

Local da Prova: **Lamego**

Data: **26/02/2023**

Hora da Partida: **10:04:00**

Distancias: **Corrida - 5.000 (2 voltas)**

**Ciclismo - 20.000 (4 voltas)**

**Corrida - 2.500 (1 volta)**

**Classificação Absoluta - Femininos**

| #   | Lic.   | Dors. | Nome                      | Esc.  | Equipa   | Corrida | T1 | Ciclismo | T2       | Corrida  | T.Total  | Diff.    |
|-----|--------|-------|---------------------------|-------|--|---------|----|----------|----------|----------|----------|----------|
| 1   | 103427 | 2862  | Beatriz Ferreira          | 20-24 | Clube de Natação de Torres Novas                 | -       | -  | 01:01:53 | 00:00:44 | 00:09:44 | 01:31:48 | 00:00:00 |
| 2   | 102647 | 2633  | Pauline Vie               | 20-24 | SFRAA TRIATLO                                    | -       | -  | 01:04:57 | 00:00:38 | 00:10:52 | 01:37:37 | 00:05:49 |
| 3   | 102210 | 2328  | Luisa Miranda             | JUN   | Sport Lisboa e Benfica                           | -       | -  | 01:08:28 | 00:00:36 | 00:11:10 | 01:41:58 | 00:10:10 |
| 4   | 102221 | 1804  | Raquel Vital              | CAD   | Clube Triatlo de Abrantes                        | -       | -  | 01:10:19 | 00:00:37 | 00:12:38 | 01:46:18 | 00:14:30 |
| 5   | 104241 | 3930  | Cristina Pereira          | 30-34 | GCA Donas - TRIATLO                              | -       | -  | 01:11:39 | 00:00:49 | 00:11:44 | 01:47:53 | 00:16:05 |
| 6   | 100848 | 4150  | Susana Pontes             | 50-54 | Outsystems Olímpico de Oeiras                    | -       | -  | 01:11:51 | 00:00:49 | 00:11:28 | 01:48:47 | 00:16:59 |
| 7   | 105392 | 5196  | Malvina Gomes             | 45-49 | Palmela Desporto / Tripla Rotação                | -       | -  | 01:12:34 | 00:01:22 | 00:11:48 | 01:49:11 | 00:17:23 |
| 8   | 102452 | 3664  | Joana Hipólito            | 35-39 | AMICICLO GRÂNDOLA                                | -       | -  | 01:13:58 | 00:00:48 | 00:11:37 | 01:49:45 | 00:17:57 |
| 9   | 104661 | 1994  | Mónica Dias               | CAD   | AD Galomar                                       | -       | -  | 01:15:34 | 00:00:40 | 00:11:13 | 01:50:09 | 00:18:21 |
| 10  | 105256 | 1718  | Madalena Augusto          | CAD   | Mc Donald's/Tribraga                             | -       | -  | 01:16:21 | 00:00:52 | 00:11:00 | 01:50:38 | 00:18:50 |
| 11  | 106700 | 2678  | Susana Alemão             | 35-39 | Mirachoro Hotels - CCP - Churrasqueira Guerreiro | -       | -  | 01:15:44 | 00:00:48 | 00:11:35 | 01:52:14 | 00:20:26 |
| 12  | 108089 | 3209  | Sara Neto                 | 30-34 | SFRAA TRIATLO                                    | -       | -  | 01:20:00 | 00:00:51 | 00:10:50 | 01:53:10 | 00:21:22 |
| 13  | 103893 | 3783  | Ana Martinho              | 35-39 | SFRAA TRIATLO                                    | -       | -  | 01:18:28 | 00:00:44 | 00:11:40 | 01:55:05 | 00:23:17 |
| 14  | 101849 | 5849  | Carla Ribeiro             | 40-44 | SNR Triatlo                                      | -       | -  | 01:23:16 | 00:00:54 | 00:10:56 | 01:58:39 | 00:26:51 |
| 15  | 108851 | 5938  | Ana Maria Gomes           | 45-49 | NDS Triatlo-MRW Guarda                           | -       | -  | 01:21:51 | 00:01:38 | 00:11:26 | 01:58:50 | 00:27:02 |
| 16  | 104115 | 1740  | Iara Vinagre              | CAD   | CAPGE  | -       | -  | 01:23:29 | 00:00:36 | 00:12:48 | 01:59:26 | 00:27:38 |
| 17  | 101806 | 3667  | Mafalda Viveiros Abreu    | 35-39 | AD Galomar                                       | -       | -  | 01:24:57 | 00:00:40 | 00:11:11 | 02:00:32 | 00:28:44 |
| 18  | 107621 | 3837  | Inês Silva                | 30-34 | AMICICLO GRÂNDOLA                                | -       | -  | 01:23:07 | 00:01:07 | 00:13:51 | 02:04:31 | 00:32:43 |
| 19  | 108111 | 3232  | Marta Alexandra Costa     | 30-34 | Clube de Triatlo do Fundão                       | -       | -  | 01:31:26 | 00:00:39 | 00:11:50 | 02:07:47 | 00:35:59 |
| 20  | 101825 | 4817  | Joana Fragata             | 45-49 | AMICICLO GRÂNDOLA                                | -       | -  | 01:24:27 | 00:00:53 | 00:13:39 | 02:08:14 | 00:36:26 |
| 21  | 108857 | 8060  | Ana Margarida Gonçalves   | 35-39 | NDS Triatlo-MRW Guarda                           | -       | -  | 01:28:05 | 00:01:16 | 00:13:29 | 02:08:29 | 00:36:41 |
| 22  | 101112 | 2930  | Carolina Boulhosa         | 20-24 | Clube de Triatlo do Fundão                       | -       | -  | 01:34:29 | 00:00:55 | 00:12:49 | 02:13:48 | 00:42:00 |
| 23  | 108773 | 5920  | Esmeralda Rodrigues       | 40-44 | Palmela Desporto / Tripla Rotação                | -       | -  | 01:34:33 | 00:01:11 | 00:13:41 | 02:16:44 | 00:44:56 |
| 24  | 106617 | 3901  | Marina Brunheta           | 20-24 | Clube Triatlo de Abrantes                        | -       | -  | 01:39:38 | 00:00:40 | 00:14:43 | 02:18:53 | 00:47:05 |
| 25  | 100141 | 4605  | Fernanda Marques Santinha | 50-54 | Clube Oriental de Lisboa                         | -       | -  | 01:44:00 | 00:00:59 | 00:11:29 | 02:20:37 | 00:48:49 |
| 26  | 101545 | 4558  | Maria João Rico           | 50-54 | Clube de Triatlo do Fundão                       | -       | -  | 01:52:56 | 00:00:43 | 00:12:10 | 02:30:30 | 00:58:42 |
| DNF | 100186 | 4007  | Brigitte Cardoso          | 40-44 | SFRAA TRIATLO                                    | -       | -  | -        | -        | -        | DNF      |          |
| DNS | 100989 | 4110  | Filipa Oliveira           | 50-54 | SFRAA TRIATLO                                    | -       | -  | -        | -        | -        | DNS      |          |

Classificação Absoluta - Femininos

| #   | Lic.   | Dors. | Nome            | Esc.  | Equipa   | Corrida | T1 | Ciclismo | T2 | Corrida | T.Total | Diff. |
|-----|--------|-------|-----------------|-------|----------|---------|----|----------|----|---------|---------|-------|
| DNS | 104053 | 4227  | Alberta Pereira | 45-49 | G.D.GOMA | -       | -  | -        | -  | -       | DNS     |       |