

18 - 24 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	453	Alexandre Alvarez Ferreira	03:22:36	00:24:59	01:52:59	01:00:30	1
2	1	Tomás Augusto Matos Teixeira	03:33:22	00:28:46	01:51:32	01:08:06	2
3	560	Salomão Alexandre Savelenko	03:39:25	00:26:07	01:59:43	01:09:42	3
4	545	João Cabral	03:44:02	00:28:30	02:00:11	01:09:38	5
5	519	Duarte Nuno Lourenço Dos Santos	03:59:54	00:30:26	02:09:35	01:14:56	28
6	900	Tomás Gonçalves	04:05:17	00:33:09	02:08:37	01:16:29	45
7	808	Pedro Azevedo	04:11:45	00:35:26	02:13:37	01:15:49	61
8	486	Manuel Maria De Campos Roque	04:13:30	00:35:31	02:19:21	01:11:15	69
9	636	Frederico Mittermayer	04:17:25	00:36:01	02:15:14	01:15:49	88
10	652	Gabriel Domingues Januário	04:18:38	00:38:39	02:21:44	01:13:01	95
11	879	Frederico Van Zeller Janz Guerra	04:18:39	00:31:30	02:23:51	01:15:42	96
12	894	Henrique Silva	04:20:36	00:33:14	02:24:01	01:16:37	109
13	929	André Sousa	04:23:00	00:26:29	02:26:34	01:24:09	128
14	520	André Filipe Rodrigues Da Silva	04:28:43	00:36:21	02:15:59	01:28:45	158
15	533	Lourenço Perdigão	04:31:24	00:32:16	02:31:01	01:21:22	179
16	387	Frederico Saragga	04:36:12	00:33:41	02:24:06	01:30:59	218
17	119	Nuno Neves	04:36:30	00:41:11	02:16:17	01:30:22	221
18	490	Rui Pinheiro	04:37:11	00:36:23	02:38:19	01:13:19	228
19	868	Bernardo Freire	04:44:54	00:28:16	02:36:45	01:30:52	298
20	930	Miguel Begedas	04:48:04	00:41:34	02:34:40	01:20:14	319
21	982	Alexandre Marques Coutinho	04:53:05	00:40:24	02:25:15	01:35:21	358
22	20	Miguel Sardinha	04:54:59	00:41:49	02:35:06	01:29:48	375
23	651	João António Moreira Inácio	04:55:57	00:43:02	02:35:57	01:27:35	381
24	875	Francisco Martins Ribeiro	05:04:20	00:39:05	02:39:38	01:32:59	453
25	530	Tiago Dinis Quirino Da Silva	05:19:11	00:43:55	02:46:40	01:36:22	543
26	522	Bernardo Santos	05:25:50	00:34:15	03:23:22	01:19:32	578
27	345	Diogo Ribeiro	05:29:18	00:37:00	02:50:21	01:50:38	594
28	645	Diogo Alexandre Nunes Pereira	05:59:36	00:41:24	02:57:58	02:02:56	711
29	193	Francisco Garcia Domingos Lobo Baptista	06:04:31	00:42:32	03:01:22	02:05:11	716
30	878	João Pedro Mendes Pinheiro	06:11:05	00:48:31	03:11:41	01:56:58	730

18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	800	Vera Serafim	04:36:14	00:33:32	02:34:25	01:20:17	219

2	439 Joana Tomé	04:38:24	00:29:54	02:36:54	01:25:41	238
3	708 Beatriz Gomes	05:42:06	00:50:45	03:00:49	01:42:21	649
4	331 Maria Madalena Pinto Bastos	05:43:56	00:46:21	03:01:36	01:44:57	661
5	491 Marta Botelho	05:48:05	00:39:11	03:04:25	01:47:36	674
6	801 Maria Cocco	05:56:06	00:38:48	03:07:03	02:01:09	703

25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	319	Diogo Allen Coelho	03:48:21	00:32:40	01:56:28	01:14:06	8
2	888	Gabriel Silva Garrido De Souza	03:53:19	00:30:32	02:06:58	01:09:33	12
3	367	Gonçalo Sampaio Da Nóvoa	03:53:41	00:28:17	02:10:44	01:08:11	14
4	550	Hugo Baluga	03:56:31	00:34:11	02:07:07	01:10:28	19
5	12	Nuno Noritake	03:58:52	00:27:44	02:09:30	01:15:30	26
6	322	Miguel Ângelo Sérvulo Tomé	04:01:29	00:27:11	02:18:01	01:11:07	32
7	249	Lucas Peixoto	04:02:28	00:32:19	02:03:56	01:19:06	35
8	292	Rafael Lopes	04:03:31	00:29:41	02:08:03	01:20:42	40
9	844	João Maria Silva	04:05:41	00:32:58	02:16:00	01:10:07	47
10	179	Francisco Velho Da Palma	04:06:46	00:34:28	02:11:54	01:13:00	53
11	802	Mário Ribeiro	04:14:50	00:36:48	02:12:48	01:17:18	74
12	776	Jose Ferreira	04:15:44	00:37:54	02:15:01	01:14:40	77
13	933	José Sousa	04:15:49	00:30:55	02:25:05	01:14:39	79
14	122	Miguel Marques	04:16:16	00:34:40	02:19:39	01:14:09	82
15	369	Ruben Alexandre Cavalheiro Fagundes	04:17:54	00:34:06	02:14:40	01:23:45	91
16	784	João Lourenço	04:21:23	00:42:47	02:10:03	01:20:25	116
17	932	Simão Spranger Penha Rodrigues	04:22:19	00:30:00	02:22:48	01:21:42	123
18	612	João Lopes	04:23:29	00:40:22	02:23:15	01:10:02	131
19	843	Jakob Lilienweiss	04:25:46	00:30:49	02:22:46	01:22:52	143
20	329	Diogo Berger	04:29:00	00:35:29	02:11:12	01:36:42	162
21	34	Luis Miguel Viegas	04:31:17	00:32:16	02:27:01	01:25:20	177
22	803	Diogo Cardoso	04:33:35	00:34:27	02:33:49	01:19:10	200
23	1009	Francisco Fraga De Melo	04:36:10	00:35:51	02:30:35	01:22:37	216
24	627	Simão Simoes	04:36:37	00:37:28	02:23:07	01:26:33	222
25	749	Gonçalo Palrão Medeiros Costa	04:39:04	00:33:11	02:35:55	01:20:47	250
26	769	Tomás Branquinho Da Fonseca	04:41:40	00:33:14	02:37:17	01:23:17	266
27	839	Miguel Ribeiro	04:43:13	00:35:54	02:23:07	01:36:30	274
28	474	Manuel Horteiga	04:43:44	00:40:13	02:30:04	01:24:26	279
29	858	Rafael Fonseca	04:44:23	00:40:38	02:23:19	01:31:23	292



30	975 João Silveira	04:45:19	00:38:01	02:38:23	01:20:41	302
31	386 Rúben Martins Brigas	04:46:44	00:29:01	02:39:32	01:28:21	308
32	431 Francisco Patrício	04:47:38	00:35:32	02:27:18	01:40:19	316
33	711 Gonçalo Oliveira	04:48:04	00:32:59	02:24:22	01:37:43	320
34	145 Bernardo Santos	04:51:57	00:32:59	02:30:47	01:39:21	342
35	180 João Vigário	04:52:21	00:33:53	02:41:26	01:25:09	349
36	966 Pedro Fernandes	04:54:56	00:39:29	02:38:23	01:27:52	373
37	59 João Anastácio	04:54:57	00:39:50	02:27:46	01:36:19	374
38	313 José Diogo Gomes Magalhães	04:57:27	00:40:08	02:35:30	01:31:06	395
39	428 Manuel Anacleto Telhado	04:58:15	00:40:12	02:26:33	01:40:50	399
40	738 Ricardo Nogueira	04:59:33	00:34:11	02:46:11	01:26:38	417
41	73 Pedro Marques	05:01:18	00:43:28	02:34:44	01:30:43	430
42	94 Filipe Mourão	05:03:58	00:35:36	02:40:27	01:37:04	447
43	729 Bernardo Praça	05:04:07	00:39:49	02:45:50	01:28:15	450
44	25 Duarte Ribeiro	05:05:10	00:38:09	02:44:32	01:33:51	462
45	173 Diogo Dias	05:05:15	00:31:23	02:43:43	01:40:45	463
46	967 Nuno Martins	05:05:43	00:41:19	02:38:30	01:37:00	465
47	740 João Almeida	05:10:33	00:34:56	02:50:26	01:32:58	495
48	809 João Faria Blanc	05:11:50	00:36:58	02:44:12	01:41:53	502
49	849 Joao Pedro Correa	05:12:32	00:34:44	02:34:43	01:53:43	506
50	618 Vitor Leal	05:13:45	00:35:41	02:42:32	01:43:37	512
51	605 André Crispim	05:16:27	00:43:04	02:48:49	01:34:49	521
52	452 Rúben Manuel Da Costa Beja Marques Cruz	05:17:57	00:36:55	02:33:39	01:57:10	536
53	177 Diogo Miguel Da Silva Raquel Pereira	05:20:15	00:37:06	02:42:00	01:51:48	549
54	532 Gonçalo Domingues	05:20:56	00:39:21	02:44:46	01:46:36	553
55	47 João Figueiredo Silva	05:25:19	00:38:51	02:43:15	01:50:39	577
56	992 Francisco Garcia	05:26:47	00:40:15	02:50:32	01:46:52	583
57	334 Pedro Silva	05:30:08	00:40:09	03:06:58	01:33:42	596
58	43 Bruno Marques	05:36:48	00:44:52	02:42:45	02:00:02	628
59	826 Tomás Oliveira Regojo	05:42:39	00:44:18	03:17:57	01:31:02	654
60	639 Diogo Cova Bernardo	05:42:40	00:40:29	03:01:34	01:47:37	655
61	996 Diogo Lopes	05:50:28	00:48:43	03:06:39	01:40:24	684
62	847 Francisco Carpinteiro	05:51:42	00:47:24	02:53:09	01:58:45	691
63	922 Tjerk Schuurmans	05:57:17	00:43:56	02:57:54	02:00:32	705
64	293 Rui Jorge Santos	05:57:59	00:42:01	03:12:41	01:56:56	708
65	723 André Miguel Mota Falé Nogueira	05:58:07	00:47:28	03:11:17	01:45:42	709
66	151 Rodrigo Cachucho	06:06:54	00:49:34	03:11:31	01:52:32	721

67	745 Leandro Alvernaz	06:10:18	00:40:17	03:07:46	02:10:32	727
68	311 Rafael De Vasconcelos Gonçalves Onofre	06:14:42	00:40:46	03:12:09	02:00:58	734

25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	526	Francisca Parente Cambra	04:20:17	00:31:11	02:26:36	01:17:18	105
2	718	Maria Medeiro	04:33:27	00:33:21	02:26:05	01:28:16	197
3	72	Beatriz Passos	04:40:38	00:32:49	02:48:59	01:13:40	262
4	964	Ana Margarida Varela Da Cruz	04:50:26	00:29:57	02:51:12	01:22:41	336
5	782	Rita Grilo	05:03:43	00:30:41	02:53:32	01:31:36	446
6	1010	Patrícia Cristina Guerreiro Pacheco	05:34:28	00:48:01	02:58:53	01:37:11	618
7	309	Raquel Ladeiro	06:10:32	00:49:17	03:12:39	01:55:25	728

30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	534	Fábio Azinheirinha	03:42:45	00:28:24	01:57:35	01:11:35	4
2	282	Adriano Correia	03:47:58	00:26:26	02:11:09	01:06:30	7
3	779	João Andrade	03:49:57	00:30:22	02:03:55	01:10:22	9
4	238	André Filipe António Fernandes	03:55:36	00:27:28	02:07:47	01:14:04	16
5	423	Rafael Reis	03:57:56	00:34:11	02:08:59	01:09:29	20
6	283	Tiago De Almeida Simões Lopes	03:58:00	00:32:23	02:01:19	01:16:11	21
7	716	Afonso Garcia	04:00:46	00:26:19	02:09:16	01:19:43	30
8	447	João Pedro De Matos Rebelo	04:02:56	00:32:01	02:18:37	01:06:57	36
9	840	João Piteira	04:09:33	00:28:34	02:17:10	01:17:44	56
10	488	Hugo Lopes	04:11:17	00:32:53	02:14:02	01:18:22	60
11	710	Ricardo Silva	04:14:32	00:33:48	02:21:06	01:10:48	73
12	915	Joe Nakamoto	04:16:40	00:29:13	02:11:08	01:25:15	85
13	686	Miguel Pereira	04:18:40	00:28:46	02:27:57	01:15:06	97
14	906	João Campos Cunha	04:19:12	00:30:19	02:23:25	01:20:07	100
15	204	Luis Roquete	04:19:46	00:32:20	02:23:45	01:15:19	101
16	492	Daniel José Gomes Amaral	04:19:48	00:32:57	02:17:16	01:21:52	102
17	852	Rodrigo Pacheco	04:20:32	00:34:40	02:15:08	01:24:04	108
18	451	Joao Correia	04:21:17	00:34:30	02:17:52	01:21:44	115
19	603	André Bernardino	04:21:40	00:41:23	02:16:11	01:17:37	118
20	758	Rhys Morgan Langston	04:22:02	00:32:46	02:22:01	01:20:37	122
21	609	Rodrigo Paiva	04:25:25	00:40:54	02:13:02	01:25:51	142
22	258	Francisco Loio	04:27:47	00:32:03	02:28:18	01:20:17	154

23	425 Christophe Pereira Fernandes	04:28:44	00:29:54	02:27:00	01:25:35	159
24	742 Chris Shipman	04:28:57	00:40:12	02:12:58	01:27:57	160
25	524 João Marques	04:30:59	00:33:53	02:20:02	01:29:36	174
26	338 Ricardo Miguel Bandarra Silva	04:31:06	00:33:19	02:23:36	01:27:59	175
27	248 Bruno Pinto	04:31:07	00:34:31	02:25:11	01:23:47	176
28	219 Carlos Saraiva	04:35:54	00:41:31	02:25:40	01:17:16	213
29	821 Pedro Nuno Vieira Dos Santos Ramos Caeiro	04:36:09	00:33:18	02:25:14	01:30:13	215
30	767 Andre Felipe Saraiva De Melo	04:36:15	00:37:20	02:24:59	01:25:09	220
31	752 Luis Filipe Fonseca Dos Santos	04:37:04	00:38:24	02:23:00	01:24:58	226
32	726 Bruno Urbano	04:37:46	00:35:10	02:25:37	01:30:02	230
33	746 João Gomes	04:37:56	00:34:00	02:25:29	01:32:38	232
34	51 Nuno Martins Marques Da Costa	04:38:12	00:31:45	02:25:32	01:33:09	236
35	220 Tiago Emanuel Gonçalves Teixeira	04:38:43	00:40:25	02:22:14	01:24:58	241
36	71 Duarte Marques	04:38:51	00:40:06	02:23:18	01:27:49	243
37	427 André Prates Pereira	04:38:51	00:42:27	02:23:59	01:22:34	244
38	583 Tomas Osorio	04:39:26	00:37:52	02:29:55	01:25:34	253
39	850 Luís Melo	04:41:18	00:37:12	02:32:21	01:24:06	265
40	667 João Neves	04:45:20	00:28:32	02:31:23	01:38:41	303
41	799 João Pedro Baptista Antunes	04:46:21	00:40:25	02:24:46	01:31:23	307
42	887 Francisco Dias	04:49:01	00:36:33	02:34:50	01:28:15	329
43	575 Afonso Diniz	04:49:34	00:38:53	02:27:39	01:32:27	331
44	505 Vicente Germano Pereira	04:49:38	00:39:28	02:38:47	01:23:28	332
45	111 João Rainho Fernandes	04:49:52	00:39:20	02:31:47	01:27:15	333
46	510 Marrion Silveira Dias	04:52:07	00:40:19	02:42:54	01:19:34	343
47	642 Marco António Sousa Miguel	04:52:09	00:35:05	02:47:13	01:22:43	344
48	895 Sebastiao Patricio	04:52:21	00:40:26	02:30:00	01:29:37	348
49	805 Ivo Miguel Monteiro Da Silva	04:52:22	00:48:42	02:30:20	01:24:51	351
50	226 Manuel Cabrita	04:53:48	00:34:24	02:34:34	01:36:09	364
51	897 Tiago Sousa	04:54:29	00:38:07	02:40:25	01:25:18	369
52	817 Miguel Santos	04:54:32	00:37:55	02:34:12	01:31:34	370
53	680 Ricardo Filipe Raimundo Belchior	04:55:15	00:40:21	02:40:49	01:23:43	377
54	781 Manuel Gomes	04:57:08	00:36:41	02:42:48	01:25:57	393
55	613 Artur Lima	04:58:04	00:38:13	02:40:51	01:30:46	397
56	661 Pedro Couto	04:59:25	00:40:08	02:41:54	01:27:52	415
57	307 Miguel Soares	05:00:05	00:40:16	02:43:53	01:21:55	421
58	943 Pedro Rocha	05:00:15	00:43:16	02:35:31	01:29:00	422
59	468 Francisco Bruno	05:00:17	00:38:25	02:24:34	01:49:28	423



60	665 João Rubina	05:02:45	00:42:35	02:37:46	01:31:07	440
61	139 João Ferreira	05:04:31	00:36:31	02:33:24	01:43:00	454
62	901 André Cálix	05:08:11	00:44:26	02:44:23	01:26:42	481
63	830 Pedro Líbano Monteiro	05:09:38	00:41:16	02:47:02	01:32:14	487
64	225 Lucas Gomes	05:09:56	00:36:48	02:41:31	01:39:12	489
65	921 Tomás Lourenço	05:13:07	00:32:18	02:53:27	01:38:09	508
66	841 Nuno André Alves Da Silva	05:17:06	00:34:01	02:23:27	02:05:48	527
67	477 Ricardo Rodrigues Carvalho	05:17:50	00:44:15	02:46:51	01:33:58	535
68	814 Pedro Silva	05:19:22	00:40:13	02:43:53	01:43:22	544
69	848 Javier Abreu Arnaiz	05:19:55	00:40:19	02:39:59	01:48:38	546
70	92 Miguel Barreto	05:19:59	00:41:58	02:48:48	01:39:45	547
71	851 Joao Pedro Almeida	05:22:20	00:45:16	02:43:57	01:38:49	559
72	696 João Veloso	05:26:47	00:39:37	02:57:33	01:41:13	582
73	231 Bruno Nunes	05:26:52	00:44:15	02:45:44	01:43:09	584
74	56 Vasco Martins De Almeida	05:28:24	00:43:56	02:46:43	01:46:07	593
75	818 David Varela	05:29:56	00:33:29	02:30:09	02:15:50	595
76	958 Luis Garcez	05:32:06	00:45:25	02:45:18	01:48:55	606
77	227 André Lopes Nunes	05:38:57	00:40:53	02:44:01	02:01:42	637
78	97 Filipe Campos	05:39:10	00:49:04	03:05:18	01:32:52	638
79	107 João Vitória Silva	05:41:04	00:35:26	02:54:50	02:02:00	648
80	846 Simão Tavares	05:42:07	00:54:56	02:45:07	01:47:15	650
81	199 Pedro Mariz	05:42:07	00:49:05	02:56:49	01:42:24	651
82	731 Pedro Nuno Sales Da Fonesca	05:47:53	00:46:05	03:05:04	01:46:29	673
83	567 Henrique De Lacerda Tinoco	05:48:36	00:48:10	02:58:01	01:52:11	676
84	57 Vitor Oliveira	06:06:05	00:47:00	03:03:31	01:58:31	719
85	608 Filipe Barbosa	06:10:35	00:45:55	03:20:52	01:52:19	729
86	559 Tiago Campos	06:24:03	00:53:48	03:02:02	02:16:59	740

30 - 34 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	722	Ana Luísa Vieira Ramos	04:13:32	00:26:27	02:23:49	01:18:39	70
2	101	Lara Benito	04:34:00	00:38:59	02:31:02	01:17:12	202
3	339	Juliana Costa	04:39:27	00:35:25	02:27:27	01:28:45	254
4	675	Filipa Mendes Pinheiro	04:39:34	00:28:58	02:25:36	01:38:27	255
5	285	Diana Araújo Wallis De Carvalho	04:47:06	00:36:43	02:37:31	01:24:38	312
6	224	Rita Ribeiro	04:53:03	00:37:56	02:47:59	01:19:20	357
7	460	Carolina Folques Marquês	04:53:34	00:34:31	02:42:46	01:29:02	360



8	649 Larissa Kuchler	04:58:42	00:41:04	02:39:45	01:30:28	404
9	342 Sara Gonçalves	04:58:53	00:40:08	02:35:34	01:35:14	407
10	429 Élia Filipa Antunes Dos Santos	04:59:12	00:45:32	02:32:49	01:32:32	410
11	876 Patricia Alexandra Silva Contador	05:20:59	00:47:19	02:36:48	01:45:26	554
12	941 Carolina Neffe Durão	05:21:34	00:35:04	02:53:46	01:44:33	558
13	786 Ana Margarida Nico	05:35:44	00:44:09	02:44:27	01:58:22	622
14	703 Maria Lourenço	05:35:47	00:44:58	02:59:48	01:40:34	623
15	531 Rita Guerreiro	05:37:10	00:45:15	03:02:51	01:41:19	630
16	893 Maud Broeken	05:38:00	00:37:48	02:55:01	01:52:30	634
17	672 Karin Klein Pflingstag	05:42:15	00:45:58	03:01:11	01:39:17	652
18	963 Patricia Guerreiro Da Silva	05:45:42	00:47:41	03:12:42	01:33:55	667
19	833 Madalena Ayres	05:47:51	00:47:13	03:02:07	01:45:25	672
20	103 Rita Ramos	06:25:06	00:46:34	03:18:56	02:11:14	742

35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	827	Miguel Arraiolos	03:45:27	00:25:03	02:10:28	01:04:25	6
2	161	Duarte Tirapicos	03:55:41	00:35:39	02:05:39	01:07:12	17
3	374	Roi Martinez Martin	03:58:43	00:30:59	02:08:48	01:13:41	24
4	816	Luís Merca	03:59:22	00:29:50	02:10:42	01:13:15	27
5	308	Filipe Carneiro	04:00:56	00:33:29	02:06:25	01:14:22	31
6	39	Pedro Miguel Sequeira Rilho	04:02:20	00:33:57	02:09:23	01:13:16	34
7	131	André Filipe Serrano Barreto	04:03:05	00:32:11	02:07:50	01:17:05	37
8	766	João Nuno Roque De Carvalho Do Nascimento Graça	04:03:17	00:29:55	02:12:17	01:15:35	38
9	395	João Brísida Pacheco	04:03:25	00:32:24	02:08:20	01:17:53	39
10	218	Lopo Carvalho	04:04:23	00:33:37	02:14:59	01:09:57	41
11	555	Ricardo Gaspar	04:05:31	00:33:12	02:06:07	01:21:01	46
12	421	Jacinto Coelho Rodrigues	04:09:16	00:38:37	02:06:10	01:17:54	55
13	314	Diogo Vieira	04:12:23	00:36:00	02:17:33	01:13:35	66
14	364	Carlos Oliveira	04:14:01	00:30:13	02:17:31	01:19:57	71
15	836	Daniel Tomillero	04:14:57	00:29:21	02:17:53	01:20:38	75
16	792	André Filipe Saldanha Ferreira	04:15:41	00:32:04	02:19:36	01:16:10	76
17	85	David Alfeirão	04:15:48	00:38:29	02:11:29	01:19:36	78
18	976	Frederico Chaves	04:15:53	00:31:27	02:15:26	01:23:02	80
19	123	Bruno Caixinha	04:16:32	00:38:48	02:13:47	01:17:17	83
20	454	Ricardo Passos	04:18:18	00:33:00	02:27:39	01:11:46	94
21	54	Ricardino Gomes	04:18:42	00:34:17	02:20:12	01:16:11	98

22	348 Nuno Miguel Da Silva Dias	04:19:53	00:38:41	02:20:08	01:15:04	103
23	272 Fernando Manuels Conceicao Batista	04:20:30	00:34:45	02:21:45	01:16:58	107
24	500 Tiago Barros	04:20:39	00:40:44	02:09:59	01:22:02	111
25	788 Miguel Gonçalves	04:22:49	00:36:34	02:17:16	01:21:53	127
26	299 João Tiago Ribeiro Varela Serra	04:23:48	00:38:48	02:21:56	01:13:21	135
27	961 João Adérito	04:24:07	00:31:54	02:19:53	01:25:52	137
28	64 Guilherme Teles	04:24:37	00:39:50	02:11:34	01:23:53	139
29	91 Rui Santos	04:24:49	00:32:15	02:21:22	01:23:14	141
30	430 Manuel Fernando Pires Alves	04:26:20	00:37:18	02:18:35	01:22:25	146
31	337 David Roque Fernandes	04:26:36	00:41:43	02:16:35	01:21:39	147
32	347 Jose Madeira	04:26:43	00:38:13	02:19:04	01:22:10	148
33	568 Hugo Alexandre Costa Marques	04:27:55	00:39:56	02:20:40	01:20:03	155
34	880 Dimitri Athanasopoulos	04:28:31	00:34:09	02:22:11	01:25:09	157
35	300 João Diogo Ferreira	04:29:00	00:36:58	02:23:26	01:22:21	161
36	578 Pedro Cardoso	04:30:12	00:44:09	02:23:25	01:13:57	171
37	316 Afonso Chiote	04:31:32	00:38:15	02:29:10	01:13:41	181
38	297 Renato Carvalho	04:31:40	00:36:27	02:25:40	01:19:57	183
39	825 José Diogo Lucena	04:31:44	00:33:22	02:23:01	01:25:04	184
40	70 Ricardo Figueiredo	04:32:07	00:33:16	02:29:53	01:21:20	189
41	968 Rodrigo Marques	04:32:46	00:33:53	02:29:43	01:21:01	191
42	862 António Pedro Maia Ribeiro	04:32:52	00:37:37	02:29:04	01:20:06	192
43	598 Tiago João Maurício Belo Luís	04:35:56	00:35:27	02:30:39	01:21:02	214
44	241 Duarte Zambujo	04:36:11	00:41:32	02:26:55	01:17:23	217
45	363 Alexandre Sousa	04:36:56	00:36:00	02:25:49	01:26:08	225
46	1014 Ivan Mascarenhas	04:37:10	00:40:20	02:17:08	01:30:07	227
47	677 Sebastião Martins	04:38:15	00:35:01	02:34:07	01:21:43	237
48	304 João Gonçalo Tiago Miranda	04:38:33	00:37:16	02:31:00	01:21:30	239
49	859 Filipe Matos	04:38:39	00:38:35	02:20:57	01:32:23	240
50	58 Filipe Godinho	04:39:20	00:32:52	02:23:50	01:32:55	252
51	273 Nuno Saragoça	04:39:35	00:41:13	02:23:31	01:25:33	256
52	44 Tiago Santos	04:40:20	00:41:58	02:20:01	01:30:27	259
53	565 Marco Pequeno	04:40:25	00:39:09	02:28:08	01:25:20	260
54	926 Philippe Hennin	04:40:34	00:36:16	02:26:53	01:27:39	261
55	201 Tiago Espírito Santo	04:40:53	00:37:01	02:34:45	01:22:31	263
56	744 Duarte José Da Silva E Sá Reis	04:42:25	00:34:02	02:38:27	01:18:30	268
57	654 Pedro Flores	04:42:36	00:34:27	02:26:17	01:34:00	270
58	998 João Cúmano	04:43:58	00:33:09	02:32:42	01:30:26	285

59	558 Jorge De Mello	04:44:15	00:37:15	02:28:46	01:27:20	289
60	182 Eduardo Matos	04:44:28	00:36:49	02:23:57	01:36:26	293
61	770 Filipe Campos	04:44:42	00:32:46	02:30:37	01:31:32	295
62	931 Fernando Rodrigues Morais	04:44:45	00:40:05	02:35:58	01:20:30	296
63	595 Joao Nini	04:45:01	00:35:31	02:34:14	01:29:03	299
64	472 João Miguel Pais Vieira	04:45:40	00:40:16	02:28:39	01:29:48	306
65	885 Ruben Filipe Fonseca Maurício	04:46:56	00:33:28	02:35:34	01:27:48	309
66	673 David Gomez	04:47:37	00:42:00	02:24:53	01:33:11	315
67	473 Nelson Santos	04:47:57	00:38:14	02:37:08	01:25:31	318
68	82 Bernardo Cardoso	04:51:12	00:36:19	02:22:12	01:44:16	337
69	772 João Teles	04:51:25	00:38:55	02:33:36	01:28:56	339
70	195 Bruno Gonçalves	04:51:44	00:42:41	02:31:07	01:29:44	340
71	411 Bruno Gramaxo	04:53:45	00:40:49	02:24:59	01:39:47	363
72	957 Maxim Dragunov	04:54:10	00:41:49	02:25:22	01:37:12	365
73	984 Gaspar Rodrigues Santos Costa	04:54:19	00:37:48	02:30:36	01:38:44	367
74	170 Tiago Filipe Agostinho Cardoso	04:55:49	00:40:45	02:43:56	01:21:04	380
75	698 João Pinho	04:56:21	00:42:30	02:25:28	01:38:10	384
76	974 Renato Barbosa	04:56:26	00:46:32	02:28:50	01:29:34	385
77	384 Rui Santos	04:56:57	00:34:12	02:42:35	01:33:06	392
78	184 Gonçalo Santos	04:58:17	00:48:40	02:27:17	01:32:09	400
79	317 Pedro Filipe De Sá	04:58:39	00:39:20	02:41:31	01:26:47	403
80	38 Edgar Gonçalves	04:58:53	00:43:32	02:36:19	01:29:41	408
81	148 Francisco Silva	04:59:03	00:46:36	02:24:41	01:34:43	409
82	98 Diogo Carlos Saramago Marques	04:59:14	00:44:50	02:27:51	01:36:24	411
83	659 Joel Ramos	05:01:58	00:39:05	02:38:18	01:32:30	436
84	670 Paulo Ricardo Mesquita Rodrigues	05:02:05	00:41:43	02:45:03	01:25:32	437
85	763 Miguel Oliveira	05:04:02	00:37:26	02:49:44	01:23:09	448
86	953 João António Lameirão Gaspar	05:04:34	00:41:19	02:48:09	01:25:11	455
87	365 Gonçalo Duarte	05:07:02	00:42:02	02:47:08	01:29:02	475
88	89 João Santos Esteves	05:08:52	00:35:05	02:47:19	01:39:09	484
89	62 Fábio Santos	05:09:32	00:53:09	02:31:46	01:36:53	486
90	344 João Pedro Rocha Balsa	05:10:34	00:38:17	02:34:38	01:45:53	496
91	113 Bruno Pilar	05:12:47	00:46:46	02:39:59	01:36:57	507
92	657 Miguel Silva Palma	05:17:18	00:32:58	02:52:12	01:43:25	528
93	831 João Gomes	05:17:27	00:39:25	02:45:30	01:43:54	529
94	783 Rogério Santos	05:17:29	00:42:47	03:00:07	01:20:46	531
95	662 Vitor Mendonça	05:18:19	00:45:41	02:46:16	01:36:00	538

96	556 Daniel Pinto	05:21:10	00:43:56	02:46:38	01:37:35	556
97	291 Gonçalo Rosa	05:23:57	00:38:53	02:43:59	01:53:07	569
98	465 Nuno Fidalgo Barreiros	05:24:40	00:35:31	03:03:11	01:36:54	572
99	938 Gonçalo Roxo	05:24:47	00:36:49	02:50:54	01:48:54	574
100	582 Flavio Marquês Pereira	05:25:09	00:39:48	02:53:50	01:41:40	575
101	383 Renan Prado Lopes Silva	05:26:03	00:46:44	02:43:04	01:38:02	579
102	756 Luis Mendonça	05:26:17	00:38:01	02:57:54	01:42:04	580
103	27 Tiago André Pastor Lopes	05:26:54	00:39:47	02:55:25	01:39:00	585
104	546 Diogo Parracho	05:27:53	00:48:20	02:59:30	01:25:33	590
105	303 Alexandre Sandinha	05:30:48	00:47:18	02:36:21	01:56:40	601
106	171 Ricardo Lozano	05:33:16	00:33:00	02:53:37	01:52:57	610
107	936 Hugo Machado	05:34:05	00:42:07	02:58:20	01:41:28	616
108	669 Luis Pinho	05:36:58	00:43:44	03:06:20	01:38:01	629
109	842 José Maria Pina Manso	05:37:33	00:45:07	02:58:39	01:44:33	632
110	120 Carlos José Pereira	05:54:33	00:47:02	03:13:38	01:38:57	697
111	169 Francisco Quintal	05:55:57	00:33:38	02:57:20	02:14:21	702
112	869 Hugo Menino Aguiar	06:19:41	00:50:48	03:09:35	02:07:42	737
113	422 João Silva	06:25:01	00:46:15	03:06:56	02:13:39	741

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	14 Mariana Rocha Ferreira		04:31:17	00:39:08	02:25:58	01:21:12	178
2	265 Yana Glaser		04:48:28	00:33:30	02:33:05	01:33:34	326
3	262 Andreia Milene Patrício Lourenço		04:56:08	00:48:01	02:36:16	01:25:15	383
4	815 Marina Paixao		05:03:07	00:39:12	02:37:24	01:34:56	441
5	813 Ana Oliveira		05:06:28	00:40:51	02:45:09	01:30:19	471
6	327 Joana Rosado		05:10:11	00:36:04	02:50:02	01:36:13	491
7	133 Andreia Tourais		05:36:09	00:47:02	02:59:29	01:41:19	625
8	689 Mariana Da Silva Neto Cabrita		05:39:17	00:46:32	03:05:37	01:38:02	640
9	99 Mariana Duarte		05:53:56	00:41:55	03:15:03	01:45:16	695

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	860 Paulo Cândido		03:55:46	00:32:05	02:07:48	01:09:45	18
2	692 Manuel Júlio		03:58:35	00:29:35	02:12:45	01:11:02	23
3	216 Tiago Filipe Raimundo Cochicho		03:58:45	00:32:36	02:08:54	01:12:09	25
4	95 Bernardo De Jesus Pereira Fernandes		04:00:01	00:30:25	02:03:35	01:20:38	29



5	927 João Feijão	04:01:34	00:33:01	02:08:14	01:15:27	33
6	896 Nuno Ricardo Pais Lopes	04:05:00	00:29:31	02:13:39	01:15:46	43
7	197 João Matos	04:05:06	00:35:57	02:09:35	01:13:36	44
8	109 Pedro Duarte Pereira Da Conceição	04:05:55	00:30:05	02:11:50	01:19:06	49
9	678 Vasco Pinto	04:06:39	00:38:38	02:08:24	01:13:24	52
10	916 Ricardo Manuel Oliveira Pereira	04:11:02	00:34:40	02:20:32	01:10:27	58
11	644 Alexey Pulman	04:12:15	00:33:23	02:08:59	01:24:48	64
12	301 Ricardo Filipe Varela Costa	04:12:20	00:31:11	02:16:01	01:18:00	65
13	168 Joao Machado	04:13:22	00:37:28	02:14:24	01:13:37	68
14	720 Nuno Soares	04:14:16	00:37:54	02:09:14	01:19:44	72
15	36 Bruno Carlos	04:16:14	00:40:07	02:16:31	01:13:07	81
16	518 Carlos Miguel Duarte	04:17:00	00:32:33	02:19:42	01:18:50	87
17	791 Ricardo Cabral	04:17:49	00:36:44	02:11:01	01:22:21	90
18	186 Frederico Cipriano Batista	04:19:02	00:36:58	02:18:27	01:17:17	99
19	650 Bruno Martins	04:19:54	00:30:23	02:18:35	01:22:57	104
20	140 Bruno Costa	04:20:36	00:35:10	02:21:30	01:17:42	110
21	610 Marco António Taxas Raminhos	04:21:00	00:36:20	02:14:00	01:22:44	113
22	780 Pedro Pimentel	04:21:40	00:35:20	02:14:38	01:22:09	117
23	949 Julien Samaha	04:21:56	00:32:45	02:20:36	01:21:52	121
24	676 Leilltonn Pablllo Sipaubá De Sousa	04:23:31	00:37:54	02:15:27	01:22:32	132
25	564 Pavlo Bezchastnyi	04:23:38	00:37:35	02:19:10	01:19:17	134
26	621 Ivan Valadares	04:24:04	00:36:32	02:18:06	01:22:10	136
27	398 Filipe Silva	04:25:49	00:35:43	02:26:30	01:16:45	144
28	682 João Ferreira	04:27:07	00:45:52	02:13:06	01:19:33	150
29	1003 Henrique Ubach Trindade Mota Pereira	04:27:13	00:29:42	02:21:35	01:30:35	151
30	777 Diogo Martins Ferreira	04:28:26	00:33:05	02:23:05	01:24:35	156
31	450 Daniel Jose Cesario	04:29:18	00:37:48	02:13:30	01:32:13	164
32	268 Pedro Miguel Machado	04:29:33	00:33:38	02:27:49	01:22:05	166
33	625 Pedro Gil Pinheiro Coutinho De Almeida	04:29:40	00:36:47	02:25:09	01:20:13	167
34	67 Telmo Nogueira	04:30:43	00:44:09	02:27:15	01:12:13	172
35	394 Rui Manuel Lopes De Oliveira	04:31:29	00:37:20	02:26:44	01:17:57	180
36	601 João Paulo Nunes Ferreira Ribeiro Cardoso	04:31:35	00:34:27	02:28:58	01:21:08	182
37	597 Fábio Manuel Dias Teixeira	04:31:46	00:35:20	02:19:21	01:28:31	185
38	96 Tiago Jorge Colaço Vitorino	04:31:54	00:38:12	02:17:33	01:27:15	186
39	529 Bruno Calado	04:32:57	00:37:23	02:21:39	01:25:08	193
40	154 Luís Gonçalves	04:33:22	00:39:31	02:25:59	01:17:47	196
41	794 Paco Espinosa Gragera	04:33:34	00:35:28	02:29:26	01:22:05	198



42	368 Ricardo Jeronimo	04:33:35	00:34:03	02:20:18	01:31:28	199
43	983 Pedro Teles	04:34:20	00:34:55	02:20:08	01:30:21	203
44	480 Joel Cunha	04:35:00	00:41:04	02:21:06	01:23:03	205
45	483 Pedro Gandola	04:35:23	00:33:39	02:22:54	01:30:29	210
46	335 Jorge Gonzaga Duarte	04:35:29	00:37:19	02:23:56	01:26:56	211
47	517 Rui Trigueiro	04:35:33	00:38:22	02:25:19	01:24:59	212
48	626 Pedro Lima	04:36:38	00:39:16	02:22:12	01:28:29	223
49	828 Julio Firme	04:36:45	00:38:27	02:26:03	01:21:46	224
50	1006 João Nuno Neves Bairrão	04:38:56	00:32:23	02:21:24	01:35:39	247
51	549 José Gonçalves	04:39:03	00:37:28	02:30:12	01:24:06	249
52	55 Miguel Lima	04:42:34	00:39:58	02:34:54	01:20:01	269
53	572 Vitalii Provotorov	04:42:42	00:36:03	02:21:23	01:36:29	271
54	724 Fernando Alberto Das Dores Francisco	04:43:38	00:44:47	02:26:17	01:22:10	277
55	822 Roberto Rosado	04:43:42	00:41:16	02:26:22	01:28:55	278
56	714 Ricardo Pereira	04:43:49	00:41:23	02:33:27	01:19:23	282
57	176 Cláudio Canavilhas	04:43:55	00:36:53	02:33:32	01:25:35	283
58	53 Joao Luis De Sousa Godinho	04:44:35	00:44:17	02:26:04	01:25:23	294
59	105 João Ricardo Figueiredo	04:45:05	00:37:05	02:28:18	01:31:05	300
60	166 Ricardo Fernandes Vidal Gomes	04:45:22	00:34:43	02:23:25	01:38:24	304
61	130 Nuno Gonçalo Silva	04:45:31	00:33:21	02:26:25	01:38:58	305
62	377 Filipe Ferreira	04:46:59	00:43:08	02:30:23	01:21:39	310
63	705 Henrique Miguel Gonçalves Rodrigues Delgado	04:47:13	00:33:08	02:30:20	01:36:04	313
64	795 Manuel Castro Pizarro	04:47:25	00:36:12	02:27:21	01:37:05	314
65	614 Andrea Saporito	04:48:23	00:43:41	02:32:09	01:24:26	323
66	602 Flávio Vieira Carvalho De Figueiredo	04:49:54	00:36:08	02:36:27	01:29:11	334
67	845 Joao Guimaraes	04:51:21	00:40:40	02:26:51	01:34:29	338
68	891 Pedro Couto	04:52:17	00:38:29	02:33:07	01:28:02	347
69	748 Ângelo Miguel De Gouveia Teixeira	04:52:22	00:42:58	02:31:38	01:28:50	350
70	471 Tiago Teles Tavares	04:52:37	00:37:11	02:38:08	01:28:32	354
71	969 Rui Trovão	04:53:43	00:38:12	02:31:57	01:34:41	362
72	973 Carlos César Medeiros Da Silva Matias Gomes	04:54:54	00:39:55	02:26:02	01:36:56	372
73	104 Pedro Alexandre Tomas Luiz	04:55:47	00:43:04	02:27:23	01:35:46	379
74	257 Pedro Félix	04:56:41	00:30:20	02:35:05	01:42:52	390
75	899 Bruno Pimenta	04:57:24	00:38:47	02:33:46	01:36:02	394
76	246 Bruno Alexandre Oliveira Da Silva	04:57:46	00:34:26	02:36:04	01:39:42	396
77	812 João Manuel Espinheira Magalhães Pina	04:59:19	00:40:10	02:41:56	01:28:34	412
78	640 Carlos Jorge Costa Escórcio	04:59:39	00:42:01	02:36:58	01:31:30	418



79	604 José Rodrigues	04:59:52	00:42:46	02:37:28	01:32:33	420
80	84 Renato André Santos Da Silva	05:00:17	00:48:04	02:30:59	01:31:17	424
81	277 Andre Passos Dos Santos	05:02:41	00:48:16	02:44:17	01:20:49	439
82	725 Bruno Gomes	05:04:05	00:36:52	02:36:34	01:39:59	449
83	402 Mário Júlio	05:04:37	00:47:31	02:30:56	01:33:15	456
84	1005 Guilherme Marta	05:04:47	00:39:28	02:44:31	01:30:45	457
85	527 Márcio Oliveira	05:04:53	00:47:43	02:35:55	01:31:32	458
86	397 João Nuno Alves Dias	05:05:10	00:38:01	02:39:49	01:40:43	461
87	80 Luís Miguel Caxias Melro	05:05:17	00:45:47	02:29:36	01:34:26	464
88	279 João Reis De Oliveira	05:05:54	00:44:05	02:36:08	01:38:52	467
89	730 Joao Almeida Nunes	05:06:02	00:41:40	02:41:46	01:31:54	468
90	939 Francisco Garnel	05:06:22	00:39:15	02:37:25	01:38:25	470
91	66 Diogo Justino	05:06:55	00:45:18	02:42:24	01:27:07	474
92	23 Francisco Almeida	05:07:19	00:37:27	02:38:30	01:40:41	476
93	704 Nuno Mendes	05:07:25	00:39:19	02:35:51	01:33:44	477
94	459 João Silva	05:07:39	00:47:13	02:39:48	01:29:17	479
95	318 Pedro Miguel Farinha	05:08:18	00:38:24	02:36:27	01:41:26	483
96	543 José Luís Teixeira Sampaio	05:09:54	00:47:10	02:47:09	01:25:56	488
97	697 George Leal	05:10:10	00:48:29	02:28:20	01:39:11	490
98	917 Hugo Miguel Silva Pereira Leal	05:12:29	00:40:57	02:35:35	01:47:14	504
99	713 Luís Ribeiro	05:13:12	00:43:26	02:39:46	01:37:58	510
100	683 Joao Ramos	05:16:24	01:00:27	02:29:47	01:36:34	520
101	774 Thiago Campanhã	05:16:45	00:47:30	02:30:04	01:48:45	522
102	561 António Marinho	05:18:11	00:43:25	02:45:55	01:37:18	537
103	768 Rafael Farias	05:18:57	00:41:02	02:50:40	01:34:59	540
104	775 Jorge Manuel Galvão Aires Rodrigues	05:19:00	00:51:48	02:56:43	01:20:59	542
105	147 Bruno Serra	05:20:14	00:40:06	02:49:12	01:36:21	548
106	630 Mario Saloio	05:20:38	00:43:03	02:46:19	01:42:12	551
107	302 Valter Rafael Anacleto	05:22:37	00:41:18	02:42:59	01:49:12	562
108	690 Claudio Mestre	05:23:24	00:44:21	02:55:15	01:34:34	566
109	616 Fábio Dos Santos Martins Munhoz	05:24:25	00:36:00	02:46:50	01:49:00	571
110	379 Gonçalo Dumienne	05:27:17	00:38:33	02:58:46	01:39:59	588
111	743 Tiago Vaz Osório	05:31:43	00:42:37	02:57:49	01:40:51	605
112	728 Helder Rodrigues	05:33:37	00:47:31	02:38:00	01:54:39	612
113	343 André Filipe Da Mata Carvalho	05:33:59	00:45:05	03:11:44	01:28:15	613
114	121 Gonçalo Gonzaga Pinto	05:34:07	00:37:50	02:52:22	01:55:41	617
115	764 Filipe Matos	05:35:19	00:49:15	02:50:03	01:40:23	619

116	934 Sérgio Nuno Maquinista	05:37:37	00:54:45	02:51:41	01:41:14	633
117	538 Hugo Gomes	05:39:13	00:44:36	02:46:09	01:58:15	639
118	624 Rui Filipe De Sousa Oliveira	05:40:42	00:47:38	02:51:14	01:48:54	647
119	945 Márcio Carreira Nobre	05:44:08	00:44:06	02:53:02	01:56:53	663
120	952 Luís Carlos Monteiro Campos	05:48:17	00:52:55	02:57:48	01:42:32	675
121	832 Daniel Freire Borges Martins	05:48:54	00:46:05	02:52:31	01:56:07	679
122	838 Ricardo Rato	05:49:32	00:46:54	03:08:36	01:43:30	682
123	537 Vitor Santa	05:50:47	00:42:23	02:59:20	01:57:39	685
124	190 Jorge Serrote	05:54:12	00:45:35	03:11:00	01:44:08	696
125	986 Afonso Álvares Pereira	05:55:15	00:47:17	03:05:36	01:45:55	698
126	994 Pedro Melo	05:57:28	00:39:27	03:04:20	01:58:02	707
127	695 Hélio Carreira	06:08:22	00:54:24	03:03:41	01:59:10	723

40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	717	Priscila Gonçalves	04:21:54	00:35:55	02:18:55	01:20:59	120
2	734	Mariana Carretero Carretero	04:38:53	00:34:24	02:32:27	01:25:36	246
3	353	Eva Margarida Santa Marta Da Silva	04:47:50	00:36:43	02:34:10	01:29:25	317
4	946	Ângela Cristina Alves De Carvalho	04:58:20	00:41:53	02:35:40	01:30:03	401
5	79	Mariana Alcoforado	04:59:25	00:36:58	02:49:53	01:25:51	416
6	1008	Jacqueline Rodrigues Fernandes	05:16:12	00:41:57	02:43:16	01:42:19	519
7	1015	Izabella Moreno Ducatti Pires	05:20:22	00:39:54	02:44:08	01:43:48	550
8	30	Miralany De Goes	05:30:41	00:44:16	02:51:49	01:44:48	599
9	789	Ana Duarte	05:30:55	00:43:56	02:54:34	01:42:36	602
10	635	Ana Luiza Quintella Teixeira De Freitas	05:33:01	00:42:16	03:01:33	01:41:08	609
11	637	Sofia Ribeiro Morelle	05:40:24	00:38:38	03:00:26	01:51:22	645
12	587	Teresa Sepúlveda	05:44:06	00:44:14	03:06:29	01:44:31	662
13	956	Ana Luiza De Oliveira Fernandes	05:49:37	00:40:31	03:04:25	01:50:26	683
14	615	Ana Belchior	05:50:57	00:50:09	02:53:28	01:50:44	687
15	883	Paula Lourenço	05:52:54	00:48:00	03:03:24	01:49:31	693
16	820	Ana Sofia Fonseca De Sousa	05:55:38	00:39:01	03:10:04	01:56:05	699
17	115	Ana Filipa Rosa Fernandes	06:04:58	00:49:43	03:08:13	01:57:20	717
18	19	Isabel Carvalho	06:12:10	00:50:08	03:11:30	01:58:51	732
19	890	Min-Chun Wei	06:38:57	00:45:57	03:12:42	02:24:24	748

45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	230	Leonardo Schwindt	03:51:37	00:29:58	02:04:27	01:11:38	10
2	536	Tiago Almeida	03:53:33	00:32:13	01:57:20	01:17:49	13
3	259	Jose Ramon Lago Cives	03:54:08	00:31:17	02:07:09	01:10:23	15
4	158	Lino Barruncho	03:58:00	00:33:27	02:07:33	01:11:51	22
5	264	Gonçalo Resina	04:04:45	00:38:42	02:08:40	01:10:06	42
6	607	João Paulo Pinto	04:06:18	00:33:13	02:07:04	01:19:57	50
7	735	Javier Rodríguez Alonso	04:06:36	00:32:15	02:08:03	01:20:14	51
8	26	Rui Narigueta	04:11:08	00:37:55	02:04:33	01:22:56	59
9	455	Carlos Rosário	04:12:09	00:32:59	02:16:18	01:17:45	63
10	475	Diogo Pina Pereira	04:16:42	00:37:06	02:11:24	01:22:51	86
11	925	Antonio Cumbre	04:18:05	00:33:49	02:17:18	01:18:55	92
12	834	António Ferreira	04:18:14	00:36:16	02:15:59	01:17:44	93
13	872	Hugo Fonseca	04:20:54	00:35:31	02:16:54	01:22:03	112
14	393	Pedro Miguel B Pinto Leal Fernandes	04:21:51	00:32:16	02:17:32	01:24:58	119
15	487	Jorge Fonseca	04:22:24	00:32:57	02:21:58	01:20:01	124
16	167	António V. Correia	04:22:24	00:33:40	02:22:38	01:20:41	125
17	590	Henrique Miguel Batalha Avelar	04:22:31	00:35:53	02:20:43	01:19:55	126
18	579	Marco Filipe Rosa Cristo	04:23:18	00:34:04	02:17:37	01:24:05	130
19	50	Firmino Alexandre Martins Ribeiro Dias	04:23:38	00:37:50	02:15:48	01:21:10	133
20	592	Rui Da Silva Santos	04:24:46	00:39:46	02:15:52	01:20:52	140
21	541	Ricardo Santos	04:26:05	00:37:57	02:17:34	01:24:25	145
22	712	Henrique Emanuel Estrela Pereira	04:27:19	00:38:58	02:18:13	01:20:34	152
23	68	Pedro Miguel Ferreira Da Silva Nogueira	04:29:10	00:36:31	02:14:20	01:30:33	163
24	861	Luis Figueira	04:29:31	00:35:51	02:20:10	01:23:30	165
25	935	Pedro Fernandes	04:29:56	00:35:45	02:17:27	01:25:47	168
26	493	João Pedro Farinha	04:30:01	00:35:22	02:21:23	01:25:12	169
27	444	Nuno Sousa Bela	04:30:04	00:37:50	02:25:31	01:18:08	170
28	445	Guilherme Libório	04:31:59	00:33:27	02:28:20	01:21:42	187
29	340	Francisco Muñoz Sosa	04:32:07	00:38:48	02:27:01	01:19:15	188
30	254	Gonçalo Correia	04:32:29	00:33:54	02:17:26	01:32:30	190
31	244	Miguel Correia Duarte	04:32:57	00:33:29	02:31:03	01:21:00	194
32	981	Ricardo Nuno Carvalho	04:33:41	00:39:33	02:21:06	01:24:31	201
33	351	Gonçalo Almeida	04:35:02	00:35:07	02:24:12	01:28:51	206
34	31	Vasco Guerreiro	04:35:05	00:35:52	02:31:36	01:19:41	207



35	588 Mário Oliveira	04:35:18	00:38:19	02:22:49	01:28:31	208
36	989 André Aires Ferreira De Barros	04:35:21	00:36:33	02:21:19	01:24:05	209
37	129 Pedro Mendonca	04:37:46	00:39:32	02:22:07	01:27:46	231
38	61 Frederico Vidal	04:38:49	00:32:26	02:33:30	01:26:19	242
39	467 Marco Seixo	04:38:53	00:41:50	02:19:07	01:23:18	245
40	106 Alberto Dias	04:39:13	00:38:57	02:17:20	01:35:06	251
41	296 Joao Fernandes Silva	04:39:40	00:41:38	02:23:25	01:26:21	257
42	426 António Carlos De Sousa Reis Rainho Pereira	04:40:13	00:37:45	02:22:40	01:29:37	258
43	352 Ricardo Quitério	04:40:55	00:40:31	02:22:56	01:29:01	264
44	355 Pedro Fernandes	04:42:48	00:35:49	02:29:59	01:31:08	272
45	287 André Cabral	04:43:08	00:36:11	02:38:30	01:20:57	273
46	924 Rui Corrêa Henriques	04:43:32	00:38:27	02:27:58	01:28:46	276
47	443 Martim Nunes	04:43:45	00:42:17	02:32:30	01:18:00	280
48	206 Válter Cruz Luís	04:43:48	00:39:38	02:22:43	01:33:39	281
49	108 Pedro Rebola	04:43:57	00:43:02	02:24:14	01:22:23	284
50	798 Tiago Bruno Pereira Peixoto De Sousa	04:43:59	00:41:44	02:30:44	01:23:00	287
51	153 Luís Filipe Ferreira Cacela Carreira	04:44:12	00:38:05	02:21:23	01:33:35	288
52	988 Pedro Ricardo Pacheco Fernandes	04:44:21	00:38:53	02:36:11	01:18:15	291
53	366 Marco Rocha	04:45:16	00:39:07	02:29:33	01:26:06	301
54	325 Nuno Rolão Barruncho	04:48:18	00:46:08	02:31:10	01:21:56	321
55	759 Paulo Faria	04:48:26	00:40:54	02:32:28	01:19:50	324
56	508 Hugo Rodolfo De Campos Martins	04:48:27	00:45:12	02:27:20	01:26:05	325
57	855 Vitor Fonseca	04:48:46	00:42:23	02:26:54	01:29:31	327
58	134 Pedro Ricardo Branco Barata Filipe	04:48:50	00:31:33	02:32:53	01:35:53	328
59	203 Christian Ramos	04:49:23	00:38:57	02:33:25	01:28:34	330
60	919 Nuno Silveira	04:50:00	00:41:51	02:36:33	01:23:28	335
61	687 Joao Ribeiro Silva	04:52:12	00:46:54	02:30:56	01:20:22	345
62	196 João Pedro Serôdio	04:52:14	00:39:37	02:27:52	01:34:46	346
63	685 Alexandre Miguel Gomes Guimarães	04:52:29	00:44:39	02:27:07	01:31:49	352
64	478 Filipe Pereira	04:52:37	00:39:37	02:34:08	01:27:23	353
65	295 Nuno Simoes	04:53:41	00:34:16	02:30:35	01:40:44	361
66	332 Bruno Fonseca	04:54:19	00:37:12	02:33:02	01:37:32	368
67	702 Luis Coelho	04:54:54	00:37:47	02:33:49	01:33:52	371
68	871 Daniel José Da Graça Oliveira Santos	04:55:02	00:48:08	02:30:47	01:26:49	376
69	435 Ricardo Mateus	04:56:03	00:41:34	02:39:45	01:25:39	382
70	622 Ricardo Félix	04:56:29	00:44:39	02:30:15	01:28:34	386
71	162 António Barbosa	04:56:29	00:43:25	02:43:42	01:20:14	387



72	229 Ricardo Faria	04:56:30	00:36:24	02:30:13	01:40:20	388
73	554 João Serralha	04:56:40	00:32:14	02:34:27	01:42:26	389
74	376 Ken Shevlin	04:56:57	00:38:34	02:26:51	01:41:15	391
75	90 Dinis Delgado Dos Santos	04:58:32	00:37:22	02:45:41	01:26:07	402
76	358 Thomas Stark	04:59:19	00:49:04	02:32:04	01:28:56	413
77	908 Nelson Carrasquinha	04:59:19	00:45:42	02:34:05	01:27:56	414
78	312 Bruno Cunha	04:59:41	00:47:13	02:32:04	01:32:23	419
79	804 Pedro Ruão	05:00:20	00:43:30	02:27:11	01:40:18	425
80	954 Víctor Alfonso Bardón Sánchez	05:00:20	00:40:02	02:31:34	01:37:51	426
81	40 Marco Pedro Gonçalves Miguel	05:01:01	00:39:31	02:25:41	01:42:24	428
82	1002 Octavio Miguel Rita Pereira Cardoso	05:01:21	00:39:28	02:35:22	01:36:31	431
83	110 Gustavo Antunes	05:01:25	00:40:50	02:37:38	01:34:15	432
84	1012 Hugo Braz	05:01:46	00:39:29	02:28:28	01:42:48	433
85	628 Vítor Hugo Da Silva Ferreira	05:01:55	00:41:09	02:36:54	01:35:58	435
86	528 Vasco Afonso	05:03:34	00:44:22	02:42:10	01:27:06	444
87	124 Esmeraldino José Guerreiro	05:03:40	00:45:39	02:45:02	01:25:33	445
88	178 Hélio Rasteiro	05:04:09	00:42:14	02:32:34	01:35:20	451
89	867 Hugo Carlo Jordao Barateiro	05:04:15	00:42:43	02:39:24	01:33:37	452
90	114 Nuno Miguel Barreiro Navalho	05:04:59	00:48:36	02:28:55	01:37:06	460
91	125 Nuno Almeida	05:05:53	00:53:17	02:34:34	01:25:45	466
92	856 Pedro Azevedo	05:06:10	00:44:57	02:37:28	01:35:19	469
93	126 Ricardo Alvares Pereira	05:06:33	00:42:32	02:33:47	01:41:42	472
94	506 Diogo Navas Garcia	05:09:24	00:36:37	02:49:00	01:32:04	485
95	681 Luís Mendes	05:10:21	00:42:53	02:45:14	01:31:35	492
96	576 Bruno Pereira	05:12:28	00:41:25	02:52:49	01:26:36	503
97	584 Jorge Santos Ferreira	05:12:29	00:38:58	02:38:15	01:46:53	505
98	65 Luís Lemos	05:13:36	00:48:28	02:43:40	01:33:47	511
99	928 Emanuel António Constantino Pinto	05:14:43	00:37:57	02:41:11	01:46:58	514
100	359 Carlos Gouveia	05:14:48	00:45:14	02:33:30	01:45:52	515
101	641 Paulo Garrudo	05:15:54	00:47:25	02:39:23	01:41:17	518
102	135 Nuno Simoes	05:16:55	00:39:23	02:47:18	01:42:03	524
103	37 Hildebrand Castro	05:18:46	00:41:13	02:40:25	01:42:36	539
104	760 Silvio Jorge Dias	05:19:25	00:41:21	02:48:10	01:34:27	545
105	157 João Pereira De Sousa	05:22:41	00:46:03	02:40:44	01:43:53	563
106	551 Sergio Arco Marquiz	05:22:51	00:39:56	02:50:55	01:42:45	564
107	432 Mario Batista	05:23:51	00:46:03	02:57:34	01:28:31	568
108	163 Jorge Barroso	05:24:24	00:39:06	02:51:01	01:43:05	570



109	863	Tiago Barcelos Vaz	05:24:45	00:46:29	02:51:59	01:35:43	573
110	463	Rui Gomes	05:26:31	00:39:09	02:42:03	01:52:18	581
111	350	Pedro Gonçalves Pinto	05:27:50	00:46:54	02:36:33	01:56:24	589
112	535	Tiago Pinhal	05:28:18	00:46:28	02:55:12	01:38:18	592
113	903	Miguel Costa	05:30:48	00:37:44	03:02:26	01:41:29	600
114	563	Pedro Tavares	05:30:56	00:45:16	03:01:04	01:35:28	603
115	1013	Rodolfo Tristão	05:36:21	00:39:06	02:52:20	01:51:33	626
116	741	Ricardo Miguel Nunes Duarte	05:37:16	00:45:16	02:45:17	01:56:16	631
117	540	Joao Paulo Coelho Pinto	05:39:42	00:47:05	02:57:43	01:42:38	642
118	570	Sandro Silva	05:40:41	00:49:18	02:48:16	01:49:38	646
119	911	Ricardo Pita	05:45:21	00:33:16	03:01:49	02:00:47	665
120	150	Eduardo Poças	05:47:08	00:36:09	02:57:40	02:03:22	671
121	787	Sofia Rodrigues	05:48:50	00:42:42	03:06:01	01:46:36	678
122	144	João Blasques	05:50:58	00:42:11	03:10:13	01:45:27	688
123	235	Vasco Baptista	06:04:25	00:45:53	03:01:05	02:05:10	715
124	83	Fabio Luis Pasta	06:05:10	00:49:45	03:11:11	01:52:12	718
125	470	Renato Braz	06:09:34	00:43:33	03:04:07	02:07:33	726
126	991	Richard Ferguson	06:11:33	00:50:06	03:20:42	01:48:01	731
127	985	Bruno Lindoso	06:18:25	00:55:39	03:01:46	02:07:09	736
128	548	Fernando Zanon Ambrogi Coelho Gonçalves	06:23:53	00:43:08	03:12:49	02:09:25	739

45 - 49 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	889	Alberta Pereira	04:44:52	00:38:41	02:28:44	01:29:03	297
2	42	Nadine Dittrich	04:51:57	00:33:39	02:33:56	01:37:39	341
3	977	Denise Veberling Lorenzoni	04:58:45	00:38:26	02:41:34	01:31:52	405
4	433	Patricia Rivotti	05:04:54	00:39:06	02:46:57	01:28:09	459
5	593	Natália Vieira Silva	05:13:11	00:43:21	02:40:33	01:38:10	509
6	280	Madalena Madeira De Andrade	05:17:41	00:42:57	02:44:53	01:43:13	534
7	1011	Alessandra Spagnol	05:36:37	00:42:18	02:54:12	01:46:59	627
8	461	Conceição Santos	05:45:53	00:49:40	03:01:08	01:46:00	668
9	589	Inês Isabel De Matos Branco	05:48:42	00:41:59	03:04:27	01:52:56	677
10	22	Catarina Marques Vieira	05:56:10	00:41:59	02:57:59	02:05:59	704
11	807	Carla Filipa Pólvora Santos	06:00:10	00:52:51	03:13:32	01:45:12	712
12	512	Catia Curica	06:02:49	00:43:32	03:12:42	01:55:45	714
13	586	Elisabete Mendes Da Costa	06:31:42	00:44:01	03:29:11	02:08:25	746

50 - 54 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	189	Luís Manuel Paios Mira Nunes	04:05:49	00:33:24	02:07:18	01:19:26	48
2	599	Rui Costa	04:10:19	00:38:11	02:12:28	01:14:00	57
3	276	Samuel Alexandre Dias Eugénio	04:16:32	00:38:13	02:16:23	01:15:02	84
4	1016	Carlos Alberto Dos Santos Custodio	04:17:37	00:33:34	02:18:25	01:19:13	89
5	250	Alexandre Paiva Nunes	04:20:22	00:38:40	02:20:40	01:14:55	106
6	412	Luis Alegrias	04:21:16	00:33:43	02:15:20	01:25:09	114
7	202	Nuno Miguel Rico Carvalhinho	04:23:08	00:36:36	02:16:44	01:22:45	129
8	137	Ivo Magalhães	04:24:37	00:36:43	02:15:55	01:22:44	138
9	60	Paulo Lamego	04:27:39	00:33:11	02:16:35	01:31:13	153
10	600	José Carlos Abrantes	04:30:49	00:33:47	02:30:48	01:19:14	173
11	330	Nuno Miguel Nobre Lopes	04:34:51	00:41:31	02:24:14	01:22:03	204
12	399	Luis Carvalho	04:37:18	00:38:21	02:20:11	01:31:25	229
13	853	Nuno Carlos F. Campos	04:38:10	00:43:43	02:21:16	01:23:15	235
14	294	Pedro Manuel De Oliveira Leiria	04:39:01	00:38:28	02:23:38	01:26:39	248
15	440	Rui Gonçalves	04:41:53	00:43:53	02:28:15	01:21:37	267
16	580	Rogério Pires	04:43:58	00:39:48	02:22:37	01:32:23	286
17	284	Pedro Nunes	04:44:19	00:33:56	02:23:56	01:37:42	290
18	476	José Luis Farinha	04:47:05	00:43:47	02:22:32	01:32:40	311
19	523	Ruben Vila Sieira	04:48:22	00:35:49	02:40:33	01:24:33	322
20	81	Francisco Manuel Mendes Cascalhais	04:52:42	00:40:39	02:39:13	01:23:48	355
21	321	Tiago José Fernandes Duarte	04:52:43	00:40:59	02:25:22	01:35:39	356
22	271	Ken Gielen	04:53:28	00:28:41	02:31:19	01:45:27	359
23	886	António Carlos Esquetim Marques	04:54:17	00:35:38	02:35:46	01:35:31	366
24	765	Miguel Silva	04:55:36	00:42:45	02:32:51	01:27:27	378
25	585	Luís Paixão	05:00:28	00:34:23	02:37:25	01:39:15	427
26	796	David Almeida	05:01:06	00:42:37	02:39:23	01:26:11	429
27	835	Marco António Silva	05:01:47	00:42:10	02:39:13	01:31:08	434
28	496	Diogo Silva	05:03:30	00:37:26	02:33:03	01:43:42	443
29	247	João Teives	05:07:33	00:43:22	02:38:03	01:33:14	478
30	286	Eládio Manuel	05:08:02	00:47:30	02:45:03	01:25:55	480
31	1000	Jose Alcidio Fernandes Meira Rodrigues	05:08:13	00:43:09	02:34:17	01:37:28	482
32	521	Bruno Miguel Carvalho Da Silva	05:10:21	00:39:00	02:45:20	01:39:35	493
33	165	Duarte Vaz Almada	05:10:27	00:40:46	02:38:26	01:39:21	494
34	208	Alberto Jorge Soares Pires	05:10:55	00:42:23	02:38:08	01:37:01	498



35	436 Carlos Preciso	05:17:03	00:48:29	02:42:34	01:35:00	525
36	619 Paulo Salgado	05:17:05	00:44:45	02:44:27	01:38:08	526
37	709 Nuno Júlio	05:17:28	00:39:14	02:43:56	01:42:02	530
38	243 Aleksandar Stojanovic	05:18:59	00:46:45	02:43:59	01:35:28	541
39	290 José Gonçalves	05:20:53	00:40:34	02:40:49	01:47:45	552
40	633 José Lebre	05:21:01	00:56:00	02:34:39	01:38:25	555
41	571 Luís Bravo	05:32:18	00:56:40	02:45:12	01:41:32	607
42	240 Nuno Rosa Lopes	05:32:32	00:43:41	02:49:06	01:50:12	608
43	205 Rui Catarrinha	05:34:03	00:39:05	02:44:25	01:53:38	614
44	497 Mário Porfírio	05:34:04	00:38:36	03:03:26	01:40:54	615
45	267 Paulo Moutinho	05:35:21	00:34:51	02:56:58	01:48:33	620
46	100 Eduardo Filipe Amaro Ferreira	05:35:34	00:45:34	02:45:21	01:54:20	621
47	507 Mário Fonseca	05:36:09	00:42:29	02:47:15	01:54:26	624
48	16 Miguel Cocco	05:38:39	00:39:58	02:43:47	02:02:03	635
49	979 Francisco José Serrano Faria	05:38:43	00:46:52	02:50:44	01:46:07	636
50	466 Bruno Sousa	05:42:50	00:39:05	03:18:26	01:35:52	657
51	995 Antonio Manuel Leite Ribeiro	05:43:07	00:51:02	03:00:08	01:40:53	658
52	707 Pedro Castanheira	05:43:40	00:50:07	02:54:58	01:46:44	659
53	663 Nuno Clemente	05:44:55	00:48:06	02:44:20	02:00:31	664
54	962 João Souza	05:45:33	00:45:18	03:03:30	01:44:39	666
55	629 Rui Da Silva Valente	05:49:10	00:43:26	02:50:53	01:58:18	680
56	623 Marcos Cagido	05:49:23	00:44:26	03:04:17	01:50:00	681
57	632 Nuno Lucas	05:51:14	00:45:09	03:01:55	01:48:02	689
58	912 Paulo José Cláudio Farinha	05:51:41	00:47:47	02:52:30	01:58:22	690
59	17 Rodrigo Ferreira Santos	05:52:04	00:50:05	03:06:02	01:39:57	692
60	948 Urbino De Jesus Pedro Dos Santos	05:55:50	00:37:00	03:10:06	01:57:30	701
61	910 Antonio Anunciada	05:58:53	00:48:46	02:52:07	02:04:10	710
62	266 Jorge Vieira	06:08:02	00:44:25	03:05:11	02:06:31	722
63	228 Mário Nuno Sobral	06:08:32	00:30:06	03:02:10	02:19:38	724
64	965 Diogo Allegro	06:08:44	00:38:56	03:21:25	01:52:58	725
65	112 Carlos Martins	06:26:08	00:45:19	03:16:39	02:10:00	743
66	392 Nuno Miguel Ferraz Pontinha	06:31:11	00:46:38	03:15:53	02:18:24	745

50 - 54 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	256	Daniela Langaro	05:11:11	00:39:16	02:43:00	01:35:51	500
2	187	Ana Isabel Duarte	05:17:40	00:38:16	02:44:38	01:45:50	533

3	562 Cláudia Fernandes	05:50:55	00:44:42	03:12:31	01:41:13	686
4	213 Fernanda Marques Santinha	05:55:43	00:44:00	03:11:54	01:39:03	700

55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	233	Mario Jorge Graça Machado	03:52:24	00:29:06	02:08:28	01:09:09	11
2	489	José Rui Galvao	04:08:06	00:33:38	02:08:06	01:18:44	54
3	75	Fernando Carmo	04:12:02	00:39:14	02:07:31	01:18:00	62
4	217	Jorge Calafate	04:13:07	00:30:33	02:16:51	01:19:41	67
5	324	Neville Suzman	04:38:03	00:38:26	02:19:41	01:30:10	233
6	415	Miguel Carballo	04:38:09	00:33:34	02:28:49	01:28:50	234
7	914	Paulo Carvalhinho	04:58:05	00:39:00	02:33:58	01:35:22	398
8	736	Alberto Esteves	04:58:51	00:43:21	02:34:07	01:29:03	406
9	35	Manuel António Santos Nunes	05:11:06	00:41:04	02:39:38	01:37:54	499
10	881	Fernando Ferreira	05:11:44	00:45:13	02:43:37	01:28:33	501
11	482	Mauricio Jose Vaz Da Costa	05:14:23	00:38:46	02:40:40	01:45:00	513
12	694	Carlos Ribeiro Ferreira	05:15:12	00:32:44	02:54:25	01:38:03	517
13	410	João Aranha Menezes	05:17:39	00:51:42	02:35:55	01:39:04	532
14	971	Antonio Da Cunha	05:21:18	00:39:03	02:45:37	01:46:08	557
15	234	João Caxaria Santos	05:22:24	00:40:42	02:40:42	01:48:44	560
16	88	José Luís Almeida	05:22:36	00:43:17	02:48:55	01:41:56	561
17	866	Sérgio Ogasawara De Oliveira	05:23:49	00:48:16	02:35:43	01:50:20	567
18	378	Vasco Pinheiro	05:30:16	00:43:37	02:38:02	01:56:31	597
19	252	Miguel António Reis Cruz	05:33:32	00:47:26	02:51:56	01:41:02	611
20	209	Rui Ramalhal	05:39:44	00:43:18	03:04:47	01:38:49	643
21	24	Charles Lima	05:43:52	00:46:18	02:54:43	01:48:23	660
22	458	Rui Manuel Lopes Martins	05:46:59	00:48:24	02:53:00	01:51:37	670
23	305	Nuno Antunes	05:57:22	00:46:18	03:00:04	02:00:44	706
24	660	Carlos Alberto Guedes Lopes	06:16:22	00:40:37	03:10:46	02:06:32	735
25	28	Luís Graça	06:22:38	00:46:58	03:03:45	02:17:38	738

55 - 59 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	829	Ruth Da Cunha	05:28:07	00:42:23	02:48:47	01:49:47	591
2	174	Jeane Figueiredo De Abreu	05:39:38	00:43:56	02:48:38	01:51:32	641

60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	997	Carlos Manuel Santos Silva	04:26:52	00:43:39	02:19:59	01:16:05	149
2	715	Miguel Teixeira Duarte	04:33:19	00:34:20	02:24:38	01:24:41	195
3	1007	Rogério Araújo	05:03:23	00:37:01	02:30:15	01:41:35	442
4	581	Luis Manuel Sampaio Da Silva E Cunha Trigo	05:06:51	00:42:47	02:44:11	01:29:13	473
5	310	Luis Morais	05:10:38	00:43:29	02:35:11	01:41:58	497
6	211	Paulo Trindade	05:16:48	00:39:47	02:43:19	01:44:17	523
7	164	Francisco Sanches-Osório	05:23:06	00:40:03	02:42:14	01:49:05	565
8	270	João Carlos Lourenço	05:27:08	00:45:15	03:01:06	01:30:18	586
9	907	Carlos Manuel Pires De Oliveira Nunes	05:27:12	00:46:39	02:53:10	01:36:27	587
10	41	Joaquim Fernandes	05:30:23	00:35:26	02:59:33	01:46:45	598
11	156	Jorge Godinho	05:31:07	00:48:36	02:48:30	01:40:13	604
12	159	Eduardo Carpinteiro	05:42:39	00:45:50	02:47:18	01:55:02	653
13	987	Jorge Nunes	05:42:44	00:47:29	03:02:49	01:41:24	656
14	542	Rui Fonseca	05:46:18	00:37:09	02:46:50	02:12:36	669
15	373	Jose Manuel Guerra Dominguez	05:53:22	00:44:52	02:56:02	01:58:58	694
16	793	Julio García Sánchez	06:01:32	00:44:25	02:54:54	02:10:31	713
17	884	David Ennes	06:06:34	00:33:34	03:09:15	02:12:15	720
18	739	Luis Casimiro	06:30:31	00:54:47	03:17:20	02:03:31	744
19	288	Paulo Rodrigues	06:38:35	00:42:53	03:23:29	02:20:27	747

60 - 64 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	142	Helena Maria De Oliveira Sécio	06:14:09	00:44:43	03:03:16	02:15:57	733

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	865	António Moura	04:43:20	00:36:34	02:33:29	01:25:53	275
2	143	Manuel Pires	05:02:08	00:41:11	02:42:51	01:27:50	438
3	811	José Manuel Brigadeiro Domingues	05:15:02	00:42:36	02:41:59	01:41:47	516
4	138	Gerardo Galeote	05:25:17	00:40:15	02:51:14	01:40:36	576
5	74	Henrique José Ramalho Freire	05:39:59	00:39:28	03:10:00	01:39:21	644