

Local da Prova: **Trafaria**

Data: **29/10/2023**

Hora da Partida: **08:32:54**

Distancias: Natação - 1500

Ciclismo - 38000

Corrida - 10000

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	104381	3213	João Dias	20-24	Sporting Clube de Portugal	00:10:59	00:01:21	00:54:30	00:00:41	00:31:15	01:38:46	00:00:00
2	100235	3803	Pedro Afonso Pinto Gaspar	25-29	Outsystems Olímpico de Oeiras	00:10:35	00:01:21	00:54:58	00:00:36	00:31:34	01:39:04	00:00:18
3	101255	2518	André Dias	25-29	Outsystems Olímpico de Oeiras	00:10:47	00:01:17	00:54:56	00:00:39	00:31:36	01:39:15	00:00:29
4	103699	2347	Gabriel Santos	JUN	Sport Lisboa e Benfica	-	-	00:54:35	00:00:41	00:31:59	01:39:32	00:00:46
5	101318	3786	João Mansos	25-29	Sporting Clube de Portugal	-	-	00:55:07	00:00:35	00:32:31	01:40:07	00:01:21
6	106308	2264	João Vaz	JUN	Sporting Clube de Portugal	-	-	00:54:34	00:00:36	00:32:50	01:40:10	00:01:24
7	105758	3512	Diogo Tomé	20-24	Sport Lisboa e Benfica	00:10:39	00:01:22	00:54:54	00:00:41	00:33:22	01:40:58	00:02:12
8	102465	2619	António Barata	20-24	Sport Lisboa e Benfica	00:11:19	00:01:28	00:56:38	00:00:37	00:31:37	01:41:39	00:02:53
9	100629	2827	Afonso Nunes	20-24	Alhandra Sporting Club	00:11:03	00:01:21	00:57:46	00:00:33	00:32:56	01:43:39	00:04:53
10	101309	2527	Filipe Marques	25-29	Sporting Clube de Portugal	00:11:11	00:01:45	00:57:16	00:00:49	00:35:16	01:46:17	00:07:31
11	100757	4043	Bruno Pais	40-44	Estoril Praia Credibom	00:12:04	00:01:29	00:55:54	00:00:40	00:36:42	01:46:49	00:08:03
12	102382	2284	José Tadeia	JUN	Sport Lisboa e Benfica	00:10:38	-	-	00:00:37	00:33:28	01:47:40	00:08:54
13	108612	3678	Miguel Pecegueiro	30-34	CNCVG	00:14:22	00:01:59	00:57:25	00:01:02	00:33:05	01:47:53	00:09:07
14	107652	2960	André Carmina	30-34	Sport União Colarense	00:12:42	00:01:47	00:59:05	00:00:43	00:33:43	01:48:00	00:09:14
15	101010	3704	Nuno Rodrigues	35-39	CNCVG	00:12:09	00:01:28	01:00:04	00:00:35	00:34:05	01:48:21	00:09:35
16	102086	5643	Tiago Cochicho	40-44	GDR Manique de Cima	00:13:15	00:01:40	00:58:54	-	-	01:48:44	00:09:58
17	102323	4197	Hugo Pina	40-44	CNCVG	00:12:47	00:01:49	00:59:10	00:00:43	00:34:20	01:48:49	00:10:03
18	105629	3326	José Nunes	20-24	Alhandra Sporting Club	00:11:41	-	-	00:00:39	00:34:54	01:49:08	00:10:22
19	103638	2835	Guilherme Bonito	20-24	Outsystems Olímpico de Oeiras	00:11:13	-	-	00:00:46	00:36:14	01:50:29	00:11:43
20	107251	3519	Bernardo Magina	20-24	Outsystems Olímpico de Oeiras	00:15:15	00:01:44	00:59:55	00:00:53	00:33:35	01:51:22	00:12:36
21	104762	5295	João Mártires da Silva	40-44	Estoril Praia Credibom	00:14:05	00:01:41	00:58:01	00:00:52	00:37:00	01:51:39	00:12:53
22	106615	4135	Bruno Teles Grilo	45-49	Estoril Praia Credibom	00:12:30	-	-	00:00:52	00:37:19	01:51:58	00:13:12
23	108073	3186	João Piedade	30-34	Individual	00:11:53	00:01:54	01:03:22	00:00:57	00:35:40	01:53:46	00:15:00
24	101866	4894	Rui Costa	45-49	Exército de Portugal	00:14:54	00:01:57	01:00:09	00:01:12	00:35:47	01:53:59	00:15:13
25	107973	3096	Jaime Duarte	35-39	Individual	00:12:41	00:02:01	00:59:17	00:01:12	00:39:23	01:54:34	00:15:48
26	100208	2572	Miguel Tomé	25-29	SFRAA TRIATLO	00:12:13	00:01:49	01:01:42	00:01:12	00:37:42	01:54:38	00:15:52
27	104617	4652	João Morais	40-44	Estoril Praia Credibom	00:13:17	00:01:45	00:58:50	00:00:54	00:40:14	01:55:00	00:16:14
28	106925	2736	Rui Martins	35-39	Sporting Clube de Portugal	00:13:31	00:01:58	01:03:32	00:00:46	00:35:21	01:55:08	00:16:22

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	107198	4561	Rui Fonseca	45-49	SFRAA TRIATLO	00:13:32	00:01:47	01:03:01	00:00:48	00:36:15	01:55:23	00:16:37
30	105658	4149	Joao Machado	40-44	Outsystems Olímpico de Oeiras	00:13:34	00:02:06	01:01:25	00:01:02	00:37:43	01:55:50	00:17:04
31	104854	8524	Tiago de Paiva e Pona	45-49	Outsystems Olímpico de Oeiras	00:12:21	00:01:47	01:04:07	00:00:50	00:36:46	01:55:51	00:17:05
32	107657	5546	Alexandre Paiva Nunes	45-49	Individual	00:14:51	-	-	00:00:53	00:36:43	01:56:08	00:17:22
33	105755	4152	Pedro Conceição	40-44	Estoril Praia Credibom	00:13:43	00:01:50	01:01:23	00:01:48	00:37:54	01:56:38	00:17:52
34	100570	4472	Carlos Fernandes	45-49	SFRAA TRIATLO	00:13:35	-	-	00:01:08	00:38:05	01:57:50	00:19:04
35	108439	5826	Bruno Pereira	45-49	AmoraSub/Associação Naval Amorense	00:13:49	-	-	00:00:55	00:38:44	01:58:05	00:19:19
36	107382	2883	André Bernardino	30-34	Exército de Portugal	00:15:34	00:02:18	01:03:34	00:00:53	00:36:49	01:59:08	00:20:22
37	106493	5199	Pedro Rocha	55-59	Sporting Clube de Portugal	00:13:20	00:02:07	01:04:40	00:00:57	00:38:55	01:59:59	00:21:13
38	100462	2577	João Canas	25-29	Sporting Clube de Portugal	00:13:28	00:01:49	01:04:45	00:00:47	00:39:12	02:00:01	01:21:15
39	106649	4079	Antonio Horta	60-64	CPArmada	00:13:50	00:02:02	01:02:50	00:01:33	00:39:48	02:00:03	01:21:17
40	109425	7600	Manuel Júlio	40-44	GRCD Leião Triatlo	00:12:51	00:01:48	01:05:43	00:00:45	00:39:13	02:00:20	01:21:34
41	108559	3650	Nelson Oliveira	25-29	AmoraSub/Associação Naval Amorense	00:12:59	00:01:47	01:05:19	00:00:49	00:39:35	02:00:29	01:21:43
42	100607	4321	Luís Duarte	50-54	Try Portugal / V. Janes	00:14:13	00:02:04	01:02:05	00:00:56	00:41:17	02:00:35	01:21:49
43	109322	3983	Francisco Freire Gameiro	35-39	Alhandra Sporting Club	00:14:08	00:02:06	01:06:47	00:01:17	00:36:39	02:00:57	01:22:11
44	101169	4245	Jorge Fonseca	45-49	Estoril Praia Credibom	00:13:44	-	-	00:01:17	00:39:17	02:01:01	01:22:15
45	107597	2934	Avelino Santos	30-34	SFRAA TRIATLO	00:16:47	00:02:44	01:01:46	00:00:53	00:38:56	02:01:06	01:22:20
46	106708	2679	João Freitas	35-39	Try Portugal / V. Janes	00:14:24	00:02:26	01:03:29	00:00:51	00:39:59	02:01:09	01:22:23
47	104877	3085	Nuno Dias	35-39	AMICICLO GRÂNDOLA	00:16:02	00:02:01	01:03:20	00:00:55	00:39:09	02:01:27	01:22:41
48	104937	4811	Rui Cachaço	40-44	Outsystems Olímpico de Oeiras	00:15:58	00:02:24	01:03:52	00:01:24	00:37:51	02:01:29	01:22:43
49	100743	4035	Paulo Jorge Correia Lamego	50-54	Sport Algés e Dafundo	00:14:14	00:02:04	01:03:53	00:01:04	00:40:24	02:01:39	01:22:53
50	103031	4514	Luís Silva	50-54	Clube de Triatlo de Almada	00:13:50	-	-	00:00:59	00:42:49	02:02:28	01:23:42
51	105427	5410	Vasco Levita	50-54	Estoril Praia Credibom	00:14:09	00:01:56	01:06:21	00:00:50	00:39:57	02:03:13	01:24:27
52	108779	5943	Nuno Gonçalves Silva	40-44	GDR Manique de Cima	00:13:45	00:02:06	01:04:24	00:01:10	00:41:58	02:03:23	01:24:37
53	100793	4032	Carlos Gomes	60-64	Outsystems Olímpico de Oeiras	00:16:07	00:02:03	01:04:04	00:01:11	00:40:34	02:03:59	01:25:13
54	105638	4384	Gonçalo Champalimaud	40-44	Try Portugal / V. Janes	00:15:21	00:01:54	01:05:08	00:01:10	00:40:43	02:04:16	01:25:30
55	103179	4525	Jorge Carvalho	50-54	Clube Oriental de Lisboa	00:15:57	00:02:28	01:05:31	00:01:06	00:39:34	02:04:36	01:25:50
56	108739	5941	Bruno Costa	40-44	GDR Manique de Cima	00:16:04	00:02:37	01:06:22	00:01:00	00:39:24	02:05:27	01:26:41
57	107205	2819	Bruno Filipe Paiva Ferreira	30-34	Centro Ciclista Azeitonense	00:17:59	00:02:13	01:04:45	00:01:02	00:40:00	02:05:59	01:27:13
58	108270	5768	António Vicente Correia	40-44	Estoril Praia Credibom	00:14:04	00:02:04	01:07:31	00:01:33	00:41:00	02:06:12	01:27:26
59	103899	4929	Esmeraldino Sá	45-49	AmoraSub/Associação Naval Amorense	00:16:11	00:02:09	01:07:14	00:01:26	00:39:29	02:06:29	01:27:43
60	100681	4003	João Miguel Nunes	55-59	Alhandra Sporting Club	00:15:54	00:02:07	01:05:36	00:01:01	00:42:20	02:06:58	01:28:12
61	108712	5900	Celso Guerra	45-49	AmoraSub/Associação Naval Amorense	00:15:25	00:02:13	01:04:40	00:01:04	00:43:45	02:07:07	01:28:21

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	108866	5947	Luís Manuel Dias	45-49	Centro Ciclista Azeitonense	00:16:31	00:02:45	01:03:35	00:00:53	00:43:41	02:07:25	01:28:39
63	109376	7585	Mário Santos	45-49	SFRAA TRIATLO	00:16:10	00:03:43	01:09:38	00:01:48	00:37:04	02:08:23	01:29:37
64	107646	2956	Ricardo Silva	25-29	LXTRIATHLON	00:14:15	00:02:26	01:10:01	00:00:49	00:41:28	02:08:59	01:30:13
65	103129	4895	Paulo Goulart	55-59	Clube de Futebol Os Belenenses	00:14:53	00:02:38	01:06:11	00:01:09	00:44:31	02:09:22	01:30:36
66	108568	5861	Ricardo Alves	40-44	AmoraSub/Associação Naval Amorense	00:16:21	00:03:08	01:10:31	00:01:11	00:40:12	02:11:23	01:32:37
67	103321	4860	Renato Araújo	55-59	AmoraSub/Associação Naval Amorense	00:16:00	00:02:18	01:07:30	00:01:26	00:44:57	02:12:11	01:33:25
68	108997	4564	Humberto Cunha	50-54	Outsystems Olímpico de Oeiras	00:15:50	00:02:21	01:10:19	00:01:15	00:42:39	02:12:24	01:33:38
69	108702	4238	Daniel Jose Cesario	40-44	AmoraSub/Associação Naval Amorense	00:15:43	00:02:33	01:07:21	00:00:51	00:46:08	02:12:36	01:33:50
70	103409	3360	João Paulo Cardoso	35-39	Exército de Portugal	00:16:05	00:03:30	01:12:31	00:01:31	00:39:40	02:13:17	01:34:31
71	106071	3126	João Brito	40-44	Individual	00:16:20	00:03:19	01:13:33	00:01:39	00:39:36	02:14:27	01:35:41
72	105058	5096	Carlos Brito	65-69	Try Portugal / V. Janes	00:13:53	00:02:01	01:09:21	00:01:47	00:47:48	02:14:50	01:36:04
73	105667	5255	José Domingues	65-69	Triatlo Fundação Salesianos	00:16:00	00:02:51	01:09:45	00:01:34	00:44:47	02:14:57	01:36:11
74	100995	4044	Diogo Almeida	45-49	Clube de Triatlo de Almada	00:12:43	00:02:10	01:10:03	00:01:02	00:49:36	02:15:34	01:36:48
75	106260	3386	Flávio Figueiredo	35-39	Exército de Portugal	00:14:26	00:02:44	01:15:20	00:00:53	00:42:23	02:15:46	01:37:00
76	108871	5951	Pedro Borregana	45-49	Centro Ciclista Azeitonense	00:18:39	00:03:09	01:07:33	00:01:10	00:45:27	02:15:58	01:37:12
77	108043	5676	Gonçalo Almeida	40-44	Alhandra Sporting Club	00:14:21	00:03:04	01:12:52	00:01:19	00:44:28	02:16:04	01:37:18
78	108911	4275	Octávio Cardoso	45-49	AmoraSub/Associação Naval Amorense	00:17:22	00:03:04	01:07:39	00:01:21	00:47:08	02:16:34	01:37:48
79	107256	4715	Aristides Bordalo	55-59	Estoril Praia Credibom	00:15:52	00:03:02	01:15:14	00:01:33	00:41:46	02:17:27	01:38:41
80	104374	5124	Nuno Mota	45-49	Individual	00:14:50	00:02:24	01:13:28	00:01:29	00:45:24	02:17:35	01:38:49
81	107531	5301	Sérgio Filipe	40-44	AmoraSub/Associação Naval Amorense	00:15:22	00:02:57	01:12:22	00:01:11	00:46:07	02:17:59	01:39:13
82	109281	7553	Tiago Duarte	50-54	AmoraSub/Associação Naval Amorense	00:16:45	00:04:15	01:08:54	00:01:58	00:46:08	02:18:00	01:39:14
83	102933	5059	João Galhordas	50-54	Individual	00:15:47	00:03:55	01:14:19	00:02:47	00:42:57	02:19:45	01:40:59
84	101341	4618	João Duarte	50-54	AMICICLO GRÂNDOLA	00:16:14	00:03:16	01:13:23	00:01:41	00:46:14	02:20:48	01:42:02
85	108868	5948	Ricardo Afonso	45-49	Centro Ciclista Azeitonense	00:16:52	00:03:18	01:12:01	00:01:52	00:47:11	02:21:14	01:42:28
86	103700	4915	João Pedro Viegas	55-59	AmoraSub/Associação Naval Amorense	00:15:08	00:03:18	01:15:47	00:01:09	00:46:30	02:21:52	01:43:06
87	108865	5946	Lino Cabral	45-49	Centro Ciclista Azeitonense	00:17:59	00:02:14	01:15:14	00:01:07	00:47:12	02:23:46	01:45:00
88	108912	4285	Filipe Espinha	40-44	AmoraSub/Associação Naval Amorense	00:16:25	00:03:22	01:17:25	00:02:00	00:45:11	02:24:23	01:45:37
89	108676	5324	Pedro Botelho	50-54	AmoraSub/Associação Naval Amorense	00:13:53	00:02:18	01:17:38	00:01:57	00:49:16	02:25:02	01:46:16
90	107624	2947	Henrique Martins	35-39	Câmara Lisboa Clube	00:16:04	00:03:58	01:15:08	00:02:27	00:48:57	02:26:34	01:47:48
91	108064	2691	Gonçalo Martins	35-39	Câmara Lisboa Clube	00:16:35	00:03:25	01:15:00	00:02:37	00:48:58	02:26:35	01:47:49
92	106949	5049	Nuno Mendes Soares	45-49	Aminata Triatlo	00:15:18	00:03:20	01:18:39	00:01:21	00:48:40	02:27:18	01:48:32
93	108015	5656	Artur Alves	45-49	GRCD Leião Triatlo	00:16:02	00:03:09	01:21:02	00:02:36	00:44:49	02:27:38	01:48:52
94	105775	5304	João Lourenço	60-64	GRCD Leião Triatlo	00:18:51	00:03:47	-	-	00:45:01	02:31:43	01:52:57

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
95	102489	4778	José Luís Almeida	50-54	Clube Millenniumbcp	00:16:32	00:03:06	01:21:27	00:01:49	00:48:52	02:31:46	01:53:00
96	102939	4513	Carlos Pereira	55-59	AmoraSub/Associação Naval Amorense	00:16:58	00:02:56	01:21:13	00:02:09	00:48:44	02:32:00	01:53:14
97	100553	4523	Miguel Cruz	50-54	Clube Millenniumbcp	00:17:57	00:04:43	01:17:22	00:02:00	00:50:24	02:32:26	01:53:40
98	108983	4522	Christian Ramos	45-49	Alhandra Sporting Club	00:19:50	00:03:30	-	-	00:47:50	02:33:03	01:54:17
99	108659	3717	Tiago Araújo	30-34	Individual	00:16:38	00:03:40	01:26:47	00:01:51	00:46:37	02:35:33	01:56:47
100	100685	4369	Jorge Corte-Real	60-64	Alhandra Sporting Club	00:18:40	00:04:37	-	-	00:54:55	02:41:41	02:02:55
101	108363	5799	Luís Braz	45-49	GDR Manique de Cima	00:18:53	00:03:54	-	-	01:02:45	03:05:07	02:26:21
102	109035	4647	Pedro Pinto	45-49	GRCD Leião Triatlo	00:20:05	00:04:23	-	-	01:05:49	03:08:27	02:29:41
DSQ	108990	4541	João Bernardo	55-59	Centro Ciclista Azeitonense	00:15:56	00:02:54	01:14:40	00:01:45	-	DSQ	
DNF	100889	4023	Francisco Bexiga	65-69	Individual	00:20:00	00:03:52	01:16:53	-	-	DNF	
DNF	108141	5726	Eduardo Poças	45-49	GRCD Leião Triatlo	00:14:37	00:04:13	-	-	-	DNF	
DNF	101781	4293	miguel velez	60-64	Câmara Lisboa Clube	00:16:43	00:04:26	-	-	-	DNF	
DNF	105033	1914	José Ferreira	JUN	Sporting Clube de Portugal	00:10:59	-	-	-	-	DNF	
DNF	105032	1913	Afonso Ferreira	JUN	Sporting Clube de Portugal	-	-	-	-	-	DNF	
DNS	102082	4071	Rui de Oliveira	45-49	Sport União Colarense	-	-	-	-	-	DNS	
DNS	101323	4624	Jorge Bernardo	50-54	AmoraSub/Associação Naval Amorense	-	-	-	-	-	DNS	
DNS	108641	5886	Filipe Caeiro	40-44	GDR Manique de Cima	-	-	-	-	-	DNS	
DNS	108740	5942	Gonçalo Gonzaga	40-44	GDR Manique de Cima	-	-	-	-	-	DNS	
DNS	108602	3665	João Rainho Fernandes	30-34	Individual	-	-	-	-	-	DNS	
DNS	106435	4145	Nuno Rainho Fernandes	60-64	Individual	-	-	-	-	-	DNS	
DNS	104546	4212	Artur Parreira	60-64	Individual	-	-	-	-	-	DNS	
DNS	100577	4430	Hélder Gonçalves Ribeiro	45-49	Individual	-	-	-	-	-	DNS	
DNS	106906	4962	Hugo Braz	45-49	Individual	-	-	-	-	-	DNS	
DNS	105223	5137	Nuno Luís Sousa	45-49	Individual	-	-	-	-	-	DNS	
DNS	107408	5198	Joao Fernandes	45-49	Individual	-	-	-	-	-	DNS	
DNS	107601	5400	Miguel Almeida	45-49	Individual	-	-	-	-	-	DNS	
DNS	107119	5521	Pedro Ferreira	50-54	Individual	-	-	-	-	-	DNS	
DNS	108647	5887	PEDRO TAROUCA	55-59	Individual	-	-	-	-	-	DNS	
DNS	100595	7618	Tiago Lousa	40-44	Individual	-	-	-	-	-	DNS	
DNS	100787	2556	Afonso Garcia	25-29	Outsystems Olímpico de Oeiras	-	-	-	-	-	DNS	
DNS	100830	4013	Miguel Fragoso	55-59	Outsystems Olímpico de Oeiras	-	-	-	-	-	DNS	
DNS	103132	5265	Rodrigo Pais de Almeida	40-44	Outsystems Olímpico de Oeiras	-	-	-	-	-	DNS	
DNS	105690	3741	Tiago Corvo	35-39	Sport União Colarense	-	-	-	-	-	DNS	

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
DNS	105322	4128	Bruno Martins	40-44	Sport União Colareense	-	-	-	-	-	DNS	
DNS	102073	4451	Mário Machado	50-54	Sport União Colareense	-	-	-	-	-	DNS	
DNS	103788	4623	Paulo Menezes	50-54	Sport União Colareense	-	-	-	-	-	DNS	
DNS	107497	5737	Dário Silvestre	40-44	Sport União Colareense	-	-	-	-	-	DNS	
DNS	109428	7601	Ricardo Valente	40-44	Sport União Colareense	-	-	-	-	-	DNS	
DNS	106433	4600	Andre Costal	45-49	Triatlo Montijo	-	-	-	-	-	DNS	
DNS	100655	2339	David Borda d'Água	JUN	Alhandra Sporting Club	-	-	-	-	-	DNS	
DNS	101876	4614	Luís Miguel Santos	50-54	Alhandra Sporting Club	-	-	-	-	-	DNS	
DNS	109181	3874	João Miranda	35-39	AMCR Fonte Grada	-	-	-	-	-	DNS	
DNS	108284	3335	Nuno Silva	30-34	AmoraSub/Associação Naval Amorense	-	-	-	-	-	DNS	
DNS	108968	4480	Gonçalo Costa Santos	40-44	Associação Humanitária Bombeiros dos Estoris	-	-	-	-	-	DNS	
DNS	103173	4427	Miguel David	50-54	Clube Oriental de Lisboa	-	-	-	-	-	DNS	
DNS	101522	4629	António Jorge Martinho	55-59	Clube Oriental de Lisboa	-	-	-	-	-	DNS	