

IV Triatlo Cidade de Quarteira

CLASSIFICAÇÃO POR ESCALÕES

Resultados

Localidade:	Quarteira	Distância NATAÇ (MT); CICLIS (KM) CORRI (MT):	750/20/5
Data:	03-04-2005	Hora de começo:	11h00m

Informação

Delegado técnico:	Bruno Salvador	Juiz Principal:	Palmira Ramos
Pontuável para:	Taça de Portugal	Juri de apelo:	José Luis / Carlos Gravata / Bruno

V5 Masculinos

NATAÇÃO 750 (MT) Temperatura Agua: 16°							CICLISMO 20 KM (KM)							CORRIDA 5 KM (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÁ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
122	4016	827	John Graney		V5	ABV Estoris	111	0:25:35	121	0:02:33	96	0:41:33	118	0:01:58	116	0:27:51	1:39:30	0:38:09
125	4003	830	João Branco		V5	C.F. "Os Belenenses"	121	0:28:36	67	0:01:05	122	0:47:39	80	0:00:44	117	0:28:04	1:46:08	0:44:47

V4 Masculinos

NATAÇÃO 750 (MT) Temperatura Agua: 16°							CICLISMO 20 KM (KM)							CORRIDA 5 KM (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÁ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
115	4100	871	Jaime Carmo		V4	Individual	98	0:22:28	109	0:01:52	104	0:42:52	116	0:01:21	112	0:25:47	1:34:20	0:32:59
118	4001	821	Adelino Vicente		V4	Individual	116	0:26:47	81	0:01:14	107	0:43:42	107	0:01:03	111	0:25:43	1:38:29	0:37:08

V3 Masculinos

NATAÇÃO 750 (MT) Temperatura Agua: 16°							CICLISMO 20 KM (KM)							CORRIDA 5 KM (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÁ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
29	4062	802	Carlos Cabrita		V3	S. R. Toreense	70	0:19:45	17	0:00:36	13	0:33:32	26	0:00:28	14	0:17:46	1:12:07	0:10:46
109	4002	852	Christian Bayon		V3	C.F. "Os Belenenses"	100	0:22:36	77	0:01:10	106	0:43:05	115	0:01:17	107	0:25:14	1:33:22	0:32:01
113	5114		Joaquim Baluga		V3	Individual	112	0:25:48	114	0:02:03	108	0:43:42	46	0:00:33	86	0:21:54	1:34:00	0:32:39
116	4046	816	Mário Melo		V3	Clube Ferroviário de Vendas Novas	96	0:22:15	110	0:01:54	116	0:45:16	94	0:00:53	105	0:24:53	1:35:11	0:33:50
120	4035	812	Carlos Raimundo		V3	Tri-Oeiras.com	113	0:26:07	90	0:01:22	112	0:44:10	102	0:00:58	115	0:26:27	1:39:04	0:37:43
123	4004	801	Luís Ramos		V3	C.F. "Os Belenenses"	117	0:27:08	112	0:01:57	118	0:45:46	117	0:01:21	110	0:25:28	1:41:40	0:40:19

V3 Femininos

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16º								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
14	5269		Domingos Martins		V3	Individual	-2	0:31:06	-1	0:02:37	-2	0:49:37	-11	0:00:45	-3	0:28:17	1:52:22	0:51:01

V2 Masculinos

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16º								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
45	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	49	0:17:59	57	0:01:01	51	0:36:25	66	0:00:37	38	0:19:15	1:15:17	0:13:56
49	4060	762	António Moura		V2	Casa do Benfica no Fundão	60	0:18:16	72	0:01:06	54	0:36:40	-2	0:00:18	40	0:19:18	1:15:38	0:14:17
57	4015	774	José Oliveira		V2	ABV Estoris	68	0:19:13	48	0:00:55	45	0:36:07	104	0:00:59	50	0:20:09	1:17:23	0:16:02
76	4063	832	José Soares		V2	S. R. Toreense	62	0:18:26	56	0:01:00	85	0:40:02	69	0:00:40	72	0:20:58	1:21:06	0:19:45
85	4042	753	João Rita		V2	Casa Benfica Faro/GASCAN	86	0:21:06	50	0:00:57	67	0:38:05	90	0:00:50	85	0:21:51	1:22:49	0:21:28
98	4089	768	Jorge Duarte		V2	Musclor-Oeiras Sport Clube	84	0:21:02	74	0:01:08	79	0:39:13	97	0:00:54	100	0:23:01	1:25:18	0:23:57
102	4075	751	José Peixoto		V2	A.D.C.R. Painho/Pêra Rocha do Oeste	119	0:27:45	59	0:01:02	71	0:38:16	67	0:00:38	61	0:20:29	1:28:10	0:26:49
104	4082	862	José Maçarria		V2	Ginásio Clube Figueirense	109	0:24:39	103	0:01:34	95	0:41:27	81	0:00:44	66	0:20:42	1:29:06	0:27:45
105	4023	765	Francisco Bexiga		V2	CEFA	75	0:20:00	97	0:01:27	99	0:42:04	91	0:00:51	106	0:25:13	1:29:35	0:28:14
106	5202		Fernando Castilho		V2	Individual	108	0:23:51	117	0:02:16	119	0:46:21	110	0:01:08	0	0:16:01	1:29:37	0:28:16
121	4018	709	Mário Magalhães		V2	AGM-Portas / GGS-Torneiras	123	0:33:26	107	0:01:40	90	0:40:27	112	0:01:13	90	0:22:24	1:39:10	0:37:49
126	5268		Constantino Conceição		V2	Individual	122	0:30:46	122	0:02:34	123	0:50:01	86	0:00:46	109	0:25:27	1:49:34	0:48:13
131	4095	881	Carlos Ferrão	DNF	V2	Musclor-Oeiras Sport Clube												

V2 Femininos

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16º								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
13	5280		Fina Moreno Postigo		V2	Individual	-4	0:24:42	-4	0:01:13	-5	0:43:28	-10	0:00:46	-2	0:28:51	1:39:00	0:37:39

V1 Masculinos

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16º								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
20	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	74	0:19:58	15	0:00:36	12	0:33:16	21	0:00:28	1	0:16:18	1:10:36	0:09:15
34	4101	755	João Gomes		V1	Tri-Oeiras.com	34	0:16:25	36	0:00:47	39	0:35:48	50	0:00:34	47	0:20:00	1:13:34	0:12:13

Médias: 0:19:24 0:01:16 0:36:14 0:00:39 0:23:13

38	4032	769	Carlos Gomes		V1	Musclor-Oeiras Sport Clube	82	0:20:59	51	0:00:58	23	0:34:35	0	0:00:19	9	0:17:24	1:14:15	0:12:54
59	4093	840	Rui Sa		V1	Casa Benfica Faro/GASCAN	52	0:18:03	76	0:01:09	60	0:37:08	79	0:00:43	78	0:21:15	1:18:18	0:16:57
69	4034	756	João Pereira		V1	Tri-Oeiras.com	72	0:19:49	44	0:00:54	76	0:38:32	59	0:00:36	42	0:19:35	1:19:26	0:18:05
84	4052	770	Manuel Gonçalves		V1	Papa-Légua de Assafora	95	0:22:10	78	0:01:10	80	0:39:20	68	0:00:39	41	0:19:26	1:22:45	0:21:24
96	4073	456	Amândio Caetano		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	97	0:22:20	101	0:01:29	82	0:39:45	82	0:00:44	64	0:20:33	1:24:51	0:23:30
97	4045	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	77	0:20:35	96	0:01:26	83	0:39:54	100	0:00:56	91	0:22:27	1:25:18	0:23:57
101	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense	106	0:23:42	113	0:02:00	70	0:38:15	95	0:00:53	96	0:22:47	1:27:37	0:26:16
103	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	120	0:28:24	95	0:01:25	62	0:37:13	109	0:01:06	62	0:20:29	1:28:37	0:27:16
132	4014	775	João Santos	DNF	V1	ABV Estoris												

SEN Masculinos

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16º								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
1	3016	575	Bruno Pais		SEN	C.F. "Os Belenenses"	1	0:13:26	-2	0:00:24	4	0:31:11	6	0:00:23	-1	0:15:57	1:01:21	0:00:00
4	5263		José Maria Merchan		SEN	Individual	3	0:13:33	5	0:00:29	7	0:32:52	25	0:00:28	2	0:16:24	1:03:46	0:02:25
5	5203		Gerald Horvath		SEN	Individual	5	0:13:57	-1	0:00:25	6	0:32:29	14	0:00:25	4	0:16:49	1:04:05	0:02:44
7	3165	476	Mário Raimundo		SEN	Tri-Oeiras.com	0	0:13:21	10	0:00:33	9	0:33:01	8	0:00:23	13	0:17:46	1:05:04	0:03:43
9	3041	578	Luís Diogo Santos		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	18	0:15:48	2	0:00:27	0	-0:16:15			120	1:07:12	1:07:12	0:05:51
10	5277		Juan António Nebro		SEN	Individual	14	0:15:06	4	0:00:28	21	0:34:23	1	0:00:21	5	0:17:04	1:07:22	0:06:01
11	3006	566	Paulo Antunes		SEN	C.F. "Os Belenenses"	4	0:13:55	3	0:00:28	2	-0:14:23			121	1:07:39	1:07:39	0:06:18
13	5237		Eduardo Salas		SEN	Individual	11	0:14:31	24	0:00:40	16	0:34:02	9	0:00:23	24	0:18:25	1:08:01	0:06:40
16	3069	497	Pedro Cordeiro		SEN	Casa Benfica Faro/GASCAN	17	0:15:40	8	0:00:31	14	0:33:43	17	0:00:27	32	0:18:48	1:09:09	0:07:48
17	3127	468	Tiago Lobo		SEN	Triathlon Lamego Club	13	0:15:00	1	0:00:26	48	0:36:20	71	0:00:40	7	0:17:14	1:09:40	0:08:19
18	3063	488	Nuno Neves		SEN	Casa Benfica Faro/GASCAN	19	0:15:50	55	0:01:00	29	0:35:00	10	0:00:24	18	0:17:53	1:10:07	0:08:46
19	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	50	0:17:59	20	0:00:39	17	0:34:03	18	0:00:27	6	0:17:06	1:10:14	0:08:53
23	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	28	0:16:13	12	0:00:35	41	0:35:50	12	0:00:25	20	0:18:06	1:11:09	0:09:48
24	3074	686	Pedro Amaral		SEN	Clube Ferroviário de Vendas Novas	48	0:17:58	26	0:00:41	18	0:34:04	13	0:00:25	26	0:18:32	1:11:40	0:10:19
25	3046	495	Luis Duarte		SEN	Tri-Oeste -Clube de Triatlo do Oeste	61	0:18:19	19	0:00:37	15	0:33:46	19	0:00:27	30	0:18:43	1:11:52	0:10:31
26	3133	467	Sean McEvoy		SEN	Triathlon Lamego Club	45	0:17:44	30	0:00:44	34	0:35:21	23	0:00:28	10	0:17:37	1:11:54	0:10:33
27	3021	588	Marco Mello		SEN	ABV Estoris	36	0:16:46	33	0:00:45	36	0:35:24	49	0:00:34	28	0:18:35	1:12:04	0:10:43
30	3131	469	João Ferreira		SEN	Triathlon Lamego Club	30	0:16:14	60	0:01:02	38	0:35:41	32	0:00:29	31	0:18:47	1:12:13	0:10:52
31	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	39	0:16:55	16	0:00:36	33	0:35:16	33	0:00:29	36	0:19:10	1:12:26	0:11:05
33	3148	653	José Rodrigues		SEN	C.A.D.C. Almeirim / Ribabike	42	0:17:26	37	0:00:49	22	0:34:29	15	0:00:27	54	0:20:14	1:13:25	0:12:04
35	3061	725	Miguel Palmeira		SEN	Ginásio Clube de Tavira	71	0:19:46	40	0:00:52	11	0:33:16	27	0:00:29	37	0:19:14	1:13:37	0:12:16
36	3145	602	Luis Lopes		SEN	C.A.D.C. Almeirim / Ribabike	41	0:17:23	79	0:01:11	19	0:34:11	63	0:00:37	60	0:20:28	1:13:50	0:12:29
39	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN			124	0:20:49	40	0:35:49	-1	0:00:19	12	0:17:40	1:14:37	0:13:16
41	3153	741	Pedro Bartolomeu		SEN	TAC-Natação	53	0:18:05	46	0:00:54	49	0:36:24	40	0:00:31	34	0:18:57	1:14:51	0:13:30
42	3045	623	Luis Filipe Lopes		SEN	Musclor-Oeiras Sport Clube	27	0:16:12	34	0:00:46	58	0:37:06	53	0:00:35	57	0:20:15	1:14:54	0:13:33

43	3107	621	Rui Sousa	SEN	C.D. Asas do Milénium	65	0:19:00	62	0:01:03	42	0:35:59	47	0:00:34	25	0:18:27	1:15:03	0:13:42
44	3009	629	Fernando Carmo	SEN	C.F. "Os Belenenses"	73	0:19:54	61	0:01:03	37	0:35:39	70	0:00:40	16	0:17:49	1:15:05	0:13:44
46	3020	524	Miguel Palma	SEN	ABV Estoris	46	0:17:52	29	0:00:43	35	0:35:24	38	0:00:31	70	0:20:56	1:15:26	0:14:05
47	3137	466	Carlos Matos	SEN	Casa Benfica Faro/GASCAN	80	0:20:49	53	0:00:59	27	0:34:48	34	0:00:30	23	0:18:22	1:15:28	0:14:07
48	3056	594	Hugo Ribeiro	SEN	Tri-Oeiras.com	56	0:18:10	32	0:00:45	31	0:35:11	30	0:00:29	71	0:20:57	1:15:32	0:14:11
50	3010	585	Paulo Codinha	SEN	C.F. "Os Belenenses"	40	0:17:10	31	0:00:45	44	0:36:05	29	0:00:29	79	0:21:17	1:15:46	0:14:25
51	5241		José António Hurtado	SEN	Individual	83	0:20:59	25	0:00:40	30	0:35:00	44	0:00:32	33	0:18:54	1:16:05	0:14:44
52	3070	742	Leonardo Lopes	SEN	Casa Benfica Faro/GASCAN	63	0:18:26	41	0:00:52	69	0:38:10	58	0:00:36	29	0:18:37	1:16:41	0:15:20
54	5242		Javier Martin	SEN	Individual									122	1:16:59	1:16:59	0:15:38
56	3149	667	Danny Silva	SEN	C.A.D.C. Almeirim / Ribabike	58	0:18:12	52	0:00:59	57	0:37:02	57	0:00:36	65	0:20:34	1:17:23	0:16:02
58	3017	729	Rui Pedro Sousa	SEN	C.F. "Os Belenenses"	25	0:16:10	68	0:01:05	89	0:40:15	48	0:00:34	46	0:19:53	1:17:57	0:16:36
61	3034	721	Pedro Freitas	SEN	CEFA	44	0:17:34	105	0:01:39	68	0:38:09	103	0:00:59	49	0:20:07	1:18:28	0:17:07
62	3022	540	Pedro Gaspar	SEN	Alhandra Sporting Clube	35	0:16:46	84	0:01:15	75	0:38:31	85	0:00:46	77	0:21:12	1:18:30	0:17:09
64	3147	604	Pedro Bento	SEN	C.A.D.C. Almeirim / Ribabike	78	0:20:43	54	0:01:00	47	0:36:15	51	0:00:35	51	0:20:11	1:18:44	0:17:23
65	3163	2554	Rúben Silva	SEN	AGM-Portas / GGS-Torneiras	55	0:18:07	49	0:00:56	72	0:38:21	3	0:00:22	74	0:21:05	1:18:51	0:17:30
66	580		Alexandre Ventura	SEN	Individual	59	0:18:15	35	0:00:46	59	0:37:07	62	0:00:36	89	0:22:22	1:19:06	0:17:45
67	3164	2555	Olímpio Ferreira	SEN	AGM-Portas / GGS-Torneiras	47	0:17:57	45	0:00:54	77	0:38:44	4	0:00:22	76	0:21:10	1:19:07	0:17:46
71	3075	531	Nuno Lopes	SEN	Clube Ferroviário de Vendas Novas	90	0:21:10	70	0:01:06	55	0:36:54	77	0:00:43	52	0:20:12	1:20:05	0:18:44
72	3060	336	Fernando Minhalma	SEN	Ginásio Clube de Tavira	51	0:18:00	42	0:00:53	91	0:40:33	52	0:00:35	56	0:20:15	1:20:16	0:18:55
77	3161	2551	Hugo Afonso	SEN	Individual	76	0:20:31	120	0:02:31	50	0:36:24	99	0:00:55	68	0:20:50	1:21:11	0:19:50
78	3150	2452	Ernesto Caniço	SEN	C.A.D.C. Almeirim / Ribabike	91	0:21:14	69	0:01:05	56	0:37:01	61	0:00:36	80	0:21:31	1:21:27	0:20:06
80	3067	463	Cláudio Ribeiro	SEN	Casa Benfica Faro/GASCAN	67	0:19:03	115	0:02:07	88	0:40:15	55	0:00:36	45	0:19:49	1:21:50	0:20:29
81	3004	485	Bruno Silva	SEN	CCD / V.F. Xira									124	1:21:51	1:21:51	0:20:30
82	3026	461	Anibal Oliveira	SEN	Amiciclo	105	0:23:34	94	0:01:24	64	0:37:19	42	0:00:32	39	0:19:15	1:22:04	0:20:43
83	3036	732	Nuno Campos	SEN	CEFA	93	0:21:48	92	0:01:23	63	0:37:15	87	0:00:48	75	0:21:08	1:22:22	0:21:01
89	3146	603	Victor Rodrigues	SEN	C.A.D.C. Almeirim / Ribabike	81	0:20:53	58	0:01:02	74	0:38:28	96	0:00:53	87	0:22:02	1:23:18	0:21:57
94	3030	501	Nuno Raimundo	SEN	CEFA	89	0:21:09	39	0:00:52	94	0:41:17	76	0:00:43	67	0:20:44	1:24:45	0:23:24
95	3023	669	Paulo Robalo	SEN	Alhandra Sporting Clube	79	0:20:48	106	0:01:39	92	0:41:09	101	0:00:58	58	0:20:16	1:24:50	0:23:29
99	3077	743	Pedro Bilro	SEN	Clube Ferroviário de Vendas Novas	101	0:22:45	99	0:01:29	81	0:39:32	83	0:00:46	84	0:21:45	1:26:17	0:24:56
108	5164		Eduardo Fernandes	SEN	Individual	104	0:23:14	86	0:01:17	109	0:43:53	114	0:01:16	94	0:22:42	1:32:22	0:31:01
110	3058	740	André Rocha	SEN	Tri-Oeiras.com	85	0:21:04	80	0:01:13	113	0:44:17	105	0:01:02	113	0:26:03	1:33:39	0:32:18
111	3076	687	Rui Pereira	SEN	Clube Ferroviário de Vendas Novas	103	0:23:05	104	0:01:35	114	0:44:46	88	0:00:49	102	0:23:38	1:33:53	0:32:32
112	3028	630	António Cunha	SEN	CEFA	118	0:27:10	118	0:02:17	101	0:42:05	78	0:00:43	82	0:21:38	1:33:53	0:32:32
114	3081	745	Ricardo Vieira	SEN	Ginásio Clube Figueirense	102	0:23:02	93	0:01:24	117	0:45:33	108	0:01:03	99	0:23:00	1:34:02	0:32:41
119	5144		Luis Rocha	SEN	Individual	92	0:21:40	123	0:02:49	121	0:47:16	5	0:00:22	114	0:26:22	1:38:29	0:37:08
127	5191		João Antunes	SEN	Individual	114	0:26:13	119	0:02:23	124	0:51:13	35	0:00:30	119	0:30:58	1:51:17	0:49:56
129	3102	662	Alexandre Feliz	DNF	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste											
130	3108	544	António Costa	DNF	SEN	C.D. Asas do Milénium	115	0:26:45	63	0:01:03	-2	-0:27:48					

SEN Femininos

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16º								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
6	5128		Rui Simões		SEN	Individual	-6	0:21:22	-5	0:01:10	-12	0:35:08	-9	0:00:48	-10	0:20:30	1:18:58	0:17:37
7	5200		José Correia		SEN	Individual	-7	0:20:06	-8	0:01:05	-8	0:38:08	-12	0:00:40	-8	0:22:57	1:22:56	0:21:35
9	3015	538	Maria João Madeira		SEN	C.F. "Os Belenenses"	-8	0:18:56	-7	0:01:08	-6	0:41:04	-13	0:00:33	-7	0:23:33	1:25:14	0:23:53

S23 Masculinos

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16º								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
2	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho Couto-Ika	-2	0:13:08	0	0:00:26	5	0:31:41	7	0:00:23	3	0:16:40	1:02:18	0:00:57
3	5240		Samer Ali Guardia		S23	Individual	2	0:13:28	7	0:00:30	8	0:32:52	39	0:00:31	-2	0:15:55	1:03:16	0:01:55
6	2000	321	João Cavaleiro		S23	C.F. "Os Belenenses"	-1	0:13:11	11	0:00:34	10	0:33:09	2	0:00:22	8	0:17:17	1:04:33	0:03:12
8	5081		Daniel Guzman		S23	Individual	10	0:14:28	28	0:00:42	20	0:34:11	-3	-0:00:32	11	0:17:39	1:06:28	0:05:07
12	2032	252	Tiago Neves		S23	Tri-Oeiras.com	8	0:14:01	6	0:00:30	24	0:34:39	28	0:00:29	19	0:18:00	1:07:39	0:06:18
14	2012	352	Pedro Gomes		S23	Tri-Oeiras.com	9	0:14:23	14	0:00:35	28	0:34:55	16	0:00:27	17	0:17:50	1:08:10	0:06:49
22	2003	417	Rui Dolores		S23	Amiciclo	38	0:16:51	83	0:01:14	25	0:34:43	31	0:00:29	15	0:17:47	1:11:04	0:09:43
28	5050		Miguel Santa Maria		S23	Individual	24	0:16:08	23	0:00:40	43	0:36:04	93	0:00:51	22	0:18:21	1:12:04	0:10:43
32	2009	285	Vasco Côrte-Real		S23	Tri-Oeste -Clube de Triatlo do Oeste	29	0:16:14	75	0:01:08	53	0:36:39	73	0:00:41	21	0:18:18	1:13:00	0:11:39
40	2023	370	Gustavo Capão		S23	Grecas - Vagos	33	0:16:16	64	0:01:04	52	0:36:37	56	0:00:36	53	0:20:12	1:14:45	0:13:24
53	2013	2502	João Miguel Coelho		S23	Tri-Oeiras.com	99	0:22:32	87	0:01:18	3	0:31:02	106	0:01:02	69	0:20:52	1:16:46	0:15:25
55	2008	365	Manuel Júlio		S23	Musclor-Oeiras Sport Clube	54	0:18:07	18	0:00:37	65	0:37:31	37	0:00:31	55	0:20:14	1:17:00	0:15:39
63	2033	354	Manuel Coutinho		S23	Tri-Oeiras.com	7	0:13:59	13	0:00:35	97	0:41:43	74	0:00:42	81	0:21:32	1:18:31	0:17:10
70	2030	333	João Leite		S23	Triathlon Lamego Club	16	0:15:33	85	0:01:17	103	0:42:26	89	0:00:49	43	0:19:42	1:19:47	0:18:26
79	2037	312	Duarte Costa		S23	TAC-Natação	21	0:15:52	88	0:01:20	-1	-0:17:12			123	1:21:46	1:21:46	0:20:25
87	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	64	0:18:36	82	0:01:14	93	0:41:15	84	0:00:46	73	0:21:01	1:22:52	0:21:31
88	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	57	0:18:11	73	0:01:08	86	0:40:03	98	0:00:55	98	0:22:51	1:23:08	0:21:47
91	5279		Carlos Capela		S23	Individual	20	0:15:50	102	0:01:30	111	0:44:03	43	0:00:32	83	0:21:40	1:23:35	0:22:14
100	2004	283	Ricardo Martins		S23	Amiciclo	87	0:21:06	108	0:01:42	98	0:41:49	22	0:00:28	88	0:22:04	1:27:09	0:25:48
117	2038	2552	Ricardo Rodrigues		S23	Alhandra Sporting Clube	94	0:21:51	100	0:01:29	120	0:46:26	113	0:01:14	108	0:25:19	1:36:19	0:34:58

S23 Femininos

NATAÇÃO							CICLISMO						CORRIDA					
750 (MT) Temperatura Agua: 16º							20 KM (KM)						5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
1	2017	274	Vanessa Fernandes		S23	AGM-Portas / GGS-Torneiras	-15	0:14:01	-13	0:00:31	-13	0:34:35	-19	0:00:24	-14	0:16:47	1:06:18	0:04:57
5	2026	379	Maria Areosa		S23	C.N. Cartaxo	-13	0:14:40	-12	0:00:37	-9	0:38:08	-18	0:00:25	-12	0:19:38	1:13:28	0:12:07
10	2014	393	Maria Cecília Franco		S23	Tri-Oeiras.com	-5	0:21:27	-2	0:02:01	-4	0:44:28	-8	0:01:04	-5	0:25:41	1:34:41	0:33:20
15	2015	294	Catarina Jerónimo	DNF	S23	Casa Benfica Faro/GASCAN	-10	0:18:09	-9	0:00:58	-14	-0:19:07						

JUN Masculinos

NATAÇÃO							CICLISMO						CORRIDA					
750 (MT) Temperatura Agua: 16º							20 KM (KM)						5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
15	5276		Victoriano Moreno		JUN	Individual	6	0:13:57	9	0:00:31	26	0:34:44	24	0:00:28	35	0:19:09	1:08:49	0:07:28
21	1020	179	Miguel Arraiolos		JUN	Águias de Alpiarça	22	0:16:00	27	0:00:41	32	0:35:14	20	0:00:28	27	0:18:35	1:10:58	0:09:37
37	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	23	0:16:05	22	0:00:40	61	0:37:12	41	0:00:32	44	0:19:46	1:14:15	0:12:54
60	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	31	0:16:15	47	0:00:55	87	0:40:11	65	0:00:37	59	0:20:21	1:18:19	0:16:58
68	1019	420	André Leitão		JUN	Águias de Alpiarça	37	0:16:49	43	0:00:53	73	0:38:24	36	0:00:31	93	0:22:37	1:19:14	0:17:53
73	1000	124	Pedro Lopes		JUN	C.F. "Os Belenenses"	26	0:16:11	71	0:01:06	84	0:40:00	45	0:00:33	92	0:22:35	1:20:25	0:19:04
74	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	88	0:21:08	89	0:01:20	66	0:37:56	60	0:00:36	48	0:20:03	1:21:03	0:19:42
75	5235		Javier Bordallo Junior		JUN	Individual	69	0:19:37	38	0:00:49	46	0:36:12	54	0:00:35	103	0:23:52	1:21:05	0:19:44
86	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	15	0:15:18	65	0:01:05	105	0:43:01	75	0:00:42	95	0:22:45	1:22:51	0:21:30
90	1050	2549	José Quaresma		JUN	C.F. "Os Belenenses"	66	0:19:02	98	0:01:28	78	0:38:51	92	0:00:51	101	0:23:11	1:23:23	0:22:02
92	1003	2294	Francisco Oliveira Reis		JUN	C.F. "Os Belenenses"	32	0:16:15	66	0:01:05	100	0:42:05	11	0:00:24	104	0:23:59	1:23:48	0:22:27
93	1045	222	João Amaral		JUN	C.N. Cartaxo	43	0:17:30	91	0:01:22	102	0:42:12	72	0:00:41	97	0:22:48	1:24:33	0:23:12
107	1010	126	Joaquim Guerreiro		JUN	Amiciclo	107	0:23:47	116	0:02:08	110	0:43:57	111	0:01:09	63	0:20:31	1:31:32	0:30:11
124	1008	2505	Diogo Carvalho		JUN	Alhandra Sporting Clube	110	0:25:35	111	0:01:57	115	0:45:02	64	0:00:37	118	0:28:54	1:42:05	0:40:44
128	1011	102	José Estrangeiro	DNF	JUN	SR Camarnal-Constr.Ramalho Couto-Ika	12	0:14:41	21	0:00:40	1	-0:15:21						

JUN Femininos

NATAÇÃO							CICLISMO						CORRIDA					
750 (MT) Temperatura Agua: 16º							20 KM (KM)						5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
2	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"									-1	1:11:54	1:11:54	0:10:33
3	1002	276	Sarah Moniz		JUN	C.F. "Os Belenenses"	-14	0:14:22	-14	0:00:29	-11	0:36:34	-14	0:00:28	-11	0:20:15	1:12:08	0:10:47
4	1013	12	Bárbara Clemente		JUN	Sport União Colarense	-12	0:16:00	-11	0:00:42	-10	0:36:44	-16	0:00:27	-13	0:19:31	1:13:24	0:12:03
8	1027	7	Marina Pedro		JUN	Os Kotas Bike Team	-9	0:18:09	-6	0:01:09	-7	0:40:22	-17	0:00:25	-6	0:23:34	1:23:39	0:22:18
Médias:							0:19:24	0:01:16	0:36:14	0:00:39	0:23:13							

11	1025	128	Tânia Boleta		JUN	Os Kotas Bike Team	-3	0:26:24	-10	0:00:52	-3	0:45:16	-15	0:00:27	-9	0:22:20	1:35:19	0:33:58
12	1035	2508	Ana Carrasco		JUN	Alhandra Sporting Clube	-11	0:18:01	-3	0:01:44	-1	0:50:01	-7	0:01:04	-4	0:26:12	1:37:02	0:35:41

SEN Femininos

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16º								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
16	3062	622	Ana Pereira	DNS	SEN	Casa Benfica Faro/GASCAN												
17	3136	666	Rute Costa	DNS	SEN	Casa Benfica Faro/GASCAN												
133	4098	583	Carlos Pinto	DNS	V1	Triathlon Lamego Club												
134	1021	422	Gonçalo Silva	DNS	JUN	Águias de Alpiarça												
135	3007	573	António Cabaço	DNS	SEN	C.F. "Os Belenenses"												
136	3012	715	Ricardo Fróis	DNS	SEN	C.F. "Os Belenenses"												
137	1024	287	José Pinho	DNS	JUN	A.D.C.R. Painho/Pêra Rocha do Oeste												
138	3128	471	José Ferreira	DNS	SEN	Triathlon Lamego Club												
139	5192		Valter Graça	DNS	SEN	Individual												
140	5116		Rui Canário	DNS	SEN	Individual												
141	1030	427	Ricardo Marques	DNS	JUN	C.N. Cartaxo												
142	1046	19	Diogo Henriques	DNS	JUN	C.N. Cartaxo												