

Resultados

Localidade:	Oeiras	Distância CORRI (MT): CICLIS (KM) CORRI (MT):	5000/18000/2500
Data:	10-02-2008	Hora de começo:	11h00m

Informação

Delegado técnico:	Paulo Alves	Juiz Principal:	Palmira Ramos
Pontuável para:	Circuito Nacional	Juri de apelo:	Paulo Alves

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA		TOTAL	DIFF	
LG	DRSL	LIC	NOME	PEN	ESC	Pos	CORRIDA (MT)	Pos	CICLISMO (KM)	Pos	CORRIDA (MT)			
1	3117	486	Lino Barruncho		SEN	HALCON - SPORTZONE Olímpico de Oeiras	1	0:14:28	1	0:39:54	7	0:08:05	1:02:27	0:00:00
2	3016	575	Bruno Pais		SEN	Sport Lisboa e Benfica	6	0:15:06	4	0:40:10	4	0:07:50	1:03:06	0:00:39
3	5004	1004	Santiago Ramirez		SEN	BH HERMANS	7	0:15:19	2	0:40:01	15	0:08:22	1:03:42	0:01:15
4	1052	2563	João Pedro Silva		JUN	HALCON - SPORTZONE Olímpico de Oeiras	3	0:14:29	8	0:42:42	6	0:08:00	1:05:11	0:02:44
5	5656		Sérgio Manuel Silva		SEN	Individual	2	0:14:28	11	0:43:27	2	0:07:38	1:05:33	0:03:06
6	5006	1006	Unai Korajto		SEN	BH HERMANS	21	0:16:22	3	0:40:06	47	0:09:20	1:05:48	0:03:21
7	2088	179	Miguel Arraiolos		S23	HALCON - SPORTZONE Olímpico de Oeiras	5	0:15:06	9	0:42:55	3	0:07:50	1:05:51	0:03:24
8	5044		Alcino Serras		V1	Individual	11	0:15:34	5	0:42:12	14	0:08:19	1:06:05	0:03:38
9	2070	2695	João José Pereira		S23	Alhandra Sporting Clube	4	0:15:06	12	0:43:31	13	0:08:17	1:06:54	0:04:27
10	3071	532	Luis Manuel Almeida		SEN	HALCON - SPORTZONE Olímpico de Oeiras	8	0:15:26	14	0:43:47	12	0:08:16	1:07:29	0:05:02
11	2087	102	José Estrangeiro		S23	HALCON - SPORTZONE Olímpico de Oeiras	14	0:15:53	10	0:43:16	24	0:08:43	1:07:52	0:05:25
12	5003	1003	Juan Nieva		SEN	BH HERMANS	36	0:16:47	6	0:42:21	30	0:08:55	1:08:03	0:05:36
13	1117	2896	Hugo Ventura		JUN	HALCON - SPORTZONE Olímpico de Oeiras	16	0:15:54	17	0:44:10	17	0:08:25	1:08:29	0:06:02
14	5008	1008	Carlos Ubeda		SEN	BRICOBLOCK - ESPROTEN - TRIATLO DO	48	0:17:17	7	0:42:28	33	0:08:57	1:08:42	0:06:15
15	2064	2817	Tiago Abreu Silva		S23	Ludens Clube de Machico	10	0:15:32	28	0:45:06	8	0:08:11	1:08:49	0:06:22
16	3412	417	Rui Dolores		SEN	Amiciclo	25	0:16:27	15	0:44:00	26	0:08:48	1:09:15	0:06:48
17	5174		Henrique Santos		SEN	Individual	12	0:15:34	35	0:45:38	9	0:08:13	1:09:25	0:06:58
18	5001	1001	Enrique Lucas		SEN	BH HERMANS	41	0:16:57	13	0:43:45	42	0:09:12	1:09:54	0:07:27
19	3026	461	Anibal Oliveira		SEN	Amiciclo	35	0:16:44	22	0:44:24	31	0:08:56	1:10:04	0:07:37
20	4058	520	António Catarino		V1	HALCON - SPORTZONE Olímpico de Oeiras	27	0:16:28	18	0:44:13	58	0:09:36	1:10:17	0:07:50
21	5013	1013	Miguel Tarjuelo		SEN	BRICOBLOCK - ESPROTEN - TRIATLO DO	29	0:16:33	29	0:45:11	23	0:08:39	1:10:23	0:07:56
22	5000	1000	Angel Riaño		SEN	BH HERMANS	34	0:16:41	25	0:44:39	40	0:09:11	1:10:31	0:08:04
23	3214	2684	Miguel Ganchinho		SEN	Clube de Triatlo de Almada	22	0:16:23	33	0:45:32	29	0:08:51	1:10:46	0:08:19
24	3284	352	Pedro Gomes		SEN	HALCON - SPORTZONE Olímpico de Oeiras	9	0:15:31	49	0:47:22	5	0:07:55	1:10:48	0:08:21
25	4062	802	Carlos Cabrita		V3	S. R. Toreense	47	0:17:17	24	0:44:32	37	0:09:05	1:10:54	0:08:27
26	5014	1014	Vicente Suárez		SEN	BRICOBLOCK - ESPROTEN - TRIATLO DO	20	0:16:04	41	0:46:46	16	0:08:24	1:11:14	0:08:47
27	3282	2839	Márcio Neves		SEN	Oeiras Sport Clube	42	0:17:03	31	0:45:24	34	0:09:03	1:11:30	0:09:03
28	3063	488	Nuno Neves		SEN	União Desportiva da Chamusca	46	0:17:16	23	0:44:31	66	0:09:47	1:11:34	0:09:07
29	3229	2700	João Saúde		SEN	Clube Ferroviário de Vendas Novas	30	0:16:34	40	0:46:33	28	0:08:50	1:11:57	0:09:30
30	1095	2522	João Amorim		JUN	Alhandra Sporting Clube	19	0:16:03	50	0:47:30	18	0:08:27	1:12:00	0:09:33
31	5269		José Manuel Silva		SEN	Individual	86	0:18:37	20	0:44:18	57	0:09:35	1:12:30	0:10:03
32	5187		Ivo Alexandre Pais		S23	Individual	61	0:17:49	26	0:44:41	90	0:10:05	1:12:35	0:10:08
33	5296		Luis Serrazina		V1	Individual	56	0:17:34	37	0:45:55	51	0:09:26	1:12:55	0:10:28
34	1166	2949	Hugo Alves		JUN	HALCON - SPORTZONE Olímpico de Oeiras	40	0:16:56	44	0:46:52	41	0:09:12	1:13:00	0:10:33
35	5380		Paulo Alexandre Pais		V1	Individual	68	0:18:06	27	0:45:05	81	0:09:56	1:13:07	0:10:40
36	5353		Nuno Jones		SEN	Individual	97	0:18:50	16	0:44:05	129	0:10:27	1:13:22	0:10:55
37	1085	55	Miguel Henriques		JUN	C.N. Cartaxo	15	0:15:54	73	0:49:26	10	0:08:14	1:13:34	0:11:07
38	5150		Fernando Duarte		V1	Individual	62	0:17:51	34	0:45:33	110	0:10:14	1:13:38	0:11:11
39	2017	274	Vanessa Fernandes		S23	Sport Lisboa e Benfica	18	0:16:02	67	0:49:09	22	0:08:36	1:13:47	0:11:20
40	5508		Ricardo Machado		SEN	Individual	75	0:18:21	32	0:45:30	84	0:09:59	1:13:50	0:11:23
41	5032		Ricardo Nuno Figueiredo		SEN	Individual	106	0:18:59	19	0:44:17	146	0:10:42	1:13:58	0:11:31
42	3201	2644	Tiago Fragata		SEN	Associação Recreativa Social e Cultural do Toledo	63	0:17:52	38	0:46:22	74	0:09:53	1:14:07	0:11:40
43	4180	764	António Horta		V2	Clube de Praças da Armada	32	0:16:39	56	0:48:36	35	0:09:04	1:14:19	0:11:52
44	4148	497	Pedro Cordeiro		V1	COMPEED - Tri-Oeste	87	0:18:38	39	0:46:30	56	0:09:29	1:14:37	0:12:10
45	3090	636	Paulo Queirós Gonçalves		SEN	Oeiras Sport Clube	33	0:16:39	72	0:49:25	25	0:08:43	1:14:47	0:12:20
46	5191		João Massena		SEN	Individual	52	0:17:21	53	0:48:03	54	0:09:27	1:14:51	0:12:24
47	3183	2589	Ricardo Figueira Silva		SEN	C.F. "Os Belenenses"	64	0:17:53	48	0:47:17	69	0:09:49	1:14:59	0:12:32

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
48	3127	468	Tiago Lobo		SEN	COMPEED - Tri-Oeste	24	0:16:26	78	0:50:07	19	0:08:31	1:15:04	0:12:37
49	5542		Ricardo Teixeira		SEN	Individual	43	0:17:03	63	0:48:58	39	0:09:09	1:15:10	0:12:43
50	5157		Filipe Oliveira		JUN	Individual	149	0:19:54	30	0:45:14	87	0:10:04	1:15:12	0:12:45
51	5218		João Paulo Marinho		SEN	Individual	118	0:19:12	36	0:45:38	123	0:10:23	1:15:13	0:12:46
52	1105	35	João Serrano		JUN	C.N. Cartaxo	37	0:16:51	57	0:48:39	64	0:09:44	1:15:14	0:12:47
53	4013	648	Miguel Fragoso		V1	HALCON - SPORTZONE Olímpico de Oeiras	49	0:17:18	61	0:48:53	36	0:09:05	1:15:16	0:12:49
54	3114	689	Rui Belo		SEN	HALCON - SPORTZONE Olímpico de Oeiras	17	0:16:02	104	0:51:13	11	0:08:14	1:15:29	0:13:02
55	5041		Aires Barros		SEN	Individual	54	0:17:31	51	0:47:35	121	0:10:23	1:15:29	0:13:02
56	4074	458	Pedro Marques		V1	Associação Recreativa Social e Cultural de Telado	124	0:19:21	47	0:47:14	45	0:09:17	1:15:52	0:13:25
57	5128		David Miguel Massano		S23	Individual	109	0:19:01	43	0:46:48	118	0:10:20	1:16:09	0:13:42
58	3107	621	Rui Sousa		SEN	União Desportiva da Chamusca	77	0:18:22	59	0:48:48	38	0:09:09	1:16:19	0:13:52
59	5010	1010	Domingo Campos		S23	BRICOBLOCK - ESPROFEN -	31	0:16:38	105	0:51:14	20	0:08:33	1:16:25	0:13:58
60	5253		José Domingues		V2	Individual	112	0:19:03	42	0:46:47	163	0:10:51	1:16:41	0:14:14
61	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho	123	0:19:20	52	0:48:00	60	0:09:38	1:16:58	0:14:31
62	1167	3143	José Veiga		JUN	Clube Ferroviário de Vendas Novas	53	0:17:29	83	0:50:21	43	0:09:14	1:17:04	0:14:37
63	5523		Rui Vasco Medina		SEN	Individual	60	0:17:48	69	0:49:12	106	0:10:12	1:17:12	0:14:45
64	5255		José Fernando Costa		V1	Individual	96	0:18:49	54	0:48:13	101	0:10:11	1:17:13	0:14:46
65	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	98	0:18:51	65	0:49:07	46	0:09:20	1:17:18	0:14:51
66	1106	37	Fabrcio Tomás		JUN	C.N. Cartaxo	39	0:16:54	98	0:50:56	55	0:09:29	1:17:19	0:14:52
67	3150	2452	Ernesto Caniço		SEN	Ribabike / Associação dos 20 Km de Alentejo	70	0:18:11	66	0:49:07	95	0:10:08	1:17:26	0:14:59
68	5370		Nuno Miguel Loureiro Silva		SEN	Individual	107	0:18:59	46	0:47:01	240	0:11:32	1:17:32	0:15:05
69	5069		António Manuel Aguiar		V2	Individual	51	0:17:20	90	0:50:31	68	0:09:48	1:17:39	0:15:12
70	3142	2526	Pedro Figueira		SEN	Ribabike / Associação dos 20 Km de Alentejo	132	0:19:36	55	0:48:17	70	0:09:49	1:17:42	0:15:15
71	3207	2662	José Maqalhães Dias		SEN	A.D.C.R. Painho	92	0:18:44	62	0:48:58	85	0:10:02	1:17:44	0:15:17
72	3102	662	Alexandre Feliz		SEN	COMPEED - Tri-Oeste	100	0:18:52	70	0:49:19	59	0:09:37	1:17:48	0:15:21
73	5204		João Luis Vieira		SEN	Individual	13	0:15:49	152	0:53:38	21	0:08:35	1:18:02	0:15:35
74	3170	2562	Rui Simões		SEN	Alhandra Sporting Clube	94	0:18:47	60	0:48:53	127	0:10:27	1:18:07	0:15:40
75	4087	646	Manuel Batista		V1	G. A. A. Vila Franca de Xira	103	0:18:54	68	0:49:10	89	0:10:05	1:18:09	0:15:42
76	1162	190	Miguel Fernandes		JUN	HALCON - SPORTZONE Olímpico de Oeiras	45	0:17:04	130	0:52:24	27	0:08:49	1:18:17	0:15:50
77	5028		Nuno Gonçalves Silva		SEN	Individual	172	0:20:12	45	0:46:52	209	0:11:20	1:18:24	0:15:57
78	5355		Nuno Miguel Cruz		SEN	Individual	50	0:17:19	126	0:52:14	32	0:08:56	1:18:29	0:16:02
79	3001	627	Paulo Teles		SEN	G. A. A. Vila Franca de Xira	83	0:18:36	77	0:50:04	91	0:10:06	1:18:46	0:16:19
80	3054	739	António Luz Gomes		SEN	Oeiras Sport Clube	73	0:18:20	95	0:50:47	63	0:09:42	1:18:49	0:16:22
81	5045		Alexandre Cunha		V1	Individual	85	0:18:37	84	0:50:21	80	0:09:56	1:18:54	0:16:27
82	3241	2718	Nuno Tintim		SEN	Alhandra Sporting Clube	57	0:17:45	116	0:51:54	48	0:09:21	1:19:00	0:16:33
83	5115		Carlos Rouxinol		SEN	Individual	69	0:18:10	94	0:50:45	97	0:10:10	1:19:05	0:16:38
84	5318		Marco Domingues		S23	Individual	122	0:19:16	58	0:48:40	215	0:11:21	1:19:17	0:16:50
85	3280	2837	Carlos Bráz		SEN	Individual	101	0:18:52	89	0:50:31	83	0:09:57	1:19:20	0:16:53
86	5277		Landry Magalhães		SEN	Individual	134	0:19:38	74	0:49:26	113	0:10:16	1:19:20	0:16:53
87	3321	2957	Luis Lourenço		SEN	Clube de Praças da Armada	67	0:18:06	109	0:51:30	67	0:09:48	1:19:24	0:16:57
88	5383		Paulo Joaquim		SEN	Individual	158	0:19:59	64	0:49:02	125	0:10:24	1:19:25	0:16:58
89	3004	485	Bruno Silva		SEN	G. A. A. Vila Franca de Xira	82	0:18:35	113	0:51:40	53	0:09:27	1:19:42	0:17:15
90	5354		Nuno Rocha		SEN	Individual	81	0:18:32	75	0:49:43	229	0:11:27	1:19:42	0:17:15
91	5475		Rafael Caetano		SEN	Individual	72	0:18:16	111	0:51:31	82	0:09:56	1:19:43	0:17:16
92	5363		Nuno Carpinteiro		SEN	Individual	71	0:18:12	127	0:52:17	44	0:09:15	1:19:44	0:17:17
93	2086	12	Bárbara Clemente		S23	HALCON - SPORTZONE Olímpico de Oeiras	104	0:18:55	103	0:51:13	77	0:09:54	1:20:02	0:17:35
94	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	125	0:19:21	87	0:50:29	107	0:10:13	1:20:03	0:17:36
95	5168		Guilherme Branquinho		SEN	Individual	142	0:19:47	252	0:58:04	1	0:02:28	1:20:19	0:17:52
96	5541		Hugo Ribeiro		V1	Individual	163	0:20:03	82	0:50:20	94	0:10:06	1:20:29	0:18:02
97	4204	3194	Mário Sousa		V2	Peniche A. C.	108	0:19:00	81	0:50:11	217	0:11:22	1:20:33	0:18:06
98	5476		Raúl Oliveira		V1	Individual	150	0:19:54	71	0:49:24	206	0:11:18	1:20:36	0:18:09
99	3407	3178	Marco Fernandes		SEN	Associação Recreativa Social e Cultural de Telado	177	0:20:15	76	0:50:02	120	0:10:23	1:20:40	0:18:13
100	4190	3126	João Fonseca		V1	Oeiras Sport Clube	114	0:19:05	115	0:51:52	78	0:09:54	1:20:51	0:18:24
101	5135		Domingos Lopes		SEN	Individual	148	0:19:54	79	0:50:08	162	0:10:51	1:20:53	0:18:26
102	5207		João Patrício Lourenço		V1	Individual	129	0:19:33	107	0:51:27	109	0:10:13	1:21:13	0:18:46
103	5287		Luis Delgado		SEN	Individual	93	0:18:44	125	0:52:13	124	0:10:23	1:21:20	0:18:53

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
104	3379	696	Daniel Simões		SEN	Alhandra Sporting Clube	146	0:19:53	96	0:50:48	145	0:10:42	1:21:23	0:18:56
105	5238		Jorge Pimentel		SEN	Individual	161	0:20:00	92	0:50:43	151	0:10:44	1:21:27	0:19:00
106	5334		Martim Lopes		SEN	Individual	119	0:19:13	124	0:52:11	93	0:10:06	1:21:30	0:19:03
107	5109		Carlos Rocha		SEN	Individual	205	0:20:39	85	0:50:22	133	0:10:35	1:21:36	0:19:09
108	3339	3030	Jorge Teixeira		SEN	Clube de Praças da Armada	80	0:18:24	159	0:53:53	75	0:09:53	1:22:10	0:19:43
109	5118		Carlos Machado Reis		SEN	Individual	197	0:20:35	99	0:50:57	140	0:10:40	1:22:12	0:19:45
110	3259	2787	Pedro Quintela		SEN	União Desportiva da Chamusca	76	0:18:22	171	0:54:17	62	0:09:40	1:22:19	0:19:52
111	3033	714	António Marques		SEN	Clube de Praças da Armada	95	0:18:47	140	0:53:04	132	0:10:32	1:22:23	0:19:56
112	3328	2990	Alfredo Azevedo		V1	Individual	164	0:20:06	121	0:52:02	117	0:10:20	1:22:28	0:20:01
113	5046		Alexandre Vaz		SEN	Individual	138	0:19:43	97	0:50:52	289	0:11:55	1:22:30	0:20:03
114	5230		Joel Tiago Pena		SEN	Individual	190	0:20:29	86	0:50:28	241	0:11:33	1:22:30	0:20:03
115	4199	890	Filipa Conceição		V1	Casa Benfica Faro/GASCAN	88	0:18:30	178	0:54:30	50	0:09:26	1:22:35	0:20:08
116	5350		Nélson Salvador		SEN	Individual	189	0:20:26	119	0:52:00	104	0:10:12	1:22:38	0:20:11
117	5319		Marco Fidalgo		SEN	Individual	194	0:20:33	120	0:52:01	92	0:10:06	1:22:40	0:20:13
118	5473		Pedro Veiga		SEN	Individual	153	0:19:56	110	0:51:31	203	0:11:17	1:22:44	0:20:17
119	4075	751	José Peixoto		V3	Peniche A. C.	147	0:19:53	137	0:52:43	103	0:10:12	1:22:48	0:20:21
120	5022		Guillermo Diaz		V1	Individual	155	0:19:57	128	0:52:18	165	0:10:52	1:23:07	0:20:40
121	5127		Daniel Ferreira		SEN	Individual	173	0:20:12	106	0:51:18	252	0:11:39	1:23:09	0:20:42
122	5666	2577	António Miguel Reis		SEN	Amiciclo	170	0:20:10	118	0:52:00	187	0:11:04	1:23:14	0:20:47
123	5070		António Manuel Samora		V1	Individual	151	0:19:55	123	0:52:11	192	0:11:08	1:23:14	0:20:47
124	5460		Pedro Mateus		V1	Individual	306	0:22:06	80	0:50:08	179	0:11:00	1:23:14	0:20:47
125	1064	193	Ana Filipa Ferreira		JUN	Alhandra Sporting Clube	74	0:18:21	198	0:55:28	52	0:09:27	1:23:16	0:20:49
126	4025	516	João Medeiro		V2	Serv. Soc. CGD	65	0:18:03	200	0:55:35	61	0:09:39	1:23:17	0:20:50
127	5197		João fernandes		SEN	Individual	200	0:20:37	117	0:51:55	154	0:10:47	1:23:19	0:20:52
128	5369		Nuno Miguel Almeida		SEN	Individual	337	0:22:40	101	0:51:06	71	0:09:49	1:23:35	0:21:08
129	5012	1012	Maria Rodriguez		SEN	BRICOBLOCK - ESPROTEN - TRIATLO	154	0:19:57	149	0:53:25	111	0:10:15	1:23:37	0:21:10
130	3409	3181	Luis Bicudo		SEN	Individual	117	0:19:12	169	0:54:15	100	0:10:11	1:23:38	0:21:11
131	4188	888	Luis Filipe Pereira		V2	Individual	196	0:20:35	122	0:52:04	186	0:11:03	1:23:42	0:21:15
132	3315	2938	Mário Figueiredo		SEN	Fidalbyke	139	0:19:44	156	0:53:50	102	0:10:12	1:23:46	0:21:19
133	5464		Pedro Miguel Lucas		SEN	Individual	140	0:19:44	157	0:53:50	105	0:10:12	1:23:46	0:21:19
134	1170	153	Gonçalo Barros		JUN	Ginásio Clube de Sines	242	0:21:15	102	0:51:12	218	0:11:22	1:23:49	0:21:22
135	5021		Gonçalo Santa Ramalho		SEN	Individual	276	0:21:39	100	0:51:04	198	0:11:12	1:23:55	0:21:28
136	4166	2931	José Maria Santos		V2	Clube Ferroviário de Vendas Novas	145	0:19:50	139	0:52:58	193	0:11:09	1:23:57	0:21:30
137	5189		João Faria		SEN	Individual	115	0:19:06	185	0:54:43	108	0:10:13	1:24:02	0:21:35
138	5086		Bruno Miguel Maia		SEN	Individual	79	0:18:23	202	0:55:39	86	0:10:03	1:24:05	0:21:38
139	3120	720	Mário Couto		SEN	G. A. A. Vila Franca de Xira	128	0:19:30	176	0:54:26	116	0:10:20	1:24:16	0:21:49
140	5442		Pedro Rainho		JUN	Individual	120	0:19:14	175	0:54:25	144	0:10:41	1:24:20	0:21:53
141	5005	1005	Sara Temiño		SEN	BH HERMANS	178	0:20:16	146	0:53:20	153	0:10:45	1:24:21	0:21:54
142	5668		Paulo José Godinho		V1	Individual	166	0:20:08	143	0:53:14	185	0:11:02	1:24:24	0:21:57
143	5206		Joao Manuel Lopes		V3	Individual	127	0:19:29	165	0:54:08	174	0:10:57	1:24:34	0:22:07
144	5228		Joaquim Figueiras		SEN	Individual	110	0:19:03	194	0:55:07	128	0:10:27	1:24:37	0:22:10
145	5364		Nuno Miguel Jorge		SEN	Individual	144	0:19:49	114	0:51:50	372	0:13:00	1:24:39	0:22:12
146	5140		Edgar Nina		SEN	Individual	165	0:20:07	155	0:53:47	166	0:10:52	1:24:46	0:22:19
147	5183		Hugo Carvalho Silva		SEN	Individual	168	0:20:09	153	0:53:44	178	0:11:00	1:24:53	0:22:26
148	3402	3166	Luis Reis		SEN	Casa Benfica Faro/GASCAN	133	0:19:38	174	0:54:23	167	0:10:53	1:24:54	0:22:27
149	5302		Luis Miguel Pinho		SEN	Individual	152	0:19:55	186	0:54:45	115	0:10:19	1:24:59	0:22:32
150	4122	776	Fernando Teixeira		V3	Clube Ferroviário de Vendas Novas	198	0:20:36	167	0:54:14	99	0:10:11	1:25:01	0:22:34
151	3297	3177	Bruno Leitão		SEN	Alhandra Sporting Clube	159	0:20:00	160	0:53:59	196	0:11:11	1:25:10	0:22:43
152	5129		David Silva Raquel		JUN	Individual	216	0:20:54	108	0:51:29	353	0:12:49	1:25:12	0:22:45
153	4142	492	Carlos Reis		V1	Fidalbyke	131	0:19:36	190	0:54:53	150	0:10:44	1:25:13	0:22:46
154	5479		Ricardo Lanceiro		SEN	Individual	102	0:18:53	205	0:55:47	149	0:10:43	1:25:23	0:22:56
155	1165	3151	José Miguel Correia		JUN	HALCON - SPORTZONE Olímpico de Coimbra	113	0:19:04	226	0:56:32	73	0:09:51	1:25:27	0:23:00
156	5024		Joaquin Rayo		SEN	Individual	156	0:19:58	184	0:54:41	171	0:10:56	1:25:35	0:23:08
157	5478		Renato Velez		SEN	Individual	167	0:20:08	191	0:54:53	137	0:10:37	1:25:38	0:23:11
158	5211		João Miguel Marques		SEN	Individual	223	0:20:59	163	0:54:05	136	0:10:37	1:25:41	0:23:14
159	5080		Bruno Martins		S23	Individual	302	0:22:04	136	0:52:42	172	0:10:56	1:25:42	0:23:15

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
160	5229		Joel Rodrigues		SEN	Individual	218	0:20:54	142	0:53:12	250	0:11:36	1:25:42	0:23:15
161	5268		José Morgado		V2	Individual	275	0:21:38	133	0:52:36	234	0:11:30	1:25:44	0:23:17
162	5026		Luís Miguel Guerreiro		SEN	Individual	130	0:19:34	112	0:51:37	428	0:14:36	1:25:47	0:23:20
163	5027		Nuno Monteiro		SEN	Individual	254	0:21:23	134	0:52:38	268	0:11:47	1:25:48	0:23:21
164	5171		Hélder Lopes Ferreira		V1	Individual	99	0:18:51	230	0:56:57	98	0:10:10	1:25:58	0:23:31
165	4197	603	Victor Rodrigues		V1	Ribabike / Associação dos 20 Km de Alentejo	228	0:21:02	144	0:53:16	256	0:11:41	1:25:59	0:23:32
166	4108	879	Paulo Leitão Santos		V2	Peniche A. C.	303	0:22:05	138	0:52:44	204	0:11:18	1:26:07	0:23:40
167	1169	141	David Morgado		JUN	Ginásio Clube de Sines	281	0:21:45	150	0:53:37	161	0:10:51	1:26:13	0:23:46
168	1104	2866	Carlos Alenquer		JUN	Ginásio Clube de Sines	209	0:20:46	168	0:54:14	201	0:11:14	1:26:14	0:23:47
169	5108		Carlos Manuel Fernandes		V2	Individual	267	0:21:33	161	0:54:02	143	0:10:41	1:26:16	0:23:49
170	5331		Mário Rui Santos		SEN	Individual	284	0:21:46	162	0:54:04	130	0:10:28	1:26:18	0:23:51
171	5362		Nuno Liberal		SEN	Individual	235	0:21:00	141	0:53:10	300	0:12:00	1:26:10	0:23:52
172	5303		Luis Miguel Cunha		SEN	Individual	175	0:20:14	189	0:54:52	205	0:11:18	1:26:24	0:23:57
173	1061	2631	David Ferreira		JUN	Alhandra Sporting Clube	214	0:20:53	183	0:54:41	159	0:10:51	1:26:25	0:23:58
174	5294		Luis Gonçalves		SEN	Individual	220	0:20:57	173	0:54:19	195	0:11:09	1:26:25	0:23:58
175	3148	653	José Rodrigues		SEN	Ribabike / Associação dos 20 Km de Alentejo	288	0:21:50	131	0:52:27	311	0:12:13	1:26:30	0:24:03
176	3426	3222	Mário Baltazar		SEN	Peniche A. C.	204	0:20:39	166	0:54:11	257	0:11:42	1:26:32	0:24:05
177	5512		Rúben Rodrigues Reis		JUN	Individual	135	0:19:38	213	0:56:03	173	0:10:56	1:26:37	0:24:10
178	5007	1007	Ana Moreno		S23	BRICOBLOCK - ESPROTEN - TRITOLEDO	126	0:19:27	234	0:57:17	79	0:09:55	1:26:39	0:24:12
179	5068		António Nereu		V2	Individual	157	0:19:59	212	0:56:02	148	0:10:43	1:26:44	0:24:17
180	5441		Pedro Filipe Barbosa		SEN	Individual	238	0:21:13	135	0:52:40	360	0:12:51	1:26:44	0:24:17
181	3240	380	Carla Ribeiro		SEN	Ginásio Clube de Sines	181	0:20:18	201	0:55:39	160	0:10:51	1:26:48	0:24:21
182	5352		Nuno Silvestre		SEN	Individual	307	0:22:08	132	0:52:33	309	0:12:10	1:26:51	0:24:24
183	5284		Luis Carlos Dinis		V1	Individual	269	0:21:34	129	0:52:19	371	0:13:00	1:26:53	0:24:26
184	3087	657	António Cruz		SEN	C.F. "Os Belenenses"	121	0:19:15	235	0:57:22	114	0:10:19	1:26:56	0:24:29
185	5147		Emanuel Oliveira		SEN	Individual	208	0:20:40	192	0:54:56	221	0:11:23	1:26:59	0:24:32
186	5089		Cameron Carvalho		JUN	Individual	55	0:17:32	21	0:44:22	468	0:25:12	1:27:06	0:24:39
187	5002	1002	Erkuden Mendoza		SEN	BH HERMANS	298	0:21:58	164	0:54:07	191	0:11:06	1:27:11	0:24:44
188	5536		Vasco Costa		S23	Individual					469	1:27:11	1:27:11	0:24:44
189	1154	2636	Diogo Mata Tristão		JUN	Alhandra Sporting Clube	105	0:18:58	245	0:57:37	139	0:10:39	1:27:14	0:24:47
190	5111		Carlos Silva Pedro		SEN	Individual	324	0:22:23	158	0:53:52	181	0:11:01	1:27:16	0:24:49
191	3140	4615	Jorge Vieira		SEN	Oeiras Sport Clube	195	0:20:34	214	0:56:04	157	0:10:49	1:27:27	0:25:00
192	5507		Ricardo Ferreira		SEN	Individual	310	0:22:10	151	0:53:37	261	0:11:44	1:27:31	0:25:04
193	5234		Jorge Fradique		V2	Individual	301	0:22:03	172	0:54:18	222	0:11:25	1:27:46	0:25:19
194	1173	195	Ruben Rosa		JUN	Individual	137	0:19:40	233	0:57:16	169	0:10:54	1:27:50	0:25:23
195	5090		Carlos Alberto Barata		SEN	Individual	287	0:21:47	170	0:54:15	276	0:11:49	1:27:51	0:25:24
196	5198		João Balsinha		V4	Individual	217	0:20:54	203	0:55:40	207	0:11:19	1:27:53	0:25:26
197	5011	1011	Maria Marcos		SEN	BRICOBLOCK - ESPROTEN - TRITOLEDO	207	0:20:40	227	0:56:37	138	0:10:38	1:27:55	0:25:28
198	1156	3009	Pedro Araújo Mendes		JUN	C.N. Cartaxo	78	0:18:23	299	1:00:17	49	0:09:24	1:28:04	0:25:37
199	5506		Ricardo Jorge Santos Silva		SEN	Individual	308	0:22:09	154	0:53:46	307	0:12:09	1:28:04	0:25:37
200	3711	3184	Luis Novo		SEN	Alhandra Sporting Clube	270	0:21:36	182	0:54:37	292	0:11:56	1:28:09	0:25:42
201	5655		Paulo Jorge Santos		V1	Individual	442	0:25:18	91	0:50:37	316	0:12:15	1:28:10	0:25:43
202	5293		Luis Roque		SEN	Individual	398	0:23:57	93	0:50:43	397	0:13:33	1:28:13	0:25:46
203	4038	780	Joaquim Patrício		V5	C.N. Alvito	321	0:22:20	179	0:54:34	220	0:11:23	1:28:17	0:25:50
204	4089	768	Jorge Duarte		V2	Oeiras Sport Clube	343	0:22:47	145	0:53:18	319	0:12:18	1:28:23	0:25:56
205	5039		Adriano Dias Nunes		SEN	Individual	351	0:22:53	88	0:50:29	438	0:15:02	1:28:24	0:25:57
206	5320		Marcolino Verissimo		SEN	Individual	66	0:18:04	297	1:00:01	119	0:10:22	1:28:27	0:26:00
207	3043	511	Horácio Ferreira		SEN	Oeiras Sport Clube	264	0:21:32	211	0:56:01	177	0:11:00	1:28:33	0:26:06
208	5199		João Ricardo		JUN	Individual					470	1:28:37	1:28:37	0:26:10
209	3082	651	João Seródio		SEN	Clube de Natação Colégio Vasco da Gama	206	0:20:40	229	0:56:53	190	0:11:06	1:28:39	0:26:12
210	5098		Carlos Jorge Silva		SEN	Individual	227	0:21:01	209	0:55:57	266	0:11:46	1:28:44	0:26:17
211	2083	2885	Carlos Papacinzã		S23	C.N. Alvito	320	0:22:20	188	0:54:47	255	0:11:41	1:28:48	0:26:21
212	5517		Rui Manuel Cabral		SEN	Individual	201	0:20:37	222	0:56:24	270	0:11:47	1:28:48	0:26:21
213	5366		Nuno Miguel Silva		SEN	Individual	259	0:21:30	199	0:55:29	297	0:11:57	1:28:56	0:26:29
214	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	300	0:22:01	195	0:55:11	262	0:11:45	1:28:57	0:26:30
215	5038		Luciano Silva		SEN	Individual	330	0:22:25	147	0:53:20	384	0:13:12	1:28:57	0:26:30

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
216	5315		Manuel Leal		V2	Individual	234	0:21:06	215	0:56:06	267	0:11:46	1:28:58	0:26:31
217	5373		Nuno Miguel Pereira		SEN	Individual	293	0:21:53	193	0:54:56	310	0:12:10	1:28:59	0:26:32
218	5438		Pedro Oliveira		SEN	Individual	309	0:22:10	196	0:55:16	242	0:11:33	1:28:59	0:26:32
219	5359		Nuno Gonçalo Lopes		SEN	Individual	253	0:21:22	207	0:55:52	296	0:11:57	1:29:11	0:26:44
220	5443		Pedro Sebastião		SEN	Individual	185	0:20:23	253	0:58:07	147	0:10:42	1:29:12	0:26:45
221	5116		Carlos Manuel Martins		SEN	Individual	268	0:21:33	210	0:55:57	260	0:11:43	1:29:13	0:26:46
222	5029		Pedro Lourenço		JUN	Individual	262	0:21:31	220	0:56:15	238	0:11:32	1:29:18	0:26:51
223	3415	3192	Tiago Varanda		SEN	Individual	224	0:21:00	221	0:56:16	302	0:12:03	1:29:19	0:26:52
224	1171	2865	Luis Rodrigues		JUN	Ginásio Clube de Sines	199	0:20:37	219	0:56:13	342	0:12:41	1:29:31	0:27:04
225	5249		José Carlos Pereira		SEN	Individual	282	0:21:45	225	0:56:32	239	0:11:32	1:29:49	0:27:22
226	5122		Celso Santos		SEN	Individual	373	0:23:26	180	0:54:34	286	0:11:53	1:29:53	0:27:26
227	5351		Nelson Serrazina Mateus		SEN	Individual	285	0:21:46	237	0:57:27	152	0:10:44	1:30:57	0:27:30
228	5078		Avelino Fernandes		SEN	Individual	290	0:21:51	224	0:56:31	259	0:11:43	1:30:05	0:27:38
229	1128	231	Carolina Gregório		JUN	HALCON - SPORTZONE Olímpico de Oeiras	192	0:20:30	254	0:58:18	214	0:11:21	1:30:09	0:27:42
230	5175		Henrique Leite		SEN	Individual	352	0:22:56	187	0:54:46	329	0:12:28	1:30:10	0:27:43
231	5252		José Davide Gregório		V1	Individual	191	0:20:29	255	0:58:30	197	0:11:11	1:30:10	0:27:43
232	5471		Pedro Miguel Cintra		SEN	Individual	260	0:21:30	216	0:56:09	337	0:12:37	1:30:16	0:27:49
233	5466		Pedro Salvador		SEN	Individual	141	0:19:46	292	0:59:55	135	0:10:36	1:30:17	0:27:50
234	5384		Paulo Alexandre Oliveira		SEN	Individual	162	0:20:03	277	0:59:17	176	0:10:59	1:30:19	0:27:52
235	1157	2309	Luis Moriés		JUN	Oeiras Sport Clube	226	0:21:01	223	0:56:30	359	0:12:51	1:30:22	0:27:55
236	5667	832	José Soares		V3	S. R. Toreense	237	0:21:12	262	0:58:44	126	0:10:26	1:30:22	0:27:55
237	5049		André Carmona		JUN	Individual	210	0:20:48	181	0:54:35	437	0:14:59	1:30:22	0:27:55
238	5073		António Pratas		SEN	Individual	182	0:20:19	261	0:58:43	212	0:11:20	1:30:22	0:27:55
239	5194		João Caseiro		SEN	Individual	389	0:23:46	148	0:53:23	388	0:13:16	1:30:25	0:27:58
240	5525		Sancho Barroso		SEN	Individual	394	0:23:53	177	0:54:29	305	0:12:05	1:30:27	0:28:00
241	5126		António Jorge Gonçalves		SEN	Individual	90	0:18:43	320	1:01:27	122	0:10:23	1:30:33	0:28:06
242	5267		José Manuel Conceição		V5	Individual	116	0:19:07	315	1:01:11	112	0:10:15	1:30:33	0:28:06
243	5409		Paulo Domingos		SEN	Individual	231	0:21:05	242	0:57:33	290	0:11:55	1:30:33	0:28:06
244	5119		Carlos Silva		SEN	Individual	313	0:22:16	228	0:56:44	244	0:11:34	1:30:34	0:28:07
245	5146		Emanuel Simões		SEN	Individual	174	0:20:14	288	0:59:50	134	0:10:35	1:30:39	0:28:12
246	2092	3176	Pedro Miguel Gomes		S23	Alhandra Sporting Clube	239	0:21:14	241	0:57:31	306	0:12:06	1:30:51	0:28:24
247	5182		Hugo Brito		SEN	Individual	292	0:21:53	240	0:57:29	245	0:11:34	1:30:56	0:28:29
248	5304		Luis Miguel Aguiar		SEN	Individual	316	0:22:18	232	0:57:13	228	0:11:27	1:30:58	0:28:31
249	5059		Antonio Joaquim Reis		V2	Individual	232	0:21:06	267	0:59:01	175	0:10:59	1:31:06	0:28:39
250	5155		Fernando Teixeira		V1	Individual	325	0:22:23	218	0:56:11	344	0:12:42	1:31:16	0:28:49
251	4117	2642	Carlos Egídio Alegre		V2	Associação Recreativa Social e Cultural de Teleda	179	0:20:17	293	0:59:56	219	0:11:23	1:31:36	0:29:09
252	5244		Jorge Serra		V1	Individual	111	0:19:03	346	1:02:45	76	0:09:53	1:31:41	0:29:14
253	5190		João Germano		V1	Individual	383	0:23:34	197	0:55:24	348	0:12:47	1:31:45	0:29:18
254	5043		Alcide Fontes		SEN	Individual	252	0:21:21	272	0:59:06	210	0:11:20	1:31:47	0:29:20
255	5328		Mario Pedro Soares		V2	Individual	366	0:23:08	217	0:56:10	330	0:12:31	1:31:49	0:29:22
256	5540		Timóteo Reinaldo		JUN	Individual	225	0:21:00	270	0:59:05	277	0:11:49	1:31:54	0:29:27
257	2084	2886	Luis Teves		S23	C.N. Alvito	236	0:21:12	295	0:59:57	156	0:10:49	1:31:58	0:29:31
258	5209		João Miguel Silva		SEN	Individual	186	0:20:24	301	1:00:23	199	0:11:12	1:31:59	0:29:32
259	5056		António Gazzo		V2	Individual	331	0:22:26	244	0:57:36	303	0:12:03	1:32:05	0:29:38
260	5381		Paulo Goulart		V1	Individual	311	0:22:12	239	0:57:28	327	0:12:25	1:32:05	0:29:38
261	3424	3220	Rui Antunes		SEN	Peniche A. C.	280	0:21:44	258	0:58:35	273	0:11:48	1:32:07	0:29:40
262	5079		Bruno Gaspar		S23	Individual	59	0:17:48	371	1:04:29	72	0:09:50	1:32:07	0:29:40
263	5023		Javier Muntada		SEN	Individual	243	0:21:16	268	0:59:03	278	0:11:50	1:32:09	0:29:42
264	2094	126	Joaquim Guerreiro		S23	Amiciclo	136	0:19:39	323	1:01:30	184	0:11:02	1:32:11	0:29:44
265	1097	2327	Sofia Almeida		JUN	Alhandra Sporting Clube	213	0:20:50	296	0:59:58	224	0:11:26	1:32:14	0:29:47
266	5418		Paulo Carmo Silva		SEN	Individual	176	0:20:14	340	1:02:15	65	0:09:45	1:32:14	0:29:47
267	1112	157	Rui Cordeiro		JUN	Ginásio Clube de Sines	203	0:20:39	260	0:58:37	377	0:13:06	1:32:22	0:29:55
268	5095		Carlos Alberto Dias		V4	Individual	342	0:22:45	249	0:57:55	265	0:11:46	1:32:26	0:29:59
269	5226		Joaquim Carrilho		V1	Individual	255	0:21:25	290	0:59:54	194	0:11:09	1:32:28	0:30:01
270	5075		António Teixeira		SEN	Individual	289	0:21:51	259	0:58:36	312	0:12:13	1:32:40	0:30:13
271	5539		Vitor Manuel Pinho		V2	Individual	277	0:21:39	300	1:00:22	141	0:10:40	1:32:41	0:30:14

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
272	5314		Manuel José Fernandes		V1	Individual					471	1:32:44	1:32:44	0:30:17
273	3403	381	Rita Ribeiro		SEN	Ginásio Clube de Sines	247	0:21:19	294	0:59:56	233	0:11:30	1:32:45	0:30:18
274	5532		Tiago Pereira		SEN	Individual	400	0:24:03	208	0:55:54	368	0:12:55	1:32:52	0:30:25
275	5161		Francisco Bourbon Franca		SEN	Individual	233	0:21:06	289	0:59:54	293	0:11:56	1:32:56	0:30:29
276	5337		Miguel Ângelo Caetano		SEN	Individual	219	0:20:54	305	1:00:36	230	0:11:28	1:32:58	0:30:31
277	5052		Ângelo Simões		SEN	Individual	291	0:21:52	287	0:59:50	211	0:11:20	1:33:02	0:30:35
278	3410	3183	Vasco Soares		SEN	Alhandra Sporting Clube	266	0:21:33	291	0:59:55	294	0:11:57	1:33:25	0:30:58
279	5285		Luis Felipe Almeida		SEN	Individual	395	0:23:54	243	0:57:35	295	0:11:57	1:33:26	0:30:59
280	5449		Pedro Zina		SEN	Individual	341	0:22:44	256	0:58:30	317	0:12:16	1:33:30	0:31:03
281	5290		Luis Cristóvão		V3	Individual	354	0:22:57	265	0:58:55	264	0:11:45	1:33:37	0:31:10
282	4045	757	Rogério Morais		V2	Clube Ferroviário de Vendas Novas	339	0:22:43	286	0:59:45	216	0:11:22	1:33:50	0:31:23
283	5312		Manuel Joaquim Rodrigues		V1	Individual	187	0:20:25	312	1:00:54	333	0:12:35	1:33:54	0:31:27
284	5274		José Mocho		SEN	Individual	246	0:21:17	303	1:00:27	314	0:12:15	1:33:59	0:31:32
285	1175	3217	João Pedro Martins		JUN	Peniche A. C.	279	0:21:44	302	1:00:24	285	0:11:53	1:34:01	0:31:34
286	5035		Rui Domingos Costa		V1	Individual	211	0:20:49	329	1:01:41	236	0:11:31	1:34:01	0:31:34
287	5292		Luis Conceição		V2	Individual	244	0:21:16	333	1:01:55	158	0:10:50	1:34:01	0:31:34
288	5513		Rúben Esteves		JUN	Individual	297	0:21:57	269	0:59:05	373	0:13:00	1:34:02	0:31:35
289	5300		Luis Miguel Dias		SEN	Individual	295	0:21:55	308	1:00:41	231	0:11:29	1:34:05	0:31:38
290	5470		Pedro Pereira Torres		SEN	Individual	249	0:21:19	317	1:01:14	247	0:11:34	1:34:07	0:31:40
291	5295		Luis Manuel Ventura		V1	Individual	336	0:22:39	264	0:58:54	335	0:12:36	1:34:09	0:31:42
292	5185		Inácio Faisca		SEN	Individual	296	0:21:57	306	1:00:38	249	0:11:36	1:34:11	0:31:44
293	5509		Rodrigo Alexandre Sousa		JUN	Individual	455	0:25:38	204	0:55:41	362	0:12:52	1:34:11	0:31:44
294	1103	146	Andreia Simões Lopes		JUN	Ginásio Clube de Sines	222	0:20:59	330	1:01:46	227	0:11:27	1:34:12	0:31:45
295	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	212	0:20:50	335	1:02:01	243	0:11:34	1:34:25	0:31:58
296	5063		António José Louro		SEN	Individual	338	0:22:42	280	0:59:30	313	0:12:14	1:34:26	0:31:59
297	5344		Mónica Costa		SEN	Individual	404	0:24:09	250	0:57:55	325	0:12:24	1:34:28	0:32:01
298	5257		José Silveira		SEN	Individual	348	0:22:50	275	0:59:14	326	0:12:25	1:34:29	0:32:02
299	5156		Filipa Tavares Fernandes		SEN	Individual	323	0:22:21	310	1:00:49	213	0:11:20	1:34:30	0:32:03
300	5280		Luís Carvalhinho		V1	Individual	335	0:22:32	298	1:00:15	282	0:11:52	1:34:39	0:32:12
301	1168	3144	Bruno Morais		JUN	Clube Ferroviário de Vendas Novas	382	0:23:34	263	0:58:52	318	0:12:17	1:34:43	0:32:16
302	5306		Lurdes Gonçalves		SEN	Individual	356	0:23:00	278	0:59:25	323	0:12:23	1:34:48	0:32:21
303	5130		Délio Rão		V4	Individual	385	0:23:39	251	0:57:59	382	0:13:11	1:34:49	0:32:22
304	5514		Rui Brito		V2	Individual	374	0:23:26	281	0:59:31	288	0:11:54	1:34:51	0:32:24
305	5215		João Paulo Gomes		V1	Individual	328	0:22:24	284	0:59:38	364	0:12:54	1:34:56	0:32:29
306	4152	2869	Silvino Muchacho		V4	Peniche A. C.	410	0:24:19	246	0:57:50	363	0:12:54	1:35:03	0:32:36
307	5165		Gil Rosa		SEN	Individual	332	0:22:27	274	0:59:07	394	0:13:31	1:35:05	0:32:38
308	5451		Pedro Manuel Gomes		V3	Individual	91	0:18:43	389	1:06:25	88	0:10:04	1:35:12	0:32:45
309	5101		Carlos Borrego		SEN	Individual	419	0:24:34	248	0:57:51	352	0:12:49	1:35:14	0:32:47
310	5307		Manoel Cardoso		SEN	Individual	420	0:24:35	247	0:57:50	355	0:12:49	1:35:14	0:32:47
311	5520		Rui Figueiredo		SEN	Individual	349	0:22:50	283	0:59:36	351	0:12:48	1:35:14	0:32:47
312	5261		José Luis Correia		V2	Individual	283	0:21:45	316	1:01:12	324	0:12:24	1:35:21	0:32:54
313	4161	2911	José Melo		V2	O Clube de Veteranos do Porto	250	0:21:20	342	1:02:31	235	0:11:31	1:35:22	0:32:55
314	5094		Carlos Alberto Sousa		V1	Individual	344	0:22:48	279	0:59:26	380	0:13:09	1:35:23	0:32:56
315	5289		Luis Castanhas		V2	Individual	422	0:24:38	236	0:57:25	391	0:13:21	1:35:24	0:32:57
316	5018		Fernando Galera		SEN	Individual	160	0:20:00	366	1:04:12	208	0:11:20	1:35:32	0:33:05
317	5186		Ismael Teixeira		SEN	Individual	322	0:22:20	321	1:01:27	274	0:11:48	1:35:35	0:33:08
318	5348		Nelson Jesus Santos		SEN	Individual	416	0:24:32	206	0:55:52	441	0:15:11	1:35:35	0:33:08
319	5245		José Anibal Correia		V2	Individual	329	0:22:24	322	1:01:28	281	0:11:52	1:35:44	0:33:17
320	5178		Henrique Coelho		SEN	Individual	229	0:21:03	325	1:01:32	383	0:13:11	1:35:46	0:33:19
321	5275		Juan Manuel Costa		V1	Individual	312	0:22:13	328	1:01:40	299	0:11:59	1:35:52	0:33:25
322	3118	701	Nuno Morais		SEN	G. A. A. Vila Franca de Xira	357	0:23:02	313	1:01:04	271	0:11:48	1:35:54	0:33:27
323	5515		Rui Filipe Silva		S23	Individual	380	0:23:31	257	0:58:31	410	0:13:57	1:35:59	0:33:32
324	4189	2703	José Carlos Serra		V1	Alhandra Sporting Clube	265	0:21:33	344	1:02:34	291	0:11:56	1:36:03	0:33:36
325	5372		Nuno Miguel Riva Almeida		SEN	Individual	251	0:21:20	351	1:03:08	254	0:11:40	1:36:08	0:33:41
326	1096	2314	Nadine Almeida		JUN	Alhandra Sporting Clube	143	0:19:48	388	1:05:52	131	0:10:30	1:36:10	0:33:43
327	5114		Carlos Manuel Matos		V1	Individual	428	0:24:49	231	0:57:10	420	0:14:12	1:36:11	0:33:44

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
328	1071	2592	Andreia Ponte		JUN	Ginásio Clube de Sines	327	0:22:24	349	1:02:59	168	0:10:53	1:36:16	0:33:49
329	5357		Nuno Ferreira Vicente		SEN	Individual	299	0:21:58	336	1:02:04	315	0:12:15	1:36:17	0:33:50
330	5196		João Filipe Santos		JUN	Individual	230	0:21:05	361	1:03:41	275	0:11:48	1:36:34	0:34:07
331	5132		Diogo Bourbon Franca		V1	Individual	367	0:23:09	282	0:59:33	411	0:13:59	1:36:41	0:34:14
332	5446		Pedro Jorge Ferreira		V2	Individual	454	0:25:38	238	0:57:27	402	0:13:37	1:36:42	0:34:15
333	5151		Fernando Luz		SEN	Individual	258	0:21:28	362	1:03:44	237	0:11:31	1:36:43	0:34:16
334	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	274	0:21:38	338	1:02:11	366	0:12:55	1:36:44	0:34:17
335	3389	3157	Luis Barbosa		SEN	Clube de Natação Colégio Vasco da Gama	202	0:20:38	379	1:04:54	202	0:11:15	1:36:47	0:34:20
336	5040		Agostinho Duarte		V5	Individual	314	0:22:17	341	1:02:24	308	0:12:10	1:36:51	0:34:24
337	5323		Maria Serrazina		V3	Individual	248	0:21:19	373	1:04:34	182	0:11:01	1:36:54	0:34:27
338	1178	167	Sara Dourado		JUN	Mem Martins Sport Clube	221	0:20:58	363	1:04:06	284	0:11:53	1:36:57	0:34:30
339	5034		Roger Martins		SEN	Individual	318	0:22:10	337	1:02:07	334	0:12:36	1:37:02	0:34:35
340	5093		Carlos Alberto Gonçalves		V3	Individual	340	0:22:44	324	1:01:32	349	0:12:48	1:37:04	0:34:37
341	5176		Henrique Venâncio		SEN	Individual	304	0:22:06	350	1:03:05	287	0:11:54	1:37:05	0:34:38
342	5030		Pedro Gonçalves		SEN	Individual	421	0:24:36	271	0:59:06	393	0:13:26	1:37:08	0:34:41
343	5516		Rui Manuel Correia		V4	Individual	353	0:22:56	345	1:02:44	248	0:11:34	1:37:14	0:34:47
344	5502		Ricardo Galrão		SEN	Individual	326	0:22:23	318	1:01:21	395	0:13:31	1:37:15	0:34:48
345	5510		Rogério Soares		V2	Individual	393	0:23:52	314	1:01:10	320	0:12:18	1:37:20	0:34:53
346	5019		Filipe Gil Saldanha		SEN	Individual	317	0:22:19	357	1:03:36	225	0:11:26	1:37:21	0:34:54
347	5327		Mariana Teixeira		SEN	Individual	334	0:22:31	332	1:01:54	376	0:13:02	1:37:27	0:35:00
348	5448		Pedro Henriques		SEN	Individual	436	0:25:08	285	0:59:42	336	0:12:37	1:37:27	0:35:00
349	5177		Henrique Romão		V3	Individual	256	0:21:26	370	1:04:28	263	0:11:45	1:37:39	0:35:12
350	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube	169	0:20:10	400	1:07:22	96	0:10:09	1:37:41	0:35:14
351	5416		Paulo Jorge Silva		SEN	Individual	278	0:21:42	381	1:05:01	183	0:11:01	1:37:44	0:35:17
352	5152		Fernando Godinho		V3	Individual	460	0:25:49	273	0:59:06	357	0:12:50	1:37:45	0:35:18
353	5431		Paulo Renato Marques		V1	Individual	333	0:22:27	353	1:03:18	301	0:12:02	1:37:47	0:35:20
354	5462		Pedro Manuel Vieira		V1	Individual	375	0:23:27			472	1:37:48	1:37:48	0:35:21
355	5166		Gonçalo Rocha		S23	Individual	415	0:24:31	276	0:59:15	416	0:14:07	1:37:53	0:35:26
356	5065		António José Gouveia		SEN	Individual	272	0:21:37	374	1:04:40	251	0:11:39	1:37:56	0:35:29
357	5143		Elisabete Sousa		SEN	Individual	273	0:21:37	375	1:04:40	253	0:11:39	1:37:56	0:35:29
358	5113		Carlos Manuel Rodrigues		V1	Individual	241	0:21:15	386	1:05:47	200	0:11:13	1:38:15	0:35:48
359	5332		Mário Rui Duarte		V1	Individual	418	0:24:33	311	1:00:53	356	0:12:49	1:38:15	0:35:48
360	5282		Luis Ferreira		SEN	Individual	257	0:21:27	384	1:05:30	226	0:11:26	1:38:23	0:35:56
361	5159		Filipe André Leitão		SEN	Individual	368	0:23:09	347	1:02:48	328	0:12:28	1:38:25	0:35:58
362	5250		José Carlos Rodrigues		SEN	Individual	432	0:25:00	266	0:58:59	424	0:14:29	1:38:28	0:36:01
363	5426		Paulo José Gonçalves		V1	Individual	350	0:22:52	368	1:04:19	279	0:11:51	1:39:02	0:36:35
364	5227		Joaquim Manuel Azevedo		V1	Individual	346	0:22:49	376	1:04:45	246	0:11:34	1:39:08	0:36:41
365	5308		Manuel António Sousa		SEN	Individual	423	0:24:39	304	1:00:32	409	0:13:57	1:39:08	0:36:41
366	5371		Nuno Felício		SEN	Individual	286	0:21:46	372	1:04:30	379	0:13:06	1:39:22	0:36:55
367	5271		José Miguel Almeida		V1	Individual	245	0:21:17	398	1:06:46	223	0:11:25	1:39:28	0:37:01
368	5262		José Luis Caturra		V2	Individual	355	0:22:58	377	1:04:46	298	0:11:58	1:39:42	0:37:15
369	5258		José Lima		V1	Individual	384	0:23:34	327	1:01:40	426	0:14:32	1:39:46	0:37:19
370	1139	3046	Filipe Relvas Pires		JUN	Clube de Triatlo de Almada	188	0:20:26	411	1:08:43	142	0:10:41	1:39:50	0:37:23
371	4185	3100	Augusto Matos		V5	Ginásio Clube de Sines	215	0:20:53	399	1:07:09	272	0:11:48	1:39:50	0:37:23
372	5243		Jorge Sebastião		SEN	Individual	369	0:23:09	348	1:02:52	404	0:13:50	1:39:51	0:37:24
373	5501		Ricardo Filipe Garcia		SEN	Individual	379	0:23:30	383	1:05:27	170	0:10:55	1:39:52	0:37:25
374	1068	2638	Liliana Filipa Silva		JUN	Alhandra Sporting Clube	261	0:21:31	401	1:07:22	180	0:11:01	1:39:54	0:37:27
375	5223		João Pedro Lima		SEN	Individual	371	0:23:21	331	1:01:52	432	0:14:42	1:39:55	0:37:28
376	5390		Paulo Jorge Costa		V2	Individual	409	0:24:17	343	1:02:31	401	0:13:37	1:40:25	0:37:58
377	5020		Gonçalo Campos Lopes		SEN	Individual	430	0:24:56	309	1:00:48	433	0:14:44	1:40:28	0:38:01
378	5518		Rui Resende		V1	Individual	439	0:25:14	307	1:00:38	429	0:14:39	1:40:31	0:38:04
379	5421		Paulo Jorge Santos		V1	Individual	396	0:23:54	352	1:03:18	399	0:13:36	1:40:48	0:38:21
380	5231		Jorge Alberto Lopes		V1	Individual	388	0:23:42	369	1:04:22	346	0:12:45	1:40:49	0:38:22
381	3391	3159	Carlos Albano Silva		SEN	Serv. Soc. CGD	377	0:23:30	367	1:04:19	378	0:13:06	1:40:55	0:38:28
382	5137		Duarte Barcelos		SEN	Individual	386	0:23:40	359	1:03:38	400	0:13:37	1:40:55	0:38:28
383	5076		António Fabião		V2	Individual	403	0:24:09	358	1:03:38	385	0:13:13	1:41:00	0:38:33

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
384	5263		José Luis Pereira		V3	Individual	183	0:20:20	428	1:09:54	164	0:10:51	1:41:05	0:38:38
385	5377		Orlando Teles		SEN	Individual	362	0:23:06	380	1:04:58	389	0:13:16	1:41:20	0:38:53
386	5112		Carlos Manuel Pereira		V2	Individual	401	0:24:07	354	1:03:19	421	0:14:21	1:41:47	0:39:20
387	3390	3158	Hélder Valente		SEN	Serv. Soc. CGD	411	0:24:19	364	1:04:09	398	0:13:36	1:42:04	0:39:37
388	5222		João Pedro Reis		SEN	Individual	370	0:23:17	334	1:01:59	458	0:16:53	1:42:09	0:39:42
389	3383	3120	Sofia Valente		SEN	Fidalbyke	391	0:23:49	387	1:05:50	341	0:12:40	1:42:19	0:39:52
390	5164		Francisco Pereira		V1	Individual	360	0:23:04	402	1:07:33	269	0:11:47	1:42:24	0:39:57
391	5521		Rui Santos Martins		SEN	Individual	294	0:21:53	413	1:08:45	283	0:11:52	1:42:30	0:40:03
392	3324	2987	Luis Pimenta		SEN	Ginásio Clube de Sines	271	0:21:37	414	1:08:49	322	0:12:19	1:42:45	0:40:18
393	5665		Sérgio Currais		SEN	Individual	405	0:24:09	405	1:07:50	188	0:11:04	1:43:03	0:40:36
394	5417		Paulo Jorge Barreira		V1	Individual	433	0:25:00	360	1:03:40	423	0:14:28	1:43:08	0:40:41
395	5169		Guilhermino Taveira		SEN	Individual	319	0:22:10	407	1:08:03	354	0:12:40	1:43:11	0:40:44
396	5082		Bruno Bastos Silva		SEN	Individual	446	0:25:22	339	1:02:12	453	0:16:23	1:43:57	0:41:30
397	5105		Carlos Manuel Correia		V2	Individual	399	0:24:00	396	1:06:43	387	0:13:16	1:43:59	0:41:32
398	5225		Joaquim Tavares		V1	Individual	413	0:24:24	397	1:06:46	365	0:12:54	1:44:04	0:41:37
399	5117		Carlos Miguel Rodrigues		SEN	Individual	180	0:20:17	443	1:12:05	280	0:11:52	1:44:14	0:41:47
400	3408	3179	Ana Valido		SEN	Associação Recreativa Social e Cultural de Tejedor	443	0:25:19	326	1:01:33	460	0:17:24	1:44:16	0:41:49
401	5219		João Marcolino		V1	Individual	358	0:23:03	415	1:08:49	339	0:12:39	1:44:31	0:42:04
402	5526		Sandra Rodrigues		SEN	Individual	359	0:23:03	416	1:08:49	340	0:12:39	1:44:31	0:42:04
403	5170		Hamilton Seiroco		SEN	Individual	450	0:25:28	365	1:04:09	440	0:15:11	1:44:48	0:42:21
404	5203		João Bouza Costa		SEN	Individual	451	0:25:31	382	1:05:27	408	0:13:57	1:44:55	0:42:28
405	5148		Esmeralda Câmara		SEN	Individual	387	0:23:40	390	1:06:27	434	0:14:50	1:44:57	0:42:30
406	5254		José Eduardo Pinto Conde		SEN	Individual	378	0:23:30	412	1:08:45	361	0:12:52	1:45:07	0:42:40
407	4044	813	Arsénio Facas		V4	Clube Ferroviário de Vendas Novas	440	0:25:16	392	1:06:34	390	0:13:20	1:45:10	0:42:43
408	5360		Nuno Castanheira		SEN	Individual	465	0:26:03	319	1:01:22	462	0:17:59	1:45:24	0:42:57
409	4132	2745	António Moriés		V2	Oeiras Sport Clube	463	0:25:56	356	1:03:28	450	0:16:17	1:45:41	0:43:14
410	5236		Jorge Andrade		V2	Individual	315	0:22:18	436	1:11:00	332	0:12:34	1:45:52	0:43:25
411	5031		Ricardo Clemente		SEN	Individual	449	0:25:24	378	1:04:47	446	0:15:46	1:45:57	0:43:30
412	3392	2738	Katarina Larsson		SEN	Clube de Triatlo de Almada	363	0:23:07	430	1:10:31	331	0:12:33	1:46:11	0:43:44
413	3015	538	Maria João Madeira		SEN	Clube de Triatlo de Almada	364	0:23:07	434	1:10:45	321	0:12:19	1:46:11	0:43:44
414	5305		Luis Pedro Pereira		SEN	Individual	431	0:24:59	355	1:03:25	461	0:17:53	1:46:17	0:43:50
415	5248		José António Correia		V2	Individual	469	0:26:08	391	1:06:29	405	0:13:50	1:46:27	0:44:00
416	5057		António João Santos		SEN	Individual	392	0:23:51	440	1:11:33	189	0:11:05	1:46:29	0:44:02
417	5286		Luis Liberato		V1	Individual	365	0:23:07	417	1:08:50	431	0:14:40	1:46:37	0:44:10
418	5017		David Maia		JUN	Individual	372	0:23:24	424	1:09:41	418	0:14:10	1:47:15	0:44:48
419	5200		João Galhordas		SEN	Individual	458	0:25:43	433	1:10:44	155	0:10:48	1:47:15	0:44:48
420	5333		Martim Franca		SEN	Individual	376	0:23:28	437	1:11:07	347	0:12:46	1:47:21	0:44:54
421	5025		Leonardo Ferraz Cunha		SEN	Individual	427	0:24:47	425	1:09:42	367	0:12:55	1:47:24	0:44:57
422	5266		José Carretas		V1	Individual	456	0:25:41	409	1:08:28	392	0:13:22	1:47:31	0:45:04
423	5444		Pedro Barroso		SEN	Individual	305	0:22:06	447	1:12:29	370	0:12:57	1:47:32	0:45:05
424	5160		Francisca Lopes		V2	Individual	429	0:24:53	423	1:09:40	374	0:13:02	1:47:35	0:45:08
425	5134		Domingos Martins		V3	Individual	464	0:25:57	421	1:09:05	369	0:12:57	1:47:59	0:45:32
426	5436		Pedro Vieira		SEN	Individual	470	0:26:12	385	1:05:33	451	0:16:17	1:48:02	0:45:35
427	5091		Carlos Nazário		V2	Individual	466	0:26:06	395	1:06:35	445	0:15:32	1:48:13	0:45:46
428	5504		Ricardo Aguiar		V2	Individual	448	0:25:23	429	1:10:12	343	0:12:41	1:48:16	0:45:49
429	5153		Fernando Pires		V1	Individual	435	0:25:08	408	1:08:18	436	0:14:53	1:48:19	0:45:52
430	5051		Ângela Cruz		SEN	Individual	397	0:23:55	441	1:11:40	386	0:13:15	1:48:50	0:46:23
431	1174	3202	Marcelo Tavares		JUN	Ginásio Clube de Sines	453	0:25:36	394	1:06:35	456	0:16:43	1:48:54	0:46:27
432	5427		Paulo Mário Afonso		SEN	Individual	482	0:29:15	406	1:08:00	258	0:11:42	1:48:57	0:46:30
433	5033		Ricardo Pitschieller		V1	Individual	457	0:25:42	426	1:09:44	396	0:13:32	1:48:58	0:46:31
434	5428		Paulo Miguel Sobral		SEN	Individual					473	1:49:07	1:49:07	0:46:40
435	5533		Tiago Matos		SEN	Individual	447	0:25:22	432	1:10:41	381	0:13:09	1:49:12	0:46:45
436	5060		António Cordeiro		SEN	Individual	452	0:25:34	418	1:08:54	435	0:14:52	1:49:20	0:46:53
437	5419		Paulo Jorge Rocha		V2	Individual	414	0:24:24	445	1:12:24	338	0:12:38	1:49:26	0:46:59
438	5220		João Paulo Ferreira		V1	Individual	381	0:23:32	449	1:13:20	358	0:12:50	1:49:42	0:47:15
439	5084		Bruno Almeida		SEN	Individual	438	0:25:13	435	1:10:54	403	0:13:45	1:49:52	0:47:25

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
440	5103		Carlos Luis Pereira		V1	Individual	434	0:25:04	446	1:12:26	345	0:12:43	1:50:13	0:47:46
441	5310		Manuel Gomes		V2	Individual	424	0:24:40	442	1:11:41	406	0:13:52	1:50:13	0:47:46
442	5288		Luis Patrício		V2	Individual	445	0:25:21	410	1:08:36	455	0:16:29	1:50:26	0:47:59
443	5193		João Carvalhinho		V2	Individual	412	0:24:22	444	1:12:08	407	0:13:57	1:50:27	0:48:00
444	5283		Luis Ricardo		V2	Individual	475	0:26:33	419	1:09:01	439	0:15:03	1:50:37	0:48:10
445	5212		João Morgado		SEN	Individual	476	0:27:32	393	1:06:34	457	0:16:44	1:50:50	0:48:23
446	2080	3090	Joana Botas		S23	Alhandra Sporting Clube	345	0:22:49	457	1:16:02	304	0:12:04	1:50:55	0:48:28
447	5232		Jorge Carvalho		SEN	Individual	481	0:29:15	403	1:07:33	417	0:14:08	1:50:56	0:48:29
448	5241		Jorge Manuel Teixeira		SEN	Individual	425	0:24:41	427	1:09:52	454	0:16:29	1:51:02	0:48:35
449	5237		Jorge Filipe Costa		SEN	Individual	467	0:26:06	438	1:11:30	413	0:14:02	1:51:38	0:49:11
450	5379		Patrícia Barreto		SEN	Individual	468	0:26:06	439	1:11:30	414	0:14:02	1:51:38	0:49:11
451	5382		Paulo Rodrigues		SEN	Individual	474	0:26:32	420	1:09:01	449	0:16:06	1:51:30	0:49:12
452	5472		Pedro Amaral		SEN	Individual	478	0:28:03	404	1:07:35	448	0:16:01	1:51:39	0:49:12
453	5217		João Paulo Faria		SEN	Individual	390	0:23:48	454	1:14:59	375	0:13:02	1:51:49	0:49:22
454	5259		José Joaquim Pereira		SEN	Individual	486	0:31:50			474	1:51:54	1:51:54	0:49:27
455	5531		Sónia Louro		SEN	Individual	487	0:31:50			475	1:51:54	1:51:54	0:49:27
456	5172		Hélder Moura		V1	Individual					476	1:52:30	1:52:30	0:50:03
457	5433		Paulo Bailão		SEN	Individual	402	0:24:08	452	1:14:16	442	0:15:15	1:53:39	0:51:12
458	5477		Raúl Costa		V3	Individual	485	0:30:09	422	1:09:27	422	0:14:24	1:54:00	0:51:33
459	5192		João Carlos Franca		V2	Individual	473	0:26:30	448	1:12:59	430	0:14:40	1:54:09	0:51:42
460	5055		António Emilio Paquete		SEN	Individual	472	0:26:29	431	1:10:33	464	0:18:15	1:55:17	0:52:50
461	5654		José Botelho		V1	Individual	444	0:25:19	455	1:15:48	419	0:14:10	1:55:17	0:52:50
462	5036		Sérgio Cruz		SEN	Individual	426	0:24:46	450	1:13:29	459	0:17:06	1:55:21	0:52:54
463	5139		Duarte Beltrão		SEN	Individual	471	0:26:13	453	1:14:56	427	0:14:33	1:55:42	0:53:15
464	5074		António Dionísio Santos		SEN	Individual	459	0:25:46	451	1:13:48	452	0:16:23	1:55:57	0:53:30
465	4194	587	Helena Medeiro		V1	Serv. Soc. CGD	417	0:24:33	458	1:18:00	425	0:14:30	1:57:03	0:54:36
466	5343		Miguel Andrade		JUN	Individual	240	0:21:14	465	1:26:01	232	0:11:29	1:58:44	0:56:17
467	5149		Fernando Gonçalves		V1	Individual	407	0:24:16	464	1:25:39	350	0:12:48	2:02:43	1:00:16
468	5408		Paulo Duarte		V1	Individual	408	0:24:16	462	1:23:02	444	0:15:25	2:02:43	1:00:16
469	5336		Michel Gaspar Costa		SEN	Individual	437	0:25:09	461	1:22:42	447	0:15:58	2:03:49	1:01:22
470	5322		Maria Carolina Silva		SEN	Individual	441	0:25:18	463	1:25:20	415	0:14:04	2:04:42	1:02:15
471	3085	722	Armando Costa		SEN	Fidalbyke	480	0:28:21	460	1:22:20	443	0:15:17	2:05:58	1:03:31
472	5321		Maria Rigor		SEN	Individual	462	0:25:54	466	1:26:42	412	0:13:59	2:06:35	1:04:08
473	5121		Celso Fernandes		SEN	Individual	489	0:33:01	459	1:20:15	465	0:18:19	2:11:35	1:09:08
474	5260		José Júlio Nunes		V1	Individual	491	0:34:33	456	1:15:53	467	0:22:41	2:13:07	1:10:40
475	5365		Nuno Silva Oliveira		SEN	Individual	477	0:27:40	468	1:33:20	463	0:18:05	2:19:05	1:16:38
476	5092		Carlos Alberto Correia		V2	Individual	490	0:34:32	467	1:32:56	466	0:19:34	2:27:02	1:24:35
477	3300	2871	Nélson Santos	DNF	SEN	Associação Recreativa Social e Cultural de Toledo	28	0:16:29						
478	1153	2629	Luis Filipe Marafuz	DNF	JUN	Alhandra Sporting Clube	44	0:17:04						
479	1155	3078	Miguel Marques	DNF	JUN	Alhandra Sporting Clube								
480	1126	2954	Ricardo Reis	DNF	S23	Clube de Praças da Armada	84	0:18:37						
481	3320	2956	Sérgio Ribeiro	DNF	SEN	Clube de Praças da Armada	89	0:18:42						
482	3394	3136	Valdo Neves	DNF	SEN	Clube de Triatlo de Almada	58	0:17:46						
483	1111	152	Marta Almeida	DNF	JUN	Ginásio Clube de Sines	406	0:24:11						
484	3285	2840	Hugo Ferreira	DNF	SEN	HALCON - SPORTZONE Olímpico de Oeiras	23	0:16:23						
485	1093	27	Mariana Costa	DNF	JUN	HALCON - SPORTZONE Olímpico de Oeiras	171	0:20:11						
486	1163	2266	Paulo Alexandre Antunes	DNF	JUN	HALCON - SPORTZONE Olímpico de Oeiras	38	0:16:52						
487	1054	2570	Vasco Pessoa	DNF	JUN	HALCON - SPORTZONE Olímpico de Oeiras	26	0:16:27						
488	3422	3218	Bruno Martins	DNF	SEN	Peniche A. C.	184	0:20:22						
489	5058		António Maia	DNF	SEN	Individual	347	0:22:50						
490	5264		José Luis Braga	DNF	SEN	Individual	483	0:30:05						
491	5281		Luis Nascimento	DNF	SEN	Individual	461	0:25:51						
492	5298		Luis Matias	DNF	V1	Individual	488	0:31:58						
493	5325		Maria Sabarigo	DNF	SEN	Individual	484	0:30:05						
494	5347		Nancy Guimarães	DNF	SEN	Individual	479	0:28:06						
495	5450		Pedro Luis Neves	DNF	SEN	Individual	361	0:23:05						

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	18000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
496	5465		Pedro Vilaça Silva	DNF	SEN	Individual	193	0:20:32						
497	5538		Vitor Tavares	DNF	V1	Individual	263	0:21:31						
498	259	2636	Diogo Mata Tristão	DNS	JUN	Alhandra Sporting Clube								
499	1080	2310	João Pica	DNS	JUN	C.F. "Os Belenenses"								
500	1149	34	Guilherme Marques	DNS	JUN	C.N. Cartaxo								
501	3256	2773	João Pedro Antunes	DNS	SEN	Casa Benfica Faro/GASCAN								
502	3386	3139	Ana Nisa	DNS	SEN	COMPEED - Tri-Oeste								
503	3019	525	Leonor Calaim	DNS	SEN	Ginásio Clube de Sines								
504	1125	2951	Ricardo Ferraz	DNS	JUN	Ginásio Clube de Sines								
505	1017	143	Joana Marques	DNS	JUN	HALCON - SPORTZONE Olímpico de Oeiras								
506	3021	588	Marco Mello	DNS	SEN	HALCON - SPORTZONE Olímpico de Oeiras								
507	3385	3138	Pedro Guedes	DNS	SEN	Individual								
508	2096	3273	Fernando Prisal	DNS	S23	Mem Martins Sport Clube								
509	3145	602	Luis Moura Lopes	DNS	SEN	Ribabike / Associação dos 20 Km de Alentejo								
510	5015		Alexandre Pedro Silva	DNS	SEN	Individual								
511	5016		Carlos Manuel Pinto	DNS	SEN	Individual								
512	5009	1009	Eva Calvet	DNS	SEN	BRICOBLOCK - ESPROTEN - TRITOLEDO								
513	5037		Tiago Martins	DNS	SEN	Individual								
514	5042		Alberto Correia	DNS	V2	Individual								
515	5047		Ana Sofia Figueiredo	DNS	SEN	Individual								
516	5048		André Eusébio Rocha	DNS	SEN	Individual								
517	5050		André Esteves	DNS	S23	Individual								
518	5053		Aníbal Caiado	DNS	SEN	Individual								
519	5054		Aníbal Costa	DNS	SEN	Individual								
520	5061		António Barata	DNS	SEN	Individual								
521	5062		António José Ferreira	DNS	SEN	Individual								
522	5064		Antonio José Santos	DNS	SEN	Individual								
523	5066		António José Neves	DNS	V2	Individual								
524	5067		António Apura	DNS	SEN	Individual								
525	5071		António Miguel França	DNS	JUN	Individual								
526	5072		António Paulo Cordeiro	DNS	V4	Individual								
527	5077		António Silva Dias	DNS	V2	Individual								
528	5081		Bruno Oliveira	DNS	SEN	Individual								
529	5083		Bruno Fernandes	DNS	SEN	Individual								
530	5085		Bruno Júlio	DNS	SEN	Individual								
531	5087		Bruno Miguel Correia	DNS	SEN	Individual								
532	5088		Bruno Taveira	DNS	JUN	Individual								
533	5096		Carlos Benjamim Silva	DNS	V1	Individual								
534	5097		Carlos Farófia	DNS	SEN	Individual								
535	5099		Carlos Jorge Leal	DNS	V2	Individual								
536	5100		Carlos Jorge Ramos	DNS	V2	Individual								
537	5102		Carlos José Santos	DNS	V3	Individual								
538	5104		Carlos Manuel Ferreira	DNS	V1	Individual								
539	5106		Carlos Almeida	DNS	SEN	Individual								
540	5107		Carlos Manuel Brito	DNS	V1	Individual								
541	5110		Carlos Mendes	DNS	SEN	Individual								
542	5120		Catarina Cerqueira	DNS	SEN	Individual								
543	5123		Clarisse Uveira	DNS	SEN	Individual								
544	5124		Cláudio Bolanho	DNS	V1	Individual								
545	5125		Custódio António	DNS	SEN	Individual								
546	5131		Diogo Afonso	DNS	JUN	Individual								
547	5133		Diogo Filipe Almeida	DNS	S23	Individual								
548	5136		Duarte Augusto Gonçalves	DNS	SEN	Individual								
549	5138		Duarte Marques	DNS	SEN	Individual								
550	5141		Eduardo Filipe Ferreira	DNS	SEN	Individual								
551	5142		Eduardo Anes	DNS	V1	Individual								

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 (MT)		18000 (KM)		2500 (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
552	5144		Elizabeth Dias	DNS	V1	Individual								
553	5145		Elsa Francisco	DNS	SEN	Individual								
554	5154		Fernando Semedo	DNS	V1	Individual								
555	5158		Filipe Serrazina Coelho	DNS	SEN	Individual								
556	5162		Francisco Trocado	DNS	SEN	Individual								
557	5163		Francisco Lança	DNS	SEN	Individual								
558	5167		Gonçalo Passareiro	DNS	SEN	Individual								
559	5173		Hélder Figueiredo	DNS	SEN	Individual								
560	5179		Hugo Gonçalves	DNS	SEN	Individual								
561	5180		Hugo Antunes	DNS	SEN	Individual								
562	5181		Hugo Dias	DNS	SEN	Individual								
563	5184		Ilidio Rodrigues	DNS	V4	Individual								
564	5188		Jill Edwards	DNS	V3	Individual								
565	5195		João Costa	DNS	V1	Individual								
566	5201		João Helder Afonso	DNS	V1	Individual								
567	5202		João Lima	DNS	V1	Individual								
568	5205		João Lourenço	DNS	V1	Individual								
569	5208		João Manuel R. Lourenço	DNS	V1	Individual								
570	5210		João Miguel Duarte	DNS	SEN	Individual								
571	5213		João Paulo Amaral	DNS	SEN	Individual								
572	5214		João Paulo Vaz	DNS	V1	Individual								
573	5216		João Paulo Pereira	DNS	SEN	Individual								
574	5221		João Brandão	DNS	SEN	Individual								
575	5224		Joaquim Viana	DNS	V2	Individual								
576	5233		Jorge António Nunes	DNS	V1	Individual								
577	5235		Jorge Cláudio Santos	DNS	V1	Individual								
578	5239		Jorge Chamusca	DNS	V1	Individual								
579	5240		Jorge Manuel Nunes	DNS	SEN	Individual								
580	5242		Jorge Justo	DNS	V3	Individual								
581	5246		José António Neves	DNS	SEN	Individual								
582	5247		José António Gonçalves	DNS	V2	Individual								
583	5251		José Carlos Silveira	DNS	SEN	Individual								
584	5256		José Jesus	DNS	V1	Individual								
585	5265		José Jacob	DNS	V1	Individual								
586	5270		José Mário Ribeiro	DNS	V1	Individual								
587	5272		José Nelson Narciso	DNS	SEN	Individual								
588	5273		José Nuno Prates	DNS	SEN	Individual								
589	5276		Justino Lopes	DNS	V3	Individual								
590	5278		Lucas Domingos Delgado	DNS	V4	Individual								
591	5279		Luciano Santana da Silva	DNS	SEN	Individual								
592	5291		Luis Jorge Francisco	DNS	V2	Individual								
593	5297		Luis Corista	DNS	V1	Individual								
594	5299		Luis Cavaco	DNS	SEN	Individual								
595	5301		Luis Miguel Pereira	DNS	SEN	Individual								
596	5309		Manuel Ornelas Ramos	DNS	V2	Individual								
597	5317		Márcio Dias	DNS	SEN	Individual								
598	5324		Maria Condezo	DNS	V1	Individual								
599	5335		Matteo Bergamo	DNS	SEN	Individual								
600	5338		Miguel San-Payo	DNS	V2	Individual								
601	5339		Miguel Filipe Menezes	DNS	SEN	Individual								
602	5341		Miguel Leal	DNS	SEN	Individual								
603	5342		Miguel Gayoso Suárez	DNS	SEN	Individual								
604	5349		Nélson Filipe Santos	DNS	SEN	Individual								
605	5356		Nuno Alves	DNS	SEN	Individual								
606	5358		Nuno Sacramento	DNS	SEN	Individual								
607	5361		Nuno José Santos	DNS	SEN	Individual								

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 (MT)		18000 (KM)		2500 (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
608	5374		Nuno Miguel Abreu	DNS	SEN	Individual								
609	5375		Nuno Nunes	DNS	SEN	Individual								
610	5376		Nuno Rodrigues	DNS	SEN	Individual								
611	5378		Orlando Ramos	DNS	V1	Individual								
612	5385		Paulo Loureiro	DNS	S23	Individual								
613	5415		Paulo Feliciano	DNS	SEN	Individual								
614	5420		Paulo Jorge Sequeira	DNS	SEN	Individual								
615	5422		Paulo Jorge Fonseca	DNS	V1	Individual								
616	5423		Paulo Rodrigues Silva	DNS	SEN	Individual								
617	5424		Paulo Jorge Nunes	DNS	SEN	Individual								
618	5429		Paulo Calixto	DNS	SEN	Individual								
619	5434		Pedro Madeira	DNS	SEN	Individual								
620	5435		Pedro Foles	DNS	SEN	Individual								
621	5445		Pedro Sesões	DNS	V1	Individual								
622	5459		Pedro Manuel Santos	DNS	SEN	Individual								
623	5461		Pedro Simões	DNS	V1	Individual								
624	5463		Pedro Miguel Figueira	DNS	SEN	Individual								
625	5474		Peter Steinhausen	DNS	V4	Individual								
626	5503		Ricardo Pinto	DNS	SEN	Individual								
627	5505		Ricardo Jorge Silva	DNS	SEN	Individual								
628	5511		Rúben Santos	DNS	S23	Individual								
629	5519		Rui Miguel Foles	DNS	SEN	Individual								
630	5522		Rui Pedro Costa	DNS	SEN	Individual								
631	5524		Samuel Jesus	DNS	SEN	Individual								
632	5528		Sérgio Taveira	DNS	SEN	Individual								
633	5530		Sérgio Moreira	DNS	SEN	Individual								
634	5534		Tiago Pais	DNS	SEN	Individual								
635	5535		Tomé Frei	DNS	SEN	Individual								
636	5537		Victor Rodrigues	DNS	V1	Individual								