

Local da Prova: **Castelo De Paiva**

Data: **23-07-2022**

Hora da Partida: **09:53:39**

Distancias: Natação - 1500

Ciclismo - 37500

Corrida - 10000

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
1	100235	3803	Pedro Afonso Pinto Gaspar	25-29	Outsystems Olímpico de Oeiras	00:19:20	00:59:51	00:33:14	01:52:25	00:00:00
2	101255	2518	André Dias	25-29	Outsystems Olímpico de Oeiras	00:18:27	01:01:57	00:34:41	01:55:05	00:02:40
3	101318	3786	João Mansos	25-29	Sporting Clube de Portugal	00:19:23	01:00:58	00:34:48	01:55:09	00:02:44
4	103108	2840	Hugo Figueiredo	20-24	Sporting Clube de Portugal	00:20:25	01:03:16	00:34:27	01:58:08	00:05:43
5	100447	2253	Antonio Vaz Pedro	JUN	Outsystems Olímpico de Oeiras	00:19:20	01:04:00	00:35:10	01:58:30	00:06:05
6	100629	2827	Afonso Nunes	20-24	Alhandra Sporting Club	00:20:20	01:03:06	00:35:41	01:59:07	00:06:42
7	104381	3213	João Dias	20-24	Sporting Clube de Portugal	00:20:23	01:02:56	00:39:12	02:02:31	00:10:06
8	101289	2222	Miguel Agoas Catarino	JUN	Outsystems Olímpico de Oeiras	00:20:35	01:07:17	00:36:30	02:04:22	00:11:57
9	105354	2278	Pedro Carvalho	JUN	Sport Lisboa e Benfica	00:20:37	01:07:15	00:36:36	02:04:28	00:12:03
10	100783	3140	Tiago Maia	30-34	Sporting Clube de Espinho - FERSILVA	00:20:40	01:07:11	00:37:59	02:05:50	00:13:25
11	100675	3062	João Bernardo Queirós	20-24	Outsystems Olímpico de Oeiras	00:20:56	01:10:17	00:36:18	02:07:31	00:15:06
12	101010	3704	Nuno Rodrigues	35-39	CNCVG	00:24:56	01:08:27	00:36:30	02:09:53	00:17:28
13	104735	3379	Bruno Santos	30-34	CNCVG	00:26:05	01:07:11	00:36:38	02:09:54	00:17:29
14	107708	2244	Tomás Teixeira	JUN	CNCVG	00:23:30	01:07:38	00:38:47	02:09:55	00:17:30
15	103079	3824	João Rebelo	25-29	Vasco da Gama Atlético Clube Sines	00:25:18	01:08:03	00:37:22	02:10:43	00:18:18
16	104803	2256	Gonçalo Nunes	JUN	Outsystems Olímpico de Oeiras	00:23:02	01:08:07	00:40:41	02:11:50	00:19:25
17	104855	3720	Tiago Lopes	25-29	Outsystems Olímpico de Oeiras	00:25:35	01:07:58	00:38:55	02:12:28	00:20:03
18	108088	3207	André Pereira	25-29	Mc Donald's/Tribraga	00:23:05	01:10:23	00:40:01	02:13:29	00:21:04
19	107390	2884	Firmino Miguel	25-29	Clube Zupper	00:26:08	01:07:26	00:42:34	02:16:08	00:23:43
20	101515	5066	Leandro Pinto	40-44	Mc Donald's/Tribraga	00:26:10	01:07:19	00:42:48	02:16:17	00:23:52
21	108559	3650	Nelson Oliveira	25-29	AmoraSub/Associação Naval Amorense	00:23:32	01:12:43	00:40:05	02:16:20	00:23:55
22	103671	4372	João Faria	50-54	Associação Académica de São Mamede	00:25:52	01:09:57	00:41:44	02:17:33	00:25:08
23	100462	2577	João Canas	25-29	Sporting Clube de Portugal	00:23:59	01:11:54	00:42:06	02:17:59	00:25:34
24	105609	4527	Pedro Joel Carvalho	45-49	Associação Beat Your Limit!	00:26:01	01:13:34	00:39:16	02:18:51	00:26:26
25	108073	3186	João Piedade	30-34	Individual	00:23:44	01:15:10	00:40:31	02:19:25	00:27:00
26	107903	3083	Pedro Neves	20-24	Sporting Clube de Portugal	00:30:47	01:10:36	00:38:30	02:19:53	00:27:28
27	101511	3970	Renato Teixeira	25-29	G.D.GOMA	00:27:43	01:10:52	00:42:24	02:20:59	00:28:34
28	105319	3541	Pedro Castro	30-34	Mc Donald's/Tribraga	00:30:57	01:11:22	00:38:49	02:21:08	00:28:43

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
29	104622	3197	Fábio Faustino	35-39	Vasco da Gama Atlético Clube Sines	00:28:48	01:12:12	00:40:14	02:21:14	00:28:49
30	103378	3284	Filipe Carneiro	30-34	Individual	00:29:35	01:11:20	00:41:41	02:22:36	00:30:11
31	104687	8451	Rui Carvalho	30-34	Pedalarte	00:25:07	01:13:52	00:43:41	02:22:40	00:30:15
32	100590	4142	Paulo Figueiredo	50-54	Individual	00:26:15	01:12:13	00:44:28	02:22:56	00:30:31
33	107757	2245	Gonçalo Queiroz	JUN	Associação Académica de São Mamede	00:29:32	01:11:28	00:42:27	02:23:27	00:31:02
34	106745	2692	Ricardo Oliveira Gaspar	30-34	FET-Fátima Escola de Triatlo	00:31:14	01:11:05	00:41:14	02:23:33	00:31:08
35	104475	4091	Rui Pinheiro	45-49	CDE Santana/Hugo Pita Portas & Automatismos	00:34:28	01:11:39	00:39:17	02:25:24	00:32:59
36	103659	4367	José Peixoto	50-54	G.D.GOMA	00:31:37	01:13:52	00:40:08	02:25:37	00:33:12
37	108158	3247	Miguel Marinho	30-34	Clube Zupper	00:31:55	01:12:28	00:42:31	02:26:54	00:34:29
38	0	8209	João Pinto	45-49	Não Federado	00:31:26	01:09:42	00:46:03	02:27:11	00:34:46
39	101325	3409	José Luís Virtuoso	25-29	AmoraSub/Associação Naval Amorense	00:23:33	01:21:13	00:43:05	02:27:51	00:35:26
40	105548	2673	Gonçalo Brito	20-24	Sporting Clube de Espinho - FERSILVA	00:27:58	01:16:11	00:44:11	02:28:20	00:35:55
41	102655	4799	João Ramos	40-44	Clube Zupper	00:31:56	01:13:36	00:43:14	02:28:46	00:36:21
42	106982	5759	Fabiano Vaz	40-44	Vasco da Gama Atlético Clube Sines	00:31:35	01:13:55	00:44:07	02:29:37	00:37:12
43	107384	5159	Hugo Manuel Gonçalves Ferreira	40-44	Clube Zupper	00:31:54	01:13:48	00:44:19	02:30:01	00:37:36
44	101162	2207	Gonçalo Coelho	JUN	CNCVG	00:23:30	01:17:16	00:49:30	02:30:16	00:37:51
45	108284	3335	Nuno Silva	25-29	AmoraSub/Associação Naval Amorense	00:26:06	01:18:05	00:46:20	02:30:31	00:38:06
46	107276	2845	Márcio Carvalho	35-39	Clube Zupper	00:29:49	01:15:35	00:45:12	02:30:36	00:38:11
47	105374	4877	Miguel Correia Duarte	40-44	Associação Académica de São Mamede	00:28:10	01:17:15	00:45:59	02:31:24	00:38:59
48	107969	3091	Samuel Leal	30-34	Individual	00:32:42	01:15:39	00:43:19	02:31:40	00:39:15
49	104758	4626	Rui Gomes	45-49	Sporting Clube de Espinho - FERSILVA	00:32:22	01:20:01	00:39:42	02:32:05	00:39:40
50	100228	4218	Paulo Pereira	45-49	Clube Zupper	00:33:09	01:12:24	00:46:39	02:32:12	00:39:47
51	107738	2994	Emanuel Freitas	30-34	Palmela Desporto / Tripla Rotação	00:30:04	01:20:49	00:41:38	02:32:31	00:40:06
52	0	8221	Rui Oliveira	35-39	Não Federado	00:29:24	01:16:08	00:47:17	02:32:49	00:40:24
53	104728	4531	Pedro Rico	45-49	Peniche A. C.	00:25:59	01:18:24	00:49:22	02:33:45	00:41:20
54	108746	3763	João Conchinha	20-24	Vasco da Gama Atlético Clube Sines	00:31:43	01:19:08	00:42:55	02:33:46	00:41:21
55	107218	3145	João Abreu	20-24	Associação Académica de São Mamede	00:24:55	01:20:10	00:49:24	02:34:29	00:42:04
56	107148	2797	Pedro Filipe Maia	30-34	Sporting Clube de Espinho - FERSILVA	00:32:26	01:18:25	00:43:57	02:34:48	00:42:23
57	104778	5630	João Ribeiro	40-44	Sporting Clube de Espinho - FERSILVA	00:34:04	01:16:41	00:44:08	02:34:53	00:42:28
58	103321	4860	Renato Araújo	50-54	AmoraSub/Associação Naval Amorense	00:31:51	01:17:06	00:46:10	02:35:07	00:42:42
59	105639	3683	João Seródio	35-39	Try Portugal / V. Janes	00:33:37	01:16:48	00:45:39	02:36:04	00:43:39
60	107365	5052	Domingos Vieira	40-44	Pedalarte	00:33:15	01:17:19	00:46:05	02:36:39	00:44:14
61	107843	3069	Nuno Meira	25-29	Sporting Clube de Espinho - FERSILVA	00:34:53	01:18:48	00:43:07	02:36:48	00:44:23

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
62	100681	4003	João Miguel Nunes	55-59	Alhandra Sporting Club	00:32:05	01:18:36	00:46:27	02:37:08	00:44:43
63	101518	3020	Rui Barbosa	35-39	G.D.GOMA	00:29:10	01:21:44	00:46:38	02:37:32	00:45:07
64	104781	4788	Pedro Nunes	45-49	Outsystems Olímpico de Oeiras	00:28:06	01:21:13	00:48:27	02:37:46	00:45:21
65	0	8204	Cristiano Coelho	30-34	Não Federado	00:24:58	01:24:43	00:49:08	02:38:49	00:46:24
66	104122	4299	Rui Ramos	45-49	G.D.GOMA	00:33:17	01:23:45	00:41:54	02:38:56	00:46:31
67	108439	5826	Bruno Pereira	45-49	AmoraSub/Associação Naval Amorense	00:31:51	01:17:04	00:50:07	02:39:02	00:46:37
68	0	8214	Pedro Alves	25-29	Não Federado	00:32:29	01:18:11	00:48:24	02:39:04	00:46:39
69	105282	5631	Sérgio Mota	40-44	Sporting Clube de Espinho - FERSILVA	00:30:58	01:23:04	00:45:11	02:39:13	00:46:48
70	106491	5161	Luis Vidinha	50-54	CNAL - Triatlo	00:32:42	01:22:33	00:44:35	02:39:50	00:47:25
71	105344	5185	Manuel Moutinho	45-49	Mc Donald's/Tribraga	00:34:05	01:20:35	00:45:57	02:40:37	00:48:12
72	106481	3606	Pedro Magalhães	30-34	Individual	00:27:26	01:21:30	00:51:47	02:40:43	00:48:18
73	103539	4118	Rui Silva	45-49	Sporting Clube de Espinho - FERSILVA	00:35:05	01:21:39	00:44:01	02:40:45	00:48:20
74	107155	2798	Renato Velhuco	35-39	Clube de Triatlo de Viseu	00:29:19	01:23:58	00:47:32	02:40:49	00:48:24
75	101054	4569	Paulo Costa	50-54	Sporting Clube de Espinho - FERSILVA	00:31:07	01:22:06	00:48:10	02:41:23	00:48:58
76	100342	5288	Hugo Gomes	40-44	Clube de Triatlo de Viseu	00:33:52	01:24:13	00:45:56	02:44:01	00:51:36
77	105177	5125	Luis Abreu	50-54	Associação Académica de São Mamede	00:40:08	01:16:42	00:47:19	02:44:09	00:51:44
78	107541	5349	João Amaral	45-49	Clube de Triatlo de Viseu	00:32:31	01:24:31	00:47:45	02:44:47	00:52:22
79	107219	2821	Marco Caetano	30-34	Associação Académica de São Mamede	00:31:19	01:26:36	00:47:18	02:45:13	00:52:48
80	107998	3123	Luís Gomes	30-34	Vitória Sport Clube Triatlo	00:26:36	01:29:52	00:49:25	02:45:53	00:53:28
81	108035	3153	Sergio Vicente	35-39	AmoraSub/Associação Naval Amorense	00:32:32	01:22:50	00:51:31	02:46:53	00:54:28
82	107504	5260	Luis Vaz	40-44	Individual	00:30:11	01:28:47	00:48:21	02:47:19	00:54:54
83	101089	4108	Paulo Renato Santos	55-59	Peniche A. C.	00:32:41	01:25:31	00:50:06	02:48:18	00:55:53
84	107304	4893	Rodrigo Pessoa	40-44	Associação Académica de São Mamede	00:32:03	01:27:09	00:49:38	02:48:50	00:56:25
85	107005	5207	Jorge Nunes	60-64	G.D.GOMA	00:36:17	01:27:43	00:44:55	02:48:55	00:56:30
86	104846	2997	Rui Trigueiro	35-39	CDE Santana/Hugo Pita Portas & Automatismos	00:32:15	01:18:20	00:58:35	02:49:10	00:56:45
87	108076	3193	Tiago Oliveira	35-39	Clube dos Galitos	00:43:24	01:22:20	00:45:27	02:51:11	00:58:46
88	108360	3394	Miguel Gonçalves	30-34	Associação Académica de São Mamede	00:33:11	01:28:34	00:49:47	02:51:32	00:59:07
89	103853	4663	Jorge Costa	50-54	Sporting Clube de Espinho - FERSILVA	00:30:58	01:29:51	00:50:57	02:51:46	00:59:21
90	104606	4314	Goncalo Guedes Rodrigues	45-49	Veteranos do Porto	00:35:12	01:24:56	00:51:47	02:51:55	00:59:30
91	100903	4336	José Calheiros	55-59	Veteranos do Porto	00:31:06	01:32:16	00:48:41	02:52:03	00:59:38
92	104954	5078	Patrick Ebrero	45-49	Peniche A. C.	00:37:48	01:21:51	00:52:37	02:52:16	00:59:51
93	104359	3961	Rafael Ferraz	35-39	Individual	00:30:41	01:27:08	00:55:10	02:52:59	01:00:34
94	108060	5685	António Ferreira	40-44	Individual	00:33:25	01:29:19	00:50:33	02:53:17	01:00:52

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
95	104977	5031	Marco Ferreira	45-49	Clube Fluvial Vilacondense	00:32:00	01:26:57	00:54:39	02:53:36	01:01:11
96	105951	3078	Pedro Costa Martins	35-39	Clube de Triatlo de Viseu	00:30:06	01:30:25	00:54:00	02:54:31	01:02:06
97	0	8213	Orlando Novais	40-44	Não Federado	00:30:12	01:26:57	00:58:04	02:55:13	01:02:48
98	104675	4619	Paulo Marques	50-54	Associação Académica de São Mamede	00:36:48	01:27:13	00:51:56	02:55:57	01:03:32
99	105489	5425	João Fernando	40-44	Sporting Clube de Espinho - FERSILVA	00:28:03	01:32:39	00:55:18	02:56:00	01:03:35
100	103740	5414	Paulo Rola	40-44	Sporting Clube de Espinho - FERSILVA	00:33:55	01:32:53	00:49:49	02:56:37	01:04:12
101	0	8203	Bruno Silva	35-39	Não Federado	00:27:10	01:34:21	00:56:45	02:58:16	01:05:51
102	106854	4884	Davide Lourenço	50-54	Clube de Triatlo de Viseu	00:36:40	01:34:50	00:47:27	02:58:57	01:06:32
103	101039	4330	José Silva	55-59	Associação Académica de São Mamede	00:38:47	01:26:06	00:54:34	02:59:27	01:07:02
104	107013	5500	Paulo Martins Ferreira	45-49	Associação Académica de São Mamede	00:44:12	01:27:16	00:48:20	02:59:48	01:07:23
105	104138	4322	Adolfo Vagos	50-54	Peniche A. C.	00:43:00	01:27:00	00:49:56	02:59:56	01:07:31
106	0	8219	Rony Santos	45-49	Não Federado	00:32:34	01:29:03	00:58:22	02:59:59	01:07:34
107	108715	3745	Bruno Gonçalves	35-39	Associação Académica de São Mamede	00:32:04	01:31:27	00:56:32	03:00:03	01:07:38
108	105944	5355	Ton Portela	40-44	Clube dos Galitos	00:29:37	01:32:22	00:58:56	03:00:55	01:08:30
109	107314	4999	Vasco Monteiro	45-49	Clube de Triatlo de Viseu	00:34:01	01:35:53	00:51:58	03:01:52	01:09:27
110	105073	3303	Tiago Dias	35-39	Clube Zupper	00:39:32	01:29:41	00:54:01	03:03:14	01:10:49
111	104593	4305	José Carlos Ramalho	55-59	Clube Fluvial Vilacondense	00:33:48	01:31:13	00:58:29	03:03:30	01:11:05
112	104715	4220	Rui Nunes	40-44	Individual	00:34:56	01:34:29	00:54:12	03:03:37	01:11:12
113	106313	4103	André Aroso Dias	40-44	Individual	00:32:49	01:32:10	00:59:06	03:04:05	01:11:40
114	105143	5115	Luís Santos	40-44	Clube Fluvial Vilacondense	00:43:07	01:27:03	00:55:40	03:05:50	01:13:25
115	106197	5454	Celso Teixeira	55-59	Sporting Clube de Espinho - FERSILVA	00:39:28	01:30:29	00:56:18	03:06:15	01:13:50
116	0	8206	Ivo Pais	25-29	Não Federado	00:39:49	01:28:14	00:58:15	03:06:18	01:13:53
117	0	8217	Pedro Rocha	40-44	Não Federado	00:40:28	01:31:42	00:55:13	03:07:23	01:14:58
118	0	8224	Sérgio Monteiro	25-29	Não Federado	00:32:13	01:39:53	00:57:50	03:09:56	01:17:31
119	103436	8452	Francisco Caldas	40-44	Sporting Clube de Espinho - FERSILVA	00:40:53	01:35:04	00:54:10	03:10:07	01:17:42
120	104789	4829	Jose Monteiro	55-59	Veteranos do Porto	00:54:31	01:26:15	00:49:36	03:10:22	01:17:57
121	106692	3068	Pedro Gonçalves	35-39	Clube Fluvial Vilacondense	00:41:05	01:34:21	00:58:23	03:13:49	01:21:24
122	0	8211	JORGE COSTA (Nini)	45-49	Não Federado	00:48:38	01:29:00	00:57:30	03:15:08	01:22:43
123	108097	3220	Jorge Proença	30-34	Sporting Clube de Espinho - FERSILVA	00:40:58	01:41:58	00:52:54	03:15:50	01:23:25
124	101184	4640	Pedro Borges Coelho	45-49	CNCVG	00:35:43	01:40:21	01:01:50	03:17:54	01:25:29
125	108437	3513	André Ribeiro	35-39	Associação Académica de São Mamede	00:35:04	01:40:44	01:03:36	03:19:24	01:26:59
126	107867	5607	Gonçalo Neves	40-44	Sporting Clube de Espinho - FERSILVA	00:38:17	01:37:15	01:04:35	03:20:07	01:27:42
127	108564	3652	Nuno Castro	30-34	Individual	00:52:59	01:29:22	00:58:04	03:20:25	01:28:00

Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
128	102939	4513	Carlos Pereira	55-59	AmoraSub/Associação Naval Amorense	00:39:10	01:42:49	00:58:35	03:20:34	01:28:09
129	0	8208	João Carvalho	50-54	Não Federado	00:44:55	01:32:44	01:06:42	03:24:21	01:31:56
130	101076	4075	José Peixoto	60-64	Peniche A. C.	00:39:05	01:43:54	01:02:41	03:25:40	01:33:15
131	106108	5386	Nuno Sousa Pereira	50-54	Associação Académica de São Mamede	00:41:18	01:42:10	01:06:18	03:29:46	01:37:21
132	107626	5456	Nuno Peralta	50-54	Sporting Clube de Espinho - FERSILVA	00:38:15	01:56:28	01:02:55	03:37:38	01:45:13
DSQ	105885	5350	Rui Levy	50-54	Individual	00:26:51	00:39:13	-	DSQ	
DNF	101504	3142	Diogo Felisberto	35-39	Associação Académica de São Mamede	00:30:31	01:10:47	-	DNF	
DNF	102552	3268	João Menino	20-24	Sport Lisboa e Benfica	00:20:37	01:07:15	-	DNF	
DNF	106855	4886	Ângelo Fernandes	45-49	Clube de Triatlo de Viseu	00:39:14	-	-	DNF	
DNF	101782	4403	Paulo Santos	55-59	Clube Oriental de Lisboa	-	-	-	DNF	
DNS	106159	5438	Paulo Martins	45-49	Clube Fluvial Vilacondense	-	-	-	DNS	
DNS	108409	5812	Ricardo Santos	40-44	Individual	-	-	-	DNS	
DNS	106405	2219	André Sousa	JUN	Outsystems Olímpico de Oeiras	-	-	-	DNS	
DNS	105190	5629	André Guerra	40-44	Sporting Clube de Espinho - FERSILVA	-	-	-	DNS	
DNS	107988	5633	Miguel Pinheiro	50-54	Sporting Clube de Espinho - FERSILVA	-	-	-	DNS	
DNS	108469	3532	Pedro Canário	30-34	Sporting Clube de Espinho - FERSILVA	-	-	-	DNS	
DNS	103856	4676	Viriato Gil	50-54	Sporting Clube de Espinho - FERSILVA	-	-	-	DNS	