

Local da Prova: **Esposende**

Data: **02/07/2017**

Hora da Partida: **11:36:50**

Distancias: Natação - 850 m (1 volta)

Ciclismo - 19.800 m (3 voltas)

Corrida - 5.000 m (2 voltas)

### Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
1	100483	5632	Vasco Paiva Vilaca	JUN	Sport Lisboa e Benfica	00:11:11	00:31:04	00:15:18	00:57:33	00:00:00
2	101634	1215	Ricardo Batista	CAD	Clube de Natação de Torres Novas	00:10:50	00:31:23	00:15:28	00:57:41	00:00:08
3	101017	1555	Tiago Fonseca	JUN	Outsystems Olímpico de Oeiras	00:11:14	00:31:00	00:15:56	00:58:10	00:00:37
4	100705	2074	Nuno Ribeiro	S23	Alhandra Sporting Club	00:11:07	00:30:59	00:16:09	00:58:15	00:00:42
5	101733	3757	Pedro Laginha Palma	SEN	Alhandra Sporting Club	00:11:29	00:31:29	00:15:33	00:58:31	00:00:58
6	101174	2015	Luis Lopes	S23	CNCVG	00:11:12	00:30:57	00:16:32	00:58:41	00:01:08
7	102320	2027	Gonçalo Santos	S23	Outsystems Olímpico de Oeiras	00:11:10	00:31:04	00:16:43	00:58:57	00:01:24
8	101614	1088	José Pedro Vieira	CAD	Clube de Natação de Torres Novas	00:11:08	00:31:06	00:16:53	00:59:07	00:01:34
9	100857	2028	Diogo Nóbrega	S23	ACD Jardim da Serra	00:11:19	00:31:30	00:16:21	00:59:10	00:01:37
10	100722	1532	Tiago Pinto	JUN	Alhandra Sporting Club	00:11:25	00:32:41	00:15:37	00:59:43	00:02:10
11	100693	2016	Luís Ferreira	S23	Alhandra Sporting Club	00:11:27	00:31:26	00:17:23	01:00:16	00:02:43
12	102000	1165	Alexandre Ribeiro	CAD	Rio Maior Triatlo	00:11:43	00:32:34	00:16:09	01:00:26	00:02:53
13	100660	1178	Diogo Gonçalves	CAD	Alhandra Sporting Club	00:11:42	00:32:33	00:16:38	01:00:53	00:03:20
14	100778	3253	Pedro Mendes	SEN	Rio Maior Triatlo	00:11:09	00:33:13	00:16:45	01:01:07	00:03:34
15	101758	1510	Miguel Baltazar	JUN	Kainágua	00:11:24	00:33:02	00:16:47	01:01:13	00:03:40
16	100637	1155	André Bôto	CAD	Alhandra Sporting Club	00:11:55	00:33:18	00:16:23	01:01:36	00:04:03
17	100362	1549	Bernardo Aguiar	JUN	Sport Lisboa e Benfica	00:11:16	00:33:15	00:17:16	01:01:47	00:04:14
18	102923	2003	Diogo Silva	S23	Portugal Talentus	00:11:14	00:33:10	00:17:32	01:01:56	00:04:23
19	102442	1164	Xavier Adrião	CAD	Rio Maior Triatlo	00:11:43	00:32:44	00:17:41	01:02:08	00:04:35
20	100675	1196	João Gomes Queirós	CAD	Alhandra Sporting Club	00:12:12	00:34:13	00:16:31	01:02:56	00:05:23
21	100771	1001	João Protásio	CAD	Sport Lisboa e Benfica	00:11:54	00:33:15	00:18:14	01:03:23	00:05:50
22	101378	1129	Miguel Silva	CAD	CAPGE	00:12:04	00:34:09	00:17:17	01:03:30	00:05:57
23	101306	1204	Diogo Ramos	CAD	Associação Naval Amorense	00:11:54	00:33:22	00:18:16	01:03:32	00:05:59
24	0	5339	Edward Macalad	S23	Individual	00:11:53	00:33:32	00:18:14	01:03:39	00:06:06
25	101717	3599	João França	SEN	Clube dos Galitos	00:12:33	00:33:58	00:17:41	01:04:12	00:06:39
26	100990	1121	André Firmino	CAD	Outsystems Olímpico de Oeiras	00:11:59	00:34:24	00:17:59	01:04:22	00:06:49
27	102558	1166	Diogo Serralheiro	CAD	Rio Maior Triatlo	00:12:17	00:34:09	00:17:59	01:04:25	00:06:52
28	102156	1205	João Reis	CAD	FET-Fátima Escola de Triatlo	00:13:18	00:34:18	00:16:59	01:04:35	00:07:02

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#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
29	102111	1594	Dinis Andrade	JUN	ASSOCIAÇÃO LINCE TRIATHLON	00:11:32	00:35:09	00:18:01	01:04:42	00:07:09
30	101309	1519	Filipe Marques	JUN	Associação Naval Amorense	00:12:03	00:34:22	00:18:20	01:04:45	00:07:12
31	101370	1660	João Martins	JUN	CAPGE	00:12:34	00:33:56	00:18:20	01:04:50	00:07:17
32	100424	1169	Gonçalo Oliveira	CAD	Rio Maior Triatlo	00:12:37	00:33:46	00:18:28	01:04:51	00:07:18
33	102560	3744	José Bica	SEN	CNCVG	00:11:49	00:33:45	00:19:19	01:04:53	00:07:20
34	100388	1633	João Teodoro Lopes	JUN	Clube Triatlo de Abrantes	00:12:49	00:33:32	00:18:34	01:04:55	00:07:22
35	102424	1068	Pedro Prioste	CAD	Ludens Machico/Máxima Dinâmica	00:12:33	00:34:03	00:18:25	01:05:01	00:07:28
36	103580	1020	Diogo Mendes	CAD	Clube de Natação de Torres Novas	00:12:02	00:34:37	00:19:06	01:05:45	00:08:12
37	102465	1581	Antonio Barata	JUN	GCA Donas - TRIATLO	00:14:56	00:33:33	00:17:18	01:05:47	00:08:14
38	102394	4598	Nuno Mesquita Abreu	V1	Associação Académica de São Mamede	00:14:34	00:34:11	00:17:07	01:05:52	00:08:19
39	100966	1099	Pedro Sousa	CAD	Andorinha	00:13:49	00:34:41	00:17:30	01:06:00	00:08:27
40	101722	3224	Luís Sousa	SEN	Clube dos Galitos	00:15:27	00:33:10	00:17:28	01:06:05	00:08:32
41	101297	1079	André Lopes	CAD	Associação Naval Amorense	00:11:47	00:35:17	00:19:10	01:06:14	00:08:41
42	104129	1133	Gonçalo Pedro	CAD	Clube Triatlo de Abrantes	00:13:48	00:34:51	00:17:41	01:06:20	00:08:47
43	103786	4555	Rúben Estima	V1	DAR-Recardães	00:14:36	00:34:17	00:17:40	01:06:33	00:09:00
44	103671	4372	João Faria	V2	Clube de Triatlo de Perosinho	00:14:26	00:34:26	00:18:01	01:06:53	00:09:20
45	0	2129	Rodrigo Ladeira	S23	Clube 4 Estilos	00:13:02	00:35:06	00:18:46	01:06:54	00:09:21
46	100165	3174	João Daniel Ferreira	SEN	Portugal Talentus	00:15:23	00:34:49	00:16:42	01:06:54	00:09:21
47	103955	2099	Pedro Urbano	S23	CNCVG	00:15:18	00:34:56	00:16:46	01:07:00	00:09:27
48	104119	1130	Duarte Santos	CAD	Clube Triatlo de Abrantes	00:14:00	00:34:41	00:18:29	01:07:10	00:09:37
49	102132	1116	Antonio Frazão	CAD	FET-Fátima Escola de Triatlo	00:14:05	00:35:02	00:18:11	01:07:18	00:09:45
50	101515	3318	Leandro Pinto	SEN	Mc Donald´s/Tribraga	00:14:03	00:34:51	00:18:36	01:07:30	00:09:57
51	103190	1189	Joao Silva	CAD	Rio Maior Triatlo	00:14:32	00:34:17	00:18:52	01:07:41	00:10:08
52	101792	1066	Ibrahim Da Gama	CAD	Ludens Machico/Máxima Dinâmica	00:13:08	00:35:39	00:19:05	01:07:52	00:10:19
53	101452	3840	Tiago Pinho	SEN	C F Vilacondense	00:17:11	00:34:03	00:16:42	01:07:56	00:10:23
54	100652	1051	Daniel Borda d Água	CAD	Alhandra Sporting Club	00:12:55	00:35:47	00:19:19	01:08:01	00:10:28
55	100462	2150	João Canas	S23	Teleperformance - Os Belenenses	00:14:22	00:34:27	00:19:18	01:08:07	00:10:34
56	101383	4100	Samuel Neves	V1	CAPGE	00:15:25	00:35:01	00:17:47	01:08:13	00:10:40

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#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
57	104203	3919	TIAGO SANTOS	SEN	DAR-Recardães	00:15:39	00:34:46	00:17:51	01:08:16	00:10:43
58	102295	1182	Rafael Mendes	CAD	CNCVG	00:12:44	00:36:26	00:19:11	01:08:21	00:10:48
59	103378	3284	Filipe Carneiro	SEN	Escola do Movimento	00:15:09	00:34:45	00:18:30	01:08:24	00:10:51
60	102017	3442	Bruno Caetano	SEN	Outsystems Olímpico de Oeiras	00:14:39	00:36:48	00:17:13	01:08:40	00:11:07
61	101992	4316	Pablo Menendez	V2	PedalarTE	00:14:06	00:34:59	00:19:35	01:08:40	00:11:07
62	102406	1194	André Lagarto	CAD	Escola Triatlo Santo António Évora	00:14:05	00:34:39	00:19:58	01:08:42	00:11:09
63	103314	1583	Ruben Venancio	JUN	GCA Donas - TRIATLO	00:12:46	00:36:20	00:20:13	01:09:19	00:11:46
64	104405	3987	João Martins	SEN	Clube de Triatlo do Fundão	00:12:58	00:36:04	00:20:18	01:09:20	00:11:47
65	100818	1225	Joao Mateus	CAD	Outsystems Olímpico de Oeiras	00:12:53	00:36:18	00:20:09	01:09:20	00:11:47
66	101057	3368	Pedro Magalhães	SEN	Associação Académica de São Mamede	00:15:11	00:34:53	00:19:19	01:09:23	00:11:50
67	100842	1579	Rodrigo Amoreira	JUN	GCA Donas - TRIATLO	00:15:58	00:34:04	00:19:31	01:09:33	00:12:00
68	104305	3945	Tiago Sousa	SEN	G. D. GOMA	00:16:11	00:35:01	00:18:24	01:09:36	00:12:03
69	100179	3476	Gonçalo Vieira	SEN	CAPGE	00:16:54	00:34:36	00:18:13	01:09:43	00:12:10
70	103296	4850	Pedro Mota	V1	CAPGE	00:14:42	00:35:34	00:19:29	01:09:45	00:12:12
71	101031	4127	Emanuel Marque	V3	Associação Académica de São Mamede	00:15:20	00:34:45	00:19:43	01:09:48	00:12:15
72	101514	4825	Jose Ferreira	V1	Mc Donald's/Tribraga	00:15:49	00:34:14	00:19:47	01:09:50	00:12:17
73	101852	4136	Filipe Mendes	V1	Ateneu Artístico Cartaxense	00:16:00	00:35:42	00:18:15	01:09:57	00:12:24
74	0	5628	Pedro Nunes Santos	V2	Não Federado	00:14:37	00:35:27	00:20:04	01:10:08	00:12:35
75	101486	3758	Celso Moreira	SEN	DAR-Recardães	00:15:53	00:35:30	00:18:57	01:10:20	00:12:47
76	0	5323	Alberto Riobo	V1	Individual	00:16:17	00:35:20	00:18:44	01:10:21	00:12:48
77	0	5571	Nelson Romeu	V1	Não Federado	00:15:27	00:36:20	00:18:40	01:10:27	00:12:54
78	102477	1138	Guilherme Henriques	CAD	Clube Triatlo de Abrantes	00:15:29	00:35:50	00:19:11	01:10:30	00:12:57
79	101688	1624	Pedro Pencas	JUN	Escola Triatlo Santo António Évora	00:14:23	00:34:29	00:21:43	01:10:35	00:13:02
80	0	5518	João Laranjeira	SEN	Não Federado	00:14:54	00:37:23	00:18:19	01:10:36	00:13:03
81	0	5438	Carlos Silva	V1	Não Federado	00:16:47	00:34:50	00:19:12	01:10:49	00:13:16
82	0	5536	josé alexandre	V1	Não Federado	00:14:28	00:37:14	00:19:09	01:10:51	00:13:18
83	103748	4475	Luís Miguel	V1	DAR-Recardães	00:17:26	00:35:28	00:18:01	01:10:55	00:13:22
84	102069	4562	Luís Rosário	V3	GDR Manique de Cima	00:15:13	00:35:08	00:20:35	01:10:56	00:13:23

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85	100903	4336	José Calheiros	V3	Veteranos do Porto	00:14:50	00:35:33	00:20:35	01:10:58	00:13:25
86	101029	3428	Diogo Moreira	SEN	Associação Académica de São Mamede	00:12:55	00:37:25	00:20:39	01:10:59	00:13:26
87	104452	4054	Nuno Silva	V1	DAR-Recardães	00:15:47	00:36:02	00:19:10	01:10:59	00:13:26
88	103584	3580	David Botas	SEN	Escola Triatlo Santo António Évora	00:12:39	00:37:45	00:20:43	01:11:07	00:13:34
89	103766	3630	João Tinoco	SEN	G. D. GOMA	00:16:45	00:35:50	00:18:36	01:11:11	00:13:38
90	104052	3898	Soutinho	SEN	G. D. GOMA	00:17:24	00:35:16	00:18:32	01:11:12	00:13:39
91	102886	3231	João Pires	SEN	Clube Triatlo de Abrantes	00:16:26	00:34:55	00:19:52	01:11:13	00:13:40
92	0	5458	David Rodrigues	CAD	Não Federado	00:14:50	00:37:58	00:18:37	01:11:25	00:13:52
93	101985	3054	Nuno Ribeiro	SEN	Clube Zupper	00:15:45	00:35:57	00:19:44	01:11:26	00:13:53
94	104523	3100	Gonçalo Garcia	SEN	CNCVG	00:12:50	00:36:25	00:22:19	01:11:34	00:14:01
95	103067	1193	Marco Calado	CAD	Escola Triatlo Santo António Évora	00:13:52	00:34:59	00:22:50	01:11:41	00:14:08
96	101629	2029	Pedro Vale da Serra	S23	Clube de Natação de Torres Novas	00:13:58	00:35:09	00:22:53	01:12:00	00:14:27
97	104082	4265	Rui Pedro	V1	Clube Zupper	00:16:55	00:36:04	00:19:02	01:12:01	00:14:28
98	104582	3135	Hugo Silva	SEN	Varzim Sport Club	00:19:18	00:35:16	00:17:54	01:12:28	00:14:55
99	104267	3936	Ruben Matos	SEN	Clube Triatlo de Abrantes	00:13:25	00:38:11	00:21:06	01:12:42	00:15:09
100	0	5581	Nuno Natividade	SEN	Não Federado	00:15:10	00:36:27	00:21:15	01:12:52	00:15:19
101	101396	3208	Rui Trovão	SEN	REPSOL TRIATLO	00:16:51	00:35:42	00:20:21	01:12:54	00:15:21
102	100115	3801	Bruno Toscano	SEN	Clube Oriental de Lisboa	00:15:49	00:38:53	00:18:13	01:12:55	00:15:22
103	103725	4470	João Paulo Ferreira	V3	Paredes Aventura	00:17:04	00:35:53	00:20:00	01:12:57	00:15:24
104	104122	4299	Rui Ramos	V1	G. D. GOMA	00:16:09	00:36:33	00:20:16	01:12:58	00:15:25
105	100630	4114	Alexandre Rico	V1	Alhandra Sporting Club	00:16:14	00:35:07	00:21:54	01:13:15	00:15:42
106	102655	3076	João Ramos	SEN	Clube Zupper	00:18:36	00:35:15	00:19:32	01:13:23	00:15:50
107	103754	3594	Rodrigo Teixeira	SEN	ASSOCIAÇÃO LINCE TRIATHLON	00:17:04	00:36:07	00:20:22	01:13:33	00:16:00
108	101054	4569	Paulo Costa	V2	Associação Académica de São Mamede	00:16:33	00:36:24	00:20:39	01:13:36	00:16:03
109	101508	3165	Bruno Pontes	SEN	Mc Donald's/Tribraga	00:17:44	00:36:56	00:19:03	01:13:43	00:16:10
110	104120	4298	Rui Amorim	V3	Associação Académica de São Mamede	00:16:31	00:36:37	00:20:36	01:13:44	00:16:11
111	101995	3041	Rui Souto	SEN	PedalarTE	00:17:48	00:34:43	00:21:18	01:13:49	00:16:16
112	100230	3548	Paulo Soares	SEN	AJAB Tabuaço	00:19:18	00:36:45	00:18:01	01:14:04	00:16:31

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113	0	5522	Jorge Lemos	SEN	Não Federado	00:16:59	00:35:48	00:21:18	01:14:05	00:16:32
114	101504	3375	Diogo Felisberto	SEN	Mc Donald´s/Tribraga	00:15:34	00:37:07	00:21:35	01:14:16	00:16:43
115	102505	1170	João Pedro Almeida	CAD	GCA Donas - TRIATLO	00:17:14	00:35:20	00:21:54	01:14:28	00:16:55
116	103066	3495	Diogo Madeira	SEN	Associação Académica de São Mamede	00:18:00	00:37:04	00:19:27	01:14:31	00:16:58
117	103914	3791	Ricardo Faria	SEN	LXTRIATHLON	00:15:40	00:38:21	00:20:39	01:14:40	00:17:07
118	0	5514	João Correia	V4	Não Federado	00:17:27	00:35:20	00:22:04	01:14:51	00:17:18
119	103010	1095	Pedro Lagarto	CAD	Escola Triatlo Santo António Évora	00:15:14	00:35:08	00:24:44	01:15:06	00:17:33
120	104416	3991	Jorge Ribeiro	SEN	Associação Académica de São Mamede	00:17:50	00:37:28	00:19:53	01:15:11	00:17:38
121	100678	4699	João bonito	V1	Alhandra Sporting Club	00:17:45	00:37:16	00:20:20	01:15:21	00:17:48
122	101163	4360	Helder Lopes	V2	CNCVG	00:20:10	00:35:58	00:19:25	01:15:33	00:18:00
123	100579	4034	João Madeiras Pereira	V4	OEIRAS SPORT CLUBE	00:16:05	00:35:50	00:23:43	01:15:38	00:18:05
124	0	5203	Iván Vidal	V1	Não Federado	00:21:14	00:33:53	00:20:43	01:15:50	00:18:17
125	0	5586	Pablo Paredes	V2	Não Federado	00:16:38	00:36:28	00:22:57	01:16:03	00:18:30
126	100646	4616	Carlos Borda d Água	V1	Alhandra Sporting Club	00:17:53	00:37:10	00:21:04	01:16:07	00:18:34
127	0	5589	Paulo Silva	V1	Não Federado	00:17:46	00:38:45	00:19:53	01:16:24	00:18:51
128	104142	1150	Filipe Matos	CAD	Clube Triatlo de Abrantes	00:16:00	00:36:55	00:23:30	01:16:25	00:18:52
129	0	5542	João Castro	S23	Não Federado	00:15:31	00:42:06	00:18:55	01:16:32	00:18:59
130	100143	4459	Fernando Magalhães	V1	Clube Zupper	00:15:13	00:38:55	00:22:30	01:16:38	00:19:05
131	103238	3130	Daniel Castro	SEN	C F Vilacondense	00:18:16	00:36:48	00:21:41	01:16:45	00:19:12
132	0	5406	André Saleiro	V1	Não Federado	00:18:19	00:38:06	00:20:28	01:16:53	00:19:20
133	104133	3909	Carlos Aveiro	SEN	REPSOL TRIATLO	00:18:36	00:37:54	00:20:30	01:17:00	00:19:27
134	0	5349	André Guerra	SEN	Não Federado	00:18:29	00:38:35	00:20:19	01:17:23	00:19:50
135	104008	3875	Telmo Barros	SEN	Associação Académica de São Mamede	00:14:56	00:38:20	00:24:12	01:17:28	00:19:55
136	102114	3605	Fábio Veríssimo	SEN	Associação Académica de São Mamede	00:15:56	00:37:20	00:24:13	01:17:29	00:19:56
137	103163	1082	Gonçalo Rodrigues Sargo	CAD	Associação Naval Amorense	00:14:57	00:40:29	00:22:04	01:17:30	00:19:57
138	104007	3874	Hugo Guerra	SEN	C F Vilacondense	00:17:21	00:38:07	00:22:06	01:17:34	00:20:01
139	104387	3979	Eduardo Castro	SEN	Associação Académica de São Mamede	00:16:08	00:39:18	00:22:15	01:17:41	00:20:08
140	101552	4521	Rogério Pires	V2	Clube de Triatlo do Fundão	00:19:15	00:35:23	00:23:04	01:17:42	00:20:09

Local da Prova: **Esposende**

Data: **02/07/2017**

Hora da Partida: **11:36:50**

Distancias: Natação - 850 m (1 volta)

Ciclismo - 19.800 m (3 voltas)

Corrida - 5.000 m (2 voltas)

### Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
141	101534	4190	António Catarino	V3	Clube de Triatlo do Fundão	00:18:55	00:36:53	00:21:57	01:17:45	00:20:12
142	103321	4860	Renato Araújo	V2	Individual	00:18:41	00:37:45	00:21:42	01:18:08	00:20:35
143	0	5552	Julio Rodriguez	V2	Não Federado	00:17:21	00:37:38	00:23:11	01:18:10	00:20:37
144	104475	4091	Rui Pinheiro	V1	Clube Desportivo Escola Santana	00:21:41	00:36:54	00:19:44	01:18:19	00:20:46
145	103966	4966	David Martins Pires	V1	Veteranos do Porto	00:16:51	00:40:08	00:21:24	01:18:23	00:20:50
146	103518	4053	Filipe Nogueira	V1	Individual	00:16:30	00:38:58	00:22:57	01:18:25	00:20:52
147	102817	1171	Diogo Mota	CAD	Escola Triatlo Santo António Évora	00:15:40	00:40:28	00:22:28	01:18:36	00:21:03
148	103742	4964	José Figueiredo	V1	Individual	00:18:06	00:40:39	00:20:27	01:19:12	00:21:39
149	0	5549	José Gonçalves	V2	Não Federado	00:18:10	00:41:10	00:19:59	01:19:19	00:21:46
150	0	5587	Paulino	SEN	Não Federado	00:18:23	00:41:00	00:20:08	01:19:31	00:21:58
151	0	5657	Rui Trigueiro	SEN	Não Federado	00:18:45	00:37:44	00:23:06	01:19:35	00:22:02
152	102596	4101	Carlos Soares	V3	C F Vilacondense	00:19:34	00:38:31	00:21:35	01:19:40	00:22:07
153	104477	3049	Ricardo Pereira	SEN	Individual	00:18:21	00:41:33	00:20:29	01:20:23	00:22:50
154	103068	1032	Tiago Barbosa	CAD	Escola Triatlo Santo António Évora	00:15:16	00:41:43	00:23:39	01:20:38	00:23:05
155	0	5543	José Filipe Freitas	V1	Não Federado	00:19:52	00:40:31	00:20:30	01:20:53	00:23:20
156	104369	4686	Carlo Giacomello	V2	Individual	00:19:28	00:38:56	00:22:57	01:21:21	00:23:48
157	102182	1143	André Matos	CAD	Clube Triatlo de Abrantes	00:15:45	00:39:21	00:26:22	01:21:28	00:23:55
158	104262	3935	JUAN CARLOS	SEN	Pedalarte	00:17:28	00:41:14	00:22:46	01:21:28	00:23:55
159	100102	4533	Alexandre Monteiro	V2	Veteranos do Porto	00:18:13	00:38:32	00:25:11	01:21:56	00:24:23
160	104548	3116	Rui da Silva	SEN	Individual	00:19:46	00:38:17	00:24:08	01:22:11	00:24:38
161	103740	5663	Paulo Rola	SEN	Sporting Clube de Espinho	00:16:55	00:42:16	00:23:06	01:22:17	00:24:44
162	102532	3728	Pedro Reina	SEN	Varzim Sport Club	00:20:53	00:40:41	00:21:00	01:22:34	00:25:01
163	101030	4992	Miguel Almeida	V1	Associação Académica de São Mamede	00:19:12	00:41:29	00:22:02	01:22:43	00:25:10
164	0	5649	Pedro Oliveira	V1	Não Federado	00:20:56	00:41:19	00:20:47	01:23:02	00:25:29
165	0	5568	miguel pereira	V2	Não Federado	00:21:41	00:40:45	00:20:43	01:23:09	00:25:36
166	0	5575	Nuno Magalhães	V2	Não Federado	00:16:02	00:46:01	00:21:32	01:23:35	00:26:02
167	104386	3978	Rui Leite	SEN	Associação Académica de São Mamede	00:19:40	00:42:43	00:21:34	01:23:57	00:26:24
168	0	5348	André Costa	SEN	Não Federado	00:19:50	00:41:03	00:23:07	01:24:00	00:26:27

Local da Prova: **Esposende**

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Hora da Partida: **11:36:50**

Distancias: Natação - 850 m (1 volta)

Ciclismo - 19.800 m (3 voltas)

Corrida - 5.000 m (2 voltas)

### Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
169	104047	4207	Victor Campos	V5	DAR-Recardães	00:21:10	00:39:35	00:23:22	01:24:07	00:26:34
170	0	5405	André Pereira	SEN	Não Federado	00:21:19	00:40:45	00:22:29	01:24:33	00:27:00
171	0	5555	Manuel Fonseca	SEN	Não Federado	00:17:16	00:44:36	00:23:16	01:25:08	00:27:35
172	104593	4305	José Carlos Ramalho	V3	G. D. GOMA	00:18:46	00:43:17	00:23:13	01:25:16	00:27:43
173	0	5630	João Maia	SEN	Não Federado	00:19:08	00:41:19	00:25:14	01:25:41	00:28:08
174	104081	3902	Pedro Rodrigues	SEN	Clube Zupper	00:18:45	00:44:01	00:22:59	01:25:45	00:28:12
175	103131	4604	Tiago Pratas	V1	Individual	00:19:05	00:46:20	00:20:58	01:26:23	00:28:50
176	103935	4945	João Pedro Pereira	V1	Individual	00:18:09	00:42:57	00:25:22	01:26:28	00:28:55
177	0	5625	Pedro Miguel Santos	SEN	Não Federado	00:22:24	00:42:35	00:21:38	01:26:37	00:29:04
178	103181	3042	Eduardo Pinto	SEN	Associação Académica de São Mamede	00:17:59	00:44:59	00:24:55	01:27:53	00:30:20
179	0	5495	Hugo	SEN	Não Federado	00:22:14	00:42:43	00:23:17	01:28:14	00:30:41
180	102952	5821	Jorge Santos	V3	Sporting Clube de Espinho	00:19:14	00:41:46	00:27:29	01:28:29	00:30:56
181	100911	4255	Paulo de Castro Rocha	V4	Veteranos do Porto	00:17:59	00:42:39	00:28:10	01:28:48	00:31:15
182	101453	4370	Ulisses Lopes	V1	C F Vilacondense	00:18:17	00:41:02	00:29:29	01:28:48	00:31:15
183	0	5588	Paulo Pereira	V1	Não Federado	00:20:20	00:46:27	00:23:13	01:30:00	00:32:27
184	0	5590	Pedro Cavalheiro	V1	Não Federado	00:19:21	00:47:43	00:24:02	01:31:06	00:33:33
185	103996	3868	Tiago Barbosa	SEN	Associação Académica de São Mamede	00:20:26	00:47:32	00:24:12	01:32:10	00:34:37
186	102942	3333	Nuno Cunha Gomes	SEN	Associação Académica de São Mamede	00:19:39	00:47:41	00:25:57	01:33:17	00:35:44
187	103854	4674	Nelson Ramos	V3	Sporting Clube de Espinho	00:21:18	00:51:53	00:23:06	01:36:17	00:38:44
188	101040	4122	Mateus Tavares	V3	Associação Académica de São Mamede	00:21:16	00:45:48	00:30:32	01:37:36	00:40:03
189	100899	4162	Henrique Gonçalves	V5	Veteranos do Porto	00:22:22	00:43:47	00:32:42	01:38:51	00:41:18
190	0	5445	Cristiano Pinto	SEN	Não Federado	00:29:45	00:42:46	00:26:25	01:38:56	00:41:23
191	104538	4170	Mário Leandro	V2	Associação Académica de São Mamede	00:22:50	00:49:20	00:28:33	01:40:43	00:43:10
192	0	5431	Antonio Vieira	V4	Não Federado	00:21:25	00:47:51	00:31:58	01:41:14	00:43:41
193	0	5621	David Campos	V1	Não Federado	00:29:39	00:51:43	00:34:24	01:55:46	00:58:13
DNF	102691	4599	José Rodrigues	V3	Associação Académica de São Mamede	00:22:10	-	-	DNF	