

VIII Duatlo do Cadaval - Camp.

CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

Masculinos

Resultados

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

Informação

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

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
1	2007	362	Sérgio Manuel Silva		S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:16:18	2	0:00:21	20	-0:16:39	128	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					127	0:51:40	8	0:08:26	1:00:06	0:00:05
3	3117	486	Lino Barruncho		SEN	Vitória Janes	2	0:16:29	6	0:00:22	19	-0:16:51	130	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					129	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	35	0:00:29	15	-0:17:45	132	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					131	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	17	0:00:24	18	-0:17:24	137	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	15	0:00:24	14	-0:18:07	135	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					136	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					138	0:54:32	16	0:08:46	1:03:18	0:03:17
11	3114	689	Rui Belo		SEN	Vitória Janes	10	0:17:15	24	0:00:25	17	-0:17:40	139	0:54:50	17	0:08:46	1:03:36	0:03:35
12	3005	550	António Catarino		V1	Casa do Benfica no Fundão	16	0:17:43	23	0:00:25	13	-0:18:08	140	0:54:55	38	0:09:43	1:04:38	0:04:37
13	2029	382	Nelson Silva		S23	Vitória Janes	7	0:17:12	3	0:00:21	46	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	23	0:00:25	13	-0:18:08	140	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	38	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	25	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	28	0:00:26	43	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	29	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	19	0:00:24	28	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	31	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	20	0:00:24	27	0:37:10	22	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	40	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	14	0:00:24	30	0:37:16	12	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	31	0:00:27	23	0:37:05	29	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	69	0:00:38	41	0:37:44	15	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	21	0:00:25	39	0:37:35	19	0:00:27	28	0:09:15	1:06:04	0:06:03

CORRIDA								CICLISMO						CORRIDA				
5000 (MT) Temperatura Agua:								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	32	0:00:27	37	0:37:30	27	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	48	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	13	0:00:24	50	0:38:27	31	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	33	0:00:28	47	0:38:13	20	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	18	0:00:24	49	0:38:25	13	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	49	0:00:33	33	0:37:26	38	0:00:31	31	0:09:27	1:07:26	0:07:25
33	2003	417	Rui Dolores		S23	Amiciclo	35	0:18:45	54	0:00:34	45	0:38:08	30	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	44	0:00:32	42	0:37:46	28	0:00:29	43	0:09:51	1:07:42	0:07:41
35	3021	588	Marco Mello		SEN	ABV Estoris	40	0:19:26	56	0:00:34	36	0:37:27	59	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	62	0:00:35	32	0:37:25	43	0:00:33	45	0:09:53	1:07:54	0:07:53
37	3069	497	Pedro Cordeiro		SEN	Casa Benfica Faro/GASCAN	44	0:19:30	22	0:00:25	34	0:37:26	8	0:00:23	51	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	12	-0:18:43			146	1:07:59	1:07:59	0:07:58
39	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	33	0:18:41	29	0:00:26	66	0:39:53	11	0:00:25	32	0:09:28	1:08:53	0:08:52
40	3026	461	Anibal Oliveira		SEN	Amiciclo	45	0:19:31	61	0:00:35	35	0:37:27	26	0:00:29	80	0:11:10	1:09:12	0:09:11
41	3178	472	José Coutinho		SEN	Musclor-Oeiras Sport Clube	49	0:19:51	53	0:00:33	9	-0:20:24			147	1:09:16	1:09:16	0:09:15
42	1020	179	Miguel Arraiolos		JUN	Águias de Alpiarça	38	0:19:16	27	0:00:26	53	0:39:08	36	0:00:31	50	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	116	0:00:54	44	0:38:06	40	0:00:31	60	0:10:29	1:09:36	0:09:35
44	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	48	0:19:50	92	0:00:44	59	0:39:20	69	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	48	0:00:33	65	0:39:45	54	0:00:36	48	0:10:03	1:10:32	0:10:31
46	3145	602	Luis Lopes		SEN	C.A.D.C. Almeirim / Ribabike	86	0:21:18	63	0:00:35	24	0:37:05	60	0:00:37	73	0:10:57	1:10:32	0:10:31
47	3170	2562	Rui Simões		SEN	Sport União Colarense	73	0:21:02	108	0:00:49	26	0:37:09	57	0:00:36	84	0:11:12	1:10:48	0:10:47
48	4074	458	Pedro Marques		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	66	0:20:58	70	0:00:39	56	0:39:14	37	0:00:31	44	0:09:53	1:11:15	0:11:14
49	4059	800	Fernando Feijão		V3	Casa do Benfica no Fundão	42	0:19:28	26	0:00:25	70	0:40:11	80	0:00:44	68	0:10:39	1:11:27	0:11:26
50	5098	433	Hugo Índio		S23	Triathlon Lamego Club	62	0:20:47	75	0:00:40	8	-0:21:27			148	1:11:28	1:11:28	0:11:27
51	4039	792	José Varela		V2	Casa Benfica Faro/GASCAN	53	0:20:17	25	0:00:25	69	0:40:08	16	0:00:26	58	0:10:26	1:11:42	0:11:41
52	3171	315	Bruno Ferreira		SEN	C.N. Cartaxo	85	0:21:11	67	0:00:37	52	0:38:54	62	0:00:38	56	0:10:24	1:11:44	0:11:43
53	3149	667	Danny Silva		SEN	C.A.D.C. Almeirim / Ribabike	69	0:21:00	57	0:00:34	60	0:39:21	56	0:00:36	55	0:10:22	1:11:53	0:11:52
54	4031	665	José Zacarias		V1	Musclor-Oeiras Sport Clube	74	0:21:02	52	0:00:33	51	0:38:51	109	0:00:58	63	0:10:31	1:11:55	0:11:54
55	4106	647	Luis Parrinha		V1	C.N. Cartaxo	65	0:20:51	85	0:00:42	55	0:39:13	65	0:00:39	62	0:10:31	1:11:56	0:11:55
56	3031	504	Paulo Marques		SEN	CEFA	32	0:18:38	102	0:00:48	91	0:42:16	82	0:00:45	33	0:09:31	1:11:58	0:11:57
57	4060	762	António Moura		V2	Casa do Benfica no Fundão	51	0:20:16	12	0:00:23	75	0:40:58	7	0:00:22	47	0:10:02	1:12:01	0:12:00
58	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	55	0:20:19	40	0:00:30	73	0:40:55	49	0:00:34	46	0:09:54	1:12:12	0:12:11
59	3102	662	Alexandre Feliz		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	88	0:21:19			62	0:39:36	24	0:00:28	74	0:11:00	1:12:23	0:12:22
60	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	91	0:21:26	55	0:00:34	67	0:39:55	39	0:00:31	53	0:10:19	1:12:45	0:12:44
61	3020	524	Miguel Palma		SEN	ABV Estoris	71	0:21:00	42	0:00:31	61	0:39:21	51	0:00:34	98	0:11:23	1:12:49	0:12:48
62	4015	774	José Oliveira		V2	ABV Estoris	70	0:21:00	64	0:00:35	57	0:39:18	71	0:00:41	88	0:11:16	1:12:50	0:12:49
63	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	93	0:21:35	10	0:00:23	64	0:39:43	74	0:00:42	67	0:10:38	1:13:01	0:13:00

CORRIDA									CICLISMO					CORRIDA				
5000 (MT) Temperatura Agua:									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	3079	728	Eduardo Alçada		SEN	Ginásio Clube Figueirense	67	0:20:58	109	0:00:50	54	0:39:08	68	0:00:40	111	0:11:53	1:13:29	0:13:28
65	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	68	0:20:59	129	0:01:01	68	0:39:59	110	0:01:00	66	0:10:35	1:13:34	0:13:33
66	3119	638	Paulo Calixto		SEN	Ateneu Artístico Cartaxense	57	0:20:23	36	0:00:29	76	0:41:05	52	0:00:35	79	0:11:05	1:13:37	0:13:36
67	3086	649	Luis Guerreiro		SEN	Borealis	54	0:20:18	76	0:00:40	72	0:40:41	48	0:00:34	105	0:11:37	1:13:50	0:13:49
68	3116	688	Bruno Martins		SEN	Vitória Janes	59	0:20:34	37	0:00:29	78	0:41:16	10	0:00:24	85	0:11:13	1:13:56	0:13:55
69	3150	2452	Ernesto Caniço		SEN	C.A.D.C. Almeirim / Ribabike	87	0:21:18	130	0:01:01	63	0:39:38	78	0:00:43	97	0:11:22	1:14:02	0:14:01
70	4065	557	José Silva		V1	Vitória Club de Ovar	50	0:20:05	72	0:00:39	87	0:42:06	32	0:00:30	70	0:10:43	1:14:03	0:14:02
71	3073	635	Claudio Nogueira		SEN	Clube Ferroviário de Vendas Novas	105	0:22:00	50	0:00:33	58	0:39:20	44	0:00:33	112	0:11:56	1:14:22	0:14:21
72	3163	2554	Rúben Silva		SEN	AGM-Portas / GGS-Torneiras	94	0:21:35	79	0:00:40	71	0:40:27	50	0:00:34	83	0:11:12	1:14:28	0:14:27
73	3162	2553	Emanuel Fontoura		SEN	AGM-Portas / GGS-Torneiras	79	0:21:05	51	0:00:33	85	0:42:00	35	0:00:30	57	0:10:24	1:14:32	0:14:31
74	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	58	0:20:23	34	0:00:28	104	0:43:39	21	0:00:27	39	0:09:43	1:14:40	0:14:39
75	4000	798	Olímpio Guedelha		V3	CCD / V.F. Xira	78	0:21:04	124	0:00:58	80	0:41:32	91	0:00:47	54	0:10:20	1:14:41	0:14:40
76	3022	540	Pedro Gaspar		SEN	Alhandra Sporting Clube	77	0:21:04	123	0:00:57	82	0:41:38	67	0:00:40	59	0:10:28	1:14:47	0:14:46
77	3173	2564	José Lino		SEN	C.N. Cartaxo	82	0:21:09	97	0:00:45	81	0:41:34	61	0:00:38	71	0:10:51	1:14:57	0:14:56
78	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	102	0:21:57	98	0:00:46	74	0:40:58	55	0:00:36	72	0:10:52	1:15:09	0:15:08
79	3164	2555	Olímpio Ferreira		SEN	AGM-Portas / GGS-Torneiras	97	0:21:42	41	0:00:31	94	0:42:28	17	0:00:26	69	0:10:39	1:15:46	0:15:45
80	4093	840	Rui Sa		V1	Casa Benfca Faro/GASCAN	100	0:21:56	114	0:00:53	84	0:41:47	85	0:00:45	64	0:10:33	1:15:54	0:15:53
81	3110	2453	Jorge Bento		SEN	C.D. Asas do Milénium									149	1:16:17	1:16:17	0:16:16
82	2024	289	Gonçalo Lopes		S23	C.D. Asas do Milénium	76	0:21:03	122	0:00:56	103	0:43:31	111	0:01:00	42	0:09:48	1:16:18	0:16:17
83	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	52	0:20:17	90	0:00:44	77	0:41:06	102	0:00:53	131	0:13:26	1:16:26	0:16:25
84	4073	456	Amândio Caetano		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	81	0:21:07	106	0:00:49	92	0:42:22	76	0:00:43	99	0:11:25	1:16:26	0:16:25
85	4014	775	João Santos		V1	ABV Estoris	107	0:22:14	65	0:00:36	79	0:41:22	77	0:00:43	106	0:11:41	1:16:36	0:16:35
86	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	56	0:20:22	99	0:00:46	93	0:42:24	105	0:00:54	117	0:12:29	1:16:55	0:16:54
87	2004	283	Ricardo Martins		S23	Amiciclo	92	0:21:31	43	0:00:32	99	0:43:00	42	0:00:33	95	0:11:20	1:16:56	0:16:55
88	4089	768	Jorge Duarte		V2	Musclor-Oeiras Sport Clube	108	0:22:18	91	0:00:44	86	0:42:03	90	0:00:46	86	0:11:13	1:17:04	0:17:03
89	4107	851	Américo Gaspar		V1	C.N. Cartaxo	101	0:21:56	110	0:00:50	97	0:42:46	73	0:00:41	75	0:11:00	1:17:13	0:17:12
90	4067	822	Carlos Leite		V5	Vitória Club de Ovar	89	0:21:21	141	0:01:11	100	0:43:09	121	0:01:10	61	0:10:31	1:17:22	0:17:21
91	3007	573	António Cabaço		SEN	C.F. "Os Belenenses"	80	0:21:06	80	0:00:41	101	0:43:20	88	0:00:46	102	0:11:32	1:17:25	0:17:24
92	3001	627	Paulo Teles		SEN	CCD / V.F. Xira	99	0:21:47	103	0:00:48	95	0:42:36	83	0:00:45	101	0:11:31	1:17:27	0:17:26
93	3120	720	Mário Couto		SEN	Ateneu Artístico Cartaxense	95	0:21:40	121	0:00:56	98	0:42:57	95	0:00:48	82	0:11:12	1:17:33	0:17:32
94	2031	291	Nelson Pereira		S23	Triathlon Lamego Club	83	0:21:10	39	0:00:30	107	0:43:55	18	0:00:27	104	0:11:37	1:17:39	0:17:38
95	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	117	0:22:44	83	0:00:42	88	0:42:07	46	0:00:33	107	0:11:44	1:17:50	0:17:49
96	4081	861	Sebastião Fraústo		V1	C.D. Asas do Milénium	125	0:23:09	86	0:00:42	83	0:41:41	63	0:00:38	108	0:11:46	1:17:56	0:17:55
97	3057	734	Henrique Matias		SEN	Tri-Oeiras.com	98	0:21:44	111	0:00:51	90	0:42:12	108	0:00:57	116	0:12:18	1:18:02	0:18:01
98	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	61	0:20:46			121	0:46:34	72	0:00:41	52	0:10:18	1:18:19	0:18:18
99	3146	603	Victor Rodrigues		SEN	C.A.D.C. Almeirim / Ribabike	106	0:22:09	81	0:00:41	106	0:43:47	98	0:00:51	77	0:11:03	1:18:31	0:18:30
100	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	84	0:21:11	87	0:00:43	111	0:44:37	79	0:00:44	92	0:11:19	1:18:34	0:18:33

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	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	96	0:21:42	145	0:01:25	102	0:43:21	116	0:01:05	93	0:11:19	1:18:52	0:18:51
102	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	114	0:22:30	58	0:00:34	109	0:44:07	33	0:00:30	94	0:11:19	1:19:00	0:18:59
103	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense									150	1:19:08	1:19:08	0:19:07
104	3094	708	Pedro Fernandes		SEN	ABV Estoris	103	0:21:57	94	0:00:45	110	0:44:17	106	0:00:55	91	0:11:18	1:19:12	0:19:11
105	4018	709	Mário Magalhães		V2	AGM-Portas / GGS-Torneiras	109	0:22:20	127	0:01:01	108	0:44:05	70	0:00:41	96	0:11:22	1:19:29	0:19:28
106	3095	748	José Gonçalves		SEN	Grecas - Vagos	63	0:20:49	128	0:01:01	114	0:45:36	101	0:00:52	87	0:11:15	1:19:33	0:19:32
107	2033	354	Manuel Coutinho		S23	Tri-Oeiras.com	124	0:23:09	47	0:00:33	96	0:42:39	58	0:00:37	121	0:12:44	1:19:42	0:19:41
108	3109	2451	Duarte Caldeira		SEN	C.D. Asas do Milénium	75	0:21:03	120	0:00:55	118	0:45:52	87	0:00:45	90	0:11:16	1:19:51	0:19:50
109	3002	484	Paulo Leote		SEN	CCD / V.F. Xira	90	0:21:23	136	0:01:07	115	0:45:43			110	0:11:49	1:20:02	0:20:01
110	3028	630	António Cunha		SEN	CEFA	116	0:22:36	137	0:01:07	112	0:44:49	97	0:00:49	78	0:11:03	1:20:24	0:20:23
111	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	112	0:22:22	105	0:00:49	105	0:43:41	66	0:00:40	126	0:12:58	1:20:30	0:20:29
112	5153	788	Bernard Verguet		V2	C.F. "Os Belenenses"									151	1:21:14	1:21:14	0:21:13
113	3142	2526	Pedro Figueira		SEN	ABV Estoris	120	0:22:59	66	0:00:37	116	0:45:44	64	0:00:39	89	0:11:16	1:21:15	0:21:14
114	3004	485	Bruno Silva		SEN	CCD / V.F. Xira	127	0:23:41	107	0:00:49	4	-0:24:30			152	1:21:57	1:21:57	0:21:56
115	3043	511	Horácio Ferreira		SEN	Musclor-Oeiras Sport Clube	111	0:22:21	104	0:00:48	120	0:46:15	86	0:00:45	113	0:11:57	1:22:06	0:22:05
116	4045	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	126	0:23:36	134	0:01:03	113	0:44:55	120	0:01:07	103	0:11:35	1:22:16	0:22:15
117	3118	701	Nuno Morais		SEN	Ateneu Artístico Cartaxense	122	0:23:07	73	0:00:39	117	0:45:48	41	0:00:32	115	0:12:16	1:22:22	0:22:21
118	5158	436	Daniel Almeida		JUN	Triathlon Lamego Club									153	1:23:43	1:23:43	0:23:42
119	3125	698	Nuno Moreira		SEN	Triathlon Lamego Club	64	0:20:50	88	0:00:43	127	0:50:09	107	0:00:56	100	0:11:28	1:24:06	0:24:05
120	3081	745	Ricardo Vieira		SEN	Ginásio Clube Figueirense	123	0:23:07	117	0:00:55	123	0:47:27	103	0:00:53	109	0:11:47	1:24:09	0:24:08
121	1042	2599	João Lobão		JUN	Triathlon Lamego Club	118	0:22:44	84	0:00:42	89	0:42:07	47	0:00:33	144	0:18:19	1:24:25	0:24:24
122	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	72	0:21:01	68	0:00:38	132	0:51:07	75	0:00:42	81	0:11:12	1:24:40	0:24:39
123	2025	290	Luis Estrela		S23	Clube Ferroviário de Vendas Novas	135	0:25:11	142	0:01:17	119	0:46:08			127	0:13:01	1:25:37	0:25:36
124	2036	2536	Vasco Baptista		S23	Alhandra Sporting Clube	60	0:20:41	38	0:00:29	138	0:53:01	25	0:00:28	76	0:11:01	1:25:40	0:25:39
125	3035	723	Carlos Branco		SEN	CEFA	104	0:21:58	95	0:00:45	139	0:53:10	99	0:00:51	65	0:10:35	1:27:19	0:27:18
126	3003	854	César Andrade		SEN	CCD / V.F. Xira	144	0:25:52	115	0:00:53	122	0:47:10	93	0:00:47	130	0:13:17	1:27:59	0:27:58
127	3141	2525	Paulo Matias		SEN	Tri-Oeiras.com	132	0:24:44	113	0:00:52	125	0:49:21	100	0:00:51	125	0:12:56	1:28:44	0:28:43
128	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	121	0:23:03	45	0:00:32	137	0:52:18	45	0:00:33	122	0:12:51	1:29:17	0:29:16
129	4088	882	António Trabuco		V1	Triathlon Lamego Club	131	0:24:27	144	0:01:22	128	0:50:13	115	0:01:03	123	0:12:51	1:29:56	0:29:55
130	3122	2514	Jorge Mendes		SEN	Mem Martins Sport Club	136	0:25:14	59	0:00:34	126	0:50:01	34	0:00:30	135	0:13:55	1:30:14	0:30:13
131	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	134	0:24:59	74	0:00:39	136	0:52:02	89	0:00:46	120	0:12:43	1:31:09	0:31:08
132	4100	871	Jaime Carmo		V4	Individual	133	0:24:50	119	0:00:55	135	0:51:35	118	0:01:06	124	0:12:54	1:31:20	0:31:19
133	4024	500	Rui Teixeira		V1	CEFA	143	0:25:37	140	0:01:10	129	0:50:37	112	0:01:01	128	0:13:08	1:31:33	0:31:32
134	1008	2505	Diogo Carvalho		JUN	Alhandra Sporting Clube	139	0:25:20	89	0:00:43	130	0:50:45	94	0:00:47	136	0:13:59	1:31:34	0:31:33
135	4043	829	Francisco Martins		V5	Clube Ferroviário de Vendas Novas	146	0:26:29	101	0:00:47	131	0:50:57	81	0:00:44	133	0:13:46	1:32:43	0:32:42
136	4094	873	Artur Amaral		V1	C.N. Cartaxo	137	0:25:16	131	0:01:02	134	0:51:34	119	0:01:06	137	0:14:12	1:33:10	0:33:09
137	3027	459	Paulo Jorge		SEN	Amiciclo									154	1:33:37	1:33:37	0:33:36

CORRIDA									CICLISMO					CORRIDA				
5000 (MT) Temperatura Agua:									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
138	3096	547	José Antunes		SEN	Individual	147	0:26:55	139	0:01:09	133	0:51:16	117	0:01:06	129	0:13:14	1:33:40	0:33:39
139	4083	863	Herculano Marques		V2	C.N. Cartaxo	129	0:23:55	126	0:00:59	145	0:55:55	113	0:01:01	119	0:12:43	1:34:33	0:34:32
140	3179	652	Nuno André		SEN	Individual									155	1:34:34	1:34:34	0:34:33
141	4056	868	Artur Romero		V3	AGM-Portas / GGS-Torneiras	138	0:25:20	77	0:00:40	147	0:56:19	53	0:00:35	118	0:12:37	1:35:31	0:35:30
142	4005	817	Vitor Costa		V3	C.F. "Os Belenenses"	141	0:25:30	118	0:00:55	146	0:56:12	104	0:00:53	132	0:13:32	1:37:02	0:37:01
143	4001	821	Adelino Vicente		V4	Individual	148	0:26:55	143	0:01:19	140	0:53:41	122	0:01:11	141	0:15:05	1:38:11	0:38:10
144	3097	546	Luis Antunes		SEN	Individual	149	0:26:56	133	0:01:03	141	0:54:19	96	0:00:49	140	0:15:05	1:38:12	0:38:11
145	3132	697	Jorge Pereira		SEN	Triathlon Lamego Club	150	0:27:11	135	0:01:06	144	0:55:43	114	0:01:02	134	0:13:48	1:38:50	0:38:49
146	4035	812	Carlos Raimundo		V3	Tri-Oeiras.com	152	0:27:58	125	0:00:58	142	0:54:21	92	0:00:47	139	0:14:59	1:39:03	0:39:02
147	3135	2515	Mário Guedes		SEN	Triathlon Lamego Club	145	0:26:22	82	0:00:41	148	0:56:35	124	0:01:15	138	0:14:27	1:39:20	0:39:19
148	4003	830	João Branco		V5	C.F. "Os Belenenses"	154	0:28:10	96	0:00:45	143	0:55:07	84	0:00:45	143	0:16:00	1:40:47	0:40:46
149	4046	816	Mário Melo		V3	Clube Ferroviário de Vendas Novas	151	0:27:35	147	0:02:30	149	0:58:39	125	0:01:23	142	0:15:23	1:45:30	0:45:29
150	4017	828	Fernando Inácio		V5	ABV Estoris	153	0:28:07	146	0:01:55	150	0:58:56	126	0:01:34	145	0:18:27	1:48:59	0:48:58
151	1045	222	João Amaral	DNF	JUN	C.N. Cartaxo	119	0:22:59	60	0:00:35	124	0:48:59	23	0:00:28	2	-1:13:01		
152	2009	285	Vasco Côrte-Real	DNF	S23	Tri-Oeste -Clube de Triatlo do Oeste	39	0:19:17	112	0:00:52	10	-0:20:09						
153	1021	422	Gonçalo Silva	DNF	JUN	Águias de Alpiarça	140	0:25:30	93	0:00:45	2	-0:26:15						
154	3131	469	João Ferreira	DNF	SEN	Triathlon Lamego Club	29	0:18:23	71	0:00:39	11	-0:19:02						
155	3006	566	Paulo Antunes	DNF	SEN	C.F. "Os Belenenses"												
156	3085	722	Armando Costa	DNF	SEN	Sport União Colarense			148	0:35:50	1	-0:35:50						
157	4023	765	Francisco Bexiga	DNF	V2	CEFA	142	0:25:36	100	0:00:47	21	0:31:40	123	0:01:15	3	-0:59:18		
158	4019	850	Mário Santana	DNF	V4	Amiciclo	113	0:22:23	46	0:00:32	7	-0:22:55						
159	5103	875	Luis Sousa Ribeiro	DNF	V1	Triathlon Lamego Club	155	0:29:03					141	1:39:41	1	-1:39:41		
160	2010	2501	João Belo Martins	DNF	S23	Tri-Oeiras.com	128	0:23:50	78	0:00:40	5	-0:24:30	133	0:53:45	4	-0:53:45		
161	1049	2548	André Fonseca	DNF	JUN	Comissão de Melhoramentos de Ferreiros	130	0:24:18	132	0:01:02	3	-0:25:20						
162	3160	2550	Nuno Vasco	DNF	SEN	Ginásio Clube Figueirense	115	0:22:33	138	0:01:08	6	-0:23:41						
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 Camamal-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												

CORRIDA									CICLISMO						CORRIDA			
5000 (MT) Temperatura Agua:									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
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 Colarensense												
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												
183	1043	2520	Bruno Esteves	DSQ	JUN	Os Kotas Bike Team	110	0:22:21	30	0:00:26	22	0:34:50	14	0:00:25	114	0:12:10	1:10:12	0:10:11