

Local da Prova: **VN Cerveira**

Data: **05/03/2023**

Hora da Partida: **10:37:37**

Distancias: Corrida - 5000

Ciclismo - 19000

Corrida - 2500

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	102465	2619	António Barata	20-24	Sport Lisboa e Benfica	00:15:52	00:00:25	00:30:29	-	-	00:55:05	00:00:00
2	100104	3769	Alexandre Nobre	25-29	Sport Lisboa e Benfica	00:15:49	00:00:26	00:30:31	-	-	00:55:14	00:00:09
3	101609	2305	João Nuno Batista	JUN	Clube de Natação de Torres Novas	00:15:49	00:00:27	00:30:35	00:01:12	00:07:49	00:55:52	00:00:47
4	105758	3512	Diogo Tomé	20-24	Sport Lisboa e Benfica	00:16:24	00:00:31	00:29:46	-	-	00:56:31	00:01:26
5	107708	3521	Tomás Teixeira	20-24	CNCVG	00:16:15	00:00:37	00:30:53	00:00:38	00:08:11	00:56:34	00:01:29
6	100629	2827	Afonso Nunes	20-24	Alhandra Sporting Club	00:16:01	00:00:27	00:31:16	00:00:33	00:08:26	00:56:43	00:01:38
7	100775	3269	Miguel Arraiolos	35-39	Sport Lisboa e Benfica	00:16:23	00:00:30	00:30:47	00:00:44	00:08:28	00:56:52	00:01:47
8	101627	2307	Pedro Afonso Razões	JUN	Clube de Natação de Torres Novas	00:16:31	00:00:30	00:30:42	00:00:30	00:08:41	00:56:54	00:01:49
9	104099	1902	Manel Bartolomeu	CAD	Clube de Natação de Torres Novas	00:16:38	00:00:29	00:30:33	00:00:45	00:08:54	00:57:19	00:02:14
10	103961	3841	João Bragadeste	35-39	Outsystems Olímpico de Oeiras	00:16:13	00:00:31	00:31:04	00:01:04	00:09:27	00:58:19	00:03:14
11	104735	3379	Bruno Santos	30-34	CNCVG	00:16:44	00:00:26	00:31:32	00:00:40	00:09:21	00:58:43	00:03:38
12	107251	3519	Bernardo Magina	20-24	Outsystems Olímpico de Oeiras	00:16:43	00:00:31	00:31:28	00:01:02	00:09:02	00:58:46	00:03:41
13	101594	1770	Francisco Carvalho	CAD	Clube de Natação de Torres Novas	00:17:18	00:00:32	00:32:01	00:00:37	00:08:41	00:59:09	00:04:04
14	102380	3568	Ricardo Rego	35-39	Clube Zupper	00:17:20	00:00:32	00:31:58	00:00:39	00:08:46	00:59:15	00:04:10
15	102225	2329	Tiago Margarido	JUN	Sport Lisboa e Benfica	00:17:17	00:00:27	00:32:00	00:00:42	00:08:51	00:59:17	00:04:12
16	101621	2306	Martim Salvador	JUN	Clube de Natação de Torres Novas	00:17:16	00:00:32	00:31:59	00:00:40	00:08:54	00:59:21	00:04:16
17	105857	3000	João Sousa	35-39	Sporting Clube de Espinho	00:17:18	00:00:40	00:32:00	00:00:34	00:08:52	00:59:24	00:04:19
18	101861	3344	Nuno Carvalho	35-39	Outsystems Olímpico de Oeiras	00:17:19	00:00:36	00:31:51	00:00:46	00:09:03	00:59:35	00:04:30
19	107269	2847	Rodrigo Viana	25-29	MARRETAS DO NORTE	00:17:17	00:00:37	00:31:55	00:00:49	00:09:00	00:59:38	00:04:33
20	108107	8042	Marcos Rilo	20-24	Pimpões Triatlo	00:17:19	00:00:30	00:32:01	00:00:45	00:09:44	01:00:19	00:05:14
21	108238	3315	Cristiano Oliveira	25-29	A. R. Casaense	00:16:45	00:00:33	00:33:43	00:00:50	00:08:53	01:00:44	00:05:39
22	106790	4780	Davide Silva	40-44	DAR-Recardães EXPansion	00:17:22	00:00:39	00:32:44	00:00:46	00:09:14	01:00:45	00:05:40
23	105629	3326	José Nunes	20-24	Alhandra Sporting Club	00:17:38	00:00:41	00:32:40	00:00:48	00:09:31	01:01:18	00:06:13
24	105681	3723	Vasco Damásio	35-39	Outsystems Olímpico de Oeiras	00:18:00	00:00:32	00:33:00	00:00:34	00:09:29	01:01:35	00:06:30
25	108746	3763	João Conchinha	25-29	Vasco da Gama Atlético Clube de Sines	00:17:41	00:00:36	00:21:54	00:01:04	00:20:28	01:01:43	00:06:38
26	105440	2271	Ruben Leandro Ribeiro	JUN	Paredes Aventura	00:17:42	00:00:44	00:33:08	00:00:46	00:09:24	01:01:44	00:06:39
27	104758	4626	Rui Gomes	45-49	Sporting Clube de Espinho	00:17:21	00:00:52	00:33:22	00:00:44	00:09:34	01:01:53	00:06:48
28	105998	1795	Afonso Alemão	CAD	Mirachoro Hotels - CCP - Churrasqueira Guerre	00:17:18	00:00:41	00:34:26	00:00:44	00:08:54	01:02:03	00:06:58

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	104475	5004	Rui Pinheiro	45-49	Clube Desportivo Escola Santana - Hugo Pita Paredes	00:17:59	00:00:48	00:32:49	00:01:02	00:09:26	01:02:04	00:06:59
30	106745	2692	Ricardo Oliveira Gaspar	30-34	FET-Fátima Escola de Triatlo	00:17:38	00:00:43	00:33:16	00:00:53	00:09:38	01:02:08	00:07:03
31	109115	3770	Antu Pichuman	25-29	Vasco da Gama Atlético Clube de Sines	00:18:07	00:00:33	00:33:51	00:00:38	00:09:17	01:02:26	00:07:21
32	105458	1952	Pedro Vitorino	CAD	Alhandra Sporting Club	00:17:03	00:00:32	00:34:36	00:00:53	00:09:25	01:02:29	00:07:24
33	102296	1930	tiago miguel casinha	CAD	CNCVG	00:17:59	00:00:35	00:33:57	00:00:50	00:09:22	01:02:43	00:07:38
34	103344	4953	Nuno Rocha	45-49	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:18:33	00:00:50	00:33:04	00:00:44	00:09:39	01:02:50	00:07:45
35	108263	2342	Bernardo Prazeres	JUN	Sporting Clube de Espinho	00:16:16	00:00:50	00:34:34	-	-	01:03:03	00:07:58
36	102919	2654	Joaquim Cerqueira	20-24	Alhandra Sporting Club	00:17:02	00:00:31	00:36:13	00:00:41	00:08:57	01:03:24	00:08:19
37	105210	3410	Pedro Ferreira da Silva	35-39	MARRETAS DO NORTE	00:18:08	00:01:00	00:33:23	00:01:51	00:09:38	01:04:00	00:08:55
38	101990	3474	Ricardo Miranda	35-39	Pedalarte	00:19:17	00:00:36	00:33:38	00:00:37	00:10:08	01:04:16	00:09:11
39	100824	4515	Luis Almeida	50-54	Outsystems Olímpico de Oeiras	00:19:02	00:00:39	00:33:47	00:00:49	00:10:01	01:04:18	00:09:13
40	107972	3095	Nicolas Ezequiel Puliani	30-34	Vasco da Gama Atlético Clube de Sines	00:18:43	00:00:30	00:34:40	00:00:41	00:09:46	01:04:20	00:09:15
41	101504	3142	Diogo Felisberto	35-39	Associação Académica de São Mamede	00:18:27	00:00:43	00:34:36	00:00:43	00:09:52	01:04:21	00:09:16
42	109037	4659	Jorge Manuel Matos dos Santos	45-49	DAR-Recardães EXPansion	00:18:37	00:00:41	00:34:12	00:00:52	00:10:08	01:04:30	00:09:25
43	105812	2350	Rui Pinheiro	JUN	Associação Académica de São Mamede	00:18:05	00:00:36	00:34:05	00:00:59	00:10:46	01:04:31	00:09:26
44	106030	4168	Henrique Moreira	40-44	MARRETAS DO NORTE	00:19:01	00:00:53	00:33:39	00:01:05	00:09:54	01:04:32	00:09:27
45	103803	1817	Afonso Ferreira	CAD	Sport Lisboa e Benfica	00:18:40	00:00:42	00:34:22	00:01:05	00:09:47	01:04:36	00:09:31
46	107205	2819	Bruno Filipe Paiva Ferreira	30-34	Centro Ciclista Azeitonense	00:19:11	00:00:47	00:33:44	00:00:41	00:10:14	01:04:37	00:09:32
47	105620	4918	Pedro Vieira	45-49	MARRETAS DO NORTE	00:18:40	00:01:02	00:33:56	00:01:23	00:09:45	01:04:46	00:09:41
48	108422	3630	Gonçalo Dias	20-24	DAR-Recardães EXPansion	00:19:28	00:00:33	00:34:52	00:00:42	00:09:36	01:05:11	00:10:06
49	103659	4367	José Peixoto	50-54	Individual	00:18:10	00:00:44	00:36:03	00:00:43	00:09:36	01:05:16	00:10:11
50	105999	2269	Rafael Alemão	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:18:15	00:00:38	00:36:45	00:00:42	00:09:07	01:05:27	00:10:22
51	101486	4088	Celso Moreira	40-44	DAR-Recardães EXPansion	00:19:27	00:00:32	00:34:53	00:00:54	00:10:02	01:05:48	00:10:43
52	104380	4733	Pedro Silva Santos	50-54	GD Natação Famalicão	00:19:09	00:00:39	00:35:17	00:00:57	00:09:58	01:06:00	00:10:55
53	108905	3579	Ivo João	30-34	Vasco da Gama Atlético Clube de Sines	-	-	-	-	-	01:06:12	00:11:07
54	104655	4583	Nuno Sousa	45-49	MARRETAS DO NORTE	00:19:26	00:00:46	00:34:19	00:01:25	00:10:26	01:06:22	00:11:17
55	105470	3616	Ricardo Silva	30-34	Pedalarte	00:20:09	00:01:01	00:33:44	00:00:54	00:10:42	01:06:30	00:11:25
56	108552	3648	Rafael Alves	25-29	Sporting Clube de Espinho	00:20:33	00:00:59	00:33:19	00:01:16	00:10:24	01:06:31	00:11:26
57	107986	8046	Iuri Martins	30-34	Sporting Clube de Espinho	00:19:25	00:01:25	00:34:09	00:01:03	00:10:45	01:06:47	00:11:42
58	105513	1725	Guilherme Fernandes	CAD	Pedalarte	00:18:42	00:00:42	00:36:05	00:01:04	00:10:23	01:06:56	00:11:51
59	107623	2946	Rui Pinto	25-29	Pedalarte	00:19:54	00:01:04	00:34:00	00:01:22	00:10:37	01:06:57	00:11:52
60	107403	3628	Pedro Leão	20-24	Associação Beat Your Limit!	00:19:08	00:01:00	00:35:31	00:01:36	00:09:50	01:07:05	00:12:00
61	103800	5715	Tiago Amaral	40-44	Paredes Aventura	00:19:50	00:00:59	00:34:50	00:00:55	00:11:00	01:07:34	00:12:29

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	104846	8402	Rui Trigueiro	40-44	Clube Desportivo Escola Santana - Hugo Pita Pe	00:20:36	00:00:38	00:33:39	00:02:12	00:10:41	01:07:46	00:12:41
63	106892	8063	José Martins	30-34	MARRETAS DO NORTE	00:19:59	00:01:02	00:35:50	00:01:07	00:09:58	01:07:56	00:12:51
64	105177	5125	Luis Abreu	50-54	Associação Académica de São Mamede	00:20:08	00:01:06	00:35:32	00:01:05	00:10:21	01:08:12	00:13:07
65	107374	5935	Daniel Santos	40-44	GD Natação Famalicão	00:19:40	00:01:14	00:36:06	00:01:31	00:09:58	01:08:29	00:13:24
66	106157	3172	João Pontedeira	30-34	PedalarTE	00:19:44	00:01:02	00:36:12	00:01:02	00:10:31	01:08:31	00:13:26
67	105374	4877	Miguel Correia Duarte	40-44	Associação Académica de São Mamede	00:20:15	00:00:47	00:36:08	00:00:53	00:10:41	01:08:44	00:13:39
68	101054	4569	Paulo Costa	50-54	Sporting Clube de Espinho	00:19:42	00:00:44	00:36:40	00:00:53	00:10:49	01:08:48	00:13:43
69	108866	5947	Luís Manuel Dias	45-49	Centro Ciclista Azeitonense	00:21:25	00:00:47	00:34:35	00:01:13	00:11:16	01:09:16	00:14:11
70	106065	2270	Gonçalo Costa	JUN	Paredes Aventura	00:20:28	00:00:50	00:37:09	00:00:46	00:10:15	01:09:28	00:14:23
71	105282	5631	Sérgio Mota	40-44	Sporting Clube de Espinho	00:19:39	00:01:43	00:35:52	00:02:02	00:10:28	01:09:44	00:14:39
72	107219	2821	Marco Caetano	30-34	Associação Académica de São Mamede	00:19:32	00:00:56	00:38:17	00:00:41	00:10:29	01:09:55	00:14:50
73	105484	1937	Emanuel Gonçalves	CAD	Paredes Aventura	00:21:14	00:00:37	00:36:50	00:00:42	00:10:34	01:09:57	00:14:52
74	106481	3606	Pedro Magalhães	35-39	Individual	00:21:21	00:00:42	00:35:21	00:00:56	00:11:42	01:10:02	00:14:57
75	105549	5213	Marco Pereira	45-49	Associação Académica de São Mamede	00:21:02	00:00:42	00:37:00	00:00:43	00:10:40	01:10:07	00:15:02
76	107914	1751	Lucas Neves	CAD	Pimpões Triatlo	00:19:11	00:00:40	00:39:26	00:00:57	00:10:04	01:10:18	00:15:13
77	108871	5951	Pedro Borregana	45-49	Centro Ciclista Azeitonense	00:22:17	00:01:09	00:34:02	00:00:59	00:11:51	01:10:18	00:15:13
78	105553	5584	Alexandre Guimarães	45-49	GD Natação Famalicão	00:20:56	00:01:12	00:36:17	00:01:20	00:10:40	01:10:25	00:15:20
79	106630	4226	Miguel Leão	50-54	Associação Beat Your Limit!	00:19:57	00:01:15	00:37:34	00:01:17	00:10:50	01:10:53	00:15:48
80	105511	1724	Tiago Gonçalves	CAD	PedalarTE	00:18:11	00:00:48	00:40:24	00:00:58	00:10:48	01:11:09	00:16:04
81	109022	8403	Bruno Silva	40-44	Sporting Clube de Espinho	00:20:28	00:01:07	00:38:27	-	-	01:11:21	00:16:16
82	108074	3191	João Fernandes	30-34	Associação Académica de São Mamede	00:18:41	00:01:11	00:40:07	00:01:08	00:10:18	01:11:25	00:16:20
83	108891	5964	Tiago Bruno Sousa	40-44	MARRETAS DO NORTE	00:20:56	00:00:57	00:38:01	00:00:58	00:10:44	01:11:36	00:16:31
84	108944	8068	Edgar Coelho	40-44	Individual	00:21:16	00:00:59	00:37:03	00:01:36	00:10:46	01:11:40	00:16:35
85	107218	3145	João Abreu	20-24	Associação Académica de São Mamede	00:20:32	00:00:55	00:39:12	00:00:55	00:10:09	01:11:43	00:16:38
86	109172	3867	Mario Fernandes	35-39	PedalarTE	00:19:41	00:01:04	00:39:09	00:01:15	00:10:38	01:11:47	00:16:42
87	108886	8071	Daniel Pinto	35-39	Associação Académica de São Mamede	-	-	00:37:43	00:00:58	00:10:54	01:11:49	00:16:44
88	104640	4457	Joaquim Barbosa	55-59	Individual	00:21:57	00:00:57	00:36:22	00:01:22	00:11:13	01:11:51	00:16:46
89	105073	3303	Tiago Dias	35-39	GD Natação Famalicão	00:22:13	00:01:06	00:36:05	00:01:00	00:11:31	01:11:55	00:16:50
90	107155	2798	Renato Velhuco	35-39	Clube de Triatlo de Viseu	00:21:43	00:00:46	00:37:44	00:00:52	00:10:54	01:11:59	00:16:54
91	103853	4663	Jorge Costa	55-59	Sporting Clube de Espinho	00:21:13	00:01:03	00:37:42	00:00:57	00:11:07	01:12:02	00:16:57
92	106402	2332	Rafael Assis	JUN	Pimpões Triatlo	00:21:45	00:00:49	00:38:00	00:00:44	00:10:47	01:12:05	00:17:00
93	100352	4749	Telmo Veloso	45-49	Associação Beat Your Limit!	00:21:37	00:01:28	00:37:30	00:01:00	00:10:39	01:12:14	00:17:09
94	108845	3528	Bruno Gramaxo	35-39	GD Natação Famalicão	00:22:16	00:01:01	00:36:00	00:01:27	00:11:34	01:12:18	00:17:13

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
95	102663	4216	Marco Leite	40-44	A.C.R.R. TRIATLO	00:23:02	00:00:57	00:35:34	00:01:01	00:11:48	01:12:22	00:17:17
96	106664	1753	Antonio Guedes	CAD	FET-Fátima Escola de Triatlo	00:22:38	00:00:42	00:37:26	00:00:45	00:10:53	01:12:24	00:17:19
97	105415	5404	Miguel Pereira	55-59	Clube Desportivo Escola Santana - Hugo Pita Portas	00:21:47	00:01:07	00:37:32	00:01:38	00:10:48	01:12:25	00:17:20
98	108360	3394	Miguel Gonçalves	30-34	Associação Académica de São Mamede	00:20:42	00:01:02	00:38:13	00:01:36	00:11:02	01:12:35	00:17:30
99	103796	8405	Bruno Pereira	35-39	Sporting Clube de Espinho	00:21:15	00:00:55	00:39:47	00:00:43	00:10:36	01:13:16	00:18:11
100	107013	5500	Paulo Martins Ferreira	45-49	Associação Académica de São Mamede	00:21:33	00:01:26	00:38:10	00:01:15	00:10:59	01:13:23	00:18:18
101	108896	5965	Pedro Machado	40-44	FET-Fátima Escola de Triatlo	00:20:22	00:00:55	00:40:13	00:00:58	00:11:05	01:13:33	00:18:28
102	106480	5107	Célio Pereira	45-49	Veteranos do Porto	00:22:44	00:01:06	00:35:54	00:01:48	00:12:08	01:13:40	00:18:35
103	108888	3574	Mario Brito	30-34	GD Natação Famalicão	00:21:32	00:01:08	00:38:24	00:00:58	00:11:42	01:13:44	00:18:39
104	107304	4893	Rodrigo Pessoa	45-49	Associação Académica de São Mamede	00:20:26	00:01:03	00:39:57	00:01:17	00:11:01	01:13:44	00:18:39
105	103859	4693	Mário Teófilo	50-54	Outsystems Olímpico de Oeiras	-	-	-	-	-	01:13:45	00:18:40
106	108865	5946	Lino Cabral	45-49	Centro Ciclista Azeitonense	00:21:25	00:00:59	00:38:20	00:00:55	00:12:12	01:13:51	00:18:46
107	108811	8401	Tiago Gomes	40-44	Associação Académica de São Mamede	00:22:35	00:01:13	00:37:29	00:01:05	00:11:38	01:14:00	00:18:55
108	108986	3622	Miguel Diz Lopes	30-34	Associação Académica de São Mamede	00:22:05	00:01:04	00:38:29	00:01:01	00:11:32	01:14:11	00:19:06
109	106356	4334	Paulo Seabra	50-54	Veteranos do Porto	00:21:47	00:01:14	00:38:26	00:01:28	00:11:41	01:14:36	00:19:31
110	102132	2808	António Frazão	20-24	FET-Fátima Escola de Triatlo	00:20:58	00:00:45	00:39:35	00:01:04	00:12:23	01:14:45	00:19:40
111	104973	2302	Vasco Sequeira	JUN	CNCVG	00:21:44	00:00:38	00:40:54	00:00:59	00:10:32	01:14:47	00:19:42
112	108846	3531	Luís Melo	25-29	GD Natação Famalicão	00:22:04	00:01:03	00:39:40	00:01:00	00:11:04	01:14:51	00:19:46
113	106863	1556	Miguel Teixeira	CAD	Associação Beat Your Limit!	00:19:58	00:01:15	00:41:05	00:01:18	00:11:17	01:14:53	00:19:48
114	108848	3535	Artur Lima	25-29	GD Natação Famalicão	00:22:15	00:01:06	00:38:56	00:01:23	00:11:29	01:15:09	00:20:04
115	104243	4418	Nuno Pereira	65-69	Mc Donald's/Tribraga	00:25:29	00:02:07	00:33:08	00:01:23	00:13:19	01:15:26	00:20:21
116	106220	5915	Pedro Rocha	40-44	Sporting Clube de Espinho	00:22:32	00:01:13	00:39:21	00:01:08	00:11:39	01:15:53	00:20:48
117	108587	1727	Lourenço Fernandes	CAD	PedalarTE	00:20:21	00:00:54	00:39:47	00:01:58	00:13:38	01:16:38	00:21:33
118	104081	5371	Pedro Rodrigues	40-44	Clube Zupper	00:22:44	00:01:53	00:39:19	00:01:16	00:12:05	01:17:17	00:22:12
119	100835	3708	Octávio Vicente	35-39	Sporting Clube de Espinho	00:23:57	00:00:38	00:34:00	00:00:52	00:18:00	01:17:27	00:22:22
120	105051	3278	Leandro Fonseca	35-39	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:22:12	00:00:51	00:41:57	00:01:03	00:11:49	01:17:52	00:22:47
121	105489	5425	João Fernando	45-49	Sporting Clube de Espinho	00:23:02	00:01:37	00:40:00	00:01:39	00:11:43	01:18:01	00:22:56
122	108757	4620	Rony Santos	45-49	Sporting Clube de Espinho	00:24:07	00:01:10	00:37:49	00:01:21	00:13:43	01:18:10	00:23:05
123	106878	2727	Luis Alemão	35-39	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:22:43	00:01:09	00:40:03	00:01:37	00:12:56	01:18:28	00:23:23
124	100192	4217	Luis Oliveira	45-49	Pimpões Triatlo	00:22:41	00:00:58	00:41:47	00:01:01	00:12:03	01:18:30	00:23:25
125	106410	1923	Sebastião Oliveira	CAD	Pimpões Triatlo	00:22:42	00:00:56	00:41:47	00:01:01	00:12:05	01:18:31	00:23:26
126	108872	5952	Paulo Santos	45-49	Centro Ciclista Azeitonense	00:23:28	00:01:03	00:40:09	00:01:41	00:12:30	01:18:51	00:23:46
127	104359	3961	Rafael Ferraz	35-39	Individual	00:24:58	00:01:17	00:39:44	00:01:24	00:12:54	01:20:17	00:25:12

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
128	104593	4305	José Carlos Ramalho	55-59	Individual	00:24:19	00:01:44	00:39:57	-	-	01:20:29	00:25:24
129	109175	5699	Luiz Quarteu	50-54	Pedalarate	00:25:23	00:00:47	00:39:52	00:01:09	00:13:28	01:20:39	00:25:34
130	108437	3513	André Ribeiro	35-39	Associação Académica de São Mamede	00:23:39	00:01:15	00:42:08	00:01:19	00:12:51	01:21:12	00:26:07
131	107371	5095	José Miguel Pinto	55-59	Individual	00:26:21	00:01:20	00:37:36	00:01:43	00:14:17	01:21:17	00:26:12
132	107867	5607	Gonçalo Neves	40-44	Associação Académica de São Mamede	00:24:41	00:01:07	00:40:41	00:01:35	00:13:15	01:21:19	00:26:14
133	101046	4016	Miguel Vieira	50-54	Associação Académica de São Mamede	00:24:20	00:01:37	00:42:20	00:00:52	00:12:52	01:22:01	00:26:56
134	108991	4547	Nuno Lopes	45-49	Associação Académica de São Mamede	00:25:05	00:00:38	00:42:36	00:00:44	00:12:59	01:22:02	00:26:57
135	107636	5459	Ezequiel Fernandes	50-54	GD Natação Famalicão	00:20:15	00:01:26	00:39:44	00:03:21	00:17:42	01:22:28	00:27:23
136	106654	4057	Alexandre Carvalho	50-54	CNCVG	00:24:29	00:01:25	00:41:57	00:01:33	00:13:19	01:22:43	00:27:38
137	105488	5532	Ricardo Velhuco	40-44	Clube de Triatlo de Viseu	00:24:53	00:01:21	00:40:46	00:01:38	00:14:40	01:23:18	00:28:13
138	107626	8067	Nuno Peralta	50-54	Sporting Clube de Espinho	00:23:02	00:01:21	00:44:17	00:02:00	00:13:09	01:23:49	00:28:44
139	100276	4066	António Brandão	65-69	A.C.R.R. TRIATLO	00:27:52	00:00:45	00:47:35	00:00:45	00:14:39	01:31:36	00:36:31
140	103149	1752	Francisco Marques	CAD	FET-Fátima Escola de Triatlo	00:28:11	00:00:42	00:45:23	00:00:48	00:18:34	01:33:38	00:38:33
DSQ	103135	3286	João Fonte-Boa	35-39	Outsystems Olímpico de Oeiras	00:16:43	-	-	-	-	DSQ	
DNF	107365	5052	Domingos Vieira	40-44	Pedalarate	00:20:06	-	-	-	-	DNF	
DNF	102192	1811	Duarte Margarido	CAD	Sport Lisboa e Benfica	00:17:37	-	-	-	-	DNF	
DNF	107772	5578	Ricardo Moreira	45-49	Associação Beat Your Limit!	00:22:05	-	-	-	-	DNF	
DNS	106736	4187	Rui Silva	40-44	Individual	-	-	-	-	-	DNS	
DNS	106317	5166	Bruno Pinto	40-44	Paredes Aventura	-	-	-	-	-	DNS	
DNS	105505	3625	Márcio Vieira	35-39	Pedalarate	-	-	-	-	-	DNS	
DNS	109023	4635	Bruno Melo	40-44	Sporting Clube de Espinho	-	-	-	-	-	DNS	
DNS	100277	4067	Carlos Leite	75-79	A.C.R.R. TRIATLO	-	-	-	-	-	DNS	
DNS	104769	4721	Carlos Canito	50-54	Associação Académica de São Mamede	-	-	-	-	-	DNS	
DNS	106108	5386	Nuno Sousa Pereira	50-54	Associação Académica de São Mamede	-	-	-	-	-	DNS	
DNS	102949	4820	Pedro Cardoso	45-49	Associação Académica de São Mamede	-	-	-	-	-	DNS	
DNS	104654	3236	João Laranjeira	35-39	Associação Beat Your Limit!	-	-	-	-	-	DNS	
DNS	104784	5021	Pedro Miguel Santos	45-49	Associação Beat Your Limit!	-	-	-	-	-	DNS	
DNS	102911	3271	Bruno Raimundo	35-39	Clube de Natação da Amadora	-	-	-	-	-	DNS	
DNS	104809	4889	Pedro Teixeira	45-49	Clube Zupper	-	-	-	-	-	DNS	
DNS	104048	4210	Vasco Micaelo	75-79	DAR-Recardães EXPansion	-	-	-	-	-	DNS	