



## 18 - 24 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	2	Tomás Augusto Matos Teixeira	04:09:36	00:30:19	02:15:30	01:20:07	2
2	3	Salomão Savelenko	04:10:41	00:26:46	02:22:31	01:18:45	4
3	237	João Luís Gonçalves Cabral	04:13:54	00:29:38	02:19:47	01:20:43	7
4	1056	Rodrigo Pissarra	04:15:17	00:26:35	02:28:46	01:16:13	8
5	933	Max De Groot	04:47:16	00:39:38	02:34:22	01:29:09	52
6	906	Salvador Cardoso	04:48:40	00:41:45	02:31:29	01:30:45	57
7	360	Frederico Van Zeller Janz Guerra	04:50:41	00:33:32	02:48:10	01:24:09	66
8	535	Manuel Fardilha	04:52:34	00:32:27	02:34:31	01:40:55	74
9	376	Afonso De Sousa Ramos Dos Santos Brás	05:03:30	00:31:41	03:03:23	01:23:07	123
10	271	Pedro Botelho	05:13:57	00:39:38	02:54:13	01:34:20	198
11	353	João David Berenguer Pestana	05:16:26	00:47:29	02:45:41	01:36:25	211
12	255	Vasco Camacho Ramos	05:30:17	00:37:38	03:08:17	01:37:56	328
13	497	Vicente Costa	05:30:40	00:30:50	03:06:27	01:47:19	332
14	1128	Bernardo Freire	05:31:18	00:29:18	03:06:35	01:48:48	338
15	454	Lourenço Perdigão	05:31:57	00:34:19	03:19:44	01:31:45	342
16	320	António Schmitt	05:32:02	00:33:48	03:01:05	01:50:52	343
17	1212	Jack Ainsworth	05:36:20	00:47:08	02:54:42	01:47:01	371
18	265	Tiago Miguel Barbosa De Castro Charneca Inácio	05:38:49	00:43:14	03:05:26	01:43:19	397
19	314	Diogo Miguel Rucha Ferreira	05:38:53	00:42:36	02:59:28	01:46:34	400
20	868	Diogo Silva Fraga	05:39:02	00:43:13	03:21:29	01:26:59	402
21	399	João Inácio	05:39:36	00:43:47	03:08:23	01:39:12	408
22	796	Martim Estrada Oliveira	05:42:34	00:41:09	03:05:52	01:49:21	431
23	1198	Salvador Gaião	05:56:03	00:38:46	03:19:59	01:45:57	520
24	816	André Pinto	05:58:26	00:40:50	03:22:10	01:48:36	542
25	436	Tomás Gameiro	06:00:53	00:44:58	03:36:04	01:34:06	562
26	1120	Tiago Silva	06:03:36	00:42:59	03:20:15	01:50:23	579
27	451	Gonçalo Filipe Abreu Tibério	06:12:03	00:57:00	03:11:09	01:58:00	633
28	820	José Pedro Rodrigues Lopes	06:56:45	00:52:47	03:42:43	02:13:47	784
29	1058	Bernardo Costa Martins	07:10:30	00:44:34	03:39:44	02:36:43	796

## 18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	471	Joana Tomé	05:09:48	00:30:21	03:00:18	01:34:39	175
2	478	Vera Serafim	05:14:07	00:35:51	02:57:06	01:35:21	199



3	955 Marta Barbosa	05:55:50	00:34:24	03:16:06	01:59:24	518
4	413 Mariana Calhegas Rodrigues	06:02:24	00:37:46	03:27:40	01:51:02	572
5	303 Maria Cocco	06:21:47	00:41:50	03:26:29	02:07:16	692
6	460 Catarina Sousa	06:29:11	00:44:56	03:18:37	02:14:13	718
7	941 Constanca Gamito	06:59:37	00:49:15	03:40:48	02:22:56	789

### 25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1167	Miguel Ledesma Blanco	04:13:52	00:27:19	02:21:51	01:21:19	6
2	186	Gonçalo Miguel Carmo	04:26:49	00:33:48	02:29:37	01:19:13	11
3	468	Duarte Nuno Lourenço Dos Santos	04:27:13	00:32:33	02:34:58	01:15:22	12
4	773	Miguel Ângelo Sérvulo Tomé	04:35:49	00:27:42	02:40:15	01:23:53	26
5	544	Simão Penha	04:41:23	00:30:21	02:38:45	01:27:56	34
6	504	Daniel Brito Da Silva Bessa	04:45:27	00:29:05	02:40:50	01:31:41	45
7	281	João Pedro Mendes Dos Santos	04:46:48	00:31:13	02:43:20	01:27:23	50
8	559	Afonso Santos	04:48:37	00:33:33	02:41:53	01:27:42	56
9	472	Francisco De Almeida Gomes Velho Da Palma	04:49:17	00:39:30	02:38:14	01:25:54	62
10	863	Douglas Burke	04:59:37	00:36:27	02:43:21	01:34:33	106
11	129	Tomás Rosado	04:59:53	00:33:07	02:44:08	01:38:00	108
12	608	Gonçalo Costa	05:01:13	00:38:54	02:45:59	01:31:12	114
13	623	Rodrigo Daniel Santos Marques	05:02:25	00:34:21	02:55:37	01:27:47	116
14	822	Ruben Fagundes	05:02:32	00:36:56	02:41:43	01:39:09	117
15	494	Bruno Neves	05:03:38	00:41:03	02:42:33	01:32:57	126
16	691	João Jacinto	05:04:35	00:32:07	02:56:50	01:31:39	135
17	506	Pedro Azevedo	05:07:23	00:46:07	02:35:32	01:40:14	155
18	212	Pedro Lucas	05:07:36	00:43:54	02:47:15	01:30:34	156
19	469	Acácio André Amâncio Da Silva	05:08:36	00:43:33	02:39:59	01:37:56	163
20	363	Nelson Oliveira	05:09:35	00:35:37	02:56:55	01:32:42	174
21	527	Tiago Santos	05:09:58	00:43:19	02:43:51	01:34:46	176
22	456	Gonçalo Roicado	05:10:06	00:45:56	02:44:57	01:33:51	177
23	591	Gonçalo Jones	05:11:02	00:38:11	02:55:30	01:31:54	181
24	763	Manuel Arez Theotónio	05:11:39	00:40:33	02:49:58	01:35:01	186
25	748	Diogo Alves Do Vale Costa	05:13:54	00:44:34	02:45:42	01:34:28	196
26	115	Tomé Moreira Pires	05:15:19	00:46:36	02:44:18	01:36:17	203
27	457	Mário Ribeiro	05:16:15	00:46:28	02:47:53	01:33:22	208
28	942	Emanuel Augusto Pereira Esteves	05:16:41	00:35:33	02:58:22	01:34:41	214
29	838	Pierre Gaillac	05:18:36	00:42:29	02:48:02	01:38:49	226



30	525 Pedro Ribeiro	05:18:46	00:47:03	02:43:03	01:43:27	228
31	745 Afonso Nigra	05:19:14	00:40:37	02:51:30	01:36:58	232
32	127 Francisco Alfredo	05:23:54	00:43:31	02:59:32	01:35:55	273
33	176 André Almas	05:24:06	00:42:18	02:51:11	01:44:18	274
34	395 Gonçalo Alexandre Lopes Brandão Mendes	05:24:51	00:38:16	03:03:59	01:36:56	281
35	307 João Lopes	05:24:54	00:46:33	03:00:32	01:26:22	282
36	797 Miguel Bon De Sousa	05:25:20	00:41:16	02:59:38	01:38:47	286
37	738 Tomás Branquinho Da Fonseca	05:26:05	00:38:19	03:02:15	01:39:18	293
38	707 Diogo Dias	05:26:33	00:34:07	03:06:01	01:39:10	298
39	749 Afonso Nuno Bacatelo Dias De Sousa Martins	05:30:09	00:39:37	03:00:55	01:42:50	325
40	737 Diogo Areias Silva	05:30:23	00:41:06	03:01:36	01:38:22	329
41	1088 Francisco Fraga De Melo	05:30:45	00:46:00	03:04:53	01:31:57	333
42	657 Rafael Folques	05:31:41	00:47:33	02:42:58	01:53:25	340
43	392 António Guerreiro	05:32:50	00:46:10	02:59:24	01:39:55	350
44	144 Henrique Correia	05:33:08	00:40:16	03:03:27	01:44:11	354
45	410 Rúben Martins Brigas	05:33:11	00:29:42	03:12:17	01:42:54	355
46	528 Luís Santos	05:35:52	00:42:47	02:49:41	01:50:59	364
47	708 Miguel Pinto	05:35:58	00:49:45	03:01:49	01:35:16	367
48	229 Vadym Shkryba	05:36:08	00:47:59	02:55:02	01:45:54	369
49	964 Miguel Freitas	05:36:33	00:33:56	03:05:14	01:51:25	373
50	653 André Silva	05:38:40	00:42:48	03:08:36	01:38:53	395
51	1150 Pedro Cabral	05:40:13	00:42:37	03:16:13	01:33:35	412
52	87 Simão Simoes	05:41:43	00:47:28	02:51:29	01:55:20	423
53	711 Gaspar Santoalha	05:44:21	00:47:24	03:01:38	01:47:28	440
54	626 Johannes Ritter	05:44:36	00:42:57	03:16:11	01:36:27	443
55	154 Tomás Jorge	05:45:34	00:42:10	03:08:30	01:48:21	449
56	651 Tomás Lourenço	05:47:22	00:41:13	03:16:25	01:42:07	465
57	130 João Francisco Maia Pinto Correia	05:47:47	00:33:33	03:24:50	01:42:32	469
58	1180 Gonçalo Soares	05:49:47	00:46:28	03:17:30	01:34:58	480
59	99 Rafael Alexandre Severino Barbosa	05:53:11	00:43:44	03:18:45	01:42:26	496
60	245 Vitor Leal	05:54:03	00:39:02	03:11:07	01:56:42	504
61	513 André Filipe Camacho Pestana	05:56:01	00:44:51	03:10:47	01:53:38	519
62	333 João Anastácio	05:59:23	00:49:46	03:10:23	01:49:26	551
63	463 Nuno Martins	06:00:16	00:45:01	03:16:16	01:50:26	557
64	551 Lukas Pieler	06:03:08	00:41:33	03:08:57	01:57:59	576
65	1193 Ricardo Oliveira	06:07:15	00:50:44	03:08:34	01:58:50	598
66	697 Fábio Manuel Reis Afonso	06:07:56	00:47:56	03:20:28	01:53:03	602



67	251	João Francisco Martins Botelho	06:11:04	00:44:27	03:08:29	02:07:45	623
68	1161	Miguel Mota	06:11:23	00:54:51	03:22:34	01:46:44	626
69	461	Pedro Marques	06:13:09	00:49:14	03:18:36	01:57:09	639
70	584	Afonso Barroso	06:13:50	00:44:11	03:24:18	01:55:04	645
71	899	José Miguel De Almeida Costa Mota	06:14:20	00:54:08	03:10:56	02:00:32	651
72	539	Miguel Rumor Antunes Gameiro	06:17:26	00:53:28	03:20:54	01:52:29	664
73	400	João Brântuas	06:17:45	00:49:15	03:23:46	01:55:11	665
74	561	Diogo Pereira	06:23:11	00:43:24	03:38:09	01:53:26	698
75	1127	João Almeida	06:28:10	00:40:26	03:33:29	02:03:42	714
76	476	Joao Pedro Correa	06:30:05	00:40:37	03:27:47	02:10:57	724
77	922	Bruno Marques	06:35:28	00:47:55	03:13:14	02:27:58	740
78	1035	Pedro Nigra	06:36:52	00:43:21	03:23:59	02:19:53	746
79	953	João Maria Dantas Machado Rosa Vaz	06:37:14	00:56:56	03:34:21	01:55:20	747
80	809	André Lamas	06:48:33	00:43:11	03:37:57	02:20:36	764
81	538	Gonçalo Domingues	06:54:22	00:44:14	03:27:53	02:31:01	780
82	1190	Mylhailo Yezhov	06:59:05	00:52:04	03:34:43	02:21:00	787
83	487	Rafael De Vasconcelos Gonçalves Onofre	06:59:46	00:41:26	03:49:45	02:15:10	790
84	126	Frederico Mayer	07:06:28	00:48:49	03:42:10	02:23:16	794

### 25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	76	Beatriz Passos	05:13:22	00:42:15	02:58:40	01:28:20	193
2	338	Inês Cabanita Raimundo	05:18:38	00:40:29	02:57:07	01:37:48	227
3	715	Cristiana Couto	05:21:31	00:42:30	02:48:27	01:44:58	250
4	462	Ana Margarida Varela Da Cruz	05:26:15	00:31:38	03:13:44	01:36:17	295
5	874	Maria Gomes Calção Medeiro	05:28:24	00:37:22	03:02:36	01:42:44	311
6	490	Rita Bilé Grilo	06:18:06	00:33:08	03:47:50	01:51:19	668
7	200	Carlota Verdes Vale Rêgo	06:21:29	00:39:31	03:27:34	02:07:43	690
8	318	Melissa Sobral	06:38:46	01:06:53	03:24:00	02:02:32	751
9	421	Inês Calhegas Rodrigues	06:40:09	00:43:41	03:45:57	02:01:42	753

### 30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	8	Rafael Barata Domingos	04:05:14	00:26:44	02:17:47	01:17:58	1
2	7	João Francisco Cristóvão Ferreira	04:10:08	00:26:47	02:20:11	01:19:33	3
3	264	João Trigueiros	04:16:01	00:32:12	02:26:25	01:13:49	9
4	999	Alejandro Perez Varela	04:27:20	00:32:38	02:29:40	01:21:04	13



5	315 Adriano Correia	04:28:21	00:29:29	02:37:36	01:18:36	14
6	215 Sandro Medhi Novais Touil	04:31:59	00:33:39	02:25:47	01:28:27	16
7	1005 João Rafael Dos Santos Andrade	04:32:54	00:33:53	02:29:42	01:25:44	17
8	834 Miguel Andrade	04:34:45	00:36:05	02:33:05	01:18:46	22
9	947 Afonso Garcia	04:36:46	00:28:01	02:34:10	01:31:03	29
10	987 Pastor Adrian Pose Regueiro	04:37:52	00:37:34	02:26:07	01:28:46	31
11	365 Lucas Souza	04:41:32	00:36:40	02:27:59	01:31:28	35
12	439 Tiago De Almeida Simões Lopes	04:43:56	00:33:01	02:30:46	01:32:14	40
13	934 André Filipe António Fernandes	04:44:15	00:29:26	02:37:50	01:32:07	41
14	108 Miguel Lucas	04:45:58	00:41:27	02:34:24	01:25:30	47
15	33 João Pedro De Matos Rebelo	04:47:36	00:31:24	02:50:40	01:20:42	55
16	520 Nuno Noritake	04:48:41	00:28:48	02:45:05	01:29:49	58
17	664 José Marcelino	04:50:56	00:39:48	02:41:35	01:23:21	68
18	1074 Tiago Luis	04:52:26	00:34:14	02:41:31	01:31:00	73
19	366 André Filipe Nunes Lopes	04:52:53	00:37:00	02:38:32	01:32:24	76
20	545 João Pedro Neves Oliveira	04:54:04	00:31:27	02:52:24	01:25:28	79
21	222 Rúben Manuel Moura Rocha	04:58:19	00:38:03	02:40:35	01:34:52	103
22	667 Marco António Sousa Miguel	05:02:42	00:41:16	02:44:46	01:31:29	118
23	394 Quentin Zône	05:03:18	00:42:31	02:44:10	01:31:10	119
24	831 Vicente Alvero Zambrano	05:03:20	00:41:52	02:41:17	01:34:47	120
25	341 Daniel José Gomes Amaral	05:03:34	00:37:38	02:48:05	01:32:03	124
26	780 Erich Gama	05:04:55	00:43:17	02:41:00	01:35:18	136
27	879 Miguel Pereira	05:05:23	00:30:30	02:54:28	01:35:17	137
28	475 João Alexandre Domingues Milheiro	05:05:27	00:46:30	02:39:22	01:33:59	138
29	345 Tomás Branco	05:05:32	00:39:59	02:46:09	01:31:52	140
30	259 Hugo Lopes	05:06:24	00:37:19	02:49:13	01:34:22	143
31	142 Luis Lucas	05:07:19	00:39:35	02:48:02	01:33:15	154
32	1111 Gonçalo Prates Beirão	05:09:25	00:36:18	02:55:29	01:33:45	171
33	945 David Maia	05:11:08	00:33:41	02:59:36	01:32:43	183
34	217 Jorge Filipe Pinto Teixeira	05:13:18	00:51:40	02:42:03	01:31:23	192
35	1107 Tomás Nobre Sobrinho Carneiro Gomes	05:18:46	00:42:01	03:00:03	01:26:57	229
36	143 João Westwood	05:22:50	00:35:37	02:59:37	01:40:08	260
37	260 Ricardo Ribeiro	05:23:21	00:50:31	02:48:19	01:34:16	267
38	811 Pedro Rafael Meireles Moreira	05:23:42	00:46:11	03:01:55	01:29:22	271
39	438 Steve Lopes Gonçalves	05:24:57	00:46:45	02:47:06	01:44:36	283
40	706 Joao Hortega	05:26:07	00:41:58	02:57:09	01:40:27	294
41	234 Miguel Gomes	05:26:44	00:40:14	03:03:15	01:33:59	299



42	192 Nuno Gonçalo	05:27:29	00:28:59	02:57:47	01:53:54	305
43	772 Rafael Gomes	05:27:52	00:49:33	03:00:56	01:30:11	306
44	480 Francisco Bruno	05:28:20	00:43:22	02:51:57	01:47:21	310
45	984 Francisco Maria Machado Rosa Neves Vaz	05:28:57	00:51:16	02:53:29	01:33:57	315
46	364 Pedro Líbano Monteiro	05:29:57	00:43:22	03:00:22	01:38:50	324
47	372 Luís Melo	05:30:16	00:42:16	03:08:10	01:34:01	327
48	857 Pedro Emanuel Oliveira Monteiro	05:32:08	00:54:15	02:55:12	01:32:03	344
49	593 Manuel João Oliveira Vieira Silva Ferreira	05:33:23	00:41:37	02:56:58	01:46:28	356
50	316 Sebastiao Campos Coelho Dos Santos Patrício	05:34:45	00:47:11	02:56:12	01:43:07	360
51	533 Ricardo Miguel Bandarra Silva	05:34:47	00:40:21	03:04:11	01:43:50	361
52	599 Bernardo Manahu	05:36:09	00:41:37	02:59:55	01:48:55	370
53	165 Francisco Bertão	05:36:41	00:44:54	02:58:07	01:44:26	375
54	869 Vasilis Paterakis	05:37:33	00:31:49	03:10:41	01:47:30	383
55	328 Joao Fernandes	05:38:07	00:35:20	03:02:50	01:53:28	389
56	662 João Rainho Fernandes	05:40:15	00:45:00	03:00:40	01:47:13	414
57	741 Pedro Fortunato	05:41:41	00:41:51	03:04:37	01:43:00	422
58	1009 Tiago Almeida Alves	05:41:57	00:57:00	03:07:43	01:29:50	426
59	666 André Lopes Nunes	05:41:58	00:40:59	03:05:41	01:45:07	427
60	612 João Varela	05:43:52	00:47:50	03:09:36	01:39:20	436
61	387 Frederico Santos Pacheco	05:44:01	00:50:17	03:08:20	01:37:34	438
62	856 Andre Felipe Saraiva De Melo	05:45:54	00:43:30	03:04:02	01:50:58	452
63	585 João Pedro Grilo Gouveia	05:46:39	00:37:07	03:10:46	01:51:27	458
64	574 Gonçalo Duque	05:47:12	00:39:10	03:06:17	01:55:36	463
65	169 André Prates Pereira	05:48:03	00:52:31	03:09:02	01:39:27	471
66	557 João Francisco Ribeiro	05:49:25	00:40:45	03:10:54	01:50:37	476
67	752 Ruben Amador	05:49:48	00:48:15	03:04:24	01:47:39	481
68	123 João Afonso Contente	05:51:40	00:48:10	03:03:27	01:55:08	490
69	495 João Rubina	05:52:23	00:46:34	03:11:46	01:46:04	491
70	1001 Gonçalo Rodrigues	05:54:34	00:45:46	03:17:14	01:42:47	509
71	526 Francisco Carpinteiro	05:54:58	00:50:11	02:59:35	01:55:42	512
72	1016 Afonso Gaspar Claudino	05:55:43	00:41:52	03:14:06	01:53:34	515
73	583 André Cálix	05:56:45	00:46:33	03:16:26	01:42:12	523
74	794 Pedro Manuel Teles De Meneses Gomes Pereira	05:57:09	00:42:53	03:10:52	01:53:39	530
75	334 Tobias Ritter	05:57:16	00:43:44	03:04:50	02:01:04	531
76	778 Valter Jorge Brás Mário	05:57:33	00:47:41	02:59:17	02:04:03	533
77	518 João Ferreira	05:57:35	00:40:26	03:08:09	02:00:17	534
78	493 Duarte Marques	05:57:53	00:45:46	03:12:48	01:52:26	536



79	624	António Sampaio Da Nóvoa Teles Rebolo	05:59:03	00:30:26	03:24:12	01:58:05	544
80	522	Frederico André Pereira Bessa	06:00:44	00:56:29	03:13:23	01:42:15	561
81	698	Miguel Coelho	06:01:32	00:44:36	03:08:59	01:56:58	566
82	296	Bruno Nunes	06:01:38	00:49:39	03:10:56	01:50:22	567
83	455	Ricardo Rodrigues Santos	06:01:41	00:49:53	03:19:00	01:44:29	568
84	744	Pedro Botelho	06:05:05	00:52:06	03:10:42	01:54:18	585
85	656	Miguel Barreto	06:06:37	00:45:56	03:24:24	01:49:31	591
86	97	Pedro Silva	06:06:53	00:45:21	03:20:52	01:53:43	595
87	428	Filipe Marques	06:10:08	00:42:51	03:17:37	01:58:41	615
88	577	Joao Pedro Almeida	06:10:50	00:44:40	03:13:38	02:05:12	620
89	194	Guilherme Luz	06:10:58	00:45:19	03:27:13	01:42:27	622
90	1075	João Bastos Pinto	06:13:56	00:49:26	03:21:22	01:54:03	648
91	175	Victor Oliveira	06:14:36	00:47:35	03:17:46	02:01:47	654
92	541	Sebastião Sottomayor Moser Machado	06:15:22	00:43:57	03:20:51	02:01:48	658
93	89	Tomás Fernandes	06:16:25	00:57:41	03:19:50	01:52:37	661
94	473	Filipe Campos	06:17:55	00:59:16	03:26:21	01:43:25	666
95	709	Filipe Ribeiro	06:18:16	00:53:29	03:09:36	02:01:28	670
96	375	Frederico Carrelo	06:18:46	00:44:36	03:20:44	02:03:42	674
97	893	Pedro Henrique Abreu Parente De Mello	06:22:42	00:44:59	03:18:47	02:05:32	696
98	347	Pedro Estrela	06:23:43	00:46:50	03:24:36	02:03:59	700
99	407	Luis Filipe Fonseca Dos Santos	06:24:11	00:50:24	03:13:55	02:09:39	701
100	760	Adolfo Campos	06:26:07	00:56:11	03:31:27	01:48:49	705
101	1187	Christopher Harvey	06:26:14	00:42:21	03:12:38	02:22:12	707
102	1063	Jesus Gonzalez	06:30:29	00:49:46	03:13:53	02:15:02	727
103	1037	Leonardo Guedes De Queiroz Mathias	06:38:04	00:41:35	03:28:36	02:18:58	748
104	798	Mauro André Parreira Ruivo	06:42:00	00:55:11	03:21:23	02:16:05	756
105	615	José Miranda	06:53:33	00:38:14	04:03:44	02:04:58	777
106	683	Ricardo Nuno Marques Moreira Serém	06:54:12	00:42:53	03:47:26	02:17:33	778
107	80	Mykola Zaikin	06:55:16	00:46:43	03:37:04	02:22:33	781

### 30 - 34 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	4	Ana Luísa Ramos	04:49:19	00:29:02	02:47:30	01:29:25	63
2	6	Francisca Parente Cambra	05:02:21	00:32:54	02:55:10	01:30:39	115
3	762	Alessia Dos Santos Teixeira	05:23:52	00:46:10	02:44:29	01:48:11	272
4	750	Flávia Ribeiro	05:28:10	00:41:04	03:03:23	01:39:09	309
5	1138	Dominika Josefova	05:29:37	00:30:50	03:01:24	01:53:09	323



6	644 Filipa Mendes Pinheiro	05:31:22	00:29:13	02:58:50	01:57:25	339
7	793 Patrícia Leão Emidio	05:46:47	00:43:29	03:10:06	01:49:00	459
8	537 Lara Benito	05:46:52	00:47:30	03:16:42	01:37:32	460
9	767 Inês Rijo	05:55:08	00:45:13	03:15:15	01:46:17	513
10	680 Claudia Mariana Borrego Dias	05:56:57	00:44:22	03:22:14	01:43:34	526
11	957 Inês Patrícia Gomes Diogo	05:57:00	00:46:27	03:16:52	01:41:51	528
12	865 Gilmer Grattan	05:57:56	00:32:56	03:28:00	01:50:04	538
13	92 Ana Margarida Inglês Calixto Nico	06:20:35	00:46:45	03:18:28	02:09:06	685
14	406 Carolina Neffe Durão	06:23:04	00:44:24	03:36:14	01:57:49	697
15	147 Inês Costa Mestre	06:29:50	00:43:06	03:40:17	02:01:00	722
16	149 Francesca Andreoli	06:30:37	00:41:10	03:21:45	02:15:19	728
17	389 Roberta Franco Barbosa Peçanha	06:44:03	00:46:51	03:47:20	02:00:45	761
18	290 Samanta Da Rocha Soares	06:46:16	00:49:14	03:42:23	02:06:47	762
19	975 Ewa Monika Knopik	06:57:25	00:52:39	03:41:39	02:15:06	785

35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	723	Miguel Da Cunha Arraiolos	04:31:00	00:26:50	02:35:53	01:24:49	15
2	695	João Jesus	04:35:46	00:33:28	02:39:40	01:19:39	25
3	477	Duarte Tirapicos	04:36:27	00:45:20	02:26:26	01:18:51	28
4	625	Diogo Fernando Silva Alves	04:37:07	00:36:37	02:33:38	01:21:24	30
5	325	Jacinto Coelho Rodrigues	04:40:15	00:43:12	02:25:41	01:26:58	32
6	890	Filipe Carneiro	04:43:01	00:38:13	02:35:20	01:24:26	38
7	250	João Ricardino	04:44:23	00:36:02	02:39:40	01:23:27	42
8	207	Fábio Branco	04:46:26	00:37:33	02:35:04	01:28:55	49
9	519	Tiago Andre Masqueiro Encarnação	04:52:21	00:44:44	02:34:23	01:28:54	72
10	486	Tiago Teotónio Pereira	04:52:43	00:41:11	02:44:24	01:21:32	75
11	614	João Nuno Roque De Carvalho Do Nascimento Graça	04:52:57	00:33:12	02:40:57	01:33:59	77
12	1171	Lopo Carvalho	04:54:32	00:42:57	02:39:35	01:25:00	82
13	1206	Tiago Allen	04:55:15	00:45:17	02:43:19	01:20:14	87
14	227	Bruno Custódio	04:56:05	00:35:38	02:37:40	01:37:45	89
15	427	Tiago Luis Neto Padilha Barros	04:56:19	00:45:14	02:30:15	01:34:21	90
16	714	Pedro Saraiva	04:56:34	00:43:20	02:39:39	01:29:04	93
17	560	Diogo Vieira	04:57:01	00:44:19	02:43:19	01:24:40	96
18	1106	Jorge Silva	04:59:10	00:41:51	02:42:53	01:28:42	105
19	188	Miguel Barroqueiro	05:00:56	00:30:20	02:50:21	01:35:38	111
20	442	Joel Sousa Pinto	05:00:59	00:47:59	02:41:50	01:23:56	113



21	652 Manuel Mira	05:03:23	00:35:03	02:43:49	01:39:19	121
22	324 Gonçalo Luís Ferreira	05:03:43	00:37:47	02:48:37	01:29:48	128
23	121 Ricardo Silva	05:03:49	00:41:07	02:50:37	01:25:04	129
24	912 Bruno Carneiro	05:04:04	00:45:58	02:41:17	01:30:33	131
25	159 Diogo Borges	05:07:13	00:34:17	02:53:54	01:32:24	151
26	291 Hugo Alexandre Costa Marques	05:08:02	00:44:42	02:43:30	01:33:48	159
27	876 Ricardo Figueiredo	05:08:19	00:37:45	02:48:34	01:36:18	160
28	500 Ruben Chagas	05:08:59	00:47:18	02:40:29	01:34:11	164
29	492 Daniel Da Costa Gois	05:11:18	00:33:38	02:56:35	01:34:42	184
30	573 Rui Miguel Santos	05:16:34	00:37:38	02:57:48	01:33:20	212
31	424 Rafael Castro	05:16:36	00:42:55	02:46:15	01:42:04	213
32	450 Bruno Pinto	05:18:12	00:40:37	02:57:16	01:35:49	221
33	213 Gonçalo Duarte	05:18:21	00:44:21	02:46:20	01:40:06	222
34	817 Duarte Zambujo	05:19:27	00:43:47	02:53:24	01:32:25	233
35	581 Sebastião Martins	05:19:27	00:41:38	03:01:36	01:30:11	234
36	499 Tiago Espírito Santo	05:19:37	00:42:02	02:55:17	01:37:20	235
37	532 Pedro Paula	05:20:12	00:40:36	02:53:17	01:40:35	238
38	787 Luís Miguel Gaspar Merca	05:20:27	00:31:24	02:43:05	02:01:44	239
39	378 Ângelo Sequeira	05:20:29	00:44:31	02:51:06	01:38:43	240
40	1192 Ruben Filipe Fonseca Maurício	05:20:34	00:38:24	02:58:02	01:38:31	244
41	170 Luís Galrito	05:20:47	00:40:21	02:58:46	01:35:25	245
42	116 Filipe Rocha	05:21:48	00:43:09	02:59:01	01:34:53	251
43	1125 João Gonçalo Tiago Miranda	05:21:54	00:43:58	02:52:45	01:35:28	253
44	88 Bruno Caixinha	05:22:06	00:44:27	02:46:39	01:45:35	254
45	588 João Pais Vieira	05:22:21	00:45:59	02:48:49	01:41:01	256
46	247 Bernardo Cardoso	05:22:35	00:43:28	02:53:14	01:39:42	258
47	988 Pablo Aligia	05:22:37	00:43:15	02:49:10	01:42:10	259
48	913 Duarte José Da Silva E Sá Reis	05:23:12	00:41:34	03:04:44	01:27:54	263
49	570 Fábio Correia	05:23:16	00:43:03	03:07:10	01:25:24	265
50	687 Nelson Santos	05:24:21	00:43:31	02:50:26	01:43:08	278
51	1123 Nuno Saragoça	05:24:45	00:49:39	02:49:29	01:37:41	280
52	976 Guilherme Pereira De Carvalho	05:25:32	00:42:59	02:54:17	01:39:55	289
53	736 João Marques	05:25:55	00:40:51	02:47:38	01:49:58	291
54	598 Eduardo Matos	05:27:13	00:43:23	02:51:54	01:45:48	301
55	1087 Daniel Albergaria Ferreira Da Silva	05:27:17	00:47:28	02:53:25	01:38:36	302
56	266 Pedro Machado	05:28:39	00:33:06	03:06:38	01:43:06	313
57	385 Frederico Catalão	05:29:27	00:46:24	02:56:30	01:38:32	320



58	286 Philippe Hennin	05:30:15	00:42:34	02:50:40	01:49:08	326
59	586 João Catarino	05:30:33	00:47:20	02:49:04	01:49:10	330
60	233 Marcelo Penas	05:30:39	00:44:45	02:50:22	01:45:30	331
61	954 André Lourenço Moreira	05:30:47	00:42:52	02:56:27	01:41:32	334
62	1094 José Olímpio Da Cunha Neves Fernandes	05:32:31	00:42:22	02:57:49	01:45:44	348
63	870 Rodrigo Ferreira Marques Vaz Antunes	05:33:04	00:44:22	02:59:44	01:42:50	353
64	517 Joao Pedro Veiga E Costa Tomas Henriques	05:35:55	00:41:30	02:59:08	01:48:44	365
65	1211 Nuno Gonçalo Sousa	05:36:01	00:41:54	03:00:34	01:47:10	368
66	231 Bonifacio Meixedo	05:36:21	00:43:32	03:05:48	01:37:52	372
67	306 Nuno Martins Marques Da Costa	05:37:33	00:36:06	02:59:17	01:55:33	382
68	536 João Coimbra Alves	05:38:15	00:40:10	03:03:49	01:43:39	392
69	182 Bruno Gramaxo	05:38:23	00:46:40	02:52:29	01:52:40	393
70	374 André Manuel Ventura Soares Teixeira	05:40:57	00:44:08	03:04:27	01:41:21	418
71	604 Gaspar Rodrigues Santos Costa	05:43:00	00:45:35	02:53:06	01:58:29	433
72	275 Ivan Mascarenhas	05:44:24	00:43:52	02:57:01	01:57:36	441
73	562 Tiago Gomes Romão	05:45:20	00:41:32	03:14:40	01:41:09	446
74	892 Goncalo Falcao	05:47:12	00:52:34	03:12:57	01:33:15	464
75	178 Bruno Pilar	05:47:40	00:48:26	03:01:42	01:50:58	468
76	1113 Maksim Kazarin	05:47:51	00:41:43	03:01:05	01:57:28	470
77	980 Manuel Duarte Gomes Barbosa Vieira	05:49:42	00:44:14	03:00:23	01:56:57	478
78	111 Tiago Cardoso	05:53:54	00:44:29	03:12:14	01:48:55	502
79	960 Samuel Eusébio Henriques	05:54:08	00:43:02	03:19:55	01:44:41	505
80	1060 Tiago Miguel Leonardo Correia	05:54:15	00:46:51	03:15:42	01:42:39	507
81	488 António Gonçalves	05:54:30	00:53:25	02:56:50	01:56:14	508
82	210 João Paciência	05:55:21	00:42:27	03:18:22	01:46:31	514
83	901 Gil Bastos	05:56:51	00:54:07	03:02:00	01:46:54	525
84	300 Flavio Zarro	05:56:58	00:44:59	03:12:27	01:46:31	527
85	330 Hudson Macedo Lima	05:59:15	00:34:36	03:21:55	01:52:11	549
86	1188 João Pedro Da Rocha Pinho	06:00:14	00:54:19	03:14:02	01:38:28	556
87	575 Miguel Mota	06:00:41	00:58:46	03:02:08	01:53:39	559
88	650 Francisco Bastos	06:00:59	00:39:53	03:04:13	02:09:58	563
89	727 Nuno Caria Ramalhão	06:03:01	00:46:22	03:21:53	01:45:50	574
90	152 Alexandre Sandinha Cardoso	06:06:48	00:53:19	03:10:35	01:55:51	594
91	754 Júlio Pinto	06:09:03	00:44:19	03:15:53	02:02:11	607
92	459 Leandro Gameiro Teixeira Nabais	06:09:06	00:39:51	03:07:56	02:13:21	608
93	323 Rogério Leal	06:09:30	00:42:07	03:29:18	01:47:06	612
94	124 Jose Maria Oliveira Garcia Pina Manso	06:10:31	00:47:25	03:23:34	01:51:49	617



95	181	Nuno Cortesão	06:11:39	00:42:42	03:29:50	01:52:16	629
96	790	Ricardo Dagge	06:12:53	00:41:53	03:22:24	01:58:38	637
97	601	Diogo Lagarto	06:13:33	00:55:23	03:16:04	01:52:38	643
98	107	Miguel Soares	06:14:41	00:46:23	03:34:29	01:41:42	656
99	261	Lucas Gomes	06:15:07	00:44:43	03:16:37	02:01:59	657
100	726	Gonçalo Roxo	06:16:50	00:44:30	03:25:55	01:59:32	662
101	496	Carlos Oliveira	06:29:06	00:56:29	03:29:23	01:54:38	716
102	607	Aleksandr Troitskii	07:15:05	00:50:44	03:24:39	02:43:06	799

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	740	Liliana Alexandre	05:00:58	00:27:16	02:59:24	01:29:29	112
2	983	Tina Suzanne Kropf	05:23:26	00:40:14	02:50:49	01:46:08	268
3	1004	Diana Wallis	05:29:26	00:38:48	03:06:16	01:37:49	319
4	101	Ana Filipa	05:37:37	00:33:18	03:09:16	01:49:01	386
5	603	Rita Machado	05:40:14	00:39:32	03:04:54	01:50:41	413
6	514	Patricia Alexandra Silva Contador	05:52:24	00:48:37	03:09:31	01:46:30	492
7	466	Sara Gonçalves	05:57:43	00:45:50	03:06:46	01:57:48	535
8	547	Mariia Bazhina	06:02:09	00:50:02	03:10:54	01:52:45	570
9	516	Francisca Raposo Mira	06:04:15	00:54:25	03:18:23	01:45:36	583
10	483	Ana Oliveira	06:13:47	00:45:34	03:21:21	01:57:40	644
11	785	Débora Filipa Borges Branco	06:29:10	00:56:32	03:29:21	01:54:35	717

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	417	Márcio Neves	04:12:18	00:29:27	02:20:22	01:19:04	5
2	1066	Bruno Miguel Malhão Pontes	04:25:15	00:33:17	02:28:59	01:18:49	10
3	1183	Michael Rundio	04:33:23	00:31:56	02:26:57	01:28:28	18
4	431	Paulo Cândido	04:33:53	00:39:34	02:27:31	01:21:23	19
5	1047	Manuel Jorge Teixeira Monteiro Júlio	04:34:00	00:32:53	02:32:41	01:24:14	21
6	202	Bernardo De Jesus Pereira Fernandes	04:35:46	00:33:49	02:29:10	01:28:56	24
7	201	Filipe Miguel Nunes Marques	04:40:54	00:29:55	02:42:06	01:24:12	33
8	90	Francisco Gameiro	04:43:01	00:34:42	02:43:27	01:20:34	37
9	682	Luis Filipe	04:43:54	00:29:54	02:33:12	01:35:54	39
10	1104	Hugo Miguel Martins Ferreira Da Silva	04:44:58	00:39:23	02:38:38	01:20:50	43
11	887	Tiago Filipe Raimundo Cochicho	04:46:48	00:38:20	02:39:26	01:23:55	51
12	189	Vasco Pinto	04:47:16	00:46:23	02:30:43	01:25:01	53



13	833	Jesús Pardo Jorge	04:47:36	00:43:58	02:32:03	01:26:46	54
14	402	Márcio Carvalho	04:49:26	00:37:37	02:34:21	01:32:54	64
15	1045	José Costa	04:50:44	00:40:40	02:32:44	01:31:06	67
16	569	Rui Martins	04:51:48	00:30:56	02:48:52	01:26:55	69
17	179	Guilherme Teles	04:52:19	00:41:27	02:35:01	01:28:06	71
18	15	João Brísida Pacheco	04:54:02	00:39:46	02:39:01	01:29:44	78
19	1096	Marciano Dias	04:54:05	00:42:59	02:39:39	01:26:08	80
20	59	Luis Filipe Ferreira	04:54:31	00:42:40	02:39:16	01:28:06	81
21	69	Ricardo Filipe Varela Costa	04:55:02	00:33:41	02:45:31	01:30:20	85
22	919	João Colaço Rodrigues	04:55:04	00:39:53	02:34:36	01:32:37	86
23	114	Hugo Chan	04:55:54	00:42:56	02:40:09	01:27:54	88
24	894	Antonio Rubio Exposito	04:56:26	00:38:43	02:47:21	01:25:16	91
25	821	Ivan Valadares	04:57:15	00:38:47	02:41:33	01:32:02	98
26	781	Rubén Sánchez Vazquez	04:57:35	00:47:31	02:37:19	01:27:47	100
27	877	Henrique Ubach Trindade Mota Pereira	04:58:04	00:31:38	02:54:30	01:27:10	102
28	204	Gonçalo Martins	04:58:51	00:41:10	02:41:47	01:30:03	104
29	433	Pedro Freire De Andrade	04:59:44	00:36:53	02:42:09	01:36:16	107
30	1051	Ricardo Manuel Oliveira Pereira	05:00:05	00:43:37	02:48:20	01:23:27	109
31	103	Joel Cunha	05:00:33	00:41:04	02:43:53	01:28:34	110
32	1168	Tiago Ferreira Dos Santos	05:03:28	00:39:28	02:38:48	01:40:10	122
33	1019	Daniel Filipe Da Silva Neves	05:04:10	00:40:25	02:40:32	01:36:40	132
34	465	Frederico Cipriano Batista	05:04:13	00:45:01	02:42:40	01:31:21	133
35	211	Rui Filipe Lima Barbosa	05:04:34	00:35:25	02:49:35	01:33:15	134
36	131	Fernando Manuels Conceicao Batista	05:05:29	00:41:31	02:47:16	01:30:35	139
37	1077	Filipe Silva	05:06:17	00:43:30	02:44:13	01:33:20	141
38	1025	Pedro D'orey	05:06:30	00:41:20	02:42:11	01:37:04	145
39	405	Filipe Godinho	05:06:33	00:37:21	02:43:32	01:39:54	147
40	610	Pedro Pimentel	05:07:13	00:42:44	02:40:21	01:36:15	150
41	153	Bruno Leite	05:07:14	00:40:55	02:45:38	01:32:01	152
42	1072	Sandro Miguel Pereira Rodrigues	05:07:19	00:40:08	02:45:17	01:34:21	153
43	618	Paulo Filipe Neto Gonçalves	05:07:41	00:37:57	02:49:23	01:36:26	157
44	616	Miguel Lima	05:09:01	00:44:30	02:46:31	01:29:46	167
45	1170	Bruno Rolim	05:09:18	00:44:11	02:48:23	01:31:37	169
46	932	Pablllo Sipaubá De Sousa	05:09:24	00:40:29	02:44:21	01:39:08	170
47	125	João Nuno Neves Bairrão	05:10:25	00:35:04	02:47:17	01:43:14	178
48	898	Filipe Coelho	05:13:46	00:46:42	02:45:32	01:35:18	194
49	1122	Filipe Bettencourt	05:13:51	00:42:44	02:48:01	01:35:17	195



50	914 José Diogo Lucena	05:15:33	00:43:53	02:42:30	01:42:33	204
51	285 Pavlo Bezchastnyi	05:15:37	00:46:17	02:45:21	01:37:44	205
52	1133 Bruno Calado	05:16:26	00:42:53	02:50:51	01:34:27	210
53	1146 João Paulo Nunes Ferreira Ribeiro Cardoso	05:17:20	00:43:01	02:58:55	01:28:22	218
54	141 Rui Manuel Lopes De Oliveira	05:17:49	00:43:16	02:53:49	01:34:10	219
55	82 Telmo Nogueira	05:18:22	00:44:56	03:00:34	01:26:59	223
56	858 David Paiva	05:18:35	00:28:52	02:54:32	01:48:37	225
57	404 Pedro Teles	05:19:13	00:44:42	02:47:21	01:39:59	231
58	649 André Lopes Serrazina	05:20:08	00:43:40	02:42:50	01:48:07	237
59	371 Marco Raminhos	05:20:29	00:42:06	02:47:36	01:43:16	241
60	1164 Vasco Branco	05:21:19	00:43:33	02:47:46	01:43:50	248
61	1157 João Filipe Firmino Gaspar	05:22:14	00:37:51	02:54:14	01:41:27	255
62	209 Cláudio Canavilhas	05:23:28	00:42:09	02:58:20	01:36:05	269
63	294 Fernando Rodrigues Morais	05:24:15	00:43:12	03:02:38	01:31:35	276
64	252 Pedro Alves Roberto	05:24:20	00:40:46	02:57:39	01:37:30	277
65	769 Pedro Gil Pinheiro Coutinho De Almeida	05:26:27	00:42:12	02:52:18	01:44:44	296
66	430 Tiago João Maurício Belo Luís	05:26:50	00:42:57	02:50:42	01:46:20	300
67	639 Luis Gonçalves	05:27:21	00:43:17	03:02:08	01:34:14	304
68	244 Fernando Alberto D. Francisco	05:27:53	00:50:53	02:53:25	01:35:46	307
69	145 Joao Amante	05:27:56	00:43:20	02:53:04	01:43:21	308
70	78 Tiago Neves Delgado	05:28:50	00:42:14	03:00:20	01:41:14	314
71	156 Fábio Teixeira	05:29:06	00:45:38	02:54:00	01:42:53	317
72	1147 Flávio Vieira Carvalho De Figueiredo	05:29:14	00:41:42	03:04:34	01:37:14	318
73	235 Alejandro Iglesias García	05:29:35	00:42:59	03:01:54	01:36:53	321
74	641 Joao Freitas	05:29:36	00:43:18	02:57:59	01:40:23	322
75	267 Gonçalo José Costa Santos	05:31:45	00:48:17	03:01:29	01:33:33	341
76	897 Tiago Rosa	05:32:17	00:50:33	03:00:05	01:32:41	345
77	22 Hugo Gomes	05:34:20	00:46:15	03:10:15	01:29:17	359
78	729 Pedro Vargas	05:37:00	00:45:33	03:06:08	01:37:28	378
79	283 Félix Quintela Pais	05:37:36	00:43:25	03:03:47	01:39:59	385
80	388 Hugo Manuel Gonçalves Durães Barbosa	05:39:22	00:49:26	03:05:03	01:38:50	404
81	151 João Ricardo Figueiredo	05:39:22	00:43:21	03:01:22	01:47:35	405
82	1207 Jose Maria Corrêa De Barros	05:39:24	00:52:04	03:06:37	01:30:41	406
83	861 Jose Miguel Matos	05:39:54	00:53:57	02:57:52	01:40:02	409
84	824 Vasco Costa	05:39:58	00:44:02	03:02:47	01:43:51	410
85	619 João Manuel Espinheira Magalhães Pina	05:40:50	00:42:12	03:11:57	01:39:47	417
86	808 João Paulo Serôdio	05:41:36	00:47:18	02:51:24	01:55:54	421



87	1149 Davide Morgado Magalhães	05:42:45	00:46:16	03:02:09	01:48:05	432
88	502 Duarte Maria D'orey Manoel Lopo De Carvalho	05:43:42	00:39:54	03:09:42	01:47:00	434
89	716 João Dias	05:43:55	00:42:55	03:00:41	01:52:55	437
90	216 Ronny Simoes	05:44:12	00:50:39	02:57:00	01:49:04	439
91	163 Carlos Matos	05:44:35	00:50:06	03:10:03	01:36:41	442
92	692 Jaime Silva	05:45:23	00:46:52	03:08:15	01:42:49	447
93	648 Samuel Da Cunha Santiago	05:45:36	00:40:38	03:17:20	01:36:45	450
94	60 Tiago Mira Amado	05:45:58	00:47:17	03:07:59	01:44:59	453
95	963 Tiago Telles Tavares	05:46:52	00:43:29	03:06:08	01:49:03	461
96	361 Ricardo O Jorge Da Silva Freire	05:47:31	00:44:21	03:04:22	01:50:39	466
97	509 Ângelo Miguel De Gouveia Teixeira	05:48:05	00:45:04	03:09:12	01:44:33	472
98	1021 Francisco Garnel	05:48:06	00:43:12	03:05:58	01:49:11	473
99	595 Pedro Alexandre Tomás Luiz	05:51:35	00:45:26	03:09:32	01:49:24	489
100	298 Fernando Manuel Moreira Trindade	05:52:57	00:49:06	02:56:42	01:58:00	495
101	425 Mário Viegas Sorribas Martins	05:53:21	00:54:13	03:12:23	01:40:03	497
102	1202 Gonçalo Rosa	05:53:45	00:43:19	03:06:07	01:55:41	499
103	1124 Tomás Da Silveira Falcão E Cunha	05:54:13	00:46:03	02:58:21	01:56:43	506
104	851 David Xavier Francisco	05:54:58	00:34:25	03:22:42	01:48:28	511
105	936 Pedro Félix	05:57:05	00:34:03	03:14:07	02:01:43	529
106	98 Andre Santos	05:57:56	00:52:03	03:14:24	01:41:50	537
107	305 Diogo Justino	05:58:42	00:50:48	03:11:36	01:46:39	543
108	840 Bruno Diogo	05:59:05	00:45:52	03:02:37	02:03:00	546
109	546 Nuno Gonçalo Silva	05:59:10	00:42:37	03:08:49	02:01:18	548
110	268 João Miguel Fontinhas Tavares	05:59:23	00:43:12	03:06:26	02:02:30	550
111	1176 Márcio Oliveira	06:02:03	00:46:33	03:08:56	01:55:23	569
112	578 João Reis De Oliveira	06:04:06	00:51:10	03:11:55	01:54:48	582
113	655 André Filipe Gonçalves Ribeiro	06:05:29	00:43:42	03:14:07	01:59:46	587
114	435 Shahin Gahrghi	06:05:31	00:55:48	03:01:19	01:54:55	588
115	908 Antonio Jose Rodrigues Mota	06:07:04	00:46:05	03:18:32	01:55:27	596
116	630 Bruno Rasteiro	06:07:45	00:44:22	03:19:48	01:54:35	601
117	878 Alexey Pulman	06:08:40	00:42:06	02:39:55	02:41:43	605
118	344 Oscar Ricardo Machado Da Costa	06:10:53	00:58:55	02:58:40	02:01:34	621
119	613 Jorge Manuel Galvão Aires Rodrigues	06:11:13	00:55:52	03:17:25	01:45:54	624
120	161 Hugo António Rebelo Gomes	06:11:55	00:45:37	03:22:13	01:56:57	631
121	819 Francisco Beirão	06:13:15	00:47:51	03:09:09	02:08:20	640
122	1048 Mauro Pereira Dos Santos	06:15:31	01:10:26	03:05:32	01:53:37	659
123	370 João Paulo Fazeres Ferreira	06:15:43	00:44:28	03:26:40	01:59:04	660



124	503 Nuno Domingues Pereira	06:18:02	01:00:13	03:15:56	01:55:36	667
125	119 Fábio Paulo	06:18:27	00:49:23	03:16:14	02:01:10	671
126	872 Tiago Osvaldo Da Silva E Sousa Pereira	06:18:27	00:48:34	03:21:48	01:58:26	672
127	827 Francisco Silva	06:18:47	00:55:37	03:04:23	02:06:52	675
128	597 Márcio Nobre	06:18:50	00:46:51	03:14:18	02:10:18	676
129	304 João André Lopes Paiva	06:19:05	00:44:47	03:28:22	01:54:48	677
130	775 Gonçalo Maria Inocêncio Olimpio Lourenço	06:19:18	00:44:05	03:27:45	01:56:27	678
131	491 Tiago Vaz Osório	06:19:52	00:46:06	03:25:09	02:02:00	681
132	1109 Bruno Gomes	06:20:00	00:46:37	03:25:49	01:55:36	682
133	1043 Bruno Miguel Fernandes Curto	06:20:13	00:43:16	03:16:23	02:12:19	683
134	1029 António Manuel Meira Dantas	06:20:38	00:43:25	03:30:01	01:56:42	686
135	846 Afonso Álvares Pereira	06:30:05	00:49:51	03:37:32	01:51:05	725
136	915 Rui André Dias Silva	06:31:21	00:45:38	03:42:15	01:47:54	729
137	880 Joao Mateus Junior	06:32:21	00:40:53	03:42:08	02:00:06	730
138	825 José João Bodas Santa	06:32:53	00:43:45	03:41:49	02:00:04	731
139	940 Paulo Jorge Gameiro Marques	06:33:12	00:44:19	03:32:23	02:03:23	733
140	989 Nelson André Alcácer Valente	06:38:27	01:02:52	03:20:27	02:05:26	749
141	81 João Canas	06:40:14	01:01:07	03:29:42	02:00:19	754
142	95 Eduardo Machado	06:42:47	00:43:19	03:25:14	02:23:14	759
143	1082 Pedro Miguel Da Silva E Melo	06:51:26	00:41:34	03:42:15	02:14:03	773
144	198 Helder Rodrigues	06:54:19	01:00:24	03:15:08	02:29:09	779
145	236 Marco Silva	06:55:31	00:49:17	03:36:11	02:22:32	782
146	1041 Luís Manuel Raposo Da Silva	06:57:43	00:43:40	03:28:00	02:23:35	786

### 40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	24	Liliana Verissimo	05:37:35	00:40:40	03:17:31	01:33:38	384
2	875	Andreia Milene Patrício Lourenço	05:46:13	00:48:02	03:11:46	01:40:12	455
3	659	Sara Gomes Da Silva	05:50:17	00:42:32	03:22:20	01:36:15	483
4	278	Ângela Cristina Alves De Carvalho	06:09:14	00:50:20	03:22:08	01:48:09	609
5	409	Rita Martins	06:30:02	00:45:39	03:41:43	01:54:46	723
6	771	Ana Duarte	06:33:43	00:44:02	03:34:45	02:05:41	736
7	1158	Jacqueline Fernandes	06:36:43	00:45:33	03:37:13	02:06:39	744
8	620	Liliana Faustino	06:47:05	01:07:41	03:28:35	02:05:00	763
9	1099	Andreia Tourais	06:49:15	00:50:51	03:46:42	02:03:34	767
10	1191	Joana Frazão	06:51:20	00:58:32	03:26:55	02:13:35	772



## 45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	185	Ivan Marques Valente Couras	04:35:01	00:28:59	02:34:00	01:27:59	23
2	112	Nuno Ricardo Pais Lopes	04:41:32	00:33:25	02:37:12	01:26:36	36
3	995	Adelino José Soutinho De Sousa	04:45:07	00:43:55	02:35:10	01:20:37	44
4	594	Tiago Almeida	04:49:02	00:38:24	02:27:03	01:38:42	59
5	926	Nuno Alexandre Moreira Martins	04:49:17	00:39:58	02:34:58	01:28:52	61
6	346	Nuno Sereno	04:57:30	00:44:36	02:32:41	01:34:46	99
7	440	Ignacio Vilas Eguileta	04:58:00	00:37:43	02:40:29	01:33:11	101
8	543	Vítor Hugo Simões	05:03:35	00:42:40	02:33:48	01:40:21	125
9	1044	Pedro Duarte Pereira da Conceição	05:03:50	00:33:56	02:46:33	01:39:30	130
10	256	Rui Da Silva Santos	05:06:20	00:44:17	02:42:42	01:33:21	142
11	688	Marco Cristo	05:06:30	00:42:47	02:42:09	01:35:19	144
12	990	Pedro Gaspar	05:06:32	00:37:15	02:45:36	01:35:53	146
13	929	Rui Nunes	05:07:49	00:42:31	02:41:31	01:37:35	158
14	602	Hugo Fonseca	05:08:20	00:42:31	02:40:31	01:39:56	161
15	148	Roberto Picón	05:08:36	00:37:54	02:52:19	01:33:09	162
16	191	Bruno Lindorfo Batista Alves	05:09:01	00:43:43	02:43:44	01:35:55	166
17	190	Bruno Toscano	05:09:08	00:42:59	02:42:52	01:36:08	168
18	23	Jorge Fonseca	05:09:29	00:35:37	02:52:01	01:35:24	172
19	100	Albano Jose Santos Pereira	05:10:49	00:43:40	02:54:05	01:27:01	179
20	228	Bruno Carlos	05:11:04	00:47:44	02:44:49	01:32:04	182
21	348	Henrique Emanuel Estrela Pereira	05:12:44	00:43:36	02:46:38	01:35:29	188
22	862	Joao Serralha	05:13:56	00:35:36	02:50:36	01:42:10	197
23	138	Nuno Alexandre Martins Leite Ribeiro	05:14:53	00:45:15	02:41:43	01:41:40	201
24	120	Filipe Rodriues Silva Ferreira	05:15:06	00:45:07	02:48:00	01:29:39	202
25	768	Ricardo Lanceiro	05:16:18	00:44:05	02:55:10	01:31:32	209
26	948	Rui Gomes	05:16:51	00:42:03	02:49:38	01:38:27	215
27	1089	Rogelio Núñez	05:17:06	00:31:24	02:57:34	01:41:12	217
28	225	Júlio Rafael Marques Firme	05:18:24	00:43:17	02:51:40	01:35:38	224
29	806	Pedro Miguel Ferreira Da Silva Nogueira	05:18:48	00:41:47	02:44:51	01:45:38	230
30	248	Bruno Batista	05:20:29	00:42:53	02:52:38	01:39:00	242
31	1057	Rodrigo Da Rocha Pessoa	05:20:53	00:42:58	03:07:26	01:24:01	246
32	253	Deodato Evangelista	05:22:27	00:39:13	02:52:55	01:42:47	257
33	524	João Luis De Sousa Godinho	05:23:03	00:44:10	02:51:40	01:40:57	261
34	1078	Pedro Baranga Ares	05:23:07	00:41:46	02:48:20	01:47:14	262



35	230 Firmino Alexandre Martins Ribeiro Dias	05:23:16	00:44:10	02:48:55	01:43:02	264
36	974 Guilherme Libório	05:23:18	00:39:23	03:00:12	01:37:34	266
37	1053 Javier Gala Gonzalez	05:25:12	00:37:39	02:57:31	01:42:06	285
38	167 Válter Cruz Luís	05:25:25	00:43:22	02:52:21	01:44:28	287
39	321 Manuel José Pontes Moutinho	05:25:28	00:42:30	03:02:21	01:33:28	288
40	776 António Maria Magalhães Paiva Cumbre	05:26:01	00:44:00	02:49:51	01:44:25	292
41	113 Mario Santana	05:26:27	00:42:33	02:52:33	01:42:46	297
42	1073 Dário Manuel Palma Da Luz	05:27:20	00:42:59	03:02:31	01:32:51	303
43	904 Ricardo Félix	05:30:53	00:44:23	03:01:52	01:34:16	335
44	274 António Manuel Brito Moreira	05:32:24	00:43:40	03:03:09	01:40:23	346
45	223 Christian Ramos	05:32:31	00:43:14	03:02:43	01:41:20	347
46	1083 Bruno Miguel Roque Fonseca	05:32:32	00:42:30	02:57:22	01:44:02	349
47	287 José María Monteagudo	05:32:51	00:39:46	03:08:53	01:39:21	351
48	1142 Nuno Santos	05:35:41	00:45:18	03:05:51	01:35:46	363
49	1208 Nuno Miguel Lourenço Dantas	05:36:36	00:46:56	03:16:52	01:26:59	374
50	40 Bruno Godinho	05:36:47	00:42:16	02:57:09	01:51:31	376
51	997 Hugo Alves	05:37:10	00:42:38	02:55:07	01:50:58	379
52	1204 Ricardo Pereira	05:38:04	00:46:08	03:07:30	01:34:42	387
53	184 Nuno Faria	05:38:07	00:42:09	03:00:49	01:48:13	388
54	403 Tiago Santos	05:38:11	00:51:38	03:01:33	01:35:26	390
55	907 Rui Henriques	05:38:11	00:45:49	02:57:30	01:47:03	391
56	803 Emanuel António Constantino Pinto	05:38:41	00:45:19	02:59:00	01:44:59	396
57	279 Ricardo Quiterio	05:38:49	00:44:33	02:49:23	01:57:35	398
58	17 João Pedro Seródio	05:38:51	00:44:19	02:53:33	01:48:30	399
59	993 Vitor Manuel Romeiro Fialho Piçarra	05:39:02	00:41:08	03:12:06	01:36:40	401
60	498 Filipe Barbosa	05:39:58	00:43:23	02:58:33	01:50:54	411
61	85 Gonçalo D.R. Almeida	05:40:34	00:44:49	03:00:29	01:48:42	415
62	587 Miguel Gonçalves	05:41:15	00:43:42	03:04:22	01:46:30	420
63	843 José Manuel Horta Nova Nunes	05:41:50	00:44:07	03:03:00	01:42:40	425
64	1139 Bruno Fonseca	05:42:14	00:43:42	03:01:54	01:50:58	429
65	937 Gonçalo Correia	05:42:27	00:42:09	02:57:35	01:51:41	430
66	467 André Chaves Nunes Leal	05:45:33	00:48:39	03:02:30	01:46:16	448
67	277 Vitor Alexandre Oliveira Fonseca	05:46:12	00:48:23	03:00:17	01:48:28	454
68	273 Ricardo Mário Dias Paiva Lopes Mateus	05:49:25	00:45:15	03:14:58	01:40:48	475
69	61 Ricardo Faria	05:49:42	00:39:47	03:03:56	01:57:52	479
70	139 Luis Coelho	05:50:57	00:41:22	03:05:06	01:56:47	486
71	835 Ricardo Jorge Pinto Marques	05:51:20	00:46:45	03:05:07	01:50:20	487



72	1033 Marco Rocha	05:51:27	00:47:05	03:07:12	01:47:09	488
73	77 Vasco Afonso	05:53:46	00:45:47	03:10:49	01:47:44	500
74	84 David Jorge	05:53:52	00:43:28	03:09:48	01:55:42	501
75	1132 Pedro Cunha	05:53:57	00:47:20	03:00:58	01:56:13	503
76	1095 Carlos António Sabino Ferreira	05:55:46	01:01:45	02:55:22	01:52:20	516
77	554 António Marinho	05:55:50	00:45:08	03:06:42	01:54:04	517
78	505 Fernando Jorge Palma Neto	05:56:12	00:46:34	03:20:30	01:40:32	521
79	94 Filipe Carraco Cerejo	05:56:50	00:54:11	03:18:22	01:37:45	524
80	302 Paulo Garrudo	05:58:24	00:47:42	03:10:52	01:52:35	541
81	918 Ricardo Afonso	05:59:04	01:06:51	03:09:46	01:34:14	545
82	44 Luís Filipe Coelho Rodrigues Da Silva	05:59:07	00:55:05	03:06:59	01:49:57	547
83	10 Rodrigo Pais De Almeida	05:59:25	00:43:00	03:11:49	01:54:25	552
84	1173 André Lima Cabrita	06:00:32	00:46:00	03:11:40	01:54:38	558
85	1126 Marco Nave	06:01:12	00:47:08	03:04:45	02:01:53	565
86	162 Sérgio Gonçalves	06:03:37	00:53:03	03:13:20	01:49:03	580
87	660 Miguel Marques	06:04:04	00:44:19	03:10:35	02:00:00	581
88	884 Pedro Gonçalves Pinto	06:05:33	00:48:29	03:09:50	02:00:41	589
89	719 Cristóvão Santos	06:06:23	00:41:21	03:12:22	02:05:28	590
90	777 Pedro Óscar Simões Pandeirada	06:06:46	00:47:01	03:14:14	01:54:46	593
91	529 Ricardo Alvares Pereira	06:07:18	00:43:10	03:12:46	02:03:43	599
92	1175 Joaquim Potes	06:07:39	00:43:04	03:24:00	01:49:59	600
93	106 Luís Lemos	06:08:15	00:53:48	03:16:42	01:52:55	603
94	16 Sérgio Filipe	06:08:51	00:41:12	03:23:44	01:56:36	606
95	580 Octávio Miguel Rita Pereira Cardoso	06:09:23	00:45:09	03:09:13	02:07:23	611
96	804 Pedro Manuel Nava Martins	06:10:32	00:40:29	03:23:11	01:59:53	618
97	1000 Silvio Jorge Dias	06:11:16	00:43:39	03:24:41	01:51:20	625
98	511 Jorge Correia Luís	06:11:44	00:40:47	03:10:19	02:00:39	630
99	1039 Paulo Faria	06:12:35	00:45:05	03:22:16	01:50:22	635
100	992 Helder Alves	06:12:44	00:37:13	03:21:41	02:05:24	636
101	1189 Hugo Manuel Delgado Rocha	06:13:19	00:50:40	03:21:16	01:52:22	641
102	774 Gustavo Antunes	06:13:51	00:45:25	03:30:53	01:48:32	647
103	350 Ricardo Duarte	06:14:33	00:44:21	03:13:06	02:09:54	653
104	1086 Hildebrand Castro	06:14:39	00:45:47	03:22:07	01:55:18	655
105	1023 Rui Novais	06:19:49	00:43:52	03:17:52	02:08:15	680
106	961 Luis Silva	06:21:11	00:43:37	03:23:18	02:04:45	688
107	1112 Nuno Silveira	06:21:41	00:48:25	03:38:49	01:43:34	691
108	381 Carlos Mourato	06:22:37	00:47:15	03:04:17	02:12:13	695



109	1181	Luis Ribeiro	06:24:21	00:45:37	03:25:54	02:03:33	702
110	873	Hugo Jesus	06:25:47	00:47:07	03:27:24	02:01:24	704
111	966	Salvador Costa Pereira	06:26:12	00:50:50	03:15:31	02:09:54	706
112	895	Helder Correia	06:27:27	00:43:57	03:41:57	01:46:28	711
113	45	Rui Santos	06:28:55	00:44:17	03:14:54	02:22:49	715
114	1079	Juan Manuel Fernández García	06:29:38	00:43:46	03:26:49	02:08:17	720
115	1116	André Pinto	06:30:19	00:55:58	03:17:02	02:02:21	726
116	742	Gustavo Neves	06:34:42	00:46:09	03:26:34	02:13:06	737
117	592	Luis Ribeiro	06:34:49	00:54:45	03:20:33	02:11:11	738
118	293	Rodrigo Vairinhos	06:40:33	00:47:19	03:28:01	02:14:06	755
119	1030	Ricardo Velhuco	06:42:15	00:45:17	03:14:14	02:32:45	758
120	197	Pedro Miguel Da Veiga Godinho De Matos	06:49:11	00:43:19	03:41:50	02:13:39	766
121	309	Tomasz Drebot	06:50:13	00:56:14	03:34:07	02:08:12	770
122	135	Paulo Filipe Dias Ferreira Rodrigues	06:50:41	00:43:42	03:29:46	02:28:16	771
123	1178	Bruno Faria	06:51:33	01:08:47	03:18:14	02:15:10	774
124	965	Joao Paulo Coelho Pinto	06:56:03	00:51:48	03:44:37	02:08:49	783
125	1119	Rodrigo Renha Antunes Alves	07:29:42	00:56:03	03:36:30	02:46:14	801

**45 - 49 anos | F**

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1007	Eva Silva	05:24:12	00:44:07	02:56:04	01:38:41	275
2	1084	Bibiana Elena Farias	06:05:23	00:42:30	03:11:10	02:03:11	586
3	168	Noreen Carwood Smith	06:09:33	00:46:06	03:22:51	01:54:16	613
4	1069	Patricia Alexandra Fernandes Rivotti	06:12:30	00:41:57	03:36:10	01:42:48	634
5	621	Joana Antunes Ferreira Afonso	06:42:09	00:50:02	03:32:15	02:04:09	757

**50 - 54 anos | M**

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1002	Leonardo Schwindt	04:33:54	00:33:19	02:30:42	01:25:30	20
2	1203	Lino Barruncho	04:36:09	00:36:56	02:32:03	01:22:34	27
3	280	Rui Duarte Gião Narigueta	04:46:04	00:44:19	02:26:11	01:31:30	48
4	50	Jorge Luis Parreira Augusto	04:49:14	00:35:16	02:39:39	01:29:00	60
5	1160	David Toro	04:50:27	00:39:09	02:38:17	01:28:21	65
6	810	João Paulo Pinto	04:54:50	00:43:33	02:32:43	01:33:07	84
7	1090	Rui António Silva Gomes	04:56:30	00:40:34	02:45:54	01:22:37	92
8	951	Pedro Fernandes Duarte	04:56:39	00:42:41	02:36:08	01:31:09	94
9	105	Emanuel Claudio Matos	04:56:53	00:43:46	02:44:38	01:22:56	95



10	301 Samuel Alexandre Dias Eugénio	05:03:43	00:44:11	02:44:25	01:28:53	127
11	444 Milton Cabral	05:06:34	00:44:47	02:44:39	01:32:03	148
12	510 Alexandre Paiva Nunes	05:09:00	00:45:54	02:47:05	01:31:23	165
13	39 Carlos Gomes Ferreira	05:09:31	00:43:56	02:44:19	01:35:29	173
14	238 Joao Assis Cabeleira	05:10:57	00:44:25	02:43:33	01:33:20	180
15	507 Mário Pires	05:11:39	00:43:07	02:43:37	01:39:49	185
16	759 Nuno Miguel Rico Carvalhinho	05:11:40	00:44:37	02:43:37	01:38:12	187
17	47 Luis Alegrias	05:13:08	00:39:27	02:39:20	01:45:56	191
18	453 Luis Figueira	05:14:34	00:38:05	02:52:53	01:37:56	200
19	1117 Nuno Sousa	05:15:53	00:43:58	02:49:25	01:36:25	206
20	241 Nuno Miguel Nobre Lopes	05:17:52	00:46:03	02:49:04	01:36:59	220
21	270 Diogo Pina Pereira	05:19:56	00:44:27	02:49:59	01:40:15	236
22	357 João António Da Silva Rosa	05:20:31	00:42:38	02:49:06	01:41:01	243
23	1195 Vitor Manuel Ferreira De Sá	05:20:55	00:38:33	02:59:13	01:35:50	247
24	177 Patrick Ebrero Da Silva	05:21:22	00:43:31	02:47:48	01:43:07	249
25	590 Pedro António Moreira Machado Costa	05:21:53	00:51:18	02:48:28	01:33:10	252
26	902 Luis Carvalho	05:23:31	00:41:53	02:47:22	01:48:04	270
27	292 Pedro Rebola	05:25:11	00:42:03	02:53:33	01:41:13	284
28	888 Filipe Centeno	05:25:42	00:44:33	03:00:53	01:35:54	290
29	14 Tiago De Paiva E Pona	05:29:05	00:41:03	02:58:56	01:35:57	316
30	37 Rui Pereira Da Silva	05:30:54	00:42:59	02:56:16	01:43:05	336
31	611 Pedro Ricardo Branco Barata Filipe	05:35:55	00:35:12	03:01:03	01:52:05	366
32	553 Fernando Villa Vieiro	05:36:50	00:45:28	03:01:54	01:41:02	377
33	1205 Nuno Carlos Figueiredo Campos	05:37:15	00:45:56	03:02:12	01:39:21	381
34	339 Alexandre Miguel Gomes Guimarães	05:38:38	00:49:24	03:00:06	01:42:22	394
35	297 Rui Pedro Faísca	05:39:34	00:32:59	03:04:48	01:54:40	407
36	764 Martim Nunes	05:41:11	00:46:22	03:10:31	01:37:00	419
37	411 Eládio Manuel	05:41:46	00:47:42	03:04:23	01:41:38	424
38	86 António Carlos Esquetim Marques	05:43:42	00:44:12	03:03:08	01:50:47	435
39	703 Hugo Canaipa Henriques	05:44:47	00:44:39	03:04:35	01:45:10	444
40	172 José Capuchinho	05:45:01	00:45:02	03:11:51	01:40:06	445
41	18 Jose Luis Baceira Farinha	05:45:49	00:45:19	03:05:08	01:48:54	451
42	979 Pedro Manuel De Oliveira Leiria	05:46:28	00:44:51	03:00:56	01:48:23	457
43	373 Jose Luis Rendas Lebre	05:46:56	00:52:52	02:53:39	01:52:25	462
44	944 Celso Guerra	05:47:35	00:46:05	03:08:33	01:41:37	467
45	534 Pedro Fardilha	05:49:21	00:44:27	03:05:58	01:51:53	474
46	221 Tiago José Fernandes Duarte	05:49:27	00:44:30	03:03:12	01:53:57	477



47	1179 Paulo Gonçalves Duarte	05:50:19	00:48:24	03:05:52	01:43:42	484
48	414 Pedro David Da Costa Amaro Galvão Pisco	05:50:36	00:47:14	03:11:36	01:42:37	485
49	978 Aleksandro Aita	05:52:28	00:31:28	03:09:05	01:59:33	493
50	1068 Luís Miguel Bras Romão	05:52:49	00:40:45	03:20:33	01:42:30	494
51	432 Rui Patrício C. A. Silvestre	05:53:25	00:44:51	02:54:07	02:06:12	498
52	219 Joao Pinto	05:54:54	00:55:38	03:12:14	01:37:38	510
53	1076 Artur Manuel Rocha Alves	05:57:28	00:50:49	03:16:17	01:39:43	532
54	397 David Almeida	05:57:58	00:45:11	03:20:05	01:38:30	539
55	13 Pedro Ricardo Nunes	05:58:06	00:44:07	03:01:30	02:03:44	540
56	484 Manuel Maria Correia	05:59:30	00:47:03	03:01:46	01:58:31	553
57	665 Marco Carapinha	06:00:05	00:49:02	03:13:20	01:48:59	555
58	969 Nuno Simoes	06:00:42	00:42:28	03:14:17	01:57:02	560
59	214 Hugo Manuel Estradas Santinhos	06:03:28	00:47:57	03:10:57	01:56:47	578
60	828 Humberto Cunha	06:04:29	00:45:24	03:15:41	01:57:30	584
61	928 Bruno António Neves De Sousa	06:07:14	00:43:12	03:27:18	01:49:06	597
62	1065 Rui Silva	06:09:47	01:04:16	03:11:24	01:42:54	614
63	839 Pedro Moreira	06:11:28	00:40:41	03:20:40	02:00:49	627
64	28 Eduardo Filipe Amaro Ferreira	06:11:58	00:47:37	03:11:58	02:02:02	632
65	317 Daniel Jose Da Graça Oliveira Santos	06:14:24	00:50:08	03:15:40	01:58:17	652
66	1093 Luís Paixão	06:18:16	00:38:45	03:15:30	02:15:42	669
67	1177 Duquenois Sylvain	06:20:16	00:41:50	03:18:04	02:09:01	684
68	701 Luís Pedro Dinis Do Nascimento	06:20:42	00:41:03	03:32:10	01:57:31	687
69	226 José Varela	06:21:13	00:45:03	03:21:25	02:01:13	689
70	1197 Paulo Menezes	06:22:19	00:56:48	03:29:25	01:41:43	693
71	254 Nuno Clemente	06:23:32	00:52:28	03:21:20	02:00:37	699
72	31 Luis Paulo Costa Cipriano	06:24:48	00:49:25	03:32:26	01:52:43	703
73	1028 Paulo Salgado	06:26:39	00:51:10	03:30:12	01:56:51	708
74	755 Fernando José Dias Da Silva	06:27:08	00:50:56	03:35:28	01:50:19	709
75	911 Mário Porfírio	06:27:14	00:42:56	03:38:32	01:58:16	710
76	556 João Bota	06:27:45	00:54:01	03:28:42	01:56:18	712
77	208 Pedro Botelho	06:28:08	00:38:42	03:20:57	02:20:22	713
78	1184 Mário Caetano	06:29:44	00:44:14	03:18:20	02:14:27	721
79	25 Marco Sousa	06:32:59	00:44:15	03:41:00	01:55:46	732
80	420 Vitor Gameiro	06:33:36	00:46:03	03:15:09	02:25:12	734
81	1156 Nuno Lucas	06:35:24	00:48:30	03:36:15	01:58:30	739
82	299 Miguel Trindade	06:36:19	01:00:00	03:21:28	02:05:01	743
83	263 Tiago Pinhal	06:43:38	00:53:55	03:28:47	02:13:01	760



84	622	Luis Miguel Cavaco Reves	06:49:43	00:42:13	03:34:23	02:25:36	768
85	991	Pedro Castanheira	06:52:04	00:53:29	03:42:38	02:03:56	775
86	1081	Paulo José Cláudio Farinha	06:52:19	00:52:30	03:23:58	02:19:36	776
87	368	João Souza	07:00:11	00:53:53	03:44:24	02:10:52	791
88	349	José Miguel Paciência De Oliveira	07:05:58	00:51:49	03:35:59	02:26:49	793
89	146	Marco António Do Nascimento Ventura	07:11:21	00:46:37	03:44:20	02:30:41	797

### 50 - 54 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	166	Nadine Dittrich	05:34:08	00:40:08	02:54:36	01:54:46	358
2	27	Simone Soares Siebra	06:03:26	00:46:30	03:19:05	01:49:50	577
3	605	Sara Silva	06:09:16	00:42:45	03:19:14	01:59:46	610
4	1210	Maria Sousa	06:10:46	00:44:13	03:21:45	01:55:08	619
5	72	Fernanda Marques Santinha	06:13:51	00:43:31	03:34:54	01:47:06	646
6	205	Rita Borges Coutinho	07:08:01	00:45:27	03:49:18	02:23:59	795

### 55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	43	José Rui De Morais Galvão	04:45:41	00:38:52	02:32:24	01:28:47	46
2	20	Fernando Carmo	04:52:04	00:42:15	02:33:13	01:30:41	70
3	792	Joao Miguel Couto Faria	04:54:47	00:34:12	02:43:16	01:32:32	83
4	262	Jorge Calafate	04:57:07	00:34:12	02:43:48	01:33:31	97
5	1145	José Carlos Gonçalves Da Silva Abrantes	05:12:49	00:42:49	02:50:04	01:34:22	189
6	786	Carlos Maia	05:13:07	00:44:31	02:43:48	01:38:12	190
7	900	Paulo Jorge Correia Lamego	05:28:27	00:39:38	03:01:32	01:42:15	312
8	789	Paulo Carvalhinho	05:32:54	00:44:33	02:51:22	01:48:45	352
9	1064	Pedro Mendes Jorge	05:33:47	00:41:15	02:52:19	01:49:54	357
10	1105	Paulo Teles	05:35:09	00:44:22	02:54:58	01:49:39	362
11	150	Jorge Carvalho	05:39:14	00:45:07	02:59:10	01:47:53	403
12	36	Renato Gonçalves Araújo	05:46:14	00:46:43	03:09:53	01:40:27	456
13	795	José Bonito	05:50:11	00:45:20	03:11:10	01:45:21	482
14	29	Gil Contreiras Braz De Oliveira	05:56:38	00:42:49	03:14:46	01:49:27	522
15	55	Adolfo Vagos	05:59:43	00:45:15	03:20:40	01:47:41	554
16	830	Francisco Jesús Becerra Perez	06:01:00	00:43:44	03:20:08	01:46:24	564
17	842	Carlos Manuel Ferreira Abrunhosa	06:02:54	00:46:44	03:21:56	01:45:30	573
18	53	Sérgio Manuel Pecurto Batalha	06:03:04	00:46:25	03:18:01	01:43:53	575
19	938	Carlos Ribeiro Ferreira	06:11:31	00:35:31	03:29:32	01:56:49	628



20	239	Maurício José Vaz Costa	06:12:54	00:44:54	03:24:41	01:55:51	638
21	1026	Alberto Pires	06:13:28	00:47:01	03:28:15	01:49:56	642
22	295	Julio Paulo Ramos Nepomuceno	06:17:17	00:50:17	03:28:36	01:49:48	663
23	447	Pedro Calvário	06:19:40	00:43:17	03:12:42	02:11:14	679
24	164	Paulo Moutinho	06:22:35	00:40:39	03:30:16	01:57:17	694
25	812	Jorge Miguel P F Ferreira	06:29:35	01:00:25	03:27:21	01:54:20	719
26	1098	Paulo Davide Da Cunha Lourenço	06:35:52	00:47:02	03:43:20	01:56:43	741
27	48	Miguel Cruz	06:36:14	00:56:52	03:23:01	02:06:11	742
28	67	Rui Manuel Lopes Martins	06:36:51	00:55:24	03:23:47	02:06:22	745
29	739	Carlos Manuel Nabais Martins	06:38:37	00:43:08	03:38:26	02:09:32	750
30	849	Antonio K. Ferreira	06:48:44	00:41:35	03:26:50	02:29:21	765
31	93	Miguel Cocco	07:00:26	00:43:57	03:33:30	02:31:39	792
32	910	Rui Melo Silva	07:12:02	00:55:05	03:31:46	02:34:11	798
33	847	Rui Catarrinha	07:31:18	00:45:41	03:45:55	02:46:13	802

### 55 - 59 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	670	Lucinda Sousa	05:42:14	00:48:50	03:08:45	01:36:35	428
2	564	Ana Filipa Oliveira	06:08:22	00:44:25	03:12:26	02:07:03	604

### 60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	568	Neil Mcloughlin	05:06:39	00:38:56	02:44:44	01:37:02	149
2	1151	António Almeida	05:15:57	00:47:16	02:46:26	01:35:16	207
3	1036	Carlos Silva	05:16:58	00:51:45	02:48:20	01:31:38	216
4	530	Neville Suzman	05:24:23	00:46:22	02:51:45	01:38:18	279
5	994	Jorge Nunes	05:31:03	00:45:03	03:00:23	01:39:34	337
6	193	Miguel Calainho De Azevedo Teixeira Duarte	05:37:12	00:43:59	02:57:33	01:48:32	380
7	730	Pedro Silva	05:40:46	00:44:25	03:06:02	01:41:46	416
8	850	Francisco Sanches-Osório	06:02:18	00:43:11	03:05:11	02:05:02	571
9	1015	Aidan Mckay	06:06:46	00:44:50	03:06:42	02:05:50	592
10	196	Manuel Nunes	06:10:14	00:47:13	03:22:12	01:52:17	616
11	1129	Carlos Manuel Pires De Oliveira Nunes	06:14:05	00:51:41	03:16:07	01:57:12	649
12	718	Pedro Miguel Cerqueira Quaresma	06:18:31	00:42:41	03:19:40	02:08:46	673
13	63	José Anibal Martins Correia	06:33:37	00:44:20	03:28:37	02:11:37	735
14	1209	Rui Manuel Castro Velez	06:38:57	00:45:07	03:36:15	02:09:38	752
15	952	Pedro Ventura	06:49:57	00:43:31	03:41:09	02:13:33	769



16	702 Eduardo Carpinteiro	06:59:16	00:51:39	03:30:25	02:22:59	788
17	700 Vítor Manuel Pereira Cristovam Grilo	07:20:57	00:41:57	03:44:52	02:36:56	800

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	195	Manuel Pires	06:14:19	00:45:30	03:29:48	01:49:47	650