

## II TRIATLO DA QUINTA DO LAGO

### Taça De Portugal De Triatlo

Local da Prova: **Quinta Do Lago**

Data: **20-02-2022**

Hora da Partida: **11:20:07**

Distancias: **Natação - 750**

**Ciclismo - 20000**

**Corrida - 5000**

### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100316	2823	Maria Tomé	20-24	Clube de Natação de Torres Novas	00:09:23	00:00:41	00:32:17	00:00:04	00:18:17	01:00:42	00:00:00
2	101274	2514	Inês Oliveira	25-29	Sporting Clube de Portugal	00:09:57	00:00:42	00:32:54	00:00:04	00:18:29	01:02:06	00:01:24
3	101605	3560	Joana Miranda	20-24	Clube de Natação de Torres Novas	00:09:26	00:00:46	00:32:08	00:00:07	00:20:01	01:02:28	00:01:46
4	100469	2502	Madalena Almeida	20-24	Sport Lisboa e Benfica	00:09:56	00:00:37	00:33:03	00:00:08	00:19:15	01:02:59	00:02:17
5	100671	3162	Inês Rico	20-24	Alhandra Sporting Club	00:09:59	00:00:39	00:32:53	00:00:08	00:19:28	01:03:07	00:02:25
6	102922	2266	Matilde Santos	JUN	Outsystems Olímpico de Oeiras	00:09:52	00:00:37	00:33:04	00:00:03	00:19:38	01:03:14	00:02:32
7	103073	1516	Cassilda Carvalho	CAD	Sport Lisboa e Benfica	00:09:23	00:00:39	00:32:20	00:00:03	00:20:57	01:03:22	00:02:40
8	108013	5970	Rina Zijgers	40-44	Individual	00:10:14	00:00:41	00:33:19	00:00:06	00:19:05	01:03:25	00:02:43
9	101358	2564	Ana Ramos	25-29	Clube de Natação de Torres Novas	00:09:57	00:00:41	00:32:57	00:00:16	00:19:54	01:03:45	00:03:03
10	101275	2816	Joana Oliveira	20-24	Clube de Natação de Torres Novas	00:10:06	00:00:57	00:33:15	00:00:06	00:19:34	01:03:58	00:03:16
11	100957	2800	Mariana Vargem	20-24	CNF	00:09:58	00:01:04	00:33:11	00:00:02	00:19:49	01:04:04	00:03:22
12	102284	1931	Ana Carapeta	CAD	Alhandra Sporting Club	00:09:52	00:00:48	00:33:39	00:00:02	00:19:50	01:04:11	00:03:29
13	104204	3141	Beatriz Nunes Santos	20-24	Outsystems Olímpico de Oeiras	00:09:28	00:00:39	00:32:11	00:00:05	00:22:03	01:04:26	00:03:44
14	100643	2236	Beatriz Pinto	JUN	Sport Lisboa e Benfica	00:10:01	00:00:44	00:33:29	00:00:10	00:21:30	01:05:54	00:05:12
15	103427	2862	Beatriz Ferreira	20-24	Clube de Natação de Torres Novas	00:11:19	00:00:49	00:33:50	00:00:06	00:19:53	01:05:57	00:05:15
16	101112	2930	Carolina Boulhosa	20-24	Clube de Triatlo do Fundão	00:10:28	00:00:40	00:34:46	00:00:07	00:20:20	01:06:21	00:05:39
17	103057	1912	Inês Filipa Sousa	CAD	Alhandra Sporting Club	00:10:10	00:00:44	00:33:25	00:00:03	00:22:32	01:06:54	00:06:12
18	104354	1929	Matilde Tomás	CAD	Alhandra Sporting Club	00:10:03	00:00:52	00:33:25	00:00:02	00:22:49	01:07:11	00:06:29
19	104661	1994	Mónica Dias	CAD	Individual	00:10:29	00:00:43	00:34:44	00:00:06	00:22:03	01:08:05	00:07:23
20	100690	2286	Luana Quaresma	JUN	Alhandra Sporting Club	00:10:12	00:00:48	00:34:55	00:00:02	00:22:16	01:08:13	00:07:31
21	103649	3748	Tuxa Negri	30-34	CNATRIL Triatlo	00:11:21	00:00:47	00:35:06	00:00:08	00:20:53	01:08:15	00:07:33
22	100502	1867	Beatriz Boal	CAD	Alhandra Sporting Club	00:10:49	00:00:46	00:34:24	00:00:06	00:22:15	01:08:20	00:07:38
23	102647	2633	Pauline Vie	20-24	Alhandra Sporting Club	00:12:02	00:00:48	00:34:23	00:00:07	00:21:10	01:08:30	00:07:48
24	100720	1935	Tatiana Marques	CAD	Alhandra Sporting Club	00:10:18	00:01:00	00:34:39	00:00:07	00:22:26	01:08:30	00:07:48
25	100760	2254	Catarina Moutinho	JUN	Clube de Natação de Torres Novas	00:11:20	00:00:47	00:33:49	00:00:14	00:23:51	01:10:01	00:09:19
26	102210	1854	Luisa Miranda	CAD	Sport Lisboa e Benfica	00:11:35	00:00:48	00:34:47	00:00:10	00:23:22	01:10:42	00:10:00
27	104884	1928	Sofia Santos Rocha	CAD	Sporting Clube de Portugal	00:10:57	00:00:44	00:34:22	00:00:06	00:24:36	01:10:45	00:10:03
28	100997	2255	Filipa Gomes	JUN	Outsystems Olímpico de Oeiras	00:11:24	00:00:48	00:36:46	00:00:08	00:22:38	01:11:44	00:11:02

#### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	105313	3538	Susana Mateus	30-34	REPSOL TRIATLO	00:11:00	00:01:13	00:36:56	00:00:22	00:22:16	01:11:47	00:11:05
30	103703	1542	Sofia Corrêa	CAD	Alhandra Sporting Club	00:11:02	00:00:52	00:35:21	00:00:08	00:24:32	01:11:55	00:11:13
31	104455	4899	Jana Advani	40-44	Louletano	00:11:21	00:01:02	00:36:43	00:00:24	00:22:41	01:12:11	00:11:29
32	105003	1934	Mariana Prudêncio	CAD	Outsystems Olímpico de Oeiras	00:10:18	00:00:57	00:37:46	00:00:06	00:23:11	01:12:18	00:11:36
33	105917	1859	Marta Atalaya Rebelo	CAD	Outsystems Olímpico de Oeiras	00:10:25	00:00:46	00:37:53	00:00:19	00:23:15	01:12:38	00:11:56
34	105112	2257	Daniela Pinto	JUN	Outsystems Olímpico de Oeiras	00:11:23	00:00:42	00:36:57	00:00:13	00:23:38	01:12:53	00:12:11
35	104244	1530	Natacha Santos	CAD	Lusitano / Frusoal	00:11:00	00:00:50	00:37:17	00:00:06	00:23:55	01:13:08	00:12:26
36	108089	3209	Sara Neto	30-34	Clube de Futebol Os Belenenses	00:14:40	00:01:02	00:36:24	00:00:22	00:21:06	01:13:34	00:12:52
37	107787	3010	Francisca Parente	25-29	Outsystems Olímpico de Oeiras	00:13:13	00:01:13	00:37:36	00:00:25	00:21:13	01:13:40	00:12:58
38	107204	4566	Amelia Drumm	45-49	Louletano	00:15:27	00:01:01	00:35:35	00:00:32	00:21:26	01:14:01	00:13:19
39	102036	5787	Isa Parreira	40-44	Fc Ferreiras	00:13:19	00:00:58	00:37:55	00:00:16	00:21:44	01:14:12	00:13:30
40	107577	2927	Filipa Vieira	35-39	Louletano	00:15:02	00:01:17	00:35:52	00:00:22	00:22:14	01:14:47	00:14:05
41	106351	4325	Simone Siebra	45-49	Estoril Praia Credibom	00:14:08	00:02:02	00:36:00	00:00:16	00:22:56	01:15:22	00:14:40
42	100989	4110	Filipa Oliveira	50-54	Clube de Futebol Os Belenenses	00:13:13	00:00:54	00:37:51	00:00:29	00:23:13	01:15:40	00:14:58
43	107347	2872	Patrícia Emídio	25-29	Triatlo de Faro	00:13:21	00:01:02	00:37:48	00:00:24	00:23:31	01:16:06	00:15:24
44	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:13:35	00:01:24	00:39:24	00:00:29	00:21:23	01:16:15	00:15:33
45	104434	4768	Dina Martins	45-49	Fc Ferreiras	00:15:26	00:01:40	00:37:39	00:00:15	00:21:21	01:16:21	00:15:39
46	104698	1901	Cláudia Orvalho	CAD	Clube de Natação de Torres Novas	00:11:57	00:00:57	00:39:20	00:00:16	00:24:28	01:16:58	00:16:16
47	104217	2290	Maria Rodrigues	JUN	Outsystems Olímpico de Oeiras	00:10:09	00:00:42	00:42:39	00:00:17	00:23:21	01:17:08	00:16:26
48	107429	2900	Bila Duarte	35-39	Triatlo de Faro	00:11:19	00:01:09	00:39:43	00:00:46	00:24:14	01:17:11	00:16:29
49	106531	3175	Marta Barbosa	20-24	CNCVG	00:11:56	00:00:47	00:39:33	00:00:19	00:24:54	01:17:29	00:16:47
50	106785	3370	Sara Flora	30-34	CNATRIL Triatlo	00:13:24	00:01:04	00:41:20	00:00:09	00:21:45	01:17:42	00:17:00
51	107012	2770	Camila Medici	35-39	Estoril Praia Credibom	00:15:15	00:00:54	00:36:00	00:00:28	00:25:23	01:18:00	00:17:18
52	103934	3811	Joana Moura	30-34	Clube Oriental de Lisboa	00:13:39	00:01:27	00:37:03	00:00:34	00:28:02	01:20:45	00:20:03
53	104936	5077	Ruth da Cunha	50-54	Outsystems Olímpico de Oeiras	00:15:58	00:01:05	00:39:03	00:00:17	00:24:23	01:20:46	00:20:04
54	105836	5332	Catía Curica	40-44	Outsystems Olímpico de Oeiras	00:14:27	00:01:22	00:39:25	00:00:31	00:26:09	01:21:54	00:21:12
55	106976	2759	Lenka Kratka	35-39	Triatlo de Faro	00:13:58	00:01:53	00:39:26	00:00:37	00:26:10	01:22:04	00:21:22
56	107479	8088	Caroline Blache	40-44	Individual	00:14:48	00:01:37	00:42:57	00:00:17	00:23:40	01:23:19	00:22:37
57	103200	4809	Cláudia Ferreira	50-54	Lusitano / Frusoal	00:13:08	00:01:04	00:41:40	00:00:28	00:27:00	01:23:20	00:22:38
58	107156	2799	Andreia Lourenço	35-39	CNCVG	00:17:09	00:01:58	00:39:56	00:00:39	00:23:45	01:23:27	00:22:45
59	100827	1870	Mariana Cabrita	CAD	Outsystems Olímpico de Oeiras	00:11:23	00:00:39	00:44:48	00:00:09	00:26:44	01:23:43	00:23:01
60	103155	2260	Maria Inês França	JUN	CNCVG	00:13:12	00:00:58	00:42:02	00:01:08	00:26:27	01:23:47	00:23:05
61	108111	3232	Marta Alexandra Costa	30-34	Clube de Triatlo do Fundão	00:17:29	00:02:21	00:40:18	00:00:39	00:23:30	01:24:17	00:23:35

#### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	107693	2977	Ester Castelo	35-39	Vela de Tavira	00:15:16	00:01:15	00:42:38	00:00:15	00:24:57	01:24:21	00:23:39
63	106521	2747	Andreia Tourais	35-39	Outsystems Olímpico de Oeiras	00:17:37	00:01:42	00:39:50	00:00:31	00:24:48	01:24:28	00:23:46
64	103186	4223	Teresa Sepúlveda	40-44	Clube Oriental de Lisboa	00:16:16	00:01:49	00:40:44	00:00:55	00:25:36	01:25:20	00:24:38
65	103050	4638	Sara Colaço	45-49	Clube Oriental de Lisboa	00:13:56	00:01:44	00:43:06	00:00:46	00:26:05	01:25:37	00:24:55
66	101698	3400	Vitória Revytskyy	20-24	Aminata Triatlo	00:13:10	00:01:07	00:44:31	00:00:17	00:26:54	01:25:59	00:25:17
67	104935	4356	Sofia Sousa	40-44	Outsystems Olímpico de Oeiras	00:12:58	00:01:15	00:45:16	00:00:34	00:25:59	01:26:02	00:25:20
68	106056	3120	Alexandra Quintaneiro	35-39	Aminata Triatlo	00:16:37	00:02:09	00:42:40	00:00:38	00:24:03	01:26:07	00:25:25
69	107485	1534	Beatriz Sequeira	CAD	Lusitano / Frusoal	00:11:55	00:01:14	00:45:56	00:00:22	00:26:57	01:26:24	00:25:42
70	106714	5525	Tânia Rodrigues	40-44	AmoraSub/Associação Naval Amorense	00:15:32	00:02:08	00:40:53	00:00:37	00:27:29	01:26:39	00:25:57
71	101545	4558	Maria João Rico	50-54	Clube de Triatlo do Fundão	00:18:38	00:01:24	00:43:01	00:00:32	00:23:09	01:26:44	00:26:02
72	103688	1821	Mariana Paulino	CAD	CNCVG	00:11:13	00:01:18	00:45:28	00:00:15	00:28:41	01:26:55	00:26:13
73	104427	4754	Alexandra Amaral	55-59	Aminata Triatlo	00:16:59	00:02:13	00:42:15	00:00:40	00:24:53	01:27:00	00:26:18
74	105611	4603	Isabel Augusto	50-54	Mirachoro Hotels/CCP/Churrasqueira do Vau	00:15:53	00:02:01	00:42:18	00:00:55	00:26:12	01:27:19	00:26:37
75	107348	5010	Telma Sofia Farias Ramires	40-44	Triatlo de Faro	00:15:22	00:01:41	00:43:38	00:00:54	00:26:38	01:28:13	00:27:31
76	107006	5211	Ana Duarte	45-49	Outsystems Olímpico de Oeiras	00:16:29	00:01:10	00:41:12	00:00:35	00:28:58	01:28:24	00:27:42
77	106525	5056	Daniela Langaro	50-54	Outsystems Olímpico de Oeiras	00:15:01	00:00:57	00:39:40	00:00:45	00:32:09	01:28:32	00:27:50
78	107477	8086	Soraia Santos	45-49	Individual	00:15:12	00:02:37	00:42:51	00:00:47	00:29:03	01:30:30	00:29:48
79	106700	2678	Susana Alemão	35-39	Mirachoro Hotels/CCP/Churrasqueira do Vau	00:21:20	00:01:29	00:39:19	00:00:18	00:28:09	01:30:35	00:29:53
80	103938	5609	Ana Bárbara	50-54	Mirachoro Hotels/CCP/Churrasqueira do Vau	00:14:52	00:01:42	00:45:30	00:00:28	00:28:54	01:31:26	00:30:44
81	106844	1863	Matilde Branco	CAD	Outsystems Olímpico de Oeiras	00:13:07	00:00:58	00:53:06	00:00:21	00:25:54	01:33:26	00:32:44
82	107484	1533	Matilde Martins	CAD	Lusitano / Frusoal	00:13:07	00:00:48	00:53:15	00:00:13	00:26:05	01:33:28	00:32:46
83	107494	8080	Aida Costa	25-29	CNCVG	00:21:12	00:01:32	00:49:35	00:00:20	00:28:08	01:40:47	00:40:05
84	107044	3090	Andreia Almeida	35-39	AmoraSub/Associação Naval Amorense	00:16:06	00:01:44	00:49:17	00:00:47	00:34:59	01:42:53	00:42:11
85	105625	5222	Suzi Steinhofel	65-69	Louletano	00:20:04	00:03:22	00:48:55	00:00:40	00:31:28	01:44:29	00:43:47
DNF	101620	3674	Mariana Correia	20-24	Clube de Natação de Torres Novas	00:10:06	-	-	-	-	-	DNF
DNF	104590	3150	Cristiana Martins	25-29	Lusitano / Frusoal	00:12:11	-	-	-	-	-	DNF
DNF	102154	2209	Inês Reis	JUN	Clube de Natação de Torres Novas	-	-	-	-	-	-	DNF
DNS	103089	2276	Ana Francisca Moreira	JUN	Sport Lisboa e Benfica	-	-	-	-	-	-	DNS
DNS	100667	3529	Gabriela Ribeiro	20-24	Alhandra Sporting Club	-	-	-	-	-	-	DNS
DNS	100672	2259	Inês Anastácio	JUN	Alhandra Sporting Club	-	-	-	-	-	-	DNS
DNS	104085	2285	Maria Gonçalves	JUN	Clube de Triatlo do Fundão	-	-	-	-	-	-	DNS
DNS	106947	5042	Elaine Holmes	50-54	CNATRIL Triatlo	-	-	-	-	-	-	DNS
DNS	103777	5788	Cinara Martins	40-44	Fc Ferreiras	-	-	-	-	-	-	DNS

**Classificação Absoluta - Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
DNS	102129	3179	Mariana Cabrita	30-34	Fc Ferreiras	-	-	-	-	-	DNS	
DNS	107480	5240	Jocelyn McCall Ferreira	40-44	Individual	-	-	-	-	-	DNS	