

Local da Prova: **Amora**

Data: **02/07/2023**

Hora da Partida: **14:29:52**

Distancias: Natação - 750

Corrida - 5000

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Transição	Corrida	T.Total	Diff.
1	101318	3786	João Mansos	25-29	Sporting Clube de Portugal	00:08:49	00:00:37	00:15:39	00:25:05	00:00:00
2	100775	3269	Miguel Arraiolos	35-39	Sport Lisboa e Benfica	00:09:10	00:00:36	00:15:22	00:25:08	00:00:03
3	100832	2561	Miguel Tiago Silva	25-29	Outsystems Olímpico de Oeiras	00:08:46	00:00:34	00:16:04	00:25:24	00:00:19
4	103699	2347	Gabriel Santos	JUN	Sport Lisboa e Benfica	00:08:47	00:00:35	00:16:07	00:25:29	00:00:24
5	104381	3213	João Dias	20-24	Sporting Clube de Portugal	00:08:55	00:00:39	00:16:04	00:25:38	00:00:33
6	102921	1911	Rodrigo Pissarra	CAD	Alhandra Sporting Club	00:08:48	00:00:34	00:16:38	00:26:00	00:00:55
7	100354	2813	Afonso do Canto	20-24	Clube de Natação de Torres Novas	00:09:04	00:00:38	00:16:28	00:26:10	00:01:05
8	105758	3512	Diogo Tomé	20-24	Sport Lisboa e Benfica	00:08:50	00:00:35	00:17:01	00:26:26	00:01:21
9	105033	1914	José Ferreira	CAD	Sporting Clube de Portugal	00:09:21	-	-	00:26:35	00:01:30
10	101627	2307	Pedro Afonso Razões	JUN	Clube de Natação de Torres Novas	00:08:52	00:00:38	00:17:23	00:26:53	00:01:48
11	107744	1932	David Abreu	CAD	Sporting Clube de Portugal	00:09:07	00:00:37	00:17:16	00:27:00	00:01:55
12	101614	2812	José Pedro Vieira	20-24	Clube de Natação de Torres Novas	00:08:52	00:00:39	00:17:30	00:27:01	00:01:56
13	100629	2827	Afonso Nunes	20-24	Alhandra Sporting Club	00:09:22	00:00:37	00:17:19	00:27:18	00:02:13
14	105032	1913	Afonso Ferreira	CAD	Sporting Clube de Portugal	00:09:37	-	-	00:27:43	00:02:38
15	100787	2556	Afonso Garcia	25-29	Outsystems Olímpico de Oeiras	00:09:20	00:00:40	00:17:49	00:27:49	00:02:44
16	102428	3051	Francisco Belo	20-24	ADRAP Madeira	00:09:52	00:00:36	00:17:34	00:28:02	00:02:57
17	102030	1957	Rodrigo Neves	CAD	Sporting Clube de Portugal	00:09:38	00:00:39	00:17:50	00:28:07	00:03:02
18	108107	3885	Marcos Rilo	20-24	Pimpões Triatlo	00:10:06	00:00:40	00:17:22	00:28:08	00:03:03
19	102382	2284	José Tadeia	JUN	Sport Lisboa e Benfica	00:08:45	00:00:38	00:19:03	00:28:26	00:03:21
20	102424	3434	Pedro Prioste	20-24	Ludens Clube de Machico	00:10:27	00:00:44	00:17:24	00:28:35	00:03:30
21	103974	3858	João Rodrigues	30-34	A. R. Casaense	00:10:23	00:00:42	00:17:36	00:28:41	00:03:36
22	106579	2463	Tiago Serrano	JUN	Sporting Clube de Portugal	00:10:04	00:00:47	00:18:03	00:28:54	00:03:49
23	106615	4135	Bruno Teles Grilo	45-49	Estoril Praia Credibom	00:10:20	00:00:46	00:17:57	00:29:03	00:03:58
24	101581	2327	André Neves	JUN	Sport Lisboa e Benfica	00:09:46	00:00:36	00:18:47	00:29:09	00:04:04
25	103841	3494	Filipe Marques	35-39	Estoril Praia Credibom	00:10:19	00:00:44	00:18:18	00:29:21	00:04:16
26	105629	3326	José Nunes	20-24	Alhandra Sporting Club	00:09:49	00:00:43	00:18:51	00:29:23	00:04:18
27	107647	2957	Henrique Pereira	35-39	Outsystems Olímpico de Oeiras	00:10:42	00:00:44	00:18:05	00:29:31	00:04:26
28	103638	2835	Guilherme Bonito	20-24	Outsystems Olímpico de Oeiras	00:09:46	00:00:39	00:19:11	00:29:36	00:04:31

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Transição	Corrida	T.Total	Diff.
29	100757	4043	Bruno Pais	40-44	Estoril Praia Credibom	00:10:22	00:00:40	00:18:39	00:29:41	00:04:36
30	100462	2577	João Canas	25-29	Sporting Clube de Portugal	00:10:39	-	-	00:29:46	00:04:41
31	103803	1817	Afonso Ferreira	CAD	Sport Lisboa e Benfica	00:10:27	00:00:37	00:18:45	00:29:49	00:04:44
32	104855	3720	Tiago Lopes	25-29	Outsystems Olímpico de Oeiras	00:11:13	00:01:01	00:17:49	00:30:03	00:04:58
33	108108	3522	Salomão Savelenko	20-24	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:10:50	00:00:44	00:18:35	00:30:09	00:05:04
34	107913	3089	André Picado	20-24	Alhandra Sporting Club	00:10:01	00:00:43	00:19:27	00:30:11	00:05:06
35	103775	2312	Francisco Borges	JUN	Clube de Natação de Torres Novas	00:09:44	00:00:40	00:19:55	00:30:19	00:05:14
36	107729	2987	Henrique Moreira	30-34	Clube dos Galitos	00:11:18	00:00:52	00:18:12	00:30:22	00:05:17
37	101964	4765	Nelson Mestre	40-44	Lusitano Frusool	00:11:16	00:00:46	00:18:25	00:30:27	00:05:22
38	105998	1795	Afonso Alemão	CAD	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:12:25	00:00:42	00:17:22	00:30:29	00:05:24
39	104854	8281	Tiago de Paiva e Pona	45-49	Outsystems Olímpico de Oeiras	00:10:37	00:01:39	00:18:32	00:30:48	00:05:43
40	105999	2269	Rafael Alemão	JUN	Mirachoro Hotels - CCP - Churrasqueira Guerreiro	00:11:16	00:00:45	00:18:50	00:30:51	00:05:46
41	105677	2331	Miguel Neves	JUN	Sport Lisboa e Benfica	00:10:53	00:00:42	00:19:19	00:30:54	00:05:49
42	104870	3031	Miguel Neto Gonçalves	35-39	Clube dos Galitos	00:10:23	00:00:54	00:19:41	00:30:58	00:05:53
43	105440	2271	Ruben Leandro Ribeiro	JUN	Paredes Aventura	00:10:33	00:00:43	00:19:44	00:31:00	00:05:55
44	102192	1811	Duarte Margarido	CAD	Sport Lisboa e Benfica	00:12:02	00:00:44	00:18:18	00:31:04	00:05:59
45	101717	4637	João França	40-44	Clube dos Galitos	00:10:18	00:00:45	00:20:05	00:31:08	00:06:03
46	106925	2736	Rui Martins	35-39	Sporting Clube de Portugal	00:12:15	00:00:43	00:18:13	00:31:11	00:06:06
47	104622	3850	Fábio Faustino	35-39	Vasco da Gama Atlético Clube de Sines	00:12:07	00:00:48	00:18:18	00:31:13	00:06:08
48	101596	4632	Gonçalo Neves	50-54	Pedrógão Triatlo	00:11:26	00:00:50	00:19:02	00:31:18	00:06:13
49	101619	4711	Marco Sousa	45-49	Pedrógão Triatlo	00:11:57	00:00:59	00:18:34	00:31:30	00:06:25
50	106936	2743	Rui Matias	25-29	SFRAA TRIATLO	00:11:55	00:00:57	00:18:50	00:31:42	00:06:37
51	100922	1990	Bernardo Figueiroa Teixeira	CAD	Clube Futebol Andorinha / Abrigo do Pastor	00:10:40	00:01:04	00:20:03	00:31:47	00:06:42
52	100425	2523	Hugo Baluga	25-29	AMICICLO GRÂNDOLA	00:11:48	00:00:53	00:19:11	00:31:52	00:06:47
53	100658	2334	Dinis Barrocas	JUN	Alhandra Sporting Club	00:09:37	00:00:39	00:21:52	00:32:08	00:07:03
54	104762	5295	João Mártires da Silva	40-44	Estoril Praia Credibom	00:13:04	00:00:45	00:18:47	00:32:36	00:07:31
55	108559	3650	Nelson Oliveira	25-29	AmoraSub/Associação Naval Amorense	00:11:17	00:00:47	00:20:40	00:32:44	00:07:39
56	107246	2964	Daniel Marques	30-34	Sporting Clube de Portugal	00:12:13	00:00:50	00:19:45	00:32:48	00:07:43
57	106649	4079	Antonio Horta	60-64	CPArmada	00:13:19	00:01:03	00:18:27	00:32:49	00:07:44
58	103173	4427	Miguel David	50-54	Clube Oriental de Lisboa	00:12:30	00:00:57	00:19:34	00:33:01	00:07:56
59	108042	3155	João Bairrão	35-39	AmoraSub/Associação Naval Amorense	00:11:07	00:00:46	00:21:20	00:33:13	00:08:08
60	105735	1899	David Cardoso	CAD	Sport Lisboa e Benfica	00:12:04	00:00:43	00:20:32	00:33:19	00:08:14
61	108284	3335	Nuno Silva	30-34	AmoraSub/Associação Naval Amorense	00:11:29	00:00:57	00:20:59	00:33:25	00:08:20

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Transição	Corrida	T.Total	Diff.
62	106402	2332	Rafael Assis	JUN	Pimpões Triatlo	00:11:40	00:00:40	00:21:06	00:33:26	00:08:21
63	107914	1751	Lucas Neves	CAD	Pimpões Triatlo	00:11:50	00:00:49	00:20:48	00:33:27	00:08:22
64	107849	5934	Caio Herculano	40-44	Pimpões Triatlo	00:11:51	00:01:03	00:20:34	00:33:28	00:08:23
65	105427	5410	Vasco Levita	50-54	Estoril Praia Credibom	00:13:02	00:00:58	00:19:30	00:33:30	00:08:25
66	100578	4703	Henrique Matias	45-49	CNATRIL Triatlo	00:12:28	00:00:47	00:20:17	00:33:32	00:08:27
67	103282	4843	Pedro Fernandes	45-49	CNATRIL Triatlo	00:11:21	00:00:48	00:21:24	00:33:33	00:08:28
68	105058	5096	Carlos Brito	65-69	Try Portugal / V. Janes	00:12:50	00:00:53	00:19:52	00:33:35	00:08:30
69	108589	5864	Bruno Costa	40-44	Clube de Triatlo do Fundão	00:13:01	00:01:00	00:19:41	00:33:42	00:08:37
70	101126	4178	Joaquim Fernandes	60-64	G.D. Corticeiras	00:12:47	00:00:56	00:20:01	00:33:44	00:08:39
71	100704	4682	Nuno Tintim	45-49	Estoril Praia Credibom	00:15:02	00:00:47	00:17:57	00:33:46	00:08:41
72	109259	3968	Tiago Espírito Santo	35-39	Quitério TRIPENICHE	00:13:31	00:00:49	00:19:27	00:33:47	00:08:42
73	104060	2341	Vasco Nunes	JUN	Alhandra Sporting Club	00:09:43	00:00:38	00:23:31	00:33:52	00:08:47
74	101493	3847	Jose Paiva	35-39	Clube dos Galitos	00:11:47	00:00:54	00:21:41	00:34:22	00:09:17
75	100192	4217	Luis Oliveira	45-49	Pimpões Triatlo	00:13:39	00:00:49	00:20:00	00:34:28	00:09:23
76	108439	5826	Bruno Pereira	45-49	AmoraSub/Associação Naval Amorense	00:13:20	00:00:53	00:20:17	00:34:30	00:09:25
77	100612	4148	Pedro Cordeiro	55-59	Sport Algés e Dafundo	00:11:47	00:00:51	00:21:59	00:34:37	00:09:32
78	106270	3804	David António Serrão Martins	30-34	Vasco da Gama Atlético Clube de Sines	00:13:32	00:00:56	00:20:10	00:34:38	00:09:33
79	103800	5715	Tiago Amaral	40-44	Paredes Aventura	00:12:26	00:01:14	00:21:02	00:34:42	00:09:37
80	103335	2325	David Fernandes	JUN	Clube Triatlo de Abrantes	00:11:19	00:00:49	00:22:36	00:34:44	00:09:39
81	103321	4860	Renato Araújo	55-59	AmoraSub/Associação Naval Amorense	00:13:23	00:00:51	00:20:34	00:34:48	00:09:43
82	101543	4644	Luís Gonçalves	50-54	Clube de Triatlo do Fundão	00:12:11	00:00:52	00:21:48	00:34:51	00:09:46
83	105434	1936	David Ferreira	CAD	Paredes Aventura	00:12:26	00:00:41	00:21:54	00:35:01	00:09:56
84	106065	2270	Gonçalo Costa	JUN	Paredes Aventura	00:13:10	00:00:42	00:21:12	00:35:04	00:09:59
85	106493	5199	Pedro Rocha	55-59	Sporting Clube de Portugal	00:12:38	00:00:55	00:21:32	00:35:05	00:10:00
86	108497	8286	Rafael Dias	35-39	Clube dos Galitos	00:11:04	00:00:55	00:23:22	00:35:21	00:10:16
87	108270	5768	António Vicente Correia	40-44	Estoril Praia Credibom	00:13:07	00:01:00	00:21:17	00:35:24	00:10:19
88	108712	5900	Celso Guerra	45-49	AmoraSub/Associação Naval Amorense	00:14:12	00:00:54	00:20:22	00:35:28	00:10:23
89	102069	4562	Luís Rosário	55-59	GDR Manique de Cima	00:12:48	00:00:49	00:21:54	00:35:31	00:10:26
90	108035	3153	Sergio Vicente	35-39	Clube Atlético de Oliveira do Hospital	00:13:17	00:00:58	00:21:18	00:35:33	00:10:28
91	101531	4530	Luís Filipe Valente	50-54	Clube Oriental de Lisboa	00:14:20	00:00:53	00:20:31	00:35:44	00:10:39
92	103899	4929	Esmeraldino Sá	45-49	AmoraSub/Associação Naval Amorense	00:15:07	00:00:52	00:19:49	00:35:48	00:10:43
93	104973	2302	Vasco Sequeira	JUN	CNCVG	00:11:44	00:00:38	00:23:27	00:35:49	00:10:44
94	100793	4032	Carlos Gomes	60-64	Outsystems Olímpico de Oeiras	00:15:04	00:01:01	00:19:50	00:35:55	00:10:50

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Transição	Corrida	T.Total	Diff.
95	108046	3165	Renan Castro	35-39	Outsystems Olímpico de Oeiras	00:13:00	00:00:51	00:22:13	00:36:04	00:10:59
96	101796	2488	Francisco Freitas	JUN	AD Galomar	00:12:43	00:00:52	00:22:44	00:36:19	00:11:14
97	107166	8419	Paulo Moutinho	50-54	Clube Oriental de Lisboa	00:11:56	00:01:10	00:23:22	00:36:28	00:11:23
98	101414	4045	Paulo Cabrita Silva	55-59	Triatlo de Faro	00:14:35	00:00:59	00:20:58	00:36:32	00:11:27
99	108673	5895	Cristóvão dos Santos	40-44	Clube de Natação de Torres Novas	00:13:52	00:01:04	00:21:37	00:36:33	00:11:28
100	100743	4035	Paulo Jorge Correia Lamego	50-54	Sport Algés e Dafundo	-	-	00:22:01	00:36:37	00:11:32
101	108110	3228	Pedro Miguel Maurício	30-34	Clube de Triatlo do Fundão	00:13:45	00:00:57	00:21:57	00:36:39	00:11:34
102	100547	4069	João Silva	60-64	Clube Millenniumbcp	00:11:08	00:01:11	00:24:33	00:36:52	00:11:47
103	105299	5167	Bruno Ornelas	45-49	REPSOL TRIATLO	00:12:24	00:00:53	00:23:38	00:36:55	00:11:50
104	101522	4629	António Jorge Martinho	55-59	Clube Oriental de Lisboa	00:12:29	00:01:10	00:23:28	00:37:07	00:12:02
105	101789	2493	Artur Vieira	JUN	AD Galomar	00:12:05	00:00:55	00:24:15	00:37:15	00:12:10
106	107625	2948	Marco Cunha	35-39	AmoraSub/Associação Naval Amorense	00:15:24	00:01:03	00:21:02	00:37:29	00:12:24
107	109068	3682	Miguel Ferreira	20-24	Sporting Clube de Portugal	00:13:10	00:00:45	00:23:38	00:37:33	00:12:28
108	107179	4520	Nuno Faria	45-49	Palmela Desporto / Tripla Rotação	00:14:10	00:01:13	00:22:12	00:37:35	00:12:30
109	105484	1937	Emanuel Gonçalves	CAD	Paredes Aventura	00:14:28	00:00:44	00:22:26	00:37:38	00:12:33
110	108062	5963	Pedro Sanguino	40-44	CNATRIL Triatlo	00:14:31	00:01:03	00:22:15	00:37:49	00:12:44
111	107736	5566	Filipe Rei	45-49	Palmela Desporto / Tripla Rotação	00:13:48	00:01:04	00:23:08	00:38:00	00:12:55
112	108676	5324	Pedro Botelho	50-54	AmoraSub/Associação Naval Amorense	00:11:53	00:01:04	00:25:10	00:38:07	00:13:02
113	102615	5483	Frederico Antunes	40-44	Ludens Clube de Machico	00:14:42	00:00:55	00:22:33	00:38:10	00:13:05
114	107205	2819	Bruno Filipe Paiva Ferreira	30-34	Centro Ciclista Azeitonense	00:16:59	00:00:52	00:20:22	00:38:13	00:13:08
115	108702	4238	Daniel Jose Cesario	40-44	AmoraSub/Associação Naval Amorense	00:13:09	00:00:59	00:24:09	00:38:17	00:13:12
116	108917	4317	Gabriel Guimarães	40-44	AmoraSub/Associação Naval Amorense	00:14:46	00:01:22	00:22:33	00:38:41	00:13:36
117	107531	5301	Sérgio Filipe	40-44	AmoraSub/Associação Naval Amorense	00:14:31	00:01:04	00:23:07	00:38:42	00:13:37
118	107293	4858	Jorge Quaresma	45-49	Palmela Desporto / Tripla Rotação	00:12:05	00:01:04	00:25:35	00:38:44	00:13:39
119	108419	3471	Pedro Borges	35-39	AmoraSub/Associação Naval Amorense	00:13:12	00:01:09	00:24:29	00:38:50	00:13:45
120	109132	2344	Rodrigo Martins	JUN	Palmela Desporto / Tripla Rotação	00:14:13	00:00:48	00:23:54	00:38:55	00:13:50
121	103700	4915	João Pedro Viegas	55-59	AmoraSub/Associação Naval Amorense	00:14:57	-	-	00:39:01	00:13:56
122	109364	7578	João Paulino	60-64	Palmela Desporto / Tripla Rotação	00:16:29	00:01:34	00:21:01	00:39:04	00:13:59
123	109202	1708	João Francisco	CAD	Triatlo Clube da Lourinhã	00:15:05	00:00:53	00:23:12	00:39:10	00:14:05
124	105571	5219	Rui Velez	55-59	Clube Oriental de Lisboa	00:14:20	00:01:03	00:23:48	00:39:11	00:14:06
125	109201	1707	Alexandre Almeida	CAD	Triatlo Clube da Lourinhã	00:12:18	00:01:18	00:25:36	00:39:12	00:14:07
126	102433	4086	Miguel Rocha	50-54	Clube de Futebol Os Belenenses	00:14:26	00:01:15	00:23:56	00:39:37	00:14:32
127	102858	4782	João Prioste	50-54	Ludens Clube de Machico	00:17:38	00:01:01	00:21:01	00:39:40	00:14:35

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Transição	Corrida	T.Total	Diff.
128	100144	4059	Fernando Feijão	65-69	Individual	00:16:47	00:01:09	00:21:51	00:39:47	00:14:42
129	107844	2326	Artur Resende Santana	JUN	Clube Triatlo de Abrantes	00:15:28	00:00:56	00:23:27	00:39:51	00:14:46
130	109367	6146	João Sá Pereira	45-49	Pimpões Triatlo	00:17:02	00:01:17	00:21:39	00:39:58	00:14:53
131	106949	5049	Nuno Mendes Soares	45-49	Aminata Triatlo	00:14:19	00:01:03	00:24:41	00:40:03	00:14:58
132	102933	5059	João Galhordas	50-54	Individual	00:16:11	00:01:08	00:22:46	00:40:05	00:15:00
133	105667	5255	José Domingues	65-69	Triatlo Fundação Salesianos	00:17:14	00:01:13	00:21:50	00:40:17	00:15:12
134	108866	5947	Luís Manuel Dias	45-49	Centro Ciclista Azeitonense	00:17:05	00:01:01	00:22:39	00:40:45	00:15:40
135	109085	4763	Nuno Lucas	50-54	AmoraSub/Associação Naval Amorense	00:17:12	00:01:21	00:22:26	00:40:59	00:15:54
136	108610	5871	José Damas	60-64	Clube Triatlo de Abrantes	00:16:25	00:01:07	00:24:01	00:41:33	00:16:28
137	108915	4308	Miguel Correia	45-49	AmoraSub/Associação Naval Amorense	00:13:54	00:01:48	00:25:52	00:41:34	00:16:29
138	108911	4275	Octávio Cardoso	45-49	AmoraSub/Associação Naval Amorense	00:16:57	00:01:18	00:23:23	00:41:38	00:16:33
139	103898	5261	Rui Santos	40-44	AmoraSub/Associação Naval Amorense	00:15:13	00:01:01	00:25:27	00:41:41	00:16:36
140	107977	3102	Pedro Afonso	35-39	Clube Oriental de Lisboa	00:16:09	00:02:17	00:23:16	00:41:42	00:16:37
141	107292	4849	Bruno Ribeiro	45-49	Palmela Desporto / Tripla Rotação	00:17:08	00:00:59	00:23:37	00:41:44	00:16:39
142	104006	5256	Duarte Almeida	55-59	Estoril Praia Credibom	00:14:37	00:01:11	00:26:10	00:41:58	00:16:53
143	105471	3617	Daniel Oliveira	35-39	Estoril Praia Credibom	00:14:06	00:01:34	00:26:33	00:42:13	00:17:08
144	105802	3818	Rui Isabel	30-34	Pimpões Triatlo	00:12:48	00:01:05	00:28:22	00:42:15	00:17:10
145	106961	6117	José Camões	45-49	Palmela Desporto / Tripla Rotação	00:13:41	00:01:22	00:27:16	00:42:19	00:17:14
146	109281	7553	Tiago Duarte	50-54	AmoraSub/Associação Naval Amorense	00:16:48	00:02:18	00:23:19	00:42:25	00:17:20
147	105762	5492	Fábio Duarte Fernandes de Barros	45-49	G.D. Corticeiras	00:14:35	00:01:15	00:26:45	00:42:35	00:17:30
148	103440	2273	Rodrigo Santos	JUN	AMICICLO GRÂNDOLA	00:12:53	00:00:57	00:29:11	00:43:01	00:17:56
149	108742	5909	Nuno Cordeiro	45-49	Triatlo Fundação Salesianos	00:18:29	00:01:48	00:23:20	00:43:37	00:18:32
150	104914	5027	Pedro Costa Pereira	55-59	Estoril Praia Credibom	00:14:36	00:01:21	00:27:47	00:43:44	00:18:39
151	101797	5063	Miguel Freitas	50-54	AD Galomar	00:18:44	00:01:07	00:24:31	00:44:22	00:19:17
152	107372	5990	José Navarro	45-49	Individual	00:14:48	00:01:25	00:28:40	00:44:53	00:19:48
153	104978	5120	Nuno Duarte	50-54	Individual	00:18:43	00:01:12	00:25:03	00:44:58	00:19:53
154	100993	4453	Carlos Barata Correia	70-74	Clube Oriental de Lisboa	00:14:01	00:01:44	00:29:41	00:45:26	00:20:21
155	109389	7590	Daniel Galvão	40-44	Pimpões Triatlo	00:17:13	00:00:59	00:27:31	00:45:43	00:20:38
156	108865	5946	Lino Cabral	45-49	Centro Ciclista Azeitonense	00:22:39	00:00:59	00:22:59	00:46:37	00:21:32
157	109297	7557	Vitor Gameiro	50-54	Outsystems Olímpico de Oeiras	00:17:36	00:01:43	00:29:17	00:48:36	00:23:31
158	100175	4601	José Alberto Domingos	70-74	Lusitano Frusool	00:18:16	00:01:56	00:30:46	00:50:58	00:25:53
DNF	102552	3859	João Menino	20-24	Sport Lisboa e Benfica	00:09:43	00:00:36	-	DNF	