

**Resultados**

<b>Localidade:</b>	<b>Peniche</b>	<b>Distância</b> NATAC (MT); CICLIS (KM); CORR (MT):	<b>800/21000/5400</b>
<b>Data:</b>	<b>02-07-2005</b>	<b>Hora de começo:</b>	<b>16h00m</b>

**Informação**

<b>Delegado técnico:</b>	<b>Nelson Laranjeira</b>	<b>Juiz Principal:</b>	<b>João Pinho</b>
<b>Pontuável para:</b>	<b>Circuito Nacional</b>	<b>Juri de apelo:</b>	<b>Nelson Laranjeira</b>

NATAÇÃO								CICLISMO						CORRIDA				
800 M (MT) Temperatura Agua:								21000 M (KM)						5400 M (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
1	3063	488	Nuno Neves		SEN	Casa Benfica Faro/GASCAN	4	0:11:11	5	0:00:36	16	0:35:29	6	0:00:27	4	0:20:23	1:08:06	0:00:00
2	3165	476	Mário Raimundo		SEN	IPODEC / Tri-Oeiras.com	2	0:10:08	3	0:00:35	17	0:36:07	13	0:00:28	6	0:21:00	1:08:18	0:00:12
3	2003	417	Rui Dolores		S23	Amiciclo	17	0:12:00	38	0:00:57	10	0:34:57	29	0:00:34	5	0:20:48	1:09:16	0:01:10
4	3013	542	Bruno Grilo		SEN	C.F. "Os Belenenses"	7	0:11:25	1	0:00:35	13	0:35:19	10	0:00:28	12	0:21:40	1:09:27	0:01:21
5	3046	495	Luis Duarte		SEN	Tri-Oeste -Clube de Triatlo do Oeste	22	0:12:08	11	0:00:41	9	0:34:55	18	0:00:30	11	0:21:34	1:09:48	0:01:42
6	3069	497	Pedro Cordeiro		SEN	Casa Benfica Faro/GASCAN	5	0:11:18	7	0:00:37	14	0:35:25	16	0:00:29	18	0:22:23	1:10:12	0:02:06
7	3021	588	Marco Mello		SEN	ABV Estoris	15	0:11:56	16	0:00:43	12	0:35:15	19	0:00:31	16	0:22:17	1:10:42	0:02:36
8	3049	475	Sérgio Dias		SEN	Tri-Oeste -Clube de Triatlo do Oeste	30	0:12:24	24	0:00:50	19	0:36:20	30	0:00:34	9	0:21:26	1:11:34	0:03:28
9	1052	2563	João Pedro Silva		JUN	Individual	1	0:10:07	2	0:00:35	54	0:38:55	67	0:00:44	13	0:21:43	1:12:04	0:03:58
10	3182	580	Alexandre Ventura		SEN	C.N. Cartaxo	11	0:11:50	9	0:00:40	15	0:35:26	52	0:00:41	38	0:24:03	1:12:40	0:04:34
11	3020	524	Miguel Palma		SEN	ABV Estoris	20	0:12:04	17	0:00:43	11	0:35:02	33	0:00:36	58	0:24:58	1:13:23	0:05:17
12	2020	368	Edgar Martins		S23	Casa do Benfica no Fundão	41	0:13:08	62	0:01:09	23	0:36:45	11	0:00:28	19	0:22:28	1:13:58	0:05:52
13	3107	621	Rui Sousa		SEN	C.D. Asas do Milénium	36	0:12:51	42	0:00:58	24	0:36:50	60	0:00:42	24	0:22:58	1:14:19	0:06:13
14	3180	730	Paulo Jorge Barradas		SEN	Grecas - Vagos	24	0:12:13	103	0:01:30	25	0:37:00	48	0:00:39	25	0:23:01	1:14:23	0:06:17
15	3137	466	Carlos Matos		SEN	Casa Benfica Faro/GASCAN	48	0:13:59	34	0:00:55	32	0:37:36	28	0:00:34	8	0:21:20	1:14:24	0:06:18
16	3079	728	Eduardo Alçada		SEN	Ginásio Clube Figueirense	33	0:12:31	44	0:01:01	26	0:37:01	23	0:00:32	30	0:23:26	1:14:31	0:06:25
17	4040	781	António Raposo		V2	Casa Benfica Faro/GASCAN	29	0:12:23	27	0:00:52	28	0:37:21	69	0:00:45	29	0:23:22	1:14:43	0:06:37
18	3102	662	Alexandre Feliz		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	13	0:11:54	67	0:01:11	31	0:37:33	31	0:00:34	31	0:23:45	1:14:57	0:06:51
19	4031	665	José Zacarias		V1	Musclor-Oeiras Sport Clube	31	0:12:25	28	0:00:52	20	0:36:25	53	0:00:41	48	0:24:37	1:15:00	0:06:54
20	3164	2555	Olímpio Ferreira		SEN	AGM-Portas / GGS-Torneiras	25	0:12:14	19	0:00:47	35	0:37:40	20	0:00:31	33	0:23:52	1:15:04	0:06:58
21	3017	729	Rui Pedro Sousa		SEN	C.F. "Os Belenenses"	8	0:11:34	94	0:01:24	56	0:38:59	40	0:00:37	20	0:22:37	1:15:11	0:07:05
22	3026	461	Anibal Oliveira		SEN	Amiciclo	73	0:15:47	43	0:01:01	22	0:36:44	3	0:00:27	7	0:21:20	1:15:19	0:07:13
23	3064	465	Paulo Silva		SEN	Casa Benfica Faro/GASCAN	47	0:13:52	32	0:00:54	39	0:37:52	2	0:00:25	17	0:22:17	1:15:20	0:07:14
24	4093	840	Rui Sa		V1	Casa Benfica Faro/GASCAN	23	0:12:12	56	0:01:06	29	0:37:27	80	0:00:49	36	0:23:58	1:15:32	0:07:26
25	5292		Diego Yebra		SEN	Individual	42	0:13:14	26	0:00:51	38	0:37:46	56	0:00:41	27	0:23:06	1:15:38	0:07:32
26	3051	499	António Ervideira		SEN	Tri-Oeste -Clube de Triatlo do Oeste	56	0:14:52	39	0:00:58	37	0:37:46	17	0:00:30	14	0:21:47	1:15:53	0:07:47

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 M (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
27	4060	762	António Moura		V2	Casa do Benfica no Fundão	44	0:13:31	22	0:00:49	47	0:38:18	1	0:00:24	23	0:22:53	1:15:55	0:07:49
28	3005	620	Diogo Almeida		SEN	C.F. "Os Belenenses"	9	0:11:44	36	0:00:57	18	0:36:12	44	0:00:39	78	0:26:33	1:16:05	0:07:59
29	3010	585	Paulo Codinha		SEN	C.F. "Os Belenenses"	27	0:12:19	18	0:00:44	36	0:37:43	47	0:00:39	51	0:24:40	1:16:05	0:07:59
30	3034	721	Pedro Freitas		SEN	CEFA	16	0:11:57	63	0:01:09	34	0:37:39	89	0:00:51	53	0:24:46	1:16:22	0:08:16
31	1054	2570	Vasco Pessoa		JUN	Individual	3	0:10:12	15	0:00:42	71	0:39:55	24	0:00:32	59	0:25:01	1:16:22	0:08:16
32	4101	755	João Gomes		V1	IPODEC / Tri-Oeiras.com	28	0:12:21	14	0:00:42	33	0:37:37	37	0:00:37	62	0:25:15	1:16:32	0:08:26
33	3139	2524	Nuno Nunes		SEN	SR Camarnal-Constr.Ramalho Couto-Ika	49	0:14:03	73	0:01:15	62	0:39:37	26	0:00:33	10	0:21:31	1:16:59	0:08:53
34	1023	445	Miguel Caetano		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	58	0:14:59	58	0:01:08	30	0:37:32	49	0:00:40	28	0:23:15	1:17:34	0:09:28
35	3022	540	Pedro Gaspar		SEN	Alhandra Sporting Clube	18	0:12:02	80	0:01:17	49	0:38:30	87	0:00:50	57	0:24:56	1:17:35	0:09:29
36	3113	579	Duarte Barreto		SEN	C.N. Cartaxo	14	0:11:56	6	0:00:37	45	0:38:01	57	0:00:42	76	0:26:26	1:17:42	0:09:36
37	3007	573	António Cabaço		SEN	C.F. "Os Belenenses"	32	0:12:26	52	0:01:06	58	0:39:07	65	0:00:44	44	0:24:23	1:17:46	0:09:40
38	3172	645	João Lourenço		SEN	C.N. Cartaxo	61	0:15:06	64	0:01:10	27	0:37:18	5	0:00:27	37	0:23:59	1:18:00	0:09:54
39	5084		Neil Vasa		SEN	Individual	34	0:12:38	13	0:00:41	89	0:42:00	35	0:00:36	15	0:22:14	1:18:09	0:10:03
40	3163	2554	Rúben Silva		SEN	AGM-Portas / GGS-Torneiras	21	0:12:07	21	0:00:47	63	0:39:37	7	0:00:27	69	0:25:54	1:18:52	0:10:46
41	4014	775	João Santos		V1	ABV Estoris	35	0:12:50	45	0:01:01	42	0:37:58	42	0:00:38	77	0:26:31	1:18:58	0:10:52
42	2001	658	Miguel Mália		S23	Alhandra Sporting Clube	40	0:13:07	84	0:01:20	68	0:39:49	79	0:00:49	41	0:24:12	1:19:17	0:11:11
43	5180		José Leitão		V1	Individual	108	0:17:49	125	0:02:11	8	0:32:30	119	0:01:22	66	0:25:29	1:19:21	0:11:15
44	4036	839	Carlos Cunha		V1	IPODEC / Tri-Oeiras.com	93	0:16:46	60	0:01:09	21	0:36:38	88	0:00:51	39	0:24:04	1:19:28	0:11:22
45	3101	457	Nuno Almeida		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	60	0:15:04	70	0:01:13	41	0:37:57	39	0:00:37	49	0:24:37	1:19:28	0:11:22
46	3012	715	Ricardo Fróis		SEN	C.F. "Os Belenenses"	39	0:13:03	12	0:00:41	79	0:40:42	34	0:00:36	55	0:24:52	1:19:54	0:11:48
47	3004	485	Bruno Silva		SEN	CCD / V.F. Xira	62	0:15:07	48	0:01:03	57	0:39:03	36	0:00:37	40	0:24:07	1:19:57	0:11:51
48	5053		Luis Teixeira		SEN	Individual	55	0:14:49	81	0:01:18	69	0:39:51	9	0:00:27	32	0:23:46	1:20:11	0:12:05
49	4052	770	Manuel Gonçalves		V1	Papa-Léguas de Assafora	57	0:14:54	37	0:00:57	82	0:40:53	54	0:00:41	22	0:22:51	1:20:16	0:12:10
50	4073	456	Amândio Caetano		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	54	0:14:48	95	0:01:25	53	0:38:55	64	0:00:44	50	0:24:39	1:20:31	0:12:25
51	3108	544	António Costa		SEN	C.D. Asas do Milénium	83	0:16:26	82	0:01:19	40	0:37:56	66	0:00:44	42	0:24:19	1:20:44	0:12:38
52	1030	427	Ricardo Marques		JUN	C.N. Cartaxo	6	0:11:22	20	0:00:47	48	0:38:27	59	0:00:42	105	0:29:42	1:21:00	0:12:54
53	5071		José Alcantara		SEN	Individual	26	0:12:15	33	0:00:54	77	0:40:24	51	0:00:40	88	0:27:22	1:21:35	0:13:29
54	3092	746	Pedro Venâncio		SEN	Casa do Benfica no Fundão	67	0:15:30	46	0:01:01	66	0:39:47	43	0:00:38	60	0:25:05	1:22:01	0:13:55
55	4065	557	José Silva		V1	Vitória Club de Ovar	98	0:17:10	72	0:01:14	74	0:40:17	46	0:00:39	21	0:22:50	1:22:10	0:14:04
56	2024	289	Gonçalo Lopes		S23	C.D. Asas do Milénium	71	0:15:42	117	0:01:51	4	-0:17:33			128	1:22:32	1:22:32	0:14:26
57	3160	2550	Nuno Vasco		SEN	Ginásio Clube Figueirense	51	0:14:20	99	0:01:26	50	0:38:33	117	0:01:19	86	0:26:58	1:22:36	0:14:30
58	4011	4791	João Albuquerque		V1	ABV Estoris	76	0:16:06	51	0:01:05	60	0:39:27	91	0:00:52	65	0:25:23	1:22:53	0:14:47
59	3023	669	Paulo Robalo		SEN	Alhandra Sporting Clube	68	0:15:36	104	0:01:30	81	0:40:52	50	0:00:40	43	0:24:19	1:22:57	0:14:51
60	3173	2564	José Lino		SEN	C.N. Cartaxo	111	0:18:08	30	0:00:54	65	0:39:47	112	0:01:16	26	0:23:04	1:23:09	0:15:03
61	4080	761	Zeferino Eloy		V1	C.D. Asas do Milénium	64	0:15:23	74	0:01:15	44	0:37:59	98	0:00:54	91	0:27:43	1:23:14	0:15:08
62	1038	2513	Diogo Custódio		JUN	Mem Martins Sport Club	50	0:14:15	8	0:00:38	88	0:41:43	14	0:00:29	74	0:26:11	1:23:16	0:15:10
63	3120	720	Mário Couto		SEN	Ateneu Artístico Cartaxense	99	0:17:10	47	0:01:02	67	0:39:48	62	0:00:43	52	0:24:42	1:23:25	0:15:19

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 M (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
64	3119	638	Paulo Calixto		SEN	Ateneu Artístico Cartaxense	104	0:17:42	23	0:00:49	59	0:39:24	63	0:00:43	54	0:24:51	1:23:29	0:15:23
65	4061	811	Alberto Campos		V4	Casa do Benfica no Fundão	69	0:15:36	78	0:01:17	75	0:40:18	75	0:00:46	67	0:25:45	1:23:42	0:15:36
66	3100	706	Luis Cipriano		SEN	A.D.C.R. Painho/Pêra Rocha do Oeste	117	0:19:18	83	0:01:20	46	0:38:10	107	0:01:07	35	0:23:57	1:23:52	0:15:46
67	3057	734	Henrique Matias		SEN	IPODEC / Tri-Oeiras.com	109	0:17:51	71	0:01:14	61	0:39:37	92	0:00:53	46	0:24:27	1:24:02	0:15:56
68	3001	627	Paulo Teles		SEN	CCD / V.F. Xira	53	0:14:39	65	0:01:10	55	0:38:56	100	0:00:56	98	0:28:35	1:24:16	0:16:10
69	4106	647	Luis Parrinha		V1	C.N. Cartaxo	110	0:18:04	76	0:01:17	52	0:38:37	15	0:00:29	68	0:25:51	1:24:18	0:16:12
70	4049	562	Paulo Vieira		V1	Ginásio Clube Figueirense	85	0:16:29	102	0:01:28	72	0:40:05	72	0:00:46	71	0:26:01	1:24:49	0:16:43
71	4072	752	Renato Fidalgo		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	118	0:19:18	105	0:01:30	43	0:37:58	113	0:01:17	56	0:24:53	1:24:56	0:16:50
72	4045	757	Rogério Morais		V1	Clube Ferroviário de Vendas Novas	52	0:14:32	107	0:01:35	73	0:40:13	97	0:00:54	90	0:27:42	1:24:56	0:16:50
73	3094	708	Pedro Fernandes		SEN	ABV Estoris	100	0:17:14	49	0:01:03	70	0:39:54	77	0:00:47	73	0:26:03	1:25:01	0:16:55
74	4081	861	Sebastião Fraústo		V1	C.D. Asas do Milénium	96	0:17:04	69	0:01:13	64	0:39:42	73	0:00:46	79	0:26:34	1:25:19	0:17:13
75	4038	780	Joaquim Patrício		V4	C.N. Alvito	65	0:15:26	106	0:01:31	84	0:40:59	123	0:01:24	72	0:26:02	1:25:22	0:17:16
76	4089	768	Jorge Duarte		V2	Musclor-Oeiras Sport Clube	66	0:15:26	66	0:01:11	87	0:41:18	58	0:00:42	89	0:27:32	1:26:09	0:18:03
77	4075	751	José Peixoto		V2	A.D.C.R. Painho/Pêra Rocha do Oeste	116	0:19:11	31	0:00:54	85	0:41:14	78	0:00:48	45	0:24:23	1:26:30	0:18:24
78	5151		Paulo Silva		SEN	Individual	86	0:16:30	86	0:01:20	83	0:40:55	116	0:01:18	83	0:26:52	1:26:55	0:18:49
79	2034		João Pinto		S23	Individual	81	0:16:21	75	0:01:15	92	0:42:23	61	0:00:42	81	0:26:44	1:27:25	0:19:19
80	3140	4615	Jorge Vieira		SEN	Individual	84	0:16:29	116	0:01:47	96	0:42:52	38	0:00:37	70	0:25:55	1:27:40	0:19:34
81	3082	651	João Seródio		SEN	Papa-Léguas de Assafora	89	0:16:39	50	0:01:03	91	0:42:16	90	0:00:51	82	0:26:52	1:27:41	0:19:35
82	1057	2607	Marcos Duro		JUN	Mem Martins Sport Club	43	0:13:23	25	0:00:51	114	0:45:34	8	0:00:27	92	0:27:44	1:27:59	0:19:53
83	5263		Emanuel Marques		V1	Individual	87	0:16:34	111	0:01:44	99	0:42:58	121	0:01:23	63	0:25:20	1:27:59	0:19:53
84	3077	743	Pedro Bilro		SEN	Clube Ferroviário de Vendas Novas	78	0:16:15	77	0:01:17	76	0:40:19	101	0:00:56	104	0:29:27	1:28:14	0:20:08
85	4082	862	José Maçarria		V2	Ginásio Clube Figueirense	106	0:17:49	120	0:01:53	95	0:42:43	76	0:00:47	64	0:25:22	1:28:34	0:20:28
86	5141	866	Paulo Alves		V1	Amiciclo	123	0:20:23	88	0:01:21	93	0:42:25	21	0:00:31	34	0:23:55	1:28:35	0:20:29
87	4108	879	Paulo Leitão Santos		V1	Individual	91	0:16:42	54	0:01:06	3	-0:17:48			129	1:28:42	1:28:42	0:20:36
88	1024	287	José Pinho		JUN	A.D.C.R. Painho/Pêra Rocha do Oeste	19	0:12:03	41	0:00:58	101	0:43:41	12	0:00:28	121	0:31:43	1:28:53	0:20:47
89	2045	2601	Rui Ligeiro		S23	Ginásio Clube Figueirense	95	0:16:56	108	0:01:38	80	0:40:49	108	0:01:10	96	0:28:25	1:28:58	0:20:52
90	5200		Nuno Tintim		SEN	Individual	120	0:20:04	57	0:01:07	100	0:43:10	22	0:00:31	47	0:24:29	1:29:21	0:21:15
91	5236		Paulo Guedes		V2	Individual	70	0:15:41	97	0:01:25	94	0:42:40	82	0:00:49	102	0:29:02	1:29:37	0:21:31
92	4030	820	José Gomes		V5	Musclor-Oeiras Sport Clube	102	0:17:25	124	0:02:03	98	0:42:58	110	0:01:13	75	0:26:17	1:29:56	0:21:50
93	1010	126	Joaquim Guerreiro		JUN	Amiciclo	97	0:17:06	119	0:01:53	110	0:45:17	111	0:01:14	61	0:25:09	1:30:39	0:22:33
94	3028	630	António Cunha		SEN	CEFA	92	0:16:43	118	0:01:53	86	0:41:17	96	0:00:54	110	0:29:57	1:30:44	0:22:38
95	1046	19	Diogo Henriques		JUN	C.N. Cartaxo	12	0:11:52	29	0:00:54	104	0:44:26	84	0:00:50	124	0:33:07	1:31:09	0:23:03
96	3081	745	Ricardo Vieira		SEN	Ginásio Clube Figueirense	63	0:15:22	92	0:01:22	122	0:47:04	93	0:00:53	80	0:26:36	1:31:17	0:23:11
97	5156		Pedro Belchior		V1	Individual	113	0:18:38	109	0:01:39	1	-0:20:17	126	1:04:58	85	0:26:55	1:31:53	0:23:47
98	3122	2514	Jorge Mendes		SEN	Mem Martins Sport Club	90	0:16:41	79	0:01:17	105	0:44:28	27	0:00:33	101	0:28:56	1:31:55	0:23:49
99	3109	2451	Duarte Caldeira		SEN	C.D. Asas do Milénium	77	0:16:13	61	0:01:09	115	0:45:39	71	0:00:45	93	0:28:14	1:32:00	0:23:54
100	1018	215	João Inácio		JUN	Mem Martins Sport Club	45	0:13:34	40	0:00:58	116	0:46:12	4	0:00:27	118	0:31:29	1:32:40	0:24:34

NATAÇÃO								CICLISMO					CORRIDA					
800 M (MT) Temperatura Agua:								21000 M (KM)					5400 M (MT)					
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
101	3018	528	Sérgio Oliveira		SEN	ABV Estoris	107	0:17:49	59	0:01:08	107	0:44:50	74	0:00:46	95	0:28:15	1:32:48	0:24:42
102	4001	821	Adelino Vicente		V4	Individual	112	0:18:17	101	0:01:27	103	0:44:10	99	0:00:55	97	0:28:31	1:33:20	0:25:14
103	5272		Nuno Franca		V1	Individual	46	0:13:36	122	0:01:58	123	0:47:28	120	0:01:22	103	0:29:06	1:33:30	0:25:24
104	4024	500	Rui Teixeira		V1	CEFA	79	0:16:15	115	0:01:46	117	0:46:14	85	0:00:50	99	0:28:43	1:33:48	0:25:42
105	3076	687	Rui Pereira		SEN	Clube Ferroviário de Vendas Novas	105	0:17:48	55	0:01:06	112	0:45:27	68	0:00:44	109	0:29:54	1:34:59	0:26:53
106	5206		Nuno Simões		SEN	Individual	75	0:15:57	85	0:01:20	97	0:42:55	94	0:00:53	126	0:33:55	1:35:00	0:26:54
107	4002	852	Christian Bayon		V3	C.F. "Os Belenenses"	80	0:16:21	93	0:01:23	108	0:44:58	104	0:01:03	120	0:31:40	1:35:25	0:27:19
108	3177	2577	Miguel Reis		SEN	Individual	82	0:16:25	127	0:02:23	106	0:44:44	124	0:01:52	113	0:30:35	1:35:59	0:27:53
109	5066		Paulo jorge		SEN	Individual	128	0:21:36	121	0:01:55	78	0:40:26	122	0:01:23	117	0:31:19	1:36:39	0:28:33
110	5181		Rui Correia		V3	Individual	127	0:21:25	98	0:01:25	102	0:44:05	95	0:00:53	106	0:29:47	1:37:35	0:29:29
111	3058	740	André Rocha		SEN	IPODEC / Tri-Oeiras.com	72	0:15:44	87	0:01:21	113	0:45:33	83	0:00:50	127	0:34:27	1:37:55	0:29:49
112	3188	550	César Oliveira		SEN	Grecas - Vagos	121	0:20:13	112	0:01:46	109	0:45:09	70	0:00:45	112	0:30:32	1:38:25	0:30:19
113	4102	786	Luís Lima		V2	Triathlon Lamego Club	132	0:22:44	113	0:01:46	118	0:46:16	109	0:01:12	84	0:26:54	1:38:52	0:30:46
114	4035	812	Carlos Raimundo		V3	IPODEC / Tri-Oeiras.com	94	0:16:54	90	0:01:21	120	0:46:19	86	0:00:50	125	0:33:30	1:38:54	0:30:48
115	5283		Vitor Francisco		SEN	Individual	101	0:17:22	130	0:02:36	126	0:47:53	32	0:00:35	114	0:30:36	1:39:02	0:30:56
116	5274		Pedro Silva		SEN	Individual	125	0:21:18	110	0:01:41	125	0:47:43	55	0:00:41	94	0:28:14	1:39:37	0:31:31
117	4003	830	João Branco		V5	C.F. "Os Belenenses"	122	0:20:23	68	0:01:12	111	0:45:22	41	0:00:38	123	0:32:06	1:39:41	0:31:35
118	3179	652	Nuno André		SEN	Individual	119	0:19:59	100	0:01:26	121	0:46:58	114	0:01:17	111	0:30:04	1:39:44	0:31:38
119	4077	856	João Côrte Real		V1	A.D.C.R. Painho/Pêra Rocha do Oeste	88	0:16:39	132	0:04:26	124	0:47:34	125	0:02:43	107	0:29:50	1:41:12	0:33:06
120	5214		Nuno Almeida		SEN	Individual	103	0:17:33	35	0:00:55	128	0:50:17	118	0:01:21	119	0:31:31	1:41:37	0:33:31
121	4100	871	Jaime Carmo		V4	Individual	129	0:22:00	126	0:02:12	119	0:46:19	105	0:01:04	115	0:31:04	1:42:39	0:34:33
122	5106		Carlos Serra		SEN	Individual	124	0:20:35	129	0:02:30	131	0:51:01	102	0:00:56	100	0:28:43	1:43:45	0:35:39
123	5256		Luís Sousa		V1	Individual	115	0:18:50	128	0:02:27	132	0:55:13	81	0:00:49	87	0:27:06	1:44:25	0:36:19
124	5065		Oscar Escaleira		V1	Individual	126	0:21:19	131	0:03:32	129	0:50:20	106	0:01:06	108	0:29:52	1:46:09	0:38:03
125	5208		Domingos Martins		V3	Individual	131	0:22:28	123	0:01:58	127	0:49:34	103	0:00:56	122	0:32:02	1:46:58	0:38:52
126	4004	801	Luís Ramos		V3	C.F. "Os Belenenses"	130	0:22:25	114	0:01:46	130	0:50:26	115	0:01:18	116	0:31:11	1:47:06	0:39:00
127	3067	463	Cláudio Ribeiro	DNF	SEN	Casa Benfica Faro/GASCAN	37	0:12:55	53	0:01:06	6	-0:14:01	127	1:21:59	1	-1:21:59		
128	1045	222	João Amaral	DNF	JUN	C.N. Cartaxo	10	0:11:45	10	0:00:40	90	0:42:04	45	0:00:39	3	-0:55:08		
129	3002	484	Paulo Leote	DNF	SEN	CCD / V.F. Xira	59	0:15:00	91	0:01:22	5	-0:16:22						
130	1031	269	Pedro Reis	DNF	JUN	C.N. Cartaxo	38	0:13:01	4	0:00:35	7	-0:13:36						
131	3025	530	Ricardo Nunes	DNF	SEN	Individual	114	0:18:45	89	0:01:21	2	-0:20:06						
132	5178		Daniel Trindade	DNF	SEN	Individual	74	0:15:47	96	0:01:25	51	0:38:33	25	0:00:32	2	-0:56:17		
133	3054	739	António Luz Gomes	DNS	SEN	IPODEC / Tri-Oeiras.com												
134	3032	502	Bruno Guerreiro	DNS	SEN	CEFA												
135	4097	790	Carlos Suzana	DNS	V1	IPODEC / Tri-Oeiras.com												
136	3039	507	Custódio António	DNS	SEN	SR Camamal-Constr.Ramalho Couto-Ika												
137	2013	2502	João Miguel Coelho	DNS	S23	IPODEC / Tri-Oeiras.com												

# Resultados

NATAÇÃO								CICLISMO						CORRIDA				
800 M (MT) Temperatura Agua:								21000 M (KM)						5400 M (MT)				
LG	Drsl	Lic	Nome	PEN	ESC	Equipa	Pos	NATAÇÃO	Pos	T-1	Pos	CICLISMO	Pos	T-2	Pos	CORRIDA	Total	Diff
138	3040	505	José Ribeiro	DNS	SEN	SR Camamal-Constr.Ramalho Couto-Ika												
139	3086	649	Luis Guerreiro	DNS	SEN	Borealis												
140	4018	709	Mário Magalhães	DNS	V2	AGM-Portas / GGS-Torneiras												
141	3075	531	Nuno Lopes	DNS	SEN	Clube Ferroviário de Vendas Novas												
142	5143		José Sacramento	DNS	V3	Individual												
143	5226		Luis Guerreiro	DNS	SEN	Individual												
144	5126		Luis Novo	DNS	SEN	Individual												
145	5277		Paulo Jorge Ribeiro	DNS	V1	Individual												
146	5215		Paulo Campos Silva	DNS	SEN	Individual												

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