

### Resultados

Localidade:	V. F. Xira	Distância CORRI (MT): <input type="text"/> CICLIS (KM) <input type="text"/> CORRI (MT):	5000/23000/2500
Data:	09-04-2006	Hora de começo:	11h00m

### Informação

Delegado técnico:	Artur Parreira	Juiz Principal:	João Pinho
Pontuável para:	Circuito Nacional	Juri de apelo:	

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 M (MT)		23 000 M (KM)		2500 M (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
1	2007	362	Sérgio Manuel Silva		S23	SR Camarnal-Constr.Ramalho	2	0:15:47	5	0:38:14	1	0:08:07	1:02:08	0:00:00
2	3117	486	Lino Barruncho		SEN	Clube Olímpico de Oeiras	1	0:15:47	7	0:38:18	2	0:08:09	1:02:14	0:00:06
3	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho	6	0:16:28	3	0:38:08	6	0:08:34	1:03:10	0:01:02
4	3196	382	Nelson Silva		SEN	Clube Olímpico de Oeiras	4	0:16:28	4	0:38:12	7	0:08:44	1:03:24	0:01:16
5	1011	102	José Estrangeiro		JUN	SR Camarnal-Constr.Ramalho	8	0:16:29	6	0:38:16	10	0:08:50	1:03:35	0:01:27
6	3071	532	Luís Manuel Almeida		SEN	Clube Olímpico de Oeiras	5	0:16:28	9	0:38:40	5	0:08:32	1:02:50	0:01:42
7	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho	7	0:16:29	8	0:38:47	13	0:09:01	1:04:17	0:02:09
8	3088	521	João Campos		SEN	Casa do Benfica no Fundão	9	0:16:43	11	0:39:15	11	0:08:51	1:04:49	0:02:41
9	1020	179	Miguel Arraiolos		JUN	C.F. "Os Belenenses"	15	0:17:03	23	0:40:09	3	0:08:19	1:05:31	0:03:23
10	1063	52	Ruben Costa		JUN	Clube da Natação Colégio Vasco da	12	0:16:51	28	0:40:15	4	0:08:28	1:05:34	0:03:26
11	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho	21	0:17:34	12	0:39:18	8	0:08:45	1:05:37	0:03:29
12	4064	785	José Reis		V1	Associação Cultural e Recreativa da	20	0:17:33	17	0:39:37	9	0:08:46	1:05:56	0:03:48
13	4058	520	António Catarino		V1	Casa do Benfica no Fundão	19	0:17:33	13	0:39:20	15	0:09:06	1:05:59	0:03:51
14	3026	461	Anibal Oliveira		SEN	Amiciclo	18	0:17:33	15	0:39:22	16	0:09:07	1:06:02	0:03:54
15	3063	488	Nuno Neves		SEN	Casa Benfica Faro/GASCAN	22	0:17:34	14	0:39:20	22	0:09:19	1:06:13	0:04:05
16	3089	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	13	0:17:02	24	0:40:12	19	0:09:09	1:06:23	0:04:15
17	5100		Joaquim Lopes		SEN	Individual	10	0:16:48	32	0:40:33	17	0:09:08	1:06:29	0:04:21
18	5196	2640	Délio Ferreira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	11	0:16:49	36	0:40:43	18	0:09:08	1:06:40	0:04:32
19	4086	489	José Salgueiro		V1	ABV Estoris	31	0:18:31	10	0:38:49	32	0:09:49	1:07:09	0:05:01
20	3214	2684	Miguel Ganchinho		SEN	IPODEC / Tri-Oeiras.com	23	0:17:45	19	0:39:54	25	0:09:36	1:07:15	0:05:07
21	1082	2695	João José Pereira		JUN	Alhandra Sporting Clube	26	0:17:58	18	0:39:42	30	0:09:49	1:07:29	0:05:21
22	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	25	0:17:54	38	0:40:48	21	0:09:17	1:07:59	0:05:51
23	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	29	0:18:19	29	0:40:29	20	0:09:14	1:08:02	0:05:54
24	3238	2714	José Costa Dias		SEN	SR Camarnal-Constr.Ramalho	3	0:16:20	75	0:43:06	12	0:08:52	1:08:18	0:06:10
25	5191		Hugo Sousa		SEN	Individual	35	0:18:41	21	0:40:08	27	0:09:41	1:08:30	0:06:22
26	1054	2570	Vasco Pessoa		JUN	C.F. "Os Belenenses"	17	0:17:23	42	0:41:30	28	0:09:42	1:08:35	0:06:27
27	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	34	0:18:40	25	0:40:13	35	0:09:51	1:08:44	0:06:36
28	3229	2700	João Saúde		SEN	Clube Ferroviário de Vendas Novas	27	0:18:13	35	0:40:43	37	0:09:59	1:08:55	0:06:47
29	2057	2724	Fábio Faustino		S23	Ginásio Clube de Sines	33	0:18:36	37	0:40:48	26	0:09:39	1:09:03	0:06:55
30	3170	2562	Rui Simões		SEN	Sport União Colarensense	40	0:18:51	20	0:40:04	45	0:10:11	1:09:06	0:06:58
31	2055	2699	Rui Pisco		S23	Clube Ferroviário de Vendas Novas	42	0:19:01	16	0:39:36	59	0:10:33	1:09:10	0:07:02
32	3206	338	André Guimarães		SEN	Clube Triatlo de Perosinho	38	0:18:49	30	0:40:29	46	0:10:11	1:09:29	0:07:21
33	3198	295	Ricardo Teixeira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	30	0:18:23	34	0:40:42	57	0:10:31	1:09:36	0:07:28
34	2003	417	Rui Dolores		S23	Amiciclo	36	0:18:42	22	0:40:09	81	0:11:04	1:09:55	0:07:47
35	4059	800	Fernando Feijão		V3	Casa do Benfica no Fundão	41	0:18:51	31	0:40:31	60	0:10:34	1:09:56	0:07:48
36	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	43	0:19:01	41	0:41:30	29	0:09:43	1:10:14	0:08:06
37	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	24	0:17:53	59	0:42:23	40	0:10:03	1:10:19	0:08:11
38	5182		João Lourenço		SEN	Individual	59	0:19:47	26	0:40:13	49	0:10:20	1:10:20	0:08:12
39	3147	604	Pedro Bento		SEN	Ribabike / Associação dos 20 Km de	60	0:19:52	27	0:40:14	56	0:10:29	1:10:35	0:08:27
40	5175		Luís Serrazina		V1	Individual	37	0:18:43	50	0:41:54	44	0:10:10	1:10:47	0:08:39
41	5189	717	Vitor Santos		SEN	Individual	57	0:19:40	39	0:41:09	47	0:10:14	1:11:03	0:08:55
42	3114	689	Rui Belo		SEN	Clube Olímpico de Oeiras	14	0:17:03	109	0:44:59	14	0:09:04	1:11:06	0:08:58
43	3100	706	Luís Cipriano		SEN	A.D.C.R. Painho	44	0:19:09	65	0:42:39	36	0:09:52	1:11:40	0:09:32
44	3004	485	Bruno Silva		SEN	CCD / V.F. Xira	56	0:19:39	53	0:42:00	42	0:10:07	1:11:46	0:09:38
45	4074	458	Pedro Marques		V1	Associação Recreativa Social e Cultural	76	0:20:18	45	0:41:39	39	0:10:01	1:11:58	0:09:50
46	3244	2735	Carlos Fernandes		SEN	Oeiras Sport Clube	48	0:19:27	84	0:43:23	33	0:09:50	1:12:40	0:10:32
47	5131		João Martins		V1	Individual	49	0:19:28	58	0:42:21	70	0:10:52	1:12:41	0:10:33

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 M (MT)		23 000 M (KM)		2500 M (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
48	3119	638	Paulo Calixto		SEN	CCD / V.F. Xira	51	0:19:32	56	0:42:18	68	0:10:52	1:12:42	0:10:34
49	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	54	0:19:38	70	0:42:55	43	0:10:10	1:12:43	0:10:35
50	5115		Jose Chicharo		V1	Individual	16	0:17:19	122	0:46:04	23	0:09:20	1:12:43	0:10:35
51	5162		Gilberto Ribeiro		SEN	Individual					255	1:12:44	1:12:44	0:10:36
52	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	45	0:19:15	77	0:43:10	52	0:10:26	1:12:51	0:10:43
53	3102	662	Alexandre Feliz		SEN	Tri-Oeste -Clube de Triatlo do Oeste	74	0:20:14	1	0:21:46	253	0:30:55	1:12:55	0:10:47
54	5134		Mário Sousa		V2	Individual					256	1:12:57	1:12:57	0:10:49
55	3183	2589	Ricardo Figueira Silva		SEN	C.F. "Os Belenenses"	92	0:20:48	48	0:41:48	50	0:10:22	1:12:58	0:10:50
56	3241	2718	Nuno Tintim		SEN	Individual	46	0:19:26	90	0:43:51	34	0:09:51	1:13:08	0:11:00
57	3227	2697	Marco Veríssimo		SEN	Individual	72	0:20:09	79	0:43:11	31	0:09:49	1:13:09	0:11:01
58	5104		Alexandre Cunha		SEN	Individual	71	0:20:08	64	0:42:36	58	0:10:31	1:13:15	0:11:07
59	1038	2513	Diogo Custódio		JUN	IPODEC / Tri-Oeiras.com	53	0:19:38	71	0:42:01	62	0:10:30	1:13:18	0:11:10
60	5094		João Sousa		SEN	Individual	61	0:19:53	61	0:42:27	77	0:11:01	1:13:21	0:11:13
61	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	88	0:20:44	49	0:41:52	65	0:10:49	1:13:25	0:11:17
62	3001	627	Paulo Teles		SEN	CCD / V.F. Xira	84	0:20:36	55	0:42:12	63	0:10:40	1:13:28	0:11:20
63	3072	533	Octávio Luis		SEN	Clube Olímpico de Oeiras	64	0:19:58	87	0:43:27	41	0:10:04	1:13:29	0:11:21
64	1086	2722	Carlos Alberto Costa		JUN	Ginásio Clube de Sines	55	0:19:39	68	0:42:54	74	0:10:58	1:13:31	0:11:23
65	3201	2644	Tiago Fragata		SEN	Associação Recreativa Social e Cultural de Tejedor	63	0:19:54	67	0:42:52	66	0:10:49	1:13:35	0:11:27
66	4122	776	Fernando Teixeira		V2	Clube Ferroviário de Vendas Novas	100	0:21:10	43	0:41:33	79	0:11:03	1:13:46	0:11:38
67	5084		Filipe Lourenço		SEN	Individual	39	0:18:50	104	0:44:44	53	0:10:27	1:14:01	0:11:53
68	3092	746	Pedro Venâncio		SEN	Casa do Benfica no Fundão	75	0:20:17	86	0:43:26	55	0:10:28	1:14:11	0:12:03
69	4087	646	Manuel Batista		V1	CCD / V.F. Xira	65	0:20:04	81	0:43:13	72	0:10:56	1:14:13	0:12:05
70	4075	751	José Peixoto		V2	A.D.C.R. Painho	99	0:21:08	51	0:41:57	86	0:11:10	1:14:15	0:12:07
71	5123		António Samora		V1	Individual	97	0:21:06	47	0:41:44	103	0:11:30	1:14:20	0:12:12
72	3150	2452	Ernesto Caniço		SEN	Ribabike / Associação dos 20 Km de Aljezur	62	0:19:53	72	0:43:01	106	0:11:32	1:14:26	0:12:18
73	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	86	0:20:41	2	0:22:02	254	0:31:46	1:14:29	0:12:21
74	3224	655	Daniel Trindade		SEN	Casa Benfica Faro/GASCAN	47	0:19:26	91	0:43:52	92	0:11:19	1:14:37	0:12:29
75	5163		Carlos Ferreira		SEN	Individual	79	0:20:30	76	0:43:08	80	0:11:03	1:14:41	0:12:33
76	4068	845	Manuel Rodrigues		V1	Clube Millennium BCP	115	0:21:38	54	0:42:08	85	0:11:09	1:14:55	0:12:47
77	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	95	0:20:59	69	0:42:54	95	0:11:22	1:15:15	0:13:07
78	3094	708	Pedro Fernandes		SEN	ABV Estoris	85	0:20:40	83	0:43:15	94	0:11:20	1:15:15	0:13:07
79	4065	557	José Silva		V1	Associação Cultural e Recreativa da Ribeira, Ovar	70	0:20:07	93	0:43:59	89	0:11:15	1:15:21	0:13:13
80	1013	12	Bárbara Clemente		JUN	Sport União Colarense	90	0:20:47	89	0:43:46	67	0:10:51	1:15:24	0:13:16
81	5074		Luis Pancadares		SEN	Individual	102	0:21:18	40	0:41:16	169	0:12:51	1:15:25	0:13:17
82	4026	600	José Santos		V1	SR Camarnal-Constr.Ramalho Castelo Branco	80	0:20:31	57	0:42:18	189	0:13:23	1:16:12	0:14:04
83	4036	839	Carlos Cunha		V1	IPODEC / Tri-Oeiras.com	113	0:21:37	44	0:41:39	175	0:12:58	1:16:14	0:14:06
84	4101	755	João Gomes		V2	IPODEC / Tri-Oeiras.com	69	0:20:07	112	0:45:06	76	0:11:01	1:16:14	0:14:06
85	4025	516	João Medeiro		V1	Serv. Soc. CGD	50	0:19:31	130	0:46:46	38	0:09:59	1:16:16	0:14:08
86	5181		Marco Fidalgo		SEN	Individual	116	0:21:38	88	0:43:45	71	0:10:54	1:16:17	0:14:09
87	5037		Ivan Silva		SEN	Individual	128	0:22:00	80	0:43:11	84	0:11:08	1:16:19	0:14:11
88	5095		Carlos Reis		SEN	Individual	111	0:21:34	74	0:43:05	116	0:11:43	1:16:22	0:14:14
89	5099		Paulo Oliveira		SEN	Individual	118	0:21:40	66	0:42:50	128	0:11:59	1:16:29	0:14:21
90	4015	774	José Oliveira		V2	ABV Estoris	98	0:21:08	78	0:43:10	145	0:12:20	1:16:38	0:14:30
91	3120	720	Mário Couto		SEN	CCD / V.F. Xira	68	0:20:06	121	0:46:01	61	0:10:35	1:16:42	0:14:34
92	5112		João Ramos		V1	Individual	78	0:20:30	103	0:44:43	102	0:11:29	1:16:42	0:14:34
93	3069	497	Pedro Cordeiro		SEN	Tri-Oeste -Clube de Triatlo do Oeste	154	0:22:51	62	0:42:31	96	0:11:23	1:16:45	0:14:37
94	3095	748	José Gonçalves		SEN	Triathlon Lamego Club	58	0:19:46	133	0:46:52	51	0:10:23	1:17:01	0:14:53
95	5044		Paulo Mota		SEN	Individual	32	0:18:32	155	0:48:20	48	0:10:14	1:17:06	0:14:58
96	3249	2742	Eduardo Ferreira		SEN	Clube Millennium BCP	135	0:22:09	63	0:42:34	151	0:12:25	1:17:08	0:15:00
97	2010	2501	João Belo Martins		S23	IPODEC / Tri-Oeiras.com	152	0:22:48	60	0:42:25	134	0:12:05	1:17:18	0:15:10
98	5126		João Carvalho		V1	Individual	133	0:22:07	73	0:43:03	143	0:12:18	1:17:28	0:15:20
99	5193	602	Luis Lopes		SEN	Ribabike / Associação dos 20 Km de Aljezur	227	0:25:46	33	0:40:38	87	0:11:12	1:17:36	0:15:28
100	3235	2711	Gonçalo Vicente		SEN	Clube da Natação Colégio Vasco da Gama	87	0:20:42	119	0:45:44	88	0:11:13	1:17:39	0:15:31
101	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho	162	0:23:13	82	0:43:14	91	0:11:18	1:17:45	0:15:37
102	5088		António Almeida		SEN	Individual					257	1:17:49	1:17:49	0:15:41
103	5081		Gonçalo Passereiro		SEN	Individual	82	0:20:35	123	0:46:08	83	0:11:07	1:17:50	0:15:42

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 M (MT)		23 000 M (KM)		2500 M (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
104	3156	560	Pedro Pereira		SEN	Triathlon Lamego Club	140	0:22:27	92	0:43:54	112	0:11:39	1:18:00	0:15:52
105	3140	4615	Jorge Vieira		SEN	Sport União Colarense	81	0:20:35	125	0:46:27	75	0:11:01	1:18:03	0:15:55
106	5194		Valter Capeleiro		V5	Individual	177	0:23:38	46	0:41:40	166	0:12:48	1:18:06	0:15:58
107	5022		Renato Silva		S23	Individual					258	1:18:07	1:18:07	0:15:59
108	4067	822	Carlos Leite		V5	Associação Cultural e Recreativa da Ribeira, Ovar	77	0:20:28	132	0:46:50	73	0:10:57	1:18:15	0:16:07
109	5108		Asdrubal Freitas		SEN	Individual	28	0:18:18	183	0:50:35	24	0:09:23	1:18:16	0:16:08
110	3033	714	António Marques		SEN	CEFA	109	0:21:33	100	0:44:38	136	0:12:09	1:18:20	0:16:12
111	2005	2504	Mário Leitão		S23	Alhandra Sporting Clube	67	0:20:06	146	0:47:28	64	0:10:49	1:18:23	0:16:15
112	3082	651	João Seródio		SEN	Clube da Natação Colégio Vasco da Gama	136	0:22:18	98	0:44:32	115	0:11:42	1:18:32	0:16:24
113	3002	484	Paulo Leote		SEN	CCD / V.F. Xira	91	0:20:47	128	0:46:33	90	0:11:17	1:18:37	0:16:29
114	1076	116	Gonçalo Ruivo		JUN	Águias de Alpiarça	132	0:22:05	99	0:44:33	132	0:12:05	1:18:43	0:16:35
115	4113	2641	José Costa Moura		V3	Individual	108	0:21:30	118	0:45:41	108	0:11:35	1:18:46	0:16:38
116	5102		Paulo Henriques		SEN	Individual	112	0:21:36	120	0:45:51	93	0:11:19	1:18:46	0:16:38
117	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	137	0:22:23	111	0:45:03	97	0:11:24	1:18:50	0:16:42
118	1027	7	Marina Pedro		JUN	Ginásio Clube de Sines	145	0:22:32	97	0:44:27	122	0:11:53	1:18:52	0:16:44
119	5068		José Marques		SEN	Individual	114	0:21:37	117	0:45:40	117	0:11:44	1:19:01	0:16:53
120	5147		Luis Filipe Silva		V2	Individual	146	0:22:33	114	0:45:10	105	0:11:32	1:19:15	0:17:07
121	3035	723	Carlos Branco		SEN	CEFA	105	0:21:24	136	0:47:08	69	0:10:52	1:19:24	0:17:16
122	5155		Eduardo Amorim		S23	Individual	127	0:21:59	101	0:44:39	170	0:12:52	1:19:30	0:17:22
123	4076	454	Petro Mosinzov		V1	A.D.C.R. Painho	122	0:21:46	124	0:46:13	119	0:11:49	1:19:48	0:17:40
124	5167		Luis Filipe Pereira		V1	Individual					259	1:19:49	1:19:49	0:17:41
125	5059		Pedro Ribeiro		SEN	Individual	73	0:20:14	148	0:47:48	124	0:11:54	1:19:56	0:17:48
126	5153		Rui Correia		V4	Individual	160	0:23:11	108	0:44:55	130	0:12:03	1:20:09	0:18:01
127	5041		Jose Brandão		SEN	Individual	163	0:23:13	85	0:43:24	193	0:13:35	1:20:12	0:18:04
128	5145		Luis Prego		V2	Individual	101	0:21:17	143	0:47:17	113	0:11:40	1:20:14	0:18:06
129	5090		Pedro Costa		SEN	Individual	161	0:23:12	105	0:44:44	146	0:12:20	1:20:16	0:18:08
130	5028		Jose Miranda		SEN	Individual	124	0:21:55	95	0:44:03	216	0:14:25	1:20:23	0:18:15
131	5069		Luis Noronha		SEN	Individual	138	0:22:23	126	0:46:30	110	0:11:37	1:20:30	0:18:22
132	5080		Jorge Ferrer		SEN	Individual	169	0:23:27	96	0:44:06	177	0:13:05	1:20:38	0:18:30
133	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	117	0:21:40	137	0:47:09	125	0:11:55	1:20:44	0:18:36
134	3148	653	José Rodrigues		SEN	Ribabike / Associação dos 20 Km de Alentejo	228	0:25:46	52	0:41:59	179	0:13:06	1:20:51	0:18:43
135	5180		Helder Dimas		SEN	Individual	121	0:21:43	150	0:47:55	100	0:11:27	1:21:05	0:18:57
136	5129		Jose Maria Santos		V1	Individual	182	0:23:46	94	0:44:01	188	0:13:21	1:21:08	0:19:00
137	5058		Nuno Rijo		SEN	Individual	134	0:22:08	139	0:47:10	121	0:11:51	1:21:09	0:19:01
138	5141		António Rocha		V2	Individual	52	0:19:36	198	0:51:19	54	0:10:27	1:21:22	0:19:14
139	3118	701	Nuno Morais		SEN	CCD / V.F. Xira	189	0:23:59	102	0:44:40	165	0:12:46	1:21:25	0:19:17
140	5184		José Leitão		V1	Individual	83	0:20:35	173	0:49:51	82	0:11:04	1:21:30	0:19:22
141	4045	757	Rogério Morais		V2	Clube Ferroviário de Vendas Novas	191	0:24:11	110	0:45:02	150	0:12:24	1:21:37	0:19:29
142	5118		Jose Silva		V1	Individual	166	0:23:17	106	0:44:47	197	0:13:39	1:21:43	0:19:35
143	5070		Jose Miguel Santos		SEN	Individual	184	0:23:49	113	0:45:09	173	0:12:56	1:21:54	0:19:46
144	5128		Paulo Renato Santos		V1	Individual	153	0:22:50	135	0:47:00	137	0:12:09	1:21:59	0:19:51
145	3226	2696	Gonçalo Catarino		SEN	Individual	151	0:22:47	138	0:47:09	139	0:12:13	1:22:09	0:20:01
146	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	96	0:21:01	177	0:50:07	78	0:11:02	1:22:10	0:20:02
147	5197		Pedro Oliveira		SEN	Individual					260	1:22:10	1:22:10	0:20:02
148	5168		Ricardo Reis		JUN	Individual	107	0:21:29	151	0:47:57	164	0:12:45	1:22:11	0:20:03
149	5103		Manuel Augusto		SEN	Individual	89	0:20:45	176	0:50:04	104	0:11:31	1:22:20	0:20:12
150	3240	380	Carla Ribeiro		SEN	C.N. Cartaxo	143	0:22:28	147	0:47:33	144	0:12:19	1:22:20	0:20:12
151	4129	2740	João Hipólito		V1	Alhandra Sporting Clube	139	0:22:26	158	0:48:40	99	0:11:26	1:22:32	0:20:24
152	5079		Carlos Cavaco		SEN	Individual	164	0:23:14	107	0:44:49	227	0:14:33	1:22:36	0:20:28
153	5190		José Rodrigues		V1	Individual	120	0:21:41	152	0:48:03	176	0:12:59	1:22:43	0:20:35
154	5077		Artur Barreiros		SEN	Individual	129	0:22:00	156	0:48:22	153	0:12:29	1:22:51	0:20:43
155	5121		Fernando Carvalho		V1	Individual	141	0:22:27	165	0:49:05	107	0:11:33	1:23:05	0:20:57
156	3200	2643	Paulo Joaquim Sousa		SEN	Associação Recreativa Social e Cultural da Tejo	104	0:21:21	172	0:49:48	126	0:11:57	1:23:06	0:20:58
157	5170		Hugo Luz		V1	Individual	150	0:22:37	129	0:46:41	205	0:13:50	1:23:08	0:21:00
158	3098	559	José Pinto		SEN	Associação Cultural e Recreativa da Ribeira, Ovar	173	0:23:30	134	0:46:58	162	0:12:44	1:23:12	0:21:04
159	5138		Luis Conceição		V2	Individual	144	0:22:31	163	0:49:03	118	0:11:48	1:23:22	0:21:14

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 M (MT)		23 000 M (KM)		2500 M (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
160	4124	2725	Vitor Cotrim		V1	Individual	93	0:20:50	186	0:50:42	131	0:12:04	1:23:36	0:21:28
161	3230	2703	Carlos Serra		SEN	Individual	197	0:24:25	127	0:46:33	160	0:12:41	1:23:39	0:21:31
162	5113		Idilio Freire		V1	Individual	179	0:23:40	157	0:48:25	109	0:11:36	1:23:41	0:21:33
163	1018	215	João Inácio		JUN	IPODEC / Tri-Oeiras.com	103	0:21:19	181	0:50:14	140	0:12:16	1:23:49	0:21:41
164	5089		Paulo Falé		SEN	Individual	123	0:21:47	184	0:50:38	98	0:11:24	1:23:49	0:21:41
165	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	130	0:22:02	164	0:49:05	163	0:12:45	1:23:52	0:21:44
166	3003	854	César Andrade		SEN	CCD / V.F. Xira	206	0:24:42	131	0:46:47	159	0:12:40	1:24:09	0:22:01
167	5049		Vitor Ferreira		SEN	Individual	196	0:24:24	115	0:45:17	228	0:14:37	1:24:18	0:22:10
168	1010	126	Joaquim Guerreiro		JUN	Amiciclo	106	0:21:29	195	0:51:03	120	0:11:51	1:24:23	0:22:15
169	4009	684	Mário Silva		V1	C.F. "Os Belenenses"	190	0:24:00	116	0:45:39	230	0:14:57	1:24:36	0:22:28
170	5164		Vitor Ferreira		SEN	Individual	149	0:22:35	169	0:49:27	154	0:12:35	1:24:37	0:22:29
171	5161		Rui Raposo		SEN	Individual	198	0:24:27	140	0:47:10	178	0:13:05	1:24:42	0:22:34
172	4133	2746	Américo Ferreira		V3	Clube Millennium BCP	170	0:23:28	145	0:47:27	210	0:14:03	1:24:58	0:22:50
173	1080	2310	João Pica		JUN	C.F. "Os Belenenses"	142	0:22:28	171	0:49:39	172	0:12:56	1:25:03	0:22:55
174	3221	2692	Diogo Martins		SEN	C.F. "Os Belenenses"	172	0:23:29	153	0:48:06	195	0:13:38	1:25:13	0:23:05
175	5116		Luis Reis		V1	Individual					261	1:25:14	1:25:14	0:23:06
176	5039		Jose Jesus		SEN	Individual	168	0:23:20	161	0:48:59	186	0:13:20	1:25:39	0:23:31
177	5066		Rui Rocha		SEN	Individual	174	0:23:30	189	0:50:45	101	0:11:28	1:25:43	0:23:35
178	4126	2729	António Piedade Santos		V3	Triathlon Lamego Club	126	0:21:58	205	0:51:48	135	0:12:06	1:25:52	0:23:44
179	5183		José Pernão		V2	Individual	94	0:20:50	223	0:53:22	114	0:11:42	1:25:54	0:23:46
180	5097		José Mocho		SEN	Individual	147	0:22:34	188	0:50:42	161	0:12:42	1:25:58	0:23:50
181	4117	2642	Carlos Egídio Alegre		V2	Associação Recreativa Social e Cultural de Teleda	110	0:21:33	217	0:52:48	111	0:11:38	1:25:59	0:23:51
182	5060		Rui Foles		SEN	Individual	214	0:24:59	144	0:47:21	201	0:13:45	1:26:05	0:23:57
183	5119		Carlos Matos		V1	Individual	205	0:24:40	149	0:47:54	194	0:13:37	1:26:11	0:24:03
184	5012		Denis Amaro		SEN	Individual	194	0:24:23	141	0:47:16	226	0:14:32	1:26:11	0:24:03
185	5064		Paulo Lopes		SEN	Individual	181	0:23:43	179	0:50:08	152	0:12:25	1:26:16	0:24:08
186	4008	818	José Rijo		V4	C.F. "Os Belenenses"	176	0:23:37	187	0:50:42	127	0:11:59	1:26:18	0:24:10
187	5092		João Feliz		SEN	Individual	183	0:23:48	168	0:49:24	185	0:13:18	1:26:30	0:24:22
188	1087	2723	Daniel Adelino		JUN	Ginásio Clube de Sines	157	0:22:55	202	0:51:36	133	0:12:05	1:26:36	0:24:28
189	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	185	0:23:50	175	0:50:02	168	0:12:50	1:26:42	0:24:34
190	5154		Luis Barros		SEN	Individual	187	0:23:56	166	0:49:21	191	0:13:27	1:26:44	0:24:36
191	5053		Rui Sousa		SEN	Individual	236	0:26:07	142	0:47:17	190	0:13:27	1:26:51	0:24:43
192	5091		Jorge Caiado		SEN	Individual	186	0:23:56	167	0:49:22	199	0:13:42	1:27:00	0:24:52
193	5105		Paulinho Costa		SEN	Individual	119	0:21:41	220	0:53:02	149	0:12:22	1:27:05	0:24:57
194	5072		Avelino Fernandes		SEN	Individual	156	0:22:54	211	0:51:58	142	0:12:18	1:27:10	0:25:02
195	5027		Luis Estrela		S23	Individual	229	0:25:47	160	0:48:54	157	0:12:38	1:27:19	0:25:11
196	4024	500	Rui Teixeira		V1	CEFA	167	0:23:20	191	0:50:50	183	0:13:14	1:27:24	0:25:16
197	5087		Tiago Simão Ribeiro		SEN	Individual	188	0:23:57	174	0:49:55	207	0:13:56	1:27:48	0:25:40
198	5179		José Barroso		SEN	Individual	180	0:23:40	192	0:50:50	187	0:13:20	1:27:50	0:25:42
199	5495	2602	José Pinto Conde		SEN	CEFA	178	0:23:39	210	0:51:57	155	0:12:35	1:28:11	0:26:03
200	4100	871	Jaime Carmo		V4	Individual	159	0:23:10	216	0:52:42	148	0:12:21	1:28:13	0:26:05
201	5172		Luis Cascalheira		SEN	Individual	158	0:22:56	193	0:50:51	221	0:14:27	1:28:14	0:26:06
202	5018		Bruno Morais		JUN	Individual	199	0:24:28	178	0:50:08	200	0:13:43	1:28:19	0:26:11
203	3192	2613	Isaura Faria		SEN	IPODEC / Tri-Oeiras.com	165	0:23:15	212	0:52:18	171	0:12:55	1:28:28	0:26:20
204	5046		Miguel Adão		SEN	Individual	125	0:21:55	230	0:54:32	129	0:12:03	1:28:30	0:26:22
205	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	210	0:24:53	197	0:51:19	147	0:12:21	1:28:33	0:26:25
206	4044	813	Arsénio Facas		V4	Clube Ferroviário de Vendas Novas	235	0:26:06	159	0:48:41	206	0:13:54	1:28:41	0:26:33
207	4091	869	Vicente Graça		V2	Alhandra Sporting Clube	212	0:24:54	199	0:51:20	174	0:12:57	1:29:11	0:27:03
208	3202	2645	Adérito Pereira		SEN	Associação Recreativa Social e Cultural de Teleda	155	0:22:54	213	0:52:34	204	0:13:49	1:29:17	0:27:09
209	5176		Gloria Serrazina		V2	Individual	175	0:23:30	224	0:53:37	138	0:12:12	1:29:19	0:27:11
210	2047	2623	Marta Baleizão		S23	Alhandra Sporting Clube	211	0:24:54	203	0:51:39	167	0:12:50	1:29:23	0:27:15
211	2028	381	Rita Ribeiro		S23	C.N. Cartaxo	195	0:24:23	208	0:51:52	182	0:13:13	1:29:28	0:27:20
212	5140		Mário Barrigas		V2	Individual	207	0:24:43	204	0:51:42	180	0:13:09	1:29:34	0:27:26
213	5047		Nuno Almeida		SEN	Individual	209	0:24:52	162	0:49:01	240	0:15:59	1:29:52	0:27:44
214	5073		Rui Chambel		SEN	Individual	231	0:25:57	170	0:49:31	217	0:14:26	1:29:54	0:27:46
215	4077	856	João Côte Real		V1	A.D.C.R. Painho	216	0:25:10	182	0:50:35	223	0:14:29	1:30:14	0:28:06



Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 M (MT)		23 000 M (KM)		2500 M (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
216	5150		Eduardo Jorge		V3	Individual	148	0:22:34	240	0:56:14	123	0:11:53	1:30:41	0:28:33
217	3194	2620	Nuno Paulo Simões		SEN	Sport União Colarense	213	0:24:56	200	0:51:21	215	0:14:25	1:30:42	0:28:34
218	5020		Tiago Santos		JUN	Individual	203	0:24:35	194	0:50:58	234	0:15:29	1:31:02	0:28:54
219	5086		José Manta		SEN	Individual	192	0:24:17	222	0:53:14	196	0:13:39	1:31:10	0:29:02
220	5101		Vitor Ponte		SEN	Individual	219	0:25:18	180	0:50:08	239	0:15:54	1:31:20	0:29:12
221	5071		Pedro Couceiro		SEN	Individual	224	0:25:37	206	0:51:48	209	0:14:01	1:31:26	0:29:18
222	5109		José Almeida		SEN	Individual	241	0:27:08	154	0:48:19	241	0:16:07	1:31:34	0:29:26
223	5040		Hugo Jesus		SEN	Individual	171	0:23:28	238	0:56:02	141	0:12:17	1:31:47	0:29:39
224	5032		Daniel Raposo		SEN	Individual	223	0:25:37	218	0:53:00	184	0:13:14	1:31:51	0:29:43
225	1071	2592	Andreia Ponte		JUN	Ginásio Clube de Sines	234	0:26:06	215	0:52:41	192	0:13:29	1:32:16	0:30:08
226	5093		Paulo jorge		SEN	Individual	222	0:25:32	190	0:50:49	243	0:16:24	1:32:45	0:30:37
227	5051		Rita Machado		SEN	Individual	246	0:27:46	185	0:50:30	214	0:14:23	1:32:48	0:30:40
228	5133		Antonio Branco		V1	Individual	220	0:25:28	219	0:53:00	213	0:14:20	1:32:48	0:30:40
229	5063		Eunice Guerreiro		SEN	Individual	200	0:24:29	236	0:55:52	156	0:12:37	1:32:58	0:30:50
230	5050		Esmeralda Camara		SEN	Individual	201	0:24:30	227	0:54:09	218	0:14:27	1:33:06	0:30:58
231	5052		Hugo Velez		SEN	Individual	202	0:24:30	228	0:54:09	219	0:14:27	1:33:06	0:30:58
232	5142		Mário Ramos		V2	Individual	226	0:25:45	226	0:54:07	198	0:13:41	1:33:33	0:31:25
233	5106		Miguel Horta		SEN	Individual	242	0:27:09	196	0:51:11	233	0:15:24	1:33:44	0:31:36
234	5021		Filipe Rodrigues		S23	Individual	193	0:24:18	231	0:54:33	231	0:15:03	1:33:54	0:31:46
235	1061	2631	David Ferreira		JUN	Sport União Colarense	238	0:26:30	207	0:51:51	236	0:15:39	1:34:00	0:31:52
236	5198		António Ferreira		SEN	Individual	225	0:25:44	225	0:54:02	212	0:14:16	1:34:02	0:31:54
237	5034		João Romeiro		SEN	Individual	204	0:24:37	234	0:55:29	208	0:13:58	1:34:04	0:31:56
238	5125		Agostinho Lopes		V1	Individual	237	0:26:23	221	0:53:05	229	0:14:43	1:34:11	0:32:03
239	5148		Carlos Goncalves		V3	Individual	208	0:24:51	235	0:55:35	202	0:13:46	1:34:12	0:32:04
240	5143		Manuel Garrinhas		V2	Individual	232	0:25:58	214	0:52:40	237	0:15:51	1:34:29	0:32:21
241	5192		Manuel Cecilio		SEN	Individual	215	0:25:01	237	0:55:58	211	0:14:08	1:35:07	0:32:59
242	5177		Filomena Gomes		SEN	Individual	243	0:27:12	201	0:51:28	248	0:17:11	1:35:51	0:33:43
243	5111		Amandio Moraes		V1	Individual	218	0:25:17	243	0:58:09	158	0:12:39	1:36:05	0:33:57
244	5151		Mário Freire		V3	Individual	240	0:26:52	239	0:56:11	181	0:13:13	1:36:16	0:34:08
245	5156		Helder Costa		SEN	Individual					262	1:36:17	1:36:17	0:34:09
246	5024		Marta Leite		S23	Individual	249	0:28:36	232	0:54:37	203	0:13:48	1:37:01	0:34:53
247	5029		Jose Pereira		SEN	Individual	221	0:25:31	241	0:57:26	225	0:14:31	1:37:28	0:35:20
248	1035	2508	Ana Carrasco		JUN	Alhandra Sporting Clube	217	0:25:17	242	0:57:54	222	0:14:29	1:37:40	0:35:32
249	5158		Fernando Antunes		V1	Individual	230	0:25:55	244	0:59:25	232	0:15:15	1:40:35	0:38:27
250	5062		Rui Rodrigo		SEN	Individual	248	0:28:34	229	0:54:30	250	0:17:53	1:40:57	0:38:49
251	5061		Daniel Brites		SEN	Individual	239	0:26:48	233	0:54:56	251	0:19:23	1:41:07	0:38:59
252	5132		Anabela Salgado		V1	Individual					263	1:41:08	1:41:08	0:39:00
253	5159		João Serra		SEN	Individual	233	0:26:00	251	1:03:29	220	0:14:27	1:43:56	0:41:48
254	5160		José Serra		SEN	Individual	245	0:27:25	247	1:02:03	224	0:14:29	1:43:57	0:41:49
255	5152		Nuno Mendes Silva		V3	Individual	247	0:28:13	246	1:00:09	238	0:15:52	1:44:14	0:42:06
256	5173		Rogério Leitão		SEN	Individual	253	0:29:24	245	0:59:33	249	0:17:17	1:46:14	0:44:06
257	1016	142	Ana Sampaio		JUN	IPODEC / Tri-Oeiras.com	244	0:27:23	250	1:03:24	235	0:15:38	1:46:25	0:44:17
258	5136		Fernando Ferreira		V2	Individual	252	0:29:17	249	1:02:31	242	0:16:12	1:48:00	0:45:52
259	5139		Olivia Carmo		V2	Individual	256	0:29:26	248	1:02:24	246	0:16:36	1:48:26	0:46:18
260	5036		Rui Dias		SEN	Individual	251	0:29:09	252	1:06:01	247	0:16:38	1:51:48	0:49:40
261	5165		Bruno Guilherme		SEN	Individual	254	0:29:25	254	1:15:52	244	0:16:33	2:01:50	0:59:42
262	5166		Claudia Ferreira		SEN	Individual	255	0:29:25	255	1:15:52	245	0:16:33	2:01:50	0:59:42
263	1091	2750	Diogo Tunes		JUN	Alhandra Sporting Clube	257	0:29:38	253	1:14:35	252	0:26:34	2:10:47	1:08:39
264	1057	2607	Marcos Duro	DNF	JUN	IPODEC / Tri-Oeiras.com	66	0:20:05						
265	2038	2552	Ricardo Rodrigues	DNF	S23	Alhandra Sporting Clube	131	0:22:02	209	0:51:55				
266	5117		Paulo Monteiro	DNF	V1	Individual	250	0:28:59						
267	3027	459	Paulo Jorge	DNS	SEN	Amiciclo								
268	3207	2662	José Magalhães Dias	DNS	SEN	A.D.C.R. Painho								
269	3223	2693	Fernando Conceição	DNS	SEN	CEFA								
270	3187	2602	José Pinto Conde	DNS	SEN	CEFA								
271	3095	748	José Gonçalves	DNS	SEN	Triathlon Lamego Club								

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 M (MT)		23 000 M (KM)		2500 M (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
272	3106	492	Carlos Reis	DNS	SEN	Individual								
273	4088	882	António Trabuco	DNS	V1	Triathlon Lamego Club								
274	4089	768	Jorge Duarte	DNS	V2	Oeiras Sport Clube								
275	4000	798	Olímpio Guedelha	DNS	V3	CCD / V.F. Xira								
276	4005	817	Vitor Costa	DNS	V3	C.F. "Os Belenenses"								
277	3199	293	Paulo Fernandes Pereira	DNS	SEN	Associação Recreativa Social e Cultural do Toledo								
278	3237	2713	Alexandre Santana	DNS	SEN	SR Camarnal-Constr.Ramalho Coutinho								
279	2017	274	Vanessa Fernandes	DNS	S23	Sport Lisboa e Benfica								
280	1092	2757	Eduardo Mourato	DNS	JUN	Triathlon Lamego Club								
281	5019		Rafael Silva	DNS	JUN	Individual								
282	5030		Alexandre Vasa	DNS	SEN	Individual								
283	5031		Ricardo Cruz	DNS	SEN	Individual								
284	5033		Rui Pinheiro	DNS	SEN	Individual								
285	5035		Duarte Gonçalves	DNS	SEN	Individual								
286	5038		Miguel Palmeira	DNS	SEN	Individual								
287	5042		Pedro Foles	DNS	SEN	Individual								
288	5043		Hugo Silva	DNS	SEN	Individual								
289	5054		Luis Catarino	DNS	SEN	Individual								
290	5055		Nuno Gonçalves	DNS	SEN	Individual								
291	5056		Pedro Pires	DNS	SEN	Individual								
292	5065		Guilherme Horta	DNS	SEN	Individual								
293	5067		João Faustino	DNS	SEN	Individual								
294	5075		Guilherme Branquinho	DNS	SEN	Individual								
295	5076		Pedro Lucas	DNS	SEN	Individual								
296	5078		João Massano	DNS	SEN	Individual								
297	5098		Nuno Martins	DNS	SEN	Individual								
298	5107		Bart-Jan Schoenmakers	DNS	SEN	Individual								
299	5114		José Neves	DNS	V1	Individual								
300	5120		Jorge Monteiro	DNS	V1	Individual								
301	5122		Helder Ferreira	DNS	V1	Individual								
302	5124		Luis Parrinha	DNS	V1	Individual								
303	5135		Celso Fernandes	DNS	V2	Individual								
304	5137		Vitor Milheiro	DNS	V2	Individual								
305	5144		João Lopes	DNS	V2	Individual								
306	5146		Jose Gomes	DNS	V2	Individual								
307	5149		Jose Machado	DNS	V3	Individual								
308	5157		António Ferreira	DNS	SEN	Individual								
309	5169		Ricardo Rocha	DNS	SEN	Individual								
310	5171		Jorge Moura	DNS	SEN	Individual								
311	5174		Vasco Nunes	DNS	SEN	Individual								
312	5178		Artur Batista	DNS	SEN	Individual								
313	5199		Monica Martins	DNS	SEN	Individual								