

Federação de Triatlo de Portugal

RESULTADOS

LOCALIDADE: GRÂNDOLA	DISTÂNCIA Corrida (MT); Ciclismo(KM); Corrida(MT):	4500/19,3/2250
Data: 06-04-2003	HORA DE COMEÇO:	15:00

INFO

DELEGADO TÉCNICO: PAULO ALVES	JUIZ PRINCIPAL: JEAN PAUL
PONTUAVÉL PARA: CIRCUITO NACIONAL CIRCUITO NACIONAL JUNIORES	JURI DE APELO:

Informação

		Corrida 4500 (MT)				Ciclismo 19,3 (KM)				Corrida 2250 (MT)									
LG	Drsª	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff	
1	505		JOSÉ MÁRIO RIBEIRO		SEN	Sr Camamal-const.ramalho Couto-Ika	4	0:16:59	2	0:00:17	1	0:29:32	2	0:00:14	2	0:08:35	0:55:37	0:00:00	
2	508		ALCINO SERRAS		SEN	Sr Camamal-const.ramalho Couto-Ika	3	0:16:53	4	0:00:18	3	0:30:42	3	0:00:14	3	0:08:36	0:56:43	0:01:06	
3	521		JOÃO CAMPOS		SEN	Casa Do Benfica No Fundão	2	0:16:47	5	0:00:19	4	0:31:09	4	0:00:15	1	0:08:26	0:56:56	0:01:19	
4	481		GUSTAVO HACHEMEISTER		SEN	Sr Camamal-const.ramalho Couto-Ika	10	0:17:35	13	0:00:22	2	0:29:47	30	0:00:23	6	0:08:54	0:57:01	0:01:24	
5	507		CUSTÓDIO ANTÓNIO		SEN	Sr Camamal-const.ramalho Couto-Ika	8	0:17:07	12	0:00:22	5	0:31:11	43	0:00:25	7	0:09:03	0:58:08	0:02:31	
6	286		SÉRGIO MANUEL SILVA		S23	Sr Camamal-const.ramalho Couto-Ika	1	0:16:33	3	0:00:17	9	0:32:42	1	0:00:12	5	0:08:49	0:58:33	0:02:56	
7	283		MANUEL JULIO		S23	S.i.m.e.cruz-quebradense	7	0:17:04	25	0:00:24	6	0:31:53	51	0:00:26	9	0:09:07	0:58:54	0:03:17	
8	285		DUARTE MARQUES		S23	Sr Camamal-const.ramalho Couto-Ika	9	0:17:19	7	0:00:20	7	0:32:14	17	0:00:21	12	0:09:19	0:59:33	0:03:56	
9	600		JOSÉ SANTOS		SEN	Sr Camamal-const.ramalho Couto-Ika	6	0:17:04	22	0:00:24	11	0:32:58	38	0:00:24	4	0:08:44	0:59:34	0:03:57	
10	396		RUBEN CRISTIANO		JUN	Sr Camamal-const.ramalho Couto-Ika	5	0:16:59	8	0:00:20	13	0:33:03	5	0:00:16	8	0:09:03	0:59:41	0:04:04	
11	297		PEDRO GOMES		S23	Aegistónico-ipoede	13	0:18:04	52	0:00:33	8	0:32:24	28	0:00:23	11	0:09:17	1:00:41	0:05:04	
12	754		FERNANDO PIRES		V2	Casa Benfica Faro	12	0:17:59	6	0:00:19	20	0:33:35	59	0:00:18	16	0:09:36	1:01:47	0:06:10	
13	499		ANTÓNIO ERVIDEIRA		SEN	Udo - União Desportiva Oeste	17	0:18:19	17	0:00:23	16	0:33:18	37	0:00:24	14	0:09:31	1:01:55	0:06:18	
14	299		RAFAEL GOMES		S23	Sport União Coarense	14	0:18:10	15	0:00:22	15	0:33:14	18	0:00:21	23	0:09:50	1:01:57	0:06:20	
15	412		CHARLY BLANCHARD		JUN	Avaiarchoisif Janes	20	0:18:32	18	0:00:23	10	0:32:44	23	0:00:22	28	0:09:58	1:01:59	0:06:22	
16	463		CLÁUDIO RIBEIRO		SEN	Casa Benfica Faro	16	0:18:13	24	0:00:24	27	0:34:03	6	0:00:16	13	0:09:29	1:02:25	0:06:48	
17	465		PAULO SILVA		SEN	Casa Benfica Faro	21	0:18:45	9	0:00:20	22	0:33:37	11	0:00:19	15	0:09:32	1:02:33	0:06:56	
18	629		FERNANDO CARMO		SEN	C.f. "os Belenenses"	18	0:18:19	74	0:00:40	19	0:33:29	90	0:00:38	17	0:09:37	1:02:43	0:07:06	
19	317		NUNO CRUZ		S23	C.f. "os Belenenses"	19	0:18:22	56	0:00:34	21	0:33:37	75	0:00:33	21	0:09:47	1:02:53	0:07:16	
20	304		BRUNO FERNANDES		S23	Udo - União Desportiva Oeste	15	0:18:12	11	0:00:22	29	0:34:23	47	0:00:26	18	0:09:41	1:03:04	0:07:27	
21	613		PAULO LAMEGO		SEN	C.f. "os Belenenses"	25	0:19:03	29	0:00:25	18	0:33:23	50	0:00:26	22	0:09:50	1:03:07	0:07:30	
22	390		PEDRO HENRIQUES		JUN	C.n. Cartaxo	30	0:19:22	10	0:00:20	12	0:32:59	21	0:00:21	47	0:10:34	1:03:36	0:07:59	
23	774		JOSÉ GUILHERME OLIVEI		V1	Avy Estoris	43	0:20:08	39	0:00:28	14	0:33:11	67	0:00:31	25	0:09:51	1:04:09	0:08:32	
24	519		CARLOS ROCHA		SEN	Papa-éguas De Assafora	28	0:19:16	48	0:00:31	33	0:34:26	82	0:00:36	19	0:09:42	1:04:31	0:08:54	
25	976		VITOR SANTOS		SEN	Individual	29	0:19:17	100	0:00:50	24	0:33:46	92	0:00:39	30	0:10:01	1:04:33	0:08:56	
26	423		PEDRO MENDES		JUN	Portinredo	22	0:18:52	40	0:00:28	56	0:35:38	35	0:00:23	10	0:09:16	1:04:37	0:09:00	
								Médias:											
								0:21:18				0:00:36				0:00:30		0:11:09	



CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

MANUEL SILVA

JEAN PAUL

ATLETA

Federação de Triatlo de Portugal



CLASSIFICAÇÃO
MANTENDO-SE
SEM MUDANÇAS
AS CONDIÇÕES

Temperatura Água:										Corrida			Ciclismo			Corrida					
LG	Drsi	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	T-1	Pos	T-2	Pos	Corrida	Total	Diff						
4500 (MT)																19,3 (KM)			2250 (MT)		
27	606	606	VITOR ANACLETO		SEN	Grecas - Vagos	31	0:19:32	47	0:00:31	36	0:34:37	48	0:00:26	27	0:09:57	1:05:03	0:09:26			
28	451	451	PAULO PRIETO		SEN	A.d.c.r. Painho	27	0:19:16	42	0:00:29	34	0:34:34	61	0:00:30	36	0:10:22	1:05:11	0:09:34			
29	792	792	JOSÉ VARELA		V2	Casa Benfica Faro	40	0:19:59	32	0:00:26	31	0:34:25	40	0:00:24	31	0:10:04	1:05:18	0:09:41			
30	782	782	ANTÓNIO VIEIRA		V1	Grecas - Vagos	37	0:19:49	28	0:00:25	30	0:34:23	31	0:00:23	37	0:10:23	1:05:23	0:09:46			
31	645	645	JOÃO LOURENÇO		SEN	C.s.r.d. Ota	55	0:20:42	31	0:00:26	17	0:33:19	12	0:00:20	50	0:10:41	1:05:28	0:09:51			
32	776	776	FERNANDO TEIXEIRA		V2	Clube Ferroviário De Vendas Novas	39	0:19:54	19	0:00:23	44	0:35:04	34	0:00:23	24	0:09:51	1:05:35	0:09:58			
33	646	646	MANUEL BATISTA		SEN	C.s.r.d. Ota	32	0:19:33	26	0:00:25	39	0:34:43	13	0:00:20	48	0:10:37	1:05:38	0:10:01			
34	770	770	MANUEL GONÇALVES		V1	Papa-léguas De Assafora	26	0:19:15	87	0:00:44	46	0:35:19	78	0:00:34	20	0:09:46	1:05:38	0:10:01			
35	494	494	NUNO SOUSA		SEN	C.d. Asas Do Milénium	23	0:18:55	64	0:00:35	57	0:35:39	54	0:00:27	39	0:10:25	1:06:01	0:10:24			
36	533	533	OCTÁVIO LUIS		SEN	Clube Ferroviário De Vendas Novas	48	0:20:23	23	0:00:24	38	0:34:42	33	0:00:23	33	0:10:12	1:06:04	0:10:27			
37	804	804	NARCISO MARCOS		V2	Individual	35	0:19:45	77	0:00:41	40	0:34:46	70	0:00:32	41	0:10:27	1:06:11	0:10:34			
38	310	310	GUSTAVO CAÇÃO		S23	Grecas - Vagos	54	0:20:37	66	0:00:37	32	0:34:26	65	0:00:31	32	0:10:11	1:06:22	0:10:45			
39	647	647	LUIS PARRINHA		SEN	C.s.r.d. Ota	34	0:19:42	27	0:00:25	54	0:35:33	14	0:00:20	43	0:10:30	1:06:30	0:10:53			
40	594	594	HUGO RIBEIRO		SEN	Aegistónico-ipoedc	47	0:20:23	35	0:00:27	28	0:34:09	36	0:00:24	63	0:11:09	1:06:32	0:10:55			
41	529	529	SÉRGIO RODRIGUES		SEN	Papa-léguas De Assafora	42	0:20:07	43	0:00:29	41	0:34:57	49	0:00:26	45	0:10:34	1:06:33	0:10:56			
42	638	638	PAULO CALIXTO		SEN	Alenau Artístico Cartaxense	24	0:18:56	60	0:00:34	60	0:36:21	59	0:00:29	35	0:10:15	1:06:35	0:10:58			
43	402	402	CARLOS GASPAR		JUN	Borealis	36	0:19:47	34	0:00:26	43	0:35:00	45	0:00:25	59	0:10:59	1:06:37	0:11:00			
44	564	564	CRISTIANO ANDRADE		SEN	Assoc. Família Mendes Pinto	58	0:20:45	70	0:00:38	26	0:34:01	68	0:00:31	52	0:10:45	1:06:40	0:11:03			
45	466	466	CARLOS MATOS		SEN	Casa Benfica Faro	45	0:20:15	58	0:00:34	35	0:34:35	39	0:00:24	57	0:10:53	1:06:41	0:11:04			
46	752	752	RENATO INÁCIO		V1	A.d.c.r. Painho	46	0:20:22	103	0:00:56	25	0:33:54	107	0:00:55	53	0:10:48	1:06:55	0:11:18			
47	413	413	CESÁRIO GASPAR		JUN	Grecas - Vagos	38	0:19:50	97	0:00:49	55	0:35:37	85	0:00:37	34	0:10:13	1:07:06	0:11:29			
48	464	464	HELDER CORREIA		SEN	Casa Benfica Faro	49	0:20:27	30	0:00:25	47	0:35:20	7	0:00:17	51	0:10:43	1:07:12	0:11:35			
49	417	417	RUI DOLORES		JUN	Amiciclo	50	0:20:28	51	0:00:32	49	0:35:22	58	0:00:29	44	0:10:32	1:07:23	0:11:46			
50	536	536	CRISTINA PONTE		SEN	Sr Camamal+constr.ramalho Couto-Ika	33	0:19:41	46	0:00:31	71	0:37:07	29	0:00:23	29	0:09:59	1:07:41	0:12:04			
51	854	854	AMÁNDIO CAETANO		V1	A.d.c.r. Painho	53	0:20:34	86	0:00:44	51	0:35:25	84	0:00:37	42	0:10:29	1:07:49	0:12:12			
52	458	458	PEDRO MARQUES		SEN	A.d.c.r. Painho	64	0:21:27	63	0:00:35	42	0:34:58	44	0:00:25	40	0:10:26	1:07:51	0:12:14			
53	396	396	SARAH VERGUET MONIZ		JUN	J.c.f. "os Bejemeneses"	59	0:20:55	37	0:00:27	52	0:35:26	25	0:00:22	61	0:11:07	1:08:17	0:12:40			
54	392	392	JOÃO DIAS		JUN	Alenau Artístico Cartaxense	66	0:21:30	16	0:00:22	50	0:35:22	10	0:00:18	56	0:10:52	1:08:24	0:12:47			
55	844	844	PAULO RIBEIRO		V1	Udo - União Desportiva Oeste	60	0:20:58	36	0:00:27	58	0:35:54	55	0:00:28	54	0:10:49	1:08:36	0:12:59			
56	635	635	CLAUDIO NOGUEIRA		SEN	Clube Ferroviário De Vendas Novas	69	0:21:39	89	0:00:44	37	0:34:41	66	0:00:31	68	0:11:19	1:08:54	0:13:17			
57	851	851	AMÉRICO GASPAR		V1	C.s.r.d. Ota	51	0:20:31	112	0:01:17	45	0:35:18	99	0:00:47	64	0:11:09	1:09:02	0:13:25			
58	831	831	JORGE MACHADO		V2	Casa Benfica Faro	56	0:20:44	85	0:00:43	59	0:36:13	77	0:00:33	71	0:11:23	1:09:36	0:13:59			
59	775	775	JOÃO SANTOS		V1	Avy Estoris	88	0:22:55	33	0:00:26	23	0:33:46	19	0:00:21	88	0:12:16	1:09:44	0:14:07			
60	547	547	JOSÉ ANTUNES		SEN	Individual	71	0:21:48	84	0:00:43	48	0:35:21	91	0:00:38	75	0:11:36	1:10:06	0:14:29			
61	531	531	NUNO LOPES		SEN	Clube Ferroviário De Vendas Novas	63	0:21:26	57	0:00:34	68	0:36:56	57	0:00:28	62	0:11:07	1:10:31	0:14:54			
62	540	540	PEDRO GASPAR		SEN	Udr Casalense	74	0:22:03	101	0:00:51	63	0:36:32	86	0:00:37	46	0:10:34	1:10:37	0:15:00			
63	1032		JOAO GOMES		V1	Individual	68	0:21:35	55	0:00:33	69	0:37:04	83	0:00:36	55	0:10:51	1:10:39	0:15:02			
							Médias:	0:21:18	0:00:36	0:37:17	0:00:30	0:11:09									

Federação de Triatlo de Portugal



CLASSIFICAÇÃO
NOMINOG ADIA
SANTANA
ASCENS

Temperatura Água:										Corrida 4500 (MT)			Ciclismo 19,3 (KM)			Corrida 2250 (MT)		
LG	Drsi	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
64	454		PETRO MOSINZOV		SEN	A.d.c.r. Painho	44	0:20:15	53	0:00:33	79	0:38:02	53	0:00:27	72	0:11:26	1:10:43	0:15:06
65	315		BRUNO FERREIRA		SZ3	C.a.r.d. Ota	67	0:21:33	69	0:00:38	77	0:37:46	80	0:00:35	60	0:11:00	1:11:32	0:15:55
66	988		AMERICO SEQUEIRA		V1	Individual	65	0:21:29	78	0:00:41	73	0:37:19	96	0:00:42	70	0:11:21	1:11:32	0:15:55
67	751		JOSÉ PEIXOTO		V2	A.d.c.r. Painho	62	0:21:14	83	0:00:43	74	0:37:31	87	0:00:38	73	0:11:28	1:11:34	0:16:17
68	1146		TIAGO CAIADO		JUN	Individual	80	0:22:25	68	0:00:37	64	0:36:39	41	0:00:24	81	0:11:49	1:11:54	0:16:33
69	404		NUNO CHAINHO		JUN	Os Koles Bike Team	61	0:20:58	90	0:00:45	90	0:39:41	32	0:00:23	38	0:10:23	1:12:10	0:16:33
70	300		NUNO SILVA		SZ3	Individual	83	0:22:28	54	0:00:33	72	0:37:15	71	0:00:32	76	0:11:36	1:12:24	0:16:47
71	818		JOSÉ RIJO		V4	C.f. "os Belenenses"	79	0:22:25	98	0:00:49	65	0:36:41	101	0:00:49	79	0:11:41	1:12:25	0:16:48
72	806		JOSÉ LUIS NUNES		V2	Papa-légus De Assafora	84	0:22:38	82	0:00:42	67	0:36:54	106	0:00:54	67	0:11:19	1:12:27	0:16:50
73	406		HUGO LANÇA		JUN	Udo - União Desportiva Oeste	89	0:22:56	75	0:00:41	53	0:35:30	64	0:00:31	96	0:12:59	1:12:37	0:17:00
74	799		LUIS FILIPE SILVA		V2	Udr. Casalense	76	0:22:18	104	0:00:56	66	0:36:49	100	0:00:47	83	0:11:52	1:12:42	0:17:05
75	528		SÉRGIO OLIVEIRA		SEN	Avy Estoris	72	0:21:52	45	0:00:30	83	0:38:39	72	0:00:32	65	0:11:09	1:12:42	0:17:05
76	1015		MARCO SANTOS		SEN	Individual	81	0:22:27	41	0:00:28	61	0:36:28	94	0:00:40	98	0:13:06	1:13:09	0:17:32
77	314		CARLA RIBEIRO		SZ3	C.n. Carfaxo	77	0:22:18	62	0:00:34	75	0:37:35	79	0:00:34	86	0:12:11	1:13:12	0:17:35
78	585		PAULO CODINHA		SEN	C.f. "os Belenenses"	87	0:22:54	76	0:00:41	70	0:37:06	76	0:00:33	91	0:12:31	1:13:45	0:18:08
79	308		JOANA GUERRA		SZ3	C.f. "os Belenenses"	75	0:22:15	38	0:00:28	84	0:39:09	26	0:00:22	74	0:11:35	1:13:49	0:18:12
80	773		HENRIQUE FREIRE		V1	Udr. Casalense	86	0:22:51	72	0:00:39	80	0:38:10	88	0:00:38	77	0:11:38	1:13:56	0:18:19
81	850		MÁRIO SANTANA		V3	Amicielo	90	0:23:09	109	0:01:07	62	0:36:31	105	0:00:52	89	0:12:19	1:13:58	0:18:21
82	962		JORGE VIEIRA		SEN	Individual	70	0:21:42	67	0:00:37	92	0:39:53	73	0:00:32	69	0:11:19	1:14:03	0:18:26
83	418		BRUNO SANTOS		JUN	Individual	52	0:20:31	49	0:00:31	102	0:42:02	63	0:00:30	58	0:10:53	1:14:27	0:18:50
84	1125		RUTE COSTA		SEN	Individual	95	0:23:36	95	0:00:48	78	0:37:50	74	0:00:32	84	0:11:56	1:14:42	0:19:05
85	951		FILIPE DIAS		SEN	Individual	92	0:23:27	79	0:00:41	82	0:38:37	15	0:00:20	85	0:11:57	1:15:02	0:19:25
86	453		SERGIY DAKHNOVSKY		SEN	A.d.c.r. Painho	82	0:22:28	50	0:00:32	88	0:39:32	69	0:00:32	90	0:12:24	1:15:28	0:19:51
87	981		JORGE BARRADAS		SEN	Individual	101	0:24:21	61	0:00:34	93	0:40:14	52	0:00:26	49	0:10:37	1:16:12	0:20:35
88	1001		JOSE LOBATO		SEN	Individual	85	0:22:44	102	0:00:52	98	0:41:18	27	0:00:22	66	0:11:11	1:16:27	0:20:50
89	455		CARLOS QUEIROZ		SEN	A.d.c.r. Painho	97	0:23:50	71	0:00:38	89	0:39:39	46	0:00:25	87	0:12:13	1:16:45	0:21:08
90	648		MIGUEL FRAGOSO		SEN	Individual	96	0:23:39	94	0:00:48	81	0:38:24	102	0:00:50	105	0:13:36	1:17:17	0:21:40
91	618		CÉSAR GOVERNO		SEN	Papa-légus De Assafora	98	0:23:55	110	0:01:12	76	0:37:41	109	0:01:01	103	0:13:30	1:17:19	0:21:42
92	1124		NUNO VINAGRE		SZ3	Individual	78	0:22:21	21	0:00:23	103	0:42:41	16	0:00:20	80	0:11:44	1:17:29	0:21:52
93	829		FRANCISCO MARTINS		V5	Clube Ferroviario De Vendas Novas	102	0:24:42	92	0:00:48	85	0:39:09	62	0:00:30	92	0:12:32	1:17:41	0:22:04
94	546		LUIS ANTUNES		SEN	Individual	93	0:23:33	99	0:00:50	87	0:39:27	93	0:00:40	101	0:13:19	1:17:49	0:22:12
95	842		ARMÉNIO GARCIAS		V2	Individual	100	0:24:14	80	0:00:42	97	0:40:51	42	0:00:25	82	0:11:52	1:18:04	0:22:27
96	419		ANDREIA MOÇO		JUN	Grecas - Vagos	103	0:24:48	81	0:00:42	86	0:39:16	81	0:00:35	93	0:12:43	1:18:04	0:22:27
97	817		VITOR COSTA		V3	C.f. "os Belenenses"	99	0:24:03	88	0:00:44	96	0:40:29	97	0:00:44	99	0:13:09	1:19:09	0:23:32
98	302		GONÇALO PINTO		SZ3	Individual	94	0:23:33	59	0:00:34	99	0:41:35	104	0:00:51	102	0:13:20	1:19:53	0:24:16
99	830		JOÃO BRANCO		V4	C.f. "os Belenenses"	104	0:24:49	91	0:00:46	101	0:42:00	56	0:00:28	106	0:13:39	1:21:42	0:26:05
100	812		CARLOS RAIMUNDO		V3	Individual	109	0:26:32	96	0:00:49	91	0:39:42	98	0:00:46	107	0:13:56	1:21:45	0:26:08
										Médias:	0:21:18	0:00:36	0:37:17	0:00:30	0:11:09			



CLASSIFICAÇÃO
 NA BEIRA
 JEAN-PAUL
 ASCENSO

Federação de Triatlo de Portugal

LG		Drsil		Lic		Nome		Temperatura Agua:		PEN		ESC		Equipa		Corrida 4500 (MT)			Ciclismo 19,3 (KM)			Corrida 2250 (MT)									
																		Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff		
101	801											V2	C.f. "os Belenenses"				107	0:26:01	107	0:01:05	94	0:40:19	108	0:00:59	104	0:13:30	1:21:54	0:26:17			
102	294											S23	Casa Benfica Faro				106	0:25:35	44	0:00:29	105	0:42:47	20	0:00:21	95	0:12:57	1:22:09	0:26:32			
103	290											S23	C.f. "os Belenenses"				108	0:26:04	106	0:01:03	104	0:42:42	89	0:00:38	97	0:13:05	1:23:32	0:27:55			
104	828											V5	Abv Estoris				105	0:25:15	111	0:01:15	107	0:45:00	95	0:00:42	94	0:12:57	1:25:09	0:29:32			
105	971											JUN	Individual				113	0:30:06	65	0:00:35	100	0:41:44	22	0:00:21	100	0:13:16	1:26:02	0:30:25			
106	1147											SEN	Individual				73	0:21:57	105	0:01:02	109	0:47:31	110	0:01:01	108	0:14:50	1:30:19	0:34:42			
107	644											SEN	C.s.r.d. Oia				11	0:17:45	14	0:00:22	113	1:01:55	24	0:00:22	26	0:09:55	1:32:08	0:38:36			
108	843											V5	Individual				111	0:28:57	108	0:01:07	108	0:46:04	103	0:00:51	109	0:15:09	1:34:13	0:38:31			
109	401											JUN	Individual				91	0:23:20	20	0:00:23	111	0:58:33	8	0:00:18	78	0:11:39	1:46:24	0:50:47			
110	826											V5	Abv Estoris				112	0:29:27	113	0:01:31	110	0:55:41	111	0:01:48	111	0:17:57	1:53:19	0:57:42			
111	313											S23	Casa Benfica Faro				114	0:34:42	73	0:00:40	112	0:59:52	60	0:00:30	110	0:17:35	1:53:19	0:57:42			
112	654											DNF	SEN C.f. "os Belenenses"				57	0:20:45													
113	827											DNF	V5 Abv Estoris				110	0:27:16	93	0:00:48	95	0:40:28									
114	649											DNF	SEN Individual				41	0:19:59	1	0:00:00	106	0:43:17									
115	553											DNS	SEN Casa Benfica Faro																		
116	488											DNS	SEN Avalanches/ir Janes																		
117	282											DNS	S23 Avalanches/ir Janes																		
118	415											DNS	JUN A.d.c.r. Palinho																		
119	598											DNS	SEN Udr Casalense																		
120	565											DNS	SEN C.f. "os Belenenses"																		
121	832											DNS	V2 S. R. Torense																		
122	659											DNS	SEN Arricklo																		
123	461											DNS	SEN Arricklo																		
124	534											DNS	SEN C.d. Asas Do Milénium																		
125	643											DNS	SEN C.d. Asas Do Milénium																		
126	627											DNS	SEN Individual																		
127	655											DNS	SEN Individual																		
128	1025											DNS	SEN Individual																		
129	1011											DNS	SEN Individual																		
130	991											DNS	SEN Individual																		
131	990											DNS	SEN Individual																		
132	989											DNS	SEN Individual																		
133	1122											DNS	SEN Individual																		
134	1123											DNS	SEN Individual																		
135	1121											DNS	SEN Individual																		
136	381											DNS	JUN C.n. Cartaxo																		



*CLASSIFICAÇÃO
NOMOLÓGICA
JORNAL AGENSA*

Federação de Triatlo de Portugal

RESULTADOS

LOCALIDADE:	GRÂNDOLA	DISTANCIA Corrida (MT); Ciclismo(KM); Corrida(MT):	4500/19,3/2250
Data:	06-04-2003	HORA DE COMEÇO:	15:00

INFO

DELEGADO TÉCNICO:	PAULO ALVES	JUIZ PRINCIPAL:	JEAN PAUL
PONTUAVÉL PARA:	CIRCUITO NACIONAL CIRCUITO NACIONAL JUNIORES	JURI DE APELO:	

SR CAMARNAL-CONSTR.RAMALHO COUTO-IKA

Tempo Total: 2:49:21

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
1	505	505	JOSÉ MÁRIO RIBEIRO		SEN	SR CAMARNAL-CONSTR.RAMALHO COUTO-IKA	0:55:37	0:00:00
2	508	508	ALCINO SERRAS		SEN	SR CAMARNAL-CONSTR.RAMALHO COUTO-IKA	0:56:43	0:01:06
4	481	481	GUSTAVO HACHMEISTER		SEN	SR CAMARNAL-CONSTR.RAMALHO COUTO-IKA	0:57:01	0:01:24

CASA BENFICA FARO

Tempo Total: 3:06:45

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
12	754	754	FERNANDO PIRES		V2	CASA BENFICA FARO	1:01:47	0:06:10
16	483	483	CLÁUDIO RIBEIRO		SEN	CASA BENFICA FARO	1:02:25	0:06:48
17	465	465	PAULO SILVA		SEN	CASA BENFICA FARO	1:02:33	0:06:56

C.F. "OS BELENENSES"

Tempo Total: 3:08:43

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
18	629	629	FERNANDO CARMO		SEN	C.F. "OS BELENENSES"	1:02:43	0:07:06
19	317	317	NUNO CRUZ		S23	C.F. "OS BELENENSES"	1:02:53	0:07:16
21	613	613	PAULO LAMEGO		SEN	C.F. "OS BELENENSES"	1:03:07	0:07:30

UDO - UNIÃO DESPORTIVA OESTE

Tempo Total: 3:13:35

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
13	499	499	ANTÓNIO ERVIDEIRA		SEN	UDO - UNIÃO DESPORTIVA OESTE	1:01:55	0:06:18
20	304	304	BRUNO FERNANDES		S23	UDO - UNIÃO DESPORTIVA OESTE	1:03:04	0:07:27
55	844	844	PAULO RIBEIRO		V1	UDO - UNIÃO DESPORTIVA OESTE	1:08:36	0:12:59

PAPA-LÉGUAS DE ASSAFORA

Tempo Total: 3:16:42

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
24	519	519	CARLOS ROCHA		SEN	PAPA-LÉGUAS DE ASSAFORA	1:04:31	0:08:54
34	770	770	MANUEL GONÇALVES		V1	PAPA-LÉGUAS DE ASSAFORA	1:05:38	0:10:01
41	529	529	SÉRGIO RODRIGUES		SEN	PAPA-LÉGUAS DE ASSAFORA	1:06:33	0:10:56

GRECAS - VAGOS

Tempo Total: 3:16:48

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
27	606	606	VITOR ANACLETO		SEN	GRECAS - VAGOS	1:05:03	0:09:26
30	782	782	ANTÓNIO VIEIRA		V1	GRECAS - VAGOS	1:05:23	0:09:46
38	310	310	GUSTAVO CAPÃO		S23	GRECAS - VAGOS	1:06:22	0:10:45

C.S.R.D. OTA

Tempo Total: 3:17:36

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
31	645	645	JOÃO LOURENÇO		SEN	C.S.R.D. OTA	1:05:28	0:09:51
33	646	646	MANUEL BATISTA		SEN	C.S.R.D. OTA	1:05:38	0:10:01
39	647	647	LUIS PARRINHA		SEN	C.S.R.D. OTA	1:06:30	0:10:53



*CLASSIFICAÇÃO
NOMOLOGADA
JANUÁRIO
ASCENSO*

A.D.C.R. PAINHO

Tempo Total: 3:19:55

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
28	451	451	PAULO PRIETO		SEN	A.D.C.R. PAINHO	1:05:11	0:09:34
46	752	752	RENATO INÁCIO		V1	A.D.C.R. PAINHO	1:06:55	0:11:18
51	854	854	AMÂNDIO CAETANO		V1	A.D.C.R. PAINHO	1:07:49	0:12:12

CLUBE FERROVIARIO DE VENDAS NOVAS

Tempo Total: 3:20:33

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
32	776	776	FERNANDO TEIXEIRA		V2	CLUBE FERROVIARIO DE VENDAS NOVAS	1:05:35	0:09:58
36	533	533	OCTÁVIO LUIS		SEN	CLUBE FERROVIARIO DE VENDAS NOVAS	1:06:04	0:10:27
56	835	835	CLÁUDIO NOGUEIRA		SEN	CLUBE FERROVIARIO DE VENDAS NOVAS	1:08:54	0:13:17

ABV ESTORIS

Tempo Total: 3:26:35

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
23	774	774	JOSÉ GUILHERME OLIVEIRA		V1	ABV ESTORIS	1:04:09	0:08:32
59	775	775	JOÃO SANTOS		V1	ABV ESTORIS	1:09:44	0:14:07
75	528	528	SÉRGIO OLIVEIRA		SEN	ABV ESTORIS	1:12:42	0:17:05

AEGISTÉCNICO-IPODEC

Tempo Total: 3:28:58

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
11	297	297	PEDRO GOMES		S23	AEGISTÉCNICO-IPODEC	1:00:41	0:05:04
40	594	594	HUGO RIBEIRO		SEN	AEGISTÉCNICO-IPODEC	1:06:32	0:10:55
100	812		CARLOS RAIMUNDO		V3	INDIVIDUAL	1:21:45	0:26:08

SPORT UNIÃO COLARENSE

Tempo Total: 3:34:14


LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
14	299	299	RAFAEL GOMES		S23	SPORT UNIÃO COLARENSE	1:01:57	0:06:20
70	300		NUNO SILVA		S23	INDIVIDUAL	1:12:24	0:16:47
88	302		GONÇALO PINTO		S23	INDIVIDUAL	1:19:53	0:24:16

UDR CASALENSE

Tempo Total: 3:37:15

LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Total	Diff
82	540	540	PEDRO GASPAR		SEN	UDR CASALENSE	1:10:37	0:15:00
74	799	799	LUÍS FILIPE SILVA		V2	UDR CASALENSE	1:12:42	0:17:05
80	773	773	HENRIQUE FREIRE		V1	UDR CASALENSE	1:13:56	0:18:19

*Classificada
MONIZ GUERRA
JEAN PAUL ASCENSI*



LOCALIDADE:	GRÂNDOLA	DISTANCIA Corrida (MT); Ciclismo(KM); Corrida(MT):	4500/19,3/2250
Data:	06-04-2003	HORA DE COMEÇO:	15:00

INFO

DELEGADO TÉCNICO:	PAULO ALVES	JUIZ PRINCIPAL:	JEAN PAUL
PONTUAVÉL PARA:	CIRCUITO NACIONAL CIRCUITO NACIONAL JUNIORES	JURI DE APELO:	

C.F. "OS BELENENSES"

Tempo Total: 3:45:38

LG	Drs	Lic	Nome	PEN	ESC	Equipa	Total	Diff
53	398	398	SARAH VERGUET MONIZ		JUN	C.F. "OS BELENENSES"	1:08:17	0:00:00
79	308	308	JOANA GUERRA		S23	C.F. "OS BELENENSES"	1:13:49	0:05:32
103	290	290	MARIA CECÍLIA FRANCO		S23	C.F. "OS BELENENSES"	1:23:32	0:15:15



CLASSIFICAÇÃO HOMOLOGADA
 JEAN PAUL
 AS CENSO

Federação de Triatlo de Portugal

RESULTADOS

LOCALIDADE:	GRÂNDOLA	DISTANCIA Corrida (MT); Ciclismo(KM); Corrida(MT):	4500/19,3/2250
Data:	06-04-2003	HORA DE COMEÇO:	15:00

INFO

DELEGADO TÉCNICO:	PAULO ALVES	JUIZ PRINCIPAL:	JEAN PAUL
PONTUAVÉL PARA:	CIRCUITO NACIONAL CIRCUITO NACIONAL JUNIORES	JURI DE APELO:	

Informação

V5 Masculinos

Corrida		4500 (MT) Temperatura Agua:										19,3 (KM)				Corrida			
LG	Drsil	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff	
93	829		FRANCISCO MARTINS		V5	Clube Ferroviário De Vendas Novas	102	0:24:42	92	0:00:48	85	0:39:09	62	0:00:30	92	0:12:32	1:17:41	0:22:04	
104	828		FERNANDO INÁCIO		V5	Abv Estoris	105	0:25:15	111	0:01:15	107	0:45:00	95	0:00:42	94	0:12:57	1:25:09	0:29:32	
108	843		ANTÓNIO PEREIRA		V5	Individual	111	0:28:57	108	0:01:07	108	0:46:04	103	0:00:51	109	0:15:09	1:32:08	0:36:31	
110	826		VITOR REAL		V5	Abv Estoris	112	0:29:27	113	0:01:31	110	0:55:41	111	0:01:48	111	0:17:57	1:46:24	0:50:47	
113	827		JOHN GRANEY	DNF	V5	Abv Estoris	110	0:27:16	93	0:00:48	95	0:40:28							

V4 Masculinos

Corrida		4500 (MT) Temperatura Agua:										19,3 (KM)				Corrida			
LG	Drsil	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff	
71	818		JOSÉ RIJO		V4	C.f. "os Belenenses"	79	0:22:25	98	0:00:49	65	0:36:41	101	0:00:49	79	0:11:41	1:12:25	0:16:48	
99	830		JOÃO BRANCO		V4	C.f. "os Belenenses"	104	0:24:49	91	0:00:46	101	0:42:00	56	0:00:28	106	0:13:39	1:21:42	0:26:05	

V3 Masculinos

Corrida		4500 (MT) Temperatura Agua:										19,3 (KM)				Corrida			
LG	Drsil	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff	
81	850		MÁRIO SANTANA		V3	Amicielo	90	0:23:09	109	0:01:07	62	0:36:31	105	0:00:52	89	0:12:19	1:13:58	0:18:21	
97	817		VITOR COSTA		V3	C.f. "os Belenenses"	99	0:24:03	88	0:00:44	96	0:40:29	97	0:00:44	99	0:13:09	1:19:09	0:23:32	
100	812		CARLOS RAIMUNDO		V3	Individual	109	0:26:32	96	0:00:49	91	0:39:42	98	0:00:46	107	0:13:56	1:21:45	0:26:08	

Federação de Triatlo de Portugal

V2 Masculinos



Classificação
MONOLASADA
JEANPAUL
AS GONÇALVES

Corrida										Ciclismo										Corrida		
4500 (MT) Temperatura Agua:										19,3 (KM)										2250 (MT)		
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff				
12	754	754	FERNANDO PIRES		V2	Casa Benifica Faro	12	0:17:59	6	0:00:19	20	0:33:35	9	0:00:18	16	0:09:36	1:01:47	0:06:10				
29	792	792	JOSÉ VARELA		V2	Casa Benifica Faro	40	0:19:59	32	0:00:26	31	0:34:25	40	0:00:24	31	0:10:04	1:05:18	0:09:41				
32	776	776	FERNANDO TEIXEIRA		V2	Clube Ferroviario De Vendas Novas	39	0:19:54	19	0:00:23	44	0:35:04	34	0:00:23	24	0:09:51	1:05:35	0:09:58				
37	804	804	NARCISO MARCOS		V2	Individual	35	0:19:45	77	0:00:41	40	0:34:46	70	0:00:32	41	0:10:27	1:06:11	0:10:34				
56	831	831	JORGE MACHADO		V2	Casa Benifica Faro	56	0:20:44	85	0:00:43	59	0:36:13	77	0:00:33	71	0:11:23	1:09:36	0:13:59				
67	751	751	JOSÉ PEIXOTO		V2	A.d.c.r. Palinho	62	0:21:14	83	0:00:43	74	0:37:31	87	0:00:38	73	0:11:28	1:11:34	0:15:57				
72	806	806	JOSÉ LUÍS NUNES		V2	Papa-Iéguae De Assaíora	84	0:22:38	82	0:00:42	67	0:36:54	106	0:00:54	67	0:11:19	1:12:27	0:16:50				
74	799	799	LUÍS FILIPE SILVA		V2	Udr Casatense	76	0:22:18	104	0:00:56	66	0:36:49	100	0:00:47	83	0:11:52	1:12:42	0:17:05				
95	842	842	ARMÉNIO GARCÍAS		V2	Individual	100	0:24:14	80	0:00:42	97	0:40:51	42	0:00:25	82	0:11:52	1:18:04	0:22:27				
101	801	801	LUÍS RAMOS		V2	C.l. os Belenenses*	107	0:26:01	107	0:01:05	94	0:40:19	108	0:00:59	104	0:13:30	1:21:54	0:26:17				
121	832	832	JOSÉ SOARES	DNS	V2	S. R. Torense																

V1 Masculinos

Corrida										Ciclismo										Corrida		
4500 (MT) Temperatura Agua:										19,3 (KM)										2250 (MT)		
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff				
23	774	774	JOSÉ GUILHERME OLIVE		V1	Abv Estoril	43	0:20:08	39	0:00:28	14	0:33:11	67	0:00:31	25	0:09:51	1:04:09	0:08:32				
30	782	782	ANTÓNIO VIEIRA		V1	Grecas - Vagos	37	0:19:49	28	0:00:25	30	0:34:23	31	0:00:23	37	0:10:23	1:05:23	0:09:46				
34	770	770	MANUEL GONÇALVES		V1	Papa-Iéguae De Assaíora	26	0:19:15	87	0:00:44	46	0:35:19	78	0:00:34	20	0:09:46	1:05:38	0:10:01				
46	752	752	RENATO INÁCIO		V1	A.d.c.r. Palinho	46	0:20:22	103	0:00:56	25	0:33:54	107	0:00:55	53	0:10:48	1:06:55	0:11:18				
51	854	854	AMÂNDIO CAETANO		V1	A.d.c.r. Palinho	53	0:20:34	86	0:00:44	51	0:35:25	84	0:00:37	42	0:10:29	1:07:49	0:12:12				
55	844	844	PAULO RIBEIRO		V1	Udo - União Desportiva Oeste	60	0:20:58	36	0:00:27	58	0:35:54	55	0:00:28	54	0:10:49	1:08:36	0:12:59				
57	851	851	AMÉRICO GASPAS		V1	C.s.r.d. Ota	51	0:20:31	112	0:01:17	45	0:35:18	99	0:00:47	64	0:11:09	1:09:02	0:13:25				
59	775	775	JOÃO SANTOS		V1	Abv Estoril	88	0:22:55	33	0:00:26	23	0:33:46	19	0:00:21	88	0:12:16	1:09:44	0:14:07				
63	1032		JOAO GOMES		V1	Individual	68	0:21:35	55	0:00:33	69	0:37:04	83	0:00:36	55	0:10:51	1:10:39	0:15:02				
66	998		AMERICO SEQUEIRA		V1	Individual	65	0:21:29	78	0:00:41	73	0:37:19	96	0:00:42	70	0:11:21	1:11:32	0:15:55				
80	773	773	HENRIQUE FREIRE		V1	Udr Casatense	86	0:22:51	72	0:00:39	80	0:38:10	88	0:00:38	77	0:11:38	1:13:56	0:18:19				

Federação de Triatlo de Portugal

SEN Masculinos



CLASSIFICAÇÃO
NUMEROLOGICA
JEANTAZ
ASCENSO

Corrida		Ciclismo											Corrida					
4500 (MT)		19,3 (KM)											2250 (MT)					
LG	Drsil	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
1	505		JOSÉ MÁRIO RIBEIRO		SEN	Sr Camamal-constr.ramalho Couto-Ika	4	0:16:59	2	0:00:17	1	0:29:32	2	0:00:14	2	0:08:35	0:55:37	0:00:00
2	508		ALCINO SERRAS		SEN	Sr Camamal-constr.ramalho Couto-Ika	3	0:16:53	4	0:00:18	3	0:30:42	3	0:00:14	3	0:08:36	0:56:43	0:01:06
3	521		JOÃO CAMPOS		SEN	Casa Do Benfica No Fundão	2	0:16:47	5	0:00:19	4	0:31:09	4	0:00:15	1	0:08:26	0:56:56	0:01:19
4	481		GUSTAVO HACHMEISTER		SEN	Sr Camamal-constr.ramalho Couto-Ika	10	0:17:35	13	0:00:22	2	0:29:47	30	0:00:23	6	0:08:54	0:57:01	0:01:24
5	507		CUSTÓDIO ANTÓNIO		SEN	Sr Camamal-constr.ramalho Couto-Ika	8	0:17:07	12	0:00:22	5	0:31:11	43	0:00:25	7	0:09:03	0:58:08	0:02:31
9	600		JOSÉ SANTOS		SEN	Sr Camamal-constr.ramalho Couto-Ika	6	0:17:04	22	0:00:24	11	0:32:58	38	0:00:24	4	0:08:44	0:59:34	0:03:57
13	499		ANTÓNIO ERVIDEIRA		SEN	Udo - União Desportiva Oeste	17	0:18:19	17	0:00:23	16	0:33:18	37	0:00:24	14	0:09:31	1:01:55	0:06:18
16	463		CLÁUDIO RIBEIRO		SEN	Casa Benfica Faro	16	0:18:13	24	0:00:24	27	0:34:03	6	0:00:16	13	0:09:29	1:02:25	0:06:48
17	465		PAULO SILVA		SEN	Casa Benfica Faro	21	0:18:45	9	0:00:20	22	0:33:37	11	0:00:19	15	0:09:32	1:02:33	0:06:56
18	629		FERNANDO CARMO		SEN	C.f. "os Belelenses"	18	0:18:19	74	0:00:40	19	0:33:29	90	0:00:38	17	0:09:37	1:02:43	0:07:06
21	613		PAULO LAMEGO		SEN	C.f. "os Belelenses"	25	0:19:03	29	0:00:25	18	0:33:23	50	0:00:26	22	0:09:50	1:03:07	0:07:30
24	519		CARLOS ROCHA		SEN	Papa-éguas De Assafora	28	0:19:16	48	0:00:31	33	0:34:26	82	0:00:36	19	0:09:42	1:04:31	0:08:54
25	976		VITOR SANTOS		SEN	Individual	29	0:19:17	100	0:00:50	24	0:33:46	92	0:00:39	30	0:10:01	1:04:33	0:08:56
27	606		VITOR ANACLETO		SEN	Grecas - Vagos	31	0:19:32	47	0:00:31	36	0:34:37	48	0:00:26	27	0:09:57	1:05:03	0:09:26
28	451		PAULO PRIETO		SEN	A.d.c.r. Palinho	27	0:19:16	42	0:00:29	34	0:34:34	61	0:00:30	36	0:10:22	1:05:11	0:09:34
31	645		JOÃO LOURENÇO		SEN	C.s.r.d. Ota	55	0:20:42	31	0:00:26	17	0:33:19	12	0:00:20	50	0:10:41	1:05:28	0:09:51
33	646		MANUEL BATISTA		SEN	C.s.r.d. Ota	32	0:19:33	26	0:00:25	39	0:34:43	13	0:00:20	48	0:10:37	1:05:38	0:10:01
35	494		NUNO SOUSA		SEN	C.d. Asas Do Milénium	23	0:18:55	64	0:00:35	57	0:35:39	54	0:00:27	39	0:10:25	1:06:01	0:10:24
36	533		OCTÁVIO LUIS		SEN	Clube Ferroviário De Vendas Novas	48	0:20:23	23	0:00:24	38	0:34:42	33	0:00:23	33	0:10:12	1:06:04	0:10:27
39	647		LUIS PARRINHA		SEN	C.s.r.d. Ota	34	0:19:42	27	0:00:25	54	0:35:33	14	0:00:20	43	0:10:30	1:06:30	0:10:53
40	584		HUGO RIBEIRO		SEN	Aegleístico-ipoede	47	0:20:23	35	0:00:27	28	0:34:09	36	0:00:24	63	0:11:09	1:06:32	0:10:55
41	529		SÉRGIO RODRIGUES		SEN	Papa-éguas De Assafora	42	0:20:07	43	0:00:29	41	0:34:57	49	0:00:26	45	0:10:34	1:06:33	0:10:56
42	638		PAULO CALIXTO		SEN	Ateneu Artístico Ceretéense	24	0:18:56	60	0:00:34	60	0:36:21	59	0:00:29	35	0:10:15	1:06:35	0:10:58
44	564		CRISTIANO ANDRADE		SEN	Assoc. Farnão Mendes Pinto	58	0:20:45	70	0:00:38	26	0:34:01	68	0:00:31	52	0:10:45	1:06:40	0:11:03
45	466		CARLOS MATOS		SEN	Casa Benfica Faro	45	0:20:15	58	0:00:34	35	0:34:35	39	0:00:24	57	0:10:53	1:06:41	0:11:04
48	464		HELDER CORREIA		SEN	Casa Benfica Faro	49	0:20:27	30	0:00:25	47	0:35:20	7	0:00:17	51	0:10:43	1:07:12	0:11:35
52	458		PEDRO MARQUES		SEN	A.d.c.r. Palinho	64	0:21:27	63	0:00:35	42	0:34:58	44	0:00:25	40	0:10:26	1:07:51	0:12:14
56	635		CLÁUDIO NOGUEIRA		SEN	Clube Ferroviário De Vendas Novas	69	0:21:39	89	0:00:44	37	0:34:41	66	0:00:31	68	0:11:19	1:08:54	0:13:17
60	547		JOSÉ ANTUNES		SEN	Individual	71	0:21:48	84	0:00:43	48	0:35:21	91	0:00:38	75	0:11:36	1:10:06	0:14:29
61	531		NUNO LOPES		SEN	Clube Ferroviário De Vendas Novas	63	0:21:26	57	0:00:34	68	0:36:56	57	0:00:28	62	0:11:07	1:10:31	0:14:54
62	540		PEDRO GASPARGAR		SEN	Udr Casalense	74	0:22:03	101	0:00:51	63	0:36:32	86	0:00:37	46	0:10:34	1:10:37	0:15:00
64	454		PETRO MOSINZOV		SEN	A.d.c.r. Palinho	44	0:20:15	53	0:00:33	79	0:38:02	53	0:00:27	72	0:11:26	1:10:43	0:15:06
75	528		SÉRGIO OLIVEIRA		SEN	Avy Estoris	72	0:21:52	45	0:00:30	83	0:38:39	72	0:00:32	65	0:11:09	1:12:42	0:17:05
76	1015		MARCO SANTOS		SEN	Individual	81	0:22:27	41	0:00:28	61	0:36:28	94	0:00:40	98	0:13:06	1:13:09	0:17:32

Médias: 0:21:18 0:00:36 0:37:17 0:00:30 0:11:09



Federação de Triatlo de Portugal

78	585	PAULO CODINHA	SEN	C.f. "os Belenenses"	87	0:22:54	76	0:00:41	70	0:37:06	76	0:00:33	91	0:12:31	1:13:45	0:18:08
82	962	JORGE VIEIRA	SEN	Individual	70	0:21:42	67	0:00:37	92	0:39:53	73	0:00:32	69	0:11:19	1:14:03	0:18:28
85	951	FILIPE DIAS	SEN	Individual	92	0:23:27	79	0:00:41	82	0:38:37	15	0:00:20	85	0:11:57	1:15:02	0:19:25
86	453	SERGYI DAKHNOVSKY	SEN	A.d.c.r. Painho	82	0:22:28	50	0:00:32	88	0:39:32	59	0:00:32	90	0:12:24	1:15:28	0:19:51
87	981	JORGE BARRADAS	SEN	Individual	101	0:24:21	61	0:00:34	93	0:40:14	52	0:00:26	49	0:10:37	1:16:12	0:20:35
88	1001	JOSE LOBATO	SEN	Individual	85	0:22:44	102	0:00:52	98	0:41:18	27	0:00:22	66	0:11:11	1:16:27	0:20:50
89	455	CARLOS QUEIROZ	SEN	A.d.c.r. Painho	97	0:23:50	71	0:00:38	89	0:39:39	46	0:00:25	87	0:12:13	1:16:45	0:21:08
90	648	MIGUEL FRAGOSO	SEN	Individual	96	0:23:39	94	0:00:48	81	0:38:24	102	0:00:50	105	0:13:36	1:17:17	0:21:40
91	618	CÉSAR GOVERNO	SEN	Papa-éguas De Assafora	98	0:23:55	110	0:01:12	76	0:37:41	109	0:01:01	103	0:13:30	1:17:19	0:21:42
94	546	LUIS ANTUNES	SEN	Individual	93	0:23:33	99	0:00:50	87	0:39:27	93	0:00:40	101	0:13:19	1:17:49	0:22:12
108	1147	JOAO PIMPAO	SEN	Individual	73	0:21:57	105	0:01:02	109	0:47:31	110	0:01:01	108	0:14:50	1:26:21	0:30:44
107	644	PAULO PINHEIRO	SEN	C.s.r.d. Ota	11	0:17:45	14	0:00:22	113	1:01:55	24	0:00:22	26	0:09:55	1:30:19	0:34:42
112	654	PEDRO MONTEIRO	DNF	C.f. "os Belenenses"	57	0:20:45										
114	649	LUIS GUERREIRO	DNF	Individual	41	0:19:59	1	0:00:00	106	0:43:17						
115	553	VITOR CUNHA	DNS	Casa Benfica Faro												
116	488	NUNO NEVES	DNS	Aviação/str. Jares												
119	598	PEDRO SILVA	DNS	Udr. Casaliense												
122	659	RICARDO ROCHA	DNS	Amiciclo												
123	461	ANIBAL OLIVEIRA	DNS	Amiciclo												
124	534	JOSÉ ABRANTES	DNS	C.d. Aças Do Milénium												
125	643	JORGE VITORINO	DNS	C.d. Aças Do Milénium												
126	627	PAULO TELES	DNS	Individual												
127	655	DANIEL TRINDADE	DNS	Individual												
128	1025	TIAGO TELES	DNS	Individual												
129	1011	LUIS ALMEIDA	DNS	Individual												
131	990	CARLOS VASQUEZ	DNS	Individual												
132	989	JOAO MIRANDA	DNS	Individual												
133	1122	NELSON DIAS	DNS	Individual												
134	1123	NUNO SILVA	DNS	Individual												
135	1121	RUI PANCADARES	DNS	Individual												

SEN Femininos

Corrida		Ciclismo										Corrida						
LG	Drs#	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
50	536	536	CRISTINA PONTE		SEN	Sr Camamal-const.ramalho Couto-Ika	33	0:19:41	46	0:00:31	71	0:37:07	29	0:00:23	29	0:09:59	1:07:41	0:12:04
84	1125		RUTE COSTA		SEN	Individual	95	0:23:36	95	0:00:48	78	0:37:50	74	0:00:32	84	0:11:56	1:14:42	0:19:05
120	565	565	SOFIA PERDIGÃO	DNS	SEN	C.f. "os Belenenses"												
130	991		ANA OLIVEIRA	DNS	SEN	Individual												

Federação de Triatlo de Portugal

S23 Masculinos

Corrida		Ciclismo										Corrida						
4500 (MT)		19,3 (KM)										2250 (MT)						
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
6	286	286	SÉRGIO MANUEL SILVA		S23	Sr Camamal-const.ramalho Coulo-Ika	1	0:16:33	3	0:00:17	9	0:32:42	1	0:00:12	5	0:08:49	0:58:33	0:02:56
7	283	283	MANUEL JÚLIO		S23	S.l.m.e.cruz-quebradense	7	0:17:04	25	0:00:24	6	0:31:53	51	0:00:26	9	0:09:07	0:58:54	0:03:17
8	285	285	DUARTE MARQUES		S23	Sr Camamal-const.ramalho Coulo-Ika	9	0:17:19	7	0:00:20	7	0:32:14	17	0:00:21	12	0:09:19	0:59:33	0:03:56
11	297	297	PEDRO GOMES		S23	Aegistécnico-tpodec	13	0:18:04	52	0:00:33	8	0:32:24	28	0:00:23	11	0:09:17	1:00:41	0:05:04
14	299	299	RAFAEL GOMES		S23	Sport União Colerense	14	0:18:10	15	0:00:22	15	0:33:14	18	0:00:21	23	0:09:50	1:01:57	0:06:20
19	317	317	NUNO CRUZ		S23	C.f. "os Belenenses"	19	0:18:22	56	0:00:34	21	0:33:37	75	0:00:33	21	0:09:47	1:02:53	0:07:16
20	304	304	BRUNO FERNANDES		S23	Udo - União Desportiva Oeste	15	0:18:12	11	0:00:22	29	0:34:23	47	0:00:26	18	0:09:41	1:03:04	0:07:27
38	310	310	GUSTAVO CAPÃO		S23	Grecas - Vagos	54	0:20:37	66	0:00:37	32	0:34:26	65	0:00:31	32	0:10:11	1:06:22	0:10:45
65	315	315	BRUNO FERREIRA		S23	C.s.r.d. Ota	67	0:21:33	69	0:00:38	77	0:37:46	80	0:00:35	60	0:11:00	1:11:32	0:15:55
70	300		NUNO SILVA		S23	Individual	83	0:22:28	54	0:00:33	72	0:37:15	71	0:00:32	76	0:11:36	1:12:24	0:16:47
92	1124		NUNO VINAGRE		S23	Individual	78	0:22:21	21	0:00:23	103	0:42:41	16	0:00:20	80	0:11:44	1:17:29	0:21:52
98	302		GONÇALO PINTO		S23	Individual	94	0:23:33	59	0:00:34	99	0:41:35	104	0:00:51	102	0:13:20	1:19:53	0:24:16
117	282	282	HUGO FORTUNA	DNS	S23	Avianche/sr.janes												

S23 Femininos

Corrida		Ciclismo										Corrida						
4500 (MT)		19,3 (KM)										2250 (MT)						
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
77	314	314	CARLA RIBEIRO		S23	C.n. Carfaxo	77	0:22:18	62	0:00:34	75	0:37:35	79	0:00:34	86	0:12:11	1:13:12	0:17:35
79	308	308	JOANA GUERRA		S23	C.f. "os Belenenses"	78	0:22:15	38	0:00:28	84	0:39:09	26	0:00:22	74	0:11:35	1:13:49	0:18:12
102	294	294	CATARINA JERÓNIMO		S23	Casa Benfca Faro	106	0:25:35	44	0:00:29	105	0:42:47	20	0:00:21	95	0:12:57	1:22:09	0:26:32
103	290	290	MARIA CECÍLIA FRANCO		S23	C.f. "os Belenenses"	108	0:26:04	106	0:01:03	104	0:42:42	89	0:00:38	97	0:13:05	1:23:32	0:27:55
111	313	313	SARA MARCOS		S23	Casa Benfca Faro	114	0:34:42	73	0:00:40	112	0:59:52	60	0:00:30	110	0:17:38	1:53:19	0:57:42

JUN Masculinos

Corrida		Ciclismo										Corrida						
4500 (MT)		19,3 (KM)										2250 (MT)						
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
10	386	386	RUBEN CRISTIANO		JUN	Sr Camamal-const.ramalho Coulo-Ika	5	0:16:59	8	0:00:20	13	0:33:03	5	0:00:16	8	0:09:03	0:59:41	0:04:04
15	412	412	CHARLY BLANCHARD		JUN	Avianche/sr.janes	20	0:18:32	18	0:00:23	10	0:32:44	23	0:00:22	28	0:09:58	1:01:59	0:06:22
22	380	380	PEDRO HENRIQUES		JUN	C.n. Carfaxo	30	0:19:22	10	0:00:20	12	0:32:59	21	0:00:21	47	0:10:34	1:03:36	0:07:59
26	423	423	PEDRO MENDES		JUN	Portinido	22	0:18:52	40	0:00:28	56	0:35:38	35	0:00:23	10	0:09:16	1:04:37	0:09:00



CLASSIFICAÇÃO
NOMOLOGADA
DEPARTAMENTO ASCENSÃO



CLASSIFICAÇÃO
NÃO LO GAIDA
JEAN PAUL ASCIVE

Federação de Triatlo de Portugal

43	402	CARLOS GASPAR	JUN	Borealis	36	0:19:47	34	0:00:26	43	0:35:00	45	0:00:25	59	0:10:59	1:06:37	0:11:00
47	413	GESÁRIO GASPAR	JUN	Greas - Vagos	38	0:19:50	97	0:00:49	55	0:35:37	85	0:00:37	34	0:10:13	1:07:06	0:11:29
49	417	RUI DOLORES	JUN	Amiçô	50	0:20:28	51	0:00:32	49	0:35:22	58	0:00:29	44	0:10:32	1:07:23	0:11:46
54	392	JOÃO DIAS	JUN	Ateneu Artístico Cartaxense	66	0:21:30	16	0:00:22	50	0:35:22	10	0:00:18	56	0:10:52	1:08:24	0:12:47
66	1146	TIAGO CAJADO	JUN	Individual	80	0:22:25	68	0:00:37	64	0:36:39	41	0:00:24	81	0:11:49	1:11:54	0:16:17
69	404	NUNO CHAINHO	JUN	Os Kotas Bike Team	61	0:20:58	90	0:00:45	90	0:39:41	32	0:00:23	38	0:10:23	1:12:10	0:16:33
73	406	HUGO LANÇA	JUN	Udo - União Desportiva Oeste	89	0:22:56	75	0:00:41	53	0:35:30	64	0:00:31	96	0:12:59	1:12:37	0:17:00
83	418	BRUNO SANTOS	JUN	Individual	52	0:20:31	49	0:00:31	102	0:42:02	63	0:00:30	58	0:10:53	1:14:27	0:18:50
105	971	VASCO MARTINS	JUN	Individual	113	0:30:06	65	0:00:35	100	0:41:44	22	0:00:21	100	0:13:16	1:26:02	0:30:25
109	401	MIGUEL FIDALGO	JUN	Individual	91	0:23:20	20	0:00:23	111	0:58:33	8	0:00:18	78	0:11:39	1:34:13	0:38:36

JUN Femininos

Corrida		Ciclismo										Corrida						
4500 (MT)		19,3 (KM)										2250 (MT)						
LG	Drs#	Lic	Nome	PEN	ESC	Equipa	Pos	Corrida	Pos	T-1	Pos	Ciclismo	Pos	T-2	Pos	Corrida	Total	Diff
53	398	398	SARAH VERGUEI MONIZ		JUN	C.f. os Belenenses	59	0:20:55	37	0:00:27	52	0:35:26	25	0:00:22	61	0:11:07	1:08:17	0:12:40
96	419	419	ANDREIA MOÇO		JUN	Greas - Vagos	103	0:24:48	81	0:00:42	86	0:39:16	81	0:00:35	93	0:12:43	1:18:04	0:22:27
118	415	415	ELSA FERREIRA	DNS	JUN	A.d.c.r. Palmho												
136	381	381	RITA RIBEIRO	DNS	JUN	C.n. Cartaxo												