

Local da Prova: **Lagoa Santo André**

Data: **19/02/2023**

Hora da Partida: **10:41:51**

Distancias: Natação - 750

Ciclismo - 20000

Corrida - 5000

### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100316	2823	Maria Tomé	20-24	Clube de Natação de Torres Novas	00:08:59	00:01:55	00:32:15	00:00:48	00:16:28	01:00:25	00:00:00
2	100469	2502	Madalena Almeida	25-29	Sport Lisboa e Benfica	00:09:19	00:01:46	00:32:03	00:00:49	00:17:11	01:01:08	00:00:43
3	100384	2515	Helena Paula Carvalho	25-29	Outsystems Olímpico de Oeiras	00:08:56	00:01:50	00:32:23	00:00:47	00:17:23	01:01:19	00:00:54
4	100671	3162	Inês Rico	20-24	Alhandra Sporting Club	00:08:58	-	-	-	-	01:01:39	00:01:14
5	101274	2514	Inês Oliveira	25-29	Sporting Clube de Portugal	00:09:21	00:01:48	00:32:55	00:00:47	00:17:13	01:02:04	00:01:39
6	103073	1816	Cassilda Carvalho	CAD	Sport Lisboa e Benfica	00:08:56	00:01:51	00:32:23	00:00:49	00:18:19	01:02:18	00:01:53
7	104085	2286	Maria Gonçalves	JUN	Sport Lisboa e Benfica	00:09:22	00:01:58	00:32:45	00:00:42	00:18:09	01:02:56	00:02:31
8	100957	2800	Mariana Vargem	20-24	Sport Lisboa e Benfica	00:09:35	00:02:01	00:32:28	00:00:58	00:18:13	01:03:15	00:02:50
9	101358	2564	Ana Ramos	25-29	Clube de Natação de Torres Novas	00:09:21	00:01:54	00:32:51	00:00:45	00:18:40	01:03:31	00:03:06
10	102922	2266	Matilde Santos	JUN	Outsystems Olímpico de Oeiras	00:09:26	00:01:56	02:34:05	00:00:00	22:18:43	01:04:10	00:03:45
11	102291	1813	Letícia Magalhães	CAD	Sport Lisboa e Benfica	00:09:19	00:01:51	00:32:56	00:00:49	00:19:27	01:04:22	00:03:57
12	100515	2275	Rafaela Cananó Silva	JUN	Sport Lisboa e Benfica	00:09:39	00:01:52	00:35:12	00:00:54	00:17:44	01:05:21	00:04:56
13	101275	2816	Joana Oliveira	20-24	Sporting Clube de Portugal	00:10:00	00:02:06	00:34:37	00:00:59	00:17:48	01:05:30	00:05:05
14	102370	1955	Sofia Sousa	CAD	Outsystems Olímpico de Oeiras	00:09:56	00:02:08	00:34:38	00:00:41	00:18:40	01:06:03	00:05:38
15	104484	1818	Catarina Santos	CAD	Sport Lisboa e Benfica	00:09:59	00:01:59	00:35:20	00:00:42	00:18:33	01:06:33	00:06:08
16	102284	1931	Ana Carapeta	CAD	Alhandra Sporting Club	00:09:31	00:02:01	00:35:13	00:00:40	00:19:29	01:06:54	00:06:29
17	103427	2862	Beatriz Ferreira	20-24	Clube de Natação de Torres Novas	00:10:51	00:02:07	00:34:17	00:00:41	00:19:25	01:07:21	00:06:56
18	100634	3475	Ana Filipa Ferreira	30-34	Alhandra Sporting Club	00:10:21	00:02:07	00:34:53	00:00:51	00:19:13	01:07:25	00:07:00
19	103686	2151	Margarida Barão	JUN	Sporting Clube de Portugal	00:09:45	00:02:15	00:35:20	00:00:50	00:19:35	01:07:45	00:07:20
20	103057	1912	Inês Filipa Sousa	CAD	Alhandra Sporting Club	00:09:41	00:01:52	00:35:11	00:00:39	00:20:52	01:08:15	00:07:50
21	102427	2478	Bruna Belo	JUN	ADRAP Madeira	00:10:03	00:02:11	02:31:46	00:00:00	22:24:27	01:08:27	00:08:02
22	100690	2285	Luana Quaresma	JUN	Alhandra Sporting Club	00:10:04	00:02:14	00:35:02	00:00:44	00:20:38	01:08:42	00:08:17
23	102210	2328	Luisa Miranda	JUN	Sport Lisboa e Benfica	00:10:56	00:02:04	02:33:44	00:00:00	22:22:04	01:08:48	00:08:23
24	103649	3748	Tuxa Negri	30-34	CNATRIL Triatlo	00:11:23	00:02:15	00:35:05	00:00:49	00:19:37	01:09:09	00:08:44
25	100502	2338	Beatriz Boal	JUN	Alhandra Sporting Club	00:10:20	00:02:03	00:34:57	00:00:45	00:21:08	01:09:13	00:08:48
26	102025	1771	Joana Alves	CAD	Sporting Clube de Portugal	00:10:04	00:02:13	00:35:07	00:01:17	00:20:33	01:09:14	00:08:49
27	104354	1929	Matilde Tomás	CAD	Alhandra Sporting Club	00:09:33	00:02:01	00:35:11	00:00:47	00:21:49	01:09:21	00:08:56
28	107787	3010	Francisca Parente	25-29	CNATRIL Triatlo	00:10:57	00:02:10	00:35:39	00:00:51	00:19:54	01:09:31	00:09:06

#### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	104661	1994	Mónica Dias	CAD	AD Galomar	00:10:58	00:02:13	00:35:33	00:00:46	00:20:22	01:09:52	00:09:27
30	100720	1935	Tatiana Marques	CAD	Alhandra Sporting Club	00:10:08	00:02:22	00:34:50	00:00:44	00:22:03	01:10:07	00:09:42
31	103703	1749	Sofia Corrêa	CAD	Alhandra Sporting Club	00:10:58	00:02:05	00:35:41	00:00:46	00:20:42	01:10:12	00:09:47
32	105387	5194	Hanna de Sousa	45-49	CNATRIL Triatlo	00:13:21	00:02:32	00:34:18	00:00:58	00:19:06	01:10:15	00:09:50
33	102027	2308	Luna Neves	JUN	Sporting Clube de Portugal	00:10:55	00:02:07	02:32:05	00:00:00	22:26:08	01:11:15	00:10:50
34	106844	2336	Matilde Branco	JUN	Sporting Clube de Portugal	00:11:00	00:02:06	00:35:41	00:00:57	00:21:40	01:11:24	00:10:59
35	105584	2837	Catarina Dias	20-24	Outsystems Olímpico de Oeiras	00:10:41	00:02:24	00:36:52	00:00:55	00:23:12	01:14:04	00:13:39
36	100760	2254	Catarina Moutinho	JUN	Clube de Natação de Torres Novas	00:11:44	00:02:34	00:35:52	00:01:00	00:23:15	01:14:25	00:14:00
37	104276	2330	Leonor Medronheira	JUN	Sport Lisboa e Benfica	00:11:13	00:02:05	00:40:13	00:01:06	00:21:33	01:16:10	00:15:45
38	105313	3538	Susana Mateus	30-34	Vasco da Gama Atlético Clube de Sines	00:12:06	00:02:33	00:38:53	00:01:11	00:21:47	01:16:30	00:16:05
39	106120	2317	Margarida Passos	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:10:54	00:02:51	00:39:33	00:01:08	00:22:14	01:16:40	00:16:15
40	104883	1769	Leonor Santos Rocha	CAD	Sporting Clube de Portugal	00:11:47	00:02:12	00:40:00	00:00:57	00:22:22	01:17:18	00:16:53
41	103155	2260	Maria Inês França	JUN	CNCVG	00:12:00	00:02:12	00:39:43	00:00:56	00:23:16	01:18:07	00:17:42
42	107422	2318	Mariannela Gonçalves	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:13:18	00:02:40	00:41:31	00:01:15	00:20:21	01:19:05	00:18:40
43	106758	1939	Leonor Fazendeiro	CAD	Sport Lisboa e Benfica	00:13:22	00:02:35	00:40:25	00:00:58	00:21:47	01:19:07	00:18:42
44	102529	5110	Patricia Rivotti	45-49	Clube Oriental de Lisboa	00:13:55	00:03:35	00:39:49	00:01:17	00:20:38	01:19:14	00:18:49
45	100989	4110	Filipa Oliveira	50-54	SFRAA TRIATLO	00:13:54	00:02:49	00:39:40	00:01:00	00:22:19	01:19:42	00:19:17
46	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:13:45	00:03:48	00:39:56	00:01:08	00:21:14	01:19:51	00:19:26
47	106531	3175	Marta Barbosa	20-24	CNCVG	00:11:56	00:02:26	00:42:09	00:01:13	00:24:03	01:21:47	00:21:22
48	104431	1767	Mariana Amaral	CAD	CNCVG	00:12:07	00:02:45	00:40:53	00:00:49	00:25:22	01:21:56	00:21:31
49	106537	1921	Mariana Rodrigues Grilo	CAD	CNCVG	00:14:07	00:02:56	00:40:28	00:01:05	00:23:44	01:22:20	00:21:55
50	101413	4934	Lénia Gamito	45-49	Louletano	00:14:59	00:03:13	00:39:15	00:01:26	00:23:47	01:22:40	00:22:15
51	100696	4506	Maria Sousa	45-49	Clube Oriental de Lisboa	00:16:37	00:03:28	00:39:24	00:01:11	00:22:13	01:22:53	00:22:28
52	102084	2324	Sofia Iglésias	JUN	GDR Manique de Cima	00:11:59	00:02:37	00:41:15	00:00:49	00:26:19	01:22:59	00:22:34
53	108269	3328	Begoña Menendez	35-39	Estoril Praia Credibom	00:16:47	00:03:44	00:40:30	00:01:25	00:22:00	01:24:26	00:24:01
54	108271	3330	Lara Benito	30-34	Estoril Praia Credibom	00:16:43	00:03:47	00:43:00	00:00:00	00:21:21	01:24:51	00:24:26
55	106700	2678	Susana Alemão	35-39	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:17:59	00:03:16	00:39:38	00:01:26	00:23:22	01:25:41	00:25:16
56	103992	4983	Ana Jardim Leal	45-49	SFRAA TRIATLO	00:14:24	00:03:32	-	-	00:27:02	01:25:50	00:25:25
57	106714	5525	Tânia Rodrigues	40-44	AmoraSub/Associação Naval Amorense	00:16:13	00:03:40	00:43:21	00:00:00	00:23:19	01:26:33	00:26:08
58	107693	4872	Ester Castelo	40-44	Triatlo de Faro	00:15:57	00:03:26	00:44:02	00:00:00	00:23:10	01:26:35	00:26:10
59	106525	5056	Daniela Langaro	50-54	Outsystems Olímpico de Oeiras	00:15:23	00:04:12	00:42:52	00:00:00	00:24:10	01:26:37	00:26:12
60	105919	1809	Beatriz Cruz	CAD	GDR Manique de Cima	00:12:04	00:02:52	00:45:03	00:01:01	00:26:18	01:27:18	00:26:53
61	104291	4593	Sue Dawson	50-54	CCD / INTERMARCHÉ LAGOS	00:13:54	00:05:14	00:38:16	00:02:01	00:28:01	01:27:26	00:27:01

#### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	102059	1803	Carolina Palma	CAD	GDR Manique de Cima	00:13:03	00:02:47	00:47:42	00:00:00	00:26:26	01:29:58	00:29:33
63	101973	4300	Emma Yates	50-54	CCD / INTERMARCHÉ LAGOS	00:16:43	00:04:06	00:44:00	00:00:00	00:25:51	01:30:40	00:30:15
64	107480	5240	Jocelyn McCall Ferreira	40-44	Louletano	00:17:13	00:03:37	00:44:44	00:00:00	00:25:37	01:31:11	00:30:46
65	108624	3681	Filipa Rodrigues	35-39	Individual	00:21:09	00:03:08	00:44:34	00:00:00	00:23:12	01:32:03	00:31:38
66	108157	5670	Cristina Carvalho	50-54	Clube Zupper	00:15:59	00:04:50	00:45:05	00:00:00	00:26:43	01:32:37	00:32:12
67	104072	1806	Mariana Pinto	CAD	GDR Manique de Cima	00:12:07	00:03:24	00:44:58	00:00:47	00:31:40	01:32:56	00:32:31
68	106425	4511	Helena Sécio	55-59	Individual	00:16:35	00:05:24	00:45:06	00:00:00	00:29:42	01:36:47	00:36:22
69	108142	5727	Tahamara Dias	45-49	Clube Oriental de Lisboa	00:17:33	00:04:40	00:50:15	00:00:00	00:26:46	01:39:14	00:38:49
70	108728	1728	Leonor Guerreiro	CAD	Vasco da Gama Atlético Clube de Sines	00:19:10	00:03:56	00:54:22	00:00:00	00:40:41	01:58:09	00:57:44
DSQ	101253	4633	Ana Pereira	50-54	Sporting Clube de Portugal	00:15:45	00:03:30	02:26:50	00:00:00	-	DSQ	
DNF	104884	1928	Sofia Santos Rocha	CAD	Sporting Clube de Portugal	-	-	-	-	-	DNF	
DNS	108766	1763	Lily Mora	CAD	Sporting Clube de Portugal	-	-	-	-	-	DNS	
DNS	100697	2340	Maria Calçada	JUN	Alhandra Sporting Club	-	-	-	-	-	DNS	
DNS	104775	4779	Elisabete Costa	40-44	Clube Oriental de Lisboa	-	-	-	-	-	DNS	
DNS	102221	1804	Raquel Vital	CAD	Clube Triatlo de Abrantes	-	-	-	-	-	DNS	
DNS	103688	2303	Mariana Paulino	JUN	CNCVG	-	-	-	-	-	DNS	
DNS	109133	4955	Maria Sá	45-49	GDR Manique de Cima	-	-	-	-	-	DNS	