

## Duatio de Lamego - Prova Aberta

### CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

#### Resultados

<b>Localidade:</b>	<b>Lamego</b>	<b>Distância</b> CORRI (MT); CICLIS (KM); CORRI (MT):	<b>2400/10000/1350</b>
<b>Data:</b>	<b>16-09-2006</b>	<b>Hora de começo:</b>	<b>16h00m</b>

#### Informação

<b>Delegado técnico:</b>	<b>Francisco Santos</b>	<b>Juiz Principal:</b>	<b>Nélson Laranjeira</b>
<b>Pontuável para:</b>		<b>Juri de apelo:</b>	

Temperatura Agua:						CORRIDA 2400 (MT)				CICLISMO 10000 (KM)				CORRIDA 1350 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	186	2522	João Amorim		JUV	Alhandra Sporting Clube	6	0:15:01	1	0:00:22	3	0:22:00	3	0:00:20	8	0:05:50	0:43:33	0:00:00
2	5262		Henrique Santos		SEN	Individual	1	0:13:40	28	0:00:32	14	0:23:46	10	0:00:25	2	0:05:30	0:43:53	0:00:20
3	5296		Rogério Costa		S23	Individual	2	0:14:01	37	0:00:39	16	0:23:54	29	0:00:31	4	0:05:37	0:44:42	0:01:09
4	5274		Paulo Jorge Monteiro		SEN	Individual	3	0:14:17	56	0:00:51	8	0:23:24	49	0:00:40	5	0:05:38	0:44:50	0:01:17
5	76	2266	Paulo Alexandre Antunes		JUV	Ginásio Clube de Sines	9	0:15:14	8	0:00:25	5	0:22:56	11	0:00:25	11	0:05:59	0:44:59	0:01:26
6	125	2456	Gil Maia		JUV	Clube Triatlo de Perosinho	12	0:15:28	11	0:00:27	4	0:22:48	6	0:00:24	9	0:05:54	0:45:01	0:01:28
7	5271		Nélson Santos		SEN	Individual	4	0:14:26	53	0:00:46	15	0:23:51	45	0:00:37	3	0:05:34	0:45:14	0:01:41
8	5136		António Bronze Neto		SEN	Individual	8	0:15:07	22	0:00:30	6	0:23:16	43	0:00:37	13	0:06:07	0:45:37	0:02:04
9	97	2274	Pedro Nuno Duarte		JUV	Casa do Povo de Mouriscas	7	0:15:01	3	0:00:23	18	0:24:07	1	0:00:18	10	0:05:56	0:45:45	0:02:12
10	5152	2722	Carlos Alberto Costa		JUN	Ginásio Clube de Sines	11	0:15:21	26	0:00:32	10	0:23:32	55	0:00:42	6	0:05:40	0:45:47	0:02:14
11	242	2610	Tiago André Silva		JUV	Clube Triatlo de Perosinho	14	0:15:38	39	0:00:39	9	0:23:24	21	0:00:27	7	0:05:40	0:45:48	0:02:15
12	5263		Ivan Silva		SEN	Individual	21	0:16:11	12	0:00:27	7	0:23:22	4	0:00:22	14	0:06:08	0:46:30	0:02:57
13	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	13	0:15:35	4	0:00:24	17	0:24:05	25	0:00:29	12	0:06:00	0:46:33	0:03:00
14	101	37	Fabrcício Tomás		JUV	C.N. Cartaxo	10	0:15:15	10	0:00:27	13	0:23:46	14	0:00:26	24	0:06:44	0:46:38	0:03:05
15	1074	2612	Pedro Laginha Palma		JUN	Clube Triatlo de Perosinho	5	0:14:35	24	0:00:30	24	0:25:39	48	0:00:39	1	0:05:24	0:46:47	0:03:14
16	268	2657	Tiago Ribeiro		JUV	Clube Triatlo de Perosinho	16	0:15:53	20	0:00:29	12	0:23:34	32	0:00:33	19	0:06:25	0:46:54	0:03:21
17	109	35	João Serrano		JUV	C.N. Cartaxo	18	0:16:08	9	0:00:26	11	0:23:34	16	0:00:26	23	0:06:39	0:47:13	0:03:40
18	4067	822	Carlos Leite		V5	Associação Cultural e Recreativa da Ribeira Quarta	15	0:15:49	31	0:00:35	25	0:25:53	19	0:00:26	18	0:06:23	0:49:06	0:05:33
19	2050	2523	Noé Dias		S23	Casa do Povo de Mouriscas	17	0:16:02	7	0:00:25	28	0:26:17	5	0:00:23	20	0:06:30	0:49:37	0:06:04
20	209	20	Bruno Pereira		JUV	Alhandra Sporting Clube	20	0:16:09	5	0:00:25	27	0:26:12	2	0:00:20	21	0:06:36	0:49:42	0:06:09
21	5279		Pedro Pinho		SEN	Individual	19	0:16:08	16	0:00:28	31	0:26:41	28	0:00:31	15	0:06:09	0:49:57	0:06:24
22	5265		João Gestosa		JUN	Individual	29	0:16:37	58	0:00:55	23	0:25:39	24	0:00:29	17	0:06:18	0:49:58	0:06:25
23	74	2322	Gonçalo Rodrigues		JUV	Clube Millennium BCP	41	0:17:41	47	0:00:43	20	0:24:21	44	0:00:37	38	0:07:13	0:50:35	0:07:02
24	4068	845	Manuel Rodrigues		V1	Clube Millennium BCP	44	0:18:00	51	0:00:45	19	0:24:09	39	0:00:35	35	0:07:06	0:50:35	0:07:02
25	5254		Carlos Magalhães		SEN	Individual	30	0:16:43	55	0:00:47	26	0:26:11	13	0:00:26	22	0:06:39	0:50:46	0:07:13
26	267	2656	Tiago Fontes Leite		JUV	Clube Triatlo de Perosinho	42	0:17:53	17	0:00:28	21	0:24:53	30	0:00:31	34	0:07:01	0:50:46	0:07:13

Médias: 0:18:02 0:00:40 0:27:31 0:00:36 0:07:22

Temperatura Agua:						CORRIDA 2400 (MT)				CICLISMO 10000 (KM)				CORRIDA 1350 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
27	79	153	Gonçalo Barros		JUV	Ginásio Clube de Sines	35	0:17:18	6	0:00:25	22	0:25:29	7	0:00:24	44	0:07:27	0:51:03	0:07:30
28	5298		Rui Miguel Pereira		JUN	Individual	26	0:16:32	13	0:00:27	30	0:26:40	18	0:00:26	33	0:06:59	0:51:04	0:07:31
29	3168	2557	António Lopes Moreira		SEN	Triathlon Lamego Club	27	0:16:35	29	0:00:35	29	0:26:39	12	0:00:26	39	0:07:15	0:51:30	0:07:57
30	5252		Artur Barbosa		V1	Individual	23	0:16:24	14	0:00:28	37	0:28:08	9	0:00:25	26	0:06:49	0:52:14	0:08:41
31	5194		António Almeida		SEN	Individual	28	0:16:36	57	0:00:53	33	0:27:01	60	0:00:58	25	0:06:47	0:52:15	0:08:42
32	5153	433	Hugo Índio		S23	Triathlon Lamego Club	24	0:16:30	34	0:00:37	35	0:27:43	38	0:00:35	27	0:06:50	0:52:15	0:08:42
33	2048	2659	Vitor Baía Silva		S23	Clube Triatlo de Perosinho	34	0:17:17	49	0:00:43	32	0:26:49	50	0:00:40	36	0:07:07	0:52:36	0:09:03
34	3095	748	José Gonçalves		SEN	Triathlon Lamego Club	31	0:16:48	65	0:01:07	36	0:27:48	59	0:00:51	16	0:06:13	0:52:47	0:09:14
35	27	2314	Nadine Almeida		JUV	Alhandra Sporting Clube	37	0:17:28	25	0:00:31	34	0:27:31	33	0:00:34	28	0:06:54	0:52:58	0:09:25
36	77	195	Ruben Rosa		JUV	Ginásio Clube de Sines	36	0:17:22	18	0:00:29	38	0:28:14	34	0:00:34	30	0:06:58	0:53:37	0:10:04
37	83	157	Rui Cordeiro		JUV	Ginásio Clube de Sines	40	0:17:34	2	0:00:22	39	0:28:20	17	0:00:26	47	0:07:36	0:54:18	0:10:45
38	5261		Hélder Silva		SEN	Individual	32	0:17:01	27	0:00:32	43	0:29:11	22	0:00:28	42	0:07:23	0:54:35	0:11:02
39	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	38	0:17:28	52	0:00:45	42	0:29:09	35	0:00:34	41	0:07:17	0:55:13	0:11:40
40	120	2327	Sofia Almeida		JUV	Alhandra Sporting Clube	46	0:18:21	19	0:00:29	40	0:28:29	23	0:00:28	50	0:07:53	0:55:40	0:12:07
41	5269		Marco Pereira		SEN	Individual	33	0:17:09	23	0:00:30	48	0:30:43	8	0:00:24	29	0:06:56	0:55:42	0:12:09
42	5150	786	Luis Lima		V2	Triathlon Lamego Club	43	0:17:58	70	0:01:47	41	0:28:32	66	0:01:07	37	0:07:08	0:56:32	0:12:59
43	4100	871	Jaime Carmo		V4	Individual	45	0:18:07	59	0:00:56	46	0:30:11	51	0:00:41	40	0:07:17	0:57:12	0:13:39
44	5255		Celso Ribeiro		V1	Individual	48	0:18:35	32	0:00:36	44	0:29:18	47	0:00:39	52	0:08:08	0:57:16	0:13:43
45	119	231	Carolina Gregório		JUV	Individual	47	0:18:33	40	0:00:40	45	0:30:04	41	0:00:36	49	0:07:48	0:57:41	0:14:08
46	5155	2581	Luis Correia Ferreira		SEN	Triathlon Lamego Club	39	0:17:34	30	0:00:35	50	0:31:25	52	0:00:41	45	0:07:31	0:57:46	0:14:13
47	5297		Rui Alexandre Pinto		SEN	Individual	22	0:16:19	66	0:01:08	55	0:32:32	58	0:00:50	32	0:06:59	0:57:48	0:14:15
48	52	146	Andreia Simões Lopes		JUV	Mem Martins Sport Club	51	0:18:46	21	0:00:30	49	0:30:54	20	0:00:27	46	0:07:35	0:58:12	0:14:39
49	3098	559	José Pinto		SEN	Associação Cultural e Recreativa da Ribeira do Ovar	52	0:18:47	63	0:01:00	51	0:31:29	67	0:01:18	48	0:07:43	1:00:17	0:16:44
50	187	2528	Luis Ribeiro		JUV	Triathlon Lamego Club	53	0:19:41	50	0:00:45	53	0:32:13	56	0:00:42	31	0:06:59	1:00:20	0:16:47
51	5267		Manuel Dias		V3	Individual	56	0:20:43	64	0:01:04	47	0:30:34	68	0:01:21	53	0:08:15	1:01:57	0:18:24
52	1078	206	Rui Santos		JUN	Triathlon Lamego Club	54	0:19:42	42	0:00:40	54	0:32:22	40	0:00:35	59	0:08:49	1:02:08	0:18:35
53	5103		Albino Gonçalves		V3	Individual	57	0:20:44	46	0:00:43	56	0:32:51	26	0:00:30	55	0:08:22	1:03:10	0:19:37
54	286	2683	Hélder Azevedo		JUV	Comissão de Melhoramentos de Ferreiros	49	0:18:36	36	0:00:39	64	0:35:10	15	0:00:26	54	0:08:19	1:03:10	0:19:37
55	5299		Tiago Machado		JUV	Individual	50	0:18:41	61	0:00:57	66	0:36:33	54	0:00:41	60	0:08:54	1:05:46	0:22:13
56	3135	2515	Mário Guedes		SEN	Triathlon Lamego Club	66	0:24:30	68	0:01:21	52	0:31:56	61	0:00:58	43	0:07:25	1:06:10	0:22:37
57	5270		Mário Alegre		JUN	Individual	58	0:20:53	33	0:00:36	58	0:34:12	57	0:00:50	62	0:10:04	1:06:35	0:23:02
58	4139	2789	Olívia Carmo		V2	Individual	65	0:22:26	44	0:00:42	62	0:34:47	27	0:00:31	58	0:08:35	1:07:01	0:23:28
59	5251		Armindo Reis		SEN	Individual	60	0:22:07	54	0:00:47	57	0:33:42	31	0:00:33	67	0:10:42	1:07:51	0:24:18
60	175	200	Ricardo Carvalho		JUV	Triathlon Lamego Club	64	0:22:16	48	0:00:43	60	0:34:35	53	0:00:41	64	0:10:09	1:08:24	0:24:51
61	5154	224	Tiago Santos		JUV	Triathlon Lamego Club	62	0:22:12	38	0:00:39	63	0:35:00	46	0:00:37	66	0:10:33	1:09:01	0:25:28
62	202	2541	Pedro Rebelo Lopes		JUV	Triathlon Lamego Club	61	0:22:09	43	0:00:41	67	0:37:07	63	0:01:03	57	0:08:29	1:09:29	0:25:56
63	5277		Pedro Labocha		SEN	Individual	55	0:20:32	62	0:01:00	68	0:39:07	42	0:00:36	56	0:08:27	1:09:42	0:26:09

Temperatura Agua:						CORRIDA 2400 (MT)				CICLISMO 10000 (KM)				CORRIDA 1350 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
64	50	141	David Morgado		JUV	Mem Martins Sport Club	67	0:24:36	35	0:00:39	61	0:34:38	37	0:00:35	61	0:09:52	1:10:20	0:26:47
65	5256		Cristina Silva		JUV	Individual	70	0:24:52	41	0:00:40	59	0:34:18	36	0:00:35	65	0:10:17	1:10:42	0:27:09
66	5088		Albano Francisco Sousa		V4	Individual	59	0:21:16	60	0:00:57	69	0:40:13	64	0:01:04	51	0:08:00	1:11:30	0:27:57
67	5276		Pedro Pereira		JUN	Individual	63	0:22:13	45	0:00:42	65	0:36:01	65	0:01:05	68	0:11:29	1:11:30	0:27:57
68	5259		Elisabete Gonçalves		SEN	Individual	69	0:24:42	67	0:01:12	70	0:51:24	62	0:01:03	63	0:10:08	1:28:29	0:44:56
69	1045	222	João Amaral	DNF	JUN	C.N. Cartaxo	25	0:16:31	15	0:00:28	2	-0:16:59						
70	5294		Rita Machado	DNF	SEN	Individual	68	0:24:40	69	0:01:25	1	-0:26:05						
71	5141		António José Amorim	DNS	SEN	Individual												
72	5175		António Silva Moura	DNS	JUN	Individual												
73	5250		António Dias	DNS	V1	Individual												
74	5253		Carlos Mota	DNS	SEN	Individual												
75	5257		Edmundo Dias	DNS	S23	Individual												
76	5258		Eduardo Amorim	DNS	S23	Individual												
77	5260		Francisco Azevedo	DNS	V2	Individual												
78	2052	363	Hugo Cruz	DNS	S23	Triathlon Lamego Club												
79	5264		João Monteiro	DNS	JUV	Individual												
80	5266		Joel Morgado	DNS	SEN	Individual												
81	3231	2704	José Pedro Pinto	DNS	SEN	Triathlon Lamego Club												
82	5268		Manuel Passaro	DNS	V4	Individual												
83	3175	2569	Manuel Pereira	DNS	SEN	Triathlon Lamego Club												
84	5272		Paulo Cardoso	DNS	SEN	Individual												
85	5273		Paulo Mendonça	DNS	JUV	Individual												
86	5275		Paulo Sabença	DNS	SEN	Individual												
87	5278		Pedro Magalhães	DNS	SEN	Individual												
88	5293		Ricardo Ferraz	DNS	JUN	Individual												
89	1041	435	Ruben Bastos	DNS	JUN	Triathlon Lamego Club												
90	1072	2658	Tiago Tavares Neves	DNS	JUN	Clube Triatlo de Perosinho												
91	1073	2455	Tiago Pedrosa	DNS	JUN	Clube Triatlo de Perosinho												
92	5300		Vitor Alves	DNS	SEN	Individual												