

## VIII Duatlo do Cadaval - Camp.

### CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

#### Resultados

<b>Localidade:</b>	<b>Cadaval</b>	<b>Distância</b> CORRI (MT); CICLIS (KM); CORRI (MT):	<b>5000/20/2500</b>
<b>Data:</b>	<b>30-04-2005</b>	<b>Hora de começo:</b>	<b>16h00m</b>

#### Informação

<b>Delegado técnico:</b>	<b>Artur Parreira</b>	<b>Juiz Principal:</b>	<b>Vitor Costa</b>
<b>Pontuável para:</b>		<b>Juri de apelo:</b>	<b>Artur Parreira/J.L.Ferreira/Edgar</b>

Temperatura Agua:					CORRIDA 5000 (MT)				CICLISMO 20 (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	2007	362	Sérgio Manuel Silva		S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:16:18	2	0:00:21	21	-0:16:39	136	0:52:00	5	0:08:01	1:00:01	0:00:00
2	3016	575	Bruno Pais		SEN	C.F. "Os Belenenses"	3	0:16:38					135	0:51:40	8	0:08:26	1:00:06	0:00:05
3	3117	486	Lino Barruncho		SEN	Vitoria Janes	2	0:16:29	6	0:00:22	20	-0:16:51	138	0:52:10	7	0:08:19	1:00:29	0:00:28
4	1011	102	José Estrangeiro		JUN	SR Camarnal-Constr.Ramalho Couto-Ika	5	0:16:46					137	0:52:09	11	0:08:31	1:00:40	0:00:39
5	3040	505	José Ribeiro		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	11	0:17:16	38	0:00:29	16	-0:17:45	140	0:52:39	13	0:08:36	1:01:15	0:01:14
6	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho Couto-Ika	4	0:16:45					139	0:52:12	34	0:09:33	1:01:45	0:01:44
7	3071	532	Luis Manuel Almeida		SEN	Clube Ferroviário de Vendas Novas	6	0:17:00	18	0:00:24	19	-0:17:24	145	0:54:23	6	0:08:16	1:02:39	0:02:38
8	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	15	0:17:43	16	0:00:24	15	-0:18:07	143	0:54:23	12	0:08:32	1:02:55	0:02:54
9	3089	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	8	0:17:14					144	0:54:23	14	0:08:36	1:02:59	0:02:58
10	3088	521	João Campos		SEN	Casa do Benfica no Fundão	9	0:17:15					146	0:54:32	16	0:08:46	1:03:18	0:03:17
11	3114	689	Rui Belo		SEN	Vitoria Janes	10	0:17:15	25	0:00:25	18	-0:17:40	147	0:54:50	17	0:08:46	1:03:36	0:03:35
12	3007	550	Miguel Gouveia		V1	Musclor-Oeiras Sport Clube	10	0:17:00	25	0:00:21	15	-0:17:44	140	0:55:00	20	0:09:01	1:04:00	0:03:59
13	2029	382	Nelson Silva		S23	Vitoria Janes	7	0:17:12	3	0:00:21	47	0:38:13	6	0:00:21	10	0:08:28	1:04:35	0:04:34
14	4058	520	António Catarino		V1	Casa do Benfica no Fundão	16	0:17:43	24	0:00:25	14	-0:18:08	148	0:54:55	38	0:09:43	1:04:38	0:04:37
15	2012	352	Pedro Gomes		S23	Tri-Oeiras.com	17	0:18:01	1	0:00:21	39	0:37:33	2	0:00:20	9	0:08:28	1:04:43	0:04:42
16	3074	686	Pedro Amaral		SEN	Clube Ferroviário de Vendas Novas	22	0:18:21	11	0:00:23	26	0:37:09	9	0:00:23	15	0:08:37	1:04:53	0:04:52
17	2000	321	João Cavaleiro		S23	C.F. "Os Belenenses"	14	0:17:38	30	0:00:26	44	0:37:51			24	0:09:04	1:04:59	0:04:58
18	4032	769	Carlos Gomes		V1	Musclor-Oeiras Sport Clube	24	0:18:21	8	0:00:22	30	0:37:11	5	0:00:20	18	0:08:47	1:05:01	0:05:00
19	4064	785	José Reis		V1	Vitória Club de Ovar	27	0:18:22	20	0:00:24	29	0:37:11	1	0:00:19	21	0:08:57	1:05:13	0:05:12
20	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	18	0:18:13	5	0:00:22	32	0:37:20	4	0:00:20	23	0:09:03	1:05:18	0:05:17
21	3165	476	Mário Raimundo		SEN	Tri-Oeiras.com	31	0:18:23	21	0:00:24	28	0:37:10	24	0:00:27	22	0:08:59	1:05:23	0:05:22
22	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	20	0:18:20	4	0:00:21	41	0:37:40			25	0:09:06	1:05:27	0:05:26
23	3063	488	Nuno Neves		SEN	Casa Benfica Faro/GASCAN	19	0:18:14	15	0:00:24	31	0:37:16	13	0:00:25	27	0:09:13	1:05:32	0:05:31
24	2032	252	Tiago Neves		S23	Tri-Oeiras.com	28	0:18:23	33	0:00:27	24	0:37:05	33	0:00:30	26	0:09:10	1:05:35	0:05:34
25	4095	881	Carlos Ferrão		V2	Musclor-Oeiras Sport Clube	13	0:17:37	74	0:00:38	42	0:37:44	16	0:00:25	36	0:09:37	1:06:01	0:06:00
26	3050	496	Bruno Fernandes		SEN	Tri-Oeste -Clube de Triatlo do Oeste	25	0:18:22	22	0:00:25	40	0:37:35	21	0:00:27	28	0:09:15	1:06:04	0:06:03

Médias: 0:21:22 0:00:55 0:34:59 0:06:17 0:13:41

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				20 (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	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	26	0:18:22	34	0:00:27	38	0:37:30	30	0:00:29	30	0:09:24	1:06:12	0:06:11
28	3133	467	Sean McEvoy		SEN	Triathlon Lamego Club	36	0:18:45	9	0:00:23	49	0:38:16	3	0:00:20	19	0:08:52	1:06:36	0:06:35
29	3127	468	Tiago Lobo		SEN	Triathlon Lamego Club	21	0:18:21	14	0:00:24	51	0:38:27	35	0:00:30	20	0:08:55	1:06:37	0:06:36
30	3051	499	António Ervideira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	34	0:18:43	36	0:00:28	48	0:38:13	22	0:00:27	29	0:09:15	1:07:06	0:07:05
31	4041	754	Fernando Pires		V2	Casa Benfica Faro/GASCAN	30	0:18:23	19	0:00:24	50	0:38:25	14	0:00:25	37	0:09:38	1:07:15	0:07:14
32	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	43	0:19:29	54	0:00:33	34	0:37:26	42	0:00:31	31	0:09:27	1:07:26	0:07:25
33	2003	417	Rui Dolores		S23	Amiciclo	35	0:18:45	59	0:00:34	46	0:38:08	34	0:00:30	35	0:09:36	1:07:33	0:07:32
34	3009	629	Fernando Carmo		SEN	C.F. "Os Belenenses"	37	0:19:04	49	0:00:32	43	0:37:46	31	0:00:29	44	0:09:51	1:07:42	0:07:41
35	3021	588	Marco Mello		SEN	ABV Estoris	40	0:19:26	61	0:00:34	37	0:37:27	65	0:00:37	41	0:09:46	1:07:50	0:07:49
36	4086	489	José Salgueiro		V1	Vitoria Janes	41	0:19:28	67	0:00:35	33	0:37:25	48	0:00:33	46	0:09:53	1:07:54	0:07:53
37	3069	497	Pedro Cordeiro		SEN	Casa Benfica Faro/GASCAN	44	0:19:30	23	0:00:25	35	0:37:26	8	0:00:23	52	0:10:12	1:07:56	0:07:55
38	4090	865	Rui Campos		V1	Musclor-Oeiras Sport Clube	23	0:18:21	7	0:00:22	13	-0:18:43			154	1:07:59	1:07:59	0:07:58
39	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	33	0:18:41	31	0:00:26	68	0:39:53	12	0:00:25	32	0:09:28	1:08:53	0:08:52
40	3026	461	Anibal Oliveira		SEN	Amiciclo	45	0:19:31	66	0:00:35	36	0:37:27	29	0:00:29	84	0:11:10	1:09:12	0:09:11
41	3178	472	José Coutinho		SEN	Musclor-Oeiras Sport Clube	49	0:19:51	58	0:00:33	10	-0:20:24			155	1:09:16	1:09:16	0:09:15
42	1020	179	Miguel Arraiolos		JUN	Águias de Alpiarça	38	0:19:16	29	0:00:26	54	0:39:08	40	0:00:31	51	0:10:08	1:09:29	0:09:28
43	5137	2578	Ricardo Teixeira		S23	Tri-Oeste -Clube de Triatlo do Oeste	47	0:19:36	125	0:00:54	45	0:38:06	44	0:00:31	63	0:10:29	1:09:36	0:09:35
44	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	48	0:19:50	100	0:00:44	60	0:39:20	76	0:00:40	40	0:09:45	1:10:19	0:10:18
45	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	46	0:19:35	53	0:00:33	67	0:39:45	60	0:00:36	49	0:10:03	1:10:32	0:10:31
46	3145	602	Luis Lopes		SEN	C.A.D.C. Almeirim / Ribabike	90	0:21:18	68	0:00:35	25	0:37:05	66	0:00:37	77	0:10:57	1:10:32	0:10:31
47	3170	2562	Rui Simões		SEN	Sport União Colarense	76	0:21:02	117	0:00:49	27	0:37:09	63	0:00:36	88	0:11:12	1:10:48	0:10:47
48	1013	12	Bárbara Clemente		JUN	Sport União Colarense	50	0:20:05	28	0:00:26	72	0:40:10	32	0:00:30	43	0:09:49	1:11:00	0:10:59
49	4074	458	Pedro Marques		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	69	0:20:58	75	0:00:39	57	0:39:14	41	0:00:31	45	0:09:53	1:11:15	0:11:14
50	4059	800	Fernando Feijão		V3	Casa do Benfica no Fundão	42	0:19:28	27	0:00:25	73	0:40:11	87	0:00:44	71	0:10:39	1:11:27	0:11:26
51	5098	433	Hugo Índio		S23	Triathlon Lamego Club	65	0:20:47	81	0:00:40	9	-0:21:27			156	1:11:28	1:11:28	0:11:27
52	1002	276	Sarah Moniz		JUN	C.F. "Os Belenenses"	61	0:20:34	43	0:00:30	65	0:39:39	45	0:00:32	54	0:10:18	1:11:33	0:11:32
53	4039	792	José Varela		V2	Casa Benfica Faro/GASCAN	54	0:20:17	26	0:00:25	71	0:40:08	18	0:00:26	61	0:10:26	1:11:42	0:11:41
54	3171	315	Bruno Ferreira		SEN	C.N. Cartaxo	88	0:21:11	72	0:00:37	53	0:38:54	69	0:00:38	59	0:10:24	1:11:44	0:11:43
55	3149	667	Danny Silva		SEN	C.A.D.C. Almeirim / Ribabike	72	0:21:00	62	0:00:34	61	0:39:21	62	0:00:36	58	0:10:22	1:11:53	0:11:52
56	4031	665	José Zacarias		V1	Musclor-Oeiras Sport Clube	77	0:21:02	57	0:00:33	52	0:38:51	117	0:00:58	66	0:10:31	1:11:55	0:11:54
57	4106	647	Luis Parrinha		V1	C.N. Cartaxo	68	0:20:51	92	0:00:42	56	0:39:13	72	0:00:39	65	0:10:31	1:11:56	0:11:55
58	3031	504	Paulo Marques		SEN	CEFA	32	0:18:38	110	0:00:48	94	0:42:16	89	0:00:45	33	0:09:31	1:11:58	0:11:57
59	4060	762	António Moura		V2	Casa do Benfica no Fundão	52	0:20:16	12	0:00:23	78	0:40:58	7	0:00:22	48	0:10:02	1:12:01	0:12:00
60	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	56	0:20:19	45	0:00:30	76	0:40:55	54	0:00:34	47	0:09:54	1:12:12	0:12:11
61	3102	662	Alexandre Feliz		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	92	0:21:19			63	0:39:36	27	0:00:28	78	0:11:00	1:12:23	0:12:22
62	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	95	0:21:26	60	0:00:34	69	0:39:55	43	0:00:31	56	0:10:19	1:12:45	0:12:44
63	3020	524	Miguel Palma		SEN	ABV Estoris	74	0:21:00	47	0:00:31	62	0:39:21	56	0:00:34	102	0:11:23	1:12:49	0:12:48

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				20 (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	4015	774	José Oliveira		V2	ABV Estoris	73	0:21:00	69	0:00:35	58	0:39:18	78	0:00:41	92	0:11:16	1:12:50	0:12:49
65	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	97	0:21:35	10	0:00:23	66	0:39:43	81	0:00:42	70	0:10:38	1:13:01	0:13:00
66	3079	728	Eduardo Açada		SEN	Ginásio Clube Figueirense	70	0:20:58	118	0:00:50	55	0:39:08	75	0:00:40	117	0:11:53	1:13:29	0:13:28
67	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	71	0:20:59	138	0:01:01	70	0:39:59	118	0:01:00	69	0:10:35	1:13:34	0:13:33
68	3119	638	Paulo Calixto		SEN	Ateneu Artístico Cartaxense	59	0:20:23	39	0:00:29	79	0:41:05	58	0:00:35	83	0:11:05	1:13:37	0:13:36
69	3086	649	Luis Guerreiro		SEN	Borealis	55	0:20:18	82	0:00:40	75	0:40:41	53	0:00:34	110	0:11:37	1:13:50	0:13:49
70	3116	688	Bruno Martins		SEN	Vitoria Janes	62	0:20:34	40	0:00:29	81	0:41:16	10	0:00:24	89	0:11:13	1:13:56	0:13:55
71	3150	2452	Ernesto Caniço		SEN	C.A.D.C. Almeirim / Ribabike	91	0:21:18	139	0:01:01	64	0:39:38	85	0:00:43	101	0:11:22	1:14:02	0:14:01
72	4065	557	José Silva		V1	Vitória Club de Ovar	51	0:20:05	77	0:00:39	90	0:42:06	36	0:00:30	74	0:10:43	1:14:03	0:14:02
73	3073	635	Claudio Nogueira		SEN	Clube Ferroviário de Vendas Novas	109	0:22:00	55	0:00:33	59	0:39:20	49	0:00:33	118	0:11:56	1:14:22	0:14:21
74	3163	2554	Rúben Silva		SEN	AGM-Portas / GGS-Torneiras	98	0:21:35	85	0:00:40	74	0:40:27	55	0:00:34	87	0:11:12	1:14:28	0:14:27
75	3162	2553	Emanuel Fontoura		SEN	AGM-Portas / GGS-Torneiras	82	0:21:05	56	0:00:33	88	0:42:00	39	0:00:30	60	0:10:24	1:14:32	0:14:31
76	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	60	0:20:23	37	0:00:28	107	0:43:39	23	0:00:27	39	0:09:43	1:14:40	0:14:39
77	4000	798	Olimpio Guedelha		V3	CCD / V.F. Xira	81	0:21:04	133	0:00:58	83	0:41:32	98	0:00:47	57	0:10:20	1:14:41	0:14:40
78	3022	540	Pedro Gaspar		SEN	Alhandra Sporting Clube	80	0:21:04	132	0:00:57	85	0:41:38	74	0:00:40	62	0:10:28	1:14:47	0:14:46
79	3173	2564	José Lino		SEN	C.N. Cartaxo	85	0:21:09	105	0:00:45	84	0:41:34	68	0:00:38	75	0:10:51	1:14:57	0:14:56
80	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	106	0:21:57	106	0:00:46	77	0:40:58	61	0:00:36	76	0:10:52	1:15:09	0:15:08
81	3164	2555	Olimpio Ferreira		SEN	AGM-Portas / GGS-Torneiras	101	0:21:42	46	0:00:31	97	0:42:28	19	0:00:26	72	0:10:39	1:15:46	0:15:45
82	4093	840	Rui Sa		V1	Casa Benfica Faro/GASCAN	104	0:21:56	123	0:00:53	87	0:41:47	92	0:00:45	67	0:10:33	1:15:54	0:15:53
83	3110	2453	Jorge Bento		SEN	C.D. Asas do Milénium									157	1:16:17	1:16:17	0:16:16
84	2024	289	Gonçalo Lopes		S23	C.D. Asas do Milénium	79	0:21:03	131	0:00:56	106	0:43:31	119	0:01:00	42	0:09:48	1:16:18	0:16:17
85	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	53	0:20:17	98	0:00:44	80	0:41:06	109	0:00:53	139	0:13:26	1:16:26	0:16:25
86	4073	456	Amândio Caetano		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	84	0:21:07	115	0:00:49	95	0:42:22	83	0:00:43	103	0:11:25	1:16:26	0:16:25
87	4014	775	João Santos		V1	ABV Estoris	112	0:22:14	70	0:00:36	82	0:41:22	84	0:00:43	111	0:11:41	1:16:36	0:16:35
88	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	58	0:20:22	107	0:00:46	96	0:42:24	112	0:00:54	124	0:12:29	1:16:55	0:16:54
89	2004	283	Ricardo Martins		S23	Amiciclo	96	0:21:31	48	0:00:32	102	0:43:00	47	0:00:33	99	0:11:20	1:16:56	0:16:55
90	4089	768	Jorge Duarte		V2	Musclor-Oeiras Sport Clube	113	0:22:18	99	0:00:44	89	0:42:03	97	0:00:46	90	0:11:13	1:17:04	0:17:03
91	4107	851	Américo Gaspar		V1	C.N. Cartaxo	105	0:21:56	119	0:00:50	100	0:42:46	80	0:00:41	79	0:11:00	1:17:13	0:17:12
92	4067	822	Carlos Leite		V5	Vitória Club de Ovar	93	0:21:21	150	0:01:11	103	0:43:09	129	0:01:10	64	0:10:31	1:17:22	0:17:21
93	3007	573	António Cabaço		SEN	C.F. "Os Belenenses"	83	0:21:06	86	0:00:41	104	0:43:20	95	0:00:46	106	0:11:32	1:17:25	0:17:24
94	3001	627	Paulo Teles		SEN	CCD / V.F. Xira	103	0:21:47	111	0:00:48	98	0:42:36	90	0:00:45	105	0:11:31	1:17:27	0:17:26
95	3120	720	Mário Couto		SEN	Ateneu Artístico Cartaxense	99	0:21:40	130	0:00:56	101	0:42:57	102	0:00:48	86	0:11:12	1:17:33	0:17:32
96	2031	291	Nelson Pereira		S23	Triathlon Lamego Club	86	0:21:10	44	0:00:30	110	0:43:55	20	0:00:27	109	0:11:37	1:17:39	0:17:38
97	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	123	0:22:44	90	0:00:42	91	0:42:07	51	0:00:33	112	0:11:44	1:17:50	0:17:49
98	4081	861	Sebastião Fraústo		V1	C.D. Asas do Milénium	132	0:23:09	94	0:00:42	86	0:41:41	70	0:00:38	114	0:11:46	1:17:56	0:17:55
99	3057	734	Henrique Matias		SEN	Tri-Oeiras.com	102	0:21:44	120	0:00:51	93	0:42:12	115	0:00:57	123	0:12:18	1:18:02	0:18:01
100	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	64	0:20:46			126	0:46:34	79	0:00:41	55	0:10:18	1:18:19	0:18:18

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				20 (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	3146	603	Victor Rodrigues		SEN	C.A.D.C. Almeirim / Ribabike	110	0:22:09	87	0:00:41	109	0:43:47	105	0:00:51	81	0:11:03	1:18:31	0:18:30
102	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	87	0:21:11	95	0:00:43	114	0:44:37	86	0:00:44	96	0:11:19	1:18:34	0:18:33
103	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	100	0:21:42	154	0:01:25	105	0:43:21	124	0:01:05	97	0:11:19	1:18:52	0:18:51
104	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	57	0:20:21	35	0:00:28	128	0:47:21	25	0:00:28	53	0:10:18	1:18:56	0:18:55
105	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	119	0:22:30	63	0:00:34	112	0:44:07	37	0:00:30	98	0:11:19	1:19:00	0:18:59
106	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense									158	1:19:08	1:19:08	0:19:07
107	3094	708	Pedro Fernandes		SEN	ABV Estoris	107	0:21:57	102	0:00:45	113	0:44:17	113	0:00:55	95	0:11:18	1:19:12	0:19:11
108	4018	709	Mário Magalhães		V2	AGM-Portas / GGS-Torneiras	114	0:22:20	136	0:01:01	111	0:44:05	77	0:00:41	100	0:11:22	1:19:29	0:19:28
109	3095	748	José Gonçalves		SEN	Greca - Vagos	66	0:20:49	137	0:01:01	117	0:45:36	108	0:00:52	91	0:11:15	1:19:33	0:19:32
110	2033	354	Manuel Coutinho		S23	Tri-Oeiras.com	131	0:23:09	52	0:00:33	99	0:42:39	64	0:00:37	129	0:12:44	1:19:42	0:19:41
111	3109	2451	Duarte Caldeira		SEN	C.D. Asas do Milénium	78	0:21:03	129	0:00:55	121	0:45:52	94	0:00:45	94	0:11:16	1:19:51	0:19:50
112	3002	484	Paulo Leote		SEN	CCD / V.F. Xira	94	0:21:23	145	0:01:07	118	0:45:43			116	0:11:49	1:20:02	0:20:01
113	3028	630	António Cunha		SEN	CEFA	122	0:22:36	146	0:01:07	115	0:44:49	104	0:00:49	82	0:11:03	1:20:24	0:20:23
114	2040	371	Sheila Azevedo		S23	Casa Benfica Faro/GASCAN	89	0:21:15	93	0:00:42	8	-0:21:57			159	1:20:26	1:20:26	0:20:25
115	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	117	0:22:22	114	0:00:49	108	0:43:41	73	0:00:40	134	0:12:58	1:20:30	0:20:29
116	3066	332	Irina Coelho		SEN	Casa Benfica Faro/GASCAN	121	0:22:34	80	0:00:40	122	0:46:01	57	0:00:35	73	0:10:42	1:20:32	0:20:31
117	5153	788	Bernard Verguet		V2	C.F. "Os Belenenses"									160	1:21:14	1:21:14	0:21:13
118	3142	2526	Pedro Figueira		SEN	ABV Estoris	127	0:22:59	71	0:00:37	119	0:45:44	71	0:00:39	93	0:11:16	1:21:15	0:21:14
119	3136	666	Rute Costa		SEN	Casa Benfica Faro/GASCAN	111	0:22:11	89	0:00:42	125	0:46:23	67	0:00:37	113	0:11:45	1:21:38	0:21:37
120	3004	485	Bruno Silva		SEN	CCD / V.F. Xira	134	0:23:41	116	0:00:49	4	-0:24:30			161	1:21:57	1:21:57	0:21:56
121	3043	511	Horácio Ferreira		SEN	Musclor-Oeiras Sport Clube	116	0:22:21	113	0:00:48	124	0:46:15	93	0:00:45	120	0:11:57	1:22:06	0:22:05
122	4045	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	133	0:23:36	143	0:01:03	116	0:44:55	128	0:01:07	108	0:11:35	1:22:16	0:22:15
123	3118	701	Nuno Morais		SEN	Ateneu Artístico Cartaxense	129	0:23:07	78	0:00:39	120	0:45:48	46	0:00:32	122	0:12:16	1:22:22	0:22:21
124	5158	436	Daniel Almeida		JUN	Triathlon Lamego Club									162	1:23:43	1:23:43	0:23:42
125	3125	698	Nuno Moreira		SEN	Triathlon Lamego Club	67	0:20:50	96	0:00:43	134	0:50:09	114	0:00:56	104	0:11:28	1:24:06	0:24:05
126	3081	745	Ricardo Vieira		SEN	Ginásio Clube Figueirense	130	0:23:07	126	0:00:55	129	0:47:27	110	0:00:53	115	0:11:47	1:24:09	0:24:08
127	1042	2599	João Lobão		JUN	Triathlon Lamego Club	124	0:22:44	91	0:00:42	92	0:42:07	52	0:00:33	152	0:18:19	1:24:25	0:24:24
128	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	75	0:21:01	73	0:00:38	139	0:51:07	82	0:00:42	85	0:11:12	1:24:40	0:24:39
129	2025	290	Luis Estrela		S23	Clube Ferroviário de Vendas Novas	144	0:25:11	151	0:01:17	123	0:46:08			135	0:13:01	1:25:37	0:25:36
130	2036	2536	Vasco Baptista		S23	Alhandra Sporting Clube	63	0:20:41	41	0:00:29	146	0:53:01	28	0:00:28	80	0:11:01	1:25:40	0:25:39
131	1027	7	Marina Pedro		JUN	Os Kotas Bike Team	137	0:23:57	13	0:00:24	130	0:48:58	17	0:00:26	119	0:11:57	1:25:42	0:25:41
132	3035	723	Carlos Branco		SEN	CEFA	108	0:21:58	103	0:00:45	147	0:53:10	106	0:00:51	68	0:10:35	1:27:19	0:27:18
133	3003	854	César Andrade		SEN	CCD / V.F. Xira	153	0:25:52	124	0:00:53	127	0:47:10	100	0:00:47	138	0:13:17	1:27:59	0:27:58
134	3141	2525	Paulo Matias		SEN	Tri-Oeiras.com	140	0:24:44	122	0:00:52	132	0:49:21	107	0:00:51	133	0:12:56	1:28:44	0:28:43
135	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	128	0:23:03	50	0:00:32	145	0:52:18	50	0:00:33	130	0:12:51	1:29:17	0:29:16
136	4088	882	António Trabuco		V1	Triathlon Lamego Club	139	0:24:27	153	0:01:22	135	0:50:13	123	0:01:03	131	0:12:51	1:29:56	0:29:55
137	3122	2514	Jorge Mendes		SEN	Mem Martins Sport Club	145	0:25:14	64	0:00:34	133	0:50:01	38	0:00:30	143	0:13:55	1:30:14	0:30:13



Temperatura Agua:						CORRIDA 5000 (MT)				CICLISMO 20 (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
138	1025	128	Tânia Boleta		JUN	Os Kotas Bike Team	125	0:22:48	42	0:00:30	151	0:55:01	11	0:00:25	107	0:11:35	1:30:19	0:30:18
139	3151	2531	Isabel Van Dyck		SEN	C.A.D.C. Almeirim / Ribabike	143	0:25:09	112	0:00:48	141	0:51:28	116	0:00:58	126	0:12:38	1:31:01	0:31:00
140	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	142	0:24:59	79	0:00:39	144	0:52:02	96	0:00:46	128	0:12:43	1:31:09	0:31:08
141	4100	871	Jaime Carmo		V4	Individual	141	0:24:50	128	0:00:55	143	0:51:35	126	0:01:06	132	0:12:54	1:31:20	0:31:19
142	4024	500	Rui Teixeira		V1	CEFA	152	0:25:37	149	0:01:10	136	0:50:37	120	0:01:01	136	0:13:08	1:31:33	0:31:32
143	1008	2505	Diogo Carvalho		JUN	Alhandra Sporting Clube	148	0:25:20	97	0:00:43	137	0:50:45	101	0:00:47	144	0:13:59	1:31:34	0:31:33
144	4043	829	Francisco Martins		V5	Clube Ferroviário de Vendas Novas	155	0:26:29	109	0:00:47	138	0:50:57	88	0:00:44	141	0:13:46	1:32:43	0:32:42
145	4094	873	Artur Amaral		V1	C.N. Cartaxo	146	0:25:16	140	0:01:02	142	0:51:34	127	0:01:06	145	0:14:12	1:33:10	0:33:09
146	3027	459	Paulo Jorge		SEN	Amiciclo									163	1:33:37	1:33:37	0:33:36
147	3096	547	José Antunes		SEN	Individual	156	0:26:55	148	0:01:09	140	0:51:16	125	0:01:06	137	0:13:14	1:33:40	0:33:39
148	4083	863	Herculano Marques		V2	C.N. Cartaxo	136	0:23:55	135	0:00:59	154	0:55:55	121	0:01:01	127	0:12:43	1:34:33	0:34:32
149	3179	652	Nuno André		SEN	Individual									164	1:34:34	1:34:34	0:34:33
150	4056	868	Artur Romero		V3	AGM-Portas / GGS-Torneiras	147	0:25:20	83	0:00:40	156	0:56:19	59	0:00:35	125	0:12:37	1:35:31	0:35:30
151	4005	817	Vitor Costa		V3	C.F. "Os Belenenses"	150	0:25:30	127	0:00:55	155	0:56:12	111	0:00:53	140	0:13:32	1:37:02	0:37:01
152	4001	821	Adelino Vicente		V4	Individual	157	0:26:55	152	0:01:19	148	0:53:41	130	0:01:11	149	0:15:05	1:38:11	0:38:10
153	3097	546	Luis Antunes		SEN	Individual	158	0:26:56	142	0:01:03	149	0:54:19	103	0:00:49	148	0:15:05	1:38:12	0:38:11
154	3132	697	Jorge Pereira		SEN	Triathlon Lamego Club	159	0:27:11	144	0:01:06	153	0:55:43	122	0:01:02	142	0:13:48	1:38:50	0:38:49
155	4035	812	Carlos Raimundo		V3	Tri-Oeiras.com	161	0:27:58	134	0:00:58	150	0:54:21	99	0:00:47	147	0:14:59	1:39:03	0:39:02
156	3135	2515	Mário Guedes		SEN	Triathlon Lamego Club	154	0:26:22	88	0:00:41	157	0:56:35	132	0:01:15	146	0:14:27	1:39:20	0:39:19
157	4003	830	João Branco		V5	C.F. "Os Belenenses"	163	0:28:10	104	0:00:45	152	0:55:07	91	0:00:45	151	0:16:00	1:40:47	0:40:46
158	4046	816	Mário Melo		V3	Clube Ferroviário de Vendas Novas	160	0:27:35	156	0:02:30	158	0:58:39	133	0:01:23	150	0:15:23	1:45:30	0:45:29
159	4017	828	Fernando Inácio		V5	ABV Estoris	162	0:28:07	155	0:01:55	159	0:58:56	134	0:01:34	153	0:18:27	1:48:59	0:48:58
160	1045	222	João Amaral	DNF	JUN	C.N. Cartaxo	126	0:22:59	65	0:00:35	131	0:48:59	26	0:00:28	2	-1:13:01		
161	2009	285	Vasco Côte-Real	DNF	S23	Tri-Oeste -Clube de Triatlo do Oeste	39	0:19:17	121	0:00:52	11	-0:20:09						
162	1021	422	Gonçalo Silva	DNF	JUN	Águias de Alpiarça	149	0:25:30	101	0:00:45	2	-0:26:15						
163	3131	469	João Ferreira	DNF	SEN	Triathlon Lamego Club	29	0:18:23	76	0:00:39	12	-0:19:02						
164	3006	566	Paulo Antunes	DNF	SEN	C.F. "Os Belenenses"												
165	3085	722	Armando Costa	DNF	SEN	Sport União Colarense			157	0:35:50	1	-0:35:50						
166	4023	765	Francisco Bexiga	DNF	V2	CEFA	151	0:25:36	108	0:00:47	22	0:31:40	131	0:01:15	3	-0:59:18		
167	4019	850	Mário Santana	DNF	V4	Amiciclo	118	0:22:23	51	0:00:32	7	-0:22:55						
168	5103	875	Luis Sousa Ribeiro	DNF	V1	Triathlon Lamego Club	164	0:29:03					149	1:39:41	1	-1:39:41		
169	2010	2501	João Belo Martins	DNF	S23	Tri-Oeiras.com	135	0:23:50	84	0:00:40	5	-0:24:30	141	0:53:45	4	-0:53:45		
170	1049	2548	André Fonseca	DNF	JUN	Comissão de Melhoramentos de Ferreiros	138	0:24:18	141	0:01:02	3	-0:25:20						
171	3160	2550	Nuno Vasco	DNF	SEN	Ginásio Clube Figueirense	120	0:22:33	147	0:01:08	6	-0:23:41						
172	1010	126	Joaquim Guerreiro	DNS	JUN	Amiciclo												
173	1040	363	Hugo Cruz	DNS	JUN	Triathlon Lamego Club												
174	1019	420	André Leitão	DNS	JUN	Águias de Alpiarça												

# Resultados

Temperatura Agua:						CORRIDA 5000 (MT)				CICLISMO 20 (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
175	3128	471	José Ferreira	DNS	SEN	Triathlon Lamego Club												
176	3046	495	Luis Duarte	DNS	SEN	Tri-Oeste -Clube de Triatlo do Oeste												
177	3047	506	Pedro Pinheiro	DNS	SEN	Tri-Oeste -Clube de Triatlo do Oeste												
178	3124	584	Francisco Santos	DNS	SEN	Triathlon Lamego Club												
179	4026	600	José Santos	DNS	V1	SR Camarnal-Constr.Ramalho Couto-Ika												
180	3084	626	Rui Melo	DNS	SEN	Sport União Colarense												
181	3148	653	José Rodrigues	DNS	SEN	C.A.D.C. Almeirim / Ribabike												
182	2002	696	Daniel Simões	DNS	S23	Alhandra Sporting Clube												
183	3033	714	António Marques	DNS	SEN	CEFA												
184	3126	735	Sérgio Monteiro	DNS	SEN	Triathlon Lamego Club												
185	4047	778	José Teixeira	DNS	V1	Clube Ferroviário de Vendas Novas												
186	4066	784	António Brandão	DNS	V2	Vitória Club de Ovar												
187	4007	808	Maria Moniz	DNS	V2	C.F. "Os Belenenses"												
188	4082	862	José Maçarría	DNS	V2	Ginásio Clube Figueirense												
189	4085	864	Francisco Jorge	DNS	V2	Sport União Colarense												
190	1032	2454	Ana Filipa Sampaio	DNS	JUN	Alhandra Sporting Clube												
191	1035	2508	Ana Carrasco	DNS	JUN	Alhandra Sporting Clube												
192	3172	645	João Lourenço	DNS	SEN	C.N. Cartaxo												
193	3175	2569	Manuel Pereira	DNS	SEN	Triathlon Lamego Club												
194	2008	365	Manuel Júlio	DNS	S23	Musclor-Oeiras Sport Clube												
195	1043	2520	Bruno Esteves	DSQ	JUN	Os Kotas Bike Team	115	0:22:21	32	0:00:26	23	0:34:50	15	0:00:25	121	0:12:10	1:10:12	0:10:11