

Local da Prova: **Abrantes**

Data: **29/01/2023**

Hora da Partida: **11:36:04**

Distancias: Corrida - 4800

Ciclismo - 18700

Corrida - 2700

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	102465	2619	António Barata	20-24	Sport Lisboa e Benfica	00:16:14	00:00:34	00:38:57	00:00:29	00:09:40	01:05:54	00:00:00
2	100436	3412	Rui Dolores	35-39	AMICICLO GRÂNDOLA	00:17:04	00:00:38	00:40:30	00:00:34	00:09:59	01:08:45	00:02:51
3	100429	3501	Luís Marques	20-24	AMICICLO GRÂNDOLA	-	-	-	-	-	01:08:58	00:03:04
4	100783	3140	Tiago Nogueira Maia	30-34	Sporting Clube de Espinho	00:17:32	00:00:39	00:39:56	00:00:39	00:10:18	01:09:04	00:03:10
5	101865	4324	Rui Nariqueta	45-49	Outsystems Olímpico de Oeiras	00:17:50	00:00:45	00:40:05	00:00:34	00:10:47	01:10:01	00:04:07
6	101452	3639	Tiago Pinho	35-39	Clube Fluvial Vilacondense	00:17:47	00:00:50	00:40:21	00:00:35	00:10:52	01:10:25	00:04:31
7	100425	2523	Hugo Baluga	25-29	AMICICLO GRÂNDOLA	00:17:15	00:00:37	00:41:37	00:00:33	00:10:39	01:10:41	00:04:47
8	100834	2648	Nuno André	25-29	Outsystems Olímpico de Oeiras	00:17:16	00:00:50	00:42:09	00:00:31	00:10:23	01:11:09	00:05:15
9	100835	3708	Octávio Vicente	35-39	Sporting Clube de Espinho	00:17:19	00:00:37	00:42:18	00:00:34	00:11:14	01:12:02	00:06:08
10	101861	3344	Nuno Carvalho	35-39	Outsystems Olímpico de Oeiras	00:17:44	00:00:53	00:41:41	00:00:51	00:11:07	01:12:16	00:06:22
11	100598	2584	André Duarte	25-29	Clube de Natação de Torres Novas	00:17:50	00:00:44	00:42:26	00:00:46	00:10:39	01:12:25	00:06:31
12	103353	3230	João Jesus	30-34	AMICICLO GRÂNDOLA	-	-	-	-	-	01:12:53	00:06:59
13	100437	4773	Rui Gonçalves	45-49	AMICICLO GRÂNDOLA	00:18:00	00:01:03	00:42:43	00:00:38	00:10:31	01:12:55	00:07:01
14		5744	Luis Rufino	40-44	Clube Desportivo em Movimento	00:17:23	00:00:52	00:43:11	00:00:54	00:10:41	01:13:01	00:07:07
15	102611	3602	Diogo Filipe Silva	35-39	AMICICLO GRÂNDOLA	00:18:27	00:01:23	00:41:11	00:00:48	00:11:15	01:13:04	00:07:10
16	104541	3657	David Preciado	25-29	SFRAA TRIATLO	00:17:42	00:00:49	00:43:28	00:00:36	00:10:34	01:13:09	00:07:15
17	105354	2278	Pedro Carvalho	JUN	Sport Lisboa e Benfica	00:17:03	00:00:37	00:44:28	00:00:43	00:10:22	01:13:13	00:07:19
18	100588	3261	Nuno Preciado	35-39	SFRAA TRIATLO	00:17:26	00:00:52	00:44:24	00:00:41	00:10:30	01:13:53	00:07:59
19	108186	1796	Simão Andrez	CAD	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:18:44	00:00:54	00:42:28	00:00:57	00:11:22	01:14:25	00:08:31
20	103344	4953	Nuno Rocha	45-49	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:19:13	00:00:59	00:41:54	00:00:46	00:11:33	01:14:25	00:08:31
21	107597	2934	Avelino Santos	30-34	SFRAA TRIATLO	00:18:58	00:00:57	00:42:05	00:00:46	00:11:51	01:14:37	00:08:43
22	102225	2329	Tiago Margarido	JUN	Sport Lisboa e Benfica	00:17:33	00:00:36	00:45:13	00:00:38	00:10:41	01:14:41	00:08:47
23	108132	3235	Pedro Bastos	30-34	BEST	00:18:16	00:02:09	00:42:18	00:00:57	00:11:06	01:14:46	00:08:52
24	108263	8030	Bernardo Prazeres	JUN	Sporting Clube de Espinho	00:16:16	00:01:05	00:45:28	00:01:53	00:10:12	01:14:54	00:09:00
25	109037	4659	Jorge Manuel Matos dos Santos	45-49	DAR-Recardães EXPansion	00:18:57	00:00:51	00:42:55	00:00:52	00:11:24	01:14:59	00:09:05
26	108099	4233	Carlos Filipe	40-44	BEST	00:18:56	00:01:11	00:42:38	00:00:53	00:11:33	01:15:11	00:09:17
27	106790	4780	Davide Silva	40-44	DAR-Recardães EXPansion	00:18:09	00:00:55	00:44:41	00:00:45	00:10:49	01:15:19	00:09:25
28	108167	3266	Bruno Camacho	20-24	AMICICLO GRÂNDOLA	00:18:43	00:01:08	00:43:50	00:00:48	00:11:02	01:15:31	00:09:37

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	101008	4105	Mario Pires	45-49	SFRAA TRIATLO	00:18:57	00:01:00	00:43:47	00:00:38	00:11:31	01:15:53	00:09:59
30	106936	2743	Rui Matias	25-29	SFRAA TRIATLO	00:18:58	00:00:49	00:43:55	00:00:34	00:11:50	01:16:06	00:10:12
31	101702	4584	António Ferreira	55-59	Individual	00:18:55	00:00:57	00:43:54	00:00:49	00:11:36	01:16:11	00:10:17
32	102222	3815	Ricardo Rosado	35-39	Núcleo do Sporting da Golegã	00:18:07	00:00:52	00:44:55	00:00:44	00:11:40	01:16:18	00:10:24
33	101581	2327	André Neves	JUN	Sport Lisboa e Benfica	00:18:11	00:00:46	00:45:31	00:00:39	00:11:17	01:16:24	00:10:30
34	100283	2993	João Maria Inácio	25-29	Pimpões Triatlo	00:19:25	00:01:04	00:44:05	00:00:37	00:11:17	01:16:28	00:10:34
35	106934	2741	Manuel Muando	35-39	AMICICLO GRÂNDOLA	00:17:07	00:00:51	00:47:08	00:00:51	00:10:48	01:16:45	00:10:51
36	105681	3723	Vasco Damásio	35-39	Outsystems Olímpico de Oeiras	00:18:57	00:00:52	00:44:26	00:00:50	00:11:46	01:16:51	00:10:57
37	109057	4708	Pedro Neves	45-49	FET-Fátima Escola de Triatlo	00:20:30	00:01:16	00:42:05	00:00:59	00:12:17	01:17:07	00:11:13
38	101850	3028	Carlos Carvalho	30-34	Outsystems Olímpico de Oeiras	00:19:15	00:01:00	00:44:16	00:00:48	00:11:49	01:17:08	00:11:14
39	103878	4923	António Martins	50-54	AMICICLO GRÂNDOLA	00:19:10	00:01:07	00:44:48	00:00:46	00:11:32	01:17:23	00:11:29
40	102183	4482	Arlindo Brás	50-54	Clube Triatlo de Abrantes	00:19:15	00:00:58	00:45:06	00:00:39	00:11:34	01:17:32	00:11:38
41	104877	3085	Nuno Dias	35-39	AMICICLO GRÂNDOLA	00:19:13	00:00:58	00:44:57	00:00:43	00:12:14	01:18:05	00:12:11
42	107251	8029	Bernardo Magina	20-24	Outsystems Olímpico de Oeiras	00:18:22	00:00:39	00:47:30	00:00:46	00:10:51	01:18:08	00:12:14
43	108981	2315	Gonçalo Rodrigues	JUN	Centro Ciclista Azeitonense	00:20:33	00:01:15	00:42:16	00:00:52	00:13:17	01:18:13	00:12:19
44	109055	3638	Hugo Lopes	30-34	Clube dos Galitos	00:20:43	00:01:05	00:42:39	00:00:52	00:13:07	01:18:26	00:12:32
45	104242	5270	Luís Cordeiro	40-44	SFRAA TRIATLO	00:20:28	00:00:54	00:43:54	00:00:47	00:12:34	01:18:37	00:12:43
46	105998	1795	Afonso Alemão	CAD	Mirachoro Hotels - CCP - Churrasqueira Guerre	00:18:31	00:00:57	00:47:04	00:00:41	00:11:27	01:18:40	00:12:46
47	107486	2913	João Pinto	25-29	Palmela Desporto / Tripla Rotação	00:19:09	00:01:00	00:46:03	00:00:57	00:11:39	01:18:48	00:12:54
48	108589	5864	Bruno Costa	40-44	Clube de Triatlo do Fundão	00:19:14	00:01:14	00:46:04	00:00:52	00:11:25	01:18:49	00:12:55
49	102822	1773	Duarte Moreira	CAD	FET-Fátima Escola de Triatlo	00:19:34	00:00:49	00:46:13	00:00:55	00:11:32	01:19:03	00:13:09
50	106925	2736	Rui Martins	35-39	Sporting Clube de Portugal	00:18:09	00:00:53	00:49:05	00:00:53	00:10:11	01:19:11	00:13:17
51	106328	1925	Afonso Fazendeiro	CAD	Sport Lisboa e Benfica	00:20:43	00:00:40	00:46:05	00:00:38	00:11:25	01:19:31	00:13:37
52	105066	5100	Marco Filipe	45-49	BEST	00:19:22	00:01:02	00:47:37	00:00:50	00:11:31	01:20:22	00:14:28
53	103335	2325	David Fernandes	JUN	Clube Triatlo de Abrantes	00:19:45	00:00:51	00:47:18	00:00:46	00:12:15	01:20:55	00:15:01
54	101486	4088	Celso Moreira	40-44	DAR-Recardães EXPansion	00:20:15	00:01:02	00:46:30	00:00:58	00:12:22	01:21:07	00:15:13
55	106478	5103	João Guerra	40-44	BEST	00:20:20	00:01:28	00:45:55	00:01:07	00:12:19	01:21:09	00:15:15
56	107643	2955	João Pedro Santos	35-39	BEST	00:20:23	00:01:12	00:46:44	00:00:49	00:12:09	01:21:17	00:15:23
57	103315	3204	Cristiano Marques	35-39	Pedrogão Triatlo	00:20:13	00:01:12	00:47:05	00:00:59	00:11:50	01:21:19	00:15:25
58	106490	4419	Ricardo Simão	40-44	NDS Triatlo-MRW Guarda	00:20:13	00:01:06	00:46:55	00:00:49	00:12:18	01:21:21	00:15:27
59	107993	3117	David Fernandes	35-39	Sporting Clube de Portugal	00:19:59	00:01:07	00:47:20	00:00:47	00:12:21	01:21:34	00:15:40
60	101534	4190	António Catarino	55-59	Clube de Triatlo do Fundão	00:21:38	00:00:47	00:44:13	00:00:48	00:14:17	01:21:43	00:15:49
61	107765	5889	João Santos	40-44	DAR-Recardães EXPansion	00:22:09	00:01:04	00:44:20	00:00:51	00:13:26	01:21:50	00:15:56

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	107205	2819	Bruno Filipe Paiva Ferreira	30-34	Centro Ciclista Azeitonense	00:19:37	00:00:52	00:48:42	00:00:37	00:12:20	01:22:08	00:16:14
63	105434	1936	David Ferreira	CAD	Paredes Aventura	00:19:49	00:01:06	00:45:58	00:01:00	00:14:18	01:22:11	00:16:17
64	102192	1811	Duarte Margarido	CAD	Sport Lisboa e Benfica	00:18:54	00:00:39	00:50:17	00:00:36	00:11:54	01:22:20	00:16:26
65	105174	5115	Luís Santos	45-49	Clube Fluvial Vilacondense	00:21:04	00:01:14	00:46:31	00:00:49	00:12:58	01:22:36	00:16:42
66	109019	4631	José Miguel Pais	50-54	SFRAA TRIATLO	00:19:05	00:01:27	00:49:05	00:01:39	00:11:27	01:22:43	00:16:49
67	100321	5022	Nelson Moreira	45-49	Estoril Praia Credibom	00:20:48	00:00:44	00:47:34	00:00:42	00:13:06	01:22:54	00:17:00
68	107844	2326	Artur Resende Santana	JUN	Clube Triatlo de Abrantes	00:19:53	00:01:14	00:49:08	00:00:53	00:11:58	01:23:06	00:17:12
69	108903	4266	Paulo Rodrigues	45-49	Centro Ciclista Azeitonense	00:20:46	00:01:33	00:46:51	00:01:00	00:13:00	01:23:10	00:17:16
70	102599	4099	Fernando Igreja	50-54	Clube Fluvial Vilacondense	00:20:29	00:00:57	00:47:24	00:00:49	00:13:35	01:23:14	00:17:20
71	108702	4238	Daniel Jose Cesario	40-44	AmoraSub/Associação Naval Amorense	00:21:31	00:00:52	00:47:09	00:00:48	00:13:14	01:23:34	00:17:40
72	109063	3641	Vasco Azinheira	30-34	Palmela Desporto / Tripla Rotação	00:20:47	00:01:23	00:47:38	00:01:12	00:12:52	01:23:52	00:17:58
73	108866	5947	Luís Manuel Dias	45-49	Centro Ciclista Azeitonense	00:21:54	00:01:11	00:46:04	00:00:54	00:14:16	01:24:19	00:18:25
74	104258	3932	Rui Pires	35-39	FET-Fátima Escola de Triatlo	00:19:49	00:01:01	00:50:40	00:01:24	00:11:27	01:24:21	00:18:27
75	108973	4492	Nuno Costa Cardoso Gomes	50-54	Clube Triatlo de Abrantes	00:21:39	00:02:07	00:45:59	00:01:33	00:13:06	01:24:24	00:18:30
76	108242	5762	Luís Marques	55-59	Tramagal Sport União	00:20:20	00:01:09	00:49:10	00:00:59	00:13:11	01:24:49	00:18:55
77	106836	2333	António Salvador	JUN	Palmela Desporto / Tripla Rotação	00:20:30	00:01:08	00:49:51	00:00:53	00:12:30	01:24:52	00:18:58
78	108856	3550	João Pedro	35-39	NDS Triatlo-MRW Guarda	00:20:31	00:00:44	00:50:16	00:00:38	00:13:00	01:25:09	00:19:15
79	108910	4274	Rui Marques da Silva	45-49	AmoraSub/Associação Naval Amorense	00:20:03	00:01:25	00:50:32	00:01:14	00:12:16	01:25:30	00:19:36
80	100674	4055	Jean-Michel Vie	50-54	SFRAA TRIATLO	00:21:15	00:00:53	00:49:06	00:00:57	00:13:44	01:25:55	00:20:01
81	107256	4715	Áristides Bordalo	55-59	Estoril Praia Credibom	00:20:47	00:01:10	00:50:29	00:00:57	00:12:49	01:26:12	00:20:18
82	108939	8028	Bruno Carmo	40-44	Tramagal Sport União	00:20:56	00:01:11	00:49:05	00:01:35	00:13:30	01:26:17	00:20:23
83	103173	4427	Miguel David	50-54	Clube Oriental de Lisboa	00:19:46	00:01:05	00:52:43	00:00:58	00:11:49	01:26:21	00:20:27
84	105999	2269	Rafael Alemão	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerre	00:21:11	00:01:10	00:50:12	00:00:54	00:13:01	01:26:28	00:20:34
85	107829	5593	Paulo Crespo	50-54	BEST	00:21:43	00:01:03	00:50:23	00:00:56	00:12:26	01:26:31	00:20:37
86	106381	4405	Rui Pereira	45-49	TRIPENICHE	00:21:46	00:01:17	00:49:30	00:01:25	00:12:42	01:26:40	00:20:46
87	101727	4386	Mário Ferreira	45-49	Individual	00:20:28	00:01:17	00:51:53	00:00:55	00:12:08	01:26:41	00:20:47
88	109050	3636	Valter Jorge	30-34	CNATRIL Triatlo	00:22:28	00:00:49	00:49:12	00:00:46	00:13:32	01:26:47	00:20:53
89	103321	4860	Renato Araújo	55-59	AmoraSub/Associação Naval Amorense	00:21:00	00:01:02	00:51:03	00:01:11	00:12:42	01:26:58	00:21:04
90	108339	2288	Tiago Portela	JUN	BEST	-	-	00:46:29	00:00:47	00:13:53	01:27:07	00:21:13
91	107893	3082	Ricardo Pires	30-34	BEST	00:21:24	00:00:58	00:51:33	00:00:56	00:12:25	01:27:16	00:21:22
92	108303	3348	Jorge Augusto Gil	35-39	Clube Triatlo de Abrantes	00:21:11	00:01:16	00:51:06	00:00:52	00:12:52	01:27:17	00:21:23
93	108712	5900	Celso Guerra	45-49	AmoraSub/Associação Naval Amorense	00:19:56	00:01:03	00:49:11	00:01:17	00:15:51	01:27:18	00:21:24
94	102636	1805	Dinis Carvalhinho	CAD	Pimpões Triatlo	00:20:34	00:00:44	00:52:44	00:00:36	00:12:50	01:27:28	00:21:34

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
95	108982	2316	Afonso Batista Marques	JUN	Clube Triatlo de Abrantes	00:22:29	00:01:05	00:46:09	00:01:14	00:16:39	01:27:36	00:21:42
96	108610	5871	José Damas	60-64	Clube Triatlo de Abrantes	-	-	00:48:23	00:00:52	00:14:09	01:27:47	00:21:53
97	105501	2635	Pedro Afonso Marques	20-24	Clube Triatlo de Abrantes	00:21:22	00:01:02	00:51:15	00:00:41	00:13:27	01:27:47	00:21:53
98	108750	5913	Válter Luís	45-49	FET-Fátima Escola de Triatlo	00:23:10	00:01:09	00:49:59	00:01:07	00:13:12	01:28:37	00:22:43
99	106462	4791	Ruben Barjona	45-49	BEST	00:22:34	00:01:02	00:50:40	00:01:01	00:13:24	01:28:41	00:22:47
100	108100	3225	Hugo Medeiros	30-34	BEST	-	-	00:50:49	00:00:43	00:12:15	01:28:42	00:22:48
101	108321	5783	Nuno André Vilão dos Santos	40-44	DAR-Recardães EXPansion	00:23:10	00:01:20	00:48:20	00:01:21	00:14:57	01:29:08	00:23:14
102	104728	4531	Pedro Rico	45-49	TRIPENICHE	00:21:45	00:00:53	00:52:55	00:00:53	00:12:49	01:29:15	00:23:21
103	101574	2304	Afonso Mourão	JUN	Pedrogão Triatlo	00:22:31	00:00:51	00:52:39	00:00:36	00:12:57	01:29:34	00:23:40
104	101619	4711	Marco Sousa	45-49	Pedrogão Triatlo	00:23:04	00:01:21	00:51:24	00:01:12	00:12:37	01:29:38	00:23:44
105	108853	3546	André Bernardo	20-24	NDS Triatlo-MRW Guarda	00:18:31	00:01:12	00:59:24	00:01:20	00:10:25	01:30:52	00:24:58
106	108865	5946	Lino Cabral	45-49	Centro Ciclista Azeitonense	00:21:11	00:01:06	00:54:38	00:00:54	00:13:07	01:30:56	00:25:02
107	107723	1761	Rodrigo Vicente	CAD	Pedrogão Triatlo	00:21:21	00:01:09	00:54:20	00:00:51	00:13:21	01:31:02	00:25:08
108	101066	4221	António Vitorino	55-59	TRIPENICHE	00:22:18	00:01:03	00:54:12	00:00:49	00:12:46	01:31:08	00:25:14
109	108995	2319	Luís Jacinto	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:22:44	00:00:57	00:53:07	00:00:53	00:13:57	01:31:38	00:25:44
110	100611	4895	Paulo Goulart	55-59	Clube de Futebol Os Belenenses	00:23:15	00:01:20	00:52:40	00:00:54	00:13:42	01:31:51	00:25:57
111	101783	5228	Pedro Fernandes	40-44	Clube Oriental de Lisboa	00:22:07	00:01:09	00:53:42	00:01:18	00:13:51	01:32:07	00:26:13
112	101065	4060	António Moura	60-64	Núcleo do Sporting da Golegã	00:22:23	00:00:51	00:54:41	00:00:50	00:13:23	01:32:08	00:26:14
113	101089	4108	Paulo Renato Santos	60-64	TRIPENICHE	-	-	00:52:35	00:00:53	00:13:52	01:32:50	00:26:56
114	107473	4229	Carlos H. Jerónimo	40-44	Sporting Clube de Portugal	00:22:16	00:01:09	00:55:43	00:00:54	00:13:06	01:33:08	00:27:14
115	104639	4410	Carlos Vitorino	55-59	Clube Triatlo de Abrantes	-	-	00:51:07	00:01:37	00:15:18	01:33:19	00:27:25
116	102159	5690	Luís Miguel Pinho	55-59	FET-Fátima Escola de Triatlo	00:22:05	00:01:43	00:54:35	00:01:34	00:13:23	01:33:20	00:27:26
117	104138	4322	Adolfo Vagos	50-54	TRIPENICHE	00:22:04	00:01:00	00:56:03	00:00:38	00:13:41	01:33:26	00:27:32
118	107179	4520	Nuno Faria	45-49	Palmela Desporto / Tripla Rotação	00:22:30	00:01:26	00:55:06	00:00:59	00:13:36	01:33:37	00:27:43
119	107247	4684	Pedro Bargão	50-54	Pedrogão Triatlo	00:23:17	00:01:43	00:54:21	00:01:07	00:13:39	01:34:07	00:28:13
120	107914	1751	Lucas Neves	CAD	Pimpões Triatlo	00:19:26	00:00:48	01:00:58	00:00:35	00:12:34	01:34:21	00:28:27
121	107248	4687	Helder Rodrigues	45-49	Pedrogão Triatlo	-	-	00:52:14	00:02:41	00:14:36	01:35:10	00:29:16
122	100285	4072	Renato Fidalgo	60-64	Individual	-	-	00:52:46	00:01:26	00:14:53	01:35:15	00:29:21
123	108246	3323	Bruno Manuel Rodrigues	35-39	Clube Triatlo de Abrantes	-	-	00:52:19	00:01:06	00:15:59	01:35:41	00:29:47
124	102223	5743	Rui Salgueiro	45-49	Tramagal Sport União	-	-	00:51:31	00:00:54	00:17:10	01:35:45	00:29:51
125	107766	5574	Luiz Anjos	55-59	Pedrogão Triatlo	00:23:10	00:01:14	00:56:04	00:01:03	00:15:43	01:37:14	00:31:20
126	108024	5665	Pedro Mourão	50-54	Pedrogão Triatlo	00:21:19	00:01:14	01:01:17	00:00:51	00:12:48	01:37:29	00:31:35
127	106402	2332	Rafael Assis	JUN	Pimpões Triatlo	00:21:01	00:00:51	01:01:36	00:01:14	00:13:04	01:37:46	00:31:52

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
128	102541	4019	Joaquim Figueiredo	65-69	Palmela Desporto / Tripla Rotação	-	-	00:57:36	00:01:16	00:14:05	01:37:59	00:32:05
129	103879	3776	Sergio Maquinista	35-39	REPSOL TRIATLO	-	-	00:57:57	00:01:21	00:14:04	01:38:18	00:32:24
130	108990	4541	João Bernardo	55-59	Centro Ciclista Azeitonense	-	-	00:57:24	00:00:45	00:15:24	01:38:48	00:32:54
131	108724	5906	Joao Paulo Coelho Pinto	40-44	Sporting Clube de Portugal	-	-	00:57:56	00:01:16	00:14:43	01:40:15	00:34:21
132	108872	5952	Paulo Santos	45-49	Centro Ciclista Azeitonense	-	-	00:57:29	00:00:55	00:16:09	01:40:52	00:34:58
133	104895	5073	José Camões	45-49	Palmela Desporto / Tripla Rotação	-	-	00:54:58	00:01:06	00:15:30	01:41:51	00:35:57
134	108923	4358	Nelson Leal	40-44	Pedrogão Triatlo	-	-	00:59:43	00:01:39	00:15:07	01:41:58	00:36:04
135	106664	1753	Antonio Guedes	CAD	FET-Fátima Escola de Triatlo	00:22:20	00:00:44	01:02:24	00:00:33	00:16:35	01:42:36	00:36:42
136		5804	Renato Castanheira	45-49	TRIPENICHE	-	-	00:57:56	00:01:39	00:16:27	01:42:59	00:37:05
137	104047	4207	Victor Campos	70-74	DAR-Recardães EXPansion	-	-	00:55:29	00:01:16	00:17:19	01:43:30	00:37:36
138	107221	4578	Miguel Martins	45-49	Clube Oriental de Lisboa	-	-	01:05:24	00:00:48	00:13:57	01:45:06	00:39:12
139	100109	5051	Armando Lopes	60-64	SFRAA TRIATLO	-	-	01:02:31	00:01:07	00:15:42	01:45:31	00:39:37
140	101076	4075	Jose Peixoto	65-69	TRIPENICHE	-	-	01:02:10	00:01:07	00:15:45	01:46:36	00:40:42
141	105051	3278	Leandro Fonseca	35-39	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	-	-	01:03:28	00:01:08	00:18:00	01:47:37	00:41:43
142	108818	4745	Pedro Gonçalves	40-44	Clube Fluvial Vilacondense	-	-	01:03:25	00:01:13	00:17:22	01:48:28	00:42:34
143	106768	1754	Martim Silva	CAD	FET-Fátima Escola de Triatlo	00:21:36	00:00:50	01:07:28	00:00:49	00:19:19	01:50:02	00:44:08
144	104591	5566	Filipe Rei	45-49	Palmela Desporto / Tripla Rotação	-	-	01:07:17	00:01:08	00:15:12	01:50:40	00:44:46
145	108131	5725	Rui Ferreira	45-49	Pedrogão Triatlo	-	-	01:05:48	00:00:48	00:18:36	01:52:56	00:47:02
146	102753	5247	André Sousa	40-44	Pedrogão Triatlo	-	-	01:08:45	00:01:02	00:16:19	01:54:04	00:48:10
147	103179	4525	Jorge Carvalho	50-54	Clube Oriental de Lisboa	-	-	-	-	00:16:37	02:00:40	00:54:46
148	106100	1950	Gabriel Gonçalves	CAD	AMICICLO GRÂNDOLA	-	-	01:18:01	00:00:42	00:17:10	02:02:46	00:56:52
DNF	108871	5951	Pedro Borregana	45-49	Centro Ciclista Azeitonense	-	-	01:07:27	00:04:57	-	DNF	
DNF	103149	1752	Francisco Marques	CAD	FET-Fátima Escola de Triatlo	-	-	-	-	-	DNF	
DNF	107732	5565	Carlos Teixeira	50-54	Individual	-	-	-	-	-	DNF	
DNF	105440	2271	Ruben Leandro Ribeiro	JUN	Paredes Aventura	-	-	-	-	-	DNF	