

Data:	31-05-2009	Hora:	10h30	Local:	Póvoa de Varzim			
Natação	300 mt	Ciclismo:	8.700 mt	Corrida:	2.200 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
JUN	1	1	1074	2612	Pedro Laginha Palma	-	Clube Triatlo de Perosinho	00:23:30	
JUN	2	2	1113	2456	Gil Maia	-	Clube Triatlo de Perosinho	00:24:00	00:00:30
JUN	3	3	1156	3009	Pedro Araújo Mendes	-	C.N. Cartaxo	00:24:20	00:00:50
JUN	4	5	1208	3464	Tiago Maia	-	Molly Maid - Vitoria de Janes	00:27:35	00:04:05
JUN	5	23	5037		Filipe Cristóvão	-	Individual	00:30:23	00:06:53
JUN	6	42	5098		Ricardo Marques	-	Individual	00:32:56	00:09:26
JUN	7	46	1161	3153	Miguel Marinho Silva	-	Individual	00:33:10	00:09:40
JUN	8	102	5175		Tiago André Silva	-	Individual	00:41:18	00:17:48

S23	1	6	2131	2503	Miguel Medeiros	-	Clube Triatlo de Perosinho	00:27:50	
S23	2	13	5018		Carlos Queirós	-	Individual	00:29:03	00:01:13
S23	3	21	2097	3279	João Gestosa	-	Clube Triatlo de Perosinho	00:30:00	00:02:10

SEN	1	4	5035		Fernando Cortés	-	Individual	00:27:22	
SEN	2	7	3206	338	André Guimarães	-	Maia Atlético Clube (MAC)	00:28:00	00:00:37
SEN	3	8	3304	2892	Ivan Pinto da Silva	-	Clube Triatlo de Perosinho	00:28:27	00:01:04
SEN	4	9	3026	461	Anibal Oliveira	-	Amiciclo	00:28:34	00:01:12
SEN	5	11	3608	3795	Marcos Martinez	-	Sport Clube Beira Mar	00:28:58	00:01:35
SEN	6	12	3583	3708	Paulo Adão Coelho	-	Clube Triatlo de Perosinho	00:28:58	00:01:35
SEN	7	14	3571	3687	Carlos Rocha	-	Sport Clube Beira Mar	00:29:12	00:01:49
SEN	8	15	3561	3665	Pedro Albino	-	Assoc. Académica de S. Mamede	00:29:16	00:01:53
SEN	9	16	3156	560	Pedro Pereira	-	Assoc. Académica de S. Mamede	00:29:17	00:01:54
SEN	10	17	3582	3707	Filipe Pinheiro Pires	-	U. D. Amigos da Roda de Quinchães	00:29:42	00:02:20
SEN	11	18	3442	3280	Pedro Pinho	-	Clube Triatlo de Perosinho	00:29:49	00:02:26
SEN	12	19	3135	2515	Mário Guedes	-	Assoc. Académica de S. Mamede	00:29:56	00:02:34
SEN	13	20	5290		Victor Teixeira	-	Individual	00:29:59	00:02:36
SEN	14	22	3555	3654	Vitor Almeida	-	Clube Triatlo de Perosinho	00:30:04	00:02:41
SEN	15	24	5014		Bruno Gonçalves Silva	-	Individual	00:30:39	00:03:16
SEN	16	25	5312	3664	Luis Lemos	-	Assoc. Académica de S. Mamede	00:30:59	00:03:36
SEN	17	26	3181	2581	Luis Correia Ferreira	-	Assoc. Académica de S. Mamede	00:31:01	00:03:38
SEN	18	27	5100		Ricardo Correia	-	Individual	00:31:02	00:03:39
SEN	19	28	3326	2989	Nuno Barros	-	Assoc. Académica de S. Mamede	00:31:03	00:03:40
SEN	20	29	3239	2717	Telmo Veloso	-	Porto Runners - McDonalds Parque Nascente	00:31:15	00:03:52
SEN	21	30	3519	3537	Nuno Sá	-	O Clube de Veteranos do Porto	00:31:20	00:03:57
SEN	22	31	3463	3342	Edgar Ferreira	-	Individual	00:31:22	00:03:59
SEN	23	32	5146		Sérgio Silva	-	Individual	00:31:27	00:04:04
SEN	24	33	5006		Analberto Santos	-	Individual	00:31:34	00:04:11
SEN	25	34	3449	3292	José Manuel Nunes	-	C. C. D. M. Matosinhos	00:31:38	00:04:15
SEN	26	35	3376	3107	Nuno Mendes	-	C. C. D. M. Matosinhos	00:31:59	00:04:36
SEN	27	38	5019		Carlos Afonso	-	Individual	00:32:22	00:04:59
SEN	28	39	3574	3690	Miguel Lopes	-	Individual	00:32:22	00:05:00
SEN	29	40	5040		Hélder Faria	-	Individual	00:32:33	00:05:10
SEN	30	43	3209	2677	Pedro Miguel Lopes	-	Porto Runners - McDonalds Parque Nascente	00:33:00	00:05:38
SEN	31	44	3099	558	Marco Leite	-	A. C. R. Ribeira	00:33:04	00:05:41
SEN	32	47	3357	3069	Albano Seca	-	ARCOV - A. R. C. D. de Covas	00:33:15	00:05:52
SEN	33	49	5284		Vasco Vieira Lopes	-	Individual	00:33:39	00:06:17
SEN	34	50	5041		Jaime Fonseca	-	Individual	00:33:52	00:06:30
SEN	35	51	5049		Jorge Pereira	-	Individual	00:34:02	00:06:39

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Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
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SEN	36	52	5030		Fábio Magalhães	-	Individual	00:34:07	00:06:45
SEN	37	53	5096		Renato Cardoso	-	Individual	00:34:09	00:06:46
SEN	38	56	5025		Daniel Jorge Reis	-	Individual	00:35:20	00:07:57
SEN	39	57	5113		Rui Pena	-	Individual	00:35:26	00:08:03
SEN	40	62	5269		Tiago Cunha	-	Individual	00:36:07	00:08:44
SEN	41	63	3567	3679	Adriano Gouveia	-	Porto Runners - McDonalds Parque Nascente	00:36:10	00:08:48
SEN	42	67	3377	3108	Eurico Coelho	-	Assoc. Académica de S. Mamede	00:36:34	00:09:11
SEN	43	69	5106		Rui Carvalho	-	Individual	00:36:36	00:09:14
SEN	44	74	3566	3678	Rui Lemos	-	Porto Runners - McDonalds Parque Nascente	00:37:15	00:09:53
SEN	45	75	5122		Silvério Liberal	-	Individual	00:37:19	00:09:56
SEN	46	76	5272		Tiago Terroso	-	Individual	00:37:28	00:10:05
SEN	47	77	5092		Pedro Manuel Flores	-	Individual	00:37:32	00:10:10
SEN	48	80	5066		Luis Miguel Torres	-	Individual	00:37:41	00:10:18
SEN	49	84	5071		Mark Odrich Macedo	-	Individual	00:38:06	00:10:43
SEN	50	88	5029		Excelso Lages	-	Individual	00:38:53	00:11:30
SEN	51	90	5087		Miguel Pinto	-	Individual	00:39:03	00:11:40
SEN	52	92	5032		Fernando Barbedo	-	Individual	00:39:24	00:12:01
SEN	53	94	5022		Carlos Pedroso	-	Individual	00:39:34	00:12:12
SEN	54	95	5053		José Dias	-	Individual	00:39:35	00:12:12
SEN	55	97	5051		José Brandão	-	Individual	00:39:49	00:12:26
SEN	56	98	5012		Armando Dias Silva	-	Individual	00:39:59	00:12:37
SEN	57	100	5267		Tiago André Pereira	-	Individual	00:40:30	00:13:07
SEN	58	101	5016		Bruno Pontes	-	Individual	00:41:04	00:13:42
SEN	59	103	5061		Luis Miguel Dinis	-	Individual	00:41:19	00:13:57
SEN	60	105	5055		José Miguel Costa	-	Individual	00:42:02	00:14:39
SEN	61	106	5048		Jorge Oliveira	-	Individual	00:43:45	00:16:22
SEN	62	107	5045		João Plácido	-	Individual	00:44:18	00:16:56
SEN	63	109	5011		António Carvalho	-	Individual	00:46:05	00:18:42
SEN	64	110	5027		Estevão Liberal	-	Individual	00:49:45	00:22:23

V1	1	36	4259	3426	Paulo Neves	-	O Clube de Veteranos do Porto	00:32:00	
V1	2	37	4314	748	José Gonçalves	-	Sport Clube Beira Mar	00:32:22	00:00:21
V1	3	45	5086		Paulo Rodrigues	-	Individual	00:33:08	00:01:07
V1	4	54	4304	3649	Joaquim Leitão	-	ARCOV - A. R. C. D. de Covas	00:34:20	00:02:19
V1	5	55	4225	3282	Manuel Domingues	-	Clube Triatlo de Perosinho	00:34:29	00:02:29
V1	6	60	5111		Rui Oliveira	-	Individual	00:35:46	00:03:45
V1	7	66	5001		Alcino Silva	-	Individual	00:36:32	00:04:32
V1	8	68	4282	3538	Rui Resende Silva	-	O Clube de Veteranos do Porto	00:36:36	00:04:36
V1	9	72	5043		João Silva Lopes	-	Individual	00:36:58	00:04:58
V1	10	89	5399		José Santos Cunha	-	Individual	00:38:58	00:06:57
V1	11	91	5088		Paulo Viana	-	Individual	00:39:23	00:07:22
V1	12	93	5105		Rui Anibal Loures	-	Individual	00:39:25	00:07:24
V1	13	111	5034		Fernando Marques	-	Individual	00:50:08	00:18:07
V1	14	114	5249		Nuno Serra	-	Individual	00:54:41	00:22:40

V2	1	10	4127	2732	Emanuel Marques	-	Assoc. Académica de S. Mamede	00:28:57	
V2	2	41	4136	2778	Paulo Calejo Rodrigues	-	Individual	00:32:40	00:03:43
V2	3	61	5046		Joaquim Nogueira	-	Individual	00:36:04	00:07:06

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V2	4	65	5054		José Fernando Silva	-	Individual	00:36:31	00:07:34
V2	5	70	4325	3787	Fernando Machado	-	Individual	00:36:48	00:07:50
V2	6	71	5109		Rui Guerreiro	-	Individual	00:36:56	00:07:58
V2	7	81	5020		Carlos Manuel Ferreira	-	Individual	00:37:59	00:09:01
V2	8	83	5052		José Calheiros Dias	-	Individual	00:38:05	00:09:07
V2	9	86	5319		Vitor Carvalho	-	Individual	00:38:28	00:09:31
V2	10	87	4238	3350	António Manuel Vieira	-	O Clube de Veteranos do Porto	00:38:30	00:09:32
V2	11	99	4284	3540	Hélder Moura	-	O Clube de Veteranos do Porto	00:40:14	00:11:16
V2	12	104	4283	3539	Joaquim Gonçalves	-	O Clube de Veteranos do Porto	00:41:46	00:12:49
V2	13	113	4288	3568	João Manuel Correia	-	Individual	00:54:13	00:25:15

V3	1	48	4239	3351	Vasco Santos	-	O Clube de Veteranos do Porto	00:33:20	
V3	2	58	4159	2909	Christoph Sermersheim	-	Assoc. Académica de S. Mamede	00:35:42	00:02:22
V3	3	59	5047		Joaquim Silva	-	Individual	00:35:46	00:02:26
V3	4	73	4018	709	Mário Magalhães	-	Clube Triatlo de Perosinho	00:37:03	00:03:43
V3	5	79	4255	3422	Paulo Castro Rocha	-	O Clube de Veteranos do Porto	00:37:40	00:04:20
V3	6	82	5033		Fernando Ramos	-	Individual	00:38:00	00:04:40
V3	7	85	4102	786	Luis Lima	-	CARDES - C. A. D. de Barbeita	00:38:25	00:05:05

V4	1	64	4162	2912	Albino Gonçalves	-	O Clube de Veteranos do Porto	00:36:22	
V4	2	78	4163	2913	Manuel Dias	-	O Clube de Veteranos do Porto	00:37:34	00:01:11
V4	3	108	5077		Nuno Russo	-	Individual	00:44:43	00:08:20

V5	1	96	4134	2760	Manuel Veloso	-	Porto Runners - McDonalds Parque Nascente	00:39:40	
V5	2	112	4164	2914	Serafim Lourenço	-	O Clube de Veteranos do Porto	00:51:49	00:12:09