

Local da Prova: **Caparica - Trafaria**

Data: **23/10/2022**

Hora da Partida: **09:16:00**

Distancias: **Natação - 1.500m (2 voltas)**

Ciclismo - 39.600m (4 voltas)

Corrida - 9.950m (3 voltas)

Classificação Grupo de Idade - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
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20-24

1	100161	3291	Joana Tomé	20-24	SFRAA TRIATLO	00:20:35	00:01:30	01:28:43	00:00:58	00:43:15	02:35:01	00:00:00
2	104869	2626	Sofia Cruz	20-24	SFRAA TRIATLO	00:28:40	00:07:40	01:32:26	00:02:12	00:50:59	03:01:57	00:26:56

25-29

1	107787	3010	Francisca Parente	25-29	Outsystems Olímpico de Oeiras	00:24:37	00:01:23	01:27:24	00:00:45	00:43:30	02:37:39	00:00:00
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30-34

1	101282	3768	Liliana Alexandre	30-34	Outsystems Olímpico de Oeiras	00:18:53	00:01:15	01:25:27	00:00:48	00:39:28	02:25:51	00:00:00
2	103649	3748	Tuxa Negri	30-34	CNATRIL Triatlo	00:21:05	00:01:12	01:25:03	00:00:44	00:39:18	02:27:22	00:01:31

35-39

1	101024	3706	Carolina Silva	35-39	Individual	00:18:49	00:01:16	01:25:33	00:00:45	00:45:11	02:31:34	00:00:00
2	107693	2977	Ester Castelo	35-39	Vela de Tavira	00:25:16	00:02:07	01:41:09	00:01:02	00:49:36	02:59:10	00:27:36
DNF	107156	2799	Andreia Lourenço	35-39	CNCVG	00:32:01	00:02:27	-	-	-	DNF	
DNS	103893	3783	Ana Martinho	35-39	Individual	-	-	-	-	-	DNS	

40-44

1	105429	4378	Eva Silva	40-44	Outsystems Olímpico de Oeiras	00:25:22	00:02:34	01:34:01	00:01:21	00:48:26	02:51:44	00:00:00
2	107551	5368	Rita Justino	40-44	Estoril Praia Credibom	00:28:16	00:02:35	01:37:36	00:02:09	00:45:57	02:56:33	00:04:49
3	106714	5525	Tânia Rodrigues	40-44	AmoraSub/Associação Naval Amorense	00:27:59	00:02:30	01:34:52	00:01:08	00:50:14	02:56:43	00:04:59
DNS	105946	5357	Sofia Bastos	40-44	Sport Algés e Dafundo	-	-	-	-	-	DNS	

45-49

Classificação Grupo de Idade - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	102529	5110	Patricia Rivotti	45-49	SUC - Silvestre Festas / MoonSport Innerme	00:25:09	00:03:26	01:33:13	00:00:59	00:41:12	02:43:59	00:00:00
2	106351	4325	Simone Siebra	45-49	Estoril Praia Credibom	00:24:55	00:01:57	01:34:46	00:00:58	00:44:35	02:47:11	00:03:12
3	100696	4506	Maria Sousa	45-49	Clube Oriental de Lisboa	00:30:21	00:02:18	01:30:01	00:01:09	00:44:17	02:48:06	00:04:07
DNF	103050	4638	Sara Colaço	45-49	Clube Oriental de Lisboa	00:25:06	00:17:43	-	-	-	DNF	
DNS	102322	4720	Claudia Pernencar	45-49	Estoril Praia Credibom	-	-	-	-	-	DNS	

50-54

1	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:25:06	00:03:21	01:33:38	00:01:01	00:42:03	02:45:09	00:00:00
2	104271	4494	Ana Vieira Lopes	50-54	Clube Oriental de Lisboa	00:29:02	00:03:31	01:34:57	00:01:34	00:49:00	02:58:04	00:12:55

55-59

1	101045	4112	Maria João Lima	55-59	Associação Académica de São Mamede	00:29:13	00:01:41	01:35:12	00:01:37	00:54:01	03:01:44	00:00:00
2	101006	4452	Madalena Caninas	55-59	Clube Oriental de Lisboa	00:28:55	00:02:15	01:55:26	00:01:35	00:53:30	03:21:41	00:19:57
3	106425	4511	Helena Sécio	55-59	Individual	00:27:58	00:04:00	01:46:24	00:01:59	01:02:46	03:23:07	00:21:23