

Resultados

Localidade:	V. F. Xira	Distância CORRI (MT): <input type="text"/> CICLIS (KM) <input type="text"/> CORRI (MT): <input type="text"/>	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	Luis Manuel Almeida		SEN	Clube Olímpico de Oeiras	5	0:16:28	9	0:38:49	5	0:08:33	1:03:50	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 Colarense	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	80	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		Luis 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	107	0:44:59	14	0:09:04	1:11:06	0:08:58
43	3100	706	Luis 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

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
						5000 M	(MT)	23 000 M	(KM)	2500 M	(MT)			
47	5131		João Martins		V1	Individual	49	0:19:28	58	0:42:21	69	0:10:52	1:12:41	0:10:33
48	3119	638	Paulo Calixto		SEN	CCD / V.F. Xira	51	0:19:32	56	0:42:18	67	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	120	0:46:04	23	0:09:20	1:12:43	0:10:35
51	5162		Gilberto Ribeiro		SEN	Individual					236	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	234	0:30:55	1:12:55	0:10:47
54	5134		Mário Sousa		V2	Individual					237	1:12:57	1:12:57	0:10:49
55	3183	2589	Ricardo Figueira Silva		SEN	C.F. "Os Belenenses"	91	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	89	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	0:43:01	62	0:10:39	1:13:18	0:11:10
60	5094		João Sousa		SEN	Individual	61	0:19:53	61	0:42:27	76	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	73	0:10:58	1:13:31	0:11:23
65	3201	2644	Tiago Fragata		SEN	Associação Recreativa Social e Cultural	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	99	0:21:10	43	0:41:33	78	0:11:03	1:13:46	0:11:38
67	5084		Filipe Lourenço		SEN	Individual	39	0:18:50	102	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	71	0:10:56	1:14:13	0:12:05
70	4075	751	José Peixoto		V2	A.D.C.R. Painho	98	0:21:08	51	0:41:57	85	0:11:10	1:14:15	0:12:07
71	5123		António Samora		V1	Individual	96	0:21:06	47	0:41:44	102	0:11:30	1:14:20	0:12:12
72	3150	2452	Ernesto Caniço		SEN	Ribabike / Associação dos 20 Km de Alentejo	62	0:19:53	72	0:43:01	105	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	235	0:31:46	1:14:29	0:12:21
74	3224	655	Daniel Trindade		SEN	Casa Benfica Faro/GASCAN	47	0:19:26	90	0:43:52	91	0:11:19	1:14:37	0:12:29
75	5163		Carlos Ferreira		SEN	Individual	79	0:20:30	76	0:43:08	79	0:11:03	1:14:41	0:12:33
76	4068	845	Manuel Rodrigues		V1	Clube Millennium BCP	114	0:21:38	54	0:42:08	84	0:11:09	1:14:55	0:12:47
77	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	94	0:20:59	69	0:42:54	94	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	93	0:11:20	1:15:15	0:13:07
79	4065	557	José Silva		V1	Associação Cultural e Recreativa da Ribeira de Ovar	70	0:20:07	92	0:43:59	88	0:11:15	1:15:21	0:13:13
80	5074		Luis Pancadares		SEN	Individual	101	0:21:18	40	0:41:16	161	0:12:51	1:15:25	0:13:17
81	4026	600	José Santos		V1	SR Camarnal-Constr.Ramalho Castelo Branco	80	0:20:31	57	0:42:18	179	0:13:23	1:16:12	0:14:04
82	4036	839	Carlos Cunha		V1	IPODEC / Tri-Oeiras.com	112	0:21:37	44	0:41:39	166	0:12:58	1:16:14	0:14:06
83	4101	755	João Gomes		V2	IPODEC / Tri-Oeiras.com	69	0:20:07	110	0:45:06	75	0:11:01	1:16:14	0:14:06
84	4025	516	João Medeiro		V1	Serv. Soc. CGD	50	0:19:31	128	0:46:46	38	0:09:59	1:16:16	0:14:08
85	5181		Marco Fidalgo		SEN	Individual	115	0:21:38	88	0:43:45	70	0:10:54	1:16:17	0:14:09
86	5037		Ivan Silva		SEN	Individual	126	0:22:00	80	0:43:11	83	0:11:08	1:16:19	0:14:11
87	5095		Carlos Reis		SEN	Individual	110	0:21:34	74	0:43:05	115	0:11:43	1:16:22	0:14:14
88	5099		Paulo Oliveira		SEN	Individual	116	0:21:40	66	0:42:50	125	0:11:59	1:16:29	0:14:21
89	4015	774	José Oliveira		V2	ABV Estoris	97	0:21:08	78	0:43:10	140	0:12:20	1:16:38	0:14:30
90	3120	720	Mário Couto		SEN	CCD / V.F. Xira	68	0:20:06	119	0:46:01	61	0:10:35	1:16:42	0:14:34
91	5112		João Ramos		V1	Individual	78	0:20:30	101	0:44:43	101	0:11:29	1:16:42	0:14:34
92	3069	497	Pedro Cordeiro		SEN	Tri-Oeste -Clube de Triatlo do Oeste	149	0:22:51	62	0:42:31	95	0:11:23	1:16:45	0:14:37
93	3095	748	José Gonçalves		SEN	Triathlon Lamego Club	58	0:19:46	131	0:46:52	51	0:10:23	1:17:01	0:14:53
94	5044		Paulo Mota		SEN	Individual	32	0:18:32	151	0:48:20	48	0:10:14	1:17:06	0:14:58
95	3249	2742	Eduardo Ferreira		SEN	Clube Millennium BCP	132	0:22:09	63	0:42:34	146	0:12:25	1:17:08	0:15:00
96	2010	2501	João Belo Martins		S23	IPODEC / Tri-Oeiras.com	147	0:22:48	60	0:42:25	131	0:12:05	1:17:18	0:15:10
97	5126		João Carvalho		V1	Individual	130	0:22:07	73	0:43:03	139	0:12:18	1:17:28	0:15:20
98	5193	602	Luis Lopes		SEN	Ribabike / Associação dos 20 Km de Alentejo	215	0:25:46	33	0:40:38	86	0:11:12	1:17:36	0:15:28
99	3235	2711	Gonçalo Vicente		SEN	Clube da Nataçao Colégio Vasco da Gama	87	0:20:42	117	0:45:44	87	0:11:13	1:17:39	0:15:31
100	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho	157	0:23:13	82	0:43:14	90	0:11:18	1:17:45	0:15:37
101	5088		António Almeida		SEN	Individual					238	1:17:49	1:17:49	0:15:41
102	5081		Gonçalo Passereiro		SEN	Individual	82	0:20:35	121	0:46:08	82	0:11:07	1:17:50	0:15:42
103	3156	560	Pedro Pereira		SEN	Triathlon Lamego Club	137	0:22:27	91	0:43:54	111	0:11:39	1:18:00	0:15:52

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	3140	4615	Jorge Vieira		SEN	Sport União Colarensense	81	0:20:35	123	0:46:27	74	0:11:01	1:18:03	0:15:55
105	5194		Valter Capeleiro		V5	Individual	170	0:23:38	46	0:41:40	159	0:12:48	1:18:06	0:15:58
106	5022		Renato Silva		S23	Individual					239	1:18:07	1:18:07	0:15:59
107	4067	822	Carlos Leite		V5	Associação Cultural e Recreativa da Ribeira, Quez	77	0:20:28	130	0:46:50	72	0:10:57	1:18:15	0:16:07
108	5108		Asdrubal Freitas		SEN	Individual	28	0:18:18	178	0:50:35	24	0:09:23	1:18:16	0:16:08
109	3033	714	António Marques		SEN	CEFA	108	0:21:33	98	0:44:38	133	0:12:09	1:18:20	0:16:12
110	2005	2504	Mário Leitão		S23	Alhandra Sporting Clube	67	0:20:06	143	0:47:28	64	0:10:49	1:18:23	0:16:15
111	3082	651	João Seródio		SEN	Clube da Natação Colégio Vasco da Gama	133	0:22:18	96	0:44:32	114	0:11:42	1:18:32	0:16:24
112	3002	484	Paulo Leote		SEN	CCD / V.F. Xira	90	0:20:47	126	0:46:33	89	0:11:17	1:18:37	0:16:29
113	1076	116	Gonçalo Ruivo		JUN	Águias de Alpiarça	129	0:22:05	97	0:44:33	129	0:12:05	1:18:43	0:16:35
114	4113	2641	José Costa Moura		V3	Individual	107	0:21:30	116	0:45:41	107	0:11:35	1:18:46	0:16:38
115	5102		Paulo Henriques		SEN	Individual	111	0:21:36	118	0:45:51	92	0:11:19	1:18:46	0:16:38
116	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	134	0:22:23	109	0:45:03	96	0:11:24	1:18:50	0:16:42
117	5068		José Marques		SEN	Individual	113	0:21:37	115	0:45:40	116	0:11:44	1:19:01	0:16:53
118	5147		Luis Filipe Silva		V2	Individual	141	0:22:33	112	0:45:10	104	0:11:32	1:19:15	0:17:07
119	3035	723	Carlos Branco		SEN	CEFA	104	0:21:24	134	0:47:08	68	0:10:52	1:19:24	0:17:16
120	5155		Eduardo Amorim		S23	Individual	125	0:21:59	99	0:44:39	162	0:12:52	1:19:30	0:17:22
121	4076	454	Petro Mosinzov		V1	A.D.C.R. Painho	120	0:21:46	122	0:46:13	118	0:11:49	1:19:48	0:17:40
122	5167		Luis Filipe Pereira		V1	Individual					240	1:19:49	1:19:49	0:17:41
123	5059		Pedro Ribeiro		SEN	Individual	73	0:20:14	144	0:47:48	122	0:11:54	1:19:56	0:17:48
124	5153		Rui Correia		V4	Individual	155	0:23:11	106	0:44:55	127	0:12:03	1:20:09	0:18:01
125	5041		Jose Brandão		SEN	Individual	158	0:23:13	85	0:43:24	182	0:13:35	1:20:12	0:18:04
126	5145		Luis Prego		V2	Individual	100	0:21:17	140	0:47:17	112	0:11:40	1:20:14	0:18:06
127	5090		Pedro Costa		SEN	Individual	156	0:23:12	103	0:44:44	141	0:12:20	1:20:16	0:18:08
128	5028		Jose Miranda		SEN	Individual	122	0:21:55	94	0:44:03	203	0:14:25	1:20:23	0:18:15
129	5069		Luis Noronha		SEN	Individual	135	0:22:23	124	0:46:30	109	0:11:37	1:20:30	0:18:22
130	5080		Jorge Ferrer		SEN	Individual	163	0:23:27	95	0:44:06	168	0:13:05	1:20:38	0:18:30
131	3148	653	José Rodrigues		SEN	Ribabike / Associação dos 20 Km de Alentejo	216	0:25:46	52	0:41:59	170	0:13:06	1:20:51	0:18:43
132	5180		Helder Dimas		SEN	Individual	119	0:21:43	146	0:47:55	99	0:11:27	1:21:05	0:18:57
133	5129		Jose Maria Santos		V1	Individual	175	0:23:46	93	0:44:01	178	0:13:21	1:21:08	0:19:00
134	5058		Nuno Rijo		SEN	Individual	131	0:22:08	136	0:47:10	120	0:11:51	1:21:09	0:19:01
135	5141		António Rocha		V2	Individual	52	0:19:36	192	0:51:19	54	0:10:27	1:21:22	0:19:14
136	3118	701	Nuno Morais		SEN	CCD / V.F. Xira	182	0:23:59	100	0:44:40	158	0:12:46	1:21:25	0:19:17
137	5184		José Leitão		V1	Individual	83	0:20:35	168	0:49:51	81	0:11:04	1:21:30	0:19:22
138	4045	757	Rogério Morais		V2	Clube Ferroviário de Vendas Novas	184	0:24:11	108	0:45:02	145	0:12:24	1:21:37	0:19:29
139	5118		Jose Silva		V1	Individual	160	0:23:17	104	0:44:47	186	0:13:39	1:21:43	0:19:35
140	5070		Jose Miguel Santos		SEN	Individual	177	0:23:49	111	0:45:09	164	0:12:56	1:21:54	0:19:46
141	5128		Paulo Renato Santos		V1	Individual	148	0:22:50	133	0:47:00	134	0:12:09	1:21:59	0:19:51
142	3226	2696	Gonçalo Catarino		SEN	Individual	146	0:22:47	135	0:47:09	135	0:12:13	1:22:09	0:20:01
143	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	95	0:21:01	172	0:50:07	77	0:11:02	1:22:10	0:20:02
144	5197		Pedro Oliveira		SEN	Individual					241	1:22:10	1:22:10	0:20:02
145	5168		Ricardo Reis		JUN	Individual	106	0:21:29	147	0:47:57	157	0:12:45	1:22:11	0:20:03
146	5103		Manuel Augusto		SEN	Individual	89	0:20:45	171	0:50:04	103	0:11:31	1:22:20	0:20:12
147	4129	2740	João Hipólito		V1	Alhandra Sporting Clube	136	0:22:26	154	0:48:40	98	0:11:26	1:22:32	0:20:24
148	5079		Carlos Cavaco		SEN	Individual	159	0:23:14	105	0:44:49	212	0:14:33	1:22:36	0:20:28
149	5190		José Rodrigues		V1	Individual	118	0:21:41	148	0:48:03	167	0:12:59	1:22:43	0:20:35
150	5077		Artur Barreiros		SEN	Individual	127	0:22:00	152	0:48:22	148	0:12:29	1:22:51	0:20:43
151	5121		Fernando Carvalho		V1	Individual	138	0:22:27	160	0:49:05	106	0:11:33	1:23:05	0:20:57
152	3200	2643	Paulo Joaquim Sousa		SEN	Associação Recreativa Social e Cultural da Telhada	103	0:21:21	167	0:49:48	123	0:11:57	1:23:06	0:20:58
153	5170		Hugo Luz		V1	Individual	145	0:22:37	127	0:46:41	193	0:13:50	1:23:08	0:21:00
154	3098	559	José Pinto		SEN	Associação Cultural e Recreativa da Ribeira, Quez	167	0:23:30	132	0:46:58	156	0:12:44	1:23:12	0:21:04
155	5138		Luis Conceição		V2	Individual	140	0:22:31	159	0:49:03	117	0:11:48	1:23:22	0:21:14
156	4124	2725	Vitor Cotrim		V1	Individual	92	0:20:50	180	0:50:42	128	0:12:04	1:23:36	0:21:28
157	3230	2703	Carlos Serra		SEN	Individual	189	0:24:25	125	0:46:33	154	0:12:41	1:23:39	0:21:31
158	5113		Idílio Freire		V1	Individual	172	0:23:40	153	0:48:25	108	0:11:36	1:23:41	0:21:33
159	1018	215	João Inácio		JUN	IPODEC / Tri-Oeiras.com	102	0:21:19	176	0:50:14	136	0:12:16	1:23:49	0:21:41
160	5089		Paulo Falé		SEN	Individual	121	0:21:47	179	0:50:38	97	0:11:24	1:23:49	0:21:41

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	5000 M	(MT)	23 000 M	(KM)	2500 M	(MT)	TOTAL	DIFF
							Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA		
161	3003	854	César Andrade		SEN	CCD / V.F. Xira	196	0:24:42	129	0:46:47	153	0:12:40	1:24:09	0:22:01
162	5049		Vitor Ferreira		SEN	Individual	188	0:24:24	113	0:45:17	213	0:14:37	1:24:18	0:22:10
163	1010	126	Joaquim Guerreiro		JUN	Amiciclo	105	0:21:29	189	0:51:03	119	0:11:51	1:24:23	0:22:15
164	4009	684	Mário Silva		V1	C.F. "Os Belenenses"	183	0:24:00	114	0:45:39	215	0:14:57	1:24:36	0:22:28
165	5164		Vitor Ferreira		SEN	Individual	144	0:22:35	164	0:49:27	149	0:12:35	1:24:37	0:22:29
166	5161		Rui Raposinho		SEN	Individual	190	0:24:27	137	0:47:10	169	0:13:05	1:24:42	0:22:34
167	4133	2746	Américo Ferreira		V3	Clube Millennium BCP	164	0:23:28	142	0:47:27	198	0:14:03	1:24:58	0:22:50
168	1080	2310	João Pica		JUN	C.F. "Os Belenenses"	139	0:22:28	166	0:49:39	163	0:12:56	1:25:03	0:22:55
169	3221	2692	Diogo Martins		SEN	C.F. "Os Belenenses"	166	0:23:29	149	0:48:06	184	0:13:38	1:25:13	0:23:05
170	5116		Luis Reis		V1	Individual					242	1:25:14	1:25:14	0:23:06
171	5039		Jose Jesus		SEN	Individual	162	0:23:20	157	0:48:59	176	0:13:20	1:25:39	0:23:31
172	5066		Rui Rocha		SEN	Individual	168	0:23:30	183	0:50:45	100	0:11:28	1:25:43	0:23:35
173	4126	2729	António Piedade Santos		V3	Triathlon Lamego Club	124	0:21:58	197	0:51:48	132	0:12:06	1:25:52	0:23:44
174	5183		José Pernão		V2	Individual	93	0:20:50	212	0:53:22	113	0:11:42	1:25:54	0:23:46
175	5097		José Mocho		SEN	Individual	142	0:22:34	182	0:50:42	155	0:12:42	1:25:58	0:23:50
176	4117	2642	Carlos Egídio Alegre		V2	Associação Recreativa Social e Cultural do Tejado	109	0:21:33	206	0:52:48	110	0:11:38	1:25:59	0:23:51
177	5060		Rui Foles		SEN	Individual	203	0:24:59	141	0:47:21	190	0:13:45	1:26:05	0:23:57
178	5119		Carlos Matos		V1	Individual	195	0:24:40	145	0:47:54	183	0:13:37	1:26:11	0:24:03
179	5012		Denis Amaro		SEN	Individual	187	0:24:23	138	0:47:16	211	0:14:32	1:26:11	0:24:03
180	5064		Paulo Lopes		SEN	Individual	174	0:23:43	174	0:50:08	147	0:12:25	1:26:16	0:24:08
181	4008	818	José Rijo		V4	C.F. "Os Belenenses"	169	0:23:37	181	0:50:42	124	0:11:59	1:26:18	0:24:10
182	5092		João Feliz		SEN	Individual	176	0:23:48	163	0:49:24	175	0:13:18	1:26:30	0:24:22
183	1087	2723	Daniel Adelino		JUN	Ginásio Clube de Sines	152	0:22:55	195	0:51:36	130	0:12:05	1:26:36	0:24:28
184	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	178	0:23:50	170	0:50:02	160	0:12:50	1:26:42	0:24:34
185	5154		Luis Barros		SEN	Individual	180	0:23:56	161	0:49:21	181	0:13:27	1:26:44	0:24:36
186	5053		Rui Sousa		SEN	Individual	223	0:26:07	139	0:47:17	180	0:13:27	1:26:51	0:24:43
187	5091		Jorge Caiado		SEN	Individual	179	0:23:56	162	0:49:22	188	0:13:42	1:27:00	0:24:52
188	5105		Paulinho Costa		SEN	Individual	117	0:21:41	209	0:53:02	144	0:12:22	1:27:05	0:24:57
189	5072		Avelino Fernandes		SEN	Individual	151	0:22:54	202	0:51:58	138	0:12:18	1:27:10	0:25:02
190	5027		Luis Estrela		S23	Individual	217	0:25:47	156	0:48:54	151	0:12:38	1:27:19	0:25:11
191	4024	500	Rui Teixeira		V1	CEFA	161	0:23:20	185	0:50:50	173	0:13:14	1:27:24	0:25:16
192	5087		Tiago Simão Ribeiro		SEN	Individual	181	0:23:57	169	0:49:55	195	0:13:56	1:27:48	0:25:40
193	5179		José Barroso		SEN	Individual	173	0:23:40	186	0:50:50	177	0:13:20	1:27:50	0:25:42
194	5495	2602	José Pinto Conde		SEN	CEFA	171	0:23:39	201	0:51:57	150	0:12:35	1:28:11	0:26:03
195	4100	871	Jaime Carmo		V4	Individual	154	0:23:10	205	0:52:42	143	0:12:21	1:28:13	0:26:05
196	5172		Luis Cascalheira		SEN	Individual	153	0:22:56	187	0:50:51	207	0:14:27	1:28:14	0:26:06
197	5018		Bruno Morais		JUN	Individual	191	0:24:28	173	0:50:08	189	0:13:43	1:28:19	0:26:11
198	5046		Miguel Adão		SEN	Individual	123	0:21:55	217	0:54:32	126	0:12:03	1:28:30	0:26:22
199	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	200	0:24:53	191	0:51:19	142	0:12:21	1:28:33	0:26:25
200	4044	813	Arsénio Facas		V4	Clube Ferroviário de Vendas Novas	222	0:26:06	155	0:48:41	194	0:13:54	1:28:41	0:26:33
201	4091	869	Vicente Graça		V2	Alhandra Sporting Clube	201	0:24:54	193	0:51:20	165	0:12:57	1:29:11	0:27:03
202	3202	2645	Adérito Pereira		SEN	Associação Recreativa Social e Cultural do Tejado	150	0:22:54	203	0:52:34	192	0:13:49	1:29:17	0:27:09
203	5140		Mário Barrigas		V2	Individual	197	0:24:43	196	0:51:42	171	0:13:09	1:29:34	0:27:26
204	5047		Nuno Almeida		SEN	Individual	199	0:24:52	158	0:49:01	224	0:15:59	1:29:52	0:27:44
205	5073		Rui Chambel		SEN	Individual	219	0:25:57	165	0:49:31	204	0:14:26	1:29:54	0:27:46
206	4077	856	João Côte Real		V1	A.D.C.R. Painho	205	0:25:10	177	0:50:35	208	0:14:29	1:30:14	0:28:06
207	5150		Eduardo Jorge		V3	Individual	143	0:22:34	225	0:56:14	121	0:11:53	1:30:41	0:28:33
208	3194	2620	Nuno Paulo Simões		SEN	Sport União Colarense	202	0:24:56	194	0:51:21	202	0:14:25	1:30:42	0:28:34
209	5020		Tiago Santos		JUN	Individual	193	0:24:35	188	0:50:58	219	0:15:29	1:31:02	0:28:54
210	5086		José Manta		SEN	Individual	185	0:24:17	211	0:53:14	185	0:13:39	1:31:10	0:29:02
211	5101		Vitor Ponte		SEN	Individual	207	0:25:18	175	0:50:08	223	0:15:54	1:31:20	0:29:12
212	5071		Pedro Couceiro		SEN	Individual	212	0:25:37	198	0:51:48	197	0:14:01	1:31:26	0:29:18
213	5109		José Almeida		SEN	Individual	228	0:27:08	150	0:48:19	225	0:16:07	1:31:34	0:29:26
214	5040		Hugo Jesus		SEN	Individual	165	0:23:28	223	0:56:02	137	0:12:17	1:31:47	0:29:39
215	5032		Daniel Raposo		SEN	Individual	211	0:25:37	207	0:53:00	174	0:13:14	1:31:51	0:29:43
216	5093		Paulo jorge		SEN	Individual	210	0:25:32	184	0:50:49	227	0:16:24	1:32:45	0:30:37
217	5133		Antonio Branco		V1	Individual	208	0:25:28	208	0:53:00	201	0:14:20	1:32:48	0:30:40

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
218	5052		Hugo Velez		SEN	Individual	192	0:24:30	215	0:54:09	205	0:14:27	1:33:06	0:30:58
219	5142		Mário Ramos		V2	Individual	214	0:25:45	214	0:54:07	187	0:13:41	1:33:33	0:31:25
220	5106		Miguel Horta		SEN	Individual	229	0:27:09	190	0:51:11	218	0:15:24	1:33:44	0:31:36
221	5021		Filipe Rodrigues		S23	Individual	186	0:24:18	218	0:54:33	216	0:15:03	1:33:54	0:31:46
222	1061	2631	David Ferreira		JUN	Sport União Colareense	225	0:26:30	199	0:51:51	220	0:15:39	1:34:00	0:31:52
223	5198		António Ferreira		SEN	Individual	213	0:25:44	213	0:54:02	200	0:14:16	1:34:02	0:31:54
224	5034		João Romeiro		SEN	Individual	194	0:24:37	220	0:55:29	196	0:13:58	1:34:04	0:31:56
225	5125		Agostinho Lopes		V1	Individual	224	0:26:23	210	0:53:05	214	0:14:43	1:34:11	0:32:03
226	5148		Carlos Gonçalves		V3	Individual	198	0:24:51	221	0:55:35	191	0:13:46	1:34:12	0:32:04
227	5143		Manuel Garrinhas		V2	Individual	220	0:25:58	204	0:52:40	221	0:15:51	1:34:29	0:32:21
228	5192		Manuel Cecilio		SEN	Individual	204	0:25:01	222	0:55:58	199	0:14:08	1:35:07	0:32:59
229	5111		Amandio Morais		V1	Individual	206	0:25:17	227	0:58:09	152	0:12:39	1:36:05	0:33:57
230	5151		Mário Freire		V3	Individual	227	0:26:52	224	0:56:11	172	0:13:13	1:36:16	0:34:08
231	5156		Helder Costa		SEN	Individual					243	1:36:17	1:36:17	0:34:09
232	5029		Jose Pereira		SEN	Individual	209	0:25:31	226	0:57:26	210	0:14:31	1:37:28	0:35:20
233	5158		Fernando Antunes		V1	Individual	218	0:25:55	228	0:59:25	217	0:15:15	1:40:35	0:38:27
234	5062		Rui Rodrigo		SEN	Individual	232	0:28:34	216	0:54:30	231	0:17:53	1:40:57	0:38:49
235	5061		Daniel Brites		SEN	Individual	226	0:26:48	219	0:54:56	232	0:19:23	1:41:07	0:38:59
236	5159		João Serra		SEN	Individual	221	0:26:00	233	1:03:29	206	0:14:27	1:43:56	0:41:48
237	5160		José Serra		SEN	Individual	230	0:27:25	231	1:02:03	209	0:14:29	1:43:57	0:41:49
238	5152		Nuno Mendes Silva		V3	Individual	231	0:28:13	230	1:00:09	222	0:15:52	1:44:14	0:42:06
239	5173		Rogério Leitão		SEN	Individual	236	0:29:24	229	0:59:33	230	0:17:17	1:46:14	0:44:06
240	5136		Fernando Ferreira		V2	Individual	235	0:29:17	232	1:02:31	226	0:16:12	1:48:00	0:45:52
241	5036		Rui Dias		SEN	Individual	234	0:29:09	234	1:06:01	229	0:16:38	1:51:48	0:49:40
242	5165		Bruno Guilherme		SEN	Individual	237	0:29:25	236	1:15:52	228	0:16:33	2:01:50	0:59:42
243	1091	2750	Diogo Tunes		JUN	Alhandra Sporting Clube	238	0:29:38	235	1:14:35	233	0:26:34	2:10:47	1:08:39
244	1057	2607	Marcos Duro	DNF	JUN	IPODEC / Tri-Oeiras.com	66	0:20:05						
245	2038	2552	Ricardo Rodrigues	DNF	S23	Alhandra Sporting Clube	128	0:22:02	200	0:51:55				
246	5117		Paulo Monteiro	DNF	V1	Individual	233	0:28:59						
247	3027	459	Paulo Jorge	DNS	SEN	Amiciclo								
248	3207	2662	José Magalhães Dias	DNS	SEN	A.D.C.R. Painho								
249	3223	2693	Fernando Conceição	DNS	SEN	CEFA								
250	3187	2602	José Pinto Conde	DNS	SEN	CEFA								
251	3095	748	José Gonçalves	DNS	SEN	Triathlon Lamego Club								
252	3106	492	Carlos Reis	DNS	SEN	Individual								
253	4088	882	António Trabuco	DNS	V1	Triathlon Lamego Club								
254	4089	768	Jorge Duarte	DNS	V2	Oeiras Sport Clube								
255	4000	798	Olímpio Guedelha	DNS	V3	CCD / V.F. Xira								
256	4005	817	Vitor Costa	DNS	V3	C.F. "Os Belenenses"								
257	3199	293	Paulo Fernandes Pereira	DNS	SEN	Associação Recreativa Social e Cultural de Toledo								
258	3237	2713	Alexandre Santana	DNS	SEN	SR Camarnal-Constr.Ramalho Castelo Branco								
259	1092	2757	Eduardo Mourato	DNS	JUN	Triathlon Lamego Club								
260	5019		Rafael Silva	DNS	JUN	Individual								
261	5030		Alexandre Vasa	DNS	SEN	Individual								
262	5031		Ricardo Cruz	DNS	SEN	Individual								
263	5033		Rui Pinheiro	DNS	SEN	Individual								
264	5035		Duarte Gonçalves	DNS	SEN	Individual								
265	5038		Miguel Palmeira	DNS	SEN	Individual								
266	5042		Pedro Foles	DNS	SEN	Individual								
267	5043		Hugo Silva	DNS	SEN	Individual								
268	5054		Luis Catarino	DNS	SEN	Individual								
269	5055		Nuno Gonçalves	DNS	SEN	Individual								
270	5056		Pedro Pires	DNS	SEN	Individual								
271	5065		Guilherme Horta	DNS	SEN	Individual								
272	5067		João Faustino	DNS	SEN	Individual								
273	5075		Guilherme Branquinho	DNS	SEN	Individual								
274	5076		Pedro Lucas	DNS	SEN	Individual								

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
275	5078		João Massano	DNS	SEN	Individual								
276	5098		Nuno Martins	DNS	SEN	Individual								
277	5107		Bart-Jan Schoenmakers	DNS	SEN	Individual								
278	5114		José Neves	DNS	V1	Individual								
279	5120		Jorge Monteiro	DNS	V1	Individual								
280	5122		Helder Ferreira	DNS	V1	Individual								
281	5124		Luis Parrinha	DNS	V1	Individual								
282	5135		Celso Fernandes	DNS	V2	Individual								
283	5137		Vitor Milheiro	DNS	V2	Individual								
284	5144		João Lopes	DNS	V2	Individual								
285	5146		Jose Gomes	DNS	V2	Individual								
286	5149		Jose Machado	DNS	V3	Individual								
287	5157		António Ferreira	DNS	SEN	Individual								
288	5169		Ricardo Rocha	DNS	SEN	Individual								
289	5171		Jorge Moura	DNS	SEN	Individual								
290	5174		Vasco Nunes	DNS	SEN	Individual								
291	5178		Artur Batista	DNS	SEN	Individual								