

CARLA

MORENO

PRO TRIATHLETE



FOTO: GUILHERME DIONIZIO

2009



A triathlete is shown in profile, riding a time trial bicycle on a paved road. The athlete is wearing a white and red cycling jersey, a white helmet with red accents, and sunglasses. The bicycle is a time trial model with a deep front fork and disc wheels. The background shows a clear blue sky and distant mountains.

THE TRIATHLETE

WORTHY OF A METHEORIC CAREER IN ATHLETICS, THIS 5-FEET-TALL GIRL, THIRTY TWO YEARS OLD, HAS BEEN SHOWING THE SKILL, THE STAMINA AND THE ENTHUSIASM OF A CHAMPION TRIATHLETE.

SHE BEGAN IN 1996 AS AN AMATEUR, WHEN SHE OBTAINED THE FIRST PLACE IN THE SANTOS INTERNATIONAL TRIATHLON; IN THAT SAME YEAR SHE CONQUERED THE JUNIOR WORLD CHAMPION TRIATHLON IN AUSTRIA AND FINISHED THE YEAR AS A CHAMPION OF THE TRIATHLON BRAZIL TROPHY IN THE JUNIOR CATEGORY.

AND SHE HAS NOT STOPPED SINCE...

7 TIMES BRAZILIAN TROPHY CHAMPION, TWO TIMES CHAMPION OF WORLD CUP STAGE (ITU) AND CURRENT CHAMPION OF THE IRONMAN 70.3 BRAZIL. AFTER A LOT OF CRYING FOR THE STOLEN BICYCLE, SHE WON THE SILVER MEDAL IN CANADA PANAMERICAN GAMES (1996) AND THE ACHIEVEMENT OF HER BIGGEST DREAM – TO BE A CONTESTANT IN TWO OLIMPYADS, SYDNEY AND ATHENS.

HOWEVER CARLA WANTS MORE... THAT IS TO BE ON THE PODIUM IN A WORLD CHAMPIONSHIP AND , LOOKING BACK AT HER ENTHUSIASM, SHE WILL CERTAINLY CONQUER HER OBJECTIVES AND

NATIONAL COMPETITIONS RESULTS

7 TIMES CHAMPION / NATIONAL BRAZILIAN TRIATHLON CIRCUIT

1998 / 1999 / 2001 / 2002 / 2006 / 2007 / 2008

5 TIMES CHAMPION / CAIOBÁ INTERNATIONAL TRIATHLON

2003 / 2004 / 2005 / 2006 / 2008

3 TIMES INDIVIDUAL CHAMPION / INTERNATIONAL FAST TRIATHLON

2003 / 2005 / 2006

4 TIMES CHAMPION / SANTOS INTERNATIONAL TRIATHLON

2005 / 2006 / 2008

CHAMPION / SESC TRIATHLON CIRCUIT

2008

CHAMPION / RBK PREMIER LONG DISTANCE CIRCUIT

2005

CHAMPION / BANESPA BANK STEPS RACE

2000

GOLD, SILVER AND BRONZE MEDALS ATHLETICS (5KM / 1,5KM / 10 KM)

OPEN GAMES (2006 – SÃO BERNARDO DO CAMPO)

SILVER AND BRONZE MEDALS ATHLETICS (5 KM / 1,5 KM)

OPEN GAMES – (2007 – GUARUJÁ)



INTERNATIONAL COMPETITIONS RESULTS

IRONMAN 70.3 BRAZIL - CHAMPION - BRASILIA (BRA) 2007

TRIATHLON WORLD CHAMPIONSHIP JUNIOR - CHAMPION - SEEFELD (AUT) 1996

AQUATHLON WORLD CHAMPIONSHIP - CHAMPION - QUEESTOWN (NZL) 2003

AQUATHLON WORLD CHAMPIONSHIP - SECOND PLACE - GAMAGORI (JPN) 2005

6 TIMES PODIUMS AND THE BEST BRAZILIAN PERFORMANCE IN THE WORLD CUP (ITU)

RIO DE JANEIRO WORLD CUP (BRA) 2003 - GOLD MEDAL

MAZATLAN WORLD CUP (MEX) 2004 - GOLD MEDAL

NICE WORLD CUP (FRA) 2002 - SILVER MEDAL

CANCUN WORLD CUP (MEX) 2003 - SILVER MEDAL

RIO DE JANEIRO WORLD CUP (BRA) 2000 - BRONZE MEDAL

WORLD CUP HAMBURGO (GER) 2002 - BRONZE MEDAL

TOP FIVE (5) IN THE WORLD RANKING ITU 2003

TRIATHLON PANAMERICAN CHAMPIONSHIP - CHAMPION

ILHÉUS (BRA) 1999

OLIMPIC TRIATHLETE

SYDNEY (AUS) 2000 / ATHENS (GRE) 2004

PANAMERICAN GAMES

WINNIPEG (CAN) 1999 SILVER MEDAL

SANTO DOMINGO (DOM) FOURTH PLACE

RIO DE JANEIRO (BRA) NINTH PLACE





2008 HISTORIC

FEBRUARY 17 - TRIATHLON SESC CIRCUIT / Caiobá (BRA) - **CHAMPION**

FEBRUARY 24 - SANTOS INTERNATIONAL TRIATHLON / Santos (BRA) - **CHAMPION**

MARCH 16 - NATIONAL BRAZILIAN TRIATHLON 1st Stage / Santos (BRA) - **CHAMPION**

MAY 04 - NATIONAL BRAZILIAN TRIATHLON 2nd Stage / São Paulo (BRA) - **CHAMPION**

JUNE 14 - SP OPEN BIATHLON 3rd Stage / Santos (BRA) - **CHAMPION**

JULY 06 - TRIATHLON SESC CIRCUIT / Belém (BRA) - **CHAMPION**

AUGUST 24 - NATIONAL BRAZILIAN TRIATHLON 4th Stage / São Paulo (BRA) - **CHAMPION**

AUGUST 31 - TRIATHLON SESC CIRCUIT / Salvador (BRA) - **CHAMPION**

SEPTEMBER 21 - NATIONAL BRAZILIAN TRIATHLON 5th Stage / Santos (BRA) - **CHAMPION**

NOVEMBER 09 - NATIONAL BRAZILIAN TRIATHLON 6th Stage / Santos (BRA) - **CHAMPION**

NOVEMBER 22 - SP OPEN BIATHLON 5th Stage / Santos (BRA) - **CHAMPION**

NOVEMBER 30 - TRIATHLON SESC CIRCUIT / Porto Alegres (BRA) - **CHAMPION**

DEZEMBER 07 - NATIONAL BRAZILIAN TRIATHLON 7th Stage / Santos (BRA) - **2nd PLACE**

7 TIMES CHAMPION - NATIONAL BRAZILIAN TRIATHLON

2009 - OBJECTIVES AND RESULTS



18th SANTOS INTERNATIONAL TRIATHLON

FEBRUARY / SANTOS (BRA)

CHAMPION (4 TIMES CHAMPION)

NATIONAL BRAZILIAN TRIATHLON

6 STAGES - SANTOS / SÃO PAULO (BRA)

SP OPEN BIATHLON

5 STAGES / SANTOS (BRA)

MAADMAN TRIATHLON

PRAIA GRANDE (BRA)

OPEN GAMES OF SÃO PAULO STATE

SPORTS: TRIATHLON - ATLETISM - CYCLING
SANTOS (BRA)

IRONMAN

IRONMAN BRAZIL FLORIANOPOLIS - BRAZIL

IRONMAN 70.3

IRONMAN 70.3 BUFFALO SPRINGS LAKE - JUNE / TEXAS - EUA

IRONMAN 70.3 VINEMAN - JULY / CALIFORNIA - EUA

IRONMAN 70.3 BRAZIL - SEPTEMBER / PENHA - BRAZIL

IRONMAN 70.3 WORLD CHAMPIONSHIP - NOVEMBER / CLEARWATER - EUA

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**PROFESSIONALS ENGAGED
IN THE PROJECT**

TRAINERS

SAN PALMA / MARCOS PAULO REIS / SIRI LINDLEY

SPORTS PHYSICIAN

DR. JOÃO FRANCISCO (Kiko)



Il do Triathlon