

Local da Prova: **Amora**

Data: **02/07/2023**

Hora da Partida: **14:34:09**

Distancias: Natação - 750

Corrida - 5000

### Classificações Absolutos Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Transição	Corrida	T.Total	Diff.
1	100671	3162	Inês Rico	20-24	Alhandra Sporting Club	00:09:35	00:00:34	00:18:26	00:28:35	00:00:00
2	101274	2514	Inês Oliveira	25-29	Sporting Clube de Portugal	00:09:46	00:00:42	00:19:00	00:29:28	00:00:53
3	100515	2275	Rafaela Cananó Silva	JUN	Sport Lisboa e Benfica	00:10:25	00:00:40	00:19:05	00:30:10	00:01:35
4	103427	2862	Beatriz Ferreira	20-24	Individual	00:11:12	00:00:42	00:19:02	00:30:56	00:02:21
5	100634	3475	Ana Filipa Ferreira	30-34	Alhandra Sporting Club	00:11:01	00:00:44	00:19:37	00:31:22	00:02:47
6	102370	1955	Sofia Sousa	CAD	Outsystems Olímpico de Oeiras	00:10:57	00:00:46	00:20:02	00:31:45	00:03:10
7	102291	1813	Letícia Magalhães	CAD	Sport Lisboa e Benfica	00:10:22	00:00:44	00:20:43	00:31:49	00:03:14
8	102922	6118	Matilde Santos	JUN	Outsystems Olímpico de Oeiras	00:10:16	00:00:43	00:20:57	00:31:56	00:03:21
9	104354	1929	Matilde Tomás	CAD	Alhandra Sporting Club	00:10:07	00:00:38	00:21:24	00:32:09	00:03:34
10	102025	1771	Joana Alves	CAD	Sporting Clube de Portugal	00:10:59	00:00:43	00:20:57	00:32:39	00:04:04
11	102427	2478	Bruna Belo	JUN	ADRAP Madeira	00:10:45	00:00:44	00:21:32	00:33:01	00:04:26
12	101605	3560	Joana Miranda	20-24	Clube de Natação de Torres Novas	00:10:30	00:00:53	00:21:41	00:33:04	00:04:29
13	104661	1994	Mónica Dias	CAD	AD Galomar	00:12:00	00:00:44	00:21:08	00:33:52	00:05:17
14	104276	2330	Leonor Medronheira	JUN	Sport Lisboa e Benfica	00:11:57	00:00:42	00:21:32	00:34:11	00:05:36
15	100502	2338	Beatriz Boal	JUN	Alhandra Sporting Club	00:10:47	00:00:48	00:22:44	00:34:19	00:05:44
16	104884	1928	Sofia Santos Rocha	CAD	Sporting Clube de Portugal	00:10:58	-	-	00:34:32	00:05:57
17	100360	2554	Andreia Ferrum	25-29	Clube de Natação de Torres Novas	00:11:09	00:00:50	00:22:46	00:34:45	00:06:10
18	105584	2837	Catarina Dias	20-24	Outsystems Olímpico de Oeiras	00:11:09	00:00:48	00:22:53	00:34:50	00:06:15
19	101024	3706	Carolina Silva	35-39	Paredes Aventura	00:10:52	00:00:45	00:23:24	00:35:01	00:06:26
20	106069	6147	Rubina Lara	45-49	Ludens Clube de Machico	00:12:28	00:00:55	00:21:41	00:35:04	00:06:29
21	106120	2317	Margarida Passos	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:11:30	00:00:45	00:23:20	00:35:35	00:07:00
22	100633	3721	Ana Filipa Sampaio	30-34	Alhandra Sporting Club	00:11:00	00:00:51	00:23:52	00:35:43	00:07:08
23	100871	2469	Mariana Góis	JUN	Ludens Clube de Machico	00:11:27	00:00:43	00:23:44	00:35:54	00:07:19
24	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:13:54	00:00:54	00:21:07	00:35:55	00:07:20
25	104698	1901	Cláudia Orvalho	CAD	Clube de Natação de Torres Novas	00:11:11	00:00:45	00:24:23	00:36:19	00:07:44
26	103601	5515	Rita Barata Correia	40-44	Clube Oriental de Lisboa	00:12:39	00:01:05	00:22:40	00:36:24	00:07:49
27	106844	2336	Matilde Branco	JUN	Sporting Clube de Portugal	00:11:58	00:00:54	00:23:34	00:36:26	00:07:51
28	101806	3667	Mafalda Viveiros Abreu	35-39	AD Galomar	00:15:18	00:00:45	00:21:22	00:37:25	00:08:50

**Classificações Absolutos Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Transição	Corrida	T.Total	Diff.
29	105392	5196	Malvina Gomes	45-49	Palmela Desporto / Tripla Rotação	00:13:50	00:00:54	00:22:50	00:37:34	00:08:59
30	108111	3232	Marta Alexandra Costa	30-34	Clube de Triatlo do Fundão	00:13:52	00:00:51	00:22:52	00:37:35	00:09:00
31	108950	1759	Inês Catarino	CAD	Outsystems Olímpico de Oeiras	00:11:10	-	-	00:38:20	00:09:45
32	100760	2254	Catarina Moutinho	JUN	Clube de Natação de Torres Novas	00:11:57	00:00:47	00:25:39	00:38:23	00:09:48
33	107551	5368	Rita Justino	40-44	Estoril Praia Credibom	00:15:03	00:01:17	00:22:54	00:39:14	00:10:39
34	107693	4872	Ester Castelo	40-44	Triatlo de Faro	00:13:56	00:01:02	00:25:20	00:40:18	00:11:43
35	109400	7594	Inês Tomé	40-44	Triatlo Clube da Lourinhã	00:15:29	00:01:05	00:23:57	00:40:31	00:11:56
36	105661	5250	Isabel Moreira	55-59	Triatlo Fundação Salesianos	00:14:29	00:01:09	00:25:00	00:40:38	00:12:03
37	101793	2495	Isabel Silva	JUN	AD Galomar	00:14:46	00:00:51	00:25:14	00:40:51	00:12:16
38	106758	1939	Leonor Fazendeiro	CAD	Sport Lisboa e Benfica	00:14:07	00:00:51	00:25:59	00:40:57	00:12:22
39	106531	3175	Marta Barbosa	20-24	CNCVG	00:11:59	00:00:51	00:28:33	00:41:23	00:12:48
40	100936	5490	Iolanda Henriques	55-59	Clube Futebol Andorinha / Abrigo do Pastor	00:16:30	00:00:53	00:24:13	00:41:36	00:13:01
41	103050	4638	Sara Colaço	45-49	Clube Oriental de Lisboa	00:14:04	00:01:08	00:26:28	00:41:40	00:13:05
42	108966	5985	Catarina Grace Luís	45-49	Ludens Clube de Machico	00:15:57	00:01:03	00:24:49	00:41:49	00:13:14
43	104248	3765	Carolina Sabóia	20-24	Lusitano Frusoad	00:14:22	00:00:59	00:27:24	00:42:45	00:14:10
44	106309	1717	Fabiana Ferreira	CAD	Paredes Aventura	00:15:10	00:01:18	00:27:44	00:44:12	00:15:37
45	103270	5164	Nélia Freitas	50-54	AD Galomar	00:16:29	00:00:57	00:26:54	00:44:20	00:15:45
46	107295	4980	Andreia Alexandra Coelho	45-49	Clube Triatlo de Abrantes	00:15:54	00:01:02	00:27:27	00:44:23	00:15:48
47	106700	6140	Susana Alemão	35-39	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:20:10	00:00:45	00:23:59	00:44:54	00:16:19
48	101006	4452	Madalena Caninas	60-64	Clube Oriental de Lisboa	00:15:36	00:01:13	00:28:39	00:45:28	00:16:53
49	109383	3875	Sara Gonçalves	30-34	AmoraSub/Associação Naval Amorense	00:16:27	00:01:29	00:28:03	00:45:59	00:17:24
50	104527	5008	Susana Oliveira	45-49	AD Galomar	00:19:56	00:00:57	00:26:21	00:47:14	00:18:39
51	108083	5705	Irina Pinto	40-44	Pedrógão Triatlo	00:20:41	00:00:57	00:25:45	00:47:23	00:18:48
52	107532	7506	Filipa Fernandes	40-44	AmoraSub/Associação Naval Amorense	00:18:19	00:01:27	00:27:52	00:47:38	00:19:03
53	105708	5488	Odília Pedras	45-49	AD Galomar	00:17:45	00:01:13	00:30:23	00:49:21	00:20:46
54	109401	7595	Cláudia Garcia	40-44	Triatlo Clube da Lourinhã	00:15:35	00:01:16	00:33:06	00:49:57	00:21:22
55	108918	4323	Conceição Santos	45-49	AmoraSub/Associação Naval Amorense	00:21:15	00:00:59	00:27:47	00:50:01	00:21:26
56	107607	5419	Sandra Cristina Fernandes Rodrigues	50-54	AmoraSub/Associação Naval Amorense	00:23:38	00:01:02	00:25:31	00:50:11	00:21:36
57	101582	2525	Beatriz Neves	20-24	Pedrógão Triatlo	00:15:13	00:01:00	00:35:55	00:52:08	00:23:33
58	107044	3090	Andreia Almeida	35-39	AmoraSub/Associação Naval Amorense	00:17:37	00:01:28	00:36:57	00:56:02	00:27:27
59	109296	7556	Sandra Tomé	45-49	Outsystems Olímpico de Oeiras	00:23:37	00:01:20	00:35:20	01:00:17	00:31:42
DNF	101620	3674	Mariana Correia	20-24	Clube de Natação de Torres Novas	-	-	-	DNF	