



FEDERAÇÃO DE TRIATLO  
PORTUGAL

**XIV Triatlo de Monte Gordo - Taça**  
CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

**Resultados**

|             |             |   |                |
|-------------|-------------|---|----------------|
| Localidade: | Monte Gordo | Distância NATAÇÃO (MT): CICLISMO (KM) CORRIDA (MT): | 15000/40/10000 |
| Data:       | 02-10-2004  | Horas de competição:                                | 10h00m         |

**Informação**

|                    |                  |                 |                  |
|--------------------|------------------|-----------------|------------------|
| Delegado técnico:  | Bruno Salvador   | Juiz Principal: | Paula Figueiredo |
| Porta-voz oficial: | Taça de Portugal | Juiz de apoio:  |                  |

| Lg | Dist | Liq | Nome                          | País | EQUIPE                               | NATAÇÃO<br>15000 M (MT) |         |     | CICLISMO<br>40 KM (KM) |     |          | CORRIDA<br>10000 M (MT) |         |     | Total   | Dif     |         |
|----|------|-----|-------------------------------|------|--------------------------------------|-------------------------|---------|-----|------------------------|-----|----------|-------------------------|---------|-----|---------|---------|---------|
|    |      |     |                               |      |                                      | Pos                     | NATAÇÃO | Pos | T-1                    | Pos | CICLISMO | Pos                     | T-2     | Pos |         |         | CORRIDA |
| 1  | 282  | 575 | Bruno Pais                    | SEN  | C.F. "Os Belenenses"                 | 823                     | 0:21:02 | 10  | 0:00:30                | 27  | 0:58:44  | 3                       | 0:00:24 | 2   | 0:34:09 | 1:54:49 | 0:00:00 |
| 2  | 1032 |     | Gerald Horvath                | SEN  | Individual                           |                         | 0:21:12 | 4   | 0:00:27                | 23  | 0:58:36  | 17                      | 0:00:29 | 4   | 0:34:34 | 1:55:18 | 0:00:29 |
| 3  | 588  | 586 | Paulo Antunes                 | SEN  | C.F. "Os Belenenses"                 |                         | 0:21:08 | 8   | 0:00:30                | 25  | 0:58:41  | 2                       | 0:00:24 | 5   | 0:34:41 | 1:55:22 | 0:00:33 |
| 4  | 285  | 364 | Duarte Marques                | SEN  | SR Camamal-Const: Ramalho Couto-Ita  | 523                     | 0:21:05 | 14  | 0:00:31                | 28  | 0:58:42  | 8                       | 0:00:26 | 8   | 0:35:26 | 1:56:10 | 0:01:21 |
| 5  | 514  | 578 | Luis Diogo Santos             | SEN  | SR Camamal-Const: Ramalho Couto-Ita  | 13                      | 0:23:28 | 6   | 0:00:29                | 7   | 0:57:42  | 11                      | 0:00:27 | 7   | 0:35:21 | 1:57:27 | 0:02:38 |
| 6  | 488  | 488 | Tiago Lobo                    | SEN  | Triathlon Lamego Club                |                         | 0:23:05 | 5   | 0:00:29                | 11  | 0:58:09  | 10                      | 0:00:27 | 10  | 0:36:01 | 1:58:11 | 0:03:22 |
| 7  | 1059 |     | Sergio Lorenzo Prieto         | SEN  | Club Triat Andalus Milias            | 25                      | 0:24:55 | 32  | 0:00:41                | 15  | 0:58:25  | 65                      | 0:00:41 | 3   | 0:34:33 | 1:59:15 | 0:04:26 |
| 8  | 507  | 507 | Custodio Antonio              | SEN  | SR Camamal-Const: Ramalho Couto-Ita  | 29                      | 0:25:08 | 13  | 0:00:30                | 17  | 0:58:28  | 58                      | 0:00:38 | 8   | 0:34:42 | 1:59:24 | 0:04:35 |
| 9  | 424  | 252 | Tiago Neves                   | JUN  | PODEC / Tri-Oeiras.com               | 4                       | 0:21:07 | 15  | 0:00:32                | 24  | 0:58:38  | 23                      | 0:00:31 | 28  | 0:30:15 | 2:00:03 | 0:05:14 |
| 10 | 287  | 352 | Pedro Gomes                   | SEN  | PODEC / Tri-Oeiras.com               | 823                     | 0:24:32 | 22  | 0:00:38                | 28  | 0:58:48  | 14                      | 0:00:28 | 9   | 0:35:45 | 2:00:09 | 0:05:20 |
| 11 | 488  | 488 | Nuno Neves                    | SEN  | Casa Benfica Faro/GASCAN             | 16                      | 0:23:55 | 16  | 0:00:33                | 38  | 0:59:28  | 5                       | 0:00:26 | 13  | 0:37:04 | 2:01:24 | 0:08:35 |
| 13 | 592  | 592 | Rui Rodrigues                 | SEN  | Tri-Oeste -Clube de Triatlo do Oeste |                         | 0:24:00 | 33  | 0:00:41                | 35  | 0:59:21  | 16                      | 0:00:29 | 16  | 0:37:44 | 2:02:15 | 0:07:26 |
| 14 | 1108 |     | Javier Sanchez-Ajona Aguado   | SEN  | A.D Sevilla                          |                         | 0:24:15 | 52  | 0:00:47                | 31  | 0:58:56  | 48                      | 0:00:36 | 17  | 0:37:44 | 2:02:18 | 0:07:29 |
| 15 | 1084 |     | German Rodriguez Garcia       | SEN  | Club Deportivo Chidenero             | 7                       | 0:21:35 | 60  | 0:00:50                | 37  | 0:59:22  | 30                      | 0:00:32 | 30  | 0:40:13 | 2:02:32 | 0:07:43 |
| 16 | 1083 |     | Rafael Moreno Martinez        | SEN  | Cañitas de Hierro                    | 30                      | 0:25:11 | 18  | 0:00:35                | 13  | 0:58:17  | 25                      | 0:00:31 | 19  | 0:38:03 | 2:02:37 | 0:07:48 |
| 17 | 542  | 542 | Bruno Grilo                   | SEN  | C.F. "Os Belenenses"                 | 24                      | 0:24:52 | 31  | 0:00:41                | 19  | 0:58:29  | 45                      | 0:00:36 | 23  | 0:38:33 | 2:03:11 | 0:08:22 |
| 18 | 1046 |     | Sergio Rodriguez Paez         | SEN  | Triathlon Costa de la Luz            | 27                      | 0:25:04 | 30  | 0:00:40                | 18  | 0:58:28  | 49                      | 0:00:36 | 24  | 0:38:40 | 2:03:28 | 0:08:37 |
| 19 | 1107 |     | José Luis Gil Angelillo       | SEN  | A.D Sevilla                          | 12                      | 0:23:15 | 26  | 0:00:36                | 8   | 0:57:48  | 44                      | 0:00:35 | 39  | 0:41:15 | 2:03:32 | 0:08:43 |
| 20 | 1065 |     | Manuel Jesus Gonzalez         | SEN  | Triathlon Costa de la Luz            | 28                      | 0:25:06 | 39  | 0:00:43                | 12  | 0:58:17  | 21                      | 0:00:30 | 25  | 0:38:58 | 2:03:34 | 0:08:45 |
| 21 | 1005 |     | Enrique Palacios Garcia       | SEN  | A.D Sevilla                          | 10                      | 0:22:58 | 35  | 0:00:41                | 9   | 0:58:08  | 28                      | 0:00:31 | 41  | 0:41:31 | 2:03:47 | 0:08:58 |
| 22 | 1066 |     | José Manuel Pizarro Rodriguez | SEN  | Triat. - Andalus                     | 83                      | 0:28:53 | 48  | 0:00:46                | 20  | 0:58:30  | 12                      | 0:00:27 | 15  | 0:37:16 | 2:03:52 | 0:09:03 |
| 23 | 721  | 497 | Pedro Cordero                 | SEN  | Casa Benfica Faro/GASCAN             | 14                      | 0:23:36 | 17  | 0:00:34                | 44  | 0:59:53  | 46                      | 0:00:36 | 28  | 0:39:56 | 2:04:36 | 0:08:46 |
| 24 | 495  | 495 | Luis Duarte                   | SEN  | Tri-Oeste -Clube de Triatlo do Oeste | 82                      | 0:26:50 | 11  | 0:00:30                | 28  | 0:58:48  | 22                      | 0:00:31 | 22  | 0:38:14 | 2:04:50 | 0:10:01 |
| 28 | 1111 |     | Juan Luis Coronado Vinuesa    | SEN  | A.D Sevilla                          | 36                      | 0:26:24 | 2   | 0:00:28                | 10  | 0:58:08  | 27                      | 0:00:31 | 32  | 0:40:40 | 2:05:07 | 0:10:18 |
| 28 | 1109 |     | Riigo de Poin Vieja           | SEN  | A.D Sevilla                          | 31                      | 0:25:12 | 55  | 0:00:48                | 49  | 1:00:41  | 80                      | 0:00:45 | 18  | 0:37:46 | 2:08:15 | 0:10:26 |

Médias:



FEDERAÇÃO DE TRIATLO  
PORTUGAL

# Resultados

7/8

| Ord. | Dist. | Lug. | Nome                      | Temp. Aquat. | NATAÇÃO       |         |             |         | CICLISMO      |          |      |         | CORRIDA |         | Total   | Dif.    |
|------|-------|------|---------------------------|--------------|---------------|---------|-------------|---------|---------------|----------|------|---------|---------|---------|---------|---------|
|      |       |      |                           |              | 15000 M. (MT) |         | 40 KM. (KM) |         | 10000 M. (MT) |          |      |         |         |         |         |         |
|      |       |      |                           |              | Pos.          | NATAÇÃO | Pos.        | T-1     | Pos.          | CICLISMO | Pos. | T-2     | Pos.    | CORRIDA |         |         |
| 27   | 823   |      | Luis Filipe Lopes         |              | SEN           | 025:19  | 51          | 0:00:47 | 51            | 1:00:49  | 78   | 0:00:46 | 20      | 0:38:11 | 2:05:52 | 0:11:03 |
| 28   | 1086  |      | Rafael Alvarez Cachadilla |              | SEN           | 023:45  | 29          | 0:00:40 | 40            | 0:59:35  | 31   | 0:00:32 | 43      | 0:41:39 | 2:06:11 | 0:11:22 |
| 29   | 1105  |      | Miguel Sanchez Ruiz       |              | SEN           | 024:32  | 36          | 0:00:41 | 30            | 0:59:52  | 43   | 0:00:35 | 42      | 0:41:31 | 2:06:11 | 0:11:22 |
| 30   | 802   | V3   | Carlos Cabrita            |              | SEN           | 030:05  | 28          | 0:00:40 | 39            | 0:59:28  | 37   | 0:00:34 | 11      | 0:36:08 | 2:06:56 | 0:12:07 |
| 31   | 475   | SEN  | Sérgio Dias               |              | SEN           | 029:47  | 56          | 0:00:49 | 41            | 0:59:38  | 18   | 0:00:30 | 12      | 0:36:40 | 2:07:24 | 0:12:35 |
| 32   | 468   | SEN  | João Ferreira             |              | SEN           | 024:46  | 85          | 0:01:04 | 54            | 1:01:00  | 6    | 0:00:26 | 29      | 0:40:10 | 2:07:26 | 0:12:37 |
| 33   | 888   | SEN  | Pedro Amiral              |              | SEN           | 027:20  | 47          | 0:00:46 | 22            | 0:58:33  | 24   | 0:00:31 | 36      | 0:41:03 | 2:06:13 | 0:13:24 |
| 34   | 508   | SEN  | Alcino Serras             |              | SEN           | 030:56  | 46          | 0:00:46 | 64            | 1:02:12  | 6    | 0:00:26 | 1       | 0:34:04 | 2:08:24 | 0:13:35 |
| 35   | 813   | SEN  | Paulo Gomes               |              | SEN           | 028:14  | 50          | 0:00:47 | 42            | 0:59:46  | 60   | 0:00:37 | 37      | 0:41:12 | 2:08:36 | 0:13:47 |
| 36   | 766   | V1   | Carlos Gomes              |              | V1            | 029:53  | 69          | 0:00:56 | 36            | 0:59:21  | 7    | 0:00:26 | 21      | 0:38:12 | 2:08:48 | 0:13:59 |
| 37   | 594   | SEN  | Hugo Ribeiro              |              | SEN           | 027:31  | 38          | 0:00:43 | 21            | 0:58:31  | 28   | 0:00:32 | 44      | 0:41:46 | 2:08:03 | 0:14:14 |
| 38   | 588   | SEN  | Marco Mello               |              | SEN           | 028:14  | 42          | 0:00:45 | 43            | 0:59:50  | 53   | 0:00:37 | 48      | 0:41:57 | 2:08:23 | 0:14:34 |
| 39   | 658   | SEN  | Miguel Palma              |              | SEN           | 026:46  | 34          | 0:00:41 | 34            | 0:59:16  | 29   | 0:00:32 | 49      | 0:43:04 | 2:10:19 | 0:15:30 |
| 40   | 774   | V1   | José Oliveira             |              | V1            | 027:36  | 70          | 0:00:56 | 58            | 1:01:44  | 62   | 0:00:40 | 27      | 0:39:27 | 2:10:23 | 0:15:34 |
| 41   | 579   | SEN  | Duarte Berreto            |              | SEN           | 025:27  | 1           | 0:00:26 | 52            | 1:00:51  | 38   | 0:00:34 | 51      | 0:43:44 | 2:11:02 | 0:16:13 |
| 42   | 653   | SEN  | José Rodrigues            |              | SEN           |         |             |         |               |          |      |         | 111     | 2:11:30 | 2:11:30 | 0:16:41 |
| 43   | 878   | V2   | Antonio Raposo            |              | V2            | 027:14  | 68          | 0:00:55 | 63            | 1:02:12  | 68   | 0:00:42 | 35      | 0:40:55 | 2:11:58 | 0:17:08 |
| 44   | 762   | V1   | Antonio Moura             |              | V1            | 027:44  | 27          | 0:00:39 | 60            | 1:01:53  | 34   | 0:00:33 | 38      | 0:41:13 | 2:12:02 | 0:17:13 |
| 45   | 981   | JUN  | Alejandro Peña Méndez     |              | JUN           | 025:12  | 3           | 0:00:26 | 57            | 1:01:11  | 15   | 0:00:28 | 60      | 0:44:47 | 2:12:04 | 0:17:15 |
| 46   | 631   | SEN  | Pedro Santos              |              | SEN           | 026:00  | 23          | 0:00:38 | 47            | 1:00:15  | 83   | 0:00:50 | 56      | 0:44:36 | 2:12:19 | 0:17:30 |
| 47   | 1067  | SEN  | Angel Soriano Candon      |              | SEN           | 025:56  | 63          | 0:00:51 | 46            | 1:00:04  | 70   | 0:00:42 | 61      | 0:44:52 | 2:12:25 | 0:17:38 |
| 48   | 465   | SEN  | Paulo Silve               |              | SEN           | 028:42  | 53          | 0:00:48 | 56            | 1:01:11  | 4    | 0:00:26 | 31      | 0:40:26 | 2:12:33 | 0:17:44 |
| 49   | 580   | SEN  | Alexandra Ventura         |              | SEN           | 026:20  | 12          | 0:00:30 | 55            | 1:01:03  | 52   | 0:00:37 | 63      | 0:46:11 | 2:12:41 | 0:17:52 |
| 50   | 1088  | SEN  | Bernardino Romero Muñoz   |              | SEN           | 028:46  | 20          | 0:00:35 | 53            | 1:00:53  | 39   | 0:00:34 | 47      | 0:42:02 | 2:12:50 | 0:18:01 |
| 51   | 616   | SEN  | João Miral                |              | SEN           | 026:43  | 97          | 0:01:14 | 45            | 1:00:01  | 92   | 0:00:58 | 82      | 0:46:06 | 2:13:02 | 0:18:13 |
| 52   | 602   | SEN  | Luis Lopes                |              | SEN           | 028:57  | 66          | 0:00:54 | 32            | 0:58:57  | 89   | 0:00:42 | 71      | 0:46:13 | 2:13:43 | 0:18:54 |
| 53   | 463   | SEN  | Claudio Ribeiro           |              | SEN           | 027:53  | 61          | 0:00:51 | 67            | 1:02:55  | 81   | 0:00:40 | 45      | 0:41:54 | 2:14:13 | 0:19:24 |
| 54   | 1101  | SEN  | Carlos Perra Alcaraz      |              | SEN           | 025:36  | 44          | 0:00:45 | 74            | 1:03:41  | 42   | 0:00:35 | 53      | 0:43:46 | 2:14:23 | 0:19:34 |
| 55   | 573   | SEN  | Antonio Cabeço            |              | SEN           | 028:29  | 73          | 0:00:57 | 76            | 1:04:09  | 64   | 0:00:41 | 48      | 0:42:11 | 2:14:27 | 0:19:38 |
| 56   | 725   | SEN  | Miguel Palmeira           |              | SEN           | 028:56  | 43          | 0:00:45 | 46            | 1:00:34  | 20   | 0:00:30 | 54      | 0:43:50 | 2:14:35 | 0:19:46 |
| 57   | 1106  | SEN  | Raul Barros Merde         |              | SEN           | 028:04  | 99          | 0:01:15 | 70            | 1:03:02  | 58   | 0:00:38 | 33      | 0:40:45 | 2:14:44 | 0:19:55 |
| 58   | 398   | JUN  | Sarah Montz               |              | JUN           | 022:43  | 9           | 0:00:30 | 86            | 1:07:24  | 41   | 0:00:35 | 62      | 0:43:45 | 2:14:57 | 0:20:08 |
| 59   | 322   | SEN  | Manuel Coutinho           |              | SEN           | 022:36  | 57          | 0:00:50 | 18            | 0:58:25  | 59   | 0:00:36 | 101     | 0:53:53 | 2:16:23 | 0:21:34 |
| 60   | 776   | V1   | João Santos               |              | V1            | 027:14  | 77          | 0:00:59 | 62            | 1:02:01  | 74   | 0:00:44 | 66      | 0:46:42 | 2:16:39 | 0:21:50 |
| 61   | 635   | SEN  | Claudio Nogueira          |              | SEN           | 027:53  | 88          | 0:01:08 | 65            | 1:02:38  | 67   | 0:00:38 | 59      | 0:44:41 | 2:16:54 | 0:22:05 |
| 62   | 1057  | SEN  | Carlos Meriñaz Egea       |              | SEN           | 027:43  | 41          | 0:00:44 | 59            | 1:01:51  | 32   | 0:00:32 | 73      | 0:46:22 | 2:17:12 | 0:22:23 |
| 63   | 1075  | SEN  | Gonzar Merth, Javier      |              | SEN           | 028:39  | 59          | 0:00:50 | 68            | 1:02:57  | 85   | 0:00:50 | 57      | 0:44:29 | 2:18:44 | 0:23:55 |



FEDERAÇÃO DE TRIATLO  
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# Resultados

| Temperatura Água: |      |     |                             |     |     |                                   |     |         |     | NATAÇÃO<br>15000 M (MIT) |     |          |     | CICLISMO<br>40 KM (RM) |     |         |         | CORRIDA<br>10000 M (MIT) |  |  |  |
|-------------------|------|-----|-----------------------------|-----|-----|-----------------------------------|-----|---------|-----|--------------------------|-----|----------|-----|------------------------|-----|---------|---------|--------------------------|--|--|--|
| Id                | Dist | Lic | Nome                        | Sex | Esq | Equipa                            | Pos | NATAÇÃO | Pos | T-1                      | Pos | CICLISMO | Pos | T-2                    | Pos | CORRIDA | Total   | Dif                      |  |  |  |
| 84                | 728  |     | Rui Pedro Sousa             | SEN |     | C.F. "Os Belenenses"              | 38  | 0:25:30 | 100 | 0:01:16                  | 87  | 1:07:26  | 77  | 0:00:46                | 55  | 0:44:02 | 2:19:00 | 0:24:11                  |  |  |  |
| 85                | 710  |     | João Nicolau                | SEN |     | C.N. Cartaxo                      | 44  | 0:25:54 | 87  | 0:01:06                  | 73  | 1:03:20  | 19  | 0:00:30                | 83  | 0:48:34 | 2:19:24 | 0:24:35                  |  |  |  |
| 86                | 782  |     | José Varela                 | V2  |     | Casa Benfica FerroGASCAN          | 84  | 0:32:10 | 80  | 0:01:01                  | 77  | 1:04:39  | 71  | 0:00:43                | 34  | 0:40:53 | 2:19:28 | 0:24:37                  |  |  |  |
| 87                | 1076 |     | Luis Lara Alvarez           | SEN |     | Individual                        | 64  | 0:27:43 | 90  | 0:01:08                  | 66  | 1:02:49  | 54  | 0:00:37                | 79  | 0:47:11 | 2:19:28 | 0:24:38                  |  |  |  |
| 88                | 1083 |     | Javier Caballero Santamaría | SEN |     | Triathlon Costa de la Luz         | 72  | 0:28:40 | 58  | 0:00:50                  | 75  | 1:03:49  | 38  | 0:00:34                | 67  | 0:48:43 | 2:19:36 | 0:24:47                  |  |  |  |
| 89                | 1082 |     | Vasco Corte-Real            | S23 |     | Individual                        | 51  | 0:28:49 | 108 | 0:01:28                  | 93  | 1:08:57  | 94  | 0:00:59                | 40  | 0:41:30 | 2:19:43 | 0:24:54                  |  |  |  |
| 90                | 1182 |     | José Pereira                | SEN |     | A.D. Sevilla                      | 77  | 0:29:08 | 49  | 0:00:46                  | 71  | 1:03:11  | 91  | 0:00:58                | 88  | 0:48:48 | 2:19:47 | 0:24:58                  |  |  |  |
| 91                | 1139 |     | María Sanchas Moreno        | SEN |     | Club Triat Andalus Milas          | 40  | 0:26:39 | 40  | 0:00:43                  | 91  | 1:08:51  | 60  | 0:00:39                | 56  | 0:44:25 | 2:20:17 | 0:25:28                  |  |  |  |
| 92                | 338  |     | Fernando Minhama            | S23 |     | Ginásio Clube de Tavira           | 57  | 0:27:15 | 7   | 0:00:28                  | 80  | 1:08:05  | 47  | 0:00:36                | 74  | 0:46:31 | 2:20:56 | 0:26:07                  |  |  |  |
| 93                | 585  |     | Paulo Codinha               | SEN |     | C.F. "Os Belenenses"              | 67  | 0:27:52 | 45  | 0:00:46                  | 69  | 1:02:58  | 82  | 0:00:49                | 88  | 0:48:29 | 2:21:54 | 0:27:05                  |  |  |  |
| 94                | 327  |     | João Dias                   | S23 |     | Alenau Artístico Cartaxense       | 19  | 0:24:19 | 21  | 0:00:38                  | 33  | 0:58:59  | 1   | 0:00:22                | 106 | 0:57:40 | 2:21:58 | 0:27:09                  |  |  |  |
| 95                | 620  |     | Diogo Almeida               | SEN |     | C.F. "Os Belenenses"              | 35  | 0:25:23 | 37  | 0:00:43                  | 50  | 1:00:46  | 13  | 0:00:28                | 105 | 0:56:24 | 2:22:44 | 0:27:55                  |  |  |  |
| 96                | 1085 |     | Luis Gomez Pfeiffer         | SEN |     | A. D. Poesidon                    | 71  | 0:28:08 | 54  | 0:00:48                  | 79  | 1:05:57  | 93  | 0:00:58                | 81  | 0:47:33 | 2:23:24 | 0:28:35                  |  |  |  |
| 97                | 682  |     | Alexandra Feliz             | SEN |     | A.D.C.R. Pinho/Pim Rocha          | 85  | 0:29:52 | 92  | 0:01:10                  | 81  | 1:06:50  | 55  | 0:00:38                | 64  | 0:45:14 | 2:23:44 | 0:28:55                  |  |  |  |
| 98                | 687  |     | Danny Silva                 | SEN |     | C.A.D.C. Almeirim                 | 61  | 0:27:31 | 82  | 0:00:51                  | 72  | 1:03:16  | 72  | 0:00:43                | 92  | 0:51:35 | 2:23:56 | 0:29:07                  |  |  |  |
| 99                | 756  |     | João Pereira                | V1  |     | IPODEC / Tri-Oeiras.com           | 84  | 0:29:50 | 92  | 0:01:02                  | 82  | 1:06:57  | 90  | 0:00:58                | 65  | 0:46:38 | 2:24:23 | 0:29:34                  |  |  |  |
| 80                | 832  |     | José Soares                 | V2  |     | S. R. Torres                      | 59  | 0:27:28 | 83  | 0:01:03                  | 96  | 1:09:28  | 67  | 0:00:41                | 70  | 0:45:58 | 2:24:36 | 0:29:47                  |  |  |  |
| 81                | 294  |     | Celina Jerónimo             | S23 |     | Casa Benfica FerroGASCAN          | 73  | 0:28:46 | 64  | 0:00:53                  | 90  | 1:08:13  | 51  | 0:00:37                | 75  | 0:46:35 | 2:25:04 | 0:30:15                  |  |  |  |
| 82                | 540  |     | Pedro Gaspar                | SEN |     | C.F. "Os Belenenses"              | 62  | 0:27:35 | 104 | 0:01:27                  | 94  | 1:09:16  | 105 | 0:01:13                | 80  | 0:47:15 | 2:28:46 | 0:31:57                  |  |  |  |
| 83                | 1083 |     | José Miguel Cerezo Castillo | SEN |     | Individual                        | 93  | 0:31:56 | 19  | 0:00:35                  | 76  | 1:05:22  | 75  | 0:00:44                | 84  | 0:46:38 | 2:27:15 | 0:32:26                  |  |  |  |
| 84                | 757  |     | Rogério Morais              | V1  |     | Clube Ferroviário de Vendas Novas | 78  | 0:29:11 | 98  | 0:01:15                  | 98  | 1:09:33  | 97  | 0:01:03                | 76  | 0:46:42 | 2:27:44 | 0:32:55                  |  |  |  |
| 85                | 1082 |     | Cristian Perez de Guzman    | SEN |     | Individual                        | 81  | 0:29:46 | 65  | 0:00:63                  | 84  | 1:07:12  | 101 | 0:01:06                | 91  | 0:50:22 | 2:28:19 | 0:34:30                  |  |  |  |
| 86                | 1073 |     | Bonhóquez, António Manuel   | SEN |     | Club Triathlon Carmaleon          | 108 | 0:34:36 | 79  | 0:01:00                  | 86  | 1:07:25  | 98  | 0:01:04                | 66  | 0:45:46 | 2:28:53 | 0:35:04                  |  |  |  |
| 87                | 780  |     | Carlos Suzana               | V1  |     | IPODEC / Tri-Oeiras.com           | 111 | 0:37:23 | 74  | 0:00:57                  | 89  | 1:07:45  | 66  | 0:00:41                | 50  | 0:43:22 | 2:30:08 | 0:35:19                  |  |  |  |
| 88                | 531  |     | Nuno Lopes                  | SEN |     | Clube Ferroviário de Vendas Novas | 107 | 0:34:46 | 98  | 0:01:13                  | 83  | 1:07:07  | 73  | 0:00:43                | 77  | 0:47:02 | 2:30:53 | 0:36:04                  |  |  |  |
| 89                | 538  |     | María João Medeira          | SEN |     | C.F. "Os Belenenses"              | 88  | 0:27:52 | 86  | 0:01:05                  | 88  | 1:07:29  | 35  | 0:00:34                | 103 | 0:54:08 | 2:31:08 | 0:36:19                  |  |  |  |
| 90                | 603  |     | Victor Rodrigues            | SEN |     | C.A.D.C. Almeirim                 | 96  | 0:32:37 | 108 | 0:01:35                  | 92  | 1:08:55  | 86  | 0:00:52                | 87  | 0:46:10 | 2:33:09 | 0:38:20                  |  |  |  |
| 91                | 333  |     | João Leite                  | S23 |     | Triathlon Lamego Club             | 20  | 0:24:25 | 72  | 0:00:56                  | 113 | 1:19:54  | 88  | 0:00:52                | 78  | 0:47:08 | 2:33:15 | 0:38:26                  |  |  |  |
| 92                | 1129 |     | Joaquim Baluga              | V3  |     | Individual                        | 108 | 0:35:07 | 115 | 0:02:11                  | 98  | 1:10:38  | 40  | 0:00:34                | 72  | 0:46:13 | 2:34:43 | 0:38:54                  |  |  |  |
| 93                | 715  |     | Ricardo Fróis               | SEN |     | C.F. "Os Belenenses"              | 109 | 0:36:55 | 105 | 0:01:28                  | 97  | 1:09:30  | 107 | 0:01:20                | 65  | 0:46:04 | 2:38:17 | 0:43:28                  |  |  |  |
| 94                | 1128 |     | Paulo Quedes                | V1  |     | Individual                        | 83  | 0:29:48 | 78  | 0:00:57                  | 81  | 1:01:54  | 99  | 0:01:04                | 109 | 1:04:37 | 2:38:20 | 0:43:31                  |  |  |  |
| 95                | 1124 |     | Cláudia Martins             | SEN |     | Individual                        | 89  | 0:30:27 | 114 | 0:02:10                  | 100 | 1:12:00  | 76  | 0:00:45                | 96  | 0:53:26 | 2:38:48 | 0:43:59                  |  |  |  |
| 96                | 601  |     | Nuno Raimundo               | SEN |     | CEFA                              | 103 | 0:34:20 | 91  | 0:01:08                  | 101 | 1:12:22  | 89  | 0:00:54                | 93  | 0:51:55 | 2:40:40 | 0:45:51                  |  |  |  |
| 97                | 788  |     | Francisco Beirge            | V2  |     | CEFA                              | 90  | 0:30:40 | 95  | 0:01:13                  | 107 | 1:14:54  | 84  | 0:00:50                | 96  | 0:53:03 | 2:40:40 | 0:45:51                  |  |  |  |
| 98                | 1089 |     | Francisco Javier Contreras  | JUN |     | Individual                        | 87  | 0:29:59 | 109 | 0:01:44                  | 108 | 1:14:49  | 87  | 0:00:52                | 100 | 0:53:50 | 2:41:14 | 0:46:25                  |  |  |  |
| 99                | 1072 |     | Bonhóquez, Juan Manuel      | SEN |     | Club Triathlon Carmaleon          | 102 | 0:34:18 | 94  | 0:01:12                  | 111 | 1:17:01  | 102 | 0:01:09                | 82  | 0:46:12 | 2:41:50 | 0:47:01                  |  |  |  |
| 100               | 1087 |     | María Pejano Blasquez       | SEN |     | A. D. Poesidon                    | 97  | 0:32:37 | 75  | 0:00:87                  | 104 | 1:12:57  | 63  | 0:00:40                | 104 | 0:54:58 | 2:42:09 | 0:47:20                  |  |  |  |

Médias:

PL8

# Resultados

FEDERAÇÃO DE TRIATLO  
PORTUGAL

| Temperatura: Água: |      |     |                               |     |                                   |     |         |     |         | NATAÇÃO<br>15000 M (M/T) |          |     | CICLISMO<br>40 KM (KM) |     |         | CORRIDA<br>10000 M (M/T) |         |  |
|--------------------|------|-----|-------------------------------|-----|-----------------------------------|-----|---------|-----|---------|--------------------------|----------|-----|------------------------|-----|---------|--------------------------|---------|--|
| Ord                | Dist | Ido | Nome                          | Sex | Equipa                            | Pos | NATAÇÃO | Pos | T-1     | Pos                      | CICLISMO | Pos | T-2                    | Pos | CORRIDA | Total                    | Dif     |  |
| 101                | 808  |     | José Nunes                    | V2  | Pepe-Láguas de Assafra            | 101 | 0:34:11 | 78  | 0:00:58 | 102                      | 1:12:48  | 104 | 0:01:11                | 102 | 0:53:55 | 2:43:01                  | 0:48:12 |  |
| 102                | 781  |     | José Paixoto                  | V2  | A.D.G.R. Palheiro/Páma Rocha      | 114 | 0:40:28 | 89  | 0:01:07 | 103                      | 1:12:54  | 95  | 0:00:59                | 86  | 0:49:07 | 2:44:35                  | 0:49:48 |  |
| 103                | 830  |     | Aníbal Cunha                  | SEN | CEFA                              | 113 | 0:37:55 | 113 | 0:02:01 | 108                      | 1:15:24  | 103 | 0:01:10                | 95  | 0:52:51 | 2:48:21                  | 0:54:32 |  |
| 104                | 1120 |     | Carlos Fernandes              | V1  | Individual                        | 99  | 0:33:18 | 101 | 0:01:16 | 114                      | 1:20:54  | 100 | 0:01:05                | 99  | 0:53:38 | 2:50:12                  | 0:55:23 |  |
| 105                | 882  |     | Adelino Vicente               | V4  | Individual                        | 112 | 0:37:54 | 102 | 0:01:23 | 109                      | 1:18:08  | 108 | 0:01:27                | 97  | 0:53:21 | 2:50:13                  | 0:55:24 |  |
| 106                | 782  |     | Renato Fidalgo                | V1  | A.D.G.R. Palheiro/Páma Rocha      | 116 | 0:44:59 | 107 | 0:01:30 | 96                       | 1:08:23  | 108 | 0:02:15                | 94  | 0:52:07 | 2:50:14                  | 0:55:25 |  |
| 107                | 708  |     | Luis Cláudio                  | SEN | A.D.G.R. Palheiro/Páma Rocha      | 117 | 0:48:43 | 110 | 0:01:45 | 105                      | 1:13:23  |     |                        | 90  | 0:50:07 | 2:51:58                  | 0:57:09 |  |
| 108                | 1102 |     | Jesus Fényo Glez              | SEN | Triathlon Costa de la Luz         | 115 | 0:44:19 | 71  | 0:00:56 | 110                      | 1:16:36  | 79  | 0:00:46                | 89  | 0:50:01 | 2:52:40                  | 0:57:51 |  |
| 109                | 1127 |     | Fernando Castilho             | V2  | Individual                        | 98  | 0:33:17 | 112 | 0:01:49 | 112                      | 1:18:45  | 108 | 0:01:15                | 107 | 1:00:36 | 2:55:42                  | 1:00:59 |  |
| 110                | 588  |     | Helena Barros                 | SEN | C.F. "Os Belenenses"              | 42  | 0:25:41 | 84  | 0:01:04 | 115                      | 1:21:16  | 81  | 0:00:49                | 110 | 1:06:58 | 2:55:48                  | 1:00:59 |  |
| 111                | 1071 |     | João Corte Real               | V1  | Individual                        | 100 | 0:34:03 | 116 | 0:02:31 | 1                        | -0:36:34 |     |                        | 112 | 2:59:10 | 2:59:10                  | 1:04:21 |  |
| 112                | 841  |     | Marta Martins                 | V2  | IPODEC / Tri-Oleiros.com          | 110 | 0:37:98 | 111 | 0:01:45 | 116                      | 1:26:07  | 96  | 0:01:03                | 108 | 1:01:49 | 3:07:52                  | 1:13:03 |  |
| 113                | 321  |     | João Cavaleiro                | DNF | C.F. "Os Belenenses"              | 6   | 0:21:16 | 26  | 0:00:39 | 8                        | -0:21:55 |     |                        |     |         |                          |         |  |
| 114                | 593  |     | Paulo Conde                   | DNF | C.F. "Os Belenenses"              | 41  | 0:25:40 | 103 | 0:01:26 | 5                        | -0:27:06 |     |                        |     |         |                          |         |  |
| 115                | 822  |     | Ana Pereira                   | DNF | Casa Benfica Faro/GASCAN          | 92  | 0:31:10 | 93  | 0:01:11 | 4                        | -0:32:21 |     |                        |     |         |                          |         |  |
| 116                | 1070 |     | Leandro Flores Pérez          | DNF | Individual                        | 105 | 0:34:28 | 81  | 0:01:01 | 2                        | -0:35:29 |     |                        |     |         |                          |         |  |
| 117                | 1123 |     | Hugh Gibbs                    | DNF | Sulca                             | 95  | 0:32:23 | 97  | 0:00:54 | 3                        | -0:33:17 |     |                        |     |         |                          |         |  |
| 118                | 829  |     | Fernando Carmo                | DNF | C.F. "Os Belenenses"              |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 119                | 887  |     | Paulo Leite                   | DNF | C.F. "Os Belenenses"              |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 120                | 430  |     | Tiago Pinto                   | DNF | C.F. "Os Belenenses"              |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 121                | 487  |     | Sean Evoy                     | DNF | Triathlon Lamego Club             |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 122                | 505  |     | José Ribeiro                  | DNF | SR Carmel-Const.Ramalho Couto-Ita |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 123                | 816  |     | Mário Melo                    | DNF | Clubs Ferroviário de Vendas Novas |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 124                | 1077 |     | Juan Manuel Galeote Dominguez | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 125                | 1078 |     | Manuel Olivo Ruiz             | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 126                | 1084 |     | Juan Manuel Florido Pelón     | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 127                | 1088 |     | David Marquez Fernandez       | DNF | Triathlon Costa de la Luz         |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 128                | 1112 |     | Antonio Partido Dominguez     | DNF | A.D Sevilla                       | 104 | 0:34:20 |     |         |                          |          |     |                        |     |         |                          |         |  |
| 129                | 1114 |     | Rafael Romero Sanchez         | DNF | A.D Sevilla                       |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 130                | 1115 |     | Nuno Miranda                  | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 131                | 1118 |     | Duarte Costa                  | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 132                | 1122 |     | Joáquin Mirán Montán          | DNF | CD Poseidon Ultrara               |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 133                | 1126 |     | Filipe Conceição              | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 134                | 1130 |     | Vitor Graça                   | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 135                | 1131 |     | Rui Camarinho                 | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |
| 136                | 1134 |     | Pedro Picoado                 | DNF | Individual                        |     |         |     |         |                          |          |     |                        |     |         |                          |         |  |

**Resultados**

|             |             |   |                |
|-------------|-------------|---|----------------|
| Localidade: | Monte Gordo | Distância<br>NATAÇ (MT): CICLIS (KM): CORRÍ (MT): | 15000/40/10000 |
| Data:       | 02-10-2004  | Hora de começa:                                   | 10h00m         |

**Informação**

|                   |                  |                 |                  |
|-------------------|------------------|-----------------|------------------|
| Delegado Técnico: | Bruno Salvador   | Juíz Principal: | Paula Figueiredo |
| Pontuação para:   | Taça de Portugal | Juíz de apoio:  |                  |

**V4 Masculinos**

| LG  | Drst | Lic | Nome            | PEN | ESC | Equipa     | Total   | Diff    |
|-----|------|-----|-----------------|-----|-----|------------|---------|---------|
| 105 | 882  | 821 | Adelino Vicente |     | V4  | Individual | 2:50:13 | 0:55:24 |

**V3 Masculinos**

| LG | Drst | Lic | Nome           | PEN | ESC | Equipa         | Total   | Diff    |
|----|------|-----|----------------|-----|-----|----------------|---------|---------|
| 30 | 802  | 802 | Carlos Cabrita |     | V3  | S. R. Toreense | 2:06:56 | 0:12:07 |
| 92 | 1129 |     | Joaquim Baluga |     | V3  | Individual     | 2:34:43 | 0:39:54 |

**V2 Masculinos**

| LG  | Drst | Lic | Nome              | PEN | ESC | Equipa                     | Total   | Diff    |
|-----|------|-----|-------------------|-----|-----|----------------------------|---------|---------|
| 43  | 879  | 781 | António Raposo    |     | V2  | Casa Benfca Faro/GASCAN    | 2:11:58 | 0:17:09 |
| 66  | 792  | 792 | José Varela       |     | V2  | Casa Benfca Faro/GASCAN    | 2:19:26 | 0:24:37 |
| 80  | 832  | 832 | José Soares       |     | V2  | S. R. Toreense             | 2:24:36 | 0:29:47 |
| 97  | 765  | 765 | Francisco Bexiga  |     | V2  | CEFA                       | 2:40:40 | 0:45:51 |
| 101 | 806  | 806 | José Nunes        |     | V2  | Papa-Léguas de Assafora    | 2:43:01 | 0:48:12 |
| 102 | 751  | 751 | José Peixoto      |     | V2  | A.D.C.R. Painho/Pêra Rocha | 2:44:35 | 0:49:46 |
| 109 | 1127 |     | Fernando Castilho |     | V2  | Individual                 | 2:55:42 | 1:00:53 |

**V2 Femininos**

| LG  | Drst | Lic | Nome          | PEN | ESC | Equipa                  | Total   | Diff    |
|-----|------|-----|---------------|-----|-----|-------------------------|---------|---------|
| 112 | 841  | 841 | Maria Martins |     | V2  | IPODEC / Tri-Oeiras.com | 3:07:52 | 1:13:03 |

**V1 Masculinos**

| LG  | Drst | Lic | Nome             | PEN | ESC | Equipa                            | Total   | Diff    |
|-----|------|-----|------------------|-----|-----|-----------------------------------|---------|---------|
| 36  | 789  | 789 | Carlos Gomes     |     | V1  | Fenistil-Oeiras Sport Clube       | 2:08:48 | 0:13:59 |
| 40  | 774  | 774 | José Oliveira    |     | V1  | ABV Estoris                       | 2:10:23 | 0:15:34 |
| 44  | 762  | 762 | António Moura    |     | V1  | Casa do Benfca no Fundão          | 2:12:02 | 0:17:13 |
| 60  | 775  | 775 | João Santos      |     | V1  | ABV Estoris                       | 2:16:39 | 0:21:50 |
| 79  | 756  | 756 | João Pereira     |     | V1  | IPODEC / Tri-Oeiras.com           | 2:24:23 | 0:29:34 |
| 84  | 757  | 757 | Rogério Moraes   |     | V1  | Clube Ferroviário de Vendas Novas | 2:27:44 | 0:32:55 |
| 87  | 790  | 790 | Carlos Suzana    |     | V1  | IPODEC / Tri-Oeiras.com           | 2:30:08 | 0:35:19 |
| 94  | 1125 |     | Paulo Guedes     |     | V1  | Individual                        | 2:38:20 | 0:43:31 |
| 104 | 1120 |     | Carlos Fernandes |     | V1  | Individual                        | 2:50:12 | 0:55:23 |
| 108 | 752  | 752 | Renato Fidalgo   |     | V1  | A.D.C.R. Painho/Pêra Rocha        | 2:50:14 | 0:55:25 |
| 111 | 1071 |     | João Corte Real  |     | V1  | Individual                        | 2:59:10 | 1:04:21 |

**SEN Masculinos**

| LG | Drst | Lic | Nome                  | PEN | ESC | Equipa                              | Total   | Diff    |
|----|------|-----|-----------------------|-----|-----|-------------------------------------|---------|---------|
| 2  | 1092 |     | Gerald Horvath        |     | SEN | Individual                          | 1:55:18 | 0:00:29 |
| 3  | 586  | 586 | Paulo Antunes         |     | SEN | C.F. "Os Belenenses"                | 1:55:22 | 0:00:33 |
| 5  | 514  | 578 | Luís Diogo Santos     |     | SEN | SR Camamal-Constr.Ramalho Couto-Ika | 1:57:27 | 0:02:38 |
| 6  | 489  | 488 | Tiago Lobo            |     | SEN | Triathlon Lamego Club               | 1:58:11 | 0:03:22 |
| 7  | 1059 |     | Sergio Lorenzo Prieto |     | SEN | Club Triat Andalus Mijas            | 1:59:15 | 0:04:26 |



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|    |      |     |                             |     |                                      |         |         |
|----|------|-----|-----------------------------|-----|--------------------------------------|---------|---------|
| 8  | 507  | 507 | Custódio António            | SEN | SR Camamal-Constr.Ramalho Couto-Ika  | 1:59:24 | 0:04:35 |
| 11 | 488  | 488 | Nuno Neves                  | SEN | Casa Benfica Faro/GASCAN             | 2:01:24 | 0:06:35 |
| 12 | 951  |     | Guilherme Ferret Romero     | SEN | A D Sevilla                          | 2:01:43 | 0:06:54 |
| 13 | 592  | 592 | Rui Rodrigues               | SEN | Tri-Oeste -Clube de Triatlo do Oeste | 2:02:15 | 0:07:28 |
| 15 | 1094 |     | German Rodriguez Garcia     | SEN | Club Deportivo Chidanoero            | 2:02:32 | 0:07:43 |
| 16 | 1083 |     | Rafael Moreno Martinez      | SEN | Califas de Hierro                    | 2:02:37 | 0:07:48 |
| 17 | 542  | 542 | Bruno Grilo                 | SEN | C.F. "Os Belenenses"                 | 2:03:11 | 0:08:22 |
| 18 | 1048 |     | Sérgio Rodriguez Paez       | SEN | Triatlón Costa de la Luz             | 2:03:26 | 0:08:37 |
| 19 | 1107 |     | José Luis Gil Angorilla     | SEN | A D Sevilla                          | 2:03:32 | 0:08:43 |
| 20 | 1085 |     | Manuel Jesus Gonzalez       | SEN | Triatlón Costa de la Luz             | 2:03:34 | 0:08:45 |
| 21 | 1095 |     | Enrique Palacios Garcia     | SEN | A D Sevilla                          | 2:03:47 | 0:08:58 |
| 22 | 1086 |     | José Manuel Perez Rodriguez | SEN | Trial - Andalus                      | 2:03:52 | 0:09:03 |
| 23 | 721  | 497 | Pedro Cordeiro              | SEN | Casa Benfica Faro/GASCAN             | 2:04:35 | 0:09:46 |
| 24 | 495  | 495 | Luis Duarte                 | SEN | Tri-Oeste -Clube de Triatlo do Oeste | 2:04:50 | 0:10:01 |
| 25 | 1111 |     | Juan Luis Coronado Vinuesa  | SEN | A D Sevilla                          | 2:05:07 | 0:10:18 |
| 26 | 1109 |     | Inigo de Pola Vieja         | SEN | A D Sevilla                          | 2:05:15 | 0:10:26 |
| 27 | 623  | 623 | Luis Filipe Lopes           | SEN | Fenistil-Oeiras Sport Clube          | 2:05:52 | 0:11:03 |
| 28 | 1096 |     | Rafael Alvarez Cachadña     | SEN | A D Sevilla                          | 2:06:11 | 0:11:22 |
| 29 | 1105 |     | Miguel Sanchez Ruiz         | SEN | A D Sevilla                          | 2:06:11 | 0:11:22 |
| 31 | 475  | 475 | Sérgio Dias                 | SEN | Tri-Oeste -Clube de Triatlo do Oeste | 2:07:24 | 0:12:35 |
| 32 | 469  | 469 | João Ferreira               | SEN | Triathlon Lamego Club                | 2:07:26 | 0:12:37 |
| 33 | 686  | 686 | Pedro Amaral                | SEN | Clube Ferroviário de Vendas Novas    | 2:08:13 | 0:13:24 |
| 34 | 508  | 508 | Alcino Serras               | SEN | SR Camamal-Constr.Ramalho Couto-Ika  | 2:08:24 | 0:13:35 |
| 35 | 613  | 613 | Paulo Lamego                | SEN | C.F. "Os Belenenses"                 | 2:08:36 | 0:13:47 |
| 37 | 594  | 594 | Hugo Ribeiro                | SEN | IPODEC / Tri-Oeiras.com              | 2:09:03 | 0:14:14 |
| 38 | 588  | 588 | Marco Meilo                 | SEN | ABV Estoris                          | 2:09:23 | 0:14:34 |
| 39 | 658  | 524 | Miguel Palma                | SEN | ABV Estoris                          | 2:10:19 | 0:15:30 |
| 41 | 579  | 579 | Duarte Barreto              | SEN | C.N. Cartaxo                         | 2:11:02 | 0:16:13 |
| 42 | 853  | 653 | José Rodrigues              | SEN | C.A.D.C. Almeirim                    | 2:11:30 | 0:16:41 |
| 46 | 631  | 631 | Pedro Santos                | SEN | CEFA                                 | 2:12:19 | 0:17:30 |
| 47 | 1087 |     | Angel Soriano Candon        | SEN | Club Deportivo Chidanoero            | 2:12:25 | 0:17:36 |
| 48 | 485  | 485 | Paulo Silva                 | SEN | Casa Benfica Faro/GASCAN             | 2:12:33 | 0:17:44 |
| 49 | 580  | 580 | Alexandre Ventura           | SEN | C.N. Cartaxo                         | 2:12:41 | 0:17:52 |
| 50 | 1098 |     | Bernardino Romero Muñoz     | SEN | A D Sevilla                          | 2:12:50 | 0:18:01 |
| 51 | 515  | 515 | João Maral                  | SEN | Individual                           | 2:13:02 | 0:18:13 |
| 52 | 602  | 602 | Luis Lopes                  | SEN | C.A.D.C. Almeirim                    | 2:13:43 | 0:18:54 |
| 53 | 463  | 463 | Cláudio Ribeiro             | SEN | Casa Benfica Faro/GASCAN             | 2:14:13 | 0:19:24 |
| 54 | 1101 |     | Carlos Parra Alcaraz        | SEN | A. D. Poseidon                       | 2:14:23 | 0:19:34 |
| 55 | 573  | 573 | António Cabaço              | SEN | C.F. "Os Belenenses"                 | 2:14:27 | 0:19:38 |
| 56 | 725  | 725 | Miguel Palmeira             | SEN | Ginásio Clube de Tavira              | 2:14:35 | 0:19:46 |
| 57 | 1106 |     | Raul Barroso Merida         | SEN | A D Sevilla                          | 2:14:44 | 0:19:55 |
| 61 | 635  | 635 | Claudio Nogueira            | SEN | Clube Ferroviário de Vendas Novas    | 2:16:54 | 0:22:05 |
| 62 | 1097 |     | Carlos Martinez Egea        | SEN | Trial - Andalus                      | 2:17:12 | 0:22:23 |
| 63 | 1075 |     | Gámez Martín, Javier        | SEN | Club Triatlón Camaleon               | 2:18:44 | 0:23:55 |
| 64 | 729  | 729 | Rui Pedro Sousa             | SEN | C.F. "Os Belenenses"                 | 2:19:00 | 0:24:11 |
| 65 | 710  | 710 | João Nicolau                | SEN | C.N. Cartaxo                         | 2:19:24 | 0:24:35 |
| 67 | 1076 |     | Luis Lara Alvarez           | SEN | Individual                           | 2:19:28 | 0:24:39 |
| 68 | 1063 |     | Javier Caballero Santamaria | SEN | Triatlón Costa de la Luz             | 2:19:36 | 0:24:47 |
| 70 | 1162 |     | José Pereira                | SEN | A D Sevilla                          | 2:19:47 | 0:24:58 |
| 73 | 585  | 585 | Paulo Codinha               | SEN | C.F. "Os Belenenses"                 | 2:21:54 | 0:27:05 |
| 75 | 620  | 620 | Diogo Almeida               | SEN | C.F. "Os Belenenses"                 | 2:22:44 | 0:27:55 |
| 76 | 1085 |     | Luis Gomez Pefalver         | SEN | A. D. Poseidon                       | 2:23:24 | 0:28:35 |
| 77 | 662  | 662 | Alexandre Feliz             | SEN | A.D.C.R. Painho/Pêra Rocha           | 2:23:44 | 0:28:55 |
| 78 | 667  | 667 | Danny Silva                 | SEN | C.A.D.C. Almeirim                    | 2:23:56 | 0:29:07 |
| 82 | 540  | 540 | Pedro Gaspar                | SEN | C.F. "Os Belenenses"                 | 2:26:46 | 0:31:57 |
| 83 | 1093 |     | José Miguel Cerezo Castillo | SEN | Individual                           | 2:27:15 | 0:32:26 |
| 85 | 1082 |     | Cristian Perez de Guzman    | SEN | Individual                           | 2:29:19 | 0:34:30 |
| 86 | 1073 |     | Bohórquez, António Manuel   | SEN | Club Triatlón Camaleon               | 2:29:53 | 0:35:04 |
| 88 | 531  | 531 | Nuno Lopes                  | SEN | Clube Ferroviário de Vendas Novas    | 2:30:53 | 0:36:04 |
| 90 | 603  | 603 | Victor Rodrigues            | SEN | C.A.D.C. Almeirim                    | 2:33:09 | 0:38:20 |
| 93 | 715  | 715 | Ricardo Fróis               | SEN | C.F. "Os Belenenses"                 | 2:38:17 | 0:43:28 |
| 96 | 501  | 501 | Nuno Raimundo               | SEN | CEFA                                 | 2:40:40 | 0:45:51 |



| LG  | Drst | Lic | Nome                   | PEN | ESC | Equipa                     | Total   | Diff    |
|-----|------|-----|------------------------|-----|-----|----------------------------|---------|---------|
| 99  | 1072 |     | Bohórquez, Juan Manuel |     | SEN | Club Triathlon Camaleon    | 2:41:50 | 0:47:01 |
| 103 | 630  | 630 | António Cunha          |     | SEN | CEFA                       | 2:49:21 | 0:54:32 |
| 107 | 708  | 708 | Luis Cipriano          |     | SEN | A.D.C.R. Painho/Pêra Rocha | 2:51:58 | 0:57:09 |
| 108 | 1102 |     | Jesus Fenoy Glaz       |     | SEN | Triatlón Costa de la Luz   | 2:52:40 | 0:57:51 |
| 114 | 593  | 593 | Paulo Conde            | DNF | SEN | C.F. "Os Belenenses"       |         |         |
| 116 | 1070 |     | Leandro Flores Pérez   | DNF | SEN | Individual                 |         |         |
| 117 | 1123 |     | Hugh Gibbs             | DNF | SEN | Sulça                      |         |         |

| LG  | Drst | Lic | Nome                  | PEN | ESC | Equipa                   | Total   | Diff    |
|-----|------|-----|-----------------------|-----|-----|--------------------------|---------|---------|
| 71  | 1139 |     | Maria Sanches Moreno  |     | SEN | Club Triat Andalus Mijas | 2:20:17 | 0:25:28 |
| 89  | 538  | 538 | Maria João Madeira    |     | SEN | C.F. "Os Belenenses"     | 2:31:08 | 0:36:19 |
| 95  | 1124 |     | Cláudia Martins       |     | SEN | Individual               | 2:38:48 | 0:43:59 |
| 100 | 1067 |     | Maria Pajaro Blazquez |     | SEN | A. D. Poseidon           | 2:42:09 | 0:47:20 |
| 110 | 556  | 554 | Helena Barros         |     | SEN | C.F. "Os Belenenses"     | 2:55:48 | 1:00:59 |
| 115 | 622  | 622 | Ana Pereira           | DNF | SEN | Casa Benfica Faro/GASCAN |         |         |

### S23 Masculinos

| LG  | Drst | Lic | Nome                         | PEN | ESC | Equipa                              | Total   | Diff    |
|-----|------|-----|------------------------------|-----|-----|-------------------------------------|---------|---------|
| 1   | 292  | 575 | Bruno Pais                   |     | S23 | C.F. "Os Belenenses"                | 1:54:49 | 0:00:00 |
| 4   | 285  | 364 | Duarte Marques               |     | S23 | SR Camamal-Constr.Ramalho Couto-Ika | 1:56:10 | 0:01:21 |
| 10  | 297  | 352 | Pedro Gomes                  |     | S23 | IPODEC / Tri-Oeiras.com             | 2:00:09 | 0:05:20 |
| 14  | 1108 |     | Javier Sanchez-Arjona Aguado |     | S23 | A D Sevilla                         | 2:02:18 | 0:07:29 |
| 59  | 322  | 354 | Manuel Coutinho              |     | S23 | IPODEC / Tri-Oeiras.com             | 2:16:23 | 0:21:34 |
| 69  | 1082 |     | Vasco Corte-Real             |     | S23 | Individual                          | 2:19:43 | 0:24:54 |
| 72  | 336  | 336 | Fernando Minhalma            |     | S23 | Ginásio Clube de Tavira             | 2:20:56 | 0:26:07 |
| 74  | 327  | 392 | João Dias                    |     | S23 | Ateneu Artístico Cartaxense         | 2:21:58 | 0:27:09 |
| 91  | 333  | 333 | João Leite                   |     | S23 | Triathlon Lamego Club               | 2:33:15 | 0:38:26 |
| 113 | 321  | 321 | João Cavaleiro               | DNF | S23 | C.F. "Os Belenenses"                |         |         |

### S23 Femininos

| LG | Drst | Lic | Nome              | PEN | ESC | Equipa                   | Total   | Diff    |
|----|------|-----|-------------------|-----|-----|--------------------------|---------|---------|
| 81 | 294  | 294 | Catarina Jerónimo |     | S23 | Casa Benfica Faro/GASCAN | 2:25:04 | 0:30:15 |

### JUN Masculinos

| LG | Drst | Lic | Nome                       | PEN | ESC | Equipa                   | Total   | Diff    |
|----|------|-----|----------------------------|-----|-----|--------------------------|---------|---------|
| 9  | 424  | 292 | Tiago Neves                |     | JUN | IPODEC / Tri-Oeiras.com  | 2:00:03 | 0:05:14 |
| 45 | 981  |     | Alejandro Peña Méndez      |     | JUN | Triatlón Costa de la Luz | 2:12:04 | 0:17:15 |
| 98 | 1089 |     | Francisco Javier Contreras |     | JUN | Individual               | 2:41:14 | 0:46:25 |

### JUN Femininos

| LG | Drst | Lic | Nome        | PEN | ESC | Equipa               | Total   | Diff    |
|----|------|-----|-------------|-----|-----|----------------------|---------|---------|
| 96 | 398  | 276 | Sarah Moniz |     | JUN | C.F. "Os Belenenses" | 2:14:57 | 0:20:08 |

| LG  | Drst | Lic | Nome                          | PEN | ESC | Equipa                              | Total | Diff |
|-----|------|-----|-------------------------------|-----|-----|-------------------------------------|-------|------|
| 118 | 629  | 629 | Fernando Carmo                | DNS | SEN | C.F. "Os Belenenses"                |       |      |
| 119 | 867  | 867 | Paulo Leite                   | DNS | V1  | C.F. "Os Belenenses"                |       |      |
| 120 | 430  | 430 | Tiago Pinto                   | DNS | JUN | C.F. "Os Belenenses"                |       |      |
| 121 | 467  | 467 | Sean Evoy                     | DNS | SEN | Triathlon Lamego Club               |       |      |
| 122 | 505  | 505 | José Ribeiro                  | DNS | SEN | SR Camamal-Constr.Ramalho Couto-Ika |       |      |
| 123 | 816  | 816 | Mário Melo                    | DNS | V3  | Clube Ferroviário de Vendas Novas   |       |      |
| 124 | 1077 |     | Juan Manuel Galeote Dominguez | DNS | SEN | Individual                          |       |      |
| 125 | 1078 |     | Manuel Olmo Ruiz              | DNS | SEN | Individual                          |       |      |
| 126 | 1084 |     | Juan Manuel Florido Pellón    | DNS | SEN | Individual                          |       |      |
| 127 | 1088 |     | David Marquez Fernandez       | DNS | SEN | Triatlón Costa de la Luz            |       |      |



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|     |      |                           |     |     |                    |  |  |
|-----|------|---------------------------|-----|-----|--------------------|--|--|
| 128 | 1112 | Antonio Partido Dominguez | DNS | SEN | A D Sevilla        |  |  |
| 129 | 1114 | Rafael Romero Sanchez     | DNS | SEN | A D Sevilla        |  |  |
| 130 | 1115 | Nuno Miranda              | DNS | SEN | Individual         |  |  |
| 131 | 1116 | Duarte Costa              | DNS | S23 | Individual         |  |  |
| 132 | 1122 | Joaquin Marin Montin      | DNS | SEN | CD Poseidon Utrera |  |  |
| 133 | 1126 | Filipe Conceição          | DNS | SEN | Individual         |  |  |
| 134 | 1130 | Valter Graça              | DNS | SEN | Individual         |  |  |
| 135 | 1131 | Rui Canário               | DNS | SEN | Individual         |  |  |
| 136 | 1134 | Pedro Plácido             | DNS | SEN | Individual         |  |  |



**Resultados**

|             |                    |  |                       |
|-------------|--------------------|--|-----------------------|
| Localidade: | <b>Monte Gordo</b> | Distância<br>NATAC (MT): CICLIS (KM) CORRÍ (MT): | <b>15000/40/10000</b> |
| Data:       | <b>02-10-2004</b>  | Hora de começo:                                  | <b>10h00m</b>         |

**Informação**

|                   |                         |                 |                         |
|-------------------|-------------------------|-----------------|-------------------------|
| Delegado Técnico: | <b>Bruno Salvador</b>   | Juíz Principal: | <b>Paula Figueiredo</b> |
| Montador para:    | <b>Taça de Portugal</b> | Juíz de apelo:  |                         |

**SR Camamal-Constr.Ramalho Couto-Ika**
**Tempo Total: 5:53:01**

| L.G. | Dra. | Lic. | Nome              | PEN | ESC | Equipa                              | Total   | Diff    |
|------|------|------|-------------------|-----|-----|-------------------------------------|---------|---------|
| 4    | 285  | 384  | Duarte Marques    |     | S23 | SR Camamal-Constr.Ramalho Couto-Ika | 1:56:10 | 0:01:21 |
| 5    | 514  | 578  | Luis Diogo Santos |     | SEN | SR Camamal-Constr.Ramalho Couto-Ika | 1:57:27 | 0:02:38 |
| 8    | 507  | 507  | Custódio António  |     | SEN | SR Camamal-Constr.Ramalho Couto-Ika | 1:59:24 | 0:04:35 |

**C.F. "Os Belenenses"**
**Tempo Total: 5:53:22**

| L.G. | Dra. | Lic. | Nome          | PEN | ESC | Equipa               | Total   | Diff    |
|------|------|------|---------------|-----|-----|----------------------|---------|---------|
| 1    | 292  | 575  | Bruno Pais    |     | S23 | C.F. "Os Belenenses" | 1:54:49 | 0:00:00 |
| 3    | 568  | 568  | Paulo Antunes |     | SEN | C.F. "Os Belenenses" | 1:55:22 | 0:00:33 |
| 17   | 542  | 542  | Bruno Grito   |     | SEN | C.F. "Os Belenenses" | 2:03:11 | 0:08:22 |

**Individual**
**Tempo Total: 6:07:33**

| L.G. | Dra. | Lic. | Nome                         | PEN | ESC | Equipa      | Total   | Diff    |
|------|------|------|------------------------------|-----|-----|-------------|---------|---------|
| 12   | 951  |      | Guilherme Ferret Romero      |     | SEN | A D Sevilla | 2:01:43 | 0:06:54 |
| 14   | 1108 |      | Javier Sanchez-Arjona Aguado |     | S23 | A D Sevilla | 2:02:18 | 0:07:29 |
| 19   | 1107 |      | José Luis Gil Angorilla      |     | SEN | A D Sevilla | 2:03:32 | 0:08:43 |

**IPODEC / Tri-Oeiras.com**
**Tempo Total: 6:09:15**

| L.G. | Dra. | Lic. | Nome         | PEN | ESC | Equipa                  | Total   | Diff    |
|------|------|------|--------------|-----|-----|-------------------------|---------|---------|
| 9    | 424  | 252  | Tiago Neves  |     | JUN | IPODEC / Tri-Oeiras.com | 2:00:03 | 0:05:14 |
| 10   | 287  | 352  | Pedro Gomes  |     | S23 | IPODEC / Tri-Oeiras.com | 2:00:09 | 0:05:20 |
| 37   | 584  | 584  | Hugo Ribeiro |     | SEN | IPODEC / Tri-Oeiras.com | 2:09:03 | 0:14:14 |

**Tri-Oeste -Clube de Triatlo do Oeste**
**Tempo Total: 6:14:29**

| L.G. | Dra. | Lic. | Nome          | PEN | ESC | Equipa                               | Total   | Diff    |
|------|------|------|---------------|-----|-----|--------------------------------------|---------|---------|
| 13   | 582  | 582  | Rui Rodrigues |     | SEN | Tri-Oeste -Clube de Triatlo do Oeste | 2:02:15 | 0:07:26 |
| 24   | 485  | 485  | Luis Duarte   |     | SEN | Tri-Oeste -Clube de Triatlo do Oeste | 2:04:50 | 0:10:01 |
| 31   | 475  | 475  | Sérgio Dias   |     | SEN | Tri-Oeste -Clube de Triatlo do Oeste | 2:07:24 | 0:12:35 |

**Casa Benfica Faro/GASCAN**
**Tempo Total: 6:17:57**

| L.G. | Dra. | Lic. | Nome            | PEN | ESC | Equipa                   | Total   | Diff    |
|------|------|------|-----------------|-----|-----|--------------------------|---------|---------|
| 11   | 488  | 488  | Nuno Neves      |     | SEN | Casa Benfica Faro/GASCAN | 2:01:24 | 0:06:35 |
| 23   | 721  | 497  | Pedro Cordeliro |     | SEN | Casa Benfica Faro/GASCAN | 2:04:35 | 0:09:46 |
| 43   | 879  | 781  | António Raposo  |     | V2  | Casa Benfica Faro/GASCAN | 2:11:58 | 0:17:09 |

**Individual**
**Tempo Total: 6:19:04**

| L.G. | Dra. | Lic. | Nome                  | PEN | ESC | Equipa                   | Total   | Diff    |
|------|------|------|-----------------------|-----|-----|--------------------------|---------|---------|
| 18   | 1046 |      | Sérgio Rodriguez Paez |     | SEN | Triatlón Costa de la Luz | 2:03:26 | 0:08:37 |
| 20   | 1065 |      | Manuel Jesus Gonzalez |     | SEN | Triatlón Costa de la Luz | 2:03:34 | 0:08:45 |



*Phm*

|    |     |  |                       |  |     |                          |         |         |
|----|-----|--|-----------------------|--|-----|--------------------------|---------|---------|
| 45 | 981 |  | Alejandro Peña Méndez |  | JUN | Triatlón Costa de la Luz | 2:12:04 | 0:17:15 |
|----|-----|--|-----------------------|--|-----|--------------------------|---------|---------|

**ABV Estoris**

Tempo Total: 6:30:05

| LG | Drsal | Lic | Nome          | PEN | ESC | Equipa      | Total   | Diff    |
|----|-------|-----|---------------|-----|-----|-------------|---------|---------|
| 38 | 588   | 588 | Marco Mello   |     | SEN | ABV Estoris | 2:09:23 | 0:14:34 |
| 39 | 658   | 524 | Miguel Palma  |     | SEN | ABV Estoris | 2:10:19 | 0:15:30 |
| 40 | 774   | 774 | José Oliveira |     | V1  | ABV Estoris | 2:10:23 | 0:15:34 |

**Triathlon Lamego Club**

Tempo Total: 6:38:52

| LG | Drsal | Lic | Nome          | PEN | ESC | Equipa                | Total   | Diff    |
|----|-------|-----|---------------|-----|-----|-----------------------|---------|---------|
| 8  | 489   | 488 | Tiago Lobo    |     | SEN | Triathlon Lamego Club | 1:58:11 | 0:03:22 |
| 32 | 489   | 489 | João Ferreira |     | SEN | Triathlon Lamego Club | 2:07:26 | 0:12:37 |
| 91 | 333   | 333 | João Leite    |     | S23 | Triathlon Lamego Club | 2:33:15 | 0:38:26 |

**C.N. Cartaxo**

Tempo Total: 6:43:07

| LG | Drsal | Lic | Nome              | PEN | ESC | Equipa       | Total   | Diff    |
|----|-------|-----|-------------------|-----|-----|--------------|---------|---------|
| 41 | 579   | 579 | Duarte Barreto    |     | SEN | C.N. Cartaxo | 2:11:02 | 0:16:13 |
| 48 | 580   | 580 | Alexandre Ventura |     | SEN | C.N. Cartaxo | 2:12:41 | 0:17:52 |
| 65 | 710   | 710 | João Nicolau      |     | SEN | C.N. Cartaxo | 2:19:24 | 0:24:35 |

**C.A.D.C. Almeirim**

Tempo Total: 6:49:09

| LG | Drsal | Lic | Nome           | PEN | ESC | Equipa            | Total   | Diff    |
|----|-------|-----|----------------|-----|-----|-------------------|---------|---------|
| 42 | 653   | 653 | José Rodrigues |     | SEN | C.A.D.C. Almeirim | 2:11:30 | 0:16:41 |
| 52 | 602   | 602 | Luis Lopes     |     | SEN | C.A.D.C. Almeirim | 2:13:43 | 0:18:54 |
| 78 | 667   | 667 | Danny Silva    |     | SEN | C.A.D.C. Almeirim | 2:23:56 | 0:29:07 |

**Clube Ferroviário de Vendas Novas**

Tempo Total: 6:52:54

| LG | Drsal | Lic | Nome             | PEN | ESC | Equipa                            | Total   | Diff    |
|----|-------|-----|------------------|-----|-----|-----------------------------------|---------|---------|
| 33 | 686   | 686 | Pedro Amaral     |     | SEN | Clube Ferroviário de Vendas Novas | 2:08:13 | 0:13:24 |
| 61 | 635   | 635 | Claudio Nogueira |     | SEN | Clube Ferroviário de Vendas Novas | 2:16:54 | 0:22:05 |
| 84 | 757   | 757 | Rogério Morais   |     | V1  | Clube Ferroviário de Vendas Novas | 2:27:44 | 0:32:55 |

**Individual**

Tempo Total: 7:30:27

| LG | Drsal | Lic | Nome                      | PEN | ESC | Equipa                  | Total   | Diff    |
|----|-------|-----|---------------------------|-----|-----|-------------------------|---------|---------|
| 63 | 1075  |     | Gámez Martín, Javier      |     | SEN | Club Triathlon Camaleon | 2:18:44 | 0:23:55 |
| 88 | 1073  |     | Bohórquez, António Manuel |     | SEN | Club Triathlon Camaleon | 2:29:53 | 0:35:04 |
| 99 | 1072  |     | Bohórquez, Juan Manuel    |     | SEN | Club Triathlon Camaleon | 2:41:50 | 0:47:01 |

**CEFA**

Tempo Total: 7:33:39

| LG | Drsal | Lic | Nome             | PEN | ESC | Equipa | Total   | Diff    |
|----|-------|-----|------------------|-----|-----|--------|---------|---------|
| 46 | 631   | 631 | Pedro Santos     |     | SEN | CEFA   | 2:12:19 | 0:17:30 |
| 88 | 501   | 501 | Nuno Raimundo    |     | SEN | CEFA   | 2:40:40 | 0:45:51 |
| 97 | 765   | 765 | Francisco Bexiga |     | V2  | CEFA   | 2:40:40 | 0:45:51 |

**A.D.C.R. Painho/Pêra Rocha**

Tempo Total: 7:58:33

| LG  | Drsal | Lic | Nome            | PEN | ESC | Equipa                     | Total   | Diff    |
|-----|-------|-----|-----------------|-----|-----|----------------------------|---------|---------|
| 77  | 662   | 662 | Alexandre Feliz |     | SEN | A.D.C.R. Painho/Pêra Rocha | 2:23:44 | 0:28:55 |
| 102 | 751   | 751 | José Peçoto     |     | V2  | A.D.C.R. Painho/Pêra Rocha | 2:44:35 | 0:49:46 |
| 106 | 752   | 752 | Renato Fidalgo  |     | V1  | A.D.C.R. Painho/Pêra Rocha | 2:50:14 | 0:55:25 |