

| | | | | | | | | |
|---------|------------|-----------|-----------|----------|----------|--|--|--|
| Data: | 14-03-2010 | Hora: | 10h45 | Local: | Cadaval | | | |
| Corrida | 6.000 mt | Ciclismo: | 22.000 mt | Corrida: | 2.000 mt | | | |

| | | | |
|----------|-----------------------------|------------------|-------|
| Ranking: | Camp. Nac. Grupos de Idades | Hora de Partida: | 00h00 |
|----------|-----------------------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | P | Corrida | P | Ciclism | P | Corrida | Total | Diff |
|----|------|------|-------------------------|-----|---------|---------------------------------------|----|----------|----|----------|-----|----------|----------|----------|
| 1 | 3117 | 33 | Lino Barruncho | - | 30 - 34 | Clube Olimpico de Oeiras | 2 | 00:18:59 | 3 | 00:35:10 | 10 | 00:06:42 | 01:00:52 | |
| 2 | 2123 | 11 | João Pedro Silva | - | 20 - 24 | Clube Olimpico de Oeiras | 1 | 00:18:38 | 23 | 00:36:44 | 3 | 00:06:14 | 01:01:37 | 00:00:45 |
| 3 | 3290 | 34 | Sérgio Manuel Silva | - | 25 - 29 | SR Camarnal / Seguros | 4 | 00:18:59 | 11 | 00:36:21 | 5 | 00:06:25 | 01:01:47 | 00:00:54 |
| 4 | 3016 | 3 | Bruno Pais | - | 25 - 29 | Sport Lisboa e Benfica | 5 | 00:19:00 | 14 | 00:36:28 | 4 | 00:06:25 | 01:01:53 | 00:01:01 |
| 5 | 3291 | 4 | Duarte Marques | - | 25 - 29 | C. D. "Os Águias" de Alpiarça | 6 | 00:19:02 | 10 | 00:36:21 | 6 | 00:06:36 | 01:02:00 | 00:01:08 |
| 6 | 2088 | 13 | Miguel Arraiolos | - | 20 - 24 | C. D. "Os Águias" de Alpiarça | 8 | 00:19:19 | 1 | | 1 | | 01:02:06 | 00:01:14 |
| 7 | 3284 | 36 | Pedro Gomes | - | 25 - 29 | Clube Olimpico de Oeiras | 10 | 00:19:33 | 6 | 00:35:53 | 11 | 00:06:45 | 01:02:13 | 00:01:20 |
| 8 | 2160 | 16 | Ruben Costa | - | 20 - 24 | Sporting Clube de Portugal | 7 | 00:19:08 | 12 | 00:36:22 | 12 | 00:06:48 | 01:02:19 | 00:01:26 |
| 9 | 2152 | 17 | Pedro Laginha Palma | - | 20 - 24 | CFV | 3 | 00:18:59 | 13 | 00:36:26 | 28 | 00:07:23 | 01:02:50 | 00:01:57 |
| 10 | 2087 | 15 | José Estrangeiro | - | 20 - 24 | Assoc. Académica de Coimbra | 11 | 00:19:48 | 27 | 00:36:55 | 9 | 00:06:42 | 01:03:25 | 00:02:33 |
| 11 | 3293 | 991 | Henrique Santos | - | 30 - 34 | SR Camarnal / Seguros | 18 | 00:20:09 | 17 | 00:36:37 | 7 | 00:06:39 | 01:03:26 | 00:02:33 |
| 12 | 1166 | 21 | Hugo Alves | - | 18 - 19 | C. T. Fundão | 12 | 00:19:49 | 28 | 00:36:58 | 8 | 00:06:39 | 01:03:27 | 00:02:34 |
| 13 | 1162 | 54 | Miguel Fernandes | - | 18 - 19 | Clube Olimpico de Oeiras | 16 | 00:20:02 | 19 | 00:36:41 | 13 | 00:06:49 | 01:03:32 | 00:02:40 |
| 14 | 3071 | 344 | Luis Manuel Almeida | - | 35 - 39 | Clube Olimpico de Oeiras | 9 | 00:19:33 | 31 | 00:37:12 | 14 | 00:06:50 | 01:03:35 | 00:02:43 |
| 15 | 2124 | 14 | Vasco Pessoa | - | 20 - 24 | C. T. Fundão | 13 | 00:19:49 | 26 | 00:36:54 | 15 | 00:06:55 | 01:03:38 | 00:02:46 |
| 16 | 1113 | 32 | Gil Maia | - | 18 - 19 | CFV | 14 | 00:20:01 | 24 | 00:36:44 | 18 | 00:06:59 | 01:03:45 | 00:02:52 |
| 17 | 3666 | 35 | Tiago Abreu Silva | - | 20 - 24 | Ludens Clube do Machico | 19 | 00:20:10 | 21 | 00:36:43 | 16 | 00:06:55 | 01:03:49 | 00:02:57 |
| 18 | 3214 | 443 | Miguel Ganchinho | - | 25 - 29 | Clube de Triatlo de Almada | 15 | 00:20:01 | 25 | 00:36:51 | 17 | 00:06:57 | 01:03:50 | 00:02:58 |
| 19 | 1105 | 30 | João Serrano | - | 18 - 19 | SR Camarnal / Seguros | 21 | 00:20:13 | 18 | 00:36:40 | 19 | 00:07:03 | 01:03:57 | 00:03:04 |
| 20 | 3053 | 37 | Sérgio Marques | - | 30 - 34 | C. D. "Os Águias" de Alpiarça | 30 | 00:20:56 | 7 | 00:35:55 | 21 | 00:07:08 | 01:04:01 | 00:03:08 |
| 21 | 3197 | 378 | Délio Ferreira | - | 30 - 34 | COMPEED - Tri-Oeste | 17 | 00:20:09 | 22 | 00:36:44 | 25 | 00:07:12 | 01:04:06 | 00:03:14 |
| 22 | 3296 | 1102 | Jorge Duarte | - | 25 - 29 | Clube de Praças da Armada | 24 | 00:20:35 | 15 | 00:36:30 | 22 | 00:07:09 | 01:04:14 | 00:03:22 |
| 23 | 3282 | 254 | Márcio Neves | - | 25 - 29 | Oeiras Sport Clube | 34 | 00:21:05 | 5 | 00:35:53 | 32 | 00:07:32 | 01:04:32 | 00:03:40 |
| 24 | 3266 | 303 | Ricardo Gouveia | - | 25 - 29 | Clube Futebol Andorinha | 37 | 00:21:06 | 4 | 00:35:47 | 50 | 00:07:45 | 01:04:39 | 00:03:47 |
| 25 | 3261 | 499 | David Caldeirão | - | 35 - 39 | Louletano/AlgarvCycles/LouleJardimHot | 29 | 00:20:56 | 9 | 00:36:11 | 64 | 00:07:58 | 01:05:06 | 00:04:14 |
| 26 | 1247 | 52 | Filipe Azevedo | - | 16 - 17 | C. D. "Os Águias" de Alpiarça | 36 | 00:21:06 | 16 | 00:36:34 | 31 | 00:07:28 | 01:05:09 | 00:04:17 |
| 27 | 3264 | 335 | Manuel Alves | - | 25 - 29 | Sporting Clube de Portugal | 28 | 00:20:55 | 8 | 00:36:04 | 98 | 00:08:17 | 01:05:17 | 00:04:25 |
| 28 | 3063 | 1035 | Nuno Neves | - | 30 - 34 | Louletano/AlgarvCycles/LouleJardimHot | 31 | 00:21:01 | 20 | 00:36:41 | 117 | 00:08:27 | 01:06:10 | 00:05:18 |
| 29 | 4366 | 301 | Carlos Nóbrega | - | 40 - 44 | Clube Futebol Andorinha | 23 | 00:20:26 | 58 | 00:38:48 | 23 | 00:07:11 | 01:06:26 | 00:05:34 |
| 30 | 1095 | 28 | João Amorim | - | 18 - 19 | Alhandra Sporting Club | 25 | 00:20:46 | 43 | 00:38:21 | 29 | 00:07:25 | 01:06:32 | 00:05:40 |
| 31 | 4032 | 252 | Carlos Gomes | - | 45 - 49 | Oeiras Sport Clube | 35 | 00:21:06 | 41 | 00:38:17 | 24 | 00:07:12 | 01:06:36 | 00:05:44 |
| 32 | 3031 | 980 | Paulo Marques | - | 30 - 34 | Clube de Praças da Armada | 22 | 00:20:14 | 78 | 00:39:25 | 20 | 00:07:07 | 01:06:47 | 00:05:54 |
| 33 | 3239 | 210 | Telmo Veloso | - | 35 - 39 | Porto Runners | 27 | 00:20:47 | 50 | 00:38:36 | 30 | 00:07:27 | 01:06:52 | 00:05:59 |
| 34 | 3485 | 1111 | Nuno Patrício | - | 35 - 39 | C. N. Alvíto | 61 | 00:22:09 | 30 | 00:37:10 | 33 | 00:07:33 | 01:06:53 | 00:06:00 |
| 35 | 1203 | 53 | Rafael Ribeiro | - | 16 - 17 | Alhandra Sporting Club | 26 | 00:20:46 | 54 | 00:38:44 | 27 | 00:07:23 | 01:06:54 | 00:06:01 |
| 36 | 3394 | 645 | Valdo Neves | - | 30 - 34 | Oeiras Sport Clube | 41 | 00:21:24 | 44 | 00:38:22 | 26 | 00:07:18 | 01:07:05 | 00:06:13 |
| 37 | 1117 | 29 | Hugo Ventura | - | 18 - 19 | Clube Olimpico de Oeiras | 46 | 00:21:34 | 29 | 00:37:10 | 110 | 00:08:23 | 01:07:07 | 00:06:15 |
| 38 | 4013 | 500 | Miguel Fragoso | - | 45 - 49 | Molly Maid - Vitoria de Janes | 47 | 00:21:34 | 38 | 00:38:01 | 39 | 00:07:36 | 01:07:12 | 00:06:19 |
| 39 | 1153 | 22 | Luis Filipe Marafuz | - | 18 - 19 | Alhandra Sporting Club | 20 | 00:20:10 | 73 | 00:39:20 | 46 | 00:07:42 | 01:07:14 | 00:06:21 |
| 40 | 3285 | 347 | Hugo Ferreira | - | 35 - 39 | Clube Olimpico de Oeiras | 33 | 00:21:05 | 48 | 00:38:34 | 37 | 00:07:35 | 01:07:14 | 00:06:22 |
| 41 | 3583 | 1379 | Paulo Adão Coelho | - | 30 - 34 | Clube Triatlo de Perosinho | 32 | 00:21:04 | 53 | 00:38:43 | 40 | 00:07:36 | 01:07:24 | 00:06:32 |
| 42 | 3000 | 665 | Vitor Santos | - | 30 - 34 | TRI CAP - Penafirme | 68 | 00:22:24 | 32 | 00:37:16 | 62 | 00:07:57 | 01:07:38 | 00:06:45 |
| 43 | 2151 | 226 | Tiago Maia | - | 20 - 24 | CFV | 43 | 00:21:32 | 35 | 00:37:48 | 101 | 00:08:19 | 01:07:40 | 00:06:47 |
| 44 | 3591 | 468 | Paulo Janela | - | 25 - 29 | Clube de Triatlo de Almada | 40 | 00:21:21 | 47 | 00:38:34 | 53 | 00:07:50 | 01:07:47 | 00:06:54 |
| 45 | 1004 | 49 | Alexandre Nobre | - | 16 - 17 | Alhandra Sporting Club | 44 | 00:21:33 | 37 | 00:37:52 | 113 | 00:08:24 | 01:07:49 | 00:06:57 |
| 46 | 1313 | 1411 | Bruno Pereira | - | 18 - 19 | Lusavouga-Clube dos Galitos | 57 | 00:22:03 | 36 | 00:37:49 | 65 | 00:07:59 | 01:07:52 | 00:06:59 |
| 47 | 4359 | 727 | Joel Marcelino | - | 40 - 44 | Peniche A. C. | 62 | 00:22:15 | 33 | 00:37:25 | 92 | 00:08:12 | 01:07:53 | 00:07:00 |
| 48 | 3510 | 114 | Silvio Moreira | - | 30 - 34 | Individual | 49 | 00:21:36 | 45 | 00:38:24 | 61 | 00:07:57 | 01:07:58 | 00:07:06 |
| 49 | 1042 | 415 | João Francisco Ferreira | - | 16 - 17 | C. N. Tejo | 53 | 00:21:59 | 34 | 00:37:42 | 119 | 00:08:28 | 01:08:10 | 00:07:18 |

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|---------|------------|-----------|-----------|----------|----------|--|--|--|
| Data: | 14-03-2010 | Hora: | 10h45 | Local: | Cadaval | | | |
| Corrida | 6.000 mt | Ciclismo: | 22.000 mt | Corrida: | 2.000 mt | | | |

| | | | |
|----------|-----------------------------|------------------|-------|
| Ranking: | Camp. Nac. Grupos de Idades | Hora de Partida: | 00h00 |
|----------|-----------------------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | P | Corrida | P | Ciclism | P | Corrida | Total | Diff |
|----|------|------|------------------------|-----|---------|---------------------------------------|-----|----------|-----|----------|-----|----------|----------|----------|
| 50 | 1303 | 50 | Ricardo Calado | - | 16 - 17 | C. D. "Os Águias" de Alpiarça | 50 | 00:21:39 | 82 | 00:39:30 | 38 | 00:07:36 | 01:08:45 | 00:07:52 |
| 51 | 4148 | 379 | Pedro Cordeiro | - | 40 - 44 | COMPEED - Tri-Oeste | 80 | 00:22:34 | 40 | 00:38:17 | 63 | 00:07:58 | 01:08:49 | 00:07:57 |
| 52 | 4357 | 769 | Jorge Teixeira | - | 40 - 44 | Clube de Praças da Armada | 52 | 00:21:55 | 71 | 00:39:17 | 42 | 00:07:38 | 01:08:52 | 00:08:00 |
| 53 | 4177 | 1369 | Paulo Silva | - | 40 - 44 | Louletano/AlgarvCycles/LouleJardimHot | 66 | 00:22:22 | 63 | 00:39:05 | 44 | 00:07:39 | 01:09:07 | 00:08:15 |
| 54 | 3760 | 1000 | Pedro Pinheiro | - | 35 - 39 | COMPEED - Tri-Oeste | 81 | 00:22:37 | 49 | 00:38:36 | 60 | 00:07:56 | 01:09:10 | 00:08:17 |
| 55 | 3535 | 139 | Pedro Francisco | - | 25 - 29 | TRIATLO CLUBE TAP | 51 | 00:21:40 | 86 | 00:39:35 | 58 | 00:07:55 | 01:09:11 | 00:08:19 |
| 56 | 3704 | 453 | Nuno Rodrigues | - | 20 - 24 | Clube de Triatlo de Almada | 39 | 00:21:19 | 109 | 00:40:21 | 36 | 00:07:34 | 01:09:16 | 00:08:23 |
| 57 | 1222 | 333 | José Maria Carvalho | - | 18 - 19 | C. F. "Os Belenenses" | 55 | 00:22:01 | 65 | 00:39:09 | 84 | 00:08:07 | 01:09:17 | 00:08:25 |
| 58 | 3100 | 871 | Luis Cipriano | - | 35 - 39 | A. M. C. R. Fonte Grada | 76 | 00:22:32 | 69 | 00:39:16 | 35 | 00:07:33 | 01:09:22 | 00:08:30 |
| 59 | 1231 | 1346 | João Caeiro | - | 16 - 17 | C. N. Alvito | 59 | 00:22:08 | 2 | | 2 | | 01:09:25 | 00:08:33 |
| 60 | 3562 | 749 | João Carlos Canas | - | 35 - 39 | A. R. S. C. Toledo | 58 | 00:22:04 | 88 | 00:39:38 | 48 | 00:07:43 | 01:09:26 | 00:08:34 |
| 61 | 1155 | 25 | Miguel Marques | - | 18 - 19 | Alhandra Sporting Club | 74 | 00:22:32 | 75 | 00:39:22 | 34 | 00:07:33 | 01:09:28 | 00:08:35 |
| 62 | 1249 | 24 | João Curado | - | 18 - 19 | Sporting Clube de Portugal | 48 | 00:21:34 | 96 | 00:39:57 | 59 | 00:07:55 | 01:09:28 | 00:08:36 |
| 63 | 2097 | 1380 | João Gestosa | - | 20 - 24 | Clube Triatlo de Perosinho | 75 | 00:22:32 | 74 | 00:39:20 | 41 | 00:07:36 | 01:09:29 | 00:08:37 |
| 64 | 3050 | 387 | Bruno Fernandes | - | 30 - 34 | Resistentes | 67 | 00:22:24 | 62 | 00:39:03 | 79 | 00:08:06 | 01:09:33 | 00:08:41 |
| 65 | 4178 | 299 | Joaquim Fernandes | - | 45 - 49 | Clube Futebol Andorinha | 63 | 00:22:19 | 70 | 00:39:17 | 68 | 00:07:59 | 01:09:36 | 00:08:44 |
| 66 | 4115 | 385 | António Ervideira | - | 40 - 44 | Resistentes | 87 | 00:22:48 | 59 | 00:38:54 | 56 | 00:07:53 | 01:09:37 | 00:08:45 |
| 67 | 3571 | 1295 | Carlos Rocha | - | 30 - 34 | Lusavouga-Clube dos Galitos | 99 | 00:23:06 | 56 | 00:38:47 | 49 | 00:07:45 | 01:09:38 | 00:08:46 |
| 68 | 3241 | 172 | Nuno Tintim | - | 30 - 34 | Alhandra Sporting Club | 73 | 00:22:31 | 79 | 00:39:25 | 45 | 00:07:41 | 01:09:39 | 00:08:47 |
| 69 | 3531 | 427 | Pedro Miguel Matos | - | 30 - 34 | C. N. Tejo | 65 | 00:22:21 | 64 | 00:39:07 | 94 | 00:08:13 | 01:09:42 | 00:08:50 |
| 70 | 3142 | 497 | Pedro Figueira | - | 30 - 34 | Assoc. 20 Km de Almeirim | 114 | 00:23:22 | 46 | 00:38:24 | 70 | 00:08:01 | 01:09:48 | 00:08:55 |
| 71 | 3435 | 181 | Marco Fidalgo | - | 30 - 34 | G. A. A. Vila Franca de Xira | 82 | 00:22:40 | 83 | 00:39:30 | 43 | 00:07:39 | 01:09:49 | 00:08:57 |
| 72 | 3555 | 484 | Vitor Almeida | - | 30 - 34 | Clube Triatlo de Perosinho | 102 | 00:23:09 | 51 | 00:38:39 | 74 | 00:08:04 | 01:09:53 | 00:09:00 |
| 73 | 3304 | 482 | Ivan Pinto da Silva | - | 30 - 34 | Clube Triatlo de Perosinho | 101 | 00:23:09 | 52 | 00:38:41 | 86 | 00:08:07 | 01:09:58 | 00:09:05 |
| 74 | 4274 | 112 | Carlos Brito | - | 50 - 54 | Molly Maid - Vitoria de Janes | 88 | 00:22:49 | 61 | 00:39:00 | 91 | 00:08:11 | 01:10:01 | 00:09:08 |
| 75 | 3173 | 422 | José Lino | - | 35 - 39 | C. N. Tejo | 70 | 00:22:25 | 90 | 00:39:45 | 54 | 00:07:51 | 01:10:01 | 00:09:09 |
| 76 | 4090 | 354 | Rui Campos | - | 45 - 49 | Clube Olímpico de Oeiras | 78 | 00:22:33 | 76 | 00:39:23 | 82 | 00:08:06 | 01:10:03 | 00:09:11 |
| 77 | 1093 | 18 | Mariana Costa | - | 18 - 19 | C. T. Fundação | 85 | 00:22:48 | 68 | 00:39:14 | 78 | 00:08:06 | 01:10:08 | 00:09:16 |
| 78 | 3086 | 394 | Luis Guerreiro | - | 35 - 39 | Ginásio Clube de Sines | 94 | 00:23:01 | 57 | 00:38:47 | 104 | 00:08:20 | 01:10:09 | 00:09:17 |
| 79 | 3673 | 384 | Henrique Avelar | - | 30 - 34 | Resistentes | 89 | 00:22:50 | 60 | 00:39:00 | 111 | 00:08:24 | 01:10:14 | 00:09:22 |
| 80 | 1223 | 195 | Rui Tenrinho | - | 16 - 17 | Alhandra Sporting Club | 71 | 00:22:30 | 80 | 00:39:26 | 100 | 00:08:18 | 01:10:15 | 00:09:23 |
| 81 | 3334 | 1158 | Rui Filipe Costa | - | 30 - 34 | Porto Runners | 69 | 00:22:24 | 89 | 00:39:45 | 97 | 00:08:16 | 01:10:26 | 00:09:34 |
| 82 | 1204 | 194 | Filipe Miguel Lopes | - | 16 - 17 | Alhandra Sporting Club | 42 | 00:21:31 | 105 | 00:40:17 | 135 | 00:08:38 | 01:10:27 | 00:09:35 |
| 83 | 2135 | 1098 | Rúben Reis | - | 20 - 24 | Secção de Triatlo de Santa Iria | 72 | 00:22:31 | 85 | 00:39:32 | 112 | 00:08:24 | 01:10:28 | 00:09:35 |
| 84 | 2149 | 199 | Paulo Ricardo Monteiro | - | 20 - 24 | Alhandra Sporting Club | 77 | 00:22:33 | 77 | 00:39:24 | 121 | 00:08:30 | 01:10:28 | 00:09:36 |
| 85 | 2153 | 227 | Luis Bompastor | - | 20 - 24 | CFV | 123 | 00:23:35 | 42 | 00:38:20 | 132 | 00:08:37 | 01:10:33 | 00:09:41 |
| 86 | 1216 | 592 | Pedro Miguel Amaral | - | 16 - 17 | C. D. "Os Águias" de Alpiarça | 90 | 00:22:54 | 55 | 00:38:46 | 160 | 00:08:54 | 01:10:35 | 00:09:42 |
| 87 | 3189 | 1305 | Tiago Teixeira | - | 25 - 29 | Lusavouga-Clube dos Galitos | 60 | 00:22:08 | 100 | 00:40:07 | 123 | 00:08:31 | 01:10:47 | 00:09:55 |
| 88 | 3484 | 2 | Maria Areosa | - | 25 - 29 | Clube Olímpico de Oeiras | 134 | 00:23:48 | 67 | 00:39:12 | 52 | 00:07:48 | 01:10:49 | 00:09:56 |
| 89 | 4131 | 348 | Pedro Nogueira Silva | - | 40 - 44 | Clube Olímpico de Oeiras | 104 | 00:23:10 | 81 | 00:39:29 | 114 | 00:08:24 | 01:11:04 | 00:10:11 |
| 90 | 2086 | 7 | Bárbara Clemente | - | 20 - 24 | Clube Olímpico de Oeiras | 132 | 00:23:47 | 66 | 00:39:11 | 83 | 00:08:07 | 01:11:05 | 00:10:13 |
| 91 | 4040 | 1373 | António Raposo | - | 50 - 54 | Louletano/AlgarvCycles/LouleJardimHot | 109 | 00:23:17 | 98 | 00:40:01 | 80 | 00:08:06 | 01:11:25 | 00:10:33 |
| 92 | 4060 | 994 | António Moura | - | 50 - 54 | SR Camarnal / Seguros | 130 | 00:23:42 | 72 | 00:39:18 | 115 | 00:08:25 | 01:11:26 | 00:10:34 |
| 93 | 3057 | 650 | Henrique Matias | - | 30 - 34 | Oeiras Sport Clube | 129 | 00:23:40 | 84 | 00:39:32 | 108 | 00:08:21 | 01:11:33 | 00:10:41 |
| 94 | 1202 | 147 | Ivo Cristeta | - | 16 - 17 | Alhandra Sporting Club | 113 | 00:23:20 | 95 | 00:39:55 | 107 | 00:08:21 | 01:11:37 | 00:10:44 |
| 95 | 3433 | 1038 | Rui Medina | - | 35 - 39 | Louletano/AlgarvCycles/LouleJardimHot | 91 | 00:22:55 | 108 | 00:40:21 | 109 | 00:08:21 | 01:11:37 | 00:10:45 |
| 96 | 3455 | 983 | Nuno Semedo | - | 35 - 39 | Clube de Praças da Armada | 111 | 00:23:19 | 97 | 00:39:58 | 128 | 00:08:35 | 01:11:52 | 00:11:00 |
| 97 | 3784 | 1329 | Paulo Gonçalves | - | 25 - 29 | Clube de Praças da Armada | 127 | 00:23:39 | 103 | 00:40:12 | 77 | 00:08:05 | 01:11:57 | 00:11:05 |
| 98 | 3621 | 1381 | Fábio Magalhães | - | 25 - 29 | Clube Triatlo de Perosinho | 100 | 00:23:06 | 112 | 00:40:31 | 106 | 00:08:21 | 01:12:00 | 00:11:07 |

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|---------|------------|-----------|-----------|----------|----------|--|--|--|
| Data: | 14-03-2010 | Hora: | 10h45 | Local: | Cadaval | | | |
| Corrida | 6.000 mt | Ciclismo: | 22.000 mt | Corrida: | 2.000 mt | | | |

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|----------|-----------------------------|------------------|-------|
| Ranking: | Camp. Nac. Grupos de Idades | Hora de Partida: | 00h00 |
|----------|-----------------------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | P | Corrida | P | Ciclism | P | Corrida | Total | Diff |
|-----|------|------|----------------------|-----|---------|---------------------------------------|-----|----------|-----|----------|-----|----------|----------|----------|
| 99 | 3004 | 873 | Bruno Silva | - | 35 - 39 | A. M. C. R. Fonte Grada | 116 | 00:23:23 | 115 | 00:40:48 | 55 | 00:07:52 | 01:12:03 | 00:11:10 |
| 100 | 3207 | 870 | José Magalhães Dias | - | 35 - 39 | A. M. C. R. Fonte Grada | 139 | 00:23:52 | 93 | 00:39:51 | 102 | 00:08:19 | 01:12:03 | 00:11:11 |
| 101 | 3616 | 1433 | Abel Condesso | - | 35 - 39 | Assoc. Académica de Coimbra | 124 | 00:23:35 | 106 | 00:40:19 | 89 | 00:08:10 | 01:12:05 | 00:11:12 |
| 102 | 1154 | 406 | Diogo Mata Tristão | - | 18 - 19 | Alhandra Sporting Club | 138 | 00:23:49 | 94 | 00:39:52 | 125 | 00:08:34 | 01:12:16 | 00:11:23 |
| 103 | 4434 | 437 | Luis Pereira | - | 40 - 44 | Clube de Triatlo de Almada | 45 | 00:21:33 | 159 | 00:43:02 | 47 | 00:07:42 | 01:12:19 | 00:11:27 |
| 104 | 4204 | 243 | Mário Sousa | - | 45 - 49 | Peniche A. C. | 117 | 00:23:25 | 114 | 00:40:42 | 96 | 00:08:16 | 01:12:24 | 00:11:32 |
| 105 | 1170 | 720 | Gonçalo Barros | - | 18 - 19 | Ginásio Clube de Sines | 118 | 00:23:26 | 92 | 00:39:48 | 185 | 00:09:09 | 01:12:24 | 00:11:32 |
| 106 | 1295 | 522 | Miguel Ângelo Silva | - | 16 - 17 | Ext. Coop. da Benedita | 105 | 00:23:10 | 121 | 00:41:17 | 67 | 00:07:59 | 01:12:27 | 00:11:35 |
| 107 | 4299 | 525 | Luis Serrazina | - | 45 - 49 | Ext. Coop. da Benedita | 56 | 00:22:02 | 147 | 00:42:21 | 75 | 00:08:04 | 01:12:28 | 00:11:36 |
| 108 | 3763 | 1212 | José João Silvestre | - | 30 - 34 | C. N. Tejo | 135 | 00:23:49 | 102 | 00:40:12 | 118 | 00:08:28 | 01:12:29 | 00:11:36 |
| 109 | 2095 | 976 | Ricardo Reis | - | 20 - 24 | Clube de Praças da Armada | 121 | 00:23:34 | 104 | 00:40:14 | 140 | 00:08:41 | 01:12:30 | 00:11:37 |
| 110 | 3665 | 652 | Joaquim Figueiras | - | 35 - 39 | Oeiras Sport Clube | 98 | 00:23:06 | 125 | 00:41:23 | 93 | 00:08:12 | 01:12:42 | 00:11:50 |
| 111 | 3315 | 136 | Mário Figueiredo | - | 35 - 39 | Alhandra Sporting Club | 103 | 00:23:10 | 122 | 00:41:17 | 103 | 00:08:20 | 01:12:47 | 00:11:55 |
| 112 | 3772 | 1312 | Ricardo Lanceiro | - | 30 - 34 | Açoreana Clube Banif | 84 | 00:22:43 | 142 | 00:42:16 | 66 | 00:07:59 | 01:12:58 | 00:12:06 |
| 113 | 4048 | 674 | Jerónimo Manuel Cruz | - | 50 - 54 | Cl. Ferroviário de Vendas Novas | 120 | 00:23:32 | 116 | 00:40:51 | 138 | 00:08:39 | 01:13:03 | 00:12:11 |
| 114 | 3494 | 424 | Rui Pedro Costa | - | 35 - 39 | C. N. Tejo | 144 | 00:24:04 | 119 | 00:41:01 | 71 | 00:08:02 | 01:13:07 | 00:12:15 |
| 115 | 2092 | 104 | Pedro Miguel Gomes | - | 20 - 24 | Alhandra Sporting Club | 180 | 00:25:15 | 87 | 00:39:38 | 99 | 00:08:18 | 01:13:12 | 00:12:19 |
| 116 | 4278 | 1043 | António Barbosa | - | 45 - 49 | Louletano/AlgarvCycles/LouleJardimHot | 64 | 00:22:20 | 161 | 00:43:06 | 51 | 00:07:47 | 01:13:14 | 00:12:21 |
| 117 | 3731 | 773 | José Manuel Silva | - | 40 - 44 | ETri G. D. Santo António Évora | 79 | 00:22:34 | 137 | 00:42:00 | 139 | 00:08:39 | 01:13:14 | 00:12:22 |
| 118 | 3749 | 997 | Antonio Pinheiro | - | 35 - 39 | SR Camarnal / Seguros | 83 | 00:22:41 | 150 | 00:42:30 | 81 | 00:08:06 | 01:13:17 | 00:12:25 |
| 119 | 3576 | 1447 | Jorge Manuel Vieira | - | 35 - 39 | Sport Clube Beira Mar | 145 | 00:24:09 | 117 | 00:40:52 | 105 | 00:08:21 | 01:13:23 | 00:12:30 |
| 120 | 3743 | 950 | Miguel Vicente | - | 20 - 24 | C. N. Cartaxo | 95 | 00:23:03 | 123 | 00:41:19 | 173 | 00:09:04 | 01:13:27 | 00:12:34 |
| 121 | 3388 | 1012 | Carlos Antunes | - | 30 - 34 | C. T. Fundão | 140 | 00:23:54 | 130 | 00:41:37 | 57 | 00:07:55 | 01:13:28 | 00:12:35 |
| 122 | 1164 | 356 | David Maia | - | 18 - 19 | Clube Olímpico de Oeiras | 160 | 00:24:33 | 107 | 00:40:20 | 136 | 00:08:38 | 01:13:33 | 00:12:40 |
| 123 | 3195 | 517 | Ana Filipa Santos | - | 25 - 29 | C. T. Fundão | 142 | 00:23:55 | 128 | 00:41:29 | 95 | 00:08:14 | 01:13:40 | 00:12:47 |
| 124 | 1270 | 545 | André Mateus Silva | - | 16 - 17 | G. D. R. de Manique de Cima | 141 | 00:23:55 | 120 | 00:41:02 | 154 | 00:08:48 | 01:13:46 | 00:12:53 |
| 125 | 3431 | 726 | Henrique Venâncio | - | 35 - 39 | Peniche A. C. | 146 | 00:24:10 | 118 | 00:40:58 | 137 | 00:08:38 | 01:13:48 | 00:12:55 |
| 126 | 2112 | 153 | Ivan Costa | - | 20 - 24 | Alhandra Sporting Club | 181 | 00:25:16 | 91 | 00:39:46 | 150 | 00:08:48 | 01:13:50 | 00:12:58 |
| 127 | 3113 | 503 | Duarte Barreto | - | 35 - 39 | C. N. Cartaxo | 162 | 00:24:35 | 111 | 00:40:28 | 153 | 00:08:48 | 01:13:52 | 00:12:59 |
| 128 | 4428 | 1388 | Manuel Dourado | - | 55 - 59 | Clube Triatlo de Perosinho | 86 | 00:22:48 | 157 | 00:42:56 | 87 | 00:08:08 | 01:13:52 | 00:13:00 |
| 129 | 4391 | 502 | Luis Feio Romão | - | 40 - 44 | Cl. Ferroviário de Vendas Novas | 97 | 00:23:04 | 155 | 00:42:48 | 69 | 00:08:00 | 01:13:54 | 00:13:02 |
| 130 | 3703 | 436 | Rui Firmino | - | 35 - 39 | Clube de Triatlo de Almada | 106 | 00:23:12 | 135 | 00:41:55 | 145 | 00:08:47 | 01:13:55 | 00:13:03 |
| 131 | 4025 | 148 | João Medeiro | - | 45 - 49 | Serv. Soc. CGD | 93 | 00:23:00 | 154 | 00:42:48 | 88 | 00:08:08 | 01:13:56 | 00:13:04 |
| 132 | 3786 | 1337 | Jorge Ramos | - | 35 - 39 | C. T. Fundão | 173 | 00:24:56 | 99 | 00:40:04 | 171 | 00:09:01 | 01:14:02 | 00:13:09 |
| 133 | 4052 | 1351 | Manuel Gonçalves | - | 45 - 49 | C. N. Colégio Vasco da Gama | 108 | 00:23:17 | 151 | 00:42:35 | 90 | 00:08:10 | 01:14:03 | 00:13:11 |
| 134 | 2131 | 108 | Miguel Medeiros | - | 20 - 24 | CFV | 96 | 00:23:04 | 134 | 00:41:55 | 180 | 00:09:07 | 01:14:06 | 00:13:14 |
| 135 | 1302 | 531 | Ricardo Correia | - | 18 - 19 | Ext. Coop. da Benedita | 131 | 00:23:44 | 127 | 00:41:27 | 166 | 00:08:56 | 01:14:09 | 00:13:16 |
| 136 | 2148 | 5 | Ana Filipa Ferreira | - | 20 - 24 | Alhandra Sporting Club | 168 | 00:24:52 | 110 | 00:40:23 | 159 | 00:08:53 | 01:14:09 | 00:13:16 |
| 137 | 1106 | 31 | Fabrcio Tomás | - | 18 - 19 | Alhandra Sporting Club | 38 | 00:21:18 | 39 | 00:38:02 | 283 | 00:14:49 | 01:14:10 | 00:13:18 |
| 138 | 4075 | 242 | José Peixoto | - | 50 - 54 | Peniche A. C. | 147 | 00:24:11 | 124 | 00:41:23 | 161 | 00:08:54 | 01:14:29 | 00:13:36 |
| 139 | 3517 | 454 | Fábio Pratas | - | 25 - 29 | Clube de Triatlo de Almada | 133 | 00:23:48 | 136 | 00:41:58 | 151 | 00:08:48 | 01:14:34 | 00:13:42 |
| 140 | 1291 | 755 | Marco Pinto | - | 18 - 19 | TRI CAP - Penafirme | 112 | 00:23:19 | 143 | 00:42:16 | 175 | 00:09:05 | 01:14:42 | 00:13:49 |
| 141 | 3402 | 1042 | Luis Reis | - | 30 - 34 | Louletano/AlgarvCycles/LouleJardimHot | 119 | 00:23:30 | 156 | 00:42:51 | 120 | 00:08:30 | 01:14:52 | 00:13:59 |
| 142 | 4225 | 486 | Manuel Domingues | - | 40 - 44 | Clube Triatlo de Perosinho | 92 | 00:22:56 | 162 | 00:43:06 | 158 | 00:08:51 | 01:14:54 | 00:14:02 |
| 143 | 4020 | 58 | Paulo Alves | - | 45 - 49 | Amiciclo | 110 | 00:23:18 | 152 | 00:42:40 | 182 | 00:09:07 | 01:15:06 | 00:14:14 |
| 144 | 3411 | 163 | Luis Novo | - | 35 - 39 | Alhandra Sporting Club | 186 | 00:25:38 | 113 | 00:40:37 | 156 | 00:08:51 | 01:15:07 | 00:14:14 |
| 145 | 4072 | 827 | Renato Fidalgo | - | 45 - 49 | A. D. C. R. Painho | 161 | 00:24:34 | 140 | 00:42:05 | 141 | 00:08:44 | 01:15:24 | 00:14:32 |
| 146 | 2111 | 1283 | João Luis | - | 20 - 24 | G. A. A. Vila Franca de Xira | 137 | 00:23:49 | 132 | 00:41:52 | 221 | 00:09:53 | 01:15:34 | 00:14:42 |
| 147 | 4015 | 1046 | José Oliveira | - | 50 - 54 | Molly Maid - Vitoria de Janes | 157 | 00:24:27 | 138 | 00:42:01 | 187 | 00:09:11 | 01:15:40 | 00:14:48 |

| | | | | | |
|---------|------------|-----------|-----------|----------|----------|
| Data: | 14-03-2010 | Hora: | 10h45 | Local: | Cadaval |
| Corrida | 6.000 mt | Ciclismo: | 22.000 mt | Corrida: | 2.000 mt |

| | | | |
|----------|-----------------------------|------------------|-------|
| Ranking: | Camp. Nac. Grupos de Idades | Hora de Partida: | 00h00 |
|----------|-----------------------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | P | Corrida | P | Ciclism | P | Corrida | Total | Diff |
|-----|------|------|-------------------------|-----|---------|---------------------------------|-----|----------|-----|----------|-----|----------|----------|----------|
| 148 | 3320 | 975 | Sérgio Ribeiro | - | 35 - 39 | Clube de Praças da Armada | 126 | 00:23:39 | 165 | 00:43:15 | 146 | 00:08:47 | 01:15:41 | 00:14:48 |
| 149 | 1077 | 229 | Tiago Rola | - | 16 - 17 | CFV | 151 | 00:24:20 | 139 | 00:42:03 | 198 | 00:09:20 | 01:15:43 | 00:14:51 |
| 150 | 4312 | 1356 | Vitor Carapelho | - | 45 - 49 | Individual | 167 | 00:24:50 | 146 | 00:42:18 | 131 | 00:08:36 | 01:15:45 | 00:14:52 |
| 151 | 2109 | 198 | David Ferreira | - | 20 - 24 | Alhandra Sporting Club | 190 | 00:25:45 | 126 | 00:41:24 | 133 | 00:08:37 | 01:15:47 | 00:14:54 |
| 152 | 3508 | 1055 | João Duarte | - | 35 - 39 | Quintajense Futebol Clube | 172 | 00:24:55 | 131 | 00:41:38 | 193 | 00:09:14 | 01:15:48 | 00:14:56 |
| 153 | 1048 | 215 | Diogo Soares | - | 16 - 17 | Alhandra Sporting Club | 54 | 00:22:00 | 190 | 00:44:42 | 194 | 00:09:16 | 01:15:59 | 00:15:07 |
| 154 | 1209 | 393 | Diogo Goulão Henriques | - | 16 - 17 | Ginásio Clube de Sines | 148 | 00:24:12 | 173 | 00:43:50 | 72 | 00:08:02 | 01:16:05 | 00:15:13 |
| 155 | 3606 | 590 | Paulo Silvestre | - | 35 - 39 | Assoc. 20 Km de Almeirim | 182 | 00:25:16 | 129 | 00:41:33 | 197 | 00:09:20 | 01:16:10 | 00:15:18 |
| 156 | 4425 | 1338 | António Almeida | - | 40 - 44 | A. D. C. R. Painho | 175 | 00:25:05 | 133 | 00:41:52 | 203 | 00:09:29 | 01:16:26 | 00:15:34 |
| 157 | 3801 | 1376 | Pedro Ventura | - | 25 - 29 | GRECI - EL CORTE INGLÉS | 169 | 00:24:52 | 160 | 00:43:03 | 124 | 00:08:32 | 01:16:28 | 00:15:35 |
| 158 | 4287 | 867 | Luis Abade | - | 40 - 44 | Assoc. Académica de Coimbra | 174 | 00:25:01 | 141 | 00:42:13 | 195 | 00:09:16 | 01:16:31 | 00:15:38 |
| 159 | 4314 | 501 | José Gonçalves | - | 40 - 44 | CAPGE | 107 | 00:23:16 | 197 | 00:45:12 | 76 | 00:08:05 | 01:16:33 | 00:15:41 |
| 160 | 3586 | 977 | Miguel Carneiro | - | 25 - 29 | Clube de Praças da Armada | 165 | 00:24:40 | 166 | 00:43:18 | 127 | 00:08:35 | 01:16:34 | 00:15:41 |
| 161 | 3716 | 923 | Raúl Jorge | - | 35 - 39 | C. D. "Os Águias" de Alpiarça | 136 | 00:23:49 | 185 | 00:44:29 | 122 | 00:08:31 | 01:16:49 | 00:15:57 |
| 162 | 3722 | 626 | Ana Sofia Henriques | - | 30 - 34 | Associação Naval Amorense | 152 | 00:24:20 | 177 | 00:43:56 | 134 | 00:08:38 | 01:16:55 | 00:16:03 |
| 163 | 4358 | 748 | João Bento | - | 40 - 44 | A. R. S. C. Toledo | 149 | 00:24:14 | 179 | 00:44:06 | 126 | 00:08:34 | 01:16:55 | 00:16:03 |
| 164 | 2126 | 331 | Miguel Andrade | - | 20 - 24 | C. F. "Os Belenenses" | 122 | 00:23:34 | 201 | 00:45:19 | 85 | 00:08:07 | 01:17:00 | 00:16:08 |
| 165 | 1314 | 680 | João Miguel Cristo | - | 16 - 17 | Clube de Triatlo de Almada | 115 | 00:23:22 | 194 | 00:44:50 | 152 | 00:08:48 | 01:17:01 | 00:16:08 |
| 166 | 4241 | 1464 | André Cunha | - | 40 - 44 | Açoreana Clube Banif | 159 | 00:24:30 | 176 | 00:43:55 | 130 | 00:08:36 | 01:17:02 | 00:16:10 |
| 167 | 3036 | 433 | Nuno Campos | - | 30 - 34 | Clube de Praças da Armada | 187 | 00:25:39 | 148 | 00:42:28 | 165 | 00:08:56 | 01:17:04 | 00:16:12 |
| 168 | 4268 | 979 | Vasco Soares | - | 40 - 44 | Clube de Praças da Armada | 189 | 00:25:44 | 149 | 00:42:28 | 177 | 00:09:06 | 01:17:19 | 00:16:27 |
| 169 | 4384 | 471 | Paulo Carvalho | - | 45 - 49 | Clube de Triatlo de Almada | 171 | 00:24:54 | 171 | 00:43:41 | 147 | 00:08:47 | 01:17:23 | 00:16:31 |
| 170 | 3094 | 1097 | Pedro Fernandes | - | 30 - 34 | Secção de Triatlo de Santa Iria | 177 | 00:25:08 | 163 | 00:43:07 | 189 | 00:09:12 | 01:17:28 | 00:16:36 |
| 171 | 4293 | 1099 | Miguel Velez | - | 45 - 49 | Secção de Triatlo de Santa Iria | 156 | 00:24:25 | 181 | 00:44:09 | 162 | 00:08:54 | 01:17:29 | 00:16:36 |
| 172 | 3119 | 510 | Paulo Calixto | - | 35 - 39 | C. N. Cartaxo | 125 | 00:23:38 | 196 | 00:45:09 | 164 | 00:08:56 | 01:17:43 | 00:16:51 |
| 173 | 4355 | 250 | Paulo Alexandre Marques | - | 40 - 44 | GRECI - EL CORTE INGLÉS | 179 | 00:25:11 | 153 | 00:42:47 | 220 | 00:09:51 | 01:17:50 | 00:16:58 |
| 174 | 3769 | 1303 | João Pereira | - | 25 - 29 | Lusavouga-Clube dos Galitos | 210 | 00:26:41 | 101 | 00:40:08 | 266 | 00:11:18 | 01:18:07 | 00:17:15 |
| 175 | 4300 | 521 | Jorge Monteiro | - | 45 - 49 | Ext. Coop. da Benedita | 192 | 00:25:49 | 170 | 00:43:39 | 142 | 00:08:45 | 01:18:13 | 00:17:21 |
| 176 | 4188 | 725 | Luis Filipe Pereira | - | 45 - 49 | Peniche A. C. | 163 | 00:24:38 | 191 | 00:44:45 | 157 | 00:08:51 | 01:18:14 | 00:17:22 |
| 177 | 4142 | 145 | Carlos Reis | - | 40 - 44 | Individual | 158 | 00:24:29 | 178 | 00:44:02 | 218 | 00:09:49 | 01:18:21 | 00:17:29 |
| 178 | 3081 | 288 | Ricardo Vieira | - | 35 - 39 | Assoc. Académica de Coimbra | 166 | 00:24:40 | 202 | 00:45:19 | 116 | 00:08:26 | 01:18:26 | 00:17:33 |
| 179 | 4259 | 806 | Paulo Neves | - | 40 - 44 | Clube de Veteranos do Porto | 196 | 00:25:52 | 158 | 00:43:02 | 208 | 00:09:35 | 01:18:30 | 00:17:38 |
| 180 | 1196 | 175 | Fábio Coutinho | - | 18 - 19 | Alhandra Sporting Club | 209 | 00:26:37 | 144 | 00:42:17 | 209 | 00:09:38 | 01:18:33 | 00:17:40 |
| 181 | 4315 | 1359 | Carlos Dias | - | 55 - 59 | Individual | 203 | 00:26:16 | 167 | 00:43:20 | 167 | 00:08:57 | 01:18:34 | 00:17:41 |
| 182 | 4326 | 405 | Carlos Ferreira | - | 55 - 59 | Individual | 185 | 00:25:35 | 175 | 00:43:52 | 186 | 00:09:09 | 01:18:38 | 00:17:45 |
| 183 | 4398 | 823 | Luis Gomes | - | 45 - 49 | A. D. C. R. Painho | 183 | 00:25:18 | 187 | 00:44:33 | 148 | 00:08:47 | 01:18:39 | 00:17:47 |
| 184 | 4108 | 225 | Paulo Leitão Santos | - | 45 - 49 | Peniche A. C. | 219 | 00:27:14 | 145 | 00:42:17 | 188 | 00:09:11 | 01:18:43 | 00:17:50 |
| 185 | 4439 | 1469 | Luis Prego | - | 50 - 54 | Açoreana Clube Banif | 150 | 00:24:18 | 206 | 00:45:27 | 179 | 00:09:06 | 01:18:52 | 00:17:59 |
| 186 | 3677 | 263 | Rui Manuel Pereira | - | 30 - 34 | A. R. S. C. Toledo | 202 | 00:26:16 | 164 | 00:43:13 | 212 | 00:09:41 | 01:19:11 | 00:18:18 |
| 187 | 3613 | 554 | Nuno Rijo | - | 35 - 39 | G. D. R. de Manique de Cima | 154 | 00:24:21 | 212 | 00:46:04 | 144 | 00:08:46 | 01:19:12 | 00:18:19 |
| 188 | 1279 | 717 | Daniel Contente | - | 16 - 17 | Ginásio Clube de Sines | 200 | 00:26:14 | 169 | 00:43:37 | 199 | 00:09:21 | 01:19:13 | 00:18:21 |
| 189 | 3385 | 1340 | Pedro Guedes | - | 35 - 39 | Porto Runners | 194 | 00:25:50 | 193 | 00:44:47 | 155 | 00:08:49 | 01:19:27 | 00:18:35 |
| 190 | 3208 | 1440 | Rui Trovão | - | 25 - 29 | Assoc. Académica de Coimbra | 204 | 00:26:17 | 184 | 00:44:27 | 143 | 00:08:45 | 01:19:30 | 00:18:38 |
| 191 | 4267 | 868 | Victor Garcez | - | 50 - 54 | Assoc. Académica de Coimbra | 128 | 00:23:40 | 216 | 00:46:44 | 178 | 00:09:06 | 01:19:31 | 00:18:38 |
| 192 | 4360 | 558 | Helder Lopes | - | 40 - 44 | G. D. R. de Manique de Cima | 199 | 00:26:09 | 183 | 00:44:16 | 174 | 00:09:04 | 01:19:31 | 00:18:38 |
| 193 | 3713 | 628 | Diogo Barbosa | - | 30 - 34 | TRI CAP - Penafirme | 191 | 00:25:47 | 186 | 00:44:32 | 196 | 00:09:17 | 01:19:38 | 00:18:45 |
| 194 | 3610 | 324 | Bernardo Ferrão | - | 30 - 34 | C. F. "Os Belenenses" | 193 | 00:25:49 | 189 | 00:44:42 | 176 | 00:09:05 | 01:19:38 | 00:18:45 |
| 195 | 1311 | 43 | Andreia Lopes | - | 16 - 17 | C. F. "Os Belenenses" | 206 | 00:26:24 | 180 | 00:44:08 | 192 | 00:09:14 | 01:19:47 | 00:18:55 |
| 196 | 3790 | 420 | João Miguel Tavares | - | 30 - 34 | C. N. Tejo | 170 | 00:24:52 | 205 | 00:45:25 | 205 | 00:09:31 | 01:19:49 | 00:18:57 |

| | | | | | | | |
|---------|------------|-----------|-----------|----------|----------|--|--|
| Data: | 14-03-2010 | Hora: | 10h45 | Local: | Cadaval | | |
| Corrida | 6.000 mt | Ciclismo: | 22.000 mt | Corrida: | 2.000 mt | | |

| | | | |
|----------|-----------------------------|------------------|-------|
| Ranking: | Camp. Nac. Grupos de Idades | Hora de Partida: | 00h00 |
|----------|-----------------------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | P | Corrida | P | Ciclism | P | Corrida | Total | Diff |
|-----|------|------|---------------------|-----|---------|---------------------------------------|-----|----------|-----|----------|-----|----------|----------|----------|
| 197 | 3240 | 59 | Carla Ribeiro | - | 25 - 29 | Louletano/AlgarvCycles/LouleJardimHot | 198 | 00:25:56 | 188 | 00:44:37 | 200 | 00:09:21 | 01:19:55 | 00:19:03 |
| 198 | 3015 | 434 | Maria João Madeira | - | 30 - 34 | Clube de Triatlo de Almada | 215 | 00:26:51 | 172 | 00:43:46 | 207 | 00:09:34 | 01:20:12 | 00:19:19 |
| 199 | 3526 | 323 | António Gouveia | - | 35 - 39 | C. F. "Os Belenenses" | 207 | 00:26:29 | 209 | 00:45:54 | 73 | 00:08:04 | 01:20:27 | 00:19:35 |
| 200 | 3502 | 771 | Miguel Algarvio | - | 35 - 39 | Clube de Praças da Armada | 176 | 00:25:06 | 215 | 00:46:27 | 168 | 00:08:58 | 01:20:32 | 00:19:39 |
| 201 | 3558 | 792 | Sérgio Duarte | - | 35 - 39 | Serv. Soc. CGD | 184 | 00:25:31 | 203 | 00:45:23 | 211 | 00:09:41 | 01:20:36 | 00:19:44 |
| 202 | 4342 | 140 | Luis Filipe Silva | - | 50 - 54 | TRIATLO CLUBE TAP | 218 | 00:27:11 | 168 | 00:43:28 | 227 | 00:10:04 | 01:20:45 | 00:19:52 |
| 203 | 1271 | 551 | Pedro Bica | - | 16 - 17 | G. D. R. de Manique de Cima | 153 | 00:24:21 | 229 | 00:48:00 | 129 | 00:08:35 | 01:20:57 | 00:20:04 |
| 204 | 3525 | 326 | Elisabete Sousa | - | 35 - 39 | C. F. "Os Belenenses" | 208 | 00:26:29 | 208 | 00:45:44 | 184 | 00:09:08 | 01:21:22 | 00:20:30 |
| 205 | 3387 | 345 | José António Jesus | - | 35 - 39 | Clube Olímpico de Oeiras | 178 | 00:25:09 | 227 | 00:47:43 | 191 | 00:09:14 | 01:22:07 | 00:21:14 |
| 206 | 3734 | 822 | José Ferreira | - | 35 - 39 | A. D. C. R. Painho | 217 | 00:27:05 | 207 | 00:45:29 | 210 | 00:09:39 | 01:22:15 | 00:21:23 |
| 207 | 2157 | 567 | Miguel Branco | - | 20 - 24 | G. D. R. de Manique de Cima | 197 | 00:25:54 | 225 | 00:47:28 | 170 | 00:09:00 | 01:22:23 | 00:21:30 |
| 208 | 4189 | 492 | Carlos Serra | - | 40 - 44 | Alhandra Sporting Club | 230 | 00:28:01 | 195 | 00:45:00 | 206 | 00:09:33 | 01:22:35 | 00:21:43 |
| 209 | 1315 | 1473 | Daniel Gonçalves | - | 16 - 17 | Triathlon Lamego Club | 155 | 00:24:24 | 245 | 00:49:29 | 149 | 00:08:47 | 01:22:41 | 00:21:49 |
| 210 | 3489 | 1151 | Cecília Shinn | - | 30 - 34 | COMPEED - Tri-Oeste | 201 | 00:26:15 | 224 | 00:47:22 | 172 | 00:09:04 | 01:22:42 | 00:21:49 |
| 211 | 3182 | 509 | Alexandre Ventura | - | 35 - 39 | C. N. Cartaxo | 239 | 00:28:44 | 174 | 00:43:52 | 234 | 00:10:14 | 01:22:51 | 00:21:59 |
| 212 | 1201 | 180 | André Estevam | - | 16 - 17 | Alhandra Sporting Club | 231 | 00:28:12 | 182 | 00:44:09 | 241 | 00:10:31 | 01:22:52 | 00:22:00 |
| 213 | 4410 | 201 | Paulo Monteiro | - | 45 - 49 | Alhandra Sporting Club | 225 | 00:27:23 | 200 | 00:45:18 | 233 | 00:10:14 | 01:22:55 | 00:22:03 |
| 214 | 4372 | 866 | Francisco Casaca | - | 40 - 44 | Assoc. Académica de Coimbra | 224 | 00:27:21 | 204 | 00:45:24 | 232 | 00:10:13 | 01:22:59 | 00:22:06 |
| 215 | 2085 | 374 | Vanessa Pereira | - | 20 - 24 | COMPEED - Tri-Oeste | 221 | 00:27:17 | 211 | 00:46:04 | 223 | 00:09:57 | 01:23:18 | 00:22:26 |
| 216 | 3204 | 211 | Susana Simões | - | 35 - 39 | Porto Runners | 227 | 00:27:26 | 222 | 00:47:05 | 163 | 00:08:56 | 01:23:28 | 00:22:36 |
| 217 | 4239 | 802 | Vasco Santos | - | 50 - 54 | Clube de Veteranos do Porto | 211 | 00:26:42 | 220 | 00:47:03 | 213 | 00:09:44 | 01:23:30 | 00:22:37 |
| 218 | 3209 | 1286 | Pedro Miguel Lopes | - | 35 - 39 | Porto Runners | 233 | 00:28:21 | 213 | 00:46:11 | 183 | 00:09:07 | 01:23:41 | 00:22:48 |
| 219 | 1290 | 431 | Diogo André Gomes | - | 18 - 19 | C. N. Tejo | 226 | 00:27:25 | 219 | 00:46:58 | 225 | 00:10:01 | 01:24:25 | 00:23:33 |
| 220 | 2172 | 1439 | Diogo Martins | - | 20 - 24 | Assoc. Académica de Coimbra | 213 | 00:26:49 | 218 | 00:46:57 | 253 | 00:10:53 | 01:24:40 | 00:23:48 |
| 221 | 3679 | 561 | Pedro Borges Coelho | - | 35 - 39 | G. D. R. de Manique de Cima | 195 | 00:25:51 | 233 | 00:48:34 | 236 | 00:10:18 | 01:24:44 | 00:23:51 |
| 222 | 4162 | 797 | Henrique Gonçalves | - | 55 - 59 | Clube de Veteranos do Porto | 234 | 00:28:21 | 199 | 00:45:17 | 262 | 00:11:12 | 01:24:52 | 00:23:59 |
| 223 | 4305 | 1461 | António João Santos | - | 40 - 44 | Açoreana Clube Banif | 246 | 00:28:56 | 214 | 00:46:12 | 219 | 00:09:50 | 01:25:00 | 00:24:07 |
| 224 | 3424 | 1052 | Rui Antunes | - | 30 - 34 | Peniche A. C. | 249 | 00:29:11 | 192 | 00:44:46 | 261 | 00:11:06 | 01:25:04 | 00:24:11 |
| 225 | 4424 | 1323 | Sandra Isabelinha | - | 45 - 49 | C. D. "Os Águias" de Alpiarça | 223 | 00:27:20 | 231 | 00:48:04 | 216 | 00:09:47 | 01:25:11 | 00:24:19 |
| 226 | 4396 | 732 | António Peixoto | - | 40 - 44 | GRECI - EL CORTE INGLÉS | 235 | 00:28:22 | 210 | 00:45:55 | 259 | 00:11:05 | 01:25:22 | 00:24:30 |
| 227 | 4160 | 800 | António Dias | - | 45 - 49 | Clube de Veteranos do Porto | 164 | 00:24:38 | 266 | 00:52:03 | 169 | 00:08:58 | 01:25:40 | 00:24:47 |
| 228 | 4279 | 435 | João Morgado | - | 40 - 44 | Clube de Triatlo de Almada | 240 | 00:28:49 | 217 | 00:46:51 | 230 | 00:10:09 | 01:25:50 | 00:24:58 |
| 229 | 2168 | 1368 | Andreia Ponte | - | 20 - 24 | Louletano/AlgarvCycles/LouleJardimHot | 267 | 00:30:11 | 198 | 00:45:17 | 240 | 00:10:31 | 01:25:59 | 00:25:07 |
| 230 | 4237 | 1051 | António Mamede | - | 50 - 54 | Peniche A. C. | 205 | 00:26:21 | 257 | 00:50:37 | 190 | 00:09:13 | 01:26:12 | 00:25:19 |
| 231 | 1286 | 417 | Ana Alarico | - | 16 - 17 | C. N. Tejo | 188 | 00:25:40 | 260 | 00:51:24 | 181 | 00:09:07 | 01:26:13 | 00:25:20 |
| 232 | 3500 | 943 | Fábio Ferreira | - | 25 - 29 | C. N. Cartaxo | 212 | 00:26:48 | 252 | 00:50:15 | 202 | 00:09:28 | 01:26:32 | 00:25:40 |
| 233 | 4294 | 1056 | José Panóias | - | 50 - 54 | Quintajense Futebol Clube | 216 | 00:27:03 | 232 | 00:48:15 | 264 | 00:11:16 | 01:26:35 | 00:25:43 |
| 234 | 4329 | 619 | Rui Correia | - | 55 - 59 | Individual | 258 | 00:29:33 | 223 | 00:47:11 | 222 | 00:09:54 | 01:26:39 | 00:25:47 |
| 235 | 1281 | 439 | Caterina Sousa | - | 16 - 17 | Clube de Triatlo de Almada | 236 | 00:28:23 | 239 | 00:48:53 | 201 | 00:09:22 | 01:26:39 | 00:25:47 |
| 236 | 3403 | 1040 | Rita Ribeiro | - | 25 - 29 | Louletano/AlgarvCycles/LouleJardimHot | 229 | 00:27:54 | 244 | 00:49:17 | 204 | 00:09:30 | 01:26:43 | 00:25:50 |
| 237 | 4301 | 529 | António Inácio | - | 45 - 49 | Ext. Coop. da Benedita | 243 | 00:28:54 | 221 | 00:47:04 | 250 | 00:10:45 | 01:26:43 | 00:25:51 |
| 238 | 4141 | 207 | Miguel Ayala Botto | - | 45 - 49 | Individual | 222 | 00:27:18 | 247 | 00:49:36 | 226 | 00:10:02 | 01:26:58 | 00:26:05 |
| 239 | 3808 | 1470 | Diogo Ferreira | - | 35 - 39 | Açoreana Clube Banif | 228 | 00:27:36 | 251 | 00:50:02 | 217 | 00:09:48 | 01:27:26 | 00:26:34 |
| 240 | 3536 | 754 | José Miranda | - | 25 - 29 | TRI CAP - Penafirme | 241 | 00:28:51 | 237 | 00:48:51 | 214 | 00:09:46 | 01:27:29 | 00:26:37 |
| 241 | 3711 | 666 | Sara Reis | - | 30 - 34 | TRI CAP - Penafirme | 242 | 00:28:52 | 236 | 00:48:50 | 215 | 00:09:46 | 01:27:30 | 00:26:37 |
| 242 | 4335 | 518 | Filomena Gomes | - | 40 - 44 | C. T. Fundação | 254 | 00:29:23 | 228 | 00:47:58 | 238 | 00:10:23 | 01:27:46 | 00:26:53 |
| 243 | 4369 | 322 | Jorge Corte-Real | - | 45 - 49 | C. F. "Os Belenenses" | 232 | 00:28:19 | 250 | 00:49:53 | 224 | 00:10:01 | 01:28:14 | 00:27:22 |
| 244 | 1210 | 719 | Hugo Jorge Martins | - | 16 - 17 | Ginásio Clube de Sines | 214 | 00:26:49 | 255 | 00:50:25 | 255 | 00:10:58 | 01:28:14 | 00:27:22 |
| 245 | 3390 | 155 | Helder Valente | - | 35 - 39 | Serv. Soc. CGD | 264 | 00:30:04 | 226 | 00:47:36 | 258 | 00:11:04 | 01:28:45 | 00:27:53 |

| | | | | | | | |
|---------|------------|-----------|-----------|----------|----------|--|--|
| Data: | 14-03-2010 | Hora: | 10h45 | Local: | Cadaval | | |
| Corrida | 6.000 mt | Ciclismo: | 22.000 mt | Corrida: | 2.000 mt | | |

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|----------|-----------------------------|---------|-------|------------------|-------|
| Ranking: | Camp. Nac. Grupos de Idades | Idades: | 18-24 | Hora de Partida: | 00h00 |
|----------|-----------------------------|---------|-------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | P | Corrida | P | Ciclism | P | Corrida | Total | Diff |
|-----|------|------|----------------------|-----|---------|---------------------------------|-----|----------|-----|----------|-----|----------|----------|----------|
| 246 | 3118 | 941 | Nuno Morais | - | 35 - 39 | C. N. Cartaxo | 263 | 00:29:53 | 230 | 00:48:01 | 252 | 00:10:52 | 01:28:47 | 00:27:55 |
| 247 | 1316 | 1474 | Daniel Conceição | - | 16 - 17 | Triathlon Lamego Club | 238 | 00:28:27 | 253 | 00:50:15 | 235 | 00:10:15 | 01:28:59 | 00:28:06 |
| 248 | 1272 | 1028 | Luis Miguel Silva | - | 16 - 17 | G. D. R. de Manique de Cima | 253 | 00:29:22 | 240 | 00:49:03 | 245 | 00:10:38 | 01:29:04 | 00:28:11 |
| 249 | 4363 | 566 | Joaquim Guedelha | - | 45 - 49 | G. D. R. de Manique de Cima | 244 | 00:28:54 | 235 | 00:48:50 | 267 | 00:11:20 | 01:29:06 | 00:28:13 |
| 250 | 1283 | 477 | Andreia Ferreira | - | 16 - 17 | Clube de Triatlo de Almada | 220 | 00:27:15 | 262 | 00:51:49 | 228 | 00:10:05 | 01:29:09 | 00:28:17 |
| 251 | 4038 | 1112 | Joaquim Patricio | - | 60 - 64 | C. N. Alvito | 259 | 00:29:40 | 238 | 00:48:53 | 246 | 00:10:40 | 01:29:14 | 00:28:21 |
| 252 | 3712 | 591 | José Silveira | - | 40 - 44 | TRI CAP - Penafirme | 252 | 00:29:19 | 243 | 00:49:17 | 243 | 00:10:38 | 01:29:15 | 00:28:22 |
| 253 | 4393 | 877 | Julio Nunes | - | 40 - 44 | Associação Naval Amorense | 251 | 00:29:16 | 242 | 00:49:16 | 257 | 00:11:02 | 01:29:35 | 00:28:42 |
| 254 | 3805 | 1455 | Nuno Ribeiro | - | 25 - 29 | Porto Runners | 247 | 00:29:04 | 256 | 00:50:32 | 231 | 00:10:12 | 01:29:50 | 00:28:57 |
| 255 | 4414 | 1354 | Vitor Vicente | - | 55 - 59 | C. N. Colégio Vasco da Gama | 237 | 00:28:24 | 259 | 00:51:24 | 229 | 00:10:05 | 01:29:54 | 00:29:02 |
| 256 | 1238 | 753 | Catarina Paulo | - | 16 - 17 | TRI CAP - Penafirme | 260 | 00:29:41 | 246 | 00:49:32 | 251 | 00:10:47 | 01:30:01 | 00:29:08 |
| 257 | 4361 | 559 | Hipólito Ferreira | - | 45 - 49 | G. D. R. de Manique de Cima | 256 | 00:29:27 | 249 | 00:49:48 | 254 | 00:10:54 | 01:30:10 | 00:29:18 |
| 258 | 4331 | 506 | Fernando Oliveira | - | 40 - 44 | C. N. Cartaxo | 269 | 00:30:30 | 241 | 00:49:10 | 248 | 00:10:42 | 01:30:22 | 00:29:30 |
| 259 | 4280 | 463 | Paulo Lopes | - | 40 - 44 | Clube de Triatlo de Almada | 257 | 00:29:28 | 248 | 00:49:37 | 269 | 00:11:22 | 01:30:28 | 00:29:35 |
| 260 | 3728 | 793 | Nuno Costa | - | 35 - 39 | Serv. Soc. CGD | 265 | 00:30:06 | 234 | 00:48:34 | 277 | 00:12:09 | 01:30:50 | 00:29:58 |
| 261 | 3391 | 151 | Carlos Albano Silva | - | 35 - 39 | Serv. Soc. CGD | 245 | 00:28:55 | 263 | 00:51:50 | 268 | 00:11:22 | 01:32:08 | 00:31:16 |
| 262 | 5588 | 681 | Maria Carvalho | - | 16 - 17 | Ext. Coop. da Benedita | 255 | 00:29:24 | 270 | 00:53:24 | 237 | 00:10:19 | 01:33:09 | 00:32:16 |
| 263 | 1246 | 1110 | Rita Rodrigues | - | 16 - 17 | TRI CAP - Penafirme | 277 | 00:31:51 | 254 | 00:50:25 | 256 | 00:11:00 | 01:33:18 | 00:32:25 |
| 264 | 5480 | 651 | Petra Jelinkova | - | 25 - 29 | Oeiras Sport Clube | 270 | 00:30:36 | 261 | 00:51:38 | 263 | 00:11:14 | 01:33:30 | 00:32:37 |
| 265 | 4370 | 330 | Manuel Gomes | - | 45 - 49 | C. F. "Os Belenenses" | 250 | 00:29:12 | 271 | 00:53:42 | 244 | 00:10:38 | 01:33:33 | 00:32:41 |
| 266 | 3804 | 1413 | Paula Vizinho | - | 35 - 39 | Lusavouga-Clube dos Galitos | 274 | 00:31:16 | 258 | 00:50:58 | 271 | 00:11:29 | 01:33:44 | 00:32:51 |
| 267 | 4346 | 133 | Jorge Carreiras | - | 40 - 44 | Individual | 273 | 00:31:16 | 264 | 00:51:58 | 265 | 00:11:16 | 01:34:31 | 00:33:38 |
| 268 | 4383 | 1008 | Helena Moura | - | 45 - 49 | Clube de Triatlo de Almada | 266 | 00:30:08 | 273 | 00:54:18 | 242 | 00:10:33 | 01:35:01 | 00:34:08 |
| 269 | 4046 | 266 | Mário Melo | - | 55 - 59 | Cl. Ferroviário de Vendas Novas | 276 | 00:31:20 | 268 | 00:52:35 | 272 | 00:11:30 | 01:35:26 | 00:34:34 |
| 270 | 1226 | 662 | Rita Delgado | - | 16 - 17 | Associação Naval Amorense | 272 | 00:31:05 | 267 | 00:52:21 | 278 | 00:12:20 | 01:35:47 | 00:34:54 |
| 271 | 4388 | 617 | Ruben António Costa | - | 45 - 49 | Individual | 271 | 00:30:44 | 272 | 00:53:43 | 273 | 00:11:38 | 01:36:07 | 00:35:14 |
| 272 | 3393 | 449 | Rita Correia | - | 30 - 34 | Clube de Triatlo de Almada | 248 | 00:29:10 | 275 | 00:56:13 | 249 | 00:10:44 | 01:36:08 | 00:35:15 |
| 273 | 4365 | 131 | Paulo Viana | - | 40 - 44 | Alhandra Sporting Club | 278 | 00:32:05 | 269 | 00:52:57 | 260 | 00:11:06 | 01:36:09 | 00:35:17 |
| 274 | 4161 | 799 | José Melo | - | 50 - 54 | Clube de Veteranos do Porto | 283 | 00:35:21 | 265 | 00:51:59 | 276 | 00:11:59 | 01:39:20 | 00:38:27 |
| 275 | 4302 | 528 | Maria Serrazina | - | 50 - 54 | Ext. Coop. da Benedita | 262 | 00:29:51 | 277 | 00:58:53 | 247 | 00:10:41 | 01:39:26 | 00:38:34 |
| 276 | 1213 | 1302 | Marina Silva | - | 18 - 19 | Lusavouga-Clube dos Galitos | 268 | 00:30:14 | 280 | 00:59:56 | 239 | 00:10:24 | 01:40:35 | 00:39:43 |
| 277 | 4440 | 1434 | Manuel Costa | - | 50 - 54 | Assoc. Académica de Coimbra | 261 | 00:29:47 | 279 | 00:59:51 | 275 | 00:11:58 | 01:41:38 | 00:40:45 |
| 278 | 1297 | 523 | Luis Filipe Ferreira | - | 16 - 17 | Ext. Coop. da Benedita | 281 | 00:33:20 | 276 | 00:58:07 | 280 | 00:12:58 | 01:44:27 | 00:43:34 |
| 279 | 4222 | 1049 | Manuel Lopes | - | 50 - 54 | Peniche A. C. | 143 | 00:23:56 | 278 | 00:59:35 | 284 | 00:20:57 | 01:44:30 | 00:43:37 |
| 280 | 1261 | 718 | Sara Ferreira | - | 16 - 17 | Ginásio Clube de Sines | 275 | 00:31:19 | 281 | 01:00:59 | 281 | 00:14:08 | 01:46:27 | 00:45:35 |
| 281 | 4409 | 874 | Francisco Cipriano | - | 65 - 69 | A. M. C. R. Fonte Grada | 280 | 00:32:43 | 282 | 01:02:56 | 270 | 00:11:28 | 01:47:09 | 00:46:16 |
| 282 | 3730 | 734 | Bruno Rainho | - | 30 - 34 | GRECI - EL CORTE INGLÉS | 284 | 00:37:42 | 274 | 00:56:09 | 282 | 00:14:26 | 01:48:18 | 00:47:25 |
| 283 | 3650 | 142 | Filipa Elvas | - | 30 - 34 | TRIATLO CLUBE TAP | 282 | 00:33:41 | 283 | 01:02:57 | 279 | 00:12:27 | 01:49:07 | 00:48:14 |
| 284 | 4229 | 1339 | Elisabete Gonçalves | - | 40 - 44 | Porto Runners | 279 | 00:32:28 | 284 | 01:05:48 | 274 | 00:11:50 | 01:50:07 | 00:49:15 |
| | 3708 | 430 | Octávio Vicente | DNF | 25 - 29 | C. N. Tejo | | 00:24:46 | | | | | | - |
| | 2164 | 1096 | Ruben Carvalho | DNF | 20 - 24 | Secção de Triatlo de Santa Iria | | 00:30:16 | | | | | | - |
| | 2108 | 10 | Ana Filipa Sampaio | DNF | 20 - 24 | Alhandra Sporting Club | | | | | | | | - |
| | 2110 | 9 | Liliana Filipa Silva | DNF | 20 - 24 | Alhandra Sporting Club | | | | | | | | - |
| | 1167 | 27 | José Veiga | DNF | 18 - 19 | Clube Olimpico de Oeiras | | 00:19:56 | | | | | | - |
| | 1149 | 26 | Guilherme Marques | DNF | 18 - 19 | C. D. "Os Águias" de Alpiarça | | 00:22:32 | | | | | | - |
| | 1233 | 419 | Diogo Rosa | DNF | 18 - 19 | C. N. Tejo | | 00:21:58 | | | | | | - |
| | 1293 | 51 | Pedro Afonso Gaspar | DNF | 16 - 17 | C. D. "Os Águias" de Alpiarça | | | | | | | | - |
| | 1275 | 570 | Ricardo Santos | DNF | 16 - 17 | G. D. R. de Manique de Cima | | 00:28:42 | | | | | | - |
| | 3300 | 241 | Nelson Santos | DNF | 35 - 39 | Peniche A. C. | | 00:21:57 | | | | | | - |

| | | | | | | | | |
|---------|------------|-----------|-----------|----------|----------|--|--|--|
| Data: | 14-03-2010 | Hora: | 10h45 | Local: | Cadaval | | | |
| Corrida | 6.000 mt | Ciclismo: | 22.000 mt | Corrida: | 2.000 mt | | | |

| | | | |
|----------|-----------------------------|------------------|-------|
| Ranking: | Camp. Nac. Grupos de Idades | Hora de Partida: | 00h00 |
|----------|-----------------------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | P | Corrida | P | Ciclism | P | Corrida | Total | Diff |
|----|------|------|-----------------------|-----|---------|---------------------------------|---|---------|---|---------|---|---------|-------|------|
| | 3440 | 117 | Filipa Fernandes | DNS | 30 - 34 | Individual | | | | | | | | - |
| | 3206 | 1389 | André Guimarães | DNS | 25 - 29 | Clube Triatlo de Perosinho | | | | | | | | - |
| | 3569 | 383 | Serge Caetano | DNS | 25 - 29 | McDonalds/TriBraga | | | | | | | | - |
| | 3789 | 1335 | Fábio Caniço | DNS | 25 - 29 | Clube de Praças da Armada | | | | | | | | - |
| | 2139 | 836 | Nuno Nogueira | DNS | 20 - 24 | Amiciclo | | | | | | | | - |
| | 2122 | 8 | Joana Marques | DNS | 20 - 24 | Clube Olímpico de Oeiras | | | | | | | | - |
| | 2143 | 353 | Ana Teresa Machado | DNS | 20 - 24 | Clube Olímpico de Oeiras | | | | | | | | - |
| | 2163 | 920 | Gonçalo Ruivo | DNS | 20 - 24 | C. D. "Os Águias" de Alpiarça | | | | | | | | - |
| | 1128 | 351 | Carolina Gregório | DNS | 18 - 19 | Clube Olímpico de Oeiras | | | | | | | | - |
| | 1156 | 23 | Pedro Araújo Mendes | DNS | 18 - 19 | C. D. "Os Águias" de Alpiarça | | | | | | | | - |
| | 1178 | 553 | Sara Dourado | DNS | 18 - 19 | G. D. R. de Manique de Cima | | | | | | | | - |
| | 1200 | 408 | Laura Costa Bento | DNS | 16 - 17 | Alhandra Sporting Club | | | | | | | | - |
| | 1274 | 1029 | Nuno Guedelha | DNS | 16 - 17 | G. D. R. de Manique de Cima | | | | | | | | - |
| | 1307 | 1285 | Samuel Silva | DNS | 16 - 17 | Ext. Coop. da Benedita | | | | | | | | - |
| | 1298 | 527 | Carolina Serrazina | DNS | 16 - 17 | Ext. Coop. da Benedita | | | | | | | | - |
| | 3196 | 954 | Nelson Silva | DNS | 25 - 29 | C. N. Tejo | | | | | | | | - |
| | 3707 | 603 | Ana Patricia Ferreira | DNS | 25 - 29 | C. N. Tejo | | | | | | | | - |
| | 3520 | 429 | Hugo Tomé Ferreira | DNS | 25 - 29 | C. N. Tejo | | | | | | | | - |
| | 3705 | 469 | Ricardo Silva | DNS | 25 - 29 | Clube de Triatlo de Almada | | | | | | | | - |
| | 3675 | 388 | Marco Lourenço | DNS | 25 - 29 | Resistentes | | | | | | | | - |
| | 3537 | 834 | Dário Santos | DNS | 30 - 34 | Amiciclo | | | | | | | | - |
| | 3609 | 1445 | Raúl Matos | DNS | 30 - 34 | Sport Clube Beira Mar | | | | | | | | - |
| | 3120 | 504 | Mário Couto | DNS | 30 - 34 | C. N. Cartaxo | | | | | | | | - |
| | 3041 | 369 | Luís Diogo Santos | DNS | 35 - 39 | COMPEED - Tri-Oeste | | | | | | | | - |
| | 3397 | 1170 | Alexandra Reis | DNS | 35 - 39 | Assoc. Académica S. Mamede | | | | | | | | - |
| | 3744 | 951 | Nuno Nobre | DNS | 35 - 39 | C. N. Cartaxo | | | | | | | | - |
| | 3729 | 974 | Artur Miranda | DNS | 35 - 39 | Clube Olímpico de Oeiras | | | | | | | | - |
| | 3567 | 1159 | Adriano Gouveia | DNS | 35 - 39 | Porto Runners | | | | | | | | - |
| | 3475 | 596 | António Jourdan | DNS | 35 - 39 | C. D. "Os Águias" de Alpiarça | | | | | | | | - |
| | 4298 | 520 | Rafael Caetano | DNS | 40 - 44 | Ext. Coop. da Benedita | | | | | | | | - |
| | 4382 | 478 | Paulo Fonseca | DNS | 40 - 44 | Clube de Triatlo de Almada | | | | | | | | - |
| | 4149 | 595 | José Ribeiro | DNS | 40 - 44 | C. D. "Os Águias" de Alpiarça | | | | | | | | - |
| | 4441 | 1437 | Gary Blesson | DNS | 45 - 49 | Assoc. Académica de Coimbra | | | | | | | | - |
| | 4345 | 627 | Paulo Batista | DNS | 45 - 49 | TRIATLO CLUBE TAP | | | | | | | | - |
| | 4166 | 675 | José Maria Santos | DNS | 45 - 49 | Ci. Ferroviário de Vendas Novas | | | | | | | | - |
| | 4045 | 264 | Rogério Morais | DNS | 45 - 49 | Ci. Ferroviário de Vendas Novas | | | | | | | | - |
| | 4139 | 816 | Olivia Carmo | DNS | 50 - 54 | Clube de Veteranos do Porto | | | | | | | | - |
| | 4023 | 432 | Francisco Bexiga | DNS | 50 - 54 | Clube de Praças da Armada | | | | | | | | - |
| | 4290 | 170 | Bento Tanganho | DNS | 55 - 59 | Alhandra Sporting Club | | | | | | | | - |
| | 4059 | 511 | Fernando Feijão | DNS | 55 - 59 | C. T. Fundão | | | | | | | | - |