

Local da Prova: **Oeiras**

Data: **16/04/2023**

Hora da Partida: **13:36:01**

Distancias: Natação - 750

Ciclismo - 20000

Corrida - 5000

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	104854	5158	Tiago de Paiva e Pona	45-49	Outsystems Olímpico de Oeiras	00:10:35	00:02:11	00:28:51	00:00:50	00:18:17	01:00:44	00:00:00
2	102653	5242	Nuno Neves	40-44	Louletano	00:10:16	00:02:02	00:29:21	00:00:51	00:18:18	01:00:48	00:00:04
3	102073	4451	Mário Machado	50-54	Sport União Colarense	00:10:46	00:02:12	00:28:43	00:00:59	00:18:28	01:01:08	00:00:24
4	106615	4135	Bruno Teles Grilo	45-49	Estoril Praia Credibom	00:10:09	00:02:05	00:29:24	00:00:52	00:18:49	01:01:19	00:00:35
5	102259	5701	Rafael Delaunay Gomes	40-44	Clube Atlético de Oliveira do Hospital	00:10:49	00:02:10	00:28:42	00:00:56	00:18:54	01:01:31	00:00:47
6	102086	5643	Tiago Cochicho	40-44	GDR Manique de Cima	00:11:14	00:01:57	00:29:37	00:00:50	00:18:01	01:01:39	00:00:55
7	101329	4020	Nuno Veríssimo	40-44	Sporting Clube de Portugal	00:11:24	00:02:04	00:29:19	00:00:56	00:18:05	01:01:48	00:01:04
8	101717	4637	João França	40-44	Clube dos Galitos	00:10:17	00:02:09	00:29:13	00:00:52	00:19:20	01:01:51	00:01:07
9	101596	4632	Gonçalo Neves	50-54	Pedrogão Triatlo	00:10:43	00:02:02	00:28:56	00:00:50	00:19:26	01:01:57	00:01:13
10	108353	5793	Rui Duarte	45-49	Triatlo de Faro	00:10:02	00:02:16	00:29:31	00:01:05	00:19:08	01:02:02	00:01:18
11	101619	4711	Marco Sousa	45-49	Pedrogão Triatlo	00:11:29	00:02:04	00:29:16	00:01:00	00:18:19	01:02:08	00:01:24
12	100590	4142	Paulo Figueiredo	50-54	Individual	00:10:42	00:02:11	00:28:45	00:01:08	00:20:00	01:02:46	00:02:02
13	105755	4152	Pedro Conceição	40-44	Estoril Praia Credibom	00:11:51	00:02:00	00:29:35	00:01:00	00:18:20	01:02:46	00:02:02
14	104762	5295	João Mártires da Silva	40-44	Estoril Praia Credibom	00:11:49	00:01:58	-	-	00:18:43	01:03:09	00:02:25
15	101865	5053	Rui Narigueta	45-49	Outsystems Olímpico de Oeiras	00:12:46	00:02:04	00:28:40	00:00:59	00:18:44	01:03:13	00:02:29
16	106493	5199	Pedro Rocha	55-59	Sporting Clube de Portugal	00:11:04	00:02:31	00:29:11	00:01:07	00:19:25	01:03:18	00:02:34
17	106567	4455	Nuno Lopes	40-44	Núcleo do Sporting da Golegã	00:11:30	00:02:06	00:29:11	00:00:56	00:19:44	01:03:27	00:02:43
18	106649	4079	Antonio Horta	60-64	CPArmada	00:12:12	00:02:23	00:28:55	00:00:55	00:19:16	01:03:41	00:02:57
19	100321	5022	Nelson Moreira	45-49	Estoril Praia Credibom	00:11:29	00:02:05	00:29:13	00:00:52	00:20:09	01:03:48	00:03:04
20	104617	4652	João Morais	40-44	Estoril Praia Credibom	00:11:29	00:02:08	00:29:08	00:01:01	00:20:03	01:03:49	00:03:05
21	100603	4017	João Pedro Fulgêncio	45-49	Individual	00:12:36	00:02:11	00:28:49	00:01:01	00:19:19	01:03:56	00:03:12
22	102063	4171	Eduardo Costa	45-49	GDR Manique de Cima	00:10:14	00:02:15	00:29:15	00:00:51	00:21:36	01:04:11	00:03:27
23	106709	5620	Bruno Rolim	40-44	Try Portugal / V. Janes	00:12:24	00:02:22	00:28:43	00:01:28	00:19:16	01:04:13	00:03:29
24	108589	5864	Bruno Costa	40-44	Clube de Triatlo do Fundão	00:11:44	00:02:27	00:29:17	00:01:05	00:19:43	01:04:16	00:03:32
25	105427	5410	Vasco Levita	50-54	Estoril Praia Credibom	00:11:50	00:02:17	00:29:33	00:01:04	00:19:35	01:04:19	00:03:35
26	105315	5170	Hugo Gaudêncio	45-49	REPSOL TRIATLO	00:11:48	00:02:28	00:29:18	00:01:03	00:19:53	01:04:30	00:03:46
27	108168	5744	Luís Rufino	40-44	Clube Desportivo em Movimento	00:12:20	00:02:29	00:30:16	00:00:59	00:18:47	01:04:51	00:04:07
28	105058	5096	Carlos Brito	65-69	Try Portugal / V. Janes	00:12:12	00:02:20	00:28:59	00:01:19	00:20:07	01:04:57	00:04:13

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	101169	4245	Jorge Fonseca	45-49	Estoril Praia Credibom	00:12:13	00:02:20	00:29:05	00:00:51	00:20:29	01:04:58	00:04:14
30	101071	4001	David Caldeirão	50-54	Louletano	00:10:43	00:02:07	00:30:42	00:01:06	00:20:23	01:05:01	00:04:17
31	100704	4682	Nuno Tintim	45-49	Estoril Praia Credibom	00:13:49	00:02:31	00:29:00	00:01:02	00:18:47	01:05:09	00:04:25
32	105658	4149	Joao Machado	40-44	Outsystems Olímpico de Oeiras	00:10:52	00:03:38	00:28:55	00:01:08	00:20:43	01:05:16	00:04:32
33	101922	4611	Orlando Marques	45-49	Exército de Portugal	00:12:14	00:02:30	00:30:09	00:00:51	00:19:49	01:05:33	00:04:49
34	103173	4427	Miguel David	50-54	Clube Oriental de Lisboa	00:13:07	00:02:12	00:29:48	00:01:01	00:19:27	01:05:35	00:04:51
35	103172	5033	Hugo Sousa	45-49	Outsystems Olímpico de Oeiras	00:13:54	00:02:15	00:29:15	00:01:04	00:19:08	01:05:36	00:04:52
36	107657	5546	Alexandre Paiva Nunes	45-49	Individual	00:12:47	00:03:00	00:29:39	00:01:08	00:19:03	01:05:37	00:04:53
37	106613	4328	Guilherme Libório	40-44	Outsystems Olímpico de Oeiras	00:12:04	00:02:33	00:30:31	00:00:58	00:19:32	01:05:38	00:04:54
38	100650	4242	César Andrade	40-44	Alhandra Sporting Club	00:11:45	00:02:27	00:29:29	00:01:11	00:20:52	01:05:44	00:05:00
39	100611	4897	Pedro Carreira	40-44	Quitério TRIPENICHE	00:12:59	00:02:18	00:29:49	00:00:59	00:19:45	01:05:50	00:05:06
40	108270	5768	António Vicente Correia	40-44	Estoril Praia Credibom	00:12:11	00:02:22	00:29:05	00:01:05	00:21:10	01:05:53	00:05:09
41	106375	4416	Fred Cerdeira	40-44	Estoril Praia Credibom	00:12:58	00:03:15	00:30:36	00:01:11	00:18:03	01:06:03	00:05:19
42	100830	4013	Miguel Fragoso	55-59	Outsystems Olímpico de Oeiras	00:11:18	00:02:25	00:29:49	00:01:15	00:21:21	01:06:08	00:05:24
43	105322	4128	Bruno Martins	40-44	Individual	00:11:39	00:02:40	00:30:43	00:01:11	00:20:01	01:06:14	00:05:30
44	103031	4514	Luís Silva	50-54	Clube de Triatlo de Almada	00:11:35	00:02:22	00:29:40	00:01:00	00:21:40	01:06:17	00:05:33
45	107300	4892	Bruno Lindorfo	40-44	Alhandra Sporting Club	00:12:26	00:02:48	00:29:45	00:01:21	00:19:59	01:06:19	00:05:35
46	106575	4465	Rui Razões da Silva	40-44	Clube de Natação de Torres Novas	00:13:12	00:02:54	00:29:11	00:01:12	00:19:52	01:06:21	00:05:37
47	100793	4032	Carlos Gomes	60-64	Outsystems Olímpico de Oeiras	00:13:28	00:02:29	00:29:29	00:01:03	00:19:57	01:06:26	00:05:42
48	103941	4916	Nuno Barros	40-44	CCD / INTERMARCHÉ LAGOS	00:11:36	00:02:58	00:29:06	00:01:14	00:21:35	01:06:29	00:05:45
49	102062	4157	Eduardo Coelho	50-54	Sport União Colarense	00:12:49	00:02:17	00:29:59	00:01:05	00:20:20	01:06:30	00:05:46
50	100192	4217	Luis Oliveira	45-49	Pimpões Triatlo	00:13:37	00:02:31	00:29:18	00:01:04	00:20:02	01:06:32	00:05:48
51	101836	5588	Luis cancela	50-54	Clube Desportivo em Movimento	00:14:34	00:02:22	00:29:49	00:01:03	00:18:45	01:06:33	00:05:49
52	103321	4860	Renato Araújo	55-59	AmoraSub/Associação Naval Amorense	00:13:00	00:02:23	00:29:44	00:01:05	00:20:25	01:06:37	00:05:53
53	104545	4205	Mauro Azevedo	50-54	AAC MULTISPORT TRIATLO	00:13:36	00:02:48	00:30:26	00:01:16	00:18:32	01:06:38	00:05:54
54	105139	5113	Diogo Pina Pereira	45-49	Triatlo Fundação Salesianos	00:13:05	00:02:24	00:29:35	00:01:01	00:20:36	01:06:41	00:05:57
55	105638	4384	Gonçalo Champalimaud	40-44	Try Portugal / V. Janes	00:12:53	00:02:16	00:29:47	00:01:07	00:20:42	01:06:45	00:06:01
56	101862	4793	Paulo Silvestre	45-49	SNR Triatlo	00:13:01	00:02:29	00:29:38	00:01:03	00:20:43	01:06:54	00:06:10
57	107174	4516	Joaquim Esteves	55-59	SFRAA TRIATLO	00:12:15	00:02:23	-	-	00:20:58	01:06:55	00:06:11
58	100743	4035	Paulo Jorge Correia Lamego	50-54	Sport Algés e Dafundo	-	-	-	-	-	01:06:57	00:06:13
59	107866	5606	Bernardo Pessoa	40-44	Louletano	00:13:06	00:02:33	00:29:23	00:01:09	00:20:49	01:07:00	00:06:16
60	105742	5286	Victor Simões	40-44	Louletano	00:12:58	00:02:28	00:29:35	00:01:05	00:21:04	01:07:10	00:06:26
61	106585	4036	João Pedro Farinha	40-44	Palmela Desporto / Tripla Rotação	00:13:38	00:02:40	00:28:58	00:01:00	00:21:08	01:07:24	00:06:40

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	101543	4644	Luís Gonçalves	50-54	Clube de Triatlo do Fundão	00:12:05	00:02:17	00:29:22	00:01:07	00:22:37	01:07:28	00:06:44
63	104915	5028	Rui Gaspar	45-49	Associação Humanitária Bombeiros dos Estoris	00:12:56	00:02:50	00:29:42	00:01:18	00:20:47	01:07:33	00:06:49
64	107203	4563	Marco Goncalves	40-44	Try Portugal / V. Janes	00:14:19	00:02:40	00:29:53	00:01:05	00:19:38	01:07:35	00:06:51
65	101414	4045	Paulo Cabrita Silva	55-59	Triatlo de Faro	00:13:14	00:02:07	00:29:43	00:01:21	00:21:13	01:07:38	00:06:54
66	102343	5130	Carlos Custódio	50-54	Clube Oriental de Lisboa	00:12:51	00:02:31	00:30:05	00:01:08	00:21:10	01:07:45	00:07:01
67	105823	5322	Carlos Gomes Ferreira	50-54	Louletano	00:13:07	00:02:53	00:29:22	00:01:23	00:21:07	01:07:52	00:07:08
68	103720	4445	João Cunha Rêgo	45-49	Triatlo Clube Tap	00:11:55	00:02:50	00:30:28	00:01:39	00:21:07	01:07:59	00:07:15
69	103215	4816	Samuel Eugénio	45-49	Núcleo do Sporting da Golegã	00:14:21	00:02:37	00:29:49	00:00:59	00:20:16	01:08:02	00:07:18
70	100517	4022	Paulo Teles	50-54	3B - triatlo	00:12:53	00:02:43	00:29:47	00:01:06	00:21:36	01:08:05	00:07:21
71	104118	4377	Pedro Mendonça	45-49	Louletano	00:13:06	00:02:50	00:29:25	00:01:31	00:21:16	01:08:08	00:07:24
72	105791	5311	João Rosa	45-49	Quitério TRIPENICHE	00:12:09	00:02:35	00:30:19	00:01:14	00:21:52	01:08:09	00:07:25
73	100330	4228	Ricardo Rodrigues	50-54	Try Portugal / V. Janes	00:13:36	00:02:32	00:29:08	00:01:07	00:21:51	01:08:14	00:07:30
74	108439	5826	Bruno Pereira	45-49	AmoraSub/Associação Naval Amorense	00:13:35	00:02:33	00:29:12	00:01:12	00:21:50	01:08:22	00:07:38
75	102069	4562	Luís Rosário	55-59	GDR Manique de Cima	00:12:53	00:02:14	00:30:02	00:01:03	00:22:17	01:08:29	00:07:45
76	104716	4512	Jaime Bacharel	50-54	Individual	00:12:13	00:03:16	00:29:52	00:01:28	00:21:50	01:08:39	00:07:55
77	104024	4161	Gonçalo Gameiro	45-49	Try Portugal / V. Janes	00:13:13	00:03:04	00:29:04	00:01:26	00:22:00	01:08:47	00:08:03
78	105815	5548	António Patrício	40-44	Estoril Praia Credibom	00:13:24	00:02:58	00:30:30	00:01:03	00:21:04	01:08:59	00:08:15
79	100612	4148	Pedro Cordeiro	55-59	Sport Algés e Dafundo	00:11:45	00:02:25	00:29:31	00:01:15	00:24:22	01:09:18	00:08:34
80	100179	5651	Gonçalo Vieira	40-44	DAR-Recardães EXPansion	00:13:38	00:02:38	00:30:43	00:01:12	00:21:13	01:09:24	00:08:40
81	101396	5696	Rui Trovão	40-44	AAC MULTISPORT TRIATLO	00:13:28	00:02:42	00:29:13	00:01:18	00:22:43	01:09:24	00:08:40
82	101431	4896	Nuno Ventura	40-44	Triatlo Clube Tap	00:12:57	00:02:21	00:29:50	00:01:02	00:23:15	01:09:25	00:08:41
83	103899	4929	Esmeraldino Sá	45-49	AmoraSub/Associação Naval Amorense	00:14:21	00:02:37	00:31:11	00:01:01	00:20:20	01:09:30	00:08:46
84	104823	5041	Nuno Nobre	50-54	Clube Millenniumbcp	00:14:36	00:02:26	-	-	00:20:25	01:09:34	00:08:50
85	105599	4280	Ivo Magalhães	45-49	AAC MULTISPORT TRIATLO	00:13:22	00:03:03	00:30:26	00:01:06	00:21:39	01:09:36	00:08:52
86	108779	5943	Nuno Gonçalo Silva	40-44	GDR Manique de Cima	00:13:04	00:02:39	00:29:36	00:01:15	00:23:05	01:09:39	00:08:55
87	104852	4261	Paulo Faria	45-49	Outsystems Olímpico de Oeiras	00:13:33	00:02:43	00:30:41	00:01:18	00:21:24	01:09:39	00:08:55
88	105790	5310	Nuno Navalho	45-49	FET-Fátima Escola de Triatlo	00:14:45	00:03:06	00:30:44	00:01:10	00:19:57	01:09:42	00:08:58
89	106710	5605	Pedro Filipe	45-49	Try Portugal / V. Janes	00:11:19	00:03:10	00:29:10	00:01:26	00:24:42	01:09:47	00:09:03
90	105528	5210	Nuno Júlio	50-54	Estoril Praia Credibom	00:12:40	00:03:05	00:29:39	00:02:23	00:22:05	01:09:52	00:09:08
91	101089	4108	Paulo Renato Santos	60-64	Quitério TRIPENICHE	00:13:04	00:02:41	00:29:43	00:01:10	00:23:23	01:10:01	00:09:17
92	104389	5680	Eládio Manuel	50-54	Outsystems Olímpico de Oeiras	00:14:35	00:03:42	00:30:22	00:01:13	00:20:12	01:10:04	00:09:20
93	108883	3562	Rui Pereira	45-49	AAC MULTISPORT TRIATLO	00:10:14	00:02:35	00:32:41	00:01:04	00:23:31	01:10:05	00:09:21
94	100776	4046	Nuno Laurentino	45-49	Sport Lisboa e Benfica	00:10:01	00:02:27	00:30:25	00:01:02	00:26:13	01:10:08	00:09:24

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
95	106479	5106	Jorge Dinis	55-59	AmoraSub/Associação Naval Amorense	00:12:59	00:02:49	00:29:36	00:01:08	00:23:38	01:10:10	00:09:26
96	107981	5622	João Rodrigues	40-44	Louletano	00:15:04	00:03:35	00:29:52	00:01:27	00:20:14	01:10:12	00:09:28
97	105680	5266	Pedro Nunes Santos	50-54	Outsystems Olímpico de Oeiras	00:12:37	00:02:39	00:29:48	00:01:06	00:24:07	01:10:17	00:09:33
98	104061	4241	Andre Lima Cabrita	45-49	Triatlo de Faro	00:13:12	00:02:34	00:29:44	00:01:17	00:23:36	01:10:23	00:09:39
99	106970	5104	Luís Figueira	45-49	GRCD Leião Triatlo	00:13:14	00:03:05	00:30:34	00:01:25	00:22:16	01:10:34	00:09:50
100	107136	5526	Pedro Miranda	45-49	GRCD Leião Triatlo	00:13:40	00:03:08	00:30:00	00:01:27	00:22:23	01:10:38	00:09:54
101	104418	5479	Ricardo Furtado	40-44	Outsystems Olímpico de Oeiras	00:13:15	00:02:52	00:29:20	00:01:09	00:24:05	01:10:41	00:09:57
102	105293	5163	Hugo Henriques	45-49	Clube de Futebol Os Belenenses	00:13:55	00:02:43	00:31:07	00:01:15	00:21:45	01:10:45	00:10:01
103	101567	4249	Luís Cipriano	50-54	AMCR Fonte Grada	00:14:01	00:02:39	00:31:33	00:01:03	00:21:29	01:10:45	00:10:01
104	104937	4811	Rui Cachaço	40-44	Outsystems Olímpico de Oeiras	00:14:59	00:02:39	00:30:29	00:01:31	00:21:19	01:10:57	00:10:13
105	108673	5895	Cristóvão dos Santos	40-44	Clube de Natação de Torres Novas	00:13:55	00:02:26	00:30:35	00:01:05	00:23:05	01:11:06	00:10:22
106	100543	4581	Bruno Vaz	50-54	Clube Millenniumbcp	00:13:11	00:02:47	00:29:32	00:01:52	00:23:55	01:11:17	00:10:33
107	102082	4071	Rui de Oliveira	45-49	Sport União Colarense	00:11:27	00:02:32	00:31:10	00:01:21	00:24:54	01:11:24	00:10:40
108	105299	5167	Bruno Ornelas	45-49	REPSOL TRIATLO	00:12:39	00:03:10	00:29:42	00:01:18	00:24:45	01:11:34	00:10:50
109	100336	7538	Tiago Sousa	40-44	Clube de Natação da Amadora	00:13:08	00:02:58	00:32:57	00:01:28	00:21:07	01:11:38	00:10:54
110	108047	5681	Marco Rocha	45-49	Outsystems Olímpico de Oeiras	00:13:51	00:02:34	00:31:48	00:01:44	00:21:44	01:11:41	00:10:57
111	101065	4060	António Moura	60-64	Núcleo do Sporting da Golegã	00:13:32	00:02:42	00:30:38	00:01:01	00:23:52	01:11:45	00:11:01
112	101066	4221	António Vitorino	55-59	Quitério TRIPENICHE	00:14:45	00:03:24	00:31:57	00:01:00	00:20:43	01:11:49	00:11:05
113	106071	3126	João Brito	40-44	Individual	00:11:16	00:03:27	00:33:14	00:01:50	00:22:08	01:11:55	00:11:11
114	103529	4070	Ricardo Pereira	50-54	Estoril Praia Credibom	00:14:07	00:03:16	00:31:37	00:01:25	00:21:35	01:12:00	00:11:16
115	108968	4480	Gonçalo Costa Santos	40-44	Associação Humanitária Bombeiros dos Estoris	00:12:51	00:03:14	00:33:09	00:01:19	00:21:29	01:12:02	00:11:18
116	108424	5815	Pedro Neves	50-54	Clube de Futebol Os Belenenses	00:14:31	00:02:46	00:31:45	00:01:16	00:21:45	01:12:03	00:11:19
117	100733	4792	João Seródio	45-49	Sport Algés e Dafundo	00:13:56	00:02:54	00:31:16	00:01:22	00:22:36	01:12:04	00:11:20
118	107531	5301	Sérgio Filipe	40-44	Individual	00:13:15	00:03:19	00:30:27	00:01:11	00:23:59	01:12:11	00:11:27
119	108062	5963	Pedro Sanguino	40-44	CNATRIL Triatlo	00:13:42	00:03:15	00:32:03	00:01:23	00:21:50	01:12:13	00:11:29
120	102251	4508	Vasco Borges	50-54	A. R. Casaense	00:13:28	00:02:47	00:30:40	00:01:15	00:24:05	01:12:15	00:11:31
121	104544	4172	Luís Tomé	50-54	Quitério TRIPENICHE	00:14:39	00:02:32	00:30:51	00:01:25	00:22:52	01:12:19	00:11:35
122	106570	5621	Pedro Coutinho	40-44	Try Portugal / V. Janes	00:13:37	00:03:00	00:32:31	00:01:54	00:21:20	01:12:22	00:11:38
123	105598	4244	João Marques	55-59	Triatlo Fundação Salesianos	00:15:15	00:03:18	00:31:09	00:01:32	00:21:15	01:12:29	00:11:45
124	107644	5575	Rui Pedro Faísca	45-49	AAC MULTISPORT TRIATLO	00:10:40	00:03:26	00:30:56	00:01:38	00:25:51	01:12:31	00:11:47
125	101435	5011	Paulo Codinha	55-59	Triatlo Clube Tap	00:13:18	00:02:36	00:31:09	00:01:20	00:24:12	01:12:35	00:11:51
126	105457	5417	Gonçalo Areia	50-54	Estoril Praia Credibom	00:12:17	00:02:37	00:34:16	00:01:18	00:22:07	01:12:35	00:11:51
127	106338	4310	Ken Gielen	45-49	AmoraSub/Associação Naval Amorense	00:10:34	00:02:58	00:32:07	00:01:29	00:25:30	01:12:38	00:11:54

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
128	102308	4855	Clélio Cunha	45-49	Associação Humanitária Bombeiros dos Estoris	00:12:57	00:03:26	00:32:15	00:01:09	00:22:52	01:12:39	00:11:55
129	108702	4238	Daniel Jose Cesario	40-44	AmoraSub/Associação Naval Amorense	00:13:41	00:02:53	00:30:20	00:01:01	00:24:45	01:12:40	00:11:56
130	107638	5463	Pedro Nava	45-49	GRCD Leião Triatlo	00:13:00	00:03:47	00:29:56	00:01:11	00:24:48	01:12:42	00:11:58
131	100131	4838	Rodrigo Costa	45-49	REPSOL TRIATLO	00:10:17	00:03:03	00:31:59	00:01:16	00:26:21	01:12:56	00:12:12
132	108739	5941	Bruno Costa	40-44	GDR Manique de Cima	00:15:01	00:02:46	00:32:51	00:01:18	00:21:02	01:12:58	00:12:14
133	104448	4796	Paulo Vasconcelos	55-59	Outsystems Olímpico de Oeiras	00:14:57	00:03:03	00:30:10	00:01:33	00:23:16	01:12:59	00:12:15
134	105947	5358	Nuno Malaquias	45-49	Sport Algés e Dafundo	00:15:00	00:03:12	00:30:26	00:01:27	00:23:00	01:13:05	00:12:21
135	108756	8406	Gonçalo Correia	45-49	Outsystems Olímpico de Oeiras	00:13:33	00:03:19	00:32:12	00:01:34	00:22:34	01:13:12	00:12:28
136	101554	4024	Vítor Pereira	55-59	Clube de Triatlo do Fundão	00:14:14	00:02:54	00:31:50	00:01:10	00:23:06	01:13:14	00:12:30
137	104977	5031	Marco Ferreira	45-49	Clube Fluvial Vilacondense	00:13:08	00:03:41	00:30:09	00:01:29	00:25:17	01:13:44	00:13:00
138	108796	5927	Nuno Miguel Almeida Silva Correia	45-49	Pimpões Triatlo	00:15:23	00:03:09	00:30:19	00:01:22	00:23:35	01:13:48	00:13:04
139	107837	5597	Ricardo Martins	50-54	Individual	00:15:57	00:03:14	00:31:40	00:01:14	00:21:44	01:13:49	00:13:05
140	100569	4425	Bruno Silva	45-49	3B - triatlo	00:15:24	00:02:47	00:31:54	00:01:00	00:22:55	01:14:00	00:13:16
141	101083	4048	Miguel Baltazar	45-49	Quitério TRIPENICHE	00:14:18	00:03:14	00:30:35	00:01:20	00:24:40	01:14:07	00:13:23
142	102826	4398	Nuno Simões	45-49	AAC MULTISPORT TRIATLO	00:13:16	00:02:45	00:31:48	00:01:21	00:24:57	01:14:07	00:13:23
143	102933	5059	João Galhordas	50-54	Individual	00:13:56	00:04:04	00:32:01	00:01:17	00:22:50	01:14:08	00:13:24
144	109186	7511	Davide Magalhães	40-44	Exército de Portugal	00:15:34	00:03:07	00:31:55	00:01:06	00:22:30	01:14:12	00:13:28
145	108466	5828	Martin Leonardo Soto	40-44	Palmela Desporto / Tripla Rotação	00:13:22	00:03:02	00:31:48	00:02:09	00:23:52	01:14:13	00:13:29
146	108210	5757	Rui Silvestre	45-49	Triatlo de Faro	00:14:08	00:03:30	00:30:27	00:01:32	00:24:48	01:14:25	00:13:41
147	109235	8426	Paulo Alegria Reis	50-54	Palmela Desporto / Tripla Rotação	00:13:10	00:03:28	00:31:36	00:01:43	00:24:34	01:14:31	00:13:47
148	102104	4545	Paulo Ferreira	50-54	Triatlo Clube Tap	00:14:10	00:03:16	00:32:34	00:01:27	00:23:06	01:14:33	00:13:49
149	106193	4751	Miguel Simões	40-44	GRCD Leião Triatlo	00:14:18	00:02:55	00:30:59	00:01:15	00:25:07	01:14:34	00:13:50
150	104230	4412	Pedro Leiria	50-54	CNCVG	00:16:36	00:03:12	00:30:46	00:01:17	00:22:45	01:14:36	00:13:52
151	103700	4915	João Pedro Viegas	55-59	AmoraSub/Associação Naval Amorense	00:14:43	00:03:16	00:32:00	00:01:21	00:23:29	01:14:49	00:14:05
152	108334	5791	Pedro Figueiredo	50-54	Aminata Triatlo	00:13:36	00:02:59	00:32:53	00:01:00	00:24:31	01:14:59	00:14:15
153	105944	5355	Ton Portela	45-49	Clube dos Galitos	00:12:51	00:02:51	00:33:49	00:01:09	00:24:20	01:15:00	00:14:16
154	105916	5351	Carlos Quaresma	45-49	GRCD Leião Triatlo	00:13:25	00:03:08	00:32:26	00:01:19	00:24:43	01:15:01	00:14:17
155	103959	4963	Hugo Sousa	45-49	CNCVG	00:14:31	00:02:53	00:31:44	00:01:49	00:24:07	01:15:04	00:14:20
156	103306	4852	Francisco Sanches-Osório	55-59	Estoril Praia Credibom	00:14:51	00:03:17	00:31:56	00:01:30	00:23:49	01:15:23	00:14:39
157	108676	5324	Pedro Botelho	50-54	AmoraSub/Associação Naval Amorense	00:11:10	00:03:31	00:33:10	00:01:17	00:26:21	01:15:29	00:14:45
158	109221	7521	Deodato Evangelista	45-49	Bairro dos Anjos	00:15:46	00:02:49	00:32:08	00:01:12	00:23:35	01:15:30	00:14:46
159	106285	4030	Bruno Brito	45-49	Individual	00:14:27	00:03:30	00:34:11	00:01:26	00:22:02	01:15:36	00:14:52
160	109265	7543	Alberto Mojito	50-54	Individual	00:14:46	00:04:10	00:33:26	00:01:25	00:22:03	01:15:50	00:15:06

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
161	108913	4291	Pedro Vitorino	45-49	AmoraSub/Associação Naval Amorense	00:15:51	00:02:46	00:32:05	00:01:28	00:23:45	01:15:55	00:15:11
162	107523	5283	Nelson Rego	45-49	Estoril Praia Credibom	00:14:54	00:03:20	00:30:24	00:01:54	00:25:30	01:16:02	00:15:18
163	104588	4800	Fernando Coito	40-44	Outsystems Olímpico de Oeiras	00:13:51	00:02:38	00:32:08	00:01:15	00:26:20	01:16:12	00:15:28
164	104646	4528	Gabriel Alves	55-59	3B - triatlo	00:16:21	00:03:13	00:33:39	00:01:34	00:21:27	01:16:14	00:15:30
165	102971	4552	José Bonito	50-54	Clube de Triatlo de Almada	00:14:47	00:03:08	00:32:08	00:01:28	00:24:48	01:16:19	00:15:35
166	102999	5688	Edgar Sousa	40-44	Clube Oriental de Lisboa	00:16:07	00:03:29	00:33:50	00:01:13	00:21:42	01:16:21	00:15:37
167	101854	4456	Helder Moringa	50-54	SNR Triatlo	00:14:52	00:03:09	00:33:09	00:01:15	00:23:57	01:16:22	00:15:38
168	103988	4979	Ricardo Mendes	50-54	CNCVG	00:14:37	00:03:03	00:33:03	00:01:32	00:24:09	01:16:24	00:15:40
169	107330	4970	Israel Guarda	45-49	Sporting Clube de Portugal	00:15:47	00:03:12	00:33:00	00:01:18	00:23:08	01:16:25	00:15:41
170	103898	5261	Rui Santos	40-44	AmoraSub/Associação Naval Amorense	00:14:38	00:03:18	00:32:04	00:01:31	00:24:57	01:16:28	00:15:44
171	108975	4503	Diogo Justino	40-44	Clube Millenniumbcp	00:14:23	00:04:19	00:33:37	00:01:43	00:22:41	01:16:43	00:15:59
172	109184	7510	Pedro Leite Antunes	40-44	ASSOCIAÇÃO LINCE TRIATHLON	00:13:58	00:04:13	00:34:14	00:01:35	00:22:48	01:16:48	00:16:04
173	105664	5252	Bruno Ricardo	60-64	Triatlo Fundação Salesianos	00:14:16	00:03:30	00:32:53	00:02:21	00:23:52	01:16:52	00:16:08
174	108426	5817	Diogo Baldaque da Silva	50-54	Outsystems Olímpico de Oeiras	00:13:54	00:02:59	00:32:09	00:01:40	00:26:10	01:16:52	00:16:08
175	109273	7546	Gonçalo Correia	40-44	Individual	00:14:48	00:03:01	-	-	00:24:50	01:16:56	00:16:12
176	108183	5747	Pedro Alexandre Martins Silva	45-49	CNCVG	00:15:18	00:03:10	00:35:43	00:01:15	00:21:32	01:16:58	00:16:14
177	100581	4042	João Rita	65-69	Bike Clube S. Brás	00:15:50	00:03:29	00:31:38	00:01:43	00:24:25	01:17:05	00:16:21
178	107254	5123	Jorge Leite	50-54	Outsystems Olímpico de Oeiras	00:15:45	00:03:18	00:33:11	00:01:58	00:22:55	01:17:07	00:16:23
179	109222	7522	Emanuel Jordão	40-44	Bairro dos Anjos	00:13:10	00:03:03	00:36:01	00:01:15	00:23:39	01:17:08	00:16:24
180	103976	4972	João Albuquerque	55-59	Clube 4 Estilos	00:14:30	00:03:23	00:31:22	00:01:21	00:26:35	01:17:11	00:16:27
181	108750	5913	Válter Luís	45-49	FET-Fátima Escola de Triatlo	00:13:41	00:03:00	00:34:11	00:01:13	00:25:06	01:17:11	00:16:27
182	107874	5610	Luís Roseiro	60-64	Estoril Praia Credibom	00:13:13	00:03:43	00:33:11	00:01:44	00:25:21	01:17:12	00:16:28
183	109197	7515	Rui Lapa	45-49	Individual	00:11:25	00:03:28	00:35:51	00:02:07	00:24:22	01:17:13	00:16:29
184	102995	4608	Luís Duque	55-59	GDR Manique de Cima	00:15:02	00:03:45	00:31:53	00:01:26	00:25:12	01:17:18	00:16:34
185	108740	5942	Gonçalo Gonzaga	40-44	GDR Manique de Cima	00:13:21	00:02:50	00:33:52	00:01:18	00:25:59	01:17:20	00:16:36
186	101522	4629	António Jorge Martinho	55-59	Clube Oriental de Lisboa	00:13:09	00:03:28	00:35:35	00:01:40	00:23:31	01:17:23	00:16:39
187	102683	4726	João Valhelhas	50-54	Câmara Lisboa Clube	00:14:36	00:03:10	00:34:24	00:01:17	00:23:56	01:17:23	00:16:39
188	108018	5657	Joao Costa	45-49	Triatlo Fundação Salesianos	00:13:45	00:03:45	00:32:31	00:01:25	00:26:10	01:17:36	00:16:52
189	104219	5296	hugo reis	45-49	Estoril Praia Credibom	00:13:57	00:03:26	00:33:30	00:01:48	00:25:02	01:17:43	00:16:59
190	104007	5030	Hugo Guerra	45-49	Clube Zupper	00:14:15	00:03:16	00:32:35	00:01:35	00:26:07	01:17:48	00:17:04
191	104586	4270	António Duarte	55-59	Triatlo Fundação Salesianos	00:13:57	00:03:44	00:32:25	00:01:24	00:26:18	01:17:48	00:17:04
192	108866	5947	Luís Manuel Dias	45-49	Centro Ciclista Azeitonense	00:17:09	00:03:26	00:31:45	00:01:00	00:24:31	01:17:51	00:17:07
193	100817	4025	João Medeiro	60-64	Outsystems Olímpico de Oeiras	00:16:44	00:02:50	00:33:54	00:01:18	00:23:16	01:18:02	00:17:18

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
194	106598	4428	Sérgio Baião	50-54	Sporting Clube de Portugal	00:14:39	00:03:45	00:34:11	00:01:31	00:23:59	01:18:05	00:17:21
195	108997	4564	Humberto Cunha	50-54	Outsystems Olímpico de Oeiras	00:15:19	00:03:44	00:33:17	00:01:47	00:23:58	01:18:05	00:17:21
196	107639	5464	Alfredo Chambel	55-59	GRCD Leião Triatlo	00:15:12	00:03:32	00:31:58	00:01:42	00:25:59	01:18:23	00:17:39
197	108510	5846	Henrique Freire	60-64	GRCD Leião Triatlo	00:14:12	00:02:52	00:35:22	00:01:22	00:24:44	01:18:32	00:17:48
198	103214	4815	Paulo Costa	50-54	Núcleo do Sporting da Golegã	00:15:28	00:03:06	00:34:27	00:01:36	00:24:07	01:18:44	00:18:00
199	107784	5585	António Paula Soares	45-49	Individual	00:13:17	00:04:15	00:33:15	00:02:05	00:25:56	01:18:48	00:18:04
200	104546	4212	Artur Parreira	60-64	Individual	00:13:58	00:03:23	00:35:35	00:01:12	00:24:42	01:18:50	00:18:06
201	108912	4285	Filipe Espinha	40-44	AmoraSub/Associação Naval Amorense	00:14:50	00:03:48	00:33:26	00:02:16	00:24:35	01:18:55	00:18:11
202	106492	5165	Pedro Capelinha	50-54	CNCVG	00:14:11	00:03:25	00:32:22	00:01:54	00:27:35	01:19:27	00:18:43
203	106284	4413	Ricardo Baldaia	40-44	LXTRIATHLON	00:16:13	00:03:25	00:34:04	00:01:07	00:24:50	01:19:39	00:18:55
204	107166	4501	Paulo Moutinho	50-54	Clube Oriental de Lisboa	00:12:45	00:03:55	00:35:23	00:01:52	00:25:46	01:19:41	00:18:57
205	106221	5462	Miguel San-Payo	60-64	Individual	00:14:13	00:04:06	00:35:56	00:02:05	00:23:34	01:19:54	00:19:10
206	108911	4275	Octávio Cardoso	45-49	AmoraSub/Associação Naval Amorense	00:15:33	00:04:06	00:32:45	00:01:55	00:25:38	01:19:57	00:19:13
207	108055	5306	Filipe Canilho	40-44	AAC MULTISPORT TRIATLO	00:16:42	00:04:08	00:35:00	00:01:37	00:22:32	01:19:59	00:19:15
208	109256	7539	Ricardo Pereira	40-44	Individual	00:15:51	00:04:10	00:35:45	00:02:10	00:22:04	01:20:00	00:19:16
209	108636	5883	Gustavo Neves	40-44	Individual	00:14:14	00:03:29	00:33:07	00:01:48	00:27:26	01:20:04	00:19:20
210	106387	4447	Paulo Gonçalves	55-59	Clube de Futebol Os Belenenses	00:16:10	00:03:17	00:34:44	00:01:34	00:24:21	01:20:06	00:19:22
211	109012	5968	Miguel Fernandes	40-44	Individual	00:12:46	00:03:28	00:36:35	00:01:51	00:25:29	01:20:09	00:19:25
212	106961	8311	José Camões	45-49	Palmela Desporto / Tripla Rotação	00:13:02	00:02:38	00:37:42	00:01:14	00:25:33	01:20:09	00:19:25
213	107759	4989	Nuno Camara Pestana	40-44	Clube do Pessoal EDP	00:13:18	00:03:57	00:38:35	00:01:07	00:23:21	01:20:18	00:19:34
214	104470	5023	Jorge Ferreira	45-49	Triatlo Fundação Salesianos	00:14:08	00:03:29	-	-	00:28:09	01:20:20	00:19:36
215	109087	4767	Frederico Vidal	45-49	Individual	00:13:42	00:03:48	00:36:31	00:01:44	00:24:51	01:20:36	00:19:52
216	106330	8283	António Aires	50-54	Individual	00:16:03	00:03:53	00:37:01	00:01:43	00:21:57	01:20:37	00:19:53
217	104537	4159	Nuno Miguel Nobre	45-49	Sport União Colarense	00:15:11	00:03:51	00:31:43	00:02:11	00:27:42	01:20:38	00:19:54
218	102339	4730	Júlio Martins	65-69	Clube de Triatlo do Fundão	00:16:24	00:03:43	00:34:50	00:01:43	00:24:13	01:20:53	00:20:09
219	108638	5885	Sergio Vieira	45-49	Individual	00:14:09	00:03:38	00:37:15	00:01:33	00:24:28	01:21:03	00:20:19
220	107615	5441	José Rafael Charrua	40-44	Individual	00:14:53	00:03:14	00:33:58	00:01:37	00:27:32	01:21:14	00:20:30
221	106736	4187	Rui Silva	40-44	Individual	00:15:24	00:03:24	00:36:18	00:01:57	00:24:13	01:21:16	00:20:32
222	107736	5566	Filipe Rei	45-49	Palmela Desporto / Tripla Rotação	00:16:15	00:03:21	00:36:17	00:01:22	00:24:09	01:21:24	00:20:40
223	102939	4513	Carlos Pereira	55-59	AmoraSub/Associação Naval Amorense	00:15:55	00:02:55	00:36:04	00:01:37	00:25:00	01:21:31	00:20:47
224	105667	5255	José Domingues	65-69	Triatlo Fundação Salesianos	00:15:06	00:03:09	00:33:57	00:03:15	00:26:19	01:21:46	00:21:02
225	100109	5051	Armando Lopes	60-64	SFRAA TRIATLO	00:15:58	00:02:41	00:37:02	00:01:10	00:25:00	01:21:51	00:21:07
226	107725	5562	Ricardo Neves	45-49	Sporting Clube de Portugal	00:15:52	00:03:24	00:36:25	00:01:35	00:24:47	01:22:03	00:21:19

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
227	107293	4858	Jorge Quaresma	45-49	Palmela Desporto / Tripla Rotação	00:13:10	00:03:17	00:37:50	00:01:35	00:26:26	01:22:18	00:21:34
228	108090	5708	Joel Alexandre	40-44	Clube de Futebol Os Belenenses	00:15:17	00:03:20	00:34:51	00:01:21	00:27:51	01:22:40	00:21:56
229	109242	7533	Mário Bastardo	45-49	Individual	00:16:03	00:04:08	00:36:28	00:01:23	00:24:49	01:22:51	00:22:07
230	103859	4693	Mário Teofilo	50-54	Outsystems Olímpico de Oeiras	00:13:32	00:03:44	00:36:28	00:01:24	00:27:48	01:22:56	00:22:12
231	107339	5007	Tiago Ramos	45-49	Outsystems Olímpico de Oeiras	00:16:53	00:03:32	00:37:10	00:01:14	00:24:11	01:23:00	00:22:16
232	109274	7547	Bruno Rêgo	40-44	Individual	00:16:41	00:03:55	00:33:38	00:01:25	00:27:37	01:23:16	00:22:32
233	103280	4841	Pedro Neves	55-59	Clube Millenniumbcp	00:17:22	00:03:33	00:36:46	00:02:03	00:23:47	01:23:31	00:22:47
234	104978	5120	Nuno Duarte	50-54	Individual	00:16:38	00:03:34	00:37:16	00:01:41	00:24:25	01:23:34	00:22:50
235	107814	5591	Pedro Soutelinho Correia Ribeiro	55-59	Outsystems Olímpico de Oeiras	00:14:17	00:03:04	00:36:24	00:01:24	00:28:31	01:23:40	00:22:56
236	101168	5892	Joaquim Guedelha	55-59	Individual	00:13:02	00:03:44	00:35:16	00:01:55	00:29:47	01:23:44	00:23:00
237	103709	4301	João Manuel Rosa	50-54	Palmela Desporto / Tripla Rotação	00:14:26	00:03:55	00:37:36	00:01:31	00:27:04	01:24:32	00:23:48
238	100686	4189	Carlos Serra	55-59	Clube Oriental de Lisboa	00:15:07	00:04:32	00:35:14	00:01:41	00:28:00	01:24:34	00:23:50
239	101612	4431	José Sérgio	55-59	Clube de Natação de Torres Novas	00:16:31	00:03:58	00:35:19	00:01:38	00:27:12	01:24:38	00:23:54
240	101076	4075	Jose Peixoto	65-69	Quitério TRIPENICHE	00:16:25	00:02:45	00:36:45	00:01:20	00:27:30	01:24:45	00:24:01
241	105775	5304	João Lourenço	60-64	GRCD Leião Triatlo	00:15:48	00:04:39	00:39:05	00:01:41	00:23:35	01:24:48	00:24:04
242	108878	5958	Pedro Pejapes	40-44	CNAL - Triatlo	00:17:13	00:04:49	00:36:21	00:02:41	00:24:08	01:25:12	00:24:28
243	106711	4667	Paulo Trindade	55-59	AAC MULTISPORT TRIATLO	00:15:54	00:04:17	00:35:42	00:02:05	00:27:55	01:25:53	00:25:09
244	108141	5726	Eduardo Poças	45-49	GRCD Leião Triatlo	00:13:07	00:04:40	00:35:06	00:02:46	00:30:17	01:25:56	00:25:12
245	101440	4195	Sérgio Ogasawara de Oliveira	55-59	Triatlo Clube Tap	00:15:56	00:02:58	00:33:24	00:01:36	00:32:02	01:25:56	00:25:12
246	109117	4883	Raul Bonito	40-44	Triatlo Fundação Salesianos	00:19:15	00:03:23	00:36:19	00:01:22	00:25:43	01:26:02	00:25:18
247	105430	5412	Jorge Rosa	55-59	SFRAA TRIATLO	00:14:21	00:03:23	00:37:31	00:01:28	00:29:22	01:26:05	00:25:21
248	107635	5458	António Silva	45-49	Individual	00:17:30	00:03:36	-	-	00:26:22	01:26:12	00:25:28
249	107176	4518	Pedro Serra	50-54	Louletano	00:16:15	00:04:07	00:35:30	00:02:21	00:28:24	01:26:37	00:25:53
250	104006	5256	Duarte Almeida	55-59	Estoril Praia Credibom	00:14:16	00:03:21	00:36:53	00:02:12	00:30:10	01:26:52	00:26:08
251	108988	4536	Nuno Varela	40-44	Alhandra Sporting Club	00:14:41	00:03:35	00:36:34	00:01:48	00:30:38	01:27:16	00:26:32
252	108929	4383	Daniel Feliciano Branco	45-49	Individual	00:16:11	00:04:21	00:36:22	00:01:02	00:29:43	01:27:39	00:26:55
253	101428	4343	Miguel Pacheco	60-64	Triatlo Clube Tap	00:17:24	00:04:12	00:36:06	00:01:42	00:28:21	01:27:45	00:27:01
254	108059	5684	Marco Carapinha	45-49	Clube Oriental de Lisboa	00:20:50	00:02:53	00:35:21	00:01:26	00:27:45	01:28:15	00:27:31
255	100993	4453	Carlos Barata Correia	70-74	Clube Oriental de Lisboa	00:13:44	00:03:29	00:38:51	00:01:55	00:30:16	01:28:15	00:27:31
256	108991	4547	Nuno Lopes	45-49	Associação Académica de São Mamede	00:18:33	00:03:32	00:36:53	00:01:59	00:27:36	01:28:33	00:27:49
257	107603	5409	José Mello	70-74	Individual	00:15:03	00:04:18	00:39:01	00:02:15	00:28:12	01:28:49	00:28:05
258	105381	5191	Ricardo Fernandes	45-49	SFRAA TRIATLO	00:16:44	00:03:31	00:43:26	00:01:41	00:23:34	01:28:56	00:28:12
259	100624	4857	Miguel Reis	45-49	CNATRIL Triatlo	00:15:53	00:03:32	00:39:37	00:02:10	00:27:54	01:29:06	00:28:22

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
260	106435	4145	Nuno Rainho Fernandes	60-64	Individual	00:15:02	00:03:39	00:39:19	00:02:00	00:29:15	01:29:15	00:28:31
261	108887	5962	Jorge Ferreira	50-54	Associação Humanitária Bombeiros dos Estoris	00:21:14	00:04:19	00:37:11	00:01:59	00:24:42	01:29:25	00:28:41
262	108983	4522	Christian Ramos	45-49	Alhandra Sporting Club	00:17:00	00:03:52	00:38:12	00:01:28	00:29:00	01:29:32	00:28:48
263	102266	4666	João Teixeira	60-64	Clube de Natação da Amadora	00:13:31	00:04:56	00:37:29	00:02:02	00:31:36	01:29:34	00:28:50
264	108832	5930	João Fontinhas	40-44	Individual	00:15:46	00:03:45	00:35:27	00:03:45	00:30:53	01:29:36	00:28:52
265	108717	5901	Daniel Aguiar	45-49	Individual	00:15:17	00:04:31	00:37:57	00:03:09	00:29:53	01:30:47	00:30:03
266	106602	4393	Paulo Lopes	50-54	SFRAA TRIATLO	00:16:43	00:03:51	00:38:50	00:02:08	00:29:22	01:30:54	00:30:10
267	100285	4072	Renato Fidalgo	60-64	Individual	00:19:22	00:04:37	00:38:26	00:02:16	00:26:55	01:31:36	00:30:52
268	107528	5298	Miguel Cardoso Pinto	45-49	Outsystems Olímpico de Oeiras	00:17:05	00:04:02	00:37:49	00:02:56	00:30:34	01:32:26	00:31:42
269	109248	7536	Pedro Pinto	40-44	Individual	00:16:37	00:05:52	00:38:51	00:01:51	00:29:25	01:32:36	00:31:52
270	100175	4601	José Alberto Domingos	70-74	Lusitano Frusoad	00:16:29	00:04:01	00:39:20	00:01:50	00:31:17	01:32:57	00:32:13
271	101674	4175	Joaquim Rosado	50-54	Individual	00:18:58	00:03:35	00:39:51	00:01:43	00:30:14	01:34:21	00:33:37
272	108363	5799	Luís Braz	45-49	GDR Manique de Cima	00:16:54	00:04:05	00:40:35	00:02:00	00:31:06	01:34:40	00:33:56
273	100568	4132	António Mories	60-64	Clube Millenniumbcp	00:18:43	00:03:37	00:38:13	00:01:45	00:35:36	01:37:54	00:37:10
274	108678	5897	Joaquim chaves	50-54	Estoril Praia Credibom	00:14:29	00:05:26	00:41:04	00:04:07	00:33:34	01:38:40	00:37:56
275	100308	4215	José Luís Correia	60-64	Associação Humanitária Bombeiros dos Estoris	00:14:22	00:04:56	00:43:03	00:02:09	00:36:06	01:40:36	00:39:52
276	107377	5109	Samy Djavidnia	50-54	Individual	00:16:39	00:05:07	00:46:25	00:01:41	00:31:44	01:41:36	00:40:52
277	109268	7545	Rui Salvada	45-49	Individual	00:16:30	00:04:12	00:38:18	00:02:48	00:40:11	01:41:59	00:41:15
278	107137	7505	Carlos Garcia	40-44	Individual	00:16:38	00:03:53	00:41:59	00:02:15	00:37:22	01:42:07	00:41:23
279	106239	5471	Fernando Mendes	65-69	Sporting Clube de Portugal	00:21:10	00:04:28	00:42:52	00:02:38	00:31:43	01:42:51	00:42:07
280	109065	4734	João Santos	50-54	Sporting Clube de Portugal	00:18:12	00:05:39	00:44:14	00:02:49	00:32:37	01:43:31	00:42:47
281	104607	5442	Armando Quartilho Costa	50-54	Triatlo - Clube Desportivo da Venda do Pinheiro	00:23:31	00:03:34	00:40:46	00:01:52	00:34:28	01:44:11	00:43:27
282	109035	4647	Pedro Pinto	45-49	Individual	00:22:55	00:05:22	00:44:11	00:02:52	00:35:31	01:50:51	00:50:07
283	109266	7544	Paulo Tenera	50-54	Individual	00:24:41	00:06:21	00:43:57	00:02:27	00:37:13	01:54:39	00:53:55
DNF	106491	5161	Luis Vidinha	50-54	CNAL - Triatlo	00:13:20	00:03:00	00:36:45	00:08:10	-	DNF	
DNF	101348	4021	Henrique Delgado	40-44	TRICAP-Penafirme	00:11:32	00:02:42	-	-	-	DNF	
DNS	101291	4704	Ricardo Lanceiro	45-49	SFRAA TRIATLO	-	-	-	-	-	DNS	