

Local da Prova: **Régua**

Data: **28/08/2022**

Hora da Partida: **08:04:45**

Distancias: Natação - 1900

Ciclismo - 90000

Corrida - 21100

Classificação Absoluta - Masculinos

| # | Lic. | Dors. | Nome | Esc. | Equipa | Natação | T1 | Ciclismo | T2 | Corrida | T.Total | Diff. |
|----|--------|-------|--------------------|-------|--------------------------------------|----------|----------|----------|----------|----------|----------|----------|
| 1 | 100378 | 3816 | Filipe Azevedo | 25-29 | Estoril Praia Credibom | 00:24:20 | 00:01:27 | 02:06:18 | 00:01:23 | 01:15:39 | 03:49:07 | 00:00:00 |
| 2 | 100780 | 2508 | Rafael Domingos | 25-29 | Estoril Praia Credibom | 00:25:35 | 00:01:22 | 02:15:24 | 00:01:02 | 01:21:16 | 04:04:39 | 00:15:32 |
| 3 | 104009 | 3876 | Mário Rocha | 25-29 | Clube dos Galitos | 00:28:37 | 00:01:40 | 02:17:13 | 00:01:12 | 01:22:06 | 04:10:48 | 00:21:41 |
| 4 | 100598 | 2584 | André Duarte | 25-29 | Clube de Natação de Torres Novas | 00:28:37 | 00:01:35 | 02:21:47 | 00:01:15 | 01:18:59 | 04:12:13 | 00:23:06 |
| 5 | 102323 | 4197 | Hugo Pina | 40-44 | CNCVG | 00:27:35 | 00:01:53 | 02:17:53 | 00:01:19 | 01:23:39 | 04:12:19 | 00:23:12 |
| 6 | 106271 | 3438 | Adriano Correia | 30-34 | Clube de Natação de Torres Novas | 00:27:36 | 00:01:28 | 02:23:00 | 00:01:01 | 01:21:56 | 04:15:01 | 00:25:54 |
| 7 | 101010 | 3704 | Nuno Rodrigues | 35-39 | CNCVG | 00:28:41 | 00:01:53 | 02:21:20 | 00:01:13 | 01:22:27 | 04:15:34 | 00:26:27 |
| 8 | 101614 | 2812 | José Pedro Vieira | 20-24 | Clube de Natação de Torres Novas | 00:24:20 | 00:01:22 | 02:10:58 | 00:01:00 | 01:39:22 | 04:17:02 | 00:27:55 |
| 9 | 101964 | 4765 | Nelson Mestre | 40-44 | Lusitano / Frusoal | 00:29:16 | 00:01:48 | 02:20:43 | 00:01:08 | 01:25:30 | 04:18:25 | 00:29:18 |
| 10 | 102259 | 5701 | Rafael Gomes | 40-44 | Estoril Praia Credibom | 00:29:27 | 00:02:06 | 02:17:31 | 00:01:04 | 01:28:26 | 04:18:34 | 00:29:27 |
| 11 | 108758 | 5917 | Lino Barruncho | 45-49 | Individual | 00:32:37 | 00:01:54 | 02:19:47 | 00:01:31 | 01:23:21 | 04:19:10 | 00:30:03 |
| 12 | 104663 | 5513 | Luis Mira Nunes | 45-49 | CNATRIL Triatlo | 00:32:49 | 00:02:00 | 02:19:20 | 00:01:26 | 01:24:01 | 04:19:36 | 00:30:29 |
| 13 | 101865 | 4324 | Rui Narigueta | 45-49 | Outsystems Olimpico de Oeiras | 00:37:57 | 00:01:52 | 02:13:08 | 00:01:26 | 01:26:12 | 04:20:35 | 00:31:28 |
| 14 | 104974 | 3166 | Eduardo Mourato | 30-34 | Estoril Praia Credibom | 00:28:51 | 00:02:33 | 02:25:31 | 00:01:01 | 01:23:18 | 04:21:14 | 00:32:07 |
| 15 | 102120 | 4337 | Paulo Martins | 45-49 | Sporting Clube de Espinho - FERSILVA | 00:32:59 | 00:02:32 | 02:18:54 | 00:01:32 | 01:25:54 | 04:21:51 | 00:32:44 |
| 16 | 107042 | 2772 | Diogo Allen Coelho | 25-29 | MARRETAS DO NORTE | 00:29:54 | 00:02:48 | 02:16:29 | 00:01:28 | 01:31:15 | 04:21:54 | 00:32:47 |
| 17 | 107708 | 2244 | Tomás Teixeira | JUN | CNCVG | 00:28:31 | 00:02:06 | 02:21:30 | 00:00:58 | 01:29:00 | 04:22:05 | 00:32:58 |
| 18 | 104362 | 3964 | Duarte Pais | 35-39 | MARRETAS DO NORTE | 00:29:26 | 00:02:18 | 02:22:33 | 00:01:30 | 01:26:52 | 04:22:39 | 00:33:32 |
| 19 | 100787 | 2556 | Afonso Garcia | 25-29 | Outsystems Olimpico de Oeiras | 00:25:57 | 00:01:36 | 02:26:43 | 00:01:24 | 01:28:02 | 04:23:42 | 00:34:35 |
| 20 | 101538 | 2623 | Guilherme Pires | 20-24 | Clube de Natação de Torres Novas | 00:24:17 | 00:01:36 | 02:18:49 | 00:01:35 | 01:40:22 | 04:26:39 | 00:37:32 |
| 21 | 101071 | 4001 | David Caldeirão | 45-49 | Louletano | 00:29:06 | 00:01:49 | 02:20:51 | 00:01:18 | 01:35:50 | 04:28:54 | 00:39:47 |
| 22 | 106378 | 3569 | Rui Martins | 35-39 | Núcleo do Sporting da Golegã | 00:28:29 | 00:02:13 | 02:30:56 | 00:01:34 | 01:29:10 | 04:32:22 | 00:43:15 |
| 23 | 101866 | 4894 | Rui Costa | 45-49 | Exército de Portugal | 00:34:53 | 00:02:24 | 02:25:52 | 00:01:32 | 01:27:50 | 04:32:31 | 00:43:24 |
| 24 | 101824 | 4814 | Gonçalo Resina | 45-49 | Núcleo do Sporting da Golegã | 00:35:11 | 00:02:52 | 02:26:54 | 00:01:27 | 01:26:28 | 04:32:52 | 00:43:45 |
| 25 | 107269 | 2847 | Rodrigo Viana | 25-29 | MARRETAS DO NORTE | 00:32:41 | 00:03:18 | 02:28:41 | 00:01:30 | 01:27:18 | 04:33:28 | 00:44:21 |
| 26 | 103696 | 3523 | Luis Ferreira | 35-39 | Núcleo do Sporting da Golegã | 00:34:20 | 00:02:18 | 02:28:07 | 00:01:00 | 01:29:43 | 04:35:28 | 00:46:21 |
| 27 | 105881 | 3951 | Manuel Silva | 20-24 | Individual | 00:29:28 | 00:02:50 | 02:32:17 | 00:01:40 | 01:31:10 | 04:37:25 | 00:48:18 |
| 28 | 104454 | 3008 | João Pacheco | 35-39 | Outsystems Olimpico de Oeiras | 00:32:30 | 00:01:42 | 02:25:18 | 00:01:18 | 01:37:52 | 04:38:40 | 00:49:33 |

Classificação Absoluta - Masculinos

| # | Lic. | Dors. | Nome | Esc. | Equipa | Natação | T1 | Ciclismo | T2 | Corrida | T.Total | Diff. |
|----|--------|-------|-------------------------|-------|--------------------------------------|----------|----------|----------|----------|----------|----------|----------|
| 29 | 102119 | 4736 | Nuno Fernandes | 40-44 | Sporting Clube de Espinho - FERSILVA | 00:36:35 | 00:02:49 | 02:26:52 | 00:01:35 | 01:31:07 | 04:38:58 | 00:49:51 |
| 30 | 104758 | 4626 | Rui Gomes | 45-49 | Sporting Clube de Espinho - FERSILVA | 00:32:58 | 00:02:43 | 02:33:40 | 00:01:23 | 01:28:15 | 04:38:59 | 00:49:52 |
| 31 | 104735 | 3379 | Bruno Santos | 30-34 | CNCVG | 00:29:17 | 00:02:10 | 02:25:17 | 00:01:15 | 01:41:05 | 04:39:04 | 00:49:57 |
| 32 | 104783 | 3499 | João Pedro Gomes | 35-39 | Núcleo do Sporting da Golegã | 00:32:56 | 00:02:54 | 02:18:32 | 00:01:15 | 01:44:00 | 04:39:37 | 00:50:30 |
| 33 | 105527 | 5209 | Lourenço Mota | 40-44 | Clube dos Galitos | 00:34:54 | 00:03:01 | - | - | - | 04:39:50 | 00:50:43 |
| 34 | 104762 | 5295 | João Mártires da Silva | 40-44 | Estoril Praia Credibom | 00:32:50 | 00:02:22 | 02:28:03 | 00:01:44 | 01:35:55 | 04:40:54 | 00:51:47 |
| 35 | 105742 | 5286 | Victor Simões | 40-44 | Louletano | 00:33:56 | 00:02:55 | 02:25:07 | 00:01:53 | 01:37:33 | 04:41:24 | 00:52:17 |
| 36 | 103671 | 4372 | João Faria | 50-54 | Associação Académica de São Mamede | 00:30:02 | 00:02:32 | 02:32:30 | 00:01:14 | 01:35:59 | 04:42:17 | 00:53:10 |
| 37 | 101008 | 4105 | Mario Pires | 45-49 | Clube de Futebol Os Belenenses | 00:31:51 | 00:02:23 | 02:32:09 | 00:02:35 | 01:33:37 | 04:42:35 | 00:53:28 |
| 38 | 100603 | 4017 | João Pedro Fulgêncio | 45-49 | Clube de Futebol Os Belenenses | 00:31:42 | 00:02:05 | 02:27:45 | 00:02:08 | 01:39:26 | 04:43:06 | 00:53:59 |
| 39 | 106155 | 3170 | Luis Fraga | 35-39 | Outsystems Olímpico de Oeiras | 00:32:22 | 00:02:03 | 02:35:56 | 00:01:42 | 01:31:35 | 04:43:38 | 00:54:31 |
| 40 | 100266 | 4448 | Sérgio Batalha | 50-54 | 3B - triatlo | 00:36:28 | 00:02:30 | 02:34:20 | 00:01:27 | 01:29:15 | 04:44:00 | 00:54:53 |
| 41 | 104010 | 5700 | Marco Ferreira | 40-44 | Clube dos Galitos | 00:32:46 | 00:01:52 | 02:27:48 | 00:01:37 | 01:40:11 | 04:44:14 | 00:55:07 |
| 42 | 103659 | 4367 | José Peixoto | 50-54 | G.D.GOMA | 00:36:29 | 00:03:13 | 02:28:29 | 00:01:16 | 01:35:11 | 04:44:38 | 00:55:31 |
| 43 | 106510 | 3699 | Rúben Duarte | 30-34 | 3B - triatlo | 00:36:09 | 00:02:23 | 02:36:35 | 00:01:44 | 01:28:50 | 04:45:41 | 00:56:34 |
| 44 | 101811 | 4151 | António Calafate | 55-59 | Núcleo do Sporting da Golegã | 00:28:40 | 00:01:55 | 02:32:35 | 00:02:20 | 01:40:30 | 04:46:00 | 00:56:53 |
| 45 | 100328 | 3735 | Ricardo Costa | 35-39 | Triatlo Clube Tap | 00:29:23 | 00:02:29 | 02:36:39 | 00:01:34 | 01:36:37 | 04:46:42 | 00:57:35 |
| 46 | 101301 | 3322 | António Fortuna | 35-39 | Individual | 00:35:03 | 00:02:29 | 02:32:55 | 00:01:12 | 01:38:59 | 04:50:38 | 01:01:31 |
| 47 | 100125 | 4397 | Carlos Silva | 55-59 | Outsystems Olímpico de Oeiras | 00:39:39 | 00:02:30 | 02:32:18 | 00:02:13 | 01:34:15 | 04:50:55 | 01:01:48 |
| 48 | 107738 | 2994 | Emanuel Freitas | 30-34 | Palmela Desporto / Tripla Rotação | 00:33:36 | 00:01:46 | 02:43:16 | 00:00:55 | 01:32:25 | 04:51:58 | 01:02:51 |
| 49 | 105210 | 3410 | Pedro Ferreira da Silva | 35-39 | MARRETAS DO NORTE | 00:31:15 | 00:02:21 | 02:30:40 | 00:03:17 | 01:44:42 | 04:52:15 | 01:03:08 |
| 50 | 104118 | 4377 | Pedro Mendonça | 45-49 | Louletano | 00:38:22 | 00:03:20 | 02:31:26 | 00:01:40 | 01:38:14 | 04:53:02 | 01:03:55 |
| 51 | 101340 | 4102 | João Fragoso | 40-44 | Estoril Praia Credibom | 00:31:41 | 00:02:10 | 02:22:40 | 00:02:11 | 01:55:52 | 04:54:34 | 01:05:27 |
| 52 | 105139 | 5113 | Diogo Pina Pereira | 45-49 | Triatlo Fundação Salesianos | 00:34:46 | 00:02:22 | 02:35:33 | 00:01:12 | 01:40:44 | 04:54:37 | 01:05:30 |
| 53 | 100793 | 4032 | Carlos Gomes | 60-64 | Outsystems Olímpico de Oeiras | 00:35:51 | 00:02:46 | 02:38:00 | 00:01:54 | 01:37:37 | 04:56:08 | 01:07:01 |
| 54 | 100800 | 3026 | David Maia | 30-34 | Outsystems Olímpico de Oeiras | 00:32:11 | 00:02:02 | 02:38:28 | 00:01:41 | 01:41:48 | 04:56:10 | 01:07:03 |
| 55 | 106666 | 2670 | Márcio Miguel | 30-34 | CNAL - Triatlo | 00:34:43 | 00:02:57 | 02:35:06 | 00:01:25 | 01:43:20 | 04:57:31 | 01:08:24 |
| 56 | 103784 | 4404 | Rui Gonçalo Vieira | 40-44 | Núcleo do Sporting da Golegã | 00:34:05 | 00:03:23 | 02:41:24 | 00:01:32 | 01:37:26 | 04:57:50 | 01:08:43 |
| 57 | 101169 | 4245 | Jorge Fonseca | 40-44 | Estoril Praia Credibom | 00:32:40 | 00:02:12 | 02:31:33 | 00:01:36 | 01:49:57 | 04:57:58 | 01:08:51 |
| 58 | 100692 | 3795 | Luis Merca | 35-39 | Alhandra Sporting Club | 00:29:26 | 00:02:35 | 02:31:07 | 00:01:36 | 01:53:49 | 04:58:33 | 01:09:26 |
| 59 | 101558 | 4167 | Carlos Maia | 50-54 | Sport Algés e Dafundo | 00:35:59 | 00:03:01 | 02:31:31 | 00:01:57 | 01:46:30 | 04:58:58 | 01:09:51 |
| 60 | 104545 | 4205 | Mauro Azevedo | 50-54 | A. R. Casaense | 00:34:33 | 00:03:07 | 02:48:47 | 00:01:35 | 01:31:09 | 04:59:11 | 01:10:04 |
| 61 | 104841 | 3488 | André Alves | 35-39 | Individual | 00:41:49 | 00:03:38 | 02:35:30 | 00:01:52 | 01:39:09 | 05:01:58 | 01:12:51 |

Classificação Absoluta - Masculinos

| # | Lic. | Dors. | Nome | Esc. | Equipa | Natação | T1 | Ciclismo | T2 | Corrida | T.Total | Diff. |
|----|--------|-------|------------------------|-------|--------------------------------------|----------|----------|----------|----------|----------|----------|----------|
| 62 | 107368 | 5055 | Pedro Duarte | 45-49 | Individual | 00:39:57 | 00:03:56 | 02:35:57 | 00:02:21 | 01:41:14 | 05:03:25 | 01:14:18 |
| 63 | 108046 | 3165 | Renan Castro | 35-39 | Outsystems Olímpico de Oeiras | 00:36:55 | 00:02:43 | 02:35:43 | 00:01:48 | 01:47:46 | 05:04:55 | 01:15:48 |
| 64 | 103213 | 5277 | Gabriel Carvalho | 40-44 | Núcleo do Sporting da Golegã | 00:34:05 | 00:03:34 | 02:33:01 | 00:02:08 | 01:52:30 | 05:05:18 | 01:16:11 |
| 65 | 104778 | 5630 | João Ribeiro | 40-44 | Sporting Clube de Espinho - FERSILVA | 00:41:37 | 00:02:47 | 02:38:04 | 00:01:39 | 01:42:29 | 05:06:36 | 01:17:29 |
| 66 | 107373 | 2878 | Bruno Conceição | 25-29 | Clube dos Galitos | 00:39:42 | 00:04:55 | 02:40:11 | 00:01:27 | 01:40:29 | 05:06:44 | 01:17:37 |
| 67 | 102925 | 4738 | Bruno Fonseca | 40-44 | 3B - triatlo | 00:40:34 | 00:03:17 | 02:40:49 | 00:02:02 | 01:42:26 | 05:09:08 | 01:20:01 |
| 68 | 101738 | 5274 | Ricardo Carvalho | 40-44 | Clube dos Galitos | 00:36:32 | 00:02:44 | 02:39:26 | 00:01:14 | 01:49:24 | 05:09:20 | 01:20:13 |
| 69 | 100748 | 3218 | Pedro M. Machado | 35-39 | Sport Algés e Dafundo | 00:32:20 | 00:03:07 | 02:38:58 | 00:01:17 | 01:55:00 | 05:10:42 | 01:21:35 |
| 70 | 101065 | 4060 | António Moura | 60-64 | Pimpões Triatlo | 00:36:20 | 00:02:26 | 02:43:27 | 00:01:25 | 01:48:21 | 05:11:59 | 01:22:52 |
| 71 | 105599 | 4280 | Ivo Magalhães | 45-49 | A. R. Casaense | 00:33:59 | 00:03:03 | 02:35:57 | 00:01:41 | 01:57:45 | 05:12:25 | 01:23:18 |
| 72 | 108355 | 3389 | João Garcia | 20-24 | Clube dos Galitos | 00:34:47 | 00:03:29 | 02:48:57 | 00:01:24 | 01:45:37 | 05:14:14 | 01:25:07 |
| 73 | 101038 | 5666 | João Moita | 40-44 | Associação Beat Your Limit! | 00:34:56 | 00:03:23 | 02:46:24 | 00:01:50 | 01:48:06 | 05:14:39 | 01:25:32 |
| 74 | 108085 | 3201 | Joao Sottomayor | 30-34 | Associação Beat Your Limit! | 00:39:02 | 00:04:48 | 02:46:19 | 00:02:55 | 01:42:28 | 05:15:32 | 01:26:25 |
| 75 | 105293 | 5163 | Hugo Henriques | 45-49 | Clube de Futebol Os Belenenses | 00:39:30 | 00:03:54 | 02:44:53 | 00:01:58 | 01:45:41 | 05:15:56 | 01:26:49 |
| 76 | 108060 | 5685 | António Ferreira | 40-44 | Individual | 00:38:08 | 00:03:53 | 02:51:19 | 00:02:16 | 01:40:29 | 05:16:05 | 01:26:58 |
| 77 | 107256 | 4715 | Áristides Bordalo | 55-59 | Estoril Praia Credibom | 00:42:29 | 00:03:03 | 02:45:56 | 00:01:26 | 01:43:20 | 05:16:14 | 01:27:07 |
| 78 | 105620 | 4918 | Pedro Vieira | 40-44 | MARRETAS DO NORTE | 00:42:46 | 00:03:37 | 02:37:24 | 00:01:21 | 01:51:23 | 05:16:31 | 01:27:24 |
| 79 | 101531 | 4530 | Luís Filipe Valente | 50-54 | Clube Oriental de Lisboa | 00:34:58 | 00:02:32 | 02:42:45 | 00:01:41 | 01:55:32 | 05:17:28 | 01:28:21 |
| 80 | 104789 | 4829 | Jose Monteiro | 55-59 | Veteranos do Porto | 00:48:07 | 00:02:41 | 02:45:15 | 00:02:21 | 01:40:11 | 05:18:35 | 01:29:28 |
| 81 | 104852 | 4261 | Paulo Faria | 40-44 | Outsystems Olímpico de Oeiras | 00:36:48 | 00:03:41 | 02:49:57 | 00:02:08 | 01:46:38 | 05:19:12 | 01:30:05 |
| 82 | 105571 | 5219 | Rui Velez | 55-59 | Clube Oriental de Lisboa | 00:34:59 | 00:03:15 | 02:44:01 | 00:01:30 | 01:55:53 | 05:19:38 | 01:30:31 |
| 83 | 100789 | 2557 | André Fernandes | 25-29 | Clube de Natação da Amadora | 00:26:20 | 00:02:03 | 02:33:44 | 00:01:29 | 02:16:41 | 05:20:17 | 01:31:10 |
| 84 | 100144 | 4059 | Fernando Feijão | 65-69 | Individual | 00:36:46 | 00:03:00 | 02:50:30 | 00:01:35 | 01:48:37 | 05:20:28 | 01:31:21 |
| 85 | 101522 | 4629 | António Jorge Martinho | 55-59 | Clube Oriental de Lisboa | 00:32:34 | 00:03:22 | 02:47:56 | 00:02:06 | 01:54:38 | 05:20:36 | 01:31:29 |
| 86 | 108315 | 5777 | André Correia | 40-44 | Associação Beat Your Limit! | 00:47:42 | 00:04:41 | 02:41:23 | 00:01:55 | 01:45:41 | 05:21:22 | 01:32:15 |
| 87 | 105549 | 5213 | Marco Pereira | 40-44 | Associação Académica de São Mamede | 00:42:08 | 00:02:36 | 02:46:30 | 00:01:11 | 01:49:04 | 05:21:29 | 01:32:22 |
| 88 | 102356 | 5600 | Rui Costa | 45-49 | Individual | 00:39:34 | 00:02:29 | 02:40:26 | 00:01:27 | 02:00:25 | 05:24:21 | 01:35:14 |
| 89 | 106911 | 2732 | Gonçalo Bouhon | 30-34 | Individual | 00:32:53 | 00:03:19 | - | - | 01:44:32 | 05:25:52 | 01:36:45 |
| 90 | 108495 | 3580 | Nuno Oliveira | 30-34 | Vitória Sport Clube Triatlo | 00:36:23 | 00:02:45 | 02:52:25 | 00:01:38 | 01:52:44 | 05:25:55 | 01:36:48 |
| 91 | 106481 | 3606 | Pedro Magalhães | 30-34 | Individual | 00:33:40 | 00:03:10 | 02:47:41 | 00:02:32 | 02:02:32 | 05:29:35 | 01:40:28 |
| 92 | 102251 | 4508 | Vasco Borges | 50-54 | A. R. Casaense | 00:36:50 | 00:02:44 | 02:46:56 | 00:01:28 | 02:01:38 | 05:29:36 | 01:40:29 |
| 93 | 105633 | 5227 | Nuno Dantas | 40-44 | GRCD Leão Triatlo | 00:39:52 | 00:03:31 | 03:00:09 | 00:01:40 | 01:44:35 | 05:29:47 | 01:40:40 |
| 94 | 105299 | 5167 | Bruno Ornelas | 45-49 | CAFH | 00:34:39 | 00:03:35 | 02:43:53 | 00:01:37 | 02:06:28 | 05:30:12 | 01:41:05 |

Classificação Absoluta - Masculinos

| # | Lic. | Dors. | Nome | Esc. | Equipa | Natação | T1 | Ciclismo | T2 | Corrida | T.Total | Diff. |
|-----|--------|-------|----------------------------|-------|--|----------|----------|----------|----------|----------|----------|----------|
| 95 | 104646 | 4528 | Gabriel Alves | 55-59 | 3B - triatlo | 00:41:34 | 00:03:09 | 02:45:28 | 00:02:34 | 01:59:03 | 05:31:48 | 01:42:41 |
| 96 | 103853 | 4663 | Jorge Costa | 50-54 | Sporting Clube de Espinho - FERSILVA | 00:36:25 | 00:04:20 | 02:54:53 | 00:02:07 | 01:54:42 | 05:32:27 | 01:43:20 |
| 97 | 103173 | 4427 | Miguel David | 50-54 | Clube Oriental de Lisboa | 00:34:31 | 00:03:57 | 02:50:43 | 00:01:58 | 02:03:21 | 05:34:30 | 01:45:23 |
| 98 | 107414 | 5208 | Miguel Barnabé | 55-59 | Fc Ferreiras | 00:40:14 | 00:03:02 | 02:49:06 | 00:02:03 | 02:00:20 | 05:34:45 | 01:45:38 |
| 99 | 103971 | 4971 | Fernando Ferreira | 50-54 | Individual | 00:39:49 | 00:03:36 | 02:52:52 | 00:02:16 | 01:58:08 | 05:36:41 | 01:47:34 |
| 100 | 107205 | 2819 | Bruno Ferreira | 30-34 | GDR Manique de Cima | 00:43:35 | 00:03:15 | 02:34:54 | 00:03:04 | 02:12:40 | 05:37:28 | 01:48:21 |
| 101 | 104714 | 5262 | Luis Massapina | 40-44 | Fc Ferreiras | 00:45:01 | 00:02:55 | 02:54:38 | 00:02:40 | 01:52:58 | 05:38:12 | 01:49:05 |
| 102 | 107877 | 3076 | Hugo Fragoso | 30-34 | AmoraSub/Associação Naval Amorense | 00:35:47 | 00:03:00 | 02:56:46 | 00:02:47 | 02:00:14 | 05:38:34 | 01:49:27 |
| 103 | 106970 | 5104 | Luis Figueira | 45-49 | GRCD Leão Triatlo | 00:34:51 | 00:03:44 | 02:56:34 | 00:03:00 | 02:01:49 | 05:39:58 | 01:50:51 |
| 104 | 100733 | 4792 | João Seródio | 40-44 | Sport Algés e Dafundo | 00:38:03 | 00:03:40 | 02:49:00 | 00:03:22 | 02:06:06 | 05:40:11 | 01:51:04 |
| 105 | 102519 | 4794 | Filipe Ramos | 45-49 | SUC - Silvestre Festas / MoonSport Innerme | 00:36:43 | 00:02:32 | 02:54:20 | 00:03:29 | 02:05:22 | 05:42:26 | 01:53:19 |
| 106 | 105553 | 5584 | Alexandre Guimarães | 45-49 | Individual | 00:45:21 | 00:03:35 | 02:42:24 | 00:01:37 | 02:09:54 | 05:42:51 | 01:53:44 |
| 107 | 108757 | 3807 | Rony Santos | 45-49 | Sporting Clube de Espinho - FERSILVA | 00:37:06 | 00:04:02 | 02:44:18 | 00:02:22 | 02:15:17 | 05:43:05 | 01:53:58 |
| 108 | 103529 | 4070 | Ricardo Pereira | 50-54 | Estoril Praia Credibom | 00:42:27 | 00:03:53 | - | - | 01:55:37 | 05:43:20 | 01:54:13 |
| 109 | 106916 | 4992 | Gustavo Antunes | 40-44 | Individual | 00:37:52 | 00:03:27 | 02:51:59 | 00:01:52 | 02:11:43 | 05:46:53 | 01:57:46 |
| 110 | 108001 | 5641 | Luis Mendes | 45-49 | Individual | 00:43:11 | 00:05:04 | 03:05:12 | 00:03:13 | 01:51:30 | 05:48:10 | 01:59:03 |
| 111 | 105489 | 5425 | João Fernando | 40-44 | Sporting Clube de Espinho - FERSILVA | 00:34:14 | 00:03:32 | 02:48:55 | 00:01:40 | 02:21:35 | 05:49:56 | 02:00:49 |
| 112 | 108409 | 5812 | Ricardo Santos | 40-44 | Individual | 00:40:23 | 00:03:38 | 02:54:03 | 00:02:04 | 02:10:14 | 05:50:22 | 02:01:15 |
| 113 | 108706 | 3739 | João Ferreira | 25-29 | Individual | 00:36:23 | 00:04:27 | 02:59:25 | 00:04:25 | 02:05:55 | 05:50:35 | 02:01:28 |
| 114 | 105639 | 3683 | João Seródio | 35-39 | Try Portugal / V. Janes | 00:39:28 | 00:02:53 | 02:36:09 | 00:02:32 | 02:29:34 | 05:50:36 | 02:01:29 |
| 115 | 104361 | 4833 | Vitor Fonseca | 40-44 | Individual | 00:45:15 | 00:04:13 | - | - | 02:00:20 | 05:53:45 | 02:04:38 |
| 116 | 101442 | 4176 | Vitor Grilo | 55-59 | Triatlo Clube Tap | 00:34:38 | 00:04:59 | - | - | 02:01:14 | 05:54:20 | 02:05:13 |
| 117 | 105174 | 5117 | Helder Correia | 45-49 | Associação Académica de São Mamede | 00:34:45 | 00:06:09 | 03:16:50 | 00:02:06 | 01:56:33 | 05:56:23 | 02:07:16 |
| 118 | 107254 | 4701 | Jorge Leite | 50-54 | Outsystems Olímpico de Oeiras | 00:39:33 | 00:05:00 | - | - | 02:00:04 | 05:56:32 | 02:07:25 |
| 119 | 106327 | 4164 | Raul Azevedo | 50-54 | Individual | 00:38:43 | 00:05:16 | 02:59:10 | 00:03:46 | 02:11:39 | 05:58:34 | 02:09:27 |
| 120 | 100743 | 4035 | Paulo Jorge Correia Lamego | 50-54 | Sport Algés e Dafundo | 00:34:42 | 00:03:17 | 02:58:49 | 00:01:29 | 02:26:46 | 06:05:03 | 02:15:56 |
| 121 | 104359 | 3961 | Rafael Ferraz | 35-39 | Individual | 00:35:00 | 00:03:32 | 02:53:08 | 00:03:10 | 02:30:20 | 06:05:10 | 02:16:03 |
| 122 | 103436 | 5914 | Francisco Caldas | 40-44 | Sporting Clube de Espinho - FERSILVA | 00:47:59 | 00:03:59 | 02:47:25 | 00:01:44 | 02:28:02 | 06:09:09 | 02:20:02 |
| 123 | 106197 | 5454 | Celso Teixeira | 55-59 | Sporting Clube de Espinho - FERSILVA | 00:45:49 | 00:04:17 | 02:53:10 | 00:02:25 | 02:25:00 | 06:10:41 | 02:21:34 |
| 124 | 106692 | 3068 | Pedro Gonçalves | 35-39 | Clube Fluvial Vilacondense | 00:52:57 | 00:03:46 | 03:11:22 | 00:01:47 | 02:00:58 | 06:10:50 | 02:21:43 |
| 125 | 108015 | 5656 | Artur Alves | 45-49 | GRCD Leão Triatlo | 00:40:37 | 00:04:01 | - | - | 02:17:52 | 06:11:04 | 02:21:57 |
| 126 | 103933 | 4943 | Vitor Paulo | 45-49 | Clube Oriental de Lisboa | 00:33:30 | 00:03:45 | 02:55:57 | 00:02:15 | 02:42:35 | 06:18:02 | 02:28:55 |
| 127 | 106159 | 5438 | Paulo Martins | 45-49 | Clube Fluvial Vilacondense | 00:40:33 | 00:02:45 | - | - | 02:28:45 | 06:20:06 | 02:30:59 |

Classificação Absoluta - Masculinos

| # | Lic. | Dors. | Nome | Esc. | Equipa | Natação | T1 | Ciclismo | T2 | Corrida | T.Total | Diff. |
|-----|--------|-------|--------------------------------|-------|--|----------|----------|----------|----------|----------|----------|----------|
| 128 | 103828 | 4654 | Luis Diogo Santos | 45-49 | SUC - Silvestre Festas / MoonSport Innerme | 00:28:31 | 00:01:48 | 02:21:48 | 00:01:13 | 03:29:21 | 06:22:41 | 02:33:34 |
| 129 | 105684 | 3725 | Dário Lima Pereira | 30-34 | Vela de Tavira | 00:45:55 | 00:03:38 | 03:11:21 | 00:02:24 | 02:33:39 | 06:36:57 | 02:47:50 |
| 130 | 106492 | 5165 | Pedro Capelinha | 50-54 | CNCVG | 00:37:39 | 00:03:24 | - | - | 03:07:06 | 06:55:12 | 03:06:05 |
| DNF | 103797 | 3682 | João Gonçalves | 35-39 | Clube de Futebol Os Belenenses | 00:30:47 | 00:01:49 | 02:21:38 | 00:02:08 | - | DNF | |
| DNF | 103916 | 3793 | Rui Melo | 35-39 | A. R. Casaense | 00:36:39 | 00:01:58 | 03:00:41 | 00:00:50 | - | DNF | |
| DNF | 105850 | 3844 | João Feijão | 35-39 | Triatlo Clube Tap | 00:36:06 | 00:02:04 | 02:33:35 | 00:02:03 | - | DNF | |
| DNF | 100813 | 3873 | João Francisco Ferreira | 25-29 | Clube de Natação de Torres Novas | 00:25:33 | 00:01:17 | 02:09:43 | 00:01:06 | - | DNF | |
| DNF | 102656 | 4278 | João Martinho | 40-44 | CNATRIL Triatlo | 00:29:21 | 00:02:08 | 02:30:12 | 00:02:43 | - | DNF | |
| DNF | 102489 | 4778 | José Luís Almeida | 50-54 | Clube Millenniumbcp | 00:40:41 | 00:03:21 | 02:59:07 | 00:02:22 | - | DNF | |
| DNF | 101443 | 4982 | António José Braga Osório Gome | 50-54 | Paredes Aventura | 00:35:54 | 00:02:49 | 02:34:24 | 00:01:44 | - | DNF | |
| DNF | 106164 | 5439 | Luis Sarmiento | 50-54 | Individual | 00:29:19 | 00:03:40 | 02:46:42 | 00:02:00 | - | DNF | |
| DNF | 106963 | 5084 | José Pina | 40-44 | Louletano | 00:50:22 | 00:03:32 | - | - | - | DNF | |
| DNS | 100334 | 4272 | Sergio Marques | 40-44 | CNATRIL Triatlo | 00:28:35 | 00:01:35 | 02:18:55 | 00:01:20 | - | DNS | |
| DNS | 101753 | 2565 | José Cabeça | 25-29 | Estoril Praia Credibom | - | - | - | - | - | DNS | |
| DNS | 107321 | 2866 | Luis Moleiro | 20-24 | Clube de Natação de Torres Novas | - | - | - | - | - | DNS | |
| DNS | 107675 | 2971 | André Costa | 35-39 | MARRETAS DO NORTE | - | - | - | - | - | DNS | |
| DNS | 100318 | 3470 | Mário Santos | 35-39 | CNATRIL Triatlo | - | - | - | - | - | DNS | |
| DNS | 100625 | 4049 | Nuno Costa | 45-49 | Outsystems Olimpico de Oeiras | - | - | - | - | - | DNS | |
| DNS | 104606 | 4314 | Goncalo Guedes Rodrigues | 45-49 | Veteranos do Porto | - | - | - | - | - | DNS | |
| DNS | 107198 | 4561 | Rui Fonseca | 45-49 | Clube de Futebol Os Belenenses | - | - | - | - | - | DNS | |
| DNS | 101054 | 4569 | Paulo Costa | 50-54 | Sporting Clube de Espinho - FERSILVA | - | - | - | - | - | DNS | |
| DNS | 100209 | 4586 | Miguel T Duarte | 55-59 | Individual | - | - | - | - | - | DNS | |
| DNS | 101520 | 5067 | Tiago Lobo | 40-44 | Mc Donald's/Tribraga | - | - | - | - | - | DNS | |