



FEDERAÇÃO DE TRIATLO
PORTUGAL

V TRIATLO CARLOS GRAVATA
CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

Resultados

Localidade:	QUARTEIRA	Distância NATAC (MT); CICLIS_KM); CORRI (MT):	750/20000/5000
Data:	02-04-2006	Hora de começo:	11h00m

Informação

Delegado técnico:	PAULO ALVES	Juiz Principal:	PALMIRA RAMOS
Pontuável para:	Taça de Portugal	Juri de apelo:	M SEBASTIÃO/JL FERREIRA/P ALVES

LG	Drsl	Lic	Nome	ESC	PEN	Equipa	NATAÇÃO 750 (MT)			CICLISMO 20000 (KM)			CORRIDA 5000 (MT)			Diff		
							Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos		CORRIDA	Total
1	3016	575	Bruno Pais	SEN		C.F. "Os Belenenses"	4	0:10:03	2	0:00:32	4	0:31:01	5	0:00:25	4	0:15:18	0:57:19	0:00:00
2	2006	364	Duarte Marques	S23		SR Camamal-Const. Ramalho Couto-Ika	1	0:09:43	7	0:00:35	5	0:31:17	8	0:00:26	5	0:15:33	0:57:34	0:00:15
3	5107		Samer Ali Guardia	SEN		Individual	8	0:10:24	4	0:00:33	14	0:32:51	24	0:00:30	6	0:15:45	1:00:03	0:02:44
4	1011	102	José Estrangeiro	JUN		SR Camamal-Const. Ramalho Couto-Ika	18	0:10:53	10	0:00:37	6	0:32:15	22	0:00:30	8	0:15:56	1:00:11	0:02:52
5	2017	274	Vanessa Fernandes	S23		Sport Lisboa e Benfica	12	0:10:41	14	0:00:39	10	0:32:31	12	0:00:27	9	0:15:56	1:00:14	0:02:55
6	1020	179	Miguel Arraiolos	JUN		C.F. "Os Belenenses"	15	0:10:45	28	0:00:44	8	0:32:24	2	-0:00:21	18	0:16:57	1:00:29	0:03:10
7	5088		Omar Tayara	SEN		Individual	7	0:10:23	6	0:00:34	16	0:32:53	18	0:00:28	10	0:16:29	1:00:47	0:03:28
8	2000	321	João Cavaleiro	S23		C.F. "Os Belenenses"	2	0:09:56	94	0:01:02	18	0:32:55	57	0:00:35	11	0:16:38	1:01:06	0:03:47
9	2012	352	Pedro Gomes	S23		IPODEC / Tri-Oeiras.com	11	0:10:40	19	0:00:41	9	0:32:30	10	0:00:26	17	0:16:55	1:01:12	0:03:53
10	5101		Ivan Tejero	SEN		Individual	3	0:09:57	35	0:00:44	27	0:33:13	40	0:00:32	14	0:16:50	1:01:16	0:03:57
11	1063	52	Ruben Costa	JUN		Clube da Natação Colégio Vasco da Gama	10	0:10:39	18	0:00:40	11	0:32:37	102	0:00:42	30	0:17:24	1:02:02	0:04:43
12	1001	51	Anais Montiz	JUN		C.F. "Os Belenenses"	6	0:10:22	15	0:00:40	15	0:32:53	7	0:00:26	42	0:17:56	1:02:17	0:04:58
13	5137		Emilio Jimenez	SEN		Individual	31	0:11:43	9	0:00:36	38	0:33:40	21	0:00:29	16	0:16:54	1:03:22	0:06:03
14	5142		Javier Aguado	SEN		Individual	32	0:11:51	44	0:00:46	33	0:33:28	3	0:00:23	20	0:16:58	1:03:26	0:06:07
15	3013	542	Bruno Grilo	SEN		C.F. "Os Belenenses"	36	0:11:59	23	0:00:42	21	0:33:07	13	0:00:28	23	0:17:11	1:03:27	0:06:08
16	3021	588	Marco Mello	SEN		ABV Estoris	39	0:12:01	46	0:00:47	25	0:33:10	115	0:00:44	12	0:16:45	1:03:27	0:06:08
17	2003	417	Rui Dolores	S23		Amiçlo	33	0:11:55	72	0:00:55	17	0:32:54	15	0:00:28	25	0:17:15	1:03:27	0:06:08
18	4116	592	Rui Rodrigues	V1		Tri-Oeste -Clube de Triatlo do Oeste	45	0:12:11	5	0:00:34	31	0:33:18	53	0:00:34	19	0:16:57	1:03:34	0:06:15
19	1054	2570	Vasco Pessoa	JUN		C.F. "Os Belenenses"	5	0:10:17	17	0:00:40	78	0:34:57	89	0:00:40	21	0:17:03	1:03:37	0:06:18
20	1006	2303	Pedro Leilão	JUN		Alhandra Sporting Clube	19	0:10:54	30	0:00:44	65	0:34:17	29	0:00:31	26	0:17:16	1:03:42	0:06:23
21	3127	468	Tiago Lobo	SEN		Triathlon Lamego Club	27	0:11:29	1	0:00:31	55	0:33:58	19	0:00:29	31	0:17:26	1:03:53	0:06:34
22	5011		Eduardo Salas	SEN		Individual	21	0:11:10	54	0:00:50	46	0:33:49	20	0:00:29	39	0:17:53	1:04:11	0:06:52
23	1082	2695	João José Pereira	JUN		Alhandra Sporting Clube	22	0:11:14	71	0:00:55	43	0:33:46	58	0:00:35	36	0:17:43	1:04:13	0:06:54
24	5097		Alberto Labella	SEN		Individual	43	0:12:05	12	0:00:38	23	0:33:07	60	0:00:35	40	0:17:53	1:04:18	0:06:59
Medias:							0:14:13	0:01:10	0:00:41	0:36:42	0:00:41	0:20:18					Pág 1	



Temperatura Água:											NATAÇÃO 750 (MT)				CICLISMO 20000 (KM)				CORRIDA 5000 (MT)			
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	T-2	Pos	TOTAL	Pos	TOTAL	Diff					
25	5005		António Corral		SEN	Individual	29	0:11:42	11	0:00:37	34	0:33:29	33	0:00:31	47	0:18:15	1:04:34	0:07:15				
26	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triallo do Oeste	62	0:12:40	34	0:00:44	39	0:33:41	85	0:00:39	15	0:16:52	1:04:36	0:07:17				
27	3133	467	Sean McEvoy		SEN	Triathlon Lamego Club	58	0:12:34	26	0:00:43	50	0:33:51	32	0:00:31	27	0:17:16	1:04:55	0:07:36				
28	5083		Juan Vergara		SEN	Individual	42	0:12:04	8	0:00:36	26	0:33:12	17	0:00:28	59	0:18:52	1:05:12	0:07:53				
29	4027	508	Alcino Serras	V1	SR	Camamal-Consir.Ramalho Coulo-Ika	123	0:15:09	13	0:00:39	24	0:33:09	16	0:00:28	7	0:15:50	1:05:15	0:07:56				
30	5141		José Luis Angornilla		SEN	Individual	25	0:11:24	21	0:00:41	56	0:33:58	87	0:00:39	57	0:18:43	1:05:25	0:08:06				
31	2044	273	Charly Blanchard	S23	IPODEC / Tri-Oeiras.com		16	0:10:47	16	0:00:40	67	0:34:24	56	0:00:35	63	0:19:04	1:05:30	0:08:11				
32	5029		Fernando Pérez	S23	Individual		52	0:12:28	20	0:00:41	57	0:34:00	119	0:00:44	35	0:17:41	1:05:34	0:08:15				
33	3039	507	Custódio António	SEN	SR	Camamal-Consir.Ramalho Coulo-Ika	77	0:13:20	81	0:00:58	45	0:33:49	6	0:00:25	22	0:17:05	1:05:37	0:08:18				
34	3214	2684	Miguel Gançinho	SEN	IPODEC / Tri-Oeiras.com		59	0:12:39	112	0:01:08	32	0:33:20	81	0:00:39	43	0:18:00	1:05:46	0:08:27				
35	1074	2612	Pedro Laginha Palma	JUN	Clube Triallo de Perosinho		38	0:12:00	110	0:01:07	64	0:34:15	96	0:00:41	37	0:17:43	1:05:46	0:08:27				
36	3017	729	Rui Pedro Sousa	SEN	C.F. "Os Belenenses"		28	0:11:40	65	0:00:54	72	0:34:40	52	0:00:34	45	0:18:04	1:05:52	0:08:33				
37	5140		Carlos Egea	SEN	Individual		60	0:12:39	27	0:00:43	42	0:33:44	67	0:00:36	49	0:18:16	1:05:58	0:08:39				
38	4032	769	Carlos Gomes	V1	Oeiras Sport Clube		97	0:14:07	58	0:00:51	22	0:33:07	4	0:00:24	33	0:17:33	1:06:02	0:08:43				
39	5139		Rafael Galan	SEN	Individual		37	0:11:59	36	0:00:44	28	0:33:14	66	0:00:36	70	0:19:31	1:06:04	0:08:45				
40	5080		Jesus Otero	SEN	Individual		87	0:13:32	68	0:00:54	41	0:33:43	98	0:00:41	28	0:17:21	1:06:11	0:08:52				
41	3225	2694	Rui Ferreira	SEN	Individual		34	0:11:56	31	0:00:44	29	0:33:17	42	0:00:33	77	0:19:42	1:06:12	0:08:53				
42	3225	2694	Rui Ferreira	SEN	Individual		35	0:11:56	37	0:00:44	30	0:33:17	47	0:00:33	78	0:19:42	1:06:12	0:08:53				
43	3228	2698	João Janela Martins	SEN	Individual		106	0:14:20	96	0:01:03	7	0:32:16	111	0:00:43	41	0:17:54	1:06:16	0:08:57				
44	3137	466	Carlos Matos	SEN	Casa Benfica Faro/GASCAN		108	0:14:25	78	0:00:57	13	0:32:46	71	0:00:37	32	0:17:31	1:06:16	0:08:57				
45	4013	648	Miguel Fragoço	V1	ABV Estoris		55	0:12:33	29	0:00:44	58	0:34:03	94	0:00:41	50	0:18:17	1:06:18	0:08:59				
46	3014	613	Paulo Lamego	SEN	C.F. "Os Belenenses"		101	0:14:12	100	0:01:05	47	0:33:50	118	0:00:44	13	0:16:48	1:06:39	0:09:20				
47	4040	781	António Raposo	V2	Casa Benfica Faro/GASCAN		64	0:12:44	45	0:00:47	40	0:33:42	128	0:00:48	56	0:18:43	1:06:44	0:09:25				
48	4086	489	José Salgueiro	V1	ABV Estoris		113	0:14:33	49	0:00:48	12	0:32:42	64	0:00:36	46	0:18:11	1:06:50	0:09:31				
49	3182	580	Alexandre Ventura	SEN	C.N. Carfaxo		54	0:12:31	32	0:00:44	52	0:33:56	63	0:00:36	67	0:19:20	1:07:07	0:09:48				
50	4115	499	António Ervideira	V1	Tri-Oeste -Clube de Triallo do Oeste		107	0:14:24	53	0:00:50	44	0:33:48	25	0:00:31	38	0:17:47	1:07:20	0:10:01				
51	3107	621	Rui Sousa	SEN	C.N. Carfaxo		84	0:13:25	42	0:00:46	49	0:33:51	31	0:00:31	58	0:18:51	1:07:24	0:10:05				
52	4093	840	Rui Sa	V1	Casa Benfica Faro/GASCAN		56	0:12:33	59	0:00:52	48	0:33:50	75	0:00:38	71	0:19:34	1:07:27	0:10:08				
53	5065		Marcos Martínez	SEN	Individual		47	0:12:21	50	0:00:48	63	0:34:07	44	0:00:33	75	0:19:40	1:07:29	0:10:10				
54	1007	2504	Mário Leião	S23	Alhandra Sporting Clube		23	0:11:15	75	0:00:56	81	0:35:08	28	0:00:31	83	0:19:49	1:07:39	0:10:20				
55	1007	2504	Mário Leião	S23	Alhandra Sporting Clube		24	0:11:15	76	0:00:56	82	0:35:08	38	0:00:31	84	0:19:49	1:07:39	0:10:20				
56	3211	354	Manuel Coutinho	SEN	IPODEC / Tri-Oeiras.com		9	0:10:37	38	0:00:45	74	0:34:42	121	0:00:45	102	0:20:53	1:07:42	0:10:23				
57	4121	585	Paulo Codinha	V1	C.F. "Os Belenenses"		49	0:12:25	24	0:00:43	59	0:34:03	82	0:00:39	87	0:20:02	1:07:52	0:10:33				
58	1013	12	Barbara Clemente	JUN	Sport União Colareuse		48	0:12:22	70	0:00:55	60	0:34:04	49	0:00:34	85	0:20:00	1:07:55	0:10:36				
59	3102	662	Alexandre Feliz	SEN	A.D.C.R. Painho/Pêra Rocha do Oeste		63	0:12:41	79	0:00:57	71	0:34:32	43	0:00:33	65	0:19:13	1:07:56	0:10:37				



Temperatura Agua:										NATAÇÃO 750 (MT)			CICLISMO 20000 (KM)			CORRIDA 5000 (MT)		
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	T-2	Pos	CORRIDA	Total	Diff		
60	5138		Inigo Polaveja		SEN	Individual	78	0:13:20	51	0:00:48	51	0:33:51	55	0:00:34	69	0:19:29	1:08:02	0:10:43
61	5135		Miguel Ruiz		SEN	Individual	46	0:12:19	93	0:01:01	53	0:33:57	107	0:00:42	94	0:20:23	1:08:22	0:11:03
62	5086		Miguel Palmeira		SEN	Individual	102	0:14:12	55	0:00:50	20	0:33:02	106	0:00:42	73	0:19:39	1:08:25	0:11:06
63	3020	524	Miguel Palma		SEN	ABV Estoris	53	0:12:29	39	0:00:45	54	0:33:58	109	0:00:43	100	0:20:31	1:08:26	0:11:07
64	3052	479	Hélder Milheiras		SEN	IPODEC / Tri-Oeiras.com	83	0:13:23	66	0:00:54	76	0:34:48	110	0:00:43	54	0:18:40	1:08:28	0:11:09
65	3029	631	Pedro Santos		SEN	CEFA	69	0:12:54	118	0:01:14	61	0:34:05	51	0:00:34	79	0:19:45	1:08:32	0:11:13
66	3170	2562	Rui Simões		SEN	Sport União Colarensense	117	0:14:44	52	0:00:49	35	0:33:33	69	0:00:36	60	0:18:56	1:08:38	0:11:19
67	5010		David Caldeirão		SEN	Individual	73	0:13:06	48	0:00:47	62	0:34:05	72	0:00:37	89	0:20:08	1:08:43	0:11:24
68	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	70	0:12:56	25	0:00:43	70	0:34:32	76	0:00:38	88	0:20:04	1:08:53	0:11:34
69	3206	338	André Guimarães		SEN	Clube Triatlo de Perosinho	160	0:17:43	163	0:01:52	97	0:36:39	139	0:00:52	2	0:11:51	1:08:57	0:11:38
70	3206	338	André Guimarães		SEN	Clube Triatlo de Perosinho	161	0:17:43	164	0:01:52	98	0:36:39	141	0:00:52	3	0:11:51	1:08:57	0:11:38
71	1009	2506	Luis Cournha		JUN	Alhandra Sporting Clube	17	0:10:48	41	0:00:46	68	0:34:27	26	0:00:31	128	0:22:35	1:09:07	0:11:48
72	5104		Nacor Cordero		SEN	Individual	14	0:10:44	43	0:00:46	69	0:34:30	125	0:00:45	134	0:22:41	1:09:26	0:12:07
73	5098		Javier Castillo		SEN	Individual	85	0:13:26	89	0:01:00	73	0:34:41	91	0:00:40	76	0:19:40	1:09:27	0:12:08
74	1076	116	Gonçalo Ruivo		JUN	Agua de Alpiarça	41	0:12:04	74	0:00:56	66	0:34:18	50	0:00:34	119	0:21:37	1:09:29	0:12:10
75	3131	469	João Ferreira		SEN	Trailhion Lamego Club	76	0:13:16	33	0:00:44	95	0:36:31	54	0:00:34	53	0:18:38	1:09:43	0:12:24
76	3064	465	Paulo Silva		SEN	Casa Benfca Faro/GASCAN	104	0:14:17	77	0:00:57	103	0:36:56	9	0:00:26	24	0:17:11	1:09:47	0:12:28
77	5082		José Hurtado		SEN	Individual	115	0:14:38	60	0:00:52	37	0:33:39	79	0:00:38	86	0:20:01	1:09:48	0:12:29
78	1058	2617	Daniela Inácio		JUN	C.F. "Os Belenenses"	13	0:10:42	104	0:01:06	102	0:36:56	134	0:00:50	96	0:20:25	1:09:59	0:12:40
79	4014	775	João Santos		V2	ABV Estoris	82	0:13:23	105	0:01:06	36	0:33:36	108	0:00:43	114	0:21:17	1:10:05	0:12:46
80	5037		Javier Gonzalez		SEN	Individual	89	0:13:35	63	0:00:53	77	0:34:48	105	0:00:42	90	0:20:10	1:10:08	0:12:49
81	3026	461	Anibal Oliveira		SEN	Amiocio	144	0:16:20	3	0:00:33	84	0:35:22	48	0:00:34	29	0:17:24	1:10:13	0:12:54
82	5100		Emitio Ruiz		SEN	Individual	72	0:13:04	98	0:01:04	93	0:36:26	74	0:00:37	80	0:19:45	1:10:56	0:13:37
83	4125	844	Paulo Ribeiro		V2	Tri-Oeste -Clube de Triatlo do Oeste	109	0:14:25	47	0:00:47	90	0:36:01	123	0:00:45	61	0:19:01	1:10:59	0:13:40
84	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	96	0:14:03	125	0:01:18	101	0:36:51	88	0:00:40	48	0:18:16	1:11:08	0:13:49
85	3054	739	António Luz Gomes		SEN	IPODEC / Tri-Oeiras.com	93	0:13:39	115	0:01:12	96	0:36:33	101	0:00:42	62	0:19:03	1:11:09	0:13:50
86	5099		Juan Carlos Añas		SEN	Individual	50	0:12:25	56	0:00:50	79	0:35:02	61	0:00:35	125	0:22:26	1:11:18	0:13:59
87	3198	295	Ricardo Teixeira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	148	0:16:38	82	0:00:59	75	0:34:43	41	0:00:33	52	0:16:32	1:11:25	0:14:06
88	3112	593	Paulo Conde		SEN	C.N. Cartaxo	68	0:12:51	107	0:01:06	85	0:35:22	147	0:00:54	115	0:21:19	1:11:32	0:14:13
89	1038	2513	Diogo Custódio		JUN	IPODEC / Tri-Oeiras.com	66	0:12:46	102	0:01:05	107	0:37:20	62	0:00:36	82	0:19:48	1:11:35	0:14:16
90	1064	193	Filipa Ferreira		JUN	Alhandra Sporting Clube	57	0:12:34	84	0:00:59	105	0:37:02	84	0:00:39	103	0:20:55	1:12:09	0:14:50
91	5108		João Lourenço		SEN	Individual	120	0:14:51	86	0:00:59	91	0:36:21	114	0:00:43	72	0:19:34	1:12:28	0:15:09
92	4041	754	Fernando Pires		V2	Casa Benfca Faro/GASCAN	145	0:16:31	83	0:00:59	99	0:36:42	83	0:00:39	34	0:17:40	1:12:31	0:15:12
93	1017	143	Joana Marques		JUN	IPODEC / Tri-Oeiras.com	51	0:12:26	40	0:00:46	122	0:38:32	39	0:00:32	91	0:20:18	1:12:34	0:15:15
94	3032	502	Bruno Guerreiro		SEN	CEFA	98	0:14:08	117	0:01:14	100	0:36:44	1	-0:00:26	107	0:21:04	1:12:44	0:15:25

Médias:

0:14:13

0:01:10

0:36:42

0:00:41

0:20:18



Temperatura Agua:										NATAÇÃO 750 (MT)				CICLISMO 20000 (KM)				CORRIDA 5000 (MT)			
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	T-2	Pos	T-2	Pos	CORRIDA	Total	Diff			
95	3247	2734	António Henriques		SEN	Individual	132	0:15:31	130	0:01:21	86	0:35:26	168	0:01:11	68	0:19:24	1:12:53	0:15:34			
96	3147	604	Pedro Bento		SEN	Ribabite / Associação dos 20 Km de A. Ferreiras	128	0:15:26	124	0:01:17	87	0:35:27	132	0:00:49	98	0:20:27	1:13:26	0:16:07			
97	3150	2452	Emesio Caniço		SEN	Ribabite / Associação dos 20 Km de A. Ferreiras	131	0:15:30	119	0:01:14	88	0:35:30	112	0:00:43	99	0:20:30	1:13:27	0:16:08			
98	4015	774	José Oliveira		V2	ABV Estoris	114	0:14:34	95	0:01:03	94	0:36:30	80	0:00:39	109	0:21:06	1:13:52	0:16:33			
99	3094	708	Pedro Fernandes		SEN	ABV Estoris	121	0:14:56	85	0:00:59	92	0:36:25	77	0:00:38	104	0:20:55	1:13:53	0:16:34			
100	4052	770	Manuel Gonçalves		V2	Clube da Natação Colégio Vasco da Gama	134	0:15:35	108	0:01:06	108	0:37:21	136	0:00:50	64	0:19:06	1:13:58	0:16:39			
101	3036	732	Nuno Campos		SEN	CEFA	137	0:15:41	147	0:01:32	83	0:35:12	59	0:00:35	105	0:21:00	1:14:00	0:16:41			
102	2057	2724	Fábio Faustino		S23	Ginásio Clube de Sines	141	0:16:06	109	0:01:06	120	0:38:16	148	0:00:55	44	0:18:00	1:14:23	0:17:04			
103	3210	294	Catarina Jerónimo		SEN	IPODEC / Tr-Oeiras.com	65	0:12:45	88	0:01:00	117	0:38:01	93	0:00:41	124	0:22:24	1:14:51	0:17:32			
104	1067	2622	Nuno Sousa Faria		JUN	Alhandra Sporting Clube	75	0:13:14	99	0:01:05	132	0:39:54	14	0:00:28	95	0:20:24	1:15:05	0:17:46			
105	4127	2732	Emanuel Marques		V1	Triathlon Lamego Club	124	0:15:10	171	0:02:24	113	0:37:51	172	0:01:15	51	0:18:29	1:15:09	0:17:50			
106	3030	501	Nuno Raimundo		SEN	CEFA	122	0:15:00	123	0:01:17	110	0:37:35	137	0:00:51	97	0:20:27	1:15:10	0:17:51			
107	5090		Pedro Figueira		SEN	Individual	95	0:13:58	64	0:00:53	126	0:38:56	46	0:00:33	106	0:21:00	1:15:20	0:18:01			
108	5036		Javier Martin		SEN	Individual	110	0:14:26	62	0:00:53	127	0:39:02	86	0:00:39	93	0:20:21	1:15:21	0:18:02			
109	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho	170	0:19:31	156	0:01:39	80	0:35:06	135	0:00:50	55	0:18:42	1:15:48	0:18:29			
110	1018	215	João Inácio		JUN	IPODEC / Tr-Oeiras.com	61	0:12:39	134	0:01:24	131	0:39:36	68	0:00:36	118	0:21:33	1:15:48	0:18:29			
111	4036	839	Carlos Cunha		V1	IPODEC / Tr-Oeiras.com	142	0:16:13	103	0:01:06	89	0:35:51	173	0:01:23	117	0:21:33	1:16:06	0:18:47			
112	5003		António Mengual		S23	Individual	118	0:14:48	73	0:00:55	118	0:38:02	78	0:00:38	121	0:22:01	1:16:24	0:19:05			
113	1027	7	Manna Pedro		JUN	Ginásio Clube de Sines	74	0:13:09	91	0:01:01	123	0:38:41	27	0:00:31	140	0:23:15	1:16:37	0:19:18			
114	5096		Javier Del Arco		SEN	Individual	111	0:14:30	160	0:01:46	112	0:37:48	165	0:01:08	116	0:21:28	1:16:40	0:19:21			
115	3173	2564	José Lino		SEN	C.N. Carlaxo	154	0:17:19	67	0:00:54	114	0:37:56	127	0:00:46	81	0:19:47	1:16:42	0:19:23			
116	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	30	0:11:43	57	0:00:51	129	0:39:26	144	0:00:54	145	0:23:56	1:16:50	0:19:31			
117	3245	2736	António Frade		SEN	Oeiras Sport Clube	153	0:17:10	129	0:01:20	119	0:38:05	133	0:00:49	74	0:19:39	1:17:03	0:19:44			
118	1024	287	José Pinho		JUN	Tri-Oeste -Clube de Triatlo do Oeste	67	0:12:48	97	0:01:04	136	0:40:23	11	0:00:26	129	0:22:35	1:17:16	0:19:57			
119	2059	2738	Katarina Larsson		S23	IPODEC / Tri-Oeiras.com	100	0:14:10	135	0:01:25	135	0:40:00	169	0:01:11	108	0:21:05	1:17:51	0:20:32			
120	3018	528	Sérgio Oliveira		SEN	ABV Estoris	155	0:17:27	133	0:01:23	106	0:37:07	138	0:00:52	112	0:21:15	1:18:04	0:20:45			
121	3246	2733	António Ferreira Lopes		SEN	Individual	81	0:13:22	150	0:01:33	109	0:37:23	159	0:01:03	157	0:25:02	1:18:23	0:21:04			
122	3207	2662	José Magalhães Dias		SEN	A.D.C.R. Painho	126	0:15:16	143	0:01:30	124	0:38:47	152	0:00:58	120	0:21:59	1:18:30	0:21:11			
123	4042	753	João Rita		V2	Casa Benfca Faro/GASCAN	139	0:16:00	139	0:01:28	115	0:37:59	160	0:01:04	122	0:22:14	1:18:45	0:21:26			
124	4042	753	João Rita		V2	Casa Benfca Faro/GASCAN	140	0:16:00	140	0:01:28	116	0:37:59	161	0:01:04	123	0:22:14	1:18:45	0:21:26			
125	3234	2708	João Vaz Lima		SEN	Clube Triatlo de Perosinho	88	0:13:33	148	0:01:32	144	0:41:35	155	0:00:59	113	0:21:15	1:18:54	0:21:35			
126	3161	2551	Hugo Alonso		SEN	Oeiras Sport Clube	119	0:14:50	141	0:01:29	111	0:37:37	103	0:00:42	149	0:24:23	1:19:01	0:21:42			
127	1089	2737	João Sousa Castro		JUN	Individual	20	0:11:03	101	0:01:05	157	0:43:30	129	0:00:48	131	0:22:37	1:19:03	0:21:44			
128	1003	2294	Francisco Oliveira Reis		JUN	C.F. "Os Belenenses"	71	0:13:00	111	0:01:07	134	0:39:59	97	0:00:41	152	0:24:27	1:19:14	0:21:55			
129	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	40	0:12:03	80	0:00:58	149	0:42:36	100	0:00:42	139	0:22:59	1:19:18	0:21:59			

Médias:

0:14:13

0:36:42

0:00:41

0:20:18

Pág 4

Temperatura Agua:											NATAÇÃO 750 (MT)				CICLISMO 20000 (KM)				CORRIDA 5000 (MT)			
LG	Drs/Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	T-2	Pos	CORRIDA	Pos	T-2	Pos	CORRIDA	Total	Diff			
130	5095	Vitor Pinho		V1	Individual	158	0:17:37	155	0:01:36	162	0:01:06	127	0:22:33	119:51	0:22:32							
131	3140	Jorge Vieira		SEN	Sport União Colarensis	136	0:15:40	69	0:00:54	149	0:00:56	92	0:20:18	1:19:56	0:22:37							
132	3194	Nuno Paulo Simões		SEN	Sport União Colarensis	129	0:15:28	131	0:01:22	95	0:00:41	146	0:23:56	1:19:58	0:22:39							
133	3203	Pedro Soares Alves		SEN	Sport União Colarensis	125	0:15:13	166	0:01:57	163	0:01:08	136	0:22:53	1:20:02	0:22:43							
134	3015	Maria João Madeira		SEN	IPODEC / Tri-Oeiras.com	105	0:14:18	106	0:01:06	116	0:00:44	151	0:24:27	1:20:30	0:23:11							
135	3241	Nuno Tinlim		SEN	Individual	166	0:19:12	92	0:01:01	65	0:00:36	66	0:19:19	1:20:41	0:23:22							
136	5089	Paulo Renato Santos		V1	Individual	116	0:14:42	153	0:01:35	45	0:00:33	133	0:22:38	1:21:27	0:24:08							
137	2038	Ricardo Rodrigues		S23	Alhandra Sporting Clube	99	0:14:09	61	0:00:53	158	0:01:02	158	0:25:02	1:21:44	0:24:25							
138	4063	José Soares		V2	S. R. Torrens	86	0:13:30	158	0:01:43	141	0:00:53	161	0:25:40	1:22:57	0:25:38							
139	5102	Patricia Bueno		JUN	Individual	94	0:13:45	113	0:01:08	124	0:00:45	169	0:28:16	1:23:08	0:25:49							
140	3135	Mário Guedes		SEN	Triathlon Lamego Club	147	0:16:37	151	0:01:33	164	0:01:08	154	0:24:32	1:23:24	0:26:05							
141	1010	Joaquim Guerreiro		JUN	Arnicio	157	0:17:33	146	0:01:32	147	0:00:58	110	0:21:09	1:23:34	0:26:15							
142	5092	Rafael Moreno Aguiar		JUN	Individual	133	0:15:33	154	0:01:35	143	0:01:27	99	0:00:41	150	0:24:23	1:23:39	0:26:20					
143	4023	Francisco Bexiga		V2	CEFA	103	0:14:15	142	0:01:30	152	0:01:12	153	0:24:28	1:24:31	0:27:12							
144	1016	Ana Sampaio		JUN	IPODEC / Tri-Oeiras.com	90	0:13:36	114	0:01:10	165	0:00:30	144	0:23:44	1:24:50	0:27:31							
145	2047	Maria Balezão		S23	Alhandra Sporting Clube	80	0:13:21	138	0:01:28	161	0:00:44	159	0:25:12	1:24:52	0:27:33							
146	1071	Andreia Ponte		JUN	Ginásio Clube de Sines	79	0:13:21	127	0:01:20	162	0:00:41	156	0:24:59	1:24:58	0:27:39							
147	5106	Joaquim Baluga		V3	Individual	151	0:16:59	172	0:02:29	148	0:00:43	126	0:22:29	1:25:04	0:27:45							
148	4018	Mário Magalhães		V2	Clube Triatlo de Perosinho	167	0:19:22	126	0:01:18	140	0:01:07	153	0:00:58	130	0:22:36	1:25:21	0:28:02					
149	5094	Rui Correia		V4	Individual	171	0:19:39	136	0:01:26	139	0:00:51	150	0:00:57	135	0:22:45	1:25:38	0:28:19					
150	1025	Tânia Boalea		JUN	Ginásio Clube de Sines	164	0:18:13	120	0:01:15	150	0:00:45	141	0:23:15	1:26:13	0:28:54							
151	4024	Rui Teixeira		V1	CEFA	149	0:16:40	165	0:01:54	159	0:00:59	142	0:23:26	1:26:44	0:29:25							
152	3184	Maria Rita Neves		SEN	IPODEC / Tri-Oeiras.com	112	0:14:32	116	0:01:13	164	0:00:49	160	0:25:17	1:26:59	0:29:40							
153	5145	Nuno Leitão		SEN	Individual	127	0:15:23	132	0:01:22	163	0:00:45	162	0:25:45	1:28:01	0:30:42							
154	5105	Fernando Castilho		V2	Individual	150	0:16:46	173	0:02:33	151	0:01:23	155	0:24:49	1:28:29	0:31:10							
155	1061	David Ferreira		JUN	Sport União Colarensis	135	0:15:38	145	0:01:32	156	0:01:09	168	0:27:11	1:28:48	0:31:29							
156	5084	Luis Rocha		SEN	Individual	152	0:17:06	162	0:01:49	154	0:00:31	167	0:26:47	1:29:23	0:32:04							
157	4100	Jaime Carmo		V4	Individual	172	0:19:41	159	0:01:45	155	0:01:13	147	0:24:06	1:29:58	0:32:39							
158	4016	John Graney		V5	ABV Estoris	156	0:17:30	176	0:03:02	142	0:01:12	175	0:01:45	166	0:26:40	1:30:09	0:32:50					
159	1035	Ana Carrasco		JUN	Alhandra Sporting Clube	91	0:13:37	87	0:01:00	168	0:00:45	164	0:26:29	1:30:23	0:33:04							
160	3230	Carlos Serra		SEN	Individual	173	0:20:53	121	0:01:16	153	0:01:02	148	0:24:09	1:30:30	0:33:11							
161	5021	Elena Mérida Gomez		SEN	Individual	92	0:13:38	122	0:01:16	160	0:00:42	174	0:30:58	1:30:40	0:33:21							
162	3218	Filipe Cravo		SEN	C.F. "Os Belenenses"	138	0:15:44	168	0:02:04	158	0:01:10	173	0:30:50	1:33:33	0:36:14							
163	5034	Isa Ferreira		SEN	Individual	162	0:17:54	170	0:02:23	175	0:00:31	138	0:22:57	1:34:13	0:36:54							
164	5087	Nuno Penisga		SEN	Individual	163	0:17:57	174	0:02:56	173	0:00:31	137	0:22:56	1:34:13	0:36:54							



Resultados

Temperatura Água:																		
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	NATAÇÃO 750 (MT)			CICLISMO 20000 (KM)			CORRIDA 5000 (MT)					
							Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
165	5081		João Antunes		SEN	Individual	159	0:17:40	161	0:01:47	167	0:48:15	73	0:00:37	165	0:26:37	1:34:56	0:37:37
166	3192	2613	Isaura Faria		SEN	IPODEC / Tri-Oeiras.com	169	0:19:26	137	0:01:27	174	0:50:21	156	0:01:01	143	0:23:27	1:35:42	0:38:23
167	5143		Helena Jorge		SEN	Individual	165	0:19:02	169	0:02:04	172	0:49:35	143	0:00:53	163	0:26:01	1:37:35	0:40:16
168	5103		Beatriz Bueno		JUN	Individual	143	0:16:19	152	0:01:33	177	0:51:23	130	0:00:48	170	0:28:19	1:38:22	0:41:03
169	3239	2717	Teirno Veloso		SEN	Porto Runners	176	0:23:49	178	0:05:00	170	0:49:23	90	0:00:40	101	0:20:45	1:39:37	0:42:18
170	5091		Pedro Santos		SEN	Individual	168	0:19:24	167	0:01:58	171	0:49:31	37	0:00:31	172	0:30:09	1:41:33	0:44:14
171	3204	2651	Susana Simões		SEN	Porto Runners	178	0:26:16	175	0:02:59	176	0:51:06	140	0:00:52	111	0:21:12	1:42:25	0:45:06
172	3233	2707	Ulisses Lopes		SEN	Clube Triatlo de Perosinho	177	0:26:08	157	0:01:41	166	0:46:35	146	0:00:54	171	0:28:46	1:44:04	0:46:45
173	3209	2677	Pedro Miguel Lopes		SEN	Porto Runners	174	0:21:52	177	0:03:08	178	0:56:25	30	0:00:31	132	0:22:38	1:44:34	0:47:15
174	4003	830	João Branco		V5	C.F. "Os Belenenses"	175	0:22:13	149	0:01:33	169	0:49:15	145	0:00:54	175	0:33:18	1:47:13	0:49:54
175	1057	2607	Marcos Duro	DNF	JUN	IPODEC / Tri-Oeiras.com	26	0:11:28	90	0:01:01	3	-0:12:29						
176	5144	2577	Miguel Reis	DNF	SEN	Amició	130	0:15:30	128	0:01:20	2	-0:16:50						
177	3224	655	Daniel Trndade	DNF	SEN	Casa Benfca Faro/GASCAN	146	0:16:37	144	0:01:31	1	-0:18:08						
178	5059		Rafael Martinez	DNF	SEN	Individual	44	0:12:10	22	0:00:41	19	0:32:55	70	0:00:36	1	-0:46:22		
179	4001	821	Adelino Vicente	DNS	V5	Individual												
180	1070	2647	Adriano Silva	DNS	JUN	Ginásio Clube de Sines												
181	3212	393	Mana Cecilia Franco	DNS	SEN	IPODEC / Tri-Oeiras.com												
182	4096	841	Mana João Martins	DNS	V2	IPODEC / Tri-Oeiras.com												
183	1002	276	Sarah Moniz	DNS	JUN	C.F. "Os Belenenses"												
184	3172	645	João Lourenço	DNS	SEN	C.N. Carriaxo												
185	3244	2735	Carlos Fernandes	DNS	SEN	Oeiras Sport Clube												
186	3043	511	Horácio Ferreira	DNS	SEN	Oeiras Sport Clube												
187	5093		Ruben Bravo	DNS	SEN	Individual												
188	4096	841	Mana João Martins	DNS	V2	IPODEC / Tri-Oeiras.com												
189	3212	393	Mana Cecilia Franco	DNS	SEN	IPODEC / Tri-Oeiras.com												