



Handwritten signature or note in blue ink.

Federação de Triatlo de Portugal

RESULTADOS

| | | | |
|-------------|------------|---|--------------|
| LOCALIDADE: | CRATO | DISTANCIA Corrida (MT); Ciclismo (KM); Corrida (MT): | 5400/19/2200 |
| Data: | 08-03-2003 | HORA DE COMEÇO: | 16:00 |

INFO

| | | | |
|-------------------|-------------------|----------------|-------------------|
| DELEGADO TÉCNICO: | LUÍS RIBEIRO | JUZ PRINCIPAL: | NELSON LARANJEIRA |
| PONTUÁVEL PARA: | CIRCUITO NACIONAL | JURI DE APELO: | |

Informação

| Corrida | | Ciclismo | | | | | | | | | | Corrida | | | | | | |
|-----------|------|----------|----------------------|-----|-----|-----------------------------------|-----|---------|-----|---------|-----|-----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | | | | | | 2200 (MT) | | | | | | |
| LG | Dral | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 1 | 286 | | SÉRGIO MANUEL SILVA | | S23 | S.r.camarnal - Ika | 2 | 0:16:19 | 15 | 0:00:21 | 4 | 0:29:51 | 8 | 0:00:15 | 1 | 0:06:09 | 0:52:55 | 0:00:00 |
| 2 | 505 | | JOSÉ MÁRIO RIBEIRO | | SEN | S.r.camarnal - Ika | 4 | 0:16:25 | 3 | 0:00:18 | 3 | 0:29:46 | 6 | 0:00:15 | 3 | 0:06:28 | 0:53:12 | 0:00:17 |
| 3 | 508 | | ALCINO SERRAS | | SEN | S.r.camarnal - Ika | 3 | 0:16:20 | 1 | 0:00:16 | 5 | 0:29:55 | 3 | 0:00:14 | 5 | 0:06:41 | 0:53:26 | 0:00:31 |
| 4 | 507 | | CUSTÓDIO ANTÓNIO | | SEN | S.r.camarnal - Ika | 7 | 0:16:44 | 9 | 0:00:20 | 2 | 0:29:30 | 7 | 0:00:15 | 11 | 0:06:59 | 0:53:48 | 0:00:53 |
| 5 | 285 | | DUARTE MARQUES | | S23 | S.r.camarnal - Ika | 8 | 0:16:44 | 6 | 0:00:19 | 1 | 0:29:29 | 16 | 0:00:20 | 22 | 0:07:35 | 0:54:27 | 0:01:32 |
| 6 | 532 | | LUIS MANUEL ALMEIDA | | SEN | Clube Ferroviário De Vendas Novas | 1 | 0:16:19 | 5 | 0:00:19 | 7 | 0:31:22 | 5 | 0:00:15 | 4 | 0:06:32 | 0:54:47 | 0:01:52 |
| 7 | 523 | | JORGE RODRIGUES | | SEN | Casa Do Benfica No Fundão | 5 | 0:16:28 | 2 | 0:00:18 | 6 | 0:31:19 | 1 | 0:00:14 | 18 | 0:07:20 | 0:55:37 | 0:02:42 |
| 8 | 283 | | MANUEL JÚLIO | | S23 | S.I.M. a cruz-quebradente | 6 | 0:16:28 | 4 | 0:00:18 | 13 | 0:32:20 | 28 | 0:00:24 | 15 | 0:07:13 | 0:56:41 | 0:03:46 |
| 9 | 285 | | SÉRGIO MARQUES | | S23 | Agistónico-ípodoc | 9 | 0:16:51 | 20 | 0:00:25 | 20 | 0:32:51 | 21 | 0:00:22 | 2 | 0:06:28 | 0:56:55 | 0:04:00 |
| 10 | 509 | | CARLOS BORGES | | SEN | Clube Ferroviário De Vendas Novas | 10 | 0:16:53 | 16 | 0:00:22 | 19 | 0:32:48 | 2 | 0:00:14 | 7 | 0:06:43 | 0:57:00 | 0:04:05 |
| 11 | 844 | | PAULO PINHEIRO | | SEN | C.s.r.d. Ota | 11 | 0:16:53 | 11 | 0:00:20 | 21 | 0:32:55 | 9 | 0:00:15 | 6 | 0:06:41 | 0:57:04 | 0:04:09 |
| 12 | 800 | | JOSÉ SANTOS | | SEN | S.r.camarnal - Ika | 13 | 0:17:10 | 10 | 0:00:20 | 17 | 0:32:35 | 23 | 0:00:22 | 8 | 0:06:44 | 0:57:11 | 0:04:16 |
| 13 | 952 | | TIAGO NEVES | | JUN | Individual | 16 | 0:17:22 | 8 | 0:00:20 | 15 | 0:32:24 | 15 | 0:00:20 | 9 | 0:06:46 | 0:57:12 | 0:04:17 |
| 14 | 461 | | ANIBAL OLIVEIRA | | SEN | Amiciolo | 15 | 0:17:14 | 26 | 0:00:29 | 14 | 0:32:21 | 10 | 0:00:17 | 12 | 0:07:02 | 0:57:23 | 0:04:28 |
| 15 | 481 | | GUSTAVO HACHMEISTER | | SEN | S.r.camarnal - Ika | 18 | 0:17:31 | 18 | 0:00:23 | 11 | 0:32:13 | 35 | 0:00:29 | 10 | 0:06:55 | 0:57:31 | 0:04:38 |
| 16 | 785 | | JOSÉ REIS | | V1 | Ovarense | 12 | 0:17:00 | 34 | 0:00:33 | 16 | 0:32:35 | 18 | 0:00:21 | 14 | 0:07:10 | 0:57:39 | 0:04:44 |
| 17 | 297 | | PEDRO GOMES | | S23 | Agistónico-ípodoc | 19 | 0:17:55 | 22 | 0:00:28 | 18 | 0:32:45 | 19 | 0:00:21 | 16 | 0:07:15 | 0:58:42 | 0:05:47 |
| 18 | 629 | | FERNANDO CARMO | | SEN | C.f. "os Belenenses" | 20 | 0:18:28 | 42 | 0:00:37 | 10 | 0:31:59 | 32 | 0:00:27 | 17 | 0:07:20 | 0:58:51 | 0:05:56 |
| 19 | 570 | | ANTÓNIO JOURDAN | | SEN | C.f. "os Belenenses" | 25 | 0:18:46 | 14 | 0:00:21 | 8 | 0:31:53 | 31 | 0:00:26 | 33 | 0:08:01 | 0:59:30 | 0:06:35 |
| 20 | 535 | | RENATO MANUEL | | SEN | Clube Ferroviário De Vendas Novas | 17 | 0:17:25 | 40 | 0:00:35 | 39 | 0:34:09 | 22 | 0:00:22 | 13 | 0:07:08 | 0:59:39 | 0:06:44 |
| 21 | 636 | | PAULO MANUEL GONÇALV | | SEN | Casa Do Benfica No Fundão | 14 | 0:17:12 | 7 | 0:00:20 | 43 | 0:34:39 | 4 | 0:00:15 | 21 | 0:07:35 | 1:00:01 | 0:07:06 |
| 22 | 466 | | CARLOS MATOS | | SEN | Casa Benfca Faro | 22 | 0:18:41 | 36 | 0:00:34 | 32 | 0:33:30 | 17 | 0:00:20 | 19 | 0:07:28 | 1:00:33 | 0:07:38 |
| 23 | 776 | | FERNANDO TEIXEIRA | | V2 | Clube Ferroviário De Vendas Novas | 24 | 0:18:46 | 19 | 0:00:24 | 35 | 0:33:41 | 12 | 0:00:19 | 20 | 0:07:32 | 1:00:45 | 0:07:50 |
| 24 | 782 | | JOSÉ VARELA | | V2 | Casa Benfca Faro | 23 | 0:18:43 | 37 | 0:00:34 | 34 | 0:33:39 | 13 | 0:00:19 | 23 | 0:07:38 | 1:00:53 | 0:07:58 |



Corrida

Federação de Triatlo de Portugal

| Corrida | | Ciclismo | | | | | | | | | | Corrida | | | | | | |
|-----------|------|----------|------------------------|-----|-----|-----------------------------------|-----|---------|-----|---------|-----|-----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | | | | | | 2200 (MT) | | | | | | |
| LG | Draj | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 26 | 477 | | PAULO SOUSA | | SEN | Agilistónico-ípodec | 32 | 0:19:14 | 12 | 0:00:21 | 26 | 0:33:08 | 26 | 0:00:23 | 30 | 0:07:52 | 1:00:58 | 0:08:03 |
| 28 | 594 | | CRISTIANO ANDRADE | | SEN | Assoc. Fernão Mendes Pirito | 30 | 0:19:12 | 41 | 0:00:36 | 22 | 0:32:56 | 37 | 0:00:30 | 28 | 0:07:46 | 1:01:02 | 0:08:07 |
| 27 | 774 | | JOSÉ GUILHERME OLIVEIR | | V1 | Abv Estoril | 31 | 0:19:12 | 28 | 0:00:30 | 28 | 0:33:10 | 54 | 0:00:39 | 24 | 0:07:41 | 1:01:12 | 0:08:17 |
| 28 | 533 | | OCTÁVIO LUIS | | SEN | Clube Ferroviario De Vendas Novas | 45 | 0:20:22 | 13 | 0:00:21 | 12 | 0:32:16 | 14 | 0:00:20 | 34 | 0:08:02 | 1:01:21 | 0:08:26 |
| 29 | 451 | | PAULO PRIETO | | SEN | A.d.c.r. Palinho | 33 | 0:19:19 | 30 | 0:00:31 | 23 | 0:32:57 | 33 | 0:00:28 | 38 | 0:08:06 | 1:01:23 | 0:08:26 |
| 30 | 613 | | PAULO LAMEGO | | SEN | C.f. "os Belenenses" | 27 | 0:19:01 | 24 | 0:00:27 | 31 | 0:33:30 | 30 | 0:00:28 | 32 | 0:08:01 | 1:01:25 | 0:08:30 |
| 31 | 594 | | HUGO RIBEIRO | | SEN | Agilistónico-ípodec | 46 | 0:20:26 | 25 | 0:00:28 | 9 | 0:31:59 | 34 | 0:00:29 | 40 | 0:08:11 | 1:01:33 | 0:08:38 |
| 32 | 412 | | CHARLY BLANCHARD | | JUN | Avianche/air Janes | 28 | 0:19:02 | 17 | 0:00:22 | 30 | 0:33:25 | 20 | 0:00:21 | 46 | 0:08:26 | 1:01:38 | 0:08:43 |
| 33 | 636 | | PAULO CALIXTO | | SEN | Ateneu Artistico Cartazense | 21 | 0:18:34 | 38 | 0:00:34 | 46 | 0:34:44 | 40 | 0:00:31 | 26 | 0:07:43 | 1:02:06 | 0:08:11 |
| 34 | 847 | | LUIS PARRINHA | | SEN | C.s.r.d. Ota | 37 | 0:19:27 | 27 | 0:00:29 | 37 | 0:33:59 | 24 | 0:00:22 | 41 | 0:08:12 | 1:02:29 | 0:08:34 |
| 35 | 517 | | MARCO FLÁVIO GONÇALVE | | SEN | S.l.m.e.cruz-quebradense | 38 | 0:19:36 | 32 | 0:00:32 | 33 | 0:33:36 | 45 | 0:00:34 | 39 | 0:08:08 | 1:02:30 | 0:08:35 |
| 36 | 654 | | PEDRO MONTEIRO | | SEN | C.f. "os Belenenses" | 42 | 0:20:06 | 53 | 0:00:45 | 24 | 0:32:57 | 42 | 0:00:32 | 54 | 0:08:46 | 1:03:10 | 0:10:15 |
| 37 | 822 | | CARLOS LEITE | | V4 | Ovarense | 36 | 0:18:26 | 29 | 0:00:31 | 49 | 0:34:59 | 25 | 0:00:23 | 31 | 0:07:54 | 1:03:13 | 0:10:18 |
| 38 | 845 | | JOSÉ MANUEL SILVA | | V1 | Ovarense | 26 | 0:18:52 | 50 | 0:00:44 | 55 | 0:35:23 | 50 | 0:00:38 | 37 | 0:08:06 | 1:03:43 | 0:10:48 |
| 39 | 417 | | RUI DOLORES | | JUN | Amiciolo | 41 | 0:18:46 | 35 | 0:00:34 | 42 | 0:34:36 | 27 | 0:00:23 | 45 | 0:08:25 | 1:03:46 | 0:10:51 |
| 40 | 854 | | AMÁNDIO CAETANO | | V1 | A.d.c.r. Palinho | 44 | 0:20:19 | 43 | 0:00:39 | 40 | 0:34:16 | 47 | 0:00:35 | 35 | 0:08:03 | 1:03:54 | 0:10:59 |
| 41 | 1080 | | MIGUEL PALMA | | SEN | Abv Estoril | 56 | 0:21:31 | 23 | 0:00:26 | 27 | 0:33:09 | 29 | 0:00:24 | 49 | 0:08:37 | 1:04:07 | 0:11:12 |
| 42 | 846 | | JOÃO VENÂNCIO | | V2 | Casa Do Benfica No Fundão | 39 | 0:19:40 | 63 | 0:00:55 | 44 | 0:34:39 | 65 | 0:00:51 | 36 | 0:08:04 | 1:04:09 | 0:11:14 |
| 43 | 804 | | NARCISO MARCOS | | V2 | Individual | 40 | 0:19:40 | 51 | 0:00:44 | 45 | 0:34:41 | 56 | 0:00:43 | 43 | 0:08:22 | 1:04:10 | 0:11:15 |
| 44 | 851 | | AMÉRICO GASPAR | | V1 | C.s.r.d. Ota | 43 | 0:20:11 | 69 | 0:01:02 | 38 | 0:34:00 | 59 | 0:00:44 | 47 | 0:08:29 | 1:04:26 | 0:11:31 |
| 45 | 775 | | JOÃO SANTOS | | V1 | Abv Estoril | 57 | 0:21:34 | 21 | 0:00:25 | 29 | 0:33:16 | 11 | 0:00:18 | 57 | 0:08:57 | 1:04:30 | 0:11:35 |
| 46 | 635 | | CLÁUDIO NOGUEIRA | | SEN | Clube Ferroviario De Vendas Novas | 52 | 0:21:13 | 64 | 0:00:57 | 25 | 0:33:04 | 36 | 0:00:30 | 53 | 0:08:47 | 1:04:31 | 0:11:36 |
| 47 | 752 | | RENATO INÁCIO | | V1 | A.d.c.r. Palinho | 47 | 0:20:26 | 68 | 0:01:02 | 36 | 0:33:49 | 57 | 0:00:44 | 50 | 0:08:41 | 1:04:42 | 0:11:47 |
| 48 | 846 | | MANUEL BATISTA | | SEN | C.s.r.d. Ota | 35 | 0:18:21 | 58 | 0:00:51 | 54 | 0:35:16 | 52 | 0:00:38 | 62 | 0:09:15 | 1:05:23 | 0:12:28 |
| 49 | 536 | | CRISTINA PONTE | | SEN | S.r.carmamal - Iita | 34 | 0:18:20 | 31 | 0:00:32 | 63 | 0:37:27 | 46 | 0:00:35 | 25 | 0:07:42 | 1:05:36 | 0:12:41 |
| 50 | 831 | | JORGE MACHADO | | V2 | Casa Benfica Faro | 48 | 0:20:29 | 48 | 0:00:43 | 56 | 0:35:58 | 44 | 0:00:34 | 42 | 0:08:19 | 1:06:03 | 0:13:08 |
| 51 | 961 | | CARLOS VASQUEZ | | SEN | Individual | 29 | 0:19:06 | 60 | 0:00:53 | 61 | 0:37:18 | 75 | 0:01:11 | 29 | 0:07:51 | 1:06:19 | 0:13:24 |
| 52 | 777 | | JERÓNIMO CRUZ | | V1 | Clube Ferroviario De Vendas Novas | 58 | 0:21:35 | 44 | 0:00:41 | 50 | 0:35:03 | 60 | 0:00:45 | 44 | 0:08:25 | 1:06:29 | 0:13:34 |
| 53 | 531 | | NUNO LOPES | | SEN | Clube Ferroviario De Vendas Novas | 54 | 0:21:24 | 45 | 0:00:41 | 52 | 0:35:13 | 55 | 0:00:41 | 48 | 0:08:30 | 1:06:29 | 0:13:34 |
| 54 | 753 | | JOÃO RITA | | V2 | Casa Benfica Faro | 53 | 0:21:19 | 62 | 0:00:54 | 51 | 0:35:08 | 48 | 0:00:36 | 55 | 0:08:51 | 1:06:48 | 0:13:53 |
| 55 | 963 | | MARIO SILVA | | SEN | Individual | 51 | 0:21:11 | 59 | 0:00:51 | 53 | 0:35:14 | 70 | 0:00:56 | 52 | 0:08:45 | 1:06:59 | 0:14:04 |
| 56 | 458 | | PEDRO MARQUES | | SEN | A.d.c.r. Palinho | 50 | 0:21:11 | 49 | 0:00:43 | 59 | 0:36:55 | 39 | 0:00:31 | 27 | 0:07:44 | 1:07:04 | 0:14:09 |
| 57 | 850 | | MÁRIO SANTANA | | V3 | Amiciolo | 55 | 0:21:30 | 70 | 0:01:05 | 48 | 0:34:49 | 62 | 0:00:47 | 56 | 0:08:56 | 1:07:07 | 0:14:12 |
| 58 | 845 | | JOÃO LOURENÇO | | SEN | C.s.r.d. Ota | 60 | 0:21:45 | 65 | 0:00:57 | 41 | 0:34:33 | 58 | 0:00:44 | 63 | 0:09:19 | 1:07:18 | 0:14:23 |
| 59 | 760 | | CARLOS SUZANA | | V1 | Agilistónico-ípodec | 61 | 0:21:55 | 54 | 0:00:46 | 47 | 0:34:47 | 64 | 0:00:51 | 59 | 0:09:04 | 1:07:23 | 0:14:28 |

Médias:

0:20:16

0:00:41

0:35:05

0:00:39

0:08:21



88
2003
Cesarian

Federação de Triatlo de Portugal

| Corrida | | Ciclismo | | | | | | | | | | Corrida | | | | | | | |
|-----------|-----|----------|----------------------|-------------|-------|-----|-----------------------------------|-----|---------|-----|---------|-----------|----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | | | | | | 2200 (MT) | | | | | | | |
| LG | Dns | Lic | Nome | Temporatura | Agua: | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 80 | 559 | 559 | JOSÉ PINTO | | | SEN | Ovense | 49 | 0:20:49 | 72 | 0:01:14 | 58 | 0:36:50 | 74 | 0:01:09 | 81 | 0:09:14 | 1:09:16 | 0:16:21 |
| 81 | 315 | 315 | BRUNO FERREIRA | | | S23 | C.a.r.d. Ota | 59 | 0:21:40 | 52 | 0:00:44 | 62 | 0:37:25 | 49 | 0:00:37 | 58 | 0:08:59 | 1:09:25 | 0:16:30 |
| 82 | 457 | 457 | NUNO ALMEIDA | | | SEN | A.d.r.r. Palinho | 63 | 0:22:48 | 57 | 0:00:50 | 57 | 0:36:24 | 61 | 0:00:45 | 51 | 0:08:42 | 1:09:29 | 0:16:34 |
| 83 | 547 | 547 | JOSÉ ANTUNES | | | SEN | Individual | 65 | 0:22:49 | 55 | 0:00:48 | 80 | 0:36:59 | 53 | 0:00:39 | 66 | 0:09:45 | 1:11:00 | 0:18:05 |
| 84 | 818 | 818 | JOSÉ RIJO | | | V4 | C.f. "os Belenenses" | 64 | 0:22:49 | 74 | 0:01:32 | 64 | 0:36:51 | 67 | 0:00:54 | 60 | 0:09:08 | 1:13:14 | 0:20:19 |
| 85 | 817 | 817 | VITOR COSTA | | | V3 | C.f. "os Belenenses" | 66 | 0:23:35 | 46 | 0:00:42 | 67 | 0:40:11 | 51 | 0:00:38 | 65 | 0:09:41 | 1:14:47 | 0:21:52 |
| 86 | 859 | | ANA OLIVEIRA | | | SEN | Individual | 62 | 0:22:43 | 67 | 0:01:01 | 70 | 0:41:00 | 63 | 0:00:49 | 64 | 0:09:38 | 1:15:11 | 0:22:16 |
| 87 | 865 | | JOSE SILVA | | | SEN | Individual | 68 | 0:24:31 | 33 | 0:00:32 | 65 | 0:39:21 | 36 | 0:00:29 | 73 | 0:11:10 | 1:16:03 | 0:23:08 |
| 88 | 548 | 548 | LUIS ANTUNES | | | SEN | Individual | 67 | 0:23:38 | 61 | 0:00:54 | 66 | 0:40:03 | 43 | 0:00:34 | 72 | 0:11:03 | 1:16:12 | 0:23:17 |
| 89 | 806 | 806 | JOSÉ LUIS NUNES | | | V2 | Pape-Águas De Asafora | 69 | 0:24:47 | 47 | 0:00:43 | 66 | 0:40:49 | 69 | 0:00:58 | 68 | 0:09:47 | 1:17:04 | 0:24:09 |
| 70 | 801 | 801 | LUIS RAMOS | | | V2 | C.f. "os Belenenses" | 70 | 0:25:31 | 73 | 0:01:16 | 71 | 0:41:13 | 71 | 0:01:00 | 69 | 0:10:04 | 1:19:04 | 0:26:09 |
| 71 | 812 | 812 | CARLOS RAIMUNDO | | | V3 | Aglotécnico-ippodec | 73 | 0:26:16 | 56 | 0:00:50 | 69 | 0:40:55 | 73 | 0:01:05 | 70 | 0:10:31 | 1:19:37 | 0:26:42 |
| 72 | 830 | 830 | JOÃO BRANCO | | | V4 | C.f. "os Belenenses" | 71 | 0:25:32 | 39 | 0:00:35 | 74 | 0:44:27 | 41 | 0:00:32 | 71 | 0:10:51 | 1:21:57 | 0:28:02 |
| 73 | 290 | | MARIA CECÍLIA FRANCO | | | S23 | C.f. "os Belenenses" | 72 | 0:26:05 | 71 | 0:01:08 | 76 | 0:46:29 | 72 | 0:01:01 | 67 | 0:09:46 | 1:26:29 | 0:33:34 |
| 74 | 841 | | MARIA JOÃO MARTINS | | | V1 | Aglotécnico-ippodec | 75 | 0:28:31 | 76 | 0:04:10 | 72 | 0:41:47 | 76 | 0:01:13 | 74 | 0:11:30 | 1:27:11 | 0:34:16 |
| 75 | 469 | 469 | PAULO JORGE | | | SEN | Amiciçlo | 74 | 0:28:30 | 66 | 0:00:59 | 75 | 0:45:32 | 68 | 0:00:55 | 75 | 0:12:08 | 1:28:04 | 0:35:09 |
| 76 | 843 | | ANTÓNIO PEREIRA | | | V5 | Individual | 76 | 0:28:47 | 75 | 0:01:40 | 73 | 0:44:19 | 68 | 0:00:54 | 76 | 0:12:25 | 1:28:05 | 0:35:10 |
| 77 | 616 | 616 | FRANCISCO OLIVEIRA | | | DNS | Individual | | | | | | | | | | | | |
| 78 | 849 | 849 | JOSÉ GOMES | | | DNS | Clube Bcp | | | | | | | | | | | | |
| 79 | 520 | 520 | ANTÓNIO CATARINO | | | DNS | Casa Do Benfca No Fundão | | | | | | | | | | | | |
| 80 | 778 | 778 | JOSÉ TEIXEIRA | | | DNS | Clube Ferroviario De Vendas Novas | | | | | | | | | | | | |
| 81 | 941 | | nada | | | DNS | Individual | | | | | | | | | | | | |
| 82 | 953 | | SERGIO OLIVEIRA | | | DNS | Individual | | | | | | | | | | | | |
| 83 | 823 | 823 | LUIS LOPES | | | DNS | Casa Do Benfca No Fundão | | | | | | | | | | | | |
| 84 | 465 | 465 | PAULO SILVA | | | DNS | Casa Benfca Fato | | | | | | | | | | | | |
| 85 | 458 | 458 | RUI PEDRO MATOS | | | DNS | Casa Benfca Fato | | | | | | | | | | | | |
| 86 | 284 | 284 | CATARINA JERÓNIMO | | | DNS | Casa Benfca Fato | | | | | | | | | | | | |

FEMININOS

Federação de Triatlo de Portugal

RESULTADOS

| | |
|--------------------------|--|
| LOCALIDADE: CRATO | DISTANCIA Corrida (MT); Ciclismo (KM); Corrida (MT): 5400/19/2200 |
| Data: 08-03-2003 | HORA DE COMEÇO: 16:00 |

INFO

| | |
|--|--|
| DELEGADO TÉCNICO: LUÍS RIBEIRO | JUIZ PRINCIPAL: NELSON LARANJEIRA |
| PONTUAVÉL PARA: CIRCUITO NACIONAL | JURI DE APELO: |

Informação

| Corrida | | Ciclismo | | | | | | | | | | Corrida | | | | | | |
|------------------------------|------|----------|----------------------|-----|-----|------------------------|-----|---------|-----|---------|-----|-----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT); Temperatura Agua: | | 19 (KM) | | | | | | | | | | 2200 (MT) | | | | | | |
| Lg | Dnst | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 1 | 536 | | CRISTINA PONTE | | SEN | S. r. camamel - lta | 1 | 0:19:20 | 1 | 0:00:32 | 1 | 0:37:27 | 1 | 0:00:35 | 1 | 0:07:42 | 1:05:36 | 0:00:00 |
| 2 | 959 | | ANA OLIVEIRA | | SEN | Individual | 2 | 0:22:43 | 2 | 0:01:01 | 2 | 0:41:00 | 2 | 0:00:48 | 2 | 0:09:38 | 1:15:11 | 0:09:35 |
| 3 | 260 | | MARIA CECÍLIA FRANCO | | S23 | C. l. 'os Belenenses' | 3 | 0:26:05 | 3 | 0:01:08 | 4 | 0:48:29 | 3 | 0:01:01 | 3 | 0:09:46 | 1:26:29 | 0:20:53 |
| 4 | 841 | | MARIA JOÃO MARTINS | | V1 | Aegle técnico- ipodeoc | 4 | 0:28:31 | 4 | 0:04:10 | 3 | 0:41:47 | 4 | 0:01:13 | 4 | 0:11:30 | 1:27:11 | 0:21:35 |
| 5 | 294 | | CATARINA JERÓNIMO | DNS | S23 | Casa Benfca Faro | | | | | | | | | | | | |



83/2003



8
3:20:03

Federação de Triatlo de Portugal

V1 Femininos

| Corrida | | | | Ciclismo | | | | | Corrida | | | | | | | | | |
|-----------------------------|------|-----|--------------------|----------|-----|-----------------------|-----|---------|-----------|---------|-----|----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT) Temperatura Agua: | | | | 19 (KM) | | | | | 2200 (MT) | | | | | | | | | |
| LG | Drel | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 4 | 841 | | MARIA JOÃO MARTINS | | V1 | Regist tecnico-ipcoco | -5 | 0:28:31 | -5 | 0:04:10 | -6 | 0:41:47 | -5 | 0:01:13 | -5 | 0:11:30 | 1:27:11 | 0:34:16 |

SEN Masculinos

| Corrida | | | | Ciclismo | | | | | | | | | | | Corrida | | | |
|-----------------------------|------|-----|----------------------|----------|-----|-----------------------------------|---------|---------|---------|---------|---------|----------|---------|---------|-----------|---------|---------|---------|
| 5400 (MT) Temperatura Agua: | | | | 19 (KM) | | | | | | | | | | | 2200 (MT) | | | |
| LG | Drel | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 2 | 505 | | JOSÉ MÁRIO RIBEIRO | | SEN | S.r.camamal - Ika | 3 | 0:16:25 | 2 | 0:00:18 | 2 | 0:28:46 | 5 | 0:00:15 | 2 | 0:06:28 | 0:53:12 | 0:00:17 |
| 3 | 508 | | ALCINO SERRAS | | SEN | S.r.camamal - Ika | 2 | 0:16:20 | 0 | 0:00:16 | 4 | 0:28:55 | 2 | 0:00:14 | 4 | 0:06:41 | 0:53:26 | 0:00:31 |
| 4 | 507 | | CUSTÓDIO ANTÓNIO | | SEN | S.r.camamal - Ika | 6 | 0:16:44 | 8 | 0:00:20 | 1 | 0:28:30 | 6 | 0:00:15 | 10 | 0:06:59 | 0:53:48 | 0:00:53 |
| 6 | 532 | | LUIS MANUEL ALMEIDA | | SEN | Clube Ferroviario De Vendas Novas | 0 | 0:16:19 | 4 | 0:00:19 | 6 | 0:31:22 | 4 | 0:00:15 | 3 | 0:06:32 | 0:54:47 | 0:01:52 |
| 7 | 523 | | JORGE RODRIGUES | | SEN | Casa Do Benfica No Fundão | 4 | 0:16:26 | 1 | 0:00:18 | 5 | 0:31:19 | 0 | 0:00:14 | 17 | 0:07:20 | 0:56:37 | 0:02:42 |
| 10 | 509 | | CARLOS BORGES | | SEN | Clube Ferroviario De Vendas Novas | 9 | 0:16:53 | 15 | 0:00:22 | 18 | 0:32:48 | 1 | 0:00:14 | 6 | 0:06:43 | 0:57:00 | 0:04:05 |
| 11 | 644 | | PAULO PINHEIRO | | SEN | C.s.r.d. Ota | 10 | 0:16:53 | 10 | 0:00:20 | 20 | 0:32:55 | 8 | 0:00:15 | 5 | 0:06:41 | 0:57:04 | 0:04:08 |
| 12 | 600 | | JOSÉ SANTOS | | SEN | S.r.camamal - Ika | 12 | 0:17:10 | 9 | 0:00:20 | 16 | 0:32:35 | 22 | 0:00:22 | 7 | 0:06:44 | 0:57:11 | 0:04:16 |
| 14 | 461 | | ANIBAL OLIVEIRA | | SEN | Amicielo | 14 | 0:17:14 | 25 | 0:00:29 | 13 | 0:32:21 | 9 | 0:00:17 | 11 | 0:07:02 | 0:57:23 | 0:04:28 |
| 15 | 481 | | GUSTAVO HACHMEISTER | | SEN | S.r.camamal - Ika | 17 | 0:17:31 | 17 | 0:00:23 | 10 | 0:32:13 | 34 | 0:00:29 | 9 | 0:06:55 | 0:57:31 | 0:04:36 |
| 18 | 629 | | FERNANDO CARMO | | SEN | C.f. "os Belenenses" | 19 | 0:18:26 | 40 | 0:00:37 | 9 | 0:31:59 | 31 | 0:00:27 | 16 | 0:07:20 | 0:59:51 | 0:05:56 |
| 19 | 570 | | ANTÓNIO JOURDAN | | SEN | C.f. "os Belenenses" | 24 | 0:18:49 | 13 | 0:00:21 | 7 | 0:31:53 | 30 | 0:00:28 | 31 | 0:08:01 | 0:59:30 | 0:06:35 |
| 20 | 535 | | RENATO MANUEL | | SEN | Clube Ferroviario De Vendas Novas | 16 | 0:17:25 | 38 | 0:00:35 | 38 | 0:34:09 | 21 | 0:00:22 | 12 | 0:07:06 | 0:59:39 | 0:08:44 |
| 21 | 636 | | PAULO MANUEL GONÇALV | | SEN | Casa Do Benfica No Fundão | 13 | 0:17:12 | 6 | 0:00:20 | 42 | 0:34:39 | 3 | 0:00:15 | 20 | 0:07:35 | 1:00:01 | 0:07:06 |
| 22 | 466 | | CARLOS MATOS | | SEN | Casa Benfca Faro | 21 | 0:18:41 | 34 | 0:00:34 | 31 | 0:33:30 | 16 | 0:00:20 | 18 | 0:07:28 | 1:00:33 | 0:07:38 |
| 26 | 477 | | PAULO SOUSA | | SEN | Regist tecnico-ipcoco | 31 | 0:19:14 | 11 | 0:00:21 | 25 | 0:33:06 | 25 | 0:00:23 | 26 | 0:07:52 | 1:00:58 | 0:08:03 |
| 28 | 564 | | CRISTIANO ANDRADE | | SEN | Assoc. Farnel Mendes Pinto | 29 | 0:19:12 | 39 | 0:00:36 | 21 | 0:32:56 | 36 | 0:00:30 | 26 | 0:07:46 | 1:01:02 | 0:08:07 |
| 28 | 533 | | OCTÁVIO LUIS | | SEN | Clube Ferroviario De Vendas Novas | 43 | 0:20:22 | 12 | 0:00:21 | 11 | 0:32:16 | 13 | 0:00:20 | 32 | 0:08:02 | 1:01:21 | 0:08:26 |
| 29 | 461 | | PAULO PRIETO | | SEN | A.d.s.r. Palhito | 32 | 0:19:19 | 29 | 0:00:31 | 22 | 0:32:57 | 32 | 0:00:28 | 36 | 0:08:08 | 1:01:23 | 0:08:28 |
| 30 | 613 | | PAULO LAMEGO | | SEN | C.f. "os Belenenses" | 26 | 0:19:01 | 23 | 0:00:27 | 30 | 0:33:30 | 29 | 0:00:26 | 30 | 0:08:01 | 1:01:25 | 0:08:30 |
| 31 | 594 | | HUGO RIBEIRO | | SEN | Regist tecnico-ipcoco | 44 | 0:20:26 | 24 | 0:00:28 | 8 | 0:31:59 | 33 | 0:00:29 | 38 | 0:08:11 | 1:01:33 | 0:08:38 |
| 33 | 638 | | PAULO CALIXTO | | SEN | Ateneu Artistico Cartuzense | 20 | 0:18:34 | 36 | 0:00:34 | 45 | 0:34:44 | 39 | 0:00:31 | 24 | 0:07:43 | 1:02:06 | 0:09:11 |
| 34 | 647 | | LUIS PARRINHA | | SEN | C.s.r.d. Ota | 35 | 0:19:27 | 26 | 0:00:29 | 36 | 0:33:59 | 23 | 0:00:22 | 39 | 0:08:12 | 1:02:29 | 0:09:34 |
| 35 | 517 | | MARCO FLÁVIO GONÇALV | | SEN | S.l.m.e.cruz-quebradense | 36 | 0:19:38 | 30 | 0:00:32 | 32 | 0:33:38 | 44 | 0:00:34 | 37 | 0:08:06 | 1:02:30 | 0:09:35 |
| 36 | 654 | | PEDRO MONTEIRO | | SEN | C.f. "os Belenenses" | 40 | 0:20:08 | 51 | 0:00:45 | 23 | 0:32:57 | 41 | 0:00:32 | 52 | 0:08:48 | 1:03:10 | 0:10:15 |
| | | | | | | | Médias: | | 0:20:16 | | 0:00:41 | | 0:35:05 | | 0:00:33 | | 0:06:21 | |



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| 41 | 1060 | MIGUEL PALMA | SEN | Abv Estoris | 54 | 0:21:31 | 22 | 0:00:26 | 26 | 0:33:08 | 28 | 0:00:24 | 47 | 0:08:37 | 1:04:07 | 0:11:12 |
|----|------|--------------------|-----|-----------------------------------|----|---------|----|---------|----|---------|----|---------|----|---------|---------|---------|
| 46 | 635 | CLÁUDIO NOGUEIRA | SEN | Clube Ferroviário De Vendas Novas | 50 | 0:21:13 | 62 | 0:00:57 | 24 | 0:33:04 | 37 | 0:00:30 | 51 | 0:08:47 | 1:04:31 | 0:11:36 |
| 48 | 646 | MANUEL BATISTA | SEN | C.a.r.d. Ota | 33 | 0:19:21 | 56 | 0:00:51 | 53 | 0:35:18 | 50 | 0:00:38 | 60 | 0:09:15 | 1:05:23 | 0:12:28 |
| 50 | 661 | CARLOS VASQUEZ | SEN | Individual | 28 | 0:19:06 | 58 | 0:00:53 | 60 | 0:37:18 | 71 | 0:01:11 | 27 | 0:07:51 | 1:06:19 | 0:13:24 |
| 52 | 531 | INUNO LOPES | SEN | Clube Ferroviário De Vendas Novas | 52 | 0:21:24 | 43 | 0:00:41 | 51 | 0:35:13 | 53 | 0:00:41 | 46 | 0:08:30 | 1:06:29 | 0:13:34 |
| 54 | 663 | MARIO SILVA | SEN | Individual | 49 | 0:21:11 | 57 | 0:00:51 | 52 | 0:35:14 | 67 | 0:00:58 | 50 | 0:08:45 | 1:06:59 | 0:14:04 |
| 55 | 459 | PEDRO MARQUES | SEN | A.d.r. Palmho | 48 | 0:21:11 | 47 | 0:00:43 | 58 | 0:36:55 | 38 | 0:00:31 | 25 | 0:07:44 | 1:07:04 | 0:14:09 |
| 57 | 645 | JOÃO LOURENÇO | SEN | C.a.r.d. Ota | 58 | 0:21:45 | 63 | 0:00:57 | 40 | 0:34:33 | 58 | 0:00:44 | 61 | 0:09:19 | 1:07:18 | 0:14:23 |
| 59 | 559 | JOSÉ PINTO | SEN | Ovenase | 47 | 0:20:49 | 68 | 0:01:14 | 57 | 0:36:50 | 70 | 0:01:09 | 59 | 0:09:14 | 1:08:16 | 0:16:21 |
| 61 | 457 | INUNO ALMEIDA | SEN | A.d.r. Palmho | 60 | 0:22:48 | 55 | 0:00:50 | 56 | 0:36:24 | 59 | 0:00:45 | 49 | 0:08:42 | 1:08:28 | 0:16:34 |
| 62 | 547 | JOSÉ ANTUNES | SEN | Individual | 62 | 0:22:49 | 53 | 0:00:48 | 59 | 0:36:59 | 51 | 0:00:39 | 63 | 0:09:45 | 1:11:00 | 0:18:05 |
| 65 | 665 | JOSE SILVA | SEN | Individual | 65 | 0:24:31 | 31 | 0:00:32 | 63 | 0:39:21 | 35 | 0:00:29 | 69 | 0:11:10 | 1:16:03 | 0:23:08 |
| 66 | 546 | LUIS ANTUNES | SEN | Individual | 64 | 0:23:38 | 59 | 0:00:54 | 64 | 0:40:03 | 42 | 0:00:34 | 68 | 0:11:03 | 1:16:12 | 0:23:17 |
| 71 | 469 | PAULO JORGE | SEN | Amiciolo | 70 | 0:28:30 | 64 | 0:00:59 | 71 | 0:45:32 | 65 | 0:00:55 | 70 | 0:12:08 | 1:28:04 | 0:35:09 |
| 73 | 616 | FRANCISCO OLIVEIRA | DNS | Individual | | | | | | | | | | | | |
| 75 | 520 | ANTÓNIO CATARINO | DNS | Casa Do Benfica No Fundão | | | | | | | | | | | | |
| 77 | 641 | inada | DNS | Individual | | | | | | | | | | | | |
| 78 | 663 | SERGIO OLIVEIRA | DNS | Individual | | | | | | | | | | | | |
| 79 | 623 | LUIS LOPES | DNS | Casa Do Benfica No Fundão | | | | | | | | | | | | |
| 80 | 465 | PAULO SILVA | DNS | Casa Benfica Faro | | | | | | | | | | | | |
| 81 | 456 | RUI PEDRO MATOS | DNS | Casa Benfica Faro | | | | | | | | | | | | |

SEN Femininos

| Corrida | | 5400 (MT) | | Temperatura Agua: | | Ciclismo | | 19 (KM) | | Corrida | | 2200 (MT) | | | | |
|---------|------|-----------|----------------|-------------------|-----|-------------------|-----|---------|-----|---------|-----|-----------|-----|---------|---------|---------|
| LG | Drei | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | T-2 | Pos | Corrida | Total | Diff |
| 1 | 536 | 536 | CRISTINA PONTE | | SEN | S.r.camamal - lta | -8 | 0:19:20 | -8 | 0:00:32 | -8 | 0:00:35 | -8 | 0:07:42 | 1:05:36 | 0:12:41 |
| 2 | 659 | | ANA OLIVEIRA | | SEN | Individual | -7 | 0:22:43 | -7 | 0:01:01 | -7 | 0:00:49 | -7 | 0:09:38 | 1:15:11 | 0:22:16 |

S23 Masculinos

| Corrida | | 5400 (MT) | | Temperatura Agua: | | Ciclismo | | 19 (KM) | | Corrida | | 2200 (MT) | | | | | | |
|---------|------|-----------|---------------------|-------------------|-----|--------------------------|-----|---------|-----|---------|-----|-----------|-----|---------|-------|---------|---------|---------|
| LG | Drei | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | T-2 | Pos | Corrida | Total | Diff | | |
| 1 | 266 | 266 | SÉRGIO MANUEL SILVA | | S23 | S.r.camamal - lta | 1 | 0:16:19 | 14 | 0:00:21 | 3 | 0:29:51 | 7 | 0:00:15 | 0 | 0:06:09 | 0:52:55 | 0:00:00 |
| 5 | 265 | 265 | DUARTE MARQUES | | S23 | S.r.camamal - lta | 7 | 0:16:44 | 5 | 0:00:19 | 0 | 0:29:29 | 15 | 0:00:20 | 21 | 0:07:35 | 0:54:27 | 0:01:32 |
| 8 | 263 | 263 | MANUEL JÚLIO | | S23 | S.l.m.e.cruz-quebradense | 5 | 0:16:26 | 3 | 0:00:18 | 12 | 0:32:20 | 27 | 0:00:24 | 14 | 0:07:13 | 0:56:41 | 0:03:46 |

Médias:

0:20:16

0:00:31

0:35:05

0:00:35

0:08:21

4

0:00:35

0:08:21

0:00:35

0:08:21

0:00:35

0:08:21

0:00:35

0:08:21

0:00:35

0:08:21



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| 0 | 295 | SÉRGIO MARQUES | S23 | Agilistónico-Ipodec | 8 | 0:16:51 | 19 | 0:00:25 | 19 | 0:32:51 | 20 | 0:00:22 | 1 | 0:06:26 | 0:56:55 | 0:04:00 |
|----|-----|----------------|-----|---------------------|----|---------|----|---------|----|---------|----|---------|----|---------|---------|---------|
| 17 | 297 | PEDRO GOMES | S23 | Agilistónico-Ipodec | 18 | 0:17:55 | 21 | 0:00:26 | 17 | 0:32:45 | 18 | 0:00:21 | 15 | 0:07:15 | 0:58:42 | 0:05:47 |
| 60 | 315 | BRUNO FERREIRA | S23 | C.s.r.d. Ota | 57 | 0:21:40 | 50 | 0:00:44 | 61 | 0:37:25 | 47 | 0:00:37 | 56 | 0:08:59 | 1:09:25 | 0:16:30 |

S23 Femininos

| Corrida | | Ciclismo | | | | | | | | | | Corrida | | | | | | |
|-----------|-----|----------|----------------------|-----|-----|----------------------|-----|---------|-----|---------|-----|-----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | | | | | | 2200 (MT) | | | | | | |
| LG | Drs | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 3 | 290 | | MARIA CECILIA FRANCO | | S23 | C.f. "os Balenenses" | -8 | 0:26:05 | -6 | 0:01:08 | -5 | 0:48:29 | -6 | 0:01:01 | -6 | 0:08:46 | 1:26:29 | 0:33:34 |
| 5 | 294 | 294 | CATARINA JERÓNIMO | DNS | S23 | Casa Benfica Faro | | | | | | | | | | | | |

JUN Masculinos

| Corrida | | Ciclismo | | | | | | | | | | Corrida | | | | | | |
|-----------|-----|----------|------------------|-----|-----|-------------------|-----|---------|-----|---------|-----|-----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | | | | | | 2200 (MT) | | | | | | |
| LG | Drs | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 13 | 652 | | TIAGO NEVES | | JUN | Individual | 15 | 0:17:22 | 7 | 0:00:20 | 14 | 0:32:24 | 14 | 0:00:20 | 8 | 0:06:46 | 0:57:12 | 0:04:17 |
| 32 | 412 | 412 | CHARLY BLANCHARD | | JUN | Avançado/sr James | 27 | 0:19:02 | 16 | 0:00:22 | 29 | 0:33:25 | 19 | 0:00:21 | 44 | 0:08:28 | 1:01:38 | 0:08:43 |
| 39 | 417 | 417 | RUI DOLORES | | JUN | Amidiclo | 39 | 0:19:46 | 33 | 0:00:34 | 41 | 0:34:38 | 26 | 0:00:23 | 43 | 0:08:25 | 1:03:46 | 0:10:51 |



8.3.2003

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RESULTADOS

| | | |
|--------------------------|--|---------------------|
| LOCALIDADE: CRATO | DISTANCIA Corrida (MT); Ciclismo (KM); Corrida (MT) | 5400/19/2200 |
| Data: 08-03-2003 | HORA DE COMEÇO: | 16:00 |

INFO

| | |
|--|--|
| DELEGADO TÉCNICO: LUÍS RIBEIRO | JUIZ PRINCIPAL: NELSON LARANJEIRA |
| PONTUAVÉL PARA: CIRCUITO NACIONAL | JURI DE APELO: |

Informação

V5 Masculinos

| Corrida | | Ciclismo | | | | | Corrida | | | | | | | | | | |
|-----------|-----------|-----------------|-----|---------------|--------|-----|-----------|-----|---------|-----|---------|-----|---------|-------|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | 2200 (MT) | | | | | | | | | | |
| LG | Detal Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | T-2 | Pos | Corrida | Total | Diff | | |
| 72 | 843 | ANTÓNIO PEREIRA | | V5 Individual | | 71 | 0:28:47 | 71 | 0:01:40 | 69 | 0:44:19 | 63 | 0:00:54 | 71 | 0:12:25 | 1:28:05 | 0:35:10 |

V4 Masculinos

| Corrida | | Ciclismo | | | | | Corrida | | | | | | | | | | |
|-----------|-----------|--------------|-----|-------------------------|--------|-----|-----------|-----|---------|-----|---------|-----|---------|-------|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | 2200 (MT) | | | | | | | | | | |
| LG | Detal Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | T-2 | Pos | Corrida | Total | Diff | | |
| 37 | 822 | CARLOS LEITE | | V4 Ovarianos | | 34 | 0:19:28 | 28 | 0:00:31 | 48 | 0:34:59 | 24 | 0:00:23 | 29 | 0:07:54 | 1:03:13 | 0:10:18 |
| 63 | 816 | JOSÉ RIJO | | V4 C.f. "os Belenenses" | | 61 | 0:22:49 | 70 | 0:01:32 | 62 | 0:38:51 | 64 | 0:00:54 | 58 | 0:09:08 | 1:13:14 | 0:20:19 |
| 70 | 830 | JOÃO BRANCO | | V4 C.f. "os Belenenses" | | 68 | 0:25:32 | 37 | 0:00:35 | 70 | 0:44:27 | 40 | 0:00:32 | 67 | 0:10:51 | 1:21:57 | 0:28:02 |

V3 Masculinos

| Corrida | | Ciclismo | | | | | Corrida | | | | | | | | | | |
|-----------|-----------|-----------------|-----|-------------------------|--------|-----|-----------|-----|---------|-----|---------|-----|---------|-------|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | 2200 (MT) | | | | | | | | | | |
| LG | Detal Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | T-2 | Pos | Corrida | Total | Diff | | |
| 56 | 850 | MÁRIO SANTANA | | V3 Amicidlo | | 53 | 0:21:30 | 67 | 0:01:05 | 47 | 0:34:49 | 60 | 0:00:47 | 54 | 0:08:56 | 1:07:07 | 0:14:12 |
| 64 | 817 | VITOR COSTA | | V3 C.f. "os Belenenses" | | 63 | 0:23:35 | 44 | 0:00:42 | 65 | 0:40:11 | 49 | 0:00:38 | 62 | 0:09:41 | 1:14:47 | 0:21:52 |
| 69 | 812 | CARLOS RAIMUNDO | | V3 Aegistecnico-Ipodec | | 69 | 0:28:16 | 54 | 0:00:50 | 67 | 0:40:55 | 69 | 0:01:05 | 66 | 0:10:31 | 1:19:37 | 0:26:42 |

Médias:

0:20:16

0:00:41

0:35:05

0:00:39

0:08:21



Corrida 8.3.2003

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V2 Masculinos

| Corrida | | Ciclismo | | | | | | | | | | Corrida | | | | | | |
|-----------|-----|----------|-------------------|-----|-----|-----------------------------------|-----|---------|-----|---------|-----|-----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | | | | | | 2200 (MT) | | | | | | |
| LG | Dns | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 23 | 776 | 776 | FERNANDO TEIXEIRA | | V2 | Clube Ferroviario De Vendas Novas | 23 | 0:18:48 | 18 | 0:00:24 | 34 | 0:33:41 | 11 | 0:00:19 | 19 | 0:07:32 | 1:00:45 | 0:07:50 |
| 24 | 792 | 792 | JOSÉ VARELA | | V2 | Casa Benfica Faro | 22 | 0:18:43 | 35 | 0:00:34 | 33 | 0:33:39 | 12 | 0:00:19 | 22 | 0:07:38 | 1:00:53 | 0:07:58 |
| 42 | 848 | | JOÃO VENÂNCIO | | V2 | Casa Do Benfica No Fundão | 37 | 0:19:40 | 61 | 0:00:55 | 43 | 0:34:39 | 62 | 0:00:51 | 34 | 0:08:04 | 1:04:09 | 0:11:14 |
| 43 | 804 | 804 | INARCISO MARCOS | | V2 | Individual | 38 | 0:19:40 | 49 | 0:00:44 | 44 | 0:34:41 | 54 | 0:00:43 | 41 | 0:08:22 | 1:04:10 | 0:11:15 |
| 49 | 831 | 831 | JORGE MACHADO | | V2 | Casa Benfica Faro | 48 | 0:20:29 | 46 | 0:00:43 | 55 | 0:35:58 | 43 | 0:00:34 | 40 | 0:08:19 | 1:06:03 | 0:13:08 |
| 53 | 753 | 753 | JOÃO RITA | | V2 | Casa Benfica Faro | 51 | 0:21:19 | 60 | 0:00:54 | 50 | 0:35:06 | 46 | 0:00:36 | 53 | 0:08:51 | 1:06:48 | 0:13:53 |
| 67 | 808 | 808 | JOSÉ LUIS NUNES | | V2 | Papa-Aguas De Assafora | 66 | 0:24:47 | 45 | 0:00:43 | 66 | 0:40:49 | 66 | 0:00:58 | 64 | 0:09:47 | 1:17:04 | 0:24:09 |
| 68 | 801 | 801 | LUIS RAMOS | | V2 | C.f. "os Belenenses" | 67 | 0:25:31 | 69 | 0:01:16 | 68 | 0:41:13 | 68 | 0:01:00 | 65 | 0:10:04 | 1:19:04 | 0:28:09 |
| 74 | 849 | 849 | JOSÉ GOMES | DNS | V2 | Clube Bop | | | | | | | | | | | | |

V1 Masculinos

| Corrida | | Ciclismo | | | | | | | | | | Corrida | | | | | | |
|-----------|-----|----------|------------------------|-----|-----|-----------------------------------|-----|---------|-----|---------|-----|-----------|-----|---------|-----|---------|---------|---------|
| 5400 (MT) | | 19 (KM) | | | | | | | | | | 2200 (MT) | | | | | | |
| LG | Dns | Lic | Nome | PEN | ESC | Equipa | Pos | Corrida | Pos | T-1 | Pos | Ciclismo | Pos | T-2 | Pos | Corrida | Total | Diff |
| 16 | 785 | 785 | JOSÉ REIS | | V1 | Ourense | 11 | 0:17:00 | 32 | 0:00:33 | 15 | 0:32:35 | 17 | 0:00:21 | 13 | 0:07:10 | 0:57:39 | 0:04:44 |
| 27 | 774 | | JOSÉ GUILHERME OLIVEIR | | V1 | Abv Estoris | 30 | 0:18:12 | 27 | 0:00:30 | 27 | 0:33:10 | 52 | 0:00:39 | 23 | 0:07:41 | 1:01:12 | 0:08:17 |
| 38 | 845 | 845 | JOSÉ MANUEL SILVA | | V1 | Ourense | 25 | 0:18:52 | 48 | 0:00:44 | 54 | 0:35:23 | 48 | 0:00:38 | 35 | 0:08:06 | 1:03:43 | 0:10:48 |
| 40 | 854 | 854 | AMÂNDIO CAETANO | | V1 | A.d.c.r. Palinho | 42 | 0:20:19 | 41 | 0:00:39 | 39 | 0:34:18 | 45 | 0:00:35 | 33 | 0:08:03 | 1:03:54 | 0:10:59 |
| 44 | 851 | 851 | AMÉRICO GASPAS | | V1 | C.s.r.d. Ota | 41 | 0:20:11 | 68 | 0:01:02 | 37 | 0:34:00 | 57 | 0:00:44 | 45 | 0:08:29 | 1:04:26 | 0:11:31 |
| 45 | 775 | 775 | JOÃO SANTOS | | V1 | Abv Estoris | 55 | 0:21:34 | 20 | 0:00:25 | 28 | 0:33:16 | 10 | 0:00:18 | 55 | 0:08:57 | 1:04:30 | 0:11:35 |
| 47 | 782 | 782 | RENATO INÁCIO | | V1 | A.d.c.r. Palinho | 45 | 0:20:28 | 65 | 0:01:02 | 35 | 0:33:49 | 55 | 0:00:44 | 48 | 0:08:41 | 1:04:42 | 0:11:47 |
| 51 | 777 | | JERÓNIMO CRUZ | | V1 | Clube Ferroviario De Vendas Novas | 56 | 0:21:35 | 42 | 0:00:41 | 49 | 0:35:03 | 68 | 0:00:45 | 42 | 0:08:25 | 1:08:29 | 0:13:34 |
| 56 | 790 | | CARLOS SUZANA | | V1 | Agistibonico-ipodec | 59 | 0:21:55 | 52 | 0:00:46 | 46 | 0:34:47 | 61 | 0:00:51 | 57 | 0:09:04 | 1:07:23 | 0:14:28 |
| 76 | 778 | 778 | JOSÉ TEIXEIRA | DNS | V1 | Clube Ferroviario De Vendas Novas | | | | | | | | | | | | |

*Cedem
8.3.2003*



| | | | |
|--------------------|-------------------|--|---------------------|
| LOCALIDADE: | CRATO | DISTANCIA Corrida (MT); Ciclismo (KM); Corrida (MT): | 5400/19/2200 |
| Data: | 08-03-2003 | HORA DE COMEÇO: | 16:00 |

INFO

| | | | |
|--------------------------|---------------------|------------------------|--------------------------|
| DELEGADO TÉCNICO: | LUÍS RIBEIRO | JUIZ PRINCIPAL: | NELSON LARANJEIRA |
| PONTUAVÉL PARA: | CIRCUITO NACIONAL | JURI DE APELO: | |

S.R.CAMARNAL - IKA

Tempo Total: 2:39:33

| LG | DrsL | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|---------------------|-----|-----|--------------------|---------|---------|
| 1 | 288 | 288 | SÉRGIO MANUEL SILVA | | S23 | S.R.CAMARNAL - IKA | 0:52:55 | 0:00:00 |
| 2 | 505 | 505 | JOSÉ MÁRIO RIBEIRO | | SEN | S.R.CAMARNAL - IKA | 0:53:12 | 0:00:17 |
| 3 | 508 | 508 | ALCINO SERRAS | | SEN | S.R.CAMARNAL - IKA | 0:53:26 | 0:00:31 |

CLUBE FERROVIARIO DE VENDAS NOVAS

Tempo Total: 2:51:26

| LG | DrsL | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|---------------------|-----|-----|-----------------------------------|---------|---------|
| 6 | 532 | 532 | LUIS MANUEL ALMEIDA | | SEN | CLUBE FERROVIARIO DE VENDAS NOVAS | 0:54:47 | 0:01:52 |
| 10 | 509 | 509 | CARLOS BORGES | | SEN | CLUBE FERROVIARIO DE VENDAS NOVAS | 0:57:00 | 0:04:05 |
| 20 | 535 | 535 | RENATO MANUEL | | SEN | CLUBE FERROVIARIO DE VENDAS NOVAS | 0:59:39 | 0:06:44 |

AEGISTÉCNICO-IPODEC

Tempo Total: 2:56:35

| LG | DrsL | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|----------------|-----|-----|---------------------|---------|---------|
| 9 | 285 | 285 | SÉRGIO MARQUES | | S23 | AEGISTÉCNICO-IPODEC | 0:56:55 | 0:04:00 |
| 17 | 287 | | PEDRO GOMES | | S23 | AEGISTÉCNICO-IPODEC | 0:58:42 | 0:05:47 |
| 25 | 477 | 477 | PAULO SOUSA | | SEN | AEGISTÉCNICO-IPODEC | 1:00:58 | 0:08:03 |

C.F. "OS BELENENSES"

Tempo Total: 2:59:46

| LG | DrsL | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|-----------------|-----|-----|----------------------|---------|---------|
| 18 | 629 | 629 | FERNANDO CARMO | | SEN | C.F. "OS BELENENSES" | 0:58:51 | 0:05:56 |
| 19 | 570 | | ANTÓNIO JOURDAN | | SEN | C.F. "OS BELENENSES" | 0:59:30 | 0:06:35 |
| 30 | 613 | 613 | PAULO LAMEGO | | SEN | C.F. "OS BELENENSES" | 1:01:25 | 0:08:30 |

CASA DO BENFICA NO FUNDÃO

Tempo Total: 2:59:47

| LG | DrsL | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|------------------------|-----|-----|---------------------------|---------|---------|
| 7 | 523 | 523 | JORGE RODRIGUES | | SEN | CASA DO BENFICA NO FUNDÃO | 0:55:37 | 0:02:42 |
| 21 | 636 | 636 | PAULO MANUEL GONÇALVES | | SEN | CASA DO BENFICA NO FUNDÃO | 1:00:01 | 0:07:06 |
| 42 | 846 | | JOÃO VENÂNCIO | | V2 | CASA DO BENFICA NO FUNDÃO | 1:04:09 | 0:11:14 |

C.S.R.D. OTA

Tempo Total: 3:03:59

| LG | DrsL | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|----------------|-----|-----|--------------|---------|---------|
| 11 | 644 | 644 | PAULO PINHEIRO | | SEN | C.S.R.D. OTA | 0:57:04 | 0:04:09 |
| 34 | 647 | 647 | LUIS PARRINHA | | SEN | C.S.R.D. OTA | 1:02:29 | 0:09:34 |
| 44 | 851 | 851 | AMÉRICO GASPAS | | V1 | C.S.R.D. OTA | 1:04:26 | 0:11:31 |

*Cesur
8.3.2003*



OVARENSE

Tempo Total: 3:04:35

| LG | Drst | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|-------------------|-----|-----|----------|---------|---------|
| 16 | 785 | 785 | JOSÉ REIS | | V1 | OVARENSE | 0:57:39 | 0:04:44 |
| 37 | 822 | 822 | CARLOS LEITE | | V4 | OVARENSE | 1:03:13 | 0:10:18 |
| 38 | 845 | 845 | JOSÉ MANUEL SILVA | | V1 | OVARENSE | 1:03:43 | 0:10:48 |

CASA BENFICA FARO

Tempo Total: 3:07:29

| LG | Drst | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|---------------|-----|-----|-------------------|---------|---------|
| 22 | 466 | 466 | CARLOS MATOS | | SEN | CASA BENFICA FARO | 1:00:33 | 0:07:38 |
| 24 | 782 | 782 | JOSÉ VARELA | | V2 | CASA BENFICA FARO | 1:00:53 | 0:07:58 |
| 49 | 831 | 831 | JORGE MACHADO | | V2 | CASA BENFICA FARO | 1:06:03 | 0:13:08 |

AMICICLO

Tempo Total: 3:08:16

| LG | Drst | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|-----------------|-----|-----|----------|---------|---------|
| 14 | 461 | 461 | ANIBAL OLIVEIRA | | SEN | AMICICLO | 0:57:23 | 0:04:28 |
| 39 | 417 | 417 | RUI DOLORES | | JUN | AMICICLO | 1:03:46 | 0:10:51 |
| 56 | 850 | 850 | MÁRIO SANTANA | | V3 | AMICICLO | 1:07:07 | 0:14:12 |

ABV ESTORIS

Tempo Total: 3:09:49

| LG | Drst | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|-------------------------|-----|-----|-------------|---------|---------|
| 27 | 774 | | JOSÉ GUILHERME OLIVEIRA | | V1 | ABV ESTORIS | 1:01:12 | 0:08:17 |
| 41 | 1080 | | MIGUEL PALMA | | SEN | ABV ESTORIS | 1:04:07 | 0:11:12 |
| 45 | 775 | 775 | JOÃO SANTOS | | V1 | ABV ESTORIS | 1:04:30 | 0:11:35 |

A.D.C.R. PAINHO

Tempo Total: 3:09:59

| LG | Drst | Lic | Nome | PEN | ESC | Equipa | Total | Diff |
|----|------|-----|-----------------|-----|-----|-----------------|---------|---------|
| 29 | 451 | | PAULO PRIETO | | SEN | A.D.C.R. PAINHO | 1:01:23 | 0:08:28 |
| 40 | 854 | 854 | AMÂNDIO CAETANO | | V1 | A.D.C.R. PAINHO | 1:03:54 | 0:10:59 |
| 47 | 752 | 752 | RENATO INÁCIO | | V1 | A.D.C.R. PAINHO | 1:04:42 | 0:11:47 |