

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
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	1074	2612	Pedro Laginha Palma	-	18-19	Clube Triatlo de Perosinho	3	00:09:19	1	00:34:02	1	00:15:38	00:59:00	
2	1117	2896	Hugo Ventura	-	18-19	HALCON - SPIUK Olimpico de Oeiras	4	00:09:19	2	00:34:08	4	00:16:18	00:59:46	00:00:46
3	1105	35	João Serrano	-	18-19	SR Camarnal / Seguros Contacto /	1	00:08:46	3	00:34:30	11	00:16:51	01:00:08	00:01:07
4	2127	2513	Diogo Custódio	-	20-24	Sporting Clube de Portugal	6	00:09:52	18	00:35:50	7	00:16:38	01:02:21	00:03:20
5	1166	2949	Hugo Alves	-	16-17	HALCON - SPIUK Olimpico de Oeiras	13	00:10:23	26	00:36:05	2	00:15:58	01:02:27	00:03:26
6	3284	352	Pedro Gomes	-	25-29	HALCON - SPIUK Olimpico de Oeiras	5	00:09:45	19	00:35:53	16	00:17:03	01:02:42	00:03:41
7	1113	2456	Gil Maia	-	18-19	Clube Triatlo de Perosinho	10	00:10:06	28	00:36:11	6	00:16:34	01:02:52	00:03:51
8	3412	417	Rui Dolores	-	25-29	Amiciclo	19	00:10:38	14	00:35:42	8	00:16:41	01:03:01	00:04:01
9	3049	475	Sérgio Dias	-	30-34	COMPEED - Tri-Oeste	43	00:11:51	5	00:34:48	5	00:16:27	01:03:07	00:04:07
10	3063	488	Nuno Neves	-	30-34	Casa Benfica Faro/GASCAN	15	00:10:28	20	00:35:53	15	00:16:56	01:03:18	00:04:18
11	4116	592	Rui Rodrigues	-	40-44	COMPEED - Tri-Oeste	18	00:10:32	21	00:35:54	13	00:16:53	01:03:21	00:04:20
12	4149	505	José Ribeiro	-	40-44	SR Camarnal / Seguros Contacto /	51	00:11:59	4	00:34:40	12	00:16:52	01:03:32	00:04:32
13	3214	2684	Miguel Ganchinho	-	25-29	Clube de Triatlo de Almada	33	00:11:35	8	00:35:06	14	00:16:55	01:03:36	00:04:36
14	1167	3143	José Veiga	-	18-19	HALCON - SPIUK Olimpico de Oeiras	8	00:09:59	33	00:37:12	9	00:16:49	01:04:01	00:05:00
15	4192	626	Rui Melo	-	40-44	COMPEED - Tri-Oeste	34	00:11:35	11	00:35:24	18	00:17:07	01:04:07	00:05:06
16	5121		Fernando Cortés	-	35-39	Individual	14	00:10:25	24	00:36:02	26	00:17:51	01:04:19	00:05:18
17	3261	462	David Caldeirão	-	35-39	COMPEED - Tri-Oeste	11	00:10:17	25	00:36:04	30	00:18:00	01:04:22	00:05:21
18	3107	621	Rui Sousa	-	35-39	C. N. Tejo	42	00:11:51	6	00:35:01	22	00:17:35	01:04:28	00:05:27
19	3485	3440	Nuno Patrício	-	35-39	C.N. Alvito	24	00:10:58	15	00:35:45	29	00:17:59	01:04:44	00:05:43
20	3153	741	Pedro Bartolomeu	-	30-34	Matraquilhos Futebol Clube	37	00:11:45	7	00:35:02	32	00:18:05	01:04:53	00:05:53
21	3197	2640	Délio Ferreira	-	30-34	COMPEED - Tri-Oeste	59	00:12:30	29	00:36:24	3	00:16:17	01:05:12	00:06:12
22	3282	2839	Márcio Neves	-	25-29	Oeiras Sport Clube - TRANSINSULAR	29	00:11:13	12	00:35:28	44	00:18:33	01:05:16	00:06:15
23	1162	190	Miguel Fernandes	-	16-17	HALCON - SPIUK Olimpico de Oeiras	2	00:09:17	32	00:37:12	54	00:18:54	01:05:23	00:06:23
24	3325	2988	Emanuel Neves	-	35-39	C. C. D. M. Matosinhos	30	00:11:18	13	00:35:39	45	00:18:35	01:05:33	00:06:32
25	5080	474	Sérgio Marques	-	25-29	COMPEED - Tri-Oeste	23	00:10:55	16	00:35:48	52	00:18:52	01:05:36	00:06:36
26	4013	648	Miguel Fragoso	-	40-44	HALCON - SPIUK Olimpico de Oeiras	32	00:11:26	17	00:35:49	41	00:18:26	01:05:42	00:06:42
27	3304	2892	Ivan Pinto da Silva	-	30-34	Clube Triatlo de Perosinho	35	00:11:40	9	00:35:18	57	00:19:07	01:06:05	00:07:05
28	4148	497	Pedro Cordeiro	-	40-44	COMPEED - Tri-Oeste	20	00:10:50	27	00:36:05	60	00:19:14	01:06:10	00:07:10
29	4121	585	Paulo Codinha	-	40-44	ABV Estoris	26	00:11:03	22	00:35:56	68	00:19:24	01:06:23	00:07:23
30	3142	2526	Pedro Figueira	-	30-34	Ribabike / Assoc. 20 Km de Almeirim	36	00:11:40	10	00:35:22	69	00:19:26	01:06:28	00:07:28
31	4180	764	António Horta	-	45-49	Clube de Praças da Armada	46	00:11:55	31	00:37:03	23	00:17:43	01:06:42	00:07:42
32	1170	153	Gonçalo Barros	-	16-17	Ginásio Clube de Sines	21	00:10:54	23	00:35:56	90	00:20:07	01:06:58	00:07:57
33	3285	2840	Hugo Ferreira	-	30-34	HALCON - SPIUK Olimpico de Oeiras	78	00:13:01	37	00:37:38	10	00:16:51	01:07:31	00:08:30
34	4198	742	Leonardo Lopes	-	40-44	Casa Benfica Faro/GASCAN	38	00:11:48	52	00:38:19	20	00:17:25	01:07:32	00:08:31
35	4032	769	Carlos Gomes	-	45-49	Oeiras Sport Clube - TRANSINSULAR	71	00:12:51	42	00:37:49	17	00:17:06	01:07:47	00:08:47
36	3394	3136	Valdo Neves	-	30-34	Clube de Triatlo de Almada	68	00:12:50	40	00:37:48	19	00:17:09	01:07:48	00:08:47
37	3348	3054	Hélder Marinho Costa	-	30-34	ARCOV - A. R. C. D. de Covas	50	00:11:57	30	00:37:00	53	00:18:54	01:07:53	00:08:52
38	3542	3358	Pedro Madeira	-	25-29	Molly Maid - Vitoria de Janes	49	00:11:57	43	00:37:52	34	00:18:13	01:08:03	00:09:02
39	3583	3708	Paulo Adão Coelho	-	30-34	Clube Triatlo de Perosinho	12	00:10:21	71	00:39:46	37	00:18:24	01:08:32	00:09:31
40	1247	3616	Filipe Azevedo	-	16-17	Cl. Ferroviário de Vendas Novas	7	00:09:52	59	00:38:44	91	00:20:11	01:08:49	00:09:48
41	4040	781	António Raposo	-	50-54	Casa Benfica Faro/GASCAN	39	00:11:48	41	00:37:48	61	00:19:15	01:08:52	00:09:51
42	3219	2690	Ricardo Ferreira	-	30-34	ABV Estoris	22	00:10:54	63	00:39:09	56	00:18:57	01:09:01	00:10:00
43	4187	2694	Rui Ferreira	-	40-44	Individual	31	00:11:20	49	00:38:11	73	00:19:37	01:09:09	00:10:08
44	3239	2717	Telmo Veloso	-	30-34	Porto Runners - McDonalds Parque	82	00:13:08	53	00:38:21	24	00:17:43	01:09:13	00:10:13
45	3170	2562	Rui Simões	-	35-39	Alhandra Sporting Clube	98	00:13:40	36	00:37:28	33	00:18:10	01:09:18	00:10:17
46	4147	629	Fernando Carmo	-	40-44	C. N. Colégio Vasco da Gama	104	00:13:51	35	00:37:26	31	00:18:04	01:09:23	00:10:22
47	3101	457	Nuno Almeida	-	30-34	A.D.C.R. Painho	45	00:11:54	62	00:38:55	49	00:18:42	01:09:32	00:10:31
48	4062	802	Carlos Cabrita	-	55-59	S. R. Toreense	107	00:13:57	34	00:37:14	36	00:18:22	01:09:34	00:10:33
49	3180	730	Paulo Jorge Barradas	-	35-39	Individual	27	00:11:10	69	00:39:38	50	00:18:46	01:09:34	00:10:33

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Natação	750 mt	Ciclismo:	21.700 mt	Corrida:	4.800 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	3608	3795	Marcos Martinez	-	20-24	Sport Clube Beira Mar	61	00:12:38	45	00:38:00	55	00:18:55	01:09:34	00:10:34
51	4127	2732	Emanuel Marques	-	45-49	Assoc. Académica de S. Mamede	74	00:12:55	38	00:37:45	64	00:19:19	01:10:00	00:10:59
52	3207	2662	José Magalhães Dias	-	35-39	A.D.C.R. Painho	62	00:12:43	48	00:38:07	59	00:19:11	01:10:02	00:11:02
53	3416	3193	Miguel Vigôco	-	25-29	Maia Atlético Clube (MAC)	54	00:12:12	70	00:39:39	43	00:18:29	01:10:21	00:11:20
54	3321	2957	Luis Lourenço	-	35-39	Molly Maid - Vitoria de Janes	60	00:12:35	65	00:39:14	51	00:18:49	01:10:39	00:11:39
55	4254	763	Fernando Correia	-	45-49	Peniche A. C.	65	00:12:48	44	00:37:54	88	00:20:05	01:10:48	00:11:47
56	3145	602	Luis Moura Lopes	-	30-34	Ribabike / Assoc. 20 Km de Almeirim	57	00:12:18	51	00:38:17	99	00:20:22	01:10:58	00:11:58
57	3524	3555	Paulo Sequeira	-	35-39	Peniche A. C.	70	00:12:51	54	00:38:29	80	00:19:49	01:11:10	00:12:10
58	3005	620	Diogo Almeida	-	30-34	C.F. Os Belenenses	16	00:10:31	60	00:38:52	146	00:22:08	01:11:31	00:12:31
59	3453	3305	Armandino Chaves	-	30-34	CARDES - C. A. D. de Barbeita	137	00:15:13	55	00:38:31	40	00:18:25	01:12:10	00:13:09
60	3177	2577	António Miguel Reis	-	35-39	Amiciclo	40	00:11:49	64	00:39:11	120	00:21:14	01:12:15	00:13:14
61	3411	3184	Luis Novo	-	35-39	Alhandra Sporting Clube	94	00:13:29	39	00:37:48	117	00:21:02	01:12:20	00:13:19
62	3300	2871	Nelson Santos	-	35-39	A. R. S. C. Toledo	171	00:16:41	47	00:38:05	25	00:17:45	01:12:32	00:13:31
63	3334	3016	Rui Filipe Costa	-	30-34	Porto Runners - McDonalds Parque	114	00:14:29	68	00:39:34	46	00:18:37	01:12:41	00:13:40
64	3591	3730	Paulo Janela	-	25-29	Clube de Triatlo de Almada	113	00:14:26	79	00:40:21	27	00:17:53	01:12:42	00:13:41
65	4034	756	João Pereira	-	45-49	Oeiras Sport Clube - TRANSINSULAR	66	00:12:49	82	00:40:23	71	00:19:31	01:12:43	00:13:43
66	3586	3716	Miguel Carneiro	-	25-29	Clube de Praças da Armada	55	00:12:14	93	00:41:01	77	00:19:47	01:13:03	00:14:02
67	3388	3154	Carlos Antunes	-	30-34	Individual	102	00:13:49	67	00:39:25	79	00:19:48	01:13:04	00:14:03
68	3036	732	Nuno Campos	-	30-34	Clube de Praças da Armada	111	00:14:24	56	00:38:32	100	00:20:23	01:13:19	00:14:19
69	4129	2740	João Hipólito	-	40-44	Alhandra Sporting Clube	116	00:14:32	58	00:38:35	92	00:20:13	01:13:20	00:14:19
70	3580	3697	Hugo Brito	-	25-29	C.F. Os Belenenses	64	00:12:46	83	00:40:27	98	00:20:21	01:13:35	00:14:35
71	2083	2885	Carlos Papacinzã	-	20-24	C.N. Alvito	87	00:13:17	116	00:42:23	28	00:17:56	01:13:37	00:14:36
72	3004	485	Bruno Silva	-	35-39	G. A. A. Vila Franca de Xira	80	00:13:04	96	00:41:10	67	00:19:24	01:13:39	00:14:38
73	3003	854	César Andrade	-	25-29	G. A. A. Vila Franca de Xira	79	00:13:02	81	00:40:22	105	00:20:32	01:13:56	00:14:56
74	3241	2718	Nuno Tintim	-	30-34	Alhandra Sporting Clube	149	00:15:45	73	00:39:52	35	00:18:22	01:14:00	00:14:59
75	4128	623	Luis Filipe Lopes	-	40-44	Sporting Clube de Portugal	41	00:11:50	108	00:41:53	95	00:20:20	01:14:03	00:15:02
76	3001	627	Paulo Teles	-	35-39	G. A. A. Vila Franca de Xira	76	00:12:58	100	00:41:26	74	00:19:42	01:14:07	00:15:06
77	3181	2581	Luis Correia Ferreira	-	35-39	Assoc. Académica de S. Mamede	67	00:12:49	115	00:42:09	62	00:19:18	01:14:17	00:15:16
78	3033	714	António Marques	-	35-39	Clube de Praças da Armada	72	00:12:52	77	00:40:17	122	00:21:18	01:14:28	00:15:27
79	4240	3354	Francisco José Silva	-	50-54	Individual	52	00:12:02	122	00:42:42	76	00:19:45	01:14:31	00:15:30
80	4052	770	Manuel Gonçalves	-	45-49	C. N. Colégio Vasco da Gama	86	00:13:15	127	00:43:01	38	00:18:24	01:14:41	00:15:40
81	3280	2837	Carlos Bráz	-	35-39	CARDES - C. A. D. de Barbeita	106	00:13:53	90	00:40:49	87	00:20:00	01:14:43	00:15:42
82	1173	195	Ruben Rosa	-	16-17	Individual	17	00:10:31	132	00:43:23	114	00:20:57	01:14:52	00:15:52
83	3526	3557	António Gouveia	-	35-39	C.F. Os Belenenses	122	00:14:43	80	00:40:21	78	00:19:47	01:14:52	00:15:52
84	4108	879	Paulo Leitão Santos	-	45-49	Peniche A. C.	90	00:13:23	74	00:39:55	140	00:21:47	01:15:06	00:16:05
85	2142	3806	William Lemos	-	20-24	C.F. Os Belenenses	93	00:13:28	133	00:43:24	42	00:18:28	01:15:21	00:16:20
86	3150	2452	Ernesto Caniço	-	30-34	Ribabike / Assoc. 20 Km de Almeirim	154	00:15:51	46	00:38:02	138	00:21:46	01:15:39	00:16:38
87	3147	604	Pedro Bento	-	30-34	Ribabike / Assoc. 20 Km de Almeirim	131	00:14:59	61	00:38:53	139	00:21:46	01:15:39	00:16:39
88	3431	3258	Henrique Venâncio	-	30-34	Peniche A. C.	134	00:15:06	72	00:39:48	113	00:20:51	01:15:46	00:16:46
89	3537	3576	Dário Santos	-	30-34	TRI CAP - Penafirme	174	00:16:48	57	00:38:34	102	00:20:25	01:15:48	00:16:48
90	4286	3558	Paulo Goulart	-	40-44	C.F. Os Belenenses	110	00:14:18	75	00:40:10	124	00:21:21	01:15:50	00:16:49
91	3100	706	Luis Cipriano	-	35-39	A.D.C.R. Painho	146	00:15:41	101	00:41:29	47	00:18:40	01:15:50	00:16:50
92	3424	3220	Rui Antunes	-	30-34	Peniche A. C.	96	00:13:35	66	00:39:23	158	00:22:54	01:15:53	00:16:53
93	3262	2794	Nuno Barbosa	-	35-39	Porto Runners - McDonalds Parque	83	00:13:10	97	00:41:18	126	00:21:29	01:15:59	00:16:58
94	3528	3561	Pedro Pinto Alberto	-	30-34	Individual	165	00:16:33	111	00:42:05	21	00:17:28	01:16:08	00:17:07
95	3382	392	João Dias	-	25-29	C.N. Cartaxo	53	00:12:07	85	00:40:37	173	00:23:28	01:16:12	00:17:11
96	3113	579	Duarte Barreto	-	30-34	C.N. Cartaxo	44	00:11:52	89	00:40:46	176	00:23:32	01:16:12	00:17:12
97	4015	774	José Oliveira	-	45-49	ABV Estoris	108	00:14:14	88	00:40:45	121	00:21:14	01:16:15	00:17:14
98	3446	3288	Bruno Brito	-	30-34	Individual	109	00:14:14	104	00:41:37	103	00:20:27	01:16:20	00:17:19

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Natação	750 mt	Ciclismo:	21.700 mt	Corrida:	4.800 mt			

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
99	4197	603	Victor Rodrigues	-	40-44	Ribabike / Assoc. 20 Km de Almeirim	136	00:15:10	86	00:40:39	108	00:20:36	01:16:25	00:17:25
100	3477	3393	Alvaro Silva	-	35-39	HALCON - SPIUK Olimpico de Oeiras	91	00:13:25	138	00:43:48	66	00:19:22	01:16:36	00:17:35
101	4073	456	Amândio Caetano	-	45-49	A.D.C.R. Painho	117	00:14:35	110	00:42:04	94	00:20:14	01:16:54	00:17:53
102	4299	3640	Luis Serrazina	-	40-44	Externato Cooperativo da Benedita	192	00:18:20	76	00:40:14	39	00:18:25	01:17:00	00:18:00
103	3326	2989	Nuno Barros	-	35-39	Assoc. Académica de S. Mamede	47	00:11:55	92	00:40:59	188	00:24:26	01:17:21	00:18:21
104	3519	3537	Nuno Sá	-	35-39	O Clube de Veteranos do Porto	120	00:14:39	120	00:42:31	106	00:20:32	01:17:44	00:18:43
105	2094	126	Joaquim Guerreiro	-	20-24	Amiciclo	138	00:15:13	129	00:43:07	70	00:19:27	01:17:48	00:18:47
106	4312	3683	Vitor Carapelho	-	45-49	Individual	75	00:12:57	99	00:41:25	174	00:23:28	01:17:51	00:18:51
107	4259	3426	Paulo Neves	-	40-44	O Clube de Veteranos do Porto	128	00:14:53	102	00:41:29	128	00:21:33	01:17:56	00:18:55
108	4241	3356	André Cunha	-	40-44	Açoreana Clube Banif	119	00:14:39	105	00:41:41	132	00:21:42	01:18:04	00:19:03
109	4307	3659	Jorge Carlos Serra	-	40-44	Açoreana Clube Banif	144	00:15:38	124	00:42:43	83	00:19:55	01:18:17	00:19:17
110	3235	2711	Gonçalo Vicente	-	30-34	C. N. Colégio Vasco da Gama	100	00:13:42	144	00:44:23	93	00:20:13	01:18:19	00:19:19
111	4025	516	João Medeiro	-	45-49	Serv. Soc. CGD	152	00:15:48	139	00:43:49	48	00:18:42	01:18:20	00:19:19
112	4202	2743	Paulo Quintino	-	40-44	Clube Millennium BCP	125	00:14:49	118	00:42:28	118	00:21:03	01:18:21	00:19:20
113	4075	751	José Peixoto	-	50-54	Peniche A. C.	179	00:17:27	95	00:41:09	81	00:19:51	01:18:29	00:19:28
114	3347	3053	Desidério Sousa	-	25-29	ARCOV - A. R. C. D. de Covas	127	00:14:49	103	00:41:34	145	00:22:07	01:18:31	00:19:30
115	3449	3292	José Manuel Nunes	-	35-39	C. C. D. M. Matosinhos	135	00:15:08	136	00:43:37	82	00:19:52	01:18:37	00:19:36
116	3494	3451	Rui Pedro Costa	-	35-39	C. N. Tejo	159	00:16:18	112	00:42:05	96	00:20:20	01:18:44	00:19:43
117	3094	708	Pedro Fernandes	-	30-34	ABV Estoris	123	00:14:43	128	00:43:03	115	00:20:59	01:18:45	00:19:45
118	4072	752	Renato Fidalgo	-	45-49	A.D.C.R. Painho	190	00:18:18	84	00:40:34	85	00:19:57	01:18:50	00:19:49
119	3315	2938	Mário Figueiredo	-	35-39	Núcleo Ciclismo da Baixa da Banheira	194	00:18:33	94	00:41:02	65	00:19:22	01:18:57	00:19:57
120	4097	790	Carlos Suzana	-	45-49	COMPEED - Tri-Oeste	130	00:14:58	135	00:43:31	104	00:20:32	01:19:02	00:20:01
121	3555	3654	Vitor Almeida	-	30-34	Clube Triatlo de Perosinho	196	00:18:51	78	00:40:18	84	00:19:55	01:19:05	00:20:04
122	4189	2703	Carlos Serra	-	40-44	Alhandra Sporting Clube	147	00:15:43	117	00:42:24	123	00:21:18	01:19:26	00:20:25
123	4303	3645	António Joaquim Reis	-	45-49	Cl. Ferroviário de Vendas Novas	164	00:16:31	106	00:41:44	125	00:21:21	01:19:37	00:20:36
124	4063	832	José Soares	-	50-54	S. R. Toreense	81	00:13:07	149	00:44:43	143	00:21:55	01:19:46	00:20:45
125	2126	3497	Miguel Andrade	-	20-24	HALCON - SPIUK Olimpico de Oeiras	77	00:13:00	161	00:45:47	119	00:21:07	01:19:54	00:20:54
126	4136	2778	Paulo Calejo Rodrigues	-	45-49	Individual	88	00:13:18	159	00:45:46	112	00:20:50	01:19:55	00:20:54
127	4059	800	Fernando Feijão	-	50-54	HALCON - SPIUK Olimpico de Oeiras	156	00:15:56	152	00:44:55	58	00:19:10	01:20:03	00:21:03
128	3500	296	Fábio Ferreira	-	20-24	C.N. Cartaxo	121	00:14:41	151	00:44:55	109	00:20:41	01:20:18	00:21:17
129	4268	3183	Vasco Soares	-	40-44	Alhandra Sporting Clube	148	00:15:45	123	00:42:43	142	00:21:52	01:20:20	00:21:19
130	3376	3107	Nuno Mendes	-	30-34	C. C. D. M. Matosinhos	69	00:12:51	164	00:45:49	133	00:21:43	01:20:23	00:21:23
131	3082	651	João Seródio	-	30-34	C. N. Colégio Vasco da Gama	118	00:14:38	131	00:43:22	154	00:22:42	01:20:43	00:21:42
132	4317	3718	Pedro Vilaça da Silva	-	40-44	C.F. Os Belenenses	177	00:17:16	98	00:41:21	144	00:22:06	01:20:45	00:21:44
133	4142	492	Carlos Reis	-	40-44	Núcleo Ciclismo da Baixa da Banheira	151	00:15:47	121	00:42:35	150	00:22:27	01:20:51	00:21:50
134	3508	3477	João Duarte	-	35-39	Núcleo Ciclismo da Baixa da Banheira	193	00:18:24	91	00:40:56	130	00:21:35	01:20:56	00:21:55
135	4038	780	Joaquim Patricio	-	60-64	C.N. Alvito	105	00:13:52	140	00:43:50	170	00:23:20	01:21:03	00:22:02
136	3208	2663	Rui Trovão	-	25-29	Ginásio Clube Figueirense	133	00:15:03	145	00:44:25	137	00:21:45	01:21:14	00:22:14
137	4020	866	Paulo Alves	-	45-49	Amiciclo	195	00:18:48	130	00:43:18	75	00:19:42	01:21:49	00:22:48
138	3425	3221	Rui Mendes	-	30-34	Peniche A. C.	172	00:16:43	109	00:42:03	166	00:23:06	01:21:53	00:22:52
139	2118	3343	Rúben Perdigoto	-	20-24	Molly Maid - Vitoria de Janes	129	00:14:53	174	00:46:27	107	00:20:33	01:21:54	00:22:53
140	3514	3486	Hugo Matos	-	20-24	Clube de Praças da Armada	89	00:13:22	183	00:47:49	110	00:20:44	01:21:56	00:22:56
141	4250	3405	Luis Sousa	-	40-44	C.F. Os Belenenses	155	00:15:56	160	00:45:47	97	00:20:20	01:22:04	00:23:03
142	3597	3753	Rui Choças	-	30-34	Individual	150	00:15:46	141	00:43:54	152	00:22:33	01:22:14	00:23:13
143	4154	484	Paulo Leote	-	40-44	G. A. A. Vila Franca de Xira	139	00:15:17	154	00:45:16	136	00:21:44	01:22:18	00:23:17
144	2117	3217	João Pedro Martins	-	20-24	Peniche A. C.	166	00:16:34	134	00:43:26	151	00:22:29	01:22:30	00:23:29
145	4077	856	João Côte Real	-	45-49	A.D.C.R. Painho	97	00:13:37	155	00:45:18	177	00:23:33	01:22:30	00:23:29
146	4239	3351	Vasco Santos	-	50-54	O Clube de Veteranos do Porto	170	00:16:39	143	00:44:09	149	00:22:20	01:23:08	00:24:07
147	4100	871	Jaime Carmo	-	55-59	Individual	141	00:15:29	137	00:43:46	185	00:24:11	01:23:28	00:24:27

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
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
148	3585	3714	José Rodrigo Araújo	-	20-24	Individual	191	00:18:20	153	00:45:04	89	00:20:06	01:23:31	00:24:30
149	3209	2677	Pedro Miguel Lopes	-	35-39	Porto Runners - McDonalds Parque	161	00:16:20	165	00:45:49	127	00:21:33	01:23:43	00:24:42
150	4235	3338	Ricardo Aguiar	-	45-49	Cl. Ferroviário de Vendas Novas	101	00:13:48	175	00:46:39	181	00:23:43	01:24:10	00:25:10
151	4195	528	Sérgio Oliveira	-	40-44	ABV Estoris	162	00:16:27	146	00:44:27	171	00:23:21	01:24:16	00:25:15
152	4023	765	Francisco Bexiga	-	50-54	Clube de Praças da Armada	112	00:14:24	171	00:46:17	179	00:23:35	01:24:17	00:25:17
153	3076	687	Rui Pereira	-	35-39	Cl. Ferroviário de Vendas Novas	157	00:16:00	156	00:45:25	180	00:23:37	01:25:03	00:26:02
154	4279	3518	João Morgado	-	40-44	Clube de Triatlo de Almada	153	00:15:50	142	00:44:04	195	00:25:18	01:25:12	00:26:11
155	4045	757	Rogério Morais	-	45-49	Cl. Ferroviário de Vendas Novas	140	00:15:23	178	00:46:57	164	00:23:05	01:25:26	00:26:25
156	4215	3232	José Luis Correia	-	50-54	ABV Estoris	63	00:12:46	186	00:48:09	191	00:24:42	01:25:38	00:26:38
157	4001	821	Adelino Vicente	-	60-64	Individual	173	00:16:45	162	00:45:47	168	00:23:07	01:25:39	00:26:39
158	4305	3657	António João Santos	-	40-44	Açoreana Clube Banif	186	00:18:10	163	00:45:48	147	00:22:09	01:26:08	00:27:07
159	3390	3158	Hélder Valente	-	35-39	Serv. Soc. CGD	158	00:16:08	166	00:45:53	189	00:24:27	01:26:28	00:27:28
160	4165	2930	Carlos Candeias	-	40-44	Açoreana Clube Banif	178	00:17:26	173	00:46:23	155	00:22:42	01:26:33	00:27:32
161	3385	3138	Pedro Guedes	-	35-39	Porto Runners - McDonalds Parque	124	00:14:48	192	00:49:13	156	00:22:46	01:26:48	00:27:48
162	4329	3802	Rui Correia	-	55-59	Individual	182	00:17:50	150	00:44:49	190	00:24:27	01:27:07	00:28:07
163	3324	2987	Luis Pimenta	-	35-39	C. N. Colégio Vasco da Gama	163	00:16:29	172	00:46:20	186	00:24:22	01:27:12	00:28:11
164	2140	3715	Filipe Vidal	-	20-24	Clube de Praças da Armada	175	00:17:00	181	00:47:30	160	00:22:58	01:27:29	00:28:28
165	5128	3816	Artur Oliveira	-	50-54	Externato Cooperativo da Benedita	160	00:16:19	182	00:47:47	175	00:23:30	01:27:36	00:28:36
166	3335	3018	Pedro Basílio	-	35-39	SR Camarnal / Seguros Contacto /	92	00:13:25	189	00:48:35	200	00:26:02	01:28:04	00:29:03
167	4236	3339	Manuel Ramos	-	45-49	Individual	132	00:15:02	185	00:48:06	197	00:25:48	01:28:56	00:29:56
168	4046	816	Mário Melo	-	55-59	Cl. Ferroviário de Vendas Novas	126	00:14:49	190	00:48:52	196	00:25:23	01:29:06	00:30:05
169	5127	3813	José Fernando Silva	-	45-49	Assoc. Académica de S. Mamede	198	00:19:38	184	00:47:51	131	00:21:38	01:29:08	00:30:07
170	4238	3350	António Manuel Vieira	-	45-49	O Clube de Veteranos do Porto	169	00:16:38	168	00:46:08	202	00:26:50	01:29:37	00:30:36
171	4162	2912	Albino Gonçalves	-	55-59	O Clube de Veteranos do Porto	185	00:18:01	158	00:45:46	198	00:25:49	01:29:37	00:30:36
172	3590	3726	Nuno Miguel Moreira	-	35-39	Individual	99	00:13:40	201	00:51:30	193	00:24:54	01:30:05	00:31:04
173	3281	2838	Hélder Gonçalves Ribeiro	-	35-39	Oeiras Sport Clube - TRANSINSULAR	203	00:20:30	169	00:46:13	187	00:24:25	01:31:09	00:32:08
174	4237	3341	António Mamede	-	50-54	Peniche A. C.	197	00:19:34	195	00:49:56	134	00:21:43	01:31:14	00:32:14
175	4088	882	António Trabuço	-	45-49	ABV Estoris	181	00:17:35	197	00:50:23	172	00:23:27	01:31:26	00:32:25
176	4030	820	José Gomes	-	65-69	Oeiras Sport Clube - TRANSINSULAR	187	00:18:14	194	00:49:45	182	00:23:47	01:31:47	00:32:47
177	4306	3658	José Pereira	-	40-44	Açoreana Clube Banif	201	00:20:29	188	00:48:24	161	00:22:58	01:31:52	00:32:52
178	4102	786	Luis Lima	-	50-54	CARDES - C. A. D. de Barbeita	207	00:22:48	179	00:47:03	165	00:23:05	01:32:57	00:33:57
179	4174	3013	José Jesús Martins	-	60-64	C.F. Os Belenenses	180	00:17:32	193	00:49:20	201	00:26:36	01:33:29	00:34:29
180	3567	3679	Adriano Gouveia	-	35-39	Porto Runners - McDonalds Parque	200	00:20:14	198	00:50:25	163	00:23:02	01:33:43	00:34:42
181	3566	3678	Rui Lemos	-	35-39	Porto Runners - McDonalds Parque	184	00:17:55	187	00:48:20	207	00:28:31	01:34:47	00:35:46
182	4163	2913	Manuel Dias	-	55-59	O Clube de Veteranos do Porto	205	00:22:43	191	00:49:06	203	00:26:58	01:38:48	00:39:48
183	4282	3538	Rui Resende Silva	-	40-44	O Clube de Veteranos do Porto	188	00:18:16	206	00:57:41	206	00:27:40	01:43:39	00:44:38
184	4284	3540	Hélder Moura	-	45-49	O Clube de Veteranos do Porto	206	00:22:48	205	00:56:30	205	00:27:38	01:46:57	00:47:56
	3612	3799	Jaime Brito	DQ	20-24	Individual	200	00:19:11	125	00:42:35	90	00:20:02	01:21:50	00:22:49
	3535	3574	Pedro Francisco	DQ	25-29	TRI CAP - Penafirme	189	00:18:11	1	00:32:16	73	00:19:33	01:10:01	00:11:00
	3615	3810	Paulo Guerra	DQ	35-39	C.F. Os Belenenses	92	00:13:24	97	00:41:03	29	00:17:57	01:12:25	00:13:24
	4152	2869	Silvino Muchacho	DQ	55-59	Peniche A. C.	164	00:16:26	171	00:46:02	36	00:18:13	01:20:42	00:21:41
	1233	3546	Diogo Rosa	DQ	16-17	C. N. Tejo	89	00:13:18	46	00:37:56	188	00:24:08	01:15:23	00:16:23
	1163	2266	Paulo Alexandre Antunes	DNF	16-17	HALCON - SPIUK Olimpico de Oeiras		00:11:44		00:38:03				-
	1063	52	Ruben Costa	DNF	18-19	Sporting Clube de Portugal		00:09:18						-
	1095	2522	João Amorim	DNF	18-19	Alhandra Sporting Clube		00:09:00		00:34:26				-
	3559	3663	António Luis Barbosa	DNF	25-29	Assoc. Académica de S. Mamede		00:14:47						-
	3614	365	Manuel Júlio	DNF	25-29	Individual		00:12:06						-
	4294	3603	José Panóias	DNF	50-54	Núcleo Ciclismo da Baixa da Banheira		00:22:47						-
	2135	3600	Rúben Reis	DNS	20-24	ABV Estoris								-

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
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
	3489	3398	Vitor Penedo	DNS	20-24	Alhandra Sporting Clube								-
	3610	3797	Bernardo Ferrão	DNS	25-29	C.F. Os Belenenses								-
	3243	2730	Nuno Coelho Silva	DNS	30-34	Assoc. Académica de S. Mamede								-
	3560	3664	Luis Lemos	DNS	30-34	Assoc. Académica de S. Mamede								-
	3561	3665	Pedro Albino	DNS	35-39	Assoc. Académica de S. Mamede								-
	3391	3159	Carlos Albano Silva	DNS	35-39	Serv. Soc. CGD								-
	3604	3782	Alberto Xavier	DNS	35-39	Individual								-
	4270	2787	Pedro Quintela	DNS	40-44	COMPEED - Tri-Oeste								-
	4070	624	Humberto Lomba	DNS	40-44	Clube Millennium BCP								-
	4082	862	José Maçarria	DNS	45-49	Ginásio Clube Figueirense								-
	4325	3787	Fernando Machado	DNS	45-49	Individual								-
	3173	2564	José Lino	DNS	35-39	C. N. Tejo								-
	3588	3721	Igor Santos	DNS	25-29	C. N. Tejo								-
	3377	3108	Eurico Coelho	DNS	35-39	Assoc. Académica de S. Mamede								-
	4326	3788	Carlos Ferreira	DNS	50-54	Individual								-