

Local da Prova: **Trafaria**

Data: **29/10/2023**

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

Distancias: Natação - 1500

Ciclismo - 38000

Corrida - 10000

### Classificações Escalões Masculinos

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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#### Juniores

1	103699	2347	Gabriel Santos	M	JUN	Sport Lisboa e Benfica	01:39:32	-
2	106308	2264	João Vaz	M	JUN	Sporting Clube de Portugal	01:40:10	00:00:38
3	102382	2284	José Tadeia	M	JUN	Sport Lisboa e Benfica	01:47:40	00:08:08
DNF	105033	1914	José Ferreira	M	JUN	Sporting Clube de Portugal	DNF	
DNF	105032	1913	Afonso Ferreira	M	JUN	Sporting Clube de Portugal	DNF	
DNS	100655	2339	David Borda d'Água	M	JUN	Alhandra Sporting Club	DNS	

#### 20-24

1	104381	3213	João Dias	M	20-24	Sporting Clube de Portugal	01:38:46	-
2	105758	3512	Diogo Tomé	M	20-24	Sport Lisboa e Benfica	01:40:58	00:02:12
3	102465	2619	António Barata	M	20-24	Sport Lisboa e Benfica	01:41:39	00:02:53
4	100629	2827	Afonso Nunes	M	20-24	Alhandra Sporting Club	01:43:39	00:04:53
5	105629	3326	José Nunes	M	20-24	Alhandra Sporting Club	01:49:08	00:10:22
6	103638	2835	Guilherme Bonito	M	20-24	Outsystems Olímpico de Oeiras	01:50:29	00:11:43
7	107251	3519	Bernardo Magina	M	20-24	Outsystems Olímpico de Oeiras	01:51:22	00:12:36

#### 25-29

1	100235	3803	Pedro Afonso Pinto Gaspar	M	25-29	Outsystems Olímpico de Oeiras	01:39:04	-
2	101255	2518	André Dias	M	25-29	Outsystems Olímpico de Oeiras	01:39:15	00:00:11
3	101318	3786	João Mansos	M	25-29	Sporting Clube de Portugal	01:40:07	00:01:03
4	101309	2527	Filipe Marques	M	25-29	Sporting Clube de Portugal	01:46:17	00:07:13
5	100208	2572	Miguel Tomé	M	25-29	SFRAA TRIATLO	01:54:38	00:15:34
6	100462	2577	João Canas	M	25-29	Sporting Clube de Portugal	02:00:01	01:20:57
7	108559	3650	Nelson Oliveira	M	25-29	AmoraSub/Associação Naval Amorense	02:00:29	01:21:25
8	107646	2956	Ricardo Silva	M	25-29	LXTRIATHLON	02:08:59	01:29:55
DNS	100787	2556	Afonso Garcia	M	25-29	Outsystems Olímpico de Oeiras	DNS	

#### 30-34

1	108612	3678	Miguel Pecegueiro	M	30-34	CNCVG	01:47:53	-
2	107652	2960	André Carmina	M	30-34	Sport União Colarense	01:48:00	00:00:07
3	108073	3186	João Piedade	M	30-34	Individual	01:53:46	00:05:53
4	107382	2883	André Bernardino	M	30-34	Exército de Portugal	01:59:08	00:11:15
5	107597	2934	Avelino Santos	M	30-34	SFRAA TRIATLO	02:01:06	01:13:13
6	107205	2819	Bruno Filipe Paiva Ferreira	M	30-34	Centro Ciclista Azeitonense	02:05:59	01:18:06
7	108659	3717	Tiago Araújo	M	30-34	Individual	02:35:33	01:47:40
DNS	108602	3665	João Rainho Fernandes	M	30-34	Individual	DNS	
DNS	108284	3335	Nuno Silva	M	30-34	AmoraSub/Associação Naval Amorense	DNS	

**Classificações Escalões Masculinos**

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
<b>35-39</b>								
1	101010	3704	Nuno Rodrigues	M	35-39	CNCVG	01:48:21	-
2	107973	3096	Jaime Duarte	M	35-39	Individual	01:54:34	00:06:13
3	106925	2736	Rui Martins	M	35-39	Sporting Clube de Portugal	01:55:08	00:06:47
4	109322	3983	Francisco Freire Gameiro	M	35-39	Alhandra Sporting Club	02:00:57	01:12:36
5	106708	2679	João Freitas	M	35-39	Try Portugal / V. Janes	02:01:09	01:12:48
6	104877	3085	Nuno Dias	M	35-39	AMICICLO GRÂNDOLA	02:01:27	01:13:06
7	103409	3360	João Paulo Cardoso	M	35-39	Exército de Portugal	02:13:17	01:24:56
8	106260	3386	Flávio Figueiredo	M	35-39	Exército de Portugal	02:15:46	01:27:25
9	107624	2947	Henrique Martins	M	35-39	Câmara Lisboa Clube	02:26:34	01:38:13
10	108064	2691	Gonçalo Martins	M	35-39	Câmara Lisboa Clube	02:26:35	01:38:14
DNS	105690	3741	Tiago Corvo	M	35-39	Sport União Colarense	DNS	
DNS	109181	3874	João Miranda	M	35-39	AMCR Fonte Grada	DNS	

**40-44**

1	100757	4043	Bruno Pais	M	40-44	Estoril Praia Credibom	01:46:49	-
2	102086	5643	Tiago Cochicho	M	40-44	GDR Manique de Cima	01:48:44	00:01:55
3	102323	4197	Hugo Pina	M	40-44	CNCVG	01:48:49	00:02:00
4	104762	5295	João Mártires da Silva	M	40-44	Estoril Praia Credibom	01:51:39	00:04:50
5	104617	4652	João Morais	M	40-44	Estoril Praia Credibom	01:55:00	00:08:11
6	105658	4149	Joao Machado	M	40-44	Outsystems Olímpico de Oeiras	01:55:50	00:09:01
7	105755	4152	Pedro Conceição	M	40-44	Estoril Praia Credibom	01:56:38	00:09:49
8	109425	7600	Manuel Júlio	M	40-44	GRCD Leião Triatlo	02:00:20	01:13:31
9	104937	4811	Rui Cachaço	M	40-44	Outsystems Olímpico de Oeiras	02:01:29	01:14:40
10	108779	5943	Nuno Gonçalo Silva	M	40-44	GDR Manique de Cima	02:03:23	01:16:34
11	105638	4384	Gonçalo Champalimaud	M	40-44	Try Portugal / V. Janes	02:04:16	01:17:27
12	108739	5941	Bruno Costa	M	40-44	GDR Manique de Cima	02:05:27	01:18:38
13	108270	5768	António Vicente Correia	M	40-44	Estoril Praia Credibom	02:06:12	01:19:23
14	108568	5861	Ricardo Alves	M	40-44	AmoraSub/Associação Naval Amorense	02:11:23	01:24:34
15	108702	4238	Daniel Jose Cesario	M	40-44	AmoraSub/Associação Naval Amorense	02:12:36	01:25:47
16	106071	3126	João Brito	M	40-44	Individual	02:14:27	01:27:38
17	108043	5676	Gonçalo Almeida	M	40-44	Alhandra Sporting Club	02:16:04	01:29:15
18	107531	5301	Sérgio Filipe	M	40-44	AmoraSub/Associação Naval Amorense	02:17:59	01:31:10
19	108912	4285	Filipe Espinha	M	40-44	AmoraSub/Associação Naval Amorense	02:24:23	01:37:34
DNS	108641	5886	Filipe Caeiro	M	40-44	GDR Manique de Cima	DNS	
DNS	108740	5942	Gonçalo Gonzaga	M	40-44	GDR Manique de Cima	DNS	
DNS	100595	7618	Tiago Lousa	M	40-44	Individual	DNS	
DNS	103132	5265	Rodrigo Pais de Almeida	M	40-44	Outsystems Olímpico de Oeiras	DNS	
DNS	105322	4128	Bruno Martins	M	40-44	Sport União Colarense	DNS	
DNS	107497	5737	Dário Silvestre	M	40-44	Sport União Colarense	DNS	
DNS	109428	7601	Ricardo Valente	M	40-44	Sport União Colarense	DNS	
DNS	108968	4480	Gonçalo Costa Santos	M	40-44	Associação Humanitária Bombeiros dos Estoris	DNS	

**Classificações Escalões Masculinos**

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
<b>45-49</b>								
1	106615	4135	Bruno Teles Grilo	M	45-49	Estoril Praia Credibom	01:51:58	-
2	101866	4894	Rui Costa	M	45-49	Exército de Portugal	01:53:59	00:02:01
3	107198	4561	Rui Fonseca	M	45-49	SFRAA TRIATLO	01:55:23	00:03:25
4	104854	8524	Tiago de Paiva e Pona	M	45-49	Outsystems Olímpico de Oeiras	01:55:51	00:03:53
5	107657	5546	Alexandre Paiva Nunes	M	45-49	Individual	01:56:08	00:04:10
6	100570	4472	Carlos Fernandes	M	45-49	SFRAA TRIATLO	01:57:50	00:05:52
7	108439	5826	Bruno Pereira	M	45-49	AmoraSub/Associação Naval Amorense	01:58:05	00:06:07
8	101169	4245	Jorge Fonseca	M	45-49	Estoril Praia Credibom	02:01:01	01:09:03
9	103899	4929	Esmeraldino Sá	M	45-49	AmoraSub/Associação Naval Amorense	02:06:29	01:14:31
10	108712	5900	Celso Guerra	M	45-49	AmoraSub/Associação Naval Amorense	02:07:07	01:15:09
11	108866	5947	Luís Manuel Dias	M	45-49	Centro Ciclista Azeitonense	02:07:25	01:15:27
12	109376	7585	Mário Santos	M	45-49	SFRAA TRIATLO	02:08:23	01:16:25
13	100995	4044	Diogo Almeida	M	45-49	Clube de Triatlo de Almada	02:15:34	01:23:36
14	108871	5951	Pedro Borregana	M	45-49	Centro Ciclista Azeitonense	02:15:58	01:24:00
15	108911	4275	Octávio Cardoso	M	45-49	AmoraSub/Associação Naval Amorense	02:16:34	01:24:36
16	104374	5124	Nuno Mota	M	45-49	Individual	02:17:35	01:25:37
17	108868	5948	Ricardo Afonso	M	45-49	Centro Ciclista Azeitonense	02:21:14	01:29:16
18	108865	5946	Lino Cabral	M	45-49	Centro Ciclista Azeitonense	02:23:46	01:31:48
19	106949	5049	Nuno Mendes Soares	M	45-49	Aminata Triatlo	02:27:18	01:35:20
20	108015	5656	Artur Alves	M	45-49	GRCD Leião Triatlo	02:27:38	01:35:40
21	108983	4522	Christian Ramos	M	45-49	Alhandra Sporting Club	02:33:03	01:41:05
22	108363	5799	Luís Braz	M	45-49	GDR Manique de Cima	03:05:07	02:13:09
23	109035	4647	Pedro Pinto	M	45-49	GRCD Leião Triatlo	03:08:27	02:16:29
DNF	108141	5726	Eduardo Poças	M	45-49	GRCD Leião Triatlo	DNF	
DNS	102082	4071	Rui de Oliveira	M	45-49	Sport União Colarense	DNS	
DNS	100577	4430	Hélder Gonçalves Ribeiro	M	45-49	Individual	DNS	
DNS	106906	4962	Hugo Braz	M	45-49	Individual	DNS	
DNS	105223	5137	Nuno Luís Sousa	M	45-49	Individual	DNS	
DNS	107408	5198	Joao Fernandes	M	45-49	Individual	DNS	
DNS	107601	5400	Miguel Almeida	M	45-49	Individual	DNS	
DNS	106433	4600	Andre Costal	M	45-49	Triatlo Montijo	DNS	

**50-54**

1	100607	4321	Luís Duarte	M	50-54	Try Portugal / V. Janes	02:00:35	-
2	100743	4035	Paulo Jorge Correia Lamego	M	50-54	Sport Algés e Dafundo	02:01:39	00:01:04
3	103031	4514	Luís Silva	M	50-54	Clube de Triatlo de Almada	02:02:28	00:01:53
4	105427	5410	Vasco Levita	M	50-54	Estoril Praia Credibom	02:03:13	00:02:38
5	103179	4525	Jorge Carvalho	M	50-54	Clube Oriental de Lisboa	02:04:36	00:04:01
6	108997	4564	Humberto Cunha	M	50-54	Outsystems Olímpico de Oeiras	02:12:24	00:11:49
7	109281	7553	Tiago Duarte	M	50-54	AmoraSub/Associação Naval Amorense	02:18:00	00:17:25
8	102933	5059	João Galhordas	M	50-54	Individual	02:19:45	00:19:10

**Classificações Escalões Masculinos**

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
9	101341	4618	João Duarte	M	50-54	AMICICLO GRÂNDOLA	02:20:48	00:20:13
10	108676	5324	Pedro Botelho	M	50-54	AmoraSub/Associação Naval Amorense	02:25:02	00:24:27
11	102489	4778	José Luís Almeida	M	50-54	Clube Millenniumbcp	02:31:46	00:31:11
12	100553	4523	Miguel Cruz	M	50-54	Clube Millenniumbcp	02:32:26	00:31:51
DNS	101323	4624	Jorge Bernardo	M	50-54	AmoraSub/Associação Naval Amorense	DNS	
DNS	107119	5521	Pedro Ferreira	M	50-54	Individual	DNS	
DNS	102073	4451	Mário Machado	M	50-54	Sport União Colarense	DNS	
DNS	103788	4623	Paulo Menezes	M	50-54	Sport União Colarense	DNS	
DNS	101876	4614	Luís Miguel Santos	M	50-54	Alhandra Sporting Club	DNS	
DNS	103173	4427	Miguel David	M	50-54	Clube Oriental de Lisboa	DNS	

**55-59**

1	106493	5199	Pedro Rocha	M	55-59	Sporting Clube de Portugal	01:59:59	-
2	100681	4003	João Miguel Nunes	M	55-59	Alhandra Sporting Club	02:06:58	01:06:59
3	103129	4895	Paulo Goulart	M	55-59	Clube de Futebol Os Belenenses	02:09:22	01:09:23
4	103321	4860	Renato Araújo	M	55-59	AmoraSub/Associação Naval Amorense	02:12:11	01:12:12
5	107256	4715	Aristides Bordalo	M	55-59	Estoril Praia Credibom	02:17:27	01:17:28
6	103700	4915	João Pedro Viegas	M	55-59	AmoraSub/Associação Naval Amorense	02:21:52	01:21:53
7	102939	4513	Carlos Pereira	M	55-59	AmoraSub/Associação Naval Amorense	02:32:00	01:32:01
DSQ	108990	4541	João Bernardo	M	55-59	Centro Ciclista Azeitonense	DSQ	
DNS	108647	5887	PEDRO TAROUCA	M	55-59	Individual	DNS	
DNS	100830	4013	Miguel Fragoso	M	55-59	Outsystems Olímpico de Oeiras	DNS	
DNS	101522	4629	António Jorge Martinho	M	55-59	Clube Oriental de Lisboa	DNS	

**60-64**

1	106649	4079	Antonio Horta	M	60-64	CPArmada	02:00:03	-
2	100793	4032	Carlos Gomes	M	60-64	Outsystems Olímpico de Oeiras	02:03:59	00:03:56
3	105775	5304	João Lourenço	M	60-64	GRCD Leião Triatlo	02:31:43	00:31:40
4	100685	4369	Jorge Corte-Real	M	60-64	Alhandra Sporting Club	02:41:41	00:41:38
DNF	101781	4293	miguel velez	M	60-64	Câmara Lisboa Clube	DNF	
DNS	106435	4145	Nuno Rainho Fernandes	M	60-64	Individual	DNS	
DNS	104546	4212	Artur Parreira	M	60-64	Individual	DNS	

**65-69**

1	105058	5096	Carlos Brito	M	65-69	Try Portugal / V. Janes	02:14:50	-
2	105667	5255	José Domingues	M	65-69	Triatlo Fundação Salesianos	02:14:57	00:00:07
DNF	100889	4023	Francisco Bexiga	M	65-69	Individual	DNF	