

Local da Prova: **Vila Nova Cerveira**

Data: **13.03.2022**

Hora da Partida: **10:03:05**

Distancias: Corrida - 5000

Ciclismo - 19000

Corrida - 2500

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	101609	1835	João Nuno Batista	CAD	Clube de Natação de Torres Novas	00:15:35	00:00:30	00:30:14	00:00:31	00:08:05	00:54:55	00:00:00
2	102465	2619	António Barata	20-24	Sport Lisboa e Benfica	00:15:59	00:00:28	00:29:51	00:00:31	00:08:30	00:55:19	00:00:24
3	100380	2252	Gustavo do Canto	JUN	Clube de Natação de Torres Novas	00:15:59	00:00:30	00:30:26	00:00:32	00:08:15	00:55:42	00:00:47
4	100775	3269	Miguel Arraiolos	30-34	Sport Lisboa e Benfica	00:16:01	00:00:27	00:30:29	00:00:29	00:08:26	00:55:52	00:00:57
5	100354	2813	Afonso do Canto	20-24	Clube de Natação de Torres Novas	00:16:42	00:00:29	00:29:43	00:00:29	00:08:46	00:56:09	00:01:14
6	107321	2866	Luis Moleiro	20-24	Clube de Natação de Torres Novas	00:16:13	00:00:36	00:30:07	00:00:54	00:08:20	00:56:10	00:01:15
7	101511	3970	Renato Teixeira	25-29	G.D.GOMA	00:16:45	00:00:47	00:29:26	00:00:35	00:08:51	00:56:24	00:01:29
8	102323	4197	Hugo Pina	40-44	CNCVG	00:16:46	00:00:33	00:30:42	00:00:32	00:08:46	00:57:19	00:02:24
9	107708	2244	Tomás Teixeira	JUN	CNCVG	00:16:44	00:00:36	00:30:40	00:00:35	00:09:03	00:57:38	00:02:43
10	104735	3379	Bruno Santos	30-34	CNCVG	00:16:45	00:00:32	00:31:18	00:00:32	00:08:47	00:57:54	00:02:59
11	104855	3720	Tiago Lopes	25-29	Outsystems Olímpico de Oeiras	00:16:45	00:00:33	00:31:20	00:00:34	00:08:47	00:57:59	00:03:04
12	107251	2211	Bernardo Magina	JUN	Clube de Futebol Os Belenenses	00:16:49	00:00:29	00:31:21	00:00:36	00:09:15	00:58:30	00:03:35
13	104234	5664	Manuel Anselmo	40-44	MARRETAS DO NORTE	00:17:05	00:00:30	00:31:40	00:00:36	00:08:45	00:58:36	00:03:41
14	100824	4515	Luis Almeida	50-54	Outsystems Olímpico de Oeiras	00:17:46	00:00:28	00:31:04	00:00:26	00:09:00	00:58:44	00:03:49
15	104663	5513	Luis Mira Nunes	45-49	CNATRIL Triatlo	00:17:49	00:00:45	-	-	00:09:11	00:58:46	00:03:51
16	101861	3344	Nuno Carvalho	35-39	Outsystems Olímpico de Oeiras	00:17:29	00:00:36	00:30:48	00:00:40	00:09:15	00:58:48	00:03:53
17	105857	3000	João Sousa	35-39	Sporting Clube de Espinho - FERSILVA	00:17:20	00:00:57	00:31:05	00:00:36	00:08:52	00:58:50	00:03:55
18	104362	3964	Duarte Pais	35-39	MARRETAS DO NORTE	00:17:28	00:00:35	00:31:20	00:00:47	00:08:44	00:58:54	00:03:59
19	104052	4315	Adelino Soutinho	40-44	G.D.GOMA	00:17:18	00:00:53	00:31:09	00:00:35	00:09:02	00:58:57	00:04:02
20	108423	5814	Giovanni Díaz	40-44	DAR-Recardães EXPansion	00:17:40	00:00:30	00:31:10	00:00:37	00:09:01	00:58:58	00:04:03
21	107313	2864	Álvaro Ferreira	25-29	Mc Donald's/Tribraga	00:17:50	00:00:46	00:30:18	00:00:39	00:09:36	00:59:09	00:04:14
22	107989	3114	Vasco Silva	20-24	Sporting Clube de Espinho - FERSILVA	00:17:21	00:00:58	00:31:09	00:00:42	00:09:01	00:59:11	00:04:16
23	103974	3858	João Rodrigues	30-34	A. R. Casaense	00:17:35	00:00:42	-	-	00:09:27	00:59:20	00:04:25
24	104582	5723	Hugo Silva	40-44	G.D.GOMA	00:17:01	00:00:44	00:32:37	00:00:33	00:09:16	01:00:11	00:05:16
25	104132	3308	Gonçalo Mendes	20-24	CNATRIL Triatlo	00:17:27	00:00:36	00:32:23	00:00:48	00:09:03	01:00:17	00:05:22
26	104758	4626	Rui Gomes	45-49	Sporting Clube de Espinho - FERSILVA	00:17:33	00:00:59	00:31:45	00:00:48	00:09:16	01:00:21	00:05:26
27	105319	3541	Pedro Castro	30-34	Mc Donald's/Tribraga	00:17:48	00:00:37	00:31:58	00:00:37	00:09:22	01:00:22	00:05:27
28	105354	2278	Pedro Carvalho	JUN	Sport Lisboa e Benfica	00:17:06	00:00:40	00:32:39	00:00:34	00:09:29	01:00:28	00:05:33

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	107390	2884	Firmino Miguel	25-29	Clube Zupper	00:18:28	00:00:33	00:31:24	00:00:46	00:09:19	01:00:30	00:05:35
30	106578	4188	Vítor Teixeira	45-49	Mc Donald's/Tribraga	00:18:17	00:00:35	-	-	00:09:24	01:00:31	00:05:36
31	104475	4091	Rui Pinheiro	45-49	CDE Santana/Hugo Pita Portas & Automatismos	00:17:57	00:00:38	00:31:50	00:00:43	00:09:26	01:00:34	00:05:39
32	101990	3474	Ricardo Miranda	35-39	Pedalarte	00:18:29	00:00:37	00:31:20	00:00:44	00:09:42	01:00:52	00:05:57
33	105880	5345	Samuel Aguiar	50-54	Try Portugal / V. Janes	00:18:47	00:00:54	00:30:39	00:01:07	00:09:48	01:01:15	00:06:20
34	105505	3625	Márcio Vieira	35-39	Pedalarte	00:18:49	00:00:58	00:30:35	00:01:14	00:09:59	01:01:35	00:06:40
35	101998	5189	V BARBOSA	40-44	Pedalarte	00:18:53	00:00:47	00:30:44	00:00:49	00:10:25	01:01:38	00:06:43
36	106306	2283	Atila Ambrus	JUN	G.D.GOMA	00:17:50	00:00:33	00:32:03	00:00:37	00:10:55	01:01:58	00:07:03
37	104745	3399	Carlos Matias	30-34	Clube de Futebol Os Belenenses	00:18:32	00:00:33	00:32:41	00:00:35	00:09:39	01:02:00	00:07:05
38	102296	1930	tiago miguel casinha	CAD	CNCVG	00:18:11	00:00:35	00:33:01	00:00:37	00:09:40	01:02:04	00:07:09
39	106790	4780	Davide Silva	40-44	DAR-Recardães EXPansion	00:18:10	00:00:37	00:32:39	00:00:37	00:10:01	01:02:04	00:07:09
40	103792	5015	Carlos Inocêncio	45-49	Associação Académica de São Mamede	00:17:37	00:01:07	00:33:03	00:00:59	00:09:23	01:02:09	00:07:14
41	101509	4627	João Ferreira	45-49	Mc Donald's/Tribraga	00:18:44	00:00:33	00:32:47	00:00:38	00:09:36	01:02:18	00:07:23
42	106045	4446	Miguel Ferreira	40-44	Clube Fluvial Vilacondense	00:18:27	00:00:42	-	-	00:09:49	01:02:23	00:07:28
43	102655	4799	João Ramos	40-44	Clube Zupper	00:18:56	00:00:47	00:32:21	00:00:38	00:09:52	01:02:34	00:07:39
44	103539	4118	Rui Silva	45-49	Sporting Clube de Espinho - FERSILVA	00:18:07	00:00:52	00:33:14	00:00:46	00:09:38	01:02:37	00:07:42
45	105620	4918	Pedro Vieira	40-44	MARRETAS DO NORTE	00:18:44	00:01:00	-	-	00:09:41	01:02:38	00:07:43
46	105926	5571	David Felizardo	40-44	GDCR - Grupo Desportivo e Cultural de Recard	00:19:00	00:00:42	-	-	00:09:59	01:02:43	00:07:48
47	100529	3880	João Campos Cunha	25-29	Mc Donald's/Tribraga	00:18:58	00:00:38	00:32:33	00:00:40	00:09:57	01:02:46	00:07:51
48	103378	3284	Filipe Carneiro	30-34	Individual	00:18:46	00:00:47	00:32:35	00:00:47	00:10:10	01:03:05	00:08:10
49	104150	4338	António Xavier Pinto	45-49	Clube Fluvial Vilacondense	00:18:26	00:00:37	00:33:00	00:00:40	00:10:27	01:03:10	00:08:15
50	108158	3247	Miguel Marinho	30-34	Clube Zupper	00:19:03	00:00:59	00:32:06	00:00:52	00:10:17	01:03:17	00:08:22
51	108238	3315	Cristiano Oliveira	25-29	A. R. Casaense	00:18:27	00:00:35	00:34:30	00:00:38	00:09:22	01:03:32	00:08:37
52	105812	1886	Rui Pinheiro	CAD	Associação Académica de São Mamede	00:18:46	00:00:37	00:32:42	00:00:36	00:11:13	01:03:54	00:08:59
53	106798	4797	Américo Lima	45-49	Mc Donald's/Tribraga	00:19:07	00:00:57	00:33:12	00:00:39	00:10:01	01:03:56	00:09:01
54	100422	2247	David Oliveira	JUN	AMICICLO GRÂNDOLA	00:19:01	00:00:35	00:32:30	00:00:34	00:11:30	01:04:10	00:09:15
55	104809	4889	Pedro Teixeira	45-49	Clube Zupper	00:19:22	00:00:51	-	-	00:10:11	01:04:10	00:09:15
56	104655	4583	Nuno Sousa	45-49	MARRETAS DO NORTE	00:19:30	00:00:48	00:32:54	00:00:44	00:10:14	01:04:10	00:09:15
57	100417	4774	Aníbal Oliveira	45-49	AMICICLO GRÂNDOLA	00:19:33	00:00:35	-	-	00:11:46	01:04:26	00:09:31
58	107126	2788	José Cardinho	35-39	Clube de Futebol Os Belenenses	00:19:41	00:00:45	00:32:49	00:00:40	00:10:38	01:04:33	00:09:38
59	108306	5775	Xavier Ferreira	40-44	Individual	00:20:03	00:00:39	00:33:08	00:00:34	00:10:32	01:04:56	00:10:01
60	104545	4205	Mauro Azevedo	50-54	A. R. Casaense	00:19:13	00:00:56	00:34:38	00:00:40	00:10:05	01:05:32	00:10:37
61	105328	3549	Paulo Carvalho	35-39	MARRETAS DO NORTE	00:20:05	00:00:54	00:33:37	00:00:37	00:10:22	01:05:35	00:10:40

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	107276	2845	Márcio Carvalho	35-39	Clube Zupper	00:20:20	00:00:40	00:33:05	00:00:55	00:10:56	01:05:56	00:11:01
63	105470	3616	Ricardo Silva	30-34	Pedalarte	00:19:55	00:00:54	00:33:27	00:00:58	00:10:53	01:06:07	00:11:12
64	101985	5732	Nuno Ribeiro	40-44	Clube Zupper	00:19:27	00:00:42	00:35:30	00:00:44	00:10:16	01:06:39	00:11:44
65	105177	5125	Luis Abreu	50-54	Associação Académica de São Mamede	00:20:04	00:01:06	00:34:25	00:00:49	00:10:16	01:06:40	00:11:45
66	107365	5052	Domingos Vieira	40-44	Pedalarte	00:20:18	00:00:55	00:33:31	00:00:50	00:11:09	01:06:43	00:11:48
67	107197	4556	Nuno Sousa	45-49	Individual	00:19:55	00:01:13	00:34:05	00:01:08	00:10:29	01:06:50	00:11:55
68	105344	5185	Manuel Moutinho	45-49	Mc Donald's/Tribraga	00:19:47	00:01:09	00:34:44	00:00:54	00:10:45	01:07:19	00:12:24
69	108430	3502	Rúben Neves	25-29	DAR-Recardães EXPansion	00:19:47	00:00:57	00:35:11	00:01:07	00:10:32	01:07:34	00:12:39
70	105685	3727	Luis Lobo	30-34	G.D.GOMA	00:21:00	00:00:44	00:33:56	00:00:47	00:11:12	01:07:39	00:12:44
71	106383	4440	Rui Melo	40-44	Mc Donald's/Tribraga	00:21:04	00:00:42	00:34:22	00:00:48	00:11:02	01:07:58	00:13:03
72	105282	5631	Sérgio Mota	40-44	Sporting Clube de Espinho - FERSILVA	00:19:52	00:01:33	00:34:21	00:42:04	23:30:10	01:08:00	00:13:05
73	107623	2946	Rui Pinto	25-29	Pedalarte	00:20:14	00:01:12	00:35:14	00:00:55	00:10:28	01:08:03	00:13:08
74	106793	2702	André Lucas	35-39	DAR-Recardães EXPansion	00:21:35	00:01:21	00:32:59	00:01:08	00:11:19	01:08:22	00:13:27
75	105597	4240	Márcio Miguel Silva	40-44	Clube Fluvial Vilacondense	00:20:16	00:00:58	-	-	00:11:03	01:08:25	00:13:30
76	104686	3283	Gonçalo Fernandes	30-34	Pedalarte	00:21:29	00:00:59	00:33:40	00:00:41	00:11:44	01:08:33	00:13:38
77	107155	2798	Renato Velhuco	35-39	Clube de Triatlo de Viseu	00:20:11	00:01:01	00:35:25	00:00:45	00:11:13	01:08:35	00:13:40
78	104986	3060	Paulo Silva	30-34	Individual	00:20:37	00:00:54	00:35:34	00:00:49	00:10:50	01:08:44	00:13:49
79	100578	4703	Henrique Matias	45-49	CNATRIL Triatlo	00:19:31	00:03:16	00:34:49	00:01:01	00:10:10	01:08:47	00:13:52
80	101518	3020	Rui Barbosa	35-39	G.D.GOMA	00:21:43	00:00:49	00:33:33	00:40:12	23:32:50	01:09:07	00:14:12
81	108247	5763	Marco Pires	40-44	Velo Clube de Bragança - Reconco	00:20:52	00:01:07	00:35:24	00:01:19	00:10:49	01:09:31	00:14:36
82	108316	5779	Helder Fernandes	40-44	Velo Clube de Bragança - Reconco	00:20:52	00:01:27	00:35:02	00:01:25	00:10:46	01:09:32	00:14:37
83	107219	2821	Marco Caetano	30-34	Associação Académica de São Mamede	00:19:22	00:01:03	00:37:49	00:00:41	00:11:12	01:10:07	00:15:12
84	106648	3955	Rui Figueiredo	30-34	DAR-Recardães EXPansion	00:20:59	00:01:18	-	-	00:11:37	01:10:13	00:15:18
85	108327	3358	Tiago Ribeiro	35-39	GDCR - Grupo Desportivo e Cultural de Recardães	00:21:44	00:01:02	00:34:27	00:00:57	00:12:03	01:10:13	00:15:18
86	102251	4508	Vasco Borges	50-54	A. R. Casaense	00:22:12	00:00:54	00:35:39	00:00:47	00:10:55	01:10:27	00:15:32
87	106674	4529	Vitor Costa	55-59	Mc Donald's/Tribraga	00:20:45	00:01:22	00:35:24	00:01:52	00:11:19	01:10:42	00:15:47
88	103852	4863	Nuno Pinho	40-44	Paredes Aventura	00:21:08	00:01:14	00:36:06	00:01:23	00:10:54	01:10:45	00:15:50
89	107986	3112	Iuri Martins	30-34	Sporting Clube de Espinho - FERSILVA	00:21:22	00:01:23	00:36:06	00:01:33	00:11:16	01:11:40	00:16:45
90	104007	5030	Hugo Guerra	40-44	Clube Zupper	00:21:44	00:01:00	00:36:07	00:01:02	00:11:58	01:11:51	00:16:56
91	104640	4457	Joaquim Barbosa	55-59	Clube Fluvial Vilacondense	00:22:18	00:01:00	00:36:32	00:00:50	00:11:52	01:12:32	00:17:37
92	106480	5107	Célio Pereira	45-49	Veteranos do Porto	00:22:52	00:01:12	00:35:11	00:01:06	00:12:27	01:12:48	00:17:53
93	108022	5662	Bruno Araújo	40-44	Mc Donald's/Tribraga	00:21:38	00:01:36	00:37:10	00:02:02	00:10:58	01:13:24	00:18:29
94	108395	3447	Moreira	25-29	Velo Clube de Bragança - Reconco	00:20:13	00:00:56	00:40:16	00:00:41	00:11:26	01:13:32	00:18:37

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
95	108265	5765	Pedro Matela	45-49	Velo Clube de Bragança - Reconco	00:23:10	00:01:25	00:35:57	00:01:22	00:12:06	01:14:00	00:19:05
96	107670	2968	Gonçalo Oliveira	20-24	PedalarTE	00:22:13	00:00:37	00:39:08	00:00:41	00:11:31	01:14:10	00:19:15
97	107772	5578	Ricardo Moreira	40-44	Associação Beat Your Limit!	00:20:30	00:01:50	00:39:25	00:01:40	00:10:50	01:14:15	00:19:20
98	101046	4016	Miguel Vieira	50-54	Associação Académica de São Mamede	00:22:45	00:01:01	00:38:03	00:00:43	00:12:10	01:14:42	00:19:47
99	103858	4683	Luis Vasques	45-49	Sporting Clube de Espinho - FERSILVA	00:23:25	00:01:17	00:36:58	00:36:17	23:37:06	01:15:03	00:20:08
100	105488	8055	Ricardo Velhuco	40-44	Clube de Triatlo de Viseu	00:23:01	00:01:06	00:37:47	00:01:12	00:12:28	01:15:34	00:20:39
101	101039	4330	José Silva	55-59	Associação Académica de São Mamede	00:23:22	00:00:54	00:38:27	00:00:50	00:12:02	01:15:35	00:20:40
102	100453	4478	Fernando Pombo	70-74	Outsystems Olímpico de Oeiras	00:23:03	00:00:46	00:38:53	00:00:54	00:12:00	01:15:36	00:20:41
103	106065	2270	Gonçalo Costa	JUN	Paredes Aventura	00:22:34	00:00:35	00:38:49	00:00:41	00:12:57	01:15:36	00:20:41
104	104081	5371	Pedro Rodrigues	40-44	Clube Zupper	00:23:06	00:01:12	00:38:26	00:01:02	00:12:00	01:15:46	00:20:51
105	105548	2673	Gonçalo Brito	20-24	Sporting Clube de Espinho - FERSILVA	00:19:09	00:01:14	00:44:41	00:32:49	23:38:22	01:16:15	00:21:20
106	104593	4305	José Carlos Ramalho	55-59	Individual	00:23:22	00:01:19	00:38:03	00:33:29	23:40:14	01:16:27	00:21:32
107	108360	3394	Miguel Gonçalves	30-34	Associação Académica de São Mamede	00:22:46	00:01:08	00:38:21	00:01:17	00:13:19	01:16:51	00:21:56
108	105743	5287	Abílio João Malheiro	45-49	Clube Fluvial Vilacondense	00:22:29	00:00:52	00:39:30	00:01:11	00:13:13	01:17:15	00:22:20
109	107013	5500	Paulo Martins Ferreira	45-49	Associação Académica de São Mamede	00:21:58	00:01:10	00:41:00	00:01:09	00:12:35	01:17:52	00:22:57
110	108085	3201	Joao Sottomayor	30-34	Associação Beat Your Limit!	00:19:33	00:01:08	00:45:50	00:01:18	00:10:12	01:18:01	00:23:06
111	105489	5425	João Fernando	40-44	Sporting Clube de Espinho - FERSILVA	00:23:30	00:01:26	00:39:16	00:33:36	23:40:17	01:18:05	00:23:10
112	106692	3068	Pedro Gonçalves	35-39	Clube Fluvial Vilacondense	00:22:14	00:01:08	00:41:41	00:00:58	00:13:13	01:19:14	00:24:19
113	106159	5438	Paulo Martins	45-49	Clube Fluvial Vilacondense	00:23:50	00:01:21	00:40:17	00:01:27	00:12:46	01:19:41	00:24:46
114	107356	5026	Filipe Monteiro	40-44	Associação Beat Your Limit!	00:25:26	00:01:18	00:38:40	00:01:17	00:14:38	01:21:19	00:26:24
115	107371	5095	José Miguel Pinto	55-59	Individual	00:27:46	00:01:31	00:36:44	00:31:42	23:45:37	01:23:20	00:28:25
116	101448	4018	Mário Magalhães	60-64	Clube Fluvial Vilacondense	00:25:52	00:02:05	00:42:10	00:01:23	00:13:47	01:25:17	00:30:22
117	107287	4810	Pedro Braga	40-44	Associação Académica de São Mamede	00:29:23	00:01:30	00:38:53	00:01:36	00:16:01	01:27:23	00:32:28
118	101453	4370	Ulisses Lopes	45-49	Clube Fluvial Vilacondense	00:28:55	00:00:45	00:44:19	00:00:57	00:16:13	01:31:09	00:36:14
119	106465	4801	João Serdoura	45-49	Mc Donald's/Tribraga	00:27:40	00:01:33	00:46:22	00:01:22	00:14:37	01:31:34	00:36:39
120	104047	4207	Victor Campos	70-74	DAR-Recardães EXPansion	00:36:02	00:01:28	00:45:10	00:01:44	00:16:20	01:40:44	00:45:49