

**Resultados**

Localidade:	Vila Franca de Xira	Distância CORRI (MT): <input type="text"/> CICLIS (KM) <input type="text"/> CORRI (MT):	5000/23000/2500
Data:	17-02-2008	Hora de começo:	11h00m

**Informação**

Delegado técnico:	Artur Parreira	Juiz Principal:	Nelson Laranjeira
Pontuável para:	Circuito Nacional	Juri de apelo:	Artur Parreira

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000 (MT)		23000 (KM)		2500 (MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
1	3117	486	Lino Barruncho		SEN	HALCON - SPORTZONE Olímpico de Oeiras	1	0:14:32	1	0:41:50	5	0:07:53	1:04:15	0:00:00
2	3016	575	Bruno Pais		SEN	Sport Lisboa e Benfica	4	0:14:56	2	0:43:35	1	0:07:23	1:05:54	0:01:39
3	1052	2563	João Pedro Silva		JUN	HALCON - SPORTZONE Olímpico de Oeiras	2	0:14:38	3	0:43:55	3	0:07:35	1:06:08	0:01:53
4	2088	179	Miguel Arraiolos		S23	HALCON - SPORTZONE Olímpico de Oeiras	7	0:15:12	7	0:44:22	2	0:07:29	1:07:03	0:02:48
5	2087	102	José Estrangeiro		S23	HALCON - SPORTZONE Olímpico de Oeiras	9	0:15:27	4	0:44:05	9	0:07:59	1:07:31	0:03:16
6	4027	508	Alcino Serras		V1	SR Camarnal	11	0:15:27	5	0:44:08	13	0:08:08	1:07:43	0:03:28
7	1054	2570	Vasco Pessoa		JUN	HALCON - SPORTZONE Olímpico de Oeiras	10	0:15:27	6	0:44:21	12	0:08:08	1:07:56	0:03:41
8	1095	2522	João Amorim		JUN	Alhandra Sporting Clube	12	0:15:28	9	0:45:02	6	0:07:54	1:08:24	0:04:09
9	2064	2817	Tiago Abreu Silva		S23	Ludens Clube de Machico	5	0:15:05	16	0:45:31	7	0:07:54	1:08:30	0:04:15
10	1117	2896	Hugo Ventura		JUN	HALCON - SPORTZONE Olímpico de Oeiras	15	0:15:41	10	0:45:02	27	0:08:39	1:09:22	0:05:07
11	3412	417	Rui Dolores		SEN	Amiciclo	20	0:16:10	11	0:45:03	17	0:08:21	1:09:34	0:05:19
12	3282	2839	Márcio Neves		SEN	Oeiras Sport Clube - TRANSINSULAR	31	0:16:29	12	0:45:03	22	0:08:29	1:10:01	0:05:46
13	3214	2684	Miguel Ganchinho		SEN	Clube de Triatlo de Almada	21	0:16:10	13	0:45:19	26	0:08:35	1:10:04	0:05:49
14	1163	2266	Paulo Alexandre Antunes		JUN	HALCON - SPORTZONE Olímpico de Oeiras	24	0:16:15	8	0:44:50	56	0:09:11	1:10:16	0:06:01
15	3284	352	Pedro Gomes		SEN	HALCON - SPORTZONE Olímpico de Oeiras	14	0:15:33	42	0:47:02	4	0:07:44	1:10:19	0:06:04
16	3229	2700	João Saúde		SEN	Clube Ferroviário de Vendas Novas	25	0:16:16	20	0:45:51	21	0:08:27	1:10:34	0:06:19
17	1106	37	Fabício Tomás		JUN	C.N. Cartaxo	22	0:16:11	29	0:46:21	11	0:08:04	1:10:36	0:06:21
18	1105	35	João Serrano		JUN	C.N. Cartaxo	17	0:16:05	30	0:46:22	19	0:08:24	1:10:51	0:06:36
19	5148		Carlos Costa		JUN	Individual	27	0:16:26	23	0:46:08	29	0:08:42	1:11:16	0:07:01
20	1153	2629	Luis Filipe Marafuz		JUN	Alhandra Sporting Clube	32	0:16:35	25	0:46:15	20	0:08:27	1:11:17	0:07:02
21	3026	461	Anibal Oliveira		SEN	Amiciclo	28	0:16:29	22	0:46:04	30	0:08:44	1:11:17	0:07:02
22	3049	475	Sérgio Dias		SEN	COMPEED - Tri-Oeste	19	0:16:09	36	0:46:51	23	0:08:30	1:11:30	0:07:15
23	5173		Fernando Duarte		V1	Individual	47	0:17:13	14	0:45:20	49	0:09:04	1:11:37	0:07:22
24	1113	2456	Gil Maia		JUN	Clube Triatlo de Perosinho	46	0:17:13	15	0:45:23	53	0:09:10	1:11:46	0:07:31
25	1038	2513	Diogo Custódio		JUN	Oeiras Sport Clube - TRANSINSULAR	36	0:16:40	24	0:46:13	42	0:09:00	1:11:53	0:07:38
26	1167	3143	José Veiga		JUN	Clube Ferroviário de Vendas Novas	41	0:16:56	32	0:46:31	25	0:08:34	1:12:01	0:07:46
27	3139	2524	Nuno Nunes		SEN	SR Camarnal	23	0:16:14	38	0:46:51	37	0:08:59	1:12:04	0:07:49
28	1063	52	Ruben Costa		JUN	Clube de Natação Colégio Vasco da Gama	6	0:15:12	87	0:49:07	8	0:07:55	1:12:14	0:07:59
29	4180	764	António Horta		V2	Clube de Praças da Armada	30	0:16:29	43	0:47:03	36	0:08:59	1:12:31	0:08:16
30	3183	2589	Ricardo Figueira Silva		SEN	C.F. "Os Belenenses"	62	0:17:39	21	0:45:52	47	0:09:04	1:12:35	0:08:20
31	4177	465	Paulo Silva		V1	Casa Benfica Faro/GASCAN	29	0:16:29	45	0:47:09	39	0:09:00	1:12:38	0:08:23
32	3300	2871	Nelson Santos		SEN	Associação Recreativa Social e Cultural de Teledr.	18	0:16:08	70	0:48:12	18	0:08:23	1:12:43	0:08:28
33	3394	3136	Valdo Neves		SEN	Clube de Triatlo de Almada	48	0:17:23	34	0:46:40	31	0:08:47	1:12:50	0:08:35
34	5255		Luis Serrazina		V1	Individual	51	0:17:24	28	0:46:19	54	0:09:10	1:12:53	0:08:38
35	3442	3280	Pedro Pinho		SEN	Clube Triatlo de Perosinho	35	0:16:40	61	0:47:53	28	0:08:41	1:13:14	0:08:59
36	3201	2644	Tiago Fragata		SEN	Associação Recreativa Social e Cultural de Teledr.	61	0:17:38			381	1:13:17	1:13:17	0:09:02
37	4074	458	Pedro Marques		V1	Associação Recreativa Social e Cultural de Teledr.	98	0:18:30	19	0:45:46	45	0:09:03	1:13:19	0:09:04
38	2083	2885	Carlos Papacinzza		S23	C.N. Alvíto	58	0:17:36	33	0:46:40	52	0:09:08	1:13:24	0:09:09
39	3443	3281	António Amorim		SEN	Clube Triatlo de Perosinho	42	0:16:56	50	0:47:28	40	0:09:00	1:13:24	0:09:09
40	1166	2949	Hugo Alves		JUN	HALCON - SPORTZONE Olímpico de Oeiras	26	0:16:16	82	0:48:59	16	0:08:19	1:13:34	0:09:19
41	5137		António Manuel Aguiar		V2	Individual	38	0:16:41	69	0:48:07	51	0:09:05	1:13:53	0:09:38
42	3433	3264	Rui Medina		SEN	Bike Clube S. Brás	53	0:17:29	49	0:47:25	43	0:09:01	1:13:55	0:09:40
43	4148	497	Pedro Cordeiro		V1	COMPEED - Tri-Oeste	83	0:18:11	26	0:46:17	76	0:09:35	1:14:03	0:09:48
44	4058	520	António Catarino		V1	HALCON - SPORTZONE Olímpico de Oeiras	85	0:18:16	17	0:45:41	133	0:10:10	1:14:07	0:09:52
45	4059	800	Fernando Feijão		V3	HALCON - SPORTZONE Olímpico de Oeiras	59	0:17:36	44	0:47:03	68	0:09:28	1:14:07	0:09:52
46	1127	2610	Tiago André Silva		JUN	Clube Triatlo de Perosinho	60	0:17:37	54	0:47:39	33	0:08:54	1:14:10	0:09:55
47	5143		Bruno Fernandes		SEN	Individual	44	0:17:00	57	0:47:44	67	0:09:26	1:14:10	0:09:55

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA					
						5000	(MT)	23000	(KM)	2500	(MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa		Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
48	3293	2853	Henrique Santos		SEN	SR Camarnal		13	0:15:28	86	0:49:06	82	0:09:36	1:14:10	0:09:55
49	2097	3279	João Gestosa		S23	Clube Triatlo de Perosinho		43	0:16:56	71	0:48:12	48	0:09:04	1:14:12	0:09:57
50	5420		Joao Graça		JUN	Individual		54	0:17:32	58	0:47:47	44	0:09:01	1:14:20	0:10:05
51	5362		Vitor Manuel Santos		SEN	Individual		55	0:17:34	55	0:47:39	55	0:09:10	1:14:23	0:10:08
52	2095	2954	Ricardo Reis		S23	Clube de Praças da Armada		74	0:18:01	35	0:46:42	89	0:09:41	1:14:24	0:10:09
53	5191		João Massena		SEN	Individual		45	0:17:12	66	0:47:59	62	0:09:22	1:14:33	0:10:18
54	2017	274	Vanessa Fernandes		S23	Sport Lisboa e Benfica		16	0:15:41	90	0:49:21	85	0:09:38	1:14:40	0:10:25
55	3147	604	Pedro Bento		SEN	Ribabike / Associação dos 20 Km de Almeirim		127	0:19:00	18	0:45:41	118	0:10:01	1:14:42	0:10:27
56	3304	2892	Ivan Pinto da Silva		SEN	Clube Triatlo de Perosinho		89	0:18:18	27	0:46:19	135	0:10:11	1:14:48	0:10:33
57	3170	2562	Rui Simões		SEN	Alhandra Sporting Clube		84	0:18:14	40	0:46:54	92	0:09:44	1:14:52	0:10:37
58	5120		Alexandre Cunha		V1	Individual		75	0:18:02	48	0:47:24	69	0:09:29	1:14:55	0:10:40
59	3241	2718	Nuno Tintim		SEN	Alhandra Sporting Clube		49	0:17:24	79	0:48:49	34	0:08:59	1:15:12	0:10:57
60	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN		78	0:18:05	63	0:47:54	61	0:09:20	1:15:19	0:11:04
61	3280	2837	Carlos Bráz		SEN	Individual		82	0:18:10	60	0:47:48	65	0:09:23	1:15:21	0:11:06
62	5198		João Patrício Lourenço		V1	Individual		104	0:18:36	47	0:47:18	79	0:09:36	1:15:30	0:11:15
63	3379	696	Daniel Simões		SEN	Alhandra Sporting Clube		129	0:19:01	39	0:46:53	87	0:09:40	1:15:34	0:11:19
64	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho		96	0:18:29	52	0:47:35	75	0:09:35	1:15:39	0:11:24
65	3295	2856	João Sousa Ferreira		SEN	Clube de Praças da Armada		37	0:16:41	104	0:50:04	46	0:09:03	1:15:48	0:11:33
66	2086	12	Bárbara Clemente		S23	HALCON - SPORTZONE Olímpico de Oeiras		90	0:18:18	62	0:47:53	91	0:09:42	1:15:53	0:11:38
67	3090	636	Paulo Queirós Gonçalves		SEN	Oeiras Sport Clube - TRANSINSULAR		39	0:16:47	122	0:50:42	24	0:08:30	1:15:59	0:11:44
68	3145	602	Luis Moura Lopes		SEN	Ribabike / Associação dos 20 Km de Almeirim		140	0:19:12	37	0:46:51	124	0:10:02	1:16:05	0:11:50
69	5115		Aires Barros		SEN	Individual		50	0:17:24	81	0:48:54	99	0:09:49	1:16:07	0:11:52
70	4087	646	Manuel Batista		V1	G. A. A. Vila Franca de Xira		123	0:18:58	41	0:47:02	131	0:10:09	1:16:09	0:11:54
71	3001	627	Paulo Teles		SEN	G. A. A. Vila Franca de Xira		101	0:18:34	56	0:47:41	120	0:10:02	1:16:17	0:12:02
72	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho		64	0:17:50	94	0:49:30	38	0:09:00	1:16:20	0:12:05
73	1162	190	Miguel Fernandes		JUN	HALCON - SPORTZONE Olímpico de Oeiras		33	0:16:35	148	0:51:40	14	0:08:11	1:16:26	0:12:11
74	2096	3273	Fernando Prisal		S23	Mem Martins Sport Clube		68	0:17:52	88	0:49:11	66	0:09:23	1:16:26	0:12:11
75	3239	2717	Telmo Veloso		SEN	Porto Runners		40	0:16:48	129	0:50:57	32	0:08:47	1:16:32	0:12:17
76	4142	492	Carlos Reis		V1	Fidalbyke		106	0:18:41	64	0:47:56	119	0:10:02	1:16:39	0:12:24
77	3142	2526	Pedro Figueira		SEN	Ribabike / Associação dos 20 Km de Almeirim		118	0:18:55	68	0:48:05	86	0:09:39	1:16:39	0:12:24
78	5319		Rafael Caetano		SEN	Individual		77	0:18:04	83	0:49:02	74	0:09:34	1:16:40	0:12:25
79	5294		Paulo Joaquim		SEN	Individual		153	0:19:26	46	0:47:16	123	0:10:02	1:16:44	0:12:29
80	3259	2787	Pedro Quintela		SEN	União Desportiva da Chamusca		73	0:17:59	91	0:49:21	72	0:09:31	1:16:51	0:12:36
81	5222		José Domingos		V2	Individual		147	0:19:22	31	0:46:30	233	0:11:05	1:16:57	0:12:42
82	5157		Carlos Machado Reis		SEN	Individual		157	0:19:27	53	0:47:35	110	0:09:57	1:16:59	0:12:44
83	3321	2957	Luis Lourenço		SEN	Clube de Praças da Armada		80	0:18:07	99	0:49:39	57	0:09:14	1:17:00	0:12:45
84	3342	3044	Rodrigo Baltazar		SEN	Oeiras Sport Clube - TRANSINSULAR		93	0:18:24	72	0:48:26	136	0:10:11	1:17:01	0:12:46
85	5138		António Manuel Samora		V1	Individual		139	0:19:12	51	0:47:33	144	0:10:18	1:17:03	0:12:48
86	4166	2931	José Maria Santos		V2	Clube Ferroviário de Vendas Novas		158	0:19:28	59	0:47:48	127	0:10:05	1:17:21	0:13:06
87	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho		110	0:18:46	73	0:48:35	125	0:10:04	1:17:25	0:13:10
88	1064	193	Ana Filipa Ferreira		JUN	Alhandra Sporting Clube		79	0:18:06	92	0:49:27	103	0:09:52	1:17:25	0:13:10
89	3207	2662	José Magalhães Dias		SEN	A.D.C.R. Painho		95	0:18:28	89	0:49:12	97	0:09:46	1:17:26	0:13:11
90	5344		Rui Coelho		SEN	Individual		115	0:18:51	76	0:48:41	116	0:10:00	1:17:32	0:13:17
91	3102	662	Alexandre Feliz		SEN	COMPEED - Tri-Oeste		72	0:17:58	111	0:50:23	60	0:09:19	1:17:40	0:13:25
92	1170	153	Gonçalo Barros		JUN	Ginásio Clube de Sines		162	0:19:29	65	0:47:58	148	0:10:22	1:17:49	0:13:34
93	4075	751	José Peixoto		V3	Peniche A. C.		132	0:19:02	80	0:48:51	132	0:10:09	1:18:02	0:13:47
94	5217		Jorge Mimoso		SEN	Individual		94	0:18:25	106	0:50:05	80	0:09:36	1:18:06	0:13:51
95	3054	739	António Luz Gomes		SEN	Oeiras Sport Clube - TRANSINSULAR		66	0:17:51	139	0:51:21	41	0:09:00	1:18:12	0:13:57
96	5237		José Nelson Narciso		SEN	Individual		100	0:18:32	101	0:49:44	111	0:09:57	1:18:13	0:13:58
97	5142		Bruno Salvador		SEN	Individual		65	0:17:50	114	0:50:33	104	0:09:52	1:18:15	0:14:00
98	5341		Rui Costa Baptista		SEN	Individual		126	0:18:59	96	0:49:33	112	0:09:57	1:18:29	0:14:14
99	4052	770	Manuel Gonçalves		V2	Clube de Natação Colégio Vasco da Gama		76	0:18:03	134	0:51:09	59	0:09:19	1:18:31	0:14:16
100	5286		Nuno Miguel Jorge		SEN	Individual		134	0:19:04	98	0:49:37	106	0:09:53	1:18:34	0:14:19
101	5315		Pedro Basso Costa		SEN	Individual		121	0:18:57	107	0:50:12	84	0:09:38	1:18:47	0:14:32
102	3407	3178	Marco Fernandes		SEN	Associação Recreativa Social e Cultural de Toledo		99	0:18:32	105	0:50:05	138	0:10:13	1:18:50	0:14:35
103	3004	485	Bruno Silva		SEN	G. A. A. Vila Franca de Xira		81	0:18:10	97	0:49:34	241	0:11:09	1:18:53	0:14:38

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA					
						5000	(MT)	23000	(KM)	2500	(MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa		Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
104	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo		185	0:19:59	77	0:48:43	140	0:10:14	1:18:56	0:14:41
105	1156	3009	Pedro Araújo Mendes		JUN	C.N. Cartaxo		57	0:17:35	169	0:52:30	35	0:08:59	1:19:04	0:14:49
106	4129	2740	João Hipólito		V1	Alhandra Sporting Clube		183	0:19:58	75	0:48:40	159	0:10:27	1:19:05	0:14:50
107	4060	762	António Moura		V2	SR Camarnal		105	0:18:38	131	0:51:02	71	0:09:29	1:19:09	0:14:54
108	1169	141	David Morgado		JUN	Ginásio Clube de Sines		216	0:20:32	74	0:48:37	121	0:10:02	1:19:11	0:14:56
109	5166		Eduardo Alçada		SEN	Individual		138	0:19:11	85	0:49:06	212	0:10:54	1:19:11	0:14:56
110	4122	776	Fernando Teixeira		V3	Clube Ferroviário de Vendas Novas		173	0:19:41	78	0:48:48	207	0:10:51	1:19:20	0:15:05
111	5228		José Fernando Costa		V1	Individual		109	0:18:45	119	0:50:40	114	0:09:58	1:19:23	0:15:08
112	5266		Marco Domingos		S23	Individual		91	0:18:18	136	0:51:11	108	0:09:54	1:19:23	0:15:08
113	1104	2866	Carlos Alenquer		JUN	Ginásio Clube de Sines		170	0:19:40	84	0:49:03	189	0:10:44	1:19:27	0:15:12
114	5390	2577	António Miguel Reis		SEN	Amiciclo		164	0:19:32	95	0:49:33	153	0:10:25	1:19:30	0:15:15
115	3120	720	Mário Couto		SEN	G. A. A. Vila Franca de Xira		149	0:19:23	118	0:50:36	73	0:09:33	1:19:32	0:15:17
116	5192		João Carlos Portela		V5	Individual		70	0:17:54	165	0:52:18	70	0:09:29	1:19:41	0:15:26
117	1085	55	Miguel Henriques		JUN	C.N. Cartaxo		8	0:15:21	258	0:56:18	10	0:08:03	1:19:42	0:15:27
118	4131	2744	Pedro Nogueira Silva		V1	Clube Millennium BCP		122	0:18:58	108	0:50:13	170	0:10:34	1:19:45	0:15:30
119	5274		Martino Montez		SEN	Individual		226	0:20:38	67	0:48:04	234	0:11:05	1:19:47	0:15:32
120	4025	516	João Medeiro		V2	Serv. Soc. CGD		71	0:17:57	181	0:52:43	58	0:09:15	1:19:55	0:15:40
121	5082		Luís Miguel Guerreiro		SEN	Individual		135	0:19:04	115	0:50:34	143	0:10:17	1:19:55	0:15:40
122	5248		Luís Delgado		SEN	Individual		92	0:18:21	166	0:52:20	63	0:09:22	1:20:03	0:15:48
123	5253		Luís Gonçalves		SEN	Individual		168	0:19:38	113	0:50:32	107	0:09:54	1:20:04	0:15:49
124	5310		Pedro Miguel Lucas		SEN	Individual		131	0:19:01	125	0:50:45	146	0:10:19	1:20:05	0:15:50
125	3444	3284	António Apolinário		SEN	Ribabike / Associação dos 20 Km de Almeirim		128	0:19:00	141	0:51:26	95	0:09:44	1:20:10	0:15:55
126	4082	862	José Maçarria		V2	Ginásio Clube Figueirense		163	0:19:29	132	0:51:04	88	0:09:40	1:20:13	0:15:58
127	5133		António Ferreira Almeida		V1	Individual		188	0:20:01	93	0:49:27	200	0:10:48	1:20:16	0:16:01
128	5211		Jorge Alexandre Monteiro		V1	Individual		181	0:19:48	103	0:50:02	157	0:10:26	1:20:16	0:16:01
129	3297	3177	Bruno Leitão		SEN	Alhandra Sporting Clube		111	0:18:46	147	0:51:38	109	0:09:56	1:20:20	0:16:05
130	5302		Paulo José Lopes		SEN	Individual		196	0:20:11	100	0:49:41	175	0:10:36	1:20:28	0:16:13
131	3435	3267	Marco Fidalgo		SEN	G. A. A. Vila Franca de Xira		191	0:20:07	112	0:50:24	113	0:09:58	1:20:29	0:16:14
132	1032	2454	Ana Filipa Sampaio		JUN	Alhandra Sporting Clube		143	0:19:16	146	0:51:36	83	0:09:38	1:20:30	0:16:15
133	5290		Nuno Patrício		SEN	Individual		165	0:19:32	127	0:50:51	130	0:10:08	1:20:31	0:16:16
134	3325	2988	Emanuel Neves		SEN	Porto Runners		116	0:18:52	162	0:52:08	77	0:09:36	1:20:36	0:16:21
135	5210		Joel Tiago Pena		SEN	Individual		152	0:19:25	133	0:51:04	134	0:10:10	1:20:39	0:16:24
136	5382	866	Paulo Alves		V2	Amiciclo		52	0:17:25	190	0:53:06	137	0:10:12	1:20:43	0:16:28
137	3150	2452	Ernesto Caniço		SEN	Ribabike / Associação dos 20 Km de Almeirim		69	0:17:53	172	0:52:30	174	0:10:35	1:20:58	0:16:43
138	5188		João Faria		SEN	Individual		103	0:18:35	158	0:51:58	161	0:10:28	1:21:01	0:16:46
139	3426	3222	Mário Baltazar		SEN	Peniche A. C.		142	0:19:14	124	0:50:44	235	0:11:05	1:21:03	0:16:48
140	5295		Paulo Alexandre Oliveira		SEN	Individual		161	0:19:28	138	0:51:15	163	0:10:29	1:21:12	0:16:57
141	3087	657	António Cruz		SEN	C.F. "Os Belenenses"		107	0:18:43	184	0:52:55	78	0:09:36	1:21:14	0:16:59
142	4073	456	Amândio Caetano		V2	A.D.C.R. Painho		146	0:19:21	161	0:52:07	98	0:09:48	1:21:16	0:17:01
143	3402	3166	Luís Reis		SEN	Casa Benfica Faro/GASCAN		137	0:19:10	160	0:52:03	129	0:10:07	1:21:20	0:17:05
144	4223	3266	José Morgado		V2	Alhandra Sporting Clube		228	0:20:40	102	0:49:56	199	0:10:48	1:21:24	0:17:09
145	1097	2327	Sofia Almeida		JUN	Alhandra Sporting Clube		177	0:19:46	123	0:50:43	213	0:10:55	1:21:24	0:17:09
146	3409	3181	Luís Bicudo		SEN	Individual		102	0:18:35			382	1:21:31	1:21:31	0:17:16
147	1061	2631	David Ferreira		JUN	Alhandra Sporting Clube		211	0:20:25	117	0:50:36	169	0:10:33	1:21:34	0:17:19
148	3315	2938	Mário Figueiredo		SEN	Fidalbyke		166	0:19:33	145	0:51:34	184	0:10:41	1:21:48	0:17:33
149	3387	3152	José António Jesus		SEN	HALCON - SPORTZONE Olímpico de Oeiras		86	0:18:16	209	0:54:10	64	0:09:23	1:21:49	0:17:34
150	1006	2303	Pedro Leitão		JUN	Alhandra Sporting Clube		56	0:17:35	252	0:56:01	15	0:08:15	1:21:51	0:17:36
151	5304		Paulo Calixto		SEN	Individual		199	0:20:14	120	0:50:40	227	0:10:59	1:21:53	0:17:38
152	2084	2886	Luís Teves		S23	C.N. Alvito		144	0:19:16	182	0:52:49	102	0:09:51	1:21:56	0:17:41
153	5327		Rúben Rodrigues Reis		JUN	Individual		97	0:18:29	191	0:53:08	147	0:10:21	1:21:58	0:17:43
154	5298		Paulo Henrique		V1	Individual		193	0:20:07	151	0:51:49	126	0:10:04	1:22:00	0:17:45
155	5291		Orlando Brízida		SEN	Individual		200	0:20:17	126	0:50:50	219	0:10:56	1:22:03	0:17:48
156	3416	3193	Miguel Vigôco		SEN	Associação Cultural e Recreativa da Ribeira - Ova		221	0:20:34	128	0:50:57	173	0:10:35	1:22:06	0:17:51
157	4197	603	Victor Rodrigues		V1	Ribabike / Associação dos 20 Km de Almeirim		255	0:21:10	116	0:50:35	149	0:10:22	1:22:07	0:17:52
158	4188	888	Luís Filipe Pereira		V2	Individual		197	0:20:12	144	0:51:33	156	0:10:26	1:22:11	0:17:56
159	5260		Luís Baltazar Parrinha		V1	Individual		271	0:21:26	110	0:50:16	165	0:10:30	1:22:12	0:17:57

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	23000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
160	3003	854	César Andrade		SEN	G. A. A. Vila Franca de Xira	249	0:21:04	109	0:50:13	217	0:10:56	1:22:13	0:17:58
161	5127		António Agostinho		V3	Individual	150	0:19:23	183	0:52:53	117	0:10:01	1:22:17	0:18:02
162	4138	2781	Paulo Guedes		V2	HALCON - SPORTZONE Olímpico de Oeiras	180	0:19:48	168	0:52:27	128	0:10:06	1:22:21	0:18:06
163	5152		Carlos Silva		SEN	Individual	192	0:20:07	140	0:51:26	223	0:10:58	1:22:31	0:18:16
164	5194		João Balsinha		V4	Individual	198	0:20:12	143	0:51:28	218	0:10:56	1:22:36	0:18:21
165	5359		Vitor Milheiro		V2	Individual	189	0:20:03	152	0:51:51	190	0:10:44	1:22:38	0:18:23
166	3240	380	Carla Ribeiro		SEN	Ginásio Clube de Sines	179	0:19:47	174	0:52:33	162	0:10:29	1:22:49	0:18:34
167	5247		Luis Fitas		SEN	Individual	204	0:20:19	156	0:51:55	177	0:10:37	1:22:51	0:18:36
168	5251		Luis Prego		V3	Individual	141	0:19:13	195	0:53:21	145	0:10:18	1:22:52	0:18:37
169	3711	3184	Luis Novo		SEN	Alhandra Sporting Clube	243	0:20:59	130	0:51:02	224	0:10:59	1:23:00	0:18:45
170	4141	880	Miguel Ayala Botto		V1	Individual	227	0:20:39	135	0:51:09	247	0:11:13	1:23:01	0:18:46
171	5154		Carlos Manuel Silva		SEN	Individual	233	0:20:45	137	0:51:12	242	0:11:10	1:23:07	0:18:52
172	1171	2865	Luis Rodrigues		JUN	Ginásio Clube de Sines	124	0:18:58	194	0:53:19	228	0:11:01	1:23:18	0:19:03
173	5384		Vitor Pinho		V2	Individual	252	0:21:06	154	0:51:54	158	0:10:26	1:23:26	0:19:11
174	1018	215	João Inácio		JUN	Oeiras Sport Clube - TRANSINSULAR	88	0:18:17	210	0:54:13	221	0:10:57	1:23:27	0:19:12
175	3081	745	Ricardo Vieira		SEN	Ginásio Clube Figueirense	159	0:19:28	214	0:54:16	93	0:09:44	1:23:28	0:19:13
176	5270		Mário Marinheiro		V1	Individual	280	0:21:33	121	0:50:42	265	0:11:26	1:23:41	0:19:26
177	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	276	0:21:32	142	0:51:27	191	0:10:45	1:23:44	0:19:29
178	5144		Bruno Silva		JUN	Individual	156	0:19:27	202	0:53:56	150	0:10:23	1:23:46	0:19:31
179	3262	2794	Nuno Barbosa		SEN	Porto Runners	205	0:20:19	180	0:52:39	205	0:10:49	1:23:47	0:19:32
180	5221		José Agostinho		V3	Individual	145	0:19:17	206	0:54:01	171	0:10:34	1:23:52	0:19:37
181	1112	157	Rui Cordeiro		JUN	Ginásio Clube de Sines	125	0:18:59	219	0:54:31	154	0:10:25	1:23:55	0:19:40
182	3094	708	Pedro Fernandes		SEN	ABV Estoris	167	0:19:38	188	0:53:04	250	0:11:15	1:23:57	0:19:42
183	5283		Nuno Gonçalo Lopes		SEN	Individual	229	0:20:40	173	0:52:31	201	0:10:48	1:23:59	0:19:44
184	5209		Joel Rodrigues		SEN	Individual	195	0:20:11	193	0:53:13	204	0:10:49	1:24:13	0:19:58
185	1173	195	Ruben Rosa		JUN	Individual	113	0:18:47	231	0:55:02	155	0:10:25	1:24:14	0:19:59
186	2092	3176	Pedro Miguel Gomes		S23	Alhandra Sporting Clube	222	0:20:36	185	0:52:58	183	0:10:41	1:24:15	0:20:00
187	3410	3183	Vasco Soares		SEN	Alhandra Sporting Clube	234	0:20:46	178	0:52:39	210	0:10:53	1:24:18	0:20:03
188	5297		Paulo Domingos		SEN	Individual	224	0:20:36	175	0:52:33	245	0:11:12	1:24:21	0:20:06
189	5422	861	Sebastião Fraústo		V2	União Desportiva da Chamusca	278	0:21:32	157	0:51:56	215	0:10:55	1:24:23	0:20:08
190	4225	3282	Manuel Domingues		V1	Clube Triatlo de Perosinho	120	0:18:56	225	0:54:45	220	0:10:57	1:24:38	0:20:23
191	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	246	0:21:03	170	0:52:30	251	0:11:15	1:24:48	0:20:33
192	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	186	0:20:00	217	0:54:25	152	0:10:25	1:24:50	0:20:35
193	5147		Cândido Maia		V1	Individual	230	0:20:42	189	0:53:04	259	0:11:21	1:25:07	0:20:52
194	1165	3151	José Miguel Correia		JUN	HALCON - SPORTZONE Olímpico de Oeiras	63	0:17:39	296	0:58:25	50	0:09:05	1:25:09	0:20:54
195	1175	3217	João Pedro Martins		JUN	Peniche A. C.	178	0:19:46	228	0:54:55	168	0:10:32	1:25:13	0:20:58
196	5223		José António Almeida		V1	Individual	266	0:21:18	163	0:52:11	282	0:11:49	1:25:18	0:21:03
197	4045	757	Rogério Morais		V2	Clube Ferroviário de Vendas Novas	248	0:21:04	196	0:53:23	222	0:10:58	1:25:25	0:21:10
198	5261		Luis Maia		SEN	Individual	237	0:20:49	201	0:53:55	193	0:10:45	1:25:29	0:21:14
199	5170		Emanuel Oliveira		SEN	Individual	190	0:20:04	230	0:54:58	176	0:10:37	1:25:39	0:21:24
200	5385		Jose Manuel Rodrigues		V2	Individual	218	0:20:32	216	0:54:20	202	0:10:48	1:25:40	0:21:25
201	5239		José Silveira		SEN	Individual	301	0:22:09	150	0:51:41	286	0:11:53	1:25:43	0:21:28
202	1096	2314	Nadine Almeida		JUN	Alhandra Sporting Clube	112	0:18:47	275	0:57:13	96	0:09:45	1:25:45	0:21:30
203	5277		Miguel Sousa Reis		SEN	Individual	244	0:20:59	204	0:53:58	209	0:10:52	1:25:49	0:21:34
204	1157	2309	Luis Moriés		JUN	Oeiras Sport Clube - TRANSINSULAR	213	0:20:29	211	0:54:13	240	0:11:08	1:25:50	0:21:35
205	5331		Rui Domingos Costa		V1	Individual	187	0:20:00	232	0:55:05	196	0:10:46	1:25:51	0:21:36
206	3403	381	Rita Ribeiro		SEN	Ginásio Clube de Sines	236	0:20:49	218	0:54:25	186	0:10:43	1:25:57	0:21:42
207	5141		Avelino Fernandes		SEN	Individual	267	0:21:19	199	0:53:38	236	0:11:06	1:26:03	0:21:48
208	3082	651	João Seródio		SEN	Clube de Nataçao Colégio Vasco da Gama	251	0:21:05	213	0:54:16	194	0:10:46	1:26:07	0:21:52
209	5162		David Silva Raquel		JUN	Individual	240	0:20:52	176	0:52:38	321	0:12:39	1:26:09	0:21:54
210	1128	231	Carolina Gregório		JUN	HALCON - SPORTZONE Olímpico de Oeiras	232	0:20:44	221	0:54:38	203	0:10:49	1:26:11	0:21:56
211	5227		José Davide Gregório		V1	Individual	231	0:20:42	224	0:54:44	192	0:10:45	1:26:11	0:21:56
212	3320	2956	Sérgio Ribeiro		SEN	Clube de Praças da Armada	114	0:18:48	281	0:57:34	100	0:09:50	1:26:12	0:21:57
213	5349		Samuel Rodrigues		JUN	Individual	117	0:18:52	197	0:53:34	350	0:13:46	1:26:12	0:21:57
214	5158		Carlos Pinto		SEN	Individual	272	0:21:28	155	0:51:55	328	0:12:50	1:26:13	0:21:58
215	5196		João Paiva		V1	Individual	317	0:22:28	177	0:52:38	244	0:11:12	1:26:18	0:22:03

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	23000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
216	5214		Jorge Fradique		V2	Individual	287	0:21:40	198	0:53:36	239	0:11:07	1:26:23	0:22:08
217	3256	2773	João Pedro Antunes		SEN	Casa Benfica Faro/GASCAN	254	0:21:08	208	0:54:06	246	0:11:13	1:26:27	0:22:12
218	5212		Jorge Serra		V1	Individual	151	0:19:24	274	0:57:11	105	0:09:53	1:26:28	0:22:13
219	5136		António Gazzo		V2	Individual	285	0:21:38	200	0:53:44	237	0:11:07	1:26:29	0:22:14
220	3415	3192	Tiago Varanda		SEN	Individual	194	0:20:08	245	0:55:38	195	0:10:46	1:26:32	0:22:17
221	5207		Joaquim Carrilho		V1	Individual	220	0:20:34	236	0:55:23	172	0:10:35	1:26:32	0:22:17
222	4154	484	Paulo Leote		V1	G. A. A. Vila Franca de Xira	182	0:19:55	254	0:56:07	166	0:10:31	1:26:33	0:22:18
223	3118	701	Nuno Morais		SEN	G. A. A. Vila Franca de Xira	311	0:22:22	179	0:52:39	272	0:11:33	1:26:34	0:22:19
224	1114	2656	Tiago Fontes Leite		JUN	Clube Triatlo de Perosinho	207	0:20:24	149	0:51:41	364	0:14:36	1:26:41	0:22:26
225	5246		Luis Carlos Dinis		V1	Individual	295	0:21:54	164	0:52:16	317	0:12:35	1:26:45	0:22:30
226	5135		António Nereu		V2	Individual	155	0:19:27	265	0:56:40	179	0:10:39	1:26:46	0:22:31
227	5299		Paulo Carmo Silva		SEN	Individual	148	0:19:22	288	0:57:51	81	0:09:36	1:26:49	0:22:34
228	5236		José Machado		V3	Individual	309	0:22:19	153	0:51:52	322	0:12:39	1:26:50	0:22:35
229	5216		Jorge Manuel Borges		SEN	Individual	225	0:20:38	237	0:55:23	206	0:10:50	1:26:51	0:22:36
230	5379		Armando Silva		V2	Individual	250	0:21:04	207	0:54:04	281	0:11:47	1:26:55	0:22:40
231	4089	768	Jorge Duarte		V2	Oeiras Sport Clube - TRANSINSULAR	308	0:22:18	192	0:53:10	269	0:11:29	1:26:57	0:22:42
232	4038	780	Joaquim Patrício		V5	C.N. Alvito	312	0:22:26	167	0:52:22	298	0:12:12	1:27:00	0:22:45
233	5240		José Teodósio		V1	Individual	203	0:20:19	235	0:55:22	260	0:11:21	1:27:02	0:22:47
234	5249		Luis Castanhas		V2	Individual	329	0:23:02	159	0:51:59	294	0:12:04	1:27:05	0:22:50
235	4117	2642	Carlos Egídio Alegre		V2	Associação Recreativa Social e Cultural de Toledo	176	0:19:46	266	0:56:46	181	0:10:40	1:27:12	0:22:57
236	1178	167	Sara Dourado		JUN	Mem Martins Sport Clube	210	0:20:24	246	0:55:39	243	0:11:10	1:27:13	0:22:58
237	5096		Paulo Agostinho		V1	Individual	136	0:19:09	295	0:58:15	101	0:09:50	1:27:14	0:22:59
238	3434	3265	Luis Boletto Pinto		SEN	Alhandra Sporting Clube	279	0:21:33	227	0:54:55	208	0:10:52	1:27:20	0:23:05
239	4189	2703	José Carlos Serra		V1	Alhandra Sporting Clube	257	0:21:12	239	0:55:26	198	0:10:47	1:27:25	0:23:10
240	5126		Andreia Moço		S23	Individual	242	0:20:58	233	0:55:06	261	0:11:22	1:27:26	0:23:11
241	5250		Luis Cristóvão		V3	Individual	260	0:21:13	229	0:54:57	257	0:11:16	1:27:26	0:23:11
242	5268		Marcolino Verissimo		SEN	Individual	67	0:17:52	319	1:00:04	94	0:09:44	1:27:40	0:23:25
243	1139	3046	Filipe Relvas Pires		JUN	Clube de Triatlo de Almada	119	0:18:56	302	0:58:48	115	0:10:00	1:27:44	0:23:29
244	3235	2711	Gonçalo Vicente		SEN	Clube de Natação Colégio Vasco da Gama	206	0:20:20	273	0:57:11	141	0:10:15	1:27:46	0:23:31
245	5354		Tiago Pereira		SEN	Individual	307	0:22:17	186	0:52:58	318	0:12:35	1:27:50	0:23:35
246	5205		João Pinto Luis		JUN	Individual	217	0:20:32	257	0:56:15	238	0:11:07	1:27:54	0:23:39
247	5232		José Luis Pereira		V3	Individual	160	0:19:28	291	0:58:02	151	0:10:24	1:27:54	0:23:39
248	1025	128	Tânia Boleta		JUN	Ginásio Clube de Sines	219	0:20:34	261	0:56:27	229	0:11:02	1:28:03	0:23:48
249	3015	538	Maria João Madeira		SEN	Clube de Triatlo de Almada	265	0:21:17	238	0:55:25	264	0:11:25	1:28:07	0:23:52
250	4167	2932	José Pereira Silva		V1	Individual	310	0:22:20	187	0:53:01	329	0:12:52	1:28:13	0:23:58
251	3327	569	Vera Correia		SEN	Clube de Triatlo de Almada	270	0:21:26	243	0:55:36	254	0:11:16	1:28:18	0:24:03
252	5165		Eduardo Raimundo		JUN	Individual	258	0:21:12	260	0:56:26	211	0:10:53	1:28:31	0:24:16
253	5356		Tiago Ferreira		SEN	Individual	215	0:20:31	287	0:57:48	139	0:10:13	1:28:32	0:24:17
254	2080	3090	Joana Botas		S23	Alhandra Sporting Clube	256	0:21:12	259	0:56:26	216	0:10:56	1:28:34	0:24:19
255	5335		Rui Damião		SEN	Individual	239	0:20:51	272	0:57:07	182	0:10:40	1:28:38	0:24:23
256	5132		António José Gouveia		SEN	Individual	169	0:19:39	226	0:54:54	356	0:14:06	1:28:39	0:24:24
257	5351		Sérgio Luis		SEN	Individual	275	0:21:31	251	0:55:55	253	0:11:15	1:28:41	0:24:26
258	5181		Hugo Alexandre Luz		V1	Individual	269	0:21:25	248	0:55:49	267	0:11:28	1:28:42	0:24:27
259	5269		Maria Serrazina		V3	Individual	214	0:20:31	279	0:57:28	188	0:10:43	1:28:42	0:24:27
260	4222	3260	Manuel Lopes		V3	Peniche A. C.	175	0:19:42	301	0:58:47	142	0:10:15	1:28:44	0:24:29
261	5204		João Paulo Pessoa		JUN	Individual	305	0:22:16	244	0:55:36	252	0:11:15	1:29:07	0:24:52
262	5185		Inácio Faisca		SEN	Individual	283	0:21:35	268	0:56:53	187	0:10:43	1:29:11	0:24:56
263	5172		Fernando Coelho		V2	Individual	247	0:21:03	270	0:56:56	256	0:11:16	1:29:15	0:25:00
264	5307		Pedro Henriques		SEN	Individual	347	0:23:44	212	0:54:15	258	0:11:20	1:29:19	0:25:04
265	5208		Joaquim Manuel Azevedo		V1	Individual	273	0:21:29	278	0:57:22	164	0:10:30	1:29:21	0:25:06
266	1071	2592	Andreia Ponte		JUN	Ginásio Clube de Sines	238	0:20:50	290	0:58:00	167	0:10:32	1:29:22	0:25:07
267	5230		José Joaquim Sampaio		V1	Individual	171	0:19:40	318	0:59:45	122	0:10:02	1:29:27	0:25:12
268	1180	3263	Rita Barriga		JUN	Bike Clube S. Brás	328	0:23:02	220	0:54:34	288	0:11:56	1:29:32	0:25:17
269	3204	2651	Susana Simões		SEN	Porto Runners	154	0:19:26	325	1:00:25	90	0:09:41	1:29:32	0:25:17
270	5178		Guilherme Branquinho		SEN	Individual	375	0:25:52	171	0:52:30	248	0:11:13	1:29:35	0:25:20
271	5308		Pedro Zina		SEN	Individual	299	0:22:00	250	0:55:55	277	0:11:40	1:29:35	0:25:20

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA					
						5000	(MT)	23000	(KM)	2500	(MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa		Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
272	3428	3251	Rui Chambel		SEN	Clube Ferroviário de Vendas Novas		306	0:22:17	223	0:54:44	325	0:12:45	1:29:46	0:25:31
273	5280		Nuno Rijo		SEN	Individual		281	0:21:33	255	0:56:07	304	0:12:19	1:29:59	0:25:44
274	5245		Luis Garcia		V2	Individual		331	0:23:07	222	0:54:40	300	0:12:15	1:30:02	0:25:47
275	5254		Luis Ventura		V1	Individual		302	0:22:09	242	0:55:34	306	0:12:22	1:30:05	0:25:50
276	3380	2552	Ricardo Rodrigues		SEN	Alhandra Sporting Clube		297	0:21:57	240	0:55:29	323	0:12:45	1:30:11	0:25:56
277	5159		Daniel Luis		JUN	Individual		259	0:21:13	277	0:57:20	284	0:11:51	1:30:24	0:26:09
278	5168		Elisabete Sousa		SEN	Individual		253	0:21:07	280	0:57:30	283	0:11:50	1:30:27	0:26:12
279	5175		Gil Rosa		SEN	Individual		268	0:21:25	286	0:57:46	270	0:11:30	1:30:41	0:26:26
280	5348		Rui Sal Santos		SEN	Individual		274	0:21:31	284	0:57:39	273	0:11:34	1:30:44	0:26:29
281	5190		João Carlos Silva		SEN	Individual		340	0:23:28	241	0:55:32	285	0:11:53	1:30:53	0:26:38
282	5259		Luis Miguel Dias		SEN	Individual		261	0:21:14	293	0:58:07	274	0:11:37	1:30:58	0:26:43
283	5226		José Carlos Scarpa		SEN	Individual		325	0:22:50	247	0:55:45	310	0:12:26	1:31:01	0:26:46
284	5314		Pedro Carneiro		SEN	Individual		291	0:21:51	269	0:56:54	308	0:12:24	1:31:09	0:26:54
285	5328		Rui Brito		V2	Individual		320	0:22:30	285	0:57:40	230	0:11:03	1:31:13	0:26:58
286	5278		Mónica Costa		SEN	Individual		315	0:22:27	267	0:56:52	291	0:11:59	1:31:18	0:27:03
287	5244		Luis Marques		V1	Individual		313	0:22:26	276	0:57:14	276	0:11:39	1:31:19	0:27:04
288	5288		Nuno Miguel Pereira		SEN	Individual		324	0:22:47	263	0:56:33	292	0:12:00	1:31:20	0:27:05
289	5116		Alberto Cabo		V1	Individual		293	0:21:53	299	0:58:33	214	0:10:55	1:31:21	0:27:06
290	5357		Vasco Borges		SEN	Individual		343	0:23:40	234	0:55:12	316	0:12:34	1:31:26	0:27:11
291	5199		João Nogueira		V1	Individual		353	0:24:10	203	0:53:58	339	0:13:20	1:31:28	0:27:13
292	4226	3283	Fernando Henriques		V2	Clube Triatlo de Perosinho		212	0:20:25	314	0:59:38	268	0:11:29	1:31:32	0:27:17
293	3440	3277	Filipa Fernandes		SEN	Individual		286	0:21:39	303	0:58:48	232	0:11:05	1:31:32	0:27:17
294	5156		Carlos Manuel Matos		V1	Individual		351	0:24:04	205	0:54:01	345	0:13:34	1:31:39	0:27:24
295	5076		José Mocho		SEN	Individual		245	0:21:01	297	0:58:25	311	0:12:27	1:31:53	0:27:38
296	5267		Marco Jacinto		SEN	Individual		277	0:21:32	313	0:59:31	226	0:10:59	1:32:02	0:27:47
297	3390	3158	Hélder Valente		SEN	Serv. Soc. CGD		348	0:23:49	249	0:55:52	313	0:12:28	1:32:09	0:27:54
298	3341	460	João Paulo Correia		SEN	Amiciclo		235	0:20:48	323	1:00:23	231	0:11:05	1:32:16	0:28:01
299	5275		Miguel Ângelo Caetano		SEN	Individual		201	0:20:18	322	1:00:19	279	0:11:44	1:32:21	0:28:06
300	5337		Rui Pratas		SEN	Individual		318	0:22:29	253	0:56:05	352	0:13:49	1:32:23	0:28:08
301	5358		Victor Garcêz		V2	Individual		174	0:19:42	336	1:02:02	197	0:10:46	1:32:30	0:28:15
302	3431	3258	Henrique Venâncio		SEN	Peniche A. C.		288	0:21:41	306	0:59:08	287	0:11:53	1:32:42	0:28:27
303	4185	3100	Augusto Matos		V5	Ginásio Clube de Sines		263	0:21:15	321	1:00:17	249	0:11:14	1:32:46	0:28:31
304	5415	7	Marina Pedro		S23	Amiciclo		327	0:22:55	256	0:56:08	349	0:13:45	1:32:48	0:28:33
305	5160		David Santinho		JUN	Individual		133	0:19:04	343	1:03:06	185	0:10:41	1:32:51	0:28:36
306	1125	2951	Ricardo Ferraz		JUN	Ginásio Clube de Sines		184	0:19:58	316	0:59:43	337	0:13:14	1:32:55	0:28:40
307	3324	2987	Luis Pimenta		SEN	Ginásio Clube de Sines		264	0:21:15	327	1:00:46	255	0:11:16	1:33:17	0:29:02
308	5296		Paulo Jorge Costa		V2	Individual		332	0:23:08	294	0:58:08	293	0:12:02	1:33:18	0:29:03
309	5153		Carlos José Santos		V3	Individual		334	0:23:10	271	0:57:04	335	0:13:07	1:33:21	0:29:06
310	5309		Pedro Luis Neves		SEN	Individual		336	0:23:13	289	0:57:52	303	0:12:18	1:33:23	0:29:08
311	3389	3157	Luis Barbosa		SEN	Clube de Natação Colégio Vasco da Gama		172	0:19:41	335	1:02:00	280	0:11:46	1:33:27	0:29:12
312	4077	856	João Côrte Real		V2	A.D.C.R. Painho		303	0:22:12	312	0:59:27	290	0:11:58	1:33:37	0:29:22
313	5177		Gonçalo Campos Lopes		SEN	Individual		338	0:23:16	264	0:56:38	351	0:13:48	1:33:42	0:29:27
314	5347		Rui Gonçalves		SEN	Individual		359	0:24:35	215	0:54:17	369	0:14:51	1:33:43	0:29:28
315	1134	3012	Sara Domingos		JUN	HALCON - SPORTZONE Olímpico de Oeiras		223	0:20:36	329	1:01:11	289	0:11:57	1:33:44	0:29:29
316	5361		Vitor Vicente		V3	Individual		322	0:22:37	317	0:59:44	262	0:11:23	1:33:44	0:29:29
317	5195		João Bouza Costa		SEN	Individual		316	0:22:28	300	0:58:46	314	0:12:31	1:33:45	0:29:30
318	3385	3138	Pedro Guedes		SEN	Individual		202	0:20:19	334	1:01:58	271	0:11:31	1:33:48	0:29:33
319	5350		Sérgio Currais		SEN	Individual		209	0:20:24	339	1:02:56	178	0:10:37	1:33:57	0:29:42
320	4194	587	Helena Medeiro		V1	Serv. Soc. CGD		319	0:22:29	309	0:59:20	299	0:12:13	1:34:02	0:29:47
321	5118		Alexandre Velozo		JUN	Individual		282	0:21:34	328	1:00:52	275	0:11:38	1:34:04	0:29:49
322	5263		Manuel Horta		V4	Individual		345	0:23:42	282	0:57:37	327	0:12:48	1:34:07	0:29:52
323	4152	2869	Silvino Muchacho		V4	Peniche A. C.		350	0:23:59	262	0:56:28	347	0:13:40	1:34:07	0:29:52
324	5163		Domingos Laranjo		V1	Individual		323	0:22:46	307	0:59:10	319	0:12:38	1:34:34	0:30:19
325	4091	869	Vicente Graça		V2	Alhandra Sporting Clube		341	0:23:35	305	0:58:50	297	0:12:12	1:34:37	0:30:22
326	5229		José Pereira		V1	Individual		292	0:21:52	337	1:02:19	225	0:10:59	1:35:10	0:30:55
327	3391	3159	Carlos Albano Silva		SEN	Serv. Soc. CGD		321	0:22:34	315	0:59:38	332	0:13:01	1:35:13	0:30:58

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	23000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
328	5293		Paula Brandão		SEN	Individual	349	0:23:53	308	0:59:19	315	0:12:34	1:35:46	0:31:31
329	5139		António Fabião		V2	Individual	344	0:23:41	320	1:00:14	302	0:12:18	1:36:13	0:31:58
330	4008	818	José Rijo		V5	C.F. "Os Belenenses"	300	0:22:01	341	1:03:02	263	0:11:24	1:36:27	0:32:12
331	5215		Jorge Filipe Costa		SEN	Individual	365	0:24:58	311	0:59:25	305	0:12:22	1:36:45	0:32:30
332	5281		Nuno Furtado		SEN	Individual	298	0:22:00	340	1:02:59	295	0:12:06	1:37:05	0:32:50
333	5320		Ricardo Filipe Garcia		SEN	Individual	294	0:21:53	352	1:04:47	180	0:10:39	1:37:19	0:33:04
334	5155		Carlos Manuel Pereira		V2	Individual	358	0:24:33	326	1:00:27	326	0:12:46	1:37:46	0:33:31
335	5220		José Colaço		V3	Individual	362	0:24:45	298	0:58:26	368	0:14:40	1:37:51	0:33:36
336	3408	3179	Ana Valido		SEN	Associação Recreativa Social e Cultural de Toledo	380	0:26:13	292	0:58:07	344	0:13:33	1:37:53	0:33:38
337	5224		José António Correia		V2	Individual	368	0:25:25	324	1:00:23	320	0:12:38	1:38:26	0:34:11
338	5303		Paulo Miguel Sobral		SEN	Individual	388	0:27:46	283	0:57:38	336	0:13:09	1:38:33	0:34:18
339	5264		Manuel Maria Santos		V1	Individual	378	0:26:04	310	0:59:22	338	0:13:18	1:38:44	0:34:29
340	4044	813	Arsénio Facas		V4	Clube Ferroviário de Vendas Novas	342	0:23:38	338	1:02:23	324	0:12:45	1:38:46	0:34:31
341	5186		Ivan Duque Costa		S23	Individual	361	0:24:44	331	1:01:41	309	0:12:25	1:38:50	0:34:35
342	5129		António João Santos		SEN	Individual	290	0:21:51	354	1:05:19	278	0:11:42	1:38:52	0:34:37
343	4132	2745	António Moriés		V2	Oeiras Sport Clube - TRANSINSULAR	372	0:25:50	304	0:58:48	360	0:14:21	1:38:59	0:34:44
344	5317		Pedro Miguel Couceiro		SEN	Individual	333	0:23:09	345	1:03:11	334	0:13:03	1:39:23	0:35:08
345	5121		Alfredo Sousa		V3	Individual	304	0:22:13	330	1:01:34	375	0:16:14	1:40:01	0:35:46
346	5339		Rui Manuel Correia		V4	Individual	335	0:23:12	355	1:05:24	266	0:11:27	1:40:03	0:35:48
347	3383	3120	Sofia Valente		SEN	Fidalbyke	346	0:23:43	347	1:03:56	312	0:12:28	1:40:07	0:35:52
348	5338		Rui Malha		V1	Individual	284	0:21:36	357	1:06:18	301	0:12:17	1:40:11	0:35:56
349	3209	2677	Pedro Miguel Lopes		SEN	Porto Runners	337	0:23:14	358	1:06:39	160	0:10:27	1:40:20	0:36:05
350	2094	126	Joaquim Guerreiro		S23	Amiciclo	130	0:19:01	349	1:04:16	378	0:17:30	1:40:47	0:36:32
351	5305		Paulo Bailão		SEN	Individual	339	0:23:27	346	1:03:29	366	0:14:36	1:41:32	0:37:17
352	5265		Manuel Ornelas Ramos		V2	Individual	367	0:25:18	348	1:03:56	307	0:12:22	1:41:36	0:37:21
353	5383		Ricardo Clemente		SEN	Individual	370	0:25:35	333	1:01:51	367	0:14:37	1:42:03	0:37:48
354	5125		André Luis		SEN	Individual	364	0:24:58	350	1:04:22	331	0:12:58	1:42:18	0:38:03
355	5164		Duarte Beltrão		SEN	Individual	354	0:24:13	351	1:04:47	340	0:13:22	1:42:22	0:38:07
356	5262		Luisa Maria Santos		V2	Individual	371	0:25:37	344	1:03:08	353	0:13:53	1:42:38	0:38:23
357	5176		Gonçalo Sá		SEN	Individual	355	0:24:13	342	1:03:05	372	0:15:22	1:42:40	0:38:25
358	5134		António Neves Almeida		SEN	Individual	241	0:20:55	366	1:09:47	296	0:12:07	1:42:49	0:38:34
359	5233		José Carretas		V1	Individual	356	0:24:21	356	1:05:42	330	0:12:55	1:42:58	0:38:43
360	1129	71	Neuza Reis		JUN	Amiciclo	360	0:24:44	353	1:05:16	341	0:13:24	1:43:24	0:39:09
361	5140		Armando Santos		V5	Individual	352	0:24:10	360	1:07:51	362	0:14:25	1:46:26	0:42:11
362	5117		Alexandra Reis		SEN	Individual	357	0:24:22	365	1:08:47	342	0:13:26	1:46:35	0:42:20
363	5292		Patrícia Barreto		SEN	Individual	381	0:26:13	359	1:07:21	346	0:13:36	1:47:10	0:42:55
364	5318		Pedro Nuno Amaral		SEN	Individual	387	0:27:16	332	1:01:46	379	0:18:17	1:47:19	0:43:04
365	5353		Tânia Silva		SEN	Individual	369	0:25:27	362	1:08:21	348	0:13:44	1:47:32	0:43:17
366	5171		Fernanda Almeida		SEN	Individual	379	0:26:10	364	1:08:40	343	0:13:31	1:48:21	0:44:06
367	5225		José Carlos Dourado		V1	Individual	330	0:23:04	368	1:10:11	371	0:15:18	1:48:33	0:44:18
368	3085	722	Armando Costa		SEN	Fidalbyke	383	0:26:19	361	1:08:08	361	0:14:24	1:48:51	0:44:36
369	4046	816	Mário Melo		V4	Clube Ferroviário de Vendas Novas	363	0:24:54	370	1:12:09	333	0:13:03	1:50:06	0:45:51
370	1179	3262	Daniela Gonçalves		JUN	Bike Clube S. Brás	384	0:26:28	363	1:08:27	377	0:17:14	1:52:09	0:47:54
371	5324		Ricardo Zenida		SEN	Individual	377	0:26:03	369	1:10:20	373	0:15:51	1:52:14	0:47:59
372	3393	3135	Rita Correia		SEN	Clube de Triatlo de Almada	326	0:22:54	376	1:15:57	357	0:14:09	1:53:00	0:48:45
373	5122		Ana Paula Gaspar		V1	Individual	373	0:25:51	371	1:13:42	354	0:13:57	1:53:30	0:49:15
374	5179		Gustavo Pedrosa		SEN	Individual	374	0:25:51	372	1:13:42	355	0:13:57	1:53:30	0:49:15
375	5256		Luis Matias		V1	Individual	390	0:29:35	367	1:09:51	374	0:15:59	1:55:25	0:51:10
376	5287		Nuno Silva Oliveira		SEN	Individual	385	0:26:51	373	1:13:52	370	0:15:13	1:55:56	0:51:41
377	5273		Marques da Costa		V3	Individual	366	0:25:06	378	1:18:17	365	0:14:36	1:57:59	0:53:44
378	5352		Sónia Quintela		SEN	Individual	376	0:25:57	379	1:18:29	358	0:14:11	1:58:37	0:54:22
379	5334		Rogério Ferreira		SEN	Individual	382	0:26:14	377	1:17:49	363	0:14:35	1:58:38	0:54:23
380	5364		Vítor Manuel Fernandes		V4	Individual	386	0:26:58	380	1:18:42	359	0:14:11	1:59:51	0:55:36
381	5184		Hugo Ricardo Cardoso		SEN	Individual	389	0:28:02	374	1:15:12	380	0:18:39	2:01:53	0:57:38
382	5238		José Brandão		V3	Individual	391	0:30:15	375	1:15:43	376	0:16:51	2:02:49	0:58:34
383	259	2636	Diogo Mata Tristão	DNF	JUN	Alhandra Sporting Clube	108	0:18:45						

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA					
						5000	(MT)	23000	(KM)	2500	(MT)				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa		Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
384	2070	2695	João José Pereira	DNF	S23	Alhandra Sporting Clube		3	0:14:55						
385	1068	2638	Liliana Filipa Silva	DNF	JUN	Alhandra Sporting Clube									
386	4192	626	Rui Melo	DNF	V1	COMPEED - Tri-Oeste		34	0:16:39						
387	1103	146	Andreia Simões Lopes	DNF	JUN	Ginásio Clube de Sines		208	0:20:24						
388	1111	152	Marta Almeida	DNF	JUN	Ginásio Clube de Sines									
389	4049	562	Paulo Vieira	DNF	V1	Ginásio Clube Figueirense									
390	1017	143	Joana Marques	DNF	JUN	HALCON - SPORTZONE Olímpico de Oeiras		87	0:18:17						
391	5321		Ricardo Henriques	DNF	SEN	Individual		314	0:22:26						
392	5342		Rui Miguel Rocha	DNF	SEN	Individual		262	0:21:14						
393	5343		Rui Santos Martins	DNF	SEN	Individual		296	0:21:55						
394	3289	2623	Marta Baleizão	DNS	SEN	Alhandra Sporting Clube									
395	1155	3078	Miguel Marques	DNS	JUN	Alhandra Sporting Clube									
396	3317	2952	Mariana Luisa Sousa	DNS	SEN	Altis Clube de Paredes									
397	3066	332	Irina Coelho	DNS	SEN	Bike Clube S. Brás									
398	1168	3144	Bruno Morais	DNS	JUN	Clube Ferroviário de Vendas Novas									
399	3192	2613	Isaura Faria	DNS	SEN	Clube de Triatlo de Almada									
400	3386	3139	Ana Nisa	DNS	SEN	COMPEED - Tri-Oeste									
401	3019	525	Leonor Calaim	DNS	SEN	Ginásio Clube de Sines									
402	1164	3150	David Maia	DNS	JUN	HALCON - SPORTZONE Olímpico de Oeiras									
403	1093	27	Mariana Costa	DNS	JUN	HALCON - SPORTZONE Olímpico de Oeiras									
404	4013	648	Miguel Fragoso	DNS	V1	HALCON - SPORTZONE Olímpico de Oeiras									
405	1177	3247	Pedro Lourenço	DNS	JUN	HALCON - SPORTZONE Olímpico de Oeiras									
406	4165	2930	Carlos Candeias	DNS	V1	Individual									
407	5114		Abel Condesso	DNS	SEN	Individual									
408	5124		Ana Sofia Figueiredo	DNS	SEN	Individual									
409	5128		António Lopes	DNS	V2	Individual									
410	5130		Antonio Joaquim Reis	DNS	V2	Individual									
411	5131		António Trabuco	DNS	V2	Individual									
412	5145		Bruno Miguel Maia	DNS	SEN	Individual									
413	5146		Cameron Carvalho	DNS	JUN	Individual									
414	5151		Carlos Navarro	DNS	V2	Individual									
415	5161		David Alves	DNS	SEN	Individual									
416	5167		Eliana Pegoretti	DNS	SEN	Individual									
417	5169		Emanuel Simões	DNS	SEN	Individual									
418	5174		Filipe Pereira	DNS	SEN	Individual									
419	5180		Hélder Lopes Ferreira	DNS	V1	Individual									
420	5182		Hugo Barrela	DNS	SEN	Individual									
421	5183		Hugo Carvalho Silva	DNS	SEN	Individual									
422	5187		Jesus Paz Sanz	DNS	V1	Individual									
423	5189		João Germano	DNS	V1	Individual									
424	5193		João fernandes	DNS	SEN	Individual									
425	5197		Joao Manuel Lopes	DNS	V3	Individual									
426	5200		João Manuel Sousa	DNS	V2	Individual									
427	5201		João Miguel Marques	DNS	SEN	Individual									
428	5202		João Paulo Oliveira	DNS	SEN	Individual									
429	5203		João Paulo Gomes	DNS	V1	Individual									
430	5206		João Pedro Sobral	DNS	SEN	Individual									
431	5218		Jorge Paraíba	DNS	SEN	Individual									
432	5219		Jorge Simões	DNS	SEN	Individual									
433	5231		José Júlio Nunes	DNS	V1	Individual									
434	5234		José Gouveia	DNS	V2	Individual									
435	5241		Justino Lopes	DNS	V3	Individual									
436	5242		Lúcia Oliveira	DNS	SEN	Individual									
437	5243		Luis Veríssimo	DNS	V4	Individual									
438	5252		Luis Roque	DNS	SEN	Individual									
439	5257		Luis Cavaco	DNS	SEN	Individual									



# Resultados

LG	DRSL	LIC	NOME	PEN	ESC	Pos	(MT)	Pos	(KM)	Pos	(MT)	TOTAL	DIFF
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