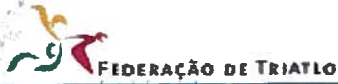


Class	Qual	Rank	Uc.	Dorsal	Chisp	Nome	Ano	Clube	S	Esc.	Natação	Ciclismo	Corrida	Tempo Total	Dif.	Pen.
1	1	1	352	2012	DX009118	Peдро Gomes	1983	IPODEC/Trl-Oeiras.com	M	S23	2	10:46	3	00:35:57	1	01:01:53
2	3	1	NAOFEDERADO	5299	DA66AMB	Estafeta	7777	Juão José Pereira	MF	Estafeta	5	11:13	6	00:38:33	1	00:14:10
3	1	1	NAOFEDERADO	5299	DK1ATYN	Juão José Pereira	1987	Alhambra Sporting Clube	M	JUN	4	10:50	4	00:37:30	13	00:16:03
4	1	1	NAOFEDERADO	5299	CB17381	Custódio António	1977	BR Camaral-Comer Ramalho Couto-lia	M	SEN	20	12:38	3	00:37:25	4	00:15:14
5	2	2	2684	3214	DA62AK9	Miguel Ganchoiro	1982	IPODEC/Trl-Oeiras.com	M	SEN	27	13:29	2	00:36:36	8	00:15:43
6	2	2	2652	3032	CC00116	Tiago Neves	1985	IPODEC/Trl-Oeiras.com	M	S23	1	10:43	8	00:38:46	18	00:17:02
7	3	3	542	3013	DA62AKZ	Bruno Gilio	1974	C.F. Os Balearenenses	M	SEN	10	12:11	5	00:38:09	23	00:17:23
8	3	3	417	2003	DX11VZF	Rui Duarte	1984	Amiçob	M	S23	15	12:31	10	00:39:56	7	00:15:43
9	4	4	467	3133	CC39464	Sean McEvoy	1987	Triathlon Lamago Club	M	SEN	28	13:31	14	00:38:58	7	00:15:43
10	2	2	2303	1006	DRE6KVH	Pedro Leitão	1989	Alhambra Sporting Clube	M	JUN	3	10:49	21	00:41:36	12	00:15:54
11	1	1	769	4032	CB69973	Carlos Gomes	1982	Oeiras Sport Clube	M	V1	37	14:32	12	00:39:42	9	00:15:33
12	4	4	368	2020	CB55147	Edgar Martins	1983	Casa do Benfica no Fundão	M	S23	29	13:33	18	00:39:57	8	00:16:45
13	5	5	662	3102	DX9032M	Alexandre Falz	1972	Tri-Oeste-Clube de Triatlo do Oeste	M	SEN	17	12:32	18	00:41:07	25	00:17:53
14	6	6	469	3191	DX98AFH	Juão Ferreira	1973	Triathlon Lamago Club	M	SEN	12	12:28	24	00:42:00	22	00:17:23
15	2	2	NAOFEDERADO	5298	CB55331	Estafeta	7777	Ricardo Cabral/Menuelo Amiçob	MF	Estafeta	47	15:48	8	00:38:46	28	00:17:41
16	7	7	461	3026	CB78795	Anibal Oliveira	1975	Amiçob	M	SEN	68	16:01	17	00:40:45	11	00:15:53
17	8	8	2840	3197	DA0RWR	Délio Ferreira	1976	Tri-Oeste-Clube de Triatlo do Oeste	M	SEN	68	16:01	17	00:38:37	2	00:14:53
18	5	5	686	2002	DN25AR5	Daniel Simões	1984	Alhambra Sporting Clube	M	SEN	7	11:57	23	00:41:42	46	00:19:47
19	9	9	2741	3248	DA01ED2	Bruno Lemos Silva	1979	Clube Millennium BCP	M	S23	7	11:57	23	00:41:42	46	00:19:47
20	1	1	844	4125	DN6AKY1	Paulo Ribeiro	1981	Tri-Oeste-Clube de Triatlo do Oeste	M	V2	38	14:37	21	00:41:36	27	00:17:42
21	3	3	2513	1038	DM43ERC	Diogo Candeio	1988	IPODEC/Trl-Oeiras.com	M	JUN	13	12:26	30	00:43:14	31	00:18:24
22	4	4	2757	1082	DA6FSNY	Eduardo Mourão	1988	Triathlon Lamago Club	M	JUN	23	12:50	38	00:44:50	17	00:16:56
23	5	5	689	3023	DR05G1N	Paulo Roberto	1979	Alhambra Sporting Clube	M	SEN	38	14:27	28	00:42:35	25	00:17:38
24	5	5	2722	1066	DA37YVW	Carlos Alberto Costa	1990	Grândola Clube de Sines	M	SEN	48	15:53	28	00:42:03	28	00:17:06
25	11	11	2553	3162	DM43KTN	Emanuel Fombura	1980	Clube Triatlo de Perseinho	M	SEN	23	13:02	34	00:44:04	28	00:17:56
26	2	2	2724	2057	DN29XES	Fábio Faustino	1986	Grândola Clube de Sines	M	SEN	32	14:04	36	00:44:17	31	00:17:16
27	12	12	471	3128	CB55093	Juão Ferreira	1976	Triathlon Lamago Club	M	SEN	31	13:48	32	00:43:23	33	00:18:34
28	6	6	222	1045	DA18TXS	João Amaral	1989	Tri-Oeste-Clube de Triatlo do Oeste	M	JUN	8	12:00	37	00:45:04	37	00:19:02
29	2	2	489	4115	CB50599	António Evridira	1986	C.N. Cartaxo	M	V1	41	15:21	33	00:43:36	30	00:17:16
30	13	13	NAOFEDERADO	5251	CH00733	Helder Costa	1978	Individual	M	SEN	53	17:00	18	00:40:07	38	00:19:12
31	3	3	NAOFEDERADO	5281	DR1RV6P	Estafeta	7777	João Novo / Paulo Ribalbes / Assoc. 20 Km de Almeirim	MF	Estafeta	64	19:00	11	00:39:22	30	00:18:17
32	14	14	2452	3150	CB97906	Emílio Canipo	1978	Individual	M	SEN	48	16:00	27	00:42:18	48	00:20:01
33	1	1	193	1064	DM76584	Filipa Ferreira	1980	Alhambra Sporting Clube	M	SEN	13	12:29	45	00:46:56	46	00:19:20
34	15	15	295	3198	DM76584	Ricardo Teixeira	1982	Tri-Oeste-Clube de Triatlo do Oeste	M	SEN	65	19:07	19	00:41:12	32	00:18:31
35	3	3	636	3090	CB91004	Paulo Queirós Gonçalves	1989	Casa do Benfica no Fundão	M	SEN	72	23:09	13	00:38:54	10	00:15:47
36	3	3	2732	4127	DA6BK19	Emanuel Marques	1984	Triathlon Lamago Club	M	V1	43	15:24	43	00:46:31	24	00:17:26
37	4	4	NAOFEDERADO	5300	DF4DX81	Estafeta	7777	Luis / Albino / Olegário	MF	Estafeta	57	18:01	14	00:45:21	14	00:16:03
38	5	5	NAOFEDERADO	5244	DM63ZCZ	Estafeta	6465	Amiçob / Carlos / Albino Silva	MF	Estafeta	59	18:15	28	00:42:37	34	00:18:36
39	17	17	2734	3247	DRFDFVZ	António Henriques	1979	Individual	M	SEN	54	17:04	31	00:43:18	41	00:19:22
40	18	18	2662	3207	CF65062	João Magalhães Dias	1971	A.D.C.R. Paimho	M	SEN	40	14:55	42	00:45:55	38	00:20:16
41	4	4	NAOFEDERADO	5290	CF39854	Luis Gomes	1988	Individual	M	JUN	21	12:41	98	00:50:50	91	00:18:41
42	19	19	2515	3135	DM22WDF	Mário Guedes	1972	Triathlon Lamago Club	M	SEN	45	15:35	39	00:45:18	41	00:21:50
43	7	7	2659	2048	DN25SRP	Vitor Balis Silva	1984	Clube Triatlo de Perseinho	M	S23	18	12:31	54	00:49:26	58	00:21:12
44	6	6	NAOFEDERADO	5988	DX25ZDY	Estafeta	7777	Nuno / Vargílio / Albino	MF	Estafeta	48	15:40	38	00:45:10	67	00:22:15
45	1	1	539	3015	DX92C3M	Maria Joia Madeira	1979	IPODEC/Trl-Oeiras.com	F	SEN	38	14:23	56	00:48:06	57	00:20:56
46	7	7	DF54693	5987	DF54693	Estafeta	7777	Caçoi / Individual	M	Estafeta	77	26:06	20	00:41:21	15	00:16:14
47	20	20	NAOFEDERADO	5294	DA4ATXK	Diogo Gonçaga	1975	Individual	M	SEN	44	15:25	47	00:47:42	53	00:20:48
48	21	21	2577	3177	DM1M1DY	Miguel Reis	1974	Amiçob	M	SEN	41	15:21	46	00:47:50	54	00:20:50
49	22	22	2733	3246	DM73E4H	António Ferreira Lopes	1974	Individual	M	SEN	32	14:04	51	00:48:15	62	00:21:54
50	8	8	2286	1065	DM43YST	Pedro André	1980	Alhambra Sporting Clube	M	JUN	6	11:49	60	00:51:34	56	00:20:50
51	7	7	286	2021	DM43KZK	Pedro Ferreira	1984	Casa do Benfica no Fundão	M	S23	62	18:51	41	00:45:39	50	00:20:09
52	2	2	2454	1032	DM45NKG	Ana Filipa Sampalo	1989	Alhambra Sporting Clube	F	JUN	9	12:07	63	00:51:46	58	00:20:52
53	2	2	4082	4082	DM4KSS4	João Vaz Lima	1980	Grândola Clube de Sines	M	V2	30	13:43	64	00:52:38	64	00:19:39
54	23	23	2708	3234	DX79BGT	João Vaz Lima	1975	Clube Triatlo de Perseinho	M	SEN	30	13:43	64	00:52:38	64	00:22:28
55	3	3	7	1027	DN06SDW	Marina Pedro	1988	Grândola Clube de Sines	F	JUN	24	12:58	58	00:50:45	68	00:20:48
56	2	2	462	5173	CB51037	Rodrigo Costa	1976	Repaol Polimeros	M	SEN	11	12:17	61	00:51:38	70	00:22:36
57	4	4	2778	4136	DX18147	Paulo Calejo Rodrigues	1983	Individual	M	V1	52	16:09	61	00:50:34	47	00:20:01
58	1	1	811	4061	CB51292	Alberto Campos	1948	Casa do Benfica no Fundão	M	V4	35	17:12	55	00:50:25	45	00:19:42



**EQUIPAS MASCULINAS**

- 1 João / Sérgio / Roberto
- 2 - Ivo / Gabriel / Manuel
- 3 - José / Nuno / Paulo
- 4 - Luis / Albino / Orvaldo
- 5 - A. Costa / Albino / Sidi
- 6 - Nuno / Carlos / Albino
- 7 - <sup>CGD</sup> Cristiano / João Teixeira / Ric. G
- 8 - A.D. - Genovos Castro

Class	Equipa	TEMPO 1	TEMPO 2	TEMPO 3	TOTAL
1	IPODEC/Tri-Oeiras.com	01:01:53,00	01:05:48,00	01:06:31,00	03:14:12,00
2	Alhandra Sporting Clube	01:04:23,00	01:08:19,00	01:13:26,00	03:26:08,00
3	Triathlon Lamego Club	01:08:12,00	01:11:51,00	01:14:36,00	03:34:39,00
4	Tri-Oeste -Clube de Triatlo do Oeste	01:11:32,00	01:13:01,00	01:13:55,00	03:38:28,00
5	Amiciclo	01:08:10,00	01:12:39,00	01:24:01,00	03:44:50,00
6	Casa do Benfica no Fundão	01:10:15,00	01:18:50,00	01:24:39,00	03:53:44,00
7	Clube Triatlo de Perosinho	01:15:02,00	01:23:09,00	01:26:00,00	04:04:11,00
8	Ginásio Clube de Sines	01:15:02,00	01:15:37,00	01:41:03,00	04:11:42,00
	SR Camarnal-Constr.Ramalho Couto-Ika	01:05:17,00			
	O.F. Os Belenenses	01:07:43,00	01:41:01,00		
	Oeiras Sport Clube	01:09:47,00			
	Clube Millennium BCP	01:13:31,00			
	C.N. Cartaxo	01:16:06,00			
	Ribabike / Assoc. 20 Km de Almeirim	01:18:19,00			
	A.D.C.R. Painho	01:21:06,00			
	Ginásio Clube Figueirense	01:24:52,00	01:28:10,00		
	Repsol Polímeros	01:26:31,00			
	HALCON - Olimpico de Oeiras				
	Casa Benfica Faro/GASCAN				
	A. C. R. Ribeira				
	Porto Runners				
	ABV Estoris				
	Associação Recreativa Social e Cultural de Toledo				
	Clube Ferroviário de Vendas Novas				
	Águias de Alpiarça				
	C.A.D.C. Almeirim / Ribabike				
	C.D. Asas do Milénium				
	Tavira Natação Clube				
	CGD / V.F. Xira				
	CEFA				
	Mem Martins Sport Club				
	S. R. Toreense				
	Sport União Colareense				
	Serv. Soc. CGD				
	Casa do Povo de Mouriscas				
	TAC-Natação				
	B. Lândia - Associação de Formação Desportiva				
	Comissão de Melhoramentos de Ferreiros				
	Clube da Natação Colégio Vasco da Gama				
	Sport Lisboa e Benfica				
	Escola de Triatlo Búzios - Coruche				
	Os Amoreiras				

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Class	Class Rank	Lic.	Dorsal	Chip	Nome	Ano	Clube	S	Esc.	Nat	Ciclismo	Corrida	Tempo Total	Diff.	Pen.
59	25	2568	3174	DM2BRE7	Valter Nogueira	1981	Triathlon Lamego Club	M	SEN	18:34	44	00:47:20	01:28:05	00:26:12	
60	26	2693	3208	CGA5165	Rui Trovão	1982	Giratório Clube Figuerasense	M	SEN	19:09	44	00:46:44	01:28:10	00:26:17	
61	27	3156	3156	DN224-4K	Pedro Pereira	1980	Triathlon Lamego Club	M	SEN	19:08	32	00:48:33	01:28:33	00:26:40	
62	8	128	1010	DXG085X	Joaquim Guerreiro	1988	Amieço	M	JUN	18:13	66	00:53:01	01:30:51	00:28:56	
63	3	708	4018	DXG3WNG	Mário Magalhães	1959	Clube Triatlo de Perastinho	M	VZ	19:14	56	00:50:26	01:31:37	00:29:44	
64	1	2523	2047	DX18ECH	Marta Baloação	1983	Alhandra Sporting Clube	F	SEN	14:10	70	00:56:11	01:33:23	00:31:30	
65	28	NAOPEDERADO	5295	DR8BWR7	Vitor Sousa	1973	Individual	M	SEN	23:03	53	00:48:56	01:33:48	00:31:55	
66	5	NAOPEDERADO	5065	CF73510	Joaquim Avejar	1982	Individual	M	V1	18:57	66	00:53:49	01:34:24	00:32:31	
67	4	128	1025	DABAHY4	Tânia Boketa	1989	Giratório Clube de Sines	F	JUN	20:07	66	00:54:34	01:35:26	00:33:33	
68	8	NAOPEDERADO	5048	DR1TV6G	ARD Gámones Castro	84/54/89	Tiago Silva/Salvador Pereira/Ricardo Lopes	MF	Etafeita	29:35	62	00:51:45	01:36:55	00:35:02	
69	5	142	1016	DAE2G38	Ana Sampaio	1989	IPODECT/Tr-Omeira.com	F	JUN	13:19	74	00:58:11	01:37:45	00:35:52	
70	29	2581	5282	DASMCHH	Luis Correia Ferreira	1971	Triathlon Lamego Club	M	SEN	18:02	73	00:58:08	01:38:52	00:36:58	
71	4	765	4102	DN06FAE	Luis Lima	1958	Triathlon Lamego Club	M	VZ	25:40	67	00:53:40	01:38:55	00:37:02	
72	6	2592	1071	DA04NFS	Andrela Parre	1980	Giratório Clube de Sines	F	JUN	22	71	01:01:54	01:39:15	00:37:22	
73	30	2889	3218	DA04X4K	Filipe Crevo	1979	C.F. Os Belezeneses	M	SEN	38	14	00:57:29	01:41:01	00:39:08	
74	9	2647	1070	CE15815	Adriano Silva	1988	Giratório Clube de Sines	M	JUN	18:28	68	00:53:17	01:41:03	00:39:10	
75	7	2506	1035	DM2ZMXS	Ana Carralco	1989	Alhandra Sporting Clube	F	JUN	11	81	01:09:00	01:47:29	00:45:36	
76	6	NAOPEDERADO	5279	DF74KEM	João Pereira	1964	Individual	M	V1	24:04	78	00:22:02	01:47:34	00:45:41	
77	9	2731	2058	DM7CG89	Miguel Marinho	1985	Triathlon Lamego Club	M	S23	74	01:01:20	01:48:15	00:46:22		
78	31	2707	3233	DM487GW	Ulisses Lopes	1974	Clube Triatlo de Perastinho	M	SEN	78	72	00:57:46	01:52:34	00:50:41	
79	1	2729	4126	BR3ZGZE	António Piedade Santos	1953	Triathlon Lamego Club	M	VZ	28:35	78	01:03:35	01:54:28	00:52:35	
80	5	NAOPEDERADO	5278	DM17K4E	João Melo	1980	Individual	M	V2	27:00	88	01:05:50	01:56:03	00:56:10	
81		NAOPEDERADO	5293	DR1CDSD	Manuel Dias	1954	Individual	M	V3	26:05	78	01:03:47	01:56:49	00:56:56	

Equipas Fem

1ª ASC

2ª GCS