

### Resultados

<b>Localidade:</b>	<b>Oeiras</b>	<b>Distância</b> SWIM (MT); BIKE (KM) RUN (MT):	<b>750/20000/5000</b>
<b>Data:</b>	<b>11-06-2006</b>	<b>Hora de começo:</b>	<b>10h30m</b>

### Informação

<b>Delegado técnico:</b>	<b>João Pinho</b>	<b>Juiz Principal:</b>	<b>Paula Figueiredo</b>
<b>Pontuável para:</b>	<b>Taça de Portugal</b>	<b>Juri de apelo:</b>	<b>J.L.Ferreira/J.Pinho/R.Salgueiro</b>

Temperatura Agua:						SWIM 750 (MT)				BIKE 20000 (KM)				RUN 5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	SWIM	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
1	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:10:06	8	0:00:49	12	0:28:27	5	0:00:42	7	0:17:08	0:57:12	0:00:00
2	2012	352	Pedro Gomes		S23	IPODEC / Tri-Oeiras.com	3	0:11:17	16	0:00:52	7	0:28:04	12	0:00:45	4	0:16:50	0:57:48	0:00:36
3	1082	2695	João José Pereira		JUN	Alhandra Sporting Clube	6	0:11:23	2	0:00:45	8	0:28:05	1	0:00:33	8	0:17:11	0:57:57	0:00:45
4	1088	2302	Diogo Calado		JUN	C.F. "Os Belenenses"	5	0:11:23	7	0:00:49	6	0:28:04	10	0:00:45	11	0:17:38	0:58:39	0:01:27
5	2032	252	Tiago Neves		S23	IPODEC / Tri-Oeiras.com	2	0:11:15	19	0:00:53	9	0:28:08	39	0:00:51	17	0:18:04	0:59:11	0:01:59
6	5016		Nico Pifzenmaier		SEN	Individual	9	0:11:47	9	0:00:50	11	0:28:26	36	0:00:51	10	0:17:27	0:59:21	0:02:09
7	3053	474	Sérgio Marques		SEN	IPODEC / Tri-Oeiras.com	14	0:12:19	11	0:00:50	15	0:28:54	13	0:00:45	6	0:16:57	0:59:45	0:02:33
8	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	32	0:13:01	23	0:00:55	20	0:29:09	2	0:00:37	3	0:16:29	1:00:11	0:02:59
9	4116	592	Rui Rodrigues		V1	Tri-Oeste -Clube de Triatlo do Oeste	15	0:12:25	6	0:00:47	16	0:28:57	71	0:00:55	9	0:17:22	1:00:26	0:03:14
10	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	4	0:11:20	21	0:00:54	14	0:28:54	8	0:00:44	36	0:19:14	1:01:06	0:03:54
11	3127	468	Tiago Lobo		SEN	Triathlon Lamego Club	13	0:12:18	50	0:01:04	50	0:29:45	38	0:00:51	12	0:17:39	1:01:37	0:04:25
12	3214	2684	Miguel Ganchinho		SEN	IPODEC / Tri-Oeiras.com	43	0:13:18	81	0:01:17	10	0:28:25	35	0:00:51	14	0:17:48	1:01:39	0:04:27
13	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	7	0:11:35	1	0:00:44	49	0:29:45	6	0:00:42	31	0:18:53	1:01:39	0:04:27
14	2003	417	Rui Dolores		S23	Amiciclo	33	0:13:02	3	0:00:45	21	0:29:11	63	0:00:54	15	0:17:53	1:01:45	0:04:33
15	3021	588	Marco Mello		SEN	ABV Estoris	39	0:13:09	13	0:00:51	17	0:29:00	24	0:00:49	16	0:18:00	1:01:49	0:04:37
16	2007	362	Sérgio Manuel Silva		S23	SR Camarnal-Constr.Ramalho Couto-Ika	71	0:14:57	4	0:00:46	36	0:29:32	87	0:00:58	2	0:15:59	1:02:12	0:05:00
17	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	16	0:12:28	46	0:01:03	39	0:29:33	16	0:00:46	26	0:18:45	1:02:35	0:05:23
18	1038	2513	Diogo Custódio		JUN	IPODEC / Tri-Oeiras.com	18	0:12:34	36	0:01:00	38	0:29:33	14	0:00:46	37	0:19:15	1:03:08	0:05:56
19	4119	2687	Francisco Amian		V2	IPODEC / Tri-Oeiras.com	17	0:12:32	68	0:01:12	27	0:29:20	27	0:00:50	38	0:19:15	1:03:09	0:05:57
20	3102	662	Alexandre Feliz		SEN	Tri-Oeste -Clube de Triatlo do Oeste	35	0:13:05	20	0:00:54	19	0:29:03	17	0:00:47	41	0:19:22	1:03:11	0:05:59
21	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	30	0:12:58	5	0:00:47	23	0:29:12	26	0:00:50	46	0:19:37	1:03:24	0:06:12
22	2061	256	Carlos Gaspar		S23	Repsol Polímeros	29	0:12:57	14	0:00:52	22	0:29:12	41	0:00:52	56	0:20:02	1:03:55	0:06:43
23	1013	12	Bárbara Clemente		JUN	Sport União Colarense	21	0:12:42	12	0:00:51	31	0:29:29	31	0:00:51	58	0:20:05	1:03:58	0:06:46
24	1057	2607	Marcos Duro		JUN	IPODEC / Tri-Oeiras.com	11	0:12:15	45	0:01:03	53	0:29:50	15	0:00:46	60	0:20:12	1:04:06	0:06:54
25	3014	613	Paulo Lamego		SEN	C.F. "Os Belenenses"	56	0:14:03	59	0:01:07	61	0:29:59	48	0:00:52	19	0:18:14	1:04:15	0:07:03
26	4013	648	Miguel Fragoso		V1	ABV Estoris	40	0:13:12	43	0:01:02	57	0:29:57	81	0:00:57	34	0:19:10	1:04:18	0:07:06

Temperatura Agua:						SWIM				BIKE				RUN				
						750 (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	SWIM	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
27	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	78	0:15:13	58	0:01:07	35	0:29:31	9	0:00:44	13	0:17:43	1:04:18	0:07:06
28	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	38	0:13:09	47	0:01:04	55	0:29:57	88	0:00:59	39	0:19:19	1:04:28	0:07:16
29	2005	2504	Mário Leitão		S23	Alhandra Sporting Clube	23	0:12:44	26	0:00:55	32	0:29:29	18	0:00:47	67	0:20:33	1:04:28	0:07:16
30	4121	585	Paulo Codinha		V1	C.F. "Os Belenenses"	34	0:13:03	27	0:00:55	25	0:29:12	46	0:00:52	66	0:20:31	1:04:33	0:07:21
31	3052	479	Hélder Milheiras		SEN	IPODEC / Tri-Oeiras.com	57	0:14:04	83	0:01:18	62	0:30:00	77	0:00:57	20	0:18:25	1:04:44	0:07:32
32	3225	2694	Rui Ferreira		SEN	Individual	20	0:12:39	41	0:01:01	29	0:29:26	83	0:00:57	73	0:20:42	1:04:45	0:07:33
33	4034	756	João Pereira		V2	IPODEC / Tri-Oeiras.com	59	0:14:06	116	0:01:30	48	0:29:45	102	0:01:02	25	0:18:44	1:05:07	0:07:55
34	3020	524	Miguel Palma		SEN	ABV Estoris	31	0:12:59	44	0:01:02	18	0:29:01	29	0:00:50	93	0:21:17	1:05:09	0:07:57
35	3079	728	Eduardo Alçada		SEN	Ginásio Clube Figueirense	50	0:13:43	107	0:01:27	44	0:29:42	76	0:00:57	44	0:19:31	1:05:20	0:08:08
36	4090	865	Rui Campos		V2	HALCON - Olímpico de Oeiras	74	0:15:02	117	0:01:30	28	0:29:21	7	0:00:42	27	0:18:47	1:05:22	0:08:10
37	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	81	0:15:17	89	0:01:20	24	0:29:12	33	0:00:51	28	0:18:49	1:05:29	0:08:17
38	4125	844	Paulo Ribeiro		V2	Tri-Oeste -Clube de Triatlo do Oeste	64	0:14:20	55	0:01:06	63	0:30:02	47	0:00:52	35	0:19:12	1:05:32	0:08:20
39	4093	840	Rui Sa		V1	Casa Benfica Faro/GASCAN	37	0:13:07	76	0:01:16	77	0:30:32	84	0:00:57	53	0:19:49	1:05:41	0:08:29
40	3211	354	Manuel Coutinho		SEN	IPODEC / Tri-Oeiras.com	8	0:11:35	78	0:01:16	43	0:29:39	152	0:01:23	103	0:21:52	1:05:45	0:08:33
41	3228	2698	João Janela Martins		SEN	Casa Benfica Faro/GASCAN	94	0:16:04	38	0:01:00	13	0:28:49	136	0:01:13	29	0:18:51	1:05:57	0:08:45
42	1017	143	Joana Marques		JUN	IPODEC / Tri-Oeiras.com	28	0:12:55	42	0:01:02	93	0:31:23	11	0:00:45	54	0:19:53	1:05:58	0:08:46
43	3248	2741	Bruno Lemos Silva		SEN	Clube Millennium BCP	65	0:14:21	34	0:01:00	58	0:29:58	32	0:00:51	55	0:19:57	1:06:07	0:08:55
44	3170	2562	Rui Simões		SEN	Sport União Colarense	79	0:15:14	30	0:00:56	40	0:29:36	101	0:01:01	48	0:19:41	1:06:28	0:09:16
45	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	47	0:13:35	17	0:00:53	46	0:29:44	94	0:01:00	94	0:21:19	1:06:31	0:09:19
46	4101	755	João Gomes		V2	IPODEC / Tri-Oeiras.com	49	0:13:42	87	0:01:19	71	0:30:13	78	0:00:57	63	0:20:22	1:06:33	0:09:21
47	4060	762	António Moura		V2	Casa do Benfica no Fundão	76	0:15:09	51	0:01:05	41	0:29:38	3	0:00:40	59	0:20:09	1:06:41	0:09:29
48	3005	620	Diogo Almeida		SEN	C.F. "Os Belenenses"	12	0:12:18	63	0:01:10	42	0:29:39	56	0:00:54	117	0:22:42	1:06:43	0:09:31
49	5013		Manuel Júlio		SEN	Individual	52	0:13:43	18	0:00:53	94	0:31:23	68	0:00:55	52	0:19:49	1:06:43	0:09:31
50	3197	2640	Délio Ferreira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	133	0:18:02	39	0:01:01	56	0:29:57	22	0:00:48	5	0:16:56	1:06:44	0:09:32
51	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	10	0:11:53	25	0:00:55	73	0:30:23	52	0:00:53	118	0:22:47	1:06:51	0:09:39
52	3112	593	Paulo Conde		SEN	C.N. Cartaxo	41	0:13:12	29	0:00:56	65	0:30:04	129	0:01:11	101	0:21:37	1:07:00	0:09:48
53	3009	629	Fernando Carmo		SEN	C.F. "Os Belenenses"	117	0:16:59	74	0:01:14	33	0:29:30	57	0:00:54	23	0:18:29	1:07:06	0:09:54
54	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	103	0:16:31	65	0:01:11	68	0:30:09	72	0:00:56	22	0:18:29	1:07:16	0:10:04
55	3029	631	Pedro Santos		SEN	CEFA	60	0:14:11	69	0:01:12	66	0:30:07	37	0:00:51	89	0:21:11	1:07:32	0:10:20
56	3061	725	Miguel Palmeira		SEN	Tavira Natação Clube	75	0:15:04	49	0:01:04	54	0:29:53	45	0:00:52	74	0:20:46	1:07:39	0:10:27
57	1092	2757	Eduardo Mourato		JUN	Triathlon Lamego Club	66	0:14:21	96	0:01:23	118	0:32:43	42	0:00:52	30	0:18:53	1:08:12	0:11:00
58	4015	774	José Oliveira		V2	ABV Estoris	84	0:15:28	52	0:01:05	34	0:29:31	79	0:00:57	87	0:21:11	1:08:12	0:11:00
59	4114	540	Pedro Gaspar		V1	Alhandra Sporting Clube	42	0:13:14	142	0:01:42	75	0:30:31	126	0:01:10	102	0:21:46	1:08:23	0:11:11
60	3054	739	António Luz Gomes		SEN	IPODEC / Tri-Oeiras.com	82	0:15:18	60	0:01:09	37	0:29:33	40	0:00:52	100	0:21:35	1:08:27	0:11:15
61	3001	627	Paulo Teles		SEN	CCD / V.F. Xira	73	0:15:02	67	0:01:11	52	0:29:48	98	0:01:00	98	0:21:30	1:08:31	0:11:19
62	3247	2734	António Henriques		SEN	Individual	110	0:16:40	95	0:01:23	47	0:29:45	135	0:01:13	47	0:19:40	1:08:41	0:11:29
63	5019		Pedro Quintela		SEN	Individual	113	0:16:41	70	0:01:13	64	0:30:03	92	0:00:59	51	0:19:46	1:08:42	0:11:30

Temperatura Agua:						SWIM				BIKE				RUN				
						750 (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	SWIM	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
64	3107	621	Rui Sousa		SEN	C.N. Cartaxo	104	0:16:33	62	0:01:09	67	0:30:07	25	0:00:49	57	0:20:04	1:08:42	0:11:30
65	3069	497	Pedro Cordeiro		SEN	Tri-Oeste -Clube de Triatlo do Oeste	45	0:13:28	10	0:00:50	90	0:31:07	99	0:01:00	110	0:22:21	1:08:46	0:11:34
66	1064	193	Filipa Ferreira		JUN	Alhandra Sporting Clube	27	0:12:54	31	0:00:57	96	0:31:29	117	0:01:07	109	0:22:20	1:08:47	0:11:35
67	4127	2732	Emanuel Marques		V1	Triathlon Lamego Club	67	0:14:27	164	0:02:04	95	0:31:24	153	0:01:25	45	0:19:32	1:08:52	0:11:40
68	4036	839	Carlos Cunha		V1	IPODEC / Tri-Oeiras.com	119	0:17:07	66	0:01:11	78	0:30:38	110	0:01:04	33	0:19:07	1:09:07	0:11:55
69	4052	770	Manuel Gonçalves		V2	Clube da Nataçao Colégio Vasco da Gama	101	0:16:21	54	0:01:06	101	0:31:47	80	0:00:57	32	0:18:56	1:09:07	0:11:55
70	5012		Manuel Alves		SEN	Individual	51	0:13:43	48	0:01:04	91	0:31:18	67	0:00:55	108	0:22:12	1:09:12	0:12:00
71	1086	2722	Carlos Alberto Costa		JUN	Ginásio Clube de Sines	97	0:16:07	110	0:01:28	70	0:30:10	95	0:01:00	69	0:20:38	1:09:23	0:12:11
72	3173	2564	José Lino		SEN	C.N. Cartaxo	131	0:18:00	15	0:00:52	69	0:30:09	23	0:00:49	49	0:19:42	1:09:32	0:12:20
73	3246	2733	António Ferreira Lopes		SEN	Individual	58	0:14:06	123	0:01:35	51	0:29:48	122	0:01:08	122	0:22:56	1:09:33	0:12:21
74	3207	2662	José Magalhães Dias		SEN	A.D.C.R. Painho	80	0:15:16	90	0:01:20	30	0:29:27	123	0:01:08	112	0:22:23	1:09:34	0:12:22
75	5007		João Martins		V1	Individual	83	0:15:18	140	0:01:42	86	0:31:02	66	0:00:55	70	0:20:38	1:09:35	0:12:23
76	3216	2686	Ricardo Francisco		SEN	IPODEC / Tri-Oeiras.com	118	0:17:04	109	0:01:27	80	0:30:38	82	0:00:57	43	0:19:30	1:09:36	0:12:24
77	3094	708	Pedro Fernandes		SEN	ABV Estoris	86	0:15:36	85	0:01:18	87	0:31:04	61	0:00:54	79	0:20:55	1:09:47	0:12:35
78	3172	645	João Lourenço		SEN	C.N. Cartaxo	96	0:16:06	28	0:00:56	84	0:30:53	112	0:01:05	82	0:21:02	1:10:02	0:12:50
79	3167	564	Cristiano Andrade		SEN	Ginásio Clube Figueirense	63	0:14:19	73	0:01:14	59	0:29:58	65	0:00:55	140	0:23:52	1:10:18	0:13:06
80	4129	2740	João Hipólito		V1	Alhandra Sporting Clube	112	0:16:41	111	0:01:28	45	0:29:43	108	0:01:03	97	0:21:24	1:10:19	0:13:07
81	5086		Hugo Sousa		SEN	Individual	136	0:18:11	24	0:00:55	103	0:31:52	51	0:00:53	24	0:18:35	1:10:26	0:13:14
82	2059	2738	Katarina Larsson		S23	IPODEC / Tri-Oeiras.com	62	0:14:17	92	0:01:21	112	0:32:26	137	0:01:14	88	0:21:11	1:10:29	0:13:17
83	3015	538	Maria João Madeira		SEN	IPODEC / Tri-Oeiras.com	61	0:14:15	119	0:01:32	72	0:30:18	118	0:01:07	133	0:23:35	1:10:47	0:13:35
84	5004		Artur Parreira		V2	Individual	89	0:15:44	101	0:01:26	107	0:32:05	49	0:00:53	75	0:20:47	1:10:55	0:13:43
85	3244	2735	Carlos Fernandes		SEN	Oeiras Sport Clube	121	0:17:12	56	0:01:07	114	0:32:36	50	0:00:53	42	0:19:23	1:11:11	0:13:59
86	2057	2724	Fábio Faustino		S23	Ginásio Clube de Sines	72	0:14:59	102	0:01:26	122	0:32:56	34	0:00:51	81	0:21:01	1:11:13	0:14:01
87	4000	798	Olimpio Guedelha		V3	CCD / V.F. Xira	108	0:16:38	158	0:01:55	82	0:30:48	113	0:01:05	77	0:20:50	1:11:16	0:14:04
88	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho	120	0:17:11	135	0:01:38	106	0:31:56	161	0:01:29	50	0:19:42	1:11:56	0:14:44
89	1003	2294	Francisco Oliveira Reis		JUN	C.F. "Os Belenenses"	36	0:13:05	33	0:00:59	116	0:32:39	106	0:01:03	143	0:24:20	1:12:06	0:14:54
90	1027	7	Marina Pedro		JUN	Ginásio Clube de Sines	69	0:14:39	100	0:01:25	105	0:31:56	60	0:00:54	125	0:23:12	1:12:06	0:14:54
91	3119	638	Paulo Calixto		SEN	CCD / V.F. Xira	150	0:19:04	64	0:01:10	76	0:30:32	86	0:00:58	64	0:20:23	1:12:07	0:14:55
92	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho	127	0:17:44	120	0:01:32	100	0:31:43	74	0:00:56	61	0:20:14	1:12:09	0:14:57
93	3012	715	Ricardo Fróis		SEN	C.F. "Os Belenenses"	88	0:15:39	127	0:01:35	81	0:30:47	70	0:00:55	131	0:23:21	1:12:17	0:15:05
94	3221	2692	Diogo Martins		SEN	C.F. "Os Belenenses"	48	0:13:42	146	0:01:43	117	0:32:42	132	0:01:12	130	0:23:21	1:12:40	0:15:28
95	3140	4615	Jorge Vieira		SEN	Sport União Colareense	128	0:17:52	40	0:01:01	108	0:32:07	73	0:00:56	76	0:20:49	1:12:45	0:15:33
96	3198	295	Ricardo Teixeira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	151	0:19:11	75	0:01:15	74	0:30:24	100	0:01:00	80	0:20:58	1:12:48	0:15:36
97	4014	775	João Santos		V2	ABV Estoris	68	0:14:27	86	0:01:19	60	0:29:58	165	0:01:33	156	0:25:41	1:12:58	0:15:46
98	5095	2577	Miguel Reis		SEN	Amiciclo	115	0:16:48	53	0:01:06	92	0:31:19	157	0:01:28	111	0:22:22	1:13:03	0:15:51
99	3057	734	Henrique Matias		SEN	IPODEC / Tri-Oeiras.com	139	0:18:18	130	0:01:36	85	0:31:00	143	0:01:20	78	0:20:52	1:13:06	0:15:54
100	3030	501	Nuno Raimundo		SEN	CEFA	100	0:16:19	105	0:01:26	123	0:32:58	103	0:01:02	96	0:21:21	1:13:06	0:15:54

Temperatura Agua:						SWIM				BIKE				RUN				
						750 (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	SWIM	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
101	4073	456	Amândio Caetano		V1	A.D.C.R. Painho	123	0:17:22	113	0:01:29	102	0:31:51	114	0:01:06	95	0:21:19	1:13:07	0:15:55
102	3224	655	Daniel Trindade		SEN	Casa Benfica Faro/GASCAN	129	0:17:54	35	0:01:00	104	0:31:53	131	0:01:12	90	0:21:15	1:13:14	0:16:02
103	3120	720	Mário Couto		SEN	CCD / V.F. Xira	138	0:18:16	125	0:01:35	99	0:31:43	119	0:01:07	68	0:20:36	1:13:17	0:16:05
104	3219	2690	Ricardo Ferreira		SEN	C.F. "Os Belenenses"	44	0:13:25	137	0:01:38	143	0:34:32	62	0:00:54	119	0:22:49	1:13:18	0:16:06
105	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	176	0:22:27	82	0:01:17	83	0:30:50	4	0:00:40	18	0:18:06	1:13:20	0:16:08
106	4138	2781	Paulo Guedes		V2	HALCON - Olímpico de Oeiras	125	0:17:30	118	0:01:31	109	0:32:10	104	0:01:02	91	0:21:15	1:13:28	0:16:16
107	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	134	0:18:04	72	0:01:14	111	0:32:19	85	0:00:58	86	0:21:11	1:13:46	0:16:34
108	3135	2515	Mário Guedes		SEN	Triathlon Lamego Club	106	0:16:37	124	0:01:35	89	0:31:06	145	0:01:20	134	0:23:35	1:14:13	0:17:01
109	1093	27	Mariana Costa		JUV	Individual	19	0:12:39	61	0:01:09	146	0:34:48	91	0:00:59	145	0:24:42	1:14:17	0:17:05
110	3160	2550	Nuno Vasco		SEN	Ginásio Clube Figueirense	122	0:17:16	104	0:01:26	79	0:30:38	141	0:01:17	139	0:23:49	1:14:26	0:17:14
111	3161	2551	Hugo Afonso		SEN	Oeiras Sport Clube	99	0:16:18	134	0:01:38	120	0:32:47	97	0:01:00	120	0:22:51	1:14:34	0:17:22
112	3239	2717	Teimo Veloso		SEN	Porto Runners	109	0:16:39	174	0:02:19	148	0:35:19	142	0:01:18	40	0:19:19	1:14:54	0:17:42
113	3082	651	João Seródio		SEN	Clube da Natação Colégio Vasco da Gama	102	0:16:29	80	0:01:17	133	0:33:20	164	0:01:31	113	0:22:24	1:15:01	0:17:49
114	3003	854	César Andrade		SEN	CCD / V.F. Xira	93	0:16:02	152	0:01:50	98	0:31:32	127	0:01:11	147	0:24:54	1:15:29	0:18:17
115	4025	516	João Medeiro		V1	Serv. Soc. CGD	160	0:19:58	108	0:01:27	115	0:32:37	43	0:00:52	72	0:20:41	1:15:35	0:18:23
116	5018		Paulo Renato Santos		V1	Individual	87	0:15:37	126	0:01:35	134	0:33:48	53	0:00:53	136	0:23:43	1:15:36	0:18:24
117	3240	380	Carla Ribeiro		SEN	C.N. Cartaxo	111	0:16:40	79	0:01:17	125	0:33:09	89	0:00:59	135	0:23:36	1:15:41	0:18:29
118	4075	751	José Peixoto		V2	A.D.C.R. Painho	161	0:20:08	88	0:01:19	119	0:32:43	109	0:01:03	71	0:20:39	1:15:52	0:18:40
119	3235	2711	Gonçalo Vicente		SEN	Clube da Natação Colégio Vasco da Gama	107	0:16:38	150	0:01:48	149	0:35:41	96	0:01:00	83	0:21:04	1:16:11	0:18:59
120	3002	484	Paulo Leote		SEN	CCD / V.F. Xira	124	0:17:26	161	0:02:02	144	0:34:41	124	0:01:09	92	0:21:15	1:16:33	0:19:21
121	3203	2648	Pedro Soares Alves		SEN	Sport União Colarense	92	0:15:50	157	0:01:54	127	0:33:14	151	0:01:23	144	0:24:27	1:16:48	0:19:36
122	3245	2736	António Frade Ferreira		SEN	Oeiras Sport Clube	141	0:18:20	129	0:01:36	140	0:34:18	121	0:01:08	99	0:21:33	1:16:55	0:19:43
123	2047	2623	Marta Baleizão		S23	Alhandra Sporting Clube	53	0:13:47	84	0:01:18	151	0:36:22	44	0:00:52	146	0:24:49	1:17:08	0:19:56
124	3081	745	Ricardo Vieira		SEN	Ginásio Clube Figueirense	144	0:18:36	131	0:01:36	136	0:34:02	139	0:01:15	104	0:22:04	1:17:33	0:20:21
125	4023	765	Francisco Bexiga		V2	CEFA	105	0:16:35	133	0:01:37	132	0:33:19	115	0:01:06	149	0:24:58	1:17:35	0:20:23
126	3251	4512	José António Correia		SEN	Clube Millennium BCP	91	0:15:46	165	0:02:04	97	0:31:29	160	0:01:28	164	0:26:48	1:17:35	0:20:23
127	4089	768	Jorge Duarte		V2	Oeiras Sport Clube	143	0:18:34	114	0:01:29	88	0:31:05	144	0:01:20	152	0:25:14	1:17:42	0:20:30
128	3018	528	Sérgio Oliveira		SEN	ABV Estoris	137	0:18:12	115	0:01:29	129	0:33:17	93	0:00:59	138	0:23:45	1:17:42	0:20:30
129	3252	2756	Francisco Cunha Pereira		SEN	Individual	169	0:21:02	160	0:02:02	130	0:33:18	133	0:01:12	62	0:20:20	1:17:54	0:20:42
130	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho	179	0:23:09	94	0:01:22	110	0:32:13	90	0:00:59	65	0:20:27	1:18:10	0:20:58
131	5020		Pedro Santos		SEN	Individual	154	0:19:32	106	0:01:26	131	0:33:18	155	0:01:25	116	0:22:39	1:18:20	0:21:08
132	3250	2743	Paulo Quintino		SEN	Clube Millennium BCP	145	0:18:38	156	0:01:54	150	0:36:03	19	0:00:47	84	0:21:05	1:18:27	0:21:15
133	3141	2525	Paulo Matias		SEN	IPODEC / Tri-Oeiras.com	157	0:19:39	97	0:01:23	124	0:33:04	146	0:01:20	123	0:23:02	1:18:28	0:21:16
134	3043	511	Horácio Ferreira		SEN	Oeiras Sport Clube	159	0:19:53	103	0:01:26	121	0:32:48	107	0:01:03	132	0:23:32	1:18:42	0:21:30
135	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	24	0:12:47	22	0:00:55	141	0:34:20	55	0:00:54	177	0:29:57	1:18:53	0:21:41
136	3212	393	Maria Cecília Franco		SEN	IPODEC / Tri-Oeiras.com	90	0:15:45	153	0:01:52	154	0:36:42	150	0:01:23	129	0:23:20	1:19:02	0:21:50
137	5017		Nuno Sizudo		SEN	Individual	132	0:18:00	179	0:02:57	126	0:33:14	169	0:01:40	128	0:23:15	1:19:06	0:21:54

Temperatura Agua:						SWIM				BIKE				RUN				
						750 (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	SWIM	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
138	3033	714	António Marques		SEN	CEFA	163	0:20:25	143	0:01:43	137	0:34:04	105	0:01:03	107	0:22:09	1:19:24	0:22:12
139	3223	2693	Fernando Conceição		SEN	CEFA	135	0:18:04	169	0:02:11	138	0:34:06	167	0:01:36	141	0:23:58	1:19:55	0:22:43
140	4097	790	Carlos Suzana		V2	IPODEC / Tri-Oeiras.com	171	0:21:08	176	0:02:35	135	0:33:56	173	0:01:46	85	0:21:08	1:20:33	0:23:21
141	3208	2663	Rui Trovão		SEN	Ginásio Clube Figueirense	148	0:18:55	162	0:02:02	128	0:33:17	134	0:01:12	153	0:25:22	1:20:48	0:23:36
142	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	180	0:23:09	154	0:01:53	113	0:32:28	156	0:01:27	106	0:22:07	1:21:04	0:23:52
143	2062	2765	Tiago Domingos		S23	Tavira Natação Clube	130	0:17:56	77	0:01:16	145	0:34:45	20	0:00:47	161	0:26:31	1:21:15	0:24:03
144	1071	2592	Andreia Ponte		JUN	Ginásio Clube de Sines	54	0:13:54	138	0:01:41	167	0:38:17	64	0:00:55	163	0:26:46	1:21:33	0:24:21
145	3184	2596	Maria Rita Neves		SEN	IPODEC / Tri-Oeiras.com	70	0:14:48	148	0:01:45	165	0:38:11	130	0:01:11	157	0:25:42	1:21:37	0:24:25
146	1016	142	Ana Sampaio		JUN	IPODEC / Tri-Oeiras.com	55	0:13:58	98	0:01:25	170	0:38:46	75	0:00:57	167	0:27:07	1:22:13	0:25:01
147	1010	126	Joaquim Guerreiro		JUN	Amiciclo	170	0:21:02	57	0:01:07	159	0:37:11	58	0:00:54	105	0:22:05	1:22:19	0:25:07
148	3218	2689	Filipe Cravo		SEN	C.F. "Os Belenenses"	77	0:15:10	132	0:01:37	153	0:36:32	174	0:01:50	171	0:27:49	1:22:58	0:25:46
149	5002		António Tavares		SEN	Individual	158	0:19:49	159	0:02:02	142	0:34:22	177	0:02:00	151	0:25:02	1:23:15	0:26:03
150	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	172	0:21:20	128	0:01:35	156	0:36:58	120	0:01:07	121	0:22:54	1:23:54	0:26:42
151	3192	2613	Isaura Faria		SEN	IPODEC / Tri-Oeiras.com	166	0:20:41	122	0:01:33	162	0:37:59	28	0:00:50	127	0:23:15	1:24:18	0:27:06
152	5011		José Correia		V2	Individual	85	0:15:28	168	0:02:10	172	0:39:22	166	0:01:33	159	0:26:10	1:24:43	0:27:31
153	3206	338	André Guimarães		SEN	Clube Triatlo de Perosinho	149	0:18:56	91	0:01:21	182	0:44:39	147	0:01:21	21	0:18:27	1:24:44	0:27:32
154	4094	873	Artur Amaral		V1	C.N. Cartaxo	156	0:19:37	145	0:01:43	160	0:37:15	159	0:01:28	148	0:24:57	1:25:00	0:27:48
155	5022		Rui Correia		V4	Individual	177	0:22:49	147	0:01:44	147	0:35:11	125	0:01:09	142	0:24:11	1:25:04	0:27:52
156	3256	2773	João Pedro Antunes		SEN	Casa Benfica Faro/GASCAN	147	0:18:45	99	0:01:25	168	0:38:30	128	0:01:11	154	0:25:27	1:25:18	0:28:06
157	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	152	0:19:23	151	0:01:48	166	0:38:13	116	0:01:06	150	0:24:59	1:25:29	0:28:17
158	3038	587	Helena Medeiro		SEN	Serv. Soc. CGD	146	0:18:42	177	0:02:51	157	0:37:00	168	0:01:36	155	0:25:30	1:25:39	0:28:27
159	4100	871	Jaime Carmo		V4	Individual	174	0:22:03	139	0:01:42	158	0:37:03	172	0:01:45	124	0:23:11	1:25:44	0:28:32
160	1035	2508	Ana Carrasco		JUN	Alhandra Sporting Clube	46	0:13:34	149	0:01:47	175	0:40:53	140	0:01:17	172	0:28:17	1:25:48	0:28:36
161	1061	2631	David Ferreira		JUN	Sport União Colarense	140	0:18:19	121	0:01:33	139	0:34:16	170	0:01:41	178	0:29:59	1:25:48	0:28:36
162	3209	2677	Pedro Miguel Lopes		SEN	Porto Runners	165	0:20:36	173	0:02:13	171	0:39:18	30	0:00:50	126	0:23:14	1:26:11	0:28:59
163	5009		João Matosa		SEN	Individual	173	0:21:47	178	0:02:57	155	0:36:51	149	0:01:23	137	0:23:45	1:26:43	0:29:31
164	4046	816	Mário Melo		V4	Clube Ferroviário de Vendas Novas	116	0:16:51	163	0:02:03	173	0:40:04	162	0:01:30	168	0:27:19	1:27:47	0:30:35
165	4054	796	António Santos		V3	Repsol Polímeros	114	0:16:46	144	0:01:43	177	0:41:18	158	0:01:28	162	0:26:37	1:27:52	0:30:40
166	4102	786	Luís Lima		V2	Triathlon Lamego Club	181	0:24:46	170	0:02:12	161	0:37:21	171	0:01:41	114	0:22:24	1:28:24	0:31:12
167	4024	500	Rui Teixeira		V1	CEFA	142	0:18:26	167	0:02:09	176	0:41:14	148	0:01:21	158	0:25:45	1:28:55	0:31:43
168	5006		João Bouza da Costa		SEN	Individual	168	0:21:01	171	0:02:13	163	0:38:05	163	0:01:31	165	0:26:51	1:29:41	0:32:29
169	4003	830	João Branco		V5	C.F. "Os Belenenses"	178	0:23:07	155	0:01:54	152	0:36:27	111	0:01:05	175	0:28:28	1:31:01	0:33:49
170	5024		Silvino Muchacho		V4	Individual	162	0:20:23	183	0:04:43	169	0:38:33	178	0:02:06	160	0:26:26	1:32:11	0:34:59
171	4007	808	Maria Moniz		V3	C.F. "Os Belenenses"	155	0:19:36	141	0:01:42	178	0:41:18	154	0:01:25	173	0:28:22	1:32:23	0:35:11
172	5014		Mariana Correia		SEN	Individual	126	0:17:33	172	0:02:13	181	0:44:35	59	0:00:54	170	0:27:29	1:32:44	0:35:32
173	3190	2609	Raquel Fróis		SEN	C.F. "Os Belenenses"	164	0:20:25	175	0:02:23	179	0:42:10	69	0:00:55	166	0:27:01	1:32:54	0:35:42
174	4004	801	Luís Ramos		V3	C.F. "Os Belenenses"	175	0:22:16	180	0:03:08	164	0:38:05	176	0:01:59	174	0:28:25	1:33:53	0:36:41

Temperatura Agua:						SWIM 750 (MT)				BIKE 20000 (KM)				RUN 5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	SWIM	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
175	5015		Miguel Gião		SEN	Individual	167	0:20:50	182	0:03:11	180	0:43:33	138	0:01:14	169	0:27:19	1:36:07	0:38:55
176	3204	2651	Susana Simões		SEN	Porto Runners	183	0:32:18	166	0:02:06	174	0:40:06	54	0:00:53	115	0:22:36	1:37:59	0:40:47
177	4017	828	Fernando Inácio		V5	ABV Estoris	182	0:27:33	181	0:03:09	183	0:44:55	175	0:01:56	176	0:28:55	1:46:28	0:49:16
178	3013	542	Bruno Grilo	DNF	SEN	C.F. "Os Belenenses"	25	0:12:51	32	0:00:59	26	0:29:13	21	0:00:48	1	-0:43:51		
179	1018	215	João Inácio	DNF	JUN	IPODEC / Tri-Oeiras.com	26	0:12:52	37	0:01:00	5	-0:13:52						
180	3194	2620	Nuno Paulo Simões	DNF	SEN	Sport União Colarense	95	0:16:05	136	0:01:38	2	-0:17:43						
181	2038	2552	Ricardo Rodrigues	DNF	S23	Alhandra Sporting Clube	98	0:16:15	112	0:01:28	3	-0:17:43						
182	3222	482	Rodrigo Costa	DNF	SEN	Repsol Polimeros	22	0:12:43	71	0:01:13	4	-0:13:56						
183	3174	2568	Valter Nogueira	DNF	SEN	Triathlon Lamego Club	153	0:19:24	93	0:01:21	1	-0:20:45						
184	1070	2647	Adriano Silva	DNS	JUN	Ginásio Clube de Sines												
185	5001		André Cunha	DNS	SEN	Individual												
186	4126	2729	António Piedade Santos	DNS	V3	Triathlon Lamego Club												
187	4088	882	António Trabuco	DNS	V1	Triathlon Lamego Club												
188	4115	499	António Ervideira	DNS	V1	Tri-Oeste -Clube de Triatlo do Oeste												
189	5005		Bruno Martins	DNS	SEN	Individual												
190	2002	696	Daniel Simões	DNS	S23	Alhandra Sporting Clube												
191	3060	336	Fernando Minhalma	DNS	SEN	Tavira Natação Clube												
192	1076	116	Gonçalo Ruivo	DNS	JUN	Águias de Alpiarça												
193	3056	594	Hugo Ribeiro	DNS	SEN	IPODEC / Tri-Oeiras.com												
194	1045	222	João Amaral	DNS	JUN	C.N. Cartaxo												
195	3234	2708	João Vaz Lima	DNS	SEN	Clube Triatlo de Perosinho												
196	5010		José Marques	DNS	SEN	Individual												
197	4086	489	José Salgueiro	DNS	V1	ABV Estoris												
198	4128	623	Luis Filipe Lopes	DNS	V1	Oeiras Sport Clube												
199	4049	562	Paulo Vieira	DNS	V1	Ginásio Clube Figueirense												
200	1074	2612	Pedro Laginha Palma	DNS	JUN	Clube Triatlo de Perosinho												
201	3191	654	Pedro Monteiro	DNS	SEN	IPODEC / Tri-Oeiras.com												
202	4076	454	Petro Mosinzov	DNS	V1	A.D.C.R. Painho												
203	5021		Ricardo Nunes	DNS	SEN	Individual												
204	3133	467	Sean McEvoy	DNS	SEN	Triathlon Lamego Club												
205	5027		Vitor Grilo	DNS	V1	Individual												