

**18 - 24 anos | M**

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1025	Bruno Slegers	04:08:34	00:23:08	02:23:42	01:17:52	4
2	911	João Pedro Chagas	04:08:50	00:20:57	02:26:13	01:18:32	5
3	1059	José Diogo Duarte Nunes	04:31:09	00:23:24	02:32:28	01:30:56	49
4	224	Manuel Silva	04:32:14	00:24:58	02:35:07	01:27:48	54
5	907	Pedro Monteiro	04:37:16	00:24:36	02:41:52	01:26:12	74
6	527	Guilherme Bonito	04:53:37	00:22:01	02:38:57	01:48:55	180
7	585	Manuel Fardilha	04:57:52	00:25:48	02:50:35	01:36:29	214
8	401	André Filipe Vaz Bernardo	05:02:18	00:32:44	02:58:26	01:25:17	246
9	575	Vasco Maria Lorenzo Da Silva Botelho Afonso	05:02:54	00:29:37	02:45:38	01:43:20	249
10	665	João Magalhães Graça	05:06:04	00:29:31	02:52:43	01:38:25	276
11	759	Anatole Tricot	05:17:25	00:28:08	02:49:49	01:52:19	376
12	915	Pedro Duarte	05:25:51	00:39:36	02:55:48	01:45:00	452
13	574	Pedro Botelho	05:32:47	00:32:03	02:55:37	01:57:21	497
14	959	Gonçalo Sá Afonso	05:38:53	00:37:44	03:04:27	01:46:33	538
15	476	João Rodrigo Teixeira Marques	05:41:50	00:22:58	03:06:59	02:05:48	553
16	683	Gonçalo Matos	05:52:55	00:35:10	03:00:58	02:09:47	605
17	488	Tiago Portela Filipe	06:05:24	00:36:07	03:10:29	02:10:56	679
18	390	Tiago Afonseca	06:22:14	00:38:40	03:33:53	02:03:07	733
19	831	Pedro Costa	06:59:12	00:37:27	03:54:03	02:20:15	802
20	960	Eriton Freisleben Campeol	07:27:21	00:49:45	03:56:56	02:32:53	816

18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	426	Joana Tomé	05:28:55	00:24:35	03:08:10	01:51:58	474

25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	6	Miguel Tiago Silva	03:51:25	00:19:15	02:14:43	01:14:24	1
2	3	Luís Moleiro	04:05:39	00:23:21	02:21:05	01:18:25	3
3	1020	Jorge Echevarría	04:13:37	00:26:21	02:20:59	01:22:11	7
4	1005	Diogo Allen Coelho	04:15:37	00:26:43	02:21:26	01:24:16	9
5	942	Nuno André	04:19:08	00:26:48	02:30:48	01:17:58	17
6	808	Filipe Alexandre Da Silva Marques	04:21:06	00:21:38	02:29:50	01:25:56	22
7	1058	Andre Picado	04:30:14	00:24:15	02:34:33	01:27:52	43



8	776 Ignacio Castro Santos	04:31:47	00:25:47	02:33:15	01:28:36	53
9	734 Nuno Noritake	04:34:57	00:22:24	02:35:08	01:32:32	62
10	198 Miguel Ângelo Sérvulo Tomé	04:50:45	00:23:38	02:44:59	01:38:12	146
11	848 José Maria Monteiro Ferreira	04:51:37	00:33:35	02:40:32	01:31:59	154
12	82 Lucas Souza Peixoto	04:52:45	00:29:22	02:32:45	01:45:28	170
13	430 André Fernandes	04:54:00	00:23:54	02:39:21	01:46:17	186
14	609 João Gandum	04:54:09	00:34:27	02:40:31	01:33:31	190
15	408 Pedro Alves	04:54:33	00:32:40	02:40:11	01:36:39	196
16	786 Luis Filipe Gil	05:02:29	00:36:36	02:38:58	01:40:13	247
17	321 Francisco Correia Dos Santos	05:05:21	00:28:49	02:48:37	01:43:23	270
18	450 Renato Oliveira	05:08:09	00:26:17	02:53:21	01:43:11	298
19	333 Francisco Faria	05:08:28	00:32:08	02:46:11	01:44:33	301
20	319 David Mendes	05:12:20	00:31:14	02:49:01	01:45:31	330
21	397 Carlos Saraiva	05:14:10	00:35:51	02:56:02	01:34:00	351
22	986 Tiago Silva	05:14:57	00:33:36	02:55:42	01:37:33	359
23	1037 João Pedro Westwood	05:18:02	00:28:30	02:58:23	01:44:32	379
24	438 Diogo Dias	05:20:59	00:25:11	02:59:23	01:51:12	413
25	793 Diogo Ervilha	05:24:11	00:31:33	03:00:09	01:46:00	441
26	763 Jorge Nunes	05:25:18	00:24:36	03:04:24	01:51:25	449
27	262 Luis Lucas	05:28:14	00:31:10	02:57:52	01:51:57	471
28	983 Alejandro Marques De Magallanes	05:37:56	00:34:20	03:00:36	01:56:52	529
29	316 João Nunes	05:38:54	00:27:55	02:51:44	02:13:23	539
30	1015 Diogo Sousa Fernandes	05:40:08	00:38:28	03:01:01	01:53:26	544
31	902 Francisco Bruno	05:43:30	00:34:13	02:54:15	02:08:04	556
32	777 Diogo Appleton	05:47:26	00:30:27	03:19:33	01:48:39	577
33	698 Diogo Santo	05:47:56	00:28:14	03:02:28	02:09:52	581
34	496 Bruno Miguel Teixeira Santos	05:48:54	00:40:17	03:09:50	01:49:04	584
35	437 Gonçalo Rodrigues	05:51:14	00:33:54	03:14:18	01:54:30	595
36	965 António Guerreiro	05:54:10	00:38:05	03:10:06	01:58:09	614
37	809 Francisco Maria D'orey Manoel Sousa Leal	05:58:32	00:33:57	03:07:09	02:08:48	647
38	987 Javier Manrique Marques De Magallanes	06:05:27	00:37:27	03:22:27	01:58:45	680
39	870 Nikita Colomatin	06:11:13	00:38:28	03:11:37	02:12:46	702
40	914 João Varela	06:11:20	00:41:49	03:18:40	02:00:28	703
41	967 Bernardo Alvim Xavier Kelly	06:16:06	00:32:33	03:18:30	02:13:45	720
42	977 Sebastiao Reino	06:17:39	00:28:32	03:20:38	02:20:50	723
43	337 Luís Alexandre Da Costa	06:18:44	00:39:21	03:21:31	02:09:57	724
44	655 António José Poge Alves Tomaz De Almeida	06:23:21	00:32:26	03:20:38	02:20:36	737



45	891	Joao Pedro Almeida	06:27:36	00:41:08	03:16:41	02:17:22	752
46	652	Daniel Justino	06:28:12	00:34:12	03:27:53	02:15:54	756
47	910	Joao Manuel Ribeiro Brandao	07:21:31	00:57:08	03:34:37	02:36:32	812

25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	8	Inês Oliveira	04:52:07	00:24:47	02:51:58	01:32:20	160
2	1007	Laura Nikolay	05:06:12	00:33:55	02:44:00	01:42:06	278
3	414	Inês Raimundo	05:07:36	00:30:58	02:47:52	01:45:08	291
4	1060	Maria Gomes Calção Medeiro	05:29:42	00:28:15	02:57:18	01:59:29	479
5	1027	Patrícia Leão Emídio	05:36:10	00:33:34	03:03:59	01:53:53	519
6	922	Vera Lucas	05:47:37	00:27:44	03:11:43	02:03:01	580
7	442	Beatriz Passos	06:04:50	00:33:57	03:39:45	01:46:13	676
8	448	Marta Rodrigues	06:28:09	00:31:20	03:29:38	02:19:35	755
9	1014	Mariana Monteiro	06:37:55	00:34:47	03:29:44	02:20:38	768
10	608	Carlota Verdes Vale Rêgo	07:17:35	00:33:47	03:34:06	03:00:03	811

30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	89	Miguel Pecegueiro	04:16:49	00:28:35	02:25:16	01:19:27	13
2	33	João Pedro De Matos Rebelo	04:17:45	00:24:15	02:30:22	01:19:37	14
3	995	Juan Vázquez Amado	04:18:30	00:22:22	02:25:08	01:27:38	15
4	500	Adriano Carlos Martins Ruivo Correia	04:18:54	00:23:17	02:34:04	01:19:03	16
5	963	Sandro Ribeiro De Sousa E Silva	04:19:41	00:28:13	02:27:31	01:19:21	20
6	741	Pastor Adrian Pose Regueiro	04:21:22	00:29:08	02:24:28	01:23:16	24
7	678	Bruno Filipe Nóbrega Freitas	04:24:26	00:23:26	02:31:27	01:25:59	31
8	636	André Carmina	04:26:21	00:25:21	02:31:09	01:25:53	35
9	212	Márcio Domingos Miguel	04:26:39	00:27:46	02:27:51	01:27:22	36
10	883	Mário André Bastos Rocha	04:26:47	00:25:02	02:24:25	01:33:39	37
11	124	Samuel De Pinho Leal	04:27:32	00:30:40	02:27:57	01:25:27	38
12	943	André Barbosa	04:29:44	00:28:15	02:23:42	01:30:43	40
13	1001	Antón Alonso Acevedo	04:30:30	00:26:47	02:31:06	01:29:07	45
14	199	Mário Jorge Rosa Macheta	04:33:27	00:27:59	02:28:31	01:32:53	58
15	873	João Pedro Silva Pereira Fialho Da Piedade	04:34:54	00:25:05	02:42:20	01:22:38	61
16	661	Vicente Alvero Zambrano	04:38:40	00:29:28	02:33:13	01:30:43	79
17	781	André Filipe Serrano Barreto	04:38:40	00:29:17	02:31:55	01:32:44	80
18	520	Marco Pinto	04:41:46	00:33:50	02:34:21	01:29:09	94



19	1023	Tiago De Almeida Simões Lopes	04:42:24	00:27:45	02:31:15	01:37:56	96
20	346	Guilherme Vilela Guerra	04:42:32	00:29:55	02:40:52	01:24:45	97
21	1067	André Bernardino	04:46:24	00:35:14	02:33:07	01:32:11	121
22	260	Miguel Ruiz Callé Lucas	04:48:15	00:32:24	02:35:58	01:33:37	131
23	642	Pedro Saraiva	04:48:24	00:29:52	02:48:47	01:26:14	132
24	492	João Nuno Roque De Carvalho Do Nascimento Graça	04:48:42	00:25:54	02:37:08	01:41:09	137
25	933	Sandro Medhi Novais Touil	04:50:07	00:27:48	02:36:54	01:40:24	143
26	384	Hugo Martins Rodrigues De Sousa	04:50:22	00:32:18	02:37:17	01:33:50	144
27	620	Mário Brito	04:55:18	00:31:25	02:37:29	01:41:01	200
28	597	Luis Roquete	04:56:24	00:28:43	02:46:07	01:35:22	203
29	900	Luis Lobo	04:59:11	00:33:13	02:40:14	01:40:47	223
30	537	Duarte Santos Marques	05:01:52	00:34:20	02:43:17	01:37:53	241
31	274	Luís Ferreira Carvalho	05:03:08	00:32:22	02:37:32	01:49:06	255
32	512	Ricardo Miguel Bandarra Silva	05:04:14	00:29:27	02:46:01	01:44:15	261
33	952	Carsten Bakker	05:07:12	00:34:48	02:38:45	01:45:39	284
34	190	Francisco Vasconcelos	05:08:08	00:27:03	02:59:08	01:36:01	297
35	932	João Hortega	05:08:54	00:34:56	02:45:44	01:43:08	307
36	596	Manuel Ferreira Da Silva Pereira	05:08:55	00:38:26	02:44:00	01:39:20	308
37	799	Afonso Chiote	05:09:39	00:31:11	02:55:12	01:35:43	316
38	549	Goncalo Bouhon	05:10:32	00:29:18	03:01:26	01:33:46	320
39	518	Nuno André Alves Da Silva	05:10:44	00:28:10	02:42:30	01:55:08	321
40	461	Daniel Estrada	05:12:19	00:35:19	02:48:41	01:40:48	329
41	830	Rui Miguel Fão Pinto	05:12:25	00:33:41	02:47:10	01:46:15	331
42	1031	Artur Lima	05:12:35	00:31:55	02:52:01	01:42:40	333
43	291	David Andrade Maia Oliveira	05:12:53	00:35:00	02:55:44	01:36:18	335
44	621	Christophe Pereira Fernandes	05:13:35	00:25:43	02:49:49	01:53:40	340
45	740	Miguel Maria Borges Leitão Leal Da Costa	05:13:50	00:28:17	02:59:37	01:41:42	344
46	139	Gustavo Gaspary	05:15:40	00:33:41	02:37:58	01:58:33	363
47	931	Bernardo Freitas	05:16:32	00:28:52	02:50:16	01:51:53	369
48	656	Manuel Lopo De Carvalho	05:17:54	00:38:37	02:53:12	01:39:49	378
49	795	Alexandre Mascarenhas De Lemos	05:18:21	00:36:32	02:53:44	01:41:11	381
50	142	Diogo Borges	05:18:30	00:30:04	03:05:08	01:35:43	383
51	859	João Caldeira	05:18:41	00:32:51	02:58:24	01:39:43	384
52	780	Pedro Granate	05:20:37	00:31:25	02:43:43	01:58:12	405
53	938	Bruno Pinto	05:20:38	00:31:56	02:49:45	01:53:13	406
54	144	Ivor Sebalj	05:21:25	00:33:51	02:54:39	01:48:26	418
55	929	João Miguel Da Costa E Silva Laranja	05:21:49	00:35:14	02:55:18	01:45:41	422



56	692 Miguel Alves Basch	05:24:29	00:27:50	02:57:45	01:52:11	444
57	470 João Rainho Fernandes	05:24:58	00:32:56	02:51:39	01:54:12	446
58	798 Bruno Costa	05:25:44	00:34:09	02:58:50	01:43:48	451
59	1068 Gonçalo Gonçalves	05:26:29	00:37:11	02:48:46	01:53:09	458
60	868 Gonçalo Tavares Dos Santos	05:29:40	00:34:56	02:58:59	01:48:48	478
61	797 Pedro Guerreiro	05:31:39	00:34:05	02:59:51	01:47:57	488
62	373 Daniel José Gomes Amaral	05:33:24	00:29:55	02:43:28	02:15:16	500
63	289 Luís Melo	05:34:01	00:34:03	03:07:12	01:47:08	504
64	1011 Joao Fernandes	05:34:37	00:26:44	03:05:28	01:53:23	511
65	327 Antonio Duarte	05:36:01	00:33:19	03:05:53	01:49:00	518
66	997 André Prates Pereira	05:37:23	00:37:28	02:48:46	02:03:13	525
67	406 Cedric Faché	05:37:49	00:37:36	03:14:56	01:35:15	528
68	947 Pedro Manuel Duarte Antunes Luís	05:38:42	00:33:35	03:08:25	01:48:18	535
69	635 Francisco Miguel Testa Santos	05:41:00	00:32:20	02:59:11	02:02:49	549
70	176 Tomás Sérvulo	05:42:47	00:33:56	03:10:24	01:49:57	555
71	536 Pedro Mariz	05:45:37	00:38:10	03:07:09	01:49:05	567
72	466 Hugo Medeiros	05:51:45	00:38:24	03:02:35	02:04:33	600
73	761 Bruno Miguel Caeiro Urbano	05:53:43	00:31:55	03:15:08	01:59:29	611
74	856 João Ferreira	05:55:42	00:31:09	02:54:49	02:20:04	623
75	790 André Caldeira Francisco	05:57:09	00:34:18	03:12:31	02:01:44	633
76	637 João Pedro Cal	05:57:44	00:38:59	03:07:36	02:01:58	642
77	84 João Vitória Silva	05:57:45	00:32:15	03:09:02	02:07:17	643
78	928 Manuel Lança Coelho Palma Mira	06:03:32	00:34:31	03:16:55	02:02:55	668
79	788 Filipe Campos	06:05:11	00:45:44	03:23:08	01:45:50	677
80	560 Frederico Teotonio Pereira	06:09:20	00:41:10	03:28:51	01:47:57	695
81	205 José Olimpio Da Cunha Neves Fernandes	06:09:28	00:37:37	03:08:48	02:16:40	696
82	697 Miguel Barreto	06:14:25	00:43:29	03:28:53	01:55:30	711
83	1016 Nuno Filipe Henriques Arraiano	06:17:29	00:41:21	03:37:57	01:47:20	722
84	379 Manuel Matos Marchante	06:19:07	00:32:26	03:18:20	02:20:33	726
85	548 Vasco Martins Almeida	06:26:57	00:38:52	03:24:07	02:14:51	747
86	654 Pedro Nuno Sales Fonseca	07:00:21	00:40:21	03:44:32	02:29:00	803
87	504 Brian Baron	07:06:11	00:41:20	03:39:00	02:35:13	806
88	898 Mauro Magalhaes	07:22:49	00:38:21	04:08:03	02:27:27	813

30 - 34 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	948	Esther Visser	04:48:13	00:28:26	02:37:26	01:38:32	130



2	288	Júlia Matos Lopes	04:52:24	00:25:24	02:49:09	01:32:37	163
3	146	Liliana Pereira Alexandre	04:57:20	00:23:10	02:56:16	01:34:18	210
4	166	Rita Carvalho Spinola Da Silveira Ramos	05:14:51	00:28:31	02:53:53	01:48:39	358
5	918	Lara Benito	05:40:41	00:38:07	03:12:47	01:43:50	547
6	882	Oksana Loi	05:50:28	00:35:28	03:20:56	01:47:15	591
7	869	Lucianna Maria Toledo Machado	05:53:37	00:35:28	03:10:43	01:57:12	609
8	694	Andreia Filipa Martins Gonçalves	06:05:20	00:42:32	03:23:30	01:52:07	678
9	261	Maria Do Carmo Lucas	06:22:29	00:40:24	03:37:38	01:54:34	735
10	803	Marta Cunha	06:28:05	00:38:06	03:26:27	02:15:35	754

35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	120	Filipe Miguel Nunes Marques	04:14:04	00:23:04	02:24:44	01:23:03	8
2	290	Bruno Pontes	04:16:28	00:28:50	02:23:41	01:19:19	12
3	864	Ricardo Jorge Durão Freitas De Carvalho	04:23:47	00:27:02	02:24:20	01:28:53	28
4	988	Mariusz Pirek	04:24:56	00:27:41	02:22:36	01:30:58	33
5	1036	Nuno Miguel Mendão Rodrigues	04:26:05	00:25:06	02:31:53	01:25:38	34
6	338	João Sacadura	04:29:46	00:30:59	02:27:48	01:26:26	41
7	912	Filipe Henriques	04:30:14	00:27:42	02:23:33	01:34:46	42
8	347	Tomás Pires	04:30:48	00:28:08	02:31:39	01:27:02	46
9	421	Sergio González Castro	04:30:57	00:28:37	02:35:49	01:21:51	47
10	513	Tiago Andre Masqueiro Encarnação	04:31:15	00:31:49	02:29:27	01:26:38	51
11	840	Duarte Tirapicos	04:31:18	00:32:32	02:34:48	01:18:44	52
12	155	Emanuel Freitas	04:33:11	00:31:27	02:37:03	01:21:03	57
13	600	Filipe Carneiro	04:35:29	00:28:47	02:28:23	01:33:06	64
14	263	Clement Canton	04:35:30	00:28:52	02:32:42	01:29:04	66
15	584	Paulo Jorge Ferreirinha Cândido	04:35:50	00:30:25	02:28:15	01:30:40	68
16	69	Ricardo Filipe Varela Costa	04:36:44	00:26:54	02:33:29	01:31:39	70
17	412	Miguel Liquito	04:37:04	00:31:49	02:33:38	01:27:13	72
18	356	Jaime Duarte	04:37:13	00:23:43	02:31:14	01:38:32	73
19	847	Ricardo António Brazão Batista Rosa	04:38:40	00:29:13	02:41:25	01:22:37	81
20	345	Roi Martinez Martin	04:38:46	00:27:35	02:31:55	01:35:13	82
21	949	Allard Haarman	04:39:01	00:28:08	02:29:37	01:36:44	83
22	115	Pedro Freire De Andrade	04:39:36	00:29:08	02:30:44	01:35:13	85
23	916	Francisco Freire Gameiro	04:41:18	00:28:51	02:43:47	01:24:30	91
24	66	Diogo Madeira	04:41:44	00:29:36	02:33:44	01:33:52	93
25	672	Daniel Da Costa Góis	04:44:19	00:24:48	02:31:34	01:43:29	108



26	153 Pedro Rilho	04:44:38	00:30:07	02:39:47	01:31:05	110
27	1002 Sergio Gutiérrez Saboy	04:44:42	00:30:10	02:32:12	01:37:20	111
28	768 Rui Dias Oliveira	04:44:51	00:28:58	02:37:53	01:34:26	114
29	765 Henrique Ubach Trindade Mota Pereira	04:45:25	00:25:57	02:43:33	01:31:37	117
30	15 João Brísida Pacheco	04:45:34	00:31:09	02:32:38	01:37:52	118
31	374 José Maria Júdice	04:46:37	00:27:59	02:40:47	01:32:01	122
32	1041 Tiago Allen	04:48:25	00:31:58	02:44:20	01:25:02	133
33	867 Alexandre Goeller	04:48:31	00:30:41	02:35:17	01:36:03	135
34	83 David Alfeirão	04:49:04	00:32:26	02:32:29	01:40:14	139
35	1046 Lopo Carvalho	04:49:24	00:33:23	02:39:04	01:31:45	141
36	834 Ruben Manuel Rodrigues Chagas	04:50:54	00:38:30	02:39:54	01:27:19	147
37	433 Nuno Miguel Da Silva Dias	04:51:38	00:35:01	02:44:55	01:26:47	156
38	727 Goncalo Da Silva Pitaca Campos	04:52:35	00:28:53	02:43:30	01:34:44	166
39	192 Pedro Miguel Machado	04:52:42	00:28:24	02:49:58	01:28:26	167
40	1050 Kristoffer Säfström	04:52:48	00:24:57	02:19:02	02:04:56	172
41	241 Frederico Catalão	04:52:54	00:33:47	02:39:32	01:31:55	173
42	352 Loic Charmoille	04:53:46	00:29:51	02:46:31	01:31:10	183
43	311 David Roque Fernandes	04:53:55	00:36:10	02:36:06	01:37:41	185
44	784 David Paiva	04:54:03	00:23:17	02:46:29	01:38:21	187
45	252 Agnelo André Pinto E Silva	04:54:06	00:29:28	02:37:48	01:41:41	188
46	702 Luís Oliveira	04:54:08	00:38:48	02:21:33	01:44:58	189
47	484 Marco Cunha	04:54:21	00:36:38	02:43:14	01:29:53	193
48	429 Sérgio Antonio Santos Vicente	04:54:54	00:30:18	02:43:26	01:36:03	197
49	93 Tiago Espírito Santo	04:57:19	00:30:52	02:48:14	01:33:43	209
50	103 João Freitas	04:57:58	00:30:14	02:38:01	01:45:33	215
51	167 Renan Castro	04:58:00	00:31:12	02:40:21	01:40:37	216
52	638 Bruno Caixinha	04:58:57	00:32:30	02:47:56	01:33:30	220
53	604 Vasco Pinto	04:59:03	00:38:24	02:42:42	01:31:37	221
54	617 Fábio Cebola	04:59:41	00:33:33	02:43:38	01:31:44	228
55	999 Pedro Silva	05:00:50	00:30:19	02:48:59	01:35:28	234
56	972 David Martínez Graña	05:02:41	00:30:50	02:42:47	01:43:49	248
57	116 Goncalo Alves	05:02:55	00:27:09	02:48:38	01:42:31	250
58	369 André Vaz	05:03:06	00:34:42	02:41:28	01:39:48	253
59	382 Félix Quintela Pais	05:03:45	00:33:06	02:41:30	01:42:23	257
60	297 Bruno Gramaxo	05:05:27	00:32:17	02:40:11	01:48:04	271
61	729 João Pedro Vicente Pereira	05:06:31	00:33:23	02:44:51	01:41:13	281
62	857 Guy Charlton	05:07:18	00:27:42	02:47:37	01:45:28	285



63	123 Tiago Santos	05:07:19	00:36:02	02:40:16	01:45:33	286
64	394 Duarte Zambujo	05:07:23	00:36:03	02:48:29	01:34:43	287
65	878 João Nuno Santos Silva	05:07:39	00:35:56	02:43:25	01:42:24	293
66	508 Pedro Gandola	05:08:33	00:28:28	02:45:47	01:48:31	302
67	235 Luís Miguel Dias Lopes Gonçalves	05:12:05	00:36:48	02:49:55	01:38:58	325
68	996 João Gonçalo Tiago Miranda	05:12:11	00:33:02	02:53:21	01:37:26	327
69	507 João Pedro Silva Santos	05:12:41	00:33:03	02:50:15	01:43:04	334
70	871 Maxim Dragunov	05:13:59	00:36:56	02:43:15	01:46:53	348
71	877 Carlos Alves	05:14:07	00:32:39	02:48:16	01:46:08	350
72	204 Pedro Mendes	05:14:43	00:30:29	02:51:18	01:45:08	355
73	709 Pedro Alves Roberto	05:17:10	00:33:32	02:50:11	01:46:05	373
74	885 Filipe Godinho	05:18:14	00:28:04	02:46:44	01:57:07	380
75	511 Hugo Fragoso	05:19:17	00:31:29	02:42:45	01:57:37	389
76	331 Marco Pequeno	05:19:20	00:37:27	02:48:48	01:47:19	390
77	326 Nuno Gonçalo Sousa	05:20:01	00:36:00	02:47:29	01:51:25	399
78	791 Rodrigo Magalhães	05:20:50	00:31:44	02:47:49	01:55:20	408
79	675 Jorge Mello	05:21:29	00:37:06	02:55:45	01:41:23	420
80	787 Bruno Gonçalves	05:21:46	00:34:51	02:56:32	01:44:16	421
81	367 Rui Marques	05:22:16	00:37:43	02:46:36	01:51:07	424
82	389 Miguel Costa	05:22:30	00:37:20	02:56:31	01:41:13	426
83	467 Antonio Vázquez Balado	05:22:54	00:32:34	03:12:09	01:33:11	428
84	822 Pedro Cardoso	05:23:24	00:39:36	02:51:15	01:46:31	433
85	572 Diogo Almeida	05:23:44	00:32:18	02:50:52	01:55:10	438
86	133 João Miguel Pais Vieira	05:25:38	00:35:45	02:53:31	01:51:34	450
87	107 Fábio Santos	05:26:25	00:44:15	02:51:45	01:44:33	456
88	304 Ricardo Figueiredo	05:26:48	00:27:12	03:01:02	01:51:49	459
89	971 Diogo Abecasis Teixeira	05:27:56	00:35:24	03:06:27	01:36:42	468
90	223 Pedro Miguel Dias Anágua	05:27:59	00:38:33	02:56:19	01:46:35	469
91	796 Tiago Filipe Machado Fonseca	05:28:38	00:38:34	02:56:13	01:46:24	473
92	138 Duarte Lopo De Carvalho	05:29:25	00:34:10	03:04:06	01:45:20	477
93	671 Fábio Pinto	05:31:05	00:35:09	03:00:56	01:45:44	487
94	554 André Serrazina	05:32:05	00:37:04	02:58:04	01:52:12	490
95	703 Anton Balandin	05:32:25	00:35:28	03:01:57	01:46:18	492
96	690 Víctor Ramírez De La Corte	05:34:13	00:37:11	02:58:09	01:51:42	506
97	1047 Gonçalo Rosa	05:34:28	00:31:23	02:57:09	02:00:00	509
98	244 João Reis De Oliveira	05:36:30	00:38:49	02:53:32	01:59:03	521
99	1003 Tiago Neves Delgado	05:38:51	00:34:34	03:10:19	01:47:12	537



100	628	João Gil Antunes	05:41:12	00:33:10	03:03:43	01:59:18	550
101	879	Pedro Machado	05:43:59	00:26:38	02:57:25	02:14:38	557
102	941	Miguel Lima	05:44:33	00:37:02	02:52:02	02:07:11	561
103	480	William Santos	05:44:37	00:36:43	02:57:15	02:04:04	562
104	659	Jimmy Baudot	05:44:50	00:32:55	03:00:49	01:59:10	563
105	315	Francisco Caetano De Sampaio E Melo Beirão	05:45:23	00:36:58	03:07:41	01:54:02	566
106	766	Pedro Pacheco	05:46:10	00:40:11	02:57:14	02:01:27	569
107	925	Pedro Miguel Da Cruz Teixeira	05:46:26	00:39:44	03:13:00	01:46:13	570
108	1035	Renan Prado Lopes Silva	05:47:08	00:41:35	03:04:22	01:48:47	574
109	624	Pedro Borges	05:48:56	00:33:41	03:11:24	01:55:50	587
110	287	José Carvalho	05:52:00	00:28:13	02:54:58	02:23:28	601
111	920	Daniel Oliveira	05:54:27	00:35:58	02:59:00	02:11:56	615
112	375	Christopher Costa Vaz Bernardo	05:54:31	00:34:03	02:59:23	02:13:42	616
113	989	Daniel Albergaria Ferreira Da Silva	05:55:14	00:45:42	02:59:26	02:01:20	619
114	660	Gaëtan François	05:56:01	00:34:31	03:07:49	02:04:21	625
115	227	João Paulo Serôdio	05:56:22	00:38:47	02:45:02	02:26:49	626
116	542	Eduardo Matos	05:56:24	00:37:01	03:01:36	02:08:52	627
117	1000	Diogo Parracho	05:56:40	00:50:52	03:16:15	01:39:25	630
118	388	Bernardo Maia Ferreira	05:56:51	00:34:57	03:05:40	02:06:49	631
119	85	Tiago Joao Dos Santos Alberto Garcia	05:57:42	00:34:34	02:56:44	02:20:19	640
120	386	Diogo Queiroz	05:58:56	00:36:25	03:16:34	01:57:41	650
121	1048	Ruben Filipe Fonseca Maurício	06:02:48	00:35:51	03:22:47	01:56:10	664
122	778	Flavio Marquês Pereira	06:03:49	00:33:49	03:04:32	02:20:28	672
123	1017	Thiago Rogerio De Oliveira Campanhã	06:05:39	00:42:43	03:00:02	02:07:40	681
124	614	João Dantas	06:08:11	00:34:30	03:13:39	02:12:44	693
125	835	António Saraiva	06:10:00	00:32:54	03:27:11	01:56:14	698
126	395	Ricardo Dagge	06:11:48	00:34:59	03:21:25	02:07:56	704
127	364	Bruno Pilar	06:15:08	00:45:00	03:09:57	02:12:12	716
128	1063	Carlos Teixeira	06:30:42	00:43:24	03:19:46	02:21:38	758
129	748	Anton Voroniuk	06:44:27	00:38:46	03:39:27	02:17:02	776
130	647	David Monteiro	06:46:39	00:42:18	03:29:33	02:23:10	779
131	711	Joao Pedro Pascoal Carvalho	06:50:22	00:37:20	03:15:32	02:49:23	785

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	5	Liliana Veríssimo	04:51:36	00:29:31	02:49:56	01:28:28	153
2	1051	Jenny Nilsson	04:52:47	00:28:27	02:40:49	01:39:47	171



3	556 Catarina Serrazina	05:27:40	00:35:55	03:05:38	01:40:12	465
4	318 Ana Filipa Lopes Rodrigues	05:57:26	00:42:45	03:07:02	02:02:36	636
5	888 Andreia Tourais	06:07:58	00:42:36	03:17:24	02:01:25	692
6	862 Begona Menendez Carneado	06:13:20	00:38:05	03:37:20	01:50:06	707
7	843 Mariana Duarte	06:23:27	00:36:16	03:34:09	02:04:08	739

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	2	Márcio Neves	04:02:00	00:23:02	02:17:21	01:18:42	2
2	896	Sergio Miguel Gonçalves Marques	04:12:02	00:25:11	02:21:39	01:21:23	6
3	9	Bruno Pais	04:16:02	00:24:16	02:24:00	01:24:16	10
4	371	Bernardo Cadeiras	04:16:20	00:25:25	02:25:38	01:21:34	11
5	773	Sergio Santos Lois	04:19:40	00:29:43	02:23:18	01:21:46	19
6	459	Joao Fragoso	04:20:47	00:29:19	02:24:59	01:21:38	21
7	344	Tiago Alves	04:22:15	00:30:08	02:27:20	01:20:12	25
8	246	Tiago Filipe Raimundo Cochicho	04:24:01	00:28:32	02:27:42	01:24:11	29
9	876	Nuno Veríssimo	04:24:21	00:28:29	02:26:39	01:24:15	30
10	717	Adelino José Soutinho De Sousa	04:24:37	00:31:30	02:25:47	01:23:10	32
11	577	Michael Rundio	04:28:49	00:24:21	02:29:38	01:29:03	39
12	863	Frederico Cerdeira	04:31:10	00:30:10	02:36:00	01:20:37	50
13	94	Rui Martins	04:33:03	00:24:29	02:38:23	01:25:32	56
14	156	Joao Machado	04:37:20	00:27:43	02:35:36	01:28:16	75
15	969	Jamie Platt	04:38:22	00:29:31	02:32:21	01:31:18	77
16	402	Ricardo Jorge Gonçalves Simão	04:40:10	00:30:50	02:35:57	01:28:57	86
17	909	Marciano Dias	04:40:18	00:30:21	02:32:35	01:32:33	87
18	522	Marco Ferreira	04:41:14	00:27:33	02:29:38	01:40:19	90
19	157	Nuno Sousa Bela	04:41:43	00:30:55	02:38:10	01:27:27	92
20	385	Pedro Duarte Pereira Da Conceição	04:42:18	00:26:16	02:37:04	01:35:26	95
21	104	Gonçalo Martins	04:43:09	00:30:28	02:38:35	01:29:34	99
22	664	Paulo Filipe Neto Gonçalves	04:43:53	00:28:21	02:38:36	01:32:54	104
23	950	Pedro Gaspar	04:43:55	00:28:48	02:34:48	01:34:02	105
24	296	Daniel Campos Carvalho	04:44:42	00:34:42	02:35:50	01:28:30	112
25	887	Ricardo Pereira	04:44:56	00:31:33	02:39:05	01:30:35	115
26	923	Bruno Rolim	04:45:12	00:31:36	02:38:50	01:30:47	116
27	643	Miguel Da Silva Ferreira	04:45:53	00:28:39	02:34:39	01:38:21	119
28	114	Bruno Alexandre Rodrigues Martins	04:46:08	00:26:40	02:38:36	01:36:47	120
29	945	Caio Herculano Amim	04:46:45	00:26:49	02:35:05	01:38:52	123



30	160 Henrique Pereira	04:46:57	00:32:20	02:36:38	01:31:39	124
31	567 Gonçalo Lobo Do Vale	04:47:05	00:27:44	02:40:06	01:33:16	125
32	59 Luis Filipe Ferreira	04:47:35	00:29:58	02:35:25	01:38:14	127
33	360 Henrique Miguel Batalha Avelar	04:47:42	00:32:35	02:36:19	01:34:48	129
34	463 João Pedro Pereira Dos Santos	04:48:52	00:33:47	02:33:01	01:35:42	138
35	695 Ivan Marques Valente Couras	04:49:07	00:23:14	02:41:12	01:39:29	140
36	814 Pablo Santos Nuñez	04:51:26	00:29:59	02:39:37	01:36:16	152
37	874 Ricardo Santos	04:51:37	00:32:26	02:37:47	01:36:38	155
38	171 Sérgio Pinto Da Mota	04:52:27	00:32:08	02:43:11	01:30:54	164
39	410 Celso Ilidio Esteves Moreira	04:52:28	00:30:33	02:43:59	01:33:53	165
40	173 Bruno Miguel Roque Fonseca	04:52:42	00:36:49	02:33:27	01:35:19	168
41	827 Manuel Jorge Teixeira Monteiro Júlio	04:52:43	00:27:51	02:43:17	01:37:14	169
42	841 Domingos Augusto Benedito Vieira	04:53:14	00:32:01	02:39:25	01:35:59	175
43	715 Joel Cunha	04:53:14	00:31:08	02:38:30	01:37:31	176
44	359 Bruno Lindorfo Batista Alves	04:53:15	00:34:50	02:38:58	01:34:06	177
45	79 Cláudio Canavilhas	04:53:20	00:31:43	02:41:06	01:36:23	178
46	298 Bruno Costa	04:53:49	00:32:41	02:43:42	01:32:09	184
47	815 Bruno Carvalheiro	04:54:21	00:40:55	02:34:17	01:32:55	194
48	381 Adrian Gallego Cid	04:54:28	00:28:31	02:46:40	01:34:07	195
49	722 João Ricardo Figueiredo	04:55:53	00:28:43	02:42:06	01:38:27	202
50	165 Edson Marco De Carvalho Oliveira	04:56:32	00:35:09	02:43:27	01:32:30	204
51	150 Mário Santana	04:56:59	00:32:36	02:45:04	01:35:08	206
52	471 Bruno Alexandre Oliveira Da Silva	04:57:07	00:27:26	02:46:05	01:38:49	207
53	207 Telmo Nogueira	04:57:49	00:37:55	02:52:17	01:23:22	213
54	1009 João Miguel Lobo	04:59:13	00:28:21	02:48:49	01:37:32	225
55	598 Pedro Pimentel	04:59:36	00:30:53	02:39:16	01:44:07	227
56	913 Oliver May	05:01:21	00:31:29	02:38:08	01:45:10	238
57	1034 Pablllo Sipaubá De Sousa	05:01:54	00:36:20	02:42:11	01:35:12	242
58	159 Mario Martins	05:03:34	00:39:35	02:42:51	01:35:36	256
59	886 Pedro Caldeira Fernandes	05:04:31	00:30:00	02:46:03	01:37:57	264
60	731 Davide Morgado Magalhães	05:05:12	00:38:25	02:39:45	01:41:23	268
61	299 Pedro Fernandes Pereira	05:05:19	00:37:58	02:40:43	01:39:36	269
62	383 Filipe Nogueira Da Silva	05:05:44	00:32:12	02:47:59	01:39:22	272
63	217 Pedro Miguel Ferreira Da Silva Nogueira	05:05:46	00:33:05	02:38:40	01:48:58	274
64	1049 Pedro Gil Pinheiro Coutinho De Almeida	05:05:47	00:34:11	02:44:45	01:38:35	275
65	594 Adolfo Lameira Chibante Rodrigues	05:06:13	00:32:58	02:48:24	01:38:19	279
66	348 Dennis Matheson	05:06:39	00:34:58	02:43:19	01:43:35	282



67	758 João Sales	05:07:00	00:36:12	02:46:09	01:36:05	283
68	865 Luís Paliotes Fera	05:07:31	00:35:37	02:43:37	01:40:47	289
69	805 José Corrêa De Barros	05:08:46	00:38:29	02:47:13	01:36:52	303
70	40 Bruno Godinho	05:08:51	00:31:15	02:43:11	01:49:37	305
71	479 Tiago Batista	05:09:38	00:29:24	02:46:06	01:49:52	315
72	545 Luís Miguel Costa Bezerra Coelho Matos	05:10:30	00:32:35	02:47:17	01:45:25	319
73	16 Sérgio Filipe	05:12:11	00:31:40	02:48:36	01:47:28	326
74	457 Roberto Rosado	05:12:34	00:37:25	02:39:41	01:50:25	332
75	185 Fábio Manuel Dias Teixeira	05:12:54	00:32:35	02:56:22	01:36:22	337
76	762 Francisco Coimbra	05:13:37	00:34:01	02:48:41	01:43:00	341
77	756 Sebastiao Clara	05:13:39	00:31:49	02:51:44	01:44:15	342
78	61 Ricardo Faria	05:13:57	00:32:17	02:45:04	01:50:43	345
79	1065 João Paulo Nunes Ferreira Ribeiro Cardoso	05:13:59	00:33:55	02:48:01	01:46:16	347
80	897 Nuno Ribeiro	05:14:31	00:37:30	02:40:59	01:49:46	352
81	626 Carlos Mourato	05:15:26	00:35:02	02:37:30	01:52:15	361
82	619 Marco António Taxas Raminhos	05:16:02	00:32:07	02:46:01	01:50:16	365
83	578 Zico Das Das Neves Gonçalves	05:16:11	00:34:10	02:55:44	01:38:12	366
84	22 Hugo Gomes	05:19:21	00:38:50	02:55:45	01:37:51	391
85	60 Tiago Mira Amado	05:19:42	00:36:53	02:56:22	01:41:27	395
86	335 António Barbosa	05:19:57	00:37:41	03:07:28	01:28:01	397
87	161 Ricardo Manuel Valadas Jerónimo	05:21:23	00:29:35	02:50:08	01:56:06	417
88	794 Luís Miguel Caxias Melro	05:21:26	00:37:56	02:50:56	01:45:17	419
89	187 Bruno Carlos	05:22:08	00:41:39	02:48:55	01:44:36	423
90	1064 Flávio Vieira Carvalho De Figueiredo	05:22:59	00:31:45	02:59:37	01:46:10	430
91	415 José Caeiro	05:23:25	00:35:53	02:50:56	01:48:41	434
92	712 Cristian Cordero Vallejo	05:23:30	00:29:35	02:55:29	01:50:37	435
93	502 Gaspar D''''''''orey	05:24:12	00:28:31	02:45:28	02:04:53	442
94	129 Luis Goncalves	05:24:22	00:40:23	02:59:09	01:38:15	443
95	744 Ricardo Pereira	05:26:07	00:38:08	03:02:04	01:37:10	454
96	521 Henrique Delgado	05:26:59	00:27:55	02:50:26	02:03:17	460
97	305 Tiago Jorge Colaço Vitorino	05:27:01	00:35:06	02:50:56	01:54:47	461
98	444 Diogo Justino	05:27:10	00:37:15	02:56:06	01:46:03	462
99	590 Tiago Santos	05:27:12	00:39:39	03:01:57	01:35:29	463
100	616 Duarte Nuno David Fialho Penas	05:28:29	00:34:47	02:50:55	01:54:55	472
101	119 Miguel Fernandes	05:29:19	00:39:20	02:59:26	01:42:18	476
102	440 Nelson José Valente Lopes	05:32:40	00:48:40	02:55:05	01:42:02	494
103	354 Marcos Alonso Mendaña	05:32:41	00:35:51	03:04:07	01:45:27	495



104	754 Bruno Fernandes	05:33:10	00:39:41	02:49:03	01:58:21	499
105	651 João Nuno Faustino Valentim	05:33:38	00:36:59	02:57:34	01:52:34	502
106	189 Cristóvão Santos	05:34:19	00:31:47	03:00:58	01:56:12	508
107	99 Pedro Do Nascimento E Oliveira Gomes Teixeira	05:34:59	00:35:55	03:00:58	01:51:39	512
108	990 David Jorge	05:36:44	00:32:09	03:03:04	01:53:59	523
109	842 David João Gomes Almeida	05:38:33	00:39:09	02:56:08	01:57:16	534
110	231 Fábio Paulo	05:41:42	00:44:02	02:57:44	01:51:41	551
111	543 Helder Carvalheira	05:41:47	00:38:37	03:04:10	01:52:45	552
112	486 Filipe Miguel Campos Canilho	05:41:53	00:42:54	03:09:35	01:42:39	554
113	964 Bruno Alexandre Pinto Fernandes	05:46:41	00:37:03	03:03:57	01:58:16	571
114	772 Valter Rafael Anacleto	05:46:58	00:38:26	03:01:47	01:58:15	572
115	670 Hugo Filipe Ferreira Freire	05:48:56	00:31:28	03:00:02	02:12:12	586
116	140 Nuno Gonçalo Silva	05:49:10	00:29:32	02:54:43	02:19:26	589
117	944 Vasco D''''''''orey	05:50:21	00:34:56	03:13:37	01:53:42	590
118	196 Aleksandr Igonkin	05:50:31	00:37:08	03:12:06	01:56:55	592
119	343 Pedro Miguel Da Veiga Godinho De Matos	05:51:07	00:34:04	02:59:08	02:10:07	593
120	724 Bruno Gabriel Silva Leite	05:51:23	00:31:51	03:12:50	01:57:46	598
121	233 Gonçalo José Costa Santos	05:52:36	00:39:59	03:12:36	01:51:28	603
122	474 José Domingues Costa	05:54:01	00:33:52	03:03:53	02:09:12	613
123	890 Sérgio Rosado	05:57:03	00:48:14	02:56:09	02:01:37	632
124	1010 Tomás Falcão E Cunha	05:57:35	00:33:57	03:09:40	02:05:26	637
125	605 Andrea Saporito	05:57:44	00:37:28	03:19:20	01:54:05	641
126	974 Sérgio Santos Rodrigues	05:59:06	00:39:10	03:08:54	02:03:17	651
127	764 Pedro Sanguino	05:59:29	00:37:42	03:06:26	02:07:38	653
128	601 Bruno Fonseca	06:00:35	00:34:38	03:02:32	02:16:16	659
129	850 João Filipe Matias Garcia	06:03:09	00:37:49	03:17:01	02:00:32	667
130	112 Gonçalo Ricardo Rito Neves	06:03:40	00:37:18	03:09:26	02:08:37	671
131	214 André Coelho	06:03:54	00:40:37	03:07:58	02:06:48	673
132	278 Pedro Tomás Luiz	06:04:01	00:41:27	03:11:54	02:02:41	674
133	771 Joao Ramos	06:06:16	00:54:38	02:59:40	02:03:19	684
134	87 André Chaves Nunes Leal	06:06:37	00:39:49	03:14:12	02:00:29	685
135	649 Sérgio Sousa	06:09:35	00:38:23	03:23:40	01:59:26	697
136	981 Fernando Martin Rudilla	06:10:27	00:35:31	03:20:41	02:04:48	699
137	700 Tiago Alexandre Da Palma Veigas	06:10:47	00:43:33	03:32:24	01:44:19	701
138	583 Hugo Julião	06:14:05	00:36:05	03:16:03	02:16:18	710
139	811 Diogo Luís De Sequeira Mota	06:15:27	00:50:09	03:16:26	02:01:29	717
140	880 Filipe Sousa	06:18:59	00:46:29	03:22:13	02:02:39	725



141	956 Rui André Dias Silva	06:23:59	00:36:42	03:29:48	02:10:01	740
142	275 Carlos Gouveia	06:24:14	00:38:13	03:14:58	02:21:43	741
143	961 Ricardo Pita	06:27:08	00:29:15	03:20:05	02:28:30	748
144	881 Daniel Bruno Galvão	06:31:41	00:39:43	03:39:44	02:05:46	760
145	245 Cláudio Ricardo De Magalhães Pinheiro Caramelo	06:46:42	00:39:44	03:27:27	02:31:58	780
146	849 Sérgio Nuno Maquinista	06:51:50	00:55:50	03:38:55	02:10:09	789
147	658 Michel Kirschen	06:55:20	00:36:55	03:47:52	02:22:41	793
148	211 Gonçalo Gonzaga Pinto	06:58:38	00:32:24	03:27:35	02:48:56	800
149	860 Ricardo Velhuco	06:58:49	00:44:25	03:06:56	02:58:43	801
150	264 Mario Saloio	07:02:58	00:43:28	03:17:31	02:55:52	805
151	495 Nuno Varela	07:12:50	00:37:38	03:38:59	02:48:10	810

40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	7	Ana Filipa Pais Alves Santos	04:40:36	00:27:08	02:38:14	01:31:35	89
2	975	Eva Margarida Santa Marta Da Silva	05:18:50	00:32:30	02:52:44	01:47:28	386
3	833	Izabella Moreno Ducatti Pires	06:01:43	00:35:17	03:23:12	01:56:21	661
4	1029	Lenka Krátka	06:06:43	00:35:22	03:18:00	02:05:21	686
5	673	Sandra Sausen	06:10:41	00:41:30	03:10:04	02:11:10	700
6	405	Cristina Maria Pires Dos Santos	06:27:33	00:43:30	03:23:00	02:14:55	751
7	71	Filipa Fernandes	06:28:00	00:41:17	03:28:37	02:11:37	753
8	769	Susana Flores	06:33:27	00:48:02	03:28:57	02:11:48	762
9	937	Vladislava Vasianina	06:45:11	00:51:06	03:37:24	02:07:36	777

45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	418	Leonardo Schwindt	04:19:29	00:25:30	02:28:38	01:21:04	18
2	743	Rui Narigueta	04:21:11	00:33:21	02:20:57	01:22:50	23
3	52	Lino Barruncho	04:23:14	00:29:00	02:26:09	01:23:31	26
4	837	Tiago Almeida	04:30:17	00:29:43	02:17:50	01:37:57	44
5	182	Valdo Das Neves	04:31:09	00:26:43	02:31:58	01:28:38	48
6	1044	João Paulo Pinto	04:34:04	00:30:24	02:24:24	01:34:19	59
7	1026	Manuel Pascual Esteban	04:34:35	00:30:30	02:32:27	01:26:17	60
8	526	Rui Gomes	04:35:08	00:30:34	02:39:42	01:20:15	63
9	514	Carlos Rosário	04:35:32	00:28:10	02:32:42	01:30:37	67
10	88	João Pedro Mártires Da Silva	04:36:52	00:28:55	02:35:07	01:29:25	71
11	535	António Salgado	04:37:43	00:32:35	02:29:29	01:29:49	76



12	451	Gonçalo Resina Resina	04:38:38	00:31:48	02:36:40	01:25:33	78
13	485	Diogo Pina Pereira	04:43:10	00:32:11	02:35:43	01:30:48	100
14	125	Luis Faustino	04:43:30	00:33:12	02:34:36	01:30:41	101
15	380	Roberto Picón Espiño	04:43:32	00:26:39	02:42:58	01:29:43	102
16	121	Pedro Bilro	04:43:51	00:28:27	02:40:15	01:30:51	103
17	810	Rui Gonçalves	04:44:17	00:36:42	02:36:43	01:25:02	107
18	21	Pedro Miguel B Pinto Leal Fernandes	04:47:32	00:26:08	02:33:12	01:44:04	126
19	131	Carlos Fernandes	04:47:39	00:28:42	02:43:42	01:30:48	128
20	546	Filipe Centeno	04:48:29	00:30:40	02:41:53	01:32:10	134
21	539	Ricardo Lanceiro	04:49:42	00:31:17	02:44:33	01:29:02	142
22	330	Rui Pedro Pinheiro Da Fonseca	04:50:28	00:27:58	02:43:21	01:35:03	145
23	113	Alexandre Nunes	04:51:02	00:34:55	02:41:30	01:30:00	149
24	132	Luis Figueira	04:51:38	00:29:13	02:42:02	01:35:30	157
25	23	Jorge Fonseca	04:52:07	00:28:31	02:41:41	01:37:28	159
26	292	Firmino Dias	04:52:15	00:32:31	02:41:40	01:32:13	162
27	427	Hugo Fonseca	04:53:31	00:28:43	02:42:11	01:38:11	179
28	47	Luis Alegrias	04:53:42	00:28:29	02:33:53	01:45:58	181
29	472	Rui Rebocho	04:53:45	00:35:20	02:43:43	01:29:41	182
30	92	Joao Fernandes Silva	04:54:15	00:34:44	02:37:35	01:36:35	192
31	14	Tiago De Paiva E Pona	04:55:08	00:26:26	02:51:42	01:33:01	199
32	550	Pedro Mendonca	04:55:25	00:31:48	02:36:30	01:42:14	201
33	44	Luis Silva	04:57:16	00:34:05	02:39:31	01:38:07	208
34	645	Francisco Javier Gutiérrez Perez	04:58:09	00:29:17	02:48:12	01:35:52	217
35	37	Rui Pereira Da Silva	04:59:11	00:32:24	02:43:14	01:38:28	224
36	399	Oscar Fernandez Gonzalez	05:00:24	00:27:20	02:47:52	01:38:55	229
37	1033	Tiago Costa	05:00:43	00:30:08	02:40:28	01:42:08	232
38	177	Vitor Manuel Romeiro Fialho Piçarra	05:00:48	00:31:38	02:51:16	01:32:48	233
39	687	António Lúcio	05:01:10	00:40:19	02:43:10	01:31:04	237
40	497	Rui Duarte	05:01:37	00:23:57	02:53:18	01:40:10	239
41	570	Leonardo Loureiro	05:01:40	00:38:27	02:40:38	01:36:49	240
42	216	Bruno Batista	05:02:12	00:31:11	02:49:09	01:37:04	243
43	77	António Manuel Brito Moreira	05:02:13	00:33:27	02:56:22	01:27:59	244
44	1006	Manuel José Pontes Moutinho	05:02:59	00:35:37	02:48:44	01:33:35	251
45	954	Rafael Martinho	05:03:05	00:34:50	02:46:51	01:34:30	252
46	1066	Orlando Filipe Fernandes Marques	05:03:06	00:30:40	02:43:16	01:42:58	254
47	242	Bruno Rosado	05:03:45	00:30:14	02:44:42	01:42:30	258
48	158	Guilherme Libório	05:04:11	00:29:27	02:49:54	01:39:27	259



49	541 Antonio Maria Magalhaes Pavia Cumbre	05:04:12	00:30:19	02:44:45	01:43:16	260
50	248 Vasco Baptista	05:04:16	00:33:22	02:40:37	01:43:58	262
51	398 Pedro Fernandes	05:04:26	00:31:16	02:49:32	01:39:17	263
52	946 Pedro Duarte	05:04:40	00:33:12	02:41:17	01:43:52	265
53	76 Kiko Martins	05:04:50	00:34:04	02:42:13	01:43:11	266
54	10 Rodrigo Pais De Almeida	05:05:45	00:30:11	02:43:31	01:46:19	273
55	341 João Henrique Lamas Rodrigues	05:06:13	00:40:11	02:38:48	01:40:53	280
56	623 Alexandre Miguel Gomes Guimarães	05:07:41	00:36:33	02:43:11	01:41:15	294
57	515 Gonçalo Gameiro	05:08:02	00:30:03	02:43:23	01:49:27	295
58	716 Jorge Banha	05:08:14	00:34:52	02:43:05	01:44:47	299
59	186 António Caldas Lopes	05:08:50	00:30:41	02:42:23	01:49:41	304
60	19 Pedro Pinho Lopes	05:08:51	00:39:13	02:41:31	01:41:10	306
61	285 José Manuel Horta Nova Nunes	05:09:07	00:34:02	02:48:15	01:40:26	310
62	25 Marco Sousa	05:09:20	00:31:14	02:53:12	01:40:16	312
63	424 Gonçalo Esteves	05:09:24	00:35:59	02:35:30	01:49:44	313
64	465 Marco Filipe Rosa Cristo	05:11:25	00:30:51	02:44:07	01:50:56	322
65	483 Marco Dias Rocha	05:11:43	00:34:24	02:49:51	01:40:38	323
66	846 Gonçalo Correia	05:12:03	00:30:05	02:48:18	01:41:09	324
67	953 Nuno Ricardo De Almeida Da Conceição	05:12:13	00:30:18	02:41:38	01:53:26	328
68	81 Rui Pereira	05:12:53	00:34:53	02:51:29	01:40:23	336
69	851 Bruno Rafael Paiva Gois	05:13:35	00:32:17	02:52:51	01:43:21	339
70	807 Edinson Sanchez	05:13:44	00:31:28	02:48:44	01:48:50	343
71	178 Nuno Almeida	05:13:57	00:43:55	02:42:26	01:40:37	346
72	188 Eduardo Ribeiro Costa	05:14:41	00:24:01	02:50:06	01:54:09	354
73	18 Jose Luis Baceira Farinha	05:14:50	00:38:20	02:44:29	01:47:46	356
74	148 Pedro Ricardo Branco Barata Filipe	05:15:06	00:28:35	02:51:57	01:49:02	360
75	431 Patrick Ebrero Da Silva	05:16:28	00:32:45	02:39:37	01:58:01	367
76	979 Rui Filipe Porto Pinto Da Lapa	05:16:43	00:27:50	02:52:48	01:46:56	371
77	792 Miguel Marques Da Silva	05:16:56	00:29:50	02:53:53	01:41:37	372
78	197 Rui Pedro Sousa Nunes	05:17:18	00:36:11	02:46:42	01:48:20	375
79	300 Hugo Canaipa Henriques	05:17:42	00:34:08	02:48:29	01:49:52	377
80	1045 Pedro Miguel Carmo Correia	05:18:45	00:34:27	02:53:33	01:42:58	385
81	562 Francisco Jesus Gonzalez Lopez	05:19:00	00:32:43	02:48:25	01:51:17	387
82	547 Alexandre Rico	05:19:26	00:33:55	02:46:44	01:52:44	392
83	591 Nuno Silveira	05:19:39	00:35:07	02:54:56	01:40:18	393
84	940 Filipe Barbosa	05:19:41	00:34:23	02:48:57	01:47:58	394
85	259 Martim Nunes	05:20:17	00:37:08	02:58:35	01:39:03	402



86	106 Pedro Miguel Silva Rico	05:20:26	00:27:25	02:54:29	01:52:01	403
87	184 Duarte Cortes	05:20:51	00:36:06	02:58:52	01:38:13	410
88	228 Gonçalo Almeida	05:20:51	00:30:06	02:51:44	01:54:14	411
89	102 Hugo Miguel Ferreira Viegas	05:20:58	00:34:35	02:57:45	01:43:35	412
90	789 Pedro Teixeira	05:21:08	00:35:51	02:54:48	01:44:41	414
91	718 Esmeraldino Sá	05:21:11	00:36:43	02:52:46	01:46:36	415
92	238 Diogo Garcia	05:21:20	00:32:35	02:56:58	01:45:17	416
93	393 Pedro Faísca	05:23:18	00:26:00	02:50:00	02:02:21	432
94	615 Gustavo Ferreira	05:23:58	00:32:39	02:55:36	01:49:21	439
95	464 Nuno Faria	05:25:53	00:32:16	02:52:19	01:55:21	453
96	648 Ricardo João Duarte Neves	05:26:16	00:35:06	02:58:05	01:46:05	455
97	1057 Hugo Manuel Gonçalves Ferreira	05:26:27	00:31:47	02:57:58	01:51:22	457
98	462 Ricardo Jose Marques Fernandaes	05:28:05	00:39:53	02:56:15	01:46:35	470
99	256 Francisco Muñoz Sosa	05:29:03	00:36:27	02:58:43	01:46:10	475
100	667 Carlos Eduardo Correia	05:29:49	00:36:21	02:56:57	01:47:16	480
101	317 Thomas Stark	05:30:05	00:42:14	02:50:27	01:50:35	482
102	353 Paulo Faria	05:30:54	00:33:12	03:03:38	01:45:58	485
103	519 Ricardo Quitério	05:31:05	00:34:35	02:42:23	02:05:43	486
104	919 Nuno Rosado	05:32:00	00:37:36	02:51:01	01:52:19	489
105	751 Joaquim Potes	05:32:26	00:30:01	03:06:07	01:48:46	493
106	770 Pedro Brandao	05:32:42	00:32:48	02:47:08	02:05:37	496
107	446 Ricardo Mateus	05:32:47	00:37:00	03:10:02	01:38:54	498
108	273 Pedro Silva	05:34:05	00:37:42	02:58:03	01:51:46	505
109	78 Miguel Almeida	05:34:30	00:37:08	03:01:54	01:49:52	510
110	559 João Lopes Fernandes	05:35:04	00:35:17	03:01:54	01:51:25	513
111	445 Rui Rodrigues	05:36:00	00:29:53	02:56:47	02:00:41	517
112	721 Nuno Mota	05:36:14	00:31:48	03:01:34	01:57:23	520
113	984 António Carlos De Sousa Reis Rainho Pereira	05:37:02	00:34:51	03:00:12	01:50:22	524
114	819 Jose Antonio Pina	05:38:01	00:37:13	02:58:09	01:54:30	530
115	17 João Pedro Serôdio	05:38:12	00:35:50	02:52:52	02:01:49	531
116	441 Hugo Rodrigo Silva Carlos	05:38:28	00:39:07	02:58:21	01:52:58	533
117	755 Hugo Braz	05:38:51	00:32:34	02:52:27	02:02:06	536
118	1038 Pedro Ricardo Pacheco Fernandes	05:38:56	00:35:35	03:13:17	01:38:21	540
119	98 João Beltrão	05:40:13	00:41:07	03:11:01	01:40:58	545
120	320 Henrique Encarnação	05:40:42	00:37:12	03:01:00	01:57:44	548
121	49 Alexandre Leal	05:43:59	00:43:50	03:09:06	01:42:54	558
122	134 Pedro Manuel Nava Martins	05:44:14	00:31:39	03:03:31	02:02:24	559



123	110 Nuno Simoes	05:47:35	00:33:26	03:06:08	02:01:01	579
124	45 Rui Santos	05:48:50	00:34:35	03:01:50	02:05:41	583
125	111 Christian Ramos	05:48:54	00:39:17	03:08:10	01:54:43	585
126	303 Bruno Faria	05:48:59	00:39:26	03:12:06	01:50:23	588
127	456 Pedro Queiroz	05:51:11	00:36:43	03:07:05	02:01:29	594
128	428 João Pedro Barbosa Rodrigues Fernando	05:52:04	00:32:57	03:14:53	01:56:45	602
129	455 Joao Paulo Coelho Pinto	05:53:07	00:41:00	03:11:01	01:52:39	606
130	175 Carlos Xavier	05:53:42	00:41:11	03:05:44	02:00:07	610
131	753 Pedro Cardoso	05:54:49	00:33:37	02:54:27	02:20:49	617
132	481 Vítor Hugo Da Silva Ferreira	05:55:04	00:34:05	03:05:41	02:08:43	618
133	569 Hugo Jesus	05:55:25	00:36:39	03:07:58	02:03:16	621
134	28 Eduardo Filipe Amaro Ferreira	05:55:26	00:37:11	03:00:24	02:10:43	622
135	108 Luís Massapina	05:58:35	00:46:36	03:16:25	01:49:03	648
136	91 Luís Lemos	05:59:23	00:41:08	03:15:20	01:57:41	652
137	906 Jesús Calvar Lorenzo	06:03:33	00:47:44	03:11:44	01:56:20	669
138	400 Jorge Alexandre Batista Da Silva Barroso	06:07:19	00:34:57	03:22:00	02:01:01	688
139	818 Gonçalo Eduardo Vítor Vicente	06:09:17	00:36:13	03:06:56	02:17:07	694
140	143 Paulo Gonçalves	06:12:51	00:32:30	03:08:58	02:24:04	705
141	593 João Carlos Costa Borrvalho	06:19:31	00:52:34	03:15:50	02:00:35	728
142	12 Jose Pedro Da Silva Canela	06:20:03	00:57:37	03:17:46	01:57:17	730
143	861 Mark Obrien	06:23:26	00:28:55	03:13:24	02:32:19	738
144	889 Nuno Filipe Dos Santos Ribeiro	06:24:35	00:37:31	03:16:36	02:24:23	744
145	409 Pedro Renca	06:25:39	00:38:41	03:28:22	02:09:51	746
146	210 Eduardo Filipe Ferreira Poças	06:27:09	00:31:20	03:27:27	02:19:42	749
147	669 Ricardo Miguel Nunes Duarte	06:29:28	00:48:16	03:21:47	02:12:04	757
148	478 Hélio Garcia	06:41:04	00:41:27	03:20:51	02:31:52	771
149	732 Antonio Quadrado	06:41:34	00:46:28	03:20:42	02:27:51	773
150	533 Pedro Fonseca Ferreira	06:42:41	00:37:29	03:29:50	02:23:20	774
151	663 Joel Alexandre	06:51:07	00:38:09	03:30:22	02:34:07	787
152	561 Pedro Vitorino	06:54:45	00:49:38	03:17:25	02:40:00	791
153	681 Fabio Barros	06:58:23	00:36:33	03:24:42	02:48:08	798
154	351 Nuno Luis Lourenço De Sousa	07:02:00	00:40:54	03:34:17	02:40:18	804
155	80 Daniel David De Sousa Leão	07:06:28	00:39:03	03:21:04	02:58:06	808
156	579 Helder Fernando Fernandes Correia	07:06:56	00:30:52	04:12:52	02:14:19	809
157	221 Luís Miguel Esteves Braz	07:30:51	00:41:48	03:48:28	02:51:44	817

**45 - 49 anos | F**

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	416	Amelia Drumm	05:10:10	00:33:18	02:56:08	01:36:30	318
2	282	Lenia Mafalda Gamito	05:58:39	00:35:30	03:17:16	01:58:25	649
3	403	Ana Maria Pinto Gomes	06:03:04	00:39:37	03:24:33	01:52:23	666
4	307	Catarina Pinto Carvalho	06:03:35	00:35:25	03:17:59	02:01:21	670
5	957	Marta Spuch Calvar	06:14:38	00:37:43	03:27:09	02:03:12	712
6	325	Ana Isabel Duarte	06:23:10	00:37:03	03:20:58	02:17:26	736
7	1012	Catia Curica	06:57:27	00:37:38	03:45:46	02:26:04	797

50 - 54 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	563	Luís Mira Nunes	04:23:28	00:28:50	02:26:40	01:24:01	27
2	1062	Rui Costa	04:32:24	00:32:18	02:29:30	01:26:12	55
3	924	David Toro Orgaz	04:35:29	00:28:42	02:32:18	01:30:30	65
4	283	David Caldeirão	04:39:09	00:25:00	02:30:18	01:39:56	84
5	650	João Faria	04:40:33	00:26:38	02:40:29	01:27:26	88
6	309	Nuno Miguel Rico Carvalhinho	04:42:50	00:31:34	02:30:41	01:35:43	98
7	39	Carlos Gomes Ferreira	04:44:12	00:31:35	02:36:07	01:32:13	106
8	644	Juan González	04:44:35	00:27:05	02:37:45	01:35:25	109
9	806	Diogo Ennes	04:50:59	00:34:08	02:37:48	01:32:31	148
10	858	Miguel Gomes	04:52:02	00:29:20	02:41:57	01:36:02	158
11	494	Pedro Pinha	04:52:14	00:32:36	02:39:45	01:32:48	161
12	454	Santiago Garcia Gonzalez	04:53:07	00:32:41	02:51:24	01:23:04	174
13	118	Stijn Vanacker	04:54:55	00:36:01	02:36:34	01:36:34	198
14	966	Diogo Pereira Do Nascimento De Magalhães Cymbron	04:56:44	00:33:27	02:34:25	01:43:14	205
15	853	Ruben Sio Fernandez	04:57:22	00:35:07	02:35:59	01:39:34	211
16	149	Nuno Miguel Nobre Lopes	04:57:48	00:35:08	02:42:34	01:34:49	212
17	117	Paulo Lamego	04:58:29	00:29:58	02:41:58	01:41:36	218
18	632	Pedro Silva Santos	04:59:10	00:32:49	02:42:56	01:38:33	222
19	432	Joao Assis Cabeleira	05:00:28	00:36:38	02:39:25	01:36:01	230
20	137	Carlos Custodio	05:00:43	00:28:04	02:43:52	01:43:57	231
21	935	Jose Duarte	05:01:01	00:30:28	02:40:38	01:42:56	235
22	280	Eládio Manuel	05:01:05	00:33:53	02:44:09	01:38:02	236
23	581	Miguel Moreira De Campos	05:02:15	00:35:05	02:38:38	01:39:46	245
24	699	Victor Ruiz De Eguino Medina	05:04:52	00:31:17	02:50:35	01:36:50	267



25	557 Pedro Neves	05:06:12	00:35:46	02:46:52	01:38:46	277
26	618 Luis Manuel C. C. Martins	05:08:06	00:33:37	02:49:07	01:37:27	296
27	908 João António Da Silva Rosa	05:08:57	00:30:23	02:44:08	01:47:40	309
28	257 Paulo Teles	05:09:32	00:32:57	02:46:31	01:44:25	314
29	109 José António Varela	05:10:07	00:30:47	02:54:06	01:38:49	317
30	423 Rui Sousa	05:13:21	00:31:27	02:55:47	01:41:13	338
31	32 Luis Miguel Andrade Miranda	05:14:03	00:37:43	02:41:16	01:50:09	349
32	1040 Joao Carlos Silveira Da Costa Da Cunha Rêgo	05:14:34	00:28:16	02:43:55	01:56:50	353
33	308 Luis Carvalho	05:15:40	00:31:39	02:47:57	01:50:25	362
34	13 Pedro Nunes	05:16:32	00:29:07	02:45:43	01:56:55	368
35	413 Miguel Baltazar	05:16:33	00:32:35	02:44:11	01:53:11	370
36	391 Pedro Mestre	05:19:13	00:31:28	02:50:47	01:50:07	388
37	696 António Carlos Esquetim Marques	05:20:00	00:32:23	02:51:10	01:50:55	398
38	202 Adolfo Vagos	05:20:12	00:36:01	02:51:12	01:48:19	400
39	191 Pedro Leiria	05:20:37	00:36:09	02:50:01	01:46:47	404
40	689 Licínio Sousa	05:20:44	00:47:22	02:45:39	01:42:39	407
41	404 Nuno Ricardo Dias Lemos	05:22:59	00:32:10	02:47:08	01:57:48	429
42	782 Ricardo R. Pereira	05:23:06	00:33:51	02:46:58	01:55:44	431
43	691 Alberto Jorge Soares Pires	05:24:09	00:36:43	02:54:34	01:46:23	440
44	739 Orlando Aires	05:25:01	00:33:42	02:57:47	01:46:25	447
45	921 Rui Mota Guedes	05:27:52	00:38:42	02:43:49	01:56:22	466
46	528 Paulo Menezes	05:27:52	00:36:41	03:01:38	01:40:35	467
47	612 Tiago José Fernandes Duarte	05:29:57	00:38:25	02:49:27	01:53:34	481
48	376 Francisco Jesus Becerra Perez	05:30:12	00:35:50	03:04:36	01:41:44	483
49	555 Rui Ligeiro	05:34:14	00:33:22	03:05:31	01:49:37	507
50	365 Pedro Lourenço	05:35:34	00:37:24	02:58:32	01:53:00	514
51	243 Diogo Baldaque Da Silva	05:35:40	00:31:13	02:53:56	02:04:45	515
52	774 Carlos Alberto Meira Da Rocha	05:36:34	00:34:28	02:59:45	01:55:08	522
53	893 Rui Da Silva	05:38:28	00:44:37	02:59:51	01:46:43	532
54	469 Luis Tomé	05:39:55	00:37:17	02:58:30	01:58:31	543
55	443 Nuno Clemente	05:44:15	00:40:24	03:04:06	01:53:43	560
56	194 José Gonçalves	05:44:52	00:33:35	03:02:37	02:01:58	564
57	750 Carlos Preciso	05:45:54	00:42:16	03:05:48	01:50:56	568
58	978 Ricardo João Lopes Santos	05:48:26	00:35:41	03:08:05	01:56:51	582
59	35 Filipe Ramos	05:51:26	00:32:54	03:05:22	02:07:13	599
60	1053 Nuno Lucas	05:53:48	00:38:36	03:11:07	01:53:53	612
61	855 Marco Carapinha	05:56:30	00:52:50	03:04:13	01:52:44	628



62	237 Ricardo Jorge Salvador Mendes	05:56:37	00:36:11	03:09:14	02:04:08	629
63	586 Pedro Fardilha	05:57:16	00:34:53	03:09:32	02:04:46	634
64	342 Joao Pedras	05:57:37	00:37:44	03:07:40	02:04:31	639
65	377 Paulo Moutinho	05:58:06	00:29:56	03:18:36	02:01:03	645
66	1032 Antonio Anunciada	05:58:29	00:36:56	03:03:21	02:11:14	646
67	826 José Bonito	05:59:29	00:38:45	03:00:25	02:11:46	654
68	151 Pedro Calvario	05:59:39	00:35:09	03:13:07	01:59:59	655
69	565 Telmo Filipe Sim Sim Pinto	06:00:13	00:48:26	02:56:24	02:05:35	657
70	31 Luis Paulo Costa Cipriano	06:02:07	00:41:17	03:26:02	01:47:30	662
71	993 Alvaro Rojas Barneto	06:02:58	00:36:53	03:12:56	01:57:48	665
72	832 Francisco José Serrano Faria	06:04:39	00:43:56	03:03:47	02:06:42	675
73	904 Luis Miguel Jesus Santos Costa	06:05:53	00:38:06	03:13:35	02:03:47	682
74	980 Julio Paulo Ramos Nepomuceno	06:06:07	00:38:09	03:19:01	02:01:06	683
75	65 Mario Teofilo	06:07:13	00:31:26	03:25:30	02:04:43	687
76	473 Joao Pedro Carvalho Fernandes	06:13:15	00:33:54	03:25:34	02:06:59	706
77	334 Pedro Botelho	06:14:47	00:27:19	02:59:00	02:43:45	713
78	679 Mário Duarte Da Silva Rodrigues	06:14:55	00:39:46	03:08:37	02:16:02	714
79	491 Nuno Miguel Nobre	06:17:06	00:43:33	03:16:39	02:09:10	721
80	955 Paulo Salgado	06:19:12	00:36:47	03:24:20	02:10:52	727
81	141 Hugo Manuel Estradas Santinhos	06:19:36	00:41:31	03:12:37	02:19:15	729
82	213 Rui Catarrinha	06:20:35	00:34:30	03:30:54	02:05:37	731
83	232 Daniel Aguiar	06:22:23	00:34:58	03:25:44	02:10:03	734
84	540 Miguel Jorge Fernandes De Araújo Vieira	06:30:54	00:34:19	03:11:25	02:37:08	759
85	752 Miguel Rocha	06:33:15	00:34:44	03:14:37	02:36:25	761
86	250 Marco Ventura	06:34:42	00:36:41	03:31:31	02:15:22	764
87	266 Marco Antonio González Carretero	06:40:58	00:38:01	03:31:11	02:21:58	769
88	203 Joaquim Jorge Assunção De Sousa Rosado Vieira	06:41:00	00:41:09	03:14:47	02:37:22	770
89	70 Luís Miguel Duarte Carvalho	06:48:47	00:35:43	03:28:06	02:35:45	782
90	657 Rui Miguel Levy	06:51:15	00:43:43	03:14:47	02:45:47	788
91	183 Bruno Silva	06:54:03	00:38:29	03:32:14	02:36:03	790
92	251 Pedro Telmo Ribeiro Prateiro Cirilo Gil	06:54:50	00:44:04	03:28:19	02:33:36	792
93	595 Aliaksandr Zuyonak	06:56:20	00:46:01	03:34:42	02:26:59	794
94	592 Nuno Miguel Ferraz Pontinha	06:57:08	00:42:33	03:36:49	02:29:44	796
95	122 Nuno Pacheco	06:58:27	00:43:27	03:35:02	02:32:21	799
96	1024 Raul Loureiro	07:06:15	00:57:21	03:18:52	02:38:11	807
97	328 Pedro Simões Pinto	07:24:22	00:45:02	03:40:22	02:48:07	815

**50 - 54 anos | F**

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	553	Filipa Oliveira	05:37:35	00:31:57	03:00:09	02:00:44	526
2	72	Fernanda Marques Santinha	05:51:23	00:35:20	03:21:44	01:47:00	597
3	477	Daniela Langaro	06:07:34	00:36:47	03:23:53	02:00:14	689

55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	20	Fernando Carmo	04:36:32	00:32:50	02:26:12	01:31:55	69
2	126	António Jorge Bento Calafate	04:44:47	00:26:37	02:40:00	01:33:35	113
3	653	Jorge Vieira	04:48:35	00:33:28	02:40:00	01:30:30	136
4	489	Carlos Maia	04:51:13	00:32:15	02:31:03	01:42:02	150
5	53	Sérgio Manuel Pecurto Batalha	04:51:24	00:34:18	02:41:59	01:28:19	151
6	43	José Rui De Morais Galvão	04:54:10	00:28:56	02:32:51	01:47:07	191
7	422	Xosé Miguel Carballo González	04:58:56	00:29:40	02:45:08	01:39:13	219
8	506	Jose Javier Gomez Iglesias	04:59:13	00:34:49	02:46:43	01:32:37	226
9	74	Rui Amorim	05:07:29	00:35:00	02:45:09	01:40:52	288
10	573	Neville Suzman	05:07:32	00:33:12	02:41:17	01:47:45	290
11	90	Pedro Miguel Cardoso Cordeiro	05:07:37	00:28:10	02:45:41	01:48:29	292
12	170	Jorge Dinis	05:09:10	00:30:51	02:45:01	01:47:44	311
13	468	Roberto Fernández Alonso	05:14:50	00:36:57	02:48:48	01:43:27	357
14	435	João Carlos Parda Gonçalves Marques	05:15:41	00:36:59	02:47:07	01:45:43	364
15	96	Joaquim Guilherme Rodrigues Esteves	05:18:24	00:30:25	02:43:50	01:59:04	382
16	29	Gil Contreiras Braz De Oliveira	05:20:13	00:30:07	02:47:42	01:55:50	401
17	453	Jose Morgado	05:22:16	00:34:19	02:46:11	01:55:48	425
18	392	Miguel Barnabé	05:22:47	00:34:19	02:57:53	01:45:05	427
19	162	Paulo Vasconcelos	05:23:37	00:38:03	02:46:49	01:52:16	437
20	998	Carlos Manuel Pires De Oliveira Nunes	05:24:30	00:38:10	02:57:06	01:40:40	445
21	531	Antonio Jorge Ferreira Martinho	05:25:04	00:28:44	03:01:57	01:47:34	448
22	11	Miguel Teixeira Duarte	05:27:30	00:29:38	02:57:06	01:53:20	464
23	701	Luis Miguel Lopes Ferreira De Pinho	05:32:21	00:39:22	02:57:32	01:46:53	491
24	895	Carlos Filipe Ramos Dos Santos Canito	05:33:30	00:34:53	03:11:43	01:39:24	501
25	804	André Cunha	05:33:41	00:34:58	02:55:50	01:54:37	503
26	820	Rui Carvalho	05:37:39	00:38:07	03:02:02	01:48:28	527
27	267	Fernando Ferreira	05:39:11	00:39:32	03:05:21	01:46:47	542
28	174	A. Fernandes	05:45:13	00:34:52	02:54:59	02:07:56	565



29	1022	Carlos Ribeiro Ferreira	05:47:08	00:28:05	03:01:29	02:09:04	573
30	538	Paulo Sérgio Polido Carvalhinho	05:47:12	00:36:20	02:55:58	02:07:24	575
31	258	Francisco Sanches-Osório	05:47:30	00:33:51	02:52:47	02:13:29	578
32	839	Jose Manuel Vazquez	05:51:21	00:31:36	03:17:06	01:56:48	596
33	180	Rui Vieira	05:53:07	00:35:00	03:14:40	01:55:46	607
34	688	Jose Antonio Sánchez-Garrido García	05:55:23	00:39:01	03:03:34	02:05:00	620
35	991	Ricardo Villodres Rodriguez	05:55:48	00:32:09	03:17:56	01:56:15	624
36	903	José Luís Almeida	06:00:00	00:36:08	03:11:51	02:05:53	656
37	599	Antonio K. Ferreira	06:01:12	00:31:29	02:57:59	02:23:00	660
38	219	Vasco José Garcia Mexia Pinheiro	06:02:08	00:36:09	03:02:31	02:14:49	663
39	725	Carlos Gomes	06:07:36	00:38:11	03:10:47	02:12:35	690
40	666	Pedro Tarouca	06:13:43	00:37:06	03:27:29	02:00:57	708
41	67	Rui Manuel Lopes Martins	06:15:07	00:38:51	03:11:52	02:14:28	715
42	48	Miguel António Reis Cruz	06:15:31	00:40:18	03:18:38	02:07:59	718
43	1054	Vitor Grilo	06:21:30	00:33:04	03:16:50	02:17:10	732
44	439	Luis Miguel Duque Santos	06:27:19	00:39:04	03:21:38	02:19:40	750
45	926	Carlos Alberto Guedes Lopes	06:33:30	00:35:19	03:24:52	02:19:23	763
46	982	Jesús Amador Docsión Mairena	06:36:23	00:44:22	03:27:35	02:17:20	765
47	475	Carlos Vicente	06:37:11	00:43:57	03:14:41	02:32:08	766
48	854	Juan Carlos Rodríguez Rial	06:37:44	00:46:26	03:28:02	02:14:25	767
49	269	Manuel António Santos Nunes	06:41:20	00:39:10	03:25:13	02:30:07	772
50	363	João Paulo Páscoa	06:43:20	00:38:02	03:44:03	02:13:47	775
51	36	Renato Gonçalves Araújo	06:49:22	00:33:32	02:55:55	03:10:01	783
52	894	Rui Manuel Anacleto Magalhães	07:22:49	00:39:09	04:07:03	02:27:26	814

55 - 59 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	101	Filomena Gomes	05:19:45	00:34:28	02:47:27	01:49:52	396
2	705	Rosa Rodrigues	05:57:37	00:47:45	03:02:29	02:00:46	638
3	499	Jeane Abreu	06:24:18	00:38:59	03:23:32	02:12:31	742
4	268	Helena Maria De Oliveira Sécio	06:48:12	00:38:19	03:28:14	02:34:11	781

60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	825	Vicente Sanz Romero	05:08:22	00:34:44	02:45:48	01:40:52	300
2	370	Joaquim José Gomes Da Rocha Fernandes	05:17:12	00:29:02	02:59:00	01:44:38	374
3	930	Jorge Nunes	05:23:35	00:34:28	03:03:57	01:38:30	436



4	680	Manuel De Gregório Gouveia Sardinha	05:30:24	00:37:40	02:57:25	01:46:54	484
5	286	Henrique Freire	05:38:57	00:31:49	03:12:11	01:49:44	541
6	1030	Aidan Mckay	05:40:30	00:32:53	02:56:44	02:02:08	546
7	336	Luís Bruno Santos Almeida Ricardo	05:47:24	00:33:51	03:08:06	01:56:48	576
8	55	Paulo Renato Santos	05:52:49	00:31:25	03:01:25	02:12:23	604
9	490	João Carlos Liberato Paulino	05:53:24	00:36:50	03:11:04	01:53:19	608
10	349	João Carlos Lourenço	05:57:17	00:37:55	03:23:01	01:45:51	635
11	738	Paulo Guedes	05:57:51	00:38:07	03:09:50	02:01:48	644
12	962	Rui Manuel Castro Velez	06:00:34	00:31:16	03:00:25	02:23:50	658
13	63	José Anibal Martins Correia	06:07:53	00:36:19	03:11:24	02:13:08	691
14	128	Miguel Da Fonseca San-Payo	06:14:00	00:34:34	03:33:23	02:00:57	709
15	613	Eduardo Carpinteiro	06:15:32	00:41:26	03:21:33	02:01:14	719
16	783	José Branco Calado Maçarria	06:24:31	00:37:05	03:30:32	02:10:27	743
17	779	Armando Calado Guerreiro Lopes	06:24:50	00:40:53	03:34:20	02:00:23	745
18	154	Pedro Soutelinho Correia Ribeiro	06:46:30	00:35:59	03:25:23	02:38:09	778
19	493	Nuno Rainho Fernandes	06:49:30	00:40:12	03:42:27	02:20:33	784
20	845	Pedro Pujol	06:50:51	00:44:25	03:37:20	02:16:02	786

60 - 64 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	420	Madalena Caninas	06:57:02	00:38:42	03:54:33	02:15:10	795

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	838	Fernando Feijão	05:20:50	00:33:54	02:59:54	01:39:54	409
2	163	Manuel Pires	05:35:43	00:36:58	03:05:21	01:46:18	516