

Resultados

Localidade:	Peniche	Distância NATAÇ (MT); CICLIS (KM); CORRI (MT):	750/20000/5000
Data:	02-07-2006	Hora de começo:	10h30m

Informação

Delegado técnico:	Edgar Henriques	Juiz Principal:	João Pinho
Pontuável para:	Camp. Nacional	Juri de apelo:	Resp CM Peniche/JL Ferreira/Edgar

Temperatura Agua:						NATAÇÃO				CICLISMO				CORRIDA				
						750M (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	2006	364	Duarte Marques		S23	SR Camarnal-Constr.Ramalho Couto-Ika	1	0:09:29			5	0:32:21	4	0:00:23	3	0:19:33	1:01:46	0:00:00
2	1020	179	Miguel Arraiolos		JUN	C.F. "Os Belenenses"	12	0:10:19			8	0:33:25	50	0:00:32	1	0:19:13	1:03:29	0:01:43
3	2000	321	João Cavaleiro		S23	C.F. "Os Belenenses"	2	0:09:30			18	0:34:16	11	0:00:26	4	0:19:42	1:03:54	0:02:08
4	2012	352	Pedro Gomes		S23	IPODEC / Tri-Oeiras.com	15	0:10:33			7	0:33:13	12	0:00:26	5	0:19:46	1:03:58	0:02:12
5	1054	2570	Vasco Pessoa		JUN	C.F. "Os Belenenses"	4	0:09:56			11	0:33:47	8	0:00:25	11	0:20:30	1:04:38	0:02:52
6	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube	10	0:10:17			9	0:33:30	19	0:00:27	18	0:21:20	1:05:34	0:03:48
7	1011	102	José Estrangeiro		JUN	SR Camarnal-Constr.Ramalho Couto-Ika	8	0:10:13			41	0:35:13	9	0:00:25	7	0:20:00	1:05:51	0:04:05
8	2032	252	Tiago Neves		S23	IPODEC / Tri-Oeiras.com	5	0:09:58			12	0:33:47	59	0:00:34	23	0:21:54	1:06:13	0:04:27
9	1063	52	Ruben Costa		JUN	Clube da Natação Colégio Vasco da Gama	9	0:10:17			47	0:35:19	53	0:00:33	8	0:20:11	1:06:20	0:04:34
10	1082	2695	João José Pereira		JUN	Alhandra Sporting Clube	14	0:10:30			32	0:34:58	5	0:00:24	13	0:20:38	1:06:30	0:04:44
11	3053	474	Sérgio Marques		SEN	IPODEC / Tri-Oeiras.com	21	0:11:08			19	0:34:20	37	0:00:30	14	0:20:42	1:06:40	0:04:54
12	1074	2612	Pedro Laginha Palma		JUN	Clube Triatlo de Perosinho	16	0:10:35			35	0:35:05	33	0:00:29	17	0:20:55	1:07:04	0:05:18
13	3039	507	Custódio António		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	41	0:11:59			31	0:34:55	24	0:00:28	9	0:20:14	1:07:36	0:05:50
14	3021	588	Marco Mello		SEN	ABV Estoris	34	0:11:44			38	0:35:08	18	0:00:27	16	0:20:55	1:08:14	0:06:28
15	4027	508	Alcino Serras		V1	SR Camarnal-Constr.Ramalho Couto-Ika	107	0:15:06	3	0:00:38	6	0:32:48	16	0:00:26	2	0:19:21	1:08:19	0:06:33
16	1088	2302	Diogo Calado		JUN	C.F. "Os Belenenses"	7	0:10:13			52	0:35:27	41	0:00:31	27	0:22:14	1:08:25	0:06:39
17	3040	505	José Ribeiro		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	72	0:13:11			14	0:34:03	60	0:00:34	15	0:20:43	1:08:31	0:06:45
18	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	54	0:12:28			30	0:34:55	69	0:00:35	12	0:20:34	1:08:32	0:06:46
19	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	27	0:11:27			48	0:35:21	7	0:00:25	19	0:21:24	1:08:37	0:06:51
20	2003	417	Rui Dolores		S23	Amiciclo	32	0:11:43			36	0:35:06	23	0:00:28	20	0:21:25	1:08:42	0:06:56
21	1001	51	Anais Moniz		JUN	C.F. "Os Belenenses"	11	0:10:18			10	0:33:31	42	0:00:31	61	0:24:36	1:08:56	0:07:10
22	3214	2684	Miguel Ganquinho		SEN	IPODEC / Tri-Oeiras.com	62	0:12:37			23	0:34:48	34	0:00:29	21	0:21:39	1:09:33	0:07:47
23	3153	741	Pedro Bartolomeu		SEN	TAC-Natação	53	0:12:27			27	0:34:53	10	0:00:25	26	0:22:08	1:09:53	0:08:07
24	1038	2513	Diogo Custódio		JUN	IPODEC / Tri-Oeiras.com	24	0:11:16			54	0:35:40	20	0:00:27	32	0:22:39	1:10:02	0:08:16
25	4119	2687	Francisco Amian		V2	IPODEC / Tri-Oeiras.com	22	0:11:10			55	0:35:41	35	0:00:29	33	0:22:44	1:10:04	0:08:18
26	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	19	0:11:06			68	0:36:33	48	0:00:32	24	0:21:57	1:10:08	0:08:22

Temperatura Agua:						NATAÇÃO				ICLISMO				CORRIDA				
						7500 (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	ICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
27	3260	360	Rafael Gomes		SEN	Amiciclo	30	0:11:40			45	0:35:17	39	0:00:30	39	0:22:57	1:10:24	0:08:38
28	3107	621	Rui Sousa		SEN	C.N. Cartaxo	64	0:12:42			22	0:34:44	25	0:00:28	31	0:22:34	1:10:28	0:08:42
29	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	40	0:11:53			24	0:34:52	61	0:00:34	42	0:23:12	1:10:31	0:08:45
30	3079	728	Eduardo Alçada		SEN	Ginásio Clube Figueirense	58	0:12:33			25	0:34:52	38	0:00:30	38	0:22:57	1:10:52	0:09:06
31	4013	648	Miguel Fragoso		V1	ABV Estoris	46	0:12:08			51	0:35:26	70	0:00:35	36	0:22:54	1:11:03	0:09:17
32	3102	662	Alexandre Feliz		SEN	Tri-Oeste -Clube de Triatlo do Oeste	33	0:11:43			40	0:35:12	143	0:00:57	49	0:23:28	1:11:20	0:09:34
33	3261	4804	David Caldeirão		SEN	C.N. Cartaxo	45	0:12:04			43	0:35:16	28	0:00:28	51	0:23:34	1:11:22	0:09:36
34	3225	2694	Rui Ferreira		SEN	C.F. "Os Belenenses"	28	0:11:36			59	0:35:53	46	0:00:31	50	0:23:29	1:11:29	0:09:43
35	3020	524	Miguel Palma		SEN	ABV Estoris	38	0:11:48			33	0:35:00	44	0:00:31	58	0:24:12	1:11:31	0:09:45
36	3197	2640	Délio Ferreira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	124	0:15:44	1	0:00:35	37	0:35:07	13	0:00:26	6	0:19:55	1:11:47	0:10:01
37	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	92	0:14:27			16	0:34:11	101	0:00:42	29	0:22:30	1:11:50	0:10:04
38	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	77	0:13:21			42	0:35:14	68	0:00:35	37	0:22:56	1:12:06	0:10:20
39	3170	2562	Rui Simões		SEN	Sport União Colarense	89	0:14:21			17	0:34:13	81	0:00:37	46	0:23:19	1:12:30	0:10:44
40	3248	2741	Bruno Lemos Silva		SEN	Clube Millennium BCP	63	0:12:41			29	0:34:54	6	0:00:24	68	0:24:52	1:12:51	0:11:05
41	3070	742	Leonardo Lopes		SEN	Casa Benfica Faro/GASCAN	69	0:12:52			64	0:36:20	72	0:00:35	43	0:23:12	1:12:59	0:11:13
42	4034	756	João Pereira		V2	IPODEC / Tri-Oeiras.com	71	0:13:07			62	0:36:04	63	0:00:34	45	0:23:16	1:13:01	0:11:15
43	1057	2607	Marcos Duro		JUN	IPODEC / Tri-Oeiras.com	18	0:10:58			65	0:36:21	56	0:00:33	78	0:25:12	1:13:04	0:11:18
44	3061	725	Miguel Palmeira		SEN	Tavira Natação Clube	81	0:13:37			34	0:35:00	55	0:00:33	56	0:23:58	1:13:08	0:11:22
45	3228	2698	João Janela Martins		SEN	Casa Benfica Faro/GASCAN	104	0:15:02	9	0:00:53	20	0:34:32	91	0:00:39	25	0:22:06	1:13:12	0:11:26
46	3149	667	Danny Silva		SEN	Ribabike / Associação dos 20 Km de Almeirim	68	0:12:50			21	0:34:40	71	0:00:35	77	0:25:12	1:13:17	0:11:31
47	3148	653	José Rodrigues		SEN	Ribabike / Associação dos 20 Km de Almeirim	74	0:13:16			15	0:34:05	106	0:00:43	79	0:25:14	1:13:18	0:11:32
48	4121	585	Paulo Codinha		V1	C.F. "Os Belenenses"	43	0:12:01			53	0:35:32	49	0:00:32	84	0:25:22	1:13:27	0:11:41
49	2002	696	Daniel Simões		S23	Alhandra Sporting Clube	25	0:11:18			58	0:35:53	80	0:00:37	93	0:25:45	1:13:33	0:11:47
50	1064	193	Filipa Ferreira		JUN	Alhandra Sporting Clube	35	0:11:45			61	0:35:55	51	0:00:32	86	0:25:29	1:13:41	0:11:55
51	3005	620	Diogo Almeida		SEN	C.F. "Os Belenenses"	17	0:10:37			63	0:36:16	83	0:00:38	109	0:26:24	1:13:55	0:12:09
52	3162	2553	Emanuel Fontoura		SEN	Clube Triatlo de Perosinho	67	0:12:47			79	0:37:32	52	0:00:32	44	0:23:12	1:14:03	0:12:17
53	1022	2503	Miguel Medeiros		JUN	TAC-Natação	52	0:12:26			50	0:35:24	45	0:00:31	99	0:25:58	1:14:19	0:12:33
54	4101	755	João Gomes		V2	IPODEC / Tri-Oeiras.com	48	0:12:18			46	0:35:18	94	0:00:40	105	0:26:08	1:14:24	0:12:38
55	3164	2555	Olimpio Ferreira		SEN	Clube Triatlo de Perosinho	59	0:12:34			80	0:37:43	73	0:00:35	57	0:24:00	1:14:52	0:13:06
56	5118		Vasco Corte Real		S23	Individual	57	0:12:31			106	0:39:11	131	0:00:50	28	0:22:27	1:14:59	0:13:13
57	5010		Manuel Alves		SEN	Individual	50	0:12:25			73	0:36:56	109	0:00:43	69	0:24:56	1:15:00	0:13:14
58	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	93	0:14:28	30	0:01:12	57	0:35:52	89	0:00:39	40	0:23:03	1:15:14	0:13:28
59	5087		João Pereira Martins		V1	Individual	80	0:13:35			85	0:38:09	30	0:00:28	41	0:23:05	1:15:17	0:13:31
60	4014	775	João Santos		V2	ABV Estoris	65	0:12:42			28	0:34:54	115	0:00:46	121	0:27:08	1:15:30	0:13:44
61	1092	2757	Eduardo Mourato		JUN	Triathlon Lamego Club	66	0:12:43			116	0:39:48	111	0:00:44	30	0:22:30	1:15:45	0:13:59
62	2005	2504	Mário Leitão		S23	Alhandra Sporting Clube	31	0:11:41			83	0:38:03	26	0:00:28	90	0:25:35	1:15:47	0:14:01
63	3150	2452	Ernesto Caniço		SEN	Ribabike / Associação dos 20 Km de	106	0:15:05	28	0:01:11	44	0:35:17	86	0:00:38	53	0:23:40	1:15:51	0:14:05

Temperatura Agua:						NATAÇÃO				CICLISMO				CORRIDA				
						750M (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
64	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	51	0:12:26			39	0:35:12	93	0:00:40	128	0:27:51	1:16:09	0:14:23
65	1018	215	João Inácio		JUN	IPODEC / Tri-Oeiras.com	60	0:12:35			90	0:38:30	54	0:00:33	64	0:24:41	1:16:19	0:14:33
66	5070	602	Luis Lopes		SEN	Ribabike / Associação dos 20 Km de Almeirim	82	0:13:43			26	0:34:53	1	0:00:00	130	0:27:56	1:16:32	0:14:46
67	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	55	0:12:28			91	0:38:34	113	0:00:45	66	0:24:45	1:16:32	0:14:46
68	1086	2722	Carlos Alberto Costa		JUN	Ginásio Clube de Sines	97	0:14:35			72	0:36:53	65	0:00:34	63	0:24:39	1:16:41	0:14:55
69	3009	629	Fernando Carmo		SEN	C.F. "Os Belenenses"	127	0:15:46	21	0:01:05	69	0:36:38	99	0:00:42	34	0:22:48	1:16:59	0:15:13
70	1065	2328	Pedro Antão		JUN	Alhandra Sporting Clube	23	0:11:12			95	0:38:51	85	0:00:38	108	0:26:22	1:17:03	0:15:17
71	3094	708	Pedro Fernandes		SEN	ABV Estoris	95	0:14:32			75	0:37:02	159	0:01:16	67	0:24:52	1:17:42	0:15:56
72	5060		Pedro Figueira		SEN	Individual	42	0:12:00			114	0:39:41	123	0:00:48	94	0:25:49	1:18:18	0:16:32
73	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho	122	0:15:41	41	0:01:19	70	0:36:38	36	0:00:30	59	0:24:29	1:18:37	0:16:51
74	3160	2550	Nuno Vasco		SEN	Ginásio Clube Figueirense	99	0:14:38	46	0:01:21	56	0:35:41	112	0:00:44	113	0:26:35	1:18:59	0:17:13
75	3036	732	Nuno Campos		SEN	CEFA	119	0:15:32	45	0:01:21	66	0:36:23	62	0:00:34	76	0:25:11	1:19:01	0:17:15
76	3259	2787	Pedro Quintela		SEN	C.N. Cartaxo	121	0:15:40	14	0:01:00	84	0:38:03	117	0:00:46	52	0:23:37	1:19:06	0:17:20
77	4042	753	João Rita		V2	Casa Benfica Faro/GASCAN	109	0:15:13	15	0:01:01	77	0:37:13	125	0:00:49	70	0:24:57	1:19:13	0:17:27
78	4015	774	José Oliveira		V2	ABV Estoris	96	0:14:32			78	0:37:21	164	0:01:20	103	0:26:05	1:19:18	0:17:32
79	4073	456	Amândio Caetano		V1	A.D.C.R. Painho	111	0:15:20	33	0:01:14	76	0:37:08	88	0:00:39	72	0:25:02	1:19:23	0:17:37
80	4052	770	Manuel Gonçalves		V2	Clube da Natação Colégio Vasco da Gama	100	0:14:49	8	0:00:52	94	0:38:48	171	0:02:12	35	0:22:48	1:19:29	0:17:43
81	3221	2692	Diogo Martins		SEN	C.F. "Os Belenenses"	47	0:12:10			98	0:38:54	67	0:00:35	129	0:27:52	1:19:31	0:17:45
82	4127	2732	Emanuel Marques		V1	Triathlon Lamego Club	94	0:14:28	51	0:01:25	81	0:37:46	163	0:01:17	60	0:24:35	1:19:31	0:17:45
83	3090	636	Paulo Queirós Gonçalves		SEN	Casa do Benfica no Fundão	167	0:21:20	5	0:00:50	49	0:35:22	2	0:00:19	22	0:21:41	1:19:32	0:17:46
84	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	26	0:11:21			123	0:40:59	108	0:00:43	115	0:26:39	1:19:42	0:17:56
85	3140	4615	Jorge Vieira		SEN	Sport União Colarense	105	0:15:04	2	0:00:38	92	0:38:40	27	0:00:28	73	0:25:02	1:19:52	0:18:06
86	3015	538	Maria João Madeira		SEN	IPODEC / Tri-Oeiras.com	70	0:12:53			102	0:39:01	77	0:00:36	126	0:27:32	1:20:02	0:18:16
87	3224	655	Daniel Trindade		SEN	Casa Benfica Faro/GASCAN	139	0:17:24	72	0:01:52	71	0:36:45	127	0:00:50	48	0:23:25	1:20:16	0:18:30
88	2048	2659	Vitor Baía Silva		S23	Clube Triatlo de Perosinho	39	0:11:51			120	0:40:37	79	0:00:36	122	0:27:14	1:20:18	0:18:32
89	3216	2686	Ricardo Francisco		SEN	IPODEC / Tri-Oeiras.com	126	0:15:45	16	0:01:01	103	0:39:03	98	0:00:41	55	0:23:50	1:20:20	0:18:34
90	4129	2740	João Hipólito		V1	Alhandra Sporting Clube	120	0:15:33	40	0:01:18	67	0:36:29	128	0:00:50	106	0:26:11	1:20:21	0:18:35
91	3203	2648	Pedro Soares Alves		SEN	Sport União Colarense	98	0:14:37	27	0:01:10	82	0:37:50	95	0:00:40	104	0:26:06	1:20:23	0:18:37
92	2059	2738	Katarina Larsson		S23	IPODEC / Tri-Oeiras.com	73	0:13:13			125	0:41:20	121	0:00:48	74	0:25:06	1:20:27	0:18:41
93	3207	2662	José Magalhães Dias		SEN	A.D.C.R. Painho	102	0:14:54	35	0:01:14	87	0:38:19	133	0:00:52	91	0:25:35	1:20:54	0:19:08
94	1058	2617	Daniela Inácio		JUN	C.F. "Os Belenenses"	13	0:10:23			140	0:43:17	124	0:00:49	114	0:26:36	1:21:05	0:19:19
95	3057	734	Henrique Matias		SEN	IPODEC / Tri-Oeiras.com	134	0:16:18	37	0:01:16	86	0:38:17	75	0:00:35	80	0:25:14	1:21:40	0:19:54
96	4075	751	José Peixoto		V2	A.D.C.R. Painho	142	0:17:37	6	0:00:51	100	0:38:59	78	0:00:36	54	0:23:46	1:21:49	0:20:03
97	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho	115	0:15:27	32	0:01:14	74	0:37:02	114	0:00:46	124	0:27:21	1:21:50	0:20:04
98	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	113	0:15:26	38	0:01:17	107	0:39:16	102	0:00:42	82	0:25:16	1:21:57	0:20:11
99	5287		Paulo Renato Santos		V1	Individual	88	0:14:17			117	0:40:05	15	0:00:26	123	0:27:14	1:22:02	0:20:16
100	4138	2781	Paulo Guedes		V2	HALCON - Olímpico de Oeiras	117	0:15:29	47	0:01:22	101	0:38:59	126	0:00:49	89	0:25:34	1:22:13	0:20:27

Temperatura Agua:						NATAÇÃO				CICLISMO				CORRIDA				
						750M (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
101	5069		Vasco Castro		JUN	Individual	6	0:10:07			130	0:42:12	149	0:01:00	146	0:29:09	1:22:28	0:20:42
102	3082	651	João Seródio		SEN	Clube da Natação Colégio Vasco da Gama	101	0:14:51	64	0:01:42	109	0:39:21	154	0:01:05	88	0:25:32	1:22:31	0:20:45
103	1067	2622	Nuno Sousa Faria		JUN	Alhandra Sporting Clube	20	0:11:07			161	0:45:56	87	0:00:38	87	0:25:32	1:23:13	0:21:27
104	3033	714	António Marques		SEN	CEFA	147	0:17:58	18	0:01:03	89	0:38:29	84	0:00:38	81	0:25:15	1:23:23	0:21:37
105	3255	2770	Manuel Oliveira Silva		SEN	Porto Runners	131	0:16:00	36	0:01:14	105	0:39:08	156	0:01:11	95	0:25:50	1:23:23	0:21:37
106	3081	745	Ricardo Vieira		SEN	Ginásio Clube Figueirense	118	0:15:31	39	0:01:18	119	0:40:15	144	0:00:58	85	0:25:22	1:23:24	0:21:38
107	3135	2515	Mário Guedes		SEN	Triathlon Lamego Club	87	0:14:16			110	0:39:25	138	0:00:53	141	0:28:54	1:23:28	0:21:42
108	3060	336	Fernando Minhalma		SEN	Tavira Natação Clube	79	0:13:32			134	0:42:53	76	0:00:36	116	0:26:40	1:23:41	0:21:55
109	3239	2717	Telmo Veloso		SEN	Porto Runners	103	0:15:00	25	0:01:08	141	0:43:32	104	0:00:42	47	0:23:22	1:23:44	0:21:58
110	3234	2708	João Vaz Lima		SEN	Clube Triatlo de Perosinho	75	0:13:18			138	0:43:11	148	0:01:00	107	0:26:18	1:23:47	0:22:01
111	3198	295	Ricardo Teixeira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	154	0:18:15	4	0:00:46	104	0:39:08	100	0:00:42	71	0:24:59	1:23:50	0:22:04
112	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	162	0:21:04	55	0:01:30	60	0:35:54	146	0:01:00	62	0:24:39	1:24:07	0:22:21
113	3174	2568	Valter Nogueira		SEN	Triathlon Lamego Club	143	0:17:44	44	0:01:20	88	0:38:26	96	0:00:40	101	0:26:03	1:24:13	0:22:27
114	4082	862	José Maçarria		V2	Ginásio Clube Figueirense	140	0:17:31	69	0:01:47	108	0:39:21	137	0:00:53	65	0:24:42	1:24:14	0:22:28
115	4112	848	Jorge Monjardino		V1	TAC-Natação	132	0:16:06	26	0:01:09	3	-0:17:15			172	1:24:31	1:24:31	0:22:45
116	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense	137	0:16:39	48	0:01:23	113	0:39:31	105	0:00:43	118	0:26:45	1:25:01	0:23:15
117	3141	2525	Paulo Matias		SEN	IPODEC / Tri-Oeiras.com	145	0:17:53	7	0:00:51	96	0:38:52	90	0:00:39	120	0:26:52	1:25:07	0:23:21
118	5113		Jorge Mendes		SEN	Individual	136	0:16:28	20	0:01:04	97	0:38:52	3	0:00:22	136	0:28:23	1:25:09	0:23:23
119	3223	2693	Fernando Conceição		SEN	CEFA	129	0:15:58	56	0:01:32	118	0:40:09	110	0:00:44	119	0:26:48	1:25:11	0:23:25
120	5089		Guilherme Cunha		SEN	Individual	83	0:13:50			149	0:44:47	135	0:00:52	96	0:25:51	1:25:20	0:23:34
121	3219	2690	Ricardo Ferreira		SEN	C.F. "Os Belenenses"	49	0:12:24			122	0:40:47	57	0:00:34	156	0:31:43	1:25:28	0:23:42
122	3003	854	César Andrade		SEN	CCD / V.F. Xira	116	0:15:28	24	0:01:08	111	0:39:26	103	0:00:42	147	0:29:16	1:26:00	0:24:14
123	3018	528	Sérgio Oliveira		SEN	ABV Estoris	135	0:16:26	31	0:01:13	99	0:38:56	119	0:00:48	138	0:28:45	1:26:08	0:24:22
124	3166	2556	Cláudia Martins		SEN	IPODEC / Tri-Oeiras.com	56	0:12:30			164	0:47:05	97	0:00:41	100	0:26:03	1:26:19	0:24:33
125	4023	765	Francisco Bexiga		V2	CEFA	85	0:14:01			132	0:42:26	167	0:01:25	139	0:28:48	1:26:40	0:24:54
126	3146	603	Victor Rodrigues		SEN	Ribabike / Associação dos 20 Km de Almeirim	108	0:15:12	29	0:01:12	129	0:42:07	142	0:00:56	125	0:27:28	1:26:55	0:25:09
127	3235	2711	Gonçalo Vicente		SEN	Clube da Natação Colégio Vasco da Gama	128	0:15:46	58	0:01:33	137	0:43:09	116	0:00:46	97	0:25:52	1:27:06	0:25:20
128	1010	126	Joaquim Guerreiro		JUN	Amiciclo	151	0:18:03	11	0:00:54	133	0:42:30	43	0:00:31	83	0:25:19	1:27:17	0:25:31
129	1061	2631	David Ferreira		JUN	Sport União Colarense	123	0:15:42	75	0:02:01	93	0:38:47	120	0:00:48	152	0:30:19	1:27:37	0:25:51
130	2047	2623	Marta Baleizão		S23	Alhandra Sporting Clube	61	0:12:36			147	0:44:32	64	0:00:34	150	0:30:04	1:27:46	0:26:00
131	4120	554	Helena Barros		V1	C.F. "Os Belenenses"	29	0:11:39			155	0:45:19	82	0:00:38	151	0:30:18	1:27:54	0:26:08
132	1024	287	José Pinho		JUN	Tri-Oeste -Clube de Triatlo do Oeste	76	0:13:19			156	0:45:25	31	0:00:29	142	0:28:58	1:28:11	0:26:25
133	3194	2620	Nuno Paulo Simões		SEN	Sport União Colarense	110	0:15:14	23	0:01:06	124	0:41:16	132	0:00:52	149	0:29:58	1:28:26	0:26:40
134	5119		Vitor Pinho		V1	Individual	141	0:17:35	57	0:01:32	121	0:40:37	150	0:01:01	133	0:28:08	1:28:53	0:27:07
135	5100		António Tavares		SEN	Individual	158	0:18:46	60	0:01:35	112	0:39:26	169	0:01:32	127	0:27:41	1:29:00	0:27:14
136	3058	740	André Rocha		SEN	IPODEC / Tri-Oeiras.com	84	0:13:54			159	0:45:37	107	0:00:43	143	0:28:59	1:29:13	0:27:27
137	3156	560	Pedro Pereira		SEN	Triathlon Lamego Club	149	0:17:59	10	0:00:53	139	0:43:11	40	0:00:30	117	0:26:42	1:29:15	0:27:29

Temperatura Agua:						NATAÇÃO				ICLISMO				CORRIDA				
						750M (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	ICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
138	3159	641	Pedro Fins		SEN	TAC-Natação	157	0:18:33	34	0:01:14	135	0:42:56	32	0:00:29	102	0:26:04	1:29:16	0:27:30
139	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	160	0:19:26	17	0:01:02	136	0:43:04	58	0:00:34	92	0:25:37	1:29:43	0:27:57
140	4030	820	José Gomes		V5	Oeiras Sport Clube	148	0:17:58	63	0:01:42	131	0:42:20	155	0:01:11	112	0:26:33	1:29:44	0:27:58
141	3230	2703	Carlos Serra		SEN	Individual	146	0:17:53	65	0:01:44	126	0:41:28	153	0:01:05	131	0:27:58	1:30:08	0:28:22
142	2063	2786	Bruno Raimundo		S23	IPODEC / Tri-Oeiras.com	36	0:11:46			144	0:44:18	134	0:00:52	163	0:33:20	1:30:16	0:28:30
143	2062	2765	Tiago Domingos		S23	Tavira Natação Clube	133	0:16:13	22	0:01:05	115	0:39:42	140	0:00:54	164	0:33:27	1:31:21	0:29:35
144	3218	2689	Filipe Cravo		SEN	C.F. "Os Belenenses"	86	0:14:04	73	0:01:53	127	0:41:43	129	0:00:50	165	0:33:37	1:32:07	0:30:21
145	3192	2613	Isaura Faria		SEN	IPODEC / Tri-Oeiras.com	156	0:18:31	12	0:00:58	143	0:44:13	21	0:00:27	134	0:28:11	1:32:20	0:30:34
146	5073		Paulo Alves		V2	Individual	166	0:21:19	42	0:01:19	142	0:44:11	29	0:00:28	75	0:25:09	1:32:26	0:30:40
147	3184	2596	Maria Rita Neves		SEN	IPODEC / Tri-Oeiras.com	78	0:13:27			167	0:47:54	130	0:00:50	154	0:30:24	1:32:35	0:30:49
148	5036		Nuno Dimas		SEN	Individual	114	0:15:26	68	0:01:46	152	0:44:57	151	0:01:01	148	0:29:41	1:32:51	0:31:05
149	5051		Nuno Sizudo		SEN	Individual	125	0:15:44	79	0:02:24	153	0:45:05	166	0:01:22	137	0:28:27	1:33:02	0:31:16
150	4024	500	Rui Teixeira		V1	CEFA	130	0:15:59	70	0:01:48	163	0:46:19	145	0:00:59	144	0:29:04	1:34:09	0:32:23
151	5064		Rui Correia		V4	Individual	168	0:21:26	50	0:01:24	128	0:41:51	139	0:00:53	140	0:28:53	1:34:27	0:32:41
152	4077	856	João Côrte Real		V1	A.D.C.R. Painho	112	0:15:23	80	0:02:29	151	0:44:55	147	0:01:00	157	0:32:11	1:35:58	0:34:12
153	5067		Silvino Muchacho		V4	Individual	144	0:17:51	52	0:01:25	146	0:44:23	162	0:01:16	155	0:31:14	1:36:09	0:34:23
154	3209	2677	Pedro Miguel Lopes		SEN	Porto Runners	161	0:20:53	62	0:01:36	162	0:45:56	14	0:00:26	135	0:28:12	1:37:03	0:35:17
155	5027		LUIS COSTA		SEN	Individual	164	0:21:07	54	0:01:27	160	0:45:41	122	0:00:48	132	0:28:01	1:37:04	0:35:18
156	4102	786	Luis Lima		V2	Triathlon Lamego Club	171	0:23:59	66	0:01:45	145	0:44:19	165	0:01:20	98	0:25:56	1:37:19	0:35:33
157	3243	2730	Nuno Coelho Silva		SEN	Triathlon Lamego Club	169	0:22:29	76	0:02:02	158	0:45:34	158	0:01:15	111	0:26:27	1:37:47	0:36:01
158	5090		Fernando Moreira		V4	Individual	150	0:18:02	43	0:01:19	170	0:48:53	118	0:00:47	145	0:29:06	1:38:07	0:36:21
159	3204	2651	Susana Simões		SEN	Porto Runners	170	0:22:35	61	0:01:36	165	0:47:48	22	0:00:27	110	0:26:25	1:38:51	0:37:05
160	4035	812	Carlos Raimundo		V4	IPODEC / Tri-Oeiras.com	138	0:17:04	53	0:01:26	154	0:45:05	141	0:00:55	166	0:34:47	1:39:17	0:37:31
161	4001	821	Adelino Vicente		V5	Individual	159	0:18:59	49	0:01:23	148	0:44:39	168	0:01:26	161	0:32:51	1:39:18	0:37:32
162	4003	830	João Branco		V5	C.F. "Os Belenenses"	163	0:21:05	13	0:01:00	150	0:44:52	66	0:00:35	159	0:32:31	1:40:03	0:38:17
163	4007	808	Maria Moniz		V3	C.F. "Os Belenenses"	153	0:18:09	19	0:01:04	166	0:47:53	136	0:00:53	158	0:32:29	1:40:28	0:38:42
164	5104		André Cunha		SEN	Individual	165	0:21:12	59	0:01:34	157	0:45:25	152	0:01:02	167	0:35:22	1:44:35	0:42:49
165	1066	2521	Sara Dinis		JUN	Alhandra Sporting Clube	44	0:12:02			174	0:54:02	157	0:01:14	170	0:40:17	1:47:35	0:45:49
166	2038	2552	Ricardo Rodrigues		S23	Alhandra Sporting Clube	91	0:14:26			173	0:51:25	160	0:01:16	171	0:40:29	1:47:36	0:45:50
167	2058	2731	Miguel Marinho		S23	Triathlon Lamego Club	152	0:18:07	71	0:01:49	171	0:50:14	92	0:00:39	168	0:36:47	1:47:36	0:45:50
168	5101		Bruno Gavaia		SEN	Individual	173	0:28:49	78	0:02:08	172	0:50:36	47	0:00:31	153	0:30:22	1:52:26	0:50:40
169	5034		Manuel Dias		V3	Individual	172	0:28:45	77	0:02:05	168	0:47:58	161	0:01:16	162	0:33:15	1:53:19	0:51:33
170	5091		João Enes Gonçalves		SEN	Individual	175	0:31:16	83	0:07:27	175	0:55:08	74	0:00:35	160	0:32:44	2:07:10	1:05:24
171	5125		Manuel Enes Gonçalves		SEN	Individual	174	0:31:14	82	0:07:18	169	0:48:09	170	0:02:02	169	0:38:28	2:07:11	1:05:25
172	4097	790	Carlos Suzana	DNF	V2	IPODEC / Tri-Oeiras.com	155	0:18:26	74	0:01:58	2	-0:20:24						
173	5105		Miguel Botto	DNF	V1	Individual	90	0:14:25	67	0:01:45	4	-0:16:10						
174	5133		Jorge Pimpim Santos	DNF	SEN	Individual	176	0:37:43	81	0:02:37	1	-0:40:20						

Resultados

Temperatura Agua:						NATAÇÃO				CICLISMO				CORRIDA				
						750M (MT)				20000 (KM)				5000 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
175	5008	12	Bárbara Clemente	DNF	JUN	Sport União Colarense	37	0:11:47										
176	4004	801	Luís Ramos	DNS	V3	C.F. "Os Belenenses"												
177	3190	2609	Raquel Fróis	DNS	SEN	C.F. "Os Belenenses"												
178	3012	715	Ricardo Fróis	DNS	SEN	C.F. "Os Belenenses"												
179	1013	12	Bárbara Clemente	DNS	JUN	Sport União Colarense												
180	1016	142	Ana Sampaio	DNS	JUN	IPODEC / Tri-Oeiras.com												
181	1017	143	Joana Marques	DNS	JUN	IPODEC / Tri-Oeiras.com												
182	3211	354	Manuel Coutinho	DNS	SEN	IPODEC / Tri-Oeiras.com												
183	3240	380	Carla Ribeiro	DNS	SEN	C.N. Cartaxo												
184	3067	463	Cláudio Ribeiro	DNS	SEN	Casa Benfica Faro/GASCAN												
185	3167	564	Cristiano Andrade	DNS	SEN	Ginásio Clube Figueirense												
186	3001	627	Paulo Teles	DNS	SEN	CCD / V.F. Xira												
187	3119	638	Paulo Calixto	DNS	SEN	CCD / V.F. Xira												
188	3120	720	Mário Couto	DNS	SEN	CCD / V.F. Xira												
189	3054	739	António Luz Gomes	DNS	SEN	IPODEC / Tri-Oeiras.com												
190	4093	840	Rui Sa	DNS	V1	Casa Benfica Faro/GASCAN												
191	4125	844	Paulo Ribeiro	DNS	V2	Tri-Oeste -Clube de Triatlo do Oeste												
192	4094	873	Artur Amaral	DNS	V1	C.N. Cartaxo												
193	1009	2506	Luis Courinha	DNS	JUN	Alhandra Sporting Clube												
194	1035	2508	Ana Carrasco	DNS	JUN	Alhandra Sporting Clube												
195	3177	2577	Miguel Reis	DNS	SEN	Amiciclo												
196	3215	2685	Ana Sofia Bastos	DNS	SEN	IPODEC / Tri-Oeiras.com												
197	5106		Luis Filipe Pereira	DNS	V1	Individual												
198	5093		Joaquim Figueiras	DNS	SEN	Individual												
199	5005		Luis Teixeira	DNS	SEN	Individual												
200	5021		Manuel Correia	DNS	SEN	Individual												
201	1052	2563	João Pedro Silva	DSQ	JUN	C.F. "Os Belenenses"	3	0:09:39			13	0:34:01	17	0:00:27	10	0:20:28	1:04:35	0:02:49