



SETÚBAL TRIATHLON'10

EDIÇÃO 10

CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
1	8	Rafael Domingos		Estoril Praia Credibom	04:05:14	00:26:44	02:17:47	01:17:58	30 - 34 anos	1
2	2	Tomás Teixeira		CNAL - Triatlo	04:09:36	00:30:19	02:15:30	01:20:07	18 - 24 anos	1
3	7	João Ferreira		JFCOACHING	04:10:08	00:26:47	02:20:11	01:19:33	30 - 34 anos	2
4	3	Salomão Savelenko		O2 Triatlo - S?Look	04:10:41	00:26:46	02:22:31	01:18:45	18 - 24 anos	2
5	417	Márcio Neves		Quitério TriPeniche	04:12:18	00:29:27	02:20:22	01:19:04	40 - 44 anos	1
6	1167	Miguel Blanco			04:13:52	00:27:19	02:21:51	01:21:19	25 - 29 anos	1
7	237	João Cabral		Sporting Clube de Portugal	04:13:54	00:29:38	02:19:47	01:20:43	18 - 24 anos	3
8	1056	Rodrigo Pissarra		Outsystems Olímpico de Oeiras	04:15:17	00:26:35	02:28:46	01:16:13	18 - 24 anos	4
9	264	João Trigueiros		Sporting Clube de Espinho	04:16:01	00:32:12	02:26:25	01:13:49	30 - 34 anos	3
10	1066	Bruno Pontes		Louletano Desportos Clube	04:25:15	00:33:17	02:28:59	01:18:49	40 - 44 anos	2
11	186	Gonçalo Carmo		LBSquad	04:26:49	00:33:48	02:29:37	01:19:13	25 - 29 anos	2
12	468	Duarte Santos		Thomar Athletics	04:27:13	00:32:33	02:34:58	01:15:22	25 - 29 anos	3
13	999	Alejandro Varela		Vasco da Gama Atlético Clube de Sines	04:27:20	00:32:38	02:29:40	01:21:04	30 - 34 anos	4
14	315	Adriano Correia		Clube de Natação de Torres Novas	04:28:21	00:29:29	02:37:36	01:18:36	30 - 34 anos	5
15	723	Miguel Arraiolos		APulso	04:31:00	00:26:50	02:35:53	01:24:49	35 - 39 anos	1
16	215	Sandro Touil		Académica Triatlo	04:31:59	00:33:39	02:25:47	01:28:27	30 - 34 anos	6
17	1005	João Andrade		Clube dos Galitos	04:32:54	00:33:53	02:29:42	01:25:44	30 - 34 anos	7
18	1183	Michael Rundio		Afterwork Champs	04:33:23	00:31:56	02:26:57	01:28:28	40 - 44 anos	3
19	431	Paulo Cândido		Triatlo Clube TAP	04:33:53	00:39:34	02:27:31	01:21:23	40 - 44 anos	4



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20	1002	Leonardo Schwindt		Académica Triatlo	04:33:54	00:33:19	02:30:42	01:25:30	50 - 54 anos	1
21	1047	Manuel Júlio			04:34:00	00:32:53	02:32:41	01:24:14	40 - 44 anos	5
22	834	Miguel Andrade	LBsquad		04:34:45	00:36:05	02:33:05	01:18:46	30 - 34 anos	8
23	185	Ivan Couras	Clube Zupper		04:35:01	00:28:59	02:34:00	01:27:59	45 - 49 anos	1
24	202	Bernardo Fernandes			04:35:46	00:33:49	02:29:10	01:28:56	40 - 44 anos	6
25	695	João Jesus		Amiciclo Grândola	04:35:46	00:33:28	02:39:40	01:19:39	35 - 39 anos	2
26	773	Miguel Tomé		Outsystems Olímpico de Oeiras	04:35:49	00:27:42	02:40:15	01:23:53	25 - 29 anos	4
27	1203	Lino Barruncho	LBsquad		04:36:09	00:36:56	02:32:03	01:22:34	50 - 54 anos	2
28	477	Duarte Tirapicos	LBsquad		04:36:27	00:45:20	02:26:26	01:18:51	35 - 39 anos	3
29	947	Afonso Garcia	Apulso		04:36:46	00:28:01	02:34:10	01:31:03	30 - 34 anos	9
30	625	Diogo Alves			04:37:07	00:36:37	02:33:38	01:21:24	35 - 39 anos	4
31	987	Pastor Regueiro		Vasco da Gama Atlético Clube de Sines	04:37:52	00:37:34	02:26:07	01:28:46	30 - 34 anos	10
32	325	Jacinto Rodrigues			04:40:15	00:43:12	02:25:41	01:26:58	35 - 39 anos	5
33	201	Filipe Marques		Sporting Clube de Espinho	04:40:54	00:29:55	02:42:06	01:24:12	40 - 44 anos	7
34	544	Simão Penha			04:41:23	00:30:21	02:38:45	01:27:56	25 - 29 anos	5
35	365	Lucas Souza			04:41:32	00:36:40	02:27:59	01:31:28	30 - 34 anos	11
36	112	Nuno Lopes	Jfcoaching		04:41:32	00:33:25	02:37:12	01:26:36	45 - 49 anos	2
37	90	Francisco Gameiro		Alhandra Sporting Club	04:43:01	00:34:42	02:43:27	01:20:34	40 - 44 anos	8
38	890	Filipe Carneiro			04:43:01	00:38:13	02:35:20	01:24:26	35 - 39 anos	6



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39	682	Luis Filipe		Clube dos Galitos	04:43:54	00:29:54	02:33:12	01:35:54	40 - 44 anos	9
40	439	Tiago Lopes		Outsystems Olímpico de Oeiras	04:43:56	00:33:01	02:30:46	01:32:14	30 - 34 anos	12
41	934	André Fernandes			04:44:15	00:29:26	02:37:50	01:32:07	30 - 34 anos	13
42	250	João Ricardino		LBSquad	04:44:23	00:36:02	02:39:40	01:23:27	35 - 39 anos	7
43	1104	Hugo Silva		LBSquad	04:44:58	00:39:23	02:38:38	01:20:50	40 - 44 anos	10
44	995	Adelino Sousa		Grupo Desportivo da Goma	04:45:07	00:43:55	02:35:10	01:20:37	45 - 49 anos	3
45	504	Daniel Bessa		Tri Clube Penafiel	04:45:27	00:29:05	02:40:50	01:31:41	25 - 29 anos	6
46	43	José Galvão		OnTri Sports	04:45:41	00:38:52	02:32:24	01:28:47	55 - 59 anos	1
47	108	Miguel Lucas		Lucas Force	04:45:58	00:41:27	02:34:24	01:25:30	30 - 34 anos	14
48	280	Rui Narigueta		Clube de Natação de Torres Novas	04:46:04	00:44:19	02:26:11	01:31:30	50 - 54 anos	3
49	207	Fábio Branco		JFCOACHING	04:46:26	00:37:33	02:35:04	01:28:55	35 - 39 anos	8
50	281	João Santos		LBSquad	04:46:48	00:31:13	02:43:20	01:27:23	25 - 29 anos	7
51	887	Tiago Cochicho		SUColareense	04:46:48	00:38:20	02:39:26	01:23:55	40 - 44 anos	11
52	933	Max Groot		Sintra Trail Runners	04:47:16	00:39:38	02:34:22	01:29:09	18 - 24 anos	5
53	189	Vasco Pinto		LBSquad	04:47:16	00:46:23	02:30:43	01:25:01	40 - 44 anos	12
54	833	Jesús Jorge		Trinorth	04:47:36	00:43:58	02:32:03	01:26:46	40 - 44 anos	13
55	33	João Rebelo		Vasco da Gama Atlético Clube de Sines	04:47:36	00:31:24	02:50:40	01:20:42	30 - 34 anos	15
56	559	Afonso Santos		APulso	04:48:37	00:33:33	02:41:53	01:27:42	25 - 29 anos	8
57	906	Salvador Cardoso		TriPeniche	04:48:40	00:41:45	02:31:29	01:30:45	18 - 24 anos	6



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58	520	Nuno Noritake		Clube Millennium BCP	04:48:41	00:28:48	02:45:05	01:29:49	30 - 34 anos	16
59	594	Tiago Almeida		OnTri Sports	04:49:02	00:38:24	02:27:03	01:38:42	45 - 49 anos	4
60	50	Jorge Augusto		Mc Donald 's/Tribraga	04:49:14	00:35:16	02:39:39	01:29:00	50 - 54 anos	4
61	926	Nuno Martins		Paracuellos Triatlon	04:49:17	00:39:58	02:34:58	01:28:52	45 - 49 anos	5
62	472	Francisco Palma		LBSquad	04:49:17	00:39:30	02:38:14	01:25:54	25 - 29 anos	9
63	4	Ana Ramos		Clube de Natação de Torres Novas	04:49:19	00:29:02	02:47:30	01:29:25	30 - 34 anos	1
64	402	Márcio Carvalho		Clube Zupper	04:49:26	00:37:37	02:34:21	01:32:54	40 - 44 anos	14
65	1160	David Toro		Love Tiles	04:50:27	00:39:09	02:38:17	01:28:21	50 - 54 anos	5
66	360	Frederico Guerra			04:50:41	00:33:32	02:48:10	01:24:09	18 - 24 anos	7
67	1045	José Costa		Clube vela tavira	04:50:44	00:40:40	02:32:44	01:31:06	40 - 44 anos	15
68	664	José Marcelino		OnTri Sports	04:50:56	00:39:48	02:41:35	01:23:21	30 - 34 anos	17
69	569	Rui Martins		JFCOACHING	04:51:48	00:30:56	02:48:52	01:26:55	40 - 44 anos	16
70	20	Fernando Carmo			04:52:04	00:42:15	02:33:13	01:30:41	55 - 59 anos	2
71	179	Guilherme Teles		OnTri Sports	04:52:19	00:41:27	02:35:01	01:28:06	40 - 44 anos	17
72	519	Tiago Encarnação		AmoraSub/Associação Naval Amorense	04:52:21	00:44:44	02:34:23	01:28:54	35 - 39 anos	9
73	1074	Tiago Luis		JFCOACHING	04:52:26	00:34:14	02:41:31	01:31:00	30 - 34 anos	18
74	535	Manuel Fardilha			04:52:34	00:32:27	02:34:31	01:40:55	18 - 24 anos	8
75	486	Tiago Pereira		Pocapoco Social Club	04:52:43	00:41:11	02:44:24	01:21:32	35 - 39 anos	10
76	366	André Lopes		Triatlo Clube TAP	04:52:53	00:37:00	02:38:32	01:32:24	30 - 34 anos	19



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77	614	João Graça		LBSquad	04:52:57	00:33:12	02:40:57	01:33:59	35 - 39 anos	11
78	15	João Pacheco		Outsystems Olímpico de Oeiras	04:54:02	00:39:46	02:39:01	01:29:44	40 - 44 anos	18
79	545	João Oliveira		Associação Desportiva de Ilhavo	04:54:04	00:31:27	02:52:24	01:25:28	30 - 34 anos	20
80	1096	Marciano Dias		DXC Tri Amazing	04:54:05	00:42:59	02:39:39	01:26:08	40 - 44 anos	19
81	59	Luis Ferreira		JFCOACHING	04:54:31	00:42:40	02:39:16	01:28:06	40 - 44 anos	20
82	1171	Lopo Carvalho		Clube Oriental de Lisboa	04:54:32	00:42:57	02:39:35	01:25:00	35 - 39 anos	12
83	792	Joao Faria			04:54:47	00:34:12	02:43:16	01:32:32	55 - 59 anos	3
84	810	João Pinto			04:54:50	00:43:33	02:32:43	01:33:07	50 - 54 anos	6
85	69	Ricardo Costa		Triatlo Clube TAP	04:55:02	00:33:41	02:45:31	01:30:20	40 - 44 anos	21
86	919	João Rodrigues		LBSquad	04:55:04	00:39:53	02:34:36	01:32:37	40 - 44 anos	22
87	1206	Tiago Allen			04:55:15	00:45:17	02:43:19	01:20:14	35 - 39 anos	13
88	114	Hugo Chan		AmoraSub/Associação Naval Amorense	04:55:54	00:42:56	02:40:09	01:27:54	40 - 44 anos	23
89	227	Bruno Custódio			04:56:05	00:35:38	02:37:40	01:37:45	35 - 39 anos	14
90	427	Tiago Barros			04:56:19	00:45:14	02:30:15	01:34:21	35 - 39 anos	15
91	894	Antonio Exposito		Escuela triatlón Plasencia	04:56:26	00:38:43	02:47:21	01:25:16	40 - 44 anos	24
92	1090	Rui Gomes		Sporting Clube de Espinho	04:56:30	00:40:34	02:45:54	01:22:37	50 - 54 anos	7
93	714	Pedro Saraiva		Apulso	04:56:34	00:43:20	02:39:39	01:29:04	35 - 39 anos	16
94	951	Pedro Duarte		Associação Naval Amorense	04:56:39	00:42:41	02:36:08	01:31:09	50 - 54 anos	8
95	105	Emanuel Matos			04:56:53	00:43:46	02:44:38	01:22:56	50 - 54 anos	9



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96	560	Diogo Vieira		Triatlo Fundação Salesianos	04:57:01	00:44:19	02:43:19	01:24:40	35 - 39 anos	17
97	262	Jorge Calafate		JFCOACHING	04:57:07	00:34:12	02:43:48	01:33:31	55 - 59 anos	4
98	821	Ivan Valadares		Outsystems Olímpico de Oeiras	04:57:15	00:38:47	02:41:33	01:32:02	40 - 44 anos	25
99	346	Nuno Sereno			04:57:30	00:44:36	02:32:41	01:34:46	45 - 49 anos	6
100	781	Rubén Vazquez		Vasco da Gama Atlético Clube de Sines	04:57:35	00:47:31	02:37:19	01:27:47	40 - 44 anos	26
101	440	Ignacio Eguileta		Clube dos Galitos	04:58:00	00:37:43	02:40:29	01:33:11	45 - 49 anos	7
102	877	Henrique Pereira		Outsystems Olímpico de Oeiras	04:58:04	00:31:38	02:54:30	01:27:10	40 - 44 anos	27
103	222	Rúben Rocha			04:58:19	00:38:03	02:40:35	01:34:52	30 - 34 anos	21
104	204	Gonçalo Martins		Clube de Nataçãõ de Alcobaça	04:58:51	00:41:10	02:41:47	01:30:03	40 - 44 anos	28
105	1106	Jorge Silva		Marretas do Norte	04:59:10	00:41:51	02:42:53	01:28:42	35 - 39 anos	18
106	863	Douglas Burke			04:59:37	00:36:27	02:43:21	01:34:33	25 - 29 anos	10
107	433	Pedro Andrade		Pocapoco Social Club	04:59:44	00:36:53	02:42:09	01:36:16	40 - 44 anos	29
108	129	Tomás Rosado			04:59:53	00:33:07	02:44:08	01:38:00	25 - 29 anos	11
109	1051	Ricardo Pereira		Mc Donald 's/Tribraga	05:00:05	00:43:37	02:48:20	01:23:27	40 - 44 anos	30
110	103	Joel Cunha		OnTri Sports	05:00:33	00:41:04	02:43:53	01:28:34	40 - 44 anos	31
111	188	Miguel Barroqueiro		CNATRIL Triatlo	05:00:56	00:30:20	02:50:21	01:35:38	35 - 39 anos	19
112	740	Liliana Alexandre		Outsystems Olímpico de Oeiras	05:00:58	00:27:16	02:59:24	01:29:29	35 - 39 anos	1
113	442	Joel Pinto			05:00:59	00:47:59	02:41:50	01:23:56	35 - 39 anos	20
114	608	Gonçalo Costa		Alcance	05:01:13	00:38:54	02:45:59	01:31:12	25 - 29 anos	12



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115	6	Francisca Cambra		CNATRIL Triatlo	05:02:21	00:32:54	02:55:10	01:30:39	30 - 34 anos	2
116	623	Rodrigo Marques		JFCOACHING	05:02:25	00:34:21	02:55:37	01:27:47	25 - 29 anos	13
117	822	Ruben Fagundes		Outsystems Olímpico de Oeiras	05:02:32	00:36:56	02:41:43	01:39:09	25 - 29 anos	14
118	667	Marco Miguel		DXC Tri Amazing	05:02:42	00:41:16	02:44:46	01:31:29	30 - 34 anos	22
119	394	Quentin Zône		CS Clichy	05:03:18	00:42:31	02:44:10	01:31:10	30 - 34 anos	23
120	831	Vicente Zambrano			05:03:20	00:41:52	02:41:17	01:34:47	30 - 34 anos	24
121	652	Manuel Mira			05:03:23	00:35:03	02:43:49	01:39:19	35 - 39 anos	21
122	1168	Tiago Santos			05:03:28	00:39:28	02:38:48	01:40:10	40 - 44 anos	32
123	376	Afonso Brás		Estoril Praia	05:03:30	00:31:41	03:03:23	01:23:07	18 - 24 anos	9
124	341	Daniel Amaral		Clube dos Galitos	05:03:34	00:37:38	02:48:05	01:32:03	30 - 34 anos	25
125	543	Vítor Simões		Louletano Desportos Clube	05:03:35	00:42:40	02:33:48	01:40:21	45 - 49 anos	8
126	494	Bruno Neves			05:03:38	00:41:03	02:42:33	01:32:57	25 - 29 anos	15
127	301	Samuel Eugénio		Núcleo do Sporting da Golegã	05:03:43	00:44:11	02:44:25	01:28:53	50 - 54 anos	10
128	324	Gonçalo Ferreira			05:03:43	00:37:47	02:48:37	01:29:48	35 - 39 anos	22
129	121	Ricardo Silva		CNAL - Triatlo	05:03:49	00:41:07	02:50:37	01:25:04	35 - 39 anos	23
130	1044	Pedro Conceição		Estoril Praia Credibom	05:03:50	00:33:56	02:46:33	01:39:30	45 - 49 anos	9
131	912	Bruno Carneiro		Clube Desportivo das Aves	05:04:04	00:45:58	02:41:17	01:30:33	35 - 39 anos	24
132	1019	Daniel Neves		Amorense	05:04:10	00:40:25	02:40:32	01:36:40	40 - 44 anos	33
133	465	Frederico Batista		LBSquad	05:04:13	00:45:01	02:42:40	01:31:21	40 - 44 anos	34



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134	211	Rui Barbosa		Grupo Desportivo da Goma	05:04:34	00:35:25	02:49:35	01:33:15	40 - 44 anos	35
135	691	João Jacinto		Outsystems Olímpico de Oeiras	05:04:35	00:32:07	02:56:50	01:31:39	25 - 29 anos	16
136	780	Erich Gama		DAC	05:04:55	00:43:17	02:41:00	01:35:18	30 - 34 anos	26
137	879	Miguel Pereira			05:05:23	00:30:30	02:54:28	01:35:17	30 - 34 anos	27
138	475	João Milheiro		Clube dos Galitos	05:05:27	00:46:30	02:39:22	01:33:59	30 - 34 anos	28
139	131	Fernando Batista		Clube Millennium BCP	05:05:29	00:41:31	02:47:16	01:30:35	40 - 44 anos	36
140	345	Tomás Branco		CNATRIL Triatlo	05:05:32	00:39:59	02:46:09	01:31:52	30 - 34 anos	29
141	1077	Filipe Silva		JM Triathlon Team	05:06:17	00:43:30	02:44:13	01:33:20	40 - 44 anos	37
142	256	Rui Santos		OnTri Sports	05:06:20	00:44:17	02:42:42	01:33:21	45 - 49 anos	10
143	259	Hugo Lopes		Clube dos Galitos	05:06:24	00:37:19	02:49:13	01:34:22	30 - 34 anos	30
144	688	Marco Cristo		Ginásio Clube Naval de Faro	05:06:30	00:42:47	02:42:09	01:35:19	45 - 49 anos	11
145	1025	Pedro D'orey		Estoril Praia Credibom	05:06:30	00:41:20	02:42:11	01:37:04	40 - 44 anos	38
146	990	Pedro Gaspar			05:06:32	00:37:15	02:45:36	01:35:53	45 - 49 anos	12
147	405	Filipe Godinho			05:06:33	00:37:21	02:43:32	01:39:54	40 - 44 anos	39
148	444	Milton Cabral			05:06:34	00:44:47	02:44:39	01:32:03	50 - 54 anos	11
149	568	Neil Mcloughlin		Louletano Desportos Clube	05:06:39	00:38:56	02:44:44	01:37:02	60 - 64 anos	1
150	610	Pedro Pimentel		Clube dos Galitos	05:07:13	00:42:44	02:40:21	01:36:15	40 - 44 anos	40
151	159	Diogo Borges		DXC Tri Amazing	05:07:13	00:34:17	02:53:54	01:32:24	35 - 39 anos	25
152	153	Bruno Leite			05:07:14	00:40:55	02:45:38	01:32:01	40 - 44 anos	41



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153	1072	Sandro Rodrigues		Ginásio Clube Faro - Triatlo de Faro	05:07:19	00:40:08	02:45:17	01:34:21	40 - 44 anos	42
154	142	Luis Lucas		Lucas Force	05:07:19	00:39:35	02:48:02	01:33:15	30 - 34 anos	31
155	506	Pedro Azevedo		DAC	05:07:23	00:46:07	02:35:32	01:40:14	25 - 29 anos	17
156	212	Pedro Lucas			05:07:36	00:43:54	02:47:15	01:30:34	25 - 29 anos	18
157	618	Paulo Gonçalves		Clube dos Galitos	05:07:41	00:37:57	02:49:23	01:36:26	40 - 44 anos	43
158	929	Rui Nunes		DXC Tri Amazing	05:07:49	00:42:31	02:41:31	01:37:35	45 - 49 anos	13
159	291	Hugo Marques		Alhandra Sporting Club	05:08:02	00:44:42	02:43:30	01:33:48	35 - 39 anos	26
160	876	Ricardo Figueiredo		Clube do Pessoal da EDP	05:08:19	00:37:45	02:48:34	01:36:18	35 - 39 anos	27
161	602	Hugo Fonseca		SFRAA	05:08:20	00:42:31	02:40:31	01:39:56	45 - 49 anos	14
162	148	Roberto Picón		Club Triatlon Cervecería O Cotón Negreira	05:08:36	00:37:54	02:52:19	01:33:09	45 - 49 anos	15
163	469	Acácio Silva		Quitério TriPeniche	05:08:36	00:43:33	02:39:59	01:37:56	25 - 29 anos	19
164	500	Ruben Chagas		OnTri Sports	05:08:59	00:47:18	02:40:29	01:34:11	35 - 39 anos	28
165	510	Alexandre Nunes			05:09:00	00:45:54	02:47:05	01:31:23	50 - 54 anos	12
166	191	Bruno Alves		Alhandra Sporting Club	05:09:01	00:43:43	02:43:44	01:35:55	45 - 49 anos	16
167	616	Miguel Lima		OnTri Sports	05:09:01	00:44:30	02:46:31	01:29:46	40 - 44 anos	44
168	190	Bruno Toscano		Clube Oriental de Lisboa	05:09:08	00:42:59	02:42:52	01:36:08	45 - 49 anos	17
169	1170	Bruno Rolim		Vitória de Janes	05:09:18	00:44:11	02:48:23	01:31:37	40 - 44 anos	45
170	932	Pablllo Sousa		Ginásio Clube Naval de Faro	05:09:24	00:40:29	02:44:21	01:39:08	40 - 44 anos	46
171	1111	Gonçalo Beirão		Outsystems Olímpico de Oeiras	05:09:25	00:36:18	02:55:29	01:33:45	30 - 34 anos	32



SETÚBAL TRIATHLON'10

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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
172	23	Jorge Fonseca		Estoril Praia Credibom	05:09:29	00:35:37	02:52:01	01:35:24	45 - 49 anos	18
173	39	Carlos Ferreira		Louletano Desportos Clube	05:09:31	00:43:56	02:44:19	01:35:29	50 - 54 anos	13
174	363	Nelson Oliveira		AmoraSub/Associação Naval Amorense	05:09:35	00:35:37	02:56:55	01:32:42	25 - 29 anos	20
175	471	Joana Tomé		Outsystems Olímpico de Oeiras	05:09:48	00:30:21	03:00:18	01:34:39	18 - 24 anos	1
176	527	Tiago Santos			05:09:58	00:43:19	02:43:51	01:34:46	25 - 29 anos	21
177	456	Gonçalo Roicado		Triatlo - Clube Desportivo da Venda do Pinheiro	05:10:06	00:45:56	02:44:57	01:33:51	25 - 29 anos	22
178	125	João Bairrão		AmoraSub/Associação Naval Amorense	05:10:25	00:35:04	02:47:17	01:43:14	40 - 44 anos	47
179	100	Albano Pereira			05:10:49	00:43:40	02:54:05	01:27:01	45 - 49 anos	19
180	238	Joao Cabeleira		DXC Tri Amazing	05:10:57	00:44:25	02:43:33	01:33:20	50 - 54 anos	14
181	591	Gonçalo Jones		AmoraSub/Associação Naval Amorense	05:11:02	00:38:11	02:55:30	01:31:54	25 - 29 anos	23
182	228	Bruno Carlos		OnTri Sports	05:11:04	00:47:44	02:44:49	01:32:04	45 - 49 anos	20
183	945	David Maia		Outsystems Olímpico de Oeiras	05:11:08	00:33:41	02:59:36	01:32:43	30 - 34 anos	33
184	492	Daniel Gois		LBSquad	05:11:18	00:33:38	02:56:35	01:34:42	35 - 39 anos	29
185	507	Mário Pires		APulso	05:11:39	00:43:07	02:43:37	01:39:49	50 - 54 anos	15
186	763	Manuel Theotónio		Grind Endurance Club	05:11:39	00:40:33	02:49:58	01:35:01	25 - 29 anos	24
187	759	Nuno Carvalhinho		Triatlo Clube TAP	05:11:40	00:44:37	02:43:37	01:38:12	50 - 54 anos	16
188	348	Henrique Pereira		ClubeTap	05:12:44	00:43:36	02:46:38	01:35:29	45 - 49 anos	21
189	1145	José Abrantes		Exército de Portugal	05:12:49	00:42:49	02:50:04	01:34:22	55 - 59 anos	5
190	786	Carlos Maia		DXC Tri Amazing	05:13:07	00:44:31	02:43:48	01:38:12	55 - 59 anos	6



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
191	47	Luis Alegrias		Kainágua	05:13:08	00:39:27	02:39:20	01:45:56	50 - 54 anos	17
192	217	Jorge Teixeira		Tri Clube Penafiel	05:13:18	00:51:40	02:42:03	01:31:23	30 - 34 anos	34
193	76	Beatriz Passos		Grupo Desportivo da Goma	05:13:22	00:42:15	02:58:40	01:28:20	25 - 29 anos	1
194	898	Filipe Coelho		Grupo Desportivo da Goma	05:13:46	00:46:42	02:45:32	01:35:18	40 - 44 anos	48
195	1122	Filipe Bettencourt			05:13:51	00:42:44	02:48:01	01:35:17	40 - 44 anos	49
196	748	Diogo Costa		DAC Endurance Coaching	05:13:54	00:44:34	02:45:42	01:34:28	25 - 29 anos	25
197	862	Joao Serralha		Clube de Futebol Os Belenenses	05:13:56	00:35:36	02:50:36	01:42:10	45 - 49 anos	22
198	271	Pedro Botelho		Wikaboo	05:13:57	00:39:38	02:54:13	01:34:20	18 - 24 anos	10
199	478	Vera Serafim		LBSquad	05:14:07	00:35:51	02:57:06	01:35:21	18 - 24 anos	2
200	453	Luis Figueira		GRCD Leião Triatlo	05:14:34	00:38:05	02:52:53	01:37:56	50 - 54 anos	18
201	138	Nuno Ribeiro		Grupo Desportivo da Goma	05:14:53	00:45:15	02:41:43	01:41:40	45 - 49 anos	23
202	120	Filipe Ferreira		CCD Crédito Agrícola Mutuo	05:15:06	00:45:07	02:48:00	01:29:39	45 - 49 anos	24
203	115	Tomé Pires		BEsT - Batalha Escola de Triatlo	05:15:19	00:46:36	02:44:18	01:36:17	25 - 29 anos	26
204	914	José Lucena			05:15:33	00:43:53	02:42:30	01:42:33	40 - 44 anos	50
205	285	Pavlo Bezchastnyi		LBSquad	05:15:37	00:46:17	02:45:21	01:37:44	40 - 44 anos	51
206	1117	Nuno Sousa		Marretas do Norte	05:15:53	00:43:58	02:49:25	01:36:25	50 - 54 anos	19
207	1151	António Almeida			05:15:57	00:47:16	02:46:26	01:35:16	60 - 64 anos	2
208	457	Mário Ribeiro		LBSQUAD	05:16:15	00:46:28	02:47:53	01:33:22	25 - 29 anos	27
209	768	Ricardo Lanceiro		Outsystems Olímpico de Oeiras	05:16:18	00:44:05	02:55:10	01:31:32	45 - 49 anos	25



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
210	1133	Bruno Calado		AEJ Triatlo	05:16:26	00:42:53	02:50:51	01:34:27	40 - 44 anos	52
211	353	João Pestana		Sporting Clube de Portugal	05:16:26	00:47:29	02:45:41	01:36:25	18 - 24 anos	11
212	573	Rui Santos		TriClube Penafiel	05:16:34	00:37:38	02:57:48	01:33:20	35 - 39 anos	30
213	424	Rafael Castro		Clube dos Galitos	05:16:36	00:42:55	02:46:15	01:42:04	35 - 39 anos	31
214	942	Emanuel Esteves			05:16:41	00:35:33	02:58:22	01:34:41	25 - 29 anos	28
215	948	Rui Gomes		Outsystems Olímpico de Oeiras	05:16:51	00:42:03	02:49:38	01:38:27	45 - 49 anos	26
216	1036	Carlos Silva		Outsystems Olímpico de Oeiras	05:16:58	00:51:45	02:48:20	01:31:38	60 - 64 anos	3
217	1089	Rogelio Núñez		C.D. Triatlón si nacía Málaga	05:17:06	00:31:24	02:57:34	01:41:12	45 - 49 anos	27
218	1146	João Cardoso		Exército de Portugal	05:17:20	00:43:01	02:58:55	01:28:22	40 - 44 anos	53
219	141	Rui Oliveira		Vela de Tavira	05:17:49	00:43:16	02:53:49	01:34:10	40 - 44 anos	54
220	241	Nuno Lopes		Clube Millennium BCP	05:17:52	00:46:03	02:49:04	01:36:59	50 - 54 anos	20
221	450	Bruno Pinto			05:18:12	00:40:37	02:57:16	01:35:49	35 - 39 anos	32
222	213	Gonçalo Duarte		LBSquad	05:18:21	00:44:21	02:46:20	01:40:06	35 - 39 anos	33
223	82	Telmo Nogueira		Alhandra Sporting Club	05:18:22	00:44:56	03:00:34	01:26:59	40 - 44 anos	55
224	225	Júlio Firme			05:18:24	00:43:17	02:51:40	01:35:38	45 - 49 anos	28
225	858	David Paiva		JFCOACHING	05:18:35	00:28:52	02:54:32	01:48:37	40 - 44 anos	56
226	838	Pierre Gaillac			05:18:36	00:42:29	02:48:02	01:38:49	25 - 29 anos	29
227	338	Inês Raimundo		AmoraSub/Associação Naval Amorense	05:18:38	00:40:29	02:57:07	01:37:48	25 - 29 anos	2
228	525	Pedro Ribeiro			05:18:46	00:47:03	02:43:03	01:43:27	25 - 29 anos	30



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
229	1107	Tomás Gomes		LBSquad	05:18:46	00:42:01	03:00:03	01:26:57	30 - 34 anos	35
230	806	Pedro Nogueira			05:18:48	00:41:47	02:44:51	01:45:38	45 - 49 anos	29
231	404	Pedro Teles		Clube dos Galitos	05:19:13	00:44:42	02:47:21	01:39:59	40 - 44 anos	57
232	745	Afonso Nigra			05:19:14	00:40:37	02:51:30	01:36:58	25 - 29 anos	31
233	817	Duarte Zambujo		Btttrigo	05:19:27	00:43:47	02:53:24	01:32:25	35 - 39 anos	34
234	581	Sebastião Martins		APulso	05:19:27	00:41:38	03:01:36	01:30:11	35 - 39 anos	35
235	499	Tiago Santo		Quitério TriPeniche	05:19:37	00:42:02	02:55:17	01:37:20	35 - 39 anos	36
236	270	Diogo Pereira		Fundação Salesianos	05:19:56	00:44:27	02:49:59	01:40:15	50 - 54 anos	21
237	649	André Serrazina		BEsT - Batalha Escola de Triatlo	05:20:08	00:43:40	02:42:50	01:48:07	40 - 44 anos	58
238	532	Pedro Paula			05:20:12	00:40:36	02:53:17	01:40:35	35 - 39 anos	37
239	787	Luís Merca		3B Triatlo	05:20:27	00:31:24	02:43:05	02:01:44	35 - 39 anos	38
240	378	Ângelo Sequeira		LBSquad	05:20:29	00:44:31	02:51:06	01:38:43	35 - 39 anos	39
241	371	Marco Raminhos		Rota D'Ossa - Associação Cultural e Desportiva	05:20:29	00:42:06	02:47:36	01:43:16	40 - 44 anos	59
242	248	Bruno Batista		DXC Tri Amazing	05:20:29	00:42:53	02:52:38	01:39:00	45 - 49 anos	30
243	357	João Rosa		Quitério TriPeniche	05:20:31	00:42:38	02:49:06	01:41:01	50 - 54 anos	22
244	1192	Ruben Maurício		AmoraSub/Associação Naval Amorense	05:20:34	00:38:24	02:58:02	01:38:31	35 - 39 anos	40
245	170	Luís Galrito		Kainágua	05:20:47	00:40:21	02:58:46	01:35:25	35 - 39 anos	41
246	1057	Rodrigo Pessoa		Zero2Hero	05:20:53	00:42:58	03:07:26	01:24:01	45 - 49 anos	31
247	1195	Vitor Sá			05:20:55	00:38:33	02:59:13	01:35:50	50 - 54 anos	23



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
248	1164	Vasco Branco		Clube de Futebol Os Belenenses	05:21:19	00:43:33	02:47:46	01:43:50	40 - 44 anos	60
249	177	Patrick Silva		Quitério TriPeniche	05:21:22	00:43:31	02:47:48	01:43:07	50 - 54 anos	24
250	715	Cristiana Couto			05:21:31	00:42:30	02:48:27	01:44:58	25 - 29 anos	3
251	116	Filipe Rocha		Alhandra Sporting Club	05:21:48	00:43:09	02:59:01	01:34:53	35 - 39 anos	42
252	590	Pedro Costa		Dive into the mountains	05:21:53	00:51:18	02:48:28	01:33:10	50 - 54 anos	25
253	1125	João Miranda		AMCR Fonte Grada	05:21:54	00:43:58	02:52:45	01:35:28	35 - 39 anos	43
254	88	Bruno Caixinha		AmoraSub/Associação Naval Amorense	05:22:06	00:44:27	02:46:39	01:45:35	35 - 39 anos	44
255	1157	João Gaspar		Apulso	05:22:14	00:37:51	02:54:14	01:41:27	40 - 44 anos	61
256	588	João Vieira		Louletano	05:22:21	00:45:59	02:48:49	01:41:01	35 - 39 anos	45
257	253	Deodato Evangelista		Bairro dos Anjos Leiria	05:22:27	00:39:13	02:52:55	01:42:47	45 - 49 anos	32
258	247	Bernardo Cardoso			05:22:35	00:43:28	02:53:14	01:39:42	35 - 39 anos	46
259	988	Pablo Aligia		Clube dos Galitos	05:22:37	00:43:15	02:49:10	01:42:10	35 - 39 anos	47
260	143	João Westwood		Outsystems Olímpico de Oeiras	05:22:50	00:35:37	02:59:37	01:40:08	30 - 34 anos	36
261	524	João Godinho		Run&Win[e]	05:23:03	00:44:10	02:51:40	01:40:57	45 - 49 anos	33
262	1078	Pedro Ares		Vasco da Gama Atlético Clube de Sines	05:23:07	00:41:46	02:48:20	01:47:14	45 - 49 anos	34
263	913	Duarte Reis			05:23:12	00:41:34	03:04:44	01:27:54	35 - 39 anos	48
264	230	Firmino Dias			05:23:16	00:44:10	02:48:55	01:43:02	45 - 49 anos	35
265	570	Fábio Correia		Ginásio Clube Faro - Triatlo de Faro	05:23:16	00:43:03	03:07:10	01:25:24	35 - 39 anos	49
266	974	Guilherme Libório		Outsystems Olímpico de Oeiras	05:23:18	00:39:23	03:00:12	01:37:34	45 - 49 anos	36



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
267	260	Ricardo Ribeiro			05:23:21	00:50:31	02:48:19	01:34:16	30 - 34 anos	37
268	983	Tina Kropf			05:23:26	00:40:14	02:50:49	01:46:08	35 - 39 anos	2
269	209	Cláudio Canavilhas	3B Triatlo		05:23:28	00:42:09	02:58:20	01:36:05	40 - 44 anos	62
270	902	Luis Carvalho		Centro Ciclista Azeitonense	05:23:31	00:41:53	02:47:22	01:48:04	50 - 54 anos	26
271	811	Pedro Moreira			05:23:42	00:46:11	03:01:55	01:29:22	30 - 34 anos	38
272	762	Alessia Teixeira		TriClube Penafiel	05:23:52	00:46:10	02:44:29	01:48:11	30 - 34 anos	3
273	127	Francisco Alfredo		Quitério TriPeniche	05:23:54	00:43:31	02:59:32	01:35:55	25 - 29 anos	32
274	176	André Almas		Alhandra Sporting Club	05:24:06	00:42:18	02:51:11	01:44:18	25 - 29 anos	33
275	1007	Eva Silva		Outsystems Olímpico de Oeiras	05:24:12	00:44:07	02:56:04	01:38:41	45 - 49 anos	1
276	294	Fernando Morais		AmoraSub/Associação Naval Amorense	05:24:15	00:43:12	03:02:38	01:31:35	40 - 44 anos	63
277	252	Pedro Roberto		Clube Desportivo Venda do Pinheiro	05:24:20	00:40:46	02:57:39	01:37:30	40 - 44 anos	64
278	687	Nelson Santos			05:24:21	00:43:31	02:50:26	01:43:08	35 - 39 anos	50
279	530	Neville Suzman		Clube Millennium BCP	05:24:23	00:46:22	02:51:45	01:38:18	60 - 64 anos	4
280	1123	Nuno Saragoça			05:24:45	00:49:39	02:49:29	01:37:41	35 - 39 anos	51
281	395	Gonçalo Mendes		Clube Millennium BCP	05:24:51	00:38:16	03:03:59	01:36:56	25 - 29 anos	34
282	307	João Lopes		MaisVila/Zero2hero	05:24:54	00:46:33	03:00:32	01:26:22	25 - 29 anos	35
283	438	Steve Gonçalves		Clube dos Galitos	05:24:57	00:46:45	02:47:06	01:44:36	30 - 34 anos	39
284	292	Pedro Rebola		Vasco da Gama Atlético Clube de Sines	05:25:11	00:42:03	02:53:33	01:41:13	50 - 54 anos	27
285	1053	Javier Gonzalez		Club triatlón inacua Málaga	05:25:12	00:37:39	02:57:31	01:42:06	45 - 49 anos	37



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
286	797	Miguel Sousa		LBSquad	05:25:20	00:41:16	02:59:38	01:38:47	25 - 29 anos	36
287	167	Válter Luís		Clube de Natação de Torres Novas	05:25:25	00:43:22	02:52:21	01:44:28	45 - 49 anos	38
288	321	Manuel Moutinho		Mc Donald 's/Tribraga	05:25:28	00:42:30	03:02:21	01:33:28	45 - 49 anos	39
289	976	Guilherme Carvalho		Amorense	05:25:32	00:42:59	02:54:17	01:39:55	35 - 39 anos	52
290	888	Filipe Centeno		Moto Clube de Setubal	05:25:42	00:44:33	03:00:53	01:35:54	50 - 54 anos	28
291	736	João Marques			05:25:55	00:40:51	02:47:38	01:49:58	35 - 39 anos	53
292	776	António Cumbre			05:26:01	00:44:00	02:49:51	01:44:25	45 - 49 anos	40
293	738	Tomás Fonseca		Outsystems Olímpico de Oeiras	05:26:05	00:38:19	03:02:15	01:39:18	25 - 29 anos	37
294	706	Joao Hortega		PocaPoco Social Club	05:26:07	00:41:58	02:57:09	01:40:27	30 - 34 anos	40
295	462	Ana Cruz		AmoraSub/Associação Naval Amorense	05:26:15	00:31:38	03:13:44	01:36:17	25 - 29 anos	4
296	769	Pedro Almeida		Marretas do Norte	05:26:27	00:42:12	02:52:18	01:44:44	40 - 44 anos	65
297	113	Mario Santana		Moto Clube de Setubal	05:26:27	00:42:33	02:52:33	01:42:46	45 - 49 anos	41
298	707	Diogo Dias			05:26:33	00:34:07	03:06:01	01:39:10	25 - 29 anos	38
299	234	Miguel Gomes			05:26:44	00:40:14	03:03:15	01:33:59	30 - 34 anos	41
300	430	Tiago Luís		Alhandra Sporting Club	05:26:50	00:42:57	02:50:42	01:46:20	40 - 44 anos	66
301	598	Eduardo Matos		JFCOACHING	05:27:13	00:43:23	02:51:54	01:45:48	35 - 39 anos	54
302	1087	Daniel Silva		Associação Cultural e Recreativa de Valdágua	05:27:17	00:47:28	02:53:25	01:38:36	35 - 39 anos	55
303	1073	Dário Luz			05:27:20	00:42:59	03:02:31	01:32:51	45 - 49 anos	42
304	639	Luis Gonçalves			05:27:21	00:43:17	03:02:08	01:34:14	40 - 44 anos	67



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
305	192	Nuno Gonçalo			05:27:29	00:28:59	02:57:47	01:53:54	30 - 34 anos	42
306	772	Rafael Gomes			05:27:52	00:49:33	03:00:56	01:30:11	30 - 34 anos	43
307	244	Fernando Francisco		Moto Clube de Setubal	05:27:53	00:50:53	02:53:25	01:35:46	40 - 44 anos	68
308	145	Joao Amante		Amiciclo Grândola	05:27:56	00:43:20	02:53:04	01:43:21	40 - 44 anos	69
309	750	Flávia Ribeiro		Outsystems Olímpico de Oeiras	05:28:10	00:41:04	03:03:23	01:39:09	30 - 34 anos	4
310	480	Francisco Bruno		Clube Millennium BCP	05:28:20	00:43:22	02:51:57	01:47:21	30 - 34 anos	44
311	874	Maria Medeiro		Outsystems Olímpico de Oeiras	05:28:24	00:37:22	03:02:36	01:42:44	25 - 29 anos	5
312	900	Paulo Lamego		DXC Tri Amazing	05:28:27	00:39:38	03:01:32	01:42:15	55 - 59 anos	7
313	266	Pedro Machado		Grupo Desportivo de Nataçao de Famalicão	05:28:39	00:33:06	03:06:38	01:43:06	35 - 39 anos	56
314	78	Tiago Delgado			05:28:50	00:42:14	03:00:20	01:41:14	40 - 44 anos	70
315	984	Francisco Vaz		Lucas Force	05:28:57	00:51:16	02:53:29	01:33:57	30 - 34 anos	45
316	14	Tiago Pona		Outsystems Olímpico de Oeiras	05:29:05	00:41:03	02:58:56	01:35:57	50 - 54 anos	29
317	156	Fábio Teixeira		Alhandra Sporting Club	05:29:06	00:45:38	02:54:00	01:42:53	40 - 44 anos	71
318	1147	Flávio Figueiredo		Exército de Portugal	05:29:14	00:41:42	03:04:34	01:37:14	40 - 44 anos	72
319	1004	Diana Wallis			05:29:26	00:38:48	03:06:16	01:37:49	35 - 39 anos	3
320	385	Frederico Catalão		Pocapoco Social Club	05:29:27	00:46:24	02:56:30	01:38:32	35 - 39 anos	57
321	235	Alejandro García		Club Triatlón Cervecería O Cotón Negreira	05:29:35	00:42:59	03:01:54	01:36:53	40 - 44 anos	73
322	641	Joao Freitas		Vitória de Janes	05:29:36	00:43:18	02:57:59	01:40:23	40 - 44 anos	74
323	1138	Dominika Josefova			05:29:37	00:30:50	03:01:24	01:53:09	30 - 34 anos	5



SETÚBAL TRIATHLON'10

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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
324	364	Pedro Monteiro			05:29:57	00:43:22	03:00:22	01:38:50	30 - 34 anos	46
325	749	Afonso Martins	3B Triatlo		05:30:09	00:39:37	03:00:55	01:42:50	25 - 29 anos	39
326	286	Philippe Hennin	OnTri Sports		05:30:15	00:42:34	02:50:40	01:49:08	35 - 39 anos	58
327	372	Luís Melo			05:30:16	00:42:16	03:08:10	01:34:01	30 - 34 anos	47
328	255	Vasco Ramos			05:30:17	00:37:38	03:08:17	01:37:56	18 - 24 anos	12
329	737	Diogo Silva			05:30:23	00:41:06	03:01:36	01:38:22	25 - 29 anos	40
330	586	João Catarino			05:30:33	00:47:20	02:49:04	01:49:10	35 - 39 anos	59
331	233	Marcelo Penas	TriClube Penafiel		05:30:39	00:44:45	02:50:22	01:45:30	35 - 39 anos	60
332	497	Vicente Costa			05:30:40	00:30:50	03:06:27	01:47:19	18 - 24 anos	13
333	1088	Francisco Melo	Outsystems Olímpico de Oeiras		05:30:45	00:46:00	03:04:53	01:31:57	25 - 29 anos	41
334	954	André Moreira	Clube Zupper		05:30:47	00:42:52	02:56:27	01:41:32	35 - 39 anos	61
335	904	Ricardo Félix	Apulso		05:30:53	00:44:23	03:01:52	01:34:16	45 - 49 anos	43
336	37	Rui Silva			05:30:54	00:42:59	02:56:16	01:43:05	50 - 54 anos	30
337	994	Jorge Nunes	Grupo Desportivo da Goma		05:31:03	00:45:03	03:00:23	01:39:34	60 - 64 anos	5
338	1128	Bernardo Freire			05:31:18	00:29:18	03:06:35	01:48:48	18 - 24 anos	14
339	644	Filipa Pinheiro			05:31:22	00:29:13	02:58:50	01:57:25	30 - 34 anos	6
340	657	Rafael Folques			05:31:41	00:47:33	02:42:58	01:53:25	25 - 29 anos	42
341	267	Gonçalo Santos	AmoraSub/Associação Naval Amorense		05:31:45	00:48:17	03:01:29	01:33:33	40 - 44 anos	75
342	454	Lourenço Perdigão			05:31:57	00:34:19	03:19:44	01:31:45	18 - 24 anos	15



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
343	320	António Schmitt			05:32:02	00:33:48	03:01:05	01:50:52	18 - 24 anos	16
344	857	Pedro Monteiro		Sporting Clube de Espinho	05:32:08	00:54:15	02:55:12	01:32:03	30 - 34 anos	48
345	897	Tiago Rosa		Sporting Clube de Espinho	05:32:17	00:50:33	03:00:05	01:32:41	40 - 44 anos	76
346	274	António Moreira		Clube dos Galitos	05:32:24	00:43:40	03:03:09	01:40:23	45 - 49 anos	44
347	223	Christian Ramos		Clube Oriental de Lisboa	05:32:31	00:43:14	03:02:43	01:41:20	45 - 49 anos	45
348	1094	José Fernandes		Forlife - Clube de Triatlo de Viseu	05:32:31	00:42:22	02:57:49	01:45:44	35 - 39 anos	62
349	1083	Bruno Fonseca		3B Triatlo	05:32:32	00:42:30	02:57:22	01:44:02	45 - 49 anos	46
350	392	António Guerreiro		Triatlo Clube TAP	05:32:50	00:46:10	02:59:24	01:39:55	25 - 29 anos	43
351	287	José Monteagudo		CLUB TRIATLÓN INFORHOUSE SANTIAGO	05:32:51	00:39:46	03:08:53	01:39:21	45 - 49 anos	47
352	789	Paulo Carvalhinho		Kainágua	05:32:54	00:44:33	02:51:22	01:48:45	55 - 59 anos	8
353	870	Rodrigo Antunes		LBSquad	05:33:04	00:44:22	02:59:44	01:42:50	35 - 39 anos	63
354	144	Henrique Correia			05:33:08	00:40:16	03:03:27	01:44:11	25 - 29 anos	44
355	410	Rúben Brigas		LBSQUAD	05:33:11	00:29:42	03:12:17	01:42:54	25 - 29 anos	45
356	593	Manuel Ferreira			05:33:23	00:41:37	02:56:58	01:46:28	30 - 34 anos	49
357	1064	Pedro Jorge		DXC Tri Amazing	05:33:47	00:41:15	02:52:19	01:49:54	55 - 59 anos	9
358	166	Nadine Dittrich		LBSquad	05:34:08	00:40:08	02:54:36	01:54:46	50 - 54 anos	1
359	22	Hugo Gomes		3B Triatlo	05:34:20	00:46:15	03:10:15	01:29:17	40 - 44 anos	77
360	316	Sebastiao Patrício		CNATRIL Triatlo	05:34:45	00:47:11	02:56:12	01:43:07	30 - 34 anos	50
361	533	Ricardo Silva		Alhandra Sporting Club	05:34:47	00:40:21	03:04:11	01:43:50	30 - 34 anos	51



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
362	1105	Paulo Teles		3B Triatlo	05:35:09	00:44:22	02:54:58	01:49:39	55 - 59 anos	10
363	1142	Nuno Santos		CNATRIL Triatlo	05:35:41	00:45:18	03:05:51	01:35:46	45 - 49 anos	48
364	528	Luís Santos			05:35:52	00:42:47	02:49:41	01:50:59	25 - 29 anos	46
365	517	Joao Henriques			05:35:55	00:41:30	02:59:08	01:48:44	35 - 39 anos	64
366	611	Pedro Filipe		Vitória de Janes	05:35:55	00:35:12	03:01:03	01:52:05	50 - 54 anos	31
367	708	Miguel Pinto			05:35:58	00:49:45	03:01:49	01:35:16	25 - 29 anos	47
368	1211	Nuno Sousa		Outsystems Olímpico de Oeiras	05:36:01	00:41:54	03:00:34	01:47:10	35 - 39 anos	65
369	229	Vadym Shkryba			05:36:08	00:47:59	02:55:02	01:45:54	25 - 29 anos	48
370	599	Bernardo Manahu			05:36:09	00:41:37	02:59:55	01:48:55	30 - 34 anos	52
371	1212	Jack Ainsworth			05:36:20	00:47:08	02:54:42	01:47:01	18 - 24 anos	17
372	231	Bonifacio Meixedo			05:36:21	00:43:32	03:05:48	01:37:52	35 - 39 anos	66
373	964	Miguel Freitas			05:36:33	00:33:56	03:05:14	01:51:25	25 - 29 anos	49
374	1208	Nuno Dantas		Triatlo Clube TAP	05:36:36	00:46:56	03:16:52	01:26:59	45 - 49 anos	49
375	165	Francisco Bertão			05:36:41	00:44:54	02:58:07	01:44:26	30 - 34 anos	53
376	40	Bruno Godinho			05:36:47	00:42:16	02:57:09	01:51:31	45 - 49 anos	50
377	553	Fernando Vieiro		Club Triatón Compostela	05:36:50	00:45:28	03:01:54	01:41:02	50 - 54 anos	32
378	729	Pedro Vargas		APulso	05:37:00	00:45:33	03:06:08	01:37:28	40 - 44 anos	78
379	997	Hugo Alves		OCR Portugal LAB Club	05:37:10	00:42:38	02:55:07	01:50:58	45 - 49 anos	51
380	193	Miguel Duarte			05:37:12	00:43:59	02:57:33	01:48:32	60 - 64 anos	6



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
381	1205	Nuno Campos			05:37:15	00:45:56	03:02:12	01:39:21	50 - 54 anos	33
382	306	Nuno Costa	LBSquad		05:37:33	00:36:06	02:59:17	01:55:33	35 - 39 anos	67
383	869	Vasilis Paterakis			05:37:33	00:31:49	03:10:41	01:47:30	30 - 34 anos	54
384	24	Liliana Verissimo			05:37:35	00:40:40	03:17:31	01:33:38	40 - 44 anos	1
385	283	Félix Pais		Club Triatlon Cervecería O Cotón Negreira	05:37:36	00:43:25	03:03:47	01:39:59	40 - 44 anos	79
386	101	Ana Filipa		Alhandra Sporting Club	05:37:37	00:33:18	03:09:16	01:49:01	35 - 39 anos	4
387	1204	Ricardo Pereira			05:38:04	00:46:08	03:07:30	01:34:42	45 - 49 anos	52
388	184	Nuno Faria		Palmela Desporto	05:38:07	00:42:09	03:00:49	01:48:13	45 - 49 anos	53
389	328	Joao Fernandes		Grupo Desportivo da Goma	05:38:07	00:35:20	03:02:50	01:53:28	30 - 34 anos	55
390	403	Tiago Santos		Thomar Athletics	05:38:11	00:51:38	03:01:33	01:35:26	45 - 49 anos	54
391	907	Rui Henriques			05:38:11	00:45:49	02:57:30	01:47:03	45 - 49 anos	55
392	536	João Alves			05:38:15	00:40:10	03:03:49	01:43:39	35 - 39 anos	68
393	182	Bruno Gramaxo		Grupo Desportivo de Natação de Famalicão	05:38:23	00:46:40	02:52:29	01:52:40	35 - 39 anos	69
394	339	Alexandre Guimarães	APulso		05:38:38	00:49:24	03:00:06	01:42:22	50 - 54 anos	34
395	653	André Silva		GDRC Ponterrolense	05:38:40	00:42:48	03:08:36	01:38:53	25 - 29 anos	50
396	803	Emanuel Pinto		Exército de Portugal	05:38:41	00:45:19	02:59:00	01:44:59	45 - 49 anos	56
397	265	Tiago Inácio		Alcance	05:38:49	00:43:14	03:05:26	01:43:19	18 - 24 anos	18
398	279	Ricardo Quiterio		Quitério TriPeniche	05:38:49	00:44:33	02:49:23	01:57:35	45 - 49 anos	57
399	17	João Seródio		SUColarensense	05:38:51	00:44:19	02:53:33	01:48:30	45 - 49 anos	58



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
400	314	Diogo Ferreira			05:38:53	00:42:36	02:59:28	01:46:34	18 - 24 anos	19
401	993	Vitor Piçarra			05:39:02	00:41:08	03:12:06	01:36:40	45 - 49 anos	59
402	868	Diogo Fraga			05:39:02	00:43:13	03:21:29	01:26:59	18 - 24 anos	20
403	150	Jorge Carvalho		Clube Oriental de Lisboa	05:39:14	00:45:07	02:59:10	01:47:53	55 - 59 anos	11
404	388	Hugo Barbosa		Grupo Desportivo da Goma	05:39:22	00:49:26	03:05:03	01:38:50	40 - 44 anos	80
405	151	João Figueiredo			05:39:22	00:43:21	03:01:22	01:47:35	40 - 44 anos	81
406	1207	Jose Barros			05:39:24	00:52:04	03:06:37	01:30:41	40 - 44 anos	82
407	297	Rui Faísca		Académica Triatlo	05:39:34	00:32:59	03:04:48	01:54:40	50 - 54 anos	35
408	399	João Inácio		CPR-A-do-Barbas	05:39:36	00:43:47	03:08:23	01:39:12	18 - 24 anos	21
409	861	Jose Matos		Grupo Desportivo da Goma	05:39:54	00:53:57	02:57:52	01:40:02	40 - 44 anos	83
410	824	Vasco Costa			05:39:58	00:44:02	03:02:47	01:43:51	40 - 44 anos	84
411	498	Filipe Barbosa		LBSquad	05:39:58	00:43:23	02:58:33	01:50:54	45 - 49 anos	60
412	1150	Pedro Cabral			05:40:13	00:42:37	03:16:13	01:33:35	25 - 29 anos	51
413	603	Rita Machado		Apulso	05:40:14	00:39:32	03:04:54	01:50:41	35 - 39 anos	5
414	662	João Fernandes			05:40:15	00:45:00	03:00:40	01:47:13	30 - 34 anos	56
415	85	Gonçalo Almeida		Alhandra Sporting Club	05:40:34	00:44:49	03:00:29	01:48:42	45 - 49 anos	61
416	730	Pedro Silva		Clube Millennium BCP	05:40:46	00:44:25	03:06:02	01:41:46	60 - 64 anos	7
417	619	João Pina			05:40:50	00:42:12	03:11:57	01:39:47	40 - 44 anos	85
418	374	André Teixeira		Naval Amorense	05:40:57	00:44:08	03:04:27	01:41:21	35 - 39 anos	70



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
419	764	Martim Nunes			05:41:11	00:46:22	03:10:31	01:37:00	50 - 54 anos	36
420	587	Miguel Gonçalves		GDN Famalicão	05:41:15	00:43:42	03:04:22	01:46:30	45 - 49 anos	62
421	808	João Seródio		Vitória de Janes	05:41:36	00:47:18	02:51:24	01:55:54	40 - 44 anos	86
422	741	Pedro Fortunato			05:41:41	00:41:51	03:04:37	01:43:00	30 - 34 anos	57
423	87	Simão Simoes		Remo Clube Lusitano	05:41:43	00:47:28	02:51:29	01:55:20	25 - 29 anos	52
424	411	Eládio Manuel		Outsystems Olímpico de Oeiras	05:41:46	00:47:42	03:04:23	01:41:38	50 - 54 anos	37
425	843	José Nunes			05:41:50	00:44:07	03:03:00	01:42:40	45 - 49 anos	63
426	1009	Tiago Alves		LBSquad	05:41:57	00:57:00	03:07:43	01:29:50	30 - 34 anos	58
427	666	André Nunes			05:41:58	00:40:59	03:05:41	01:45:07	30 - 34 anos	59
428	670	Lucinda Sousa		Zupper	05:42:14	00:48:50	03:08:45	01:36:35	55 - 59 anos	1
429	1139	Bruno Fonseca		Clube de Futebol Os Belenenses	05:42:14	00:43:42	03:01:54	01:50:58	45 - 49 anos	64
430	937	Gonçalo Correia		Outsystems Olímpico de Oeiras	05:42:27	00:42:09	02:57:35	01:51:41	45 - 49 anos	65
431	796	Martim Oliveira			05:42:34	00:41:09	03:05:52	01:49:21	18 - 24 anos	22
432	1149	Davide Magalhães		Exército de Portugal	05:42:45	00:46:16	03:02:09	01:48:05	40 - 44 anos	87
433	604	Gaspar Costa		Ginásio Clube Naval de Faro	05:43:00	00:45:35	02:53:06	01:58:29	35 - 39 anos	71
434	502	Duarte Carvalho			05:43:42	00:39:54	03:09:42	01:47:00	40 - 44 anos	88
435	86	António Marques			05:43:42	00:44:12	03:03:08	01:50:47	50 - 54 anos	38
436	612	João Varela		GDRC Ponterrolense	05:43:52	00:47:50	03:09:36	01:39:20	30 - 34 anos	60
437	716	João Dias			05:43:55	00:42:55	03:00:41	01:52:55	40 - 44 anos	89



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
438	387	Frederico Pacheco		Quitério TriPeniche	05:44:01	00:50:17	03:08:20	01:37:34	30 - 34 anos	61
439	216	Ronny Simoes			05:44:12	00:50:39	02:57:00	01:49:04	40 - 44 anos	90
440	711	Gaspar Santoalha			05:44:21	00:47:24	03:01:38	01:47:28	25 - 29 anos	53
441	275	Ivan Mascarenhas		Triatlo Clube TAP	05:44:24	00:43:52	02:57:01	01:57:36	35 - 39 anos	72
442	163	Carlos Matos		AmoraSub/Associação Naval Amorense	05:44:35	00:50:06	03:10:03	01:36:41	40 - 44 anos	91
443	626	Johannes Ritter			05:44:36	00:42:57	03:16:11	01:36:27	25 - 29 anos	54
444	703	Hugo Henriques		Clube de Futebol Os Belenenses	05:44:47	00:44:39	03:04:35	01:45:10	50 - 54 anos	39
445	172	José Capuchinho		Moto Clube de Setubal	05:45:01	00:45:02	03:11:51	01:40:06	50 - 54 anos	40
446	562	Tiago Romão		Triatlo Clube TAP	05:45:20	00:41:32	03:14:40	01:41:09	35 - 39 anos	73
447	692	Jaime Silva			05:45:23	00:46:52	03:08:15	01:42:49	40 - 44 anos	92
448	467	André Leal			05:45:33	00:48:39	03:02:30	01:46:16	45 - 49 anos	66
449	154	Tomás Jorge		Quitério TriPeniche	05:45:34	00:42:10	03:08:30	01:48:21	25 - 29 anos	55
450	648	Samuel Santiago			05:45:36	00:40:38	03:17:20	01:36:45	40 - 44 anos	93
451	18	Jose Farinha		Clube Millennium BCP	05:45:49	00:45:19	03:05:08	01:48:54	50 - 54 anos	41
452	856	Andre Melo		OnTri Sports	05:45:54	00:43:30	03:04:02	01:50:58	30 - 34 anos	62
453	60	Tiago Amado			05:45:58	00:47:17	03:07:59	01:44:59	40 - 44 anos	94
454	277	Vitor Fonseca			05:46:12	00:48:23	03:00:17	01:48:28	45 - 49 anos	67
455	875	Andreia Lourenço		CNATRIL Triatlo	05:46:13	00:48:02	03:11:46	01:40:12	40 - 44 anos	2
456	36	Renato Araújo		AmoraSub/Associação Naval Amorense	05:46:14	00:46:43	03:09:53	01:40:27	55 - 59 anos	12



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
457	979	Pedro Leiria			05:46:28	00:44:51	03:00:56	01:48:23	50 - 54 anos	42
458	585	João Gouveia			05:46:39	00:37:07	03:10:46	01:51:27	30 - 34 anos	63
459	793	Patrícia Emidio		Clube Naval de Faro	05:46:47	00:43:29	03:10:06	01:49:00	30 - 34 anos	7
460	537	Lara Benito		Outsystems Olímpico de Oeiras	05:46:52	00:47:30	03:16:42	01:37:32	30 - 34 anos	8
461	963	Tiago Tavares		Triatlo Fundação Salesianos	05:46:52	00:43:29	03:06:08	01:49:03	40 - 44 anos	95
462	373	Jose Lebre		LBSquad	05:46:56	00:52:52	02:53:39	01:52:25	50 - 54 anos	43
463	574	Gonçalo Duque		APulso	05:47:12	00:39:10	03:06:17	01:55:36	30 - 34 anos	64
464	892	Goncalo Falcao			05:47:12	00:52:34	03:12:57	01:33:15	35 - 39 anos	74
465	651	Tomás Lourenço		Outsystems Olímpico de Oeiras	05:47:22	00:41:13	03:16:25	01:42:07	25 - 29 anos	56
466	361	Ricardo Freire		AmoraSub/Associação Naval Amorense	05:47:31	00:44:21	03:04:22	01:50:39	40 - 44 anos	96
467	944	Celso Guerra		Moto Clube de Setubal	05:47:35	00:46:05	03:08:33	01:41:37	50 - 54 anos	44
468	178	Bruno Pilar		JFCOACHING	05:47:40	00:48:26	03:01:42	01:50:58	35 - 39 anos	75
469	130	João Correia			05:47:47	00:33:33	03:24:50	01:42:32	25 - 29 anos	57
470	1113	Maksim Kazarin		Outsystems Olímpico de Oeiras	05:47:51	00:41:43	03:01:05	01:57:28	35 - 39 anos	76
471	169	André Pereira		Casa Benfica Abrantes	05:48:03	00:52:31	03:09:02	01:39:27	30 - 34 anos	65
472	509	Ângelo Teixeira		AmoraSub/Associação Naval Amorense	05:48:05	00:45:04	03:09:12	01:44:33	40 - 44 anos	97
473	1021	Francisco Garnel		Estoril Praia Credibom	05:48:06	00:43:12	03:05:58	01:49:11	40 - 44 anos	98
474	534	Pedro Fardilha		OnTri Sports	05:49:21	00:44:27	03:05:58	01:51:53	50 - 54 anos	45
475	273	Ricardo Mateus		Clube de Natação de Alcobaça	05:49:25	00:45:15	03:14:58	01:40:48	45 - 49 anos	68



SETÚBAL TRIATHLON'10

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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
476	557	João Ribeiro		Quitério TriPeniche	05:49:25	00:40:45	03:10:54	01:50:37	30 - 34 anos	66
477	221	Tiago Duarte		AmoraSub/Associação Naval Amorense	05:49:27	00:44:30	03:03:12	01:53:57	50 - 54 anos	46
478	980	Manuel Vieira			05:49:42	00:44:14	03:00:23	01:56:57	35 - 39 anos	77
479	61	Ricardo Faria			05:49:42	00:39:47	03:03:56	01:57:52	45 - 49 anos	69
480	1180	Gonçalo Soares		LBSquad	05:49:47	00:46:28	03:17:30	01:34:58	25 - 29 anos	58
481	752	Ruben Amador		Box do Seixal	05:49:48	00:48:15	03:04:24	01:47:39	30 - 34 anos	67
482	795	José Bonito		Clube de Triatlo de Almada	05:50:11	00:45:20	03:11:10	01:45:21	55 - 59 anos	13
483	659	Sara Silva			05:50:17	00:42:32	03:22:20	01:36:15	40 - 44 anos	3
484	1179	Paulo Duarte			05:50:19	00:48:24	03:05:52	01:43:42	50 - 54 anos	47
485	414	Pedro Pisco		Outsystems Olímpico de Oeiras	05:50:36	00:47:14	03:11:36	01:42:37	50 - 54 anos	48
486	139	Luis Coelho		KBT	05:50:57	00:41:22	03:05:06	01:56:47	45 - 49 anos	70
487	835	Ricardo Marques		CCD Crédito Agrícola Mutuo	05:51:20	00:46:45	03:05:07	01:50:20	45 - 49 anos	71
488	1033	Marco Rocha		Outsystems Olímpico de Oeiras	05:51:27	00:47:05	03:07:12	01:47:09	45 - 49 anos	72
489	595	Pedro Luiz			05:51:35	00:45:26	03:09:32	01:49:24	40 - 44 anos	99
490	123	João Contente		Alhandra Sporting Club	05:51:40	00:48:10	03:03:27	01:55:08	30 - 34 anos	68
491	495	João Rubina			05:52:23	00:46:34	03:11:46	01:46:04	30 - 34 anos	69
492	514	Patricia Contador			05:52:24	00:48:37	03:09:31	01:46:30	35 - 39 anos	6
493	978	Aleksandro Aita		Associação Cultural e Recreativa de Valdágua	05:52:28	00:31:28	03:09:05	01:59:33	50 - 54 anos	49
494	1068	Luís Romão		Associação Naval Amorense	05:52:49	00:40:45	03:20:33	01:42:30	50 - 54 anos	50



SETÚBAL TRIATHLON'10

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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
495	298	Fernando Trindade		CCBTTELVAS / F.C.ELVENSES	05:52:57	00:49:06	02:56:42	01:58:00	40 - 44 anos	100
496	99	Rafael Barbosa		Thomar Athletics	05:53:11	00:43:44	03:18:45	01:42:26	25 - 29 anos	59
497	425	Mário Martins		OnTri Sports	05:53:21	00:54:13	03:12:23	01:40:03	40 - 44 anos	101
498	432	Rui Silvestre		Ginásio Clube Faro - Triatlo de Faro	05:53:25	00:44:51	02:54:07	02:06:12	50 - 54 anos	51
499	1202	Gonçalo Rosa		Outsystems Olímpico de Oeiras	05:53:45	00:43:19	03:06:07	01:55:41	40 - 44 anos	102
500	77	Vasco Afonso		Alhandra Sporting Club	05:53:46	00:45:47	03:10:49	01:47:44	45 - 49 anos	73
501	84	David Jorge		Associação Académica de São Mamede	05:53:52	00:43:28	03:09:48	01:55:42	45 - 49 anos	74
502	111	Tiago Cardoso		OnTri Sports	05:53:54	00:44:29	03:12:14	01:48:55	35 - 39 anos	78
503	1132	Pedro Cunha			05:53:57	00:47:20	03:00:58	01:56:13	45 - 49 anos	75
504	245	Vitor Leal			05:54:03	00:39:02	03:11:07	01:56:42	25 - 29 anos	60
505	960	Samuel Henriques			05:54:08	00:43:02	03:19:55	01:44:41	35 - 39 anos	79
506	1124	Tomás Cunha			05:54:13	00:46:03	02:58:21	01:56:43	40 - 44 anos	103
507	1060	Tiago Correia			05:54:15	00:46:51	03:15:42	01:42:39	35 - 39 anos	80
508	488	António Gonçalves		Associação Desportiva de Ilhavo	05:54:30	00:53:25	02:56:50	01:56:14	35 - 39 anos	81
509	1001	Gonçalo Rodrigues			05:54:34	00:45:46	03:17:14	01:42:47	30 - 34 anos	70
510	219	Joao Pinto			05:54:54	00:55:38	03:12:14	01:37:38	50 - 54 anos	52
511	851	David Francisco			05:54:58	00:34:25	03:22:42	01:48:28	40 - 44 anos	104
512	526	Francisco Carpinteiro		LBsquad	05:54:58	00:50:11	02:59:35	01:55:42	30 - 34 anos	71
513	767	Inês Rijo			05:55:08	00:45:13	03:15:15	01:46:17	30 - 34 anos	9



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
514	210	João Paciência			05:55:21	00:42:27	03:18:22	01:46:31	35 - 39 anos	82
515	1016	Afonso Claudino			05:55:43	00:41:52	03:14:06	01:53:34	30 - 34 anos	72
516	1095	Carlos Ferreira			05:55:46	01:01:45	02:55:22	01:52:20	45 - 49 anos	76
517	554	António Marinho	200CLUB		05:55:50	00:45:08	03:06:42	01:54:04	45 - 49 anos	77
518	955	Marta Barbosa		Outsystems Olímpico de Oeiras	05:55:50	00:34:24	03:16:06	01:59:24	18 - 24 anos	3
519	513	André Pestana			05:56:01	00:44:51	03:10:47	01:53:38	25 - 29 anos	61
520	1198	Salvador Gaião			05:56:03	00:38:46	03:19:59	01:45:57	18 - 24 anos	23
521	505	Fernando Neto			05:56:12	00:46:34	03:20:30	01:40:32	45 - 49 anos	78
522	29	Gil Oliveira	Try@Least		05:56:38	00:42:49	03:14:46	01:49:27	55 - 59 anos	14
523	583	André Cálix			05:56:45	00:46:33	03:16:26	01:42:12	30 - 34 anos	73
524	94	Filipe Cerejo			05:56:50	00:54:11	03:18:22	01:37:45	45 - 49 anos	79
525	901	Gil Bastos			05:56:51	00:54:07	03:02:00	01:46:54	35 - 39 anos	83
526	680	Claudia Dias			05:56:57	00:44:22	03:22:14	01:43:34	30 - 34 anos	10
527	300	Flavio Zarro	JFCOACHING		05:56:58	00:44:59	03:12:27	01:46:31	35 - 39 anos	84
528	957	Inês Diogo			05:57:00	00:46:27	03:16:52	01:41:51	30 - 34 anos	11
529	936	Pedro Félix		Outsystems Olímpico de Oeiras	05:57:05	00:34:03	03:14:07	02:01:43	40 - 44 anos	105
530	794	Pedro Pereira		JMOITASPORTSCENTER	05:57:09	00:42:53	03:10:52	01:53:39	30 - 34 anos	74
531	334	Tobias Ritter		Galway Triathlon Club	05:57:16	00:43:44	03:04:50	02:01:04	30 - 34 anos	75
532	1076	Artur Alves		GRCD Leião Triatlo	05:57:28	00:50:49	03:16:17	01:39:43	50 - 54 anos	53



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
533	778	Valter Mário			05:57:33	00:47:41	02:59:17	02:04:03	30 - 34 anos	76
534	518	João Ferreira		OnTri Sports	05:57:35	00:40:26	03:08:09	02:00:17	30 - 34 anos	77
535	466	Sara Gonçalves		AmoraSub/Associação Naval Amorense	05:57:43	00:45:50	03:06:46	01:57:48	35 - 39 anos	7
536	493	Duarte Marques			05:57:53	00:45:46	03:12:48	01:52:26	30 - 34 anos	78
537	98	Andre Santos		Clube Vela de Tavira	05:57:56	00:52:03	03:14:24	01:41:50	40 - 44 anos	106
538	865	Gilmer Grattan		CNATRIL Triatlo	05:57:56	00:32:56	03:28:00	01:50:04	30 - 34 anos	12
539	397	David Almeida		Clube Zupper	05:57:58	00:45:11	03:20:05	01:38:30	50 - 54 anos	54
540	13	Pedro Nunes		Outsystems Olímpico de Oeiras	05:58:06	00:44:07	03:01:30	02:03:44	50 - 54 anos	55
541	302	Paulo Garrudo		Triatlo Fundação Salesianos	05:58:24	00:47:42	03:10:52	01:52:35	45 - 49 anos	80
542	816	André Pinto		Clube Millennium BCP	05:58:26	00:40:50	03:22:10	01:48:36	18 - 24 anos	24
543	305	Diogo Justino		Clube Millennium BCP	05:58:42	00:50:48	03:11:36	01:46:39	40 - 44 anos	107
544	624	António Rebolo			05:59:03	00:30:26	03:24:12	01:58:05	30 - 34 anos	79
545	918	Ricardo Afonso			05:59:04	01:06:51	03:09:46	01:34:14	45 - 49 anos	81
546	840	Bruno Diogo		LBSquad	05:59:05	00:45:52	03:02:37	02:03:00	40 - 44 anos	108
547	44	Luís Silva		The Cupcake Cartel	05:59:07	00:55:05	03:06:59	01:49:57	45 - 49 anos	82
548	546	Nuno Silva		SUColarensense	05:59:10	00:42:37	03:08:49	02:01:18	40 - 44 anos	109
549	330	Hudson Lima			05:59:15	00:34:36	03:21:55	01:52:11	35 - 39 anos	85
550	268	João Tavares		JM Triathlon Team	05:59:23	00:43:12	03:06:26	02:02:30	40 - 44 anos	110
551	333	João Anastácio		LBSquad	05:59:23	00:49:46	03:10:23	01:49:26	25 - 29 anos	62



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
552	10	Rodrigo Almeida		Outsystems Olímpico de Oeiras	05:59:25	00:43:00	03:11:49	01:54:25	45 - 49 anos	83
553	484	Manuel Correia		DXC Tri Amazing	05:59:30	00:47:03	03:01:46	01:58:31	50 - 54 anos	56
554	55	Adolfo Vagos		Quitério TriPeniche	05:59:43	00:45:15	03:20:40	01:47:41	55 - 59 anos	15
555	665	Marco Carapinha		Clube Oriental de Lisboa	06:00:05	00:49:02	03:13:20	01:48:59	50 - 54 anos	57
556	1188	João Pinho			06:00:14	00:54:19	03:14:02	01:38:28	35 - 39 anos	86
557	463	Nuno Martins			06:00:16	00:45:01	03:16:16	01:50:26	25 - 29 anos	63
558	1173	André Cabrita		triatlo de Faro	06:00:32	00:46:00	03:11:40	01:54:38	45 - 49 anos	84
559	575	Miguel Mota		200CLUB	06:00:41	00:58:46	03:02:08	01:53:39	35 - 39 anos	87
560	969	Nuno Simoes			06:00:42	00:42:28	03:14:17	01:57:02	50 - 54 anos	58
561	522	Frederico Bessa		TriClube Penafiel	06:00:44	00:56:29	03:13:23	01:42:15	30 - 34 anos	80
562	436	Tomás Gameiro		APulso	06:00:53	00:44:58	03:36:04	01:34:06	18 - 24 anos	25
563	650	Francisco Bastos		Triatlo Clube TAP	06:00:59	00:39:53	03:04:13	02:09:58	35 - 39 anos	88
564	830	Francisco Perez			06:01:00	00:43:44	03:20:08	01:46:24	55 - 59 anos	16
565	1126	Marco Nave			06:01:12	00:47:08	03:04:45	02:01:53	45 - 49 anos	85
566	698	Miguel Coelho		Os Madrugas	06:01:32	00:44:36	03:08:59	01:56:58	30 - 34 anos	81
567	296	Bruno Nunes			06:01:38	00:49:39	03:10:56	01:50:22	30 - 34 anos	82
568	455	Ricardo Santos		Clube de Triatlo do Fundão	06:01:41	00:49:53	03:19:00	01:44:29	30 - 34 anos	83
569	1176	Márcio Oliveira		AEJ Triatlo	06:02:03	00:46:33	03:08:56	01:55:23	40 - 44 anos	111
570	547	Mariia Bazhina		JusTTri	06:02:09	00:50:02	03:10:54	01:52:45	35 - 39 anos	8



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
571	850	Francisco Sanches-Osório		Estoril Praia Credibom	06:02:18	00:43:11	03:05:11	02:05:02	60 - 64 anos	8
572	413	Mariana Rodrigues		Outsystems Olímpico de Oeiras	06:02:24	00:37:46	03:27:40	01:51:02	18 - 24 anos	4
573	842	Carlos Abrunhosa		Clube Millennium BCP	06:02:54	00:46:44	03:21:56	01:45:30	55 - 59 anos	17
574	727	Nuno Ramalhão		JMOITASPORTSCENTER	06:03:01	00:46:22	03:21:53	01:45:50	35 - 39 anos	89
575	53	Sérgio Batalha		3B Triatlo	06:03:04	00:46:25	03:18:01	01:43:53	55 - 59 anos	18
576	551	Lukas Pieler			06:03:08	00:41:33	03:08:57	01:57:59	25 - 29 anos	64
577	27	Simone Siebra		LBSQUAD	06:03:26	00:46:30	03:19:05	01:49:50	50 - 54 anos	2
578	214	Hugo Santinhos		AmoraSub/Associação Naval Amorense	06:03:28	00:47:57	03:10:57	01:56:47	50 - 54 anos	59
579	1120	Tiago Silva		LBSquad	06:03:36	00:42:59	03:20:15	01:50:23	18 - 24 anos	26
580	162	Sérgio Gonçalves		Linda-a-Pastora	06:03:37	00:53:03	03:13:20	01:49:03	45 - 49 anos	86
581	660	Miguel Marques		AmoraSub/Associação Naval Amorense	06:04:04	00:44:19	03:10:35	02:00:00	45 - 49 anos	87
582	578	João Oliveira		Outsystems Olímpico de Oeiras	06:04:06	00:51:10	03:11:55	01:54:48	40 - 44 anos	112
583	516	Francisca Mira		Pocapoco Social Club	06:04:15	00:54:25	03:18:23	01:45:36	35 - 39 anos	9
584	828	Humberto Cunha		Outsystems Olímpico de Oeiras	06:04:29	00:45:24	03:15:41	01:57:30	50 - 54 anos	60
585	744	Pedro Botelho			06:05:05	00:52:06	03:10:42	01:54:18	30 - 34 anos	84
586	1084	Bibiana Farias			06:05:23	00:42:30	03:11:10	02:03:11	45 - 49 anos	2
587	655	André Ribeiro			06:05:29	00:43:42	03:14:07	01:59:46	40 - 44 anos	113
588	435	Shahin Gahrghi		LBSquad	06:05:31	00:55:48	03:01:19	01:54:55	40 - 44 anos	114
589	884	Pedro Pinto		Triatlo Fundação Salesianos	06:05:33	00:48:29	03:09:50	02:00:41	45 - 49 anos	88



SETÚBAL TRIATHLON'10

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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
590	719	Cristóvão Santos		Clube de Natação de Torres Novas	06:06:23	00:41:21	03:12:22	02:05:28	45 - 49 anos	89
591	656	Miguel Barreto			06:06:37	00:45:56	03:24:24	01:49:31	30 - 34 anos	85
592	1015	Aidan Mckay			06:06:46	00:44:50	03:06:42	02:05:50	60 - 64 anos	9
593	777	Pedro Pandeirada			06:06:46	00:47:01	03:14:14	01:54:46	45 - 49 anos	90
594	152	Alexandre Cardoso	Apulso		06:06:48	00:53:19	03:10:35	01:55:51	35 - 39 anos	90
595	97	Pedro Silva		Alhandra Sporting Club	06:06:53	00:45:21	03:20:52	01:53:43	30 - 34 anos	86
596	908	Antonio Mota		AmoraSub/Associação Naval Amorense	06:07:04	00:46:05	03:18:32	01:55:27	40 - 44 anos	115
597	928	Bruno Sousa		OCR Portugal LAB Club	06:07:14	00:43:12	03:27:18	01:49:06	50 - 54 anos	61
598	1193	Ricardo Oliveira			06:07:15	00:50:44	03:08:34	01:58:50	25 - 29 anos	65
599	529	Ricardo Pereira		JM Triathlon Team	06:07:18	00:43:10	03:12:46	02:03:43	45 - 49 anos	91
600	1175	Joaquim Potes		Kainágua	06:07:39	00:43:04	03:24:00	01:49:59	45 - 49 anos	92
601	630	Bruno Rasteiro		Quitério TriPeniche	06:07:45	00:44:22	03:19:48	01:54:35	40 - 44 anos	116
602	697	Fábio Afonso			06:07:56	00:47:56	03:20:28	01:53:03	25 - 29 anos	66
603	106	Luís Lemos		FC Ferreiras	06:08:15	00:53:48	03:16:42	01:52:55	45 - 49 anos	93
604	564	Ana Oliveira		DXC Tri Amazing	06:08:22	00:44:25	03:12:26	02:07:03	55 - 59 anos	2
605	878	Alexey Pulman			06:08:40	00:42:06	02:39:55	02:41:43	40 - 44 anos	117
606	16	Sérgio Filipe		AmoraSub/Associação Naval Amorense	06:08:51	00:41:12	03:23:44	01:56:36	45 - 49 anos	94
607	754	Júlio Pinto		Clube dos Galitos	06:09:03	00:44:19	03:15:53	02:02:11	35 - 39 anos	91
608	459	Leandro Nabais		JM Triathlon Team	06:09:06	00:39:51	03:07:56	02:13:21	35 - 39 anos	92



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
609	278	Ângela Carvalho		Sporting Clube de Espinho	06:09:14	00:50:20	03:22:08	01:48:09	40 - 44 anos	4
610	605	Sara Silva		Associação Académica de São Mamede	06:09:16	00:42:45	03:19:14	01:59:46	50 - 54 anos	3
611	580	Octávio Cardoso		AmoraSub/Associação Naval Amorense	06:09:23	00:45:09	03:09:13	02:07:23	45 - 49 anos	95
612	323	Rogério Leal		TriClube Penafiel	06:09:30	00:42:07	03:29:18	01:47:06	35 - 39 anos	93
613	168	Noreen Smith			06:09:33	00:46:06	03:22:51	01:54:16	45 - 49 anos	3
614	1065	Rui Silva		AmoraSub/Associação Naval Amorense	06:09:47	01:04:16	03:11:24	01:42:54	50 - 54 anos	62
615	428	Filipe Marques			06:10:08	00:42:51	03:17:37	01:58:41	30 - 34 anos	87
616	196	Manuel Nunes			06:10:14	00:47:13	03:22:12	01:52:17	60 - 64 anos	10
617	124	Jose Manso		AmoraSub/Associação Naval Amorense	06:10:31	00:47:25	03:23:34	01:51:49	35 - 39 anos	94
618	804	Pedro Martins			06:10:32	00:40:29	03:23:11	01:59:53	45 - 49 anos	96
619	1210	Maria Sousa		Triatlo Clube TAP	06:10:46	00:44:13	03:21:45	01:55:08	50 - 54 anos	4
620	577	Joao Almeida		APulso	06:10:50	00:44:40	03:13:38	02:05:12	30 - 34 anos	88
621	344	Oscar Costa			06:10:53	00:58:55	02:58:40	02:01:34	40 - 44 anos	118
622	194	Guilherme Luz			06:10:58	00:45:19	03:27:13	01:42:27	30 - 34 anos	89
623	251	João Botelho			06:11:04	00:44:27	03:08:29	02:07:45	25 - 29 anos	67
624	613	Jorge Rodrigues			06:11:13	00:55:52	03:17:25	01:45:54	40 - 44 anos	119
625	1000	Silvio Dias		JM Triathlon Team	06:11:16	00:43:39	03:24:41	01:51:20	45 - 49 anos	97
626	1161	Miguel Mota			06:11:23	00:54:51	03:22:34	01:46:44	25 - 29 anos	68
627	839	Pedro Moreira			06:11:28	00:40:41	03:20:40	02:00:49	50 - 54 anos	63



SETÚBAL TRIATHLON'10

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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
628	938	Carlos Ferreira		Outsystems Olímpico de Oeiras	06:11:31	00:35:31	03:29:32	01:56:49	55 - 59 anos	19
629	181	Nuno Cortesão		Apulso	06:11:39	00:42:42	03:29:50	01:52:16	35 - 39 anos	95
630	511	Jorge Luís		LuziGas	06:11:44	00:40:47	03:10:19	02:00:39	45 - 49 anos	98
631	161	Hugo Gomes			06:11:55	00:45:37	03:22:13	01:56:57	40 - 44 anos	120
632	28	Eduardo Ferreira		Clube Millennium BCP	06:11:58	00:47:37	03:11:58	02:02:02	50 - 54 anos	64
633	451	Gonçalo Tibério		AmoraSub/Associação Naval Amorense	06:12:03	00:57:00	03:11:09	01:58:00	18 - 24 anos	27
634	1069	Patricia Rivotti		Clube Oriental de Lisboa	06:12:30	00:41:57	03:36:10	01:42:48	45 - 49 anos	4
635	1039	Paulo Faria		Outsystems Olímpico de Oeiras	06:12:35	00:45:05	03:22:16	01:50:22	45 - 49 anos	99
636	992	Helder Alves		AmoraSub/Associação Naval Amorense	06:12:44	00:37:13	03:21:41	02:05:24	45 - 49 anos	100
637	790	Ricardo Dagge		JM Triathlon Team	06:12:53	00:41:53	03:22:24	01:58:38	35 - 39 anos	96
638	239	Maurício Costa			06:12:54	00:44:54	03:24:41	01:55:51	55 - 59 anos	20
639	461	Pedro Marques			06:13:09	00:49:14	03:18:36	01:57:09	25 - 29 anos	69
640	819	Francisco Beirão			06:13:15	00:47:51	03:09:09	02:08:20	40 - 44 anos	121
641	1189	Hugo Rocha			06:13:19	00:50:40	03:21:16	01:52:22	45 - 49 anos	101
642	1026	Alberto Pires		LBSquad	06:13:28	00:47:01	03:28:15	01:49:56	55 - 59 anos	21
643	601	Diogo Lagarto		GDRC Ponterrolense	06:13:33	00:55:23	03:16:04	01:52:38	35 - 39 anos	97
644	483	Ana Oliveira		Gdgoma	06:13:47	00:45:34	03:21:21	01:57:40	35 - 39 anos	10
645	584	Afonso Barroso			06:13:50	00:44:11	03:24:18	01:55:04	25 - 29 anos	70
646	72	Fernanda Santinha		Clube Oriental de Lisboa	06:13:51	00:43:31	03:34:54	01:47:06	50 - 54 anos	5



SETÚBAL TRIATHLON'10

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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
647	774	Gustavo Antunes			06:13:51	00:45:25	03:30:53	01:48:32	45 - 49 anos	102
648	1075	João Pinto			06:13:56	00:49:26	03:21:22	01:54:03	30 - 34 anos	90
649	1129	Carlos Nunes		Núcleo do Sporting da Golegã	06:14:05	00:51:41	03:16:07	01:57:12	60 - 64 anos	11
650	195	Manuel Pires		Moto Clube de Setubal	06:14:19	00:45:30	03:29:48	01:49:47	65 - 69 anos	1
651	899	José Mota			06:14:20	00:54:08	03:10:56	02:00:32	25 - 29 anos	71
652	317	Daniel Santos		Triatlo Clube da Lourinhã	06:14:24	00:50:08	03:15:40	01:58:17	50 - 54 anos	65
653	350	Ricardo Duarte		CLUBE OGMA	06:14:33	00:44:21	03:13:06	02:09:54	45 - 49 anos	103
654	175	Victor Oliveira			06:14:36	00:47:35	03:17:46	02:01:47	30 - 34 anos	91
655	1086	Hildebrand Castro		Monsanto Running Team	06:14:39	00:45:47	03:22:07	01:55:18	45 - 49 anos	104
656	107	Miguel Soares		3XS TRIATHLON	06:14:41	00:46:23	03:34:29	01:41:42	35 - 39 anos	98
657	261	Lucas Gomes			06:15:07	00:44:43	03:16:37	02:01:59	35 - 39 anos	99
658	541	Sebastião Machado		Grind Endurance Club	06:15:22	00:43:57	03:20:51	02:01:48	30 - 34 anos	92
659	1048	Mauro Santos			06:15:31	01:10:26	03:05:32	01:53:37	40 - 44 anos	122
660	370	João Ferreira		Outsystems Olímpico de Oeiras	06:15:43	00:44:28	03:26:40	01:59:04	40 - 44 anos	123
661	89	Tomás Fernandes			06:16:25	00:57:41	03:19:50	01:52:37	30 - 34 anos	93
662	726	Gonçalo Roxo		Salesianos	06:16:50	00:44:30	03:25:55	01:59:32	35 - 39 anos	100
663	295	Julio Nepomuceno		Escola Triatlo Santo António Évora	06:17:17	00:50:17	03:28:36	01:49:48	55 - 59 anos	22
664	539	Miguel Gameiro			06:17:26	00:53:28	03:20:54	01:52:29	25 - 29 anos	72
665	400	João Brântuas			06:17:45	00:49:15	03:23:46	01:55:11	25 - 29 anos	73



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
666	473	Filipe Campos			06:17:55	00:59:16	03:26:21	01:43:25	30 - 34 anos	94
667	503	Nuno Pereira		Mc Donald 's/Tribraga	06:18:02	01:00:13	03:15:56	01:55:36	40 - 44 anos	124
668	490	Rita Grilo		LBSquad	06:18:06	00:33:08	03:47:50	01:51:19	25 - 29 anos	6
669	1093	Luís Paixão			06:18:16	00:38:45	03:15:30	02:15:42	50 - 54 anos	66
670	709	Filipe Ribeiro			06:18:16	00:53:29	03:09:36	02:01:28	30 - 34 anos	95
671	119	Fábio Paulo		Alhandra Sporting Club	06:18:27	00:49:23	03:16:14	02:01:10	40 - 44 anos	125
672	872	Tiago Pereira		TriClube Penafiel	06:18:27	00:48:34	03:21:48	01:58:26	40 - 44 anos	126
673	718	Pedro Quaresma		Clube Millennium BCP	06:18:31	00:42:41	03:19:40	02:08:46	60 - 64 anos	12
674	375	Frederico Carrelo		Triatlo Fundação Salesianos	06:18:46	00:44:36	03:20:44	02:03:42	30 - 34 anos	96
675	827	Francisco Silva		OnTri Sports	06:18:47	00:55:37	03:04:23	02:06:52	40 - 44 anos	127
676	597	Márcio Nobre		APulso	06:18:50	00:46:51	03:14:18	02:10:18	40 - 44 anos	128
677	304	João Paiva			06:19:05	00:44:47	03:28:22	01:54:48	40 - 44 anos	129
678	775	Gonçalo Lourenço		Associação Naval Amorense	06:19:18	00:44:05	03:27:45	01:56:27	40 - 44 anos	130
679	447	Pedro Calvário		DXC Tri Amazing	06:19:40	00:43:17	03:12:42	02:11:14	55 - 59 anos	23
680	1023	Rui Novais		VSC Triatlo	06:19:49	00:43:52	03:17:52	02:08:15	45 - 49 anos	105
681	491	Tiago Osório		Apulso	06:19:52	00:46:06	03:25:09	02:02:00	40 - 44 anos	131
682	1109	Bruno Gomes		Outsystems Olímpico de Oeiras	06:20:00	00:46:37	03:25:49	01:55:36	40 - 44 anos	132
683	1043	Bruno Curto		Clube Desportivo 3XS	06:20:13	00:43:16	03:16:23	02:12:19	40 - 44 anos	133
684	1177	Duquenois Sylvain			06:20:16	00:41:50	03:18:04	02:09:01	50 - 54 anos	67



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
685	92	Ana Nico		Alhandra Sporting Club	06:20:35	00:46:45	03:18:28	02:09:06	30 - 34 anos	13
686	1029	António Dantas		LXTriathlon	06:20:38	00:43:25	03:30:01	01:56:42	40 - 44 anos	134
687	701	Luís Nascimento		Ginásio Clube Naval de Faro	06:20:42	00:41:03	03:32:10	01:57:31	50 - 54 anos	68
688	961	Luis Silva			06:21:11	00:43:37	03:23:18	02:04:45	45 - 49 anos	106
689	226	José Varela		Kainagua	06:21:13	00:45:03	03:21:25	02:01:13	50 - 54 anos	69
690	200	Carlota Rêgo		Apulso	06:21:29	00:39:31	03:27:34	02:07:43	25 - 29 anos	7
691	1112	Nuno Silveira		Outsystems Olímpico de Oeiras	06:21:41	00:48:25	03:38:49	01:43:34	45 - 49 anos	107
692	303	Maria Cocco			06:21:47	00:41:50	03:26:29	02:07:16	18 - 24 anos	5
693	1197	Paulo Menezes		SUColarese	06:22:19	00:56:48	03:29:25	01:41:43	50 - 54 anos	70
694	164	Paulo Moutinho		Clube Oriental de Lisboa	06:22:35	00:40:39	03:30:16	01:57:17	55 - 59 anos	24
695	381	Carlos Mourato		Rota D'Ossa - Associação Cultural e Desportiva	06:22:37	00:47:15	03:04:17	02:12:13	45 - 49 anos	108
696	893	Pedro Mello		LBSquad	06:22:42	00:44:59	03:18:47	02:05:32	30 - 34 anos	97
697	406	Carolina Durão		Outsystems Olímpico de Oeiras	06:23:04	00:44:24	03:36:14	01:57:49	30 - 34 anos	14
698	561	Diogo Pereira			06:23:11	00:43:24	03:38:09	01:53:26	25 - 29 anos	74
699	254	Nuno Clemente			06:23:32	00:52:28	03:21:20	02:00:37	50 - 54 anos	71
700	347	Pedro Estrela			06:23:43	00:46:50	03:24:36	02:03:59	30 - 34 anos	98
701	407	Luis Santos		Outsystems Olímpico de Oeiras	06:24:11	00:50:24	03:13:55	02:09:39	30 - 34 anos	99
702	1181	Luis Ribeiro			06:24:21	00:45:37	03:25:54	02:03:33	45 - 49 anos	109
703	31	Luis Cipriano		GDRC Ponterrolense	06:24:48	00:49:25	03:32:26	01:52:43	50 - 54 anos	72



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
704	873	Hugo Jesus		Alhandra Sporting Club	06:25:47	00:47:07	03:27:24	02:01:24	45 - 49 anos	110
705	760	Adolfo Campos		TriClube Penafiel	06:26:07	00:56:11	03:31:27	01:48:49	30 - 34 anos	100
706	966	Salvador Pereira			06:26:12	00:50:50	03:15:31	02:09:54	45 - 49 anos	111
707	1187	Christopher Harvey			06:26:14	00:42:21	03:12:38	02:22:12	30 - 34 anos	101
708	1028	Paulo Salgado			06:26:39	00:51:10	03:30:12	01:56:51	50 - 54 anos	73
709	755	Fernando Silva		GDRC Ponterrolense	06:27:08	00:50:56	03:35:28	01:50:19	50 - 54 anos	74
710	911	Mário Porfírio			06:27:14	00:42:56	03:38:32	01:58:16	50 - 54 anos	75
711	895	Helder Correia		Associação Académica de São Mamede	06:27:27	00:43:57	03:41:57	01:46:28	45 - 49 anos	112
712	556	João Bota		Bairro dos Anjos Leiria	06:27:45	00:54:01	03:28:42	01:56:18	50 - 54 anos	76
713	208	Pedro Botelho		AmoraSub/Associação Naval Amorense	06:28:08	00:38:42	03:20:57	02:20:22	50 - 54 anos	77
714	1127	João Almeida		OCR Portugal LAB Club	06:28:10	00:40:26	03:33:29	02:03:42	25 - 29 anos	75
715	45	Rui Santos		AmoraSub/Associação Naval Amorense	06:28:55	00:44:17	03:14:54	02:22:49	45 - 49 anos	113
716	496	Carlos Oliveira		Clube Atlético de Oliveira do Hospital	06:29:06	00:56:29	03:29:23	01:54:38	35 - 39 anos	101
717	785	Débora Branco		OPraticante.pt	06:29:10	00:56:32	03:29:21	01:54:35	35 - 39 anos	11
718	460	Catarina Sousa			06:29:11	00:44:56	03:18:37	02:14:13	18 - 24 anos	6
719	812	Jorge Ferreira		Associação Humanitária Bombeiros Estoris	06:29:35	01:00:25	03:27:21	01:54:20	55 - 59 anos	25
720	1079	Juan García			06:29:38	00:43:46	03:26:49	02:08:17	45 - 49 anos	114
721	1184	Mário Caetano			06:29:44	00:44:14	03:18:20	02:14:27	50 - 54 anos	78
722	147	Inês Mestre		Alhandra Sporting Club	06:29:50	00:43:06	03:40:17	02:01:00	30 - 34 anos	15



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
723	409	Rita Martins		Outsystems Olímpico de Oeiras	06:30:02	00:45:39	03:41:43	01:54:46	40 - 44 anos	5
724	476	Joao Correa			06:30:05	00:40:37	03:27:47	02:10:57	25 - 29 anos	76
725	846	Afonso Pereira		JM Triathlon Team	06:30:05	00:49:51	03:37:32	01:51:05	40 - 44 anos	135
726	1116	André Pinto			06:30:19	00:55:58	03:17:02	02:02:21	45 - 49 anos	115
727	1063	Jesus Gonzalez			06:30:29	00:49:46	03:13:53	02:15:02	30 - 34 anos	102
728	149	Francesca Andreoli			06:30:37	00:41:10	03:21:45	02:15:19	30 - 34 anos	16
729	915	Rui Silva		Escola Triatlo Santo António Évora	06:31:21	00:45:38	03:42:15	01:47:54	40 - 44 anos	136
730	880	Joao Junior			06:32:21	00:40:53	03:42:08	02:00:06	40 - 44 anos	137
731	825	José Santa			06:32:53	00:43:45	03:41:49	02:00:04	40 - 44 anos	138
732	25	Marco Sousa		Pedrógão Triatlo	06:32:59	00:44:15	03:41:00	01:55:46	50 - 54 anos	79
733	940	Paulo Marques		Alhandra Sporting Club	06:33:12	00:44:19	03:32:23	02:03:23	40 - 44 anos	139
734	420	Vitor Gameiro		Outsystems Olímpico de Oeiras	06:33:36	00:46:03	03:15:09	02:25:12	50 - 54 anos	80
735	63	José Correia			06:33:37	00:44:20	03:28:37	02:11:37	60 - 64 anos	13
736	771	Ana Duarte		Sporting Clube de Portugal	06:33:43	00:44:02	03:34:45	02:05:41	40 - 44 anos	6
737	742	Gustavo Neves		DXC Tri Amazing	06:34:42	00:46:09	03:26:34	02:13:06	45 - 49 anos	116
738	592	Luis Ribeiro			06:34:49	00:54:45	03:20:33	02:11:11	45 - 49 anos	117
739	1156	Nuno Lucas		OPraticante.pt	06:35:24	00:48:30	03:36:15	01:58:30	50 - 54 anos	81
740	922	Bruno Marques		Outsystems Olímpico de Oeiras	06:35:28	00:47:55	03:13:14	02:27:58	25 - 29 anos	77
741	1098	Paulo Lourenço		Clube de Triatlo de Viseu	06:35:52	00:47:02	03:43:20	01:56:43	55 - 59 anos	26



SETÚBAL TRIATHLON'10

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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
742	48	Miguel Cruz		Clube Millennium BCP	06:36:14	00:56:52	03:23:01	02:06:11	55 - 59 anos	27
743	299	Miguel Trindade			06:36:19	01:00:00	03:21:28	02:05:01	50 - 54 anos	82
744	1158	Jacqueline Fernandes		Clube dos Galitos	06:36:43	00:45:33	03:37:13	02:06:39	40 - 44 anos	7
745	67	Rui Martins			06:36:51	00:55:24	03:23:47	02:06:22	55 - 59 anos	28
746	1035	Pedro Nigra			06:36:52	00:43:21	03:23:59	02:19:53	25 - 29 anos	78
747	953	João Vaz			06:37:14	00:56:56	03:34:21	01:55:20	25 - 29 anos	79
748	1037	Leonardo Mathias			06:38:04	00:41:35	03:28:36	02:18:58	30 - 34 anos	103
749	989	Nelson Valente			06:38:27	01:02:52	03:20:27	02:05:26	40 - 44 anos	140
750	739	Carlos Martins			06:38:37	00:43:08	03:38:26	02:09:32	55 - 59 anos	29
751	318	Melissa Sobral			06:38:46	01:06:53	03:24:00	02:02:32	25 - 29 anos	8
752	1209	Rui Velez		Clube Oriental de Lisboa	06:38:57	00:45:07	03:36:15	02:09:38	60 - 64 anos	14
753	421	Inês Rodrigues		Outsystems Olímpico de Oeiras	06:40:09	00:43:41	03:45:57	02:01:42	25 - 29 anos	9
754	81	João Canas		Alhandra Sporting Club	06:40:14	01:01:07	03:29:42	02:00:19	40 - 44 anos	141
755	293	Rodrigo Vairinhos			06:40:33	00:47:19	03:28:01	02:14:06	45 - 49 anos	118
756	798	Mauro Ruivo		Apulso	06:42:00	00:55:11	03:21:23	02:16:05	30 - 34 anos	104
757	621	Joana Afonso			06:42:09	00:50:02	03:32:15	02:04:09	45 - 49 anos	5
758	1030	Ricardo Velhuco		JM Triathlon Team	06:42:15	00:45:17	03:14:14	02:32:45	45 - 49 anos	119
759	95	Eduardo Machado		Alhandra Sporting Club	06:42:47	00:43:19	03:25:14	02:23:14	40 - 44 anos	142
760	263	Tiago Pinhal			06:43:38	00:53:55	03:28:47	02:13:01	50 - 54 anos	83



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
761	389	Roberta Peçanha			06:44:03	00:46:51	03:47:20	02:00:45	30 - 34 anos	17
762	290	Samanta Soares		AmoraSub/Associação Naval Amorense	06:46:16	00:49:14	03:42:23	02:06:47	30 - 34 anos	18
763	620	Liliana Faustino		Triatlo - Clube Desportivo da Venda do Pinheiro	06:47:05	01:07:41	03:28:35	02:05:00	40 - 44 anos	8
764	809	André Lamas			06:48:33	00:43:11	03:37:57	02:20:36	25 - 29 anos	80
765	849	Antonio Ferreira			06:48:44	00:41:35	03:26:50	02:29:21	55 - 59 anos	30
766	197	Pedro Matos			06:49:11	00:43:19	03:41:50	02:13:39	45 - 49 anos	120
767	1099	Andreia Tourais		Outsystems Olímpico de Oeiras	06:49:15	00:50:51	03:46:42	02:03:34	40 - 44 anos	9
768	622	Luis Reves			06:49:43	00:42:13	03:34:23	02:25:36	50 - 54 anos	84
769	952	Pedro Ventura			06:49:57	00:43:31	03:41:09	02:13:33	60 - 64 anos	15
770	309	Tomasz Drebot			06:50:13	00:56:14	03:34:07	02:08:12	45 - 49 anos	121
771	135	Paulo Rodrigues		Alhandra	06:50:41	00:43:42	03:29:46	02:28:16	45 - 49 anos	122
772	1191	Joana Frazão		LIDL	06:51:20	00:58:32	03:26:55	02:13:35	40 - 44 anos	10
773	1082	Pedro Melo		Apulso	06:51:26	00:41:34	03:42:15	02:14:03	40 - 44 anos	143
774	1178	Bruno Faria			06:51:33	01:08:47	03:18:14	02:15:10	45 - 49 anos	123
775	991	Pedro Castanheira			06:52:04	00:53:29	03:42:38	02:03:56	50 - 54 anos	85
776	1081	Paulo Farinha			06:52:19	00:52:30	03:23:58	02:19:36	50 - 54 anos	86
777	615	José Miranda			06:53:33	00:38:14	04:03:44	02:04:58	30 - 34 anos	105
778	683	Ricardo Serém		LXTriathlon	06:54:12	00:42:53	03:47:26	02:17:33	30 - 34 anos	106
779	198	Helder Rodrigues		OnTri Sports	06:54:19	01:00:24	03:15:08	02:29:09	40 - 44 anos	144



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
780	538	Gonçalo Domingues		OnTri Sports	06:54:22	00:44:14	03:27:53	02:31:01	25 - 29 anos	81
781	80	Mykola Zaikin			06:55:16	00:46:43	03:37:04	02:22:33	30 - 34 anos	107
782	236	Marco Silva		OnTri Sports	06:55:31	00:49:17	03:36:11	02:22:32	40 - 44 anos	145
783	965	Joao Pinto		Sporting Clube de Portugal	06:56:03	00:51:48	03:44:37	02:08:49	45 - 49 anos	124
784	820	José Lopes			06:56:45	00:52:47	03:42:43	02:13:47	18 - 24 anos	28
785	975	Ewa Knopik		Outsystems Olímpico de Oeiras	06:57:25	00:52:39	03:41:39	02:15:06	30 - 34 anos	19
786	1041	Luís Silva			06:57:43	00:43:40	03:28:00	02:23:35	40 - 44 anos	146
787	1190	Mylhailo Yezhov			06:59:05	00:52:04	03:34:43	02:21:00	25 - 29 anos	82
788	702	Eduardo Carpinteiro		SFRAA	06:59:16	00:51:39	03:30:25	02:22:59	60 - 64 anos	16
789	941	Constanca Gamito		JFCOACHING	06:59:37	00:49:15	03:40:48	02:22:56	18 - 24 anos	7
790	487	Rafael Onofre		LBsquad	06:59:46	00:41:26	03:49:45	02:15:10	25 - 29 anos	83
791	368	João Souza		Outsystems Olímpico de Oeiras	07:00:11	00:53:53	03:44:24	02:10:52	50 - 54 anos	87
792	93	Miguel Cocco		Iron Sports Hypnosis	07:00:26	00:43:57	03:33:30	02:31:39	55 - 59 anos	31
793	349	José Oliveira		Wikaboo	07:05:58	00:51:49	03:35:59	02:26:49	50 - 54 anos	88
794	126	Frederico Mayer			07:06:28	00:48:49	03:42:10	02:23:16	25 - 29 anos	84
795	205	Rita Coutinho			07:08:01	00:45:27	03:49:18	02:23:59	50 - 54 anos	6
796	1058	Bernardo Martins			07:10:30	00:44:34	03:39:44	02:36:43	18 - 24 anos	29
797	146	Marco Ventura		Linces de Noudar	07:11:21	00:46:37	03:44:20	02:30:41	50 - 54 anos	89
798	910	Rui Silva			07:12:02	00:55:05	03:31:46	02:34:11	55 - 59 anos	32



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
799	607	Aleksandr Troitskii			07:15:05	00:50:44	03:24:39	02:43:06	35 - 39 anos	102
800	700	Vítor Grilo		Triatlo Clube TAP	07:20:57	00:41:57	03:44:52	02:36:56	60 - 64 anos	17
801	1119	Rodrigo Alves			07:29:42	00:56:03	03:36:30	02:46:14	45 - 49 anos	125
802	847	Rui Catarrinha		Clube Desportivo 3XS	07:31:18	00:45:41	03:45:55	02:46:13	55 - 59 anos	33
0	70	Luís Carvalho	DNF		02:53:41	00:46:08	01:58:01		55 - 59 anos	
0	79	João Barreto	DNF		05:06:46	00:56:57	04:04:14		45 - 49 anos	
0	174	Bruno Tavares	DNF		00:00:00	00:00:00			40 - 44 anos	
0	83	Miguel Almeida	DNF		01:15:31	00:45:08	00:25:14		50 - 54 anos	
0	312	Gonçalo Espregueira	DNF		05:04:25	00:52:17	04:03:32		25 - 29 anos	
0	91	Lourenço Carvalho	DNF		03:24:08	00:47:32	02:29:15		30 - 34 anos	
0	96	Pedro Silveira	DNF	JM Triathlon Team	02:38:02	00:49:14	01:44:18		30 - 34 anos	
0	117	Cláudio Caramelo	DNF	Clube de Natação de Torres Novas	00:50:09	00:50:09			40 - 44 anos	
0	132	Horácio Oliveira	DNF	AmoraSub/Associação Naval Amorense	03:20:52	00:53:42	02:19:21		50 - 54 anos	
0	134	Paulo Romeiro	DNF		03:18:36	00:52:54	02:14:32		50 - 54 anos	
0	171	João Baptista	DNF		02:27:57	00:44:26	01:35:31		35 - 39 anos	
0	160	Diogo Almeida	DNF		01:14:07	00:43:27	00:24:47		35 - 39 anos	
0	157	Jorge Nunes	DNF		04:18:52	00:34:31	02:44:53	00:54:28	25 - 29 anos	
0	180	Conceição Santos	DNF	AmoraSub/Associação Naval Amorense	05:06:29	00:57:12	04:01:33		45 - 49 anos	
0	609	Raquel Matos	DNF	AmoraSub/Associação Naval Amorense	00:00:00	00:00:00			45 - 49 anos	



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	1103	Miguel Gomes	DNF	Clube Zupper	01:05:22	00:39:09	00:23:10		55 - 59 anos	
0	689	Diogo Allegro	DNF		04:26:32	00:42:29	03:35:00		50 - 54 anos	
0	647	João Pinheiro	DNF		07:25:28	00:58:55	03:35:51	02:40:47	18 - 24 anos	
0	686	Rui Valente	DNF		03:15:27	00:52:33	02:15:09		50 - 54 anos	
0	1049	Luís Bravo	DNF	KBT	00:00:00	00:00:00			55 - 59 anos	
0	199	Carlos Custodio	DNF	Clube Oriental de Lisboa	03:50:44	00:40:06	02:44:37	00:20:20	50 - 54 anos	
0	206	Cláudia Marques	DNF	AmoraSub/Associação Naval Amorense	03:23:29	00:47:44	02:28:10		40 - 44 anos	
0	203	Filipe Matos	DNF	Sporting Clube de Portugal	04:02:35	00:45:14	03:07:32	00:04:33	40 - 44 anos	
0	218	Rodrigo Santos	DNF		03:19:39	00:51:55	02:19:51		50 - 54 anos	
0	579	Nuno Bela	DNF	Outsystems Olímpico de Oeiras	03:57:55	00:45:32	02:59:53	00:00:00	45 - 49 anos	
0	246	Izabella Pires	DNF	Unity Training	05:03:44	00:45:43	03:18:09	00:52:51	40 - 44 anos	
0	232	Simão Tavares	DNF		01:46:03	01:08:24	00:30:24		30 - 34 anos	
0	240	Maria Sá	DNF		04:09:26	00:45:09	03:17:54		45 - 49 anos	
0	249	Catarina Lourenço	DNF	AmoraSub/Associação Naval Amorense	05:06:31	01:01:16	03:57:18		45 - 49 anos	
0	326	Henrique Freire	DNF	GRCD Leião Triatlo	05:11:47	00:48:16	04:13:25		65 - 69 anos	
0	272	Daniel Severino	DNF	AmoraSub/Associação Naval Amorense	05:21:42	00:56:04	04:14:48		25 - 29 anos	
0	1080	Mário Batista	DNF		03:18:26	00:52:22	02:15:49		45 - 49 anos	
0	319	Luís Melro	DNF	LBsquad	02:23:39	00:53:53	01:24:15		45 - 49 anos	
0	322	Henrique Tinoco	DNF		00:51:18	00:45:43	00:00:00		30 - 34 anos	



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	343	André Nadais	DNF	OnTri Sports	01:15:05	00:42:51	00:26:40		25 - 29 anos	
0	355	Francisco Faria	DNF		02:47:30	00:56:55	01:40:05		50 - 54 anos	
0	359	Mónica Pereira	DNF	Pocapoco Social Club	05:41:18	00:55:04	04:40:43		30 - 34 anos	
0	377	Sérgio Marques	DNF		00:00:00	00:00:00			40 - 44 anos	
0	383	Marco Miguel	DNF		04:01:31	00:45:02	03:00:26	00:04:59	50 - 54 anos	
0	367	Nuno Varela	DNF	Alhandra Sporting Club	01:29:23	00:50:22	00:32:15		40 - 44 anos	
0	379	Tiago Dias	DNF		04:00:08	00:42:30	03:07:45	00:04:15	40 - 44 anos	
0	356	Diogo Coelho	DNF	DAC- Endurance Coaching	02:02:14	00:35:00	01:25:02		30 - 34 anos	
0	489	Raquel Rocha	DNF	SFRAA	03:16:34	00:52:26	02:16:48		35 - 39 anos	
0	437	Joaquim Fernandes	DNF	Grupo Desportivo Corticeiras	05:01:00	00:42:04	04:15:43		65 - 69 anos	
0	891	José Duarte	DNF	Clube Millennium BCP	05:23:16	00:44:16	02:59:51	01:30:48	50 - 54 anos	
0	946	Pedro Leao	DNF	Outsystems Olímpico de Oeiras	02:33:00	00:52:44	01:33:17		30 - 34 anos	
0	582	Natalina Bordino	DNF	Batalha Escola de Triatlo	02:47:19	01:06:58	01:35:04		40 - 44 anos	
0	576	Helena Sécio	DNF		00:00:00	00:00:00			60 - 64 anos	
0	548	Henrique Balchada	DNF	Grind Endurance Club	04:45:41	00:41:50	03:04:51	00:50:33	30 - 34 anos	
0	542	André Santos	DNF	Bairro dos Anjos Leiria	04:33:52	00:56:12	03:30:49		35 - 39 anos	
0	563	Henrique Delgado	DNF	Triatlo Clube da Lourinhã	02:36:54	00:41:23	01:51:31		40 - 44 anos	
0	572	Miguel Correia	DNF	AmoraSub/Associação Naval Amorense	03:19:24	00:44:12	02:25:13		45 - 49 anos	
0	558	Tiago Teixeira	DNF	200CLUB	04:05:53	00:46:43	02:53:51	00:13:31	30 - 34 anos	



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	571	Kabeca Ferreira	DNF	JM Triathlon Team	03:20:06	00:53:29	02:18:34		60 - 64 anos	
0	713	Pedro Gaspar	DNF		04:12:47	00:44:44	02:52:04	00:30:09	40 - 44 anos	
0	712	Hugo Martins	DNF	Académica Triatlo	01:27:33	00:54:57	00:26:03		45 - 49 anos	
0	735	Débora Marcão	DNF		03:21:54	00:51:51	02:20:55		25 - 29 anos	
0	728	Luis Vicente	DNF		02:11:45	00:52:53	01:13:30		25 - 29 anos	
0	746	Sofia Morelle	DNF	Triatlo Fundação Salesianos	04:58:38	00:41:34	03:41:22	00:27:45	40 - 44 anos	
0	756	José Santo	DNF	Clube Fluvial Vilacondense	02:44:22	00:59:23	01:37:56		70 - 74 anos	
0	751	Christianne Custodio	DNF	Clube Fluvial Vilacondense	02:16:23	01:16:40	00:00:00		55 - 59 anos	
0	788	João Duarte	DNF		03:02:03	01:07:32	01:43:15		50 - 54 anos	
0	800	Gonçalo Falcão	DNF		01:06:00	01:06:00			35 - 39 anos	
0	801	Amilcar Fernandes	DNF		00:00:00	00:00:00			45 - 49 anos	
0	805	James Jenkins	DNF		05:33:14	00:41:55	03:32:25	01:10:14	30 - 34 anos	
0	807	Ricardo Neta	DNF		05:12:07	00:46:48	02:45:19	01:32:56	35 - 39 anos	
0	836	Coste Sylvie	DNF		02:51:57	01:05:18	01:40:33		45 - 49 anos	
0	815	Lucianna Machado	DNF	OnTri Sports	00:21:38	00:20:37	00:00:00		30 - 34 anos	
0	832	Christophe Coste	DNF		02:51:46	01:00:00	01:40:44		50 - 54 anos	
0	859	Pedro Bilro	DNF		04:10:46	00:45:41	02:52:19	00:22:35	50 - 54 anos	
0	848	Joao Dias	DNF		03:15:16	00:43:56	02:24:08		30 - 34 anos	
0	854	Ana Leal	DNF	SFRAA	02:21:25	00:44:08	01:31:10		45 - 49 anos	



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	864	Sofia Daurella	DNF		05:02:02	00:55:36	03:36:11	00:21:45	35 - 39 anos	
0	883	Jose Vieira	DNF	Estoril Praia Credibom	03:31:07	01:16:41	02:03:32		40 - 44 anos	
0	896	João Fernandes	DNF	OnTri Sports	02:48:06	00:58:14	01:41:06		55 - 59 anos	
0	924	Sebastian Groot	DNF	Sintra Trail Runners	06:17:21	00:42:41	03:35:53	01:47:56	60 - 64 anos	
0	920	Vasco Carvalho	DNF		00:00:00	00:00:00			45 - 49 anos	
0	122	André Silva	DNF	OnTri Sports	05:37:25	00:51:31	03:32:54	01:05:22	35 - 39 anos	
0	136	Fábio Azinheirinha	DNF	JFCOACHING	02:48:37	00:27:36	02:18:24		30 - 34 anos	
0	661	Jorge Barroso	DNF		04:35:59	00:42:46	03:25:28	00:18:28	45 - 49 anos	
0	958	David Fernandes	DNF		05:26:18	01:07:17	03:14:39	00:57:45	40 - 44 anos	
0	668	Rita Guerreiro	DNF	Triatlo Fundação Salesianos	03:17:43	00:48:49	02:23:48		30 - 34 anos	
0	725	Aliaksandr Zuyonak	DNF		03:18:27	00:50:41	02:19:01		55 - 59 anos	
0	720	Matias Torre	DNF		00:45:12	00:45:12			25 - 29 anos	
0	699	Patrícia Guerreiro	DNF	Ginásio Clube Naval de Faro	01:28:35	00:56:27	00:26:36		30 - 34 anos	
0	1038	Daniel Niiaziiev	DNF		03:20:31	00:53:47	02:15:43		40 - 44 anos	
0	1042	Luís Nunes	DNF	CNATRIL Triatlo	01:47:23	00:38:09	01:06:28		50 - 54 anos	
0	1061	Maria Ramalho	DNF	Lucas Force	03:32:24	00:52:18	02:32:45		18 - 24 anos	
0	1101	Carlos Preciso	DNF		04:33:44	00:59:09	03:26:16		50 - 54 anos	
0	1102	Luis Trigo	DNF	Remo Clube Lusitano	01:30:09	00:55:02	00:27:34		60 - 64 anos	
0	1110	Pedro Mestre	DNF	OnTri Sports	03:57:47	00:41:29	03:04:35		55 - 59 anos	



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CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	1121	Luis Casimiro	DNF		02:55:08	01:02:09	01:37:06		60 - 64 anos	
0	1131	Miguel Ehm	DNF		01:27:07	00:54:40	00:27:04		30 - 34 anos	
0	1136	Pedro Fonseca	DNF	OnTri Sports	03:20:10	00:54:53	02:18:44		35 - 39 anos	
0	1011	Fernanda Rates	DNF		03:12:40	00:45:25	02:20:55		40 - 44 anos	
0	1008	Tiago Veigas	DNF		03:19:09	00:52:18	02:18:37		45 - 49 anos	
0	1018	Rui Madeira	DNF	Triatlo Fundação Salesianos	03:11:33	00:49:08	02:15:13		50 - 54 anos	
0	1140	Simão Abreu	DNF		01:37:02	00:55:54	00:33:52		25 - 29 anos	
0	1141	Miguel Lopes	DNF		02:07:38	00:43:17	01:19:57		30 - 34 anos	
0	1143	Renam Pereira	DNF		03:19:09	00:50:31	02:23:26		35 - 39 anos	
0	1153	Bruno Vidigal	DNF	JM Triathlon Team	03:33:40	00:38:13	02:48:16		55 - 59 anos	
0	1169	Marco Ferreira	DNF		05:19:31	00:38:23	02:31:11	02:03:51	40 - 44 anos	
0	1172	Tânia Rodrigues	DNF	Vitória de Janes	03:23:42	00:50:56	02:26:20		45 - 49 anos	
0	1174	María Figueroa	DNF		03:33:55	00:51:56	02:34:04		55 - 59 anos	
0	977	Jose Vaz	DNF		04:09:35	00:41:59	03:14:12	00:05:16	18 - 24 anos	
0	1185	Pedro Oliveira	DNF		01:07:38	01:05:02	00:00:00		50 - 54 anos	
0	1186	Isabel Araujo	DNF	Clube Zupper	00:00:00	00:00:00			60 - 64 anos	
0	464	Paulo Picão	DNF	TRI LIFE CENTER COMPETITION	02:49:45	01:07:05	01:34:53		50 - 54 anos	
0	696	Pedro Lourenço	DNF	AmoraSub/Associação Naval Amorerense	04:46:51	00:45:32	03:21:00	00:31:33	55 - 59 anos	
0	1196	Anton Voroniuk	DNF		03:21:16	00:59:41	02:16:09		35 - 39 anos	



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Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
0	882	Rui Santos	DNF		01:04:09	00:34:00	00:23:42		35 - 39 anos	
0	923	Tomás Pestana	DNF	JM Triathlon Team	03:15:17	00:49:53	02:17:58		30 - 34 anos	
0	633	José Sousa	DNF		01:06:57	01:06:57			40 - 44 anos	
0	243	Pedro Rilho	DNF	Associação Naval Amorense	01:05:32	00:40:07	00:22:03		40 - 44 anos	
0	855	Denise Lorenzoni	DNF	Clube Desportivo Venda do Pinheiro	03:55:24	00:45:22	03:04:27		45 - 49 anos	
0	917	Renato Velhuco	DNF		05:03:29	00:46:27	03:42:35	00:25:58	35 - 39 anos	
0	140	Manuel Gomes	DNS	Alhandra Sporting Club	00:00:00	00:00:00			30 - 34 anos	
0	681	Filipe Matos	DQ		06:37:04	00:59:24	03:29:46	01:42:50	40 - 44 anos	
0	694	Bruno Faria	DQ		05:38:56	00:57:31	03:28:42	01:00:46	50 - 54 anos	
0	1135	Nuno Silva	DQ		05:09:02	01:03:55	03:57:14		35 - 39 anos	
0	930	Rui Rodrigues	DQ	LBsquad	04:58:17	00:51:08	03:53:04		65 - 69 anos	
0	972	Bruno Martins	DQ	Associação Cultural e Recreativa de Valdágua	03:54:02	01:15:30	02:32:38		45 - 49 anos	
0	1067	Dino Ramos	DQ	Clube de Triatlo de Abrantes	05:50:51	00:42:48	03:03:55	01:55:52	40 - 44 anos	
0	369	Pedro Tarouca	DQ		06:47:54	00:46:39	04:17:48	01:28:21	55 - 59 anos	
0	996	Taís Aita	DQ	Associação Cultural e Recreativa de Valdágua	06:32:09	00:47:15	03:34:06	01:56:43	45 - 49 anos	
0	479	Daniel Leão	DQ		04:19:01	01:02:03	03:10:46	00:00:00	45 - 49 anos	
0	1155	David Caldeirão	DQ	Louletano Desportos Clube	04:51:07	00:31:25	02:38:33	01:37:00	50 - 54 anos	
0	1040	Álvaro Pérez	DQ	Club triatlón inacua Málaga	05:42:30	00:45:10	03:09:18	01:37:27	45 - 49 anos	
0	596	Eduardo Poças	DQ	GRCD Leião Triatlo	07:24:29	00:47:21	04:28:25	01:50:31	45 - 49 anos	



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<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	658	Ricardo Cabral	DQ	Wikaboo	05:12:55	00:44:58	02:41:21	01:40:47	40 - 44 anos	
0	981	Andréa Rosa	DQ		05:44:08	01:11:52	02:36:26	01:34:57	45 - 49 anos	
0	137	Katia Roberto	DQ		05:33:45	00:43:22	02:58:55	01:45:10	30 - 34 anos	
0	35	Filipe Ramos	DQ	Clube de Futebol Os Belenenses	06:25:28	00:45:38	03:22:20	02:04:03	50 - 54 anos	
0	118	Nuno Almeida	DQ	OnTri Sports	05:21:44	00:52:29	03:07:30	01:09:31	50 - 54 anos	



18 - 24 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	2	Tomás Augusto Matos Teixeira	04:09:36	00:30:19	02:15:30	01:20:07	2
2	3	Salomão Savelenko	04:10:41	00:26:46	02:22:31	01:18:45	4
3	237	João Luís Gonçalves Cabral	04:13:54	00:29:38	02:19:47	01:20:43	7
4	1056	Rodrigo Pissarra	04:15:17	00:26:35	02:28:46	01:16:13	8
5	933	Max De Groot	04:47:16	00:39:38	02:34:22	01:29:09	52
6	906	Salvador Cardoso	04:48:40	00:41:45	02:31:29	01:30:45	57
7	360	Frederico Van Zeller Janz Guerra	04:50:41	00:33:32	02:48:10	01:24:09	66
8	535	Manuel Fardilha	04:52:34	00:32:27	02:34:31	01:40:55	74
9	376	Afonso De Sousa Ramos Dos Santos Brás	05:03:30	00:31:41	03:03:23	01:23:07	123
10	271	Pedro Botelho	05:13:57	00:39:38	02:54:13	01:34:20	198
11	353	João David Berenguer Pestana	05:16:26	00:47:29	02:45:41	01:36:25	211
12	255	Vasco Camacho Ramos	05:30:17	00:37:38	03:08:17	01:37:56	328
13	497	Vicente Costa	05:30:40	00:30:50	03:06:27	01:47:19	332
14	1128	Bernardo Freire	05:31:18	00:29:18	03:06:35	01:48:48	338
15	454	Lourenço Perdigão	05:31:57	00:34:19	03:19:44	01:31:45	342
16	320	António Schmitt	05:32:02	00:33:48	03:01:05	01:50:52	343
17	1212	Jack Ainsworth	05:36:20	00:47:08	02:54:42	01:47:01	371
18	265	Tiago Miguel Barbosa De Castro Charneca Inácio	05:38:49	00:43:14	03:05:26	01:43:19	397
19	314	Diogo Miguel Rucha Ferreira	05:38:53	00:42:36	02:59:28	01:46:34	400
20	868	Diogo Silva Fraga	05:39:02	00:43:13	03:21:29	01:26:59	402
21	399	João Inácio	05:39:36	00:43:47	03:08:23	01:39:12	408
22	796	Martim Estrada Oliveira	05:42:34	00:41:09	03:05:52	01:49:21	431
23	1198	Salvador Gaião	05:56:03	00:38:46	03:19:59	01:45:57	520
24	816	André Pinto	05:58:26	00:40:50	03:22:10	01:48:36	542
25	436	Tomás Gameiro	06:00:53	00:44:58	03:36:04	01:34:06	562
26	1120	Tiago Silva	06:03:36	00:42:59	03:20:15	01:50:23	579
27	451	Gonçalo Filipe Abreu Tibério	06:12:03	00:57:00	03:11:09	01:58:00	633
28	820	José Pedro Rodrigues Lopes	06:56:45	00:52:47	03:42:43	02:13:47	784
29	1058	Bernardo Costa Martins	07:10:30	00:44:34	03:39:44	02:36:43	796

18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	471	Joana Tomé	05:09:48	00:30:21	03:00:18	01:34:39	175
2	478	Vera Serafim	05:14:07	00:35:51	02:57:06	01:35:21	199



3	955 Marta Barbosa	05:55:50	00:34:24	03:16:06	01:59:24	518
4	413 Mariana Calhegas Rodrigues	06:02:24	00:37:46	03:27:40	01:51:02	572
5	303 Maria Cocco	06:21:47	00:41:50	03:26:29	02:07:16	692
6	460 Catarina Sousa	06:29:11	00:44:56	03:18:37	02:14:13	718
7	941 Constanca Gamito	06:59:37	00:49:15	03:40:48	02:22:56	789

25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1167	Miguel Ledesma Blanco	04:13:52	00:27:19	02:21:51	01:21:19	6
2	186	Gonçalo Miguel Carmo	04:26:49	00:33:48	02:29:37	01:19:13	11
3	468	Duarte Nuno Lourenço Dos Santos	04:27:13	00:32:33	02:34:58	01:15:22	12
4	773	Miguel Ângelo Sérvulo Tomé	04:35:49	00:27:42	02:40:15	01:23:53	26
5	544	Simão Penha	04:41:23	00:30:21	02:38:45	01:27:56	34
6	504	Daniel Brito Da Silva Bessa	04:45:27	00:29:05	02:40:50	01:31:41	45
7	281	João Pedro Mendes Dos Santos	04:46:48	00:31:13	02:43:20	01:27:23	50
8	559	Afonso Santos	04:48:37	00:33:33	02:41:53	01:27:42	56
9	472	Francisco De Almeida Gomes Velho Da Palma	04:49:17	00:39:30	02:38:14	01:25:54	62
10	863	Douglas Burke	04:59:37	00:36:27	02:43:21	01:34:33	106
11	129	Tomás Rosado	04:59:53	00:33:07	02:44:08	01:38:00	108
12	608	Gonçalo Costa	05:01:13	00:38:54	02:45:59	01:31:12	114
13	623	Rodrigo Daniel Santos Marques	05:02:25	00:34:21	02:55:37	01:27:47	116
14	822	Ruben Fagundes	05:02:32	00:36:56	02:41:43	01:39:09	117
15	494	Bruno Neves	05:03:38	00:41:03	02:42:33	01:32:57	126
16	691	João Jacinto	05:04:35	00:32:07	02:56:50	01:31:39	135
17	506	Pedro Azevedo	05:07:23	00:46:07	02:35:32	01:40:14	155
18	212	Pedro Lucas	05:07:36	00:43:54	02:47:15	01:30:34	156
19	469	Acácio André Amâncio Da Silva	05:08:36	00:43:33	02:39:59	01:37:56	163
20	363	Nelson Oliveira	05:09:35	00:35:37	02:56:55	01:32:42	174
21	527	Tiago Santos	05:09:58	00:43:19	02:43:51	01:34:46	176
22	456	Gonçalo Roicado	05:10:06	00:45:56	02:44:57	01:33:51	177
23	591	Gonçalo Jones	05:11:02	00:38:11	02:55:30	01:31:54	181
24	763	Manuel Arez Theotónio	05:11:39	00:40:33	02:49:58	01:35:01	186
25	748	Diogo Alves Do Vale Costa	05:13:54	00:44:34	02:45:42	01:34:28	196
26	115	Tomé Moreira Pires	05:15:19	00:46:36	02:44:18	01:36:17	203
27	457	Mário Ribeiro	05:16:15	00:46:28	02:47:53	01:33:22	208
28	942	Emanuel Augusto Pereira Esteves	05:16:41	00:35:33	02:58:22	01:34:41	214
29	838	Pierre Gaillac	05:18:36	00:42:29	02:48:02	01:38:49	226



30	525 Pedro Ribeiro	05:18:46	00:47:03	02:43:03	01:43:27	228
31	745 Afonso Nigra	05:19:14	00:40:37	02:51:30	01:36:58	232
32	127 Francisco Alfredo	05:23:54	00:43:31	02:59:32	01:35:55	273
33	176 André Almas	05:24:06	00:42:18	02:51:11	01:44:18	274
34	395 Gonçalo Alexandre Lopes Brandão Mendes	05:24:51	00:38:16	03:03:59	01:36:56	281
35	307 João Lopes	05:24:54	00:46:33	03:00:32	01:26:22	282
36	797 Miguel Bon De Sousa	05:25:20	00:41:16	02:59:38	01:38:47	286
37	738 Tomás Branquinho Da Fonseca	05:26:05	00:38:19	03:02:15	01:39:18	293
38	707 Diogo Dias	05:26:33	00:34:07	03:06:01	01:39:10	298
39	749 Afonso Nuno Bacatelo Dias De Sousa Martins	05:30:09	00:39:37	03:00:55	01:42:50	325
40	737 Diogo Areias Silva	05:30:23	00:41:06	03:01:36	01:38:22	329
41	1088 Francisco Fraga De Melo	05:30:45	00:46:00	03:04:53	01:31:57	333
42	657 Rafael Folques	05:31:41	00:47:33	02:42:58	01:53:25	340
43	392 António Guerreiro	05:32:50	00:46:10	02:59:24	01:39:55	350
44	144 Henrique Correia	05:33:08	00:40:16	03:03:27	01:44:11	354
45	410 Rúben Martins Brigas	05:33:11	00:29:42	03:12:17	01:42:54	355
46	528 Luís Santos	05:35:52	00:42:47	02:49:41	01:50:59	364
47	708 Miguel Pinto	05:35:58	00:49:45	03:01:49	01:35:16	367
48	229 Vadym Shkryba	05:36:08	00:47:59	02:55:02	01:45:54	369
49	964 Miguel Freitas	05:36:33	00:33:56	03:05:14	01:51:25	373
50	653 André Silva	05:38:40	00:42:48	03:08:36	01:38:53	395
51	1150 Pedro Cabral	05:40:13	00:42:37	03:16:13	01:33:35	412
52	87 Simão Simoes	05:41:43	00:47:28	02:51:29	01:55:20	423
53	711 Gaspar Santoalha	05:44:21	00:47:24	03:01:38	01:47:28	440
54	626 Johannes Ritter	05:44:36	00:42:57	03:16:11	01:36:27	443
55	154 Tomás Jorge	05:45:34	00:42:10	03:08:30	01:48:21	449
56	651 Tomás Lourenço	05:47:22	00:41:13	03:16:25	01:42:07	465
57	130 João Francisco Maia Pinto Correia	05:47:47	00:33:33	03:24:50	01:42:32	469
58	1180 Gonçalo Soares	05:49:47	00:46:28	03:17:30	01:34:58	480
59	99 Rafael Alexandre Severino Barbosa	05:53:11	00:43:44	03:18:45	01:42:26	496
60	245 Vitor Leal	05:54:03	00:39:02	03:11:07	01:56:42	504
61	513 André Filipe Camacho Pestana	05:56:01	00:44:51	03:10:47	01:53:38	519
62	333 João Anastácio	05:59:23	00:49:46	03:10:23	01:49:26	551
63	463 Nuno Martins	06:00:16	00:45:01	03:16:16	01:50:26	557
64	551 Lukas Pieler	06:03:08	00:41:33	03:08:57	01:57:59	576
65	1193 Ricardo Oliveira	06:07:15	00:50:44	03:08:34	01:58:50	598
66	697 Fábio Manuel Reis Afonso	06:07:56	00:47:56	03:20:28	01:53:03	602



67	251	João Francisco Martins Botelho	06:11:04	00:44:27	03:08:29	02:07:45	623
68	1161	Miguel Mota	06:11:23	00:54:51	03:22:34	01:46:44	626
69	461	Pedro Marques	06:13:09	00:49:14	03:18:36	01:57:09	639
70	584	Afonso Barroso	06:13:50	00:44:11	03:24:18	01:55:04	645
71	899	José Miguel De Almeida Costa Mota	06:14:20	00:54:08	03:10:56	02:00:32	651
72	539	Miguel Rumor Antunes Gameiro	06:17:26	00:53:28	03:20:54	01:52:29	664
73	400	João Brântuas	06:17:45	00:49:15	03:23:46	01:55:11	665
74	561	Diogo Pereira	06:23:11	00:43:24	03:38:09	01:53:26	698
75	1127	João Almeida	06:28:10	00:40:26	03:33:29	02:03:42	714
76	476	Joao Pedro Correa	06:30:05	00:40:37	03:27:47	02:10:57	724
77	922	Bruno Marques	06:35:28	00:47:55	03:13:14	02:27:58	740
78	1035	Pedro Nigra	06:36:52	00:43:21	03:23:59	02:19:53	746
79	953	João Maria Dantas Machado Rosa Vaz	06:37:14	00:56:56	03:34:21	01:55:20	747
80	809	André Lamas	06:48:33	00:43:11	03:37:57	02:20:36	764
81	538	Gonçalo Domingues	06:54:22	00:44:14	03:27:53	02:31:01	780
82	1190	Mylhailo Yezhov	06:59:05	00:52:04	03:34:43	02:21:00	787
83	487	Rafael De Vasconcelos Gonçalves Onofre	06:59:46	00:41:26	03:49:45	02:15:10	790
84	126	Frederico Mayer	07:06:28	00:48:49	03:42:10	02:23:16	794

25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	76	Beatriz Passos	05:13:22	00:42:15	02:58:40	01:28:20	193
2	338	Inês Cabanita Raimundo	05:18:38	00:40:29	02:57:07	01:37:48	227
3	715	Cristiana Couto	05:21:31	00:42:30	02:48:27	01:44:58	250
4	462	Ana Margarida Varela Da Cruz	05:26:15	00:31:38	03:13:44	01:36:17	295
5	874	Maria Gomes Calção Medeiro	05:28:24	00:37:22	03:02:36	01:42:44	311
6	490	Rita Bilé Grilo	06:18:06	00:33:08	03:47:50	01:51:19	668
7	200	Carlota Verdes Vale Rêgo	06:21:29	00:39:31	03:27:34	02:07:43	690
8	318	Melissa Sobral	06:38:46	01:06:53	03:24:00	02:02:32	751
9	421	Inês Calhegas Rodrigues	06:40:09	00:43:41	03:45:57	02:01:42	753

30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	8	Rafael Barata Domingos	04:05:14	00:26:44	02:17:47	01:17:58	1
2	7	João Francisco Cristóvão Ferreira	04:10:08	00:26:47	02:20:11	01:19:33	3
3	264	João Trigueiros	04:16:01	00:32:12	02:26:25	01:13:49	9
4	999	Alejandro Perez Varela	04:27:20	00:32:38	02:29:40	01:21:04	13



5	315 Adriano Correia	04:28:21	00:29:29	02:37:36	01:18:36	14
6	215 Sandro Medhi Novais Touil	04:31:59	00:33:39	02:25:47	01:28:27	16
7	1005 João Rafael Dos Santos Andrade	04:32:54	00:33:53	02:29:42	01:25:44	17
8	834 Miguel Andrade	04:34:45	00:36:05	02:33:05	01:18:46	22
9	947 Afonso Garcia	04:36:46	00:28:01	02:34:10	01:31:03	29
10	987 Pastor Adrian Pose Regueiro	04:37:52	00:37:34	02:26:07	01:28:46	31
11	365 Lucas Souza	04:41:32	00:36:40	02:27:59	01:31:28	35
12	439 Tiago De Almeida Simões Lopes	04:43:56	00:33:01	02:30:46	01:32:14	40
13	934 André Filipe António Fernandes	04:44:15	00:29:26	02:37:50	01:32:07	41
14	108 Miguel Lucas	04:45:58	00:41:27	02:34:24	01:25:30	47
15	33 João Pedro De Matos Rebelo	04:47:36	00:31:24	02:50:40	01:20:42	55
16	520 Nuno Noritake	04:48:41	00:28:48	02:45:05	01:29:49	58
17	664 José Marcelino	04:50:56	00:39:48	02:41:35	01:23:21	68
18	1074 Tiago Luis	04:52:26	00:34:14	02:41:31	01:31:00	73
19	366 André Filipe Nunes Lopes	04:52:53	00:37:00	02:38:32	01:32:24	76
20	545 João Pedro Neves Oliveira	04:54:04	00:31:27	02:52:24	01:25:28	79
21	222 Rúben Manuel Moura Rocha	04:58:19	00:38:03	02:40:35	01:34:52	103
22	667 Marco António Sousa Miguel	05:02:42	00:41:16	02:44:46	01:31:29	118
23	394 Quentin Zône	05:03:18	00:42:31	02:44:10	01:31:10	119
24	831 Vicente Alvero Zambrano	05:03:20	00:41:52	02:41:17	01:34:47	120
25	341 Daniel José Gomes Amaral	05:03:34	00:37:38	02:48:05	01:32:03	124
26	780 Erich Gama	05:04:55	00:43:17	02:41:00	01:35:18	136
27	879 Miguel Pereira	05:05:23	00:30:30	02:54:28	01:35:17	137
28	475 João Alexandre Domingues Milheiro	05:05:27	00:46:30	02:39:22	01:33:59	138
29	345 Tomás Branco	05:05:32	00:39:59	02:46:09	01:31:52	140
30	259 Hugo Lopes	05:06:24	00:37:19	02:49:13	01:34:22	143
31	142 Luis Lucas	05:07:19	00:39:35	02:48:02	01:33:15	154
32	1111 Gonçalo Prates Beirão	05:09:25	00:36:18	02:55:29	01:33:45	171
33	945 David Maia	05:11:08	00:33:41	02:59:36	01:32:43	183
34	217 Jorge Filipe Pinto Teixeira	05:13:18	00:51:40	02:42:03	01:31:23	192
35	1107 Tomás Nobre Sobrinho Carneiro Gomes	05:18:46	00:42:01	03:00:03	01:26:57	229
36	143 João Westwood	05:22:50	00:35:37	02:59:37	01:40:08	260
37	260 Ricardo Ribeiro	05:23:21	00:50:31	02:48:19	01:34:16	267
38	811 Pedro Rafael Meireles Moreira	05:23:42	00:46:11	03:01:55	01:29:22	271
39	438 Steve Lopes Gonçalves	05:24:57	00:46:45	02:47:06	01:44:36	283
40	706 Joao Hortega	05:26:07	00:41:58	02:57:09	01:40:27	294
41	234 Miguel Gomes	05:26:44	00:40:14	03:03:15	01:33:59	299



42	192 Nuno Gonçalo	05:27:29	00:28:59	02:57:47	01:53:54	305
43	772 Rafael Gomes	05:27:52	00:49:33	03:00:56	01:30:11	306
44	480 Francisco Bruno	05:28:20	00:43:22	02:51:57	01:47:21	310
45	984 Francisco Maria Machado Rosa Neves Vaz	05:28:57	00:51:16	02:53:29	01:33:57	315
46	364 Pedro Líbano Monteiro	05:29:57	00:43:22	03:00:22	01:38:50	324
47	372 Luís Melo	05:30:16	00:42:16	03:08:10	01:34:01	327
48	857 Pedro Emanuel Oliveira Monteiro	05:32:08	00:54:15	02:55:12	01:32:03	344
49	593 Manuel João Oliveira Vieira Silva Ferreira	05:33:23	00:41:37	02:56:58	01:46:28	356
50	316 Sebastiao Campos Coelho Dos Santos Patrício	05:34:45	00:47:11	02:56:12	01:43:07	360
51	533 Ricardo Miguel Bandarra Silva	05:34:47	00:40:21	03:04:11	01:43:50	361
52	599 Bernardo Manahu	05:36:09	00:41:37	02:59:55	01:48:55	370
53	165 Francisco Bertão	05:36:41	00:44:54	02:58:07	01:44:26	375
54	869 Vasilis Paterakis	05:37:33	00:31:49	03:10:41	01:47:30	383
55	328 Joao Fernandes	05:38:07	00:35:20	03:02:50	01:53:28	389
56	662 João Rainho Fernandes	05:40:15	00:45:00	03:00:40	01:47:13	414
57	741 Pedro Fortunato	05:41:41	00:41:51	03:04:37	01:43:00	422
58	1009 Tiago Almeida Alves	05:41:57	00:57:00	03:07:43	01:29:50	426
59	666 André Lopes Nunes	05:41:58	00:40:59	03:05:41	01:45:07	427
60	612 João Varela	05:43:52	00:47:50	03:09:36	01:39:20	436
61	387 Frederico Santos Pacheco	05:44:01	00:50:17	03:08:20	01:37:34	438
62	856 Andre Felipe Saraiva De Melo	05:45:54	00:43:30	03:04:02	01:50:58	452
63	585 João Pedro Grilo Gouveia	05:46:39	00:37:07	03:10:46	01:51:27	458
64	574 Gonçalo Duque	05:47:12	00:39:10	03:06:17	01:55:36	463
65	169 André Prates Pereira	05:48:03	00:52:31	03:09:02	01:39:27	471
66	557 João Francisco Ribeiro	05:49:25	00:40:45	03:10:54	01:50:37	476
67	752 Ruben Amador	05:49:48	00:48:15	03:04:24	01:47:39	481
68	123 João Afonso Contente	05:51:40	00:48:10	03:03:27	01:55:08	490
69	495 João Rubina	05:52:23	00:46:34	03:11:46	01:46:04	491
70	1001 Gonçalo Rodrigues	05:54:34	00:45:46	03:17:14	01:42:47	509
71	526 Francisco Carpinteiro	05:54:58	00:50:11	02:59:35	01:55:42	512
72	1016 Afonso Gaspar Claudino	05:55:43	00:41:52	03:14:06	01:53:34	515
73	583 André Cálix	05:56:45	00:46:33	03:16:26	01:42:12	523
74	794 Pedro Manuel Teles De Meneses Gomes Pereira	05:57:09	00:42:53	03:10:52	01:53:39	530
75	334 Tobias Ritter	05:57:16	00:43:44	03:04:50	02:01:04	531
76	778 Valter Jorge Brás Mário	05:57:33	00:47:41	02:59:17	02:04:03	533
77	518 João Ferreira	05:57:35	00:40:26	03:08:09	02:00:17	534
78	493 Duarte Marques	05:57:53	00:45:46	03:12:48	01:52:26	536



79	624	António Sampaio Da Nóvoa Teles Rebolo	05:59:03	00:30:26	03:24:12	01:58:05	544
80	522	Frederico André Pereira Bessa	06:00:44	00:56:29	03:13:23	01:42:15	561
81	698	Miguel Coelho	06:01:32	00:44:36	03:08:59	01:56:58	566
82	296	Bruno Nunes	06:01:38	00:49:39	03:10:56	01:50:22	567
83	455	Ricardo Rodrigues Santos	06:01:41	00:49:53	03:19:00	01:44:29	568
84	744	Pedro Botelho	06:05:05	00:52:06	03:10:42	01:54:18	585
85	656	Miguel Barreto	06:06:37	00:45:56	03:24:24	01:49:31	591
86	97	Pedro Silva	06:06:53	00:45:21	03:20:52	01:53:43	595
87	428	Filipe Marques	06:10:08	00:42:51	03:17:37	01:58:41	615
88	577	Joao Pedro Almeida	06:10:50	00:44:40	03:13:38	02:05:12	620
89	194	Guilherme Luz	06:10:58	00:45:19	03:27:13	01:42:27	622
90	1075	João Bastos Pinto	06:13:56	00:49:26	03:21:22	01:54:03	648
91	175	Victor Oliveira	06:14:36	00:47:35	03:17:46	02:01:47	654
92	541	Sebastião Sottomayor Moser Machado	06:15:22	00:43:57	03:20:51	02:01:48	658
93	89	Tomás Fernandes	06:16:25	00:57:41	03:19:50	01:52:37	661
94	473	Filipe Campos	06:17:55	00:59:16	03:26:21	01:43:25	666
95	709	Filipe Ribeiro	06:18:16	00:53:29	03:09:36	02:01:28	670
96	375	Frederico Carrelo	06:18:46	00:44:36	03:20:44	02:03:42	674
97	893	Pedro Henrique Abreu Parente De Mello	06:22:42	00:44:59	03:18:47	02:05:32	696
98	347	Pedro Estrela	06:23:43	00:46:50	03:24:36	02:03:59	700
99	407	Luis Filipe Fonseca Dos Santos	06:24:11	00:50:24	03:13:55	02:09:39	701
100	760	Adolfo Campos	06:26:07	00:56:11	03:31:27	01:48:49	705
101	1187	Christopher Harvey	06:26:14	00:42:21	03:12:38	02:22:12	707
102	1063	Jesus Gonzalez	06:30:29	00:49:46	03:13:53	02:15:02	727
103	1037	Leonardo Guedes De Queiroz Mathias	06:38:04	00:41:35	03:28:36	02:18:58	748
104	798	Mauro André Parreira Ruivo	06:42:00	00:55:11	03:21:23	02:16:05	756
105	615	José Miranda	06:53:33	00:38:14	04:03:44	02:04:58	777
106	683	Ricardo Nuno Marques Moreira Serém	06:54:12	00:42:53	03:47:26	02:17:33	778
107	80	Mykola Zaikin	06:55:16	00:46:43	03:37:04	02:22:33	781

30 - 34 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	4	Ana Luísa Ramos	04:49:19	00:29:02	02:47:30	01:29:25	63
2	6	Francisca Parente Cambra	05:02:21	00:32:54	02:55:10	01:30:39	115
3	762	Alessia Dos Santos Teixeira	05:23:52	00:46:10	02:44:29	01:48:11	272
4	750	Flávia Ribeiro	05:28:10	00:41:04	03:03:23	01:39:09	309
5	1138	Dominika Josefova	05:29:37	00:30:50	03:01:24	01:53:09	323



6	644 Filipa Mendes Pinheiro	05:31:22	00:29:13	02:58:50	01:57:25	339
7	793 Patrícia Leão Emidio	05:46:47	00:43:29	03:10:06	01:49:00	459
8	537 Lara Benito	05:46:52	00:47:30	03:16:42	01:37:32	460
9	767 Inês Rijo	05:55:08	00:45:13	03:15:15	01:46:17	513
10	680 Claudia Mariana Borrego Dias	05:56:57	00:44:22	03:22:14	01:43:34	526
11	957 Inês Patrícia Gomes Diogo	05:57:00	00:46:27	03:16:52	01:41:51	528
12	865 Gilmer Grattan	05:57:56	00:32:56	03:28:00	01:50:04	538
13	92 Ana Margarida Inglês Calixto Nico	06:20:35	00:46:45	03:18:28	02:09:06	685
14	406 Carolina Neffe Durão	06:23:04	00:44:24	03:36:14	01:57:49	697
15	147 Inês Costa Mestre	06:29:50	00:43:06	03:40:17	02:01:00	722
16	149 Francesca Andreoli	06:30:37	00:41:10	03:21:45	02:15:19	728
17	389 Roberta Franco Barbosa Peçanha	06:44:03	00:46:51	03:47:20	02:00:45	761
18	290 Samanta Da Rocha Soares	06:46:16	00:49:14	03:42:23	02:06:47	762
19	975 Ewa Monika Knopik	06:57:25	00:52:39	03:41:39	02:15:06	785

35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	723	Miguel Da Cunha Arraiolos	04:31:00	00:26:50	02:35:53	01:24:49	15
2	695	João Jesus	04:35:46	00:33:28	02:39:40	01:19:39	25
3	477	Duarte Tirapicos	04:36:27	00:45:20	02:26:26	01:18:51	28
4	625	Diogo Fernando Silva Alves	04:37:07	00:36:37	02:33:38	01:21:24	30
5	325	Jacinto Coelho Rodrigues	04:40:15	00:43:12	02:25:41	01:26:58	32
6	890	Filipe Carneiro	04:43:01	00:38:13	02:35:20	01:24:26	38
7	250	João Ricardino	04:44:23	00:36:02	02:39:40	01:23:27	42
8	207	Fábio Branco	04:46:26	00:37:33	02:35:04	01:28:55	49
9	519	Tiago Andre Masqueiro Encarnação	04:52:21	00:44:44	02:34:23	01:28:54	72
10	486	Tiago Teotónio Pereira	04:52:43	00:41:11	02:44:24	01:21:32	75
11	614	João Nuno Roque De Carvalho Do Nascimento Graça	04:52:57	00:33:12	02:40:57	01:33:59	77
12	1171	Lopo Carvalho	04:54:32	00:42:57	02:39:35	01:25:00	82
13	1206	Tiago Allen	04:55:15	00:45:17	02:43:19	01:20:14	87
14	227	Bruno Custódio	04:56:05	00:35:38	02:37:40	01:37:45	89
15	427	Tiago Luis Neto Padilha Barros	04:56:19	00:45:14	02:30:15	01:34:21	90
16	714	Pedro Saraiva	04:56:34	00:43:20	02:39:39	01:29:04	93
17	560	Diogo Vieira	04:57:01	00:44:19	02:43:19	01:24:40	96
18	1106	Jorge Silva	04:59:10	00:41:51	02:42:53	01:28:42	105
19	188	Miguel Barroqueiro	05:00:56	00:30:20	02:50:21	01:35:38	111
20	442	Joel Sousa Pinto	05:00:59	00:47:59	02:41:50	01:23:56	113



21	652 Manuel Mira	05:03:23	00:35:03	02:43:49	01:39:19	121
22	324 Gonçalo Luís Ferreira	05:03:43	00:37:47	02:48:37	01:29:48	128
23	121 Ricardo Silva	05:03:49	00:41:07	02:50:37	01:25:04	129
24	912 Bruno Carneiro	05:04:04	00:45:58	02:41:17	01:30:33	131
25	159 Diogo Borges	05:07:13	00:34:17	02:53:54	01:32:24	151
26	291 Hugo Alexandre Costa Marques	05:08:02	00:44:42	02:43:30	01:33:48	159
27	876 Ricardo Figueiredo	05:08:19	00:37:45	02:48:34	01:36:18	160
28	500 Ruben Chagas	05:08:59	00:47:18	02:40:29	01:34:11	164
29	492 Daniel Da Costa Gois	05:11:18	00:33:38	02:56:35	01:34:42	184
30	573 Rui Miguel Santos	05:16:34	00:37:38	02:57:48	01:33:20	212
31	424 Rafael Castro	05:16:36	00:42:55	02:46:15	01:42:04	213
32	450 Bruno Pinto	05:18:12	00:40:37	02:57:16	01:35:49	221
33	213 Gonçalo Duarte	05:18:21	00:44:21	02:46:20	01:40:06	222
34	817 Duarte Zambujo	05:19:27	00:43:47	02:53:24	01:32:25	233
35	581 Sebastião Martins	05:19:27	00:41:38	03:01:36	01:30:11	234
36	499 Tiago Espírito Santo	05:19:37	00:42:02	02:55:17	01:37:20	235
37	532 Pedro Paula	05:20:12	00:40:36	02:53:17	01:40:35	238
38	787 Luís Miguel Gaspar Merca	05:20:27	00:31:24	02:43:05	02:01:44	239
39	378 Ângelo Sequeira	05:20:29	00:44:31	02:51:06	01:38:43	240
40	1192 Ruben Filipe Fonseca Maurício	05:20:34	00:38:24	02:58:02	01:38:31	244
41	170 Luís Galrito	05:20:47	00:40:21	02:58:46	01:35:25	245
42	116 Filipe Rocha	05:21:48	00:43:09	02:59:01	01:34:53	251
43	1125 João Gonçalo Tiago Miranda	05:21:54	00:43:58	02:52:45	01:35:28	253
44	88 Bruno Caixinha	05:22:06	00:44:27	02:46:39	01:45:35	254
45	588 João Pais Vieira	05:22:21	00:45:59	02:48:49	01:41:01	256
46	247 Bernardo Cardoso	05:22:35	00:43:28	02:53:14	01:39:42	258
47	988 Pablo Aligia	05:22:37	00:43:15	02:49:10	01:42:10	259
48	913 Duarte José Da Silva E Sá Reis	05:23:12	00:41:34	03:04:44	01:27:54	263
49	570 Fábio Correia	05:23:16	00:43:03	03:07:10	01:25:24	265
50	687 Nelson Santos	05:24:21	00:43:31	02:50:26	01:43:08	278
51	1123 Nuno Saragoça	05:24:45	00:49:39	02:49:29	01:37:41	280
52	976 Guilherme Pereira De Carvalho	05:25:32	00:42:59	02:54:17	01:39:55	289
53	736 João Marques	05:25:55	00:40:51	02:47:38	01:49:58	291
54	598 Eduardo Matos	05:27:13	00:43:23	02:51:54	01:45:48	301
55	1087 Daniel Albergaria Ferreira Da Silva	05:27:17	00:47:28	02:53:25	01:38:36	302
56	266 Pedro Machado	05:28:39	00:33:06	03:06:38	01:43:06	313
57	385 Frederico Catalão	05:29:27	00:46:24	02:56:30	01:38:32	320



58	286 Philippe Hennin	05:30:15	00:42:34	02:50:40	01:49:08	326
59	586 João Catarino	05:30:33	00:47:20	02:49:04	01:49:10	330
60	233 Marcelo Penas	05:30:39	00:44:45	02:50:22	01:45:30	331
61	954 André Lourenço Moreira	05:30:47	00:42:52	02:56:27	01:41:32	334
62	1094 José Olímpio Da Cunha Neves Fernandes	05:32:31	00:42:22	02:57:49	01:45:44	348
63	870 Rodrigo Ferreira Marques Vaz Antunes	05:33:04	00:44:22	02:59:44	01:42:50	353
64	517 Joao Pedro Veiga E Costa Tomas Henriques	05:35:55	00:41:30	02:59:08	01:48:44	365
65	1211 Nuno Gonçalo Sousa	05:36:01	00:41:54	03:00:34	01:47:10	368
66	231 Bonifacio Meixedo	05:36:21	00:43:32	03:05:48	01:37:52	372
67	306 Nuno Martins Marques Da Costa	05:37:33	00:36:06	02:59:17	01:55:33	382
68	536 João Coimbra Alves	05:38:15	00:40:10	03:03:49	01:43:39	392
69	182 Bruno Gramaxo	05:38:23	00:46:40	02:52:29	01:52:40	393
70	374 André Manuel Ventura Soares Teixeira	05:40:57	00:44:08	03:04:27	01:41:21	418
71	604 Gaspar Rodrigues Santos Costa	05:43:00	00:45:35	02:53:06	01:58:29	433
72	275 Ivan Mascarenhas	05:44:24	00:43:52	02:57:01	01:57:36	441
73	562 Tiago Gomes Romão	05:45:20	00:41:32	03:14:40	01:41:09	446
74	892 Goncalo Falcao	05:47:12	00:52:34	03:12:57	01:33:15	464
75	178 Bruno Pilar	05:47:40	00:48:26	03:01:42	01:50:58	468
76	1113 Maksim Kazarin	05:47:51	00:41:43	03:01:05	01:57:28	470
77	980 Manuel Duarte Gomes Barbosa Vieira	05:49:42	00:44:14	03:00:23	01:56:57	478
78	111 Tiago Cardoso	05:53:54	00:44:29	03:12:14	01:48:55	502
79	960 Samuel Eusébio Henriques	05:54:08	00:43:02	03:19:55	01:44:41	505
80	1060 Tiago Miguel Leonardo Correia	05:54:15	00:46:51	03:15:42	01:42:39	507
81	488 António Gonçalves	05:54:30	00:53:25	02:56:50	01:56:14	508
82	210 João Paciência	05:55:21	00:42:27	03:18:22	01:46:31	514
83	901 Gil Bastos	05:56:51	00:54:07	03:02:00	01:46:54	525
84	300 Flavio Zarro	05:56:58	00:44:59	03:12:27	01:46:31	527
85	330 Hudson Macedo Lima	05:59:15	00:34:36	03:21:55	01:52:11	549
86	1188 João Pedro Da Rocha Pinho	06:00:14	00:54:19	03:14:02	01:38:28	556
87	575 Miguel Mota	06:00:41	00:58:46	03:02:08	01:53:39	559
88	650 Francisco Bastos	06:00:59	00:39:53	03:04:13	02:09:58	563
89	727 Nuno Caria Ramalhão	06:03:01	00:46:22	03:21:53	01:45:50	574
90	152 Alexandre Sandinha Cardoso	06:06:48	00:53:19	03:10:35	01:55:51	594
91	754 Júlio Pinto	06:09:03	00:44:19	03:15:53	02:02:11	607
92	459 Leandro Gameiro Teixeira Nabais	06:09:06	00:39:51	03:07:56	02:13:21	608
93	323 Rogério Leal	06:09:30	00:42:07	03:29:18	01:47:06	612
94	124 Jose Maria Oliveira Garcia Pina Manso	06:10:31	00:47:25	03:23:34	01:51:49	617



95	181	Nuno Cortesão	06:11:39	00:42:42	03:29:50	01:52:16	629
96	790	Ricardo Dagge	06:12:53	00:41:53	03:22:24	01:58:38	637
97	601	Diogo Lagarto	06:13:33	00:55:23	03:16:04	01:52:38	643
98	107	Miguel Soares	06:14:41	00:46:23	03:34:29	01:41:42	656
99	261	Lucas Gomes	06:15:07	00:44:43	03:16:37	02:01:59	657
100	726	Gonçalo Roxo	06:16:50	00:44:30	03:25:55	01:59:32	662
101	496	Carlos Oliveira	06:29:06	00:56:29	03:29:23	01:54:38	716
102	607	Aleksandr Troitskii	07:15:05	00:50:44	03:24:39	02:43:06	799

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	740	Liliana Alexandre	05:00:58	00:27:16	02:59:24	01:29:29	112
2	983	Tina Suzanne Kropf	05:23:26	00:40:14	02:50:49	01:46:08	268
3	1004	Diana Wallis	05:29:26	00:38:48	03:06:16	01:37:49	319
4	101	Ana Filipa	05:37:37	00:33:18	03:09:16	01:49:01	386
5	603	Rita Machado	05:40:14	00:39:32	03:04:54	01:50:41	413
6	514	Patricia Alexandra Silva Contador	05:52:24	00:48:37	03:09:31	01:46:30	492
7	466	Sara Gonçalves	05:57:43	00:45:50	03:06:46	01:57:48	535
8	547	Mariia Bazhina	06:02:09	00:50:02	03:10:54	01:52:45	570
9	516	Francisca Raposo Mira	06:04:15	00:54:25	03:18:23	01:45:36	583
10	483	Ana Oliveira	06:13:47	00:45:34	03:21:21	01:57:40	644
11	785	Débora Filipa Borges Branco	06:29:10	00:56:32	03:29:21	01:54:35	717

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	417	Márcio Neves	04:12:18	00:29:27	02:20:22	01:19:04	5
2	1066	Bruno Miguel Malhão Pontes	04:25:15	00:33:17	02:28:59	01:18:49	10
3	1183	Michael Rundio	04:33:23	00:31:56	02:26:57	01:28:28	18
4	431	Paulo Cândido	04:33:53	00:39:34	02:27:31	01:21:23	19
5	1047	Manuel Jorge Teixeira Monteiro Júlio	04:34:00	00:32:53	02:32:41	01:24:14	21
6	202	Bernardo De Jesus Pereira Fernandes	04:35:46	00:33:49	02:29:10	01:28:56	24
7	201	Filipe Miguel Nunes Marques	04:40:54	00:29:55	02:42:06	01:24:12	33
8	90	Francisco Gameiro	04:43:01	00:34:42	02:43:27	01:20:34	37
9	682	Luis Filipe	04:43:54	00:29:54	02:33:12	01:35:54	39
10	1104	Hugo Miguel Martins Ferreira Da Silva	04:44:58	00:39:23	02:38:38	01:20:50	43
11	887	Tiago Filipe Raimundo Cochicho	04:46:48	00:38:20	02:39:26	01:23:55	51
12	189	Vasco Pinto	04:47:16	00:46:23	02:30:43	01:25:01	53



13	833	Jesús Pardo Jorge	04:47:36	00:43:58	02:32:03	01:26:46	54
14	402	Márcio Carvalho	04:49:26	00:37:37	02:34:21	01:32:54	64
15	1045	José Costa	04:50:44	00:40:40	02:32:44	01:31:06	67
16	569	Rui Martins	04:51:48	00:30:56	02:48:52	01:26:55	69
17	179	Guilherme Teles	04:52:19	00:41:27	02:35:01	01:28:06	71
18	15	João Brísida Pacheco	04:54:02	00:39:46	02:39:01	01:29:44	78
19	1096	Marciano Dias	04:54:05	00:42:59	02:39:39	01:26:08	80
20	59	Luis Filipe Ferreira	04:54:31	00:42:40	02:39:16	01:28:06	81
21	69	Ricardo Filipe Varela Costa	04:55:02	00:33:41	02:45:31	01:30:20	85
22	919	João Colaço Rodrigues	04:55:04	00:39:53	02:34:36	01:32:37	86
23	114	Hugo Chan	04:55:54	00:42:56	02:40:09	01:27:54	88
24	894	Antonio Rubio Exposito	04:56:26	00:38:43	02:47:21	01:25:16	91
25	821	Ivan Valadares	04:57:15	00:38:47	02:41:33	01:32:02	98
26	781	Rubén Sánchez Vazquez	04:57:35	00:47:31	02:37:19	01:27:47	100
27	877	Henrique Ubach Trindade Mota Pereira	04:58:04	00:31:38	02:54:30	01:27:10	102
28	204	Gonçalo Martins	04:58:51	00:41:10	02:41:47	01:30:03	104
29	433	Pedro Freire De Andrade	04:59:44	00:36:53	02:42:09	01:36:16	107
30	1051	Ricardo Manuel Oliveira Pereira	05:00:05	00:43:37	02:48:20	01:23:27	109
31	103	Joel Cunha	05:00:33	00:41:04	02:43:53	01:28:34	110
32	1168	Tiago Ferreira Dos Santos	05:03:28	00:39:28	02:38:48	01:40:10	122
33	1019	Daniel Filipe Da Silva Neves	05:04:10	00:40:25	02:40:32	01:36:40	132
34	465	Frederico Cipriano Batista	05:04:13	00:45:01	02:42:40	01:31:21	133
35	211	Rui Filipe Lima Barbosa	05:04:34	00:35:25	02:49:35	01:33:15	134
36	131	Fernando Manuels Conceicao Batista	05:05:29	00:41:31	02:47:16	01:30:35	139
37	1077	Filipe Silva	05:06:17	00:43:30	02:44:13	01:33:20	141
38	1025	Pedro D'orey	05:06:30	00:41:20	02:42:11	01:37:04	145
39	405	Filipe Godinho	05:06:33	00:37:21	02:43:32	01:39:54	147
40	610	Pedro Pimentel	05:07:13	00:42:44	02:40:21	01:36:15	150
41	153	Bruno Leite	05:07:14	00:40:55	02:45:38	01:32:01	152
42	1072	Sandro Miguel Pereira Rodrigues	05:07:19	00:40:08	02:45:17	01:34:21	153
43	618	Paulo Filipe Neto Gonçalves	05:07:41	00:37:57	02:49:23	01:36:26	157
44	616	Miguel Lima	05:09:01	00:44:30	02:46:31	01:29:46	167
45	1170	Bruno Rolim	05:09:18	00:44:11	02:48:23	01:31:37	169
46	932	Pablllo Sipaubá De Sousa	05:09:24	00:40:29	02:44:21	01:39:08	170
47	125	João Nuno Neves Bairrão	05:10:25	00:35:04	02:47:17	01:43:14	178
48	898	Filipe Coelho	05:13:46	00:46:42	02:45:32	01:35:18	194
49	1122	Filipe Bettencourt	05:13:51	00:42:44	02:48:01	01:35:17	195



50	914 José Diogo Lucena	05:15:33	00:43:53	02:42:30	01:42:33	204
51	285 Pavlo Bezchastnyi	05:15:37	00:46:17	02:45:21	01:37:44	205
52	1133 Bruno Calado	05:16:26	00:42:53	02:50:51	01:34:27	210
53	1146 João Paulo Nunes Ferreira Ribeiro Cardoso	05:17:20	00:43:01	02:58:55	01:28:22	218
54	141 Rui Manuel Lopes De Oliveira	05:17:49	00:43:16	02:53:49	01:34:10	219
55	82 Telmo Nogueira	05:18:22	00:44:56	03:00:34	01:26:59	223
56	858 David Paiva	05:18:35	00:28:52	02:54:32	01:48:37	225
57	404 Pedro Teles	05:19:13	00:44:42	02:47:21	01:39:59	231
58	649 André Lopes Serrazina	05:20:08	00:43:40	02:42:50	01:48:07	237
59	371 Marco Raminhos	05:20:29	00:42:06	02:47:36	01:43:16	241
60	1164 Vasco Branco	05:21:19	00:43:33	02:47:46	01:43:50	248
61	1157 João Filipe Firmino Gaspar	05:22:14	00:37:51	02:54:14	01:41:27	255
62	209 Cláudio Canavilhas	05:23:28	00:42:09	02:58:20	01:36:05	269
63	294 Fernando Rodrigues Morais	05:24:15	00:43:12	03:02:38	01:31:35	276
64	252 Pedro Alves Roberto	05:24:20	00:40:46	02:57:39	01:37:30	277
65	769 Pedro Gil Pinheiro Coutinho De Almeida	05:26:27	00:42:12	02:52:18	01:44:44	296
66	430 Tiago João Maurício Belo Luís	05:26:50	00:42:57	02:50:42	01:46:20	300
67	639 Luis Gonçalves	05:27:21	00:43:17	03:02:08	01:34:14	304
68	244 Fernando Alberto D. Francisco	05:27:53	00:50:53	02:53:25	01:35:46	307
69	145 Joao Amante	05:27:56	00:43:20	02:53:04	01:43:21	308
70	78 Tiago Neves Delgado	05:28:50	00:42:14	03:00:20	01:41:14	314
71	156 Fábio Teixeira	05:29:06	00:45:38	02:54:00	01:42:53	317
72	1147 Flávio Vieira Carvalho De Figueiredo	05:29:14	00:41:42	03:04:34	01:37:14	318
73	235 Alejandro Iglesias García	05:29:35	00:42:59	03:01:54	01:36:53	321
74	641 Joao Freitas	05:29:36	00:43:18	02:57:59	01:40:23	322
75	267 Gonçalo José Costa Santos	05:31:45	00:48:17	03:01:29	01:33:33	341
76	897 Tiago Rosa	05:32:17	00:50:33	03:00:05	01:32:41	345
77	22 Hugo Gomes	05:34:20	00:46:15	03:10:15	01:29:17	359
78	729 Pedro Vargas	05:37:00	00:45:33	03:06:08	01:37:28	378
79	283 Félix Quintela Pais	05:37:36	00:43:25	03:03:47	01:39:59	385
80	388 Hugo Manuel Gonçalves Durães Barbosa	05:39:22	00:49:26	03:05:03	01:38:50	404
81	151 João Ricardo Figueiredo	05:39:22	00:43:21	03:01:22	01:47:35	405
82	1207 Jose Maria Corrêa De Barros	05:39:24	00:52:04	03:06:37	01:30:41	406
83	861 Jose Miguel Matos	05:39:54	00:53:57	02:57:52	01:40:02	409
84	824 Vasco Costa	05:39:58	00:44:02	03:02:47	01:43:51	410
85	619 João Manuel Espinheira Magalhães Pina	05:40:50	00:42:12	03:11:57	01:39:47	417
86	808 João Paulo Serôdio	05:41:36	00:47:18	02:51:24	01:55:54	421



87	1149 Davide Morgado Magalhães	05:42:45	00:46:16	03:02:09	01:48:05	432
88	502 Duarte Maria D'orey Manoel Lopo De Carvalho	05:43:42	00:39:54	03:09:42	01:47:00	434
89	716 João Dias	05:43:55	00:42:55	03:00:41	01:52:55	437
90	216 Ronny Simoes	05:44:12	00:50:39	02:57:00	01:49:04	439
91	163 Carlos Matos	05:44:35	00:50:06	03:10:03	01:36:41	442
92	692 Jaime Silva	05:45:23	00:46:52	03:08:15	01:42:49	447
93	648 Samuel Da Cunha Santiago	05:45:36	00:40:38	03:17:20	01:36:45	450
94	60 Tiago Mira Amado	05:45:58	00:47:17	03:07:59	01:44:59	453
95	963 Tiago Telles Tavares	05:46:52	00:43:29	03:06:08	01:49:03	461
96	361 Ricardo O Jorge Da Silva Freire	05:47:31	00:44:21	03:04:22	01:50:39	466
97	509 Ângelo Miguel De Gouveia Teixeira	05:48:05	00:45:04	03:09:12	01:44:33	472
98	1021 Francisco Garnel	05:48:06	00:43:12	03:05:58	01:49:11	473
99	595 Pedro Alexandre Tomás Luiz	05:51:35	00:45:26	03:09:32	01:49:24	489
100	298 Fernando Manuel Moreira Trindade	05:52:57	00:49:06	02:56:42	01:58:00	495
101	425 Mário Viegas Sorribas Martins	05:53:21	00:54:13	03:12:23	01:40:03	497
102	1202 Gonçalo Rosa	05:53:45	00:43:19	03:06:07	01:55:41	499
103	1124 Tomás Da Silveira Falcão E Cunha	05:54:13	00:46:03	02:58:21	01:56:43	506
104	851 David Xavier Francisco	05:54:58	00:34:25	03:22:42	01:48:28	511
105	936 Pedro Félix	05:57:05	00:34:03	03:14:07	02:01:43	529
106	98 Andre Santos	05:57:56	00:52:03	03:14:24	01:41:50	537
107	305 Diogo Justino	05:58:42	00:50:48	03:11:36	01:46:39	543
108	840 Bruno Diogo	05:59:05	00:45:52	03:02:37	02:03:00	546
109	546 Nuno Gonçalo Silva	05:59:10	00:42:37	03:08:49	02:01:18	548
110	268 João Miguel Fontinhas Tavares	05:59:23	00:43:12	03:06:26	02:02:30	550
111	1176 Márcio Oliveira	06:02:03	00:46:33	03:08:56	01:55:23	569
112	578 João Reis De Oliveira	06:04:06	00:51:10	03:11:55	01:54:48	582
113	655 André Filipe Gonçalves Ribeiro	06:05:29	00:43:42	03:14:07	01:59:46	587
114	435 Shahin Gahrghi	06:05:31	00:55:48	03:01:19	01:54:55	588
115	908 Antonio Jose Rodrigues Mota	06:07:04	00:46:05	03:18:32	01:55:27	596
116	630 Bruno Rasteiro	06:07:45	00:44:22	03:19:48	01:54:35	601
117	878 Alexey Pulman	06:08:40	00:42:06	02:39:55	02:41:43	605
118	344 Oscar Ricardo Machado Da Costa	06:10:53	00:58:55	02:58:40	02:01:34	621
119	613 Jorge Manuel Galvão Aires Rodrigues	06:11:13	00:55:52	03:17:25	01:45:54	624
120	161 Hugo António Rebelo Gomes	06:11:55	00:45:37	03:22:13	01:56:57	631
121	819 Francisco Beirão	06:13:15	00:47:51	03:09:09	02:08:20	640
122	1048 Mauro Pereira Dos Santos	06:15:31	01:10:26	03:05:32	01:53:37	659
123	370 João Paulo Fazeres Ferreira	06:15:43	00:44:28	03:26:40	01:59:04	660



124	503 Nuno Domingues Pereira	06:18:02	01:00:13	03:15:56	01:55:36	667
125	119 Fábio Paulo	06:18:27	00:49:23	03:16:14	02:01:10	671
126	872 Tiago Osvaldo Da Silva E Sousa Pereira	06:18:27	00:48:34	03:21:48	01:58:26	672
127	827 Francisco Silva	06:18:47	00:55:37	03:04:23	02:06:52	675
128	597 Márcio Nobre	06:18:50	00:46:51	03:14:18	02:10:18	676
129	304 João André Lopes Paiva	06:19:05	00:44:47	03:28:22	01:54:48	677
130	775 Gonçalo Maria Inocêncio Olimpio Lourenço	06:19:18	00:44:05	03:27:45	01:56:27	678
131	491 Tiago Vaz Osório	06:19:52	00:46:06	03:25:09	02:02:00	681
132	1109 Bruno Gomes	06:20:00	00:46:37	03:25:49	01:55:36	682
133	1043 Bruno Miguel Fernandes Curto	06:20:13	00:43:16	03:16:23	02:12:19	683
134	1029 António Manuel Meira Dantas	06:20:38	00:43:25	03:30:01	01:56:42	686
135	846 Afonso Álvares Pereira	06:30:05	00:49:51	03:37:32	01:51:05	725
136	915 Rui André Dias Silva	06:31:21	00:45:38	03:42:15	01:47:54	729
137	880 Joao Mateus Junior	06:32:21	00:40:53	03:42:08	02:00:06	730
138	825 José João Bodas Santa	06:32:53	00:43:45	03:41:49	02:00:04	731
139	940 Paulo Jorge Gameiro Marques	06:33:12	00:44:19	03:32:23	02:03:23	733
140	989 Nelson André Alcácer Valente	06:38:27	01:02:52	03:20:27	02:05:26	749
141	81 João Canas	06:40:14	01:01:07	03:29:42	02:00:19	754
142	95 Eduardo Machado	06:42:47	00:43:19	03:25:14	02:23:14	759
143	1082 Pedro Miguel Da Silva E Melo	06:51:26	00:41:34	03:42:15	02:14:03	773
144	198 Helder Rodrigues	06:54:19	01:00:24	03:15:08	02:29:09	779
145	236 Marco Silva	06:55:31	00:49:17	03:36:11	02:22:32	782
146	1041 Luís Manuel Raposo Da Silva	06:57:43	00:43:40	03:28:00	02:23:35	786

40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	24	Liliana Verissimo	05:37:35	00:40:40	03:17:31	01:33:38	384
2	875	Andreia Milene Patrício Lourenço	05:46:13	00:48:02	03:11:46	01:40:12	455
3	659	Sara Gomes Da Silva	05:50:17	00:42:32	03:22:20	01:36:15	483
4	278	Ângela Cristina Alves De Carvalho	06:09:14	00:50:20	03:22:08	01:48:09	609
5	409	Rita Martins	06:30:02	00:45:39	03:41:43	01:54:46	723
6	771	Ana Duarte	06:33:43	00:44:02	03:34:45	02:05:41	736
7	1158	Jacqueline Fernandes	06:36:43	00:45:33	03:37:13	02:06:39	744
8	620	Liliana Faustino	06:47:05	01:07:41	03:28:35	02:05:00	763
9	1099	Andreia Tourais	06:49:15	00:50:51	03:46:42	02:03:34	767
10	1191	Joana Frazão	06:51:20	00:58:32	03:26:55	02:13:35	772



45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	185	Ivan Marques Valente Couras	04:35:01	00:28:59	02:34:00	01:27:59	23
2	112	Nuno Ricardo Pais Lopes	04:41:32	00:33:25	02:37:12	01:26:36	36
3	995	Adelino José Soutinho De Sousa	04:45:07	00:43:55	02:35:10	01:20:37	44
4	594	Tiago Almeida	04:49:02	00:38:24	02:27:03	01:38:42	59
5	926	Nuno Alexandre Moreira Martins	04:49:17	00:39:58	02:34:58	01:28:52	61
6	346	Nuno Sereno	04:57:30	00:44:36	02:32:41	01:34:46	99
7	440	Ignacio Vilas Eguileta	04:58:00	00:37:43	02:40:29	01:33:11	101
8	543	Vítor Hugo Simões	05:03:35	00:42:40	02:33:48	01:40:21	125
9	1044	Pedro Duarte Pereira da Conceição	05:03:50	00:33:56	02:46:33	01:39:30	130
10	256	Rui Da Silva Santos	05:06:20	00:44:17	02:42:42	01:33:21	142
11	688	Marco Cristo	05:06:30	00:42:47	02:42:09	01:35:19	144
12	990	Pedro Gaspar	05:06:32	00:37:15	02:45:36	01:35:53	146
13	929	Rui Nunes	05:07:49	00:42:31	02:41:31	01:37:35	158
14	602	Hugo Fonseca	05:08:20	00:42:31	02:40:31	01:39:56	161
15	148	Roberto Picón	05:08:36	00:37:54	02:52:19	01:33:09	162
16	191	Bruno Lindorfo Batista Alves	05:09:01	00:43:43	02:43:44	01:35:55	166
17	190	Bruno Toscano	05:09:08	00:42:59	02:42:52	01:36:08	168
18	23	Jorge Fonseca	05:09:29	00:35:37	02:52:01	01:35:24	172
19	100	Albano Jose Santos Pereira	05:10:49	00:43:40	02:54:05	01:27:01	179
20	228	Bruno Carlos	05:11:04	00:47:44	02:44:49	01:32:04	182
21	348	Henrique Emanuel Estrela Pereira	05:12:44	00:43:36	02:46:38	01:35:29	188
22	862	Joao Serralha	05:13:56	00:35:36	02:50:36	01:42:10	197
23	138	Nuno Alexandre Martins Leite Ribeiro	05:14:53	00:45:15	02:41:43	01:41:40	201
24	120	Filipe Rodriues Silva Ferreira	05:15:06	00:45:07	02:48:00	01:29:39	202
25	768	Ricardo Lanceiro	05:16:18	00:44:05	02:55:10	01:31:32	209
26	948	Rui Gomes	05:16:51	00:42:03	02:49:38	01:38:27	215
27	1089	Rogelio Núñez	05:17:06	00:31:24	02:57:34	01:41:12	217
28	225	Júlio Rafael Marques Firme	05:18:24	00:43:17	02:51:40	01:35:38	224
29	806	Pedro Miguel Ferreira Da Silva Nogueira	05:18:48	00:41:47	02:44:51	01:45:38	230
30	248	Bruno Batista	05:20:29	00:42:53	02:52:38	01:39:00	242
31	1057	Rodrigo Da Rocha Pessoa	05:20:53	00:42:58	03:07:26	01:24:01	246
32	253	Deodato Evangelista	05:22:27	00:39:13	02:52:55	01:42:47	257
33	524	João Luis De Sousa Godinho	05:23:03	00:44:10	02:51:40	01:40:57	261
34	1078	Pedro Baranga Ares	05:23:07	00:41:46	02:48:20	01:47:14	262



35	230 Firmino Alexandre Martins Ribeiro Dias	05:23:16	00:44:10	02:48:55	01:43:02	264
36	974 Guilherme Libório	05:23:18	00:39:23	03:00:12	01:37:34	266
37	1053 Javier Gala Gonzalez	05:25:12	00:37:39	02:57:31	01:42:06	285
38	167 Válter Cruz Luís	05:25:25	00:43:22	02:52:21	01:44:28	287
39	321 Manuel José Pontes Moutinho	05:25:28	00:42:30	03:02:21	01:33:28	288
40	776 António Maria Magalhães Paiva Cumbre	05:26:01	00:44:00	02:49:51	01:44:25	292
41	113 Mario Santana	05:26:27	00:42:33	02:52:33	01:42:46	297
42	1073 Dário Manuel Palma Da Luz	05:27:20	00:42:59	03:02:31	01:32:51	303
43	904 Ricardo Félix	05:30:53	00:44:23	03:01:52	01:34:16	335
44	274 António Manuel Brito Moreira	05:32:24	00:43:40	03:03:09	01:40:23	346
45	223 Christian Ramos	05:32:31	00:43:14	03:02:43	01:41:20	347
46	1083 Bruno Miguel Roque Fonseca	05:32:32	00:42:30	02:57:22	01:44:02	349
47	287 José María Monteagudo	05:32:51	00:39:46	03:08:53	01:39:21	351
48	1142 Nuno Santos	05:35:41	00:45:18	03:05:51	01:35:46	363
49	1208 Nuno Miguel Lourenço Dantas	05:36:36	00:46:56	03:16:52	01:26:59	374
50	40 Bruno Godinho	05:36:47	00:42:16	02:57:09	01:51:31	376
51	997 Hugo Alves	05:37:10	00:42:38	02:55:07	01:50:58	379
52	1204 Ricardo Pereira	05:38:04	00:46:08	03:07:30	01:34:42	387
53	184 Nuno Faria	05:38:07	00:42:09	03:00:49	01:48:13	388
54	403 Tiago Santos	05:38:11	00:51:38	03:01:33	01:35:26	390
55	907 Rui Henriques	05:38:11	00:45:49	02:57:30	01:47:03	391
56	803 Emanuel António Constantino Pinto	05:38:41	00:45:19	02:59:00	01:44:59	396
57	279 Ricardo Quiterio	05:38:49	00:44:33	02:49:23	01:57:35	398
58	17 João Pedro Seródio	05:38:51	00:44:19	02:53:33	01:48:30	399
59	993 Vitor Manuel Romeiro Fialho Piçarra	05:39:02	00:41:08	03:12:06	01:36:40	401
60	498 Filipe Barbosa	05:39:58	00:43:23	02:58:33	01:50:54	411
61	85 Gonçalo D.R. Almeida	05:40:34	00:44:49	03:00:29	01:48:42	415
62	587 Miguel Gonçalves	05:41:15	00:43:42	03:04:22	01:46:30	420
63	843 José Manuel Horta Nova Nunes	05:41:50	00:44:07	03:03:00	01:42:40	425
64	1139 Bruno Fonseca	05:42:14	00:43:42	03:01:54	01:50:58	429
65	937 Gonçalo Correia	05:42:27	00:42:09	02:57:35	01:51:41	430
66	467 André Chaves Nunes Leal	05:45:33	00:48:39	03:02:30	01:46:16	448
67	277 Vitor Alexandre Oliveira Fonseca	05:46:12	00:48:23	03:00:17	01:48:28	454
68	273 Ricardo Mário Dias Paiva Lopes Mateus	05:49:25	00:45:15	03:14:58	01:40:48	475
69	61 Ricardo Faria	05:49:42	00:39:47	03:03:56	01:57:52	479
70	139 Luis Coelho	05:50:57	00:41:22	03:05:06	01:56:47	486
71	835 Ricardo Jorge Pinto Marques	05:51:20	00:46:45	03:05:07	01:50:20	487



72	1033 Marco Rocha	05:51:27	00:47:05	03:07:12	01:47:09	488
73	77 Vasco Afonso	05:53:46	00:45:47	03:10:49	01:47:44	500
74	84 David Jorge	05:53:52	00:43:28	03:09:48	01:55:42	501
75	1132 Pedro Cunha	05:53:57	00:47:20	03:00:58	01:56:13	503
76	1095 Carlos António Sabino Ferreira	05:55:46	01:01:45	02:55:22	01:52:20	516
77	554 António Marinho	05:55:50	00:45:08	03:06:42	01:54:04	517
78	505 Fernando Jorge Palma Neto	05:56:12	00:46:34	03:20:30	01:40:32	521
79	94 Filipe Carraco Cerejo	05:56:50	00:54:11	03:18:22	01:37:45	524
80	302 Paulo Garrudo	05:58:24	00:47:42	03:10:52	01:52:35	541
81	918 Ricardo Afonso	05:59:04	01:06:51	03:09:46	01:34:14	545
82	44 Luís Filipe Coelho Rodrigues Da Silva	05:59:07	00:55:05	03:06:59	01:49:57	547
83	10 Rodrigo Pais De Almeida	05:59:25	00:43:00	03:11:49	01:54:25	552
84	1173 André Lima Cabrita	06:00:32	00:46:00	03:11:40	01:54:38	558
85	1126 Marco Nave	06:01:12	00:47:08	03:04:45	02:01:53	565
86	162 Sérgio Gonçalves	06:03:37	00:53:03	03:13:20	01:49:03	580
87	660 Miguel Marques	06:04:04	00:44:19	03:10:35	02:00:00	581
88	884 Pedro Gonçalves Pinto	06:05:33	00:48:29	03:09:50	02:00:41	589
89	719 Cristóvão Santos	06:06:23	00:41:21	03:12:22	02:05:28	590
90	777 Pedro Óscar Simões Pandeirada	06:06:46	00:47:01	03:14:14	01:54:46	593
91	529 Ricardo Alvares Pereira	06:07:18	00:43:10	03:12:46	02:03:43	599
92	1175 Joaquim Potes	06:07:39	00:43:04	03:24:00	01:49:59	600
93	106 Luís Lemos	06:08:15	00:53:48	03:16:42	01:52:55	603
94	16 Sérgio Filipe	06:08:51	00:41:12	03:23:44	01:56:36	606
95	580 Octávio Miguel Rita Pereira Cardoso	06:09:23	00:45:09	03:09:13	02:07:23	611
96	804 Pedro Manuel Nava Martins	06:10:32	00:40:29	03:23:11	01:59:53	618
97	1000 Silvío Jorge Dias	06:11:16	00:43:39	03:24:41	01:51:20	625
98	511 Jorge Correia Luís	06:11:44	00:40:47	03:10:19	02:00:39	630
99	1039 Paulo Faria	06:12:35	00:45:05	03:22:16	01:50:22	635
100	992 Helder Alves	06:12:44	00:37:13	03:21:41	02:05:24	636
101	1189 Hugo Manuel Delgado Rocha	06:13:19	00:50:40	03:21:16	01:52:22	641
102	774 Gustavo Antunes	06:13:51	00:45:25	03:30:53	01:48:32	647
103	350 Ricardo Duarte	06:14:33	00:44:21	03:13:06	02:09:54	653
104	1086 Hildebrand Castro	06:14:39	00:45:47	03:22:07	01:55:18	655
105	1023 Rui Novais	06:19:49	00:43:52	03:17:52	02:08:15	680
106	961 Luis Silva	06:21:11	00:43:37	03:23:18	02:04:45	688
107	1112 Nuno Silveira	06:21:41	00:48:25	03:38:49	01:43:34	691
108	381 Carlos Mourato	06:22:37	00:47:15	03:04:17	02:12:13	695



109	1181	Luis Ribeiro	06:24:21	00:45:37	03:25:54	02:03:33	702
110	873	Hugo Jesus	06:25:47	00:47:07	03:27:24	02:01:24	704
111	966	Salvador Costa Pereira	06:26:12	00:50:50	03:15:31	02:09:54	706
112	895	Helder Correia	06:27:27	00:43:57	03:41:57	01:46:28	711
113	45	Rui Santos	06:28:55	00:44:17	03:14:54	02:22:49	715
114	1079	Juan Manuel Fernández García	06:29:38	00:43:46	03:26:49	02:08:17	720
115	1116	André Pinto	06:30:19	00:55:58	03:17:02	02:02:21	726
116	742	Gustavo Neves	06:34:42	00:46:09	03:26:34	02:13:06	737
117	592	Luis Ribeiro	06:34:49	00:54:45	03:20:33	02:11:11	738
118	293	Rodrigo Vairinhos	06:40:33	00:47:19	03:28:01	02:14:06	755
119	1030	Ricardo Velhuco	06:42:15	00:45:17	03:14:14	02:32:45	758
120	197	Pedro Miguel Da Veiga Godinho De Matos	06:49:11	00:43:19	03:41:50	02:13:39	766
121	309	Tomasz Drobot	06:50:13	00:56:14	03:34:07	02:08:12	770
122	135	Paulo Filipe Dias Ferreira Rodrigues	06:50:41	00:43:42	03:29:46	02:28:16	771
123	1178	Bruno Faria	06:51:33	01:08:47	03:18:14	02:15:10	774
124	965	Joao Paulo Coelho Pinto	06:56:03	00:51:48	03:44:37	02:08:49	783
125	1119	Rodrigo Renha Antunes Alves	07:29:42	00:56:03	03:36:30	02:46:14	801

45 - 49 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1007	Eva Silva	05:24:12	00:44:07	02:56:04	01:38:41	275
2	1084	Bibiana Elena Farias	06:05:23	00:42:30	03:11:10	02:03:11	586
3	168	Noreen Carwood Smith	06:09:33	00:46:06	03:22:51	01:54:16	613
4	1069	Patricia Alexandra Fernandes Rivotti	06:12:30	00:41:57	03:36:10	01:42:48	634
5	621	Joana Antunes Ferreira Afonso	06:42:09	00:50:02	03:32:15	02:04:09	757

50 - 54 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1002	Leonardo Schwindt	04:33:54	00:33:19	02:30:42	01:25:30	20
2	1203	Lino Barruncho	04:36:09	00:36:56	02:32:03	01:22:34	27
3	280	Rui Duarte Gião Narigueta	04:46:04	00:44:19	02:26:11	01:31:30	48
4	50	Jorge Luis Parreira Augusto	04:49:14	00:35:16	02:39:39	01:29:00	60
5	1160	David Toro	04:50:27	00:39:09	02:38:17	01:28:21	65
6	810	João Paulo Pinto	04:54:50	00:43:33	02:32:43	01:33:07	84
7	1090	Rui António Silva Gomes	04:56:30	00:40:34	02:45:54	01:22:37	92
8	951	Pedro Fernandes Duarte	04:56:39	00:42:41	02:36:08	01:31:09	94
9	105	Emanuel Claudio Matos	04:56:53	00:43:46	02:44:38	01:22:56	95



10	301 Samuel Alexandre Dias Eugénio	05:03:43	00:44:11	02:44:25	01:28:53	127
11	444 Milton Cabral	05:06:34	00:44:47	02:44:39	01:32:03	148
12	510 Alexandre Paiva Nunes	05:09:00	00:45:54	02:47:05	01:31:23	165
13	39 Carlos Gomes Ferreira	05:09:31	00:43:56	02:44:19	01:35:29	173
14	238 Joao Assis Cabeleira	05:10:57	00:44:25	02:43:33	01:33:20	180
15	507 Mário Pires	05:11:39	00:43:07	02:43:37	01:39:49	185
16	759 Nuno Miguel Rico Carvalhinho	05:11:40	00:44:37	02:43:37	01:38:12	187
17	47 Luis Alegrias	05:13:08	00:39:27	02:39:20	01:45:56	191
18	453 Luis Figueira	05:14:34	00:38:05	02:52:53	01:37:56	200
19	1117 Nuno Sousa	05:15:53	00:43:58	02:49:25	01:36:25	206
20	241 Nuno Miguel Nobre Lopes	05:17:52	00:46:03	02:49:04	01:36:59	220
21	270 Diogo Pina Pereira	05:19:56	00:44:27	02:49:59	01:40:15	236
22	357 João António Da Silva Rosa	05:20:31	00:42:38	02:49:06	01:41:01	243
23	1195 Vitor Manuel Ferreira De Sá	05:20:55	00:38:33	02:59:13	01:35:50	247
24	177 Patrick Ebrero Da Silva	05:21:22	00:43:31	02:47:48	01:43:07	249
25	590 Pedro António Moreira Machado Costa	05:21:53	00:51:18	02:48:28	01:33:10	252
26	902 Luis Carvalho	05:23:31	00:41:53	02:47:22	01:48:04	270
27	292 Pedro Rebola	05:25:11	00:42:03	02:53:33	01:41:13	284
28	888 Filipe Centeno	05:25:42	00:44:33	03:00:53	01:35:54	290
29	14 Tiago De Paiva E Pona	05:29:05	00:41:03	02:58:56	01:35:57	316
30	37 Rui Pereira Da Silva	05:30:54	00:42:59	02:56:16	01:43:05	336
31	611 Pedro Ricardo Branco Barata Filipe	05:35:55	00:35:12	03:01:03	01:52:05	366
32	553 Fernando Villa Vieiro	05:36:50	00:45:28	03:01:54	01:41:02	377
33	1205 Nuno Carlos Figueiredo Campos	05:37:15	00:45:56	03:02:12	01:39:21	381
34	339 Alexandre Miguel Gomes Guimarães	05:38:38	00:49:24	03:00:06	01:42:22	394
35	297 Rui Pedro Faísca	05:39:34	00:32:59	03:04:48	01:54:40	407
36	764 Martim Nunes	05:41:11	00:46:22	03:10:31	01:37:00	419
37	411 Eládio Manuel	05:41:46	00:47:42	03:04:23	01:41:38	424
38	86 António Carlos Esquetim Marques	05:43:42	00:44:12	03:03:08	01:50:47	435
39	703 Hugo Canaipa Henriques	05:44:47	00:44:39	03:04:35	01:45:10	444
40	172 José Capuchinho	05:45:01	00:45:02	03:11:51	01:40:06	445
41	18 Jose Luis Baceira Farinha	05:45:49	00:45:19	03:05:08	01:48:54	451
42	979 Pedro Manuel De Oliveira Leiria	05:46:28	00:44:51	03:00:56	01:48:23	457
43	373 Jose Luis Rendas Lebre	05:46:56	00:52:52	02:53:39	01:52:25	462
44	944 Celso Guerra	05:47:35	00:46:05	03:08:33	01:41:37	467
45	534 Pedro Fardilha	05:49:21	00:44:27	03:05:58	01:51:53	474
46	221 Tiago José Fernandes Duarte	05:49:27	00:44:30	03:03:12	01:53:57	477



47	1179 Paulo Gonçalves Duarte	05:50:19	00:48:24	03:05:52	01:43:42	484
48	414 Pedro David Da Costa Amaro Galvão Pisco	05:50:36	00:47:14	03:11:36	01:42:37	485
49	978 Aleksandro Aita	05:52:28	00:31:28	03:09:05	01:59:33	493
50	1068 Luís Miguel Bras Romão	05:52:49	00:40:45	03:20:33	01:42:30	494
51	432 Rui Patrício C. A. Silvestre	05:53:25	00:44:51	02:54:07	02:06:12	498
52	219 Joao Pinto	05:54:54	00:55:38	03:12:14	01:37:38	510
53	1076 Artur Manuel Rocha Alves	05:57:28	00:50:49	03:16:17	01:39:43	532
54	397 David Almeida	05:57:58	00:45:11	03:20:05	01:38:30	539
55	13 Pedro Ricardo Nunes	05:58:06	00:44:07	03:01:30	02:03:44	540
56	484 Manuel Maria Correia	05:59:30	00:47:03	03:01:46	01:58:31	553
57	665 Marco Carapinha	06:00:05	00:49:02	03:13:20	01:48:59	555
58	969 Nuno Simoes	06:00:42	00:42:28	03:14:17	01:57:02	560
59	214 Hugo Manuel Estradas Santinhos	06:03:28	00:47:57	03:10:57	01:56:47	578
60	828 Humberto Cunha	06:04:29	00:45:24	03:15:41	01:57:30	584
61	928 Bruno António Neves De Sousa	06:07:14	00:43:12	03:27:18	01:49:06	597
62	1065 Rui Silva	06:09:47	01:04:16	03:11:24	01:42:54	614
63	839 Pedro Moreira	06:11:28	00:40:41	03:20:40	02:00:49	627
64	28 Eduardo Filipe Amaro Ferreira	06:11:58	00:47:37	03:11:58	02:02:02	632
65	317 Daniel Jose Da Graça Oliveira Santos	06:14:24	00:50:08	03:15:40	01:58:17	652
66	1093 Luís Paixão	06:18:16	00:38:45	03:15:30	02:15:42	669
67	1177 Duquenois Sylvain	06:20:16	00:41:50	03:18:04	02:09:01	684
68	701 Luís Pedro Dinis Do Nascimento	06:20:42	00:41:03	03:32:10	01:57:31	687
69	226 José Varela	06:21:13	00:45:03	03:21:25	02:01:13	689
70	1197 Paulo Menezes	06:22:19	00:56:48	03:29:25	01:41:43	693
71	254 Nuno Clemente	06:23:32	00:52:28	03:21:20	02:00:37	699
72	31 Luis Paulo Costa Cipriano	06:24:48	00:49:25	03:32:26	01:52:43	703
73	1028 Paulo Salgado	06:26:39	00:51:10	03:30:12	01:56:51	708
74	755 Fernando José Dias Da Silva	06:27:08	00:50:56	03:35:28	01:50:19	709
75	911 Mário Porfírio	06:27:14	00:42:56	03:38:32	01:58:16	710
76	556 João Bota	06:27:45	00:54:01	03:28:42	01:56:18	712
77	208 Pedro Botelho	06:28:08	00:38:42	03:20:57	02:20:22	713
78	1184 Mário Caetano	06:29:44	00:44:14	03:18:20	02:14:27	721
79	25 Marco Sousa	06:32:59	00:44:15	03:41:00	01:55:46	732
80	420 Vitor Gameiro	06:33:36	00:46:03	03:15:09	02:25:12	734
81	1156 Nuno Lucas	06:35:24	00:48:30	03:36:15	01:58:30	739
82	299 Miguel Trindade	06:36:19	01:00:00	03:21:28	02:05:01	743
83	263 Tiago Pinhal	06:43:38	00:53:55	03:28:47	02:13:01	760



84	622	Luis Miguel Cavaco Reves	06:49:43	00:42:13	03:34:23	02:25:36	768
85	991	Pedro Castanheira	06:52:04	00:53:29	03:42:38	02:03:56	775
86	1081	Paulo José Cláudio Farinha	06:52:19	00:52:30	03:23:58	02:19:36	776
87	368	João Souza	07:00:11	00:53:53	03:44:24	02:10:52	791
88	349	José Miguel Paciência De Oliveira	07:05:58	00:51:49	03:35:59	02:26:49	793
89	146	Marco António Do Nascimento Ventura	07:11:21	00:46:37	03:44:20	02:30:41	797

50 - 54 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	166	Nadine Dittrich	05:34:08	00:40:08	02:54:36	01:54:46	358
2	27	Simone Soares Siebra	06:03:26	00:46:30	03:19:05	01:49:50	577
3	605	Sara Silva	06:09:16	00:42:45	03:19:14	01:59:46	610
4	1210	Maria Sousa	06:10:46	00:44:13	03:21:45	01:55:08	619
5	72	Fernanda Marques Santinha	06:13:51	00:43:31	03:34:54	01:47:06	646
6	205	Rita Borges Coutinho	07:08:01	00:45:27	03:49:18	02:23:59	795

55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	43	José Rui De Morais Galvão	04:45:41	00:38:52	02:32:24	01:28:47	46
2	20	Fernando Carmo	04:52:04	00:42:15	02:33:13	01:30:41	70
3	792	Joao Miguel Couto Faria	04:54:47	00:34:12	02:43:16	01:32:32	83
4	262	Jorge Calafate	04:57:07	00:34:12	02:43:48	01:33:31	97
5	1145	José Carlos Gonçalves Da Silva Abrantes	05:12:49	00:42:49	02:50:04	01:34:22	189
6	786	Carlos Maia	05:13:07	00:44:31	02:43:48	01:38:12	190
7	900	Paulo Jorge Correia Lamego	05:28:27	00:39:38	03:01:32	01:42:15	312
8	789	Paulo Carvalhinho	05:32:54	00:44:33	02:51:22	01:48:45	352
9	1064	Pedro Mendes Jorge	05:33:47	00:41:15	02:52:19	01:49:54	357
10	1105	Paulo Teles	05:35:09	00:44:22	02:54:58	01:49:39	362
11	150	Jorge Carvalho	05:39:14	00:45:07	02:59:10	01:47:53	403
12	36	Renato Gonçalves Araújo	05:46:14	00:46:43	03:09:53	01:40:27	456
13	795	José Bonito	05:50:11	00:45:20	03:11:10	01:45:21	482
14	29	Gil Contreiras Braz De Oliveira	05:56:38	00:42:49	03:14:46	01:49:27	522
15	55	Adolfo Vagos	05:59:43	00:45:15	03:20:40	01:47:41	554
16	830	Francisco Jesús Becerra Perez	06:01:00	00:43:44	03:20:08	01:46:24	564
17	842	Carlos Manuel Ferreira Abrunhosa	06:02:54	00:46:44	03:21:56	01:45:30	573
18	53	Sérgio Manuel Pecurto Batalha	06:03:04	00:46:25	03:18:01	01:43:53	575
19	938	Carlos Ribeiro Ferreira	06:11:31	00:35:31	03:29:32	01:56:49	628



20	239	Maurício José Vaz Costa	06:12:54	00:44:54	03:24:41	01:55:51	638
21	1026	Alberto Pires	06:13:28	00:47:01	03:28:15	01:49:56	642
22	295	Julio Paulo Ramos Nepomuceno	06:17:17	00:50:17	03:28:36	01:49:48	663
23	447	Pedro Calvário	06:19:40	00:43:17	03:12:42	02:11:14	679
24	164	Paulo Moutinho	06:22:35	00:40:39	03:30:16	01:57:17	694
25	812	Jorge Miguel P F Ferreira	06:29:35	01:00:25	03:27:21	01:54:20	719
26	1098	Paulo Davide Da Cunha Lourenço	06:35:52	00:47:02	03:43:20	01:56:43	741
27	48	Miguel Cruz	06:36:14	00:56:52	03:23:01	02:06:11	742
28	67	Rui Manuel Lopes Martins	06:36:51	00:55:24	03:23:47	02:06:22	745
29	739	Carlos Manuel Nabais Martins	06:38:37	00:43:08	03:38:26	02:09:32	750
30	849	Antonio K. Ferreira	06:48:44	00:41:35	03:26:50	02:29:21	765
31	93	Miguel Cocco	07:00:26	00:43:57	03:33:30	02:31:39	792
32	910	Rui Melo Silva	07:12:02	00:55:05	03:31:46	02:34:11	798
33	847	Rui Catarrinha	07:31:18	00:45:41	03:45:55	02:46:13	802

55 - 59 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	670	Lucinda Sousa	05:42:14	00:48:50	03:08:45	01:36:35	428
2	564	Ana Filipa Oliveira	06:08:22	00:44:25	03:12:26	02:07:03	604

60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	568	Neil Mcloughlin	05:06:39	00:38:56	02:44:44	01:37:02	149
2	1151	António Almeida	05:15:57	00:47:16	02:46:26	01:35:16	207
3	1036	Carlos Silva	05:16:58	00:51:45	02:48:20	01:31:38	216
4	530	Neville Suzman	05:24:23	00:46:22	02:51:45	01:38:18	279
5	994	Jorge Nunes	05:31:03	00:45:03	03:00:23	01:39:34	337
6	193	Miguel Calainho De Azevedo Teixeira Duarte	05:37:12	00:43:59	02:57:33	01:48:32	380
7	730	Pedro Silva	05:40:46	00:44:25	03:06:02	01:41:46	416
8	850	Francisco Sanches-Osório	06:02:18	00:43:11	03:05:11	02:05:02	571
9	1015	Aidan Mckay	06:06:46	00:44:50	03:06:42	02:05:50	592
10	196	Manuel Nunes	06:10:14	00:47:13	03:22:12	01:52:17	616
11	1129	Carlos Manuel Pires De Oliveira Nunes	06:14:05	00:51:41	03:16:07	01:57:12	649
12	718	Pedro Miguel Cerqueira Quaresma	06:18:31	00:42:41	03:19:40	02:08:46	673
13	63	José Anibal Martins Correia	06:33:37	00:44:20	03:28:37	02:11:37	735
14	1209	Rui Manuel Castro Velez	06:38:57	00:45:07	03:36:15	02:09:38	752
15	952	Pedro Ventura	06:49:57	00:43:31	03:41:09	02:13:33	769



16	702 Eduardo Carpinteiro	06:59:16	00:51:39	03:30:25	02:22:59	788
17	700 Vítor Manuel Pereira Cristovam Grilo	07:20:57	00:41:57	03:44:52	02:36:56	800

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	195	Manuel Pires	06:14:19	00:45:30	03:29:48	01:49:47	650



SETÚBAL TRIATHLON'10

EDIÇÃO 10

TOTALISTA CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
46	43	José Galvão		OnTri Sports	04:45:41	00:38:52	02:32:24	01:28:47	55 - 59 anos	1
55	33	João Rebelo		Vasco da Gama Atlético Clube de Sines	04:47:36	00:31:24	02:50:40	01:20:42	30 - 34 anos	15
70	20	Fernando Carmo			04:52:04	00:42:15	02:33:13	01:30:41	55 - 59 anos	2
78	15	João Pacheco		Outsystems Olímpico de Oeiras	04:54:02	00:39:46	02:39:01	01:29:44	40 - 44 anos	18
81	59	Luis Ferreira		JFCOACHING	04:54:31	00:42:40	02:39:16	01:28:06	40 - 44 anos	20
85	69	Ricardo Costa		Triatlo Clube TAP	04:55:02	00:33:41	02:45:31	01:30:20	40 - 44 anos	21
172	23	Jorge Fonseca		Estoril Praia Credibom	05:09:29	00:35:37	02:52:01	01:35:24	45 - 49 anos	18
173	39	Carlos Ferreira		Louletano Desportos Clube	05:09:31	00:43:56	02:44:19	01:35:29	50 - 54 anos	13
191	47	Luis Alegrias		Kainágua	05:13:08	00:39:27	02:39:20	01:45:56	50 - 54 anos	17
316	14	Tiago Pona		Outsystems Olímpico de Oeiras	05:29:05	00:41:03	02:58:56	01:35:57	50 - 54 anos	29
336	37	Rui Silva			05:30:54	00:42:59	02:56:16	01:43:05	50 - 54 anos	30
359	22	Hugo Gomes		3B Triatlo	05:34:20	00:46:15	03:10:15	01:29:17	40 - 44 anos	77
362	1105	Paulo Teles		3B Triatlo	05:35:09	00:44:22	02:54:58	01:49:39	55 - 59 anos	10
376	40	Bruno Godinho			05:36:47	00:42:16	02:57:09	01:51:31	45 - 49 anos	50
384	24	Liliana Verissimo			05:37:35	00:40:40	03:17:31	01:33:38	40 - 44 anos	1
399	17	João Serôdio		SUColarensense	05:38:51	00:44:19	02:53:33	01:48:30	45 - 49 anos	58
451	18	Jose Farinha		Clube Millennium BCP	05:45:49	00:45:19	03:05:08	01:48:54	50 - 54 anos	41
453	60	Tiago Amado			05:45:58	00:47:17	03:07:59	01:44:59	40 - 44 anos	94
456	36	Renato Araújo		AmoraSub/Associação Naval Amorensense	05:46:14	00:46:43	03:09:53	01:40:27	55 - 59 anos	12



SETÚBAL TRIATHLON'10

EDIÇÃO 10

TOTALISTA CLASSIFICAÇÃO'26

Lugar	Dorsal	Nome	Penal.	Clube	Tempo Oficial	Natação	Ciclismo	Corrida	Age Group	Lugar Age Gr.
479	61	Ricardo Faria			05:49:42	00:39:47	03:03:56	01:57:52	45 - 49 anos	69
522	29	Gil Oliveira		Try@Least	05:56:38	00:42:49	03:14:46	01:49:27	55 - 59 anos	14
540	13	Pedro Nunes		Outsystems Olímpico de Oeiras	05:58:06	00:44:07	03:01:30	02:03:44	50 - 54 anos	55
547	44	Luís Silva		The Cupcake Cartel	05:59:07	00:55:05	03:06:59	01:49:57	45 - 49 anos	82
552	10	Rodrigo Almeida		Outsystems Olímpico de Oeiras	05:59:25	00:43:00	03:11:49	01:54:25	45 - 49 anos	83
575	53	Sérgio Batalha		3B Triatlo	06:03:04	00:46:25	03:18:01	01:43:53	55 - 59 anos	18
606	16	Sérgio Filipe		AmoraSub/Associação Naval Amorense	06:08:51	00:41:12	03:23:44	01:56:36	45 - 49 anos	94
632	28	Eduardo Ferreira		Clube Millennium BCP	06:11:58	00:47:37	03:11:58	02:02:02	50 - 54 anos	64
646	72	Fernanda Santinha		Clube Oriental de Lisboa	06:13:51	00:43:31	03:34:54	01:47:06	50 - 54 anos	5
703	31	Luis Cipriano		GDRC Ponterrolense	06:24:48	00:49:25	03:32:26	01:52:43	50 - 54 anos	72
715	45	Rui Santos		AmoraSub/Associação Naval Amorense	06:28:55	00:44:17	03:14:54	02:22:49	45 - 49 anos	113
732	25	Marco Sousa		Pedrogão Triatlo	06:32:59	00:44:15	03:41:00	01:55:46	50 - 54 anos	79
735	63	José Correia			06:33:37	00:44:20	03:28:37	02:11:37	60 - 64 anos	13
745	67	Rui Martins			06:36:51	00:55:24	03:23:47	02:06:22	55 - 59 anos	28
0	70	Luís Carvalho	DNF		02:53:41	00:46:08	01:58:01		55 - 59 anos	



LBSquad

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Gonçalo Miguel Carmo	186	04:26:49		M	11
Miguel Andrade	834	04:34:45		M	22
Lino Barruncho	1203	04:36:09		M	27
Duarte Tirapicos	477	04:36:27		M	28
João Ricardino	250	04:44:23		M	42
		22:58:33			Lugar: 1

Jfcoaching

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
João Francisco Cristóvão Ferreira	7	04:10:08		M	3
Nuno Ricardo Pais Lopes	112	04:41:32		M	36
Fábio Branco	207	04:46:26		M	49
Rui Martins	569	04:51:48		M	69
Tiago Luis	1074	04:52:26		M	73
		23:22:20			Lugar: 2

Outsystems Olímpico de Oeiras

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Rodrigo Pissarra	1056	04:15:17		M	8
Miguel Ângelo Sérvulo Tomé	773	04:35:49		M	26
Tiago De Almeida Simões Lopes	439	04:43:56		M	40
João Brísida Pacheco	15	04:54:02		M	78
Ivan Valadares	821	04:57:15		M	98
		23:26:19			Lugar: 3

Apulso

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Miguel Da Cunha Arraiolos	723	04:31:00		M	15
Afonso Garcia	947	04:36:46		M	29
Afonso Santos	559	04:48:37		M	56
Pedro Saraiva	714	04:56:34		M	93
Mário Pires	507	05:11:39		M	185
		24:04:36			Lugar: 4



Vasco da Gama Atlético Clube de Sines

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Alejandro Perez Varela	999	04:27:20		M	13
Pastor Adrian Pose Regueiro	987	04:37:52		M	31
João Pedro De Matos Rebelo	33	04:47:36		M	55
Rubén Sánchez Vazquez	781	04:57:35		M	100
Pedro Baranga Ares	1078	05:23:07		M	262
		24:13:30			Lugar: 5

OnTri Sports

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
José Rui De Morais Galvão	43	04:45:41		M	46
Tiago Almeida	594	04:49:02		M	59
José Marcelino	664	04:50:56		M	68
Guilherme Teles	179	04:52:19		M	71
Joel Cunha	103	05:00:33		M	110
		24:18:31			Lugar: 6

Clube dos Galitos

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
João Rafael Dos Santos Andrade	1005	04:32:54		M	17
Luis Filipe	682	04:43:54		M	39
Ignacio Vilas Eguileta	440	04:58:00		M	101
Daniel José Gomes Amaral	341	05:03:34		M	124
João Alexandre Domingues Milheiro	475	05:05:27		M	138
		24:23:49			Lugar: 7

Sporting Clube de Espinho

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
João Trigueiros	264	04:16:01		M	9
Filipe Miguel Nunes Marques	201	04:40:54		M	33
Rui António Silva Gomes	1090	04:56:30		M	92
Pedro Emanuel Oliveira Monteiro	857	05:32:08		M	344
Tiago Rosa	897	05:32:17		M	345
		24:57:50			Lugar: 8



Triatlo Clube TAP

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Paulo Cândido	431	04:33:53		M	19
André Filipe Nunes Lopes	366	04:52:53		M	76
Ricardo Filipe Varela Costa	69	04:55:02		M	85
Nuno Miguel Rico Carvalhinho	759	05:11:40		M	187
António Guerreiro	392	05:32:50		M	350
		25:06:18			Lugar: 9

Estoril Praia Credibom

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Rafael Barata Domingos	8	04:05:14		M	1
Pedro Duarte Pereira da Conceição	1044	05:03:50		M	130
Pedro D'orey	1025	05:06:30		M	145
Jorge Fonseca	23	05:09:29		M	172
Francisco Garnel	1021	05:48:06		M	473
		25:13:09			Lugar: 10

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	519	04:52:21		M	72
Hugo Chan	114	04:55:54		M	88
Nelson Oliveira	363	05:09:35		M	174
João Nuno Neves Bairrão	125	05:10:25		M	178
Gonçalo Jones	591	05:11:02		M	181
		25:19:17			Lugar: 11

Quitério TriPeniche

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Márcio Neves	417	04:12:18		M	5
Acácio André Amâncio Da Silva	469	05:08:36		M	163
Tiago Espírito Santo	499	05:19:37		M	235
João António Da Silva Rosa	357	05:20:31		M	243
Patrick Ebrero Da Silva	177	05:21:22		M	249
		25:22:24			Lugar: 12



DXC Tri Amazing

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Marciano Dias	1096	04:54:05		M	80
Marco António Sousa Miguel	667	05:02:42		M	118
Diogo Borges	159	05:07:13		M	151
Rui Nunes	929	05:07:49		M	158
Joao Assis Cabeleira	238	05:10:57		M	180
		25:22:46			Lugar: 13

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	995	04:45:07		M	44
Rui Filipe Lima Barbosa	211	05:04:34		M	134
Beatriz Passos	76	05:13:22		F	193
Filipe Coelho	898	05:13:46		M	194
Nuno Alexandre Martins Leite Ribeiro	138	05:14:53		M	201
		25:31:42			Lugar: 14

Clube de Natação de Torres Novas

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Adriano Correia	315	04:28:21		M	14
Rui Duarte Gião Narigueta	280	04:46:04		M	48
Ana Luísa Ramos	4	04:49:19		F	63
Válter Cruz Luís	167	05:25:25		M	287
Cristóvão Santos	719	06:06:23		M	590
		25:35:32			Lugar: 15

Alhandra Sporting Club

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Francisco Gameiro	90	04:43:01		M	37
Hugo Alexandre Costa Marques	291	05:08:02		M	159
Bruno Lindorfo Batista Alves	191	05:09:01		M	166
Telmo Nogueira	82	05:18:22		M	223
Filipe Rocha	116	05:21:48		M	251
		25:40:14			Lugar: 16



Clube Millennium BCP

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Nuno Noritake	520	04:48:41		M	58
Fernando Manuels Conceicao Batista	131	05:05:29		M	139
Nuno Miguel Nobre Lopes	241	05:17:52		M	220
Neville Suzman	530	05:24:23		M	279
Gonçalo Alexandre Lopes Brandão Mendes	395	05:24:51		M	281
		26:01:16			Lugar: 17

CNATRIL Triatlo

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Miguel Barroqueiro	188	05:00:56		M	111
Francisca Parente Cambra	6	05:02:21		F	115
Tomás Branco	345	05:05:32		M	140
Sebastiao Campos Coelho Dos Santos Patrício	316	05:34:45		M	360
Nuno Santos	1142	05:35:41		M	363
		26:19:15			Lugar: 18

Pocapoco Social Club

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Tiago Teotónio Pereira	486	04:52:43		M	75
Pedro Freire De Andrade	433	04:59:44		M	107
Joao Hortega	706	05:26:07		M	294
Frederico Catalão	385	05:29:27		M	320
Francisca Raposo Mira	516	06:04:15		F	583
		26:52:16			Lugar: 19

Clube Oriental de Lisboa

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Lopo Carvalho	1171	04:54:32		M	82
Bruno Toscano	190	05:09:08		M	168
Christian Ramos	223	05:32:31		M	347
Jorge Carvalho	150	05:39:14		M	403
Marco Carapinha	665	06:00:05		M	555
		27:15:30			Lugar: 20



Exército de Portugal

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
José Carlos Gonçalves Da Silva Abrantes	1145	05:12:49		M	189
João Paulo Nunes Ferreira Ribeiro Cardoso	1146	05:17:20		M	218
Flávio Vieira Carvalho De Figueiredo	1147	05:29:14		M	318
Emanuel António Constantino Pinto	803	05:38:41		M	396
Davide Morgado Magalhães	1149	05:42:45		M	432
		27:20:49			Lugar: 21

3B Triatlo

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Luís Miguel Gaspar Merca	787	05:20:27		M	239
Cláudio Canavilhas	209	05:23:28		M	269
Afonso Nuno Bacatelo Dias De Sousa Martins	749	05:30:09		M	325
Bruno Miguel Roque Fonseca	1083	05:32:32		M	349
Hugo Gomes	22	05:34:20		M	359
		27:20:56			Lugar: 22

Moto Clube de Setubal

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Filipe Centeno	888	05:25:42		M	290
Mario Santana	113	05:26:27		M	297
Fernando Alberto D. Francisco	244	05:27:53		M	307
José Capuchinho	172	05:45:01		M	445
Celso Guerra	944	05:47:35		M	467
		27:52:38			Lugar: 23

TriClube Penafiel

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Rui Miguel Santos	573	05:16:34		M	212
Alessia Dos Santos Teixeira	762	05:23:52		F	272
Marcelo Penas	233	05:30:39		M	331
Frederico André Pereira Bessa	522	06:00:44		M	561
Rogério Leal	323	06:09:30		M	612
		28:21:19			Lugar: 24



Kainágua

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Luis Alegrias	47	05:13:08		M	191
Luís Galrito	170	05:20:47		M	245
Paulo Carvalhinho	789	05:32:54		M	352
Joaquim Potes	1175	06:07:39		M	600
José Varela	226	06:21:13		M	689
		28:35:41			Lugar: 25

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	560	04:57:01		M	96
Tiago Telles Tavares	963	05:46:52		M	461
Paulo Garrudo	302	05:58:24		M	541
Pedro Gonçalves Pinto	884	06:05:33		M	589
Frederico Carrelo	375	06:18:46		M	674
		29:06:36			Lugar: 26

JM Triathlon Team

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
Filipe Silva	1077	05:06:17		M	141
João Miguel Fontinhas Tavares	268	05:59:23		M	550
Ricardo Alvares Pereira	529	06:07:18		M	599
Leandro Gameiro Teixeira Nabais	459	06:09:06		M	608
Silvio Jorge Dias	1000	06:11:16		M	625
		29:33:20			Lugar: 27

GDRC Ponterrolense

<i>Atleta</i>	<i>Dorsal</i>	<i>Tempo Oficial</i>	<i>Ritmo</i>	<i>Sexo</i>	<i>Lugar Geral</i>
André Silva	653	05:38:40		M	395
João Varela	612	05:43:52		M	436
Diogo Lagarto	601	06:13:33		M	643
Luis Paulo Costa Cipriano	31	06:24:48		M	703
Fernando José Dias Da Silva	755	06:27:08		M	709
		30:28:01			Lugar: 28



Lugar	Dorsal	Estafeta	Tempo Oficial	Natação	Ciclismo	Corrida
1	2073	MOMENTUM	03:58:47	00:28:19	02:18:08	01:09:56
2	2070	ONTRISPORTS 1	04:21:38	00:38:34	02:19:43	01:20:32
3	2081	PATRULHA PATA	04:24:06	00:33:15	02:31:38	01:16:57
4	2079	Clube Olímpico de Oeiras	04:28:29	00:27:45	02:40:50	01:16:58
5	2071	ONTRISPORTS 2	04:45:12	00:38:49	02:44:48	01:18:37
6	2019	TriFisioPower	04:45:39	00:35:07	02:37:04	01:30:52
7	2053	Tri and Stop Us	04:46:34	00:36:50	02:36:34	01:30:02
8	2078	Ethereal	04:50:16	00:34:41	02:47:01	01:25:37
9	2011	Os Basilius	04:56:41	00:42:38	02:29:18	01:41:19
10	2077	TriAmazing	04:57:11	00:36:47	02:28:33	01:48:41
11	2055	VIVIDORES NO FOLLADORES	04:57:30	00:36:46	02:42:57	01:34:44
12	2040	LBSQUAD St. John Locals	04:57:48	00:37:58	02:47:24	01:29:10
13	2027	Redline Team	04:59:34	00:39:00	02:54:27	01:23:21
14	2057	TalPai TalFilho	04:59:41	00:33:58	02:58:06	01:24:37
15	2036	Team Mimim	05:03:52	00:38:01	02:35:16	01:47:23
16	2035	AJPower pt3	05:04:55	00:37:09	02:47:26	01:37:08
17	2037	ADAMASTORES	05:07:20	00:42:28	03:03:19	01:18:16
18	2046	TRY 04	05:08:13	00:35:33	02:51:01	01:38:43
19	2028	FICHA TRIPLA	05:08:38	00:37:52	02:43:35	01:44:09
20	2012	Naval Amorense Stars	05:09:30	00:36:32	02:43:42	01:45:55
21	2009	5am Club	05:10:31	00:36:21	02:51:16	01:36:08
22	2066	Kings	05:13:04	00:42:57	02:56:09	01:30:17
23	2080	Cascais Triforce	05:17:49	00:35:49	03:06:52	01:31:44
24	2045	TRY 03	05:19:18	00:42:54	02:58:46	01:34:52
25	2034	Guerra Antunes	05:20:26	00:42:48	02:57:25	01:37:10
26	2060	Three of a kind	05:20:49	00:34:11	02:50:04	01:53:39
27	2059	TRY 05	05:24:41	00:51:46	02:56:05	01:33:49
28	2022	Still Learning to Tri	05:24:52	00:39:26	02:44:39	01:56:55
29	2056	Jesús Pérez-Mila Murcia	05:26:59	00:38:01	02:47:46	01:51:32
30	2044	TRY 02	05:30:40	00:51:46	02:53:13	01:42:13
31	2013	Ativo Positivo	05:31:36	00:39:39	02:49:47	01:57:02
32	2075	MargemSul Power	05:31:38	00:34:58	03:02:06	01:50:54
33	2054	TRY 01	05:34:24	00:53:17	02:50:14	01:47:26
34	2015	Os Pepos	05:35:00	00:34:15	03:09:55	01:48:03
35	2076	Team Lidl	05:36:22	00:34:21	03:10:10	01:49:14
36	2005	Fardilha	05:40:50	00:49:58	02:41:21	02:05:51



Lugar	Dorsal	Estafeta	Tempo Oficial	Natação	Ciclismo	Corrida
37	2050	ForeverFriends	05:40:53	00:49:31	03:11:32	01:36:08
38	2004	Leopardos	05:42:24	00:39:15	03:08:37	01:46:46
39	2002	Fenix Team	05:48:58	00:52:17	03:08:39	01:44:28
40	2038	Clube Mbcp II	05:52:37	00:38:51	03:33:56	01:31:27
41	2051	Croissant et Baguettes	05:54:22	00:44:06	03:23:36	01:41:23
42	2017	Os Primaços	05:59:36	00:46:57	03:33:59	01:35:18
43	2043	Pipalmex	06:00:05	00:43:55	03:25:44	01:47:11
44	2064	SIMARSUL	06:01:26	00:37:37	03:24:55	01:54:30
45	2065	Morabeza Team	06:02:00	00:53:15	03:19:38	01:42:28
46	2031	Simoos	06:03:18	00:53:05	03:24:40	01:35:49
47	2029	Alcance	06:03:42	00:54:06	03:05:51	02:00:33
48	2069	Morde a Foca	06:13:31	00:40:02	03:29:22	02:00:52
49	2020	Triatlo Clube Lourinhã	06:13:47	00:51:56	03:39:11	01:38:31
50	2030	Alcance	06:14:32	00:49:35	03:31:13	01:50:41
51	2074	Tripancada	06:15:50	00:39:47	03:38:51	01:53:36
52	2067	Fudicine	06:16:08	00:49:06	03:36:02	01:47:26
53	2021	CF os Belenenses	06:18:33	00:42:47	03:39:21	01:52:56
54	2016	Lucas Force	06:19:04	00:46:00	03:34:49	01:53:42
55	2032	Gonçalo Vaz Botelho	06:20:09	00:46:27	03:34:12	01:55:49
56	2041	Maria Ana Parreira do Amaral	06:21:28	00:39:06	03:20:47	02:15:00
57	2026	Matias Team	06:23:53	00:50:01	02:57:06	02:33:26
58	2049	Sofia Pinto Estafetas	06:26:14	00:52:48	03:40:51	01:48:36
59	2082	L&L	06:29:06	00:39:56	03:28:58	02:16:56
60	2061	Emjoli	06:32:30	00:36:45	02:59:15	02:53:04
61	2006	Carpasões	06:35:32	00:32:04	04:00:18	02:00:26
62	2072	COO Girls 6.23	06:48:17	00:47:08	03:46:28	02:07:56
63	2052	Teresa Roque de Pinho	07:09:44	00:46:00	03:54:13	02:25:26