

Local da Prova: **Caldas Da Rainha**

Data: **03/06/2023**

Hora da Partida: **16:59:01**

Distancias: Natação - 750

Ciclismo - 19200

Corrida - 5000

### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	101274	2514	Inês Oliveira	25-29	Sporting Clube de Portugal	00:09:14	00:00:45	00:36:03	00:00:26	00:16:39	01:03:07	00:00:00
2	100957	2800	Mariana Vargem	20-24	Sport Lisboa e Benfica	00:09:10	00:00:50	00:35:48	00:00:25	00:17:03	01:03:16	00:00:09
3	100384	2515	Helena Paula Carvalho	25-29	Outsystems Olímpico de Oeiras	00:08:45	00:00:42	00:36:21	00:00:25	00:17:21	01:03:34	00:00:27
4	104085	2286	Maria Gonçalves	JUN	Sport Lisboa e Benfica	00:09:08	00:00:42	00:36:27	00:00:25	00:16:59	01:03:41	00:00:34
5	100671	3162	Inês Rico	20-24	Alhandra Sporting Club	00:09:00	00:00:41	00:36:04	00:00:31	00:18:03	01:04:19	00:01:12
6	103427	524	Beatriz Ferreira	20-24	Individual	00:09:56	00:00:46	00:36:55	00:00:23	00:17:04	01:05:04	00:01:57
7	102427	2478	Bruna Belo	JUN	ADRAP Madeira	00:09:15	00:00:45	00:38:14	00:00:31	00:19:26	01:08:11	00:05:04
8	101275	2816	Joana Oliveira	20-24	Sporting Clube de Portugal	00:09:47	00:00:51	00:39:25	00:00:31	00:18:00	01:08:34	00:05:27
9	103649	3748	Tuxa Negri	30-34	CNATRIL Triatlo	00:10:31	00:01:12	00:38:26	00:00:27	00:18:30	01:09:06	00:05:59
10	101605	527	Joana Miranda	20-24	Clube de Natação de Torres Novas	00:09:05	00:00:54	00:39:57	00:00:24	00:19:27	01:09:47	00:06:40
11	100161	528	Joana Tomé	20-24	SFRAA TRIATLO	00:09:49	00:01:00	00:39:34	00:00:35	00:19:01	01:09:59	00:06:52
12	102210	2328	Luisa Miranda	JUN	Sport Lisboa e Benfica	00:10:14	00:00:45	00:39:03	00:00:30	00:19:38	01:10:10	00:07:03
13	103605	3695	Inês Raimundo	20-24	AmoraSub/Associação Naval Amorense	00:12:04	00:00:50	00:39:18	00:00:26	00:19:30	01:12:08	00:09:01
14	101282	3768	Liliana Alexandre	30-34	Outsystems Olímpico de Oeiras	00:09:52	00:00:56	00:42:02	00:00:29	00:18:51	01:12:10	00:09:03
15	108089	3209	Sara Neto	30-34	SFRAA TRIATLO	00:12:42	00:01:02	00:40:50	00:00:46	00:17:32	01:12:52	00:09:45
16	105584	2837	Catarina Dias	20-24	Outsystems Olímpico de Oeiras	00:09:52	00:00:58	00:41:10	00:00:31	00:20:31	01:13:02	00:09:55
17	100760	526	Catarina Moutinho	JUN	Clube de Natação de Torres Novas	00:10:43	00:00:56	00:40:45	00:00:29	00:21:46	01:14:39	00:11:32
18	104550	1900	Mafalda Leirião	CAD	Clube de Natação de Torres Novas	00:10:11	00:00:51	00:41:24	00:00:30	00:22:35	01:15:31	00:12:24
19	100633	3721	Ana Filipa Sampaio	30-34	Alhandra Sporting Club	00:09:54	00:01:06	00:42:50	00:00:34	00:22:00	01:16:24	00:13:17
20	104276	2330	Leonor Medronheira	JUN	Sport Lisboa e Benfica	00:10:33	00:00:50	00:44:25	00:00:34	00:20:21	01:16:43	00:13:36
21	106844	2336	Matilde Branco	JUN	Sporting Clube de Portugal	00:10:33	00:01:02	00:44:03	00:00:32	00:21:06	01:17:16	00:14:09
22	103155	2260	Maria Inês França	JUN	CNCVG	00:10:38	00:00:44	00:44:16	00:00:26	00:21:46	01:17:50	00:14:43
23	104698	1901	Cláudia Orvalho	CAD	Clube de Natação de Torres Novas	00:10:35	00:00:58	00:44:12	00:00:34	00:22:06	01:18:25	00:15:18
24	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:12:38	00:01:28	00:44:37	00:00:44	00:19:05	01:18:32	00:15:25
25	108111	3232	Marta Alexandra Costa	30-34	Clube de Triatlo do Fundão	00:12:28	00:01:19	00:43:49	00:00:54	00:20:34	01:19:04	00:15:57
26	100690	2285	Luana Quaresma	JUN	Alhandra Sporting Club	00:10:28	00:00:47	00:44:26	00:00:26	00:23:14	01:19:21	00:16:14
27	106531	3175	Marta Barbosa	20-24	CNCVG	00:10:56	00:00:49	00:45:12	00:00:37	00:23:20	01:20:54	00:17:47
28	100186	4007	Brigitte Cardoso	40-44	SFRAA TRIATLO	00:14:44	00:01:16	00:45:32	00:00:34	00:19:08	01:21:14	00:18:07

### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	101585	3962	Carolina Serra	20-24	Clube de Natação de Torres Novas	00:10:32	00:01:02	00:47:41	00:00:32	00:21:47	01:21:34	00:18:27
30	109067	3675	Agnieszka Dudek	30-34	Sporting Clube de Portugal	00:12:25	00:01:44	00:43:50	00:00:43	00:23:49	01:22:31	00:19:24
31	106351	4325	Simone Siebra	45-49	Estoril Praia Credibom	00:13:27	00:01:04	00:46:47	00:00:48	00:20:29	01:22:35	00:19:28
32	107259	4724	Mónica Silva	50-54	Sporting Clube de Portugal	00:13:52	00:01:37	00:43:46	00:00:58	00:23:07	01:23:20	00:20:13
33	106714	5525	Tânia Rodrigues	40-44	AmoraSub/Associação Naval Amorense	00:14:32	00:01:27	00:48:04	00:00:46	00:22:00	01:26:49	00:23:42
34	103688	2303	Mariana Paulino	JUN	CNCVG	00:10:35	00:01:09	00:54:11	00:00:30	00:22:22	01:28:47	00:25:40
35	101545	4558	Maria João Rico	50-54	Clube de Triatlo do Fundão	00:15:53	00:01:34	00:48:38	00:00:46	00:21:57	01:28:48	00:25:41
36	108588	7577	Cláudia Silva	45-49	CNAL - Triatlo	00:18:23	00:02:19	00:47:49	00:01:00	00:23:42	01:33:13	00:30:06
37	104869	534	Sofia Cruz	20-24	SFRAA TRIATLO	00:17:18	00:01:30	00:49:51	00:00:35	00:24:49	01:34:03	00:30:56
38	107329	4959	Rosália Guerreiro	55-59	Sporting Clube de Portugal	00:17:13	00:02:11	00:49:09	00:01:06	00:26:45	01:36:24	00:33:17
39	101006	4452	Madalena Caninas	60-64	Clube Oriental de Lisboa	00:15:21	00:01:33	00:52:54	00:01:16	00:25:28	01:36:32	00:33:25
40	109310	7566	Ana Maurício	40-44	CNAL - Triatlo	00:16:47	00:02:25	00:51:12	00:01:15	00:26:21	01:38:00	00:34:53
41	108705	5899	Elsa Mação	45-49	AmoraSub/Associação Naval Amorense	00:20:24	00:02:12	00:54:02	00:01:00	00:22:06	01:39:44	00:36:37
42	104984	5085	Maria Rainha	55-59	Sport União Colarense	00:15:21	00:02:40	00:54:35	00:01:04	00:28:20	01:42:00	00:38:53
43	107654	5543	Paula Leitao	45-49	Clube de Natação da Amadora	00:16:02	00:02:02	-	-	00:26:00	01:54:31	00:51:24
DNF	102922	532	Matilde Santos	JUN	Outsystems Olímpico de Oeiras	00:09:07	00:00:42	-	-	-	DNF	
DNS	100634	3475	Ana Filipa Ferreira	30-34	Alhandra Sporting Club	-	-	-	-	-	DNS	
DNS	100502	2338	Beatriz Boal	JUN	Alhandra Sporting Club	-	-	-	-	-	DNS	
DNS	103686	2151	Margarida Barão	JUN	Sporting Clube de Portugal	-	-	-	-	-	DNS	
DNS	108040	5674	Cacau Figueiredo	45-49	AmoraSub/Associação Naval Amorense	-	-	-	-	-	DNS	
DNS	101620	531	Mariana Correia	20-24	AEFMH	-	-	-	-	-	DNS	
DNS	105361	5187	Claudia Ferreira	55-59	Clube Oriental de Lisboa	-	-	-	-	-	DNS	
DNS	102529	5110	Patricia Rivotti	45-49	Clube Oriental de Lisboa	-	-	-	-	-	DNS	
DNS	100515	2346	Rafaela Cananó Silva	JUN	Sport Lisboa e Benfica	-	-	-	-	-	DNS	
DNS	102054	4155	Ana Mata	50-54	Sport União Colarense	-	-	-	-	-	DNS	
DNS	108704	4968	Ângela Maria da Silva Santos	40-44	Sport União Colarense	-	-	-	-	-	DNS	