

Resultados

Localidade:	Cadaval	Distância RUN (MT) BIKE (KM) RUN (MT):	5200/22500/2600
Data:	29-04-2006	Hora de começo:	16h30m

Informação

Delegado técnico:	Artur Parreira	Juiz Principal:	Nelson Laranjeira
Pontuável para:	Camp. Nacional	Juri de apelo:	J L Ferreira / Edgar H / A Parreira

Temperatura Agua:					RUN 5200 M (MT)				BIKE 22500 M (KM)				RUN 2600 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	RUN	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
1	2007	362	Sérgio Manuel Silva		S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:16:47	4	0:00:19	18	0:36:25	8	0:00:21	5	0:08:46	1:02:38	0:00:00
2	3117	486	Lino Barruncho		SEN	Clube Olímpico de Oeiras	2	0:16:54	1	0:00:17	17	0:36:24	2	0:00:19	7	0:08:52	1:02:46	0:00:08
3	3071	532	Luis Manuel Almeida		SEN	Clube Olímpico de Oeiras	4	0:17:11	2	0:00:19	13	0:36:20	1	0:00:18	6	0:08:47	1:02:55	0:00:17
4	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	5	0:17:11	8	0:00:22	12	0:36:17	5	0:00:20	8	0:09:03	1:03:13	0:00:35
5	1011	102	José Estrangeiro		JUN	SR Camarnal-Constr.Ramalho Couto-Ika	8	0:17:30	9	0:00:22	9	0:35:57	6	0:00:20	9	0:09:04	1:03:13	0:00:35
6	3196	382	Nelson Silva		SEN	Clube Olímpico de Oeiras	3	0:16:55	3	0:00:19	19	0:36:35	3	0:00:19	11	0:09:12	1:03:20	0:00:42
7	3088	521	João Campos		SEN	Casa do Benfica no Fundão	6	0:17:21	6	0:00:22	11	0:36:13	10	0:00:23	14	0:09:20	1:03:39	0:01:01
8	1020	179	Miguel Arraiolos		JUN	C.F. "Os Belenenses"	15	0:18:00	36	0:00:29	22	0:36:44	29	0:00:29	10	0:09:04	1:04:46	0:02:08
9	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	19	0:18:18	7	0:00:22	20	0:36:41	9	0:00:22	13	0:09:16	1:04:59	0:02:21
10	3089	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	10	0:17:42	10	0:00:23	30	0:37:09	11	0:00:23	17	0:09:32	1:05:09	0:02:31
11	1063	52	Ruben Costa		JUN	Clube da Nataçao Colégio Vasco da Gama	9	0:17:35	15	0:00:24	31	0:37:22	45	0:00:34	12	0:09:14	1:05:09	0:02:31
12	1054	555	Vitor D. Silva		JUN	Associação Cultural e Recreativa da Bica	11	0:17:35	15	0:00:24	31	0:37:22	45	0:00:34	12	0:09:14	1:05:09	0:02:31
13	3127	468	Tiago Lobo		SEN	Triathlon Lamego Club	16	0:18:02	62	0:00:33	26	0:36:50	36	0:00:31	15	0:09:24	1:05:20	0:02:42
14	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	18	0:18:10	14	0:00:24	21	0:36:43	7	0:00:21	20	0:09:49	1:05:27	0:02:49
15	3214	2684	Miguel Ganchinho		SEN	IPODEC / Tri-Oeiras.com	24	0:18:33	108	0:00:43	10	0:36:01	37	0:00:32	18	0:09:45	1:05:34	0:02:56
16	4032	769	Carlos Gomes		V1	Oeiras Sport Clube	25	0:18:33	27	0:00:27	15	0:36:23	14	0:00:24	22	0:09:53	1:05:40	0:03:02
17	3114	689	Rui Belo		SEN	Clube Olímpico de Oeiras	7	0:17:23	5	0:00:21	33	0:37:51	22	0:00:27	21	0:09:53	1:05:55	0:03:17
18	3197	2640	Délio Ferreira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	11	0:17:56	65	0:00:34	28	0:36:54	38	0:00:33	23	0:09:59	1:05:56	0:03:18
19	4116	592	Rui Rodrigues		V1	Tri-Oeste -Clube de Triatlo do Oeste	12	0:17:58	61	0:00:33	29	0:37:01	58	0:00:36	19	0:09:48	1:05:56	0:03:18
20	3026	461	Anibal Oliveira		SEN	Amiciclo	20	0:18:19	17	0:00:25	25	0:36:48	18	0:00:27	25	0:10:09	1:06:08	0:03:30
21	1082	2695	João José Pereira		JUN	Alhandra Sporting Clube	22	0:18:28	38	0:00:30	16	0:36:24	33	0:00:31	27	0:10:16	1:06:09	0:03:31
22	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	30	0:18:37	24	0:00:27	14	0:36:22	26	0:00:28	49	0:11:11	1:07:05	0:04:27
23	4058	520	António Catarino		V1	Casa do Benfica no Fundão	17	0:18:06	18	0:00:25	23	0:36:45	19	0:00:27	76	0:11:54	1:07:37	0:04:59
24	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	28	0:18:36	11	0:00:23	37	0:38:34	4	0:00:20	24	0:10:08	1:08:01	0:05:23
25	4090	865	Rui Campos		V2	Clube Olímpico de Oeiras	23	0:18:32	12	0:00:23	44	0:38:45	15	0:00:25	26	0:10:12	1:08:17	0:05:39
26	4064	785	José Reis		V1	Associação Cultural e Recreativa da Bica	21	0:18:20	13	0:00:23	48	0:39:04	13	0:00:24	29	0:10:23	1:08:34	0:05:56

Temperatura Agua:						RUN 5200 M (MT)				BIKE 22500 M (KM)				RUN 2600 M (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	RUN	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
27	4115	499	António Ervideira		V1	Tri-Oeste -Clube de Triatlo do Oeste	26	0:18:35	21	0:00:26	43	0:38:44	42	0:00:34	31	0:10:31	1:08:50	0:06:12
28	3198	295	Ricardo Teixeira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	35	0:19:11	25	0:00:27	34	0:38:09	41	0:00:33	43	0:10:53	1:09:13	0:06:35
29	4041	754	Fernando Pires		V2	Casa Benfica Faro/GASCAN	27	0:18:35	23	0:00:27	50	0:39:32	24	0:00:28	30	0:10:30	1:09:32	0:06:54
30	2003	417	Rui Dolores		S23	Amiciclo	31	0:18:37	45	0:00:30	40	0:38:42	31	0:00:30	56	0:11:31	1:09:50	0:07:12
31	2055	2699	Rui Pisco		S23	Clube Ferroviário de Vendas Novas	38	0:19:30	26	0:00:27	32	0:37:33	17	0:00:26	79	0:11:56	1:09:52	0:07:14
32	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	39	0:19:37	72	0:00:35	45	0:38:48	54	0:00:36	28	0:10:17	1:09:53	0:07:15
33	3009	629	Fernando Carmo		SEN	C.F. "Os Belenenses"	32	0:18:59	66	0:00:34	47	0:39:02	80	0:00:42	37	0:10:45	1:10:02	0:07:24
34	3206	338	André Guimarães		SEN	Clube Triatlo de Perosinho	42	0:19:48	84	0:00:36	46	0:38:53	91	0:00:44	34	0:10:37	1:10:38	0:08:00
35	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	29	0:18:36	34	0:00:29	55	0:40:13	25	0:00:28	44	0:10:56	1:10:42	0:08:04
36	4013	648	Miguel Fragoso		V1	ABV Estoris	41	0:19:46	68	0:00:34	41	0:38:43	87	0:00:43	50	0:11:17	1:11:03	0:08:25
37	3229	2700	João Saúde		SEN	Clube Ferroviário de Vendas Novas	33	0:19:07	20	0:00:25	61	0:40:25	28	0:00:29	41	0:10:51	1:11:17	0:08:39
38	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	44	0:19:53	87	0:00:37	49	0:39:10	98	0:00:49	39	0:10:50	1:11:19	0:08:41
39	3170	2562	Rui Simões		SEN	Sport União Colarense	53	0:20:37	46	0:00:30	38	0:38:34	68	0:00:38	51	0:11:17	1:11:36	0:08:58
40	3107	621	Rui Sousa		SEN	C.N. Cartaxo	59	0:20:46	54	0:00:32	35	0:38:19	63	0:00:37	70	0:11:47	1:12:01	0:09:23
41	3224	655	Daniel Trindade		SEN	Casa Benfica Faro/GASCAN	40	0:19:41	105	0:00:43	36	0:38:33	123	0:01:04	83	0:12:07	1:12:08	0:09:30
42	3102	662	Alexandre Feliz		SEN	Tri-Oeste -Clube de Triatlo do Oeste	56	0:20:43	79	0:00:35	42	0:38:43	59	0:00:36	60	0:11:33	1:12:10	0:09:32
43	3128	471	José Ferreira		SEN	Triathlon Lamego Club	61	0:20:48	59	0:00:33	39	0:38:38	49	0:00:35	63	0:11:39	1:12:13	0:09:35
44	4026	600	José Santos		V1	SR Camamal-Constr.Ramalho Couto-Ika	46	0:20:02	35	0:00:29	68	0:40:53	52	0:00:35	32	0:10:32	1:12:31	0:09:53
45	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho	47	0:20:05	111	0:00:44	58	0:40:19	71	0:00:39	38	0:10:49	1:12:36	0:09:58
46	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	50	0:20:22	64	0:00:34	57	0:40:17	104	0:00:51	40	0:10:51	1:12:55	0:10:17
47	3072	533	Octávio Luis		SEN	Clube Olímpico de Oeiras	51	0:20:29	44	0:00:30	64	0:40:38	35	0:00:31	42	0:10:53	1:13:01	0:10:23
48	4125	844	Paulo Ribeiro		V2	Tri-Oeste -Clube de Triatlo do Oeste	63	0:20:52	60	0:00:33	60	0:40:21	51	0:00:35	48	0:11:10	1:13:31	0:10:53
49	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	64	0:20:56	22	0:00:27	56	0:40:15	56	0:00:36	54	0:11:28	1:13:42	0:11:04
50	3150	2452	Ernesto Caniço		SEN	Ribabike / Associação dos 20 Km de Alentejo	73	0:21:18	102	0:00:42	52	0:39:43	46	0:00:35	55	0:11:29	1:13:47	0:11:09
51	3173	2564	José Lino		SEN	C.N. Cartaxo	58	0:20:46	28	0:00:28	67	0:40:49	40	0:00:33	52	0:11:20	1:13:56	0:11:18
52	1074	2612	Pedro Laginha Palma		JUN	Clube Triatlo de Perosinho	34	0:19:08	91	0:00:38	76	0:41:44	102	0:00:49	65	0:11:41	1:14:00	0:11:22
53	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	52	0:20:37	104	0:00:42	63	0:40:34	101	0:00:49	58	0:11:33	1:14:15	0:11:37
54	1013	12	Bárbara Clemente		JUN	Sport União Colarense	80	0:21:42	32	0:00:29	53	0:39:59	60	0:00:37	69	0:11:46	1:14:33	0:11:55
55	3254	2764	Daniel Magalhães		SEN	IPODEC / Tri-Oeiras.com	37	0:19:19	51	0:00:31	82	0:42:57	131	0:01:10	33	0:10:36	1:14:33	0:11:55
56	4074	458	Pedro Marques		V1	Associação Recreativa Social e Cultural de Talaíde	69	0:21:02	121	0:00:49	74	0:41:28	64	0:00:37	35	0:10:38	1:14:34	0:11:56
57	4036	839	Carlos Cunha		V1	IPODEC / Tri-Oeiras.com	77	0:21:35	71	0:00:35	51	0:39:43	44	0:00:34	87	0:12:18	1:14:45	0:12:07
58	3241	2718	Nuno Tintim		SEN	Individual	45	0:19:59	69	0:00:34	83	0:43:10	57	0:00:36	36	0:10:44	1:15:03	0:12:25
59	1086	2722	Carlos Alberto Costa		JUN	Ginásio Clube de Sines	65	0:20:57	145	0:01:10	54	0:40:02	70	0:00:39	96	0:12:41	1:15:29	0:12:51
60	3172	645	João Lourenço		SEN	C.N. Cartaxo	71	0:21:10	16	0:00:24	59	0:40:20	23	0:00:27	111	0:13:15	1:15:36	0:12:58
61	4052	770	Manuel Gonçalves		V2	Clube da Natação Colégio Vasco da Gama	43	0:19:52	50	0:00:31	89	0:43:35	90	0:00:43	45	0:10:57	1:15:38	0:13:00
62	4039	792	José Varela		V2	Casa Benfica Faro/GASCAN	75	0:21:29	74	0:00:35	72	0:41:23	50	0:00:35	68	0:11:45	1:15:47	0:13:09
63	4060	762	António Moura		V2	Casa do Benfica no Fundão	57	0:20:44	53	0:00:32	79	0:42:28	75	0:00:40	62	0:11:39	1:16:03	0:13:25



Temperatura Agua:						RUN 5200 M (MT)				BIKE 22500 M (KM)				RUN 2600 M (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	RUN	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
64	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	89	0:22:03	42	0:00:30	70	0:41:05	88	0:00:43	74	0:11:52	1:16:13	0:13:35
65	4073	456	Amândio Caetano		V1	A.D.C.R. Painho	74	0:21:25	109	0:00:44	75	0:41:43	77	0:00:41	67	0:11:45	1:16:18	0:13:40
66	2057	2724	Fábio Faustino		S23	Ginásio Clube de Sines	48	0:20:06	37	0:00:30	92	0:44:11	27	0:00:29	47	0:11:06	1:16:22	0:13:44
67	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho	94	0:22:14	112	0:00:44	62	0:40:29	62	0:00:37	89	0:12:19	1:16:23	0:13:45
68	3057	734	Henrique Matias		SEN	IPODEC / Tri-Oeiras.com	79	0:21:40	106	0:00:43	73	0:41:27	94	0:00:46	90	0:12:22	1:16:58	0:14:20
69	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	88	0:21:54	143	0:01:07	66	0:40:47	136	0:01:16	77	0:11:54	1:16:58	0:14:20
70	1072	2658	Tiago Tavares Neves		JUN	Clube Triatlo de Perosinho	68	0:21:00	128	0:00:55	71	0:41:21	119	0:00:58	105	0:13:01	1:17:15	0:14:37
71	3216	2686	Ricardo Francisco		SEN	IPODEC / Tri-Oeiras.com	54	0:20:39	88	0:00:37	90	0:43:46	84	0:00:42	57	0:11:32	1:17:16	0:14:38
72	3147	604	Pedro Bento		SEN	Ribabike / Associação dos 20 Km de Almeida	104	0:22:52	119	0:00:47	65	0:40:43	73	0:00:39	86	0:12:16	1:17:17	0:14:39
73	3183	2589	Ricardo Figueira Silva		SEN	C.F. "Os Belenenses"	84	0:21:45	131	0:00:57	69	0:40:54	110	0:00:53	100	0:12:48	1:17:17	0:14:39
74	1017	143	Joana Marques		JUN	IPODEC / Tri-Oeiras.com	81	0:21:42	49	0:00:31	81	0:42:50	32	0:00:31	80	0:12:01	1:17:35	0:14:57
75	4067	822	Carlos Leite		V5	Associação Cultural e Recreativa da Ribeira - Ovar	87	0:21:52	92	0:00:38	87	0:43:24	69	0:00:38	53	0:11:23	1:17:55	0:15:17
76	4000	798	Olimpio Guedelha		V3	CCD / V.F. Xira	93	0:22:11	120	0:00:48	78	0:42:23	113	0:00:55	64	0:11:41	1:17:58	0:15:20
77	3094	708	Pedro Fernandes		SEN	ABV Estoris	83	0:21:43	85	0:00:36	80	0:42:34	92	0:00:44	99	0:12:43	1:18:20	0:15:42
78	3095	748	José Gonçalves		SEN	Triathlon Lamego Club	66	0:20:58	144	0:01:08	98	0:44:47	116	0:00:56	46	0:11:01	1:18:50	0:16:12
79	3112	593	Paulo Conde		SEN	C.N. Cartaxo	91	0:22:09	103	0:00:42	77	0:42:12	140	0:01:27	91	0:12:22	1:18:52	0:16:14
80	4025	516	João Medeiro		V1	Serv. Soc. CGD	67	0:21:00	136	0:01:00	96	0:44:37	93	0:00:45	78	0:11:56	1:19:18	0:16:40
81	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho	70	0:21:03	123	0:00:51	102	0:45:04	86	0:00:43	72	0:11:48	1:19:29	0:16:51
82	3120	720	Mário Couto		SEN	CCD / V.F. Xira	90	0:22:04	75	0:00:35	93	0:44:16	100	0:00:49	71	0:11:48	1:19:32	0:16:54
83	1069	2646	Luis Jorge Pinto		JUN	Associação Recreativa Social e Cultural de Telada	86	0:21:51	132	0:00:57	100	0:44:52	103	0:00:50	61	0:11:38	1:20:08	0:17:30
84	2005	2504	Mário Leitão		S23	Alhandra Sporting Clube	92	0:22:10	41	0:00:30	97	0:44:46	67	0:00:38	94	0:12:31	1:20:35	0:17:57
85	4015	774	José Oliveira		V2	ABV Estoris	100	0:22:39	39	0:00:30	99	0:44:49	66	0:00:38	92	0:12:24	1:21:00	0:18:22
86	3119	638	Paulo Calixto		SEN	CCD / V.F. Xira	62	0:20:49	89	0:00:38	106	0:45:31	109	0:00:53	110	0:13:11	1:21:02	0:18:24
87	4082	862	José Maçarria		V2	Ginásio Clube Figueirense	96	0:22:16	126	0:00:53	103	0:45:15	114	0:00:56	66	0:11:43	1:21:03	0:18:25
88	1018	215	João Inácio		JUN	IPODEC / Tri-Oeiras.com	78	0:21:36	58	0:00:33	115	0:46:19	48	0:00:35	81	0:12:06	1:21:09	0:18:31
89	1038	2513	Diogo Custódio		JUN	IPODEC / Tri-Oeiras.com	49	0:20:14	56	0:00:33	114	0:46:19	55	0:00:36	113	0:13:34	1:21:16	0:18:38
90	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	98	0:22:27	124	0:00:51	104	0:45:15	78	0:00:41	84	0:12:09	1:21:23	0:18:45
91	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	114	0:23:36	99	0:00:41	94	0:44:21	30	0:00:30	88	0:12:19	1:21:27	0:18:49
92	3141	2525	Paulo Matias		SEN	IPODEC / Tri-Oeiras.com	111	0:23:25	140	0:01:05	88	0:43:26	89	0:00:43	106	0:13:02	1:21:41	0:19:03
93	3140	4615	Jorge Vieira		SEN	Sport União Colarense	85	0:21:48	98	0:00:40	113	0:46:12	95	0:00:48	93	0:12:26	1:21:54	0:19:16
94	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	119	0:24:06	81	0:00:36	91	0:43:56	61	0:00:37	107	0:13:07	1:22:22	0:19:44
95	3253	2762	Luis Castelo		SEN	C.N. Cartaxo	103	0:22:46	93	0:00:38	112	0:46:10	122	0:01:01	75	0:11:53	1:22:28	0:19:50
96	3082	651	João Seródio		SEN	Clube da Nataçao Colégio Vasco da Gama	113	0:23:30	78	0:00:35	105	0:45:30	107	0:00:52	95	0:12:38	1:23:05	0:20:27
97	3239	2717	Telmo Veloso		SEN	Porto Runners	76	0:21:34	152	0:01:21	120	0:47:23	139	0:01:19	59	0:11:33	1:23:10	0:20:32
98	4101	755	João Gomes		V2	IPODEC / Tri-Oeiras.com	72	0:21:15	57	0:00:33	84	0:43:13	128	0:01:06	143	0:17:11	1:23:18	0:20:40
99	1064	193	Filipa Ferreira		JUN	Alhandra Sporting Clube	117	0:24:02	73	0:00:35	101	0:44:56	81	0:00:42	109	0:13:11	1:23:26	0:20:48
100	1024	287	José Pinho		JUN	Tri-Oeste -Clube de Triatlo do Oeste	60	0:20:47	29	0:00:28	119	0:47:22	20	0:00:27	129	0:14:28	1:23:32	0:20:54

Temperatura Agua:						RUN 5200 M (MT)				BIKE 22500 M (KM)				RUN 2600 M (MT)				
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	RUN	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
101	3148	653	José Rodrigues		SEN	Ribabike / Associação dos 20 Km de Alameda	125	0:25:02	110	0:00:44	85	0:43:15	138	0:01:19	114	0:13:34	1:23:54	0:21:16
102	3146	603	Victor Rodrigues		SEN	Ribabike / Associação dos 20 Km de Alameda	126	0:25:02	114	0:00:45	86	0:43:20	121	0:01:01	120	0:13:46	1:23:54	0:21:16
103	1010	126	Joaquim Guerreiro		JUN	Amiciclo	82	0:21:43	141	0:01:06	126	0:48:12	99	0:00:49	82	0:12:06	1:23:56	0:21:18
104	2048	2659	Vitor Baía Silva		S23	Clube Triatlo de Perosinho	116	0:23:47	113	0:00:44	108	0:45:43	118	0:00:57	101	0:12:50	1:24:01	0:21:23
105	4118	2649	Luciano Conceição		V2	Individual	102	0:22:44	129	0:00:56	116	0:46:22	133	0:01:12	102	0:12:55	1:24:09	0:21:31
106	3207	2662	José Magalhães Dias		SEN	A.D.C.R. Painho	106	0:22:59	130	0:00:57	95	0:44:31	144	0:02:04	125	0:13:57	1:24:28	0:21:50
107	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	105	0:22:56	70	0:00:35	125	0:48:12	105	0:00:52	85	0:12:12	1:24:47	0:22:09
108	2059	2738	Katarina Larsson		S23	IPODEC / Tri-Oeiras.com	99	0:22:30	127	0:00:53	122	0:47:54	124	0:01:04	97	0:12:42	1:25:03	0:22:25
109	4122	776	Fernando Teixeira		V2	Clube Ferroviário de Vendas Novas	107	0:23:06	48	0:00:31	121	0:47:54	39	0:00:33	104	0:13:00	1:25:04	0:22:26
110	4018	709	Mário Magalhães		V2	Clube Triatlo de Perosinho	120	0:24:23	149	0:01:13	110	0:45:58	111	0:00:54	108	0:13:07	1:25:35	0:22:57
111	1073	2455	Tiago Pedrosa		JUN	Clube Triatlo de Perosinho	112	0:23:30	115	0:00:45	111	0:46:02	120	0:00:59	130	0:14:28	1:25:44	0:23:06
112	3240	380	Carla Ribeiro		SEN	C.N. Cartaxo	118	0:24:03	86	0:00:37	118	0:47:00	79	0:00:42	119	0:13:45	1:26:07	0:23:29
113	3015	538	Maria João Madeira		SEN	IPODEC / Tri-Oeiras.com	132	0:25:17	83	0:00:36	107	0:45:37	83	0:00:42	128	0:14:12	1:26:24	0:23:46
114	3249	2742	Eduardo Ferreira		SEN	Clube Millennium BCP	124	0:24:30	147	0:01:10	117	0:46:23	132	0:01:12	126	0:13:59	1:27:14	0:24:36
115	4117	2642	Carlos Egídio Alegre		V2	Associação Recreativa Social e Cultural de Telada	110	0:23:19	55	0:00:32	129	0:49:41	53	0:00:35	124	0:13:53	1:28:00	0:25:22
116	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	101	0:22:44	101	0:00:42	131	0:50:03	108	0:00:53	117	0:13:42	1:28:04	0:25:26
117	3200	2643	Paulo Joaquim Sousa		SEN	Associação Recreativa Social e Cultural de Telada	109	0:23:17	150	0:01:17	130	0:49:59	112	0:00:54	103	0:12:59	1:28:26	0:25:48
118	1027	7	Marina Pedro		JUN	Ginásio Clube de Sines	123	0:24:29	40	0:00:30	128	0:48:34	34	0:00:31	133	0:14:38	1:28:42	0:26:04
119	3209	2677	Pedro Miguel Lopes		SEN	Porto Runners	121	0:24:27	95	0:00:39	133	0:50:34	21	0:00:27	98	0:12:43	1:28:50	0:26:12
120	1092	2757	Eduardo Mourato		JUN	Triathlon Lamego Club	55	0:20:41	94	0:00:39	142	0:54:07	142	0:01:41	73	0:11:49	1:28:57	0:26:19
121	3118	701	Nuno Morais		SEN	CCD / V.F. Xira	135	0:25:34	118	0:00:47	127	0:48:16	76	0:00:40	121	0:13:47	1:29:04	0:26:26
122	4009	684	Mário Silva		V1	C.F. "Os Belenenses"	130	0:25:10	137	0:01:00	124	0:48:09	137	0:01:18	134	0:14:41	1:30:18	0:27:40
123	3003	854	César Andrade		SEN	CCD / V.F. Xira	139	0:25:52	135	0:00:59	123	0:47:55	135	0:01:15	137	0:15:06	1:31:07	0:28:29
124	4100	871	Jaime Carmo		V4	Individual	115	0:23:36	67	0:00:34	140	0:53:09	47	0:00:35	123	0:13:49	1:31:43	0:29:05
125	4088	882	António Trabuco		V1	Triathlon Lamego Club	127	0:25:03	133	0:00:57	135	0:50:55	143	0:01:42	118	0:13:43	1:32:20	0:29:42
126	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	131	0:25:15	63	0:00:34	141	0:53:39	43	0:00:34	112	0:13:23	1:33:25	0:30:47
127	4008	818	José Rijo		V4	C.F. "Os Belenenses"	136	0:25:43	142	0:01:06	134	0:50:53	127	0:01:05	132	0:14:38	1:33:25	0:30:47
128	3230	2703	Carlos Serra		SEN	Individual	134	0:25:19	139	0:01:03	137	0:51:26	117	0:00:57	136	0:15:03	1:33:48	0:31:10
129	1067	2622	Nuno Sousa Faria		JUN	Alhandra Sporting Clube	97	0:22:25	43	0:00:30	148	0:56:03	72	0:00:39	135	0:14:42	1:34:19	0:31:41
130	1087	2723	Daniel Adelino		JUN	Ginásio Clube de Sines	138	0:25:45	100	0:00:41	136	0:51:23	97	0:00:49	142	0:16:50	1:35:28	0:32:50
131	3194	2620	Nuno Paulo Simões		SEN	Sport União Colarense	143	0:26:33	125	0:00:52	138	0:51:57	106	0:00:52	138	0:15:27	1:35:41	0:33:03
132	4134	2760	Manuel Veloso		V5	Porto Runners	122	0:24:27	122	0:00:50	152	1:03:09	85	0:00:42	4	0:06:33	1:35:41	0:33:03
133	4056	868	Artur Romero		V3	Clube Triatlo de Perosinho	137	0:25:44	80	0:00:35	145	0:55:03	65	0:00:37	122	0:13:48	1:35:47	0:33:09
134	4066	784	António Brandão		V2	Associação Cultural e Recreativa da Ribeira de Ovar	140	0:25:52	138	0:01:01	146	0:55:12	126	0:01:04	116	0:13:41	1:36:50	0:34:12
135	3192	2613	Isaura Faria		SEN	IPODEC / Tri-Oeiras.com	129	0:25:05	107	0:00:43	149	0:56:32	82	0:00:42	127	0:14:08	1:37:10	0:34:32
136	4016	827	John Graney		V5	ABV Estoris	150	0:28:52	153	0:01:23	132	0:50:20	130	0:01:09	140	0:15:52	1:37:36	0:34:58
137	1071	2592	Andreia Ponte		JUN	Ginásio Clube de Sines	149	0:28:16	52	0:00:32	139	0:53:08	74	0:00:40	139	0:15:38	1:38:14	0:35:36



Temperatura Agua:							RUN 5200 M (MT)				BIKE 22500 M (KM)				RUN 2600 M (MT)			
LG	Drsl	LIC	Nome	PEN	ESC	Equipa	Pos	RUN	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
138	1016	142	Ana Sampaio		JUN	IPODEC / Tri-Oeiras.com	148	0:28:16	117	0:00:47	143	0:54:19	96	0:00:49	141	0:16:13	1:40:24	0:37:46
139	4120	554	Helena Barros		V1	C.F. "Os Belenenses"	133	0:25:18	148	0:01:11	151	0:59:48	115	0:00:56	131	0:14:32	1:41:45	0:39:07
140	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	108	0:23:06	90	0:00:38	153	1:06:00	129	0:01:07	115	0:13:39	1:44:30	0:41:52
141	3132	697	Jorge Pereira		SEN	Triathlon Lamego Club	152	0:30:46	134	0:00:58	147	0:55:15	134	0:01:13	144	0:17:38	1:45:50	0:43:12
142	3038	587	Helena Medeiro		SEN	Serv. Soc. CGD	144	0:27:23	146	0:01:10	150	0:58:10	141	0:01:29	145	0:17:52	1:46:04	0:43:26
143	4003	830	João Branco		V5	C.F. "Os Belenenses"	153	0:31:49	97	0:00:40	1	-0:32:29	146	1:36:33	146	0:20:33	1:57:06	0:54:28
144	1035	2508	Ana Carrasco	DNF	JUN	Alhandra Sporting Clube	146	0:27:32	116	0:00:46	4	-0:28:18						
145	4077	856	João Côte Real	DNF	V1	A.D.C.R. Painho	145	0:27:26	151	0:01:19	3	-0:28:45						
146	1052	2563	João Pedro Silva	DNF	JUN	C.F. "Os Belenenses"	13	0:18:00	19	0:00:25	24	0:36:47	16	0:00:26	3	-0:55:38		
147	4014	775	João Santos	DNF	V2	ABV Estoris	141	0:26:15	82	0:00:36	109	0:45:44	145	0:07:12	2	-1:19:47		
148	1009	2506	Luis Courinha	DNF	JUN	Alhandra Sporting Clube	95	0:22:15	30	0:00:28	7	-0:22:43						
149	1085	55	Miguel Henriques	DNF	JUN	C.N. Cartaxo	36	0:19:16	33	0:00:29	8	-0:19:45						
150	2038	2552	Ricardo Rodrigues	DNF	S23	Alhandra Sporting Clube	147	0:27:37	76	0:00:35	144	0:54:45	125	0:01:04	1	-1:24:01		
151	3251	4512	José António Correia	DNF	SEN	Clube Millennium BCP	142	0:26:22	96	0:00:39	5	-0:27:01						
152	3233	2707	Ulisses Lopes	DNF	SEN	Clube Triatlo de Perosinho	151	0:29:21	77	0:00:35	2	-0:29:56						
153	2053	2599	João Lobão	DNF	S23	Triathlon Lamego Club	128	0:25:04	47	0:00:30	6	-0:25:34						
154	3182	580	Alexandre Ventura	DNS	SEN	C.N. Cartaxo												
155	3033	714	António Marques	DNS	SEN	CEFA												
156	3106	492	Carlos Reis	DNS	SEN	Individual												
157	2044	273	Charly Blanchard	DNS	S23	IPODEC / Tri-Oeiras.com												
158	1047	436	Daniel Almeida	DNS	JUN	Triathlon Lamego Club												
159	2052	363	Hugo Cruz	DNS	S23	Triathlon Lamego Club												
160	3131	469	João Ferreira	DNS	SEN	Triathlon Lamego Club												
161	4113	2641	José Costa Moura	DNS	V3	Individual												
162	4087	646	Manuel Batista	DNS	V1	CCD / V.F. Xira												
163	1057	2607	Marcos Duro	DNS	JUN	IPODEC / Tri-Oeiras.com												
164	3177	2577	Miguel Reis	DNS	SEN	Amiciclo												
165	3063	488	Nuno Neves	DNS	SEN	Casa Benfca Faro/GASCAN												
166	3002	484	Paulo Leote	DNS	SEN	CCD / V.F. Xira												
167	4114	540	Pedro Gaspar	DNS	V1	Alhandra Sporting Clube												
168	4076	454	Petro Mosinzov	DNS	V1	A.D.C.R. Painho												
169	2028	381	Rita Ribeiro	DNS	S23	C.N. Cartaxo												
170	4093	840	Rui Sa	DNS	V1	Casa Benfca Faro/GASCAN												
171	3208	2663	Rui Trovão	DNS	SEN	Ginásio Clube Figueirense												
172	3133	467	Sean McEvoy	DNS	SEN	Triathlon Lamego Club												
173	3000	717	Vitor Santos	DNS	SEN	Individual												
174	3238	2714	José Costa Dias	DNS	SEN	SR Camarnal-Constr.Ramalho Couto-lka												

Resultados

Temperatura Agua:						RUN 5200 M (MT)				BIKE 22500 M (KM)				RUN 2600 M (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	RUN	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
175	3237	2713	Alexandre Santana	DNS	SEN	SR Camarnal-Constr.Ramalho Couto-Ika												
176	4065	557	José Silva	DNS	V1	Associação Cultural e Recreativa da Oeiras-Oeiras												
177	3202	2645	Adérito Pereira	DNS	SEN	Associação Recreativa Social e Cultural de Tejeda												
178	4135	2763	Maximiano Domingos	DNS	V3	Associação Recreativa Social e Cultural de Tejeda												
179	5267	881	Carlos Ferrão	DNS	V2	Musclor-Oeiras Sport Clube												