

VI Aquatlo da Amora

Campeonato Nacional de Clubes



Local: Amora - Data: 01/11/2025

#	Dorsal	Nome	Escalão	Clube	Natação	T1	Corrida	Total	Delta
Campeonato Nacional									
Natação: 750 m (1 volta) Corrida: 5000 m (2 voltas)									
Feminino									
CAD									
1.	2659	Ana Fung	CAD	Alhandra Sporting Club	00:10:25	00:00:41	00:19:38	00:30:45	--
2.	2651	Maria Marques	CAD	CAPGE	00:10:50	00:00:48	00:20:19	00:31:58	+ 0:01:13
3.	2586	Inês Costa	CAD	Sporting Clube de Portugal	00:10:50	00:00:44	00:21:20	00:32:55	+ 0:02:10
4.	695	Cristina Rilo	CAD	Pimpões Triatlo	00:11:39	00:00:40	00:21:30	00:33:50	+ 0:03:04
5.	2518	Joana Raimundo	CAD	Clube dos Galitos	00:13:07	00:01:07	00:22:45	00:37:01	+ 0:06:16
6.	753	Andreia Gaspar	CAD	Palmela Desporto	00:13:00	00:01:01	00:23:55	00:37:57	+ 0:07:12
7.	1206	Carol Galvão	CAD	Pimpões Triatlo	00:13:10	00:00:48	00:26:11	00:40:10	+ 0:09:25
JUN									
1.	3044	Matilde Tomás	JUN	Alhandra Sporting Club	00:09:24	00:00:38	00:19:31	00:29:34	--
2.	3451	Leticia Magalhães	JUN	Sporting Clube de Portugal	00:10:12	00:00:48	00:19:40	00:30:40	+ 0:01:06
3.	3306	Natacha Santos	JUN	Lusitano Frusoad	00:10:48	00:00:47	00:21:23	00:32:59	+ 0:03:24
20-24									
1.	3880	Margarida Barão	20-24	Sporting Clube de Portugal	00:09:58	00:00:47	00:18:15	00:29:00	--
2.	4591	Joana Pinto	20-24	Triatlo Fundação Salesianos	00:16:02	00:01:30	00:32:08	00:49:41	+ 0:20:40
25-29									
1.	4184	Ana Cruz	25-29	AmoraSub/Associação Naval Amorense	00:10:49	00:00:56	00:19:52	00:31:38	--
2.	4033	Inês Raimundo	25-29	AmoraSub/Associação Naval Amorense	00:13:57	00:00:41	00:20:08	00:34:47	+ 0:03:08
3.	3599	Eduarda Vidigueira	25-29	Outsystems Olímpico de Oeiras	00:13:24	00:00:59	00:23:45	00:38:09	+ 0:06:31
4.	3797	Sofia Cruz	25-29	SFRAA TRIATLO	00:15:59	00:01:01	00:27:51	00:44:52	+ 0:13:14
30-34									
1.	3641	Ana Ramos	30-34	Clube de Natação de Torres Novas	00:10:08	00:00:39	00:18:57	00:29:45	--

Resultados Homologados - 12H43

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#	Dorsal	Nome	Escalão		Clube	Natação	T1	Corrida	Total	Delta
2.	3985	Lara Benito	30-34		Outsystems Olímpico de Oeiras	00:14:28	00:01:17	00:22:48	00:38:34	+ 0:08:48
DNS	4151	Flávia Ribeiro	30-34		Outsystems Olímpico de Oeiras				DNS	
35-39										
1.	3768	Liliana Alexandre	35-39		Outsystems Olímpico de Oeiras	00:10:11	00:00:48	00:18:56	00:29:56	--
2.	3748	Tuxa Negri	35-39		CNATRIL Triatlo	00:11:39	00:00:40	00:19:30	00:31:50	+ 0:01:53
3.	3543	Ana Filipa Ferreira	35-39		Alhandra Sporting Club	00:11:46	00:00:51	00:22:30	00:35:08	+ 0:05:12
4.	3667	Mafalda Viveiros	35-39		AD Galomar	00:15:15	00:00:43	00:20:32	00:36:32	+ 0:06:36
40-44										
1.	7702	Rita Martins	40-44		Outsystems Olímpico de Oeiras	00:15:13	00:01:01	00:20:30	00:36:45	--
2.	5849	Carla Ribeiro	40-44		SFRAA TRIATLO	00:14:47	00:01:10	00:21:46	00:37:44	+ 0:00:59
3.	7736	Ana Martinho	40-44		SFRAA TRIATLO	00:13:44	00:01:16	00:24:47	00:39:49	+ 0:03:03
4.	6253	Cláudia Marques	40-44		AmoraSub/Associação Naval Amorense	00:15:48	00:01:02	00:23:50	00:40:41	+ 0:03:56
5.	7990	Rita Boita	40-44		Clube de Nataçao da Amadora	00:15:40	00:01:11	00:24:21	00:41:13	+ 0:04:28
6.	6356	Luiza Teixeira de Freitas	40-44		Triatlo Fundação Salesianos	00:15:58	00:01:38	00:24:00	00:41:36	+ 0:04:51
7.	5525	Tânia Rodrigues	40-44		Vitória de Janes	00:15:58	00:01:10	00:25:27	00:42:36	+ 0:05:51
8.	7506	Filipa Fernandes	40-44		AmoraSub/Associação Naval Amorense	00:19:40	00:01:23	00:29:42	00:50:46	+ 0:14:00
DNS	7938	Joana Creissac	40-44		Associação Académica de São Mamede				DNS	
45-49										
1.	8072	Ana Valentim	45-49		Clube Oriental de Lisboa	00:14:30	00:00:55	00:19:51	00:35:17	--
2.	6369	Catarina Lourenço	45-49		AmoraSub/Associação Naval Amorense	00:20:33	00:01:37	00:19:50	00:42:00	+ 0:06:43
3.	6260	Conceição Santos	45-49		AmoraSub/Associação Naval Amorense	00:17:46	00:01:29	00:24:25	00:43:41	+ 0:08:24
4.	6350	Sónia Patrão	45-49		Triatlo Fundação Salesianos	00:16:08	00:01:21	00:28:06	00:45:36	+ 0:10:19
5.	7584	Andreia Corvo	45-49		AmoraSub/Associação Naval Amorense	00:19:40	00:01:39	00:32:32	00:53:52	+ 0:18:35
DNS	5673	Raquel Matos	45-49		AmoraSub/Associação Naval Amorense				DNS	
50-54										
1.	7968	Fernanda Marques Santinha	50-54		Clube Oriental de Lisboa	00:13:54	00:00:58	00:21:33	00:36:26	--
2.	6360	Sofia Quental	50-54		Triatlo Fundação Salesianos	00:13:56	00:01:18	00:22:48	00:38:03	+ 0:01:36
3.	7956	Cláudia Ferreira	50-54		Lusitano Frusoad	00:13:01	00:01:03	00:24:42	00:38:48	+ 0:02:22
4.	5854	Sofia Marques	50-54		Clube Millenniumbcp	00:14:04	00:01:29	00:24:46	00:40:20	+ 0:03:53

Resultados Homologados - 12H43

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Campeonato Nacional de Clubes



#	Dorsal	Nome	Escalão		Clube	Natação	T1	Corrida	Total	Delta
5.	7864	Eugénia Ribeiro	50-54		Clube de Nataçao da Amadora	00:15:55	00:01:48	00:24:41	00:42:25	+ 0:05:58
6.	5544	Catarina Quintas	50-54		Clube de Nataçao da Amadora	00:15:54	00:01:35	00:25:21	00:42:51	+ 0:06:24
7.	5543	Paula Leitao	50-54		Clube de Nataçao da Amadora	00:15:43	00:01:27	00:28:06	00:45:16	+ 0:08:50
8.	7770	Sónia Ribeiro	50-54		Triatlo Fundaçao Salesianos	00:20:04	00:01:27	00:26:29	00:48:01	+ 0:11:34
DNS	5431	Sara Silva	50-54		Associação Académica de São Mamede				DNS	
DNS	6691	Flavia Ramirez	50-54		AmoraSub/Associação Naval Amorense				DNS	

55-59

1.	5187	Claudia Ferreira	55-59		Clube Oriental de Lisboa	00:16:28	00:01:22	00:22:06	00:39:57	--
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60-64

1.	7915	Madalena Caninas	60-64		Clube Oriental de Lisboa	00:17:11	00:01:13	00:27:06	00:45:31	--
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#	Dorsal	Nome	Escalão	Clube	Natação	T1	Corrida	Total	Delta
Masculino									
CAD									
1.	2669	Miguel Medronheira	CAD	Alhandra Sporting Club	00:09:19	00:00:40	00:17:08	00:27:07	--
2.	2710	Rafael Pacheco	CAD	Sporting Clube de Portugal	00:09:44	00:00:47	00:16:51	00:27:23	+ 0:00:15
3.	2706	Martim Rodrigues	CAD	AmoraSub/Associação Naval Amorense	00:09:32	00:00:37	00:17:43	00:27:52	+ 0:00:45
4.	2532	Duarte Oliveira	CAD	AmoraSub/Associação Naval Amorense	00:10:31	00:00:40	00:18:17	00:29:29	+ 0:02:21
5.	2529	Tiago Correia	CAD	Pimpões Triatlo	00:10:38	00:00:58	00:18:27	00:30:05	+ 0:02:57
6.	2751	Denis Fragoso	CAD	Sporting Clube de Portugal	00:12:13	00:00:46	00:17:24	00:30:24	+ 0:03:16
7.	602	Gabriel Varela	CAD	Pimpões Triatlo	00:10:04	00:00:47	00:19:58	00:30:50	+ 0:03:42
8.	2525	João Lima	CAD	Pimpões Triatlo	00:12:18	00:00:46	00:17:55	00:30:59	+ 0:03:52
9.	2650	Martim Santos	CAD	CAPGE	00:11:53	00:00:46	00:18:58	00:31:38	+ 0:04:30
10.	2724	Rodrigo Batista	CAD	AmoraSub/Associação Naval Amorense	00:12:15	00:01:02	00:18:43	00:32:01	+ 0:04:53
11.	2780	Martim Martins	CAD	Clube de Nataçao da Amadora	00:14:14	00:00:52	00:17:58	00:33:05	+ 0:05:57
12.	2552	Guilherme Viegas	CAD	Palmela Desporto	00:12:12	00:00:57	00:22:56	00:36:06	+ 0:08:58
13.	119	Matheus Pires	CAD	Pimpões Triatlo	00:12:19	00:00:58	00:25:33	00:38:51	+ 0:11:43
DNS	2557	David Gândara	CAD	Clube dos Galitos				DNS	
DNS	2607	Vicente Nunes	CAD	Outsystems Olimpico de Oeiras				DNS	
DNS	2722	Gabriel Piteira Rodrigues	CAD	AmoraSub/Associação Naval Amorense				DNS	
JUN									
1.	3164	Afonso Ferreira	JUN	Sporting Clube de Portugal	00:09:10	00:00:38	00:15:45	00:25:34	--
2.	3063	David Abreu	JUN	Sporting Clube de Portugal	00:09:20	00:00:40	00:16:31	00:26:32	+ 0:00:57
3.	3406	Cristovão Domingos	JUN	Clube de Nataçao da Amadora	00:11:45	00:01:00	00:20:44	00:33:30	+ 0:07:55
4.	3133	João Vasques	JUN	Clube dos Galitos	00:12:57	00:00:42	00:21:16	00:34:56	+ 0:09:21
5.	3008	Rodrigo Pires	JUN	CAPGE	00:14:36	00:01:00	00:21:20	00:36:56	+ 0:11:22
DNS	3013	Bosvieux Paul	JUN	AmoraSub/Associação Naval Amorense				DNS	
DNS	3022	Rodrigo Pissarra	JUN	Outsystems Olimpico de Oeiras				DNS	
DNS	3398	Rodrigo Neves	JUN	Sporting Clube de Portugal				DNS	
20-24									
1.	3609	João Dias	20-24	Sporting Clube de Portugal	00:09:16	00:00:36	00:15:53	00:25:45	--

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#	Dorsal	Nome	Escalão	Clube	Natação	T1	Corrida	Total	Delta
2.	3514	André Sousa	20-24	Ooutsystems Olímpico de Oeiras	00:10:12	00:00:56	00:17:17	00:28:26	+ 0:02:40
3.	4024	Manuel Dias	20-24	Alhandra Sporting Club	00:09:38	00:00:43	00:18:52	00:29:14	+ 0:03:28
4.	4666	André Pinto	20-24	Clube Millenniumbcp	00:12:57	00:01:34	00:21:32	00:36:04	+ 0:10:18

25-29

1.	3636	Filipe Marques	25-29	Sporting Clube de Portugal	00:09:37	00:00:48	00:16:48	00:27:14	--
2.	3763	João Conchinha	25-29	Vasco da Gama Atlético Clube de Sines	00:12:19	00:00:42	00:17:35	00:30:38	+ 0:03:23
3.	3564	Nuno Ribeiro	25-29	Alhandra Sporting Club	00:10:36	00:00:46	00:20:06	00:31:30	+ 0:04:15
4.	3650	Nelson Oliveira	25-29	AmoraSub/Associação Naval Amorense	00:12:12	00:00:52	00:19:57	00:33:01	+ 0:05:46
5.	3884	Lucas Peixoto	25-29	REPSOL TRIATLO	00:12:13	00:01:13	00:20:58	00:34:25	+ 0:07:10
6.	4225	Rúben Marques Cruz	25-29	Vasco da Gama Atlético Clube de Sines	00:13:06	00:01:05	00:24:43	00:38:54	+ 0:11:40
DNS	3977	Diogo Santo	25-29	Triatlo Fundação Salesianos				DNS	
DNS	4022	André Lagarto	25-29	AmoraSub/Associação Naval Amorense				DNS	
DNS	4183	Rafael Barros	25-29	AmoraSub/Associação Naval Amorense				DNS	
DNS	4214	Rodrigo Caixas	25-29	AmoraSub/Associação Naval Amorense				DNS	
DNS	4692	Gonçalo Nobre de Jesus	25-29	AmoraSub/Associação Naval Amorense				DNS	

30-34

1.	3794	Rafael Domingos	30-34	Estoril Praia Credibom	00:09:26	00:00:42	00:16:31	00:26:40	--
2.	3824	João Rebelo	30-34	Vasco da Gama Atlético Clube de Sines	00:10:47	00:00:42	00:16:51	00:28:21	+ 0:01:40
3.	4228	Francisco Lóio	30-34	Ooutsystems Olímpico de Oeiras	00:13:02	00:00:56	00:18:38	00:32:38	+ 0:05:57
DNS	4119	Henrique Moreira	30-34	Clube dos Galitos				DNS	
DNS	4126	Nicolas Ezequiel Puliani	30-34	Vasco da Gama Atlético Clube de Sines				DNS	
DNS	4167	Thiago Pereira	30-34	AmoraSub/Associação Naval Amorense				DNS	
DNS	4465	Nuno Silva	30-34	AmoraSub/Associação Naval Amorense				DNS	

35-39

1.	4132	Ricardo Passos	35-39	Vasco da Gama Atlético Clube de Sines	00:11:49	00:00:52	00:18:13	00:30:55	--
2.	3968	Tiago Espírito Santo	35-39	Quitério TRIPENICHE	00:13:07	00:00:49	00:18:10	00:32:08	+ 0:01:12
3.	3666	Ruben Maurício	35-39	AmoraSub/Associação Naval Amorense	00:12:18	00:01:19	00:20:07	00:33:45	+ 0:02:49
4.	4590	Dimitri Athanasopoulos	35-39	Triatlo Fundação Salesianos	00:13:41	00:01:05	00:20:04	00:34:50	+ 0:03:55
5.	4291	Fernando Morais	35-39	AmoraSub/Associação Naval Amorense	00:15:05	00:00:47	00:18:59	00:34:52	+ 0:03:56

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#	Dorsal	Nome	Escalão	Clube	Natação	T1	Corrida	Total	Delta
6.	4173	António Mota	35-39	AmoraSub/Associação Naval Amorense	00:15:19	00:01:10	00:22:45	00:39:15	+ 0:08:19
DNS	3850	Fábio Faustino	35-39	Vasco da Gama Atlético Clube de Sines				DNS	
DNS	4158	Luis Carapinha	35-39	AmoraSub/Associação Naval Amorense				DNS	
DNS	4254	João Pedro Oliveira	35-39	AmoraSub/Associação Naval Amorense				DNS	

40-44

1.	7756	Rafael Batista	40-44	Louletano	00:10:49	00:00:53	00:16:41	00:28:23	--
2.	6115	Miguel Neto Gonçalves	40-44	Clube dos Galitos	00:09:59	00:00:50	00:17:58	00:28:48	+ 0:00:25
3.	6226	Henrique Pereira	40-44	Outsystems Olímpico de Oeiras	00:10:56	00:00:45	00:17:46	00:29:28	+ 0:01:05
4.	6650	Filipe Conceição	40-44	Clube Oriental de Lisboa	00:11:11	00:01:20	00:19:27	00:31:59	+ 0:03:35
5.	6088	José Miguel Paiva	40-44	Clube dos Galitos	00:11:34	00:00:53	00:19:59	00:32:27	+ 0:04:03
6.	6490	Cesar Andrade	40-44	3B - triatlo	00:12:23	00:01:06	00:20:33	00:34:03	+ 0:05:40
7.	6292	Ricardo Freire	40-44	AmoraSub/Associação Naval Amorense	00:14:15	00:00:54	00:20:00	00:35:09	+ 0:06:46
8.	6237	Rafael Dias	40-44	Clube dos Galitos	00:11:56	00:00:55	00:23:33	00:36:25	+ 0:08:02
9.	6627	Bruno Raimundo	40-44	Clube de Nataçao da Amadora	00:12:31	00:01:24	00:22:56	00:36:52	+ 0:08:28
10.	5301	Sérgio Filipe	40-44	AmoraSub/Associação Naval Amorense	00:14:10	00:01:01	00:23:24	00:38:36	+ 0:10:12
11.	6242	Daniel José Cesário	40-44	Vasco da Gama Atlético Clube de Sines	00:14:11	00:01:08	00:23:26	00:38:46	+ 0:10:23
12.	6386	Gonçalo Lourenço	40-44	AmoraSub/Associação Naval Amorense	00:15:55	00:02:00	00:21:28	00:39:24	+ 0:11:01
13.	6363	João Ferro	40-44	Triatlo Fundação Salesianos	00:16:56	00:02:41	00:25:09	00:44:46	+ 0:16:23
DNS	5555	Bruno Martins	40-44	Sport União Colarense				DNS	
DNS	6203	Rui Martins	40-44	Sporting Clube de Portugal				DNS	
DNS	6252	Filipe Espinha	40-44	AmoraSub/Associação Naval Amorense				DNS	
DNS	6288	Carlos Matos	40-44	AmoraSub/Associação Naval Amorense				DNS	
DNS	7717	Gonçalo Santos	40-44	AmoraSub/Associação Naval Amorense				DNS	
DNS	7735	Sergio Maquinista	40-44	REPSOL TRIATLO				DNS	
DNS	7800	Igor Guerreiro	40-44	Louletano				DNS	

45-49

1.	5064	Nuno Neves	45-49	Louletano	00:10:58	00:00:49	00:17:30	00:29:17	--
2.	6461	João França	45-49	Clube dos Galitos	00:10:15	00:01:08	00:18:19	00:29:42	+ 0:00:25
3.	6094	Tiago de Paiva e Pona	45-49	Outsystems Olímpico de Oeiras	00:11:02	00:00:48	00:18:57	00:30:48	+ 0:01:31
4.	7910	Pedro Fernandes	45-49	CNATLIL Triatlo	00:11:31	00:00:58	00:20:56	00:33:26	+ 0:04:08

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#	Dorsal	Nome	Escalão	Clube	Natação	T1	Corrida	Total	Delta
5.	6034	Rodrigo Ferreira Espírito Santo	45-49	Centro Ciclista Azeitonense	00:11:26	00:01:09	00:21:20	00:33:57	+ 0:04:39
6.	6021	Esmeraldino Sá	45-49	AmoraSub/Associação Naval Amorense	00:16:05	00:01:04	00:19:32	00:36:42	+ 0:07:25
7.	5261	Rui Santos	45-49	AmoraSub/Associação Naval Amorense	00:15:12	00:01:10	00:24:24	00:40:47	+ 0:11:30
DNS	6241	Octávio Cardoso	45-49	AmoraSub/Associação Naval Amorense				DNS	
DNS	6373	António Caldeira Rodrigues	45-49	Outsystems Olímpico de Oeiras				DNS	
DNS	7602	Pedro Rebola	45-49	AmoraSub/Associação Naval Amorense				DNS	

50-54

1.	6193	Bruno Teles Grilo	50-54	Estoril Praia Credibom	00:10:52	00:00:50	00:17:38	00:29:21	--
2.	5793	Rui Duarte	50-54	Louletano	00:10:12	00:01:22	00:19:01	00:30:36	+ 0:01:15
3.	7870	Gonçalo Neves	50-54	Casa Benfica Entroncamento	00:11:34	00:00:49	00:18:42	00:31:06	+ 0:01:45
4.	5826	Bruno Pereira	50-54	AmoraSub/Associação Naval Amorense	00:11:50	00:00:56	00:19:34	00:32:21	+ 0:03:00
5.	5170	Hugo Gaudêncio	50-54	REPSOL TRIATLO	00:12:36	00:00:47	00:19:20	00:32:43	+ 0:03:22
6.	5410	Vasco Levita	50-54	Estoril Praia Credibom	00:13:00	00:01:03	00:19:33	00:33:37	+ 0:04:16
7.	6167	Ken Gielen	50-54	AmoraSub/Associação Naval Amorense	00:10:55	00:01:12	00:22:06	00:34:14	+ 0:04:53
8.	7538	Luís Filipe Valente	50-54	Clube Oriental de Lisboa	00:13:00	00:01:09	00:20:56	00:35:07	+ 0:05:45
9.	7581	Luís Silva	50-54	Clube Oriental de Lisboa	00:12:35	00:01:03	00:21:28	00:35:07	+ 0:05:46
10.	5167	Bruno Ornelas	50-54	REPSOL TRIATLO	00:12:59	00:00:56	00:22:40	00:36:36	+ 0:07:14
11.	6272	Humberto Cunha	50-54	Outsystems Olímpico de Oeiras	00:14:51	00:01:01	00:20:57	00:36:50	+ 0:07:29
12.	7553	Tiago Duarte	50-54	AmoraSub/Associação Naval Amorense	00:15:16	00:01:40	00:21:22	00:38:19	+ 0:08:57
13.	6095	Pedro Rico	50-54	Quitério TRIPENICHE	00:12:50	00:01:32	00:24:41	00:39:04	+ 0:09:42
14.	5324	Pedro Botelho	50-54	AmoraSub/Associação Naval Amorense	00:12:31	00:01:30	00:26:47	00:40:49	+ 0:11:27
15.	7557	Vitor Gameiro	50-54	Outsystems Olímpico de Oeiras	00:14:54	00:01:20	00:26:42	00:42:56	+ 0:13:35
16.	6318	Alexandre Martins	50-54	AmoraSub/Associação Naval Amorense	00:17:48	00:01:42	00:27:05	00:46:35	+ 0:17:14
DNS	5246	Pedro Lourenço	50-54	AmoraSub/Associação Naval Amorense				DNS	
DNS	5671	Hugo Santinhos	50-54	AmoraSub/Associação Naval Amorense				DNS	
DNS	6046	Paulo Trilho	50-54	AmoraSub/Associação Naval Amorense				DNS	
DNS	6052	Ricardo Mendes	50-54	Clube Millenniumbcp				DNS	
DNS	7871	Jorge Bernardo	50-54	AmoraSub/Associação Naval Amorense				DNS	

55-59

1.	5199	Pedro Rocha	55-59	Sporting Clube de Portugal	00:11:58	00:01:07	00:19:42	00:32:48	--
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VI Aquatlo da Amora

Campeonato Nacional de Clubes



#	Dorsal	Nome	Escalão	Clube	Natação	T1	Corrida	Total	Delta
2.	7944	Miguel David	55-59	Clube Oriental de Lisboa	00:13:03	00:01:04	00:18:40	00:32:48	+ 0:00:00
3.	8090	João Narra	55-59	Clube de Natação da Amadora	00:13:05	00:01:33	00:19:31	00:34:09	+ 0:01:21
4.	5469	Paulo Cabrita Silva	55-59	Triatlo de Faro	00:14:06	00:01:04	00:19:17	00:34:28	+ 0:01:39
5.	6413	Jorge Carvalho	55-59	Clube Oriental de Lisboa	00:14:39	00:00:57	00:19:02	00:34:39	+ 0:01:51
6.	7980	Duarte Andrade	55-59	Grupo Desportivo Corticeiras/G-CET	00:13:11	00:01:18	00:20:52	00:35:22	+ 0:02:33
7.	5516	Renato Araújo	55-59	AmoraSub/Associação Naval Amorense	00:14:34	00:01:16	00:20:14	00:36:05	+ 0:03:17
DNS	6681	Carlos Pereira	55-59	AmoraSub/Associação Naval Amorense				DNS	
DNS	6699	Luis Martins	55-59	AmoraSub/Associação Naval Amorense				DNS	

60-64

1.	6529	António Horta	60-64	CPArmada	00:12:53	00:01:02	00:18:22	00:32:17	--
2.	7982	Joaquim Fernandes	60-64	Grupo Desportivo Corticeiras/G-CET	00:13:22	00:00:56	00:20:27	00:34:46	+ 0:02:28
3.	5369	Carlos Gomes	60-64	Outsystems Olímpico de Oeiras	00:14:01	00:01:24	00:20:32	00:35:59	+ 0:03:41
DNS	5066	João Pedro Viegas	60-64	AmoraSub/Associação Naval Amorense				DNS	
DNS	6366	Luís Morais	60-64	AmoraSub/Associação Naval Amorense				DNS	

65-69

1.	7505	António Moura	65-69	Vitória de Janes	00:14:46	00:01:15	00:21:33	00:37:36	--
2.	5498	João Carvalho Lopes	65-69	Clube de Natação da Amadora	00:15:44	00:01:31	00:22:35	00:39:51	+ 0:02:15