

Local da Prova: **Soure**

Data: **05/10/2021**

Hora da Partida: **11:34:05**

Distancias: Corrida - 5000m

Ciclismo - 20000m

Corrida - 2500m

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100104	3769	Alexandre Nobre	25-29	Sport Lisboa e Benfica	00:15:18	00:00:28	00:30:40	-	-	00:55:11	00:00:00
2	103658	4290	Nelson Gomes	40-44	G.D.GOMA	00:16:15	00:00:27	00:31:21	00:00:52	00:07:55	00:56:50	00:01:39
3	103632	3882	Nuno Pereira	35-39	G.D.GOMA	00:16:16	00:00:28	00:31:20	00:00:44	00:08:08	00:56:56	00:01:45
4	102465	2619	António Barata	20-24	Sport Lisboa e Benfica	00:16:15	00:00:26	00:31:17	00:00:53	00:08:18	00:57:09	00:01:58
5	104735	3379	Bruno Santos	30-34	CNCVG	00:16:15	00:00:28	00:31:20	00:00:52	00:08:20	00:57:15	00:02:04
6	102323	4197	Hugo Pina	40-44	CNCVG	00:16:50	00:00:35	00:30:44	00:01:08	00:08:21	00:57:38	00:02:27
7	107313	2864	Álvaro Ferreira	20-24	Mc Donald's/Tribraga	00:16:51	00:00:37	00:30:37	00:01:05	00:08:29	00:57:39	00:02:28
8	103135	3286	João Fonte-Boa	35-39	Kainágua	00:17:11	00:00:35	00:30:20	00:00:52	00:08:49	00:57:47	00:02:36
9	101553	4710	Sérgio Santos	45-49	GCA Donas - TRIATLO	00:16:17	00:00:32	00:31:19	00:00:59	00:08:52	00:57:59	00:02:48
10	100611	4897	Pedro Carreira	40-44	Peniche A. C.	00:17:30	00:00:29	00:31:56	00:00:50	00:08:42	00:59:27	00:04:16
11	100426	4402	Joaquim Carlos Lopes	50-54	Boavista FC	00:17:29	00:00:37	00:31:46	00:00:56	00:08:46	00:59:34	00:04:23
12	106578	4188	Vítor Teixeira	45-49	Mc Donald's/Tribraga	00:17:14	00:00:41	00:31:58	00:00:59	00:08:45	00:59:37	00:04:26
13	101512	3121	José Carvalho	30-34	Mc Donald's/Tribraga	00:17:31	00:00:38	00:31:47	00:00:57	00:08:47	00:59:40	00:04:29
14	107757	2245	Gonçalo Queiroz	JUN	Associação Académica de São Mamede	00:17:30	00:00:37	00:31:47	00:00:57	00:08:54	00:59:45	00:04:34
15	101452	3840	Tiago Pinho	30-34	C F Vilacondense	00:17:16	00:00:31	00:32:06	00:01:01	00:09:03	00:59:57	00:04:46
16	100842	2630	Rodrigo Amoreira	20-24	GCA Donas - TRIATLO	00:17:29	00:00:31	00:31:55	00:01:03	00:09:00	00:59:58	00:04:47
17	107251	2211	Bernardo Magina	JUN	Clube de Futebol Os Belenenses	00:17:14	00:00:39	00:32:03	00:01:01	00:09:05	01:00:02	00:04:51
18	105400	3585	Ricardo Gomes	35-39	A. R. Casaense	00:17:31	00:00:39	00:31:47	00:01:01	00:09:14	01:00:12	00:05:01
19	100859	2500	Francisco Luís	20-24	CNF	00:16:15	00:00:28	00:33:27	00:01:18	00:09:19	01:00:47	00:05:36
20	101509	4627	João Ferreira	45-49	Mc Donald's/Tribraga	00:17:59	00:00:36	00:32:28	00:00:55	00:08:57	01:00:55	00:05:44
21	100824	4515	Luis Almeida	45-49	Outsystems Olímpico de Oeiras	00:17:48	00:00:29	00:32:46	00:00:48	00:09:06	01:00:57	00:05:46
22	106306	1798	Atila Ambrus	CAD	G.D.GOMA	00:18:11	00:00:31	00:32:24	00:00:53	00:09:18	01:01:17	00:06:06
23	104745	3399	Carlos Matias	30-34	Clube de Futebol Os Belenenses	00:18:17	00:00:46	00:32:07	00:01:02	00:09:09	01:01:21	00:06:10
24	104329	3953	Pedro Lomba	35-39	Outsystems Olímpico de Oeiras	00:18:38	00:00:33	00:31:56	00:01:07	00:09:09	01:01:23	00:06:12
25	105440	8318	Ruben Leandro Ribeiro	CAD	Paredes Aventura	00:18:12	00:00:51	00:32:04	00:01:09	00:09:07	01:01:23	00:06:12
26	105319	3541	Pedro Castro	30-34	Mc Donald's/Tribraga	00:18:01	00:00:39	00:32:32	00:00:59	00:09:19	01:01:30	00:06:19
27	103316	3205	Gonçalo Martins	35-39	MARRETAS DO NORTE	00:18:26	00:00:41	00:32:07	00:01:04	00:09:13	01:01:31	00:06:20
28	106045	4446	Miguel Ferreira	40-44	C F Vilacondense	00:18:18	00:00:39	00:32:11	00:01:05	00:09:20	01:01:33	00:06:22

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	106790	4780	Davide Silva	40-44	DAR-Recardães EXPansion	00:18:17	00:00:44	00:32:12	00:01:06	00:09:24	01:01:43	00:06:32
30	101702	4584	António Ferreira	50-54	Individual	00:18:17	00:00:48	00:32:08	00:01:09	00:09:27	01:01:49	00:06:38
31	103671	4372	João Faria	50-54	Associação Académica de São Mamede	00:17:30	00:00:41	00:33:00	00:01:13	00:09:32	01:01:56	00:06:45
32	105675	3711	Daniel Seborro	35-39	Triatlo Clube Tap	00:18:18	00:00:42	00:33:24	00:01:08	00:09:17	01:02:49	00:07:38
33	102655	4799	João Ramos	40-44	Clube Zupper	00:18:33	00:00:43	00:33:06	00:01:05	00:09:29	01:02:56	00:07:45
34	107390	2884	Firmino Miguel	25-29	Clube Zupper	00:19:02	00:00:39	00:32:39	00:01:04	00:09:49	01:03:13	00:08:02
35	100529	3880	João Campos Cunha	25-29	Mc Donald's/Tribraga	00:19:02	00:00:38	00:32:39	00:01:02	00:09:53	01:03:14	00:08:03
36	102550	4037	Gary Blesson	55-59	A. R. Casaense	00:18:50	00:00:43	00:32:47	00:01:13	00:09:57	01:03:30	00:08:19
37	104150	4338	António Xavier Pinto	40-44	C F Vilacondense	00:19:02	00:00:37	00:32:44	00:01:04	00:10:07	01:03:34	00:08:23
38	100192	4217	Luis Oliveira	45-49	Pimpões Triatlo	00:18:39	00:00:45	00:32:57	00:01:10	00:10:12	01:03:43	00:08:32
39	105926	5571	David Felizardo	40-44	DAR-Recardães EXPansion	00:19:22	00:00:44	00:34:30	00:01:05	00:10:02	01:05:43	00:10:32
40	105776	3774	João Crespo	35-39	A. R. Casaense	00:19:22	00:00:58	00:34:17	00:01:21	00:10:24	01:06:22	00:11:11
41	104260	4486	Rui Silva	45-49	A. R. Casaense	00:20:14	00:00:38	00:34:44	00:01:00	00:09:55	01:06:31	00:11:20
42	102792	1857	Alexandre Pena	CAD	Associação Académica de São Mamede	00:19:29	00:00:53	00:34:12	00:01:23	00:10:43	01:06:40	00:11:29
43	103916	3793	Rui Melo	35-39	A. R. Casaense	00:19:06	00:00:36	00:35:49	00:00:58	00:10:24	01:06:53	00:11:42
44	103173	4427	Miguel David	50-54	Clube Oriental de Lisboa	00:19:25	00:00:56	00:35:25	00:01:05	00:10:05	01:06:56	00:11:45
45	107893	3082	Ricardo Pires	30-34	União Desportiva da Batalha	00:20:01	00:00:45	00:34:56	00:01:05	00:10:14	01:07:01	00:11:50
46	107581	5380	Francisco Brígido	45-49	União Desportiva da Batalha	00:19:27	00:01:16	00:34:57	00:01:35	00:09:47	01:07:02	00:11:51
47	107155	2798	Renato Velhuco	30-34	Clube de Triatlo de Viseu	00:19:22	00:00:53	00:35:23	00:01:09	00:10:28	01:07:15	00:12:04
48	105177	5125	Luis Abreu	45-49	Associação Académica de São Mamede	00:19:59	00:00:56	00:34:42	00:01:39	00:10:01	01:07:17	00:12:06
49	107197	4556	Nuno Sousa	45-49	Individual	00:19:33	00:01:18	00:34:50	00:01:32	00:10:06	01:07:19	00:12:08
50	107219	2821	Marco Caetano	30-34	Associação Académica de São Mamede	00:19:21	00:00:53	00:35:55	00:01:15	00:10:11	01:07:35	00:12:24
51	106857	4909	António Lourenço	45-49	Clube de Triatlo de Viseu	00:18:59	00:01:11	00:35:57	00:01:25	00:10:29	01:08:01	00:12:50
52	106459	4727	Carlos Caligula	55-59	Veteranos do Porto	00:20:44	00:00:44	00:36:17	00:01:03	00:10:27	01:09:15	00:14:04
53	105616	3890	Márcio Oliveira	35-39	A. C. R. Ribeira	00:21:23	00:01:09	00:34:24	00:01:24	00:11:02	01:09:22	00:14:11
54	103528	3463	Bernardo Braga	25-29	Associação Académica de São Mamede	00:19:04	00:01:22	00:37:23	00:01:40	00:10:17	01:09:46	00:14:35
55	107218	2210	João Abreu	JUN	Associação Académica de São Mamede	00:19:34	00:00:59	00:35:15	00:02:55	00:11:04	01:09:47	00:14:36
56	101410	4039	José Varela	60-64	Louletano	00:21:33	00:00:41	00:34:47	00:01:18	00:11:33	01:09:52	00:14:41
57	105743	5287	Abílio João Malheiro	45-49	C F Vilacondense	00:20:36	00:00:48	00:36:24	00:01:15	00:10:57	01:10:00	00:14:49
58	100533	5121	Paulo Adão	40-44	Associação Académica de São Mamede	00:20:30	00:00:38	00:36:40	00:01:13	00:11:10	01:10:11	00:15:00
59	101041	4193	Luis Ferreira	PTHI	Associação Académica de São Mamede	00:20:29	00:01:09	00:36:09	00:01:18	00:11:06	01:10:11	00:15:00
60	104640	4457	Joaquim Barbosa	55-59	C F Vilacondense	00:21:31	00:00:45	00:36:33	00:01:05	00:10:55	01:10:49	00:15:38
61	102634	4904	Luís Carvalhinho	50-54	Pimpões Triatlo	00:21:12	00:00:40	00:37:02	00:01:08	00:10:58	01:11:00	00:15:49

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	104789	4829	Jose Monteiro	55-59	Veteranos do Porto	00:22:21	00:01:21	00:35:08	00:01:19	00:11:08	01:11:17	00:16:06
63	102663	4216	Marco Leite	40-44	A. C. R. Ribeira	00:22:23	00:00:58	00:35:33	00:01:16	00:11:39	01:11:49	00:16:38
64	105143	5115	Luís Santos	40-44	C F Vilacondense	00:21:45	00:01:00	00:36:00	00:01:09	00:11:57	01:11:51	00:16:40
65	101065	4060	António Moura	60-64	Pimpões Triatlo	00:22:00	00:00:38	00:36:17	00:01:10	00:11:48	01:11:53	00:16:42
66	100453	4478	Fernando Pombo	70-74	Outsystems Olímpico de Oeiras	00:21:40	00:00:48	00:36:28	00:01:21	00:11:58	01:12:15	00:17:04
67	101782	4403	Paulo Santos	55-59	Clube Oriental de Lisboa	00:22:31	00:01:02	00:36:25	00:01:27	00:10:55	01:12:20	00:17:09
68	107013	5500	Paulo Martins Ferreira	45-49	Associação Académica de São Mamede	00:21:36	00:01:10	00:37:11	00:01:28	00:11:21	01:12:46	00:17:35
69	102251	4508	Vasco Borges	50-54	A. R. Casaense	00:21:38	00:00:54	00:37:08	00:01:15	00:12:12	01:13:07	00:17:56
70	105344	5185	Manuel Moutinho	40-44	Mc Donald's/Tribraga	00:25:26	00:00:47	00:35:49	00:01:12	00:10:00	01:13:14	00:18:03
71	102127	4351	João Rodrigues	60-64	CDASJ Duatlo	00:22:42	00:01:00	00:36:13	00:01:27	00:12:04	01:13:26	00:18:15
72	103725	4470	João Paulo Ferreira	55-59	Paredes Aventura	00:22:22	00:01:07	00:36:23	00:01:30	00:12:20	01:13:42	00:18:31
73	106508	4760	Carlos Xavier	40-44	3B - triatlo	00:22:27	00:01:21	00:36:01	00:01:43	00:12:17	01:13:49	00:18:38
74	102505	2973	João Pedro Almeida	20-24	GCA Donas - TRIATLO	00:20:57	00:00:53	00:36:04	00:01:24	00:14:57	01:14:15	00:19:04
75	102541	4019	Joaquim Figueiredo	60-64	Palmela Desporto / Tripla Rotação	00:21:51	00:01:11	00:41:32	00:01:25	00:11:37	01:17:36	00:22:25
76	100277	4067	Carlos Leite	75-79	A. C. R. Ribeira	00:23:48	00:01:37	00:39:08	00:02:00	00:11:55	01:18:28	00:23:17
77	102691	4599	José Rodrigues	55-59	Associação Académica de São Mamede	00:24:04	00:01:16	00:39:15	00:01:35	00:12:22	01:18:32	00:23:21
78	104861	5003	João Manuel Rosado	55-59	Núcleo do Sporting da Golegã	00:22:48	00:01:52	00:39:49	00:01:24	00:12:46	01:18:39	00:23:28
79	104048	4210	Vasco Micaelo	70-74	DAR-Recardães EXPansion	00:25:22	00:00:59	00:38:07	00:01:19	00:13:06	01:18:53	00:23:42
80	104047	4207	Victor Campos	70-74	DAR-Recardães EXPansion	00:26:04	00:01:04	00:37:16	00:29:47	23:45:40	01:19:51	00:24:40
81	106065	8317	Gonçalo Costa	CAD	Paredes Aventura	00:23:23	00:00:39	00:42:18	00:00:58	00:12:59	01:20:17	00:25:06
82	106692	3068	Pedro Gonçalves	35-39	C F Vilacondense	00:23:12	00:01:04	00:43:33	00:01:51	00:13:00	01:22:40	00:27:29
83	106108	5386	Nuno Sousa Pereira	50-54	Associação Académica de São Mamede	00:28:44	00:00:46	00:41:13	00:01:29	00:14:46	01:26:58	00:31:47
84	106465	4801	João Serdoura	45-49	Mc Donald's/Tribraga	00:27:24	00:01:29	00:43:27	00:01:59	00:13:56	01:28:15	00:33:04
85	101453	4370	Ulisses Lopes	45-49	C F Vilacondense	00:31:16	00:00:53	00:48:35	00:02:04	00:17:01	01:39:49	00:44:38
DSQ	100619	4005	José Maçarria	60-64	Individual	00:22:36	00:01:28	-	-	-	DSQ	