

Local da Prova: **Lamego**

Data: **26/02/2023**

Hora da Partida: **10:04:00**

Distancias: Corrida - 5.000 (2 voltas)

Ciclismo - 20.000 (4 voltas)

Corrida - 2.500 (1 volta)

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	103427	2862	Beatriz Ferreira	20-24	Clube de Natação de Torres Novas	-	-	01:01:53	00:00:44	00:09:44	01:31:48	00:00:00
2	102647	2633	Pauline Vie	20-24	SFRAA TRIATLO	-	-	01:04:57	00:00:38	00:10:52	01:37:37	00:05:49
3	102210	2328	Luisa Miranda	JUN	Sport Lisboa e Benfica	-	-	01:08:28	00:00:36	00:11:10	01:41:58	00:10:10
4	102221	1804	Raquel Vital	CAD	Clube Triatlo de Abrantes	-	-	01:10:19	00:00:37	00:12:38	01:46:18	00:14:30
5	104241	3930	Cristina Pereira	30-34	GCA Donas - TRIATLO	-	-	01:11:39	00:00:49	00:11:44	01:47:53	00:16:05
6	100848	4150	Susana Pontes	50-54	Outsystems Olímpico de Oeiras	-	-	01:11:51	00:00:49	00:11:28	01:48:47	00:16:59
7	105392	5196	Malvina Gomes	45-49	Palmela Desporto / Tripla Rotação	-	-	01:12:34	00:01:22	00:11:48	01:49:11	00:17:23
8	102452	3664	Joana Hipólito	35-39	AMICICLO GRÂNDOLA	-	-	01:13:58	00:00:48	00:11:37	01:49:45	00:17:57
9	104661	1994	Mónica Dias	CAD	AD Galomar	-	-	01:15:34	00:00:40	00:11:13	01:50:09	00:18:21
10	105256	1718	Madalena Augusto	CAD	Mc Donald's/Tribraga	-	-	01:16:21	00:00:52	00:11:00	01:50:38	00:18:50
11	106700	2678	Susana Alemão	35-39	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	-	-	01:15:44	00:00:48	00:11:35	01:52:14	00:20:26
12	108089	3209	Sara Neto	30-34	SFRAA TRIATLO	-	-	01:20:00	00:00:51	00:10:50	01:53:10	00:21:22
13	103893	3783	Ana Martinho	35-39	SFRAA TRIATLO	-	-	01:18:28	00:00:44	00:11:40	01:55:05	00:23:17
14	101849	5849	Carla Ribeiro	40-44	SNR Triatlo	-	-	01:23:16	00:00:54	00:10:56	01:58:39	00:26:51
15	108851	5938	Ana Maria Gomes	45-49	NDS Triatlo-MRW Guarda	-	-	01:21:51	00:01:38	00:11:26	01:58:50	00:27:02
16	104115	1740	Iara Vinagre	CAD	CAPGE	-	-	01:23:29	00:00:36	00:12:48	01:59:26	00:27:38
17	101806	3667	Mafalda Viveiros Abreu	35-39	AD Galomar	-	-	01:24:57	00:00:40	00:11:11	02:00:32	00:28:44
18	107621	3837	Inês Silva	30-34	AMICICLO GRÂNDOLA	-	-	01:23:07	00:01:07	00:13:51	02:04:31	00:32:43
19	108111	3232	Marta Alexandra Costa	30-34	Clube de Triatlo do Fundão	-	-	01:31:26	00:00:39	00:11:50	02:07:47	00:35:59
20	101825	4817	Joana Fragata	45-49	AMICICLO GRÂNDOLA	-	-	01:24:27	00:00:53	00:13:39	02:08:14	00:36:26
21	108857	8060	Ana Margarida Gonçalves	35-39	NDS Triatlo-MRW Guarda	-	-	01:28:05	00:01:16	00:13:29	02:08:29	00:36:41
22	101112	2930	Carolina Boulhosa	20-24	Clube de Triatlo do Fundão	-	-	01:34:29	00:00:55	00:12:49	02:13:48	00:42:00
23	108773	5920	Esmeralda Rodrigues	40-44	Palmela Desporto / Tripla Rotação	-	-	01:34:33	00:01:11	00:13:41	02:16:44	00:44:56
24	106617	3901	Marina Brunheta	20-24	Clube Triatlo de Abrantes	-	-	01:39:38	00:00:40	00:14:43	02:18:53	00:47:05
25	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	-	-	01:44:00	00:00:59	00:11:29	02:20:37	00:48:49
26	101545	4558	Maria João Rico	50-54	Clube de Triatlo do Fundão	-	-	01:52:56	00:00:43	00:12:10	02:30:30	00:58:42
DNF	100186	4007	Brigitte Cardoso	40-44	SFRAA TRIATLO	-	-	-	-	-	DNF	
DNS	100989	4110	Filipa Oliveira	50-54	SFRAA TRIATLO	-	-	-	-	-	DNS	

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
DNS	104053	4227	Alberta Pereira	45-49	G.D.GOMA	-	-	-	-	-	DNS	