

Local da Prova: **Arronches**

Data: **11/02/2023**

Hora da Partida: **15:09:52**

Distancias: **Corrida - 5.150m**

**Ciclismo - 20.250m**

**Corrida - 2.500m**

**Classificação Absoluta - Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100316	2823	Maria Tomé	20-24	Clube de Natação de Torres Novas	00:17:50	00:00:40	00:37:14	00:00:55	00:07:31	01:04:10	00:00:00
2	100515	2275	Rafaela Cananó Silva	JUN	Sport Lisboa e Benfica	00:19:14	00:00:42	00:36:22	00:00:54	00:08:02	01:05:14	00:01:04
3	104085	2286	Maria Gonçalves	JUN	Sport Lisboa e Benfica	00:19:23	00:00:37	00:36:19	00:00:56	00:08:04	01:05:19	00:01:09
4	103073	1816	Cassilda Carvalho	CAD	Sport Lisboa e Benfica	00:19:28	00:00:38	00:36:10	00:00:55	00:08:16	01:05:27	00:01:17
5	103427	2862	Beatriz Ferreira	20-24	Clube de Natação de Torres Novas	00:19:14	00:00:41	00:36:33	00:00:53	00:08:30	01:05:51	00:01:41
6	101358	2564	Ana Ramos	25-29	Clube de Natação de Torres Novas	00:19:44	00:00:42	00:37:20	00:00:59	00:08:39	01:07:24	00:03:14
7		1818	Catarina Santos	CAD	Sport Lisboa e Benfica	00:20:02	00:00:39	00:39:12	00:00:59	00:08:37	01:09:29	00:05:19
8	102922	2266	Matilde Santos	JUN	Outsystems Olímpico de Oeiras	00:20:02	00:00:45	00:38:08	00:01:06	00:09:53	01:09:54	00:05:44
9	102284	1931	Ana Carapeta	CAD	Alhandra Sporting Club	00:20:45	00:00:41	00:39:11	00:00:54	00:08:33	01:10:04	00:05:54
10	108089	3209	Sara Neto	30-34	SFRAA TRIATLO	00:19:34	00:00:46	00:40:21	00:01:03	00:08:33	01:10:17	00:06:07
11	103057	1912	Inês Filipa Sousa	CAD	Alhandra Sporting Club	00:21:11	00:00:43	00:38:41	00:00:55	00:09:07	01:10:37	00:06:27
12	101977	8031	Liliana Verissimo	35-39	Outsystems Olímpico de Oeiras	00:19:44	00:00:39	00:41:06	00:01:04	00:08:28	01:11:01	00:06:51
13	104661	1994	Mónica Dias	CAD	AD Galomar	00:21:11	00:00:41	00:38:44	00:01:00	00:09:34	01:11:10	00:07:00
14	102647	2633	Pauline Vie	20-24	SFRAA TRIATLO	00:21:15	00:00:45	00:38:39	00:01:06	00:09:49	01:11:34	00:07:24
15	107787	3010	Francisca Parente	25-29	CNATRIL Triatlo	00:21:18	00:00:50	00:39:20	00:01:06	00:09:04	01:11:38	00:07:28
16	103605	3695	Inês Raimundo	20-24	AmoraSub/Associação Naval Amorense	00:21:55	00:00:42	00:39:17	00:01:03	00:09:38	01:12:35	00:08:25
17	103381	4063	Isabel Gonçalves	40-44	Vela de Tavira	00:21:33	00:00:51	00:40:03	00:01:11	00:09:38	01:13:16	00:09:06
18	100161	3291	Joana Tomé	20-24	SFRAA TRIATLO	00:21:43	00:00:47	00:40:58	00:01:01	00:09:22	01:13:51	00:09:41
19	104354	1929	Matilde Tomás	CAD	Alhandra Sporting Club	00:22:21	00:00:45	00:40:15	00:00:58	00:10:05	01:14:24	00:10:14
20	100805	4335	Filomena Gomes	50-54	Try Portugal / V. Janes	00:22:12	00:01:08	00:40:18	00:01:32	00:09:42	01:14:52	00:10:42
21	100760	2254	Catarina Moutinho	JUN	Clube de Natação de Torres Novas	00:23:39	00:00:52	00:40:18	00:01:12	00:10:26	01:16:27	00:12:17
22	106120	2317	Margarida Passos	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerre	00:21:34	00:01:14	00:42:50	00:01:09	00:09:41	01:16:28	00:12:18
23	103703	1749	Sofia Corrêa	CAD	Alhandra Sporting Club	00:22:21	00:00:42	-	-	00:10:08	01:16:46	00:12:36
24	101806	3667	Mafalda Viveiros Abreu	35-39	AD Galomar	00:21:56	00:00:51	00:43:26	00:01:11	00:09:24	01:16:48	00:12:38
25	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:22:26	00:01:03	00:42:41	00:01:20	00:09:42	01:17:12	00:13:02
26	108906	4269	Miriam Isabel Gomes da Silva	40-44	Vasco da Gama Atlético Clube de Sines	00:21:12	00:01:00	00:44:06	00:01:27	00:09:28	01:17:13	00:13:03
27	102027	2308	Luna Neves	JUN	Sporting Clube de Portugal	00:23:58	00:00:49	00:40:40	00:01:05	00:10:42	01:17:14	00:13:04
28	100696	4506	Maria Sousa	45-49	Clube Oriental de Lisboa	00:22:55	00:01:12	00:41:23	00:01:30	00:10:15	01:17:15	00:13:05

**Classificação Absoluta - Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	106758	1939	Leonor Fazendeiro	CAD	Sport Lisboa e Benfica	00:22:22	00:00:47	00:43:02	00:01:11	00:10:19	01:17:41	00:13:31
30	106763	2694	Carina Tomás	25-29	Outsystems Olímpico de Oeiras	00:24:19	00:00:59	00:39:29	00:01:45	00:11:16	01:17:48	00:13:38
31	100848	4150	Susana Pontes	50-54	Outsystems Olímpico de Oeiras	00:24:02	00:01:05	00:40:58	00:01:16	00:10:31	01:17:52	00:13:42
32	108942	3610	Catarina Feijão	30-34	SFRAA TRIATLO	00:23:24	00:01:08	00:41:40	00:01:24	00:10:44	01:18:20	00:14:10
33	107425	2897	Luana Caleffi	20-24	Triatlo de Faro	00:23:32	00:01:04	00:42:13	00:01:24	00:10:22	01:18:35	00:14:25
34	104276	2330	Leonor Medronheira	JUN	Sport Lisboa e Benfica	00:22:51	00:01:05	00:44:00	00:01:08	00:09:39	01:18:43	00:14:33
35	105392	5196	Malvina Gomes	45-49	Palmela Desporto / Tripla Rotação	00:22:30	00:01:15	00:43:25	-	-	01:18:48	00:14:38
36	104115	1740	Iara Vinagre	CAD	CAPGE	00:22:56	00:01:02	00:44:35	00:01:01	00:09:38	01:19:12	00:15:02
37	101849	5849	Carla Ribeiro	40-44	SNR Triatlo	00:22:40	00:01:15	00:44:23	00:01:12	00:09:45	01:19:15	00:15:05
38	102452	3664	Joana Hipólito	35-39	AMICICLO GRÂNDOLA	00:23:01	00:01:04	00:44:12	00:01:19	00:09:48	01:19:24	00:15:14
39	108111	3232	Marta Alexandra Costa	30-34	Clube de Triatlo do Fundão	00:23:22	00:01:11	00:43:41	00:01:32	00:10:24	01:20:10	00:16:00
40	107607	5419	Sandra Cristina Fernandes Rodrigu	50-54	AmoraSub/Associação Naval Amorense	00:24:03	00:01:05	00:43:12	00:01:17	00:11:01	01:20:38	00:16:28
41	107422	2318	Mariannela Gonçalves	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:22:21	00:00:44	00:47:07	00:01:02	00:09:30	01:20:44	00:16:34
42	102221	1804	Raquel Vital	CAD	Clube Triatlo de Abrantes	00:23:40	00:00:43	00:43:31	00:01:16	00:11:54	01:21:04	00:16:54
43	100936	5490	Iolanda Henriques	55-59	Clube Futebol Andorinha / Abrigo do Pastor	00:24:05	00:00:51	00:46:04	00:01:11	00:10:41	01:22:52	00:18:42
44	103893	3783	Ana Martinho	35-39	SFRAA TRIATLO	00:24:23	00:00:52	00:45:47	00:01:20	00:10:36	01:22:58	00:18:48
45	103050	4638	Sara Colaço	45-49	Clube Oriental de Lisboa	00:25:50	00:01:08	00:43:17	00:01:44	00:11:08	01:23:07	00:18:57
46	101545	4558	Maria João Rico	50-54	Clube de Triatlo do Fundão	00:24:09	00:01:08	00:46:17	00:01:36	00:10:51	01:24:01	00:19:51
47	103155	2260	Maria Inês França	JUN	CNCVG	00:25:43	00:00:59	00:44:46	00:01:24	00:12:01	01:24:53	00:20:43
48	105661	5250	Isabel Moreira	55-59	Triatlo Fundação Salesianos	00:26:05	00:00:55	00:45:24	00:01:18	00:11:15	01:24:57	00:20:47
49	107693	4872	Ester Castelo	40-44	Triatlo de Faro	00:24:49	00:01:07	00:46:54	00:01:36	00:10:56	01:25:22	00:21:12
50	107259	4724	Mónica Silva	50-54	Sporting Clube de Portugal	00:26:31	00:00:58	00:45:08	00:01:22	00:11:42	01:25:41	00:21:31
51	106537	1921	Mariana Rodrigues Grilo	CAD	CNCVG	00:26:32	00:00:56	00:46:21	00:01:10	00:11:01	01:26:00	00:21:50
52	104271	4494	Ana Vieira Lopes	50-54	Clube Oriental de Lisboa	00:26:29	00:01:53	00:45:38	00:02:01	00:11:18	01:27:19	00:23:09
53	107621	2945	Inês Silva	30-34	AMICICLO GRÂNDOLA	00:27:01	00:01:13	00:45:41	00:01:50	00:12:10	01:27:55	00:23:45
54	103688	2303	Mariana Paulino	JUN	CNCVG	00:24:30	00:00:56	00:51:47	00:01:16	00:11:15	01:29:44	00:25:34
55	104431	1767	Mariana Amaral	CAD	CNCVG	00:27:42	00:00:51	00:48:12	00:01:18	00:11:49	01:29:52	00:25:42
56	106617	3901	Marina Brunheta	20-24	Clube Triatlo de Abrantes	00:24:17	00:00:51	00:53:44	00:01:12	00:11:10	01:31:14	00:27:04
57	108773	5920	Esmeralda Rodrigues	40-44	Palmela Desporto / Tripla Rotação	00:27:19	00:01:22	00:51:15	00:01:25	00:12:15	01:33:36	00:29:26
58	108705	5899	Elsa Mação	45-49	AmoraSub/Associação Naval Amorense	00:25:40	00:01:26	00:54:12	00:01:50	00:11:33	01:34:41	00:30:31
59	108869	5949	Odília Andrade	40-44	Centro Ciclista Azeitonense	00:27:14	00:00:51	00:53:57	00:01:09	00:11:47	01:34:58	00:30:48
60	108867	3555	Catarina Serrinha	30-34	Centro Ciclista Azeitonense	00:26:31	00:01:48	00:53:21	00:01:43	00:11:46	01:35:09	00:30:59
61	105611	4603	Isabel Augusto	50-54	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:27:07	00:01:43	00:52:07	00:02:19	00:12:51	01:36:07	00:31:57

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	107329	4959	Rosália Guerreiro	55-59	Sporting Clube de Portugal	00:29:28	00:01:39	00:50:24	00:01:59	00:13:04	01:36:34	00:32:24
63	108142	5727	Tahamara Dias	45-49	Clube Oriental de Lisboa	00:28:39	00:01:22	00:52:49	00:01:36	00:12:39	01:37:05	00:32:55
64	101006	4452	Madalena Caninas	60-64	Clube Oriental de Lisboa	00:28:39	00:01:28	00:55:27	00:02:08	00:12:12	01:39:54	00:35:44
DNF	103649	3748	Tuxa Negri	30-34	CNATRIL Triatlo	00:20:36	00:00:42	-	-	-	DNF	
DNS	102210	2328	Luisa Miranda	JUN	Sport Lisboa e Benfica	-	-	-	-	-	DNS	
DNS	106314	3469	Vanessa Rodrigues	35-39	Vela de Tavira	-	-	-	-	-	DNS	
DNS	105830	3828	Marta Dolores	35-39	AMICICLO GRÂNDOLA	-	-	-	-	-	DNS	
DNS	103186	4223	Teresa Sepúlveda	40-44	Clube Oriental de Lisboa	-	-	-	-	-	DNS	
DNS	106275	3441	Ana Brás	35-39	CNCVG	-	-	-	-	-	DNS	
DNS	108394	3444	Neuza Silva	35-39	REPSOL TRIATLO	-	-	-	-	-	DNS	