

Resultados

Localidade:	Peniche	Distância NATAÇ (MT); CICLIS (KM) CORR (MT):	800/21000/5400
Data:	02-07-2005	Hora de começo:	16h00m

Informação

Delegado técnico:	Nelson Laranjeira	Juiz Principal:	João Pinho
Pontuável para:	Circuito Nacional	Juri de apelo:	Nelson Laranjeira

V5 Masculinos

NATAÇÃO							CICLISMO						CORRIDA					
800 M (MT) Temperatura Agua:							21000 (KM)						5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇAC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
92	4030	820	José Gomes		V5	Musclor-Oeiras Sport Clube	99	0:17:25	121	0:02:03	95	0:42:58	107	0:01:13	73	0:26:17	1:29:56	0:21:50
117	4003	830	João Branco		V5	C.F. "Os Belenenses"	119	0:20:23	65	0:01:12	108	0:45:22	38	0:00:38	121	0:32:06	1:39:41	0:31:35

V4 Masculinos

NATAÇÃO							CICLISMO						CORRIDA					
800 M (MT) Temperatura Agua:							21000 (KM)						5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇAC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
65	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	66	0:15:36	75	0:01:17	72	0:40:18	72	0:00:46	65	0:25:45	1:23:42	0:15:36
75	4038	780	Joaquim Patrício		V4	C.N. Alvito	62	0:15:26	103	0:01:31	81	0:40:59	120	0:01:24	70	0:26:02	1:25:22	0:17:16
102	4001	821	Adelino Vicente		V4	Individual	109	0:18:17	98	0:01:27	100	0:44:10	96	0:00:55	95	0:28:31	1:33:20	0:25:14
121	4100	871	Jaime Carmo		V4	Individual	126	0:22:00	123	0:02:12	116	0:46:19	102	0:01:04	113	0:31:04	1:42:39	0:34:33

V3 Masculinos

NATAÇÃO							CICLISMO						CORRIDA					
800 M (MT) Temperatura Agua:							21000 (KM)						5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇAC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
107	4002	852	Christian Bayon		V3	C.F. "Os Belenenses"	77	0:16:21	90	0:01:23	105	0:44:58	101	0:01:03	118	0:31:40	1:35:25	0:27:19
110	5181		Rui Correia		V3	Individual	124	0:21:25	95	0:01:25	99	0:44:05	92	0:00:53	104	0:29:47	1:37:35	0:29:29
114	4035	812	Carlos Raimundo		V3	IPODEC / Tri-Oeiras.com	91	0:16:54	87	0:01:21	117	0:46:19	83	0:00:50	123	0:33:30	1:38:54	0:30:48
125	5208		Domingos Martins		V3	Individual	128	0:22:28	120	0:01:58	124	0:49:34	100	0:00:56	120	0:32:02	1:46:58	0:38:52
126	4004	801	Luís Ramos		V3	C.F. "Os Belenenses"	127	0:22:25	111	0:01:46	127	0:50:26	112	0:01:18	114	0:31:11	1:47:06	0:39:00

V2 Masculinos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	DrsI	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
17	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	26	0:12:23	24	0:00:52	25	0:37:21	66	0:00:45	27	0:23:22	1:14:43	0:06:37
27	4060	762	António Moura		V2	Casa do Benfica no Fundão	41	0:13:31	19	0:00:49	44	0:38:18	-2	0:00:24	21	0:22:53	1:15:55	0:07:49
76	4089	768	Jorge Duarte		V2	Musclor-Oeiras Sport Clube	63	0:15:26	63	0:01:11	84	0:41:18	55	0:00:42	87	0:27:32	1:26:09	0:18:03
77	4075	751	José Peixoto		V2	A.D.C.R. Painho/Pêra Rocha do Oeste	113	0:19:11	28	0:00:54	82	0:41:14	75	0:00:48	43	0:24:23	1:26:30	0:18:24
85	4082	862	José Maçarria		V2	Ginásio Clube Figueirense	103	0:17:49	117	0:01:53	92	0:42:43	73	0:00:47	62	0:25:22	1:28:34	0:20:28
91	5236		Paulo Guedes		V2	Individual	67	0:15:41	94	0:01:25	91	0:42:40	79	0:00:49	100	0:29:02	1:29:37	0:21:31
113	4102	786	Luís Lima		V2	Triathlon Lamego Club	129	0:22:44	110	0:01:46	115	0:46:16	106	0:01:12	82	0:26:54	1:38:52	0:30:46

V2 Femininos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	DrsI	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
8	4096	841	Maria João Martins		V2	IPODEC / Tri-Oeiras.com	-6	0:17:45	-6	0:01:45	-7	0:47:35	-11	0:01:08	-9	0:33:52	1:42:05	0:33:59

V1 Masculinos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	DrsI	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
19	4031	665	José Zacarias		V1	Musclor-Oeiras Sport Clube	28	0:12:25	25	0:00:52	17	0:36:25	50	0:00:41	46	0:24:37	1:15:00	0:06:54
24	4093	840	Rui Sa		V1	Casa Benfica Faro/GASCAN	20	0:12:12	53	0:01:06	26	0:37:27	77	0:00:49	34	0:23:58	1:15:32	0:07:26
32	4101	755	João Gomes		V1	IPODEC / Tri-Oeiras.com	25	0:12:21	11	0:00:42	30	0:37:37	34	0:00:37	60	0:25:15	1:16:32	0:08:26
41	4014	775	João Santos		V1	ABV Estoris	32	0:12:50	42	0:01:01	39	0:37:58	39	0:00:38	75	0:26:31	1:18:58	0:10:52
43	5180		José Leitão		V1	Individual	105	0:17:49	122	0:02:11	5	0:32:30	116	0:01:22	64	0:25:29	1:19:21	0:11:15
44	4036	839	Carlos Cunha		V1	IPODEC / Tri-Oeiras.com	90	0:16:46	57	0:01:09	18	0:36:38	85	0:00:51	37	0:24:04	1:19:28	0:11:22
49	4052	770	Manuel Gonçalves		V1	Papa-Léguas de Assafora	54	0:14:54	34	0:00:57	79	0:40:53	51	0:00:41	20	0:22:51	1:20:16	0:12:10
50	4073	456	Amândio Caetano		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	51	0:14:48	92	0:01:25	50	0:38:55	61	0:00:44	48	0:24:39	1:20:31	0:12:25
55	4065	557	José Silva		V1	Vitória Club de Ovar	95	0:17:10	69	0:01:14	71	0:40:17	43	0:00:39	19	0:22:50	1:22:10	0:14:04
58	4011	4791	João Albuquerque		V1	ABV Estoris	73	0:16:06	48	0:01:05	57	0:39:27	88	0:00:52	63	0:25:23	1:22:53	0:14:47
61	4080	761	Zeferino Eloy		V1	C.D. Asas do Milénium	61	0:15:23	71	0:01:15	41	0:37:59	95	0:00:54	89	0:27:43	1:23:14	0:15:08
69	4106	647	Luis Parrinha		V1	C.N. Cartaxo	107	0:18:04	73	0:01:17	49	0:38:37	12	0:00:29	66	0:25:51	1:24:18	0:16:12
70	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense	82	0:16:29	99	0:01:28	69	0:40:05	69	0:00:46	69	0:26:01	1:24:49	0:16:43
71	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	115	0:19:18	102	0:01:30	40	0:37:58	110	0:01:17	54	0:24:53	1:24:56	0:16:50
72	4045	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	49	0:14:32	104	0:01:35	70	0:40:13	94	0:00:54	88	0:27:42	1:24:56	0:16:50

Médias: 0:15:25 0:01:16 0:38:19 0:01:51 0:25:50

74	4081	861	Sebastião Fraústo	V1	C.D. Asas do Milénium	93	0:17:04	66	0:01:13	61	0:39:42	70	0:00:46	77	0:26:34	1:25:19	0:17:13
83	5263		Emanuel Marques	V1	Individual	84	0:16:34	108	0:01:44	96	0:42:58	118	0:01:23	61	0:25:20	1:27:59	0:19:53
86	5141	866	Paulo Alves	V1	Amiciclo	120	0:20:23	85	0:01:21	90	0:42:25	18	0:00:31	32	0:23:55	1:28:35	0:20:29
87	4108	879	Paulo Leitão Santos	V1	Individual	88	0:16:42	51	0:01:06	0	-0:17:48			127	1:28:42	1:28:42	0:20:36
97	5156		Pedro Belchior	V1	Individual	110	0:18:38	106	0:01:39	-2	-0:20:17	123	1:04:58	83	0:26:55	1:31:53	0:23:47
103	5272		Nuno Franca	V1	Individual	43	0:13:36	119	0:01:58	120	0:47:28	117	0:01:22	101	0:29:06	1:33:30	0:25:24
104	4024	500	Rui Teixeira	V1	CEFA	76	0:16:15	112	0:01:46	114	0:46:14	82	0:00:50	97	0:28:43	1:33:48	0:25:42
119	4077	856	João Côrte Real	V1	A.D.C.R. Painho/Pêra Rocha do Oeste	85	0:16:39	129	0:04:26	121	0:47:34	122	0:02:43	105	0:29:50	1:41:12	0:33:06
123	5256		Luis Sousa	V1	Individual	112	0:18:50	125	0:02:27	129	0:55:13	78	0:00:49	85	0:27:06	1:44:25	0:36:19
124	5065		Oscar Escaleira	V1	Individual	123	0:21:19	128	0:03:32	126	0:50:20	103	0:01:06	106	0:29:52	1:46:09	0:38:03

SEN Masculinos

NATAÇÃO							CICLISMO						CORRIDA					
800 M (MT) Temperatura Agua:							21000 (KM)						5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃ	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
1	3063	488	Nuno Neves		SEN	Casa Benfica Faro/GASCAN	1	0:11:11	2	0:00:36	13	0:35:29	3	0:00:27	2	0:20:23	1:08:06	0:00:00
2	3165	476	Mário Raimundo		SEN	IPODEC / Tri-Oeiras.com	-1	0:10:08	0	0:00:35	14	0:36:07	10	0:00:28	4	0:21:00	1:08:18	0:00:12
4	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	4	0:11:25	-2	0:00:35	10	0:35:19	7	0:00:28	10	0:21:40	1:09:27	0:01:21
5	3046	495	Luis Duarte		SEN	Tri-Oeste -Clube de Triatlo do Oeste	19	0:12:08	8	0:00:41	6	0:34:55	15	0:00:30	9	0:21:34	1:09:48	0:01:42
6	3069	497	Pedro Cordeiro		SEN	Casa Benfica Faro/GASCAN	2	0:11:18	4	0:00:37	11	0:35:25	13	0:00:29	16	0:22:23	1:10:12	0:02:06
7	3021	588	Marco Mello		SEN	ABV Estoris	12	0:11:56	13	0:00:43	9	0:35:15	16	0:00:31	14	0:22:17	1:10:42	0:02:36
8	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	27	0:12:24	21	0:00:50	16	0:36:20	27	0:00:34	7	0:21:26	1:11:34	0:03:28
10	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	8	0:11:50	6	0:00:40	12	0:35:26	49	0:00:41	36	0:24:03	1:12:40	0:04:34
11	3020	524	Miguel Palma		SEN	ABV Estoris	17	0:12:04	14	0:00:43	8	0:35:02	30	0:00:36	56	0:24:58	1:13:23	0:05:17
13	3107	621	Rui Sousa		SEN	C.D. Asas do Milénium	33	0:12:51	39	0:00:58	21	0:36:50	57	0:00:42	22	0:22:58	1:14:19	0:06:13
14	3180	730	Paulo Jorge Barradas		SEN	Grecas - Vagos	21	0:12:13	100	0:01:30	22	0:37:00	45	0:00:39	23	0:23:01	1:14:23	0:06:17
15	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	45	0:13:59	31	0:00:55	29	0:37:36	25	0:00:34	6	0:21:20	1:14:24	0:06:18
16	3079	728	Eduardo Alçada		SEN	Ginásio Clube Figueirense	30	0:12:31	41	0:01:01	23	0:37:01	20	0:00:32	28	0:23:26	1:14:31	0:06:25
18	3102	662	Alexandre Feliz		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	10	0:11:54	64	0:01:11	28	0:37:33	28	0:00:34	29	0:23:45	1:14:57	0:06:51
20	3164	2555	Ólímpio Ferreira		SEN	AGM-Portas / GGS-Torneiras	22	0:12:14	16	0:00:47	32	0:37:40	17	0:00:31	31	0:23:52	1:15:04	0:06:58
21	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	5	0:11:34	91	0:01:24	53	0:38:59	37	0:00:37	18	0:22:37	1:15:11	0:07:05
22	3026	461	Anibal Oliveira		SEN	Amiciclo	70	0:15:47	40	0:01:01	19	0:36:44	0	0:00:27	5	0:21:20	1:15:19	0:07:13
23	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	44	0:13:52	29	0:00:54	36	0:37:52	-1	0:00:25	15	0:22:17	1:15:20	0:07:14
25	5292		Diego Yebra		SEN	Individual	39	0:13:14	23	0:00:51	35	0:37:46	53	0:00:41	25	0:23:06	1:15:38	0:07:32
26	3051	499	António Ervideira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	53	0:14:52	36	0:00:58	34	0:37:46	14	0:00:30	12	0:21:47	1:15:53	0:07:47
28	3005	620	Diogo Almeida		SEN	C.F. "Os Belenenses"	6	0:11:44	33	0:00:57	15	0:36:12	41	0:00:39	76	0:26:33	1:16:05	0:07:59
29	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	24	0:12:19	15	0:00:44	33	0:37:43	44	0:00:39	49	0:24:40	1:16:05	0:07:59
30	3034	721	Pedro Freitas		SEN	CEFA	13	0:11:57	60	0:01:09	31	0:37:39	86	0:00:51	51	0:24:46	1:16:22	0:08:16
33	3139	2524	Nuno Nunes		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	46	0:14:03	70	0:01:15	59	0:39:37	23	0:00:33	8	0:21:31	1:16:59	0:08:53

35	3022	540	Pedro Gaspar	SEN	Alhandra Sporting Clube	15	0:12:02	77	0:01:17	46	0:38:30	84	0:00:50	55	0:24:56	1:17:35	0:09:29
36	3113	579	Duarte Barreto	SEN	C.N. Cartaxo	11	0:11:56	3	0:00:37	42	0:38:01	54	0:00:42	74	0:26:26	1:17:42	0:09:36
37	3007	573	António Cabaço	SEN	C.F. "Os Belenenses"	29	0:12:26	49	0:01:06	55	0:39:07	62	0:00:44	42	0:24:23	1:17:46	0:09:40
38	3172	645	João Lourenço	SEN	C.N. Cartaxo	58	0:15:06	61	0:01:10	24	0:37:18	2	0:00:27	35	0:23:59	1:18:00	0:09:54
39	5084		Neil Vasa	SEN	Individual	31	0:12:38	10	0:00:41	86	0:42:00	32	0:00:36	13	0:22:14	1:18:09	0:10:03
40	3163	2554	Rúben Silva	SEN	AGM-Portas / GGS-Torneiras	18	0:12:07	18	0:00:47	60	0:39:37	4	0:00:27	67	0:25:54	1:18:52	0:10:46
45	3101	457	Nuno Almeida	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	57	0:15:04	67	0:01:13	38	0:37:57	36	0:00:37	47	0:24:37	1:19:28	0:11:22
46	3012	715	Ricardo Fróis	SEN	C.F. "Os Belenenses"	36	0:13:03	9	0:00:41	76	0:40:42	31	0:00:36	53	0:24:52	1:19:54	0:11:48
47	3004	485	Bruno Silva	SEN	CCD / V.F. Xira	59	0:15:07	45	0:01:03	54	0:39:03	33	0:00:37	38	0:24:07	1:19:57	0:11:51
48	5053		Luis Teixeira	SEN	Individual	52	0:14:49	78	0:01:18	66	0:39:51	6	0:00:27	30	0:23:46	1:20:11	0:12:05
51	3108	544	António Costa	SEN	C.D. Asas do Milénium	80	0:16:26	79	0:01:19	37	0:37:56	63	0:00:44	40	0:24:19	1:20:44	0:12:38
53	5071		José Alcantara	SEN	Individual	23	0:12:15	30	0:00:54	74	0:40:24	48	0:00:40	86	0:27:22	1:21:35	0:13:29
54	3092	746	Pedro Venâncio	SEN	Casa do Benfica no Fundão	64	0:15:30	43	0:01:01	63	0:39:47	40	0:00:38	58	0:25:05	1:22:01	0:13:55
57	3160	2550	Nuno Vasco	SEN	Ginásio Clube Figueirense	48	0:14:20	96	0:01:26	47	0:38:33	114	0:01:19	84	0:26:58	1:22:36	0:14:30
59	3023	669	Paulo Robalo	SEN	Alhandra Sporting Clube	65	0:15:36	101	0:01:30	78	0:40:52	47	0:00:40	41	0:24:19	1:22:57	0:14:51
60	3173	2564	José Lino	SEN	C.N. Cartaxo	108	0:18:08	27	0:00:54	62	0:39:47	109	0:01:16	24	0:23:04	1:23:09	0:15:03
63	3120	720	Mário Couto	SEN	Ateneu Artístico Cartaxense	96	0:17:10	44	0:01:02	64	0:39:48	59	0:00:43	50	0:24:42	1:23:25	0:15:19
64	3119	638	Paulo Calixto	SEN	Ateneu Artístico Cartaxense	101	0:17:42	20	0:00:49	56	0:39:24	60	0:00:43	52	0:24:51	1:23:29	0:15:23
66	3100	706	Luis Cipriano	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	114	0:19:18	80	0:01:20	43	0:38:10	104	0:01:07	33	0:23:57	1:23:52	0:15:46
67	3057	734	Henrique Matias	SEN	IPODEC / Tri-Oeiras.com	106	0:17:51	68	0:01:14	58	0:39:37	89	0:00:53	44	0:24:27	1:24:02	0:15:56
68	3001	627	Paulo Teles	SEN	CCD / V.F. Xira	50	0:14:39	62	0:01:10	52	0:38:56	97	0:00:56	96	0:28:35	1:24:16	0:16:10
73	3094	708	Pedro Fernandes	SEN	ABV Estoris	97	0:17:14	46	0:01:03	67	0:39:54	74	0:00:47	71	0:26:03	1:25:01	0:16:55
78	5151		Paulo Silva	SEN	Individual	83	0:16:30	83	0:01:20	80	0:40:55	113	0:01:18	81	0:26:52	1:26:55	0:18:49
80	3140	4615	Jorge Vieira	SEN	Individual	81	0:16:29	113	0:01:47	93	0:42:52	35	0:00:37	68	0:25:55	1:27:40	0:19:34
81	3082	651	João Seródio	SEN	Papa-Léguas de Assafora	86	0:16:39	47	0:01:03	88	0:42:16	87	0:00:51	80	0:26:52	1:27:41	0:19:35
84	3077	743	Pedro Bilro	SEN	Clube Ferroviário de Vendas Novas	75	0:16:15	74	0:01:17	73	0:40:19	98	0:00:56	102	0:29:27	1:28:14	0:20:08
90	5200		Nuno Tintim	SEN	Individual	117	0:20:04	54	0:01:07	97	0:43:10	19	0:00:31	45	0:24:29	1:29:21	0:21:15
94	3028	630	António Cunha	SEN	CEFA	89	0:16:43	115	0:01:53	83	0:41:17	93	0:00:54	108	0:29:57	1:30:44	0:22:38
96	3081	745	Ricardo Vieira	SEN	Ginásio Clube Figueirense	60	0:15:22	89	0:01:22	119	0:47:04	90	0:00:53	78	0:26:36	1:31:17	0:23:11
98	3122	2514	Jorge Mendes	SEN	Mem Martins Sport Club	87	0:16:41	76	0:01:17	102	0:44:28	24	0:00:33	99	0:28:56	1:31:55	0:23:49
99	3109	2451	Duarte Caldeira	SEN	C.D. Asas do Milénium	74	0:16:13	58	0:01:09	112	0:45:39	68	0:00:45	91	0:28:14	1:32:00	0:23:54
101	3018	528	Sérgio Oliveira	SEN	ABV Estoris	104	0:17:49	56	0:01:08	104	0:44:50	71	0:00:46	93	0:28:15	1:32:48	0:24:42
105	3076	687	Rui Pereira	SEN	Clube Ferroviário de Vendas Novas	102	0:17:48	52	0:01:06	109	0:45:27	65	0:00:44	107	0:29:54	1:34:59	0:26:53
106	5206		Nuno Simões	SEN	Individual	72	0:15:57	82	0:01:20	94	0:42:55	91	0:00:53	124	0:33:55	1:35:00	0:26:54
108	3177	2577	Miguel Reis	SEN	Individual	79	0:16:25	124	0:02:23	103	0:44:44	121	0:01:52	111	0:30:35	1:35:59	0:27:53
109	5066		Paulo jorge	SEN	Individual	125	0:21:36	118	0:01:55	75	0:40:26	119	0:01:23	115	0:31:19	1:36:39	0:28:33
111	3058	740	André Rocha	SEN	IPODEC / Tri-Oeiras.com	69	0:15:44	84	0:01:21	110	0:45:33	80	0:00:50	125	0:34:27	1:37:55	0:29:49
112	3188	550	César Oliveira	SEN	Grecas - Vagos	118	0:20:13	109	0:01:46	106	0:45:09	67	0:00:45	110	0:30:32	1:38:25	0:30:19
115	5283		Vitor Francisco	SEN	Individual	98	0:17:22	127	0:02:36	123	0:47:53	29	0:00:35	112	0:30:36	1:39:02	0:30:56
116	5274		Pedro Silva	SEN	Individual	122	0:21:18	107	0:01:41	122	0:47:43	52	0:00:41	92	0:28:14	1:39:37	0:31:31

118	3179	652	Nuno André		SEN	Individual	116	0:19:59	97	0:01:26	118	0:46:58	111	0:01:17	109	0:30:04	1:39:44	0:31:38
120	5214		Nuno Almeida		SEN	Individual	100	0:17:33	32	0:00:55	125	0:50:17	115	0:01:21	117	0:31:31	1:41:37	0:33:31
122	5106		Carlos Serra		SEN	Individual	121	0:20:35	126	0:02:30	128	0:51:01	99	0:00:56	98	0:28:43	1:43:45	0:35:39
127	3067	463	Cláudio Ribeiro	DNF	SEN	Casa Benfica Faro/GASCAN	34	0:12:55	50	0:01:06	3	-0:14:01	124	1:21:59	-1	-1:21:59		
129	3002	484	Paulo Leote	DNF	SEN	CCD / V.F. Xira	56	0:15:00	88	0:01:22	2	-0:16:22						
131	3025	530	Ricardo Nunes	DNF	SEN	Individual	111	0:18:45	86	0:01:21	-1	-0:20:06						
132	5178		Daniel Trindade	DNF	SEN	Individual	71	0:15:47	93	0:01:25	48	0:38:33	22	0:00:32	0	-0:56:17		

SEN Femininos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
2	3015	538	Maria João Madeira		SEN	C.F. "Os Belenenses"	-11	0:13:18	-11	0:00:54	-13	0:41:31	-14	0:00:35	-11	0:28:24	1:24:42	0:16:36
9	3080	727	Rute Pais Costa		SEN	Ginásio Clube Figueirense	-8	0:15:54	-7	0:01:36	-5	0:49:23	-12	0:00:48	-8	0:39:01	1:46:42	0:38:36
10	3185	2597	Patrícia Pereira		SEN	IPODEC / Tri-Oeiras.com									-7	1:46:52	1:46:52	0:38:46

S23 Masculinos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
3	2003	417	Rui Dolores		S23	Amiciclo	14	0:12:00	35	0:00:57	7	0:34:57	26	0:00:34	3	0:20:48	1:09:16	0:01:10
12	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	38	0:13:08	59	0:01:09	20	0:36:45	8	0:00:28	17	0:22:28	1:13:58	0:05:52
42	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	37	0:13:07	81	0:01:20	65	0:39:49	76	0:00:49	39	0:24:12	1:19:17	0:11:11
56	2024	289	Gonçalo Lopes		S23	C.D. Asas do Milénium	68	0:15:42	114	0:01:51	1	-0:17:33			126	1:22:32	1:22:32	0:14:26
79	2034		João Pinto		S23	Individual	78	0:16:21	72	0:01:15	89	0:42:23	58	0:00:42	79	0:26:44	1:27:25	0:19:19
89	2045	2601	Rui Ligeiro		S23	Ginásio Clube Figueirense	92	0:16:56	105	0:01:38	77	0:40:49	105	0:01:10	94	0:28:25	1:28:58	0:20:52

S23 Femininos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
4	2015	294	Catarina Jerónimo		S23	Casa Benfica Faro/GASCAN	-12	0:12:56	-9	0:01:01	-10	0:44:52	-13	0:00:42	-12	0:28:19	1:27:50	0:19:44
6	2014	393	Maria Cecília Franco		S23	IPODEC / Tri-Oeiras.com	-9	0:14:36	-5	0:01:47	-9	0:45:10	-10	0:01:12	-10	0:30:10	1:32:55	0:24:49

JUN Masculinos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
9	1052	2563	João Pedro Silva		JUN	Individual	-2	0:10:07	-1	0:00:35	51	0:38:55	64	0:00:44	11	0:21:43	1:12:04	0:03:58
31	1054	2570	Vasco Pessoa		JUN	Individual	0	0:10:12	12	0:00:42	68	0:39:55	21	0:00:32	57	0:25:01	1:16:22	0:08:16
34	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	55	0:14:59	55	0:01:08	27	0:37:32	46	0:00:40	26	0:23:15	1:17:34	0:09:28
52	1030	427	Ricardo Marques		JUN	C.N. Cartaxo	3	0:11:22	17	0:00:47	45	0:38:27	56	0:00:42	103	0:29:42	1:21:00	0:12:54
62	1038	2513	Diogo Custódio		JUN	Mem Martins Sport Club	47	0:14:15	5	0:00:38	85	0:41:43	11	0:00:29	72	0:26:11	1:23:16	0:15:10
82	1057	2607	Marcos Duro		JUN	Mem Martins Sport Club	40	0:13:23	22	0:00:51	111	0:45:34	5	0:00:27	90	0:27:44	1:27:59	0:19:53
88	1024	287	José Pinho		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	16	0:12:03	38	0:00:58	98	0:43:41	9	0:00:28	119	0:31:43	1:28:53	0:20:47
93	1010	126	Joaquim Guerreiro		JUN	Amicido	94	0:17:06	116	0:01:53	107	0:45:17	108	0:01:14	59	0:25:09	1:30:39	0:22:33
95	1046	19	Diogo Henriques		JUN	C.N. Cartaxo	9	0:11:52	26	0:00:54	101	0:44:26	81	0:00:50	122	0:33:07	1:31:09	0:23:03
100	1018	215	João Inácio		JUN	Mem Martins Sport Club	42	0:13:34	37	0:00:58	113	0:46:12	1	0:00:27	116	0:31:29	1:32:40	0:24:34
128	1045	222	João Amaral	DNF	JUN	C.N. Cartaxo	7	0:11:45	7	0:00:40	87	0:42:04	42	0:00:39	1	-0:55:08		
130	1031	269	Pedro Reis	DNF	JUN	C.N. Cartaxo	35	0:13:01	1	0:00:35	4	-0:13:36						

JUN Femininos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
1	1027	7	Marina Pedro		JUN	Os Kotas Bike Team	-10	0:13:18	-13	0:00:47	-12	0:41:39	-17	0:00:25	-13	0:27:21	1:23:30	0:15:24
3	1017	143	Joana Marques		JUN	Mem Martins Sport Club	-13	0:12:04	-12	0:00:48	-8	0:45:51	-18	0:00:24	-15	0:26:23	1:25:30	0:17:24
5	1012	72	Angela Silvério		JUN	C.N. Alvito	-7	0:16:26	-8	0:01:13	-11	0:43:51	-16	0:00:29	-16	0:26:10	1:28:09	0:20:03
7	1025	128	Tânia Boleta		JUN	Os Kotas Bike Team	-5	0:20:32	-10	0:00:55	-6	0:47:46	-15	0:00:34	-14	0:26:36	1:36:23	0:28:17

SEN Femininos

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATACÁC	Pos	T-1	Pos	CICLISMC	Pos	T-2	Pos	CORRIDA	Total	Diff
11	3062	622	Ana Pereira	DNS	SEN	Casa Benfica Faro/GASCAN												
12	5195		Raquel Lopes	DNS	SEN	Individual												
133	3054	739	António Luz Gomes	DNS	SEN	IPODEC / Tri-Oeiras.com												
134	3032	502	Bruno Guerreiro	DNS	SEN	CEFA												
135	4097	790	Carlos Suzana	DNS	V1	IPODEC / Tri-Oeiras.com												
136	3039	507	Custódio António	DNS	SEN	SR Camarnal-Constr.Ramalho Couto-Ika												
137	2013	2502	João Miguel Coelho	DNS	S23	IPODEC / Tri-Oeiras.com												

Médias: 0:15:25 0:01:16 0:38:19 0:01:51 0:25:50

Resultados

138	3040	505	José Ribeiro	DNS	SEN	SR Camarnal-Constr.Ramalho Couto-Ika												
139	3086	649	Luis Guerreiro	DNS	SEN	Borealis												
140	4018	709	Mário Magalhães	DNS	V2	AGM-Portas / GGS-Torneiras												
141	3075	531	Nuno Lopes	DNS	SEN	Clube Ferroviário de Vendas Novas												
142	5143		José Sacramento	DNS	V3	Individual												
143	5226		Luis Guerreiro	DNS	SEN	Individual												
144	5126		Luis Novo	DNS	SEN	Individual												
145	5277		Paulo Jorge Ribeiro	DNS	V1	Individual												
146	5215		Paulo Campos Silva	DNS	SEN	Individual												