

Resultados

Localidade:	Vila Franca de Xira	Distância CORR (MT): CICLIS (KM) CORR (MT):	5000/23000/2500
Data:	15-02-2009	Hora de começo:	11h00m

Informação

Delegado técnico:	Artur Parreira	Juiz Principal:	Joaquim Bráz
Pontuável para:	Taça de Portugal	Juri de apelo:	J.L.Ferreira/A.Parreira/L.Rafael

LG	DRSL	LIC	NOME	PEN	ESC	Equipa	CORRIDA		CICLISMO		CORRIDA		TOTAL	DIFF
							5000 (MT)	Pos	23000 (KM)	Pos	2500 (MT)	Pos		
1	3016	575	Bruno Pais		SEN	Sport Lisboa e Benfica	3	0:15:01	3	0:35:17	2	0:07:35	0:57:53	0:00:00
2	2123	2563	João Pedro Silva		S23	HALCON - SPIUK Olímpico de Oeiras	4	0:15:02	2	0:35:17	3	0:07:41	0:58:00	0:00:07
3	2088	179	Miguel Arraiolos		S23	HALCON - SPIUK Olímpico de Oeiras	5	0:15:02	4	0:35:28	7	0:07:50	0:58:20	0:00:27
4	2070	2695	João José Pereira		S23	Alhandra Sporting Clube	1	0:15:01	6	0:35:56	4	0:07:48	0:58:45	0:00:52
5	2087	102	José Estrangeiro		S23	HALCON - SPIUK Olímpico de Oeiras	8	0:15:31	10	0:36:25	6	0:07:50	0:59:46	0:01:53
6	1095	2522	João Amorim		JUN	Alhandra Sporting Clube	10	0:15:39	8	0:36:19	11	0:07:54	0:59:52	0:01:59
7	3039	507	Custódio António		SEN	SR Camarnal / Seguros Contacto / IKA /	22	0:16:13	5	0:35:55	9	0:07:53	1:00:01	0:02:08
8	3291	364	Duarte Marques		SEN	SR Camarnal / Seguros Contacto / IKA /	9	0:15:32	12	0:36:37	10	0:07:53	1:00:02	0:02:09
9	3412	417	Rui Dolores		SEN	Amiciclo	15	0:15:52			467	1:00:06	1:00:06	0:02:13
10	2124	2570	Vasco Pessoa		S23	HALCON - SPIUK Olímpico de Oeiras	7	0:15:22	13	0:36:42	13	0:08:04	1:00:08	0:02:15
11	3071	532	Luis Manuel Almeida		SEN	HALCON - SPIUK Olímpico de Oeiras	13	0:15:40	11	0:36:28	14	0:08:08	1:00:16	0:02:23
12	1063	52	Ruben Costa		JUN	Sporting Clube de Portugal	6	0:15:16	14	0:37:06	12	0:08:01	1:00:23	0:02:30
13	3551	3637	Marco Aurélio Sousa		JUN	Externato Cooperativo da Benedita	17	0:15:58	7	0:36:02	21	0:08:33	1:00:33	0:02:40
14	4149	505	José Ribeiro		V1	SR Camarnal / Seguros Contacto / IKA /	24	0:16:22			468	1:00:41	1:00:41	0:02:48
15	3026	461	Anibal Oliveira		SEN	Amiciclo	32	0:16:42	1	0:35:17	39	0:08:57	1:00:56	0:03:03
16	1117	2896	Hugo Ventura		JUN	HALCON - SPIUK Olímpico de Oeiras	16	0:15:57	9	0:36:20	45	0:09:00	1:01:17	0:03:24
17	3400	3164	Marco Costa		SEN	Alhandra Sporting Clube	12	0:15:40	61	0:39:17	5	0:07:50	1:02:47	0:04:54
18	1162	190	Miguel Fernandes		JUN	HALCON - SPIUK Olímpico de Oeiras	14	0:15:42	55	0:39:06	15	0:08:09	1:02:57	0:05:04
19	3197	2640	Délio Ferreira		SEN	COMPEED - Tri-Oeste	20	0:16:12	33	0:38:42	18	0:08:28	1:03:22	0:05:29
20	3394	3136	Valdo Neves		SEN	Clube de Triatlo de Almada	36	0:16:52	21	0:38:02	19	0:08:32	1:03:26	0:05:33
21	1166	2949	Hugo Alves		JUN	HALCON - SPIUK Olímpico de Oeiras	21	0:16:13	40	0:38:49	16	0:08:26	1:03:28	0:05:35
22	3264	2799	Manuel Alves		SEN	Sporting Clube de Portugal	30	0:16:41	22	0:38:05	28	0:08:43	1:03:29	0:05:36
23	5291	474	Sérgio Marques		SEN	COMPEED - Tri-Oeste	34	0:16:48	23	0:38:07	23	0:08:36	1:03:31	0:05:38
24	2107	2303	Pedro Leitão		S23	Alhandra Sporting Clube	35	0:16:50	29	0:38:24	17	0:08:27	1:03:41	0:05:48
25	1167	3143	José Veiga		JUN	HALCON - SPIUK Olímpico de Oeiras	29	0:16:41			469	1:03:44	1:03:44	0:05:51
26	5478		Paulo Colaço Marques		SEN	Individual	18	0:16:12	51	0:39:01	20	0:08:32	1:03:45	0:05:52
27	2096	3273	Fernando Prisal		S23	Individual	37	0:16:54	27	0:38:17	22	0:08:35	1:03:46	0:05:53
28	2127	2513	Diogo Custódio		S23	Sporting Clube de Portugal	33	0:16:42	25	0:38:10	36	0:08:54	1:03:46	0:05:53
29	3296	2857	Jorge Filipe Duarte		SEN	CARDES - Centro de Arte e Desporto	45	0:17:08	26	0:38:13	27	0:08:40	1:04:01	0:06:08
30	3206	338	André Guimarães		SEN	Maia Atlético Clube (MAC)	19	0:16:12	54	0:39:05	29	0:08:48	1:04:05	0:06:12
31	3244	2735	Carlos Fernandes		SEN	Oeiras Sport Clube - TRANSINSULAR	39	0:16:56	24	0:38:09	48	0:09:02	1:04:07	0:06:14
32	5185		António Manuel Aguiar		V2	Individual	49	0:17:11	20	0:37:56	50	0:09:05	1:04:12	0:06:19
33	4180	764	António Horta		V2	Clube de Praças da Armada	27	0:16:39	34	0:38:46	34	0:08:54	1:04:19	0:06:26
34	4116	592	Rui Rodrigues		V1	COMPEED - Tri-Oeste	28	0:16:40	35	0:38:46	49	0:09:03	1:04:29	0:06:36
35	3214	2684	Miguel Ganchinho		SEN	Clube de Triatlo de Almada	44	0:17:05	19	0:37:56	73	0:09:32	1:04:33	0:06:40
36	3342	3044	Rodrigo Baltazar		SEN	Sporting Clube de Portugal	55	0:17:20	18	0:37:55	63	0:09:21	1:04:36	0:06:43
37	1105	35	João Serrano		JUN	SR Camarnal / Seguros Contacto / IKA /	25	0:16:23	38	0:38:47	70	0:09:29	1:04:39	0:06:46
38	4262	636	Paulo Queirós Gonçalves		V1	Oeiras Sport Clube - TRANSINSULAR	52	0:17:12	48	0:38:59	24	0:08:36	1:04:47	0:06:54
39	3453	3305	Armandino Chaves		SEN	CARDES - Centro de Arte e Desporto	77	0:18:01	16	0:37:14	76	0:09:34	1:04:49	0:06:56
40	3128	471	José Ferreira		SEN	COMPEED - Tri-Oeste	82	0:18:10	15	0:37:09	75	0:09:33	1:04:52	0:06:59
41	5597	3123	João Graça		JUN	Sporting Clube de Portugal	42	0:17:02	58	0:39:11	31	0:08:49	1:05:02	0:07:09
42	3542	3358	Pedro Madeira		SEN	Molly Maid - Vitoria de Janes	51	0:17:12	50	0:39:00	41	0:08:59	1:05:11	0:07:18
43	3000	717	Vitor Santos		SEN	Clube Académico de Penafirma	62	0:17:32	31	0:38:39	55	0:09:13	1:05:24	0:07:31
44	3285	2840	Hugo Ferreira		SEN	HALCON - SPIUK Olímpico de Oeiras	38	0:16:56	68	0:39:28	47	0:09:02	1:05:26	0:07:33
45	4270	2787	Pedro Quintela		V1	COMPEED - Tri-Oeste	57	0:17:23	46	0:38:57	54	0:09:11	1:05:31	0:07:38
46	3173	2564	José Lino		SEN	Clube de Natação do Tejo	63	0:17:33	64	0:39:22	44	0:09:00	1:05:55	0:08:02

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	23000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
47	4299	3640	Luis Serrazina		V1	Externato Cooperativo da Benedita	65	0:17:38	39	0:38:48	85	0:09:39	1:06:05	0:08:12
48	4074	458	Pedro Marques		V2	Associação Recreativa Social e	111	0:18:41	28	0:38:21	51	0:09:06	1:06:08	0:08:15
49	3049	475	Sérgio Dias		SEN	COMPEED - Tri-Oeste	23	0:16:13	128	0:41:01	38	0:08:55	1:06:09	0:08:16
50	1085	55	Miguel Henriques		JUN	Sporting Clube de Portugal	41	0:16:59	97	0:40:13	42	0:08:59	1:06:11	0:08:18
51	2115	3448	João Miguel Ferreira		S23	Oeiras Sport Clube - TRANSINSULAR	43	0:17:04	63	0:39:19	101	0:09:50	1:06:13	0:08:20
52	3442	3280	Pedro Pinho		SEN	Clube Triatlo de Perosinho	46	0:17:09	93	0:40:10	40	0:08:59	1:06:18	0:08:25
53	1149	34	Guilherme Marques		JUN	Sporting Clube de Portugal	64	0:17:33	67	0:39:27	58	0:09:19	1:06:19	0:08:26
54	3300	2871	Nélson Santos		SEN	Associação Recreativa Social e	40	0:16:57	109	0:40:30	33	0:08:53	1:06:20	0:08:27
55	5338		Joel Marcelino		V1	Individual	81	0:18:10	36	0:38:47	67	0:09:26	1:06:23	0:08:30
56	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho	67	0:17:51	80	0:39:47	30	0:08:49	1:06:27	0:08:34
57	4115	499	António Ervideira		V1	COMPEED - Tri-Oeste	108	0:18:38	30	0:38:36	61	0:09:20	1:06:34	0:08:41
58	5173		Aires Barros		SEN	Individual	53	0:17:13	92	0:40:09	56	0:09:13	1:06:35	0:08:42
59	3552	3638	João António Santos		SEN	Externato Cooperativo da Benedita	72	0:17:53	17	0:37:39	266	0:11:17	1:06:49	0:08:56
60	5503		Paulo Gregório		SEN	Individual	87	0:18:20	37	0:38:47	90	0:09:43	1:06:50	0:08:57
61	3295	2856	João Sousa Ferreira		SEN	Clube de Praças da Armada	48	0:17:11	126	0:40:52	37	0:08:55	1:06:58	0:09:05
62	5205		Bruno Bértolo		SEN	Individual	54	0:17:16	124	0:40:51	35	0:08:54	1:07:01	0:09:08
63	3241	2718	Nuno Tintim		SEN	Alhandra Sporting Clube	68	0:17:51	83	0:39:53	57	0:09:18	1:07:02	0:09:09
64	5306		João Carlos Portela		V5	Individual	74	0:17:57	74	0:39:42	84	0:09:37	1:07:16	0:09:23
65	5550		Ricardo Figueira Silva		SEN	Individual	104	0:18:34	53	0:39:02	91	0:09:43	1:07:19	0:09:26
66	5430		Miguel Guerreiro		SEN	Individual	73	0:17:56	86	0:39:57	69	0:09:28	1:07:21	0:09:28
67	4148	497	Pedro Cordeiro		V1	COMPEED - Tri-Oeste	126	0:18:51	45	0:38:57	82	0:09:36	1:07:24	0:09:31
68	5412		Marco Baptista		SEN	Individual	105	0:18:35	62	0:39:18	74	0:09:32	1:07:25	0:09:32
69	1194	3397	Ricardo Marafuz		JUN	Alhandra Sporting Clube	58	0:17:24			470	1:07:26	1:07:26	0:09:33
70	3142	2526	Pedro Figueira		SEN	Ribabike / Associação dos 20 Km de	132	0:18:54	43	0:38:53	86	0:09:39	1:07:26	0:09:33
71	3207	2662	José Magalhães Dias		SEN	A.D.C.R. Painho	94	0:18:28	69	0:39:29	71	0:09:30	1:07:27	0:09:34
72	3339	3030	Jorge Teixeira		SEN	Clube de Praças da Armada	56	0:17:22	131	0:41:04	46	0:09:02	1:07:28	0:09:35
73	3304	2892	Ivan Pinto da Silva		SEN	Clube Triatlo de Perosinho	128	0:18:53	41	0:38:49	97	0:09:47	1:07:29	0:09:36
74	3054	739	António Luz Gomes		SEN	Oeiras Sport Clube - TRANSINSULAR	80	0:18:09	88	0:39:58	66	0:09:23	1:07:30	0:09:37
75	1204	3307	Filipe Miguel Lopes		JUN	Alhandra Sporting Clube	60	0:17:25	103	0:40:26	87	0:09:40	1:07:31	0:09:38
76	4254	763	Fernando Correia		V2	Peniche A. C.	98	0:18:29	66	0:39:27	81	0:09:36	1:07:32	0:09:39
77	1203	3122	Rafael Ribeiro		JUN	Alhandra Sporting Clube	31	0:16:42	161	0:42:11	26	0:08:40	1:07:33	0:09:40
78	3511	3483	Luis Martins		SEN	Clube Ferroviário de Vendas Novas	112	0:18:41	52	0:39:02	107	0:09:53	1:07:36	0:09:43
79	3284	352	Pedro Gomes		SEN	HALCON - SPIUK Olímpico de Oeiras	11	0:15:39	230	0:44:08	8	0:07:51	1:07:38	0:09:45
80	3433	3264	Rui Medina		SEN	Individual	75	0:17:58	106	0:40:28	64	0:09:22	1:07:48	0:09:55
81	3348	3054	Hélder Marinho Costa		SEN	Associação Recreativa, Cultural e	95	0:18:28	89	0:40:01	59	0:09:20	1:07:49	0:09:56
82	5419		Mário Cabeças		SEN	Individual	84	0:18:13	79	0:39:45	109	0:09:53	1:07:51	0:09:58
83	3435	3267	Marco Fidalgo		SEN	G. A. A. Vila Franca de Xira	161	0:19:18	49	0:39:00	79	0:09:36	1:07:54	0:10:01
84	4142	492	Carlos Reis		V1	Núcleo de Ciclismo da Baixa da	96	0:18:28	70	0:39:29	121	0:09:58	1:07:55	0:10:02
85	5455		Nuno Rocha		SEN	Individual	79	0:18:07	84	0:39:55	125	0:09:59	1:08:01	0:10:08
86	2083	2885	Carlos Papacinzza		S23	C.N. Alvito	102	0:18:34	105	0:40:28	43	0:09:00	1:08:02	0:10:09
87	1231	3389	João Caeiro		JUN	C.N. Alvito	103	0:18:34	113	0:40:36	32	0:08:52	1:08:02	0:10:09
88	3537	3576	Dário Santos		SEN	Clube Académico de Penafirma	144	0:19:02	56	0:39:11	104	0:09:52	1:08:05	0:10:12
89	2092	3176	Pedro Miguel Gomes		S23	Alhandra Sporting Clube	116	0:18:45	65	0:39:27	118	0:09:58	1:08:10	0:10:17
90	3001	627	Paulo Teles		SEN	G. A. A. Vila Franca de Xira	167	0:19:22	60	0:39:14	83	0:09:37	1:08:13	0:10:20
91	4204	3194	Mário Sousa		V2	Peniche A. C.	71	0:17:52	141	0:41:20	53	0:09:11	1:08:23	0:10:30
92	4177	465	Paulo Silva		V1	Casa Benfica Faro/GASCAN	50	0:17:12	177	0:42:40	25	0:08:38	1:08:30	0:10:37
93	5583		Vitor Carapelho		V2	Individual	115	0:18:44	82	0:39:51	115	0:09:56	1:08:31	0:10:38
94	5574		Tiago Simões Inácio		SEN	Individual	106	0:18:36	94	0:40:10	95	0:09:46	1:08:32	0:10:39
95	3531	3566	Pedro Miguel Matos		SEN	Clube de Natação do Tejo	152	0:19:10	59	0:39:13	146	0:10:12	1:08:35	0:10:42
96	3102	662	Alexandre Feliz		SEN	COMPEED - Tri-Oeste	97	0:18:28	85	0:39:55	154	0:10:14	1:08:37	0:10:44
97	3147	604	Pedro Bento		SEN	Ribabike / Associação dos 20 Km de	179	0:19:34	32	0:38:41	170	0:10:23	1:08:38	0:10:45
98	3524	3555	Paulo Sequeira		SEN	Peniche A. C.	89	0:18:25	108	0:40:29	93	0:09:45	1:08:39	0:10:46
99	2097	3279	João Gestosa		S23	Clube Triatlo de Perosinho	119	0:18:48	91	0:40:09	92	0:09:44	1:08:41	0:10:48
100	4275	3468	Fernando Gonçalves		V3	Molly Maid - Vitoria de Janes	61	0:17:27	153	0:41:54	62	0:09:21	1:08:42	0:10:49
101	1170	153	Gonçalo Barros		JUN	Ginásio Clube de Sines	142	0:18:58	47	0:38:58	211	0:10:47	1:08:43	0:10:50
102	3485	3440	Nuno Patrício		SEN	C.N. Alvito	124	0:18:50	104	0:40:27	72	0:09:30	1:08:47	0:10:54
103	3120	720	Mário Couto		SEN	C.N. Cartaxo	134	0:18:55	99	0:40:18	77	0:09:35	1:08:48	0:10:55

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
						5000	(MT)	23000	(KM)	2500	(MT)			
104	5505		Paulo Jorge Alves		V2	Individual	70	0:17:51	144	0:41:23	78	0:09:35	1:08:49	0:10:56
105	1155	3078	Miguel Marques		JUN	Alhandra Sporting Clube	156	0:19:14	73	0:39:40	127	0:10:00	1:08:54	0:11:01
106	5323		João Massena		SEN	Individual	176	0:19:32	42	0:38:52	196	0:10:35	1:08:59	0:11:06
107	5269		Guilherme Branquinho		SEN	Individual	155	0:19:12	77	0:39:44	137	0:10:06	1:09:02	0:11:09
108	5512		Paulo Jorge Silvestre		SEN	Individual	107	0:18:38	78	0:39:44	208	0:10:45	1:09:07	0:11:14
109	3402	3166	Luis Reis		SEN	Casa Benfica Faro/GASCAN	127	0:18:53	100	0:40:20	119	0:09:58	1:09:11	0:11:18
110	5508		Paulo José Lopes		SEN	Individual	165	0:19:21	44	0:38:57	225	0:10:53	1:09:11	0:11:18
111	3443	3281	António Amorim		SEN	Clube Triatlo de Perosinho	93	0:18:27	138	0:41:14	88	0:09:40	1:09:21	0:11:28
112	5365		José Domingos		V2	Individual	164	0:19:21	57	0:39:11	221	0:10:51	1:09:23	0:11:30
113	5268		Gonçalo Tomás		SEN	Individual	99	0:18:32	133	0:41:08	94	0:09:46	1:09:26	0:11:33
114	5362		José Costa		V1	Individual	100	0:18:33	135	0:41:11	98	0:09:48	1:09:32	0:11:39
115	5257		Fábio Vitorino		SEN	Individual	171	0:19:25	72	0:39:39	189	0:10:33	1:09:37	0:11:44
116	5594		William da Silva Lemos		S23	Individual	66	0:17:39			471	1:09:38	1:09:38	0:11:45
117	2090	445	Miguel Caetano		S23	A.D.C.R. Painho	149	0:19:06	118	0:40:43	103	0:09:51	1:09:40	0:11:47
118	1112	157	Rui Cordeiro		JUN	Ginásio Clube de Sines	109	0:18:39	129	0:41:03	120	0:09:58	1:09:40	0:11:47
119	4298	3639	Rafael Caetano		V1	Externato Cooperativo da Benedita	114	0:18:44	127	0:41:01	116	0:09:57	1:09:42	0:11:49
120	3512	3484	Rui Baptista		SEN	Clube Ferroviário de Vendas Novas	76	0:18:00	158	0:42:02	89	0:09:41	1:09:43	0:11:50
121	4131	2744	Pedro Nogueira Silva		V1	HALCON - SPIUK Olímpico de Oeiras	92	0:18:27	137	0:41:14	136	0:10:06	1:09:47	0:11:54
122	5376		Júlio Azeitão		SEN	Individual	197	0:19:51	75	0:39:43	153	0:10:14	1:09:48	0:11:55
123	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho	159	0:19:17	121	0:40:46	96	0:09:47	1:09:50	0:11:57
124	5207		Bruno Fernandes		SEN	Individual	69	0:17:51	162	0:42:14	113	0:09:56	1:10:01	0:12:08
125	5305		João Canas		SEN	Individual	118	0:18:47	140	0:41:19	124	0:09:59	1:10:05	0:12:12
126	4129	2740	João Hipólito		V1	Alhandra Sporting Clube	168	0:19:23	110	0:40:32	148	0:10:13	1:10:08	0:12:15
127	2095	2954	Ricardo Reis		S23	Clube de Praças da Armada	148	0:19:05	116	0:40:37	180	0:10:30	1:10:12	0:12:19
128	5517		Pedro Basso Costa		SEN	Individual	122	0:18:49	143	0:41:22	133	0:10:02	1:10:13	0:12:20
129	3079	728	Eduardo Alçada		SEN	Ginásio Clube Figueirense	200	0:19:53	76	0:39:44	202	0:10:41	1:10:18	0:12:25
130	2109	2631	David Ferreira		S23	Alhandra Sporting Clube	213	0:20:02	95	0:40:11	135	0:10:06	1:10:19	0:12:26
131	1217	62	Jorge Alves		JUN	HALCON - SPIUK Olímpico de Oeiras	78	0:18:03	182	0:42:51	68	0:09:27	1:10:21	0:12:28
132	5576		Tiago Silva		JUN	Individual	123	0:18:49	148	0:41:40	110	0:09:53	1:10:22	0:12:29
133	5287		Hugo Barrela		SEN	Individual	188	0:19:45	107	0:40:29	144	0:10:10	1:10:24	0:12:31
134	3416	3193	Miguel Vigôço		SEN	Maia Atlético Clube (MAC)	138	0:18:56	132	0:41:06	182	0:10:30	1:10:32	0:12:39
135	5522		Pedro Carreira		SEN	Individual	158	0:19:16	87	0:39:57	278	0:11:25	1:10:38	0:12:45
136	5281		Henrique Avelar		SEN	Individual	157	0:19:16	136	0:41:12	155	0:10:15	1:10:43	0:12:50
137	3508	3477	João Duarte		SEN	Núcleo de Ciclismo da Baixa da	205	0:19:56	98	0:40:15	192	0:10:33	1:10:44	0:12:51
138	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	166	0:19:22	115	0:40:37	219	0:10:51	1:10:50	0:12:57
139	5410		Manuel Jorge Castro		SEN	Individual	184	0:19:43	119	0:40:43	176	0:10:26	1:10:52	0:12:59
140	5527		Pedro Miguel Lucas		SEN	Individual	146	0:19:03	145	0:41:24	183	0:10:31	1:10:58	0:13:05
141	3513	3485	Luis Fitas		SEN	Clube Ferroviário de Vendas Novas	224	0:20:15	101	0:40:23	168	0:10:22	1:11:00	0:13:07
142	4225	3282	Manuel Domingues		V1	Clube Triatlo de Perosinho	117	0:18:46	164	0:42:15	128	0:10:00	1:11:01	0:13:08
143	4300	3641	Jorge Monteiro		V1	Externato Cooperativo da Benedita	202	0:19:54	112	0:40:35	195	0:10:35	1:11:04	0:13:11
144	5450		Nuno Miguel Jorge		SEN	Individual	175	0:19:31	147	0:41:34	130	0:10:00	1:11:05	0:13:12
145	4075	751	José Peixoto		V3	Peniche A. C.	186	0:19:44	123	0:40:50	193	0:10:34	1:11:08	0:13:15
146	5198		António Manuel Samora		V2	Individual	174	0:19:29	130	0:41:03	203	0:10:41	1:11:13	0:13:20
147	5431		Miguel Pereira		SEN	Individual	216	0:20:06	96	0:40:11	233	0:10:59	1:11:16	0:13:23
148	3369	581	Ricardo Paixão		SEN	Portinado	229	0:20:18	114	0:40:36	171	0:10:23	1:11:17	0:13:24
149	5369		José Manuel Ramos		SEN	Individual	173	0:19:28	142	0:41:21	190	0:10:33	1:11:22	0:13:29
150	5245		David Marques		SEN	Individual	129	0:18:54	195	0:43:18	52	0:09:11	1:11:23	0:13:30
151	4060	762	António Moura		V2	SR Camarnal / Seguros Contacto / IKA /	163	0:19:20	166	0:42:17	99	0:09:49	1:11:26	0:13:33
152	5428		Micael Agostinho		SEN	Individual	131	0:18:54	192	0:43:12	65	0:09:22	1:11:28	0:13:35
153	4199	890	Filipe Conceição		V1	Casa Benfica Faro/GASCAN	91	0:18:26	213	0:43:44	60	0:09:20	1:11:30	0:13:37
154	5509		Paulo Jorge Ferreira		SEN	Individual	162	0:19:19	125	0:40:51	283	0:11:28	1:11:38	0:13:45
155	5391		Luis Romão		V1	Individual	101	0:18:33	204	0:43:30	80	0:09:36	1:11:39	0:13:46
156	3538	3577	António Craveiro		SEN	Clube Académico de Penafirme	206	0:19:57	117	0:40:42	237	0:11:02	1:11:41	0:13:48
157	4072	752	Renato Fidalgo		V2	A.D.C.R. Painho	190	0:19:49	150	0:41:48	159	0:10:18	1:11:55	0:14:02
158	5232		Carlos Rouxinol		SEN	Individual	135	0:18:55	186	0:43:00	151	0:10:13	1:12:08	0:14:15
159	3535	3574	Pedro Francisco		SEN	Clube Académico de Penafirme	86	0:18:19	199	0:43:26	172	0:10:24	1:12:09	0:14:16
160	5296		Ismael Teixeira		SEN	Individual	235	0:20:26	134	0:41:08	197	0:10:36	1:12:10	0:14:17

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
						5000	(MT)	23000	(KM)	2500	(MT)			
161	3407	3178	Marco Fernandes		SEN	Associação Recreativa Social e	241	0:20:32	120	0:40:45	231	0:10:56	1:12:13	0:14:20
162	5313		João Paulo Luis		S23	Individual	207	0:19:58	122	0:40:46	292	0:11:34	1:12:18	0:14:25
163	5254		Eduardo Mendonça		JUN	Individual	125	0:18:50	203	0:43:29	129	0:10:00	1:12:19	0:14:26
164	5402		Luis Miguel Rato		SEN	Individual	110	0:18:39	201	0:43:26	162	0:10:18	1:12:23	0:14:30
165	3280	2837	Carlos Bráz		SEN	CARDES - Centro de Arte e Desporto	133	0:18:55	196	0:43:21	139	0:10:08	1:12:24	0:14:31
166	5401		Luis Prego		V3	Individual	153	0:19:11	190	0:43:05	145	0:10:11	1:12:27	0:14:34
167	5215		Carlos Alberto Dias		V4	Individual	222	0:20:13	152	0:41:52	175	0:10:26	1:12:31	0:14:38
168	5331		Joaquim Figueiras		SEN	Individual	130	0:18:54	214	0:43:44	114	0:09:56	1:12:34	0:14:41
169	3411	3184	Luis Novo		SEN	Alhandra Sporting Clube	284	0:21:07	102	0:40:25	244	0:11:06	1:12:38	0:14:45
170	1233	3546	Diogo Rosa		JUN	Clube de Natação do Tejo	230	0:20:20	81	0:39:47	370	0:12:33	1:12:40	0:14:47
171	1177	3247	Pedro Lourenço		JUN	HALCON - SPIUK Olímpico de Oeiras	191	0:19:49	173	0:42:38	149	0:10:13	1:12:40	0:14:47
172	3526	3557	António Gouveia		SEN	C.F. "Os Belenenses"	214	0:20:03	160	0:42:10	201	0:10:40	1:12:53	0:15:00
173	1173	195	Ruben Rosa		JUN	Individual	120	0:18:48	223	0:43:55	143	0:10:10	1:12:53	0:15:00
174	4025	516	João Medeiro		V2	Serv. Soc. CGD	85	0:18:14	252	0:44:43	117	0:09:57	1:12:54	0:15:01
175	5467		Orlando Marques		SEN	Individual	177	0:19:32	187	0:43:02	169	0:10:22	1:12:56	0:15:03
176	1169	141	David Morgado		JUN	Ginásio Clube de Sines	310	0:21:24	139	0:41:14	164	0:10:19	1:12:57	0:15:04
177	3431	3258	Henrique Venâncio		SEN	Peniche A. C.	204	0:19:54			472	1:12:58	1:12:58	0:15:05
178	5592		Vitor Alves Milheiro		V2	Individual	211	0:20:01	179	0:42:46	158	0:10:16	1:13:03	0:15:10
179	3005	620	Diogo Almeida		SEN	C.F. "Os Belenenses"	330	0:21:44	71	0:39:35	318	0:11:49	1:13:08	0:15:15
180	1219	3514	Daniel Nabais		JUN	Clube de Triatlo de Almada	147	0:19:04	221	0:43:51	160	0:10:18	1:13:13	0:15:20
181	3409	3181	Luis Bicudo		SEN	G. A. A. Vila Franca de Xira	181	0:19:34	202	0:43:28	150	0:10:13	1:13:15	0:15:22
182	4256	3423	Rui Pinto Gonçalves		V3	O Clube de Veteranos do Porto	113	0:18:43	247	0:44:34	126	0:09:59	1:13:16	0:15:23
183	5563		Rui Manuel Pereira		SEN	Individual	194	0:19:50	157	0:42:01	279	0:11:27	1:13:18	0:15:25
184	3546	3601	Nuno Felício		SEN	ABV Estoris	154	0:19:12	212	0:43:44	179	0:10:29	1:13:25	0:15:32
185	3177	2577	António Miguel Reis		SEN	Amiciclo	219	0:20:10	168	0:42:23	230	0:10:56	1:13:29	0:15:36
186	2117	3217	João Pedro Martins		S23	Peniche A. C.	227	0:20:17	170	0:42:30	204	0:10:42	1:13:29	0:15:36
187	2135	3600	Rúben Reis		S23	ABV Estoris	83	0:18:12	261	0:44:53	174	0:10:25	1:13:30	0:15:37
188	4108	879	Paulo Leitão Santos		V2	Peniche A. C.	266	0:20:51	154	0:41:55	207	0:10:44	1:13:30	0:15:37
189	5208		Bruno Miguel Silva		SEN	Individual	238	0:20:29	159	0:42:09	232	0:10:57	1:13:35	0:15:42
190	3150	2452	Ernesto Caniço		SEN	Ribabike / Associação dos 20 Km de	143	0:19:00	146	0:41:31	401	0:13:05	1:13:36	0:15:43
191	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	236	0:20:28	156	0:42:00	255	0:11:10	1:13:38	0:15:45
192	5325		João Miguel Colaço		SEN	Individual	151	0:19:09	254	0:44:44	111	0:09:54	1:13:47	0:15:54
193	5202		Augusto Gaspar		V2	Individual	198	0:19:52	200	0:43:26	188	0:10:33	1:13:51	0:15:58
194	5332		Joaquim Afoito		V2	Individual	223	0:20:13	178	0:42:40	241	0:11:05	1:13:58	0:16:05
195	3094	708	Pedro Fernandes		SEN	ABV Estoris	221	0:20:12	176	0:42:40	246	0:11:07	1:13:59	0:16:06
196	5552		Ricardo Manuel Martins		SEN	Individual	160	0:19:17	260	0:44:51	105	0:09:52	1:14:00	0:16:07
197	5580		Venâncio Couto Leitão		SEN	Individual	245	0:20:37	171	0:42:32	224	0:10:52	1:14:01	0:16:08
198	3003	854	César Andrade		SEN	G. A. A. Vila Franca de Xira	286	0:21:08	165	0:42:16	198	0:10:38	1:14:02	0:16:09
199	5549		Ricardo Chung		SEN	Individual	189	0:19:45	217	0:43:46	184	0:10:31	1:14:02	0:16:09
200	5256		Emanuel Simões		SEN	Individual	208	0:19:59	218	0:43:48	157	0:10:16	1:14:03	0:16:10
201	5243		Daniel Luis		S23	Individual	195	0:19:51	237	0:44:13	131	0:10:01	1:14:05	0:16:12
202	5568		Samuel Alexandre Teles		SEN	Individual	242	0:20:35	90	0:40:01	425	0:13:33	1:14:09	0:16:16
203	5556		Ruben Barjona		SEN	Individual	261	0:20:44	175	0:42:38	218	0:10:50	1:14:12	0:16:19
204	4271	4615	Jorge Vieira		V1	G. A. A. Vila Franca de Xira	210	0:20:01	227	0:44:03	147	0:10:12	1:14:16	0:16:23
205	5136		Paulo Jorge Fonseca		V1	Individual	267	0:20:54	163	0:42:14	257	0:11:11	1:14:19	0:16:26
206	3481	3410	Nuno Gameiro		SEN	Ginásio Clube Figueirense	287	0:21:08	172	0:42:33	200	0:10:39	1:14:20	0:16:27
207	5502		Paulo José Godinho		V1	Individual	243	0:20:36	191	0:43:05	214	0:10:48	1:14:29	0:16:36
208	5288		Hugo Brito		SEN	Individual	192	0:19:49	238	0:44:17	173	0:10:24	1:14:30	0:16:37
209	1223	230	Rui Tenrinho		JUN	C.F. "Os Belenenses"	139	0:18:57	279	0:45:35	123	0:09:59	1:14:31	0:16:38
210	1209	147	Diogo Goulão Henriques		JUN	Ginásio Clube de Sines	187	0:19:45	262	0:44:55	112	0:09:55	1:14:35	0:16:42
211	4188	888	Luis Filipe Pereira		V2	Peniche A. C.	199	0:19:52	220	0:43:50	228	0:10:54	1:14:36	0:16:43
212	5504		Paulo Henrique		V1	Individual	225	0:20:15	224	0:43:57	177	0:10:26	1:14:38	0:16:45
213	5344		Jorge Mimoso		SEN	Individual	232	0:20:21	235	0:44:11	152	0:10:14	1:14:46	0:16:53
214	5357		José Agostinho		V3	Individual	209	0:20:00			473	1:14:47	1:14:47	0:16:54
215	5537		Pedro Raposo		SEN	Individual	367	0:22:20	111	0:40:32	326	0:11:55	1:14:47	0:16:54
216	3536	3575	José Miranda		SEN	Clube Académico de Penafirma	260	0:20:44	197	0:43:23	215	0:10:49	1:14:56	0:17:03
217	3494	3451	Rui Pedro Costa		SEN	Clube de Natação do Tejo	268	0:20:56	206	0:43:34	178	0:10:28	1:14:58	0:17:05

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	23000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
218	5511		Paulo Oliveira Ribeiro		V2	Individual	280	0:21:06	215	0:43:44	141	0:10:08	1:14:58	0:17:05
219	5423		Mário Rui Santos		SEN	Individual	249	0:20:38	210	0:43:39	205	0:10:43	1:15:00	0:17:07
220	5539		Pedro Sebastião		SEN	Individual	150	0:19:08	286	0:45:53	132	0:10:01	1:15:02	0:17:09
221	5372		José Pais		SEN	Individual	231	0:20:20	216	0:43:45	235	0:11:00	1:15:05	0:17:12
222	1080	2310	João Pica		JUN	C.F. "Os Belenenses"	234	0:20:23	231	0:44:10	186	0:10:33	1:15:06	0:17:13
223	5415		Marco Monte		SEN	Individual	316	0:21:27	155	0:41:59	311	0:11:44	1:15:10	0:17:17
224	5634		Carlos Alberto Barata		SEN	Individual	294	0:21:11	184	0:42:56	251	0:11:08	1:15:15	0:17:22
225	3521	710	João Nicolau		SEN	Clube de Natação do Tejo	315	0:21:27	194	0:43:14	194	0:10:35	1:15:16	0:17:23
226	5586	3183	Vasco Soares		V1	Alhandra Sporting Clube	262	0:20:45	209	0:43:37	229	0:10:56	1:15:18	0:17:25
227	5360		José Carvalho		SEN	Individual	182	0:19:41	240	0:44:25	258	0:11:13	1:15:19	0:17:26
228	3487	3442	Rui Pedro Gonçalves		SEN	Individual	300	0:21:16	151	0:41:49	350	0:12:15	1:15:20	0:17:27
229	3522	3550	Nuno Pereira		SEN	Quintajense Futebol Clube	317	0:21:27	188	0:43:02	226	0:10:53	1:15:22	0:17:29
230	4189	2703	José Carlos Serra		V1	Alhandra Sporting Clube	368	0:22:21	167	0:42:20	217	0:10:50	1:15:31	0:17:38
231	4286	3558	Paulo Goulart		V1	C.F. "Os Belenenses"	312	0:21:26	181	0:42:51	265	0:11:16	1:15:33	0:17:40
232	3426	3222	Mário Baltazar		SEN	Peniche A. C.	228	0:20:18	234	0:44:10	243	0:11:05	1:15:33	0:17:40
233	2119	3465	Gonçalo Franco		S23	Molly Maid - Vitoria de Janes	203	0:19:54	244	0:44:31	261	0:11:14	1:15:39	0:17:46
234	5290		Hugo Carvalho Silva		SEN	Individual	308	0:21:22	185	0:42:58	273	0:11:22	1:15:42	0:17:49
235	1164	3150	David Maia		JUN	HALCON - SPIUK Olímpico de Oeiras	273	0:21:01	208	0:43:36	249	0:11:08	1:15:45	0:17:52
236	5363		José Davide Gregório		V1	Individual	334	0:21:49	183	0:42:54	238	0:11:03	1:15:46	0:17:53
237	5411		Manuel Joaquim Rodrigues		V1	Individual	335	0:21:49	180	0:42:49	253	0:11:09	1:15:47	0:17:54
238	3518	3534	David Chéu Martins		SEN	Associação Naval Amorense	90	0:18:26	327	0:47:13	142	0:10:09	1:15:48	0:17:55
239	3387	3152	José António Jesus		SEN	HALCON - SPIUK Olímpico de Oeiras	178	0:19:33	299	0:46:07	140	0:10:08	1:15:48	0:17:55
240	3389	3157	Luis Barbosa		SEN	Clube de Natação Colégio Vasco da	169	0:19:23	308	0:46:19	138	0:10:07	1:15:49	0:17:56
241	5241		Cristiano Casalinho		SEN	Individual	240	0:20:30	219	0:43:49	288	0:11:32	1:15:51	0:17:58
242	5561		Rui Manuel Luz		SEN	Individual	259	0:20:42	243	0:44:27	216	0:10:49	1:15:58	0:18:05
243	5219		Carlos Jorge Silva		SEN	Individual	233	0:20:22	236	0:44:12	284	0:11:29	1:16:03	0:18:10
244	3004	485	Bruno Silva		SEN	G. A. A. Vila Franca de Xira	180	0:19:34	304	0:46:13	161	0:10:18	1:16:05	0:18:12
245	4290	3584	Bento Tanganho		V3	Alhandra Sporting Clube	265	0:20:48	228	0:44:07	269	0:11:20	1:16:15	0:18:22
246	1216	221	Pedro Miguel Amaral		JUN	Sporting Clube de Portugal	141	0:18:57	334	0:47:29	102	0:09:50	1:16:16	0:18:23
247	2112	3446	Ivan Costa		S23	Alhandra Sporting Clube	254	0:20:41	253	0:44:44	227	0:10:54	1:16:19	0:18:26
248	5567		Rui Santos		V4	Individual	295	0:21:12	189	0:43:04	336	0:12:04	1:16:20	0:18:27
249	4288	3568	João Manuel Correia		V2	Individual	244	0:20:37	264	0:44:57	212	0:10:47	1:16:21	0:18:28
250	2126	3497	Miguel Andrade		S23	HALCON - SPIUK Olímpico de Oeiras	183	0:19:42	307	0:46:14	187	0:10:33	1:16:29	0:18:36
251	5330		Joaquim Miguel Ferreira		V1	Individual	291	0:21:10	211	0:43:40	322	0:11:52	1:16:42	0:18:49
252	4124	2725	Vitor Cotrim		V1	Grupo Desportivo do Pessoal da	215	0:20:04	269	0:45:06	291	0:11:34	1:16:44	0:18:51
253	1214	3246	Simão Sousa		JUN	HALCON - SPIUK Olímpico de Oeiras	145	0:19:02	232	0:44:10	426	0:13:34	1:16:46	0:18:53
254	5569		Sérgio Duarte		SEN	Individual	304	0:21:18	241	0:44:25	247	0:11:07	1:16:50	0:18:57
255	5546		Raul Ferreira Jorge		SEN	Individual	193	0:19:50	291	0:46:01	236	0:11:00	1:16:51	0:18:58
256	3515	3498	Jorge Borges		SEN	Grupo Desportivo do Pessoal da	301	0:21:17	248	0:44:36	234	0:11:00	1:16:53	0:19:00
257	5271		Hélder Adelino Lopes		V1	Individual	288	0:21:09	272	0:45:14	181	0:10:30	1:16:53	0:19:00
258	5327		João Paulo Rosa		SEN	Individual	354	0:22:08	169	0:42:23	360	0:12:24	1:16:55	0:19:02
259	5416		Marcolino Verissimo		SEN	Individual	88	0:18:23	345	0:47:51	206	0:10:44	1:16:58	0:19:05
260	5398		Luis Ladeira		SEN	Individual	226	0:20:16	306	0:46:13	191	0:10:33	1:17:02	0:19:09
261	5437		Norberto Toscano		V2	Individual	218	0:20:09	309	0:46:20	199	0:10:38	1:17:07	0:19:14
262	5543		Pedro Vilaça Silva		V1	Individual	253	0:20:40	271	0:45:13	271	0:11:20	1:17:13	0:19:20
263	5521		Pedro Cabral		JUN	Individual	343	0:21:57	193	0:43:13	341	0:12:08	1:17:18	0:19:25
264	5355		José Anibal Correia		V2	Individual	292	0:21:10	270	0:45:11	252	0:11:09	1:17:30	0:19:37
265	3523	3551	Nuno Pinto		SEN	Quintajense Futebol Clube	318	0:21:27	246	0:44:33	297	0:11:36	1:17:36	0:19:43
266	5270		Guillermo Diaz		V1	Individual	247	0:20:38	277	0:45:30	286	0:11:29	1:17:37	0:19:44
267	5194		António Santos Marques		SEN	Individual	302	0:21:18	276	0:45:30	220	0:10:51	1:17:39	0:19:46
268	5352		José Alves		V2	Individual	373	0:22:34	174	0:42:38	367	0:12:29	1:17:41	0:19:48
269	3516	3516	Hugo Salvador		SEN	Clube de Triatlo de Almada	339	0:21:55	239	0:44:25	275	0:11:23	1:17:43	0:19:50
270	5214		Carlos Candeias		V1	Individual	279	0:21:03	302	0:46:12	185	0:10:32	1:17:47	0:19:54
271	5525		Pedro Guedes		SEN	Individual	250	0:20:38	289	0:45:57	267	0:11:17	1:17:52	0:19:59
272	4117	2642	Carlos Egídio Alegre		V2	Associação Recreativa Social e	307	0:21:22	265	0:44:58	290	0:11:33	1:17:53	0:20:00
273	5544		Pedro Zina		SEN	Individual	274	0:21:01	274	0:45:23	299	0:11:37	1:18:01	0:20:08
274	3347	3053	Desidério Sousa		SEN	Associação Recreativa, Cultural e	324	0:21:38	259	0:44:51	294	0:11:35	1:18:04	0:20:11

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	5000	(MT)	23000	(KM)	2500	(MT)	TOTAL	DIFF
							Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA		
275	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	355	0:22:10	226	0:44:03	325	0:11:55	1:18:08	0:20:15
276	4272	2693	Fernando Conceição		V1	Clube de Praças da Armada	299	0:21:16	268	0:45:06	315	0:11:48	1:18:10	0:20:17
277	1201	2627	André Estevam		JUN	Alhandra Sporting Clube	351	0:22:07	229	0:44:08	327	0:11:56	1:18:11	0:20:18
278	5533		Pedro Nascimento		SEN	Individual	217	0:20:07	322	0:46:57	250	0:11:08	1:18:12	0:20:19
279	5384		Luis Esteireiro		SEN	Individual	270	0:20:58	281	0:45:46	287	0:11:31	1:18:15	0:20:22
280	5584		Victor Nogueira		V2	Individual	140	0:18:57	376	0:49:35	100	0:09:50	1:18:22	0:20:29
281	5299		Jaime Bento		SEN	Individual	220	0:20:10	305	0:46:13	331	0:12:00	1:18:23	0:20:30
282	5196		António Palma		SEN	Individual	313	0:21:26	280	0:45:41	281	0:11:28	1:18:35	0:20:42
283	5343		Jorge Martine		SEN	Individual	332	0:21:48	266	0:45:04	313	0:11:45	1:18:37	0:20:44
284	5555		Rogério Soares		V2	Individual	361	0:22:16	225	0:43:59	359	0:12:23	1:18:38	0:20:45
285	5638		Alexandre Sousa		S23	Individual	331	0:21:46	323	0:47:00	106	0:09:52	1:18:38	0:20:45
286	5220		Carlos Manuel Ferreira		V3	Individual	272	0:20:59	275	0:45:28	344	0:12:12	1:18:39	0:20:46
287	5260		Filipe Alexandre Pires		S23	Individual	352	0:22:08	263	0:44:55	306	0:11:42	1:18:45	0:20:52
288	5573		Telmo Toledo		JUN	Individual	389	0:23:01	198	0:43:25	355	0:12:19	1:18:45	0:20:52
289	4092	872	António Perdigoto		V2	Alhandra Sporting Clube	269	0:20:58	317	0:46:40	248	0:11:08	1:18:46	0:20:53
290	5141		Paulo Jorge Santos		V1	Individual	329	0:21:43	292	0:46:01	239	0:11:04	1:18:48	0:20:55
291	5566		Rui Figueiredo		SEN	Individual	293	0:21:11	314	0:46:33	242	0:11:05	1:18:49	0:20:56
292	5448		Nuno Miguel Lucas		SEN	Individual	345	0:21:59	222	0:43:51	396	0:13:00	1:18:50	0:20:57
293	5570		Sérgio Fajardo		SEN	Individual	277	0:21:02	296	0:46:04	312	0:11:44	1:18:50	0:20:57
294	5386		Luis Gonçalves Silva		V3	Individual	369	0:22:21	250	0:44:40	319	0:11:50	1:18:51	0:20:58
295	5506		Paulo Jorge Dias		V1	Individual	348	0:22:06	251	0:44:41	335	0:12:04	1:18:51	0:20:58
296	5314		João Balsinha		V4	Individual	276	0:21:02	300	0:46:11	305	0:11:41	1:18:54	0:21:01
297	5453		Nuno Jorge Martins		V1	Individual	327	0:21:40	321	0:46:57	163	0:10:18	1:18:55	0:21:02
298	5223		Carlos Manuel Neves		V1	Individual	323	0:21:37	298	0:46:05	260	0:11:14	1:18:56	0:21:03
299	5370		José Miguel Pereira		SEN	Individual	403	0:23:18	207	0:43:34	340	0:12:08	1:19:00	0:21:07
300	5380		Luís Carvalhinho		V1	Individual	251	0:20:39	325	0:47:12	259	0:11:13	1:19:04	0:21:11
301	5405		Manuel Horta		V4	Individual	390	0:23:03	205	0:43:31	369	0:12:32	1:19:06	0:21:13
302	3281	2838	Hélder Gonçalves Ribeiro		SEN	Oeiras Sport Clube - TRANSINSULAR	366	0:22:19	242	0:44:26	365	0:12:27	1:19:12	0:21:19
303	5282		Henrique Coelho		SEN	Individual	172	0:19:25	331	0:47:20	377	0:12:39	1:19:24	0:21:31
304	5381		Luis Camolas		SEN	Individual	384	0:22:55	233	0:44:10	362	0:12:24	1:19:29	0:21:36
305	5611		Luis Miguel Cardoso		JUN	Individual	170	0:19:23	370	0:49:25	209	0:10:46	1:19:34	0:21:41
306	5193		António Jesus		V1	Individual	237	0:20:29	293	0:46:02	404	0:13:07	1:19:38	0:21:45
307	5190		António Agostinho		V4	Individual	185	0:19:44	377	0:49:37	166	0:10:21	1:19:42	0:21:49
308	5333		Joaquim Leitão		V1	Individual	424	0:23:38	255	0:44:45	270	0:11:20	1:19:43	0:21:50
309	1202	2947	Ivo Cristeta		JUN	Alhandra Sporting Clube	263	0:20:46	303	0:46:13	380	0:12:45	1:19:44	0:21:51
310	5170		Abílio José Ferreira		V2	Individual	257	0:20:42	361	0:48:57	134	0:10:05	1:19:44	0:21:51
311	4045	757	Rogério Moraes		V2	Clube Ferroviário de Vendas Novas	372	0:22:33	283	0:45:48	276	0:11:25	1:19:46	0:21:53
312	5240		Cláudio Mira		V1	Individual	136	0:18:55	398	0:50:59	108	0:09:53	1:19:47	0:21:54
313	5293		Inácio Serrazina		V3	Individual	196	0:19:51	378	0:49:43	156	0:10:15	1:19:49	0:21:56
314	5640		Pedro Falcato		SEN	Individual	325	0:21:39	312	0:46:28	308	0:11:43	1:19:50	0:21:57
315	5526		Pedro José Pereira		V2	Individual	298	0:21:14	290	0:46:00	375	0:12:37	1:19:51	0:21:58
316	5400		Luis Pedro Pereira		SEN	Individual	306	0:21:20	320	0:46:47	316	0:11:48	1:19:55	0:22:02
317	5538		Pedro Ricardo Costa		SEN	Individual	258	0:20:42	348	0:47:59	263	0:11:15	1:19:56	0:22:03
318	5337		Joel António Silva		SEN	Individual	333	0:21:49	329	0:47:17	222	0:10:52	1:19:58	0:22:05
319	5559		Rui Manuel Correia		V4	Individual	429	0:23:48	249	0:44:39	301	0:11:37	1:20:04	0:22:11
320	5422		Mário José Ramos		V3	Individual	375	0:22:41	294	0:46:02	282	0:11:28	1:20:11	0:22:18
321	5562		Rui Manuel Cabral		SEN	Individual	252	0:20:39	355	0:48:18	264	0:11:15	1:20:12	0:22:19
322	5322		João Coelho		SEN	Individual	370	0:22:30	258	0:44:49	395	0:13:00	1:20:19	0:22:26
323	5233		Carlos Moraes		V2	Individual	360	0:22:16	315	0:46:35	285	0:11:29	1:20:20	0:22:27
324	5329		João Delgado		JUN	Individual	256	0:20:41	359	0:48:53	213	0:10:47	1:20:21	0:22:28
325	5608		Rui Jorge Pinheiro		SEN	Individual	212	0:20:01	360	0:48:55	280	0:11:27	1:20:23	0:22:30
326	5351		José António Almeida		V1	Individual	411	0:23:24	257	0:44:47	361	0:12:24	1:20:35	0:22:42
327	5226		Carlos Silva Pedro		SEN	Individual	340	0:21:55			474	1:20:37	1:20:37	0:22:44
328	5227		Carlos Manuel Teixeira		SEN	Individual	388	0:23:01	285	0:45:53	310	0:11:44	1:20:38	0:22:45
329	5262		Francisco Macedo		SEN	Individual	363	0:22:18	311	0:46:25	330	0:12:00	1:20:43	0:22:50
330	3527	3559	Rui Manuel Ferreira		SEN	Portinado	337	0:21:52	338	0:47:35	272	0:11:20	1:20:47	0:22:54
331	3434	3265	Luis Boleto Pinto		SEN	Alhandra Sporting Clube	392	0:23:06	297	0:46:05	309	0:11:44	1:20:55	0:23:02

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
						5000	(MT)	23000	(KM)	2500	(MT)			
332	5468		Orlando Ramos		V1	Individual	336	0:21:51	342	0:47:41	277	0:11:25	1:20:57	0:23:04
333	5367		José Figueiredo		SEN	Individual	341	0:21:56	332	0:47:20	307	0:11:42	1:20:58	0:23:05
334	5283		Henrique Rocha		JUN	Individual	321	0:21:35	328	0:47:16	342	0:12:09	1:21:00	0:23:07
335	5472		Paulo Marques		V1	Individual	311	0:21:25	339	0:47:36	333	0:12:00	1:21:01	0:23:08
336	5469		Orlando Teixeira		SEN	Individual	342	0:21:57	326	0:47:12	324	0:11:53	1:21:02	0:23:09
337	5200		Armando Silva		V2	Individual	314	0:21:26	324	0:47:05	371	0:12:33	1:21:04	0:23:11
338	5373		José Carlos Scarpa		SEN	Individual	380	0:22:48	318	0:46:44	293	0:11:34	1:21:06	0:23:13
339	5397		Luis Manuel Ventura		V1	Individual	414	0:23:29	267	0:45:04	374	0:12:37	1:21:10	0:23:17
340	3390	3158	Hélder Valente		SEN	Serv. Soc. CGD	427	0:23:47	245	0:44:31	393	0:12:57	1:21:15	0:23:22
341	5358		José Botelho		V1	Individual	248	0:20:38	364	0:49:11	289	0:11:32	1:21:21	0:23:28
342	4279	3518	João Morgado		V1	Clube de Triatlo de Almada	421	0:23:36	256	0:44:46	400	0:13:03	1:21:25	0:23:32
343	5371		José Pernão Moga		V3	Individual	201	0:19:53	401	0:51:14	165	0:10:19	1:21:26	0:23:33
344	3082	651	João Seródio		SEN	Clube de Natação Colégio Vasco da	328	0:21:41	347	0:47:57	323	0:11:53	1:21:31	0:23:38
345	5440		Nuno Furtado		SEN	Individual	358	0:22:14	335	0:47:30	320	0:11:51	1:21:35	0:23:42
346	3391	3159	Carlos Albano Silva		SEN	Serv. Soc. CGD	396	0:23:10	273	0:45:14	420	0:13:26	1:21:50	0:23:57
347	5201		Artur Duarte		SEN	Individual	346	0:22:01	337	0:47:32	356	0:12:20	1:21:53	0:24:00
348	5515		Paulo Toledo		V2	Individual	349	0:22:06	301	0:46:11	429	0:13:38	1:21:55	0:24:02
349	5560		Rui Fernandes		SEN	Individual	423	0:23:37	319	0:46:44	302	0:11:38	1:21:59	0:24:06
350	5289		Hugo Pereira		SEN	Individual	364	0:22:18	316	0:46:35	408	0:13:10	1:22:03	0:24:10
351	3428	3251	Rui Chambel		SEN	Clube Ferroviário de Vendas Novas	399	0:23:15	310	0:46:23	364	0:12:27	1:22:05	0:24:12
352	5309		João de Sousa		V1	Individual	398	0:23:13	282	0:45:47	403	0:13:06	1:22:06	0:24:13
353	5179		Alfredo Félix		V1	Individual	296	0:21:13	340	0:47:37	414	0:13:18	1:22:08	0:24:15
354	5551		Ricardo Gonçalves		SEN	Individual	397	0:23:11	313	0:46:30	368	0:12:29	1:22:10	0:24:17
355	5345		Jorge Oliveira		SEN	Individual	412	0:23:26	288	0:45:55	386	0:12:50	1:22:11	0:24:18
356	5557		Rui Domingos Costa		V1	Individual	239	0:20:29	387	0:50:15	300	0:11:37	1:22:21	0:24:28
357	1227	3530	Miguel Alexandre		JUN	Associação Naval Amorense	393	0:23:07	367	0:49:19	122	0:09:59	1:22:25	0:24:32
358	5178		Alfredo Sousa		V3	Individual	326	0:21:40	330	0:47:19	424	0:13:32	1:22:31	0:24:38
359	5302		João Batista		SEN	Individual	353	0:22:08	363	0:49:04	296	0:11:36	1:22:48	0:24:55
360	5129		Nuno Filipe Lima		SEN	Individual	432	0:24:01	295	0:46:02	397	0:13:00	1:23:03	0:25:10
361	5303		João Carlos Silva		SEN	Individual	440	0:24:25	284	0:45:49	389	0:12:53	1:23:07	0:25:14
362	5577		Tiago Varanda		SEN	Individual	309	0:21:22	395	0:50:44	245	0:11:06	1:23:12	0:25:19
363	5624		Paulo Barreira		V1	Individual	446	0:24:40	278	0:45:34	398	0:13:00	1:23:14	0:25:21
364	5591		Vitor Marques		SEN	Individual	374	0:22:35	350	0:48:06	383	0:12:47	1:23:28	0:25:35
365	3324	2987	Luis Pimenta		SEN	Clube de Natação Colégio Vasco da	275	0:21:02	391	0:50:29	337	0:12:05	1:23:36	0:25:43
366	4091	869	Vicente Graça		V3	Alhandra Sporting Clube	365	0:22:19	371	0:49:26	321	0:11:52	1:23:37	0:25:44
367	5340		Jorge Campo Vieira		SEN	Individual	382	0:22:54	356	0:48:28	352	0:12:16	1:23:38	0:25:45
368	5479		Paulo Jorge Costa		V2	Individual	394	0:23:09	353	0:48:10	354	0:12:19	1:23:38	0:25:45
369	5317		João Casado		V1	Individual	359	0:22:15	346	0:47:55	423	0:13:29	1:23:39	0:25:46
370	4289	3580	Luis Cristóvão		V3	Individual	407	0:23:22	343	0:47:42	373	0:12:36	1:23:40	0:25:47
371	5387		Luis Filipe Lopes		SEN	Individual	305	0:21:20	409	0:51:30	223	0:10:52	1:23:42	0:25:49
372	5297		Ivo Seródio		JUN	Individual	255	0:20:41	414	0:51:47	262	0:11:15	1:23:43	0:25:50
373	5582		Venceslau Jesus		V4	Individual	289	0:21:09	408	0:51:29	254	0:11:09	1:23:47	0:25:54
374	5579		Vasco Albuquerque Nascimento		SEN	Individual	445	0:24:40	287	0:45:54	413	0:13:17	1:23:51	0:25:58
375	5627		Pedro Jorge		V1	Individual	415	0:23:29	341	0:47:40	384	0:12:48	1:23:57	0:26:04
376	5633		João Pereira		JUN	Individual	344	0:21:57	390	0:50:27	317	0:11:48	1:24:12	0:26:19
377	5612		Joaquim Manuel Azevedo		V2	Individual	350	0:22:06	405	0:51:21	210	0:10:46	1:24:13	0:26:20
378	5328		João Santos		V1	Individual	371	0:22:30	389	0:50:27	268	0:11:18	1:24:15	0:26:22
379	5614		Duarte Miguel Cabete		SEN	Individual	282	0:21:06	423	0:52:59	167	0:10:21	1:24:26	0:26:33
380	5177		Alexandre Velozo		S23	Individual	422	0:23:36	366	0:49:14	298	0:11:37	1:24:27	0:26:34
381	4294	3603	José Panóias		V3	Núcleo de Ciclismo da Baixa da	376	0:22:43	349	0:48:02	432	0:13:43	1:24:28	0:26:35
382	5564		Rui Santos Martins		SEN	Individual	356	0:22:10	392	0:50:34	314	0:11:45	1:24:29	0:26:36
383	5261		Filipe Manuel Sousa		V2	Individual	385	0:22:56	375	0:49:34	338	0:12:06	1:24:36	0:26:43
384	5613		Nuno José Gonçalo		SEN	Individual	281	0:21:06	415	0:51:55	295	0:11:35	1:24:36	0:26:43
385	5275		Hélder Alexandre		SEN	Individual	297	0:21:13	407	0:51:28	329	0:11:59	1:24:40	0:26:47
386	5625		Luis Tavares		SEN	Individual	436	0:24:09	352	0:48:09	372	0:12:34	1:24:52	0:26:59
387	4077	856	João Côte Real		V2	A.D.C.R. Painho	406	0:23:21	365	0:49:14	357	0:12:21	1:24:56	0:27:03
388	5204		Avelino Fernandes		SEN	Individual	404	0:23:20	373	0:49:29	347	0:12:13	1:25:02	0:27:09

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
						5000	(MT)	23000	(KM)	2500	(MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
389	4088	882	António Trabuço		V2	ABV Estoris	383	0:22:55	381	0:49:58	349	0:12:15	1:25:08	0:27:15
390	5388		Luis Gonçalves		SEN	Individual	457	0:25:16	333	0:47:27	366	0:12:28	1:25:11	0:27:18
391	5364		José Dias		SEN	Individual	425	0:23:42	357	0:48:38	392	0:12:57	1:25:17	0:27:24
392	5186		António Carrelo		V1	Individual	338	0:21:54	388	0:50:21	402	0:13:06	1:25:21	0:27:28
393	5112		Luis Ferreira		SEN	Individual	377	0:22:43	393	0:50:35	346	0:12:12	1:25:30	0:27:37
394	4236	3339	Manuel Ramos		V2	Individual	408	0:23:23	372	0:49:29	385	0:12:50	1:25:42	0:27:49
395	4235	3338	Ricardo Aguiar		V2	Clube Ferroviário de Vendas Novas	439	0:24:20	362	0:49:03	363	0:12:26	1:25:49	0:27:56
396	5535		Pedro Luis Neves		SEN	Individual	391	0:23:04	386	0:50:11	381	0:12:45	1:26:00	0:28:07
397	5265		Gonçalo Campos Lopes		SEN	Individual	387	0:23:00	358	0:48:48	441	0:14:13	1:26:01	0:28:08
398	5609		Ricardo Matias		SEN	Individual	450	0:24:57	336	0:47:31	427	0:13:36	1:26:04	0:28:11
399	5216		Carlos Dinis		V2	Individual	410	0:23:24	383	0:50:07	376	0:12:38	1:26:09	0:28:16
400	5616		Luis Ribeiro		SEN	Individual	283	0:21:06	435	0:53:57	256	0:11:10	1:26:13	0:28:20
401	5312		João José Correia		V1	Individual	322	0:21:35	411	0:51:34	407	0:13:09	1:26:18	0:28:25
402	5197		António Dionísio Santos		SEN	Individual	426	0:23:47	379	0:49:46	399	0:13:02	1:26:35	0:28:42
403	5393		Luis Conceição		V2	Individual	379	0:22:46	418	0:52:30	274	0:11:22	1:26:38	0:28:45
404	4132	2745	António Moriés		V2	Oeiras Sport Clube - TRANSINSULAR	448	0:24:45	344	0:47:44	443	0:14:19	1:26:48	0:28:55
405	5341		Jorge Andrade		V2	Individual	378	0:22:44	416	0:52:10	332	0:12:00	1:26:54	0:29:01
406	5443		Nuno Grazina		SEN	Individual	417	0:23:30	382	0:50:06	415	0:13:18	1:26:54	0:29:01
407	4281	3520	José António Santos		V1	Clube de Triatlo de Almada	386	0:22:57	399	0:51:07	388	0:12:53	1:26:57	0:29:04
408	5368		José Carretas		V1	Individual	430	0:23:57	384	0:50:07	391	0:12:55	1:26:59	0:29:06
409	5342		Jorge Vitorino		SEN	Individual	303	0:21:18	430	0:53:34	339	0:12:08	1:27:00	0:29:07
410	5361		José António Correia		V3	Individual	461	0:25:40	351	0:48:07	416	0:13:19	1:27:06	0:29:13
411	5249		Duarte Beltrão		SEN	Individual	405	0:23:20	413	0:51:39	345	0:12:12	1:27:11	0:29:18
412	5247		Domingos Machado		V2	Individual	362	0:22:17	419	0:52:34	358	0:12:21	1:27:12	0:29:19
413	5523		Pedro Miguel Couceiro		SEN	Individual	453	0:25:07	369	0:49:20	387	0:12:52	1:27:19	0:29:26
414	5211		Carlos Alberto Vaz		V1	Individual	420	0:23:35	402	0:51:15	378	0:12:40	1:27:30	0:29:37
415	5326		João Paulo Faria		SEN	Individual	395	0:23:10	421	0:52:46	304	0:11:40	1:27:36	0:29:43
416	5258		Fernando Duarte Silva		V5	Individual	444	0:24:38	374	0:49:30	428	0:13:37	1:27:45	0:29:52
417	4038	780	Joaquim Patrício		V5	C.N. Alvito	431	0:24:01	404	0:51:18	382	0:12:47	1:28:06	0:30:13
418	5433		Pedro Pereira Santos		V2	Individual	433	0:24:07	397	0:50:56	409	0:13:11	1:28:14	0:30:21
419	5259		Fernando Rocha		SEN	Individual	402	0:23:18	368	0:49:19	458	0:15:55	1:28:32	0:30:39
420	5471		Paulo Rodrigues		SEN	Individual	454	0:25:08	406	0:51:25	348	0:12:14	1:28:47	0:30:54
421	5263		Francisco Pereira		V1	Individual	437	0:24:16	424	0:53:03	303	0:11:40	1:28:59	0:31:06
422	5473		Paulo António Sousa		SEN	Individual	438	0:24:18	410	0:51:30	411	0:13:16	1:29:04	0:31:11
423	5346		Jorge Pires		SEN	Individual	428	0:23:48	396	0:50:51	444	0:14:28	1:29:07	0:31:14
424	5244		Daniel Mainha		SEN	Individual	416	0:23:30	412	0:51:37	442	0:14:16	1:29:23	0:31:30
425	4280	3519	Paulo Lopes		V1	Clube de Triatlo de Almada	463	0:25:53	354	0:48:18	454	0:15:17	1:29:28	0:31:35
426	5308		João Chung		SEN	Individual	449	0:24:54	400	0:51:14	417	0:13:20	1:29:28	0:31:35
427	5545		Raúl Costa		V3	Individual	471	0:27:00	380	0:49:50	379	0:12:42	1:29:32	0:31:39
428	5442		Nuno Miguel Antunes		V1	Individual	381	0:22:50	437	0:54:31	353	0:12:16	1:29:37	0:31:44
429	5304		João Carvalhinho		V3	Individual	435	0:24:09	420	0:52:44	405	0:13:08	1:30:01	0:32:08
430	5266		Gonçalo Barradas		SEN	Individual	401	0:23:15	439	0:55:03	334	0:12:04	1:30:22	0:32:29
431	5229		Carlos Manuel Rodrigues		V2	Individual	290	0:21:10	453	0:58:27	240	0:11:05	1:30:42	0:32:49
432	5593		Vitor Vicente		V4	Individual	434	0:24:08	427	0:53:21	412	0:13:16	1:30:45	0:32:52
433	5213		Carlos Borda d' Agua		SEN	Individual	409	0:23:24	432	0:53:45	438	0:13:59	1:31:08	0:33:15
434	5476		Paulo Carvalho		V4	Individual	468	0:26:25	403	0:51:17	434	0:13:45	1:31:27	0:33:34
435	5324		João Miguel Duarte		SEN	Individual	451	0:24:58	422	0:52:52	435	0:13:46	1:31:36	0:33:43
436	5239		Carlos Manuel Matos		V1	Individual	467	0:26:22	394	0:50:40	450	0:14:39	1:31:41	0:33:48
437	5192		António Hortega		V2	Individual	400	0:23:15	443	0:55:32	390	0:12:55	1:31:42	0:33:49
438	4046	816	Mário Melo		V4	Clube Ferroviário de Vendas Novas	447	0:24:43	440	0:55:14	343	0:12:10	1:32:07	0:34:14
439	5409		Manuel Gomes		V2	Individual	456	0:25:14	426	0:53:18	437	0:13:54	1:32:26	0:34:33
440	5452		Nuno Moreira		SEN	Individual	452	0:25:04	429	0:53:29	440	0:14:02	1:32:35	0:34:42
441	4174	3013	José Jesús Martins		V5	C.F. "Os Belenenses"	464	0:25:55	434	0:53:56	394	0:12:59	1:32:50	0:34:57
442	5191		António Carlos Guedes		SEN	Individual	466	0:26:22	431	0:53:40	422	0:13:29	1:33:31	0:35:38
443	5425		Mauro Andrade		SEN	Individual	419	0:23:32	448	0:56:41	419	0:13:24	1:33:37	0:35:44
444	5301		João Antunes		SEN	Individual	347	0:22:02	457	0:59:21	351	0:12:16	1:33:39	0:35:46
445	5454		Nuno Silva Oliveira		SEN	Individual	459	0:25:20	433	0:53:54	448	0:14:33	1:33:47	0:35:54

Temperatura Agua:						CORRIDA		CICLISMO		CORRIDA				
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
						5000	(MT)	23000	(KM)	2500	(MT)			
446	3532	3570	Nuno Duarte Mendes		SEN	Associação Recreativa, Cultural e	477	0:27:48	417	0:52:20	433	0:13:45	1:33:53	0:36:00
447	5516		Paulo Viana		V1	Individual	476	0:27:39	425	0:53:09	406	0:13:08	1:33:56	0:36:03
448	5359		José Carlos Mendes		V4	Individual	474	0:27:24	428	0:53:29	439	0:14:01	1:34:54	0:37:01
449	5189		António Cristeta		V1	Individual	465	0:26:13	436	0:54:23	449	0:14:39	1:35:15	0:37:22
450	3472	3369	João Bouza Costa		SEN	Individual	441	0:24:36	450	0:57:27	410	0:13:13	1:35:16	0:37:23
451	5307		João Carreto		V2	Individual	285	0:21:07	460	1:02:19	328	0:11:58	1:35:24	0:37:31
452	5248		Domingos Laranjo		V1	Individual	455	0:25:10	442	0:55:26	455	0:15:17	1:35:53	0:38:00
453	5628		Julio Nunes		V1	Individual	481	0:28:49	385	0:50:08	461	0:17:23	1:36:20	0:38:27
454	5474		Paulo Bailão		SEN	Individual	443	0:24:37	445	0:56:30	453	0:15:14	1:36:21	0:38:28
455	5463		Nuno Veiga Silva		V1	Individual	442	0:24:37	456	0:58:41	418	0:13:23	1:36:41	0:38:48
456	4044	813	Arsénio Facas		V4	Clube Ferroviário de Vendas Novas	475	0:27:26	438	0:54:36	459	0:16:01	1:38:03	0:40:10
457	5319		João Marcelino		V2	Individual	469	0:26:44	447	0:56:40	451	0:15:10	1:38:34	0:40:41
458	5590		Vítor Manuel Fernandes		V4	Individual	480	0:28:10	444	0:56:17	447	0:14:32	1:38:59	0:41:06
459	5348		Jorge Saraiva		V1	Individual	460	0:25:22	454	0:58:28	452	0:15:13	1:39:03	0:41:10
460	5187		António Carvalho		V1	Individual	264	0:20:46	467	1:17:09	1	0:01:15	1:39:10	0:41:17
461	5267		Gonçalo Rocha		SEN	Individual	479	0:28:03	441	0:55:22	456	0:15:50	1:39:15	0:41:22
462	5466		Orlando Azeitona		SEN	Individual	472	0:27:09	449	0:56:49	457	0:15:51	1:39:49	0:41:56
463	5393		Luis Corista		V1	Individual	458	0:25:18	459	1:01:34	430	0:13:39	1:40:31	0:42:38
464	5284		Herlander Cordeiro		V2	Individual	470	0:27:00	446	0:56:36	464	0:17:47	1:41:23	0:43:30
465	5184		André Luis		SEN	Individual	482	0:29:32	451	0:57:37	445	0:14:31	1:41:40	0:43:47
466	5218		Carlos Fonseca		V2	Individual	478	0:28:03	455	0:58:36	460	0:16:31	1:43:10	0:45:17
467	1229	3532	Luis Maia		JUN	Associação Naval Amorense	418	0:23:32	463	1:06:37	436	0:13:48	1:43:57	0:46:04
468	5414		Marco Morgado		SEN	Individual	462	0:25:46	465	1:07:05	431	0:13:39	1:46:30	0:48:37
469	5253		Eduardo Coelho		SEN	Individual	486	0:31:53	452	0:58:06	462	0:17:24	1:47:23	0:49:30
470	1171	2865	Luis Rodrigues		JUN	Ginásio Clube de Sines	357	0:22:11	466	1:10:43	446	0:14:32	1:47:26	0:49:33
471	5510		Paulo Peixoto		V3	Individual	473	0:27:11	464	1:06:59	421	0:13:27	1:47:37	0:49:44
472	5456		Nuno Sérgio Simões		SEN	Individual	483	0:30:13	458	1:01:12	465	0:18:31	1:49:56	0:52:03
473	5518		José Brandão		V3	Individual	484	0:31:33	462	1:05:48	463	0:17:32	1:54:53	0:57:00
474	5632		Rui Pereira		SEN	Individual	485	0:31:35	461	1:04:05	466	0:24:52	2:00:32	1:02:39
475	1094	20	Bruno Pereira	DNF	JUN	Alhandra Sporting Clube	59	0:17:25						
476	1106	37	Fabrcio Tomás	DNF	JUN	Alhandra Sporting Clube	26	0:16:31						
477	4276	3284	António Apolinário	DNF	V1	Ribabike / Associação dos 20 Km de	278	0:21:03						
478	3520	3548	Hugo Tomé Ferreira	DNF	SEN	Clube de Natação do Tejo	271	0:20:59	149	0:41:45				
479	1225	3109	Duarte Marcelino	DNF	JUN	C.F. "Os Belenenses"	246	0:20:38						
480	1222	3525	José Maria Carvalho	DNF	JUN	C.F. "Os Belenenses"	121	0:18:49						
481	3117	486	Lino Barruncho	DNF	SEN	HALCON - SPIUK Olímpico de Oeiras	2	0:15:01						
482	1163	2266	Paulo Alexandre Antunes	DNF	JUN	HALCON - SPIUK Olímpico de Oeiras	47	0:17:10						
483	5449		Nuno Miguel Pereira	DNF	SEN	Individual	320	0:21:34						
484	5460		Nuno Miguel Silva	DNF	V1	Individual	319	0:21:32						
485	5565		Rui Gaspar	DNF	V1	Individual	413	0:23:26						
486	2114	215	João Inácio	DNF	S23	Oeiras Sport Clube - TRANSINSULAR	137	0:18:55						
487	1154	2636	Diogo Mata Tristão	DNS	JUN	Alhandra Sporting Clube								
488	1196	3456	Fábio Coutinho	DNS	JUN	Alhandra Sporting Clube								
489	4223	3266	José Morgado	DNS	V2	Alhandra Sporting Clube								
490	1153	2629	Luis Filipe Marafuz	DNS	JUN	Alhandra Sporting Clube								
491	3530	3565	Amândio Fernandes	DNS	SEN	Amiciclo								
492	1230	3533	João Afonso	DNS	JUN	Associação Naval Amorense								
493	3499	3459	Pedro Feliciano	DNS	SEN	Associação Recreativa Social e								
494	4122	776	Fernando Teixeira	DNS	V3	Clube Ferroviário de Vendas Novas								
495	4287	3567	Luis Abade	DNS	V1	Individual								
496	4141	880	Miguel Ayala Botto	DNS	V1	Individual								
497	3510	3481	Silvio Moreira	DNS	SEN	Individual								
498	5174		Alberto Cabo	DNS	V1	Individual								
499	5195		António Miranda	DNS	V1	Individual								
500	5212		Carlos Alexandre Silva	DNS	SEN	Individual								
501	5217		Carlos Alberto Gonçalves	DNS	V3	Individual								
502	5225		Carlos Manuel Carranca	DNS	V1	Individual								

Temperatura Agua:						CORRIDA 5000 (MT)		CICLISMO 23000 (KM)		CORRIDA 2500 (MT)		TOTAL	DIFF
LG	DRSL	LIC	NOME	PEN	ESC	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA		
503	5231		Carlos Machado Reis	DNS	SEN	Individual							
504	5234		Carlos Manuel Pereira	DNS	V2	Individual							
505	5236		César Gabriel Marques	DNS	SEN	Individual							
506	5242		Daniel Lourenço Simões	DNS	SEN	Individual							
507	5246		Diogo Ferreira	DNS	SEN	Individual							
508	5255		Eduardo Ramos	DNS	JUN	Individual							
509	5264		Francisco Sobral Gomes	DNS	SEN	Individual							
510	5277		Hélder Lopes Ferreira	DNS	V2	Individual							
511	5278		Helder Santos	DNS	SEN	Individual							
512	5285		Hernâni Amaral	DNS	V4	Individual							
513	5286		Hugo Agostinho	DNS	SEN	Individual							
514	5292		Igor Domingos	DNS	SEN	Individual							
515	5300		João Miguel Silva	DNS	SEN	Individual							
516	5310		João fernandes	DNS	SEN	Individual							
517	5311		João Gameiro	DNS	V4	Individual							
518	5315		João Luis Seródio	DNS	V4	Individual							
519	5316		Joao Manuel Lopes	DNS	V3	Individual							
520	5320		João Miguel Marques	DNS	SEN	Individual							
521	5321		João Marques	DNS	SEN	Individual							
522	5334		Joaquim Lopes	DNS	V1	Individual							
523	5335		Joaquim Luis Costa	DNS	V3	Individual							
524	5336		Joaquim Manuel Dias	DNS	V2	Individual							
525	5339		Aníbal Caiado	DNS	SEN	Individual							
526	5354		José Américo	DNS	V3	Individual							
527	5366		José Figueira	DNS	S23	Individual							
528	5374		José Sequeira	DNS	V2	Individual							
529	5375		Juan Manuel Costa	DNS	V1	Individual							
530	5377		Júlio Pires	DNS	V2	Individual							
531	5379		Lúcia Oliveira	DNS	SEN	Individual							
532	5382		Luis Carlos Melo	DNS	V1	Individual							
533	5385		Luis Ferreira	DNS	V1	Individual							
534	5391		Luis Machado Reis	DNS	V1	Individual							
535	5404		Manuel Gonçalves	DNS	V2	Individual							
536	5413		Marco Cruz	DNS	SEN	Individual							
537	5420		Mário Lemos	DNS	V1	Individual							
538	5424		Mário Jorge Campos Silva	DNS	V2	Individual							
539	5426		Mauro Pinto	DNS	SEN	Individual							
540	5429		Michel Gaspar Costa	DNS	SEN	Individual							
541	5432		Miguel Filipe Menezes	DNS	SEN	Individual							
542	5435		Miguel Santos	DNS	JUN	Individual							
543	5445		Nuno Miguel Loureiro Silva	DNS	SEN	Individual							
544	5447		Nuno Miguel Lopes	DNS	SEN	Individual							
545	5451		Nuno Morais	DNS	SEN	Individual							
546	5465		Nuno Ferreira Vicente	DNS	SEN	Individual							
547	5475		Paulo Calixto	DNS	SEN	Individual							
548	5480		Paulo Jorge Fonseca	DNS	V1	Individual							
549	5507		Paulo Jorge Santos	DNS	V1	Individual							
550	5524		Pedro Cravo	DNS	SEN	Individual							
551	5530		Pedro Machado	DNS	SEN	Individual							
552	5531		Pedro Lourenço	DNS	SEN	Individual							
553	5532		Pedro Melitão	DNS	S23	Individual							
554	5536		Pedro Petróneo	DNS	SEN	Individual							
555	5540		Pedro Ventura	DNS	SEN	Individual							
556	5554		Rodrigo Barbosa	DNS	SEN	Individual							
557	5578		Valter Franco	DNS	S23	Individual							
558	5587		Virgílio José Antunes	DNS	V2	Individual							
559	3321	2957	Luis Lourenço	DNS	SEN	Molly Maid - Vitoria de Janes							

Temperatura Agua:							CORRIDA 5000 (MT)		CICLISMO 23000 (KM)		CORRIDA 2500 (MT)			
LG	DRSL	LIC	NOME	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISMO	Pos	CORRIDA	TOTAL	DIFF
560	3114	689	Rui Belo	DNS	SEN	Molly Maid - Vitoria de Janes								
561	4261	511	Horácio Ferreira	DNS	V1	Oeiras Sport Clube - TRANSINSULAR								
562	1157	2309	Luis Moriés	DNS	JUN	Oeiras Sport Clube - TRANSINSULAR								
563	4097	790	Carlos Suzana	DNS	V2	COMPEED - Tri-Oeste								
564	3052	479	Hélder Milheiras	DNS	SEN	COMPEED - Tri-Oeste								
565	3127	468	Tiago Lobo	DNS	SEN	COMPEED - Tri-Oeste								
566	5610		Paulo Serranito	DNS	V2	Individual								