



1	22	Igor Abreu	AD Galomar	Junior	00:04:03	00:05:07	00:04:12	00:05:26	00:02:14	00:21:02	00:00:00	00:21:02
2	23	Leonardo Lambaz	Município de Porto Moniz/C. N Seixal	Junior	00:04:10	00:04:55	00:11:52	00:05:08	00:02:13	00:28:18	00:00:00	00:28:18
3	25	Martim Freitas	Caniço Riders	Junior	00:08:14	00:06:27	00:06:11	00:07:11	00:02:33	00:30:36	00:06:02	00:36:38
1	55	Daniel Pombo	Ciclo Madeira Clube Desportivo	Master 30	00:03:27	00:04:43	00:03:37	00:05:01	00:02:10	00:18:58	00:00:00	00:18:58
2	36	António Ferreira	Caniço Riders	Master 30	00:03:34	00:04:53	00:03:51	00:05:07	00:02:10	00:19:35	00:00:00	00:19:35
3	37	João Freitas	AD Galomar	Master 30	00:03:55	00:04:52	00:03:53	00:05:03	00:02:09	00:19:52	00:00:00	00:19:52
4	53	José Pereira	Clube Futebol Carvalheiro	Master 30	00:03:44	00:05:01	00:03:57	00:05:04	00:02:09	00:19:55	00:00:00	00:19:55
5	40	Roberto Chaves	Caniço Riders	Master 30	00:03:50	00:05:04	00:04:05	00:05:08	00:02:09	00:20:16	00:00:00	00:20:16
6	38	Ronaldo Fontes	AD Galomar	Master 30	00:03:46	00:05:05	00:04:02	00:05:18	00:02:10	00:20:21	00:00:00	00:20:21
7	54	João Machado	Clube Naval Sao Roque de Ponta	Master 30	00:03:48	00:05:10	00:04:05	00:05:12	00:02:14	00:20:29	00:00:00	00:20:29
8	41	Luís Fernandes	Ciclo Madeira Clube Desportivo	Master 30	00:03:49	00:05:08	00:04:12	00:05:28	00:02:14	00:20:51	00:00:00	00:20:51
9	42	Tiago Silva	AD Galomar	Master 30	00:03:51	00:05:11	00:04:28	00:05:44	00:02:19	00:21:33	00:00:00	00:21:33
10	39	Duarte Nóbrega	Ciclo Madeira Clube Desportivo	Master 30	00:04:09	00:05:35	00:04:24	00:05:36	00:02:17	00:22:01	00:00:00	00:22:01
11	50	Hugo Pereira	Caniço Riders	Master 30	00:04:21	00:05:44	00:04:38	00:05:42	00:02:24	00:22:49	00:00:00	00:22:49
12	44	Jérémy Frotey	CDR Prazeres	Master 30	00:04:06	00:05:45	00:05:04	00:05:41	00:02:19	00:22:55	00:00:00	00:22:55
13	52	Hélder Garcês	Clube Futebol Carvalheiro	Master 30	00:04:32	00:05:47	00:04:44	00:05:38	00:02:19	00:23:00	00:00:00	00:23:00
14	45	Fábio Vieira	AD Galomar	Master 30	00:05:00	00:05:48	00:05:02	00:05:48	00:02:20	00:23:58	00:00:00	00:23:58
15	48	José Jesus	AD Galomar	Master 30	00:04:34	00:05:58	00:04:59	00:06:02	00:02:30	00:24:03	00:00:00	00:24:03
16	47	Edgar Serrão	AD Galomar	Master 30	00:05:12	00:05:48	00:05:21	00:05:56	00:02:21	00:24:38	00:00:00	00:24:38
17	49	Lino Conceição	Município de Porto Moniz/C. N Seixal	Master 30	00:05:03	00:06:01	00:05:16	00:06:16	00:02:27	00:25:03	00:00:00	00:25:03
18	46	Luís Nunes	CDR Prazeres	Master 30	00:07:14	00:06:52	00:07:21	00:06:54	00:02:38	00:30:59	00:00:00	00:30:59
19	51	Nélio Gouveia	Clube Futebol Carvalheiro	Master 30	00:05:18	00:07:51	00:07:42	00:09:26	00:03:11	00:33:28	01:12:13	01:45:41
1	69	Joselino Gonçalves	Ciclo Madeira Clube Desportivo	Master 40	00:03:27	00:05:24	00:04:04	00:05:06	00:02:09	00:20:10	00:00:00	00:20:10
2	65	Milan Cizinsky	Bikezone.cz	Master 40	00:03:32	00:05:21	00:04:19	00:05:15	00:02:38	00:21:05	00:00:00	00:21:05
3	59	Vítor Freitas	CDR Prazeres	Master 40	00:03:47	00:05:29	00:04:32	00:05:42	00:02:19	00:21:49	00:00:00	00:21:49
4	60	Pedro Oliveira	AD Galomar	Master 40	00:04:07	00:05:45	00:04:44	00:05:48	00:02:21	00:22:45	00:00:00	00:22:45
5	61	Marco Coelho	AD Galomar	Master 40	00:04:09	00:05:49	00:04:51	00:05:50	00:02:26	00:23:05	00:00:00	00:23:05
6	57	João Correia	C. S. Marítimo / Barreirinha Bar Cafe	Master 40	00:04:40	00:06:14	00:05:01	00:06:13	00:02:23	00:24:31	00:00:00	00:24:31
7	62	Miguel Nunes	Valour - ACRD do Rosário/ São Vicente	Master 40	00:05:24	00:06:33	00:05:07	00:06:25	00:02:39	00:26:08	00:00:00	00:26:08
8	67	Élvio Sousa	Clube Futebol Carvalheiro	Master 40	00:07:17	00:09:59	00:11:15	00:11:01	00:03:13	00:42:45	00:42:33	01:25:18
DNF	58	Márcio Silva	AD Galomar	Master 40	00:04:48	00:06:07	DNF	DNF	DNF	DNF	DNF	DNF
1	70	Nuno Jardim	AD Galomar	Master 50	00:04:09	00:05:53	00:04:43	00:05:39	00:02:20	00:22:44	00:00:00	00:22:44
2	72	Paulo Sousa	Ciclo Madeira Clube Desportivo	Master 50	00:03:52	00:05:42	00:05:08	00:05:52	00:02:19	00:22:53	00:00:00	00:22:53
3	73	Jaime Afonso	Ciclo Madeira Clube Desportivo	Master 50	00:04:21	00:06:38	00:05:11	00:06:33	00:02:32	00:25:15	00:00:00	00:25:15
4	71	Eleutério Gomes	Caniço Riders	Master 50	00:04:11	00:06:26	00:05:35	00:06:29	00:02:37	00:25:18	00:00:00	00:25:18
5	75	Ricardo Pereira	C. S. Marítimo / Barreirinha Bar Cafe	Master 50	00:04:47	00:07:13	00:06:22	00:08:21	00:02:45	00:29:28	00:01:37	00:31:05