

Local da Prova: **Coimbra**

Data: **11-06-2022**

Hora da Partida: **14:32:32**

Distancias: Natação - 750

Ciclismo - 18800

Corrida - 5000

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	101289	59	Miguel Agoas Catarino	JUN	Outsystems Olímpico de Oeiras	00:09:55	00:01:02	00:30:27	00:00:53	00:18:22	01:00:39	00:00:00
2	107744	80	David Abreu	CAD	Sporting Clube de Portugal	00:10:02	00:01:00	00:30:23	00:00:49	00:18:45	01:00:59	00:00:20
3	103974	56	João Rodrigues	30-34	A. R. Casaense	00:10:53	00:01:10	00:30:50	00:00:56	00:19:31	01:03:20	00:02:41
4	0	27	ALVARO GOMEZ QUINTAS	CAD	Não Federado	00:10:57	00:01:05	00:33:50	00:01:06	00:20:49	01:07:47	00:07:08
5	105812	79	Rui Pinheiro	CAD	Associação Académica de São Mamede	00:13:05	00:01:12	00:31:33	00:01:00	00:21:23	01:08:13	00:07:34
6	106202	94	Miguel Gomes	50-54	Clube Zupper	00:13:18	00:01:34	00:30:57	00:01:14	00:21:27	01:08:30	00:07:51
7	101414	65	Paulo Cabrita Silva	55-59	Triatlo de Faro	00:14:27	00:01:14	00:32:00	00:01:10	00:21:17	01:10:08	00:09:29
8	0	22	jose alexandre	45-49	Não Federado	00:12:16	00:01:56	00:31:42	00:01:10	00:23:14	01:10:18	00:09:39
9	0	42	IVAN COURAS	40-44	Não Federado	00:10:06	00:01:53	00:34:17	00:01:27	00:22:44	01:10:27	00:09:48
10	105402	70	Joao Carmo	35-39	DNMG	-	-	-	-	-	01:10:44	00:10:05
11	107384	4	Hugo Ferreira	40-44	Clube Zupper	00:15:12	00:01:30	00:31:16	00:01:12	00:22:03	01:11:13	00:10:34
12	108074	86	João Fernandes	30-34	Associação Académica de São Mamede	00:12:52	00:01:56	00:34:23	00:01:35	00:21:44	01:12:30	00:11:51
13	108502	91	José Inverno	30-34	Exército de Portugal	-	-	00:30:55	00:01:09	00:22:52	01:13:02	00:12:23
14	107969	3	Samuel Leal	30-34	Individual	00:16:18	00:01:22	00:31:22	00:01:04	00:23:40	01:13:46	00:13:07
15	108355	60	João Garcia	20-24	Clube dos Galitos	00:16:02	00:01:32	00:31:30	00:01:05	00:24:21	01:14:30	00:13:51
16	0	72	Hugo Ribeiro	30-34	Não Federado	00:15:19	00:02:23	00:31:30	00:01:38	00:24:52	01:15:42	00:15:03
17	0	95	Master Pantini	50-54	Não Federado	-	-	-	-	-	01:16:10	00:15:31
18	0	18	Pedro Santos	30-34	Não Federado	00:14:20	00:01:40	00:37:27	00:01:40	00:22:16	01:17:23	00:16:44
19	0	37	Pedro Fernando	55-59	Não Federado	00:12:58	00:02:40	00:32:22	00:02:18	00:27:39	01:17:57	00:17:18
20	108076	89	Tiago Oliveira	35-39	Clube dos Galitos	-	-	00:32:42	00:01:54	00:21:41	01:18:01	00:17:22
21	0	14	Francisco Correia dos Santos	25-29	Não Federado	00:12:49	00:01:39	00:36:45	00:01:26	00:25:40	01:18:19	00:17:40
22	104846	81	Rui Trigueiro	35-39	CDE Santana/Hugo Pita Portas & Automatismos	00:14:03	00:01:18	00:32:40	00:01:12	00:29:17	01:18:30	00:17:51
23	0	58	Pedro Machado	35-39	Não Federado	00:12:27	00:01:33	00:35:49	00:01:46	00:27:08	01:18:43	00:18:04
24	0	75	José Fernandes	30-34	Não Federado	00:16:28	00:02:17	00:34:44	00:01:21	00:24:10	01:19:00	00:18:21
25	0	53	Márcio Cardeira e Sousa	40-44	Não Federado	-	-	00:32:28	00:02:05	00:21:48	01:19:09	00:18:30
26	0	55	Ivo Pais	25-29	Não Federado	-	-	00:32:55	00:01:28	00:24:01	01:19:30	00:18:51
27	104359	57	Rafael Ferraz	35-39	Individual	00:14:01	00:02:13	00:35:11	00:01:59	00:26:43	01:20:07	00:19:28
28	0	84	Tiago Gregório	40-44	Não Federado	-	-	00:34:22	00:01:20	00:24:47	01:20:10	00:19:31

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	105944	85	Ton Portela	40-44	Clube dos Galitos	00:13:40	00:01:48	00:36:34	00:01:15	00:27:04	01:20:21	00:19:42
30	101041	87	Luis Ferreira	50-54	Associação Académica de São Mamede	00:13:41	00:01:45	00:38:10	00:02:00	00:25:55	01:21:31	00:20:52
31	0	29	Miguel da Silva Rocha	30-34	Não Federado	00:14:40	00:01:42	00:37:11	00:01:30	00:27:54	01:22:57	00:22:18
32	0	64	Deodato Evangelista	45-49	Não Federado	-	-	00:33:11	00:01:45	00:27:15	01:23:19	00:22:40
33	0	24	Manuel Santos	25-29	Não Federado	-	-	00:39:16	00:02:48	00:22:11	01:23:50	00:23:11
34	0	8	Sergio Moreira	50-54	Não Federado	00:16:46	00:02:25	00:34:49	00:01:42	00:28:26	01:24:08	00:23:29
35	107166	1	Paulo Moutinho	50-54	Clube Oriental de Lisboa	00:12:18	00:02:33	00:38:35	00:02:08	00:28:59	01:24:33	00:23:54
36	0	88	Paulo Polónio	55-59	Não Federado	-	-	00:34:31	00:01:46	00:29:18	01:25:06	00:24:27
37	0	9	Ian Taylor	60-64	Não Federado	00:16:33	00:02:34	00:38:03	00:01:18	00:27:42	01:26:10	00:25:31
38	106983	28	Duarte Abrunhosa e Sousa	40-44	Individual	-	-	00:41:48	00:01:02	00:23:43	01:26:12	00:25:33
39	0	40	João Tavares	30-34	Não Federado	-	-	00:38:59	00:02:57	00:25:29	01:27:09	00:26:30
40	108609	51	Thomas Stark	40-44	Individual	-	-	00:37:29	00:01:27	00:25:02	01:27:56	00:27:17
41	0	16	João Catarino	25-29	Não Federado	00:15:14	00:01:43	00:38:39	00:01:04	00:31:18	01:27:58	00:27:19
42	102114	35	Fábio Veríssimo	30-34	A. R. Casaense	00:14:47	00:01:36	00:34:44	00:01:33	00:35:36	01:28:16	00:27:37
43	108636	90	Gustavo Neves	40-44	Individual	-	-	00:37:29	00:01:36	00:28:59	01:28:18	00:27:39
44	108093	17	Paulo Costa	35-39	Individual	00:16:37	00:02:10	00:37:19	00:01:54	00:30:40	01:28:40	00:28:01
45	0	26	Renato Silva	35-39	Não Federado	-	-	00:35:59	00:01:49	00:25:06	01:31:47	00:31:08
46	0	99	Miguel Ribeiro	45-49	Não Federado	-	-	00:42:26	00:01:40	00:24:55	01:32:21	00:31:42
47	0	41	Sergio Rodrigues	35-39	Não Federado	-	-	00:40:51	00:01:59	00:30:34	01:33:30	00:32:51
48	0	21	Bernardo	25-29	Não Federado	-	-	00:44:38	00:02:28	00:28:54	01:35:38	00:34:59
49	106108	100	Nuno Sousa Pereira	50-54	Associação Académica de São Mamede	-	-	00:48:33	00:01:31	00:28:27	01:36:54	00:36:15
50	0	48	Luis Costa	50-54	Não Federado	-	-	00:40:56	00:02:01	00:32:21	01:37:26	00:36:47
51	106784	68	Paulo Lopes	35-39	Individual	00:15:47	00:01:52	00:42:27	00:01:39	00:36:09	01:37:54	00:37:15
52	0	36	David Rocha	30-34	Não Federado	-	-	00:43:22	-	-	01:40:36	00:39:57
53	0	38	José Domingues Costa	35-39	Não Federado	-	-	00:47:15	00:01:41	00:29:42	01:40:48	00:40:09
54	0	98	José Miguel Machado	45-49	Não Federado	-	-	00:48:59	00:01:20	00:30:01	01:41:10	00:40:31
55	0	31	Tiago Santos Sousa	35-39	Não Federado	-	-	00:42:51	00:01:13	00:35:28	01:41:14	00:40:35
56	107119	92	Pedro Ferreira	50-54	Individual	-	-	00:41:59	00:02:36	00:31:18	01:41:40	00:41:01
57	0	5	Nuno Ferreira	40-44	Não Federado	-	-	00:45:05	00:02:18	00:32:51	01:43:16	00:42:37
58	0	61	José Gomes	30-34	Não Federado	-	-	00:39:45	00:01:42	00:25:27	01:43:27	00:42:48
59	0	25	Luis Afonso	45-49	Não Federado	-	-	00:40:20	00:02:09	00:38:22	01:49:45	00:49:06
60	0	96	Miguel Gamboa	45-49	Não Federado	-	-	00:47:22	00:02:36	00:40:12	01:50:48	00:50:09
61	0	78	Anas El Arras	35-39	Não Federado	-	-	23:57:57	00:15:52	00:15:03	01:50:55	00:50:16

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	100308	10	José Luís Correia	60-64	Associação Humanitária Bombeiros dos Estoris	00:15:40	00:05:38	00:50:43	00:02:40	00:42:58	01:57:39	00:57:00
63	0	2	Flávio Silva	30-34	Não Federado	-	-	00:59:42	00:03:00	00:32:48	02:11:29	01:10:50