

Resultados

Localidade:	Vila Franca de Xira	Distância CORRI (MT); CICLIS (KM); CORRI (MT):	5000/23/2500
Data:	13-02-2005	Hora de começo:	11h00m

Informação

Delegado técnico:	Bruno Salvador	Juiz Principal:	Nelson Laranjeira
Pontuável para:	Taça de Portugal	Juri de apelo:	

Temperatura Agua:						CORRIDA 5000 (MT)				CICLISMO 23 (KM)				CORRIDA 2500 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	6	0:13:37	1	0:00:23	10	0:38:33	71	0:00:35	8	0:07:51	1:00:59	0:00:00
2	2007	362	Sérgio Silva		S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:13:10	5	0:00:24	18	0:39:34	7	0:00:24	1	0:07:27	1:00:59	0:00:00
3	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho Couto-Ika	8	0:13:38	2	0:00:23	14	0:39:09	1	0:00:21	3	0:07:31	1:01:02	0:00:03
4	3088	521	João Campos		SEN	Casa do Benfica no Fundão	5	0:13:24	16	0:00:28	16	0:39:30	59	0:00:34	2	0:07:29	1:01:25	0:00:26
5	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	10	0:13:54	9	0:00:26	13	0:39:08	8	0:00:24	5	0:07:42	1:01:34	0:00:35
6	5273		Fernando Arratia		SEN	Individual	13	0:14:16	115	0:00:42	9	0:38:12	87	0:00:36	9	0:07:53	1:01:39	0:00:40
7	5096		Mixel Igoa		SEN	Individual	12	0:14:16	107	0:00:41	8	0:38:12	64	0:00:34	11	0:07:59	1:01:42	0:00:43
8	3040	505	José Ribeiro		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	9	0:13:54	4	0:00:24	12	0:39:03	52	0:00:33	10	0:07:57	1:01:51	0:00:52
9	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	14	0:14:17	3	0:00:24	20	0:39:55	3	0:00:23	17	0:08:12	1:03:11	0:02:12
10	3115	668	Nicolas Pfitzenmaier		SEN	Vitoria Janes	15	0:14:22	6	0:00:25	11	0:38:40	238	0:01:07	25	0:08:38	1:03:12	0:02:13
11	3047	506	Pedro Pinheiro		SEN	Tri-Oeste -Clube de Triatlo do Oeste	21	0:14:34	104	0:00:41	19	0:39:45	22	0:00:28	21	0:08:23	1:03:51	0:02:52
12	5554		Luís		V4	Individual	20	0:14:50	20	0:00:40	15	0:39:40	21	0:00:27	20	0:08:27	1:04:01	0:03:00
13	3078	744	Bruno Matias Santos		SEN	Clube Ferroviário de Vendas Novas	3	0:13:12	50	0:00:35	61	0:42:35	11	0:00:25	4	0:07:37	1:04:24	0:03:25
14	3089	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	7	0:13:38	59	0:00:36	48	0:42:03	21	0:00:28	7	0:07:48	1:04:33	0:03:34
15	5076		Paulo Pais		SEN	Individual	17	0:14:27	32	0:00:32	39	0:41:14	17	0:00:26	14	0:08:09	1:04:48	0:03:49
16	3063	488	Nuno Neves		SEN	Casa Benfica Faro/GASCAN	16	0:14:23	83	0:00:38	40	0:41:15	23	0:00:28	16	0:08:11	1:04:55	0:03:56
17	3026	461	Anibal Oliveira		SEN	Amiciclo	23	0:14:35	7	0:00:25	34	0:41:10	26	0:00:28	20	0:08:21	1:04:59	0:04:00
18	4078	764	António Horta		V1	CEFA	22	0:14:34	36	0:00:33	35	0:41:10	54	0:00:33	18	0:08:15	1:05:05	0:04:06
19	4062	802	Carlos Cabrita		V3	S. R. Toreense	24	0:14:36	42	0:00:34	33	0:41:09	112	0:00:39	15	0:08:10	1:05:08	0:04:09
20	3050	496	Bruno Fernandes		SEN	Tri-Oeste -Clube de Triatlo do Oeste	18	0:14:28	82	0:00:38	37	0:41:14	78	0:00:36	23	0:08:28	1:05:24	0:04:25
21	5014		Paulo João Pereira		S23	Individual	49	0:15:56	130	0:00:46	17	0:39:32	90	0:00:37	49	0:09:13	1:06:04	0:05:05
22	3009	629	Fernando Carmo		SEN	C.F. "Os Belenenses"	39	0:15:32	128	0:00:46	23	0:40:20	161	0:00:47	32	0:08:50	1:06:15	0:05:16
23	4086	489	José Salgueiro		V1	Vitoria Janes	35	0:15:12	17	0:00:28	28	0:40:39	24	0:00:28	68	0:09:37	1:06:24	0:05:25
24	3139	2524	Nuno Nunes		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	11	0:13:55	105	0:00:41	80	0:43:39	129	0:00:41	6	0:07:44	1:06:40	0:05:41
25	2003	417	Rui Dolores		S23	Amiciclo	44	0:15:43	19	0:00:29	38	0:41:14	62	0:00:34	35	0:08:52	1:06:52	0:05:53
26	5127		Elisio Roque		SEN	Individual	25	0:14:48	10	0:00:26	63	0:42:37	10	0:00:24	28	0:08:42	1:06:57	0:05:58

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				23 (KM)				2500 (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
27	3000	717	Vitor Santos		SEN	Individual	38	0:15:20	14	0:00:27	49	0:42:05	6	0:00:24	27	0:08:42	1:06:58	0:05:59
28	4036	839	Carlos Cunha		V1	Tri-Oeiras.com	46	0:15:44	197	0:01:02	21	0:39:55	174	0:00:50	63	0:09:35	1:07:06	0:06:07
29	3048	592	Rui Rodrigues		SEN	Tri-Oeste -Clube de Triatlo do Oeste	20	0:14:33	116	0:00:43	65	0:42:43	117	0:00:40	33	0:08:50	1:07:29	0:06:30
30	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	19	0:14:33	34	0:00:33	88	0:44:01	14	0:00:26	12	0:08:01	1:07:34	0:06:35
31	4059	800	Fernando Feijão		V3	Casa do Benfica no Fundão	36	0:15:18	20	0:00:30	57	0:42:20	127	0:00:41	36	0:08:53	1:07:42	0:06:43
32	2020		Edgar Martins		S23	Individual	41	0:15:40	125	0:00:44	45	0:41:31	152	0:00:44	55	0:09:19	1:07:58	0:06:59
33	4074	458	Pedro Marques		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	74	0:16:30	146	0:00:49	30	0:40:56	137	0:00:42	41	0:09:05	1:08:02	0:07:03
34	4090	865	Rui Campos		V1	Individual	37	0:15:19	13	0:00:27	74	0:43:11	40	0:00:30	26	0:08:41	1:08:08	0:07:09
35	1020	179	Miguel Arraiolos		JUN	Águias de Alpiarça	29	0:14:55	47	0:00:34	78	0:43:30	92	0:00:37	24	0:08:35	1:08:11	0:07:12
36	4048	777	Jerónimo Cruz		V2	Clube Ferroviário de Vendas Novas	42	0:15:41	49	0:00:35	62	0:42:37	31	0:00:29	38	0:08:59	1:08:21	0:07:22
37	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	54	0:16:08	22	0:00:30	58	0:42:20	29	0:00:28	39	0:09:01	1:08:27	0:07:28
38	4039	792	José Varela		V2	Casa Benfica Faro/GASCAN	43	0:15:42	33	0:00:32	66	0:42:46	34	0:00:29	40	0:09:02	1:08:31	0:07:32
39	3024	693	Duarte Ponte		SEN	Alhandra Sporting Clube	34	0:15:09	117	0:00:43	87	0:44:00	15	0:00:26	19	0:08:20	1:08:38	0:07:39
40	3051	499	António Ervideira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	33	0:15:03	159	0:00:51	77	0:43:18	110	0:00:39	37	0:08:54	1:08:45	0:07:46
41	5170		José Torres		V1	Individual	84	0:16:50	156	0:00:50	24	0:40:24	178	0:00:50	84	0:09:52	1:08:46	0:07:47
42	3061	725	Miguel Palmeira		SEN	Ginásio Clube de Tavira	95	0:17:03	85	0:00:38	26	0:40:37	128	0:00:41	78	0:09:48	1:08:47	0:07:48
43	5199		Pedro Lucas		SEN	Individual	53	0:16:07	188	0:00:58	43	0:41:29	227	0:01:03	50	0:09:13	1:08:50	0:07:51
44	5242		Pedro Melitão		JUN	Individual	91	0:16:59	194	0:00:59	22	0:40:02	125	0:00:40	109	0:10:10	1:08:50	0:07:51
45	645		João Lourenço		SEN	Individual	97	0:17:05	93	0:00:39	36	0:41:12	67	0:00:34	58	0:09:22	1:08:52	0:07:53
46	5048		Philip Steinmann		SEN	Individual	83	0:16:49	207	0:01:05	32	0:41:04	182	0:00:50	43	0:09:09	1:08:57	0:07:58
47	3079	728	Eduardo Açada		SEN	Ginásio Clube Figueirense	85	0:16:51	179	0:00:56	25	0:40:25	102	0:00:38	110	0:10:11	1:09:01	0:08:02
48	4013	648	Miguel Fragoso		V1	ABV Estoris	62	0:16:19	39	0:00:34	54	0:42:12	80	0:00:36	57	0:09:22	1:09:03	0:08:04
49	5070		Bruno Portela		JUN	Individual	72	0:16:26	64	0:00:36	59	0:42:21	5	0:00:23	69	0:09:37	1:09:23	0:08:24
50	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	76	0:16:32	98	0:00:40	44	0:41:30	203	0:00:56	87	0:09:53	1:09:31	0:08:32
51	5140		Jesus Sanz		V1	Individual	112	0:17:21	154	0:00:50	29	0:40:45	206	0:00:56	80	0:09:49	1:09:41	0:08:42
52	4068	845	Manuel Rodrigues		V1	Clube BCP	113	0:17:23	44	0:00:34	31	0:40:59	55	0:00:33	135	0:10:27	1:09:56	0:08:57
53	3106	492	Carlos Reis		SEN	C.D. Asas do Milénium	48	0:15:52	180	0:00:56	73	0:43:06	212	0:00:58	45	0:09:12	1:10:04	0:09:05
54	3086	649	Luis Guerreiro		SEN	Borealis	56	0:16:11	152	0:00:50	47	0:42:00	144	0:00:43	133	0:10:27	1:10:11	0:09:12
55	4058	520	António Catarino		V1	Casa do Benfica no Fundão	26	0:14:51	103	0:00:41	27	0:40:39	101	0:00:38	249	0:13:24	1:10:13	0:09:14
56	5074		Jose Barbosa		S23	Individual	59	0:16:16	131	0:00:46	79	0:43:33	114	0:00:39	52	0:09:15	1:10:29	0:09:30
57	5179		Luis Serrazina		SEN	Individual	47	0:15:44	143	0:00:48	90	0:44:08	115	0:00:39	44	0:09:10	1:10:29	0:09:30
58	5237		Ricardo Teixeira		S23	Individual	71	0:16:25	102	0:00:40	68	0:42:50	153	0:00:44	83	0:09:51	1:10:30	0:09:31
59	4087	646	Manuel Batista		V1	Ateneu Artístico Cartaxense	52	0:16:07	38	0:00:34	81	0:43:42	49	0:00:32	73	0:09:42	1:10:37	0:09:38
60	5178		Luis Pancadares		SEN	Individual	100	0:17:07	67	0:00:36	69	0:42:54			102	0:10:03	1:10:40	0:09:41
61	5120		César Batista		SEN	Individual	89	0:16:54	114	0:00:42	55	0:42:13	109	0:00:38	125	0:10:21	1:10:48	0:09:49
62	3114	689	Rui Belo		SEN	Vitoria Janes	31	0:14:57	52	0:00:35	109	0:45:55	104	0:00:38	29	0:08:44	1:10:49	0:09:50
63	4009	684	Mário Silva		V1	C.F. "Os Belenenses"	103	0:17:12	202	0:01:04	60	0:42:23	183	0:00:51	71	0:09:40	1:11:10	0:10:11

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				23 (KM)				2500 (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
64	4022	503	Jorge Oliveira		V1	CEFA	92	0:17:01	129	0:00:46	50	0:42:06	138	0:00:42	148	0:10:42	1:11:17	0:10:18
65	755		João Gomes		V1	Individual	50	0:15:58	182	0:00:56	94	0:44:40	141	0:00:42	47	0:09:12	1:11:28	0:10:29
66	5122		Daniel Trindade		SEN	Individual	40	0:15:39	204	0:01:04	41	0:41:26	158	0:00:46	237	0:12:43	1:11:38	0:10:39
67	3032	502	Bruno Guerreiro		SEN	CEFA	128	0:17:37	153	0:00:50	52	0:42:09	204	0:00:56	107	0:10:10	1:11:42	0:10:43
68	5136		Hélio Rocha		S23	Individual	127	0:17:36	132	0:00:46	53	0:42:10	122	0:00:40	139	0:10:30	1:11:42	0:10:43
69	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	106	0:17:14	37	0:00:34	83	0:43:44	75	0:00:36	75	0:09:45	1:11:53	0:10:54
70	5274		Rui Simões		SEN	Individual	109	0:17:16	223	0:01:09	56	0:42:13	200	0:00:55	130	0:10:23	1:11:56	0:10:57
71	3001	627	Paulo Teles		SEN	CCD / V.F. Xira	81	0:16:48	201	0:01:03	82	0:43:43	143	0:00:43	72	0:09:41	1:11:58	0:10:59
72	5028		Gonçalo Durão		SEN	Individual	30	0:14:56	45	0:00:34	133	0:47:53	41	0:00:30	13	0:08:09	1:12:02	0:11:03
73	4075	751	José Peixoto		V2	A.D.C.R. Painho/Pêra Rocha do Oeste	78	0:16:41	77	0:00:37	97	0:44:57	47	0:00:31	59	0:09:25	1:12:11	0:11:12
74	5072		Michel Carvalho		JUN	Individual	154	0:18:20	210	0:01:06	64	0:42:40	107	0:00:38	61	0:09:32	1:12:16	0:11:17
75	3102	662	Alexandre Feliz		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	125	0:17:31	40	0:00:34	86	0:43:57	38	0:00:30	76	0:09:46	1:12:18	0:11:19
76	5001		Carlos Nunes		SEN	Individual	136	0:17:45	192	0:00:59	46	0:41:51	229	0:01:04	165	0:11:04	1:12:43	0:11:44
77	5152		João Ribeiro		V1	Individual	118	0:17:25	216	0:01:07	70	0:42:59	249	0:01:17	94	0:09:57	1:12:45	0:11:46
78	5135		Helder Calado		SEN	Individual	107	0:17:16	215	0:01:07	42	0:41:28	266	0:01:50	168	0:11:05	1:12:46	0:11:47
79	5174		Luis Catarino		SEN	Individual	82	0:16:49	137	0:00:47	93	0:44:39	157	0:00:45	82	0:09:51	1:12:51	0:11:52
80	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	61	0:16:18	35	0:00:33	116	0:46:28	13	0:00:25	42	0:09:08	1:12:52	0:11:53
81	741		Pedro Bartolomeu		SEN	Individual	51	0:16:02	134	0:00:46	110	0:45:56	135	0:00:41	65	0:09:35	1:13:00	0:12:01
82	3092	746	Pedro Venâncio		SEN	Casa do Benfica no Fundão	55	0:16:10	51	0:00:35	119	0:46:37	44	0:00:31	51	0:09:14	1:13:07	0:12:08
83	4057	824	Venceslau Fernandes		V5	AGM-Portas / GGS-Torneiras	145	0:18:05	74	0:00:37	85	0:43:50	46	0:00:31	111	0:10:12	1:13:15	0:12:16
84	5079		José Domingos		V1	Individual	111	0:17:19	247	0:01:21	67	0:42:49	242	0:01:10	155	0:10:47	1:13:26	0:12:27
85	5143		João Martins		SEN	Individual	117	0:17:25	229	0:01:12	71	0:43:02	239	0:01:07	146	0:10:40	1:13:26	0:12:27
86	5214		Rui Narigueta		SEN	Individual	124	0:17:30	212	0:01:06	72	0:43:05	241	0:01:09	144	0:10:36	1:13:26	0:12:27
87	5147		João Saúde		SEN	Individual	27	0:14:53	56	0:00:35	153	0:48:47	42	0:00:30	34	0:08:51	1:13:36	0:12:37
88	5108		Andre Fernandes		S23	Individual	104	0:17:13	237	0:01:14	51	0:42:06	120	0:00:40	232	0:12:30	1:13:43	0:12:44
89	5150		João Martins		V1	Individual	105	0:17:13	225	0:01:10	84	0:43:47	260	0:01:38	97	0:10:00	1:13:48	0:12:49
90	5154		Joaquim Ferreira		V1	Individual	73	0:16:28	217	0:01:07	106	0:45:49	193	0:00:53	66	0:09:36	1:13:53	0:12:54
91	3119	638	Paulo Calixto		SEN	Ateneu Artístico Cartaxense	60	0:16:18	191	0:00:59	111	0:46:05	197	0:00:55	85	0:09:53	1:14:10	0:13:11
92	4000	798	Olímpio Guedelha		V3	CCD / V.F. Xira	88	0:16:54	62	0:00:36	115	0:46:26	51	0:00:33	77	0:09:46	1:14:15	0:13:16
93	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	28	0:14:55	46	0:00:34	129	0:47:48	72	0:00:35	129	0:10:23	1:14:15	0:13:16
94	5102		João Hipólito		V1	Individual	133	0:17:43	258	0:01:31	89	0:44:05	169	0:00:49	114	0:10:14	1:14:22	0:13:23
95	5115		Carlos Gomes		SEN	Individual									279	1:14:28	1:14:28	0:13:29
96	5119		Carlos Vasques		SEN	Individual	45	0:15:43	65	0:00:36	160	0:49:03	2	0:00:21	31	0:08:47	1:14:30	0:13:31
97	3057	734	Henrique Matias		SEN	Tri-Oeiras.com	123	0:17:30	96	0:00:40	102	0:45:29	88	0:00:37	124	0:10:21	1:14:37	0:13:38
98	5181		Marco Fernandes		SEN	Individual	70	0:16:25	68	0:00:36	135	0:47:53	43	0:00:30	53	0:09:15	1:14:39	0:13:40
99	3054	739	António Luz Gomes		SEN	Tri-Oeiras.com	58	0:16:16	97	0:00:40	128	0:47:45	79	0:00:36	62	0:09:34	1:14:51	0:13:52
100	4025	516	João Medeiro		V1	Serv. Soc. CGD	63	0:16:20	78	0:00:37	146	0:48:20	27	0:00:28	48	0:09:13	1:14:58	0:13:59

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				23 (KM)				2500 (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
101	5111		António Samora		V1	Individual	99	0:17:07	200	0:01:02	92	0:44:25	192	0:00:53	193	0:11:33	1:15:00	0:14:01
102	5165		José Brandão		SEN	Individual	149	0:18:16	274	0:01:51	75	0:43:16	262	0:01:41	98	0:10:01	1:15:05	0:14:06
103	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	57	0:16:15	53	0:00:35	158	0:48:59	53	0:00:33	30	0:08:47	1:15:09	0:14:10
104	5044		Paulo Oliveira		SEN	Individual	156	0:18:20	121	0:00:43	91	0:44:16	165	0:00:47	171	0:11:06	1:15:12	0:14:13
105	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	65	0:16:23	27	0:00:31	150	0:48:35	32	0:00:29	60	0:09:26	1:15:24	0:14:25
106	5104		Bruno Ferreira		SEN	Individual	120	0:17:28	29	0:00:31	124	0:47:12	9	0:00:24	89	0:09:54	1:15:29	0:14:30
107	5071		Marco Domingos		JUN	Individual	110	0:17:17	171	0:00:53	114	0:46:25	185	0:00:51	103	0:10:04	1:15:30	0:14:31
108	5186		Miguel Lopes		SEN	Individual	160	0:18:24	79	0:00:37	107	0:45:51	35	0:00:29	136	0:10:27	1:15:48	0:14:49
109	5013		Carlos Reis		SEN	Individual	126	0:17:32	224	0:01:10	108	0:45:54	215	0:00:59	117	0:10:18	1:15:53	0:14:54
110	3022	540	Pedro Gaspar		SEN	Alhandra Sporting Clube	86	0:16:52	168	0:00:53	131	0:47:50	33	0:00:29	86	0:09:53	1:15:57	0:14:58
111	4089	768	Jorge Duarte		V2	Musclor-Oeiras Sport Clube	185	0:19:03	169	0:00:53	95	0:44:49	191	0:00:53	128	0:10:23	1:16:01	0:15:02
112	4081	861	Sebastião Fraústo		V1	C.D. Asas do Milénium	150	0:18:17	139	0:00:48	104	0:45:44	136	0:00:42	142	0:10:35	1:16:06	0:15:07
113	615	4615	Jorge Vieira		SEN	Individual	77	0:16:33	12	0:00:27	132	0:47:50	16	0:00:26	161	0:10:56	1:16:12	0:15:13
114	5006		Luis Deus		V1	Individual	153	0:18:20	236	0:01:14	103	0:45:43	198	0:00:55	99	0:10:02	1:16:14	0:15:15
115	5007		Rui Silva		V1	Individual	164	0:18:29	203	0:01:04	101	0:45:06	222	0:01:02	141	0:10:33	1:16:14	0:15:15
116	2026	379	Maria Areosa		S23	C.N. Cartaxo	87	0:16:54	41	0:00:34	159	0:49:03	4	0:00:23	56	0:09:21	1:16:15	0:15:16
117	5077		José Costa		SEN	Individual	64	0:16:21	54	0:00:35	161	0:49:16	28	0:00:28	79	0:09:48	1:16:28	0:15:29
118	5110		António Rego		V1	Individual	168	0:18:34	187	0:00:58	105	0:45:44	189	0:00:52	137	0:10:28	1:16:36	0:15:37
119	3037	515	João Maral		SEN	Serv. Soc. CGD	69	0:16:25	161	0:00:51	152	0:48:44	148	0:00:44	108	0:10:10	1:16:54	0:15:55
120	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	135	0:17:45	25	0:00:31	144	0:48:17	12	0:00:25	96	0:10:00	1:16:58	0:15:59
121	3033	714	António Marques		SEN	CEFA	98	0:17:06	160	0:00:51	147	0:48:22	119	0:00:40	127	0:10:23	1:17:22	0:16:23
122	5206		Ricardo Cruz		S23	Individual	161	0:18:24	58	0:00:35	123	0:47:06	85	0:00:36	149	0:10:42	1:17:23	0:16:24
123	5123		Dario Teixeira		SEN	Individual	152	0:18:17	270	0:01:47	76	0:43:17	263	0:01:43	231	0:12:29	1:17:33	0:16:34
124	5107		Amorim Coelho		V1	Individual	75	0:16:31	214	0:01:07	167	0:49:46	195	0:00:54	54	0:09:16	1:17:34	0:16:35
125	3121	2510	João Quitério		SEN	Ateneu Artístico Cartaxense	66	0:16:24	178	0:00:56	151	0:48:44	167	0:00:49	153	0:10:46	1:17:39	0:16:40
126	1013	12	Bárbara Clemente		JUN	Sport União Colarense	96	0:17:05	18	0:00:28	169	0:49:47	25	0:00:28	81	0:09:51	1:17:39	0:16:40
127	4010	788	Bernard Verguet		V2	C.F. "Os Belenenses"	224	0:20:12	73	0:00:37	96	0:44:53	69	0:00:35	186	0:11:24	1:17:41	0:16:42
128	5009		José Gaspar		V3	Individual	165	0:18:30	209	0:01:06	112	0:46:07	230	0:01:04	163	0:10:58	1:17:45	0:16:46
129	4082	862	José Maçarria		V2	Ginásio Clube Figueirense	90	0:16:57	60	0:00:36	175	0:50:06	103	0:00:38	67	0:09:37	1:17:54	0:16:55
130	5030		Eduardo Ferreira		SEN	Individual	196	0:19:24	110	0:00:41	113	0:46:11	58	0:00:33	178	0:11:14	1:18:03	0:17:04
131	3094	708	Pedro Fernandes		SEN	ABV Estoris	139	0:17:55	166	0:00:53	139	0:48:01	187	0:00:52	131	0:10:27	1:18:08	0:17:09
132	5190		Nuno Tintim		SEN	Individual	68	0:16:24	11	0:00:26	191	0:51:46	36	0:00:29	46	0:09:12	1:18:17	0:17:18
133	5225		Moura Branco		V4	Individual	198	0:19:27	165	0:00:52	117	0:46:29	126	0:00:40	167	0:11:04	1:18:32	0:17:33
134	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	147	0:18:13	196	0:01:02	138	0:48:00	166	0:00:48	140	0:10:32	1:18:35	0:17:36
135	5094		José Machado		V2	Individual	194	0:19:19	253	0:01:25	100	0:45:04	246	0:01:15	199	0:11:39	1:18:42	0:17:43
136	4080	761	Zeferino Eloy		V1	C.D. Asas do Milénium	174	0:18:44	208	0:01:06	120	0:46:42	228	0:01:04	172	0:11:07	1:18:43	0:17:44
137	5159		José António M L Pereira		SEN	Individual	108	0:17:16	70	0:00:36	137	0:47:58	171	0:00:49	220	0:12:07	1:18:46	0:17:47

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				23 (KM)				2500 (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
138	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	94	0:17:03	151	0:00:50	179	0:50:22	111	0:00:39	90	0:09:55	1:18:49	0:17:50
139	5040		Bruno Esperança		V1	Individual	177	0:18:50	262	0:01:35	121	0:46:49	257	0:01:33	106	0:10:08	1:18:55	0:17:56
140	5166		José Mocho		SEN	Individual	162	0:18:25	155	0:00:50	127	0:47:36	220	0:01:00	169	0:11:05	1:18:56	0:17:57
141	5226		Pedro Quaresma		SEN	Individual	131	0:17:41	257	0:01:27	149	0:48:26	235	0:01:04	120	0:10:18	1:18:56	0:17:57
142	5078		Manuel Alfaiate		V1	Individual	157	0:18:21	123	0:00:44	156	0:48:54	139	0:00:42	118	0:10:18	1:18:59	0:18:00
143	5004		Luis Runa		V1	Individual	189	0:19:15	198	0:01:02	99	0:45:01	221	0:01:02	242	0:12:49	1:19:09	0:18:10
144	5223		Vitor Simões		SEN	Individual	199	0:19:29	249	0:01:22	98	0:45:00	264	0:01:43	197	0:11:36	1:19:10	0:18:11
145	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	204	0:19:35	111	0:00:42	122	0:46:55	20	0:00:27	192	0:11:33	1:19:12	0:18:13
146	3118	701	Nuno Morais		SEN	Ateneu Artístico Cartaxense	181	0:18:56	138	0:00:48	130	0:47:50	172	0:00:50	162	0:10:57	1:19:21	0:18:22
147	5008		Joaquim Inácio		V2	Individual	144	0:18:04	276	0:01:53	126	0:47:25	254	0:01:33	143	0:10:35	1:19:30	0:18:31
148	5012		Luis Reis		SEN	Individual	176	0:18:46	219	0:01:09	143	0:48:11	223	0:01:02	126	0:10:22	1:19:30	0:18:31
149	3004	485	Bruno Silva		SEN	CCD / V.F. Xira	205	0:19:35	84	0:00:38	148	0:48:23	39	0:00:30	154	0:10:47	1:19:53	0:18:54
150	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	148	0:18:14	88	0:00:39	166	0:49:41	50	0:00:32	159	0:10:54	1:20:00	0:19:01
151	5019		João Serra		SEN	Individual	146	0:18:07	193	0:00:59	178	0:50:21	91	0:00:37	105	0:10:08	1:20:12	0:19:13
152	5023		Rui Raposinho		SEN	Individual	179	0:18:55	184	0:00:57	145	0:48:17	113	0:00:39	187	0:11:24	1:20:12	0:19:13
153	4018	709	Mário Magalhães		V2	AGM-Portas / GGS-Torneiras	166	0:18:31	213	0:01:06	155	0:48:52	211	0:00:57	170	0:11:05	1:20:31	0:19:32
154	3141		Paulo Matias		SEN	Individual	163	0:18:27	135	0:00:46	171	0:49:53	68	0:00:34	164	0:10:58	1:20:38	0:19:39
155	3034	721	Pedro Freitas		SEN	CEFA	188	0:19:06	164	0:00:52	173	0:50:03	106	0:00:38	101	0:10:03	1:20:42	0:19:43
156	5149		João Carvalho		V1	Individual	236	0:20:35	57	0:00:35	141	0:48:05	57	0:00:33	160	0:10:55	1:20:43	0:19:44
157	4019	850	Mário Santana		V4	Amiciclo	101	0:17:08	76	0:00:37	193	0:52:29	130	0:00:41	88	0:09:54	1:20:49	0:19:50
158	2027		Carla Ribeiro		S23	Individual	143	0:18:00	163	0:00:51	180	0:50:41	180	0:00:50	138	0:10:28	1:20:50	0:19:51
159	5011		Avelino Fernandes		SEN	Individual	170	0:18:37	243	0:01:17	165	0:49:30	225	0:01:03	145	0:10:37	1:21:04	0:20:05
160	5220		Victor Nogueira		V1	Individual	80	0:16:47	92	0:00:39	204	0:53:33	140	0:00:42	70	0:09:39	1:21:20	0:20:21
161	5017		José Pinto		V2	Individual	151	0:18:17	183	0:00:57	181	0:50:42	131	0:00:41	151	0:10:45	1:21:22	0:20:23
162	5124		David Batista		SEN	Individual	180	0:18:55	66	0:00:36	174	0:50:04	240	0:01:08	152	0:10:45	1:21:28	0:20:29
163	5234		Luis Cascalheira		SEN	Individual	114	0:17:23	157	0:00:50	186	0:51:05	160	0:00:46	190	0:11:27	1:21:31	0:20:32
164	5118		Carlos Serra		SEN	Individual	187	0:19:05	162	0:00:51	176	0:50:10	108	0:00:38	175	0:11:11	1:21:55	0:20:56
165	5169		José Silva		SEN	Individual	193	0:19:18	255	0:01:27	125	0:47:22	251	0:01:24	229	0:12:27	1:21:58	0:20:59
166	5232		Paulo Malheiro		V1	Individual	237	0:20:39	24	0:00:30	157	0:48:56	66	0:00:34	184	0:11:22	1:22:01	0:21:02
167	5177		Luis Novo		SEN	Individual	219	0:20:03	100	0:00:40	162	0:49:18	133	0:00:41	183	0:11:21	1:22:03	0:21:04
168	5230		Sebastião Pinteus		V1	Individual	132	0:17:42	252	0:01:24	187	0:51:08	267	0:01:51	104	0:10:05	1:22:10	0:21:11
169	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	173	0:18:43	95	0:00:40	182	0:50:44	76	0:00:36	195	0:11:35	1:22:18	0:21:19
170	4088	882	António Trabuco		V1	Triathlon Lamego Club	175	0:18:46	205	0:01:05	177	0:50:15	236	0:01:06	176	0:11:13	1:22:25	0:21:26
171	5218		Valter Capeleiro		V5	Individual	244	0:20:58	177	0:00:55	118	0:46:34	151	0:00:44	248	0:13:22	1:22:33	0:21:34
172	5212		Rui Manuel Silva		V1	Individual	195	0:19:20	240	0:01:15	170	0:49:47	243	0:01:13	166	0:11:04	1:22:39	0:21:40
173	2004	283	Ricardo Martins		S23	Amiciclo	102	0:17:10	145	0:00:49	196	0:53:03	168	0:00:49	158	0:10:52	1:22:43	0:21:44
174	1037		André Branco		JUN	Individual	213	0:19:53	81	0:00:37	136	0:47:54	99	0:00:37	255	0:13:43	1:22:44	0:21:45

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				23 (KM)				2500 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
175	5204		Pedro Mateus		V2	Individual	172	0:18:42	267	0:01:42	168	0:49:46	258	0:01:35	177	0:11:14	1:22:59	0:22:00
176	5211		Rui Correia		V3	Individual	210	0:19:36	231	0:01:12	183	0:50:46	164	0:00:47	150	0:10:44	1:23:05	0:22:06
177	5134		Helder Costa		SEN	Individual	79	0:16:47	124	0:00:44	225	0:55:16	149	0:00:44	64	0:09:35	1:23:06	0:22:07
178	5153		Joaquim Carvalho		V3	Individual	184	0:19:01	181	0:00:56	189	0:51:16	147	0:00:43	189	0:11:27	1:23:23	0:22:24
179	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense	182	0:18:57	234	0:01:14	188	0:51:15	173	0:00:50	179	0:11:15	1:23:31	0:22:32
180	5157		Jorge Borralho		SEN	Individual	138	0:17:51	119	0:00:43	205	0:53:36	186	0:00:51	156	0:10:49	1:23:50	0:22:51
181	5138		Hugo Silva		SEN	Individual	248	0:21:06	23	0:00:30	172	0:49:55	146	0:00:43	205	0:11:47	1:24:01	0:23:02
182	5073		Marco Pereira		S23	Individual	190	0:19:15	265	0:01:38	185	0:51:01	232	0:01:04	185	0:11:23	1:24:21	0:23:22
183	5155		Joaquim Rodrigues		SEN	Individual	261	0:21:49	206	0:01:05	142	0:48:05	244	0:01:14	223	0:12:13	1:24:26	0:23:27
184	3087	657	António Cruz		SEN	Individual	130	0:17:39	87	0:00:39	229	0:55:39	77	0:00:36	91	0:09:56	1:24:29	0:23:30
185	5125		Eduardo Jorge		V3	Individual	115	0:17:24	185	0:00:57	226	0:55:19	121	0:00:40	112	0:10:12	1:24:32	0:23:33
186	5158		José Almeida		SEN	Individual	116	0:17:24	186	0:00:57	227	0:55:19	124	0:00:40	113	0:10:12	1:24:32	0:23:33
187	5160		José Santos		V1	Individual	243	0:20:58	239	0:01:15	164	0:49:23	199	0:00:55	216	0:12:01	1:24:32	0:23:33
188	1025	128	Tânia Boleta		JUN	Os Kotas Bike Team	171	0:18:40	26	0:00:31	218	0:54:40	19	0:00:27	132	0:10:27	1:24:45	0:23:46
189	5187		Mónica Moreiras		SEN	Individual	129	0:17:38	48	0:00:34	231	0:55:43	95	0:00:37	119	0:10:18	1:24:50	0:23:51
190	5100		Bruno Godinho		SEN	Individual	167	0:18:32	220	0:01:09	199	0:53:07	155	0:00:45	202	0:11:42	1:25:15	0:24:16
191	5098		Pedro Roque		SEN	Individual	260	0:21:47	271	0:01:49	134	0:47:53	269	0:02:03	206	0:11:49	1:25:21	0:24:22
192	1043	2520	Bruno Esteves		JUN	Os Kotas Bike Team	137	0:17:50	31	0:00:32	224	0:55:10	60	0:00:34	181	0:11:16	1:25:22	0:24:23
193	4083	863	Herculano Marques		V2	C.N. Cartaxo	159	0:18:22	173	0:00:54	217	0:54:35	177	0:00:50	147	0:10:41	1:25:22	0:24:23
194	5184		Miguel Borralho		SEN	Individual	227	0:20:15	91	0:00:39	195	0:52:42	84	0:00:36	180	0:11:15	1:25:27	0:24:28
195	851		Americo Gaspar		V1	Individual	169	0:18:34	227	0:01:11	222	0:54:55	207	0:00:56	116	0:10:16	1:25:52	0:24:53
196	1010	126	Joaquim Guerreiro		JUN	Amiciclo	140	0:17:55	63	0:00:36	239	0:56:47	82	0:00:36	100	0:10:03	1:25:57	0:24:58
197	5003		Pedro Silva		SEN	Individual	121	0:17:29	113	0:00:42	240	0:56:58	63	0:00:34	123	0:10:20	1:26:03	0:25:04
198	5162		José Dias		V1	Individual	265	0:21:57	175	0:00:55	154	0:48:49	170	0:00:49	257	0:13:45	1:26:15	0:25:16
199	5075		Paulo Jorge Cardoso Jorge		SEN	Individual	192	0:19:18	254	0:01:27	192	0:52:22	247	0:01:17	211	0:11:55	1:26:19	0:25:20
200	4085	864	Francisco Jorge		V2	Sport União Colarense	202	0:19:33	260	0:01:34	194	0:52:39	245	0:01:15	182	0:11:19	1:26:20	0:25:21
201	1038		Diogo Custódio		JUN	Individual	201	0:19:32	101	0:00:40	210	0:54:08	86	0:00:36	194	0:11:34	1:26:30	0:25:31
202	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	93	0:17:02	71	0:00:37	249	0:58:24	48	0:00:32	93	0:09:57	1:26:32	0:25:33
203	1027	7	Marina Pedro		JUN	Os Kotas Bike Team	191	0:19:18	21	0:00:30	207	0:53:46	37	0:00:30	235	0:12:35	1:26:39	0:25:40
204	1033	2457	Eduardo Santos		JUN	AGM-Portas / GGS-Torneiras	141	0:17:56	122	0:00:44	245	0:57:46	81	0:00:36	74	0:09:44	1:26:46	0:25:47
205	5213		Rui Sousa		SEN	Individual	277	0:24:19	211	0:01:06	140	0:48:04	150	0:00:44	236	0:12:35	1:26:48	0:25:49
206	5024		Carlos Matos		SEN	Individual	223	0:20:09	281	0:02:07	184	0:50:49	261	0:01:40	219	0:12:06	1:26:51	0:25:52
207	4056	868	Artur Romero		V3	AGM-Portas / GGS-Torneiras	197	0:19:27	106	0:00:41	232	0:55:52	89	0:00:37	134	0:10:27	1:27:04	0:26:05
208	5068		Rodrigo Silva		JUN	Individual	209	0:19:36	170	0:00:53	197	0:53:04	205	0:00:56	243	0:12:56	1:27:25	0:26:26
209	5215		Rui Pereira da Silva		SEN	Individual	186	0:19:04	120	0:00:43	223	0:54:58	73	0:00:35	224	0:12:13	1:27:33	0:26:34
210	4094	873	Artur Amaral		V1	C.N. Cartaxo	217	0:19:59	118	0:00:43	200	0:53:08	209	0:00:57	241	0:12:48	1:27:35	0:26:36
211	4043	829	Francisco Martins		V5	Clube Ferroviário de Vendas Novas	226	0:20:14	190	0:00:59	206	0:53:38	154	0:00:45	218	0:12:06	1:27:42	0:26:43

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				23 (KM)				2500 (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
212	5163		José Conde		SEN	Individual	229	0:20:16	242	0:01:16	214	0:54:10	226	0:01:03	173	0:11:08	1:27:53	0:26:54
213	5047		Miguel Bidarra		V1	Individual	207	0:19:35	109	0:00:41	238	0:56:43	97	0:00:37	122	0:10:19	1:27:55	0:26:56
214	4008	818	José Rijo		V4	C.F. "Os Belenenses"	221	0:20:05	126	0:00:45	220	0:54:48	100	0:00:38	203	0:11:43	1:27:59	0:27:00
215	1036		Ricardo Silva		JUN	Individual	215	0:19:54	80	0:00:37	219	0:54:40	98	0:00:37	225	0:12:25	1:28:13	0:27:14
216	2028		Rita Ribeiro		S23	Individual	238	0:20:49	241	0:01:15	208	0:53:54	74	0:00:35	201	0:11:41	1:28:14	0:27:15
217	5208		Ricardo Rodrigues		S23	Individual	235	0:20:34	69	0:00:36	211	0:54:09	30	0:00:28	230	0:12:28	1:28:15	0:27:16
218	5126		Eduardo Malheiro		SEN	Individual	233	0:20:33	221	0:01:09	198	0:53:04	214	0:00:58	234	0:12:33	1:28:17	0:27:18
219	871		Jaime Carmo		V4	Individual	211	0:19:45	189	0:00:58	221	0:54:50	201	0:00:55	208	0:11:51	1:28:19	0:27:20
220	1017	143	Joana Marques		JUN	Mem Martins Sport Club	142	0:18:00	43	0:00:34	243	0:57:21	70	0:00:35	209	0:11:52	1:28:22	0:27:23
221	5185		Miguel Horta		SEN	Individual	257	0:21:33	248	0:01:21	190	0:51:43	237	0:01:06	246	0:13:01	1:28:44	0:27:45
222	5005		João Moutão		SEN	Individual	220	0:20:04	245	0:01:18	213	0:54:10	270	0:02:12	188	0:11:25	1:29:09	0:28:10
223	5020		Jorge Serra		SEN	Individual	134	0:17:44	251	0:01:23	260	0:59:21	188	0:00:52	92	0:09:56	1:29:16	0:28:17
224	5121		Daniel Pinto		SEN	Individual	255	0:21:27	30	0:00:31	203	0:53:22	56	0:00:33	251	0:13:27	1:29:20	0:28:21
225	5129		Gloria Serrazina		V2	Individual	122	0:17:29	140	0:00:48	261	0:59:21	145	0:00:43	174	0:11:09	1:29:30	0:28:31
226	5148		João André		JUN	Individual	155	0:18:20	222	0:01:09	246	0:57:49	132	0:00:41	200	0:11:40	1:29:39	0:28:40
227	3062	622	Ana Pereira		SEN	Casa Benfica Faro/GASCAN	259	0:21:39	195	0:01:00	216	0:54:30	181	0:00:50	228	0:12:26	1:30:25	0:29:26
228	5221		Virgílio Palminha		V3	Individual	222	0:20:08	277	0:01:54	202	0:53:13	274	0:03:24	210	0:11:54	1:30:33	0:29:34
229	3003	854	César Andrade		SEN	CCD / V.F. Xira	225	0:20:12	148	0:00:49	241	0:57:06	93	0:00:37	212	0:11:56	1:30:40	0:29:41
230	1008	2505	Diogo Carvalho		JUN	Alhandra Sporting Clube	234	0:20:34	61	0:00:36	212	0:54:10	61	0:00:34	266	0:14:53	1:30:47	0:29:48
231	5189		Nuno André		SEN	Individual	228	0:20:15	218	0:01:08	233	0:56:27	217	0:00:59	214	0:12:00	1:30:49	0:29:50
232	5201		Pedro Couceiro		SEN	Individual	232	0:20:31	108	0:00:41	244	0:57:22	65	0:00:34	217	0:12:05	1:31:13	0:30:14
233	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	250	0:21:08	127	0:00:45	234	0:56:28	194	0:00:54	215	0:12:01	1:31:16	0:30:17
234	4091	869	Vicente Graça		V2	Alhandra Sporting Clube	251	0:21:08	136	0:00:47	235	0:56:28	190	0:00:53	213	0:12:00	1:31:16	0:30:17
235	5231		Américo Ferreira		V3	Individual	208	0:19:35	244	0:01:17	262	0:59:29	134	0:00:41	115	0:10:15	1:31:17	0:30:18
236	5117		Carlos Fernandes		V1	Individual	256	0:21:33	90	0:00:39	250	0:58:42	83	0:00:36	95	0:09:59	1:31:29	0:30:30
237	4044	813	Arsénio Facas		V4	Clube Ferroviário de Vendas Novas	268	0:22:04	144	0:00:49	209	0:54:03	219	0:01:00	253	0:13:39	1:31:35	0:30:36
238	5171		Lucia Oliveira		SEN	Individual	67	0:16:24	284	0:02:13	258	0:59:15	275	0:03:29	121	0:10:19	1:31:40	0:30:41
239	4046	816	Mário Melo		V3	Clube Ferroviário de Vendas Novas	240	0:20:56	94	0:00:39	247	0:58:06	142	0:00:42	191	0:11:31	1:31:54	0:30:55
240	4005	817	Vítor Costa		V3	C.F. "Os Belenenses"	230	0:20:17	72	0:00:37	253	0:58:49	162	0:00:47	207	0:11:50	1:32:20	0:31:21
241	5106		Agostinho Lopes		V1	Individual	246	0:21:05	264	0:01:37	201	0:53:09	273	0:03:00	256	0:13:45	1:32:36	0:31:37
242	5239		Denis Amaro		SEN	Individual	242	0:20:57	278	0:01:55	228	0:55:25	202	0:00:55	252	0:13:36	1:32:48	0:31:49
243	4070	624	Humberto Lomba		V1	Clube BCP	206	0:19:35	172	0:00:54	255	0:59:06	213	0:00:58	226	0:12:26	1:32:59	0:32:00
244	4069	855	João Rodrigues Silva		V1	Clube BCP	203	0:19:34	174	0:00:55	257	0:59:13	184	0:00:51	227	0:12:26	1:32:59	0:32:00
245	5133		Helder Abrantes		S23	Individual	266	0:22:03	55	0:00:35	230	0:55:42	156	0:00:45	260	0:14:14	1:33:19	0:32:20
246	4024	500	Rui Teixeira		V1	CEFA	218	0:20:03	233	0:01:13	259	0:59:17	250	0:01:20	222	0:12:09	1:34:02	0:33:03
247	5146		Joao Serodio		V3	Individual	263	0:21:51	268	0:01:43	215	0:54:29	248	0:01:17	267	0:15:02	1:34:22	0:33:23
248	5145		João Gomes		SEN	Individual	216	0:19:57	149	0:00:49	265	1:00:16	196	0:00:54	247	0:13:14	1:35:10	0:34:11

Temperatura Agua:						CORRIDA 5000 (MT)				CICLISMO 23 (KM)				CORRIDA 2500 (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
249	1018	215	João Inácio		JUN	Mem Martins Sport Club	214	0:19:54	86	0:00:38	272	1:02:12	45	0:00:31	221	0:12:09	1:35:24	0:34:25
250	5097		Miguel Guínea		V4	Individual	200	0:19:30	158	0:00:50	274	1:02:55	116	0:00:39	204	0:11:45	1:35:39	0:34:40
251	5141		João Alberty		SEN	Individual	231	0:20:23	266	0:01:38	266	1:00:23	210	0:00:57	240	0:12:47	1:36:08	0:35:09
252	5188		Mónica Vieira		SEN	Individual	183	0:18:58	176	0:00:55	276	1:04:53	179	0:00:50	157	0:10:50	1:36:26	0:35:27
253	5236		Vasco nunes		SEN	Individual	245	0:20:59	232	0:01:12	254	0:58:57	224	0:01:02	262	0:14:16	1:36:26	0:35:27
254	5027		Diogo Martins		SEN	Individual	247	0:21:06	228	0:01:12	252	0:58:47	208	0:00:57	272	0:15:21	1:37:23	0:36:24
255	5002		Nuno Mira		SEN	Individual	278	0:24:20	273	0:01:51	236	0:56:35	252	0:01:25	250	0:13:24	1:37:35	0:36:36
256	5183		Mariana Correia		SEN	Individual	262	0:21:49	259	0:01:31	267	1:01:02	216	0:00:59	239	0:12:46	1:38:07	0:37:08
257	5180		Manuel Mosteias		V1	Individual	239	0:20:55	280	0:02:01	270	1:01:32	265	0:01:48	245	0:13:01	1:39:17	0:38:18
258	5235		Rogério leitão		SEN	Individual	279	0:24:21	250	0:01:22	242	0:57:12	255	0:01:33	269	0:15:10	1:39:38	0:38:39
259	5156		Jorge Lourenço		SEN	Individual	272	0:23:17	142	0:00:48	263	0:59:51	123	0:00:40	270	0:15:19	1:39:55	0:38:56
260	3085	722	Armando Costa		SEN	Sport União Colarenses	274	0:23:29	112	0:00:42	268	1:01:10	105	0:00:38	263	0:14:24	1:40:23	0:39:24
261	5130		Gonçalo Nuno		SEN	Individual	264	0:21:55	269	0:01:44	271	1:01:37	233	0:01:04	259	0:14:04	1:40:24	0:39:25
262	5228		Gonçalo Sousa		SEN	Individual	271	0:23:01	282	0:02:07	251	0:58:46	259	0:01:37	268	0:15:04	1:40:35	0:39:36
263	5021		José Serra		SEN	Individual	275	0:23:31	147	0:00:49	269	1:01:28	231	0:01:04	258	0:13:57	1:40:49	0:39:50
264	5093		Marcos Duro		JUN	Individual	158	0:18:22	28	0:00:31	285	1:10:00	18	0:00:26	196	0:11:36	1:40:55	0:39:56
265	3027	459	Paulo Jorge		SEN	Amiciclo	276	0:23:36	75	0:00:37	237	0:56:41	175	0:00:50	275	0:19:49	1:41:33	0:40:34
266	5018		Fernando Antunes		V1	Individual	258	0:21:34	246	0:01:21	273	1:02:29	253	0:01:29	265	0:14:42	1:41:35	0:40:36
267	5137		Horácio Amaral		SEN	Individual	273	0:23:24	141	0:00:48	248	0:58:22	234	0:01:04	274	0:18:24	1:42:02	0:41:03
268	5022		Nuno Ricardo		SEN	Individual	241	0:20:57	89	0:00:39	278	1:05:12	176	0:00:50	264	0:14:36	1:42:14	0:41:15
269	5176		Luis Moura		V1	Individual	280	0:24:55	279	0:01:56	264	1:00:14	268	0:01:54	254	0:13:41	1:42:40	0:41:41
270	5015		Paulo Baião		SEN	Individual	249	0:21:07	199	0:01:02	280	1:07:36	163	0:00:47	233	0:12:33	1:43:05	0:42:06
271	5193		Paulo Figueira		V1	Individual	252	0:21:08	256	0:01:27	279	1:06:04	218	0:00:59	261	0:14:14	1:43:52	0:42:53
272	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	254	0:21:20	167	0:00:53	283	1:08:36	118	0:00:40	238	0:12:46	1:44:15	0:43:16
273	5229		Luis Vieira		SEN	Individual	253	0:21:11	226	0:01:10	256	0:59:10	159	0:00:46	278	0:22:15	1:44:32	0:43:33
274	5238		Fernando Allen		V4	Individual	269	0:22:11	275	0:01:51	284	1:09:45	256	0:01:33	198	0:11:38	1:46:58	0:45:59
275	5167		José Santos		SEN	Individual	267	0:22:03	272	0:01:50	281	1:07:42	272	0:02:51	244	0:12:56	1:47:22	0:46:23
276	5197		Pedro Afonso		SEN	Individual	286	0:27:37	238	0:01:14	282	1:07:52	96	0:00:37	273	0:16:56	1:54:16	0:53:17
277	5173		Luis Bruno		SEN	Individual	283	0:26:33	285	0:02:50	286	1:10:27	271	0:02:12	271	0:15:20	1:57:22	0:56:23
278	5222		Vitor Duarte		SEN	Individual	281	0:25:01	286	0:03:10	275	1:03:35	276	0:03:33	276	0:22:03	1:57:22	0:56:23
279	5168		José Santos		V1	Individual	282	0:25:12	263	0:01:36	277	1:04:53	277	0:03:38	277	0:22:03	1:57:22	0:56:23
280	3071	532	Luis Manuel Almeida	DNF	SEN	Clube Ferroviário de Vendas Novas	2	0:13:12	15	0:00:28	7	-0:13:40						
281	1026	45	Miguel Ferrinho	DNF	JUN	Os Kotas Bike Team												
282	1035	2508	Ana Carrasco	DNF	JUN	Alhandra Sporting Clube	212	0:19:50	150	0:00:50	4	-0:20:40						
283	2029	382	Nelson Silva	DNF	S23	Vitoria Janes	4	0:13:20	8	0:00:26	6	-0:13:46						
284	2019	438	João Moreira	DNF	S23	AGM-Portas / GGS-Torneiras	270	0:22:59	235	0:01:14	3	-0:24:13						
285	5010		Bruno Silva	DNF	V1	Individual	284	0:26:35	283	0:02:13	1	-0:28:48						

Temperatura Agua:						CORRIDA 5000 (MT)				CICLISMO 23 (KM)				CORRIDA 2500 (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
286	5105		Adelino Batista	DNF	V1	Individual	178	0:18:52	261	0:01:35	5	-0:20:27						
287	5109		António Jesus	DNF	SEN	Individual												
288	5172		Luis Boleto	DNF	SEN	Individual	285	0:27:36	230	0:01:12	2	-0:28:48						
289	5233		João Vilaça	DNF	SEN	Individual												
290	5240		Ricardo Teixeira	DNF	S23	Individual												
291	5241		Fernando Palma	DNF	SEN	Individual												
292	3072	533	Octávio Luis	DNS	SEN	Clube Ferroviário de Vendas Novas												
293	4047	778	José Teixeira	DNS	V1	Clube Ferroviário de Vendas Novas												
294	4045	757	Rogério Morais	DNS	V1	Clube Ferroviário de Vendas Novas												
295	1003	2294	Francisco Reis	DNS	JUN	C.F. "Os Belenenses"												
296	3015	538	Maria João Madeira	DNS	SEN	C.F. "Os Belenenses"												
297	2009	285	Vasco Côte-Real	DNS	S23	Tri-Oeste -Clube de Triatlo do Oeste												
298	2010	2501	João Belo Martins	DNS	S23	Tri-Oeiras.com												
299	1005	430	Tiago Pinto	DNS	JUN	Alhandra Sporting Clube												
300	3109	2451	Duarte Caldeira	DNS	SEN	C.D. Asas do Milénium												
301	2024	289	Gonçalo Lopes	DNS	S23	C.D. Asas do Milénium												
302	3110	2453	Jorge Bento	DNS	SEN	C.D. Asas do Milénium												
303	1045	222	João Amaral	DNS	JUN	C.N. Cartaxo												
304	3031	504	Paulo Marques	DNS	SEN	CEFA												
305	3035	723	Carlos Branco	DNS	SEN	CEFA												
306	4071	836	Francisco Reis	DNS	V2	Clube BCP												
307	4032	769	Carlos Gomes	DNS	V1	Musclor-Oeiras Sport Clube												
308	2008	365	Manuel Júlio	DNS	S23	Musclor-Oeiras Sport Clube												
309	4095	881	Carlos Ferrão	DNS	V2	Musclor-Oeiras Sport Clube												
310	5000		Valerio Ferreira	DNS	SEN	Individual												
311	5016		Jorge Rainha	DNS	SEN	Individual												
312	5025		Ana Moreira	DNS	JUN	Individual												
313	5026		Paulo Figueira	DNS	V1	Individual												
314	5069		Ivo Pais	DNS	JUN	Individual												
315	5099		António Almeida	DNS	SEN	Individual												
316	5101		Pedro Soares	DNS	SEN	Individual												
317	5103		Sérgio Montes	DNS	SEN	Individual												
318	5112		António Queirós	DNS	SEN	Individual												
319	5113		António Reis	DNS	V1	Individual												
320	5114		Bernardo Marujo	DNS	S23	Individual												
321	5116		Carlos Gamelas	DNS	SEN	Individual												
322	5128		Francisco Manso	DNS	SEN	Individual												

Resultados

Temperatura Agua:						CORRIDA 5000 (MT)				CICLISMO 23 (KM)				CORRIDA 2500 (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
323	5131		Gonçalo Passageiro	DNS	SEN	Individual												
324	5132		Guilherme Branquinho	DNS	SEN	Individual												
325	5139		Inácio Faisca	DNS	SEN	Individual												
326	5142		João Miranda	DNS	SEN	Individual												
327	5161		José Costa Pereira	DNS	V4	Individual												
328	5164		José Lopes	DNS	SEN	Individual												
329	5175		Luis David	DNS	S23	Individual												
330	5182		Marco Nicola	DNS	SEN	Individual												
331	5191		Nuno Pinho	DNS	SEN	Individual												
332	5192		Orlando Nogueira	DNS	SEN	Individual												
333	5194		Paulo João Pereira	DNS	S23	Individual												
334	5195		Paulo Santos	DNS	V1	Individual												
335	5196		Pedro Melo	DNS	SEN	Individual												
336	5200		Pedro Miguel Costa	DNS	SEN	Individual												
337	5202		Pedro Pires	DNS	SEN	Individual												
338	5203		Pedro Silva	DNS	SEN	Individual												
339	5205		Rafael Caetano	DNS	SEN	Individual												
340	5207		Ricardo Silva	DNS	SEN	Individual												
341	5209		Ricardo Figueira da Silva	DNS	SEN	Individual												
342	5210		Rita Martelo	DNS	SEN	Individual												
343	5216		Samuel Teles	DNS	SEN	Individual												
344	5217		Tiago Ribeiro	DNS	SEN	Individual												
345	5219		Valter Leite	DNS	S23	Individual												
346	5224		Pedro Silva	DNS	SEN	Individual												
347	5144		João Oliveira	DNS	SEN	Individual												
348	5227		Cláudio Reis	DNS	SEN	Individual												
349	647		Luis Parrinha	DNS	V1	Individual												
350	3122		Jorge Mendes	DNS	SEN	Individual												
351	4053		Carlos Neto	DNS	V2	Individual												
352	5083		Domingos António Martins	DNS	V3	Individual												
353	5198		Pedro Ferreirim	DSQ	V1	Individual	119	0:17:26	133	0:00:46	163	0:49:18						