Ana Casal	70	[007] Ori-Estarreja	14:00:00
5280	246370	Carmo Silva	67	[007] Ori-Estarreja	14:00:00
1039	308483	Margarida Maria	71	[007] Ori-Estarreja	14:00:00
2849	1968503	Alexandra Coelho	68	[052] GD4C	14:00:00
4209	400209	Maria Leonor Luz	68	[022] CLAC	14:00:00
5211	2053901	Rosário Barros	69	[070] COC	14:00:00
2259	1417779	Susana Domingos	72	[070] COC	14:00:00
H50 (20)					
1937	1302828	Tozé Silva	66	[070] COC	14:00:00
3098	1403184	António Graça	63	[005] CP Armada	14:00:00
4656	308206	José Bolrão	64	[070] COC	14:00:00
5551	1678876	David Afonso	66	[033] Clube TAP	14:00:00
4228	1080267	Ilídio Coelho	67	[070] COC	14:00:00
1449	8035553	Manuel Dias	52	[151] GafanhOri	14:00:00
5354	1401756	Noel Cabeça	64	[133] GDU Azoia	14:00:00
1471	234276	Jose Monteiro Pires	59	[094] CPOC	14:00:00
1084	407047	Manuel Luís	63	[005] CP Armada	14:00:00
1218	7207271	Fontoura	63	[094] CPOC	14:00:00
2440	241125	António Ferreira	63	[088] ADC	14:00:00
3073	241138	Jorge Ferreira	65	[088] ADC	14:00:00
1407	2043036	Luís Quinta-Nova	66	[176] ABC Ori	14:00:00
1499	6740	José Carlos Ramalho	67	[102] .COM	14:00:00
2147	308235	Belo de Carvalho	64	[176] ABC Ori	14:00:00
5294	1680086	Amândio Gonçalves	63	[022] CLAC	14:00:00
2667	2800501	João Martins	67	[022] CLAC	14:00:00
1108	2043042	Valdemar Sendim	65	[090] ADFA	14:00:00
4671	1010084	Francisco Cordeiro	64	[090] ADFA	14:00:00
1682	1961682	Santos Sousa	64	[090] ADFA	14:00:00

tno	hipno	Name	B	Club	Start
D50 (8)					
5695	1401624	Luísa Gaboleiro	63	[133] GDU Azoia	14:00:00
3890	240779	Claudia Figueiredo	66	[052] GD4C	14:00:00
4104	246361	Maria Silva	65	[007] Ori-Estarreja	14:00:00
1524	264942	Helena Lopes	58	[1000] Individual POR Fed	14:00:00
1952	1250358	Isabel Monteiro	58	[070] COC	14:00:00
5293	1987789	Amália Gonçalves	63	[022] CLAC	14:00:00
2497	1991199	Aida Correia	63	[052] GD4C	14:00:00
4730	2003094	Assunção Almeida	59	[151] GafanhOri	14:00:00
H55 (15)					
3007	1304109	José Mário Baptista	62	[052] GD4C	14:00:00
2592	1304062	João Alves	61	[052] GD4C	14:00:00
1095	2008961	Fernando Costa	61	[052] GD4C	14:00:00
3865	241261	Luís Pereira	58	[052] GD4C	14:00:00
3872	1791996	António Aguiar	61	[007] Ori-Estarreja	14:00:00
2417	9601125	Carlos Matos	60	[167] NAST	14:00:00
2905	1396355	Manuel Delgado	61	[052] GD4C	14:00:00
1423	264932	Jose Leite Rocha	59	[037] GD Luz Verde	14:00:00
1256	1850469	Mário Duarte	62	[090] ADFA	14:00:00
2454	1010032	Jorge Silva	60	[085] A Montanha	14:00:00
1532	1010097	José Fernandes	59	[102] .COM	14:00:00
1758	7207922	Aniceto Soares	62	[022] CLAC	14:00:00
1907	259704	Carlos Coelho	61	[094] CPOC	14:00:00
1182	1111182	Albano João	59	[070] COC	14:00:00
6232	8040360	Jean-Charles Lalevee	60	[035] CN Alvito	14:00:00
D55 (5)					
2410	1304110	Margarida Rocha	55	[052] GD4C	14:00:00
3221	1304117	Teresa Páscoa	61	[007] Ori-Estarreja	14:00:00
2129	2032987	Luísa Mateus	58	[070] COC	14:00:00
2689	407031	Lucília Esteves	60	[085] A Montanha	14:00:00
1640	259755	Fernanda Ferreira	55	[168] CAB	14:00:00
H60 (16)					
3128	1304153	Manuel Martins	56	[005] CP Armada	14:00:00
1557	259713	Acácio Porta Nova	53	[094] CPOC	14:00:00
2201	2018584	Luciano Lucas	57	[128] COALA	14:00:00
2118	1102118	Manuel Domingues	57	[070] COC	14:00:00
1479	264935	Manuel Rocha	56	[037] GD Luz Verde	14:00:00
2145	409950	Fernando André	54	[167] NAST	14:00:00
1905	1010145	Vítor Rodrigues	54	[094] CPOC	14:00:00
1677	1954428	António Reyes	54	[151] GafanhOri	14:00:00
3997	1401650	Jorge Artur	55	[090] ADFA	14:00:00
1577	1191082	Luís Sousa	54	[090] ADFA	14:00:00
1567	559977	Crispim Júnior	55	[090] ADFA	14:00:00
1410	1541410	Jacinto Eleutério	54	[090] ADFA	14:00:00
2053	2106946	Carlos Rabaça	54	[022] CLAC	14:00:00
1851	1090256	Escada da Costa	56	[128] COALA	14:00:00
1190	242174	Carlos Ferreira	56	[168] CAB	14:00:00
1391	308215	António Matias	57	[022] CLAC	14:00:00

tno	hipno	Name	B	Club	Start
D60 (4)					
1964	2018589	Guida Santos	53	[128] COALA	14:00:00
2379	2800393	Hermínia Tavares	53	[056] Natura	14:00:00
1390	2800483	Maria São João	53	[022] CLAC	14:00:00
1393	308216	Paula Joaquim	57	[022] CLAC	14:00:00
H65 (5)					
1048	308464	Altino Silva	51	[007] Ori-Estarreja	14:00:00
1441	308457	Gil Rua	48	[007] Ori-Estarreja	14:00:00
2001	242339	Costa Leite	50	[116] Montepio Geral	14:00:00
1903	2018588	Armando Santos	52	[128] COALA	14:00:00
3088	2018590	José Raposo	51	[128] COALA	14:00:00
D65 (2)					
5686	1304219	Sinikka Ovaskainen	49	[151] GafanhOri	14:00:00
1556	259715	Ana Carreira	51	[094] CPOC	14:00:00
H70 (2)					
4440	2210946	Coelho dos Santos	46	[007] Ori-Estarreja	14:00:00
1576	259816	Francisco Coelho	44	[033] Clube TAP	14:00:00
H75 (2)					
3126	1304103	Joaquim da Costa	38	[052] GD4C	14:00:00
5687	1010105	Jorma Ovaskainen	42	[151] GafanhOri	14:00:00