

Local da Prova: **Famalicão**

Data: **20/03/2022**

Hora da Partida: **10:09:52**

Distancias: Corrida - 5000m (1 volta)

Ciclismo - 18000m (2 voltas)

Corrida - 2100m (1 volta)

**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	00:15:03	00:00:31	00:37:34	00:00:33	00:07:19	01:01:00	00:00:00
2	100666	3156	François Vie	20-24	Alhandra Sporting Club	-	-	00:37:27	00:00:32	00:08:00	01:01:35	00:00:35
3	100436	3412	Rui Dolores	35-39	AMICICLO GRÂNDOLA	00:15:46	00:00:33	00:38:21	00:00:36	00:08:01	01:03:17	00:02:17
4	103128	4222	David Coelho	40-44	SFRAA TRIATLO	00:15:45	00:00:35	00:39:28	00:00:40	00:07:22	01:03:50	00:02:50
5	103658	4290	Nelson Gomes	40-44	G.D.GOMA	00:15:21	00:00:41	-	-	00:07:33	01:04:30	00:03:30
6	104541	3657	David Preciado	25-29	SFRAA TRIATLO	00:15:45	00:00:38	00:39:37	00:00:31	00:08:07	01:04:38	00:03:38
7	100425	2523	Hugo Baluga	25-29	AMICICLO GRÂNDOLA	00:16:16	00:00:38	00:39:25	00:00:31	00:08:12	01:05:02	00:04:02
8	100783	3140	Tiago Maia	30-34	Sporting Clube de Espinho - FERSILVA	00:16:19	00:00:40	00:39:23	00:00:45	00:08:12	01:05:19	00:04:19
9	103632	3882	Nuno Pereira	35-39	G.D.GOMA	00:15:24	00:00:40	-	-	00:07:43	01:05:24	00:04:24
10	103020	3430	Pedro Oliveira	35-39	Vitória Sport Clube Triatlo	00:15:43	00:00:38	00:40:43	00:00:36	00:07:57	01:05:37	00:04:37
11	102552	3268	João Menino	20-24	Sport Lisboa e Benfica	00:16:32	00:00:34	00:40:12	00:00:32	00:08:23	01:06:13	00:05:13
12	103353	3230	João Jesus	30-34	AMICICLO GRÂNDOLA	00:15:47	00:00:38	-	-	00:08:27	01:06:27	00:05:27
13	100835	3708	Octávio Vicente	35-39	Tramagal Sport União	00:15:59	00:00:35	00:41:09	00:00:39	00:08:09	01:06:31	00:05:31
14	104234	5664	Manuel Anselmo	40-44	MARRETAS DO NORTE	00:15:45	00:00:57	00:41:15	00:00:40	00:07:59	01:06:36	00:05:36
15	101553	4710	Sérgio Santos	45-49	GCA Donas - TRIATLO	00:15:45	00:00:39	00:42:01	00:00:40	00:07:44	01:06:49	00:05:49
16	100426	4402	Joaquim Carlos Lopes	50-54	Boavista FC	00:16:46	00:00:35	00:41:04	00:00:38	00:08:02	01:07:05	00:06:05
17	104052	4315	Adelino Soutinho	40-44	G.D.GOMA	-	-	00:41:19	00:00:46	00:07:57	01:07:07	00:06:07
18	108333	5790	Roberto Barata	30-34	GCA Donas - TRIATLO	00:17:00	00:00:43	00:40:38	00:00:34	00:08:19	01:07:14	00:06:14
19	107989	3114	Vasco Silva	20-24	Sporting Clube de Espinho - FERSILVA	00:16:15	00:00:55	00:42:28	00:00:45	00:07:45	01:08:08	00:07:08
20	106936	2743	Rui Matias	25-29	SFRAA TRIATLO	00:17:16	00:00:51	00:40:59	00:00:36	00:08:27	01:08:09	00:07:09
21	107597	2934	Avelino Santos	30-34	SFRAA TRIATLO	00:17:18	00:00:51	00:40:58	00:00:52	00:08:21	01:08:20	00:07:20
22	103344	4953	Nuno Rocha	45-49	Mirachoro Hotels/CCPortimão/Churrasqueira do	00:17:25	00:00:49	00:40:53	00:00:43	00:08:31	01:08:21	00:07:21
23	100283	2993	João Maria Inácio	20-24	Pimpões Triatlo	00:18:06	00:00:57	00:40:26	00:00:40	00:08:14	01:08:23	00:07:23
24	106427	8246	Abel Franco	45-49	Individual	00:16:35	00:00:58	00:42:06	00:00:46	00:08:17	01:08:42	00:07:42
25	102225	1855	Tiago Margarido	CAD	Sport Lisboa e Benfica	00:16:38	00:00:35	00:42:39	00:00:39	00:08:16	01:08:47	00:07:47
26	101551	5729	Roger Manuel Rogeiro Vicente	40-44	GCA Donas - TRIATLO	00:16:45	00:00:38	00:42:42	00:00:38	00:08:11	01:08:54	00:07:54
27	100429	2238	Luís Marques	JUN	AMICICLO GRÂNDOLA	00:15:43	00:00:44	00:42:41	00:00:46	00:09:08	01:09:02	00:08:02
28	105550	3661	Fábio Durão	30-34	Individual	00:16:21	00:00:56	-	-	00:07:59	01:09:15	00:08:15

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	100842	2630	Rodrigo Amoreira	20-24	GCA Donas - TRIATLO	-	-	00:42:30	00:00:40	00:08:45	01:09:19	00:08:19
30	101990	3474	Ricardo Miranda	35-39	PedalarTE	00:17:40	00:00:47	00:41:39	00:00:39	00:08:40	01:09:25	00:08:25
31	103335	1879	David Fernandes	CAD	Clube Triatlo de Abrantes	00:16:39	00:00:40	00:42:34	00:00:37	00:09:03	01:09:33	00:08:33
32	104877	3085	Nuno Dias	35-39	AMICICLO GRÂNDOLA	00:17:41	00:00:45	00:41:51	00:00:36	00:08:45	01:09:38	00:08:38
33	101702	4584	António Ferreira	55-59	Individual	-	-	00:42:15	00:00:50	00:08:29	01:09:39	00:08:39
34	101517	5789	Pedro Santos	40-44	Boavista FC	00:17:57	00:00:53	00:41:08	00:00:49	00:08:56	01:09:43	00:08:43
35	103659	4367	José Peixoto	50-54	G.D.GOMA	-	-	00:42:37	00:01:01	00:08:20	01:09:44	00:08:44
36	108167	3266	Bruno Camacho	20-24	AMICICLO GRÂNDOLA	00:17:48	00:00:58	00:41:23	00:00:47	00:08:52	01:09:48	00:08:48
37	101998	5253	Virgílio BARBOSA	40-44	PedalarTE	00:18:02	00:00:50	00:42:00	00:00:44	00:08:48	01:10:24	00:09:24
38	104758	4626	Rui Gomes	45-49	Sporting Clube de Espinho - FERSILVA	00:16:36	00:00:53	00:44:06	00:00:40	00:08:14	01:10:29	00:09:29
39	102637	2262	Diogo Carvalhinho	JUN	Pimpões Triatlo	00:16:49	00:00:43	00:43:48	00:00:40	00:08:46	01:10:46	00:09:46
40	105263	3462	Hélder Monteiro	35-39	MOZINHO RACING TEAM	-	-	-	-	00:09:06	01:10:46	00:09:46
41	106790	4780	Davide Silva	40-44	DAR-Recardães EXPansion	00:17:03	00:00:50	00:43:43	00:00:42	00:08:43	01:11:01	00:10:01
42	100570	4472	Carlos Fernandes	45-49	SFRAA TRIATLO	00:17:15	00:00:49	00:43:53	00:00:42	00:08:44	01:11:23	00:10:23
43	104242	5270	Luís Cordeiro	40-44	SFRAA TRIATLO	00:18:52	00:00:54	00:41:31	00:00:51	00:09:16	01:11:24	00:10:24
44	105513	1548	Guilherme Fernandes	CAD	PedalarTE	-	-	-	-	00:08:54	01:11:26	00:10:26
45	102183	4482	Arlindo Brás	50-54	Clube Triatlo de Abrantes	00:17:26	00:00:50	00:43:50	00:00:43	00:08:47	01:11:36	00:10:36
46	106798	4797	Américo Lima	45-49	Mc Donald's/Tribraga	00:17:47	00:00:57	00:42:50	00:00:43	00:09:23	01:11:40	00:10:40
47	106306	2283	Atila Ambrus	JUN	G.D.GOMA	00:17:22	00:00:47	00:44:49	00:00:36	00:08:29	01:12:03	00:11:03
48	101509	4627	João Ferreira	45-49	Mc Donald's/Tribraga	-	-	00:44:38	00:00:42	00:08:40	01:12:12	00:11:12
49	100432	4015	Miguel Garcia	45-49	AMICICLO GRÂNDOLA	-	-	00:43:37	00:00:42	00:08:55	01:12:32	00:11:32
50	108158	3247	Miguel Marinho	30-34	Clube Zupper	00:17:38	00:00:55	00:44:24	00:00:48	00:08:56	01:12:41	00:11:41
51	107969	3091	Samuel Leal	30-34	Individual	00:19:03	00:01:01	00:43:22	00:00:45	00:08:48	01:12:59	00:11:59
52	105926	5571	David Felizardo	40-44	GDCR - Grupo Desportivo e Cultural de Recard	00:18:08	00:00:52	-	-	00:08:45	01:13:03	00:12:03
53	101486	4088	Celso Moreira	40-44	DAR-Recardães EXPansion	-	-	00:43:55	00:00:42	00:09:11	01:13:27	00:12:27
54	102204	1856	João Mendes	CAD	Clube Triatlo de Abrantes	00:18:21	00:00:39	00:44:26	00:00:37	00:09:40	01:13:43	00:12:43
55	105440	2271	Ruben Leandro Ribeiro	JUN	Paredes Aventura	-	-	00:45:10	00:00:52	00:08:39	01:13:45	00:12:45
56	103179	4525	Jorge Carvalho	50-54	Clube Oriental de Lisboa	-	-	00:45:15	00:00:51	00:08:45	01:13:47	00:12:47
57	107374	2879	Daniel Santos	35-39	Individual	-	-	00:44:09	00:01:02	00:09:02	01:13:49	00:12:49
58	100422	2247	David Oliveira	JUN	AMICICLO GRÂNDOLA	-	-	00:45:41	00:00:42	00:09:14	01:14:07	00:13:07
59	100417	4774	Aníbal Oliveira	45-49	AMICICLO GRÂNDOLA	00:18:17	00:01:02	00:44:59	00:00:42	00:09:10	01:14:10	00:13:10
60	108303	3348	Jorge Augusto Gil	35-39	Clube Triatlo de Abrantes	00:19:02	00:01:00	00:44:49	00:00:45	00:09:11	01:14:47	00:13:47
61	106793	2702	André Lucas	35-39	DAR-Recardães EXPansion	-	-	00:42:53	00:00:48	00:09:44	01:15:06	00:14:06

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	103173	4427	Miguel David	50-54	Clube Oriental de Lisboa	-	-	00:46:39	00:00:47	00:08:48	01:15:18	00:14:18
63	105749	3750	José André Ferreira	35-39	Vitória Sport Clube Triatlo	00:19:03	00:01:02	00:45:26	00:00:50	00:09:01	01:15:22	00:14:22
64	108242	5762	Luis Marques	55-59	Tramagal Sport União	00:18:42	00:01:04	00:45:37	00:00:59	00:09:27	01:15:49	00:14:49
65	105434	1936	David Ferreira	CAD	Paredes Aventura	-	-	00:45:37	00:00:47	00:09:19	01:16:04	00:15:04
66	107256	4715	Árístides Bordalo	55-59	Estoril Praia Credibom	00:18:43	00:01:03	00:45:57	00:01:03	00:09:23	01:16:09	00:15:09
67	102822	1509	Duarte Moreira	CAD	FET-Fátima Escola de Triatlo	00:18:24	00:00:52	00:46:40	00:00:48	00:09:26	01:16:10	00:15:10
68	108321	5783	Nuno André Vilão dos Santos	40-44	DAR-Recardães EXPansion	00:20:24	00:00:50	00:44:13	00:00:57	00:10:32	01:16:56	00:15:56
69	105597	4240	Márcio Silva	40-44	Clube Fluvial Vilacondense	00:19:33	00:00:51	00:46:37	00:00:44	00:09:21	01:17:06	00:16:06
70	107844	1892	Artur Resende Santana	CAD	Clube Triatlo de Abrantes	00:18:38	00:00:56	-	-	00:08:51	01:17:17	00:16:17
71	108246	3323	Bruno Manuel Rodrigues	30-34	Clube Triatlo de Abrantes	-	-	00:45:45	00:00:52	00:10:05	01:17:51	00:16:51
72	105649	3688	Pedro Amaral	30-34	Escola Triatlo Santo António Évora	00:18:05	00:01:17	00:48:15	00:01:19	00:08:57	01:17:53	00:16:53
73	102599	4099	Fernando Igreja	45-49	Clube Fluvial Vilacondense	00:19:34	00:01:01	00:46:17	00:00:52	00:10:15	01:17:59	00:16:59
74	108327	3358	Tiago Ribeiro	35-39	GDCR - Grupo Desportivo e Cultural de Recardães	00:20:19	00:01:11	00:45:18	00:01:05	00:10:18	01:18:11	00:17:11
75	100650	4242	César Andrade	40-44	Alhandra Sporting Club	00:19:28	00:00:51	00:48:03	00:00:47	00:09:19	01:18:28	00:17:28
76	100525	3572	Filipe Baptista	25-29	Sporting Clube de Espinho - FERSILVA	00:18:05	00:00:50	00:50:07	00:00:47	00:08:49	01:18:38	00:17:38
77	105511	1550	Tiago Gonçalves	CAD	Pedalarte	00:17:58	00:00:38	00:49:20	00:00:40	00:10:06	01:18:42	00:17:42
78	101993	5045	Paulo Bouça	40-44	Pedalarte	00:19:09	00:01:04	00:48:38	00:00:49	00:09:19	01:18:59	00:17:59
79	105143	5115	Luís Santos	40-44	Clube Fluvial Vilacondense	00:20:43	00:00:59	00:47:05	00:00:47	00:10:07	01:19:41	00:18:41
80	106134	5434	Rafael Gomes	45-49	Clube de Triatlo de Viseu	00:20:20	00:00:48	00:48:02	00:00:37	00:09:56	01:19:43	00:18:43
81	104640	4457	Joaquim Barbosa	55-59	Clube Fluvial Vilacondense	00:20:50	00:01:07	-	-	00:09:50	01:20:11	00:19:11
82	102634	4904	Luís Carvalhinho	55-59	Pimpões Triatlo	00:20:00	00:00:43	00:49:02	00:00:47	00:09:41	01:20:13	00:19:13
83	104686	3283	Gonçalo Fernandes	30-34	Pedalarte	00:20:21	00:01:01	00:48:23	00:00:45	00:09:46	01:20:16	00:19:16
84	102223	5743	Rui Salgueiro	45-49	Tramagal Sport União	00:20:50	00:00:53	-	-	00:10:49	01:20:23	00:19:23
85	101410	4039	José Varela	65-69	Louletano	-	-	-	-	00:09:36	01:20:28	00:19:28
86	108422	2294	Gonçalo Dias	JUN	DAR-Recardães EXPansion	-	-	-	-	00:09:35	01:21:08	00:20:08
87	106674	4529	Vitor Manuel Cruz da Costa	55-59	Mc Donald's/Tribraga	-	-	00:50:02	00:01:06	00:10:21	01:21:55	00:20:55
88	106065	2270	Gonçalo Costa	JUN	Paredes Aventura	00:20:56	00:00:36	00:49:37	00:00:34	00:10:19	01:22:02	00:21:02
89	102127	4351	João Rodrigues	60-64	CDAJS Duatlo	00:21:31	00:01:04	00:48:35	00:00:55	00:10:15	01:22:20	00:21:20
90	101065	4060	António Moura	60-64	Pimpões Triatlo	00:20:44	00:01:21	00:50:16	00:00:49	00:09:54	01:23:04	00:22:04
91	108014	5654	Joaquim Pereira	45-49	Boavista FC	00:19:40	00:01:05	00:51:00	00:00:59	00:10:23	01:23:07	00:22:07
92	105501	2635	Pedro Afonso Marques	20-24	Clube Triatlo de Abrantes	00:19:46	00:00:47	00:52:10	00:00:43	00:09:44	01:23:10	00:22:10
93	104777	1832	Francisco Martim	CAD	FET-Fátima Escola de Triatlo	00:19:21	00:00:40	00:50:21	00:00:35	00:12:15	01:23:12	00:22:12
94	102409	1513	André Nepomuceno	CAD	Escola Triatlo Santo António Évora	00:19:33	00:00:43	00:51:49	00:00:44	00:10:27	01:23:16	00:22:16

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
95	108476	5825	Délio Nunes	50-54	FET-Fátima Escola de Triatlo	-	-	00:53:20	00:00:48	00:09:56	01:25:06	00:24:06
96	100285	4072	Renato Fidalgo	60-64	Individual	00:22:20	00:01:42	00:49:10	00:01:16	00:10:55	01:25:23	00:24:23
97	105743	5287	Abílio João Malheiro	45-49	Clube Fluvial Vilacondense	00:20:43	00:01:02	00:52:36	00:01:05	00:10:26	01:25:52	00:24:52
98	107982	5624	Paulo Pinheiro	50-54	Individual	-	-	00:52:49	00:01:40	00:09:47	01:25:58	00:24:58
99	106673	8038	Joaquim Sá	60-64	Individual	00:23:37	00:01:22	00:48:45	00:01:07	00:11:22	01:26:13	00:25:13
100	108481	8359	Julio Nepomuceno	50-54	Escola Triatlo Santo António Évora	-	-	00:53:38	00:00:49	00:10:03	01:26:40	00:25:40
101	102541	4019	Joaquim Figueiredo	65-69	Palmela Desporto / Tripla Rotação	-	-	00:53:40	00:01:04	00:10:25	01:26:48	00:25:48
102	100453	4478	Fernando Pombo	70-74	Outsystems Olímpico de Oeiras	00:20:35	00:01:09	00:54:09	00:00:54	00:10:42	01:27:29	00:26:29
103	105484	1937	Emanuel Gonçalves	CAD	Paredes Aventura	00:21:04	00:00:58	00:52:03	00:01:08	00:12:22	01:27:35	00:26:35
104	103853	8300	Jorge Costa	50-54	Sporting Clube de Espinho - FERSILVA	00:20:26	00:00:45	00:56:08	00:00:41	00:10:36	01:28:36	00:27:36
105	104593	4305	José Carlos Ramalho	55-59	Individual	00:21:46	00:01:20	00:55:12	00:01:11	00:11:06	01:30:35	00:29:35
106	106108	5386	Nuno Sousa Pereira	50-54	Associação Académica de São Mamede	00:24:07	00:01:16	-	-	00:12:07	01:31:41	00:30:41
107	106692	3068	Pedro Gonçalves	35-39	Clube Fluvial Vilacondense	00:21:04	00:01:20	00:56:35	00:01:13	00:11:39	01:31:51	00:30:51
108	108369	3420	Fábio Faria	30-34	Boavista FC	00:19:39	00:00:57	01:00:16	00:00:51	00:10:54	01:32:37	00:31:37
109	107626	5456	Nuno Peralta	50-54	Sporting Clube de Espinho - FERSILVA	00:22:20	00:00:52	00:59:22	00:00:41	00:10:43	01:33:58	00:32:58
110	104047	4207	Victor Campos	70-74	DAR-Recardães EXPansion	00:25:33	00:01:19	00:53:37	00:01:05	00:12:54	01:34:28	00:33:28
111	104243	4418	Nuno Álvares Pereira	65-69	Mc Donald's/Tribraga	00:22:48	00:01:43	00:57:58	00:01:10	00:11:04	01:34:43	00:33:43
112	102339	4730	Júlio Martins	65-69	GCA Donas - TRIATLO	00:21:19	00:01:43	01:00:26	00:01:16	00:10:19	01:35:03	00:34:03
113	105439	1893	Rodrigo Silva	CAD	Paredes Aventura	-	-	-	-	00:12:24	01:36:28	00:35:28
114	108302	3347	António de Araújo Maia	20-24	Clube Triatlo de Abrantes	-	-	01:06:50	00:00:42	00:13:34	01:44:16	00:43:16
DNF	104258	3932	Rui Pires	35-39	FET-Fátima Escola de Triatlo	-	-	-	-	-	DNF	
DNF	106578	4188	Vítor Teixeira	45-49	Mc Donald's/Tribraga	-	-	-	-	-	DNF	
DNS	103201	1872	Diogo Marques	CAD	Escola Triatlo Santo António Évora	-	-	-	-	-	DNS	
DNS	108263	2280	Bernardo Prazeres	JUN	Tramagal Sport União	-	-	-	-	-	DNS	
DNS	107835	3041	Manuel Marchante	30-34	Escola Triatlo Santo António Évora	-	-	-	-	-	DNS	
DNS	102359	3552	João Nuno Martins	35-39	GCA Donas - TRIATLO	-	-	-	-	-	DNS	
DNS	101511	3970	Renato Teixeira	25-29	G.D.GOMA	-	-	-	-	-	DNS	
DNS	100903	4336	José Calheiros	55-59	Veteranos do Porto	-	-	-	-	-	DNS	
DNS	102481	4454	José Amoreira	50-54	GCA Donas - TRIATLO	-	-	-	-	-	DNS	
DNS	104007	5030	Hugo Guerra	40-44	Clube Zupper	-	-	-	-	-	DNS	
DNS	107005	5207	Jorge Nunes	60-64	G.D.GOMA	-	-	-	-	-	DNS	
DNS	105785	5309	Carlos Mendes	50-54	Clube Triatlo de Abrantes	-	-	-	-	-	DNS	
DNS	107732	5565	Carlos Teixeira	45-49	Individual	-	-	-	-	-	DNS	

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
DNS	101746	5719	Hugo Carrageta	40-44	Escola Triatlo Santo António Évora	-	-	-	-	-	DNS	
DNS	108306	5775	Xavier Ferreira	40-44	Individual	-	-	-	-	-	DNS	