

Local da Prova: **São Martinho Do Porto**

Data: **18/09/2022**

Hora da Partida: **10:10:00**

Distancias: Natação - 750m (1 volta)

Ciclismo - 20000m (2 volta)

Corrida - 5000m (2 volta)

Classificações Absolutos Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
1	100316	2823	Maria Tomé	20-24	Clube de Natação de Torres Novas	00:10:04	00:32:04	00:16:25	00:58:33	00:00:00
2	101605	3560	Joana Miranda	20-24	Clube de Natação de Torres Novas	00:10:05	00:32:06	00:18:00	01:00:11	00:01:38
3	101358	2564	Ana Ramos	25-29	Clube de Natação de Torres Novas	00:10:15	00:32:59	00:17:32	01:00:46	00:02:13
4	102922	2266	Matilde Santos	JUN	Outsystems Olímpico de Oeiras	00:10:16	00:32:55	00:18:09	01:01:20	00:02:47
5	100515	2275	Rafaela Cananó Silva	JUN	Sport Lisboa e Benfica	00:10:19	00:33:41	00:17:32	01:01:32	00:02:59
6	103686	2151	Margarida Barão	JUN	Sporting Clube de Portugal	00:10:14	00:34:52	00:18:02	01:03:08	00:04:35
7	104354	1929	Matilde Tomás	CAD	Alhandra Sporting Club	00:10:23	00:32:51	00:21:23	01:04:37	00:06:04
8	100643	2236	Beatriz Pinto	JUN	Sport Lisboa e Benfica	00:10:41	00:34:34	00:19:34	01:04:49	00:06:16
9	102427	1967	Bruna Belo	CAD	ADRAP Madeira	00:10:58	00:35:39	00:18:53	01:05:30	00:06:57
10	100690	2285	Luana Quaresma	JUN	Alhandra Sporting Club	00:10:55	00:35:30	00:19:38	01:06:03	00:07:30
11	100634	3475	Ana Filipa Ferreira	30-34	Alhandra Sporting Club	00:11:37	00:36:42	00:18:57	01:07:16	00:08:43
12	107787	3010	Francisca Parente	25-29	Outsystems Olímpico de Oeiras	00:12:26	00:36:04	00:19:10	01:07:40	00:09:07
13	102210	1854	Luisa Miranda	CAD	Sport Lisboa e Benfica	00:12:04	00:36:22	00:20:03	01:08:29	00:09:56
14	106604	2781	Barbara Vieira	25-29	CAPGE	00:13:07	00:38:13	00:20:17	01:11:37	00:13:04
15	105584	2837	Catarina Dias	20-24	Outsystems Olímpico de Oeiras	00:11:41	00:38:33	00:22:05	01:12:19	00:13:46
16	103155	2260	Maria Inês França	JUN	CNCVG	00:13:11	00:38:08	00:22:53	01:14:12	00:15:39
17	106844	1863	Matilde Branco	CAD	Outsystems Olímpico de Oeiras	00:12:58	00:38:30	00:22:49	01:14:17	00:15:44
18	105472	5421	Carla Guerra	45-49	CNCVG	00:12:55	00:38:56	00:22:51	01:14:42	00:16:09
19	104698	1901	Cláudia Orvalho	CAD	Clube de Natação de Torres Novas	00:12:12	00:39:11	00:23:27	01:14:50	00:16:17
20	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:15:03	00:40:13	00:20:05	01:15:21	00:16:48
21	106758	1520	Leonor Fazendeiro	CAD	Sport Lisboa e Benfica	00:13:42	00:40:55	00:21:03	01:15:40	00:17:07
22	106531	3175	Marta Barbosa	20-24	CNCVG	00:13:00	00:38:19	00:24:28	01:15:47	00:17:14
23	103893	3783	Ana Martinho	35-39	Individual	00:13:41	00:41:31	00:21:37	01:16:49	00:18:16
24	102221	1511	Raquel Vital	CAD	Clube Triatlo de Abrantes	00:14:14	00:38:52	00:25:01	01:18:07	00:19:34
25	101849	5849	Carla Ribeiro	40-44	SNR Triatlo	00:15:47	00:41:46	00:20:41	01:18:14	00:19:41
26	105173	3643	Marina Peixoto	30-34	Sporting Clube de Espinho - FERSILVA	00:14:40	00:42:05	00:22:06	01:18:51	00:20:18
27	105661	5250	Isabel Moreira	50-54	Triatlo Fundação Salesianos	00:14:43	00:40:40	00:23:46	01:19:09	00:20:36
28	103688	1821	Mariana Paulino	CAD	CNCVG	00:12:26	00:43:08	00:23:40	01:19:14	00:20:41

Classificações Absolutos Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
29	106525	5056	Daniela Langaro	50-54	Outsystems Olímpico de Oeiras	00:15:47	00:41:42	00:22:40	01:20:09	00:21:36
30	106521	2747	Andreia Tourais	35-39	Outsystems Olímpico de Oeiras	00:17:48	00:39:38	00:23:04	01:20:30	00:21:57
31	0	8463	Maria André Lobo	30-34	Não Federado	00:16:49	00:41:41	00:23:11	01:21:41	00:23:08
32	0	8066	Cíntia Antonito	30-34	Não Federado	00:15:21	00:45:28	00:22:34	01:23:23	00:24:50
33	0	8081	Daniela Varela	35-39	Não Federado	00:20:23	00:42:54	00:22:33	01:25:50	00:27:17
34	0	8443	Iciar Rodrigo Nevado	45-49	Não Federado	00:15:32	00:48:05	00:22:37	01:26:14	00:27:41
35	107006	5211	Ana Duarte	45-49	Outsystems Olímpico de Oeiras	00:16:56	00:44:51	00:27:44	01:29:31	00:30:58
36	108023	3147	Adaia Solé Grau	30-34	Associação Académica de São Mamede	00:16:21	00:45:36	00:27:50	01:29:47	00:31:14
37	108588	5863	Cláudia Silva	45-49	CNAL - Triatlo	00:22:38	00:47:19	00:23:06	01:33:03	00:34:30
38	0	8009	Ângela Anfilóquio	35-39	Não Federado	00:17:58	00:46:10	00:29:58	01:34:06	00:35:33
39	100335	5292	Sofia Gregório Lopes	40-44	Associação Humanitária Bombeiros dos Estoris	00:19:08	00:46:04	00:29:04	01:34:16	00:35:43
40	0	8458	Sandra Valeira	40-44	Não Federado	00:21:40	00:48:51	00:28:17	01:38:48	00:40:15
41	108532	3642	Maria Azoia	35-39	SNR Triatlo	00:23:48	00:49:25	00:30:01	01:43:14	00:44:41
DNF	102027	1843	Luna Neves	CAD	Sporting Clube de Portugal	00:11:51	-	-	DNF	
DNS	104550	1900	Mafalda Leirião	CAD	Clube de Natação de Torres Novas	-	-	-	DNS	
DNS	104884	1928	Sofia Santos Rocha	CAD	Sporting Clube de Portugal	-	-	-	DNS	
DNS	100720	1935	Tatiana Marques	CAD	Alhandra Sporting Club	-	-	-	DNS	
DNS	100469	2502	Madalena Almeida	20-24	Sport Lisboa e Benfica	-	-	-	DNS	
DNS	100701	2575	Melanie Santos	25-29	Sport Lisboa e Benfica	-	-	-	DNS	
DNS	108762	3810	Iratxe Arenal	20-24	Clube de Natação de Torres Novas	-	-	-	DNS	
DNS	106351	4325	Simone Siebra	45-49	Estoril Praia Credibom	-	-	-	DNS	
DNS	101006	4452	Madalena Caninas	55-59	Clube Oriental de Lisboa	-	-	-	DNS	