

OVERALL RESULTS

#	Last Name	First Name	Nationality	Age	Swim		T1		Bike		T2		Run		Chip Time	Diff.	
					Place	Time	Place	Time	Place	Time	Place	Time	Place	Time			
1	37	Johnsen	Jimmy	DEN	M25-29	7	0:24:57	12	0:01:29	1	2:06:24	34	0:00:46	3	1:12:12	3:45:48	
2	5	Koefoed	Jens	DEN	M30-34	11	0:25:13	4	0:01:16	2	2:07:42	18	0:00:42	8	1:13:24	3:48:17	0:02:29
3	141	Sundberg	Swen	GER	M30-34	10	0:25:04	8	0:01:25	4	2:11:06	25	0:00:44	2	1:11:44	3:50:03	0:04:15
4	35	Cartmell	Fraser	UK	M25-29	3	0:23:10	5	0:01:20	6	2:12:42	18	0:00:42	5	1:12:29	3:50:23	0:04:35
5	36	Benocs	Zoltan	HUN	M18-24	9	0:25:00	6	0:01:21	3	2:11:00	6	0:00:38	10	1:13:45	3:51:44	0:05:56
6	R-333	Abreu / Vicente / Silva	Ricardo / Nuno / Tiago	POR / POR / POR	Relay	2	0:22:57	41	0:01:44	15	2:16:29	1	0:00:33	6	1:12:29	3:54:12	0:08:24
7	4	Gomes	Pedro	POR	M18-24	8	0:24:58	11	0:01:28	11	2:14:50	15	0:00:39	9	1:13:25	3:55:20	0:09:32
8	6	Monteiro	Frederico	BRA	M30-34	5	0:23:55	2	0:01:15	13	2:16:06	48	0:00:49	11	1:14:09	3:56:14	0:10:26
9	2	Woodward	Alun	ENG	M25-29	6	0:24:29	3	0:01:16	12	2:15:35	36	0:00:47	12	1:14:19	3:56:26	0:10:38
10	33	Saunders	Nick	ENG	M30-34	23	0:26:40	16	0:01:33	9	2:13:06	2	0:00:35	13	1:14:46	3:56:40	0:10:52
11	31	Hovgaard	Esben	DEN	M25-29	15	0:26:27	43	0:01:45	8	2:13:05	65	0:00:54	16	1:15:54	3:58:05	0:12:17
12	52	Petersen-Bach	Jens	DEN	M18-24	23	0:26:40	10	0:01:28	10	2:14:19	6	0:00:38	14	1:15:13	3:58:18	0:12:30
13	32	Kaczmarek	Finn	DEN	M25-29	26	0:26:43	41	0:01:44	14	2:16:08	60	0:00:53	7	1:13:15	3:58:43	0:12:55
14	9	Hugelshofer	Patrik	SUI	M30-34	19	0:26:37	22	0:01:37	7	2:13:04	13	0:00:39	25	1:18:23	4:00:20	0:14:32
15	8	António	Custódio	POR	M30-34	79	0:31:09	20	0:01:34	22	2:18:26	36	0:00:47	1	1:11:27	4:03:23	0:17:35
16	1	Hecht	Mathias	SUI	M25-29	4	0:23:12	12	0:01:29	16	2:16:49	28	0:00:44	34	1:21:34	4:03:48	0:18:00
17	23	Treadaway	Darren	ENG	M25-29	28	0:27:19	14	0:01:30	18	2:17:23	53	0:00:51	19	1:16:51	4:03:54	0:18:06
18	7	Pfitzenmaier	Nico	GER	M35-39	14	0:26:25	9	0:01:26	20	2:17:47	22	0:00:43	24	1:18:09	4:04:30	0:18:42
19	13	Dias	Sérgio Faustino	POR	M30-34	71	0:30:19	16	0:01:33	19	2:17:31	6	0:00:38	15	1:15:45	4:05:46	0:19:58
20	257	Rodrigues	Rui Jorge	POR	M40-44	22	0:26:39	29	0:01:39	38	2:22:21	84	0:01:00	17	1:16:09	4:07:48	0:22:00
21	10	Martins	João Janela	POR	M35-39	190	0:36:25	52	0:01:53	5	2:11:26	6	0:00:38	26	1:18:39	4:09:01	0:23:13
22	61	de Arriba Martin	Pedro Antonio	SPA	M25-29	16	0:26:31	35	0:01:43	34	2:21:12	64	0:00:53	29	1:19:28	4:09:47	0:23:59
23	22	Valera	Luis Bernabé	SPA	M40-44	30	0:27:57	56	0:01:55	31	2:20:46	82	0:00:59	27	1:19:10	4:10:47	0:24:59
24	90	Callesen	Casper	DEN	M30-34	26	0:26:43	89	0:02:15	30	2:20:31	36	0:00:47	32	1:21:02	4:11:18	0:25:30
25	11	Lobo	Tiago	POR	M25-29	17	0:26:32	22	0:01:37	55	2:27:02	28	0:00:44	18	1:16:34	4:12:29	0:26:41
26	14	Gomes	Carlos Alberto	POR	M45-49	124	0:32:58	59	0:01:57	32	2:20:47	11	0:00:38	22	1:17:12	4:13:32	0:27:44
27	79	Rius Charles	Marc	SPA	M25-29	42	0:28:40	88	0:02:14	28	2:20:13	153	0:01:21	45	1:24:08	4:16:36	0:30:48
28	18	Grilo	Bruno	POR	M30-34	46	0:28:47	27	0:01:39	39	2:22:34	6	0:00:38	43	1:23:58	4:17:36	0:31:48
29	248	LLado	Guillermo	SPA	M40-44	37	0:28:20	39	0:01:44	26	2:19:21	68	0:00:54	64	1:27:49	4:18:08	0:32:20
30	201	Mello	Marco	POR	M35-39	38	0:28:24	35	0:01:43	45	2:25:20	131	0:01:14	35	1:21:37	4:18:18	0:32:30
31	42	Wiklund	Tove	SWE	F30-34	13	0:26:22	31	0:01:40	42	2:23:28	92	0:01:03	55	1:26:03	4:18:36	0:32:48
32	171	Garcia Perez	Francisco Javier	SPA	M35-39	52	0:29:01	87	0:02:12	24	2:18:37	84	0:01:00	67	1:27:56	4:18:46	0:32:58
33	16	Fernández	Noé	SPA	M30-34	32	0:28:08	60	0:01:57	60	2:28:32	20	0:00:42	30	1:19:32	4:18:51	0:33:03
34	26	Aznar Gallego	Pablo	SPA	M25-29	80	0:31:10	119	0:02:31	36	2:21:54	41	0:00:48	39	1:22:45	4:19:08	0:33:20
35	12	McEvoy	Sean	IRE	M40-44	75	0:30:27	57	0:01:55	62	2:28:41	83	0:00:59	20	1:17:10	4:19:12	0:33:24
36	338	Roberto	Mondejar Escolano	SPA	M40-44	33	0:28:13	167	0:02:59	23	2:18:26	16	0:00:41	78	1:29:12	4:19:31	0:33:43
37	45	Klingler	Nicole	LIECHT	F25-29	66	0:30:10	39	0:01:44	44	2:24:33	25	0:00:44	42	1:23:26	4:20:37	0:34:49
38	54	Ajram	Josef	SPA	M25-29	105	0:31:48	105	0:02:25	17	2:17:10	156	0:01:21	69	1:28:20	4:21:04	0:35:16
39	215	Stoffer	Thomas	GER	M35-39	56	0:29:22	91	0:02:16	21	2:18:06	105	0:01:06	91	1:31:05	4:21:55	0:36:07
40	21	Simões	Rui Salvador	POR	M30-34	107	0:31:50	91	0:02:16	41	2:22:48	45	0:00:48	49	1:24:54	4:22:36	0:36:48
41	19	Ribeiro	Hugo	POR	M35-39	55	0:29:18	76	0:02:05	29	2:20:31	77	0:00:58	85	1:30:05	4:22:57	0:37:09
42	226	Bayon Meleiro	Nicolas	SPA	M40-44	31	0:28:06	55	0:01:55	33	2:20:50	91	0:01:03	92	1:31:12	4:23:06	0:37:18

43	43	Nielsen	Maja	DEN	F30-34	115	0:32:19	78	0:02:06	37	2:22:16	95	0:01:04	52	1:25:37	4:23:22	0:37:34
44	161	Castro Crespo	Enrique	SPA	M35-39	125	0:33:01	117	0:02:30	49	2:25:56	121	0:01:10	31	1:20:55	4:23:32	0:37:44
45	189	Lopez Junior	Luiz	BRA	M35-39	117	0:32:26	50	0:01:50	25	2:18:45	76	0:00:58	83	1:29:52	4:23:51	0:38:03
46	120	Milheiras	Hélder	POR	M30-34	106	0:31:49	35	0:01:43	52	2:26:28	111	0:01:08	40	1:22:48	4:23:56	0:38:08
47	46	Alves Martins	Edgar Jorge	POR	M18-24	89	0:31:23	46	0:01:47	57	2:27:05	33	0:00:45	47	1:24:24	4:25:24	0:39:36
48	147	Vidal Folch	Xavi	SPA	M30-34	74	0:30:26	66	0:01:59	53	2:26:33	50	0:00:50	56	1:26:05	4:25:53	0:40:05
49	135	Sampedro	Omar	SPA	M30-34	21	0:26:38	25	0:01:38	63	2:28:43	99	0:01:05	68	1:28:02	4:26:06	0:40:18
50	15	Ganchinho	Miguel	POR	M25-29	44	0:28:44	15	0:01:32	40	2:22:41	25	0:00:44	101	1:32:34	4:26:15	0:40:27
51	57	Aroca Martinez	Oscar	SPA	M25-29	66	0:30:10	135	0:02:39	58	2:27:17	77	0:00:58	50	1:25:16	4:26:20	0:40:32
52	274	Gonzalez Espresati	Francisco	POR	M45-49	12	0:26:20	86	0:02:11	73	2:30:29	55	0:00:52	58	1:26:33	4:26:25	0:40:37
53	R-334	Rodrigues / Silva / Feijão	Manuel / João / Fernando	POR / POR / POR	Relay	70	0:30:17	1	0:01:14	103	2:36:28	42	0:00:48	23	1:17:44	4:26:31	0:40:43
54	304	Moeller	Sara	DEN	F18-24	45	0:28:46	65	0:01:59	69	2:30:02	68	0:00:54	54	1:25:47	4:27:28	0:41:40
55	203	Moorehead-lane	Robert	ENG	M35-39	120	0:32:35	131	0:02:36	35	2:21:21	114	0:01:08	84	1:29:55	4:27:35	0:41:47
56	56	Alves	Manuel	POR	M25-29	50	0:28:55	19	0:01:34	65	2:29:17	5	0:00:37	61	1:27:22	4:27:45	0:41:57
57	58	Blazquez Gomez	Samuel	SPA	M25-29	58	0:29:38	60	0:01:57	83	2:32:34	21	0:00:43	41	1:22:57	4:27:49	0:42:01
58	17	Oliveira	Aníbal Pereira	POR	M30-34	239	0:39:44	16	0:01:33	56	2:27:03	4	0:00:36	28	1:19:17	4:28:13	0:42:25
59	69	Herruzo	Ivan	SPA	M25-29	104	0:31:47	120	0:02:31	46	2:25:26	60	0:00:53	63	1:27:41	4:28:18	0:42:30
60	122	Moreno	Rafael	SPA	M30-34	48	0:28:50	58	0:01:56	82	2:32:31	97	0:01:05	46	1:24:21	4:28:43	0:42:55
61	80	Román	Fernando	SPA	M25-29	130	0:33:49	128	0:02:35	68	2:29:28	97	0:01:05	38	1:22:14	4:29:11	0:43:23
62	197	martinez garcia	Felipe	SPA	M35-39	77	0:30:49	174	0:03:05	48	2:25:55	72	0:00:55	73	1:28:34	4:29:18	0:43:30
63	132	Rayner	Eddie	ENG	M30-34	93	0:31:33	79	0:02:07	47	2:25:36	117	0:01:09	77	1:29:00	4:29:25	0:43:37
64	39	Bürli	Simone	SUI	F30-34	19	0:26:37	33	0:01:41	74	2:30:43	59	0:00:53	79	1:29:34	4:29:28	0:43:40
65	177	Gutierrez López	Jorge	SPA	M35-39	54	0:29:17	68	0:02:01	98	2:35:00	184	0:01:38	37	1:22:00	4:29:56	0:44:08
66	136	Santamaria	Pablo	SPA	M30-34	78	0:30:58	228	0:03:54	72	2:30:13	197	0:01:45	44	1:24:00	4:30:50	0:45:02
67	210	Piña Refojos	Luis	SPA	M35-39	25	0:26:41	70	0:02:02	54	2:26:35	13	0:00:39	123	1:35:25	4:31:22	0:45:34
68	230	Castany Egea	Jordi	SPA	M40-44	135	0:34:09	142	0:02:41	88	2:33:14	121	0:01:10	33	1:21:27	4:32:41	0:46:53
69	322	Ford	Fiona Leanne	ENG	F35-39	62	0:29:58	101	0:02:21	80	2:32:02	111	0:01:08	62	1:27:27	4:32:56	0:47:08
70	97	Diego Pinto	David	SPA	M30-34	97	0:31:38	27	0:01:39	51	2:26:19	114	0:01:08	95	1:32:14	4:32:58	0:47:10
71	232	Codinha	Paulo	POR	M40-44	94	0:31:36	75	0:02:05	50	2:26:13	107	0:01:07	103	1:32:56	4:33:57	0:48:09
72	129	Power	John	IRE	M30-34	85	0:31:18	25	0:01:38	95	2:34:38	71	0:00:55	53	1:25:41	4:34:10	0:48:22
73	205	Nodar Balboa	Carlos	SPA	M35-39	122	0:32:46	169	0:03:01	70	2:30:08	117	0:01:09	76	1:28:55	4:35:59	0:50:11
74	180	Hervas Garrachon	Pedro	SPA	M35-40	65	0:30:05	110	0:02:26	132	2:41:09	12	0:00:39	36	1:21:45	4:36:04	0:50:16
75	163	Claraso	Alex	SPA	M35-39	147	0:35:00	54	0:01:54	91	2:33:51	68	0:00:54	48	1:24:37	4:36:16	0:50:28
76	222	Wiggins	Andrew	ENG	M35-39	188	0:36:23	51	0:01:52	67	2:29:28	124	0:01:11	72	1:28:31	4:37:25	0:51:37
77	152	Alçada	Eduardo	POR	M35-39	72	0:30:22	80	0:02:08	64	2:29:15	28	0:00:44	120	1:35:13	4:37:42	0:51:54
78	95	Cudmore	Tom	ENG	M30-34	91	0:31:30	44	0:01:45	61	2:28:36	198	0:01:46	110	1:34:10	4:37:47	0:51:59
79	233	Coull	Graham	SCO	M40-44	82	0:31:13	83	0:02:09	75	2:30:58	167	0:01:27	100	1:32:29	4:38:16	0:52:28
80	252	Moraga	Javier	POR	M40-44	123	0:32:47	150	0:02:47	78	2:31:49	135	0:01:16	82	1:29:51	4:38:30	0:52:42
81	74	Maya	Javier	SPA	M25-29	159	0:35:29	139	0:02:41	27	2:19:55	87	0:01:00	153	1:39:27	4:38:32	0:52:44
82	212	Segger	Andre	GER	M35-39	161	0:35:33	100	0:02:21	89	2:33:38	90	0:01:02	57	1:26:16	4:38:50	0:53:02
83	291	Castilla Plaza	Pedro	SPA	M50-54	90	0:31:26	63	0:01:58	66	2:29:27	60	0:00:53	121	1:35:19	4:39:03	0:53:15
84	168	Feliz	Alexandre Nuno	POR	M35-39	38	0:28:24	29	0:01:39	70	2:30:08	88	0:01:01	147	1:38:30	4:39:42	0:53:54
85	30	Lucas	Rui	POR	M35-39	29	0:27:41	34	0:01:42	108	2:37:12	16	0:00:41	99	1:32:29	4:39:45	0:53:57
86	67	Fraga Costa	Miguel	SPA	M25-29	57	0:29:24	93	0:02:17	76	2:31:16	172	0:01:28	129	1:36:06	4:40:31	0:54:43
87	198	Martinez Garcia	Luis Enrique	SPA	M35-39	176	0:35:56	113	0:02:29	102	2:35:34	130	0:01:13	51	1:25:20	4:40:32	0:54:44
88	83	Auñón Garvía	Juan	SPA	M30-34	17	0:26:32	162	0:02:58	99	2:35:11	88	0:01:01	117	1:34:56	4:40:38	0:54:50
89	191	Luz Gomes	António	POR	M35-39	118	0:32:30	72	0:02:03	105	2:36:47	58	0:00:53	81	1:29:49	4:42:02	0:56:14
90	118	Matias	Henrique	POR	M30-34	163	0:35:36	134	0:02:39	87	2:33:07	35	0:00:47	89	1:30:47	4:42:56	0:57:08
91	194	Margarido	Paulo	POR	M35-39	179	0:35:59	71	0:02:03	110	2:37:24	81	0:00:59	60	1:27:10	4:43:35	0:57:47
92	228	Beltrao Coelho	Paulo Alexandre	POR	M40-44	219	0:38:38	132	0:02:36	86	2:33:06	50	0:00:50	71	1:28:27	4:43:37	0:57:49
93	159	Bustamante	Felipe Del Moral	SPA	M35-39	53	0:29:11	158	0:02:55	104	2:36:29	232	0:02:09	104	1:33:01	4:43:45	0:57:57

94	281	Pereira	João	POR	M45-49	87	0:31:21	138	0:02:40	118	2:38:46	140	0:01:18	87	1:30:12	4:44:17	0:58:29
95	20	Lamego	Paulo Correia	POR	M35-39	111	0:31:58	47	0:01:48	137	2:41:44	100	0:01:05	65	1:27:52	4:44:27	0:58:39
96	269	Carro Landeras	Jose Juan	SPA	M45-49	81	0:31:12	225	0:03:52	101	2:35:30	203	0:01:49	96	1:32:21	4:44:44	0:58:56
97	133	Rego Pérez	Fernando	SPA	M30-34	69	0:30:15	99	0:02:20	139	2:42:31	124	0:01:11	75	1:28:49	4:45:06	0:59:18
98	296	Seijas Rodriguez	Antonio	SPA	M50-54	112	0:32:01	146	0:02:46	85	2:32:55	124	0:01:11	136	1:37:27	4:46:20	1:00:32
99	259	Van de poel	Jan	BEL	M40-44	86	0:31:20	145	0:02:45	59	2:28:31	240	0:02:21	169	1:42:04	4:47:01	1:01:13
100	108	Jurado Carrasquero	Oscar	SPA	M30-34	136	0:34:10	133	0:02:38	84	2:32:37	194	0:01:43	130	1:36:10	4:47:18	1:01:30
101	243	Gustavo	Perez Lopez	SPA	M40-44	160	0:35:32	62	0:01:57	90	2:33:49	42	0:00:48	122	1:35:24	4:47:30	1:01:42
102	298	Varela	José	POR	M50-54	192	0:36:33	161	0:02:56	112	2:37:31	54	0:00:51	86	1:30:07	4:47:58	1:02:10
102	100	Ferreira	Olimpio Pedro	POR	M30-34	76	0:30:45	111	0:02:28	115	2:38:00	46	0:00:48	126	1:35:57	4:47:58	1:02:10
104	128	Pérez Tejero	Fernando	SPA	M30-34	73	0:30:23	84	0:02:10	111	2:37:28	22	0:00:43	138	1:37:36	4:48:20	1:02:32
105	183	Johannesen	Peter	DEN	M35-39	92	0:31:31	151	0:02:48	97	2:34:57	239	0:02:15	134	1:37:11	4:48:42	1:02:54
106	193	Marcos Nombela	Jesus	SPA	M35-39	51	0:29:00	102	0:02:22	133	2:41:21	77	0:00:58	119	1:35:11	4:48:52	1:03:04
107	50	Garcia	Gregorio	SPA	M18-24	68	0:30:11	179	0:03:11	129	2:40:34	100	0:01:05	111	1:34:18	4:49:19	1:03:31
108	155	Bachmann	Volker	GER	M35-39	98	0:31:42	139	0:02:41	116	2:38:04	92	0:01:03	132	1:36:38	4:50:08	1:04:20
109	145	Veloso	Telmo	POR	M30-34	145	0:34:51	125	0:02:33	149	2:43:29	107	0:01:07	70	1:28:25	4:50:25	1:04:37
110	308	Vagner	Anne	DEN	F25-29	58	0:29:38	103	0:02:24	145	2:43:01	52	0:00:50	113	1:34:33	4:50:26	1:04:38
111	264	Adam	Kevin	SCO	M45-49	194	0:36:48	183	0:03:13	107	2:37:11	159	0:01:24	94	1:31:58	4:50:34	1:04:46
112	249	Manuel	Carlos	POR	M40-44	201	0:37:19	154	0:02:53	79	2:32:00	154	0:01:21	133	1:37:04	4:50:37	1:04:49
113	104	Gallego Brescó	David	SPA	M30-34	138	0:34:23	96	0:02:19	109	2:37:18	48	0:00:49	127	1:35:58	4:50:47	1:04:59
114	116	Martí Corominas	Josep	SPA	M30-34	141	0:34:39	158	0:02:55	124	2:39:43	159	0:01:24	96	1:32:21	4:51:02	1:05:14
115	190	Luis Gonzalez	Enrique	SPA	M35-39	208	0:37:52	105	0:02:25	77	2:31:45	46	0:00:48	145	1:38:28	4:51:18	1:05:30
116	157	Bastos	Faber	POR	M35-39	188	0:36:23	192	0:03:20	146	2:43:22	150	0:01:19	59	1:27:05	4:51:29	1:05:41
117	40	Martins	Cláudia	POR	F25-29	64	0:30:03	120	0:02:31	173	2:47:18	73	0:00:57	90	1:30:50	4:51:39	1:05:51
118	150	A. Guisado	Rafael	SPA	M35-39	143	0:34:49	173	0:03:03	123	2:39:13	145	0:01:19	105	1:33:20	4:51:44	1:05:56
119	76	Palmeira	Miguel	POR	M25-29	172	0:35:51	104	0:02:25	43	2:23:59	107	0:01:07	199	1:48:36	4:51:58	1:06:10
120	70	Kehoe	Frank	IRE	M25-29	109	0:31:52	63	0:01:58	134	2:41:22	116	0:01:09	124	1:35:43	4:52:04	1:06:16
121	339	Jordi	Pinillos Martinez	SPA	M35-39	119	0:32:31	72	0:02:03	119	2:38:46	159	0:01:24	143	1:38:04	4:52:48	1:07:00
122	66	Fernandez Ortega	Luis	SPA	M25-29	149	0:35:05	81	0:02:09	127	2:40:14	142	0:01:18	112	1:34:24	4:53:10	1:07:22
123	137	Silva	Bruno	POR	M30-34	151	0:35:12	94	0:02:19	174	2:47:27	3	0:00:36	66	1:27:55	4:53:29	1:07:41
124	77	Pidcock	Laurence	ENG	M25-29	144	0:34:50	21	0:01:35	100	2:35:14	24	0:00:44	166	1:41:45	4:54:08	1:08:20
125	62	de Sousa	José Luís	POR	M25-29	164	0:35:37	187	0:03:17	92	2:34:12	129	0:01:12	158	1:39:55	4:54:13	1:08:25
126	96	de la Viuda Aguilar	Carles	SPA	M30-34	156	0:35:20	45	0:01:46	153	2:43:56	84	0:01:00	106	1:33:33	4:55:35	1:09:47
127	119	Mendonça	Duarte	POR	M30-34	1	0:22:41	35	0:01:43	170	2:46:46	110	0:01:07	176	1:43:24	4:55:41	1:09:53
128	126	Pearce	Stuart	ENG	M30-34	183	0:36:12	32	0:01:41	94	2:34:26	121	0:01:10	172	1:42:31	4:56:00	1:10:12
129	115	Marques	António	POR	M30-34	203	0:37:22	113	0:02:29	122	2:39:09	138	0:01:16	125	1:35:49	4:56:05	1:10:17
130	192	Madariaga	Ibon	SPA	M35-39	95	0:31:37	120	0:02:31	141	2:42:38	172	0:01:28	149	1:38:39	4:56:53	1:11:05
131	200	McNeill	Colin	ENG	M35-39	150	0:35:06	139	0:02:41	144	2:42:44	180	0:01:34	116	1:34:52	4:56:57	1:11:09
132	91	Carrizo	Angel	SPA	M30-34	151	0:35:12	234	0:03:57	152	2:43:56	204	0:01:49	98	1:32:24	4:57:18	1:11:30
133	174	Gonzalez Martín	Ignacio	SPA	M35-39	148	0:35:03	107	0:02:25	131	2:40:41	182	0:01:36	141	1:37:56	4:57:41	1:11:53
134	284	Santos	João	POR	M45-49	121	0:32:44	157	0:02:55	117	2:38:17	55	0:00:52	175	1:43:02	4:57:50	1:12:02
135	254	Palma	Miguel	POR	M40-44	43	0:28:42	146	0:02:46	169	2:46:45	77	0:00:58	151	1:39:06	4:58:17	1:12:29
136	107	Hodgson	Matthew	ENG	M30-34	126	0:33:05	137	0:02:40	128	2:40:26	238	0:02:13	160	1:40:12	4:58:36	1:12:48
137	238	Durao Garção	João Paulo	POR	M40-44	184	0:36:17	184	0:03:14	125	2:39:55	172	0:01:28	140	1:37:46	4:58:40	1:12:52
138	209	Perez Vega	Jorge	SPA	M35-39	109	0:31:52	153	0:02:50	142	2:42:40	96	0:01:04	163	1:40:41	4:59:07	1:13:19
139	234	Cubas Mendez	Angel	SPA	M40-44	178	0:35:58	149	0:02:47	93	2:34:24	167	0:01:27	185	1:45:10	4:59:46	1:13:58
140	219	Vieira	Ricardo	POR	M35-39	168	0:35:45	231	0:03:56	143	2:42:40	164	0:01:25	131	1:36:30	5:00:16	1:14:28
141	143	Tintim	Nuno	POR	M30-34	262	0:43:52	112	0:02:29	158	2:44:45	32	0:00:45	74	1:28:38	5:00:29	1:14:41
142	109	Kirk	Glen	NZL	M30-34	244	0:39:56	243	0:04:10	96	2:34:57	185	0:01:38	159	1:40:06	5:00:47	1:14:59
143	276	Izaguirre	Jose Maria	SPA	M45-49	232	0:39:29	116	0:02:30	165	2:45:54	100	0:01:05	107	1:33:38	5:02:36	1:16:48
144	125	Pearce	Ben	ENG	M30-34	137	0:34:12	85	0:02:10	120	2:38:56	166	0:01:26	193	1:46:08	5:02:52	1:17:04

145	121	Morales	Miguel	SPA	M30-34	132	0:33:52	182	0:03:13	135	2:41:26	39	0:00:47	178	1:43:40	5:02:58	1:17:10
146	98	Dunne	Ciaran	IRE	M30-34	256	0:42:48	188	0:03:18			264	2:47:04	80	1:29:49	5:02:59	1:17:11
147	101	Fors Perez	Rafel	SPA	M30-34	213	0:38:10	96	0:02:19	156	2:44:20	42	0:00:48	135	1:37:24	5:03:01	1:17:13
148	134	Reynolds	Andrew	ENG	M30-34	211	0:38:00	168	0:03:00	148	2:43:25	135	0:01:16	137	1:37:29	5:03:10	1:17:22
149	236	de la Fuente Rodriguez	Manuel	SPA	M40-44	228	0:39:19	236	0:04:00	147	2:43:23	212	0:01:54	114	1:34:37	5:03:13	1:17:25
150	R-330	Cardoso / Felicio / Militão	João / Nuno / Pedro	POR / POR / POR	Relay	157	0:35:21	24	0:01:38	254	3:14:10	65	0:00:54	4	1:12:19	5:04:22	1:18:34
151	169	Ferreira	Rui	POR	M35-39	34	0:28:15	53	0:01:53	171	2:46:55	28	0:00:44	196	1:47:17	5:05:04	1:19:16
152	144	Ubeira Fernández	Jorge	SPA	M30-34	100	0:31:44	170	0:03:01	126	2:40:07	105	0:01:06	208	1:50:03	5:06:01	1:20:13
153	214	Soler Escolà	David	SPA	M35-39	35	0:28:19	67	0:02:01	113	2:37:48	145	0:01:19	239	1:57:20	5:06:47	1:20:59
154	84	B. Palmer	Christie	ENG	M30-34	35	0:28:19	74	0:02:04	212	2:55:11	206	0:01:51	154	1:39:31	5:06:56	1:21:08
155	166	Del Zotto	Claudio	ARG	M35-39	222	0:38:44	130	0:02:35	205	2:53:04	128	0:01:11	93	1:31:28	5:07:02	1:21:14
156	309	Baldinger	Katharina	AUS	F30-34	153	0:35:14	49	0:01:49	188	2:51:14	60	0:00:53	144	1:38:07	5:07:17	1:21:29
157	225	Aren Lans	Leo	SPA	M40-44	198	0:37:15	89	0:02:15	106	2:37:06	39	0:00:47	209	1:50:07	5:07:30	1:21:42
158	47	Baptista	Filipe	POR	M18-24	41	0:28:32	165	0:02:59	184	2:50:14	65	0:00:54	190	1:45:40	5:08:19	1:22:31
159	275	Guedes	Paulo	POR	M45-49	200	0:37:17	223	0:03:49			265	2:52:36	115	1:34:44	5:08:26	1:22:38
160	246	Latorre	Tomas	SPA	M40-44	210	0:37:54	247	0:04:19	136	2:41:40	227	0:02:05	174	1:42:54	5:08:52	1:23:04
161	94	Coughlan	Peter	IRE	M30-34	145	0:34:51	68	0:02:01	218	2:58:05	124	0:01:11	102	1:32:50	5:08:58	1:23:10
162	287	Baeza Lopez	Jesus Esteban	SPA	M50-54	84	0:31:17	239	0:04:06	200	2:52:41	193	0:01:42	152	1:39:23	5:09:09	1:23:21
163	111	Lang	Brian	ENG	M30-34	197	0:37:12	212	0:03:39	192	2:52:00	135	0:01:16	118	1:35:08	5:09:15	1:23:27
164	187	Lodge	Damien	AUS	M35-39	131	0:33:50	257	0:04:34	167	2:46:11	243	0:02:29	171	1:42:15	5:09:19	1:23:31
165	242	Gomez de Andres	Luis Miguel	SPA	M40-44	243	0:39:50	238	0:04:05	162	2:45:34	175	0:01:30	150	1:38:42	5:09:41	1:23:53
166	293	Huelin Trillo	Fernando	SPA	M50-54	175	0:35:54	156	0:02:53	155	2:44:10	162	0:01:24	188	1:45:32	5:09:53	1:24:05
166	311	Blanco Arriola	Lucía	SPA	F30-34	158	0:35:25	199	0:03:26	161	2:45:12	103	0:01:06	182	1:44:44	5:09:53	1:24:05
168	263	Yáñez Gómez	Jose	SPA	M40-44	180	0:36:08	123	0:02:32	179	2:49:17	167	0:01:27	161	1:40:38	5:10:02	1:24:14
169	262	Wood	Ian	ENG	M40-44	271	0:46:37	162	0:02:58	130	2:40:39	211	0:01:54	146	1:38:29	5:10:37	1:24:49
170	265	Alvarez martinez	Juan Ramon	SPA	M45-49	184	0:36:17	209	0:03:36	168	2:46:18	212	0:01:54	173	1:42:39	5:10:44	1:24:56
171	88	Caballero Recio	Albert	SPA	M30-34	250	0:41:14	261	0:04:39	242	3:06:06	199	0:01:46	20	1:17:10	5:10:55	1:25:07
172	227	Belchior	Pedro	POR	M40-44	264	0:44:06	179	0:03:11	198	2:52:32	181	0:01:34	88	1:30:19	5:11:42	1:25:54
173	258	Silva	Pedro	POR	M40-44	217	0:38:36	263	0:04:46	176	2:47:57	236	0:02:12	148	1:38:36	5:12:07	1:26:19
174	314	Gracia Garasa	Anabel	SPA	F30-34	99	0:31:43	188	0:03:18	182	2:49:52	132	0:01:14	195	1:47:16	5:13:23	1:27:35
175	297	Van Groningen	Steven	HOL	M50-54	237	0:39:35	242	0:04:09	150	2:43:35	251	0:02:41	177	1:43:27	5:13:27	1:27:39
176	85	Barbosa	Nuno Morgado	POR	M30-34	176	0:35:56	172	0:03:02	196	2:52:27	177	0:01:31	164	1:41:08	5:14:04	1:28:16
177	260	Vieira	Paulo	POR	M40-44	219	0:38:38	224	0:03:50	177	2:48:11	179	0:01:33	167	1:41:57	5:14:09	1:28:21
178	148	Weller	Mark	ENG	M30-34	40	0:28:31	226	0:03:53	154	2:44:08	205	0:01:50	234	1:56:07	5:14:29	1:28:41
179	124	O'Connor	Andrew	IRE	M30-34	154	0:35:16	274	0:05:17	222	2:59:08	158	0:01:23	108	1:33:39	5:14:43	1:28:55
180	255	Pessini	Antonio	SPA	M40-44	127	0:33:07	144	0:02:43	194	2:52:09	157	0:01:22	189	1:45:38	5:14:59	1:29:11
181	142	Szulc	Slawomir	POL	M30-34	229	0:39:20	197	0:03:25	114	2:37:57	216	0:01:55	223	1:53:05	5:15:42	1:29:54
182	103	Franganillo Martinez	Marcos	SPA	M30-34	49	0:28:52	231	0:03:56	215	2:56:16	247	0:02:37	186	1:45:16	5:16:57	1:31:09
183	178	Hamill	David	ENG	M35-39	212	0:38:04	154	0:02:53	180	2:49:18	226	0:02:04	184	1:45:09	5:17:28	1:31:40
184	208	Paniagua Benito	Abel	SPA	M35-39	270	0:46:22	231	0:03:56	151	2:43:51	221	0:02:00	165	1:41:25	5:17:34	1:31:46
185	64	Duffy	Thomas	IRE	M25-29	63	0:30:02	143	0:02:41	219	2:58:34	216	0:01:55	183	1:45:02	5:18:14	1:32:26
186	221	Whorwood	Tom	ENG	M35-39	230	0:39:27	196	0:03:25	187	2:51:06	255	0:02:45	168	1:42:00	5:18:43	1:32:55
187	318	Stewart	Jeannette	S.AFR	F30-34	113	0:32:06	109	0:02:26	237	3:03:52	178	0:01:32	156	1:39:44	5:19:40	1:33:52
188	310	Bermingham	Emma	ENG	F30-34	182	0:36:11	136	0:02:39	181	2:49:47	186	0:01:39	203	1:49:30	5:19:46	1:33:58
189	160	Carichas	Carlos	POR	M35-39	173	0:35:52	98	0:02:20			266	2:55:51	191	1:45:47	5:19:50	1:34:02
190	273	Fonseca Magalhães	Mário	POR	M45-49	266	0:44:43	166	0:02:59	157	2:44:29	220	0:01:58	192	1:46:05	5:20:14	1:34:26
191	218	Vieira	Jorge	POR	M35-39	247	0:40:23	198	0:03:25	213	2:55:18	162	0:01:24	157	1:39:52	5:20:22	1:34:34
192	321	Fernandez Sanchez	Sara	SPA	F35-39	206	0:37:45	227	0:03:54	221	2:58:58	224	0:02:04	139	1:37:45	5:20:26	1:34:38
193	151	Adam	Colin	SCO	M35-39	214	0:38:23	207	0:03:35	138	2:42:16	208	0:01:52	231	1:55:15	5:21:21	1:35:33
194	162	Cawley	Rory	IRE	M35-39	225	0:39:03	283	0:06:48	140	2:42:36	258	0:03:14	205	1:49:47	5:21:28	1:35:40
195	305	Dionello	Roberta	ENG	F25-29	142	0:34:48	124	0:02:32	209	2:54:00	142	0:01:18	202	1:49:25	5:22:03	1:36:15

195	81	Stevenson	Chris	ENG	M25-29	221	0:38:41	107	0:02:25	178	2:48:34	234	0:02:11	210	1:50:12	5:22:03	1:36:15
197	266	Battles	John	IRE	M45-49	95	0:31:37	129	0:02:35	175	2:47:40	227	0:02:05	244	1:58:20	5:22:17	1:36:29
198	156	Barrientos Martinez	Jose	SPA	M35-39	249	0:41:12	272	0:05:13	225	3:00:22	191	0:01:41	109	1:34:03	5:22:31	1:36:43
199	110	Labiano Bañon	Jose Antonio	SPA	M30-34	100	0:31:44	175	0:03:06	166	2:46:11	117	0:01:09	248	2:00:46	5:22:56	1:37:08
200	250	Marcos	Jesus	SPA	M40-44	201	0:37:19	258	0:04:35	211	2:54:43	244	0:02:30	179	1:43:55	5:23:02	1:37:14
201	105	Gameiro	Nuno	POR	M30-34	155	0:35:19	176	0:03:07	206	2:53:06	212	0:01:54	204	1:49:41	5:23:07	1:37:19
202	337	Pedro Manuel	Ferreira Gaspar	POR	M40-44	61	0:29:54	270	0:04:54	216	2:56:39	201	0:01:47	213	1:50:45	5:23:59	1:38:11
203	89	Cabello Perez	Carlos	SPA	M30-34	103	0:31:45	269	0:04:52	210	2:54:42	196	0:01:44	214	1:51:11	5:24:14	1:38:26
204	153	Alves	Pedro	POR	M35-39	167	0:35:44	185	0:03:15	185	2:50:21	111	0:01:08	227	1:53:59	5:24:27	1:38:39
205	49	Coelho	Joao	POR	M18-24	181	0:36:10	220	0:03:45	226	3:00:56	170	0:01:27	170	1:42:10	5:24:28	1:38:40
206	303	Franco	Cecilia	POR	F18-24	129	0:33:24	162	0:02:58	193	2:52:00	165	0:01:26	229	1:54:47	5:24:35	1:38:47
207	65	Fernandes	Pedro	POR	M25-29	186	0:36:19	171	0:03:02	191	2:51:47	92	0:01:03	219	1:52:37	5:24:48	1:39:00
208	224	Alonso Noguez	Xavier	SPA	M40-44	204	0:37:37	246	0:04:19	195	2:52:20	221	0:02:00	200	1:48:42	5:24:58	1:39:10
209	285	Silva	Paulo	POR	M45-49	196	0:37:08	176	0:03:07	234	3:02:50	188	0:01:40	162	1:40:39	5:25:24	1:39:36
210	244	Hocking	Tony	ENG	M40-44	170	0:35:47	193	0:03:20	159	2:44:49	254	0:02:44	247	1:59:39	5:26:19	1:40:31
211	72	Martin Antona	Jonathan	SPA	M25-29	208	0:37:52	158	0:02:55	190	2:51:39	103	0:01:06	222	1:52:58	5:26:30	1:40:42
212	140	Stephens	Scott	ENG	M30-34	205	0:37:40	282	0:06:47	243	3:06:21			128	1:36:04	5:26:52	1:41:04
213	123	Mota Guedes	Rui	POR	M30-34	169	0:35:46	240	0:04:08	201	2:52:52	245	0:02:33	216	1:51:36	5:26:55	1:41:07
214	149	Zapata Muñoz	Juan	SPA	M30-34	258	0:43:13	262	0:04:42	81	2:32:12	187	0:01:40	254	2:05:14	5:27:01	1:41:13
215	196	Martín Lolo	Manuel	SPA	M35-39	257	0:43:06	244	0:04:12	186	2:50:27			206	1:49:58	5:27:43	1:41:55
216	261	Vizcaya Grave	Jose	SPA	M40-44	248	0:40:51	266	0:04:50			268	2:56:47	187	1:45:18	5:27:46	1:41:58
217	184	Kennedy	Mark	IRE	M35-39	88	0:31:22	76	0:02:05	163	2:45:38	75	0:00:58	257	2:07:55	5:27:58	1:42:10
218	217	Vaca de la Mota	Francisco	SPA	M35-39	241	0:39:46	206	0:03:34	224	2:59:57	145	0:01:19	181	1:44:40	5:29:16	1:43:28
219	256	Risueño Martín	Agustín	SPA	M40-44	274	0:47:53	186	0:03:15			263	2:45:55	220	1:52:42	5:29:45	1:43:57
220	R-335	Alamo / Nolasco Gutierrez /	Araceli / Lola / Juan Antonio	SPA / SPA / SPA	Relay	245	0:40:13	7	0:01:24	247	3:09:23	57	0:00:52	142	1:37:59	5:29:51	1:44:03
221	223	Zubimendi García	Jose Manuel	SPA	M35-39		0:38:48	259	0:04:37	203	2:52:58			232	1:55:18	5:31:41	1:45:53
222	207	Paíno	Juan Manuel	SPA	M35-39		0:39:45	194	0:03:22					284	4:49:24	5:32:31	1:46:43
223	179	Hammond	Barry	IRE	M35-39		0:45:44	268	0:04:51	207	2:53:12	134	0:01:15	197	1:47:53	5:32:55	1:47:07
224	48	Belo	Joao	POR	M18-24		0:43:56	213	0:03:40	183	2:50:03			233	1:55:28	5:33:07	1:47:19
225	206	Oliveira	Sérgio	POR	M35-39		0:39:32	202	0:03:31			269	2:57:22	221	1:52:49	5:33:14	1:47:26
226	112	Lima	João	POR	M30-34		0:32:22	201	0:03:29			270	3:00:37	238	1:57:15	5:33:43	1:47:55
227	307	Luce	Sarah	US	F25-29		0:39:31	218	0:03:42	217	2:57:03	229	0:02:07	224	1:53:10	5:35:33	1:49:45
228	288	Blanco Vallecillo	Miguel Angel	SPA	M50-54		0:33:19	200	0:03:29	160	2:45:07	188	0:01:40	264	2:12:05	5:35:40	1:49:52
229	292	Garcia	Andoni	SPA	M50-54		0:37:16	214	0:03:40	228	3:01:23	195	0:01:43	217	1:51:58	5:36:00	1:50:12
230	320	Bevan	Tarne	ENG	F35-39		0:39:31	264	0:04:48	172	2:46:55	224	0:02:04	252	2:03:49	5:37:07	1:51:19
231	268	Boyce	Derek	IRE	M45-49		0:38:55	203	0:03:31	204	2:53:01	246	0:02:34	246	1:59:24	5:37:25	1:51:37
232	87	Benitez Cambra	Luis	SPA	M30-34		0:31:44	254	0:04:28	252	3:12:44	190	0:01:40	194	1:47:11	5:37:47	1:51:59
233	130	Queirós	Ricardo J Cerqueira	POR	M30-34		0:36:22	181	0:03:12	239	3:04:29			226	1:53:58	5:38:01	1:52:13
233	315	Hampson	Victoria	ENG	F30-34		0:39:28	271	0:05:04	229	3:01:52	182	0:01:36	207	1:50:01	5:38:01	1:52:13
235	164	de Groot	Benedict	ENG	M35-39		0:35:53	237	0:04:04			267	2:56:30	251	2:03:35	5:40:02	1:54:14
236	114	Lopez Arias	Pere	SPA	M30-34		0:48:51	190	0:03:19	230	3:02:04	208	0:01:52	180	1:44:06	5:40:12	1:54:24
237	237	Donnay Ferro	José Ignacio	SPA	M40-44		0:31:50	255	0:04:29	273	3:11:07	225	1:53:38	225	1:53:38	5:41:04	1:55:16
238	245	Jones	Richard	ENG	M40-44		0:41:50	235	0:03:59	214	2:55:51	215	0:01:55	241	1:58:00	5:41:35	1:55:47
239	82	Trovão	Rui	POR	M25-29		0:35:35	178	0:03:07	197	2:52:29	142	0:01:18	262	2:09:21	5:41:50	1:56:02
240	154	Auñón Garvía	Francisco	SPA	M35-39		0:33:58	221	0:03:47	246	3:09:14	175	0:01:30	228	1:54:03	5:42:32	1:56:44
241	131	Quinn	Gordon	IRE	M30-34		0:39:09	208	0:03:36	245	3:08:17	145	0:01:19	211	1:50:19	5:42:40	1:56:52
242	299	Russell	Mike	ENG	M55-59		0:34:29	215	0:03:41	164	2:45:42	132	0:01:14	271	2:17:54	5:43:00	1:57:12
243	313	Chambers	Christine	IRE	F30-34		0:39:47	249	0:04:21	227	3:01:20	199	0:01:46	237	1:57:00	5:44:14	1:58:26
244	323	McKenna	Heidi	US	F35-39		0:35:48	126	0:02:34	223	2:59:52	152	0:01:20	253	2:04:50	5:44:24	1:58:36
245	280	Morais	Rogério	POR	M45-49		0:39:32	252	0:04:24	236	3:03:16	191	0:01:41	240	1:57:26	5:46:19	2:00:31
245	173	González	Luis Antonio	SPA	M35-39		0:37:48	267	0:04:50	248	3:09:43	206	0:01:51	218	1:52:07	5:46:19	2:00:31

247	68	Herrero Arias	Sergio	SPA	M25-29	0:34:35	127	0:02:35	208	2:53:45	139	0:01:17	267	2:14:58	5:47:10	2:01:22
248	213	Serra	Carlos	POR	M35-39	0:43:17	195	0:03:24			271	3:04:36	235	1:56:29	5:47:46	2:01:58
249	312	Buckwell	Zena	ENG	F30-34	0:34:06	152	0:02:49	231	3:02:35	154	0:01:21	256	2:07:07	5:47:58	2:02:10
250	175	Gibbon	John	ENG	M35-39	0:47:05	284	0:07:55	233	3:02:48	248	0:02:38	198	1:48:28	5:48:54	2:03:06
251	181	Holland	John	IRE	M35-39	0:40:14	113	0:02:29	257	3:14:47	249	0:02:39	212	1:50:35	5:50:44	2:04:56
252	113	Lopes	Ulisses	POR	M30-34	0:41:30	252	0:04:24	240	3:05:11	210	0:01:53	243	1:58:16	5:51:14	2:05:26
253	53	Acedo Guerra	José Manuel	SPA	M25-29	0:35:38	148	0:02:46	232	3:02:39	150	0:01:19	263	2:10:47	5:53:09	2:07:21
254	317	Simões	Susana	POR	F30-34	0:48:20	250	0:04:22	265	3:20:54			155	1:39:36	5:53:12	2:07:24
255	202	Michie	Alex	ENG	M35-39	0:29:41	265	0:04:49	260	3:16:37	262	0:05:25	236	1:56:50	5:53:22	2:07:34
256	55	Almirall Galindo	Jordi	SPA	M25-29	0:36:59	118	0:02:30	199	2:52:39	261	0:03:58	272	2:19:05	5:55:11	2:09:23
257	73	Martin Garcia	Francisco Javier	SPA	M25-29	0:38:37	210	0:03:37	121	2:38:57	237	0:02:13	279	2:32:28	5:55:52	2:10:04
258	170	Fraga	Antonio José	SPA	M35-39	0:38:31	241	0:04:08	261	3:16:41	230	0:02:08	230	1:55:12	5:56:40	2:10:52
259	267	Boada Soler	Joan	SPA	M45-49	0:50:33	256	0:04:31	250	3:11:12	242	0:02:26	201	1:48:59	5:57:41	2:11:53
260	235	de Groot	Sebastian	ENG	M40-44	0:36:28	229	0:03:56	235	3:03:02	257	0:02:58	266	2:13:34	5:59:58	2:14:10
261	R-331	Allfrey / Finney / Grumitt	Clare / Kristen / John	ENG / US / ENG	Relay	0:43:21	47	0:01:48	253	3:12:50			249	2:03:08	6:01:07	2:15:19
262	283	Romero Ruiz	Jose Miguel	SPA	M45-49	0:38:35	229	0:03:56	244	3:08:11	230	0:02:08	258	2:08:40	6:01:30	2:15:42
263	188	Lopes	Pedro Miguel	POR	M35-39	0:42:39	217	0:03:41	259	3:16:25	74	0:00:58	245	1:58:28	6:02:11	2:16:23
264	127	Pereira	Francisco	POR	M30-34	0:45:38	218	0:03:42	189	2:51:18			277	2:27:40	6:08:18	2:22:30
265	211	Sebastião	Pedro	POR	M35-39	0:39:17	281	0:06:45	267	3:27:48	259	0:03:19	215	1:51:12	6:08:21	2:22:33
266	316	Lorenzo Nieva	Mariana	ARG	F30-34	0:35:37	210	0:03:37	258	3:14:58	218	0:01:56	265	2:13:00	6:09:08	2:23:20
267	319	Vizcaya Grave	Mireia	SPA	F30-34	0:45:57	205	0:03:33	251	3:11:15	233	0:02:10	255	2:06:33	6:09:28	2:23:40
268	158	Belman	Owen	UAE	M35-39	0:36:39	276	0:05:22	262	3:16:47	253	0:02:43	260	2:09:07	6:10:38	2:24:50
269	272	de Oliveira	António	FRA	M45-49	0:51:39	273	0:05:13	201	2:52:52	241	0:02:24	273	2:19:10	6:11:18	2:25:30
270	279	Moloney	Philip	IRE	M45-49	0:41:38	251	0:04:24	220	2:58:47	255	0:02:45	276	2:25:05	6:12:39	2:26:51
271	251	Martinez	Arturo Franco	SPA	M40-44	1:01:18	204	0:03:33	238	3:04:09	202	0:01:49	250	2:03:24	6:14:13	2:28:25
272	R-332	Honey / Meyrick / Seyre	Matthew / Hilary / Stephan	ENG / ENG / ENG	Relay	0:43:20	82	0:02:09	264	3:20:53			261	2:09:12	6:15:34	2:29:46
273	306	Jacobsen	Charlotte	ENG	F25-29	0:32:08	191	0:03:19	241	3:05:41	223	0:02:03	282	2:36:17	6:19:28	2:33:40
274	117	Martins	Diogo	POR	M30-34	0:28:48	95	0:02:19	256	3:14:34	145	0:01:19	281	2:35:06	6:22:06	2:36:18
275	139	Stephens	Grant	ENG	M30-34	0:39:42	280	0:06:36	266	3:27:16	117	0:01:09	259	2:08:57	6:23:40	2:37:52
276	328	Cuevas Castillo	Montserrat	SPA	F45-49	0:46:47	216	0:03:41	269	3:34:44	140	0:01:18	242	1:58:12	6:24:42	2:38:54
277	93	Costa	João	POR	M30-34	0:42:07	222	0:03:48	263	3:17:31			274	2:21:42	6:25:08	2:39:20
278	229	Burns	Robert	CAN	M40-44	1:00:13	277	0:05:37			272	3:04:51	268	2:15:33	6:26:14	2:40:26
279	253	Ortiz	Jose Luis	SPA	M40-44	0:48:34	245	0:04:16	249	3:10:59	170	0:01:27	275	2:21:44	6:27:00	2:41:12
280	220	Villaescusa González	Pablo	SPA	M35-39	0:44:24	248	0:04:20	255	3:14:14	249	0:02:39	278	2:28:56	6:34:33	2:48:45
281	270	Correia	José	POR	M45-49	0:31:14	278	0:06:05	268	3:32:33	260	0:03:55	280	2:33:26	6:47:13	3:01:25
282	300	Hodgson	George	ENG	M60-64	0:50:31	279	0:06:28	270	3:42:08	251	0:02:41	269	2:15:53	6:57:41	3:11:53
283	92	Costa	Jonh	POR	M30-34	0:50:56	260	0:04:38	271	3:46:11	235	0:02:11	270	2:17:20	7:01:16	3:15:28
284	340	Alcon Delgado	Maria Eugenia	POR	F40-44	0:54:43	274	0:05:17	272	3:52:51		0:01:57	283	2:44:03	7:38:51	3:53:03