

## 1 FILIPE DUARTE SILVA FERNANDES

C.P.T. São Cristovão

<b>Melhor Volta</b>	<b>15</b>	06:00.793	<b>Pior Volta</b>	<b>13</b>	24:12.954	<b>Média por Volta</b>	07:44.327	<b>Totais</b>	<b>16</b>	02:03:49.237									
1	06:35.843	2	06:24.106	3	06:21.275	4	06:39.810	5	06:34.651	6	06:37.338	7	06:37.247	8	06:51.475	9	06:23.837	10	06:37.076
11	06:42.790	12	07:23.424	13	24:12.954	14	07:31.512	15	06:00.793	16	06:15.106	17		18		19		20	
21		22		23		24													

## 2 PEDRO MIGUEL SEQUEIRA CARVALHO

Individual

<b>Melhor Volta</b>	<b>2</b>	06:03.855	<b>Pior Volta</b>	<b>10</b>	07:05.080	<b>Média por Volta</b>	06:39.398	<b>Totais</b>	<b>19</b>	02:06:28.571									
1	06:53.716	2	06:03.855	3	06:16.497	4	06:33.695	5	06:43.998	6	06:41.919	7	06:42.695	8	06:42.061	9	06:29.109	10	07:05.080
11	06:46.080	12	06:48.632	13	06:40.867	14	06:38.390	15	06:31.311	16	06:52.956	17	06:28.405	18	06:40.130	19	06:49.175	20	
21		22		23		24													

## 3 RODRIGO SANTOS LADEIRA

Rodas S.Mamede

<b>Melhor Volta</b>	<b>11</b>	01:08.358	<b>Pior Volta</b>	<b>9</b>	09:26.241	<b>Média por Volta</b>	06:33.907	<b>Totais</b>	<b>11</b>	01:12:12.984									
1	06:32.537	2	06:24.209	3	06:25.452	4	06:39.675	5	07:01.382	6	07:25.545	7	08:09.772	8	07:41.243	9	09:26.241	10	05:18.570
11	01:08.358	12		13		14		15		16		17		18		19		20	
21		22		23		24													

## 5 VICTOR MANUEL BARRADAS ROSADO

A.D.FLOR DA ROSA

<b>Melhor Volta</b>	<b>1</b>	05:41.786	<b>Pior Volta</b>	<b>19</b>	06:59.681	<b>Média por Volta</b>	06:29.684	<b>Totais</b>	<b>19</b>	02:03:24.013									
1	05:41.786	2	06:04.474	3	06:15.608	4	06:22.090	5	06:35.220	6	06:31.050	7	06:30.004	8	06:24.045	9	06:16.610	10	06:32.642
11	06:37.918	12	06:27.116	13	06:34.311	14	06:43.271	15	06:43.758	16	06:33.731	17	06:39.602	18	06:51.096	19	06:59.681	20	
21		22		23		24													

## 7 CARLOS VERISSIMO MOUSINHO MADUREIRA

Ases do Pedal

<b>Melhor Volta</b>	<b>1</b>	05:18.393	<b>Pior Volta</b>	<b>22</b>	05:40.907	<b>Média por Volta</b>	05:32.359	<b>Totais</b>	<b>22</b>	02:01:51.900									
1	05:18.393	2	05:31.478	3	05:28.747	4	05:33.005	5	05:34.264	6	05:32.075	7	05:30.538	8	05:32.949	9	05:30.340	10	05:39.886
11	05:33.215	12	05:32.612	13	05:38.843	14	05:36.532	15	05:39.103	16	05:36.864	17	05:28.294	18	05:27.119	19	05:24.194	20	05:26.601
21	05:35.941	22	05:40.907	23		24													

## 8 JOAO JOSE MENDES MARVANEJO

Ases do Pedal

<b>Melhor Volta</b>	<b>1</b>	05:08.761	<b>Pior Volta</b>	<b>17</b>	05:48.185	<b>Média por Volta</b>	05:31.264	<b>Totais</b>	<b>22</b>	02:01:27.824									
1	05:08.761	2	05:15.993	3	05:15.669	4	05:13.391	5	05:20.220	6	05:24.623	7	05:28.731	8	05:26.802	9	05:26.260	10	05:35.409
11	05:30.341	12	05:32.292	13	05:35.336	14	05:40.548	15	05:47.206	16	05:45.961	17	05:48.185	18	05:38.714	19	05:39.674	20	05:43.843
21	05:37.134	22	05:32.731	23		24													

## 9 JOSE PAULO COELHO CEIA

Rodas S.mamede

<b>Melhor Volta</b>	<b>2</b>	05:56.644	<b>Pior Volta</b>	<b>15</b>	06:53.632	<b>Média por Volta</b>	06:25.453	<b>Totais</b>	<b>19</b>	02:02:03.615									
1	05:58.447	2	05:56.644	3	06:01.045	4	06:14.896	5	06:27.667	6	06:30.254	7	06:22.882	8	06:27.508	9	06:25.826	10	06:44.582
11	06:26.537	12	06:34.036	13	06:41.671	14	06:31.785	15	06:53.632	16	06:35.574	17	06:31.528	18	06:27.753	19	06:11.348	20	
21		22		23		24													

## 10 TIAGO LAVALDELAS

BTTAssumar-Muachos

<b>Melhor Volta</b>	<b>2</b>	04:52.022	<b>Pior Volta</b>	<b>13</b>	05:37.499	<b>Média por Volta</b>	05:12.731	<b>Totais</b>	<b>24</b>	02:05:05.558									
1	04:53.772	2	04:52.022	3	05:05.902	4	04:55.071	5	05:14.611	6	05:16.338	7	05:13.875	8	05:16.640	9	05:06.422	10	05:14.386
11	05:24.978	12	05:30.567	13	05:37.499	14	05:17.236	15	05:09.786	16	05:03.049	17	05:05.635	18	05:14.761	19	05:09.466	20	05:16.650
21	05:36.686	22	05:10.721	23	04:57.176	24	05:22.309												

## 12 JOÃO PAULO NUNES COSTA

CCD Serra

<b>Melhor Volta</b>	<b>2</b>	05:23.936	<b>Pior Volta</b>	<b>20</b>	05:59.971	<b>Média por Volta</b>	05:44.133	<b>Totais</b>	<b>21</b>	02:00:26.796									
1	05:28.487	2	05:23.936	3	05:32.039	4	05:33.849	5	05:45.648	6	05:48.259	7	05:52.221	8	05:46.285	9	05:38.474	10	05:39.413
11	05:42.304	12	05:54.372	13	05:50.894	14	05:42.709	15	05:43.800	16	05:46.148	17	05:45.869	18	05:41.230	19	05:55.335	20	05:59.971
21	05:55.553	22		23		24													

## 14 TIÁGO MANUEL TAVARES PÓVOAS

Ases do Pedal

<b>Melhor Volta</b>	<b>1</b>	07:34.149	<b>Pior Volta</b>	<b>9</b>	11:39.053	<b>Média por Volta</b>	08:54.837	<b>Totais</b>	<b>14</b>	02:04:47.721									
1	07:34.149	2	07:54.961	3	08:09.645	4	08:32.735	5	08:58.680	6	08:47.131	7	08:54.023	8	09:03.752	9	11:39.053	10	08:56.571
11	08:56.277	12	09:11.730	13	08:57.037	14	09:11.977	15		16		17		18		19		20	
21		22		23		24													

## 15 AMILCAR DE JESUS CARVALHO

Ases do Pedal

<b>Melhor Volta</b>	<b>2</b>	07:41.598	<b>Pior Volta</b>	<b>9</b>	11:14.273	<b>Média por Volta</b>	08:56.189	<b>Totais</b>	<b>14</b>	02:05:06.650									
1	07:47.502	2	07:41.598	3	08:09.707	4	08:39.890	5	09:02.672	6	08:43.063	7	08:48.842	8	09:33.200	9	11:14.273	10	09:08.947
11	08:54.262	12	09:10.175	13	08:56.588	14	09:15.931	15		16		17		18		19		20	
21		22		23		24													

## 16 JOÃO ANTÓNIO FERNANDES

Ases do Pedal

<b>Melhor Volta</b>	<b>1</b>	05:25.507	<b>Pior Volta</b>	<b>8</b>	17:14.457	<b>Média por Volta</b>	07:39.216	<b>Totais</b>	<b>15</b>	02:02:27.461									
1	05:25.507	2	06:25.923	3	06:20.105	4	06:29.414	5	08:29.529	6	06:23.060	7	17:14.457	8	06:50.886	9	07:34.591	10	07:51.268
11	06:24.832	12	06:29.401	13	09:24.480	14	06:24.824	15	06:21.097	16		17		18		19		20	
21		22		23		24													

## 17 LUÍS MIGUEL RICARDO PINTO

Ases do Pedal

<b>Melhor Volta</b>	<b>1</b>	06:50.572	<b>Pior Volta</b>	<b>5</b>	09:44.903	<b>Média por Volta</b>	07:39.941	<b>Totais</b>	<b>16</b>	02:02:39.071									
1	06:50.572	2	06:55.178	3	07:07.402	4	07:13.608	5	09:44.903	6	07:46.760	7	07:57.616	8	08:05.005	9	08:18.523	10	08:05.516
11	07:03.274	12	07:26.389	13	07:29.362	14	07:39.404	15	07:38.095	16	07:17.464	17		18		19		20	
21		22		23		24													

## 18 TIAGO CARRILHO DA ROSA BAPTISTA

Ases do Pedal

<b>Melhor Volta</b>	<b>1</b>	05:49.486	<b>Pior Volta</b>	<b>19</b>	09:07.739	<b>Média por Volta</b>	06:40.308	<b>Totais</b>	<b>19</b>	02:06:45.863									
1	05:49.486	2	06:01.740	3	06:04.809	4	06:13.166	5	06:28.618	6	06:27.367	7	06:25.954	8	06:24.667	9	06:22.327	10	06:31.074
11	06:42.966	12	06:45.683	13	06:23.362	14	06:53.639	15	06:48.768	16	06:37.326	17	07:26.581	18	07:10.591	19	09:07.739	20	
21		22		23		24													

## 20 DANIEL JOSÉ CALADO FRUTUOSO

C.P.T. São Cristovão

<b>Melhor Volta</b>	<b>3</b>	06:21.322	<b>Pior Volta</b>	<b>13</b>	14:38.085	<b>Média por Volta</b>	07:54.118	<b>Totais</b>	<b>16</b>	02:06:25.892									
1	06:34.398	2	06:24.139	3	06:21.322	4	06:41.530	5	06:32.078	6	12:42.260	7	07:28.905	8	07:06.769	9	08:04.330	10	07:09.744
11	07:26.975	12	06:50.982	13	14:38.085	14	07:42.475	15	07:21.475	16	07:20.425	17		18		19		20	
21		22		23		24													

## 21 FRANCISCO EMÍDIO GÓIS CANDEIAS

BTTAssumar-Muachos

<b>Melhor Volta</b>	<b>1</b>	07:02.321	<b>Pior Volta</b>	<b>9</b>	08:11.640	<b>Média por Volta</b>	07:40.663	<b>Totais</b>	<b>16</b>	02:02:50.608									
1	07:02.321	2	07:19.261	3	07:19.092	4	07:28.033	5	07:29.756	6	07:33.427	7	07:35.149	8	07:35.682	9	08:11.640	10	07:42.173
11	07:45.888	12	07:53.519	13	08:00.450	14	08:03.534	15	07:54.105	16	07:56.578	17		18		19		20	
21		22		23		24													

## 22 CARLOS CRUZ

bar esplanada A-2

<b>Melhor Volta</b>	<b>17</b>	05:44.371	<b>Pior Volta</b>	<b>7</b>	06:19.001	<b>Média por Volta</b>	06:03.039	<b>Totais</b>	<b>20</b>	02:01:00.798									
1	05:50.782	2	05:44.735	3	06:06.325	4	06:07.626	5	06:10.046	6	06:10.803	7	06:19.001	8	06:12.359	9	05:58.562	10	05:57.833
11	06:05.563	12	06:07.699	13	05:52.284	14	05:57.042	15	06:04.704	16	06:03.981	17	05:44.371	18	06:17.363	19	06:00.375	20	06:09.344
21		22		23		24													

## 26 JOÃO PARENTE

CCD Serra

<b>Melhor Volta</b>	<b>1</b>	04:55.808	<b>Pior Volta</b>	<b>19</b>	05:55.984	<b>Média por Volta</b>	05:25.387	<b>Totais</b>	<b>23</b>	02:04:43.916									
1	04:55.808	2	05:19.155	3	05:20.054	4	05:33.299	5	05:52.261	6	05:50.307	7	05:32.371	8	05:08.895	9	05:09.165	10	05:14.721
11	05:12.283	12	05:09.551	13	05:09.567	14	05:19.072	15	05:27.281	16	05:26.487	17	05:40.708	18	05:45.261	19	05:55.984	20	05:28.351
21	05:29.502	22	05:42.207	23	05:01.626	24													

## 27 JOSÉ MANUEL SEMEDO PRESADO

CCD Serra

<b>Melhor Volta</b>	<b>5</b>	05:20.472	<b>Pior Volta</b>	<b>21</b>	06:05.892	<b>Média por Volta</b>	05:40.425	<b>Totais</b>	<b>22</b>	02:04:49.350									
1	05:44.651	2	05:20.677	3	05:23.749	4	05:28.431	5	05:20.472	6	05:37.850	7	05:33.441	8	05:38.545	9	05:33.037	10	05:49.493
11	05:34.224	12	05:45.015	13	05:34.905	14	05:43.502	15	05:33.790	16	05:44.215	17	05:38.723	18	05:50.702	19	05:53.545	20	06:00.555
21	06:05.892	22	05:53.936	23		24													

## 29 PAULO SERGIO LOURENÇO MONTEIRO

G.D.Alegrete-BTTGagas

<b>Melhor Volta</b>	<b>1</b>	06:01.382	<b>Pior Volta</b>	<b>18</b>	08:18.779	<b>Média por Volta</b>	06:40.162	<b>Totais</b>	<b>19</b>	02:06:43.091									
1	06:01.382	2	06:15.569	3	06:24.795	4	06:15.248	5	06:22.826	6	06:21.837	7	06:10.824	8	06:11.500	9	06:13.380	10	06:30.999
11	06:52.363	12	06:14.733	13	06:46.247	14	06:59.805	15	08:04.971	16	06:54.630	17	06:55.072	18	08:18.779	19	06:48.131	20	
21		22		23		24													

## 30 JOÃO MANUEL TAVARES FEIO

Rodas S.Mamede

<b>Melhor Volta</b>	<b>1</b>	06:07.903	<b>Pior Volta</b>	<b>16</b>	07:12.891	<b>Média por Volta</b>	06:46.913	<b>Totais</b>	<b>18</b>	02:02:04.436									
1	06:07.903	2	06:47.653	3	06:43.721	4	07:09.400	5	07:10.077	6	06:46.148	7	07:01.050	8	06:49.107	9	06:39.808	10	06:53.978
11	06:27.269	12	06:09.897	13	06:42.968	14	06:50.124	15	06:53.244	16	07:12.891	17	06:46.646	18	06:52.552	19		20	
21		22		23		24													

## 32 HELDER MIGUEL LOPES DE PALMA

MP1 Bikes-Alain Afflelou

<b>Melhor Volta</b>	<b>2</b>	05:24.171	<b>Pior Volta</b>	<b>21</b>	06:23.598	<b>Média por Volta</b>	05:51.384	<b>Totais</b>	<b>21</b>	02:02:59.075									
1	05:29.839	2	05:24.171	3	05:32.197	4	05:33.107	5	05:47.532	6	05:48.222	7	05:48.931	8	05:43.225	9	05:45.057	10	05:53.055
11	05:44.770	12	05:46.345	13	05:53.906	14	05:57.063	15	06:01.452	16	05:56.951	17	06:04.262	18	06:05.199	19	06:14.780	20	06:05.413
21	06:23.598	22		23		24													

## 33 ÂNGELO SÉRGIO TRINDADE VALÉRIO

MP1 Bikes-Alain Afflelou

<b>Melhor Volta</b>	<b>2</b>	06:58.606	<b>Pior Volta</b>	<b>5</b>	08:21.963	<b>Média por Volta</b>	07:24.371	<b>Totais</b>	<b>17</b>	02:05:54.312									
1	07:08.540	2	06:58.606	3	06:59.915	4	07:10.818	5	08:21.963	6	07:24.987	7	07:46.270	8	07:14.195	9	07:09.143	10	07:19.562
11	07:20.212	12	07:25.087	13	07:18.884	14	07:37.114	15	07:25.842	16	07:44.411	17	07:28.763	18		19		20	
21		22		23		24													

## 38 PEDRO MIGUEL TRINDADE DO CARMO

Individual

<b>Melhor Volta</b>	<b>1</b>	06:08.563	<b>Pior Volta</b>	<b>18</b>	07:21.905	<b>Média por Volta</b>	06:43.065	<b>Totais</b>	<b>18</b>	02:00:55.173									
1	06:08.563	2	06:17.143	3	06:12.214	4	06:25.659	5	06:30.364	6	06:32.445	7	06:25.979	8	06:26.751	9	06:43.398	10	06:39.117
11	06:48.208	12	06:57.069	13	06:58.329	14	07:02.312	15	07:09.682	16	07:06.643	17	07:09.392	18	07:21.905	19		20	
21		22		23		24													

## 39 RUI MIGUEL DA FONSECA BARRETO

G.D.Alegrete-BTTGagas

Melhor Volta	1	07:59.804	Pior Volta	12	11:48.527	Média por Volta	09:22.852	Totais	13	02:01:57.079									
1	07:59.804	2	08:41.067	3	09:32.001	4	10:14.191	5	08:32.450	6	08:53.536	7	08:46.318	8	08:57.164	9	09:25.157	10	09:04.576
11	09:28.717	12	11:48.527	13	10:33.571	14		15		16		17		18		19		20	
21		22		23		24													

## 40 LEONEL JOSE RAMOS BATISTA

lasori-pastelaria e padaria

Melhor Volta	2	06:22.305	Pior Volta	8	08:07.891	Média por Volta	07:01.879	Totais	18	02:06:33.838									
1	06:52.998	2	06:22.305	3	06:39.660	4	06:44.783	5	07:05.801	6	06:57.812	7	07:02.114	8	08:07.891	9	07:29.336	10	07:28.678
11	07:07.415	12	06:38.675	13	07:11.860	14	07:07.948	15	07:24.362	16	06:49.570	17	06:38.451	18	06:44.179	19		20	
21		22		23		24													

## 43 HUGO JOSE VASCONCELOS CEIA

MP1 Bikes-Alain Afflelou

Melhor Volta	1	05:17.268	Pior Volta	19	05:51.910	Média por Volta	05:36.276	Totais	22	02:03:18.086									
1	05:17.268	2	05:20.884	3	05:19.179	4	05:23.838	5	05:29.828	6	05:36.164	7	05:33.939	8	05:35.055	9	05:32.130	10	05:31.223
11	05:31.403	12	05:37.293	13	05:38.631	14	05:44.372	15	05:45.744	16	05:46.975	17	05:48.108	18	05:37.712	19	05:51.910	20	05:50.547
21	05:42.488	22	05:43.395	23		24													

## 45 ANTÓNIO JOÃO BICHO VELEZ

MP1 Bikes-Alain Afflelou

Melhor Volta	3	05:06.646	Pior Volta	20	05:44.620	Média por Volta	05:27.203	Totais	23	02:05:25.677									
1	05:30.810	2	05:08.881	3	05:06.646	4	05:09.440	5	05:25.255	6	05:12.022	7	05:11.163	8	05:19.491	9	05:24.024	10	05:29.752
11	05:32.010	12	05:32.290	13	05:36.800	14	05:29.559	15	05:32.245	16	05:34.874	17	05:39.064	18	05:37.601	19	05:35.648	20	05:44.620
21	05:32.814	22	05:21.605	23	05:39.063	24													

## 46 JOÃO ALEXANDRE TRANSMONTANO LARANJO

Rodas S.Mamede

Melhor Volta	3	06:21.584	Pior Volta	14	14:59.928	Média por Volta	08:00.720	Totais	15	02:00:10.814									
1	08:17.412	2	06:35.239	3	06:21.584	4	08:55.909	5	07:08.776	6	07:05.109	7	07:13.973	8	06:57.374	9	07:01.906	10	06:52.842
11	07:48.096	12	06:53.408	13	08:31.568	14	14:59.928	15	09:27.690	16		17		18		19		20	
21		22		23		24													

## 47 NUNO MIGUEL GONÇALVES VICENTE

CCD Serra

Melhor Volta	2	05:25.501	Pior Volta	10	06:18.655	Média por Volta	05:46.720	Totais	21	02:01:21.132									
1	05:26.107	2	05:25.501	3	05:38.272	4	05:28.003	5	05:34.274	6	05:50.869	7	05:38.260	8	05:35.670	9	05:55.430	10	06:18.655
11	06:05.204	12	05:48.673	13	06:03.607	14	05:50.806	15	05:35.602	16	05:30.981	17	05:57.486	18	06:07.569	19	05:46.227	20	05:53.251
21	05:50.685	22		23		24													

## 52 JOSÉ MATEUS CARAPETO ANDRADE

GDF-Forvijovem

Melhor Volta	2	05:27.542	Pior Volta	20	14:45.604	Média por Volta	06:17.922	Totais	20	02:05:58.447									
1	05:55.942	2	05:27.542	3	05:32.626	4	05:38.343	5	05:28.995	6	05:56.424	7	05:41.579	8	05:55.025	9	05:33.363	10	05:38.799
11	05:39.528	12	06:11.359	13	06:11.334	14	06:05.893	15	06:01.594	16	06:11.934	17	05:53.180	18	06:10.247	19	05:59.136	20	14:45.604
21		22		23		24													

## 55 DANIEL JOSÉ FALAGUIERA BELACORÇA

CCD Serra

Melhor Volta	1	06:04.654	Pior Volta	18	15:56.204	Média por Volta	07:08.293	Totais	18	02:08:29.276									
1	06:04.654	2	06:08.186	3	06:26.128	4	06:31.406	5	06:31.514	6	06:23.529	7	06:30.303	8	06:25.217	9	06:26.508	10	06:38.932
11	06:50.443	12	06:39.430	13	06:35.350	14	06:48.319	15	07:05.170	16	07:07.772	17	07:20.211	18	15:56.204	19		20	
21		22		23		24													

## 58 GUILHERME PEDRO VELEZ POMBO MIRANDA

## Ases do Pedal

Melhor Volta	15	05:29.636	Pior Volta	20	07:02.446	Média por Volta	05:56.925	Totais	21	02:04:55.444																																																													
1	05:30.165		2	05:35.534		3	05:41.798		4	05:37.204		5	05:56.806		6	05:59.116		7	06:53.894		8	06:13.830		9	06:08.186		10	06:17.000		11	05:54.644		12	05:38.617		13	05:44.683		14	05:38.794		15	05:29.636		16	05:37.920		17	05:35.637		18	05:37.740		19	06:03.268		20	07:02.446		21	06:38.526		22			23			24		

## 60 RÚBEN FERNANDO VINTEM CARRILHO

## GDF-Forvijovem

Melhor Volta	1	04:57.798	Pior Volta	23	05:58.182	Média por Volta	05:19.313	Totais	23	02:02:24.207																																																													
1	04:57.798		2	05:19.697		3	05:16.593		4	05:14.164		5	05:17.885		6	05:23.240		7	05:13.222		8	05:17.407		9	05:15.157		10	05:15.587		11	05:18.960		12	05:14.531		13	05:09.133		14	05:07.095		15	05:18.020		16	05:18.675		17	05:11.100		18	05:20.743		19	05:16.141		20	05:32.214		21	05:35.603		22	05:33.060		23	05:58.182		24		

## 61 JOÃO JOSÉ BONITO ALBERTO

## Rodas S.Mamede

Melhor Volta	2	04:53.203	Pior Volta	4	26:01.173	Média por Volta	06:10.918	Totais	20	02:03:38.377																																																													
1	05:02.808		2	04:53.203		3	04:56.078		4	26:01.173		5	05:03.917		6	05:01.355		7	04:58.925		8	05:03.826		9	05:04.185		10	05:08.781		11	05:13.537		12	05:12.608		13	05:16.658		14	05:12.604		15	05:15.119		16	05:11.388		17	05:15.004		18	05:10.799		19	05:05.791		20	05:30.618		21			22			23			24		

## 63 ANTÓNIO ORLANDO CARPINTEIRO

## Rodas S.Mamede

Melhor Volta	7	05:31.912	Pior Volta	1	06:02.349	Média por Volta	05:50.369	Totais	21	02:02:37.758																																																													
1	06:02.349		2	05:44.081		3	05:43.241		4	05:55.283		5	05:57.554		6	05:54.272		7	05:31.912		8	06:02.271		9	05:56.377		10	05:42.992		11	05:57.909		12	06:02.264		13	06:00.600		14	05:43.549		15	05:53.799		16	05:41.831		17	05:43.132		18	05:36.807		19	05:37.941		20	05:57.247		21	05:52.347		22			23			24		

## 65 JORGE MIGUEL CORDAS BONACHO

## CCD Serra

Melhor Volta	2	05:53.580	Pior Volta	16	06:35.526	Média por Volta	06:19.326	Totais	19	02:00:07.210																																																													
1	05:59.126		2	05:53.580		3	06:08.267		4	06:15.085		5	06:33.063		6	06:33.487		7	06:27.589		8	06:11.773		9	06:16.420		10	06:15.594		11	06:12.288		12	06:25.665		13	06:30.589		14	06:32.676		15	06:28.263		16	06:35.526		17	06:27.610		18	06:16.481		19	06:04.128		20			21			22			23			24		

## 66 JOÃO ADELINO LAMEIRA BICHO

## clube 4 estilos

Melhor Volta	9	06:31.330	Pior Volta	15	07:28.713	Média por Volta	06:51.990	Totais	18	02:03:35.829																																																													
1	07:03.360		2	06:41.756		3	06:33.458		4	06:48.557		5	07:19.901		6	06:45.558		7	06:49.579		8	06:35.744		9	06:31.330		10	06:44.750		11	06:40.042		12	06:55.435		13	06:56.531		14	06:52.144		15	07:28.713		16	06:58.536		17	06:45.104		18	07:05.331		19			20			21			22			23			24		

## 71 HÉLIO DEJESUS DA SILVA MAGNO

## Individual

Melhor Volta	7	06:59.452	Pior Volta	16	10:18.409	Média por Volta	07:37.131	Totais	16	02:01:54.104																																																													
1	07:03.781		2	07:18.588		3	07:06.684		4	07:32.507		5	07:42.436		6	07:23.180		7	06:59.452		8	07:06.962		9	07:19.193		10	07:11.969		11	07:24.836		12	07:08.873		13	07:28.372		14	07:35.400		15	09:13.462		16	10:18.409		17			18			19			20			21			22			23			24		

## 72 PEDRO MIGUEL PATRICIO

## CCD Serra

Melhor Volta	2	05:45.401	Pior Volta	16	06:59.559	Média por Volta	06:30.608	Totais	19	02:03:41.552																																																													
1	05:46.903		2	05:45.401		3	06:11.122		4	06:08.512		5	06:21.227		6	06:25.246		7	06:30.508		8	06:24.571		9	06:35.206		10	06:23.734		11	06:41.706		12	06:46.548		13	06:49.253		14	06:41.854		15	06:52.930		16	06:59.559		17	06:35.720		18	06:51.221		19	06:50.331		20			21			22			23			24		

## 73 ALEXANDRE MIGUEL LOURENÇO MONTEIRO

G.D.Alegrete-BTTGagas

<b>Melhor Volta</b>	<b>1</b>	06:27.372	<b>Pior Volta</b>	<b>4</b>	07:58.206	<b>Média por Volta</b>	07:18.352			<b>Totais</b>	<b>17</b>	02:04:11.998							
1	06:27.372	2	07:09.851	3	07:29.293	4	07:58.206	5	07:51.667	6	07:33.571	7	07:11.172	8	06:52.147	9	07:22.248	10	06:54.008
11	07:05.314	12	07:11.800	13	07:14.894	14	07:07.856	15	07:26.714	16	07:37.575	17	07:38.310	18		19		20	
21		22		23		24													

## 74 RUI MIGUEL BRAGANÇA CHAMBEL

S2R Bikes

<b>Melhor Volta</b>	<b>13</b>	00:56.513	<b>Pior Volta</b>	<b>12</b>	08:33.515	<b>Média por Volta</b>	06:40.000			<b>Totais</b>	<b>13</b>	01:26:40.012							
1	06:19.065	2	06:33.457	3	06:46.309	4	06:53.652	5	07:11.533	6	06:54.970	7	06:56.189	8	07:47.242	9	07:00.303	10	07:03.761
11	07:43.503	12	08:33.515	13	00:56.513	14		15		16		17		18		19		20	
21		22		23		24													

## 75 ALEXANDRE MIGUEL MARQUES DA PIEDADE

Individual

<b>Melhor Volta</b>	<b>2</b>	05:24.058	<b>Pior Volta</b>	<b>18</b>	09:29.013	<b>Média por Volta</b>	06:01.520			<b>Totais</b>	<b>20</b>	02:00:30.409							
1	05:47.664	2	05:24.058	3	05:34.609	4	05:29.971	5	05:35.858	6	05:39.733	7	05:31.260	8	05:40.653	9	05:44.939	10	05:30.077
11	05:38.129	12	05:43.676	13	06:04.920	14	06:15.484	15	05:53.159	16	05:58.212	17	06:39.505	18	09:29.013	19	06:40.105	20	06:09.384
21		22		23		24													

## 76 JOSÉ JOÃO MARQUES CONSTANTINO

BTT Sor

<b>Melhor Volta</b>	<b>2</b>	06:03.338	<b>Pior Volta</b>	<b>4</b>	06:46.410	<b>Média por Volta</b>	06:19.122			<b>Totais</b>	<b>8</b>	00:50:32.979							
1	06:19.803	2	06:03.338	3	06:10.577	4	06:46.410	5	06:20.462	6	06:14.161	7	06:15.067	8	06:23.161	9		10	
11		12		13		14		15		16		17		18		19		20	
21		22		23		24													

## 77 DUARTE CALDEIRA

G.D.Alegrete-BTTGagas

<b>Melhor Volta</b>	<b>2</b>	06:33.146	<b>Pior Volta</b>	<b>12</b>	08:48.074	<b>Média por Volta</b>	07:16.471			<b>Totais</b>	<b>17</b>	02:03:40.012							
1	06:36.786	2	06:33.146	3	06:46.809	4	06:57.558	5	07:09.163	6	06:49.499	7	07:02.602	8	08:30.441	9	06:42.013	10	07:18.022
11	07:19.826	12	08:48.074	13	07:00.773	14	08:10.671	15	07:14.998	16	07:32.551	17	07:07.080	18		19		20	
21		22		23		24													

## 78 NUNO MIGUEL NARCISO PAIXÃO

G.D.Alegrete-BTTGagas

<b>Melhor Volta</b>	<b>2</b>	07:29.360	<b>Pior Volta</b>	<b>10</b>	11:14.222	<b>Média por Volta</b>	08:35.286			<b>Totais</b>	<b>14</b>	02:00:14.006							
1	09:31.667	2	07:29.360	3	08:55.398	4	07:45.323	5	07:36.624	6	07:30.543	7	09:16.572	8	07:45.334	9	07:42.177	10	11:14.222
11	08:22.890	12	08:21.145	13	07:55.541	14	10:47.210	15		16		17		18		19		20	
21		22		23		24													