

Campeonato Nacional AA 10Km, 7,5Km e 5Km Categorias - Open
Abrantes, 19- - 20-5-2018

Prova 1 10000m Livres 18 anos e mais velhos
19-05-2018 Resultados

Place	Nº	Name	YOB	Club/Nation	Tempo final	diferença
AA18+						
1.	15	GIL, Rafael Lourenco	1996	Individual Lisboa	1:48:08.09	
2.	7	CAMPOS, Tiago Filipe	1999	Rio Maior	1:48:10.69	+ 2.60
3.	5	BENITEZ DOMINGUEZ, Pablo	2000	Andalucia	1:48:26.76	+ 18.67
4.	6	CAILLE, Dany Pedro	2000	Braga	1:49:24.16	+ 1:16.07
5.	9	CARVALHO, Jose Paula	1998	Uniao Piedense	1:49:26.41	+ 1:18.32
6.	16	NUNES, Diogo Barbosa	2000	Fluvial Portuense	1:49:40.94	+ 1:32.85
7.	19	PINA, Guilherme Filipe	1998	Sporting	1:49:50.26	+ 1:42.17
8.	11	CORDERO JIMENA, Pablo	2000	Andalucia	1:52:02.47	+ 3:54.38
9.	20	REBELO, Diogo Nogueira	1998	Colegio Monte Maior	1:54:44.37	+ 6:36.28
10.	17	NUNES, Rafael Filipe	1996	Benfica	1:54:44.66	+ 6:36.57
11.	22	SAMPAIO, Jose Pedro	1998	Fluvial Portuense	1:55:57.44	+ 7:49.35
12.	3	BARBARA, Goncalo Gualberto	2000	Rio Maior	1:56:30.84	+ 8:22.75
13.	1	ANDRE, Angelica Maria	1994	Fluvial Portuense	1:58:04.79	+ 9:56.70
14.	10	CATALAO, Daniel Nogueira	2000	Benfica	1:58:27.87	+ 10:19.78
15.	8	CARVALHO, Eva Guerreiro	1999	Benfica	1:58:35.62	+ 10:27.53
16.	18	PEINADO MORALES, Irene	1994	Andalucia	2:02:12.34	+ 14:04.25
17.	21	REIS, Leonardo Peralta	1996	Sporting	2:05:52.26	+ 17:44.17
18.	23	SERRA, Joao Luis	1997	Aletrico Montemor	2:12:01.47	+ 23:53.38
19.	12	FERNANDES, Maria Joao	1997	Fluvial Portuense	2:13:17.02	+ 25:08.93
20.	4	BARBOSA, Sara Lopes	2000	Aquatico Pacense	2:15:16.94	+ 27:08.85
21.	2	ARMAS, Maria Ornelas	1998	Academia Acores	2:25:22.22	+ 37:14.13
OTL	13	FERREIRA, Bernardo Neves	2000	Individual Lisboa		+ 47:11.46
OTL	14	GERVASIO, Ana Sofia	1995	Aletrico Montemor		+ 52:14.35

AA18+ Masc, Masc.

1.	15	GIL, Rafael Lourenco	1996	Individual Lisboa	1:48:08.09	
2.	7	CAMPOS, Tiago Filipe	1999	Rio Maior	1:48:10.69	+ 2.60
3.	5	BENITEZ DOMINGUEZ, Pablo	2000	Andalucia	1:48:26.76	+ 18.67
4.	6	CAILLE, Dany Pedro	2000	Braga	1:49:24.16	+ 1:16.07
5.	9	CARVALHO, Jose Paula	1998	Uniao Piedense	1:49:26.41	+ 1:18.32
6.	16	NUNES, Diogo Barbosa	2000	Fluvial Portuense	1:49:40.94	+ 1:32.85
7.	19	PINA, Guilherme Filipe	1998	Sporting	1:49:50.26	+ 1:42.17
8.	11	CORDERO JIMENA, Pablo	2000	Andalucia	1:52:02.47	+ 3:54.38
9.	20	REBELO, Diogo Nogueira	1998	Colegio Monte Maior	1:54:44.37	+ 6:36.28
10.	17	NUNES, Rafael Filipe	1996	Benfica	1:54:44.66	+ 6:36.57
11.	22	SAMPAIO, Jose Pedro	1998	Fluvial Portuense	1:55:57.44	+ 7:49.35
12.	3	BARBARA, Goncalo Gualberto	2000	Rio Maior	1:56:30.84	+ 8:22.75
13.	10	CATALAO, Daniel Nogueira	2000	Benfica	1:58:27.87	+ 10:19.78
14.	21	REIS, Leonardo Peralta	1996	Sporting	2:05:52.26	+ 17:44.17
15.	23	SERRA, Joao Luis	1997	Aletrico Montemor	2:12:01.47	+ 23:53.38
OTL	13	FERREIRA, Bernardo Neves	2000	Individual Lisboa		+ 47:11.46

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Prova 1, 10000m Livres

AA18+ Fem, Femin.

1.	1	ANDRE, Angelica Maria	1994	Fluvial Portuense	1:58:04.79	
2.	8	CARVALHO, Eva Guerreiro	1999	Benfica	1:58:35.62	+ 30.83
3.	18	PEINADO MORALES, Irene	1994	Andalucia	2:02:12.34	+ 4:07.55
4.	12	FERNANDES, Maria Joao	1997	Fluvial Portuense	2:13:17.02	+ 15:12.23
5.	4	BARBOSA, Sara Lopes	2000	Aquatico Pacense	2:15:16.94	+ 17:12.15
6.	2	ARMAS, Maria Ornelas	1998	Academia Acores	2:25:22.22	+ 27:17.43
OTL	14	GERVASIO, Ana Sofia	1995	Atletico Montemor		+ 42:17.65

AA20+

1.	15	GIL, Rafael Lourenco	1996	Individual Lisboa	1:48:08.09	
2.	9	CARVALHO, Jose Paula	1998	Uniao Piedense	1:49:26.41	+ 1:18.32
3.	19	PINA, Guilherme Filipe	1998	Sporting	1:49:50.26	+ 1:42.17
4.	20	REBELO, Diogo Nogueira	1998	Colegio Monte Maior	1:54:44.37	+ 6:36.28
5.	17	NUNES, Rafael Filipe	1996	Benfica	1:54:44.66	+ 6:36.57
6.	22	SAMPAIO, Jose Pedro	1998	Fluvial Portuense	1:55:57.44	+ 7:49.35
7.	1	ANDRE, Angelica Maria	1994	Fluvial Portuense	1:58:04.79	+ 9:56.70
8.	18	PEINADO MORALES, Irene	1994	Andalucia	2:02:12.34	+ 14:04.25
9.	21	REIS, Leonardo Peralta	1996	Sporting	2:05:52.26	+ 17:44.17
10.	23	SERRA, Joao Luis	1997	Atletico Montemor	2:12:01.47	+ 23:53.38
11.	12	FERNANDES, Maria Joao	1997	Fluvial Portuense	2:13:17.02	+ 25:08.93
12.	2	ARMAS, Maria Ornelas	1998	Academia Acores	2:25:22.22	+ 37:14.13
OTL	14	GERVASIO, Ana Sofia	1995	Atletico Montemor		+ 52:14.35

AA20+ Masc, Masc.

1.	15	GIL, Rafael Lourenco	1996	Individual Lisboa	1:48:08.09	
2.	9	CARVALHO, Jose Paula	1998	Uniao Piedense	1:49:26.41	+ 1:18.32
3.	19	PINA, Guilherme Filipe	1998	Sporting	1:49:50.26	+ 1:42.17
4.	20	REBELO, Diogo Nogueira	1998	Colegio Monte Maior	1:54:44.37	+ 6:36.28
5.	17	NUNES, Rafael Filipe	1996	Benfica	1:54:44.66	+ 6:36.57
6.	22	SAMPAIO, Jose Pedro	1998	Fluvial Portuense	1:55:57.44	+ 7:49.35
7.	21	REIS, Leonardo Peralta	1996	Sporting	2:05:52.26	+ 17:44.17
8.	23	SERRA, Joao Luis	1997	Atletico Montemor	2:12:01.47	+ 23:53.38

AA20+ Fem, Femin.

1.	1	ANDRE, Angelica Maria	1994	Fluvial Portuense	1:58:04.79	
2.	18	PEINADO MORALES, Irene	1994	Andalucia	2:02:12.34	+ 4:07.55
3.	12	FERNANDES, Maria Joao	1997	Fluvial Portuense	2:13:17.02	+ 15:12.23
4.	2	ARMAS, Maria Ornelas	1998	Academia Acores	2:25:22.22	+ 27:17.43
OTL	14	GERVASIO, Ana Sofia	1995	Atletico Montemor		+ 42:17.65

Campeonato Nacional AA 10Km, 7,5Km e 5Km Categorias - Open
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Prova 1, 10000m Livres

AA1819

1.	7	CAMPOS, Tiago Filipe	1999	Rio Maior	1:48:10.69	
2.	5	BENITEZ DOMINGUEZ, Pablo	2000	Andalucia	1:48:26.76	+ 16.07
3.	6	CAILLE, Dany Pedro	2000	Braga	1:49:24.16	+ 1:13.47
4.	16	NUNES, Diogo Barbosa	2000	Fluvial Portuense	1:49:40.94	+ 1:30.25
5.	11	CORDERO JIMENA, Pablo	2000	Andalucia	1:52:02.47	+ 3:51.78
6.	3	BARBARA, Goncalo Gualberto	2000	Rio Maior	1:56:30.84	+ 8:20.15
7.	10	CATALAO, Daniel Nogueira	2000	Benfica	1:58:27.87	+ 10:17.18
8.	8	CARVALHO, Eva Guerreiro	1999	Benfica	1:58:35.62	+ 10:24.93
9.	4	BARBOSA, Sara Lopes	2000	Aquatico Pacense	2:15:16.94	+ 27:06.25
OTL	13	FERREIRA, Bernardo Neves	2000	Individual Lisboa		+ 47:08.86

AA1819 Masc, Masc.

1.	7	CAMPOS, Tiago Filipe	1999	Rio Maior	1:48:10.69	
2.	5	BENITEZ DOMINGUEZ, Pablo	2000	Andalucia	1:48:26.76	+ 16.07
3.	6	CAILLE, Dany Pedro	2000	Braga	1:49:24.16	+ 1:13.47
4.	16	NUNES, Diogo Barbosa	2000	Fluvial Portuense	1:49:40.94	+ 1:30.25
5.	11	CORDERO JIMENA, Pablo	2000	Andalucia	1:52:02.47	+ 3:51.78
6.	3	BARBARA, Goncalo Gualberto	2000	Rio Maior	1:56:30.84	+ 8:20.15
7.	10	CATALAO, Daniel Nogueira	2000	Benfica	1:58:27.87	+ 10:17.18
OTL	13	FERREIRA, Bernardo Neves	2000	Individual Lisboa		+ 47:08.86

AA1819 Fem, Femin.

1.	8	CARVALHO, Eva Guerreiro	1999	Benfica	1:58:35.62	
2.	4	BARBOSA, Sara Lopes	2000	Aquatico Pacense	2:15:16.94	+ 16:41.32

Campeonato Nacional AA 10Km, 7,5Km e 5Km Categorias - Open
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Prova 2
19-05-2018

7500m Livres

16 - 17 anos
Resultados

Place	Nº	Name	YOB	Club/Nation	Tempo final	diferença
AA1617						
1.	33	JOSE, Diogo Coelho	2001	Columbofila Cantanhedense	1:22:06.84	
2.	29	CARDOSO, Diogo Santos	2001	Colegio Monte Maior	1:22:08.84	+ 2.00
3.	30	DIZ, Joao Carvalho	2001	Columbofila Cantanhedense	1:22:22.91	+ 16.07
4.	32	FROTA, Paulo Andre	2002	CASPAE	1:25:10.87	+ 3:04.03
5.	25	AIRES, Rafael Alcantara	2001	Benfica	1:26:14.05	+ 4:07.21
6.	36	PEREIRA, Jose Maria	2001	Sporting	1:26:53.47	+ 4:46.63
7.	24	AGOSTINHO, Catia Iordan	2002	Rio Maior	1:27:32.47	+ 5:25.63
8.	31	FRAZAO, Alexandra Couto	2002	CASPAE	1:27:32.94	+ 5:26.10
9.	27	ANDRE, Leticia Maia	2002	Benfica	1:28:20.79	+ 6:13.95
10.	35	MENDES, Mariana Amaral	2002	Colegio Monte Maior	1:28:42.30	+ 6:35.46
11.	37	QUEIROZ, Ana Rita	2002	CASPAE	1:28:55.97	+ 6:49.13
12.	26	ALVES, Sara Sofia	2001	Columbofila Cantanhedense	1:28:57.19	+ 6:50.35
13.	38	TRAVASSOS, Rodrigo Alexandre	2002	CASPAE	1:29:08.94	+ 7:02.10
14.	28	BRANCO, Joao Pedro	2001	Aquatico Pacense	1:37:46.22	+ 15:39.38
15.	34	MARTINS, Ines Alves	2001	Fluvial Portuense	1:39:08.69	+ 17:01.85

AA1617 Masc, Masc.

1.	33	JOSE, Diogo Coelho	2001	Columbofila Cantanhedense	1:22:06.84	
2.	29	CARDOSO, Diogo Santos	2001	Colegio Monte Maior	1:22:08.84	+ 2.00
3.	30	DIZ, Joao Carvalho	2001	Columbofila Cantanhedense	1:22:22.91	+ 16.07
4.	32	FROTA, Paulo Andre	2002	CASPAE	1:25:10.87	+ 3:04.03
5.	25	AIRES, Rafael Alcantara	2001	Benfica	1:26:14.05	+ 4:07.21
6.	36	PEREIRA, Jose Maria	2001	Sporting	1:26:53.47	+ 4:46.63
7.	38	TRAVASSOS, Rodrigo Alexandre	2002	CASPAE	1:29:08.94	+ 7:02.10
8.	28	BRANCO, Joao Pedro	2001	Aquatico Pacense	1:37:46.22	+ 15:39.38

AA1617 Fem, Femin.

1.	24	AGOSTINHO, Catia Iordan	2002	Rio Maior	1:27:32.47	
2.	31	FRAZAO, Alexandra Couto	2002	CASPAE	1:27:32.94	+ 0.47
3.	27	ANDRE, Leticia Maia	2002	Benfica	1:28:20.79	+ 48.32
4.	35	MENDES, Mariana Amaral	2002	Colegio Monte Maior	1:28:42.30	+ 1:09.83
5.	37	QUEIROZ, Ana Rita	2002	CASPAE	1:28:55.97	+ 1:23.50
6.	26	ALVES, Sara Sofia	2001	Columbofila Cantanhedense	1:28:57.19	+ 1:24.72
7.	34	MARTINS, Ines Alves	2001	Fluvial Portuense	1:39:08.69	+ 11:36.22

Campeonato Nacional AA 10Km, 7,5Km e 5Km Categorias - Open
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Prova 3
20-05-2018

5000m Livres

Absoluto
Resultados

Place	Nº	Name	YOB	Club/Nation	Tempo final	diferença
Abs						
1.	7	CAMPOS, Tiago Filipe	1999	Rio Maior	52:10.15	
2.	9	CARVALHO, Jose Paula	1998	Uniao Piedense	52:10.46	+ 0.31
3.	15	GIL, Rafael Lourenco	1996	Individual Lisboa	52:10.90	+ 0.75
4.	11	CORDERO JIMENA, Pablo	2000	Andalucia	52:14.90	+ 4.75
5.	5	BENITEZ DOMINGUEZ, Pablo	2000	Andalucia	52:15.37	+ 5.22
6.	1	ANDRE, Angelica Maria	1994	Fluvial Portuense	52:16.65	+ 6.50
7.	16	NUNES, Diogo Barbosa	2000	Fluvial Portuense	52:17.06	+ 6.91
8.	3	BARBARA, Goncalo Gualberto	2000	Rio Maior	52:56.78	+ 46.63
9.	32	FROTA, Paulo Andre	2002	CASP AE	53:21.68	+ 1:11.53
10.	55	ROSA, Mafalda Sofia	2003	Rio Maior	53:23.50	+ 1:13.35
11.	22	SAMPAIO, Jose Pedro	1998	Fluvial Portuense	54:18.06	+ 2:07.91
12.	17	NUNES, Rafael Filipe	1996	Benfica	54:21.34	+ 2:11.19
13.	51	MACHADO, Martim Miranda	2003	Uniao Coimbra	54:41.62	+ 2:31.47
14.	44	CLARO MARTINEZ, Maria	2002	Andalucia	54:57.87	+ 2:47.72
15.	8	CARVALHO, Eva Guerreiro	1999	Benfica	55:05.75	+ 2:55.60
16.	53	OLIVEIRA, Vitor Teixeira	2003	Columbofila Cantanhedense	55:11.15	+ 3:01.00
17.	41	BONANCA, Mario Andre	1990	Sporting	55:16.00	+ 3:05.85
18.	56	SOUSA, Diogo Nunes	2003	Vitoria Guimaraes	57:18.84	+ 5:08.69
19.	18	PEINADO MORALES, Irene	1994	Andalucia	57:46.34	+ 5:36.19
20.	37	QUEIROZ, Ana Rita	2002	CASP AE	57:51.34	+ 5:41.19
21.	31	FRAZAO, Alexandra Couto	2002	CASP AE	57:54.93	+ 5:44.78
22.	47	FLORENCIO, Matilde Alves	2004	CASP AE	57:58.03	+ 5:47.88
23.	46	DIAS, Sergio Eduardo	2000	Aquatico Pacense	1:00:40.40	+ 8:30.25
24.	57	SOUSA, Ines Matos	2003	Uniao Coimbra	1:01:02.53	+ 8:52.38
25.	12	FERNANDES, Maria Joao	1997	Fluvial Portuense	1:01:18.09	+ 9:07.94
26.	43	CARVALHO, Beatriz Moreira	2003	Rio Maior	1:01:29.56	+ 9:19.41
27.	48	FONSECA, Laura Luz	2003	Naval de Ponta Delgada	1:02:11.31	+ 10:01.16
28.	38	TRAVASSOS, Rodrigo Alexandre	2002	CASP AE	1:02:43.68	+ 10:33.53
29.	49	LEAL, Dinis Barros	2003	Aquatico Pacense	1:02:59.87	+ 10:49.72
30.	42	BORGES, Rafael Braga	2003	Naval de Ponta Delgada	1:04:17.56	+ 12:07.41
31.	54	PINTO, Bruna Filipa	2003	CASP AE	1:04:22.71	+ 12:12.56
32.	58	TEIXEIRA, Pedro Rui	2003	Aquatico Pacense	1:06:43.25	+ 14:33.10
33.	59	TEJO, Sara Sofia	2003	CASP AE	1:09:44.43	+ 17:34.28
34.	40	BARBADO, Sofia Correia	2003	Aleatico Montemor	1:09:48.09	+ 17:37.94
35.	52	MAGALHAES, Ines Filipa	2002	Aquatico Pacense	1:10:24.93	+ 18:14.78
36.	45	CRUZ, Ines Dias	2004	CASP AE	1:10:54.21	+ 18:44.06
37.	50	LOPES, Melissa Helena	2000	Litoral Alentejano	1:11:03.68	+ 18:53.53
38.	39	ANTUNES, Jose Joao	2003	FC Ferreiras/AlgarExperience	1:18:26.50	+ 26:16.35

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Prova 3, 5000m Livres

Abs Masc, Masc.

1.	7	CAMPOS, Tiago Filipe	1999	Rio Maior	52:10.15	
2.	9	CARVALHO, Jose Paula	1998	Uniao Piedense	52:10.46	+ 0.31
3.	15	GIL, Rafael Lourenco	1996	Individual Lisboa	52:10.90	+ 0.75
4.	11	CORDERO JIMENA, Pablo	2000	Andalucia	52:14.90	+ 4.75
5.	5	BENITEZ DOMINGUEZ, Pablo	2000	Andalucia	52:15.37	+ 5.22
6.	16	NUNES, Diogo Barbosa	2000	Fluvial Portuense	52:17.06	+ 6.91
7.	3	BARBARA, Goncalo Gualberto	2000	Rio Maior	52:56.78	+ 46.63
8.	32	FROTA, Paulo Andre	2002	CASPAE	53:21.68	+ 1:11.53
9.	22	SAMPAIO, Jose Pedro	1998	Fluvial Portuense	54:18.06	+ 2:07.91
10.	17	NUNES, Rafael Filipe	1996	Benfica	54:21.34	+ 2:11.19
11.	51	MACHADO, Martim Miranda	2003	Uniao Coimbra	54:41.62	+ 2:31.47
12.	53	OLIVEIRA, Vitor Teixeira	2003	Columbofila Cantanhedense	55:11.15	+ 3:01.00
13.	41	BONANCA, Mario Andre	1990	Sporting	55:16.00	+ 3:05.85
14.	56	SOUSA, Diogo Nunes	2003	Vitoria Guimaraes	57:18.84	+ 5:08.69
15.	46	DIAS, Sergio Eduardo	2000	Aquatico Pacense	1:00:40.40	+ 8:30.25
16.	38	TRAVASSOS, Rodrigo Alexandre	2002	CASPAE	1:02:43.68	+ 10:33.53
17.	49	LEAL, Dinis Barros	2003	Aquatico Pacense	1:02:59.87	+ 10:49.72
18.	42	BORGES, Rafael Braga	2003	Naval de Ponta Delgada	1:04:17.56	+ 12:07.41
19.	58	TEIXEIRA, Pedro Rui	2003	Aquatico Pacense	1:06:43.25	+ 14:33.10
20.	39	ANTUNES, Jose Joao	2003	FC Ferreiras/AlgarExperience	1:18:26.50	+ 26:16.35

Abs Fem, Femin.

1.	1	ANDRE, Angelica Maria	1994	Fluvial Portuense	52:16.65	
2.	55	ROSA, Mafalda Sofia	2003	Rio Maior	53:23.50	+ 1:06.85
3.	44	CLARO MARTINEZ, Maria	2002	Andalucia	54:57.87	+ 2:41.22
4.	8	CARVALHO, Eva Guerreiro	1999	Benfica	55:05.75	+ 2:49.10
5.	18	PEINADO MORALES, Irene	1994	Andalucia	57:46.34	+ 5:29.69
6.	37	QUEIROZ, Ana Rita	2002	CASPAE	57:51.34	+ 5:34.69
7.	31	FRAZAO, Alexandra Couto	2002	CASPAE	57:54.93	+ 5:38.28
8.	47	FLORENCIO, Matilde Alves	2004	CASPAE	57:58.03	+ 5:41.38
9.	57	SOUSA, Ines Matos	2003	Uniao Coimbra	1:01:02.53	+ 8:45.88
10.	12	FERNANDES, Maria Joao	1997	Fluvial Portuense	1:01:18.09	+ 9:01.44
11.	43	CARVALHO, Beatriz Moreira	2003	Rio Maior	1:01:29.56	+ 9:12.91
12.	48	FONSECA, Laura Luz	2003	Naval de Ponta Delgada	1:02:11.31	+ 9:54.66
13.	54	PINTO, Bruna Filipa	2003	CASPAE	1:04:22.71	+ 12:06.06
14.	59	TEJO, Sara Sofia	2003	CASPAE	1:09:44.43	+ 17:27.78
15.	40	BARBADO, Sofia Correia	2003	A Atletico Montemor	1:09:48.09	+ 17:31.44
16.	52	MAGALHAES, Ines Filipa	2002	Aquatico Pacense	1:10:24.93	+ 18:08.28
17.	45	CRUZ, Ines Dias	2004	CASPAE	1:10:54.21	+ 18:37.56
18.	50	LOPES, Melissa Helena	2000	Litoral Alentejano	1:11:03.68	+ 18:47.03

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Prova 3, 5000m Livres

AA1415

1.	55	ROSA, Mafalda Sofia	2003	Rio Maior	53:23.50	
2.	51	MACHADO, Martim Miranda	2003	Uniao Coimbra	54:41.62	+ 1:18.12
3.	53	OLIVEIRA, Vitor Teixeira	2003	Columbofila Cantanhedense	55:11.15	+ 1:47.65
4.	56	SOUSA, Diogo Nunes	2003	Vitoria Guimaraes	57:18.84	+ 3:55.34
5.	47	FLORENCIO, Matilde Alves	2004	CASPAE	57:58.03	+ 4:34.53
6.	57	SOUSA, Ines Matos	2003	Uniao Coimbra	1:01:02.53	+ 7:39.03
7.	43	CARVALHO, Beatriz Moreira	2003	Rio Maior	1:01:29.56	+ 8:06.06
8.	48	FONSECA, Laura Luz	2003	Naval de Ponta Delgada	1:02:11.31	+ 8:47.81
9.	49	LEAL, Dinis Barros	2003	Aquatico Pacense	1:02:59.87	+ 9:36.37
10.	42	BORGES, Rafael Braga	2003	Naval de Ponta Delgada	1:04:17.56	+ 10:54.06
11.	54	PINTO, Bruna Filipa	2003	CASPAE	1:04:22.71	+ 10:59.21
12.	58	TEIXEIRA, Pedro Rui	2003	Aquatico Pacense	1:06:43.25	+ 13:19.75
13.	59	TEJO, Sara Sofia	2003	CASPAE	1:09:44.43	+ 16:20.93
14.	40	BARBADO, Sofia Correia	2003	Atletico Montemor	1:09:48.09	+ 16:24.59
15.	45	CRUZ, Ines Dias	2004	CASPAE	1:10:54.21	+ 17:30.71
16.	39	ANTUNES, Jose Joao	2003	FC Ferreiras/AlgarExperience	1:18:26.50	+ 25:03.00

AA15 Masc, Masc.

1.	51	MACHADO, Martim Miranda	2003	Uniao Coimbra	54:41.62	
2.	53	OLIVEIRA, Vitor Teixeira	2003	Columbofila Cantanhedense	55:11.15	+ 29.53
3.	56	SOUSA, Diogo Nunes	2003	Vitoria Guimaraes	57:18.84	+ 2:37.22
4.	49	LEAL, Dinis Barros	2003	Aquatico Pacense	1:02:59.87	+ 8:18.25
5.	42	BORGES, Rafael Braga	2003	Naval de Ponta Delgada	1:04:17.56	+ 9:35.94
6.	58	TEIXEIRA, Pedro Rui	2003	Aquatico Pacense	1:06:43.25	+ 12:01.63
7.	39	ANTUNES, Jose Joao	2003	FC Ferreiras/AlgarExperience	1:18:26.50	+ 23:44.88

AA1415 Fem, Femin.

1.	55	ROSA, Mafalda Sofia	2003	Rio Maior	53:23.50	
2.	47	FLORENCIO, Matilde Alves	2004	CASPAE	57:58.03	+ 4:34.53
3.	57	SOUSA, Ines Matos	2003	Uniao Coimbra	1:01:02.53	+ 7:39.03
4.	43	CARVALHO, Beatriz Moreira	2003	Rio Maior	1:01:29.56	+ 8:06.06
5.	48	FONSECA, Laura Luz	2003	Naval de Ponta Delgada	1:02:11.31	+ 8:47.81
6.	54	PINTO, Bruna Filipa	2003	CASPAE	1:04:22.71	+ 10:59.21
7.	59	TEJO, Sara Sofia	2003	CASPAE	1:09:44.43	+ 16:20.93
8.	40	BARBADO, Sofia Correia	2003	Atletico Montemor	1:09:48.09	+ 16:24.59
9.	45	CRUZ, Ines Dias	2004	CASPAE	1:10:54.21	+ 17:30.71