

IV Triatlo Cidade de Quarteira

CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

Masculinos

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		

NATAÇÃO								CICLISMO						CORRIDA				
750 (MT) Temperatura Agua: 16°								20 KM (KM)						5 KM (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	3016	575	Bruno Pais		SEN	C.F. "Os Belenenses"	4	0:13:26	1	0:00:24	7	0:31:11	10	0:00:23	2	0:15:57	1:01:21	0:00:00
2	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:13:08	3	0:00:26	8	0:31:41	11	0:00:23	6	0:16:40	1:02:18	0:00:57
3	5240		Samer Ali Guardia		S23	Individual	5	0:13:28	10	0:00:30	11	0:32:52	43	0:00:31	1	0:15:55	1:03:16	0:01:55
4	5263		José Maria Merchan		SEN	Individual	6	0:13:33	8	0:00:29	10	0:32:52	29	0:00:28	5	0:16:24	1:03:46	0:02:25
5	5203		Gerald Horvath		SEN	Individual	8	0:13:57	2	0:00:25	9	0:32:29	18	0:00:25	7	0:16:49	1:04:05	0:02:44
6	2000	321	João Cavaleiro		S23	C.F. "Os Belenenses"	2	0:13:11	14	0:00:34	13	0:33:09	6	0:00:22	11	0:17:17	1:04:33	0:03:12
7	3165	476	Mário Raimundo		SEN	Tri-Oeiras.com	3	0:13:21	13	0:00:33	12	0:33:01	12	0:00:23	16	0:17:46	1:05:04	0:03:43
8	5081		Daniel Guzman		S23	Individual	13	0:14:28	31	0:00:42	23	0:34:11	1	-0:00:32	14	0:17:39	1:06:28	0:05:07
9	3041	578	Luís Diogo Santos		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	21	0:15:48	5	0:00:27	3	-0:16:15			123	1:07:12	1:07:12	0:05:51
10	5277		Juan António Nebro		SEN	Individual	17	0:15:06	7	0:00:28	24	0:34:23	5	0:00:21	8	0:17:04	1:07:22	0:06:01
11	3006	566	Paulo Antunes		SEN	C.F. "Os Belenenses"	7	0:13:55	6	0:00:28	5	-0:14:23			124	1:07:39	1:07:39	0:06:18
12	3333	575	Paulo Antunes		SEN	C.F. "Os Belenenses"	7	0:13:55	6	0:00:28	5	-0:14:23			124	1:07:39	1:07:39	0:06:18
13	5237		Eduardo Salas		SEN	Individual	14	0:14:31	27	0:00:40	19	0:34:02	13	0:00:23	27	0:18:25	1:08:01	0:06:40
14	2012	352	Pedro Gomes		S23	Tri-Oeiras.com	12	0:14:23	17	0:00:35	31	0:34:55	20	0:00:27	20	0:17:50	1:08:10	0:06:49
15	5276		Victoriano Moreno		JUN	Individual	9	0:13:57	12	0:00:31	29	0:34:44	28	0:00:28	38	0:19:09	1:08:49	0:07:28
16	3069	497	Pedro Cordeiro		SEN	Casa Benfica Faro/GASCAN	20	0:15:40	11	0:00:31	17	0:33:43	21	0:00:27	35	0:18:48	1:09:09	0:07:48
17	3127	468	Tiago Lobo		SEN	Triathlon Lamego Club	16	0:15:00	4	0:00:26	51	0:36:20	75	0:00:40	10	0:17:14	1:09:40	0:08:19
18	3063	488	Nuno Neves		SEN	Casa Benfica Faro/GASCAN	22	0:15:50	58	0:01:00	32	0:35:00	14	0:00:24	21	0:17:53	1:10:07	0:08:46
19	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	53	0:17:59	23	0:00:39	20	0:34:03	22	0:00:27	9	0:17:06	1:10:14	0:08:53
20	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	77	0:19:58	18	0:00:36	15	0:33:16	25	0:00:28	4	0:16:18	1:10:36	0:09:15
21	1020	179	Miguel Arraiolos		JUN	Águias de Alpiarça	25	0:16:00	30	0:00:41	35	0:35:14	24	0:00:28	30	0:18:35	1:10:58	0:09:37
22	2003	417	Rui Dolores		S23	Amiciclo	41	0:16:51	86	0:01:14	28	0:34:43	35	0:00:29	18	0:17:47	1:11:04	0:09:43
23	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	31	0:16:13	15	0:00:35	44	0:35:50	16	0:00:25	23	0:18:06	1:11:09	0:09:48
24	3074	686	Pedro Amaral		SEN	Clube Ferroviário de Vendas Novas	51	0:17:58	29	0:00:41	21	0:34:04	17	0:00:25	29	0:18:32	1:11:40	0:10:19
25	3046	495	Luis Duarte		SEN	Tri-Oeste -Clube de Triatlo do Oeste	64	0:18:19	22	0:00:37	18	0:33:46	23	0:00:27	33	0:18:43	1:11:52	0:10:31
26	3133	467	Sean McEvoy		SEN	Triathlon Lamego Club	48	0:17:44	33	0:00:44	37	0:35:21	27	0:00:28	13	0:17:37	1:11:54	0:10:33

NATAÇÃO								CICLISMO					CORRIDA					
750 (MT) Temperatura Agua: 16°								20 KM (KM)					5 KM (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
27	3021	588	Marco Mello		SEN	ABV Estoris	39	0:16:46	36	0:00:45	39	0:35:24	53	0:00:34	31	0:18:35	1:12:04	0:10:43
28	5050		Miguel Santa Maria		S23	Individual	27	0:16:08	26	0:00:40	46	0:36:04	97	0:00:51	25	0:18:21	1:12:04	0:10:43
29	4062	802	Carlos Cabrita		V3	S. R. Toreense	73	0:19:45	20	0:00:36	16	0:33:32	30	0:00:28	17	0:17:46	1:12:07	0:10:46
30	3131	469	João Ferreira		SEN	Triathlon Lamego Club	33	0:16:14	63	0:01:02	41	0:35:41	36	0:00:29	34	0:18:47	1:12:13	0:10:52
31	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	42	0:16:55	19	0:00:36	36	0:35:16	37	0:00:29	39	0:19:10	1:12:26	0:11:05
32	2009	285	Vasco Côrte-Real		S23	Tri-Oeste -Clube de Triatlo do Oeste	32	0:16:14	78	0:01:08	56	0:36:39	77	0:00:41	24	0:18:18	1:13:00	0:11:39
33	3148	653	José Rodrigues		SEN	C.A.D.C. Almeirim / Ribabike	45	0:17:26	40	0:00:49	25	0:34:29	19	0:00:27	57	0:20:14	1:13:25	0:12:04
34	4101	755	João Gomes		V1	Tri-Oeiras.com	37	0:16:25	39	0:00:47	42	0:35:48	54	0:00:34	50	0:20:00	1:13:34	0:12:13
35	3061	725	Miguel Palmeira		SEN	Ginásio Clube de Tavira	74	0:19:46	43	0:00:52	14	0:33:16	31	0:00:29	40	0:19:14	1:13:37	0:12:16
36	3145	602	Luis Lopes		SEN	C.A.D.C. Almeirim / Ribabike	44	0:17:23	82	0:01:11	22	0:34:11	67	0:00:37	63	0:20:28	1:13:50	0:12:29
37	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	26	0:16:05	25	0:00:40	64	0:37:12	45	0:00:32	47	0:19:46	1:14:15	0:12:54
38	4032	769	Carlos Gomes		V1	Musclor-Oeiras Sport Clube	85	0:20:59	54	0:00:58	26	0:34:35	4	0:00:19	12	0:17:24	1:14:15	0:12:54
39	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN			127	0:20:49	43	0:35:49	3	0:00:19	15	0:17:40	1:14:37	0:13:16
40	2023	370	Gustavo Capão		S23	Grecas - Vagos	36	0:16:16	67	0:01:04	55	0:36:37	60	0:00:36	56	0:20:12	1:14:45	0:13:24
41	3153	741	Pedro Bartolomeu		SEN	TAC-Natação	56	0:18:05	49	0:00:54	52	0:36:24	44	0:00:31	37	0:18:57	1:14:51	0:13:30
42	3045	623	Luis Filipe Lopes		SEN	Musclor-Oeiras Sport Clube	30	0:16:12	37	0:00:46	61	0:37:06	57	0:00:35	60	0:20:15	1:14:54	0:13:33
43	3107	621	Rui Sousa		SEN	C.D. Asas do Milénium	68	0:19:00	65	0:01:03	45	0:35:59	51	0:00:34	28	0:18:27	1:15:03	0:13:42
44	3009	629	Fernando Carmo		SEN	C.F. "Os Belenenses"	76	0:19:54	64	0:01:03	40	0:35:39	74	0:00:40	19	0:17:49	1:15:05	0:13:44
45	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	52	0:17:59	60	0:01:01	54	0:36:25	70	0:00:37	41	0:19:15	1:15:17	0:13:56
46	3020	524	Miguel Palma		SEN	ABV Estoris	49	0:17:52	32	0:00:43	38	0:35:24	42	0:00:31	73	0:20:56	1:15:26	0:14:05
47	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	83	0:20:49	56	0:00:59	30	0:34:48	38	0:00:30	26	0:18:22	1:15:28	0:14:07
48	3056	594	Hugo Ribeiro		SEN	Tri-Oeiras.com	59	0:18:10	35	0:00:45	34	0:35:11	34	0:00:29	74	0:20:57	1:15:32	0:14:11
49	4060	762	António Moura		V2	Casa do Benfica no Fundão	63	0:18:16	75	0:01:06	57	0:36:40	2	0:00:18	43	0:19:18	1:15:38	0:14:17
50	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	43	0:17:10	34	0:00:45	47	0:36:05	33	0:00:29	82	0:21:17	1:15:46	0:14:25
51	5241		José António Hurtado		SEN	Individual	86	0:20:59	28	0:00:40	33	0:35:00	48	0:00:32	36	0:18:54	1:16:05	0:14:44
52	3070	742	Leonardo Lopes		SEN	Casa Benfica Faro/GASCAN	66	0:18:26	44	0:00:52	72	0:38:10	62	0:00:36	32	0:18:37	1:16:41	0:15:20
53	2013	2502	João Miguel Coelho		S23	Tri-Oeiras.com	102	0:22:32	90	0:01:18	6	0:31:02	110	0:01:02	72	0:20:52	1:16:46	0:15:25
54	5242		Javier Martin		SEN	Individual									125	1:16:59	1:16:59	0:15:38
55	2008	365	Manuel Júlio		S23	Musclor-Oeiras Sport Clube	57	0:18:07	21	0:00:37	68	0:37:31	41	0:00:31	58	0:20:14	1:17:00	0:15:39
56	3149	667	Danny Silva		SEN	C.A.D.C. Almeirim / Ribabike	61	0:18:12	55	0:00:59	60	0:37:02	61	0:00:36	68	0:20:34	1:17:23	0:16:02
57	4015	774	José Oliveira		V2	ABV Estoris	71	0:19:13	51	0:00:55	48	0:36:07	108	0:00:59	53	0:20:09	1:17:23	0:16:02
58	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	28	0:16:10	71	0:01:05	92	0:40:15	52	0:00:34	49	0:19:53	1:17:57	0:16:36
59	4093	840	Rui Sa		V1	Casa Benfica Faro/GASCAN	55	0:18:03	79	0:01:09	63	0:37:08	83	0:00:43	81	0:21:15	1:18:18	0:16:57
60	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	34	0:16:15	50	0:00:55	90	0:40:11	69	0:00:37	62	0:20:21	1:18:19	0:16:58
61	3034	721	Pedro Freitas		SEN	CEFA	47	0:17:34	108	0:01:39	71	0:38:09	107	0:00:59	52	0:20:07	1:18:28	0:17:07
62	3022	540	Pedro Gaspar		SEN	Alhandra Sporting Clube	38	0:16:46	87	0:01:15	78	0:38:31	89	0:00:46	80	0:21:12	1:18:30	0:17:09
63	2033	354	Manuel Coutinho		S23	Tri-Oeiras.com	10	0:13:59	16	0:00:35	100	0:41:43	78	0:00:42	84	0:21:32	1:18:31	0:17:10

NATAÇÃO								CICLISMO						CORRIDA				
750 (MT) Temperatura Agua: 16°								20 KM (KM)						5 KM (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
64	3147	604	Pedro Bento		SEN	C.A.D.C. Almeirim / Ribabike	81	0:20:43	57	0:01:00	50	0:36:15	55	0:00:35	54	0:20:11	1:18:44	0:17:23
65	3163	2554	Rúben Silva		SEN	AGM-Portas / GGS-Torneiras	58	0:18:07	52	0:00:56	75	0:38:21	7	0:00:22	77	0:21:05	1:18:51	0:17:30
66	580		Alexandre Ventura		SEN	Individual	62	0:18:15	38	0:00:46	62	0:37:07	66	0:00:36	92	0:22:22	1:19:06	0:17:45
67	3164	2555	Olimpio Ferreira		SEN	AGM-Portas / GGS-Torneiras	50	0:17:57	48	0:00:54	80	0:38:44	8	0:00:22	79	0:21:10	1:19:07	0:17:46
68	1019	420	André Leitão		JUN	Águas de Alpiarça	40	0:16:49	46	0:00:53	76	0:38:24	40	0:00:31	96	0:22:37	1:19:14	0:17:53
69	4034	756	João Pereira		V1	Tri-Oeiras.com	75	0:19:49	47	0:00:54	79	0:38:32	63	0:00:36	45	0:19:35	1:19:26	0:18:05
70	2030	333	João Leite		S23	Triathlon Lamego Club	19	0:15:33	88	0:01:17	106	0:42:26	93	0:00:49	46	0:19:42	1:19:47	0:18:26
71	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	93	0:21:10	73	0:01:06	58	0:36:54	81	0:00:43	55	0:20:12	1:20:05	0:18:44
72	3060	336	Fernando Minhalma		SEN	Ginásio Clube de Tavira	54	0:18:00	45	0:00:53	94	0:40:33	56	0:00:35	59	0:20:15	1:20:16	0:18:55
73	1000	124	Pedro Lopes		JUN	C.F. "Os Belenenses"	29	0:16:11	74	0:01:06	87	0:40:00	49	0:00:33	95	0:22:35	1:20:25	0:19:04
74	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	91	0:21:08	92	0:01:20	69	0:37:56	64	0:00:36	51	0:20:03	1:21:03	0:19:42
75	5235		Javier Bordallo Junior		JUN	Individual	72	0:19:37	41	0:00:49	49	0:36:12	58	0:00:35	106	0:23:52	1:21:05	0:19:44
76	4063	832	José Soares		V2	S. R. Toreense	65	0:18:26	59	0:01:00	88	0:40:02	73	0:00:40	75	0:20:58	1:21:06	0:19:45
77	3161	2551	Hugo Afonso		SEN	Individual	79	0:20:31	123	0:02:31	53	0:36:24	103	0:00:55	71	0:20:50	1:21:11	0:19:50
78	3150	2452	Ernesto Caniço		SEN	C.A.D.C. Almeirim / Ribabike	94	0:21:14	72	0:01:05	59	0:37:01	65	0:00:36	83	0:21:31	1:21:27	0:20:06
79	2037	312	Duarte Costa		S23	TAC-Natação	24	0:15:52	91	0:01:20	2	-0:17:12			126	1:21:46	1:21:46	0:20:25
80	3067	463	Cláudio Ribeiro		SEN	Casa Benfica Faro/GASCAN	70	0:19:03	118	0:02:07	91	0:40:15	59	0:00:36	48	0:19:49	1:21:50	0:20:29
81	3004	485	Bruno Silva		SEN	CCD / V.F. Xira									127	1:21:51	1:21:51	0:20:30
82	3026	461	Anibal Oliveira		SEN	Amiciclo	108	0:23:34	97	0:01:24	67	0:37:19	46	0:00:32	42	0:19:15	1:22:04	0:20:43
83	3036	732	Nuno Campos		SEN	CEFA	96	0:21:48	95	0:01:23	66	0:37:15	91	0:00:48	78	0:21:08	1:22:22	0:21:01
84	4052	770	Manuel Gonçalves		V1	Papa-Léguas de Assafora	98	0:22:10	81	0:01:10	83	0:39:20	72	0:00:39	44	0:19:26	1:22:45	0:21:24
85	4042	753	João Rita		V2	Casa Benfica Faro/GASCAN	89	0:21:06	53	0:00:57	70	0:38:05	94	0:00:50	88	0:21:51	1:22:49	0:21:28
86	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	18	0:15:18	68	0:01:05	108	0:43:01	79	0:00:42	98	0:22:45	1:22:51	0:21:30
87	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	67	0:18:36	85	0:01:14	96	0:41:15	88	0:00:46	76	0:21:01	1:22:52	0:21:31
88	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	60	0:18:11	76	0:01:08	89	0:40:03	102	0:00:55	101	0:22:51	1:23:08	0:21:47
89	3146	603	Victor Rodrigues		SEN	C.A.D.C. Almeirim / Ribabike	84	0:20:53	61	0:01:02	77	0:38:28	100	0:00:53	90	0:22:02	1:23:18	0:21:57
90	1050	2549	José Quaresma		JUN	C.F. "Os Belenenses"	69	0:19:02	101	0:01:28	81	0:38:51	96	0:00:51	104	0:23:11	1:23:23	0:22:02
91	5279		Carlos Capela		S23	Individual	23	0:15:50	105	0:01:30	114	0:44:03	47	0:00:32	86	0:21:40	1:23:35	0:22:14
92	1003	2294	Francisco Oliveira Reis		JUN	C.F. "Os Belenenses"	35	0:16:15	69	0:01:05	103	0:42:05	15	0:00:24	107	0:23:59	1:23:48	0:22:27
93	1045	222	João Amaral		JUN	C.N. Cartaxo	46	0:17:30	94	0:01:22	105	0:42:12	76	0:00:41	100	0:22:48	1:24:33	0:23:12
94	3030	501	Nuno Raimundo		SEN	CEFA	92	0:21:09	42	0:00:52	97	0:41:17	80	0:00:43	70	0:20:44	1:24:45	0:23:24
95	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	82	0:20:48	109	0:01:39	95	0:41:09	105	0:00:58	61	0:20:16	1:24:50	0:23:29
96	4073	456	Amândio Caetano		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	100	0:22:20	104	0:01:29	85	0:39:45	86	0:00:44	67	0:20:33	1:24:51	0:23:30
97	4045	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	80	0:20:35	99	0:01:26	86	0:39:54	104	0:00:56	94	0:22:27	1:25:18	0:23:57
98	4089	768	Jorge Duarte		V2	Musclor-Oeiras Sport Clube	87	0:21:02	77	0:01:08	82	0:39:13	101	0:00:54	103	0:23:01	1:25:18	0:23:57
99	3077	743	Pedro Bilro		SEN	Clube Ferroviário de Vendas Novas	104	0:22:45	102	0:01:29	84	0:39:32	87	0:00:46	87	0:21:45	1:26:17	0:24:56
100	2004	283	Ricardo Martins		S23	Amiciclo	90	0:21:06	111	0:01:42	101	0:41:49	26	0:00:28	91	0:22:04	1:27:09	0:25:48

NATAÇÃO								CICLISMO						CORRIDA				
750 (MT) Temperatura Agua: 16°								20 KM (KM)						5 KM (MT)				
LG	DrsI	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
101	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense	109	0:23:42	116	0:02:00	73	0:38:15	99	0:00:53	99	0:22:47	1:27:37	0:26:16
102	4075	751	José Peixoto		V2	A.D.C.R. Painho/Pêra Rocha do Oeste	122	0:27:45	62	0:01:02	74	0:38:16	71	0:00:38	64	0:20:29	1:28:10	0:26:49
103	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	123	0:28:24	98	0:01:25	65	0:37:13	113	0:01:06	65	0:20:29	1:28:37	0:27:16
104	4082	862	José Maçarra		V2	Ginásio Clube Figueirense	112	0:24:39	106	0:01:34	98	0:41:27	85	0:00:44	69	0:20:42	1:29:06	0:27:45
105	4023	765	Francisco Bexiga		V2	CEFA	78	0:20:00	100	0:01:27	102	0:42:04	95	0:00:51	109	0:25:13	1:29:35	0:28:14
106	5202		Fernando Castilho		V2	Individual	111	0:23:51	120	0:02:16	122	0:46:21	114	0:01:08	3	0:16:01	1:29:37	0:28:16
107	1010	126	Joaquim Guerreiro		JUN	Amiciclo	110	0:23:47	119	0:02:08	113	0:43:57	115	0:01:09	66	0:20:31	1:31:32	0:30:11
108	5164		Eduardo Fernandes		SEN	Individual	107	0:23:14	89	0:01:17	112	0:43:53	118	0:01:16	97	0:22:42	1:32:22	0:31:01
109	4002	852	Christian Bayon		V3	C.F. "Os Belenenses"	103	0:22:36	80	0:01:10	109	0:43:05	119	0:01:17	110	0:25:14	1:33:22	0:32:01
110	3058	740	André Rocha		SEN	Tri-Oeiras.com	88	0:21:04	83	0:01:13	116	0:44:17	109	0:01:02	116	0:26:03	1:33:39	0:32:18
111	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	106	0:23:05	107	0:01:35	117	0:44:46	92	0:00:49	105	0:23:38	1:33:53	0:32:32
112	3028	630	António Cunha		SEN	CEFA	121	0:27:10	121	0:02:17	104	0:42:05	82	0:00:43	85	0:21:38	1:33:53	0:32:32
113	5114		Joaquim Baluga		V3	Individual	115	0:25:48	117	0:02:03	111	0:43:42	50	0:00:33	89	0:21:54	1:34:00	0:32:39
114	3081	745	Ricardo Vieira		SEN	Ginásio Clube Figueirense	105	0:23:02	96	0:01:24	120	0:45:33	112	0:01:03	102	0:23:00	1:34:02	0:32:41
115	4100	871	Jaime Carmo		V4	Individual	101	0:22:28	112	0:01:52	107	0:42:52	120	0:01:21	115	0:25:47	1:34:20	0:32:59
116	4046	816	Mário Melo		V3	Clube Ferroviário de Vendas Novas	99	0:22:15	113	0:01:54	119	0:45:16	98	0:00:53	108	0:24:53	1:35:11	0:33:50
117	2038	2552	Ricardo Rodrigues		S23	Alhandra Sporting Clube	97	0:21:51	103	0:01:29	123	0:46:26	117	0:01:14	111	0:25:19	1:36:19	0:34:58
118	4001	821	Adelino Vicente		V4	Individual	119	0:26:47	84	0:01:14	110	0:43:42	111	0:01:03	114	0:25:43	1:38:29	0:37:08
119	5144		Luis Rocha		SEN	Individual	95	0:21:40	126	0:02:49	124	0:47:16	9	0:00:22	117	0:26:22	1:38:29	0:37:08
120	4035	812	Carlos Raimundo		V3	Tri-Oeiras.com	116	0:26:07	93	0:01:22	115	0:44:10	106	0:00:58	118	0:26:27	1:39:04	0:37:43
121	4018	709	Mário Magalhães		V2	AGM-Portas / GGS-Torneiras	126	0:33:26	110	0:01:40	93	0:40:27	116	0:01:13	93	0:22:24	1:39:10	0:37:49
122	4016	827	John Graney		V5	ABV Estoris	114	0:25:35	124	0:02:33	99	0:41:33	122	0:01:58	119	0:27:51	1:39:30	0:38:09
123	4004	801	Luís Ramos		V3	C.F. "Os Belenenses"	120	0:27:08	115	0:01:57	121	0:45:46	121	0:01:21	113	0:25:28	1:41:40	0:40:19
124	1008	2505	Diogo Carvalho		JUN	Alhandra Sporting Clube	113	0:25:35	114	0:01:57	118	0:45:02	68	0:00:37	121	0:28:54	1:42:05	0:40:44
125	4003	830	João Branco		V5	C.F. "Os Belenenses"	124	0:28:36	70	0:01:05	125	0:47:39	84	0:00:44	120	0:28:04	1:46:08	0:44:47
126	5268		Constantino Conceição		V2	Individual	125	0:30:46	125	0:02:34	126	0:50:01	90	0:00:46	112	0:25:27	1:49:34	0:48:13
127	5191		João Antunes		SEN	Individual	117	0:26:13	122	0:02:23	127	0:51:13	39	0:00:30	122	0:30:58	1:51:17	0:49:56
128	1011	102	José Estrangeiro	DNF	JUN	SR Camarnal-Constr.Ramalho Couto-Ika	15	0:14:41	24	0:00:40	4	-0:15:21						
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	118	0:26:45	66	0:01:03	1	-0:27:48						
131	4095	881	Carlos Ferrão	DNF	V2	Musclor-Oeiras Sport Clube												
132	4014	775	João Santos	DNF	V1	ABV Estoris												
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												

Resultados

NATAÇÃO									CICLISMO					CORRIDA				
750 (MT) Temperatura Agua: 16°									20 KM (KM)					5 KM (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
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												

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