



SETÚBAL TRIATHLON'23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
1	9	Christophe Keyser	Outsystems Olímpico de Oeiras	03:50:15	00:21:20	02:13:01	01:13:18	30 - 34 anos	1
2	1	Márcio Neves	Quitério TriPeniche	04:03:22	00:24:33	02:20:11	01:15:54	40 - 44 anos	1
3	3	Luis Moleiro	Clube de Natação de Torres Novas	04:05:33	00:24:35	02:20:22	01:17:36	25 - 29 anos	1
4	210	Rafael Domingos	Estoril Praia Credibom	04:08:10	00:25:31	02:22:04	01:17:50	25 - 29 anos	2
5	2	Andre Costa	Marretas do Norte	04:13:26	00:23:12	02:25:57	01:21:15	35 - 39 anos	1
6	89	Filipe Marques	Estoril Praia Credibom	04:14:01	00:24:07	02:23:25	01:23:37	35 - 39 anos	2
7	207	Gil Maia	Estoril Praia Credibom	04:15:01	00:24:12	02:27:42	01:19:55	30 - 34 anos	2
8	122	João Fragoso	Estoril Praia Credibom	04:16:37	00:28:34	02:25:06	01:19:39	40 - 44 anos	2
9	652	Paulo Martins	Sporting Clube de Espinho	04:17:27	00:30:32	02:22:04	01:19:45	45 - 49 anos	1
10	33	João Rebelo	Vasco da Gama Atlético Clube de Sines	04:18:06	00:26:23	02:30:45	01:17:34	30 - 34 anos	3
11	331	Valdo Neves	Quitério TriPeniche	04:18:37	00:27:23	02:27:05	01:20:25	45 - 49 anos	2
12	726	Diego Martínez	Club Deportivo Delikia	04:18:41	00:27:07	02:27:46	01:20:33	25 - 29 anos	3
13	571	Luis Silva	Clube dos Galitos	04:20:11	00:25:05	02:26:50	01:24:25	35 - 39 anos	3
14	714	Jorge Echevarria	NS Davidtoro watches	04:20:43	00:27:18	02:26:50	01:22:21	25 - 29 anos	4
15	491	Bruno Slegers		04:21:36	00:25:33	02:32:10	01:19:53	18 - 24 anos	1
16	590	Pedro Lorena	LBSquad	04:23:26	00:25:32	02:30:08	01:23:17	35 - 39 anos	4
17	541	Luis Romero	Triboost	04:23:28	00:28:00	02:29:56	01:21:20	40 - 44 anos	3
18	644	Ricardo Durão	Estoril Praia Credibom	04:24:20	00:28:00	02:29:18	01:23:37	35 - 39 anos	5
19	175	Bruno Pontes	Louletano Desportos Clube	04:24:24	00:28:15	02:28:34	01:22:56	35 - 39 anos	6



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Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
20	7	Rui Narigueta	Outsystems Olímpico de Oeiras	04:24:43	00:31:51	02:23:53	01:25:20	45 - 49 anos	3
21	107	Sandro Silva	Sporting Clube de Espinho	04:25:55	00:28:56	02:33:58	01:18:58	30 - 34 anos	4
22	8	Lino Barruncho	LBSquad	04:25:56	00:30:35	02:28:39	01:23:03	45 - 49 anos	4
23	659	Rui Santos	OCS - Arrábida Trail Team	04:26:04	00:26:49	02:33:20	01:21:00	30 - 34 anos	5
24	540	Bernardo Cadeiras	Louletano Desportos Clube	04:26:08	00:26:48	02:27:19	01:28:08	40 - 44 anos	4
25	117	Hugo Baluga	Amiciclo Grândola	04:26:23	00:29:28	02:29:56	01:23:34	25 - 29 anos	5
26	351	Miguel Pecegueiro	Clube de Natação do Colégio Vasco da Gama	04:26:37	00:31:54	02:28:16	01:22:21	30 - 34 anos	6
27	694	Pastor Regueiro	Cidade de Lugo Fluvial	04:27:26	00:28:25	02:28:52	01:25:53	25 - 29 anos	6
28	525	Pablo Diaz	Club Triatlón Oviedo	04:28:23	00:29:12	02:24:28	01:29:08	40 - 44 anos	5
29	252	Salomão Savelenko	Centro de Ciclismo de Portimão	04:28:25	00:25:25	02:35:30	01:23:57	18 - 24 anos	2
30	337	Tiago Cochicho	GDR Manique de Cima	04:29:18	00:28:01	02:30:31	01:27:14	40 - 44 anos	6
31	628	Marco Canelas	Ginásio Clube Naval de Faro	04:29:55	00:28:25	02:30:52	01:27:02	40 - 44 anos	7
32	434	Ricardo Rosado	Núcleo do Sporting da Golegã	04:30:16	00:27:48	02:30:38	01:28:21	35 - 39 anos	7
33	416	Gabriel Souza		04:30:29	00:26:35	02:30:20	01:29:07	18 - 24 anos	3
34	66	Tiago Lopes	Outsystems Olímpico de Oeiras	04:30:55	00:27:29	02:35:54	01:23:36	25 - 29 anos	7
35	572	Tomás Teixeira	Clube de Natação do Colégio Vasco da Gama	04:31:05	00:25:35	02:26:40	01:35:39	18 - 24 anos	4
36	90	David Alfeirão	FC Ferreiras	04:31:59	00:31:27	02:31:06	01:25:34	35 - 39 anos	8
37	143	David Caldeirão	Louletano Desportos Clube	04:32:08	00:25:47	02:33:36	01:29:22	50 - 54 anos	1
38	184	Bernardo Fernandes	Grupo Desportivo Corticeiras	04:32:17	00:28:04	02:29:50	01:30:53	35 - 39 anos	9



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Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
39	692	Nuno Veríssimo	Sporting Clube de Portugal	04:34:51	00:29:31	02:34:38	01:25:56	40 - 44 anos	8
40	729	David Matos	OnTri Sports	04:35:11	00:29:41	02:37:21	01:24:47	25 - 29 anos	8
41	697	Simon Jesse		04:35:43	00:30:38	02:31:43	01:27:38	25 - 29 anos	9
42	14	Tiago Pona	Outsystems Olímpico de Oeiras	04:35:45	00:26:03	02:41:56	01:24:12	45 - 49 anos	5
43	86	Nuno Neves	Louletano Desportos Clube	04:35:47	00:26:03	02:29:39	01:36:07	40 - 44 anos	9
44	15	João Pacheco	Wikaboo	04:36:05	00:29:18	02:35:40	01:27:27	35 - 39 anos	10
45	561	Manuel Silva	Louletano Desportos Clube	04:36:12	00:26:14	02:38:56	01:26:22	18 - 24 anos	5
46	50	Jorge Augusto	Mc Donald 's/Tribraga	04:36:16	00:28:37	02:36:12	01:27:58	50 - 54 anos	2
47	716	João Sacadura	LBsquad	04:37:20	00:31:11	02:33:14	01:28:46	35 - 39 anos	11
48	94	Lucas Peixoto		04:38:06	00:29:56	02:34:06	01:29:32	25 - 29 anos	10
49	85	João Freitas	Try Portugal / Vitória de Janes	04:38:08	00:29:23	02:33:52	01:30:54	35 - 39 anos	12
50	297	Mário Macheta	DXC Tri Amazing	04:38:18	00:28:55	02:35:04	01:29:45	30 - 34 anos	7
51	4	Hanna Sousa	CNATRIL Triatlo	04:38:30	00:30:38	02:35:47	01:29:03	45 - 49 anos	1
52	242	Paulo Figueiredo		04:38:36	00:27:07	02:29:46	01:37:20	50 - 54 anos	3
53	709	David Toro	Clube dos Galitos	04:38:53	00:30:39	02:33:28	01:30:46	50 - 54 anos	4
54	461	João Silva	Estoril Praia Credibom	04:39:01	00:29:30	02:37:03	01:27:50	40 - 44 anos	10
55	509	Henrique Moreira	Marretas do Norte	04:39:28	00:31:09	02:33:31	01:29:04	40 - 44 anos	11
56	95	Rui Silva	Clube de Natação de Torres Novas	04:39:33	00:32:19	02:34:31	01:27:35	40 - 44 anos	12
57	59	Luis Ferreira	Núcleo do Sporting da Golegã	04:39:40	00:30:46	02:40:32	01:24:00	35 - 39 anos	13



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Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
58	202	Nuno Lopes	Núcleo do Sporting da Golegã	04:39:51	00:28:05	02:36:59	01:31:11	40 - 44 anos	13
59	691	Adrián Aira	Club Triatlón Mar de Vigo	04:39:52	00:30:52	02:35:07	01:29:02	25 - 29 anos	11
60	459	Juan Varela		04:39:59	00:29:44	02:42:49	01:22:10	50 - 54 anos	5
61	608	Rui Oliveira	OnTri Sports	04:40:04	00:30:17	02:39:03	01:27:01	35 - 39 anos	14
62	323	Paulo Ajuda	Ginásio Clube Naval de Faro	04:40:11	00:32:13	02:36:44	01:26:12	40 - 44 anos	14
63	686	Hélio Carvalho	10dBoca	04:40:19	00:28:51	02:36:05	01:29:34	35 - 39 anos	15
64	718	Rui Carvalho	Pedalarte	04:40:23	00:27:26	02:34:51	01:33:26	30 - 34 anos	8
65	193	Jorge Calafate	Núcleo do Sporting da Golegã	04:40:35	00:27:54	02:37:20	01:31:10	55 - 59 anos	1
66	249	Ricardo Simão	NDS-Triatlo MRW Guarda	04:40:57	00:31:03	02:38:46	01:26:47	40 - 44 anos	15
67	243	Duarte Tirapicos	LBsquad	04:41:09	00:34:52	02:38:43	01:21:06	35 - 39 anos	16
68	583	Juan González	CD Triatlón Huelva	04:41:37	00:27:31	02:42:01	01:27:48	45 - 49 anos	6
69	703	João Sousa	Sporting Clube de Espinho	04:41:38	00:42:59	02:33:12	01:20:20	35 - 39 anos	17
70	20	Fernando Carmo	Sport Algés e Dafundo	04:41:51	00:33:48	02:31:49	01:30:34	55 - 59 anos	2
71	69	Ricardo Costa	Triatlo Clube TAP	04:41:51	00:27:14	02:42:13	01:28:19	35 - 39 anos	18
72	693	Jesús Jorge	Trinorth	04:42:08	00:30:54	02:33:46	01:32:52	35 - 39 anos	19
73	247	Robert Mcrae	Louletano Desportos Clube	04:42:12	00:29:19	02:31:05	01:36:36	55 - 59 anos	3
74	453	João Faria	Associação Académica de São Mamede	04:42:19	00:28:35	02:41:21	01:27:56	50 - 54 anos	6
75	385	António Salgado	OnTri Sports	04:42:20	00:32:27	02:32:48	01:31:05	45 - 49 anos	7
76	141	Joao Machado	Outsystems Olímpico de Oeiras	04:42:25	00:29:06	02:36:10	01:30:55	40 - 44 anos	16



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Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
77	289	Tiago Santos	DAR-Recardães EXPansion	04:42:28	00:29:22	02:33:49	01:35:19	35 - 39 anos	20
78	637	Pedro Conceição	Estoril Praia Credibom	04:43:13	00:29:36	02:38:31	01:31:47	40 - 44 anos	17
79	653	Rui Gomes	Sporting Clube de Espinho	04:43:33	00:32:33	02:43:06	01:23:18	45 - 49 anos	8
80	208	Bruno Toscano	Clube Oriental de Lisboa	04:43:51	00:33:01	02:36:38	01:29:28	40 - 44 anos	18
81	84	Miguel Tomé	SFRAA	04:44:41	00:24:28	02:40:59	01:35:27	25 - 29 anos	12
82	587	Tomás Pires	LBSquad	04:44:43	00:27:59	02:39:16	01:33:16	35 - 39 anos	21
83	428	Gonçalo Martins	Núcleo do Sporting da Golegã	04:44:43	00:31:19	02:38:50	01:29:26	40 - 44 anos	19
84	685	Nuno Matias		04:44:46	00:29:15	02:49:19	01:20:32	30 - 34 anos	9
85	719	Carlos Gomes	Outsystems Olímpico de Oeiras	04:44:59	00:33:24	02:37:50	01:28:12	60 - 64 anos	1
86	656	Jose Martin	Olid Triathlon Team Uninvest	04:45:01	00:31:10	02:37:28	01:30:37	50 - 54 anos	7
87	458	Mario Cruz		04:45:04	00:31:25	02:36:54	01:32:45	35 - 39 anos	22
88	640	Márcio Miguel	CNAL-Triatlo	04:45:43	00:30:14	02:39:47	01:31:37	30 - 34 anos	10
89	539	Daniel Romero	Triboost	04:46:14	00:28:23	02:43:48	01:29:27	30 - 34 anos	11
90	462	Nuno Martins	Triatlon paracuellos	04:46:33	00:30:43	02:36:37	01:34:27	45 - 49 anos	9
91	593	Côme Ceccaldi		04:46:37	00:28:44	02:35:31	01:37:09	30 - 34 anos	12
92	547	Bruno Rolim	Try Portugal / Vitória de Janes	04:46:37	00:29:32	02:43:39	01:29:22	40 - 44 anos	20
93	730	Ivo Carvalho	CCDFPJP	04:46:39	00:30:39	02:33:25	01:37:51	45 - 49 anos	10
94	513	Henrique Pereira	Outsystems Olímpico de Oeiras	04:46:51	00:25:16	02:45:41	01:32:05	35 - 39 anos	23
95	127	Guilherme Bonito	Outsystems Olímpico de Oeiras	04:47:01	00:25:48	02:41:28	01:36:51	18 - 24 anos	6



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Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
96	456	Félix Pais	Club Triatlon Compostela	04:47:16	00:31:53	02:35:17	01:32:42	35 - 39 anos	24
97	511	Mauro Azevedo	AC MultiSport Triatlo	04:47:17	00:32:43	02:42:41	01:26:17	50 - 54 anos	8
98	306	Luis Lourenço	Ginásio Clube Naval de Faro	04:47:24	00:27:55	02:38:52	01:35:15	50 - 54 anos	9
99	497	Ignacio Heras		04:47:26	00:28:44	02:40:52	01:33:31	35 - 39 anos	25
100	98	Nuno Carvalhinho	Triatlo Clube TAP	04:47:28	00:32:31	02:32:53	01:37:08	45 - 49 anos	11
101	101	Pedro Rilho	AmoraSub/Associação Naval Amorense	04:47:35	00:30:56	02:40:09	01:32:34	35 - 39 anos	26
102	81	Pedro Machado	Sport Algés e Dafundo	04:47:41	00:29:28	02:46:46	01:26:51	35 - 39 anos	27
103	365	Rui Gonçalves	Amiciclo Grândola	04:47:48	00:36:05	02:41:16	01:25:01	45 - 49 anos	12
104	163	Marco Ferreira	Clube dos Galitos	04:47:50	00:29:27	02:34:06	01:40:44	40 - 44 anos	21
105	253	Tiago Encarnação		04:47:58	00:32:44	02:37:36	01:33:54	30 - 34 anos	13
106	25	Marco Sousa	Pedrogão Triatlo	04:48:02	00:29:27	02:46:25	01:28:17	45 - 49 anos	13
107	529	Frederico Cerdeira	Estoril Praia Credibom	04:48:04	00:34:44	02:44:58	01:22:16	40 - 44 anos	22
108	315	Hugo Pita		04:48:06	00:34:59	02:38:44	01:29:38	40 - 44 anos	23
109	100	Filipe Centeno	Clube SNR Triatlo	04:48:22	00:31:40	02:42:00	01:30:41	45 - 49 anos	14
110	278	João Lobo	LXTriathlon	04:48:48	00:27:55	02:46:15	01:30:25	40 - 44 anos	24
111	169	Nuno Ramos	Sporting Clube de Espinho	04:49:00	00:35:22	02:37:26	01:30:54	25 - 29 anos	13
112	77	Gustavo Gaspary	OnTri Sports	04:49:10	00:28:09	02:29:53	01:46:52	30 - 34 anos	14
113	580	José Júdice		04:49:30	00:30:30	02:42:46	01:29:58	35 - 39 anos	28
114	183	Emanuel Freitas	Palmela Desporto / Tripla Rotação	04:50:03	00:32:36	02:48:37	01:25:19	30 - 34 anos	15



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Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
115	666	David Paiva	Clube de Natação de Torres Novas	04:50:32	00:25:43	02:42:59	01:37:38	35 - 39 anos	29
116	43	José Galvão		04:50:47	00:30:02	02:43:04	01:32:20	55 - 59 anos	4
117	23	Jorge Fonseca	Estoril Praia Credibom	04:50:55	00:29:32	02:40:33	01:36:01	45 - 49 anos	15
118	465	Pedro Mendonca	Louletano Desportos Clube	04:51:02	00:32:34	02:37:19	01:34:50	45 - 49 anos	16
119	642	Xose Reboredo	TRIATLON SIRENO	04:51:21	00:30:02	02:42:59	01:31:56	45 - 49 anos	17
120	165	David Martins	Vasco da Gama Atlético Clube de Sines	04:51:26	00:30:10	02:46:46	01:30:55	30 - 34 anos	16
121	433	Simon Santos	CCD Intermarché de Lagos	04:51:27	00:36:25	02:38:10	01:32:08	35 - 39 anos	30
122	39	Carlos Ferreira	Louletano Desportos Clube	04:51:38	00:32:21	02:42:08	01:32:50	50 - 54 anos	10
123	586	Alexandre Vilas-Boas	AmoraSub/Associação Naval Amorense	04:51:39	00:32:00	02:46:30	01:27:00	25 - 29 anos	14
124	535	Marcos Meana	Triboost	04:51:42	00:29:51	02:48:24	01:27:52	45 - 49 anos	18
125	132	António Moreira	Clube dos Galitos	04:51:42	00:32:06	02:48:17	01:28:12	45 - 49 anos	19
126	71	Nuno Bela	Outsystems Olímpico de Oeiras	04:51:49	00:32:56	02:40:45	01:31:30	40 - 44 anos	25
127	442	Pedro Andrade	LBSquad	04:52:09	00:29:52	02:40:14	01:36:01	35 - 39 anos	31
128	574	Agnelo Silva		04:52:32	00:29:58	02:40:14	01:37:08	35 - 39 anos	32
129	358	Marco Pinto	Tricap-Penafirme	04:52:38	00:35:18	02:39:14	01:32:35	30 - 34 anos	17
130	455	Gonçalo Mendes	Clube Millennium BCP	04:52:53	00:27:38	02:50:34	01:31:39	18 - 24 anos	7
131	258	Paulo Gonçalves	Clube dos Galitos	04:53:14	00:28:18	02:44:50	01:36:21	35 - 39 anos	33
132	413	Rui Vieira	Núcleo do Sporting da Golegã	04:53:22	00:30:31	02:47:32	01:30:14	40 - 44 anos	26
133	279	Rui Duarte		04:53:34	00:25:43	02:48:49	01:32:30	45 - 49 anos	20



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Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
134	733	Rafael Alves	Sporting Clube de Espinho	04:53:56	00:27:39	02:43:34	01:38:09	25 - 29 anos	15
135	106	Vasco Lopes	FC Ferreiras	04:54:09	00:30:04	02:40:47	01:37:23	30 - 34 anos	18
136	288	Celso Moreira	DAR-Recardães EXPansion	04:54:28	00:32:07	02:47:40	01:30:52	40 - 44 anos	27
137	109	Paulo Lamego	Sport Algés e Dafundo	04:54:36	00:29:20	02:48:35	01:32:27	50 - 54 anos	11
138	603	Rui Rebocho	Kainágua	04:54:42	00:36:36	02:44:24	01:28:25	45 - 49 anos	21
139	727	Pedro Gaspar	DXC Tri Amazing	04:54:49	00:29:56	02:45:51	01:32:00	40 - 44 anos	28
140	688	Iago Adrio	Sireno Triatlón Club	04:54:50	00:27:55	02:43:55	01:37:16	45 - 49 anos	22
141	708	Marciano Dias	DXC Tri Amazing	04:54:52	00:32:53	02:41:23	01:35:53	35 - 39 anos	34
142	439	Carsten Bakker		04:55:18	00:34:46	02:34:52	01:38:39	30 - 34 anos	19
143	335	André Vaz	LBSquad	04:55:21	00:34:59	02:46:08	01:27:13	35 - 39 anos	35
144	671	Carlos Maia	DXC Tri Amazing	04:55:31	00:34:29	02:37:37	01:37:08	50 - 54 anos	12
145	172	Rui Fonseca	SFRAA	04:55:36	00:29:48	02:49:01	01:32:42	45 - 49 anos	23
146	265	Gonçalo Resina	Núcleo do Sporting da Golegã	04:55:43	00:36:32	02:45:23	01:28:45	45 - 49 anos	24
147	476	Santiago Gonzalez	TriOurense	04:56:06	00:34:00	02:52:19	01:24:49	45 - 49 anos	25
148	21	Pedro Fernandes		04:56:22	00:27:52	02:37:47	01:46:35	45 - 49 anos	26
149	53	Sérgio Batalha	3B Triatlo	04:56:23	00:36:15	02:44:30	01:29:33	50 - 54 anos	13
150	646	Diogo Ennes		04:56:47	00:33:09	02:47:41	01:28:53	45 - 49 anos	27
151	40	Bruno Godinho		04:56:55	00:32:09	02:40:35	01:39:33	40 - 44 anos	29
152	145	Sergio Mota	Sporting Clube de Espinho	04:56:56	00:33:21	02:48:16	01:30:25	40 - 44 anos	30



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
153	399	João Henriques		04:57:06	00:38:09	02:44:47	01:28:34	35 - 39 anos	36
154	595	Tiago Oliveira	Clube dos Galitos	04:57:19	00:40:33	02:38:50	01:31:32	35 - 39 anos	37
155	18	Jose Farinha	Clube Millennium BCP	04:57:33	00:34:59	02:37:30	01:40:05	45 - 49 anos	28
156	681	Frederico Teixeira	LBSquad	04:57:38	00:30:24	02:50:32	01:30:40	40 - 44 anos	31
157	257	David Fernandes	Sporting Clube de Portugal	04:57:42	00:36:02	02:36:25	01:41:08	35 - 39 anos	38
158	731	André Barreto	OnTri Sports	04:57:44	00:30:08	02:49:50	01:32:10	30 - 34 anos	20
159	501	Victor Simões	Louletano Desportos Clube	04:57:56	00:31:46	02:34:04	01:47:52	40 - 44 anos	32
160	634	Tiago Ribeiro	OnTri Sports	04:57:57	00:33:31	02:45:03	01:34:39	40 - 44 anos	33
161	648	Caio Amim	Pimpões Triatlo	04:58:18	00:27:32	02:38:35	01:44:40	40 - 44 anos	34
162	332	Axel Clerck	RCBT	04:58:27	00:32:22	02:44:22	01:36:38	30 - 34 anos	21
163	354	Jose Iglesias	TriOurense	04:58:35	00:35:05	02:46:46	01:32:08	55 - 59 anos	5
164	168	Joao Santos	GRCD Leião Triatlo	04:58:37	00:31:47	02:38:31	01:43:07	55 - 59 anos	6
165	6	Liliana Verissimo		04:59:29	00:30:01	02:56:31	01:29:40	35 - 39 anos	1
166	214	Frederico Batista	LBSquad	04:59:44	00:32:45	02:45:49	01:36:32	35 - 39 anos	39
167	41	Ivan Costa	Clube Oriental de Lisboa	04:59:46	00:30:33	02:49:29	01:34:24	35 - 39 anos	40
168	290	Bruno Almeida	DAR-Recardães EXPansion	04:59:55	00:29:51	02:38:43	01:47:02	40 - 44 anos	35
169	264	Bruno Alves	Alhandra Sporting Club	05:00:00	00:34:13	02:47:21	01:32:07	40 - 44 anos	36
170	705	Neil Mcloughlin	Vector Racing	05:00:02	00:31:08	02:45:20	01:36:32	55 - 59 anos	7
171	667	Nuno Sousa	Marretas do Norte	05:00:02	00:33:23	02:44:34	01:37:14	45 - 49 anos	29



SETÚBAL TRIATHLON '23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
172	597	Pedro Duarte		05:00:07	00:34:19	02:43:37	01:34:42	45 - 49 anos	30
173	371	Tony Seródio	DAR-Recardães EXPansion	05:00:19	00:33:29	02:46:02	01:36:31	50 - 54 anos	14
174	196	Vitor Piçarra		05:00:21	00:32:06	02:50:22	01:32:54	45 - 49 anos	31
175	555	Loic Charmoille		05:00:26	00:29:29	02:52:27	01:32:01	35 - 39 anos	41
176	596	Bruno Martins		05:00:32	00:27:45	02:46:25	01:40:09	40 - 44 anos	37
177	487	Emanuel Matos		05:00:33	00:37:10	02:45:44	01:31:32	45 - 49 anos	32
178	517	Jennifer Connet		05:00:48	00:30:06	02:54:32	01:32:43	35 - 39 anos	2
179	598	Francisco Perez	Club Triatlón Huelva	05:00:59	00:30:31	02:47:25	01:38:09	40 - 44 anos	38
180	569	André Fernandes	Clube de Natação da Amadora	05:01:09	00:25:46	02:36:21	01:55:06	25 - 29 anos	16
181	189	Fábio Correia	Ginásio Clube Naval de Faro	05:02:01	00:34:47	02:56:39	01:25:12	30 - 34 anos	22
182	118	Joao Silva		05:02:08	00:35:47	02:40:11	01:41:28	45 - 49 anos	33
183	566	Nuno Conceição	DXC Tri Amazing	05:02:28	00:29:00	02:40:29	01:46:53	40 - 44 anos	39
184	514	Paulino Alves	Marretas do Norte	05:02:29	00:36:06	02:48:42	01:32:01	35 - 39 anos	42
185	116	Bruno Fonseca	3B Triatlo	05:02:39	00:37:25	02:40:17	01:38:23	40 - 44 anos	40
186	546	João Dias	OnTri Sports	05:02:42	00:27:27	02:51:55	01:38:44	35 - 39 anos	43
187	54	Miguel Fragoso	Outsystems Olímpico de Oeiras	05:02:58	00:27:53	02:49:45	01:39:43	55 - 59 anos	8
188	30	João Nunes	Alhandra Sporting Club	05:03:08	00:32:54	02:47:39	01:38:57	55 - 59 anos	9
189	364	Ivo Magalhães	Associação Académica de Coimbra	05:03:09	00:33:21	02:46:02	01:38:09	45 - 49 anos	34
190	550	Fabiola Duarte	LBSquad	05:03:15	00:26:59	02:52:05	01:40:17	40 - 44 anos	1



SETÚBAL TRIATHLON '23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
191	374	João Silva		05:03:18	00:36:30	02:49:13	01:32:35	30 - 34 anos	23
192	636	Joao Teixeira		05:03:24	00:40:16	02:42:35	01:35:25	45 - 49 anos	35
193	22	Hugo Gomes	3B Triatlo	05:03:29	00:40:33	02:48:44	01:27:18	35 - 39 anos	44
194	386	Rodrigo Marcelino		05:03:50	00:35:28	02:47:47	01:35:25	35 - 39 anos	45
195	655	Laura Rodriguez	Olid Triathlon Team Uninvest	05:04:28	00:30:09	02:55:34	01:33:02	40 - 44 anos	2
196	32	Luis Miranda		05:04:28	00:36:32	02:43:01	01:40:54	50 - 54 anos	15
197	664	Xosé González	TriOurense	05:04:38	00:30:11	02:47:41	01:41:32	55 - 59 anos	10
198	658	Bruno Marcelino		05:04:46	00:34:38	02:40:22	01:44:20	45 - 49 anos	36
199	503	Ricardo Gomes		05:04:46	00:37:42	02:48:14	01:34:05	35 - 39 anos	46
200	423	Carlos Custodio		05:05:06	00:31:25	02:51:09	01:36:37	50 - 54 anos	16
201	589	Salvador Olivera		05:05:07	00:36:19	02:48:58	01:32:50	40 - 44 anos	41
202	647	Pedro Maia	Sporting Clube de Espinho	05:05:11	00:34:42	02:48:16	01:37:09	30 - 34 anos	24
203	190	Renan Castro	Outsystems Olímpico de Oeiras	05:05:15	00:33:03	02:47:04	01:38:49	35 - 39 anos	47
204	37	Rui Silva	Clube Oriental de Lisboa	05:05:44	00:33:12	02:51:23	01:35:05	45 - 49 anos	37
205	622	Paulo Carvalhinho	Kainágua	05:05:48	00:31:57	02:50:28	01:36:26	50 - 54 anos	17
206	427	Hugo Ribeiro	OnTri Sports	05:05:48	00:35:06	02:42:24	01:42:03	35 - 39 anos	48
207	360	Rui Pereira	Quitério TriPeniche	05:06:00	00:32:20	02:45:08	01:41:37	45 - 49 anos	38
208	293	Marcos Ratola	DXC Tri Amazing	05:06:11	00:26:28	02:49:58	01:43:28	40 - 44 anos	42
209	498	Jose Barros		05:06:26	00:38:34	02:47:22	01:34:52	40 - 44 anos	43



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
210	329	António Correia	Estoril Praia Credibom	05:06:28	00:29:53	02:51:26	01:41:01	40 - 44 anos	44
211	153	João Rosa	Quitério TriPeniche	05:06:29	00:30:11	02:48:14	01:43:25	45 - 49 anos	39
212	707	Valerio Curridori	Núcleo do Sporting da Golegã	05:06:37	00:37:42	02:43:53	01:38:49	70 - 74 anos	1
213	226	Luis Santos		05:07:01	00:39:23	02:47:21	01:34:15	35 - 39 anos	49
214	689	David Otero	Marretas do Norte	05:07:09	00:34:47	02:50:43	01:35:20	35 - 39 anos	50
215	19	Pedro Lopes	Outsystems Olímpico de Oeiras	05:07:26	00:37:07	02:47:05	01:38:31	45 - 49 anos	40
216	650	André Guerra	Sporting Clube de Espinho	05:07:34	00:39:08	02:45:57	01:36:22	40 - 44 anos	45
217	140	Guilherme Libório	Outsystems Olímpico de Oeiras	05:07:59	00:29:40	02:54:40	01:38:53	40 - 44 anos	46
218	406	Joaquim Esteves	SFRAA	05:08:21	00:31:40	02:44:37	01:45:38	55 - 59 anos	11
219	623	Miguel Perea	Triboost	05:08:30	00:30:57	02:55:21	01:35:16	35 - 39 anos	51
220	418	Luis Martins		05:08:31	00:35:21	02:49:46	01:36:11	45 - 49 anos	41
221	60	Tiago Amado		05:08:36	00:40:28	02:48:32	01:35:32	40 - 44 anos	47
222	553	Bruno Pinto		05:08:41	00:31:43	02:51:01	01:38:58	30 - 34 anos	25
223	234	Eduardo Costa	SUColarensense	05:08:47	00:25:42	02:46:37	01:50:57	45 - 49 anos	42
224	232	Daniel Sousa	Triathlon Club Geneve	05:08:49	00:28:01	02:52:34	01:43:01	40 - 44 anos	48
225	92	Mario Santana	Clube do Pessoal EDP	05:08:57	00:33:39	02:50:28	01:40:09	40 - 44 anos	49
226	607	Kiko Martins	LBSquad	05:09:07	00:33:47	02:49:13	01:40:52	40 - 44 anos	50
227	219	Nuno Lopes	Clube Millennium BCP	05:09:12	00:35:37	02:51:24	01:36:33	50 - 54 anos	18
228	464	José Espinosa		05:09:13	00:31:27	02:52:32	01:37:29	45 - 49 anos	43



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
229	135	Rui Cachaço	Outsystems Olímpico de Oeiras	05:09:30	00:37:47	02:48:42	01:35:23	40 - 44 anos	51
230	431	Tina Roschmann	Mirachoro Hotels-Centro Ciclismo Portimão-Churrasqueira do Vau	05:09:31	00:31:40	02:51:19	01:40:27	40 - 44 anos	3
231	568	André Cabral	Outsystems Olímpico de Oeiras	05:09:32	00:31:17	02:52:27	01:39:16	45 - 49 anos	44
232	724	José Massuça	Clube Oriental de Lisboa	05:09:40	00:35:36	02:53:09	01:36:27	50 - 54 anos	19
233	36	Renato Araújo	AmoraSub/Associação Naval Amorense	05:09:54	00:33:25	02:53:37	01:38:00	55 - 59 anos	12
234	225	Joao Cabeleira		05:10:14	00:35:41	02:44:57	01:41:29	50 - 54 anos	20
235	440	Laurents Fricke		05:10:22	00:30:13	02:34:22	02:00:45	35 - 39 anos	52
236	296	Bruno Batista	DXC Tri Amazing	05:10:33	00:32:56	02:53:15	01:39:23	40 - 44 anos	52
237	308	Alcídio Ferro	Clube Desportivo Escola Santana	05:10:39	00:37:58	02:51:42	01:36:27	45 - 49 anos	45
238	161	Henrique Pereira	Associação de Actividade Motora Adaptada-AAMA	05:10:55	00:34:46	02:52:04	01:36:54	40 - 44 anos	53
239	108	William Santos	Sporting Clube de Espinho	05:11:15	00:34:11	02:46:15	01:45:42	30 - 34 anos	26
240	741	Inês Raimundo	AmoraSub/Associação Naval Amorense	05:11:42	00:31:52	02:58:15	01:37:27	18 - 24 anos	1
241	221	Antonio Cumbre		05:11:45	00:32:55	02:49:06	01:43:56	40 - 44 anos	54
242	79	Luís Galrito	Kainágua	05:11:47	00:29:44	02:57:50	01:39:11	35 - 39 anos	53
243	415	Nuno Lemos		05:11:55	00:31:11	02:43:20	01:51:04	45 - 49 anos	46
244	220	Paulo Teles	3B Triatlo	05:11:58	00:32:10	02:46:20	01:46:54	50 - 54 anos	21
245	349	Cláudio Canavilhas	3B Triatlo	05:12:28	00:33:54	02:55:48	01:36:12	40 - 44 anos	55
246	110	Pedro Nogueira		05:12:46	00:34:55	02:45:24	01:46:24	40 - 44 anos	56
247	171	Hugo Lopes	CCD Crédito Agrícola	05:12:49	00:34:48	02:47:52	01:44:46	35 - 39 anos	54



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
248	618	Antonio Balado	TriOurense	05:13:05	00:34:03	02:57:39	01:35:35	35 - 39 anos	55
249	480	Hugo Fragoso	AmoraSub/Associação Naval Amorense	05:13:06	00:34:26	02:51:57	01:40:58	30 - 34 anos	27
250	359	Joana Tomé	SFRAA	05:13:08	00:26:07	03:00:49	01:41:55	18 - 24 anos	2
251	657	Bruno Gonçalves		05:13:14	00:32:34	02:51:32	01:41:19	35 - 39 anos	56
252	710	Firmino Dias	OnTri Sports	05:13:36	00:34:12	02:51:53	01:38:47	45 - 49 anos	47
253	174	Esmeraldino Sá	AmoraSub/Associação Naval Amorense	05:13:44	00:36:58	02:55:56	01:36:24	45 - 49 anos	48
254	298	Marco Raminhos	Rota D'Ossa	05:13:57	00:32:39	02:49:18	01:44:56	40 - 44 anos	57
255	103	Jorge Dinis	AmoraSub/Associação Naval Amorense	05:14:10	00:32:09	02:52:16	01:45:13	55 - 59 anos	13
256	690	Cristina Hervés	Club Triatlón Mar de Vigo	05:14:18	00:26:45	02:48:12	01:55:11	18 - 24 anos	3
257	521	Jorge Raminhas	OnTri Sports	05:14:19	00:34:06	02:46:26	01:46:52	35 - 39 anos	57
258	148	Diogo Silva	OnTri Sports	05:14:29	00:37:15	02:48:20	01:40:49	35 - 39 anos	58
259	558	Luís Almeida	Clube Veteranos do Porto	05:14:43	00:34:35	02:50:12	01:41:13	50 - 54 anos	22
260	129	Ricardo Silva	LXTRIATHLON	05:15:04	00:31:54	02:52:41	01:46:02	25 - 29 anos	17
261	626	Francisco Freitas		05:15:06	00:22:40	02:59:42	01:48:32	30 - 34 anos	28
262	585	Mário Félix	DAR-Recardães EXPansion	05:15:10	00:38:18	02:53:20	01:37:20	40 - 44 anos	58
263	213	Pedro Silva	Clube Millennium BCP	05:15:11	00:33:06	02:52:40	01:43:23	55 - 59 anos	14
264	544	Alejandro Gil	Triboost	05:15:11	00:34:01	02:50:18	01:44:08	45 - 49 anos	49
265	47	Luis Alegrias	Kainágua	05:15:20	00:33:11	02:59:06	01:37:41	45 - 49 anos	50
266	64	Paulo Faria	Outsystems Olímpico de Oeiras	05:15:53	00:32:53	02:58:24	01:38:12	45 - 49 anos	51



SETÚBAL TRIATHLON '23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
267	303	Francisco Sosa		05:16:06	00:34:18	02:51:56	01:43:01	45 - 49 anos	52
268	235	Nuno Gameiro		05:16:24	00:30:28	02:55:56	01:43:52	45 - 49 anos	53
269	91	Rodrigo Santo		05:16:28	00:27:12	02:50:50	01:53:04	45 - 49 anos	54
270	61	Ricardo Faria		05:16:40	00:32:53	02:51:23	01:46:55	40 - 44 anos	59
271	641	Guillermo Sotelo		05:16:45	00:37:08	02:48:08	01:46:56	50 - 54 anos	23
272	240	Rui Pinto	Pedalarte	05:16:56	00:37:47	02:55:56	01:36:51	25 - 29 anos	18
273	706	Natália Guilherme	OnTri Sports	05:17:04	00:35:47	02:54:14	01:39:57	40 - 44 anos	4
274	272	Carlos Escórcio	Try Portugal / Vitória de Janes	05:17:11	00:37:40	02:58:57	01:35:10	35 - 39 anos	59
275	182	André Bernardo	NDS-Triatlo MRW Guarda	05:17:20	00:33:29	03:13:34	01:25:24	18 - 24 anos	8
276	76	Nuno Júlio		05:17:30	00:31:38	02:56:28	01:41:55	50 - 54 anos	24
277	283	Jorge Carvalho		05:17:45	00:38:55	02:55:22	01:35:28	35 - 39 anos	60
278	115	Luis Figueira	GRCD Leião Triatlo	05:17:45	00:32:26	02:50:25	01:48:47	45 - 49 anos	55
279	29	Gil Oliveira		05:17:48	00:30:20	02:52:23	01:49:05	55 - 59 anos	15
280	545	Roberto Alonso	TriOurense	05:17:58	00:37:40	02:56:10	01:38:28	50 - 54 anos	25
281	543	Bruno Silva	Sporting Clube de Espinho	05:18:03	00:27:47	02:51:53	01:53:13	40 - 44 anos	60
282	113	Alexandre Nunes		05:18:18	00:35:54	03:05:32	01:32:02	45 - 49 anos	56
283	285	Manuel Morgaz	C.T. Camaleón	05:18:31	00:42:41	02:56:43	01:33:19	50 - 54 anos	26
284	502	Alejandro García	Club Trialton Compostela	05:18:33	00:33:15	02:58:54	01:38:40	35 - 39 anos	61
285	302	Pedro Rico	Quitério TriPeniche	05:18:35	00:28:30	02:57:38	01:45:42	45 - 49 anos	57



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
286	564	Rodrigo Santos		05:18:53	00:32:57	02:56:54	01:43:30	30 - 34 anos	29
287	575	David Inacio	LBSquad	05:18:54	00:38:40	02:54:05	01:39:47	30 - 34 anos	30
288	407	Amelia Drumm	Louletano Desportos Clube	05:18:56	00:36:56	02:59:23	01:38:01	45 - 49 anos	2
289	673	Luis Leão	Associação Beat Your Limit!	05:18:56	00:33:01	02:56:41	01:42:38	50 - 54 anos	27
290	588	Daniel Amaral	Clube dos Galitos	05:19:04	00:34:24	02:53:32	01:44:11	25 - 29 anos	19
291	616	Nuno Navalho	FET - Fátima Escola de Triatlo	05:19:09	00:40:47	02:54:10	01:36:27	45 - 49 anos	58
292	669	Frederico Catalão		05:19:10	00:35:35	02:56:41	01:36:06	30 - 34 anos	31
293	573	Bernardo Silva		05:19:42	00:30:49	02:59:22	01:40:22	40 - 44 anos	61
294	197	Gabriel Alves	3B Triatlo	05:19:56	00:39:00	02:54:34	01:39:40	55 - 59 anos	16
295	700	Jorge Nunes	Grupo Desportivo da Goma	05:20:05	00:35:58	03:01:24	01:34:38	60 - 64 anos	2
296	305	Diogo Garcia	Wikaboo/ Casa do Benfica em Moura	05:20:06	00:33:14	03:00:03	01:41:35	40 - 44 anos	62
297	516	Pedro Jorge	DXC Tri Amazing	05:20:17	00:28:58	02:52:05	01:52:39	55 - 59 anos	17
298	121	Pedro Miranda	GRCD Leião Triatlo	05:20:26	00:34:33	02:50:52	01:49:28	45 - 49 anos	59
299	112	Filipe Bettencourt		05:20:33	00:32:10	02:57:34	01:43:08	35 - 39 anos	62
300	10	Rodrigo Almeida	Outsystems Olímpico de Oeiras	05:20:35	00:31:39	02:51:16	01:50:35	40 - 44 anos	63
301	309	João Marques	Salesianos de Manique	05:21:24	00:38:51	02:48:57	01:47:39	55 - 59 anos	18
302	259	Filomena Gomes	Try Portugal / Vitória de Janes	05:21:35	00:36:42	02:54:26	01:44:41	50 - 54 anos	1
303	83	Hugo Viegas	Lusitano Futebol Clube - Frusoad	05:21:36	00:36:05	02:52:59	01:47:45	40 - 44 anos	64
304	613	Francisco Santos		05:21:39	00:29:15	03:00:03	01:47:34	25 - 29 anos	20



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
305	405	Pedro Leiria	Clube de Natação do Colégio Vasco da Gama	05:21:57	00:37:54	02:54:19	01:42:02	50 - 54 anos	28
306	482	Nuno Mota		05:23:04	00:33:28	03:01:42	01:42:32	45 - 49 anos	60
307	635	Marco Rocha	Outsystems Olímpico de Oeiras	05:23:15	00:35:42	03:01:28	01:39:09	45 - 49 anos	61
308	662	João Ferreira	OnTri Sports	05:23:19	00:30:45	02:56:57	01:47:24	30 - 34 anos	32
309	137	Goncalo Alves		05:23:25	00:29:59	03:02:11	01:46:33	35 - 39 anos	63
310	507	Mário Martins		05:23:34	00:37:44	02:57:30	01:41:28	40 - 44 anos	65
311	180	Patrick Silva	Quitério TriPeniche	05:23:37	00:35:40	02:49:27	01:52:58	45 - 49 anos	62
312	663	Alex Ribeiro	Marretas do Norte	05:23:39	00:41:27	02:53:16	01:42:04	40 - 44 anos	66
313	397	Luis Carvalho	Wikaboo	05:23:52	00:33:29	02:42:03	02:03:18	50 - 54 anos	29
314	170	Nelson Rego	Estoril Praia Credibom	05:24:19	00:35:42	02:46:28	01:56:09	45 - 49 anos	63
315	674	Pedro Leão	Associação Beat Your Limit!	05:24:19	00:29:56	03:02:39	01:46:39	18 - 24 anos	9
316	452	Mario Marquez	Olympia Triatlon	05:24:20	00:32:04	02:57:46	01:47:24	50 - 54 anos	30
317	548	João Dias	LBSquad	05:24:20	00:29:44	02:56:07	01:52:10	40 - 44 anos	67
318	55	Paulo Santos	Quitério TriPeniche	05:24:24	00:32:49	02:58:16	01:48:22	60 - 64 anos	3
319	723	Ricardo Furtado	Outsystems Olímpico de Oeiras	05:24:28	00:33:14	02:48:56	01:54:53	40 - 44 anos	68
320	136	Miguel Barnabé	Louletano Desportos Clube	05:24:47	00:37:11	02:58:30	01:43:56	55 - 59 anos	19
321	530	Francisco Garnel	Estoril Praia Credibom	05:24:50	00:33:09	02:56:12	01:48:01	35 - 39 anos	64
322	665	Hugo Braz		05:24:51	00:33:24	02:48:18	01:52:10	45 - 49 anos	64
323	149	Jose Pina	Louletano Desportos Clube	05:25:04	00:36:24	02:59:13	01:40:49	45 - 49 anos	65



SETÚBAL TRIATHLON '23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
324	523	Leonardo Loureiro		05:25:09	00:44:55	02:50:57	01:41:22	40 - 44 anos	69
325	314	Adolfo Vagos	Quitério TriPeniche	05:25:16	00:38:00	02:59:30	01:43:08	50 - 54 anos	31
326	185	José Monteiro		05:25:39	00:42:21	02:55:05	01:41:35	55 - 59 anos	20
327	311	Rui Rodrigues	Associação Humanitária Bombeiros Estoris	05:25:53	00:30:29	02:51:55	01:57:47	45 - 49 anos	66
328	520	Bruno Rosado	DXC Tri Amazing	05:26:17	00:31:23	02:59:34	01:47:59	45 - 49 anos	67
329	128	Luís Massapina	FC Ferreiras	05:26:17	00:40:19	03:05:41	01:33:29	40 - 44 anos	70
330	17	João Serôdio	Sport Algés e Dafundo	05:26:24	00:35:15	02:52:39	01:49:14	45 - 49 anos	68
331	711	Nuno Dantas	GRCD Leião Triatlo	05:26:36	00:37:34	03:06:14	01:37:09	40 - 44 anos	71
332	155	Pedro Lourenço	AmoraSub/Associação Naval Amorense	05:26:41	00:38:09	02:55:35	01:47:36	50 - 54 anos	32
333	565	Ricardo Jerónimo		05:26:42	00:32:48	02:58:12	01:47:10	35 - 39 anos	65
334	512	Victor Sá	Sporting Clube de Espinho	05:27:01	00:37:44	02:52:05	01:49:30	50 - 54 anos	33
335	519	Joel Cunha	OnTri Sports	05:27:37	00:33:53	02:54:09	01:52:59	40 - 44 anos	72
336	340	Cedric Faché		05:28:15	00:42:33	03:09:26	01:25:32	30 - 34 anos	33
337	102	Nuno Rapaz		05:28:16	00:44:43	02:56:16	01:38:25	45 - 49 anos	69
338	490	Pedro Queiroz	SFRAA	05:28:19	00:34:44	02:59:21	01:49:32	45 - 49 anos	70
339	277	Pedro Mestre	OnTri Sports	05:28:24	00:33:41	02:52:50	01:55:08	50 - 54 anos	34
340	273	Gonçalo Almeida	Alhandra Sporting Club	05:28:28	00:31:31	02:52:39	01:58:06	40 - 44 anos	73
341	734	Pedro Filipe	Try Portugal / Vitória de Janes	05:28:28	00:27:12	02:55:18	02:00:08	45 - 49 anos	71
342	31	Luis Cipriano	AMCR Fonte Grada	05:28:30	00:38:52	02:59:14	01:45:37	50 - 54 anos	35



SETÚBAL TRIATHLON '23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
343	463	Pedro Fernandes		05:28:36	00:33:13	03:03:39	01:41:13	40 - 44 anos	74
344	444	Miguel Lucas		05:29:04	00:32:58	02:56:43	01:51:47	25 - 29 anos	21
345	504	Andre Cabrita	Ginásio Clube Naval de Faro	05:29:20	00:33:49	03:03:02	01:47:12	45 - 49 anos	72
346	425	Bryce Sage		05:29:38	00:35:58	02:50:59	01:55:09	30 - 34 anos	34
347	320	Luís Carvalho	SFRAA	05:29:38	00:33:08	02:46:00	02:04:55	30 - 34 anos	35
348	505	Guy Charlton	LBSquad	05:30:32	00:29:57	03:04:15	01:46:35	30 - 34 anos	36
349	344	Alberto Dias	AmoraSub/Associação Naval Amorense	05:30:44	00:36:12	02:54:36	01:54:36	40 - 44 anos	75
350	542	David Salgado		05:31:03	00:32:49	03:20:23	01:28:40	30 - 34 anos	37
351	621	Joaquim Potes	Kainágua	05:31:08	00:32:29	03:06:28	01:42:50	45 - 49 anos	73
352	577	Luís Santos	Centro de Ciclismo de Portimão	05:31:23	00:34:12	03:04:47	01:47:19	40 - 44 anos	76
353	245	Rui Velez	Clube Oriental de Lisboa	05:31:37	00:33:34	03:01:04	01:51:55	55 - 59 anos	21
354	215	João Beltrão		05:31:39	00:42:17	03:00:34	01:41:04	40 - 44 anos	77
355	159	Hugo Rocha	CCD Sintrense	05:31:58	00:37:56	03:02:09	01:46:14	40 - 44 anos	78
356	238	Pedro Gandola		05:31:58	00:28:59	02:52:51	02:00:31	35 - 39 anos	66
357	218	Pedro Sanguino	CNATRIL Triatlo	05:32:10	00:34:40	03:06:42	01:45:18	40 - 44 anos	79
358	610	Paulo Ferreira	Triatlo Clube TAP	05:32:39	00:36:16	02:57:34	01:52:21	50 - 54 anos	36
359	522	Francisco Gião		05:32:48	00:32:53	02:55:36	01:58:03	45 - 49 anos	74
360	532	Vroni Kühne		05:33:10	00:39:36	02:55:23	01:51:40	35 - 39 anos	3
361	735	Ricardo Marques	CCD Crédito Agrícola	05:33:11	00:34:37	03:02:25	01:47:44	40 - 44 anos	80



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
362	105	Pedro Martins	GRCD Leião Triatlo	05:33:20	00:33:36	02:55:44	01:56:58	45 - 49 anos	75
363	447	Bruno Carlos		05:33:48	00:42:22	03:04:40	01:39:24	40 - 44 anos	81
364	65	Paulo Vasconcelos	Outsystems Olímpico de Oeiras	05:33:52	00:38:07	02:56:13	01:53:51	55 - 59 anos	22
365	449	Thomas Lippiett	CD Triatlon Marbella	05:33:52	00:36:53	03:00:03	01:49:04	45 - 49 anos	76
366	44	Luis Silva	The Cupcake Cartel	05:33:54	00:44:14	02:55:25	01:48:35	45 - 49 anos	77
367	212	Etyene Schnurr	Paredes Aventura	05:33:59	00:33:33	03:01:19	01:52:20	50 - 54 anos	2
368	269	Rui Nunes	Associação Académica de Coimbra	05:34:12	00:34:35	03:02:07	01:51:05	40 - 44 anos	82
369	630	Renato Silva	Alhandra Sporting Club	05:34:17	00:32:04	02:58:52	01:48:30	30 - 34 anos	38
370	384	Paulo Santos	Centro de Ciclismo de Portimão	05:34:27	00:33:12	02:49:36	02:06:28	45 - 49 anos	78
371	366	Armando Correia	Repsol Triatlo	05:34:28	00:32:56	02:58:46	01:56:12	60 - 64 anos	4
372	224	Orlando Aires		05:34:54	00:33:16	03:03:10	01:51:32	45 - 49 anos	79
373	255	Fábio Santos	Clube desportivo de Areias São João	05:34:58	00:51:14	02:55:55	01:41:59	30 - 34 anos	39
374	615	Paulo Reis	Palmela Desporto / Tripla Rotação	05:35:21	00:30:48	02:59:49	01:56:03	50 - 54 anos	37
375	639	Dinis Delgado	LBSquad	05:36:01	00:29:52	03:13:52	01:44:30	45 - 49 anos	80
376	584	Jose Fernandez	TRIVALL	05:36:04	00:33:03	02:56:58	02:00:03	50 - 54 anos	38
377	35	Filipe Ramos	Clube de Futebol Os Belenenses	05:36:09	00:33:20	03:00:46	01:56:59	50 - 54 anos	39
378	466	Nelson Lopes		05:36:11	00:46:08	02:53:37	01:47:04	40 - 44 anos	83
379	327	Luis Tomé	Quitério TriPeniche	05:36:12	00:35:56	02:53:01	02:02:12	50 - 54 anos	40
380	88	José Varela	Sport Algés e Dafundo	05:36:12	00:38:42	03:10:16	01:38:46	50 - 54 anos	41



SETÚBAL TRIATHLON '23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
381	326	Hélio Garcia		05:36:20	00:38:46	03:03:57	01:46:05	45 - 49 anos	81
382	737	Nic Treurnicht		05:36:20	00:37:41	03:01:26	01:51:17	40 - 44 anos	84
383	715	Miguel Costa		05:36:25	00:29:04	03:04:55	01:57:55	30 - 34 anos	40
384	599	Marco Silva		05:36:44	00:39:19	03:08:42	01:41:09	50 - 54 anos	42
385	301	Carlos Mourato	Rota D'Ossa	05:36:50	00:34:41	02:52:36	01:59:59	40 - 44 anos	85
386	611	João Perneco		05:37:03	00:34:19	03:00:01	01:53:10	45 - 49 anos	82
387	438	Pedro Borges	OnTri Sports	05:37:07	00:32:24	03:08:51	01:50:56	35 - 39 anos	67
388	304	João Fernandes		05:37:10	00:37:14	02:58:41	01:56:05	30 - 34 anos	41
389	139	Fernando Coito	Outsystems Olímpico de Oeiras	05:37:13	00:33:19	02:59:50	01:58:13	40 - 44 anos	86
390	668	Joao Raimundo	CNAL-Triatlo	05:37:20	00:36:30	03:03:09	01:50:30	50 - 54 anos	43
391	495	Maria Sousa	Clube Oriental de Lisboa	05:37:24	00:39:34	03:07:46	01:45:16	45 - 49 anos	3
392	201	Ken Gielen	AmoraSub/Associação Naval Amorense	05:37:26	00:25:48	02:56:04	02:09:59	45 - 49 anos	83
393	294	Manuel Correia	DXC Tri Amazing	05:38:36	00:41:05	03:01:18	01:47:04	50 - 54 anos	44
394	398	Hugo Carlos		05:38:48	00:39:51	03:05:01	01:47:16	45 - 49 anos	84
395	368	António Lopes		05:39:20	00:32:08	03:05:44	01:53:29	45 - 49 anos	85
396	157	Filipe Martinho	Associação Académica de Coimbra	05:39:53	00:38:30	03:14:28	01:39:16	40 - 44 anos	87
397	408	Diogo Saraiva		05:40:01	00:33:25	03:07:39	01:52:33	35 - 39 anos	68
398	228	João Lopes	LXTriathlon	05:40:10	00:30:44	02:46:49	02:18:22	35 - 39 anos	69
399	437	Miguel Santos		05:40:24	00:25:38	03:16:49	01:50:25	30 - 34 anos	42



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
400	721	Nuno Almeida		05:40:41	00:48:12	02:54:37	01:48:34	45 - 49 anos	86
401	160	Helder Carvalheira		05:40:49	00:38:23	03:09:29	01:47:18	40 - 44 anos	88
402	699	Stefan Kiryazov		05:41:10	00:41:02	03:15:52	01:36:05	40 - 44 anos	89
403	430	Luís Franco	SFRAA	05:41:33	00:45:19	03:10:28	01:38:58	40 - 44 anos	90
404	499	Ivor Sebalj	Outsystems Olímpico de Oeiras	05:41:49	00:35:44	03:00:50	01:59:40	30 - 34 anos	43
405	231	Gonçalo Correia	Outsystems Olímpico de Oeiras	05:42:00	00:32:34	03:12:19	01:44:55	45 - 49 anos	87
406	396	Pedro Silva	Clube de Natação do Colégio Vasco da Gama	05:42:13	00:41:22	03:11:24	01:42:28	45 - 49 anos	88
407	679	Vasco Botelho		05:42:32	00:29:51	02:52:34	02:13:41	18 - 24 anos	10
408	99	Francisco Sanches-Osório	Estoril Praia Credibom	05:42:40	00:35:16	02:59:57	02:00:20	55 - 59 anos	23
409	460	Joaquim Ramos		05:42:42	00:43:10	03:12:46	01:39:27	45 - 49 anos	89
410	176	A. Fernandes	Marretas do Norte	05:43:04	00:35:30	02:53:22	02:06:44	55 - 59 anos	24
411	111	Jorge Rego	Triatlón Mar de Vigo	05:43:13	00:32:36	03:10:44	01:53:12	45 - 49 anos	90
412	357	Henrique Delgado	Tricap-Penafirme	05:43:16	00:28:17	03:00:38	02:08:51	40 - 44 anos	91
413	736	Francisco Rafael	OnTri Sports	05:43:21	00:40:08	03:10:23	01:45:52	40 - 44 anos	92
414	562	Andreia Lourenço		05:43:27	00:41:31	03:13:08	01:43:06	35 - 39 anos	4
415	356	Inácio Isidro		05:43:35	00:36:55	03:06:48	01:54:30	45 - 49 anos	91
416	380	Rui Costa		05:43:49	00:42:09	03:03:15	01:53:04	45 - 49 anos	92
417	481	Pedro Fáisca	Associação Académica de Coimbra	05:44:24	00:26:07	03:01:19	02:10:46	45 - 49 anos	93
418	401	Ismael Teixeira		05:45:01	00:41:04	03:01:09	01:55:41	45 - 49 anos	94



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
419	394	Fernando Feijão		05:45:16	00:35:36	03:15:23	01:47:08	65 - 69 anos	1
420	388	Luís Melro	LBSquad	05:45:21	00:42:09	03:07:05	01:47:59	40 - 44 anos	93
421	411	Paulo Menezes	SUColarensense	05:46:08	00:39:50	03:16:30	01:41:13	50 - 54 anos	45
422	295	Luis Gil		05:46:28	00:42:16	03:04:49	01:49:26	25 - 29 anos	22
423	49	Alexandre Leal		05:46:30	00:48:27	03:09:01	01:40:36	45 - 49 anos	95
424	241	José Gonçalves		05:48:06	00:37:07	03:05:22	01:59:00	50 - 54 anos	46
425	178	Pedro Correia	Clube Millennium BCP	05:48:13	00:40:46	03:09:36	01:51:57	45 - 49 anos	96
426	72	Fernanda Santinha	Clube Oriental de Lisboa	05:48:32	00:35:23	03:21:59	01:44:10	50 - 54 anos	3
427	483	Tiago Fonseca		05:48:56	00:40:53	03:15:09	01:46:25	35 - 39 anos	70
428	567	Ricardo Martins		05:49:02	00:40:49	03:14:21	01:47:45	50 - 54 anos	47
429	702	Marco Patricio		05:49:09	00:28:36	03:10:14	02:01:29	30 - 34 anos	44
430	274	Sergio Baião	Sporting Clube de Portugal	05:49:17	00:37:20	03:08:18	01:53:44	50 - 54 anos	48
431	604	João Fernando	Sporting Clube de Espinho	05:49:26	00:33:04	03:01:04	02:07:57	45 - 49 anos	97
432	612	Lucas Sanabio	Estoril Praia Credibom	05:49:28	00:34:21	02:56:04	02:13:18	40 - 44 anos	94
433	732	Lopo Carvalho		05:49:43	00:39:28	03:14:25	01:47:49	35 - 39 anos	71
434	563	Helder Correia	Associação Académica de São Mamede	05:49:52	00:32:01	03:23:56	01:45:42	45 - 49 anos	98
435	713	Rodrigo Magalhães	LBSquad	05:49:55	00:33:05	03:11:29	01:57:20	35 - 39 anos	72
436	186	Carlos Rocha	Clube Desportivo Escola Santana	05:50:27	00:39:03	03:04:39	01:59:18	50 - 54 anos	49
437	391	Filipe Saúde		05:50:39	00:33:52	03:08:54	02:00:56	25 - 29 anos	23



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
438	651	Rony Santos	Sporting Clube de Espinho	05:50:48	00:39:14	03:01:39	02:03:13	45 - 49 anos	99
439	125	José Bonito	Clube de Triatlo de Almada	05:51:04	00:39:15	03:02:35	02:03:56	50 - 54 anos	50
440	151	Hugo Ferraz	Centro de Ciclismo de Portimão	05:51:31	00:33:06	03:20:06	01:51:44	45 - 49 anos	100
441	556	Diogo Dias	OnTri Sports	05:52:05	00:26:46	03:16:22	02:03:53	25 - 29 anos	24
442	319	Bruno Pimenta		05:52:14	00:40:36	03:04:30	02:00:14	40 - 44 anos	95
443	334	Luis Santos	GDR Manique de Cima	05:52:21	00:38:21	03:06:00	02:02:27	55 - 59 anos	25
444	591	Pedro Vitorino	AmoraSub/Associação Naval Amorense	05:52:35	00:42:09	03:07:48	01:54:31	45 - 49 anos	101
445	633	João Farinha	Palmela Desporto / Tripla Rotação	05:52:46	00:33:00	03:04:09	02:10:01	40 - 44 anos	96
446	191	Vitor Fernandes	Clube dos Galitos	05:53:03	00:36:40	03:00:20	02:09:23	45 - 49 anos	102
447	740	Octavio Cardoso	AmoraSub/Associação Naval Amorense	05:53:10	00:42:04	03:05:22	01:59:29	45 - 49 anos	103
448	244	Nuno Simoes	CAF - Clube Atletismo do Funchal	05:53:26	00:38:20	03:07:12	02:00:31	45 - 49 anos	104
449	559	Nuno Silva	GDR Manique de Cima	05:53:47	00:30:59	02:57:57	02:18:47	40 - 44 anos	97
450	533	Juan Belda	CD Triatlón Huelva	05:54:55	00:35:10	03:23:40	01:47:14	45 - 49 anos	105
451	188	Tiago Garcia	Louletano Desportos Clube	05:55:28	00:35:02	03:12:03	02:01:09	35 - 39 anos	73
452	251	Filipe Canilho	Associação Académica de Coimbra	05:55:37	00:48:28	03:15:17	01:44:47	40 - 44 anos	98
453	696	Tiago Cadete		05:56:05	00:42:58	02:54:06	02:11:00	40 - 44 anos	99
454	632	Luis Pinho	FET - Fátima Escola de Triatlo	05:56:18	00:45:04	03:03:16	01:58:53	55 - 59 anos	26
455	12	Jose Canela	Louletano Desportos Clube	05:56:19	00:37:34	03:11:20	01:59:46	45 - 49 anos	106
456	625	Sergei Polikarpov		05:56:30	00:34:20	03:01:59	02:13:04	40 - 44 anos	100



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CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
457	576	Paulo Guedes		05:56:38	00:37:12	03:08:41	01:59:33	60 - 64 anos	5
458	605	Jorge Pé-Curto	Associação de Actividade Motora Adaptada-AAMA	05:57:06	00:50:59	03:07:26	01:50:29	45 - 49 anos	107
459	195	João Garcia	Quitério TriPeniche	05:57:07	00:37:50	03:25:34	01:48:32	40 - 44 anos	101
460	720	Gabriel Guimarães	AmoraSub/Associação Naval Amorense	05:57:15	00:41:28	03:16:50	01:50:20	40 - 44 anos	102
461	537	Gonçalo Santos		05:57:31	00:36:21	03:14:23	01:57:51	25 - 29 anos	25
462	126	Vasco Afonso	Alhandra Sporting Club	05:57:37	00:47:36	03:13:44	01:48:37	40 - 44 anos	103
463	422	Nuno Vaz		05:57:44	00:32:33	03:11:50	02:05:08	45 - 49 anos	108
464	617	Christiaan Schultz		05:58:04	00:38:26	03:24:36	01:44:09	40 - 44 anos	104
465	403	Bruno Ricardo	Salesianos de Manique	05:58:26	00:34:24	03:20:01	01:55:43	60 - 64 anos	6
466	28	Eduardo Ferreira	Clube Millennium BCP	05:58:34	00:42:10	03:05:56	02:03:37	45 - 49 anos	109
467	474	João Gomes	SFRAA	05:58:36	00:36:44	03:23:13	01:53:34	35 - 39 anos	74
468	467	Thomas Stark		05:58:39	00:46:56	03:09:16	01:54:33	45 - 49 anos	110
469	725	Rui Fernandes		05:59:21	00:37:27	03:23:17	01:49:39	50 - 54 anos	51
470	223	Daniel Santos		05:59:22	00:51:14	03:08:37	01:51:20	45 - 49 anos	111
471	446	Luis Lucas		05:59:24	00:33:04	03:11:48	02:06:30	25 - 29 anos	26
472	381	Pedro Botelho	AmoraSub/Associação Naval Amorense	05:59:43	00:29:03	03:16:44	02:06:54	50 - 54 anos	52
473	488	Tiago Dias	GDNF - Grupo Desportivo Natação de Famalicão	06:00:19	00:41:08	03:08:25	02:04:56	35 - 39 anos	75
474	270	Sara Colaço	Clube Oriental de Lisboa	06:01:09	00:34:27	03:23:05	01:57:04	45 - 49 anos	4
475	147	Nuno Gonçalo	Outsystems Olímpico de Oeiras	06:01:14	00:36:59	03:03:05	02:14:46	35 - 39 anos	76



SETÚBAL TRIATHLON '23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
476	676	Tiago Sá		06:01:23	00:45:39	03:11:36	01:58:00	35 - 39 anos	77
477	133	Vitor Fonseca	OnTri Sports	06:01:44	00:43:09	03:06:38	02:02:45	45 - 49 anos	112
478	16	Sérgio Filipe		06:01:49	00:33:50	02:58:43	02:21:49	40 - 44 anos	105
479	45	Rui Santos	AmoraSub/Associação Naval Amorense	06:02:10	00:37:36	03:15:08	02:02:58	40 - 44 anos	106
480	204	Paulo Gonçalves	Outsystems Olímpico de Oeiras	06:02:23	00:33:17	03:11:03	02:10:01	45 - 49 anos	113
481	677	Pedro Cachão		06:02:46	00:37:02	03:11:41	02:07:46	30 - 34 anos	45
482	343	Renato Castanheira	Quitério TriPeniche	06:02:50	00:44:02	03:09:43	02:02:37	45 - 49 anos	114
483	316	Paulo Moutinho	Clube Oriental de Lisboa	06:02:52	00:30:08	03:22:56	02:00:57	50 - 54 anos	53
484	80	Fábio Paulo	Alhandra Sporting Club	06:04:13	00:44:06	03:20:58	01:48:58	40 - 44 anos	107
485	409	Carlos Preciso		06:04:25	00:44:41	03:11:32	01:59:01	50 - 54 anos	54
486	78	Miguel San-Payo		06:04:44	00:35:01	03:28:32	01:53:36	60 - 64 anos	7
487	324	David Almeida		06:04:53	00:41:53	03:19:39	01:54:35	40 - 44 anos	108
488	728	Sérgio Rosado	OnTri Sports	06:05:01	00:45:58	03:06:27	02:01:21	40 - 44 anos	109
489	198	Diogo Sousa		06:05:07	00:31:54	03:08:34	02:18:09	35 - 39 anos	78
490	152	Carlos Quaresma	GRCD Leião Triatlo	06:05:20	00:32:30	03:08:45	02:17:26	45 - 49 anos	115
491	704	Lenia Gamito	Louletano Desportos Clube	06:06:07	00:35:18	03:18:10	02:04:55	45 - 49 anos	5
492	473	Aleksandr Igonkin		06:06:41	00:40:58	03:16:03	01:58:59	40 - 44 anos	110
493	63	José Correia	Stravistas Venda do Pinheiro	06:06:54	00:37:00	03:14:15	02:07:12	60 - 64 anos	8
494	378	Nuno Faria	Palmela Desporto / Tripla Rotação	06:07:23	00:33:37	03:34:16	01:53:29	45 - 49 anos	116



SETÚBAL TRIATHLON'23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
495	451	Lara Benito	Estoril Praia Credibom	06:07:24	00:43:53	03:25:46	01:50:26	30 - 34 anos	1
496	206	Rui Magalhaes	Clube Millennium BCP	06:08:22	00:41:15	03:31:37	01:48:21	55 - 59 anos	27
497	229	Teresa Cardoso	CAPGE	06:10:03	00:41:29	03:14:32	02:06:24	45 - 49 anos	6
498	469	Santiago Martinez	Olympia Triatlon	06:10:33	00:39:42	03:18:28	02:01:01	50 - 54 anos	55
499	164	Carlos Martins		06:12:47	00:40:14	03:29:08	01:57:09	50 - 54 anos	56
500	638	Ana Gomes	NDS-Triatlo MRW Guarda	06:12:48	00:45:22	03:33:57	01:47:02	45 - 49 anos	7
501	524	Thomas Spears		06:13:06	00:39:50	03:24:42	01:57:06	35 - 39 anos	79
502	606	Jose Almeida	Wikaboo	06:13:17	00:34:51	03:27:27	01:59:06	50 - 54 anos	57
503	395	João Paulino	Palmela Desporto / Tripla Rotação	06:14:23	00:41:09	03:27:45	01:49:29	60 - 64 anos	9
504	680	Carolina Pecegueiro	OnTri Sports	06:14:23	00:35:24	03:34:48	01:56:30	40 - 44 anos	5
505	424	Eduardo Carpinteiro	Tri-Oeste	06:15:37	00:41:31	03:12:03	02:11:35	55 - 59 anos	28
506	216	João Oliveira		06:15:49	00:44:54	03:18:11	02:04:09	35 - 39 anos	80
507	187	Ana Rodrigues		06:16:09	00:44:33	03:25:57	01:58:51	35 - 39 anos	5
508	432	Ricardo Figueiredo		06:16:12	00:31:54	03:35:44	01:59:13	35 - 39 anos	81
509	367	Ricardo Santos		06:16:19	00:46:12	03:25:34	01:55:38	40 - 44 anos	111
510	420	Oliver Rolls		06:16:44	00:32:27	03:21:04	02:14:39	25 - 29 anos	27
511	582	Nuno Nobre	SUColarenses	06:17:21	00:38:41	03:11:06	02:18:38	45 - 49 anos	117
512	479	João Pinto	Sporting Clube de Portugal	06:17:26	00:41:29	03:26:14	01:59:11	40 - 44 anos	112
513	330	Marco Miguel		06:17:45	00:36:05	03:05:44	02:23:50	45 - 49 anos	118



SETÚBAL TRIATHLON '23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
514	154	Luís Lemos	FC Ferreiras	06:18:48	00:50:01	03:34:54	01:47:29	45 - 49 anos	119
515	426	Eduardo Lima	CPH BRASIL	06:19:00	00:36:14	03:13:18	02:20:14	45 - 49 anos	120
516	400	António Marques	Associação Humanitária Bombeiros Estoris	06:19:25	00:31:08	03:33:14	02:07:35	60 - 64 anos	10
517	194	Ricardo Dagge		06:19:48	00:39:07	03:34:34	01:58:00	30 - 34 anos	46
518	281	Luis Caeiro	GDR Manique de Cima	06:19:53	00:37:25	03:22:17	02:11:57	40 - 44 anos	113
519	549	Pedro Pereira	Estoril Praia Credibom	06:20:11	00:32:47	03:13:37	02:26:45	55 - 59 anos	29
520	13	Pedro Nunes	Outsystems Olímpico de Oeiras	06:20:24	00:29:29	02:48:51	02:56:16	45 - 49 anos	121
521	515	Rita Paupério	OnTri Sports	06:20:31	00:37:11	03:25:33	02:12:28	40 - 44 anos	6
522	552	Ricardo Gomes		06:20:37	00:35:34	03:29:14	02:10:21	40 - 44 anos	114
523	48	Miguel Cruz	Clube Millennium BCP	06:22:09	00:39:57	03:29:05	02:04:33	50 - 54 anos	58
524	256	Tânia Rodrigues	AmoraSub/Associação Naval Amorense	06:22:20	00:38:08	03:23:11	02:15:22	40 - 44 anos	7
525	489	Vera Almeida		06:22:38	00:39:09	03:30:09	02:06:47	40 - 44 anos	8
526	695	Alfredo Chambel	GRCD Leião Triatlo	06:22:55	00:38:47	03:18:13	02:17:02	55 - 59 anos	30
527	260	Cláudio Caramelo	Clube de Natação de Torres Novas	06:23:06	00:40:18	03:19:23	02:16:24	35 - 39 anos	82
528	82	João Lourenço	GRCD Leião Triatlo	06:23:40	00:41:36	03:31:19	01:57:14	60 - 64 anos	11
529	286	José Maçarria	Maresia Bar Fig Foz	06:24:41	00:40:22	03:30:16	02:07:12	60 - 64 anos	12
530	602	Sandra Rodrigues	AmoraSub/Associação Naval Amorense	06:24:56	00:51:02	03:28:49	01:58:41	50 - 54 anos	4
531	192	André Coelho	Clube Triatlo de Viseu	06:25:20	00:45:15	03:19:03	02:12:03	40 - 44 anos	115
532	654	Rui Silva		06:25:55	00:44:07	03:06:07	02:24:57	50 - 54 anos	59



SETÚBAL TRIATHLON'23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
533	402	Filipa Fernandes		06:26:18	00:41:34	03:34:28	02:02:28	40 - 44 anos	9
534	282	Daren Warburton		06:26:26	00:35:23	03:09:37	02:34:55	50 - 54 anos	60
535	450	Marcelo Alves		06:28:02	00:41:52	03:23:32	02:12:05	50 - 54 anos	61
536	146	Rui Catarrinha	Clube Desportivo 3XS	06:28:44	00:33:45	03:40:02	02:04:05	50 - 54 anos	62
537	167	Paulo Nogueira	Clube de Natação de Torres Novas	06:29:11	00:38:13	03:14:08	02:29:08	55 - 59 anos	31
538	412	Luis Goncalves		06:29:33	00:47:17	03:34:58	01:55:01	40 - 44 anos	116
539	429	Pedro Tarouca		06:29:44	00:40:02	03:42:58	01:58:15	55 - 59 anos	32
540	472	Jacobo Hernandez		06:30:26	00:36:30	03:19:17	02:27:24	45 - 49 anos	122
541	362	Jimmy Baudot		06:30:40	00:34:00	03:25:24	02:16:07	30 - 34 anos	47
542	361	Francois Gaetan		06:30:40	00:33:30	03:25:23	02:16:04	35 - 39 anos	83
543	355	Rui Mena	CCD Sintrense	06:33:56	00:48:21	03:27:20	01:57:09	50 - 54 anos	63
544	130	Manuel Pires	Palmela Desporto / Tripla Rotação	06:35:04	00:38:08	03:49:17	01:58:46	65 - 69 anos	2
545	325	Pedro Calvario	DXC Tri Amazing	06:35:13	00:38:42	03:38:00	02:06:31	50 - 54 anos	64
546	661	Pedro Luís		06:36:06	00:37:56	03:40:30	02:07:15	30 - 34 anos	48
547	536	Vasco Ramos		06:36:52	00:30:25	03:33:40	02:26:07	18 - 24 anos	11
548	124	Pedro Fonseca	OnTri Sports	06:37:26	00:40:12	03:39:49	02:08:31	30 - 34 anos	49
549	254	Nuno Pacheco	CNAL-Triatlo	06:39:09	00:48:42	03:34:11	02:07:46	50 - 54 anos	65
550	722	Catia Curica	Outsystems Olímpico de Oeiras	06:41:35	00:37:12	03:32:58	02:23:44	45 - 49 anos	8
551	222	André Pereira		06:41:42	00:46:54	03:22:26	02:24:10	30 - 34 anos	50



SETÚBAL TRIATHLON'23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
552	350	Rafael Diaz	C.T. Camaleón	06:42:21	00:39:28	03:35:08	02:18:47	55 - 59 anos	33
553	179	Nuno Clemente		06:42:33	00:45:47	03:25:48	02:21:31	50 - 54 anos	66
554	485	Ana Amaro		06:43:14	00:45:21	03:41:38	02:07:29	45 - 49 anos	9
555	486	Jose Amaro		06:43:19	00:55:03	03:36:04	02:03:33	45 - 49 anos	123
556	67	Rui Martins		06:43:38	00:44:57	03:30:35	02:19:54	55 - 59 anos	34
557	321	Fernando Faria		06:44:20	00:40:19	03:34:31	02:17:50	45 - 49 anos	124
558	341	Nuno Sousa		06:45:07	00:40:27	03:31:48	02:26:52	45 - 49 anos	125
559	379	Raquel Matos	AmoraSub/Associação Naval Amorense	06:45:07	00:42:00	03:34:11	02:20:12	40 - 44 anos	10
560	345	José Gonçalves		06:45:21	00:42:50	03:17:06	02:35:48	40 - 44 anos	117
561	624	Artur Conde	Clube de Natação de Torres Novas	06:46:56	00:31:41	03:32:05	02:34:46	30 - 34 anos	51
562	248	Marco Carretero		06:47:20	00:40:35	03:31:58	02:25:58	50 - 54 anos	67
563	631	Ana Duarte	Outsystems Olímpico de Oeiras	06:49:40	00:40:12	03:36:41	02:26:15	45 - 49 anos	10
564	338	Jose Dominguez		06:49:46	00:39:50	03:32:17	02:29:07	60 - 64 anos	13
565	414	Nuno Melo		06:52:00	00:54:45	03:41:22	02:09:28	45 - 49 anos	126
566	369	Jose Montañez	C.D. Triatlón Trisport Málaga	06:52:08	00:43:12	03:31:38	02:28:24	55 - 59 anos	35
567	70	Luís Carvalho		06:55:02	00:36:44	03:35:31	02:33:26	50 - 54 anos	68
568	684	Alina Linke		06:57:11	00:45:23	03:39:19	02:22:25	25 - 29 anos	1
569	261	Hugo Santinhos	AmoraSub/Associação Naval Amorense	06:59:33	00:51:23	03:29:55	02:30:59	45 - 49 anos	127
570	250	Madalena Caninas	Clube Oriental de Lisboa	07:02:23	00:39:36	04:00:38	02:13:51	60 - 64 anos	1



SETÚBAL TRIATHLON'23

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
571	267	Luiz Monteiro	MSS TEAM	07:03:37	00:33:30	03:33:03	02:48:47	35 - 39 anos	84
572	114	Helena Sécio		07:03:44	00:41:07	03:38:14	02:37:31	55 - 59 anos	1
573	717	Luís Graça		07:05:16	00:39:58	03:29:02	02:44:27	50 - 54 anos	69
574	445	Maria Moser		07:08:21	00:43:44	04:04:37	02:11:28	25 - 29 anos	2
575	738	Miguel Pinto	Louletano Desportos Clube	07:12:20	00:38:40	04:28:58	01:46:11	35 - 39 anos	85
576	389	Paulo Costa		07:15:52	00:39:03	03:37:10	02:48:02	35 - 39 anos	86
577	173	Pedro Ribeiro	Outsystems Olímpico de Oeiras	07:15:56	00:40:02	03:58:32	02:29:27	55 - 59 anos	36
578	594	Miguel Correia	AmoraSub/Associação Naval Amorense	07:18:53	00:36:51	03:53:33	02:39:44	45 - 49 anos	128
579	131	Miguel Reis	CNATRIL Triatlo	07:30:53	00:39:33	04:04:38	02:36:51	45 - 49 anos	129
580	600	Sérgio Maquinista	Repsol Triatlo	07:32:25	00:52:11	03:53:33	02:40:30	35 - 39 anos	87
581	233	Jose Correia	Associação Humanitária Bombeiros Estoris	07:37:21	00:33:05	03:44:42	03:09:39	60 - 64 anos	14
582	58	Rui Pedras		07:41:19	00:57:42	03:51:06	02:38:48	65 - 69 anos	3
583	236	Dorota Kinda		07:47:02	00:45:10	03:55:55	02:57:21	40 - 44 anos	11
584	348	Luís Braz	GDR Manique de Cima	07:50:59	00:49:22	03:50:33	02:58:11	45 - 49 anos	130
585	712	Selma Santos		07:59:05	00:48:17	04:23:15	02:38:05	45 - 49 anos	11
586	239	Carlos Garcia		08:09:43	00:49:31	04:10:05	03:02:19	40 - 44 anos	118
587	96	Daniel Leão	Alhandra Sporting Club	08:13:38	00:46:07	03:55:43	03:21:22	40 - 44 anos	119
588	353	Bryce Romero		08:19:37	00:37:25	04:33:02	02:56:25	35 - 39 anos	88



18 - 24 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	491	Bruno Slegers	04:21:36	00:25:33	02:32:10	01:19:53	15
2	252	Salomão Alexandre Savelenko	04:28:25	00:25:25	02:35:30	01:23:57	29
3	416	Gabriel Silva Garrido Souza	04:30:29	00:26:35	02:30:20	01:29:07	33
4	572	Tomás Teixeira	04:31:05	00:25:35	02:26:40	01:35:39	35
5	561	Manuel Silva	04:36:12	00:26:14	02:38:56	01:26:22	45
6	127	Guilherme Bonito	04:47:01	00:25:48	02:41:28	01:36:51	95
7	455	Gonçalo Alexandre Lopes Brandão Mendes	04:52:53	00:27:38	02:50:34	01:31:39	130
8	182	André Filipe Vaz Bernardo	05:17:20	00:33:29	03:13:34	01:25:24	275
9	674	Pedro Leão	05:24:19	00:29:56	03:02:39	01:46:39	315
10	679	Vasco Botelho	05:42:32	00:29:51	02:52:34	02:13:41	407
11	536	Vasco Camacho Ramos	06:36:52	00:30:25	03:33:40	02:26:07	547

18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	741	Inês Cabanita Raimundo	05:11:42	00:31:52	02:58:15	01:37:27	240
2	359	Joana Tomé	05:13:08	00:26:07	03:00:49	01:41:55	250
3	690	Cristina Torres Hervés	05:14:18	00:26:45	02:48:12	01:55:11	256

25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	3	Luis Manuel Dias Moleiro	04:05:33	00:24:35	02:20:22	01:17:36	3
2	210	Rafael Barata Domingos	04:08:10	00:25:31	02:22:04	01:17:50	4
3	726	Diego Blanco Martínez	04:18:41	00:27:07	02:27:46	01:20:33	12
4	714	Jorge Echevarria	04:20:43	00:27:18	02:26:50	01:22:21	14
5	117	Hugo Baluga	04:26:23	00:29:28	02:29:56	01:23:34	25
6	694	Pastor Adrian Pose Regueiro	04:27:26	00:28:25	02:28:52	01:25:53	27
7	66	Tiago Lopes	04:30:55	00:27:29	02:35:54	01:23:36	34
8	729	David Matos	04:35:11	00:29:41	02:37:21	01:24:47	40
9	697	Simon Jesse	04:35:43	00:30:38	02:31:43	01:27:38	41
10	94	Lucas Peixoto	04:38:06	00:29:56	02:34:06	01:29:32	48
11	691	Adrián Aira	04:39:52	00:30:52	02:35:07	01:29:02	59
12	84	Miguel Tomé	04:44:41	00:24:28	02:40:59	01:35:27	81
13	169	Nuno Ramos	04:49:00	00:35:22	02:37:26	01:30:54	111
14	586	Alexandre Mendes Vilas-Boas	04:51:39	00:32:00	02:46:30	01:27:00	123



15	733	Rafael Sá Alves	04:53:56	00:27:39	02:43:34	01:38:09	134
16	569	André Filipe António Fernandes	05:01:09	00:25:46	02:36:21	01:55:06	180
17	129	Ricardo Miguel Bandarra Silva	05:15:04	00:31:54	02:52:41	01:46:02	260
18	240	Rui Miguel Fão Pinto	05:16:56	00:37:47	02:55:56	01:36:51	272
19	588	Daniel José Gomes Amaral	05:19:04	00:34:24	02:53:32	01:44:11	290
20	613	Francisco Correia Dos Santos	05:21:39	00:29:15	03:00:03	01:47:34	304
21	444	Miguel Lucas	05:29:04	00:32:58	02:56:43	01:51:47	344
22	295	Luis Filipe Gil	05:46:28	00:42:16	03:04:49	01:49:26	422
23	391	Filipe Carapinha Caldeira Batista Saúde	05:50:39	00:33:52	03:08:54	02:00:56	437
24	556	Diogo Miguel Mota Dias	05:52:05	00:26:46	03:16:22	02:03:53	441
25	537	Gonçalo Tavares Dos Santos	05:57:31	00:36:21	03:14:23	01:57:51	461
26	446	Luis Lucas	05:59:24	00:33:04	03:11:48	02:06:30	471
27	420	Oliver Rolls	06:16:44	00:32:27	03:21:04	02:14:39	510

25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	684	Alina Linke	06:57:11	00:45:23	03:39:19	02:22:25	568
2	445	Maria Do Carmo Moser	07:08:21	00:43:44	04:04:37	02:11:28	574

30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	9	Christophe De Keyser	03:50:15	00:21:20	02:13:01	01:13:18	1
2	207	Gil Moreira Maia	04:15:01	00:24:12	02:27:42	01:19:55	7
3	33	João Pedro De Matos Rebelo	04:18:06	00:26:23	02:30:45	01:17:34	10
4	107	Sandro Ribeiro De Sousa E Silva	04:25:55	00:28:56	02:33:58	01:18:58	21
5	659	Rui Santos	04:26:04	00:26:49	02:33:20	01:21:00	23
6	351	Miguel Pecegueiro	04:26:37	00:31:54	02:28:16	01:22:21	26
7	297	Mário Jorge Rosa Macheta	04:38:18	00:28:55	02:35:04	01:29:45	50
8	718	Rui Cesar Fernandes Carvalho	04:40:23	00:27:26	02:34:51	01:33:26	64
9	685	Nuno Filipe Inácio Vaz Matias	04:44:46	00:29:15	02:49:19	01:20:32	84
10	640	Márcio Domingos Miguel	04:45:43	00:30:14	02:39:47	01:31:37	88
11	539	Daniel Vega Romero	04:46:14	00:28:23	02:43:48	01:29:27	89
12	593	Côme Ceccaldi	04:46:37	00:28:44	02:35:31	01:37:09	91
13	253	Tiago Andre Masqueiro Encarnação	04:47:58	00:32:44	02:37:36	01:33:54	105
14	77	Gustavo Gasparay	04:49:10	00:28:09	02:29:53	01:46:52	112
15	183	Emanuel Freitas	04:50:03	00:32:36	02:48:37	01:25:19	114
16	165	David Martins	04:51:26	00:30:10	02:46:46	01:30:55	120



17	358 Marco Pinto	04:52:38	00:35:18	02:39:14	01:32:35	129
18	106 Vasco Pereira Lopes	04:54:09	00:30:04	02:40:47	01:37:23	135
19	439 Carsten Bakker	04:55:18	00:34:46	02:34:52	01:38:39	142
20	731 André Filipe Serrano Barreto	04:57:44	00:30:08	02:49:50	01:32:10	158
21	332 Axel De Clerck	04:58:27	00:32:22	02:44:22	01:36:38	162
22	189 Fábio Correia	05:02:01	00:34:47	02:56:39	01:25:12	181
23	374 João Nuno Santos Silva	05:03:18	00:36:30	02:49:13	01:32:35	191
24	647 Pedro Filipe Maia	05:05:11	00:34:42	02:48:16	01:37:09	202
25	553 Bruno Miguel Marvanejo Pinto	05:08:41	00:31:43	02:51:01	01:38:58	222
26	108 William Santos	05:11:15	00:34:11	02:46:15	01:45:42	239
27	480 Hugo Fragoso	05:13:06	00:34:26	02:51:57	01:40:58	249
28	626 Francisco Freitas	05:15:06	00:22:40	02:59:42	01:48:32	261
29	564 Rodrigo Gonçalves Costa Santos	05:18:53	00:32:57	02:56:54	01:43:30	286
30	575 David Pereira Inacio	05:18:54	00:38:40	02:54:05	01:39:47	287
31	669 Frederico Catalão	05:19:10	00:35:35	02:56:41	01:36:06	292
32	662 João Ferreira	05:23:19	00:30:45	02:56:57	01:47:24	308
33	340 Cedric Faché	05:28:15	00:42:33	03:09:26	01:25:32	336
34	425 Bryce Sage	05:29:38	00:35:58	02:50:59	01:55:09	346
35	320 Luís Ferreira Carvalho	05:29:38	00:33:08	02:46:00	02:04:55	347
36	505 Guy Charlton	05:30:32	00:29:57	03:04:15	01:46:35	348
37	542 David Salgado	05:31:03	00:32:49	03:20:23	01:28:40	350
38	630 Renato Alexandre Fernandes Da Silva	05:34:17	00:32:04	02:58:52	01:48:30	369
39	255 Fábio Santos	05:34:58	00:51:14	02:55:55	01:41:59	373
40	715 Miguel Leal Da Costa	05:36:25	00:29:04	03:04:55	01:57:55	383
41	304 João Rainho Fernandes	05:37:10	00:37:14	02:58:41	01:56:05	388
42	437 Miguel Santos	05:40:24	00:25:38	03:16:49	01:50:25	399
43	499 Ivor Sebalj	05:41:49	00:35:44	03:00:50	01:59:40	404
44	702 Marco Patricio	05:49:09	00:28:36	03:10:14	02:01:29	429
45	677 Pedro Miguel Martins Cachão	06:02:46	00:37:02	03:11:41	02:07:46	481
46	194 Ricardo Dagge	06:19:48	00:39:07	03:34:34	01:58:00	517
47	362 Jimmy Baudot	06:30:40	00:34:00	03:25:24	02:16:07	541
48	661 Pedro Manuel Duarte Antunes Luís	06:36:06	00:37:56	03:40:30	02:07:15	546
49	124 Pedro Nuno Sales Da Fonseca	06:37:26	00:40:12	03:39:49	02:08:31	548
50	222 André Prates Pereira	06:41:42	00:46:54	03:22:26	02:24:10	551
51	624 Artur Conde	06:46:56	00:31:41	03:32:05	02:34:46	561

**30 - 34 anos | F**

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	451	Lara Benito	06:07:24	00:43:53	03:25:46	01:50:26	495

35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	2	Andre Costa	04:13:26	00:23:12	02:25:57	01:21:15	5
2	89	Filipe Miguel Nunes Marques	04:14:01	00:24:07	02:23:25	01:23:37	6
3	571	Luis Filipe Gordinho Da Silva	04:20:11	00:25:05	02:26:50	01:24:25	13
4	590	Pedro Lorena	04:23:26	00:25:32	02:30:08	01:23:17	16
5	644	Ricardo Durão	04:24:20	00:28:00	02:29:18	01:23:37	18
6	175	Bruno Pontes	04:24:24	00:28:15	02:28:34	01:22:56	19
7	434	Ricardo Manuel Vicente Rosado	04:30:16	00:27:48	02:30:38	01:28:21	32
8	90	David Alfeirão	04:31:59	00:31:27	02:31:06	01:25:34	36
9	184	Bernardo Fernandes	04:32:17	00:28:04	02:29:50	01:30:53	38
10	15	João Brísida Pacheco	04:36:05	00:29:18	02:35:40	01:27:27	44
11	716	João Sacadura	04:37:20	00:31:11	02:33:14	01:28:46	47
12	85	João Freitas	04:38:08	00:29:23	02:33:52	01:30:54	49
13	59	Luis Filipe Ferreira	04:39:40	00:30:46	02:40:32	01:24:00	57
14	608	Rui Oliveira	04:40:04	00:30:17	02:39:03	01:27:01	61
15	686	Hélio Carvalho	04:40:19	00:28:51	02:36:05	01:29:34	63
16	243	Duarte Tirapicos	04:41:09	00:34:52	02:38:43	01:21:06	67
17	703	João Manuel Moreira Sousa	04:41:38	00:42:59	02:33:12	01:20:20	69
18	69	Ricardo Filipe Varela Costa	04:41:51	00:27:14	02:42:13	01:28:19	71
19	693	Jesús Pardo Jorge	04:42:08	00:30:54	02:33:46	01:32:52	72
20	289	Tiago Santos	04:42:28	00:29:22	02:33:49	01:35:19	77
21	587	Tomás Pires	04:44:43	00:27:59	02:39:16	01:33:16	82
22	458	Mario Cruz	04:45:04	00:31:25	02:36:54	01:32:45	87
23	513	Henrique Ubach Trindade Mota Pereira	04:46:51	00:25:16	02:45:41	01:32:05	94
24	456	Félix Quintela Pais	04:47:16	00:31:53	02:35:17	01:32:42	96
25	497	Ignacio De Las Heras	04:47:26	00:28:44	02:40:52	01:33:31	99
26	101	Pedro Migueol Sequeira Rilhó	04:47:35	00:30:56	02:40:09	01:32:34	101
27	81	Pedro Miguel Machado	04:47:41	00:29:28	02:46:46	01:26:51	102
28	580	José Maria Júdice	04:49:30	00:30:30	02:42:46	01:29:58	113
29	666	David Paiva	04:50:32	00:25:43	02:42:59	01:37:38	115
30	433	Simon Michelet Dos Santos	04:51:27	00:36:25	02:38:10	01:32:08	121



31	442 Pedro Freire De Andrade	04:52:09	00:29:52	02:40:14	01:36:01	127
32	574 Agnelo André Pinto E Silva	04:52:32	00:29:58	02:40:14	01:37:08	128
33	258 Paulo Gonçalves	04:53:14	00:28:18	02:44:50	01:36:21	131
34	708 Marciano Dias	04:54:52	00:32:53	02:41:23	01:35:53	141
35	335 André Vaz	04:55:21	00:34:59	02:46:08	01:27:13	143
36	399 João Daniel Cachulo Henriques	04:57:06	00:38:09	02:44:47	01:28:34	153
37	595 Tiago Oliveira	04:57:19	00:40:33	02:38:50	01:31:32	154
38	257 David Fernandes	04:57:42	00:36:02	02:36:25	01:41:08	157
39	214 Frederico Cipriano Batista	04:59:44	00:32:45	02:45:49	01:36:32	166
40	41 Ivan Duque De Azevedo E Costa	04:59:46	00:30:33	02:49:29	01:34:24	167
41	555 Loic Charmoille	05:00:26	00:29:29	02:52:27	01:32:01	175
42	514 Paulino Alves	05:02:29	00:36:06	02:48:42	01:32:01	184
43	546 João Nuno Alves Dias	05:02:42	00:27:27	02:51:55	01:38:44	186
44	22 Hugo Gomes	05:03:29	00:40:33	02:48:44	01:27:18	193
45	386 Rodrigo Marcelino	05:03:50	00:35:28	02:47:47	01:35:25	194
46	503 Ricardo Trindade Gomes	05:04:46	00:37:42	02:48:14	01:34:05	199
47	190 Renan De Almeida Castro	05:05:15	00:33:03	02:47:04	01:38:49	203
48	427 Hugo Ribeiro	05:05:48	00:35:06	02:42:24	01:42:03	206
49	226 Luis Santos	05:07:01	00:39:23	02:47:21	01:34:15	213
50	689 David Iglesias Otero	05:07:09	00:34:47	02:50:43	01:35:20	214
51	623 Miguel Peco Perea	05:08:30	00:30:57	02:55:21	01:35:16	219
52	440 Laurents Fricke	05:10:22	00:30:13	02:34:22	02:00:45	235
53	79 Luís Galrito	05:11:47	00:29:44	02:57:50	01:39:11	242
54	171 Hugo Lopes	05:12:49	00:34:48	02:47:52	01:44:46	247
55	618 Antonio Vazquez Balado	05:13:05	00:34:03	02:57:39	01:35:35	248
56	657 Bruno Gonçalves	05:13:14	00:32:34	02:51:32	01:41:19	251
57	521 Jorge Raminhas	05:14:19	00:34:06	02:46:26	01:46:52	257
58	148 Diogo Silva	05:14:29	00:37:15	02:48:20	01:40:49	258
59	272 Carlos Jorge Costa Escórcio	05:17:11	00:37:40	02:58:57	01:35:10	274
60	283 Jorge Carvalho	05:17:45	00:38:55	02:55:22	01:35:28	277
61	502 Alejandro Iglesias García	05:18:33	00:33:15	02:58:54	01:38:40	284
62	112 Filipe Bettencourt	05:20:33	00:32:10	02:57:34	01:43:08	299
63	137 Goncalo Alves	05:23:25	00:29:59	03:02:11	01:46:33	309
64	530 Francisco Garnel	05:24:50	00:33:09	02:56:12	01:48:01	321
65	565 Ricardo Manuel Valadas Jerónimo	05:26:42	00:32:48	02:58:12	01:47:10	333
66	238 Pedro Gandola	05:31:58	00:28:59	02:52:51	02:00:31	356
67	438 Pedro Borges	05:37:07	00:32:24	03:08:51	01:50:56	387



68	408 Diogo Saraiva	05:40:01	00:33:25	03:07:39	01:52:33	397
69	228 João Saldanha Lopes	05:40:10	00:30:44	02:46:49	02:18:22	398
70	483 Tiago Filipe Machado Fonseca	05:48:56	00:40:53	03:15:09	01:46:25	427
71	732 Lopo Maria D'Orey Manoel Lopo De Carvalho	05:49:43	00:39:28	03:14:25	01:47:49	433
72	713 Rodrigo Ramos De Magalhães	05:49:55	00:33:05	03:11:29	01:57:20	435
73	188 Tiago Joao Dos Santos Alberto Garcia	05:55:28	00:35:02	03:12:03	02:01:09	451
74	474 João Gomes	05:58:36	00:36:44	03:23:13	01:53:34	467
75	488 Tiago Frederico Da Silva Pereira Dias	06:00:19	00:41:08	03:08:25	02:04:56	473
76	147 Nuno Gonçalo	06:01:14	00:36:59	03:03:05	02:14:46	475
77	676 Tiago Silva Sá	06:01:23	00:45:39	03:11:36	01:58:00	476
78	198 Diogo Pereira De Sousa	06:05:07	00:31:54	03:08:34	02:18:09	489
79	524 Thomas Spears	06:13:06	00:39:50	03:24:42	01:57:06	501
80	216 João Reis De Oliveira	06:15:49	00:44:54	03:18:11	02:04:09	506
81	432 Ricardo Figueiredo	06:16:12	00:31:54	03:35:44	01:59:13	508
82	260 Cláudio Ricardo De Magalhães Pinheiro Caramelo	06:23:06	00:40:18	03:19:23	02:16:24	527
83	361 Francois Gaetan	06:30:40	00:33:30	03:25:23	02:16:04	542
84	267 Luiz Felipe Monteiro	07:03:37	00:33:30	03:33:03	02:48:47	571
85	738 Miguel Ferreira Pinto	07:12:20	00:38:40	04:28:58	01:46:11	575
86	389 Paulo Costa	07:15:52	00:39:03	03:37:10	02:48:02	576
87	600 Sérgio Nuno Maquinista	07:32:25	00:52:11	03:53:33	02:40:30	580
88	353 Bryce Romero	08:19:37	00:37:25	04:33:02	02:56:25	588

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	6	Liliana Verissimo	04:59:29	00:30:01	02:56:31	01:29:40	165
2	517	Jennifer Connet	05:00:48	00:30:06	02:54:32	01:32:43	178
3	532	Vroni Kühne	05:33:10	00:39:36	02:55:23	01:51:40	360
4	562	Andreia Milene Patrício Lourenço	05:43:27	00:41:31	03:13:08	01:43:06	414
5	187	Ana Filipa Lopes Rodrigues	06:16:09	00:44:33	03:25:57	01:58:51	507

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1	Márcio Neves	04:03:22	00:24:33	02:20:11	01:15:54	2
2	122	João Fragoso	04:16:37	00:28:34	02:25:06	01:19:39	8
3	541	Luis Vega Romero	04:23:28	00:28:00	02:29:56	01:21:20	17
4	540	Bernardo Cadeiras	04:26:08	00:26:48	02:27:19	01:28:08	24
5	525	Pablo Vazquez Diaz	04:28:23	00:29:12	02:24:28	01:29:08	28



6	337	Tiago Filipe Raimundo Cochicho	04:29:18	00:28:01	02:30:31	01:27:14	30
7	628	Marco Aurélio Madeira Canelas	04:29:55	00:28:25	02:30:52	01:27:02	31
8	692	Nuno Veríssimo	04:34:51	00:29:31	02:34:38	01:25:56	39
9	86	Nuno Miguel Cardoso Das Neves	04:35:47	00:26:03	02:29:39	01:36:07	43
10	461	João Pedro Mártires Da Silva	04:39:01	00:29:30	02:37:03	01:27:50	54
11	509	Henrique Manuel Gonçalves Moreira	04:39:28	00:31:09	02:33:31	01:29:04	55
12	95	Rui Silva	04:39:33	00:32:19	02:34:31	01:27:35	56
13	202	Nuno Ricardo Pais Lopes	04:39:51	00:28:05	02:36:59	01:31:11	58
14	323	Paulo Ajuda	04:40:11	00:32:13	02:36:44	01:26:12	62
15	249	Ricardo Jorge Gonçalves Simão	04:40:57	00:31:03	02:38:46	01:26:47	66
16	141	Joao Machado	04:42:25	00:29:06	02:36:10	01:30:55	76
17	637	Pedro Duarte Pereira Da Conceição	04:43:13	00:29:36	02:38:31	01:31:47	78
18	208	Bruno Toscano	04:43:51	00:33:01	02:36:38	01:29:28	80
19	428	Gonçalo Martins	04:44:43	00:31:19	02:38:50	01:29:26	83
20	547	Bruno Vitorino Rolim	04:46:37	00:29:32	02:43:39	01:29:22	92
21	163	Marco André A Ferreira	04:47:50	00:29:27	02:34:06	01:40:44	104
22	529	Frederico Cerdeira	04:48:04	00:34:44	02:44:58	01:22:16	107
23	315	Hugo Pita	04:48:06	00:34:59	02:38:44	01:29:38	108
24	278	João Miguel Lobo	04:48:48	00:27:55	02:46:15	01:30:25	110
25	71	Nuno Sousa Bela	04:51:49	00:32:56	02:40:45	01:31:30	126
26	413	Rui Gonçalo Vieira	04:53:22	00:30:31	02:47:32	01:30:14	132
27	288	Celso Ilidio Esteves Moreira	04:54:28	00:32:07	02:47:40	01:30:52	136
28	727	Pedro Gaspar	04:54:49	00:29:56	02:45:51	01:32:00	139
29	40	Bruno Godinho	04:56:55	00:32:09	02:40:35	01:39:33	151
30	145	Sergio Pinto Mota	04:56:56	00:33:21	02:48:16	01:30:25	152
31	681	Frederico Teixeira	04:57:38	00:30:24	02:50:32	01:30:40	156
32	501	Victor Hugo Simões	04:57:56	00:31:46	02:34:04	01:47:52	159
33	634	Tiago Silvino Martins Ribeiro	04:57:57	00:33:31	02:45:03	01:34:39	160
34	648	Caio Herculano Amim	04:58:18	00:27:32	02:38:35	01:44:40	161
35	290	Bruno Almeida	04:59:55	00:29:51	02:38:43	01:47:02	168
36	264	Bruno Lindorfo Batista Alves	05:00:00	00:34:13	02:47:21	01:32:07	169
37	596	Bruno Martins	05:00:32	00:27:45	02:46:25	01:40:09	176
38	598	Francisco Javier Gutiérrez Perez	05:00:59	00:30:31	02:47:25	01:38:09	179
39	566	Nuno Ricardo De Almeida Da Conceição	05:02:28	00:29:00	02:40:29	01:46:53	183
40	116	Bruno Miguel Roque Fonseca	05:02:39	00:37:25	02:40:17	01:38:23	185
41	589	Salvador Corrêa De Olivera	05:05:07	00:36:19	02:48:58	01:32:50	201
42	293	Marcos Ratola	05:06:11	00:26:28	02:49:58	01:43:28	208



43	498 Jose Maria Corrêa De Barros	05:06:26	00:38:34	02:47:22	01:34:52	209
44	329 António V. Correia	05:06:28	00:29:53	02:51:26	01:41:01	210
45	650 André Castanheira Almeida Guerra	05:07:34	00:39:08	02:45:57	01:36:22	216
46	140 Guilherme Libório	05:07:59	00:29:40	02:54:40	01:38:53	217
47	60 Tiago Mira Amado	05:08:36	00:40:28	02:48:32	01:35:32	221
48	232 Daniel Pereira De Sousa	05:08:49	00:28:01	02:52:34	01:43:01	224
49	92 Mario Santana	05:08:57	00:33:39	02:50:28	01:40:09	225
50	607 Kiko Martins	05:09:07	00:33:47	02:49:13	01:40:52	226
51	135 Rui Cachaço	05:09:30	00:37:47	02:48:42	01:35:23	229
52	296 Bruno Batista	05:10:33	00:32:56	02:53:15	01:39:23	236
53	161 Henrique Pereira	05:10:55	00:34:46	02:52:04	01:36:54	238
54	221 Antonio Cumbre	05:11:45	00:32:55	02:49:06	01:43:56	241
55	349 Cláudio Manuel Alexandre Canavilhas	05:12:28	00:33:54	02:55:48	01:36:12	245
56	110 Pedro Miguel Ferreira Da Silva Nogueira	05:12:46	00:34:55	02:45:24	01:46:24	246
57	298 Marco Raminhos	05:13:57	00:32:39	02:49:18	01:44:56	254
58	585 Mário Félix	05:15:10	00:38:18	02:53:20	01:37:20	262
59	61 Ricardo Faria	05:16:40	00:32:53	02:51:23	01:46:55	270
60	543 Bruno Alexandre Oliveira Da Silva	05:18:03	00:27:47	02:51:53	01:53:13	281
61	573 Bernardo Fernandes Homem Samuel Da Silva	05:19:42	00:30:49	02:59:22	01:40:22	293
62	305 Diogo Navas Garcia	05:20:06	00:33:14	03:00:03	01:41:35	296
63	10 Rodrigo Pais De Almeida	05:20:35	00:31:39	02:51:16	01:50:35	300
64	83 Hugo Miguel Ferreira Viegas	05:21:36	00:36:05	02:52:59	01:47:45	303
65	507 Mário Martins	05:23:34	00:37:44	02:57:30	01:41:28	310
66	663 Alex Ribeiro	05:23:39	00:41:27	02:53:16	01:42:04	312
67	548 João Dias	05:24:20	00:29:44	02:56:07	01:52:10	317
68	723 Ricardo Furtado	05:24:28	00:33:14	02:48:56	01:54:53	319
69	523 Leonardo Loureiro	05:25:09	00:44:55	02:50:57	01:41:22	324
70	128 Luís Massapina	05:26:17	00:40:19	03:05:41	01:33:29	329
71	711 Nuno Miguel Lourenço Dantas	05:26:36	00:37:34	03:06:14	01:37:09	331
72	519 Joel Cunha	05:27:37	00:33:53	02:54:09	01:52:59	335
73	273 Gonçalo Almeida	05:28:28	00:31:31	02:52:39	01:58:06	340
74	463 Pedro Caldeira Fernandes	05:28:36	00:33:13	03:03:39	01:41:13	343
75	344 Alberto Dias	05:30:44	00:36:12	02:54:36	01:54:36	349
76	577 Luís Pedro Manuel Vieira Dos Santos	05:31:23	00:34:12	03:04:47	01:47:19	352
77	215 João Beltrão	05:31:39	00:42:17	03:00:34	01:41:04	354
78	159 Hugo Rocha	05:31:58	00:37:56	03:02:09	01:46:14	355
79	218 Pedro Sanguino	05:32:10	00:34:40	03:06:42	01:45:18	357



80	735 Ricardo Jorge Pinto Marques	05:33:11	00:34:37	03:02:25	01:47:44	361
81	447 Bruno Carlos	05:33:48	00:42:22	03:04:40	01:39:24	363
82	269 Rui Miguel Gonçalves Nunes	05:34:12	00:34:35	03:02:07	01:51:05	368
83	466 Nelson José Valente Lopes	05:36:11	00:46:08	02:53:37	01:47:04	378
84	737 Nic Treurnicht	05:36:20	00:37:41	03:01:26	01:51:17	382
85	301 Carlos Mourato	05:36:50	00:34:41	02:52:36	01:59:59	385
86	139 Fernando Coito	05:37:13	00:33:19	02:59:50	01:58:13	389
87	157 Filipe Rafael Ramos Cantante Martinho	05:39:53	00:38:30	03:14:28	01:39:16	396
88	160 Helder Carvalheira	05:40:49	00:38:23	03:09:29	01:47:18	401
89	699 Stefan Kiryazov	05:41:10	00:41:02	03:15:52	01:36:05	402
90	430 Luís De Borja Santos Neves Franco	05:41:33	00:45:19	03:10:28	01:38:58	403
91	357 Henrique Delgado	05:43:16	00:28:17	03:00:38	02:08:51	412
92	736 Francisco Rafael	05:43:21	00:40:08	03:10:23	01:45:52	413
93	388 Luís Miguel Caxias Melro	05:45:21	00:42:09	03:07:05	01:47:59	420
94	612 Lucas Sanabio	05:49:28	00:34:21	02:56:04	02:13:18	432
95	319 Bruno Pimenta	05:52:14	00:40:36	03:04:30	02:00:14	442
96	633 João Pedro Farinha	05:52:46	00:33:00	03:04:09	02:10:01	445
97	559 Nuno Gonçalo Silva	05:53:47	00:30:59	02:57:57	02:18:47	449
98	251 Filipe Miguel Campos Canilho	05:55:37	00:48:28	03:15:17	01:44:47	452
99	696 Tiago Cadete	05:56:05	00:42:58	02:54:06	02:11:00	453
100	625 Sergei Polikarpov	05:56:30	00:34:20	03:01:59	02:13:04	456
101	195 João Filipe Matias Garcia	05:57:07	00:37:50	03:25:34	01:48:32	459
102	720 Gabriel Figueiredo Guimarães	05:57:15	00:41:28	03:16:50	01:50:20	460
103	126 Vasco José Martins Afonso	05:57:37	00:47:36	03:13:44	01:48:37	462
104	617 Christiaan Schultz	05:58:04	00:38:26	03:24:36	01:44:09	464
105	16 Sérgio Filipe	06:01:49	00:33:50	02:58:43	02:21:49	478
106	45 Rui Santos	06:02:10	00:37:36	03:15:08	02:02:58	479
107	80 Fábio Paulo	06:04:13	00:44:06	03:20:58	01:48:58	484
108	324 David João Gomes Almeida	06:04:53	00:41:53	03:19:39	01:54:35	487
109	728 Sérgio Rosado	06:05:01	00:45:58	03:06:27	02:01:21	488
110	473 Aleksandr Igonkin	06:06:41	00:40:58	03:16:03	01:58:59	492
111	367 Ricardo Santos	06:16:19	00:46:12	03:25:34	01:55:38	509
112	479 João Pinto	06:17:26	00:41:29	03:26:14	01:59:11	512
113	281 Luis Caeiro Caeiro	06:19:53	00:37:25	03:22:17	02:11:57	518
114	552 Ricardo Fernandes Vidal Gomes	06:20:37	00:35:34	03:29:14	02:10:21	522
115	192 André Coelho	06:25:20	00:45:15	03:19:03	02:12:03	531
116	412 Luis Goncalves	06:29:33	00:47:17	03:34:58	01:55:01	538



117	345	José Gonçalves	06:45:21	00:42:50	03:17:06	02:35:48	560
118	239	Carlos André Garcia	08:09:43	00:49:31	04:10:05	03:02:19	586
119	96	Daniel Leão	08:13:38	00:46:07	03:55:43	03:21:22	587

40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	550	Fabíola Duarte	05:03:15	00:26:59	02:52:05	01:40:17	190
2	655	Laura Feroso Rodriguez	05:04:28	00:30:09	02:55:34	01:33:02	195
3	431	Tina Roschmann	05:09:31	00:31:40	02:51:19	01:40:27	230
4	706	Natália Guilherme	05:17:04	00:35:47	02:54:14	01:39:57	273
5	680	Carolina Pecegueiro	06:14:23	00:35:24	03:34:48	01:56:30	504
6	515	Rita Paupério	06:20:31	00:37:11	03:25:33	02:12:28	521
7	256	Tânia Rodrigues	06:22:20	00:38:08	03:23:11	02:15:22	524
8	489	Vera Almeida	06:22:38	00:39:09	03:30:09	02:06:47	525
9	402	Filipa Fernandes	06:26:18	00:41:34	03:34:28	02:02:28	533
10	379	Raquel Matos	06:45:07	00:42:00	03:34:11	02:20:12	559
11	236	Dorota Kinda	07:47:02	00:45:10	03:55:55	02:57:21	583

45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	652	Paulo Martins	04:17:27	00:30:32	02:22:04	01:19:45	9
2	331	Valdo Das Neves	04:18:37	00:27:23	02:27:05	01:20:25	11
3	7	Rui Narigueta	04:24:43	00:31:51	02:23:53	01:25:20	20
4	8	Lino Barruncho	04:25:56	00:30:35	02:28:39	01:23:03	22
5	14	Tiago De Paiva E Pona	04:35:45	00:26:03	02:41:56	01:24:12	42
6	583	Juan González	04:41:37	00:27:31	02:42:01	01:27:48	68
7	385	António Salgado	04:42:20	00:32:27	02:32:48	01:31:05	75
8	653	Rui Gomes	04:43:33	00:32:33	02:43:06	01:23:18	79
9	462	Nuno Alexandre Moreira Martins	04:46:33	00:30:43	02:36:37	01:34:27	90
10	730	Ivo Manuel Correia Carvalho	04:46:39	00:30:39	02:33:25	01:37:51	93
11	98	Nuno Miguel Rico Carvalhinho	04:47:28	00:32:31	02:32:53	01:37:08	100
12	365	Rui Gonçalves	04:47:48	00:36:05	02:41:16	01:25:01	103
13	25	Marco Sousa	04:48:02	00:29:27	02:46:25	01:28:17	106
14	100	Filipe Emanuel Guedes Centeno	04:48:22	00:31:40	02:42:00	01:30:41	109
15	23	Jorge Fonseca	04:50:55	00:29:32	02:40:33	01:36:01	117
16	465	Pedro Mendonca	04:51:02	00:32:34	02:37:19	01:34:50	118
17	642	Xose Martinez Reboredo	04:51:21	00:30:02	02:42:59	01:31:56	119



18	535 Marcos Bragado Meana	04:51:42	00:29:51	02:48:24	01:27:52	124
19	132 António Manuel Brito Moreira	04:51:42	00:32:06	02:48:17	01:28:12	125
20	279 Rui Duarte	04:53:34	00:25:43	02:48:49	01:32:30	133
21	603 Rui Rebocho	04:54:42	00:36:36	02:44:24	01:28:25	138
22	688 Iago Vara Adrio	04:54:50	00:27:55	02:43:55	01:37:16	140
23	172 Rui Fonseca	04:55:36	00:29:48	02:49:01	01:32:42	145
24	265 Gonçalo Resina	04:55:43	00:36:32	02:45:23	01:28:45	146
25	476 Santiago Garcia Gonzalez	04:56:06	00:34:00	02:52:19	01:24:49	147
26	21 Pedro Miguel B Pinto Leal Fernandes	04:56:22	00:27:52	02:37:47	01:46:35	148
27	646 Diogo Ennes	04:56:47	00:33:09	02:47:41	01:28:53	150
28	18 Jose Luis Baceira Farinha	04:57:33	00:34:59	02:37:30	01:40:05	155
29	667 Nuno Sousa	05:00:02	00:33:23	02:44:34	01:37:14	171
30	597 Pedro Fernandes Duarte	05:00:07	00:34:19	02:43:37	01:34:42	172
31	196 Vitor Manuel Romeiro Fialho Piçarra	05:00:21	00:32:06	02:50:22	01:32:54	174
32	487 Emanuel Matos	05:00:33	00:37:10	02:45:44	01:31:32	177
33	118 Joao Fernandes Silva	05:02:08	00:35:47	02:40:11	01:41:28	182
34	364 Ivo Magalhães	05:03:09	00:33:21	02:46:02	01:38:09	189
35	636 Joao Teixeira	05:03:24	00:40:16	02:42:35	01:35:25	192
36	658 Bruno Marcelino	05:04:46	00:34:38	02:40:22	01:44:20	198
37	37 Rui Pereira Da Silva	05:05:44	00:33:12	02:51:23	01:35:05	204
38	360 Rui Pereira	05:06:00	00:32:20	02:45:08	01:41:37	207
39	153 João António Da Silva Rosa	05:06:29	00:30:11	02:48:14	01:43:25	211
40	19 Pedro Pinho Lopes	05:07:26	00:37:07	02:47:05	01:38:31	215
41	418 Luis Martins	05:08:31	00:35:21	02:49:46	01:36:11	220
42	234 Eduardo Ribeiro Costa	05:08:47	00:25:42	02:46:37	01:50:57	223
43	464 José María García Espinosa	05:09:13	00:31:27	02:52:32	01:37:29	228
44	568 André Cabral	05:09:32	00:31:17	02:52:27	01:39:16	231
45	308 Alcídio Da Silva Ferro	05:10:39	00:37:58	02:51:42	01:36:27	237
46	415 Nuno Ricardo Dias Lemos	05:11:55	00:31:11	02:43:20	01:51:04	243
47	710 Firmino Alexandre Martins Ribeiro Dias	05:13:36	00:34:12	02:51:53	01:38:47	252
48	174 Esmeraldino Sá	05:13:44	00:36:58	02:55:56	01:36:24	253
49	544 Alejandro Morales Gil	05:15:11	00:34:01	02:50:18	01:44:08	264
50	47 Luis Alegrias	05:15:20	00:33:11	02:59:06	01:37:41	265
51	64 Paulo Faria	05:15:53	00:32:53	02:58:24	01:38:12	266
52	303 Francisco Muñoz Sosa	05:16:06	00:34:18	02:51:56	01:43:01	267
53	235 Nuno Gameiro	05:16:24	00:30:28	02:55:56	01:43:52	268
54	91 Rodrigo Ferreira Espírito Santo	05:16:28	00:27:12	02:50:50	01:53:04	269



55	115 Luis Figueira	05:17:45	00:32:26	02:50:25	01:48:47	278
56	113 Alexandre Nunes	05:18:18	00:35:54	03:05:32	01:32:02	282
57	302 Pedro Miguel Silva Rico	05:18:35	00:28:30	02:57:38	01:45:42	285
58	616 Nuno Miguel Barreiro Navalho	05:19:09	00:40:47	02:54:10	01:36:27	291
59	121 Pedro Miguel Miranda	05:20:26	00:34:33	02:50:52	01:49:28	298
60	482 Nuno Mota	05:23:04	00:33:28	03:01:42	01:42:32	306
61	635 Marco Rocha	05:23:15	00:35:42	03:01:28	01:39:09	307
62	180 Patrick Ebrero Da Silva	05:23:37	00:35:40	02:49:27	01:52:58	311
63	170 Nelson Rego	05:24:19	00:35:42	02:46:28	01:56:09	314
64	665 Hugo Braz	05:24:51	00:33:24	02:48:18	01:52:10	322
65	149 Jose Pina	05:25:04	00:36:24	02:59:13	01:40:49	323
66	311 Rui Rodrigues	05:25:53	00:30:29	02:51:55	01:57:47	327
67	520 Bruno Rosado	05:26:17	00:31:23	02:59:34	01:47:59	328
68	17 João Pedro Seródio	05:26:24	00:35:15	02:52:39	01:49:14	330
69	102 Nuno Rapaz	05:28:16	00:44:43	02:56:16	01:38:25	337
70	490 Pedro Queiroz	05:28:19	00:34:44	02:59:21	01:49:32	338
71	734 Pedro Ricardo Branco Barata Filipe	05:28:28	00:27:12	02:55:18	02:00:08	341
72	504 Andre Lima Cabrita	05:29:20	00:33:49	03:03:02	01:47:12	345
73	621 Joaquim Potes	05:31:08	00:32:29	03:06:28	01:42:50	351
74	522 Francisco Gião	05:32:48	00:32:53	02:55:36	01:58:03	359
75	105 Pedro Manuel Nava Martins	05:33:20	00:33:36	02:55:44	01:56:58	362
76	449 Thomas Lippiett	05:33:52	00:36:53	03:00:03	01:49:04	365
77	44 Luis Silva	05:33:54	00:44:14	02:55:25	01:48:35	366
78	384 Paulo Roberto Viana Santos	05:34:27	00:33:12	02:49:36	02:06:28	370
79	224 Orlando Aires	05:34:54	00:33:16	03:03:10	01:51:32	372
80	639 Dinis Delgado	05:36:01	00:29:52	03:13:52	01:44:30	375
81	326 Hélio Garcia	05:36:20	00:38:46	03:03:57	01:46:05	381
82	611 João Nuno Henriques Lopes Dias Perneco	05:37:03	00:34:19	03:00:01	01:53:10	386
83	201 Ken Gielen	05:37:26	00:25:48	02:56:04	02:09:59	392
84	398 Hugo Rodrigo Silva Carlos	05:38:48	00:39:51	03:05:01	01:47:16	394
85	368 António Caldas Lopes	05:39:20	00:32:08	03:05:44	01:53:29	395
86	721 Nuno Almeida	05:40:41	00:48:12	02:54:37	01:48:34	400
87	231 Gonçalo Correia	05:42:00	00:32:34	03:12:19	01:44:55	405
88	396 Pedro Alexandre Martins Silva	05:42:13	00:41:22	03:11:24	01:42:28	406
89	460 Joaquim Manuel Pires Batista Ramos	05:42:42	00:43:10	03:12:46	01:39:27	409
90	111 Jorge Ventura Rego	05:43:13	00:32:36	03:10:44	01:53:12	411
91	356 Inácio Revez Isidro	05:43:35	00:36:55	03:06:48	01:54:30	415



92	380 Rui Filipe Costa	05:43:49	00:42:09	03:03:15	01:53:04	416
93	481 Pedro Faísca	05:44:24	00:26:07	03:01:19	02:10:46	417
94	401 Ismael Teixeira	05:45:01	00:41:04	03:01:09	01:55:41	418
95	49 Alexandre Leal	05:46:30	00:48:27	03:09:01	01:40:36	423
96	178 Pedro Miguel Raposo Correia	05:48:13	00:40:46	03:09:36	01:51:57	425
97	604 João Pedro Fernando	05:49:26	00:33:04	03:01:04	02:07:57	431
98	563 Helder Fernando Fernandes Correia	05:49:52	00:32:01	03:23:56	01:45:42	434
99	651 Rony Santos	05:50:48	00:39:14	03:01:39	02:03:13	438
100	151 Hugo Estevens Ferraz	05:51:31	00:33:06	03:20:06	01:51:44	440
101	591 Pedro Alexandre Guerreiro Vitorino	05:52:35	00:42:09	03:07:48	01:54:31	444
102	191 Vitor Manuel Pascoinho Fernandes	05:53:03	00:36:40	03:00:20	02:09:23	446
103	740 Octavio Miguel Rita Pereira Cardoso	05:53:10	00:42:04	03:05:22	01:59:29	447
104	244 Nuno Simoes	05:53:26	00:38:20	03:07:12	02:00:31	448
105	533 Juan Manuel Arrazola Belda	05:54:55	00:35:10	03:23:40	01:47:14	450
106	12 Jose Pedro Da Silva Canela	05:56:19	00:37:34	03:11:20	01:59:46	455
107	605 Jorge Pé-Curto	05:57:06	00:50:59	03:07:26	01:50:29	458
108	422 Nuno Pedro Da Silva Do Carmo Vaz	05:57:44	00:32:33	03:11:50	02:05:08	463
109	28 Eduardo Filipe Amaro Ferreira	05:58:34	00:42:10	03:05:56	02:03:37	466
110	467 Thomas Stark	05:58:39	00:46:56	03:09:16	01:54:33	468
111	223 Daniel Jose Da Graça Oliveira Santos	05:59:22	00:51:14	03:08:37	01:51:20	470
112	133 Vitor Alexandre Oliveira Fonseca	06:01:44	00:43:09	03:06:38	02:02:45	477
113	204 Paulo Gonçalves	06:02:23	00:33:17	03:11:03	02:10:01	480
114	343 Renato Santos Castanheira	06:02:50	00:44:02	03:09:43	02:02:37	482
115	152 Carlos Quaresma	06:05:20	00:32:30	03:08:45	02:17:26	490
116	378 Nuno Faria	06:07:23	00:33:37	03:34:16	01:53:29	494
117	582 Nuno Miguel Nobre	06:17:21	00:38:41	03:11:06	02:18:38	511
118	330 Marco Pedro Gonçalves Miguel	06:17:45	00:36:05	03:05:44	02:23:50	513
119	154 Luís Lemos	06:18:48	00:50:01	03:34:54	01:47:29	514
120	426 Eduardo Volpato De Lima	06:19:00	00:36:14	03:13:18	02:20:14	515
121	13 Pedro Nunes	06:20:24	00:29:29	02:48:51	02:56:16	520
122	472 Jacobo Hernandez	06:30:26	00:36:30	03:19:17	02:27:24	540
123	486 Jose Amaro	06:43:19	00:55:03	03:36:04	02:03:33	555
124	321 Fernando Miguel Neves De Faria	06:44:20	00:40:19	03:34:31	02:17:50	557
125	341 Nuno Luís Lourenço De Sousa	06:45:07	00:40:27	03:31:48	02:26:52	558
126	414 Nuno De Carvalho E Melo	06:52:00	00:54:45	03:41:22	02:09:28	565
127	261 Hugo Manuel Estradas Santinhos	06:59:33	00:51:23	03:29:55	02:30:59	569
128	594 Miguel Correia	07:18:53	00:36:51	03:53:33	02:39:44	578



129	131 Miguel Reis	07:30:53	00:39:33	04:04:38	02:36:51	579
130	348 Luís Miguel Esteves Braz	07:50:59	00:49:22	03:50:33	02:58:11	584

45 - 49 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	4	Hanna De Sousa	04:38:30	00:30:38	02:35:47	01:29:03	51
2	407	Amelia Drumm	05:18:56	00:36:56	02:59:23	01:38:01	288
3	495	Maria Sousa	05:37:24	00:39:34	03:07:46	01:45:16	391
4	270	Sara Colaço	06:01:09	00:34:27	03:23:05	01:57:04	474
5	704	Lenia Mafalda Gamito	06:06:07	00:35:18	03:18:10	02:04:55	491
6	229	Teresa Cardoso	06:10:03	00:41:29	03:14:32	02:06:24	497
7	638	Ana Maria Pinto Gomes	06:12:48	00:45:22	03:33:57	01:47:02	500
8	722	Catia Curica	06:41:35	00:37:12	03:32:58	02:23:44	550
9	485	Ana Maria Pereira Fernandes Amaro	06:43:14	00:45:21	03:41:38	02:07:29	554
10	631	Ana Duarte	06:49:40	00:40:12	03:36:41	02:26:15	563
11	712	Selma Tomé Marques Dos Santos	07:59:05	00:48:17	04:23:15	02:38:05	585

50 - 54 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	143	David Caldeirão	04:32:08	00:25:47	02:33:36	01:29:22	37
2	50	Jorge Luis Parreira Augusto	04:36:16	00:28:37	02:36:12	01:27:58	46
3	242	Paulo Figueiredo	04:38:36	00:27:07	02:29:46	01:37:20	52
4	709	David Toro	04:38:53	00:30:39	02:33:28	01:30:46	53
5	459	Juan Jesus Barral Varela	04:39:59	00:29:44	02:42:49	01:22:10	60
6	453	João Miguel Couto Faria	04:42:19	00:28:35	02:41:21	01:27:56	74
7	656	Jose Vicente Bermejo Martin	04:45:01	00:31:10	02:37:28	01:30:37	86
8	511	Mauro Azevedo	04:47:17	00:32:43	02:42:41	01:26:17	97
9	306	Luis Lourenço	04:47:24	00:27:55	02:38:52	01:35:15	98
10	39	Carlos Gomes Ferreira	04:51:38	00:32:21	02:42:08	01:32:50	122
11	109	Paulo Jorge Correia Lamego	04:54:36	00:29:20	02:48:35	01:32:27	137
12	671	Carlos Alexandre De Matos Maia	04:55:31	00:34:29	02:37:37	01:37:08	144
13	53	Sérgio Manuel Pecurto Batalha	04:56:23	00:36:15	02:44:30	01:29:33	149
14	371	Tony Seródio	05:00:19	00:33:29	02:46:02	01:36:31	173
15	32	Luis Miguel Andrade Miranda	05:04:28	00:36:32	02:43:01	01:40:54	196
16	423	Carlos Alberto Dos Santos Custodio	05:05:06	00:31:25	02:51:09	01:36:37	200
17	622	Paulo Sérgio Polido Carvalhinho	05:05:48	00:31:57	02:50:28	01:36:26	205
18	219	Nuno Miguel Nobre Lopes	05:09:12	00:35:37	02:51:24	01:36:33	227



19	724 José Massuça	05:09:40	00:35:36	02:53:09	01:36:27	232
20	225 Joao Cabeleira	05:10:14	00:35:41	02:44:57	01:41:29	234
21	220 Paulo Teles	05:11:58	00:32:10	02:46:20	01:46:54	244
22	558 Luís Almeida	05:14:43	00:34:35	02:50:12	01:41:13	259
23	641 Guillermo Sotelo	05:16:45	00:37:08	02:48:08	01:46:56	271
24	76 Nuno Júlio	05:17:30	00:31:38	02:56:28	01:41:55	276
25	545 Roberto Fernández Alonso	05:17:58	00:37:40	02:56:10	01:38:28	280
26	285 Manuel Gómez Morgaz	05:18:31	00:42:41	02:56:43	01:33:19	283
27	673 Luis Leão	05:18:56	00:33:01	02:56:41	01:42:38	289
28	405 Pedro Leiria	05:21:57	00:37:54	02:54:19	01:42:02	305
29	397 Luis Carvalho	05:23:52	00:33:29	02:42:03	02:03:18	313
30	452 Mario Javier Barrientos Marquez	05:24:20	00:32:04	02:57:46	01:47:24	316
31	314 Adolfo Vagos	05:25:16	00:38:00	02:59:30	01:43:08	325
32	155 Pedro Lourenço	05:26:41	00:38:09	02:55:35	01:47:36	332
33	512 Víctor Sá	05:27:01	00:37:44	02:52:05	01:49:30	334
34	277 Pedro Mestre	05:28:24	00:33:41	02:52:50	01:55:08	339
35	31 Luis Paulo Costa Cipriano	05:28:30	00:38:52	02:59:14	01:45:37	342
36	610 Paulo Manuel Rodrigues Ferreira	05:32:39	00:36:16	02:57:34	01:52:21	358
37	615 Paulo Jorge Alegria Fernandes Dos Reis	05:35:21	00:30:48	02:59:49	01:56:03	374
38	584 Jose Luis Fernandez	05:36:04	00:33:03	02:56:58	02:00:03	376
39	35 Filipe Ramos	05:36:09	00:33:20	03:00:46	01:56:59	377
40	327 Luis Tomé	05:36:12	00:35:56	02:53:01	02:02:12	379
41	88 José Varela	05:36:12	00:38:42	03:10:16	01:38:46	380
42	599 Marco António Gomes De Araújo Borges Da Silva	05:36:44	00:39:19	03:08:42	01:41:09	384
43	668 Joao Raimundo	05:37:20	00:36:30	03:03:09	01:50:30	390
44	294 Manuel Maria Correia	05:38:36	00:41:05	03:01:18	01:47:04	393
45	411 Paulo Menezes	05:46:08	00:39:50	03:16:30	01:41:13	421
46	241 José Gonçalves	05:48:06	00:37:07	03:05:22	01:59:00	424
47	567 Ricardo Martins	05:49:02	00:40:49	03:14:21	01:47:45	428
48	274 Sergio Francisco Amaro Farinho Baião	05:49:17	00:37:20	03:08:18	01:53:44	430
49	186 Carlos Alberto Meira Da Rocha	05:50:27	00:39:03	03:04:39	01:59:18	436
50	125 José Bonito	05:51:04	00:39:15	03:02:35	02:03:56	439
51	725 Rui Brás Fernandes	05:59:21	00:37:27	03:23:17	01:49:39	469
52	381 Pedro Botelho	05:59:43	00:29:03	03:16:44	02:06:54	472
53	316 Paulo Moutinho	06:02:52	00:30:08	03:22:56	02:00:57	483
54	409 Carlos Preciso	06:04:25	00:44:41	03:11:32	01:59:01	485
55	469 Santiago Barragan Martinez	06:10:33	00:39:42	03:18:28	02:01:01	498



56	164	Carlos Martins	06:12:47	00:40:14	03:29:08	01:57:09	499
57	606	Jose Pedro Almeida	06:13:17	00:34:51	03:27:27	01:59:06	502
58	48	Miguel António Reis Cruz	06:22:09	00:39:57	03:29:05	02:04:33	523
59	654	Rui Manuel Duarte Melo Silva	06:25:55	00:44:07	03:06:07	02:24:57	532
60	282	Daren Warburton	06:26:26	00:35:23	03:09:37	02:34:55	534
61	450	Marcelo Alves	06:28:02	00:41:52	03:23:32	02:12:05	535
62	146	Rui Catarrinha	06:28:44	00:33:45	03:40:02	02:04:05	536
63	355	Rui Manuel Nunes Mena	06:33:56	00:48:21	03:27:20	01:57:09	543
64	325	Pedro Calvario	06:35:13	00:38:42	03:38:00	02:06:31	545
65	254	Nuno Pacheco	06:39:09	00:48:42	03:34:11	02:07:46	549
66	179	Nuno Clemente	06:42:33	00:45:47	03:25:48	02:21:31	553
67	248	Marco Antonio González Carretero	06:47:20	00:40:35	03:31:58	02:25:58	562
68	70	Luís Miguel Duarte Carvalho	06:55:02	00:36:44	03:35:31	02:33:26	567
69	717	Luís Filipe Carvalho Sol Da Graça	07:05:16	00:39:58	03:29:02	02:44:27	573

50 - 54 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	259	Filomena Gomes	05:21:35	00:36:42	02:54:26	01:44:41	302
2	212	Etyene Schnurr	05:33:59	00:33:33	03:01:19	01:52:20	367
3	72	Fernanda Marques Santinha	05:48:32	00:35:23	03:21:59	01:44:10	426
4	602	Sandra Cristina Fernandes Rodrigues	06:24:56	00:51:02	03:28:49	01:58:41	530

55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	193	Jorge Calafate	04:40:35	00:27:54	02:37:20	01:31:10	65
2	20	Fernando Carmo	04:41:51	00:33:48	02:31:49	01:30:34	70
3	247	Robert Mcrae	04:42:12	00:29:19	02:31:05	01:36:36	73
4	43	José Rui De Morais Galvão	04:50:47	00:30:02	02:43:04	01:32:20	116
5	354	Jose Javier Gomez Iglesias	04:58:35	00:35:05	02:46:46	01:32:08	163
6	168	Joao Santos	04:58:37	00:31:47	02:38:31	01:43:07	164
7	705	Neil Mcloughlin	05:00:02	00:31:08	02:45:20	01:36:32	170
8	54	Miguel Hansson Leite Fragoso	05:02:58	00:27:53	02:49:45	01:39:43	187
9	30	João Miguel Nunes	05:03:08	00:32:54	02:47:39	01:38:57	188
10	664	Xosé Miguel Carballo González	05:04:38	00:30:11	02:47:41	01:41:32	197
11	406	Joaquim Guilherme Rodrigues Esteves	05:08:21	00:31:40	02:44:37	01:45:38	218
12	36	Renato Gonçalves Araújo	05:09:54	00:33:25	02:53:37	01:38:00	233
13	103	Jorge Dinis	05:14:10	00:32:09	02:52:16	01:45:13	255



14	213	Pedro Nogueira Silva	05:15:11	00:33:06	02:52:40	01:43:23	263
15	29	Gil Contreiras Braz De Oliveira	05:17:48	00:30:20	02:52:23	01:49:05	279
16	197	Gabriel Alves	05:19:56	00:39:00	02:54:34	01:39:40	294
17	516	Pedro Mendes Jorge	05:20:17	00:28:58	02:52:05	01:52:39	297
18	309	João Carlos Pardal Gonçalves Marques	05:21:24	00:38:51	02:48:57	01:47:39	301
19	136	Miguel Barnabé	05:24:47	00:37:11	02:58:30	01:43:56	320
20	185	José Augusto Monteiro	05:25:39	00:42:21	02:55:05	01:41:35	326
21	245	Rui Manuel Castro Velez	05:31:37	00:33:34	03:01:04	01:51:55	353
22	65	Paulo Vasconcelos	05:33:52	00:38:07	02:56:13	01:53:51	364
23	99	Francisco Sanches-Osório	05:42:40	00:35:16	02:59:57	02:00:20	408
24	176	A. Fernandes	05:43:04	00:35:30	02:53:22	02:06:44	410
25	334	Luis Miguel Duque Santos	05:52:21	00:38:21	03:06:00	02:02:27	443
26	632	Luis Miguel Lopes Ferreira De Pinho	05:56:18	00:45:04	03:03:16	01:58:53	454
27	206	Rui Manuel Anacleto Magalhaes	06:08:22	00:41:15	03:31:37	01:48:21	496
28	424	Eduardo Carpinteiro	06:15:37	00:41:31	03:12:03	02:11:35	505
29	549	Pedro Pereira	06:20:11	00:32:47	03:13:37	02:26:45	519
30	695	Alfredo Chambel	06:22:55	00:38:47	03:18:13	02:17:02	526
31	167	Paulo Jorge Ribeiro Nogueira	06:29:11	00:38:13	03:14:08	02:29:08	537
32	429	Pedro Tarouca	06:29:44	00:40:02	03:42:58	01:58:15	539
33	350	Rafael Maria Conejo Diaz	06:42:21	00:39:28	03:35:08	02:18:47	552
34	67	Rui Manuel Lopes Martins	06:43:38	00:44:57	03:30:35	02:19:54	556
35	369	Jose Antonio Escaño Montañez	06:52:08	00:43:12	03:31:38	02:28:24	566
36	173	Pedro Ribeiro	07:15:56	00:40:02	03:58:32	02:29:27	577

55 - 59 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	114	Helena Maria De Oliveira Sécio	07:03:44	00:41:07	03:38:14	02:37:31	572

60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	719	Carlos Gomes	04:44:59	00:33:24	02:37:50	01:28:12	85
2	700	Jorge Joaquim Lopes Nunes	05:20:05	00:35:58	03:01:24	01:34:38	295
3	55	Paulo Renato Santos	05:24:24	00:32:49	02:58:16	01:48:22	318
4	366	Armindo Correia	05:34:28	00:32:56	02:58:46	01:56:12	371
5	576	Paulo Guedes	05:56:38	00:37:12	03:08:41	01:59:33	457
6	403	Bruno Ricardo	05:58:26	00:34:24	03:20:01	01:55:43	465
7	78	Miguel Da Fonseca San-Payo	06:04:44	00:35:01	03:28:32	01:53:36	486



8	63	José Aníbal Martins Correia	06:06:54	00:37:00	03:14:15	02:07:12	493
9	395	João Paulino	06:14:23	00:41:09	03:27:45	01:49:29	503
10	400	António Higinio Duarte Rodrigues Marques	06:19:25	00:31:08	03:33:14	02:07:35	516
11	82	João Carlos Lourenço	06:23:40	00:41:36	03:31:19	01:57:14	528
12	286	José Maçarria	06:24:41	00:40:22	03:30:16	02:07:12	529
13	338	Jose Manuel Guerra Dominguez	06:49:46	00:39:50	03:32:17	02:29:07	564
14	233	Jose Correia	07:37:21	00:33:05	03:44:42	03:09:39	581

60 - 64 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	250	Madalena Caninas	07:02:23	00:39:36	04:00:38	02:13:51	570

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	394	Fernando Feijão	05:45:16	00:35:36	03:15:23	01:47:08	419
2	130	Manuel Pires	06:35:04	00:38:08	03:49:17	01:58:46	544
3	58	Rui Pedras	07:41:19	00:57:42	03:51:06	02:38:48	582

70 - 74 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	707	Valerio Curridori	05:06:37	00:37:42	02:43:53	01:38:49	212



Estoril Praia Credibom

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Rafael Barata Domingos	210	04:08:10		M	4
Filipe Miguel Nunes Marques	89	04:14:01		M	6
Gil Moreira Maia	207	04:15:01		M	7
João Fragoso	122	04:16:37		M	8
Ricardo Durão	644	04:24:20		M	18
		21:18:09			Lugar: 1

Outsystems Olímpico de Oeiras

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Christophe De Keyser	9	03:50:15		M	1
Rui Narigueta	7	04:24:43		M	20
Tiago Lopes	66	04:30:55		M	34
Tiago De Paiva E Pona	14	04:35:45		M	42
Joao Machado	141	04:42:25		M	76
		22:04:03			Lugar: 2

Louletano Desportos Clube

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Bruno Pontes	175	04:24:24		M	19
Bernardo Cadeiras	540	04:26:08		M	24
David Caldeirão	143	04:32:08		M	37
Nuno Miguel Cardoso Das Neves	86	04:35:47		M	43
Manuel Silva	561	04:36:12		M	45
		22:34:39			Lugar: 3

LBSquad

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Pedro Lorena	590	04:23:26		M	16
Lino Barruncho	8	04:25:56		M	22
João Sacadura	716	04:37:20		M	47
Duarte Tirapicos	243	04:41:09		M	67
Tomás Pires	587	04:44:43		M	82
		22:52:34			Lugar: 4



Sporting Clube de Espinho

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Paulo Martins	652	04:17:27		M	9
Sandro Ribeiro De Sousa E Silva	107	04:25:55		M	21
João Manuel Moreira Sousa	703	04:41:38		M	69
Rui Gomes	653	04:43:33		M	79
Nuno Ramos	169	04:49:00		M	111
		22:57:33			Lugar: 5

Núcleo do Sporting da Golegã

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Ricardo Manuel Vicente Rosado	434	04:30:16		M	32
Luis Filipe Ferreira	59	04:39:40		M	57
Nuno Ricardo Pais Lopes	202	04:39:51		M	58
Jorge Calafate	193	04:40:35		M	65
Gonçalo Martins	428	04:44:43		M	83
		23:15:05			Lugar: 6

Clube dos Galitos

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Luis Filipe Gordinho Da Silva	571	04:20:11		M	13
David Toro	709	04:38:53		M	53
Marco André A Ferreira	163	04:47:50		M	104
António Manuel Brito Moreira	132	04:51:42		M	125
Paulo Gonçalves	258	04:53:14		M	131
		23:31:50			Lugar: 7

OnTri Sports

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
David Matos	729	04:35:11		M	40
Rui Oliveira	608	04:40:04		M	61
António Salgado	385	04:42:20		M	75
Gustavo Gaspar	77	04:49:10		M	112
André Filipe Serrano Barreto	731	04:57:44		M	158
		23:44:29			Lugar: 8



Quitério TriPeniche

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Márcio Neves	1	04:03:22		M	2
Valdo Das Neves	331	04:18:37		M	11
Rui Pereira	360	05:06:00		M	207
João António Da Silva Rosa	153	05:06:29		M	211
Pedro Miguel Silva Rico	302	05:18:35		M	285
		23:53:03			Lugar: 9

Marretas do Norte

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Andre Costa	2	04:13:26		M	5
Henrique Manuel Gonçalves Moreira	509	04:39:28		M	55
Nuno Sousa	667	05:00:02		M	171
Paulino Alves	514	05:02:29		M	184
David Iglesias Otero	689	05:07:09		M	214
		24:02:34			Lugar: 10

Triboost

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Luis Vega Romero	541	04:23:28		M	17
Daniel Vega Romero	539	04:46:14		M	89
Marcos Bragado Meana	535	04:51:42		M	124
Miguel Peco Perea	623	05:08:30		M	219
Alejandro Morales Gil	544	05:15:11		M	264
		24:25:05			Lugar: 11

DXC Tri Amazing

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Mário Jorge Rosa Macheta	297	04:38:18		M	50
Pedro Gaspar	727	04:54:49		M	139
Marciano Dias	708	04:54:52		M	141
Carlos Alexandre De Matos Maia	671	04:55:31		M	144
Nuno Ricardo De Almeida Da Conceição	566	05:02:28		M	183
		24:25:58			Lugar: 12



Ginásio Clube Naval de Faro

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Marco Aurélio Madeira Canelas	628	04:29:55		M	31
Paulo Ajuda	323	04:40:11		M	62
Luis Lourenço	306	04:47:24		M	98
Fábio Correia	189	05:02:01		M	181
Andre Lima Cabrita	504	05:29:20		M	345
		24:28:51			Lugar: 13

DAR-Recardães EXPansion

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Tiago Santos	289	04:42:28		M	77
Celso Ilidio Esteves Moreira	288	04:54:28		M	136
Bruno Almeida	290	04:59:55		M	168
Tony Serôdio	371	05:00:19		M	173
Mário Félix	585	05:15:10		M	262
		24:52:20			Lugar: 14

AmoraSub/Associação Naval Amorense

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Pedro Migueol Sequeira Rilhó	101	04:47:35		M	101
Alexandre Mendes Vilas-Boas	586	04:51:39		M	123
Renato Gonçalves Araújo	36	05:09:54		M	233
Inês Cabanita Raimundo	741	05:11:42		F	240
Hugo Fragoso	480	05:13:06		M	249
		25:13:56			Lugar: 15

Sport Algés e Dafundo

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Fernando Carmo	20	04:41:51		M	70
Pedro Miguel Machado	81	04:47:41		M	102
Paulo Jorge Correia Lamego	109	04:54:36		M	137
João Pedro Serôdio	17	05:26:24		M	330
José Varela	88	05:36:12		M	380
		25:26:44			Lugar: 16



3B Triatlo

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Sérgio Manuel Pecurto Batalha	53	04:56:23		M	149
Bruno Miguel Roque Fonseca	116	05:02:39		M	185
Hugo Gomes	22	05:03:29		M	193
Paulo Teles	220	05:11:58		M	244
Cláudio Manuel Alexandre Canavilhas	349	05:12:28		M	245
		25:26:57			Lugar: 17

SFRAA

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Miguel Tomé	84	04:44:41		M	81
Rui Fonseca	172	04:55:36		M	145
Joaquim Guilherme Rodrigues Esteves	406	05:08:21		M	218
Joana Tomé	359	05:13:08		F	250
Pedro Queiroz	490	05:28:19		M	338
		25:30:05			Lugar: 18

TriOurense

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Santiago Garcia Gonzalez	476	04:56:06		M	147
Jose Javier Gomez Iglesias	354	04:58:35		M	163
Xosé Miguel Carballo González	664	05:04:38		M	197
Antonio Vazquez Balado	618	05:13:05		M	248
Roberto Fernández Alonso	545	05:17:58		M	280
		25:30:22			Lugar: 19

Clube Oriental de Lisboa

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Bruno Toscano	208	04:43:51		M	80
Ivan Duque De Azevedo E Costa	41	04:59:46		M	167
Rui Pereira Da Silva	37	05:05:44		M	204
José Massuça	724	05:09:40		M	232
Rui Manuel Castro Velez	245	05:31:37		M	353
		25:30:38			Lugar: 20



Try Portugal / Vitória de Janes

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
João Freitas	85	04:38:08		M	49
Bruno Vitorino Rolim	547	04:46:37		M	92
Carlos Jorge Costa Escórcio	272	05:17:11		M	274
Filomena Gomes	259	05:21:35		F	302
Pedro Ricardo Branco Barata Filipe	734	05:28:28		M	341
		25:31:59			Lugar: 21

Kainágua

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Rui Rebocho	603	04:54:42		M	138
Paulo Sérgio Polido Carvalhinho	622	05:05:48		M	205
Luís Galrito	79	05:11:47		M	242
Luis Alegrias	47	05:15:20		M	265
Joaquim Potes	621	05:31:08		M	351
		25:58:45			Lugar: 22

Clube Millennium BCP

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Gonçalo Alexandre Lopes Brandão Mendes	455	04:52:53		M	130
Jose Luis Baceira Farinha	18	04:57:33		M	155
Nuno Miguel Nobre Lopes	219	05:09:12		M	227
Pedro Nogueira Silva	213	05:15:11		M	263
Pedro Miguel Raposo Correia	178	05:48:13		M	425
		26:03:02			Lugar: 23

Clube de Natação de Torres Novas

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Luis Manuel Dias Moleiro	3	04:05:33		M	3
Rui Silva	95	04:39:33		M	56
David Paiva	666	04:50:32		M	115
Cláudio Ricardo De Magalhães Pinheiro Caramelo	260	06:23:06		M	527
Paulo Jorge Ribeiro Nogueira	167	06:29:11		M	537
		26:27:55			Lugar: 24



GRCD Leião Triatlo

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Joao Santos	168	04:58:37		M	164
Luis Figueira	115	05:17:45		M	278
Pedro Miguel Miranda	121	05:20:26		M	298
Nuno Miguel Lourenço Dantas	711	05:26:36		M	331
Pedro Manuel Nava Martins	105	05:33:20		M	362
		26:36:44			Lugar: 25

Alhandra Sporting Club

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Bruno Lindorfo Batista Alves	264	05:00:00		M	169
João Miguel Nunes	30	05:03:08		M	188
Gonçalo Almeida	273	05:28:28		M	340
Renato Alexandre Fernandes Da Silva	630	05:34:17		M	369
Vasco José Martins Afonso	126	05:57:37		M	462
		27:03:30			Lugar: 26

Associação Académica de Coimbra

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Ivo Magalhães	364	05:03:09		M	189
Rui Miguel Gonçalves Nunes	269	05:34:12		M	368
Filipe Rafael Ramos Cantante Martinho	157	05:39:53		M	396
Pedro Faísca	481	05:44:24		M	417
Filipe Miguel Campos Canilho	251	05:55:37		M	452
		27:57:15			Lugar: 27

Palmela Desporto / Tripla Rotação

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Emanuel Freitas	183	04:50:03		M	114
Paulo Jorge Alegria Fernandes Dos Reis	615	05:35:21		M	374
João Pedro Farinha	633	05:52:46		M	445
Nuno Faria	378	06:07:23		M	494
João Paulino	395	06:14:23		M	503
		28:39:56			Lugar: 28



GDR Manique de Cima

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Tiago Filipe Raimundo Cochicho	337	04:29:18		M	30
Luis Miguel Duque Santos	334	05:52:21		M	443
Nuno Gonçalo Silva	559	05:53:47		M	449
Luis Caeiro Caeiro	281	06:19:53		M	518
Luís Miguel Esteves Braz	348	07:50:59		M	584
		30:26:18			Lugar: 29



Lugar	Dorsal	Estafeta	Tempo Oficial	Natação	Ciclismo	Corrida
1	2049	LIDL STARS	03:57:29	00:20:27	02:15:39	01:18:53
2	2043	S. C. Espinho Triatlo	03:59:17	00:23:19	02:18:19	01:15:32
3	2059	CHOCAPIC CREW	03:59:22	00:21:21	02:19:23	01:15:57
4	2015	DAR-Recardães Expansion	04:26:20	00:31:41	02:33:20	01:18:55
5	2051	ONTRISPORTS	04:32:23	00:29:34	02:34:01	01:25:56
6	2005	Legionários#13	04:40:06	00:24:16	02:51:40	01:21:32
7	2063	Raquel Rocha	04:40:11	00:26:51	02:31:08	01:39:33
8	2003	Oriental Triatlo	04:49:13	00:32:09	02:48:27	01:25:47
9	2046	Pichitas	04:54:47	00:34:38	02:47:46	01:29:44
10	2056	Pisco´s friends	04:56:49	00:23:57	02:59:11	01:30:38
11	2029	Gonçalo Barata e Diogo Felisberto	04:56:58	00:31:45	02:57:54	01:24:45
12	2037	Zimbra Tri	04:58:24	00:38:25	02:55:59	01:21:31
13	2001	Máquinas Ribatejo	04:59:28	00:25:37	02:58:11	01:31:58
14	2050	AITi (Alvarium/Tiedemann)	05:00:46	00:35:58	02:39:18	01:42:53
15	2048	TWO4FUN	05:05:47	00:36:18	02:25:33	02:00:51
16	2057	PMV	05:06:58	00:28:16	03:13:00	01:22:46
17	2053	LIDL	05:09:32	00:34:45	02:53:53	01:36:31
18	2041	Learning to tri	05:09:51	00:29:37	02:41:01	01:55:58
19	2047	Old School Boys	05:13:12	00:27:06	03:21:38	01:21:55
20	2062	Tri Mágicos	05:14:38	00:32:11	02:56:14	01:43:48
21	2038	Tri-Dinos1	05:15:25	00:38:38	02:52:18	01:41:34
22	2027	Trio	05:18:32	00:30:37	02:57:37	01:47:10
23	2002	Falcão Team	05:19:17	00:28:45	03:03:28	01:44:05
24	2012	Tri Life Center 1	05:20:37	00:30:35	03:00:40	01:46:10
25	2058	Estoril Praia	05:21:35	00:33:41	03:08:33	01:36:22
26	2009	Newmove	05:23:00	00:40:30	02:58:29	01:41:20
27	2036	Tri-Dinos2	05:23:40	00:43:49	02:49:33	01:46:51
28	2023	Amiciclo de Grândola	05:23:53	00:40:40	02:40:01	02:00:02
29	2006	M3P SEIXAL	05:25:32	00:36:16	02:54:55	01:50:59
30	2018	Fénix Team	05:28:31	00:38:08	03:07:28	01:40:08
31	2013	Tri Life Center 2	05:31:37	00:34:31	03:07:54	01:46:09
32	2042	3 vezes 1	05:32:26	00:38:48	02:49:18	02:00:00
33	2019	9 pm	05:33:13	00:41:49	03:12:06	01:35:52
34	2044	Lady & Gentlemen's SPORTS CLUB	05:33:28	00:29:33	03:11:35	01:48:57
35	2004	Duarte & Dias by Ontrisports	05:37:55	00:35:52	03:04:46	01:53:57
36	2054	GOM - SIN	05:38:00	00:32:06	03:02:08	02:00:12



<i>Lugar</i>	<i>Dorsal</i>	<i>Estafeta</i>	<i>Tempo Oficial</i>	<i>Natação</i>	<i>Ciclismo</i>	<i>Corrida</i>
37	2055	Novatos do Triatlo	05:41:02	00:29:20	03:22:02	01:46:51
38	2017	Lucas Team	05:44:35	00:33:42	03:11:08	01:56:15
39	2052	Villas & Pereira Reis Racing Team	05:45:32	00:39:43	03:16:33	01:40:48
40	2022	GRCD Leiao (os Tijolos)	05:45:59	00:35:50	03:22:30	01:40:29
41	2021	Ontri	05:51:28	00:34:01	03:20:07	01:54:14
42	2032	Tálenos Team	05:53:14	00:48:55	03:12:05	01:48:51
43	2025	NNSS	05:53:23	00:30:09	03:18:16	01:57:43
44	2008	pseudoCCRAM	05:57:09	00:34:23	03:29:35	01:49:53
45	2061	TriDuoGirls	05:59:06	00:35:06	03:26:22	01:51:33
46	2014	Amiciclo Grândola	06:01:00	00:29:43	03:22:54	02:05:03
47	2040	Luís Miguel Mendes Rasteiro	06:01:01	00:44:30	03:31:35	01:41:53
48	2035	DESAFIO DOS REIS / KING'S CHALLENGE	06:04:24	00:47:11	03:20:35	01:53:02
49	2010	Tri@Setúbal2023	06:05:44	00:39:44	03:40:40	01:41:58
50	2024	Jizokusei	06:06:32	00:39:48	03:23:37	01:59:36
51	2007	Emjoli	06:27:34	00:29:54	03:01:16	02:53:09
52	2011	Farol Friends	06:30:01	00:41:40	03:14:34	02:30:01
53	2026	Rusty Team	06:42:51	00:46:50	03:37:03	02:15:12
54	2016	Família Matias	06:46:38	00:43:47	02:53:32	03:05:24
55	2033	Dois Amigos	06:47:35	00:47:37	04:18:45	01:35:21
56	2031	IRON SAILORS	06:54:56	00:38:26	03:56:04	02:17:02
57	2020	Discípulos de Cris	06:57:08	00:34:00	04:15:28	02:04:14