



18 - 24 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	449	Tomás Augusto Matos Teixeira	04:05:55	00:25:20	02:18:38	01:17:46	2
2	335	Salomão Alexandre Savelenko	04:06:17	00:22:53	02:21:25	01:19:16	3
3	1067	João Pedro Chagas	04:10:42	00:22:48	02:28:39	01:16:12	5
4	1094	François Vie	04:19:21	00:23:27	02:33:08	01:19:33	9
5	105	Guilherme Bonito	04:24:02	00:22:59	02:33:59	01:23:39	19
6	881	João Luís Gonçalves Cabral	04:29:00	00:26:32	02:31:14	01:25:18	29
7	394	Manuel Fardilha	04:43:40	00:27:19	02:40:34	01:31:54	58
8	538	Carpentier Yanis	04:49:32	00:26:43	02:39:39	01:39:37	85
9	269	Duarte Nuno Lourenço Dos Santos	04:55:58	00:29:44	02:53:15	01:28:13	115
10	834	João Graça	04:58:02	00:29:59	02:52:18	01:31:19	134
11	841	Tomás Rodrigues	04:58:34	00:33:01	02:43:46	01:35:42	136
12	310	Pedro Azevedo	04:59:02	00:32:46	02:42:39	01:38:12	138
13	755	Pedro Botelho	05:00:58	00:32:45	02:42:30	01:38:44	154
14	905	André Duarte	05:01:09	00:28:38	02:43:50	01:44:09	156
15	887	Frederico Sáragga	05:12:00	00:30:17	02:56:30	01:39:01	237
16	865	Gonçalo Monteiro	05:18:44	00:32:43	02:58:45	01:40:47	284
17	1017	Ricardo Guia Silva	05:19:51	00:33:55	02:53:55	01:45:05	296
18	1014	José Bernardo Mota Pinto	05:33:42	00:40:19	03:07:04	01:37:58	402
19	400	Gonçalo Afonso	05:34:15	00:40:09	02:55:00	01:47:32	408
20	200	Vasco Gentil Berger	05:39:39	00:36:03	03:15:26	01:40:17	447
21	746	Diogo Miguel Rucha Ferreira	05:43:51	00:32:09	02:53:37	02:06:26	479
22	465	Miguel Jacob Sena Sardinha	05:46:56	00:39:43	03:15:19	01:45:27	497
23	1057	Ricardo Maia Alliot Madeira	05:51:09	00:32:43	03:14:17	01:56:50	524
24	265	Diogo Pereira	05:54:36	00:33:36	03:14:36	01:55:51	554
25	709	Pedro Ribeiro	05:54:55	00:36:36	03:12:56	01:56:00	556
26	1049	Andrés Corrales Camaño	05:58:16	00:34:45	03:22:09	01:53:50	579
27	185	Eduardo Pais Borges De Macedo Leite	06:17:17	00:42:59	03:27:15	01:53:45	654
28	209	Pedro Manuel Pazos Alonso Mendes De Barros	06:20:13	00:34:15	03:20:42	02:19:44	664
29	1015	Rafael Barros	06:43:22	00:41:11	03:27:47	02:23:14	736
30	801	Francisco Gouveia	06:53:50	00:43:55	03:37:36	02:18:26	760

18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	884	Carolina Boulhosa	05:18:08	00:30:17	02:57:49	01:44:13	281



2	706 Marta Barbosa	05:35:53	00:28:51	03:04:22	01:58:47	420
3	953 Catarina Dias Costa Pereira	05:37:32	00:29:55	03:19:40	01:43:10	432
4	166 Mariana Calhegas Rodrigues	06:23:10	00:33:53	03:44:40	01:57:56	676
5	360 Beatriz Silva	06:43:08	00:44:59	03:38:07	02:06:26	735

25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	3	Luis Manuel Dias Moleiro	04:15:58	00:26:01	02:23:30	01:22:17	6
2	772	Diogo Allen Coelho	04:18:00	00:29:18	02:21:59	01:22:58	8
3	873	Filipe Marques	04:30:38	00:22:56	02:32:22	01:31:43	33
4	1055	José Pedro Galão Barreto	04:35:03	00:26:56	02:44:13	01:20:48	42
5	373	Miguel Ângelo Sérvulo Tomé	04:41:27	00:24:58	02:45:32	01:26:36	53
6	864	Gonçalo Nóvoa	04:44:17	00:28:19	02:44:26	01:22:38	62
7	823	Lucas Souza	04:45:48	00:30:09	02:35:37	01:34:19	68
8	972	Ruben Fagundes	04:48:33	00:31:05	02:43:07	01:30:02	77
9	526	Jorge Nunes	04:48:33	00:26:02	02:44:14	01:33:17	78
10	552	Nelson Oliveira	04:49:27	00:27:50	02:45:01	01:32:33	84
11	139	João Gandum	04:50:10	00:37:40	02:37:19	01:29:52	89
12	849	José Sousa	04:57:10	00:31:48	02:48:43	01:32:00	125
13	870	João Maria Ferreira Gonçalves Da Silva	04:57:18	00:35:02	02:46:26	01:30:42	127
14	377	João Pedro Mendes Dos Santos	04:57:39	00:26:40	02:48:15	01:36:27	130
15	844	Rafael Sá Alves	04:59:09	00:29:26	02:43:42	01:40:08	139
16	1062	Manuel Hortega	05:03:21	00:33:22	02:52:12	01:30:09	169
17	869	Miguel Ribeiro	05:05:56	00:34:10	02:49:14	01:37:05	188
18	1018	João Couto	05:06:07	00:32:11	02:54:49	01:33:03	191
19	1056	Rafael Lopes	05:07:26	00:29:20	02:47:12	01:45:14	201
20	405	Tomás Rosado	05:07:35	00:30:03	02:51:34	01:38:19	204
21	317	Francisco Correia Dos Santos	05:08:47	00:29:59	02:46:58	01:47:17	213
22	387	Mário Ribeiro	05:08:53	00:35:47	02:49:44	01:37:34	214
23	330	Miguel Bon De Sousa	05:12:45	00:33:55	02:56:56	01:35:46	243
24	130	Renato Oliveira	05:12:51	00:26:58	02:54:32	01:45:26	245
25	204	João Pedro Westwood	05:14:22	00:28:39	02:57:52	01:41:00	256
26	186	Diogo Berger	05:15:23	00:31:19	02:45:55	01:54:02	266
27	926	Pedro Lucas	05:21:24	00:35:12	03:01:40	01:38:20	309
28	389	Diogo Miguel Ervilha Da Silva	05:27:58	00:36:34	03:05:43	01:36:36	358
29	375	Filipe Mourão	05:31:01	00:34:22	03:19:13	01:30:35	382
30	574	Francisco Alfredo	05:31:43	00:35:26	02:55:53	01:51:55	386



31	148	João Pedro Bom Ferreira Mateus	05:34:49	00:28:48	03:08:01	01:51:59	413
32	293	Rúben Martins Brigas	05:35:16	00:27:18	03:07:40	01:51:31	416
33	738	António Guerreiro	05:36:32	00:40:30	03:01:54	01:48:35	426
34	1104	Vasco Pearson	05:40:56	00:34:34	03:20:30	01:37:57	456
35	1061	Santiago Villax Sampaio	05:41:56	00:40:09	02:55:10	01:53:21	466
36	785	Duarte Lima	05:47:16	00:34:45	03:16:25	01:45:30	500
37	1060	Sebastião Reino	05:48:12	00:28:57	03:05:00	02:06:59	506
38	307	Evan Thomas	05:51:04	00:40:54	03:17:47	01:45:39	523
39	533	Rodrigo Libânio	05:52:57	00:38:14	03:14:04	01:52:37	540
40	454	Gonçalo Palrão Medeiros Costa	05:58:27	00:34:47	03:23:58	01:50:27	580
41	761	João Anastácio	06:01:08	00:39:55	03:10:02	01:59:34	591
42	415	Diogo Coelho	06:05:19	00:32:45	03:12:59	02:12:01	613
43	445	José Pedro Gomes	06:06:12	00:45:17	03:16:54	01:57:45	614
44	846	Pedro Silva	06:06:31	00:37:17	03:30:59	01:50:20	616
45	782	Gabriel Zurga	06:07:35	00:37:11	03:13:58	02:05:24	622
46	169	André Mortágua Nadais	06:07:50	00:33:20	03:20:32	02:06:14	624
47	493	Daniel Justino	06:09:28	00:36:27	03:19:34	02:06:38	627
48	157	Alberto Rego	06:12:51	00:44:59	03:32:46	01:47:34	633
49	757	Joao Francisco Ribeiro Dos Santos	06:20:26	00:28:41	03:03:09	02:40:39	666
50	295	Gonçalo Oliveira	06:21:18	00:32:48	03:43:31	01:48:54	669
51	948	Frederico Mayer	06:36:43	00:39:10	03:19:30	02:23:13	714
52	944	Rafael Rocha Dias	06:40:29	00:52:22	03:29:49	02:09:48	724
53	127	Diogo Caldeira	06:41:29	00:37:49	03:21:53	02:34:52	728
54	994	Miguel Martins Mota	06:49:46	00:56:52	03:34:50	02:06:41	753
55	888	Nuno Martins	06:51:46	00:41:56	03:45:09	02:14:37	757
56	708	Fábio Sequeira	07:03:10	00:34:56	04:03:33	02:13:54	771
57	744	Ivo Ramos	07:25:51	00:42:33	03:36:34	02:59:48	781

25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1099	Chipier Marie	04:52:33	00:28:46	02:44:05	01:36:10	102
2	177	Francisca Faria De Sales Parente Cambra	05:02:32	00:30:08	02:55:11	01:33:02	163
3	423	Beatriz Passos	05:11:42	00:32:30	03:05:25	01:29:36	234
4	101	Maria Gomes Calção Medeiro	05:26:21	00:29:54	03:05:03	01:47:27	344



30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	659	Mário André Bastos Rocha	04:09:36	00:26:39	02:21:31	01:18:08	4
2	554	Adriano Correia	04:22:09	00:25:14	02:35:46	01:18:37	13
3	1059	Alejandro Pérez Varela	04:23:49	00:26:21	02:33:28	01:19:46	18
4	975	David Lobão Matos	04:25:54	00:29:09	02:33:07	01:20:11	23
5	1079	Afonso Garcia	04:26:34	00:23:07	02:32:09	01:27:56	24
6	359	João Rafael Dos Santos Andrade	04:26:34	00:28:10	02:30:33	01:23:57	25
7	853	Rui Cesar Fernandes Carvalho	04:33:27	00:28:13	02:31:29	01:27:31	37
8	381	Pedro Lopes	04:33:41	00:32:08	02:30:45	01:26:26	38
9	108	Tiago De Almeida Simões Lopes	04:34:25	00:28:04	02:31:43	01:27:06	40
10	828	Miguel Ruiz Callé Lucas	04:37:31	00:30:32	02:38:00	01:24:03	47
11	33	João Pedro De Matos Rebelo	04:39:04	00:27:30	02:47:23	01:19:30	50
12	246	Goncalo Nuno Duarte Costa	04:43:41	00:32:39	02:36:24	01:30:27	59
13	1088	Pit Glodt	04:47:31	00:31:48	02:45:41	01:24:41	72
14	340	Francisco Vasconcelos	04:50:01	00:25:41	02:50:16	01:28:50	88
15	752	Sandro Touil	04:50:22	00:28:38	02:32:25	01:44:05	90
16	316	Hugo Lopes	04:52:24	00:32:12	02:41:54	01:34:09	101
17	984	André Bernardino	04:54:03	00:40:15	02:39:08	01:29:03	108
18	290	Miguel Pereira	04:57:26	00:26:43	02:53:55	01:29:41	128
19	969	Rui Miguel Fão Pinto	04:58:16	00:36:04	02:50:48	01:26:14	135
20	451	Tiago Simões	05:01:10	00:38:03	02:44:48	01:31:46	157
21	392	Dmytro Pryshchepa	05:03:56	00:32:39	02:55:02	01:30:58	173
22	833	Marco Pinto	05:04:09	00:38:05	02:44:37	01:35:20	175
23	689	Marco António Sousa Miguel	05:04:36	00:35:00	02:47:34	01:35:45	178
24	441	Bruno Pinto	05:04:49	00:32:04	02:51:45	01:35:30	180
25	408	Nuno Vieira Da Silva	05:05:02	00:34:32	02:46:20	01:36:07	182
26	485	Ricardo Miguel Bandarra Silva	05:07:01	00:30:57	02:52:34	01:38:50	196
27	742	Diogo Teixeira Sequeira Pereira Borges	05:07:13	00:30:54	03:01:49	01:28:51	200
28	80	Tiago Luis	05:08:28	00:30:28	02:50:15	01:41:49	211
29	632	João Marques	05:09:03	00:33:57	02:43:29	01:43:52	217
30	111	Miguel Martins Barroqueiro	05:09:26	00:26:12	02:58:15	01:40:42	219
31	1016	Ricardo Silva	05:09:34	00:35:14	02:58:31	01:27:00	221
32	356	Luís Filipe Araújo Lobo	05:11:37	00:37:29	02:39:06	01:48:19	232
33	803	Andre Felipe Saraiva De Melo	05:14:48	00:34:17	02:52:32	01:41:44	263
34	903	Luís Melo	05:16:08	00:33:07	03:01:19	01:36:27	271



35	322 Vicente Germano Pereira	05:17:30	00:34:43	02:58:02	01:37:12	277
36	1029 Steve Lopes Gonçalves	05:18:49	00:36:48	03:00:27	01:34:40	286
37	899 Luis Lucas	05:18:52	00:32:45	02:56:03	01:43:21	287
38	289 Richard Tennant	05:19:56	00:32:43	03:01:40	01:38:10	297
39	337 André Prates Pereira	05:20:30	00:41:20	02:56:23	01:37:11	303
40	855 João Miguel Da Costa E Silva Laranjo	05:21:02	00:37:57	02:58:51	01:38:47	307
41	876 João Pedro Novais Fernandes	05:21:28	00:29:33	02:56:36	01:48:33	311
42	460 Bruno Urbano	05:22:18	00:32:40	02:59:21	01:43:35	315
43	401 André Moreira Cerqueira	05:22:41	00:31:21	02:55:17	01:49:29	318
44	336 João Alexandre Domingues Milheiro	05:22:53	00:35:02	02:51:29	01:48:11	320
45	631 André Caldeira Francisco	05:22:59	00:34:20	02:55:14	01:46:54	323
46	302 Francisco Bruno	05:24:19	00:35:23	02:50:22	01:52:50	335
47	320 Luís Ferreira Carvalho	05:24:53	00:37:10	02:53:38	01:47:33	338
48	848 Pedro Maurício	05:27:14	00:34:09	02:54:25	01:52:14	350
49	932 João Pedro Baptista Antunes	05:27:15	00:34:28	02:57:15	01:48:45	351
50	889 Gonçalo Tavares Dos Santos	05:27:40	00:37:21	02:56:02	01:47:18	353
51	218 Francisco Maria Castro Mata José De Melo	05:28:44	00:38:29	03:00:44	01:42:54	362
52	804 João Rainho Fernandes	05:30:44	00:34:35	03:04:18	01:45:46	375
53	770 Ricardo Belchior	05:30:59	00:40:25	03:07:31	01:35:39	381
54	98 João Cordeiro De Sousa	05:35:37	00:33:42	03:08:13	01:41:53	418
55	630 Tiago Emanuel Gonçalves Teixeira	05:36:14	00:38:11	03:05:09	01:44:23	422
56	325 Nuno Martins Marques Da Costa	05:37:31	00:30:48	03:01:02	01:59:37	430
57	624 Miguel Mota	05:44:13	00:40:22	03:07:55	01:47:04	485
58	1073 André Duarte Martins Franco	05:44:24	00:43:48	03:10:31	01:40:25	486
59	545 André Cordeiro	05:45:27	00:38:18	03:11:33	01:48:41	490
60	124 Jorge Manuel Pires Neri	05:47:35	00:41:46	03:15:41	01:43:31	502
61	566 André Lopes Nunes	05:48:22	00:39:19	03:13:45	01:46:07	509
62	577 Manuel Rafael	05:48:55	00:34:20	03:19:54	01:43:46	515
63	534 João Ferreira	05:51:18	00:35:29	03:11:00	01:56:06	525
64	258 Ivo Soares	05:51:18	00:34:03	03:06:36	02:03:01	526
65	942 Francisco Bertão	05:51:52	00:36:29	03:10:03	01:51:59	531
66	136 Francisco Matalonga	05:54:12	00:34:09	03:14:13	01:57:26	551
67	396 Gonçalo Rodrigues	05:55:02	00:36:21	03:23:28	01:48:11	557
68	87 Lucas Gomes	05:58:01	00:36:07	03:19:39	01:50:39	577
69	1091 Luís Filipe Monteiro Da Silva	06:00:53	00:37:13	03:21:11	01:54:07	589
70	827 Nabil Thamri	06:02:03	00:32:04	03:21:26	02:02:11	595
71	1070 Jorge Mendrico	06:04:47	00:43:19	03:30:31	01:41:51	610



72	863 Antonio Duarte	06:09:14	00:39:56	03:31:39	01:50:33	626
73	754 Victor Oliveira	06:15:39	00:43:03	03:17:47	02:08:46	648
74	539 Salvador Águas	06:20:51	00:39:54	03:24:19	02:08:17	667
75	181 Filipe Marques	06:21:02	00:40:13	03:29:53	01:58:55	668
76	419 Pedro Henrique Abreu Parente De Mello	06:21:39	00:40:09	03:19:01	02:07:31	670
77	97 Miguel Soares	06:22:50	00:41:47	03:35:25	01:53:06	674
78	758 Pedro Miguel Cardoso Madeira	06:24:07	00:52:10	03:19:00	02:06:41	677
79	686 António Gonçalves	06:26:27	00:59:05	03:06:19	02:13:45	683
80	306 Christopher John Pratt	06:32:42	00:55:19	03:15:56	02:11:49	697
81	508 Bruno Nunes	06:35:16	00:39:34	03:19:11	02:28:24	710
82	911 Tomás Fernandes	06:35:51	00:44:47	03:33:24	02:09:44	713
83	773 Sven Grissmer	06:42:33	00:42:36	03:32:10	02:11:37	732
84	912 Martim Paula	06:42:54	00:49:44	03:30:45	02:11:31	734
85	978 Moritz Toelke	06:45:35	00:38:54	03:38:17	02:14:47	743
86	1044 Pedro Miguel Martins Nunes	06:47:04	00:39:26	03:49:32	02:07:42	747
87	736 João Carlos Almeida Dias	06:52:15	00:56:33	03:35:40	02:11:30	758
88	668 João Veloso	07:08:16	00:37:44	03:55:34	02:25:40	775

30 - 34 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	1066	Ana Luísa Vieira Ramos	04:45:05	00:25:07	02:48:33	01:27:54	64
2	836	Marta Costa	05:23:15	00:34:03	03:01:25	01:41:40	329
3	128	Inês Vinagre Custódio	05:35:50	00:32:20	03:13:04	01:45:22	419
4	998	Oksana Loi	05:37:36	00:33:30	03:16:15	01:40:31	435
5	199	Diana Wallis Baptista	05:39:43	00:35:22	03:17:44	01:41:20	448
6	171	Lara Benito	05:48:26	00:39:59	03:28:18	01:31:16	510
7	760	Elia Filipa Antunes Santos	05:56:17	00:45:26	03:12:40	01:51:25	564
8	417	Lucianna Machado	05:57:47	00:38:14	03:21:29	01:49:15	572
9	344	Sara Alpoim Gonçalves	06:16:17	00:39:58	03:21:11	02:05:44	650
10	921	Carmo Lucas	06:26:58	00:39:09	03:49:08	01:47:01	685
11	100	Madalena Ayres	06:35:04	00:48:56	03:39:58	01:58:11	709
12	568	Maria Soeiro	06:35:22	00:40:16	03:39:34	02:09:21	711
13	653	Samanta Soares	06:35:44	00:40:58	03:34:33	02:12:36	712
14	1054	Maria Lourenço	06:42:48	00:48:45	03:42:07	02:02:05	733



35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	52	Alberto Casillas Garcia	04:02:28	00:22:58	02:13:57	01:21:42	1
2	642	Andre Costa	04:17:37	00:23:19	02:27:54	01:22:30	7
3	141	Sandro Silva	04:23:02	00:30:03	02:31:14	01:17:16	16
4	993	Nuno Miguel Mendão Rodrigues	04:25:11	00:26:41	02:33:11	01:22:08	21
5	353	Ricardo Carvalho	04:25:35	00:29:02	02:29:04	01:23:49	22
6	222	Simon Dos Santos	04:30:04	00:32:38	02:28:46	01:24:17	31
7	378	Jaime Duarte	04:31:51	00:25:40	02:31:34	01:31:02	35
8	182	André Filipe Serrano Barreto	04:32:41	00:30:02	02:34:21	01:23:01	36
9	783	Filipe Carneiro	04:37:33	00:32:18	02:33:06	01:26:27	48
10	555	Alexandre Goeller	04:39:41	00:31:24	02:35:42	01:26:53	51
11	990	Tomás Pires	04:40:05	00:27:46	02:39:16	01:28:44	52
12	133	Rui Santos	04:42:26	00:26:54	02:38:45	01:29:04	55
13	446	Tiago Andre Masqueiro Encarnação	04:44:07	00:34:00	02:37:52	01:28:38	61
14	90	Pedro Miguel Sequeira Rilho	04:44:49	00:31:33	02:39:25	01:29:44	63
15	516	Miguel Liquito	04:45:41	00:35:19	02:41:04	01:24:33	66
16	966	Lopo Maria D'orey Manoel Lopo De Carvalho	04:45:47	00:36:07	02:41:08	01:22:43	67
17	1100	Tiago Allen	04:47:59	00:32:14	02:45:07	01:23:30	75
18	811	Diogo Fernando Silva Alves	04:51:12	00:32:25	02:45:42	01:26:35	97
19	137	Bruno Caixinha	04:54:26	00:35:43	02:46:40	01:27:02	110
20	968	André Martins Alves	04:54:36	00:35:48	02:45:35	01:28:01	111
21	149	Rodrigo Van Hoof Ribeiro	04:54:39	00:32:12	02:43:48	01:33:06	112
22	371	Fernando Manuels Conceicao Batista	04:56:00	00:33:05	02:50:37	01:26:59	116
23	747	André Filipe Saldanha Ferreira	04:57:31	00:31:12	02:50:45	01:29:29	129
24	590	Nuno Miguel Da Silva Dias	04:57:46	00:37:41	02:47:07	01:28:13	131
25	1027	João Nuno Roque De Carvalho Do Nascimento Graça	04:57:46	00:29:03	02:45:03	01:39:09	132
26	597	João Pedro Vicente Pereira	04:59:27	00:33:28	02:45:55	01:33:43	141
27	1103	João Nuno Santos Silva	05:00:33	00:33:17	02:45:15	01:35:52	149
28	303	Renato Carvalho	05:00:43	00:32:15	02:45:21	01:35:24	152
29	1092	Tiago Luis Neto Padilha Barros	05:00:57	00:37:28	02:36:38	01:40:10	153
30	1033	Carlos Oliveira	05:01:16	00:27:18	02:48:06	01:40:59	158
31	950	Antonio Gonzalez	05:01:41	00:33:40	02:43:48	01:38:09	159
32	835	David Paiva	05:01:46	00:25:44	02:52:33	01:37:39	160
33	807	Miguel Gonçalves	05:03:12	00:34:59	02:49:24	01:33:03	168
34	298	Diogo Vieira	05:04:02	00:35:24	02:53:13	01:29:10	174



35	482 Bruno Ricardo Baião Custódio	05:04:17	00:30:31	02:47:36	01:39:45	176
36	488 Bernardo Cardoso	05:04:36	00:32:43	02:51:19	01:34:17	179
37	64 Ivan Duque De Azevedo E Costa	05:05:06	00:31:20	02:56:11	01:31:20	184
38	529 Daniel Da Costa Gois	05:05:45	00:28:18	02:46:18	01:46:47	186
39	268 Frederico Catalão	05:06:34	00:37:07	02:46:59	01:34:49	192
40	418 David Roque Fernandes	05:06:43	00:39:45	02:42:45	01:39:50	193
41	999 Ricardo Figueiredo	05:07:02	00:28:52	02:55:31	01:37:33	197
42	890 Pedro Silva	05:07:02	00:32:35	02:57:20	01:31:59	198
43	15 João Brísida Pacheco	05:07:26	00:32:20	02:52:22	01:37:24	202
44	242 Pedro Dorey	05:07:50	00:34:13	02:48:34	01:37:55	205
45	145 Tiago Espírito Santo	05:07:59	00:35:07	02:52:39	01:34:28	207
46	651 Pedro Ivo Meneghesso Olivato	05:08:21	00:31:09	02:54:18	01:36:40	210
47	512 Duarte Zambujo	05:08:38	00:36:45	02:54:57	01:29:49	212
48	404 Pedro Cardoso	05:10:44	00:43:53	02:53:08	01:24:29	225
49	260 Manuel Fernando Pires Alves	05:11:02	00:34:11	02:47:41	01:41:04	229
50	925 Joao Filho	05:12:03	00:31:35	02:56:45	01:38:31	238
51	506 Sérgio Vicente	05:12:41	00:37:45	02:54:17	01:35:14	241
52	422 João Dinis	05:12:43	00:38:35	02:46:53	01:42:37	242
53	1011 Filipe Godinho	05:12:50	00:29:29	02:52:31	01:43:51	244
54	556 Florian Monteaud	05:13:18	00:36:28	02:40:05	01:49:25	247
55	774 Afonso Chiote	05:13:47	00:34:02	03:00:40	01:30:29	250
56	194 William Santos	05:14:45	00:40:29	02:49:26	01:37:35	260
57	531 Pedro Alves Roberto	05:14:47	00:32:34	02:58:57	01:36:49	261
58	720 Diogo Saraiva	05:17:38	00:32:35	02:57:12	01:41:11	278
59	551 Hugo Medeiros	05:18:58	00:41:00	02:58:49	01:33:46	288
60	814 Nelson Sanchez	05:19:23	00:38:12	02:49:43	01:44:55	291
61	588 José Monteiro	05:19:51	00:35:10	03:01:20	01:37:58	295
62	281 Bonifacio Meixedo	05:20:23	00:35:25	02:53:58	01:43:48	300
63	270 Nuno Gonçalo	05:20:28	00:36:55	02:57:37	01:39:05	302
64	591 Mário Brito	05:20:39	00:35:34	02:49:59	01:47:32	305
65	635 André Lopes Serrazina	05:20:53	00:39:47	02:50:02	01:44:48	306
66	287 Eduardo Matos	05:22:39	00:37:02	02:55:47	01:44:45	317
67	916 Manuel Mira	05:22:54	00:30:42	03:04:07	01:42:48	321
68	524 Tiago Gomes Romão	05:23:00	00:35:53	03:08:17	01:32:26	325
69	253 Mario Rui Rosas Fernandes	05:23:20	00:36:44	03:03:37	01:35:49	330
70	543 Diogo Almeida	05:25:14	00:35:32	02:54:46	01:48:59	340
71	715 André Lourenço	05:27:04	00:40:26	02:58:34	01:36:48	348



72	829 Brannigan Barrett	05:27:20	00:27:27	02:57:07	01:55:59	352
73	795 Luiz Henrique Simas Junior	05:28:15	00:32:26	03:01:42	01:45:13	359
74	138 Maxim Dragunov	05:28:18	00:37:49	02:57:15	01:44:49	360
75	1089 Ruben Filipe Fonseca Maurício	05:28:33	00:32:23	02:59:08	01:49:40	361
76	500 José Olimpio Da Cunha Neves Fernandes	05:29:48	00:36:27	03:01:04	01:46:40	369
77	528 Tiago João Maurício Belo Luís	05:30:49	00:33:04	02:59:19	01:52:38	376
78	280 João Santos Esteves	05:31:49	00:31:29	03:05:03	01:49:00	388
79	895 Fábio Correia	05:32:40	00:40:24	03:13:03	01:28:18	391
80	273 Rui Santos	05:32:41	00:31:00	03:07:55	01:46:11	392
81	536 João Gil Antunes	05:35:01	00:33:20	03:07:13	01:47:16	414
82	334 Timoteo Santana	05:35:15	00:40:15	03:03:53	01:45:24	415
83	484 Diogo Cunha	05:36:14	00:35:34	03:10:17	01:43:16	423
84	678 João Gonçalo Tiago Miranda	05:37:08	00:37:13	03:10:21	01:39:09	427
85	1102 Ricardo António Lopes Da Silva Marques Correia	05:37:20	00:34:15	03:06:53	01:49:44	428
86	661 Duarte José Da Silva E Sá Reis	05:37:22	00:34:24	03:21:02	01:31:46	429
87	1076 Marcelo Paulino	05:37:32	00:34:03	03:13:30	01:41:26	431
88	150 Filipe Matos	05:39:31	00:34:30	02:57:21	02:03:19	446
89	78 Duarte Maria D"orey Manoel Lopo De Carvalho	05:41:07	00:35:56	03:17:15	01:42:32	458
90	579 Bruno Gonçalves	05:41:37	00:38:02	03:09:07	01:46:58	462
91	142 Francisco Bastos	05:42:25	00:30:20	02:57:02	02:08:39	469
92	172 Gonçalo Santos	05:43:13	00:47:31	03:02:04	01:46:41	473
93	1078 Rui M Mena	05:43:43	00:40:08	03:17:46	01:32:23	478
94	573 Emanuel Freitas	05:43:57	00:44:14	03:02:51	01:44:28	482
95	1058 Nuno Saragoça	05:43:59	00:40:09	03:07:00	01:47:39	483
96	448 Pedro Vargas	05:46:59	00:36:49	03:15:31	01:46:38	498
97	502 Miguel Costa	05:48:16	00:39:56	03:07:37	01:52:09	507
98	639 Francisco Silva	05:48:39	00:41:18	03:03:17	01:52:30	511
99	667 Edgar Gonçalves	05:49:09	00:41:03	03:15:41	01:43:53	516
100	385 Tiago Filipe Agostinho Cardoso	05:49:25	00:38:03	03:27:56	01:33:45	518
101	901 Pedro Miguel Da Cruz Teixeira	05:49:55	00:42:33	03:14:05	01:44:20	519
102	821 Luis Leite	05:50:58	00:42:37	03:10:22	01:46:17	522
103	1045 Mitler Nascimento	05:51:28	00:35:08	03:01:45	02:02:07	527
104	368 Ivan Mascarenhas	05:51:56	00:36:13	03:14:08	01:52:38	532
105	650 Diogo Carlos Saramago Marques	05:54:00	00:44:38	03:04:22	01:55:44	546
106	1013 João Pinho	05:57:52	00:41:39	03:21:42	01:45:49	575
107	771 Rui Jorge Mota Trocio	06:00:31	00:35:39	03:15:26	02:02:23	586
108	988 João Pratas	06:00:42	00:33:16	03:03:06	02:19:40	587



109	675	Manuel Laia	06:02:37	00:39:05	02:58:09	02:15:41	596
110	1090	Gonçalo Rosa	06:04:08	00:35:59	03:13:00	02:06:32	603
111	312	Bruno Pilar	06:04:35	00:48:02	03:17:29	01:49:50	607
112	830	Alexandre Sandinha	06:07:28	00:51:08	03:10:31	01:58:46	621
113	452	Bernardo Maia Ferreira	06:08:32	00:37:08	03:20:54	02:01:03	625
114	1005	João Pedro Lopes Rato	06:10:45	00:52:09	03:18:29	01:54:02	631
115	598	Ricardo Neta	06:13:29	00:34:48	03:08:52	02:22:26	638
116	593	Felipe Souza	06:13:33	00:36:29	03:29:06	01:57:27	639
117	237	José Maria Pina Manso	06:17:02	00:43:48	03:26:54	01:57:03	652
118	847	André Alves Silva	06:19:14	00:38:25	03:18:18	02:14:56	659
119	1001	Nuno Hélder Silva	06:19:16	00:47:30	03:34:29	01:46:23	660
120	548	Ricardo Craveiro	06:20:05	00:43:52	03:30:17	01:56:23	663
121	304	João Daniel Couto Gomes	06:21:44	00:37:52	03:21:39	02:15:16	671
122	462	Nuno Vasconcelos E Sá	06:22:15	00:39:47	03:08:53	02:27:21	673
123	126	Leandro Gameiro Teixeira Nabais	06:25:30	00:40:27	03:25:11	02:11:18	682
124	633	Filipe Pereira	06:26:46	00:57:56	03:20:26	01:59:37	684
125	563	Luís Mendonça	06:48:53	00:36:55	04:01:59	02:00:30	751
126	781	Joao Pedro Pascoal Carvalho	06:58:42	00:39:37	03:35:24	02:33:59	767
127	719	André Faustino Valentim	07:00:01	00:34:29	03:38:26	02:37:24	768
128	856	André Ferreira	07:20:42	00:36:43	04:02:10	02:28:50	780

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	6	Liliana Verissimo	05:11:49	00:32:45	03:03:37	01:31:32	236
2	102	Rita Carvalho Spinola Da Silveira Ramos	05:15:57	00:30:02	02:59:17	01:42:19	270
3	734	Andreia Milene Patrício Lourenço	05:57:42	00:52:29	03:13:17	01:44:51	570
4	92	Mariana Da Silva Neto Cabrita	06:27:45	00:43:13	03:49:27	01:48:25	687
5	323	Joana Rosado	06:34:46	00:35:39	03:49:27	02:02:02	707
6	923	Rita Silva	06:41:48	00:31:58	03:44:09	02:10:59	730
7	1019	Ana Carolina Bahia Fontes	06:49:43	00:36:57	03:38:54	02:18:43	752

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	959	Bruno Pontes	04:20:57	00:29:57	02:28:23	01:18:31	10
2	656	Luis Filipe	04:21:42	00:25:45	02:24:40	01:27:06	11
3	714	Bernardo Cadeiras	04:21:55	00:28:43	02:29:20	01:19:50	12
4	104	Filipe Miguel Nunes Marques	04:23:48	00:25:09	02:32:36	01:22:47	17



5	682 Joao Fragoso	04:27:00	00:31:15	02:32:01	01:19:42	26
6	613 Tiago Filipe Raimundo Cochicho	04:27:09	00:29:01	02:33:19	01:20:57	27
7	119 Bernardo De Jesus Pereira Fernandes	04:30:26	00:28:55	02:28:22	01:29:14	32
8	1030 Michael Rundio	04:34:54	00:27:23	02:31:56	01:29:19	41
9	1080 Rubén Sánchez Vázquez	04:35:55	00:35:11	02:30:35	01:24:55	43
10	619 Adelino José Soutinho De Sousa	04:36:36	00:35:50	02:29:32	01:26:48	44
11	494 Ivan Pereira Iglesias	04:37:09	00:29:04	02:35:26	01:27:23	46
12	367 Paulo Filipe Neto Gonçalves	04:38:52	00:28:35	02:39:05	01:27:19	49
13	636 Manuel Jorge Teixeira Monteiro Júlio	04:41:49	00:27:03	02:40:51	01:29:07	54
14	277 Fred Cerdeira	04:42:38	00:33:25	02:40:42	01:23:35	56
15	259 Nuno Ricardo Pais Lopes	04:43:05	00:28:11	02:41:48	01:28:20	57
16	159 João Freitas	04:43:53	00:30:57	02:41:26	01:26:42	60
17	535 Paulo Cândido	04:45:23	00:31:32	02:34:48	01:33:07	65
18	346 Henrique Ubach Trindade Mota Pereira	04:46:50	00:26:42	02:50:03	01:25:17	70
19	878 Joao Machado	04:47:07	00:33:03	02:40:21	01:26:12	71
20	59 Luis Filipe Ferreira	04:47:49	00:32:57	02:47:01	01:23:27	73
21	735 Ivan Marques Valente Couras	04:47:54	00:24:25	02:46:07	01:33:11	74
22	643 João Luis Da Silva Teixeira Matos	04:50:57	00:31:42	02:45:16	01:27:47	94
23	309 Javier Rodriguez Diaz	04:51:04	00:30:15	02:42:18	01:31:30	96
24	176 Gonçalo Martins	04:52:00	00:35:27	02:41:43	01:29:43	100
25	997 Bruno Rolim	04:53:01	00:35:31	02:44:26	01:28:03	104
26	388 Ricardo Pereira	04:54:10	00:34:29	02:45:14	01:29:37	109
27	69 Ricardo Filipe Varela Costa	04:55:11	00:29:06	02:47:03	01:33:37	113
28	282 Caio Herculano	04:56:07	00:29:11	02:43:59	01:36:19	117
29	530 Bruno Costa	04:56:17	00:33:16	02:48:29	01:29:08	118
30	434 Nuno Ribeiro	04:56:50	00:37:38	02:36:01	01:37:10	122
31	263 Frederico Cipriano Batista	04:57:02	00:32:27	02:45:26	01:32:44	124
32	239 Bruno Carlos	04:57:52	00:36:26	02:44:50	01:32:11	133
33	1036 Christoph Putz	04:59:31	00:30:33	02:46:37	01:35:59	142
34	487 Bruno Lindorfo Batista Alves	05:00:18	00:33:44	02:44:46	01:35:35	144
35	721 António Fortuna	05:00:30	00:32:40	02:56:19	01:25:54	147
36	248 João Ricardo Figueiredo	05:00:31	00:31:35	02:46:35	01:34:03	148
37	437 Pedro Pimentel	05:00:35	00:34:13	02:39:45	01:39:03	150
38	702 Tiago Chaparro	05:01:05	00:30:42	02:52:09	01:33:09	155
39	113 Pedro Miguel Machado	05:04:53	00:31:48	02:59:11	01:29:17	181
40	680 Marco António Taxas Raminhos	05:05:52	00:37:10	02:45:51	01:36:54	187
41	232 Bruno Carvalheiro	05:06:57	00:44:31	02:44:44	01:30:48	195



42	1047 Nuno Miguel Val Murtinheira Soares	05:07:29	00:33:51	02:48:55	01:36:22	203
43	431 Adolfo Lameira Chibante Rodrigues	05:08:57	00:33:07	02:54:31	01:34:47	216
44	600 Daniel Pereira De Sousa	05:11:22	00:29:19	02:57:30	01:37:14	230
45	474 Tiago Batista	05:11:30	00:30:39	02:58:38	01:38:24	231
46	224 Cláudio Manuel Alexandre Canavilhas	05:13:00	00:34:32	02:51:02	01:41:53	246
47	1042 Filipe Silva	05:13:35	00:33:41	03:02:54	01:30:25	249
48	255 Sebastiao Clara	05:14:00	00:34:24	02:48:27	01:44:48	252
49	981 João Paulo Nunes Ferreira Ribeiro Cardoso	05:14:06	00:33:28	02:56:23	01:38:41	253
50	982 Flávio Vieira Carvalho De Figueiredo	05:14:23	00:32:26	02:57:50	01:38:41	257
51	810 Pablllo Sipaubá De Sousa	05:14:47	00:36:47	02:55:44	01:34:56	262
52	626 Rui Gonçalo Vieira	05:15:04	00:31:53	03:06:39	01:30:46	264
53	40 Bruno Godinho	05:15:18	00:37:31	02:50:07	01:42:05	265
54	313 Joao Martins	05:15:56	00:33:39	02:52:29	01:41:52	269
55	595 Ricardo Lopes Alves	05:16:50	00:39:30	02:50:18	01:39:54	273
56	951 Tiago Neves Delgado	05:17:57	00:33:57	02:57:46	01:40:16	279
57	681 João Amante	05:18:40	00:35:30	02:59:43	01:36:45	283
58	82 Fernando Francisco	05:19:12	00:45:09	02:50:59	01:36:04	289
59	522 Mário Viegas Sorribas Martins	05:19:29	00:43:08	02:54:39	01:36:45	292
60	22 Hugo Gomes	05:19:35	00:45:39	02:57:22	01:30:08	293
61	585 Filipe Espinha	05:20:11	00:35:23	02:59:47	01:38:14	299
62	120 Joao Ferreira	05:21:05	00:44:31	02:44:10	01:45:38	308
63	355 Sérgio Pinto Mota	05:21:26	00:36:58	03:02:37	01:34:42	310
64	896 Rui Daniel Dinis De Melo Rui Melo	05:21:55	00:39:16	02:52:54	01:45:31	312
65	690 Albano José Santos Pereira	05:23:03	00:38:38	02:56:03	01:41:17	326
66	816 Roberto Emanuel Pereira Rosado	05:23:07	00:39:38	02:52:08	01:45:10	328
67	354 Pedro Fernandes Pereira	05:24:08	00:40:06	02:44:49	01:52:12	332
68	1082 Luis Goncalves	05:24:16	00:37:49	02:59:19	01:39:06	333
69	88 Ivan Jorge Camacho Valadares	05:26:43	00:38:00	02:57:42	01:43:15	346
70	175 Daniel Oliveira	05:29:09	00:33:50	02:56:57	01:50:45	363
71	1004 Ricardo Nuno Pascoal Rosario	05:29:24	00:41:38	02:57:50	01:45:02	364
72	411 Helder Manuel Santos Pinto	05:29:28	00:31:13	02:54:18	01:53:13	365
73	763 Fábio Manuel Dias Teixeira	05:31:53	00:35:36	03:05:01	01:43:15	389
74	329 Francisco Sampaio	05:32:44	00:35:28	03:06:44	01:43:43	393
75	840 Diogo Mauro De Almeida Baptista	05:32:51	00:40:52	03:06:53	01:35:02	395
76	319 Carlos Jeronimo	05:33:16	00:28:47	02:59:54	01:57:24	397
77	467 João André Guedes Dias	05:33:43	00:31:16	03:06:10	01:48:48	403
78	1034 Bruno Araújo	05:34:30	00:37:11	03:03:56	01:47:16	410



79	163 Pedro Félix	05:34:34	00:26:42	03:15:56	01:45:02	411
80	802 Tomás Da Silveira Falcão E Cunha	05:36:15	00:33:50	02:51:28	02:01:15	424
81	361 Nelson Valente	05:37:35	00:41:19	03:00:13	01:49:07	434
82	249 Pedro Morgado	05:38:04	00:37:17	03:05:28	01:49:04	436
83	151 Pedro Lino Lobo Gaspar	05:38:31	00:36:08	03:01:44	01:53:25	438
84	520 João Paulo Serôdio	05:38:50	00:44:32	02:54:09	01:52:00	441
85	60 Tiago Amado	05:40:42	00:41:46	03:09:42	01:44:26	453
86	256 Ricardo Marques	05:40:48	00:36:30	03:11:06	01:44:47	455
87	327 Pedro Teixeira	05:41:03	00:39:27	03:09:15	01:45:08	457
88	16 Sérgio Filipe	05:41:25	00:34:53	03:05:15	01:54:37	461
89	421 Valter Rafael Anacleto	05:41:43	00:38:35	03:00:44	01:56:04	463
90	723 Pedro Miguel Farinha	05:41:53	00:32:44	03:08:46	01:49:36	465
91	436 José Domingues Costa	05:42:12	00:38:48	03:05:24	01:51:46	468
92	724 João Nuno Neves Bairrão	05:42:56	00:29:57	03:12:07	01:53:45	472
93	879 Henrique Delgado	05:43:28	00:30:09	03:05:40	02:00:14	475
94	622 Carlos Alexandre Pinto De Matos	05:44:13	00:46:37	03:07:28	01:41:09	484
95	564 Hugo Rocha	05:44:38	00:40:24	03:08:09	01:49:05	487
96	121 João Reis De Oliveira	05:44:39	00:41:28	03:07:46	01:50:04	488
97	832 Rui Filipe Lima Barbosa	05:44:39	00:33:09	03:00:15	02:03:52	489
98	871 Bruno Carreira	05:46:54	00:43:24	03:11:08	01:44:16	495
99	824 Andrea Saporito	05:46:54	00:37:39	03:13:26	01:48:05	496
100	565 Emanuel Jordão	05:47:23	00:34:12	03:11:14	01:54:23	501
101	1038 Gabriel Figueiredo Guimarães	05:47:53	00:41:21	03:14:58	01:41:50	504
102	490 Ricardo Jorge Farinha	05:48:11	00:35:28	03:13:53	01:48:40	505
103	515 Bruno Leite	05:48:51	00:33:18	03:19:31	01:46:16	514
104	288 Filipe Miguel Campos Canilho	05:50:25	00:45:30	03:12:25	01:46:43	520
105	211 João Paulo Fazeres Carneiro Ferreira	05:50:26	00:33:47	03:26:21	01:44:10	521
106	267 Pedro Alexandre Tomas Luiz	05:51:31	00:48:48	03:03:33	01:50:37	528
107	202 Aleksandr Igonkin	05:52:43	00:45:20	02:58:30	02:03:52	537
108	301 Joao Ramos	05:53:34	00:52:40	03:02:16	01:51:08	542
109	578 Daniel Martins	05:54:09	00:38:08	03:11:56	01:57:41	549
110	913 Tiago Vaz Osório	05:57:40	00:39:25	03:16:23	01:54:55	569
111	544 Hugo Julião	06:00:59	00:35:47	03:10:49	02:06:51	590
112	333 Tiago Jorge Colaço Vitorino	06:02:56	00:42:12	03:16:20	01:52:48	597
113	357 João Matias Garcia	06:03:27	00:38:49	03:22:42	01:55:31	599
114	505 Ricardo Pereira	06:04:09	00:44:43	03:18:16	01:52:10	604
115	447 Ricardo Jorge da Silva Freire	06:05:11	00:33:01	03:19:05	02:04:31	611



116	376 Diogo Justino	06:07:18	00:44:16	03:17:29	01:57:29	620
117	1083 João Reis E Silva	06:10:25	00:45:48	03:29:00	01:43:18	629
118	909 Edgar Caldeira	06:10:36	00:48:24	03:28:02	01:47:02	630
119	794 Renato André Santos Da Silva	06:10:54	00:52:41	03:12:44	01:54:23	632
120	455 Nuno Filipe Domigues Rocha Pereira	06:12:58	00:47:05	03:22:38	01:56:20	635
121	559 Luis Miguel Da Silva Costa Ribeiro	06:14:38	00:42:53	03:19:46	02:01:12	643
122	880 Mário Júlio	06:15:53	00:46:44	03:18:42	01:56:34	649
123	262 Hugo Gomes	06:19:48	00:43:50	03:21:58	02:04:15	661
124	562 Fábio Paulo	06:25:03	00:49:58	03:20:11	02:01:58	681
125	478 Hélio Carreira	06:28:10	00:51:42	03:22:33	02:03:32	688
126	114 George Leal	06:28:27	00:44:45	02:59:47	02:33:25	689
127	429 Gustavo Simões Neves	06:29:23	00:41:55	03:32:49	02:04:32	690
128	812 Ricardo Velhuco	06:30:18	00:42:58	03:15:12	02:22:06	692
129	919 Márcio Carreira Nobre	06:30:30	00:45:00	03:26:36	02:09:10	693
130	845 André Filipe Gonçalves Ribeiro	06:31:29	00:38:27	03:29:34	02:13:16	695
131	170 André Manuel Duarte Coelho	06:34:04	00:46:22	03:23:05	02:16:04	703
132	1041 Thiago Campanhã	06:34:37	00:56:38	03:19:27	02:03:01	706
133	673 Daniel Bruno Galvão	06:37:36	00:45:00	03:37:15	02:07:40	718
134	297 João Santos	06:39:01	00:40:35	03:36:32	02:09:00	721
135	1097 Eduardo Machado	06:44:22	00:40:16	03:31:25	02:21:54	738
136	831 Rui André Dias Silva	06:57:36	00:41:24	03:47:04	02:20:03	766
137	701 Marco Silva	07:09:08	00:44:08	03:44:00	02:30:14	776
138	883 Jose Neto	07:14:10	00:43:41	03:51:32	02:29:56	777

40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	471	Mariana Carretero Carretero	05:24:56	00:32:21	03:03:05	01:43:52	339
2	1032	Eva Margarida Santa Marta Da Silva	05:33:33	00:35:24	03:07:29	01:43:40	400
3	927	Rita Monteiro	05:57:15	00:32:42	03:21:47	01:55:10	567
4	609	Rita Martins	06:06:43	00:36:27	03:29:25	01:55:08	617
5	477	Ana Duarte	06:13:11	00:40:35	03:21:50	02:01:46	636
6	549	Mafalda De Miranda Rebelo De Sousa	06:15:00	00:33:19	03:25:22	02:10:04	646
7	442	Liliana Filipa Brás	06:20:19	00:33:54	03:36:14	02:03:02	665
8	1025	Miralany De Goes	06:33:08	00:47:42	03:34:59	02:01:45	700
9	583	Claudia Patricia Pinto Tavares Da Silva	06:41:47	00:37:57	03:44:17	02:10:59	729
10	861	Alexandra Isabel Quintaneiro Santos	06:45:13	00:42:13	03:48:03	02:06:22	741
11	94	Cláudia Sofia Matias Marques	06:45:56	00:39:37	03:42:33	02:16:12	745



45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	206	Leonardo Schwindt	04:22:20	00:27:01	02:29:20	01:21:32	14
2	1069	Lino Barruncho	04:24:31	00:30:59	02:29:47	01:20:25	20
3	818	Sérgio Miguel Gonçalves Marques	04:28:01	00:28:20	02:29:40	01:26:04	28
4	777	Alex Cabrita	04:29:30	00:28:14	02:36:40	01:20:04	30
5	439	Rui Narigueta	04:30:55	00:32:42	02:25:42	01:29:11	34
6	546	Bruno Toscano	04:48:52	00:32:32	02:39:23	01:30:09	80
7	615	João Pedro Mártires Da Silva	04:49:09	00:32:50	02:45:05	01:26:49	82
8	469	Javier Rodríguez	04:49:25	00:30:45	02:38:22	01:35:20	83
9	867	João Paulo Faria Matos Pinto	04:49:56	00:31:55	02:33:08	01:40:05	87
10	23	Jorge Fonseca	04:50:36	00:30:31	02:44:47	01:29:35	91
11	825	Rui Gomes	04:50:37	00:33:07	02:46:14	01:23:45	92
12	410	Luis Faustino	04:51:03	00:36:49	02:37:33	01:30:38	95
13	917	Pedro Duarte	04:52:40	00:34:26	02:38:48	01:33:02	103
14	930	Filipe Emanuel Guedes Centeno	04:53:34	00:32:09	02:49:14	01:28:12	107
15	152	Pedro Mendonca	04:55:38	00:35:09	02:38:42	01:36:40	114
16	14	Tiago De Paiva E Pona	04:56:33	00:28:03	02:53:43	01:29:24	121
17	383	António Salgado	04:57:13	00:35:35	02:39:02	01:36:35	126
18	285	Luis Figueira	04:58:51	00:32:03	02:42:47	01:37:21	137
19	193	Andre Costal	04:59:10	00:34:40	02:44:07	01:33:32	140
20	162	Hugo Fonseca	05:00:24	00:31:56	02:44:16	01:38:41	145
21	144	Henrique Emanuel Estrela Pereira	05:00:25	00:36:36	02:48:56	01:28:59	146
22	221	Eneko Alberdi Guisasola	05:00:43	00:30:50	02:46:18	01:37:01	151
23	279	David Laurent	05:03:00	00:34:37	02:48:24	01:34:39	166
24	173	António Manuel Brito Moreira	05:03:07	00:32:20	02:59:02	01:27:28	167
25	693	Miguel Anastácio	05:03:41	00:38:21	02:36:42	01:43:31	170
26	561	Rui Pedro Sousa Nunes	05:03:48	00:37:19	02:42:18	01:38:42	171
27	501	Hugo Manuel Gonçalves Ferreira	05:03:55	00:36:25	02:46:03	01:36:55	172
28	473	Diogo Pina Pereira	05:04:32	00:32:14	02:48:40	01:38:53	177
29	74	Carlos Barroso Fernandes	05:05:04	00:32:15	02:54:14	01:33:51	183
30	77	Mário Santana	05:06:00	00:35:44	02:51:15	01:34:18	189
31	983	Orlando Filipe Fernandes Marques	05:06:05	00:33:05	02:49:51	01:37:44	190
32	324	Alberto Dias	05:06:44	00:33:45	02:47:17	01:39:35	194
33	800	Nuno Sereno	05:08:13	00:37:43	02:45:35	01:37:03	208
34	929	Luis Carlos Da Silva Martins	05:08:19	00:33:57	02:51:20	01:36:38	209



35	331 Nuno Correia	05:09:21	00:36:03	02:50:37	01:36:35	218
36	179 Pedro Miguel Ferreira Da Silva Nogueira	05:09:45	00:40:25	02:46:37	01:36:59	222
37	233 Álvaro Díaz Lagarda	05:09:56	00:36:03	02:52:36	01:34:12	223
38	475 Vasco Gonçalo Da Costa Guerreiro	05:10:48	00:31:56	02:54:44	01:35:24	226
39	517 Bruno Batista	05:10:51	00:34:24	02:53:50	01:36:01	227
40	37 Rui Pereira Da Silva	05:11:42	00:37:32	02:49:22	01:38:06	233
41	363 Rui Da Silva Santos	05:11:48	00:37:11	02:50:10	01:37:44	235
42	691 Marcos Ratola	05:13:23	00:28:12	02:50:20	01:47:14	248
43	776 Rodrigo Da Rocha Pessoa	05:13:53	00:36:18	03:02:39	01:28:48	251
44	727 Frederico Vidal	05:14:12	00:29:40	02:59:42	01:40:29	255
45	42 Edinson Sanchez	05:14:42	00:33:43	02:55:50	01:40:30	259
46	486 Bruno Rosado	05:17:06	00:31:45	02:51:38	01:44:23	274
47	519 Rui Ricardo Piteira Rebocho	05:17:27	00:38:48	02:59:37	01:31:46	276
48	1096 Francisco Martins	05:18:37	00:36:56	02:58:03	01:37:49	282
49	107 Gonçalo Correia	05:18:47	00:32:12	02:48:33	01:50:26	285
50	89 Pedro Rebola	05:19:44	00:36:31	02:46:52	01:49:07	294
51	238 Francisco Muñoz Sosa	05:20:27	00:36:41	03:02:06	01:32:25	301
52	76 António Carlos De Sousa Reis Rainho Pereira	05:22:38	00:34:35	02:57:42	01:41:11	316
53	223 Patrick Ebrero	05:22:42	00:36:13	02:54:33	01:44:56	319
54	165 Virgilio Ramos	05:23:06	00:30:04	03:02:54	01:38:53	327
55	908 Rui Pedro Gaspar Rodrigues	05:24:18	00:32:29	02:57:26	01:47:19	334
56	611 Paulo Faria	05:24:48	00:36:04	03:00:28	01:39:14	337
57	941 Jorge Banha	05:26:08	00:38:00	02:55:05	01:47:07	342
58	507 António Barbosa	05:26:10	00:39:57	03:06:14	01:33:39	343
59	393 Martim Nunes	05:26:31	00:38:50	03:02:37	01:38:47	345
60	657 Miguel Marques Da Silva	05:27:01	00:32:52	03:06:37	01:40:00	347
61	489 Eduardo Ribeiro Costa	05:27:47	00:29:03	03:01:37	01:46:58	355
62	365 Pedro Fernandes	05:27:57	00:35:29	03:05:30	01:41:18	357
63	943 Jorge Ventura	05:29:32	00:32:23	02:58:52	01:50:34	367
64	264 Rui Henriques	05:29:59	00:37:28	02:55:51	01:46:55	371
65	553 Luis Coelho	05:30:38	00:34:08	02:58:40	01:49:45	374
66	717 José Pereira	05:30:55	00:40:22	02:50:59	01:49:52	377
67	605 Deodato Evangelista	05:30:55	00:36:44	03:01:27	01:47:07	378
68	906 Nuno Rosado	05:30:58	00:38:01	02:56:39	01:47:54	380
69	326 Rui Pedro Faísca	05:31:31	00:31:26	03:02:13	01:49:47	384
70	567 Nuno Márcio Fernandes Faria	05:32:03	00:33:45	02:56:31	01:55:19	390
71	985 Pedro Miguel Carmo Correia	05:32:45	00:39:02	03:03:34	01:42:10	394



72	251 Nuno Barruncho	05:33:03	00:43:37	03:05:53	01:34:39	396
73	859 Tiago Bruno Pereira Peixoto De Sousa	05:33:21	00:38:48	03:00:20	01:46:45	398
74	384 Vitor Manuel Romeiro Fialho Piçarra	05:33:56	00:33:32	03:14:20	01:38:01	404
75	10 Rodrigo Pais De Almeida	05:33:56	00:33:13	03:03:44	01:47:23	405
76	85 Christian Ramos	05:34:01	00:43:07	03:04:35	01:40:32	406
77	231 David Jorge	05:34:23	00:34:30	02:58:35	01:54:40	409
78	787 Alexandre Miguel Gomes Guimarães	05:35:23	00:40:46	03:08:37	01:38:39	417
79	1071 Marco Seixo	05:37:33	00:39:05	03:11:46	01:34:04	433
80	284 Jose Antonio Pina	05:38:31	00:42:41	03:06:14	01:42:14	439
81	225 Cristian Cordero Vallejo	05:38:31	00:32:55	03:06:18	01:50:01	440
82	61 Ricardo Faria	05:39:14	00:37:51	02:59:17	01:55:47	443
83	1086 Nuno Miguel Lourenço Dantas	05:39:28	00:40:38	03:18:25	01:31:28	445
84	974 Pedro Ricardo Pacheco Fernandes	05:40:37	00:38:19	03:22:26	01:30:13	452
85	707 Nuno Conceição	05:40:46	00:31:24	03:05:20	01:55:12	454
86	947 Carlos Mourato	05:42:03	00:41:44	02:50:42	01:56:40	467
87	728 Luís Mendes	05:42:30	00:40:25	03:15:48	01:37:52	470
88	180 João Beltrão	05:43:34	00:47:32	03:11:37	01:36:38	477
89	374 Ricardo Quitério	05:43:56	00:39:07	03:00:40	01:54:28	481
90	718 Joaquim Potes	05:45:49	00:35:04	03:12:14	01:46:40	491
91	299 Tiago Santos	05:45:54	00:44:01	03:19:08	01:29:37	492
92	748 Andre Lima Cabrita	05:46:21	00:35:50	03:09:08	01:55:48	493
93	115 Pedro Ricardo Branco Barata Filipe	05:48:19	00:29:54	03:11:24	02:00:24	508
94	44 Luís Filipe Coelho Rodrigues Da Silva	05:48:41	00:48:32	03:07:11	01:44:29	512
95	949 Javier Cuellas Pereira	05:48:44	00:34:26	03:11:47	01:55:03	513
96	314 João Pedro Fernando	05:49:18	00:36:26	03:19:29	01:44:26	517
97	372 Octávio Miguel Rita Pereira Cardoso	05:51:39	00:38:46	02:57:41	02:06:44	529
98	750 Thomas Stark	05:51:41	00:46:42	03:03:06	01:52:21	530
99	1037 Helder Fernando Fernandes Correia	05:52:37	00:34:45	03:20:41	01:44:40	536
100	946 Nuno Pinho	05:52:49	00:46:53	03:07:07	01:50:11	538
101	654 Esmeraldino Sa	05:53:20	00:47:04	03:18:25	01:38:37	541
102	637 Nuno Simões	05:53:54	00:32:42	03:13:34	02:00:37	545
103	852 Dinis Delgado	05:54:02	00:37:01	03:27:10	01:40:25	548
104	210 Rui Gomes	05:54:48	00:36:00	03:12:57	01:55:28	555
105	1081 Ricardo Alvares Pereira	05:55:14	00:39:16	03:07:22	01:59:36	558
106	174 Tiago Pinhal	05:55:21	00:43:25	03:12:24	01:52:17	559
107	886 João Renato Sá Pereira	05:55:25	00:41:26	03:24:17	01:42:09	560
108	497 Nuno Reis	05:57:07	00:42:17	03:16:44	01:46:03	566



109	851	Tiago Rodrigo Da Silva Cartaxo	05:57:21	00:35:27	03:18:05	01:57:21	568
110	370	Ricardo Mateus	05:57:48	00:47:49	03:21:00	01:39:18	574
111	780	Hugo Rodolfo De Campos Martins	05:58:30	00:45:48	03:09:07	01:54:03	581
112	443	Pedro Manuel Nava Martins	05:58:35	00:34:47	03:14:51	02:01:42	582
113	646	João Carlos Costa Borralho	06:00:22	00:54:30	02:57:11	01:58:00	585
114	602	Bruno Cunha	06:00:51	00:51:09	03:05:00	01:57:57	588
115	342	Carlos Gouveia	06:01:34	00:40:53	03:07:25	02:03:22	592
116	842	Juan Manuel Arrazola Belda	06:01:49	00:38:01	03:27:57	01:45:40	593
117	424	Pedro Raposo	06:04:12	00:46:37	03:20:04	01:51:01	605
118	272	Jorge Santos Ferreira	06:13:20	00:38:36	03:22:42	02:04:38	637
119	620	Paulo Jorge Lopes Soares	06:13:41	00:51:33	03:28:12	01:44:13	641
120	1085	Vasco Afonso	06:13:42	00:42:21	03:35:48	01:44:47	642
121	45	Rui Santos	06:15:12	00:37:30	03:25:14	02:05:10	647
122	146	Nuno Simoes	06:16:41	00:38:30	03:29:14	01:58:26	651
123	677	Daniel José Da Graça Oliveira Santos	06:22:53	00:55:16	03:21:10	01:57:12	675
124	935	Fernando Jorge Palma Neto	06:24:19	00:42:55	03:32:40	01:57:14	678
125	155	Pedro Gonçalves Pinto	06:24:45	00:41:55	03:23:41	02:10:40	679
126	1087	Ricardo Pita	06:33:56	00:31:44	03:29:17	02:23:35	701
127	81	Felipe De Carvalho Abbud	06:34:23	00:43:15	03:20:01	02:17:51	704
128	17	João Pedro Seródio	06:37:25	00:39:14	03:42:11	02:02:53	716
129	973	Sergio Rosado	06:37:25	01:00:24	03:24:03	02:00:57	717
130	464	Rony Santos	06:38:16	00:39:21	03:14:25	02:36:06	720
131	1052	Pedro Vitorino	06:40:46	00:55:39	03:33:01	02:04:34	725
132	617	Hildebrando Castro	06:40:52	00:40:24	03:48:39	01:58:29	726
133	438	Eduardo Poças	06:45:02	00:34:23	03:36:49	02:25:17	740
134	796	Nuno Dias	06:51:04	00:45:26	03:40:04	02:13:40	756
135	1075	Bruno Rêgo	06:55:30	00:43:43	03:21:07	02:40:26	762
136	468	Fabio Luis Lorenski Pasta	06:55:44	00:47:19	03:37:34	02:21:24	763
137	705	Ricardo Miguel Nunes Duarte	06:56:10	00:52:47	03:34:44	02:17:26	764
138	511	Daniel David De Sousa Leão	07:38:47	00:46:16	03:45:01	02:57:18	783

45 - 49 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	470	Amelia Drumm	05:21:58	00:37:28	03:04:42	01:34:45	313
2	143	Nadine Dittrich	05:31:43	00:32:22	02:58:41	01:55:00	385
3	366	Patricia Alexandra Fernandes Rivotti	05:43:55	00:37:00	03:18:17	01:40:39	480
4	205	Madalena Andrade	06:07:05	00:40:30	03:21:27	01:59:12	618



5 625 Raquel Matos 07:02:37 00:43:29 03:47:07 02:17:32 769

50 - 54 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	513	Paulo Martins	04:22:52	00:32:13	02:24:08	01:20:10	15
2	51	Paulo Figueiredo	04:34:19	00:27:50	02:28:37	01:32:39	39
3	989	Luís Mira Nunes	04:37:07	00:30:25	02:33:59	01:28:36	45
4	461	Alexandre Paiva Nunes	04:48:43	00:35:14	02:42:02	01:26:52	79
5	39	Carlos Gomes Ferreira	04:49:03	00:33:04	02:39:41	01:31:51	81
6	50	Jorge Luis Parreira Augusto	04:49:51	00:29:37	02:42:47	01:32:09	86
7	1068	Emanuel Matos	04:50:52	00:36:30	02:43:06	01:25:17	93
8	996	David Toro Orgaz	04:51:22	00:31:00	02:39:58	01:35:46	98
9	245	Joao Manuel Da Silva Barran Assis Cabeleira	04:51:38	00:38:14	02:36:24	01:29:21	99
10	47	Luis Alegrias	04:53:22	00:32:35	02:36:19	01:37:24	105
11	369	Paulo Lamego	04:53:25	00:32:16	02:43:36	01:32:40	106
12	131	David Caldeirão	04:56:19	00:27:55	02:40:42	01:43:17	119
13	458	Miguel Gomes	04:56:51	00:31:57	02:45:23	01:34:28	123
14	885	Rui Duarte	04:59:49	00:24:49	02:59:06	01:30:47	143
15	184	Rui Gonçalves	05:01:56	00:39:02	02:51:13	01:24:22	161
16	328	Diogo Pereira Do Nascimento De Magalhães Cymbron	05:02:26	00:34:15	02:43:48	01:38:50	162
17	416	Mauro Azevedo	05:02:53	00:37:25	02:49:10	01:28:11	165
18	343	Rui Jorge Galinha	05:07:13	00:30:40	02:53:47	01:37:18	199
19	940	José Duarte	05:07:50	00:33:46	02:53:21	01:34:09	206
20	46	Miguel Serpa Tolda Garcia	05:08:54	00:33:21	02:49:49	01:40:23	215
21	980	José Carlos Abrantes	05:09:32	00:34:30	02:56:17	01:33:36	220
22	18	Jose Luis Baceira Farinha	05:10:54	00:38:24	02:47:05	01:39:10	228
23	116	Nuno Miguel Rico Carvalhinho	05:12:08	00:36:19	02:39:10	01:51:08	239
24	398	Nuno Miguel Nobre Lopes	05:14:12	00:38:34	02:48:25	01:41:42	254
25	472	Pedro Neves	05:15:37	00:36:46	02:57:34	01:36:40	267
26	931	Luis Carvalho	05:15:51	00:36:33	02:48:09	01:43:54	268
27	532	António Carlos Esquetim Marques	05:17:08	00:32:40	02:57:27	01:41:41	275
28	196	Rui Pereira	05:18:00	00:34:57	03:01:15	01:34:14	280
29	874	Paulo Teles	05:19:57	00:35:29	02:49:02	01:48:06	298
30	1000	Luís Filipe Roque Gonçalves	05:20:32	00:30:58	02:56:26	01:44:49	304
31	1050	João António Da Silva Rosa	05:22:57	00:34:05	02:49:12	01:52:11	322
32	226	Alcídio Silva Ferro	05:23:00	00:37:35	02:57:13	01:42:45	324
33	857	Miguel Alexandre Mendes Barata Oliveira Da Silva	05:25:48	00:39:42	03:01:27	01:35:04	341



34	711 Miguel Baltazar	05:27:44	00:35:30	02:57:29	01:47:31	354
35	669 Ivo Magalhães	05:27:50	00:38:08	02:59:22	01:38:49	356
36	504 Ken Gielen	05:29:59	00:25:55	02:56:21	02:00:47	370
37	575 Filipe Leipolz Pocas	05:30:16	00:34:47	03:00:32	01:44:19	372
38	1022 Nuno Ricardo Dias Lemos	05:30:30	00:36:18	02:55:24	01:52:05	373
39	13 Pedro Nunes	05:33:29	00:32:19	02:57:08	01:56:54	399
40	229 Victor Ruiz De Eguino Medina	05:33:36	00:34:28	03:08:29	01:38:39	401
41	1006 Nuno Manuel Pintado Pereira	05:34:07	00:33:06	03:03:53	01:47:20	407
42	700 Marco Filipe	05:36:32	00:39:47	03:14:48	01:34:29	425
43	967 Artur Manuel Rocha Alves	05:38:06	00:41:32	03:09:27	01:38:56	437
44	453 Pedro Miguel Silva Rico	05:39:27	00:33:14	03:15:36	01:41:22	444
45	300 Alberto Jorge Soares Pires	05:42:55	00:40:26	03:00:27	01:52:21	471
46	227 Rui Mota Guedes	05:43:24	00:37:24	03:14:49	01:42:55	474
47	1043 Pedro Mestre	05:46:45	00:34:05	03:08:20	01:55:21	494
48	481 David Almeida	05:47:05	00:42:09	03:10:20	01:40:48	499
49	1009 João Pedras	05:52:24	00:41:16	03:10:28	01:51:11	535
50	581 Tiago José Fernandes Duarte	05:53:37	00:39:09	03:15:50	01:50:00	543
51	207 Eladio Manuel	05:53:41	00:43:21	03:11:09	01:48:45	544
52	350 Humberto Cunha	05:54:09	00:35:32	03:13:57	01:59:15	550
53	688 Nuno Pedro Da Silva Do Carmo Vaz	05:55:45	00:37:31	03:16:20	01:53:34	561
54	167 Pedro David Da Costa Amaro Galvão Pisco	05:56:06	00:44:20	03:12:47	01:49:46	562
55	395 Pedro Fardilha	05:56:10	00:35:44	03:17:48	01:53:42	563
56	638 Pedro Miguel Botelho	05:57:45	00:28:39	03:11:11	02:09:23	571
57	347 Luis Miguel Xavier Tomé	05:59:02	00:43:36	03:08:59	02:00:31	583
58	713 Jose Alcidio Fernandes Meira Rodrigues	06:02:03	00:43:06	03:08:56	01:57:13	594
59	275 Nuno Clemente	06:02:58	00:44:29	03:15:53	01:55:03	598
60	521 Manuel Maria Correia	06:03:54	00:41:36	03:07:07	02:01:15	600
61	957 Carlos Preciso	06:04:02	00:44:34	03:18:25	01:53:06	601
62	25 Marco Sousa	06:04:26	00:33:39	03:33:14	01:45:29	606
63	31 Luis Paulo Costa Cipriano	06:06:24	00:41:19	03:25:53	01:52:46	615
64	84 Francisco José Serrano Faria	06:07:15	00:45:03	03:13:13	02:00:02	619
65	190 José Gonçalves	06:07:44	00:39:48	03:22:02	01:58:11	623
66	914 Pedro Almodovar Queiroga	06:10:05	00:38:29	03:26:48	01:52:17	628
67	933 Paulo Salgado	06:14:42	00:45:34	03:23:06	01:58:17	645
68	28 Eduardo Filipe Amaro Ferreira	06:17:11	00:42:11	03:19:32	02:07:25	653
69	483 Luis Miguel Mendes Rasteiro	06:17:57	00:41:37	03:23:40	02:05:18	655
70	99 Duarte Vaz Almada	06:18:07	00:39:04	03:27:43	02:01:25	656



71	140	Luis Miguel De Oliveira Martins	06:18:29	00:38:59	03:24:09	02:03:57	657
72	850	Jorge Miguel P F Ferreira	06:22:04	00:50:43	03:27:35	01:56:52	672
73	587	Tito Lívio Henriques	06:24:52	00:43:36	03:30:37	01:52:32	680
74	132	Paulo Moutinho	06:30:48	00:30:55	03:39:30	02:10:06	694
75	491	Alvaro Rojas Barneto	06:31:58	00:41:10	03:38:04	01:56:45	696
76	964	Nuno Lucas	06:32:58	00:41:54	03:35:33	02:02:15	698
77	188	Eduardo Volpato De Lima	06:33:03	00:36:34	03:11:45	02:34:21	699
78	271	Danyel Cunha	06:34:26	00:42:03	03:38:19	02:01:53	705
79	616	Mario Teofilo	06:36:57	00:35:47	03:40:13	02:12:24	715
80	158	Miguel Cocco	06:37:56	00:39:33	03:25:24	02:23:55	719
81	345	Vitor Fernandes	06:39:11	00:35:35	03:23:12	02:31:12	722
82	862	Daniel Aguiar	06:39:58	00:35:59	03:43:33	02:06:43	723
83	292	Marco Ventura	06:42:12	00:39:45	03:37:53	02:14:16	731
84	634	Rui Lobo Levy	06:43:49	00:46:30	03:18:18	02:31:13	737
85	364	Hugo Manuel Estradas Santinhos	06:45:15	00:50:04	03:33:06	02:11:49	742
86	716	Pedro Henriques	06:46:07	00:34:23	03:35:52	02:24:10	746
87	247	Aliaksandr Zuyonak	06:48:41	00:46:37	03:34:24	02:21:13	750
88	83	Horácio Oliveira	06:50:22	00:48:23	03:48:27	01:58:30	754
89	756	Carlos Manuel Gomes Semide De Abreu	06:53:52	00:38:31	03:44:57	02:15:41	761
90	826	Pedro Castanheira	06:57:04	00:47:45	03:50:11	02:07:30	765
91	456	Rui Catarrinha	07:05:55	00:40:53	03:37:08	02:34:48	773
92	425	Joaquim Jorge Assunção De Sousa Rosado Vieira	07:17:09	00:44:29	03:48:14	02:36:08	778

50 - 54 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	510	Ana Filipa Marinho Correia De Oliveira	05:43:34	00:34:39	03:02:41	02:01:24	476
2	432	Begonia De La Rica Jimenez	05:54:14	00:40:43	03:17:00	01:48:58	552
3	72	Fernanda Marques Santinha	06:04:37	00:36:04	03:32:16	01:49:20	608
4	254	Sonia Ribeiro	07:02:37	00:52:32	03:43:36	02:18:35	770

55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	518	José Henrique Lopes Peixoto	04:46:19	00:35:11	02:37:56	01:26:51	69
2	43	Jose Rui Galvao	04:48:07	00:30:44	02:34:43	01:37:53	76
3	208	Jorge Calafate	04:56:19	00:28:37	02:49:57	01:32:11	120
4	53	Sérgio Manuel Pecurto Batalha	05:02:48	00:37:10	02:47:43	01:29:07	164
5	797	Hugo Fontana Calvo	05:05:34	00:30:08	02:48:31	01:36:28	185



6	660	Artur Duarte	05:12:29	00:38:11	02:58:08	01:28:27	240
7	197	Neville Suzman	05:14:41	00:35:32	02:46:09	01:45:39	258
8	698	Carlos Alexandre De Matos Maia	05:16:45	00:37:35	02:42:37	01:50:33	272
9	589	Joao Santos	05:22:11	00:32:13	02:53:43	01:50:10	314
10	596	Pedro Nogueira Da Silva	05:23:46	00:34:27	02:56:04	01:47:50	331
11	29	Gil Contreiras Braz De Oliveira	05:27:13	00:33:41	03:04:47	01:41:38	349
12	623	João Marques	05:30:57	00:42:17	02:56:15	01:45:35	379
13	496	Roberto Fernández Alonso	05:31:08	00:40:23	02:56:19	01:46:29	383
14	36	Renato Gonçalves Araújo	05:31:45	00:35:53	03:01:51	01:45:05	387
15	274	Luis Marques	05:34:36	00:39:13	03:01:44	01:43:58	412
16	459	Pedro Mendes Jorge	05:36:04	00:32:55	02:59:45	01:55:31	421
17	542	Paulo Carvalhinho	05:39:09	00:37:21	03:05:45	01:44:27	442
18	726	Fernando Ferreira	05:39:45	00:41:02	03:06:57	01:42:35	449
19	261	Adolfo Vagos	05:39:54	00:40:44	03:11:39	01:41:25	450
20	125	José A F Morgado	05:41:11	00:37:54	03:08:59	01:45:37	459
21	20	Fernando Carmo	05:41:18	00:36:40	03:19:37	01:38:51	460
22	252	Gabriel Alves	05:41:53	00:41:44	03:10:42	01:41:18	464
23	503	Aristides Bordalo	05:47:35	00:42:06	03:08:24	01:49:31	503
24	793	Miguel Pereira	05:52:54	00:48:45	03:06:25	01:49:36	539
25	294	José Bonito	05:54:01	00:38:14	03:12:09	01:57:39	547
26	621	Pedro Calvário	05:54:35	00:37:13	03:08:48	01:53:36	553
27	358	Mauricio Jose Vaz Da Costa	05:57:47	00:39:37	03:17:51	01:52:51	573
28	784	Pedro Ventura	06:05:13	00:34:44	03:27:29	01:54:43	612
29	305	Vasco Pinheiro	06:12:51	00:40:46	03:21:17	02:01:39	634
30	1007	Vitor Grilo	06:18:50	00:35:23	03:24:05	02:01:24	658
31	315	Manuel António Santos Nunes	06:30:02	00:45:52	03:15:41	02:19:33	691
32	649	João Pedro Cândido Aranha De Sousa E Menezes	06:41:01	00:47:59	03:42:44	02:03:04	727
33	767	Jeffrey Zive	06:44:42	00:39:35	03:31:15	02:25:58	739
34	67	Rui Manuel Lopes Martins	06:47:16	00:42:28	03:40:32	02:13:09	748
35	789	Charles Lima	06:48:14	00:46:27	03:30:45	02:19:45	749
36	837	Rui Melo Silva	07:05:16	00:53:19	03:31:19	02:29:42	772
37	822	Bruno Vidigal	07:18:19	00:38:33	03:41:21	02:45:41	779
38	70	Luís Miguel Duarte Carvalho	07:28:01	00:40:18	03:58:09	02:36:39	782

60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	580	Carlos Manuel Santos Silva	05:10:42	00:43:38	02:50:35	01:30:24	224



2	391	Joaquim Guilherme Rodrigues Esteves	05:19:21	00:34:34	02:48:49	01:49:26	290
3	403	Vicente Sanz Romero	05:24:20	00:37:33	02:56:35	01:43:08	336
4	710	Manuel Rodrigues	05:29:29	00:37:39	02:53:21	01:52:49	366
5	55	Paulo Renato Santos	05:29:36	00:32:07	03:02:04	01:47:45	368
6	192	Francisco Sanches-Osório	05:40:18	00:38:22	03:04:41	01:50:16	451
7	351	Luis Manuel Sampaio Da Silva E Cunha Trigo	05:51:58	00:42:14	03:23:25	01:38:30	533
8	243	Joaquim José Gomes Da Rocha Fernandes	05:52:17	00:32:07	03:26:35	01:47:02	534
9	440	Luis Morais	05:56:31	00:46:24	02:59:23	02:03:46	565
10	406	Paulo Trindade	05:57:59	00:37:05	03:17:09	01:57:01	576
11	560	Carlos Gomes	05:58:03	00:40:25	03:20:41	01:50:36	578
12	71	Miguel Da Fonseca San-Payo	06:04:08	00:34:52	03:29:43	01:51:23	602
13	1026	Carlos Manuel Pires De Oliveira Nunes	06:13:35	00:40:26	03:29:08	01:53:02	640
14	213	João Carlos Lourenço	06:14:39	00:41:25	03:34:19	01:45:09	644
15	463	João Paulino	06:19:59	00:44:53	03:30:17	01:52:28	662
16	244	Jorge Joaquim Lopes Nunes	06:27:43	01:07:44	03:24:33	01:47:14	686
17	63	José Aníbal Martins Correia	06:34:49	00:38:44	03:38:35	02:09:03	708
18	731	Eduardo Carpinteiro	06:45:39	00:46:07	03:25:05	02:24:18	744
19	228	Luis Miguel Duque Santos	06:50:47	00:46:35	03:39:32	02:16:04	755
20	599	Armando Calado Guerreiro Lopes	06:52:34	00:47:21	03:44:09	02:11:21	759
21	815	Filipe Horta	07:06:33	00:31:52	03:42:00	02:44:55	774

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	212	Manuel Pires	06:00:08	00:42:02	03:13:29	01:57:23	584
2	466	Paulo Guedes	06:04:46	00:38:47	03:17:34	01:56:53	609
3	103	Henrique José Ramalho Freire	06:34:03	00:35:25	03:47:12	02:04:06	702