

**XI DUATLO CONTRA-RELÓGIO DE GRÂNDOLA**

Localidade:	Grândola
Data:	06-03-2005

Distância	5km/20Km/2,5km
Hora	15h00

Cut-Off	Mas.	0:56:28,66	6%
	Fem	1:04:51,69	10%

Delegado Téc.	Bruno Salvador
Pontuável	Taça de Portugal

Juiz Principal	Ricardo Guerreiro
Juri de Apelo	Bruno Salvador José Luís Ferreira Organizador C.M.G.

Rank. Sexo	Rank Esc.	Lic.	Dorsal	Chip	Nome Atleta	Ano	Equipa	Esc	Hora Partida	Corrida 1	Trans. 1	Ciclismo	Trans.2	Corrida 2	Tempo Total	Diff.	Diff. (%)	
1	1	575	3016	CB88704	Bruno Pais	1981	C.F. "Os Belenenses"	M SEN	16:36:00	3 15:10,65	7 00:37,80	1 29:37,00	11 0:00:38,20	3 07:13,20	00:53:16,85			
2	2	486	3117	CB55379	Lino Barruncho	1976	Vitoria Janes	M SEN	16:35:00	2 15:02,80	8 00:38,45	3 30:49,10	21 0:00:41,70	4 07:14,10	00:54:26,15	00:01:09,30	+2,17%	
3	3	508	4027	CB44444	Alcino Serras	1965	SR Camarnal-Constr.Ramalho Couto-Ika	M V1	16:37:00	4 15:17,10	5 00:36,85	5 31:14,00	2 0:00:33,25	5 07:19,50	00:55:00,70	00:01:43,85	+3,25%	
4	4	362	2007	DN5KFEB	Sérgio Manuel Silva	1983	SR Camarnal-Constr.Ramalho Couto-Ika	M S23	16:38:00	1 14:56,15	1 00:34,30	9 32:11,55	1 0:00:32,20	1 07:06,90	00:55:21,10	00:02:04,25	+3,89%	
5	5	505	3040	CB89876	José Ribeiro	1967	SR Camarnal-Constr.Ramalho Couto-Ika	M SEN	16:34:00	10 15:48,40	4 00:36,65	2 30:45,05	26 0:00:43,90	7 07:28,60	00:55:22,60	00:02:05,75	+3,93%	
6	6	2	382	DX8C2MB	Nelson Silva	1982	Vitoria Janes	M S23	16:33:00	5 15:18,30	2 00:34,95	10 32:14,50	3 0:00:34,35	2 07:10,90	00:55:53,00	00:02:36,15	+4,88%	
7	7	4	474	CB91253	Sérgio Marques	1980	Tri-Oeiras.com	M SEN	16:32:00	13 16:04,05	18 00:42,35	4 30:51,75	99 0:01:07,40	9 07:30,45	00:56:16,00	00:02:59,15	+5,60%	
8	8	1	102	DN06RAH	José Estrangeiro	1988	SR Camarnal-Constr.Ramalho Couto-Ika	M JUN	16:28:00	12 16:03,25	11 00:39,60	7 31:40,05	20 0:00:41,40	14 07:40,30	00:56:44,60	00:03:27,75	+6,50%	
9	9	5	521	CB89346	João Campos	1968	Casa do Benfica no Fundão	M SEN	16:31:00	6 15:33,55	6 00:37,55	12 32:40,05	5 0:00:34,85	6 07:26,40	00:56:52,40	00:03:35,55	+6,74%	
10	10	6	507	CB77381	Custódio António	1977	SR Camarnal-Constr.Ramalho Couto-Ika	M SEN	16:30:00	17 16:27,20	14 00:40,85	8 31:40,20	6 0:00:36,10	12 07:35,10	00:56:59,45	00:03:42,60	+6,96%	
11	11	7	523	CB97739	Jorge Rodrigues	1972	Casa do Benfica no Fundão	M SEN	16:24:00	7 15:42,50	9 00:38,70	11 32:34,55	7 0:00:36,15	11 07:35,05	00:57:06,95	00:03:50,10	+7,20%	
12	12	8	566	DN6Y8Y7	Paulo Antunes	1978	C.F. "Os Belenenses"	M SEN	16:27:00	19 16:35,90	32 00:46,05	6 31:32,55	104 0:01:09,80	15 07:45,30	00:57:49,60	00:04:32,75	+8,53%	
13	13	9	532	DN7SGM2	Luis Manuel Almeida	1972	Clube Ferroviário de Vendas Novas	M SEN	16:29:00	9 15:45,50	12 00:40,05	18 33:21,05	9 0:00:37,70	8 07:30,00	00:57:54,30	00:04:37,45	+8,68%	
14	14	10	475	CD15195	Sérgio Dias	1977	Tri-Oeste -Clube de Triatlo do Oeste	M SEN	16:23:00	14 16:19,70	37 00:48,45	15 32:48,70	27 0:00:44,85	17 07:53,80	00:58:35,50	00:05:18,65	+9,97%	
15	15	3	321	DX07HGR	João Cavaleiro	1983	C.F. "Os Belenenses"	M S23	16:26:00	15 16:21,00	31 00:45,85	22 33:25,05	23 0:00:42,70	13 07:39,45	00:58:54,05	00:05:37,20	+10,55%	
16	1	1	274	CB43059	Vanessa Fernandes	1985	AGM-Portas / GGS-Torneiras	F S23	16:37:30	16 16:21,10	27 00:45,15	16 32:51,15	51 0:00:50,35	22 08:10,15	00:58:57,90	00:05:41,05	+0,00%	
17	16	11	689	DX7KH5V	Rui Belo	1976	Vitoria Janes	M SEN	16:18:30	11 15:56,60	16 00:42,25	35 34:45,15	8 0:00:36,95	10 07:34,45	00:59:35,40	00:06:18,55	+11,84%	
18	17	12		DR2XCPC	Tiago Lobo	1978	Individual	M SEN	15:33:00	23 16:47,50	25 00:44,85	26 33:58,45	17 0:00:41,05	18 07:55,60	01:00:07,45	00:06:50,60	+12,84%	
19	18	13	2524	DA9R14X	Nuno Nunes	1980	SR Camarnal-Constr.Ramalho Couto-Ika	M SEN	16:13:30	8 15:43,05	3 00:35,50	47 35:20,40	10 0:00:37,95	19 07:59,15	01:00:16,05	00:06:59,20	+13,11%	
20	19	4		DR1EB81	Paulo João Fernandes Pereira	1982	Individual	M S23	15:19:30	25 17:01,00	35 00:47,00	13 32:47,20	32 0:00:46,00	42 08:55,95	01:00:17,15	00:07:00,30	+13,15%	
21	20	14	461	CC78795	Anibal Oliveira	1975	Amiciclo	M SEN	16:03:30	24 16:49,95	41 00:48,85	24 33:51,50	18 0:00:41,25	23 08:16,75	01:00:28,30	00:07:11,45	+13,50%	
22	21	5		BC81150	Rafael Gomes	1982	Individual	M S23	15:20:00	33 17:45,90	13 00:40,40	27 33:59,70	138	26 08:26,50	01:00:52,50	00:07:35,65	+14,25%	
23	22	6	417	DX1TVZF	Rui Dolores	1984	Amiciclo	M S23	16:02:30	27 17:10,00	22 00:44,55	28 34:00,15	24 0:00:43,50	24 08:18,90	01:00:57,10	00:07:40,25	+14,40%	
24	23	15	636	CB91004	Paulo Queirós Gonçalves	1969	Casa do Benfica no Fundão	M SEN	16:15:30	18 16:28,95	10 00:39,05	49 35:29,95	4 0:00:34,70	16 07:46,45	01:00:59,10	00:07:42,25	+14,46%	
25	24	7	352	DX00V18	Pedro Gomes	1983	Tri-Oeiras.com	M S23	16:21:00	21 16:46,10	15 00:41,30	29 34:00,75	93 0:01:03,90	29 08:31,30	01:01:03,35	00:07:46,50	+14,59%	
26	25	16	629	DR01RA8	Fernando Carmo	1967	C.F. "Os Belenenses"	M SEN	16:08:00	31 17:24,70	23 00:44,80	23 33:50,30	60 0:00:51,90	27 08:26,60	01:01:18,30	00:08:01,45	+15,06%	
27	26	17	496	DR0V6C7	Bruno Fernandes	1980	Tri-Oeste -Clube de Triatlo do Oeste	M SEN	16:22:00	22 16:46,15	26 00:44,95	45 35:15,25	29 0:00:45,30	20 08:06,40	01:01:38,05	00:08:21,20	+15,68%	
28	27	18	497	CG52231	Pedro Cordeiro	1967	Casa Benfica Faro/GASCAN	M SEN	16:16:30	43 18:34,85	20 00:43,00	14 32:48,55	53 0:00:50,65	38 08:50,65	01:01:47,70	00:08:30,85	+15,98%	
29	28	19		DA45Y25	Mário Raimundo	1981	Individual	M SEN	15:28:00	32 17:28,50	19 00:42,65	25 33:52,65	112 0:01:12,45	30 08:31,45	01:01:47,70	00:08:30,85	+15,98%	
30	29	1	881	4095	DM2BS28	Carlos Ferrão	1960	Musclor-Oeiras Sport Clube	M V2	15:40:00	20 16:40,55	71 00:58,55	52 35:35,10	48 0:00:49,35	21 08:08,25	01:02:11,80	00:08:54,95	+16,73%
31	30	2	179	1020	CE79581	Miguel Arraiolos	1988	Águias de Alpiarça	M JUN	15:56:30	30 17:20,30	51 00:51,45	33 34:30,90	58 0:00:51,30	33 08:39,15	01:02:13,10	00:08:56,25	+16,77%
32	31	20	686	3074	DN7PF3R	Pedro Amaral	1977	Clube Ferroviário de Vendas Novas	M SEN	16:16:00	44 18:39,05	38 00:48,50	20 33:22,60	46 0:00:48,85	32 08:35,75	01:02:14,75	00:08:57,90	+16,83%
33	32	8	368	2020	CB55147	Edgar Martins	1983	Casa do Benfica no Fundão	M S23	16:00:00	34 17:58,60	39 00:48,55	32 34:28,45	88 0:01:01,25	31 08:33,05	01:02:49,90	00:09:33,05	+17,93%
34	33	9	252	5060	CD16087	Tiago Neves	1985	Tri-Oeiras.com	M S23	16:25:00	68 19:42,95	21 00:44,45	19 33:21,60	33 0:00:46,05	37 08:48,80	01:03:23,85	00:10:07,00	+18,99%
35	34	2	665	4031	DN7FZ9M	José Zacarias	Musclor-Oeiras Sport Clube	M V1	15:49:00	53 19:01,50	59 00:53,55	17 33:03,55	108 0:01:11,35	61 09:16,55	01:03:26,50	00:10:09,65	+19,07%	
36	35	21	479	3052	CB88045	Hélder Milheiras	1973	Tri-Oeiras.com	M SEN	16:08:30	40 18:26,25	66 00:55,50	37 34:49,15	96 0:01:07,10	28 08:27,25	01:03:45,25	00:10:28,40	+19,66%
37	36	22	739	3054	DA837TA	António Luz Gomes	1972	Tri-Oeiras.com	M SEN	16:04:30	37 18:11,40	48 00:50,75	42 35:11,00	87 0:01:00,80	36 08:47,55	01:04:01,50	00:10:44,65	+20,17%
38	37	3	648	4013	CB43486	Miguel Frago	1965	ABV Estoris	M V1	15:47:30	49 18:43,50	64 00:55,20	31 34:19,75	117 0:01:13,80	51 09:03,65	01:04:15,90	00:10:59,05	+20,62%
39	2	1	276	1002	DN53ZA7	Sarah Moniz	1987	C.F. "Os Belenenses"	F JUN	16:35:30	51 18:51,65	49 00:50,80	38 34:49,60	41 0:00:48,00	47 09:02,35	01:04:22,40	00:11:05,55	+9,17%
40	38	23	466	3137	CB75885	Carlos Matos	1969	Casa Benfica Faro/GASCAN	M SEN	16:05:30	47 18:42,55	69 00:58,20	40 35:00,35	44 0:00:48,65	41 08:54,85	01:04:24,60	00:11:07,75	+20,89%
41	39	2	777	4048	DX8KNDG	Jerónimo Cruz	1960	Clube Ferroviário de Vendas Novas	M V2	15:41:30	38 18:20,60	55 00:52,10	53 35:50,30	14 0:00:39,85	35 08:46,05	01:04:28,90	00:11:12,05	+21,02%
42	40	10	285	2009	DA0CYY1	Vasco Côrte-Real	1983	Tri-Oeste -Clube de Triatlo do Oeste	M S23	16:03:00	29 17:19,35	34 00:46,50	64 36:46,55	12 0:00:38,45	45 09:01,35	01:04:32,20	00:11:15,35	+21,13%

**XI DUATLO CONTRA-RELÓGIO DE GRÂNDOLA**

Localidade:	Grândola
Data:	06-03-2005

Distância	5km/20Km/2,5km
Hora	15h00

Cut-Off	Mas.	0:56:28,66	6%
	Fem	1:04:51,69	10%

Delegado Téc.	Bruno Salvador
Pontuável	Taça de Portugal

Juiz Principal	Ricardo Guerreiro
Juri de Apelo	Bruno Salvador José Luís Ferreira Organizador C.M.G.

Rank. Sexo	Rank Esc.	Lic.	Dorsal	Chip	Nome Atleta	Ano	Equipa	Esc	Hora Partida	Corrida 1	Trans. 1	Ciclismo	Trans.2	Corrida 2	Tempo Total	Diff.	Diff. (%)
43	41	24	492	3106	CB49358	1967	C.D. Asas do Milénium	M SEN	16:06:00	35 18:07,30	120 01:22,70	46 35:19,90	120 0:01:21,70	49 09:03,10	01:05:14,70	00:11:57,85	+22,45%
44	42	25	693	3024	DR02MCP	1973	Alhandra Sporting Clube	M SEN	16:07:30	26 17:05,70	90 01:03,25	80 37:56,85	49 0:00:49,50	25 08:22,90	01:05:18,20	00:12:01,35	+22,56%
45	43	26	2453	3110	DM4KY6A	1970	C.D. Asas do Milénium	M SEN	16:09:30	41 18:29,90	87 01:01,80	50 35:31,40	114 0:01:12,70	53 09:09,30	01:05:25,10	00:12:08,25	+22,78%
46	44	27	649	3086	DX9BNGP	1971	Borealis	M SEN	16:11:30	45 18:39,90	77 01:00,05	44 35:12,45	72 0:00:56,05	70 09:37,20	01:05:25,65	00:12:08,80	+22,80%
47	45	4	755	4101	CB89543	1961	IPODEC / Tri-Oeiras.com	M V1	15:45:00	42 18:30,80	44 00:49,15	56 36:02,25	50 0:00:50,00	62 09:18,45	01:05:30,65	00:12:13,80	+22,95%
48	46	5	4074	DN2EKYK	Pedro Marques	1964	A.D.C.R. Painho/Pêra Rocha do Oeste	M V1	15:15:00	70 19:48,90	70 00:58,45	39 34:51,45	73 0:00:56,25	43 08:56,25	01:05:31,30	00:12:14,45	+22,97%
49	47	3	774	4015	CB24276	1960	ABV Estoris	M V2	15:42:30	50 18:49,75	28 00:45,50	54 35:58,95	85 0:01:00,65	44 08:59,25	01:05:34,10	00:12:17,25	+23,06%
50	48	28	725	3061	DN15SEF	1978	Ginásio Clube de Tavira	M SEN	16:12:00	71 19:49,10	50 00:51,00	21 33:25,00	47 0:00:49,35	105 10:47,15	01:05:41,60	00:12:24,75	+23,30%
51	49	11		5101	DA4DAEX	1982	Individual	M S23	15:21:00	67 19:37,65	129 01:30,50	34 34:33,40	78 0:00:58,30	56 09:12,20	01:05:52,05	00:12:35,20	+23,62%
52	50	29	621	3107	DX0MPWE	1971	C.D. Asas do Milénium	M SEN	16:20:00	36 18:08,60	85 01:01,75	72 37:09,90	55 0:00:51,05	34 08:41,65	01:05:52,95	00:12:36,10	+23,65%
53	3	2	51	1001	DN7FB7P	1986	C.F. "Os Belenenses"	F JUN	16:34:30	57 19:13,40	128 01:30,40	43 35:11,20	42 0:00:48,15	55 09:11,00	01:05:54,15	00:12:37,30	+11,77%
54	4	3	12	1013	DA68AST	1988	Sport União Colarense	F JUN	16:33:30	59 19:17,95	17 00:42,30	57 36:02,35	35 0:00:46,60	52 09:07,60	01:05:56,80	00:12:39,95	+11,84%
55	51	30	638	3119	CB43839	1972	Ateneu Artístico Cartaxense	M SEN	16:14:00	39 18:22,25	29 00:45,60	66 36:51,80	45 0:00:48,70	54 09:10,15	01:05:58,50	00:12:41,65	+23,83%
56	52	31	585	3010	DX7477W	1966	C.F. "Os Belenenses"	M SEN	16:14:30	65 19:31,45	86 01:01,80	48 35:22,20	66 0:00:54,50	59 09:15,15	01:06:05,10	00:12:48,25	+24,03%
57	53	32	579	3113	DN0641P	1975	C.N. Cartaxo	M SEN	16:06:30	55 19:10,10	30 00:45,75	58 36:04,35	63 0:00:52,90	57 09:12,70	01:06:05,80	00:12:48,95	+24,05%
58	54	1	824	4057	CB42860	1945	AGM-Portas / GGS-Torneiras	M V5	15:34:30	88 20:40,30	56 00:52,25	30 34:09,00	30 0:00:45,80	82 10:05,35	01:06:32,70	00:13:15,85	+24,89%
59	55	33	729	3017	DA18BK4	1971	C.F. "Os Belenenses"	M SEN	16:19:00	52 18:58,85	101 01:10,80	63 36:30,20	91 0:01:03,10	40 08:53,05	01:06:36,00	00:13:19,15	+25,00%
60	56	34	746	3092	DM4K7ZY	1973	Casa do Benfica no Fundão	M SEN	16:18:00	58 19:14,05	68 00:57,60	59 36:06,65	70 0:00:55,40	67 09:27,65	01:06:41,35	00:13:24,50	+25,17%
61	57	35		5112	DR34YWF	1973	Individual	M SEN	15:32:30	69 19:43,30	115 01:19,30	36 34:45,40	103 0:01:09,15	81 10:04,30	01:07:01,45	00:13:44,60	+25,79%
62	58	6	516	4025	CB74353	1963	Serv. Soc. CGD	M V1	15:45:30	46 18:40,50	80 01:00,60	75 37:38,00	22 0:00:42,25	50 09:03,10	01:07:04,45	00:13:47,60	+25,89%
63	59	7		4072	CB51011	1961	A.D.C.R. Painho/Pêra Rocha do Oeste	M V1	15:15:30	60 19:18,45	110 01:15,90	60 36:06,70	118 0:01:17,75	63 09:19,25	01:07:18,05	00:14:01,20	+26,31%
64	60	36	540	3022	CB76283	1966	Alhandra Sporting Clube	M SEN	16:17:30	76 19:56,45	112 01:18,35	61 36:08,65	95 0:01:06,00	48 09:02,70	01:07:32,15	00:14:15,30	+26,75%
65	61	12	354	5061	CB64496	1982	Tri-Oeiras.com	M S23	16:01:00	82 20:24,45	62 00:54,20	51 35:32,70	79 0:00:58,35	72 09:44,40	01:07:34,10	00:14:17,25	+26,82%
66	62	37	662	3102	DX9D32M		A.D.C.R. Painho/Pêra Rocha do Oeste	M SEN	15:57:00	66 19:32,65	81 01:01,15	65 36:46,60	43 0:00:48,30	65 09:25,65	01:07:34,35	00:14:17,50	+26,82%
67	63	38	531	3075	DN213GZ	1976	Clube Ferroviário de Vendas Novas	M SEN	16:12:30	73 19:51,80	76 00:58,80	62 36:24,15	59 0:00:51,60	69 09:34,25	01:07:40,60	00:14:23,75	+27,02%
68	64	8	775	4014	DX62Z7E	1961	ABV Estoris	M V1	15:46:00	92 20:52,60	46 00:50,50	41 35:08,60	74 0:00:56,25	78 09:54,65	01:07:42,60	00:14:25,75	+27,08%
69	65	9	646	487	DN43T5K	1965	Ateneu Artístico Cartaxense	M V1	15:47:00	56 19:12,35	98 01:08,85	71 37:06,85	107 0:01:10,90	60 09:15,30	01:07:54,25	00:14:37,40	+27,45%
70	66	4		5258	DN9PB9B	1956	Individual	M V2	15:12:00	62 19:19,85	43 00:49,00	73 37:16,35		139 20:00,80	01:08:00,80	00:14:43,95	+27,65%
71	67	39		5175	DM4M9GR	1978	Individual	M SEN	15:25:30	88 08:35,30	88 01:01,85	89 38:47,45	39 0:00:47,60	138 19:10,45	01:08:22,65	00:15:05,80	+28,33%
72	68	3		1023	CD16038	1988	A.D.C.R. Painho/Pêra Rocha do Oeste	M JUN	15:17:30	64 19:22,20	94 01:06,15	83 38:06,95	75 0:00:56,25	64 09:23,85	01:08:55,40	00:15:38,55	+29,36%
73	69	4	2303	1006	DR6BKVH	1989	Alhandra Sporting Clube	M JUN	15:58:00	61 19:19,80	91 01:03,45	87 38:43,80	92 0:01:03,45	46 09:01,60	01:09:12,10	00:15:55,25	+29,88%
74	70	5	420	1019	DX62NF4	1987	Águias de Alpiarça	M JUN	15:51:00	85 20:35,95	84 01:01,55	70 37:01,60	57 0:00:51,20	96 10:18,55	01:09:48,85	00:16:32,00	+31,03%
75	71	10	840	4093	DN587M8	1962	Casa Benfica Faro/GASCAN	M V1	15:49:30	84 20:29,70	103 01:11,40	74 37:29,30	109 0:01:11,55	68 09:33,85	01:09:55,80	00:16:38,95	+31,25%
76	72	40	734	3057	DA83HXF	1977	Tri-Oeiras.com	M SEN	16:09:00	77 19:58,60	105 01:12,70	77 37:41,65	123 0:01:24,70	71 09:39,80	01:09:57,45	00:16:40,60	+31,30%
77	73	1	811	4061	CB51292	1948	Casa do Benfica no Fundão	M V4	15:35:00	81 20:22,35	99 01:08,90	76 37:40,05	68 0:00:55,00	79 09:57,70	01:10:04,00	00:16:47,15	+31,50%
78	74	41		5026	DX637EP	1980	Individual	M SEN	15:31:00	28 17:10,65	60 00:54,20	122 42:29,95	15 0:00:40,10	39 08:52,40	01:10:07,30	00:16:50,45	+31,61%
79	75	42		5099	DA867RW	1975	Individual	M SEN	15:32:00	54 19:01,95	107 01:14,25	68 36:59,00	136 0:02:26,60	103 10:25,55	01:10:07,35	00:16:50,50	+31,61%
80	76	43	708	3094	CB50808	1979	ABV Estoris	M SEN	16:17:00	75 19:56,30	104 01:12,05	79 37:45,80	83 0:00:59,60	97 10:19,70	01:10:13,45	00:16:56,60	+31,80%
81	77	44		5259	DN1CCYV	1976	Individual	M SEN	15:29:30	48 18:43,45	123 01:25,50	98 39:47,05	82 0:00:59,55	66 09:26,45	01:10:22,00	00:17:05,15	+32,07%
82	78	13	286	2021	DM43K2X	1984	Casa do Benfica no Fundão	M S23	16:02:00	80 20:14,95	106 01:14,20	84 38:21,60	69 0:00:55,30	73 09:45,00	01:10:31,05	00:17:14,20	+32,35%
83	79	45		5034	DF055NF	1981	Individual	M SEN	15:31:30	86 20:37,20	52 00:51,70	85 38:24,60	38 0:00:47,55	75 09:50,05	01:10:31,10	00:17:14,25	+32,35%
84	80	5	788	4010	CB61607	1959	C.F. "Os Belenenses"	M V2	15:39:30	102 21:20,35	102 01:11,35	55 35:59,60	106 0:01:10,75	107 10:49,25	01:10:31,30	00:17:14,45	+32,36%

**XI DUATLO CONTRA-RELÓGIO DE GRÂNDOLA**

Localidade:	Grândola
Data:	06-03-2005

Distância	5km/20Km/2,5km
Hora	15h00

Cut-Off	Mas.	0:56:28,66	6%
	Fem	1:04:51,69	10%

Delegado Téc.	Bruno Salvador
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Juiz Principal	Ricardo Guerreiro
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Pontuável	Taça de Portugal
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Juri de Apelo	Bruno Salvador José Luís Ferreira Organizador C.M.G.
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Rank. Sexo	Rank Esc.	Lic.	Dorsal	Chip	Nome Atleta	Ano	Equipa	Esc	Hora Partida	Corrida 1	Trans. 1	Ciclismo	Trans.2	Corrida 2	Tempo Total	Diff.	Diff. (%)					
85	81	6	430	1005	DX07S3F	1987	Alhandra Sporting Clube	M JUN	15:59:00	96	20:57,55	75	00:58,60	78	37:42,65	76	0:00:56,40	88	10:10,10	01:10:45,30	00:17:28,45	+32,80%
86	82	46		5082	BC81798	1976	Individual	M SEN	15:21:30	95	20:56,90	53	00:51,75	81	37:59,10	52	0:00:50,55	86	10:08,20	01:10:46,50	00:17:29,65	+32,83%
87	83	11	503	4022	DX06FSV	1964	CEFA	M V1	15:46:30	91	20:52,25	61	00:54,20	82	37:59,85	65	0:00:53,90	91	10:11,85	01:10:52,05	00:17:35,20	+33,01%
88	84	7	2504	1007	DA7GKV5	1986	Alhandra Sporting Clube	M JUN	15:56:00	63	19:21,20	117	01:19,50	96	39:39,10	131	0:01:32,55	58	09:14,50	01:11:06,85	00:17:50,00	+33,47%
89	85	8	45	1026	DA0C1GG	1989	Os Kotas Bike Team	M JUN	15:57:30	87	20:39,20	89	01:03,10	88	38:46,70	90	0:01:02,75	76	09:51,75	01:11:23,50	00:18:06,65	+33,99%
90	86	47	701	3118	CA92852	1973	Ateneu Artístico Cartaxense	M SEN	16:13:00	109	22:02,85	95	01:07,05	69	37:00,80	77	0:00:56,45	102	10:24,95	01:11:32,10	00:18:15,25	+34,26%
91	87	48		5248	DA9BYF4	1981	Individual	M SEN	15:28:30	93	20:52,95	57	00:52,60	95	39:03,40	36	0:00:47,05	92	10:12,25	01:11:48,25	00:18:31,40	+34,77%
92	88	6		5243	CH00792	1958	Individual	M V2	15:12:30	74	19:52,50	111	01:16,55	91	38:51,25	134	0:01:43,15	83	10:06,25	01:11:49,70	00:18:32,85	+34,81%
93	89	14	696	2002	DN2S4R5	1984	Alhandra Sporting Clube	M S23	15:59:30	89	20:44,90	122	01:25,15	86	38:28,30	124	0:01:25,45	77	09:54,60	01:11:58,40	00:18:41,55	+35,08%
94	90	9	2506	1009	DA8AHTZ		Alhandra Sporting Clube	M JUN	15:48:30	83	20:26,90	108	01:14,55	94	39:01,20	67	0:00:54,70	99	10:22,65	01:12:00,00	00:18:43,15	+35,13%
95	91	10	126	1010	DX0X86X	1988	Amiciclo	M JUN	15:55:30	72	19:49,90	118	01:20,10	97	39:40,00	98	0:01:07,30	98	10:19,80	01:12:17,10	00:19:00,25	+35,67%
96	92	7	709	4018	DX63WNG	1959	AGM-Portas / GGS-Torneiras	M V2	15:43:00	107	21:41,80	134	01:40,80	67	36:54,70	111	0:01:11,80	106	10:48,60	01:12:17,70	00:19:00,85	+35,69%
97	93	12	861	4081	DM43N8M	1961	C.D. Asas do Milénium	M V1	15:50:00	103	21:21,85	93	01:04,95	93	38:56,30	80	0:00:58,60	85	10:07,45	01:12:29,15	00:19:12,30	+36,04%
98	5	2	380	2027	CB68953	1982	C.N. Cartaxo	F S23	16:32:30	98	21:04,55	79	01:00,55	105	40:22,85	62	0:00:52,10	80	10:03,70	01:13:23,75	00:20:06,90	+24,47%
99	94	11	222	1045	DA18TXS	1989	C.N. Cartaxo	M JUN	15:54:30	100	21:08,10	42	00:48,90	99	39:47,80	34	0:00:46,05	110	11:06,50	01:13:37,35	00:20:20,50	+38,18%
100	6	4	72	1012	CB84590	1988	C.N. Alvito	F JUN	16:31:30	97	21:04,10	83	01:01,45	111	41:14,95	28	0:00:44,95	74	09:45,05	01:13:50,50	00:20:33,65	+25,23%
101	95	15	658	2001	DA83N5N	1984	Alhandra Sporting Clube	M S23	16:01:30	79	20:09,50	109	01:14,65	109	40:47,95	129	0:01:31,70	100	10:23,50	01:14:07,30	00:20:50,45	+39,12%
102	96	13	790	4097	DN7M2WA	1961	Tri-Oeiras.com	M V1	15:44:30	94	20:56,80	72	00:58,55	112	41:18,80	84	0:00:59,65	87	10:08,20	01:14:22,00	00:21:05,15	+39,57%
103	7	5	143	1017	DA040M8	1989	Mem Martins Sport Club	F JUN	16:26:30	104	21:30,60	33	00:46,45	113	41:25,75	13	0:00:39,60	90	10:11,15	01:14:33,55	00:21:16,70	+26,45%
104	97	12	2457	1033	DM2B60C	1988	AGM-Portas / GGS-Torneiras	M JUN	15:53:30	78	20:02,50	82	01:01,15	121	42:28,55	40	0:00:47,75	95	10:14,35	01:14:34,30	00:21:17,45	+39,96%
105	8	1		3015	DX92C2W		C.F. "Os Belenenses"	F SEN	15:09:30	115	22:30,00	47	00:50,75	100	39:48,55	56	0:00:51,20	108	10:49,70	01:14:50,20	00:21:33,35	+26,92%
106	98	49		5056	DA5NDKF	1968	Individual	M SEN	15:23:30	105	21:33,00	133	01:37,70	101	40:01,75			140	38:32,20	01:15:02,20	00:21:45,35	+40,83%
107	99	14		4088	DM4K17E		Triathlon Lamego Club	M V1	15:16:30	108	21:53,30	114	01:18,95	102	40:07,50	119	0:01:19,60	109	10:49,80	01:15:29,15	00:22:12,30	+41,68%
108	9	6	128	1025	DA8AHY4	1989	Os Kotas Bike Team	F JUN	16:25:30	99	21:07,35	58	00:53,05	123	42:40,50	25	0:00:43,55	84	10:06,45	01:15:30,90	00:22:14,05	+28,07%
109	100	1		5109	DN9P65G	1951	Individual	M V3	15:11:30	112	22:15,40	135	01:41,25	104	40:12,40	113	0:01:12,45	104	10:29,70	01:15:51,20	00:22:34,35	+42,37%
110	101	8	863	4083	DM78CN3	1960	C.N. Cartaxo	M V2	15:41:00	101	21:11,25	132	01:35,50	119	42:17,35	116	0:01:13,45	94	10:13,50	01:16:31,05	00:23:14,20	+43,61%
111	102	50		5262	DF5XMSZ	1970	Individual	M SEN	15:30:00	118	22:59,40	136	01:41,65	92	38:53,05	102	0:01:08,30	124	12:15,55	01:16:57,95	00:23:41,10	+44,45%
112	103	9		5016	CD68665	1958	Individual	M V2	15:13:00	117	22:59,10	137	01:49,80	90	38:48,80	133	0:01:42,05	117	11:51,40	01:17:11,15	00:23:54,30	+44,87%
113	104	13	2513	1038	DM43ERC	1989	Mem Martins Sport Club	M JUN	15:52:30	114	22:22,75	54	00:52,00	106	40:35,95	31	0:00:45,85	130	12:44,65	01:17:21,20	00:24:04,35	+45,18%
114	105	14	2511	1036	DM4K14X	1986	Mem Martins Sport Club	M JUN	15:58:30	110	22:14,10	92	01:03,65	110	40:49,25	110	0:01:11,55	128	12:35,10	01:17:53,65	00:24:36,80	+46,20%
115	106	51	2514	3122	DM2BGCP	1974	Mem Martins Sport Club	M SEN	16:10:00	122	23:42,80	78	01:00,45	114	41:26,15	115	0:01:13,00	114	11:40,10	01:19:02,50	00:25:45,65	+48,35%
116	107	15	873	4094	DM731TT	1962	C.N. Cartaxo	M V1	15:43:30	120	23:11,80	63	00:54,75	120	42:25,35	94	0:01:04,00	115	11:43,65	01:19:19,55	00:26:02,70	+48,88%
117	108	15	2505	1008	DR01PE2	1986	Alhandra Sporting Clube	M JUN	15:52:00	125	24:18,75	74	00:58,55	108	40:43,90	81	0:00:58,95	127	12:32,05	01:19:32,20	00:26:15,35	+49,28%
118	109	10	864	4085	DM73H3S	1958	Sport União Colarense	M V2	15:40:30	106	21:38,40	138	01:58,20	125	43:17,35	127	0:01:30,30	112	11:19,15	01:19:43,40	00:26:26,55	+49,63%
119	110	16	2512	1037	DM7844Z	1986	Mem Martins Sport Club	M JUN	15:50:30	124	24:17,20	36	00:48,35	107	40:37,10	54	0:00:50,85	134	13:16,65	01:19:50,15	00:26:33,30	+49,84%
120	111	52		5001	DA4206X		Individual	M SEN	15:18:30	131	24:43,20	127	01:29,75	103	40:08,25	135	0:01:43,60	123	12:15,55	01:20:20,35	00:27:03,50	+50,78%
121	112	53	459	3027	CB44280	1972	Amiciclo	M SEN	16:15:00	126	24:24,00	124	01:26,40	116	41:31,75	122	0:01:23,95	118	11:52,60	01:20:38,70	00:27:21,85	+51,36%
122	10	3	393	2014	DN2BC1N	1982	Tri-Oeiras.com	F S23	16:24:30	129	24:37,65	130	01:32,35	117	41:37,80	121	0:01:23,10	113	11:34,65	01:20:45,55	00:27:28,70	+36,96%
123	1113	2		5257	DN9S7PP	1943	Individual	M V5	15:10:30	127	24:25,20	131	01:33,05	115	41:27,65	126	0:01:27,45	119	11:52,75	01:20:46,10	00:27:29,25	+51,59%
124	114	2	868	4056	CA91706	1954	AGM-Portas / GGS-Torneiras	M V3	15:37:00	113	22:17,00	97	01:08,30	133	46:15,80	71	0:00:55,80	89	10:10,90	01:20:47,80	00:27:30,95	+51,64%
125	115	2	871	4100	DA0C9C3	1950	Individual	M V4	15:35:30	119	23:07,10	126	01:28,70	124	42:56,05	130	0:01:32,40	120	12:07,35	01:21:11,60	00:27:54,75	+52,39%
126	116	3	812	5058	CB50877	1951	Tri-Oeiras.com	M V3	15:37:30	132	24:48,50	125	01:27,40	118	41:40,50	100	0:01:07,65	122	12:15,15	01:21:19,20	00:28:02,35	+52,63%

**XI DUATLO CONTRA-RELÓGIO DE GRÂNDOLA**

Localidade:	Grândola
Data:	06-03-2005

Distância	5km/20Km/2,5km
Hora	15h00

Cut-Off	Mas.	0:56:28,66	6%
	Fem	1:04:51,69	10%

Delegado Téc.	Bruno Salvador
Pontuável	Taça de Portugal

Juiz Principal	Ricardo Guerreiro
Juri de Apelo	Bruno Salvador José Luís Ferreira Organizador C.M.G.

Rank. Sexo	Rank Esc.	Lic.	Dorsal	Chip	Nome Atleta	Ano	Equipa	Esc	Hora Partida	Corrida 1	Trans. 1	Ciclismo	Trans.2	Corrida 2	Tempo Total	Diff.	Diff. (%)
127	117	17	215	1018	DA0C0ZA	1989	Mem Martins Sport Club	M JUN	15:55:00	130 24:43,10	45 00:49,20	126 43:31,40	19 0:00:41,25	125 12:25,75	01:22:10,70	00:28:53,85	+54,24%
128	118	18		5246	DR1647Z	1988	Individual	M JUN	15:17:00	111 22:15,25	24 00:44,85	138 49:23,60	16 0:00:40,25	93 10:13,50	01:23:17,45	00:30:00,60	+56,32%
129	119	3	829	4043	CA51033	1938	Clube Ferroviário de Vendas Novas	M V5	15:33:30	134 25:19,20	113 01:18,90	127 44:00,40	61 0:00:51,90	126 12:29,75	01:24:00,15	00:30:43,30	+57,66%
130	120	16		5035	DA7DFWB	1984	Individual	M S23	15:20:30	128 24:25,45	121 01:24,65	131 45:31,25	125 0:01:26,60	116 11:45,55	01:24:33,50	00:31:16,65	+58,70%
131	121	54		5087	DX82GTY	1968	Individual	M SEN	15:24:00	116 22:53,40	65 00:55,25	136 48:23,65	101 0:01:07,75	111 11:18,10	01:24:38,15	00:31:21,30	+58,85%
132	11	2	622	3062	CA42193	1976	Casa Benfica Faro/GASCAN	F SEN	16:29:30	136 25:38,90	116 01:19,35	129 44:54,85	105 0:01:10,05	121 12:14,15	01:25:17,30	00:32:00,45	+44,64%
133	12	7	2454	1032	DM4SNKG	1989	Alhandra Sporting Clube	F JUN	16:27:30	121 23:25,60	73 00:58,55	135 48:05,90	128 0:01:31,65	133 13:06,30	01:27:08,00	00:33:51,15	+47,77%
134	122	4		5055	DR38T02	1942	Individual	M V5	15:10:00	133 25:06,65	100 01:09,75	134 47:46,25	89 0:01:02,25	131 12:50,60	01:27:55,50	00:34:38,65	+65,02%
135	123	4		5227	DX8T1X9	1954	Individual	M V3	15:11:00	137 27:07,00	119 01:22,65	132 45:48,10	97 0:01:07,20	136 13:45,75	01:29:10,70	00:35:53,85	+67,37%
136	13	8	142	1016	DA6ZG89	1989	Mem Martins Sport Club	F JUN	16:22:30	135 25:26,00	67 00:56,00	137 49:14,50	64 0:00:53,35	132 12:53,05	01:29:22,90	00:36:06,05	+51,58%
137	124	55	722	3085	DA7GMYX	1970	Sport União Colarense	M SEN	16:05:00	138 27:17,30	139 02:00,75	128 44:19,60	132 0:01:38,00	137 15:39,65	01:30:55,30	00:37:38,45	+70,65%
138	125	19	2520	1043	DM736WC	1986	Os Kotas Bike Team	M JUN	15:51:30	90 20:46,60	40 00:48,80	140 59:39,85	37 0:00:47,35	101 10:23,60	01:32:26,20	00:39:09,35	+73,49%
139	126	56		5251	DA6MB5E	1978	Individual	M SEN	15:26:30	123 23:49,40	96 01:07,95	139 54:56,90	86 0:01:00,75	129 12:41,15	01:33:36,15	00:40:19,30	+75,68%
140	14	1	841	4096	DA4D4HB	1959	Tri-Oeiras.com	F V2	16:23:30	139 38:25,75	140 02:09,50	130 45:25,05	137 0:02:59,95	135 13:27,45	01:42:27,70	00:49:10,85	+73,77%
			528	3018	DX49PAS	1968	ABV Estoris	M SEN	16:20:30	21:50,10	00:51,60	40:25,90	0:00:56,80	10:34,35	DSQ		
			872	4092	DM22SSV	1960	Alhandra Sporting Clube	M V2	15:38:30	23:10,45	00:59,25	28:30,40	0:00:52,80		DNF		
			294	2015	DX657NZ	1982	Casa Benfica Faro/GASCAN	F S23	16:30:30	22:45,45					DNF		
			818	4008	CD14202	1948	C.F. "Os Belenenses"	M V4	15:36:00						DNF		
			850	4019	DN7NMT9	1950	Amiciclo	M V4	15:36:30						DNF		
			817	4005	CB46286	1952	C.F. "Os Belenenses"	M V3	15:38:00						DNF		
			839	4036	DA8AVER	1962	Tri-Oeiras.com	M V1	15:44:00	18:23,65					DNF		
			499	3051	CB50589	1966	Tri-Oeste - Clube de Triatlo do Oeste	M SEN	16:04:00						DNF		
			4615	615	DA049VE	1969	Individual	M SEN	16:10:30						DNF		
			706	3100	CE22338	1973	A.D.C.R. Painho/Pêra Rocha do Oeste	M SEN	16:11:00						DNF		
			592	3048	DN28V83	1966	Tri-Oeste - Clube de Triatlo do Oeste	M SEN	16:19:30						DNF		
			2508	1035	DM22MXS	1989	Alhandra Sporting Clube	F JUN	16:21:30						DNF		
				5000	DF70D32	1971	Individual	M SEN	15:30:30						DNS		
			422	1021	DN7ZSEN	1987	Águias de Alpiarça	M JUN	15:54:00						DNS		
			289	2024	DM78MFZ	1984	C.D. Asas do Milénium	M S23	16:00:30						DNS		
			379	2026	DN7Z14C	1984	C.N. Cartaxo	F S23	16:36:30						DNS		
				5253	DA3THZ8	1963	Individual	M V1	15:13:30						DNS		
				5245	DN96YZN	1964	Individual	M V1	15:14:00						DNS		
				5260	DA710K2	1964	Individual	M V1	15:14:30						DNS		
				5084	DN6PYD3	1982	Individual	M S23	15:18:00						DNS		
				5250	DF6ES3H	1985	Individual	M S23	15:19:00						DNS		
				5275	DR7GY16	1968	Individual	M SEN	15:22:00						DNS		
				5092	DR666CA	1976	Individual	M SEN	15:22:30						DNS		
				5089	DR9FF12	1981	Individual	M SEN	15:23:00						DNS		
				5069	DF7D24C	1980	Individual	M SEN	15:26:00						DNS		
				5255	DA5FKY5	1980	Individual	M SEN	15:27:00						DNS		
				5256	DF81SN9	1973	Individual	M SEN	15:27:30						DNS		
				5249	DN73H3V	1977	Individual	M SEN	15:29:00						DNS		
			830	4003	CE15820	1945	C.F. "Os Belenenses"	M V5	15:34:00						DNS		
			781	4040	DA68KMH	1958	Casa Benfica Faro/GASCAN	M V2	15:39:00						DNS		
			806	4050	CB44627	1956	Papa-Léguas de Assafora	M V2	15:42:00						DNS		

**XI DUATLO CONTRA-RELÓGIO DE GRÂNDOLA**

Localidade:	Grândola
Data:	06-03-2005

Distância	5km/20Km/2,5km
Hora	15h00

Cut-Off	Mas.	0:56:28,66	6%
	Fem	1:04:51,69	10%

Delegado Téc.	Bruno Salvador
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Juiz Principal	Ricardo Guerreiro
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Pontuável	Taça de Portugal
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Juri de Apelo	Bruno Salvador
	José Luís Ferreira
	Organizador C.M.G.

Rank. Sexo	Rank Esc.	Lic.	Dorsal	Chip	Nome Atleta	Ano	Equipa	Esc	Hora Partida	Corrida 1	Trans. 1	Ciclismo	Trans.2	Corrida 2	Tempo Total	Diff.	Diff. (%)
		529	4012	DN7P3ZK	Paulo Espirito Santo	1963	ABV Estoris	M V1	15:48:00						DNS		
		19	1046	DA6PKAF	Diogo Henriques	1988	C.N. Cartaxo	M JUN	15:53:00						DNS		
		2451	3109	DM2BZ67	Duarte Caldeira	1978	C.D. Asas do Milénium	M SEN	16:07:00						DNS		
		666	3136	DN7F9EG	Rute Costa	1971	Casa Benfica Faro/GASCAN	F SEN	16:28:30						DNS		
			5254	DX2H3BH	João Romão	1989	Individual	M JUN	15:16:00	47:11,30				14:07,30	DSQ		
			5049	DA4B7PA	Daniel Trindade	1974	Individual	M SEN	15:24:30						DSQ		
			5252	DX6GBBB	Dario Teixeira	1969	Individual	M SEN	15:25:00						DSQ		