

Local da Prova: **Grândola**

Data: **22-04-2023**

Hora da Partida: **15:04:21**

Distancias: **Corrida - 4.750m (2 voltas)**

**Ciclismo - 19.800m (2 voltas)**

**Corrida - 2.350m (1 volta)**

### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100316	2823	Maria Tomé	20-24	Clube de Natação de Torres Novas	00:15:25	00:00:38	00:32:56	00:00:37	00:07:38	00:57:14	00:00:00
2	100671	3162	Inês Rico	20-24	Alhandra Sporting Club	00:16:18	00:00:33	00:32:59	00:00:36	00:08:15	00:58:41	00:01:27
3	103073	1816	Cassilda Carvalho	CAD	Sport Lisboa e Benfica	00:16:39	00:00:30	00:33:29	00:00:34	00:08:11	00:59:23	00:02:09
4	104484	1818	Catarina Santos	CAD	Sport Lisboa e Benfica	00:17:02	00:00:33	00:34:29	00:00:36	00:08:05	01:00:45	00:03:31
5	101358	2564	Ana Ramos	25-29	Clube de Natação de Torres Novas	00:17:03	00:00:35	00:34:25	00:00:36	00:08:13	01:00:52	00:03:38
6	102284	1931	Ana Carapeta	CAD	Alhandra Sporting Club	00:17:03	00:00:33	00:34:28	00:00:35	00:08:15	01:00:54	00:03:40
7	104085	2286	Maria Gonçalves	JUN	Sport Lisboa e Benfica	00:17:03	00:00:34	00:34:25	00:00:39	00:08:29	01:01:10	00:03:56
8	100634	3475	Ana Filipa Ferreira	30-34	Alhandra Sporting Club	00:17:54	00:00:45	00:35:46	00:00:42	00:08:35	01:03:42	00:06:28
9	105313	3538	Susana Mateus	30-34	Vasco da Gama Atlético Clube de Sines	00:18:19	00:00:41	00:35:41	00:00:35	00:09:02	01:04:18	00:07:04
10	102210	2328	Luisa Miranda	JUN	Sport Lisboa e Benfica	00:18:20	00:00:38	00:35:26	00:00:41	00:09:38	01:04:43	00:07:29
11	102529	5110	Patricia Rivotti	45-49	Clube Oriental de Lisboa	00:17:54	00:01:03	00:36:32	00:00:50	00:08:58	01:05:17	00:08:03
12	100720	1935	Tatiana Marques	CAD	Alhandra Sporting Club	00:18:45	00:00:37	00:36:11	00:00:40	00:09:37	01:05:50	00:08:36
13	104354	1929	Matilde Tomás	CAD	Alhandra Sporting Club	00:18:45	00:00:36	00:36:12	00:00:39	00:09:39	01:05:51	00:08:37
14	107422	2318	Mariannela Gonçalves	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:18:50	00:00:39	00:37:35	00:00:40	00:09:09	01:06:53	00:09:39
15	100360	2554	Andreia Ferrum	25-29	Clube de Natação de Torres Novas	00:18:46	00:00:44	00:37:33	00:00:41	00:09:20	01:07:04	00:09:50
16	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:18:58	00:01:00	00:37:12	00:00:58	00:09:12	01:07:20	00:10:06
17	106275	3441	Ana Brás	35-39	CNCVG	00:19:27	00:00:47	00:36:51	00:00:45	00:09:38	01:07:28	00:10:14
18	100161	3291	Joana Tomé	20-24	SFRAA TRIATLO	00:18:29	00:00:41	00:38:03	00:00:49	00:09:36	01:07:38	00:10:24
19	105584	2837	Catarina Dias	20-24	Outsystems Olímpico de Oeiras	00:19:28	00:00:45	00:36:56	00:00:42	00:10:04	01:07:55	00:10:41
20	106700	2678	Susana Alemão	35-39	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:19:36	00:00:55	00:36:28	00:00:58	00:10:03	01:08:00	00:10:46
21	100696	8253	Maria Sousa	45-49	Clube Oriental de Lisboa	00:19:51	00:01:09	00:36:31	00:00:58	00:09:43	01:08:12	00:10:58
22	108906	4269	Miriam Isabel Gomes da Silva	40-44	Vasco da Gama Atlético Clube de Sines	00:18:22	00:00:53	00:39:40	00:00:53	00:09:33	01:09:21	00:12:07
23	102452	3664	Joana Hipólito	35-39	AMICICLO GRÂNDOLA	00:19:35	00:00:53	00:38:45	00:00:50	00:09:26	01:09:29	00:12:15
24	108942	3610	Catarina Feijão	30-34	SFRAA TRIATLO	00:19:53	00:00:49	00:38:09	00:00:48	00:09:58	01:09:37	00:12:23
25	106120	2317	Margarida Passos	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:19:57	00:00:58	00:37:55	00:00:41	00:10:07	01:09:38	00:12:24
26	103155	2260	Maria Inês França	JUN	CNCVG	00:20:08	00:00:45	00:37:57	00:00:41	00:10:26	01:09:57	00:12:43
27	105392	5196	Malvina Gomes	45-49	Palmela Desporto / Tripla Rotação	00:19:44	00:00:48	00:38:47	00:01:02	00:10:20	01:10:41	00:13:27
28	107607	5419	Sandra Cristina Fernandes Rodrigues	50-54	AmoraSub/Associação Naval Amorense	00:20:32	00:01:10	00:39:27	00:00:55	00:09:58	01:12:02	00:14:48

**Classificação Absoluta - Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	104550	1900	Mafalda Leirião	CAD	Clube de Natação de Torres Novas	00:21:13	00:00:43	00:38:44	00:00:44	00:11:06	01:12:30	00:15:16
30	104869	3797	Sofia Cruz	20-24	SFRAA TRIATLO	00:21:56	00:00:43	00:39:23	00:00:42	00:10:33	01:13:17	00:16:03
31	105661	5250	Isabel Moreira	55-59	Triatlo Fundação Salesianos	00:22:15	00:00:40	00:39:20	00:00:49	00:10:56	01:14:00	00:16:46
32	106531	3175	Marta Barbosa	20-24	CNCVG	00:21:19	00:00:51	00:40:29	00:00:46	00:10:38	01:14:03	00:16:49
33	108071	3184	Mariana Antão Ventura Monteiro	25-29	Outsystems Olímpico de Oeiras	00:21:43	00:01:00	00:40:19	00:01:08	00:11:28	01:15:38	00:18:24
34	106714	5525	Tânia Rodrigues	40-44	AmoraSub/Associação Naval Amorense	00:21:19	00:01:31	00:41:24	00:01:09	00:10:28	01:15:51	00:18:37
35	106537	1921	Mariana Rodrigues Grilo	CAD	CNCVG	00:22:48	00:00:44	00:41:30	00:00:47	00:11:11	01:17:00	00:19:46
36	105361	5187	Claudia Ferreira	55-59	Clube Oriental de Lisboa	00:22:15	00:01:09	00:41:28	00:01:24	00:11:05	01:17:21	00:20:07
37	103688	2303	Mariana Paulino	JUN	CNCVG	00:21:19	00:00:49	00:43:54	00:00:47	00:11:14	01:18:03	00:20:49
38	107621	3837	Inês Silva	30-34	AMICICLO GRÂNDOLA	00:22:31	00:01:04	00:41:57	00:01:01	00:12:07	01:18:40	00:21:26
39	106521	2747	Andreia Tourais	35-39	Outsystems Olímpico de Oeiras	00:22:56	00:01:00	00:42:14	00:01:01	00:11:32	01:18:43	00:21:29
40	106151	1716	Diana Galinhola	CAD	Escola Triatlo Santo António Évora	00:23:27	00:00:46	00:43:40	00:00:43	00:12:06	01:20:42	00:23:28
41	108705	5899	Elsa Mação	45-49	AmoraSub/Associação Naval Amorense	00:21:19	00:01:31	00:45:55	00:01:27	00:10:46	01:20:58	00:23:44
42	108875	5955	Salomé Pinhal	45-49	Centro Ciclista Azeitonense	00:24:00	00:00:49	00:44:15	00:00:47	00:12:40	01:22:31	00:25:17
43	101006	4452	Madalena Caninas	60-64	Clube Oriental de Lisboa	00:24:27	00:01:05	00:45:45	00:01:13	00:11:54	01:24:24	00:27:10
44	108869	5949	Odília Andrade	40-44	Centro Ciclista Azeitonense	00:24:00	00:00:44	00:48:40	00:00:37	00:11:59	01:26:00	00:28:46
DNF	108394	3444	Neuza Silva	35-39	REPSOL TRIATLO	-	-	-	-	-	DNF	
DNF	100472	2274	Mariana Silva	JUN	SFRAA TRIATLO	-	-	-	-	-	DNF	
DNS	108867	3555	Catarina Serrinha	30-34	Centro Ciclista Azeitonense	-	-	-	-	-	DNS	
DNS	109036	3633	Beatriz Muando	35-39	AMICICLO GRÂNDOLA	-	-	-	-	-	DNS	
DNS	103381	4063	Isabel Gonçalves	40-44	Vela de Tavira	-	-	-	-	-	DNS	
DNS	104271	4494	Ana Vieira Lopes	50-54	Clube Oriental de Lisboa	-	-	-	-	-	DNS	
DNS	104431	1767	Mariana Amaral	CAD	CNCVG	-	-	-	-	-	DNS	
DNS	100515	2346	Rafaela Cananó Silva	JUN	Sport Lisboa e Benfica	-	-	-	-	-	DNS	