

Local da Prova: **Santo André**

Data: **29/02/2020**

Hora da Partida: **14:40:10**

Distancias: Natação - 750m

Ciclismo - 18500m

Corrida - 5000m

**Classificações Absolutos Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
1	100384	2515	Helena Paula Carvalho	25-29	Sporting Clube de Portugal	00:09:45	00:31:39	00:18:03	00:59:27	00:00:00
2	100671	2184	Inês Rico	JUN	Alhandra Sporting Club	00:10:16	00:32:23	00:17:16	00:59:55	00:00:28
3	100316	2091	Maria Tomé	JUN	Outsystems Olímpico de Oeiras	00:09:47	00:32:45	00:18:05	01:00:37	00:01:10
4	101275	2104	Joana Oliveira	JUN	Sporting Clube de Portugal	00:10:54	00:31:50	00:17:57	01:00:41	00:01:14
5	101274	2514	Inês Oliveira	20-24	Sporting Clube de Portugal	00:10:52	00:31:51	00:18:29	01:01:12	00:01:45
6	104367	3967	Raquel Rocha	25-29	CNATRIL Triatlo	00:10:19	00:32:21	00:19:07	01:01:47	00:02:20
7	100957	2493	Mariana Vargem	JUN	CNF	00:11:07	00:31:32	00:19:16	01:01:55	00:02:28
8	104204	2155	Beatriz Nunes Santos	JUN	Outsystems Olímpico de Oeiras	00:10:19	00:32:16	00:20:06	01:02:41	00:03:14
9	101282	3768	Liliana Alexandre	30-34	Outsystems Olímpico de Oeiras	00:10:21	00:34:30	00:19:40	01:04:31	00:05:04
10	100643	1664	Beatriz Pinto	CAD	Sport Lisboa e Benfica	00:10:24	00:33:37	00:20:36	01:04:37	00:05:10
11	102905	2495	Joana Sousa	JUN	ACD Jardim da Serra / Miguel Freitas Remodelações	00:12:29	00:34:00	00:18:17	01:04:46	00:05:19
12	100826	2560	Maria Medeiro	20-24	Outsystems Olímpico de Oeiras	00:11:02	00:33:51	00:20:10	01:05:03	00:05:36
13	104085	1782	Maria Gonçalves	CAD	Clube de Triatlo do Fundão	00:10:24	00:34:32	00:20:08	01:05:04	00:05:37
14	102922	1954	Matilde Silva Santos	CAD	SFRAA TRIATLO	00:10:58	00:33:57	00:20:24	01:05:19	00:05:52
15	103427	2111	Beatriz Ferreira	JUN	Núcleo do Sporting da Golegã	00:12:22	00:33:16	00:19:48	01:05:26	00:05:59
16	105313	3538	Susana Mateus	30-34	Núcleo do Sporting da Golegã	00:11:04	00:34:11	00:20:57	01:06:12	00:06:45
17	100633	3721	Ana Filipa Sampaio	30-34	Alhandra Sporting Club	00:10:44	00:34:22	00:21:22	01:06:28	00:07:01
18	104347	2156	Maria Faisca	JUN	Lusitano / Frusoad	00:11:11	00:33:48	00:21:32	01:06:31	00:07:04
19	100690	1785	Luana Quaresma	CAD	Alhandra Sporting Club	00:10:53	00:34:05	00:21:41	01:06:39	00:07:12
20	105112	1749	Daniela Pinto	CAD	CNCVG	00:12:05	00:35:09	00:19:33	01:06:47	00:07:20
21	100466	3886	Lúcia Vera Cruz	20-24	Sporting Clube de Portugal	00:11:07	00:33:53	00:22:10	01:07:10	00:07:43
22	100672	1751	Inês Anastácio	CAD	Alhandra Sporting Club	00:11:10	00:33:53	00:22:14	01:07:17	00:07:50
23	100161	2165	Joana Tomé	JUN	CCDSintrense	00:10:51	00:34:11	00:22:25	01:07:27	00:08:00
24	104676	6137	Clara Rodrigues	JUN	Louletano	00:10:23	00:34:41	00:22:36	01:07:40	00:08:13
25	100515	1742	Rafaela Cananó Silva	CAD	Clube Natação do Cartaxo	00:11:58	00:36:27	00:20:01	01:08:26	00:08:59
26	103649	3748	Tuxa Negri	30-34	CNATRIL Triatlo	00:12:40	00:37:03	00:19:20	01:09:03	00:09:36
27	104613	3183	Diana Mariño Lourenço	30-34	CNATRIL Triatlo	00:11:05	00:36:22	00:21:43	01:09:10	00:09:43
28		2633	Pauline Vie	20-24	Alhandra Sporting Club	00:12:42	00:33:45	00:23:16	01:09:43	00:10:16

**Classificações Absolutos Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
29	103893	3783	Ana Martinho	35-39	Alhandra Sporting Club	00:13:19	00:36:20	00:21:20	01:10:59	00:11:32
30	102722	1684	Helena Feiteira	CAD	Clube 4 Estilos	00:12:34	00:36:00	00:22:28	01:11:02	00:11:35
31	104906	3146	Ida Alcântara	30-34	ADI-Ílhavo	00:14:04	00:36:06	00:20:59	01:11:09	00:11:42
32	105752	3755	Priscila Gonçalves	35-39	Estoril Praia Credibom	00:15:01	00:34:56	00:21:49	01:11:46	00:12:19
33	101355	2166	Ana Magalhães	JUN	ADI-Ílhavo	00:12:56	00:36:48	00:22:16	01:12:00	00:12:33
34	103089	1780	Ana Francisca Moreira	CAD	Sport Lisboa e Benfica	00:12:59	00:35:24	00:23:46	01:12:09	00:12:42
35	103431	2119	Inês Batista Santos	JUN	Clube 4 Estilos	00:12:42	00:35:48	00:23:46	01:12:16	00:12:49
36	101179	2176	Patrícia Carrazedo	JUN	GDR Manique de Cima	00:12:32	00:35:58	00:23:54	01:12:24	00:12:57
37	105472	5421	Carla Guerra	45-49	CNCVG	00:13:11	00:36:50	00:22:44	01:12:45	00:13:18
38	101156	2185	Cátia Costa	JUN	GDR Manique de Cima	00:13:23	00:36:27	00:23:08	01:12:58	00:13:31
39	104935	3242	Sofia Sousa	35-39	Outsystems Olímpico de Oeiras	00:13:08	00:36:53	00:23:44	01:13:45	00:14:18
40	104850	3215	Bibiana Elena Farias	35-39	Outsystems Olímpico de Oeiras	00:12:38	00:37:20	00:23:50	01:13:48	00:14:21
41	101176	2090	Margarida Lopes	JUN	GDR Manique de Cima	00:12:00	00:36:54	00:25:24	01:14:18	00:14:51
42	103155	1748	Maria Inês França	CAD	CNCVG	00:13:53	00:37:48	00:22:59	01:14:40	00:15:13
43	106531	2154	Marta Barbosa	JUN	CNCVG	00:12:23	00:38:34	00:24:35	01:15:32	00:16:05
44		2705	Samira Buhler	25-29	Estoril Praia Credibom	00:13:56	00:37:46	00:24:06	01:15:48	00:16:21
45	105964	3084	Karina Oliveira	35-39	ADI-Ílhavo	00:15:08	00:37:17	00:23:43	01:16:08	00:16:41
46	105661	5250	Isabel Moreira	50-54	Triatlo Fundação Salesianos	00:14:32	00:39:26	00:23:24	01:17:22	00:17:55
47	106350	3486	Rita Spínola	30-34	Outsystems Olímpico de Oeiras	00:13:21	00:39:55	00:24:28	01:17:44	00:18:17
48	103992	4983	Ana Jardim Leal	40-44	SFRAA TRIATLO	00:14:09	00:38:21	00:25:17	01:17:47	00:18:20
49	104720	3301	Carolina Pecesgueiro	35-39	Núcleo do Sporting da Golegã	00:13:44	00:40:28	00:23:41	01:17:53	00:18:26
50	100696	4506	Maria Sousa	45-49	Clube Oriental de Lisboa	00:17:10	00:39:00	00:22:40	01:18:50	00:19:23
51	102342	1781	Rita Matos	CAD	Clube de Triatlo do Fundão	00:13:47	00:42:57	00:22:46	01:19:30	00:20:03
52	105836	5332	Catía Curica	40-44	Outsystems Olímpico de Oeiras	00:14:50	00:40:25	00:24:24	01:19:39	00:20:12
53	101545	4558	Maria João Rico	50-54	Clube de Triatlo do Fundão	00:17:34	00:41:52	00:21:43	01:21:09	00:21:42
54	104248	1702	Carolina Sabóia	CAD	Lusitano / Frusoal	00:14:58	00:38:58	00:27:19	01:21:15	00:21:48
55	100383	4383	Helena Moura	55-59	Sporting Clube de Portugal	00:14:28	00:41:33	00:25:23	01:21:24	00:21:57
56	106248	3345	Marina Mazon	35-39	Estoril Praia Credibom	00:14:34	00:42:39	00:25:26	01:22:39	00:23:12
57	104553	5294	Mafalda Oliveira	40-44	Estoril Praia Credibom	00:16:14	00:42:28	00:23:58	01:22:40	00:23:13
58	106425	4511	Helena Sécio	55-59	Individual	00:17:00	00:41:44	00:24:20	01:23:04	00:23:37
59	104228	4411	Teresa Margarida Santos	40-44	SFRAA TRIATLO	00:21:34	00:42:07	00:23:23	01:27:04	00:27:37