

18 - 24 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	3	Salomão Alexandre Savelenko	03:32:13	00:25:48	01:55:06	01:08:28	2
2	2	Tomás Teixeira	03:36:03	00:28:35	01:52:59	01:10:03	4
3	265	João Luís Gonçalves Cabral	03:38:41	00:28:04	01:56:29	01:10:08	5
4	767	Maximilian De Groot	03:55:30	00:31:59	02:01:53	01:17:26	25
5	45	Manuel Maria De Campos Roque	03:56:03	00:30:00	02:04:20	01:17:35	26
6	638	Afonso De Sousa Ramos Dos Santos Brás	03:58:12	00:27:28	02:15:48	01:10:16	33
7	1007	André Sousa	03:59:02	00:27:47	02:12:58	01:13:08	35
8	598	Frederico Van Zeller Janz Guerra	04:00:09	00:31:16	02:11:05	01:12:48	38
9	260	Rodrigo Luz	04:04:06	00:35:15	02:06:21	01:17:43	51
10	280	Duarte Lopes Oliveira	04:08:31	00:29:03	02:19:15	01:15:42	70
11	467	Alexandre Marques Coutinho	04:19:18	00:34:28	02:09:21	01:28:38	129
12	102	Martim Oliveira	04:23:13	00:35:59	02:13:46	01:26:18	159
13	516	Bernardo Freire	04:24:19	00:27:07	02:24:48	01:26:44	165
14	770	Tiago Fonseca	04:29:35	00:33:36	02:17:43	01:32:58	204
15	1003	Alexandre Rilhas	04:30:23	00:38:26	02:17:45	01:26:18	210
16	615	Vicente Costa	04:35:50	00:29:22	02:17:05	01:43:26	243
17	430	Guilherme Carlos	04:36:43	00:33:33	02:18:04	01:38:03	252
18	122	Tiago Miguel Barbosa De Castro Charneca Inácio	04:44:29	00:34:31	02:17:44	01:46:37	317
19	174	Francisco Duarte	04:49:23	00:43:15	02:23:34	01:35:37	358
20	129	Ricardo Guilherme Lopes Ferreira	04:51:35	00:41:02	02:42:21	01:21:20	375
21	806	Frederico Fernandes Nunes	04:54:33	00:39:52	02:26:19	01:41:48	409
22	845	Gonçalo Sá Afonso	04:56:50	00:40:15	02:30:08	01:33:57	436
23	547	Luís Caldas	04:58:54	00:37:36	02:32:47	01:39:35	453
24	895	Diogo Andrade E Sousa Rodrigues Da Silva	05:09:00	00:34:15	02:40:51	01:46:52	531
25	1010	João Amorim	05:18:51	00:38:04	02:39:51	01:51:30	585
26	889	Antonio Maria Fernandez De Tejada Gameiro	05:22:38	00:39:42	02:41:56	01:45:15	605
27	14	José Lopes	06:00:05	00:48:55	02:58:47	02:03:14	709
28	908	Zakhar Sopila	06:09:40	00:50:28	03:16:15	01:52:13	720

18 - 24 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	17	Vera Serafim	04:18:18	00:32:17	02:19:00	01:21:33	121
2	119	Maria Mexia Gorjão	04:43:51	00:39:30	02:31:32	01:26:47	312
3	710	Diana Margarida Rodrigues Gonçalves	04:45:37	00:36:11	02:30:16	01:33:14	333

4	100 Maria Cocco	04:56:29	00:36:18	02:34:40	01:40:34	431
5	493 Bruna Santos Sá	04:56:57	00:41:55	02:34:21	01:31:24	437
6	515 Maria Costa Anta Valente Marto	05:02:16	00:38:28	02:42:17	01:32:27	478
7	1002 Hannah Van Schuylenbergh	05:22:16	00:47:20	02:40:31	01:44:16	600
8	551 Beatriz Silva	05:27:55	00:39:21	02:30:29	02:09:42	630
9	179 Constança Raposo Gamito	05:39:01	00:45:14	02:48:51	01:58:13	664
10	894 Rita Mendes	06:33:09	00:45:15	03:23:14	02:13:57	737

25 - 29 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	133	Gonçalo Miguel Fernandes Carmo	03:42:32	00:30:12	01:59:45	01:08:16	6
2	209	Duarte Nuno Lourenço Dos Santos	03:46:44	00:29:28	02:03:00	01:10:09	13
3	422	Leonardo Jerónimo	03:50:51	00:28:15	02:04:25	01:14:26	17
4	243	Rodrigo Marques	03:52:31	00:31:45	02:05:43	01:11:15	20
5	151	Afonso Santos	03:58:52	00:29:34	02:10:33	01:14:49	34
6	203	Francisco Velho Da Palma	04:01:52	00:32:25	02:10:10	01:12:23	42
7	934	André Firmino	04:07:28	00:28:05	02:12:53	01:22:36	64
8	194	Gil Pires	04:08:10	00:40:34	02:11:00	01:10:18	68
9	878	Miguel Mendes	04:08:16	00:33:32	02:13:33	01:14:01	69
10	211	André Miguel Simões Da Fonseca Mendes	04:09:54	00:33:28	02:10:06	01:20:54	77
11	261	Bruno Neves	04:11:15	00:35:33	02:14:21	01:14:14	82
12	97	Nuno Santos	04:12:24	00:41:20	02:12:57	01:13:55	93
13	471	Tomé Pires	04:14:24	00:41:03	02:09:14	01:17:43	102
14	1009	Manuel Aguilar Barrera	04:15:16	00:31:54	02:17:04	01:20:49	104
15	364	Gonçalo Jones	04:17:21	00:33:54	02:20:36	01:17:23	118
16	363	Miguel Nascimento	04:17:51	00:34:56	02:10:47	01:27:03	119
17	708	Ruben Alexandre Cavalheiro Fagundes	04:19:40	00:31:16	02:14:44	01:29:34	132
18	305	Bernardo Freitas Dos Santos	04:20:04	00:34:58	02:18:01	01:20:20	134
19	468	Manuel Arez Theotónio	04:21:33	00:36:06	02:17:13	01:22:16	146
20	53	Diogo Dias	04:21:58	00:31:32	02:15:22	01:26:38	147
21	911	Guilherme Pereira	04:22:06	00:29:16	02:26:52	01:16:26	149
22	195	Guilherme Franco	04:24:02	00:37:31	02:24:21	01:16:43	162
23	200	Hugo Cardoso Carvalho	04:24:05	00:36:03	02:17:04	01:24:53	163
24	231	Henrique Correia	04:25:00	00:36:12	02:16:22	01:26:55	171
25	676	Francisco Fonseca	04:28:02	00:40:10	02:12:25	01:28:17	184
26	951	Emanuel Augusto Pereira Esteves	04:28:23	00:35:33	02:18:34	01:27:18	187
27	257	Manuel Vieira Da Silva Vilarinho	04:32:37	00:35:51	02:24:55	01:25:52	226

28	298	Guilherme Nuno De Macedo Ribeiro	04:34:18	00:43:11	02:22:37	01:23:19	235
29	857	Gonçalo Soares	04:34:49	00:34:15	02:29:36	01:23:27	236
30	114	Luís Pedro Andrade	04:36:53	00:30:47	02:31:20	01:28:03	254
31	219	Vitor Leal	04:36:53	00:33:05	02:25:38	01:29:11	255
32	820	Afonso Martins Valente	04:37:32	00:40:27	02:39:39	01:09:39	259
33	842	André Pestana	04:39:11	00:39:10	02:26:47	01:28:04	268
34	592	Manuel Horteiga	04:40:04	00:39:42	02:20:23	01:31:21	277
35	108	Rafael Barbosa	04:40:45	00:39:34	02:23:30	01:29:12	281
36	207	João Anastácio	04:41:01	00:40:59	02:21:23	01:28:51	286
37	110	João Neves	04:41:57	00:42:27	02:19:13	01:33:43	295
38	491	Pedro Fernandes	04:42:39	00:38:24	02:33:07	01:24:39	299
39	30	Ricardo Jorge Dos Santos Dias	04:44:32	00:37:00	02:19:08	01:38:02	320
40	701	Jorge Miguel Morêncio Ambrósio	04:44:41	00:41:25	02:24:01	01:32:07	323
41	764	João Maria Carles	04:44:50	00:37:41	02:24:58	01:35:06	324
42	903	Alexandre Alves	04:46:25	00:38:23	02:20:16	01:41:07	337
43	946	André Maфра	04:46:33	00:42:08	02:20:06	01:37:02	338
44	113	Francisco Manuel Coimbra Loureiro	04:46:41	00:35:06	02:31:36	01:32:59	339
45	397	José Machado	04:46:57	00:41:16	02:27:51	01:29:35	342
46	188	Gonçalo Alexandre Lopes Brandão Mendes	04:48:39	00:35:26	02:30:17	01:36:07	350
47	949	Afonso Maria Lousada Portela Branco	04:51:38	00:36:14	02:31:04	01:36:14	376
48	901	Francisco Castro	04:52:06	00:41:03	02:36:08	01:23:46	380
49	372	António Saraiva	04:54:07	00:38:28	02:33:17	01:32:06	405
50	67	Vasco Pearson	04:55:48	00:38:05	02:37:51	01:32:45	423
51	707	Ricardo Moita	04:56:35	00:39:06	02:31:32	01:36:02	432
52	534	Afonso Barroso	04:56:43	00:41:24	02:34:52	01:33:49	433
53	216	Vadym Shkryba	04:57:17	00:47:12	02:28:09	01:33:43	439
54	893	Diogo Travassos	04:57:45	00:33:05	02:22:24	01:53:45	443
55	953	Afonso Mesquita	04:57:58	00:40:26	02:33:47	01:36:11	445
56	157	Tiago Mina	04:58:41	00:35:43	02:39:31	01:33:50	452
57	887	Maxime Barrezele	05:00:01	00:40:13	02:28:26	01:40:17	466
58	160	André Lourenço Silva	05:00:25	00:41:31	02:32:08	01:39:30	470
59	513	João Pedro Bento Sousa	05:04:26	00:44:18	02:33:40	01:40:55	501
60	145	Gonçalo Domingues	05:04:39	00:37:57	02:30:33	01:46:49	504
61	307	Francisco Cavaco	05:04:55	00:35:49	02:30:43	01:52:50	507
62	896	Afonso Rodrigues	05:06:47	00:36:45	02:43:02	01:40:37	514
63	44	Duarte Rodrigues Neutel	05:10:05	00:39:33	02:30:01	01:54:22	537
64	233	Tiago Francisco Dias Santos	05:10:37	00:41:24	02:40:17	01:38:54	542

65	1018 Robbe De Meyere	05:14:08	00:36:06	02:32:23	01:58:58	557
66	978 Lorenzo Pigozzi	05:15:06	00:41:59	02:48:08	01:31:44	565
67	1020 Rúben Manuel Da Costa Beja Marques Cruz	05:20:00	00:34:14	02:30:42	02:05:36	593
68	758 André Crispim	05:24:46	00:41:33	02:52:00	01:42:59	616
69	153 Tiago Almeida Santos Simões	05:24:59	00:41:44	02:44:06	01:49:59	618
70	867 Rafael De Vasconcelos Gonçalves Onofre	05:26:44	00:37:05	02:51:01	01:50:20	627
71	803 Tiago Matias	05:29:18	00:46:46	02:49:06	01:43:39	636
72	796 João Aguiar Câmara	05:29:56	00:49:53	02:51:16	01:39:30	638
73	1000 Charles Maes	05:38:52	00:49:47	02:42:22	01:58:53	663
74	297 Joao Manuel Ribeiro Brandao	05:41:46	00:47:04	02:47:55	01:58:41	673
75	275 Manuel Maria De Abreu Castelo-Branco	05:43:39	00:46:22	02:36:09	02:11:40	677
76	735 Pedro Amorim Pais	05:44:38	00:47:42	02:35:49	02:11:18	682
77	483 Pedro Henrique Pinho Meireles De Azevedo	05:47:40	00:39:35	02:27:37	02:30:13	691
78	564 Tjerk Schuurmans	05:48:36	00:41:16	02:49:34	02:04:21	694
79	466 Davi Soares	05:50:36	00:47:10	02:52:57	01:59:55	699
80	116 João Francisco Rocha Gomes	05:53:04	00:51:28	02:43:21	02:09:15	700
81	107 Tiago Franco De Melo Pinto	05:56:18	00:44:07	02:55:32	02:05:48	704
82	1005 Raúl Schuurmans	06:03:25	00:44:36	03:10:20	01:59:01	711
83	128 Ivo Ramos	06:16:33	00:48:50	02:41:29	02:39:00	725

25 - 29 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	523	Maria Gomes Calção Medeiro	04:29:35	00:31:58	02:20:59	01:31:27	205
2	407	Rita Grilo	04:42:07	00:30:59	02:34:20	01:30:11	297
3	778	Rosa Daniela Freitas Martins	04:42:41	00:33:25	02:19:31	01:43:31	300
4	222	Vera Mónica Peixoto Silva	04:50:50	00:43:32	02:33:06	01:27:32	372
5	613	Viktoriya Savchenko	04:56:06	00:39:32	02:29:46	01:40:12	426
6	443	Maria Carolina Carreira Corvelo	05:16:35	00:48:51	02:41:30	01:36:55	571
7	65	Laura Gil Felgueiras	05:16:38	00:37:43	02:42:54	01:46:53	572
8	290	Rita Renda	05:23:07	00:34:44	02:46:46	01:53:54	607
9	760	Lúcia Soares	05:24:46	00:41:26	02:52:02	01:43:01	617
10	661	Mariana Oliveira	05:35:12	00:40:25	02:57:33	01:46:03	655
11	94	Joana Pinto	05:46:56	00:40:04	02:55:13	02:05:47	688
12	245	Carolina Leite Cruz	05:48:20	00:39:08	02:56:32	02:03:34	693
13	285	Carina Mina	05:54:30	00:43:15	03:01:33	01:59:46	702
14	804	Eleana Ennes	06:07:18	00:40:12	02:53:23	02:21:01	717
15	1023	Carlota Bessa	06:09:00	00:45:51	02:55:55	02:12:35	719

16 22 Beatriz Serra Mota 06:45:32 00:48:35 03:28:07 02:19:47 742

30 - 34 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	7	João Francisco Cristóvão Ferreira	03:23:54	00:25:18	01:51:08	01:04:02	1
2	73	Miguel Andrade	03:45:09	00:30:27	02:02:53	01:07:35	9
3	335	Afonso Garcia	03:50:11	00:26:06	02:06:24	01:13:49	15
4	410	Rodrigo Viana	03:52:30	00:31:49	02:03:25	01:12:34	19
5	95	Ricardo Barata	03:54:32	00:31:19	02:06:19	01:11:53	23
6	783	Bruno Filipe Nóbrega Freitas	03:56:15	00:27:20	02:10:19	01:14:28	27
7	90	Lucas Souza	03:58:01	00:31:19	02:01:51	01:19:07	31
8	828	Lourenço Pestana	03:59:09	00:31:56	02:06:44	01:16:16	36
9	935	Pablo Francisco Cárdenas Caro	03:59:31	00:29:42	02:11:42	01:13:26	37
10	947	Raúl Lamas Santiago	04:01:51	00:31:12	02:12:58	01:13:19	41
11	326	Rafael Lopes	04:04:16	00:29:49	02:03:13	01:26:52	52
12	450	André Lopes	04:06:03	00:30:27	02:06:24	01:24:33	57
13	755	André Bernardino	04:06:27	00:39:36	02:06:02	01:15:10	58
14	677	João Piteira	04:08:05	00:27:46	02:11:30	01:23:56	67
15	527	Tiago De Almeida Simões Lopes	04:08:57	00:32:03	02:03:07	01:24:39	72
16	817	João Campos Cunha	04:09:37	00:30:50	02:16:52	01:18:05	75
17	210	João Alexandre Domingues Milheiro	04:10:18	00:38:10	02:04:44	01:21:31	80
18	963	Luis Roquette	04:12:10	00:34:58	02:13:24	01:16:29	85
19	382	Tomás Carneiro Gomes	04:13:23	00:36:59	02:13:55	01:14:32	98
20	719	Anton Witt	04:18:01	00:36:38	02:13:16	01:21:31	120
21	147	Tomás Caldeira Lourenço	04:19:41	00:31:51	02:14:58	01:26:07	133
22	24	Miguel Pereira	04:20:24	00:28:49	02:20:23	01:25:49	137
23	401	João Hortega	04:21:32	00:38:09	02:11:56	01:26:02	145
24	958	Vermersch William	04:21:58	00:34:37	02:26:29	01:14:58	148
25	255	Francisco Dias	04:22:11	00:34:43	02:20:10	01:22:33	150
26	593	Gonçalo Beirão	04:22:33	00:31:30	02:19:22	01:27:39	152
27	792	Tiago Teixeira	04:22:42	00:39:42	02:10:54	01:24:39	154
28	626	Tomás Branco	04:23:43	00:37:20	02:17:38	01:22:32	160
29	66	Pedro Líbano Monteiro	04:24:46	00:39:14	02:15:15	01:20:50	166
30	325	Francisco Bruno	04:25:23	00:36:46	02:11:32	01:30:14	174
31	138	Pelayo Corominas	04:27:14	00:36:50	02:21:23	01:22:01	181
32	937	João Varela	04:28:23	00:40:25	02:16:28	01:25:36	186
33	171	João Neves	04:28:29	00:27:38	02:24:18	01:28:29	189

34	277 Gonçalo Martins	04:28:44	00:42:03	02:14:33	01:25:17	192
35	417 Gonçalo Santos	04:29:22	00:32:51	02:22:24	01:29:16	199
36	540 Andre Miguel Lameiro Monteiro	04:30:29	00:39:04	02:16:39	01:28:16	211
37	832 Artur Lima	04:31:54	00:37:09	02:20:12	01:28:04	220
38	756 Paulo Jorge Da Silva Sousa	04:34:13	00:43:02	02:16:16	01:28:59	233
39	835 André Prates Pereira	04:36:47	00:43:33	02:20:39	01:25:32	253
40	730 João Carlos Simões	04:37:56	00:35:06	02:22:07	01:33:23	263
41	601 Tiago Malheiro	04:39:33	00:35:34	02:25:47	01:31:55	273
42	358 Bruno Lopes Nunes	04:39:50	00:40:15	02:22:43	01:28:46	276
43	442 Gonçalo Tavares Dos Santos	04:41:59	00:37:38	02:26:15	01:30:52	296
44	47 André Nunes	04:42:29	00:37:18	02:22:04	01:32:16	298
45	957 Andre Felipe Saraiva De Melo	04:43:11	00:36:42	02:25:18	01:33:32	305
46	162 João Valverde	04:43:37	00:43:51	02:26:45	01:23:25	310
47	703 Luis Filipe Fonseca Dos Santos	04:44:54	00:42:42	02:30:22	01:24:09	325
48	368 Manuel Leite	04:45:25	00:38:35	02:26:22	01:33:09	330
49	387 Frederico Teixeira Coelho Simões Carrelo	04:45:31	00:37:42	02:21:02	01:38:53	331
50	172 Ricardo Miguel Bandarra Silva	04:46:01	00:34:04	02:23:12	01:43:46	335
51	378 João Rubina	04:46:08	00:42:16	02:25:05	01:31:12	336
52	201 Bártolo Correia Lomba Dias	04:47:29	00:42:33	02:24:28	01:32:06	346
53	840 Filipe Marques	04:47:36	00:37:28	02:25:17	01:36:00	347
54	427 António Pessoa	04:49:51	00:39:51	02:25:41	01:34:18	359
55	918 Bruno Carvalho	04:50:01	00:39:29	02:34:43	01:28:56	361
56	33 João Gandum	04:50:08	00:41:56	02:21:42	01:39:57	364
57	536 Marrion Silveira Dias	04:52:13	00:39:15	02:35:17	01:30:24	381
58	35 João Rainho Fernandes	04:52:28	00:38:27	02:20:00	01:47:23	382
59	189 Santiago Villax Sampaio	04:53:28	00:42:30	02:23:26	01:36:29	394
60	524 Gonçalo João Horta	04:54:50	00:42:56	02:24:01	01:41:30	412
61	674 Pedro Rodrigues	04:55:31	00:42:02	02:29:31	01:35:44	420
62	973 Nuno Tavares	04:56:01	00:39:40	02:34:55	01:33:49	424
63	693 Micael Domingues	04:56:09	00:46:52	02:24:21	01:35:14	427
64	904 João Santos	04:57:01	00:35:56	02:30:42	01:41:56	438
65	684 Ruben Jorge Moreira De Almeida	04:57:25	00:41:20	02:23:03	01:44:13	440
66	438 Pedro David Coelho Martins	04:57:55	00:41:42	02:31:00	01:35:08	444
67	990 André Proença	05:03:08	00:45:36	02:40:00	01:25:24	481
68	1001 Rodrigo Cachucho	05:03:27	00:44:38	02:34:43	01:29:43	485
69	498 Afonso Amoretty	05:03:57	00:36:01	02:40:08	01:39:16	496
70	32 João Veloso	05:04:04	00:40:24	02:36:45	01:39:31	498

71	29 Francisco Palma Carpinteiro	05:04:31	00:46:31	02:21:45	01:45:59	502
72	180 António Maria Da Silveira Falcão E Cunha	05:06:59	00:40:35	02:45:59	01:28:29	515
73	539 Tiago António Marques Rodrigues	05:08:14	00:39:52	02:26:20	01:51:41	525
74	315 Tomás L. Ferreira	05:08:30	00:43:01	02:38:07	01:39:56	527
75	339 Diogo Filipe	05:09:01	00:51:33	02:38:35	01:31:50	532
76	933 Tiago Rita	05:17:43	00:44:22	02:32:56	01:54:08	579
77	144 Guilherme Pacheco	05:21:53	00:46:07	02:42:02	01:43:55	598
78	98 José Pedro Ferreira Gomes	05:23:53	00:44:15	02:37:04	01:52:25	612
79	434 Tiago Tasca Mendes	05:26:30	00:42:23	02:47:10	01:41:08	626
80	1031 Nabil Thamri	05:28:11	00:36:39	02:42:16	02:00:08	632
81	530 Oleksandr Kochubeienko	05:33:42	00:42:21	02:40:05	02:01:51	649
82	685 Mauro Ruivo	05:41:45	00:42:00	02:36:20	02:13:05	672
83	920 Bruno Esteves	06:14:43	00:42:54	03:01:33	02:17:10	724
84	932 Rudi Gomes	06:18:16	00:46:44	03:17:13	02:04:07	726
85	392 Jose Miguel Carvalho Barbosa	06:21:26	01:04:14	03:11:48	01:58:09	731
86	224 Rui Passinhas	06:22:08	01:03:46	02:58:57	02:07:00	734
87	600 João Nascimento	06:53:10	00:52:31	03:09:10	02:41:29	743

30 - 34 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	520 Flávia Ribeiro		04:16:49	00:36:06	02:12:23	01:24:08	114
2	271 Alessia Teixeira		04:26:25	00:35:43	02:10:07	01:35:15	176
3	987 Filipa Mendes Pinheiro		04:31:43	00:28:21	02:18:06	01:38:59	218
4	91 Sara Francisco Cruz		04:40:46	00:28:59	02:32:19	01:34:58	282
5	490 Inês Costa Rijo		04:45:24	00:36:58	02:29:57	01:31:00	328
6	256 Inês Patrícia Gomes Diogo		04:53:02	00:41:31	02:32:42	01:28:06	387
7	962 Catarina Monteiro		05:02:45	00:44:09	02:33:03	01:35:28	480
8	350 Patrícia Cristina Guerreiro Pacheco		05:03:48	00:45:47	02:40:05	01:29:52	494
9	70 Maria Teresa Carvalho		05:07:00	00:43:05	02:42:43	01:32:29	516
10	312 Ana Teresa Gomes Antunes		05:10:37	00:40:59	02:44:16	01:37:39	543
11	272 Filipa Freitas		05:12:26	00:49:03	02:41:54	01:34:22	553
12	914 Andreia Cardoso Afonso		05:14:16	00:39:24	02:43:14	01:38:57	558
13	902 Joana Mello		05:15:43	00:38:14	02:36:27	01:53:20	567
14	535 Ana Margarida Inglês Calixto Nico		05:18:19	00:42:05	02:38:38	01:51:00	581
15	522 Lara Benito		05:22:31	00:38:50	02:49:22	01:47:43	602
16	837 Maura Duarte		05:30:45	00:42:39	02:48:27	01:52:15	640
17	404 Filipa Castilho Mendes Godinho		05:34:13	00:40:52	02:57:55	01:47:07	650

18	158 Rita Guerreiro	05:42:39	00:48:51	02:56:15	01:51:44	675
19	134 Joana Vieira	05:42:56	00:39:36	02:56:09	02:00:21	676
20	1011 Inês Arede	06:04:48	00:48:23	02:54:08	02:07:44	715
21	476 Ana Claudia Nilsson	06:21:32	00:44:33	02:48:16	02:38:35	732
22	852 Carolina José Fernandes Silva	06:39:13	00:53:34	03:19:08	02:18:18	738
23	910 Tuba Farooq	06:39:54	01:04:27	03:13:54	02:10:46	739

35 - 39 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	190	Miguel Arraiolos	03:34:04	00:25:19	01:59:20	01:06:13	3
2	338	Filipe Henriques	03:43:51	00:31:01	01:58:37	01:09:09	7
3	183	Ricardo Gaspar	03:44:19	00:31:39	01:58:28	01:09:57	8
4	36	Pedro Lopes	03:46:02	00:32:34	01:59:28	01:09:50	11
5	975	Bruno Caixinha	03:57:54	00:33:56	02:05:32	01:13:33	30
6	780	Ricardo Rosa	04:02:48	00:31:26	02:15:51	01:10:23	43
7	1028	Vasco Damásio	04:03:44	00:37:37	02:07:55	01:12:40	45
8	223	Diogo Vieira	04:03:45	00:34:42	02:09:25	01:14:45	46
9	12	Bernardo Palma Mira	04:04:44	00:30:34	02:15:06	01:12:14	53
10	340	Ricardino Gomes	04:05:58	00:32:13	02:14:13	01:14:05	56
11	929	Frederico Chaves	04:07:23	00:33:08	02:08:04	01:21:24	63
12	196	Carlos Oliveira	04:07:51	00:30:20	02:10:13	01:22:19	66
13	56	Ricardo Figueiredo	04:09:14	00:31:38	02:14:05	01:17:20	73
14	785	Pedro Martins	04:12:11	00:31:05	02:15:19	01:20:47	86
15	960	Diogo Viana	04:12:15	00:41:01	02:13:03	01:10:57	88
16	982	Ricardo Passos	04:12:19	00:31:04	02:14:28	01:21:46	90
17	971	Jorge Silva	04:12:20	00:37:02	02:08:44	01:21:28	91
18	118	Ruben Manuel Rodrigues Chagas	04:12:23	00:39:00	02:07:00	01:21:08	92
19	560	Ivo Santos	04:12:26	00:36:20	02:07:13	01:24:25	94
20	388	Ruben Filipe Fonseca Maurício	04:13:13	00:32:30	02:14:14	01:21:34	95
21	52	Rodrigo Ferreira Marques	04:13:14	00:33:06	02:13:21	01:20:15	96
22	42	Nuno Miguel Da Silva Dias	04:13:38	00:39:10	02:12:57	01:16:39	99
23	181	Rafael Castro	04:15:27	00:34:30	02:09:34	01:27:12	107
24	230	Nuno Martins Marques Da Costa	04:18:28	00:31:31	02:14:53	01:26:07	123
25	711	Rui Santos	04:18:35	00:31:16	02:15:01	01:26:16	124
26	880	Pedro Conde	04:18:54	00:27:44	02:18:03	01:27:16	125
27	69	David Tavares	04:19:01	00:32:53	02:15:56	01:24:32	126
28	634	Duarte Zambujo	04:19:04	00:39:54	02:15:37	01:16:45	127

29	347 Rui Miguel Silva Santos	04:21:30	00:30:29	02:21:56	01:21:52	144
30	356 Bonifacio Meixedo	04:22:52	00:39:56	02:13:19	01:23:11	155
31	474 Guilherme Pereira De Carvalho	04:22:53	00:37:32	02:17:22	01:22:08	156
32	550 Luis Miguel Gaspar Merca	04:23:05	00:31:59	02:14:59	01:30:30	157
33	836 Bruno Pinto	04:23:05	00:34:40	02:20:17	01:23:24	158
34	19 Manuel Mira	04:24:08	00:30:47	02:09:25	01:39:16	164
35	82 Duarte José Da Silva E Sá Reis	04:24:52	00:33:42	02:24:10	01:19:31	168
36	816 Pedro Lourenço	04:24:55	00:33:51	02:11:17	01:32:30	169
37	968 Gaspar Rodrigues Santos Costa	04:24:55	00:38:02	02:10:46	01:28:52	170
38	88 Diogo Gonçalo Tarelho Custódio	04:26:24	00:30:59	02:15:24	01:33:39	175
39	631 Marco Caetano	04:28:34	00:35:02	02:25:27	01:23:12	190
40	39 Alexandre Sousa	04:29:15	00:35:42	02:19:58	01:27:47	196
41	396 Mitler Nascimento	04:29:15	00:35:25	02:17:33	01:29:03	197
42	234 Paulo Alexandre Melo Machado Frreitas	04:29:35	00:41:33	02:15:41	01:26:25	203
43	161 Sebastião Martins	04:31:07	00:34:59	02:21:19	01:30:24	213
44	528 Sérgio Ricardo Baptista Carvalho	04:31:40	00:41:49	02:21:05	01:23:09	217
45	426 Anderson De Oliveira Silva	04:31:48	00:38:35	02:25:05	01:22:29	219
46	697 Miguel Melo	04:32:14	00:32:59	02:26:58	01:27:06	224
47	212 Tiago Miguel Nunes Soares	04:32:46	00:38:38	02:23:15	01:23:46	227
48	310 João António Lameirão Gaspar	04:36:16	00:39:06	02:29:42	01:20:23	247
49	562 Goncalo Falcao	04:36:33	00:40:45	02:25:22	01:23:18	251
50	314 Joel Ramos	04:36:58	00:35:41	02:21:46	01:32:10	256
51	16 Paulo Ricardo Mesquita Rodrigues	04:37:02	00:41:31	02:26:15	01:23:27	257
52	793 João Pinho	04:37:48	00:40:54	02:21:18	01:26:53	262
53	63 André Mendes	04:39:06	00:38:05	02:20:43	01:31:48	267
54	766 David Salgado	04:39:21	00:36:09	02:34:12	01:18:13	271
55	777 André Filipe Cortezão Ferreira	04:40:47	00:29:13	02:25:18	01:40:45	283
56	127 Hélio Filipe Nunes Dias	04:41:12	00:41:18	02:16:15	01:36:07	289
57	919 Diogo Vila Viçosa	04:42:53	00:36:44	02:32:04	01:29:06	302
58	771 Pedro Graça	04:43:03	00:39:58	02:30:22	01:26:48	304
59	359 Bruno Pilar	04:43:55	00:44:07	02:14:27	01:36:48	313
60	294 João Pedro Lourenço Farinha	04:44:11	00:42:30	02:24:54	01:29:24	315
61	732 Nuno Cortesao	04:44:40	00:34:52	02:27:39	01:36:05	322
62	883 João Pedro Janeiro	04:45:36	00:37:38	02:34:32	01:26:58	332
63	457 Marcos David Vales	04:48:43	00:40:50	02:23:34	01:36:44	352
64	381 André Guerreiro Viegas Machado	04:48:54	00:38:52	02:30:50	01:30:52	354
65	344 Tiago Lopes	04:50:17	00:38:06	02:34:01	01:29:50	367

66	965 Bruno Miguel Silva	04:50:18	00:41:26	02:27:35	01:34:27	368
67	700 João André Westwood	04:50:36	00:35:07	02:30:46	01:38:36	370
68	762 Gonçalo Ruivo	04:51:13	00:40:09	02:31:36	01:30:51	373
69	292 Nuno Filipe Santos Silva	04:51:49	00:32:20	02:25:44	01:46:58	377
70	92 Francisco Bastos	04:53:11	00:34:32	02:24:19	01:47:49	391
71	436 João Pedro Rocha Balsa	04:53:11	00:38:33	02:28:19	01:38:14	392
72	765 Celso Costa	04:55:17	00:36:15	02:43:18	01:27:12	418
73	282 João Santos Esteves	04:55:45	00:36:27	02:36:41	01:36:54	422
74	663 Dmitrii Bushev	04:56:21	00:38:05	02:26:49	01:39:17	430
75	459 Pedro Carrapatoso	04:58:08	00:44:54	02:35:19	01:30:21	447
76	428 Salvador Branco	04:58:32	00:42:44	02:33:25	01:35:09	451
77	509 Afonso Chiote	05:03:29	00:41:06	02:38:57	01:33:09	486
78	464 Pedro F Sá	05:03:29	00:41:10	02:31:04	01:42:16	487
79	826 João Miguel Alves Praxedes	05:03:46	00:38:59	02:43:13	01:32:27	492
80	959 Renan Mariano Costa	05:07:44	00:41:09	02:38:50	01:39:51	521
81	768 Diogo Carlos Saramago Marques	05:08:53	00:49:32	02:22:44	01:45:41	529
82	448 Pedro André Da Silva Marques	05:08:57	00:42:39	02:39:12	01:37:38	530
83	851 Manuel Vieira	05:10:24	00:42:03	02:25:31	01:55:28	540
84	402 Leandro Teixeira Nabais	05:11:27	00:36:30	02:31:41	01:55:32	546
85	892 Tony Franco	05:11:40	00:42:50	02:29:44	01:49:09	549
86	349 Gerson Thiago Gomes De Lima	05:15:53	00:42:56	02:37:59	01:46:12	568
87	654 João Catarino	05:16:50	00:44:28	02:22:39	02:03:43	574
88	727 Nuno Silva	05:18:46	00:42:20	02:37:14	01:48:41	584
89	103 André Filipe Martins Do Carmo	05:27:54	00:46:02	02:49:35	01:40:18	629
90	569 João Ramalho	05:28:05	00:48:47	02:42:35	01:44:41	631
91	621 André Rodrigues	05:28:43	00:38:56	02:46:54	01:54:58	634
92	996 Joshua Humphreys	05:30:59	00:46:04	02:47:59	01:44:51	644
93	575 Tomás Líbano Monteiro	05:36:55	00:43:25	02:59:13	01:45:35	659
94	199 Marcus André Mariano Madeira	05:37:57	00:41:12	02:42:39	02:04:44	660
95	1025 Luís Castelhana	06:12:53	00:46:02	02:54:50	02:19:43	723
96	926 Francinaldo Rodrigues Veloso	06:20:05	00:56:45	02:55:55	02:16:57	729
97	236 Hélio João Ribeiro Conceição	06:25:27	00:47:28	03:04:53	02:22:09	736
98	994 David Pereira	06:43:30	00:46:55	03:09:08	02:30:16	741

35 - 39 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	888	Mariana Pereira De Sousa Marques	04:03:46	00:30:47	02:12:07	01:16:34	47

2	296 Sara Neto	04:06:37	00:34:57	02:12:19	01:14:14	60
3	477 Diana Araújo Wallis De Carvalho	04:29:25	00:35:13	02:23:57	01:24:38	201
4	51 Rita Machado	04:37:37	00:34:38	02:21:35	01:35:54	260
5	856 Ana Filipa Sampaio	04:43:18	00:30:02	02:32:36	01:33:55	307
6	622 Joana Viana	04:43:50	00:29:26	02:35:43	01:34:16	311
7	204 Patricia Alexandra Silva Contador	04:47:37	00:41:46	02:27:02	01:32:23	348
8	391 Aliona Gutu	04:52:35	00:42:20	02:34:15	01:26:35	385
9	143 Mafalda Monteiro	04:54:23	00:39:54	02:29:32	01:37:43	408
10	238 Carlota Maria Amaro Nogueira Antunes	04:56:03	00:35:59	02:35:43	01:38:47	425
11	917 Ana Rita Simões Pereira	04:57:29	00:44:07	02:31:29	01:35:58	441
12	164 Rita Saraiva	04:59:43	00:34:22	02:38:08	01:40:57	458
13	939 Inês Prostès Da Fonseca Marmelo	04:59:54	00:46:34	02:38:59	01:27:49	461
14	481 Catarina Vasques Seabra Águas Rodrigues De Sousa	05:00:00	00:47:10	02:28:14	01:36:01	463
15	197 Raquel Xavier	05:10:51	00:38:08	02:43:08	01:38:30	544
16	123 Ana Conduto	05:15:02	00:43:09	02:44:24	01:37:16	564
17	553 Margarida Reis	05:15:11	00:42:10	02:42:53	01:43:36	566
18	247 Ana Teresa Da Silva Magalhaes Oliveira	05:18:34	00:38:57	02:44:02	01:45:21	583
19	420 Catarina Barbosa Pessoa Aleixo	05:24:27	00:45:27	02:49:58	01:39:49	614
20	679 Sara Malveiro	05:25:18	00:38:10	02:44:03	01:55:40	621
21	886 Debora Branco	05:25:52	00:47:23	02:52:40	01:38:14	623
22	906 Graca Wessels	05:36:01	00:42:00	02:54:44	01:49:55	656
23	991 Megan Smit	06:43:26	00:47:20	03:09:38	02:30:16	740

40 - 44 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	696 Bruno Pontes		03:46:19	00:32:23	02:00:10	01:09:01	12
2	405 Manuel Júlio		03:48:34	00:30:31	02:02:43	01:11:16	14
3	745 José Luís Costa		03:51:04	00:31:44	02:00:01	01:15:07	18
4	924 Sergei Sorokin		03:53:25	00:32:59	02:03:23	01:12:18	21
5	507 Francisco Gameiro		03:58:09	00:31:24	02:10:54	01:11:24	32
6	521 João Brísida Pacheco		04:01:05	00:32:19	02:06:41	01:16:53	39
7	529 Ivan Jorge Camacho Valadares		04:03:49	00:31:30	02:09:02	01:18:42	48
8	479 Rui Miguel Das Neves Fanguero		04:04:04	00:32:44	02:11:37	01:14:47	49
9	451 Guilherme Teles		04:04:53	00:37:30	02:04:10	01:17:54	54
10	970 Gonçalo Martins		04:05:54	00:33:43	02:11:11	01:16:00	55
11	192 Ricardo Costa		04:06:34	00:30:21	02:13:12	01:16:25	59
12	48 Frederico Cipriano Batista		04:07:10	00:35:55	02:09:40	01:16:52	61

13	225 Hugo Miguel Martins Ferreira Da Silva	04:07:50	00:35:21	02:10:56	01:14:37	65
14	419 Fernando Manuels Conceicao Batista	04:10:00	00:33:31	02:14:26	01:16:32	79
15	40 Jorge Reis	04:12:16	00:37:28	02:08:33	01:19:58	89
16	637 Ilya Lassch	04:13:52	00:37:02	02:16:05	01:15:34	100
17	590 José Diogo Lucena	04:16:31	00:33:20	02:08:10	01:28:25	113
18	87 Filipe Godinho	04:17:02	00:31:15	02:11:36	01:27:50	115
19	276 Pedro Flores	04:19:14	00:33:54	02:15:25	01:24:28	128
20	78 Tiago Rosa	04:20:51	00:45:02	02:09:18	01:20:49	139
21	403 Telmo Ricardo Fragoso Nogueira	04:22:20	00:39:27	02:18:51	01:18:24	151
22	288 Leilttonn Pablllo Sipaub De Sousa	04:23:49	00:36:05	02:15:46	01:26:23	161
23	130 Nuno Salema	04:25:08	00:37:54	02:18:03	01:22:43	172
24	322 Eurico Cunha	04:25:09	00:39:12	02:05:54	01:31:53	173
25	616 Jorge Ferreira De Abreu	04:26:29	00:38:58	02:21:39	01:19:30	177
26	665 Ricardo Cabral	04:26:44	00:36:10	02:11:05	01:33:36	178
27	752 Flávio Vieira Carvalho De Figueiredo	04:27:12	00:35:19	02:21:33	01:24:56	180
28	913 Hugo Jose Quiteres Fernandes Dias	04:27:15	00:34:03	02:11:26	01:36:55	182
29	868 Fábio Andrade	04:29:09	00:39:42	02:10:46	01:30:08	194
30	678 Rui Trovão	04:30:00	00:37:51	02:13:43	01:31:32	206
31	431 Hugo Claudio Martins Marques	04:30:12	00:43:38	02:15:06	01:25:35	208
32	323 João Paulo Serôdio	04:32:23	00:42:39	02:15:27	01:27:38	225
33	156 João Silva	04:33:17	00:49:20	02:10:35	01:24:37	228
34	705 Luis Carlos Teixeira Pereira Gonçalves	04:34:54	00:39:56	02:22:17	01:25:02	237
35	751 João Paulo Nunes Ferreira Ribeiro Cardoso	04:34:58	00:37:20	02:20:52	01:29:13	238
36	984 Daniel Jose Cesario	04:35:10	00:37:14	02:12:56	01:39:01	239
37	972 Vitalii Provotorov	04:36:25	00:35:38	02:18:19	01:35:41	249
38	360 Henrique Delgado	04:38:30	00:31:27	02:22:12	01:37:57	265
39	642 Fernando Alberto Das Dores Francisco	04:39:15	00:46:22	02:17:20	01:28:10	269
40	505 Fernando Manuel Moreira Trindade Fana	04:40:14	00:37:51	02:11:04	01:44:43	278
41	268 Joao Helder Mota Canas De Abreu	04:40:17	00:41:00	02:24:47	01:25:50	279
42	625 Hugo Machado	04:40:48	00:40:31	02:23:55	01:28:28	284
43	458 Hugo Barbosa	04:40:51	00:44:56	02:18:13	01:29:10	285
44	628 Roberto Emanuel Pereira Rosado	04:41:01	00:42:03	02:16:18	01:36:34	287
45	232 Diogo Godinho	04:41:20	00:33:46	02:22:19	01:40:02	291
46	239 Bruno Carvalheiro	04:41:33	00:36:53	02:27:07	01:29:44	293
47	21 Pedro Alexandre Tomas Luiz	04:42:43	00:39:35	02:20:27	01:37:27	301
48	93 Bruno Miguel Batalha Carreira	04:43:03	00:41:09	02:24:16	01:30:48	303
49	568 Miguel Lima	04:43:18	00:38:25	02:11:33	01:47:07	306

50	502 Ricardo Jorge Da Silva Freire	04:44:29	00:38:45	02:26:49	01:28:50	319
51	989 Marco Machado	04:44:33	00:40:17	02:22:46	01:35:06	321
52	366 José João Bodas Santa	04:45:10	00:40:32	02:26:20	01:30:50	326
53	377 Diogo Mendes Cartaxo	04:45:40	00:47:40	02:20:19	01:30:14	334
54	60 Shahin Gharghi	04:46:50	00:41:55	02:16:27	01:41:07	340
55	611 João Manuel Espinheira Magalhães Pina	04:46:55	00:39:09	02:27:04	01:33:04	341
56	38 Afonso Álvares Pereira	04:48:34	00:39:05	02:24:22	01:38:03	349
57	552 Pedro Paiva Nunes	04:48:48	00:38:23	02:24:02	01:37:42	353
58	694 Guilherme Marta	04:50:01	00:40:31	02:30:47	01:32:09	362
59	37 Jorge Rodrigues	04:50:01	00:44:26	02:32:44	01:24:27	363
60	301 Joao Almeida Nunes	04:50:14	00:39:04	02:30:13	01:33:34	365
61	41 Francisco Silva	04:52:28	00:45:34	02:21:36	01:34:16	383
62	496 João Reis De Oliveira	04:53:04	00:42:35	02:26:29	01:38:27	388
63	945 Carlos Alberto Da Silva Rodrigues	04:53:39	00:44:49	02:28:02	01:32:23	397
64	981 Rui Messias	04:53:59	00:44:43	02:23:29	01:39:48	403
65	549 Luís Manuel Perdigão Do Nascimento	04:54:06	00:52:45	02:34:22	01:19:58	404
66	612 Andre Jose Leonardo Gordinho	04:54:57	00:43:09	02:19:58	01:41:08	414
67	251 Ricardo Manuel Valadas Jerónimo	04:55:08	00:37:49	02:23:44	01:45:04	415
68	966 Luis Monteiro	04:55:08	00:27:58	02:29:02	01:51:46	416
69	470 Renato André Santos Da Silva	04:58:23	00:48:29	02:26:57	01:34:43	450
70	579 Mário Viegas Sorribas Martins	05:00:21	00:49:33	02:29:25	01:35:33	469
71	226 Hernâni Leal Teles De Meneses	05:02:41	00:42:22	02:37:30	01:34:34	479
72	400 Miguel Do Nascimento	05:03:09	00:51:52	02:36:59	01:22:48	482
73	1012 Nic Treurnicht	05:03:20	00:41:17	02:36:25	01:36:33	484
74	794 Dino Ramos	05:03:34	00:37:47	02:23:58	01:53:48	488
75	645 Hugo Miguel Silva Pereira Leal	05:04:01	00:38:26	02:20:16	01:58:00	497
76	120 Diogo Justino	05:05:40	00:46:07	02:34:32	01:32:47	510
77	399 Pedro Oliveira	05:05:52	00:36:10	02:42:46	01:38:30	511
78	802 Bruno Lima	05:06:44	00:43:20	02:23:34	01:51:53	513
79	124 Andre Passos Dos Santos	05:07:04	00:47:32	02:30:58	01:40:27	517
80	96 Tiago Santos	05:07:16	00:42:59	02:26:40	01:50:08	518
81	237 João Nuno Alves Dias	05:07:20	00:36:24	02:31:32	01:53:18	519
82	655 Nuno Relvas	05:10:01	00:38:32	02:40:53	01:40:04	536
83	912 Hugo Sequeira	05:10:20	00:42:38	02:36:43	01:37:23	539
84	690 André Sousa	05:11:35	00:41:47	02:42:19	01:35:44	548
85	916 Carlos Ribeiro	05:13:08	00:49:35	02:40:02	01:36:36	554
86	365 António João Da Silva Soares Abrantes	05:13:30	00:43:29	02:47:30	01:33:11	555

87	862 David Roque Fernandes	05:14:43	00:45:45	02:24:50	01:58:32	562
88	227 Hugo Alexandre Pacheco Faria Anjos Ferreira	05:17:11	00:55:11	02:43:12	01:28:53	575
89	517 Tiago Vaz Osório	05:17:16	00:41:53	02:43:27	01:45:00	576
90	177 Bruno Pimenta	05:18:54	00:41:20	02:37:35	01:51:29	586
91	580 Claudio Mestre	05:19:01	00:43:58	02:42:05	01:44:44	588
92	518 Pedro Félix	05:21:13	00:31:09	02:42:09	01:59:52	597
93	682 Pedro Melo	05:23:39	00:37:33	02:36:34	02:00:23	610
94	746 Hélio Carreira	05:34:43	00:51:54	02:39:51	01:51:44	651
95	291 Luís Carlos Monteiro Campos	05:35:06	00:54:45	02:49:21	01:42:59	654
96	733 Rui André Dias Silva	05:46:28	00:41:20	02:45:52	02:10:35	687
97	329 Sérgio Miguel Gorjão Marques	05:48:39	00:53:46	02:35:45	02:09:55	695
98	964 Ricardo Rato	05:49:14	00:50:32	02:51:41	01:57:08	697
99	644 Sérgio Nuno Maquinista	05:50:30	00:56:29	02:54:05	01:52:18	698
100	205 Rui Fernando Lourenço Martins Dos Santos	05:56:33	00:54:39	02:44:29	02:10:41	705
101	754 Carlos Teixeira	06:04:48	00:57:51	03:02:09	01:57:38	714

40 - 44 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	818 Ynske Rodenhuis		04:31:26	00:31:44	02:26:14	01:28:49	216
2	435 Fernanda Costa Rates		04:51:53	00:38:24	02:30:42	01:36:29	378
3	441 Izabella Moreno Ducatti Pires		04:59:08	00:36:58	02:27:15	01:47:50	455
4	198 Luiza Teixeira De Freitas		05:00:48	00:40:46	02:35:24	01:37:11	471
5	834 Joana Morato Rosado		05:06:38	00:36:05	02:36:11	01:49:18	512
6	449 Ana Duarte		05:19:15	00:43:06	02:45:44	01:43:45	591
7	743 Andreia Tourais		05:31:45	00:47:52	02:48:21	01:49:08	645
8	511 Sofia Morelle		05:46:00	00:37:06	03:02:09	01:57:56	684
9	462 Ana Filipa Rosa Fernandes		06:04:16	00:48:53	03:06:27	02:00:40	713

45 - 49 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	980 Pedro Duarte Pereira Da Conceição		03:54:29	00:30:25	02:03:42	01:16:09	22
2	986 Nuno Neves		03:57:02	00:29:11	02:05:33	01:17:31	28
3	1004 João Fragoso		03:57:08	00:35:35	02:05:40	01:10:18	29
4	155 Nuno Ricardo Pais Lopes		04:03:12	00:30:35	02:10:35	01:17:46	44
5	1021 Pedro Eloy		04:04:06	00:27:19	02:12:13	01:20:26	50
6	1008 Frederico Teixeira		04:08:40	00:32:42	02:09:59	01:17:31	71
7	907 Bruno Miguel Roque Fonseca		04:09:23	00:38:26	02:04:21	01:20:23	74

8	453 Ricardo Carvalho	04:15:21	00:35:24	02:09:56	01:24:47	105
9	525 Guilherme Libório	04:15:59	00:32:11	02:20:35	01:17:39	111
10	13 Jorge Fonseca	04:17:06	00:31:12	02:17:22	01:22:55	116
11	175 Miguel Correia Duarte	04:17:14	00:33:01	02:13:47	01:25:16	117
12	544 Andre Aires Ferreira De Barros	04:19:22	00:33:49	02:11:23	01:25:24	130
13	774 Ricardo Félix	04:20:14	00:41:30	02:06:55	01:24:06	135
14	77 Filipe Ferreira	04:20:24	00:38:02	02:10:29	01:23:26	136
15	74 Henrique Pereira	04:20:32	00:40:40	02:11:13	01:20:45	138
16	454 Deodato Evangelista	04:21:18	00:38:38	02:09:03	01:28:35	140
17	23 João Luis De Sousa Godinho	04:21:19	00:39:17	02:11:43	01:24:35	141
18	581 Rui Da Silva Santos	04:22:40	00:40:21	02:10:21	01:25:26	153
19	68 Nuno Rolão Barruncho	04:27:08	00:40:43	02:18:26	01:19:40	179
20	673 Bruno Da Fonseca	04:27:36	00:33:26	02:19:00	01:29:58	183
21	657 José Valentim	04:28:25	00:39:59	02:11:01	01:30:55	188
22	548 Bruno Alves	04:28:43	00:37:34	02:18:43	01:26:06	191
23	706 Pedro Couto	04:28:49	00:38:54	02:18:15	01:25:00	193
24	595 Rui Gomes	04:29:11	00:38:22	02:13:14	01:27:59	195
25	596 Gonçalo S. Correia	04:29:19	00:35:33	02:16:06	01:27:56	198
26	585 Pedro Fernandes	04:29:26	00:35:12	02:20:15	01:29:03	202
27	398 Pedro Miguel Carmo Correia	04:30:07	00:37:15	02:19:00	01:27:28	207
28	126 Firmino Alexandre Martins Ribeiro Dias	04:30:22	00:37:26	02:14:57	01:30:23	209
29	627 Vasco Baptista	04:30:42	00:38:18	02:06:52	01:34:46	212
30	215 António Barbosa	04:32:01	00:41:22	02:24:43	01:18:43	221
31	142 Gustavo Antunes	04:34:06	00:37:20	02:16:35	01:33:12	232
32	376 António Marinho	04:34:15	00:38:33	02:13:06	01:34:23	234
33	81 Hugo Alves	04:35:40	00:35:39	02:18:48	01:34:40	242
34	643 Mario Saloio	04:35:59	00:39:54	02:21:23	01:28:27	244
35	106 Gonçalo D.R. Almeida	04:36:01	00:34:07	02:20:47	01:35:41	245
36	390 João Manuel De Oliveira Afonso	04:36:03	00:35:04	02:23:33	01:29:01	246
37	938 Paulo Faria	04:38:33	00:39:04	02:23:27	01:27:22	266
38	653 Pedro Miguel Ferreira Da Silva Nogueira	04:39:47	00:37:55	02:18:27	01:36:18	275
39	235 Christian Ramos	04:40:42	00:39:24	02:29:08	01:27:07	280
40	389 Válder Cruz Luís	04:41:09	00:39:34	02:14:56	01:40:35	288
41	629 Ricardo Pereira	04:41:12	00:43:01	02:22:02	01:27:00	290
42	178 Fernando Jorge Palma Neto	04:41:27	00:40:33	02:27:47	01:24:00	292
43	757 José Rodrigues	04:41:42	00:39:00	02:25:36	01:31:22	294
44	393 Ricardo Faria	04:43:34	00:35:17	02:20:05	01:41:34	308

45	165 Júlio Rafael Marques	04:43:35	00:42:31	02:25:16	01:28:12	309
46	109 Vitor A Ferreira	04:44:19	00:40:12	02:25:53	01:32:29	316
47	501 Hugo Rodolfo De Campos Martins	04:47:11	00:44:48	02:19:06	01:36:46	343
48	186 Ricardo Almeida	04:49:04	00:41:43	02:31:25	01:26:41	355
49	306 Carlos César Gomes	04:49:13	00:40:59	02:28:44	01:28:41	357
50	647 Ricardo Mário Dias Paiva Lopes Mateus	04:50:15	00:37:06	02:32:53	01:33:39	366
51	117 Luís Lemos	04:51:22	00:43:39	02:29:32	01:33:40	374
52	695 Gonçalo Silva	04:53:06	00:40:04	02:43:14	01:23:31	389
53	586 Paulo Garrudo	04:53:10	00:42:34	02:26:04	01:37:31	390
54	823 Carlos Gregório	04:53:35	00:44:07	02:34:55	01:26:43	396
55	254 Tiago Vaz	04:53:44	00:45:11	02:26:58	01:33:19	399
56	395 Hélio Rasteiro	04:53:47	00:42:11	02:27:02	01:32:46	400
57	809 Virgílio Ramos	04:53:51	00:34:28	02:15:49	01:53:11	402
58	589 Vitor Alexandre Oliveira Fonseca	04:54:57	00:40:50	02:21:04	01:44:32	413
59	882 Ricardo Quiterio	04:55:30	00:42:00	02:19:32	01:46:12	419
60	558 Ricardo Miguel Nunes Duarte	04:55:44	00:39:22	02:30:26	01:39:38	421
61	336 Pedro Miguel Da Conceição Melo	04:56:17	00:41:08	02:34:07	01:34:07	429
62	545 Plinio Miguel Marques	04:56:49	00:38:12	02:28:03	01:42:01	434
63	578 Pedro Gonçalves Pinto	04:57:32	00:43:15	02:22:54	01:45:08	442
64	729 Hugo Ricardo Cardoso Simões	04:58:05	00:48:57	02:20:55	01:39:44	446
65	940 Frederico Soares	04:58:13	00:44:28	02:23:25	01:40:31	448
66	830 Vitor Alexandre Oliveira Fonseca	04:58:17	00:41:57	02:27:37	01:38:55	449
67	263 Nuno Silva	04:59:06	00:43:10	02:26:38	01:41:56	454
68	293 Ricardo Santiago	04:59:23	00:40:05	02:35:30	01:35:12	456
69	533 Octávio Miguel Rita Pereira Cardoso	04:59:45	00:37:50	02:24:39	01:48:25	459
70	775 David Ronan	05:00:01	00:39:18	02:37:30	01:35:13	464
71	717 Luis Miguel Alves Silva	05:00:16	00:44:20	02:30:23	01:36:28	467
72	213 Michal Gontarz	05:00:57	00:45:08	02:38:05	01:29:02	472
73	28 Luís Ribeiro	05:01:21	00:44:54	02:33:56	01:33:41	474
74	738 Marco Nave	05:01:32	00:43:31	02:26:09	01:39:43	475
75	948 Alejandro Rodríguez Benítez	05:02:07	00:39:51	02:32:54	01:43:15	477
76	354 Tomás Braga Faria	05:03:12	00:44:57	02:43:44	01:26:24	483
77	554 Hugo Rodrigo Silva Carlos	05:03:39	00:42:18	02:34:47	01:37:12	490
78	797 Joao Pedro Pereira Neto Da Silveira	05:03:48	00:42:09	02:37:51	01:34:36	495
79	900 Sérgio Gonçalves	05:07:51	00:43:47	02:30:58	01:45:37	522
80	726 Hélio Garcia	05:08:20	00:48:00	02:32:02	01:40:54	526
81	620 Hildebrando Castro	05:08:43	00:39:37	02:33:15	01:46:23	528

82	125 André Pinto	05:09:25	00:44:22	02:25:32	01:48:43	534
83	723 João Pedro Caniço Marques Abrantes Da Silva	05:11:32	00:55:44	02:37:39	01:28:48	547
84	686 Ricardo Almeida	05:11:42	00:37:39	02:35:04	01:43:19	550
85	714 André Filipe Matias Gil Da Silva	05:12:13	00:39:25	02:43:34	01:42:05	552
86	623 João Luís Costa	05:14:26	00:37:00	02:40:20	01:48:26	560
87	928 Tomasz Drebot	05:14:30	00:42:07	02:32:28	01:46:52	561
88	26 Luís Miguel Caxias Melro	05:17:26	00:46:23	02:39:48	01:39:04	578
89	648 Diogo Navas Garcia	05:19:08	00:41:17	02:47:14	01:41:43	590
90	202 David Carlos	05:20:30	00:43:24	02:30:26	01:54:35	596
91	20 Gonçalo Eduardo Vítor Vicente	05:22:33	00:41:14	02:33:24	01:59:34	603
92	670 Rafael Morado Nascimento	05:22:34	00:34:55	02:46:05	01:53:02	604
93	333 Hugo Lopes	05:23:23	00:46:07	02:43:32	01:44:03	608
94	62 Miguel Ângelo Abrantes Costa	05:23:37	00:39:05	02:57:59	01:39:16	609
95	267 José Leovigildo De Melo Coelho Filho	05:23:50	00:44:10	02:53:48	01:34:51	611
96	819 Jorge Alexandre Batista Da Silva Barroso	05:24:43	00:39:04	02:46:00	01:49:25	615
97	519 Antonio Jose Caldeira Amaral Silva Rodrigues	05:29:58	00:37:01	02:38:42	01:59:51	639
98	784 Pedro Guerra	05:32:17	00:43:55	02:45:53	01:50:55	646
99	386 Hugo Rocha	05:32:58	00:44:23	02:42:04	01:59:56	648
100	811 Carlos Alfredo Vitorino Gesteiro	05:34:51	00:46:27	02:37:21	02:00:39	652
101	54 Gonçalo Lopes	05:39:38	00:42:16	02:43:16	02:04:22	667
102	656 Miguel De Andrade Sobral Dos Santos	05:44:31	00:53:59	02:44:38	01:52:11	681
103	380 Pedro Miguel Antunes Graça	05:46:22	00:49:38	02:50:41	01:55:38	686
104	460 Eduardo Poças	05:48:13	00:36:03	02:50:21	02:11:52	692
105	413 João Blasques	05:58:41	00:45:04	03:09:06	01:53:56	707

45 - 49 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	943	Maria Del Pilar Ayuso Chico	04:15:36	00:30:36	02:15:13	01:24:45	108
2	6	Priscila De Fatima Gonçalves	04:21:24	00:36:41	02:10:03	01:29:20	142
3	610	Ana Valentim	04:24:48	00:38:56	02:16:36	01:25:03	167
4	849	Laura Feroso Rodríguez	04:28:22	00:32:49	02:21:45	01:27:01	185
5	808	Eva Silva	04:36:18	00:38:32	02:20:57	01:30:46	248
6	385	Denise Lorenzoni	04:45:19	00:37:06	02:25:36	01:38:03	327
7	998	Rita Da Rocha Sousa Monteiro	04:47:13	00:34:24	02:32:24	01:33:47	344
8	447	Vera Almeida	05:16:32	00:46:03	02:47:29	01:35:26	570
9	361	Conceição Martins Dos Santos	05:19:39	00:48:47	02:37:50	01:44:36	592
10	557	Catarina Ventura	05:28:31	00:45:29	03:02:40	01:30:10	633

11	284 Teresa Maria Henriques Dos Santos Sepúlveda	05:30:51	00:42:31	02:53:54	01:46:37	643
12	169 Teresa Firme Marques	06:10:02	00:40:52	03:11:40	02:06:20	721

50 - 54 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	865	Rui Narigueta	03:45:10	00:34:20	01:56:10	01:10:41	10
2	584	Lino Barruncho	03:50:40	00:32:37	02:02:23	01:11:34	16
3	546	Luis Mira Nunes	04:01:36	00:34:28	02:05:51	01:16:24	40
4	985	Carlos Rosário	04:07:19	00:32:44	02:11:41	01:18:37	62
5	139	Carlos Pinto	04:09:43	00:35:33	02:09:16	01:18:40	76
6	810	Carlos Barroso Fernandes	04:10:44	00:32:22	02:14:44	01:18:47	81
7	858	Mário Pires	04:11:56	00:34:16	02:09:36	01:21:09	84
8	750	Rui Costa	04:13:22	00:37:59	02:07:45	01:21:53	97
9	635	Carlos Alberto Dos Santos Custódio	04:14:12	00:33:08	02:14:25	01:22:01	101
10	131	Milton Cabral	04:15:24	00:40:32	02:09:52	01:20:22	106
11	577	Alexandre Nunes	04:15:50	00:37:20	02:14:21	01:19:54	109
12	983	Pedro Rebola	04:16:25	00:37:34	02:09:31	01:23:45	112
13	311	Nuno Miguel Rico Carvalhinho	04:18:25	00:37:20	02:10:09	01:25:20	122
14	34	Luis Alegrias	04:21:28	00:33:26	02:11:00	01:30:36	143
15	728	Nuno Correia	04:29:25	00:39:12	02:14:38	01:27:33	200
16	763	Rogério Moises Caveiro Pires	04:32:03	00:40:09	02:15:13	01:30:03	223
17	327	Pedro Costa	04:33:21	00:43:30	02:16:01	01:25:52	229
18	146	José Farinha	04:33:37	00:41:51	02:14:37	01:31:39	230
19	915	Pedro Miguel Calado Bilro	04:33:49	00:34:46	02:19:09	01:32:47	231
20	649	João António Da Silva Rosa	04:35:30	00:36:03	02:17:32	01:33:04	240
21	787	Celso Manuel Mestre Guerra	04:36:32	00:38:40	02:19:30	01:29:35	250
22	603	André Cabral	04:37:29	00:36:24	02:29:38	01:25:37	258
23	747	Luis Figueira	04:37:39	00:35:02	02:19:41	01:33:24	261
24	27	António Carlos Esquetim Marques	04:38:00	00:35:30	02:26:19	01:29:59	264
25	749	Pedro Ricardo Branco Barata Filipe	04:39:18	00:28:51	02:29:43	01:33:39	270
26	594	Eladio Manuel	04:39:23	00:42:11	02:21:35	01:27:02	272
27	759	Pedro Ferreira	04:39:36	00:38:05	02:20:24	01:35:05	274
28	112	Luís Silva	04:47:13	00:31:18	02:32:05	01:35:12	345
29	25	José António Boleto Varela	04:49:08	00:37:24	02:23:53	01:38:11	356
30	345	Martim Nunes	04:49:53	00:42:26	02:28:45	01:29:29	360
31	782	Bruno Rafael Paiva Gois	04:50:32	00:35:44	02:36:18	01:32:57	369
32	652	Mário Porfírio	04:52:33	00:37:12	02:31:08	01:36:12	384

33	715 Filipe Leitaó	04:53:02	00:40:04	02:34:49	01:31:27	386
34	662 Fabio Noventa Fonseca	04:54:19	00:36:40	02:28:36	01:39:52	407
35	709 Francisco Deslandes Heitor	04:55:13	00:31:30	02:31:09	01:43:44	417
36	877 Nuno Pedro Da Silva Do Carmo Vaz	04:56:15	00:37:26	02:32:46	01:38:33	428
37	370 Tiago Duarte	04:59:27	00:42:59	02:27:29	01:38:15	457
38	439 Pedro Botelho	05:00:01	00:32:21	02:28:35	01:52:42	465
39	614 Pedro Antonio Oliveira	05:01:09	00:45:30	02:29:39	01:38:05	473
40	773 Aleksandar Stojanovic	05:01:52	00:43:03	02:31:53	01:34:54	476
41	846 Luis Rodrigues	05:03:37	00:32:34	02:31:30	01:52:20	489
42	854 Pedro Moreira	05:03:47	00:35:09	02:39:21	01:41:52	493
43	341 José Capuchinho	05:04:34	00:40:22	02:34:38	01:40:35	503
44	850 João Teives	05:04:47	00:44:48	02:30:57	01:40:41	505
45	599 Pedro Nunes	05:05:08	00:35:22	02:23:23	01:57:45	508
46	504 Pedro David Da Costa Amaro Galvão Pisco	05:05:14	00:45:31	02:36:13	01:34:12	509
47	445 Nuno Simoes	05:07:21	00:39:47	02:32:39	01:46:34	520
48	478 Carlos Alberto Meira Da Rocha	05:09:17	00:39:48	02:34:03	01:44:29	533
49	731 Rui Silvestre	05:10:09	00:42:41	02:17:37	01:59:27	538
50	821 Joao Pinto	05:10:32	00:54:38	02:40:05	01:27:08	541
51	563 Bruno Sousa	05:11:27	00:38:53	02:47:29	01:37:34	545
52	675 Luís Miguel Cavaco Revés	05:11:55	00:38:26	02:25:04	02:01:16	551
53	221 Marcos Cagido Ribeiro	05:13:45	00:42:17	02:41:03	01:42:22	556
54	379 Joao Luis Bento Rosa Pereira	05:14:26	00:40:10	02:44:29	01:40:44	559
55	121 Daniel José Da Graça Oliveira Santos	05:14:46	00:46:39	02:34:49	01:43:12	563
56	300 Luís Mendes	05:19:06	00:43:30	02:40:56	01:45:04	589
57	43 Rodrigo Ferreira Santos	05:20:03	00:46:11	02:50:23	01:35:51	594
58	776 Duarte Rodrigues	05:20:17	00:44:42	02:37:41	01:48:21	595
59	853 Rui Da Silva Valente	05:22:13	00:41:55	02:33:37	01:55:31	599
60	699 Vitor Gameiro	05:22:21	00:40:37	02:27:07	02:05:18	601
61	242 Horácio Fernando Santos Oliveira	05:23:58	00:45:55	03:01:44	01:29:14	613
62	786 Nuno Lucas	05:25:03	00:44:29	02:38:57	01:49:31	619
63	905 Paulo Favero	05:26:29	00:42:06	02:40:54	01:53:26	625
64	259 Nuno Miguel Nobre	05:30:49	00:42:35	02:39:57	01:59:17	642
65	269 Marco António Do Nascimento Ventura	05:36:37	00:39:38	02:45:51	02:00:32	657
66	111 Tito Lívio Henriques	05:36:46	00:43:45	02:34:51	02:09:28	658
67	712 João Souza	05:38:01	00:48:57	02:55:42	01:43:29	661
68	278 Bruno Miguel Carvalho Da Silva	05:39:02	00:37:41	02:43:50	02:11:20	665
69	332 Eduardo Filipe Amaro Ferreira	05:40:26	00:43:57	02:36:16	02:11:00	668

70	636 Pedro Leiria	05:40:32	00:41:22	02:56:17	01:50:35	669
71	287 Mário Fonseca	05:44:00	00:42:12	02:42:52	02:08:49	679
72	734 Miguel Cardoso Pinto	05:47:10	00:48:19	02:49:44	01:59:33	690
73	839 Miguel Trindade	05:49:03	00:49:38	02:50:52	01:56:39	696
74	362 Mário Nuno Sobral	05:54:35	00:46:49	02:44:48	02:09:06	703
75	692 Paulo José Cláudio Farinha	06:00:04	00:48:09	02:46:04	02:07:34	708
76	79 Rui Lobo Levy	06:02:09	00:45:32	02:37:22	02:30:40	710
77	50 Pedro Ferreira	06:10:44	00:55:36	02:54:52	02:03:10	722

50 - 54 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	76 Nadine Dittrich		04:32:03	00:33:08	02:11:03	01:41:36	222
2	408 Fernanda Marques Santinha		04:50:40	00:39:50	02:37:08	01:26:50	371
3	461 Simone Siebra		04:54:34	00:40:13	02:20:30	01:46:16	410
4	718 Maria Sousa		04:59:56	00:40:18	02:36:35	01:35:28	462
5	472 Paula Pita		05:41:21	00:52:12	02:46:46	01:56:13	671
6	184 Patricia Passos		05:43:55	00:50:13	02:52:38	01:51:19	678
7	348 Sónia Margarida Patrão Da Silva		05:44:21	00:42:04	02:54:51	02:00:15	680
8	909 Rita Borges Coutinho		05:44:38	00:42:10	02:50:43	02:02:41	683
9	713 Sandra Tomé		06:04:04	00:57:57	03:09:06	01:44:32	712
10	191 Sara Colaço Ferreira		06:21:00	00:43:02	03:07:00	02:17:01	730
11	650 Isabel Alexandra Santos		06:24:52	00:56:59	03:09:09	02:07:29	735

55 - 59 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	555 Jose Rui Galvao		03:55:17	00:31:36	02:02:47	01:15:37	24
2	681 Jorge Vieira		04:10:00	00:37:56	02:09:25	01:16:57	78
3	753 José Carlos Gonçalves Da Silva Abrantes		04:11:26	00:33:26	02:10:50	01:21:34	83
4	848 Jose Vicente Bermejo Martin		04:12:12	00:34:56	02:08:52	01:22:23	87
5	689 Mauro Alexandre Marques Azevedo		04:14:35	00:38:02	02:15:01	01:14:41	103
6	132 António Jorge Bento Calafate Calafate		04:19:36	00:32:05	02:14:09	01:28:07	131
7	724 Jorge Alexandre U Nunes De Araujo		04:31:21	00:31:36	02:22:12	01:29:20	214
8	167 Paulo Carvalhinho		04:31:25	00:37:27	02:16:38	01:27:35	215
9	355 Rui Manuel Do Pranto Sousa		04:35:39	00:34:16	02:30:14	01:25:43	241
10	571 Antonio Marcelo		04:44:05	00:39:39	02:26:37	01:27:39	314
11	495 Alberto Pires		04:45:25	00:39:19	02:22:13	01:34:11	329
12	872 José Bonito		04:48:40	00:42:26	02:26:15	01:32:36	351

13	698	Pedro Miguel Cardoso Cordeiro	04:53:50	00:33:33	02:27:02	01:45:41	401
14	163	Paulo Jorge Lamego	04:54:09	00:35:17	02:27:30	01:45:10	406
15	105	António Rodrigues	04:59:51	00:46:59	02:28:10	01:36:06	460
16	308	Carlos Manuel Nabais Martins	05:00:20	00:41:45	02:40:38	01:29:15	468
17	801	Antonio Da Cunha	05:04:11	00:40:37	02:28:01	01:48:37	499
18	659	Vasco Pinheiro	05:04:52	00:45:20	02:25:55	01:46:16	506
19	1015	Guilherme Pereira Vanni	05:07:58	00:32:26	02:19:23	02:09:45	523
20	605	Joao Carlos Parda Gonçalves Marques	05:09:30	00:44:12	02:21:08	01:55:44	535
21	619	Fernando Figueiredo	05:16:30	00:39:19	02:30:36	01:57:10	569
22	84	Maurício José Vaz Costa	05:16:44	00:37:41	02:37:04	01:53:52	573
23	565	Guillermo Sarria Diaz	05:18:17	00:43:52	02:38:03	01:48:30	580
24	302	Nuno Miguel Da Conceição Santos Fernandes Peres	05:25:35	00:44:41	02:31:52	01:58:18	622
25	843	João Catuna	05:26:27	00:58:05	02:32:33	01:46:41	624
26	264	José Carlos Nunes Gonçalves	05:29:55	00:55:02	02:42:23	01:43:31	637
27	101	José Luís Almeida	05:30:47	00:41:50	02:43:10	01:58:55	641
28	829	Sérgio Oliveira	05:32:46	00:49:01	02:39:22	01:55:55	647
29	253	Miguel António Reis Cruz	05:35:01	00:46:49	02:48:52	01:49:39	653
30	597	Marcos André Lourenço Dantas	05:39:30	00:36:26	02:48:20	02:07:04	666
31	57	Miguel Azevedo	05:40:34	00:45:49	02:56:18	01:48:13	670
32	415	Charles Gonçalves	05:46:58	00:45:07	02:50:14	01:59:40	689
33	214	Paulo Jorge Rodrigues	05:58:08	00:44:43	02:52:33	02:07:41	706
34	825	Rui Manuel Duarte Melo Silva	06:05:11	00:48:29	02:50:33	02:15:22	716

55 - 59 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	859	Ana Filipa Oliveira	04:56:49	00:37:37	02:26:37	01:46:52	435
2	739	Daniela Langaro	05:18:56	00:42:08	02:43:29	01:43:25	587
3	995	Alexandra Jorg	05:42:14	00:45:49	02:54:50	01:52:51	674
4	154	Mafalda Ferreira	05:53:28	00:48:46	03:04:19	01:52:27	701

60 - 64 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	855	Miguel Duarte	04:15:57	00:31:49	02:09:46	01:26:17	110
2	954	Aidan Mckay	04:44:29	00:36:36	02:18:42	01:37:25	318
3	561	Luís Roseiro	04:53:20	00:35:00	02:24:42	01:43:56	393
4	779	António Jorge Pinho De Oliveira	04:53:44	00:38:27	02:27:15	01:40:42	398
5	208	Manuel António Santos Nunes	04:54:45	00:40:29	02:25:00	01:39:34	411

6	639	José Calheiros	05:03:42	00:36:40	02:47:01	01:33:49	491
7	556	Carlos Manuel Pires De Oliveira Nunes	05:04:17	00:42:46	02:37:17	01:36:45	500
8	870	João Paulo Coelho Da Silva Albuquerque	05:08:09	00:41:51	02:31:34	01:47:26	524
9	229	Rui Manuel Castro Velez	05:17:18	00:39:31	02:39:57	01:51:50	577
10	299	Francisco Sanches-Osório	05:25:12	00:39:13	02:31:29	02:05:02	620
11	795	Sebastian De Groot	05:28:45	00:35:58	02:43:45	01:59:14	635
12	873	Luis Casimiro	06:07:58	00:51:14	02:57:51	02:01:27	718
13	805	David Ennes	06:21:47	00:34:49	03:10:47	02:27:25	733

60 - 64 anos | F

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	343	Mariana Pizarro Monteiro De Carvalho	05:18:33	00:43:28	02:36:20	01:49:18	582
2	688	Helena Maria De Oliveira Sécio	06:19:46	00:47:59	02:54:07	02:28:03	728

65 - 69 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	977	Jean Louis dos Santos Urbano	04:52:03	00:37:15	02:24:30	01:40:22	379
2	240	Manuel Pires Pires	04:53:32	00:42:40	02:32:37	01:29:52	395
3	781	Manuel Gregorio Gouveia Sardinha	05:22:54	00:43:19	02:48:38	01:40:31	606
4	83	Rui Manuel Lourenco Tavares Rodrigues Rodrigues	05:27:23	00:45:58	02:46:30	01:43:35	628
5	249	Henrique Freire	05:38:17	00:38:51	02:51:27	01:58:18	662

70 - 74 anos | M

Lugar	Dorsal	Nome	Tempo Oficial	Natação	Ciclismo	Corrida	Lugar Geral
1	772	Fernando André Silva	05:46:21	00:46:38	02:50:15	01:59:14	685
2	884	Jose Pedro Delgado Sequeira Ferrão	06:18:29	00:54:52	03:07:44	02:06:35	727