

# I DUATLO BTT DO JAMOR

## CLASSIFICAÇÃO POR ESCALÕES

### Resultados

Localidade:	OEIRAS	Distância CORRI (MT); CICLIS (KM) CORRI (MT):	5000/18000/2500
Data:	04-02-2007	Hora de começo:	10h00m

### Informação

Delegado técnico:	ARTUR PARREIRA	Juiz Principal:	PALMIRA RAMOS
Pontuável para:	Circuito Nacional	Juri de apelo:	ARTUR PARREIRA

### V4 Masculinos

CORRIDA 5000 (MT)							CICLISMO 18000 (KM)							CORRIDA 2500 (MT)				
Temperatura Agua:																		
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
158	5438		Carlos Alberto Dias		V4	Individual	187	0:22:54	181	0:01:07	152	0:55:15	153	0:00:50	139	0:11:35	1:31:41	0:28:04
212	5441		Rui Manuel Correia		V4	Individual	230	0:24:20	126	0:00:52	210	0:59:09	154	0:00:50	162	0:11:59	1:37:10	0:33:33
220	4151	886	Francisco Cordeiro Santos		V4	Clube de Praças da Armada	85	0:20:29	263	0:01:40	253	1:03:55	274	0:01:39	68	0:10:23	1:38:06	0:34:29
228	4152	2869	Silvino Muchacho		V4	A.D.C.R. Painho	269	0:25:48	179	0:01:07	193	0:58:16	211	0:01:06	211	0:13:00	1:39:17	0:35:40
271	4008	818	José Rijo		V4	C.F. "Os Belenenses"	203	0:23:26	119	0:00:52	274	1:08:05	139	0:00:49	186	0:12:16	1:45:28	0:41:51
278	4100	871	Jaime Carmo		V4	Individual	174	0:22:36	97	0:00:47	291	1:13:36	135	0:00:47	132	0:11:29	1:49:15	0:45:38
308	4044	813	Arsénio Facas		V4	Clube Ferroviário de Vendas Novas	289	0:27:14	198	0:01:12	293	1:13:48	261	0:01:29	297	0:18:06	2:01:49	0:58:12
315	5436		Antonio Manuel Paiva		V4	Individual	315	0:33:21	266	0:01:41	283	1:10:41	235	0:01:13	300	0:18:38	2:05:34	1:01:57
323	5442		Vítor Manuel Fernandes		V4	Individual	312	0:30:48	215	0:01:16	307	1:20:08	218	0:01:09	288	0:16:16	2:09:37	1:06:00

### V3 Masculinos

CORRIDA 5000 (MT)							CICLISMO 18000 (KM)							CORRIDA 2500 (MT)				
Temperatura Agua:																		
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
24	4062	802	Carlos Cabrita		V3	S. R. Toreense	37	0:18:50	11	0:00:33	23	0:45:05	76	0:00:37	37	0:09:55	1:15:00	0:11:23
37	4059	800	Fernando Feijão		V3	HALCON - Olímpico de Oeiras	23	0:18:24	90	0:00:47	46	0:47:48	98	0:00:40	31	0:09:40	1:17:19	0:13:42
85	5434		Lucas Domingos Delgado		V3	Individual									307	1:23:58	1:23:58	0:20:21
114	4000	798	Ólímpio Guedelha		V3	G. A. A. Vila Franca de Xira	93	0:20:46	30	0:00:36	138	0:54:33	40	0:00:32	44	0:09:58	1:26:25	0:22:48
226	5429		Délio Coelho Rão		V3	Individual	245	0:24:54	308	0:02:27	166	0:56:20	270	0:01:36	236	0:13:42	1:38:59	0:35:22
252	5428		Carlos Alberto Gonçalves		V3	Individual	221	0:23:58	194	0:01:10	248	1:02:40	213	0:01:07	221	0:13:14	1:42:09	0:38:32
266	5019		Ramiro Saldanha		V3	Individual	267	0:25:47	259	0:01:37	247	1:02:33	206	0:01:03	229	0:13:27	1:44:27	0:40:50
267	5431		Edgar Correia Valadas		V3	Individual	280	0:26:21	242	0:01:28	240	1:01:52	125	0:00:46	257	0:14:18	1:44:45	0:41:08

284	5433	Joaquim Luis Costa	V3	Individual	295	0:27:50	272	0:01:46	264	1:05:59	284	0:01:49	268	0:14:45	1:52:09	0:48:32
305	5435	Paulo Ferreira Carvalho	V3	Individual	297	0:27:59	277	0:01:50	292	1:13:44	282	0:01:47	266	0:14:43	2:00:03	0:56:26

## V2 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 18000 (KM)						CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
15	5405		João Paulo Marques		V2	Individual	25	0:18:24	52	0:00:40	11	0:43:25	107	0:00:41	32	0:09:45	1:12:55	0:09:18
45	4060	762	António Moura		V2	C.N. Cartaxo	29	0:18:35	89	0:00:47	56	0:48:42	37	0:00:32	19	0:09:27	1:18:03	0:14:26
54	5416		Mário Alberto Sousa		V2	Individual	56	0:19:29	143	0:00:57	47	0:47:55	134	0:00:47	61	0:10:17	1:19:25	0:15:48
62	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	78	0:20:10	134	0:00:55	57	0:48:46	89	0:00:39	58	0:10:16	1:20:46	0:17:09
76	4075	751	José Peixoto		V2	A.D.C.R. Painho	66	0:19:50	39	0:00:38	102	0:52:14	56	0:00:34	47	0:10:02	1:23:18	0:19:41
83	5411		Luís Filipe Pereira		V2	Individual	128	0:21:30	53	0:00:40	66	0:49:10	234	0:01:13	127	0:11:23	1:23:56	0:20:19
97	5426		Vitor Manuel Pinho		V2	Individual	162	0:22:26	22	0:00:34	81	0:50:21	17	0:00:29	112	0:11:07	1:24:57	0:21:20
99	5391		Antonio Manoel Clara		V2	Individual	91	0:20:44	21	0:00:34	109	0:52:50	47	0:00:32	71	0:10:24	1:25:04	0:21:27
109	4089	768	Jorge Duarte		V2	Tri-Oeiras Sport Clube	171	0:22:34	136	0:00:56	79	0:50:07	165	0:00:53	150	0:11:49	1:26:19	0:22:42
112	5415		Manuel Vieira Valente		V2	Individual	80	0:20:12	96	0:00:47	116	0:53:02	7	0:00:27	156	0:11:55	1:26:23	0:22:46
121	4166	2931	José Maria Santos		V2	Clube Ferroviário de Vendas Novas	139	0:21:48	145	0:00:58	96	0:51:39	230	0:01:13	126	0:11:23	1:27:01	0:23:24
133	5404		João Manuel Martins		V2	Individual	31	0:18:36	180	0:01:07	200	0:58:31	151	0:00:50	23	0:09:28	1:28:32	0:24:55
141	5419		Paulo Malheiro		V2	Individual	152	0:22:11	205	0:01:13	132	0:54:07	205	0:01:03	119	0:11:14	1:29:48	0:26:11
167	5390		Antonio Joaquim Reis		V2	Individual	148	0:22:07	114	0:00:50	181	0:57:19	111	0:00:42	153	0:11:52	1:32:50	0:29:13
193	4045	757	Rogério Morais		V2	Clube Ferroviário de Vendas Novas	206	0:23:30	159	0:01:02	191	0:57:59	203	0:01:03	144	0:11:41	1:35:15	0:31:38
198	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	170	0:22:33	210	0:01:16	209	0:59:07	180	0:00:57	152	0:11:52	1:35:45	0:32:08
199	5389		António Gonçalves Ramalho		V2	Individual	166	0:22:28	254	0:01:32	192	0:58:11	240	0:01:15	188	0:12:23	1:35:49	0:32:12
224	4117	2642	Carlos Egídio Alegre		V2	Associação Recreativa Social e Cultural de Telhada	103	0:20:56	24	0:00:35	260	1:05:14	26	0:00:31	117	0:11:13	1:38:29	0:34:52
232	5421		Pedro Manuel Gomes		V2	Individual	75	0:20:03	70	0:00:43	273	1:07:49	73	0:00:36	59	0:10:16	1:39:27	0:35:50
242	5417		Mario Pedro Soares		V2	Individual	263	0:25:37	255	0:01:32	194	0:58:16	223	0:01:11	247	0:13:55	1:40:31	0:36:54
243	5406		João Santos Amaral		V2	Individual	220	0:23:58	214	0:01:16	239	1:01:41	200	0:01:01	206	0:12:46	1:40:42	0:37:05
251	5400		Henrique Antonio Rocha		V2	Individual	235	0:24:32	245	0:01:30	228	1:00:44	264	0:01:29	234	0:13:35	1:41:50	0:38:13
263	5412		Luis Filipe Castanhas		V2	Individual	288	0:26:55	291	0:01:59	217	0:59:44	255	0:01:25	245	0:13:54	1:43:57	0:40:20
265	5410		José Luis Correia		V2	Individual	192	0:23:03	103	0:00:48	256	1:04:34	157	0:00:51	270	0:14:55	1:44:11	0:40:34
268	5418		Paulo Jorge Costa		V2	Individual	251	0:25:05	246	0:01:30	250	1:03:29	268	0:01:33	227	0:13:24	1:45:01	0:41:24
280	5420		Paulo Manuel Morão		V2	Individual	225	0:24:09	206	0:01:13	282	1:10:21	152	0:00:50	252	0:14:11	1:50:44	0:47:07
282	5424		Rui António Sanches		V2	Individual									315	1:51:13	1:51:13	0:47:36
283	5402		João Carlos Carvalhinho		V2	Individual	291	0:27:21	69	0:00:43	277	1:08:27	72	0:00:36	271	0:14:56	1:52:03	0:48:26
285	5409		José António Correia		V2	Individual									316	1:52:33	1:52:33	0:48:56
299	5413		Luis Manuel Parro		V2	Individual	234	0:24:31	80	0:00:45	300	1:16:50	201	0:01:01	224	0:13:19	1:56:26	0:52:49
302	5408		José António Gonçalves		V2	Individual	298	0:28:01	174	0:01:05	288	1:12:42	133	0:00:47	264	0:14:30	1:57:05	0:53:28
304	5425		Rui Manuel Carvalho Silva		V2	Individual	271	0:25:51	238	0:01:27	298	1:15:42	217	0:01:09	240	0:13:47	1:57:56	0:54:19

307	5392		Carlos Jorge Leal		V2	Individual	311	0:30:22	115	0:00:50	280	1:10:12	189	0:00:58	296	0:17:50	2:00:12	0:56:35
313	5401		João Carlos Franca		V2	Individual	292	0:27:38	310	0:02:36	302	1:17:25	254	0:01:24	284	0:15:59	2:05:02	1:01:25
316	5394		Carlos Manuel Rocha		V2	Individual	287	0:26:55	271	0:01:46	304	1:18:59	272	0:01:37	298	0:18:14	2:07:31	1:03:54
318	5423		Ricardo Jorge Almeida		V2	Individual	310	0:30:08	313	0:02:49	299	1:16:13	291	0:02:11	291	0:16:45	2:08:06	1:04:29
319	5395		David Antunes Constantino		V2	Individual									318	2:08:23	2:08:23	1:04:46
324	5397		Fernando José Alves		V2	Individual	273	0:25:52	252	0:01:31	310	1:26:39	263	0:01:29	263	0:14:30	2:10:01	1:06:24
340	5396		Fernando Albano Henriques	DNF	V2	Individual	130	0:21:33	117	0:00:51	-7	-0:22:24	300	1:48:34	-13	-1:48:34		

## V2 Femininos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 18000 (KM)							CORRIDA 2500 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
14	5399		Glória Serrazina		V2	Individual	-107	0:22:55	-98	0:01:10	-108	1:02:05	-118	0:00:44	-107	0:11:56	1:38:50	0:35:13
19	5398		Francisca da Conceição Log		V2	Individual	-98	0:26:45	-96	0:01:41	-102	1:09:18	-111	0:01:23	-99	0:13:08	1:52:15	0:48:38
22	4139	2789	Olívia Carmo		V2	Individual	-99	0:26:22	-110	0:00:43	-98	1:17:38	-117	0:00:45	-96	0:14:34	2:00:02	0:56:25

## V1 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:							CICLISMO 18000 (KM)							CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff	
3	4027	508	Alcino Serras		V1	SR Camarnal-Ika	-7	0:16:20	41	0:00:39	4	0:41:19	13	0:00:29	-1	0:08:39	1:07:26	0:03:49	
17	4058	520	António Catarino		V1	C.N. Cartaxo	22	0:18:23	127	0:00:52	19	0:44:34	96	0:00:39	28	0:09:37	1:14:05	0:10:28	
19	4148	497	Pedro Cordeiro		V1	Tri-Oeste -Clube de Triatlo do Oeste	51	0:19:22	184	0:01:08	12	0:43:43	51	0:00:33	20	0:09:27	1:14:13	0:10:36	
20	5376		Paulo Alexandre Pais		V1	Individual	27	0:18:26	51	0:00:40	24	0:45:08	24	0:00:30	25	0:09:30	1:14:14	0:10:37	
21	5371		Luis Serrazina		V1	Individual	13	0:18:07	173	0:01:05	22	0:45:04	87	0:00:38	22	0:09:28	1:14:22	0:10:45	
48	4074	458	Pedro Marques		V1	Associação Recreativa Social e Cultural de Teleda	83	0:20:19	175	0:01:06	33	0:46:18	83	0:00:38	42	0:09:57	1:18:18	0:14:41	
52	4013	648	Miguel Fragoso		V1	HALCON - Olimpico de Oeiras	32	0:18:38	131	0:00:54	65	0:49:10	146	0:00:50	18	0:09:24	1:18:56	0:15:19	
68	4087	646	Manuel Batista		V1	G. A. A. Vila Franca de Xira	59	0:19:33	5	0:00:31	87	0:50:54	30	0:00:31	38	0:09:55	1:21:24	0:17:47	
73	5349		Francisco Palma Gomes		V1	Individual	63	0:19:37	31	0:00:36	95	0:51:28	71	0:00:36	86	0:10:41	1:22:58	0:19:21	
78	5370		Luis Carlos Dinis		V1	Individual	113	0:21:06	186	0:01:08	54	0:48:40	176	0:00:55	142	0:11:38	1:23:27	0:19:50	
79	5333		António Manuel Aguiar		V1	Individual	11	0:17:56	60	0:00:41	131	0:54:06	124	0:00:45	56	0:10:14	1:23:42	0:20:05	
81	5334		António Manuel Samora		V1	Individual	107	0:21:01	-6	0:00:27	92	0:51:13	23	0:00:30	78	0:10:34	1:23:45	0:20:08	
84	4129	2740	João Hipólito		V1	Alhandra Sporting Clube	114	0:21:07	226	0:01:23	61	0:48:56	219	0:01:10	124	0:11:21	1:23:57	0:20:20	
92	5372		Luis Henrique Fontes		V1	Individual	111	0:21:04	178	0:01:06	85	0:50:47	54	0:00:33	102	0:10:58	1:24:28	0:20:51	
98	4142	492	Carlos Reis		V1	FidalBike	52	0:19:25	141	0:00:57	123	0:53:40	177	0:00:56	49	0:10:04	1:25:02	0:21:25	
100	5386		Virgílio José Antunes		V1	Individual									308	1:25:18	1:25:18	0:21:41	
136	4025	516	João Medeiro		V1	Serv. Soc. CGD	74	0:20:02	42	0:00:39	174	0:56:57	55	0:00:34	91	0:10:47	1:28:59	0:25:22	
137	5378		Paulo José Godinho		V1	Individual	136	0:21:36	213	0:01:16	120	0:53:22	228	0:01:12	138	0:11:35	1:29:01	0:25:24	
142	4108	879	Paulo Leitão Santos		V1	A.D.C.R. Painho	186	0:22:53	98	0:00:48	137	0:54:19	61	0:00:35	118	0:11:14	1:29:49	0:26:12	
Médias:								0:22:24		0:01:08		0:53:55		0:01:40		0:15:26			

146	5379		Paulo Manuel Jorge		V1	Individual	119	0:21:20	265	0:01:41	146	0:55:04	246	0:01:19	116	0:11:11	1:30:35	0:26:58
149	5355		João Manuel Lourenço		V1	Individual	61	0:19:35	45	0:00:39	220	1:00:00	36	0:00:31	70	0:10:24	1:31:09	0:27:32
152	5377		Paulo Jorge Taboas		V1	Individual	137	0:21:39	79	0:00:45	180	0:57:14	88	0:00:38	109	0:11:04	1:31:20	0:27:43
155	5350		Hélder Lopes Ferreira		V1	Individual	116	0:21:16	223	0:01:20	173	0:56:44	251	0:01:22	94	0:10:47	1:31:29	0:27:52
159	4076	454	Petro Mosinzov		V1	A.D.C.R. Painho	140	0:21:50	74	0:00:44	165	0:56:18	68	0:00:36	181	0:12:15	1:31:43	0:28:06
178	5364		José Davide Gregório		V1	Individual	168	0:22:31	36	0:00:37	188	0:57:49	53	0:00:33	173	0:12:12	1:33:42	0:30:05
179	5373		Manuel Joaquim Rodrigues		V1	Individual	169	0:22:31	20	0:00:34	190	0:57:52	60	0:00:34	177	0:12:13	1:33:44	0:30:07
182	5351		Helder Paulo Costa		V1	Individual	87	0:20:34	44	0:00:39	235	1:01:04	103	0:00:40	120	0:11:15	1:34:12	0:30:35
187	5342		Carlos Manuel Simões		V1	Individual	161	0:22:25	224	0:01:21	183	0:57:30	138	0:00:48	192	0:12:31	1:34:35	0:30:58
190	5361		José Anibal Correia		V1	Individual	184	0:22:52	125	0:00:52	207	0:58:56	105	0:00:41	122	0:11:17	1:34:38	0:31:01
194	5363		José António Almeida		V1	Individual	236	0:24:40	297	0:02:02	135	0:54:16	248	0:01:20	213	0:13:02	1:35:20	0:31:43
202	3002	484	Paulo Leote		V1	G. A. A. Vila Franca de Xira	123	0:21:25	61	0:00:41	246	1:02:30	18	0:00:29	107	0:11:02	1:36:07	0:32:30
204	5345		Eduardo Jorge Anes		V1	Individual	226	0:24:10	251	0:01:31	147	0:55:06	259	0:01:27	250	0:14:03	1:36:17	0:32:40
206	5368		Luís Alberto Carvalhinho		V1	Individual	210	0:23:39	139	0:00:56	197	0:58:29	168	0:00:53	195	0:12:32	1:36:29	0:32:52
207	5341		Carlos Manuel Matos		V1	Individual									312	1:36:33	1:36:33	0:32:56
214	5344		Diogo Bourbon Franca		V1	Individual	260	0:25:31	314	0:03:17	127	0:53:52	279	0:01:45	222	0:13:16	1:37:41	0:34:04
225	5367		Juan Manuel Costa		V1	Individual	195	0:23:08	153	0:01:00	238	1:01:26	171	0:00:54	170	0:12:10	1:38:38	0:35:01
244	5380		Paulo Renato Marques		V1	Individual	229	0:24:18	102	0:00:48	242	1:02:09	106	0:00:41	210	0:12:58	1:40:54	0:37:17
247	4165	2930	Carlos Candeias		V1	Individual	200	0:23:20	195	0:01:11	258	1:04:37	97	0:00:40	136	0:11:35	1:41:23	0:37:46
248	5337		Carlos Alberto Sousa		V1	Individual	254	0:25:08	152	0:01:00	211	0:59:17	262	0:01:29	265	0:14:38	1:41:32	0:37:55
257	5332		Alvaro Manuel Quiterio		V1	Individual	141	0:21:50	151	0:01:00	268	1:06:42	204	0:01:03	172	0:12:11	1:42:46	0:39:09
261	5375		Oscar Escaleira		V1	Individual	159	0:22:21	304	0:02:17	261	1:05:18	275	0:01:41	166	0:12:03	1:43:40	0:40:03
269	5381		Pedro Manuel Vieira		V1	Individual	241	0:24:43	193	0:01:10	257	1:04:36	179	0:00:56	237	0:13:44	1:45:09	0:41:32
270	5359		Jorge Alberto Lopes		V1	Individual	266	0:25:40	268	0:01:44	245	1:02:25	221	0:01:10	254	0:14:15	1:45:14	0:41:37
277	5338		Carlos Manuel Correia		V1	Individual	265	0:25:40	237	0:01:27	267	1:06:41	188	0:00:58	258	0:14:19	1:49:05	0:45:28
279	5358		João Pedro Anjos		V1	Individual	224	0:24:08	203	0:01:13	281	1:10:13	142	0:00:49	259	0:14:19	1:50:42	0:47:05
290	5346		Fernando Antunes		V1	Individual	239	0:24:42	241	0:01:28	287	1:12:31	266	0:01:30	233	0:13:32	1:53:43	0:50:06
297	5070		Luis Madeira		V1	Individual	268	0:25:47	261	0:01:38	285	1:11:33	296	0:03:44	232	0:13:31	1:56:13	0:52:36
298	5348		Flávio Vieira Simões		V1	Individual	301	0:28:49	312	0:02:41	270	1:07:38	269	0:01:34	277	0:15:38	1:56:20	0:52:43
301	5357		João Paulo Ferreira		V1	Individual	281	0:26:34	311	0:02:39	279	1:09:26	297	0:04:35	242	0:13:51	1:57:05	0:53:28
311	5388		Vitor Belarmino Costa		V1	Individual	303	0:29:01	270	0:01:46	297	1:14:30	257	0:01:26	295	0:17:31	2:04:14	1:00:37
322	5385		Tom Hayoraff		V1	Individual	306	0:29:13	286	0:01:56	306	1:19:56	216	0:01:09	292	0:16:55	2:09:09	1:05:32
328	5384		Rui Noel Batista		V1	Individual	294	0:27:41	204	0:01:13	315	1:37:33	247	0:01:19	301	0:18:53	2:26:39	1:23:02
329	5336		Carlos Alberto Correia		V1	Individual									319	2:28:39	2:28:39	1:25:02
331	4146	2843	João Paulo Dias	DNF	V1	Tri-Oeiras Sport Clube	39	0:18:53	81	0:00:46	-1	-0:19:39						
339	5360		Jorge Alexandre Monteiro	DNF	V1	Individual	94	0:20:46	78	0:00:45	-4	-0:21:31						

## SEN Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18000 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
1	3117	486	Lino Barruncho		SEN	HALCON - Olímpico de Oeiras	-12	0:15:24	-12	0:00:21	3	0:39:31	-12	0:00:23	-9	0:07:58	1:03:37	0:00:00
2	3016	575	Bruno Pais		SEN	HALCON - Olímpico de Oeiras	-11	0:15:46	-11	0:00:23	5	0:41:40	14	0:00:29	-8	0:08:11	1:06:29	0:02:52
4	3071	532	Luis Manuel Almeida		SEN	HALCON - Olímpico de Oeiras	-9	0:16:07	-9	0:00:25	9	0:42:55	-14	0:00:22	-7	0:08:13	1:08:02	0:04:25
7	3291	364	Duarte Marques		SEN	SR Camarnal-Ika	-4	0:16:21	2	0:00:30	6	0:42:13	15	0:00:29	5	0:08:52	1:08:25	0:04:48
8	3292	2852	José Carvalho Silva		SEN	SR Camarnal-Ika	-10	0:16:01	26	0:00:35	10	0:43:18	99	0:00:40	-3	0:08:34	1:09:08	0:05:31
10	3039	507	Custódio António		SEN	SR Camarnal-Ika	7	0:17:26	0	0:00:29	17	0:44:27	28	0:00:31	-4	0:08:31	1:11:24	0:07:47
11	3214	2684	Miguel Ganchinho		SEN	Tri-Oeiras Sport Clube	4	0:17:15	6	0:00:31	18	0:44:33	4	0:00:27	0	0:08:41	1:11:27	0:07:50
12	3026	461	Anibal Oliveira		SEN	Amiciclo	8	0:17:28	23	0:00:35	16	0:44:24	2	0:00:27	8	0:09:06	1:12:00	0:08:23
14	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	2	0:17:00	48	0:00:40	27	0:45:24	52	0:00:33	1	0:08:45	1:12:22	0:08:45
16	3285	2840	Hugo Ferreira		SEN	Tri-Oeiras Sport Clube	6	0:17:25	77	0:00:45	28	0:45:32	120	0:00:45	13	0:09:17	1:13:44	0:10:07
18	3247	2734	António Henriques		SEN	SR Camarnal-Ika	34	0:18:46	107	0:00:50	13	0:44:11	173	0:00:55	17	0:09:24	1:14:06	0:10:29
23	3000	717	Vitor Santos		SEN	Individual	12	0:18:03	-1	0:00:28	35	0:46:33	11	0:00:28	10	0:09:11	1:14:43	0:11:06
26	3284	352	Pedro Gomes		SEN	Tri-Oeiras Sport Clube	0	0:16:42	1	0:00:29	59	0:48:53	1	0:00:26	-2	0:08:34	1:15:04	0:11:27
27	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	14	0:18:13	46	0:00:40	31	0:46:00	108	0:00:42	24	0:09:30	1:15:05	0:11:28
28	3197	2640	Délio Ferreira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	1	0:16:43	15	0:00:34	53	0:48:33	-6	0:00:25	6	0:08:54	1:15:09	0:11:32
30	5218		João Paulo Oliveira		SEN	Individual	60	0:19:35	63	0:00:42	15	0:44:19	110	0:00:42	62	0:10:18	1:15:36	0:11:59
31	3293	2853	Henrique Santos		SEN	SR Camarnal-Ika	-2	0:16:32	29	0:00:36	64	0:49:10	20	0:00:30	4	0:08:51	1:15:39	0:12:02
32	3090	636	Paulo Queirós Gonçalves		SEN	C.N. Cartaxo	5	0:17:24	12	0:00:33	60	0:48:54	-9	0:00:24	3	0:08:49	1:16:04	0:12:27
34	3198	295	Ricardo Teixeira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	19	0:18:15	91	0:00:47	37	0:46:47	41	0:00:32	40	0:09:56	1:16:17	0:12:40
35	3264	2799	Manuel Alves		SEN	C.F. "Os Belenenses"	26	0:18:25	82	0:00:46	34	0:46:25	82	0:00:38	81	0:10:36	1:16:50	0:13:13
38	3183	2589	Ricardo Figueira Silva		SEN	C.F. "Os Belenenses"	45	0:19:08	121	0:00:52	36	0:46:36	169	0:00:54	36	0:09:53	1:17:23	0:13:46
40	3300	2871	Nélson Santos		SEN	Associação Recreativa Social e Cultural de Telada	10	0:17:43	18	0:00:34	72	0:49:37	-10	0:00:24	9	0:09:10	1:17:28	0:13:51
41	3102	662	Alexandre Feliz		SEN	Tri-Oeste -Clube de Triatlo do Oeste	44	0:19:06	140	0:00:57	38	0:47:03	49	0:00:33	43	0:09:58	1:17:37	0:14:00
42	3244	2735	Carlos Fernandes		SEN	Tri-Oeiras Sport Clube	16	0:18:13	65	0:00:43	68	0:49:12	27	0:00:31	7	0:09:04	1:17:43	0:14:06
43	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	64	0:19:42	64	0:00:42	39	0:47:03	48	0:00:32	33	0:09:45	1:17:44	0:14:07
44	5096	504	Paulo Marques		SEN	Clube de Praças da Armada	9	0:17:32	166	0:01:03	0	-0:18:35			305	1:17:50	1:17:50	0:14:13
46	3201	2644	Tiago Fragata		SEN	Associação Recreativa Social e Cultural de Telada	55	0:19:29	104	0:00:49	40	0:47:06	57	0:00:34	51	0:10:09	1:18:07	0:14:30
47	3150	2452	Ernesto Caniço		SEN	Ribabike / Associação dos 20 Km de Aljezur	73	0:20:01	71	0:00:44	30	0:45:57	77	0:00:37	101	0:10:57	1:18:16	0:14:39
50	3282	2839	Márcio Neves		SEN	Individual	35	0:18:48	32	0:00:37	50	0:48:19	-1	0:00:26	84	0:10:38	1:18:48	0:15:11
53	3147	604	Pedro Bento		SEN	Ribabike / Associação dos 20 Km de Aljezur	88	0:20:36	116	0:00:51	32	0:46:17	67	0:00:36	103	0:11:01	1:19:21	0:15:44
55	3295	2856	João Sousa Ferreira		SEN	Clube de Praças da Armada	43	0:19:03	165	0:01:03	67	0:49:11	116	0:00:43	21	0:09:27	1:19:27	0:15:50
56	5307		Ricardo Nuno Figaredo		SEN	Individual	99	0:20:51	274	0:01:47	21	0:44:59	242	0:01:16	106	0:11:02	1:19:55	0:16:18
58	5164		Artur Manuel Batista		SEN	Individual	79	0:20:10	123	0:00:52	52	0:48:23	122	0:00:45	41	0:09:56	1:20:06	0:16:29
59	3304	2892	Ivan Pinto da Silva		SEN	Clube Triatlo de Perosinho	90	0:20:39	109	0:00:50	44	0:47:36	50	0:00:33	77	0:10:32	1:20:10	0:16:33

61	5161		António José Amorim	SEN	Individual	28	0:18:32	35	0:00:37	91	0:51:12	-13	0:00:22	39	0:09:55	1:20:38	0:17:01
63	3224	655	Daniel Trindade	SEN	Casa Benfica Faro/GASCAN	20	0:18:17	234	0:01:27	93	0:51:19	126	0:00:47	12	0:09:17	1:21:07	0:17:30
65	5319		Rui Vasco Medina	SEN	Individual	41	0:19:01	202	0:01:12	78	0:50:02	164	0:00:52	50	0:10:04	1:21:11	0:17:34
66	3225	2694	Rui Ferreira	SEN	C.F. "Os Belenenses"	65	0:19:49	189	0:01:10	73	0:49:47	104	0:00:41	34	0:09:48	1:21:15	0:17:38
67	3001	627	Paulo Teles	SEN	G. A. A. Vila Franca de Xira	67	0:19:52	157	0:01:01	70	0:49:21	100	0:00:40	72	0:10:26	1:21:20	0:17:43
69	3086	649	Luis Guerreiro	SEN	Individual	49	0:19:19	118	0:00:51	77	0:50:00	136	0:00:47	80	0:10:35	1:21:32	0:17:55
70	3241	2718	Nuno Tintim	SEN	Individual	21	0:18:18	72	0:00:44	111	0:52:52	66	0:00:36	11	0:09:12	1:21:42	0:18:05
74	5165		Bruno Miguel Fernandes	SEN	Individual	112	0:21:06	158	0:01:01	48	0:47:58	207	0:01:05	160	0:11:58	1:23:08	0:19:31
75	3148	653	José Rodrigues	SEN	Ribabike / Associação dos 20 Km de Alentejo	135	0:21:36	171	0:01:05	58	0:48:50	145	0:00:50	96	0:10:51	1:23:12	0:19:35
77	3101	457	Nuno Almeida	SEN	A.D.C.R. Painho	108	0:21:02	27	0:00:35	86	0:50:49	9	0:00:28	69	0:10:24	1:23:18	0:19:41
80	3023	669	Paulo Robalo	SEN	Alhandra Sporting Clube	36	0:18:49	8	0:00:32	136	0:54:17	5	0:00:27	30	0:09:39	1:23:44	0:20:07
82	5210		João Domingos Sanona	SEN	Individual									306	1:23:49	1:23:49	0:20:12
86	3281	2838	Hélder Gonçalves Ribeiro	SEN	Individual	96	0:20:49	200	0:01:12	74	0:49:50	210	0:01:06	114	0:11:09	1:24:06	0:20:29
87	3004	485	Bruno Silva	SEN	G. A. A. Vila Franca de Xira	86	0:20:33	4	0:00:31	106	0:52:37	-11	0:00:24	48	0:10:03	1:24:08	0:20:31
88	5291		Pedro Jorge Pinho	SEN	Individual	62	0:19:37	132	0:00:54	100	0:52:07	156	0:00:51	87	0:10:42	1:24:11	0:20:34
89	3120	720	Mário Couto	SEN	G. A. A. Vila Franca de Xira	69	0:19:54	33	0:00:37	119	0:53:18	8	0:00:28	46	0:10:01	1:24:18	0:20:41
90	3142	2526	Pedro Figueira	SEN	Ribabike / Associação dos 20 Km de Alentejo	92	0:20:45	73	0:00:44	94	0:51:21	101	0:00:40	98	0:10:53	1:24:23	0:20:46
91	5274		Nuno Miguel Jorge	SEN	Individual	110	0:21:03	221	0:01:19	62	0:48:56	167	0:00:53	185	0:12:15	1:24:26	0:20:49
94	3310	2928	Rui Monteiro	SEN	Individual	196	0:23:13	170	0:01:04	42	0:47:24	172	0:00:54	169	0:12:08	1:24:43	0:21:06
95	3035	723	Carlos Branco	SEN	Clube de Praças da Armada	118	0:21:18	37	0:00:38	101	0:52:10	25	0:00:31	52	0:10:10	1:24:47	0:21:10
96	3140	4615	Jorge Vieira	SEN	Tri-Oeiras Sport Clube	72	0:20:00	130	0:00:54	110	0:52:52	137	0:00:48	66	0:10:23	1:24:57	0:21:20
101	3095	748	José Gonçalves	SEN	Triathlon Lamego Club	54	0:19:28	16	0:00:34	156	0:55:29	-3	0:00:25	27	0:09:33	1:25:29	0:21:52
103	3146	603	Victor Rodrigues	SEN	Ribabike / Associação dos 20 Km de Alentejo	131	0:21:34	160	0:01:02	82	0:50:26	178	0:00:56	145	0:11:42	1:25:40	0:22:03
104	5298		Pedro Miguel Lucas	SEN	Individual	98	0:20:50	192	0:01:10	99	0:52:06	227	0:01:12	74	0:10:29	1:25:47	0:22:10
105	3043	511	Horácio Ferreira	SEN	Tri-Oeiras Sport Clube	127	0:21:29	25	0:00:35	115	0:52:59	-5	0:00:25	76	0:10:32	1:26:00	0:22:23
106	5246		Manuel A F. Domingues	SEN	Individual									309	1:26:03	1:26:03	0:22:26
107	5169		Carlos Diogo Branco Lima	SEN	Individual	149	0:22:08	148	0:00:58	83	0:50:32	123	0:00:45	146	0:11:42	1:26:05	0:22:28
108	5284		Paulo Jose Lopes	SEN	Individual	151	0:22:11	169	0:01:04	88	0:50:54	195	0:00:59	104	0:11:01	1:26:09	0:22:32
110	5250		Marco Paulo Carreira	SEN	Individual	105	0:20:59	220	0:01:19	104	0:52:28	186	0:00:58	83	0:10:37	1:26:21	0:22:44
111	5222		Joel Tiago Pena	SEN	Individual	215	0:23:53	88	0:00:46	71	0:49:24	80	0:00:37	148	0:11:42	1:26:22	0:22:45
113	3119	638	Paulo Calixto	SEN	G. A. A. Vila Franca de Xira	82	0:20:13	7	0:00:31	124	0:53:45	0	0:00:26	131	0:11:29	1:26:24	0:22:47
115	5085		Carlos Farófia	SEN	Individual	71	0:19:55	247	0:01:30	121	0:53:36	229	0:01:12	54	0:10:12	1:26:25	0:22:48
116	3258	2783	José Apolinário Teixeira	SEN	Clube Triatlo de Perosinho	77	0:20:09	149	0:01:00	129	0:53:59	202	0:01:02	65	0:10:21	1:26:31	0:22:54
118	5233		José Nelson Narciso	SEN	Individual	95	0:20:48	207	0:01:14	113	0:52:53	193	0:00:59	90	0:10:45	1:26:39	0:23:02
119	3100	706	Luis Cipriano	SEN	A.D.C.R. Painho	50	0:19:20	17	0:00:34	172	0:56:40	21	0:00:30	29	0:09:39	1:26:43	0:23:06
120	5259		Miguel Gayoso Suárez	SEN	Individual	156	0:22:17	191	0:01:10	89	0:51:06	197	0:01:01	121	0:11:17	1:26:51	0:23:14
122	3094	708	Pedro Fernandes	SEN	ABV Estoril	104	0:20:57	99	0:00:48	126	0:53:46	148	0:00:50	95	0:10:49	1:27:10	0:23:33
123	5179		David José Moutinho	SEN	Individual	46	0:19:11	40	0:00:38	184	0:57:37	-8	0:00:24	16	0:09:22	1:27:12	0:23:35
124	5235		Leandro Fernandes Pinto	SEN	Individual	146	0:21:58	19	0:00:34	128	0:53:53	35	0:00:31	63	0:10:18	1:27:14	0:23:37
125	5323		Sandro Miguel Galvão	SEN	Individual	194	0:23:05	222	0:01:20	84	0:50:46	209	0:01:05	111	0:11:07	1:27:23	0:23:46

126	5205		Hugo Carvalho da Silva		SEN	Individual	145	0:21:57	176	0:01:06	98	0:52:04	184	0:00:58	128	0:11:25	1:27:30	0:23:53
128	5219		João Pedro Freixial Correia		SEN	Individual	68	0:19:52	285	0:01:56	117	0:53:06	232	0:01:13	141	0:11:38	1:27:45	0:24:08
129	5170		Carlos Jorge da Silva		SEN	Individual	142	0:21:52	13	0:00:33	125	0:53:45	12	0:00:28	149	0:11:43	1:28:21	0:24:44
130	3239	2717	Telmo Veloso		SEN	Porto Runners	24	0:18:24	34	0:00:37	214	0:59:27	6	0:00:27	26	0:09:31	1:28:26	0:24:49
131	5300		Pedro Miguel Escaleira		SEN	Individual	208	0:23:35	284	0:01:55	75	0:49:57	199	0:01:01	161	0:11:59	1:28:27	0:24:50
132	5200		Guilherme Branquinho		SEN	Individual	191	0:23:03	168	0:01:04	108	0:52:47	163	0:00:52	88	0:10:43	1:28:29	0:24:52
135	5188		Fernando de Almeida Neto		SEN	Individual	217	0:23:56	229	0:01:24	80	0:50:10	162	0:00:52	193	0:12:32	1:28:54	0:25:17
138	3075	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	125	0:21:27	133	0:00:55	145	0:55:03	79	0:00:37	108	0:11:03	1:29:05	0:25:28
139	3299	2870	António Neto		SEN	Associação Recreativa Social e Cultural de Teleda	89	0:20:37	108	0:00:50	144	0:55:00	258	0:01:27	130	0:11:28	1:29:22	0:25:45
143	5153		Alfredo Manuel Azevedo		SEN	Individual	129	0:21:33	93	0:00:47	164	0:56:12	64	0:00:35	97	0:10:52	1:29:59	0:26:22
145	3177	2577	Miguel Reis		SEN	Amiciclo	165	0:22:27	156	0:01:01	134	0:54:13	140	0:00:49	154	0:11:54	1:30:24	0:26:47
147	5196		Filipe da Silva Gomes		SEN	Individual	179	0:22:46	228	0:01:23	118	0:53:17	175	0:00:55	191	0:12:31	1:30:52	0:27:15
148	5202		Henrique Maia Ribeiro Leite		SEN	Individual	213	0:23:47	309	0:02:29	97	0:51:55	225	0:01:12	133	0:11:31	1:30:54	0:27:17
150	5272		Nuno Miguel Luis		SEN	Individual	238	0:24:42	196	0:01:11	90	0:51:06	215	0:01:08	215	0:13:04	1:31:11	0:27:34
151	5461		Pedro Alves		SEN	Individual	126	0:21:28	216	0:01:16	176	0:57:01	74	0:00:36	99	0:10:53	1:31:14	0:27:37
154	5310		Rui Manuel Cabral		SEN	Individual									310	1:31:26	1:31:26	0:27:49
156	5311		Rui Miguel Rocha		SEN	Individual	180	0:22:47	269	0:01:46	149	0:55:08	220	0:01:10	85	0:10:41	1:31:32	0:27:55
157	5279		Paulo Carmo		SEN	Individual	132	0:21:34	14	0:00:33	198	0:58:30	46	0:00:32	73	0:10:28	1:31:37	0:28:00
161	3314	2937	Pedro Salvador		SEN	FidalBike	157	0:22:19	211	0:01:16	153	0:55:18	236	0:01:14	157	0:11:56	1:32:03	0:28:26
162	3262	2794	Nuno Barbosa		SEN	Porto Runners	81	0:20:13	28	0:00:35	205	0:58:48	10	0:00:28	178	0:12:14	1:32:18	0:28:41
163	5247		Manuel Brito Castro Rego		SEN	Individual	155	0:22:17	150	0:01:00	168	0:56:24	59	0:00:34	180	0:12:14	1:32:29	0:28:52
164	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	183	0:22:51	56	0:00:41	161	0:56:01	22	0:00:30	200	0:12:37	1:32:40	0:29:03
165	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	97	0:20:50	54	0:00:41	221	1:00:04	75	0:00:37	82	0:10:37	1:32:49	0:29:12
166	5277		Paulo Alexandre Goulart		SEN	Individual	175	0:22:37	101	0:00:48	162	0:56:02	130	0:00:47	199	0:12:36	1:32:50	0:29:13
168	5214		João Henrique Bobato		SEN	Individual	167	0:22:29	50	0:00:40	160	0:55:49	44	0:00:32	226	0:13:24	1:32:54	0:29:17
169	3202	2645	Adérito Pereira		SEN	Associação Recreativa Social e Cultural de Teleda	188	0:22:58	144	0:00:58	157	0:55:36	159	0:00:52	190	0:12:31	1:32:55	0:29:18
170	5089		Marco Antonio		SEN	Individual	277	0:26:12	256	0:01:32	114	0:52:54	158	0:00:51	129	0:11:27	1:32:56	0:29:19
172	5312		Rui Miguel Foles		SEN	Individual	246	0:24:56	201	0:01:12	133	0:54:09	141	0:00:49	176	0:12:13	1:33:19	0:29:42
173	5305		Ricardo Gomes Galvão		SEN	Individual	124	0:21:26	236	0:01:27	163	0:56:11	244	0:01:18	209	0:12:58	1:33:20	0:29:43
174	5204		Hugo André Barreira		SEN	Individual	189	0:22:58	142	0:00:57	186	0:57:44	102	0:00:40	105	0:11:02	1:33:21	0:29:44
175	5254		Mário Miguel Baltazar		SEN	Individual	154	0:22:15	208	0:01:14	177	0:57:05	93	0:00:39	184	0:12:15	1:33:28	0:29:51
176	5278		Paulo Alexandre Oliveira		SEN	Individual	202	0:23:22	250	0:01:31	154	0:55:25	233	0:01:13	165	0:12:01	1:33:32	0:29:55
177	5251		Marcolino Simoes Verissimo		SEN	Individual	58	0:19:32	76	0:00:44	244	1:02:23	92	0:00:39	67	0:10:23	1:33:41	0:30:04
180	5308		Ricardo Pedro Soeiro		SEN	Individual									311	1:33:57	1:33:57	0:30:20
181	5243		Luis Miguel do Carmo Lamp		SEN	Individual	201	0:23:21	296	0:02:02	151	0:55:10	245	0:01:19	175	0:12:13	1:34:05	0:30:28
183	3298	2859	Paulo Falé		SEN	Clube de Praças da Armada	100	0:20:51	197	0:01:11	229	1:00:46	182	0:00:57	75	0:10:30	1:34:15	0:30:38
184	5208		João António Frade		SEN	Individual	138	0:21:40	87	0:00:46	224	1:00:13	149	0:00:50	93	0:10:47	1:34:16	0:30:39
185	3313	2936	José Carlos Pereira		SEN	FidalBike	228	0:24:15	38	0:00:38	155	0:55:26	38	0:00:32	231	0:13:31	1:34:22	0:30:45
186	5201		Hélder Fernando Silva		SEN	Individual	134	0:21:35	230	0:01:24	201	0:58:33	241	0:01:16	147	0:11:42	1:34:30	0:30:53
191	5216		João Manuel Cruz		SEN	Individual	193	0:23:04	248	0:01:31	178	0:57:06	196	0:01:00	183	0:12:15	1:34:56	0:31:19

192	5162		Antonio José Santos		SEN	Individual		158	0:22:20	227	0:01:23	185	0:57:44	250	0:01:22	182	0:12:15	1:35:04	0:31:27
195	5199		Gonçalo Quitério Ezequiel		SEN	Individual		173	0:22:35	112	0:00:50	204	0:58:47	113	0:00:43	203	0:12:39	1:35:34	0:31:57
196	5178		Dário Miguel Carvalho		SEN	Individual		216	0:23:55	294	0:02:00	171	0:56:38	267	0:01:32	137	0:11:35	1:35:40	0:32:03
197	5289		Pedro Emanuel Ferreira		SEN	Individual		247	0:24:57	260	0:01:38	141	0:54:36	253	0:01:23	217	0:13:10	1:35:44	0:32:07
200	3230	2703	Carlos Serra		SEN	Individual		185	0:22:53	188	0:01:09	215	0:59:35	144	0:00:50	135	0:11:34	1:36:01	0:32:24
201	5209		João Daniel Carolino		SEN	Individual		211	0:23:43	301	0:02:12	187	0:57:48	231	0:01:13	113	0:11:08	1:36:04	0:32:27
203	5249		Manuel Pinto Moura		SEN	Individual		256	0:25:20	240	0:01:28	175	0:56:58	70	0:00:36	151	0:11:50	1:36:12	0:32:35
208	5288		Paulo Sérgio Vieira		SEN	Individual		233	0:24:31	218	0:01:18	169	0:56:24	212	0:01:07	223	0:13:18	1:36:38	0:33:01
209	5055		Rodrigo do Vale		SEN	Individual										313	1:37:01	1:37:01	0:33:24
211	3118	701	Nuno Morais		SEN	G. A. A. Vila Franca de Xira		218	0:23:57	120	0:00:52	213	0:59:20	147	0:00:50	168	0:12:07	1:37:06	0:33:29
215	5156		André Eusébio da Rocha		SEN	Individual		204	0:23:27	62	0:00:42	212	0:59:18	58	0:00:34	239	0:13:47	1:37:48	0:34:11
217	5166		Bruno Miguel Maia		SEN	Individual		84	0:20:25	49	0:00:40	259	1:05:06	69	0:00:36	115	0:11:09	1:37:56	0:34:19
218	5306		Ricardo Jorge Silva		SEN	Individual		252	0:25:06	279	0:01:52	148	0:55:08	290	0:02:08	238	0:13:46	1:38:00	0:34:23
219	5059		Frederico Raposo		SEN	Individual		205	0:23:28	258	0:01:36	216	0:59:35	222	0:01:10	187	0:12:16	1:38:05	0:34:28
221	5168		Carlos Alberto Barata		SEN	Individual		259	0:25:30	300	0:02:12	143	0:54:56	283	0:01:49	235	0:13:41	1:38:08	0:34:31
222	5171		Carlos Manuel Morais		SEN	Individual		212	0:23:47	217	0:01:18	226	1:00:26	128	0:00:47	159	0:11:57	1:38:15	0:34:38
223	5047		Carlos Manuel Pinto		SEN	Individual		257	0:25:22	275	0:01:47	150	0:55:09	271	0:01:36	261	0:14:25	1:38:19	0:34:42
227	5297		Pedro Manuel Santos		SEN	Individual		177	0:22:40	124	0:00:52	249	1:03:22	198	0:01:01	125	0:11:21	1:39:16	0:35:39
229	5221		João Serra		SEN	Individual		101	0:20:52	57	0:00:41	266	1:06:30	114	0:00:43	79	0:10:35	1:39:21	0:35:44
230	5232		Jose Luis Lebre		SEN	Individual		253	0:25:08	225	0:01:22	167	0:56:24	252	0:01:23	272	0:15:07	1:39:24	0:35:47
233	5273		Nuno Miguel Almeida		SEN	Individual		198	0:23:19	262	0:01:39	223	1:00:11	276	0:01:43	198	0:12:36	1:39:28	0:35:51
234	5327		Tiago Pedro Varanda		SEN	Individual		199	0:23:19	264	0:01:41	222	1:00:09	278	0:01:44	202	0:12:38	1:39:31	0:35:54
235	5264		Nelson Pimenta Vieira		SEN	Individual		207	0:23:35	280	0:01:53	230	1:00:57	238	0:01:14	155	0:11:55	1:39:34	0:35:57
236	5125		António Kergoat Ferreira		SEN	Individual		242	0:24:50	293	0:01:59	199	0:58:30	277	0:01:43	204	0:12:41	1:39:43	0:36:06
237	5227		Jorge Miguel Simões Mendel		SEN	Individual		223	0:24:03	58	0:00:41	234	1:01:04	45	0:00:32	228	0:13:26	1:39:46	0:36:09
238	5197		Francisco Bourbon Franca		SEN	Individual		178	0:22:44	282	0:01:54	243	1:02:11	170	0:00:54	174	0:12:13	1:39:56	0:36:19
239	5160		António José das Neves		SEN	Individual		264	0:25:39	253	0:01:32	219	0:59:57	118	0:00:44	167	0:12:05	1:39:57	0:36:20
240	5063		João Galileu Dias		SEN	Individual		255	0:25:11	276	0:01:48	202	0:58:38	249	0:01:21	218	0:13:10	1:40:08	0:36:31
241	5265		Nuno Ferreira Vicente		SEN	Individual		209	0:23:38	287	0:01:57	237	1:01:19	239	0:01:15	164	0:12:01	1:40:10	0:36:33
245	5315		Rui Montenegro Marques		SEN	Individual										314	1:41:03	1:41:03	0:37:26
246	5270		Nuno Miguel Lucas		SEN	Individual		248	0:24:59	306	0:02:20	208	0:59:01	286	0:01:51	214	0:13:04	1:41:15	0:37:38
249	5240		Luís Filipe Almeida		SEN	Individual		279	0:26:13	249	0:01:31	203	0:58:40	115	0:00:43	262	0:14:26	1:41:33	0:37:56
250	5193		Filipe André Leitão		SEN	Individual		270	0:25:50	232	0:01:26	233	1:01:02	129	0:00:47	194	0:12:32	1:41:37	0:38:00
253	5206		Hugo Jorge Macedo Antunes		SEN	Individual		278	0:26:13	239	0:01:28	206	0:58:54	237	0:01:14	260	0:14:21	1:42:10	0:38:33
254	5318		Rui Raposinho		SEN	Individual		214	0:23:49	129	0:00:53	241	1:01:57	150	0:00:50	269	0:14:52	1:42:21	0:38:44
258	5286		Paulo Miguel Sobral		SEN	Individual		307	0:29:28	163	0:01:02	170	0:56:25	131	0:00:47	275	0:15:24	1:43:06	0:39:29
259	5269		Nuno Miguel Gaspar		SEN	Individual		249	0:25:01	298	0:02:07	231	1:00:58	287	0:01:53	216	0:13:08	1:43:07	0:39:30
260	5181		Doug Cuneo		SEN	Individual		250	0:25:04	167	0:01:04	251	1:03:36	85	0:00:38	208	0:12:53	1:43:15	0:39:38
262	5230		José Francisco Silveira		SEN	Individual		284	0:26:38	302	0:02:14	189	0:57:50	294	0:03:20	246	0:13:55	1:43:57	0:40:20
264	5217		João Miguel Soares		SEN	Individual		283	0:26:38	278	0:01:52	196	0:58:18	293	0:03:14	248	0:13:57	1:43:59	0:40:22



272	5237		Luís Alexandre Soldado		SEN	Individual	305	0:29:09	233	0:01:26	218	0:59:48	208	0:01:05	273	0:15:14	1:46:42	0:43:05
273	5261		Miguel Maria Silva		SEN	Individual	219	0:23:58	113	0:00:50	263	1:05:34	94	0:00:39	285	0:16:06	1:47:07	0:43:30
275	5301		Pedro Miguel Couceiro		SEN	Individual	285	0:26:51	68	0:00:43	262	1:05:22	132	0:00:47	244	0:13:52	1:47:35	0:43:58
276	5295		Pedro Luis Neves		SEN	Individual	286	0:26:54	290	0:01:59	252	1:03:53	265	0:01:30	230	0:13:29	1:47:45	0:44:08
286	5215		João José Malaquias Lima		SEN	Individual	299	0:28:27	303	0:02:16	255	1:04:07	281	0:01:47	286	0:16:08	1:52:45	0:49:08
287	3315	2938	Mário Figueiredo		SEN	FidalBike	181	0:22:50	231	0:01:25	294	1:13:48	256	0:01:26	225	0:13:21	1:52:50	0:49:13
289	5194		Filipe Arroyo Cardoso		SEN	Individual	237	0:24:41	283	0:01:55	272	1:07:49	292	0:02:12	293	0:17:04	1:53:41	0:50:04
291	5302		Renato Manuel Silva		SEN	Individual	262	0:25:35	135	0:00:55	286	1:12:31	119	0:00:44	267	0:14:45	1:54:30	0:50:53
292	5234		José Nuno Prates		SEN	Individual	272	0:25:52	162	0:01:02	290	1:13:13	86	0:00:38	251	0:14:09	1:54:54	0:51:17
293	5158		António Emilio Paquete		SEN	Individual	304	0:29:09	111	0:00:50	278	1:08:30	192	0:00:59	289	0:16:21	1:55:49	0:52:12
294	5183		Duarte César Barcelos		SEN	Individual	275	0:26:03	94	0:00:47	295	1:13:54	174	0:00:55	256	0:14:17	1:55:56	0:52:19
295	5287		Paulo Sérgio Bailão		SEN	Individual	274	0:25:53	59	0:00:41	296	1:14:29	95	0:00:39	253	0:14:15	1:55:57	0:52:20
296	5198		George Rodriguez		SEN	Individual	261	0:25:32	295	0:02:00	2	0:37:50	298	0:38:07	201	0:12:38	1:56:07	0:52:30
300	5304		Ricardo Filipe Garcia		SEN	Individual									317	1:56:47	1:56:47	0:53:10
303	5207		Hugo Ricardo Cardoso		SEN	Individual	290	0:27:20	299	0:02:09	276	1:08:25	289	0:02:07	294	0:17:22	1:57:23	0:53:46
306	5257		Miguel Afonso Rosa		SEN	Individual	227	0:24:14	244	0:01:30	308	1:20:16	187	0:00:58	220	0:13:13	2:00:11	0:56:34
309	5040		Tiago Costa		SEN	Individual	302	0:29:00	305	0:02:17	289	1:13:06	288	0:02:04	278	0:15:39	2:02:06	0:58:29
310	5024		Tiago Matos		SEN	Individual	276	0:26:11	292	0:01:59	301	1:17:12	190	0:00:58	280	0:15:47	2:02:07	0:58:30
312	5229		José Francisco Dimas		SEN	Individual	153	0:22:13	177	0:01:06	312	1:27:20	185	0:00:58	219	0:13:11	2:04:48	1:01:11
314	5256		Michel Gaspar da Costa		SEN	Individual	314	0:31:10	289	0:01:59	303	1:18:34	226	0:01:12	189	0:12:26	2:05:21	1:01:44
317	5275		Nuno Ricardo Carmo		SEN	Individual	308	0:29:37	106	0:00:49	309	1:20:35	194	0:00:59	279	0:15:47	2:07:47	1:04:10
320	5407		Antonio Pedro Santos		SEN	Individual	296	0:27:51	315	0:15:10	271	1:07:47	280	0:01:45	282	0:15:57	2:08:30	1:04:53
321	5167		Carlos Martins Silva		SEN	Individual	309	0:30:08	257	0:01:36	305	1:19:11	224	0:01:12	290	0:16:24	2:08:31	1:04:54
325	5255		Mário Rui Vilar		SEN	Individual	293	0:27:40	273	0:01:47	313	1:28:12	214	0:01:08	283	0:15:58	2:14:45	1:11:08
326	5157		António Carlos Guedes		SEN	Individual	313	0:31:10	288	0:01:59	311	1:26:51	191	0:00:59	299	0:18:20	2:19:19	1:15:42
327	5195		Filipe Brederode Silva		SEN	Individual	300	0:28:48	307	0:02:21	314	1:30:36	285	0:01:50	302	0:20:11	2:23:46	1:20:09
330	3223	2693	Fernando Conceição	DNF	SEN	Clube de Praças da Armada	160	0:22:24	209	0:01:15	-11	-0:23:39						
333	5174		Celso Rodrigues Barja	DNF	SEN	Individual	232	0:24:23	243	0:01:29	-12	-0:25:52						
334	5184		Eduardo Amorim	DNF	SEN	Individual	76	0:20:04	95	0:00:47	-3	-0:20:51	299	1:48:33	-12	-1:48:33		
335	5248		Manuel Jorge Julio	DNF	SEN	Individual	48	0:19:19	138	0:00:56	-2	-0:20:15						
336	5283		Paulo Jorge Oliveira	DNF	SEN	Individual	120	0:21:24	212	0:01:16	236	1:01:12	295	0:03:26	-11	-1:27:18		
337	5285		Paulo Miguel Trindade	DNF	SEN	Individual	115	0:21:15	128	0:00:53	-6	-0:22:08						
338	5320		Samuel Alexandre Teles	DNF	SEN	Individual	147	0:22:01	185	0:01:08	-10	-0:23:09						
341	5444		Gonçalo Santa Ramalho	DNF	SEN	Individual	163	0:22:26	219	0:01:18	69	0:49:15	155	0:00:50	-10	-1:13:49		
342	5087		Pedro Veiga	DNF	SEN	Individual	133	0:21:34	154	0:01:00	-9	-0:22:34						
343	5092	2510	João Quitério	DNF	SEN	G. A. A. Vila Franca de Xira	122	0:21:24	183	0:01:07	-8	-0:22:31						

## SEN Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18000 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
2	5322		Sandra Ramos Araújo		SEN	Individual	-113	0:22:18	-103	0:00:53	-117	0:48:59	-119	0:00:39	-109	0:11:29	1:24:18	0:20:41
4	3240	380	Carla Ribeiro		SEN	Ginásio Clube de Sines	-115	0:21:33	-101	0:01:03	-114	0:55:23	-113	0:01:02	-111	0:11:04	1:30:05	0:26:28
5	3283	351	Inês Gonçalves		SEN	Tri-Oeiras Sport Clube	-117	0:21:03	-108	0:00:44	-112	0:57:43	-132	0:00:29	-114	0:10:18	1:30:17	0:26:40
6	5173		Celina Santos Carpinteiro		SEN	Individual	-106	0:23:12	-97	0:01:11	-115	0:53:04	-114	0:00:53	-104	0:12:41	1:31:01	0:27:24
7	3294	2855	Patrícia Serafim		SEN	Clube de Praças da Armada	-109	0:22:34	-116	0:00:36	-113	0:57:26	-115	0:00:45	-108	0:11:31	1:32:52	0:29:15
11	3204	2651	Susana Simões		SEN	Porto Runners	-118	0:21:01	-109	0:00:43	-105	1:04:23	-128	0:00:31	-113	0:10:38	1:37:16	0:33:39
15	5187		Esmeralda de Jesus Câmara		SEN	Individual	-104	0:23:54	-102	0:00:54	-103	1:06:45	-116	0:00:45	-105	0:12:40	1:44:58	0:41:21
16	5252		Mariana Luisa Sousa		SEN	Individual	-101	0:26:00	-114	0:00:39	-104	1:05:07	-121	0:00:36	-98	0:13:29	1:45:51	0:42:14
24	5155		Ana Filipa Prudêncio Vilar		SEN	Individual	-96	0:33:05	-99	0:01:08	-97	1:22:56	-112	0:01:03	-94	0:18:15	2:16:27	1:12:50

## S23 Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18000 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
6	2070	2695	João José Pereira		S23	Alhandra Sporting Clube	-8	0:16:18	-7	0:00:27	7	0:42:23	-15	0:00:19	2	0:08:49	1:08:16	0:04:39
29	2003	417	Rui Dolores		S23	Amiciclo	33	0:18:40	75	0:00:44	26	0:45:14	42	0:00:32	45	0:10:00	1:15:10	0:11:33
57	2061	256	Carlos Gaspar		S23	Ginásio Clube de Sines	42	0:19:02	187	0:01:09	51	0:48:21	109	0:00:42	89	0:10:45	1:19:59	0:16:22
64	2050	2523	Noé Dias		S23	Casa do Povo de Mouriscas	40	0:18:54	83	0:00:46	76	0:49:59	117	0:00:44	92	0:10:47	1:21:10	0:17:33
134	5149		Manuel João Teixeira		S23	Individual	150	0:22:11	86	0:00:46	122	0:53:38	63	0:00:35	140	0:11:37	1:28:47	0:25:10
255	5145		Gonçalo Filipe Carreira		S23	Individual	258	0:25:23	281	0:01:54	232	1:01:01	273	0:01:38	197	0:12:36	1:42:32	0:38:55
274	5143		André duarte teixeira		S23	Individual	176	0:22:38	172	0:01:05	275	1:08:23	260	0:01:28	249	0:13:58	1:47:32	0:43:55
281	5150		Tiago Miguel Carvalhinho		S23	Individual	244	0:24:53	235	0:01:27	269	1:07:29	161	0:00:52	287	0:16:10	1:50:51	0:47:14
288	5148		Juan Buitrago		S23	Individual	282	0:26:35	147	0:00:58	284	1:11:07	91	0:00:39	255	0:14:16	1:53:35	0:49:58

## S23 Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18000 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
1	2017	274	Vanessa Fernandes		S23	Sport Lisboa e Benfica	-120	0:17:15	-111	0:00:41	-116	0:50:27	-126	0:00:32	-115	0:08:47	1:17:42	0:14:05

## JUN Masculinos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18000 (KM)						CORRIDA 2500 (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
5	1011	102	José Estrangeiro		JUN	HALCON - Olímpico de Oeiras	-6	0:16:20	-10	0:00:25	8	0:42:27	39	0:00:32	-5	0:08:25	1:08:09	0:04:32
9	1020	179	Miguel Arraiolos		JUN	HALCON - Olímpico de Oeiras	-3	0:16:28	3	0:00:30	14	0:44:18	31	0:00:31	-6	0:08:18	1:10:05	0:06:28
13	1054	2570	Vasco Pessoa		JUN	HALCON - Olímpico de Oeiras	-1	0:16:40	-2	0:00:28	25	0:45:13	32	0:00:31	15	0:09:22	1:12:14	0:08:37
22	5136		Ivo Alexandre Pais		JUN	Individual	17	0:18:13	110	0:00:50	20	0:44:54	166	0:00:53	35	0:09:48	1:14:38	0:11:01
25	1095	2522	João Amorim		JUN	Alhandra Sporting Clube	3	0:17:11	-8	0:00:26	45	0:47:41	-4	0:00:25	14	0:09:18	1:15:01	0:11:24
33	5131		David Gonçalo Pantana		JUN	Individual	30	0:18:36	105	0:00:49	29	0:45:54	62	0:00:35	55	0:10:13	1:16:07	0:12:30
36	1063	52	Ruben Costa		JUN	Clube de Nataçao Colégio Vasco da Gama	-5	0:16:20	92	0:00:47	1	-0:17:07			303	1:17:13	1:17:13	0:13:36
39	5140		Pedro Nuno Duarte		JUN	Individual									304	1:17:27	1:17:27	0:13:50
49	1086	2722	Carlos Alberto Costa		JUN	Amiciclo	15	0:18:13	55	0:00:41	55	0:48:41	81	0:00:38	60	0:10:17	1:18:30	0:14:53
51	1102	2854	Rui Mesquita Pereira		JUN	União Desportiva da Chamusca	47	0:19:13	66	0:00:43	49	0:48:01	84	0:00:38	64	0:10:20	1:18:55	0:15:18
60	1117	2896	Hugo Ventura		JUN	Triathlon Lamego Club	53	0:19:27	-4	0:00:28	63	0:49:07	-2	0:00:26	110	0:11:07	1:20:35	0:16:58
71	1105	35	João Serrano		JUN	C.N. Cartaxo	18	0:18:14	-3	0:00:28	43	0:47:25	29	0:00:31	276	0:15:37	1:22:15	0:18:38
72	5129		Carlos Rafael Alves		JUN	Individual	109	0:21:02	190	0:01:10	41	0:47:08	183	0:00:58	196	0:12:36	1:22:54	0:19:17
93	1106	37	Fabrcio Tomás		JUN	C.N. Cartaxo	38	0:18:52	-5	0:00:28	139	0:54:34	3	0:00:27	53	0:10:12	1:24:33	0:20:56
102	1094	20	Bruno Pereira		JUN	Alhandra Sporting Clube	57	0:19:30	10	0:00:33	112	0:52:53	-7	0:00:25	171	0:12:11	1:25:32	0:21:55
117	5142		William da Silva Lemos		JUN	Individual	70	0:19:54	161	0:01:02	142	0:54:56	16	0:00:29	57	0:10:15	1:26:36	0:22:59
127	5092		Ricardo Jorge S Ferraz		JUN	Individual	121	0:21:24	182	0:01:07	105	0:52:35	143	0:00:49	143	0:11:38	1:27:33	0:23:56
140	5133		Diogo Miguel Amorim		JUN	Individual	117	0:21:17	67	0:00:43	158	0:55:44	34	0:00:31	123	0:11:20	1:29:35	0:25:58
144	5130		Daniel Filipe Araújo		JUN	Individual	102	0:20:53	9	0:00:32	179	0:57:12	33	0:00:31	100	0:10:55	1:30:03	0:26:26
153	1104	2866	Carlos Alenquer		JUN	Mem Martins Sport Club	182	0:22:51	199	0:01:12	140	0:54:35	112	0:00:43	163	0:12:00	1:31:21	0:27:44
160	5137		Luis Andre Lopes		JUN	Individual	197	0:23:16	137	0:00:56	130	0:54:03	127	0:00:47	207	0:12:50	1:31:52	0:28:15
171	5132		David Silva Raquel		JUN	Individual	190	0:23:03	164	0:01:03	103	0:52:27	181	0:00:57	281	0:15:49	1:33:19	0:29:42
188	1061	2631	David Ferreira		JUN	Alhandra Sporting Clube	222	0:24:02	47	0:00:40	182	0:57:27	19	0:00:30	158	0:11:57	1:34:36	0:30:59
189	5135		Fábio Rafael Coelho		JUN	Individual	243	0:24:52	122	0:00:52	107	0:52:39	160	0:00:52	274	0:15:22	1:34:37	0:31:00
205	1112	157	Rui Cordeiro		JUN	Ginásio Clube de Sines	144	0:21:57	84	0:00:46	227	1:00:39	121	0:00:45	179	0:12:14	1:36:21	0:32:44
210	1010	126	Joaquim Guerreiro		JUN	Amiciclo	164	0:22:27	155	0:01:01	225	1:00:17	65	0:00:36	205	0:12:43	1:37:04	0:33:27
213	5138		Luis Pedro Moreira		JUN	Individual	240	0:24:43	267	0:01:43	159	0:55:46	243	0:01:17	241	0:13:51	1:37:20	0:33:43
216	5128		Bruno Saraiva de Moraes		JUN	Individual	231	0:24:22	85	0:00:46	195	0:58:18	43	0:00:32	243	0:13:52	1:37:50	0:34:13
231	1080	2310	João Pica		JUN	C.F. "Os Belenenses"	172	0:22:35	43	0:00:39	254	1:04:02	78	0:00:37	134	0:11:32	1:39:25	0:35:48
256	5141		Ricardo Jorge Ferraz		JUN	Individual	143	0:21:56	100	0:00:48	265	1:06:17	90	0:00:39	212	0:13:02	1:42:42	0:39:05
332	5134		Fabio André Ricardo	DNF	JUN	Individual	106	0:21:00	146	0:00:58	-5	-0:21:58						

## JUN Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18000 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
3	5088	12	Bárbara Clemente		JUN	HALCON - Olímpico de Oeiras	-119	0:20:22	-120	0:00:32	-118	-0:20:54			-93	1:26:33	1:26:33	0:22:56
8	119	231	Carolina Gregório		JUN	HALCON - Olímpico de Oeiras	-110	0:22:31	-119	0:00:35	-111	0:57:50	-127	0:00:32	-106	0:12:15	1:33:43	0:30:06
9	1027	7	Marina Pedro		JUN	Amiciclo	-111	0:22:27	-118	0:00:36	-109	1:00:39	-131	0:00:29	-103	0:12:52	1:37:03	0:33:26
10	1097	2327	Sofia Almeida		JUN	Alhandra Sporting Clube	-105	0:23:24	-112	0:00:41	-110	0:59:37	-123	0:00:35	-100	0:12:55	1:37:12	0:33:35
12	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	-114	0:21:52	-107	0:00:45	-107	1:03:35	-130	0:00:30	-112	0:10:44	1:37:26	0:33:49
13	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	-112	0:22:20	-117	0:00:36	-106	1:03:49	-129	0:00:30	-110	0:11:19	1:38:34	0:34:57
17	1103	146	Andreia Simões Lopes		JUN	Mem Martins Sport Club	-108	0:22:54	-100	0:01:08	-120	-0:24:02			-92	1:46:17	1:46:17	0:42:40
18	1090	2595	Joana Barbeito		JUN	Mem Martins Sport Club	-100	0:26:10	-105	0:00:49	-101	1:11:42	-120	0:00:37	-101	0:12:54	1:52:12	0:48:35
20	1071	2592	Andreia Ponte		JUN	Ginásio Clube de Sines	-103	0:24:41	-106	0:00:48	-100	1:14:37	-122	0:00:36	-102	0:12:54	1:53:36	0:49:59
21	1111	152	Marta Almeida		JUN	Ginásio Clube de Sines	-102	0:25:57	-113	0:00:41	-99	1:17:29	-125	0:00:34	-95	0:14:39	1:59:20	0:55:43
23	1084	2850	Vanessa Pereira		JUN	Tri-Oeste -Clube de Triatlo do Oeste	-97	0:27:54	-104	0:00:49	-96	1:24:09	-124	0:00:34	-97	0:13:45	2:07:11	1:03:34
25	1096	2314	Nadine Almeida	DNF	JUN	Alhandra Sporting Clube	-116	0:21:09	-115	0:00:37	-119	-0:21:46						

## SEN Femininos

CORRIDA 5000 (MT) Temperatura Agua:								CICLISMO 18000 (KM)					CORRIDA 2500 (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	T-1	Pos	CICLISM	Pos	T-2	Pos	CORRIDA	Total	Diff
26	3038	587	Helena Medeiro	DNS	SEN	Serv. Soc. CGD												
27	2028	381	Rita Ribeiro	DNS	S23	Ginásio Clube de Sines												
28	5175		Cristina Pereira de Azevedo	DNS	SEN	Individual												
29	5192		Filipa Tavares Fernandes	DNS	SEN	Individual												
30	5276		Paula Teixeira Andrade	DNS	SEN	Individual												
31	5321		Sandra Isabel Serafim	DNS	SEN	Individual												
32	5324		Susana do Rosário Martins	DNS	SEN	Individual												
33	5325		Teresa Margarida Adrega	DNS	SEN	Individual												
34	5343		Casimira Maria Baptista	DNS	V1	Individual												
35	5353		Isabel Maria Novo	DNS	V1	Individual												
36	5387		Vitalina Isabel Gama	DNS	V1	Individual												
37	5432		Filomena Maria Tomé	DNS	V3	Individual												
38	1103	146	Andreia Simões Lopes	DNS	JUN	Mem Martins Sport Club												
344	3182	580	Alexandre Ventura	DNS	SEN	C.N. Cartaxo												
345	4032	769	Carlos Gomes	DNS	V2	Tri-Oeiras Sport Clube												
346	3073	635	Claudio Nogueira	DNS	SEN	Individual												
347	3316	368	Edgar Martins	DNS	SEN	C.N. Cartaxo												

Médias: 0:22:24 0:01:08 0:53:55 0:01:40 0:15:26





428	5352	Hugo Alexandre Luz	DNS	V1	Individual														
429	5354	Jesus Paz Sanz	DNS	V1	Individual														
430	5356	João Paulo Ramos	DNS	V1	Individual														
431	5362	José António Fragoso	DNS	V1	Individual														
432	5365	Jose Fernando Pacheco	DNS	V1	Individual														
433	5366	José Miguel Almeida	DNS	V1	Individual														
434	5369	Luís Artur Gomes	DNS	V1	Individual														
435	5374	Miguel Lourenço	DNS	V1	Individual														
436	5382	Pedro Soutelinho Ribeiro	DNS	V1	Individual														
437	5383	Ruben Oliveira	DNS	V1	Individual														
438	5393	Carlos José Santos	DNS	V2	Individual														
439	5403	Joao Manuel Lopes	DNS	V2	Individual														
440	5414	Luis Vicente Barroso	DNS	V2	Individual														
441	5422	Pedro Miguel Araújo	DNS	V2	Individual														
442	5427	Antonio Manuel Filipe	DNS	V3	Individual														
443	5430	Dinis Pinto dos Santos	DNS	V3	Individual														
444	5437	António Paulo Cordeiro	DNS	V4	Individual														
445	5440	José de Moura Branco	DNS	V4	Individual														
446	5443	Alexandre Pedro Silva	DNS	SEN	Individual														
447	5466	Helder Verissimo	DNS	V4	Individual														
448	5048	Joel da Cruz	DNS	V1	Individual														
449	5042	Pedro Daniel V Alves	DNS	SEN	Individual														