



FEDERAÇÃO DE TRIATLO
PORTUGAL

Homem de Ferro 2008
CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA

Resultados

Localidade:	Abrantes	Distância NATAC (MT):	375/9000/2200
Data:	29-06-2008	Hora de começo:	8h00m

Informação

Delegado técnico:	Fernando Correia	Juiz Principal:	Mário Carvalho
Postuável para:		Juri de apelo:	A. Teixeira / F. Correia / A. Parreira

LG	Dysl	Lic	Nome	PEN	ESC	Equipa	NATAÇÃO			CICLISMO			CORRIDA				
							375 (MT)			9000 (KM)			2200 (MT)				
							Pos	NATAÇÃO	Pos	T-1	Pos	T-2	Pos	T-3	Total	Dif	
1	1		Pedro Ribeiro Gomes	SEN	HALCON-SPORTZONE-Olimpico de Oeiras	1	0:25:19	1	0:01:00	2	2:01:48	22	0:00:39	1	1:03:45	3:32:31	0:00:00
2	4		Sérgio Manuel Dias	SEN	Comped TRI-Oeste	19	0:31:00	4	0:01:07	3	2:06:10	10	0:00:34	2	1:05:20	3:44:11	0:11:40
3	14		Rafael Delauney Gomes	SEN	Amiçido de Grândola	3	0:26:35	5	0:01:08	4	2:12:23	6	0:00:30	5	1:08:13	3:48:48	0:16:18
4	2		Sérgio Miguel Marques	SEN	Oeiras Sport Clube	4	0:27:03	11	0:01:21	13	2:16:37	12	0:00:35	3	1:06:58	3:52:35	0:20:04
5	5		Mário André Neves	SEN	OSC	21	0:31:05	14	0:01:28	6	2:13:24	13	0:00:35	4	1:07:23	3:53:55	0:21:24
6	13		Manuel Alexandre Alves	SEN	C. F. Os Belenenses	8	0:28:38	3	0:01:06	9	2:15:12	1	0:00:23	6	1:09:33	3:54:53	0:22:22
7	7		Carlos Alberto Gomes	V2	OSC	17	0:30:56	29	0:01:56	5	2:13:17	17	0:00:36	8	1:11:08	3:57:53	0:25:22
8	30		Manuel Jesus Gonzalez	SEN	Triathlon Xerez	24	0:31:18	13	0:01:27	11	2:15:48	35	0:00:55	9	1:11:11	4:00:40	0:28:09
9	8		Carlos Barroso Fernandes	SEN	OSC	22	0:31:07	9	0:01:20	12	2:16:10	25	0:00:42	12	1:13:35	4:02:54	0:30:23
10	3		Pedro Oviado Montoya	V3	SVC Seguridad	12	0:30:17	42	0:02:32	15	2:17:24	28	0:00:50	11	1:13:12	4:04:15	0:31:44
11	6		David Alencaster Caldeira	SEN	União Desportiva Chamusca	7	0:26:07	2	0:01:03	10	2:14:30	7	0:00:23	22	1:09:20	4:05:23	0:32:51
12	24		Ignacio Escribano Plaza	V1	Triathlon Lagunak Navarra	6	0:27:51	15	0:01:28	19	2:20:16	37	0:00:57	15	1:15:40	4:06:12	0:33:41
13	23		Ranib Arias Garcia	SEN	SVC Seguridad	11	0:29:39	34	0:01:59	16	2:18:33	18	0:00:36	19	1:17:01	4:07:48	0:35:17
14	54		Hélder Aveilino Costa	SEN	União Amigos da Roda-Quinchães	31	0:33:12	24	0:01:44	8	2:14:02	11	0:00:34	24	1:18:54	4:08:26	0:35:55
15	40		Paulo Margarido	V1	Individual	28	0:32:39	32	0:01:56	20	2:21:21	21	0:00:38	10	1:12:13	4:08:47	0:36:16
16	32		Teimo Miguel Veloso	SEN	Porto Runners	32	0:33:19	37	0:02:09	24	2:23:07	14	0:00:35	7	1:10:10	4:09:20	0:36:49
17	9		Rodrigo Alexandre Baltazar	SEN	OSC	10	0:28:28	10	0:01:20	14	2:17:10	5	0:00:30	29	1:21:09	4:09:37	0:37:06
18	33		Rui Manuel Sousa	SEN	União Desportiva Chamusca	14	0:30:24	20	0:01:38	23	2:22:29	4	0:00:28	14	1:15:13	4:10:12	0:37:41
19	12		Pedro Eugénio Quintela	SEN	União Desportiva Chamusca	33	0:33:34	16	0:01:29	17	2:19:32	20	0:00:38	13	1:15:11	4:10:24	0:37:53
20	31		Valdo Filipe Neves	SEN	Clube Triatlo Almada	25	0:31:34	30	0:01:56	22	2:22:02	3	0:00:28	22	1:18:14	4:14:14	0:41:43
21	57		José Manuel Liro	SEN	União Desportiva Chamusca	34	0:34:00	8	0:01:15	26	2:23:30	9	0:00:33	17	1:16:06	4:15:24	0:42:53
22	51		Duarte Nuno Barreto	SEN	Clube Nataçao Cartaxo	15	0:30:29	25	0:01:50	27	2:24:23	45	0:01:15	27	1:20:24	4:18:21	0:45:50
23	69		Paulo Jorge Santos	V1	Advestois	13	0:30:22	22	0:01:43	29	2:27:26	39	0:01:03	21	1:17:59	4:18:33	0:46:02
24	10		João António Pereira	V2	OSC	26	0:32:05	18	0:01:33	21	2:22:01	32	0:00:54	37	1:23:01	4:19:34	0:47:03

Médias:

0:35:19

0:02:22

2:26:41

0:01:04

1:25:50

Hand, Manuel Gomes, Valamatos
Prof. Nelson Carvalho

Melhor dep:
→ Área Desportiva
• Represent. Ironman
max dep
1.º Moss.
1.ª Fe



LG	Dist	Lic	Nome	PEN	ESC	Equipa	NATAÇÃO			CICLISMO			CORRIDA					
							375 (MT)			9000 (KM)			2200 (MT)					
							Pos	NATAÇÃO	Pos	T-1	Pos	T-2	Pos	T-3	Pos	T-4	Pos	T-5
25	11		António Gomes		SEN	OSC	18	0:30:59	21	0:01:38	38	2:31:47	8	0:00:32	16	1:16:49	4:20:45	0:48:14
26	25		Alexandre Nuno Feliz		SEN	Comped TRI-Oeste	7	0:27:54	7	0:01:14	7	2:13:40	36	0:00:56	49	1:37:30	4:21:14	0:48:43
27	78		Sarmuel Carvalho Lopes		SEN	Individual	50	0:40:38	19	0:01:34	18	2:19:55	16	0:00:35	28	1:20:29	4:23:11	0:50:40
28	44		David Marquez Fernandez		SEN	Triathlon Xerez	20	0:31:02	28	0:01:55	42	2:32:39	51	0:01:38	18	1:16:30	4:23:44	0:51:13
29	61		Rui Jorge Ferreira		V1	C. F. Os Belenenses	5	0:27:26	6	0:01:13	25	2:23:17	31	0:00:53	46	1:31:51	4:24:40	0:52:09
30	64		Maria Inês Candeias		SEN	A. A. São Mamede	26	0:32:07	38	0:02:13	32	2:29:10	26	0:00:45	35	1:22:33	4:28:48	0:54:17
31	52		Emanuel Araujo Marques		V1	A. A. São Mamede	27	0:32:07	38	0:02:13	32	2:29:10	26	0:00:45	35	1:22:33	4:28:48	0:54:17
32	45		Carlos Eduardo Carichas		SEN	Ludens Clube de Machico	37	0:35:09	33	0:01:57	34	2:30:07	23	0:00:39	25	1:18:29	4:27:21	0:54:50
33	34		Rui Filipe Costa		SEN	Porto Runners	46	0:37:54	31	0:01:56	39	2:31:53	15	0:00:35	20	1:17:36	4:28:54	0:57:23
34	74		Nuno Miguel Barbosa		SEN	Porto Runners	29	0:32:44	27	0:01:53	43	2:32:55	28	0:00:49	31	1:21:37	4:29:58	0:57:27
35	15		Ricardo Luis Francisco		SEN	OSC	38	0:35:10	35	0:02:02	41	2:32:32	19	0:00:37	26	1:20:17	4:30:38	0:58:07
36	46		António Carlos Marques		SEN	Clube Praças da Armada	36	0:34:21	28	0:01:53	35	2:30:07	33	0:00:54	38	1:23:45	4:31:00	0:58:28
37	19		João Secundino Santos		V2	Advestols	16	0:30:55	39	0:02:20	33	2:29:23	44	0:01:13	44	1:30:01	4:33:52	1:01:21
38	38		Pedro Miguel Figueira		SEN	Ribabike	9	0:28:14	12	0:01:25	37	2:31:05	2	0:00:25	45	1:31:48	4:33:57	1:01:26
39	18		José Luis Rodriguez		SEN	Bullelvan Triatlon Kiroi Taldea	35	0:34:11	51	0:03:18	28	2:24:57	56	0:01:56	47	1:31:57	4:36:19	1:03:48
40	58		Marco Filipe Ramos		SEN	Clube Aventura Madeira	44	0:37:39	36	0:02:08	44	2:34:45	24	0:00:40	32	1:22:12	4:37:24	1:04:53
41	77		Rui Pedro Zambujal		SEN	Cardes	55	0:43:09	55	0:03:39	30	2:27:31	54	0:01:45	38	1:24:22	4:40:28	1:07:55
42	42		João Miguel Andrade		V1	Clube Olimpico Oeiras	49	0:40:36	50	0:03:10	45	2:38:01	38	0:00:58	23	1:18:15	4:41:00	1:08:29
43	28		José Luis Guillan		V2	Triathlon Xerez	53	0:42:11	48	0:03:01	38	2:30:23	49	0:01:32	42	1:28:08	4:45:15	1:12:44
44	22		Carla Alexandra Mendes		SEN	Porto Runners	51	0:40:57	48	0:02:56	50	2:40:05	30	0:00:53	40	1:24:29	4:48:20	1:16:48
45	71		Pedro Filipe Sebastião		SEN	Individual	40	0:35:39	62	0:05:12	49	2:39:38	60	0:02:53	43	1:28:51	4:53:13	1:20:42
46	49		Albano Subtil Seça		SEN	União Amigos da Rode-Quinchães	59	0:47:39	52	0:03:34	48	2:39:23	48	0:01:30	30	1:21:16	4:53:22	1:20:51
47	66		Paulo Jorge Vieira		V1	Ginásio Club Figueirense	41	0:38:11	40	0:02:25	51	2:40:08	47	0:01:28	48	1:34:08	4:54:19	1:21:48
48	21		Suana Paula Simões		SEN	Porto Runners	58	0:44:57	23	0:01:44	53	2:44:45	27	0:00:49	34	1:22:21	4:54:38	1:22:05
49	56		Luis Paixão Pires		V3	Porto Runners	39	0:35:15	53	0:03:36	56	2:48:51	57	0:01:58	41	1:24:32	4:54:52	1:22:21
50	76		Rui Manuel Pereira		SEN	Ferrovialrio Verdades Novas	42	0:36:58	46	0:02:46	46	2:38:38	41	0:01:09	50	1:38:48	4:58:19	1:26:48
51	66		Nuno Costa Gomes		SEN	BinTTage	60	0:47:59	60	0:05:36	40	2:32:16	42	0:01:11	51	1:41:19	5:08:21	1:35:50
52	73		Nuno Gonçalo Nobre		SEN	Individual	48	0:40:03	61	0:05:57	47	2:39:04	53	0:01:42	52	1:41:35	5:08:21	1:35:50
53	80		Ulisses Manuel Lopes		SEN	Cardes	43	0:37:26	43	0:02:35	52	2:44:39	34	0:00:54	54	1:44:39	5:10:13	1:37:42
54	35		Rogério Morsis		V2	Ferrovialrio Verdades Novas	47	0:38:53	54	0:03:39	55	2:47:23	52	0:01:39	55	1:45:22	5:16:56	1:44:25
55	56		Hugo Miguel Velez		SEN	CDAMS	45	0:37:53	47	0:02:50	54	2:45:27	50	0:01:35	56	1:50:01	5:17:46	1:45:15
56	41		Jaime Ramiro Câmo		V4	Individual	54	0:42:23	56	0:03:56	57	2:50:48	58	0:02:33	53	1:44:36	5:24:16	1:51:45
57	20		Esmeralda Jesus Câmara		SEN	Individual	56	0:44:17	41	0:02:27	58	2:51:02	40	0:01:09	58	1:52:40	5:31:35	1:59:04
58	55		Hélder José Valente		SEN	SSCGD	52	0:41:27	45	0:02:45	59	2:52:01	46	0:01:19	60	2:02:08	5:39:40	2:07:09
59	39		Pedro Miguel Couceiro		SEN	Individual	57	0:44:55	58	0:04:41	61	3:04:12	55	0:01:46	59	1:54:36	5:50:10	2:17:39



Temperatura Água:																		
LG	Dist	Lic	Nome	PEN	ESC	Equipa	NATAÇÃO			CICLISMO			CORRIDA					
							Pos	NATAÇÃO	Pos	T-1	Pos	T-2	Pos	T-3	Pos	T-4	Pos	T-5
							375 (MT)	9000 (KM)			2200 (MT)							
60	17		Luis Lima		V3	Triathlon Lamego Club	62	1:02:53	58	0:05:11	60	2:55:42	59	0:02:43	57	1:50:52	57	2:24:50
61	81		Pedro Manuel Basilio		SEN	SR Carmamal	23	0:31:12	44	0:02:44	62	3:22:57	61	0:03:20	61	2:42:29	61	3:10:11
62	75		Nuno Ricardo Carmo	DNF	SEN	Individual	61	0:49:30	57	0:04:39	1	-0:54:09						
63	16		Ricardo Jorge Queirós	DNS	SEN	GDCPRG												
64	26		João Luis Martins	DNS	S23	OSC												
65	27		João Luis Lima	DNS	SEN	Mala Atlética Clube												
66	28		João Miguel Coelho	DNS	S23	OSC												
67	36		Ricardo Jorge Melim	DNS	V1	Clube Aventura Madeira												
68	37		Ricardo Hernani Gouveia	DNS	SEN	Clube Naval Calheta												
69	43		Eduardo John Alçada	DNS	SEN	Ginásio Club Figueirense												
70	47		António Miguel Lopes	DNS	SEN	Individual												
71	48		Bruno Miguel Brito	DNS	SEN	Individual												
72	50		Carlos Manuel Braz	DNS	SEN	Individual												
73	53		Francisco Miguel Pereira	DNS	SEN	Individual												
74	60		Pedro Miguel Resende	DNS	SEN	Individual												
75	62		Rui Manuel Marques	DNS	SEN	APCA												
76	63		Marco José Granja	DNS	SEN	Individual												
77	65		Mário Manuel Magalhães	DNS	V2	Mala Atlético Clube												
78	67		Paula Barabida	DNS	V1	Club Futebol Andorinha												
79	70		Paulo Jorge Ribeiro	DNS	V2	Individual												
80	72		Nuno Neves	DNS	SEN	União Desportiva Charnusca												
81	79		Tiago Freitas	DNS	SEN	Individual												



FEDERAÇÃO DE TRIATLO
PORTUGAL

Homem de Ferro 2008
CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA
Masculinos

Resultados

Localidade:	Abrantes	Distância NATAC (MT):	375/9000/2200
Data:	29-06-2008	Hora de começo:	8h00m

Informação

Delegado técnico:	Fernando Correia	Juiz Principal:	Mário Carvalho
Pontuável para:		Juri de apelo:	A.Teixeira/F.Correia/A.Ferreira

NATAÇÃO		CICLISMO										CORRIDA						
375 (MT)		9000 (KM)										2200 (MT)						
LG	Dst	LIC	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	1		Pedro Ribeiro Gomes		SEN	HALCON-SPORTZONE-Olimpico de Oeiras	1	0:25:19	1	0:01:00	2	2:01:48	22	0:00:39	1	1:03:45	3:32:31	0:00:00
2	4		Sérgio Manuel Dias		SEN	Comped TRI-Oeste	19	0:31:00	4	0:01:07	3	2:06:10	10	0:00:34	2	1:05:20	3:44:11	0:11:40
3	14		Rafael Delaunay Gomes		SEN	Amició de Grândola	3	0:26:35	5	0:01:08	4	2:12:23	6	0:00:30	5	1:08:13	3:48:49	0:16:18
4	2		Sérgio Miguel Marques		SEN	Oeiras Sport Clube	4	0:27:03	11	0:01:21	13	2:16:37	12	0:00:35	3	1:06:59	3:52:35	0:20:04
5	5		Márcio André Neves		SEN	OSC	21	0:31:05	14	0:01:28	6	2:13:24	13	0:00:35	4	1:07:23	3:53:55	0:21:24
6	13		Manuel Alexandre Alves		SEN	C. F. Os Belenenses	8	0:28:39	3	0:01:06	9	2:15:12	1	0:00:23	6	1:09:33	3:54:53	0:22:22
7	7		Carlos Alberto Gomes		V2	OSC	17	0:30:56	28	0:01:56	5	2:13:17	17	0:00:36	8	1:11:08	3:57:53	0:25:22
8	30		Manuel Jesus Gonzalez		SEN	Trilition Xerez	24	0:31:18	13	0:01:27	11	2:15:49	33	0:00:55	9	1:11:11	4:00:40	0:28:09
9	8		Carlos Barroso Fernandes		SEN	OSC	22	0:31:07	9	0:01:20	12	2:16:10	25	0:00:42	12	1:13:35	4:02:54	0:30:23
10	3		Pedro Oviedo Montoya		V3	SVG Segundad	12	0:30:17	40	0:02:32	15	2:17:24	28	0:00:50	11	1:13:12	4:04:15	0:31:44
11	8		Ignacio Escribano Plaza		SEN	União Desportiva Chamusca	6	0:27:51	15	0:01:28	19	2:20:16	35	0:00:57	15	1:15:40	4:06:12	0:33:41
12	24		Ranib Arias Garcia		SEN	SVG Segundad	11	0:29:39	33	0:01:59	16	2:18:33	18	0:00:36	19	1:17:01	4:07:48	0:35:17
13	23		Hélder Avelino Costa		SEN	União Amigos da Roda-Quinchães	31	0:33:12	23	0:01:44	8	2:14:02	11	0:00:34	24	1:18:54	4:08:26	0:35:55
14	54		Paulo Margarido		V1	Individual	28	0:32:39	31	0:01:56	20	2:21:21	21	0:00:38	10	1:12:13	4:08:47	0:36:16
15	40		Telmo Miguel Veloso		SEN	Porto Runners	32	0:33:19	36	0:02:09	24	2:23:07	14	0:00:35	7	1:10:10	4:09:20	0:36:49
16	32		Rodrigo Alexandre Baltazar		SEN	OSC	10	0:29:28	10	0:01:20	14	2:17:10	5	0:00:30	29	1:21:09	4:09:37	0:37:06
17	9		Rui Manuel Sousa		SEN	União Desportiva Chamusca	14	0:30:24	20	0:01:38	23	2:22:29	4	0:00:28	14	1:15:13	4:10:12	0:37:41
18	33		Pedro Eugénio Quintela		SEN	União Desportiva Chamusca	33	0:33:34	16	0:01:29	17	2:19:32	20	0:00:38	13	1:15:11	4:10:24	0:37:53
19	12		Valdo Filipe Neves		SEN	Clube Triatlo Almada	25	0:31:34	29	0:01:56	22	2:22:02	3	0:00:28	22	1:18:14	4:14:14	0:41:43
20	31		José Manuel Lino		SEN	União Desportiva Chamusca	34	0:34:00	8	0:01:15	26	2:23:30	9	0:00:33	17	1:16:06	4:15:24	0:42:53
21	57		Duarte Nuno Barreto		SEN	Clube Nataçao Carfaxo	15	0:30:29	24	0:01:50	27	2:24:23	42	0:01:15	27	1:20:24	4:18:21	0:45:50
22	51		Paulo Jorge Santos		V1	Adveistois	13	0:30:22	22	0:01:43	29	2:27:26	37	0:01:03	21	1:17:59	4:18:33	0:46:02
23	89		João António Pereira		V2	OSC	26	0:32:05	18	0:01:33	21	2:22:01	30	0:00:54	36	1:23:01	4:19:34	0:47:03



FEDERAÇÃO DE TRIATLO
PORTUGAL

Resultados

NATAÇÃO		Temperatura Água:										CICLISMO										CORRIDA									
375 (M)		2200 (MT)										9000 (KM)										2200 (MT)									
LG	Drel	LkC	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	DkT													
25	11		António Gomes	SEN	OSC		18	0:30:59	21	0:01:38	38	2:31:47	8	0:00:32	16	1:15:49	4:20:45	0:48:14													
26	25		Alexandre Nuno Feliz	SEN	Comped TRI-Oeste		7	0:27:54	7	0:01:14	7	2:13:40	34	0:00:56	47	1:37:30	4:21:14	0:48:43													
27	78		Samuel Carvalho Lopes	SEN	Individual		50	0:40:38	19	0:01:34	18	2:19:55	16	0:00:35	28	1:20:29	4:23:11	0:50:40													
28	44		David Marquez Fernandez	SEN	Triathlon Xerez		20	0:31:02	27	0:01:55	42	2:32:39	48	0:01:38	18	1:16:30	4:23:44	0:51:13													
29	61		Rui Jorge Ferreira	V1	C. F. Os Belenenses		5	0:27:26	6	0:01:13	25	2:23:17	29	0:00:53	44	1:31:51	4:24:40	0:52:09													
30	64		Mário Jorge Guedes	SEN	A. A. São Mamede		30	0:32:58	17	0:01:31	31	2:27:58	40	0:01:12	35	1:22:38	4:26:17	0:53:46													
31	52		Emanuel Araujo Marques	V1	A. A. São Mamede		27	0:32:07	37	0:02:13	32	2:29:10	26	0:00:45	34	1:22:33	4:26:48	0:54:17													
32	45		Carlos Eduardo Carichas	SEN	Ludens Clube de Machico		37	0:35:09	32	0:01:57	34	2:30:07	23	0:00:39	25	1:19:29	4:27:21	0:54:50													
33	34		Rui Filipe Costa	SEN	Porto Runners		46	0:37:54	30	0:01:56	39	2:31:53	15	0:00:35	20	1:17:36	4:29:54	0:57:23													
34	74		Nuno Miguel Barbosa	SEN	Porto Runners		29	0:32:44	26	0:01:53	43	2:32:55	27	0:00:49	31	1:21:37	4:29:58	0:57:27													
35	15		Ricardo Luis Francisco	SEN	OSC		38	0:35:10	34	0:02:02	41	2:32:32	19	0:00:37	26	1:20:17	4:30:38	0:58:07													
36	46		António Carlos Marques	SEN	Clube Praças da Armada		36	0:34:21	25	0:01:53	35	2:30:07	31	0:00:54	37	1:23:45	4:31:00	0:58:29													
37	19		João Secundino Santos	V2	Advestois		16	0:30:55	38	0:02:20	33	2:29:23	41	0:01:13	42	1:30:01	4:33:52	1:01:21													
38	38		Pedro Miguel Figueira	SEN	Ribabike		9	0:29:14	12	0:01:25	37	2:31:05	2	0:00:25	43	1:31:48	4:33:57	1:01:26													
39	18		José Luis Rodriguez	SEN	Bulleivan Triatlo Kiroi Taldea		35	0:34:11	48	0:03:18	28	2:24:57	53	0:01:56	45	1:31:57	4:36:19	1:03:48													
40	59		Marco Filipe Ramos	SEN	Clube Aventura Madeira		44	0:37:39	35	0:02:08	44	2:34:45	24	0:00:40	32	1:22:12	4:37:24	1:04:53													
41	77		Rui Pedro Zambujal	SEN	Cardes		54	0:43:09	52	0:03:39	30	2:27:31	51	0:01:45	38	1:24:22	4:40:26	1:07:55													
42	42		João Miguel Andrade	V1	Clube Olimpico Oeiras		49	0:40:36	47	0:03:10	45	2:38:01	36	0:00:58	23	1:18:15	4:41:00	1:08:29													
43	29		José Luis Guillen	V2	Triathlon Xerez		52	0:42:11	46	0:03:01	36	2:30:23	46	0:01:32	40	1:28:08	4:45:15	1:12:44													
44	71		Pedro Filipe Sebastião	SEN	Individual		40	0:35:39	59	0:06:12	49	2:39:38	57	0:02:53	41	1:28:51	4:53:13	1:20:42													
45	49		Albano Subtil Seca	SEN	União Amigos da Roda-Quinchêles		56	0:47:39	49	0:03:34	48	2:39:23	45	0:01:30	30	1:21:16	4:53:22	1:20:51													
46	88		Paulo Jorge Vieira	V1	Ginásio Club Figueirense		41	0:36:11	39	0:02:25	50	2:40:06	44	0:01:28	46	1:34:09	4:54:19	1:21:48													
47	58		Luis Peixoto Pires	V3	Porto Runners		39	0:35:15	50	0:03:36	54	2:49:31	54	0:01:58	39	1:24:32	4:54:52	1:22:21													
48	76		Rui Manuel Pereira	SEN	Ferrovário Vendas Novas		42	0:36:58	44	0:02:46	46	2:38:38	38	0:01:09	48	1:39:48	4:59:19	1:26:48													
49	66		Nuno Costa Gomes	SEN	BinTTage		57	0:47:59	57	0:05:36	40	2:32:16	39	0:01:11	49	1:41:19	5:08:21	1:35:50													
50	73		Nuno Gonçalves Nobre	SEN	Individual		48	0:40:03	58	0:05:57	47	2:39:04	50	0:01:42	50	1:41:35	5:08:21	1:35:50													
51	80		Ulisses Manuel Lopes	SEN	Cardes		43	0:37:26	41	0:02:35	51	2:44:39	32	0:00:54	52	1:44:39	5:10:13	1:37:42													
52	35		Rogério Morais	V2	Ferrovário Vendas Novas		47	0:38:53	51	0:03:39	53	2:47:23	49	0:01:39	53	1:45:22	5:16:56	1:44:25													
53	56		Hugo Miguel Velez	SEN	CDAMS		45	0:37:53	45	0:02:50	52	2:45:27	47	0:01:35	54	1:50:01	5:17:46	1:45:15													
54	41		Jaime Ramiro Carmo	V4	Individual		53	0:42:23	53	0:03:56	55	2:50:48	55	0:02:33	51	1:44:36	5:24:16	1:51:45													
55	55		Helder José Valente	SEN	SSCGD		51	0:41:27	43	0:02:45	56	2:52:01	43	0:01:19	57	2:02:08	5:39:40	2:07:09													
56	39		Pedro Miguel Couceiro	SEN	Individual		55	0:44:55	55	0:04:41	58	3:04:12	52	0:01:46	56	1:54:36	5:50:10	2:17:39													
57	17		Luis Lima	V3	Triathlon Lamego Club		59	1:02:53	56	0:05:11	57	2:55:42	56	0:02:43	55	1:50:52	5:57:21	2:24:50													
58	81		Pedro Manuel Basilio	SEN	SR Camamal		23	0:31:12	42	0:02:44	59	3:22:57	58	0:03:20	58	2:42:29	6:42:42	3:10:11													
59	75		Nuno Ricardo Carmo	DNF	SEN	Individual	58	0:49:30	54	0:04:39	1	-0:54:09																			

Médias:

0:34:45

0:02:22

2:25:44

0:01:04

1:25:27

4:32:34



FEDERAÇÃO DE TRIATLO
PORTUGAL

Resultados

NATAÇÃO		Temperatura Água:				CICLISMO				CORRIDA							
376 (MT)						9000 (KM)				2200 (MT)							
LG	Dns/ Lic	Nome	PEN	ESG	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
60	16	Ricardo Jorge Queirós	DNS	SEN	GDCPRG												
61	26	João Luis Martins	DNS	SZ3	OSC												
62	27	João Vaz Lima	DNS	SEN	Meia Atlético Clube												
63	28	João Miguel Coelho	DNS	SZ3	OSC												
64	36	Ricardo Jorge Melim	DNS	V1	Clube Aventura Madeira												
65	37	Ricardo Hernani Gouveia	DNS	SEN	Clube Naval Calheta												
66	43	Eduardo John Alçada	DNS	SEN	Ginásio Club Figueirense												
67	47	António Miguel Lopes	DNS	SEN	Individual												
68	48	Bruno Miguel Brito	DNS	SEN	Individual												
69	50	Carlos Manuel Braz	DNS	SEN	Individual												
70	53	Francisco Miguel Pereira	DNS	SEN	Individual												
71	60	Pedro Miguel Resende	DNS	SEN	Individual												
72	62	Rui Manuel Marques	DNS	SEN	APCA												
73	63	Marco José Granja	DNS	SEN	Individual												
74	65	Mário Manuel Magalhães	DNS	V2	Meia Atlético Clube												
75	67	Paula Baranda	DNS	V1	Club Futebol Andorinha												
76	70	Paulo Jorge Ribeiro	DNS	V2	Individual												
77	72	Nuno Neves	DNS	SEN	União Desportiva Charnusca												
78	79	Tiago Freitas	DNS	SEN	Individual												



FEDERAÇÃO DE TRIATLO
PORTUGAL

Homem de Ferro 2008
CLASSIFICAÇÃO INDIVIDUAL ABSOLUTA
Femininos

Resultados

Localidade:	Abrantes	Distância NATAÇ (MT):	CICLIS (KM):	CORRI (MT):	375/9000/2200
Data:	29-06-2008	Hora de começo:	8h00m		

Informação

Delegado técnico:	Fernando Correia	Jeiz Principal:	Mário Carvalho
Pontuável para:		Juri de apelo:	A.Teixeira/F.Correia/A.Parreira

NATAÇÃO		Temperatura Água:				CICLISMO			CORRIDA								
LS	Drs/ Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	DHT
1	22	Carla Alexandra Mendes		SEN	Porto Runners	1	0:40:57	3	0:02:56	1	2:40:05	2	0:00:53	2	1:24:29	4:49:20	0:00:00
2	21	Susana Paula Simões		SEN	Porto Runners	3	0:44:57	1	0:01:44	2	2:44:45	1	0:00:49	1	1:22:21	4:54:36	0:05:16
3	20	Esmeralda Jesus Câmara		SEN	Individual	2	0:44:17	2	0:02:27	3	2:51:02	3	0:01:09	3	1:52:40	5:31:35	0:42:15



Resultados

Localidade:	Abrantes	Distância NATAÇ (MT); CICLIS (KM); CORRÍ (MT):	375/9000/2200
Data:	29-06-2008	Hora de começo:	8h00m

Informação

Delegado técnico:	Fernando Correia	Juiz Principal:	Mário Carvalho
Portável para:		Juri de apoio:	A. Teixeira / F. Correia / A. Parreira

V4 Masculinos

NATAÇÃO		Temperatura Agua:				CICLISMO				CORRIDA								
375 (MT)						9000 (KM)				2200 (MT)								
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇ	Pos	T-1	Pos	T-2	Pos	TOTAL	Diff			
54	41		Jaime Ramiro Carmo		V4	Individual	53	0:42:23	53	0:03:56	55	2:50:48	55	0:02:33	51	1:44:36	5:24:16	1:51:45

V3 Masculinos

NATAÇÃO		Temperatura Agua:				CICLISMO				CORRIDA								
375 (MT)						9000 (KM)				2200 (MT)								
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇ	Pos	T-1	Pos	T-2	Pos	TOTAL	Diff			
10	3		Pedro Oviedo Montoya		V3	SVC Seguridad	12	0:30:17	40	0:02:32	15	2:17:24	28	0:00:50	11	1:13:12	4:04:15	0:31:44
47	58		Luis Peixoto Pires		V3	Porto Runners	39	0:35:15	50	0:03:36	54	2:49:31	54	0:01:58	39	1:24:32	4:54:52	1:22:21
57	17		Luis Lima		V3	Triathlon Lamego Club	59	1:02:53	56	0:05:11	57	2:55:42	56	0:02:43	55	1:50:52	5:57:21	2:24:50

V2 Masculinos

NATAÇÃO		Temperatura Agua:				CICLISMO				CORRIDA								
375 (MT)						9000 (KM)				2200 (MT)								
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇ	Pos	T-1	Pos	T-2	Pos	TOTAL	Diff			
7	7		Carlos Alberto Gomes		V2	OSC	17	0:30:56	28	0:01:56	5	2:13:17	17	0:00:36	8	1:11:08	3:57:53	0:25:22
24	10		João António Pereira		V2	OSC	26	0:32:05	18	0:01:33	21	2:22:01	30	0:00:54	36	1:23:01	4:19:34	0:47:03
37	19		João Secundino Santos		V2	Advestois	16	0:30:55	38	0:02:20	33	2:29:23	41	0:01:13	42	1:30:01	4:33:52	1:01:21
43	29		José Luis Guillen		V2	Triathlon Xerez	52	0:42:11	46	0:03:01	36	2:30:23	46	0:01:32	40	1:28:08	4:45:15	1:12:44
52	35		Rogério Morais		V2	Ferrovianto Vendas Novas	47	0:38:53	51	0:03:39	53	2:47:23	49	0:01:39	53	1:45:22	5:16:56	1:44:25



V1 Masculinos

NATAÇÃO		Temperatura Água:				CICLISMO				CORRIDA								
375 (MT)		2200 (MT)				9000 (KM)				2200 (MT)								
LG	Drs#	Lic	Nome	Equipa	ESC	PEN	Pos	NATACÁ	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
12	24		Ignacio Escribano Plaza	Triathlon Lagunak Navarra	V1		6	0:27:51	15	0:01:28	19	2:20:16	35	0:00:57	15	1:15:40	4:06:12	0:33:41
15	40		Paulo Margarido	Individual	V1		28	0:32:39	31	0:01:56	20	2:21:21	21	0:00:38	10	1:12:13	4:08:47	0:36:16
23	69		Paulo Jorge Santos	Adventis	V1		13	0:30:22	22	0:01:43	29	2:27:26	37	0:01:03	21	1:17:59	4:18:33	0:46:02
29	61		Rui Jorge Ferreira	C. F. Os Belenenses	V1		5	0:27:26	6	0:01:13	25	2:23:17	29	0:00:53	44	1:31:51	4:24:40	0:52:09
31	52		Emanuel Araújo Marques	A. A. São Mamede	V1		27	0:32:07	37	0:02:13	32	2:29:10	26	0:00:45	34	1:22:33	4:26:48	0:54:17
42	42		João Miguel Andrade	Clube Olímpico Oeiras	V1		49	0:40:36	47	0:03:10	45	2:38:01	36	0:00:58	23	1:18:15	4:41:00	1:08:29
46	68		Paulo Jorge Vieira	Ginásio Club Figueirense	V1		41	0:36:11	39	0:02:25	50	2:40:06	44	0:01:28	46	1:34:09	4:54:19	1:21:48

SEN Masculinos

NATAÇÃO		Temperatura Água:				CICLISMO				CORRIDA								
375 (MT)		2200 (MT)				9000 (KM)				2200 (MT)								
LG	Drs#	Lic	Nome	Equipa	ESC	PEN	Pos	NATACÁ	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	1		Pedro Ribeiro Gomes	HALCON-SPORTZONE-Olimpico de Oeiras	SEN		1	0:25:19	1	0:01:00	2	2:01:48	22	0:00:39	1	1:03:45	3:32:31	0:00:00
2	4		Sérgio Manuel Dias	Comped TRI-Oeste	SEN		19	0:31:00	4	0:01:07	3	2:06:10	10	0:00:34	2	1:05:20	3:44:11	0:11:40
3	14		Rafael Delaunay Gomes	Amiclco de Grândola	SEN		3	0:26:35	5	0:01:08	4	2:12:23	6	0:00:30	5	1:08:13	3:48:49	0:16:18
4	2		Sérgio Miguel Marques	Oeiras Sport Clube	SEN		4	0:27:03	11	0:01:21	13	2:16:37	12	0:00:35	3	1:06:59	3:52:35	0:20:04
5	5		Márcio André Neves	OSC	SEN		21	0:31:05	14	0:01:28	6	2:13:24	13	0:00:35	4	1:07:23	3:53:55	0:21:24
6	13		Manuel Alexandre Alves	C. F. Os Belenenses	SEN		8	0:28:39	3	0:01:06	9	2:15:12	1	0:00:23	6	1:09:33	3:54:53	0:22:22
8	30		Manuel Jesus Gonzalez	Triathlon Xerez	SEN		24	0:31:18	13	0:01:27	11	2:15:49	33	0:00:55	9	1:11:11	4:00:40	0:28:09
9	8		Carlos Barroso Fernandes	OSC	SEN		22	0:31:07	9	0:01:20	12	2:16:10	25	0:00:42	12	1:13:35	4:02:54	0:30:23
11	6		David Alexandre Caldeirão	União Desportiva Chamusca	SEN		2	0:26:07	2	0:01:03	10	2:15:20	7	0:00:32	33	1:22:20	4:05:22	0:32:51
13	23		Ranib Atlas Garcia	SVC Seguradad	SEN		11	0:29:39	33	0:01:59	16	2:18:33	18	0:00:36	19	1:17:01	4:07:48	0:35:17
14	54		Hélder Avelino Costa	União Amigos da Roda-Quinchêas	SEN		31	0:33:12	23	0:01:44	8	2:14:02	11	0:00:34	24	1:18:54	4:08:26	0:35:55
16	32		Telmo Miguel Veloso	Porto Runners	SEN		32	0:33:19	36	0:02:09	24	2:23:07	14	0:00:35	7	1:10:10	4:09:20	0:36:49
17	9		Rodrigo Alexandre Baltazar	OSC	SEN		10	0:29:28	10	0:01:20	14	2:17:10	5	0:00:30	29	1:21:09	4:09:37	0:37:06
18	33		Rui Manuel Sousa	União Desportiva Chamusca	SEN		14	0:30:24	20	0:01:38	23	2:22:29	4	0:00:28	14	1:15:13	4:10:12	0:37:41
19	12		Pedro Eugénio Quintela	União Desportiva Chamusca	SEN		33	0:33:34	16	0:01:29	17	2:19:32	20	0:00:38	13	1:15:11	4:10:24	0:37:53
20	31		Valdo Filipe Neves	Clube Triolo Almada	SEN		25	0:31:34	29	0:01:56	22	2:22:02	3	0:00:28	22	1:18:14	4:14:14	0:41:43
21	57		José Manuel Lino	União Desportiva Chamusca	SEN		34	0:34:00	8	0:01:15	26	2:23:30	9	0:00:33	17	1:16:06	4:15:24	0:42:53
22	51		Duarte Nuno Barreto	Clube Natação Canxao	SEN		15	0:30:29	24	0:01:50	27	2:24:23	42	0:01:15	27	1:20:24	4:18:21	0:45:50
25	11		António Gomes	OSC	SEN		18	0:30:59	21	0:01:38	38	2:31:47	8	0:00:32	16	1:15:49	4:20:45	0:48:14
26	25		Alexandre Nuno Feliz	Comped TRI-Oeste	SEN		7	0:27:54	7	0:01:14	7	2:13:40	34	0:00:56	47	1:37:30	4:21:14	0:48:43

Médias:

0:35:10

2:26:41

0:01:04

1:25:50



27	78	Samuel Carvalho Lopes	SEN	Individual	50	0:40:38	19	0:01:34	18	2:19:55	16	0:00:35	28	1:20:29	4:23:11	0:50:40
28	44	David Marquez Fernandez	SEN	Triatlon Xerez	20	0:31:02	27	0:01:55	42	2:32:39	48	0:01:38	18	1:16:30	4:23:44	0:51:13
30	64	Mário Jorge Guedes	SEN	A. A. São Mamede	30	0:32:58	17	0:01:31	31	2:27:58	40	0:01:12	35	1:22:38	4:26:17	0:53:46
32	45	Carlos Eduardo Carichas	SEN	Ludens Clube de Machico	37	0:35:09	32	0:01:57	34	2:30:07	23	0:00:39	25	1:19:29	4:27:21	0:54:50
33	34	Rui Filipe Costa	SEN	Porto Runners	46	0:37:54	30	0:01:56	39	2:31:53	15	0:00:35	20	1:17:36	4:29:54	0:57:23
34	74	Nuno Miguel Barbosa	SEN	Porto Runners	29	0:32:44	26	0:01:53	43	2:32:55	27	0:00:49	31	1:21:37	4:29:58	0:57:27
35	15	Ricardo Luis Francisco	SEN	OSC	38	0:35:10	34	0:02:02	41	2:32:32	19	0:00:37	26	1:20:17	4:30:38	0:58:07
36	46	António Carlos Marques	SEN	Clube Praças da Armada	36	0:34:21	25	0:01:53	35	2:30:07	31	0:00:54	37	1:23:45	4:31:00	0:58:29
38	38	Pedro Miguel Figueira	SEN	Ribabike	9	0:29:14	12	0:01:25	37	2:31:05	2	0:00:25	43	1:31:48	4:33:57	1:01:26
39	18	José Luis Rodriguez	SEN	Bulletvan Triatlon Kiroi Taldea	35	0:34:11	48	0:03:18	28	2:24:57	53	0:01:56	45	1:31:57	4:36:19	1:03:48
40	59	Marco Filipe Ramos	SEN	Clube Aventura Madeira	44	0:37:39	35	0:02:08	44	2:34:45	24	0:00:40	32	1:22:12	4:37:24	1:04:53
41	77	Rui Pedro Zambujal	SEN	Cardes	54	0:43:09	52	0:03:39	30	2:27:31	51	0:01:45	38	1:24:22	4:40:26	1:07:55
44	71	Pedro Filipe Sebastião	SEN	Individual	40	0:35:39	59	0:06:12	49	2:39:38	57	0:02:53	41	1:28:51	4:53:13	1:20:42
45	49	Albano Subtil Seca	SEN	União Amigos da Roda-Quinchêes	56	0:47:39	49	0:03:34	48	2:39:23	45	0:01:30	30	1:21:16	4:53:22	1:20:51
48	78	Rui Manuel Pereira	SEN	Ferrovário Verdás Novas	42	0:36:58	44	0:02:46	46	2:38:38	38	0:01:09	48	1:39:48	4:59:19	1:26:48
49	66	Nuno Costa Gomes	SEN	BinTTage	57	0:47:59	57	0:05:36	40	2:32:16	39	0:01:11	49	1:41:19	5:08:21	1:35:50
50	73	Nuno Gonçalo Nobre	SEN	Individual	48	0:40:03	58	0:05:57	47	2:39:04	50	0:01:42	50	1:41:35	5:08:21	1:35:50
51	80	Ulisses Manuel Lopes	SEN	Cardes	43	0:37:26	41	0:02:35	51	2:44:39	32	0:00:54	52	1:44:39	5:10:13	1:37:42
53	56	Hugo Miguel Velez	SEN	CDAMS	45	0:37:53	45	0:02:50	52	2:45:27	47	0:01:35	54	1:50:01	5:17:46	1:45:15
55	55	Hélder José Valente	SEN	SSCGD	51	0:41:27	43	0:02:45	56	2:52:01	43	0:01:19	57	2:02:08	5:39:40	2:07:09
56	39	Pedro Miguel Couceiro	SEN	Individual	55	0:44:55	55	0:04:41	58	3:04:12	52	0:01:46	56	1:54:36	5:50:10	2:17:39
58	81	Pedro Manuel Basilio	SEN	SR Camamal	23	0:31:12	42	0:02:44	59	3:22:57	58	0:03:20	58	2:42:29	6:42:42	3:10:11
59	75	Nuno Ricardo Cairmo	DNF	Individual	58	0:49:30	54	0:04:39	1	-0:54:09						

SEN Femininos

NATAÇÃO		Temperatura Agua:				CICLISMO				CORRIDA			
375	(MT)	Pos	NATACÁ	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	22	-18	0:40:57	-16	0:02:56	-18	2:40:05	-18	0:00:53	-18	1:24:29	4:49:20	1:16:49
2	21	-16	0:44:57	-18	0:01:44	-17	2:44:45	-19	0:00:49	-19	1:22:21	4:54:36	1:22:05
3	20	-17	0:44:17	-17	0:02:27	-16	2:51:02	-17	0:01:09	-17	1:52:40	5:31:35	1:59:04

SEN Masculinos

NATAÇÃO		Temperatura Agua:				CICLISMO				CORRIDA			
375	(MT)	Pos	NATACÁ	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
60	16												



FEDERAÇÃO DE TRIATLO
PORTUGAL

Homem de Ferro 2008
CLASSIFICAÇÃO POR EQUIPAS
Masculinos

Resultados

Localidade:	Abrantes	Distância NATAC (MT):	CICLIS (KM):	CORRI (MT):	375/9000/2200
Data:	29-06-2008	Hora de começo:	8h00m		

Informação

Delegado técnico:	Fernando Correia	Juiz Principal:	Mário Carvalho		
Posteável para:		Juri de apelo:	A.Teixeira/F.Correia/A.Patrelra		

Tempo Total: 11:54:42

LG	Drs#	Lic	Nome	PEN	ESC	Equipa	Total	Diff
5	5		Mário André Neves		SEN	OSC	3:53:55	0:00:00
7	7		Carlos Alberto Gomes		V2	OSC	3:57:53	0:03:58
9	8		Carlos Barroso Fernandes		SEN	OSC	4:02:54	0:08:59

Tempo Total: 12:25:58

LG	Drs#	Lic	Nome	PEN	ESC	Equipa	Total	Diff
11	6		David Alexandre Caldeirão		SEN	União Desportiva Chamusca	4:05:22	0:11:27
18	33		Rui Manuel Sousa		SEN	União Desportiva Chamusca	4:10:12	0:16:17
19	12		Pedro Eugénio Quintela		SEN	União Desportiva Chamusca	4:10:24	0:16:29

Tempo Total: 13:09:12

LG	Drs#	Lic	Nome	PEN	ESC	Equipa	Total	Diff
16	32		Telmo Miguel Veloso		SEN	Porto Runners	4:09:20	0:15:25
33	34		Rui Filipe Costa		SEN	Porto Runners	4:29:54	0:35:59
34	74		Nuno Miguel Barbosa		SEN	Porto Runners	4:29:58	0:36:03

Tempo Total: 13:09:39

LG	Drs#	Lic	Nome	PEN	ESC	Equipa	Total	Diff
8	30		Manuel Jesus Gonzalez		SEN	Triathlon Xerez	4:00:40	0:06:45
28	44		David Marquez Fernandez		SEN	Triathlon Xerez	4:23:44	0:29:49

Médias: 4:13:17 **Pág 1**



FEDERAÇÃO DE TRIATLO
PORTUGAL

Resultados

43	29	José Luis Guillén		V2	Triathlon Xerez	4:45:15	0:51:20
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