



SETÚBAL TRIATHLON

CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
1	52	Alberto Garcia		Estoril Praia Credibom	04:02:28	00:22:58	02:13:57	01:21:42	35 - 39 anos	1
2	449	Tomás Teixeira		CNAL Triatlo	04:05:55	00:25:20	02:18:38	01:17:46	18 - 24 anos	1
3	335	Salomão Savelenko		O2 Portimão	04:06:17	00:22:53	02:21:25	01:19:16	18 - 24 anos	2
4	659	Mário Rocha		Clube dos Galitos	04:09:36	00:26:39	02:21:31	01:18:08	30 - 34 anos	1
5	1067	João Chagas		Lusitano Frusoal	04:10:42	00:22:48	02:28:39	01:16:12	18 - 24 anos	3
6	3	Luis Moleiro		Clube de Natação de Torres Novas	04:15:58	00:26:01	02:23:30	01:22:17	25 - 29 anos	1
7	642	Andre Costa		Marretas do Norte	04:17:37	00:23:19	02:27:54	01:22:30	35 - 39 anos	2
8	772	Diogo Coelho		Marretas do Norte	04:18:00	00:29:18	02:21:59	01:22:58	25 - 29 anos	2
9	1094	François Vie		SFRAA	04:19:21	00:23:27	02:33:08	01:19:33	18 - 24 anos	4
10	959	Bruno Pontes		Louletano Desportos Clube	04:20:57	00:29:57	02:28:23	01:18:31	40 - 44 anos	1
11	656	Luis Filipe		Clube dos Galitos	04:21:42	00:25:45	02:24:40	01:27:06	40 - 44 anos	2
12	714	Bernardo Cadeiras		Louletano Desportos Clube	04:21:55	00:28:43	02:29:20	01:19:50	40 - 44 anos	3
13	554	Adriano Correia		Clube de Natação de Torres Novas	04:22:09	00:25:14	02:35:46	01:18:37	30 - 34 anos	2
14	206	Leonardo Schwindt		Académica Triatlo	04:22:20	00:27:01	02:29:20	01:21:32	45 - 49 anos	1
15	513	Paulo Martins			04:22:52	00:32:13	02:24:08	01:20:10	50 - 54 anos	1
16	141	Sandro Silva		Academia de boxe Victor Sá	04:23:02	00:30:03	02:31:14	01:17:16	35 - 39 anos	3
17	104	Filipe Marques		Sporting Clube de Espinho	04:23:48	00:25:09	02:32:36	01:22:47	40 - 44 anos	4
18	1059	Alejandro Varela			04:23:49	00:26:21	02:33:28	01:19:46	30 - 34 anos	3
19	105	Guilherme Bonito		Outsystems Olímpico de Oeiras	04:24:02	00:22:59	02:33:59	01:23:39	18 - 24 anos	5



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
20	1069	Lino Barruncho		LBSquad	04:24:31	00:30:59	02:29:47	01:20:25	45 - 49 anos	2
21	993	Nuno Rodrigues		Clube de Natação de Alcobaça	04:25:11	00:26:41	02:33:11	01:22:08	35 - 39 anos	4
22	353	Ricardo Carvalho		Sporting Clube de Espinho	04:25:35	00:29:02	02:29:04	01:23:49	35 - 39 anos	5
23	975	David Matos		OnTri Sports	04:25:54	00:29:09	02:33:07	01:20:11	30 - 34 anos	4
24	1079	Afonso Garcia		Outsystems Olímpico de Oeiras	04:26:34	00:23:07	02:32:09	01:27:56	30 - 34 anos	5
25	359	João Andrade		Clube dos Galitos	04:26:34	00:28:10	02:30:33	01:23:57	30 - 34 anos	6
26	682	Joao Fragoso		Triatlo Clube TAP	04:27:00	00:31:15	02:32:01	01:19:42	40 - 44 anos	5
27	613	Tiago Cochicho		TC Training Group	04:27:09	00:29:01	02:33:19	01:20:57	40 - 44 anos	6
28	818	Sérgio Marques		CNATRIL Triatlo	04:28:01	00:28:20	02:29:40	01:26:04	45 - 49 anos	3
29	881	João Cabral		Sporting Clube de Portugal	04:29:00	00:26:32	02:31:14	01:25:18	18 - 24 anos	6
30	777	Alex Cabrita		Louletano Desportos Clube	04:29:30	00:28:14	02:36:40	01:20:04	45 - 49 anos	4
31	222	Simon Santos			04:30:04	00:32:38	02:28:46	01:24:17	35 - 39 anos	6
32	119	Bernardo Fernandes		Grupo Desportivo Corticeiras	04:30:26	00:28:55	02:28:22	01:29:14	40 - 44 anos	7
33	873	Filipe Marques		Sporting Clube de Portugal	04:30:38	00:22:56	02:32:22	01:31:43	25 - 29 anos	3
34	439	Rui Narigueta		Clube Natação de Torres Novas	04:30:55	00:32:42	02:25:42	01:29:11	45 - 49 anos	5
35	378	Jaime Duarte		CNATRIL Triatlo	04:31:51	00:25:40	02:31:34	01:31:02	35 - 39 anos	7
36	182	André Barreto		OnTri Sports	04:32:41	00:30:02	02:34:21	01:23:01	35 - 39 anos	8
37	853	Rui Carvalho			04:33:27	00:28:13	02:31:29	01:27:31	30 - 34 anos	7
38	381	Pedro Lopes		Amiciclo Grândola	04:33:41	00:32:08	02:30:45	01:26:26	30 - 34 anos	8



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
39	51	Paulo Figueiredo			04:34:19	00:27:50	02:28:37	01:32:39	50 - 54 anos	2
40	108	Tiago Lopes		Outsystems Olímpico de Oeiras	04:34:25	00:28:04	02:31:43	01:27:06	30 - 34 anos	9
41	1030	Michael Rundio			04:34:54	00:27:23	02:31:56	01:29:19	40 - 44 anos	8
42	1055	José Barreto		Clube de Natação de Torres Novas	04:35:03	00:26:56	02:44:13	01:20:48	25 - 29 anos	4
43	1080	Rubén Vázquez		Triatlón Arteixo	04:35:55	00:35:11	02:30:35	01:24:55	40 - 44 anos	9
44	619	Adelino Sousa		Grupo Desportivo da Goma	04:36:36	00:35:50	02:29:32	01:26:48	40 - 44 anos	10
45	989	Luís Nunes		CNATRIL Triatlo	04:37:07	00:30:25	02:33:59	01:28:36	50 - 54 anos	3
46	494	Ivan Iglesias		Triatlón Mar de Vigo	04:37:09	00:29:04	02:35:26	01:27:23	40 - 44 anos	11
47	828	Miguel Lucas		Lucas Force	04:37:31	00:30:32	02:38:00	01:24:03	30 - 34 anos	10
48	783	Filipe Carneiro			04:37:33	00:32:18	02:33:06	01:26:27	35 - 39 anos	9
49	367	Paulo Gonçalves		Clube dos Galitos	04:38:52	00:28:35	02:39:05	01:27:19	40 - 44 anos	12
50	33	João Rebelo		Vasco da Gama Atlético Clube de Sines	04:39:04	00:27:30	02:47:23	01:19:30	30 - 34 anos	11
51	555	Alexandre Goeller			04:39:41	00:31:24	02:35:42	01:26:53	35 - 39 anos	10
52	990	Tomás Pires		LBSquad	04:40:05	00:27:46	02:39:16	01:28:44	35 - 39 anos	11
53	373	Miguel Tomé		SFRAA	04:41:27	00:24:58	02:45:32	01:26:36	25 - 29 anos	5
54	636	Manuel Júlio		GRCD Leião Triatlo	04:41:49	00:27:03	02:40:51	01:29:07	40 - 44 anos	13
55	133	Rui Santos			04:42:26	00:26:54	02:38:45	01:29:04	35 - 39 anos	12
56	277	Fred Cerdeira		Sporting Clube de Espinho	04:42:38	00:33:25	02:40:42	01:23:35	40 - 44 anos	14
57	259	Nuno Lopes		Núcleo do Sporting da Golegã	04:43:05	00:28:11	02:41:48	01:28:20	40 - 44 anos	15



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
58	394	Manuel Fardilha		OnTri Sports	04:43:40	00:27:19	02:40:34	01:31:54	18 - 24 anos	7
59	246	Goncalo Costa		Clube dos Galitos	04:43:41	00:32:39	02:36:24	01:30:27	30 - 34 anos	12
60	159	João Freitas		Vitória de Janes	04:43:53	00:30:57	02:41:26	01:26:42	40 - 44 anos	16
61	446	Tiago Encarnação		AmoraSub/Associação Naval Amorense	04:44:07	00:34:00	02:37:52	01:28:38	35 - 39 anos	13
62	864	Gonçalo Nóvoa		Outsystems Olímpico de Oeiras	04:44:17	00:28:19	02:44:26	01:22:38	25 - 29 anos	6
63	90	Pedro Rilho		AmoraSub/Associação Naval Amorense	04:44:49	00:31:33	02:39:25	01:29:44	35 - 39 anos	14
64	1066	Ana Ramos		Clube de Natação de Torres Novas	04:45:05	00:25:07	02:48:33	01:27:54	30 - 34 anos	1
65	535	Paulo Cândido			04:45:23	00:31:32	02:34:48	01:33:07	40 - 44 anos	17
66	516	Miguel Liquito		DXC Tri Amazing	04:45:41	00:35:19	02:41:04	01:24:33	35 - 39 anos	15
67	966	Lopo Carvalho		Oriental Triatlo	04:45:47	00:36:07	02:41:08	01:22:43	35 - 39 anos	16
68	823	Lucas Souza			04:45:48	00:30:09	02:35:37	01:34:19	25 - 29 anos	7
69	518	José Peixoto		Triclube Penafiel	04:46:19	00:35:11	02:37:56	01:26:51	55 - 59 anos	1
70	346	Henrique Pereira		Outsystems Olímpico de Oeiras	04:46:50	00:26:42	02:50:03	01:25:17	40 - 44 anos	18
71	878	Joao Machado		Outsystems Olímpico de Oeiras	04:47:07	00:33:03	02:40:21	01:26:12	40 - 44 anos	19
72	1088	Pit Glodt		Team X3M Snooze	04:47:31	00:31:48	02:45:41	01:24:41	30 - 34 anos	13
73	59	Luis Ferreira			04:47:49	00:32:57	02:47:01	01:23:27	40 - 44 anos	20
74	735	Ivan Couras		Clube Zupper	04:47:54	00:24:25	02:46:07	01:33:11	40 - 44 anos	21
75	1100	Tiago Allen		LBsquad	04:47:59	00:32:14	02:45:07	01:23:30	35 - 39 anos	17
76	43	Jose Galvao		OnTri Sports	04:48:07	00:30:44	02:34:43	01:37:53	55 - 59 anos	2



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
77	972	Ruben Fagundes		Outsystems Olímpico de Oeiras	04:48:33	00:31:05	02:43:07	01:30:02	25 - 29 anos	8
78	526	Jorge Nunes			04:48:33	00:26:02	02:44:14	01:33:17	25 - 29 anos	9
79	461	Alexandre Nunes			04:48:43	00:35:14	02:42:02	01:26:52	50 - 54 anos	4
80	546	Bruno Toscano		Clube Oriental de Lisboa	04:48:52	00:32:32	02:39:23	01:30:09	45 - 49 anos	6
81	39	Carlos Ferreira		Louletano Desportos Clube	04:49:03	00:33:04	02:39:41	01:31:51	50 - 54 anos	5
82	615	João Silva		Estoril Praia Credibom	04:49:09	00:32:50	02:45:05	01:26:49	45 - 49 anos	7
83	469	Javier Rodríguez		Arte Físico Cáceres	04:49:25	00:30:45	02:38:22	01:35:20	45 - 49 anos	8
84	552	Nelson Oliveira		AmoraSub/Associação Naval Amorense	04:49:27	00:27:50	02:45:01	01:32:33	25 - 29 anos	10
85	538	Carpentier Yanis			04:49:32	00:26:43	02:39:39	01:39:37	18 - 24 anos	8
86	50	Jorge Augusto		Mc Donald 's/Tribraga	04:49:51	00:29:37	02:42:47	01:32:09	50 - 54 anos	6
87	867	João Pinto			04:49:56	00:31:55	02:33:08	01:40:05	45 - 49 anos	9
88	340	Francisco Vasconcelos		LBSquad	04:50:01	00:25:41	02:50:16	01:28:50	30 - 34 anos	14
89	139	João Gandum		LBSquad	04:50:10	00:37:40	02:37:19	01:29:52	25 - 29 anos	11
90	752	Sandro Touil		Académica Triatlo	04:50:22	00:28:38	02:32:25	01:44:05	30 - 34 anos	15
91	23	Jorge Fonseca		Estoril Praia Credibom	04:50:36	00:30:31	02:44:47	01:29:35	45 - 49 anos	10
92	825	Rui Gomes		Sporting Clube de Espinho	04:50:37	00:33:07	02:46:14	01:23:45	45 - 49 anos	11
93	1068	Emanuel Matos		Grupo Desportivo da Goma	04:50:52	00:36:30	02:43:06	01:25:17	50 - 54 anos	7
94	643	João Matos			04:50:57	00:31:42	02:45:16	01:27:47	40 - 44 anos	22
95	410	Luis Faustino			04:51:03	00:36:49	02:37:33	01:30:38	45 - 49 anos	12



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
96	309	Javier Diaz			04:51:04	00:30:15	02:42:18	01:31:30	40 - 44 anos	23
97	811	Diogo Alves		OnTri Sports	04:51:12	00:32:25	02:45:42	01:26:35	35 - 39 anos	18
98	996	David Orgaz		Clube dos Galitos	04:51:22	00:31:00	02:39:58	01:35:46	50 - 54 anos	8
99	245	Joao Cabelreira		DXC Tri Amazing	04:51:38	00:38:14	02:36:24	01:29:21	50 - 54 anos	9
100	176	Gonçalo Martins		Núcleo do Sporting da Golegã	04:52:00	00:35:27	02:41:43	01:29:43	40 - 44 anos	24
101	316	Hugo Lopes		Clube dos Galitos	04:52:24	00:32:12	02:41:54	01:34:09	30 - 34 anos	16
102	1099	Chipier Marie		CNATRIL Triatlo	04:52:33	00:28:46	02:44:05	01:36:10	25 - 29 anos	1
103	917	Pedro Duarte		OnTri Sports	04:52:40	00:34:26	02:38:48	01:33:02	45 - 49 anos	13
104	997	Bruno Rolim		Vitória de Janes	04:53:01	00:35:31	02:44:26	01:28:03	40 - 44 anos	25
105	47	Luis Alegrias		Kainágua	04:53:22	00:32:35	02:36:19	01:37:24	50 - 54 anos	10
106	369	Paulo Lamego		DXC Tri Amazing	04:53:25	00:32:16	02:43:36	01:32:40	50 - 54 anos	11
107	930	Filipe Centeno		Moto Clube de Setúbal	04:53:34	00:32:09	02:49:14	01:28:12	45 - 49 anos	14
108	984	André Bernardino		Exército de Portugal	04:54:03	00:40:15	02:39:08	01:29:03	30 - 34 anos	17
109	388	Ricardo Pereira		Mc Donald 's/Tribraga	04:54:10	00:34:29	02:45:14	01:29:37	40 - 44 anos	26
110	137	Bruno Caixinha		OnTri Sports	04:54:26	00:35:43	02:46:40	01:27:02	35 - 39 anos	19
111	968	André Alves			04:54:36	00:35:48	02:45:35	01:28:01	35 - 39 anos	20
112	149	Rodrigo Ribeiro		LBSquad	04:54:39	00:32:12	02:43:48	01:33:06	35 - 39 anos	21
113	69	Ricardo Costa		Triatlo Clube TAP	04:55:11	00:29:06	02:47:03	01:33:37	40 - 44 anos	27
114	152	Pedro Mendonca		Louletano Desportos Clube	04:55:38	00:35:09	02:38:42	01:36:40	45 - 49 anos	15



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
115	269	Duarte Santos		Thomar Athletics	04:55:58	00:29:44	02:53:15	01:28:13	18 - 24 anos	9
116	371	Fernando Batista		Clube Millennium BCP	04:56:00	00:33:05	02:50:37	01:26:59	35 - 39 anos	22
117	282	Caio Herculano		Pimpões triatlo	04:56:07	00:29:11	02:43:59	01:36:19	40 - 44 anos	28
118	530	Bruno Costa		TC Training Group	04:56:17	00:33:16	02:48:29	01:29:08	40 - 44 anos	29
119	131	David Caldeirão		Louletano Desportos Clube	04:56:19	00:27:55	02:40:42	01:43:17	50 - 54 anos	12
120	208	Jorge Calafate		Núcleo do Sporting da Golegã	04:56:19	00:28:37	02:49:57	01:32:11	55 - 59 anos	3
121	14	Tiago Pona		Outsystems Olímpico de Oeiras	04:56:33	00:28:03	02:53:43	01:29:24	45 - 49 anos	16
122	434	Nuno Ribeiro		Grupo Desportivo da Goma	04:56:50	00:37:38	02:36:01	01:37:10	40 - 44 anos	30
123	458	Miguel Gomes		Clube Zupper	04:56:51	00:31:57	02:45:23	01:34:28	50 - 54 anos	13
124	263	Frederico Batista		LBsquad	04:57:02	00:32:27	02:45:26	01:32:44	40 - 44 anos	31
125	849	José Sousa			04:57:10	00:31:48	02:48:43	01:32:00	25 - 29 anos	12
126	383	António Salgado		OnTri Sports	04:57:13	00:35:35	02:39:02	01:36:35	45 - 49 anos	17
127	870	João Silva			04:57:18	00:35:02	02:46:26	01:30:42	25 - 29 anos	13
128	290	Miguel Pereira			04:57:26	00:26:43	02:53:55	01:29:41	30 - 34 anos	18
129	747	André Ferreira			04:57:31	00:31:12	02:50:45	01:29:29	35 - 39 anos	23
130	377	João Santos		LBsquad	04:57:39	00:26:40	02:48:15	01:36:27	25 - 29 anos	14
131	590	Nuno Dias		Amiciclo Grândola	04:57:46	00:37:41	02:47:07	01:28:13	35 - 39 anos	24
132	1027	João Graça			04:57:46	00:29:03	02:45:03	01:39:09	35 - 39 anos	25
133	239	Bruno Carlos		OnTri Sports	04:57:52	00:36:26	02:44:50	01:32:11	40 - 44 anos	32



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
134	834	João Graça		Clube de Futebol Os Belenenses	04:58:02	00:29:59	02:52:18	01:31:19	18 - 24 anos	10
135	969	Rui Pinto		Pedalarte	04:58:16	00:36:04	02:50:48	01:26:14	30 - 34 anos	19
136	841	Tomás Rodrigues			04:58:34	00:33:01	02:43:46	01:35:42	18 - 24 anos	11
137	285	Luis Figueira		GRCD Leião Triatlo	04:58:51	00:32:03	02:42:47	01:37:21	45 - 49 anos	18
138	310	Pedro Azevedo		Openplus Energy Systems x DAC Endurance Coaching	04:59:02	00:32:46	02:42:39	01:38:12	18 - 24 anos	12
139	844	Rafael Alves		Sporting Clube de Portugal	04:59:09	00:29:26	02:43:42	01:40:08	25 - 29 anos	15
140	193	Andre Costal		OnTri Sports	04:59:10	00:34:40	02:44:07	01:33:32	45 - 49 anos	19
141	597	João Pereira		CNAL Triatlo	04:59:27	00:33:28	02:45:55	01:33:43	35 - 39 anos	26
142	1036	Christoph Putz		Triatlo Clube TAP	04:59:31	00:30:33	02:46:37	01:35:59	40 - 44 anos	33
143	885	Rui Duarte		Louletano Desportos Clube	04:59:49	00:24:49	02:59:06	01:30:47	50 - 54 anos	14
144	487	Bruno Alves		Alhandra Sporting Club	05:00:18	00:33:44	02:44:46	01:35:35	40 - 44 anos	34
145	162	Hugo Fonseca		SFRAA	05:00:24	00:31:56	02:44:16	01:38:41	45 - 49 anos	20
146	144	Henrique Pereira		AAMA - Associação de Actividade Motora Adaptada	05:00:25	00:36:36	02:48:56	01:28:59	45 - 49 anos	21
147	721	António Fortuna		Triatlo Clube TAP	05:00:30	00:32:40	02:56:19	01:25:54	40 - 44 anos	35
148	248	João Figueiredo			05:00:31	00:31:35	02:46:35	01:34:03	40 - 44 anos	36
149	1103	João Silva		LBsquad	05:00:33	00:33:17	02:45:15	01:35:52	35 - 39 anos	27
150	437	Pedro Pimentel		Clube dos Galitos	05:00:35	00:34:13	02:39:45	01:39:03	40 - 44 anos	37
151	221	Eneko Guisasola			05:00:43	00:30:50	02:46:18	01:37:01	45 - 49 anos	22
152	303	Renato Carvalho		LBsquad	05:00:43	00:32:15	02:45:21	01:35:24	35 - 39 anos	28



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
153	1092	Tiago Barros			05:00:57	00:37:28	02:36:38	01:40:10	35 - 39 anos	29
154	755	Pedro Botelho		Wikaboo	05:00:58	00:32:45	02:42:30	01:38:44	18 - 24 anos	13
155	702	Tiago Chaparro		AmoraSub/Associação Naval Amorense	05:01:05	00:30:42	02:52:09	01:33:09	40 - 44 anos	38
156	905	André Duarte		Estoril Praia Credibom	05:01:09	00:28:38	02:43:50	01:44:09	18 - 24 anos	14
157	451	Tiago Simões			05:01:10	00:38:03	02:44:48	01:31:46	30 - 34 anos	20
158	1033	Carlos Oliveira		Clube Atlético de Oliveira de Hospital	05:01:16	00:27:18	02:48:06	01:40:59	35 - 39 anos	30
159	950	Antonio Gonzalez		Club Triatlón Morrazo	05:01:41	00:33:40	02:43:48	01:38:09	35 - 39 anos	31
160	835	David Paiva		Núcleo do Sporting da Golegã	05:01:46	00:25:44	02:52:33	01:37:39	35 - 39 anos	32
161	184	Rui Gonçalves		Amiciclo Grândola	05:01:56	00:39:02	02:51:13	01:24:22	50 - 54 anos	15
162	328	Diogo Cymbron		LBsquad	05:02:26	00:34:15	02:43:48	01:38:50	50 - 54 anos	16
163	177	Francisca Cambra		CNATRIL Triatlo	05:02:32	00:30:08	02:55:11	01:33:02	25 - 29 anos	2
164	53	Sérgio Batalha		3B Triatlo	05:02:48	00:37:10	02:47:43	01:29:07	55 - 59 anos	4
165	416	Mauro Azevedo		Académica Triatlo	05:02:53	00:37:25	02:49:10	01:28:11	50 - 54 anos	17
166	279	David Laurent		Clube de Triatlo Louletano	05:03:00	00:34:37	02:48:24	01:34:39	45 - 49 anos	23
167	173	António Moreira		Clube dos Galitos	05:03:07	00:32:20	02:59:02	01:27:28	45 - 49 anos	24
168	807	Miguel Gonçalves		Associação Académica de São Mamede	05:03:12	00:34:59	02:49:24	01:33:03	35 - 39 anos	33
169	1062	Manuel Hortega			05:03:21	00:33:22	02:52:12	01:30:09	25 - 29 anos	16
170	693	Miguel Anastácio		Clube de vela Tavira	05:03:41	00:38:21	02:36:42	01:43:31	45 - 49 anos	25
171	561	Rui Nunes		DXC Tri Amazing	05:03:48	00:37:19	02:42:18	01:38:42	45 - 49 anos	26



SETÚBAL TRIATHLON

CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
172	501	Hugo Ferreira		Clube Zupper	05:03:55	00:36:25	02:46:03	01:36:55	45 - 49 anos	27
173	392	Dmytro Pryshchepa		Clube Triatlo de Abrantes	05:03:56	00:32:39	02:55:02	01:30:58	30 - 34 anos	21
174	298	Diogo Vieira		Triatlo Fundação Salesianos	05:04:02	00:35:24	02:53:13	01:29:10	35 - 39 anos	34
175	833	Marco Pinto		TRICAP - Penafirme	05:04:09	00:38:05	02:44:37	01:35:20	30 - 34 anos	22
176	482	Bruno Custódio			05:04:17	00:30:31	02:47:36	01:39:45	35 - 39 anos	35
177	473	Diogo Pereira		Triatlo Fundação Salesianos	05:04:32	00:32:14	02:48:40	01:38:53	45 - 49 anos	28
178	689	Marco Miguel		DXC Tri Amazing	05:04:36	00:35:00	02:47:34	01:35:45	30 - 34 anos	23
179	488	Bernardo Cardoso		OnTri Sports	05:04:36	00:32:43	02:51:19	01:34:17	35 - 39 anos	36
180	441	Bruno Pinto			05:04:49	00:32:04	02:51:45	01:35:30	30 - 34 anos	24
181	113	Pedro Machado		SUColarensense	05:04:53	00:31:48	02:59:11	01:29:17	40 - 44 anos	39
182	408	Nuno Silva			05:05:02	00:34:32	02:46:20	01:36:07	30 - 34 anos	25
183	74	Carlos Fernandes		SFRAA	05:05:04	00:32:15	02:54:14	01:33:51	45 - 49 anos	29
184	64	Ivan Costa			05:05:06	00:31:20	02:56:11	01:31:20	35 - 39 anos	37
185	797	Hugo Calvo		C.D.Cuasicuarentones Torremolinos	05:05:34	00:30:08	02:48:31	01:36:28	55 - 59 anos	5
186	529	Daniel Gois		LBsquad	05:05:45	00:28:18	02:46:18	01:46:47	35 - 39 anos	38
187	680	Marco Raminhos		Rota D'Ossa	05:05:52	00:37:10	02:45:51	01:36:54	40 - 44 anos	40
188	869	Miguel Ribeiro			05:05:56	00:34:10	02:49:14	01:37:05	25 - 29 anos	17
189	77	Mário Santana			05:06:00	00:35:44	02:51:15	01:34:18	45 - 49 anos	30
190	983	Orlando Marques		Exército de Portugal	05:06:05	00:33:05	02:49:51	01:37:44	45 - 49 anos	31



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
191	1018	João Couto		Bairro dos Anjos	05:06:07	00:32:11	02:54:49	01:33:03	25 - 29 anos	18
192	268	Frederico Catalão			05:06:34	00:37:07	02:46:59	01:34:49	35 - 39 anos	39
193	418	David Fernandes			05:06:43	00:39:45	02:42:45	01:39:50	35 - 39 anos	40
194	324	Alberto Dias		AmoraSub/Associação Naval Amorense	05:06:44	00:33:45	02:47:17	01:39:35	45 - 49 anos	32
195	232	Bruno Carvalheiro		LBSquad	05:06:57	00:44:31	02:44:44	01:30:48	40 - 44 anos	41
196	485	Ricardo Silva		Alhandra Sporting Club	05:07:01	00:30:57	02:52:34	01:38:50	30 - 34 anos	26
197	999	Ricardo Figueiredo		Clube do Pessoal EDP	05:07:02	00:28:52	02:55:31	01:37:33	35 - 39 anos	41
198	890	Pedro Silva		Estoril Praia Credibom	05:07:02	00:32:35	02:57:20	01:31:59	35 - 39 anos	42
199	343	Rui Galinha		Clube OGMA	05:07:13	00:30:40	02:53:47	01:37:18	50 - 54 anos	18
200	742	Diogo Borges		DXC Tri Amazing	05:07:13	00:30:54	03:01:49	01:28:51	30 - 34 anos	27
201	1056	Rafael Lopes			05:07:26	00:29:20	02:47:12	01:45:14	25 - 29 anos	19
202	15	João Pacheco		Outsystems Olímpico de Oeiras	05:07:26	00:32:20	02:52:22	01:37:24	35 - 39 anos	43
203	1047	Nuno Soares		TC Training Group	05:07:29	00:33:51	02:48:55	01:36:22	40 - 44 anos	42
204	405	Tomás Rosado			05:07:35	00:30:03	02:51:34	01:38:19	25 - 29 anos	20
205	242	Pedro Dorey		Estoril Praia Credibom	05:07:50	00:34:13	02:48:34	01:37:55	35 - 39 anos	44
206	940	José Duarte		Clube Millennium BCP	05:07:50	00:33:46	02:53:21	01:34:09	50 - 54 anos	19
207	145	Tiago Santo		Quitério TriPeniche	05:07:59	00:35:07	02:52:39	01:34:28	35 - 39 anos	45
208	800	Nuno Sereno			05:08:13	00:37:43	02:45:35	01:37:03	45 - 49 anos	33
209	929	Luis Martins		Clube Vela de Tavira	05:08:19	00:33:57	02:51:20	01:36:38	45 - 49 anos	34



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
210	651	Pedro Olivato		OnTri Sports	05:08:21	00:31:09	02:54:18	01:36:40	35 - 39 anos	46
211	80	Tiago Luis		Clube de Futebol Os Belenenses	05:08:28	00:30:28	02:50:15	01:41:49	30 - 34 anos	28
212	512	Duarte Zambujo			05:08:38	00:36:45	02:54:57	01:29:49	35 - 39 anos	47
213	317	Francisco Santos			05:08:47	00:29:59	02:46:58	01:47:17	25 - 29 anos	21
214	387	Mário Ribeiro		AmoraSub/Associação Naval Amorense	05:08:53	00:35:47	02:49:44	01:37:34	25 - 29 anos	22
215	46	Miguel Garcia		Thomar athletics	05:08:54	00:33:21	02:49:49	01:40:23	50 - 54 anos	20
216	431	Adolfo Rodrigues		JM Triathlon Team	05:08:57	00:33:07	02:54:31	01:34:47	40 - 44 anos	43
217	632	João Marques			05:09:03	00:33:57	02:43:29	01:43:52	30 - 34 anos	29
218	331	Nuno Correia		Pimpões Triatlo	05:09:21	00:36:03	02:50:37	01:36:35	45 - 49 anos	35
219	111	Miguel Barroqueiro		CNATRIL Triatlo	05:09:26	00:26:12	02:58:15	01:40:42	30 - 34 anos	30
220	980	José Abrantes		Exército de Portugal	05:09:32	00:34:30	02:56:17	01:33:36	50 - 54 anos	21
221	1016	Ricardo Silva			05:09:34	00:35:14	02:58:31	01:27:00	30 - 34 anos	31
222	179	Pedro Nogueira			05:09:45	00:40:25	02:46:37	01:36:59	45 - 49 anos	36
223	233	Álvaro Lagarda		Suricatos Triatlón Team	05:09:56	00:36:03	02:52:36	01:34:12	45 - 49 anos	37
224	580	Carlos Silva		Outsystems Olímpico de Oeiras	05:10:42	00:43:38	02:50:35	01:30:24	60 - 64 anos	1
225	404	Pedro Cardoso		Sporting Clube de Espinho	05:10:44	00:43:53	02:53:08	01:24:29	35 - 39 anos	48
226	475	Vasco Guerreiro		LBsquad	05:10:48	00:31:56	02:54:44	01:35:24	45 - 49 anos	38
227	517	Bruno Batista		DXC Tri Amazing	05:10:51	00:34:24	02:53:50	01:36:01	45 - 49 anos	39
228	18	Jose Farinha		Clube Millennium BCP	05:10:54	00:38:24	02:47:05	01:39:10	50 - 54 anos	22



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
229	260	Manuel Alves			05:11:02	00:34:11	02:47:41	01:41:04	35 - 39 anos	49
230	600	Daniel Sousa			05:11:22	00:29:19	02:57:30	01:37:14	40 - 44 anos	44
231	474	Tiago Batista		Triatlo Fundação Salesianos	05:11:30	00:30:39	02:58:38	01:38:24	40 - 44 anos	45
232	356	Luís Lobo			05:11:37	00:37:29	02:39:06	01:48:19	30 - 34 anos	32
233	37	Rui Silva			05:11:42	00:37:32	02:49:22	01:38:06	45 - 49 anos	40
234	423	Beatriz Passos		GD Goma	05:11:42	00:32:30	03:05:25	01:29:36	25 - 29 anos	3
235	363	Rui Santos		OnTri Sports	05:11:48	00:37:11	02:50:10	01:37:44	45 - 49 anos	41
236	6	Liliana Verissimo		Sporting Clube de Espinho	05:11:49	00:32:45	03:03:37	01:31:32	35 - 39 anos	1
237	887	Frederico Sáragga		LBsquad	05:12:00	00:30:17	02:56:30	01:39:01	18 - 24 anos	15
238	925	Joao Filho		Apulso	05:12:03	00:31:35	02:56:45	01:38:31	35 - 39 anos	50
239	116	Nuno Carvalhinho		Triatlo Clube TAP	05:12:08	00:36:19	02:39:10	01:51:08	50 - 54 anos	23
240	660	Artur Duarte			05:12:29	00:38:11	02:58:08	01:28:27	55 - 59 anos	6
241	506	Sérgio Vicente		OPraticante.pt	05:12:41	00:37:45	02:54:17	01:35:14	35 - 39 anos	51
242	422	João Dinis		CAOH - Clube Atlético de Oliveira do Hospital	05:12:43	00:38:35	02:46:53	01:42:37	35 - 39 anos	52
243	330	Miguel Sousa		LBsquad	05:12:45	00:33:55	02:56:56	01:35:46	25 - 29 anos	23
244	1011	Filipe Godinho			05:12:50	00:29:29	02:52:31	01:43:51	35 - 39 anos	53
245	130	Renato Oliveira			05:12:51	00:26:58	02:54:32	01:45:26	25 - 29 anos	24
246	224	Cláudio Canavilhas		3B Triatlo	05:13:00	00:34:32	02:51:02	01:41:53	40 - 44 anos	46
247	556	Florian Monteaud			05:13:18	00:36:28	02:40:05	01:49:25	35 - 39 anos	54



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
248	691	Marcos Ratola		DXC Tri Amazing	05:13:23	00:28:12	02:50:20	01:47:14	45 - 49 anos	42
249	1042	Filipe Silva		JM Triathlon Team	05:13:35	00:33:41	03:02:54	01:30:25	40 - 44 anos	47
250	774	Afonso Chiote		Triatlo Clube TAP	05:13:47	00:34:02	03:00:40	01:30:29	35 - 39 anos	55
251	776	Rodrigo Pessoa		Zero2Hero	05:13:53	00:36:18	03:02:39	01:28:48	45 - 49 anos	43
252	255	Sebastiao Clara		LBSquad	05:14:00	00:34:24	02:48:27	01:44:48	40 - 44 anos	48
253	981	João Cardoso		Exército de Portugal	05:14:06	00:33:28	02:56:23	01:38:41	40 - 44 anos	49
254	398	Nuno Lopes		Clube Millennium BCP	05:14:12	00:38:34	02:48:25	01:41:42	50 - 54 anos	24
255	727	Frederico Vidal		Estoril Praia Credibom	05:14:12	00:29:40	02:59:42	01:40:29	45 - 49 anos	44
256	204	João Westwood		Outsystems Olímpico de Oeiras	05:14:22	00:28:39	02:57:52	01:41:00	25 - 29 anos	25
257	982	Flávio Figueiredo		Exército de Portugal	05:14:23	00:32:26	02:57:50	01:38:41	40 - 44 anos	50
258	197	Neville Suzman		Clube Millennium BCP	05:14:41	00:35:32	02:46:09	01:45:39	55 - 59 anos	7
259	42	Edinson Sanchez			05:14:42	00:33:43	02:55:50	01:40:30	45 - 49 anos	45
260	194	William Santos			05:14:45	00:40:29	02:49:26	01:37:35	35 - 39 anos	56
261	531	Pedro Roberto		DXC Tri Amazing	05:14:47	00:32:34	02:58:57	01:36:49	35 - 39 anos	57
262	810	Pablo Sousa		Ginásio Clube Naval de Faro	05:14:47	00:36:47	02:55:44	01:34:56	40 - 44 anos	51
263	803	Andre Melo		OnTri Sports	05:14:48	00:34:17	02:52:32	01:41:44	30 - 34 anos	33
264	626	Rui Vieira		Núcleo do Sporting da Golegã	05:15:04	00:31:53	03:06:39	01:30:46	40 - 44 anos	52
265	40	Bruno Godinho			05:15:18	00:37:31	02:50:07	01:42:05	40 - 44 anos	53
266	186	Diogo Berger			05:15:23	00:31:19	02:45:55	01:54:02	25 - 29 anos	26



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
267	472	Pedro Neves		DXC Tri Amazing	05:15:37	00:36:46	02:57:34	01:36:40	50 - 54 anos	25
268	931	Luis Carvalho			05:15:51	00:36:33	02:48:09	01:43:54	50 - 54 anos	26
269	313	Joao Martins		Running Espinho	05:15:56	00:33:39	02:52:29	01:41:52	40 - 44 anos	54
270	102	Rita Ramos		Outsystems Olímpico de Oeiras	05:15:57	00:30:02	02:59:17	01:42:19	35 - 39 anos	2
271	903	Luís Melo		Grupo Desportivo de Nataç�o de Famali�o	05:16:08	00:33:07	03:01:19	01:36:27	30 - 34 anos	34
272	698	Carlos Maia		DXC Tri Amazing	05:16:45	00:37:35	02:42:37	01:50:33	55 - 59 anos	8
273	595	Ricardo Alves		AmoraSub/Associa�o Naval Amorense	05:16:50	00:39:30	02:50:18	01:39:54	40 - 44 anos	55
274	486	Bruno Rosado		DXC Tri Amazing	05:17:06	00:31:45	02:51:38	01:44:23	45 - 49 anos	46
275	532	Ant�nio Marques			05:17:08	00:32:40	02:57:27	01:41:41	50 - 54 anos	27
276	519	Rui Rebocho		Kain�gua	05:17:27	00:38:48	02:59:37	01:31:46	45 - 49 anos	47
277	322	Vicente Pereira			05:17:30	00:34:43	02:58:02	01:37:12	30 - 34 anos	35
278	720	Diogo Saraiva			05:17:38	00:32:35	02:57:12	01:41:11	35 - 39 anos	58
279	951	Tiago Delgado			05:17:57	00:33:57	02:57:46	01:40:16	40 - 44 anos	56
280	196	Rui Pereira		Quit�rio TriPeniche	05:18:00	00:34:57	03:01:15	01:34:14	50 - 54 anos	28
281	884	Carolina Boulhosa		Clube de Triatlo do Fund�o	05:18:08	00:30:17	02:57:49	01:44:13	18 - 24 anos	1
282	1096	Francisco Martins			05:18:37	00:36:56	02:58:03	01:37:49	45 - 49 anos	48
283	681	Jo�o Amante		OnTri Sports	05:18:40	00:35:30	02:59:43	01:36:45	40 - 44 anos	57
284	865	Gon�alo Monteiro			05:18:44	00:32:43	02:58:45	01:40:47	18 - 24 anos	16
285	107	Gon�alo Correia		Outsystems Ol�mpico de Oeiras	05:18:47	00:32:12	02:48:33	01:50:26	45 - 49 anos	49



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
286	1029	Steve Gonçalves		Clube dos Galitos	05:18:49	00:36:48	03:00:27	01:34:40	30 - 34 anos	36
287	899	Luis Lucas			05:18:52	00:32:45	02:56:03	01:43:21	30 - 34 anos	37
288	551	Hugo Medeiros		BESt - Batalha Escola de Triatlo	05:18:58	00:41:00	02:58:49	01:33:46	35 - 39 anos	59
289	82	Fernando Francisco			05:19:12	00:45:09	02:50:59	01:36:04	40 - 44 anos	58
290	391	Joaquim Esteves		SFRAA	05:19:21	00:34:34	02:48:49	01:49:26	60 - 64 anos	2
291	814	Nelson Sanchez			05:19:23	00:38:12	02:49:43	01:44:55	35 - 39 anos	60
292	522	Mário Martins		OnTri Sports	05:19:29	00:43:08	02:54:39	01:36:45	40 - 44 anos	59
293	22	Hugo Gomes		3B Triatlo	05:19:35	00:45:39	02:57:22	01:30:08	40 - 44 anos	60
294	89	Pedro Rebola		AmoraSub/Associação Naval Amorense	05:19:44	00:36:31	02:46:52	01:49:07	45 - 49 anos	50
295	588	José Monteiro		Clube Zupper	05:19:51	00:35:10	03:01:20	01:37:58	35 - 39 anos	61
296	1017	Ricardo Silva		LBsquad	05:19:51	00:33:55	02:53:55	01:45:05	18 - 24 anos	17
297	289	Richard Tennant			05:19:56	00:32:43	03:01:40	01:38:10	30 - 34 anos	38
298	874	Paulo Teles		3B Triatlo	05:19:57	00:35:29	02:49:02	01:48:06	50 - 54 anos	29
299	585	Filipe Espinha		AmoraSub/Associação Naval Amorense	05:20:11	00:35:23	02:59:47	01:38:14	40 - 44 anos	61
300	281	Bonifacio Meixedo			05:20:23	00:35:25	02:53:58	01:43:48	35 - 39 anos	62
301	238	Francisco Sosa			05:20:27	00:36:41	03:02:06	01:32:25	45 - 49 anos	51
302	270	Nuno Gonçalo		Outsystems Olímpico de Oeiras	05:20:28	00:36:55	02:57:37	01:39:05	35 - 39 anos	63
303	337	André Pereira			05:20:30	00:41:20	02:56:23	01:37:11	30 - 34 anos	39
304	1000	Luís Gonçalves		Clube de Triatlo do Fundão	05:20:32	00:30:58	02:56:26	01:44:49	50 - 54 anos	30



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
305	591	Mário Brito		200CLUB	05:20:39	00:35:34	02:49:59	01:47:32	35 - 39 anos	64
306	635	André Serrazina		BESt - Batalha Escola de Triatlo	05:20:53	00:39:47	02:50:02	01:44:48	35 - 39 anos	65
307	855	João Laranjo		OnTri Sports	05:21:02	00:37:57	02:58:51	01:38:47	30 - 34 anos	40
308	120	Joao Ferreira		GruPito_TheDogPack	05:21:05	00:44:31	02:44:10	01:45:38	40 - 44 anos	62
309	926	Pedro Lucas		Lucas Force	05:21:24	00:35:12	03:01:40	01:38:20	25 - 29 anos	27
310	355	Sérgio Mota		Sporting Clube de Espinho	05:21:26	00:36:58	03:02:37	01:34:42	40 - 44 anos	63
311	876	João Fernandes			05:21:28	00:29:33	02:56:36	01:48:33	30 - 34 anos	41
312	896	Rui Melo		Académica Triatlo	05:21:55	00:39:16	02:52:54	01:45:31	40 - 44 anos	64
313	470	Amelia Drumm		Louletano Desportos Clube	05:21:58	00:37:28	03:04:42	01:34:45	45 - 49 anos	1
314	589	Joao Santos		Tri Vegan Man	05:22:11	00:32:13	02:53:43	01:50:10	55 - 59 anos	9
315	460	Bruno Urbano		OnTri Sports	05:22:18	00:32:40	02:59:21	01:43:35	30 - 34 anos	42
316	76	António Pereira			05:22:38	00:34:35	02:57:42	01:41:11	45 - 49 anos	52
317	287	Eduardo Matos			05:22:39	00:37:02	02:55:47	01:44:45	35 - 39 anos	66
318	401	André Cerqueira		TEAM Turtera	05:22:41	00:31:21	02:55:17	01:49:29	30 - 34 anos	43
319	223	Patrick Ebrero		Quitério TriPeniche	05:22:42	00:36:13	02:54:33	01:44:56	45 - 49 anos	53
320	336	João Milheiro		Clube dos Galitos	05:22:53	00:35:02	02:51:29	01:48:11	30 - 34 anos	44
321	916	Manuel Mira			05:22:54	00:30:42	03:04:07	01:42:48	35 - 39 anos	67
322	1050	João Rosa		Quitério TriPeniche	05:22:57	00:34:05	02:49:12	01:52:11	50 - 54 anos	31
323	631	André Francisco			05:22:59	00:34:20	02:55:14	01:46:54	30 - 34 anos	45



SETÚBAL TRIATHLON

CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
324	226	Alcidio Ferro		Clube Naval Do Funchal	05:23:00	00:37:35	02:57:13	01:42:45	50 - 54 anos	32
325	524	Tiago Romão		Triatlo Clube TAP	05:23:00	00:35:53	03:08:17	01:32:26	35 - 39 anos	68
326	690	Albano Pereira			05:23:03	00:38:38	02:56:03	01:41:17	40 - 44 anos	65
327	165	Virgilio Ramos			05:23:06	00:30:04	03:02:54	01:38:53	45 - 49 anos	54
328	816	Roberto Rosado		TC Training Group	05:23:07	00:39:38	02:52:08	01:45:10	40 - 44 anos	66
329	836	Marta Costa		Clube de Triatlo do Fundão	05:23:15	00:34:03	03:01:25	01:41:40	30 - 34 anos	2
330	253	Mario Fernandes		Pedalarte	05:23:20	00:36:44	03:03:37	01:35:49	35 - 39 anos	69
331	596	Pedro Silva		Clube Millennium BCP	05:23:46	00:34:27	02:56:04	01:47:50	55 - 59 anos	10
332	354	Pedro Pereira		TriWheelsF4mily	05:24:08	00:40:06	02:44:49	01:52:12	40 - 44 anos	67
333	1082	Luis Goncalves			05:24:16	00:37:49	02:59:19	01:39:06	40 - 44 anos	68
334	908	Rui Rodrigues		Associação Humanitária Bombeiros Estoris	05:24:18	00:32:29	02:57:26	01:47:19	45 - 49 anos	55
335	302	Francisco Bruno		Clube Millennium BCP	05:24:19	00:35:23	02:50:22	01:52:50	30 - 34 anos	46
336	403	Vicente Romero		Triatlon Paracuellos	05:24:20	00:37:33	02:56:35	01:43:08	60 - 64 anos	3
337	611	Paulo Faria		Outsystems Olímpico de Oeiras	05:24:48	00:36:04	03:00:28	01:39:14	45 - 49 anos	56
338	320	Luís Carvalho		SFRAA	05:24:53	00:37:10	02:53:38	01:47:33	30 - 34 anos	47
339	471	Mariana Carretero		Arte Físico Cáceres	05:24:56	00:32:21	03:03:05	01:43:52	40 - 44 anos	1
340	543	Diogo Almeida		DXC Tri Amazing	05:25:14	00:35:32	02:54:46	01:48:59	35 - 39 anos	70
341	857	Miguel Silva		Clube de Triatlo do Fundão	05:25:48	00:39:42	03:01:27	01:35:04	50 - 54 anos	33
342	941	Jorge Banha		Triatlo Fundação Salesianos	05:26:08	00:38:00	02:55:05	01:47:07	45 - 49 anos	57



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
343	507	António Barbosa	SFRAA		05:26:10	00:39:57	03:06:14	01:33:39	45 - 49 anos	58
344	101	Maria Medeiro		Outsystems Olímpico de Oeiras	05:26:21	00:29:54	03:05:03	01:47:27	25 - 29 anos	4
345	393	Martim Nunes		Zimbra Tri	05:26:31	00:38:50	03:02:37	01:38:47	45 - 49 anos	59
346	88	Ivan Valadares			05:26:43	00:38:00	02:57:42	01:43:15	40 - 44 anos	69
347	657	Miguel Silva		LBSquad	05:27:01	00:32:52	03:06:37	01:40:00	45 - 49 anos	60
348	715	André Lourenço		PORTO Cycling Team	05:27:04	00:40:26	02:58:34	01:36:48	35 - 39 anos	71
349	29	Gil Oliveira			05:27:13	00:33:41	03:04:47	01:41:38	55 - 59 anos	11
350	848	Pedro Maurício		Clube de Triatlo do Fundão	05:27:14	00:34:09	02:54:25	01:52:14	30 - 34 anos	48
351	932	João Antunes			05:27:15	00:34:28	02:57:15	01:48:45	30 - 34 anos	49
352	829	Brannigan Barrett			05:27:20	00:27:27	02:57:07	01:55:59	35 - 39 anos	72
353	889	Gonçalo Santos			05:27:40	00:37:21	02:56:02	01:47:18	30 - 34 anos	50
354	711	Miguel Baltazar		Quitério TriPeniche	05:27:44	00:35:30	02:57:29	01:47:31	50 - 54 anos	34
355	489	Eduardo Costa		TC Training Group	05:27:47	00:29:03	03:01:37	01:46:58	45 - 49 anos	61
356	669	Ivo Magalhães		Académica Triatlo	05:27:50	00:38:08	02:59:22	01:38:49	50 - 54 anos	35
357	365	Pedro Fernandes		Clube Oriental de Lisboa	05:27:57	00:35:29	03:05:30	01:41:18	45 - 49 anos	62
358	389	Diogo Silva		LBSquad	05:27:58	00:36:34	03:05:43	01:36:36	25 - 29 anos	28
359	795	Luiz Junior		ESPAÇO FIT PILATES PORTUGAL	05:28:15	00:32:26	03:01:42	01:45:13	35 - 39 anos	73
360	138	Maxim Dragunov		OnTri Sports	05:28:18	00:37:49	02:57:15	01:44:49	35 - 39 anos	74
361	1089	Ruben Maurício		Clube Naval Amorense	05:28:33	00:32:23	02:59:08	01:49:40	35 - 39 anos	75



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
362	218	Francisco Melo			05:28:44	00:38:29	03:00:44	01:42:54	30 - 34 anos	51
363	175	Daniel Oliveira		Sporting Clube de Espinho	05:29:09	00:33:50	02:56:57	01:50:45	40 - 44 anos	70
364	1004	Ricardo Rosario			05:29:24	00:41:38	02:57:50	01:45:02	40 - 44 anos	71
365	411	Helder Pinto		TriWheelsF4mily	05:29:28	00:31:13	02:54:18	01:53:13	40 - 44 anos	72
366	710	Manuel Rodrigues		Clube Millennium BCP	05:29:29	00:37:39	02:53:21	01:52:49	60 - 64 anos	4
367	943	Jorge Ventura		Triatlón Mar de Vigo	05:29:32	00:32:23	02:58:52	01:50:34	45 - 49 anos	63
368	55	Paulo Santos		Quitério TriPeniche	05:29:36	00:32:07	03:02:04	01:47:45	60 - 64 anos	5
369	500	José Fernandes		Forlife - Clube de Triatlo de Viseu	05:29:48	00:36:27	03:01:04	01:46:40	35 - 39 anos	76
370	504	Ken Gielen		AmoraSub/Associação Naval Amorense	05:29:59	00:25:55	02:56:21	02:00:47	50 - 54 anos	36
371	264	Rui Henriques			05:29:59	00:37:28	02:55:51	01:46:55	45 - 49 anos	64
372	575	Filipe Pocas		TVR Rijnmond	05:30:16	00:34:47	03:00:32	01:44:19	50 - 54 anos	37
373	1022	Nuno Lemos		NDS Triatlo MRW Guarda	05:30:30	00:36:18	02:55:24	01:52:05	50 - 54 anos	38
374	553	Luis Coelho			05:30:38	00:34:08	02:58:40	01:49:45	45 - 49 anos	65
375	804	João Fernandes			05:30:44	00:34:35	03:04:18	01:45:46	30 - 34 anos	52
376	528	Tiago Luís		Alhandra Sporting Club	05:30:49	00:33:04	02:59:19	01:52:38	35 - 39 anos	77
377	717	José Pereira			05:30:55	00:40:22	02:50:59	01:49:52	45 - 49 anos	66
378	605	Deodato Evangelista		Bairro dos Anjos	05:30:55	00:36:44	03:01:27	01:47:07	45 - 49 anos	67
379	623	João Marques		Triatlo Fundação Salesianos	05:30:57	00:42:17	02:56:15	01:45:35	55 - 59 anos	12
380	906	Nuno Rosado			05:30:58	00:38:01	02:56:39	01:47:54	45 - 49 anos	68



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
381	770	Ricardo Belchior		OnTri Sports	05:30:59	00:40:25	03:07:31	01:35:39	30 - 34 anos	53
382	375	Filipe Mourão		OnTri Sports	05:31:01	00:34:22	03:19:13	01:30:35	25 - 29 anos	29
383	496	Roberto Alonso		TriOurense	05:31:08	00:40:23	02:56:19	01:46:29	55 - 59 anos	13
384	326	Rui Faísca		Académica Triatlo	05:31:31	00:31:26	03:02:13	01:49:47	45 - 49 anos	69
385	143	Nadine Dittrich		LBsquad	05:31:43	00:32:22	02:58:41	01:55:00	45 - 49 anos	2
386	574	Francisco Alfredo		Quitério TriPeniche	05:31:43	00:35:26	02:55:53	01:51:55	25 - 29 anos	30
387	36	Renato Araújo		AmoraSub/Associação Naval Amorense	05:31:45	00:35:53	03:01:51	01:45:05	55 - 59 anos	14
388	280	João Esteves		Pimpões Triatlo	05:31:49	00:31:29	03:05:03	01:49:00	35 - 39 anos	78
389	763	Fábio Teixeira		Alhandra Sporting Club	05:31:53	00:35:36	03:05:01	01:43:15	40 - 44 anos	73
390	567	Nuno Faria		Palmela Desporto	05:32:03	00:33:45	02:56:31	01:55:19	45 - 49 anos	70
391	895	Fábio Correia		Ginásio Clube Naval de Faro	05:32:40	00:40:24	03:13:03	01:28:18	35 - 39 anos	79
392	273	Rui Santos		Outsystems Olímpico de Oeiras	05:32:41	00:31:00	03:07:55	01:46:11	35 - 39 anos	80
393	329	Francisco Sampaio		Bobadelas Running Team	05:32:44	00:35:28	03:06:44	01:43:43	40 - 44 anos	74
394	985	Pedro Correia			05:32:45	00:39:02	03:03:34	01:42:10	45 - 49 anos	71
395	840	Diogo Baptista			05:32:51	00:40:52	03:06:53	01:35:02	40 - 44 anos	75
396	251	Nuno Barruncho		LBsquad	05:33:03	00:43:37	03:05:53	01:34:39	45 - 49 anos	72
397	319	Carlos Jeronimo		Sporting Clube de Portugal	05:33:16	00:28:47	02:59:54	01:57:24	40 - 44 anos	76
398	859	Tiago Sousa		Marretas do Norte	05:33:21	00:38:48	03:00:20	01:46:45	45 - 49 anos	73
399	13	Pedro Nunes		Outsystems Olímpico de Oeiras	05:33:29	00:32:19	02:57:08	01:56:54	50 - 54 anos	39



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
400	1032	Eva Silva		Outsystems Olímpico de Oeiras	05:33:33	00:35:24	03:07:29	01:43:40	40 - 44 anos	2
401	229	Victor Medina		OLIMPO CADIZ	05:33:36	00:34:28	03:08:29	01:38:39	50 - 54 anos	40
402	1014	José Pinto			05:33:42	00:40:19	03:07:04	01:37:58	18 - 24 anos	18
403	467	João Dias			05:33:43	00:31:16	03:06:10	01:48:48	40 - 44 anos	77
404	384	Vitor Piçarra			05:33:56	00:33:32	03:14:20	01:38:01	45 - 49 anos	74
405	10	Rodrigo Almeida		Outsystems Olímpico de Oeiras	05:33:56	00:33:13	03:03:44	01:47:23	45 - 49 anos	75
406	85	Christian Ramos		Clube Oriental de Lisboa	05:34:01	00:43:07	03:04:35	01:40:32	45 - 49 anos	76
407	1006	Nuno Pereira			05:34:07	00:33:06	03:03:53	01:47:20	50 - 54 anos	41
408	400	Gonçalo Afonso			05:34:15	00:40:09	02:55:00	01:47:32	18 - 24 anos	19
409	231	David Jorge		Associação Académica de São Mamede	05:34:23	00:34:30	02:58:35	01:54:40	45 - 49 anos	77
410	1034	Bruno Araújo			05:34:30	00:37:11	03:03:56	01:47:16	40 - 44 anos	78
411	163	Pedro Félix		Outsystems Olímpico de Oeiras	05:34:34	00:26:42	03:15:56	01:45:02	40 - 44 anos	79
412	274	Luis Marques		Grupo Desportivo Arenense	05:34:36	00:39:13	03:01:44	01:43:58	55 - 59 anos	15
413	148	João Mateus		Outsystems Olímpico de Oeiras	05:34:49	00:28:48	03:08:01	01:51:59	25 - 29 anos	31
414	536	João Antunes			05:35:01	00:33:20	03:07:13	01:47:16	35 - 39 anos	81
415	334	Timoteo Santana		Triatlo Fundação Salesianos	05:35:15	00:40:15	03:03:53	01:45:24	35 - 39 anos	82
416	293	Rúben Brigas		LBsquad	05:35:16	00:27:18	03:07:40	01:51:31	25 - 29 anos	32
417	787	Alexandre Guimarães		Apulso	05:35:23	00:40:46	03:08:37	01:38:39	45 - 49 anos	78
418	98	João Sousa			05:35:37	00:33:42	03:08:13	01:41:53	30 - 34 anos	54



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
419	128	Inês Custódio		Clube de Futebol Os Belenenses	05:35:50	00:32:20	03:13:04	01:45:22	30 - 34 anos	3
420	706	Marta Barbosa		TRISINTRA - Clube Triatlo de Sintra	05:35:53	00:28:51	03:04:22	01:58:47	18 - 24 anos	2
421	459	Pedro Jorge		DXC Tri Amazing	05:36:04	00:32:55	02:59:45	01:55:31	55 - 59 anos	16
422	630	Tiago Teixeira			05:36:14	00:38:11	03:05:09	01:44:23	30 - 34 anos	55
423	484	Diogo Cunha		Apulso	05:36:14	00:35:34	03:10:17	01:43:16	35 - 39 anos	83
424	802	Tomás Cunha			05:36:15	00:33:50	02:51:28	02:01:15	40 - 44 anos	80
425	700	Marco Filipe		BEsT - Batalha Escola de Triatlo	05:36:32	00:39:47	03:14:48	01:34:29	50 - 54 anos	42
426	738	António Guerreiro			05:36:32	00:40:30	03:01:54	01:48:35	25 - 29 anos	33
427	678	João Miranda		AMCR Fonte Grada	05:37:08	00:37:13	03:10:21	01:39:09	35 - 39 anos	84
428	1102	Ricardo Correia		Iron Brothers LAB	05:37:20	00:34:15	03:06:53	01:49:44	35 - 39 anos	85
429	661	Duarte Reis			05:37:22	00:34:24	03:21:02	01:31:46	35 - 39 anos	86
430	325	Nuno Costa		LBsquad	05:37:31	00:30:48	03:01:02	01:59:37	30 - 34 anos	56
431	1076	Marcelo Paulino		LBsquad	05:37:32	00:34:03	03:13:30	01:41:26	35 - 39 anos	87
432	953	Catarina Pereira		Outsystems Olímpico de Oeiras	05:37:32	00:29:55	03:19:40	01:43:10	18 - 24 anos	3
433	1071	Marco Seixo		JM Triathlon Team	05:37:33	00:39:05	03:11:46	01:34:04	45 - 49 anos	79
434	361	Nelson Valente		OnTri Sports	05:37:35	00:41:19	03:00:13	01:49:07	40 - 44 anos	81
435	998	Oksana Loi		LBsquad	05:37:36	00:33:30	03:16:15	01:40:31	30 - 34 anos	4
436	249	Pedro Morgado		LBsquad	05:38:04	00:37:17	03:05:28	01:49:04	40 - 44 anos	82
437	967	Artur Alves		GRCD Leão Triatlo	05:38:06	00:41:32	03:09:27	01:38:56	50 - 54 anos	43



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
438	151	Pedro Gaspar			05:38:31	00:36:08	03:01:44	01:53:25	40 - 44 anos	83
439	284	Jose Pina		Louletano Desportos Clube	05:38:31	00:42:41	03:06:14	01:42:14	45 - 49 anos	80
440	225	Cristian Vallejo		Suricatos Triatlón Team	05:38:31	00:32:55	03:06:18	01:50:01	45 - 49 anos	81
441	520	João Serôdio		Vitória de Janes	05:38:50	00:44:32	02:54:09	01:52:00	40 - 44 anos	84
442	542	Paulo Carvalhinho		Kainágua	05:39:09	00:37:21	03:05:45	01:44:27	55 - 59 anos	17
443	61	Ricardo Faria			05:39:14	00:37:51	02:59:17	01:55:47	45 - 49 anos	82
444	453	Pedro Rico		Quitério TriPeniche	05:39:27	00:33:14	03:15:36	01:41:22	50 - 54 anos	44
445	1086	Nuno Dantas		GRCD Leão Triatlo	05:39:28	00:40:38	03:18:25	01:31:28	45 - 49 anos	83
446	150	Filipe Matos		Sporting Clube de Portugal	05:39:31	00:34:30	02:57:21	02:03:19	35 - 39 anos	88
447	200	Vasco Berger			05:39:39	00:36:03	03:15:26	01:40:17	18 - 24 anos	20
448	199	Diana Baptista		Outsystems Olímpico de Oeiras	05:39:43	00:35:22	03:17:44	01:41:20	30 - 34 anos	5
449	726	Fernando Ferreira		Associação Académica de São Mamede	05:39:45	00:41:02	03:06:57	01:42:35	55 - 59 anos	18
450	261	Adolfo Vagos		Quitério TriPeniche	05:39:54	00:40:44	03:11:39	01:41:25	55 - 59 anos	19
451	192	Francisco Sanches-Osório		Estoril Praia Credibom	05:40:18	00:38:22	03:04:41	01:50:16	60 - 64 anos	6
452	974	Pedro Fernandes		OnTri Sports	05:40:37	00:38:19	03:22:26	01:30:13	45 - 49 anos	84
453	60	Tiago Amado			05:40:42	00:41:46	03:09:42	01:44:26	40 - 44 anos	85
454	707	Nuno Conceição		DXC Tri Amazing	05:40:46	00:31:24	03:05:20	01:55:12	45 - 49 anos	85
455	256	Ricardo Marques		CCD Crédito Agrícola	05:40:48	00:36:30	03:11:06	01:44:47	40 - 44 anos	86
456	1104	Vasco Pearson			05:40:56	00:34:34	03:20:30	01:37:57	25 - 29 anos	34



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
457	327	Pedro Teixeira		Wikaboo	05:41:03	00:39:27	03:09:15	01:45:08	40 - 44 anos	87
458	78	Duarte Carvalho			05:41:07	00:35:56	03:17:15	01:42:32	35 - 39 anos	89
459	125	José Morgado			05:41:11	00:37:54	03:08:59	01:45:37	55 - 59 anos	20
460	20	Fernando Carmo		Sport União Colarense	05:41:18	00:36:40	03:19:37	01:38:51	55 - 59 anos	21
461	16	Sérgio Filipe		AmoraSub/Associação Naval Amorense	05:41:25	00:34:53	03:05:15	01:54:37	40 - 44 anos	88
462	579	Bruno Gonçalves		JM Triathlon Team	05:41:37	00:38:02	03:09:07	01:46:58	35 - 39 anos	90
463	421	Valter Anacleto			05:41:43	00:38:35	03:00:44	01:56:04	40 - 44 anos	89
464	252	Gabriel Alves		3B Triatlo	05:41:53	00:41:44	03:10:42	01:41:18	55 - 59 anos	22
465	723	Pedro Farinha			05:41:53	00:32:44	03:08:46	01:49:36	40 - 44 anos	90
466	1061	Santiago Sampaio			05:41:56	00:40:09	02:55:10	01:53:21	25 - 29 anos	35
467	947	Carlos Mourato			05:42:03	00:41:44	02:50:42	01:56:40	45 - 49 anos	86
468	436	José Costa		Académica Triatlo	05:42:12	00:38:48	03:05:24	01:51:46	40 - 44 anos	91
469	142	Francisco Bastos		Triatlo Clube TAP	05:42:25	00:30:20	02:57:02	02:08:39	35 - 39 anos	91
470	728	Luís Mendes		OnTri Sports	05:42:30	00:40:25	03:15:48	01:37:52	45 - 49 anos	87
471	300	Alberto Pires		LBsquad	05:42:55	00:40:26	03:00:27	01:52:21	50 - 54 anos	45
472	724	João Bairrão		AmoraSub/Associação Naval Amorense	05:42:56	00:29:57	03:12:07	01:53:45	40 - 44 anos	92
473	172	Gonçalo Santos		OnTri Sports	05:43:13	00:47:31	03:02:04	01:46:41	35 - 39 anos	92
474	227	Rui Guedes			05:43:24	00:37:24	03:14:49	01:42:55	50 - 54 anos	46
475	879	Henrique Delgado		Triatlo Clube da Lourinhã	05:43:28	00:30:09	03:05:40	02:00:14	40 - 44 anos	93



SETÚBAL TRIATHLON

CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
476	510	Ana Oliveira		DXC Tri Amazing	05:43:34	00:34:39	03:02:41	02:01:24	50 - 54 anos	1
477	180	João Beltrão			05:43:34	00:47:32	03:11:37	01:36:38	45 - 49 anos	88
478	1078	Rui Mena		LBsquad	05:43:43	00:40:08	03:17:46	01:32:23	35 - 39 anos	93
479	746	Diogo Ferreira			05:43:51	00:32:09	02:53:37	02:06:26	18 - 24 anos	21
480	366	Patricia Rivotti		Clube Oriental de Lisboa	05:43:55	00:37:00	03:18:17	01:40:39	45 - 49 anos	3
481	374	Ricardo Quitério		Quitério TriPeniche	05:43:56	00:39:07	03:00:40	01:54:28	45 - 49 anos	89
482	573	Emanuel Freitas		Vitória de Janes	05:43:57	00:44:14	03:02:51	01:44:28	35 - 39 anos	94
483	1058	Nuno Saragoça			05:43:59	00:40:09	03:07:00	01:47:39	35 - 39 anos	95
484	622	Carlos Matos		AmoraSub/Associação Naval Amorense	05:44:13	00:46:37	03:07:28	01:41:09	40 - 44 anos	94
485	624	Miguel Mota		200CLUB	05:44:13	00:40:22	03:07:55	01:47:04	30 - 34 anos	57
486	1073	André Franco			05:44:24	00:43:48	03:10:31	01:40:25	30 - 34 anos	58
487	564	Hugo Rocha		CCDSintrense	05:44:38	00:40:24	03:08:09	01:49:05	40 - 44 anos	95
488	121	João Oliveira		Outsystems Olímpico de Oeiras	05:44:39	00:41:28	03:07:46	01:50:04	40 - 44 anos	96
489	832	Rui Barbosa		Grupo Desportivo da Goma	05:44:39	00:33:09	03:00:15	02:03:52	40 - 44 anos	97
490	545	André Cordeiro		A.R.C.D. mendiga	05:45:27	00:38:18	03:11:33	01:48:41	30 - 34 anos	59
491	718	Joaquim Potes			05:45:49	00:35:04	03:12:14	01:46:40	45 - 49 anos	90
492	299	Tiago Santos		Thomar Athletics	05:45:54	00:44:01	03:19:08	01:29:37	45 - 49 anos	91
493	748	Andre Cabrita		Ginásio Clube Naval de Faro	05:46:21	00:35:50	03:09:08	01:55:48	45 - 49 anos	92
494	1043	Pedro Mestre		OnTri Sports	05:46:45	00:34:05	03:08:20	01:55:21	50 - 54 anos	47



SETÚBAL TRIATHLON

CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
495	871	Bruno Carreira		Clube de Triatlo da Venda do Pinheiro	05:46:54	00:43:24	03:11:08	01:44:16	40 - 44 anos	98
496	824	Andrea Saporito		GRCD Leão Triatlo	05:46:54	00:37:39	03:13:26	01:48:05	40 - 44 anos	99
497	465	Miguel Sardinha			05:46:56	00:39:43	03:15:19	01:45:27	18 - 24 anos	22
498	448	Pedro Vargas			05:46:59	00:36:49	03:15:31	01:46:38	35 - 39 anos	96
499	481	David Almeida		Clube Zupper	05:47:05	00:42:09	03:10:20	01:40:48	50 - 54 anos	48
500	785	Duarte Lima			05:47:16	00:34:45	03:16:25	01:45:30	25 - 29 anos	36
501	565	Emanuel Jordão		BEsT - Batalha Escola de Triatlo	05:47:23	00:34:12	03:11:14	01:54:23	40 - 44 anos	100
502	124	Jorge Neri			05:47:35	00:41:46	03:15:41	01:43:31	30 - 34 anos	60
503	503	Aristides Bordalo		Estoril Praia Credibom	05:47:35	00:42:06	03:08:24	01:49:31	55 - 59 anos	23
504	1038	Gabriel Guimarães		AmoraSub/Associação Naval Amorense	05:47:53	00:41:21	03:14:58	01:41:50	40 - 44 anos	101
505	490	Ricardo Farinha			05:48:11	00:35:28	03:13:53	01:48:40	40 - 44 anos	102
506	1060	Sebastião Reino		Outsystems Olímpico de Oeiras	05:48:12	00:28:57	03:05:00	02:06:59	25 - 29 anos	37
507	502	Miguel Costa		JM Triathlon Team	05:48:16	00:39:56	03:07:37	01:52:09	35 - 39 anos	97
508	115	Pedro Filipe		Vitória de Janes	05:48:19	00:29:54	03:11:24	02:00:24	45 - 49 anos	93
509	566	André Nunes			05:48:22	00:39:19	03:13:45	01:46:07	30 - 34 anos	61
510	171	Lara Benito		Sporting Clube de Espinho	05:48:26	00:39:59	03:28:18	01:31:16	30 - 34 anos	6
511	639	Francisco Silva		OnTri Sports	05:48:39	00:41:18	03:03:17	01:52:30	35 - 39 anos	98
512	44	Luís Silva		The Cupcake Cartel	05:48:41	00:48:32	03:07:11	01:44:29	45 - 49 anos	94
513	949	Javier Pereira		Club Triatlón Morrazo	05:48:44	00:34:26	03:11:47	01:55:03	45 - 49 anos	95



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
514	515	Bruno Leite			05:48:51	00:33:18	03:19:31	01:46:16	40 - 44 anos	103
515	577	Manuel Rafael		Outsystems Olímpico de Oeiras	05:48:55	00:34:20	03:19:54	01:43:46	30 - 34 anos	62
516	667	Edgar Gonçalves		AmoraSub/Associação Naval Amorense	05:49:09	00:41:03	03:15:41	01:43:53	35 - 39 anos	99
517	314	João Fernando		Sporting Clube de Espinho	05:49:18	00:36:26	03:19:29	01:44:26	45 - 49 anos	96
518	385	Tiago Cardoso		OnTri Sports	05:49:25	00:38:03	03:27:56	01:33:45	35 - 39 anos	100
519	901	Pedro Teixeira		Triclube Penafiel	05:49:55	00:42:33	03:14:05	01:44:20	35 - 39 anos	101
520	288	Filipe Canilho		Académica Triatlo	05:50:25	00:45:30	03:12:25	01:46:43	40 - 44 anos	104
521	211	João Ferreira		Outsystems Olímpico de Oeiras	05:50:26	00:33:47	03:26:21	01:44:10	40 - 44 anos	105
522	821	Luis Leite			05:50:58	00:42:37	03:10:22	01:46:17	35 - 39 anos	102
523	307	Evan Thomas			05:51:04	00:40:54	03:17:47	01:45:39	25 - 29 anos	38
524	1057	Ricardo Madeira			05:51:09	00:32:43	03:14:17	01:56:50	18 - 24 anos	23
525	534	João Ferreira		OnTri Sports	05:51:18	00:35:29	03:11:00	01:56:06	30 - 34 anos	63
526	258	Ivo Soares			05:51:18	00:34:03	03:06:36	02:03:01	30 - 34 anos	64
527	1045	Mitler Nascimento			05:51:28	00:35:08	03:01:45	02:02:07	35 - 39 anos	103
528	267	Pedro Luiz			05:51:31	00:48:48	03:03:33	01:50:37	40 - 44 anos	106
529	372	Octávio Cardoso		AmoraSub/Associação Naval Amorense	05:51:39	00:38:46	02:57:41	02:06:44	45 - 49 anos	97
530	750	Thomas Stark		JM Triathlon Team	05:51:41	00:46:42	03:03:06	01:52:21	45 - 49 anos	98
531	942	Francisco Bertão		Lucas Force	05:51:52	00:36:29	03:10:03	01:51:59	30 - 34 anos	65
532	368	Ivan Mascarenhas			05:51:56	00:36:13	03:14:08	01:52:38	35 - 39 anos	104



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
533	351	Luis Trigo		Remos Clube Lusitano	05:51:58	00:42:14	03:23:25	01:38:30	60 - 64 anos	7
534	243	Joaquim Fernandes		Grupo Desportivo Corticeiras	05:52:17	00:32:07	03:26:35	01:47:02	60 - 64 anos	8
535	1009	João Pedras		Try@Least	05:52:24	00:41:16	03:10:28	01:51:11	50 - 54 anos	49
536	1037	Helder Correia		Associação Académica de São Mamede	05:52:37	00:34:45	03:20:41	01:44:40	45 - 49 anos	99
537	202	Aleksandr Igonkin		Outsystems Olímpico de Oeiras	05:52:43	00:45:20	02:58:30	02:03:52	40 - 44 anos	107
538	946	Nuno Pinho		PAREDES AVENTURA	05:52:49	00:46:53	03:07:07	01:50:11	45 - 49 anos	100
539	793	Miguel Pereira		Clube desportivo escola santana	05:52:54	00:48:45	03:06:25	01:49:36	55 - 59 anos	24
540	533	Rodrigo Libânio			05:52:57	00:38:14	03:14:04	01:52:37	25 - 29 anos	39
541	654	Esmeraldino Sa		AmoraSub/Associação Naval Amorense	05:53:20	00:47:04	03:18:25	01:38:37	45 - 49 anos	101
542	301	Joao Ramos		LBsquad	05:53:34	00:52:40	03:02:16	01:51:08	40 - 44 anos	108
543	581	Tiago Duarte		AmoraSub/Associação Naval Amorense	05:53:37	00:39:09	03:15:50	01:50:00	50 - 54 anos	50
544	207	Eladio Manuel		Outsystems Olímpico de Oeiras	05:53:41	00:43:21	03:11:09	01:48:45	50 - 54 anos	51
545	637	Nuno Simões		Académica Triatlo	05:53:54	00:32:42	03:13:34	02:00:37	45 - 49 anos	102
546	650	Diogo Marques		OnTri Sports	05:54:00	00:44:38	03:04:22	01:55:44	35 - 39 anos	105
547	294	José Bonito		Clube de Triatlo de Almada	05:54:01	00:38:14	03:12:09	01:57:39	55 - 59 anos	25
548	852	Dinis Delgado		LBsquad	05:54:02	00:37:01	03:27:10	01:40:25	45 - 49 anos	103
549	578	Daniel Martins		OnTri Sports	05:54:09	00:38:08	03:11:56	01:57:41	40 - 44 anos	109
550	350	Humberto Cunha		Outsystems Olímpico de Oeiras	05:54:09	00:35:32	03:13:57	01:59:15	50 - 54 anos	52
551	136	Francisco Matalonga			05:54:12	00:34:09	03:14:13	01:57:26	30 - 34 anos	66



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
552	432	Begonia Jimenez		BALEAMAR TRIALACANT	05:54:14	00:40:43	03:17:00	01:48:58	50 - 54 anos	2
553	621	Pedro Calvário		DXC Tri Amazing	05:54:35	00:37:13	03:08:48	01:53:36	55 - 59 anos	26
554	265	Diogo Pereira			05:54:36	00:33:36	03:14:36	01:55:51	18 - 24 anos	24
555	210	Rui Gomes		Outsystems Olímpico de Oeiras	05:54:48	00:36:00	03:12:57	01:55:28	45 - 49 anos	104
556	709	Pedro Ribeiro		OnTri Sports	05:54:55	00:36:36	03:12:56	01:56:00	18 - 24 anos	25
557	396	Gonçalo Rodrigues			05:55:02	00:36:21	03:23:28	01:48:11	30 - 34 anos	67
558	1081	Ricardo Pereira		JM Triathlon Team	05:55:14	00:39:16	03:07:22	01:59:36	45 - 49 anos	105
559	174	Tiago Pinhal		KBT	05:55:21	00:43:25	03:12:24	01:52:17	45 - 49 anos	106
560	886	João Pereira		Clube de Triatlo os Pimpões	05:55:25	00:41:26	03:24:17	01:42:09	45 - 49 anos	107
561	688	Nuno Vaz			05:55:45	00:37:31	03:16:20	01:53:34	50 - 54 anos	53
562	167	Pedro Pisco		Outsystems Olímpico de Oeiras	05:56:06	00:44:20	03:12:47	01:49:46	50 - 54 anos	54
563	395	Pedro Fardilha		OnTri Sports	05:56:10	00:35:44	03:17:48	01:53:42	50 - 54 anos	55
564	760	Elia Santos		JM Triathlon Team	05:56:17	00:45:26	03:12:40	01:51:25	30 - 34 anos	7
565	440	Luis Morais			05:56:31	00:46:24	02:59:23	02:03:46	60 - 64 anos	9
566	497	Nuno Reis			05:57:07	00:42:17	03:16:44	01:46:03	45 - 49 anos	108
567	927	Rita Monteiro			05:57:15	00:32:42	03:21:47	01:55:10	40 - 44 anos	3
568	851	Tiago Cartaxo			05:57:21	00:35:27	03:18:05	01:57:21	45 - 49 anos	109
569	913	Tiago Osório			05:57:40	00:39:25	03:16:23	01:54:55	40 - 44 anos	110
570	734	Andreia Lourenço		Sporting Clube de Espinho	05:57:42	00:52:29	03:13:17	01:44:51	35 - 39 anos	3



SETÚBAL TRIATHLON

CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
571	638	Pedro Botelho		AmoraSub/Associação Naval Amorense	05:57:45	00:28:39	03:11:11	02:09:23	50 - 54 anos	56
572	417	Lucianna Machado		OnTri Sports	05:57:47	00:38:14	03:21:29	01:49:15	30 - 34 anos	8
573	358	Mauricio Costa			05:57:47	00:39:37	03:17:51	01:52:51	55 - 59 anos	27
574	370	Ricardo Mateus		LXTriathlon	05:57:48	00:47:49	03:21:00	01:39:18	45 - 49 anos	110
575	1013	João Pinho		TRISINTRA - Clube Triatlo de Sintra	05:57:52	00:41:39	03:21:42	01:45:49	35 - 39 anos	106
576	406	Paulo Trindade		Académica Triatlo	05:57:59	00:37:05	03:17:09	01:57:01	60 - 64 anos	10
577	87	Lucas Gomes			05:58:01	00:36:07	03:19:39	01:50:39	30 - 34 anos	68
578	560	Carlos Gomes		Clube Desportivo Areias São João - Albufeira	05:58:03	00:40:25	03:20:41	01:50:36	60 - 64 anos	11
579	1049	Andrés Camaño		Club Triatlón Morrazo	05:58:16	00:34:45	03:22:09	01:53:50	18 - 24 anos	26
580	454	Gonçalo Costa		LBsquad	05:58:27	00:34:47	03:23:58	01:50:27	25 - 29 anos	40
581	780	Hugo Martins		Académica Triatlo	05:58:30	00:45:48	03:09:07	01:54:03	45 - 49 anos	111
582	443	Pedro Martins		GRCD Leão Triatlo	05:58:35	00:34:47	03:14:51	02:01:42	45 - 49 anos	112
583	347	Luis Tomé		Quitério TriPeniche	05:59:02	00:43:36	03:08:59	02:00:31	50 - 54 anos	57
584	212	Manuel Pires		Moto Clube de Setúbal	06:00:08	00:42:02	03:13:29	01:57:23	65 - 69 anos	1
585	646	João Borralho		Rota D'Ossa	06:00:22	00:54:30	02:57:11	01:58:00	45 - 49 anos	113
586	771	Rui Trocio			06:00:31	00:35:39	03:15:26	02:02:23	35 - 39 anos	107
587	988	João Pratas		CUPS	06:00:42	00:33:16	03:03:06	02:19:40	35 - 39 anos	108
588	602	Bruno Cunha			06:00:51	00:51:09	03:05:00	01:57:57	45 - 49 anos	114
589	1091	Luís Silva			06:00:53	00:37:13	03:21:11	01:54:07	30 - 34 anos	69



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
590	544	Hugo Julião		Apulso	06:00:59	00:35:47	03:10:49	02:06:51	40 - 44 anos	111
591	761	João Anastácio		LBsquad	06:01:08	00:39:55	03:10:02	01:59:34	25 - 29 anos	41
592	342	Carlos Gouveia		Clube Vela de Tavira	06:01:34	00:40:53	03:07:25	02:03:22	45 - 49 anos	115
593	842	Juan Belda		CD TRIATLÓN HUELVA	06:01:49	00:38:01	03:27:57	01:45:40	45 - 49 anos	116
594	713	Jose Rodrigues		Paredes Aventura	06:02:03	00:43:06	03:08:56	01:57:13	50 - 54 anos	58
595	827	Nabil Thamri			06:02:03	00:32:04	03:21:26	02:02:11	30 - 34 anos	70
596	675	Manuel Laia		CUPS	06:02:37	00:39:05	02:58:09	02:15:41	35 - 39 anos	109
597	333	Tiago Vitorino		JM Triathlon Team	06:02:56	00:42:12	03:16:20	01:52:48	40 - 44 anos	112
598	275	Nuno Clemente			06:02:58	00:44:29	03:15:53	01:55:03	50 - 54 anos	59
599	357	João Garcia		Quitério TriPeniche	06:03:27	00:38:49	03:22:42	01:55:31	40 - 44 anos	113
600	521	Manuel Correia		DXC Tri Amazing	06:03:54	00:41:36	03:07:07	02:01:15	50 - 54 anos	60
601	957	Carlos Preciso			06:04:02	00:44:34	03:18:25	01:53:06	50 - 54 anos	61
602	71	Miguel San-Payo			06:04:08	00:34:52	03:29:43	01:51:23	60 - 64 anos	12
603	1090	Gonçalo Rosa		Outsystems Olímpico de Oeiras	06:04:08	00:35:59	03:13:00	02:06:32	35 - 39 anos	110
604	505	Ricardo Pereira			06:04:09	00:44:43	03:18:16	01:52:10	40 - 44 anos	114
605	424	Pedro Raposo		Clube Millennium BCP	06:04:12	00:46:37	03:20:04	01:51:01	45 - 49 anos	117
606	25	Marco Sousa		Pedrogão Triatlo - Torres Novas	06:04:26	00:33:39	03:33:14	01:45:29	50 - 54 anos	62
607	312	Bruno Pilar		AmoraSub/Associação Naval Amorense	06:04:35	00:48:02	03:17:29	01:49:50	35 - 39 anos	111
608	72	Fernanda Santinha		Clube Oriental de Lisboa	06:04:37	00:36:04	03:32:16	01:49:20	50 - 54 anos	3



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
609	466	Paulo Guedes			06:04:46	00:38:47	03:17:34	01:56:53	65 - 69 anos	2
610	1070	Jorge Mendrico			06:04:47	00:43:19	03:30:31	01:41:51	30 - 34 anos	71
611	447	Ricardo Freire		AmoraSub/Associação Naval Amorense	06:05:11	00:33:01	03:19:05	02:04:31	40 - 44 anos	115
612	784	Pedro Ventura			06:05:13	00:34:44	03:27:29	01:54:43	55 - 59 anos	28
613	415	Diogo Coelho			06:05:19	00:32:45	03:12:59	02:12:01	25 - 29 anos	42
614	445	José Gomes		Clube Millennium BCP	06:06:12	00:45:17	03:16:54	01:57:45	25 - 29 anos	43
615	31	Luis Cipriano		AMCR Fonte Grada	06:06:24	00:41:19	03:25:53	01:52:46	50 - 54 anos	63
616	846	Pedro Silva		Alhandra Sporting Club	06:06:31	00:37:17	03:30:59	01:50:20	25 - 29 anos	44
617	609	Rita Martins		Outsystems Olímpico de Oeiras	06:06:43	00:36:27	03:29:25	01:55:08	40 - 44 anos	4
618	205	Madalena Andrade		Outsystems Olímpico de Oeiras	06:07:05	00:40:30	03:21:27	01:59:12	45 - 49 anos	4
619	84	Francisco Faria			06:07:15	00:45:03	03:13:13	02:00:02	50 - 54 anos	64
620	376	Diogo Justino		Clube Millennium BCP	06:07:18	00:44:16	03:17:29	01:57:29	40 - 44 anos	116
621	830	Alexandre Sandinha		TRISINTRA - Clube Triatlo de Sintra	06:07:28	00:51:08	03:10:31	01:58:46	35 - 39 anos	112
622	782	Gabriel Zurga			06:07:35	00:37:11	03:13:58	02:05:24	25 - 29 anos	45
623	190	José Gonçalves			06:07:44	00:39:48	03:22:02	01:58:11	50 - 54 anos	65
624	169	André Nadais		OnTri Sports	06:07:50	00:33:20	03:20:32	02:06:14	25 - 29 anos	46
625	452	Bernardo Ferreira			06:08:32	00:37:08	03:20:54	02:01:03	35 - 39 anos	113
626	863	Antonio Duarte		Lucas Force	06:09:14	00:39:56	03:31:39	01:50:33	30 - 34 anos	72
627	493	Daniel Justino			06:09:28	00:36:27	03:19:34	02:06:38	25 - 29 anos	47



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
628	914	Pedro Queiroga		LBSquad	06:10:05	00:38:29	03:26:48	01:52:17	50 - 54 anos	66
629	1083	João Silva		JM Triathlon Team	06:10:25	00:45:48	03:29:00	01:43:18	40 - 44 anos	117
630	909	Edgar Caldeira		OnTri Sports	06:10:36	00:48:24	03:28:02	01:47:02	40 - 44 anos	118
631	1005	João Rato		João Matos	06:10:45	00:52:09	03:18:29	01:54:02	35 - 39 anos	114
632	794	Renato Silva			06:10:54	00:52:41	03:12:44	01:54:23	40 - 44 anos	119
633	157	Alberto Rego			06:12:51	00:44:59	03:32:46	01:47:34	25 - 29 anos	48
634	305	Vasco Pinheiro			06:12:51	00:40:46	03:21:17	02:01:39	55 - 59 anos	29
635	455	Nuno Pereira		Mc Donald 's/Tribraga	06:12:58	00:47:05	03:22:38	01:56:20	40 - 44 anos	120
636	477	Ana Duarte		Sporting Clube de Portugal	06:13:11	00:40:35	03:21:50	02:01:46	40 - 44 anos	5
637	272	Jorge Ferreira		Triatlo Fundação Salesianos	06:13:20	00:38:36	03:22:42	02:04:38	45 - 49 anos	118
638	598	Ricardo Neta			06:13:29	00:34:48	03:08:52	02:22:26	35 - 39 anos	115
639	593	Felipe Souza			06:13:33	00:36:29	03:29:06	01:57:27	35 - 39 anos	116
640	1026	Carlos Nunes		Núcleo do Sporting da Golegã	06:13:35	00:40:26	03:29:08	01:53:02	60 - 64 anos	13
641	620	Paulo Soares		OnTri Sports	06:13:41	00:51:33	03:28:12	01:44:13	45 - 49 anos	119
642	1085	Vasco Afonso		Alhandra Sporting Club	06:13:42	00:42:21	03:35:48	01:44:47	45 - 49 anos	120
643	559	Luis Ribeiro			06:14:38	00:42:53	03:19:46	02:01:12	40 - 44 anos	121
644	213	João Lourenço		GRCD Leião Triatlo	06:14:39	00:41:25	03:34:19	01:45:09	60 - 64 anos	14
645	933	Paulo Salgado			06:14:42	00:45:34	03:23:06	01:58:17	50 - 54 anos	67
646	549	Mafalda Sousa			06:15:00	00:33:19	03:25:22	02:10:04	40 - 44 anos	6



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
647	45	Rui Santos		AmoraSub/Associação Naval Amorense	06:15:12	00:37:30	03:25:14	02:05:10	45 - 49 anos	121
648	754	Victor Oliveira			06:15:39	00:43:03	03:17:47	02:08:46	30 - 34 anos	73
649	880	Mário Júlio			06:15:53	00:46:44	03:18:42	01:56:34	40 - 44 anos	122
650	344	Sara Gonçalves		AmoraSub/Associação Naval Amorense	06:16:17	00:39:58	03:21:11	02:05:44	30 - 34 anos	9
651	146	Nuno Simoes			06:16:41	00:38:30	03:29:14	01:58:26	45 - 49 anos	122
652	237	José Manso		AmoraSub/Associação Naval Amorense	06:17:02	00:43:48	03:26:54	01:57:03	35 - 39 anos	117
653	28	Eduardo Ferreira		Clube Millennium BCP	06:17:11	00:42:11	03:19:32	02:07:25	50 - 54 anos	68
654	185	Eduardo Leite			06:17:17	00:42:59	03:27:15	01:53:45	18 - 24 anos	27
655	483	Luis Rasteiro		AAMA - Associação de Actividade Motora Adaptada	06:17:57	00:41:37	03:23:40	02:05:18	50 - 54 anos	69
656	99	Duarte Almada			06:18:07	00:39:04	03:27:43	02:01:25	50 - 54 anos	70
657	140	Luis Martins			06:18:29	00:38:59	03:24:09	02:03:57	50 - 54 anos	71
658	1007	Vitor Grilo		Triatlo Clube TAP	06:18:50	00:35:23	03:24:05	02:01:24	55 - 59 anos	30
659	847	André Silva			06:19:14	00:38:25	03:18:18	02:14:56	35 - 39 anos	118
660	1001	Nuno Silva			06:19:16	00:47:30	03:34:29	01:46:23	35 - 39 anos	119
661	262	Hugo Gomes		KBT	06:19:48	00:43:50	03:21:58	02:04:15	40 - 44 anos	123
662	463	João Paulino		Palmela Desporto	06:19:59	00:44:53	03:30:17	01:52:28	60 - 64 anos	15
663	548	Ricardo Craveiro			06:20:05	00:43:52	03:30:17	01:56:23	35 - 39 anos	120
664	209	Pedro Barros		Outsystems Olímpico de Oeiras	06:20:13	00:34:15	03:20:42	02:19:44	18 - 24 anos	28
665	442	Liliana Brás		Triatlo Clube TAP	06:20:19	00:33:54	03:36:14	02:03:02	40 - 44 anos	7



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
666	757	Joao Santos			06:20:26	00:28:41	03:03:09	02:40:39	25 - 29 anos	49
667	539	Salvador Águas			06:20:51	00:39:54	03:24:19	02:08:17	30 - 34 anos	74
668	181	Filipe Marques			06:21:02	00:40:13	03:29:53	01:58:55	30 - 34 anos	75
669	295	Gonçalo Oliveira	Pedalarte		06:21:18	00:32:48	03:43:31	01:48:54	25 - 29 anos	50
670	419	Pedro Mello	LBsquad		06:21:39	00:40:09	03:19:01	02:07:31	30 - 34 anos	76
671	304	João Gomes	SFRAA		06:21:44	00:37:52	03:21:39	02:15:16	35 - 39 anos	121
672	850	Jorge Ferreira	Associação Humanitária Bombeiros Estoris		06:22:04	00:50:43	03:27:35	01:56:52	50 - 54 anos	72
673	462	Nuno Sá	LBsquad		06:22:15	00:39:47	03:08:53	02:27:21	35 - 39 anos	122
674	97	Miguel Soares			06:22:50	00:41:47	03:35:25	01:53:06	30 - 34 anos	77
675	677	Daniel Santos	Triatlo Clube da Lourinhã		06:22:53	00:55:16	03:21:10	01:57:12	45 - 49 anos	123
676	166	Mariana Rodrigues	Outsystems Olímpico de Oeiras		06:23:10	00:33:53	03:44:40	01:57:56	18 - 24 anos	4
677	758	Pedro Madeira	Académica Triatlo		06:24:07	00:52:10	03:19:00	02:06:41	30 - 34 anos	78
678	935	Fernando Neto			06:24:19	00:42:55	03:32:40	01:57:14	45 - 49 anos	124
679	155	Pedro Pinto	Triatlo Fundação Salesianos		06:24:45	00:41:55	03:23:41	02:10:40	45 - 49 anos	125
680	587	Tito Henriques			06:24:52	00:43:36	03:30:37	01:52:32	50 - 54 anos	73
681	562	Fábio Paulo	Alhandra Sporting Club		06:25:03	00:49:58	03:20:11	02:01:58	40 - 44 anos	124
682	126	Leandro Nabais			06:25:30	00:40:27	03:25:11	02:11:18	35 - 39 anos	123
683	686	António Gonçalves	ADI - Associação Desportiva Ílhavo		06:26:27	00:59:05	03:06:19	02:13:45	30 - 34 anos	79
684	633	Filipe Pereira			06:26:46	00:57:56	03:20:26	01:59:37	35 - 39 anos	124



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
685	921	Carmo Lucas		Lucas Force	06:26:58	00:39:09	03:49:08	01:47:01	30 - 34 anos	10
686	244	Jorge Nunes		Grupo Desportivo da Goma	06:27:43	01:07:44	03:24:33	01:47:14	60 - 64 anos	16
687	92	Mariana Cabrita			06:27:45	00:43:13	03:49:27	01:48:25	35 - 39 anos	4
688	478	Hélio Carreira			06:28:10	00:51:42	03:22:33	02:03:32	40 - 44 anos	125
689	114	George Leal			06:28:27	00:44:45	02:59:47	02:33:25	40 - 44 anos	126
690	429	Gustavo Neves		DXC Tri Amazing	06:29:23	00:41:55	03:32:49	02:04:32	40 - 44 anos	127
691	315	Manuel Nunes			06:30:02	00:45:52	03:15:41	02:19:33	55 - 59 anos	31
692	812	Ricardo Velhuco		Forlife - Clube de Triatlo de Viseu	06:30:18	00:42:58	03:15:12	02:22:06	40 - 44 anos	128
693	919	Márcio Nobre		Apulso	06:30:30	00:45:00	03:26:36	02:09:10	40 - 44 anos	129
694	132	Paulo Moutinho		Clube Oriental de Lisboa	06:30:48	00:30:55	03:39:30	02:10:06	50 - 54 anos	74
695	845	André Ribeiro		Associação Académica de São Mamede	06:31:29	00:38:27	03:29:34	02:13:16	40 - 44 anos	130
696	491	Alvaro Barneto		Suricatos Triatlón Team	06:31:58	00:41:10	03:38:04	01:56:45	50 - 54 anos	75
697	306	Christopher Pratt			06:32:42	00:55:19	03:15:56	02:11:49	30 - 34 anos	80
698	964	Nuno Lucas		OPraticante.pt	06:32:58	00:41:54	03:35:33	02:02:15	50 - 54 anos	76
699	188	Eduardo Lima			06:33:03	00:36:34	03:11:45	02:34:21	50 - 54 anos	77
700	1025	Miralany Goes			06:33:08	00:47:42	03:34:59	02:01:45	40 - 44 anos	8
701	1087	Ricardo Pita			06:33:56	00:31:44	03:29:17	02:23:35	45 - 49 anos	126
702	103	Henrique Freire		GRCD Leão Triatlo	06:34:03	00:35:25	03:47:12	02:04:06	65 - 69 anos	3
703	170	André Coelho		Clube Triatlo de Viseu	06:34:04	00:46:22	03:23:05	02:16:04	40 - 44 anos	131



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
704	81	Felipe Abbud			06:34:23	00:43:15	03:20:01	02:17:51	45 - 49 anos	127
705	271	Danyel Cunha		Triatlo Fundação Salesianos	06:34:26	00:42:03	03:38:19	02:01:53	50 - 54 anos	78
706	1041	Thiago Campanhã		JM Triathlon Team	06:34:37	00:56:38	03:19:27	02:03:01	40 - 44 anos	132
707	323	Joana Rosado		Triatlo Clube TAP	06:34:46	00:35:39	03:49:27	02:02:02	35 - 39 anos	5
708	63	José Correia		Stravistas Venda do Pinheiro	06:34:49	00:38:44	03:38:35	02:09:03	60 - 64 anos	17
709	100	Madalena Ayres			06:35:04	00:48:56	03:39:58	01:58:11	30 - 34 anos	11
710	508	Bruno Nunes			06:35:16	00:39:34	03:19:11	02:28:24	30 - 34 anos	81
711	568	Maria Soeiro		Outsystems Olímpico de Oeiras	06:35:22	00:40:16	03:39:34	02:09:21	30 - 34 anos	12
712	653	Samanta Soares		AmoraSub/Associação Naval Amorense	06:35:44	00:40:58	03:34:33	02:12:36	30 - 34 anos	13
713	911	Tomás Fernandes		Lucas Force	06:35:51	00:44:47	03:33:24	02:09:44	30 - 34 anos	82
714	948	Frederico Mayer		Lucas Force	06:36:43	00:39:10	03:19:30	02:23:13	25 - 29 anos	51
715	616	Mario Teofilo		Outsystems Olímpico de Oeiras	06:36:57	00:35:47	03:40:13	02:12:24	50 - 54 anos	79
716	17	João Serôdio			06:37:25	00:39:14	03:42:11	02:02:53	45 - 49 anos	128
717	973	Sergio Rosado		OnTri Sports	06:37:25	01:00:24	03:24:03	02:00:57	45 - 49 anos	129
718	673	Daniel Galvão		Clube Pimpões Triatlo	06:37:36	00:45:00	03:37:15	02:07:40	40 - 44 anos	133
719	158	Miguel Cocco			06:37:56	00:39:33	03:25:24	02:23:55	50 - 54 anos	80
720	464	Rony Santos		Sporting Clube de Espinho	06:38:16	00:39:21	03:14:25	02:36:06	45 - 49 anos	130
721	297	João Santos		JM Triathlon Team	06:39:01	00:40:35	03:36:32	02:09:00	40 - 44 anos	134
722	345	Vitor Fernandes		Clube dos Galitos	06:39:11	00:35:35	03:23:12	02:31:12	50 - 54 anos	81



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
723	862	Daniel Aguiar			06:39:58	00:35:59	03:43:33	02:06:43	50 - 54 anos	82
724	944	Rafael Dias			06:40:29	00:52:22	03:29:49	02:09:48	25 - 29 anos	52
725	1052	Pedro Vitorino			06:40:46	00:55:39	03:33:01	02:04:34	45 - 49 anos	131
726	617	Hildebrando Castro			06:40:52	00:40:24	03:48:39	01:58:29	45 - 49 anos	132
727	649	João Menezes		Estoril Praia Credibom	06:41:01	00:47:59	03:42:44	02:03:04	55 - 59 anos	32
728	127	Diogo Caldeira			06:41:29	00:37:49	03:21:53	02:34:52	25 - 29 anos	53
729	583	Claudia Silva		Sporting Clube de Espinho	06:41:47	00:37:57	03:44:17	02:10:59	40 - 44 anos	9
730	923	Rita Silva			06:41:48	00:31:58	03:44:09	02:10:59	35 - 39 anos	6
731	292	Marco Ventura		Linces de Noudar	06:42:12	00:39:45	03:37:53	02:14:16	50 - 54 anos	83
732	773	Sven Grissmer			06:42:33	00:42:36	03:32:10	02:11:37	30 - 34 anos	83
733	1054	Maria Lourenço		LBsquad	06:42:48	00:48:45	03:42:07	02:02:05	30 - 34 anos	14
734	912	Martim Paula			06:42:54	00:49:44	03:30:45	02:11:31	30 - 34 anos	84
735	360	Beatriz Silva		OnTri Sports	06:43:08	00:44:59	03:38:07	02:06:26	18 - 24 anos	5
736	1015	Rafael Barros			06:43:22	00:41:11	03:27:47	02:23:14	18 - 24 anos	29
737	634	Rui Levy		Clube Fluvial Vilacondense	06:43:49	00:46:30	03:18:18	02:31:13	50 - 54 anos	84
738	1097	Eduardo Machado		Alhandra Sporting Club	06:44:22	00:40:16	03:31:25	02:21:54	40 - 44 anos	135
739	767	Jeffrey Zive		Sintra Trail Runners	06:44:42	00:39:35	03:31:15	02:25:58	55 - 59 anos	33
740	438	Eduardo Poças		GRCD Leirão Triatlo	06:45:02	00:34:23	03:36:49	02:25:17	45 - 49 anos	133
741	861	Alexandra Santos			06:45:13	00:42:13	03:48:03	02:06:22	40 - 44 anos	10



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
742	364	Hugo Santinhos		AmoraSub/Associação Naval Amorense	06:45:15	00:50:04	03:33:06	02:11:49	50 - 54 anos	85
743	978	Moritz Toelke			06:45:35	00:38:54	03:38:17	02:14:47	30 - 34 anos	85
744	731	Eduardo Carpinteiro			06:45:39	00:46:07	03:25:05	02:24:18	60 - 64 anos	18
745	94	Cláudia Marques		AmoraSub/Associação Naval Amorense	06:45:56	00:39:37	03:42:33	02:16:12	40 - 44 anos	11
746	716	Pedro Henriques			06:46:07	00:34:23	03:35:52	02:24:10	50 - 54 anos	86
747	1044	Pedro Nunes			06:47:04	00:39:26	03:49:32	02:07:42	30 - 34 anos	86
748	67	Rui Martins			06:47:16	00:42:28	03:40:32	02:13:09	55 - 59 anos	34
749	789	Charles Lima		Performance Triathlon	06:48:14	00:46:27	03:30:45	02:19:45	55 - 59 anos	35
750	247	Aliaksandr Zuyonak			06:48:41	00:46:37	03:34:24	02:21:13	50 - 54 anos	87
751	563	Luís Mendonça			06:48:53	00:36:55	04:01:59	02:00:30	35 - 39 anos	125
752	1019	Ana Fontes			06:49:43	00:36:57	03:38:54	02:18:43	35 - 39 anos	7
753	994	Miguel Mota			06:49:46	00:56:52	03:34:50	02:06:41	25 - 29 anos	54
754	83	Horácio Oliveira		AmoraSub/Associação Naval Amorense	06:50:22	00:48:23	03:48:27	01:58:30	50 - 54 anos	88
755	228	Luis Santos		GDR Manique de Cima	06:50:47	00:46:35	03:39:32	02:16:04	60 - 64 anos	19
756	796	Nuno Dias		JM Triathlon Team	06:51:04	00:45:26	03:40:04	02:13:40	45 - 49 anos	134
757	888	Nuno Martins			06:51:46	00:41:56	03:45:09	02:14:37	25 - 29 anos	55
758	736	João Dias			06:52:15	00:56:33	03:35:40	02:11:30	30 - 34 anos	87
759	599	Armando Lopes		SFRAA	06:52:34	00:47:21	03:44:09	02:11:21	60 - 64 anos	20
760	801	Francisco Gouveia			06:53:50	00:43:55	03:37:36	02:18:26	18 - 24 anos	30



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
761	756	Carlos Abreu			06:53:52	00:38:31	03:44:57	02:15:41	50 - 54 anos	89
762	1075	Bruno Rêgo			06:55:30	00:43:43	03:21:07	02:40:26	45 - 49 anos	135
763	468	Fabio Pasta			06:55:44	00:47:19	03:37:34	02:21:24	45 - 49 anos	136
764	705	Ricardo Duarte		Clube OGMA	06:56:10	00:52:47	03:34:44	02:17:26	45 - 49 anos	137
765	826	Pedro Castanheira			06:57:04	00:47:45	03:50:11	02:07:30	50 - 54 anos	90
766	831	Rui Silva		Escola Triatlo Santo António Évora	06:57:36	00:41:24	03:47:04	02:20:03	40 - 44 anos	136
767	781	Joao Carvalho			06:58:42	00:39:37	03:35:24	02:33:59	35 - 39 anos	126
768	719	André Valentim			07:00:01	00:34:29	03:38:26	02:37:24	35 - 39 anos	127
769	625	Raquel Matos		AmoraSub/Associação Naval Amorense	07:02:37	00:43:29	03:47:07	02:17:32	45 - 49 anos	5
770	254	Sonia Ribeiro		Triatlo Fundação Salesianos	07:02:37	00:52:32	03:43:36	02:18:35	50 - 54 anos	4
771	708	Fábio Sequeira		InoxMan's	07:03:10	00:34:56	04:03:33	02:13:54	25 - 29 anos	56
772	837	Rui Silva			07:05:16	00:53:19	03:31:19	02:29:42	55 - 59 anos	36
773	456	Rui Catarrinha			07:05:55	00:40:53	03:37:08	02:34:48	50 - 54 anos	91
774	815	Filipe Horta		Clube Millennium BCP	07:06:33	00:31:52	03:42:00	02:44:55	60 - 64 anos	21
775	668	João Veloso		OnTri Sports	07:08:16	00:37:44	03:55:34	02:25:40	30 - 34 anos	88
776	701	Marco Silva		OnTri Sports	07:09:08	00:44:08	03:44:00	02:30:14	40 - 44 anos	137
777	883	Jose Neto			07:14:10	00:43:41	03:51:32	02:29:56	40 - 44 anos	138
778	425	Joaquim Vieira			07:17:09	00:44:29	03:48:14	02:36:08	50 - 54 anos	92
779	822	Bruno Vidigal		JM Triathlon Team	07:18:19	00:38:33	03:41:21	02:45:41	55 - 59 anos	37



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
780	856	André Ferreira		JM Triathlon Team	07:20:42	00:36:43	04:02:10	02:28:50	35 - 39 anos	128
781	744	Ivo Ramos			07:25:51	00:42:33	03:36:34	02:59:48	25 - 29 anos	57
782	70	Luís Carvalho			07:28:01	00:40:18	03:58:09	02:36:39	55 - 59 anos	38
783	511	Daniel Leão			07:38:47	00:46:16	03:45:01	02:57:18	45 - 49 anos	138
0	134	Ricardo Gomes	DNF	LBsquad	04:39:12	00:32:28	03:06:55	00:52:34	40 - 44 anos	
0	203	David Mendes	DNF	Outsystems Olímpico de Oeiras	04:39:02	00:29:13	02:40:24	01:24:11	25 - 29 anos	
0	129	Nuno Almeida	DNF	OnTri Sports	05:04:59	00:46:58	02:35:58	01:26:34	45 - 49 anos	
0	147	Jose Varela	DNF		04:47:18	00:31:54	03:11:13	00:52:56	50 - 54 anos	
0	110	Raquel Guimarães	DNF		01:14:33	01:09:00	00:00:00		40 - 44 anos	
0	106	Mariana Duarte	DNF	Sporting Clube de Espinho	01:14:17	00:38:55	00:28:59		35 - 39 anos	
0	541	Jorge Pé-Curto	DNF	AAMA - Associação de Actividade Motora Adaptada	04:33:05	00:50:09	03:09:30	00:24:06	50 - 54 anos	
0	332	Vasco Baptista	DNF		01:00:14	00:34:26	00:20:04		45 - 49 anos	
0	435	Paulo Luz	DNF		01:15:07	01:15:07			45 - 49 anos	
0	697	Luís Bravo	DNF	KBT	00:00:00	00:00:00			50 - 54 anos	
0	407	Nelson Lopes	DNF		00:00:00	00:00:00			40 - 44 anos	
0	409	Vadym Shkryba	DNF		00:00:00	00:00:00			25 - 29 anos	
0	645	Pedro Gil	DNF	Quitério TriPeniche	04:43:51	00:48:58	03:36:47	00:06:10	50 - 54 anos	
0	427	Ilya Belyaev	DNF	Outsystems Olímpico de Oeiras	03:26:24	00:29:14	02:54:42		40 - 44 anos	
0	420	Sandra Sausen	DNF	OnTri Sports	00:00:00	00:00:00			40 - 44 anos	



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	428	Manuel Teixeira	DNF	CNATRIL Triatlo	05:09:26	00:35:14	02:47:18	01:41:21	25 - 29 anos	
0	430	Sergio Massano	DNF	Sporting Clube de Portugal	02:11:33	00:42:45	01:23:03		40 - 44 anos	
0	450	Cláudio Caramelo	DNF	Clube de Natação de Torres Novas	01:26:51	00:40:13	00:00:00		40 - 44 anos	
0	457	Christianne Custodio	DNF	Clube Fluvial Vilacondense	00:33:35	00:33:35			55 - 59 anos	
0	514	Nuno Silva	DNF	TC Training Group	05:04:42	00:39:15	03:09:57	01:07:35	40 - 44 anos	
0	699	Marciano Dias	DNF	DXC Tri Amazing	05:38:23	00:33:25	02:30:00	02:29:43	40 - 44 anos	
0	499	David Fernandes	DNF	Triatlo Fundação Salesianos	00:00:00	00:00:00			25 - 29 anos	
0	79	Pedro Silva	DNF	Clube de Natação de Alcobaça	04:31:28	00:47:05	03:27:06	00:08:51	50 - 54 anos	
0	122	Tiago Santos	DNF	Triatlo Clube da Lourinhã	03:26:16	00:36:19	02:42:06	00:00:00	35 - 39 anos	
0	198	Flávia Ribeiro	DNF	Outsystems Olímpico de Oeiras	01:15:44	01:11:14	00:00:00		30 - 34 anos	
0	123	Nuno Sousa	DNF		01:16:29	00:44:53	00:26:30		45 - 49 anos	
0	95	Carlos Custodio	DNF	Clube Oriental de Lisboa	03:28:12	00:30:31	02:52:32	00:00:00	50 - 54 anos	
0	348	Marco Costa	DNF	Outsystems Olímpico de Oeiras	00:00:00	00:00:00			40 - 44 anos	
0	278	Paulo Romeiro	DNF		01:11:31	01:05:01	00:00:00		45 - 49 anos	
0	283	Joel Cunha	DNF	OnTri Sports	03:49:36	00:37:57	03:03:17	00:00:00	40 - 44 anos	
0	215	André Cabral	DNF	Outsystems Olímpico de Oeiras	01:51:42	00:32:26	01:14:39		45 - 49 anos	
0	610	Marco Rocha	DNF	Outsystems Olímpico de Oeiras	02:45:22	00:40:41	01:59:11		45 - 49 anos	
0	612	Gonçalo Resina	DNF	Núcleo do Sporting da Golegã	04:35:14	00:22:19	02:37:46	01:26:09	45 - 49 anos	
0	743	Tiago Santos	DNF	Clube dos Galitos	03:37:51	00:30:43	02:39:48	00:22:26	40 - 44 anos	



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	569	Madalena Caninas	DNF	Clube Oriental de Lisboa	02:29:04	00:40:59	01:42:19		60 - 64 anos	
0	584	Julio Nepomuceno	DNF	Escola Triatlo Santo António Évora	04:37:29	00:41:19	03:43:36	00:00:00	55 - 59 anos	
0	35	Filipe Ramos	DNF	Clube de Futebol Os Belenenses	04:46:58	00:46:17	03:48:02	00:00:00	50 - 54 anos	
0	854	Bruno Tavares	DNF		01:10:03	01:10:03			40 - 44 anos	
0	647	Joao Silva	DNF	200CLUB	00:00:00	00:00:00			45 - 49 anos	
0	641	Paulo Fernandes	DNF		04:00:32	00:34:57	03:15:35	00:00:00	55 - 59 anos	
0	644	Telmo Pinto	DNF	Triatlo Clube da Lourinhã	02:00:16	00:36:05	01:16:53		50 - 54 anos	
0	666	Gonçalo Chilrito	DNF		02:14:54	00:40:20	01:26:35		25 - 29 anos	
0	674	Francisco Espiñeira	DNF		02:11:29	00:41:20	01:25:19		30 - 34 anos	
0	676	Gonçalo Santos	DNF	AmoraSub/Associação Naval Amorense	01:57:28	00:38:59	01:12:38		40 - 44 anos	
0	745	Daniel Falcão	DNF		00:00:00	00:00:00			40 - 44 anos	
0	687	Jose Almeida	DNF	Wikaboo	00:00:00	00:00:00			55 - 59 anos	
0	694	Patricia Braga	DNF		01:09:33	01:09:33			50 - 54 anos	
0	695	Bruno Ricardo	DNF	Triatlo Fundação Salesianos	04:27:39	00:38:07	03:36:43	00:00:00	60 - 64 anos	
0	733	Luís Costa	DNF		04:27:46	00:44:24	03:28:46	00:04:45	30 - 34 anos	
0	753	Paulo Nogueira	DNF	Clube de Nataç�o de Torres Novas	00:42:15	00:42:15			55 - 59 anos	
0	759	Jo�o Caldeira	DNF	Gin�sio Clube Naval de Faro	01:47:44	00:36:34	00:58:45		30 - 34 anos	
0	7	Jo�o Ferreira	DNF		02:30:34	00:22:52	02:05:25		30 - 34 anos	
0	1002	Ricardo Sim�o	DNF	NDS Triatlo MRW Guarda	00:00:00	00:00:00			40 - 44 anos	



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	1048	João Cardoso	DNF	Estoril Praia Credibom	01:11:48	01:11:48			30 - 34 anos	
0	1031	Pedro Granate	DNF	Try@Least	03:09:04	00:32:17	02:33:08		35 - 39 anos	
0	1053	Cristina Santos	DNF		01:11:38	01:11:38			40 - 44 anos	
0	1063	Jorge Barroso	DNF		02:04:43	00:35:02	01:22:46		45 - 49 anos	
0	962	Victor Sá	DNF	Academia de boxe Victor Sá	02:29:59	00:16:48	02:02:21		50 - 54 anos	
0	48	Miguel Cruz	DNF	Clube Millennium BCP	04:07:11	00:51:47	03:05:43		55 - 59 anos	
0	991	Bruno Brito	DNF	TRILIFE CENTER COMPETITION	04:44:34	00:32:21	03:11:52	00:52:18	45 - 49 anos	
0	1028	Joao Pinto	DNF	Sporting Clube de Portugal	04:51:12	00:43:54	03:34:56	00:21:12	45 - 49 anos	
0	1020	Luis Dias	DNF	Centro Ciclista Azeitonense	05:12:40	00:37:44	02:48:23	01:40:58	45 - 49 anos	
0	971	Samuel Henriques	DNF		02:05:17	02:05:17			35 - 39 anos	
0	1003	Miguel Teixeira	DNF	AmoraSub/Associação Naval Amorense	00:00:00	00:00:00			40 - 44 anos	
0	805	Antonio Ferreira	DNF		05:55:25	00:32:51	03:07:06	02:07:22	55 - 59 anos	
0	806	Nuno Fernandes	DNF		01:14:51	01:14:51			60 - 64 anos	
0	808	Marco Silva	DNF	OnTri Sports	02:20:03	00:58:02	01:15:09		40 - 44 anos	
0	813	João Faria	DNF		04:22:52	00:28:30	02:47:45	01:01:43	50 - 54 anos	
0	937	Pedro Pinto	DNF	Clube de Futebol Os Belenenses	02:04:38	00:55:38	00:57:49		50 - 54 anos	
0	938	Rogério Pires	DNF	Clube de Triatlo do Fundão	00:42:10	00:42:10			50 - 54 anos	
0	839	Luis Adrada	DNF		04:42:19	00:36:05	03:40:01	00:16:52	50 - 54 anos	
0	788	Diogo Vidigal	DNF	JM Triathlon Team	03:13:31	00:51:49	02:15:25		45 - 49 anos	



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	897	Gonçalo Moita	DNF		06:52:44	00:39:31	03:47:08	02:15:23	25 - 29 anos	
0	902	Marco Carapinha	DNF	Clube Oriental de Lisboa	05:58:31	00:49:06	03:09:18	01:51:24	50 - 54 anos	
0	892	Pastor Regueiro	DNF	Triatlón Arteixo	04:04:56	00:30:18	02:44:37	00:00:00	30 - 34 anos	
0	920	José Ferreira	DNF	LBsquad	04:45:04	00:38:04	03:23:15	00:33:23	25 - 29 anos	
0	618	Pedro Almeida	DNF	Marretas do Norte	01:55:00	00:35:37	01:14:19		40 - 44 anos	
0	1074	Michelle Steyaert	DNF		02:24:22	00:55:07	01:22:14		25 - 29 anos	
0	1077	Diogo Parracho	DNF	JM Triathlon Team	00:00:00	00:00:00			35 - 39 anos	
0	1084	Diogo Mateus	DNF		00:42:49	00:42:49			35 - 39 anos	
0	922	André Pinto	DQ	Alhandra Sporting Club	06:12:09	00:42:02	03:31:53	01:48:18	25 - 29 anos	
0	1065	José Lucena	DQ	3XS	05:40:08	00:31:35	03:08:16	01:53:42	35 - 39 anos	
0	860	Ricardo Cabral	DQ	Wikaboo	05:01:21	00:34:35	02:41:27	01:40:35	40 - 44 anos	
0	1051	Emilio Toro	DQ		04:58:14	00:29:02	02:43:14	01:35:45	40 - 44 anos	
0	1024	Ricardo Emílio	DQ	Estoril Praia Credibom	05:45:18	00:38:30	03:07:13	01:53:05	50 - 54 anos	
0	956	Bernardo Martins	DQ		06:36:43	00:37:18	03:21:27	02:29:41	18 - 24 anos	
0	558	Eduardo Carvalho	DQ		05:14:53	00:28:00	02:54:59	01:45:07	40 - 44 anos	
0	276	Filipe Barbosa	DQ	LBsquad	05:33:55	00:36:05	03:00:16	01:49:41	45 - 49 anos	
0	341	Karen Levy	OTL	TC Training Group	03:15:07	00:43:16	02:26:11		55 - 59 anos	
0	586	José Maçarria	OTL		03:13:03	00:43:55	02:22:17		65 - 69 anos	
0	286	Joao Garcia	OTL		03:14:32	00:41:47	02:26:43		50 - 54 anos	



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CLASSIFICAÇÃO'25

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	93	Luís Massapina	OTL	Louletano Desportos Clube	03:20:22	00:56:10	02:18:27		45 - 49 anos	
0	683	Jose Correia	OTL	Associação Humanitária Bombeiros Estoris	03:18:38	00:34:38	02:34:41		65 - 69 anos	
0	882	Carlos Farinha	OTL	Projecto blue O / FPAD	03:18:28	00:40:44	02:25:38		50 - 54 anos	
0	692	Jose Dominguez	OTL		04:39:15	00:42:46	03:49:24		60 - 64 anos	
0	547	Jorge Carvalho	OTL	Clube Oriental de Lisboa	03:40:15	00:37:15	02:59:34		55 - 59 anos	
0	557	Nuno Antunes	OTL		03:16:44	00:44:41	02:24:03		55 - 59 anos	
0	191	Andreia Tourais	OTL	Outsystems Olímpico de Oeiras	03:18:10	01:00:24	02:13:21		35 - 39 anos	
0	1012	Tamzyn Dijkman	OTL		03:23:17	00:43:32	02:31:12		35 - 39 anos	
0	1021	Miguel Ehm	OTL		03:28:18	00:48:33	02:29:54		25 - 29 anos	
0	961	João Canas	OTL		03:22:40	01:00:24	02:15:33		35 - 39 anos	
0	1039	Daniel Branco	OTL		03:16:13	00:43:31	02:21:33		50 - 54 anos	
0	1023	Maria Vieira	OTL		03:20:52	00:43:34	02:31:12		45 - 49 anos	
0	970	Sergio Maquinista	OTL	Repsol triatlo	03:25:30	00:58:20	02:21:54		40 - 44 anos	
0	918	Gonçalo Rugeroni	OTL	Lucas Force	03:18:27	00:40:53	02:30:34		25 - 29 anos	
0	907	Maria Raposo	OTL	LBsquad	03:36:57	00:43:28	02:44:03		25 - 29 anos	
0	786	Isabel Carvalho	OTL		03:25:42	00:52:56	02:25:52		40 - 44 anos	
0	939	Liliana Faustino	OTL	Clube de Triatlo da Venda do Pinheiro	03:22:06	00:55:27	02:21:12		35 - 39 anos	
0	958	Luís Braz	OTL	TC Training Group	03:24:38	00:44:13	02:33:36		45 - 49 anos	
0	817	Pedro Fonseca	OTL	OnTri Sports	03:21:24	00:47:17	02:27:55		30 - 34 anos	



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CLASSIFICAÇÃO'25

<i>Lugar</i>	<i>Dorsal</i>	<i>Nome</i>	<i>Penal.</i>	<i>Clube</i>	<i>Tempo Oficial</i>	<i>Natação</i>	<i>Ciclismo</i>	<i>Corrida</i>	<i>Age Group</i>	<i>Lugar Age Gr.</i>
0	1095	Maksim Ploskodniak	OTL		03:22:09	00:50:53	02:21:39		35 - 39 anos	



18 - 24 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	449	Tomás Augusto Matos Teixeira	04:05:55	00:25:20	02:18:38	01:17:46	2
2	335	Salomão Alexandre Savelenko	04:06:17	00:22:53	02:21:25	01:19:16	3
3	1067	João Pedro Chagas	04:10:42	00:22:48	02:28:39	01:16:12	5
4	1094	François Vie	04:19:21	00:23:27	02:33:08	01:19:33	9
5	105	Guilherme Bonito	04:24:02	00:22:59	02:33:59	01:23:39	19
6	881	João Luís Gonçalves Cabral	04:29:00	00:26:32	02:31:14	01:25:18	29
7	394	Manuel Fardilha	04:43:40	00:27:19	02:40:34	01:31:54	58
8	538	Carpentier Yanis	04:49:32	00:26:43	02:39:39	01:39:37	85
9	269	Duarte Nuno Lourenço Dos Santos	04:55:58	00:29:44	02:53:15	01:28:13	115
10	834	João Graça	04:58:02	00:29:59	02:52:18	01:31:19	134
11	841	Tomás Rodrigues	04:58:34	00:33:01	02:43:46	01:35:42	136
12	310	Pedro Azevedo	04:59:02	00:32:46	02:42:39	01:38:12	138
13	755	Pedro Botelho	05:00:58	00:32:45	02:42:30	01:38:44	154
14	905	André Duarte	05:01:09	00:28:38	02:43:50	01:44:09	156
15	887	Frederico Sáragga	05:12:00	00:30:17	02:56:30	01:39:01	237
16	865	Gonçalo Monteiro	05:18:44	00:32:43	02:58:45	01:40:47	284
17	1017	Ricardo Guia Silva	05:19:51	00:33:55	02:53:55	01:45:05	296
18	1014	José Bernardo Mota Pinto	05:33:42	00:40:19	03:07:04	01:37:58	402
19	400	Gonçalo Afonso	05:34:15	00:40:09	02:55:00	01:47:32	408
20	200	Vasco Gentil Berger	05:39:39	00:36:03	03:15:26	01:40:17	447
21	746	Diogo Miguel Rucha Ferreira	05:43:51	00:32:09	02:53:37	02:06:26	479
22	465	Miguel Jacob Sena Sardinha	05:46:56	00:39:43	03:15:19	01:45:27	497
23	1057	Ricardo Maia Alliot Madeira	05:51:09	00:32:43	03:14:17	01:56:50	524
24	265	Diogo Pereira	05:54:36	00:33:36	03:14:36	01:55:51	554
25	709	Pedro Ribeiro	05:54:55	00:36:36	03:12:56	01:56:00	556
26	1049	Andrés Corrales Camaño	05:58:16	00:34:45	03:22:09	01:53:50	579
27	185	Eduardo Pais Borges De Macedo Leite	06:17:17	00:42:59	03:27:15	01:53:45	654
28	209	Pedro Manuel Pazos Alonso Mendes De Barros	06:20:13	00:34:15	03:20:42	02:19:44	664
29	1015	Rafael Barros	06:43:22	00:41:11	03:27:47	02:23:14	736
30	801	Francisco Gouveia	06:53:50	00:43:55	03:37:36	02:18:26	760

18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	884	Carolina Boulhosa	05:18:08	00:30:17	02:57:49	01:44:13	281



2	706 Marta Barbosa	05:35:53	00:28:51	03:04:22	01:58:47	420
3	953 Catarina Dias Costa Pereira	05:37:32	00:29:55	03:19:40	01:43:10	432
4	166 Mariana Calhegas Rodrigues	06:23:10	00:33:53	03:44:40	01:57:56	676
5	360 Beatriz Silva	06:43:08	00:44:59	03:38:07	02:06:26	735

25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	3	Luis Manuel Dias Moleiro	04:15:58	00:26:01	02:23:30	01:22:17	6
2	772	Diogo Allen Coelho	04:18:00	00:29:18	02:21:59	01:22:58	8
3	873	Filipe Marques	04:30:38	00:22:56	02:32:22	01:31:43	33
4	1055	José Pedro Galão Barreto	04:35:03	00:26:56	02:44:13	01:20:48	42
5	373	Miguel Ângelo Sérvulo Tomé	04:41:27	00:24:58	02:45:32	01:26:36	53
6	864	Gonçalo Nóvoa	04:44:17	00:28:19	02:44:26	01:22:38	62
7	823	Lucas Souza	04:45:48	00:30:09	02:35:37	01:34:19	68
8	972	Ruben Fagundes	04:48:33	00:31:05	02:43:07	01:30:02	77
9	526	Jorge Nunes	04:48:33	00:26:02	02:44:14	01:33:17	78
10	552	Nelson Oliveira	04:49:27	00:27:50	02:45:01	01:32:33	84
11	139	João Gandum	04:50:10	00:37:40	02:37:19	01:29:52	89
12	849	José Sousa	04:57:10	00:31:48	02:48:43	01:32:00	125
13	870	João Maria Ferreira Gonçalves Da Silva	04:57:18	00:35:02	02:46:26	01:30:42	127
14	377	João Pedro Mendes Dos Santos	04:57:39	00:26:40	02:48:15	01:36:27	130
15	844	Rafael Sá Alves	04:59:09	00:29:26	02:43:42	01:40:08	139
16	1062	Manuel Horteiga	05:03:21	00:33:22	02:52:12	01:30:09	169
17	869	Miguel Ribeiro	05:05:56	00:34:10	02:49:14	01:37:05	188
18	1018	João Couto	05:06:07	00:32:11	02:54:49	01:33:03	191
19	1056	Rafael Lopes	05:07:26	00:29:20	02:47:12	01:45:14	201
20	405	Tomás Rosado	05:07:35	00:30:03	02:51:34	01:38:19	204
21	317	Francisco Correia Dos Santos	05:08:47	00:29:59	02:46:58	01:47:17	213
22	387	Mário Ribeiro	05:08:53	00:35:47	02:49:44	01:37:34	214
23	330	Miguel Bon De Sousa	05:12:45	00:33:55	02:56:56	01:35:46	243
24	130	Renato Oliveira	05:12:51	00:26:58	02:54:32	01:45:26	245
25	204	João Pedro Westwood	05:14:22	00:28:39	02:57:52	01:41:00	256
26	186	Diogo Berger	05:15:23	00:31:19	02:45:55	01:54:02	266
27	926	Pedro Lucas	05:21:24	00:35:12	03:01:40	01:38:20	309
28	389	Diogo Miguel Ervilha Da Silva	05:27:58	00:36:34	03:05:43	01:36:36	358
29	375	Filipe Mourão	05:31:01	00:34:22	03:19:13	01:30:35	382
30	574	Francisco Alfredo	05:31:43	00:35:26	02:55:53	01:51:55	386



31	148	João Pedro Bom Ferreira Mateus	05:34:49	00:28:48	03:08:01	01:51:59	413
32	293	Rúben Martins Brigas	05:35:16	00:27:18	03:07:40	01:51:31	416
33	738	António Guerreiro	05:36:32	00:40:30	03:01:54	01:48:35	426
34	1104	Vasco Pearson	05:40:56	00:34:34	03:20:30	01:37:57	456
35	1061	Santiago Villax Sampaio	05:41:56	00:40:09	02:55:10	01:53:21	466
36	785	Duarte Lima	05:47:16	00:34:45	03:16:25	01:45:30	500
37	1060	Sebastião Reino	05:48:12	00:28:57	03:05:00	02:06:59	506
38	307	Evan Thomas	05:51:04	00:40:54	03:17:47	01:45:39	523
39	533	Rodrigo Libânio	05:52:57	00:38:14	03:14:04	01:52:37	540
40	454	Gonçalo Palrão Medeiros Costa	05:58:27	00:34:47	03:23:58	01:50:27	580
41	761	João Anastácio	06:01:08	00:39:55	03:10:02	01:59:34	591
42	415	Diogo Coelho	06:05:19	00:32:45	03:12:59	02:12:01	613
43	445	José Pedro Gomes	06:06:12	00:45:17	03:16:54	01:57:45	614
44	846	Pedro Silva	06:06:31	00:37:17	03:30:59	01:50:20	616
45	782	Gabriel Zurga	06:07:35	00:37:11	03:13:58	02:05:24	622
46	169	André Mortágua Nadaís	06:07:50	00:33:20	03:20:32	02:06:14	624
47	493	Daniel Justino	06:09:28	00:36:27	03:19:34	02:06:38	627
48	157	Alberto Rego	06:12:51	00:44:59	03:32:46	01:47:34	633
49	757	Joao Francisco Ribeiro Dos Santos	06:20:26	00:28:41	03:03:09	02:40:39	666
50	295	Gonçalo Oliveira	06:21:18	00:32:48	03:43:31	01:48:54	669
51	948	Frederico Mayer	06:36:43	00:39:10	03:19:30	02:23:13	714
52	944	Rafael Rocha Dias	06:40:29	00:52:22	03:29:49	02:09:48	724
53	127	Diogo Caldeira	06:41:29	00:37:49	03:21:53	02:34:52	728
54	994	Miguel Martins Mota	06:49:46	00:56:52	03:34:50	02:06:41	753
55	888	Nuno Martins	06:51:46	00:41:56	03:45:09	02:14:37	757
56	708	Fábio Sequeira	07:03:10	00:34:56	04:03:33	02:13:54	771
57	744	Ivo Ramos	07:25:51	00:42:33	03:36:34	02:59:48	781

25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1099	Chipier Marie	04:52:33	00:28:46	02:44:05	01:36:10	102
2	177	Francisca Faria De Sales Parente Cambra	05:02:32	00:30:08	02:55:11	01:33:02	163
3	423	Beatriz Passos	05:11:42	00:32:30	03:05:25	01:29:36	234
4	101	Maria Gomes Calção Medeiro	05:26:21	00:29:54	03:05:03	01:47:27	344



30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	659	Mário André Bastos Rocha	04:09:36	00:26:39	02:21:31	01:18:08	4
2	554	Adriano Correia	04:22:09	00:25:14	02:35:46	01:18:37	13
3	1059	Alejandro Pérez Varela	04:23:49	00:26:21	02:33:28	01:19:46	18
4	975	David Lobão Matos	04:25:54	00:29:09	02:33:07	01:20:11	23
5	1079	Afonso Garcia	04:26:34	00:23:07	02:32:09	01:27:56	24
6	359	João Rafael Dos Santos Andrade	04:26:34	00:28:10	02:30:33	01:23:57	25
7	853	Rui Cesar Fernandes Carvalho	04:33:27	00:28:13	02:31:29	01:27:31	37
8	381	Pedro Lopes	04:33:41	00:32:08	02:30:45	01:26:26	38
9	108	Tiago De Almeida Simões Lopes	04:34:25	00:28:04	02:31:43	01:27:06	40
10	828	Miguel Ruiz Callé Lucas	04:37:31	00:30:32	02:38:00	01:24:03	47
11	33	João Pedro De Matos Rebelo	04:39:04	00:27:30	02:47:23	01:19:30	50
12	246	Goncalo Nuno Duarte Costa	04:43:41	00:32:39	02:36:24	01:30:27	59
13	1088	Pit Glodt	04:47:31	00:31:48	02:45:41	01:24:41	72
14	340	Francisco Vasconcelos	04:50:01	00:25:41	02:50:16	01:28:50	88
15	752	Sandro Touil	04:50:22	00:28:38	02:32:25	01:44:05	90
16	316	Hugo Lopes	04:52:24	00:32:12	02:41:54	01:34:09	101
17	984	André Bernardino	04:54:03	00:40:15	02:39:08	01:29:03	108
18	290	Miguel Pereira	04:57:26	00:26:43	02:53:55	01:29:41	128
19	969	Rui Miguel Fão Pinto	04:58:16	00:36:04	02:50:48	01:26:14	135
20	451	Tiago Simões	05:01:10	00:38:03	02:44:48	01:31:46	157
21	392	Dmytro Pryshchepa	05:03:56	00:32:39	02:55:02	01:30:58	173
22	833	Marco Pinto	05:04:09	00:38:05	02:44:37	01:35:20	175
23	689	Marco António Sousa Miguel	05:04:36	00:35:00	02:47:34	01:35:45	178
24	441	Bruno Pinto	05:04:49	00:32:04	02:51:45	01:35:30	180
25	408	Nuno Vieira Da Silva	05:05:02	00:34:32	02:46:20	01:36:07	182
26	485	Ricardo Miguel Bandarra Silva	05:07:01	00:30:57	02:52:34	01:38:50	196
27	742	Diogo Teixeira Sequeira Pereira Borges	05:07:13	00:30:54	03:01:49	01:28:51	200
28	80	Tiago Luis	05:08:28	00:30:28	02:50:15	01:41:49	211
29	632	João Marques	05:09:03	00:33:57	02:43:29	01:43:52	217
30	111	Miguel Martins Barroqueiro	05:09:26	00:26:12	02:58:15	01:40:42	219
31	1016	Ricardo Silva	05:09:34	00:35:14	02:58:31	01:27:00	221
32	356	Luís Filipe Araújo Lobo	05:11:37	00:37:29	02:39:06	01:48:19	232
33	803	Andre Felipe Saraiva De Melo	05:14:48	00:34:17	02:52:32	01:41:44	263
34	903	Luís Melo	05:16:08	00:33:07	03:01:19	01:36:27	271



35	322 Vicente Germano Pereira	05:17:30	00:34:43	02:58:02	01:37:12	277
36	1029 Steve Lopes Gonçalves	05:18:49	00:36:48	03:00:27	01:34:40	286
37	899 Luis Lucas	05:18:52	00:32:45	02:56:03	01:43:21	287
38	289 Richard Tennant	05:19:56	00:32:43	03:01:40	01:38:10	297
39	337 André Prates Pereira	05:20:30	00:41:20	02:56:23	01:37:11	303
40	855 João Miguel Da Costa E Silva Laranjo	05:21:02	00:37:57	02:58:51	01:38:47	307
41	876 João Pedro Novais Fernandes	05:21:28	00:29:33	02:56:36	01:48:33	311
42	460 Bruno Urbano	05:22:18	00:32:40	02:59:21	01:43:35	315
43	401 André Moreira Cerqueira	05:22:41	00:31:21	02:55:17	01:49:29	318
44	336 João Alexandre Domingues Milheiro	05:22:53	00:35:02	02:51:29	01:48:11	320
45	631 André Caldeira Francisco	05:22:59	00:34:20	02:55:14	01:46:54	323
46	302 Francisco Bruno	05:24:19	00:35:23	02:50:22	01:52:50	335
47	320 Luís Ferreira Carvalho	05:24:53	00:37:10	02:53:38	01:47:33	338
48	848 Pedro Maurício	05:27:14	00:34:09	02:54:25	01:52:14	350
49	932 João Pedro Baptista Antunes	05:27:15	00:34:28	02:57:15	01:48:45	351
50	889 Gonçalo Tavares Dos Santos	05:27:40	00:37:21	02:56:02	01:47:18	353
51	218 Francisco Maria Castro Mata José De Melo	05:28:44	00:38:29	03:00:44	01:42:54	362
52	804 João Rainho Fernandes	05:30:44	00:34:35	03:04:18	01:45:46	375
53	770 Ricardo Belchior	05:30:59	00:40:25	03:07:31	01:35:39	381
54	98 João Cordeiro De Sousa	05:35:37	00:33:42	03:08:13	01:41:53	418
55	630 Tiago Emanuel Gonçalves Teixeira	05:36:14	00:38:11	03:05:09	01:44:23	422
56	325 Nuno Martins Marques Da Costa	05:37:31	00:30:48	03:01:02	01:59:37	430
57	624 Miguel Mota	05:44:13	00:40:22	03:07:55	01:47:04	485
58	1073 André Duarte Martins Franco	05:44:24	00:43:48	03:10:31	01:40:25	486
59	545 André Cordeiro	05:45:27	00:38:18	03:11:33	01:48:41	490
60	124 Jorge Manuel Pires Neri	05:47:35	00:41:46	03:15:41	01:43:31	502
61	566 André Lopes Nunes	05:48:22	00:39:19	03:13:45	01:46:07	509
62	577 Manuel Rafael	05:48:55	00:34:20	03:19:54	01:43:46	515
63	534 João Ferreira	05:51:18	00:35:29	03:11:00	01:56:06	525
64	258 Ivo Soares	05:51:18	00:34:03	03:06:36	02:03:01	526
65	942 Francisco Bertão	05:51:52	00:36:29	03:10:03	01:51:59	531
66	136 Francisco Matalonga	05:54:12	00:34:09	03:14:13	01:57:26	551
67	396 Gonçalo Rodrigues	05:55:02	00:36:21	03:23:28	01:48:11	557
68	87 Lucas Gomes	05:58:01	00:36:07	03:19:39	01:50:39	577
69	1091 Luís Filipe Monteiro Da Silva	06:00:53	00:37:13	03:21:11	01:54:07	589
70	827 Nabil Thamri	06:02:03	00:32:04	03:21:26	02:02:11	595
71	1070 Jorge Mendrico	06:04:47	00:43:19	03:30:31	01:41:51	610



72	863 Antonio Duarte	06:09:14	00:39:56	03:31:39	01:50:33	626
73	754 Victor Oliveira	06:15:39	00:43:03	03:17:47	02:08:46	648
74	539 Salvador Águas	06:20:51	00:39:54	03:24:19	02:08:17	667
75	181 Filipe Marques	06:21:02	00:40:13	03:29:53	01:58:55	668
76	419 Pedro Henrique Abreu Parente De Mello	06:21:39	00:40:09	03:19:01	02:07:31	670
77	97 Miguel Soares	06:22:50	00:41:47	03:35:25	01:53:06	674
78	758 Pedro Miguel Cardoso Madeira	06:24:07	00:52:10	03:19:00	02:06:41	677
79	686 António Gonçalves	06:26:27	00:59:05	03:06:19	02:13:45	683
80	306 Christopher John Pratt	06:32:42	00:55:19	03:15:56	02:11:49	697
81	508 Bruno Nunes	06:35:16	00:39:34	03:19:11	02:28:24	710
82	911 Tomás Fernandes	06:35:51	00:44:47	03:33:24	02:09:44	713
83	773 Sven Grissmer	06:42:33	00:42:36	03:32:10	02:11:37	732
84	912 Martim Paula	06:42:54	00:49:44	03:30:45	02:11:31	734
85	978 Moritz Toelke	06:45:35	00:38:54	03:38:17	02:14:47	743
86	1044 Pedro Miguel Martins Nunes	06:47:04	00:39:26	03:49:32	02:07:42	747
87	736 João Carlos Almeida Dias	06:52:15	00:56:33	03:35:40	02:11:30	758
88	668 João Veloso	07:08:16	00:37:44	03:55:34	02:25:40	775

30 - 34 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1066	Ana Luísa Vieira Ramos	04:45:05	00:25:07	02:48:33	01:27:54	64
2	836	Marta Costa	05:23:15	00:34:03	03:01:25	01:41:40	329
3	128	Inês Vinagre Custódio	05:35:50	00:32:20	03:13:04	01:45:22	419
4	998	Oksana Loi	05:37:36	00:33:30	03:16:15	01:40:31	435
5	199	Diana Wallis Baptista	05:39:43	00:35:22	03:17:44	01:41:20	448
6	171	Lara Benito	05:48:26	00:39:59	03:28:18	01:31:16	510
7	760	Elia Filipa Antunes Santos	05:56:17	00:45:26	03:12:40	01:51:25	564
8	417	Lucianna Machado	05:57:47	00:38:14	03:21:29	01:49:15	572
9	344	Sara Alpoim Gonçalves	06:16:17	00:39:58	03:21:11	02:05:44	650
10	921	Carmo Lucas	06:26:58	00:39:09	03:49:08	01:47:01	685
11	100	Madalena Ayres	06:35:04	00:48:56	03:39:58	01:58:11	709
12	568	Maria Soeiro	06:35:22	00:40:16	03:39:34	02:09:21	711
13	653	Samanta Soares	06:35:44	00:40:58	03:34:33	02:12:36	712
14	1054	Maria Lourenço	06:42:48	00:48:45	03:42:07	02:02:05	733



35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	52	Alberto Casillas Garcia	04:02:28	00:22:58	02:13:57	01:21:42	1
2	642	Andre Costa	04:17:37	00:23:19	02:27:54	01:22:30	7
3	141	Sandro Silva	04:23:02	00:30:03	02:31:14	01:17:16	16
4	993	Nuno Miguel Mendão Rodrigues	04:25:11	00:26:41	02:33:11	01:22:08	21
5	353	Ricardo Carvalho	04:25:35	00:29:02	02:29:04	01:23:49	22
6	222	Simon Dos Santos	04:30:04	00:32:38	02:28:46	01:24:17	31
7	378	Jaime Duarte	04:31:51	00:25:40	02:31:34	01:31:02	35
8	182	André Filipe Serrano Barreto	04:32:41	00:30:02	02:34:21	01:23:01	36
9	783	Filipe Carneiro	04:37:33	00:32:18	02:33:06	01:26:27	48
10	555	Alexandre Goeller	04:39:41	00:31:24	02:35:42	01:26:53	51
11	990	Tomás Pires	04:40:05	00:27:46	02:39:16	01:28:44	52
12	133	Rui Santos	04:42:26	00:26:54	02:38:45	01:29:04	55
13	446	Tiago Andre Masqueiro Encarnação	04:44:07	00:34:00	02:37:52	01:28:38	61
14	90	Pedro Miguel Sequeira Rilhó	04:44:49	00:31:33	02:39:25	01:29:44	63
15	516	Miguel Liquito	04:45:41	00:35:19	02:41:04	01:24:33	66
16	966	Lopo Maria D'orey Manoel Lopo De Carvalho	04:45:47	00:36:07	02:41:08	01:22:43	67
17	1100	Tiago Allen	04:47:59	00:32:14	02:45:07	01:23:30	75
18	811	Diogo Fernando Silva Alves	04:51:12	00:32:25	02:45:42	01:26:35	97
19	137	Bruno Caixinha	04:54:26	00:35:43	02:46:40	01:27:02	110
20	968	André Martins Alves	04:54:36	00:35:48	02:45:35	01:28:01	111
21	149	Rodrigo Van Hoof Ribeiro	04:54:39	00:32:12	02:43:48	01:33:06	112
22	371	Fernando Manuels Conceicao Batista	04:56:00	00:33:05	02:50:37	01:26:59	116
23	747	André Filipe Saldanha Ferreira	04:57:31	00:31:12	02:50:45	01:29:29	129
24	590	Nuno Miguel Da Silva Dias	04:57:46	00:37:41	02:47:07	01:28:13	131
25	1027	João Nuno Roque De Carvalho Do Nascimento Graça	04:57:46	00:29:03	02:45:03	01:39:09	132
26	597	João Pedro Vicente Pereira	04:59:27	00:33:28	02:45:55	01:33:43	141
27	1103	João Nuno Santos Silva	05:00:33	00:33:17	02:45:15	01:35:52	149
28	303	Renato Carvalho	05:00:43	00:32:15	02:45:21	01:35:24	152
29	1092	Tiago Luis Neto Padilha Barros	05:00:57	00:37:28	02:36:38	01:40:10	153
30	1033	Carlos Oliveira	05:01:16	00:27:18	02:48:06	01:40:59	158
31	950	Antonio Gonzalez	05:01:41	00:33:40	02:43:48	01:38:09	159
32	835	David Paiva	05:01:46	00:25:44	02:52:33	01:37:39	160
33	807	Miguel Gonçalves	05:03:12	00:34:59	02:49:24	01:33:03	168
34	298	Diogo Vieira	05:04:02	00:35:24	02:53:13	01:29:10	174



35	482 Bruno Ricardo Baião Custódio	05:04:17	00:30:31	02:47:36	01:39:45	176
36	488 Bernardo Cardoso	05:04:36	00:32:43	02:51:19	01:34:17	179
37	64 Ivan Duque De Azevedo E Costa	05:05:06	00:31:20	02:56:11	01:31:20	184
38	529 Daniel Da Costa Gois	05:05:45	00:28:18	02:46:18	01:46:47	186
39	268 Frederico Catalão	05:06:34	00:37:07	02:46:59	01:34:49	192
40	418 David Roque Fernandes	05:06:43	00:39:45	02:42:45	01:39:50	193
41	999 Ricardo Figueiredo	05:07:02	00:28:52	02:55:31	01:37:33	197
42	890 Pedro Silva	05:07:02	00:32:35	02:57:20	01:31:59	198
43	15 João Brísida Pacheco	05:07:26	00:32:20	02:52:22	01:37:24	202
44	242 Pedro Dorey	05:07:50	00:34:13	02:48:34	01:37:55	205
45	145 Tiago Espírito Santo	05:07:59	00:35:07	02:52:39	01:34:28	207
46	651 Pedro Ivo Meneghesso Olivato	05:08:21	00:31:09	02:54:18	01:36:40	210
47	512 Duarte Zambujo	05:08:38	00:36:45	02:54:57	01:29:49	212
48	404 Pedro Cardoso	05:10:44	00:43:53	02:53:08	01:24:29	225
49	260 Manuel Fernando Pires Alves	05:11:02	00:34:11	02:47:41	01:41:04	229
50	925 Joao Filho	05:12:03	00:31:35	02:56:45	01:38:31	238
51	506 Sérgio Vicente	05:12:41	00:37:45	02:54:17	01:35:14	241
52	422 João Dinis	05:12:43	00:38:35	02:46:53	01:42:37	242
53	1011 Filipe Godinho	05:12:50	00:29:29	02:52:31	01:43:51	244
54	556 Florian Monteaud	05:13:18	00:36:28	02:40:05	01:49:25	247
55	774 Afonso Chiote	05:13:47	00:34:02	03:00:40	01:30:29	250
56	194 William Santos	05:14:45	00:40:29	02:49:26	01:37:35	260
57	531 Pedro Alves Roberto	05:14:47	00:32:34	02:58:57	01:36:49	261
58	720 Diogo Saraiva	05:17:38	00:32:35	02:57:12	01:41:11	278
59	551 Hugo Medeiros	05:18:58	00:41:00	02:58:49	01:33:46	288
60	814 Nelson Sanchez	05:19:23	00:38:12	02:49:43	01:44:55	291
61	588 José Monteiro	05:19:51	00:35:10	03:01:20	01:37:58	295
62	281 Bonifacio Meixedo	05:20:23	00:35:25	02:53:58	01:43:48	300
63	270 Nuno Gonçalo	05:20:28	00:36:55	02:57:37	01:39:05	302
64	591 Mário Brito	05:20:39	00:35:34	02:49:59	01:47:32	305
65	635 André Lopes Serrazina	05:20:53	00:39:47	02:50:02	01:44:48	306
66	287 Eduardo Matos	05:22:39	00:37:02	02:55:47	01:44:45	317
67	916 Manuel Mira	05:22:54	00:30:42	03:04:07	01:42:48	321
68	524 Tiago Gomes Romão	05:23:00	00:35:53	03:08:17	01:32:26	325
69	253 Mario Rui Rosas Fernandes	05:23:20	00:36:44	03:03:37	01:35:49	330
70	543 Diogo Almeida	05:25:14	00:35:32	02:54:46	01:48:59	340
71	715 André Lourenço	05:27:04	00:40:26	02:58:34	01:36:48	348



72	829 Brannigan Barrett	05:27:20	00:27:27	02:57:07	01:55:59	352
73	795 Luiz Henrique Simas Junior	05:28:15	00:32:26	03:01:42	01:45:13	359
74	138 Maxim Dragunov	05:28:18	00:37:49	02:57:15	01:44:49	360
75	1089 Ruben Filipe Fonseca Maurício	05:28:33	00:32:23	02:59:08	01:49:40	361
76	500 José Olimpio Da Cunha Neves Fernandes	05:29:48	00:36:27	03:01:04	01:46:40	369
77	528 Tiago João Maurício Belo Luís	05:30:49	00:33:04	02:59:19	01:52:38	376
78	280 João Santos Esteves	05:31:49	00:31:29	03:05:03	01:49:00	388
79	895 Fábio Correia	05:32:40	00:40:24	03:13:03	01:28:18	391
80	273 Rui Santos	05:32:41	00:31:00	03:07:55	01:46:11	392
81	536 João Gil Antunes	05:35:01	00:33:20	03:07:13	01:47:16	414
82	334 Timoteo Santana	05:35:15	00:40:15	03:03:53	01:45:24	415
83	484 Diogo Cunha	05:36:14	00:35:34	03:10:17	01:43:16	423
84	678 João Gonçalo Tiago Miranda	05:37:08	00:37:13	03:10:21	01:39:09	427
85	1102 Ricardo António Lopes Da Silva Marques Correia	05:37:20	00:34:15	03:06:53	01:49:44	428
86	661 Duarte José Da Silva E Sá Reis	05:37:22	00:34:24	03:21:02	01:31:46	429
87	1076 Marcelo Paulino	05:37:32	00:34:03	03:13:30	01:41:26	431
88	150 Filipe Matos	05:39:31	00:34:30	02:57:21	02:03:19	446
89	78 Duarte Maria D'orey Manoel Lopo De Carvalho	05:41:07	00:35:56	03:17:15	01:42:32	458
90	579 Bruno Gonçalves	05:41:37	00:38:02	03:09:07	01:46:58	462
91	142 Francisco Bastos	05:42:25	00:30:20	02:57:02	02:08:39	469
92	172 Gonçalo Santos	05:43:13	00:47:31	03:02:04	01:46:41	473
93	1078 Rui M Mena	05:43:43	00:40:08	03:17:46	01:32:23	478
94	573 Emanuel Freitas	05:43:57	00:44:14	03:02:51	01:44:28	482
95	1058 Nuno Saragoça	05:43:59	00:40:09	03:07:00	01:47:39	483
96	448 Pedro Vargas	05:46:59	00:36:49	03:15:31	01:46:38	498
97	502 Miguel Costa	05:48:16	00:39:56	03:07:37	01:52:09	507
98	639 Francisco Silva	05:48:39	00:41:18	03:03:17	01:52:30	511
99	667 Edgar Gonçalves	05:49:09	00:41:03	03:15:41	01:43:53	516
100	385 Tiago Filipe Agostinho Cardoso	05:49:25	00:38:03	03:27:56	01:33:45	518
101	901 Pedro Miguel Da Cruz Teixeira	05:49:55	00:42:33	03:14:05	01:44:20	519
102	821 Luis Leite	05:50:58	00:42:37	03:10:22	01:46:17	522
103	1045 Mitler Nascimento	05:51:28	00:35:08	03:01:45	02:02:07	527
104	368 Ivan Mascarenhas	05:51:56	00:36:13	03:14:08	01:52:38	532
105	650 Diogo Carlos Saramago Marques	05:54:00	00:44:38	03:04:22	01:55:44	546
106	1013 João Pinho	05:57:52	00:41:39	03:21:42	01:45:49	575
107	771 Rui Jorge Mota Trocio	06:00:31	00:35:39	03:15:26	02:02:23	586
108	988 João Pratas	06:00:42	00:33:16	03:03:06	02:19:40	587



109	675 Manuel Laia	06:02:37	00:39:05	02:58:09	02:15:41	596
110	1090 Gonçalo Rosa	06:04:08	00:35:59	03:13:00	02:06:32	603
111	312 Bruno Pilar	06:04:35	00:48:02	03:17:29	01:49:50	607
112	830 Alexandre Sandinha	06:07:28	00:51:08	03:10:31	01:58:46	621
113	452 Bernardo Maia Ferreira	06:08:32	00:37:08	03:20:54	02:01:03	625
114	1005 João Pedro Lopes Rato	06:10:45	00:52:09	03:18:29	01:54:02	631
115	598 Ricardo Neta	06:13:29	00:34:48	03:08:52	02:22:26	638
116	593 Felipe Souza	06:13:33	00:36:29	03:29:06	01:57:27	639
117	237 José Maria Pina Manso	06:17:02	00:43:48	03:26:54	01:57:03	652
118	847 André Alves Silva	06:19:14	00:38:25	03:18:18	02:14:56	659
119	1001 Nuno Hélder Silva	06:19:16	00:47:30	03:34:29	01:46:23	660
120	548 Ricardo Craveiro	06:20:05	00:43:52	03:30:17	01:56:23	663
121	304 João Daniel Couto Gomes	06:21:44	00:37:52	03:21:39	02:15:16	671
122	462 Nuno Vasconcelos E Sá	06:22:15	00:39:47	03:08:53	02:27:21	673
123	126 Leandro Gameiro Teixeira Nabais	06:25:30	00:40:27	03:25:11	02:11:18	682
124	633 Filipe Pereira	06:26:46	00:57:56	03:20:26	01:59:37	684
125	563 Luís Mendonça	06:48:53	00:36:55	04:01:59	02:00:30	751
126	781 Joao Pedro Pascoal Carvalho	06:58:42	00:39:37	03:35:24	02:33:59	767
127	719 André Faustino Valentim	07:00:01	00:34:29	03:38:26	02:37:24	768
128	856 André Ferreira	07:20:42	00:36:43	04:02:10	02:28:50	780

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	6	Liliana Verissimo	05:11:49	00:32:45	03:03:37	01:31:32	236
2	102	Rita Carvalho Spinola Da Silveira Ramos	05:15:57	00:30:02	02:59:17	01:42:19	270
3	734	Andreia Milene Patrício Lourenço	05:57:42	00:52:29	03:13:17	01:44:51	570
4	92	Mariana Da Silva Neto Cabrita	06:27:45	00:43:13	03:49:27	01:48:25	687
5	323	Joana Rosado	06:34:46	00:35:39	03:49:27	02:02:02	707
6	923	Rita Silva	06:41:48	00:31:58	03:44:09	02:10:59	730
7	1019	Ana Carolina Bahia Fontes	06:49:43	00:36:57	03:38:54	02:18:43	752

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	959	Bruno Pontes	04:20:57	00:29:57	02:28:23	01:18:31	10
2	656	Luis Filipe	04:21:42	00:25:45	02:24:40	01:27:06	11
3	714	Bernardo Cadeiras	04:21:55	00:28:43	02:29:20	01:19:50	12
4	104	Filipe Miguel Nunes Marques	04:23:48	00:25:09	02:32:36	01:22:47	17



5	682 Joao Fragoso	04:27:00	00:31:15	02:32:01	01:19:42	26
6	613 Tiago Filipe Raimundo Cochicho	04:27:09	00:29:01	02:33:19	01:20:57	27
7	119 Bernardo De Jesus Pereira Fernandes	04:30:26	00:28:55	02:28:22	01:29:14	32
8	1030 Michael Rundio	04:34:54	00:27:23	02:31:56	01:29:19	41
9	1080 Rubén Sánchez Vázquez	04:35:55	00:35:11	02:30:35	01:24:55	43
10	619 Adelino José Soutinho De Sousa	04:36:36	00:35:50	02:29:32	01:26:48	44
11	494 Ivan Pereira Iglesias	04:37:09	00:29:04	02:35:26	01:27:23	46
12	367 Paulo Filipe Neto Gonçalves	04:38:52	00:28:35	02:39:05	01:27:19	49
13	636 Manuel Jorge Teixeira Monteiro Júlio	04:41:49	00:27:03	02:40:51	01:29:07	54
14	277 Fred Cerdeira	04:42:38	00:33:25	02:40:42	01:23:35	56
15	259 Nuno Ricardo Pais Lopes	04:43:05	00:28:11	02:41:48	01:28:20	57
16	159 João Freitas	04:43:53	00:30:57	02:41:26	01:26:42	60
17	535 Paulo Cândido	04:45:23	00:31:32	02:34:48	01:33:07	65
18	346 Henrique Ubach Trindade Mota Pereira	04:46:50	00:26:42	02:50:03	01:25:17	70
19	878 Joao Machado	04:47:07	00:33:03	02:40:21	01:26:12	71
20	59 Luis Filipe Ferreira	04:47:49	00:32:57	02:47:01	01:23:27	73
21	735 Ivan Marques Valente Couras	04:47:54	00:24:25	02:46:07	01:33:11	74
22	643 João Luis Da Silva Teixeira Matos	04:50:57	00:31:42	02:45:16	01:27:47	94
23	309 Javier Rodriguez Diaz	04:51:04	00:30:15	02:42:18	01:31:30	96
24	176 Gonçalo Martins	04:52:00	00:35:27	02:41:43	01:29:43	100
25	997 Bruno Rolim	04:53:01	00:35:31	02:44:26	01:28:03	104
26	388 Ricardo Pereira	04:54:10	00:34:29	02:45:14	01:29:37	109
27	69 Ricardo Filipe Varela Costa	04:55:11	00:29:06	02:47:03	01:33:37	113
28	282 Caio Herculano	04:56:07	00:29:11	02:43:59	01:36:19	117
29	530 Bruno Costa	04:56:17	00:33:16	02:48:29	01:29:08	118
30	434 Nuno Ribeiro	04:56:50	00:37:38	02:36:01	01:37:10	122
31	263 Frederico Cipriano Batista	04:57:02	00:32:27	02:45:26	01:32:44	124
32	239 Bruno Carlos	04:57:52	00:36:26	02:44:50	01:32:11	133
33	1036 Christoph Putz	04:59:31	00:30:33	02:46:37	01:35:59	142
34	487 Bruno Lindorfo Batista Alves	05:00:18	00:33:44	02:44:46	01:35:35	144
35	721 António Fortuna	05:00:30	00:32:40	02:56:19	01:25:54	147
36	248 João Ricardo Figueiredo	05:00:31	00:31:35	02:46:35	01:34:03	148
37	437 Pedro Pimentel	05:00:35	00:34:13	02:39:45	01:39:03	150
38	702 Tiago Chaparro	05:01:05	00:30:42	02:52:09	01:33:09	155
39	113 Pedro Miguel Machado	05:04:53	00:31:48	02:59:11	01:29:17	181
40	680 Marco António Taxas Raminhos	05:05:52	00:37:10	02:45:51	01:36:54	187
41	232 Bruno Carvalheiro	05:06:57	00:44:31	02:44:44	01:30:48	195



42	1047 Nuno Miguel Val Murtinheira Soares	05:07:29	00:33:51	02:48:55	01:36:22	203
43	431 Adolfo Lameira Chibante Rodrigues	05:08:57	00:33:07	02:54:31	01:34:47	216
44	600 Daniel Pereira De Sousa	05:11:22	00:29:19	02:57:30	01:37:14	230
45	474 Tiago Batista	05:11:30	00:30:39	02:58:38	01:38:24	231
46	224 Cláudio Manuel Alexandre Canavilhas	05:13:00	00:34:32	02:51:02	01:41:53	246
47	1042 Filipe Silva	05:13:35	00:33:41	03:02:54	01:30:25	249
48	255 Sebastiao Clara	05:14:00	00:34:24	02:48:27	01:44:48	252
49	981 João Paulo Nunes Ferreira Ribeiro Cardoso	05:14:06	00:33:28	02:56:23	01:38:41	253
50	982 Flávio Vieira Carvalho De Figueiredo	05:14:23	00:32:26	02:57:50	01:38:41	257
51	810 Pablllo Sipaubá De Sousa	05:14:47	00:36:47	02:55:44	01:34:56	262
52	626 Rui Gonçalo Vieira	05:15:04	00:31:53	03:06:39	01:30:46	264
53	40 Bruno Godinho	05:15:18	00:37:31	02:50:07	01:42:05	265
54	313 Joao Martins	05:15:56	00:33:39	02:52:29	01:41:52	269
55	595 Ricardo Lopes Alves	05:16:50	00:39:30	02:50:18	01:39:54	273
56	951 Tiago Neves Delgado	05:17:57	00:33:57	02:57:46	01:40:16	279
57	681 João Amante	05:18:40	00:35:30	02:59:43	01:36:45	283
58	82 Fernando Francisco	05:19:12	00:45:09	02:50:59	01:36:04	289
59	522 Mário Viegas Sorribas Martins	05:19:29	00:43:08	02:54:39	01:36:45	292
60	22 Hugo Gomes	05:19:35	00:45:39	02:57:22	01:30:08	293
61	585 Filipe Espinha	05:20:11	00:35:23	02:59:47	01:38:14	299
62	120 Joao Ferreira	05:21:05	00:44:31	02:44:10	01:45:38	308
63	355 Sérgio Pinto Mota	05:21:26	00:36:58	03:02:37	01:34:42	310
64	896 Rui Daniel Dinis De Melo Rui Melo	05:21:55	00:39:16	02:52:54	01:45:31	312
65	690 Albano José Santos Pereira	05:23:03	00:38:38	02:56:03	01:41:17	326
66	816 Roberto Emanuel Pereira Rosado	05:23:07	00:39:38	02:52:08	01:45:10	328
67	354 Pedro Fernandes Pereira	05:24:08	00:40:06	02:44:49	01:52:12	332
68	1082 Luis Goncalves	05:24:16	00:37:49	02:59:19	01:39:06	333
69	88 Ivan Jorge Camacho Valadares	05:26:43	00:38:00	02:57:42	01:43:15	346
70	175 Daniel Oliveira	05:29:09	00:33:50	02:56:57	01:50:45	363
71	1004 Ricardo Nuno Pascoal Rosario	05:29:24	00:41:38	02:57:50	01:45:02	364
72	411 Helder Manuel Santos Pinto	05:29:28	00:31:13	02:54:18	01:53:13	365
73	763 Fábio Manuel Dias Teixeira	05:31:53	00:35:36	03:05:01	01:43:15	389
74	329 Francisco Sampaio	05:32:44	00:35:28	03:06:44	01:43:43	393
75	840 Diogo Mauro De Almeida Baptista	05:32:51	00:40:52	03:06:53	01:35:02	395
76	319 Carlos Jeronimo	05:33:16	00:28:47	02:59:54	01:57:24	397
77	467 João André Guedes Dias	05:33:43	00:31:16	03:06:10	01:48:48	403
78	1034 Bruno Araújo	05:34:30	00:37:11	03:03:56	01:47:16	410



79	163 Pedro Félix	05:34:34	00:26:42	03:15:56	01:45:02	411
80	802 Tomás Da Silveira Falcão E Cunha	05:36:15	00:33:50	02:51:28	02:01:15	424
81	361 Nelson Valente	05:37:35	00:41:19	03:00:13	01:49:07	434
82	249 Pedro Morgado	05:38:04	00:37:17	03:05:28	01:49:04	436
83	151 Pedro Lino Lobo Gaspar	05:38:31	00:36:08	03:01:44	01:53:25	438
84	520 João Paulo Serôdio	05:38:50	00:44:32	02:54:09	01:52:00	441
85	60 Tiago Amado	05:40:42	00:41:46	03:09:42	01:44:26	453
86	256 Ricardo Marques	05:40:48	00:36:30	03:11:06	01:44:47	455
87	327 Pedro Teixeira	05:41:03	00:39:27	03:09:15	01:45:08	457
88	16 Sérgio Filipe	05:41:25	00:34:53	03:05:15	01:54:37	461
89	421 Valter Rafael Anacleto	05:41:43	00:38:35	03:00:44	01:56:04	463
90	723 Pedro Miguel Farinha	05:41:53	00:32:44	03:08:46	01:49:36	465
91	436 José Domingues Costa	05:42:12	00:38:48	03:05:24	01:51:46	468
92	724 João Nuno Neves Bairrão	05:42:56	00:29:57	03:12:07	01:53:45	472
93	879 Henrique Delgado	05:43:28	00:30:09	03:05:40	02:00:14	475
94	622 Carlos Alexandre Pinto De Matos	05:44:13	00:46:37	03:07:28	01:41:09	484
95	564 Hugo Rocha	05:44:38	00:40:24	03:08:09	01:49:05	487
96	121 João Reis De Oliveira	05:44:39	00:41:28	03:07:46	01:50:04	488
97	832 Rui Filipe Lima Barbosa	05:44:39	00:33:09	03:00:15	02:03:52	489
98	871 Bruno Carreira	05:46:54	00:43:24	03:11:08	01:44:16	495
99	824 Andrea Saporito	05:46:54	00:37:39	03:13:26	01:48:05	496
100	565 Emanuel Jordão	05:47:23	00:34:12	03:11:14	01:54:23	501
101	1038 Gabriel Figueiredo Guimarães	05:47:53	00:41:21	03:14:58	01:41:50	504
102	490 Ricardo Jorge Farinha	05:48:11	00:35:28	03:13:53	01:48:40	505
103	515 Bruno Leite	05:48:51	00:33:18	03:19:31	01:46:16	514
104	288 Filipe Miguel Campos Canilho	05:50:25	00:45:30	03:12:25	01:46:43	520
105	211 João Paulo Fazeres Carneiro Ferreira	05:50:26	00:33:47	03:26:21	01:44:10	521
106	267 Pedro Alexandre Tomas Luiz	05:51:31	00:48:48	03:03:33	01:50:37	528
107	202 Aleksandr Igonkin	05:52:43	00:45:20	02:58:30	02:03:52	537
108	301 Joao Ramos	05:53:34	00:52:40	03:02:16	01:51:08	542
109	578 Daniel Martins	05:54:09	00:38:08	03:11:56	01:57:41	549
110	913 Tiago Vaz Osório	05:57:40	00:39:25	03:16:23	01:54:55	569
111	544 Hugo Julião	06:00:59	00:35:47	03:10:49	02:06:51	590
112	333 Tiago Jorge Colaço Vitorino	06:02:56	00:42:12	03:16:20	01:52:48	597
113	357 João Matias Garcia	06:03:27	00:38:49	03:22:42	01:55:31	599
114	505 Ricardo Pereira	06:04:09	00:44:43	03:18:16	01:52:10	604
115	447 Ricardo Jorge da Silva Freire	06:05:11	00:33:01	03:19:05	02:04:31	611



116	376 Diogo Justino	06:07:18	00:44:16	03:17:29	01:57:29	620
117	1083 João Reis E Silva	06:10:25	00:45:48	03:29:00	01:43:18	629
118	909 Edgar Caldeira	06:10:36	00:48:24	03:28:02	01:47:02	630
119	794 Renato André Santos Da Silva	06:10:54	00:52:41	03:12:44	01:54:23	632
120	455 Nuno Filipe Domigues Rocha Pereira	06:12:58	00:47:05	03:22:38	01:56:20	635
121	559 Luis Miguel Da Silva Costa Ribeiro	06:14:38	00:42:53	03:19:46	02:01:12	643
122	880 Mário Júlio	06:15:53	00:46:44	03:18:42	01:56:34	649
123	262 Hugo Gomes	06:19:48	00:43:50	03:21:58	02:04:15	661
124	562 Fábio Paulo	06:25:03	00:49:58	03:20:11	02:01:58	681
125	478 Hélio Carreira	06:28:10	00:51:42	03:22:33	02:03:32	688
126	114 George Leal	06:28:27	00:44:45	02:59:47	02:33:25	689
127	429 Gustavo Simões Neves	06:29:23	00:41:55	03:32:49	02:04:32	690
128	812 Ricardo Velhuco	06:30:18	00:42:58	03:15:12	02:22:06	692
129	919 Márcio Carreira Nobre	06:30:30	00:45:00	03:26:36	02:09:10	693
130	845 André Filipe Gonçalves Ribeiro	06:31:29	00:38:27	03:29:34	02:13:16	695
131	170 André Manuel Duarte Coelho	06:34:04	00:46:22	03:23:05	02:16:04	703
132	1041 Thiago Campanhã	06:34:37	00:56:38	03:19:27	02:03:01	706
133	673 Daniel Bruno Galvão	06:37:36	00:45:00	03:37:15	02:07:40	718
134	297 João Santos	06:39:01	00:40:35	03:36:32	02:09:00	721
135	1097 Eduardo Machado	06:44:22	00:40:16	03:31:25	02:21:54	738
136	831 Rui André Dias Silva	06:57:36	00:41:24	03:47:04	02:20:03	766
137	701 Marco Silva	07:09:08	00:44:08	03:44:00	02:30:14	776
138	883 Jose Neto	07:14:10	00:43:41	03:51:32	02:29:56	777

40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	471	Mariana Carretero Carretero	05:24:56	00:32:21	03:03:05	01:43:52	339
2	1032	Eva Margarida Santa Marta Da Silva	05:33:33	00:35:24	03:07:29	01:43:40	400
3	927	Rita Monteiro	05:57:15	00:32:42	03:21:47	01:55:10	567
4	609	Rita Martins	06:06:43	00:36:27	03:29:25	01:55:08	617
5	477	Ana Duarte	06:13:11	00:40:35	03:21:50	02:01:46	636
6	549	Mafalda De Miranda Rebelo De Sousa	06:15:00	00:33:19	03:25:22	02:10:04	646
7	442	Liliana Filipa Brás	06:20:19	00:33:54	03:36:14	02:03:02	665
8	1025	Miralany De Goes	06:33:08	00:47:42	03:34:59	02:01:45	700
9	583	Claudia Patricia Pinto Tavares Da Silva	06:41:47	00:37:57	03:44:17	02:10:59	729
10	861	Alexandra Isabel Quintaneiro Santos	06:45:13	00:42:13	03:48:03	02:06:22	741
11	94	Cláudia Sofia Matias Marques	06:45:56	00:39:37	03:42:33	02:16:12	745



45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	206	Leonardo Schwindt	04:22:20	00:27:01	02:29:20	01:21:32	14
2	1069	Lino Barruncho	04:24:31	00:30:59	02:29:47	01:20:25	20
3	818	Sérgio Miguel Gonçalves Marques	04:28:01	00:28:20	02:29:40	01:26:04	28
4	777	Alex Cabrita	04:29:30	00:28:14	02:36:40	01:20:04	30
5	439	Rui Narigueta	04:30:55	00:32:42	02:25:42	01:29:11	34
6	546	Bruno Toscano	04:48:52	00:32:32	02:39:23	01:30:09	80
7	615	João Pedro Mártires Da Silva	04:49:09	00:32:50	02:45:05	01:26:49	82
8	469	Javier Rodríguez	04:49:25	00:30:45	02:38:22	01:35:20	83
9	867	João Paulo Faria Matos Pinto	04:49:56	00:31:55	02:33:08	01:40:05	87
10	23	Jorge Fonseca	04:50:36	00:30:31	02:44:47	01:29:35	91
11	825	Rui Gomes	04:50:37	00:33:07	02:46:14	01:23:45	92
12	410	Luis Faustino	04:51:03	00:36:49	02:37:33	01:30:38	95
13	917	Pedro Duarte	04:52:40	00:34:26	02:38:48	01:33:02	103
14	930	Filipe Emanuel Guedes Centeno	04:53:34	00:32:09	02:49:14	01:28:12	107
15	152	Pedro Mendonça	04:55:38	00:35:09	02:38:42	01:36:40	114
16	14	Tiago De Paiva E Pona	04:56:33	00:28:03	02:53:43	01:29:24	121
17	383	António Salgado	04:57:13	00:35:35	02:39:02	01:36:35	126
18	285	Luis Figueira	04:58:51	00:32:03	02:42:47	01:37:21	137
19	193	Andre Costal	04:59:10	00:34:40	02:44:07	01:33:32	140
20	162	Hugo Fonseca	05:00:24	00:31:56	02:44:16	01:38:41	145
21	144	Henrique Emanuel Estrela Pereira	05:00:25	00:36:36	02:48:56	01:28:59	146
22	221	Eneko Alberdi Guisasola	05:00:43	00:30:50	02:46:18	01:37:01	151
23	279	David Laurent	05:03:00	00:34:37	02:48:24	01:34:39	166
24	173	António Manuel Brito Moreira	05:03:07	00:32:20	02:59:02	01:27:28	167
25	693	Miguel Anastácio	05:03:41	00:38:21	02:36:42	01:43:31	170
26	561	Rui Pedro Sousa Nunes	05:03:48	00:37:19	02:42:18	01:38:42	171
27	501	Hugo Manuel Gonçalves Ferreira	05:03:55	00:36:25	02:46:03	01:36:55	172
28	473	Diogo Pina Pereira	05:04:32	00:32:14	02:48:40	01:38:53	177
29	74	Carlos Barroso Fernandes	05:05:04	00:32:15	02:54:14	01:33:51	183
30	77	Mário Santana	05:06:00	00:35:44	02:51:15	01:34:18	189
31	983	Orlando Filipe Fernandes Marques	05:06:05	00:33:05	02:49:51	01:37:44	190
32	324	Alberto Dias	05:06:44	00:33:45	02:47:17	01:39:35	194
33	800	Nuno Sereno	05:08:13	00:37:43	02:45:35	01:37:03	208
34	929	Luis Carlos Da Silva Martins	05:08:19	00:33:57	02:51:20	01:36:38	209



35	331 Nuno Correia	05:09:21	00:36:03	02:50:37	01:36:35	218
36	179 Pedro Miguel Ferreira Da Silva Nogueira	05:09:45	00:40:25	02:46:37	01:36:59	222
37	233 Álvaro Díaz Lagarda	05:09:56	00:36:03	02:52:36	01:34:12	223
38	475 Vasco Gonçalo Da Costa Guerreiro	05:10:48	00:31:56	02:54:44	01:35:24	226
39	517 Bruno Batista	05:10:51	00:34:24	02:53:50	01:36:01	227
40	37 Rui Pereira Da Silva	05:11:42	00:37:32	02:49:22	01:38:06	233
41	363 Rui Da Silva Santos	05:11:48	00:37:11	02:50:10	01:37:44	235
42	691 Marcos Ratola	05:13:23	00:28:12	02:50:20	01:47:14	248
43	776 Rodrigo Da Rocha Pessoa	05:13:53	00:36:18	03:02:39	01:28:48	251
44	727 Frederico Vidal	05:14:12	00:29:40	02:59:42	01:40:29	255
45	42 Edinson Sanchez	05:14:42	00:33:43	02:55:50	01:40:30	259
46	486 Bruno Rosado	05:17:06	00:31:45	02:51:38	01:44:23	274
47	519 Rui Ricardo Piteira Rebocho	05:17:27	00:38:48	02:59:37	01:31:46	276
48	1096 Francisco Martins	05:18:37	00:36:56	02:58:03	01:37:49	282
49	107 Gonçalo Correia	05:18:47	00:32:12	02:48:33	01:50:26	285
50	89 Pedro Rebola	05:19:44	00:36:31	02:46:52	01:49:07	294
51	238 Francisco Muñoz Sosa	05:20:27	00:36:41	03:02:06	01:32:25	301
52	76 António Carlos De Sousa Reis Rainho Pereira	05:22:38	00:34:35	02:57:42	01:41:11	316
53	223 Patrick Ebrero	05:22:42	00:36:13	02:54:33	01:44:56	319
54	165 Virgilio Ramos	05:23:06	00:30:04	03:02:54	01:38:53	327
55	908 Rui Pedro Gaspar Rodrigues	05:24:18	00:32:29	02:57:26	01:47:19	334
56	611 Paulo Faria	05:24:48	00:36:04	03:00:28	01:39:14	337
57	941 Jorge Banha	05:26:08	00:38:00	02:55:05	01:47:07	342
58	507 António Barbosa	05:26:10	00:39:57	03:06:14	01:33:39	343
59	393 Martim Nunes	05:26:31	00:38:50	03:02:37	01:38:47	345
60	657 Miguel Marques Da Silva	05:27:01	00:32:52	03:06:37	01:40:00	347
61	489 Eduardo Ribeiro Costa	05:27:47	00:29:03	03:01:37	01:46:58	355
62	365 Pedro Fernandes	05:27:57	00:35:29	03:05:30	01:41:18	357
63	943 Jorge Ventura	05:29:32	00:32:23	02:58:52	01:50:34	367
64	264 Rui Henriques	05:29:59	00:37:28	02:55:51	01:46:55	371
65	553 Luis Coelho	05:30:38	00:34:08	02:58:40	01:49:45	374
66	717 José Pereira	05:30:55	00:40:22	02:50:59	01:49:52	377
67	605 Deodato Evangelista	05:30:55	00:36:44	03:01:27	01:47:07	378
68	906 Nuno Rosado	05:30:58	00:38:01	02:56:39	01:47:54	380
69	326 Rui Pedro Faísca	05:31:31	00:31:26	03:02:13	01:49:47	384
70	567 Nuno Márcio Fernandes Faria	05:32:03	00:33:45	02:56:31	01:55:19	390
71	985 Pedro Miguel Carmo Correia	05:32:45	00:39:02	03:03:34	01:42:10	394



72	251 Nuno Barruncho	05:33:03	00:43:37	03:05:53	01:34:39	396
73	859 Tiago Bruno Pereira Peixoto De Sousa	05:33:21	00:38:48	03:00:20	01:46:45	398
74	384 Vitor Manuel Romeiro Fialho Piçarra	05:33:56	00:33:32	03:14:20	01:38:01	404
75	10 Rodrigo Pais De Almeida	05:33:56	00:33:13	03:03:44	01:47:23	405
76	85 Christian Ramos	05:34:01	00:43:07	03:04:35	01:40:32	406
77	231 David Jorge	05:34:23	00:34:30	02:58:35	01:54:40	409
78	787 Alexandre Miguel Gomes Guimarães	05:35:23	00:40:46	03:08:37	01:38:39	417
79	1071 Marco Seixo	05:37:33	00:39:05	03:11:46	01:34:04	433
80	284 Jose Antonio Pina	05:38:31	00:42:41	03:06:14	01:42:14	439
81	225 Cristian Cordero Vallejo	05:38:31	00:32:55	03:06:18	01:50:01	440
82	61 Ricardo Faria	05:39:14	00:37:51	02:59:17	01:55:47	443
83	1086 Nuno Miguel Lourenço Dantas	05:39:28	00:40:38	03:18:25	01:31:28	445
84	974 Pedro Ricardo Pacheco Fernandes	05:40:37	00:38:19	03:22:26	01:30:13	452
85	707 Nuno Conceição	05:40:46	00:31:24	03:05:20	01:55:12	454
86	947 Carlos Mourato	05:42:03	00:41:44	02:50:42	01:56:40	467
87	728 Luís Mendes	05:42:30	00:40:25	03:15:48	01:37:52	470
88	180 João Beltrão	05:43:34	00:47:32	03:11:37	01:36:38	477
89	374 Ricardo Quitério	05:43:56	00:39:07	03:00:40	01:54:28	481
90	718 Joaquim Potes	05:45:49	00:35:04	03:12:14	01:46:40	491
91	299 Tiago Santos	05:45:54	00:44:01	03:19:08	01:29:37	492
92	748 Andre Lima Cabrita	05:46:21	00:35:50	03:09:08	01:55:48	493
93	115 Pedro Ricardo Branco Barata Filipe	05:48:19	00:29:54	03:11:24	02:00:24	508
94	44 Luís Filipe Coelho Rodrigues Da Silva	05:48:41	00:48:32	03:07:11	01:44:29	512
95	949 Javier Cuellas Pereira	05:48:44	00:34:26	03:11:47	01:55:03	513
96	314 João Pedro Fernando	05:49:18	00:36:26	03:19:29	01:44:26	517
97	372 Octávio Miguel Rita Pereira Cardoso	05:51:39	00:38:46	02:57:41	02:06:44	529
98	750 Thomas Stark	05:51:41	00:46:42	03:03:06	01:52:21	530
99	1037 Helder Fernando Fernandes Correia	05:52:37	00:34:45	03:20:41	01:44:40	536
100	946 Nuno Pinho	05:52:49	00:46:53	03:07:07	01:50:11	538
101	654 Esmeraldino Sa	05:53:20	00:47:04	03:18:25	01:38:37	541
102	637 Nuno Simões	05:53:54	00:32:42	03:13:34	02:00:37	545
103	852 Dinis Delgado	05:54:02	00:37:01	03:27:10	01:40:25	548
104	210 Rui Gomes	05:54:48	00:36:00	03:12:57	01:55:28	555
105	1081 Ricardo Alvares Pereira	05:55:14	00:39:16	03:07:22	01:59:36	558
106	174 Tiago Pinhal	05:55:21	00:43:25	03:12:24	01:52:17	559
107	886 João Renato Sá Pereira	05:55:25	00:41:26	03:24:17	01:42:09	560
108	497 Nuno Reis	05:57:07	00:42:17	03:16:44	01:46:03	566



109	851	Tiago Rodrigo Da Silva Cartaxo	05:57:21	00:35:27	03:18:05	01:57:21	568
110	370	Ricardo Mateus	05:57:48	00:47:49	03:21:00	01:39:18	574
111	780	Hugo Rodolfo De Campos Martins	05:58:30	00:45:48	03:09:07	01:54:03	581
112	443	Pedro Manuel Nava Martins	05:58:35	00:34:47	03:14:51	02:01:42	582
113	646	João Carlos Costa Borralho	06:00:22	00:54:30	02:57:11	01:58:00	585
114	602	Bruno Cunha	06:00:51	00:51:09	03:05:00	01:57:57	588
115	342	Carlos Gouveia	06:01:34	00:40:53	03:07:25	02:03:22	592
116	842	Juan Manuel Arrazola Belda	06:01:49	00:38:01	03:27:57	01:45:40	593
117	424	Pedro Raposo	06:04:12	00:46:37	03:20:04	01:51:01	605
118	272	Jorge Santos Ferreira	06:13:20	00:38:36	03:22:42	02:04:38	637
119	620	Paulo Jorge Lopes Soares	06:13:41	00:51:33	03:28:12	01:44:13	641
120	1085	Vasco Afonso	06:13:42	00:42:21	03:35:48	01:44:47	642
121	45	Rui Santos	06:15:12	00:37:30	03:25:14	02:05:10	647
122	146	Nuno Simoes	06:16:41	00:38:30	03:29:14	01:58:26	651
123	677	Daniel José Da Graça Oliveira Santos	06:22:53	00:55:16	03:21:10	01:57:12	675
124	935	Fernando Jorge Palma Neto	06:24:19	00:42:55	03:32:40	01:57:14	678
125	155	Pedro Gonçalves Pinto	06:24:45	00:41:55	03:23:41	02:10:40	679
126	1087	Ricardo Pita	06:33:56	00:31:44	03:29:17	02:23:35	701
127	81	Felipe De Carvalho Abbud	06:34:23	00:43:15	03:20:01	02:17:51	704
128	17	João Pedro Seródio	06:37:25	00:39:14	03:42:11	02:02:53	716
129	973	Sergio Rosado	06:37:25	01:00:24	03:24:03	02:00:57	717
130	464	Rony Santos	06:38:16	00:39:21	03:14:25	02:36:06	720
131	1052	Pedro Vitorino	06:40:46	00:55:39	03:33:01	02:04:34	725
132	617	Hildebrando Castro	06:40:52	00:40:24	03:48:39	01:58:29	726
133	438	Eduardo Poças	06:45:02	00:34:23	03:36:49	02:25:17	740
134	796	Nuno Dias	06:51:04	00:45:26	03:40:04	02:13:40	756
135	1075	Bruno Rêgo	06:55:30	00:43:43	03:21:07	02:40:26	762
136	468	Fabio Luis Lorenski Pasta	06:55:44	00:47:19	03:37:34	02:21:24	763
137	705	Ricardo Miguel Nunes Duarte	06:56:10	00:52:47	03:34:44	02:17:26	764
138	511	Daniel David De Sousa Leão	07:38:47	00:46:16	03:45:01	02:57:18	783

45 - 49 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	470	Amelia Drumm	05:21:58	00:37:28	03:04:42	01:34:45	313
2	143	Nadine Dittrich	05:31:43	00:32:22	02:58:41	01:55:00	385
3	366	Patricia Alexandra Fernandes Rivotti	05:43:55	00:37:00	03:18:17	01:40:39	480
4	205	Madalena Andrade	06:07:05	00:40:30	03:21:27	01:59:12	618



5 625 Raquel Matos 07:02:37 00:43:29 03:47:07 02:17:32 769

50 - 54 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	513	Paulo Martins	04:22:52	00:32:13	02:24:08	01:20:10	15
2	51	Paulo Figueiredo	04:34:19	00:27:50	02:28:37	01:32:39	39
3	989	Luís Mira Nunes	04:37:07	00:30:25	02:33:59	01:28:36	45
4	461	Alexandre Paiva Nunes	04:48:43	00:35:14	02:42:02	01:26:52	79
5	39	Carlos Gomes Ferreira	04:49:03	00:33:04	02:39:41	01:31:51	81
6	50	Jorge Luis Parreira Augusto	04:49:51	00:29:37	02:42:47	01:32:09	86
7	1068	Emanuel Matos	04:50:52	00:36:30	02:43:06	01:25:17	93
8	996	David Toro Orgaz	04:51:22	00:31:00	02:39:58	01:35:46	98
9	245	Joao Manuel Da Silva Barran Assis Cabeleira	04:51:38	00:38:14	02:36:24	01:29:21	99
10	47	Luis Alegrias	04:53:22	00:32:35	02:36:19	01:37:24	105
11	369	Paulo Lamego	04:53:25	00:32:16	02:43:36	01:32:40	106
12	131	David Caldeirão	04:56:19	00:27:55	02:40:42	01:43:17	119
13	458	Miguel Gomes	04:56:51	00:31:57	02:45:23	01:34:28	123
14	885	Rui Duarte	04:59:49	00:24:49	02:59:06	01:30:47	143
15	184	Rui Gonçalves	05:01:56	00:39:02	02:51:13	01:24:22	161
16	328	Diogo Pereira Do Nascimento De Magalhães Cymbron	05:02:26	00:34:15	02:43:48	01:38:50	162
17	416	Mauro Azevedo	05:02:53	00:37:25	02:49:10	01:28:11	165
18	343	Rui Jorge Galinha	05:07:13	00:30:40	02:53:47	01:37:18	199
19	940	José Duarte	05:07:50	00:33:46	02:53:21	01:34:09	206
20	46	Miguel Serpa Tolda Garcia	05:08:54	00:33:21	02:49:49	01:40:23	215
21	980	José Carlos Abrantes	05:09:32	00:34:30	02:56:17	01:33:36	220
22	18	Jose Luis Baceira Farinha	05:10:54	00:38:24	02:47:05	01:39:10	228
23	116	Nuno Miguel Rico Carvalhinho	05:12:08	00:36:19	02:39:10	01:51:08	239
24	398	Nuno Miguel Nobre Lopes	05:14:12	00:38:34	02:48:25	01:41:42	254
25	472	Pedro Neves	05:15:37	00:36:46	02:57:34	01:36:40	267
26	931	Luis Carvalho	05:15:51	00:36:33	02:48:09	01:43:54	268
27	532	António Carlos Esquetim Marques	05:17:08	00:32:40	02:57:27	01:41:41	275
28	196	Rui Pereira	05:18:00	00:34:57	03:01:15	01:34:14	280
29	874	Paulo Teles	05:19:57	00:35:29	02:49:02	01:48:06	298
30	1000	Luís Filipe Roque Gonçalves	05:20:32	00:30:58	02:56:26	01:44:49	304
31	1050	João António Da Silva Rosa	05:22:57	00:34:05	02:49:12	01:52:11	322
32	226	Alcidio Silva Ferro	05:23:00	00:37:35	02:57:13	01:42:45	324
33	857	Miguel Alexandre Mendes Barata Oliveira Da Silva	05:25:48	00:39:42	03:01:27	01:35:04	341



34	711 Miguel Baltazar	05:27:44	00:35:30	02:57:29	01:47:31	354
35	669 Ivo Magalhães	05:27:50	00:38:08	02:59:22	01:38:49	356
36	504 Ken Gielen	05:29:59	00:25:55	02:56:21	02:00:47	370
37	575 Filipe Leipolz Pocas	05:30:16	00:34:47	03:00:32	01:44:19	372
38	1022 Nuno Ricardo Dias Lemos	05:30:30	00:36:18	02:55:24	01:52:05	373
39	13 Pedro Nunes	05:33:29	00:32:19	02:57:08	01:56:54	399
40	229 Victor Ruiz De Eguino Medina	05:33:36	00:34:28	03:08:29	01:38:39	401
41	1006 Nuno Manuel Pintado Pereira	05:34:07	00:33:06	03:03:53	01:47:20	407
42	700 Marco Filipe	05:36:32	00:39:47	03:14:48	01:34:29	425
43	967 Artur Manuel Rocha Alves	05:38:06	00:41:32	03:09:27	01:38:56	437
44	453 Pedro Miguel Silva Rico	05:39:27	00:33:14	03:15:36	01:41:22	444
45	300 Alberto Jorge Soares Pires	05:42:55	00:40:26	03:00:27	01:52:21	471
46	227 Rui Mota Guedes	05:43:24	00:37:24	03:14:49	01:42:55	474
47	1043 Pedro Mestre	05:46:45	00:34:05	03:08:20	01:55:21	494
48	481 David Almeida	05:47:05	00:42:09	03:10:20	01:40:48	499
49	1009 João Pedras	05:52:24	00:41:16	03:10:28	01:51:11	535
50	581 Tiago José Fernandes Duarte	05:53:37	00:39:09	03:15:50	01:50:00	543
51	207 Eladio Manuel	05:53:41	00:43:21	03:11:09	01:48:45	544
52	350 Humberto Cunha	05:54:09	00:35:32	03:13:57	01:59:15	550
53	688 Nuno Pedro Da Silva Do Carmo Vaz	05:55:45	00:37:31	03:16:20	01:53:34	561
54	167 Pedro David Da Costa Amaro Galvão Pisco	05:56:06	00:44:20	03:12:47	01:49:46	562
55	395 Pedro Fardilha	05:56:10	00:35:44	03:17:48	01:53:42	563
56	638 Pedro Miguel Botelho	05:57:45	00:28:39	03:11:11	02:09:23	571
57	347 Luis Miguel Xavier Tomé	05:59:02	00:43:36	03:08:59	02:00:31	583
58	713 Jose Alcídio Fernandes Meira Rodrigues	06:02:03	00:43:06	03:08:56	01:57:13	594
59	275 Nuno Clemente	06:02:58	00:44:29	03:15:53	01:55:03	598
60	521 Manuel Maria Correia	06:03:54	00:41:36	03:07:07	02:01:15	600
61	957 Carlos Preciso	06:04:02	00:44:34	03:18:25	01:53:06	601
62	25 Marco Sousa	06:04:26	00:33:39	03:33:14	01:45:29	606
63	31 Luis Paulo Costa Cipriano	06:06:24	00:41:19	03:25:53	01:52:46	615
64	84 Francisco José Serrano Faria	06:07:15	00:45:03	03:13:13	02:00:02	619
65	190 José Gonçalves	06:07:44	00:39:48	03:22:02	01:58:11	623
66	914 Pedro Almodovar Queiroga	06:10:05	00:38:29	03:26:48	01:52:17	628
67	933 Paulo Salgado	06:14:42	00:45:34	03:23:06	01:58:17	645
68	28 Eduardo Filipe Amaro Ferreira	06:17:11	00:42:11	03:19:32	02:07:25	653
69	483 Luis Miguel Mendes Rasteiro	06:17:57	00:41:37	03:23:40	02:05:18	655
70	99 Duarte Vaz Almada	06:18:07	00:39:04	03:27:43	02:01:25	656



71	140	Luis Miguel De Oliveira Martins	06:18:29	00:38:59	03:24:09	02:03:57	657
72	850	Jorge Miguel P F Ferreira	06:22:04	00:50:43	03:27:35	01:56:52	672
73	587	Tito Lívio Henriques	06:24:52	00:43:36	03:30:37	01:52:32	680
74	132	Paulo Moutinho	06:30:48	00:30:55	03:39:30	02:10:06	694
75	491	Alvaro Rojas Barneto	06:31:58	00:41:10	03:38:04	01:56:45	696
76	964	Nuno Lucas	06:32:58	00:41:54	03:35:33	02:02:15	698
77	188	Eduardo Volpato De Lima	06:33:03	00:36:34	03:11:45	02:34:21	699
78	271	Danyel Cunha	06:34:26	00:42:03	03:38:19	02:01:53	705
79	616	Mario Teofilo	06:36:57	00:35:47	03:40:13	02:12:24	715
80	158	Miguel Cocco	06:37:56	00:39:33	03:25:24	02:23:55	719
81	345	Vitor Fernandes	06:39:11	00:35:35	03:23:12	02:31:12	722
82	862	Daniel Aguiar	06:39:58	00:35:59	03:43:33	02:06:43	723
83	292	Marco Ventura	06:42:12	00:39:45	03:37:53	02:14:16	731
84	634	Rui Lobo Levy	06:43:49	00:46:30	03:18:18	02:31:13	737
85	364	Hugo Manuel Estradas Santinhos	06:45:15	00:50:04	03:33:06	02:11:49	742
86	716	Pedro Henriques	06:46:07	00:34:23	03:35:52	02:24:10	746
87	247	Aliaksandr Zuyonak	06:48:41	00:46:37	03:34:24	02:21:13	750
88	83	Horácio Oliveira	06:50:22	00:48:23	03:48:27	01:58:30	754
89	756	Carlos Manuel Gomes Semide De Abreu	06:53:52	00:38:31	03:44:57	02:15:41	761
90	826	Pedro Castanheira	06:57:04	00:47:45	03:50:11	02:07:30	765
91	456	Rui Catarrinha	07:05:55	00:40:53	03:37:08	02:34:48	773
92	425	Joaquim Jorge Assunção De Sousa Rosado Vieira	07:17:09	00:44:29	03:48:14	02:36:08	778

50 - 54 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	510	Ana Filipa Marinho Correia De Oliveira	05:43:34	00:34:39	03:02:41	02:01:24	476
2	432	Begonia De La Rica Jimenez	05:54:14	00:40:43	03:17:00	01:48:58	552
3	72	Fernanda Marques Santinha	06:04:37	00:36:04	03:32:16	01:49:20	608
4	254	Sonia Ribeiro	07:02:37	00:52:32	03:43:36	02:18:35	770

55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	518	José Henrique Lopes Peixoto	04:46:19	00:35:11	02:37:56	01:26:51	69
2	43	Jose Rui Galvao	04:48:07	00:30:44	02:34:43	01:37:53	76
3	208	Jorge Calafate	04:56:19	00:28:37	02:49:57	01:32:11	120
4	53	Sérgio Manuel Pecurto Batalha	05:02:48	00:37:10	02:47:43	01:29:07	164
5	797	Hugo Fontana Calvo	05:05:34	00:30:08	02:48:31	01:36:28	185



6	660	Artur Duarte	05:12:29	00:38:11	02:58:08	01:28:27	240
7	197	Neville Suzman	05:14:41	00:35:32	02:46:09	01:45:39	258
8	698	Carlos Alexandre De Matos Maia	05:16:45	00:37:35	02:42:37	01:50:33	272
9	589	Joao Santos	05:22:11	00:32:13	02:53:43	01:50:10	314
10	596	Pedro Nogueira Da Silva	05:23:46	00:34:27	02:56:04	01:47:50	331
11	29	Gil Contreiras Braz De Oliveira	05:27:13	00:33:41	03:04:47	01:41:38	349
12	623	João Marques	05:30:57	00:42:17	02:56:15	01:45:35	379
13	496	Roberto Fernández Alonso	05:31:08	00:40:23	02:56:19	01:46:29	383
14	36	Renato Gonçalves Araújo	05:31:45	00:35:53	03:01:51	01:45:05	387
15	274	Luis Marques	05:34:36	00:39:13	03:01:44	01:43:58	412
16	459	Pedro Mendes Jorge	05:36:04	00:32:55	02:59:45	01:55:31	421
17	542	Paulo Carvalhinho	05:39:09	00:37:21	03:05:45	01:44:27	442
18	726	Fernando Ferreira	05:39:45	00:41:02	03:06:57	01:42:35	449
19	261	Adolfo Vagos	05:39:54	00:40:44	03:11:39	01:41:25	450
20	125	José A F Morgado	05:41:11	00:37:54	03:08:59	01:45:37	459
21	20	Fernando Carmo	05:41:18	00:36:40	03:19:37	01:38:51	460
22	252	Gabriel Alves	05:41:53	00:41:44	03:10:42	01:41:18	464
23	503	Aristides Bordalo	05:47:35	00:42:06	03:08:24	01:49:31	503
24	793	Miguel Pereira	05:52:54	00:48:45	03:06:25	01:49:36	539
25	294	José Bonito	05:54:01	00:38:14	03:12:09	01:57:39	547
26	621	Pedro Calvário	05:54:35	00:37:13	03:08:48	01:53:36	553
27	358	Mauricio Jose Vaz Da Costa	05:57:47	00:39:37	03:17:51	01:52:51	573
28	784	Pedro Ventura	06:05:13	00:34:44	03:27:29	01:54:43	612
29	305	Vasco Pinheiro	06:12:51	00:40:46	03:21:17	02:01:39	634
30	1007	Vitor Grilo	06:18:50	00:35:23	03:24:05	02:01:24	658
31	315	Manuel António Santos Nunes	06:30:02	00:45:52	03:15:41	02:19:33	691
32	649	João Pedro Cândido Aranha De Sousa E Menezes	06:41:01	00:47:59	03:42:44	02:03:04	727
33	767	Jeffrey Zive	06:44:42	00:39:35	03:31:15	02:25:58	739
34	67	Rui Manuel Lopes Martins	06:47:16	00:42:28	03:40:32	02:13:09	748
35	789	Charles Lima	06:48:14	00:46:27	03:30:45	02:19:45	749
36	837	Rui Melo Silva	07:05:16	00:53:19	03:31:19	02:29:42	772
37	822	Bruno Vidigal	07:18:19	00:38:33	03:41:21	02:45:41	779
38	70	Luís Miguel Duarte Carvalho	07:28:01	00:40:18	03:58:09	02:36:39	782

60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	580	Carlos Manuel Santos Silva	05:10:42	00:43:38	02:50:35	01:30:24	224



2	391	Joaquim Guilherme Rodrigues Esteves	05:19:21	00:34:34	02:48:49	01:49:26	290
3	403	Vicente Sanz Romero	05:24:20	00:37:33	02:56:35	01:43:08	336
4	710	Manuel Rodrigues	05:29:29	00:37:39	02:53:21	01:52:49	366
5	55	Paulo Renato Santos	05:29:36	00:32:07	03:02:04	01:47:45	368
6	192	Francisco Sanches-Osório	05:40:18	00:38:22	03:04:41	01:50:16	451
7	351	Luis Manuel Sampaio Da Silva E Cunha Trigo	05:51:58	00:42:14	03:23:25	01:38:30	533
8	243	Joaquim José Gomes Da Rocha Fernandes	05:52:17	00:32:07	03:26:35	01:47:02	534
9	440	Luis Morais	05:56:31	00:46:24	02:59:23	02:03:46	565
10	406	Paulo Trindade	05:57:59	00:37:05	03:17:09	01:57:01	576
11	560	Carlos Gomes	05:58:03	00:40:25	03:20:41	01:50:36	578
12	71	Miguel Da Fonseca San-Payo	06:04:08	00:34:52	03:29:43	01:51:23	602
13	1026	Carlos Manuel Pires De Oliveira Nunes	06:13:35	00:40:26	03:29:08	01:53:02	640
14	213	João Carlos Lourenço	06:14:39	00:41:25	03:34:19	01:45:09	644
15	463	João Paulino	06:19:59	00:44:53	03:30:17	01:52:28	662
16	244	Jorge Joaquim Lopes Nunes	06:27:43	01:07:44	03:24:33	01:47:14	686
17	63	José Aníbal Martins Correia	06:34:49	00:38:44	03:38:35	02:09:03	708
18	731	Eduardo Carpinteiro	06:45:39	00:46:07	03:25:05	02:24:18	744
19	228	Luis Miguel Duque Santos	06:50:47	00:46:35	03:39:32	02:16:04	755
20	599	Armando Calado Guerreiro Lopes	06:52:34	00:47:21	03:44:09	02:11:21	759
21	815	Filipe Horta	07:06:33	00:31:52	03:42:00	02:44:55	774

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	212	Manuel Pires	06:00:08	00:42:02	03:13:29	01:57:23	584
2	466	Paulo Guedes	06:04:46	00:38:47	03:17:34	01:56:53	609
3	103	Henrique José Ramalho Freire	06:34:03	00:35:25	03:47:12	02:04:06	702



Clube dos Galitos

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Mário André Bastos Rocha	659	04:09:36		M	4
Luis Filipe	656	04:21:42		M	11
João Rafael Dos Santos Andrade	359	04:26:34		M	25
Paulo Filipe Neto Gonçalves	367	04:38:52		M	49
Goncalo Nuno Duarte Costa	246	04:43:41		M	59
					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>
Guilherme Bonito	105	04:24:02		M	19
Afonso Garcia	1079	04:26:34		M	24
Tiago De Almeida Simões Lopes	108	04:34:25		M	40
Gonçalo Nóvoa	864	04:44:17		M	62
Henrique Ubach Trindade Mota Pereira	346	04:46:50		M	70
					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	959	04:20:57		M	10
Bernardo Cadeiras	714	04:21:55		M	12
Alex Cabrita	777	04:29:30		M	30
Carlos Gomes Ferreira	39	04:49:03		M	81
Pedro Mendonca	152	04:55:38		M	114
					Lugar: 3

OnTri Sports

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
David Lobão Matos	975	04:25:54		M	23
André Filipe Serrano Barreto	182	04:32:41		M	36
Manuel Fardilha	394	04:43:40		M	58
Jose Rui Galvao	43	04:48:07		M	76
Diogo Fernando Silva Alves	811	04:51:12		M	97
					Lugar: 4



CNATRIL Triatlo

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Sérgio Miguel Gonçalves Marques	818	04:28:01		M	28
Jaime Duarte	378	04:31:51		M	35
Luís Mira Nunes	989	04:37:07		M	45
Chipier Marie	1099	04:52:33		F	102
Francisca Faria De Sales Parente Cambra	177	05:02:32		F	163
					23:32:04 Lugar: 5

LBSquad

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Lino Barruncho	1069	04:24:31		M	20
Tomás Pires	990	04:40:05		M	52
Tiago Allen	1100	04:47:59		M	75
Francisco Vasconcelos	340	04:50:01		M	88
João Gandum	139	04:50:10		M	89
					23:32:46 Lugar: 6

Sporting Clube de Espinho

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Filipe Miguel Nunes Marques	104	04:23:48		M	17
Ricardo Carvalho	353	04:25:35		M	22
Fred Cerdeira	277	04:42:38		M	56
Rui Gomes	825	04:50:37		M	92
Pedro Cardoso	404	05:10:44		M	225
					23:33:22 Lugar: 7

Estoril Praia Credibom

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Alberto Casillas Garcia	52	04:02:28		M	1
João Pedro Mártires Da Silva	615	04:49:09		M	82
Jorge Fonseca	23	04:50:36		M	91
André Duarte	905	05:01:09		M	156
Pedro Silva	890	05:07:02		M	198
					23:50:24 Lugar: 8



SFRAA

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
François Vie	1094	04:19:21		M	9
Miguel Ângelo Sérvulo Tomé	373	04:41:27		M	53
Hugo Fonseca	162	05:00:24		M	145
Carlos Barroso Fernandes	74	05:05:04		M	183
Joaquim Guilherme Rodrigues Esteves	391	05:19:21		M	290
24:25:37					Lugar: 9

AmoraSub/Associação Naval Amorense

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Tiago Andre Masqueiro Encarnação	446	04:44:07		M	61
Pedro Miguel Sequeira Rilhó	90	04:44:49		M	63
Nelson Oliveira	552	04:49:27		M	84
Tiago Chaparro	702	05:01:05		M	155
Alberto Dias	324	05:06:44		M	194
24:26:12					Lugar: 10

Triatlo Clube TAP

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Joao Fragoso	682	04:27:00		M	26
Ricardo Filipe Varela Costa	69	04:55:11		M	113
Christoph Putz	1036	04:59:31		M	142
António Fortuna	721	05:00:30		M	147
Nuno Miguel Rico Carvalhinho	116	05:12:08		M	239
24:34:20					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>
Miguel Liquito	516	04:45:41		M	66
Joao Manuel Da Silva Barran Assis Cabeleira	245	04:51:38		M	99
Paulo Lamego	369	04:53:25		M	106
Rui Pedro Sousa Nunes	561	05:03:48		M	171
Marco António Sousa Miguel	689	05:04:36		M	178
24:39:08					Lugar: 12



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>
Nuno Ricardo Pais Lopes	259	04:43:05		M	57
Gonçalo Martins	176	04:52:00		M	100
Jorge Calafate	208	04:56:19		M	120
David Paiva	835	05:01:46		M	160
Rui Gonçalo Vieira	626	05:15:04		M	264
					24:48:14
					Lugar: 13

Académica Triatlo

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Leonardo Schwindt	206	04:22:20		M	14
Sandro Touil	752	04:50:22		M	90
Mauro Azevedo	416	05:02:53		M	165
Rui Daniel Dinis De Melo Rui Melo	896	05:21:55		M	312
Ivo Magalhães	669	05:27:50		M	356
					25:05:20
					Lugar: 14

Sporting Clube de Portugal

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
João Luís Gonçalves Cabral	881	04:29:00		M	29
Filipe Marques	873	04:30:38		M	33
Rafael Sá Alves	844	04:59:09		M	139
Carlos Jeronimo	319	05:33:16		M	397
Filipe Matos	150	05:39:31		M	446
					25:11:34
					Lugar: 15

TC Training Group

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Tiago Filipe Raimundo Cochicho	613	04:27:09		M	27
Bruno Costa	530	04:56:17		M	118
Nuno Miguel Val Murtinheira Soares	1047	05:07:29		M	203
Roberto Emanuel Pereira Rosado	816	05:23:07		M	328
Eduardo Ribeiro Costa	489	05:27:47		M	355
					25:21:49
					Lugar: 16



Exército de Portugal

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
André Bernardino	984	04:54:03		M	108
Orlando Filipe Fernandes Marques	983	05:06:05		M	190
José Carlos Abrantes	980	05:09:32		M	220
João Paulo Nunes Ferreira Ribeiro Cardoso	981	05:14:06		M	253
Flávio Vieira Carvalho De Figueiredo	982	05:14:23		M	257
25:38:09					Lugar: 17

Clube Millennium BCP

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Fernando Manuels Conceicao Batista	371	04:56:00		M	116
José Duarte	940	05:07:50		M	206
Jose Luis Baceira Farinha	18	05:10:54		M	228
Nuno Miguel Nobre Lopes	398	05:14:12		M	254
Neville Suzman	197	05:14:41		M	258
25:43:37					Lugar: 18

Clube Zupper

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Ivan Marques Valente Couras	735	04:47:54		M	74
Miguel Gomes	458	04:56:51		M	123
Hugo Manuel Gonçalves Ferreira	501	05:03:55		M	172
José Monteiro	588	05:19:51		M	295
David Almeida	481	05:47:05		M	499
25:55:36					Lugar: 19

Triatlo Fundação Salesianos

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Diogo Vieira	298	05:04:02		M	174
Diogo Pina Pereira	473	05:04:32		M	177
Tiago Batista	474	05:11:30		M	231
Jorge Banha	941	05:26:08		M	342
João Marques	623	05:30:57		M	379
26:17:09					Lugar: 20



Grupo Desportivo da Goma

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Adelino José Soutinho De Sousa	619	04:36:36		M	44
Emanuel Matos	1068	04:50:52		M	93
Nuno Ribeiro	434	04:56:50		M	122
Rui Filipe Lima Barbosa	832	05:44:39		M	489
Jorge Joaquim Lopes Nunes	244	06:27:43		M	686
					26:36:40 Lugar: 21

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	05:02:48		M	164
Cláudio Manuel Alexandre Canavilhas	224	05:13:00		M	246
Hugo Gomes	22	05:19:35		M	293
Paulo Teles	874	05:19:57		M	298
Gabriel Alves	252	05:41:53		M	464
					26:37:13 Lugar: 22

Quitério TriPeniche

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Tiago Espírito Santo	145	05:07:59		M	207
Rui Pereira	196	05:18:00		M	280
Patrick Ebrero	223	05:22:42		M	319
João António Da Silva Rosa	1050	05:22:57		M	322
Miguel Baltazar	711	05:27:44		M	354
					26:39:22 Lugar: 23

GRCD Leião Triatlo

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Manuel Jorge Teixeira Monteiro Júlio	636	04:41:49		M	54
Luis Figueira	285	04:58:51		M	137
Artur Manuel Rocha Alves	967	05:38:06		M	437
Nuno Miguel Lourenço Dantas	1086	05:39:28		M	445
Andrea Saporito	824	05:46:54		M	496
					26:45:08 Lugar: 24



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	159	04:43:53		M	60
Bruno Rolim	997	04:53:01		M	104
João Paulo Serôdio	520	05:38:50		M	441
Emanuel Freitas	573	05:43:57		M	482
Pedro Ricardo Branco Barata Filipe	115	05:48:19		M	508
					26:48:00
					Lugar: 25

Clube de Triatlo do Fundão

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Carolina Boulhosa	884	05:18:08		F	281
Luís Filipe Roque Gonçalves	1000	05:20:32		M	304
Marta Costa	836	05:23:15		F	329
Miguel Alexandre Mendes Barata Oliveira Da Silva	857	05:25:48		M	341
Pedro Maurício	848	05:27:14		M	350
					26:54:57
					Lugar: 26

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	487	05:00:18		M	144
Ricardo Miguel Bandarra Silva	485	05:07:01		M	196
Tiago João Maurício Belo Luís	528	05:30:49		M	376
Fábio Manuel Dias Teixeira	763	05:31:53		M	389
Pedro Silva	846	06:06:31		M	616
					27:16:32
					Lugar: 27

JM Triathlon Team

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Adolfo Lameira Chibante Rodrigues	431	05:08:57		M	216
Filipe Silva	1042	05:13:35		M	249
Marco Seixo	1071	05:37:33		M	433
Bruno Gonçalves	579	05:41:37		M	462
Miguel Costa	502	05:48:16		M	507
					27:29:58
					Lugar: 28



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	546	04:48:52		M	80
Pedro Fernandes	365	05:27:57		M	357
Christian Ramos	85	05:34:01		M	406
Patricia Alexandra Fernandes Rivotti	366	05:43:55		F	480
Fernanda Marques Santinha	72	06:04:37		F	608
					27:39:22
					Lugar: 29

Lucas Force

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Miguel Ruiz Callé Lucas	828	04:37:31		M	47
Pedro Lucas	926	05:21:24		M	309
Francisco Bertão	942	05:51:52		M	531
Antonio Duarte	863	06:09:14		M	626
Carmo Lucas	921	06:26:58		F	685
					28:26:59
					Lugar: 30

Associação Académica de São Mamede

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Miguel Gonçalves	807	05:03:12		M	168
David Jorge	231	05:34:23		M	409
Fernando Ferreira	726	05:39:45		M	449
Helder Fernando Fernandes Correia	1037	05:52:37		M	536
André Filipe Gonçalves Ribeiro	845	06:31:29		M	695
					28:41:26
					Lugar: 31

Apulso

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Joao Filho	925	05:12:03		M	238
Alexandre Miguel Gomes Guimarães	787	05:35:23		M	417
Diogo Cunha	484	05:36:14		M	423
Hugo Julião	544	06:00:59		M	590
Márcio Carreira Nobre	919	06:30:30		M	693
					28:55:09
					Lugar: 32