

## III Triatlo do Zêzere / Pedrógão

CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

### Resultados

Localidade:	Pedrógão Grande	Distância SWIM (MT): BIKE (KM) RUN (MT):	750/20000/5000
Data:	07-05-2006	Hora de começo:	15h00m

### Informação

Delegado técnico:	Bruno Salvador	Juiz Principal:	Paula Figueiredo
Pontuável para:	Taça de Portugal	Juri de apelo:	J L Ferreira / L Carvalho / Bruno S

Temperatura Agua:							SWIM	BIKE	RUN					
							750 M (MT)	20000 M (KM)	5000 M (MT)					
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos SWIM	Pos BIKE	Pos RUN	TOTAL	DIFF			
1	1063	52	Ruben Costa		JUN	Clube da Natação Colégio Vasco da Gama	8	0:09:55	4	0:39:21	5	0:15:37	1:04:53	0:00:00
2	2012	352	Pedro Gomes		S23	IPODEC / Tri-Oeiras.com	7	0:09:55	3	0:39:20	7	0:15:46	1:05:01	0:00:08
3	1011	102	José Estrangeiro		JUN	SR Camarnal-Constr.Ramalho Couto-Ika	9	0:09:58	2	0:39:15	10	0:16:08	1:05:21	0:00:28
4	3117	486	Lino Barruncho		SEN	Clube Olímpico de Oeiras	28	0:11:38	5	0:39:40	3	0:14:57	1:06:15	0:01:22
5	1054	2570	Vasco Pessoa		JUN	C.F. "Os Belenenses"	2	0:09:32	8	0:40:09	14	0:16:36	1:06:17	0:01:24
6	1020	179	Miguel Arraiolos		JUN	C.F. "Os Belenenses"	13	0:10:19	12	0:40:43	8	0:15:49	1:06:51	0:01:58
7	1082	2695	João José Pereira		JUN	Alhandra Sporting Clube	12	0:10:19	13	0:40:44	12	0:16:17	1:07:20	0:02:27
8	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	38	0:11:54	7	0:40:05	6	0:15:40	1:07:39	0:02:46
9	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	42	0:12:09	6	0:39:42	11	0:16:08	1:07:59	0:03:06
10	3040	505	José Ribeiro		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	46	0:13:02	1	0:39:02	9	0:16:03	1:08:07	0:03:14
11	2007	362	Sérgio Manuel Silva		S23	SR Camarnal-Constr.Ramalho Couto-Ika	48	0:13:19	11	0:40:19	4	0:15:24	1:09:02	0:04:09
12	3214	2684	Miguel Ganchinho		SEN	IPODEC / Tri-Oeiras.com	33	0:11:46	9	0:40:14	19	0:17:14	1:09:14	0:04:21
13	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	25	0:11:22	15	0:41:25	16	0:17:00	1:09:47	0:04:54
14	4013	648	Miguel Fragoso		V1	ABV Estoris	37	0:11:52	10	0:40:17	30	0:18:12	1:10:21	0:05:28
15	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	6	0:09:55	17	0:41:59	37	0:18:34	1:10:28	0:05:35
16	1074	2612	Pedro Laginha Palma		JUN	Clube Triatlo de Perosinho	17	0:10:55	20	0:43:07	15	0:16:41	1:10:43	0:05:50
17	2032	252	Tiago Neves		S23	IPODEC / Tri-Oeiras.com	5	0:09:52	21	0:43:16	26	0:18:00	1:11:08	0:06:15
18	4032	769	Carlos Gomes		V1	Oeiras Sport Clube	53	0:13:35	18	0:42:04	13	0:16:18	1:11:57	0:07:04
19	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	11	0:10:18	24	0:43:43	28	0:18:04	1:12:05	0:07:12
20	3107	621	Rui Sousa		SEN	C.N. Cartaxo	43	0:12:16	16	0:41:40	35	0:18:21	1:12:17	0:07:24
21	4115	499	António Ervideira		V1	Tri-Oeste -Clube de Triatlo do Oeste	50	0:13:23	19	0:42:37	18	0:17:14	1:13:14	0:08:21
22	1013	12	Bárbara Clemente		JUN	Sport União Colarensense	21	0:11:08	23	0:43:35	44	0:19:10	1:13:53	0:09:00
23	3102	662	Alexandre Feliz		SEN	Tri-Oeste -Clube de Triatlo do Oeste	30	0:11:40	25	0:43:50	36	0:18:28	1:13:58	0:09:05
24	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	14	0:10:46	32	0:45:55	21	0:17:27	1:14:08	0:09:15
25	3225	2694	Rui Ferreira		SEN	Individual	19	0:11:05	29	0:44:29	43	0:19:01	1:14:35	0:09:42
26	3211	354	Manuel Coutinho		SEN	IPODEC / Tri-Oeiras.com	3	0:09:51	28	0:44:20	69	0:20:57	1:15:08	0:10:15

Temperatura Agua:							SWIM		BIKE		RUN			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	SWIM	Pos	BIKE	Pos	RUN	TOTAL	DIFF
27	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	52	0:13:27	26	0:44:01	27	0:18:04	1:15:32	0:10:39
28	4060	762	António Moura		V2	Casa do Benfica no Fundão	47	0:13:10	30	0:44:45	23	0:17:42	1:15:37	0:10:44
29	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	26	0:11:33	27	0:44:09	59	0:20:07	1:15:49	0:10:56
30	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	10	0:10:16	35	0:46:13	47	0:19:24	1:15:53	0:11:00
31	3009	629	Fernando Carmo		SEN	C.F. "Os Belenenses"	64	0:15:29	22	0:43:26	17	0:17:13	1:16:08	0:11:15
32	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	39	0:11:58	33	0:46:02	33	0:18:18	1:16:18	0:11:25
33	5268	2617	Daniela Inácio		JUN	C.F. "Os Belenenses"	4	0:09:52	40	0:47:34	46	0:19:16	1:16:42	0:11:49
34	4125	844	Paulo Ribeiro		V2	Tri-Oeste -Clube de Triatlo do Oeste	54	0:13:37	31	0:45:22	29	0:18:11	1:17:10	0:12:17
35	2005	2504	Mário Leitão		S23	Alhandra Sporting Clube	24	0:11:15	45	0:48:00	34	0:18:18	1:17:33	0:12:40
36	3112	593	Paulo Conde		SEN	C.N. Cartaxo	29	0:11:39	34	0:46:03	58	0:19:54	1:17:36	0:12:43
37	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	16	0:10:48	36	0:46:28	66	0:20:30	1:17:46	0:12:53
38	1017	143	Joana Marques		JUN	IPODEC / Tri-Oeiras.com	27	0:11:36	49	0:48:28	41	0:18:51	1:18:55	0:14:02
39	4101	755	João Gomes		V2	IPODEC / Tri-Oeiras.com	36	0:11:50	46	0:48:09	45	0:19:11	1:19:10	0:14:17
40	2057	2724	Fábio Faustino		S23	Ginásio Clube de Sines	55	0:13:43	43	0:47:50	24	0:17:55	1:19:28	0:14:35
41	1076	116	Gonçalo Ruivo		JUN	Águias de Alpiarça	18	0:11:05	47	0:48:13	65	0:20:25	1:19:43	0:14:50
42	1065	2328	Pedro Antão		JUN	Alhandra Sporting Clube	23	0:11:14	44	0:47:54	71	0:21:09	1:20:17	0:15:24
43	4052	770	Manuel Gonçalves		V2	Clube da Natação Colégio Vasco da Gama	56	0:14:01	52	0:49:05	25	0:17:56	1:21:02	0:16:09
44	5232		Pedro Figueira		SEN	Individual	32	0:11:45	55	0:49:40	54	0:19:41	1:21:06	0:16:13
45	3173	2564	José Lino		SEN	C.N. Cartaxo	72	0:16:22	37	0:46:29	42	0:18:54	1:21:45	0:16:52
46	5231		Pedro Quintela		SEN	Individual	65	0:15:34	39	0:47:22	40	0:18:49	1:21:45	0:16:52
47	3207	2662	José Magalhães Dias		SEN	A.D.C.R. Painho	57	0:14:20	42	0:47:41	61	0:20:08	1:22:09	0:17:16
48	1064	193	Filipa Ferreira		JUN	Alhandra Sporting Clube	22	0:11:10	50	0:48:49	75	0:22:35	1:22:34	0:17:41
49	2059	2738	Katarina Larsson		S23	IPODEC / Tri-Oeiras.com	45	0:12:48	58	0:50:25	49	0:19:29	1:22:42	0:17:49
50	4000	798	Olimpio Guedelha		V3	CCD / V.F. Xira	59	0:14:43	48	0:48:23	53	0:19:40	1:22:46	0:17:53
51	1067	2622	Nuno Sousa Faria		JUN	Alhandra Sporting Clube	41	0:12:05	64	0:51:35	60	0:20:07	1:23:47	0:18:54
52	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	20	0:11:08	67	0:52:30	64	0:20:21	1:23:59	0:19:06
53	2048	2659	Vitor Baía Silva		S23	Clube Triatlo de Perosinho	31	0:11:44	61	0:51:09	70	0:21:07	1:24:00	0:19:07
54	3119	638	Paulo Calixto		SEN	CCD / V.F. Xira	75	0:17:15	41	0:47:36	50	0:19:29	1:24:20	0:19:27
55	3120	720	Mário Couto		SEN	CCD / V.F. Xira	73	0:16:32	53	0:49:11	38	0:18:41	1:24:24	0:19:31
56	3140	4615	Jorge Vieira		SEN	Sport União Colarense	69	0:15:58	54	0:49:14	48	0:19:28	1:24:40	0:19:47
57	1027	7	Marina Pedro		JUN	Ginásio Clube de Sines	40	0:12:05	62	0:51:19	72	0:21:19	1:24:43	0:19:50
58	3095	748	José Gonçalves		SEN	Triathlon Lamego Club	61	0:15:13	66	0:52:11	31	0:18:13	1:25:37	0:20:44
59	2021	286	Pedro Penetra		S23	Casa do Benfica no Fundão	77	0:17:44	51	0:49:01	55	0:19:51	1:26:36	0:21:43
60	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	67	0:15:52	59	0:50:32	63	0:20:18	1:26:42	0:21:49
61	3203	2648	Pedro Soares Alves		SEN	Sport União Colarense	58	0:14:42	60	0:50:48	74	0:21:24	1:26:54	0:22:01
62	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho	86	0:22:44	38	0:47:10	22	0:17:40	1:27:34	0:22:41

Temperatura Agua:							SWIM		BIKE		RUN			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	SWIM	Pos	BIKE	Pos	RUN	TOTAL	DIFF
63	3002	484	Paulo Leote		SEN	CCD / V.F. Xira	63	0:15:24	68	0:52:51	52	0:19:36	1:27:51	0:22:58
64	3015	538	Maria João Madeira		SEN	IPODEC / Tri-Oeiras.com	51	0:13:23	65	0:51:58	82	0:23:38	1:28:59	0:24:06
65	4075	751	José Peixoto		V2	A.D.C.R. Painho	81	0:19:14	57	0:50:16	57	0:19:54	1:29:24	0:24:31
66	1071	2592	Andreia Ponte		JUN	Ginásio Clube de Sines	34	0:11:47	77	0:58:07	76	0:22:36	1:32:30	0:27:37
67	2047	2623	Marta Baleizão		S23	Alhandra Sporting Clube	44	0:12:33	76	0:57:29	79	0:23:04	1:33:06	0:28:13
68	3194	2620	Nuno Paulo Simões		SEN	Sport União Colarense	66	0:15:51	70	0:54:07	81	0:23:23	1:33:21	0:28:28
69	2038	2552	Ricardo Rodrigues		S23	Alhandra Sporting Clube	49	0:13:20	73	0:55:20	83	0:25:29	1:34:09	0:29:16
70	5246	2711	Gonçalo Vicente		SEN	Clube da Nataçao Colégio Vasco da Gama	70	0:16:06	79	0:58:33	51	0:19:31	1:34:10	0:29:17
71	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	80	0:18:53	72	0:55:03	62	0:20:17	1:34:13	0:29:20
72	5228		Jorge Mendes		SEN	Individual	74	0:16:50	75	0:55:54	77	0:22:51	1:35:35	0:30:42
73	4120	554	Helena Barros		V1	C.F. "Os Belenenses"	35	0:11:50	82	1:00:46	78	0:23:01	1:35:37	0:30:44
74	1061	2631	David Ferreira		JUN	Sport União Colarense	60	0:15:00	71	0:54:37	84	0:26:18	1:35:55	0:31:02
75	3218	2689	Filipe Cravo		SEN	C.F. "Os Belenenses"	68	0:15:55	84	1:02:47	20	0:17:24	1:36:06	0:31:13
76	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	89	0:25:47	63	0:51:34	67	0:20:42	1:38:03	0:33:10
77	4100	871	Jaime Carmo		V4	Individual	83	0:21:17	74	0:55:53	73	0:21:20	1:38:30	0:33:37
78	3239	2717	Telmo Veloso		SEN	Porto Runners	84	0:21:34	80	0:59:27	39	0:18:41	1:39:42	0:34:49
79	3241	2718	Nuno Tintim		SEN	Individual	78	0:18:49	86	1:04:50	32	0:18:16	1:41:55	0:37:02
80	5245		Gonçalo dos Santos		SEN	Individual	82	0:20:32	83	1:01:36	56	0:19:53	1:42:01	0:37:08
81	4007	808	Maria Moniz		V3	C.F. "Os Belenenses"	76	0:17:28	78	0:58:17	85	0:26:18	1:42:03	0:37:10
82	3230	2703	Carlos Serra		SEN	Individual	79	0:18:52	81	1:00:12	80	0:23:13	1:42:17	0:37:24
83	3204	2651	Susana Simões		SEN	Porto Runners	90	0:26:11	85	1:04:33	68	0:20:50	1:51:34	0:46:41
84	4003	830	João Branco		V5	C.F. "Os Belenenses"	88	0:24:43	87	1:09:23	86	0:28:39	2:02:45	0:57:52
85	5233		Vitor Fernandes		V4	Individual	85	0:22:38	88	1:12:47	87	0:31:05	2:06:30	1:01:37
86	3085	722	Armando Costa		SEN	C.F. "Os Belenenses"	91	0:27:52	89	1:16:12	88	0:37:33	2:21:37	1:16:44
87	2044	273	Charly Blanchard	DNF	S23	IPODEC / Tri-Oeiras.com	15	0:10:47						
88	1052	2563	João Pedro Silva	DNF	JUN	C.F. "Os Belenenses"	1	0:09:31	14	0:40:51				
89	3209	2677	Pedro Miguel Lopes	DNF	SEN	Porto Runners	87	0:24:37						
90	1045	222	João Amaral	DNS	JUN	C.N. Cartaxo								
91	1089	2737	João Sousa Castro	DNS	JUN	Individual								
92	3023	669	Paulo Robalo	DNS	SEN	Alhandra Sporting Clube								
93	3198	295	Ricardo Teixeira	DNS	SEN	Tri-Oeste -Clube de Triatlo do Oeste								
94	3081	745	Ricardo Vieira	DNS	SEN	Ginásio Clube Figueirense								
95	5215		Diego Yebra	DNS	SEN	Individual								
96	5229		Paulo Renato Santos	DNS	V1	Individual								
97	5075		Carlos Silva	DSQ	SEN	Individual	71	0:16:09	69	0:53:22	1	0:06:20	1:15:51	0:10:58
98	1092	2757	Eduardo Mourato	DSQ	JUN	Triathlon Lamego Club	62	0:15:22	56	0:49:57	2	0:12:31	1:17:50	0:12:57