

Resultados

Localidade:	LOURINHÃ	Distância CORRI (MT): CICLIS (KM) CORRI (MT):	5000/18200/2500
Data:	19-06-2005	Hora de começo:	10h30m

Informação

Delegado técnico:	ARTUR PARREIRA	Juiz Principal:	JOÃO PINHO
Pontuável para:	Camp. Nacional Júniores Taça de Portugal	Juri de apelo:	José Luis, Artur Parreira, José Tomé

Temperatura Agua:						CORRIDA 5000 (MT)				CICLISMO 18200 (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	3117	486	Lino Barruncho		SEN	Vitoria Janes	2	0:16:29	1	0:00:19	10	0:28:13	1	0:00:16	3	0:08:12	0:53:29	0:00:03
2	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	5	0:17:07	5	0:00:21	8	0:27:35	4	0:00:17	4	0:08:38	0:53:58	0:00:32
3	3071	532	Luis Manuel Almeida		SEN	Clube Ferroviário de Vendas Novas	4	0:16:30	6	0:00:21	13	0:28:14			9	0:09:01	0:54:06	0:00:40
4	1011	102	José Estrangeiro		JUN	SR Camarnal-Constr.Ramalho Couto-Ika	7	0:17:08	14	0:00:25	7	0:27:29	19	0:00:24	7	0:08:47	0:54:13	0:00:47
5	2029	382	Nelson Silva		S23	Vitoria Janes	3	0:16:29	3	0:00:20	11	0:28:13	5	0:00:18	10	0:09:08	0:54:28	0:01:02
6	4058	520	António Catarino		V1	Casa do Benfica no Fundão	6	0:17:08	4	0:00:21	9	0:27:39	8	0:00:20	15	0:09:32	0:55:00	0:01:34
7	3088	521	João Campos		SEN	Casa do Benfica no Fundão	9	0:17:12	11	0:00:25	32	0:29:33			8	0:08:59	0:56:09	0:02:43
8	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	11	0:17:28	7	0:00:23	21	0:29:18	7	0:00:19	6	0:08:46	0:56:14	0:02:48
9	3114	689	Rui Belo		SEN	Vitoria Janes	8	0:17:09	17	0:00:26	35	0:29:40	9	0:00:20	5	0:08:45	0:56:20	0:02:54
10	3089	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	10	0:17:12	9	0:00:24	33	0:29:34	6	0:00:19	12	0:09:15	0:56:44	0:03:18
11	1020	179	Miguel Arraiolos		JUN	Águias de Alpiarça	13	0:17:57	31	0:00:28	23	0:29:23	21	0:00:25	11	0:09:09	0:57:22	0:03:56
12	3000	480	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	37	0:19:52	37	0:00:29	36	0:29:42	34	0:00:28	25	0:09:51	1:00:22	0:06:56
13	2003	417	Rui Dolores		S23	Amiciclo	15	0:18:03	55	0:00:33	15	0:29:11			19	0:09:44	0:57:31	0:04:05
14	4064	785	José Reis		V1	Vitória Club de Ovar	20	0:18:10	19	0:00:26	17	0:29:14	13	0:00:21	17	0:09:33	0:57:44	0:04:18
15	3026	461	Anibal Oliveira		SEN	Amiciclo	16	0:18:04	32	0:00:28	18	0:29:15	26	0:00:26	18	0:09:37	0:57:50	0:04:24
16	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	19	0:18:09	13	0:00:25	27	0:29:26	89	0:00:43	23	0:09:50	0:58:33	0:05:07
17	3051	499	António Ervideira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	27	0:19:10	26	0:00:28	43	0:30:01	38	0:00:29	20	0:09:45	0:59:53	0:06:27
18	4090	865	Rui Campos		V1	Musclor-Oeiras Sport Clube	21	0:18:31	10	0:00:24	57	0:30:42	10	0:00:20	31	0:10:03	1:00:00	0:06:34
19	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	29	0:19:24	68	0:00:36	34	0:29:38	48	0:00:31	26	0:09:55	1:00:04	0:06:38
20	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	28	0:19:10	58	0:00:34	42	0:29:56	77	0:00:39	27	0:09:56	1:00:15	0:06:49
21	2042	295	Ricardo Teixeira		S23	Tri-Oeste -Clube de Triatlo do Oeste	22	0:18:52	114	0:00:58	40	0:29:52	69	0:00:36	28	0:09:58	1:00:16	0:06:50
22	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	31	0:19:27	35	0:00:29	44	0:30:04	32	0:00:28	24	0:09:50	1:00:18	0:06:52
23	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	38	0:19:56	83	0:00:42	24	0:29:23	50	0:00:31	21	0:09:47	1:00:19	0:06:53
24	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	37	0:19:52	37	0:00:29	36	0:29:42	34	0:00:28	25	0:09:51	1:00:22	0:06:56
25	3054	739	António Luz Gomes		SEN	IPODEC / Tri-Oeiras.com	26	0:19:09	70	0:00:37	39	0:29:52	39	0:00:29	38	0:10:18	1:00:25	0:06:59
26	5232		Daniel Trindade		SEN	Individual	30	0:19:24	95	0:00:48	19	0:29:16	64	0:00:34	39	0:10:23	1:00:25	0:06:59

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				18200 (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	3055	477	Paulo Sousa		SEN	IPODEC / Tri-Oeiras.com	34	0:19:41	24	0:00:27	14	0:29:01	42	0:00:29	51	0:10:48	1:00:26	0:07:00
28	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	45	0:20:01	53	0:00:33	28	0:29:27	70	0:00:37	22	0:09:50	1:00:28	0:07:02
29	4015	774	José Oliveira		V2	ABV Estoris	47	0:20:02	64	0:00:35	26	0:29:24	59	0:00:33	29	0:09:59	1:00:33	0:07:07
30	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	40	0:19:59	20	0:00:27	29	0:29:31	49	0:00:31	32	0:10:06	1:00:34	0:07:08
31	3172	645	João Lourenço		SEN	C.N. Cartaxo	43	0:20:00	28	0:00:28	30	0:29:31	16	0:00:23	37	0:10:12	1:00:34	0:07:08
32	5141		Paulo Jorge Ribeiro		V1	Individual	52	0:20:07	38	0:00:29	25	0:29:23	76	0:00:38	33	0:10:06	1:00:43	0:07:17
33	3102	662	Alexandre Feliz		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	50	0:20:06	77	0:00:40	16	0:29:13	27	0:00:28	40	0:10:24	1:00:51	0:07:25
34	4075	751	José Peixoto		V2	A.D.C.R. Painho/Pêra Rocha do Oeste	42	0:19:59	73	0:00:38	22	0:29:21	62	0:00:34	42	0:10:28	1:01:00	0:07:34
35	1013	12	Bárbara Clemente		JUN	Sport União Colarense	44	0:20:00	45	0:00:30	37	0:29:45	35	0:00:28	47	0:10:43	1:01:26	0:08:00
36	4074	458	Pedro Marques		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	49	0:20:04	65	0:00:35	53	0:30:33	43	0:00:29	35	0:10:10	1:01:51	0:08:25
37	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	39	0:19:57	50	0:00:32	31	0:29:33	60	0:00:34	66	0:11:23	1:01:59	0:08:33
38	1044	2523	Noé Dias		JUN	Casa do Povo de Mouriscas	36	0:19:47	25	0:00:27	61	0:30:59			60	0:11:07	1:02:20	0:08:54
39	5159		Gilberto Ribeiro		SEN	Individual	14	0:17:59	104	0:00:51	90	0:33:30	82	0:00:40	14	0:09:21	1:02:21	0:08:55
40	5164		Renato Lopes		SEN	Individual	17	0:18:04	61	0:00:34	85	0:33:10	36	0:00:28	36	0:10:10	1:02:26	0:09:00
41	3173	2564	José Lino		SEN	C.N. Cartaxo	33	0:19:36	48	0:00:31	62	0:31:08	45	0:00:30	48	0:10:44	1:02:29	0:09:03
42	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	55	0:20:23	15	0:00:26	51	0:30:30	28	0:00:28	49	0:10:46	1:02:33	0:09:07
43	3004	485	Bruno Silva		SEN	CCD / V.F. Xira	53	0:20:14	80	0:00:42	4	-0:20:56			121	1:02:36	1:02:36	0:09:10
44	3119	638	Paulo Calixto		SEN	Ateneu Artístico Cartaxense	46	0:20:01	33	0:00:29	58	0:30:48	53	0:00:32	50	0:10:47	1:02:37	0:09:11
45	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	62	0:20:33	49	0:00:31	54	0:30:41	33	0:00:28	45	0:10:38	1:02:51	0:09:25
46	4000	798	Olimpio Guedelha		V3	CCD / V.F. Xira	54	0:20:21	113	0:00:58	49	0:30:28	78	0:00:39	41	0:10:26	1:02:52	0:09:26
47	3170	2562	Rui Simões		SEN	Sport União Colarense	57	0:20:23	94	0:00:47	46	0:30:13	44	0:00:29	59	0:11:04	1:02:56	0:09:30
48	3116	688	Bruno Martins		SEN	Vitória Janes	35	0:19:45	27	0:00:28	65	0:31:39	14	0:00:23	46	0:10:43	1:02:58	0:09:32
49	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	56	0:20:23	103	0:00:51	50	0:30:29	87	0:00:42	44	0:10:34	1:02:59	0:09:33
50	3183	2589	Ricardo Figueira Silva		SEN	C.F. "Os Belenenses"	66	0:20:44	44	0:00:30	52	0:30:31	22	0:00:25	55	0:10:52	1:03:02	0:09:36
51	5192		Pedro Quintela		SEN	Individual	48	0:20:03	51	0:00:32	55	0:30:41	23	0:00:25	76	0:11:39	1:03:20	0:09:54
52	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	59	0:20:30	84	0:00:42	59	0:30:49	52	0:00:32	54	0:10:50	1:03:23	0:09:57
53	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	69	0:21:04	41	0:00:30	45	0:30:08	72	0:00:37	63	0:11:13	1:03:32	0:10:06
54	3092	746	Pedro Venâncio		SEN	Casa do Benfica no Fundão	58	0:20:27	71	0:00:37	63	0:31:18	54	0:00:32	52	0:10:49	1:03:43	0:10:17
55	3171	315	Bruno Ferreira		SEN	C.N. Cartaxo	60	0:20:31	79	0:00:42	48	0:30:27	86	0:00:42	72	0:11:29	1:03:51	0:10:25
56	4025	516	João Medeiro		V1	Serv. Soc. CGD	41	0:19:59	60	0:00:34	77	0:32:36	20	0:00:25	53	0:10:50	1:04:24	0:10:58
57	1054	2570	Vasco Pessoa		JUN	Individual	25	0:19:00	18	0:00:26	86	0:33:13	41	0:00:29	69	0:11:25	1:04:33	0:11:07
58	4014	775	João Santos		V1	ABV Estoris	92	0:22:18	29	0:00:28	38	0:29:49	67	0:00:36	78	0:11:48	1:04:59	0:11:33
59	5148		Vitor Pereira		SEN	Individual	71	0:21:05	126	0:01:21	71	0:32:18	91	0:00:43	16	0:09:32	1:04:59	0:11:33
60	4067	822	Carlos Leite		V5	Vitória Club de Ovar	67	0:20:49	112	0:00:57	66	0:32:00	101	0:00:51	43	0:10:32	1:05:09	0:11:43
61	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	88	0:22:02	86	0:00:43	41	0:29:53	31	0:00:28	91	0:12:18	1:05:24	0:11:58
62	4073	456	Amândio Caetano		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	61	0:20:32	78	0:00:41	80	0:32:38	84	0:00:41	56	0:10:57	1:05:29	0:12:03
63	3057	734	Henrique Matias		SEN	IPODEC / Tri-Oeiras.com	65	0:20:43	93	0:00:47	70	0:32:18	83	0:00:41	58	0:11:03	1:05:32	0:12:06

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				18200 (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	3120	720	Mário Couto		SEN	Ateneu Artístico Cartaxense	70	0:21:05	81	0:00:42	67	0:32:06	61	0:00:34	61	0:11:08	1:05:35	0:12:09
65	3020	524	Miguel Palma		SEN	ABV Estoris	51	0:20:06	46	0:00:30	5	-0:20:36			122	1:05:35	1:05:35	0:12:09
66	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	68	0:20:51	34	0:00:29	74	0:32:32	25	0:00:26	75	0:11:36	1:05:54	0:12:28
67	3094	708	Pedro Fernandes		SEN	ABV Estoris	72	0:21:06	42	0:00:30	78	0:32:37	94	0:00:46	62	0:11:08	1:06:07	0:12:41
68	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	73	0:21:06	124	0:01:06	64	0:31:33	107	0:00:55	73	0:11:34	1:06:14	0:12:48
69	3028	630	António Cunha		SEN	CEFA	75	0:21:30	118	0:01:01	68	0:32:14	97	0:00:49	57	0:10:59	1:06:33	0:13:07
70	2010	2501	João Belo Martins		S23	IPODEC / Tri-Oeiras.com	93	0:22:19	87	0:00:44	56	0:30:42	66	0:00:36	88	0:12:17	1:06:38	0:13:12
71	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	64	0:20:40	82	0:00:42	75	0:32:33	88	0:00:43	82	0:12:03	1:06:41	0:13:15
72	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	78	0:21:37	88	0:00:44	72	0:32:19			84	0:12:04	1:06:44	0:13:18
73	5210		João Martins		V1	Individual	63	0:20:34	109	0:00:55	73	0:32:27	114	0:01:25	70	0:11:25	1:06:46	0:13:20
74	4010	788	Bernard Verguet		V2	C.F. "Os Belenenses"	91	0:22:14	85	0:00:43	60	0:30:50	110	0:00:58	92	0:12:21	1:07:06	0:13:40
75	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	83	0:21:50	92	0:00:46	83	0:32:58	46	0:00:31	68	0:11:25	1:07:30	0:14:04
76	2046	253	Nuno Chainho		S23	Os Kotas Bike Team	74	0:21:11	100	0:00:49	3	-0:22:00			123	1:07:55	1:07:55	0:14:29
77	4082	862	José Maçarría		V2	Ginásio Clube Figueirense	79	0:21:39	119	0:01:01	87	0:33:16	71	0:00:37	67	0:11:23	1:07:56	0:14:30
78	5187		João Carvalho		V1	Individual	95	0:22:35	123	0:01:03	69	0:32:15	109	0:00:57	80	0:12:00	1:08:50	0:15:24
79	4081	861	Sebastião Fraústo		V1	C.D. Asas do Milénium	94	0:22:33	91	0:00:44	76	0:32:34	74	0:00:37	93	0:12:22	1:08:50	0:15:24
80	1038	2513	Diogo Custódio		JUN	Mem Martins Sport Club	80	0:21:47	39	0:00:30	94	0:34:39	15	0:00:23	77	0:11:47	1:09:06	0:15:40
81	4019	850	Mário Santana		V4	Amiciclo	77	0:21:33	122	0:01:03	88	0:33:21	104	0:00:52	98	0:12:36	1:09:25	0:15:59
82	5292		Marco Fernandes		SEN	Individual	32	0:19:30	57	0:00:33	119	0:39:05	65	0:00:35	30	0:10:00	1:09:43	0:16:17
83	1057	2607	Marcos Duro		BEN	Mem Martins Sport Club	81	0:21:47	23	0:00:27	103	0:35:57	12	0:00:21	65	0:11:19	1:09:51	0:16:25
84	5290		Luis Filipe Pereira		V1	Individual	97	0:22:37	96	0:00:48	84	0:33:09	103	0:00:51	96	0:12:29	1:09:54	0:16:28
85	3118	701	Nuno Morais		SEN	Ateneu Artístico Cartaxense	104	0:23:36	98	0:00:49	81	0:32:40	68	0:00:36	94	0:12:25	1:10:06	0:16:40
86	1027	7	Marina Pedro		JUN	Os Kotas Bike Team	89	0:22:06	22	0:00:27	101	0:35:41	18	0:00:24	74	0:11:36	1:10:14	0:16:48
87	4045	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	105	0:23:38	99	0:00:49	79	0:32:37	105	0:00:54	89	0:12:17	1:10:15	0:16:49
88	3098	559	José Pinto		SEN	Vitória Club de Ovar	101	0:23:13	66	0:00:35	82	0:32:47	90	0:00:43	103	0:12:58	1:10:16	0:16:50
89	5271		Carlos Mourato Pereira		SEN	Individual	96	0:22:36	120	0:01:01	89	0:33:25	95	0:00:47	95	0:12:29	1:10:18	0:16:52
90	1012	72	Angela Silvério		JUN	C.N. Alvito	85	0:21:53	67	0:00:36	109	0:36:45	24	0:00:26	71	0:11:26	1:11:06	0:17:40
91	4108	879	Paulo Leitão Santos		V1	Individual	100	0:23:10	101	0:00:50	2	-0:24:00			124	1:11:15	1:11:15	0:17:49
92	4038	780	Joaquim Patrício		V4	C.N. Alvito	102	0:23:14	47	0:00:31	95	0:34:59	51	0:00:32	81	0:12:01	1:11:17	0:17:51
93	2027	380	Carla Ribeiro		S23	C.N. Cartaxo	99	0:23:00	54	0:00:33	96	0:35:03	58	0:00:33	87	0:12:17	1:11:26	0:18:00
94	5221		António Joaquim dos Reis		V1	Individual	98	0:22:50	76	0:00:39	99	0:35:16	56	0:00:32	86	0:12:09	1:11:26	0:18:00
95	3096	547	José Antunes		SEN	Individual	109	0:23:58	107	0:00:53	92	0:33:54	75	0:00:38	83	0:12:04	1:11:27	0:18:01
96	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	84	0:21:52	52	0:00:33	106	0:36:35	47	0:00:31	85	0:12:06	1:11:37	0:18:11
97	5156		Paulo Sousa		SEN	Individual	86	0:21:58	69	0:00:36	105	0:36:34	57	0:00:32	90	0:12:17	1:11:57	0:18:31
98	1010	126	Joaquim Guerreiro		JUN	Amiciclo	76	0:21:32	111	0:00:56	113	0:37:52	81	0:00:40	64	0:11:16	1:12:16	0:18:50
99	3122	2514	Jorge Mendes		SEN	Mem Martins Sport Club	113	0:24:35	30	0:00:28	91	0:33:47	30	0:00:28	104	0:13:10	1:12:28	0:19:02
100	5071		Carlos Alegre		V1	Individual	82	0:21:48	62	0:00:34	114	0:37:53	37	0:00:28	79	0:11:59	1:12:42	0:19:16

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 (MT)				18200 (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	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	103	0:23:24	43	0:00:30	97	0:35:11	63	0:00:34	105	0:13:20	1:12:59	0:19:33
102	1025	128	Tânia Boleta		JUN	Os Kotas Bike Team	90	0:22:08	36	0:00:29	112	0:37:50	11	0:00:21	101	0:12:42	1:13:30	0:20:04
103	4100	871	Jaime Carmo		V4	Individual	108	0:23:58	105	0:00:52	98	0:35:12	99	0:00:51	107	0:13:24	1:14:17	0:20:51
104	4008	818	José Rijo		V4	C.F. "Os Belenenses"	112	0:24:30	108	0:00:55	100	0:35:27	100	0:00:51	100	0:12:39	1:14:22	0:20:56
105	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	114	0:24:49	63	0:00:35	107	0:36:38	40	0:00:29	97	0:12:31	1:15:02	0:21:36
106	5206		José Pereira Silva		V1	Individual	110	0:24:18	125	0:01:11	93	0:34:18	113	0:01:14	112	0:14:17	1:15:18	0:21:52
107	2014	393	Maria Cecília Franco		S23	IPODEC / Tri-Oeiras.com	116	0:25:13	116	0:01:00	102	0:35:50	98	0:00:50	109	0:13:33	1:16:26	0:23:00
108	4003	830	João Branco		V5	C.F. "Os Belenenses"	117	0:26:01	40	0:00:30	108	0:36:40	29	0:00:28	108	0:13:28	1:17:07	0:23:41
109	4043	829	Francisco Martins		V5	Clube Ferroviário de Vendas Novas	118	0:26:39	75	0:00:39	104	0:35:58	55	0:00:32	110	0:13:40	1:17:28	0:24:02
110	1018	215	João Inácio		JUN	Mem Martins Sport Club	111	0:24:22	12	0:00:25	121	0:39:27	17	0:00:24	106	0:13:21	1:17:59	0:24:33
111	5145		Gil Peso		SEN	Individual	106	0:23:44	90	0:00:44	123	0:40:20	79	0:00:39	102	0:12:51	1:18:18	0:24:52
112	5199		José Conde		SEN	Individual	107	0:23:45	110	0:00:55	122	0:40:07	108	0:00:55	99	0:12:36	1:18:18	0:24:52
113	4005	817	Vitor Costa		V3	C.F. "Os Belenenses"	115	0:25:02	89	0:00:44	118	0:38:51	92	0:00:45	111	0:13:41	1:19:03	0:25:37
114	5169		António Bronze Neto		SEN	Individual	24	0:18:58	56	0:00:33	126	0:50:37	102	0:00:51	34	0:10:08	1:21:07	0:27:41
115	4109	843	António Pereira		V5	ABV Estoris	124	0:27:48	117	0:01:00	110	0:36:53	111	0:00:59	116	0:14:43	1:21:23	0:27:57
116	5167		José Correia		V5	Individual	123	0:27:42	121	0:01:01	111	0:37:00	112	0:01:01	115	0:14:39	1:21:23	0:27:57
117	3008	554	Helena Barros		SEN	C.F. "Os Belenenses"	121	0:27:40	59	0:00:34	1	-0:28:14			125	1:21:39	1:21:39	0:28:13
118	4096	841	Maria João Martins		V2	IPODEC / Tri-Oeiras.com	119	0:27:24	115	0:00:59	116	0:38:45	106	0:00:55	113	0:14:19	1:22:22	0:28:56
119	5110		Carlos Alfredo Matias		V5	Individual	122	0:27:42	74	0:00:38	115	0:38:44	85	0:00:41	117	0:14:49	1:22:34	0:29:08
120	4007	808	Maria Moniz		V2	C.F. "Os Belenenses"	125	0:28:56	97	0:00:49	117	0:38:48	93	0:00:46	118	0:15:19	1:24:38	0:31:12
121	5288		Monica Moreiras		SEN	Individual	87	0:22:01	72	0:00:37	125	0:46:04	73	0:00:37	119	0:15:19	1:24:38	0:31:12
122	3184	2596	Maria Rita Neves		SEN	IPODEC / Tri-Oeiras.com	120	0:27:24	106	0:00:52	124	0:41:18	80	0:00:40	114	0:14:38	1:24:52	0:31:26
123	5124		Ulisses Lopes		SEN	Individual	126	0:29:34	102	0:00:50	120	0:39:24	96	0:00:47	120	0:16:00	1:26:35	0:33:09
124	3050	496	Bruno Fernandes	DNF	SEN	Tri-Oeste -Clube de Triatlo do Oeste	23	0:18:54	8	0:00:24	47	0:30:23	115	0:01:45	1	-0:51:26		
125	1052	2563	João Pedro Silva	DNF	JUN	Individual	12	0:17:51	21	0:00:27	6	-0:18:18						
126	4001	821	Adelino Vicente	DNS	V4	Individual												
127	1035	2508	Ana Carrasco	DNS	JUN	Alhandra Sporting Clube												
128	1016	142	Ana Sampaio	DNS	JUN	Mem Martins Sport Club												
129	3106	492	Carlos Reis	DNS	SEN	C.D. Asas do Milénium												
130	3166	2556	Cláudia Martins	DNS	SEN	IPODEC / Tri-Oeiras.com												
131	4017	828	Fernando Inácio	DNS	V5	ABV Estoris												
132	4083	863	Herculano Marques	DNS	V2	C.N. Cartaxo												
133	4089	768	Jorge Duarte	DNS	V2	Musclor-Oeiras Sport Clube												
134	3086	649	Luis Guerreiro	DNS	SEN	Borealis												
135	3021	588	Marco Mello	DNS	SEN	ABV Estoris												
136	3022	540	Pedro Gaspar	DNS	SEN	Alhandra Sporting Clube												
137	2009	285	Vasco Côte-Real	DNS	S23	Tri-Oeste -Clube de Triatlo do Oeste												

Resultados

Temperatura Agua:						CORRIDA 5000 (MT)				CICLISMO 18200 (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	3101	457	Nuno Almeida	DNS	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste												
139	4077	856	João Côte Real	DNS	V1	A.D.C.R. Painho/Pêra Rocha do Oeste												
140	1056	69	João Romão	DNS	JUN	Amiciclo												
141	3040	505	José Ribeiro	DNS	SEN	SR Camarnal-Constr.Ramalho Couto-Ika												
142	5205		António da Silva	DNS	SEN	Individual												
143	5143		Lino Tudela	DNS	V1	Individual												
144	5072		Nuno Tintim	DNS	SEN	Individual												
145	5133		Ricardo Mestre	DNS	SEN	Individual												
146	5214		Venâncio Leitão	DNS	SEN	Individual												
147	2007	362	Sérgio Manuel Silva	DSQ	S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:16:28	2	0:00:19	12	0:28:14	2	0:00:16	2	0:08:09	0:53:26	0:00:00