

## VIII Duatlo do Cadaval - Camp.

### CLASSIFICAÇÃO POR ESCALÕES

#### Resultados

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

#### Informação

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

#### V5 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 20 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
90	4067	822	Carlos Leite		V5	Vitória Club de Ovar	86	0:21:21	138	0:01:11	97	0:43:09	117	0:01:10	58	0:10:31	1:17:22	0:17:21
135	4043	829	Francisco Martins		V5	Clube Ferroviário de Vendas Novas	143	0:26:29	98	0:00:47	128	0:50:57	77	0:00:44	130	0:13:46	1:32:43	0:32:42
148	4003	830	João Branco		V5	C.F. "Os Belenenses"	151	0:28:10	93	0:00:45	140	0:55:07	80	0:00:45	140	0:16:00	1:40:47	0:40:46
150	4017	828	Fernando Inácio		V5	ABV Estoril	150	0:28:07	143	0:01:55	147	0:58:56	122	0:01:34	142	0:18:27	1:48:59	0:48:58

#### V4 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 20 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
102	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	111	0:22:30	55	0:00:34	106	0:44:07	29	0:00:30	91	0:11:19	1:19:00	0:18:59
132	4100	871	Jaime Carmo		V4	Individual	130	0:24:50	116	0:00:55	132	0:51:35	114	0:01:06	121	0:12:54	1:31:20	0:31:19
143	4001	821	Adelino Vicente		V4	Individual	145	0:26:55	140	0:01:19	137	0:53:41	118	0:01:11	138	0:15:05	1:38:11	0:38:10
158	4019	850	Mário Santana	DNF	V4	Amiciclo	110	0:22:23	43	0:00:32	4	-0:22:55						

#### V3 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 20 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
49	4059	800	Fernando Feijão		V3	Casa do Benfica no Fundão	39	0:19:28	23	0:00:25	67	0:40:11	76	0:00:44	65	0:10:39	1:11:27	0:11:26
75	4000	798	Olímpio Guedelha		V3	CCD / V.F. Xira	75	0:21:04	121	0:00:58	77	0:41:32	87	0:00:47	51	0:10:20	1:14:41	0:14:40
141	4056	868	Artur Romero		V3	AGM-Portas / GGS-Torneiras	135	0:25:20	74	0:00:40	144	0:56:19	49	0:00:35	115	0:12:37	1:35:31	0:35:30

142	4005	817	Vitor Costa		V3	C.F. "Os Belenenses"	138	0:25:30	115	0:00:55	143	0:56:12	100	0:00:53	129	0:13:32	1:37:02	0:37:01
146	4035	812	Carlos Raimundo		V3	Tri-Oeiras.com	149	0:27:58	122	0:00:58	139	0:54:21	88	0:00:47	136	0:14:59	1:39:03	0:39:02
149	4046	816	Mário Melo		V3	Clube Ferroviário de Vendas Novas	148	0:27:35	144	0:02:30	146	0:58:39	121	0:01:23	139	0:15:23	1:45:30	0:45:29

## V2 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 20 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
25	4095	881	Carlos Ferrão		V2	Musclor-Oeiras Sport Clube	10	0:17:37	66	0:00:38	38	0:37:44	11	0:00:25	33	0:09:37	1:06:01	0:06:00
31	4041	754	Fernando Pires		V2	Casa Benfica Faro/GASCAN	27	0:18:23	15	0:00:24	46	0:38:25	9	0:00:25	34	0:09:38	1:07:15	0:07:14
44	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	45	0:19:50	89	0:00:44	56	0:39:20	65	0:00:40	37	0:09:45	1:10:19	0:10:18
51	4039	792	José Varela		V2	Casa Benfica Faro/GASCAN	50	0:20:17	22	0:00:25	66	0:40:08	12	0:00:26	55	0:10:26	1:11:42	0:11:41
57	4060	762	António Moura		V2	Casa do Benfica no Fundão	48	0:20:16	9	0:00:23	72	0:40:58	3	0:00:22	44	0:10:02	1:12:01	0:12:00
62	4015	774	José Oliveira		V2	ABV Estoris	67	0:21:00	61	0:00:35	54	0:39:18	67	0:00:41	85	0:11:16	1:12:50	0:12:49
88	4089	768	Jorge Duarte		V2	Musclor-Oeiras Sport Clube	105	0:22:18	88	0:00:44	83	0:42:03	86	0:00:46	83	0:11:13	1:17:04	0:17:03
105	4018	709	Mário Magalhães		V2	AGM-Portas / GGS-Torneiras	106	0:22:20	124	0:01:01	105	0:44:05	66	0:00:41	93	0:11:22	1:19:29	0:19:28
112	5153	788	Bernard Verguet		V2	C.F. "Os Belenenses"									148	1:21:14	1:21:14	0:21:13
131	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	131	0:24:59	71	0:00:39	133	0:52:02	85	0:00:46	117	0:12:43	1:31:09	0:31:08
139	4083	863	Herculano Marques		V2	C.N. Cartaxo	126	0:23:55	123	0:00:59	142	0:55:55	109	0:01:01	116	0:12:43	1:34:33	0:34:32
157	4023	765	Francisco Bexiga	DNF	V2	CEFA	139	0:25:36	97	0:00:47	18	0:31:40	119	0:01:15	0	-0:59:18		

## V1 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 20 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
12	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	9	0:17:20	13	0:00:24	13	-0:17:44	130	0:54:22	46	0:10:04	1:04:26	0:04:25
14	4058	520	António Catarino		V1	Casa do Benfica no Fundão	13	0:17:43	20	0:00:25	10	-0:18:08	136	0:54:55	35	0:09:43	1:04:38	0:04:37
18	4032	769	Carlos Gomes		V1	Musclor-Oeiras Sport Clube	21	0:18:21	5	0:00:22	26	0:37:11	1	0:00:20	15	0:08:47	1:05:01	0:05:00
19	4064	785	José Reis		V1	Vitória Club de Ovar	24	0:18:22	16	0:00:24	25	0:37:11	-3	0:00:19	18	0:08:57	1:05:13	0:05:12
36	4086	489	José Salgueiro		V1	Vitória Janes	38	0:19:28	59	0:00:35	29	0:37:25	39	0:00:33	42	0:09:53	1:07:54	0:07:53
38	4090	865	Rui Campos		V1	Musclor-Oeiras Sport Clube	20	0:18:21	4	0:00:22	9	-0:18:43			143	1:07:59	1:07:59	0:07:58
48	4074	458	Pedro Marques		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	63	0:20:58	67	0:00:39	53	0:39:14	33	0:00:31	41	0:09:53	1:11:15	0:11:14
54	4031	665	José Zacarias		V1	Musclor-Oeiras Sport Clube	71	0:21:02	49	0:00:33	48	0:38:51	105	0:00:58	60	0:10:31	1:11:55	0:11:54
55	4106	647	Luis Parrinha		V1	C.N. Cartaxo	62	0:20:51	82	0:00:42	52	0:39:13	61	0:00:39	59	0:10:31	1:11:56	0:11:55
65	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	65	0:20:59	126	0:01:01	65	0:39:59	106	0:01:00	63	0:10:35	1:13:34	0:13:33
70	4065	557	José Silva		V1	Vitória Club de Ovar	47	0:20:05	69	0:00:39	84	0:42:06	28	0:00:30	67	0:10:43	1:14:03	0:14:02
80	4093	840	Rui Sa		V1	Casa Benfica Faro/GASCAN	97	0:21:56	111	0:00:53	81	0:41:47	81	0:00:45	61	0:10:33	1:15:54	0:15:53
84	4073	456	Amândio Caetano		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	78	0:21:07	103	0:00:49	89	0:42:22	72	0:00:43	96	0:11:25	1:16:26	0:16:25
85	4014	775	João Santos		V1	ABV Estoris	104	0:22:14	62	0:00:36	76	0:41:22	73	0:00:43	103	0:11:41	1:16:36	0:16:35
Médias:								0:21:22	0:00:55	0:34:59	0:06:17	0:13:41						

89	4107	851	Américo Gaspar		V1	C.N. Cartaxo	98	0:21:56	107	0:00:50	94	0:42:46	69	0:00:41	72	0:11:00	1:17:13	0:17:12
96	4081	861	Sebastião Fraústo		V1	C.D. Asas do Milénium	122	0:23:09	83	0:00:42	80	0:41:41	59	0:00:38	105	0:11:46	1:17:56	0:17:55
103	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense									147	1:19:08	1:19:08	0:19:07
116	4045	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	123	0:23:36	131	0:01:03	110	0:44:55	116	0:01:07	100	0:11:35	1:22:16	0:22:15
129	4088	882	António Trabuco		V1	Triathlon Lamego Club	128	0:24:27	141	0:01:22	125	0:50:13	111	0:01:03	120	0:12:51	1:29:56	0:29:55
133	4024	500	Rui Teixeira		V1	CEFA	140	0:25:37	137	0:01:10	126	0:50:37	108	0:01:01	125	0:13:08	1:31:33	0:31:32
136	4094	873	Artur Amaral		V1	C.N. Cartaxo	134	0:25:16	128	0:01:02	131	0:51:34	115	0:01:06	134	0:14:12	1:33:10	0:33:09
159	5103	875	Luis Sousa Ribeiro	DNF	V1	Triathlon Lamego Club	152	0:29:03					137	1:39:41	-2	-1:39:41		

## SEN Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 20 (KM)					CORRIDA 2500 (MT)					
LG	DrsI	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
2	3016	575	Bruno Pais		SEN	C.F. "Os Belenenses"	0	0:16:38					123	0:51:40	5	0:08:26	1:00:06	0:00:05
3	3117	486	Lino Barruncho		SEN	Vitoria Janes	-1	0:16:29	3	0:00:22	16	-0:16:51	126	0:52:10	4	0:08:19	1:00:29	0:00:28
5	3040	505	José Ribeiro		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	8	0:17:16	32	0:00:29	12	-0:17:45	128	0:52:39	10	0:08:36	1:01:15	0:01:14
7	3071	532	Luis Manuel Almeida		SEN	Clube Ferroviário de Vendas Novas	3	0:17:00	14	0:00:24	15	-0:17:24	133	0:54:23	3	0:08:16	1:02:39	0:02:38
8	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	12	0:17:43	12	0:00:24	11	-0:18:07	131	0:54:23	9	0:08:32	1:02:55	0:02:54
9	3089	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	5	0:17:14					132	0:54:23	11	0:08:36	1:02:59	0:02:58
10	3088	521	João Campos		SEN	Casa do Benfica no Fundão	6	0:17:15					134	0:54:32	13	0:08:46	1:03:18	0:03:17
11	3114	689	Rui Belo		SEN	Vitoria Janes	7	0:17:15	21	0:00:25	14	-0:17:40	135	0:54:50	14	0:08:46	1:03:36	0:03:35
16	3074	686	Pedro Amaral		SEN	Clube Ferroviário de Vendas Novas	19	0:18:21	8	0:00:23	22	0:37:09	5	0:00:23	12	0:08:37	1:04:53	0:04:52
20	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	15	0:18:13	2	0:00:22	28	0:37:20	0	0:00:20	20	0:09:03	1:05:18	0:05:17
21	3165	476	Mário Raimundo		SEN	Tri-Oeiras.com	28	0:18:23	17	0:00:24	24	0:37:10	18	0:00:27	19	0:08:59	1:05:23	0:05:22
22	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	17	0:18:20	1	0:00:21	37	0:37:40			22	0:09:06	1:05:27	0:05:26
23	3063	488	Nuno Neves		SEN	Casa Benfica Faro/GASCAN	16	0:18:14	11	0:00:24	27	0:37:16	8	0:00:25	24	0:09:13	1:05:32	0:05:31
26	3050	496	Bruno Fernandes		SEN	Tri-Oeste -Clube de Triatlo do Oeste	22	0:18:22	18	0:00:25	36	0:37:35	15	0:00:27	25	0:09:15	1:06:04	0:06:03
27	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	23	0:18:22	29	0:00:27	34	0:37:30	23	0:00:29	27	0:09:24	1:06:12	0:06:11
28	3133	467	Sean McEvoy		SEN	Triathlon Lamego Club	33	0:18:45	6	0:00:23	45	0:38:16	-1	0:00:20	16	0:08:52	1:06:36	0:06:35
29	3127	468	Tiago Lobo		SEN	Triathlon Lamego Club	18	0:18:21	10	0:00:24	47	0:38:27	27	0:00:30	17	0:08:55	1:06:37	0:06:36
30	3051	499	António Ervideira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	31	0:18:43	30	0:00:28	44	0:38:13	16	0:00:27	26	0:09:15	1:07:06	0:07:05
32	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	40	0:19:29	46	0:00:33	30	0:37:26	34	0:00:31	28	0:09:27	1:07:26	0:07:25
34	3009	629	Fernando Carmo		SEN	C.F. "Os Belenenses"	34	0:19:04	41	0:00:32	39	0:37:46	24	0:00:29	40	0:09:51	1:07:42	0:07:41
35	3021	588	Marco Mello		SEN	ABV Estoris	37	0:19:26	53	0:00:34	33	0:37:27	55	0:00:37	38	0:09:46	1:07:50	0:07:49
37	3069	497	Pedro Cordeiro		SEN	Casa Benfica Faro/GASCAN	41	0:19:30	19	0:00:25	31	0:37:26	4	0:00:23	48	0:10:12	1:07:56	0:07:55
39	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	30	0:18:41	26	0:00:26	63	0:39:53	7	0:00:25	29	0:09:28	1:08:53	0:08:52
40	3026	461	Anibal Oliveira		SEN	Amiciclo	42	0:19:31	58	0:00:35	32	0:37:27	22	0:00:29	77	0:11:10	1:09:12	0:09:11
41	3178	472	José Coutinho		SEN	Musclor-Oeiras Sport Clube	46	0:19:51	50	0:00:33	6	-0:20:24			144	1:09:16	1:09:16	0:09:15
46	3145	602	Luis Lopes		SEN	C.A.D.C. Almeirim / Ribabike	83	0:21:18	60	0:00:35	21	0:37:05	56	0:00:37	70	0:10:57	1:10:32	0:10:31

47	3170	2562	Rui Simões	SEN	Sport União Colarense	70	0:21:02	105	0:00:49	23	0:37:09	53	0:00:36	81	0:11:12	1:10:48	0:10:47
52	3171	315	Bruno Ferreira	SEN	C.N. Cartaxo	82	0:21:11	64	0:00:37	49	0:38:54	58	0:00:38	53	0:10:24	1:11:44	0:11:43
53	3149	667	Danny Silva	SEN	C.A.D.C. Almeirim / Ribabike	66	0:21:00	54	0:00:34	57	0:39:21	52	0:00:36	52	0:10:22	1:11:53	0:11:52
56	3031	504	Paulo Marques	SEN	CEFA	29	0:18:38	99	0:00:48	88	0:42:16	78	0:00:45	30	0:09:31	1:11:58	0:11:57
58	3017	729	Rui Pedro Sousa	SEN	C.F. "Os Belenenses"	52	0:20:19	37	0:00:30	70	0:40:55	45	0:00:34	43	0:09:54	1:12:12	0:12:11
59	3102	662	Alexandre Feliz	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	85	0:21:19			59	0:39:36	20	0:00:28	71	0:11:00	1:12:23	0:12:22
60	3075	531	Nuno Lopes	SEN	Clube Ferroviário de Vendas Novas	88	0:21:26	52	0:00:34	64	0:39:55	35	0:00:31	50	0:10:19	1:12:45	0:12:44
61	3020	524	Miguel Palma	SEN	ABV Estoris	68	0:21:00	39	0:00:31	58	0:39:21	47	0:00:34	95	0:11:23	1:12:49	0:12:48
63	3113	579	Duarte Barreto	SEN	C.N. Cartaxo	90	0:21:35	7	0:00:23	61	0:39:43	70	0:00:42	64	0:10:38	1:13:01	0:13:00
64	3079	728	Eduardo Alçada	SEN	Ginásio Clube Figueirense	64	0:20:58	106	0:00:50	51	0:39:08	64	0:00:40	108	0:11:53	1:13:29	0:13:28
66	3119	638	Paulo Calixto	SEN	Ateneu Artístico Cartaxense	54	0:20:23	33	0:00:29	73	0:41:05	48	0:00:35	76	0:11:05	1:13:37	0:13:36
67	3086	649	Luis Guerreiro	SEN	Borealis	51	0:20:18	73	0:00:40	69	0:40:41	44	0:00:34	102	0:11:37	1:13:50	0:13:49
68	3116	688	Bruno Martins	SEN	Vitória Janes	56	0:20:34	34	0:00:29	75	0:41:16	6	0:00:24	82	0:11:13	1:13:56	0:13:55
69	3150	2452	Ernesto Caniço	SEN	C.A.D.C. Almeirim / Ribabike	84	0:21:18	127	0:01:01	60	0:39:38	74	0:00:43	94	0:11:22	1:14:02	0:14:01
71	3073	635	Claudio Nogueira	SEN	Clube Ferroviário de Vendas Novas	102	0:22:00	47	0:00:33	55	0:39:20	40	0:00:33	109	0:11:56	1:14:22	0:14:21
72	3163	2554	Rúben Silva	SEN	AGM-Portas / GGS-Torneiras	91	0:21:35	76	0:00:40	68	0:40:27	46	0:00:34	80	0:11:12	1:14:28	0:14:27
73	3162	2553	Emanuel Fontoura	SEN	AGM-Portas / GGS-Torneiras	76	0:21:05	48	0:00:33	82	0:42:00	31	0:00:30	54	0:10:24	1:14:32	0:14:31
76	3022	540	Pedro Gaspar	SEN	Alhandra Sporting Clube	74	0:21:04	120	0:00:57	79	0:41:38	63	0:00:40	56	0:10:28	1:14:47	0:14:46
77	3173	2564	José Lino	SEN	C.N. Cartaxo	79	0:21:09	94	0:00:45	78	0:41:34	57	0:00:38	68	0:10:51	1:14:57	0:14:56
78	3101	457	Nuno Almeida	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	99	0:21:57	95	0:00:46	71	0:40:58	51	0:00:36	69	0:10:52	1:15:09	0:15:08
79	3164	2555	Olímpio Ferreira	SEN	AGM-Portas / GGS-Torneiras	94	0:21:42	38	0:00:31	91	0:42:28	13	0:00:26	66	0:10:39	1:15:46	0:15:45
81	3110	2453	Jorge Bento	SEN	C.D. Asas do Milénium									146	1:16:17	1:16:17	0:16:16
86	3023	669	Paulo Robalo	SEN	Alhandra Sporting Clube	53	0:20:22	96	0:00:46	90	0:42:24	101	0:00:54	114	0:12:29	1:16:55	0:16:54
91	3007	573	António Cabaço	SEN	C.F. "Os Belenenses"	77	0:21:06	77	0:00:41	98	0:43:20	84	0:00:46	99	0:11:32	1:17:25	0:17:24
92	3001	627	Paulo Teles	SEN	CCD / V.F. Xira	96	0:21:47	100	0:00:48	92	0:42:36	79	0:00:45	98	0:11:31	1:17:27	0:17:26
93	3120	720	Mário Couto	SEN	Ateneu Artístico Cartaxense	92	0:21:40	118	0:00:56	95	0:42:57	91	0:00:48	79	0:11:12	1:17:33	0:17:32
97	3057	734	Henrique Matias	SEN	Tri-Oeiras.com	95	0:21:44	108	0:00:51	87	0:42:12	104	0:00:57	113	0:12:18	1:18:02	0:18:01
99	3146	603	Victor Rodrigues	SEN	C.A.D.C. Almeirim / Ribabike	103	0:22:09	78	0:00:41	103	0:43:47	94	0:00:51	74	0:11:03	1:18:31	0:18:30
101	3100	706	Luis Cipriano	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	93	0:21:42	142	0:01:25	99	0:43:21	112	0:01:05	90	0:11:19	1:18:52	0:18:51
104	3094	708	Pedro Fernandes	SEN	ABV Estoris	100	0:21:57	91	0:00:45	107	0:44:17	102	0:00:55	88	0:11:18	1:19:12	0:19:11
106	3095	748	José Gonçalves	SEN	Grecas - Vagos	60	0:20:49	125	0:01:01	111	0:45:36	97	0:00:52	84	0:11:15	1:19:33	0:19:32
108	3109	2451	Duarte Caldeira	SEN	C.D. Asas do Milénium	72	0:21:03	117	0:00:55	115	0:45:52	83	0:00:45	87	0:11:16	1:19:51	0:19:50
109	3002	484	Paulo Leote	SEN	CCD / V.F. Xira	87	0:21:23	133	0:01:07	112	0:45:43			107	0:11:49	1:20:02	0:20:01
110	3028	630	António Cunha	SEN	CEFA	113	0:22:36	134	0:01:07	109	0:44:49	93	0:00:49	75	0:11:03	1:20:24	0:20:23
113	3142	2526	Pedro Figueira	SEN	ABV Estoris	117	0:22:59	63	0:00:37	113	0:45:44	60	0:00:39	86	0:11:16	1:21:15	0:21:14
114	3004	485	Bruno Silva	SEN	CCD / V.F. Xira	124	0:23:41	104	0:00:49	1	-0:24:30			149	1:21:57	1:21:57	0:21:56
115	3043	511	Horácio Ferreira	SEN	Musclor-Oeiras Sport Clube	108	0:22:21	101	0:00:48	117	0:46:15	82	0:00:45	110	0:11:57	1:22:06	0:22:05
117	3118	701	Nuno Morais	SEN	Ateneu Artístico Cartaxense	119	0:23:07	70	0:00:39	114	0:45:48	37	0:00:32	112	0:12:16	1:22:22	0:22:21
119	3125	698	Nuno Moreira	SEN	Triathlon Lamego Club	61	0:20:50	85	0:00:43	124	0:50:09	103	0:00:56	97	0:11:28	1:24:06	0:24:05
120	3081	745	Ricardo Vieira	SEN	Ginásio Clube Figueirense	120	0:23:07	114	0:00:55	120	0:47:27	99	0:00:53	106	0:11:47	1:24:09	0:24:08

122	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	69	0:21:01	65	0:00:38	129	0:51:07	71	0:00:42	78	0:11:12	1:24:40	0:24:39
125	3035	723	Carlos Branco		SEN	CEFA	101	0:21:58	92	0:00:45	136	0:53:10	95	0:00:51	62	0:10:35	1:27:19	0:27:18
126	3003	854	César Andrade		SEN	CCD / V.F. Xira	141	0:25:52	112	0:00:53	119	0:47:10	89	0:00:47	127	0:13:17	1:27:59	0:27:58
127	3141	2525	Paulo Matias		SEN	Tri-Oeiras.com	129	0:24:44	110	0:00:52	122	0:49:21	96	0:00:51	122	0:12:56	1:28:44	0:28:43
128	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	118	0:23:03	42	0:00:32	134	0:52:18	41	0:00:33	119	0:12:51	1:29:17	0:29:16
130	3122	2514	Jorge Mendes		SEN	Mem Martins Sport Club	133	0:25:14	56	0:00:34	123	0:50:01	30	0:00:30	132	0:13:55	1:30:14	0:30:13
137	3027	459	Paulo Jorge		SEN	Amiciclo									151	1:33:37	1:33:37	0:33:36
138	3096	547	José Antunes		SEN	Individual	144	0:26:55	136	0:01:09	130	0:51:16	113	0:01:06	126	0:13:14	1:33:40	0:33:39
140	3179	652	Nuno André		SEN	Individual									152	1:34:34	1:34:34	0:34:33
144	3097	546	Luis Antunes		SEN	Individual	146	0:26:56	130	0:01:03	138	0:54:19	92	0:00:49	137	0:15:05	1:38:12	0:38:11
145	3132	697	Jorge Pereira		SEN	Triathlon Lamego Club	147	0:27:11	132	0:01:06	141	0:55:43	110	0:01:02	131	0:13:48	1:38:50	0:38:49
147	3135	2515	Mário Guedes		SEN	Triathlon Lamego Club	142	0:26:22	79	0:00:41	145	0:56:35	120	0:01:15	135	0:14:27	1:39:20	0:39:19
154	3131	469	João Ferreira	DNF	SEN	Triathlon Lamego Club	26	0:18:23	68	0:00:39	8	-0:19:02						
155	3006	566	Paulo Antunes	DNF	SEN	C.F. "Os Belenenses"												
156	3085	722	Armando Costa	DNF	SEN	Sport União Colareense			145	0:35:50	-2	-0:35:50						
162	3160	2550	Nuno Vasco	DNF	SEN	Ginásio Clube Figueirense	112	0:22:33	135	0:01:08	3	-0:23:41						

## SEN Femininos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 20 (KM)					CORRIDA 2500 (MT)						
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
5	3066	332	Irina Coelho		SEN	Casa Benfica Faro/GASCAN	-22	0:22:34	-29	0:00:40	-29	0:46:01	-36	0:00:35	-24	0:10:42	1:20:32	0:20:31
6	3136	666	Rute Costa		SEN	Casa Benfica Faro/GASCAN	-23	0:22:11	-28	0:00:42	-28	0:46:23	-35	0:00:37	-22	0:11:45	1:21:38	0:21:37
9	3151	2531	Isabel Van Dyck		SEN	C.A.D.C. Almeirim / Ribabike	-19	0:25:09	-26	0:00:48	-25	0:51:28	-34	0:00:58	-20	0:12:38	1:31:01	0:31:00

## S23 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 20 (KM)					CORRIDA 2500 (MT)								
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff		
1	2007	362	Sérgio Manuel Silva		S23	SR Camarnal-Constr.Ramalho Couto-Ika	-2	0:16:18	-1	0:00:21	17	-0:16:39	124	0:52:00	2	0:08:01	1:00:01	0:00:00		
6	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:16:45					127	0:52:12	31	0:09:33	1:01:45	0:01:44		
13	2029	382	Nelson Silva		S23	Vitoria Janes	4	0:17:12	0	0:00:21	43	0:38:13	2	0:00:21	7	0:08:28	1:04:35	0:04:34		
15	2012	352	Pedro Gomes		S23	Tri-Oeiras.com	14	0:18:01	-2	0:00:21	35	0:37:33	-2	0:00:20	6	0:08:28	1:04:43	0:04:42		
17	2000	321	João Cavaleiro		S23	C.F. "Os Belenenses"	11	0:17:38	25	0:00:26	40	0:37:51			21	0:09:04	1:04:59	0:04:58		
24	2032	252	Tiago Neves		S23	Tri-Oeiras.com	25	0:18:23	28	0:00:27	20	0:37:05	25	0:00:30	23	0:09:10	1:05:35	0:05:34		
33	2003	417	Rui Dolores		S23	Amiciclo	32	0:18:45	51	0:00:34	42	0:38:08	26	0:00:30	32	0:09:36	1:07:33	0:07:32		
43	5137	2578	Ricardo Teixeira		S23	Tri-Oeste -Clube de Triatlo do Oeste	44	0:19:36	113	0:00:54	41	0:38:06	36	0:00:31	57	0:10:29	1:09:36	0:09:35		
45	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	43	0:19:35	45	0:00:33	62	0:39:45	50	0:00:36	45	0:10:03	1:10:32	0:10:31		
50	5098	433	Hugo Índio		S23	Triathlon Lamego Club	59	0:20:47	72	0:00:40	5	-0:21:27			145	1:11:28	1:11:28	0:11:27		
Médias:								0:21:22		0:00:55		0:34:59		0:06:17		0:13:41				

82	2024	289	Gonçalo Lopes		S23	C.D. Asas do Milénium	73	0:21:03	119	0:00:56	100	0:43:31	107	0:01:00	39	0:09:48	1:16:18	0:16:17
87	2004	283	Ricardo Martins		S23	Amiciclo	89	0:21:31	40	0:00:32	96	0:43:00	38	0:00:33	92	0:11:20	1:16:56	0:16:55
94	2031	291	Nelson Pereira		S23	Triathlon Lamego Club	80	0:21:10	36	0:00:30	104	0:43:55	14	0:00:27	101	0:11:37	1:17:39	0:17:38
100	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	81	0:21:11	84	0:00:43	108	0:44:37	75	0:00:44	89	0:11:19	1:18:34	0:18:33
107	2033	354	Manuel Coutinho		S23	Tri-Oeiras.com	121	0:23:09	44	0:00:33	93	0:42:39	54	0:00:37	118	0:12:44	1:19:42	0:19:41
111	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	109	0:22:22	102	0:00:49	102	0:43:41	62	0:00:40	123	0:12:58	1:20:30	0:20:29
123	2025	290	Luis Estrela		S23	Clube Ferroviário de Vendas Novas	132	0:25:11	139	0:01:17	116	0:46:08			124	0:13:01	1:25:37	0:25:36
124	2036	2536	Vasco Baptista		S23	Alhandra Sporting Clube	57	0:20:41	35	0:00:29	135	0:53:01	21	0:00:28	73	0:11:01	1:25:40	0:25:39
152	2009	285	Vasco Côrte-Real	DNF	S23	Tri-Oeste -Clube de Triatlo do Oeste	36	0:19:17	109	0:00:52	7	-0:20:09						
160	2010	2501	João Belo Martins	DNF	S23	Tri-Oeiras.com	125	0:23:50	75	0:00:40	2	-0:24:30	129	0:53:45	1	-0:53:45		

## S23 Femininos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 20 (KM)						CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
4	2040	371	Sheila Azevedo		S23	Casa Benfica Faro/GASCAN	-24	0:21:15	-27	0:00:42	-32	-0:21:57			-19	1:20:26	1:20:26	0:20:25

## JUN Masculinos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 20 (KM)						CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
4	1011	102	José Estrangeiro		JUN	SR Camarnal-Constr.Ramalho Couto-Ika	2	0:16:46					125	0:52:09	8	0:08:31	1:00:40	0:00:39
42	1020	179	Miguel Arraiolos		JUN	Águias de Alpiarça	35	0:19:16	24	0:00:26	50	0:39:08	32	0:00:31	47	0:10:08	1:09:29	0:09:28
74	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	55	0:20:23	31	0:00:28	101	0:43:39	17	0:00:27	36	0:09:43	1:14:40	0:14:39
83	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	49	0:20:17	87	0:00:44	74	0:41:06	98	0:00:53	128	0:13:26	1:16:26	0:16:25
95	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	114	0:22:44	80	0:00:42	85	0:42:07	42	0:00:33	104	0:11:44	1:17:50	0:17:49
98	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	58	0:20:46			118	0:46:34	68	0:00:41	49	0:10:18	1:18:19	0:18:18
118	5158	436	Daniel Almeida		JUN	Triathlon Lamego Club									150	1:23:43	1:23:43	0:23:42
121	1042	2599	João Lobão		JUN	Triathlon Lamego Club	115	0:22:44	81	0:00:42	86	0:42:07	43	0:00:33	141	0:18:19	1:24:25	0:24:24
134	1008	2505	Diogo Carvalho		JUN	Alhandra Sporting Clube	136	0:25:20	86	0:00:43	127	0:50:45	90	0:00:47	133	0:13:59	1:31:34	0:31:33
151	1045	222	João Amaral	DNF	JUN	C.N. Cartaxo	116	0:22:59	57	0:00:35	121	0:48:59	19	0:00:28	-1	-1:13:01		
153	1021	422	Gonçalo Silva	DNF	JUN	Águias de Alpiarça	137	0:25:30	90	0:00:45	-1	-0:26:15						
161	1049	2548	André Fonseca	DNF	JUN	Comissão de Melhoramentos de Ferreiros	127	0:24:18	129	0:01:02	0	-0:25:20						
183	1043	2520	Bruno Esteves	DSQ	JUN	Os Kotas Bike Team	107	0:22:21	27	0:00:26	19	0:34:50	10	0:00:25	111	0:12:10	1:10:12	0:10:11



## JUN Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 20 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
1	1013	12	Bárbara Clemente		JUN	Sport União Colarense	-27	0:20:05	-33	0:00:26	-30	0:40:10	-38	0:00:30	-27	0:09:49	1:11:00	0:10:59
2	1002	276	Sarah Moniz		JUN	C.F. "Os Belenenses"	-25	0:20:34	-30	0:00:30	-31	0:39:39	-37	0:00:32	-25	0:10:18	1:11:33	0:11:32
3	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	-26	0:20:21	-32	0:00:28	-27	0:47:21	-39	0:00:28	-26	0:10:18	1:18:56	0:18:55
7	1027	7	Marina Pedro		JUN	Os Kotas Bike Team	-20	0:23:57	-34	0:00:24	-26	0:48:58	-40	0:00:26	-21	0:11:57	1:25:42	0:25:41
8	1025	128	Tânia Boleta		JUN	Os Kotas Bike Team	-21	0:22:48	-31	0:00:30	-24	0:55:01	-41	0:00:25	-23	0:11:35	1:30:19	0:30:18
11	1032	2454	Ana Filipa Sampaio	DNS	JUN	Alhandra Sporting Clube												
12	1035	2508	Ana Carrasco	DNS	JUN	Alhandra Sporting Clube												

## V2 Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 20 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
10	4007	808	Maria Moniz	DNS	V2	C.F. "Os Belenenses"												
163	1010	126	Joaquim Guerreiro	DNS	JUN	Amiciclo												
164	1040	363	Hugo Cruz	DNS	JUN	Triathlon Lamego Club												
165	1019	420	André Leitão	DNS	JUN	Águias de Alpiarça												
166	3128	471	José Ferreira	DNS	SEN	Triathlon Lamego Club												
167	3046	495	Luis Duarte	DNS	SEN	Tri-Oeste -Clube de Triatlo do Oeste												
168	3047	506	Pedro Pinheiro	DNS	SEN	Tri-Oeste -Clube de Triatlo do Oeste												
169	3124	584	Francisco Santos	DNS	SEN	Triathlon Lamego Club												
170	4026	600	José Santos	DNS	V1	SR Camarnal-Constr.Ramalho Couto-Ika												
171	3084	626	Rui Melo	DNS	SEN	Sport União Colarense												
172	3148	653	José Rodrigues	DNS	SEN	C.A.D.C. Almeirim / Ribabike												
173	2002	696	Daniel Simões	DNS	S23	Alhandra Sporting Clube												
174	3033	714	António Marques	DNS	SEN	CEFA												
175	3126	735	Sérgio Monteiro	DNS	SEN	Triathlon Lamego Club												
176	4047	778	José Teixeira	DNS	V1	Clube Ferroviário de Vendas Novas												
177	4066	784	António Brandão	DNS	V2	Vitória Club de Ovar												
178	4082	862	José Maçarria	DNS	V2	Ginásio Clube Figueirense												
179	4085	864	Francisco Jorge	DNS	V2	Sport União Colarense												
180	3172	645	João Lourenço	DNS	SEN	C.N. Cartaxo												
181	3175	2569	Manuel Pereira	DNS	SEN	Triathlon Lamego Club												
182	2008	365	Manuel Júlio	DNS	S23	Musclor-Oeiras Sport Clube												