

Local da Prova: **Régua**

Data: **26/08/2018**

Hora da Partida: **10:00:58**

Distancias: Natação - 1900m

Ciclismo - 9000m

Corrida - 21100m

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100813	3873	João Francisco Ferreira	25-29	Estoril Praia Triatlo	00:27:05	00:00:52	02:18:25	00:00:45	01:20:53	04:08:00	00:00:00
2	100334	3053	Sergio Marques	35-39	CNATRIL Triatlo	00:29:25	00:00:58	02:16:01	00:00:55	01:23:42	04:11:01	00:03:01
3	101081	3282	Márcio das Neves	35-39	Peniche A. C.	00:28:07	00:01:19	02:17:05	00:00:48	01:30:32	04:17:51	00:09:51
4	104009	3876	Mário Rocha	25-29	Clube dos Galitos	00:28:09	00:01:09	02:18:20	00:00:44	01:32:41	04:21:03	00:13:03
5	101095	4524	Valdo das Neves	40-44	Peniche A. C.	00:29:19	00:01:37	02:24:07	00:01:31	01:25:52	04:22:26	00:14:26
6	104015	4997	Marcus Ornellas	45-49	Louletano	00:27:12	00:01:02	02:18:14	00:01:00	01:36:55	04:24:23	00:16:23
7	101520	5067	Tiago Lobo	40-44	Mc Donald's/Tribraga	00:30:12	00:01:12	02:23:48	00:01:00	01:28:40	04:24:52	00:16:52
8	103020	3430	Pedro Oliveira	30-34	CNATRIL Triatlo	00:33:51	00:01:58	02:22:13	-	-	04:25:35	00:17:35
9	104663	4609	Luis Mira Nunes	45-49	Individual	00:34:35	00:01:31	02:21:18	00:01:11	01:29:32	04:28:07	00:20:07
10	101340	3105	João Fragoso	35-39	Associação Naval Amorense	00:32:37	00:01:29	02:27:38	00:01:21	01:27:06	04:30:11	00:22:11
11	100598	2584	André Duarte	20-24	Tri-Oeste	00:32:35	00:01:38	02:28:42	00:00:46	01:26:58	04:30:39	00:22:39
12	101866	4894	Rui Costa	40-44	Exército de Portugal	00:35:48	00:01:35	02:23:17	00:01:16	01:29:14	04:31:10	00:23:10
13	100825	3400	Marco Costa	35-39	Outsystems Olímpico de Oeiras	00:32:51	00:01:31	02:30:07	00:00:48	01:26:36	04:31:53	00:23:53
14	101071	4001	David Caldeirão	45-49	Louletano	00:29:18	00:01:10	02:24:35	00:01:06	01:36:39	04:32:48	00:24:48
15	103128	3232	David Coelho	35-39	SFRAA TRIATLO	00:38:32	00:01:17	02:25:48	00:00:51	01:29:12	04:35:40	00:27:40
16	102323	5745	Hugo Pina	35-39	CNCVG	00:30:07	00:01:27	02:31:37	00:00:58	01:32:00	04:36:09	00:28:09
17	104783	3499	João Pedro Gomes	35-39	CNATRIL Triatlo	00:32:43	00:02:29	02:18:41	00:01:04	01:42:25	04:37:22	00:29:22
18	100588	3261	Nuno Preciado	30-34	SFRAA TRIATLO	00:33:53	00:01:43	02:30:41	00:01:11	01:30:06	04:37:34	00:29:34
19	100894	3141	Luís Fernandes	35-39	CPArmada	00:38:38	00:02:05	02:25:53	00:00:50	01:30:30	04:37:56	00:29:56
20	102120	4337	Paulo Martins	40-44	Sporting Clube de Espinho	00:39:16	00:02:20	02:24:47	00:01:36	01:31:18	04:39:17	00:31:17
21	100793	4032	Carlos Gomes	55-59	Outsystems Olímpico de Oeiras	00:36:07	00:02:12	02:28:38	00:00:58	01:31:34	04:39:29	00:31:29
22	101833	4033	José Lino	45-49	Núcleo do Sporting da Golegã	00:32:24	00:01:24	02:30:00	00:00:54	01:35:43	04:40:25	00:32:25
23	100787	2556	Afonso Garcia	20-24	Outsystems Olímpico de Oeiras	00:25:34	00:02:46	02:35:07	00:01:00	01:36:18	04:40:45	00:32:45
24	100987	4200	Paulo Margarido	50-54	G.D. Corticeiras	00:31:54	00:01:21	02:36:10	00:00:51	01:30:37	04:40:53	00:32:53
25	100603	4017	João Pedro Fulgêncio	40-44	Teleperformance - Os Belenenses	00:32:26	00:01:25	02:24:12	-	-	04:41:15	00:33:15
26	100819	3296	Jorge Duarte	35-39	CPArmada	00:31:35	00:01:44	02:21:46	00:01:05	01:45:15	04:41:25	00:33:25
27	102222	3815	Ricardo Rosado	30-34	Núcleo do Sporting da Golegã	00:31:13	00:01:24	02:25:23	00:00:39	01:43:42	04:42:21	00:34:21
28	101811	4151	António Calafate	50-54	Núcleo do Sporting da Golegã	00:29:24	00:01:20	02:24:31	00:01:07	01:46:03	04:42:25	00:34:25

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Distancias: Natação - 1900m

Ciclismo - 90000m

Corrida - 21100m

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	100607	4321	Luís Duarte	45-49	Tri-Oeste	00:32:20	00:01:22	02:31:24	00:01:00	01:36:24	04:42:30	00:34:30
30	101964	3837	Nelson Mestre	35-39	Lusitano FC / Frusoal	00:31:14	00:01:10	02:27:18	00:01:13	01:43:33	04:44:28	00:36:28
31	101971	3162	Carlos Duarte	35-39	CCD / INTERMARCHÉ LAGOS	00:32:59	00:01:32	02:32:27	00:00:47	01:37:08	04:44:53	00:36:53
32	103845	4596	Pedro Fortunato	40-44	Estoril Praia Triatlo	00:35:21	00:01:29	02:28:05	00:01:05	01:38:59	04:44:59	00:36:59
33	103047	4613	Marco Carmo	40-44	CCD / INTERMARCHÉ LAGOS	00:32:49	00:01:48	02:31:21	00:00:55	01:38:10	04:45:03	00:37:03
34	103970	3855	Fernando Matias	35-39	Lusitano FC / Frusoal	00:37:32	00:01:27	02:24:10	00:01:12	01:40:48	04:45:09	00:37:09
35	103079	3824	João Rebelo	25-29	Lusitano - Setúbal	00:31:55	00:02:06	02:34:10	00:00:58	01:37:06	04:46:15	00:38:15
36	103463	3369	Ildefonso Mendonça	30-34	CPArmada	00:33:13	00:01:32	02:28:45	00:00:48	01:42:20	04:46:38	00:38:38
37	102367	4179	Marco Vieira	40-44	Outsystems Olímpico de Oeiras	00:32:14	00:01:18	02:24:38	-	-	04:48:42	00:40:42
38	100193	4347	Miguel Miranda	45-49	Individual	00:34:04	00:01:51	02:26:59	00:00:52	01:46:08	04:49:54	00:41:54
39	101967	3621	Tiago Cristo	30-34	Lusitano FC / Frusoal	00:33:22	00:01:30	02:37:08	00:01:13	01:37:29	04:50:42	00:42:42
40	102878	3202	Valter Nogueira	35-39	Associação Académica de São Mamede	00:35:25	00:01:45	02:33:37	00:01:09	01:39:04	04:51:00	00:43:00
41	0	5722	Daniel Martínez Gómez	25-29	Não Federado	00:33:50	00:01:45	02:37:27	00:01:15	01:37:26	04:51:43	00:43:43
42	103696	3523	Luis Ferreira	30-34	Núcleo do Sporting da Golegã	00:36:31	00:01:42	02:37:32	00:00:52	01:35:26	04:52:03	00:44:03
43	100578	4703	Henrique Matias	40-44	CNATRIL Triatlo	00:32:57	00:02:05	02:28:10	00:01:25	01:48:44	04:53:21	00:45:21
44	103624	3657	Carlos Vieira	35-39	Sporting Clube de Espinho	00:40:43	00:02:45	02:24:57	00:00:58	01:44:36	04:53:59	00:45:59
45	103956	4961	Ricardo Santos	45-49	CNCVG	00:38:54	00:02:08	02:34:20	00:01:12	01:37:48	04:54:22	00:46:22
46	104460	4080	Ivo Carvalho	40-44	Clube dos Galitos	00:32:23	00:01:33	02:31:43	00:01:13	01:48:35	04:55:27	00:47:27
47	102316	3393	Tiago Amado	35-39	Individual	00:37:35	00:01:27	02:32:13	00:01:13	01:44:53	04:57:21	00:49:21
48	101450	3817	Pedro Ventura	35-39	Paredes Aventura	00:35:58	00:03:09	02:42:59	00:01:31	01:33:46	04:57:23	00:49:23
49	104830	5742	Rui Fonseca	40-44	SERUL	00:33:00	00:02:22	02:40:55	00:01:57	01:39:36	04:57:50	00:49:50
50	105008	5092	Wesley Trigg	40-44	Estoril Praia Triatlo	00:36:16	00:03:03	02:40:41	00:01:21	01:36:47	04:58:08	00:50:08
51	101845	4012	Rui Sousa	45-49	Núcleo do Sporting da Golegã	00:33:18	00:01:36	02:39:30	00:02:11	01:41:53	04:58:28	00:50:28
52	101332	4394	Pedro Mega Jorge	50-54	Associação Naval Amorense	00:33:06	00:02:23	02:35:46	00:01:10	01:46:29	04:58:54	00:50:54
53	102824	3182	Rui Lucas	25-29	Peniche A. C.	00:36:07	00:01:44	02:41:33	00:01:07	01:39:01	04:59:32	00:51:32
54	101703	5036	António Moreira	40-44	Clube dos Galitos	00:35:55	00:01:55	02:41:10	00:01:15	01:39:21	04:59:36	00:51:36
55	101824	4814	Gonçalo Resina	40-44	Núcleo do Sporting da Golegã	00:38:50	00:02:01	02:34:57	00:01:14	01:42:50	04:59:52	00:51:52
56	105300	3525	Vasco Rijo	30-34	Exército de Portugal	00:29:14	00:02:04	02:36:57	00:01:10	01:52:17	05:01:42	00:53:42

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Corrida - 21100m

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
57	104203	3919	Tiago Santos	30-34	DAR-Recardães	00:33:56	00:01:18	02:32:29	00:01:00	01:53:07	05:01:50	00:53:50
58	104702	3291	Gonçalo Antunes	30-34	Individual	00:37:00	00:02:31	02:36:13	00:01:42	01:45:57	05:03:23	00:55:23
59	105390	5195	Carlos Rosário	40-44	REPSOL TRIATLO	00:35:16	00:01:58	02:37:08	00:01:15	01:48:57	05:04:34	00:56:34
60	101959	3557	David Costa	35-39	Lusitano FC / Frusoal	00:34:35	00:02:17	02:33:47	00:01:16	01:53:14	05:05:09	00:57:09
61	102119	4736	Nuno Fernandes	40-44	Sporting Clube de Espinho	00:38:58	00:01:55	02:32:06	00:01:46	01:50:37	05:05:22	00:57:22
62	103450	3354	Alexandre Dias	30-34	Individual	00:37:27	00:02:19	02:33:43	00:02:04	01:52:07	05:07:40	00:59:40
63	105444	3604	Miguel Ferreira	35-39	Individual	00:34:00	00:01:43	02:31:44	00:01:23	01:59:07	05:07:57	00:59:57
64	100748	3218	Pedro Miguel Machado	30-34	Sport Algés e Dafundo	00:32:36	00:02:12	02:40:32	00:01:27	01:51:17	05:08:04	01:00:04
65	103874	3773	Adriano Luz Domingos	30-34	REPSOL TRIATLO	00:35:40	00:02:20	02:41:25	00:01:09	01:47:38	05:08:12	01:00:12
66	100728	4147	Fernando Carmo	50-54	Sport Algés e Dafundo	00:35:33	00:01:44	02:27:42	00:01:28	02:03:18	05:09:45	01:01:45
67	101054	4569	Paulo Costa	45-49	Associação Académica de São Mamede	00:31:46	00:01:18	02:50:46	00:02:09	01:43:49	05:09:48	01:01:48
68	104082	4265	Rui Pedro	45-49	Clube Zupper	00:39:33	00:02:25	02:43:27	00:01:13	01:43:33	05:10:11	01:02:11
69	100293	4247	Fernando Damas	65-69	CCD / INTERMARCHÉ LAGOS	00:39:29	00:01:41	02:34:33	00:01:32	01:53:13	05:10:28	01:02:28
70	101038	3590	João Moita	35-39	Associação Beat Your Limit!	00:35:42	00:02:19	02:40:29	00:01:21	01:50:38	05:10:29	01:02:29
71	102611	3602	Diogo Filipe Silva	30-34	Peniche A. C.	00:33:00	00:01:16	02:51:02	00:01:28	01:46:26	05:13:12	01:05:12
72	102586	4095	Fernando Salvador	40-44	Paredes Aventura	00:39:34	00:02:59	02:35:28	00:01:28	01:53:48	05:13:17	01:05:17
73	102462	3637	Filipe Dias	30-34	AMICICLO GRÂNDOLA	00:30:07	00:01:24	02:36:46	00:01:29	02:03:34	05:13:20	01:05:20
74	103793	3660	Pedro Mendes	30-34	Individual	00:41:06	00:02:09	02:38:32	00:01:01	01:50:51	05:13:39	01:05:39
75	101486	3758	Celso Moreira	35-39	DAR-Recardães	00:35:47	00:01:41	02:38:22	00:00:59	01:57:17	05:14:06	01:06:06
76	104416	3991	Jorge Ribeiro	30-34	Associação Académica de São Mamede	00:37:54	00:02:26	02:48:53	00:01:20	01:43:35	05:14:08	01:06:08
77	100580	3491	João Martins	30-34	SFRAA TRIATLO	00:33:40	00:01:28	02:44:41	00:01:05	01:53:50	05:14:44	01:06:44
78	102356	5420	Rui Costa	40-44	Porto Runners	00:38:49	00:01:55	02:50:16	00:00:57	01:43:09	05:15:06	01:07:06
79	100120	4461	Carlos Dias	55-59	AMICICLO GRÂNDOLA	00:36:01	00:02:16	02:37:27	00:02:32	01:59:43	05:17:59	01:09:59
80	104021	4154	Alexandre Barbosa	45-49	Paredes Aventura	00:45:19	00:03:44	02:35:35	00:02:59	01:51:19	05:18:56	01:10:56
81	103179	4525	Jorge Carvalho	45-49	Clube Oriental de Lisboa	00:39:05	00:02:24	02:41:59	00:01:28	01:54:33	05:19:29	01:11:29
82	104778	3460	João Ribeiro	35-39	Sporting Clube de Espinho	00:39:31	00:03:10	02:40:47	00:01:47	01:56:25	05:21:40	01:13:40
83	103878	4923	António Martins	45-49	REPSOL TRIATLO	00:48:16	00:02:45	02:35:15	00:02:12	01:53:39	05:22:07	01:14:07
84	101738	3600	Ricardo Carvalho	35-39	Clube dos Galitos	00:36:28	00:01:58	02:41:18	00:00:57	02:01:57	05:22:38	01:14:38

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Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
85	103725	4470	João Paulo Ferreira	50-54	Paredes Aventura	00:38:43	00:02:11	02:49:18	00:01:16	01:53:04	05:24:32	01:16:32
86	0	5614	Brendan Cryan	35-39	Não Federado	00:37:45	00:02:34	02:35:16	00:02:03	02:07:19	05:24:57	01:16:57
87	100136	3348	Edinson Sanchez	35-39	Individual	00:37:49	00:02:10	02:37:35	00:01:44	02:06:21	05:25:39	01:17:39
88	105297	5164	Miguel Magalhães	40-44	Sporting Clube de Espinho	00:38:56	00:03:54	02:57:36	00:01:49	01:44:40	05:26:55	01:18:55
89	103800	3691	Tiago Amaral	35-39	Paredes Aventura	00:33:52	00:02:57	02:52:20	00:01:27	01:56:55	05:27:31	01:19:31
90	105384	3573	Nuno Alcides	35-39	G. D. GOMA	00:36:12	00:02:10	02:41:59	00:01:53	02:06:05	05:28:19	01:20:19
91	104646	4528	Gabriel Alves	50-54	3B - triatlo	00:39:54	00:03:23	02:49:19	00:02:28	01:53:24	05:28:28	01:20:28
92	101051	3321	Nuno Pinto	30-34	SFRAA TRIATLO	00:33:54	00:01:36	02:47:29	00:01:13	02:04:19	05:28:31	01:20:31
93	0	5724	João Cordeiro	25-29	Não Federado	00:39:08	00:02:29	02:56:49	00:01:08	01:50:05	05:29:39	01:21:39
94	0	5659	Ricardo R. Pereira	45-49	Não Federado	00:40:05	00:02:42	02:41:26	00:01:43	02:04:08	05:30:04	01:22:04
95	101410	4039	José Varela	60-64	Louletano	00:40:46	00:02:58	02:46:26	00:01:15	01:59:03	05:30:28	01:22:28
96	103224	4986	Pedro Gomes Ferreira	40-44	AMCR Fonte Grada	00:35:12	00:02:41	02:54:46	00:01:49	01:56:50	05:31:18	01:23:18
97	100903	4336	José Calheiros	50-54	Veteranos do Porto	00:34:17	00:01:53	03:02:02	00:01:04	01:52:34	05:31:50	01:23:50
98	101857	3530	José Rodrigues	35-39	Exército de Portugal	00:38:15	00:02:12	02:59:45	00:01:09	01:51:30	05:32:51	01:24:51
99	103865	3771	Nuno Afonso	35-39	Veteranos do Porto	00:39:33	00:02:14	02:49:20	00:01:22	02:02:50	05:35:19	01:27:19
100	104915	5028	Rui Gaspar	40-44	Associação Humanitária de Bombeiros dos Estor	00:36:22	00:02:39	02:39:57	00:02:17	02:14:37	05:35:52	01:27:52
101	103178	4554	Joao Cunha Ferreira	50-54	Individual	00:46:44	00:05:38	03:11:30	00:05:50	01:26:30	05:36:12	01:28:12
102	102519	4794	Filipe Ramos	45-49	Triatlo SUColarens	00:35:51	00:01:50	02:50:36	00:02:07	02:06:49	05:37:13	01:29:13
103	102913	4670	António Sousa	40-44	Lusitano - Setúbal	00:38:28	00:02:21	02:59:58	00:01:24	01:56:16	05:38:27	01:30:27
104	104031	3889	Vitor Tavares	35-39	Exército de Portugal	00:43:20	00:02:23	02:54:35	00:01:03	01:57:20	05:38:41	01:30:41
105	103674	4109	Miguel Silva	40-44	AMICICLO GRÂNDOLA	00:38:47	00:02:21	02:49:26	00:01:49	02:08:26	05:40:49	01:32:49
106	101522	4629	António Jorge Martinho	50-54	Clube Oriental de Lisboa	00:33:04	00:02:21	03:00:52	00:01:30	02:03:28	05:41:15	01:33:15
107	103307	4854	Paulo Renato Marques	50-54	Associação Humanitária de Bombeiros dos Estoris	00:37:52	00:03:14	02:54:23	00:02:02	02:05:17	05:42:48	01:34:48
108	100525	2608	Filipe Baptista	20-24	Sporting Clube de Espinho	00:29:26	00:01:12	02:39:35	00:00:56	02:32:40	05:43:49	01:35:49
109	103857	4681	André Medas	40-44	Sporting Clube de Espinho	00:43:03	00:03:28	03:00:51	00:01:59	01:55:01	05:44:22	01:36:22
110	104414	4746	André Aguiar	40-44	Associação Académica de São Mamede	00:38:00	00:02:41	03:04:06	00:01:18	01:58:42	05:44:47	01:36:47
111	104813	5206	Diogo Vieira	40-44	Clube dos Galitos	00:43:11	00:03:09	02:48:18	00:01:34	02:08:55	05:45:07	01:37:07
112	104639	4410	Carlos Vitorino	50-54	Clube Triatlo de Abrantes	00:40:55	00:01:56	02:50:50	00:01:22	02:11:47	05:46:50	01:38:50

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Corrida - 21100m

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
113	103321	4860	Renato Araújo	50-54	Individual	00:39:32	00:02:52	02:59:21	00:01:42	02:03:59	05:47:26	01:39:26
114	104675	4619	Paulo Marques	45-49	Associação Académica de São Mamede	00:44:20	00:03:34	03:03:17	00:01:28	01:55:00	05:47:39	01:39:39
115	100910	4517	Paulo Rua	45-49	Veteranos do Porto	00:36:34	00:03:50	02:50:00	00:02:16	02:16:10	05:48:50	01:40:50
116	103856	4676	Viriato Gil	45-49	Sporting Clube de Espinho	00:48:57	00:04:51	02:48:53	00:02:06	02:04:36	05:49:23	01:41:23
117	103127	4424	Manuel Gomes	55-59	Teleperformance - Os Belenenses	00:42:51	00:03:14	03:09:41	00:02:02	01:53:51	05:51:39	01:43:39
118	105426	2606	Pedro Pacheco	20-24	Paredes Aventura	00:33:04	00:02:35	02:55:01	00:01:35	02:20:02	05:52:17	01:44:17
119	104617	3189	João Morais	35-39	Estoril Praia Triatlo	00:32:22	00:01:49	02:52:16	00:01:34	02:25:09	05:53:10	01:45:10
120	101567	4249	Luís Cipriano	45-49	AMCR Fonte Grada	00:40:22	00:01:32	02:59:57	00:01:17	02:10:05	05:53:13	01:45:13
121	103445	3343	Eduardo Rovisco	30-34	Teleperformance - Os Belenenses	00:43:43	00:02:36	02:45:01	00:01:27	02:22:40	05:55:27	01:47:27
122	105139	5113	Diogo Pina Pereira	40-44	Clube Millenniumbcp	00:36:48	00:02:23	03:07:09	00:03:22	02:06:58	05:56:40	01:48:40
123	101529	4346	Jorge Carreiras	50-54	Clube Oriental de Lisboa	00:45:23	00:02:28	02:59:36	00:01:56	02:08:29	05:57:52	01:49:52
124	100210	4535	Miguel Gaivão	55-59	Estoril Praia Triatlo	00:33:42	00:01:28	02:56:04	00:01:13	02:26:05	05:58:32	01:50:32
125	102580	3751	Luis Mendes	35-39	Associação Naval Amorense	00:35:02	00:01:52	03:06:30	00:01:20	02:14:44	05:59:28	01:51:28
126	101039	4330	José Silva	50-54	Associação Académica de São Mamede	00:40:00	00:03:49	03:00:05	00:02:33	02:14:02	06:00:29	01:52:29
127	104736	5729	Miguel Castro	50-54	CNCVG	00:35:31	00:04:14	02:44:11	00:02:11	02:34:31	06:00:38	01:52:38
128	0	5726	Nuno Maia	40-44	Não Federado	00:40:38	00:02:31	03:03:22	00:01:53	02:12:25	06:00:49	01:52:49
129	103749	5746	Vitor Sá	45-49	Sporting Clube de Espinho	00:50:21	00:03:23	03:10:11	00:03:07	01:53:52	06:00:54	01:52:54
130	103521	4064	Francisco Salgado	60-64	Associação Humanitária de Bombeiros dos Estoril	00:42:30	00:02:40	02:58:15	00:03:52	02:18:29	06:05:46	01:57:46
131	103607	4234	Vitor Fernandes	40-44	Clube dos Galitos	00:42:53	00:02:24	02:46:45	00:01:14	02:35:35	06:08:51	02:00:51
132	104858	5017	João Gonçalves	45-49	Associação Académica de São Mamede	00:37:31	00:03:34	02:53:49	00:01:46	02:32:58	06:09:38	02:01:38
133	0	5694	Stefano Silvestre	30-34	Não Federado	00:38:53	00:07:19	02:58:18	00:06:02	02:19:13	06:09:45	02:01:45
134	102971	4552	José Bonito	45-49	Clube de Triatlo de Almada	00:42:31	00:02:53	02:55:12	00:01:38	02:36:30	06:18:44	02:10:44
135	104256	4435	Rui Viegas Faria	45-49	Sport Algés e Dafundo	00:32:53	00:04:00	03:01:15	00:03:26	02:38:12	06:19:46	02:11:46
136	103971	4971	Fernando Ferreira	50-54	Associação Académica de São Mamede	00:40:10	00:02:44	02:59:12	00:01:25	02:43:51	06:27:22	02:19:22
137	104789	4829	Jose Monteiro	50-54	Veteranos do Porto	00:55:43	00:03:56	03:10:23	00:05:10	02:14:43	06:29:55	02:21:55
138	0	5723	Fernando Faleiro	40-44	Não Federado	00:38:33	00:03:00	03:16:12	00:01:22	02:30:50	06:29:57	02:21:57
139	104606	4314	Goncalo Guedes Rodrigues	40-44	Veteranos do Porto	00:54:40	00:04:09	02:54:11	00:02:05	02:35:37	06:30:42	02:22:42
140	100568	4132	António Mories	55-59	Clube Millenniumbcp	00:44:40	00:02:07	03:08:06	00:02:22	02:34:20	06:31:35	02:23:35

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#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
141	104905	5037	João Correia	40-44	Clube dos Galitos	00:44:13	00:02:30	03:02:27	00:02:05	02:41:08	06:32:23	02:24:23
142	100175	4601	José Alberto Domingos	65-69	Lusitano FC / Frusoal	00:45:16	00:03:29	03:25:29	00:02:36	02:33:38	06:50:28	02:42:28
143	103711	4396	Rui Pedras	60-64	Individual	00:52:42	00:06:05	03:31:41	00:04:31	02:32:25	07:07:24	02:59:24
144	100246	4257	Pedro Gil	45-49	Peniche A. C.	00:48:33	00:03:22	03:21:10	00:02:50	02:52:04	07:07:59	02:59:59
145	102952	4667	Jorge Santos	50-54	Sporting Clube de Espinho	00:42:31	00:02:54	03:41:26	00:02:15	02:58:34	07:27:40	03:19:40
146	104746	3403	Miguel Vieira Pita	30-34	Individual	00:51:37	00:03:14	03:29:15	00:02:09	03:30:02	07:56:17	03:48:17
DNF	101056	3156	Pedro Pereira	35-39	Associação Académica de São Mamede	00:35:09	00:02:15	02:58:32	00:01:36	-	DNF	
DNF	101055	4928	Pedro Reis	40-44	Associação Académica de São Mamede	00:37:11	00:02:05	02:39:01	00:01:48	-	DNF	
DNF	103051	4954	Rui Silva	40-44	CCD / INTERMARCHÉ LAGOS	00:36:46	00:01:26	02:28:45	00:00:57	-	DNF	
DNF	104329	3953	Pedro Lomba	35-39	CPArmada	00:38:36	00:01:49	02:24:08	00:00:57	-	DNF	
DNF	103786	4555	Rúben Estima	40-44	DAR-Recardães	00:32:39	00:01:55	02:36:43	00:01:17	-	DNF	
DNF	100757	3016	Bruno Pais	35-39	Estoril Praia Triatlo	00:27:04	00:00:47	02:18:30	00:00:49	-	DNF	
DNF	104006	4991	Duarte Almeida	50-54	Estoril Praia Triatlo	00:38:12	00:02:44	02:50:13	00:02:35	-	DNF	
DNF	102394	4598	Nuno Mesquita Abreu	45-49	Individual	00:32:45	00:01:33	02:34:01	00:01:29	-	DNF	
DNF	100230	3548	Paulo Soares	35-39	Individual	00:39:25	00:02:43	02:50:26	00:00:58	-	DNF	
DNF	103794	5204	Pedro Monteiro	40-44	Individual	00:34:09	00:02:08	02:47:27	00:01:11	-	DNF	
DNF	102904	3248	David Alfeirão	30-34	Louletano	00:37:32	00:01:41	02:42:51	00:02:12	-	DNF	
DNF	102653	3067	Nuno Neves	35-39	Louletano	00:29:25	00:01:16	02:42:24	00:02:43	-	DNF	
DNF	103647	4341	Luis Carvalho	45-49	Lusitano - Setúbal	00:38:08	00:03:16	02:50:53	00:01:30	-	DNF	
DNF	101513	4146	José Filipe Afonso	40-44	Mc Donald's/Tribraga	00:35:21	00:01:43	02:33:50	00:00:51	-	DNF	
DNF	105315	5170	Hugo Gaudêncio	40-44	REPSOL TRIATLO	00:35:32	00:01:36	02:37:13	00:01:32	-	DNF	
DNF	102117	4111	Hélder Oliveira	40-44	Sporting Clube de Espinho	00:36:04	00:01:35	02:26:43	00:00:58	-	DNF	
DNF	102433	4086	Miguel Rocha	45-49	Teleperformance - Os Belenenses	00:37:46	00:02:05	03:12:31	00:04:07	-	DNF	
DNF	100611	3674	Pedro Carreira	35-39	Tri-Oeste	00:42:39	00:02:32	02:36:56	00:01:26	-	DNF	
DNF	103204	4806	Jorge Augusto	45-49	Mc Donald's/Tribraga	00:31:27	00:01:13	02:26:20	-	-	DNF	
DNF	100581	4042	João Rita	60-64	Bike Clube S. Brás	00:41:10	00:02:16	-	-	-	DNF	
DNF	102546	4786	Rui Galinha	45-49	Núcleo do Sporting da Golegã	00:30:38	00:01:07	-	-	-	DNF	
DNF	103784	3642	Rui Gonçalo Vieira	35-39	Núcleo do Sporting da Golegã	00:36:15	00:02:16	-	-	-	DNF	

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DNS	104912	2526	João Reves	20-24	Associação Humanitária de Bombeiros dos Estoril	-	-	-	-	-	DNS	
DNS	100321	5022	Nelson Moreira	40-44	Associação Humanitária de Bombeiros dos Estoril	-	-	-	-	-	DNS	
DNS	102683	4726	João Valhelhas	45-49	Câmara Lisboa Clube	-	-	-	-	-	DNS	
DNS	101781	4293	miguel velez	55-59	Câmara Lisboa Clube	-	-	-	-	-	DNS	
DNS	101596	4632	Gonçalo Neves	45-49	Clube de Natação de Torres Novas	-	-	-	-	-	DNS	
DNS	103719	4442	Faber Bastos	45-49	Clube de Triatlo do Fundão	-	-	-	-	-	DNS	
DNS	105039	5093	António Silva	40-44	Clube Zupper	-	-	-	-	-	DNS	
DNS	103156	3002	Nuno Seabra	35-39	Estoril Praia Triatlo	-	-	-	-	-	DNS	
DNS	105301	3527	Vasco Monteiro	30-34	Exército de Portugal	-	-	-	-	-	DNS	
DNS	105234	5144	Luis Duarte	45-49	GRCD Leião Triatlo	-	-	-	-	-	DNS	
DNS	105498	5427	Renato Hernandez	45-49	Individual	-	-	-	-	-	DNS	
DNS	101720	4591	Jorge Figueiredo	45-49	JS Clínica / Viriathvs Tri	-	-	-	-	-	DNS	
DNS	104804	3627	Luis Monteiro	35-39	Lusavouga - BH Porto Triatlo	-	-	-	-	-	DNS	
DNS	102743	4273	João Martins	50-54	Lusitano FC / Frusoal	-	-	-	-	-	DNS	
DNS	101962	4572	Luis Viegas	50-54	Lusitano FC / Frusoal	-	-	-	-	-	DNS	
DNS	102880	4433	Bruno Faria	40-44	Paredes Aventura	-	-	-	-	-	DNS	
DNS	104686	3283	Gonçalo Fernandes	25-29	Pedalarte	-	-	-	-	-	DNS	
DNS	0	5727	Paulo Pimenta	45-49	Não Federado	-	-	-	-	-	DNS	
DNS	0	5728	Rui Nogueira	40-44	Não Federado	-	-	-	-	-	DNS	