

## I Duatlo da Lourinhã - Taça de

### CLASSIFICAÇÃO POR ESCALÕES

#### 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

#### V5 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 18200 (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
58	4067	822	Carlos Leite		V5	Vitória Club de Ovar	62	0:20:49	99	0:00:57	60	0:32:00	87	0:00:51	40	0:10:32	1:05:09	0:11:43
101	4003	830	João Branco		V5	C.F. "Os Belenenses"	106	0:26:01	34	0:00:30	99	0:36:40	21	0:00:28	99	0:13:28	1:17:07	0:23:41
102	4043	829	Francisco Martins		V5	Clube Ferroviário de Vendas Novas	107	0:26:39	64	0:00:39	95	0:35:58	46	0:00:32	100	0:13:40	1:17:28	0:24:02
108	4109	843	António Pereira		V5	ABV Estoril	110	0:27:48	102	0:01:00	100	0:36:53	96	0:00:59	104	0:14:43	1:21:23	0:27:57
109	5167		José Correia		V5	Individual	109	0:27:42	106	0:01:01	101	0:37:00	97	0:01:01	103	0:14:39	1:21:23	0:27:57
110	5110		Carlos Alfredo Matias		V5	Individual	108	0:27:42	63	0:00:38	104	0:38:44	73	0:00:41	105	0:14:49	1:22:34	0:29:08

#### V4 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 18200 (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
73	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	78	0:21:50	81	0:00:46	77	0:32:58	37	0:00:31	63	0:11:25	1:07:30	0:14:04
79	4019	850	Mário Santana		V4	Amiciclo	72	0:21:33	107	0:01:03	82	0:33:21	90	0:00:52	90	0:12:36	1:09:25	0:15:59
88	4038	780	Joaquim Patrício		V4	C.N. Alvito	92	0:23:14	40	0:00:31	89	0:34:59	42	0:00:32	74	0:12:01	1:11:17	0:17:51
97	4100	871	Jaime Carmo		V4	Individual	98	0:23:58	93	0:00:52	91	0:35:12	85	0:00:51	98	0:13:24	1:14:17	0:20:51
98	4008	818	José Rijo		V4	C.F. "Os Belenenses"	102	0:24:30	95	0:00:55	93	0:35:27	86	0:00:51	92	0:12:39	1:14:22	0:20:56

## V3 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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
44	4000	798	Olímpio Guedelha		V3	CCD / V.F. Xira	50	0:20:21	100	0:00:58	44	0:30:28	67	0:00:39	38	0:10:26	1:02:52	0:09:26
106	4005	817	Vitor Costa		V3	C.F. "Os Belenenses"	105	0:25:02	78	0:00:44	105	0:38:51	80	0:00:45	101	0:13:41	1:19:03	0:25:37

## V2 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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
28	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	41	0:20:01	46	0:00:33	24	0:29:27	60	0:00:37	19	0:09:50	1:00:28	0:07:02
29	4015	774	José Oliveira		V2	ABV Estoris	43	0:20:02	55	0:00:35	22	0:29:24	49	0:00:33	26	0:09:59	1:00:33	0:07:07
34	4075	751	José Peixoto		V2	A.D.C.R. Painho/Pêra Rocha do Oeste	39	0:19:59	62	0:00:38	18	0:29:21	52	0:00:34	39	0:10:28	1:01:00	0:07:34
72	4010	788	Bernard Verguet		V2	C.F. "Os Belenenses"	82	0:22:14	74	0:00:43	54	0:30:50	95	0:00:58	84	0:12:21	1:07:06	0:13:40
75	4082	862	José Maçarria		V2	Ginásio Clube Figueirense	74	0:21:39	104	0:01:01	81	0:33:16	61	0:00:37	62	0:11:23	1:07:56	0:14:30
99	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	104	0:24:49	54	0:00:35	98	0:36:38	31	0:00:29	89	0:12:31	1:15:02	0:21:36

## V2 Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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
9	4096	841	Maria João Martins		V2	IPODEC / Tri-Oeiras.com	-9	0:27:24	-7	0:00:59	-9	0:38:45	-17	0:00:55	-11	0:14:19	1:22:22	0:28:56
10	4007	808	Maria Moniz		V2	C.F. "Os Belenenses"	-6	0:28:56	-9	0:00:49	-8	0:38:48	-19	0:00:46	-9	0:15:19	1:24:38	0:31:12

## V1 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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
2	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	2	0:17:07	2	0:00:21	4	0:27:35	0	0:00:17	1	0:08:38	0:53:58	0:00:32
6	4058	520	António Catarino		V1	Casa do Benfica no Fundão	3	0:17:08	1	0:00:21	5	0:27:39	4	0:00:20	12	0:09:32	0:55:00	0:01:34
14	4064	785	José Reis		V1	Vitória Club de Ovar	17	0:18:10	15	0:00:26	13	0:29:14	8	0:00:21	14	0:09:33	0:57:44	0:04:18
18	4090	865	Rui Campos		V1	Musclor-Oeiras Sport Clube	18	0:18:31	7	0:00:24	51	0:30:42	6	0:00:20	28	0:10:03	1:00:00	0:06:34
32	5141		Paulo Jorge Ribeiro		V1	Individual	48	0:20:07	32	0:00:29	21	0:29:23	65	0:00:38	30	0:10:06	1:00:43	0:07:17
35	4074	458	Pedro Marques		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	45	0:20:04	56	0:00:35	47	0:30:33	34	0:00:29	32	0:10:10	1:01:51	0:08:25
54	4025	516	João Medeiro		V1	Serv. Soc. CGD	38	0:19:59	51	0:00:34	71	0:32:36	14	0:00:25	48	0:10:50	1:04:24	0:10:58

Médias: 0:21:11 0:00:38 0:30:06 0:00:35 0:13:09

56	4014	775	João Santos	V1	ABV Estoris	83	0:22:18	24	0:00:28	33	0:29:49	57	0:00:36	71	0:11:48	1:04:59	0:11:33
60	4073	456	Amândio Caetano	V1	A.D.C.R. Painho/Pêra Rocha do Oeste	56	0:20:32	67	0:00:41	74	0:32:38	72	0:00:41	51	0:10:57	1:05:29	0:12:03
66	4072	752	Renato Fidalgo	V1	A.D.C.R. Painho/Pêra Rocha do Oeste	68	0:21:06	109	0:01:06	58	0:31:33	92	0:00:55	67	0:11:34	1:06:14	0:12:48
71	5210		João Martins	V1	Individual	58	0:20:34	96	0:00:55	67	0:32:27	99	0:01:25	65	0:11:25	1:06:46	0:13:20
76	5187		João Carvalho	V1	Individual	86	0:22:35	108	0:01:03	63	0:32:15	94	0:00:57	73	0:12:00	1:08:50	0:15:24
77	4081	861	Sebastião Fraústo	V1	C.D. Asas do Milénium	85	0:22:33	80	0:00:44	70	0:32:34	63	0:00:37	85	0:12:22	1:08:50	0:15:24
82	5290		Luis Filipe Pereira	V1	Individual	88	0:22:37	85	0:00:48	78	0:33:09	89	0:00:51	88	0:12:29	1:09:54	0:16:28
84	4045	757	Rogério Morais	V1	Clube Ferroviário de Vendas Novas	95	0:23:38	87	0:00:49	73	0:32:37	91	0:00:54	81	0:12:17	1:10:15	0:16:49
87	4108	879	Paulo Leitão Santos	V1	Individual	90	0:23:10	89	0:00:50	-2	-0:24:00			110	1:11:15	1:11:15	0:17:49
89	5221		António Joaquim dos Reis	V1	Individual	89	0:22:50	65	0:00:39	92	0:35:16	47	0:00:32	79	0:12:09	1:11:26	0:18:00
95	5071		Carlos Alegre	V1	Individual	77	0:21:48	53	0:00:34	103	0:37:53	28	0:00:28	72	0:11:59	1:12:42	0:19:16
100	5206		José Pereira Silva	V1	Individual	100	0:24:18	110	0:01:11	87	0:34:18	98	0:01:14	102	0:14:17	1:15:18	0:21:52

## SEN Masculinos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 18200 (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	3117	486	Lino Barruncho		SEN	Vitoria Janes	-1	0:16:29	-2	0:00:19	6	0:28:13	-3	0:00:16	0	0:08:12	0:53:29	0:00:03
3	3071	532	Luis Manuel Almeida		SEN	Clube Ferroviário de Vendas Novas	1	0:16:30	3	0:00:21	9	0:28:14			6	0:09:01	0:54:06	0:00:40
7	3088	521	João Campos		SEN	Casa do Benfica no Fundão	6	0:17:12	8	0:00:25	28	0:29:33			5	0:08:59	0:56:09	0:02:43
8	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	8	0:17:28	4	0:00:23	17	0:29:18	3	0:00:19	3	0:08:46	0:56:14	0:02:48
9	3114	689	Rui Belo		SEN	Vitoria Janes	5	0:17:09	13	0:00:26	31	0:29:40	5	0:00:20	2	0:08:45	0:56:20	0:02:54
10	3089	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	7	0:17:12	6	0:00:24	29	0:29:34	2	0:00:19	9	0:09:15	0:56:44	0:03:18
12	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	15	0:18:09	12	0:00:26	16	0:29:18	-1	0:00:17	10	0:09:15	0:57:25	0:03:59
15	3026	461	Anibal Oliveira		SEN	Amiciclo	13	0:18:04	27	0:00:28	14	0:29:15	19	0:00:26	15	0:09:37	0:57:50	0:04:24
16	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	16	0:18:09	10	0:00:25	23	0:29:26	77	0:00:43	20	0:09:50	0:58:33	0:05:07
17	3051	499	António Ervideira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	24	0:19:10	21	0:00:28	38	0:30:01	29	0:00:29	17	0:09:45	0:59:53	0:06:27
19	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	26	0:19:24	58	0:00:36	30	0:29:38	39	0:00:31	23	0:09:55	1:00:04	0:06:38
24	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	34	0:19:52	31	0:00:29	32	0:29:42	26	0:00:28	22	0:09:51	1:00:22	0:06:56
25	3054	739	António Luz Gomes		SEN	IPODEC / Tri-Oeiras.com	23	0:19:09	60	0:00:37	34	0:29:52	30	0:00:29	35	0:10:18	1:00:25	0:06:59
26	5232		Daniel Trindade		SEN	Individual	27	0:19:24	84	0:00:48	15	0:29:16	54	0:00:34	36	0:10:23	1:00:25	0:06:59
27	3055	477	Paulo Sousa		SEN	IPODEC / Tri-Oeiras.com	31	0:19:41	19	0:00:27	10	0:29:01	33	0:00:29	46	0:10:48	1:00:26	0:07:00
30	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	37	0:19:59	16	0:00:27	25	0:29:31	40	0:00:31	29	0:10:06	1:00:34	0:07:08
31	3172	645	João Lourenço		SEN	C.N. Cartaxo	40	0:20:00	23	0:00:28	26	0:29:31	11	0:00:23	34	0:10:12	1:00:34	0:07:08
33	3102	662	Alexandre Feliz		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	46	0:20:06	66	0:00:40	12	0:29:13	20	0:00:28	37	0:10:24	1:00:51	0:07:25
36	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	36	0:19:57	43	0:00:32	27	0:29:33	50	0:00:34	61	0:11:23	1:01:59	0:08:33
38	5159		Gilberto Ribeiro		SEN	Individual	11	0:17:59	92	0:00:51	84	0:33:30	70	0:00:40	11	0:09:21	1:02:21	0:08:55
39	5164		Renato Lopes		SEN	Individual	14	0:18:04	52	0:00:34	79	0:33:10	27	0:00:28	33	0:10:10	1:02:26	0:09:00
40	3173	2564	José Lino		SEN	C.N. Cartaxo	30	0:19:36	41	0:00:31	56	0:31:08	36	0:00:30	44	0:10:44	1:02:29	0:09:03

41	3004	485	Bruno Silva		SEN	CCD / V.F. Xira	49	0:20:14	69	0:00:42	0	-0:20:56			107	1:02:36	1:02:36	0:09:10
42	3119	638	Paulo Calixto		SEN	Ateneu Artístico Cartaxense	42	0:20:01	28	0:00:29	52	0:30:48	44	0:00:32	45	0:10:47	1:02:37	0:09:11
43	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	57	0:20:33	42	0:00:31	48	0:30:41	25	0:00:28	42	0:10:38	1:02:51	0:09:25
45	3170	2562	Rui Simões		SEN	Sport União Colarense	52	0:20:23	83	0:00:47	41	0:30:13	35	0:00:29	54	0:11:04	1:02:56	0:09:30
46	3116	688	Bruno Martins		SEN	Vitória Janes	32	0:19:45	22	0:00:28	59	0:31:39	9	0:00:23	43	0:10:43	1:02:58	0:09:32
47	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	51	0:20:23	91	0:00:51	45	0:30:29	75	0:00:42	41	0:10:34	1:02:59	0:09:33
48	3183	2589	Ricardo Figueira Silva		SEN	C.F. "Os Belenenses"	61	0:20:44	38	0:00:30	46	0:30:31	16	0:00:25	50	0:10:52	1:03:02	0:09:36
49	5192		Pedro Quintela		SEN	Individual	44	0:20:03	44	0:00:32	49	0:30:41	17	0:00:25	69	0:11:39	1:03:20	0:09:54
51	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	64	0:21:04	35	0:00:30	40	0:30:08	62	0:00:37	58	0:11:13	1:03:32	0:10:06
52	3092	746	Pedro Venâncio		SEN	Casa do Benfica no Fundão	53	0:20:27	61	0:00:37	57	0:31:18	45	0:00:32	47	0:10:49	1:03:43	0:10:17
53	3171	315	Bruno Ferreira		SEN	C.N. Cartaxo	55	0:20:31	68	0:00:42	43	0:30:27	74	0:00:42	66	0:11:29	1:03:51	0:10:25
57	5148		Vitor Pereira		SEN	Individual	66	0:21:05	111	0:01:21	65	0:32:18	79	0:00:43	13	0:09:32	1:04:59	0:11:33
61	3057	734	Henrique Matias		SEN	IPODEC / Tri-Oeiras.com	60	0:20:43	82	0:00:47	64	0:32:18	71	0:00:41	53	0:11:03	1:05:32	0:12:06
62	3120	720	Mário Couto		SEN	Ateneu Artístico Cartaxense	65	0:21:05	70	0:00:42	61	0:32:06	51	0:00:34	56	0:11:08	1:05:35	0:12:09
63	3020	524	Miguel Palma		SEN	ABV Estoris	47	0:20:06	39	0:00:30	1	-0:20:36			108	1:05:35	1:05:35	0:12:09
64	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	63	0:20:51	29	0:00:29	68	0:32:32	18	0:00:26	68	0:11:36	1:05:54	0:12:28
65	3094	708	Pedro Fernandes		SEN	ABV Estoris	67	0:21:06	36	0:00:30	72	0:32:37	81	0:00:46	57	0:11:08	1:06:07	0:12:41
67	3028	630	António Cunha		SEN	CEFA	70	0:21:30	103	0:01:01	62	0:32:14	84	0:00:49	52	0:10:59	1:06:33	0:13:07
80	5292		Marco Fernandes		SEN	Individual	29	0:19:30	49	0:00:33	106	0:39:05	55	0:00:35	27	0:10:00	1:09:43	0:16:17
83	3118	701	Nuno Morais		SEN	Ateneu Artístico Cartaxense	94	0:23:36	86	0:00:49	75	0:32:40	58	0:00:36	86	0:12:25	1:10:06	0:16:40
85	3098	559	José Pinto		SEN	Vitória Club de Ovar	91	0:23:13	57	0:00:35	76	0:32:47	78	0:00:43	94	0:12:58	1:10:16	0:16:50
86	5271		Carlos Mourato Pereira		SEN	Individual	87	0:22:36	105	0:01:01	83	0:33:25	82	0:00:47	87	0:12:29	1:10:18	0:16:52
90	3096	547	José Antunes		SEN	Individual	99	0:23:58	94	0:00:53	86	0:33:54	64	0:00:38	76	0:12:04	1:11:27	0:18:01
91	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	79	0:21:52	45	0:00:33	97	0:36:35	38	0:00:31	78	0:12:06	1:11:37	0:18:11
92	5156		Paulo Sousa		SEN	Individual	80	0:21:58	59	0:00:36	96	0:36:34	48	0:00:32	82	0:12:17	1:11:57	0:18:31
94	3122	2514	Jorge Mendes		SEN	Mem Martins Sport Club	103	0:24:35	25	0:00:28	85	0:33:47	22	0:00:28	95	0:13:10	1:12:28	0:19:02
96	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	93	0:23:24	37	0:00:30	90	0:35:11	53	0:00:34	96	0:13:20	1:12:59	0:19:33
104	5145		Gil Peso		SEN	Individual	96	0:23:44	79	0:00:44	110	0:40:20	68	0:00:39	93	0:12:51	1:18:18	0:24:52
105	5199		José Conde		SEN	Individual	97	0:23:45	97	0:00:55	109	0:40:07	93	0:00:55	91	0:12:36	1:18:18	0:24:52
107	5169		António Bronze Neto		SEN	Individual	21	0:18:58	48	0:00:33	111	0:50:37	88	0:00:51	31	0:10:08	1:21:07	0:27:41
111	5124		Ulisses Lopes		SEN	Individual	111	0:29:34	90	0:00:50	107	0:39:24	83	0:00:47	106	0:16:00	1:26:35	0:33:09
112	3050	496	Bruno Fernandes	DNF	SEN	Tri-Oeste -Clube de Triatlo do Oeste	20	0:18:54	5	0:00:24	42	0:30:23	100	0:01:45	-2	-0:51:26		

## SEN Femininos

CORRIDA						CICLISMO						CORRIDA						
5000 (MT)						18200 (KM)						2500 (MT)						
Temperatura Agua:																		
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
8	3008	554	Helena Barros		SEN	C.F. "Os Belenenses"	-7	0:27:40	-12	0:00:34	-17	0:28:14			-7	1:21:39	1:21:39	0:28:13
11	5288		Monica Moreiras		SEN	Individual	-14	0:22:01	-10	0:00:37	-6	0:46:04	-21	0:00:37	-8	0:15:19	1:24:38	0:31:12

12	3184	2596	Maria Rita Neves		SEN	IPODEC / Tri-Oeiras.com	-8	0:27:24	-8	0:00:52	-7	0:41:18	-20	0:00:40	-10	0:14:38	1:24:52	0:31:26
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## S23 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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	2029	382	Nelson Silva		S23	Vitoria Janes	0	0:16:29	0	0:00:20	7	0:28:13	1	0:00:18	7	0:09:08	0:54:28	0:01:02
13	2003	417	Rui Dolores		S23	Amiciclo	12	0:18:03	47	0:00:33	11	0:29:11			16	0:09:44	0:57:31	0:04:05
20	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	25	0:19:10	50	0:00:34	37	0:29:56	66	0:00:39	24	0:09:56	1:00:15	0:06:49
21	2042	295	Ricardo Teixeira		S23	Tri-Oeste -Clube de Triatlo do Oeste	19	0:18:52	101	0:00:58	35	0:29:52	59	0:00:36	25	0:09:58	1:00:16	0:06:50
50	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	54	0:20:30	73	0:00:42	53	0:30:49	43	0:00:32	49	0:10:50	1:03:23	0:09:57
68	2010	2501	João Belo Martins		S23	IPODEC / Tri-Oeiras.com	84	0:22:19	76	0:00:44	50	0:30:42	56	0:00:36	80	0:12:17	1:06:38	0:13:12
70	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	73	0:21:37	77	0:00:44	66	0:32:19			77	0:12:04	1:06:44	0:13:18
74	2046	253	Nuno Chainho		S23	Os Kotas Bike Team	69	0:21:11	88	0:00:49	-1	-0:22:00			109	1:07:55	1:07:55	0:14:29
132	2007	362	Sérgio Manuel Silva	DSQ	S23	SR Camarnal-Constr.Ramalho Couto-Ika	-2	0:16:28	-1	0:00:19	8	0:28:14	-2	0:00:16	-1	0:08:09	0:53:26	0:00:00

## S23 Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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	2027	380	Carla Ribeiro		S23	C.N. Cartaxo	-11	0:23:00	-13	0:00:33	-14	0:35:03	-22	0:00:33	-14	0:12:17	1:11:26	0:18:00
7	2014	393	Maria Cecília Franco		S23	IPODEC / Tri-Oeiras.com	-10	0:25:13	-6	0:01:00	-12	0:35:50	-18	0:00:50	-12	0:13:33	1:16:26	0:23:00

## JUN Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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	4	0:17:08	11	0:00:25	3	0:27:29	13	0:00:24	4	0:08:47	0:54:13	0:00:47
11	1020	179	Miguel Arraiolos		JUN	Águias de Alpiarça	10	0:17:57	26	0:00:28	19	0:29:23	15	0:00:25	8	0:09:09	0:57:22	0:03:56
22	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	28	0:19:27	30	0:00:29	39	0:30:04	24	0:00:28	21	0:09:50	1:00:18	0:06:52
23	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	35	0:19:56	72	0:00:42	20	0:29:23	41	0:00:31	18	0:09:47	1:00:19	0:06:53
37	1044	2523	Noé Dias		JUN	Casa do Povo de Mouriscas	33	0:19:47	20	0:00:27	55	0:30:59			55	0:11:07	1:02:20	0:08:54
55	1054	2570	Vasco Pessoa		JUN	Individual	22	0:19:00	14	0:00:26	80	0:33:13	32	0:00:29	64	0:11:25	1:04:33	0:11:07
59	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	81	0:22:02	75	0:00:43	36	0:29:53	23	0:00:28	83	0:12:18	1:05:24	0:11:58
69	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	59	0:20:40	71	0:00:42	69	0:32:33	76	0:00:43	75	0:12:03	1:06:41	0:13:15
78	1038	2513	Diogo Custódio		JUN	Mem Martins Sport Club	75	0:21:47	33	0:00:30	88	0:34:39	10	0:00:23	70	0:11:47	1:09:06	0:15:40
93	1010	126	Joaquim Guerreiro		JUN	Amiciclo	71	0:21:32	98	0:00:56	102	0:37:52	69	0:00:40	59	0:11:16	1:12:16	0:18:50
103	1018	215	João Inácio		JUN	Mem Martins Sport Club	101	0:24:22	9	0:00:25	108	0:39:27	12	0:00:24	97	0:13:21	1:17:59	0:24:33

Médias: 0:21:11 0:00:38 0:30:06 0:00:35 0:13:09

113	1052	2563	João Pedro Silva	DNF	JUN	Individual	9	0:17:51	17	0:00:27	2	-0:18:18						
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## JUN Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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	-17	0:20:00	-14	0:00:30	-16	0:29:45	-23	0:00:28	-18	0:10:43	1:01:26	0:08:00
2	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	-16	0:20:23	-17	0:00:26	-15	0:30:30	-24	0:00:28	-17	0:10:46	1:02:33	0:09:07
3	1027	7	Marina Pedro		JUN	Os Kotas Bike Team	-13	0:22:06	-16	0:00:27	-13	0:35:41	-26	0:00:24	-15	0:11:36	1:10:14	0:16:48
4	1012	72	Angela Silvério		JUN	C.N. Alvito	-15	0:21:53	-11	0:00:36	-11	0:36:45	-25	0:00:26	-16	0:11:26	1:11:06	0:17:40
6	1025	128	Tânia Boleta		JUN	Os Kotas Bike Team	-12	0:22:08	-15	0:00:29	-10	0:37:50	-27	0:00:21	-13	0:12:42	1:13:30	0:20:04

## BEN Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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
81	1057	2607	Marcos Duro		BEN	Mem Martins Sport Club	76	0:21:47	18	0:00:27	94	0:35:57	7	0:00:21	60	0:11:19	1:09:51	0:16:25

## JUN Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18200 (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
13	1035	2508	Ana Carrasco	DNF	JUN	Alhandra Sporting Clube												
14	1016	142	Ana Sampaio	DNF	JUN	Mem Martins Sport Club												
15	3166	2556	Cláudia Martins	DNF	SEN	IPODEC / Tri-Oeiras.com												
114	4001	821	Adelino Vicente	DNF	V4	Individual												
115	3106	492	Carlos Reis	DNF	SEN	C.D. Asas do Milénium												
116	4017	828	Fernando Inácio	DNF	V5	ABV Estoris												
117	4083	863	Herculano Marques	DNF	V2	C.N. Cartaxo												
118	4089	768	Jorge Duarte	DNF	V2	Musclor-Oeiras Sport Clube												
119	3086	649	Luis Guerreiro	DNF	SEN	Borealis												
120	3021	588	Marco Mello	DNF	SEN	ABV Estoris												
121	3022	540	Pedro Gaspar	DNF	SEN	Alhandra Sporting Clube												
122	2009	285	Vasco Côrte-Real	DNF	S23	Tri-Oeste -Clube de Triatlo do Oeste												
123	3101	457	Nuno Almeida	DNF	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste												
124	4077	856	João Côrte Real	DNF	V1	A.D.C.R. Painho/Pêra Rocha do Oeste												
125	1056	69	João Romão	DNF	JUN	Amiciclo												
126	3040	505	José Ribeiro	DNF	SEN	SR Camarnal-Constr.Ramalho Couto-Ika												

Médias: 0:21:11 0:00:38 0:30:06 0:00:35 0:13:09

# Resultados

127	5205	António da Silva	DNS	SEN	Individual												
128	5143	Lino Tudela	DNS	V1	Individual												
129	5072	Nuno Tintim	DNS	SEN	Individual												
130	5133	Ricardo Mestre	DNS	SEN	Individual												
131	5214	Venâncio Leitão	DNS	SEN	Individual												