

Local da Prova: **Sesimbra**

Data: **30/10/2022**

Hora da Partida: **10:21:32**

Distancias: **Natação - 750m (1 volta)**

**Ciclismo - 19.800m (2 voltas)**

**Corrida - 5.000 m (2 voltas)**

**Classificações Absolutos Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
1	100316	2823	Maria Tomé	20-24	Clube de Natação de Torres Novas	00:09:58	00:33:37	00:17:51	01:01:26	00:00:00
2	100384	2515	Helena Paula Carvalho	25-29	Outsystems Olímpico de Oeiras	00:09:55	00:33:33	00:19:15	01:02:43	00:01:17
3	104367	3967	Raquel Rocha	25-29	CNATRIL Triatlo	00:10:26	00:34:50	00:19:35	01:04:51	00:03:25
4	102284	1931	Ana Carapeta	CAD	Alhandra Sporting Club	00:10:12	00:37:02	00:19:53	01:07:07	00:05:41
5	103057	1912	Inês Filipa Sousa	CAD	Alhandra Sporting Club	00:10:26	00:36:48	00:20:51	01:08:05	00:06:39
6	103649	3748	Tuxa Negri	30-34	CNATRIL Triatlo	00:11:37	00:37:02	00:19:48	01:08:27	00:07:01
7	102291	799	Letícia Magalhães	CAD	Sport Lisboa e Benfica	00:10:25	00:36:50	00:21:24	01:08:39	00:07:13
8	104354	1929	Matilde Tomás	CAD	Alhandra Sporting Club	00:10:22	00:36:54	00:22:16	01:09:32	00:08:06
9	100502	1867	Beatriz Boal	CAD	Alhandra Sporting Club	00:11:12	00:37:12	00:21:28	01:09:52	00:08:26
10	100720	1935	Tatiana Marques	CAD	Alhandra Sporting Club	00:11:00	00:37:24	00:23:09	01:11:33	00:10:07
11	100690	2285	Luana Quaresma	JUN	Alhandra Sporting Club	00:11:00	00:37:25	00:24:12	01:12:37	00:11:11
12	107787	3010	Francisca Parente	25-29	Outsystems Olímpico de Oeiras	00:13:12	00:38:26	00:21:45	01:13:23	00:11:57
13	100633	3721	Ana Filipa Sampaio	30-34	Alhandra Sporting Club	00:11:18	00:39:18	00:24:57	01:15:33	00:14:07
14	100760	2254	Catarina Moutinho	JUN	Clube de Natação de Torres Novas	00:12:04	00:38:17	00:25:22	01:15:43	00:14:17
15	104550	1900	Mafalda Leirião	CAD	Clube de Natação de Torres Novas	00:11:25	00:39:06	00:25:37	01:16:08	00:14:42
16	102027	1843	Luna Neves	CAD	Sporting Clube de Portugal	00:12:09	00:40:29	00:23:41	01:16:19	00:14:53
17	104276	1827	Leonor Medronheira	CAD	Palmela Desporto / Tripla Rotação	00:12:13	00:40:41	00:23:40	01:16:34	00:15:08
18	100141	4605	Fernanda Marques Santinha	50-54	Clube Oriental de Lisboa	00:13:47	00:41:40	00:21:31	01:16:58	00:15:32
19	103703	1542	Sofia Corrêa	CAD	Alhandra Sporting Club	00:11:40	00:41:14	00:25:04	01:17:58	00:16:32
20	105392	5196	Malvina Gomes	40-44	Palmela Desporto / Tripla Rotação	00:14:10	00:41:14	00:23:20	01:18:44	00:17:18
21	102529	5110	Patricia Rivotti	45-49	SUC - Silvestre Festas / MoonSport Innerme	00:14:16	00:43:07	00:21:27	01:18:50	00:17:24
22	105584	2837	Catarina Dias	20-24	Outsystems Olímpico de Oeiras	00:11:36	00:42:31	00:25:29	01:19:36	00:18:10
23	100696	4506	Maria Sousa	45-49	Clube Oriental de Lisboa	00:16:29	00:41:01	00:22:34	01:20:04	00:18:38
24	101620	3674	Mariana Correia	20-24	Clube de Natação de Torres Novas	00:10:46	00:39:39	00:30:03	01:20:28	00:19:02
25	106351	4325	Simone Siebra	45-49	Estoril Praia Credibom	00:15:25	00:41:49	00:23:17	01:20:31	00:19:05
26	103155	2260	Maria Inês França	JUN	CNCVG	00:12:26	00:42:21	00:25:56	01:20:43	00:19:17
27	102084	1850	Sofia Iglésias	CAD	GDR Manique de Cima	00:12:14	00:42:28	00:26:49	01:21:31	00:20:05
28	104698	1901	Cláudia Orvalho	CAD	Clube de Natação de Torres Novas	00:12:15	00:42:34	00:27:06	01:21:55	00:20:29

**Classificações Absolutos Femininos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	Ciclismo	Corrida	T.Total	Diff.
29	106531	3175	Marta Barbosa	20-24	CNCVG	00:12:33	00:42:55	00:26:56	01:22:24	00:20:58
30	106714	5525	Tânia Rodrigues	40-44	AmoraSub/Associação Naval Amorense	00:15:31	00:42:59	00:24:33	01:23:03	00:21:37
31	100697	1866	Maria Calçada	CAD	Alhandra Sporting Club	00:12:29	00:43:41	00:27:53	01:24:03	00:22:37
32	108269	3328	Begoña Menendez	35-39	Estoril Praia Credibom	00:16:20	00:45:21	00:23:09	01:24:50	00:23:24
33	104271	4494	Ana Vieira Lopes	50-54	Clube Oriental de Lisboa	00:16:09	00:43:36	00:25:28	01:25:13	00:23:47
34	108040	5674	Cacau Figueiredo	45-49	AmoraSub/Associação Naval Amorense	00:17:17	00:45:02	00:23:36	01:25:55	00:24:29
35	103688	1821	Mariana Paulino	CAD	CNCVG	00:12:15	00:49:15	00:26:16	01:27:46	00:26:20
36	107228	4655	Catarina Carvalho	40-44	Vela de Tavira	00:16:16	00:46:07	00:26:40	01:29:03	00:27:37
37	108271	3330	Lara Benito	30-34	Estoril Praia Credibom	00:16:35	00:47:46	00:25:03	01:29:24	00:27:58
38	103186	4223	Teresa Sepúlveda	40-44	Clube Oriental de Lisboa	00:16:21	00:46:36	00:26:37	01:29:34	00:28:08
39	104775	4779	Elisabete Costa	40-44	Clube Oriental de Lisboa	00:15:10	00:49:36	00:25:50	01:30:36	00:29:10
40	102059	1500	Carolina Palma	CAD	GDR Manique de Cima	00:13:58	00:52:25	00:28:56	01:35:19	00:33:53
41	107532	2922	Filipa Fernandes	35-39	Individual	00:18:22	00:48:53	00:28:37	01:35:52	00:34:26
42		4665	Patrícia Cruzeiro	50-54	Estoril Praia Credibom	00:19:16	00:54:49	00:36:28	01:50:33	00:49:07
43	107044	3090	Andreia Almeida	35-39	AmoraSub/Associação Naval Amorense	00:17:51	00:56:54	00:35:49	01:50:34	00:49:08
DNF	104322	430	Marta Ribeiro	CAD	CNATRIL Triatlo	00:11:34	00:39:05	-	DNF	
DNF	100672	2259	Inês Anastácio	JUN	Alhandra Sporting Club	00:11:46	00:41:07	-	DNF	
DNF	107296	4988	Filipa Valente	45-49	Estoril Praia Credibom	00:20:04	-	-	DNF	
DNS	106844	1863	Matilde Branco	CAD	Outsystems Olímpico de Oeiras	-	-	-	DNS	
DNS	100634	3475	Ana Filipa Ferreira	30-34	Alhandra Sporting Club	-	-	-	DNS	
DNS	101282	3768	Liliana Alexandre	30-34	Outsystems Olímpico de Oeiras	-	-	-	DNS	
DNS	106525	5056	Daniela Langaro	50-54	Outsystems Olímpico de Oeiras	-	-	-	DNS	
DNS	107551	5368	Rita Justino	40-44	Estoril Praia Credibom	-	-	-	DNS	