



Federação de Triatlo de Portugal

#### RESULTADOS

LOCALIDADE:	VILA FRANCA DE XIRA	DISTANCIA CORRI (MT): CICLIS (KM):CORRI (MT):	5000/23/2,5
Data:	01-02-2004	HORA DE COMEÇO:	11H00M

#### INFO

DELEGADO TÉCNICO:	NELSON LARANJEIRA	JUIZ PRINCIPAL:	HUGO COSTA
PONTUAVÉL PARA:	CIRC. NACIONAL	JURI DE APELO:	-----

Temperatura Agua: -----							CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)			
LG	Drsl	Lic	Nome	PEN	ESC	EquipaAtleta	Pos	CORRIDA	Pos	CICLISM	Pos	CORRIDA	Total	Diff
1	286	362	Sérgio Silva		S23	Sr Camarnal-Constr.Ramalho Couto-Ika	1	0:14:16	6	0:40:06	1	0:08:47	1:03:09	0:00:00
2	505	505	José Ribeiro		SEN	Sr Camarnal-Constr.Ramalho Couto-Ika	5	0:14:46	1	0:39:36	2	0:08:48	1:03:10	0:00:01
3	507	507	Custódio António		SEN	Sr Camarnal-Constr.Ramalho Couto-Ika	2	0:14:43	3	0:39:40	3	0:08:48	1:03:11	0:00:02
4	508	508	Alcino Serras		SEN	Sr Camarnal-Constr.Ramalho Couto-Ika	3	0:14:44	2	0:39:38	4	0:08:50	1:03:12	0:00:03
5	506	506	Pedro Pinheiro		SEN	Tri-Oeste -Clube de Triatlo do Oeste	11	0:15:20	4	0:39:57	9	0:09:12	1:04:29	0:01:20
6	996		Marco Lourenço		SEN	Individual	9	0:15:16	5	0:39:57	12	0:09:32	1:04:45	0:01:36
7	532	532	Luis Almeida		SEN	Clube Ferroviário de Vendas Novas	4	0:14:44	12	0:42:05	5	0:08:50	1:05:39	0:02:30
8	636	636	Paulo Gonçalves		SEN	Casa do Benfica no Fundão	8	0:15:14	11	0:41:35	6	0:08:57	1:05:46	0:02:37
9	475	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	13	0:15:22	10	0:41:27	13	0:09:34	1:06:23	0:03:14
10	1182		João Marques		V1	Individual	20	0:15:47	8	0:41:06	11	0:09:31	1:06:24	0:03:15
11	431	102	José Estrangeiro		JUN	Sport União Colarense	10	0:15:19	9	0:41:26	25	0:09:56	1:06:41	0:03:32
12	523	523	Jorge Rodrigues		SEN	Casa do Benfica no Fundão	7	0:14:49	20	0:43:01	8	0:09:08	1:06:58	0:03:49
13	534	534	José Abrantes		SEN	C.D. Asas do Milénium	16	0:15:23	13	0:42:13	10	0:09:26	1:07:02	0:03:53
14	600	600	José Santos		SEN	Sr Camarnal-Constr.Ramalho Couto-Ika	6	0:14:47	28	0:43:32	7	0:09:01	1:07:20	0:04:11
15	461	461	Anibal Oliveira		SEN	Amiciclo	15	0:15:23	18	0:42:58	17	0:09:41	1:08:02	0:04:53
16	800	800	Fernando Feijão		V2	Casa do Benfica no Fundão	17	0:15:30	17	0:42:54	19	0:09:42	1:08:06	0:04:57
17	1200		Paulo Pais		SEN	Individual	18	0:15:30	27	0:43:22	14	0:09:36	1:08:28	0:05:19
18	659	659	Ricardo Rocha		SEN	Amiciclo	19	0:15:31	24	0:43:13	27	0:09:58	1:08:42	0:05:33
19	986		Luis Coelho		SEN	Individual	54	0:17:20	7	0:40:46	61	0:10:42	1:08:48	0:05:39
20	592	592	Rui Rodrigues		SEN	Tri-Oeste -Clube de Triatlo do Oeste	12	0:15:21	35	0:43:46	18	0:09:42	1:08:49	0:05:40
21	491	491	Manuel Geraldo		SEN	C.D. Asas do Milénium	23	0:15:59	29	0:43:33	36	0:10:06	1:09:38	0:06:29
22	1024		Paulo Prieto		SEN	Individual	21	0:15:48	32	0:43:39	46	0:10:29	1:09:56	0:06:47
23	700	700	João Sousa		SEN	CCD / V.F. Xira	32	0:16:18	38	0:43:50	22	0:09:49	1:09:57	0:06:48
24	1012		Vitor Santos		SEN	Individual	34	0:16:23	31	0:43:36	28	0:09:59	1:09:58	0:06:49
25	564	564	Cristiano Andrade		SEN	Assoc. Fernão Mendes Pinto	36	0:16:26	40	0:43:57	15	0:09:37	1:10:00	0:06:51
26	1178		Sérgio Oliveira		SEN	Individual	31	0:16:13	44	0:44:13	16	0:09:37	1:10:03	0:06:54

Médias: 0:19:08 0:50:19 0:15:55 1:21:28



### Federação de Triatlo de Portugal

Temperatura Agua: -----						CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)				
LG	Drst	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISM	Pos	CORRIDA	Total	Diff
27	976		Helder Correia		SEN	Individual	65	0:17:36	15	0:42:31	29	0:10:00	1:10:07	0:06:58
28	466	466	Carlos Matos		SEN	Casa Benfica Faro	38	0:16:34	39	0:43:51	20	0:09:43	1:10:08	0:06:59
29	533	533	Octávio Luis		SEN	Clube Ferroviário de Vendas Novas	51	0:17:06	22	0:43:08	26	0:09:58	1:10:12	0:07:03
30	991		Luis Serrazina		SEN	Individual	29	0:16:11	46	0:44:22	30	0:10:01	1:10:34	0:07:25
31	649	649	Luis Guerreiro		SEN	Individual	33	0:16:23	42	0:44:01	43	0:10:25	1:10:49	0:07:40
32	955		António Girão		V2	Individual	35	0:16:25	45	0:44:20	37	0:10:07	1:10:52	0:07:43
33	499	499	António Ervideira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	24	0:16:00	51	0:44:39	39	0:10:16	1:10:55	0:07:46
34	792	792	José Varela		V2	Casa Benfica Faro	45	0:16:59	41	0:43:59	35	0:10:06	1:11:04	0:07:55
35	861	503	Jorge Oliveira		V1	CEFA					219	1:11:04	1:11:04	0:07:55
36	988		Francisco Casaca		SEN	Individual	52	0:17:08	33	0:43:43	42	0:10:20	1:11:11	0:08:02
37	1202		José Barbosa		S23	Individual	196	0:22:05			220	1:11:14	1:11:14	0:08:05
38	1075		Pedro Marques		V1	Individual	77	0:18:05	23	0:43:11	31	0:10:02	1:11:18	0:08:09
39	707	707	Clebe Silva		SEN	Casa do Benfica no Fundão	26	0:16:02	63	0:45:13	38	0:10:09	1:11:24	0:08:15
40	798	798	Olímpio Guedelha		V2	CCD / V.F. Xira	50	0:17:05	47	0:44:25	41	0:10:19	1:11:49	0:08:40
41	1204		João Portela		V4	Individual	25	0:16:00	78	0:46:06	24	0:09:56	1:12:02	0:08:53
42	537	537	José Neves		SEN	C.F. "Os Belenenses"	47	0:17:00	59	0:44:58	34	0:10:06	1:12:04	0:08:55
43	417	417	Rui Dolores		S23	Amiciclo	123	0:19:07	14	0:42:19	58	0:10:38	1:12:04	0:08:55
44	1133		João Lourenço		SEN	Individual	103	0:18:42	16	0:42:47	57	0:10:37	1:12:06	0:08:57
45	1143		Pedro Lucas		SEN	Individual	71	0:17:51	19	0:43:00	81	0:11:17	1:12:08	0:08:59
46	1161		César Batista		S23	Individual	62	0:17:30	25	0:43:17	91	0:11:29	1:12:16	0:09:07
47	493	493	Luis Almeida		SEN	C.D. Asas do Milénium	22	0:15:57	88	0:46:37	21	0:09:47	1:12:21	0:09:12
48	1102		Fábio Silva		JUN	Individual	53	0:17:09	48	0:44:28	65	0:10:52	1:12:29	0:09:20
49	635	635	Claudio Nogueira		SEN	Clube Ferroviário de Vendas Novas	88	0:18:25	26	0:43:18	68	0:10:53	1:12:36	0:09:27
50	866	866	Paulo Alves		V1	Amiciclo	37	0:16:33	74	0:45:41	44	0:10:27	1:12:41	0:09:32
51	1147		Noe Dias		JUN	Individual	48	0:17:02	65	0:45:13	49	0:10:31	1:12:46	0:09:37
52	836	836	Francisco Reis		V2	Clube BCP	41	0:16:44	60	0:44:58	77	0:11:10	1:12:52	0:09:43
53	485	485	Bruno Silva		SEN	CCD / V.F. Xira	64	0:17:35	49	0:44:29	64	0:10:50	1:12:54	0:09:45
54	1150		Carlos Cunha		V1	Individual	68	0:17:41	37	0:43:49	98	0:11:38	1:13:08	0:09:59
55	770	770	Manuel Gonçalves		V1	Papa-Léguas de Assafora	40	0:16:35	89	0:46:38	23	0:09:56	1:13:09	0:10:00
56	1172		Carlos Vasquez		SEN	Individual	42	0:16:45	77	0:45:59	51	0:10:32	1:13:16	0:10:07
57	824	824	Venceslau Fernandes		V4	AGM-Portas / GGS-Torneiras	95	0:18:34	21	0:43:05	106	0:11:49	1:13:28	0:10:19
58	529	526	Sérgio Rodrigues		SEN	Papa-Léguas de Assafora					221	1:13:44	1:13:44	0:10:35
59	624	624	Humberto Lomba		SEN	Clube BCP	66	0:17:37	67	0:45:20	63	0:10:48	1:13:45	0:10:36
60	441	179	Miguel Arraiolos		JUN	Águias de Alpiarça	30	0:16:12	84	0:46:24	76	0:11:09	1:13:45	0:10:36
61	1062		António Moura		V1	UDO - União Desportiva do Oeste					222	1:13:47	1:13:47	0:10:38
62	1015		Jorge Barradas		SEN	Individual	69	0:17:47	50	0:44:30	94	0:11:31	1:13:48	0:10:39

Médias: 0:19:08 0:50:19 0:15:55 1:21:28



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Temperatura Agua: -----						CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)		Total	Diff	
LG	Drst	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISM	Pos			CORRIDA
63	1188		João Teodoro		V1	Individual	80	0:18:09	54	0:44:47	66	0:10:52	1:13:48	0:10:39
64	1253		Rui Alberto Santos		V3	Individual	81	0:18:09	55	0:44:47	67	0:10:52	1:13:48	0:10:39
65	1135		José Peixoto		V2	Individual	70	0:17:48	73	0:45:39	50	0:10:32	1:13:59	0:10:50
66	978		Joaquim Ferreira		V1	Individual	74	0:17:57	36	0:43:47	145	0:12:37	1:14:21	0:11:12
67	438	438	João Moreira		JUN	AGM-Portas / GGS-Torneiras	94	0:18:34	57	0:44:52	89	0:11:28	1:14:54	0:11:45
68	865	562	Paulo Vieira		V1	Assoc. Fernão Mendes Pinto	100	0:18:39	76	0:45:53	45	0:10:29	1:15:01	0:11:52
69	982		Américo Gaspar		V1	Individual	73	0:17:53	64	0:45:13	115	0:11:59	1:15:05	0:11:56
70	1191		Jorge Monteiro		SEN	Individual	102	0:18:40	53	0:44:44	110	0:11:50	1:15:14	0:12:05
71	684	684	Mário Silva		SEN	C.F. "Os Belenenses"	82	0:18:15	72	0:45:39	86	0:11:24	1:15:18	0:12:09
72	627	627	Paulo Teles		SEN	CCD / V.F. Xira	117	0:19:01	62	0:45:01	82	0:11:18	1:15:20	0:12:11
73	1003	761	Zeferino Eloy		V1	C.D. Asas do Milénium	127	0:19:13	52	0:44:43	93	0:11:31	1:15:27	0:12:18
74	488	488	Nuno Neves		SEN	Casa Benfica Faro	14	0:15:22			223	1:15:34	1:15:34	0:12:25
75	966		Nuno Rocha		SEN	Individual	84	0:18:17	61	0:44:59	133	0:12:19	1:15:35	0:12:26
76	1154		Samuel Teles		SEN	Individual	143	0:19:47	34	0:43:43	123	0:12:10	1:15:40	0:12:31
77	1138		Carlos Reis		SEN	Individual	118	0:19:02	58	0:44:54	109	0:11:49	1:15:45	0:12:36
78	531	531	Nuno Lopes		SEN	Clube Ferroviário de Vendas Novas	105	0:18:49	75	0:45:42	80	0:11:17	1:15:48	0:12:39
79	638	638	Paulo Calixto		SEN	Ateneu Artístico Cartaxense	56	0:17:23	99	0:47:32	69	0:10:55	1:15:50	0:12:41
80	1246		José Costa		V1	Individual	91	0:18:30	79	0:46:10	79	0:11:14	1:15:54	0:12:45
81	951		Cristina Azevedo		SEN	Individual	133	0:19:26	56	0:44:49	114	0:11:56	1:16:11	0:13:02
82	999		João Martins		SEN	Individual					224	1:16:12	1:16:12	0:13:03
83	484	484	Paulo Leote		SEN	CCD / V.F. Xira	67	0:17:38	98	0:47:30	75	0:11:05	1:16:13	0:13:04
84	989		Luis Deus		SEN	Individual	119	0:19:03	90	0:46:41	47	0:10:30	1:16:14	0:13:05
85	1185		Vitor Milheiro		V1	Individual	79	0:18:06	108	0:48:12	32	0:10:02	1:16:20	0:13:11
86	1255		João Miranda		JUN	Individual	163	0:20:29	43	0:44:08	104	0:11:46	1:16:23	0:13:14
87	713	713	Jorge Guerreiro		SEN	Casa Benfica Faro	106	0:18:50	86	0:46:34	72	0:11:00	1:16:24	0:13:15
88	1171		André Teixeira		S23	Individual	49	0:17:04	109	0:48:15	83	0:11:19	1:16:38	0:13:29
89	1214		Michael Carvalho		JUN	Individual	76	0:18:00	69	0:45:31	161	0:13:13	1:16:44	0:13:35
90	1054		Daniel Trindade		SEN	Individual	44	0:16:58	114	0:49:13	60	0:10:40	1:16:51	0:13:42
91	1066		Pedro Silva		SEN	Individual	39	0:16:34	122	0:49:45	52	0:10:33	1:16:52	0:13:43
92	997		José Santos		V1	Individual					225	1:17:02	1:17:02	0:13:53
93	1020		Nuno Pereira		SEN	Individual	121	0:19:05	85	0:46:29	95	0:11:31	1:17:05	0:13:56
94	864	563	Paulo Catarino		V1	Assoc. Fernão Mendes Pinto	140	0:19:39	80	0:46:14	87	0:11:24	1:17:17	0:14:08
95	1033		Frederico Cardoso		SEN	Individual	126	0:19:10	71	0:45:35	140	0:12:32	1:17:17	0:14:08
96	760	760	António Correia		V1	CCD / V.F. Xira	61	0:17:30	112	0:48:54	70	0:10:56	1:17:20	0:14:11
97	1094		Renato Inácio		V1	Individual	120	0:19:05	87	0:46:34	108	0:11:49	1:17:28	0:14:19
98	755	755	João Gomes		V1	Tri-Oeiras.com	43	0:16:53	129	0:50:22	40	0:10:18	1:17:33	0:14:24

Médias: 0:19:08 0:50:19 0:15:55 1:21:28



### Federação de Triatlo de Portugal

Temperatura Agua: -----						CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)		Total	Diff	
LG	Drst	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISM	Pos			CORRIDA
99	1059		Fernando Costa		SEN	Individual	28	0:16:09	124	0:49:57	111	0:11:50	1:17:56	0:14:47
100	994		Rui Silva		V1	Individual	125	0:19:09	95	0:47:14	100	0:11:43	1:18:06	0:14:57
101	1244		José Leitão		V1	Individual	96	0:18:34	113	0:49:12	56	0:10:34	1:18:20	0:15:11
102	1159		Rui Pancadares		SEN	Individual	90	0:18:30	94	0:47:05	148	0:12:50	1:18:25	0:15:16
103	1250		João Rodrigues		JUN	Individual	130	0:19:16	93	0:46:54	128	0:12:16	1:18:26	0:15:17
104	806	806	José Nunes		V2	Papa-Léguas de Assafora	142	0:19:42			226	1:18:33	1:18:33	0:15:24
105	1034		Nuno Cordeiro		SEN	Individual					227	1:18:34	1:18:34	0:15:25
106	1247		Manuel Rodrigues		SEN	Individual	170	0:20:38	68	0:45:21	144	0:12:36	1:18:35	0:15:26
107	776	776	Fernando Teixeira		V2	Clube Ferroviário de Vendas Novas	55	0:17:23	134	0:50:42	54	0:10:34	1:18:39	0:15:30
108	1055		Luis Parrinha		SEN	Individual	60	0:17:28	70	0:45:34	204	0:15:41	1:18:43	0:15:34
109	680	680	Nuno Prazeres		SEN	Tri-Oeiras.com	128	0:19:14	100	0:47:34	117	0:12:01	1:18:49	0:15:40
110	857	857	Arnaldo Pinteus		V1	Clube BCP	63	0:17:33	135	0:50:42	59	0:10:40	1:18:55	0:15:46
111	952		Fábio Piloto		S23	Individual	134	0:19:26	81	0:46:17	164	0:13:18	1:19:01	0:15:52
112	983		José Dias		JUN	Individual	27	0:16:02	150	0:53:05	33	0:10:02	1:19:09	0:16:00
113	1208		Bruno Portela		JUN	Individual	108	0:18:51	96	0:47:21	151	0:12:59	1:19:11	0:16:02
114	1192		Fernando Mendes		V1	Individual	98	0:18:36	91	0:46:45	181	0:13:55	1:19:16	0:16:07
115	967		Joaquim Inácio		V2	Individual	116	0:18:59	118	0:49:28	74	0:11:03	1:19:30	0:16:21
116	974		Mário Couto		SEN	Individual	109	0:18:53	106	0:48:11	138	0:12:29	1:19:33	0:16:24
117	314	380	Carla Ribeiro		S23	C.N. Cartaxo	92	0:18:31	121	0:49:39	90	0:11:29	1:19:39	0:16:30
118	965		Rafael Caetano		SEN	Individual	114	0:18:58	117	0:49:25	85	0:11:23	1:19:46	0:16:37
119	1158		Nuno Alves		SEN	Individual	176	0:20:42	66	0:45:17	177	0:13:47	1:19:46	0:16:37
120	831	831	Jorge Machado		V2	Casa Benfica Faro	85	0:18:19	133	0:50:41	71	0:10:57	1:19:57	0:16:48
121	1141		David Caldeira		SEN	Individual	201	0:22:43	30	0:43:35	176	0:13:46	1:20:04	0:16:55
122	1249		Lucas Luis		V1	Individual	171	0:20:38	82	0:46:17	172	0:13:33	1:20:28	0:17:19
123	1106		Horácio Aleixo		V2	Individual	152	0:20:09	105	0:48:06	127	0:12:15	1:20:30	0:17:21
124	977		José Silva		SEN	Individual	148	0:20:02	92	0:46:53	173	0:13:40	1:20:35	0:17:26
125	971		Paulo Henrique		SEN	Individual	124	0:19:08	115	0:49:18	132	0:12:19	1:20:45	0:17:36
126	666	666	Rute Costa		SEN	Casa Benfica Faro	137	0:19:29	123	0:49:57	84	0:11:20	1:20:46	0:17:37
127	651	651	João Seródio		SEN	Individual	113	0:18:57	127	0:50:19	92	0:11:31	1:20:47	0:17:38
128	1226		Luis Cascalheira		SEN	Individual	110	0:18:54	126	0:50:14	103	0:11:46	1:20:54	0:17:45
129	1243		António Samora		V1	Individual	161	0:20:29	83	0:46:19	185	0:14:07	1:20:55	0:17:46
130	1073		António Inácio		V1	Individual	160	0:20:27	97	0:47:25	154	0:13:05	1:20:57	0:17:48
131	1173		Paulo Matias		SEN	Individual	135	0:19:27	116	0:49:22	130	0:12:17	1:21:06	0:17:57
132	440	124	Pedro Lopes		JUN	C.F. "Os Belenenses"	97	0:18:36	136	0:50:56	96	0:11:37	1:21:09	0:18:00
133	1176		Luis Prego		V2	Individual	89	0:18:25	132	0:50:39	125	0:12:13	1:21:17	0:18:08
134	538	538	Maria João Madeira		SEN	C.F. "Os Belenenses"	122	0:19:07	130	0:50:23	113	0:11:54	1:21:24	0:18:15

Médias: 0:19:08 0:50:19 0:15:55 1:21:28



### Federação de Triatlo de Portugal

Temperatura Agua: -----						CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)		Total	Diff	
LG	Drst	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISM	Pos			CORRIDA
135	1175		Luis Mota		S23	Individual	93	0:18:33	138	0:51:04	105	0:11:47	1:21:24	0:18:15
136	1197		Fernando Duarte		SEN	Individual	145	0:19:53	107	0:48:11	170	0:13:27	1:21:31	0:18:22
137	1195		Carlos Pereira		V1	Individual	153	0:20:10	120	0:49:30	124	0:12:10	1:21:50	0:18:41
138	381	381	Rita Ribeiro		S23	C.N. Cartaxo	139	0:19:32	125	0:50:12	131	0:12:18	1:22:02	0:18:53
139	1136		Pedro Horta		SEN	Individual	157	0:20:20	104	0:47:59	178	0:13:48	1:22:07	0:18:58
140	1086		Mário Pereira		SEN	Individual	193	0:21:53	101	0:47:38	147	0:12:43	1:22:14	0:19:05
141	1134		José Mocho		SEN	Individual					228	1:22:15	1:22:15	0:19:06
142	1115		Filipe Dias		SEN	Individual	172	0:20:39	110	0:48:32	157	0:13:07	1:22:18	0:19:09
143	1219		António Henriques		V1	Individual	75	0:17:59	158	0:53:36	62	0:10:46	1:22:21	0:19:12
144	1251		Paulo Guedes		V1	Individual	136	0:19:28	137	0:51:02	112	0:11:52	1:22:22	0:19:13
145	1248		Pedro Vieira		SEN	Individual	141	0:19:41	119	0:49:28	162	0:13:16	1:22:25	0:19:16
146	1103		João Bento		SEN	Individual	87	0:18:23	153	0:53:30	55	0:10:34	1:22:27	0:19:18
147	1198		Carlos Cavaco		SEN	Individual					229	1:22:29	1:22:29	0:19:20
148	757	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	146	0:20:01	131	0:50:39	135	0:12:21	1:23:01	0:19:52
149	1174		Henrique Matias		SEN	Individual	186	0:21:11	103	0:47:54	187	0:14:11	1:23:16	0:20:07
150	1084		José Machado		V2	Individual	158	0:20:20	102	0:47:48	194	0:15:12	1:23:20	0:20:11
151	1227		Rui Ramalho		SEN	Individual					230	1:23:20	1:23:20	0:20:11
152	1083		José Sampaio		V1	Individual	59	0:17:26	172	0:55:38	48	0:10:31	1:23:35	0:20:26
153	1057		Annele Rohellec		SEN	Individual	132	0:19:23	128	0:50:21	183	0:13:57	1:23:41	0:20:32
154	430	430	Tiago Pinto		JUN	C.F. "Os Belenenses"	83	0:18:16	149	0:53:04	136	0:12:24	1:23:44	0:20:35
155	1190		João Brito		V1	Individual	166	0:20:31	139	0:51:14	116	0:12:00	1:23:45	0:20:36
156	701	701	Nuno Morais		SEN	Ateneu Artístico Cartaxense	169	0:20:35	140	0:51:22	118	0:12:03	1:24:00	0:20:51
157	708	708	Pedro Fernandes		SEN	Amiciclo	72	0:17:53	164	0:54:27	107	0:11:49	1:24:09	0:21:00
158	998		Gonçalo Vicente		SEN	Individual	115	0:18:59	154	0:53:30	102	0:11:45	1:24:14	0:21:05
159	1212		Ivo Pais		JUN	Individual	107	0:18:50	143	0:52:23	153	0:13:04	1:24:17	0:21:08
160	1058		João Miguel Silva		JUN	Individual	149	0:20:02	145	0:52:40	101	0:11:44	1:24:26	0:21:17
161	1142		António Azedo		SEN	Individual	104	0:18:42	169	0:55:04	78	0:11:12	1:24:58	0:21:49
162	1222		João Serra		SEN	Individual	138	0:19:29	151	0:53:13	139	0:12:31	1:25:13	0:22:04
163	1229		Américo Ferreira		V3	Individual	179	0:20:46	144	0:52:33	122	0:12:09	1:25:28	0:22:19
164	1240		Carlos Conceição		SEN	Individual	131	0:19:19	162	0:53:47	143	0:12:36	1:25:42	0:22:33
165	1155		Albano Coimbra		SEN	Individual	112	0:18:55	155	0:53:30	165	0:13:18	1:25:43	0:22:34
166	1148		Joaquim Patrício		V4	C.N. Alvito	164	0:20:30	147	0:52:50	142	0:12:35	1:25:55	0:22:46
167	1052		Alexandre Feliz		SEN	Individual	191	0:21:32	141	0:52:00	141	0:12:32	1:26:04	0:22:55
168	1092		Nuno Almeida		SEN	Individual	192	0:21:32	142	0:52:05	137	0:12:27	1:26:04	0:22:55
169	1108		Mário Ramos		V2	Individual	180	0:20:47	152	0:53:20	120	0:12:04	1:26:11	0:23:02
170	1231		José Correia		SEN	Individual	212	0:23:58	111	0:48:51	171	0:13:33	1:26:22	0:23:13



### Federação de Triatlo de Portugal

Temperatura Agua: -----						CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)		Total	Diff	
LG	Drst	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISM	Pos			CORRIDA
171	1162		Rodolfo Moreira		SEN	Individual	174	0:20:41	160	0:53:40	134	0:12:20	1:26:41	0:23:32
172	492	492	Carlos Reis		SEN	C.D. Asas do Milénium	101	0:18:40	180	0:56:45	99	0:11:39	1:27:04	0:23:55
173	1139		Manuel Horta		V3	Individual	184	0:20:59	146	0:52:44	169	0:13:26	1:27:09	0:24:00
174	1180		Nuno Tintim		SEN	Individual	46	0:16:59	194	0:59:18	73	0:11:00	1:27:17	0:24:08
175	1130		Vitor Graça		V2	Individual	162	0:20:29	161	0:53:42	163	0:13:18	1:27:29	0:24:20
176	428	7	Marina Pedro		JUN	Os Kotas Bike Team	154	0:20:11	159	0:53:37	174	0:13:43	1:27:31	0:24:22
177	1242		Luis Madeira		V1	Individual	183	0:20:57	156	0:53:33	155	0:13:05	1:27:35	0:24:26
178	1014		Luis Filipe Silva		V2	Individual	185	0:21:09	148	0:52:59	184	0:14:03	1:28:11	0:25:02
179	1233		Miguel Bidarra		V1	Individual	151	0:20:09	167	0:54:58	156	0:13:06	1:28:13	0:25:04
180	869	500	Rui Teixeira		V1	CEFA	156	0:20:13	171	0:55:21	149	0:12:53	1:28:27	0:25:18
181	868	868	Artur Romero		V3	AGM-Portas / GGS-Torneiras	155	0:20:13	176	0:56:05	129	0:12:17	1:28:35	0:25:26
182	1126		Frederico Raposo		SEN	Individual	167	0:20:34	157	0:53:35	191	0:14:52	1:29:01	0:25:52
183	1107		Rodrigo Vale		SEN	Individual	147	0:20:01	189	0:58:29	53	0:10:33	1:29:03	0:25:54
184	1223		José Sequeira		V1	Individual	173	0:20:40	166	0:54:44	180	0:13:50	1:29:14	0:26:05
185	1041		Cláudio Reis		SEN	Individual	178	0:20:45	165	0:54:35	182	0:13:57	1:29:17	0:26:08
186	829	829	Francisco Martins		V5	Clube Ferroviário de Vendas Novas	182	0:20:56	170	0:55:21	175	0:13:46	1:30:03	0:26:54
187	975		P. Galvão		JUN	Individual	111	0:18:55	177	0:56:07	196	0:15:20	1:30:22	0:27:13
188	817	817	Vitor Costa		V3	C.F. "Os Belenenses"	165	0:20:31	179	0:56:44	158	0:13:08	1:30:23	0:27:14
189	1109		Glória Serralina		V2	Individual	159	0:20:26	182	0:57:23	150	0:12:53	1:30:42	0:27:33
190	1105		Agostinho Lopes		V1	Individual	195	0:21:58	174	0:56:02	159	0:13:11	1:31:11	0:28:02
191	1209		Hugo Silva		SEN	Individual	198	0:22:10	163	0:53:59	201	0:15:28	1:31:37	0:28:28
192	1072		Joaquim Guerreiro		JUN	Individual	129	0:19:15	195	0:59:24	160	0:13:13	1:31:52	0:28:43
193	692	692	Paulo Frade Silva		SEN	Papa-Léguas de Assafora	181	0:20:53	185	0:58:12	152	0:13:01	1:32:06	0:28:57
194	1140		João Albery		SEN	Individual	188	0:21:22	192	0:58:46	119	0:12:03	1:32:11	0:29:02
195	657	657	António Cruz		SEN	Individual	99	0:18:38	200	1:01:57	97	0:11:38	1:32:13	0:29:04
196	687	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	189	0:21:28	178	0:56:40	186	0:14:08	1:32:16	0:29:07
197	1237		Frederico Nunes		SEN	Individual	199	0:22:41	175	0:56:04	192	0:14:53	1:33:38	0:30:29
198	1122		Nelson Viegas		SEN	Individual	190	0:21:29	191	0:58:45	167	0:13:24	1:33:38	0:30:29
199	1254		Joao Serodio		V3	Individual	200	0:22:42	173	0:55:57	202	0:15:32	1:34:11	0:31:02
200	816	816	Mário Melo		V3	Clube Ferroviário de Vendas Novas	194	0:21:54	193	0:59:06	166	0:13:21	1:34:21	0:31:12
201	1118		Ricardo Soeiro		SEN	Individual	168	0:20:34	187	0:58:18	210	0:16:03	1:34:55	0:31:46
202	1001		Luis Reis		SEN	Individual	187	0:21:13	184	0:58:10	203	0:15:33	1:34:56	0:31:47
203	801	801	Luís Ramos		V2	C.F. "Os Belenenses"	206	0:23:00	168	0:54:59	216	0:17:49	1:35:48	0:32:39
204	1216		Fernando Antunes		SEN	Individual	197	0:22:08	196	0:59:28	190	0:14:48	1:36:24	0:33:15
205	1201		Paulo Jorge		SEN	Individual	203	0:22:53	183	0:57:47	205	0:15:45	1:36:25	0:33:16
206	1120		Joaquim Marquês		V3	Individual	86	0:18:22	212	1:06:04	126	0:12:15	1:36:41	0:33:32

Médias: 0:19:08 0:50:19 0:15:55 1:21:28



Temperatura Agua: -----						CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)		Total	Diff	
LG	Drst	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISM	Pos			CORRIDA
207	1071		Artur Caldeira		V2	Individual	207	0:23:00	188	0:58:21	199	0:15:27	1:36:48	0:33:39
208	1095		Hilário Lopes		SEN	Individual	202	0:22:45	190	0:58:41	198	0:15:23	1:36:49	0:33:40
209	1151		António Caldeira		V3	Individual	209	0:23:01	186	0:58:17	208	0:15:51	1:37:09	0:34:00
210	1098		António Lourenço		SEN	Individual	175	0:20:42	210	1:05:04	168	0:13:24	1:39:10	0:36:01
211	825	825	António Maganão		V5	CCD / V.F. Xira	205	0:22:55	205	1:02:40	189	0:14:47	1:40:22	0:37:13
212	1124		Nuno Fernandes		SEN	Individual	220	0:25:46	181	0:57:23	214	0:17:13	1:40:22	0:37:13
213	1241		Rui Correia		V3	Individual	211	0:23:03	202	1:02:19	195	0:15:15	1:40:37	0:37:28
214	1239		Mariana Correia		SEN	Individual	210	0:23:03	201	1:02:13	197	0:15:23	1:40:39	0:37:30
215	1111		Fernando Sousa		V2	Individual	216	0:24:02	198	1:00:18	212	0:16:47	1:41:07	0:37:58
216	1127		Francisco Varela		SEN	Individual	144	0:19:52	214	1:09:18	121	0:12:09	1:41:19	0:38:10
217	1215		Francisco Pereira		SEN	Individual	208	0:23:01	211	1:05:06	179	0:13:50	1:41:57	0:38:48
218	1097		António Nunes		V2	Individual	78	0:18:05	216	1:11:52	146	0:12:40	1:42:37	0:39:28
219	1206		Osvaldo		JUN	Individual	221	0:26:02	197	0:59:41	217	0:18:12	1:43:55	0:40:46
220	1238		José Serra		SEN	Individual					231	1:44:10	1:44:10	0:41:01
221	1230		Pedro Quaresma		SEN	Individual	150	0:20:04	215	1:10:05	188	0:14:16	1:44:25	0:41:16
222	459	459	Paulo Jorge		SEN	Amiciclo	213	0:24:00	208	1:04:40	206	0:15:49	1:44:29	0:41:20
223	1165		João Falé		SEN	Individual	218	0:25:14	207	1:03:17	209	0:15:58	1:44:29	0:41:20
224	459	459	Paulo Jorge		SEN	Amiciclo	214	0:24:00	209	1:04:40	207	0:15:49	1:44:29	0:41:20
225	1018		Teresa Bento		SEN	Individual	223	0:27:17	204	1:02:26	193	0:15:00	1:44:43	0:41:34
226	1164		Paulo Monteiro		SEN	Individual	219	0:25:15	206	1:03:10	211	0:16:34	1:44:59	0:41:50
227	1017		Miguel Encarnação		S23	Individual	215	0:24:02	213	1:06:22	200	0:15:28	1:45:52	0:42:43
228	1221		Rogério leitão		SEN	Individual	222	0:26:37	203	1:02:25	215	0:17:27	1:46:29	0:43:20
229	1085		José Medeiro		V1	Individual	224	0:28:48	199	1:01:42	218	0:20:46	1:51:16	0:48:07
230	1245		José Moga		V2	Individual	57	0:17:23	218	1:23:40	88	0:11:25	1:52:28	0:49:19
231	1234		Vasco nunes		SEN	Individual	217	0:24:27	217	1:12:54	213	0:16:48	1:54:09	0:51:00
232	872	519	Carlos Rocha	DNF	V1	Papa-Léguas de Assafora	58	0:17:25						
233	1160		Joaquim Loureiro	DNF	SEN	Individual	177	0:20:42						
234	1207		Gonçalo Sousa	DNF	JUN	Individual	204	0:22:54						
235	281	281	Carlos Neto	DNS	S23	Papa-Léguas de Assafora								
236	674	674	Paulo Pinto	DNS	SEN	AGM-Portas / GGS-Torneiras								
237	671	671	Hugo Marques	DNS	SEN	AGM-Portas / GGS-Torneiras								
238	648	648	Miguel Fragoso	DNS	SEN	Individual								
239	585	585	Paulo Santos	DNS	SEN	C.F. "Os Belenenses"								
240	818	818	José Rijo	DNS	V4	C.F. "Os Belenenses"								
241	777	777	Jerónimo Cruz	DNS	V1	Clube Ferroviário de Vendas Novas								
242	778	778	José Teixeira	DNS	V1	Clube Ferroviário de Vendas Novas								



### Federação de Triatlo de Portugal

Temperatura Agua: -----						CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)		Total	Diff
LG	Drst	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISM	Pos		
243	686	686	Pedro Amaral	DNS	SEN	Clube Ferroviário de Vendas Novas							
244	1125		Jose Barbosa	DNS	SEN	Individual							
245	1050		Jose Machado	DNS	V1	Individual							
246	1032		Gonçalo Baluga	DNS	JUN	Individual							
247	429	75	André Conchinha	DNS	JUN	Os Kotas Bike Team							
248	691	691	João Pimpão	DNS	SEN	Papa-Léguas de Assafora							
249	1037		José Sousa	DNS	V1	Individual							
250	1131		Tiago Ribeiro	DNS	SEN	Individual							
251	1129		Pedro Castanho	DNS	SEN	Individual							
252	1063		José Santos	DNS	V1	Individual							
253	1122		Mauro Pimenta	DNS	SEN	Individual							
254	1132		Nelson Dias	DNS	SEN	Individual							
255	1232		Maria João Santos	DNS	SEN	Individual							
256	1228		Moura Branco	DNS	V3	Individual							
257	1220		Nuno Silva	DNS	SEN	Individual							
258	1218		João Milheiro	DNS	SEN	Individual							
259	1217		João Miranda	DNS	SEN	Individual							
260	1224		Carlos Marques	DNS	V1	Individual							
261	1225		Carlos Cruz	DNS	V1	Individual							
262	1235		João Farinha	DNS	V2	Individual							
263	1236		Carlos Silva	DNS	SEN	Individual							
264	990		Ricardo Cruz	DNS	JUN	Individual							
265	995		Rui Marques	DNS	SEN	Individual							
266	1008		Nuno Costa	DNS	SEN	Individual							
267	1114		Pedro Costa	DNS	JUN	Individual							
268	1011		Manuel Cordeiro	DNS	SEN	Individual							
269	1145		Helder Costa	DNS	SEN	Individual							
270	1112		José Nunes	DNS	SEN	Individual							
271	1035		João Sousa	DNS	SEN	Individual							
272	1006		Guilherme Hora	DNS	SEN	Individual							
273	1065		António Silva	DNS	SEN	Individual							
274	1096		Manuela Moço	DNS	V2	Individual							
275	1152		Rui Silva	DNS	V1	Individual							
276	1153		Carlos Vasques	DNS	SEN	Individual							
277	1156		Fernando Allen	DNS	V4	Individual							
278	1157		Luis Allen	DNS	SEN	Individual							



### Federação de Triatlo de Portugal

Temperatura Agua: -----						CORRIDA 5000 (MT)		CICLISMO 23 (KM)		CORRIDA 2.500 (MT)		Total	Diff
LG	Drst	Lic	Nome	PEN	ESC	Equipa	Pos	CORRIDA	Pos	CICLISM	Pos		
279	1163		Mário Barrigas	DNS	V2	Individual							
280	1166		Alexandre Cunha	DNS	SEN	Individual							
281	1167		João Ramos	DNS	SEN	Individual							
282	1168		Artur Batista	DNS	SEN	Individual							
283	1169		Celso Barja	DNS	SEN	Individual							
284	1170		Ana Oliveira	DNS	SEN	Individual							
285	1177		João Ribeiro	DNS	SEN	Individual							
286	1179		António Trabuco	DNS	V1	Individual							
287	1181		Rui Santos	DNS	V3	Individual							
288	1183		António Reis	DNS	V1	Individual							
289	1199		Mário Guerreiro	DNS	V1	Individual							
290	1184		Fernando Mendes	DNS	V3	Individual							
291	1187		Paulo Fonseca	DNS	SEN	Individual							
292	1210		Fernando Palma	DNS	SEN	Individual							
293	1186		Nuno Baptista	DNS	SEN	Individual							
294	1211		Fredy Rodrigues	DNS	SEN	Individual							
295	1205		Nuno Rodrigues	DNS	SEN	Individual							
296	1213		Marco Domingos	DNS	JUN	Individual							
297	1203		Marco Pereira	DNS	S23	Individual							
298	1196		Carlos Matos	DNS	SEN	Individual							
299	1194		Paulo Portela	DNS	V1	Individual							
300	1193		Luis Runa	DNS	V1	Individual							
301	1189		Mário Santos	DNS	SEN	Individual							
302	774	774	José Oliveira	DNS	V1	ABV Estoris							
303			Jose Charrua	DNS	SEN	Individual							
304			Fernando Ferreira	DNS	V1	Individual							
305			Mario Freire	DNS	V2	Individual							