

Campeonato Nacional Individual de Triatlo Cross

Masculinos

Natação: 1500 m - Ciclismo: 35700 m - Corrida: 10000 m

Local: Golegã -| Data: 20-05-2023 -| Hora da Partida: 10:02:19

20230520FTP001-006

#	Licença	Dorsal	Nome	Escalão	Clube	Natação	T1	Ciclismo	T2	Corrida	Tempo	Delta
1	102465	16	Antonio Barata	20-24	Sport Lisboa e Benfica	0:19:51	0:01:20	1:48:03	0:00:43	0:39:09	2:49:04	0:00:00
2	100783	14	Tiago Maia	30-34	Sporting Clube de Espinho	0:19:49	0:01:20	1:49:55	0:00:44	0:40:28	2:52:14	0:03:10
3	100787	122	Afonso Garcia	25-29	Outsystems Olímpico de Oeiras	0:18:53	0:01:25	1:53:21	0:01:04	0:42:45	2:57:26	0:08:22
4	100436	4	Rui Dolores	35-39	Amiciclo Grândola	0:21:28	0:01:25	1:57:11	0:00:48	0:40:23	3:01:14	0:12:10
5	100834	117	Nuno André	25-29	Outsystems Olímpico de Oeiras	0:22:46	0:01:44	1:57:21	0:00:38	0:39:27	3:01:54	0:12:50
6	100425	118	Hugo Baluga	25-29	Amiciclo Grândola	0:25:05	0:01:26	1:57:24	0:00:45	0:40:56	3:05:34	0:16:30
7	100835	15	Octávio Vicente	35-39	Sporting Clube de Espinho	0:25:59	0:01:54	1:55:07	0:00:38	0:43:12	3:06:48	0:17:44
8	103353	135	João Jesus	30-34	Amiciclo Grândola	0:24:53	0:02:03	2:01:40	0:00:39	0:40:37	3:09:51	0:20:47
9	105312	265	Alexandre Cabrita	45-49	Louletano	0:23:59	0:02:09	1:58:22	0:01:08	0:44:39	3:10:14	0:21:10
10	102259	392	Rafael Gomes	40-44	Clube Atlético de Oliveira do Hospital	0:23:08	0:02:26	2:01:18	0:00:53	0:42:46	3:10:29	0:21:25
11	106936	121	Rui Matias	25-29	SFRAA Triatlo	0:23:17	0:01:57	1:59:27	0:00:46	0:45:59	3:11:24	0:22:20
12	102637	113	Diogo Carvalhinho	JUN	Outsystems Olímpico de Oeiras	0:20:36	0:01:23	2:04:28	0:00:57	0:44:30	3:11:52	0:22:48
13	101836	334	Luís Cancela	50-54	Clube Desportivo em Movimento	0:30:38	0:02:18	1:56:40	0:00:56	0:41:37	3:12:06	0:23:02
14	104616	132	Dionísio Silva	30-34	Boavista FC	0:25:00	0:01:52	2:00:13	0:00:57	0:45:02	3:13:03	0:23:59
15	102222	211	Ricardo Rosado	35-39	Núcleo do Sporting da Golegã	0:22:53	0:02:17	1:59:22	0:02:07	0:47:21	3:13:58	0:24:54
16	103128	220	David Coelho	40-44	SFRAA Triatlo	0:29:20	0:01:58	2:00:25	0:00:51	0:41:46	3:14:18	0:25:14
17	103696	210	Luis Ferreira	35-39	Núcleo do Sporting da Golegã	0:26:53	0:02:23	2:00:23	0:00:49	0:44:27	3:14:53	0:25:49
18	102546	315	Rui Galinha	50-54	Núcleo do Sporting da Golegã	0:23:52	0:01:43	2:01:14	0:00:54	0:48:06	3:15:47	0:26:43
19	100429	114	Luís Marques	20-24	Amiciclo Grândola	0:22:31	0:01:23	1:59:35	0:01:12	0:52:01	3:16:41	0:27:37
20	103335	343	David Fernandes	JUN	Clube Triatlo de Abrantes	0:22:57	0:01:52	2:01:53	0:00:44	0:49:53	3:17:16	0:28:12
21	102466	360	Manuel José Dias	JUN	Individual	0:19:11	0:01:36	2:12:22	0:01:07	0:45:43	3:19:57	0:30:53
22	106567	251	Nuno Lopes	40-44	Núcleo do Sporting da Golegã	0:22:44	0:01:49	2:04:28	0:01:23	0:51:03	3:21:26	0:32:22
23	102530	356	Nuno Silva	45-49	BEST	0:28:46	0:02:51	2:05:14	0:00:48	0:43:53	3:21:31	0:32:27
24	104041	348	Paulo Ajuda	40-44	Triatlo de Faro	0:28:06	0:02:41	2:05:18	0:00:54	0:46:14	3:23:11	0:34:07
25	104877	140	Nuno Dias	35-39	Amiciclo Grândola	0:27:23	0:02:02	2:09:25	0:00:49	0:44:20	3:23:57	0:34:53
26	101865	303	Rui Narigueta	45-49	Outsystems Olímpico de Oeiras	0:27:50	0:02:16	2:02:51	0:01:09	0:50:08	3:24:13	0:35:09
27	109059	380	Fernando Gouveia	50-54	Clube Fluvial Vilacondense	0:34:05	0:02:59	1:59:44	0:01:15	0:47:22	3:25:24	0:36:20
28	104758	358	Rui Gomes	45-49	Sporting Clube de Espinho	0:26:31	0:03:00	2:11:14	0:01:22	0:43:49	3:25:53	0:36:49
29	103659	337	José Peixoto	50-54	Individual	0:28:11	0:02:34	2:11:58	0:01:06	0:42:25	3:26:12	0:37:08
30	108073	336	João Piedade	30-34	Individual	0:20:35	0:01:49	2:16:46	0:01:24	0:45:53	3:26:25	0:37:21
31	103878	316	António Martins	50-54	Amiciclo Grândola	0:32:35	0:02:49	2:04:57	0:01:08	0:45:12	3:26:38	0:37:34
32	104242	261	Luis Cordeiro	40-44	SFRAA Triatlo	0:32:16	0:03:02	2:03:35	0:01:00	0:48:23	3:28:14	0:39:10
33	101811	325	António Calafate	55-59	Núcleo do Sporting da Golegã	0:23:25	0:02:25	2:14:48	0:01:07	0:48:10	3:29:53	0:40:49
34	107765	217	João Pedro Santos	40-44	DAR-Recardães EXPansion	0:28:56	0:02:16	2:05:59	0:01:23	0:51:30	3:30:02	0:40:58
35	101850	127	Carlos Carvalho	30-34	Outsystems Olímpico de Oeiras	0:23:48	0:02:45	2:11:48	0:00:59	0:51:14	3:30:32	0:41:28
36	101486	256	Celso Moreira	40-44	DAR-Recardães EXPansion	0:27:58	0:02:08	2:12:29	0:01:16	0:46:45	3:30:33	0:41:29

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#	Licença	Dorsal	Nome	Escalão	Clube	Natação	T1	Ciclismo	T2	Corrida	Tempo	Delta
37	100437	306	Rui Gonçalves	45-49	Amiciclo Grândola	0:32:05	0:02:19	2:12:50	0:01:00	0:44:42	3:32:54	0:43:50
38	108100	353	Hugo Medeiros	30-34	BEST	0:32:20	0:02:47	2:10:41	0:00:55	0:46:47	3:33:27	0:44:23
39	104857	266	Miguel Anastácio	45-49	Vela de Tavira	0:29:34	0:02:41	2:08:25	0:01:10	0:52:45	3:34:33	0:45:29
40	101619	351	Marco Sousa	45-49	Pedrogão Triatlo	0:24:57	0:02:21	2:17:30	0:01:00	0:51:39	3:37:25	0:48:21
41	101008	309	Mário Pires	45-49	SFRAA Triatlo	0:25:20	0:02:54	2:14:32	0:01:35	0:53:27	3:37:46	0:48:42
42	101558	318	Carlos Maia	50-54	TRI Amazing	0:30:01	0:03:17	2:12:06	0:01:51	0:50:41	3:37:54	0:48:50
43	105605	125	Luis Carvalho	30-34	SFRAA Triatlo	0:28:33	0:02:30	2:13:47	0:01:10	0:53:57	3:39:55	0:50:51
44	107643	352	João Santos	35-39	BEST	0:29:11	0:03:31	2:19:25	0:01:14	0:49:08	3:42:27	0:53:23
45	107597	133	Avelino Santos	30-34	SFRAA Triatlo	0:37:51	0:02:22	2:10:51	0:00:58	0:50:35	3:42:35	0:53:31
46	100681	326	João Miguel Nunes	55-59	Alhandra Sporting Clube	0:29:16	0:01:42	2:20:08	0:00:51	0:51:00	3:42:55	0:53:51
47	106649	368	António Horta	60-64	CPArmada	0:26:24	0:03:04	2:25:35	0:01:44	0:49:11	3:45:56	0:56:52
48	102236	349	Sandro Rodrigues	40-44	Triatlo de Faro	0:27:35	0:03:13	2:20:21	0:02:13	0:53:01	3:46:22	0:57:18
49	107641	347	Hugo Cabral	45-49	Triatlo de Faro	0:23:21	0:02:34	2:25:17	0:01:25	0:53:48	3:46:22	0:57:18
50	102234	321	Mário Torrinha	55-59	Vela de Tavira	0:30:57	0:03:12	2:22:50	0:01:32	0:48:49	3:47:18	0:58:14
51	105066	354	Marco Filipe	45-49	BEST	0:32:28	0:03:16	2:20:39	0:01:27	0:51:22	3:49:09	1:00:05
52	103215	310	Samuel Eugénio	45-49	Núcleo do Sporting da Golegã	0:29:27	0:04:56	2:31:17	0:01:21	0:43:04	3:50:03	1:00:59
53	105501	116	Pedro Marques	20-24	Clube Triatlo de Abrantes	0:27:30	0:01:42	2:28:14	0:00:52	0:52:37	3:50:53	1:01:49
54	103321	322	Renato Araujo	55-59	AmoraSub/Associação Naval Amorense	0:29:26	0:02:25	2:36:44	0:01:22	0:50:30	4:00:26	1:11:22
55	101065	332	António Moura	60-64	Núcleo do Sporting da Golegã	0:29:47	0:02:54	2:34:25	0:01:03	0:53:00	4:01:07	1:12:03
56	108866	267	Luís Dias	45-49	Centro Ciclista Azeitonense	0:38:23	0:03:07	2:26:33	0:00:58	0:52:58	4:01:57	1:12:53
57	105143	379	Luís Santos	45-49	Clube Fluvial Vilacondense	0:31:25	0:02:38	2:31:34	0:01:11	0:56:36	4:03:22	1:14:18
58	108750	381	Valter Luís	45-49	FET-Fátima Escola de Triatlo	0:30:27	0:02:46	2:35:56	0:01:00	0:54:48	4:04:56	1:15:52
59	100650	341	Cesar Andrade	40-44	Alhandra Sporting Clube	0:23:57	0:02:30	2:44:18	0:01:33	0:54:20	4:06:35	1:17:31
60	106836	366	António Serrador	JUN	Palmela Desporto / Tripla Rotação	0:25:00	0:02:21	2:43:53	0:01:10	0:57:15	4:09:38	1:20:34
61	107256	370	Aristides Bordalo	55-59	Estoril Praia Credibom	0:32:15	0:02:43	2:40:56	0:02:04	0:53:10	4:11:06	1:22:02
62	101401	338	Carlos Cabrita	65-69	Louletano	0:32:08	0:04:18	2:34:41	0:01:16	1:00:20	4:12:39	1:23:35
63	105791	311	João Rosa	45-49	Quitério Tripeniche	0:26:08	0:03:18	2:44:11	0:02:18	0:57:01	4:12:54	1:23:50
64	109219	257	Carlos Silva	40-44	Bairro dos Anjos	0:31:29	0:03:14	2:37:55	0:01:45	0:58:49	4:13:10	1:24:06
65	104267	335	Ruben Matos	30-34	Clube Triatlo de Abrantes	0:23:22	0:02:25	2:56:05	0:01:14	0:50:06	4:13:11	1:24:07
66	102325	301	Hugo Ferraz	45-49	Mirachoro Hotels - CCP - Churrasqueira Guerr	0:29:34	0:02:58	2:47:12	0:01:37	0:53:38	4:14:58	1:25:54
67	108868	393	Ricardo Afonso	45-49	Centro Ciclista Azeitonense	0:37:01	0:03:41	2:27:23	0:01:13	1:10:30	4:19:47	1:30:43
68	108210	350	Rui Silvestre	45-49	Triatlo de Faro	0:32:58	0:04:28	2:38:18	0:02:24	1:08:07	4:26:13	1:37:09
69	108973	317	Nuno Gomes	50-54	Clube Triatlo de Abrantes	0:32:33	0:04:55	2:53:34	0:01:39	0:55:19	4:27:59	1:38:55
70	108610	331	José Damas	60-64	Clube Triatlo de Abrantes	0:34:32	0:03:13	2:33:20	0:01:20	1:16:04	4:28:27	1:39:23
71	101408	308	Joao Valente	45-49	Louletano	0:26:46	0:03:23	3:02:40	0:01:54	0:56:00	4:30:40	1:41:36
72	107893	357	Ricardo Pires	30-34	BEST	0:34:09	0:03:42	2:55:12	0:01:16	0:58:12	4:32:29	1:43:25

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#	Licença	Dorsal	Nome	Escalão	Clube	Natação	T1	Ciclismo	T2	Corrida	Tempo	Delta
73	107844	340	Artur Santana	JUN	Clube Triatlo de Abrantes	0:30:00	0:03:11	3:04:42	0:01:37	0:55:20	4:34:49	1:45:45
74	101830	307	João Boim	45-49	Amiciclo Grândola	0:30:48	0:04:09	3:03:56	0:01:14	0:59:25	4:39:31	1:50:27
75	102681	369	José Amora	50-54	Núcleo do Sporting da Golegã	0:26:16	0:05:04	3:04:21	0:03:25	1:04:57	4:44:01	1:54:57
76	105680	319	Pedro Santos	50-54	Outsystems Olímpico de Oeiras	0:26:06	0:04:18	3:00:57	0:01:15	1:12:07	4:44:42	1:55:38
77	106961	365	José Camões	45-49	Palmela Desporto / Tripla Rotação	0:27:49	0:02:17	3:08:06	0:01:40	1:05:12	4:45:00	1:55:56
78	102995	327	Luis Santos	55-59	GDR Manique de Cima	0:32:29	0:04:28	3:00:55	0:01:34	1:06:42	4:46:07	1:57:03
79	108433	216	Vasco Silva	40-44	Individual	0:38:16	0:05:29	2:47:25	0:02:54	1:13:52	4:47:54	1:58:50
80	107179	268	Nuno Faria	45-49	Palmela Desporto / Tripla Rotação	0:28:30	0:03:27	3:19:25	0:02:28	1:00:23	4:54:12	2:05:08
81	109132	367	Rodrigo Martins	JUN	Palmela Desporto / Tripla Rotação	0:32:19	0:02:27	3:09:39	0:01:28	1:10:12	4:56:03	2:06:59
82	105212	362	Nuno Ribeiro	45-49	Clube de Triatlo de Viseu	0:34:12	0:02:23	3:13:22	0:01:58	1:04:34	4:56:27	2:07:23
83	106497	333	Carlos Farinha	45-49	Individual	0:30:30	0:06:02	3:12:13	0:04:06	1:08:27	5:01:16	2:12:12
84	105586	203	Gonçalo Rosa	35-39	Outsystems Olímpico de Oeiras	0:26:35	0:02:57	3:16:45	0:03:09	1:12:24	5:01:48	2:12:44
85	108929	305	Daniel Branco	45-49	Individual	0:33:25	0:04:55	3:09:36	0:01:18	1:18:25	5:07:37	2:18:33
DSQ	100228	391	Paulo Pereira	45-49	Clube Zupper	0:30:24	0:03:32	2:26:15	0:01:08		DSQ	
DNF	108321	260	Nuno André Santos	40-44	DAR-Recardães EXPansion	0:36:20	0:02:26				DNF	
DNF	102653	346	Nuno Neves	40-44	Louletano	0:22:16	0:02:20	2:08:25	0:01:51		DNF	
DNF	108339	355	Tiago Filipe	JUN	BEST	0:30:12	0:03:42				DNF	
DNF	108932	359	Ivan Silva	40-44	Sporting Clube de Espinho	0:23:11	0:02:14				DNF	
DNF	102599	378	Fernando Igreja	50-54	Clube Fluvial Vilacondense						DNF	
DNF	105440	394	Ruben Ribeiro	JUN	Paredes Aventura	0:21:46	0:01:29				DNF	
DNS	101861	204	Nuno Carvalho	35-39	Outsystems Olímpico de Oeiras						DNS	
DNS	106378	209	Rui Martins	35-39	Núcleo do Sporting da Golegã						DNS	
DNS	106071	215	João Brito	40-44	Individual						DNS	
DNS	103784	252	Rui Vieira	40-44	Núcleo do Sporting da Golegã						DNS	
DNS	103214	313	Paulo Costa	50-54	Núcleo do Sporting da Golegã						DNS	
DNS	109235	364	Paulo Reis	50-54	Palmela Desporto / Tripla Rotação						DNS	