

Local da Prova: **Amora**

Data: **31/07/2022**

Hora da Partida: **16:40:08**

Distancias: Natação - 750

Corrida - 5000

Classificações Absolutos Femininos

| # | Lic. | Dors. | Nome | Esc. | Equipa | Natação | Transição | Corrida | T.Total | Diff. |
|----|--------|-------|---------------------|-------|-----------------------------------|----------|-----------|----------|----------|----------|
| 1 | 104367 | 3967 | Raquel Rocha | 25-29 | CNATRIL Triatlo | 00:10:33 | 00:00:43 | 00:17:24 | 00:28:40 | 00:00:00 |
| 2 | 103427 | 2862 | Beatriz Ferreira | 20-24 | Clube de Natação de Torres Novas | 00:11:26 | 00:00:49 | 00:16:53 | 00:29:08 | 00:00:28 |
| 3 | 101358 | 2564 | Ana Ramos | 25-29 | Clube de Natação de Torres Novas | 00:10:34 | 00:00:47 | 00:18:09 | 00:29:30 | 00:00:50 |
| 4 | 102284 | 1931 | Ana Carapeta | CAD | Alhandra Sporting Club | 00:10:36 | 00:00:40 | 00:18:36 | 00:29:52 | 00:01:12 |
| 5 | 106503 | 3677 | Mariana Marques | 30-34 | CNATRIL Triatlo | 00:12:07 | 00:00:54 | 00:17:02 | 00:30:03 | 00:01:23 |
| 6 | 103686 | 2151 | Margarida Barão | JUN | Sporting Clube de Portugal | 00:10:40 | 00:00:55 | 00:19:02 | 00:30:37 | 00:01:57 |
| 7 | 103057 | 1912 | Inês Filipa Sousa | CAD | Alhandra Sporting Club | 00:10:35 | 00:00:44 | 00:19:28 | 00:30:47 | 00:02:07 |
| 8 | 104354 | 1929 | Matilde Tomás | CAD | Alhandra Sporting Club | 00:10:39 | 00:00:45 | 00:19:24 | 00:30:48 | 00:02:08 |
| 9 | 104085 | 2286 | Maria Gonçalves | JUN | Clube de Triatlo do Fundão | 00:11:11 | 00:00:52 | 00:18:46 | 00:30:49 | 00:02:09 |
| 10 | 104661 | 1994 | Mónica Dias | CAD | Individual | 00:12:02 | 00:00:51 | 00:17:57 | 00:30:50 | 00:02:10 |
| 11 | 100634 | 3475 | Ana Filipa Ferreira | 30-34 | Alhandra Sporting Club | 00:11:56 | 00:00:53 | 00:18:09 | 00:30:58 | 00:02:18 |
| 12 | 102665 | 1545 | Ana Jorge | CAD | CAPGE | 00:12:01 | 00:00:46 | 00:18:21 | 00:31:08 | 00:02:28 |
| 13 | 103649 | 3748 | Tuxa Negri | 30-34 | CNATRIL Triatlo | 00:12:40 | 00:00:50 | 00:17:42 | 00:31:12 | 00:02:32 |
| 14 | 104884 | 1928 | Sofia Santos Rocha | CAD | Sporting Clube de Portugal | 00:10:58 | 00:00:50 | 00:19:47 | 00:31:35 | 00:02:55 |
| 15 | 100690 | 2285 | Luana Quaresma | JUN | Alhandra Sporting Club | 00:10:36 | 00:00:44 | 00:20:25 | 00:31:45 | 00:03:05 |
| 16 | 100161 | 3291 | Joana Tomé | 20-24 | SFRAA TRIATLO | 00:11:14 | 00:00:57 | 00:19:45 | 00:31:56 | 00:03:16 |
| 17 | 107429 | 2900 | Bila Duarte | 35-39 | Triatlo de Faro | 00:11:18 | 00:00:57 | 00:19:50 | 00:32:05 | 00:03:25 |
| 18 | 100720 | 1935 | Tatiana Marques | CAD | Alhandra Sporting Club | 00:10:52 | 00:00:47 | 00:21:01 | 00:32:40 | 00:04:00 |
| 19 | 104217 | 2290 | Maria Rodrigues | JUN | Outsystems Olímpico de Oeiras | 00:10:58 | 00:00:52 | 00:20:52 | 00:32:42 | 00:04:02 |
| 20 | 101024 | 3706 | Carolina Silva | 35-39 | Individual | 00:11:18 | 00:00:50 | 00:20:37 | 00:32:45 | 00:04:05 |
| 21 | 100633 | 3721 | Ana Filipa Sampaio | 30-34 | Alhandra Sporting Club | 00:11:12 | 00:00:51 | 00:20:46 | 00:32:49 | 00:04:09 |
| 22 | 100760 | 2254 | Catarina Moutinho | JUN | Clube de Natação de Torres Novas | 00:11:45 | 00:00:54 | 00:20:30 | 00:33:09 | 00:04:29 |
| 23 | 103604 | 1565 | Joana Ramos | CAD | CAPGE | 00:10:35 | 00:00:50 | 00:21:49 | 00:33:14 | 00:04:34 |
| 24 | 106069 | 5486 | Rubina Lara | 45-49 | Ludens Clube de Machico | 00:13:04 | 00:00:58 | 00:19:19 | 00:33:21 | 00:04:41 |
| 25 | 105584 | 2837 | Catarina Dias | 20-24 | Outsystems Olímpico de Oeiras | 00:11:34 | 00:00:56 | 00:20:54 | 00:33:24 | 00:04:44 |
| 26 | 102027 | 1843 | Luna Neves | CAD | Sporting Clube de Portugal | 00:11:57 | 00:00:44 | 00:20:44 | 00:33:25 | 00:04:45 |
| 27 | 104698 | 1901 | Cláudia Orvalho | CAD | Clube de Natação de Torres Novas | 00:11:46 | 00:00:51 | 00:20:49 | 00:33:26 | 00:04:46 |
| 28 | 104276 | 1827 | Leonor Medronheira | CAD | Palmela Desporto / Tripla Rotação | 00:12:22 | 00:00:47 | 00:21:08 | 00:34:17 | 00:05:37 |

Classificações Absolutos Femininos

| # | Lic. | Dors. | Nome | Esc. | Equipa | Natação | Transição | Corrida | T.Total | Diff. |
|-----|--------|-------|---------------------------|-------|------------------------------------|----------|-----------|----------|----------|----------|
| 29 | 104680 | 1525 | Ana Rita Guerreiro | CAD | Sporting Clube de Portugal | 00:12:10 | 00:00:46 | 00:21:25 | 00:34:21 | 00:05:41 |
| 30 | 104550 | 1900 | Mafalda Leirião | CAD | Clube de Natação de Torres Novas | 00:11:33 | 00:00:46 | 00:22:13 | 00:34:32 | 00:05:52 |
| 31 | 100141 | 4605 | Fernanda Marques Santinha | 50-54 | Clube Oriental de Lisboa | 00:14:34 | 00:01:01 | 00:19:19 | 00:34:54 | 00:06:14 |
| 32 | 107410 | 2892 | Claire Josquin | 25-29 | CNATRIL Triatlo | 00:15:30 | 00:01:12 | 00:18:44 | 00:35:26 | 00:06:46 |
| 33 | 101620 | 3674 | Mariana Correia | 20-24 | Clube de Natação de Torres Novas | 00:11:34 | 00:00:48 | 00:23:12 | 00:35:34 | 00:06:54 |
| 34 | 104906 | 3146 | Ida Alcântara | 35-39 | Clube dos Galitos | 00:14:36 | 00:01:16 | 00:20:00 | 00:35:52 | 00:07:12 |
| 35 | 105392 | 5196 | Malvina Gomes | 40-44 | Palmela Desporto / Tripla Rotação | 00:14:31 | 00:01:06 | 00:20:34 | 00:36:11 | 00:07:31 |
| 36 | 100697 | 1866 | Maria Calçada | CAD | Alhandra Sporting Club | 00:11:37 | 00:00:52 | 00:23:46 | 00:36:15 | 00:07:35 |
| 37 | 108111 | 3232 | Marta Alexandra Costa | 30-34 | Clube de Triatlo do Fundão | 00:14:58 | 00:01:06 | 00:20:39 | 00:36:43 | 00:08:03 |
| 38 | 108048 | 3167 | Vera Lucas | 25-29 | Outsystems Olímpico de Oeiras | 00:13:00 | 00:01:03 | 00:22:50 | 00:36:53 | 00:08:13 |
| 39 | 106947 | 5042 | Elaine Holmes | 50-54 | CNATRIL Triatlo | 00:13:32 | 00:01:04 | 00:22:18 | 00:36:54 | 00:08:14 |
| 40 | 103488 | 4906 | Catarina Neves | 45-49 | Pedrógão Triatlo | 00:14:32 | 00:01:04 | 00:21:28 | 00:37:04 | 00:08:24 |
| 41 | 108537 | 5854 | Sofia Marques | 45-49 | Clube Millenniumbcp | 00:13:18 | 00:01:07 | 00:23:40 | 00:38:05 | 00:09:25 |
| 42 | 100672 | 2259 | Inês Anastácio | JUN | Alhandra Sporting Club | 00:12:02 | 00:00:53 | 00:25:24 | 00:38:19 | 00:09:39 |
| 43 | 103050 | 4638 | Sara Colaço | 45-49 | Clube Oriental de Lisboa | 00:14:44 | 00:01:04 | 00:22:35 | 00:38:23 | 00:09:43 |
| 44 | 106522 | 5678 | Joana Craveiro | 40-44 | Outsystems Olímpico de Oeiras | 00:14:31 | 00:01:09 | 00:22:59 | 00:38:39 | 00:09:59 |
| 45 | 102059 | 1500 | Carolina Palma | CAD | GDR Manique de Cima | 00:14:07 | 00:01:10 | 00:24:30 | 00:39:47 | 00:11:07 |
| 46 | 104869 | 2626 | Sofia Cruz | 20-24 | SFRAA TRIATLO | 00:17:26 | 00:00:57 | 00:22:03 | 00:40:26 | 00:11:46 |
| 47 | 108040 | 5674 | Cacau Figueiredo | 45-49 | AmoraSub/Associação Naval Amorense | 00:19:06 | 00:00:55 | 00:20:27 | 00:40:28 | 00:11:48 |
| 48 | 106322 | 5717 | Inês dos Reis | 40-44 | Clube de Futebol Os Belenenses | 00:16:46 | 00:01:13 | 00:23:16 | 00:41:15 | 00:12:35 |
| 49 | 101156 | 3128 | Cátia Costa | 20-24 | GDR Manique de Cima | 00:14:44 | 00:01:00 | 00:26:17 | 00:42:01 | 00:13:21 |
| 50 | 101006 | 4452 | Madalena Caninas | 55-59 | Clube Oriental de Lisboa | 00:16:03 | 00:01:14 | 00:24:49 | 00:42:06 | 00:13:26 |
| 51 | 107295 | 4980 | Andreia Alexandra Coelho | 40-44 | Clube Triatlo de Abrantes | 00:16:54 | 00:01:08 | 00:24:47 | 00:42:49 | 00:14:09 |
| 52 | 107654 | 5543 | Paula Leitao | 45-49 | Clube de Natação da Amadora | 00:16:16 | 00:01:22 | 00:26:07 | 00:43:45 | 00:15:05 |
| 53 | 108653 | 8427 | Rita Caninas | 25-29 | Individual | 00:16:05 | 00:01:12 | 00:27:33 | 00:44:50 | 00:16:10 |
| 54 | 107196 | 2810 | Cristina Vicente | 30-34 | Clube Oriental de Lisboa | 00:19:38 | 00:01:28 | 00:29:17 | 00:50:23 | 00:21:43 |
| 55 | 107044 | 3090 | Andreia Almeida | 35-39 | AmoraSub/Associação Naval Amorense | 00:19:07 | 00:01:26 | 00:30:57 | 00:51:30 | 00:22:50 |
| DNS | 107943 | 1922 | Inês Rilo | CAD | Pimpões Triatlo | - | - | - | DNS | |