



18 - 24 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	491	Bruno Slegers	04:21:36	00:25:33	02:32:10	01:19:53	15
2	252	Salomão Alexandre Savelenko	04:28:25	00:25:25	02:35:30	01:23:57	29
3	416	Gabriel Silva Garrido Souza	04:30:29	00:26:35	02:30:20	01:29:07	33
4	572	Tomás Teixeira	04:31:05	00:25:35	02:26:40	01:35:39	35
5	561	Manuel Silva	04:36:12	00:26:14	02:38:56	01:26:22	45
6	127	Guilherme Bonito	04:47:01	00:25:48	02:41:28	01:36:51	95
7	455	Gonçalo Alexandre Lopes Brandão Mendes	04:52:53	00:27:38	02:50:34	01:31:39	130
8	182	André Filipe Vaz Bernardo	05:17:20	00:33:29	03:13:34	01:25:24	275
9	674	Pedro Leão	05:24:19	00:29:56	03:02:39	01:46:39	315
10	679	Vasco Botelho	05:42:32	00:29:51	02:52:34	02:13:41	407
11	536	Vasco Camacho Ramos	06:36:52	00:30:25	03:33:40	02:26:07	547

18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	741	Inês Cabanita Raimundo	05:11:42	00:31:52	02:58:15	01:37:27	240
2	359	Joana Tomé	05:13:08	00:26:07	03:00:49	01:41:55	250
3	690	Cristina Torres Hervés	05:14:18	00:26:45	02:48:12	01:55:11	256

25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	3	Luis Manuel Dias Moleiro	04:05:33	00:24:35	02:20:22	01:17:36	3
2	210	Rafael Barata Domingos	04:08:10	00:25:31	02:22:04	01:17:50	4
3	726	Diego Blanco Martínez	04:18:41	00:27:07	02:27:46	01:20:33	12
4	714	Jorge Echevarria	04:20:43	00:27:18	02:26:50	01:22:21	14
5	117	Hugo Baluga	04:26:23	00:29:28	02:29:56	01:23:34	25
6	694	Pastor Adrian Pose Regueiro	04:27:26	00:28:25	02:28:52	01:25:53	27
7	66	Tiago Lopes	04:30:55	00:27:29	02:35:54	01:23:36	34
8	729	David Matos	04:35:11	00:29:41	02:37:21	01:24:47	40
9	697	Simon Jesse	04:35:43	00:30:38	02:31:43	01:27:38	41
10	94	Lucas Peixoto	04:38:06	00:29:56	02:34:06	01:29:32	48
11	691	Adrián Aira	04:39:52	00:30:52	02:35:07	01:29:02	59
12	84	Miguel Tomé	04:44:41	00:24:28	02:40:59	01:35:27	81
13	169	Nuno Ramos	04:49:00	00:35:22	02:37:26	01:30:54	111
14	586	Alexandre Mendes Vilas-Boas	04:51:39	00:32:00	02:46:30	01:27:00	123



15	733	Rafael Sá Alves	04:53:56	00:27:39	02:43:34	01:38:09	134
16	569	André Filipe António Fernandes	05:01:09	00:25:46	02:36:21	01:55:06	180
17	129	Ricardo Miguel Bandarra Silva	05:15:04	00:31:54	02:52:41	01:46:02	260
18	240	Rui Miguel Fão Pinto	05:16:56	00:37:47	02:55:56	01:36:51	272
19	588	Daniel José Gomes Amaral	05:19:04	00:34:24	02:53:32	01:44:11	290
20	613	Francisco Correia Dos Santos	05:21:39	00:29:15	03:00:03	01:47:34	304
21	444	Miguel Lucas	05:29:04	00:32:58	02:56:43	01:51:47	344
22	295	Luis Filipe Gil	05:46:28	00:42:16	03:04:49	01:49:26	422
23	391	Filipe Carapinha Caldeira Batista Saúde	05:50:39	00:33:52	03:08:54	02:00:56	437
24	556	Diogo Miguel Mota Dias	05:52:05	00:26:46	03:16:22	02:03:53	441
25	537	Gonçalo Tavares Dos Santos	05:57:31	00:36:21	03:14:23	01:57:51	461
26	446	Luis Lucas	05:59:24	00:33:04	03:11:48	02:06:30	471
27	420	Oliver Rolls	06:16:44	00:32:27	03:21:04	02:14:39	510

25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	684	Alina Linke	06:57:11	00:45:23	03:39:19	02:22:25	568
2	445	Maria Do Carmo Moser	07:08:21	00:43:44	04:04:37	02:11:28	574

30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	9	Christophe De Keyser	03:50:15	00:21:20	02:13:01	01:13:18	1
2	207	Gil Moreira Maia	04:15:01	00:24:12	02:27:42	01:19:55	7
3	33	João Pedro De Matos Rebelo	04:18:06	00:26:23	02:30:45	01:17:34	10
4	107	Sandro Ribeiro De Sousa E Silva	04:25:55	00:28:56	02:33:58	01:18:58	21
5	659	Rui Santos	04:26:04	00:26:49	02:33:20	01:21:00	23
6	351	Miguel Pecegueiro	04:26:37	00:31:54	02:28:16	01:22:21	26
7	297	Mário Jorge Rosa Macheta	04:38:18	00:28:55	02:35:04	01:29:45	50
8	718	Rui Cesar Fernandes Carvalho	04:40:23	00:27:26	02:34:51	01:33:26	64
9	685	Nuno Filipe Inácio Vaz Matias	04:44:46	00:29:15	02:49:19	01:20:32	84
10	640	Márcio Domingos Miguel	04:45:43	00:30:14	02:39:47	01:31:37	88
11	539	Daniel Vega Romero	04:46:14	00:28:23	02:43:48	01:29:27	89
12	593	Côme Ceccaldi	04:46:37	00:28:44	02:35:31	01:37:09	91
13	253	Tiago Andre Masqueiro Encarnação	04:47:58	00:32:44	02:37:36	01:33:54	105
14	77	Gustavo Gasparay	04:49:10	00:28:09	02:29:53	01:46:52	112
15	183	Emanuel Freitas	04:50:03	00:32:36	02:48:37	01:25:19	114
16	165	David Martins	04:51:26	00:30:10	02:46:46	01:30:55	120



17	358 Marco Pinto	04:52:38	00:35:18	02:39:14	01:32:35	129
18	106 Vasco Pereira Lopes	04:54:09	00:30:04	02:40:47	01:37:23	135
19	439 Carsten Bakker	04:55:18	00:34:46	02:34:52	01:38:39	142
20	731 André Filipe Serrano Barreto	04:57:44	00:30:08	02:49:50	01:32:10	158
21	332 Axel De Clerck	04:58:27	00:32:22	02:44:22	01:36:38	162
22	189 Fábio Correia	05:02:01	00:34:47	02:56:39	01:25:12	181
23	374 João Nuno Santos Silva	05:03:18	00:36:30	02:49:13	01:32:35	191
24	647 Pedro Filipe Maia	05:05:11	00:34:42	02:48:16	01:37:09	202
25	553 Bruno Miguel Marvanejo Pinto	05:08:41	00:31:43	02:51:01	01:38:58	222
26	108 William Santos	05:11:15	00:34:11	02:46:15	01:45:42	239
27	480 Hugo Fragoso	05:13:06	00:34:26	02:51:57	01:40:58	249
28	626 Francisco Freitas	05:15:06	00:22:40	02:59:42	01:48:32	261
29	564 Rodrigo Gonçalves Costa Santos	05:18:53	00:32:57	02:56:54	01:43:30	286
30	575 David Pereira Inacio	05:18:54	00:38:40	02:54:05	01:39:47	287
31	669 Frederico Catalão	05:19:10	00:35:35	02:56:41	01:36:06	292
32	662 João Ferreira	05:23:19	00:30:45	02:56:57	01:47:24	308
33	340 Cedric Faché	05:28:15	00:42:33	03:09:26	01:25:32	336
34	425 Bryce Sage	05:29:38	00:35:58	02:50:59	01:55:09	346
35	320 Luís Ferreira Carvalho	05:29:38	00:33:08	02:46:00	02:04:55	347
36	505 Guy Charlton	05:30:32	00:29:57	03:04:15	01:46:35	348
37	542 David Salgado	05:31:03	00:32:49	03:20:23	01:28:40	350
38	630 Renato Alexandre Fernandes Da Silva	05:34:17	00:32:04	02:58:52	01:48:30	369
39	255 Fábio Santos	05:34:58	00:51:14	02:55:55	01:41:59	373
40	715 Miguel Leal Da Costa	05:36:25	00:29:04	03:04:55	01:57:55	383
41	304 João Rainho Fernandes	05:37:10	00:37:14	02:58:41	01:56:05	388
42	437 Miguel Santos	05:40:24	00:25:38	03:16:49	01:50:25	399
43	499 Ivor Sebalj	05:41:49	00:35:44	03:00:50	01:59:40	404
44	702 Marco Patricio	05:49:09	00:28:36	03:10:14	02:01:29	429
45	677 Pedro Miguel Martins Cachão	06:02:46	00:37:02	03:11:41	02:07:46	481
46	194 Ricardo Dagge	06:19:48	00:39:07	03:34:34	01:58:00	517
47	362 Jimmy Baudot	06:30:40	00:34:00	03:25:24	02:16:07	541
48	661 Pedro Manuel Duarte Antunes Luís	06:36:06	00:37:56	03:40:30	02:07:15	546
49	124 Pedro Nuno Sales Da Fonseca	06:37:26	00:40:12	03:39:49	02:08:31	548
50	222 André Prates Pereira	06:41:42	00:46:54	03:22:26	02:24:10	551
51	624 Artur Conde	06:46:56	00:31:41	03:32:05	02:34:46	561



30 - 34 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	451	Lara Benito	06:07:24	00:43:53	03:25:46	01:50:26	495

35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	2	Andre Costa	04:13:26	00:23:12	02:25:57	01:21:15	5
2	89	Filipe Miguel Nunes Marques	04:14:01	00:24:07	02:23:25	01:23:37	6
3	571	Luis Filipe Gordinho Da Silva	04:20:11	00:25:05	02:26:50	01:24:25	13
4	590	Pedro Lorena	04:23:26	00:25:32	02:30:08	01:23:17	16
5	644	Ricardo Durão	04:24:20	00:28:00	02:29:18	01:23:37	18
6	175	Bruno Pontes	04:24:24	00:28:15	02:28:34	01:22:56	19
7	434	Ricardo Manuel Vicente Rosado	04:30:16	00:27:48	02:30:38	01:28:21	32
8	90	David Alfeirão	04:31:59	00:31:27	02:31:06	01:25:34	36
9	184	Bernardo Fernandes	04:32:17	00:28:04	02:29:50	01:30:53	38
10	15	João Brísida Pacheco	04:36:05	00:29:18	02:35:40	01:27:27	44
11	716	João Sacadura	04:37:20	00:31:11	02:33:14	01:28:46	47
12	85	João Freitas	04:38:08	00:29:23	02:33:52	01:30:54	49
13	59	Luis Filipe Ferreira	04:39:40	00:30:46	02:40:32	01:24:00	57
14	608	Rui Oliveira	04:40:04	00:30:17	02:39:03	01:27:01	61
15	686	Hélio Carvalho	04:40:19	00:28:51	02:36:05	01:29:34	63
16	243	Duarte Tirapicos	04:41:09	00:34:52	02:38:43	01:21:06	67
17	703	João Manuel Moreira Sousa	04:41:38	00:42:59	02:33:12	01:20:20	69
18	69	Ricardo Filipe Varela Costa	04:41:51	00:27:14	02:42:13	01:28:19	71
19	693	Jesús Pardo Jorge	04:42:08	00:30:54	02:33:46	01:32:52	72
20	289	Tiago Santos	04:42:28	00:29:22	02:33:49	01:35:19	77
21	587	Tomás Pires	04:44:43	00:27:59	02:39:16	01:33:16	82
22	458	Mario Cruz	04:45:04	00:31:25	02:36:54	01:32:45	87
23	513	Henrique Ubach Trindade Mota Pereira	04:46:51	00:25:16	02:45:41	01:32:05	94
24	456	Félix Quintela Pais	04:47:16	00:31:53	02:35:17	01:32:42	96
25	497	Ignacio De Las Heras	04:47:26	00:28:44	02:40:52	01:33:31	99
26	101	Pedro Migueol Sequeira Rilho	04:47:35	00:30:56	02:40:09	01:32:34	101
27	81	Pedro Miguel Machado	04:47:41	00:29:28	02:46:46	01:26:51	102
28	580	José Maria Júdice	04:49:30	00:30:30	02:42:46	01:29:58	113
29	666	David Paiva	04:50:32	00:25:43	02:42:59	01:37:38	115
30	433	Simon Michelet Dos Santos	04:51:27	00:36:25	02:38:10	01:32:08	121



31	442 Pedro Freire De Andrade	04:52:09	00:29:52	02:40:14	01:36:01	127
32	574 Agnelo André Pinto E Silva	04:52:32	00:29:58	02:40:14	01:37:08	128
33	258 Paulo Gonçalves	04:53:14	00:28:18	02:44:50	01:36:21	131
34	708 Marciano Dias	04:54:52	00:32:53	02:41:23	01:35:53	141
35	335 André Vaz	04:55:21	00:34:59	02:46:08	01:27:13	143
36	399 João Daniel Cachulo Henriques	04:57:06	00:38:09	02:44:47	01:28:34	153
37	595 Tiago Oliveira	04:57:19	00:40:33	02:38:50	01:31:32	154
38	257 David Fernandes	04:57:42	00:36:02	02:36:25	01:41:08	157
39	214 Frederico Cipriano Batista	04:59:44	00:32:45	02:45:49	01:36:32	166
40	41 Ivan Duque De Azevedo E Costa	04:59:46	00:30:33	02:49:29	01:34:24	167
41	555 Loic Charmoille	05:00:26	00:29:29	02:52:27	01:32:01	175
42	514 Paulino Alves	05:02:29	00:36:06	02:48:42	01:32:01	184
43	546 João Nuno Alves Dias	05:02:42	00:27:27	02:51:55	01:38:44	186
44	22 Hugo Gomes	05:03:29	00:40:33	02:48:44	01:27:18	193
45	386 Rodrigo Marcelino	05:03:50	00:35:28	02:47:47	01:35:25	194
46	503 Ricardo Trindade Gomes	05:04:46	00:37:42	02:48:14	01:34:05	199
47	190 Renan De Almeida Castro	05:05:15	00:33:03	02:47:04	01:38:49	203
48	427 Hugo Ribeiro	05:05:48	00:35:06	02:42:24	01:42:03	206
49	226 Luis Santos	05:07:01	00:39:23	02:47:21	01:34:15	213
50	689 David Iglesias Otero	05:07:09	00:34:47	02:50:43	01:35:20	214
51	623 Miguel Peco Perea	05:08:30	00:30:57	02:55:21	01:35:16	219
52	440 Laurents Fricke	05:10:22	00:30:13	02:34:22	02:00:45	235
53	79 Luís Galrito	05:11:47	00:29:44	02:57:50	01:39:11	242
54	171 Hugo Lopes	05:12:49	00:34:48	02:47:52	01:44:46	247
55	618 Antonio Vazquez Balado	05:13:05	00:34:03	02:57:39	01:35:35	248
56	657 Bruno Gonçalves	05:13:14	00:32:34	02:51:32	01:41:19	251
57	521 Jorge Raminhas	05:14:19	00:34:06	02:46:26	01:46:52	257
58	148 Diogo Silva	05:14:29	00:37:15	02:48:20	01:40:49	258
59	272 Carlos Jorge Costa Escórcio	05:17:11	00:37:40	02:58:57	01:35:10	274
60	283 Jorge Carvalho	05:17:45	00:38:55	02:55:22	01:35:28	277
61	502 Alejandro Iglesias García	05:18:33	00:33:15	02:58:54	01:38:40	284
62	112 Filipe Bettencourt	05:20:33	00:32:10	02:57:34	01:43:08	299
63	137 Goncalo Alves	05:23:25	00:29:59	03:02:11	01:46:33	309
64	530 Francisco Garnel	05:24:50	00:33:09	02:56:12	01:48:01	321
65	565 Ricardo Manuel Valadas Jerónimo	05:26:42	00:32:48	02:58:12	01:47:10	333
66	238 Pedro Gandola	05:31:58	00:28:59	02:52:51	02:00:31	356
67	438 Pedro Borges	05:37:07	00:32:24	03:08:51	01:50:56	387



68	408 Diogo Saraiva	05:40:01	00:33:25	03:07:39	01:52:33	397
69	228 João Saldanha Lopes	05:40:10	00:30:44	02:46:49	02:18:22	398
70	483 Tiago Filipe Machado Fonseca	05:48:56	00:40:53	03:15:09	01:46:25	427
71	732 Lopo Maria D'Orey Manoel Lopo De Carvalho	05:49:43	00:39:28	03:14:25	01:47:49	433
72	713 Rodrigo Ramos De Magalhães	05:49:55	00:33:05	03:11:29	01:57:20	435
73	188 Tiago Joao Dos Santos Alberto Garcia	05:55:28	00:35:02	03:12:03	02:01:09	451
74	474 João Gomes	05:58:36	00:36:44	03:23:13	01:53:34	467
75	488 Tiago Frederico Da Silva Pereira Dias	06:00:19	00:41:08	03:08:25	02:04:56	473
76	147 Nuno Gonçalo	06:01:14	00:36:59	03:03:05	02:14:46	475
77	676 Tiago Silva Sá	06:01:23	00:45:39	03:11:36	01:58:00	476
78	198 Diogo Pereira De Sousa	06:05:07	00:31:54	03:08:34	02:18:09	489
79	524 Thomas Spears	06:13:06	00:39:50	03:24:42	01:57:06	501
80	216 João Reis De Oliveira	06:15:49	00:44:54	03:18:11	02:04:09	506
81	432 Ricardo Figueiredo	06:16:12	00:31:54	03:35:44	01:59:13	508
82	260 Cláudio Ricardo De Magalhães Pinheiro Caramelo	06:23:06	00:40:18	03:19:23	02:16:24	527
83	361 Francois Gaetan	06:30:40	00:33:30	03:25:23	02:16:04	542
84	267 Luiz Felipe Monteiro	07:03:37	00:33:30	03:33:03	02:48:47	571
85	738 Miguel Ferreira Pinto	07:12:20	00:38:40	04:28:58	01:46:11	575
86	389 Paulo Costa	07:15:52	00:39:03	03:37:10	02:48:02	576
87	600 Sérgio Nuno Maquinista	07:32:25	00:52:11	03:53:33	02:40:30	580
88	353 Bryce Romero	08:19:37	00:37:25	04:33:02	02:56:25	588

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	6	Liliana Verissimo	04:59:29	00:30:01	02:56:31	01:29:40	165
2	517	Jennifer Connet	05:00:48	00:30:06	02:54:32	01:32:43	178
3	532	Vroni Kühne	05:33:10	00:39:36	02:55:23	01:51:40	360
4	562	Andreia Milene Patrício Lourenço	05:43:27	00:41:31	03:13:08	01:43:06	414
5	187	Ana Filipa Lopes Rodrigues	06:16:09	00:44:33	03:25:57	01:58:51	507

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1	Márcio Neves	04:03:22	00:24:33	02:20:11	01:15:54	2
2	122	João Fragoso	04:16:37	00:28:34	02:25:06	01:19:39	8
3	541	Luis Vega Romero	04:23:28	00:28:00	02:29:56	01:21:20	17
4	540	Bernardo Cadeiras	04:26:08	00:26:48	02:27:19	01:28:08	24
5	525	Pablo Vazquez Diaz	04:28:23	00:29:12	02:24:28	01:29:08	28



6	337	Tiago Filipe Raimundo Cochicho	04:29:18	00:28:01	02:30:31	01:27:14	30
7	628	Marco Aurélio Madeira Canelas	04:29:55	00:28:25	02:30:52	01:27:02	31
8	692	Nuno Veríssimo	04:34:51	00:29:31	02:34:38	01:25:56	39
9	86	Nuno Miguel Cardoso Das Neves	04:35:47	00:26:03	02:29:39	01:36:07	43
10	461	João Pedro Mártires Da Silva	04:39:01	00:29:30	02:37:03	01:27:50	54
11	509	Henrique Manuel Gonçalves Moreira	04:39:28	00:31:09	02:33:31	01:29:04	55
12	95	Rui Silva	04:39:33	00:32:19	02:34:31	01:27:35	56
13	202	Nuno Ricardo Pais Lopes	04:39:51	00:28:05	02:36:59	01:31:11	58
14	323	Paulo Ajuda	04:40:11	00:32:13	02:36:44	01:26:12	62
15	249	Ricardo Jorge Gonçalves Simão	04:40:57	00:31:03	02:38:46	01:26:47	66
16	141	Joao Machado	04:42:25	00:29:06	02:36:10	01:30:55	76
17	637	Pedro Duarte Pereira Da Conceição	04:43:13	00:29:36	02:38:31	01:31:47	78
18	208	Bruno Toscano	04:43:51	00:33:01	02:36:38	01:29:28	80
19	428	Gonçalo Martins	04:44:43	00:31:19	02:38:50	01:29:26	83
20	547	Bruno Vitorino Rolim	04:46:37	00:29:32	02:43:39	01:29:22	92
21	163	Marco André A Ferreira	04:47:50	00:29:27	02:34:06	01:40:44	104
22	529	Frederico Cerdeira	04:48:04	00:34:44	02:44:58	01:22:16	107
23	315	Hugo Pita	04:48:06	00:34:59	02:38:44	01:29:38	108
24	278	João Miguel Lobo	04:48:48	00:27:55	02:46:15	01:30:25	110
25	71	Nuno Sousa Bela	04:51:49	00:32:56	02:40:45	01:31:30	126
26	413	Rui Gonçalo Vieira	04:53:22	00:30:31	02:47:32	01:30:14	132
27	288	Celso Ilidio Esteves Moreira	04:54:28	00:32:07	02:47:40	01:30:52	136
28	727	Pedro Gaspar	04:54:49	00:29:56	02:45:51	01:32:00	139
29	40	Bruno Godinho	04:56:55	00:32:09	02:40:35	01:39:33	151
30	145	Sergio Pinto Mota	04:56:56	00:33:21	02:48:16	01:30:25	152
31	681	Frederico Teixeira	04:57:38	00:30:24	02:50:32	01:30:40	156
32	501	Victor Hugo Simões	04:57:56	00:31:46	02:34:04	01:47:52	159
33	634	Tiago Silvino Martins Ribeiro	04:57:57	00:33:31	02:45:03	01:34:39	160
34	648	Caio Herculano Amim	04:58:18	00:27:32	02:38:35	01:44:40	161
35	290	Bruno Almeida	04:59:55	00:29:51	02:38:43	01:47:02	168
36	264	Bruno Lindorfo Batista Alves	05:00:00	00:34:13	02:47:21	01:32:07	169
37	596	Bruno Martins	05:00:32	00:27:45	02:46:25	01:40:09	176
38	598	Francisco Javier Gutiérrez Perez	05:00:59	00:30:31	02:47:25	01:38:09	179
39	566	Nuno Ricardo De Almeida Da Conceição	05:02:28	00:29:00	02:40:29	01:46:53	183
40	116	Bruno Miguel Roque Fonseca	05:02:39	00:37:25	02:40:17	01:38:23	185
41	589	Salvador Corrêa De Olivera	05:05:07	00:36:19	02:48:58	01:32:50	201
42	293	Marcos Ratola	05:06:11	00:26:28	02:49:58	01:43:28	208



43	498 Jose Maria Corrêa De Barros	05:06:26	00:38:34	02:47:22	01:34:52	209
44	329 António V. Correia	05:06:28	00:29:53	02:51:26	01:41:01	210
45	650 André Castanheira Almeida Guerra	05:07:34	00:39:08	02:45:57	01:36:22	216
46	140 Guilherme Libório	05:07:59	00:29:40	02:54:40	01:38:53	217
47	60 Tiago Mira Amado	05:08:36	00:40:28	02:48:32	01:35:32	221
48	232 Daniel Pereira De Sousa	05:08:49	00:28:01	02:52:34	01:43:01	224
49	92 Mario Santana	05:08:57	00:33:39	02:50:28	01:40:09	225
50	607 Kiko Martins	05:09:07	00:33:47	02:49:13	01:40:52	226
51	135 Rui Cachaço	05:09:30	00:37:47	02:48:42	01:35:23	229
52	296 Bruno Batista	05:10:33	00:32:56	02:53:15	01:39:23	236
53	161 Henrique Pereira	05:10:55	00:34:46	02:52:04	01:36:54	238
54	221 Antonio Cumbre	05:11:45	00:32:55	02:49:06	01:43:56	241
55	349 Cláudio Manuel Alexandre Canavilhas	05:12:28	00:33:54	02:55:48	01:36:12	245
56	110 Pedro Miguel Ferreira Da Silva Nogueira	05:12:46	00:34:55	02:45:24	01:46:24	246
57	298 Marco Raminhos	05:13:57	00:32:39	02:49:18	01:44:56	254
58	585 Mário Félix	05:15:10	00:38:18	02:53:20	01:37:20	262
59	61 Ricardo Faria	05:16:40	00:32:53	02:51:23	01:46:55	270
60	543 Bruno Alexandre Oliveira Da Silva	05:18:03	00:27:47	02:51:53	01:53:13	281
61	573 Bernardo Fernandes Homem Samuel Da Silva	05:19:42	00:30:49	02:59:22	01:40:22	293
62	305 Diogo Navas Garcia	05:20:06	00:33:14	03:00:03	01:41:35	296
63	10 Rodrigo Pais De Almeida	05:20:35	00:31:39	02:51:16	01:50:35	300
64	83 Hugo Miguel Ferreira Viegas	05:21:36	00:36:05	02:52:59	01:47:45	303
65	507 Mário Martins	05:23:34	00:37:44	02:57:30	01:41:28	310
66	663 Alex Ribeiro	05:23:39	00:41:27	02:53:16	01:42:04	312
67	548 João Dias	05:24:20	00:29:44	02:56:07	01:52:10	317
68	723 Ricardo Furtado	05:24:28	00:33:14	02:48:56	01:54:53	319
69	523 Leonardo Loureiro	05:25:09	00:44:55	02:50:57	01:41:22	324
70	128 Luís Massapina	05:26:17	00:40:19	03:05:41	01:33:29	329
71	711 Nuno Miguel Lourenço Dantas	05:26:36	00:37:34	03:06:14	01:37:09	331
72	519 Joel Cunha	05:27:37	00:33:53	02:54:09	01:52:59	335
73	273 Gonçalo Almeida	05:28:28	00:31:31	02:52:39	01:58:06	340
74	463 Pedro Caldeira Fernandes	05:28:36	00:33:13	03:03:39	01:41:13	343
75	344 Alberto Dias	05:30:44	00:36:12	02:54:36	01:54:36	349
76	577 Luís Pedro Manuel Vieira Dos Santos	05:31:23	00:34:12	03:04:47	01:47:19	352
77	215 João Beltrão	05:31:39	00:42:17	03:00:34	01:41:04	354
78	159 Hugo Rocha	05:31:58	00:37:56	03:02:09	01:46:14	355
79	218 Pedro Sanguino	05:32:10	00:34:40	03:06:42	01:45:18	357



80	735 Ricardo Jorge Pinto Marques	05:33:11	00:34:37	03:02:25	01:47:44	361
81	447 Bruno Carlos	05:33:48	00:42:22	03:04:40	01:39:24	363
82	269 Rui Miguel Gonçalves Nunes	05:34:12	00:34:35	03:02:07	01:51:05	368
83	466 Nelson José Valente Lopes	05:36:11	00:46:08	02:53:37	01:47:04	378
84	737 Nic Treurnicht	05:36:20	00:37:41	03:01:26	01:51:17	382
85	301 Carlos Mourato	05:36:50	00:34:41	02:52:36	01:59:59	385
86	139 Fernando Coito	05:37:13	00:33:19	02:59:50	01:58:13	389
87	157 Filipe Rafael Ramos Cantante Martinho	05:39:53	00:38:30	03:14:28	01:39:16	396
88	160 Helder Carvalheira	05:40:49	00:38:23	03:09:29	01:47:18	401
89	699 Stefan Kiryazov	05:41:10	00:41:02	03:15:52	01:36:05	402
90	430 Luís De Borja Santos Neves Franco	05:41:33	00:45:19	03:10:28	01:38:58	403
91	357 Henrique Delgado	05:43:16	00:28:17	03:00:38	02:08:51	412
92	736 Francisco Rafael	05:43:21	00:40:08	03:10:23	01:45:52	413
93	388 Luís Miguel Caxias Melro	05:45:21	00:42:09	03:07:05	01:47:59	420
94	612 Lucas Sanabio	05:49:28	00:34:21	02:56:04	02:13:18	432
95	319 Bruno Pimenta	05:52:14	00:40:36	03:04:30	02:00:14	442
96	633 João Pedro Farinha	05:52:46	00:33:00	03:04:09	02:10:01	445
97	559 Nuno Gonçalo Silva	05:53:47	00:30:59	02:57:57	02:18:47	449
98	251 Filipe Miguel Campos Canilho	05:55:37	00:48:28	03:15:17	01:44:47	452
99	696 Tiago Cadete	05:56:05	00:42:58	02:54:06	02:11:00	453
100	625 Sergei Polikarpov	05:56:30	00:34:20	03:01:59	02:13:04	456
101	195 João Filipe Matias Garcia	05:57:07	00:37:50	03:25:34	01:48:32	459
102	720 Gabriel Figueiredo Guimarães	05:57:15	00:41:28	03:16:50	01:50:20	460
103	126 Vasco José Martins Afonso	05:57:37	00:47:36	03:13:44	01:48:37	462
104	617 Christiaan Schultz	05:58:04	00:38:26	03:24:36	01:44:09	464
105	16 Sérgio Filipe	06:01:49	00:33:50	02:58:43	02:21:49	478
106	45 Rui Santos	06:02:10	00:37:36	03:15:08	02:02:58	479
107	80 Fábio Paulo	06:04:13	00:44:06	03:20:58	01:48:58	484
108	324 David João Gomes Almeida	06:04:53	00:41:53	03:19:39	01:54:35	487
109	728 Sérgio Rosado	06:05:01	00:45:58	03:06:27	02:01:21	488
110	473 Aleksandr Igonkin	06:06:41	00:40:58	03:16:03	01:58:59	492
111	367 Ricardo Santos	06:16:19	00:46:12	03:25:34	01:55:38	509
112	479 João Pinto	06:17:26	00:41:29	03:26:14	01:59:11	512
113	281 Luis Caeiro Caeiro	06:19:53	00:37:25	03:22:17	02:11:57	518
114	552 Ricardo Fernandes Vidal Gomes	06:20:37	00:35:34	03:29:14	02:10:21	522
115	192 André Coelho	06:25:20	00:45:15	03:19:03	02:12:03	531
116	412 Luis Goncalves	06:29:33	00:47:17	03:34:58	01:55:01	538



117	345	José Gonçalves	06:45:21	00:42:50	03:17:06	02:35:48	560
118	239	Carlos André Garcia	08:09:43	00:49:31	04:10:05	03:02:19	586
119	96	Daniel Leão	08:13:38	00:46:07	03:55:43	03:21:22	587

40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	550	Fabíola Duarte	05:03:15	00:26:59	02:52:05	01:40:17	190
2	655	Laura Feroso Rodriguez	05:04:28	00:30:09	02:55:34	01:33:02	195
3	431	Tina Roschmann	05:09:31	00:31:40	02:51:19	01:40:27	230
4	706	Natália Guilherme	05:17:04	00:35:47	02:54:14	01:39:57	273
5	680	Carolina Pecegueiro	06:14:23	00:35:24	03:34:48	01:56:30	504
6	515	Rita Paupério	06:20:31	00:37:11	03:25:33	02:12:28	521
7	256	Tânia Rodrigues	06:22:20	00:38:08	03:23:11	02:15:22	524
8	489	Vera Almeida	06:22:38	00:39:09	03:30:09	02:06:47	525
9	402	Filipa Fernandes	06:26:18	00:41:34	03:34:28	02:02:28	533
10	379	Raquel Matos	06:45:07	00:42:00	03:34:11	02:20:12	559
11	236	Dorota Kinda	07:47:02	00:45:10	03:55:55	02:57:21	583

45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	652	Paulo Martins	04:17:27	00:30:32	02:22:04	01:19:45	9
2	331	Valdo Das Neves	04:18:37	00:27:23	02:27:05	01:20:25	11
3	7	Rui Narigueta	04:24:43	00:31:51	02:23:53	01:25:20	20
4	8	Lino Barruncho	04:25:56	00:30:35	02:28:39	01:23:03	22
5	14	Tiago De Paiva E Pona	04:35:45	00:26:03	02:41:56	01:24:12	42
6	583	Juan González	04:41:37	00:27:31	02:42:01	01:27:48	68
7	385	António Salgado	04:42:20	00:32:27	02:32:48	01:31:05	75
8	653	Rui Gomes	04:43:33	00:32:33	02:43:06	01:23:18	79
9	462	Nuno Alexandre Moreira Martins	04:46:33	00:30:43	02:36:37	01:34:27	90
10	730	Ivo Manuel Correia Carvalho	04:46:39	00:30:39	02:33:25	01:37:51	93
11	98	Nuno Miguel Rico Carvalhinho	04:47:28	00:32:31	02:32:53	01:37:08	100
12	365	Rui Gonçalves	04:47:48	00:36:05	02:41:16	01:25:01	103
13	25	Marco Sousa	04:48:02	00:29:27	02:46:25	01:28:17	106
14	100	Filipe Emanuel Guedes Centeno	04:48:22	00:31:40	02:42:00	01:30:41	109
15	23	Jorge Fonseca	04:50:55	00:29:32	02:40:33	01:36:01	117
16	465	Pedro Mendonca	04:51:02	00:32:34	02:37:19	01:34:50	118
17	642	Xose Martinez Reboredo	04:51:21	00:30:02	02:42:59	01:31:56	119



18	535 Marcos Bragado Meana	04:51:42	00:29:51	02:48:24	01:27:52	124
19	132 António Manuel Brito Moreira	04:51:42	00:32:06	02:48:17	01:28:12	125
20	279 Rui Duarte	04:53:34	00:25:43	02:48:49	01:32:30	133
21	603 Rui Rebocho	04:54:42	00:36:36	02:44:24	01:28:25	138
22	688 Iago Vara Adrio	04:54:50	00:27:55	02:43:55	01:37:16	140
23	172 Rui Fonseca	04:55:36	00:29:48	02:49:01	01:32:42	145
24	265 Gonçalo Resina	04:55:43	00:36:32	02:45:23	01:28:45	146
25	476 Santiago Garcia Gonzalez	04:56:06	00:34:00	02:52:19	01:24:49	147
26	21 Pedro Miguel B Pinto Leal Fernandes	04:56:22	00:27:52	02:37:47	01:46:35	148
27	646 Diogo Ennes	04:56:47	00:33:09	02:47:41	01:28:53	150
28	18 Jose Luis Baceira Farinha	04:57:33	00:34:59	02:37:30	01:40:05	155
29	667 Nuno Sousa	05:00:02	00:33:23	02:44:34	01:37:14	171
30	597 Pedro Fernandes Duarte	05:00:07	00:34:19	02:43:37	01:34:42	172
31	196 Vitor Manuel Romeiro Fialho Piçarra	05:00:21	00:32:06	02:50:22	01:32:54	174
32	487 Emanuel Matos	05:00:33	00:37:10	02:45:44	01:31:32	177
33	118 Joao Fernandes Silva	05:02:08	00:35:47	02:40:11	01:41:28	182
34	364 Ivo Magalhães	05:03:09	00:33:21	02:46:02	01:38:09	189
35	636 Joao Teixeira	05:03:24	00:40:16	02:42:35	01:35:25	192
36	658 Bruno Marcelino	05:04:46	00:34:38	02:40:22	01:44:20	198
37	37 Rui Pereira Da Silva	05:05:44	00:33:12	02:51:23	01:35:05	204
38	360 Rui Pereira	05:06:00	00:32:20	02:45:08	01:41:37	207
39	153 João António Da Silva Rosa	05:06:29	00:30:11	02:48:14	01:43:25	211
40	19 Pedro Pinho Lopes	05:07:26	00:37:07	02:47:05	01:38:31	215
41	418 Luis Martins	05:08:31	00:35:21	02:49:46	01:36:11	220
42	234 Eduardo Ribeiro Costa	05:08:47	00:25:42	02:46:37	01:50:57	223
43	464 José María García Espinosa	05:09:13	00:31:27	02:52:32	01:37:29	228
44	568 André Cabral	05:09:32	00:31:17	02:52:27	01:39:16	231
45	308 Alcídio Da Silva Ferro	05:10:39	00:37:58	02:51:42	01:36:27	237
46	415 Nuno Ricardo Dias Lemos	05:11:55	00:31:11	02:43:20	01:51:04	243
47	710 Firmino Alexandre Martins Ribeiro Dias	05:13:36	00:34:12	02:51:53	01:38:47	252
48	174 Esmeraldino Sá	05:13:44	00:36:58	02:55:56	01:36:24	253
49	544 Alejandro Morales Gil	05:15:11	00:34:01	02:50:18	01:44:08	264
50	47 Luis Alegrias	05:15:20	00:33:11	02:59:06	01:37:41	265
51	64 Paulo Faria	05:15:53	00:32:53	02:58:24	01:38:12	266
52	303 Francisco Muñoz Sosa	05:16:06	00:34:18	02:51:56	01:43:01	267
53	235 Nuno Gameiro	05:16:24	00:30:28	02:55:56	01:43:52	268
54	91 Rodrigo Ferreira Espírito Santo	05:16:28	00:27:12	02:50:50	01:53:04	269



55	115 Luis Figueira	05:17:45	00:32:26	02:50:25	01:48:47	278
56	113 Alexandre Nunes	05:18:18	00:35:54	03:05:32	01:32:02	282
57	302 Pedro Miguel Silva Rico	05:18:35	00:28:30	02:57:38	01:45:42	285
58	616 Nuno Miguel Barreiro Navalho	05:19:09	00:40:47	02:54:10	01:36:27	291
59	121 Pedro Miguel Miranda	05:20:26	00:34:33	02:50:52	01:49:28	298
60	482 Nuno Mota	05:23:04	00:33:28	03:01:42	01:42:32	306
61	635 Marco Rocha	05:23:15	00:35:42	03:01:28	01:39:09	307
62	180 Patrick Ebrero Da Silva	05:23:37	00:35:40	02:49:27	01:52:58	311
63	170 Nelson Rego	05:24:19	00:35:42	02:46:28	01:56:09	314
64	665 Hugo Braz	05:24:51	00:33:24	02:48:18	01:52:10	322
65	149 Jose Pina	05:25:04	00:36:24	02:59:13	01:40:49	323
66	311 Rui Rodrigues	05:25:53	00:30:29	02:51:55	01:57:47	327
67	520 Bruno Rosado	05:26:17	00:31:23	02:59:34	01:47:59	328
68	17 João Pedro Seródio	05:26:24	00:35:15	02:52:39	01:49:14	330
69	102 Nuno Rapaz	05:28:16	00:44:43	02:56:16	01:38:25	337
70	490 Pedro Queiroz	05:28:19	00:34:44	02:59:21	01:49:32	338
71	734 Pedro Ricardo Branco Barata Filipe	05:28:28	00:27:12	02:55:18	02:00:08	341
72	504 Andre Lima Cabrita	05:29:20	00:33:49	03:03:02	01:47:12	345
73	621 Joaquim Potes	05:31:08	00:32:29	03:06:28	01:42:50	351
74	522 Francisco Gião	05:32:48	00:32:53	02:55:36	01:58:03	359
75	105 Pedro Manuel Nava Martins	05:33:20	00:33:36	02:55:44	01:56:58	362
76	449 Thomas Lippiett	05:33:52	00:36:53	03:00:03	01:49:04	365
77	44 Luis Silva	05:33:54	00:44:14	02:55:25	01:48:35	366
78	384 Paulo Roberto Viana Santos	05:34:27	00:33:12	02:49:36	02:06:28	370
79	224 Orlando Aires	05:34:54	00:33:16	03:03:10	01:51:32	372
80	639 Dinis Delgado	05:36:01	00:29:52	03:13:52	01:44:30	375
81	326 Hélio Garcia	05:36:20	00:38:46	03:03:57	01:46:05	381
82	611 João Nuno Henriques Lopes Dias Perneco	05:37:03	00:34:19	03:00:01	01:53:10	386
83	201 Ken Gielen	05:37:26	00:25:48	02:56:04	02:09:59	392
84	398 Hugo Rodrigo Silva Carlos	05:38:48	00:39:51	03:05:01	01:47:16	394
85	368 António Caldas Lopes	05:39:20	00:32:08	03:05:44	01:53:29	395
86	721 Nuno Almeida	05:40:41	00:48:12	02:54:37	01:48:34	400
87	231 Gonçalo Correia	05:42:00	00:32:34	03:12:19	01:44:55	405
88	396 Pedro Alexandre Martins Silva	05:42:13	00:41:22	03:11:24	01:42:28	406
89	460 Joaquim Manuel Pires Batista Ramos	05:42:42	00:43:10	03:12:46	01:39:27	409
90	111 Jorge Ventura Rego	05:43:13	00:32:36	03:10:44	01:53:12	411
91	356 Inácio Revez Isidro	05:43:35	00:36:55	03:06:48	01:54:30	415



92	380 Rui Filipe Costa	05:43:49	00:42:09	03:03:15	01:53:04	416
93	481 Pedro Faísca	05:44:24	00:26:07	03:01:19	02:10:46	417
94	401 Ismael Teixeira	05:45:01	00:41:04	03:01:09	01:55:41	418
95	49 Alexandre Leal	05:46:30	00:48:27	03:09:01	01:40:36	423
96	178 Pedro Miguel Raposo Correia	05:48:13	00:40:46	03:09:36	01:51:57	425
97	604 João Pedro Fernando	05:49:26	00:33:04	03:01:04	02:07:57	431
98	563 Helder Fernando Fernandes Correia	05:49:52	00:32:01	03:23:56	01:45:42	434
99	651 Rony Santos	05:50:48	00:39:14	03:01:39	02:03:13	438
100	151 Hugo Estevens Ferraz	05:51:31	00:33:06	03:20:06	01:51:44	440
101	591 Pedro Alexandre Guerreiro Vitorino	05:52:35	00:42:09	03:07:48	01:54:31	444
102	191 Vitor Manuel Pascoinho Fernandes	05:53:03	00:36:40	03:00:20	02:09:23	446
103	740 Octavio Miguel Rita Pereira Cardoso	05:53:10	00:42:04	03:05:22	01:59:29	447
104	244 Nuno Simoes	05:53:26	00:38:20	03:07:12	02:00:31	448
105	533 Juan Manuel Arrazola Belda	05:54:55	00:35:10	03:23:40	01:47:14	450
106	12 Jose Pedro Da Silva Canela	05:56:19	00:37:34	03:11:20	01:59:46	455
107	605 Jorge Pé-Curto	05:57:06	00:50:59	03:07:26	01:50:29	458
108	422 Nuno Pedro Da Silva Do Carmo Vaz	05:57:44	00:32:33	03:11:50	02:05:08	463
109	28 Eduardo Filipe Amaro Ferreira	05:58:34	00:42:10	03:05:56	02:03:37	466
110	467 Thomas Stark	05:58:39	00:46:56	03:09:16	01:54:33	468
111	223 Daniel Jose Da Graça Oliveira Santos	05:59:22	00:51:14	03:08:37	01:51:20	470
112	133 Vitor Alexandre Oliveira Fonseca	06:01:44	00:43:09	03:06:38	02:02:45	477
113	204 Paulo Gonçalves	06:02:23	00:33:17	03:11:03	02:10:01	480
114	343 Renato Santos Castanheira	06:02:50	00:44:02	03:09:43	02:02:37	482
115	152 Carlos Quaresma	06:05:20	00:32:30	03:08:45	02:17:26	490
116	378 Nuno Faria	06:07:23	00:33:37	03:34:16	01:53:29	494
117	582 Nuno Miguel Nobre	06:17:21	00:38:41	03:11:06	02:18:38	511
118	330 Marco Pedro Gonçalves Miguel	06:17:45	00:36:05	03:05:44	02:23:50	513
119	154 Luís Lemos	06:18:48	00:50:01	03:34:54	01:47:29	514
120	426 Eduardo Volpato De Lima	06:19:00	00:36:14	03:13:18	02:20:14	515
121	13 Pedro Nunes	06:20:24	00:29:29	02:48:51	02:56:16	520
122	472 Jacobo Hernandez	06:30:26	00:36:30	03:19:17	02:27:24	540
123	486 Jose Amaro	06:43:19	00:55:03	03:36:04	02:03:33	555
124	321 Fernando Miguel Neves De Faria	06:44:20	00:40:19	03:34:31	02:17:50	557
125	341 Nuno Luís Lourenço De Sousa	06:45:07	00:40:27	03:31:48	02:26:52	558
126	414 Nuno De Carvalho E Melo	06:52:00	00:54:45	03:41:22	02:09:28	565
127	261 Hugo Manuel Estradas Santinhos	06:59:33	00:51:23	03:29:55	02:30:59	569
128	594 Miguel Correia	07:18:53	00:36:51	03:53:33	02:39:44	578



129	131 Miguel Reis	07:30:53	00:39:33	04:04:38	02:36:51	579
130	348 Luís Miguel Esteves Braz	07:50:59	00:49:22	03:50:33	02:58:11	584

45 - 49 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	4	Hanna De Sousa	04:38:30	00:30:38	02:35:47	01:29:03	51
2	407	Amelia Drumm	05:18:56	00:36:56	02:59:23	01:38:01	288
3	495	Maria Sousa	05:37:24	00:39:34	03:07:46	01:45:16	391
4	270	Sara Colaço	06:01:09	00:34:27	03:23:05	01:57:04	474
5	704	Lenia Mafalda Gamito	06:06:07	00:35:18	03:18:10	02:04:55	491
6	229	Teresa Cardoso	06:10:03	00:41:29	03:14:32	02:06:24	497
7	638	Ana Maria Pinto Gomes	06:12:48	00:45:22	03:33:57	01:47:02	500
8	722	Catia Curica	06:41:35	00:37:12	03:32:58	02:23:44	550
9	485	Ana Maria Pereira Fernandes Amaro	06:43:14	00:45:21	03:41:38	02:07:29	554
10	631	Ana Duarte	06:49:40	00:40:12	03:36:41	02:26:15	563
11	712	Selma Tomé Marques Dos Santos	07:59:05	00:48:17	04:23:15	02:38:05	585

50 - 54 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	143	David Caldeirão	04:32:08	00:25:47	02:33:36	01:29:22	37
2	50	Jorge Luis Parreira Augusto	04:36:16	00:28:37	02:36:12	01:27:58	46
3	242	Paulo Figueiredo	04:38:36	00:27:07	02:29:46	01:37:20	52
4	709	David Toro	04:38:53	00:30:39	02:33:28	01:30:46	53
5	459	Juan Jesus Barral Varela	04:39:59	00:29:44	02:42:49	01:22:10	60
6	453	João Miguel Couto Faria	04:42:19	00:28:35	02:41:21	01:27:56	74
7	656	Jose Vicente Bermejo Martin	04:45:01	00:31:10	02:37:28	01:30:37	86
8	511	Mauro Azevedo	04:47:17	00:32:43	02:42:41	01:26:17	97
9	306	Luis Lourenço	04:47:24	00:27:55	02:38:52	01:35:15	98
10	39	Carlos Gomes Ferreira	04:51:38	00:32:21	02:42:08	01:32:50	122
11	109	Paulo Jorge Correia Lamego	04:54:36	00:29:20	02:48:35	01:32:27	137
12	671	Carlos Alexandre De Matos Maia	04:55:31	00:34:29	02:37:37	01:37:08	144
13	53	Sérgio Manuel Pecurto Batalha	04:56:23	00:36:15	02:44:30	01:29:33	149
14	371	Tony Seródio	05:00:19	00:33:29	02:46:02	01:36:31	173
15	32	Luis Miguel Andrade Miranda	05:04:28	00:36:32	02:43:01	01:40:54	196
16	423	Carlos Alberto Dos Santos Custodio	05:05:06	00:31:25	02:51:09	01:36:37	200
17	622	Paulo Sérgio Polido Carvalhinho	05:05:48	00:31:57	02:50:28	01:36:26	205
18	219	Nuno Miguel Nobre Lopes	05:09:12	00:35:37	02:51:24	01:36:33	227



19	724 José Massuça	05:09:40	00:35:36	02:53:09	01:36:27	232
20	225 Joao Cabeleira	05:10:14	00:35:41	02:44:57	01:41:29	234
21	220 Paulo Teles	05:11:58	00:32:10	02:46:20	01:46:54	244
22	558 Luís Almeida	05:14:43	00:34:35	02:50:12	01:41:13	259
23	641 Guillermo Sotelo	05:16:45	00:37:08	02:48:08	01:46:56	271
24	76 Nuno Júlio	05:17:30	00:31:38	02:56:28	01:41:55	276
25	545 Roberto Fernández Alonso	05:17:58	00:37:40	02:56:10	01:38:28	280
26	285 Manuel Gómez Morgaz	05:18:31	00:42:41	02:56:43	01:33:19	283
27	673 Luis Leão	05:18:56	00:33:01	02:56:41	01:42:38	289
28	405 Pedro Leiria	05:21:57	00:37:54	02:54:19	01:42:02	305
29	397 Luis Carvalho	05:23:52	00:33:29	02:42:03	02:03:18	313
30	452 Mario Javier Barrientos Marquez	05:24:20	00:32:04	02:57:46	01:47:24	316
31	314 Adolfo Vagos	05:25:16	00:38:00	02:59:30	01:43:08	325
32	155 Pedro Lourenço	05:26:41	00:38:09	02:55:35	01:47:36	332
33	512 Víctor Sá	05:27:01	00:37:44	02:52:05	01:49:30	334
34	277 Pedro Mestre	05:28:24	00:33:41	02:52:50	01:55:08	339
35	31 Luis Paulo Costa Cipriano	05:28:30	00:38:52	02:59:14	01:45:37	342
36	610 Paulo Manuel Rodrigues Ferreira	05:32:39	00:36:16	02:57:34	01:52:21	358
37	615 Paulo Jorge Alegria Fernandes Dos Reis	05:35:21	00:30:48	02:59:49	01:56:03	374
38	584 Jose Luis Fernandez	05:36:04	00:33:03	02:56:58	02:00:03	376
39	35 Filipe Ramos	05:36:09	00:33:20	03:00:46	01:56:59	377
40	327 Luis Tomé	05:36:12	00:35:56	02:53:01	02:02:12	379
41	88 José Varela	05:36:12	00:38:42	03:10:16	01:38:46	380
42	599 Marco António Gomes De Araújo Borges Da Silva	05:36:44	00:39:19	03:08:42	01:41:09	384
43	668 Joao Raimundo	05:37:20	00:36:30	03:03:09	01:50:30	390
44	294 Manuel Maria Correia	05:38:36	00:41:05	03:01:18	01:47:04	393
45	411 Paulo Menezes	05:46:08	00:39:50	03:16:30	01:41:13	421
46	241 José Gonçalves	05:48:06	00:37:07	03:05:22	01:59:00	424
47	567 Ricardo Martins	05:49:02	00:40:49	03:14:21	01:47:45	428
48	274 Sergio Francisco Amaro Farinho Baião	05:49:17	00:37:20	03:08:18	01:53:44	430
49	186 Carlos Alberto Meira Da Rocha	05:50:27	00:39:03	03:04:39	01:59:18	436
50	125 José Bonito	05:51:04	00:39:15	03:02:35	02:03:56	439
51	725 Rui Brás Fernandes	05:59:21	00:37:27	03:23:17	01:49:39	469
52	381 Pedro Botelho	05:59:43	00:29:03	03:16:44	02:06:54	472
53	316 Paulo Moutinho	06:02:52	00:30:08	03:22:56	02:00:57	483
54	409 Carlos Preciso	06:04:25	00:44:41	03:11:32	01:59:01	485
55	469 Santiago Barragan Martinez	06:10:33	00:39:42	03:18:28	02:01:01	498



56	164	Carlos Martins	06:12:47	00:40:14	03:29:08	01:57:09	499
57	606	Jose Pedro Almeida	06:13:17	00:34:51	03:27:27	01:59:06	502
58	48	Miguel António Reis Cruz	06:22:09	00:39:57	03:29:05	02:04:33	523
59	654	Rui Manuel Duarte Melo Silva	06:25:55	00:44:07	03:06:07	02:24:57	532
60	282	Daren Warburton	06:26:26	00:35:23	03:09:37	02:34:55	534
61	450	Marcelo Alves	06:28:02	00:41:52	03:23:32	02:12:05	535
62	146	Rui Catarrinha	06:28:44	00:33:45	03:40:02	02:04:05	536
63	355	Rui Manuel Nunes Mena	06:33:56	00:48:21	03:27:20	01:57:09	543
64	325	Pedro Calvario	06:35:13	00:38:42	03:38:00	02:06:31	545
65	254	Nuno Pacheco	06:39:09	00:48:42	03:34:11	02:07:46	549
66	179	Nuno Clemente	06:42:33	00:45:47	03:25:48	02:21:31	553
67	248	Marco Antonio González Carretero	06:47:20	00:40:35	03:31:58	02:25:58	562
68	70	Luís Miguel Duarte Carvalho	06:55:02	00:36:44	03:35:31	02:33:26	567
69	717	Luís Filipe Carvalho Sol Da Graça	07:05:16	00:39:58	03:29:02	02:44:27	573

50 - 54 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	259	Filomena Gomes	05:21:35	00:36:42	02:54:26	01:44:41	302
2	212	Etyene Schnurr	05:33:59	00:33:33	03:01:19	01:52:20	367
3	72	Fernanda Marques Santinha	05:48:32	00:35:23	03:21:59	01:44:10	426
4	602	Sandra Cristina Fernandes Rodrigues	06:24:56	00:51:02	03:28:49	01:58:41	530

55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	193	Jorge Calafate	04:40:35	00:27:54	02:37:20	01:31:10	65
2	20	Fernando Carmo	04:41:51	00:33:48	02:31:49	01:30:34	70
3	247	Robert Mcrae	04:42:12	00:29:19	02:31:05	01:36:36	73
4	43	José Rui De Morais Galvão	04:50:47	00:30:02	02:43:04	01:32:20	116
5	354	Jose Javier Gomez Iglesias	04:58:35	00:35:05	02:46:46	01:32:08	163
6	168	Joao Santos	04:58:37	00:31:47	02:38:31	01:43:07	164
7	705	Neil Mcloughlin	05:00:02	00:31:08	02:45:20	01:36:32	170
8	54	Miguel Hansson Leite Fragoso	05:02:58	00:27:53	02:49:45	01:39:43	187
9	30	João Miguel Nunes	05:03:08	00:32:54	02:47:39	01:38:57	188
10	664	Xosé Miguel Carballo González	05:04:38	00:30:11	02:47:41	01:41:32	197
11	406	Joaquim Guilherme Rodrigues Esteves	05:08:21	00:31:40	02:44:37	01:45:38	218
12	36	Renato Gonçalves Araújo	05:09:54	00:33:25	02:53:37	01:38:00	233
13	103	Jorge Dinis	05:14:10	00:32:09	02:52:16	01:45:13	255



14	213	Pedro Nogueira Silva	05:15:11	00:33:06	02:52:40	01:43:23	263
15	29	Gil Contreiras Braz De Oliveira	05:17:48	00:30:20	02:52:23	01:49:05	279
16	197	Gabriel Alves	05:19:56	00:39:00	02:54:34	01:39:40	294
17	516	Pedro Mendes Jorge	05:20:17	00:28:58	02:52:05	01:52:39	297
18	309	João Carlos Pardal Gonçalves Marques	05:21:24	00:38:51	02:48:57	01:47:39	301
19	136	Miguel Barnabé	05:24:47	00:37:11	02:58:30	01:43:56	320
20	185	José Augusto Monteiro	05:25:39	00:42:21	02:55:05	01:41:35	326
21	245	Rui Manuel Castro Velez	05:31:37	00:33:34	03:01:04	01:51:55	353
22	65	Paulo Vasconcelos	05:33:52	00:38:07	02:56:13	01:53:51	364
23	99	Francisco Sanches-Osório	05:42:40	00:35:16	02:59:57	02:00:20	408
24	176	A. Fernandes	05:43:04	00:35:30	02:53:22	02:06:44	410
25	334	Luis Miguel Duque Santos	05:52:21	00:38:21	03:06:00	02:02:27	443
26	632	Luis Miguel Lopes Ferreira De Pinho	05:56:18	00:45:04	03:03:16	01:58:53	454
27	206	Rui Manuel Anacleto Magalhaes	06:08:22	00:41:15	03:31:37	01:48:21	496
28	424	Eduardo Carpinteiro	06:15:37	00:41:31	03:12:03	02:11:35	505
29	549	Pedro Pereira	06:20:11	00:32:47	03:13:37	02:26:45	519
30	695	Alfredo Chambel	06:22:55	00:38:47	03:18:13	02:17:02	526
31	167	Paulo Jorge Ribeiro Nogueira	06:29:11	00:38:13	03:14:08	02:29:08	537
32	429	Pedro Tarouca	06:29:44	00:40:02	03:42:58	01:58:15	539
33	350	Rafael Maria Conejo Diaz	06:42:21	00:39:28	03:35:08	02:18:47	552
34	67	Rui Manuel Lopes Martins	06:43:38	00:44:57	03:30:35	02:19:54	556
35	369	Jose Antonio Escaño Montañez	06:52:08	00:43:12	03:31:38	02:28:24	566
36	173	Pedro Ribeiro	07:15:56	00:40:02	03:58:32	02:29:27	577

55 - 59 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	114	Helena Maria De Oliveira Sécio	07:03:44	00:41:07	03:38:14	02:37:31	572

60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	719	Carlos Gomes	04:44:59	00:33:24	02:37:50	01:28:12	85
2	700	Jorge Joaquim Lopes Nunes	05:20:05	00:35:58	03:01:24	01:34:38	295
3	55	Paulo Renato Santos	05:24:24	00:32:49	02:58:16	01:48:22	318
4	366	Armindo Correia	05:34:28	00:32:56	02:58:46	01:56:12	371
5	576	Paulo Guedes	05:56:38	00:37:12	03:08:41	01:59:33	457
6	403	Bruno Ricardo	05:58:26	00:34:24	03:20:01	01:55:43	465
7	78	Miguel Da Fonseca San-Payo	06:04:44	00:35:01	03:28:32	01:53:36	486



8	63	José Aníbal Martins Correia	06:06:54	00:37:00	03:14:15	02:07:12	493
9	395	João Paulino	06:14:23	00:41:09	03:27:45	01:49:29	503
10	400	António Higinio Duarte Rodrigues Marques	06:19:25	00:31:08	03:33:14	02:07:35	516
11	82	João Carlos Lourenço	06:23:40	00:41:36	03:31:19	01:57:14	528
12	286	José Maçarria	06:24:41	00:40:22	03:30:16	02:07:12	529
13	338	Jose Manuel Guerra Dominguez	06:49:46	00:39:50	03:32:17	02:29:07	564
14	233	Jose Correia	07:37:21	00:33:05	03:44:42	03:09:39	581

60 - 64 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	250	Madalena Caninas	07:02:23	00:39:36	04:00:38	02:13:51	570

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	394	Fernando Feijão	05:45:16	00:35:36	03:15:23	01:47:08	419
2	130	Manuel Pires	06:35:04	00:38:08	03:49:17	01:58:46	544
3	58	Rui Pedras	07:41:19	00:57:42	03:51:06	02:38:48	582

70 - 74 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	707	Valerio Curridori	05:06:37	00:37:42	02:43:53	01:38:49	212