

CLASSIFICACAO GERAL INDIVIDUAL

CL.	DORSAL	N.FED./ L.DESP.	NOME	CATEG.	EQUIPA	NATACAO		CICLISMO		CORRIDA		TOTAL
						500 M	CL.	22 KM	CL.	5 KM	CL.	
1	1	N- 222	PAULO PEREIRA	SEN	TODDY	1 0: 8:15	1	0:37:17	1	5 0:17:24	1	1: 2:56
2	31	N- 174	CARLOS CABRITA	SEN	FARO E BENFICA	8 0:10:46	5	0:39:35	4	1 0:14:58	2	1: 5:19
3	8	N- 264	JOSE FERREIRA	SEN	EITEL COMERCIAL	16 0:12:40	2	0:37:42	5	4 0:17:19	3	1: 7:41
4	2	N- 73	PAULO SILVA	SEN		3 0: 9:45	3	0:38:47	2	10 0:19:13	4	1: 7:45
5	9	N- 252	PAULO MOURAO	SEN	C.T.TORRES NOVAS	15 0:11:23	7	0:40: 3	7	9 0:18:29	5	1: 9:55
6	45	N- 357	NELSON RAMOS	SEN		12 0:11: 1	4	0:39:34	6	15 0:20:40	6	1:11:15
7	36	5059	MIGUEL MARQUES	JUN	PORTINADO - PORTIMAD	7 0:10:44	13	0:42:47	9	8 0:18:25	7	1:11:56
8	7	N- 24	PAULO ALVES	SEN	EITEL COMERCIAL	21 0:13:29	17	0:43:35	17	2 0:15:29	8	1:12:33
9	3	N- 384	LUIS DEUS	SEN	ELITE/C.N.RIO MAIOR	17 0:13: 9	8	0:41:18	10	7 0:18:13	9	1:12:40
10	22	N- 440	JOAO AMARO	JUV	NESTE	2 0: 9: 7	6	0:39:41	3	29 0:24:43	10	1:13:31
11	10	N- 159	CARLOS MARQUES	SEN	C.T.TORRES NOVAS	22 0:13:34	15	0:43:21	16	6 0:17:57	11	1:14:52
12	11	488	VITOR SANTOS	SEN	C.T.TORRES NOVAS	10 0:10:56	20	0:43:56	12	14 0:20:33	12	1:15:25
13	56	N- 438	PEDRO NUNES	JUN	FERROVIARIO	9 0:10:52	21	0:44: 1	13	16 0:20:57	13	1:15:50
14	52	214	CARLOS JESUS	SEN	EITEL COMERCIAL	30 0:16:24	12	0:42:46	25	3 0:17: 9	14	1:16:19
15	37	5052	LUIS FURTADO	JUN	PORTINADO - PORTIMAD	4 0: 9:46	11	0:42:22	8	30 0:24:58	15	1:17: 6
16	32	5014	ALEXANDRE CABRITA	JUV	FARO E BENFICA	14 0:11:10	16	0:43:24	11	21 0:22:37	16	1:17:11
17	46	5114	JOAO PAULO MENDES	SEN		32 0:16:30	9	0:41:24	22	11 0:19:37	17	1:17:31
18	20	N- 389	LUIS QUINTAS	SEN	NESTE	19 0:13:28	18	0:43:40	18	18 0:21:41	18	1:18:49
19	35	N- 485	DAVID TAVEIRA	JUN	PORTINADO - PORTIMAD	13 0:11: 5	23	0:44:16	14	25 0:23:50	19	1:19:11
20	6	N- 383	DIEGO SACCO	SEN	ELITE/C.N.RIO MAIOR	27 0:15:51	10	0:41:47	21	19 0:21:47	20	1:19:25
21	23	N- 441	MARCO MILHARADAS	JUV	NESTE	5 0: 9:51	25	0:45:45	15	28 0:24:28	21	1:20: 4
22	53	62	EDUARDO JORGE AUGUSTO	SEN	EITEL COMERCIAL	25 0:14:46	13	0:42:47	20	22 0:23: 7	22	1:20:40
23	5	N- 456	MARIO JORDAO	SEN	ELITE/C.N.RIO MAIOR	19 0:13:28	22	0:44: 3	19	23 0:23: 9	23	1:20:40
24	48	236	MANUEL PINHEIRO	V1		29 0:16:23	19	0:43:43	26	17 0:21:19	24	1:21:25
25	55	N- 372	JOAQUIM AVELAR	SEN	ENCARN.E OLIVAS	18 0:13:22	26	0:46:51	27	20 0:21:55	25	1:22: 8
26	39	5113	MARCO TAVEIRA	SEN	PORTINADO - PORTIMAD	23 0:13:44	24	0:44:50	23	24 0:23:34	26	1:22: 8
27	16	5010	HELDER MILHEIROS	SEN	TECNICO	11 0:10:57	29	0:48: 2	24	27 0:24:19	27	1:23:18
28	19	N- 390	ANA QUINTAS	SNF	NESTE	24 0:14:36	28	0:47:59	28	26 0:24:10	28	1:26:45
29	51	N- 470	CARLOS CAVALHEIRO	SEN		35 0:20:57	30	0:48:19	33	13 0:20: 9	29	1:29:25
30	43	5115	JOAO HELDER	SEN	A.D.R.QUINTA DE S. PEDRO	28 0:15:53	32	0:50:44	30	32 0:25:18	30	1:31:55
31	24	5112	PAULO ROCHA	JUV	NESTE	33 0:17:20	31	0:49:42	31	31 0:25:14	31	1:32:16
32	41	5080	HUGO TORRES	JUN	PORTINADO - PORTIMAD	6 0:10:10	35	0:54:58	29	35 0:29:13	32	1:34:21
33	44	484	JOSE MARTINS	V1	A.D.R.QUINTA DE S. PEDRO	36 0:26:42	27	0:47:53	36	12 0:19:55	33	1:34:30
34	50	N- 154	CAETANO CUNHA REIS	V5		26 0:14:56	34	0:52:54	32	36 0:29:33	34	1:37:23
35	28	N- 343	ANTONIO ESTEVES PEREIRA	V3	TOXANDAR	34 0:18:56	33	0:51:56	34	34 0:26:40	35	1:39:32
36	34	183	MARIA AUGUSTA OLIVEIRA	SNF	FARO E BENFICA	31 0:16:26	36	0:56: 6	35	33 0:28:29	36	1:41: 1