

Local da Prova: **Rio Maior**

Data: **01/02/2020**

Hora da Partida: **15:30:00**

Distancias: Corrida - 5150m

Ciclismo - 18700m

Corrida - 2500m

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100469	999	Madalena Almeida	20-24	Clube de Natação de Torres Novas	00:18:28	00:00:36	00:30:59	00:00:40	00:08:18	00:59:01	00:00:00
2	100316	52	Maria Tomé	JUN	Outsystems Olímpico de Oeiras	00:18:28	00:00:40	00:31:19	00:00:41	00:08:01	00:59:09	00:00:08
3	100667	3529	Gabriela Ribeiro	20-24	Alhandra Sporting Club	00:18:28	00:00:38	00:31:05	00:00:42	00:08:30	00:59:23	00:00:22
4	102905	2495	Joana Sousa	JUN	ACD Jardim da Serra / Miguel Freitas Remodela	00:19:19	00:00:39	00:33:04	00:00:42	00:08:37	01:02:21	00:03:20
5	101977	3806	Liliana Verissimo	30-34	Núcleo do Sporting da Golegã	00:19:06	00:00:42	00:33:17	00:00:45	00:08:36	01:02:26	00:03:25
6	100634	3475	Ana Filipa Ferreira	30-34	Alhandra Sporting Club	00:19:29	00:00:43	00:32:49	00:00:48	00:08:38	01:02:27	00:03:26
7	0	5716	Kim Mangrobang	25-29	Individual	00:19:24	00:00:42	00:32:50	00:00:45	00:08:46	01:02:27	00:03:26
8	101274	2514	Inês Oliveira	20-24	Sporting Clube de Portugal	00:19:23	00:00:40	00:32:59	00:00:47	00:09:03	01:02:52	00:03:51
9	101275	2104	Joana Oliveira	JUN	Sporting Clube de Portugal	00:19:29	00:00:42	00:32:54	00:00:49	00:09:03	01:02:57	00:03:56
10	100434	3685	Rita Maria Lopes	25-29	Boavista FC	00:19:39	00:00:45	00:34:10	00:00:37	00:08:37	01:03:48	00:04:47
11	106469	3551	Vida Medi?	25-29	Alhandra Sporting Club	00:19:50	00:00:43	00:33:59	00:00:43	00:08:49	01:04:04	00:05:03
12	100826	51	Maria Medeiro	20-24	Outsystems Olímpico de Oeiras	00:20:24	00:00:45	00:33:28	00:00:39	00:09:19	01:04:35	00:05:34
13	102922	1762	Matilde Silva Santos	CAD	SFRAA TRIATLO	00:20:11	00:00:42	00:33:45	00:00:39	00:09:21	01:04:38	00:05:37
14	100643	1664	Beatriz Pinto	CAD	Sport Lisboa e Benfica	00:20:48	00:00:41	00:33:06	00:00:40	00:09:42	01:04:57	00:05:56
15	103381	3281	Isabel Gonçalves	35-39	Vela de Tavira	00:20:19	00:01:02	00:33:21	00:00:58	00:09:33	01:05:13	00:06:12
16	103649	3748	Tuxa Negri	30-34	CNATRIL Triatlo	00:20:41	00:00:46	00:34:49	00:00:53	00:09:20	01:06:29	00:07:28
17	101605	58	Joana Miranda	20-24	Clube de Natação de Torres Novas	00:20:55	00:00:50	00:34:30	00:00:44	00:09:40	01:06:39	00:07:38
18	100690	1785	Luana Quaresma	CAD	Alhandra Sporting Club	00:20:56	00:00:48	00:35:05	00:00:42	00:09:23	01:06:54	00:07:53
19	104204	2155	Beatriz Nunes Santos	JUN	Outsystems Olímpico de Oeiras	00:21:40	00:00:48	00:34:14	00:00:45	00:10:04	01:07:31	00:08:30
20	100141	4605	Fernanda Marques Santinha	45-49	Clube Oriental de Lisboa	00:21:03	00:00:58	00:34:47	00:00:58	00:09:46	01:07:32	00:08:31
21	105112	1749	Daniela Pinto	CAD	CNCVG	00:21:13	00:00:45	00:34:48	00:00:45	00:10:16	01:07:47	00:08:46
22	104906	3146	Ida Alcântara	30-34	ADI-Ilhavo	00:21:47	00:00:48	00:35:12	00:00:45	00:09:39	01:08:11	00:09:10
23	104347	2156	Maria Romão	JUN	Lusitano / Frusoal	00:21:41	00:00:44	00:34:17	00:00:46	00:10:46	01:08:14	00:09:13
24	104868	3222	Natália Guilherme	35-39	CNATRIL Triatlo	00:21:34	00:01:12	00:34:52	00:01:07	00:09:51	01:08:36	00:09:35
25	100161	2165	Joana Tomé	JUN	CCDSintense	00:22:10	00:00:49	00:34:54	00:00:49	00:10:07	01:08:49	00:09:48
26	100760	1773	Catarina Moutinho	CAD	Sport Lisboa e Benfica	00:22:34	00:00:47	00:34:14	00:00:46	00:10:33	01:08:54	00:09:53
27	102722	1684	Helena Feiteira	CAD	Clube 4 Estilos	00:22:00	00:00:48	00:35:00	00:00:47	00:10:26	01:09:01	00:10:00
28	100466	3886	Lúcia Vera Cruz	20-24	Sporting Clube de Portugal	00:22:22	00:00:46	00:34:28	00:00:52	00:11:12	01:09:40	00:10:39

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	103225	3097	Helia Santos	35-39	SFRAA TRIATLO	00:22:39	00:00:58	00:35:13	00:00:55	00:10:18	01:10:03	00:11:02
30	105429	3598	Eva Braz	35-39	Outsystems Olímpico de Oeiras	00:23:20	00:00:58	00:34:27	00:01:01	00:10:42	01:10:28	00:11:27
31	103431	2119	Inês Batista Santos	JUN	Clube 4 Estilos	00:23:52	00:00:50	00:34:04	00:00:48	00:11:17	01:10:51	00:11:50
32	104613	3183	Diana Mariño Lourenço	30-34	CNATRIL Triatlo	00:23:34	00:00:53	00:34:16	00:00:52	00:11:26	01:11:01	00:12:00
33	103089	1780	Ana Francisca Moreira	CAD	Sport Lisboa e Benfica	00:23:57	00:00:52	00:33:46	00:00:54	00:11:38	01:11:07	00:12:06
34	103155	1748	Maria Inês França	CAD	CNCVG	00:23:38	00:00:51	00:35:35	00:00:49	00:11:11	01:12:04	00:13:03
35	104878	3042	Inês Santos	30-34	Escola Triatlo Santo António Évora	00:23:12	00:01:04	00:35:50	00:00:56	00:11:04	01:12:06	00:13:05
36	101355	2166	Ana Magalhães	JUN	ADI-Ílhavo	00:23:52	00:00:47	00:36:27	00:00:42	00:10:39	01:12:27	00:13:26
37	100515	1742	Rafaela Cananó Silva	CAD	Clube Natação do Cartaxo	00:21:33	00:00:51	00:37:43	00:00:52	00:11:36	01:12:35	00:13:34
38	101156	2185	Cátia Costa	JUN	GDR Manique de Cima	00:23:58	00:01:01	00:36:09	00:00:58	00:10:54	01:13:00	00:13:59
39	101578	2145	Margarida Razões	JUN	Clube de Natação de Torres Novas	00:24:43	00:00:52	00:35:35	00:00:54	00:11:11	01:13:15	00:14:14
40	103893	3783	Ana Martinho	35-39	Alhandra Sporting Club	00:23:53	00:01:03	00:36:54	00:00:49	00:10:37	01:13:16	00:14:15
41	105964	3084	Karina Oliveira	35-39	ADI-Ílhavo	00:24:28	00:00:50	00:36:38	00:00:45	00:11:42	01:14:23	00:15:22
42	104936	5077	Ruth da Cunha	50-54	Outsystems Olímpico de Oeiras	00:24:18	00:01:10	00:37:07	00:00:52	00:11:03	01:14:30	00:15:29
43	100672	1751	Inês Anastácio	CAD	Alhandra Sporting Club	00:26:03	00:00:54	00:34:55	00:00:57	00:11:52	01:14:41	00:15:40
44	100698	1784	Mariana Ângelo	CAD	Alhandra Sporting Club	00:25:46	00:00:57	00:35:09	00:00:57	00:11:53	01:14:42	00:15:41
45	101179	2176	Patricia Carrazedo	JUN	GDR Manique de Cima	00:25:44	00:00:53	00:35:58	00:00:53	00:11:14	01:14:42	00:15:41
46	100476	2507	Mónica Vera Cruz	20-24	Sporting Clube de Portugal	00:25:45	00:00:56	00:35:50	00:00:55	00:12:03	01:15:29	00:16:28
47	104869	53	Sofia Cruz	20-24	SFRAA TRIATLO	00:25:18	00:00:55	00:37:01	00:01:10	00:11:33	01:15:57	00:16:56
48	102071	2175	Maria Albergaria	JUN	GDR Manique de Cima	00:23:58	00:01:35	00:38:07	00:01:27	00:11:23	01:16:30	00:17:29
49	101645	2541	Ana Torres	20-24	Escola Triatlo Santo António Évora	00:24:57	00:00:49	00:39:10	00:00:47	00:10:49	01:16:32	00:17:31
50	105361	5187	Claudia Ferreira	50-54	Clube Oriental de Lisboa	00:24:53	00:01:26	00:38:24	00:01:09	00:11:03	01:16:55	00:17:54
51	104935	3242	Sofia Sousa	35-39	Outsystems Olímpico de Oeiras	00:25:24	00:01:04	00:38:17	00:00:55	00:11:26	01:17:06	00:18:05
52	103186	3048	Teresa Sepúlveda	35-39	Clube Oriental de Lisboa	00:24:53	00:01:28	00:39:00	00:01:21	00:11:02	01:17:44	00:18:43
53	105803	3820	Sandra Mariza	25-29	Pimpões Triatlo	00:25:30	00:01:30	00:37:54	00:01:12	00:11:57	01:18:03	00:19:02
54	102029	1679	Mariana Mercedes	CAD	Clube Desportivo Olivais e Moscavide	00:25:34	00:00:54	00:39:18	00:00:46	00:11:44	01:18:16	00:19:15
55	101176	50	Margarida Lopes	JUN	GDR Manique de Cima	00:26:08	00:00:53	00:38:53	00:00:51	00:11:58	01:18:43	00:19:42
56	104674	4379	Helena Resende	40-44	SFRAA TRIATLO	00:25:14	00:01:39	00:39:16	00:01:37	00:11:02	01:18:48	00:19:47
57	106531	2154	Marta Barbosa	JUN	CNCVG	00:26:08	00:01:05	00:38:05	00:01:25	00:12:10	01:18:53	00:19:52
58	105772	5300	Alice Roma	50-54	AMCR Fonte Grada	00:21:51	00:01:16	00:44:39	00:01:07	00:10:14	01:19:07	00:20:06
59	104158	4348	Carla Vila Nova	45-49	Escola Triatlo Santo António Évora	00:25:22	00:01:48	00:42:47	00:01:17	00:11:45	01:22:59	00:23:58
60	106500	4702	Sónia Ribeiro	45-49	Triatlo Fundação Salesianos	00:28:04	00:01:30	00:38:56	00:01:15	00:14:00	01:23:45	00:24:44
61	101006	4452	Madalena Caninas	55-59	Clube Oriental de Lisboa	00:27:00	00:01:41	00:43:58	00:01:26	00:11:25	01:25:30	00:26:29

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	104116	4291	Conceição Tavares	50-54	ADI-Ílhavo	00:28:43	00:00:59	00:41:50	00:01:00	00:14:01	01:26:33	00:27:32
63	105670	3707	Ivone Miranda Santos	35-39	Triatlo Fundação Salesianos	00:28:42	00:01:46	00:41:53	00:01:29	00:13:44	01:27:34	00:28:33
64	106388	3600	Inês Oliveira	25-29	Peniche A. C.	00:28:43	00:01:22	00:44:39	00:01:12	00:13:34	01:29:30	00:30:29
DNF	100671	2184	Inês Rico	JUN	Alhandra Sporting Club	00:20:11	00:01:06	-	-	-	DNF	