

Data:	06-06-2009	Hora:	16h30	Local:	Peniche			
Natação	750 mt	Ciclismo:	21.700 mt	Corrida:	4.800 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
----------	---------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	2122	143	Joana Marques	-	20-24	HALCON - SPIUK Olimpico de Oeiras	25	00:10:58	50	00:38:16	72	00:19:37	01:08:52	
2	1093	27	Mariana Costa	-	18-19	HALCON - SPIUK Olimpico de Oeiras	9	00:09:59	114	00:42:06	63	00:19:18	01:11:24	00:02:32
3	3195	2630	Ana Filipa Santos	-	25-29	HALCON - SPIUK Olimpico de Oeiras	56	00:12:15	87	00:40:39	111	00:20:49	01:13:44	00:04:51
4	3392	2738	Katarina Larsson	-	25-29	Clube de Triatlo de Almada	58	00:12:27	125	00:42:49	116	00:21:02	01:16:19	00:07:26
5	1071	2592	Andreia Ponte	-	18-19	Ginásio Clube de Sines	48	00:11:57	107	00:41:49	162	00:23:01	01:16:48	00:07:55
6	3015	538	Maria João Madeira	-	30-34	Clube de Triatlo de Almada	85	00:13:11	113	00:42:06	159	00:22:55	01:18:12	00:09:20
7	2085	2850	Vanessa Pereira	-	20-24	COMPEED - Tri-Oeste	103	00:13:50	119	00:42:30	157	00:22:52	01:19:13	00:10:20
8	3458	3313	Sónia Quintela	-	35-39	COMPEED - Tri-Oeste	28	00:11:10	157	00:45:26	153	00:22:36	01:19:13	00:10:20
9	1128	231	Carolina Gregório	-	18-19	HALCON - SPIUK Olimpico de Oeiras	73	00:12:53	126	00:42:54	184	00:24:08	01:19:56	00:11:03
10	3240	380	Carla Ribeiro	-	25-29	Ginásio Clube de Sines	95	00:13:31	148	00:44:35	148	00:22:18	01:20:25	00:11:32
11	3352	3058	Carla Mendes	-	35-39	Porto Runners - McDonalds Parque	143	00:15:37	147	00:44:34	101	00:20:24	01:20:36	00:11:44
12	3525	3556	Elisabete Sousa	-	35-39	C.F. Os Belenenses	145	00:15:41	167	00:46:06	135	00:21:44	01:23:31	00:14:38
13	3204	2651	Susana Simões	-	35-39	Porto Runners - McDonalds Parque	183	00:17:53	177	00:46:43	86	00:19:59	01:24:37	00:15:44
14	2120	128	Tânia Boleta	-	20-24	Ginásio Clube de Sines	167	00:16:36	170	00:46:14	141	00:21:51	01:24:42	00:15:50
15	3386	3139	Ana Nisa	-	35-39	COMPEED - Tri-Oeste	176	00:17:09	176	00:46:39	129	00:21:33	01:25:22	00:16:29
16	3403	381	Rita Ribeiro	-	25-29	Ginásio Clube de Sines	142	00:15:34	180	00:47:26	167	00:23:06	01:26:07	00:17:15
17	3393	3135	Rita Correia	-	30-34	Clube de Triatlo de Almada	84	00:13:11	199	00:50:45	183	00:24:07	01:28:03	00:19:10
18	3184	2596	Maria Rita Neves	-	25-29	COMPEED - Tri-Oeste	115	00:14:29	200	00:50:56	192	00:24:52	01:30:18	00:21:25
19	3540	3582	Ana Feliciano	-	30-34	COMPEED - Tri-Oeste	199	00:19:51	196	00:50:06	194	00:25:02	01:34:59	00:26:06
20	3474	3391	Silvia Pedroso	-	35-39	Assoc. Académica de S. Mamede	189	00:18:17	202	00:54:09	178	00:23:35	01:36:02	00:27:09
21	3607	3789	Isabel Lima	-	30-34	Porto Runners - McDonalds Parque	168	00:16:37	204	00:56:18	169	00:23:12	01:36:08	00:27:15
22	4139	2789	Olivia Carmo	-	45-49	Individual	202	00:20:30	203	00:55:10	199	00:26:01	01:41:42	00:32:50
23	4328	3794	Anette Kind	-	45-49	O Clube de Veteranos do Porto	204	00:20:31	208	01:05:18	208	00:32:27	01:58:16	00:49:23
24	4229	3297	Elisabete Gonçalves	-	40-44	Porto Runners - McDonalds Parque	208	00:33:19	207	01:05:15	204	00:27:28	02:06:02	00:57:09
	2125	3012	Sara Domingos	DNS	20-24	HALCON - SPIUK Olimpico de Oeiras								-
	3383	3120	Sofia Valente	DNS	25-29	Núcleo Ciclismo da Baixa da Banheira								-
	3397	3141	Alexandra Reis	DNS	30-34	Assoc. Académica de S. Mamede								-
	4253	3411	Sofia Hibon	DNS	40-44	Individual								-
	4194	587	Helena Medeiro	DNS	40-44	Serv. Soc. CGD								-