

Data:	19-07-2015	Hora:	09h45	Local:	Esposende			
Natação	850 mt	Ciclismo:	19.800 mt	Corrida:	5.000 mt			

Ranking	C.N. Grupos de Idade
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Hora de Partida	09:48
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	3778	1007	Gil Maia	-	SEN	Sport Lisboa e Benfica	14	00:07:45	12	00:31:31	2	00:15:16	00:54:33	
2	1099	1008	Duarte Brás	-	CAD	Garmin Olímpico de Oeiras	16	00:07:49	10	00:31:26	4	00:15:19	00:54:35	00:00:02
3	1603	1008	José Felício	-	JUN	Garmin Olímpico de Oeiras	5	00:07:29	24	00:31:52	3	00:15:18	00:54:39	00:00:05
4	1142	1010	Tiago Fonseca	-	CAD	Garmin Olímpico de Oeiras	26	00:07:56	5	00:31:20	5	00:15:46	00:55:03	00:00:29
5	1655	1013	Tiago Leão	-	JUN	Nutrimania Sports Nutrition/Amorense	28	00:07:57	4	00:31:19	6	00:16:29	00:55:45	00:01:12
6	1584	1012	André Dias	-	JUN	Sporting CP	13	00:07:44	16	00:31:37	7	00:16:32	00:55:53	00:01:19
7	1658	1008	Diogo Nóbrega	-	JUN	Ludens de Machico/El Bom Bom Sport	23	00:07:55	9	00:31:25	8	00:16:32	00:55:53	00:01:20
8	1612	1007	Afonso Feijão	-	JUN	Garmin Olímpico de Oeiras	32	00:07:59	6	00:31:23	9	00:16:34	00:55:57	00:01:24
9	5608	1017	Tomás Azevedo	-	JUN	Tecnel - CD Águias	3	00:07:25	27	00:32:04	10	00:16:37	00:56:07	00:01:33
10	1568	1007	Nuno Ribeiro	-	JUN	Alhandra Sporting Club	6	00:07:30	20	00:31:43	13	00:16:55	00:56:09	00:01:35
11	2040	1007	Afonso Garcia	-	S23	Garmin Olímpico de Oeiras	9	00:07:37	21	00:31:43	11	00:16:50	00:56:11	00:01:37
12	1644	1007	Miguel Fortunato	-	JUN	Alhandra Sporting Club	15	00:07:49	7	00:31:24	14	00:16:59	00:56:13	00:01:39
13	1540	1011	Luis Carlos Lopes	-	JUN	G. D. R. de Manique de Cima	25	00:07:56	8	00:31:25	15	00:17:00	00:56:21	00:01:48
14	1116	1008	Miguel Tiago Silva	-	CAD	Garmin Olímpico de Oeiras	8	00:07:36	19	00:31:42	17	00:17:11	00:56:30	00:01:57
15	2044	1007	Andre Fernandes	-	S23	Garmin Olímpico de Oeiras	7	00:07:36	23	00:31:50	20	00:17:20	00:56:47	00:02:13
16	1035	1003	Bernardo Aguiar	-	CAD	Sport Lisboa e Benfica	11	00:07:42	17	00:31:39	25	00:17:30	00:56:52	00:02:19
17	2003	1029	Diogo Silva	-	S23	Tecnel - CD Águias	4	00:07:27	25	00:32:00	24	00:17:29	00:56:57	00:02:23
18	1118	1015	Guilherme Pires	-	CAD	Clube Triatlo Fundão	22	00:07:55	14	00:31:35	21	00:17:26	00:56:58	00:02:24
19	1141	1008	Frederico Marques	-	CAD	Garmin Olímpico de Oeiras	10	00:07:39	18	00:31:40	33	00:17:42	00:57:02	00:02:29
20	2088	1008	Fábio João Azinheirinha	-	S23	Garmin Olímpico de Oeiras	20	00:07:53	15	00:31:36	28	00:17:34	00:57:03	00:02:30
21	1615	1008	Miguel Melo Almeida	-	JUN	Garmin Olímpico de Oeiras	18	00:07:51	13	00:31:32	36	00:17:50	00:57:15	00:02:41
22	1078	1015	André Cruz	-	CAD	Clube de Nataçã de Torres Novas	24	00:07:55	22	00:31:46	29	00:17:35	00:57:17	00:02:44
23	1102	1003	Leonardo Aniceto	-	CAD	Sport Lisboa e Benfica	37	00:08:14	30	00:33:09	12	00:16:54	00:58:19	00:03:45
24	1552	1007	Bernardo Portela	-	JUN	Garmin Olímpico de Oeiras	21	00:07:53	11	00:31:30	85	00:19:35	00:58:59	00:04:26
25	1165	1020	Samuel Agostinho	-	CAD	Clube Nataçã Rio Maior	36	00:08:13	36	00:33:17	31	00:17:38	00:59:09	00:04:35
26	2130	1004	Nuno Lima	-	S23	Tecnel - CD Águias	35	00:08:11	40	00:33:24	37	00:17:54	00:59:29	00:04:55
27	2124	1013	João Mansos	-	S23	Nutrimania Sports Nutrition/Amorense	17	00:07:50	62	00:33:49	38	00:17:56	00:59:35	00:05:02
28	4711	1016	Marco Sousa	-	V1	Clube de Nataçã de Torres Novas	80	00:09:24	28	00:33:08	16	00:17:10	00:59:42	00:05:09
29	1066	1007	Tiago Pinto	-	CAD	Alhandra Sporting Club	52	00:08:39	50	00:33:34	27	00:17:32	00:59:46	00:05:12
30	1593	1008	Gonçalo Marques	-	JUN	Garmin Olímpico de Oeiras	61	00:08:51	48	00:33:33	22	00:17:26	00:59:51	00:05:17
31	1037	1003	João Lopes	-	CAD	Tecnel - CD Águias	54	00:08:42	52	00:33:37	34	00:17:44	01:00:04	00:05:30

32	3568	1023	Ricardo Rego	-	SEN	Clube de Natação de Torres Novas	34	00:08:10	108	00:34:35	26	00:17:31	01:00:17	00:05:43
33	4627	1015	João Ferreira	-	V1	McDonalds/TriBraga	56	00:08:45	61	00:33:47	35	00:17:46	01:00:19	00:05:45
34	1167	1013	Filipe Santos	-	CAD	Nutrimania Sports Nutrition/Amorense	31	00:07:59	113	00:34:44	30	00:17:36	01:00:20	00:05:47
35	3599	1017	João França Alves	-	SEN	MOTRINDE - Clube dos Galitos	47	00:08:27	78	00:34:02	42	00:18:03	01:00:33	00:06:00
36	1573	1017	José Cabeça	-	JUN	Kainagua	33	00:08:07	100	00:34:29	41	00:18:02	01:00:39	00:06:05
37	1605	1021	Marco Carreira	-	JUN	FET- Fátima Escola de Triatlo	79	00:09:22	31	00:33:12	44	00:18:07	01:00:42	00:06:09
38	2027	1023	Gonçalo Santos	-	S23	AHBE - Bombeiros Estoris	27	00:07:57	101	00:34:29	50	00:18:22	01:00:49	00:06:15
39	2085	1005	João Campos Cunha	-	S23	Clube Triatlo de Perosinho	73	00:09:10	38	00:33:21	46	00:18:17	01:00:49	00:06:15
40	3174	1001	João Daniel Ferreira	-	SEN	Individual	95	00:09:41	70	00:33:54	19	00:17:14	01:00:49	00:06:16
41	5027		Francisco Piñero	-	SEN	X Club Triathlon Morrazo	64	00:08:59	46	00:33:32	49	00:18:21	01:00:53	00:06:19
42	3744	1025	José João Bica	-	SEN	C. N. Colégio Vasco da Gama	12	00:07:43	26	00:32:00	148	00:21:09	01:00:54	00:06:20
43	1649	1005	Tiago Morgado	-	JUN	Clube de Natação de Torres Novas	68	00:09:03	39	00:33:22	56	00:18:42	01:01:08	00:06:35
44	1131	1011	Alexandre França	-	CAD	G. D. R. de Manique de Cima	60	00:08:49	71	00:33:54	52	00:18:26	01:01:10	00:06:37
45	2172	1005	Francisco Cunha	-	S23	Clube Triatlo de Perosinho	67	00:09:02	56	00:33:41	57	00:18:42	01:01:26	00:06:53
46	1152	1011	Rodrigo Pinho	-	CAD	G. D. R. de Manique de Cima	71	00:09:08	42	00:33:28	62	00:18:51	01:01:28	00:06:55
47	3552	1023	João Nuno Martins	-	SEN	Clube Oriental de Lisboa	59	00:08:49	69	00:33:53	60	00:18:46	01:01:29	00:06:55
48	1075	1008	Francisco Luis	-	CAD	Ludens de Machico/El Bom Bom Sport	96	00:09:42	59	00:33:43	43	00:18:07	01:01:32	00:06:59
49	3783	1010	Pedro Batista Vieira	-	SEN	Peniche A. C.	91	00:09:37	82	00:34:05	39	00:17:57	01:01:41	00:07:07
50	1045	1013	David Agostinho	-	CAD	Nutrimania Sports Nutrition/Amorense	46	00:08:25	98	00:34:28	61	00:18:49	01:01:43	00:07:09
51	1585	1012	Sávio Accioly	-	JUN	Sporting CP	62	00:08:51	47	00:33:32	79	00:19:23	01:01:47	00:07:13
52	3840	1014	Tiago Pinho	-	SEN	CFV	184	00:11:06	35	00:33:17	23	00:17:27	01:01:51	00:07:17
53	2115	1005	Filipe Batista	-	S23	Clube Triatlo de Perosinho	2		2		77	00:19:18	01:02:01	00:07:28
54	4146	1015	José Afonso	-	V1	McDonalds/TriBraga	107	00:09:51	53	00:33:39	54	00:18:37	01:02:08	00:07:35
55	4100	1013	Samuel Neves	-	V1	CAPGE	1		1		58	00:18:44	01:02:18	00:07:44
56	4127	1010	Emanuel Marques	-	V3	Assoc. Académica S. Mamede	103	00:09:49	51	00:33:36	70	00:19:02	01:02:28	00:07:55
57	3498	1010	Nuno Vieira	-	SEN	Assoc. Académica S. Mamede	102	00:09:47	89	00:34:15	51	00:18:26	01:02:29	00:07:55
58	3430	1030	Pedro Oliveira	-	SEN	Varzim Sport Club	125	00:10:15	107	00:34:34	32	00:17:39	01:02:30	00:07:56
59	4185	1010	Nuno Barros	-	V1	Assoc. Académica S. Mamede	63	00:08:58	55	00:33:41	100	00:19:52	01:02:31	00:07:58
60	5029		Jesus Figueroa Fernandes	-	SEN	X Club C.A.R. Redondela	90	00:09:37	86	00:34:11	63	00:18:52	01:02:41	00:08:07
61	3318	1015	Leandro Pinto	-	SEN	McDonalds/TriBraga	87	00:09:34	65	00:33:52	75	00:19:16	01:02:43	00:08:09
62	4316	1019	Pablo Menendez	-	V2	Pedalarte Triatlo	78	00:09:19	95	00:34:23	68	00:19:01	01:02:44	00:08:10
63	3421	1030	Hugo Coelho	-	SEN	Varzim Sport Club	160	00:10:45	72	00:33:54	45	00:18:08	01:02:49	00:08:15
64	2029	1016	Pedro Serra	-	S23	Clube de Natação de Torres Novas	55	00:08:44	64	00:33:52	110	00:20:12	01:02:50	00:08:16
65	1002	1008	Gonçalo Luis	-	CAD	Ludens de Machico/El Bom Bom Sport	85	00:09:32	67	00:33:53	80	00:19:25	01:02:51	00:08:17
66	1098	1021	Diogo Vilaça	-	CAD	CERVELO LINCE TRIATHLON	42	00:08:21	109	00:34:36	101	00:19:53	01:02:52	00:08:19
67	2057	1012	Bernardo Guerra	-	S23	Sporting CP	43	00:08:23	105	00:34:32	105	00:20:02	01:02:57	00:08:24

68	3375	1015	Diogo Felisberto	-	SEN	McDonalds/TriBraga	89	00:09:35	74	00:33:57	84	00:19:35	01:03:08	00:08:34
69	1134	1021	Duarte Santos	-	CAD	FET- Fátima Escola de Triatlo	142	00:10:30	41	00:33:25	72	00:19:13	01:03:09	00:08:35
70	1001	1012	Francisco Henriques	-	CAD	Sporting CP	72	00:09:09	49	00:33:33	124	00:20:28	01:03:10	00:08:37
71	3023	1015	Paulo Fernandes	-	SEN	McDonalds/TriBraga	116	00:10:06	54	00:33:39	81	00:19:25	01:03:12	00:08:38
72	3224	1017	Luís Sousa	-	SEN	MOTRINDE - Clube dos Galitos	124	00:10:13	80	00:34:03	67	00:19:00	01:03:17	00:08:43
73	5025		Fábio André	-	SEN	X Não Federado	145	00:10:30	92	00:34:19	53	00:18:28	01:03:18	00:08:44
74	1009	1021	Francisco Sousa	-	CAD	CERVELO LTNCE TRIATHLON	39	00:08:19	94	00:34:22	130	00:20:37	01:03:20	00:08:46
75	4003	1006	João Miguel Nunes	-	V2	Alhandra Sporting Club	134	00:10:23	29	00:33:08	98	00:19:49	01:03:21	00:08:48
76	2111	1001	Bruno Oliveira	-	S23	Individual	84	00:09:32	87	00:34:12	97	00:19:49	01:03:34	00:09:00
77	4218	1002	Paulo Pereira	-	V1	CLUBE ZUPPER	186	00:11:08	43	00:33:28	69	00:19:02	01:03:39	00:09:05
78	3534	1023	Rui Filipe Costa	-	SEN	Porto Runners	176	00:10:57	63	00:33:49	66	00:18:55	01:03:42	00:09:08
79	3502	1001	José Alexandre	-	SEN	Individual	93	00:09:40	120	00:35:07	65	00:18:55	01:03:43	00:09:09
80	3020	1015	Rui Barbosa	-	SEN	Varzim Sport Club	86	00:09:33	110	00:34:37	86	00:19:36	01:03:46	00:09:13
81	3602	1026	Diogo Silva	-	SEN	DURA / Ateneu Artístico Cartaxense	152	00:10:39	68	00:33:53	74	00:19:15	01:03:49	00:09:15
82	1146	1024	António Barata	-	CAD	GCA Donas	118	00:10:08	99	00:34:28	73	00:19:14	01:03:51	00:09:17
83	4793	1018	Paulo Silvestre	-	V1	DURA / Ateneu Artístico Cartaxense	148	00:10:34	45	00:33:30	96	00:19:48	01:03:53	00:09:19
84	1160	1016	Rogério Silva	-	CAD	ETri. Santo António Évora	97	00:09:42	60	00:33:46	125	00:20:29	01:03:59	00:09:25
85	3211	1028	Miguel Ferreira	-	SEN	CAPGE	114	00:09:59	58	00:33:42	118	00:20:20	01:04:02	00:09:28
86	4562	1020	Luís Manuel Rosário	-	V2	S.U.Colarense	83	00:09:30	91	00:34:16	117	00:20:17	01:04:04	00:09:31
87	3715	1010	Pedro Reis	-	SEN	Assoc. Académica S. Mamede	141	00:10:29	131	00:35:40	40	00:18:02	01:04:12	00:09:39
88	4754	1014	Ruben Estima	-	V1	DAR-FERMAQ	174	00:10:55	121	00:35:08	47	00:18:20	01:04:23	00:09:50
89	5033		Jorge Augusto	-	V1	X Não Federado	88	00:09:34	124	00:35:14	90	00:19:37	01:04:26	00:09:53
90	3729	1025	Guilherme Vieira	-	SEN	Varzim Sport Club	140	00:10:28	83	00:34:05	104	00:20:01	01:04:36	00:10:02
91	1600	1016	João Diogo Vieira	-	JUN	Clube de Natação de Torres Novas	92	00:09:38	81	00:34:03	144	00:21:03	01:04:46	00:10:12
92	1071	1018	Bernardo Ferraz	-	CAD	Atlético Clube Montemorense	144	00:10:30	73	00:33:56	119	00:20:20	01:04:47	00:10:14
93	4569	1010	Paulo Costa	-	V1	Assoc. Académica S. Mamede	120	00:10:10	97	00:34:26	111	00:20:12	01:04:49	00:10:15
94	3101	1013	Nuno Veríssimo	-	SEN	Nutrimania Sports Nutrition/Amorense	147	00:10:33	79	00:34:02	112	00:20:13	01:04:49	00:10:16
95	1016	1016	Pedro Pencas	-	CAD	ETri. Santo António Évora	139	00:10:28	32	00:33:15	149	00:21:09	01:04:53	00:10:20
96	4521	1015	Rogério Pires	-	V1	Clube Triatlo Fundação	149	00:10:35	44	00:33:29	142	00:20:57	01:05:02	00:10:29
97	5014		Alberto Gil Riobo	-	SEN	X Club Triatlon Morrasto	146	00:10:31	93	00:34:20	108	00:20:12	01:05:04	00:10:31
98	4480	1002	Pedro Goucha Jorge	-	V3	Sporting CP	104	00:09:49	77	00:34:01	153	00:21:16	01:05:08	00:10:34
99	4275	1027	Pedro Antunes	-	V1	Clube de Natação de Torres Novas	76	00:09:13	112	00:34:38	156	00:21:24	01:05:16	00:10:42
100	3501	1025	Manuel Plantier	-	SEN	DURA / Ateneu Artístico Cartaxense	113	00:09:58	115	00:34:49	128	00:20:34	01:05:22	00:10:49

101	3692	1019	Ricardo Miranda	-	SEN	Pedalarate Triatlo	129	00:10:20	148	00:36:45	48	00:18:21	01:05:27	00:10:53
102	5021		Carlos Silva	-	V1	X Não Federado	165	00:10:48	114	00:34:49	103	00:19:55	01:05:33	00:10:59
103	4284	1004	Emanuel Matos	-	V1	Varzim Sport Club	198	00:11:20	116	00:34:49	82	00:19:25	01:05:36	00:11:02
104	4532	1012	Mário Guedes	-	V1	Sporting CP	158	00:10:44	84	00:34:05	141	00:20:56	01:05:47	00:11:13
105	5016		Alfonso Guzman-Garcia	-	V1	X Club Triatlon Morrazo	131	00:10:20	106	00:34:33	139	00:20:54	01:05:48	00:11:15
106	5123		Nuno Romeu	-	SEN	X Não Federado	122	00:10:10	144	00:36:26	76	00:19:16	01:05:53	00:11:20
107	3208	1013	Rui Trovão	-	SEN	Individual	132	00:10:21	104	00:34:32	145	00:21:03	01:05:57	00:11:24
108	4456	1018	Helder Moringa	-	V2	DURA / Ateneu Artístico Cartaxense	128	00:10:19	137	00:36:01	92	00:19:40	01:06:02	00:11:28
109	4402	1004	Joaquim Carlos Lopes	-	V2	McDonalds/TriBraga	244	00:13:18	128	00:35:36	18	00:17:11	01:06:06	00:11:33
110	1674	1019	Filipe Maia	-	JUN	McDonalds/TriBraga	159	00:10:45	127	00:35:33	102	00:19:54	01:06:13	00:11:40
111	4336	1009	José Calheiros Dias	-	V3	Veteranos do Porto	111	00:09:57	130	00:35:40	146	00:21:04	01:06:41	00:12:08
112	5023		David Piñero	-	SEN	X Club Triatlon Morrazo	166	00:10:50	129	00:35:37	116	00:20:17	01:06:44	00:12:11
113	5034		Jorge Riveiro	-	SEN	X Club Triatlon Morrazo	168	00:10:51	154	00:37:01	64	00:18:52	01:06:46	00:12:12
114	4236	1010	Rui Pena	-	V1	Assoc. Académica S. Mamede	199	00:11:21	37	00:33:20	176	00:22:07	01:06:49	00:12:15
115	3762	1011	Jorge Leonel Ferreira	-	SEN	C. C. D. M. Matosinhos	193	00:11:17	119	00:35:05	126	00:20:31	01:06:54	00:12:20
116	4124	1015	André Peixoto	-	V1	Varzim Sport Club	162	00:10:47	125	00:35:26	137	00:20:47	01:07:00	00:12:27
117	4751	1010	David Almeida Ferreira	-	V1	Assoc. Académica S. Mamede	121	00:10:10	147	00:36:39	115	00:20:15	01:07:05	00:12:32
118	4729		Augusto Almeida	-	V2	Individual	177	00:10:57	126	00:35:32	131	00:20:38	01:07:08	00:12:35
119	3476	1001	Gonçalo Vieira	-	SEN	Individual	207	00:11:35	3		1		01:07:34	00:13:00
120	4193	1010	Luis Correia Ferreira	-	V1	Assoc. Académica S. Mamede	108	00:09:52	181	00:38:15	83	00:19:32	01:07:40	00:13:07
121	3156	1010	Pedro Pereira	-	SEN	Assoc. Académica S. Mamede	100	00:09:47	143	00:36:23	166	00:21:37	01:07:47	00:13:14
122	3165	1015	Bruno Pontes	-	SEN	McDonalds/TriBraga	172	00:10:53	156	00:37:05	99	00:19:51	01:07:51	00:13:18
123	3202	1028	Valter Nogueira	-	SEN	Assoc. Académica S. Mamede	135	00:10:23	138	00:36:08	159	00:21:31	01:08:03	00:13:29
124	3431	1030	João Pedro Laranjeira	-	SEN	H2H CLUB BETTER LIVING	98	00:09:45	179	00:38:11	121	00:20:23	01:08:20	00:13:46
125	5164		Pablo Curras Paredes	-	V1	X Club Triatlon Morrazo	112	00:09:58	123	00:35:14	202	00:23:14	01:08:26	00:13:53
126	3054	1019	Nuno Ribeiro	-	SEN	CLUBE ZUPPER	163	00:10:48	162	00:37:17	122	00:20:26	01:08:32	00:13:58
127	3643	1010	Ricardo Cunha	-	SEN	Assoc. Académica S. Mamede	197	00:11:20	150	00:36:50	120	00:20:23	01:08:34	00:14:00
128	4360	1011	Helder Lopes	-	V2	G. D. R. de Manique de Cima	240	00:12:51	140	00:36:11	93	00:19:41	01:08:44	00:14:10
129	1048	1021	Dinis Andrade	-	CAD	CERVELO LINCE TRIATHLON	123	00:10:11	183	00:38:19	114	00:20:15	01:08:45	00:14:12
130	4282	1001	Jorge Pato Vieira	-	V1	Individual	209	00:11:41	139	00:36:11	147	00:21:05	01:08:58	00:14:24
131	4459	1001	Fernando Magalhães	-	V1	CLUBE ZUPPER	126	00:10:16	149	00:36:47	173	00:21:54	01:08:58	00:14:25
132	3428	1010	Diogo Moreira	-	SEN	Assoc. Académica S. Mamede	58	00:08:47	197	00:38:45	165	00:21:36	01:09:09	00:14:35
133	3640	1005	Tiago Costa	-	SEN	Clube Triatlo de Perosinho	151	00:10:36	134	00:35:47	191	00:22:50	01:09:14	00:14:41

134	3199	1001	Alexandre Ferreira	-	SEN	Assoc. Académica S. Mamede	178	00:10:57	192	00:38:36	95	00:19:41	01:09:16	00:14:42
135	5232		Julio Martinez Rodriguez	-	V2	X Club Triatlon Morrazo	170	00:10:52	152	00:36:54	167	00:21:37	01:09:25	00:14:51
136	4526	1005	António Luz Gomes	-	V1	OEIRAS SPORT CLUBE	137	00:10:26	133	00:35:42	208	00:23:27	01:09:36	00:15:02
137	5019		Carlos Costa	-	SEN	X Não Federado	101	00:09:47	146	00:36:33	203	00:23:15	01:09:37	00:15:03
138	4550	1010	António Gavina	-	V1	Assoc. Académica S. Mamede	181	00:11:03	151	00:36:51	170	00:21:44	01:09:39	00:15:06
139	5017		Bruno Carvalho	-	SEN	X Não Federado	194	00:11:17	141	00:36:12	178	00:22:12	01:09:42	00:15:08
140	4016	1010	Miguel Vieira	-	V1	Assoc. Académica S. Mamede	185	00:11:06	160	00:37:14	157	00:21:29	01:09:50	00:15:16
141	5031		João Manuel Correia	-	V3	X Não Federado	155	00:10:42	135	00:35:50	205	00:23:19	01:09:51	00:15:18
142	5036		Luis Gomes	-	SEN	X Não Federado	57	00:08:47	216	00:40:21	136	00:20:46	01:09:55	00:15:21
143	4090	1019	Joaquim Freitas	-	V1	CLUBE ZUPPER	218	00:11:56	182	00:38:18	94	00:19:41	01:09:56	00:15:23
144	3686	1010	Daniel Oliveira	-	SEN	Assoc. Académica S. Mamede	214	00:11:46	164	00:37:29	134	00:20:43	01:09:59	00:15:25
145	5360	1010	João Pedro Moita	-	SEN	CLUBE ZUPPER	173	00:10:54	217	00:40:22	59	00:18:45	01:10:02	00:15:28
146	4614	1018	Luis Santos	-	V2	Alhandra Sporting Club	156	00:10:43	169	00:37:43	168	00:21:38	01:10:05	00:15:32
147	3758	1014	Celso Moreira	-	SEN	DAR-FERMAQ	182	00:11:04	172	00:37:47	152	00:21:16	01:10:08	00:15:35
148	5279		Martinho Tiago Padrão	-	SEN	X Não Federado	227	00:12:12	161	00:37:15	133	00:20:42	01:10:10	00:15:36
149	5032		João Tinoco	-	SEN	X Não Federado	215	00:11:48	178	00:38:10	109	00:20:12	01:10:10	00:15:36
150	5180		Paulo César Silva	-	SEN	X Não Federado	226	00:12:07	184	00:38:22	106	00:20:06	01:10:36	00:16:02
151	4405	1010	Nelson Ruão	-	V1	Assoc. Académica S. Mamede	115	00:10:02	186	00:38:23	181	00:22:14	01:10:41	00:16:07
152	1140	1023	Carlos André Reis	-	CAD	FET- Fátima Escola de Triatlo	117	00:10:08	153	00:37:00	209	00:23:36	01:10:44	00:16:11
153	4446		Vitor Coelho	-	V1	Individual	210	00:11:42	209	00:39:29	88	00:19:36	01:10:49	00:16:16
154	1023	1025	Dinis Pedrosa	-	CAD	Clube Natação Rio Maior	81	00:09:27	176	00:37:56	207	00:23:26	01:10:51	00:16:17
155	3030	1026	Nuno Silva	-	SEN	Varzim Sport Club	222	00:12:05	175	00:37:56	140	00:20:55	01:10:56	00:16:23
156	4407	1011	Nuno Mendes	-	V1	C. C. D. M. Matosinhos	106	00:09:51	187	00:38:23	187	00:22:44	01:11:00	00:16:26
157	4517	1009	Paulo Rua	-	V1	Veteranos do Porto	138	00:10:27	177	00:38:02	185	00:22:40	01:11:10	00:16:37
158	3766	1017	João Catalão	-	SEN	MOTRINDE - Clube dos Galitos	180	00:11:02	163	00:37:24	195	00:22:59	01:11:26	00:16:52
159	5039		Nuno Pereira	-	SEN	X Não Federado	191	00:11:15	210	00:39:38	129	00:20:35	01:11:30	00:16:56
160	4330	1010	José Fernando Silva	-	V3	Assoc. Académica S. Mamede	208	00:11:40	170	00:37:44	180	00:22:13	01:11:39	00:17:05
161	3297	1010	Miguel Almeida	-	SEN	Assoc. Académica S. Mamede	205	00:11:29	195	00:38:37	160	00:21:32	01:11:39	00:17:05
162	3439	1005	Hugo Correia	-	SEN	Clube Triatlo de Perosinho	213	00:11:46	158	00:37:09	189	00:22:45	01:11:41	00:17:07
163	4349	1028	Vitor Andade	-	V1	CFV	231	00:12:31	174	00:37:55	151	00:21:15	01:11:43	00:17:09
164	5346		Orlando Novais	-	SEN	X Não Federado	169	00:10:51	188	00:38:29	182	00:22:24	01:11:46	00:17:12
165	5013		Helder Rodrigues	-	V1	X Não Federado	220	00:11:59	212	00:39:43	107	00:20:11	01:11:54	00:17:21
166	3076	1026	João Ramos	-	SEN	CLUBE ZUPPER	187	00:11:09	204	00:39:06	172	00:21:51	01:12:07	00:17:33

167	4536	1001	Christophe Ferreira	-	V1	CFV	229	00:12:25	180	00:38:14	169	00:21:40	01:12:20	00:17:47
168	4750	1023	Nuno Mariz	-	V1	Assoc. Académica S. Mamede	183	00:11:05	207	00:39:26	174	00:21:54	01:12:27	00:17:54
169	4009	1010	Eurico Coelho	-	V1	Assoc. Académica S. Mamede	171	00:10:53	136	00:35:50	235	00:25:46	01:12:30	00:17:56
170	4379	1014	Emanuel Posse	-	V1	DAR-FERMAQ	110	00:09:56	155	00:37:02	233	00:25:40	01:12:38	00:18:05
171	3114	1027	José Rodrigues	-	SEN	CERVELO LINCE TRIATHLON	41	00:08:20	193	00:38:36	236	00:25:46	01:12:43	00:18:10
172	5333	1025	Vasco Mesquita	-	CAD	GCA Donas	196	00:11:19	196	00:38:40	199	00:23:08	01:13:08	00:18:34
173	3025	1022	Jorge Barroso	-	SEN	Individual	127	00:10:19	189	00:38:31	220	00:24:30	01:13:21	00:18:48
174	4255	1009	Paulo Castro Rocha	-	V4	Veteranos do Porto	154	00:10:42	173	00:37:55	222	00:24:52	01:13:30	00:18:56
175	4694	1002	Gonçalo Sousa	-	V1	AHBE - Bombeiros Estoris	236	00:12:43	157	00:37:07	216	00:24:06	01:13:56	00:19:23
176	5018		Carlos Aveiro	-	SEN	X Não Federado	230	00:12:31	219	00:40:32	155	00:21:19	01:14:23	00:19:50
177	5603		Alex Ribeiro	-	SEN	X Não Federado	234	00:12:38	221	00:40:59	143	00:21:02	01:14:39	00:20:05
178	3089	1026	Filipe Alves	-	SEN	Açoreana Clube Banif	203	00:11:25	215	00:40:13	198	00:23:05	01:14:44	00:20:11
179	4175	1016	Joaquim Rosado	-	V1	ETri. Santo António Évora	224	00:12:06	199	00:38:48	213	00:23:52	01:14:47	00:20:14
180	4301	1017	Pedro Fardilha	-	V1	MOTRINDE - Clube dos Galitos	119	00:10:09	202	00:39:00	238	00:25:57	01:15:07	00:20:34
181	3728	1025	Pedro Reina	-	SEN	Varzim Sport Club	247	00:13:45	208	00:39:26	177	00:22:07	01:15:19	00:20:46
182	4561	1005	Fernando Socorro	-	V1	Clube Triatlo de Perosinho	195	00:11:18	190	00:38:34	232	00:25:28	01:15:21	00:20:48
183	3155	1027	André Sousa	-	SEN	Clube de Natação de Torres Novas	109	00:09:54	223	00:41:32	215	00:24:04	01:15:31	00:20:58
184	5198		Paulo Domingues	-	V2	X Não Federado	248	00:13:48	214	00:40:12	161	00:21:32	01:15:33	00:21:00
185	4162	1008	Henrique Gonçalves	-	V5	Veteranos do Porto	221	00:12:01	166	00:37:36	239	00:26:00	01:15:37	00:21:04
186	5020		Carlos Neiva	-	V3	X Não Federado	242	00:13:06	213	00:39:51	186	00:22:41	01:15:39	00:21:06
187	4533	1001	Alexandre Monteiro	-	V1	Veteranos do Porto	219	00:11:56	198	00:38:46	223	00:24:57	01:15:40	00:21:06
188	4435	1011	Nuno Barbosa	-	V1	C. C. D. M. Matosinhos	161	00:10:46	159	00:37:11	244	00:27:53	01:15:51	00:21:17
189	4411	1015	Victor Campos	-	V5	DAR-FERMAQ	246	00:13:39	206	00:39:25	197	00:23:04	01:16:09	00:21:36
190	3387	1029	Vítor Barros	-	SEN	Assoc. Académica S. Mamede	206	00:11:32	228	00:42:28	194	00:22:58	01:16:59	00:22:26
191	3104		António José Pinto	-	SEN	Individual	201	00:11:23	211	00:39:39	240	00:26:02	01:17:05	00:22:32
192	5275		Vítor Castro	-	V1	X Não Federado	217	00:11:52	230	00:43:28	192	00:22:53	01:18:14	00:23:40
193	4492	1003	Pedro Miguel Lopes	-	V1	Porto Runners	225	00:12:06	222	00:41:01	228	00:25:14	01:18:23	00:23:49
194	4510	1002	Maurício Rodrigues	-	V1	Varzim Sport Club	241	00:12:55	220	00:40:33	224	00:24:58	01:18:26	00:23:53
195	3800	1026	Rui Neves	-	SEN	CLUBE ZUPPER	239	00:12:51	232	00:44:19	154	00:21:18	01:18:28	00:23:54
196	3285	1029	João Semblano	-	SEN	Porto Runners	133	00:10:22	234	00:44:56	219	00:24:10	01:19:29	00:24:55
197	4730	1023	Júlio Martins	-	V4	Clube Triatlo Fundão	223	00:12:05	227	00:42:25	229	00:25:16	01:19:47	00:25:14
198	4239	1027	Alberto Sousa	-	V3	Assoc. Académica S. Mamede	200	00:11:22	229	00:43:15	227	00:25:10	01:19:48	00:25:14
199	4783	1029	Luis Cruz	-	V1	Varzim Sport Club	245	00:13:31	236	00:45:06	150	00:21:12	01:19:50	00:25:16

200	3813		Lano Valente	-	SEN	Individual	251	00:14:58	231	00:44:13	162	00:21:32	01:20:44	00:26:11
201	4348	1014	Nuno Russo	-	V5	CFV	232	00:12:33	240	00:45:52	184	00:22:32	01:20:58	00:26:25
202	5619		Filipe Nogueira	-	V1	Individual	179	00:10:58	238	00:45:34	226	00:25:02	01:21:35	00:27:02
203	5235		Rui Amorim	-	V3	X Não Federado	157	00:10:44	249	00:50:31	135	00:20:46	01:22:02	00:27:28
204	5028		Ivo Figueiroa	-	SEN	X Não Federado	237	00:12:48	237	00:45:25	217	00:24:06	01:22:19	00:27:46
205	1144	1008	Rodrigo Amoreira	-	CAD	GCA Donas	189	00:11:13	251	00:52:05	163	00:21:34	01:24:54	00:30:21
206	5269		Vítor Carvalho	-	V3	X Não Federado	130	00:10:20	233	00:44:28	249	00:30:21	01:25:10	00:30:36
207	4370	1014	Ulisses Lopes	-	V1	CFV	211	00:11:45	224	00:41:51	251	00:31:40	01:25:17	00:30:43
208	4122	1010	Mateus Tavares	-	V3	Assoc. Académica S. Mamede	243	00:13:11	235	00:44:57	247	00:28:22	01:26:32	00:31:58
209	4578	1023	José Alves	-	V3	Assoc. Académica S. Mamede	235	00:12:39	245	00:48:48	231	00:25:25	01:26:53	00:32:19
210	5714		David Portugal	-	SEN	X Não Federado	238	00:12:50	243	00:47:54	241	00:26:16	01:27:01	00:32:27
211	5262		Tiago Ramalho	-	SEN	X Não Federado	252	00:16:15	244	00:48:25	210	00:23:43	01:28:25	00:33:51
212	1149	1025	Pedro Tavares	-	CAD	Assoc. Académica S. Mamede	204	00:11:26	247	00:49:56	250	00:31:39	01:33:01	00:38:28
213	4126	1010	Nuno Serra	-	V1	Assoc. Académica S. Mamede	202	00:11:24	248	00:49:57	252	00:31:41	01:33:03	00:38:30
	2016	1006	Luis Pedro Ferreira	DNF	S23	Alhandra Sporting Club		00:07:52		00:31:28				-
	3368	1010	Pedro Magalhães	DNF	SEN	Assoc. Académica S. Mamede		00:09:33						-
	1554	1016	Diogo Fernandes	DNF	JUN	ETri. Santo António Évora		00:10:40		00:40:38				-
	1050	1013	Filipe Marques	DNF	CAD	Nutrimania Sports Nutrition/Amorense		00:08:36						-
	2157	1007	Rafael Domingos	DNF	S23	Sport Lisboa e Benfica		00:08:01		00:31:23				-
	5601		Roberto Carlos Fernandez	DNF	V1	Individual		00:10:50						-
	2022	1012	Leonardo Nunes	DNS	S23	Alhandra Sporting Club								-
	4334	1029	Jorge Marques dos Santos	DNS	V2	Assoc. Académica S. Mamede								-
	4352	1011	Emanuel Neves	DNS	V2	C. C. D. M. Matosinhos								-
	4018	1014	Mário Magalhães	DNS	V4	CFV								-
	3335	1029	Rafael Silva	DNS	SEN	CFV								-
	4428	1022	Artur Miranda	DNS	V1	Clube de Natação da Amadora								-
	3613	1002	Rui Pina	DNS	SEN	Clube de Praças da Armada								-
	3530	1018	José Rodrigues	DNS	SEN	DURA / Ateneu Artístico Cartaxense								-
	1636	1016	André Garrido	DNS	JUN	ETri. Santo António Évora								-
	1652	1016	Diogo Matias	DNS	JUN	ETri. Santo António Évora								-
	1138	1011	Miguel Guedelha	DNS	CAD	G. D. R. de Manique de Cima								-
	1651	1024	Ricardo Sousa	DNS	JUN	GCA Donas								-
	4597	1001	Carlos Vieira	DNS	V1	Individual								-

