

Resultados

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

Informação

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

V5 Masculinos

SWIM 750 (MT) Temperatura Agua:							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
150	4003	830	João Branco		V5	C.F. "Os Belenenses"	156	0:23:07	136	0:01:54	141	0:36:27	97	0:01:05	153	0:28:28	1:31:01	0:33:49
154	4017	828	Fernando Inácio		V5	ABV Estoris	160	0:27:33	158	0:03:09	160	0:44:55	152	0:01:56	154	0:28:55	1:46:28	0:49:16

V4 Masculinos

SWIM 750 (MT) Temperatura Agua:							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
100	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	117	0:18:04	66	0:01:14	105	0:32:19	73	0:00:58	83	0:21:11	1:13:46	0:16:34
138	5022		Rui Correia		V4	Individual	155	0:22:49	131	0:01:44	137	0:35:11	108	0:01:09	130	0:24:11	1:25:04	0:27:52
141	4100	871	Jaime Carmo		V4	Individual	152	0:22:03	124	0:01:42	144	0:37:03	149	0:01:45	117	0:23:11	1:25:44	0:28:32
145	4046	816	Mário Melo		V4	Clube Ferroviário de Vendas Novas	100	0:16:51	144	0:02:03	155	0:40:04	140	0:01:30	149	0:27:19	1:27:47	0:30:35
151	5024		Silvino Muchacho		V4	Individual	143	0:20:23	160	0:04:43	152	0:38:33	155	0:02:06	144	0:26:26	1:32:11	0:34:59

V3 Masculinos

SWIM 750 (MT) Temperatura Agua:							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
81	4000	798	Olímpio Guedelha		V3	CCD / V.F. Xira	93	0:16:38	139	0:01:55	79	0:30:48	99	0:01:05	74	0:20:50	1:11:16	0:14:04
146	4054	796	António Santos		V3	Repsol Polimeros	98	0:16:46	128	0:01:43	157	0:41:18	136	0:01:28	146	0:26:37	1:27:52	0:30:40
152	4004	801	Luís Ramos		V3	C.F. "Os Belenenses"	153	0:22:16	157	0:03:08	149	0:38:05	153	0:01:59	152	0:28:25	1:33:53	0:36:41

V3 Femininos

SWIM 750 (MT) Temperatura Agua:							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
20	4007	808	Maria Moniz		V3	C.F. "Os Belenenses"	-3	0:19:36	-6	0:01:42	-1	0:41:18	-5	0:01:25	-5	0:28:22	1:32:23	0:35:11

V2 Masculinos

SWIM 750 (MT) Temperatura Agua:							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
18	4119	2687	Francisco Amian		V2	IPODEC / Tri-Oeiras.com	16	0:12:32	62	0:01:12	26	0:29:20	25	0:00:50	37	0:19:15	1:03:09	0:05:57
26	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	32	0:13:09	42	0:01:04	53	0:29:57	76	0:00:59	38	0:19:19	1:04:28	0:07:16
31	4034	756	João Pereira		V2	IPODEC / Tri-Oeiras.com	49	0:14:06	105	0:01:30	46	0:29:45	88	0:01:02	25	0:18:44	1:05:07	0:07:55
34	4090	865	Rui Campos		V2	HALCON - Olimpico de Oeiras	60	0:15:02	106	0:01:30	27	0:29:21	7	0:00:42	27	0:18:47	1:05:22	0:08:10
36	4125	844	Paulo Ribeiro		V2	Tri-Oeste -Clube de Triatlo do Oeste	52	0:14:20	50	0:01:06	61	0:30:02	42	0:00:52	35	0:19:12	1:05:32	0:08:20
43	4101	755	João Gomes		V2	IPODEC / Tri-Oeiras.com	42	0:13:42	79	0:01:19	69	0:30:13	66	0:00:57	60	0:20:22	1:06:33	0:09:21
44	4060	762	António Moura		V2	Casa do Benfica no Fundão	62	0:15:09	46	0:01:05	39	0:29:38	3	0:00:40	56	0:20:09	1:06:41	0:09:29
55	4015	774	José Oliveira		V2	ABV Estoris	70	0:15:28	47	0:01:05	32	0:29:31	67	0:00:57	84	0:21:11	1:08:12	0:11:00
65	4052	770	Manuel Gonçalves		V2	Clube da Natação Colégio Vasco da Gama	86	0:16:21	49	0:01:06	96	0:31:47	68	0:00:57	32	0:18:56	1:09:07	0:11:55
78	5004		Artur Parreira		V2	Individual	75	0:15:44	90	0:01:26	101	0:32:05	44	0:00:53	72	0:20:47	1:10:55	0:13:43
90	4014	775	João Santos		V2	ABV Estoris	56	0:14:27	78	0:01:19	58	0:29:58	143	0:01:33	141	0:25:41	1:12:58	0:15:46
99	4138	2781	Paulo Guedes		V2	HALCON - Olimpico de Oeiras	109	0:17:30	107	0:01:31	103	0:32:10	90	0:01:02	87	0:21:15	1:13:28	0:16:16
109	4075	751	José Peixoto		V2	A.D.C.R. Painho	142	0:20:08	80	0:01:19	112	0:32:43	95	0:01:03	68	0:20:39	1:15:52	0:18:40
115	4023	765	Francisco Bexiga		V2	CEFA	90	0:16:35	119	0:01:37	124	0:33:19	101	0:01:06	135	0:24:58	1:17:35	0:20:23
117	4089	768	Jorge Duarte		V2	Oeiras Sport Clube	126	0:18:34	103	0:01:29	85	0:31:05	124	0:01:20	138	0:25:14	1:17:42	0:20:30
128	4097	790	Carlos Suzana		V2	IPODEC / Tri-Oeiras.com	150	0:21:08	154	0:02:35	127	0:33:56	150	0:01:46	82	0:21:08	1:20:33	0:23:21
130	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	158	0:23:09	135	0:01:53	106	0:32:28	134	0:01:27	102	0:22:07	1:21:04	0:23:52
135	5011		José Correia		V2	Individual	71	0:15:28	148	0:02:10	154	0:39:22	144	0:01:33	143	0:26:10	1:24:43	0:27:31
147	4102	786	Luís Lima		V2	Triathlon Lamego Club	159	0:24:46	150	0:02:12	147	0:37:21	148	0:01:41	109	0:22:24	1:28:24	0:31:12

V1 Masculinos

SWIM 750 (MT) Temperatura Agua:							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
9	4116	592	Rui Rodrigues		V1	Tri-Oeste -Clube de Triatlo do Oeste	14	0:12:25	6	0:00:47	15	0:28:57	60	0:00:55	9	0:17:22	1:00:26	0:03:14
24	4013	648	Miguel Fragoso		V1	ABV Estoris	34	0:13:12	38	0:01:02	55	0:29:57	69	0:00:57	34	0:19:10	1:04:18	0:07:06
28	4121	585	Paulo Codinha		V1	C.F. "Os Belenenses"	28	0:13:03	24	0:00:55	24	0:29:12	41	0:00:52	63	0:20:31	1:04:33	0:07:21

Médias: 0:16:14 0:01:26 0:31:14 0:01:04 0:21:26

37	4093	840	Rui Sa	V1	Casa Benfica Faro/GASCAN	31	0:13:07	70	0:01:16	74	0:30:32	72	0:00:57	52	0:19:49	1:05:41	0:08:29
56	4114	540	Pedro Gaspar	V1	Alhandra Sporting Clube	36	0:13:14	126	0:01:42	72	0:30:31	109	0:01:10	98	0:21:46	1:08:23	0:11:11
63	4127	2732	Emanuel Marques	V1	Triathlon Lamego Club	55	0:14:27	145	0:02:04	91	0:31:24	132	0:01:25	44	0:19:32	1:08:52	0:11:40
64	4036	839	Carlos Cunha	V1	IPODEC / Tri-Oeiras.com	103	0:17:07	60	0:01:11	75	0:30:38	96	0:01:04	33	0:19:07	1:09:07	0:11:55
71	5007		João Martins	V1	Individual	69	0:15:18	125	0:01:42	83	0:31:02	56	0:00:55	67	0:20:38	1:09:35	0:12:23
76	4129	2740	João Hipólito	V1	Alhandra Sporting Clube	96	0:16:41	100	0:01:28	43	0:29:43	94	0:01:03	93	0:21:24	1:10:19	0:13:07
94	4073	456	Amândio Caetano	V1	A.D.C.R. Painho	107	0:17:22	102	0:01:29	97	0:31:51	100	0:01:06	91	0:21:19	1:13:07	0:15:55
107	4025	516	João Medeiro	V1	Serv. Soc. CGD	141	0:19:58	97	0:01:27	108	0:32:37	39	0:00:52	69	0:20:41	1:15:35	0:18:23
108	5018		Paulo Renato Santos	V1	Individual	73	0:15:37	113	0:01:35	126	0:33:48	48	0:00:53	124	0:23:43	1:15:36	0:18:24
137	4094	873	Artur Amaral	V1	C.N. Cartaxo	137	0:19:37	129	0:01:43	146	0:37:15	137	0:01:28	134	0:24:57	1:25:00	0:27:48
148	4024	500	Rui Teixeira	V1	CEFA	125	0:18:26	147	0:02:09	156	0:41:14	128	0:01:21	142	0:25:45	1:28:55	0:31:43

SEN Masculinos

SWIM 750 (MT) Temperatura Agua:							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
6	5016		Nico Piftenmaier		SEN	Individual	8	0:11:47	9	0:00:50	11	0:28:26	32	0:00:51	10	0:17:27	0:59:21	0:02:09
7	3053	474	Sérgio Marques		SEN	IPODEC / Tri-Oeiras.com	13	0:12:19	11	0:00:50	14	0:28:54	11	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	26	0:13:01	20	0:00:55	19	0:29:09	2	0:00:37	3	0:16:29	1:00:11	0:02:59
10	3127	468	Tiago Lobo		SEN	Triathlon Lamego Club	12	0:12:18	45	0:01:04	48	0:29:45	34	0:00:51	12	0:17:39	1:01:37	0:04:25
11	3214	2684	Miguel Ganchinho		SEN	IPODEC / Tri-Oeiras.com	37	0:13:18	74	0:01:17	10	0:28:25	31	0:00:51	14	0:17:48	1:01:39	0:04:27
14	3021	588	Marco Mello		SEN	ABV Estoris	33	0:13:09	12	0:00:51	16	0:29:00	22	0:00:49	16	0:18:00	1:01:49	0:04:37
16	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	15	0:12:28	41	0:01:03	37	0:29:33	14	0:00:46	26	0:18:45	1:02:35	0:05:23
19	3102	662	Alexandre Feliz		SEN	Tri-Oeste -Clube de Triatlo do Oeste	29	0:13:05	19	0:00:54	18	0:29:03	15	0:00:47	40	0:19:22	1:03:11	0:05:59
20	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	24	0:12:58	5	0:00:47	22	0:29:12	24	0:00:50	45	0:19:37	1:03:24	0:06:12
23	3014	613	Paulo Lamego		SEN	C.F. "Os Belenenses"	46	0:14:03	54	0:01:07	59	0:29:59	43	0:00:52	19	0:18:14	1:04:15	0:07:03
25	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	64	0:15:13	53	0:01:07	33	0:29:31	8	0:00:44	13	0:17:43	1:04:18	0:07:06
29	3052	479	Hélder Milheiras		SEN	IPODEC / Tri-Oeiras.com	47	0:14:04	76	0:01:18	60	0:30:00	65	0:00:57	20	0:18:25	1:04:44	0:07:32
30	3225	2694	Rui Ferreira		SEN	Individual	18	0:12:39	37	0:01:01	28	0:29:26	71	0:00:57	70	0:20:42	1:04:45	0:07:33
32	3020	524	Miguel Palma		SEN	ABV Estoris	25	0:12:59	39	0:01:02	17	0:29:01	26	0:00:50	89	0:21:17	1:05:09	0:07:57
33	3079	728	Eduardo Alçada		SEN	Ginásio Clube Figueirense	43	0:13:43	96	0:01:27	42	0:29:42	64	0:00:57	43	0:19:31	1:05:20	0:08:08
38	3211	354	Manuel Coutinho		SEN	IPODEC / Tri-Oeiras.com	7	0:11:35	72	0:01:16	41	0:29:39	131	0:01:23	99	0:21:52	1:05:45	0:08:33
39	3228	2698	João Janela Martins		SEN	Casa Benfica Faro/GASCAN	79	0:16:04	34	0:01:00	13	0:28:49	118	0:01:13	29	0:18:51	1:05:57	0:08:45
40	3248	2741	Bruno Lemos Silva		SEN	Clube Millennium BCP	53	0:14:21	30	0:01:00	56	0:29:58	28	0:00:51	53	0:19:57	1:06:07	0:08:55
41	3170	2562	Rui Simões		SEN	Sport União Colarense	65	0:15:14	27	0:00:56	38	0:29:36	87	0:01:01	47	0:19:41	1:06:28	0:09:16
42	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	40	0:13:35	16	0:00:53	44	0:29:44	80	0:01:00	90	0:21:19	1:06:31	0:09:19
45	3005	620	Diogo Almeida		SEN	C.F. "Os Belenenses"	11	0:12:18	57	0:01:10	40	0:29:39	49	0:00:54	111	0:22:42	1:06:43	0:09:31
46	5013		Manuel Júlio		SEN	Individual	45	0:13:43	17	0:00:53	90	0:31:23	58	0:00:55	51	0:19:49	1:06:43	0:09:31
47	3197	2640	Délio Ferreira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	116	0:18:02	35	0:01:01	54	0:29:57	20	0:00:48	5	0:16:56	1:06:44	0:09:32

49	3112	593	Paulo Conde	SEN	C.N. Cartaxo	35	0:13:12	26	0:00:56	63	0:30:04	112	0:01:11	97	0:21:37	1:07:00	0:09:48
50	3009	629	Fernando Carmo	SEN	C.F. "Os Belenenses"	101	0:16:59	68	0:01:14	31	0:29:30	50	0:00:54	23	0:18:29	1:07:06	0:09:54
51	3137	466	Carlos Matos	SEN	Casa Benfica Faro/GASCAN	88	0:16:31	59	0:01:11	66	0:30:09	61	0:00:56	22	0:18:29	1:07:16	0:10:04
52	3029	631	Pedro Santos	SEN	CEFA	50	0:14:11	63	0:01:12	64	0:30:07	33	0:00:51	85	0:21:11	1:07:32	0:10:20
53	3061	725	Miguel Palmeira	SEN	Tavira Natação Clube	61	0:15:04	44	0:01:04	52	0:29:53	40	0:00:52	71	0:20:46	1:07:39	0:10:27
57	3054	739	António Luz Gomes	SEN	IPODEC / Tri-Oeiras.com	68	0:15:18	55	0:01:09	35	0:29:33	36	0:00:52	96	0:21:35	1:08:27	0:11:15
58	3001	627	Paulo Teles	SEN	CCD / V.F. Xira	59	0:15:02	61	0:01:11	50	0:29:48	84	0:01:00	94	0:21:30	1:08:31	0:11:19
59	3247	2734	António Henriques	SEN	Individual	95	0:16:40	86	0:01:23	45	0:29:45	117	0:01:13	46	0:19:40	1:08:41	0:11:29
60	5019		Pedro Quintela	SEN	Individual	97	0:16:41	64	0:01:13	62	0:30:03	78	0:00:59	50	0:19:46	1:08:42	0:11:30
61	3107	621	Rui Sousa	SEN	C.N. Cartaxo	89	0:16:33	56	0:01:09	65	0:30:07	23	0:00:49	55	0:20:04	1:08:42	0:11:30
62	3069	497	Pedro Cordeiro	SEN	Tri-Oeste -Clube de Triatlo do Oeste	39	0:13:28	10	0:00:50	87	0:31:07	85	0:01:00	105	0:22:21	1:08:46	0:11:34
66	5012		Manuel Alves	SEN	Individual	44	0:13:43	43	0:01:04	88	0:31:18	57	0:00:55	104	0:22:12	1:09:12	0:12:00
68	3173	2564	José Lino	SEN	C.N. Cartaxo	114	0:18:00	14	0:00:52	67	0:30:09	21	0:00:49	48	0:19:42	1:09:32	0:12:20
69	3246	2733	António Ferreira Lopes	SEN	Individual	48	0:14:06	110	0:01:35	49	0:29:48	105	0:01:08	115	0:22:56	1:09:33	0:12:21
70	3207	2662	José Magalhães Dias	SEN	A.D.C.R. Painho	66	0:15:16	82	0:01:20	29	0:29:27	106	0:01:08	107	0:22:23	1:09:34	0:12:22
72	3216	2686	Ricardo Francisco	SEN	IPODEC / Tri-Oeiras.com	102	0:17:04	98	0:01:27	77	0:30:38	70	0:00:57	42	0:19:30	1:09:36	0:12:24
73	3094	708	Pedro Fernandes	SEN	ABV Estoris	72	0:15:36	77	0:01:18	84	0:31:04	52	0:00:54	76	0:20:55	1:09:47	0:12:35
74	3172	645	João Lourenço	SEN	C.N. Cartaxo	81	0:16:06	25	0:00:56	81	0:30:53	98	0:01:05	79	0:21:02	1:10:02	0:12:50
75	3167	564	Cristiano Andrade	SEN	Ginásio Clube Figueirense	51	0:14:19	67	0:01:14	57	0:29:58	55	0:00:55	128	0:23:52	1:10:18	0:13:06
77	5086		Hugo Sousa	SEN	Individual	119	0:18:11	21	0:00:55	98	0:31:52	46	0:00:53	24	0:18:35	1:10:26	0:13:14
79	3244	2735	Carlos Fernandes	SEN	Oeiras Sport Clube	105	0:17:12	51	0:01:07	107	0:32:36	45	0:00:53	41	0:19:23	1:11:11	0:13:59
84	3119	638	Paulo Calixto	SEN	CCD / V.F. Xira	132	0:19:04	58	0:01:10	73	0:30:32	74	0:00:58	61	0:20:23	1:12:07	0:14:55
85	3101	457	Nuno Almeida	SEN	A.D.C.R. Painho	110	0:17:44	108	0:01:32	95	0:31:43	63	0:00:56	58	0:20:14	1:12:09	0:14:57
86	3012	715	Ricardo Fróis	SEN	C.F. "Os Belenenses"	74	0:15:39	114	0:01:35	78	0:30:47	59	0:00:55	121	0:23:21	1:12:17	0:15:05
87	3221	2692	Diogo Martins	SEN	C.F. "Os Belenenses"	41	0:13:42	130	0:01:43	110	0:32:42	114	0:01:12	120	0:23:21	1:12:40	0:15:28
88	3140	4615	Jorge Vieira	SEN	Sport União Colarenses	111	0:17:52	36	0:01:01	102	0:32:07	62	0:00:56	73	0:20:49	1:12:45	0:15:33
89	3198	295	Ricardo Teixeira	SEN	Tri-Oeste -Clube de Triatlo do Oeste	133	0:19:11	69	0:01:15	71	0:30:24	86	0:01:00	77	0:20:58	1:12:48	0:15:36
91	5095	2577	Miguel Reis	SEN	Amiciclo	99	0:16:48	48	0:01:06	89	0:31:19	135	0:01:28	106	0:22:22	1:13:03	0:15:51
92	3057	734	Henrique Matias	SEN	IPODEC / Tri-Oeiras.com	122	0:18:18	116	0:01:36	82	0:31:00	123	0:01:20	75	0:20:52	1:13:06	0:15:54
93	3030	501	Nuno Raimundo	SEN	CEFA	85	0:16:19	94	0:01:26	116	0:32:58	89	0:01:02	92	0:21:21	1:13:06	0:15:54
95	3224	655	Daniel Trindade	SEN	Casa Benfica Faro/GASCAN	112	0:17:54	31	0:01:00	99	0:31:53	113	0:01:12	86	0:21:15	1:13:14	0:16:02
96	3120	720	Mário Couto	SEN	CCD / V.F. Xira	121	0:18:16	112	0:01:35	94	0:31:43	103	0:01:07	65	0:20:36	1:13:17	0:16:05
97	3219	2690	Ricardo Ferreira	SEN	C.F. "Os Belenenses"	38	0:13:25	123	0:01:38	134	0:34:32	53	0:00:54	113	0:22:49	1:13:18	0:16:06
98	3090	636	Paulo Queirós Gonçalves	SEN	Casa do Benfica no Fundão	154	0:22:27	75	0:01:17	80	0:30:50	4	0:00:40	18	0:18:06	1:13:20	0:16:08
101	3135	2515	Mário Guedes	SEN	Triathlon Lamego Club	91	0:16:37	111	0:01:35	86	0:31:06	125	0:01:20	123	0:23:35	1:14:13	0:17:01
102	3160	2550	Nuno Vasco	SEN	Ginásio Clube Figueirense	106	0:17:16	93	0:01:26	76	0:30:38	121	0:01:17	127	0:23:49	1:14:26	0:17:14
103	3161	2551	Hugo Afonso	SEN	Oeiras Sport Clube	84	0:16:18	120	0:01:38	113	0:32:47	83	0:01:00	114	0:22:51	1:14:34	0:17:22
104	3239	2717	Telmo Veloso	SEN	Porto Runners	94	0:16:39	153	0:02:19	138	0:35:19	122	0:01:18	39	0:19:19	1:14:54	0:17:42
105	3082	651	João Seródio	SEN	Clube da Natação Colégio Vasco da Gama	87	0:16:29	73	0:01:17	125	0:33:20	142	0:01:31	108	0:22:24	1:15:01	0:17:49
106	3003	854	César Andrade	SEN	CCD / V.F. Xira	78	0:16:02	134	0:01:50	93	0:31:32	110	0:01:11	133	0:24:54	1:15:29	0:18:17

110	3235	2711	Gonçalo Vicente		SEN	Clube da Nataçao Colégio Vasco da Gama	92	0:16:38	132	0:01:48	139	0:35:41	82	0:01:00	80	0:21:04	1:16:11	0:18:59
111	3002	484	Paulo Leote		SEN	CCD / V.F. Xira	108	0:17:26	142	0:02:02	135	0:34:41	107	0:01:09	88	0:21:15	1:16:33	0:19:21
112	3203	2648	Pedro Soares Alves		SEN	Sport União Colarense	77	0:15:50	138	0:01:54	119	0:33:14	130	0:01:23	132	0:24:27	1:16:48	0:19:36
113	3245	2736	António Frade Ferreira		SEN	Oeiras Sport Clube	124	0:18:20	115	0:01:36	132	0:34:18	104	0:01:08	95	0:21:33	1:16:55	0:19:43
114	3081	745	Ricardo Vieira		SEN	Ginásio Clube Figueirense	127	0:18:36	117	0:01:36	128	0:34:02	120	0:01:15	100	0:22:04	1:17:33	0:20:21
116	3251	4512	José António Correia		SEN	Clube Millennium BCP	76	0:15:46	146	0:02:04	92	0:31:29	138	0:01:28	147	0:26:48	1:17:35	0:20:23
118	3018	528	Sérgio Oliveira		SEN	ABV Estoris	120	0:18:12	104	0:01:29	121	0:33:17	79	0:00:59	126	0:23:45	1:17:42	0:20:30
119	3252	2756	Francisco Cunha Pereira		SEN	Individual	148	0:21:02	141	0:02:02	122	0:33:18	115	0:01:12	59	0:20:20	1:17:54	0:20:42
120	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho	157	0:23:09	85	0:01:22	104	0:32:13	77	0:00:59	62	0:20:27	1:18:10	0:20:58
121	5020		Pedro Santos		SEN	Individual	136	0:19:32	95	0:01:26	123	0:33:18	133	0:01:25	110	0:22:39	1:18:20	0:21:08
122	3250	2743	Paulo Quintino		SEN	Clube Millennium BCP	128	0:18:38	137	0:01:54	140	0:36:03	17	0:00:47	81	0:21:05	1:18:27	0:21:15
123	3141	2525	Paulo Matias		SEN	IPODEC / Tri-Oeiras.com	138	0:19:39	88	0:01:23	117	0:33:04	126	0:01:20	116	0:23:02	1:18:28	0:21:16
124	3043	511	Horácio Ferreira		SEN	Oeiras Sport Clube	140	0:19:53	92	0:01:26	114	0:32:48	93	0:01:03	122	0:23:32	1:18:42	0:21:30
125	5017		Nuno Sizudo		SEN	Individual	115	0:18:00	156	0:02:57	118	0:33:14	146	0:01:40	119	0:23:15	1:19:06	0:21:54
126	3033	714	António Marques		SEN	CEFA	144	0:20:25	127	0:01:43	129	0:34:04	91	0:01:03	103	0:22:09	1:19:24	0:22:12
127	3223	2693	Fernando Conceição		SEN	CEFA	118	0:18:04	149	0:02:11	130	0:34:06	145	0:01:36	129	0:23:58	1:19:55	0:22:43
129	3208	2663	Rui Trovão		SEN	Ginásio Clube Figueirense	130	0:18:55	143	0:02:02	120	0:33:17	116	0:01:12	139	0:25:22	1:20:48	0:23:36
133	3218	2689	Filipe Cravo		SEN	C.F. "Os Belenenses"	63	0:15:10	118	0:01:37	142	0:36:32	151	0:01:50	151	0:27:49	1:22:58	0:25:46
134	5002		António Tavares		SEN	Individual	139	0:19:49	140	0:02:02	133	0:34:22	154	0:02:00	137	0:25:02	1:23:15	0:26:03
136	3206	338	André Guimarães		SEN	Clube Triatlo de Perosinho	131	0:18:56	83	0:01:21	159	0:44:39	127	0:01:21	21	0:18:27	1:24:44	0:27:32
139	3256	2773	João Pedro Antunes		SEN	Casa Benfca Faro/GASCAN	129	0:18:45	89	0:01:25	151	0:38:30	111	0:01:11	140	0:25:27	1:25:18	0:28:06
140	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	134	0:19:23	133	0:01:48	150	0:38:13	102	0:01:06	136	0:24:59	1:25:29	0:28:17
143	3209	2677	Pedro Miguel Lopes		SEN	Porto Runners	145	0:20:36	152	0:02:13	153	0:39:18	27	0:00:50	118	0:23:14	1:26:11	0:28:59
144	5009		João Matosa		SEN	Individual	151	0:21:47	155	0:02:57	143	0:36:51	129	0:01:23	125	0:23:45	1:26:43	0:29:31
149	5006		João Bouza da Costa		SEN	Individual	147	0:21:01	151	0:02:13	148	0:38:05	141	0:01:31	148	0:26:51	1:29:41	0:32:29
153	5015		Miguel Gião		SEN	Individual	146	0:20:50	159	0:03:11	158	0:43:33	119	0:01:14	150	0:27:19	1:36:07	0:38:55
155	3013	542	Bruno Grilo	DNF	SEN	C.F. "Os Belenenses"	21	0:12:51	28	0:00:59	25	0:29:13	19	0:00:48	1	-0:43:51		
157	3194	2620	Nuno Paulo Simões	DNF	SEN	Sport União Colarense	80	0:16:05	122	0:01:38	2	-0:17:43						
159	3222	482	Rodrigo Costa	DNF	SEN	Repsol Polimeros	19	0:12:43	65	0:01:13	4	-0:13:56						
160	3174	2568	Valter Nogueira	DNF	SEN	Triathlon Lamego Club	135	0:19:24	84	0:01:21	1	-0:20:45						

SEN Femininos

SWIM							BIKE					RUN						
750 (MT)							2000 (KM)					5000 (MT)						
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	SWIM	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
6	3015	538	Maria João Madeira		SEN	IPODEC / Tri-Oeiras.com	-11	0:14:15	-10	0:01:32	-19	0:30:18	-11	0:01:07	-16	0:23:35	1:10:47	0:13:35
9	3240	380	Carla Ribeiro		SEN	C.N. Cartaxo	-6	0:16:40	-15	0:01:17	-14	0:33:09	-14	0:00:59	-15	0:23:36	1:15:41	0:18:29
12	3212	393	Maria Cecília Franco		SEN	IPODEC / Tri-Oeiras.com	-7	0:15:45	-3	0:01:52	-10	0:36:42	-6	0:01:23	-17	0:23:20	1:19:02	0:21:50
14	3184	2596	Maria Rita Neves		SEN	IPODEC / Tri-Oeiras.com	-8	0:14:48	-5	0:01:45	-6	0:38:11	-9	0:01:11	-11	0:25:42	1:21:37	0:24:25

17	3192	2613	Isaura Faria		SEN	IPODEC / Tri-Oeiras.com	-1	0:20:41	-9	0:01:33	-7	0:37:59	-24	0:00:50	-18	0:23:15	1:24:18	0:27:06
18	3038	587	Helena Medeiro		SEN	Serv. Soc. CGD	-4	0:18:42	1	0:02:51	-8	0:37:00	-4	0:01:36	-12	0:25:30	1:25:39	0:28:27
21	5014		Mariana Correia		SEN	Individual	-5	0:17:33	-1	0:02:13	1	0:44:35	-19	0:00:54	-7	0:27:29	1:32:44	0:35:32
22	3190	2609	Raquel Fróis		SEN	C.F. "Os Belenenses"	-2	0:20:25	0	0:02:23	0	0:42:10	-16	0:00:55	-9	0:27:01	1:32:54	0:35:42
23	3204	2651	Susana Simões		SEN	Porto Runners	1	0:32:18	-2	0:02:06	-3	0:40:06	-21	0:00:53	-21	0:22:36	1:37:59	0:40:47

S23 Masculinos

SWIM 750 (MT) Temperatura Agua:							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	15	0:00:52	7	0:28:04	10	0:00:45	4	0:16:50	0:57:48	0:00:36
5	2032	252	Tiago Neves		S23	IPODEC / Tri-Oeiras.com	2	0:11:15	18	0:00:53	9	0:28:08	35	0:00:51	17	0:18:04	0:59:11	0:01:59
13	2003	417	Rui Dolores		S23	Amiciclo	27	0:13:02	3	0:00:45	20	0:29:11	54	0:00:54	15	0:17:53	1:01:45	0:04:33
15	2007	362	Sérgio Manuel Silva		S23	SR Camarnal-Constr.Ramalho Couto-Ika	57	0:14:57	4	0:00:46	34	0:29:32	75	0:00:58	2	0:15:59	1:02:12	0:05:00
21	2061	256	Carlos Gaspar		S23	Repsol Polímeros	23	0:12:57	13	0:00:52	21	0:29:12	37	0:00:52	54	0:20:02	1:03:55	0:06:43
27	2005	2504	Mário Leitão		S23	Alhandra Sporting Clube	20	0:12:44	23	0:00:55	30	0:29:29	16	0:00:47	64	0:20:33	1:04:28	0:07:16
35	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	67	0:15:17	81	0:01:20	23	0:29:12	29	0:00:51	28	0:18:49	1:05:29	0:08:17
80	2057	2724	Fábio Faustino		S23	Ginásio Clube de Sines	58	0:14:59	91	0:01:26	115	0:32:56	30	0:00:51	78	0:21:01	1:11:13	0:14:01
131	2062	2765	Tiago Domingos		S23	Tavira Natação Clube	113	0:17:56	71	0:01:16	136	0:34:45	18	0:00:47	145	0:26:31	1:21:15	0:24:03
158	2038	2552	Ricardo Rodrigues	DNF	S23	Alhandra Sporting Clube	83	0:16:15	101	0:01:28	3	-0:17:43						

S23 Femininos

SWIM 750 (MT) Temperatura Agua:							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
5	2059	2738	Katarina Larsson		S23	IPODEC / Tri-Oeiras.com	-10	0:14:17	-13	0:01:21	-15	0:32:26	-8	0:01:14	-23	0:21:11	1:10:29	0:13:17
10	2047	2623	Marta Baleizão		S23	Alhandra Sporting Clube	-14	0:13:47	-14	0:01:18	-11	0:36:22	-22	0:00:52	-13	0:24:49	1:17:08	0:19:56

JUV Femininos

SWIM 750 (MT) Temperatura Agua:							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
8	1093	27	Mariana Costa		JUV	Individual	-20	0:12:39	-16	0:01:09	-12	0:34:48	-13	0:00:59	-14	0:24:42	1:14:17	0:17:05

JUN Masculinos

SWIM 750 (MT) Temperatura Agua:								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
3	1082	2695	João José Pereira		JUN	Alhandra Sporting Clube	5	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"	4	0:11:23	7	0:00:49	6	0:28:04	9	0:00:45	11	0:17:38	0:58:39	0:01:27
12	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	6	0:11:35	1	0:00:44	47	0:29:45	6	0:00:42	31	0:18:53	1:01:39	0:04:27
17	1038	2513	Diogo Custódio		JUN	IPODEC / Tri-Oeiras.com	17	0:12:34	32	0:01:00	36	0:29:33	12	0:00:46	36	0:19:15	1:03:08	0:05:56
22	1057	2607	Marcos Duro		JUN	IPODEC / Tri-Oeiras.com	10	0:12:15	40	0:01:03	51	0:29:50	13	0:00:46	57	0:20:12	1:04:06	0:06:54
48	1009	2506	Luis Courinha		JUN	Alhandra Sporting Clube	9	0:11:53	22	0:00:55	70	0:30:23	47	0:00:53	112	0:22:47	1:06:51	0:09:39
54	1092	2757	Eduardo Mourato		JUN	Triathlon Lamego Club	54	0:14:21	87	0:01:23	111	0:32:43	38	0:00:52	30	0:18:53	1:08:12	0:11:00
67	1086	2722	Carlos Alberto Costa		JUN	Ginásio Clube de Sines	82	0:16:07	99	0:01:28	68	0:30:10	81	0:01:00	66	0:20:38	1:09:23	0:12:11
82	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho	104	0:17:11	121	0:01:38	100	0:31:56	139	0:01:29	49	0:19:42	1:11:56	0:14:44
83	1003	2294	Francisco Oliveira Reis		JUN	C.F. "Os Belenenses"	30	0:13:05	29	0:00:59	109	0:32:39	92	0:01:03	131	0:24:20	1:12:06	0:14:54
132	1010	126	Joaquim Guerreiro		JUN	Amiciclo	149	0:21:02	52	0:01:07	145	0:37:11	51	0:00:54	101	0:22:05	1:22:19	0:25:07
142	1061	2631	David Ferreira		JUN	Sport União Colarense	123	0:18:19	109	0:01:33	131	0:34:16	147	0:01:41	155	0:29:59	1:25:48	0:28:36
156	1018	215	João Inácio	DNF	JUN	IPODEC / Tri-Oeiras.com	22	0:12:52	33	0:01:00	5	-0:13:52						

JUN Femininos

SWIM 750 (MT) Temperatura Agua:								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	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	-21	0:11:20	-20	0:00:54	-21	0:28:54	-26	0:00:44	-26	0:19:14	1:01:06	0:03:54
2	1013	12	Bárbara Clemente		JUN	Sport União Colarense	-19	0:12:42	-21	0:00:51	-20	0:29:29	-23	0:00:51	-24	0:20:05	1:03:58	0:06:46
3	1017	143	Joana Marques		JUN	IPODEC / Tri-Oeiras.com	-16	0:12:55	-17	0:01:02	-18	0:31:23	-25	0:00:45	-25	0:19:53	1:05:58	0:08:46
4	1064	193	Filipa Ferreira		JUN	Alhandra Sporting Clube	-17	0:12:54	-18	0:00:57	-17	0:31:29	-12	0:01:07	-22	0:22:20	1:08:47	0:11:35
7	1027	7	Marina Pedro		JUN	Ginásio Clube de Sines	-9	0:14:39	-11	0:01:25	-16	0:31:56	-18	0:00:54	-19	0:23:12	1:12:06	0:14:54
11	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	-18	0:12:47	-19	0:00:55	-13	0:34:20	-20	0:00:54	-4	0:29:57	1:18:53	0:21:41
13	1071	2592	Andreia Ponte		JUN	Ginásio Clube de Sines	-13	0:13:54	-7	0:01:41	-5	0:38:17	-17	0:00:55	-10	0:26:46	1:21:33	0:24:21
15	1016	142	Ana Sampaio		JUN	IPODEC / Tri-Oeiras.com	-12	0:13:58	-12	0:01:25	-4	0:38:46	-15	0:00:57	-8	0:27:07	1:22:13	0:25:01
16	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	0	0:21:20	-8	0:01:35	-9	0:36:58	-10	0:01:07	-20	0:22:54	1:23:54	0:26:42
19	1035	2508	Ana Carrasco		JUN	Alhandra Sporting Clube	-15	0:13:34	-4	0:01:47	-2	0:40:53	-7	0:01:17	-6	0:28:17	1:25:48	0:28:36

JUN Masculinos

SWIM 750 (MT) Temperatura Agua:							BIKE 20000 (KM)					RUN 5000 (MT)			Total	Diff		
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	SWIM	Pos	T-1	Pos	BIKE	Pos	T-2	Pos	RUN	Total	Diff
161	1070	2647	Adriano Silva	DNS	JUN	Ginásio Clube de Sines												
162	5001		André Cunha	DNS	SEN	Individual												
163	4126	2729	António Piedade Santos	DNS	V3	Triathlon Lamego Club												
164	4088	882	António Trabuço	DNS	V1	Triathlon Lamego Club												
165	4115	499	António Ervideira	DNS	V1	Tri-Oeste -Clube de Triatlo do Oeste												
166	5005		Bruno Martins	DNS	SEN	Individual												
167	2002	696	Daniel Simões	DNS	S23	Alhandra Sporting Clube												
168	3060	336	Fernando Minhalma	DNS	SEN	Tavira Natação Clube												
169	1076	116	Gonçalo Ruivo	DNS	JUN	Águias de Alpiarça												
170	3056	594	Hugo Ribeiro	DNS	SEN	IPODEC / Tri-Oeiras.com												
171	1045	222	João Amaral	DNS	JUN	C.N. Cartaxo												
172	3234	2708	João Vaz Lima	DNS	SEN	Clube Triatlo de Perosinho												
173	5010		José Marques	DNS	SEN	Individual												
174	4086	489	José Salgueiro	DNS	V1	ABV Estoris												
175	4128	623	Luis Filipe Lopes	DNS	V1	Oeiras Sport Clube												
176	4049	562	Paulo Vieira	DNS	V1	Ginásio Clube Figueirense												
177	1074	2612	Pedro Laginha Palma	DNS	JUN	Clube Triatlo de Perosinho												
178	3191	654	Pedro Monteiro	DNS	SEN	IPODEC / Tri-Oeiras.com												
179	4076	454	Petro Mosinzov	DNS	V1	A.D.C.R. Painho												
180	5021		Ricardo Nunes	DNS	SEN	Individual												
181	3133	467	Sean McEvoy	DNS	SEN	Triathlon Lamego Club												
182	5027		Vitor Grilo	DNS	V1	Individual												