

Local da Prova: **Avis**

Data: **09/07/2023**

Hora da Partida: **09:05:40**

Distancias: Corrida - 4870

Ciclismo - 18000

Corrida - 2500

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	104484	1818	Catarina Santos	CAD	Sport Lisboa e Benfica	00:18:05	00:00:33	00:31:16	00:00:30	00:09:39	01:00:03	00:00:00
2	100957	2800	Mariana Vargem	20-24	Sport Lisboa e Benfica	00:18:05	00:00:34	00:31:14	00:00:31	00:10:13	01:00:37	00:00:34
3	108089	3209	Sara Neto	30-34	SFRAA TRIATLO	00:18:50	00:00:36	00:32:45	00:00:32	00:09:51	01:02:34	00:02:31
4	102284	1931	Ana Carapeta	CAD	Alhandra Sporting Club	00:19:08	00:00:33	00:32:31	00:00:31	00:10:29	01:03:12	00:03:09
5	103605	3695	Inês Raimundo	20-24	AmoraSub/Associação Naval Amorense	00:20:25	00:00:33	00:32:11	00:00:31	00:10:54	01:04:34	00:04:31
6	104354	1929	Matilde Tomás	CAD	Alhandra Sporting Club	00:20:25	00:00:35	00:32:11	00:00:29	00:11:32	01:05:12	00:05:09
7	101977	3806	Liliana Verissimo	35-39	Outsystems Olímpico de Oeiras	00:19:55	00:00:35	00:34:26	00:00:37	00:10:39	01:06:12	00:06:09
8	100720	1935	Tatiana Marques	CAD	Alhandra Sporting Club	00:20:25	00:00:36	00:33:53	00:00:32	00:11:15	01:06:41	00:06:38
9	105584	2837	Catarina Dias	20-24	Outsystems Olímpico de Oeiras	00:20:35	00:00:34	00:33:48	00:00:36	00:11:37	01:07:10	00:07:07
10	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:20:36	00:00:37	00:34:17	00:00:54	00:10:58	01:07:22	00:07:19
11	100760	2254	Catarina Moutinho	JUN	Clube de Natação de Torres Novas	00:22:04	00:00:41	00:32:34	00:00:35	00:11:57	01:07:51	00:07:48
12	106700	2678	Susana Alemão	35-39	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:22:17	00:00:36	00:32:29	00:00:49	00:11:58	01:08:09	00:08:06
13	102221	1804	Raquel Vital	CAD	Clube Triatlo de Abrantes	00:21:50	00:00:36	00:32:53	00:00:38	00:12:57	01:08:54	00:08:51
14	108942	3610	Catarina Feijão	30-34	SFRAA TRIATLO	00:21:55	00:00:37	00:34:02	00:00:46	00:12:23	01:09:43	00:09:40
15	106120	2317	Margarida Passos	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:21:30	00:00:36	00:35:33	00:00:37	00:12:43	01:10:59	00:10:56
16	100772	4373	Céu Nunes	45-49	Outsystems Olímpico de Oeiras	00:21:01	00:00:40	00:37:24	00:00:38	00:11:28	01:11:11	00:11:08
17	106758	1939	Leonor Fazendeiro	CAD	Sport Lisboa e Benfica	00:22:05	00:00:35	00:36:25	00:00:33	00:11:59	01:11:37	00:11:34
18	104698	1901	Cláudia Orvalho	CAD	Clube de Natação de Torres Novas	00:22:57	00:00:35	00:35:31	00:00:39	00:12:54	01:12:36	00:12:33
19	106537	1921	Mariana Rodrigues Grilo	CAD	CNCVG	00:23:00	00:00:36	00:36:37	00:00:40	00:12:13	01:13:06	00:13:03
20	106531	3175	Marta Barbosa	20-24	CNCVG	00:23:10	00:00:38	00:36:28	00:00:40	00:12:32	01:13:28	00:13:25
21	108040	5674	Cacau Figueiredo	45-49	AmoraSub/Associação Naval Amorense	00:22:20	00:00:44	00:36:39	00:00:57	00:13:03	01:13:43	00:13:40
22	104550	1900	Mafalda Leirião	CAD	Clube de Natação de Torres Novas	00:24:33	00:00:36	00:35:02	00:00:41	00:13:51	01:14:43	00:14:40
23	100848	4150	Susana Pontes	50-54	Outsystems Olímpico de Oeiras	00:23:37	00:00:40	00:37:30	00:00:50	00:13:01	01:15:38	00:15:35
24	106714	5525	Tânia Rodrigues	40-44	AmoraSub/Associação Naval Amorense	00:24:20	00:00:37	00:37:42	00:00:51	00:12:18	01:15:48	00:15:45
25	103050	4638	Sara Colaço	45-49	Clube Oriental de Lisboa	00:25:44	00:00:40	00:36:48	00:01:02	00:12:24	01:16:38	00:16:35
26	108039	5673	Raquel Matos	40-44	AmoraSub/Associação Naval Amorense	00:25:20	00:00:38	00:37:14	00:01:16	00:13:37	01:18:05	00:18:02
27	104869	3797	Sofia Cruz	20-24	SFRAA TRIATLO	00:25:46	00:00:39	00:38:27	00:00:44	00:12:57	01:18:33	00:18:30
28	104271	4494	Ana Vieira Lopes	50-54	Clube Oriental de Lisboa	00:26:26	00:00:40	00:37:01	00:01:27	00:13:09	01:18:43	00:18:40

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
DNF	105429	4378	Eva Silva	40-44	Outsystems Olímpico de Oeiras	-	-	-	-	-	DNF	
DNS	101620	3674	Mariana Correia	20-24	Clube de Natação de Torres Novas	-	-	-	-	-	DNS	
DNS	103155	2260	Maria Inês França	JUN	CNCVG	-	-	-	-	-	DNS	
DNS	107422	2318	Mariannela Gonçalves	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	-	-	-	-	-	DNS	
DNS	100515	2346	Rafaela Cananó Silva	JUN	Sport Lisboa e Benfica	-	-	-	-	-	DNS	
DNS	100634	3475	Ana Filipa Ferreira	30-34	Alhandra Sporting Club	-	-	-	-	-	DNS	