



Federação de Triatlo de Portugal

RESULTADOS

LOCALIDADE:	CADAVAL	DISTÂNCIA Corrida (MT); Ciclismo (KM); Corrida (MT)	5000/23/2500
Data:	22-03-2003	HORA DE COMEÇO:	11:15

INFO

DELEGADO TÉCNICO:	NELSON LARANJEIRA	JUIZ PRINCIPAL:	RICARDO GUERREIRO
PONTUÁVEL PARA:	TACA DE PORTUGAL	JUIZ DE APELO:	J.L. FERRERAM, LARANJEIRA/ EDGAR

Informação

Corrida		Ciclismo										Corrida					
±1000 (MT)		23 (KM)										2500 (MT)					
LG	Dist	Lic	Nome	Equipa	ESC	Pos	Corrida	Pos	T-1	Pos	T-2	Pos	Corrida	Total	BMF		
1	496	496	LINO BARRUNCHO	Avianchehair Janes	SEN	1	0:15:12	3	0:00:16	13	0:35:57	2	0:00:16	3	0:07:42	0:59:25	0:00:00
2	264	264	NELSON SILVA	Sr Carmemal-coest; ramelho Couto-Illa	S23	2	0:15:14	6	0:00:16	14	0:35:57	5	0:00:17	4	0:07:47	0:59:33	0:00:08
3	266	266	SÉRGIO MANUEL SILVA	Sr Carmemal-coest; ramelho Couto-Illa	JUN	4	0:15:22	1	0:00:17	10	0:35:49	4	0:00:16	6	0:07:55	0:59:39	0:00:14
4	1142	262	HUGO FORTUNA	Avianchehair Janes	JUN	3	0:15:17	14	0:00:21	11	0:35:51	20	0:00:24	5	0:07:54	0:59:47	0:00:22
5	505	505	JOSÉ MÁRIO RIBEIRO	Sr Carmemal-coest; ramelho Couto-Illa	SEN	9	0:15:51	5	0:00:18	2	0:35:16	3	0:00:16	7	0:08:12	0:59:53	0:00:28
6	523	523	JORGE RODRIGUES	Deas Do Benfica No Funchal	SEN	6	0:15:46	9	0:00:20	6	0:35:23	1	0:00:15	8	0:08:16	1:00:02	0:00:37
7	262	262	BRUNO PAIS	C.I. "os Belenenses"	S23	11	0:15:52	4	0:00:16	1	0:35:14	14	0:00:23	13	0:08:22	1:00:09	0:00:44
8	263	263	MANUEL JULIO	Sr Carmemal-coest; ramelho Couto-Illa	S23	6	0:15:35	7	0:00:19	6	0:35:36	18	0:00:23	11	0:08:20	1:00:13	0:00:48
9	506	506	PAULO ANTUNES	C.I. "os Belenenses"	SEN	10	0:15:52	11	0:00:20	3	0:35:19	21	0:00:24	10	0:08:19	1:00:14	0:00:49
10	265	265	DUARTE MARQUES	Sr Carmemal-coest; ramelho Couto-Illa	JUN	7	0:15:40	2	0:00:17	7	0:35:37	9	0:00:20	16	0:08:42	1:00:36	0:01:11
11	600	600	JOSÉ SANTOS	Sr Carmemal-coest; ramelho Couto-Illa	SEN	15	0:16:07	21	0:00:22	8	0:35:40	41	0:00:26	15	0:08:35	1:01:12	0:01:47
12	396	396	RUBEN CRISTIANO	Sr Carmemal-coest; ramelho Couto-Illa	JUN	5	0:15:25	23	0:00:22	16	0:36:24	104	0:00:44	9	0:08:17	1:01:12	0:01:47
13	1127	576	LUIS DIOGO SANTOS	Sport União Colares	SEN	13	0:16:00	27	0:00:23	9	0:35:49	40	0:00:26	16	0:08:40	1:01:20	0:01:55
14	507	507	CUSTÓDIO ANTÓNIO	Sr Carmemal-coest; ramelho Couto-Illa	SEN	16	0:16:25	15	0:00:21	12	0:35:52	11	0:00:22	21	0:08:46	1:01:46	0:02:21
15	508	508	PEDRO PINHEIRO	Udo - União Desportiva Oeste	SEN	25	0:16:52	32	0:00:24	4	0:35:21	22	0:00:24	23	0:08:46	1:01:49	0:02:24
16	268	268	SÉRGIO MARQUES	Angústico-Ipodio	S23	16	0:16:26	13	0:00:20	16	0:36:17	48	0:00:30	14	0:08:23	1:01:56	0:02:31
17	488	488	NUNO NEVES	Avianchehair Janes	S23	17	0:16:26	17	0:00:22	15	0:36:08	31	0:00:27	17	0:08:42	1:02:03	0:02:39
18	481	481	GUSTAVO HACHMEISTER	Sr Carmemal-coest; ramelho Couto-Illa	SEN	21	0:16:33	22	0:00:22	17	0:36:16	29	0:00:26	20	0:08:46	1:02:24	0:02:59
19	509	509	CARLOS BORGES	Cube Ferroviário De Vondim Novas	SEN	14	0:16:05	29	0:00:23	21	0:36:57	6	0:00:19	26	0:09:00	1:02:47	0:03:22
20	765	765	JOSÉ REIS	Ourense	V1	22	0:16:34	77	0:00:36	20	0:36:57	24	0:00:25	22	0:08:47	1:03:16	0:03:53
21	412	412	CHARLY BLANCHARD	Avianchehair Janes	JUN	26	0:16:53	30	0:00:24	19	0:36:51	13	0:00:23	30	0:09:06	1:03:36	0:04:14
22	267	267	PEDRO GOMES	Angústico-Ipodio	JUN	19	0:16:30	12	0:00:20	28	0:37:28	26	0:00:26	32	0:09:23	1:04:07	0:04:42
23	844	844	PAULO PINHEIRO	C.A.R.D. Ota	SEN	12	0:15:53	16	0:00:22	58	0:36:40	36	0:00:26	12	0:08:21	1:04:44	0:05:19
24	504	504	BRUNO FERNANDES	Udo - União Desportiva Oeste	S23	31	0:17:09	24	0:00:22	33	0:38:02	15	0:00:23	25	0:09:01	1:04:57	0:06:32

Médias: 0:16:46 0:00:26 0:42:43 0:11:40

Federação de Triatlo de Portugal

Corrida 5000 (MT) Temperatura Agua										Ciclismo 23 (KM)										Corrida 2500 (MT)		
LG	Qual	LC	Name	PER	SEC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Dif				
26	800		FERNANDO FEIJÃO		V2	Casa Da Benfica No Furdido	27	0:16:54	10	0:00:20	37	0:38:20	46	0:00:30	29	0:09:04	1:05:08	0:05:43				
26	397		VANESSA FERNANDES		JUN	Individual	35	0:17:16	53	0:00:28	38	0:38:07	43	0:00:29	28	0:09:02	1:05:22	0:05:57				
27	1028		JOAO FERREIRA		SEN	Individual	53	0:18:11	91	0:00:39	24	0:37:15			37	0:09:32	1:05:37	0:06:12				
28	499		ANTÓNIO ERVIDEIRA		SEN	Udo - União Desportiva Oeste	29	0:17:01	28	0:00:23	38	0:38:24	28	0:00:25	34	0:09:25	1:05:38	0:06:13				
29	492		DAVID CALDEIRÃO		SEN	Udo - União Desportiva Oeste	37	0:17:38	59	0:00:30	27	0:37:24			72	0:10:19	1:05:46	0:06:24				
30	535		RENATO MANUEL		SEN	Clube Ferroviário De Vendas Novas	23	0:16:38	86	0:00:38	43	0:39:10	17	0:00:23	27	0:09:02	1:05:49	0:06:24				
31	451		PAULO PRIETO		SEN	A.s.c.r. Piarho	38	0:17:34	45	0:00:27	35	0:38:07	51	0:00:31	31	0:09:12	1:05:51	0:06:26				
32	629		FERNANDO CARMO		SEN	C.f. "os Balnearios"	34	0:17:15	94	0:00:40	32	0:37:55			60	0:10:02	1:05:52	0:06:27				
33	580		ALEXANDRE VENTURA		SEN	C.n. Carizao	46	0:18:08	25	0:00:29	29	0:37:29			52	0:09:53	1:05:53	0:06:28				
34	774		JOSÉ GUILHERME OLIVEIR		V1	Alv Estoril	49	0:18:09	76	0:00:35	25	0:37:19	55	0:00:33	35	0:09:28	1:06:04	0:06:39				
36	1141		JOSÉ SALGUEIRO		SEN	Avilanchador James	51	0:18:10	46	0:00:28	26	0:37:24	19	0:00:24	45	0:09:43	1:06:08	0:06:44				
36	800		SÉRGIO ANDRÉ		SEN	C.n. Carizao	30	0:17:08	74	0:00:34	42	0:38:51			42	0:09:37	1:06:10	0:06:45				
37	634		JOSÉ ABRANTES		SEN	C.d. Aas Do Milénium	32	0:17:10	89	0:00:39	39	0:38:35			50	0:09:50	1:06:14	0:06:49				
38	1017		MITOR SANTOS		SEN	Individual	57	0:18:17	105	0:00:42	23	0:37:13			63	0:10:08	1:06:20	0:06:55				
39	390		PEDRO HENRIQUES		JUN	C.n. Carizao	50	0:18:10	6	0:00:20	30	0:37:37			70	0:10:14	1:06:21	0:06:56				
40	1012		JOSE FERREIRA		SEN	Individual	64	0:18:26	71	0:00:33	22	0:37:07	35	0:00:27	46	0:09:48	1:06:22	0:06:57				
41	1148		HELDER COSTA		V1	Individual									165	1:06:29	1:06:29	0:07:04				
42	475		SÉRGIO DIAS		SEN	Argenticoro-Ipodoc	39	0:17:39	20	0:00:22	34	0:38:05	66	0:00:35	51	0:09:52	1:06:33	0:07:08				
43	659		RICARDO ROCHA		SEN	Amicielo	33	0:17:14	56	0:00:29	41	0:38:49			65	0:10:10	1:06:42	0:07:17				
44	564		CRISTIANO ANDRADE		SEN	Assoc. Fardão Mendes Pirto	44	0:18:06	96	0:00:40	31	0:37:45	112	0:00:47	36	0:09:29	1:06:47	0:07:22				
45	299		RAFAEL GOMES		S23	Sport União Colanense	28	0:16:56	26	0:00:23	77	0:40:28	34	0:00:27	19	0:08:45	1:06:59	0:07:34				
46	636		PAULO MANUEL GONÇALV		SEN	Casa Do Benfica No Furdido	20	0:16:33	19	0:00:22	88	0:40:56	6	0:00:19	24	0:08:49	1:07:02	0:07:37				
47	320		LUIS SANTOS		S23	Casa Benfics Faro	46	0:18:06	46	0:00:27	46	0:39:18			62	0:10:07	1:08:00	0:08:36				
48	913		PAULO LAMEGO		SEN	C.f. "os Balnearios"	56	0:18:16	50	0:00:28	44	0:39:13			67	0:10:11	1:08:08	0:08:43				
48	782		ANTÓNIO MOURA		V1	Udo - União Desportiva Oeste	47	0:18:06	33	0:00:24	51	0:39:34	7	0:00:19	46	0:09:45	1:08:10	0:08:46				
50	1026		ROMEU CORREIA		SEN	Individual	24	0:16:44	62	0:00:31	66	0:40:52	123	0:00:51	33	0:09:24	1:08:22	0:06:57				
51	594		HUGO RIBEIRO		SEN	Argenticoro-Ipodoc	73	0:18:49	39	0:00:25	40	0:38:47			79	0:10:28	1:08:29	0:09:04				
52	496		LUIS DUARTE		SEN	Udo - União Desportiva Oeste									168	1:08:34	1:08:34	0:09:09				
53	792		JOSÉ VARELA		V2	Casa Benfics Faro	45	0:16:07	41	0:00:26	56	0:38:39	37	0:00:26	56	0:09:58	1:08:36	0:08:13				
54	317		NUNO CRUZ		S23	C.f. "os Balnearios"	36	0:17:36	141	0:00:55	60	0:39:41	129	0:00:53	40	0:09:34	1:08:41	0:08:16				
56	535		OCTÁVIO LUIS		SEN	Clube Ferroviário De Vendas Novas	61	0:19:06	43	0:00:28	48	0:39:27	12	0:00:22	44	0:09:42	1:08:05	0:09:40				
56	310		GUSTAVO CAPÃO		JUN	Grecas - Vagos	66	0:18:35	115	0:00:45	65	0:39:51	74	0:00:36	43	0:09:40	1:08:27	0:10:02				
57	770		MANUEL GONÇALVES		V1	Praça-Magusa De Assafora	55	0:18:15	121	0:00:48	76	0:40:23	78	0:00:37	38	0:09:32	1:09:35	0:10:10				
58	648		MANUEL BATISTA		SEN	C.s.c.d. Ota	61	0:18:22	47	0:00:28	61	0:39:43	27	0:00:26	89	0:10:44	1:09:43	0:10:18				
59	822		CARLOS LEITE		V4	Ovarines	63	0:18:28	57	0:00:30	71	0:40:14	94	0:00:42	53	0:09:53	1:08:47	0:10:22				

Medias:

0:18:46

0:00:39

0:42:43

0:00:39

0:11:49



Federação de Triatlo de Portugal

Corrida		Ciclismo										Corrida						
5000 (MT) Temperatura Agua:		23 (M)										2500 (MT)						
L6	Dref	Lic	Nome	PER	PSC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
80	838	838	PAULO CALIXTO	SEN		Manau Atlético Cabrense	40	0:17:44	88	0:00:39	89	0:41:06	69	0:00:38	49	0:09:48	1:09:53	0:10:28
81	819	819	CARLOS ROCHA	SEN		Paga-Águas De Azeitão	54	0:18:14	54	0:00:28	81	0:40:39	92	0:00:41	54	0:09:56	1:09:58	0:10:33
82	854	854	AMÁNDIO CAETANO	SEN		A.d.c.r. Palinho	78	0:19:02	92	0:00:40	52	0:39:36	72	0:00:38	66	0:10:11	1:10:05	0:10:40
83	457	457	NIUNO ALMEIDA	SEN		A.d.c.r. Palinho	65	0:19:18	79	0:00:35	53	0:39:36	76	0:00:37	59	0:09:59	1:10:06	0:10:40
84	847	847	LUIS PARRINHA	SEN		C.a.r.d. Ota	62	0:18:23	44	0:00:27	78	0:40:52	23	0:00:25	73	0:10:20	1:10:07	0:10:42
85	804	804	NARCISO MARCOS	V2		Individual	70	0:18:42	107	0:00:43	68	0:40:00	63	0:00:35	69	0:10:12	1:10:12	0:10:47
86	898	898	LUIS CIPRIANO	SEN		Individual	52	0:18:11	145	0:00:58	69	0:40:01	119	0:00:49	71	0:10:15	1:10:14	0:10:49
87	851	851	AMÉRICO GASPÁR	V1		C.a.r.d. Ota	67	0:18:39	139	0:00:54	62	0:39:44	95	0:00:42	74	0:10:22	1:10:21	0:10:56
88	777	777	JERÓNIMO CRUZ	V1		Clube Ferroviário De Vendas Novas	77	0:19:01	72	0:00:33	75	0:40:20	44	0:00:29	58	0:09:58	1:10:21	0:10:58
89	899	899	PERICLES	SEN		Individual	71	0:18:44	86	0:00:33	74	0:40:20	32	0:00:27	75	0:10:23	1:10:27	0:11:02
90	786	786	OLÍMPIO GUEDELHA	V2		Ccdv.f.d.ia	84	0:19:11	125	0:00:50	68	0:39:52	113	0:00:47	35	0:09:57	1:10:37	0:11:12
91	856	856	OSCAR SILVA	SEN		Assoc. Farnão Mendes Pinto	75	0:18:55	158	0:01:04	67	0:39:53	143	0:01:06	47	0:09:46	1:10:44	0:11:19
92	863	863	JOSE RODRIGUES	SEN		C.a.d.c. Almarim	98	0:19:52	31	0:00:24	45	0:38:15	62	0:00:35	92	0:10:47	1:10:53	0:11:28
93	656	656	JOSÉ PINTO	SEN		Ovenense	74	0:18:54	108	0:00:43	90	0:40:37	87	0:00:39	84	0:10:09	1:11:02	0:11:37
94	782	782	RENATO INÁCIO	V1		A.d.c.r. Palinho	78	0:18:59	131	0:00:52	73	0:40:18	116	0:00:49	61	0:10:05	1:11:03	0:11:39
95	417	417	RUI DOLORES	JUN		Amieiro	82	0:19:09	81	0:00:37	70	0:40:05	79	0:00:38	86	0:10:39	1:11:06	0:11:43
96	1002	1002	JOAO BENTO	SEN		Individual	43	0:18:05	80	0:00:35	99	0:42:50	57	0:00:33	39	0:09:33	1:11:36	0:12:11
97	806	806	MITOR ANAGLETO	SEN		Grecas - Vagos	58	0:18:19	83	0:00:37	92	0:41:51	82	0:00:38	88	0:10:11	1:11:36	0:12:11
98	413	413	CESARIO GASPÁR	JUN		Grecas - Vagos	68	0:18:40	110	0:00:43	83	0:40:48	139	0:00:59	81	0:10:20	1:11:40	0:12:15
99	835	835	CLAUDIO NOGUEIRA	SEN		Clube Ferroviário De Vendas Novas	90	0:18:55	113	0:00:44	57	0:39:39	75	0:00:36	91	0:10:46	1:11:40	0:12:15
100	524	524	MIGUEL PALMA	SEN		Aly Estoril	119	0:20:31	37	0:00:25	50	0:39:33	50	0:00:31	83	0:10:53	1:11:53	0:12:28
101	751	751	JOSÉ PEIXOTO	V1		A.d.c.r. Palinho	117	0:20:24	78	0:00:35	59	0:39:40	56	0:00:33	90	0:10:45	1:11:57	0:12:32
102	654	654	PEDRO MONTEIRO	SEN		C.f. 'os Balnearios'	96	0:19:21	117	0:00:46	64	0:39:49	86	0:00:39	112	0:11:31	1:12:08	0:12:41
103	464	464	HELDER CORREIA	SEN		Casa Benfica Faro	91	0:19:35	86	0:00:41	47	0:39:22	70	0:00:39	127	0:11:55	1:12:08	0:12:44
104	846	846	JOÃO VENANCIO	V2		Casa Do Benfica No Funchal	83	0:19:08	67	0:00:33	91	0:41:37	25	0:00:25	80	0:10:29	1:12:13	0:12:48
105	1145	824	VENCESLAU FERMANDES	V4		Individual	113	0:20:21	122	0:00:48	48	0:39:32	53	0:00:32	100	0:11:09	1:12:22	0:12:57
106	811	811	ALBERTO CAMPOS	V4		C.f. 'os Balnearios'	93	0:19:47	111	0:00:44	85	0:40:51	77	0:00:37	87	0:10:39	1:12:38	0:13:13
107	775	775	JOÃO SANTOS	V1		Aly Estoril	120	0:20:34	40	0:00:26	55	0:39:37	18	0:00:24	121	0:11:44	1:12:45	0:13:20
108	1000	1000	RUI PANCADARES	SEN		Individual	108	0:20:12	93	0:00:40	54	0:39:38	69	0:00:40	116	0:11:40	1:12:48	0:13:23
109	782	782	ANTÓNIO VEIRA	V1		Grecas - Vagos	69	0:18:41	133	0:00:52	98	0:42:44	83	0:00:38	57	0:09:56	1:12:53	0:13:28
110	308	308	SARAH VERGUET MONIZ	JUN		C.f. 'os Balnearios'	98	0:19:55	38	0:00:23	90	0:41:09	47	0:00:30	99	0:11:05	1:13:04	0:13:39
111	884	884	PAULO MATIAS	SEN		Individual	97	0:19:55	108	0:00:43	84	0:40:50	118	0:00:46	102	0:11:12	1:13:28	0:14:04
112	803	803	VITOR RODRIGUES	SEN		C.a.d.c. Almarim	105	0:20:02	102	0:00:42	82	0:40:42	71	0:00:38	115	0:11:40	1:13:42	0:14:17
113	1144	683	PAULO CATARINO	SEN		Assoc. Farnão Mendes Pinto	108	0:20:03	112	0:00:44	87	0:40:58	98	0:00:42	108	0:11:22	1:13:49	0:14:24
114	300	300	NIUNO SILVA	JUN		Sport União Cabrense	116	0:20:23	52	0:00:28	79	0:40:33	108	0:00:45	120	0:11:42	1:13:52	0:14:27

Médias: 0:19:48 0:00:39 0:42:45 0:00:39 0:11:40



Federação de Triatlo de Portugal

Corrida		Ciclismo										Corrida			
500C (MT) Temperature Agua:		23 00h										2500 30h			
Ord	Lic	Nome	PSN	ESC	Equipa	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
96		ANTONIO NASCIMENTO		SEN	Individual	160	0:01:00	94	0:42:08	131	0:00:54	76	0:10:25	1:13:53	0:14:28
99	408	HUGO LANÇA		JUN	Udo - União Desportiva Oeste	109	0:00:43	72	0:40:17	81	0:00:39	129	0:12:01	1:13:55	0:14:30
97	419	PEDRO MARQUES		SEN	A.L.C. Pinho	73	0:00:34	108	0:43:38	52	0:00:32	41	0:09:35	1:14:16	0:14:51
98	1129	PEDRO PEREIRA		S23	Ovarense	82	0:19:40	87	0:00:38	107	0:43:19	84	0:10:28	1:14:41	0:15:16
99	392	JOAO DIAS		JUN	Alameda Antidote Cuiabanas	94	0:19:50	36	0:00:25	96	0:42:31	46	0:00:30	1:15:02	0:15:37
100	531	NUNO LOPES		SEN	Clube Ferroviário De Vendas Novas	107	0:20:06	98	0:00:40	101	0:42:58	66	0:10:58	1:15:15	0:15:50
101	536	CRISTINA PONTE		SEN	Gr Camaral-Jornal,matilde Coimbra	79	0:19:03	70	0:00:33	118	0:44:51		0:11:01	1:15:26	0:16:00
102	1020	JOAO GOMES		V1	Individual	134	0:21:11	60	0:00:30	97	0:42:35	60	0:00:33	1:15:31	0:16:08
103	540	PEDRO GASPAR		SEN	Utr. Casalenha	100	0:19:56	136	0:00:54	109	0:43:39	102	0:10:30	1:15:43	0:16:18
104	1022	JOAO PIMPAO		SEN	Individual	139	0:21:36	126	0:00:50	83	0:42:00		0:12:07	1:16:35	0:17:10
105	314	CARLA RIBEIRO		S23	C.n. Corvao	104	0:19:59	61	0:00:31	113	0:44:31	54	0:00:33	1:16:38	0:17:13
106	600	JOSE LUIS NUNES		V2	Papa-Igusa De Assafora	124	0:20:54	130	0:00:51	103	0:43:01	136	0:00:58	1:16:40	0:17:15
107	790	CARLOS SUZANA		V1	Asgabonco-Ipedec	125	0:20:55	142	0:00:55	102	0:43:01	120	0:00:50	1:16:55	0:17:30
108	1004	MARCOS SANTOS		SEN	Individual	131	0:21:06	146	0:00:58	95	0:42:19	98	0:00:43	1:17:04	0:17:39
109	970	MARCO SILVA		SEN	Individual	136	0:21:31	49	0:00:28	100	0:42:58	39	0:00:28	1:17:05	0:17:40
110	395	DANIEL GUEDELHA		JUN	Coop. Istra	80	0:19:05	90	0:00:39	115	0:44:50	138	0:00:59	1:17:22	0:17:57
111	799	LUIS FILIPE SILVA		V2	Utr. Casalenha	132	0:21:06	51	0:00:28	104	0:43:03	59	0:00:33	1:17:41	0:18:18
112	845	JOSE MANUEL SILVA		V1	Ovarense	41	0:17:58	101	0:00:42	142	0:47:45	110	0:00:47	1:17:49	0:18:24
113	965	JORGE BARRADAS		SEN	Individual	67	0:19:23	143	0:00:57	129	0:48:23	132	0:00:54	1:18:03	0:18:38
114	1147	MARIO SILVA		SEN	Individual	112	0:20:16	155	0:01:02	111	0:44:22	137	0:00:57	1:18:17	0:18:52
115	778	FERNANDO TEIXEIRA		V1	Clube Ferroviário De Vendas Novas	59	0:18:19	34	0:00:24	143	0:48:08	49	0:00:30	1:18:43	0:19:18
116	308	JOANA GUERRA		JUN	C.I. 'os Balaenenses'	115	0:20:23	42	0:00:28	131	0:48:30	33	0:00:27	1:18:44	0:19:19
117	545	PAULO CODINHA		SEN	C.I. 'os Balaenenses'	133	0:21:10	135	0:00:53	112	0:44:27	95	0:00:42	1:18:46	0:19:23
118	547	JOSE ANTUNES		SEN	Individual	142	0:21:56	145	0:00:59	105	0:43:09	124	0:00:52	1:18:50	0:19:25
119	986	HENRIQUE MATIAS		SEN	Individual	127	0:20:56	124	0:00:50	108	0:43:18	111	0:00:47	1:18:57	0:19:32
120	361	RITA RIBEIRO		JUN	C.n. Corvao	129	0:20:59	64	0:00:32	123	0:46:00	86	0:00:39	1:19:24	0:19:59
121	967	REINALDO BARBOSA		SEN	Individual	118	0:20:25	65	0:00:32	124	0:46:10	36	0:00:28	1:19:28	0:20:03
122	815	JOSE RIJO		V4	C.I. 'os Balaenenses'	130	0:21:04	144	0:00:57	119	0:45:28	106	0:00:46	1:19:36	0:20:13
123	1024	JOSE DOMINGOS		SEN	Individual	103	0:19:58	127	0:00:50	137	0:46:50	114	0:00:47	1:19:50	0:20:25
124	302	GONCALO PINTO		JUN	Sport União Colanense	138	0:21:48	58	0:00:30	118	0:45:23	67	0:00:35	1:19:53	0:20:28
125	649	JOSE GOMES		V2	Clube Bep	138	0:21:12	166	0:01:03	122	0:46:56	126	0:00:52	1:20:15	0:20:50
126	971	ANA OLIVEIRA		SEN	Individual	121	0:20:45	163	0:01:02	130	0:46:28	117	0:00:46	1:20:26	0:21:00
127	977	CARLOS VASQUEZ		SEN	Individual	122	0:20:45	149	0:00:59	126	0:46:16	144	0:01:07	1:20:26	0:21:00
128	481	MIGUEL FIDALGO		JUN	Sport União Colanense	123	0:20:49	55	0:00:29	144	0:48:34	10	0:00:22	1:20:33	0:21:22
129	520	ANTONIO CATARINO		SEN	Casa Da Benfica No Funchal	109	0:20:14	16	0:00:22	83	0:39:48	97	0:00:43	1:20:54	0:21:29



Federação de Triatlo de Portugal

Corrida			Ciclismo										Corrida				
5000 (MT) Temperatura Agua:			23 (KM)										2500 (MT)				
Lg	Ord	Lic	Nome	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Yelut	DMT
130	773	775	HENRIQUE FREIRE	V1	Utr Casaleiros	63	0:21:33	63	0:00:32	125	0:46:13	85	0:00:39	130	0:12:05	1:21:02	0:21:37
131	502	602	BRUNO GUERREIRO	SEN	Deis	116	0:22:16	116	0:00:47	132	0:46:39	128	0:00:53	83	0:10:30	1:21:05	0:21:40
132	1016		ANTONIO MIRANDA	S23	Individual	154	0:21:46	154	0:01:02	110	0:43:52	140	0:01:02	147	0:13:29	1:21:13	0:21:46
133	1016		JOAO MIRANDA	SEN	Individual	128	0:20:56	147	0:00:58	117	0:46:17	146	0:01:19	146	0:13:09	1:21:41	0:22:16
134	989		FLUPE DIAS	SEN	Individual	128	0:20:57	151	0:01:01	141	0:47:27	133	0:00:54	119	0:11:42	1:22:01	0:22:36
135	771	771	JOAQUIM AVELAR	V1	S.L.M. e Cruz-Quebradense	123	0:22:16	123	0:00:46	135	0:46:44	89	0:00:49	111	0:11:29	1:22:01	0:22:36
136	646	646	LUIS ANTUNES	SEN	Individual	147	0:22:19	134	0:00:53	120	0:46:46	109	0:00:44	134	0:12:29	1:22:11	0:22:46
137	953		URBINO SANTOS	SEN	Individual	65	0:18:30	85	0:00:38	136	0:46:45	100	0:00:43	159	0:15:36	1:22:14	0:22:49
138	618	618	CÉSAR GOVERNO	SEN	Pepe-Aguas De Amarela	126	0:22:39	126	0:00:50	133	0:46:41	135	0:00:56	124	0:11:51	1:22:56	0:23:31
139	500	500	RUI TEIXEIRA	SEN	Deis	146	0:22:18	129	0:00:51	134	0:46:44	126	0:00:52	136	0:12:32	1:23:17	0:23:52
140	626	626	FRANCISCO MARTINS	V5	Clube Ferroviário De Vendas Novas	150	0:23:00	97	0:00:40	138	0:46:56	101	0:00:49	138	0:12:35	1:23:56	0:24:31
141	566	566	PEDRO SILVA	SEN	Utr Casaleiros	114	0:20:22	137	0:00:54	150	0:50:21	107	0:00:46	132	0:12:10	1:24:33	0:25:06
142	662	662	ALEXANDRE FELIZ	SEN	A.d.c.r. Pinheiro	153	0:23:36	139	0:00:54	139	0:47:09	130	0:00:53	139	0:12:45	1:25:17	0:25:52
143	617	617	VITOR COSTA	V3	C.F. 'os Bealenenses'	141	0:21:54	95	0:00:40	152	0:50:47	127	0:00:52	137	0:12:35	1:26:46	0:27:23
144	622	622	ANA TERESA PEREIRA	SEN	Casa Berrões Fato	158	0:24:02	140	0:00:55	145	0:48:46	109	0:00:47	144	0:12:59	1:27:29	0:28:04
145	676		ANTONIO MOREIRA	V2	Individual	152	0:23:34	119	0:00:47	146	0:50:10	73	0:00:36	140	0:12:47	1:27:54	0:28:29
146	627	627	JOHN GRANEY	V5	Alv Estoril	162	0:25:34	75	0:00:35	140	0:47:19	61	0:00:34	153	0:14:21	1:28:23	0:28:56
147	419	419	ANDREA MOÇO	JUN	Grupos - Vigos	156	0:23:51	120	0:00:46	154	0:51:17	122	0:00:50	133	0:12:27	1:28:13	0:28:48
148	606	606	ALICIA MONIZ	V2	C.F. 'os Bealenenses'	167	0:27:03	132	0:00:52	121	0:45:54	105	0:00:45	156	0:14:53	1:28:27	0:30:02
149	630	630	JOÃO BRANCO	V4	C.F. 'os Bealenenses'	154	0:23:41	69	0:00:33	151	0:50:36	80	0:00:36	152	0:14:11	1:28:39	0:30:14
150	660		CARLOS MATIAS	V5	Individual	155	0:23:42	82	0:00:37	155	0:51:25	64	0:00:35	149	0:13:49	1:30:08	0:30:43
151	601	601	LUIS RAMOS	V2	C.F. 'os Bealenenses'	161	0:25:24	160	0:01:09	147	0:49:56	147	0:01:20	141	0:12:47	1:30:38	0:31:13
152	612	612	CARLOS RAMUNDO	V3	Argemichico-Ipedec	160	0:25:06	114	0:00:45	146	0:49:43	121	0:00:50	156	0:14:39	1:31:09	0:31:35
153	662		CARLOS PINHEIRO	V4	Individual	151	0:23:25	165	0:02:04	146	0:50:01	150	0:02:08	157	0:14:47	1:32:25	0:33:00
154	1026		MARIO SANTOS	JUN	Individual	143	0:22:10	103	0:00:42	158	0:54:33	59	0:00:33	154	0:14:27	1:32:25	0:33:00
155	641	641	MARIA JOÃO MARTINS	V1	Argemichico-Ipedec	164	0:26:22	157	0:01:03	153	0:50:53	115	0:00:48	150	0:13:56	1:33:02	0:33:37
156	290		MARIA CECÍLIA FRANCO	S23	C.F. 'os Bealenenses'	157	0:23:58	152	0:01:01	159	0:55:13	134	0:00:55	142	0:12:51	1:33:59	0:34:33
157	1140		VASCO MARTINS	S23	Individual	148	0:22:36	35	0:00:24	162	0:57:54	30	0:00:28	151	0:13:58	1:35:19	0:35:54
158	625	625	ANTÓNIO MAGANÃO	V5	Coelva/Lira	163	0:25:45	164	0:01:36	157	0:53:30	142	0:01:05	148	0:13:45	1:35:43	0:36:18
159	626	626	FERNANDO INÁCIO	V5	Alv Estoril	159	0:24:34	162	0:01:14	161	0:56:42	148	0:01:28	143	0:12:56	1:36:55	0:37:30
160	643	643	ANTÓNIO PEREIRA	V5	Individual	168	0:26:35	163	0:01:19	156	0:53:13	141	0:01:05	155	0:14:38	1:38:48	0:38:23
161	628	628	VITOR REAL	V5	Alv Estoril	168	0:26:35	161	0:01:13	163	1:01:25	146	0:01:49	160	0:15:50	1:40:52	0:40:27
162	605		CATARINA NEVES	SEN	C.n. Cantão	165	0:26:28	116	0:00:48	160	0:58:16	145	0:01:11	164	0:24:38	1:40:21	0:40:56
163	1006		BENJAMIM PEREIRA	JUN	Individual	166	0:26:36	104	0:00:42	164	1:07:03	90	0:00:40	163	0:22:39	1:57:40	0:58:15
164	415	415	ELSA FERREIRA	JUN	A.d.c.r. Pinheiro	170	0:30:11	84	0:00:36	165	1:16:45	91	0:00:41	161	0:19:32	2:07:47	1:06:22



Federação de Triatlo de Portugal

Corrida		5000 (MT)		Temperatura Agua:		Ciclismo										Corrida			
LG	Dred	Lic	Nome	PEN	ENC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Conda	Total	DMT	
166	578		DUARTE BARRETO	DNF	SEN	C.n. Coruza	42	0:18:04											
168	316	316	BRUNO FERREIRA	DNF	S23	C.n.r.d. Ota	95	0:19:51											
167	555	555	CARLOS MANUEL SILVA	DNF	SEN	Distense	90	0:19:30	159	0:07:08	128	0:48:22							
168	404		MUNO CHANHO	DNF	JUN	Oa Kotas Blue Team	88	0:19:24											
168	662	662	MUNO ANDRÉ	DNF	S23	C.n.d.c. Almeitin	110	0:20:16											
170	5010		RICARDO PRATAS	DNF	JUN	Individual	171	0:30:12											
171	529	529	SÉRGIO RODRIGUES	DNF	SEN	Papa-Igusa De Azeiteira	60	0:18:21											
172	997		JOSE ALVES	DNQ	V5	Individual	101	0:19:56	100	0:00:41	127	0:48:20	65	0:00:36	2	0:08:17	1:12:49	0:13:24	
173	1003		AMORM COELHO	DNQ	V1	Individual	72	0:18:48	66	0:00:32	114	0:44:44	42	0:00:28	1	0:04:51	1:09:21	0:09:56	
174	563	563	VITOR CUNHA	DNS	SEN	Case Benfica Fere													
175	521	521	JOAO CAMPOS	DNS	SEN	Case Do Benfica No Fundão													
176	602	602	LUIS ALBERTO LOPES	DNS	SEN	C.n.d.c. Almeitin													
177	804	804	PEDRO BENTO	DNS	SEN	C.n.d.c. Almeitin													
178	454	454	PETRO MOSINZOV	DNS	SEN	A.d.c.r. Peinho													
178	976		SERGIO OLIVEIRA	DNS	SEN	Individual													
180	981		CARLOS PINHEIRO	DNS	V4	Individual													
181	690		NELSON DIAS	DNS	SEN	Individual													
182	969		MUNO SILVA	DNS	SEN	Individual													
183	991		RICARDO FRANCISCO	DNS	SEN	Individual													
184	998		SERGIO ANDRE	DNS	SEN	Individual													
188	1001		PEDRO PEREIRA	DNS	SEN	Individual													
189	578	578	TIAGO MARGUES	DNS	JUN	C./ "de Belemense"													
187	999		JOAO SILVA	DNS	JUN	C./ "de Belemense"													
189	690	690	RICARDO FIGUEIREDO	DNS	SEN	Individual													
189	627	627	PAULO TELES	DNS	SEN	Individual													
189	485	485	BRUNO SILVA	DNS	SEN	CodV./ara													
191	790	790	ANTÓNIO RIBEIRO	DNS	V1	CodV./ara													
192	298	298	ANDRÉ CAMPOS	DNS	S23	Agilistocor-Jordao													
193	506	506	ALCINO SERRAS	DNS	SEN	Sr Camamal-consul.namelho Coulib-Ita													
194	583	583	CARLOS PINTO	DNS	SEN	A.c.r.d Penitda De Baloo													
195	951		LUIS ALMEIDA	DNS	SEN	Individual													
199	962		TIAGO SANTOS	DNS	SEN	Individual													
197	1011		SEAN EVOY	DNS	SEN	Individual													
198	1014		ANTONIO MOREIRA	DNS	V2	Individual													
199	1015		PAULO POLONIO	DNS	SEN	Individual													



Federação de Triatlo de Portugal

Corrida										Ciclismo					Corrida				
5000 (MT) Temporária Agas:										23 (00)					2500 (MT)				
Id	Dist	Lic	Nome	IMN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-3	Pos	Comba	Total	Dist	
200	1025		FERNANDO SINTRA	DNS	V1	Individual													
201	1027		JOAO NABAIS	DNS	SEN	Individual													
202	1004		TIAGO LOBO	DNS	SEN	Individual													
203	1005		RICARDO BARBOSA	DNS	SEN	Individual													
204	1002		LUIS SANTOS	DNS	SEN	Individual													
205	1000		URBINO SANTOS	DNS	SEN	Individual													



LOCALIDADE:	CADAVAL	DISTANCIA Corrida (MT); Ciclismo (KM); Condição (MT):	5000/23/2500
Data:	22-03-2003	HORA DE COMEÇO:	11:15

INFO

DELEGADO TÉCNICO:	NELSON LARANJEIRA	JUIZ PRINCIPAL:	RICARDO GUERREIRO
PORTUAVÉL PARA:	TACA DE PORTUGAL	JURI DE APELO:	J.L. FERREIRA/N. LARANJEIRA/ EDGAR

SR CAMARNAL-CONSTR.RAMALHO

Tempo Total: 2:59:05

LG	Dors	Lic	Nome	PEN	ESC	Equipa	Total	DNF
2	284	284	NELSON SILVA		S23	SR CAMARNAL-CONSTR.RAMALHO COUTO-ICA	0:59:33	0:00:08
3	286	286	SÉRGIO MANUEL SILVA		JUN	SR CAMARNAL-CONSTR.RAMALHO COUTO-ICA	0:59:39	0:00:14
5	505	505	JOSÉ MÁRIO RIBEIRO		SEN	SR CAMARNAL-CONSTR.RAMALHO COUTO-ICA	0:59:53	0:00:28

AVALANCHE/SIR JANES

Tempo Total: 3:01:15

LG	Dors	Lic	Nome	PEN	ESC	Equipa	Total	DNF
1	488	488	LINO BARRUNCHO		SEN	AVALANCHE/SIR JANES	0:59:25	0:00:00
4	1142	282	HUGO FORTUNA		JUN	AVALANCHE/SIR JANES	0:59:47	0:00:22
17	488	488	NUNO NEVES		S23	AVALANCHE/SIR JANES	1:02:03	0:02:36

C.F. "OS BELENENSES"

Tempo Total: 3:08:31

LG	Dors	Lic	Nome	PEN	ESC	Equipa	Total	DNF
7	282	282	BRUNO PAIS		S23	C.F. "OS BELENENSES"	1:00:09	0:00:44
9	588	588	PAULO ANTUNES		SEN	C.F. "OS BELENENSES"	1:00:14	0:00:49
48	613	613	PAULO LAMEGO		SEN	C.F. "OS BELENENSES"	1:08:08	0:08:43

CASA DO BENFICA NO FUNDÃO

Tempo Total: 3:12:12

LG	Dors	Lic	Nome	PEN	ESC	Equipa	Total	DNF
8	523	523	JORGE RODRIGUES		SEN	CASA DO BENFICA NO FUNDÃO	1:00:02	0:00:37
25	800	800	FERNANDO FELIÃO		VZ	CASA DO BENFICA NO FUNDÃO	1:05:08	0:05:43
46	638	638	PAULO MANUEL GONÇALVES		SEN	CASA DO BENFICA NO FUNDÃO	1:07:02	0:07:37

UDO - UNIÃO DESPORTIVA OESTE

Tempo Total: 3:12:24

LG	Dors	Lic	Nome	PEN	ESC	Equipa	Total	DNF
15	508	508	PEDRO PINHEIRO		SEN	UDO - UNIÃO DESPORTIVA OESTE	1:01:49	0:02:24
24	304	304	BRUNO FERNANDES		S23	UDO - UNIÃO DESPORTIVA OESTE	1:04:57	0:05:32
28	489	489	ANTÓNIO ERVEIDEIRA		SEN	UDO - UNIÃO DESPORTIVA OESTE	1:05:38	0:08:13

AEGISTÉCNICO-IPODEC

Tempo Total: 3:12:36

LG	Dors	Lic	Nome	PEN	ESC	Equipa	Total	DNF
18	285	285	SÉRGIO MARQUES		S23	AEGISTÉCNICO-IPODEC	1:01:56	0:02:31
22	287	287	PEDRO GOMES		JUN	AEGISTÉCNICO-IPODEC	1:04:07	0:04:42
42	475	475	SÉRGIO DIAS		SEN	AEGISTÉCNICO-IPODEC	1:08:33	0:07:08



CLUBE FERROVIARIO DE VENDAS NOVAS

Tempo Total: 3:17:41

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIF
18	508	508	CARLOS BORGES		SEN	CLUBE FERROVIARIO DE VENDAS NOVAS	1:02:47	0:03:22
30	535	535	RENATO MANUEL		SEN	CLUBE FERROVIARIO DE VENDAS NOVAS	1:05:48	0:06:24
56	533	533	OCTÁVIO LUIS		SEN	CLUBE FERROVIARIO DE VENDAS NOVAS	1:08:05	0:08:40

SPORT UNIÃO COLARENSE

Tempo Total: 3:22:11

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIF
13	1127	578	LUIS DIOGO SANTOS		SEN	SPORT UNIÃO COLARENSE	1:01:20	0:01:55
45	289	289	RAFAEL GOMES		S23	SPORT UNIÃO COLARENSE	1:08:58	0:07:34
84	300	300	NUNO SILVA		JUN	SPORT UNIÃO COLARENSE	1:13:52	0:14:27

OVARENSE

Tempo Total: 3:24:00

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIF
20	785	785	JOSÉ REIS		V1	OVARENSE	1:03:18	0:03:53
68	822	822	CARLOS LEITE		V4	OVARENSE	1:08:47	0:10:22
73	558	558	JOSÉ PINTO		SEN	OVARENSE	1:11:02	0:11:37

C.S.R.D. OTA

Tempo Total: 3:24:34

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIF
23	644	644	PAULO PINHEIRO		SEN	C.S.R.D. OTA	1:04:44	0:05:19
56	646	646	MANUEL BATISTA		SEN	C.S.R.D. OTA	1:08:43	0:10:18
84	647	647	LUIS PARRINHA		SEN	C.S.R.D. OTA	1:10:07	0:10:42

A.D.C.R. PAINHO

Tempo Total: 3:26:01

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIF
31	451		PAULO PRIETO		SEN	A.D.C.R. PAINHO	1:05:51	0:05:18
62	854	854	AMÂNDIO CAETANO		SEN	A.D.C.R. PAINHO	1:10:05	0:10:40
63	457	457	NUNO ALMEIDA		SEN	A.D.C.R. PAINHO	1:10:05	0:10:40

CASA BENEFICA FARO

Tempo Total: 3:28:47

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIF
47	320	320	LUIS SANTOS		S23	CASA BENEFICA FARO	1:08:00	0:08:35
53	782	782	JOSÉ VARELA		V2	CASA BENEFICA FARO	1:08:38	0:08:13
83	484	484	HELDER CORREIA		SEN	CASA BENEFICA FARO	1:12:09	0:12:44

ABV ESTORIS

Tempo Total: 3:30:42

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIF
34	774		JOSÉ GUILHERME OLIVEIRA		V1	ABV ESTORIS	1:06:04	0:06:39
80	624		MIGUEL PALMA		SEN	ABV ESTORIS	1:11:53	0:12:28
87	775	775	JOÃO SANTOS		V1	ABV ESTORIS	1:12:45	0:13:20



ASSOC. FERNÃO MENDES PINTO

Tempo Total: 3:31:20

LG	Dres	Lic	Nome	PEN	ESC	Equipa	Total	DNT
44	564	564	CRISTIANO ANDRADE		SEN	ASSOC. FERNÃO MENDES PINTO	1:08:47	0:07:22
71	656	656	OSCAR SILVA		SEN	ASSOC. FERNÃO MENDES PINTO	1:10:44	0:11:19
93	1144	563	PAULO CATARINO		SEN	ASSOC. FERNÃO MENDES PINTO	1:13:46	0:14:24

GRECAS - VAGOS

Tempo Total: 3:32:43

LG	Dres	Lic	Nome	PEN	ESC	Equipa	Total	DNT
56	310	310	GUSTAVO CAPÃO		JUN	GRECAS - VAGOS	1:09:27	0:10:02
77	806	608	MITOR ANACLETO		SEN	GRECAS - VAGOS	1:11:36	0:12:11
78	413	413	CESÁRIO GASPAS		JUN	GRECAS - VAGOS	1:11:40	0:12:15

PAPA-LÉGUAS DE ASSAFORA

Tempo Total: 3:36:00

LG	Dres	Lic	Nome	PEN	ESC	Equipa	Total	DNT
57	770	770	MANUEL GONÇALVES		V1	PAPA-LÉGUAS DE ASSAFORA	1:09:35	0:10:10
61	519	519	CARLOS ROCHA		SEN	PAPA-LÉGUAS DE ASSAFORA	1:09:58	0:10:33
108	808	808	JOSÉ LUÍS NUNES		V2	PAPA-LÉGUAS DE ASSAFORA	1:16:40	0:17:15

UDR CASALENSE

Tempo Total: 3:54:26

LG	Dres	Lic	Nome	PEN	ESC	Equipa	Total	DNT
105	540	540	PEDRO GASPAS		SEN	UDR CASALENSE	1:15:43	0:16:18
111	798	798	LUÍS FILIPE SILVA		V2	UDR CASALENSE	1:17:41	0:18:16
130	773	773	HENRIQUE FREIRE		V1	UDR CASALENSE	1:21:02	0:21:37

CCD/V.F.XIRA

Tempo Total: 4:03:42

LG	Dres	Lic	Nome	PEN	ESC	Equipa	Total	DNT
70	788	788	OLÍMPIO GUEDELHA		V2	CCD/V.F.XIRA	1:10:37	0:12:12
110	386	386	DANIEL GUEDELHA		JUN	CCD/V.F.XIRA	1:17:22	0:17:57
158	825	825	ANTÓNIO MAGANÃO		V5	CCD/V.F.XIRA	1:35:43	0:36:18



CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

FEMININOS

Federação de Triatlo de Portugal

RESULTADOS

LOCALIDADE:	CADAVAL	DISTANCIA Corrida (MT); Ciclismo (K4); Corrida (MT)	5000/23/2500
Data:	22-03-2003	HORA DE COMEÇO:	11:15

INFO

DELEGADO TÉCNICO:	NELSON LARANJEIRA	JUIZ PRINCIPAL:	RICARDO GUERREIRO
PONTUÁVEL PARA:	TACA DE PORTUGAL	JURI DE APELO:	J.L. FERREIRA/N. LARANJEIRA/ EDGAR

C.F. "OS BELENENSES"

Tempo Total: 4:01:15

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIFF
90	308	308	SARAH VERGUET MONIZ		JUN	C.F. "OS BELENENSES"	1:13:04	0:00:0
118	308	308	JOANA GUERRA		JUN	C.F. "OS BELENENSES"	1:18:44	0:05:4
148	808	808	ALÍCIA MONIZ		V2	C.F. "OS BELENENSES"	1:29:27	0:2

C.N. CARTAXO

Tempo Total: 4:25:23

LG	Detal	Lic	Nome	PEN	ESC	Equipa	Total	DIFF
105	314	314	CARLA RIBEIRO		S23	C.N. CARTAXO	1:16:36	0:03:3
120	381	381	RITA RIBEIRO		JUN	C.N. CARTAXO	1:19:24	0:08:2
182	805		CATARINA NEVES		SEN	C.N. CARTAXO	1:49:21	0:36:1