

Resultados

Localidade:	Estoril	Distância NATAÇÃO (MT): CICLIS (KM): CORRI (MT):	375/10/25000
Data:	17-10-2004	Hora de começo:	9h00m

Informação

Delegado Monitor:	Rui Cupido/Bruno Salvador	Juíz Principal:	Vitor Costa
Pontuação por:		Juíz de apelo:	

Temperatura Água:						NATAÇÃO		CICLISMO		CORRIDA		TOTAL	DEFF
LN	DNIS	LIC	NOME	PRN	ESC	375 M (MT)	10 KM (KM)	25000 M (MT)					
					Equipa	Pos NATAÇÃO	Pos CICLISMO	Pos CORRIDA					
1	431	102	José Estrangeiro		JUN Sport União Colarense	4	0:06:35	1	0:19:47	10	0:09:51	0:36:13	0:00:00
2	481	481	Gustavo Caraca		SEN C.F. "Os Belenenses"	1	0:06:01	4	0:20:41	9	0:09:50	0:36:32	0:00:19
3	296	476	Mário Raimundo		S23 IPODEC / Tri-Oeiras.com	2	0:06:07	3	0:20:24	16	0:10:20	0:36:51	0:00:38
4	1107		Bruno Manuel Santos		SEN Individual	18	0:07:38	5	0:20:47	3	0:08:40	0:37:05	0:00:52
5	441	179	Miguel Arraiolos		JUN Águas de Alpiarça	5	0:06:36	8	0:21:15	6	0:09:31	0:37:22	0:01:09
6	1041		Miguel Reis		SEN Individual	13	0:07:16	9	0:21:10	4	0:09:14	0:37:40	0:01:36
7	1027		Pedro Reis		JUN Individual	20	0:07:42	6	0:21:06	15	0:10:15	0:39:03	0:02:50
8	725	725	Miguel Palmeira		SEN Ginásio Clube de Tavira	27	0:08:04	2	0:20:21	25	0:10:44	0:39:09	0:02:56
9	55	55	Miguel Henriques		JUV C.N. Cartaxo	8	0:06:54	16	0:22:32	17	0:10:22	0:39:48	0:03:35
10	1094		Hugh Gibbs		SEN Individual	29	0:08:07	11	0:21:34	13	0:10:07	0:39:48	0:03:35
11	426	51	Anais Moniz		JUN C.F. "Os Belenenses"	3	0:06:21	16	0:22:05	34	0:11:23	0:39:49	0:03:36
12	1026		Vasco Corte-Real		S23 Individual	10	0:07:10	30	0:23:16	8	0:09:32	0:39:58	0:03:45
13	430	430	Tiago Pinto		JUN C.F. "Os Belenenses"	6	0:06:43	14	0:21:52	38	0:11:37	0:40:12	0:03:59
14	283	365	Manuel Júlio		S23 Fenitil-Oeiras Sport Clube	32	0:08:20	21	0:22:43	11	0:09:56	0:40:59	0:04:48
15	2303	2303	Pedro Leitão		JUV Os Kotas Bike Team	9	0:07:00	27	0:23:07	26	0:10:54	0:41:01	0:04:48
16	540	540	Pedro Gaspar		SEN C.F. "Os Belenenses"	17	0:07:33	29	0:23:16	19	0:10:29	0:41:18	0:05:05
17	2294	2294	Francisco Reis		JUV C.F. "Os Belenenses"	14	0:07:22	22	0:22:47	33	0:11:23	0:41:32	0:05:19
18	336	336	Fernando Minhama		S23 Ginásio Clube de Tavira	16	0:07:29	32	0:23:31	21	0:10:40	0:41:40	0:05:27
19	45	45	Miguel Ferrinho		JUV Os Kotas Bike Team	39	0:09:00	15	0:22:02	22	0:10:42	0:41:44	0:05:31
20	428	7	Marina Pedro		JUN Os Kotas Bike Team	22	0:07:45	26	0:23:05	28	0:11:05	0:41:55	0:05:42
21	662	662	Alexandre Feliz		SEN A.D.C.R. Palinho/Pára Rocha	23	0:07:46	24	0:22:57	31	0:11:14	0:41:57	0:05:44
22	427	427	Ricardo Marques		JUN C.N. Cartaxo	15	0:07:24	10	0:21:20	70	0:13:16	0:42:00	0:05:47
23	717	717	Vitor Santos		SEN Individual	76	0:11:21	7	0:21:09	7	0:09:32	0:42:02	0:05:48
24	1004		José Pinho		JUN Individual	21	0:07:43	36	0:23:36	36	0:11:28	0:42:47	0:06:34
25	2302	2302	Diogo Calado		JUV C.F. "Os Belenenses"	7	0:06:52	46	0:24:55	27	0:11:02	0:42:49	0:06:36
26	531	531	Nuno Lopes		SEN Clube Ferroviário de Vendas Novas	42	0:09:14	25	0:23:01	24	0:10:43	0:42:58	0:06:45
27	790	790	Carlos Suzana		V1 IPODEC / Tri-Oeiras.com	61	0:10:17	17	0:22:19	18	0:10:26	0:43:02	0:06:49
28	116	116	Gonçalo Ruivo		JUV Águas de Alpiarça	33	0:08:26	19	0:22:42	55	0:12:28	0:43:36	0:07:23
29	556	554	Helena Barros		SEN C.F. "Os Belenenses"					100	0:43:44	0:43:44	0:07:31
30	739	739	António Luz Gomes		SEN IPODEC / Tri-Oeiras.com	64	0:10:22	33	0:23:32	12	0:10:04	0:43:58	0:07:45
31	1096		Manuel Rodrigues		SEN Individual	74	0:11:10	12	0:21:41	29	0:11:08	0:43:59	0:07:46
32	1008		Bruno Portela		JUN Individual	65	0:10:28	13	0:21:46	41	0:11:46	0:44:00	0:07:47
33	143	143	Joana Marques		JUV Mem Martins Sport Club	26	0:08:02	43	0:24:38	37	0:11:32	0:44:12	0:07:59
34	1073		Pedro Bitro		SEN Individual	53	0:09:50	31	0:23:24	39	0:11:40	0:44:54	0:08:41
35	2502	2502	João Miguel Coelho		JUN IPODEC / Tri-Oeiras.com	66	0:10:29	41	0:23:58	23	0:10:42	0:45:09	0:08:56
36	951		Miguel Costa		SEN Individual	34	0:08:33	55	0:26:05	20	0:10:40	0:45:18	0:09:05
37	437	19	Diogo Henriques		JUN C.N. Cartaxo	28	0:08:05	40	0:23:54	77	0:13:37	0:45:36	0:09:23
38	222	222	João Amaral		JUV C.N. Cartaxo	12	0:07:15	49	0:25:03	71	0:13:18	0:45:36	0:09:23
39	1022		Nuno Simões		JUN Individual	19	0:07:40	58	0:26:13	40	0:11:45	0:45:38	0:09:25
40	1066		Marcelo Cazassa		SEN Individual	46	0:09:28	37	0:23:40	59	0:12:34	0:45:42	0:09:29
41	986		João Rodrigues		JUN Individual	70	0:10:58	23	0:22:50	49	0:12:06	0:45:54	0:09:41
42	46	46	Carlos Mata		JUV Os Kotas Bike Team	31	0:08:10	20	0:22:43	92	0:15:13	0:46:06	0:09:53
43	982		Paulo Calejo		V1 Individual	38	0:08:48	53	0:25:38	42	0:11:48	0:46:14	0:10:01
44	1081		Miguel Fernandes		SEN Individual	59	0:10:13	48	0:24:58	32	0:11:20	0:46:31	0:10:18
45	1054		Luís Filipe Silva		V2 Individual	78	0:11:33	28	0:23:13	44	0:11:49	0:46:35	0:10:22
46	547	547	José Antunes		SEN Individual	67	0:11:55	35	0:23:33	30	0:11:09	0:46:37	0:10:24
47	862	821	Adelino Vicente		V4 Individual	58	0:10:10	44	0:24:45	48	0:11:58	0:46:53	0:10:40

963 - 46.14
965 - 46.19

J.L. Cort

Temperatura Água:						NATAÇÃO		CICLISMO		CORRIDA		TOTAL	DEFP	
LG	ORDEM	LIC	NOME	PER	DESC	Equipe	Pos	NATAÇÃO	Pos	CICLISMO	Pos			CORRIDA
48	1111		Marco Fernandes		SEN	Individual	77	0:11:27	56	0:28:05	5	0:09:28	0:47:00	0:10:47
49	1087		Ricardo Silva		SEN	Individual	54	0:09:53	50	0:25:24	43	0:11:48	0:47:05	0:10:52
50	615	4615	Jorge Vieira		SEN	Individual	75	0:11:12	45	0:24:55	35	0:11:24	0:47:31	0:11:18
51	1095		André Branco		JUN	Individual	30	0:08:08	51	0:25:29	84	0:13:59	0:47:36	0:11:23
52	990		Carlos Fernandes		V1	Individual	41	0:09:09	59	0:26:26	51	0:12:16	0:47:51	0:11:38
53	528	528	Sérgio Oliveira		SEN	ABV Estoris	55	0:09:54	47	0:24:55	65	0:13:03	0:47:52	0:11:39
54	1084		Paulo Jorge		SEN	Individual	84	0:11:47	39	0:23:53	57	0:12:30	0:48:10	0:11:57
55	1032		Nelson Lopes		S23	Individual	44	0:09:22	62	0:26:51	45	0:11:58	0:48:11	0:11:58
56	997		Paulo Matias		SEN	Individual	82	0:11:42	42	0:24:33	47	0:12:02	0:48:17	0:12:04
57	1052		Mário Ramos		V2	Individual	56	0:09:59	57	0:26:09	53	0:12:20	0:48:28	0:12:15
58	215	215	João Inácio		JUV	Mem Marlins Sport Club	35	0:08:34	70	0:27:48	58	0:12:32	0:48:54	0:12:41
59	142	142	Ana Camacho		JUV	Mem Marlins Sport Club	36	0:08:24	80	0:26:24	83	0:13:55	0:49:04	0:12:51
60	1072		César Andrade		S23	Individual	52	0:09:46	54	0:25:57	79	0:13:47	0:49:30	0:13:17
61	983		Henrique Matias		SEN	Individual	98	0:13:38	38	0:23:48	60	0:12:37	0:50:03	0:13:50
62	1015		Vasco Rodrigues		SEN	Individual	68	0:10:49	52	0:25:34	78	0:13:43	0:50:06	0:13:53
63	54	54	Filipa Ribeiro		JUV	C.N. Cartaxo	25	0:07:58	68	0:27:36	88	0:14:39	0:50:13	0:14:00
64	1013		Carlos Alberto Silva		SEN	Individual	43	0:09:18	67	0:27:33	76	0:13:37	0:50:28	0:14:15
65	1130		Luis Novo		SEN	Individual	57	0:10:01	72	0:28:19	50	0:12:10	0:50:30	0:14:17
66	812	812	Carlos Raimundo		V3	IPODEC / Tri-Oeiras.com	62	0:10:18	63	0:26:59	72	0:13:22	0:50:39	0:14:26
67	1063		Valter Leite		S23	Individual	100	0:14:25	34	0:23:32	66	0:13:04	0:51:01	0:14:48
68	546	546	Luis Antunes		SEN	Individual	68	0:11:58	61	0:26:36	56	0:12:28	0:51:02	0:14:49
69	1082		Nuno Tintim		SEN	Individual	93	0:13:13	69	0:27:42	14	0:10:11	0:51:06	0:14:53
70	1109		José Luis Correia		V2	Individual	24	0:07:55	79	0:29:21	85	0:13:59	0:51:15	0:15:02
71	994		Raquel Frois		SEN	Individual	85	0:11:48	65	0:27:24	52	0:12:19	0:51:31	0:15:16
72	126	126	Tânia Boleta		JUV	Os Kotas Bike Team	72	0:11:04	73	0:28:26	48	0:12:04	0:51:34	0:15:21
73	1127		Eduardo Cavaco		SEN	Individual	51	0:09:44	76	0:28:51	74	0:13:27	0:52:02	0:15:49
74	1082		Luis Boleta		SEN	Individual	91	0:12:44	96	0:34:48	1	0:04:58	0:52:30	0:16:17
75	996		Luis Miguel Revés		SEN	Individual	89	0:11:59	67	0:35:32	2	0:05:00	0:52:31	0:16:18
76	1036		João Miguel Lopes		SEN	Individual	67	0:10:47	66	0:27:30	89	0:14:43	0:53:00	0:16:47
77	1012		João Corte Real		V1	Individual	47	0:09:34	85	0:30:46	75	0:13:32	0:53:52	0:17:39
78	1102		Nuno Correia		JUN	Individual	79	0:11:35	75	0:28:43	80	0:13:52	0:54:10	0:17:57
79	1059		Silvia Dionisio		SEN	Individual	48	0:09:35	83	0:30:24	86	0:14:12	0:54:11	0:17:58
80	970		João Paulo Soares		SEN	Individual	49	0:09:42	89	0:31:15	89	0:13:15	0:54:12	0:17:59
81	988		Carlos Serra		SEN	Individual	73	0:11:05	82	0:30:18	61	0:12:55	0:54:18	0:18:05
82	998		João José Costa		SEN	Individual	86	0:11:54	77	0:29:04	73	0:13:26	0:54:24	0:18:11
83	830	830	João Branco		V4	C.F. "Os Belenenses"	81	0:11:42	74	0:28:29	87	0:14:21	0:54:32	0:18:19
84	1024		Filipa Lisboa		S23	Individual	11	0:07:14	90	0:31:56	93	0:15:23	0:54:33	0:18:20
85	154	154	Jorge Lúcio		JUV	Os Kotas Bike Team	60	0:10:15	71	0:27:52	95	0:16:30	0:54:37	0:18:24
86	722	722	Armando Costa		SEN	Sport União Colarensa	92	0:12:58	64	0:27:16	91	0:15:01	0:55:15	0:19:02
87	1071		Manuel Antão		V3	Individual	96	0:13:25	78	0:29:19	64	0:12:58	0:55:42	0:19:29
88	1033		Pedro Tavares		SEN	Individual	45	0:09:25	94	0:34:10	54	0:12:26	0:56:01	0:19:48
89	963		Fabricao Carvalho		SEN	Individual	80	0:11:40	87	0:31:10	67	0:13:14	0:56:04	0:19:51
90	965		Nuno Alves		SEN	Individual	50	0:09:43	92	0:33:08	68	0:13:15	0:56:06	0:19:53
91	791	791	Ana Quintas		V3	Os Kotas Bike Team	83	0:11:46	84	0:30:34	82	0:13:55	0:56:15	0:20:02
92	1076		José Almeida		SEN	Individual	99	0:14:06	81	0:30:15	62	0:12:56	0:57:17	0:21:04
93	1050		Filipe Cravo		SEN	Individual	37	0:08:36	80	0:29:28	99	0:19:35	0:57:39	0:21:26
94	235	235	Diogo Leitão		JUV	Águas de Alparça	40	0:09:03	88	0:31:13	88	0:17:30	0:57:46	0:21:33
95	1131		Pedro Afonso		SEN	Individual	71	0:11:01	93	0:33:57	63	0:12:56	0:57:54	0:21:41
96	1129		Lino Tudela		V1	Individual	94	0:13:13	86	0:31:06	81	0:13:54	0:58:13	0:22:00
97	1105		António Conde Pereira		V2	Individual	69	0:10:53	91	0:32:33	94	0:15:48	0:59:14	0:23:01
98	1070		Domingos António Martins		V3	Individual	95	0:13:24	98	0:35:53	90	0:14:47	1:04:04	0:27:51
99	1069		Francisco Valente		V3	Individual	97	0:13:30	95	0:34:44	97	0:16:43	1:04:57	0:28:44
100	1097		Margarida Correia		JUN	Individual	63	0:10:19	89	0:38:30	96	0:16:32	1:05:21	0:29:08
101	193	193	Filipa Ferreira		DNS	JUV	Os Kotas Bike Team							
102	2298	2298	Ana Cristina Mata		DNS	JUV	Os Kotas Bike Team							
103	440	124	Pedro Lopes		DNS	JUN	C.F. "Os Belenenses"							



V. da Costa

Resultados

Temperatura Água:						NATAÇÃO		CICLISMO		CORRIDA		TOTAL	DIFF
Ord.	Dist.	Lic.	Nome	Sexo	Clas.	Equipe	Pos	NATAÇÃO	Pos	CICLISMO	Pos		
104	953		Carlos Gonçalves	DNS	SEN	Individual	90	0:12:25					
105	2501	2501	João Belo Martins	DNS	JUN	IPODEC / Tri-Oelras.com							
106	687	687	Rui Pereira	DNS	SEN	Clube Ferroviário de Vendas Novas							
107	986		João Amílcar	DNS	SEN	Individual							
108	363	363	Hugo Cruz	DNS	JUN	Triathlon Lamego Club							
109	310	370	Gustavo Capão	DNS	S23	Grecas - Vagos							
110	730	730	Paulo Jorge Barradas	DNS	SEN	Grecas - Vagos							
111	1017		Ricardo Patrício	DNS	SEN	Individual							
112	1018		Carla Pereira	DNS	SEN	Individual							
113	1035		André Freitas	DNS	SEN	Individual							
114	1046		Inês Tralha	DNS	SEN	Individual							
115	1055		Paulo Monteiro	DNS	SEN	Individual							
116	1062		João Pedro Ferreira	DNS	SEN	Individual							
117	1065		André Sousa	DNS	SEN	Individual							
118	1073		Vitor Manuel Santos	DNS	SEN	Individual							
119	1085		João Gomes	DNS	SEN	Individual							
120	1093		Raul Damas	DNS	V3	Individual							
121	1098		Carlos Miguel Gamelas	DNS	SEN	Individual							
122	1106		Ricardo Carvalho	DNS	SEN	Individual							
123	1108		Rui Oliveira	DNS	S23	Individual							
124	1115		Mónica Moreiras	DNS	SEN	Individual							

V. L. Costa

Resultados

Localidade:	Estoril	Distância NATAÇ (MT): CICLIS (KM): CORRÍ (MF):	375/10/25000
Data:	17-10-2004	Hora de começa:	9h00m

Informação

Delegado Técnico:	Rui Cupido/Bruno Salvador	Jurá Principal:	Vitor Costa
Participantes para:		Jurá de Apoio:	

V4 Masculinos

LG	Drst	Lic	Nome	PEN	ESC	Equipa	Total	Diff
47	862	821	Adelino Vicente		V4	Individual	0:46:53	0:10:40
83	830	830	João Branco		V4	C.F. "Os Belenenses"	0:54:32	0:18:19

V3 Masculinos

LG	Drst	Lic	Nome	PEN	ESC	Equipa	Total	Diff
66	812	812	Carlos Raimundo		V3	IPODEC / Tri-Oeiras.com	0:50:39	0:14:26
67	1071		Manuel Antão		V3	Individual	0:55:42	0:19:29
98	1070		Domingos António Martins		V3	Individual	1:04:04	0:27:51
99	1089		Francisco Valente		V3	Individual	1:04:57	0:28:44

V3 Femininos

LG	Drst	Lic	Nome	PEN	ESC	Equipa	Total	Diff
91	791	791	Ana Quintas		V3	Os Kotas Bike Team	0:56:15	0:20:02

V2 Masculinos

LG	Drst	Lic	Nome	PEN	ESC	Equipa	Total	Diff
45	1054		Luis Filipe Silva		V2	Individual	0:46:35	0:10:22
57	1052		Mário Ramos		V2	Individual	0:48:28	0:12:15
70	1109		José Luis Correia		V2	Individual	0:51:15	0:15:02
97	1105		António Conde Pereira		V2	Individual	0:59:14	0:23:01

V1 Masculinos

LG	Drst	Lic	Nome	PEN	ESC	Equipa	Total	Diff
27	790	790	Carlos Suzana		V1	IPODEC / Tri-Oeiras.com	0:43:02	0:06:49
43	982		Paulo Calejo		V1	Individual	0:46:14	0:10:01
52	990		Carlos Fernandes		V1	Individual	0:47:51	0:11:38
77	1012		João Corte Real		V1	Individual	0:53:52	0:17:39
96	1129		Lino Tudela		V1	Individual	0:58:13	0:22:00

SEN Masculinos

LG	Drst	Lic	Nome	PEN	ESC	Equipa	Total	Diff
2	481	481	Gustavo Caraça		SEN	C.F. "Os Belenenses"	0:36:32	0:00:19
4	1107		Bruno Manuel Santos		SEN	Individual	0:37:05	0:00:52
6	1041		Neil Vasa		SEN	Individual	0:37:49	0:01:36
8	725	725	Miguel Palmeira		SEN	Ginásio Clube de Tavira	0:39:09	0:02:56
10	1094		Hugh Gibbs		SEN	Individual	0:39:48	0:03:35
16	540	540	Pedro Gaspar		SEN	C.F. "Os Belenenses"	0:41:18	0:05:05
21	682	682	Alexandre Feliz		SEN	A.D.C.R. Painho/Pêra Rocha	0:41:57	0:05:44
23	717	717	Vitor Santos		SEN	Individual	0:42:02	0:05:49
26	531	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	0:42:58	0:06:45
30	739	739	António Luz Gomes		SEN	IPODEC / Tri-Oeiras.com	0:43:58	0:07:45
31	1086		Manuel Rodrigues		SEN	Individual	0:43:59	0:07:46



V. L. Est

34	1073		Pedro Bairo		SEN	Individual	0:44:54	0:08:41
36	951		Miguel Costa		SEN	Individual	0:45:18	0:09:05
40	1066		Marcelo Cazassa		SEN	Individual	0:45:42	0:09:29
44	1081		Miguel Fernandes		SEN	Individual	0:46:31	0:10:18
46	547	547	José Antunes		SEN	Individual	0:46:37	0:10:24
48	1111		Marco Fernandes		SEN	Individual	0:47:00	0:10:47
49	1087		Ricardo Silva		SEN	Individual	0:47:05	0:10:52
50	615	4615	Jorge Vieira		SEN	Individual	0:47:31	0:11:18
53	528	528	Sérgio Oliveira		SEN	ABV Estoris	0:47:52	0:11:39
54	1084		Paulo Jorge		SEN	Individual	0:48:10	0:11:57
56	997		Paulo Matias		SEN	Individual	0:48:17	0:12:04
61	993		Henrique Matias		SEN	Individual	0:50:03	0:13:50
62	1015		Vasco Rodrigues		SEN	Individual	0:50:06	0:13:53
64	1013		Carlos Alberto Silva		SEN	Individual	0:50:28	0:14:15
65	1130		Luis Novo		SEN	Individual	0:50:30	0:14:17
68	548	546	Luis Antunes		SEN	Individual	0:51:02	0:14:49
69	1082		Nuno Tintim		SEN	Individual	0:51:06	0:14:53
73	1127		Eduardo Cavaco		SEN	Individual	0:52:02	0:15:49
74	1082		Luis Boletto		SEN	Individual	0:52:30	0:16:17
75	995		Luis Miguel Revés		SEN	Individual	0:52:31	0:16:18
76	1036		João Miguel Lopes		SEN	Individual	0:53:00	0:16:47
80	970		João Paulo Soares		SEN	Individual	0:54:12	0:17:59
81	988		Carlos Serra		SEN	Individual	0:54:18	0:18:05
82	998		João José Costa		SEN	Individual	0:54:24	0:18:11
86	722	722	Armando Costa		SEN	Sport União Colarense	0:55:15	0:19:02
88	1033		Pedro Tavares		SEN	Individual	0:56:01	0:19:48
89	963		Fabrcio Carvalho		SEN	Individual	0:56:04	0:19:51
90	965		Nuno Alves		SEN	Individual	0:56:06	0:19:53
92	1076		José Almeida		SEN	Individual	0:57:17	0:21:04
93	1050		Filipe Cravo		SEN	Individual	0:57:39	0:21:26
95	1131		Pedro Afonso		SEN	Individual	0:57:54	0:21:41

SEN Femininos

LG	Drs	Lic	Nome	PEN	ESC	Equipa	Total	Diff
29	558	554	Helena Barros		SEN	C.F. "Os Belenenses"	0:43:44	0:07:31
71	994		Raquel Frois		SEN	Individual	0:51:31	0:15:18
73	1059		Silvia Dionisio		SEN	Individual	0:54:11	0:17:58

S23 Masculinos

LG	Drs	Lic	Nome	PEN	ESC	Equipa	Total	Diff
3	296	476	Mário Raimundo		S23	IPODEC / Tri-Oeiras.com	0:36:51	0:00:38
12	1026		Vasco Côrte-Real		S23	Individual	0:39:58	0:03:45
14	283	365	Manuel Júlio		S23	Fenistil-Oeiras Sport Clube	0:40:59	0:04:46
18	336	336	Fernando Minhalma		S23	Ginásio Clube de Tavira	0:41:40	0:05:27
55	1032		Nelson Lopes		S23	Individual	0:48:11	0:11:58
60	1072		Gézar Andrade		S23	Individual	0:49:36	0:13:17
67	1083		Valter Leite		S23	Individual	0:51:01	0:14:48

S23 Femininos

LG	Drs	Lic	Nome	PEN	ESC	Equipa	Total	Diff
84	1024		Filipa Lisboa		S23	Individual	0:54:33	0:18:20

JUV Masculinos

LG	Drs	Lic	Nome	PEN	ESC	Equipa	Total	Diff
8	55	55	Miguel Henriques		JUV	C.N. Cartaxo	0:39:48	0:03:35
15	2303	2303	Pedro Leitão		JUV	Os Kotas Bike Team	0:41:01	0:04:48
17	2294	2294	Francisco Reis		JUV	C.F. "Os Belenenses"	0:41:32	0:05:19
19	45	45	Miguel Ferrinho		JUV	Os Kotas Bike Team	0:41:44	0:05:31



V. J. Ent

25	2302	2302	Diogo Calado		JUV	C.F. "Os Belenenses"	0:42:49	0:06:36
28	116	116	Gonçalo Ruivo		JUV	Águias de Alpiarça	0:43:36	0:07:23
38	222	222	João Amaral		JUV	C.N. Cartaxo	0:45:36	0:09:23
42	46	46	Carlos Mata		JUV	Os Kotas Bike Team	0:46:06	0:09:53
58	215	215	João Inácio		JUV	Mem Martins Sport Club	0:48:54	0:12:41
85	154	154	Jorge Lúcio		JUV	Os Kotas Bike Team	0:54:37	0:18:24
84	235	235	Diogo Leitão		JUV	Águias de Alpiarça	0:57:46	0:21:33

LG	Drsal	Lic	Nome	PEN	ESC	Equipa	Total	Diff
33	143	143	Joana Marques		JUV	Mem Martins Sport Club	0:44:12	0:07:59
58	142	142	Ana Sampaio		JUV	Mem Martins Sport Club	0:49:04	0:12:51
63	54	54	Filipa Ribeiro		JUV	C.N. Cartaxo	0:50:13	0:14:00
72	128	128	Tânia Boleta		JUV	Os Kotas Bike Team	0:51:34	0:15:21

JUN Masculinos

LG	Drsal	Lic	Nome	PEN	ESC	Equipa	Total	Diff
1	431	102	José Estrangeiro		JUN	Sport União Colarense	0:36:13	0:00:00
5	441	179	Miguel Arraiolos		JUN	Águias de Alpiarça	0:37:22	0:01:09
7	1027		Pedro Reis		JUN	Individual	0:39:03	0:02:50
13	430	430	Tiago Pinto		JUN	C.F. "Os Belenenses"	0:40:12	0:03:59
22	427	427	Ricardo Marques		JUN	C.N. Cartaxo	0:42:00	0:05:47
24	1004		José Pinho		JUN	Individual	0:42:47	0:06:34
32	1008		Bruno Portela		JUN	Individual	0:44:00	0:07:47
35	2302	2302	João Miguel Coelho		JUN	IPODEC / Tri-Oeiras.com	0:45:09	0:08:56
37	437	19	Diogo Henriques		JUN	C.N. Cartaxo	0:45:36	0:09:23
39	1022		Nuno Simões		JUN	Individual	0:45:38	0:09:25
41	986		João Rodrigues		JUN	Individual	0:45:54	0:09:41
51	1085		André Branco		JUN	Individual	0:47:36	0:11:23
78	1102		Nuno Correia		JUN	Individual	0:54:10	0:17:57

JUN Femininos

LG	Drsal	Lic	Nome	PEN	ESC	Equipa	Total	Diff
11	428	51	Anais Moniz		JUN	C.F. "Os Belenenses"	0:39:49	0:03:36
20	428	7	Marina Pedro		JUN	Os Kotas Bike Team	0:41:55	0:05:42
100	1087		Margarida Correia		JUN	Individual	1:05:21	0:29:08

LG	Drsal	Lic	Nome	PEN	ESC	Equipa	Total	Diff
101	193	193	Filipa Ferreira	DNS	JUV	Os Kotas Bike Team		
102	2298	2298	Ana Cristina Mata	DNS	JUV	Os Kotas Bike Team		
103	440	124	Pedro Lopes	DNS	JUN	C.F. "Os Belenenses"		
104	953		Carlos Gonçalves	DNS	SEN	Individual		
105	2501	2501	João Belo Martins	DNS	JUN	IPODEC / Tri-Oeiras.com		
106	687	687	Rui Pereira	DNS	SEN	Clube Ferroviário de Vendas Novas		
107	996		João Amílcar	DNS	SEN	Individual		
108	363	363	Hugo Cruz	DNS	JUN	Triathlon Lamego Club		
109	310	370	Gustavo Capão	DNS	S23	Grecas - Vagos		
110	730	730	Paulo Jorge Barradas	DNS	SEN	Grecas - Vagos		
111	1017		Ricardo Patricio	DNS	SEN	Individual		
112	1018		Carla Pereira	DNS	SEN	Individual		
113	1035		André Freitas	DNS	SEN	Individual		
114	1046		Inês Tralha	DNS	SEN	Individual		
115	1055		Paulo Monteiro	DNS	SEN	Individual		
116	1062		João Pedro Ferreira	DNS	SEN	Individual		
117	1065		André Sousa	DNS	SEN	Individual		
118	1075		Vitor Manuel Santos	DNS	SEN	Individual		
119	1085		João Gomes	DNS	SEN	Individual		



V. L. Costa

Resultados

120	1093	Raul Damas	DNS	V3	Individual		
121	1098	Carlos Miguel Gamelas	DNS	SEN	Individual		
122	1106	Ricardo Carvalho	DNS	SEN	Individual		
123	1108	Rui Oliveira	DNS	S23	Individual		
124	1115	Mónica Moreiras	DNS	SEN	Individual		



Resultados

Localidade:	Estoril	Distância NATAÇ (MT): CICLIS (KM): CORR (MT):	375/10/25000
Data:	17-10-2004	Hora de começo:	9h00m

Informação

Delegação Monitor:	Rui Cupido/Bruno Salvador	Juíz Principal:	Vitor Costa
Pontuável para:		Juri de apelo:	

Temperatura Água:						NATAÇÃO		CICLISMO		CORRIDA		TOTAL	DEFT
LB	DATA	LIC	NOME	SEX	ESPE	Pos	NATAÇÃO	Pos	CICLISMO	Pos	CORRIDA		
1			David Grachat/Vitor Gamito	SEN	Individual	6	0:07:42	3	0:23:07	2	0:11:08	0:41:57	0:00:00
2			Luis Costa/ Hugo Vitor	BEN	Individual	10	0:12:37	2	0:19:57	5	0:11:57	0:44:31	0:02:34
3			Luis Costa/Ricardo Martins	SEN	Individual	11	0:12:37	1	0:19:56	6	0:11:59	0:44:32	0:02:35
4			Nuno Dias	SEN	Individual	3	0:06:45	5	0:26:37	3	0:11:27	0:44:49	0:02:52
5			N Laurentino/J Laurentino/Diogo C	SEN	Individual	1	0:08:07			14	0:47:18	0:47:18	0:05:21
6			Nuno Dias/Diogo Gomes/Silvano	SEN	Individual	4	0:06:45	8	0:20:37	4	0:11:24	0:48:52	0:06:58
7			Paulo Gonçalves/Alfredo Silva/João	SEN	Individual	7	0:09:33	7	0:29:19	1	0:10:18	0:49:10	0:07:13
8			José Saramago/João Coelho/Luis	SEN	Individual	12	0:13:29	4	0:24:32	8	0:12:28	0:50:29	0:08:32
9			João Matias	SEN	Individual	8	0:10:13	6	0:28:48	9	0:12:43	0:51:44	0:09:47
10			Leila Marques/Rosa Mota/N Laure	SEN	Individual	5	0:07:33	10	0:31:24	11	0:13:09	0:52:06	0:10:09
11			Luis Costa	SEN	Individual	9	0:12:37	11	0:33:01	7	0:12:17	0:57:55	0:15:58
12			Nancy/Bruno Constantino/José	SEN	Individual	14	0:16:15	9	0:30:47	13	0:17:13	1:04:15	0:22:18
13			Rita Nunes/Eduardo Pereira/Luis t	SEN	Individual	13	0:15:19	12	0:37:43	10	0:12:54	1:05:56	0:23:59
14			N Laurentino/Isidoro Morgado/C	SEN	Individual	2	0:06:07	13	0:43:53	12	0:16:58	1:06:58	0:25:01