

I TRIATLO CROSS DE FORNOS DE ALGODRES

Campeonato Nacional De Clubes Cross

Local da Prova: **Fornos De Algodres**

Data: **03/09/2023**

Hora da Partida: **10:02:58**

Distancias: Natação - 750

Ciclismo - 19300

Corrida - 5000

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	103427	2862	Beatriz Ferreira	20-24	Individual	00:10:42	00:00:34	00:59:50	00:00:49	00:19:42	01:31:37	00:00:00
2	102291	1813	Letícia Magalhães	CAD	Sport Lisboa e Benfica	00:09:38	00:00:45	01:09:20	00:00:36	00:22:02	01:42:21	00:10:44
3	102221	1804	Raquel Vital	CAD	Clube Triatlo de Abrantes	00:12:02	-	-	00:00:45	00:25:16	01:46:26	00:14:49
4	108089	3209	Sara Neto	30-34	SFRAA TRIATLO	00:13:54	00:01:10	01:13:11	-	-	01:50:06	00:18:29
5	100186	4007	Brigitte Cardoso	40-44	SFRAA TRIATLO	00:14:51	00:01:02	01:12:28	-	-	01:51:22	00:19:45
6	104661	1994	Mónica Dias	CAD	AD Galomar	00:10:27	00:00:57	01:15:45	00:00:32	00:25:43	01:53:24	00:21:47
7	108392	1810	Maria Inês	CAD	Clube Desportivo em Movimento	00:13:49	00:01:47	01:17:09	00:00:50	00:23:34	01:57:09	00:25:32
8	100848	4150	Susana Pontes	50-54	Outsystems Olímpico de Oeiras	00:14:10	00:01:59	01:18:50	00:00:48	00:24:51	02:00:38	00:29:01
9	107621	3837	Inês Silva	30-34	AMICICLO GRÂNDOLA	00:14:11	00:02:08	01:27:54	00:01:20	00:28:16	02:13:49	00:42:12
10	104869	3797	Sofia Cruz	20-24	SFRAA TRIATLO	00:14:15	00:01:17	01:33:50	00:01:14	00:26:13	02:16:49	00:45:12
11	105214	4876	Catarina Regalo	40-44	Clube de Triatlo de Viseu	00:19:24	00:03:04	01:40:57	00:01:17	00:27:33	02:32:15	01:00:38
12	108166	3265	Catarina Marcelino	25-29	AMICICLO GRÂNDOLA	00:14:08	00:01:33	02:00:20	00:01:33	00:43:13	03:00:47	01:29:10
DSQ	101825	4817	Joana Fragata	45-49	AMICICLO GRÂNDOLA	00:14:06	00:01:46	01:11:39	00:01:17	-	DSQ	
DNF	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:14:19	00:02:37	-	-	-	DNF	