

Local da Prova: **Golegã**

Data: **21-05-2022**

Hora da Partida: **14:02:10**

Distancias: Natação - 1500

Ciclismo - 35700

Corrida - 10000

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100666	4	François Vie	20-24	Alhandra Sporting Club	00:18:24	00:01:05	01:40:38	00:00:42	00:39:20	02:40:09	00:00:00
2	100436	2	Rui Dolores	35-39	AMICICLO GRÂNDOLA	00:20:19	00:01:05	01:48:47	00:00:41	00:41:20	02:52:12	00:12:03
3	102465	19	António Barata	20-24	Sport Lisboa e Benfica	00:20:02	00:01:09	01:51:13	00:00:47	00:40:41	02:53:52	00:13:43
4	100783	3	Tiago Maia	30-34	Sporting Clube de Espinho - FERSILVA	00:18:53	00:01:08	01:55:43	00:00:43	00:45:48	03:02:15	00:22:06
5	100425	79	Hugo Baluga	25-29	AMICICLO GRÂNDOLA	00:23:42	00:01:15	01:55:26	00:00:51	00:44:09	03:05:23	00:25:14
6	103353	106	João Jesus	30-34	AMICICLO GRÂNDOLA	00:23:41	00:01:25	01:55:44	00:00:47	00:45:10	03:06:47	00:26:38
7	106936	362	Rui Matias	25-29	SFRAA TRIATLO	00:24:49	00:01:52	01:57:39	00:00:46	00:45:35	03:10:41	00:30:32
8	100787	96	Afonso Garcia	25-29	Outsystems Olímpico de Oeiras	00:19:13	00:01:32	02:02:36	00:01:00	00:46:46	03:11:07	00:30:58
9	103128	249	David Coelho	40-44	SFRAA TRIATLO	00:29:28	00:01:39	02:00:42	00:00:51	00:41:38	03:14:18	00:34:09
10	102530	247	Nuno Silva	40-44	BEST	00:30:33	00:01:42	02:02:23	00:00:55	00:43:30	03:19:03	00:38:54
11	105312	248	Alex Cabrita	40-44	Louletano	00:23:54	00:01:53	02:05:10	00:01:11	00:47:18	03:19:26	00:39:17
12	101836	337	Luís Cancela	45-49	Tramagal Sport União	00:32:40	00:01:48	02:02:13	00:00:59	00:42:57	03:20:37	00:40:28
13	102222	154	Ricardo Rosado	35-39	Núcleo do Sporting da Golegã	00:23:32	00:01:43	02:09:31	00:00:59	00:45:02	03:20:47	00:40:38
14	104041	216	Paulo Ajuda	40-44	Vela de Tavira	00:28:11	00:02:15	02:04:11	00:00:43	00:45:36	03:20:56	00:40:47
15	101861	151	Nuno Carvalho	35-39	Outsystems Olímpico de Oeiras	00:31:07	00:02:06	01:59:25	00:01:16	00:47:27	03:21:21	00:41:12
16	102073	314	Mário Machado	50-54	SUC - Silvestre Festas / MoonSport Innerme	00:23:23	00:02:30	02:08:38	00:01:04	00:45:57	03:21:32	00:41:23
17	101865	261	Rui Narigueta	45-49	Outsystems Olímpico de Oeiras	00:30:04	00:01:51	02:02:38	00:01:10	00:48:26	03:24:09	00:44:00
18	100835	1	Octávio Vicente	35-39	Tramagal Sport União	00:25:31	00:01:22	02:06:33	00:00:46	00:50:01	03:24:13	00:44:04
19	104541	298	David Preciado	25-29	SFRAA TRIATLO	00:23:43	00:01:40	02:11:22	00:00:57	00:46:51	03:24:33	00:44:24
20	104052	373	Adelino Soutinho	40-44	G.D.GOMA	00:29:18	00:01:50	02:08:10	00:01:07	00:45:02	03:25:27	00:45:18
21	100834	80	Nuno André	25-29	Outsystems Olímpico de Oeiras	00:24:19	00:01:38	02:13:24	00:00:42	00:47:04	03:27:07	00:46:58
22	104758	381	Rui Gomes	45-49	Sporting Clube de Espinho - FERSILVA	00:29:59	00:02:19	02:11:57	00:01:14	00:44:11	03:29:40	00:49:31
23	104877	148	Nuno Dias	35-39	AMICICLO GRÂNDOLA	00:27:10	00:01:42	02:13:06	00:00:53	00:47:06	03:29:57	00:49:48
24	106984	402	Helder Cipriano	35-39	Lusitano / Frusoal	00:24:13	00:01:53	02:08:17	00:01:34	00:55:29	03:31:26	00:51:17
25	104242	252	Luís Cordeiro	40-44	SFRAA TRIATLO	00:32:26	00:02:01	02:04:23	00:01:30	00:51:55	03:32:15	00:52:06
26	100525	355	Filipe Baptista	25-29	Sporting Clube de Espinho - FERSILVA	00:21:37	00:02:03	02:16:13	00:01:26	00:53:25	03:34:44	00:54:35
27	101511	396	Renato Teixeira	25-29	G.D.GOMA	00:24:45	00:01:26	02:23:31	00:00:55	00:45:06	03:35:43	00:55:34
28	101486	219	Celso Moreira	40-44	DAR-Recardães EXPansion	00:27:14	00:01:56	02:12:51	00:01:14	00:52:52	03:36:07	00:55:58

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	103020	398	Pedro Oliveira	35-39	Vitória Sport Clube Triatlo	00:26:20	00:02:08	02:21:08	00:00:59	00:47:11	03:37:46	00:57:37
30	103659	326	José Peixoto	50-54	G.D.GOMA	00:29:54	00:02:09	02:22:08	00:01:12	00:43:44	03:39:07	00:58:58
31	100283	335	João Maria Inácio	20-24	Pimpões Triatlo	00:29:35	00:03:36	02:14:01	00:01:36	00:50:35	03:39:23	00:59:14
32	100674	339	Jean-Michel Vie	50-54	Alhandra Sporting Club	00:25:23	00:01:50	02:16:51	00:01:07	00:55:38	03:40:49	01:00:40
33	107597	299	Avelino Santos	30-34	SFRAA TRIATLO	00:39:00	00:02:29	02:08:48	00:01:11	00:49:50	03:41:18	01:01:09
34	103695	397	Nuno Campos	45-49	G.D.GOMA	00:31:53	00:02:38	02:15:54	00:01:23	00:49:42	03:41:30	01:01:21
35	100842	385	Rodrigo Amoreira	20-24	GCA Donas - TRIATLO	00:30:19	00:01:51	02:16:37	00:01:02	00:51:52	03:41:41	01:01:32
36	101401	352	Carlos Cabrita	65-69	Louletano	00:33:46	00:01:49	02:14:45	00:01:10	00:51:35	03:43:05	01:02:56
37	106567	208	Nuno Lopes	40-44	Núcleo do Sporting da Golegã	00:23:32	00:02:07	02:17:49	00:01:37	00:58:10	03:43:15	01:03:06
38	104778	357	João Ribeiro	40-44	Sporting Clube de Espinho - FERSILVA	00:31:20	00:01:56	02:16:18	00:01:37	00:52:09	03:43:20	01:03:11
39	101811	315	António Calafate	55-59	Núcleo do Sporting da Golegã	00:23:02	00:02:05	02:24:26	00:01:04	00:53:48	03:44:25	01:04:16
40	101558	269	Carlos Maia	50-54	Sport Algés e Dafundo	00:30:46	00:02:24	02:17:57	00:01:31	00:53:42	03:46:20	01:06:11
41	107643	372	João Pedro Santos	35-39	BEST	00:27:19	00:02:35	02:23:53	00:01:28	00:53:42	03:48:57	01:08:48
42	102236	180	Sandro Rodrigues	35-39	Triatlo de Faro	00:29:46	00:02:36	02:21:26	00:02:07	00:53:45	03:49:40	01:09:31
43	100437	369	Rui Gonçalves	45-49	REPSOL TRIATLO	00:36:03	00:02:51	02:23:01	00:01:27	00:46:48	03:50:10	01:10:01
44	104150	389	António Xavier Pinto	45-49	Clube Fluvial Vilacondense	00:33:46	00:02:21	02:28:21	00:01:04	00:46:26	03:51:58	01:11:49
45	100580	174	João Martins	35-39	SFRAA TRIATLO	00:26:51	00:02:35	02:20:55	00:01:26	01:00:14	03:52:01	01:11:52
46	104857	234	Miguel Anastácio	40-44	Vela de Tavira	00:29:49	00:02:19	02:23:20	00:01:20	00:56:56	03:53:44	01:13:35
47	107256	317	Áristides Bordalo	55-59	Estoril Praia Credibom	00:33:41	00:02:27	02:26:03	00:01:35	00:51:48	03:55:34	01:15:25
48	101008	279	Mario Pires	45-49	Clube de Futebol Os Belenenses	00:26:44	00:03:09	02:31:34	00:01:51	00:53:28	03:56:46	01:16:37
49	100841	366	Pedro Silva	55-59	Outsystems Olímpico de Oeiras	00:29:27	00:02:09	02:30:10	00:01:15	00:53:59	03:57:00	01:16:51
50	108321	226	Nuno André Vilão dos Santos	40-44	DAR-Recardães EXPansion	00:28:47	00:01:56	02:29:21	00:01:31	00:56:18	03:57:53	01:17:44
51	102234	310	Mario Torrinha	50-54	Vela de Tavira	00:38:24	00:03:08	02:26:14	00:01:18	00:49:21	03:58:25	01:18:16
52	101518	378	Rui Barbosa	35-39	G.D.GOMA	00:24:22	00:02:11	02:35:49	00:01:36	00:54:51	03:58:49	01:18:40
53	105639	341	João Seródio	35-39	Try Portugal / V. Janes	00:31:58	00:02:45	02:27:42	00:01:32	00:55:44	03:59:41	01:19:32
54	103321	304	Renato Araújo	50-54	AmoraSub/Associação Naval Amorense	00:29:20	00:02:09	02:36:18	00:01:11	00:53:31	04:02:29	01:22:20
55	103213	225	Gabriel Carvalho	40-44	Núcleo do Sporting da Golegã	00:27:10	00:02:49	02:33:08	00:01:43	00:58:33	04:03:23	01:23:14
56	104854	386	Tiago de Paiva e Pona	45-49	Outsystems Olímpico de Oeiras	00:21:56	00:02:06	02:49:57	00:01:33	00:50:01	04:05:33	01:25:24
57	108618	329	Miguel Barroqueiro	30-34	Individual	00:20:22	00:02:14	02:36:48	00:01:46	01:05:03	04:06:13	01:26:04
58	106378	153	Rui Martins	35-39	Núcleo do Sporting da Golegã	00:21:31	00:02:18	02:51:32	00:01:18	00:49:56	04:06:35	01:26:26
59	100650	215	César Andrade	40-44	Alhandra Sporting Club	00:23:40	00:01:58	02:43:09	00:01:11	00:59:11	04:09:09	01:29:00
60	102599	377	Fernando Igreja	45-49	Clube Fluvial Vilacondense	00:38:32	00:02:15	02:35:39	00:01:26	00:51:41	04:09:33	01:29:24
61	105322	173	Bruno Martins	35-39	Triatlo Fundação Salesianos	00:25:02	00:01:53	02:47:02	00:01:47	00:58:32	04:14:16	01:34:07

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	107829	390	Paulo Crespo	45-49	BEST	00:34:31	00:02:37	02:35:32	00:01:16	01:00:26	04:14:22	01:34:13
63	108210	284	Rui Silvestre	45-49	Triatlo de Faro	00:33:32	00:03:32	02:33:29	00:02:29	01:03:53	04:16:55	01:36:46
64	105659	312	Pedro Lourenço	50-54	AmoraSub/Associação Naval Amorense	00:33:36	00:02:12	02:39:59	00:01:42	01:01:54	04:19:23	01:39:14
65	105501	391	Pedro Afonso Marques	20-24	Clube Triatlo de Abrantes	00:32:09	00:01:52	02:42:01	00:01:21	01:04:36	04:21:59	01:41:50
66	101011	384	Paulo Fonseca	50-54	Clube Oriental de Lisboa	00:31:30	00:02:44	02:44:21	00:02:08	01:01:48	04:22:31	01:42:22
67	101065	336	António Moura	60-64	Pimpões Triatlo	00:31:18	00:02:46	02:49:27	00:01:29	00:57:40	04:22:40	01:42:31
68	104639	387	Carlos Vitorino	55-59	Clube Triatlo de Abrantes	00:40:57	00:02:39	02:35:23	00:01:58	01:02:37	04:23:34	01:43:25
69	103463	302	Ildefonso Mendonça	35-39	Individual	00:27:07	00:01:43	02:39:19	00:01:05	01:18:58	04:28:12	01:48:03
70	105143	322	Luís Santos	40-44	Clube Fluvial Vilacondense	00:37:06	00:02:17	02:50:00	00:01:28	01:04:30	04:35:21	01:55:12
71	102573	356	Cláudio Canavilhas	35-39	3B - triatlo	00:31:35	00:02:59	03:07:04	00:02:12	00:52:13	04:36:03	01:55:54
72	105597	380	Márcio Silva	40-44	Clube Fluvial Vilacondense	00:41:18	00:02:45	02:49:02	00:01:18	01:05:34	04:39:57	01:59:48
73	108100	383	Hugo Medeiros	30-34	BEST	00:25:22	00:31:04	02:41:41	00:02:02	01:04:28	04:44:37	02:04:28
74	102681	297	José Amora	50-54	Núcleo do Sporting da Golegã	00:25:54	00:02:47	02:53:37	00:03:06	01:21:38	04:47:02	02:06:53
75	101830	266	João Boim	45-49	AMICICLO GRÂNDOLA	00:30:43	00:02:27	-	-	01:06:35	04:51:57	02:11:48
76	108569	382	José Ruiivo	25-29	BEST	00:38:33	00:02:36	-	-	01:04:46	04:55:54	02:15:45
77	108433	183	Vasco Silva	40-44	Individual	00:38:23	00:03:49	02:59:24	00:03:06	01:12:21	04:57:03	02:16:54
78	108304	220	Sérgio Sousa	40-44	Individual	00:36:45	00:02:48	-	-	01:14:30	05:05:27	02:25:18
79	105743	375	Abílio João Malheiro	45-49	Clube Fluvial Vilacondense	00:37:47	00:02:34	-	-	01:06:03	05:08:47	02:28:38
80	108594	405	João Sá Gomes	35-39	Clube Fluvial Vilacondense	00:38:46	00:03:05	-	-	01:11:56	05:09:28	02:29:19
81	108578	290	Ricardo Moreno Biscaia	50-54	Individual	00:33:25	00:02:59	02:52:57	00:02:23	01:38:18	05:10:02	02:29:53
82	108610	393	José Carlos Antunes Damas	60-64	Clube Triatlo de Abrantes	00:39:46	00:02:51	02:47:15	00:02:23	01:38:41	05:10:56	02:30:47
83	108601	368	Joao Edmundo	35-39	Clube Fluvial Vilacondense	00:30:49	00:02:29	03:30:22	00:02:12	01:06:34	05:12:26	02:32:17
DSQ	106071	182	João Brito	35-39	Individual	00:30:12	00:03:02	02:49:00	00:02:09	-	DSQ	
DSQ	102546	291	Rui Galinha	50-54	Núcleo do Sporting da Golegã	00:23:28	00:01:35	01:55:08	00:00:53	-	DSQ	
DSQ	103784	365	Rui Gonçalo Vieira	40-44	Núcleo do Sporting da Golegã	00:25:40	00:02:22	-	-	-	DSQ	
DNF	100115	250	Bruno Toscano	40-44	Clube Oriental de Lisboa	00:26:54	00:03:55	02:19:29	00:01:32	-	DNF	
DNF	107765	187	João Santos	40-44	DAR-Recardães EXPansion	00:28:54	00:02:24	02:45:10	00:02:57	-	DNF	
DNF	104212	344	João Virtuoso	35-39	Vela de Tavira	00:29:24	00:04:05	-	-	-	DNF	
DNF	100542	321	Pedro Mendes	55-59	Clube Millenniumbcp	00:30:06	00:03:15	-	-	-	DNF	
DNF	105791	281	João Rosa	45-49	Peniche A. C.	00:30:57	00:03:19	03:01:20	-	-	DNF	
DNF	106497	394	Carlos Farinha	45-49	Individual	00:35:49	00:06:46	-	-	-	DNF	
DNF	105948	139	João Saldanha Lopes	35-39	LXTRIATHLON	00:27:08	00:02:09	-	-	-	DNF	
DNF	102995	376	Luís Duque	55-59	GDR Manique de Cima	00:37:43	00:03:44	-	-	-	DNF	

Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
DNF	105885	311	Rui Levy	50-54	Individual	00:39:19	00:03:03	-	-	-	DNF	
DNF	107982	308	Paulo Pinheiro	50-54	Individual	-	-	-	-	-	DNF	
DNS	100757	214	Bruno Pais	40-44	Estoril Praia Credibom	-	-	-	-	-	DNS	
DNS	101126	406	Joaquim Fernandes	60-64	G.D. Corticeiras	-	-	-	-	-	DNS	
DNS	101674	292	Joaquim Rosado	50-54	Kainágua	-	-	-	-	-	DNS	
DNS	107126	176	José Cardinho	35-39	Clube de Futebol Os Belenenses	-	-	-	-	-	DNS	
DNS	106155	120	Luís Fraga	35-39	Outsystems Olímpico de Oeiras	-	-	-	-	-	DNS	
DNS	100429	73	Luís Marques	JUN	AMICICLO GRÂNDOLA	-	-	-	-	-	DNS	
DNS	104663	288	Luis Mira Nunes	45-49	CNATRIL Triatlo	-	-	-	-	-	DNS	
DNS	100201	294	Marco Cruz	50-54	Mc Donald's/Tribraga	-	-	-	-	-	DNS	
DNS	103173	313	Miguel David	50-54	Clube Oriental de Lisboa	-	-	-	-	-	DNS	
DNS	100432	254	Miguel Garcia	45-49	AMICICLO GRÂNDOLA	-	-	-	-	-	DNS	
DNS	108612	342	Miguel Pecegueiro	30-34	Individual	-	-	-	-	-	DNS	
DNS	101762	278	Pedro Bilro	45-49	SFRAA TRIATLO	-	-	-	-	-	DNS	
DNS	107119	407	Pedro Ferreira	50-54	Individual	-	-	-	-	-	DNS	
DNS	102259	206	Rafael Gomes	40-44	Estoril Praia Credibom	-	-	-	-	-	DNS	
DNS	104757	349	Vitor Silva	35-39	Sporting Clube de Espinho - FERSILVA	-	-	-	-	-	DNS	