

Local da Prova: **Póvoa Do Lanhoso-T**

Data: **19-06-2022**

Hora da Partida: **10:00:44**

Distancias: Natação - 750

Ciclismo - 19000

Corrida - 5000

### Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
1	101627	1833	Pedro Afonso Razões	CAD	Clube de Natação de Torres Novas	00:08:59	-	-	00:57:01	00:00:00
2	104099	1902	Manel Bartolomeu	CAD	Clube de Natação de Torres Novas	00:09:01	-	-	00:57:41	00:00:40
3	102382	2284	José Tadeia	JUN	Alhandra Sporting Club	00:09:02	00:33:04	00:17:31	00:59:37	00:02:36
4	100503	2258	Bernardo Boal	JUN	Alhandra Sporting Club	00:10:12	00:32:27	00:17:22	01:00:01	00:03:00
5	102323	4197	Hugo Pina	40-44	CNCVG	00:10:29	00:33:01	00:17:10	01:00:40	00:03:39
6	102380	3568	Ricardo Rego	35-39	Clube Zupper	00:09:52	00:33:04	00:18:05	01:01:01	00:04:00
7	103079	3824	João Rebelo	25-29	Vasco da Gama Atlético Clube Sines	00:10:49	00:33:04	00:17:32	01:01:25	00:04:24
8	104060	1881	Vasco Nunes	CAD	Alhandra Sporting Club	00:10:13	00:32:31	00:18:56	01:01:40	00:04:39
9	100354	2813	Afonso do Canto	20-24	Clube de Natação de Torres Novas	00:09:44	00:32:21	00:19:38	01:01:43	00:04:42
10	103775	1836	Francisco Borges	CAD	Clube de Natação de Torres Novas	00:10:03	00:32:43	00:19:10	01:01:56	00:04:55
11	104735	3379	Bruno Santos	30-34	CNCVG	00:11:28	00:32:48	00:17:48	01:02:04	00:05:03
12	105440	2271	Ruben Leandro Ribeiro	JUN	Paredes Aventura	00:10:52	00:33:21	00:18:59	01:03:12	00:06:11
13	108088	3207	André Pereira	25-29	Mc Donald´s/Tribraga	00:10:12	00:33:56	00:19:25	01:03:33	00:06:32
14	107913	3089	André Picado	20-24	Alhandra Sporting Club	00:10:27	00:33:44	00:19:29	01:03:40	00:06:39
15	101511	3970	Renato Teixeira	25-29	G.D.GOMA	00:12:34	00:33:06	00:18:15	01:03:55	00:06:54
16	107652	2960	André Carmina	30-34	SUC - Silvestre Festas / MoonSport Innerme	00:11:36	00:34:06	00:18:17	01:03:59	00:06:58
17	107390	2884	Firmino Miguel	25-29	Clube Zupper	00:11:55	00:33:48	00:18:18	01:04:01	00:07:00
18	108559	3650	Nelson Oliveira	25-29	AmoraSub/Associação Naval Amorense	00:10:36	00:34:41	00:18:49	01:04:06	00:07:05
19	107972	3095	Nicolas Ezequiel Puliani	25-29	Vasco da Gama Atlético Clube Sines	00:12:27	00:34:03	00:18:12	01:04:42	00:07:41
20	104622	3197	Fábio Faustino	35-39	Vasco da Gama Atlético Clube Sines	00:12:37	00:33:54	00:18:18	01:04:49	00:07:48
21	105812	1886	Rui Pinheiro	CAD	Associação Académica de São Mamede	00:11:51	00:33:49	00:19:48	01:05:28	00:08:27
22	101162	2207	Gonçalo Coelho	JUN	CNCVG	00:10:34	00:33:56	00:21:00	01:05:30	00:08:29
23	101325	3409	José Luís Virtuoso	25-29	AmoraSub/Associação Naval Amorense	00:11:01	00:34:40	00:20:16	01:05:57	00:08:56
24	105609	4527	Pedro Joel Carvalho	45-49	Associação Beat Your Limit!	00:12:09	00:35:11	00:18:40	01:06:00	00:08:59
25	0	8402	Francisco Dias	CAD	Não Federado	00:12:24	00:33:25	00:20:23	01:06:12	00:09:11
26	103874	3773	Adriano Luz Domingos	30-34	Vasco da Gama Atlético Clube Sines	00:12:25	00:34:25	00:19:24	01:06:14	00:09:13
27	102296	1930	tiago miguel casinha	CAD	CNCVG	00:11:42	00:35:04	00:19:56	01:06:42	00:09:41
28	105548	2673	Gonçalo Brito	20-24	Sporting Clube de Espinho - FERSILVA	00:12:23	00:34:22	00:19:58	01:06:43	00:09:42

**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
29	0	8426	Ignacio Vilas Eguileta	40-44	Triatlón X3M	00:12:32	00:35:47	00:18:49	01:07:08	00:10:07
30	108158	3247	Miguel Marinho	30-34	Clube Zupper	00:13:30	00:34:33	00:19:56	01:07:59	00:10:58
31	100422	2247	David Oliveira	JUN	Amiciclo Grandola	00:12:20	00:35:45	00:20:31	01:08:36	00:11:35
32	101990	3474	Ricardo Miranda	35-39	PedalarTE	00:13:43	00:34:41	00:20:13	01:08:37	00:11:36
33	101504	3142	Diogo Felisberto	35-39	Associação Académica de São Mamede	00:13:17	00:36:42	00:19:04	01:09:03	00:12:02
34	102655	4799	João Ramos	40-44	Clube Zupper	00:14:37	00:34:16	00:20:11	01:09:04	00:12:03
35	105685	3727	Luis Lobo	30-34	G.D.GOMA	00:14:42	-	-	01:09:07	00:12:06
36	107384	5159	Hugo Ferreira	40-44	Clube Zupper	00:13:33	00:34:44	00:21:27	01:09:44	00:12:43
37	108589	5864	Bruno Costa	40-44	Clube de Triatlo do Fundão	00:13:15	00:35:51	00:20:53	01:09:59	00:12:58
38	101054	4569	Paulo Costa	50-54	Sporting Clube de Espinho - FERSILVA	00:12:50	00:36:14	00:21:01	01:10:05	00:13:04
39	104122	4299	Rui Ramos	45-49	G.D.GOMA	00:14:28	00:36:26	00:19:21	01:10:15	00:13:14
40	106982	5759	Fabiano Vaz	40-44	Vasco da Gama Atlético Clube Sines	00:13:49	00:35:36	00:20:56	01:10:21	00:13:20
41	101985	5732	Nuno Ribeiro	40-44	Clube Zupper	00:13:29	00:35:34	00:21:28	01:10:31	00:13:30
42	104120	4298	Rui Amorim	55-59	Clube Zupper	00:13:55	00:35:41	00:21:04	01:10:40	00:13:39
43	105434	1936	David Ferreira	CAD	Paredes Aventura	00:12:26	00:36:39	00:21:47	01:10:52	00:13:51
44	107276	2845	Márcio Carvalho	35-39	Clube Zupper	00:14:21	00:35:19	00:21:49	01:11:29	00:14:28
45	107174	4516	Joaquim Esteves	55-59	SFRAA TRIATLO	00:14:00	00:35:10	00:22:29	01:11:39	00:14:38
46	100417	4774	Anibal Oliveira	45-49	Amiciclo Grandola	00:16:24	00:34:16	00:21:05	01:11:45	00:14:44
47	101543	4644	Luís Gonçalves	45-49	Clube de Triatlo do Fundão	00:12:14	00:36:04	00:23:52	01:12:10	00:15:09
48	104846	2997	Rui Trigueiro	35-39	CDE Santana/Hugo Pita Portas&Automatismos	00:13:26	00:35:41	00:23:23	01:12:30	00:15:29
49	108074	3191	João Fernandes	30-34	Associação Académica de São Mamede	00:12:31	00:39:17	00:20:43	01:12:31	00:15:30
50	106270	2726	David António Serrão Martins	30-34	Vasco da Gama Atlético Clube Sines	00:13:45	00:37:33	00:21:16	01:12:34	00:15:33
51	103321	4860	Renato Araújo	50-54	AmoraSub/Associação Naval Amorense	00:14:07	00:37:03	00:22:09	01:13:19	00:16:18
52	107219	2821	Marco Caetano	30-34	Associação Académica de São Mamede	00:14:18	00:39:05	00:20:26	01:13:49	00:16:48
53	105484	1937	Emanuel Gonçalves	CAD	Paredes Aventura	00:13:42	00:36:53	00:23:17	01:13:52	00:16:51
54	0	8423	Tiago Alves	40-44	Não Federado	00:13:49	00:39:05	00:21:12	01:14:06	00:17:05
55	106630	4226	Miguel Leão	50-54	Associação Beat Your Limit!	00:14:12	00:38:46	00:21:46	01:14:44	00:17:43
56	108495	3580	Nuno Oliveira	30-34	Vitória Sport Clube Triatlo	00:14:45	00:38:45	00:21:22	01:14:52	00:17:51
57	103528	3463	Bernardo Braga	30-34	Associação Académica de São Mamede	00:11:48	00:41:50	00:21:33	01:15:11	00:18:10
58	108439	5826	Bruno Pereira	45-49	AmoraSub/Associação Naval Amorense	00:14:33	00:37:26	00:23:24	01:15:23	00:18:22
59	106692	3068	Pedro Gonçalves	35-39	Clube Fluvial Vilacondense	00:17:42	00:44:56	00:12:47	01:15:25	00:18:24
60	101041	4193	Luis Ferreira	50-54	Associação Académica de São Mamede	00:13:30	00:39:14	00:22:49	01:15:33	00:18:32
61	106065	2270	Gonçalo Costa	JUN	Paredes Aventura	00:14:51	00:38:30	00:22:29	01:15:50	00:18:49

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#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
62	108110	3228	Pedro Miguel Maurício	30-34	Clube de Triatlo do Fundão	00:14:54	00:37:31	00:23:33	01:15:58	00:18:57
63	102356	5600	Rui Costa	45-49	Individual	00:15:50	00:38:01	00:22:49	01:16:40	00:19:39
64	107304	4893	Rodrigo Pessoa	40-44	Associação Académica de São Mamede	00:14:52	00:40:44	00:21:55	01:17:31	00:20:30
65	101518	3020	Rui Barbosa	35-39	G.D.GOMA	00:13:03	00:38:08	00:26:21	01:17:32	00:20:31
66	108022	5662	Bruno Araújo	40-44	Mc Donald´s/Tribraga	00:14:43	00:41:03	00:21:56	01:17:42	00:20:41
67	0	8414	Orlando Novais	40-44	Não Federado	00:13:10	00:41:14	00:23:40	01:18:04	00:21:03
68	107374	2879	Daniel Santos	35-39	Individual	00:19:11	00:37:59	00:20:59	01:18:09	00:21:08
69	104986	3060	Paulo Silva	30-34	Individual	00:16:40	00:39:26	00:22:17	01:18:23	00:21:22
70	105073	3303	Tiago Dias	35-39	Clube Zupper	00:16:23	00:38:39	00:23:57	01:18:59	00:21:58
71	103853	4663	Jorge Costa	50-54	Sporting Clube de Espinho - FERSILVA	00:14:05	00:41:51	00:23:29	01:19:25	00:22:24
72	107670	2968	Gonçalo Oliveira	20-24	PedalarTE	00:12:20	00:44:33	00:22:43	01:19:36	00:22:35
73	105553	5584	Alexandre Guimarães	45-49	Individual	00:18:26	00:39:12	00:22:04	01:19:42	00:22:41
74	107197	4556	Nuno Sousa	45-49	Sporting Clube de Espinho - FERSILVA	00:20:22	00:38:10	00:21:32	01:20:04	00:23:03
75	107013	5500	Paulo Martins Ferreira	45-49	Associação Académica de São Mamede	00:16:10	00:40:49	00:23:06	01:20:05	00:23:04
76	0	8400	Artur Lima	25-29	Não Federado	00:14:22	00:41:53	00:23:55	01:20:10	00:23:09
77	106313	4103	André Aroso Dias	40-44	Individual	00:14:03	00:40:00	00:26:24	01:20:27	00:23:26
78	0	8422	Rui Ferreira	50-54	Não Federado	00:16:43	00:40:44	00:23:10	01:20:37	00:23:36
79	106383	4440	Rui Melo	40-44	Mc Donald´s/Tribraga	00:12:47	00:45:59	00:22:00	01:20:46	00:23:45
80	106345	4318	Pedro Resende	45-49	Individual	00:14:40	00:39:23	00:26:58	01:21:01	00:24:00
81	106480	5107	Célio Pereira	45-49	Veteranos do Porto	00:18:28	00:38:48	00:23:50	01:21:06	00:24:05
82	106108	5386	Nuno Sousa Pereira	50-54	Associação Académica de São Mamede	00:14:35	00:41:03	00:25:39	01:21:17	00:24:16
83	107772	5578	Ricardo Moreira	40-44	Associação Beat Your Limit!	00:17:02	00:41:44	00:22:45	01:21:31	00:24:30
84	101038	5666	João Moita	40-44	Associação Beat Your Limit!	00:22:29	00:39:14	00:19:48	01:21:31	00:24:30
85	107633	2951	Vitor Rito	35-39	Individual	00:14:25	00:45:53	00:21:28	01:21:46	00:24:45
86	101541	4432	João Matos	50-54	Clube de Triatlo do Fundão	00:13:36	00:40:50	00:27:27	01:21:53	00:24:52
87	0	8419	Paulo Freitas	40-44	Não Federado	00:15:59	00:45:16	00:21:24	01:22:39	00:25:38
88	106159	5438	Paulo Martins	45-49	Clube Fluvial Vilacondense	00:14:52	00:43:35	00:24:16	01:22:43	00:25:42
89	104081	5371	Pedro Rodrigues	40-44	Clube Zupper	00:15:08	00:43:18	00:24:26	01:22:52	00:25:51
90	106197	5454	Celso Teixeira	55-59	Sporting Clube de Espinho - FERSILVA	00:16:36	00:41:18	00:25:11	01:23:05	00:26:04
91	106674	4529	Vitor Costa	55-59	Mc Donald´s/Tribraga	00:20:32	00:39:19	00:24:00	01:23:51	00:26:50
92	0	8405	Hugo Carvalho	30-34	Não Federado	00:17:14	00:43:20	00:23:25	01:23:59	00:26:58
93	0	8401	Bruno Gonçalves	35-39	Não Federado	00:16:05	00:45:02	00:25:31	01:26:38	00:29:37
94	0	8421	Pedro Brás	30-34	Não Federado	00:13:16	00:48:03	00:25:40	01:26:59	00:29:58

**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
95	0	8403	Francisco Viegas	55-59	Não Federado	00:13:57	00:44:33	00:29:41	01:28:11	00:31:10
96	107626	5456	Nuno Peralta	50-54	Sporting Clube de Espinho - FERSILVA	00:16:39	00:46:30	00:25:30	01:28:39	00:31:38
97	DX5RB6V	1893	Rodrigo Silva	CAD	Paredes Aventura	00:14:11	00:47:30	00:27:47	01:29:28	00:32:27
98	107399	5851	Diogo Candeias	40-44	Individual	00:14:19	00:52:50	00:22:21	01:29:30	00:32:29
99	107058	5516	André Figueiredo	45-49	Individual	00:15:13	00:48:41	00:26:06	01:30:00	00:32:59
100	103854	4674	Nelson Ramos	55-59	Sporting Clube de Espinho - FERSILVA	00:19:02	00:47:46	00:23:39	01:30:27	00:33:26
101	107988	5633	Miguel Pinheiro	50-54	Sporting Clube de Espinho - FERSILVA	00:16:06	00:47:02	00:27:49	01:30:57	00:33:56
102	107356	5026	Filipe Monteiro	40-44	Associação Beat Your Limit!	00:23:23	00:41:25	00:26:33	01:31:21	00:34:20
103	0	8424	Urbino Santos	45-49	Não Federado	00:13:08	00:50:42	00:29:24	01:33:14	00:36:13
104	106070	5379	Paulo Rodrigues	60-64	Veteranos do Porto	00:18:54	00:49:22	00:27:59	01:36:15	00:39:14
105	104809	4889	Pedro Teixeira	45-49	Clube Zupper	00:18:16	-	-	01:36:50	00:39:49
106	106465	4801	João Serdoura	45-49	Mc Donald's/Tribraga	00:18:49	-	-	01:44:23	00:47:22
DNF	105906	1549	João Vasques	CAD	CAPGE	00:10:53	-	-	DNF	
DNF	108594	3660	João Sá Gomes	35-39	Clube Fluvial Vilacondense	-	-	-	DNF	
DNS	100424	2824	Gonçalo Oliveira	20-24	Clube de Natação de Torres Novas	-	-	-	DNS	
DNS	108530	4294	Bernardo Gomez Torres	40-44	Clube Fluvial Vilacondense	-	-	-	DNS	
DNS	104593	4305	José Carlos Ramalho	55-59	Clube Fluvial Vilacondense	-	-	-	DNS	
DNS	105143	5115	Luís Santos	40-44	Clube Fluvial Vilacondense	-	-	-	DNS	
DNS	100228	4218	Paulo Pereira	45-49	Clube Zupper	-	-	-	DNS	
DNS	100143	4459	Fernando Magalhães	45-49	Clube Zupper	-	-	-	DNS	
DNS	100352	4749	Telmo Veloso	45-49	Clube Zupper	-	-	-	DNS	
DNS	107319	4938	David Almeida	50-54	Clube Zupper	-	-	-	DNS	
DNS	104007	5030	Hugo Guerra	40-44	Clube Zupper	-	-	-	DNS	
DNS	106202	5457	Miguel Gomes	50-54	Clube Zupper	-	-	-	DNS	
DNS	105384	4365	Nuno Alcides	40-44	G.D.GOMA	-	-	-	DNS	
DNS	105319	3541	Pedro Castro	30-34	Mc Donald's/Tribraga	-	-	-	DNS	
DNS	101509	4627	João Ferreira	45-49	Mc Donald's/Tribraga	-	-	-	DNS	
DNS	105344	5185	Manuel Moutinho	45-49	Mc Donald's/Tribraga	-	-	-	DNS	
DNS	104477	5661	Ricardo Pereira	40-44	Mc Donald's/Tribraga	-	-	-	DNS	
DNS	106179	2655	João de Castro Rocha	25-29	Veteranos do Porto	-	-	-	DNS	
DNS	100899	4162	Henrique Gonçalves	65-69	Veteranos do Porto	-	-	-	DNS	
DNS	100911	4255	Paulo de Castro Rocha	60-64	Veteranos do Porto	-	-	-	DNS	
DNS	104606	4314	Goncalo Guedes Rodrigues	45-49	Veteranos do Porto	-	-	-	DNS	

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#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
DNS	100903	4336	José Calheiros	55-59	Veteranos do Porto	-	-	-	DNS	
DNS	104787	4821	Antonio Vieira	60-64	Veteranos do Porto	-	-	-	DNS	
DNS	0	8420	Pedro Alves	25-29	Não Federado	-	-	-	DNS	