



Resultados

Localidade:	Oeiras	Distância CORRI (MT): CICLIS (KM) CORRI (MT):	5000/18000/2500
Data:	01-02-2009	Hora de começo:	11h00m

Informação

Delegado técnico:	Artur Parreira	Juiz Principal:	João Pinho
Pontuável para:	Taça de Portugal	Juri de apelo:	J.L.Ferreira/Vasco R./ Hugo Sousa

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
1	3016	575	Bruno Pais		SEN	Sport Lisboa e Benfica	4	0:15:44	2	0:47:12	2	0:08:33	1:11:29	0:00:00
2	3117	486	Lino Barruncho		SEN	HALCON - SPIUK Olímpico de Oeiras	2	0:15:43	4	0:47:46	7	0:09:08	1:12:37	0:01:08
3	5007	1085	Santiago Arnes		SEN	Diabillos de Rivas	12	0:16:36	1	0:47:12	8	0:09:10	1:12:58	0:01:29
4	5511		Marco Aurélio Sousa		SEN	Individual	20	0:17:08	3	0:47:29	31	0:09:45	1:14:22	0:02:53
5	3412	417	Rui Dolores		SEN	Amiciclo	21	0:17:11	6	0:50:39	17	0:09:22	1:17:12	0:05:43
6	4149	505	José Ribeiro		V1	SR Camarnal / Seguros Contacto / IKA / HI ZY	23	0:17:17	7	0:51:28	6	0:09:02	1:17:47	0:06:18
7	5456		Ricardo Marinheiro		JUN	Individual	59	0:18:20	5	0:47:59	194	0:11:49	1:18:08	0:06:39
8	2088	179	Miguel Arraiolos		S23	HALCON - SPIUK Olímpico de Oeiras	3	0:15:43	23	0:54:14	1	0:08:25	1:18:22	0:06:53
9	2064	2817	Tiago Abreu Silva		S23	Ludens Clube de Machico	7	0:16:04	19	0:54:02	3	0:08:35	1:18:41	0:07:12
10	3139	2524	Nuno Nunes		SEN	SR Camarnal / Seguros Contacto / IKA / HI ZY	13	0:16:38	10	0:53:02	10	0:09:12	1:18:52	0:07:23
11	1117	2896	Hugo Ventura		JUN	HALCON - SPIUK Olímpico de Oeiras	11	0:16:35	11	0:53:09	25	0:09:37	1:19:21	0:07:52
12	3039	507	Custódio António		SEN	SR Camarnal / Seguros Contacto / IKA / HI ZY	22	0:17:13	22	0:54:12	5	0:08:54	1:20:19	0:08:50
13	3026	461	Anibal Oliveira		SEN	Amiciclo	33	0:17:48	12	0:53:13	24	0:09:37	1:20:38	0:09:09
14	1166	2949	Hugo Alves		JUN	HALCON - SPIUK Olímpico de Oeiras	24	0:17:26	21	0:54:10	9	0:09:11	1:20:47	0:09:18
15	3049	475	Sérgio Dias		SEN	COMPEED - Tri-Oeste	17	0:17:03	27	0:54:41	13	0:09:14	1:20:58	0:09:29
16	5346	1094	Ruben Martín		SEN	BRICOBLOCK - ESPROTEN - TRITOLEDO	32	0:17:45	20	0:54:09	11	0:09:12	1:21:06	0:09:37
17	5003	1082	Enrique Mardomingo		SEN	Diabillos de Rivas	64	0:18:31	9	0:52:55	35	0:09:51	1:21:17	0:09:48
18	5330	1092	David Peinado Diaz		SEN	BRICOBLOCK - ESPROTEN - TRITOLEDO	26	0:17:32	25	0:54:30	18	0:09:23	1:21:25	0:09:56
19	5015		Aires Barros		SEN	Individual	42	0:17:59	15	0:53:30	59	0:10:11	1:21:40	0:10:11
20	3264	2799	Manuel Alves		SEN	Sporting Clube de Portugal	51	0:18:06	17	0:53:53	41	0:09:58	1:21:57	0:10:28
21	2123	2563	João Pedro Silva		S23	HALCON - SPIUK Olímpico de Oeiras	5	0:15:53	47	0:56:50	21	0:09:34	1:22:17	0:10:48
22	3261	462	David Caldeirão		SEN	COMPEED - Tri-Oeste	55	0:18:12	30	0:54:53	45	0:10:01	1:23:06	0:11:37
23	2115	3448	João Miguel Ferreira		S23	Oeiras Sport Clube - TRANSINSULAR	60	0:18:26	24	0:54:23	68	0:10:19	1:23:08	0:11:39
24	4262	636	Paulo Queirós Gonçalves		V1	Oeiras Sport Clube - TRANSINSULAR	56	0:18:13	33	0:55:27	22	0:09:35	1:23:15	0:11:46
25	5345	1091	Miguel Tarjuelo		SEN	BRICOBLOCK - ESPROTEN - TRITOLEDO	76	0:18:51	16	0:53:49	84	0:10:36	1:23:16	0:11:47
26	1086	2722	Carlos Alberto Costa		JUN	Alhandra Sporting Clube	28	0:17:42	13	0:53:27	228	0:12:10	1:23:19	0:11:50
27	1162	190	Miguel Fernandes		JUN	HALCON - SPIUK Olímpico de Oeiras	16	0:16:58	51	0:57:05	15	0:09:17	1:23:20	0:11:51
28	4062	802	Carlos Cabrita		V4	S. R. Toreense	70	0:18:40	29	0:54:53	38	0:09:55	1:23:28	0:11:59
29	4277	2700	João Saúde		V1	Clube Ferroviário de Vendas Novas	29	0:17:43	43	0:56:42	12	0:09:14	1:23:39	0:12:10
30	1105	35	João Serrano		JUN	SR Camarnal / Seguros Contacto / IKA / HI ZY	18	0:17:05	53	0:57:17	16	0:09:21	1:23:43	0:12:14
31	4147	629	Fernando Carmo		V1	Clube de Natação Colégio Vasco da Gama	54	0:18:08	36	0:56:00	23	0:09:36	1:23:44	0:12:15
32	5466		Luis Serrazina		V1	Individual	66	0:18:33	32	0:55:23	60	0:10:11	1:24:07	0:12:38
33	3542	3358	Pedro Madeira		SEN	Molly Maid - Vitoria de Janes	46	0:18:04	35	0:55:57	56	0:10:08	1:24:09	0:12:40
34	5565		Nuno Felício		SEN	Individual	103	0:19:28	18	0:53:58	134	0:11:08	1:24:34	0:13:05
35	4180	764	António Horta		V2	Clube de Praças da Armada	34	0:17:49	44	0:56:43	54	0:10:07	1:24:39	0:13:10
36	5663		Pedro Nunes Santos		V1	Individual	228	0:21:35	8	0:52:42	90	0:10:39	1:24:56	0:13:27
37	3394	3136	Valdo Neves		SEN	Clube de Triatlo de Almada	36	0:17:53	57	0:57:42	19	0:09:31	1:25:06	0:13:37
38	5522		Mário Cabeças		SEN	Individual	75	0:18:49	34	0:55:53	74	0:10:26	1:25:08	0:13:39
39	5570		Nuno Jones		SEN	Individual	113	0:19:43	31	0:54:54	86	0:10:37	1:25:14	0:13:45
40	3321	2957	Luis Lourenço		SEN	Molly Maid - Vitoria de Janes	50	0:18:06	55	0:57:34	29	0:09:41	1:25:21	0:13:52
41	4148	497	Pedro Cordeiro		V1	COMPEED - Tri-Oeste	145	0:20:19	28	0:54:47	91	0:10:39	1:25:45	0:14:16
42	3000	717	Vitor Santos		SEN	Clube Académico de Penafirma	71	0:18:41	52	0:57:10	53	0:10:07	1:25:58	0:14:29
43	5179		Fernando Prisal		S23	Individual	35	0:17:51	73	0:59:11	14	0:09:15	1:26:17	0:14:48
44	4074	458	Pedro Marques		V2	Associação Recreativa Social e Cultural de Toledo	128	0:20:04	37	0:56:10	51	0:10:07	1:26:21	0:14:52
45	3528	3561	Pedro Pinto Alberto		SEN	Individual	30	0:17:44	72	0:58:55	42	0:09:59	1:26:38	0:15:09
46	3342	3044	Rodrigo Baltazar		SEN	Sporting Clube de Portugal	92	0:19:16	45	0:56:45	106	0:10:50	1:26:51	0:15:22

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
47	5219		Hugo Ferro		SEN	Individual	117	0:19:46	38	0:56:23	100	0:10:47	1:26:56	0:15:27
48	5512		Marco Baptista		SEN	Individual	131	0:20:05	41	0:56:29	72	0:10:25	1:26:59	0:15:30
49	5355		José Fernando Costa		V1	Individual	120	0:19:50	42	0:56:38	121	0:11:01	1:27:29	0:16:00
50	5560		Nuno Rocha		SEN	Individual	99	0:19:25	50	0:57:03	122	0:11:01	1:27:29	0:16:00
51	3475	570	António Jourdan		SEN	Águias de Alpiarça	82	0:18:57	70	0:58:51	43	0:10:00	1:27:48	0:16:19
52	3512	3484	Rui Baptista		SEN	Clube Ferroviário de Vendas Novas	77	0:18:52	69	0:58:50	61	0:10:14	1:27:56	0:16:27
53	5448		Ricardo Figueiredo		SEN	Individual	111	0:19:41	56	0:57:36	112	0:10:55	1:28:12	0:16:43
54	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho	176	0:20:50	48	0:56:53	81	0:10:34	1:28:17	0:16:48
55	1163	2266	Paulo Alexandre Antunes		JUN	HALCON - SPIUK Olímpico de Oeiras	48	0:18:05	86	0:59:59	62	0:10:14	1:28:18	0:16:49
56	3054	739	António Luz Gomes		SEN	Oeiras Sport Clube - TRANSINSULAR	110	0:19:40	62	0:58:24	66	0:10:15	1:28:19	0:16:50
57	4275	3468	Fernando Gonçalves		V3	Molly Maid - Vitoria de Janes	53	0:18:08	90	1:00:12	65	0:10:15	1:28:35	0:17:06
58	3499	3459	Pedro Feliciano		SEN	Associação Recreativa Social e Cultural de Toledo	159	0:20:36	46	0:56:46	149	0:11:19	1:28:41	0:17:12
59	5450		Ricardo Gaspar		S23	Individual	106	0:19:38	54	0:57:18	189	0:11:46	1:28:42	0:17:13
60	5258		Valério Ferreira		SEN	Individual	264	0:22:11	14	0:53:27	348	0:13:15	1:28:53	0:17:24
61	5654		Pedro Martinho		V1	Individual	83	0:18:58	79	0:59:46	63	0:10:14	1:28:58	0:17:29
62	3348	3054	Hélder Marinho Costa		SEN	Associação Recreativa, Cultural e Desportiva de Covas	91	0:19:15	81	0:59:48	40	0:09:57	1:29:00	0:17:31
63	3433	3264	Rui Medina		SEN	Individual	65	0:18:31	95	1:00:40	37	0:09:53	1:29:04	0:17:35
64	5076		António Reis Maia		S23	Individual	97	0:19:23	82	0:59:50	44	0:10:01	1:29:14	0:17:45
65	3107	621	Rui Sousa		SEN	Clube de Natação do Tejo	68	0:18:36	96	1:00:47	39	0:09:56	1:29:19	0:17:50
66	5002		Richard Gomez		V1	Individual	212	0:21:17	39	0:56:26	180	0:11:39	1:29:22	0:17:53
67	1094	20	Bruno Pereira		JUN	Alhandra Sporting Clube	74	0:18:46	93	1:00:20	69	0:10:21	1:29:27	0:17:58
68	5334		José Domingos		V2	Individual	193	0:21:05	40	0:56:27	217	0:12:02	1:29:34	0:18:05
69	5166		Fábio Vitorino		SEN	Individual	168	0:20:44	58	0:57:49	124	0:11:02	1:29:35	0:18:06
70	5307		Joel Tiago Pena		SEN	Individual	150	0:20:23	64	0:58:35	95	0:10:43	1:29:41	0:18:12
71	5662		Pedro Nascimento		SEN	Individual	154	0:20:28	65	0:58:43	92	0:10:40	1:29:51	0:18:22
72	4013	648	Miguel Fragoso		V1	HALCON - SPIUK Olímpico de Oeiras	57	0:18:15	112	1:01:25	67	0:10:16	1:29:56	0:18:27
73	3207	2662	José Magalhães Dias		SEN	A.D.C.R. Painho	114	0:19:44	75	0:59:31	93	0:10:43	1:29:58	0:18:29
74	5271		Rui Casaleiro		V1	Individual	152	0:20:26	67	0:58:45	102	0:10:48	1:29:59	0:18:30
75	5009	1087	Vicente Garcia		V2	Diabillos de Rivas	93	0:19:20	92	1:00:19	73	0:10:25	1:30:04	0:18:35
76	5661		Pedro Miguel Lopes		SEN	Individual	88	0:19:07	108	1:01:20	26	0:09:38	1:30:05	0:18:36
77	5309		Aníbal Caiado		SEN	Individual	105	0:19:37	88	1:00:11	70	0:10:21	1:30:09	0:18:40
78	4032	769	Carlos Gomes		V2	Oeiras Sport Clube - TRANSINSULAR	45	0:18:00	135	1:02:33	27	0:09:40	1:30:13	0:18:44
79	4254	763	Fernando Correia		V2	Peniche A. C.	127	0:20:03	74	0:59:30	101	0:10:47	1:30:20	0:18:51
80	5023		Alexandre Vaz		SEN	Individual	191	0:21:04	60	0:58:10	136	0:11:10	1:30:24	0:18:55
81	3127	468	Tiago Lobo		SEN	COMPEED - Tri-Oeste	58	0:18:18	132	1:02:28	28	0:09:40	1:30:26	0:18:57
82	5443		Renato Avelar		JUN	Individual	157	0:20:30	49	0:56:55	328	0:13:03	1:30:28	0:18:59
83	5385		José Monteiro		SEN	Individual	163	0:20:42	66	0:58:44	128	0:11:05	1:30:31	0:19:02
84	3524	3555	Paulo Sequeira		SEN	Peniche A. C.	107	0:19:39	84	0:59:53	130	0:11:05	1:30:37	0:19:08
85	2092	3176	Pedro Miguel Gomes		S23	Alhandra Sporting Clube	90	0:19:14	111	1:01:22	52	0:10:07	1:30:43	0:19:14
86	5045		António Manuel Aguiar		V2	Individual	52	0:18:07	137	1:02:39	49	0:10:05	1:30:51	0:19:22
87	5476		Manuel Falé Silva		SEN	Individual	44	0:17:59	153	1:03:23	20	0:09:31	1:30:53	0:19:24
88	4204	3194	Mário Sousa		V2	Peniche A. C.	86	0:19:06	118	1:01:49	50	0:10:05	1:31:00	0:19:31
89	3442	3280	Pedro Pinho		SEN	Clube Triatlo de Perosinho	69	0:18:36	128	1:02:13	64	0:10:15	1:31:04	0:19:35
90	1203	3122	Rafael Ribeiro		JUN	Alhandra Sporting Clube	27	0:17:36	152	1:03:21	55	0:10:08	1:31:05	0:19:36
91	3484	379	Maria Areosa		SEN	HALCON - SPIUK Olímpico de Oeiras	67	0:18:34	121	1:01:52	96	0:10:45	1:31:11	0:19:42
92	3511	3483	Luis Martins		SEN	Clube Ferroviário de Vendas Novas	119	0:19:49	91	1:00:18	127	0:11:05	1:31:12	0:19:43
93	5447		Ricardo Figueira Silva		SEN	Individual	141	0:20:15	89	1:00:11	115	0:10:57	1:31:23	0:19:54
94	3241	2718	Nuno Tintim		SEN	Alhandra Sporting Clube	79	0:18:55	131	1:02:27	57	0:10:09	1:31:31	0:20:02
95	3538	3577	António Craveiro		SEN	Clube Académico de Penafima	188	0:21:01	71	0:58:52	179	0:11:39	1:31:32	0:20:03
96	5380		José Manuel Silva		SEN	Individual	43	0:17:59	146	1:03:07	79	0:10:30	1:31:36	0:20:07
97	4060	762	António Moura		V2	SR Camarnal / Seguros Contacto / IKA / HUZY	104	0:19:33	113	1:01:31	80	0:10:32	1:31:36	0:20:07
98	5571		Nuno Miguel Jorge		SEN	Individual	185	0:20:58	76	0:59:34	131	0:11:06	1:31:38	0:20:09
99	3488	262	Andreia Moço		SEN	Alhandra Sporting Clube	171	0:20:46	78	0:59:45	137	0:11:11	1:31:42	0:20:13
100	5121		Carlos Manuel Silva		V2	Individual	187	0:21:00	87	1:00:00	94	0:10:43	1:31:43	0:20:14
101	5403		Luis Cordeiro		SEN	Individual	196	0:21:08	68	0:58:48	218	0:12:02	1:31:58	0:20:29
102	3531	3566	Pedro Miguel Matos		SEN	Clube de Natação do Tejo	134	0:20:10	103	1:01:11	104	0:10:49	1:32:10	0:20:41

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
103	5141		Sérgio Valente		SEN	Individual	209	0:21:16	26	0:54:37	516	0:16:23	1:32:16	0:20:47
104	5134		Cedrico Pires		SEN	Individual	132	0:20:09	109	1:01:21	108	0:10:52	1:32:22	0:20:53
105	5665		Pedro Petróneo		SEN	Individual	147	0:20:20	101	1:01:04	126	0:11:03	1:32:27	0:20:58
106	5543		Luís Miguel Guerreiro		SEN	Individual	118	0:19:46	129	1:02:16	75	0:10:27	1:32:29	0:21:00
107	1170	153	Gonçalo Barros		JUN	Ginásio Clube de Sines	195	0:21:08	63	0:58:32	313	0:12:54	1:32:34	0:21:05
108	5340	1089	Ines Concepción Martin		SEN	BRICOBLOCK - ESPROTEN - TRITOLEDO	153	0:20:27	116	1:01:47	87	0:10:37	1:32:51	0:21:22
109	5211		Henrique Avelar		SEN	Individual	215	0:21:19	80	0:59:47	199	0:11:52	1:32:58	0:21:29
110	1157	2309	Luis Moriés		JUN	Oeiras Sport Clube - TRANSINSULAR	267	0:22:12	61	0:58:23	261	0:12:24	1:32:59	0:21:30
111	1063	52	Ruben Costa		JUN	Sporting Clube de Portugal	6	0:16:03	234	1:08:13	4	0:08:45	1:33:01	0:21:32
112	1167	3143	José Veiga		JUN	HALCON - SPIUK Olímpico de Oeiras	40	0:17:57	181	1:05:13	36	0:09:52	1:33:02	0:21:33
113	5041		Rui Manuel Pereira		SEN	Individual	256	0:22:03	85	0:59:55	129	0:11:05	1:33:03	0:21:34
114	5624		Paulo Jorge Silvestre		SEN	Individual	149	0:20:22	115	1:01:44	117	0:10:58	1:33:04	0:21:35
115	5564		Nuno Cordeiro		SEN	Individual	299	0:22:37	59	0:57:53	287	0:12:35	1:33:05	0:21:36
116	4256	3423	Rui Pinto Gonçalves		V3	O Clube de Veteranos do Porto	175	0:20:49	122	1:01:53	77	0:10:28	1:33:10	0:21:41
117	1155	3078	Miguel Marques		JUN	Alhandra Sporting Clube	61	0:18:27	164	1:04:21	71	0:10:25	1:33:13	0:21:44
118	3435	3267	Marco Fidalgo		SEN	G. A. A. Vila Franca de Xira	229	0:21:36	104	1:01:13	78	0:10:29	1:33:18	0:21:49
119	4129	2740	João Hipólito		V1	Alhandra Sporting Clube	172	0:20:46	94	1:00:31	219	0:12:03	1:33:20	0:21:51
120	3295	2856	João Sousa Ferreira		SEN	Clube de Praças da Armada	47	0:18:05	182	1:05:16	47	0:10:02	1:33:23	0:21:54
121	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	183	0:20:57	106	1:01:16	142	0:11:14	1:33:27	0:21:58
122	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	148	0:20:21	114	1:01:37	170	0:11:32	1:33:30	0:22:01
123	5191		Gabriel Costa		SEN	Individual	112	0:19:42	142	1:02:57	111	0:10:55	1:33:34	0:22:05
124	5609		Ruben Barjona		SEN	Individual	204	0:21:13	98	1:00:59	174	0:11:33	1:33:45	0:22:16
125	5308		Joel Rodrigues		SEN	Individual	101	0:19:27	155	1:03:34	116	0:10:58	1:33:59	0:22:30
126	5322		Jorge Alexandre Monteiro		V1	Individual	236	0:21:42	97	1:00:54	158	0:11:23	1:33:59	0:22:30
127	2109	2631	David Ferreira		S23	Alhandra Sporting Clube	177	0:20:50	117	1:01:49	154	0:11:21	1:34:00	0:22:31
128	5088		Bruno Dias		SEN	Individual	201	0:21:12	107	1:01:18	167	0:11:30	1:34:00	0:22:31
129	1061	2631	David Ferreira		S23	Alhandra Sporting Clube	179	0:20:50	119	1:01:49	155	0:11:21	1:34:00	0:22:31
130	5413		Luis Andre Lopes		JUN	Individual	304	0:22:41	77	0:59:44	177	0:11:36	1:34:01	0:22:32
131	5506		Manuel Joaquim Rodrigues		V1	Individual	197	0:21:08	100	1:01:03	206	0:11:55	1:34:06	0:22:37
132	5231		Ismael Teixeira		SEN	Individual	158	0:20:35	126	1:02:05	164	0:11:27	1:34:07	0:22:38
133	5553		Miguel Gayoso Suárez		SEN	Individual	206	0:21:14	110	1:01:21	173	0:11:33	1:34:08	0:22:39
134	5209		Helder Santos		SEN	Individual	126	0:20:03	123	1:01:54	243	0:12:16	1:34:13	0:22:44
135	4225	3282	Manuel Domingues		V1	Clube Triatlo de Perosinho	142	0:20:16	150	1:03:14	105	0:10:50	1:34:20	0:22:51
136	5594		Orlando Marques		SEN	Individual	156	0:20:29	139	1:02:41	148	0:11:18	1:34:28	0:22:59
137	5135		Celina Carpinteiro		SEN	Individual	261	0:22:09	83	0:59:51	279	0:12:31	1:34:31	0:23:02
138	1214	3246	Simão Sousa		JUN	HALCON - SPIUK Olímpico de Oeiras	161	0:20:37	125	1:02:03	198	0:11:52	1:34:32	0:23:03
139	5144		Cristiano Casalinho		SEN	Individual	227	0:21:33	105	1:01:13	191	0:11:47	1:34:33	0:23:04
140	3402	3166	Luis Reis		SEN	Casa Benfica Faro/GASCAN	124	0:20:01	159	1:03:50	103	0:10:48	1:34:39	0:23:10
141	4025	516	João Medeiro		V2	Serv. Soc. CGD	87	0:19:06	184	1:05:23	82	0:10:34	1:35:03	0:23:34
142	5261		João fernandes		SEN	Individual	180	0:20:51	143	1:02:58	152	0:11:20	1:35:09	0:23:40
143	3520	3548	Hugo Tomé Ferreira		SEN	Clube de Natação do Tejo	235	0:21:42	120	1:01:52	197	0:11:52	1:35:26	0:23:57
144	1212	3479	Sebastião Botas		JUN	Alhandra Sporting Clube	63	0:18:31	209	1:06:53	48	0:10:05	1:35:29	0:24:00
145	5536		Martinho Montez		SEN	Individual	274	0:22:15	102	1:01:09	236	0:12:13	1:35:37	0:24:08
146	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho	78	0:18:54	220	1:07:05	30	0:09:44	1:35:43	0:24:14
147	3001	627	Paulo Teles		SEN	G. A. A. Vila Franca de Xira	189	0:21:02	161	1:04:01	97	0:10:45	1:35:48	0:24:19
148	5113		Samuel Santos		SEN	Individual	289	0:22:28	99	1:01:01	254	0:12:21	1:35:50	0:24:21
149	5120		Carlos Rouxinol		SEN	Individual	173	0:20:47	157	1:03:43	161	0:11:26	1:35:56	0:24:27
150	3513	3485	Luis Fitas		SEN	Clube Ferroviário de Vendas Novas	135	0:20:10	180	1:05:13	83	0:10:35	1:35:58	0:24:29
151	5454		Ricardo Lanceiro		SEN	Individual	162	0:20:38	154	1:03:30	204	0:11:54	1:36:02	0:24:33
152	4131	2744	Pedro Nogueira Silva		V1	HALCON - SPIUK Olímpico de Oeiras	122	0:19:55	176	1:05:03	132	0:11:07	1:36:05	0:24:36
153	5321		Jorge Marques		V1	Individual	240	0:21:45	148	1:03:12	159	0:11:24	1:36:21	0:24:52
154	2128	3515	Nuno Rodrigues		S23	Clube de Triatlo de Almada	89	0:19:12	200	1:06:20	110	0:10:55	1:36:27	0:24:58
155	2097	3279	João Gestosa		S23	Clube Triatlo de Perosinho	95	0:19:22	214	1:06:58	58	0:10:09	1:36:29	0:25:00
156	3300	2871	Nélson Santos		SEN	Associação Recreativa Social e Cultural de Toledo	73	0:18:42	236	1:08:15	33	0:09:48	1:36:45	0:25:16
157	5557		Nélson Salvador		SEN	Individual	232	0:21:40	160	1:03:51	156	0:11:22	1:36:53	0:25:24
158	5092		Bruno Rodrigues		SEN	Individual	290	0:22:29	138	1:02:41	205	0:11:55	1:37:05	0:25:36

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
159	2122	143	Joana Marques		S23	HALCON - SPIUK Olímpico de Oeiras		216	0:21:20	165	1:04:31	146	0:11:16	1:37:07	0:25:38
160	5112		Carlos Manuel Fernandes		V2	Individual		199	0:21:10	179	1:05:06	107	0:10:52	1:37:08	0:25:39
161	5288		João Paulo Luis		S23	Individual		238	0:21:43	144	1:03:04	265	0:12:26	1:37:13	0:25:44
162	4288	3568	João Manuel Correia		V2	Individual		249	0:22:00	151	1:03:18	212	0:11:59	1:37:17	0:25:48
163	5124		Carlos Miguel Reis		SEN	Individual		205	0:21:14	177	1:05:03	133	0:11:08	1:37:25	0:25:56
164	1169	141	David Morgado		JUN	Ginásio Clube de Sines		321	0:22:54	134	1:02:31	214	0:12:01	1:37:26	0:25:57
165	5165		Emanuel Oliveira		SEN	Individual		208	0:21:15	170	1:04:47	163	0:11:27	1:37:29	0:26:00
166	3382	392	João Dias		SEN	C.N. Cartaxo		265	0:22:12	130	1:02:21	321	0:13:00	1:37:33	0:26:04
167	3411	3184	Luis Novo		SEN	Alhandra Sporting Clube		302	0:22:40	141	1:02:56	229	0:12:10	1:37:46	0:26:17
168	3240	380	Carla Ribeiro		SEN	Ginásio Clube de Sines		174	0:20:49	193	1:05:54	140	0:11:13	1:37:56	0:26:27
169	5130		Carlos Raul Lopes		SEN	Individual		167	0:20:44	194	1:05:59	151	0:11:20	1:38:03	0:26:34
170	5549		Miguel Filipe Menezes		SEN	Individual		333	0:23:08	127	1:02:09	311	0:12:50	1:38:07	0:26:38
171	5101		Carlos Alberto Dias		V4	Individual		239	0:21:44	174	1:04:58	160	0:11:26	1:38:08	0:26:39
172	2107	2303	Pedro Leitão		S23	Alhandra Sporting Clube		49	0:18:06	272	1:10:18	34	0:09:48	1:38:12	0:26:43
173	3535	3574	Pedro Francisco		SEN	Clube Académico de Penafirme		170	0:20:45	199	1:06:19	138	0:11:12	1:38:16	0:26:47
174	5126		Carlos Manuel Braz		SEN	Individual		311	0:22:45	167	1:04:33	120	0:11:01	1:38:19	0:26:50
175	5052		Rui Miguel Foles		SEN	Individual		309	0:22:44	147	1:03:09	276	0:12:30	1:38:23	0:26:54
176	3409	3181	Luis Bicudo		SEN	G. A. A. Vila Franca de Xira		186	0:21:00	215	1:06:58	85	0:10:37	1:38:35	0:27:06
177	3487	3442	Rui Pedro Gonçalves		SEN	Individual		343	0:23:18	136	1:02:39	297	0:12:42	1:38:39	0:27:10
178	5343		Joaquim Afoito		V2	Individual		266	0:22:12	169	1:04:41	195	0:11:50	1:38:43	0:27:14
179	5167		Sérgio Duarte		SEN	Individual		344	0:23:19	149	1:03:13	235	0:12:12	1:38:44	0:27:15
180	5040		André Jesus Cunha		V1	Individual		219	0:21:22	185	1:05:24	213	0:12:00	1:38:46	0:27:17
181	3120	720	Mário Couto		SEN	C.N. Cartaxo		178	0:20:50	224	1:07:29	76	0:10:28	1:38:47	0:27:18
182	5284		João Paulo Albuquerque		V2	Individual		160	0:20:36	212	1:06:57	143	0:11:14	1:38:47	0:27:18
183	5517		Marcolino Verissimo		SEN	Individual		102	0:19:28	232	1:08:08	153	0:11:20	1:38:56	0:27:27
184	5050		António Eduardo Carvalho		V1	Individual		247	0:21:58	171	1:04:49	230	0:12:10	1:38:57	0:27:28
185	5017		Rui Manuel Luz		SEN	Individual		323	0:22:56	162	1:04:11	200	0:11:52	1:38:59	0:27:30
186	5370		José Manuel Ramos		SEN	Individual		222	0:21:25	192	1:05:48	192	0:11:48	1:39:01	0:27:32
187	4199	890	Filipe Conceição		V1	Casa Benfica Faro/GASCAN		98	0:19:24	247	1:08:52	98	0:10:46	1:39:02	0:27:33
188	5080		Artur Jorge Dias		SEN	Individual		306	0:22:43	172	1:04:51	176	0:11:34	1:39:08	0:27:39
189	2086	12	Bárbara Clemente		S23	HALCON - SPIUK Olímpico de Oeiras		139	0:20:14	238	1:08:22	88	0:10:39	1:39:15	0:27:46
190	3536	3575	José Miranda		SEN	Clube Académico de Penafirme		318	0:22:52	163	1:04:13	231	0:12:11	1:39:16	0:27:47
191	4075	751	José Peixoto		V3	Peniche A. C.		244	0:21:53	202	1:06:32	114	0:10:56	1:39:21	0:27:52
192	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas		340	0:23:16	145	1:03:05	324	0:13:01	1:39:22	0:27:53
193	4223	3266	José Morgado		V2	Alhandra Sporting Clube		273	0:22:15	175	1:04:59	274	0:12:30	1:39:44	0:28:15
194	3508	3477	João Duarte		SEN	Núcleo de Ciclismo da Baixa da Banheira		241	0:21:46	196	1:06:02	211	0:11:58	1:39:46	0:28:17
195	5523		Mário Duro		SEN	Individual		133	0:20:09	230	1:08:03	186	0:11:43	1:39:55	0:28:26
196	5195		Gonçalo Santa Ramalho		SEN	Individual		383	0:23:55	158	1:03:47	242	0:12:16	1:39:58	0:28:29
197	5455		Ricardo Manuel Martins		SEN	Individual		164	0:20:42	225	1:07:33	187	0:11:44	1:39:59	0:28:30
198	5169		Sérgio Fajardo		SEN	Individual		276	0:22:16	186	1:05:25	259	0:12:23	1:40:04	0:28:35
199	4188	888	Luis Filipe Pereira		V2	Peniche A. C.		242	0:21:50	205	1:06:42	171	0:11:32	1:40:04	0:28:35
200	5147		Daniel Luis		S23	Individual		237	0:21:43	217	1:06:59	157	0:11:23	1:40:05	0:28:36
201	5445		Ricardo Chung		SEN	Individual		355	0:23:29	178	1:05:05	188	0:11:45	1:40:19	0:28:50
202	1217	62	Jorge Alves		JUN	HALCON - SPIUK Olímpico de Oeiras		96	0:19:23	255	1:09:27	172	0:11:33	1:40:23	0:28:54
203	5527		Mário Marinheiro		V1	Individual		314	0:22:47	183	1:05:17	253	0:12:21	1:40:25	0:28:56
204	5301		Joaquim Figueiras		SEN	Individual		136	0:20:11	257	1:09:34	99	0:10:46	1:40:31	0:29:02
205	5428		Luis Prego		V3	Individual		143	0:20:17	244	1:08:35	183	0:11:41	1:40:33	0:29:04
206	5610		Paulo José Godinho		V1	Individual		226	0:21:30	219	1:07:03	220	0:12:04	1:40:37	0:29:08
207	3407	3178	Marco Fernandes		SEN	Associação Recreativa Social e Cultural de Toledo		280	0:22:20	191	1:05:44	284	0:12:35	1:40:39	0:29:10
208	5627		Pedro Alexandre Lopes		SEN	Individual		460	0:25:17	133	1:02:29	320	0:12:58	1:40:44	0:29:15
209	5305		Vitor Hugo Ferreira		SEN	Individual		461	0:25:17	124	1:01:57	372	0:13:30	1:40:44	0:29:15
210	5106		Carlos Jorge Silva		SEN	Individual		231	0:21:39	207	1:06:51	256	0:12:22	1:40:52	0:29:23
211	1096	2314	Nadine Almeida		JUN	Alhandra Sporting Clube		125	0:20:02	267	1:09:51	123	0:11:02	1:40:55	0:29:26
212	5078		António Manuel Samora		V2	Individual		182	0:20:53	253	1:09:14	147	0:11:17	1:41:24	0:29:55
213	5532		Martim Lopes		SEN	Individual		151	0:20:23	276	1:10:28	89	0:10:39	1:41:30	0:30:01
214	5164		Emanuel Simões		SEN	Individual		202	0:21:12	252	1:09:11	139	0:11:12	1:41:35	0:30:06

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
215	5278		João Miguel Colaço		SEN	Individual	169	0:20:44	268	1:09:52	125	0:11:02	1:41:38	0:30:09
216	5437		Pedro Ventura		SEN	Individual	357	0:23:31	166	1:04:31	377	0:13:37	1:41:39	0:30:10
217	5010		Rui Manuel Cabral		SEN	Individual	230	0:21:38	229	1:07:58	221	0:12:04	1:41:40	0:30:11
218	3339	3030	Jorge Teixeira		SEN	Clube de Praças da Armada	80	0:18:55	316	1:12:53	46	0:10:01	1:41:49	0:30:20
219	5203		Hélder Adelino Lopes		V1	Individual	335	0:23:10	201	1:06:29	238	0:12:14	1:41:53	0:30:24
220	1173	195	Ruben Rosa		JUN	Individual	140	0:20:14	259	1:09:37	225	0:12:07	1:41:58	0:30:29
221	5578		Nuno Miguel Silva		V1	Individual	317	0:22:50	189	1:05:40	366	0:13:28	1:41:58	0:30:29
222	5639		Pedro Filipe Barbosa		SEN	Individual	254	0:22:02	190	1:05:42	430	0:14:20	1:42:04	0:30:35
223	5400		Luis Catarino		SEN	Individual	194	0:21:07	251	1:09:07	209	0:11:57	1:42:11	0:30:42
224	5021		Albino Martins		SEN	Individual	379	0:23:51	187	1:05:36	314	0:12:54	1:42:21	0:30:52
225	5608		Paulo Jorge Fonseca		V1	Individual	354	0:23:29	203	1:06:39	239	0:12:14	1:42:22	0:30:53
226	3529	3564	Paulo Roberto Pereira		SEN	Amiciclo	293	0:22:32	227	1:07:55	207	0:11:57	1:42:24	0:30:55
227	5643		Pedro José Gouveia		V1	Individual	404	0:24:15	140	1:02:52	484	0:15:23	1:42:30	0:31:01
228	5053		António Jorge Gonçalves		V1	Individual	94	0:19:21	301	1:12:18	118	0:10:59	1:42:38	0:31:09
229	5128		Carlos Peso		V1	Individual	348	0:23:24	195	1:06:01	347	0:13:15	1:42:40	0:31:11
230	5243		João Balsinha		V4	Individual	303	0:22:41	222	1:07:20	299	0:12:44	1:42:45	0:31:16
231	5515		Marco Monte		SEN	Individual	353	0:23:28	197	1:06:10	354	0:13:19	1:42:57	0:31:28
232	1177	3247	Pedro Lourenço		JUN	HALCON - SPIUK Olímpico de Oeiras	181	0:20:52	269	1:09:55	232	0:12:11	1:42:58	0:31:29
233	5055		António Jesus		V1	Individual	272	0:22:14	231	1:08:06	295	0:12:40	1:43:00	0:31:31
234	5397		Luís Carvalhinho		V1	Individual	257	0:22:04	241	1:08:29	275	0:12:30	1:43:03	0:31:34
235	5344	1088	Maria Pilar Castellanos		SEN	BRICOBLOCK - ESPROTEN - TRITOLEDO	234	0:21:40	264	1:09:44	182	0:11:40	1:43:04	0:31:35
236	1230	3533	João Afonso		JUN	Associação Naval Amorense	121	0:19:55	243	1:08:33	444	0:14:41	1:43:09	0:31:40
237	4271	4615	Jorge Vieira		V1	G. A. A. Vila Franca de Xira	269	0:22:12	265	1:09:45	145	0:11:15	1:43:12	0:31:43
238	5108		Carlos Manuel Ferreira		V3	Individual	255	0:22:03	235	1:08:14	330	0:13:05	1:43:22	0:31:53
239	5652		Pedro Lourenço		SEN	Individual	370	0:23:41	213	1:06:57	300	0:12:44	1:43:22	0:31:53
240	5234		Susana Pontes		SEN	Individual	456	0:25:13	173	1:04:53	367	0:13:28	1:43:34	0:32:05
241	5440		Rafael Caetano		V1	Individual	138	0:20:13	305	1:12:23	119	0:10:59	1:43:35	0:32:06
242	5561		Nuno Carlos Campos		SEN	Individual	399	0:24:08	221	1:07:09	258	0:12:23	1:43:40	0:32:11
243	5616		Paulo Marques		V1	Individual	322	0:22:56	226	1:07:48	323	0:13:00	1:43:44	0:32:15
244	4286	3558	Paulo Goulart		V1	C.F. "Os Belenenses"	356	0:23:30	223	1:07:28	308	0:12:50	1:43:48	0:32:19
245	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	332	0:23:07	204	1:06:42	433	0:14:23	1:44:12	0:32:43
246	5300		Joaquim Carrilho		V1	Individual	258	0:22:05	266	1:09:48	251	0:12:20	1:44:13	0:32:44
247	1097	2327	Sofia Almeida		JUN	Alhandra Sporting Clube	200	0:21:12	245	1:08:47	425	0:14:16	1:44:15	0:32:46
248	5468		Rodrigo Sousa		JUN	Individual	395	0:24:05	188	1:05:39	440	0:14:33	1:44:17	0:32:48
249	5425		Luis Pedro Pereira		SEN	Individual	328	0:22:59	248	1:08:56	269	0:12:27	1:44:22	0:32:53
250	1154	2636	Diogo Mata Tristão		JUN	Alhandra Sporting Clube	129	0:20:05	324	1:13:22	113	0:10:56	1:44:23	0:32:54
251	5098		Carlos Alberto Barata		SEN	Individual	362	0:23:36	239	1:08:25	267	0:12:27	1:44:28	0:32:59
252	5555		Mónica Santos		SEN	Individual	262	0:22:10	273	1:10:21	210	0:11:57	1:44:28	0:32:59
253	5304		Joaquim Miguel Ferreira		V1	Individual	448	0:25:02	206	1:06:45	306	0:12:49	1:44:36	0:33:07
254	5387		José Moreira		SEN	Individual	248	0:21:59	281	1:10:50	196	0:11:50	1:44:39	0:33:10
255	5159		Duarte Nuno Marques		SEN	Individual	542	0:26:49	156	1:03:37	421	0:14:14	1:44:40	0:33:11
256	5204		Helder Assunção		SEN	Individual	519	0:26:17	168	1:04:35	394	0:13:51	1:44:43	0:33:14
257	5070		António Palma		SEN	Individual	400	0:24:09	228	1:07:56	293	0:12:39	1:44:44	0:33:15
258	5636		Pedro Cravo		SEN	Individual	346	0:23:21	237	1:08:19	329	0:13:04	1:44:44	0:33:15
259	3440	3277	Filipa Fernandes		SEN	Individual	341	0:23:16	249	1:08:58	277	0:12:31	1:44:45	0:33:16
260	5143		Cristiano Figueiredo		SEN	Individual	426	0:24:35	208	1:06:52	352	0:13:19	1:44:46	0:33:17
261	5022		Alexandre Miguel Santos		SEN	Individual	410	0:24:20	210	1:06:53	375	0:13:35	1:44:48	0:33:19
262	4122	776	Fernando Teixeira		V3	Clube Ferroviário de Vendas Novas	330	0:23:06	270	1:09:57	208	0:11:57	1:45:00	0:33:31
263	5524		Mário Faria		SEN	Individual	401	0:24:09	198	1:06:12	449	0:14:45	1:45:06	0:33:37
264	1209	147	Diogo Goulão Henriques		JUN	Ginásio Clube de Sines	207	0:21:15	314	1:12:45	135	0:11:09	1:45:09	0:33:40
265	5043		Anibal José Costa		SEN	Individual	62	0:18:29	383	1:16:57	32	0:09:47	1:45:13	0:33:44
266	3357	3069	Albano Seca		SEN	Associação Recreativa, Cultural e Desportiva de Covas	81	0:18:56	348	1:15:03	144	0:11:15	1:45:14	0:33:45
267	2576		Vitor Pinho		V2	Individual	384	0:23:55	258	1:09:36	190	0:11:46	1:45:17	0:33:48
268	4089	768	Jorge Duarte		V3	Oeiras Sport Clube - TRANSINSULAR	405	0:24:17	216	1:06:58	411	0:14:09	1:45:24	0:33:55
269	5471		Luis Maia		SEN	Individual	245	0:21:54	283	1:11:01	281	0:12:32	1:45:27	0:33:58
270	1112	157	Rui Cordeiro		JUN	Ginásio Clube de Sines	184	0:20:58	307	1:12:30	215	0:12:02	1:45:30	0:34:01

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
271	2112	3446	Ivan Costa		S23	Alhandra Sporting Clube	278	0:22:19	279	1:10:45	270	0:12:28	1:45:32	0:34:03
272	1233	3546	Diogo Rosa		JUN	Clube de Natação do Tejo	130	0:20:05	211	1:06:54	571	0:18:37	1:45:36	0:34:07
273	1204	3307	Filipe Miguel Lopes		JUN	Alhandra Sporting Clube	84	0:18:59	353	1:15:19	162	0:11:27	1:45:45	0:34:16
274	5479		Manuel João Cordeiro		V1	Individual					601	1:46:01	1:46:01	0:34:32
275	1223	230	Rui Tenrinho		JUN	C.F. "Os Belenenses"	220	0:21:23	303	1:12:23	252	0:12:21	1:46:07	0:34:38
276	5580		Nuno Felício		SEN	Individual	210	0:21:17	325	1:13:23	169	0:11:31	1:46:11	0:34:42
277	3494	3451	Rui Pedro Costa		SEN	Clube de Natação do Tejo	320	0:22:53	278	1:10:40	294	0:12:40	1:46:13	0:34:44
278	5244		João Batista		SEN	Individual	390	0:24:00	246	1:08:50	369	0:13:29	1:46:19	0:34:50
279	5039		André Chimanda		S23	Individual	123	0:20:00	336	1:14:11	233	0:12:11	1:46:22	0:34:53
280	5579		Nuno Miguel Neves		SEN	Individual	282	0:22:20	288	1:11:20	312	0:12:53	1:46:33	0:35:04
281	5233		Jaime Bento		SEN	Individual	287	0:22:26	294	1:11:49	250	0:12:19	1:46:34	0:35:05
282	3347	3053	Desidério Sousa		SEN	Associação Recreativa, Cultural e Desportiva de Covas	312	0:22:47	286	1:11:08	304	0:12:47	1:46:42	0:35:13
283	5037		Ana Cláudia Vilaça		SEN	Individual	334	0:23:09	274	1:10:25	343	0:13:12	1:46:46	0:35:17
284	5227		Hugo Carvalho Silva		SEN	Individual	361	0:23:35	285	1:11:03	244	0:12:16	1:46:54	0:35:25
285	5333		José Anibal Correia		V2	Individual	286	0:22:25	298	1:12:13	247	0:12:18	1:46:56	0:35:27
286	5255		João Caseiro		SEN	Individual	411	0:24:20	240	1:08:27	417	0:14:12	1:46:59	0:35:30
287	1164	3150	David Maia		JUN	HALCON - SPIUK Olímpico de Oeiras	213	0:21:18	319	1:13:00	301	0:12:45	1:47:03	0:35:34
288	5181		Filipe Arroyo Cardoso		SEN	Individual	246	0:21:56	318	1:12:59	234	0:12:11	1:47:06	0:35:37
289	4124	2725	Vitor Cotrim		V1	Grupo Desportivo do Pessoal da CIMBOR - Alhandra	198	0:21:10	327	1:13:41	241	0:12:16	1:47:07	0:35:38
290	5361		José Luis Caturra		V3	Individual	387	0:23:58	262	1:09:43	365	0:13:28	1:47:09	0:35:40
291	5292		João Ricardo		JUN	Individual	416	0:24:23	261	1:09:41	340	0:13:10	1:47:14	0:35:45
292	5473		Manuel Araújo		V1	Individual	449	0:25:02	233	1:08:11	405	0:14:02	1:47:15	0:35:46
293	1128	231	Carolina Gregório		JUN	HALCON - SPIUK Olímpico de Oeiras	285	0:22:25	304	1:12:23	271	0:12:28	1:47:16	0:35:47
294	5453		Ricardo José Franco		SEN	Individual	407	0:24:18	260	1:09:40	360	0:13:26	1:47:24	0:35:55
295	4268	3183	Vasco Soares		V1	Alhandra Sporting Clube	300	0:22:38	300	1:12:15	283	0:12:33	1:47:26	0:35:57
296	3516	3516	Hugo Salvador		SEN	Clube de Triatlo de Almada	415	0:24:23	271	1:10:08	317	0:12:56	1:47:27	0:35:58
297	5254		Tiago Pereira		SEN	Individual	447	0:25:01	250	1:09:06	368	0:13:28	1:47:35	0:36:06
298	1201	2627	André Estevam		JUN	Alhandra Sporting Clube	380	0:23:52	290	1:11:24	255	0:12:22	1:47:38	0:36:09
299	5650		Pedro Manuel Ferrão		SEN	Individual	477	0:25:27	256	1:09:30	307	0:12:49	1:47:46	0:36:17
300	5048		António Carlos Rodrigues		V2	Individual	386	0:23:57	263	1:09:44	409	0:14:07	1:47:48	0:36:19
301	5667		Pedro Raposo		SEN	Individual	424	0:24:32	284	1:11:01	245	0:12:16	1:47:49	0:36:20
302	5354		José Davide Gregório		V1	Individual	283	0:22:22	332	1:14:00	166	0:11:28	1:47:50	0:36:21
303	3526	3557	António Gouveia		SEN	C.F. "Os Belenenses"	243	0:21:52	313	1:12:44	349	0:13:16	1:47:52	0:36:23
304	2094	126	Joaquim Guerreiro		S23	Amiciclo	292	0:22:32	326	1:13:41	185	0:11:43	1:47:56	0:36:27
305	5508		Marcelo Pinto		JUN	Individual	259	0:22:05	322	1:13:17	303	0:12:45	1:48:07	0:36:38
306	5593		Octávio Matias		SEN	Individual	488	0:25:37	242	1:08:32	415	0:14:10	1:48:19	0:36:50
307	5216		Henrique Coelho		SEN	Individual	221	0:21:23	299	1:12:14	446	0:14:43	1:48:20	0:36:51
308	3522	3550	Nuno Pereira		SEN	Quintajense Futebol Clube	518	0:26:15	275	1:10:26	181	0:11:40	1:48:21	0:36:52
309	5617		Paulo Jorge Noro		SEN	Individual	483	0:25:34	254	1:09:24	359	0:13:26	1:48:24	0:36:55
310	5268		João Junqueira		V1	Individual	313	0:22:47	337	1:14:17	165	0:11:28	1:48:32	0:37:03
311	2117	3217	João Pedro Martins		S23	Peniche A. C.	211	0:21:17	339	1:14:25	315	0:12:54	1:48:36	0:37:07
312	3426	3222	Mário Baltazar		SEN	Peniche A. C.	233	0:21:40	310	1:12:41	429	0:14:19	1:48:40	0:37:11
313	5632		Pedro Cabral		JUN	Individual	388	0:23:59	295	1:11:54	325	0:13:01	1:48:54	0:37:25
314	5657		Pedro Miguel Torres		SEN	Individual	389	0:23:59	296	1:11:57	327	0:13:03	1:48:59	0:37:30
315	5100		Carlos Candeias		V1	Individual	284	0:22:24	345	1:14:49	201	0:11:53	1:49:06	0:37:37
316	5245		João Cardoso		SEN	Individual	217	0:21:20	374	1:16:28	168	0:11:31	1:49:19	0:37:50
317	5287		João Paulo Gomes		V1	Individual	324	0:22:57	320	1:13:04	355	0:13:20	1:49:21	0:37:52
318	5057		Rui Figueiredo		SEN	Individual	349	0:23:24	315	1:12:48	342	0:13:11	1:49:23	0:37:54
319	5423		Luis Miguel Esteireiro		SEN	Individual	452	0:25:07	293	1:11:43	292	0:12:37	1:49:27	0:37:58
320	5139		Rui Domingos Costa		V1	Individual	224	0:21:28	373	1:16:22	193	0:11:48	1:49:38	0:38:09
321	5140		Cláudio Proença		SEN	Individual	428	0:24:36	287	1:11:20	391	0:13:48	1:49:44	0:38:15
322	5416		Luis Ferreira		SEN	Individual	277	0:22:18	369	1:16:00	178	0:11:37	1:49:55	0:38:26
323	2120	128	Tânia Boleta		S23	Ginásio Clube de Sines	252	0:22:01	355	1:15:23	285	0:12:35	1:49:59	0:38:30
324	5623		Paulo Rodrigues		SEN	Individual	279	0:22:19	357	1:15:27	240	0:12:15	1:50:01	0:38:32
325	5205		Sérgio Wieszicki		V2	Individual	294	0:22:33	280	1:10:48	540	0:16:54	1:50:15	0:38:46
326	5576		Nuno Miguel Lucas		SEN	Individual	414	0:24:22	297	1:11:58	404	0:14:01	1:50:21	0:38:52

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
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LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
327	5574		Nuno Perpétuo		SEN	Individual	558	0:27:20	218	1:07:02	509	0:16:13	1:50:35	0:39:06
328	5109		Carlos Manuel Neves		V1	Individual	305	0:22:42	352	1:15:14	296	0:12:41	1:50:37	0:39:08
329	5116		Carlos Manuel Teixeira		SEN	Individual	446	0:25:01	308	1:12:32	333	0:13:07	1:50:40	0:39:11
330	1225	3109	Duarte Marcelino		JUN	C.F. "Os Belenenses"	288	0:22:28	343	1:14:48	362	0:13:27	1:50:43	0:39:14
331	3523	3551	Nuno Pinto		SEN	Quintajense Futebol Clube	491	0:25:40	289	1:11:22	382	0:13:41	1:50:43	0:39:14
332	5115		Carlos Manuel Pedro		JUN	Individual	315	0:22:49	370	1:16:02	202	0:11:53	1:50:44	0:39:15
333	5180		Filipe Alexandre Pires		S23	Individual	403	0:24:11	292	1:11:32	471	0:15:04	1:50:47	0:39:18
334	5521		Mariana Teixeira		SEN	Individual	364	0:23:36	331	1:13:49	358	0:13:23	1:50:48	0:39:19
335	3518	3534	David Chéu Martins		SEN	Associação Naval Amorense	166	0:20:43	394	1:17:43	257	0:12:23	1:50:49	0:39:20
336	5013		Adílio Ferreira		V2	Individual	392	0:24:02	360	1:15:30	150	0:11:19	1:50:51	0:39:22
337	5122		Carlos Miguel Rodrigues		SEN	Individual	146	0:20:20	401	1:18:29	216	0:12:02	1:50:51	0:39:22
338	5378		Miguel Ladeira		SEN	Individual	263	0:22:10	389	1:17:20	175	0:11:33	1:51:03	0:39:34
339	5480		Rogério Soares		V2	Individual	502	0:25:55	306	1:12:24	316	0:12:55	1:51:14	0:39:45
340	4063	832	José Soares		V3	S. R. Toreense	339	0:23:15	361	1:15:30	282	0:12:32	1:51:17	0:39:48
341	4117	2642	Carlos Egídio Alegre		V2	Associação Recreativa Social e Cultural de Toledo	352	0:23:27	330	1:13:47	407	0:14:05	1:51:19	0:39:50
342	5217		Hernâni Amaral		V4	Individual	489	0:25:38	323	1:13:21	273	0:12:28	1:51:27	0:39:58
343	5085		Bento Gírio Tanganho		V3	Individual	295	0:22:34	378	1:16:45	278	0:12:31	1:51:50	0:40:21
344	5215		Henrique Romão		V3	Individual	253	0:22:01	388	1:17:19	289	0:12:36	1:51:56	0:40:27
345	5036		Ana Teresa Machado		S23	Individual	281	0:22:20	391	1:17:31	226	0:12:08	1:51:59	0:40:30
346	3403	381	Rita Ribeiro		SEN	Ginásio Clube de Sines	310	0:22:45	381	1:16:50	264	0:12:26	1:52:01	0:40:32
347	5264		Vasco Borges		V1	Individual	485	0:25:35	312	1:12:43	392	0:13:49	1:52:07	0:40:38
348	5592		Nuno Ferreira Vicente		SEN	Individual	429	0:24:37	340	1:14:37	326	0:13:02	1:52:16	0:40:47
349	5544		Miguel Pereira		SEN	Individual	331	0:23:06	362	1:15:33	378	0:13:38	1:52:17	0:40:48
350	5194		Maria Glória Serrazina		V3	Individual	307	0:22:43	386	1:17:15	272	0:12:28	1:52:26	0:40:57
351	5644		Pedro José Pereira		V2	Individual	326	0:22:58	354	1:15:19	418	0:14:12	1:52:29	0:41:00
352	5323		Jorge Oliveira		SEN	Individual	540	0:26:47	302	1:12:20	363	0:13:27	1:52:34	0:41:05
353	5298		João Simões		V1	Individual	358	0:23:32	367	1:15:59	337	0:13:08	1:52:39	0:41:10
354	5198		Gonçalo Simões		S23	Individual	270	0:22:13	402	1:18:34	203	0:11:53	1:52:40	0:41:11
355	5563		Nuno Coelho		V2	Individual	533	0:26:37	333	1:14:01	248	0:12:18	1:52:56	0:41:27
356	5463		Roberto Fiuza Alves		SEN	Individual	472	0:25:23	328	1:13:41	396	0:13:52	1:52:56	0:41:27
357	5359		José Lima		V1	Individual	438	0:24:53	335	1:14:10	408	0:14:06	1:53:09	0:41:40
358	5596		Orlando Ramos		V1	Individual	366	0:23:38	385	1:17:07	266	0:12:26	1:53:11	0:41:42
359	2119	3465	Gonçalo Franco		S23	Molly Maid - Vitoria de Janes	214	0:21:18	418	1:19:30	280	0:12:31	1:53:19	0:41:50
360	4279	3518	João Morgado		V1	Clube de Triatlo de Almada	481	0:25:30	321	1:13:08	456	0:14:53	1:53:31	0:42:02
361	5460		Ricardo Jorge Silva		SEN	Individual	430	0:24:37	359	1:15:29	376	0:13:35	1:53:41	0:42:12
362	2110	2638	Liliana Filipa Silva		S23	Alhandra Sporting Clube	251	0:22:01	411	1:19:17	262	0:12:25	1:53:43	0:42:14
363	3281	2838	Hélder Gonçalves Ribeiro		SEN	Oeiras Sport Clube - TRANSINSULAR	433	0:24:45	356	1:15:26	380	0:13:38	1:53:49	0:42:20
364	3304	2892	Ivan Pinto da Silva		SEN	Clube Triatlo de Perosinho	319	0:22:52	338	1:14:23	531	0:16:36	1:53:51	0:42:22
365	5129		Carlos Pinto		SEN	Individual	376	0:23:48	384	1:16:58	335	0:13:07	1:53:53	0:42:24
366	5119		Carlos Manuel Preciso		SEN	Individual	225	0:21:30	440	1:21:15	141	0:11:13	1:53:58	0:42:29
367	5341		José Augusto Morgado		V1	Individual	525	0:26:24	309	1:12:41	458	0:14:53	1:53:58	0:42:29
368	5239		Jaime Manuel Rosa		V1	Individual	524	0:26:24	311	1:12:42	457	0:14:53	1:53:59	0:42:30
369	5417		Luis Manuel Ventura		V1	Individual	453	0:25:08	350	1:15:10	385	0:13:44	1:54:02	0:42:33
370	5452		Ricardo Oliveira		SEN	Individual	420	0:24:29	341	1:14:43	455	0:14:50	1:54:02	0:42:33
371	5420		Luis Marques		V1	Individual	439	0:24:55	363	1:15:51	350	0:13:17	1:54:03	0:42:34
372	5259		João de Sousa		V1	Individual	444	0:25:00	329	1:13:44	481	0:15:21	1:54:05	0:42:36
373	3004	485	Bruno Silva		SEN	G. A. A. Vila Franca de Xira	260	0:22:09	439	1:21:07	109	0:10:54	1:54:10	0:42:41
374	5197		Gonçalo Ferreira		SEN	Individual	373	0:23:45	396	1:17:54	288	0:12:36	1:54:15	0:42:46
375	5012		Adérito Lopes		V1	Individual	535	0:26:42	334	1:14:09	381	0:13:41	1:54:32	0:43:03
376	5352	1090	Sara Martín Temiño		SEN	BRICBLOCK - ESPROTEN - TRITOLEDO	298	0:22:36	407	1:18:51	336	0:13:07	1:54:34	0:43:05
377	5410		Luis Filipe Monteiro		SEN	Individual	316	0:22:50	400	1:18:27	357	0:13:21	1:54:38	0:43:09
378	3530	3565	Amândio Fernandes		SEN	Amiciclo	329	0:23:06	393	1:17:34	401	0:13:59	1:54:39	0:43:10
379	5084		Rui Fonseca		SEN	Individual	539	0:26:46	317	1:12:58	466	0:14:57	1:54:41	0:43:12
380	1219	3514	Daniel Nabais		JUN	Clube de Triatlo de Almada	85	0:19:04	282	1:10:51	597	0:24:56	1:54:51	0:43:22
381	5612		Paulo Jorge Dias		V1	Individual	492	0:25:41	349	1:15:07	422	0:14:14	1:55:02	0:43:33
382	5625		Paulo Toledo		V2	Individual	493	0:25:42	351	1:15:12	420	0:14:13	1:55:07	0:43:38

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
383	5389		Juan Manuel Costa		V1	Individual	342	0:23:16	405	1:18:38	345	0:13:14	1:55:08	0:43:39
384	5136		César Gabriel Marques		SEN	Individual	360	0:23:34	404	1:18:38	322	0:13:00	1:55:12	0:43:43
385	5526		Mário Jorge Romão		V2	Individual	458	0:25:16	366	1:15:58	400	0:13:58	1:55:12	0:43:43
386	5638		Pedro Falcato		SEN	Individual	402	0:24:10	397	1:18:01	331	0:13:05	1:55:16	0:43:47
387	5267		João Jesus		SEN	Individual	397	0:24:07	380	1:16:47	439	0:14:33	1:55:27	0:43:58
388	5032		Rui Manuel Martins		V1	Individual	526	0:26:26	342	1:14:44	427	0:14:17	1:55:27	0:43:58
389	5584		Nuno Miguel Antunes		V1	Individual	374	0:23:45	409	1:19:00	298	0:12:43	1:55:28	0:43:59
390	5069		António Carpinteiro		S23	Individual	619	0:29:48	277	1:10:36	479	0:15:20	1:55:44	0:44:15
391	5066		António Miguel Silva		SEN	Individual	495	0:25:44	346	1:14:56	477	0:15:18	1:55:58	0:44:29
392	5154		Diogo Bourbon Franca		V1	Individual	463	0:25:19	365	1:15:57	460	0:14:55	1:56:11	0:44:42
393	5469		Rodrigo Nogueira		SEN	Individual	575	0:28:01	291	1:11:27	535	0:16:43	1:56:11	0:44:42
394	5619		Paulo Renato Marques		V1	Individual	338	0:23:12	433	1:20:31	290	0:12:36	1:56:19	0:44:50
395	5246		João Carlos Galope		SEN	Individual	451	0:25:05	390	1:17:22	398	0:13:54	1:56:21	0:44:52
396	5183		Filipe Manuel Sousa		V2	Individual	476	0:25:26	379	1:16:47	416	0:14:12	1:56:25	0:44:56
397	5540		Luis Miguel Dias		SEN	Individual	301	0:22:39	417	1:19:30	426	0:14:17	1:56:26	0:44:57
398	5026		Alfredo Félix		V1	Individual	431	0:24:43	408	1:18:56	309	0:12:50	1:56:29	0:45:00
399	5583		Nuno Miguel Pereira		SEN	Individual	368	0:23:40	419	1:19:37	344	0:13:13	1:56:30	0:45:01
400	5093		Bruno Bastos Silva		SEN	Individual	462	0:25:18	371	1:16:09	480	0:15:20	1:56:47	0:45:18
401	1200	2626	Laura Costa Bento		JUN	Alhandra Sporting Clube	327	0:22:59	431	1:20:24	373	0:13:31	1:56:54	0:45:25
402	5207		Sérgio Mourato		SEN	Individual	538	0:26:45	358	1:15:27	445	0:14:42	1:56:54	0:45:25
403	5567		Nuno Fonseca		SEN	Individual	470	0:25:22	347	1:14:59	528	0:16:35	1:56:56	0:45:27
404	5573		Nuno José Ferreira		SEN	Individual	367	0:23:40	392	1:17:32	501	0:15:48	1:57:00	0:45:31
405	5430		Luis Ricardo		SEN	Individual	385	0:23:56	428	1:19:58	338	0:13:09	1:57:03	0:45:34
406	5606		Paulo Jorge Costa		V2	Individual	466	0:25:21	395	1:17:53	393	0:13:50	1:57:04	0:45:35
407	5046		Rui Montenegro Marques		SEN	Individual	544	0:26:52	364	1:15:52	435	0:14:24	1:57:08	0:45:39
408	5566		Nuno Filipe Lima		SEN	Individual	528	0:26:33	377	1:16:40	403	0:13:59	1:57:12	0:45:43
409	3515	3498	Jorge Borges		SEN	Grupo Desportivo do Pessoal da CIMPOR - Alhandra	271	0:22:14	460	1:22:37	260	0:12:24	1:57:15	0:45:46
410	5409		Luis Filipe Lopes		SEN	Individual	382	0:23:54	443	1:21:27	223	0:12:06	1:57:27	0:45:58
411	4045	757	Rogério Morais		V2	Clube Ferroviário de Vendas Novas	412	0:24:21	436	1:20:50	249	0:12:19	1:57:30	0:46:01
412	5472		Manuel Antunes		V1	Individual	369	0:23:41	438	1:21:00	310	0:12:50	1:57:31	0:46:02
413	5348		José Carlos Freitas		V1	Individual	336	0:23:10	447	1:21:58	286	0:12:35	1:57:43	0:46:14
414	5317		Jorge Menau		SEN	Individual	531	0:26:36	368	1:15:59	474	0:15:10	1:57:45	0:46:16
415	4132	2745	António Moriés		V2	Oeiras Sport Clube - TRANSINSULAR	566	0:27:36	344	1:14:48	485	0:15:24	1:57:48	0:46:19
416	5281		João Paiva		V1	Individual	484	0:25:35	410	1:19:08	384	0:13:43	1:58:26	0:46:57
417	5302		Joaquim Manuel Azevedo		V2	Individual	371	0:23:43	448	1:21:59	302	0:12:45	1:58:27	0:46:58
418	1171	2865	Luis Rodrigues		JUN	Ginásio Clube de Sines	427	0:24:36	420	1:19:41	423	0:14:15	1:58:32	0:47:03
419	5537		Michel Gaspar Costa		SEN	Individual	223	0:21:26	468	1:23:49	356	0:13:20	1:58:35	0:47:06
420	5296		João Serra		SEN	Individual	308	0:22:44	459	1:22:33	353	0:13:19	1:58:36	0:47:07
421	5362		Rui Manuel Correia		V4	Individual	418	0:24:25	452	1:22:06	224	0:12:06	1:58:37	0:47:08
422	5001	1080	Merche Bea		V1	Ciclos Yurrebaso	393	0:24:04	445	1:21:57	291	0:12:37	1:58:38	0:47:09
423	3390	3158	Hélder Valente		SEN	Serv. Soc. CGD	515	0:26:04	421	1:19:41	318	0:12:56	1:58:41	0:47:12
424	5552		Miguel San-Payo		V2	Individual	398	0:24:08	456	1:22:29	237	0:12:13	1:58:50	0:47:21
425	5538		Miguel Ribeiro		SEN	Individual	421	0:24:31	398	1:18:02	517	0:16:24	1:58:57	0:47:28
426	5102		Carlos Dinis		V2	Individual	503	0:25:56	414	1:19:20	389	0:13:46	1:59:02	0:47:33
427	5656		Pedro Miguel Jorge		V1	Individual	578	0:28:03	376	1:16:36	436	0:14:26	1:59:05	0:47:36
428	5713		Rui Gaspar		V1	Individual	441	0:24:57	372	1:16:18	562	0:17:54	1:59:09	0:47:40
429	5096		Carlos André		SEN	Individual	499	0:25:52	416	1:19:28	397	0:13:53	1:59:13	0:47:44
430	5533		Mário Jorge Campos Silva		V2	Individual	565	0:27:33	403	1:18:34	339	0:13:09	1:59:16	0:47:47
431	5614		Paulo Jorge Santos		V1	Individual	325	0:22:58	462	1:23:09	341	0:13:10	1:59:17	0:47:48
432	3082	651	João Seródio		SEN	Clube de Natação Colégio Vasco da Gama	465	0:25:20	415	1:19:24	450	0:14:46	1:59:30	0:48:01
433	5653		Pedro Manuel Vieira		V1	Individual	454	0:25:11	437	1:20:53	386	0:13:44	1:59:48	0:48:19
434	5056		António José Louro		SEN	Individual	469	0:25:22	430	1:20:06	432	0:14:21	1:59:49	0:48:20
435	1103	146	Andreia Simões Lopes		JUN	Ginásio Clube de Sines	394	0:24:04	450	1:22:05	402	0:13:59	2:00:08	0:48:39
436	5449		Ricardo Freixo		SEN	Individual	497	0:25:50	426	1:19:53	437	0:14:26	2:00:09	0:48:40
437	5332		José Andrade		V1	Individual	425	0:24:34	441	1:21:22	434	0:14:24	2:00:20	0:48:51
438	5598		Paulo Rodrigues		SEN	Individual	571	0:27:52	382	1:16:56	499	0:15:46	2:00:34	0:49:05

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
439	1227	3530	Miguel Alexandre		JUN	Associação Naval Amorense		471	0:25:23	444	1:21:30	387	0:13:45	2:00:38	0:49:09
440	5642		Pedro Jorge Louro		V1	Individual		507	0:25:58	432	1:20:25	428	0:14:19	2:00:42	0:49:13
441	5083		Avelino Fernandes		SEN	Individual		508	0:25:59	429	1:19:59	459	0:14:55	2:00:53	0:49:24
442	5414		Luis Conceição		V2	Individual		378	0:23:50	478	1:24:38	268	0:12:27	2:00:55	0:49:26
443	5029		Álvaro Vila-Chã		V3	Individual		546	0:26:55	399	1:18:18	500	0:15:48	2:01:01	0:49:32
444	5127		Carlos Manuel Pereira		V2	Individual		541	0:26:48	412	1:19:17	469	0:15:02	2:01:07	0:49:38
445	5404		Luis Cristóvão		V3	Individual		436	0:24:47	413	1:19:19	543	0:17:07	2:01:13	0:49:44
446	5649		Pedro Magalhães		SEN	Individual		350	0:23:25	467	1:23:35	438	0:14:27	2:01:27	0:49:58
447	4091	869	Vicente Graça		V3	Alhandra Sporting Clube		478	0:25:28	446	1:21:58	412	0:14:10	2:01:36	0:50:07
448	5117		Carlos Manuel Rodrigues		V2	Individual		275	0:22:16	499	1:26:57	263	0:12:25	2:01:38	0:50:09
449	5047		António Neves Almeida		SEN	Individual		297	0:22:36	454	1:22:23	534	0:16:40	2:01:39	0:50:10
450	5602		Paulo Jorge Barreira		V1	Individual		500	0:25:53	434	1:20:34	490	0:15:32	2:01:59	0:50:30
451	5256		João Côrte Real		V2	Individual		417	0:24:24	466	1:23:33	406	0:14:04	2:02:01	0:50:32
452	5196		Gonçalo Costa		SEN	Individual		422	0:24:32	464	1:23:20	414	0:14:10	2:02:02	0:50:33
453	5125		Carlos Morais		V2	Individual		351	0:23:26	488	1:25:45	334	0:13:07	2:02:18	0:50:49
454	1080	2310	João Pica		JUN	C.F. "Os Belenenses"		296	0:22:35	503	1:27:40	246	0:12:17	2:02:32	0:51:03
455	5257		Tiago Pais		SEN	Individual		548	0:27:05	435	1:20:44	467	0:14:57	2:02:46	0:51:17
456	5223		Hugo Brito		SEN	Individual		218	0:21:21	521	1:29:55	184	0:11:42	2:02:58	0:51:29
457	5289		João Paulo Pires		SEN	Individual		363	0:23:36	425	1:19:48	585	0:19:55	2:03:19	0:51:50
458	5412		Luis Gonçalves		SEN	Individual		614	0:29:33	422	1:19:42	419	0:14:13	2:03:28	0:51:59
459	1129	71	Neuza Reis		JUN	Amiciclo		479	0:25:28	469	1:23:53	431	0:14:21	2:03:42	0:52:13
460	5060		Antonio Miguel Ferreira		V1	Individual		588	0:28:27	424	1:19:47	487	0:15:28	2:03:42	0:52:13
461	5225		Hugo Pereira		SEN	Individual		359	0:23:33	498	1:26:51	351	0:13:18	2:03:42	0:52:13
462	5240		Jesus Alexandre		SEN	Individual		291	0:22:31	504	1:27:44	364	0:13:28	2:03:43	0:52:14
463	5637		Pedro Daniel Pires		SEN	Individual		419	0:24:28	449	1:22:03	546	0:17:15	2:03:46	0:52:17
464	5004		Rui Lacerda		SEN	Individual		337	0:23:10	508	1:28:34	227	0:12:09	2:03:53	0:52:24
465	5554		Mónica Costa		SEN	Individual		536	0:26:43	453	1:22:19	462	0:14:55	2:03:57	0:52:28
466	5030		Ana Cristina Afonso		SEN	Individual		522	0:26:20	463	1:23:20	441	0:14:36	2:04:16	0:52:47
467	5620		Paulo Ribeiro		V1	Individual		574	0:28:00	406	1:18:48	554	0:17:35	2:04:23	0:52:54
468	5283		João Paulo Jesus Marques		SEN	Individual		549	0:27:07	375	1:16:31	590	0:20:50	2:04:28	0:52:59
469	5153		Délio Rão		V4	Individual		512	0:26:03	465	1:23:23	475	0:15:12	2:04:38	0:53:09
470	5146		Daniel Costa		SEN	Individual		457	0:25:15	479	1:24:51	452	0:14:47	2:04:53	0:53:24
471	5505		Manuel Ornelas Ramos		V2	Individual		547	0:27:05	481	1:24:58	319	0:12:57	2:05:00	0:53:31
472	5226		Susana Almeida		SEN	Individual		468	0:25:21	493	1:26:22	370	0:13:29	2:05:12	0:53:43
473	5091		Bruno Ricardo		V2	Individual		557	0:27:19	451	1:22:05	504	0:16:01	2:05:25	0:53:56
474	5067		António Miranda		V1	Individual		511	0:26:03	476	1:24:17	472	0:15:06	2:05:26	0:53:57
475	5388		José Panóias		V3	Individual		537	0:26:44	471	1:24:05	453	0:14:48	2:05:37	0:54:08
476	5666		Pedro Piteira		SEN	Individual		467	0:25:21	457	1:22:30	557	0:17:48	2:05:39	0:54:10
477	5622		Rui Firmino		SEN	Individual		601	0:29:09	423	1:19:46	536	0:16:45	2:05:40	0:54:11
478	5253		João Carvalhinho		V3	Individual		482	0:25:32	483	1:25:20	461	0:14:55	2:05:47	0:54:18
479	5295		António João Valente		V1	Individual		409	0:24:19	510	1:28:46	305	0:12:47	2:05:52	0:54:23
480	4280	3519	Paulo Lopes		V1	Clube de Triatlo de Almada		616	0:29:40	427	1:19:56	530	0:16:36	2:06:12	0:54:43
481	5525		Mário Jorge Alves Silva		V2	Individual		486	0:25:36	497	1:26:34	410	0:14:08	2:06:18	0:54:49
482	5033		Ana Paula Gaspar		V1	Individual		561	0:27:25	458	1:22:31	524	0:16:34	2:06:30	0:55:01
483	5201		Guilherme Branquinho		SEN	Individual		562	0:27:25	455	1:22:29	532	0:16:37	2:06:31	0:55:02
484	5470		Luis Tavares		SEN	Individual		554	0:27:12	472	1:24:05	494	0:15:37	2:06:54	0:55:25
485	5600		Paulo António Sousa		SEN	Individual		580	0:28:06	475	1:24:14	443	0:14:39	2:06:59	0:55:30
486	3383	3120	Sofia Valente		SEN	Núcleo de Ciclismo da Baixa da Banheira		510	0:26:01	492	1:26:20	447	0:14:43	2:07:04	0:55:35
487	5324		Jorge Pires		SEN	Individual		496	0:25:49	490	1:25:56	482	0:15:21	2:07:06	0:55:37
488	5202		Guilhermino Taveira		SEN	Individual		432	0:24:45	512	1:28:49	388	0:13:45	2:07:19	0:55:50
489	5220		Sérgio Taveira		SEN	Individual		434	0:24:46	511	1:28:47	390	0:13:47	2:07:20	0:55:51
490	3472	3369	João Bouza Costa		SEN	Individual		498	0:25:51	482	1:25:16	512	0:16:18	2:07:25	0:55:56
491	5572		Nuno Marques Bernardo		SEN	Individual		647	0:31:42	442	1:21:25	442	0:14:39	2:07:46	0:56:17
492	5177		Fernando Fernandes		V1	Individual		599	0:29:05	461	1:22:39	506	0:16:03	2:07:47	0:56:18
493	5095		Carlos Alexandre Silva		SEN	Individual		521	0:26:19	489	1:25:54	493	0:15:35	2:07:48	0:56:19
494	5148		Daniel Mainha		SEN	Individual		455	0:25:13	501	1:27:23	476	0:15:16	2:07:52	0:56:23

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
495	5369		José Carretas		V1	Individual	550	0:27:07	487	1:25:41	473	0:15:09	2:07:57	0:56:28
496	5024		Rui Manuel Cabral		SEN	Individual	442	0:24:58	523	1:29:55	371	0:13:30	2:08:23	0:56:54
497	5358		José Joaquim Rico		SEN	Individual	551	0:27:09	491	1:26:13	478	0:15:19	2:08:41	0:57:12
498	5170		Fernanda Pinto		V2	Individual	651	0:32:40	387	1:17:18	573	0:18:47	2:08:45	0:57:16
499	5155		Diogo Vinagre Ferreira		SEN	Individual	408	0:24:19	516	1:29:27	470	0:15:02	2:08:48	0:57:19
500	5306		Joel António Silva		SEN	Individual	406	0:24:18	530	1:30:56	395	0:13:51	2:09:05	0:57:36
501	5059		Rui Miguel Ferreira		SEN	Individual	564	0:27:31	485	1:25:28	514	0:16:18	2:09:17	0:57:48
502	5335		José António Santos		SEN	Individual	629	0:30:03	474	1:24:11	486	0:15:25	2:09:39	0:58:10
503	5262		João Quaresma		SEN	Individual	506	0:25:58	513	1:29:00	465	0:14:57	2:09:55	0:58:26
504	5073		António Horteiga		V2	Individual	474	0:25:25	526	1:30:28	413	0:14:10	2:10:03	0:58:34
505	5360		José Luis Correia		V3	Individual	445	0:25:00	505	1:27:59	549	0:17:25	2:10:24	0:58:55
506	5530		Pedro Miguel Gouveia		SEN	Individual	583	0:28:16	507	1:28:30	383	0:13:42	2:10:28	0:58:59
507	5157		Domingos Machado		V2	Individual	443	0:24:59	515	1:29:04	519	0:16:26	2:10:29	0:59:00
508	5290		João Paulo Ferreira		V2	Individual	464	0:25:19	527	1:30:41	463	0:14:56	2:10:56	0:59:27
509	5192		António Lopes		V2	Individual	573	0:28:00	494	1:26:26	523	0:16:33	2:10:59	0:59:30
510	5182		Filipe Cordeiro		SEN	Individual	523	0:26:21	486	1:25:32	581	0:19:07	2:11:00	0:59:31
511	5174		Fernando Jorge Gonçalves		V1	Individual	435	0:24:47	539	1:32:08	424	0:14:15	2:11:10	0:59:41
512	5160		Eduardo Correia		V1	Individual	396	0:24:07	544	1:32:49	495	0:15:40	2:12:36	1:01:07
513	5052		Antonio Figueiredo		SEN	Individual	590	0:28:28	473	1:24:09	587	0:20:07	2:12:44	1:01:15
514	5277		João Miguel Duarte		SEN	Individual	567	0:27:38	519	1:29:42	488	0:15:30	2:12:50	1:01:21
515	5103		Carlos Figueiredo		V1	Individual	475	0:25:26	520	1:29:53	565	0:18:03	2:13:22	1:01:53
516	5658		Pedro Miguel Monteiro		SEN	Individual	440	0:24:56	543	1:32:45	498	0:15:44	2:13:25	1:01:56
517	5315		Vitor Henriques		SEN	Individual	620	0:29:49	484	1:25:24	569	0:18:13	2:13:26	1:01:57
518	2126	3497	Miguel Andrade		S23	HALCON - SPIUK Olímpico de Oeiras	137	0:20:13	580	1:41:12	222	0:12:06	2:13:31	1:02:02
519	5424		Luis Patrício		V2	Individual	504	0:25:56	525	1:30:23	545	0:17:13	2:13:32	1:02:03
520	5435		Pedro Telmo Cirilo Gil		SEN	Individual	591	0:28:28	495	1:26:30	570	0:18:34	2:13:32	1:02:03
521	5087		Bruno Alexandre Silva		SEN	Individual	534	0:26:40	524	1:30:18	526	0:16:35	2:13:33	1:02:04
522	5184		Sérgio Baião		SEN	Individual	527	0:26:32	540	1:32:17	448	0:14:44	2:13:33	1:02:04
523	5094		Carlos Albano Silva		SEN	Individual	513	0:26:04	532	1:31:11	521	0:16:29	2:13:44	1:02:15
524	5200		Gonçalo Lopes		SEN	Individual	545	0:26:53	480	1:24:56	592	0:22:04	2:13:53	1:02:24
525	5099		Carlos Borda d' Agua		SEN	Individual	459	0:25:17	542	1:32:32	515	0:16:21	2:14:10	1:02:41
526	5577		Nuno Miguel Costa		SEN	Individual	617	0:29:42	506	1:28:27	520	0:16:26	2:14:35	1:03:06
527	5266		João Paulo Gomes		V1	Individual	559	0:27:21	514	1:29:00	576	0:18:51	2:15:12	1:03:43
528	5338		José Regueira		V3	Individual	597	0:29:04	500	1:27:22	577	0:18:52	2:15:18	1:03:49
529	5193		Gislene Guzzo		V2	Individual	607	0:29:14	517	1:29:32	527	0:16:35	2:15:21	1:03:52
530	5212		Sérgio Miranda		SEN	Individual	552	0:27:09	518	1:29:34	572	0:18:43	2:15:26	1:03:57
531	5314		Jorge Andrade		V2	Individual	570	0:27:49	551	1:34:07	374	0:13:32	2:15:28	1:03:59
532	5504		Manuel Martins Cordeiro		V3	Individual	589	0:28:27	502	1:27:35	584	0:19:27	2:15:29	1:04:00
533	4046	816	Mário Melo		V4	Clube Ferroviário de Vendas Novas	494	0:25:43	563	1:36:20	361	0:13:27	2:15:30	1:04:01
534	5401		Luis Cavaco		SEN	Individual	642	0:31:01	496	1:26:31	566	0:18:04	2:15:36	1:04:07
535	5229		Isabel Maldonado		V2	Individual	413	0:24:22	574	1:38:10	332	0:13:06	2:15:38	1:04:09
536	5531		Martim Franca		SEN	Individual	501	0:25:54	545	1:33:11	539	0:16:50	2:15:55	1:04:26
537	5325		Jorge Saraiva		V1	Individual	584	0:28:19	534	1:31:43	505	0:16:01	2:16:03	1:04:34
538	4255	3422	Paulo Castro Rocha		V3	O Clube de Veteranos do Porto	586	0:28:20	555	1:34:45	346	0:13:14	2:16:19	1:04:50
539	5660		Pedro Miguel Vieira		SEN	Individual	628	0:30:02	522	1:29:55	538	0:16:49	2:16:46	1:05:17
540	5303		Joaquim Manuel Dias		V2	Individual	560	0:27:22	550	1:33:54	496	0:15:40	2:16:56	1:05:27
541	5019		Rui Apolinário		V2	Individual	514	0:26:04	547	1:33:19	556	0:17:38	2:17:01	1:05:32
542	5550		Miguel Correia		V2	Individual	610	0:29:25	533	1:31:26	513	0:16:18	2:17:09	1:05:40
543	4174	3013	José Jesús Martins		V5	C.F. "Os Belenenses"	618	0:29:46	536	1:31:54	491	0:15:33	2:17:13	1:05:44
544	5035		Ana Soraia Gomes		SEN	Individual	602	0:29:10	537	1:32:02	518	0:16:25	2:17:37	1:06:08
545	5173		Fernando Duarte Silva		V5	Individual	568	0:27:40	548	1:33:28	533	0:16:39	2:17:47	1:06:18
546	5426		Luis Pinheiro		SEN	Individual	652	0:33:30	477	1:24:30	586	0:19:57	2:17:57	1:06:28
547	5297		João José Silva		S23	Individual	621	0:29:54	529	1:30:53	550	0:17:31	2:18:18	1:06:49
548	5162		Elisabete Vilas Boas		SEN	Individual	622	0:29:55	528	1:30:51	551	0:17:33	2:18:19	1:06:50
549	5063		António Manuel Rodrigues		SEN	Individual	612	0:29:30	538	1:32:03	544	0:17:10	2:18:43	1:07:14
550	5269		João Luis Martins		SEN	Individual	634	0:30:25	541	1:32:23	503	0:16:00	2:18:48	1:07:19

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
551	5391		José Júlio Nunes		V1	Individual	638	0:30:48	509	1:28:45	583	0:19:19	2:18:52	1:07:23
552	5072		António Pedro Santos		SEN	Individual	490	0:25:40	565	1:36:41	525	0:16:34	2:18:55	1:07:26
553	5275		João Miguel Cavaleiro		SEN	Individual	572	0:27:54	557	1:35:20	541	0:16:55	2:20:09	1:08:40
554	5664		Pedro Pereira Santos		V2	Individual	604	0:29:12	556	1:35:10	507	0:16:04	2:20:26	1:08:57
555	5265		João Gameiro		V4	Individual	582	0:28:09	569	1:37:04	483	0:15:23	2:20:36	1:09:07
556	5442		Raúl Costa		V3	Individual	631	0:30:19	558	1:35:32	454	0:14:48	2:20:39	1:09:10
557	5031		Ana Marisa Carvalho		SEN	Individual	592	0:28:29	560	1:35:54	522	0:16:30	2:20:53	1:09:24
558	5451		Ricardo Galrão		SEN	Individual	480	0:25:29	553	1:34:28	591	0:21:13	2:21:10	1:09:41
559	5145		Custódio Frango		SEN	Individual	595	0:28:49	552	1:34:17	568	0:18:10	2:21:16	1:09:47
560	5597		Orlando Azeitona		SEN	Individual	613	0:29:31	531	1:31:07	589	0:20:41	2:21:19	1:09:50
561	5054		António Carlos Guedes		SEN	Individual	609	0:29:24	559	1:35:50	510	0:16:16	2:21:30	1:10:01
562	5263		João Carlos Franca		V2	Individual	615	0:29:38	554	1:34:42	553	0:17:35	2:21:55	1:10:26
563	5601		Paulo Bailão		SEN	Individual	543	0:26:51	561	1:36:13	578	0:18:52	2:21:56	1:10:27
564	5282		João Paulo Boim		SEN	Individual	587	0:28:23	568	1:36:51	537	0:16:46	2:22:00	1:10:31
565	5381		José Manuel Catita		V3	Individual	594	0:28:49	577	1:38:42	451	0:14:46	2:22:17	1:10:48
566	5320		Jorge Manuel Teixeira		SEN	Individual	563	0:27:31	535	1:31:53	595	0:23:01	2:22:25	1:10:56
567	5241		Joana Fragata		SEN	Individual	650	0:31:56	546	1:33:19	548	0:17:23	2:22:38	1:11:09
568	5668		Pedro Rodrigo Monteiro		SEN	Individual	611	0:29:28	571	1:37:36	497	0:15:42	2:22:46	1:11:17
569	5518		Margarida Vieira		V1	Individual	623	0:29:55	566	1:36:46	508	0:16:09	2:22:50	1:11:21
570	5310		Jorge Campo Vieira		SEN	Individual	624	0:29:56	573	1:37:57	468	0:14:58	2:22:51	1:11:22
571	5260		João Filipe Correia		S23	Individual	509	0:25:59	567	1:36:47	588	0:20:18	2:23:04	1:11:35
572	5478		Manuel Gomes		V2	Individual	556	0:27:18	576	1:38:22	552	0:17:33	2:23:13	1:11:44
573	3532	3570	Nuno Duarte Mendes		SEN	Associação Recreativa, Cultural e Desportiva de Covas	648	0:31:46	549	1:33:42	560	0:17:53	2:23:21	1:11:52
574	5422		Luis Miguel Reis		V3	Individual	532	0:26:37	572	1:37:48	582	0:19:07	2:23:32	1:12:03
575	5075		António Portugal		V1	Individual	473	0:25:24	582	1:42:02	511	0:16:16	2:23:42	1:12:13
576	1228	3531	Raquel Martins		JUN	Associação Naval Amorense					602	2:23:50	2:23:50	1:12:21
577	5074		Antonio Pires		V3	Individual	598	0:29:05	562	1:36:14	575	0:18:51	2:24:10	1:12:41
578	5242		Tiago Carvalhinho		SEN	Individual	579	0:28:05	570	1:37:05	579	0:19:02	2:24:12	1:12:43
579	5467		Rodrigo Ferreira		SEN	Individual	640	0:30:59	578	1:39:45	379	0:13:38	2:24:22	1:12:53
580	5331		José Américo		V3	Individual	585	0:28:20	575	1:38:15	564	0:17:58	2:24:33	1:13:04
581	5634		Pedro Carvalho		SEN	Individual	250	0:22:00	594	1:49:42	399	0:13:55	2:25:37	1:14:08
582	5595		Orlando Teles		SEN	Individual	517	0:26:06	581	1:41:28	580	0:19:04	2:26:38	1:15:09
583	5718		Rui Romaneiro		V2	Individual					603	2:27:10	2:27:10	1:15:41
584	5175		Fernando Jorge Marçal		SEN	Individual	637	0:30:42	579	1:40:19	555	0:17:38	2:28:39	1:17:10
585	5114		Carlos Manuel Figueira		SEN	Individual	636	0:30:42	585	1:44:22	492	0:15:34	2:30:38	1:19:09
586	5313		Vitor Graça		S23	Individual	633	0:30:20	584	1:42:35	558	0:17:51	2:30:46	1:19:17
587	5163		Éma Bandeira		SEN	Individual	632	0:30:20	583	1:42:35	559	0:17:52	2:30:47	1:19:18
588	5591		Nuno Veiga Silva		V1	Individual	626	0:30:01	587	1:45:36	489	0:15:30	2:31:07	1:19:38
589	5587		Nuno Silva Oliveira		SEN	Individual	577	0:28:03	590	1:46:37	529	0:16:35	2:31:15	1:19:46
590	5186		Francisco Cipriano		V5	Individual	505	0:25:58	598	1:51:11	464	0:14:57	2:32:06	1:20:37
591	5551		Miguel Pinhal		V1	Individual	450	0:25:03	599	1:52:26	502	0:15:55	2:33:24	1:21:55
592	5151		David Costa Afonso		V1	Individual	593	0:28:34	591	1:48:04	547	0:17:19	2:33:57	1:22:28
593	5415		Luis Parro		V2	Individual	603	0:29:11	592	1:48:49	542	0:17:02	2:35:02	1:23:33
594	5190		Fúlvio Esteves		SEN	Individual	530	0:26:34	588	1:46:08	593	0:22:29	2:35:11	1:23:42
595	5640		Pedro Barroso		SEN	Individual	529	0:26:33	589	1:46:08	594	0:22:31	2:35:12	1:23:43
596	5097		Rui Reis Santos		SEN	Individual	649	0:31:49			604	2:35:37	2:35:37	1:24:08
597	1226	3529	Rita Delgado		JUN	Associação Naval Amorense	553	0:27:11	586	1:45:30	596	0:24:13	2:36:54	1:25:25
598	5351		José Carlos Mendes		V4	Individual	608	0:29:14	593	1:49:34	567	0:18:06	2:36:54	1:25:25
599	5474		Rogério Ferreira		SEN	Individual	641	0:31:00	595	1:50:05	561	0:17:53	2:38:58	1:27:29
600	5646		Pedro Luís		SEN	Individual	639	0:30:58	596	1:50:06	563	0:17:55	2:38:59	1:27:30
601	5568		Nuno Franca		V4	Individual	653	0:36:18	564	1:36:21	598	0:27:19	2:39:58	1:28:29
602	5419		Luis Corista		V1	Individual	555	0:27:18	600	1:57:36	574	0:18:48	2:43:42	1:32:13
603	5027		Alfredo Vaz Pinto		V5	Individual	625	0:30:00	597	1:50:23	599	0:28:55	2:49:18	1:37:49
604	1064	193	Ana Filipa Ferreira	DNF	JUN	Alhandra Sporting Clube	115	0:19:45						
605	2108	2454	Ana Filipa Sampaio	DNF	S23	Alhandra Sporting Clube	165	0:20:43						
606	4092	872	António Perdigoto	DNF	V2	Alhandra Sporting Clube	381	0:23:52						

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
607	3297	3177	Bruno Leitão	DNF	SEN	Alhandra Sporting Clube	203	0:21:13						
608	4189	2703	José Carlos Serra	DNF	V1	Alhandra Sporting Clube	347	0:23:23						
609	1106	37	Fabício Tomás	DNF	JUN	Alhandra Sporting Clube	25	0:17:32						
610	2070	2695	João José Pereira	DNF	S23	Alhandra Sporting Clube	1	0:15:33						
611	1153	2629	Luis Filipe Marafuz	DNF	JUN	Alhandra Sporting Clube	15	0:16:57						
612	1205	2621	Mariana Sousa Faria	DNF	JUN	Alhandra Sporting Clube	576	0:28:02						
613	1229	3532	Luis Maia	DNF	JUN	Associação Naval Amorense	516	0:26:06						
614	3537	3576	Dário Santos	DNF	SEN	Clube Académico de Penafirma	116	0:19:45						
615	3285	2840	Hugo Ferreira	DNF	SEN	HALCON - SPIUK Olímpico de Oeiras	41	0:17:58						
616	2087	102	José Estrangeiro	DNF	S23	HALCON - SPIUK Olímpico de Oeiras	8	0:16:08						
617	3071	532	Luis Manuel Almeida	DNF	SEN	HALCON - SPIUK Olímpico de Oeiras	9	0:16:29						
618	1093	27	Mariana Costa	DNF	JUN	HALCON - SPIUK Olímpico de Oeiras	100	0:19:27						
619	3284	352	Pedro Gomes	DNF	SEN	HALCON - SPIUK Olímpico de Oeiras	10	0:16:29						
620	2124	2570	Vasco Pessoa	DNF	S23	HALCON - SPIUK Olímpico de Oeiras	14	0:16:48						
621	3443	3281	António Amorim	DNF	SEN	Clube Triatlo de Perosinho	108	0:19:40						
622	5042		André Riscado	DNF	SEN	Individual	437	0:24:52						
623	5105		Carlos Fonseca	DNF	V2	Individual	190	0:21:02						
624	5132		Maria Carolina Silva	DNF	SEN	Individual	606	0:29:13						
625	5133		Catarina Martins	DNF	SEN	Individual	643	0:31:09						
626	5142		Claudio Ribeiro	DNF	SEN	Individual	600	0:29:06						
627	5185		Francisca Lopes	DNF	V3	Individual	581	0:28:08						
628	5189		Francisco Pereira	DNF	V1	Individual	520	0:26:18						
629	5221		Hugo Guimarães	DNF	SEN	Individual	635	0:30:34						
630	5285		João Paulo Oliveira Marques	DNF	V2	Individual	72	0:18:41						
631	5327		Jorge Serra	DNF	V1	Individual	144	0:20:18						
632	5339		José António Saruga	DNF	SEN	Individual	345	0:23:20	470	1:23:53				
633	5342		José Botelho	DNF	V1	Individual	375	0:23:46						
634	5382		José Maria Borges	DNF	V3	Individual	596	0:28:54						
635	5390		Júlio Martins	DNF	SEN	Individual	645	0:31:17						
636	5393		Laura Matos	DNF	SEN	Individual	627	0:30:02						
637	5398		Luis Baião	DNF	V1	Individual	377	0:23:49						
638	5402		Luis Conceição	DNF	JUN	Individual	654	0:41:16						
639	5408		Luis Filipe Gonçalves	DNF	V1	Individual	372	0:23:44						
640	5418		Luis Manuel Martins	DNF	V1	Individual	646	0:31:42						
641	5429		Luis Miguel Rato	DNF	SEN	Individual	109	0:19:40						
642	5507		Manuel António Sousa	DNF	V1	Individual	423	0:24:32						
643	5509		Márcio Fonseca	DNF	S23	Individual	630	0:30:11						
644	5590		Nuno Silvestre	DNF	SEN	Individual	487	0:25:37						
645	5613		Paulo Jorge Ferreira	DNF	SEN	Individual	192	0:21:04						
646	5635		Pedro Miguel Couceiro	DNF	SEN	Individual	569	0:27:40						
647	5465		Roberto Paulo Moura	DNF	SEN	Individual	605	0:29:12						
648	5000		Rui Jorge Martins	DNF	SEN	Individual	644	0:31:10						
649	5247		Tiago Monteiro	DNF	SEN	Individual	365	0:23:37						
650	5280		Venceslau Jesus	DNF	V4	Individual	391	0:24:01						
651	3114	689	Rui Belo	DNF	SEN	Molly Maid - Vitoria de Janes	38	0:17:56						
652	2127	2513	Diogo Custódio	DNF	S23	Sporting Clube de Portugal	39	0:17:56						
653	1158	3123	João Graça	DNF	JUN	Sporting Clube de Portugal	37	0:17:55						
654	4115	499	António Ervideira	DNF	V1	COMPEED - Tri-Oeste	155	0:20:28						
655	3197	2640	Délio Ferreira	DNF	SEN	COMPEED - Tri-Oeste	19	0:17:06						
656	5336	1095	Gregorio Casillas	DNF	SEN	BRICBLOCK - ESPROTEN - TRITOLEDO	31	0:17:44						
657	5615		Paulo José Gonçalves	DNF	V1	Individual	268	0:22:12						
658	4073	456	Amândio Caetano	DNS	V2	A.D.C.R. Painho								
659	2090	445	Miguel Caetano	DNS	S23	A.D.C.R. Painho								
660	1196	3456	Fábio Coutinho	DNS	JUN	Alhandra Sporting Clube								
661	2080	3090	Joana Botas	DNS	S23	Alhandra Sporting Clube								
662	1095	2522	João Amorim	DNS	JUN	Alhandra Sporting Clube								



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
663	1206	3445	Paulo Ricardo Monteiro	DNS	JUN	Alhandra Sporting Clube								
664	1235	3549	Raquel Rocha	DNS	JUN	Alhandra Sporting Clube								
665	1194	3397	Ricardo Marafuz	DNS	JUN	Alhandra Sporting Clube								
666	3170	2562	Rui Simões	DNS	SEN	Alhandra Sporting Clube								
667	1211	3478	Sofia Landeiro	DNS	JUN	Alhandra Sporting Clube								
668	3534	3572	Filipina Gomes	DNS	SEN	Associação Recreativa, Cultural e Desportiva de Covas								
669	3533	3571	Sérgio Emanuel Pereira	DNS	SEN	Associação Recreativa, Cultural e Desportiva de Covas								
670	3324	2987	Luis Pimenta	DNS	SEN	Clube de Natação Colégio Vasco da Gama								
671	3447	3290	Nélson Jesús Santos	DNS	SEN	Clube de Natação Colégio Vasco da Gama								
672	3500	296	Fábio Ferreira	DNS	SEN	C.N. Cartaxo								
673	3521	710	João Nicolau	DNS	SEN	Clube de Natação do Tejo								
674	1234	3547	João Vilão	DNS	JUN	Clube de Natação do Tejo								
675	3428	3251	Rui Chambel	DNS	SEN	Clube Ferroviário de Vendas Novas								
676	1224	2847	Simão Silva	DNS	JUN	C.F. "Os Belenenses"								
677	1215	3496	Joana Branco	DNS	JUN	HALCON - SPIUK Olímpico de Oeiras								
678	3304	2892	Ivan Pinto da Silva	DNS	SEN	Clube Triatlo de Perosinho								
679	5005	1083	Nereo del Nero	DNS	SEN	Diabillos de Rivas								
680	5008	1086	Sara Martin	DNS	SEN	Diabillos de Rivas								
681	1071	2592	Andreia Ponte	DNS	JUN	Ginásio Clube de Sines								
682	4287	3567	Luis Abade	DNS	V1	Individual								
683	5011		Ademar Santos	DNS	V3	Individual								
684	5016		Albano Manuel Silva	DNS	V2	Individual								
685	5018		Maria Rigor	DNS	V1	Individual								
686	5025		Alexandre Vieira	DNS	SEN	Individual								
687	5028		Alvaro Manuel Quiterio	DNS	V1	Individual								
688	5034		Ana Rita Santos	DNS	SEN	Individual								
689	5038		Anália Claudino	DNS	SEN	Individual								
690	5044		Anna Miriam Penha	DNS	V1	Individual								
691	5049		António Santos Marques	DNS	SEN	Individual								
692	5058		António José Neves	DNS	SEN	Individual								
693	5062		António Gazzo	DNS	V2	Individual								
694	5064		António Miguel Reis	DNS	SEN	Individual								
695	5068		António Nobre Moreira	DNS	V3	Individual								
696	5071		António Pratas	DNS	SEN	Individual								
697	5077		Antonio Resende	DNS	V2	Individual								
698	5079		Armando Santos	DNS	V5	Individual								
699	5082		Artur Pinheiro	DNS	V3	Individual								
700	5086		Bernardo Frois Ferrao	DNS	SEN	Individual								
701	5089		Bruno Feio	DNS	SEN	Individual								
702	5090		Bruno Mateiro	DNS	SEN	Individual								
703	5110		Carlos Manuel Carranca	DNS	V1	Individual								
704	5111		Carlos Manuel Pato	DNS	SEN	Individual								
705	5131		Carlos José Santos	DNS	V3	Individual								
706	5137		Christopher Mallmann	DNS	SEN	Individual								
707	5138		Cláudio Gama	DNS	SEN	Individual								
708	5150		Daniel Ferreira	DNS	SEN	Individual								
709	5152		David Freitas	DNS	V1	Individual								
710	5156		Diogo Malaquias	DNS	SEN	Individual								
711	5158		Domingos Lopes	DNS	SEN	Individual								
712	5161		Eduardo Costa	DNS	SEN	Individual								
713	5172		Fernando Carvalho	DNS	V1	Individual								
714	5178		Fernando Luz	DNS	SEN	Individual								
715	5187		Francisco Bourbon Franca	DNS	V1	Individual								
716	5188		Francisco Trocado	DNS	SEN	Individual								
717	5199		Gonçalo Madeira	DNS	SEN	Individual								
718	5206		Hélder Lopes Ferreira	DNS	V2	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
719	5208		Helder Marques	DNS	SEN	Individual								
720	5210		Helena Nunes	DNS	V1	Individual								
721	5218		Hugo Agostinho	DNS	SEN	Individual								
722	5228		Idílio Freire	DNS	V1	Individual								
723	5230		Isabel Viçoso	DNS	BEN	Individual								
724	5232		Ivo Alexandre Pais	DNS	S23	Individual								
725	5235		Jaime Gomes	DNS	V3	Individual								
726	5236		Jaime Inglez	DNS	S23	Individual								
727	5248		João Carlos Ferreira	DNS	SEN	Individual								
728	5249		João Carlos Jesus	DNS	SEN	Individual								
729	5250		João Carlos Pereira	DNS	S23	Individual								
730	5270		João Manuel Martins	DNS	SEN	Individual								
731	5272		João Miguel Marques	DNS	SEN	Individual								
732	5273		João Mestre	DNS	SEN	Individual								
733	5274		João Miguel Silva	DNS	SEN	Individual								
734	5279		João Neto	DNS	SEN	Individual								
735	5286		João Paulo Faria	DNS	SEN	Individual								
736	5291		João Quintão Fernandes	DNS	SEN	Individual								
737	5293		João Roque	DNS	V1	Individual								
738	5299		Joaquim Rosado	DNS	SEN	Individual								
739	5312		Jorge Carvalho	DNS	V1	Individual								
740	5318		Jorge Manuel Reis	DNS	SEN	Individual								
741	5319		Jorge Manuel Morgado	DNS	V2	Individual								
742	5328		Jorge Teixeira	DNS	SEN	Individual								
743	5337		José António Almeida	DNS	V1	Individual								
744	5347		José Carlos Rodrigues	DNS	SEN	Individual								
745	5349		José Carlos Silveira	DNS	SEN	Individual								
746	5350		José Carlos Pereira	DNS	V1	Individual								
747	5353		José António Correia	DNS	V3	Individual								
748	5383		José Maria Soares	DNS	SEN	Individual								
749	5392		Júlio Pires	DNS	V2	Individual								
750	5394		Leonardo Ferraz Cunha	DNS	SEN	Individual								
751	5396		Lucas Romero	DNS	V4	Individual								
752	5395		Lucia Franchi	DNS	V3	Individual								
753	5399		Luis Carlos Melo	DNS	V1	Individual								
754	5405		Luis Cunha	DNS	SEN	Individual								
755	5406		Luis Ferreira	DNS	V1	Individual								
756	5407		Luis Filipe Carvalho	DNS	SEN	Individual								
757	5411		Joaquim Luis Costa	DNS	V3	Individual								
758	5421		Luis Miguel Ramos	DNS	SEN	Individual								
759	5427		Luis Miguel Pinho	DNS	V1	Individual								
760	5459		Luis Fingo e Silva	DNS	SEN	Individual								
761	5664		Luis Romaneiro	DNS	V2	Individual								
762	5475		Manuel Bento	DNS	V3	Individual								
763	5477		Manuel Ferreira Gonçalves	DNS	V2	Individual								
764	5501		Manuel Joaquim Alvorado	DNS	V2	Individual								
765	5502		Manuel José Fernandes	DNS	V1	Individual								
766	5503		Joao Manuel Lopes	DNS	V3	Individual								
767	5510		Marco Domingos	DNS	S23	Individual								
768	5513		Marco Lança	DNS	SEN	Individual								
769	5514		Marco Manuel Dias	DNS	SEN	Individual								
770	5516		Marco Nicolau	DNS	SEN	Individual								
771	5519		Maria Jacinto	DNS	SEN	Individual								
772	5520		Maria Sabarigo	DNS	SEN	Individual								
773	5535		Martim Nunes	DNS	SEN	Individual								
774	5539		Miguel António Gomes	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
775	5542		José Miguel Freire	DNS	V1	Individual								
776	5545		Miguel Carreiro	DNS	JUN	Individual								
777	5546		Miguel Leal	DNS	SEN	Individual								
778	5547		Miguel Lopes Ribeiro	DNS	SEN	Individual								
779	5548		Miguel Maria Silva	DNS	SEN	Individual								
780	5556		Nélson Santos	DNS	SEN	Individual								
781	5558		Nélson Costa	DNS	SEN	Individual								
782	5559		Nuno Alves	DNS	SEN	Individual								
783	5562		Nuno Carpinteiro	DNS	SEN	Individual								
784	5569		Nuno Gonçalo Lopes	DNS	SEN	Individual								
785	5575		Nuno Miguel Riva Almeida	DNS	SEN	Individual								
786	5581		Nuno Miguel Caetano	DNS	SEN	Individual								
787	5582		Nuno Miguel Grazina	DNS	SEN	Individual								
788	5585		Nuno Monteiro	DNS	SEN	Individual								
789	5586		Nuno Jorge Martins	DNS	V1	Individual								
790	5588		Nuno Pires	DNS	SEN	Individual								
791	5589		Nuno Silva Liberal	DNS	SEN	Individual								
792	5599		Paulo Alexandre Santos	DNS	SEN	Individual								
793	5603		Paulo Calixto	DNS	SEN	Individual								
794	5604		Paulo Carvalho	DNS	V4	Individual								
795	5605		Paulo Jorge Silva	DNS	SEN	Individual								
796	5607		Paulo Fernando Santos	DNS	SEN	Individual								
797	5611		Paulo Gomes	DNS	SEN	Individual								
798	5621		Paulo Roberto Amaro	DNS	SEN	Individual								
799	5626		Paulo Viana	DNS	V1	Individual								
800	5628		José Brandão	DNS	V3	Individual								
801	5629		Pedro Branquinho	DNS	SEN	Individual								
802	5630		Pedro Burguette	DNS	SEN	Individual								
803	5633		Pedro Campos	DNS	SEN	Individual								
804	5641		Pedro Jorge Ferreira	DNS	V2	Individual								
805	5645		Pedro Miguel Lucas	DNS	SEN	Individual								
806	5647		Pedro Luis Neves	DNS	SEN	Individual								
807	5648		Pedro Machado	DNS	SEN	Individual								
808	5651		Pedro Santos	DNS	V1	Individual								
809	5655		Pedro Melitão	DNS	S23	Individual								
810	5659		Pedro Miguel Cabrito	DNS	SEN	Individual								
811	5669		Pedro Rodrigues	DNS	V1	Individual								
812	5670		Pedro Roque	DNS	SEN	Individual								
813	5431		Pedro Salvador	DNS	SEN	Individual								
814	5432		Pedro Santarém	DNS	SEN	Individual								
815	5433		Pedro Sebastião	DNS	SEN	Individual								
816	5434		Pedro Silva Sousa	DNS	SEN	Individual								
817	5436		Pedro Telmo Gil	DNS	SEN	Individual								
818	5438		Peter Cooper	DNS	V1	Individual								
819	5439		Peter Steinhausen	DNS	V4	Individual								
820	5441		Raquel Lopes	DNS	SEN	Individual								
821	5444		Renato Moraes	DNS	SEN	Individual								
822	5446		Ricardo Costa Matias	DNS	SEN	Individual								
823	5457		Ricardo Pinto Sousa	DNS	SEN	Individual								
824	5458		Ricardo Rainho	DNS	SEN	Individual								
825	5461		Ricardo Silva Sousa	DNS	SEN	Individual								
826	5462		Rita Batarda	DNS	S23	Individual								
827	5171		Rui Silva Gomes	DNS	SEN	Individual								
828	5020		Rui Manuel Torpes	DNS	SEN	Individual								
829	5051		Rui Miguel Martins	DNS	SEN	Individual								
830	5081		Rui Paulo Monteiro	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
831	5104		Ana Matos Sousa	DNS	SEN	Individual								
832	5118		Samuel Alexandre Teles	DNS	SEN	Individual								
833	5123		Sandra Ramos Araújo	DNS	SEN	Individual								
834	5149		Sérgio Cruz	DNS	SEN	Individual								
835	5213		Sérgio Nóbrega	DNS	V1	Individual								
836	5214		Sérgio Pinho	DNS	SEN	Individual								
837	5222		Sofia Hibon	DNS	V1	Individual								
838	5224		Sónia Saramago	DNS	SEN	Individual								
839	5237		Tânia Mendes	DNS	SEN	Individual								
840	5238		Tiago Botelho	DNS	SEN	Individual								
841	5251		Tiago Maçarico	DNS	SEN	Individual								
842	5252		Tiago Martins	DNS	SEN	Individual								
843	5276		Vasco Miguel Abreu	DNS	SEN	Individual								
844	5294		Virgílio Corroios	DNS	V2	Individual								
845	5311		Vitor Delgado	DNS	V1	Individual								
846	5316		Vitor Rafael	DNS	V2	Individual								
847	5326		Vitor Tavares	DNS	V1	Individual								
848	4142	492	Carlos Reis	DNS	V1	Núcleo de Ciclismo da Baixa da Banheira								
849	4261	511	Horácio Ferreira	DNS	V1	Oeiras Sport Clube - TRANSINSULAR								
850	4108	879	Paulo Leitão Santos	DNS	V2	Peniche A. C.								
851	3425	3221	Rui Mendes	DNS	SEN	Peniche A. C.								
852	4194	587	Helena Medeiro	DNS	V1	Serv. Soc. CGD								
853	1149	34	Guilherme Marques	DNS	JUN	Sporting Clube de Portugal								
854	4027	508	Alcino Serras	DNS	V1	SR Camarnal / Seguros Contacto / IKA / HIZY								
855	3458	3313	Sónia Quintela	DNS	SEN	COMPEED - Tri-Oeste								
856	5329	1093	Carlos Lancha Ubeda	DNS	SEN	BRICOBLOCK - ESPROTEN - TRITOLEDO								
857	5718		Rui Romaneiro	DNS	V2	Individual								
858	2527		Aida Freitas	DNS	SEN	Individual								
859	1222	3525	José Maria Carvalho	DSQ	JUN	C.F. "Os Belenenses"					600	1:44:16	1:44:16	0:32:47