

Resultados

POS	Nº	Nome		Escalão	Clube	Natação	T1	Ciclismo	T2	Corrida	Final
CAMPEONATO REGIONAL											
Masculino											
1.	2345	TOMÁS VILANOVA		JUN	LUSITANO FRUSOAL	09:28	01:42	41:27	00:31	17:13	1:10:21
2.	3115	RAFAEL BATISTA		M35-39	LOULETANO	10:15	01:34	40:58	00:24	17:11	1:10:22
3.	3522	SALOMÃO SAVELENKO		M20-24	MIRACHORO - CCP	09:58	01:35	41:09	00:23	17:45	1:10:50
4.	5169	ALEX CABRITA		M45-49	LOULETANO	11:20	01:45	39:29	00:27	18:44	1:11:45
5.	4495	PAULO AJUDA		M40-44	TRIATLO DE FARO	12:03	01:59	40:05	00:24	17:59	1:12:30
6.	3332	TOMAS METCALFE		M35-39	O2 TRIATLO	11:36	01:42	39:18	00:40	19:15	1:12:31
7.	3850	FÁBIO FAUSTINO		M35-39	VASCO DA GAMA	11:18	01:52	40:58	00:26	18:40	1:13:14
8.	3770	ANTU PICHUMAN		M25-29	VASCO DA GAMA	09:49	01:48	42:34	00:28	18:50	1:13:29
9.	3763	JOÃO CONCHINHA		M25-29	VASCO DA GAMA	11:28	01:46	40:59	00:30	18:51	1:13:34
10.	5320	JOÃO MESTRE		M45-49	VELA DE TAVIRA	11:24	01:46	40:52	00:24	19:17	1:13:43
11.	5170	HUGO GAUDÊNCIO		M45-49	REPSOL TRIATLO	11:05	02:00	41:07	00:29	19:25	1:14:06
12.	3095	NICOLAS PULIANI		M30-34	VASCO DA GAMA	11:37	01:39	42:43	00:23	18:09	1:14:31
13.	1735	DANIEL ROQUE		CAD	LUSITANO FRUSOAL	10:01	01:53	42:01	00:29	20:18	1:14:42
14.	2763	HELDER CIPRIANO		M35-39	LUSITANO FRUSOAL	11:16	01:53	40:45	00:31	20:25	1:14:50
15.	5472	HUGO CABRAL		M45-49	TRIATLO DE FARO	10:51	01:57	41:22	00:36	21:27	1:16:13
16.	5793	RUI DUARTE		M45-49	TRIATLO DE FARO	09:54	01:56	44:43	00:33	20:28	1:17:34
17.	5086	MIGUEL ANASTÁCIO		M45-49	VELA DE TAVIRA	12:48	02:00	42:23	00:27	20:48	1:18:26
18.	2986	FÁBIO CORREIA		M30-34	TRIATLO DE FARO	12:46	02:14	45:25	01:08	18:03	1:19:36
19.	4973	LUIS MARTINS		M45-49	VELA DE TAVIRA	13:18	02:11	43:44	00:45	20:42	1:20:40
20.	4639	MARIO TORRINHA		M55-59	VELA DE TAVIRA	13:50	02:12	44:26	00:45	19:44	1:20:57
21.	3148	FILIPE CORREIA		M35-39	FC FERREIRAS	12:00	02:06	46:28	00:31	21:00	1:22:05
22.	4281	RICARDO DIOGO		M50-54	TRIATLO DE FARO	11:02	02:01	46:14	00:37	22:28	1:22:22
23.	4847	SANDRO RODRIGUES		M40-44	TRIATLO DE FARO	12:59	02:26	43:53	00:48	22:17	1:22:23
24.	4838	RODRIGO COSTA		M45-49	REPSOL TRIATLO	09:52	02:19	47:21	00:50	22:09	1:22:31
25.	4606	PAULO LUZ		M40-44	FC FERREIRAS	13:35	02:18	44:39	00:31	21:51	1:22:54
26.	4040	ANTÓNIO RAPOSO		M65-69	O2 TRIATLO	12:48	02:13	44:12	00:48	23:13	1:23:14
27.	4273	JOÃO MARTINS		M55-59	LUSITANO FRUSOAL	12:37	01:59	46:31	00:42	21:32	1:23:21
28.	4009	PAULO SANTOS		M45-49	MIRACHORO - CCP	13:25	02:18	44:20	00:47	23:06	1:23:56
29.	5262	LUÍS MASSAPINA		M40-44	FC FERREIRAS	14:11	02:06	47:32	00:28	19:39	1:23:56

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30.	2343	ANDRÉ ROLLA		JUN	LUSITANO FRUSOAL	10:05	02:38	47:07	00:39	23:59	1:24:28
31.	1720	PEDRO BRITO		CAD	LUSITANO FRUSOAL	11:47	01:54	48:41	00:29	22:06	1:24:57
32.	5084	JOSÉ PINA		M45-49	LOULETANO	14:20	02:19	47:12	00:34	20:52	1:25:17
33.	1731	JOÃO VIEGAS		CAD	LUSITANO FRUSOAL	11:44	01:59	49:20	00:33	21:51	1:25:27
34.	3896	JOÃO CALDEIRA		M30-34	TRIATLO DE FARO	12:44	02:26	46:36	00:40	23:03	1:25:29
35.	1721	GABRIEL MARQUES		CAD	LUSITANO FRUSOAL	12:11	02:08	48:50	00:29	21:55	1:25:33
36.	4241	ANDRE LIMA CABRITA		M45-49	TRIATLO DE FARO	12:51	02:16	47:33	00:47	22:15	1:25:42
37.	4832	HUGO FERRAZ		M45-49	MIRACHORO - CCP	13:44	02:18	45:53	00:39	23:35	1:26:09
38.	5275	HUGO VIEGAS		M40-44	LUSITANO FRUSOAL	13:40	02:26	47:28	00:45	22:01	1:26:20
39.	5142	LUIS FAUSTINO		M55-59	LUSITANO FRUSOAL	14:08	02:11	45:36	00:37	24:14	1:26:46
40.	3297	JOÃO PAIS VIEIRA		M35-39	FC FERREIRAS	14:05	02:43	47:45	00:59	23:38	1:29:10
41.	5757	RUI SILVESTRE		M45-49	TRIATLO DE FARO	13:43	03:04	46:49	00:49	25:02	1:29:27
42.	4575	ARMINDO CORREIA		M60-64	REPSOL TRIATLO	14:07	02:12	48:16	00:26	24:36	1:29:37
43.	3725	DÁRIO PEREIRA		M30-34	VELA DE TAVIRA	13:55	02:41	48:24	00:56	25:41	1:31:37
44.	3883	RUBEN GOMES		M30-34	LOULETANO	14:28	03:04	50:41	01:10	22:14	1:31:37
45.	4141	HÉLDER QUINTINO		M45-49	FC FERREIRAS	14:27	02:42	49:59	01:00	23:36	1:31:44
46.	1736	ADRIANO JURCA		CAD	LUSITANO FRUSOAL	10:29	02:33	52:39	00:30	26:36	1:32:47
47.	7555	MARCO PEREIRA		M50-54	AQUÁTICO CLUBE SILVES	13:58	02:45	51:56	00:59	23:39	1:33:17
48.	4192	CARLOS VALENTE		M60-64	LUSITANO FRUSOAL	14:16	02:32	52:04	01:01	23:57	1:33:50
49.	5835	ANTÓNIO PÊGAS		M45-49	TRIATLO DE FARO	14:07	02:39	52:18	00:48	25:59	1:35:51
50.	4830	CARLOS GOMES		M55-59	MIRACHORO - CCP	14:30	03:01	53:17	00:56	24:25	1:36:09
51.	3846	FÁBIO SANTOS		M30-34	CDASJ DUATLO	17:06	02:29	55:49	00:29	21:33	1:37:26
52.	4900	LUÍS ROCHA		M45-49	LEÕES DO SUL	14:05	03:04	55:17	00:43	25:57	1:39:06
53.	4601	JOSÉ DOMINGOS		M70-74	LUSITANO FRUSOAL	15:38	03:33	1:05:46	01:51	32:39	1:59:27
54.	8302	JACK GABBAN		M45-49		15:22	02:19	1:18:22	00:55	31:54	2:08:52
DNF	1734	JOÃO PALMA		CAD	LUSITANO FRUSOAL	10:49	02:08				DNF
DNS	3056	MARCO SANTOS		M35-39	LOULETANO						DNS
DNS	5637	NUNO NOGUEIRA		M45-49	VASCO DA GAMA						DNS
DNS	7526	PAULO SOUSA		M50-54	ADECT						DNS

Feminino

1.	4899	JANA ADVANI		F45-49	LOULETANO	11:08	02:04	48:12	00:41	23:08	1:25:13
2.	4566	AMELIA DRUMM		F45-49	LOULETANO	14:30	01:59	48:35	00:40	20:38	1:26:22

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3.	2317	MARGARIDA PASSOS		JUN	MIRACHORO - CCP	10:47	02:04	50:45	00:24	23:20	1:27:20
4.	5787	ISA PARREIRA		F40-44	FC FERREIRAS	13:23	02:11	49:12	00:40	22:29	1:27:55
5.	3024	SÓNIA BARROS		F25-29	TRIATLO DE FARO	14:50	02:33	50:06	00:40	21:12	1:29:21
6.	1730	NATACHA SANTOS		CAD	LUSITANO FRUSOAL	10:46	01:44	53:05	00:30	25:18	1:31:23
7.	4766	ANA ÁGUEDA		F40-44	VELA DE TAVIRA	14:18	02:19	53:08	00:34	24:01	1:34:20
8.	1733	BEATRIZ SEQUEIRA		CAD	LUSITANO FRUSOAL	11:15	02:30	57:51	00:43	22:53	1:35:12
9.	3975	LEANDRA MACKINTOSH		F35-39	LOULETANO	13:42	02:53	53:21	01:05	25:57	1:36:58
10.	3179	MARIANA CABRITA		F35-39	ADECT	15:29	02:16	55:49	00:32	23:01	1:37:07
11.	4872	ESTER CASTELO		F40-44	TRIATLO DE FARO	13:51	02:28	55:40	00:38	25:00	1:37:37
12.	5788	CINARA MARTINS		F40-44	FC FERREIRAS	15:02	02:25	56:11	00:50	24:33	1:39:01
13.	4809	CLÁUDIA FERREIRA		F50-54	LUSITANO FRUSOAL	12:56	02:13	57:14	00:39	27:58	1:41:00
14.	4603	ISABEL AUGUSTO		F50-54	MIRACHORO - CCP	16:24	02:42	57:36	01:03	24:47	1:42:32
15.	4300	EMMA YATES		F50-54	INTERMARCHÉ LAGOS	16:39	02:51	57:24	00:42	26:53	1:44:29
16.	5925	PATRÍCIA MARTINS		F45-49	TRIATLO DE FARO	16:58	02:46	57:31	00:35	27:08	1:44:58
17.	4593	SUE DAWSON		F50-54	INTERMARCHÉ LAGOS	14:11	03:18	53:18	01:02	34:26	1:46:15
18.	5240	JOCELYN FERREIRA		F40-44	LOULETANO	16:19	02:41	58:46	01:22	29:12	1:48:20
19.	5353	JOANA CRISTÓVÃO		F40-44	FC FERREIRAS	12:59	02:51	1:08:46	00:40	30:34	1:55:50
20.	5222	SUZI STEINHOFEL		F65-69	LOULETANO	18:49	05:19	1:13:40	01:01	38:08	2:16:57
DNS	4119	BETTINA ROSCHMANN		F40-44	MIRACHORO - CCP						DNS