

Local da Prova: **Lagoa**

Data: **24/09/2022**

Hora da Partida: **17:03:32**

Distancias: Corrida - 5000

Ciclismo - 19200

Corrida - 2500

Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Corrida	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	100316	2823	Maria Tomé	20-24	Clube de Natação de Torres Novas	00:20:02	00:00:41	00:32:36	00:00:24	00:08:23	01:02:06	00:00:00
2	101358	2564	Ana Ramos	25-29	Clube de Natação de Torres Novas	00:20:02	00:00:40	00:32:39	00:00:22	00:09:01	01:02:44	00:00:38
3	103427	2862	Beatriz Ferreira	20-24	Clube de Natação de Torres Novas	00:20:02	00:00:41	00:32:39	00:00:22	00:09:15	01:02:59	00:00:53
4	107787	3010	Francisca Parente	25-29	Outsystems Olímpico de Oeiras	00:21:47	00:00:41	00:36:53	00:00:29	00:10:26	01:10:16	00:08:10
5	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:21:46	00:00:57	00:38:05	00:00:35	00:10:34	01:11:57	00:09:51
6	104796	3614	Bettina Roschmann	35-39	CCD / INTERMARCHÉ LAGOS	00:23:09	00:01:10	00:36:26	00:00:49	00:10:49	01:12:23	00:10:17
7	100696	4506	Maria Sousa	45-49	Clube Oriental de Lisboa	00:23:26	00:00:56	00:36:41	00:00:39	00:11:26	01:13:08	00:11:02
8	107607	5419	Sandra Cristina Fernandes Rodrigu	45-49	AmoraSub/Associação Naval Amorense	00:23:13	00:01:09	00:37:31	00:00:50	00:11:02	01:13:45	00:11:39
9	106700	2678	Susana Alemão	35-39	Mirachoro Hotels/CCP/Churrasqueira do Vau	00:24:01	00:00:55	00:36:28	00:00:33	00:11:48	01:13:45	00:11:39
10	105392	5196	Malvina Gomes	40-44	Palmela Desporto / Tripla Rotação	00:22:41	00:00:44	00:38:27	00:00:36	00:11:36	01:14:04	00:11:58
11	100848	4150	Susana Pontes	50-54	Outsystems Olímpico de Oeiras	00:24:00	00:00:51	00:38:56	00:00:34	00:11:21	01:15:42	00:13:36
12	101620	3674	Mariana Correia	20-24	Clube de Natação de Torres Novas	00:24:40	00:00:41	00:39:28	00:00:23	00:11:27	01:16:39	00:14:33
13	106275	3441	Ana Brás	35-39	CNCVG	00:25:16	00:00:58	00:38:24	00:00:33	00:11:41	01:16:52	00:14:46
14	103155	2260	Maria Inês França	JUN	CNCVG	00:24:56	00:00:46	00:38:54	00:00:35	00:11:41	01:16:52	00:14:46
15	106844	1863	Matilde Branco	CAD	Outsystems Olímpico de Oeiras	00:24:08	00:00:43	00:39:56	00:00:28	00:11:49	01:17:04	00:14:58
16	104276	1827	Leonor Medronheira	CAD	Palmela Desporto / Tripla Rotação	00:24:20	00:00:50	00:41:51	00:00:25	00:12:01	01:19:27	00:17:21
17	104271	4494	Ana Vieira Lopes	50-54	Clube Oriental de Lisboa	00:27:08	00:01:38	00:38:55	00:01:05	00:12:26	01:21:12	00:19:06
18	108737	3751	Catarina Borges	30-34	Palmela Desporto / Tripla Rotação	00:28:04	00:00:44	00:39:45	00:00:31	00:14:15	01:23:19	00:21:13
19	108773	5920	Esmeralda Rodrigues	40-44	Palmela Desporto / Tripla Rotação	00:26:10	00:01:09	00:42:45	00:01:06	00:12:40	01:23:50	00:21:44
20	106531	3175	Marta Barbosa	20-24	CNCVG	00:27:20	00:01:02	00:43:07	00:00:31	00:12:55	01:24:55	00:22:49
21	103688	1821	Mariana Paulino	CAD	CNCVG	00:25:56	00:00:51	00:46:20	00:00:32	00:12:39	01:26:18	00:24:12
22	105611	4603	Isabel Augusto	50-54	Mirachoro Hotels/CCP/Churrasqueira do Vau	00:29:54	00:01:28	00:43:25	00:01:46	00:15:42	01:32:15	00:30:09
23	103938	5609	Ana Bárbara	50-54	Mirachoro Hotels/CCP/Churrasqueira do Vau	00:30:10	00:01:17	00:46:50	00:01:16	00:14:55	01:34:28	00:32:22
DNS	108089	3209	Sara Neto	30-34	Clube de Futebol Os Belenenses	-	-	-	-	-	DNS	
DNS	108563	5859	Helena Ribeiro	45-49	Mirachoro Hotels/CCP/Churrasqueira do Vau	-	-	-	-	-	DNS	