

Sede Social: Rua D. João de Mascarenhas,
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Federação de Triatlo de Portugal

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VII TRIATLO DE CASCAIS
OLIMPICO - CAMPEONATO NACIONAL
5 SETEMBRO 1993

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* 05/09/93 *

CLASSIFICACAO GERAL INDIVIDUAL

CL.	DORSAL	N.FED./ L.DESP.	NOME	CATEG.	EQUIPA	NATACAO		CICLISMO		CORRIDA		TOTAL
						CL.	TEMPO	CL.	TEMPO	CL.	TEMPO	
1	14	N- 8	CARLOS BRITO	SEN	DIARIO NOTÍCIAS	6	0:24:11	3	1:10:5	3	1 0:35:42	1 2: 9:58
2	5	N- 222	PAULO PEREIRA	SEN	TODDY	1	0:22:34	1	1: 8:55	1	16 0:40: 7	2 2:11:36
3	1	N- 189	LUIS SILVA	SEN	TODDY	3	0:23:51	5	1:11:10	4	9 0:37:43	3 2:12:44
4	2	N- 38	PEDRO CORDEIRO	SEN	TODDY	5	0:23:58	2	1: 9: 3	2	18 0:40:27	4 2:13:28
5	95	N- 346	ANTONIO ANTUNES	SEN	EITEL COMERCIAL	2	0:23: 1	8	1:12: 5	5	11 0:38:36	5 2:13:42
6	16	N- 4	JOSE MARIZ	V1	C.F. BELENENSES	23	0:28:43	7	1:12: 2	12	2 0:36:12	6 2:16:57
7	4	N- 213	ANTONIO JOURDAN	SEN	TODDY	13	0:27: 0	4	1:11: 6	6	14 0:39: 3	7 2:17: 9
8	15	N- 14	FERNANDO DAMAS	V1	DIARIO NOTÍCIAS	22	0:28:40	9	1:12:14	13	8 0:37:42	8 2:18:36
9	43	N- 73	PAULO SILVA	SEN		9	0:26:40	6	1:11:37	7	19 0:40:32	9 2:18:49
10	3	N- 285	MIGUEL FERREIRA	SEN	TODDY	4	0:23:54	13	1:15:12	9	17 0:40:20	10 2:19:26
11	85	N- 3	ARTUR PARREIRA	SEN	C.T.TORRES NOVAS	19	0:28: 2	14	1:15:14	15	6 0:37: 3	11 2:20:19
12	35	N- 287	PAULO NUNES	JUN	RADIO CORRIDINHO	7	0:24:25	12	1:14:16	8	33 0:42:17	12 2:20:58
13	9	N- 97	LUIS LOPES	SEN	TODDY	14	0:27: 3	17	1:16:41	16	7 0:37:29	13 2:21:13
14	46	8150	VALDEMAR DA SILVA JR -BRA	SEN		8	0:25:15	15	1:15:27	11	22 0:40:59	14 2:21:41
15	92	N- 328	LUIS DIOGO SANTOS	JUN	C.F. BELENENSES	17	0:27:44	10	1:12:55	10	29 0:41:57	15 2:22:36
16	78	N- 174	CARLOS CABRITA	SEN	FARO E BENFICA	35	0:30:37	16	1:16:26	18	2 0:36:12	16 2:23:15
17	62	N- 190	JOSE SALGUEIRO	SEN	VITORIA DE JANES	26	0:28:59	11	1:13:48	14	23 0:41: 1	17 2:23:48
18	94	N- 264	JOSE FERREIRA	SEN	EITEL COMERCIAL	47	0:32:21	19	1:17:28	24	4 0:36:26	18 2:26:15
19	64	N- 114	PAULO CATARINO	SEN	ELITE/C.N.RIO MAIOR	27	0:29: 7	24	1:19: 1	20	24 0:41: 5	19 2:29:13
20	71	N- 448	MARIO MACHADO	SEN	MOGIPAL	12	0:26:54	22	1:18:25	17	44 0:44:34	20 2:29:53
21	63	N- 296	LUIS BOAVIDA	SEN	VITORIA DE JANES	21	0:28:37	28	1:19:55	23	31 0:42:13	21 2:30:45
22	108	N- 333	FREDERICO JACOB	SEN		24	0:28:54	21	1:18:12	19	42 0:44: 1	22 2:31: 7
23	12	N- 297	JOSE PIRES	JUN	TODDY	34	0:30:36	20	1:17:33	21	37 0:43:25	23 2:31:34
24	74	N- 185	ANTONIO MOURA	SEN	ENCARN.E OLIVAIS	56	0:34: 6	23	1:18:33	30	15 0:39:11	24 2:31:50
25	7	494	PEDRO CALÇADA	SEN		33	0:30:34	27	1:19:26	26	31 0:42:13	25 2:32:13
26	7	N- 84	FRANCISCO RODRIGUES	SEN	TODDY	30	0:30:22	38	1:22:36	31	20 0:40:35	26 2:33:33
27	37	N- 34	JOAQUIM SILVA	V1	C.C.D.CASCAIS	53	0:33:37	30	1:21:29	39	12 0:38:38	27 2:33:44
28	89	N- 401	URBINO SANTOS	JUN	C.F. BELENENSES	15	0:27:27	50	1:25:38	32	25 0:41:19	28 2:34:24
29	96	N- 415	ANTONIO CARITA	SEN	EITEL COMERCIAL	44	0:32: 6	31	1:21:34	34	26 0:41:21	29 2:35: 1
30	42	8151	BUDDY JIRHALAI - GER	SEN		25	0:28:56	26	1:19:24	22	54 0:46:58	30 2:35:18
31	90	N- 312	HUGO SOUSA	JUN	C.F. BELENENSES	55	0:34: 1	18	1:17:22	28	40 0:43:58	31 2:35:21
32	8	N- 49	JOAO MEDEIRO	SEN	TODDY	63	0:38:40	29	1:19:56	44	5 0:36:47	32 2:35:23
33	57	N- 233	JOSE MANUEL OLIVEIRA	SEN	CEFA	38	0:30:54	39	1:23: 5	35	27 0:41:26	33 2:35:25
34	56	N- 440	JOAO AMARO	JUV	NESTE	10	0:26:46	41	1:23:52	27	46 0:44:57	34 2:35:35
35	87	N- 58	JOAQUIM RUELA	SEN	C.F. BELENENSES	54	0:33:41	36	1:22:21	42	21 0:40:36	35 2:36:38
36	67	N- 338	HELDER COSTA	SEN	ELITE/C.N.RIO MAIOR	59	0:36:16	37	1:22:25	45	13 0:38:55	36 2:37:36
37	68	N- 384	LUIS DEUS	SEN	ELITE/C.N.RIO MAIOR	49	0:33: 3	33	1:22: 0	38	34 0:42:39	37 2:37:42
38	69	N- 117	RUI SILVA	SEN	ELITE/C.N.RIO MAIOR	48	0:32:53	32	1:21:48	37	38 0:43:33	38 2:38:14
39	6	N- 243	ALFREDDO TEIXEIRA	SEN	TODDY	16	0:27:39	35	1:22:20	25	65 0:48:34	39 2:38:33
40	75	N- 407	FERNANDO FEIJAO	SEN	ENCARN.E OLIVAIS	66	0:39:13	34	1:22: 4	57	10 0:37:44	40 2:39: 1

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CLASSIFICACAD GERAL INDIVIDUAL

CL.	DORSAL	N.FED./ L.DESP. NOME	CATEG.	EQUIPA	NATAÇAD		CICLISMO		CORRIDA		TOTAL		
					1500 M	CL. TEMPO	40 KM	CL. TEMPO	CL. 1+2	10 KM		CL. TEMPO	
41	25	N- 370 JOAO MARAL	SEN	TECNICO	29	0:30:14	49	1:25:30	41	39	0:43:51	41	2:39:35
42	61	N- 408 EMANUEL NEVES	SEN		11	0:26:48	60	1:27:50	36	48	0:45: 8	42	2:39:46
43	55	N- 441 MARCO MILHARADAS	JUV	NESTE	20	0:28: 5	44	1:24:31	29	59	0:47:24	43	2:40: 0
44	47	N- 101 OSCAR GONCALVES	SEN		45	0:32:14	53	1:26:39	46	30	0:42: 3	44	2:40:56
45	18	N- 321 ROBERIO MORAIS	SEN	FERROVIARIO	28	0:29:10	42	1:24: 8	33	61	0:47:40	45	2:40:58
46	38	N- 263 JORGE OLIVEIRA	SEN	CEFA	41	0:31:59	40	1:23:43	40	55	0:46:59	46	2:42:41
47	77	N- 16 JOAQUIM PATRICIO	V2	FARD E BENFICA	43	0:32: 3	46	1:24:36	43	60	0:47:31	47	2:44:10
48	83	N- 309 JOSE GUILHERME OLIVEIRA	SEN	OSMOP	58	0:36: 7	48	1:25: 4	56	43	0:44: 5	48	2:45:16
49	24	N- 387 PEDRO GONÇALVES	JUN	TECNICO	50	0:33: 9	55	1:26:56	51	50	0:45:15	49	2:45:20
50	34	N- 475 LUIS MANUEL SOUSA	SEN	AUTO TEODORO	76	0:42:26	25	1:19: 6	58	41	0:43:59	50	2:45:31
51	84	N- 426 JOAO BAPTISTA	SEN	OSMOP	57	0:35:11	45	1:24:34	48	53	0:46:52	51	2:46:37
52	81	N- 166 JOSE ESPINHEIRA GOMES	V2	OSMOP	61	0:36:23	59	1:27:35	60	35	0:42:51	52	2:46:49
53	102	N- 416 ANA MAFALDA FARIA	SNF	CRUZ QUEBRADENSE	31	0:30:30	63	1:29:36	52	52	0:46:47	53	2:46:53
54	44	N- 275 ARMENIO GARCIAS	SEN		36	0:30:46	62	1:29: 8	49	56	0:47: 9	54	2:47: 3
55	106	N- 268 GILDA MOTA	SNF		40	0:31:27	69	1:32:38	61	36	0:43:13	55	2:47:18
56	93	N- 434 BRUNO GALANTINO	JUN	C.F. BELENENSES	62	0:36:28	47	1:24:39	55	58	0:47:13	56	2:48:20
57	10	N- 291 JORGE DUARTE	SEN	TODDY	64	0:38:50	61	1:27:59	63	28	0:41:49	57	2:48:38
58	72	N- 462 PAULO CONDE	SEN	ENCARN.E OLIVAIS	42	0:32: 1	58	1:27:25	47	69	0:49:14	58	2:48:40
59	76	N- 372 JOAQUIM AVELAR	SEN	ENCARN.E OLIVAIS	52	0:33:29	67	1:31:31	62	47	0:45: 4	59	2:50: 4
60	60	N- 234 FRANCISCO BEXIGA	SEN	CEFA	51	0:33:15	54	1:26:41	50	72	0:50:36	60	2:50:32
61	17	N- 436 PEDRO NUNES	JUN	FERROVIARIO	46	0:32:18	65	1:30:44	59	68	0:48:57	61	2:51:59
62	99	449 JOSE COLACO	SEN	MOGIPAL	60	0:36:19	43	1:24:29	53	74	0:51:30	62	2:52:18
63	28	5010 HELDER MILHEIRAS	SEN	TECNICO	32	0:30:32	74	1:36:36	64	51	0:45:45	63	2:52:53
64	79	5116 PEDRO JORGE	SEN		74	0:42: 9	51	1:25:41	67	49	0:45:12	64	2:53: 2
65	49	N- 355 RUI PINTO	SEN		73	0:41:44	57	1:27: 3	68	45	0:44:45	65	2:53:32
66	16	N- 310 CARLOS FERNANDES	SEN	FERROVIARIO	39	0:30:59	64	1:30: 4	54	79	0:55:14	66	2:56:17
67	54	N- 389 LUIS QUINTAS	SEN	NESTE	71	0:40:46	56	1:26:57	66	67	0:48:51	67	2:56:34
68	33	N- 394 LUIS FILIPE SILVA	SEN	AUTO TEODORO	77	0:44:14	52	1:26:32	69	63	0:48:20	68	2:59: 6
69	98	N- 454 OSCAR PEREIRA SILVA	SEN	MOGIPAL	67	0:39:41	71	1:33:55	70	65	0:48:34	69	3: 2:10
70	103	N- 244 HELENA CALÇAO MEDEIRO	SNF	CRUZ QUEBRADENSE	72	0:41:27	72	1:34:15	71	62	0:48: 7	70	3: 3:49
71	82	N- 374 JOAO MATA	V2	OSMOP	37	0:30:51	73	1:36:22	65	81	0:57:49	71	3: 5: 2
72	21	N- 63 RAMON NETO	V2	TOKANDAR	80	0:46:55	66	1:31: 4	73	70	0:49:59	72	3: 7:58
73	105	N- 390 ANA QUINTAS	SNF	NESTE	75	0:42:13	70	1:33:31	72	77	0:53:37	73	3: 9:21
74	53	N- 315 FERNANDO MOREIRA	V2	TOKANDAR	69	0:40:38	77	1:39: 2	75	71	0:50:22	74	3:10: 2
75	70	N- 450 RICARDO PEREIRA	SEN	MOGIPAL	81	0:48:14	68	1:32:17	76	76	0:53:36	75	3:14: 7
76	107	N- 445 ANA MATA	SNF	MOGIPAL	65	0:38:52	78	1:40: 2	74	82	0:58:22	76	3:17:16
77	79	N- 77 LUIS MANUEL SILVA	SEN		68	0:39:49	80	1:40:42	76	83	0:59: 9	77	3:19:40
78	40	495 CARLOS VILA	SEN		70	0:40:43	84	1:53:11	84	56	0:47: 9	78	3:21: 3
79	80	N- 240 VITOR REAL	V4	OSMOP	83	0:52: 7	79	1:40:40	82	64	0:48:26	79	3:21:13
80	22	N- 300 LUIS RAMOS	SEN	TOKANDAR	84	0:53:13	76	1:37:57	80	73	0:51:21	80	3:22:31

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CLASSIFICACAO GERAL INDIVIDUAL

CL.	DORSAL	N.FED./ L.DESP.	NOME	CATEG.	EQUIPA	NATACAD		CICLISMO		CORRIDA		TOTAL		
						1500 M	CL.	40 KM	CL.	10 KM	CL.	1+2	CL.	
81	48	5629	JOAO MATOS LUIS	SEN		18	0:27:56	85	2: 0:14	78	80	0:56: 0	81	3:24:10
82	45	N- 36	ADRIANO CUNHA	SEN		78	0:44:57	83	1:47:37	81	75	0:51:38	82	3:24:12
83	11	N- 290	CARLOS CRISOSTOMO	V5	TODDY	85	0:57:21	75	1:36:58	85	78	0:54:21	83	3:28:40
84	41	496	MARIA JOAO SOUSA	SNF		79	0:45:24	82	1:45:17	79	85	1: 2:24	84	3:33: 5
85	23	N- 314	FERNANDD INACIO	V4	TOKANDAR	82	0:51: 9	81	1:41:51	83	84	1: 2: 2	85	3:35: 2