

Local da Prova: **Arronches**

Data: **23/02/2020**

Hora da Partida: **11:30:10**

Distancias: Corrida - 5150m

Ciclismo - 20250m

Corrida - 2500m

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	102465	2619	António Barata	20-24	Sport Lisboa e Benfica	00:16:36	00:00:29	00:31:56	00:00:45	00:07:40	00:57:26	00:00:00
2	103108	2122	Hugo Figueiredo	JUN	Sporting Clube de Portugal	00:16:37	00:00:30	00:31:56	00:00:45	00:07:39	00:57:27	00:00:01
3	101392	3258	José Estrangeiro	30-34	CNATRIL Triatlo	00:16:37	00:00:29	00:31:55	00:00:44	00:08:13	00:57:58	00:00:32
4	100613	4282	Sérgio Dias	40-44	CNATRIL Triatlo	00:16:54	00:00:30	00:32:02	00:00:49	00:08:11	00:58:26	00:01:00
5	101865	4324	Rui Narigueta	40-44	Outsystems Olímpico de Oeiras	00:16:55	00:00:32	00:31:44	00:00:49	00:08:34	00:58:34	00:01:08
6	104735	3379	Bruno Santos	30-34	CNCVG	00:16:37	00:00:30	00:32:21	00:00:53	00:08:25	00:58:46	00:01:20
7	100588	3261	Nuno Preciado	35-39	SFRAA TRIATLO	00:16:55	00:00:31	00:32:04	00:00:51	00:08:31	00:58:52	00:01:26
8	103135	3286	João Fonte-Boa	30-34	Kainágua	00:17:43	00:00:35	00:32:49	00:00:46	00:08:47	01:00:40	00:03:14
9	101336	2150	Rui Sousa	JUN	Tri Amazing	00:17:05	00:00:34	00:33:29	00:00:41	00:08:55	01:00:44	00:03:18
10	104900	2539	Cristiano Oliveira	25-29	A. R. Casaense	00:17:38	00:00:36	00:33:35	00:00:52	00:08:17	01:00:58	00:03:32
11	105400	3585	Ricardo Gomes	35-39	A. R. Casaense	00:17:43	00:00:35	00:33:45	00:00:50	00:08:18	01:01:11	00:03:45
12	103972	3856	Igor Castro	35-39	A. R. Casaense	00:18:22	00:00:38	00:33:00	00:00:49	00:08:32	01:01:21	00:03:55
13	102445	3488	Claudio Paulinho	35-39	SFRAA TRIATLO	00:17:47	00:00:35	00:33:30	00:00:50	00:08:42	01:01:24	00:03:58
14	106218	1970	Christian Dias	CAD	ADRAP Madeira	00:17:07	00:00:39	00:34:04	00:01:07	00:08:36	01:01:33	00:04:07
15	100437	4773	Rui Gonçalves	45-49	REPSOL TRIATLO	00:17:54	00:01:05	00:33:09	00:00:57	00:08:30	01:01:35	00:04:09
16	101309	2527	Filipe Marques	20-24	Sporting Clube de Portugal	00:19:19	00:00:43	00:31:47	00:00:49	00:08:59	01:01:37	00:04:11
17	100598	2584	André Duarte	25-29	Outsystems Olímpico de Oeiras	00:18:19	00:00:34	00:33:08	00:00:49	00:08:49	01:01:39	00:04:13
18	104329	3953	Pedro Lomba	35-39	Outsystems Olímpico de Oeiras	00:18:56	00:00:37	00:32:31	00:00:49	00:08:46	01:01:39	00:04:13
19	100380	1746	Gustavo do Canto	CAD	Clube de Natação de Torres Novas	00:18:00	00:00:32	00:33:33	00:00:54	00:08:46	01:01:45	00:04:19
20	0	5920	Óscar Polomo	40-44	Club Triatlón Trujillo	00:17:59	00:00:35	00:33:32	00:00:51	00:08:53	01:01:50	00:04:24
21	104541	3657	David Preciado	25-29	SFRAA TRIATLO	00:18:21	00:00:33	00:33:09	00:00:45	00:09:03	01:01:51	00:04:25
22	103892	3782	Rafael Ribeiro	25-29	Alhandra Sporting Club	00:18:22	00:00:38	00:32:59	00:00:52	00:09:03	01:01:54	00:04:28
23	102132	2106	António Frazão	JUN	FET-Fátima Escola de Triatlo	00:18:45	00:00:33	00:32:48	00:00:50	00:09:01	01:01:57	00:04:31
24	102222	3815	Ricardo Rosado	35-39	Núcleo do Sporting da Golegã	00:17:44	00:00:36	00:33:33	00:00:53	00:09:15	01:02:01	00:04:35
25	102156	3372	João Reis	20-24	FET-Fátima Escola de Triatlo	00:19:29	00:00:31	00:32:01	00:00:49	00:09:20	01:02:10	00:04:44
26	104483	3989	Marco Vidigal	20-24	GDR Manique de Cima	00:19:17	00:00:42	00:32:03	00:00:54	00:09:15	01:02:11	00:04:45
27	101553	4710	Sérgio Santos	45-49	GCA Donas - TRIATLO	00:18:10	00:00:42	00:33:15	00:00:54	00:09:24	01:02:25	00:04:59
28	104020	3884	Rui Fonte-Boa	30-34	Kainágua	00:18:58	00:00:33	00:32:27	00:00:50	00:09:40	01:02:28	00:05:02

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	100683	5947	João Pinto	JUN	Alhandra Sporting Club	00:18:42	00:00:37	00:32:40	00:00:50	00:09:43	01:02:32	00:05:06
30	100660	3550	Diogo Gonçalves	20-24	Alhandra Sporting Club	00:18:22	00:00:36	00:32:59	00:00:49	00:09:53	01:02:39	00:05:13
31	101702	4584	António Ferreira	50-54	Individual	00:19:01	00:00:52	00:32:15	00:01:06	00:09:30	01:02:44	00:05:18
32	100824	4515	Luis Almeida	45-49	Outsystems Olímpico de Oeiras	00:18:21	00:00:31	00:33:56	00:00:48	00:09:15	01:02:51	00:05:25
33	100842	2630	Rodrigo Amoreira	20-24	GCA Donas - TRIATLO	00:18:42	00:00:34	00:32:42	00:00:59	00:09:57	01:02:54	00:05:28
34	104092	2158	Tiago Dias Santos	JUN	FET-Fátima Escola de Triatlo	00:18:54	00:00:36	00:33:22	00:00:50	00:09:17	01:02:59	00:05:33
35	104093	1754	Dinis Santos	CAD	FET-Fátima Escola de Triatlo	00:19:07	00:00:36	00:33:08	00:00:48	00:09:21	01:03:00	00:05:34
36	102323	3228	Hugo Pina	35-39	CNCVG	00:19:04	00:00:42	00:33:08	00:00:54	00:09:13	01:03:01	00:05:35
37	100121	4010	Carlos Santos Silva	45-49	CNATRIL Triatlo	00:18:58	00:00:44	00:33:06	00:00:54	00:09:22	01:03:04	00:05:38
38	102382	1747	José Tadeia	CAD	Clube de Natação de Torres Novas	00:19:34	00:00:36	00:32:40	00:00:51	00:09:28	01:03:09	00:05:43
39	102183	4482	Arlindo Brás	45-49	Clube Triatlo de Abrantes	00:18:55	00:00:43	00:33:12	00:00:56	00:09:27	01:03:13	00:05:47
40	100318	3470	Mário Santos	35-39	CNATRIL Triatlo	00:19:41	00:00:38	00:32:30	00:00:56	00:09:59	01:03:44	00:06:18
41	104855	3720	Tiago Lopes	25-29	Outsystems Olímpico de Oeiras	00:18:41	00:00:41	00:34:12	00:01:02	00:09:21	01:03:57	00:06:31
42	102545	3346	Roberto Parra Fernández	35-39	Núcleo do Sporting da Golegã	00:18:40	00:00:40	00:33:31	00:00:57	00:10:18	01:04:06	00:06:40
43	101292	2580	Sávio Silva	20-24	Sporting Clube de Portugal	00:18:36	00:00:34	00:35:38	00:00:51	00:08:57	01:04:36	00:07:10
44	105153	1771	Gonçalo Raposo	CAD	Escola Triatlo Santo António Évora	00:18:10	00:00:33	00:36:08	00:00:51	00:09:11	01:04:53	00:07:27
45	102777	1685	Diogo Almeida	CAD	Clube 4 Estilos	00:18:13	00:00:42	00:36:15	00:01:03	00:08:55	01:05:08	00:07:42
46	100939	2481	João Ramalho	JUN	ADRAP Madeira	00:20:01	00:00:33	00:34:33	00:00:53	00:09:17	01:05:17	00:07:51
47	100462	2577	João Canas	25-29	Sporting Clube de Portugal	00:19:57	00:00:32	00:34:32	00:00:41	00:09:39	01:05:21	00:07:55
48	104545	4205	Mauro Azevedo	45-49	A. R. Casaense	00:19:03	00:00:46	00:35:43	00:00:45	00:09:09	01:05:26	00:08:00
49	106649	4079	Antonio Horta	55-59	CPArmada	00:18:51	00:00:48	00:35:27	00:00:55	00:09:35	01:05:36	00:08:10
50	101773	5032	Pedro Figueira	40-44	Clube 4 Estilos	00:20:02	00:00:33	00:34:32	00:00:55	00:09:51	01:05:53	00:08:27
51	102234	4639	Mario Torrinha	50-54	Vela de Tavira	00:20:10	00:00:42	00:34:17	00:00:58	00:09:51	01:05:58	00:08:32
52	102656	4278	João Martinho	40-44	CNATRIL Triatlo	00:20:10	00:00:38	00:34:17	00:01:00	00:10:05	01:06:10	00:08:44
53	105884	3323	Luís Carvalhinho	35-39	Clube 4 Estilos	00:20:05	00:00:40	00:34:23	00:00:59	00:10:32	01:06:39	00:09:13
54	104242	5270	Luís Cordeiro	40-44	SFRAA TRIATLO	00:20:44	00:00:50	00:34:33	00:00:59	00:10:22	01:07:28	00:10:02
55	104258	3932	Rui Pires	35-39	FET-Fátima Escola de Triatlo	00:19:35	00:01:09	00:36:30	00:01:11	00:09:32	01:07:57	00:10:31
56	106745	2692	Ricardo Oliveira Gaspar	30-34	FET-Fátima Escola de Triatlo	00:20:06	00:00:40	00:36:37	00:01:02	00:09:48	01:08:13	00:10:47
57	100831	3250	Miguel Almeida	20-24	Clube Desportivo Olivais e Moscavide	00:20:43	00:00:41	00:36:25	00:00:56	00:10:07	01:08:52	00:11:26
58	101162	1670	Gonçalo Coelho	CAD	CNCVG	00:21:23	00:00:38	00:35:52	00:00:54	00:10:10	01:08:57	00:11:31
59	105315	5170	Hugo Gaudêncio	45-49	REPSOL TRIATLO	00:20:13	00:01:05	00:36:57	00:01:05	00:09:48	01:09:08	00:11:42
60	104801	2496	SAMUEL VIEIRA	JUN	ADRAP Madeira	00:20:50	00:00:35	00:36:29	00:00:56	00:10:23	01:09:13	00:11:47
61	103187	4802	José Hernández	50-54	CNATRIL Triatlo	00:19:42	00:00:45	00:37:26	00:01:50	00:09:36	01:09:19	00:11:53

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	105348	5495	Rodolfo Alves	40-44	Ludens Clube de Machico	00:20:57	00:00:52	00:36:29	00:01:13	00:10:05	01:09:36	00:12:10
63	100800	3026	David Maia	25-29	Outsystems Olímpico de Oeiras	00:21:36	00:00:37	00:36:15	00:01:01	00:10:13	01:09:42	00:12:16
64	103179	4525	Jorge Carvalho	50-54	Clube Oriental de Lisboa	00:21:12	00:00:41	00:36:37	00:01:11	00:10:16	01:09:57	00:12:31
65	0	5919	Jose Gutierrez	45-49	Club Triatlón Pacense	00:21:13	00:00:39	00:35:58	00:01:10	00:11:15	01:10:15	00:12:49
66	103916	3793	Rui Melo	35-39	A. R. Casaense	00:22:03	00:00:35	00:36:44	00:01:10	00:10:33	01:11:05	00:13:39
67	101163	4360	Hélder Lopes	50-54	GDR Manique de Cima	00:22:14	00:00:41	00:36:23	00:01:03	00:10:47	01:11:08	00:13:42
68	106782	4574	Juvenal Silva	50-54	Clube Triatlo de Abrantes	00:20:06	00:00:50	00:39:33	00:01:05	00:09:38	01:11:12	00:13:46
69	106456	4313	Bruno Cláudio	40-44	Individual	00:22:26	00:00:46	00:36:04	00:00:59	00:11:01	01:11:16	00:13:50
70	102477	2113	Guilherme Henriques	JUN	Clube Triatlo de Abrantes	00:20:34	00:00:33	00:39:01	00:00:52	00:11:03	01:12:03	00:14:37
71	105649	3688	Pedro Amaral	25-29	Escola Triatlo Santo António Évora	00:20:05	00:00:50	00:40:17	00:01:11	00:10:01	01:12:24	00:14:58
72	104257	4458	Joaquim Almeida	45-49	Clube 4 Estilos	00:20:51	00:00:42	00:39:44	00:01:04	00:10:08	01:12:29	00:15:03
73	100650	3003	César Andrade	35-39	Alhandra Sporting Club	00:22:03	00:00:45	00:38:02	00:00:59	00:10:44	01:12:33	00:15:07
74	101562	3740	Francisco Gaspar	35-39	AMCR Fonte Grada	00:23:08	00:00:44	00:38:15	00:01:11	00:11:08	01:14:26	00:17:00
75	106715	2682	António Alberto	35-39	Núcleo do Sporting da Golegã	00:22:29	00:00:51	00:39:16	00:01:09	00:11:01	01:14:46	00:17:20
76	104745	3399	Carlos Matias	30-34	Clube de Futebol Os Belenenses	00:22:41	00:00:41	00:39:42	00:01:02	00:10:46	01:14:52	00:17:26
77	103976	4972	João Albuquerque	55-59	Clube 4 Estilos	00:23:33	00:01:07	00:38:54	00:01:09	00:11:28	01:16:11	00:18:45
78	102224	2173	Simão Roseiro	JUN	Clube Triatlo de Abrantes	00:22:59	00:00:45	00:39:55	00:01:11	00:11:24	01:16:14	00:18:48
79	102251	4508	Vasco Borges	50-54	A. R. Casaense	00:23:33	00:00:54	00:40:01	00:01:09	00:11:11	01:16:48	00:19:22
80	104539	4560	Carlos Proença	40-44	Clube Desportivo Olivais e Moscavide	00:23:55	00:00:57	00:39:40	00:01:17	00:11:39	01:17:28	00:20:02
81	100453	4478	Fernando Pombo	65-69	Outsystems Olímpico de Oeiras	00:23:11	00:00:44	00:41:17	00:01:08	00:12:08	01:18:28	00:21:02
82	106645	4230	Paulo Cavaleiro	55-59	A. R. Casaense	00:22:04	00:00:48	00:43:27	00:01:40	00:11:00	01:18:59	00:21:33
83	104861	5003	João Manuel Rosado	55-59	Núcleo do Sporting da Golegã	00:23:35	00:01:10	00:41:04	00:01:19	00:12:05	01:19:13	00:21:47
84	105030	1708	Tiago Caria	CAD	GCA Donas - TRIATLO	00:21:48	00:00:52	00:45:17	00:01:08	00:11:50	01:20:55	00:23:29
85	102339	4730	Júlio Martins	60-64	GCA Donas - TRIATLO	00:23:22	00:01:02	00:42:55	00:01:59	00:11:38	01:20:56	00:23:30
86	105157	2105	Emanuel Simão	JUN	FET-Fátima Escola de Triatlo	00:23:36	00:00:44	00:43:55	00:00:53	00:11:49	01:20:57	00:23:31
87	103879	3776	Sergio Maquinista	35-39	REPSOL TRIATLO	00:23:31	00:01:12	00:43:56	00:01:29	00:11:50	01:21:58	00:24:32
88	100686	4189	Carlos Serra	50-54	Clube Oriental de Lisboa	00:24:50	00:01:17	00:43:14	00:01:20	00:11:57	01:22:38	00:25:12
89	105501	2635	Pedro Afonso Marques	20-24	Clube Triatlo de Abrantes	00:25:04	00:00:40	00:43:59	00:00:59	00:13:17	01:23:59	00:26:33
90	104978	5120	Nuno Duarte	45-49	Individual	00:24:19	00:01:23	00:45:09	00:01:22	00:12:05	01:24:18	00:26:52
91	102541	4019	Joaquim Figueiredo	60-64	Individual	00:22:27	00:01:38	00:47:19	00:02:27	00:11:54	01:25:45	00:28:19
92	106426	4532	Antonio Queiros	40-44	Individual	00:24:45	00:01:32	00:45:56	00:01:26	00:12:24	01:26:03	00:28:37
93	106736	2685	Rui Silva	35-39	Individual	00:26:04	00:01:27	00:45:53	00:01:33	00:12:26	01:27:23	00:29:57
94	104113	3907	Alexandre Silvestre	35-39	Outsystems Olímpico de Oeiras	00:27:47	00:00:41	00:46:14	00:01:10	00:14:43	01:30:35	00:33:09

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
95	105867	1686	José Francisco Arco	CAD	Clube 4 Estilos	00:26:30	00:00:40	00:50:53	00:00:57	00:12:40	01:31:40	00:34:14
96	101674	4175	Joaquim Rosado	45-49	Kainágua	00:28:25	00:01:20	00:47:23	00:01:16	00:13:52	01:32:16	00:34:50
97	103630	4279	José Manuel Mendonça	50-54	Ludens Clube de Machico	00:31:07	00:01:27	00:46:38	00:01:38	00:15:12	01:36:02	00:38:36
98	101561	4409	Francisco Cipriano	75-79	AMCR Fonte Grada	00:37:37	00:01:18	00:57:57	00:02:04	00:20:42	01:59:38	01:02:12
99	106123	5391	Daniel Leão	40-44	Individual	00:40:07	00:01:37	00:58:14	00:02:47	00:24:05	02:06:50	01:09:24
DNF	104071	2191	Daniel Pinto	JUN	GDR Manique de Cima	00:31:32	00:00:57	-	-	-	DNF	
DNF	100825	3400	Marco Costa	35-39	Outsystems Olímpico de Oeiras	00:17:43	00:00:33	-	-	-	DNF	
DNF	106567	3832	Nuno Lopes	35-39	Núcleo do Sporting da Golegã	-	-	-	-	-	DNF	
DNS	101590	1653	Duarte Santos	CAD	Clube de Natação de Torres Novas	-	-	-	-	-	DNS	
DNS	100766	2147	João Correia	JUN	Clube de Natação de Torres Novas	-	-	-	-	-	DNS	
DNS	100116	4695	Bruno Costa	40-44	CNATRIL Triatlo	-	-	-	-	-	DNS	
DNS	103961	3841	João Bragadeste	35-39	CPArmada	-	-	-	-	-	DNS	
DNS	101648	2628	André Garrido	20-24	Escola Triatlo Santo António Évora	-	-	-	-	-	DNS	
DNS	104270	3937	André António	35-39	Escola Triatlo Santo António Évora	-	-	-	-	-	DNS	
DNS	103067	2668	Marco Calado	20-24	Escola Triatlo Santo António Évora	-	-	-	-	-	DNS	
DNS	101659	1790	Diogo Nepomuceno	CAD	Escola Triatlo Santo António Évora	-	-	-	-	-	DNS	
DNS	105790	5310	Nuno Navalho	40-44	FET-Fátima Escola de Triatlo	-	-	-	-	-	DNS	
DNS	104335	2174	Guilherme Silva	JUN	GDR Manique de Cima	-	-	-	-	-	DNS	
DNS	106516	4772	Paulo Pinheiro	40-44	Tri Amazing	-	-	-	-	-	DNS	