

**Resultados**

<b>Localidade:</b>	<b>Estoril</b>	<b>Distância</b> NATAÇ (MT); CICLIS (KM) CORR (MT):	<b>375/10/2500</b>
<b>Data:</b>	<b>16-10-2005</b>	<b>Hora de começo:</b>	<b>9h00m</b>

**Informação**

<b>Delegado técnico:</b>	<b>Bruno Salvador</b>	<b>Juiz Principal:</b>	<b>Nelson Laranjeira</b>
<b>Pontuável para:</b>		<b>Juri de apelo:</b>	

						NATAÇÃO		CICLISMO		CORRIDA				
Temperatura Agua:						375 M (MT)		10 KM (KM)		2500 M (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
1	189	2302	Diogo Calado		JUN	C.F. "Os Belenenses"	1	0:10:20	2	0:20:36	6	0:09:19	0:40:15	0:00:00
2	1054	2570	Vasco Pessoa		JUN	C.F. "Os Belenenses"	2	0:10:31	8	0:21:41	11	0:09:52	0:42:04	0:01:49
3	210	52	Ruben Costa		JUV	Clube da Nataçao Colégio Vasco da	3	0:10:47	23	0:22:48	4	0:09:04	0:42:39	0:02:24
4	102	55	Miguel Henriques		JUV	C.N. Cartaxo	12	0:11:43	9	0:21:46	5	0:09:12	0:42:41	0:02:26
5	101	37	Fabrcio Tomás		JUV	C.N. Cartaxo	6	0:11:20	10	0:22:01	14	0:10:00	0:43:21	0:03:06
6	186	2522	João Amorim		JUV	Alhandra Sporting Clube	15	0:11:56	7	0:21:31	20	0:10:22	0:43:49	0:03:34
7	109	35	João Serrano		JUV	C.N. Cartaxo	13	0:11:45	13	0:22:09	13	0:09:56	0:43:50	0:03:35
8	3069	497	Pedro Cordeiro		SEN	Casa Benfica Faro/GASCAN	22	0:12:32	5	0:21:14	26	0:10:35	0:44:21	0:04:06
9	62	116	Gonçalo Ruivo		JUV	Águias de Alpiarça	16	0:12:04	6	0:21:26	41	0:11:08	0:44:38	0:04:23
10	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	5	0:11:14	20	0:22:36	46	0:11:17	0:45:07	0:04:52
11	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	28	0:13:07	15	0:22:14	12	0:09:55	0:45:16	0:05:01
12	1007	2504	Mário Leitão		JUN	Alhandra Sporting Clube	10	0:11:41	32	0:23:35	16	0:10:02	0:45:18	0:05:03
13	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	9	0:11:38	11	0:22:04	63	0:12:13	0:45:55	0:05:40
14	1024	287	José Pinho		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	17	0:12:04	28	0:23:08	35	0:10:53	0:46:05	0:05:50
15	1038	2513	Diogo Custódio		JUN	Mem Martins Sport Club	24	0:12:44	18	0:22:28	38	0:11:05	0:46:17	0:06:02
16	1018	215	João Inácio		JUN	Mem Martins Sport Club	26	0:12:51	19	0:22:34	47	0:11:20	0:46:45	0:06:30
17	5229		João Castro		JUN	Individual	8	0:11:31	49	0:24:50	21	0:10:24	0:46:45	0:06:30
18	1057	2607	Marcos Duro		JUN	Mem Martins Sport Club	7	0:11:21	57	0:25:20	17	0:10:10	0:46:51	0:06:36
19	5098		Rui Ferreira		SEN	Individual	33	0:13:20	16	0:22:18	44	0:11:13	0:46:51	0:06:36
20	209	20	Bruno Pereira		JUV	Alhandra Sporting Clube	18	0:12:05	29	0:23:09	55	0:11:41	0:46:55	0:06:40
21	5090		Miguel Ganchinho		S23	Individual	62	0:16:56	4	0:21:02	9	0:09:37	0:47:35	0:07:20
22	5063		Patrick Santini		SEN	Individual	35	0:13:35	34	0:23:40	29	0:10:42	0:47:57	0:07:42
23	97	2274	Pedro Nuno Duarte		JUV	Casa do Povo de Mouriscas	42	0:14:33	30	0:23:11	19	0:10:15	0:47:59	0:07:44
24	1045	222	João Amaral		JUN	C.N. Cartaxo	23	0:12:41	37	0:23:55	50	0:11:26	0:48:02	0:07:47
25	5290		Bruno Portela		JUN	Individual	61	0:16:47	3	0:20:42	28	0:10:39	0:48:08	0:07:53
26	5064		Ricardo Ferreira		SEN	Individual	21	0:12:29	44	0:24:25	49	0:11:25	0:48:19	0:08:04
27	4093	840	Rui Sa		V1	Casa Benfica Faro/GASCAN	36	0:13:51	35	0:23:52	31	0:10:48	0:48:31	0:08:16
28	1050	2549	José Quaresma		JUN	C.F. "Os Belenenses"	29	0:13:08	39	0:23:58	57	0:11:52	0:48:58	0:08:43
29	244	2612	Pedro Laginha Palma		JUV	AGM-Portas / GGS-Torneiras	56	0:16:39	22	0:22:44	8	0:09:36	0:48:59	0:08:44
30	4011	4791	João Albuquerque		V1	ABV Estoris	58	0:16:41	14	0:22:13	25	0:10:35	0:49:29	0:09:14
31	5271		José Águas		SEN	Individual	25	0:12:50	40	0:23:59	75	0:12:44	0:49:33	0:09:18
32	5091		Jorge Martin		SEN	Individual	43	0:14:56	36	0:23:53	36	0:10:54	0:49:43	0:09:28
33	51	145	André Simas		JUV	Mem Martins Sport Club	27	0:13:03	43	0:24:23	68	0:12:24	0:49:50	0:09:35
34	5249		Alexandre Ferreira		SEN	Individual	14	0:11:48	78	0:27:25	34	0:10:50	0:50:03	0:09:48
35	4059	800	Fernando Feijão		V3	Casa do Benfica no Fundão	72	0:17:53	21	0:22:42	15	0:10:00	0:50:35	0:10:20
36	121	2328	Pedro Antão		JUV	Alhandra Sporting Clube	31	0:13:12	47	0:24:44	78	0:12:51	0:50:47	0:10:32
37	2038	2552	Ricardo Rodrigues		S23	Alhandra Sporting Clube	32	0:13:18	46	0:24:39	77	0:12:50	0:50:47	0:10:32
38	3094	708	Pedro Fernandes		SEN	ABV Estoris	55	0:16:31	26	0:22:51	52	0:11:30	0:50:52	0:10:37
39	2042	295	Ricardo Teixeira		S23	Tri-Oeste -Clube de Triatlo do Oeste	85	0:19:51	12	0:22:08	7	0:09:36	0:51:35	0:11:20
40	3054	739	António Luz Gomes		SEN	IPODEC / Tri-Oeiras.com	83	0:18:40	24	0:22:49	18	0:10:12	0:51:41	0:11:26
41	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	77	0:18:06	17	0:22:24	43	0:11:12	0:51:42	0:11:27
42	3057		Henrique Matias		SEN	Individual	74	0:18:00	33	0:23:36	32	0:10:48	0:52:24	0:12:09
43	3194	2620	Nuno Paulo Simões		SEN	Sport União Colareense	45	0:15:14	52	0:24:55	72	0:12:31	0:52:40	0:12:25
44	5231		Pedro Dias		SEN	Individual	38	0:14:05	79	0:27:25	45	0:11:14	0:52:44	0:12:29
45	3177	2577	Miguel Reis		SEN	Individual	51	0:16:05	50	0:24:51	67	0:12:19	0:53:15	0:13:00
46	5132		Rafael Lopes		JUN	Individual	48	0:15:47	74	0:27:09	22	0:10:30	0:53:26	0:13:11

Temperatura Agua:						NATAÇÃO		CICLISMO		CORRIDA				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
47	3122	2514	Jorge Mendes		SEN	Mem Martins Sport Club	84	0:18:44	27	0:22:58	61	0:12:10	0:53:52	0:13:37
48	5203		José Torres Costa		V1	Individual	76	0:18:05	58	0:25:27	24	0:10:33	0:54:05	0:13:50
49	3082	651	João Seródio		SEN	Papa-Léguas de Assafora	65	0:17:18	55	0:25:11	62	0:12:11	0:54:40	0:14:25
50	4068	845	Manuel Rodrigues		V1	Clube Millennium BCP	92	0:20:49	25	0:22:50	42	0:11:09	0:54:48	0:14:33
51	3018	528	Sérgio Oliveira		SEN	ABV Estoris	73	0:17:53	41	0:24:03	80	0:12:57	0:54:53	0:14:38
52	5133		Guilherme Cunha		S23	Individual	40	0:14:16	91	0:29:02	56	0:11:44	0:55:02	0:14:47
53	5291		Vitor Francisco		SEN	Individual	60	0:16:43	63	0:26:14	64	0:12:13	0:55:10	0:14:55
54	5124		Paulo Rodrigues		V1	Individual	63	0:17:08	66	0:26:47	48	0:11:21	0:55:16	0:15:01
55	5278		António Henriques		SEN	Individual	79	0:18:14	54	0:25:04	60	0:12:07	0:55:25	0:15:10
56	5245		João Hipólito		V1	Individual	66	0:17:27	64	0:26:28	58	0:11:53	0:55:48	0:15:33
57	5072		Sérgio Carronha		S23	Individual	75	0:18:01	69	0:26:56	37	0:10:59	0:55:56	0:15:41
58	5166		Pedro Baraona		JUV	Individual	44	0:15:09	90	0:28:49	66	0:12:17	0:56:15	0:16:00
59	4097	790	Carlos Suzana		V1	IPODEC / Tri-Oeiras.com	96	0:21:06	45	0:24:27	30	0:10:46	0:56:19	0:16:04
60	5105		Miguel Lopes		SEN	Individual	46	0:15:39	81	0:27:38	82	0:13:08	0:56:25	0:16:10
61	5057		Nuno Tintim		SEN	Individual	95	0:21:03	59	0:25:32	23	0:10:31	0:57:06	0:16:51
62	5223		Filipe Cravo		SEN	Individual	39	0:14:10	85	0:28:27	99	0:14:42	0:57:19	0:17:04
63	5131		Luis Rocha		SEN	Individual	70	0:17:46	61	0:26:10	87	0:13:30	0:57:26	0:17:11
64	3058	740	André Rocha		SEN	IPODEC / Tri-Oeiras.com	64	0:17:12	72	0:27:05	83	0:13:12	0:57:29	0:17:14
65	5163		Ricardo Pinto		SEN	Individual	57	0:16:39	70	0:27:00	92	0:13:53	0:57:32	0:17:17
66	70	235	Diogo Leitão		JUV	Águias de Alpiarça	34	0:13:28	75	0:27:21	105	0:16:54	0:57:43	0:17:28
67	5145		José Luis Correia		V2	Individual	37	0:14:00	96	0:30:30	88	0:13:33	0:58:03	0:17:48
68	5225		Marcelo Cazassa		SEN	Individual	78	0:18:12	53	0:24:59	102	0:15:23	0:58:34	0:18:19
69	5285	812	Carlos Raimundo		V3	IPODEC / Tri-Oeiras.com	81	0:18:36	71	0:27:01	81	0:13:08	0:58:45	0:18:30
70	5135		Pedro Tavares		SEN	Individual	49	0:15:56	99	0:30:35	65	0:12:14	0:58:45	0:18:30
71	1010	126	Joaquim Guerreiro		JUN	Amiciclo	91	0:20:38	76	0:27:21	33	0:10:49	0:58:48	0:18:33
72	3140	4615	Jorge Vieira		SEN	Sport União Colarense	90	0:20:35	67	0:26:51	51	0:11:26	0:58:52	0:18:37
73	5206		Luis Filipe Silva		V2	Individual	100	0:21:37	60	0:25:38	53	0:11:37	0:58:52	0:18:37
74	5101		Marco Fernandes		SEN	Individual	94	0:21:01	84	0:28:05	10	0:09:46	0:58:52	0:18:37
75	3141	2525	Paulo Matias		SEN	IPODEC / Tri-Oeiras.com	97	0:21:07	62	0:26:13	59	0:12:02	0:59:22	0:19:07
76	5041		Rui Trovão		S23	Individual	103	0:22:30	56	0:25:18	54	0:11:37	0:59:25	0:19:10
77	5081		Francisco Vital		JUN	Individual	11	0:11:42	103	0:33:54	91	0:13:52	0:59:28	0:19:13
78	5173		Carlos Serra		SEN	Individual	88	0:20:18	68	0:26:54	69	0:12:24	0:59:36	0:19:21
79	5157		João Lourenço		SEN	Individual	47	0:15:40	101	0:31:31	74	0:12:37	0:59:48	0:19:33
80	5069		Nuno Ribeiro		SEN	Individual	52	0:16:05	95	0:30:22	86	0:13:26	0:59:53	0:19:38
81	5143		Ricardo Portela		JUV	Individual	101	0:21:43	48	0:24:44	89	0:13:39	1:00:06	0:19:51
82	5242		Bruno Dias		S23	Individual	71	0:17:47	98	0:30:34	76	0:12:49	1:01:10	0:20:55
83	5000		Gonçalo Vicente		SEN	Individual	105	0:23:01	73	0:27:05	39	0:11:05	1:01:11	0:20:56
84	4100	871	Jaime Carmo		V4	Individual	99	0:21:33	77	0:27:22	70	0:12:27	1:01:22	0:21:07
85	1061	2631	David Ferreira		JUN	Sport União Colarense	82	0:18:39	92	0:29:05	94	0:14:07	1:01:51	0:21:36
86	4016	827	John Graney		V5	ABV Estoris	93	0:20:51	65	0:26:44	98	0:14:18	1:01:53	0:21:38
87	4001	821	Adelino Vicente		V4	Individual	98	0:21:18	82	0:27:47	79	0:12:52	1:01:57	0:21:42
88	5289		Paulo jorge		SEN	Individual	107	0:23:14	51	0:24:51	93	0:14:05	1:02:10	0:21:55
89	5234		António Mories		V1	Individual	89	0:20:29	83	0:27:50	96	0:14:13	1:02:32	0:22:17
90	5050		Narciso Monteiro		JUN	Individual	30	0:13:11	104	0:34:25	103	0:15:28	1:03:04	0:22:49
91	5232		Francisco Couto		S23	Individual	41	0:14:18	106	0:36:19	71	0:12:28	1:03:05	0:22:50
92	3096	547	José Antunes		SEN	Individual	108	0:23:44	88	0:28:45	27	0:10:38	1:03:07	0:22:52
93	5205		João Bouza da Costa		SEN	Individual	86	0:19:56	94	0:30:09	84	0:13:13	1:03:18	0:23:03
94	5067		Hugo Velez		SEN	Individual	69	0:17:46	102	0:32:55	100	0:14:49	1:05:30	0:25:15
95	3097	546	Luis Antunes		SEN	Individual	109	0:23:45	87	0:28:40	90	0:13:50	1:06:15	0:26:00
96	5295		Sérgio Montes		SEN	Individual	112	0:27:22	86	0:28:29	40	0:11:05	1:06:56	0:26:41
97	5148		Pedro Rolha		SEN	Individual	53	0:16:26	107	0:36:35	95	0:14:10	1:07:11	0:26:56
98	5286		Nelson César		SEN	Individual	102	0:22:00	100	0:31:20	97	0:14:13	1:07:33	0:27:18
99	83	157	Rui Cordeiro		JUV	Os Kotas Bike Team	59	0:16:42	80	0:27:26	108	0:24:28	1:08:36	0:28:21
100	5082		Paulo Sobral		SEN	Individual	104	0:22:53	97	0:30:31	101	0:15:21	1:08:45	0:28:30
101	5260		José Almeida		SEN	Individual	113	0:29:31	89	0:28:45	85	0:13:24	1:11:40	0:31:25
102	5126		João Francisco da Silva		V3	Individual	110	0:25:10	93	0:29:32	107	0:18:10	1:12:52	0:32:37
103	5204		Fábio Pinto		S23	Individual	67	0:17:28	108	0:40:02	106	0:18:07	1:15:37	0:35:22

Temperatura Agua:						NATAÇÃO		CICLISMO		CORRIDA				
						375 M	(MT)	10 KM	(KM)	2500 M	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
104	5192		Lino Tudela		V1	Individual	111	0:25:55	105	0:34:59	104	0:16:39	1:17:33	0:37:18
105	1006	2303	Pedro Leitão	DNF	JUN	Alhandra Sporting Clube	4	0:11:04						
106	5147		Tiago Leite	DNF	JUV	Individual	87	0:20:00						
107	1003	2294	Francisco Oliveira Reis	DNF	JUN	C.F. "Os Belenenses"	19	0:12:14						
108	1003		Francisco Reis	DNF	SEN	Individual	20	0:12:14						
109	242	2610	Tiago André Silva	DNF	JUV	AGM-Portas / GGS-Torneiras	68	0:17:36						
110	3051	499	António Ervideira	DNS	SEN	Tri-Oeste -Clube de Triatlo do Oeste								
111	4017	828	Fernando Inácio	DNS	V5	ABV Estoris								
112	4003	830	João Branco	DNS	V5	C.F. "Os Belenenses"								
113	3119	638	Paulo Calixto	DNS	SEN	Ateneu Artístico Cartaxense								
114	1030	427	Ricardo Marques	DNS	JUN	C.N. Cartaxo								
115	2013	2502	João Miguel Coelho	DNS	S23	IPODEC / Tri-Oeiras.com								
116	2010	2501	João Belo Martins	DNS	S23	IPODEC / Tri-Oeiras.com								
117	124	2455	Tiago Pedrosa	DNS	JUV	AGM-Portas / GGS-Torneiras								
118	125	2456	Gil Maia	DNS	JUV	AGM-Portas / GGS-Torneiras								
119	5199		Luis Rocha	DNS	SEN	Individual								
120	5228		Vitor Real	DNS	V5	Individual								
121	5298		Carlos Matoso	DNS	JUN	Individual								
122	5168		Carlos Neto	DNS	SEN	Individual								
123	5188		Cláudio Dias	DNS	JUV	Individual								
124	5194		Cláudio Mendes	DNS	JUV	Individual								
125	5299		Domingos Martins	DNS	V3	Individual								
126	5296		Fábio Sousa	DNS	JUV	Individual								
127	5244		Francisco Espresati	DNS	V2	Individual								
128	5129		João Lopes	DNS	V2	Individual								
129	5110		Jorge Paraíba	DNS	SEN	Individual								
130	5300		José António	DNS	SEN	Individual								
131	5062		Luis Boleto	DNS	SEN	Individual								
132	5008		Luis Bompastor	DNS	JUN	Individual								
133	5167		Luis Marques	DNS	SEN	Individual								
134	5165		Luis Mota	DNS	S23	Individual								
135	5130		Luis Acácio Rocha	DNS	V1	Individual								
136	5136		Paulo Jorge Ribeiro	DNS	V1	Individual								
137	5068		Pedro Nunes	DNS	SEN	Individual								
138	5297		Ulisses Lopes	DNS	SEN	Individual								
139	5007		Rui Dias Rodrigues	DNS	SEN	Individual								
140	5054		Mário Santos	DSQ	S23	Individual	50	0:15:57	42	0:24:11	3	0:03:10	0:43:18	0:03:03
141	5250		João Pereira Martins	DSQ	V1	Individual	54	0:16:30	38	0:23:55	2	0:02:58	0:43:23	0:03:08
142	5089		Paulo Nunes	DSQ	SEN	Individual	80	0:18:18	31	0:23:21	1	0:02:46	0:44:25	0:04:10
143	5284		Oscar Escaleira	DSQ	V1	Individual	106	0:23:06	1	0:17:23	73	0:12:36	0:53:05	0:12:50