

Data:	10-06-2009	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt

Ranking:		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	2129	51	Anais Moniz	-	S23	C.F. Os Belenenses	29	00:10:28	45	00:32:45	95	00:20:18	01:03:32	
2	1235	3549	Raquel Rocha	-	JUN	Alhandra Sporting Clube	49	00:11:40	53	00:33:08	156	00:21:50	01:06:39	00:03:07
3	1097	2327	Sofia Almeida	-	JUN	Alhandra Sporting Clube	3		3		162	00:22:04	01:08:54	00:05:21
4	3195	2630	Ana Filipa Santos	-	SEN	HALCON - SPIUK Olimpico de Oeiras	99	00:13:22	101	00:34:47	121	00:20:55	01:09:05	00:05:32
5	3015	538	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	115	00:13:51	119	00:35:35	188	00:22:50	01:12:16	00:08:44
6	3392	2738	Katarina Larsson	-	SEN	Clube de Triatlo de Almada	104	00:13:33	186	00:38:14	141	00:21:21	01:13:09	00:09:37
7	1071	2592	Andreia Ponte	-	JUN	Ginásio Clube de Sines	84	00:13:06	143	00:36:32	210	00:23:47	01:13:26	00:09:54
8	3240	380	Carla Ribeiro	-	SEN	Ginásio Clube de Sines	153	00:14:51	150	00:36:50	161	00:22:02	01:13:44	00:10:11
9	1260	2293	Inês Jorge	-	JUN	Sporting Clube de Portugal	64	00:12:13	209	00:39:37	171	00:22:17	01:14:09	00:10:37
10	5185		Emanuel Pinto	-	SEN	Individual	119	00:13:53	214	00:39:55	120	00:20:54	01:14:43	00:11:11
11	3458	3313	Sónia Quintela	-	SEN	COMPEED - Tri-Oeste	60	00:12:06	194	00:38:43	219	00:24:01	01:14:52	00:11:19
12	3352	3058	Carla Mendes	-	SEN	Porto Runners - McDonalds Parque	229	00:18:02	178	00:37:51	105	00:20:32	01:16:26	00:12:54
13	3587	3717	Isa Parreira	-	SEN	COMPEED - Tri-Oeste	190	00:16:19	208	00:39:32	147	00:21:30	01:17:21	00:13:49
14	1129	71	Neuza Reis	-	JUN	Amiciclo	90	00:13:15	213	00:39:47	225	00:24:30	01:17:34	00:14:02
15	2085	2850	Vanessa Pereira	-	S23	COMPEED - Tri-Oeste	191	00:16:20	173	00:37:46	202	00:23:28	01:17:35	00:14:03
16	2143	3817	Ana Teresa Machado	-	S23	HALCON - SPIUK Olimpico de Oeiras	208	00:16:52	201	00:39:03	160	00:21:59	01:17:55	00:14:23
17	2120	128	Tânia Boleta	-	S23	Ginásio Clube de Sines	215	00:17:21	199	00:39:02	150	00:21:32	01:17:56	00:14:24
18	3393	3135	Rita Correia	-	SEN	Clube de Triatlo de Almada	136	00:14:23	223	00:40:56	215	00:23:58	01:19:18	00:15:46
19	3386	3139	Ana Nisa	-	SEN	COMPEED - Tri-Oeste	237	00:18:15	202	00:39:06	170	00:22:16	01:19:38	00:16:06
20	3327	569	Vera Correia	-	SEN	Clube de Triatlo de Almada	207	00:16:49	224	00:40:58	206	00:23:34	01:21:22	00:17:49
21	3525	3556	Elisabete Sousa	-	SEN	C.F. Os Belenenses	236	00:18:14	222	00:40:54	182	00:22:37	01:21:45	00:18:13
22	2093	7	Marina Pedro	-	S23	Amiciclo	110	00:13:40	216	00:40:09	275	00:29:52	01:23:43	00:20:10
23	3184	2596	Maria Rita Neves	-	SEN	COMPEED - Tri-Oeste	156	00:14:58	247	00:43:43	242	00:25:52	01:24:34	00:21:01
24	3212	393	Maria Cecília Franco	-	SEN	Individual	216	00:17:22	239	00:42:11	263	00:27:14	01:26:48	00:23:15
25	3540	3582	Ana Feliciano	-	SEN	COMPEED - Tri-Oeste	253	00:19:46	249	00:44:12	233	00:25:03	01:29:02	00:25:29
26	1205	2621	Mariana Sousa Faria	-	JUN	Alhandra Sporting Clube	97	00:13:21	266	00:46:51	273	00:29:13	01:29:26	00:25:53
27	5177		Amanda Mortimer	-	V1	Individual	272	00:22:32	238	00:41:56	246	00:25:56	01:30:25	00:26:53
28	4328	3794	Anette Kind	-	V2	O Clube de Veteranos do Porto	258	00:20:27	263	00:46:33	266	00:27:49	01:34:50	00:31:18
29	5223		Louise Pimm	-	SEN	Individual	271	00:22:28	260	00:45:47	258	00:26:49	01:35:05	00:31:33
30	3474	3391	Silvia Pedroso	-	SEN	Assoc. Académica de S. Mamede	267	00:22:10	274	00:48:48	251	00:26:15	01:37:13	00:33:41
31	5200		Jill Edwards	-	V3	Individual	275	00:22:42	272	00:48:34	274	00:29:39	01:40:57	00:37:24
32	5188		Fernanda Sardinha	-	SEN	Individual	269	00:22:21	283	00:57:45	237	00:25:18	01:45:25	00:41:53
33	4139	2789	Olivia Carmo	-	V2	Individual	282	00:26:26	275	00:49:26	277	00:30:18	01:46:11	00:42:39
34	4229	3297	Elisabete Gonçalves	-	V1	Porto Runners - McDonalds Parque	283	00:36:24	282	00:57:13	279	00:30:49	02:04:27	01:00:55
	1096	2314	Nadine Almeida	DNF	JUN	Alhandra Sporting Clube		00:12:20						-
	2125	3012	Sara Domingos	DNS	S23	HALCON - SPIUK Olimpico de Oeiras								-
	1128	231	Carolina Gregório	DNS	JUN	HALCON - SPIUK Olimpico de Oeiras								-
	1211	3478	Sofia Landeiro	DNS	JUN	Alhandra Sporting Clube								-
	1103	146	Andreia Simões Lopes	DNS	JUN	Ginásio Clube de Sines								-
	1200	2626	Laura Costa Bento	DNS	JUN	Alhandra Sporting Clube								-
	3397	3141	Alexandra Reis	DNS	SEN	Assoc. Académica de S. Mamede								-
	3383	3120	Sofia Valente	DNS	SEN	Núcleo Ciclismo da Baixa da Banheira								-
	3403	381	Rita Ribeiro	DNS	SEN	Ginásio Clube de Sines								-
	3488	262	Andreia Moço	DNS	SEN	Alhandra Sporting Clube								-
	4194	587	Helena Medeiro	DNS	V1	Serv. Soc. CGD								-
	3607	3789	Isabel Lima	DNS	SEN	Porto Runners - McDonalds Parque								-
	5222		Lénia Gamito	DNS	SEN	Individual								-
	5253		Shirley Ellis Emilio	DNS	V2	Individual								-