

Local da Prova: **São Martinho Do Porto**

Data: **18/09/2022**

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

Distancias: Natação - 750m (1 volta)

Ciclismo - 20000m (2 volta)

Corrida - 5000m (2 volta)

### Classificações Absolutos Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
1	101318	3786	João Mansos	25-29	Sporting Clube de Portugal	00:09:09	-	-	00:51:29	00:00:00
2	105957	2642	Erwin Vanderplancke	25-29	Clube de Natação de Torres Novas	00:09:05	00:28:20	00:14:18	00:51:43	00:00:14
3	100775	3269	Miguel Arraiolos	30-34	Sport Lisboa e Benfica	00:09:15	00:28:27	00:14:05	00:51:47	00:00:18
4	100424	2824	Gonçalo Oliveira	20-24	Clube de Natação de Torres Novas	00:09:06	00:28:41	00:14:02	00:51:49	00:00:20
5	101255	2518	André Dias	25-29	Outsystems Olímpico de Oeiras	00:09:09	00:28:34	00:14:15	00:51:58	00:00:29
6	106308	2264	João Vaz	JUN	Sporting Clube de Portugal	00:09:19	00:28:24	00:14:16	00:51:59	00:00:30
7	103782	2825	João Chagas	20-24	Outsystems Olímpico de Oeiras	00:09:10	00:28:35	00:14:31	00:52:16	00:00:47
8	104381	3213	João Dias	20-24	Sporting Clube de Portugal	00:09:19	00:28:15	00:14:47	00:52:21	00:00:52
9	101614	2812	José Pedro Vieira	20-24	Clube de Natação de Torres Novas	00:09:03	00:28:38	00:14:51	00:52:32	00:01:03
10	100629	2827	Afonso Nunes	20-24	Alhandra Sporting Club	00:09:18	00:28:27	00:14:48	00:52:33	00:01:04
11	100447	2253	Antonio Vaz Pedro	JUN	Outsystems Olímpico de Oeiras	00:09:11	00:28:35	00:14:50	00:52:36	00:01:07
12	100380	2252	Gustavo do Canto	JUN	Clube de Natação de Torres Novas	00:09:06	-	-	00:52:40	00:01:11
13	107064	2227	João Canadas	JUN	Outsystems Olímpico de Oeiras	00:09:11	00:28:39	00:15:07	00:52:57	00:01:28
14	102382	2284	José Tadeia	JUN	Alhandra Sporting Club	00:09:11	00:28:31	00:15:16	00:52:58	00:01:29
15	101538	2623	Guilherme Pires	20-24	Clube de Natação de Torres Novas	00:09:02	00:28:50	00:15:36	00:53:28	00:01:59
16	103699	8400	Gabriel Santos	JUN	Sport Lisboa e Benfica	-	-	00:14:11	00:53:51	00:02:22
17	105458	1521	Pedro Vitorino	CAD	Alhandra Sporting Club	00:09:10	00:29:07	00:15:44	00:54:01	00:02:32
18	105354	2278	Pedro Carvalho	JUN	Sport Lisboa e Benfica	00:09:42	00:30:03	00:14:55	00:54:40	00:03:11
19	107744	1932	David Abreu	CAD	Sporting Clube de Portugal	-	-	00:15:21	00:55:07	00:03:38
20	105033	1914	José Ferreira	CAD	Sporting Clube de Portugal	00:09:33	00:30:18	00:15:27	00:55:18	00:03:49
21	105032	1913	Afonso Ferreira	CAD	Sporting Clube de Portugal	00:09:35	00:30:19	00:15:25	00:55:19	00:03:50
22	100675	3062	João Bernardo Queirós	20-24	Outsystems Olímpico de Oeiras	00:09:47	00:30:06	00:15:57	00:55:50	00:04:21
23	107065	2228	Tomás Felício	JUN	Outsystems Olímpico de Oeiras	00:09:29	00:30:22	00:16:12	00:56:03	00:04:34
24	100658	1838	Dinis Barrocas	CAD	Alhandra Sporting Club	00:09:43	00:30:09	00:16:13	00:56:05	00:04:36
25	102552	3268	João Menino	20-24	Sport Lisboa e Benfica	00:09:33	00:30:12	00:16:32	00:56:17	00:04:48
26	103109	1909	Tomás Figueiredo	CAD	Outsystems Olímpico de Oeiras	00:10:18	00:31:34	00:14:53	00:56:45	00:05:16
27	101621	1834	Martim Salvador	CAD	Clube de Natação de Torres Novas	00:09:34	00:30:16	00:16:59	00:56:49	00:05:20
28	103775	1836	Francisco Borges	CAD	Clube de Natação de Torres Novas	00:09:49	00:30:02	00:17:18	00:57:09	00:05:40

**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
29	100836	5264	Pedro Eloy	40-44	Outsystems Olímpico de Oeiras	00:10:13	00:31:39	00:15:47	00:57:39	00:06:10
30	104803	2256	Gonçalo Nunes	JUN	Outsystems Olímpico de Oeiras	00:10:24	-	-	00:57:53	00:06:24
31	101325	3409	José Luís Virtuoso	25-29	AmoraSub/Associação Naval Amorense	-	-	-	00:58:00	00:06:31
32	106979	1908	André Duarte Jorge	CAD	Outsystems Olímpico de Oeiras	00:10:14	00:31:39	00:16:10	00:58:03	00:06:34
33	108559	3650	Nelson Oliveira	25-29	AmoraSub/Associação Naval Amorense	00:10:40	00:31:20	00:16:06	00:58:06	00:06:37
34	105629	3326	José Nunes	20-24	Alhandra Sporting Club	00:09:41	00:31:47	00:16:44	00:58:12	00:06:43
35	102512	1864	Vasco Silva	CAD	Outsystems Olímpico de Oeiras	00:10:14	-	-	00:58:14	00:06:45
36	104855	3720	Tiago Lopes	25-29	Outsystems Olímpico de Oeiras	00:11:15	00:31:27	00:15:44	00:58:26	00:06:57
37	102637	2262	Diogo Carvalhinho	JUN	Pimpões Triatlo	00:10:50	00:31:14	00:16:32	00:58:36	00:07:07
38	104060	1881	Vasco Nunes	CAD	Alhandra Sporting Club	00:10:43	00:31:21	00:16:55	00:58:59	00:07:30
39	101717	4637	João França	40-44	Clube dos Galitos	00:10:47	00:31:27	00:17:01	00:59:15	00:07:46
40	106615	4135	Bruno Teles Grilo	45-49	Estoril Praia Credibom	00:10:53	00:31:31	00:17:04	00:59:28	00:07:59
41	107651	2959	Bernardo Dionísio	20-24	Sport Lisboa e Benfica	00:09:27	00:32:26	00:18:15	01:00:08	00:08:39
42	104735	3379	Bruno Santos	30-34	CNCVG	00:11:31	00:32:36	00:16:07	01:00:14	00:08:45
43	106328	1519	Afonso Fazendeiro	CAD	Sport Lisboa e Benfica	00:10:16	00:31:39	00:18:47	01:00:42	00:09:13
44	104854	5158	Tiago de Paiva e Pona	45-49	Outsystems Olímpico de Oeiras	00:11:14	00:33:14	00:16:29	01:00:57	00:09:28
45	107474	3215	Diogo Nunes	20-24	Sporting Clube de Portugal	00:12:08	00:32:28	00:16:24	01:01:00	00:09:31
46	0	8467	Nuno Lopes Raposo	25-29	Não Federado	00:11:54	00:33:45	00:15:52	01:01:31	00:10:02
47	102369	1845	Diogo Costa	CAD	Outsystems Olímpico de Oeiras	00:12:12	00:32:20	00:17:00	01:01:32	00:10:03
48	101520	5067	Tiago Lobo	40-44	Mc Donald's/Tribraga	00:11:45	00:32:55	00:16:57	01:01:37	00:10:08
49	100603	4017	João Pedro Fulgêncio	45-49	Clube de Futebol Os Belenenses	00:12:35	00:32:26	00:16:38	01:01:39	00:10:10
50	103096	1878	André Canhoto	CAD	Outsystems Olímpico de Oeiras	00:10:32	00:34:09	00:17:02	01:01:43	00:10:14
51	103671	4372	João Faria	50-54	Associação Académica de São Mamede	00:12:28	00:32:17	00:17:00	01:01:45	00:10:16
52	100283	2993	João Maria Inácio	20-24	Pimpões Triatlo	00:12:32	00:32:13	00:17:13	01:01:58	00:10:29
53	101811	4151	António Calafate	55-59	Núcleo do Sporting da Golegã	00:11:39	00:33:08	00:17:26	01:02:13	00:10:44
54	100525	3572	Filipe Baptista	25-29	Sporting Clube de Espinho - FERSILVA	00:11:17	00:33:21	00:17:41	01:02:19	00:10:50
55	106666	2670	Márcio Miguel	30-34	CNAL - Triatlo	00:12:28	00:32:23	00:17:29	01:02:20	00:10:51
56	105394	3578	David Paiva	35-39	Clube de Natação de Torres Novas	00:10:51	00:34:09	00:17:21	01:02:21	00:10:52
57	106925	2736	Rui Martins	35-39	Sporting Clube de Portugal	00:13:42	00:32:25	00:16:15	01:02:22	00:10:53
58	101824	4814	Gonçalo Resina	45-49	Núcleo do Sporting da Golegã	00:14:06	00:32:18	00:16:08	01:02:32	00:11:03
59	102296	1930	tiago miguel casinha	CAD	CNCVG	00:12:14	00:32:33	00:18:01	01:02:48	00:11:19
60	105322	3544	Bruno Martins	35-39	Triatlo Fundação Salesianos	00:12:24	00:32:26	00:18:02	01:02:52	00:11:23
61	101291	4704	Ricardo Lanceiro	45-49	Clube de Futebol Os Belenenses	00:13:21	00:32:51	00:16:42	01:02:54	00:11:25

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#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
62	104617	4652	João Morais	40-44	Estoril Praia Credibom	00:12:40	00:32:08	00:18:09	01:02:57	00:11:28
63	102824	3182	Rui Lucas	30-34	Peniche A. C.	00:13:43	00:32:42	00:16:37	01:03:02	00:11:33
64	105795	3814	Luis Viedma	35-39	Pimpões Triatlo	00:12:50	00:33:13	00:17:00	01:03:03	00:11:34
65	100800	3026	David Maia	30-34	Outsystems Olímpico de Oeiras	00:12:16	00:32:38	00:18:10	01:03:04	00:11:35
66	106709	5620	Bruno Rolim	40-44	Try Portugal / V. Janes	00:13:30	00:32:35	00:17:16	01:03:21	00:11:52
67	108612	3678	Miguel Pecegueiro	30-34	Individual	00:12:54	00:33:34	00:17:16	01:03:44	00:12:15
68	100321	5022	Nelson Moreira	40-44	Estoril Praia Credibom	00:12:40	00:32:08	00:19:00	01:03:48	00:12:19
69	106655	4262	Henrique Avelar	40-44	Não Federado	00:13:34	00:33:07	00:17:13	01:03:54	00:12:25
70	101922	4611	Orlando Marques	40-44	Exército de Portugal	00:13:45	-	-	01:04:01	00:12:32
71	100192	4217	Luis Oliveira	45-49	Pimpões Triatlo	00:13:36	00:32:36	00:17:58	01:04:10	00:12:41
72	100743	4035	Paulo Jorge Correia Lamego	50-54	Sport Algés e Dafundo	00:12:26	00:33:17	00:18:29	01:04:12	00:12:43
73	100517	4022	Paulo Teles	50-54	3B - triatlo	00:12:34	00:32:18	00:19:27	01:04:19	00:12:50
74	0	8457	Luis Mendonça da Silva	45-49	Não Federado	00:12:34	00:32:25	00:19:27	01:04:26	00:12:57
75	100650	4242	César Andrade	40-44	Alhandra Sporting Club	00:12:42	00:32:25	00:19:23	01:04:30	00:13:01
76	107126	2788	José Cardinho	35-39	Clube de Futebol Os Belenenses	00:14:21	00:31:53	00:18:24	01:04:38	00:13:09
77	101531	4530	Luís Filipe Valente	50-54	Clube Oriental de Lisboa	00:13:23	00:33:02	00:18:14	01:04:39	00:13:10
78	106315	4355	José Carlos Abrantes	50-54	Exército de Portugal	00:12:23	00:34:04	00:18:27	01:04:54	00:13:25
79	108355	3389	João Garcia	20-24	Clube dos Galitos	00:13:48	00:32:39	00:18:32	01:04:59	00:13:30
80	103321	4860	Renato Araújo	50-54	AmoraSub/Associação Naval Amorense	00:13:50	00:32:40	00:18:31	01:05:01	00:13:32
81	107657	5546	Alexandre Paiva Nunes	45-49	Individual	00:14:55	00:33:37	00:17:04	01:05:36	00:14:07
82	104728	4531	Pedro Rico	45-49	Peniche A. C.	00:12:37	00:34:02	00:19:03	01:05:42	00:14:13
83	107849	3071	Caio Herculano	35-39	Pimpões Triatlo	00:12:26	00:33:58	00:19:19	01:05:43	00:14:14
84	100793	4032	Carlos Gomes	60-64	Outsystems Olímpico de Oeiras	00:14:41	00:33:39	00:17:26	01:05:46	00:14:17
85	108011	5650	Nuno Santos	40-44	CNAL - Triatlo	00:14:09	-	-	01:05:51	00:14:22
86	106800	2707	Marco Pinto	30-34	TRICAP-Penafirme	00:15:01	00:33:45	00:17:13	01:05:59	00:14:30
87	108712	5900	Celso Guerra	45-49	AmoraSub/Associação Naval Amorense	00:14:07	-	-	01:06:35	00:15:06
88	108284	3335	Nuno Silva	25-29	AmoraSub/Associação Naval Amorense	00:12:25	00:34:11	00:20:05	01:06:41	00:15:12
89	101435	4121	Paulo Codinha	55-59	Triatlo Clube Tap	00:12:44	00:33:42	00:20:21	01:06:47	00:15:18
90	100611	4897	Pedro Carreira	40-44	Peniche A. C.	00:15:22	00:33:24	00:18:03	01:06:49	00:15:20
91	105791	5311	João Rosa	45-49	Peniche A. C.	00:13:21	00:33:14	00:20:17	01:06:52	00:15:23
92	108074	3191	João Fernandes	30-34	Associação Académica de São Mamede	00:13:33	00:35:52	00:17:30	01:06:55	00:15:26
93	101348	3137	Henrique Delgado	35-39	TRICAP-Penafirme	00:11:57	00:33:39	00:21:21	01:06:57	00:15:28
94	101065	4060	António Moura	60-64	Pimpões Triatlo	00:13:44	00:32:39	00:20:41	01:07:04	00:15:35

**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
95	105299	5167	Bruno Ornelas	45-49	CAFH	00:12:42	00:33:50	00:20:39	01:07:11	00:15:42
96	107219	2821	Marco Caetano	30-34	Associação Académica de São Mamede	00:14:28	00:35:13	00:17:31	01:07:12	00:15:43
97	107174	4516	Joaquim Esteves	55-59	SFRAA TRIATLO	00:13:35	00:34:54	00:18:57	01:07:26	00:15:57
98	100887	3517	Fábio Pratas	35-39	AmoraSub/Associação Naval Amorense	00:15:05	00:34:18	00:18:06	01:07:29	00:16:00
99	105501	2635	Pedro Afonso Marques	20-24	Clube Triatlo de Abrantes	00:13:58	00:34:04	00:19:37	01:07:39	00:16:10
100	108234	3314	Daniel Doe	30-34	Individual	00:14:17	00:34:07	00:19:26	01:07:50	00:16:21
101	108439	5826	Bruno Pereira	45-49	AmoraSub/Associação Naval Amorense	00:13:29	00:34:40	00:19:45	01:07:54	00:16:25
102	104781	4788	Pedro Nunes	45-49	Outsystems Olímpico de Oeiras	00:12:45	00:34:01	00:21:23	01:08:09	00:16:40
103	0	8470	Nuno Pais e Silva	45-49	Não Federado	00:15:37	00:35:07	00:17:53	01:08:37	00:17:08
104	103720	4445	João Cunha Rêgo	45-49	Triatlo Clube Tap	00:13:40	00:35:08	00:20:08	01:08:56	00:17:27
105	100210	4535	Miguel Gaivão	60-64	Individual	00:13:51	00:34:33	00:20:36	01:09:00	00:17:31
106	106402	1891	Rafael Assis	CAD	Pimpões Triatlo	-	-	00:20:34	01:09:01	00:17:32
107	0	8483	Pedro Manuel Raposo	20-24	Não Federado	00:15:23	00:35:01	00:18:40	01:09:04	00:17:35
108	107993	3117	David Fernandes	35-39	Sporting Clube de Portugal	00:16:01	00:33:59	00:19:06	01:09:06	00:17:37
109	107844	1892	Artur Resende Santana	CAD	Clube Triatlo de Abrantes	00:14:52	00:34:50	00:19:26	01:09:08	00:17:39
110	107893	3082	Ricardo Pires	30-34	BEST	00:16:01	00:34:19	00:18:49	01:09:09	00:17:40
111	108298	3340	João Dinis	35-39	Clube Atlético de Oliveira do Hospital	00:16:54	00:34:23	00:17:54	01:09:11	00:17:42
112	100612	4148	Pedro Cordeiro	55-59	Sport Algés e Dafundo	00:12:19	00:33:25	00:23:31	01:09:15	00:17:46
113	107581	5380	Francisco Brígido	45-49	BEST	00:15:27	00:35:59	00:17:52	01:09:18	00:17:49
114	100592	5912	Pedro Pinheiro	45-49	Pimpões Triatlo	00:15:19	00:33:22	00:20:41	01:09:22	00:17:53
115	0	8437	Gonçalo Costa Santos	40-44	Não Federado	00:12:32	00:37:36	00:19:21	01:09:29	00:18:00
116	108076	3193	Tiago Oliveira	35-39	Clube dos Galitos	00:17:22	00:34:42	00:17:33	01:09:37	00:18:08
117	104138	4322	Adolfo Vagos	50-54	Peniche A. C.	00:16:31	00:33:52	00:19:15	01:09:38	00:18:09
118	105066	5100	Marco Filipe	45-49	BEST	00:16:00	00:35:11	00:18:32	01:09:43	00:18:14
119	0	8460	Manuel Júlio	40-44	Não Federado	00:12:35	00:36:00	00:21:15	01:09:50	00:18:21
120	101066	4221	António Vitorino	50-54	Peniche A. C.	00:16:02	00:34:07	00:19:47	01:09:56	00:18:27
121	106381	4405	Rui Pereira	45-49	Peniche A. C.	00:14:27	00:36:09	00:19:22	01:09:58	00:18:29
122	101396	5696	Rui Trovão	40-44	REPSOL TRIATLO	00:15:12	00:34:49	00:19:57	01:09:58	00:18:29
123	106285	4030	Bruno Miguel Brito	45-49	Individual	00:14:05	00:37:54	00:18:03	01:10:02	00:18:33
124	107837	5597	Ricardo Martins	45-49	Individual	00:16:08	00:35:44	00:18:12	01:10:04	00:18:35
125	105659	5246	Pedro Lourenço	50-54	AmoraSub/Associação Naval Amorense	00:15:44	00:34:43	00:19:49	01:10:16	00:18:47
126	103306	4852	Francisco Sanches-Osório	55-59	Estoril Praia Credibom	00:16:06	00:34:29	00:19:55	01:10:30	00:19:01
127	108100	3225	Hugo Medeiros	30-34	BEST	00:16:31	00:34:59	00:19:01	01:10:31	00:19:02

**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
128	105321	5175	Joao Serralha	40-44	Clube de Futebol Os Belenenses	00:11:47	00:37:45	00:21:01	01:10:33	00:19:04
129	104544	4172	Luís Miguel Tomé	45-49	Peniche A. C.	00:16:30	00:33:39	00:20:28	01:10:37	00:19:08
130	104006	4991	Duarte Almeida	55-59	Estoril Praia Credibom	00:14:06	00:34:43	00:21:51	01:10:40	00:19:11
131	103528	3463	Bernardo Braga	30-34	Associação Académica de São Mamede	00:12:20	00:38:33	00:19:49	01:10:42	00:19:13
132	105667	5255	José Domingues	65-69	Triatlo Fundação Salesianos	00:14:58	00:35:34	00:20:13	01:10:45	00:19:16
133	0	8456	Luís Filipe Gil	25-29	Não Federado	00:16:15	00:35:24	00:19:07	01:10:46	00:19:17
134	102104	4545	Paulo Ferreira	45-49	Triatlo Clube Tap	00:15:21	00:35:16	00:20:10	01:10:47	00:19:18
135	0	8077	Cristóvão Estrada Gomes	40-44	Não Federado	00:15:43	00:35:42	00:19:46	01:11:11	00:19:42
136	108496	3587	Daniel Amaral	25-29	Clube dos Galitos	00:16:30	00:34:36	00:20:09	01:11:15	00:19:46
137	102306	4853	Mario Santana	40-44	Clube do Pessoal EDP	00:15:03	00:35:28	00:20:45	01:11:16	00:19:47
138	107601	5400	Miguel Almeida	45-49	Individual	00:15:14	00:35:58	00:20:05	01:11:17	00:19:48
139	108673	5895	Cristóvão dos Santos	40-44	Clube de Natação de Torres Novas	00:15:12	00:35:04	00:21:06	01:11:22	00:19:53
140	101782	4403	Paulo Santos	55-59	Clube Oriental de Lisboa	00:15:47	00:35:48	00:19:53	01:11:28	00:19:59
141	108702	3734	Daniel Jose Cesario	35-39	AmoraSub/Associação Naval Amorense	00:16:08	00:34:09	00:21:21	01:11:38	00:20:09
142	101083	4048	Miguel Baltazar	45-49	Peniche A. C.	00:15:28	00:34:52	00:21:49	01:12:09	00:20:40
143	106357	4339	Paulo Mateus	45-49	Individual	00:14:33	00:35:56	00:21:43	01:12:12	00:20:43
144	101522	4629	António Jorge Martinho	55-59	Clube Oriental de Lisboa	00:13:03	00:38:13	00:21:04	01:12:20	00:20:51
145	101917	4137	Gonçalo Simões	40-44	DNMG	00:15:27	00:38:44	00:18:12	01:12:23	00:20:54
146	104646	4528	Gabriel Alves	55-59	3B - triatlo	00:16:25	00:37:19	00:18:46	01:12:30	00:21:01
147	103179	4525	Jorge Carvalho	50-54	Clube Oriental de Lisboa	00:15:41	00:33:23	00:23:27	01:12:31	00:21:02
148	104973	1841	Vasco Sequeira	CAD	CNCVG	00:13:04	00:39:09	00:20:30	01:12:43	00:21:14
149	108500	5840	Gerardo Galeote	65-69	Pimpões Triatlo	00:15:01	00:37:16	00:20:44	01:13:01	00:21:32
150	0	8099	Fernando Miguel	50-54	Não Federado	00:16:10	00:37:25	00:19:29	01:13:04	00:21:35
151	0	8486	Pedro Serrazina	40-44	Não Federado	00:13:54	00:37:50	00:21:26	01:13:10	00:21:41
152	0	8459	Manuel Francisco Rodrigues	30-34	Não Federado	00:18:30	00:35:21	00:19:20	01:13:11	00:21:42
153	0	8462	Márcio Cardeira Sousa	40-44	Não Federado	00:18:42	00:35:29	00:19:03	01:13:14	00:21:45
154	106257	3375	Carlos Teixeira	35-39	Exército de Portugal	00:17:40	00:35:08	00:20:33	01:13:21	00:21:52
155	106260	3386	Flávio Figueiredo	35-39	Exército de Portugal	00:13:57	00:39:55	00:19:37	01:13:29	00:22:00
156	0	8454	Luís Avelar	45-49	Não Federado	00:16:23	00:38:31	00:18:38	01:13:32	00:22:03
157	0	8451	João Paulo Ribeiro	30-34	Não Federado	00:11:10	00:37:34	00:24:57	01:13:41	00:22:12
158	104007	5030	Hugo Guerra	40-44	Clube Zupper	00:15:09	00:35:37	00:23:05	01:13:51	00:22:22
159	102971	4552	José Bonito	50-54	Clube de Triatlo de Almada	00:16:19	00:36:46	00:20:50	01:13:55	00:22:26
160	0	8057	Bruno Moura Carlos	40-44	Não Federado	00:17:46	00:37:05	00:19:06	01:13:57	00:22:28

**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
161	108010	5649	Fernando Andrade	50-54	CNAL - Triatlo	00:17:06	00:37:24	00:19:35	01:14:05	00:22:36
162	108008	5647	Nelson Matos	45-49	CNAL - Triatlo	00:17:33	00:37:22	00:19:15	01:14:10	00:22:41
163	0	8469	Nuno Oliveira Dinis	45-49	Não Federado	00:15:36	00:39:01	00:19:34	01:14:11	00:22:42
164	108339	2288	Tiago Portela	JUN	BEST	00:15:20	00:34:59	00:23:53	01:14:12	00:22:43
165	106736	2685	Rui Silva	35-39	Individual	00:16:39	00:38:11	00:19:27	01:14:17	00:22:48
166	104546	4212	Artur Parreira	60-64	Individual	00:14:59	00:38:18	00:21:15	01:14:32	00:23:03
167	107829	5593	Paulo Crespo	45-49	BEST	00:17:27	00:37:25	00:19:46	01:14:38	00:23:09
168	0	8465	Mark Downey	35-39	Não Federado	00:13:44	00:39:01	00:22:02	01:14:47	00:23:18
169	108419	3471	Pedro Borges	35-39	Individual	00:13:15	00:41:00	00:20:33	01:14:48	00:23:19
170	0	8433	Francisco Lucas Santos	20-24	Não Federado	00:18:55	00:36:32	00:19:32	01:14:59	00:23:30
171	0	8477	Paulo Ricardo Tavares Nunes	30-34	Não Federado	00:16:17	00:38:12	00:20:30	01:14:59	00:23:30
172	108007	5646	Nelson Martins	50-54	CNAL - Triatlo	00:17:14	00:36:49	00:21:05	01:15:08	00:23:39
173	108090	5708	Joel Alexandre	40-44	Clube de Futebol Os Belenenses	00:14:48	00:37:18	00:23:03	01:15:09	00:23:40
174	108397	5808	Daniel Madeira	40-44	Peniche A. C.	00:16:14	00:37:35	00:21:30	01:15:19	00:23:50
175	100817	4025	João Medeiro	55-59	Outsystems Olímpico de Oeiras	00:17:19	00:37:24	00:20:43	01:15:26	00:23:57
176	108610	5871	José Damas	60-64	Clube Triatlo de Abrantes	00:17:33	00:35:53	00:22:11	01:15:37	00:24:08
177	0	8498	Vasco Leal	60-64	Não Federado	00:16:04	00:37:52	00:21:42	01:15:38	00:24:09
178	0	8482	Pedro Guerra	45-49	Não Federado	00:17:01	00:38:43	00:20:14	01:15:58	00:24:29
179	104914	5027	Pedro Costa Pereira	55-59	Estoril Praia Credibom	00:14:38	00:37:40	00:23:41	01:15:59	00:24:30
180	0	8464	Mário Pimentel Cunha	40-44	Não Federado	00:16:44	00:39:53	00:19:23	01:16:00	00:24:31
181	0	8492	Ricardo Santos	30-34	Não Federado	00:16:24	00:39:56	00:19:53	01:16:13	00:24:44
182	0	8488	Pedro Vasco	25-29	Não Federado	00:14:45	00:39:09	00:22:24	01:16:18	00:24:49
183	108668	5893	Jorge Anastácio	45-49	CNAL - Triatlo	00:16:14	00:38:42	00:21:24	01:16:20	00:24:51
184	0	8088	Deodato Evangelista	45-49	Não Federado	00:17:29	00:35:22	00:23:51	01:16:42	00:25:13
185	108141	5726	Eduardo Poças	40-44	GRCD Leião Triatlo	00:12:40	00:41:07	00:23:22	01:17:09	00:25:40
186	103898	5261	Rui Santos	40-44	AmoraSub/Associação Naval Amorense	00:16:06	00:38:15	00:22:52	01:17:13	00:25:44
187	0	8452	Jose Melo	45-49	Não Federado	00:16:46	00:42:07	00:18:21	01:17:14	00:25:45
188	0	8495	Rui Miguel Ligeiro	45-49	Não Federado	00:16:44	00:40:04	00:20:27	01:17:15	00:25:46
189	0	8447	João Monteiro	30-34	Não Federado	00:17:06	00:39:35	00:20:36	01:17:17	00:25:48
190	0	8097	Duarte Vaz de Almada	50-54	Não Federado	00:16:22	00:38:26	00:22:32	01:17:20	00:25:51
191	0	8436	Gilberto Matos	30-34	Não Federado	00:18:47	00:38:04	00:20:30	01:17:21	00:25:52
192	0	8455	Luís Filipe Coelho Xavier	25-29	Não Federado	00:17:24	00:37:42	00:22:15	01:17:21	00:25:52
193	105664	5252	Bruno Ricardo	60-64	Triatlo Fundação Salesianos	00:14:34	00:39:43	00:23:09	01:17:26	00:25:57

**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
194	108724	5906	Joao Paulo Coelho Pinto	40-44	Sporting Clube de Portugal	00:16:45	00:38:55	00:21:48	01:17:28	00:25:59
195	108509	5845	Marco Gonçalves Miguel	45-49	Individual	00:15:34	00:38:52	00:23:04	01:17:30	00:26:01
196	100619	4005	José Maçarria	60-64	Individual	00:17:21	00:39:08	00:21:09	01:17:38	00:26:09
197	103331	4867	João Silva	50-54	DNMG	00:17:26	00:38:37	00:21:37	01:17:40	00:26:11
198	108648	5888	Hélio Garcia	45-49	Individual	00:18:24	00:38:35	00:20:47	01:17:46	00:26:17
199	101076	4075	José Peixoto	60-64	Peniche A. C.	00:17:04	00:37:54	00:22:53	01:17:51	00:26:22
200	0	8484	Pedro Marques Nunes	30-34	Não Federado	00:17:20	00:40:43	00:19:50	01:17:53	00:26:24
201	0	8083	David Joao Gomes Almeida	40-44	Não Federado	-	-	-	01:17:57	00:26:28
202	103371	4879	Rui Vasques Fonseca	55-59	Clube de Futebol Os Belenenses	00:13:31	00:43:26	00:21:09	01:18:06	00:26:37
203	108647	5887	PEDRO TAROUCA	50-54	Individual	00:16:48	00:41:57	00:19:21	01:18:06	00:26:37
204	0	8078	Daniel Espinhal	40-44	Não Federado	00:18:32	00:36:00	00:23:45	01:18:17	00:26:48
205	106508	4760	Carlos Xavier	40-44	Não Federado	00:19:08	00:39:15	00:20:36	01:18:59	00:27:30
206	108000	5640	Miguel Andrade	50-54	CNAL - Triatlo	00:18:17	00:37:20	00:23:26	01:19:03	00:27:34
207	108317	5780	Nuno Pacheco	50-54	CNAL - Triatlo	00:17:07	00:39:29	00:22:27	01:19:03	00:27:34
208	0	8435	Gabriel Figueiredo Guimarães	35-39	Não Federado	00:17:10	00:40:33	00:21:21	01:19:04	00:27:35
209	0	8485	Pedro Miguel Belo	35-39	Não Federado	00:17:36	00:37:13	00:24:23	01:19:12	00:27:43
210	0	8499	Vasco Vasconcelos Esteves	50-54	Não Federado	00:15:10	00:39:57	00:24:13	01:19:20	00:27:51
211	0	8448	João Nuno Oliveira	35-39	Não Federado	00:15:14	00:43:17	00:20:53	01:19:24	00:27:55
212	0	8496	Luis Pereira	45-49	Não Federado	00:14:47	00:39:22	00:25:21	01:19:30	00:28:01
213	107164	4487	José Gerardo	60-64	CNAL - Triatlo	00:20:33	00:39:43	00:19:51	01:20:07	00:28:38
214	0	8479	Paulo Valentim	50-54	Não Federado	00:20:27	00:40:04	00:19:38	01:20:09	00:28:40
215	0	8474	Nuno Teixeira Marques	45-49	Não Federado	00:15:07	00:38:52	00:26:16	01:20:15	00:28:46
216	105430	5412	Jorge Rosa	55-59	SFRAA TRIATLO	00:14:57	00:39:51	00:25:31	01:20:19	00:28:50
217	106492	5165	Pedro Capelinha	50-54	CNCVG	00:14:38	00:38:38	00:27:18	01:20:34	00:29:05
218	105945	5356	Hugo Borges	45-49	Clube de Natação de Torres Novas	00:17:03	00:41:22	00:22:15	01:20:40	00:29:11
219	106426	4532	Antonio Queiros	40-44	Individual	00:18:27	00:40:57	00:21:32	01:20:56	00:29:27
220	0	8431	Florentino Maestu	50-54	Não Federado	00:16:38	00:38:22	00:26:00	01:21:00	00:29:31
221	107814	5591	Pedro Soutelinho Correia Ribeiro	55-59	Outsystems Olímpico de Oeiras	00:15:31	00:39:50	00:25:45	01:21:06	00:29:37
222	100685	4369	Jorge Corte-Real	60-64	Alhandra Sporting Club	00:17:26	00:39:48	00:23:55	01:21:09	00:29:40
223	0	8490	Renato Santos da Silva	35-39	Não Federado	00:20:39	00:39:42	00:21:11	01:21:32	00:30:03
224	108678	5897	Joaquim chaves	50-54	Individual	00:14:39	00:42:47	00:24:36	01:22:02	00:30:33
225	100285	4072	Renato Fidalgo	60-64	Individual	00:19:48	00:40:53	00:21:49	01:22:30	00:31:01
226	0	8497	Tiago Miguel Antunes	35-39	Não Federado	00:14:54	00:45:33	00:22:12	01:22:39	00:31:10

**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
227	104453	4058	Rodrigo SPÍNOLA Correia	45-49	Triatlo Clube Tap	00:17:30	00:47:21	00:18:44	01:23:35	00:32:06
228	0	8478	Paulo Trezentos	45-49	Não Federado	00:20:18	00:40:22	00:23:32	01:24:12	00:32:43
229	0	8092	Diego Rossato	30-34	Não Federado	00:19:46	00:42:21	00:22:18	01:24:25	00:32:56
230	108059	5684	Marco Carapinha	45-49	Clube Oriental de Lisboa	00:24:15	00:38:48	00:21:24	01:24:27	00:32:58
231	0	8006	Alexandre Almeida	CAD	Não Federado	00:13:51	00:44:35	00:26:35	01:25:01	00:33:32
232	101428	4343	Miguel Pacheco	60-64	Triatlo Clube Tap	00:18:37	00:42:19	00:24:17	01:25:13	00:33:44
233	0	8480	Pedro Filipe Pejapes	40-44	Não Federado	00:18:09	00:44:55	00:22:10	01:25:14	00:33:45
234	0	8439	Gonçalo Ovelheiro	35-39	Não Federado	00:24:33	00:40:36	00:20:22	01:25:31	00:34:02
235	101529	4346	Jorge Carreiras	55-59	Clube Oriental de Lisboa	00:18:03	00:43:00	00:24:35	01:25:38	00:34:09
236	104978	5120	Nuno Duarte	45-49	Individual	00:19:23	00:43:42	00:22:49	01:25:54	00:34:25
237	0	8026	Ângelo Felgueiras	55-59	Não Federado	00:20:14	00:43:23	00:22:42	01:26:19	00:34:50
238	0	8044	Bruno Miguel Santos	35-39	Não Federado	00:17:25	00:46:48	00:22:46	01:26:59	00:35:30
239	0	8489	Renato Duarte	20-24	Não Federado	00:20:32	00:41:16	00:25:51	01:27:39	00:36:10
240	106602	4393	Paulo Lopes	50-54	SFRAA TRIATLO	00:17:42	00:43:16	00:26:49	01:27:47	00:36:18
241	105381	5191	Ricardo Fernandes	45-49	SFRAA TRIATLO	00:16:13	00:48:41	00:22:54	01:27:48	00:36:19
242	0	8466	Miguel de Oliveira Silva	45-49	Não Federado	00:17:10	00:45:31	00:25:08	01:27:49	00:36:20
243	0	8080	Daniel Oliveira Santos	45-49	Não Federado	00:23:25	00:43:01	00:21:56	01:28:22	00:36:53
244	0	8491	Ricardo Jorge Pereira	40-44	Não Federado	00:18:54	00:49:11	00:21:42	01:29:47	00:38:18
245	0	8445	João Francisco	CAD	Não Federado	00:15:52	00:46:37	00:27:59	01:30:28	00:38:59
246	0	8434	Frederico Santiago de Andrade e Sousa	55-59	Não Federado	00:20:03	00:47:40	00:27:17	01:35:00	00:43:31
247	108744	5911	Christian Bayon	65-69	Sport Algés e Dafundo	00:17:43	00:48:24	00:29:16	01:35:23	00:43:54
248	0	8087	Delson Santos	45-49	Não Federado	00:17:33	00:50:17	00:29:49	01:37:39	00:46:10
249	0	8440	Hélder Caeiro de Abreu	45-49	Não Federado	00:18:51	00:52:23	00:27:18	01:38:32	00:47:03
250	0	8468	Nuno Moniz	45-49	Não Federado	00:22:38	00:51:50	00:25:18	01:39:46	00:48:17
251	101426	4342	Luis Filipe Silva	65-69	Triatlo Clube Tap	00:23:08	00:46:19	00:31:10	01:40:37	00:49:08
252	0	8471	Nuno Pascoal da Graça	40-44	Não Federado	00:26:42	00:47:52	00:26:16	01:40:50	00:49:21
253	0	8453	Ludgero Fautino	45-49	Não Federado	00:21:54	00:54:28	00:30:01	01:46:23	00:54:54
DSQ	108621	5873	Dinis Delgado dos Santos	40-44	Individual	00:13:32	-	-	DSQ	
DNF		1844	Rodrigo Figueiredo	CAD	Sporting Clube de Portugal	-	-	-	DNF	
DNF	100235	3803	Pedro Afonso Pinto Gaspar	25-29	Outsystems Olímpico de Oeiras	-	-	-	DNF	
DNS	0	8096	Diogo Manuel Domingues	25-29	Não Federado	-	-	-	DNS	
DNS	0	8098	Fernando Faleiro	45-49	Não Federado	-	-	-	DNS	
DNS	102511	1905	Arthur Torres	CAD	Outsystems Olímpico de Oeiras	-	-	-	DNS	



**Classificações Absolutos Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
DNS	104684	1927	Duarte Fernandes	CAD	Alhandra Sporting Club	-	-	-	DNS	
DNS	106405	2219	André Sousa	JUN	Outsystems Olímpico de Oeiras	-	-	-	DNS	
DNS	0	8475	Olivier Lopes Durao	45-49	Não Federado	-	-	-	DNS	
DNS	0	8476	Paulo Ribeiro	60-64	Não Federado	-	-	-	DNS	
DNS	100832	2561	Miguel Tiago Silva	20-24	Outsystems Olímpico de Oeiras	-	-	-	DNS	
DNS	0	8481	Pedro Granate	30-34	Não Federado	-	-	-	DNS	
DNS	101017	2624	Tiago Fonseca	20-24	Clube de Natação de Torres Novas	-	-	-	DNS	
DNS	107613	2943	Nuno Arraiano	30-34	Aminata Triatlo	-	-	-	DNS	
DNS	107729	2987	Henrique Moreira	30-34	Clube dos Galitos	-	-	-	DNS	
DNS	107913	3089	André Picado	20-24	Alhandra Sporting Club	-	-	-	DNS	
DNS	106098	3134	Tiago Isidoro	35-39	Pimpões Triatlo	-	-	-	DNS	
DNS	100104	3769	Alexandre Nobre	25-29	Sport Lisboa e Benfica	-	-	-	DNS	
DNS	107237	4677	Filipe Centeno	45-49	SNR Triatlo	-	-	-	DNS	
DNS	107015	5501	Nuno Lebre	40-44	Estoril Praia Credibom	-	-	-	DNS	
DNS	107732	5565	Carlos Teixeira	45-49	Individual	-	-	-	DNS	
DNS	108101	5721	Miguel Pedro	50-54	CNCVG	-	-	-	DNS	