

### Resultados

<b>Localidade:</b>	<b>Camarnal</b>	<b>Distância</b> CORR (MT); CICLIS (KM); CORR (MT):	<b>5000/20/2500</b>
<b>Data:</b>	<b>08-10-2005</b>	<b>Hora de começo:</b>	<b>15h00m</b>

### Informação

<b>Delegado técnico:</b>	<b>Artur Parreira</b>	<b>Juiz Principal:</b>	<b>Carlos Dias</b>
<b>Pontuável para:</b>	<b>Circuito Nacional</b>	<b>Juri de apelo:</b>	

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 M (MT)				20 KM (KM)				2500 M (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:16:46	97	-0:00:12	3	0:32:48	94	-0:00:18	6	0:08:27	0:57:31	0:00:00
2	3114	689	Rui Belo		SEN	Vitoria Janes	7	0:16:51	90	-0:00:15	8	0:32:58	93	-0:00:19	5	0:08:25	0:57:40	0:00:09
3	2029	382	Nelson Silva		S23	Vitoria Janes	5	0:16:48	99	-0:00:12	5	0:32:54	98	-0:00:16	7	0:08:30	0:57:44	0:00:13
4	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho Couto-Ika	2	0:16:46	98	-0:00:12	6	0:32:56	96	-0:00:17	8	0:08:36	0:57:49	0:00:18
5	3088	521	João Campos		SEN	Casa do Benfica no Fundão	6	0:16:49	95	-0:00:13	4	0:32:54	95	-0:00:18	9	0:08:44	0:57:56	0:00:25
6	3089	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	4	0:16:48	96	-0:00:13	7	0:32:56	92	-0:00:19	11	0:08:56	0:58:08	0:00:37
7	3071	532	Luis Manuel Almeida		SEN	Clube Ferroviário de Vendas Novas	3	0:16:47	100	-0:00:12	9	0:33:03	77	-0:00:25	12	0:09:19	0:58:32	0:01:01
8	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	8	0:17:31	93	-0:00:14	10	0:33:08	84	-0:00:21	13	0:09:20	0:59:24	0:01:53
9	3040	505	José Ribeiro		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	9	0:17:35	76	-0:00:18	11	0:33:08	89	-0:00:20	14	0:09:35	0:59:40	0:02:09
10	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	12	0:17:51	89	-0:00:15	18	0:34:20	97	-0:00:17	10	0:08:51	1:00:30	0:02:59
11	4032	769	Carlos Gomes		V1	Musclor-Oeiras Sport Clube	10	0:17:49	94	-0:00:13	19	0:34:23	99	0:31:17	3	-0:22:09	1:01:07	0:03:36
12	4086	489	José Salgueiro		V1	Vitoria Janes	24	0:19:07	59	-0:00:22	12	0:33:23	56	-0:00:30	23	0:10:21	1:01:59	0:04:28
13	4058	520	António Catarino		V1	Casa do Benfica no Fundão	11	0:17:50	92	-0:00:14	20	0:34:26	81	-0:00:22	35	0:10:43	1:02:23	0:04:52
14	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	21	0:18:57	84	-0:00:16	21	0:34:30	90	-0:00:20	15	0:09:39	1:02:30	0:04:59
15	4060	762	António Moura		V2	Casa do Benfica no Fundão	22	0:18:58	87	-0:00:15	14	0:34:10	91	-0:00:19	16	0:09:57	1:02:31	0:05:00
16	5295		Miguel Ganchinho		S23	Individual	30	0:19:40	11	-0:00:44	13	0:33:54	36	-0:00:37	29	0:10:29	1:02:42	0:05:11
17	3139	2524	Nuno Nunes		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	13	0:18:03	77	-0:00:18	34	0:35:23	82	-0:00:22	17	0:09:57	1:02:43	0:05:12
18	3153	741	Pedro Bartolomeu		SEN	TAC-Natação	16	0:18:42	61	-0:00:22	23	0:34:40	76	-0:00:25	19	0:10:09	1:02:44	0:05:13
19	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	26	0:19:13	69	-0:00:19	15	0:34:13	70	-0:00:26	18	0:10:08	1:02:49	0:05:18
20	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	27	0:19:18	49	-0:00:25	16	0:34:17	54	-0:00:30	21	0:10:16	1:02:56	0:05:25
21	5135		João Saúde		SEN	Individual	18	0:18:43	58	-0:00:22	24	0:34:45	85	-0:00:21	20	0:10:14	1:02:59	0:05:28
22	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	15	0:18:38	68	-0:00:19	25	0:34:49	74	-0:00:25	22	0:10:19	1:03:02	0:05:31
23	5010		Daniel Trindade		SEN	Individual	14	0:18:16	101	-0:00:08	29	0:34:56	88	-0:00:20	28	0:10:29	1:03:13	0:05:42
24	4059	800	Fernando Feijão		V3	Casa do Benfica no Fundão	20	0:18:56	83	-0:00:16	22	0:34:32	55	-0:00:30	30	0:10:35	1:03:17	0:05:46
25	3026	461	Anibal Oliveira		SEN	Amiciclo	23	0:19:05	56	-0:00:23	17	0:34:20	73	-0:00:25	48	0:11:27	1:04:04	0:06:33
26	3014	613	Paulo Lamego		SEN	C.F. "Os Belenenses"	29	0:19:38	51	-0:00:25	39	0:35:41	37	-0:00:37	26	0:10:28	1:04:45	0:07:14

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 M (MT)				20 KM (KM)				2500 M (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
27	3170	2562	Rui Simões		SEN	Sport União Colarense	36	0:20:07	27	-0:00:34	30	0:35:08	66	-0:00:27	34	0:10:41	1:04:55	0:07:24
28	3086	649	Luis Guerreiro		SEN	Borealis	28	0:19:36	60	-0:00:22	37	0:35:37	65	-0:00:27	33	0:10:41	1:05:05	0:07:34
29	5260	682	David Vaz		SEN	Casa do Benfica no Fundão	31	0:19:44	78	-0:00:18	1	-0:19:26			101	1:05:07	1:05:07	0:07:36
30	3054	739	António Luz Gomes		SEN	IPODEC / Tri-Oeiras.com	32	0:19:52	65	-0:00:20	32	0:35:16	58	-0:00:29	37	0:10:53	1:05:12	0:07:41
31	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	40	0:20:23	19	-0:00:39	41	0:35:49	43	-0:00:36	25	0:10:26	1:05:23	0:07:52
32	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	44	0:20:42	82	-0:00:16	28	0:34:55	60	-0:00:28	32	0:10:40	1:05:33	0:08:02
33	4074	458	Pedro Marques		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	46	0:20:44	47	-0:00:26	35	0:35:23	59	-0:00:29	24	0:10:22	1:05:34	0:08:03
34	4036	839	Carlos Cunha		V1	IPODEC / Tri-Oeiras.com	37	0:20:11	85	-0:00:16	27	0:34:51	86	-0:00:21	43	0:11:10	1:05:35	0:08:04
35	2013	2502	João Miguel Coelho		S23	IPODEC / Tri-Oeiras.com	34	0:20:03	52	-0:00:25	42	0:35:55	71	-0:00:26	27	0:10:28	1:05:35	0:08:04
36	3072	533	Octávio Luis		SEN	Clube Ferroviário de Vendas Novas	51	0:20:52	66	-0:00:20	26	0:34:49	83	-0:00:22	31	0:10:36	1:05:35	0:08:04
37	3173	2564	José Lino		SEN	C.N. Cartaxo	38	0:20:18	73	-0:00:18	33	0:35:17	80	-0:00:23	39	0:10:57	1:05:51	0:08:20
38	4015	774	José Oliveira		V2	ABV Estoris	41	0:20:26	75	-0:00:18	36	0:35:27	63	-0:00:27	36	0:10:43	1:05:51	0:08:20
39	5285		Paulo Nunes		SEN	Individual	19	0:18:55	40	-0:00:29	50	0:36:54	61	-0:00:28	42	0:11:02	1:05:54	0:08:23
40	1044	2523	Noé Dias		JUN	Casa do Povo de Mouriscas	35	0:20:06	91	-0:00:15	38	0:35:40	87	-0:00:21	38	0:10:53	1:06:03	0:08:32
41	5050		Tiago Fragata		SEN	Individual	39	0:20:19	17	-0:00:43	44	0:36:10	18	-0:00:48	44	0:11:16	1:06:14	0:08:43
42	2042	295	Ricardo Teixeira		S23	Tri-Oeste -Clube de Triatlo do Oeste	25	0:19:12	70	-0:00:19	45	0:36:11	20	-0:00:47	53	0:12:00	1:06:17	0:08:46
43	4039	792	José Varela		V2	Casa Benfica Faro/GASCAN	47	0:20:45	42	-0:00:28	31	0:35:15	64	-0:00:27	45	0:11:17	1:06:22	0:08:51
44	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	42	0:20:27	31	-0:00:32	40	0:35:45	53	-0:00:31	49	0:11:37	1:06:46	0:09:15
45	4065	557	José Silva		V1	Vitória Club de Ovar	33	0:19:55	25	-0:00:35	43	0:36:00	25	-0:00:44	70	0:13:02	1:07:38	0:10:07
46	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	53	0:20:58	39	-0:00:29	47	0:36:46	45	-0:00:35	40	0:11:00	1:07:40	0:10:09
47	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	54	0:21:01	34	-0:00:31	46	0:36:43	48	-0:00:33	46	0:11:18	1:07:58	0:10:27
48	3094	708	Pedro Fernandes		SEN	ABV Estoris	48	0:20:47	46	-0:00:26	51	0:36:59	40	-0:00:36	51	0:11:47	1:08:31	0:11:00
49	3022	540	Pedro Gaspar		SEN	Alhandra Sporting Clube	60	0:21:34	24	-0:00:36	52	0:37:19	41	-0:00:36	41	0:11:00	1:08:41	0:11:10
50	5291		Joaquim Afonso		V2	Individual	43	0:20:41	9	-0:00:45	53	0:37:33	21	-0:00:46	54	0:12:01	1:08:44	0:11:13
51	3119	638	Paulo Calixto		SEN	Ateneu Artístico Cartaxense	50	0:20:51	50	-0:00:25	49	0:36:51	52	-0:00:31	62	0:12:21	1:09:07	0:11:36
52	3121	2510	João Quitério		SEN	Ateneu Artístico Cartaxense	56	0:21:09	21	-0:00:38	48	0:36:50	33	-0:00:38	64	0:12:25	1:09:08	0:11:37
53	4000	798	Olimpio Guedelha		V3	CCD / V.F. Xira	57	0:21:13	26	-0:00:34	54	0:37:44	34	-0:00:38	47	0:11:24	1:09:09	0:11:38
54	4067	822	Carlos Leite		V5	Vitória Club de Ovar	65	0:21:42	1	-0:00:56	56	0:37:57	7	-0:01:01	50	0:11:38	1:09:20	0:11:49
55	3171	315	Bruno Ferreira		SEN	C.N. Cartaxo	55	0:21:04	30	-0:00:32	55	0:37:52	31	-0:00:39	58	0:12:16	1:10:01	0:12:30
56	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	63	0:21:39	7	-0:00:49	57	0:38:18	3	-0:01:21	79	0:13:33	1:11:20	0:13:49
57	3004	485	Bruno Silva		SEN	CCD / V.F. Xira	45	0:20:43	81	-0:00:16	63	0:39:27	68	-0:00:26	52	0:11:57	1:11:25	0:13:54
58	5070		José Moura		V2	Individual	61	0:21:37	74	-0:00:18	60	0:38:44	39	-0:00:36	61	0:12:20	1:11:47	0:14:16
59	4048	777	Jerónimo Cruz		V2	Clube Ferroviário de Vendas Novas	70	0:22:33	48	-0:00:26	61	0:38:47	67	-0:00:27	56	0:12:05	1:12:32	0:15:01
60	3120	720	Mário Couto		SEN	Ateneu Artístico Cartaxense	66	0:21:46	57	-0:00:23	59	0:38:43	24	-0:00:44	74	0:13:19	1:12:41	0:15:10
61	5132		Carlos F. da Silva		SEN	Individual	67	0:21:50	6	-0:00:51	64	0:39:29	6	-0:01:03	75	0:13:20	1:12:45	0:15:14
62	5131		Joaquim Figueiras		SEN	Individual	59	0:21:25	44	-0:00:26	71	0:41:04	19	-0:00:47	57	0:12:09	1:13:25	0:15:54
63	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	75	0:22:54	36	-0:00:30	62	0:38:54	16	-0:00:48	71	0:13:05	1:13:35	0:16:04

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 M (MT)				20 KM (KM)				2500 M (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
64	5072		Rui Pisco		S23	Individual	58	0:21:21	72	-0:00:19	58	0:38:42	57	-0:00:30	87	0:14:26	1:13:40	0:16:09
65	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	64	0:21:40	38	-0:00:29	70	0:41:00	15	-0:00:48	67	0:12:38	1:14:01	0:16:30
66	2046	253	Nuno Chainho		S23	Os Kotas Bike Team	62	0:21:38	33	-0:00:31	69	0:40:57	26	-0:00:43	72	0:13:12	1:14:33	0:17:02
67	5237		José Davide Gregório		SEN	Individual	69	0:22:21	86	-0:00:16	68	0:40:47	72	-0:00:26	59	0:12:16	1:14:42	0:17:11
68	23	193	Filipa Ferreira		JUN	Alhandra Sporting Clube	74	0:22:49	53	-0:00:25	67	0:40:39	44	-0:00:36	60	0:12:18	1:14:45	0:17:14
69	5184		Francisco Pereira		SEN	Individual	99	0:27:43	14	-0:00:43	98	0:48:05	9	-0:00:59	4	0:00:40	1:14:46	0:17:15
70	5128		Filipe Dias		S23	Individual	49	0:20:48	63	-0:00:20	78	0:42:42	62	-0:00:27	68	0:12:56	1:15:39	0:18:08
71	5255		Jason Cruz Santos		JUN	Individual	73	0:22:41	71	-0:00:19	66	0:40:39	79	-0:00:24	78	0:13:29	1:16:06	0:18:35
72	5007		Helder Costa		SEN	Individual	52	0:20:57	41	-0:00:28	83	0:44:36	47	-0:00:33	55	0:12:04	1:16:36	0:19:05
73	1025	128	Tânia Boleta		JUN	Os Kotas Bike Team	72	0:22:38	12	-0:00:44	80	0:43:28	49	-0:00:33	63	0:12:21	1:17:10	0:19:39
74	3118	701	Nuno Morais		SEN	Ateneu Artístico Cartaxense	82	0:24:02	64	-0:00:20	72	0:41:16	78	-0:00:24	66	0:12:37	1:17:11	0:19:40
75	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	88	0:25:00	10	-0:00:44	65	0:40:18	30	-0:00:40	83	0:13:55	1:17:49	0:20:18
76	5095		Alfonso Piñera		SEN	Individual	76	0:23:01	80	-0:00:17	79	0:43:10	32	-0:00:39	69	0:12:57	1:18:12	0:20:41
77	5252		António Henriques		SEN	Individual	79	0:23:41	13	-0:00:44	74	0:41:46	11	-0:00:56	88	0:14:27	1:18:14	0:20:43
78	4100	871	Jaime Carmo		V4	Individual	81	0:24:00	15	-0:00:43	76	0:42:28	23	-0:00:44	76	0:13:26	1:18:27	0:20:56
79	5098		Luis Lemos		SEN	Individual	71	0:22:34	3	-0:00:52	86	0:44:52	4	-0:01:08	73	0:13:13	1:18:39	0:21:08
80	5123		Adérito Pereira		SEN	Individual	83	0:24:13	22	-0:00:36	73	0:41:45	12	-0:00:54	86	0:14:14	1:18:42	0:21:11
81	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	80	0:23:52	43	-0:00:26	81	0:43:39	51	-0:00:31	65	0:12:37	1:19:11	0:21:40
82	1027	7	Marina Pedro		JUN	Os Kotas Bike Team	77	0:23:24	88	-0:00:15	75	0:41:47	69	-0:00:26	91	0:14:41	1:19:11	0:21:40
83	3122	2514	Jorge Mendes		SEN	Mem Martins Sport Club	87	0:24:37	54	-0:00:24	77	0:42:36	75	-0:00:25	77	0:13:28	1:19:52	0:22:21
84	5006		Pedro Silva		SEN	Individual	68	0:22:19	8	-0:00:48	87	0:45:08	5	-0:01:08	94	0:15:06	1:20:37	0:23:06
85	5143		António Trabuco		V1	Individual	86	0:24:36	5	-0:00:51	82	0:44:06	13	-0:00:53	85	0:14:12	1:21:10	0:23:39
86	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	78	0:23:40	23	-0:00:36	91	0:46:20	14	-0:00:52	81	0:13:50	1:22:22	0:24:51
87	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	85	0:24:26	67	-0:00:20	85	0:44:50	50	-0:00:33	97	0:16:06	1:24:29	0:26:58
88	5064		Hugo Silva		SEN	Individual	92	0:25:28	4	-0:00:51	90	0:46:09	1	-0:01:28	96	0:15:34	1:24:52	0:27:21
89	4035	812	Carlos Raimundo		V3	IPODEC / Tri-Oeiras.com	97	0:26:49	28	-0:00:34	84	0:44:44	35	-0:00:38	90	0:14:36	1:24:57	0:27:26
90	3192	2613	Isaura Faria		SEN	IPODEC / Tri-Oeiras.com	89	0:25:08	18	-0:00:39	97	0:47:31	38	-0:00:37	82	0:13:50	1:25:13	0:27:42
91	4043	829	Francisco Martins		V5	Clube Ferroviário de Vendas Novas	96	0:26:08	37	-0:00:30	88	0:45:26	28	-0:00:42	92	0:14:59	1:25:21	0:27:50
92	1035	2508	Ana Carrasco		JUN	Alhandra Sporting Clube	95	0:26:01	29	-0:00:33	94	0:47:05	27	-0:00:42	84	0:14:05	1:25:56	0:28:25
93	5041		Ricardo Soeiro		SEN	Individual	84	0:24:22	2	-0:00:55	95	0:47:14	2	-0:01:22	99	0:16:54	1:26:13	0:28:42
94	4091	869	Vicente Graça		V2	Alhandra Sporting Clube	91	0:25:19	32	-0:00:32	96	0:47:19	22	-0:00:45	93	0:15:02	1:26:23	0:28:52
95	5163		Pedro Couceiro		SEN	Individual	94	0:25:54	55	-0:00:24	93	0:46:45	46	-0:00:34	95	0:15:20	1:27:01	0:29:30
96	2025	290	Luis Estrela		S23	Clube Ferroviário de Vendas Novas	101	0:28:15	35	-0:00:31	89	0:45:33	8	-0:01:00	98	0:16:14	1:28:31	0:31:00
97	5081		Rui Chambel		SEN	Individual	98	0:27:12	62	-0:00:22	92	0:46:40	42	-0:00:36	100	0:17:19	1:30:13	0:32:42
98	2047	2623	Marta Baleizão		S23	Alhandra Sporting Clube	93	0:25:43	20	-0:00:39	100	0:52:26	29	-0:00:42	89	0:14:35	1:31:23	0:33:52
99	5217		Mónica Vieira		SEN	Individual	90	0:25:14	45	-0:00:26	101	0:58:16	17	-0:00:48	80	0:13:44	1:36:00	0:38:29
100	4095	881	Carlos Ferrão	DNF	V2	Musclor-Oeiras Sport Clube	17	0:18:43	79	-0:00:17	2	-0:18:26	100	0:54:29	2	-0:54:29		

# Resultados

Temperatura Agua:						CORRIDA				CICLISMO				CORRIDA				
						5000 M (MT)				20 KM (KM)				2500 M (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
101	5246		Miguel Lopes	DNF	SEN	Individual	100	0:27:43	16	-0:00:43	99	0:48:05	10	-0:00:59	1	-1:14:06		
102	4061	811	Alberto Campos	DNS	V4	Casa do Benfica no Fundão												
103	3172	645	João Lourenço	DNS	SEN	C.N. Cartaxo												
104	4087	646	Manuel Batista	DNS	V1	Ateneu Artístico Cartaxense												
105	4090	865	Rui Campos	DNS	V1	Musclor-Oeiras Sport Clube												
106	5284		Rui Pereira	DNS	SEN	Individual												
107	5297		Ulisses Lopes	DNS	SEN	Individual												
108	5210		Vitor Pereira	DNS	SEN	Individual												
109	4096	841	Maria João Martins	DNS	V2	IPODEC / Tri-Oeiras.com												
110	2010	2501	João Belo Martins	DNS	S23	IPODEC / Tri-Oeiras.com												
111	5069		Daniel Magalhães	DNS	SEN	Individual												
112	2039	293	Paulo Fernandes Pereira	DNS	S23	A.D.C.R. Painho/Pêra Rocha do Oeste												
113	3194	2620	Nuno Paulo Simões	DNS	SEN	Sport União Colarense												
114	3140	4615	Jorge Vieira	DNS	SEN	Sport União Colarense												
115	5057		Fábio Afonso	DNS	JUN	Individual												