

Local da Prova: **Vila Nova De Famalicão**

Data: **04/07/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	102647	2633	Pauline Vie	20-24	Alhandra Sporting Club	00:16:44	00:00:38	00:47:43	-	-	01:16:14	00:00:00
2	104241	3930	Cristina Pereira	30-34	GCA Donas - TRIATLO	00:17:03	00:00:50	00:47:40	00:00:42	00:10:25	01:16:40	00:00:26
3	100434	3685	Rita Maria Lopes	25-29	Boavista FC	00:16:44	00:00:48	00:51:05	00:00:38	00:09:28	01:18:43	00:02:29
4	107620	2944	Sara Ribeiro	25-29	AMICICLO GRÂNDOLA	00:17:31	00:00:53	00:52:30	00:00:52	00:10:18	01:22:04	00:05:50
5	106636	4471	Raquel Cunha	40-44	MOZINHO RACING TEAM	00:19:24	00:01:05	00:48:55	00:01:05	00:12:10	01:22:39	00:06:25
6	105140	2588	Cláudia Costa	25-29	G.D.GOMA	00:17:32	00:00:54	00:52:00	00:00:49	00:11:28	01:22:43	00:06:29
7	100772	4373	Céu Nunes	45-49	Outsystems Olímpico de Oeiras	00:16:19	00:00:56	00:54:50	00:00:54	00:09:55	01:22:54	00:06:40
8	105859	3019	Patrícia Silva	35-39	DAR-Recardães EXPansion	-	-	-	-	-	01:27:15	00:11:01
9	100848	4150	Susana Pontes	50-54	Outsystems Olímpico de Oeiras	00:19:27	00:01:15	00:54:21	00:00:52	00:11:36	01:27:31	00:11:17
10	103893	3783	Ana Martinho	35-39	Alhandra Sporting Club	00:19:20	00:00:58	00:57:13	00:00:50	00:11:11	01:29:32	00:13:18
11	104666	3243	Inês Moreira	35-39	MOZINHO RACING TEAM	00:18:44	00:01:13	00:57:10	00:00:51	00:12:21	01:30:19	00:14:05
12	106944	5035	Karine Vie	45-49	Alhandra Sporting Club	00:21:27	00:01:02	00:55:18	00:00:55	00:13:19	01:32:01	00:15:47
13	107693	2977	Ester Castelo	35-39	Vela de Tavira	00:19:14	00:01:13	00:58:08	00:00:58	00:13:03	01:32:36	00:16:22
14	105688	5269	Paula Soares	45-49	G.D.GOMA	00:20:27	00:01:13	00:57:52	00:01:19	00:12:33	01:33:24	00:17:10
15	105830	3828	Marta Cristina	35-39	AMICICLO GRÂNDOLA	00:20:41	00:01:10	01:06:06	-	-	01:42:18	00:26:04
16	107621	2945	Inês Silva	25-29	AMICICLO GRÂNDOLA	00:22:06	00:01:10	01:04:46	00:01:24	00:17:34	01:47:00	00:30:46
17	104054	3899	Tânia Dias	30-34	G.D.GOMA	00:21:23	00:01:11	01:11:26	00:01:09	00:14:04	01:49:13	00:32:59

Local da Prova: **Vila Nova De Famalicão**

Data: **04/07/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	102465	2619	António Barata	20-24	Sport Lisboa e Benfica	00:13:03	00:00:31	00:37:50	00:00:33	00:08:01	00:59:58	00:00:00
2	103632	3882	Nuno Pereira	35-39	G.D.GOMA	00:13:05	00:00:38	00:38:09	00:00:30	00:08:05	01:00:27	00:00:29
3	100436	3412	Rui Dolores	35-39	AMICICLO GRÂNDOLA	00:13:30	00:00:35	00:37:52	00:00:34	00:08:31	01:01:02	00:01:04
4	103658	4290	Nelson Gomes	40-44	G.D.GOMA	00:13:06	00:00:41	00:38:51	00:00:43	00:08:24	01:01:45	00:01:47
5	101452	3840	Tiago Pinho	30-34	C F Vilacondense	00:13:35	00:00:40	00:39:27	-	-	01:02:34	00:02:36
6	103128	4222	David Coelho	40-44	SFRAA TRIATLO	00:13:31	00:00:36	00:39:52	00:00:31	00:08:11	01:02:41	00:02:43
7	104541	3657	David Preciado	25-29	SFRAA TRIATLO	00:13:30	00:00:45	00:39:51	00:00:37	00:08:21	01:03:04	00:03:06
8	102530	5184	Nuno Silva	40-44	União Desportiva da Batalha	00:13:39	00:00:41	00:39:22	00:00:48	00:08:36	01:03:06	00:03:08
9	102611	3602	Diogo Filipe Silva	30-34	AMICICLO GRÂNDOLA	00:15:03	00:00:45	-	-	00:08:55	01:03:19	00:03:21
10	103353	3230	João Jesus	30-34	AMICICLO GRÂNDOLA	00:13:56	00:00:39	00:39:30	00:00:37	00:08:53	01:03:35	00:03:37
11	104041	4495	Paulo Ajuda	40-44	Vela de Tavira	00:14:05	00:00:43	-	-	00:08:55	01:03:39	00:03:41
12	101553	4710	Sérgio Santos	45-49	GCA Donas - TRIATLO	00:13:47	00:00:49	00:41:43	-	-	01:05:23	00:05:25
13	105550	3661	Fábio Durão	30-34	Outsystems Olímpico de Oeiras	00:13:57	00:00:57	00:41:09	00:00:53	00:08:29	01:05:25	00:05:27
14	107313	2864	Álvaro Ferreira	20-24	Mc Donald's/Tribraga	00:13:57	00:00:50	00:41:16	-	-	01:05:33	00:05:35
15	103699	1809	Gabriel Santos	CAD	Sport Lisboa e Benfica	00:13:16	00:00:29	00:43:24	-	-	01:05:45	00:05:47
16	100835	3708	Octávio Vicente	35-39	AMICICLO GRÂNDOLA	00:13:33	00:00:40	00:42:08	-	-	01:05:51	00:05:53
17	100834	2648	Nuno André	25-29	Outsystems Olímpico de Oeiras	00:13:57	00:00:47	00:42:01	00:00:30	00:08:46	01:06:01	00:06:03
18	100783	3140	Tiago Maia	30-34	Sporting Clube de Espinho - FERSILVA	00:13:39	00:00:33	00:41:52	-	-	01:06:18	00:06:20
19	105857	3000	João Sousa	35-39	Sporting Clube de Espinho - FERSILVA	00:14:39	00:00:50	00:41:54	00:00:41	00:08:40	01:06:44	00:06:46
20	102445	4211	Claudio Paulinho	40-44	SFRAA TRIATLO	00:14:15	00:00:36	00:42:19	-	-	01:07:08	00:07:10
21	106427	4553	Abel Franco	45-49	Individual	00:13:58	00:00:46	00:42:36	00:00:46	00:09:04	01:07:10	00:07:12
22	100426	4402	Joaquim Carlos Lopes	50-54	Boavista FC	00:14:29	00:00:40	00:42:43	00:00:40	00:08:44	01:07:16	00:07:18
23	106578	4188	Vítor Teixeira	45-49	Mc Donald's/Tribraga	00:14:28	00:00:49	00:42:34	00:00:44	00:08:48	01:07:23	00:07:25
24	104052	4315	Adelino Soutinho	40-44	G.D.GOMA	00:14:23	00:00:58	00:42:34	-	-	01:07:45	00:07:47
25	101702	4584	António Ferreira	50-54	Individual	00:15:00	00:00:49	00:42:06	-	-	01:08:04	00:08:06
26	100425	2523	Hugo Baluga	25-29	AMICICLO GRÂNDOLA	00:14:52	00:00:44	00:41:49	00:00:37	00:10:06	01:08:08	00:08:10
27	100842	2630	Rodrigo Amoreira	20-24	GCA Donas - TRIATLO	00:14:04	00:00:44	00:43:24	00:00:42	00:09:27	01:08:21	00:08:23
28	103792	5015	Carlos Inocêncio	45-49	Associação Académica de São Mamede	00:14:03	00:00:56	00:43:41	00:01:00	00:08:43	01:08:23	00:08:25

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	103659	4367	José Peixoto	50-54	G.D.GOMA	00:14:48	00:00:46	00:42:58	00:00:53	00:09:12	01:08:37	00:08:39
30	103020	3430	Pedro Oliveira	35-39	Individual	00:13:40	00:00:31	00:45:38	-	-	01:08:46	00:08:48
31	100283	2993	João Maria Inácio	20-24	Pimpões Triatlo	00:15:22	00:01:01	00:42:24	-	-	01:08:52	00:08:54
32	106372	3542	Miguel Neto	30-34	MOZINHO RACING TEAM	00:14:40	00:00:40	00:43:25	-	-	01:08:57	00:08:59
33	106936	2743	Rui Matias	25-29	SFRAA TRIATLO	00:15:20	00:01:02	00:42:49	00:00:41	00:09:13	01:09:05	00:09:07
34	101512	3121	José Carvalho	30-34	Mc Donald's/Tribraga	00:14:27	00:00:45	00:44:34	-	-	01:09:45	00:09:47
35	101486	4088	Celso Moreira	40-44	DAR-Recardães EXPansion	00:15:43	00:00:48	00:44:27	00:00:51	00:09:08	01:10:57	00:10:59
36	103695	4912	Nuno Campos	45-49	G.D.GOMA	00:16:14	00:00:47	00:43:54	-	-	01:11:24	00:11:26
37	105328	3549	Paulo Carvalho	35-39	MARRETAS DO NORTE	00:15:29	00:00:52	-	-	00:09:15	01:12:07	00:12:09
38	103629	4277	José Perdigão	55-59	MOZINHO RACING TEAM	00:16:21	00:00:52	00:44:07	00:00:48	00:10:24	01:12:32	00:12:34
39	106634	3935	Micael Ferreira	25-29	MOZINHO RACING TEAM	00:16:56	00:01:24	00:42:58	00:00:46	00:10:38	01:12:42	00:12:44
40	106790	4780	Davide Silva	40-44	DAR-Recardães EXPansion	00:15:41	00:00:43	00:45:47	-	-	01:13:16	00:13:18
41	102599	4099	Fernando Igreja	45-49	C F Vilacondense	00:15:44	00:00:52	-	-	-	01:13:50	00:13:52
42	105685	3727	Luis Lobo	25-29	G.D.GOMA	00:16:56	00:01:05	00:44:47	00:00:57	00:10:14	01:13:59	00:14:01
43	107606	2940	Bruno Martins	35-39	Sporting Clube de Espinho - FERSILVA	00:16:28	00:00:57	00:45:26	-	-	01:13:59	00:14:01
44	107617	5445	José Peixoto	45-49	G.D.GOMA	00:14:13	00:01:03	00:48:59	00:01:11	00:08:39	01:14:05	00:14:07
45	102637	1740	Diogo Carvalhinho	CAD	Pimpões Triatlo	00:15:24	00:00:41	00:47:19	00:00:37	00:10:24	01:14:25	00:14:27
46	106993	2766	João Guerner	30-34	Sporting Clube de Espinho - FERSILVA	00:15:42	00:01:38	00:46:05	00:01:07	00:10:30	01:15:02	00:15:04
47	102234	4639	Mario Torrinha	50-54	Vela de Tavira	00:15:46	00:01:02	-	-	00:09:31	01:16:16	00:16:18
48	105926	5571	David Felizardo	40-44	DAR-Recardães EXPansion	00:16:29	00:01:01	00:48:05	-	-	01:16:20	00:16:22
49	102505	2973	João Pedro Almeida	20-24	GCA Donas - TRIATLO	00:16:30	00:00:56	00:47:03	00:00:46	00:11:28	01:16:43	00:16:45
50	106640	2169	Micael Parreira	JUN	AMICICLO GRÂNDOLA	00:17:20	00:00:49	-	-	00:11:00	01:18:09	00:18:11
51	104640	4457	Joaquim Barbosa	55-59	C F Vilacondense	00:17:22	00:01:06	00:48:01	00:00:57	00:10:48	01:18:14	00:18:16
52	106462	4791	Ruben Barjona	45-49	Peniche A. C.	00:17:42	00:01:05	00:47:51	00:00:49	00:10:53	01:18:20	00:18:22
53	100422	2247	David Oliveira	JUN	AMICICLO GRÂNDOLA	00:17:18	00:00:52	00:49:53	00:00:35	00:12:41	01:21:19	00:21:21
54	101410	4039	José Varela	60-64	Louletano	00:17:13	00:01:03	00:51:04	00:00:59	00:11:02	01:21:21	00:21:23
55	102634	4904	Luis Carvalhinho	50-54	Pimpões Triatlo	00:17:41	00:01:02	00:51:50	00:00:52	00:10:46	01:22:11	00:22:13
56	105743	5287	Abílio João Malheiro	45-49	C F Vilacondense	00:16:45	00:00:58	00:52:35	00:01:02	00:10:57	01:22:17	00:22:19
57	102541	4019	Joaquim Figueiredo	60-64	Palmela Desporto / Tripla Rotação	00:17:13	00:01:11	00:52:33	00:01:08	00:10:41	01:22:46	00:22:48
58	101190	4085	Jorge Leonel Ferreira	40-44	MOZINHO RACING TEAM	00:17:22	00:01:43	00:51:39	00:01:32	00:11:27	01:23:43	00:23:45
59	102127	4351	João Rodrigues	60-64	CDASJ Duatlo	00:18:50	00:01:12	00:51:00	00:00:57	00:11:58	01:23:57	00:23:59
60	106459	4727	Carlos Caligula	55-59	Veteranos do Porto	00:17:29	00:01:07	00:54:22	00:00:46	00:10:50	01:24:34	00:24:36
61	100453	4478	Fernando Pombo	70-74	Outsystems Olimpico de Oeiras	00:17:43	00:01:08	00:53:38	00:01:13	00:11:42	01:25:24	00:25:26

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	105553	8313	Alexandre Guimarães	45-49	Individual	00:17:36	00:00:43	00:56:38	00:00:47	00:09:55	01:25:39	00:25:41
63	101065	4060	António Moura	60-64	Pimpões Triatlo	00:18:10	00:01:03	00:54:22	00:01:10	00:11:33	01:26:18	00:26:20
64	105143	5115	Luis Santos	40-44	C F Vilacondense	00:18:36	00:01:07	00:53:41	00:00:54	00:12:59	01:27:17	00:27:19
65	100285	4072	Renato Fidalgo	60-64	Individual	00:19:53	00:01:43	00:51:59	00:01:13	00:12:41	01:27:29	00:27:31
66	104047	8314	Victor Campos	70-74	DAR-Recardães EXPansion	00:22:17	00:01:20	00:54:06	00:01:36	00:14:15	01:33:34	00:33:36
67	106635	4312	José Janela	55-59	MOZINHO RACING TEAM	00:20:09	00:01:30	00:58:53	00:01:26	00:13:03	01:35:01	00:35:03
68	106159	5438	Paulo Martins	40-44	C F Vilacondense	00:18:23	00:01:01	01:05:53	-	-	01:38:32	00:38:34
69	104848	5072	Fernando Silva	55-59	MOZINHO RACING TEAM	00:22:54	00:01:32	01:00:55	00:01:33	00:15:37	01:42:31	00:42:33

Local da Prova: **Vila Nova De Famalicão**

Data: **04/07/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Equipas Femininas

#	Lic.	Dors.	Nome	Esc.	Equipa	T.Ind	T.Equipa	Diff.
1	102647	2633	Pauline Vie	20-24	Alhandra Sporting Club	01:16:14	04:17:47	00:00:00
	103893	3783	Ana Martinho	35-39	Alhandra Sporting Club	01:29:32		
	106944	5035	Karine Vie	45-49	Alhandra Sporting Club	01:32:01		
2	105140	2588	Cláudia Costa	25-29	G.D.GOMA	01:22:43	04:45:20	00:27:33
	105688	5269	Paula Soares	45-49	G.D.GOMA	01:33:24		
	104054	3899	Tânia Dias	30-34	G.D.GOMA	01:49:13		
3	107620	2944	Sara Ribeiro	25-29	AMICICLO GRÂNDOLA	01:22:04	04:51:22	00:33:35
	105830	3828	Marta Cristina	35-39	AMICICLO GRÂNDOLA	01:42:18		
	107621	2945	Inês Silva	25-29	AMICICLO GRÂNDOLA	01:47:00		

Local da Prova: **Vila Nova De Famalicão**

Data: **04/07/2021**

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Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Equipas Masculinas

#	Lic.	Dors.	Nome	Esc.	Equipa	T.Ind	T.Equipa	Diff.
1	100436	3412	Rui Dolores	35-39	AMICICLO GRÂNDOLA	01:01:02	03:07:56	00:00:00
	102611	3602	Diogo Filipe Silva	30-34	AMICICLO GRÂNDOLA	01:03:19		
	103353	3230	João Jesus	30-34	AMICICLO GRÂNDOLA	01:03:35		
2	103632	3882	Nuno Pereira	35-39	G.D.GOMA	01:00:27	03:09:57	00:02:01
	103658	4290	Nelson Gomes	40-44	G.D.GOMA	01:01:45		
	104052	4315	Adelino Soutinho	40-44	G.D.GOMA	01:07:45		
3	103128	4222	David Coelho	40-44	SFRAA TRIATLO	01:02:41	03:12:53	00:04:57
	104541	3657	David Preciado	25-29	SFRAA TRIATLO	01:03:04		
	102445	4211	Claudio Paulinho	40-44	SFRAA TRIATLO	01:07:08		
4	107313	2864	Álvaro Ferreira	20-24	Mc Donald's/Tribraga	01:05:33	03:22:41	00:14:45
	106578	4188	Vítor Teixeira	45-49	Mc Donald's/Tribraga	01:07:23		
	101512	3121	José Carvalho	30-34	Mc Donald's/Tribraga	01:09:45		
5	100783	3140	Tiago Maia	30-34	Sporting Clube de Espinho - FERSILVA	01:06:18	03:27:01	00:19:05
	105857	3000	João Sousa	35-39	Sporting Clube de Espinho - FERSILVA	01:06:44		
	107606	2940	Bruno Martins	35-39	Sporting Clube de Espinho - FERSILVA	01:13:59		
6	101553	4710	Sérgio Santos	45-49	GCA Donas - TRIATLO	01:05:23	03:30:27	00:22:31
	100842	2630	Rodrigo Amoreira	20-24	GCA Donas - TRIATLO	01:08:21		
	102505	2973	João Pedro Almeida	20-24	GCA Donas - TRIATLO	01:16:43		
7	106372	3542	Miguel Neto	30-34	MOZINHO RACING TEAM	01:08:57	03:34:11	00:26:15
	103629	4277	José Perdigão	55-59	MOZINHO RACING TEAM	01:12:32		
	106634	3935	Micael Ferreira	25-29	MOZINHO RACING TEAM	01:12:42		
8	101452	3840	Tiago Pinho	30-34	C F Vilacondense	01:02:34	03:34:38	00:26:42
	102599	4099	Fernando Igreja	45-49	C F Vilacondense	01:13:50		
	104640	4457	Joaquim Barbosa	55-59	C F Vilacondense	01:18:14		
9	105550	3661	Fábio Durão	30-34	Outsystems Olímpico de Oeiras	01:05:25	03:36:50	00:28:54
	100834	2648	Nuno André	25-29	Outsystems Olímpico de Oeiras	01:06:01		
	100453	4478	Fernando Pombo	70-74	Outsystems Olímpico de Oeiras	01:25:24		
10	101486	4088	Celso Moreira	40-44	DAR-Recardães EXPansion	01:10:57	03:40:33	00:32:37
	106790	4780	Davide Silva	40-44	DAR-Recardães EXPansion	01:13:16		
	105926	5571	David Felizardo	40-44	DAR-Recardães EXPansion	01:16:20		
11	100283	2993	João Maria Inácio	20-24	Pimpões Triatlo	01:08:52	03:45:28	00:37:32
	102637	1740	Diogo Carvalhinho	CAD	Pimpões Triatlo	01:14:25		
	102634	4904	Luís Carvalhinho	50-54	Pimpões Triatlo	01:22:11		

Local da Prova: **Vila Nova De Famalicão**

Data: **04/07/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Escalões Femininos

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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#### Cadetes

##### 20-24

1	102647	2633	Pauline Vie	F	20-24	Alhandra Sporting Club	01:16:14	-
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##### 25-29

1	100434	3685	Rita Maria Lopes	F	25-29	Boavista FC	01:18:43	-
2	107620	2944	Sara Ribeiro	F	25-29	AMICICLO GRÂNDOLA	01:22:04	00:03:21
3	105140	2588	Cláudia Costa	F	25-29	G.D.GOMA	01:22:43	00:04:00
4	107621	2945	Inês Silva	F	25-29	AMICICLO GRÂNDOLA	01:47:00	00:28:17

##### 30-34

1	104241	3930	Cristina Pereira	F	30-34	GCA Donas - TRIATLO	01:16:40	-
2	104054	3899	Tânia Dias	F	30-34	G.D.GOMA	01:49:13	00:32:33

##### 35-39

1	105859	3019	Patrícia Silva	F	35-39	DAR-Recardães EXPansion	01:27:15	-
2	103893	3783	Ana Martinho	F	35-39	Alhandra Sporting Club	01:29:32	00:02:17
3	104666	3243	Inês Moreira	F	35-39	MOZINHO RACING TEAM	01:30:19	00:03:04
4	107693	2977	Ester Castelo	F	35-39	Vela de Tavira	01:32:36	00:05:21
5	105830	3828	Marta Cristina	F	35-39	AMICICLO GRÂNDOLA	01:42:18	00:15:03

##### 40-44

1	106636	4471	Raquel Cunha	F	40-44	MOZINHO RACING TEAM	01:22:39	-
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##### 45-49

1	100772	4373	Céu Nunes	F	45-49	Outsystems Olímpico de Oeiras	01:22:54	-
2	106944	5035	Karine Vie	F	45-49	Alhandra Sporting Club	01:32:01	00:09:07
3	105688	5269	Paula Soares	F	45-49	G.D.GOMA	01:33:24	00:10:30

##### 50-54

1	100848	4150	Susana Pontes	F	50-54	Outsystems Olímpico de Oeiras	01:27:31	-
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Local da Prova: **Vila Nova De Famalicão**

Data: **04/07/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Escalões Masculinos

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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#### Cadetes

1	103699	1809	Gabriel Santos	M	CAD	Sport Lisboa e Benfica	01:05:45	-
2	102637	1740	Diogo Carvalhinho	M	CAD	Pimpões Triatlo	01:14:25	00:08:40

#### Juniores

1	106640	2169	Micael Parreira	M	JUN	AMICICLO GRÂNDOLA	01:18:09	-
2	100422	2247	David Oliveira	M	JUN	AMICICLO GRÂNDOLA	01:21:19	00:03:10

#### 20-24

1	102465	2619	António Barata	M	20-24	Sport Lisboa e Benfica	00:59:58	-
2	107313	2864	Álvaro Ferreira	M	20-24	Mc Donald's/Tribraga	01:05:33	00:05:35
3	100842	2630	Rodrigo Amoreira	M	20-24	GCA Donas - TRIATLO	01:08:21	00:08:23
4	100283	2993	João Maria Inácio	M	20-24	Pimpões Triatlo	01:08:52	00:08:54
5	102505	2973	João Pedro Almeida	M	20-24	GCA Donas - TRIATLO	01:16:43	00:16:45

#### 25-29

1	104541	3657	David Preciado	M	25-29	SFRAA TRIATLO	01:03:04	-
2	100834	2648	Nuno André	M	25-29	Outsystems Olímpico de Oeiras	01:06:01	00:02:57
3	100425	2523	Hugo Baluga	M	25-29	AMICICLO GRÂNDOLA	01:08:08	00:05:04
4	106936	2743	Rui Matias	M	25-29	SFRAA TRIATLO	01:09:05	00:06:01
5	106634	3935	Micael Ferreira	M	25-29	MOZINHO RACING TEAM	01:12:42	00:09:38
6	105685	3727	Luis Lobo	M	25-29	G.D.GOMA	01:13:59	00:10:55

#### 30-34

1	101452	3840	Tiago Pinho	M	30-34	C F Vilacondense	01:02:34	-
2	102611	3602	Diogo Filipe Silva	M	30-34	AMICICLO GRÂNDOLA	01:03:19	00:00:45
3	103353	3230	João Jesus	M	30-34	AMICICLO GRÂNDOLA	01:03:35	00:01:01
4	105550	3661	Fábio Durão	M	30-34	Outsystems Olímpico de Oeiras	01:05:25	00:02:51
5	100783	3140	Tiago Maia	M	30-34	Sporting Clube de Espinho - FERSILVA	01:06:18	00:03:44
6	106372	3542	Miguel Neto	M	30-34	MOZINHO RACING TEAM	01:08:57	00:06:23
7	101512	3121	José Carvalho	M	30-34	Mc Donald's/Tribraga	01:09:45	00:07:11
8	106993	2766	João Guerner	M	30-34	Sporting Clube de Espinho - FERSILVA	01:15:02	00:12:28

#### 35-39

1	103632	3882	Nuno Pereira	M	35-39	G.D.GOMA	01:00:27	-
2	100436	3412	Rui Dolores	M	35-39	AMICICLO GRÂNDOLA	01:01:02	00:00:35
3	100835	3708	Octávio Vicente	M	35-39	AMICICLO GRÂNDOLA	01:05:51	00:05:24
4	105857	3000	João Sousa	M	35-39	Sporting Clube de Espinho - FERSILVA	01:06:44	00:06:17



**Classificações Escalões Masculinos**

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
5	103020	3430	Pedro Oliveira	M	35-39	Individual	01:08:46	00:08:19
6	105328	3549	Paulo Carvalho	M	35-39	MARRETAS DO NORTE	01:12:07	00:11:40
7	107606	2940	Bruno Martins	M	35-39	Sporting Clube de Espinho - FERSILVA	01:13:59	00:13:32

**40-44**

1	103658	4290	Nelson Gomes	M	40-44	G.D.GOMA	01:01:45	-
2	103128	4222	David Coelho	M	40-44	SFRAA TRIATLO	01:02:41	00:00:56
3	102530	5184	Nuno Silva	M	40-44	União Desportiva da Batalha	01:03:06	00:01:21
4	104041	4495	Paulo Ajuda	M	40-44	Vela de Tavira	01:03:39	00:01:54
5	102445	4211	Claudio Paulinho	M	40-44	SFRAA TRIATLO	01:07:08	00:05:23
6	104052	4315	Adelino Soutinho	M	40-44	G.D.GOMA	01:07:45	00:06:00
7	101486	4088	Celso Moreira	M	40-44	DAR-Recardães EXPansion	01:10:57	00:09:12
8	106790	4780	Davide Silva	M	40-44	DAR-Recardães EXPansion	01:13:16	00:11:31
9	105926	5571	David Felizardo	M	40-44	DAR-Recardães EXPansion	01:16:20	00:14:35
10	101190	4085	Jorge Leonel Ferreira	M	40-44	MOZINHO RACING TEAM	01:23:43	00:21:58
11	105143	5115	Luis Santos	M	40-44	C F Vilacondense	01:27:17	00:25:32
12	106159	5438	Paulo Martins	M	40-44	C F Vilacondense	01:38:32	00:36:47

**45-49**

1	101553	4710	Sérgio Santos	M	45-49	GCA Donas - TRIATLO	01:05:23	-
2	106427	4553	Abel Franco	M	45-49	Individual	01:07:10	00:01:47
3	106578	4188	Vitor Teixeira	M	45-49	Mc Donald's/Tribraga	01:07:23	00:02:00
4	103792	5015	Carlos Inocêncio	M	45-49	Associação Académica de São Mamede	01:08:23	00:03:00
5	103695	4912	Nuno Campos	M	45-49	G.D.GOMA	01:11:24	00:06:01
6	102599	4099	Fernando Igreja	M	45-49	C F Vilacondense	01:13:50	00:08:27
7	107617	5445	José Peixoto	M	45-49	G.D.GOMA	01:14:05	00:08:42
8	106462	4791	Ruben Barjona	M	45-49	Peniche A. C.	01:18:20	00:12:57
9	105743	5287	Abílio João Malheiro	M	45-49	C F Vilacondense	01:22:17	00:16:54
10	105553	8313	Alexandre Guimarães	M	45-49	Individual	01:25:39	00:20:16

**50-54**

1	100426	4402	Joaquim Carlos Lopes	M	50-54	Boavista FC	01:07:16	-
2	101702	4584	António Ferreira	M	50-54	Individual	01:08:04	00:00:48
3	103659	4367	José Peixoto	M	50-54	G.D.GOMA	01:08:37	00:01:21
4	102234	4639	Mario Torrinha	M	50-54	Vela de Tavira	01:16:16	00:09:00
5	102634	4904	Luis Carvalhinho	M	50-54	Pimpões Triatlo	01:22:11	00:14:55

**55-59**

1	103629	4277	José Perdigão	M	55-59	MOZINHO RACING TEAM	01:12:32	-
2	104640	4457	Joaquim Barbosa	M	55-59	C F Vilacondense	01:18:14	00:05:42
3	106459	4727	Carlos Caligula	M	55-59	Veteranos do Porto	01:24:34	00:12:02
4	106635	4312	José Janela	M	55-59	MOZINHO RACING TEAM	01:35:01	00:22:29
5	104848	5072	Fernando Silva	M	55-59	MOZINHO RACING TEAM	01:42:31	00:29:59

**Classificações Escalões Masculinos**

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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**60-64**

1	101410	4039	José Varela	M	60-64	Louletano	01:21:21	-
2	102541	4019	Joaquim Figueiredo	M	60-64	Palmela Desporto / Tripla Rotação	01:22:46	00:01:25
3	102127	4351	João Rodrigues	M	60-64	CDASJ Duatlo	01:23:57	00:02:36
4	101065	4060	António Moura	M	60-64	Pimpões Triatlo	01:26:18	00:04:57
5	100285	4072	Renato Fidalgo	M	60-64	Individual	01:27:29	00:06:08

**70-74**

1	100453	4478	Fernando Pombo	M	70-74	Outsystems Olímpico de Oeiras	01:25:24	-
2	104047	8314	Victor Campos	M	70-74	DAR-Recardães EXPansion	01:33:34	00:08:10

Local da Prova: **Vila Nova De Famalicão**

Data: **03/04/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Absolutos

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
1	105262	8315	João Monteiro	M	E4	MOZINHO RACING TEAM	01:21:30	-
2	101041	4193	Luis Ferreira	M	PTHI	Associação Académica de São Mamede	01:23:41	00:02:11
3	107665	2965	André Dias	M	PTVII	Alhandra Sporting Club	01:35:51	00:14:21

Local da Prova: **Vila Nova De Famalicão**

Data: **03/04/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificação Absoluta - Femininos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	0	8447	Flora Freitas Carvalho	V3	UCVNF-Centro Ciclismo Avidos -Eugenios	00:19:51	00:01:32	00:58:25	00:01:30	00:11:59	01:33:17	00:00:00
2	0	8489	Mirela Costa	SEN	Penalamabt	00:21:54	00:02:08	01:00:04	00:02:32	00:13:57	01:40:35	00:07:18
3	0	8481	Maria Albertina Antunes Costa Pereira	W1	Individual	00:22:37	00:01:09	01:05:47	00:01:37	00:15:51	01:47:01	00:13:44
4	0	8425	Bia Maia	V3	GDST	00:22:06	00:01:53	01:12:16	00:01:58	00:13:07	01:51:20	00:18:03
5	0	8524	Susana Santos	SEN	TopFit24	00:23:50	00:01:59	01:17:48	00:02:35	00:15:43	02:01:55	00:28:38

Local da Prova: **Vila Nova De Famalicão**

Data: **03/04/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificação Absoluta - Masculinos

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	0	8456	João Carneiro	S23	Strong Bikers	00:16:09	00:01:30	00:41:20	-	-	01:09:56	00:00:00
2	0	8464	Jorge Malheiro	V2	Cytibiketeam	00:15:37	00:00:57	00:42:23	-	-	01:10:10	00:00:14
3	0	8508	Rafael Fernandes	SEN	Academia Apamm/ Figueiredo Runners & Friends	00:15:04	00:00:59	00:44:20	-	-	01:11:28	00:01:32
4	0	8424	Avelino Sa	SEN	NOVABICINEVES/JUFACC	00:16:10	00:01:35	00:43:24	00:01:24	00:10:18	01:12:51	00:02:55
5	0	8403	Amândio Jorge Pinheiro	V3	MAIATOS	00:16:44	00:01:03	00:45:08	-	-	01:14:04	00:04:08
6	0	8448	Francisco Morais	V1	A.D.Chefe-Training	00:15:44	00:01:13	00:46:10	00:01:15	00:10:02	01:14:24	00:04:28
7	0	8439	Daniel Santos	SEN	Serviços Sociais CGD	00:16:17	00:01:35	00:45:46	00:01:03	00:10:45	01:15:26	00:05:30
8	0	8492	Nuno Miguel Carvalho	V3	Atib FinaBraga	00:16:59	00:01:18	00:45:51	00:01:07	00:10:42	01:15:57	00:06:01
9	0	8451	Hélio Joaquim Couto Monteiro Machado	SEN	Moutados Team	00:17:01	00:01:03	-	-	00:10:29	01:16:51	00:06:55
10	0	8507	Pedro Voga	V2	SUNDAY BTT - CASA VOGA	00:16:33	00:02:27	00:46:16	00:01:29	00:10:30	01:17:15	00:07:19
11	0	8443	Filipe marinho	V1	PC condomínios	00:16:08	00:01:09	00:47:49	00:01:18	00:10:57	01:17:21	00:07:25
12	0	8495	Paulo Fernandes	V3	Team Dias Alumínios	00:17:07	00:01:27	00:47:01	00:01:26	00:10:23	01:17:24	00:07:28
13	0	8422	Armando Ramos Araújo	V2	Equipa Amigos do Pedal	00:17:15	00:01:16	00:46:48	00:01:23	00:10:47	01:17:29	00:07:33
14	0	8469	José Manuel Mendes Lopes	V3	BTT POLVOREIRA	00:16:36	00:01:08	00:47:04	-	-	01:17:34	00:07:38
15	0	8463	Jorge Gonçalves	V1	New Cycle Team- NC Team BTT	00:18:06	00:01:13	00:45:24	-	-	01:18:11	00:08:15
16	0	8511	Ricardo Carvalho	SEN	BTTEIROS	00:18:41	00:01:29	00:45:49	00:01:36	00:11:24	01:18:59	00:09:03
17	0	8434	César Alexandre Simões Costa	V2	Individual	00:18:12	00:01:32	00:48:28	00:01:32	00:10:15	01:19:59	00:10:03
18	0	8437	Daniel Grenha	V2	Individual	00:16:45	00:01:21	00:50:51	00:01:17	00:10:10	01:20:24	00:10:28
19	0	8473	Luis Faria	V3	Meeting Point/Montes de Adrenalina	00:17:48	00:01:26	00:49:02	00:01:21	00:11:47	01:21:24	00:11:28
20	0	8515	Rodrigo Silva	V1	TopFit24	00:16:39	00:01:44	00:51:51	00:01:08	00:10:04	01:21:26	00:11:30
21	0	8457	João de Oliveira Machado	SEN	Squadra Di Potenza	00:18:07	00:01:28	00:49:49	00:01:18	00:10:54	01:21:36	00:11:40
22	0	8470	José Ribeiro	V4	MeetingPoint BTT	00:16:34	00:01:21	00:51:21	00:01:18	00:11:07	01:21:41	00:11:45
23	0	8479	Manuel Vitoriano	V3	SUNDAY BTT - CASA VOGA	00:16:53	00:01:25	00:50:45	00:01:53	00:10:48	01:21:44	00:11:48
24	0	8455	Jesus António Faria Campos	V1	Moutados Team	00:18:11	00:01:03	00:50:56	00:00:58	00:10:49	01:21:57	00:12:01
25	0	8413	António cista	V3	P C Condomínios	00:18:09	00:02:15	00:48:38	00:01:37	00:11:25	01:22:04	00:12:08
26	0	8427	Bruno Ribeiro	V1	SUNDAY BTT - CASA VOGA	00:18:06	00:01:03	00:51:10	00:00:53	00:11:16	01:22:28	00:12:32
27	0	8449	Francisco Nogueira	V3	Individual	00:17:16	00:02:22	00:51:00	00:01:32	00:10:49	01:22:59	00:13:03
28	0	8474	Luis Ismael Freitas Alves	V2	Bike&Beer	00:19:02	00:01:21	00:50:10	00:01:37	00:12:18	01:24:28	00:14:32

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	0	8501	Pedro Gaio	V2	Individual	00:17:33	00:01:39	00:52:11	00:02:17	00:10:54	01:24:34	00:14:38
30	0	8488	Milton Cabral	V2	#AVIDAEPACURTIR	00:17:41	00:01:26	00:51:42	00:01:55	00:12:18	01:25:02	00:15:06
31	0	8444	Filipe Monteiro	V1	Patos Bravos do Pedal	00:19:46	00:01:16	00:50:50	00:01:21	00:12:23	01:25:36	00:15:40
32	0	8429	Carlos Alberto Rodrigues Alves	SEN	Charlitz	00:18:50	00:01:58	00:50:56	00:01:06	00:13:44	01:26:34	00:16:38
33	0	8498	Paulo Pinheiro	SEN	Individual	00:20:09	00:01:17	00:49:55	00:01:28	00:13:46	01:26:35	00:16:39
34	0	8487	Miguel Guimarães	SEN	ARC Vale S Cosme	00:16:49	00:01:07	00:57:25	00:01:17	00:10:24	01:27:02	00:17:06
35	0	8509	Luis Filipe Azevedo	V3	Gaviões BTT	00:18:09	00:02:02	00:52:57	00:02:20	00:12:09	01:27:37	00:17:41
36	0	8485	Miguel Amorim	SEN	ARC Vale S Cosme	00:16:42	00:01:07	00:56:34	00:02:15	00:11:06	01:27:44	00:17:48
37	0	8445	Filipe Neves	V1	Moove /AfaCycles /Ironbrain	00:17:15	00:01:25	00:56:43	00:01:31	00:10:59	01:27:53	00:17:57
38	0	8491	Nuno Freitas	V2	Correr Leça	00:16:49	00:00:56	00:59:24	00:00:56	00:11:45	01:29:50	00:19:54
39	0	8401	Aires oliveira	V4	AMVE	00:19:31	00:01:33	00:54:33	00:01:55	00:12:45	01:30:17	00:20:21
40	0	8435	César Costa	V2	A CIMENTEIRA DO LOURO	00:19:35	00:01:20	00:54:42	00:01:21	00:13:21	01:30:19	00:20:23
41	0	8402	Albino Eduardo Barros faria	V4	Btt Carreira	00:20:00	00:01:48	00:54:58	00:01:22	00:13:11	01:31:19	00:21:23
42	0	8506	Pedro Teixeira Dias	V1	Solo	00:19:16	00:01:42	00:56:24	00:01:28	00:12:50	01:31:40	00:21:44
43	0	8459	João Ribeiro	SEN	JR	00:19:15	00:01:42	00:56:28	-	-	01:31:41	00:21:45
44	0	8475	Manuel Avelino Silva Paiva	V3	Gaviões BTT	00:20:14	00:01:28	00:53:52	00:01:48	00:14:39	01:32:01	00:22:05
45	0	8521	Sérgio Sousa	V1	SUNDAY BTT - CASA VOGA	00:19:21	00:01:52	00:55:35	00:01:39	00:13:36	01:32:03	00:22:07
46	0	8438	Daniel Marinho	V1	GAVIÕES	00:18:09	00:02:15	00:59:02	00:01:42	00:12:15	01:33:23	00:23:27
47	0	8423	Augusto Lima	V2	GAVIOES	00:18:08	00:02:21	01:00:50	-	-	01:33:40	00:23:44
48	0	8442	Fernando Roldão	V3	GAVIOES	00:18:29	00:02:16	01:00:36	00:01:37	00:10:43	01:33:41	00:23:45
49	0	8418	Antonio Gomes	V1	Focoteam 24	00:20:39	00:01:12	00:57:38	-	-	01:34:07	00:24:11
50	0	8502	Pedro Marques	V2	FactorX/S4L/MedenseFc	00:19:50	00:01:44	00:59:54	00:01:22	00:12:05	01:34:55	00:24:59
51	0	8525	Tiago da Cunha Santos	V1	Individual	00:21:06	00:01:30	00:57:45	00:01:40	00:12:57	01:34:58	00:25:02
52	0	8428	Carlos abreu Abreu	V5	Individual	00:19:34	00:01:34	00:58:10	00:01:56	00:13:55	01:35:09	00:25:13
53	0	8528	Vitor Manuel Alves Fernandes	V5	SECAI/GAIABIKE/GEOINERTE	00:19:33	00:01:36	00:59:15	00:02:03	00:12:47	01:35:14	00:25:18
54	0	8512	Ricardo Ferreira	V2	BTT-JB	00:18:03	00:01:26	01:02:23	00:01:38	00:12:35	01:36:05	00:26:09
55	0	8516	Rúben Cruz	JUN	ARC Vale S. Cosme	00:20:09	00:01:44	01:00:20	00:01:04	00:13:46	01:37:03	00:27:07
56	0	8454	Ilídio Renato Costa Oliveira	SEN	ContaON Team	00:20:52	00:01:08	01:03:00	00:01:15	00:10:50	01:37:05	00:27:09
57	0	8466	José Carlos da Costa Almeida	SEN	Individual	00:18:54	00:02:01	01:00:42	00:02:15	00:13:30	01:37:22	00:27:26
58	0	8465	Jorge Pereira da Silva	V5	Individual	00:19:47	00:01:57	01:01:33	00:01:28	00:12:47	01:37:32	00:27:36
59	0	8526	Tiago Tavares	JUN	TT	00:26:15	00:01:55	00:51:44	-	-	01:38:13	00:28:17
60	0	8519	Rui Silva	V2	Penalamabtt	00:21:57	00:02:14	01:01:12	00:01:41	00:14:54	01:41:58	00:32:02
61	0	8497	Paulo Matos Cunha	V3	GAVIOES	00:18:10	00:02:33	01:08:53	00:01:19	00:11:11	01:42:06	00:32:10

**Classificação Absoluta - Masculinos**

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
62	0	8476	Manuel Granja	V4	GAVIOES	00:18:34	00:02:10	01:08:50	00:01:22	00:11:10	01:42:06	00:32:10
63	0	8518	Rui Fernandes	V3	Números e Tabuadas	00:20:59	00:01:40	01:04:35	00:01:47	00:13:11	01:42:12	00:32:16
64	0	8412	André Soares	SEN	Núcleo do SCP de Vila Nova de Famalicão	00:20:56	00:01:09	01:05:07	00:01:04	00:14:09	01:42:25	00:32:29
65	0	8500	Paulo Quintas	V3	Nast	00:17:07	00:01:18	01:12:15	00:13:44	23:59:26	01:43:50	00:33:54
66	0	8432	Carlos Paulo Costa	V3	BTT Cabeçudense	00:20:40	00:01:37	01:07:15	00:01:24	00:14:18	01:45:14	00:35:18
67	0	8458	João Ramalho	V3	ARC Vale S Cosme	00:22:35	00:01:26	01:04:51	-	-	01:47:02	00:37:06
68	0	8486	Miguel Barbosa	V2	Clube Efacec	00:25:12	00:01:58	01:08:57	-	-	01:51:20	00:41:24
69	0	8484	Mário Jorge Ferreira	V2	Clube Efacec	00:21:47	00:02:11	01:11:54	-	-	01:51:20	00:41:24
70	0	8483	Mário Costa	V4	moreira relax runners	00:25:08	00:02:05	01:09:02	-	-	01:51:20	00:41:24

Local da Prova: **Vila Nova De Famalicão**

Data: **03/04/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

**Classificações Escalões Femininos**

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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**Seniores**

1	0	8489	Mirela Costa	F	SEN	Penalamabtt	01:40:35	-
2	0	8524	Susana Santos	F	SEN	TopFit24	02:01:55	00:21:20

**Veteranos 1**

1	0	8481	Maria Albertina Antunes Costa Pereira	F	V1	Individual	01:47:01	-
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**Veteranos 2**

**Veteranos 3**

1	0	8447	Flora Freitas Carvalho	F	V3	UCVNF-Centro Ciclismo Avidos -Eugenios	01:33:17	-
2	0	8425	Bia Maia	F	V3	GDST	01:51:20	00:18:03



Local da Prova: **Vila Nova De Famalicão**

Data: **03/04/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Escalões Masculinos

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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#### Juniiores

1	0	8516	Rúben Cruz	M	JUN	ARC Vale S. Cosme	01:37:03	-
2	0	8526	Tiago Tavares	M	JUN	TT	01:38:13	00:01:10

#### Sub-23

1	0	8456	João Carneiro	M	S23	Strong Bikers	01:09:56	-
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#### Seniores

1	0	8508	Rafael Fernandes	M	SEN	Academia Apamm/ Figueiredo Runners & Friends	01:11:28	-
2	0	8424	Avelino Sa	M	SEN	NOVABICINEVES/JUFACC	01:12:51	00:01:23
3	0	8439	Daniel Santos	M	SEN	Serviços Sociais CGD	01:15:26	00:03:58
4	0	8451	Hélio Joaquim Couto Monteiro Mach	M	SEN	Moutados Team	01:16:51	00:05:23
5	0	8511	Ricardo Carvalho	M	SEN	BTTEIROS	01:18:59	00:07:31
6	0	8457	João de Oliveira Machado	M	SEN	Squadra Di Potenza	01:21:36	00:10:08
7	0	8429	Carlos Alberto Rodrigues Alves	M	SEN	Charlitz	01:26:34	00:15:06
8	0	8498	Paulo Pinheiro	M	SEN	Individual	01:26:35	00:15:07
9	0	8487	Miguel Guimarães	M	SEN	ARC Vale S Cosme	01:27:02	00:15:34
10	0	8485	Miguel Amorim	M	SEN	ARC Vale S Cosme	01:27:44	00:16:16
11	0	8459	João Ribeiro	M	SEN	JR	01:31:41	00:20:13
12	0	8454	Ilídio Renato Costa Oliveira	M	SEN	ContaON Team	01:37:05	00:25:37
13	0	8466	José Carlos da Costa Almeida	M	SEN	Individual	01:37:22	00:25:54
14	0	8412	André Soares	M	SEN	Núcleo do SCP de Vila Nova de Famalicão	01:42:25	00:30:57

#### Veteranos 1

1	0	8448	Francisco Morais	M	V1	A.D.Chefe-Training	01:14:24	-
2	0	8443	Filipe marinho	M	V1	PC condomínios	01:17:21	00:02:57
3	0	8463	Jorge Gonçalves	M	V1	New Cycle Team- NC Team BTT	01:18:11	00:03:47
4	0	8515	Rodrigo Silva	M	V1	TopFit24	01:21:26	00:07:02
5	0	8455	Jesus António Faria Campos	M	V1	Moutados Team	01:21:57	00:07:33
6	0	8427	Bruno Ribeiro	M	V1	SUNDAY BTT - CASA VOGA	01:22:28	00:08:04
7	0	8444	Filipe Monteiro	M	V1	Patos Bravos do Pedal	01:25:36	00:11:12
8	0	8445	Filipe Neves	M	V1	Moove /AfaCycles /Ironbrain	01:27:53	00:13:29
9	0	8506	Pedro Teixeira Dias	M	V1	Solo	01:31:40	00:17:16
10	0	8521	Sérgio Sousa	M	V1	SUNDAY BTT - CASA VOGA	01:32:03	00:17:39
11	0	8438	Daniel Marinho	M	V1	GAVIÕES	01:33:23	00:18:59
12	0	8418	Antonio Gomes	M	V1	Focoteam 24	01:34:07	00:19:43
13	0	8525	Tiago da Cunha Santos	M	V1	Individual	01:34:58	00:20:34

### Classificações Escalões Masculinos

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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#### Veterenos 2

1	0	8464	Jorge Malheiro	M	V2	Cytibiketeam	01:10:10	-
2	0	8507	Pedro Voga	M	V2	SUNDAY BTT - CASA VOGA	01:17:15	00:07:05
3	0	8422	Armando Ramos Araújo	M	V2	Equipa Amigos do Pedal	01:17:29	00:07:19
4	0	8434	César Alexandre Simões Costa	M	V2	Individual	01:19:59	00:09:49
5	0	8437	Daniel Grenha	M	V2	Individual	01:20:24	00:10:14
6	0	8474	Luís Ismael Freitas Alves	M	V2	Bike&Beer	01:24:28	00:14:18
7	0	8501	Pedro Gaio	M	V2	Indiidual	01:24:34	00:14:24
8	0	8488	Milton Cabral	M	V2	#AVIDAEPACURTIR	01:25:02	00:14:52
9	0	8491	Nuno Freitas	M	V2	Correr Leça	01:29:50	00:19:40
10	0	8435	César Costa	M	V2	A CIMENTEIRA DO LOURO	01:30:19	00:20:09
11	0	8423	Augusto Lima	M	V2	GAVIOES	01:33:40	00:23:30
12	0	8502	Pedro Marques	M	V2	FactorX/S4L/MedenseFc	01:34:55	00:24:45
13	0	8512	Ricardo Ferreira	M	V2	BTT-JB	01:36:05	00:25:55
14	0	8519	Rui Silva	M	V2	Penalamabt	01:41:58	00:31:48
15	0	8486	Miguel Barbosa	M	V2	Clube Efacec	01:51:20	00:41:10
16	0	8484	Mário Jorge Ferreira	M	V2	Clube Efacec	01:51:20	00:41:10

#### Veterenos 3

1	0	8403	Amândio Jorge Pinheiro	M	V3	MAIATOS	01:14:04	-
2	0	8492	Nuno Miguel Carvalho	M	V3	Atib FinaBraga	01:15:57	00:01:53
3	0	8495	Paulo Fernandes	M	V3	Team Dias Alumínios	01:17:24	00:03:20
4	0	8469	José Manuel Mendes Lopes	M	V3	BTT POLVOREIRA	01:17:34	00:03:30
5	0	8473	Luis Faria	M	V3	Meeting Point/Montes de Adrenalina	01:21:24	00:07:20
6	0	8479	Manuel Vitoriano	M	V3	SUNDAY BTT - CASA VOGA	01:21:44	00:07:40
7	0	8413	António cista	M	V3	P C Condomínios	01:22:04	00:08:00
8	0	8449	Francisco Nogueira	M	V3	Individual	01:22:59	00:08:55
9	0	8509	Luis Filipe Azevedo	M	V3	Gaviões BTT	01:27:37	00:13:33
10	0	8475	Manuel Avelino Silva Paiva	M	V3	Gaviões BTT	01:32:01	00:17:57
11	0	8442	Fernando Roldão	M	V3	GAVIOES	01:33:41	00:19:37
12	0	8497	Paulo Matos Cunha	M	V3	GAVIOES	01:42:06	00:28:02
13	0	8518	Rui Fernandes	M	V3	Números e Tabuadas	01:42:12	00:28:08
14	0	8500	Paulo Quintas	M	V3	Nast	01:43:50	00:29:46
15	0	8432	Carlos Paulo Costa	M	V3	BTT Cabeçudense	01:45:14	00:31:10
16	0	8458	João Ramalho	M	V3	ARC Vale S Cosme	01:47:02	00:32:58

#### Veterenos 4

1	0	8470	José Ribeiro	M	V4	MeetingPoint BTT	01:21:41	-
2	0	8401	Aires oliveira	M	V4	AMVE	01:30:17	00:08:36
3	0	8402	Albino Eduardo Barros faria	M	V4	Btt Carreira	01:31:19	00:09:38
4	0	8476	Manuel Granja	M	V4	GAVIOES	01:42:06	00:20:25
5	0	8483	Mário Costa	M	V4	moreira relax runners	01:51:20	00:29:39

**Classificações Escalões Masculinos**

#	Lic.	Dors.	Nome	Gen	Esc.	Equipa	T.Total	Diff.
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**Veterenos 5**

1	0	8428	Carlos abreu Abreu	M	V5	Individual	01:35:09	-
2	0	8528	Vitor Manuel Alves Fernandes	M	V5	SECAI/GAIABIKE/GEOINERTE	01:35:14	00:00:05
3	0	8465	Jorge Pereira da Silva	M	V5	Individual	01:37:32	00:02:23

Local da Prova: **Vila Nova De Famalicão**

Data: **03/04/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Estafetas

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	0	8009	Bravos da Montanha	ESTF	Estafeta	00:18:24	00:01:09	01:06:02	00:01:00	00:10:29	01:37:04	00:00:00

Local da Prova: **Vila Nova De Famalicão**

Data: **03/04/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Estafetas

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	0	8013	BTT Boavista / S.C. Braga / Famalicão	ESTF	Estafeta	00:13:49	00:00:45	00:37:14	00:00:48	00:07:46	01:00:22	00:00:00
2	0	8066	Team Dias Aluminios	ESTF	Estafeta	00:14:25	00:00:57	-	-	00:08:13	01:03:06	00:02:44
3	0	8042	Mais Saúde - Fisioterapia e Osteopatia	ESTF	Estafeta	00:15:55	00:01:01	00:37:44	00:00:51	00:08:56	01:04:27	00:04:05
4	0	8071	Team lantemil Btt	ESTF	Estafeta	00:15:36	00:00:45	00:39:23	-	-	01:05:21	00:04:59
5	0	8033	AFIMDEBTT	ESTF	Estafeta	00:15:29	00:00:47	00:41:42	00:00:51	00:09:00	01:07:49	00:07:27
6	0	8064	SUNDAY BTT - A.D. CHEFE TR	ESTF	Estafeta	00:15:28	00:00:55	00:42:15	00:00:46	00:08:40	01:08:04	00:07:42
7	0	8068	Tesco Team/Mouqim Afaacycles Eugénios Pereira	ESTF	Estafeta Cosmocar DS	00:16:32	00:01:16	00:40:56	-	-	01:09:14	00:08:52
8	0	8052	Outizal3	ESTF	Estafeta	00:16:09	00:00:48	-	-	00:09:06	01:09:52	00:09:30
9	0	8065	SUNDAY BTT - CASA VOGA	ESTF	Estafeta	00:16:28	00:01:20	00:43:16	00:00:53	00:09:51	01:11:48	00:11:26
10	0	8046	Nem os vês	ESTF	Estafeta	00:18:50	00:01:03	00:42:40	-	-	01:14:17	00:13:55
11	0	8010	Brito/Silva	ESTF	Estafeta	00:14:35	00:00:47	00:50:09	-	-	01:14:46	00:14:24
12	0	8030	Equipa BTT-JB	ESTF	Estafeta	00:16:41	00:00:48	00:47:17	-	-	01:15:10	00:14:48
13	0	8075	UNIÃO CICLISTA DE V. N. DE FAMALICÃO	ESTF	Estafeta	00:17:17	00:00:55	00:46:44	-	-	01:15:34	00:15:12
14	0	8076	UPSSS BIKE	ESTF	Estafeta	00:16:28	00:01:07	00:47:58	-	-	01:15:50	00:15:28
15	0	8000	A. D. Chefe-training	ESTF	Estafeta	00:15:30	00:01:02	00:51:46	00:00:51	00:08:59	01:18:08	00:17:46
16	0	8048	No Name Runners	ESTF	Estafeta	00:15:42	00:00:51	00:52:14	00:00:50	00:08:56	01:18:33	00:18:11
17	0	8016	BTT.Teatro/Escola Atletismo Rosa OSVEira	ESTF	Estafeta	00:16:43	00:01:04	00:51:05	00:00:58	00:09:39	01:19:29	00:19:07
18	0	8059	Quarenteam	ESTF	Estafeta	00:23:04	00:01:02	00:42:47	00:00:57	00:12:36	01:20:26	00:20:04
19	0	8069	TEAM M&M	ESTF	Estafeta	00:17:53	00:00:58	00:50:42	00:01:03	00:10:17	01:20:53	00:20:31
20	0	8029	ELECTRO CAMOES MTB TEAM	ESTF	Estafeta	00:17:21	00:01:25	00:51:24	00:01:05	00:09:53	01:21:08	00:20:46
21	0	8028	ELECTRO CAMOES MTB TEAM ESTRUM SMOESME I	ESTF	Estafeta	00:20:41	00:01:02	00:46:45	00:00:54	00:11:57	01:21:19	00:20:57
22	0	8006	Biciatus Machado's	ESTF	Estafeta	00:18:48	00:01:15	00:50:42	00:01:30	00:10:52	01:23:07	00:22:45
23	0	8050	Os velozes	ESTF	Estafeta	00:22:24	00:01:20	00:45:38	00:01:24	00:12:35	01:23:21	00:22:59
24	0	8021	Compadres	ESTF	Estafeta	00:19:55	00:00:56	00:51:41	00:01:03	00:11:20	01:24:55	00:24:33
25	0	8015	BTT FIGUEIRINHAS/A.D. Chefe-training	ESTF	Estafeta	00:15:16	00:01:07	00:59:10	00:01:02	00:09:00	01:25:35	00:25:13
26	0	8074	Uncvnf/c.c.avidos/soniturismo	ESTF	Estafeta	00:18:03	00:00:59	00:57:56	00:00:59	00:10:02	01:27:59	00:27:37
27	0	8022	CRteam	ESTF	Estafeta	00:16:29	00:01:04	00:59:56	00:00:54	00:09:50	01:28:13	00:27:51
28	0	8038	LAMASBTT	ESTF	Estafeta	00:17:25	00:01:09	01:01:39	00:01:02	00:10:27	01:31:42	00:31:20

Classificações Estafetas

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
29	0	8057	PIN8 TEAM	ESTF	Estafeta	00:18:55	00:01:17	01:03:15	00:00:50	00:09:51	01:34:08	00:33:46

Local da Prova: **Vila Nova De Famalicão**

Data: **03/04/2021**

Hora da Partida: **10:00:01**

Distancias: Natação - 4000m

Ciclismo - 16000m

Corrida - 2400m

### Classificações Estafetas

#	Lic.	Dors.	Nome	Esc.	Equipa	Natação	T1	Ciclismo	T2	Corrida	T.Total	Diff.
1	0	8051	Outizal	ESTF	Estafeta	00:15:07	00:00:54	00:39:14	-	-	01:04:46	00:00:00
2	0	8034	Fly	ESTF	Estafeta	00:17:32	00:00:53	00:41:16	-	-	01:11:06	00:06:20
3	0	8056	PEDALAFUNDO	ESTF	Estafeta	00:20:10	00:00:49	00:43:06	00:00:43	00:11:18	01:16:06	00:11:20
4	0	8062	SemDesculpas	ESTF	Estafeta	00:21:03	00:01:01	00:43:55	00:00:42	00:12:03	01:18:44	00:13:58
5	0	8018	BTTezos/famapt	ESTF	Estafeta	00:19:34	00:01:00	00:53:02	00:01:13	00:11:12	01:26:01	00:21:15
6	0	8037	KEDAS BIKE	ESTF	Estafeta	00:19:26	00:01:06	00:56:22	00:01:21	00:10:26	01:28:41	00:23:55
7	0	8002	ALFATEAM	ESTF	Estafeta	00:22:35	00:01:04	00:51:45	00:01:16	00:12:23	01:29:03	00:24:17
8	0	8025	Duo Dinâmico	ESTF	Estafeta	00:26:24	00:01:59	00:51:09	00:01:40	00:14:59	01:36:11	00:31:25
9	0	8011	BTT - JB	ESTF	Estafeta	00:26:19	00:01:02	01:01:54	00:01:27	00:15:09	01:45:51	00:41:05