



P10 - 2. ^a prova											
Place	Name	Nr.	Club							Res.	Innerte
1	Fernando Ferreira	15642	CFM	95	95	95	95	93	98	571	(18x)
2	Laura Tender	14094	acrFM	98	93	95	92	92	93	563	(10x)
3	Luís Paz	6350	acrFM	94	91	95	90	93	94	557	(12x)
4	Manuel Costa	13351	SCP	91	89	89	95	95	93	552	(12x)
5	Gonçalo Carvalho	16336	CFM	95	92	88	88	92	91	546	(9x)
6	Alfredo Silva	13315	CTF	89	93	87	91	94	92	546	(8x)
7	David Sampaio	14653	CTGaia	93	87	87	88	90	86	531	(4x)
8	Nuno Dias	12202	CTGaia	89	85	87	90	87	89	527	(6x)
9	Francisco Castro	16773	CTGaia	87	86	90	79	89	91	522	(4x)
10	Luís Neves	15347	CFM	86	85	83	87	86	84	511	(4x)
11	Bruno Ferreira	17919	CTGaia	78	80	87	84	86	87	502	(6x)
12	Tiago Fernandes	16793	CTGaia	85	88	79	86	86	78	502	(3x)
13	Serafim Oliveira	14470	CTGaia	77	85	89	84	80	81	496	(5x)
14	José Fontes	16914	CTGaia	82	85	83	79	85	82	496	(3x)
15	José Silva	16476	CTGaia	83	68	83	86	86	88	494	(5x)
16	Paulo Couto	13734	CTGaia	84	83	87	77	82	78	491	(3x)
17	Jorge Caeiro	16822	acrFM	81	77	82	84	84	81	489	(3x)
18	Luís Correia	13238	acrFM	74	77	76	82	71	86	466	(2x)
19	Vinicius Vieira	17935	CTGaia	52	66	62	74	66	70	390	(1x)
20	Renata Pinto	18038	CTGaia	52	43	47	53	58	46	299	(2x)
	Manuel Cruz	1178	STP								DNS
	João Cruz	11897	STP								DNS
	Filipe Gomes	17513	CTGaia								DNS

C10 - 2.^a prova

Place	Name	Nr.	Club								Res.	Innerte
1	Nuno Esteves	14255	GCP	101.8	102.5	104.0	102.2	99.6	102.4	612.5	(34x)	
2	Marco Gomes	14349	GCP	99.9	101.8	100.7	101.6	101.2	100.2	605.4	(32x)	
3	Sara Castro	16809	GCP	97.4	99.9	100.6	100.4	102.4	102.8	603.5	(29x)	
4	Sukhdeep Singh	17351	GCP	99.1	99.7	103.6	98.3	97.7	102.1	600.5	(27x)	
5	Ricardo Santos	14433	CTGaia	100.8	98.2	100.4	100.7	97.2	100.6	597.9	(25x)	
6	Filipe Gomes	17513	CTGaia	90.7	94.5	99.2	92.2	95.7	96.4	568.7	(14x)	
7	Sara Mendes	17182	CTGaia	85.9	81.7	73.1	85.3	80.4	78.9	485.3	(4x)	
8	Daniel Carvalho	17288	CTGaia	81.1	75.0	87.7	82.9	73.5	75.8	476.0	(3x)	
9	Fernando Silva	3700	CFM	70.7	79.5	79.9	68.7	79.7	73.9	452.4	(3x)	
10	Rita Canavarro	16760	CTGaia	73.0	68.6	74.8	74.2	75.8	68.4	434.8	(3x)	
11	Pedro Gomes	17911	CTGaia	66.7	67.6	75.6	72.4	67.1	74.4	423.8	(3x)	
12	José Gonçalves	15443	CTGaia	69.9	61.0	59.1	58.3	75.0	65.7	389.0	(2x)	
13	Marcus Vieira	17920	CTGaia	56.9	68.1	76.7	58.2	50.6	64.6	375.1	(2x)	
	Tiago Lopes	16168	CTGaia								DNS	



CCArt - 2. ^a prova										
Place	Name	Nr.	Club						Res.	Innerten
1	Paulo Couto	13734	CTGaia	94	97	95	94	380	(15x)	
2	Pedro Lopes	14937	CTGaia	93	96	93	94	376	(17x)	
3	Bruno Gonçalves	12653	STVC	89	95	93	92	369	(12x)	
4	Rúben Ribeiro	17226	CTGaia	91	92	89	88	360	(8x)	
5	Jorge Caeiro	16822	acrFM	88	89	86	81	344	(5x)	
6	Raul Campos	17508	CTGaia	88	81	88	85	342	(6x)	
7	José Miranda	16358	CTGaia	85	86	82	84	337	(6x)	
8	Pedro Pereira	16741	CTGaia	81	81	89	80	331	(4x)	
9	Hélder Nogueira	16707	CTGaia	86	77	77	86	326	(6x)	
10	José Silva	16476	CTGaia	80	83	77	80	320	(5x)	
11	Pedro Cortez	16465	CTGaia	75	79	80	78	312	(3x)	
12	Nídia Camilo	17918	CTGaia	71	83	76	78	308	(0x)	
13	Serafim Oliveira	14470	CTGaia	77	79	73	78	307	(2x)	
14	Rafael Dias	17106	CTGaia	78	75	75	79	307	(0x)	
15	Milton Andrade	17228	ACM	70	80	77	70	297	(3x)	
16	Vítor Couto	15682	CTGaia	73	73	77	72	295	(1x)	
17	Rui Pinto	16676	CTGaia	72	73	76	73	294	(4x)	
18	Nuno Silva	16770	CTGaia	78	69	74	73	294	(2x)	
19	Rui Martins	16697	CTGaia	69	73	73	74	289	(3x)	
20	Frederico António	11036	ACM	64	67	79	72	282	(1x)	
21	Nuno Lourenço	17200	CTGaia	73	68	65	74	280	(2x)	
22	Marcus Vieira	17920	CTGaia	74	74	76	54	278	(1x)	
23	José Martins	17790	CTGaia	73	72	66	64	275	(1x)	
24	Carlos Amorim	15953	CTGaia	60	70	71	69	270	(1x)	
25	Ana Amorim	15954	CTGaia	77	57	67	69	270	(1x)	
26	Alexandre Santos	17229	ACM	57	70	64	69	260	(0x)	
27	Juliano Pedra	13854	CTGaia	74	55	67	60	256	(1x)	
28	Paulo Freitas	6301	STP	56	63	67	65	251	(0x)	
29	Mário Teixeira	16771	CTGaia	59	72	48	64	243	(0x)	
30	Adriano Duarte	16638	CTGaia	55	46	52	48	201	(0x)	
31	João Morgado	17507	CTGaia	50	46	46	35	177	(0x)	
32	Mário Fernandes	17181	CTGaia	47	37	40	52	176	(1x)	
33	António Freitas	12668	CTGaia	38	44	26	57	165	(1x)	
34	Santiago Martinho	17785	CTGaia	20	28	24	49	121	(0x)	
35	Maria Mota	14023	CTGaia	40	34	40	0	114	DNF	
36	Diogo Braga	14876	CTGaia	54	45	13	0	112	DNF	
	Rui Campos	4180'	STP							DNS
	João Sousa	16320	CTGaia							DNS
	Miguel Regala	16769	CTGaia							DNS
	Rui Gomes	17009	CTGaia							DNS
	Ana Monteiro	17041	CTGaia							DNS
	Filipe Gomes	17513	CTGaia							DNS