

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

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

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	1162	190	Miguel Fernandes	-	JUN	HALCON - SPIUK Olimpico de Oeiras	27	00:10:12	49	00:32:49	16	00:16:23	00:59:25	
2	3284	352	Pedro Gomes	-	SEN	HALCON - SPIUK Olimpico de Oeiras	33	00:10:40	41	00:32:29	18	00:16:34	00:59:45	00:00:19
3	3127	468	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	41	00:11:09	30	00:32:04	19	00:16:38	00:59:53	00:00:27
4	1153	2629	Luis Filipe Marafuz	-	JUN	Alhandra Sporting Clube	31	00:10:32	43	00:32:36	21	00:16:49	00:59:59	00:00:33
5	1113	2456	Gil Maia	-	JUN	Clube Triatlo de Perosinho	40	00:11:00	29	00:32:04	24	00:17:02	01:00:07	00:00:42
6	3117	486	Lino Barruncho	-	SEN	HALCON - SPIUK Olimpico de Oeiras	84	00:13:04	25	00:31:08	15	00:16:05	01:00:19	00:00:53
7	2107	2303	Pedro Leitão	-	S23	Alhandra Sporting Clube	38	00:10:55	32	00:32:10	34	00:17:46	01:00:52	00:01:26
8	5313	474	Sérgio Marques	-	SEN	COMPEED - Tri-Oeste	57	00:12:00	40	00:32:27	17	00:16:29	01:00:58	00:01:32
9	1149	34	Guilherme Marques	-	JUN	Sporting Clube de Portugal	35	00:10:48	35	00:32:18	49	00:18:17	01:01:25	00:01:59
10	2127	2513	Diogo Custódio	-	S23	Sporting Clube de Portugal	1		1		47	00:18:15	01:01:27	00:02:01
11	3063	488	Nuno Neves	-	SEN	Casa Benfica Faro/GASCAN	55	00:11:59	38	00:32:26	25	00:17:05	01:01:31	00:02:05
12	1167	3143	José Veiga	-	JUN	HALCON - SPIUK Olimpico de Oeiras	39	00:10:58	64	00:33:38	22	00:16:59	01:01:37	00:02:11
13	3412	417	Rui Dolores	-	SEN	Amiciclo	56	00:12:00	42	00:32:31	26	00:17:08	01:01:40	00:02:14
14	3214	2684	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	71	00:12:40	27	00:31:49	28	00:17:16	01:01:46	00:02:20
15	1247	3616	Filipe Azevedo	-	JUN	Cl. Ferroviário de Vendas Novas	34	00:10:43	39	00:32:27	60	00:18:43	01:01:53	00:02:27
16	4116	592	Rui Rodrigues	-	V1	COMPEED - Tri-Oeste	44	00:11:19	55	00:33:12	29	00:17:22	01:01:54	00:02:28
17	1166	2949	Hugo Alves	-	JUN	HALCON - SPIUK Olimpico de Oeiras	45	00:11:21	51	00:33:05	31	00:17:33	01:01:59	00:02:33
18	1203	3122	Rafael Ribeiro	-	JUN	Alhandra Sporting Clube	37	00:10:51	70	00:33:46	30	00:17:26	01:02:04	00:02:38
19	4192	626	Rui Melo	-	V1	COMPEED - Tri-Oeste	9		9		32	00:17:43	01:02:20	00:02:54
20	1158	3123	João Graça	-	JUN	Sporting Clube de Portugal	46	00:11:21	57	00:33:13	36	00:17:50	01:02:25	00:02:59
21	3261	462	David Caldeirão	-	SEN	COMPEED - Tri-Oeste	42	00:11:09	61	00:33:18	41	00:18:04	01:02:33	00:03:07
22	1156	3009	Pedro Araújo Mendes	-	JUN	C.N. Cartaxo	25	00:10:06	97	00:34:33	39	00:17:57	01:02:37	00:03:11
23	3583	3708	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	43	00:11:17	63	00:33:35	40	00:18:01	01:02:53	00:03:27
24	3260	360	Rafael Gomes	-	SEN	Amiciclo	59	00:12:01	44	00:32:37	46	00:18:14	01:02:54	00:03:28
25	3342	3044	Rodrigo Baltazar	-	SEN	Sporting Clube de Portugal	64	00:12:11	36	00:32:21	59	00:18:38	01:03:11	00:03:45
26	3542	3358	Pedro Madeira	-	SEN	Molly Maid - Vitoria de Janes	75	00:12:48	26	00:31:47	58	00:18:36	01:03:12	00:03:46
27	3485	3440	Nuno Patrício	-	SEN	C.N. Alvito	63	00:12:10	37	00:32:24	61	00:18:45	01:03:19	00:03:53
28	4149	505	José Ribeiro	-	V1	SR Camarnal / Seguros Contacto /	82	00:13:02	58	00:33:15	27	00:17:10	01:03:29	00:04:03
29	3197	2640	Délio Ferreira	-	SEN	COMPEED - Tri-Oeste	6		6		23	00:17:02	01:03:35	00:04:09
30	1094	20	Bruno Pereira	-	JUN	Alhandra Sporting Clube	28	00:10:12	93	00:34:27	77	00:19:25	01:04:05	00:04:40
31	1155	3078	Miguel Marques	-	JUN	Alhandra Sporting Clube	48	00:11:28	52	00:33:07	85	00:19:49	01:04:25	00:04:59
32	3219	2690	Ricardo Ferreira	-	SEN	ABV Estoris	62	00:12:07	45	00:32:45	82	00:19:33	01:04:25	00:04:59
33	3244	2735	Carlos Fernandes	-	SEN	Oeiras Sport Clube - TRANSINSULAR	81	00:12:57	68	00:33:44	35	00:17:47	01:04:29	00:05:03
34	3142	2526	Pedro Figueira	-	SEN	Ribabike / Assoc. 20 Km de Almeirim	66	00:12:21	34	00:32:17	88	00:19:55	01:04:35	00:05:09
35	1223	230	Rui Tenrinho	-	JUN	C.F. Os Belenenses	36	00:10:49	72	00:33:48	90	00:20:02	01:04:40	00:05:14
36	1216	221	Pedro Miguel Amaral	-	JUN	Sporting Clube de Portugal	32	00:10:39	77	00:33:59	92	00:20:09	01:04:48	00:05:22
37	3049	475	Sérgio Dias	-	SEN	COMPEED - Tri-Oeste	95	00:13:17	56	00:33:13	50	00:18:18	01:04:49	00:05:23
38	3107	621	Rui Sousa	-	SEN	C. N. Tejo	100	00:13:22	60	00:33:18	45	00:18:14	01:04:54	00:05:28
39	4180	764	António Horta	-	V2	Clube de Praças da Armada	103	00:13:23	59	00:33:15	48	00:18:17	01:04:56	00:05:31
40	1170	153	Gonçalo Barros	-	JUN	Ginásio Clube de Sines	53	00:11:44	50	00:32:52	99	00:20:19	01:04:57	00:05:31
41	3153	741	Pedro Bartolomeu	-	SEN	Matraquilhos Futebol Clube	77	00:12:52	69	00:33:44	51	00:18:23	01:05:00	00:05:34
42	4148	497	Pedro Cordeiro	-	V1	COMPEED - Tri-Oeste	73	00:12:41	28	00:32:02	107	00:20:31	01:05:15	00:05:49
43	2092	3176	Pedro Miguel Gomes	-	S23	Alhandra Sporting Clube	49	00:11:32	53	00:33:08	119	00:20:49	01:05:29	00:06:04
44	1249	3646	João Curado	-	JUN	Sporting Clube de Portugal	26	00:10:09	145	00:36:30	63	00:18:51	01:05:31	00:06:05
45	3264	2799	Manuel Alves	-	SEN	Sporting Clube de Portugal	70	00:12:37	31	00:32:07	121	00:20:50	01:05:35	00:06:09
46	3529	3564	Paulo Roberto Pereira	-	SEN	Amiciclo	60	00:12:02	47	00:32:46	130	00:21:01	01:05:50	00:06:24
47	3369	581	Ricardo Paixão	-	SEN	Portinado	88	00:13:09	67	00:33:43	65	00:19:02	01:05:55	00:06:29
48	3394	3136	Valdo Neves	-	SEN	Clube de Triatlo de Almada	110	00:13:36	88	00:34:23	38	00:17:56	01:05:55	00:06:29
49	1163	2266	Paulo Alexandre Antunes	-	JUN	HALCON - SPIUK Olimpico de Oeiras	69	00:12:31	33	00:32:13	136	00:21:13	01:05:59	00:06:33

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

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

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	1192	3353	Sérgio Filipe Monteiro	-	JUN	HALCON - SPIUK Olímpico de Oeiras	72	00:12:40	113	00:35:09	57	00:18:33	01:06:23	00:06:57
51	4013	648	Miguel Fragoso	-	V1	HALCON - SPIUK Olímpico de Oeiras	79	00:12:52	110	00:35:02	56	00:18:32	01:06:27	00:07:01
52	4270	2787	Pedro Quintela	-	V1	COMPEED - Tri-Oeste	137	00:14:20	66	00:33:42	52	00:18:24	01:06:27	00:07:01
53	1112	157	Rui Cordeiro	-	JUN	Ginásio Clube de Sines	78	00:12:52	73	00:33:52	91	00:20:02	01:06:47	00:07:21
54	3005	620	Diogo Almeida	-	SEN	C.F. Os Belenenses	58	00:12:01	48	00:32:46	168	00:22:08	01:06:56	00:07:30
55	4127	2732	Emanuel Marques	-	V2	Assoc. Académica de S. Mamede	126	00:13:58	76	00:33:59	67	00:19:03	01:07:01	00:07:35
56	2128	3515	Nuno Rodrigues	-	S23	Clube de Triatlo de Almada	93	00:13:16	102	00:34:42	66	00:19:03	01:07:02	00:07:36
57	3113	579	Duarte Barreto	-	SEN	C.N. Cartaxo	91	00:13:12	65	00:33:38	95	00:20:11	01:07:03	00:07:37
58	4032	769	Carlos Gomes	-	V2	Oeiras Sport Clube - TRANSINSULAR	143	00:14:33	101	00:34:39	37	00:17:52	01:07:04	00:07:38
59	3321	2957	Luis Lourenço	-	SEN	Molly Maid - Vitoria de Janes	104	00:13:24	98	00:34:34	69	00:19:12	01:07:10	00:07:44
60	3101	457	Nuno Almeida	-	SEN	A.D.C.R. Painho	130	00:14:03	78	00:33:59	70	00:19:12	01:07:14	00:07:48
61	3334	3016	Rui Filipe Costa	-	SEN	Porto Runners - McDonalds Parque	147	00:14:40	95	00:34:31	42	00:18:07	01:07:20	00:07:54
62	3207	2662	José Magalhães Dias	-	SEN	A.D.C.R. Painho	109	00:13:35	89	00:34:24	74	00:19:22	01:07:22	00:07:56
63	1209	147	Diogo Goulão Henriques	-	JUN	Ginásio Clube de Sines	3		3		80	00:19:31	01:07:37	00:08:12
64	3054	739	António Luz Gomes	-	SEN	Oeiras Sport Clube - TRANSINSULAR	119	00:13:51	81	00:34:06	83	00:19:42	01:07:40	00:08:14
65	1164	3150	David Maia	-	JUN	HALCON - SPIUK Olímpico de Oeiras	51	00:11:41	82	00:34:13	158	00:21:48	01:07:43	00:08:17
66	4147	629	Fernando Carmo	-	V1	C. N. Colégio Vasco da Gama	160	00:15:01	84	00:34:18	54	00:18:27	01:07:47	00:08:21
67	4060	762	António Moura	-	V2	SR Camarnal / Seguros Contacto /	120	00:13:52	74	00:33:53	94	00:20:11	01:07:56	00:08:30
68	1202	2947	Ivo Cristela	-	JUN	Alhandra Sporting Clube	52	00:11:42	140	00:36:21	87	00:19:53	01:07:58	00:08:32
69	1212	3479	Sebastião Botas	-	JUN	Alhandra Sporting Clube	29	00:10:24	148	00:36:35	128	00:20:59	01:07:58	00:08:33
70	3524	3555	Paulo Sequeira	-	SEN	Peniche A. C.	116	00:13:48	94	00:34:30	84	00:19:46	01:08:06	00:08:40
71	4153	524	Miguel Palma	-	V1	ABV Estoris	76	00:12:50	75	00:33:53	152	00:21:31	01:08:14	00:08:48
72	2121	2866	Carlos Alenquer	-	S23	Ginásio Clube de Sines	47	00:11:27	62	00:33:34	200	00:23:13	01:08:15	00:08:49
73	1204	3307	Filipe Miguel Lopes	-	JUN	Alhandra Sporting Clube	87	00:13:09	135	00:36:11	64	00:18:56	01:08:18	00:08:52
74	3001	627	Paulo Teles	-	SEN	G. A. A. Vila Franca de Xira	111	00:13:37	96	00:34:32	93	00:20:09	01:08:18	00:08:52
75	3615	3810	Paulo Guerra	-	SEN	C.F. Os Belenenses	157	00:14:55	155	00:36:57	20	00:16:38	01:08:31	00:09:06
76	3156	560	Pedro Pereira	-	SEN	Assoc. Académica de S. Mamede	153	00:14:47	92	00:34:27	73	00:19:19	01:08:35	00:09:09
77	4312	3683	Vitor Carapelho	-	V2	Individual	121	00:13:52	79	00:34:05	116	00:20:42	01:08:40	00:09:14
78	3388	3154	Carlos Antunes	-	SEN	Individual	138	00:14:22	108	00:34:54	78	00:19:26	01:08:43	00:09:17
79	3026	461	Anibal Oliveira	-	SEN	Amiciclo	208	00:16:47	71	00:33:47	44	00:18:11	01:08:46	00:09:20
80	4052	770	Manuel Gonçalves	-	V2	C. N. Colégio Vasco da Gama	146	00:14:38	109	00:34:56	75	00:19:25	01:08:59	00:09:33
81	3427	3243	Sérgio Moniz	-	SEN	U. D. Amigos da Roda de Quinchães	114	00:13:41	90	00:34:24	134	00:21:07	01:09:13	00:09:47
82	3033	714	António Marques	-	SEN	Clube de Praças da Armada	131	00:14:04	117	00:35:24	86	00:19:52	01:09:21	00:09:55
83	5311	721	Pedro Freitas	-	SEN	Clube de Praças da Armada	105	00:13:24	99	00:34:36	145	00:21:24	01:09:25	00:09:59
84	2005	2504	Mário Leitão	-	S23	Alhandra Sporting Clube	68	00:12:28	121	00:35:32	149	00:21:29	01:09:31	00:10:05
85	3003	854	César Andrade	-	SEN	G. A. A. Vila Franca de Xira	117	00:13:50	91	00:34:27	143	00:21:20	01:09:37	00:10:11
86	3559	3663	António Luis Barbosa	-	SEN	Assoc. Académica de S. Mamede	187	00:16:10	116	00:35:21	43	00:18:11	01:09:42	00:10:16
87	3177	2577	António Miguel Reis	-	SEN	Amiciclo	90	00:13:11	115	00:35:16	139	00:21:15	01:09:44	00:10:18
88	1214	3246	Simão Sousa	-	JUN	HALCON - SPIUK Olímpico de Oeiras	80	00:12:53	147	00:36:33	100	00:20:19	01:09:47	00:10:21
89	3135	2515	Mário Guedes	-	SEN	Assoc. Académica de S. Mamede	140	00:14:28	107	00:34:52	106	00:20:29	01:09:50	00:10:24
90	4177	465	Paulo Silva	-	V1	Casa Benfica Faro/GASCAN	174	00:15:41	126	00:35:44	53	00:18:27	01:09:52	00:10:26
91	3241	2718	Nuno Tintim	-	SEN	Alhandra Sporting Clube	196	00:16:23	85	00:34:19	72	00:19:18	01:10:00	00:10:34
92	3320	2956	Sérgio Ribeiro	-	SEN	Clube de Praças da Armada	124	00:13:56	124	00:35:40	105	00:20:29	01:10:06	00:10:40
93	1233	3546	Diogo Rosa	-	JUN	C. N. Tejo	132	00:14:07	80	00:34:06	160	00:21:54	01:10:08	00:10:42
94	3614	365	Manuel Júlio	-	SEN	Individual	127	00:14:00	164	00:37:25	62	00:18:46	01:10:13	00:10:47
95	3382	392	João Dias	-	SEN	C.N. Cartaxo	98	00:13:19	100	00:34:38	175	00:22:22	01:10:20	00:10:54
96	3145	602	Luis Moura Lopes	-	SEN	Ribabike / Assoc. 20 Km de Almeirim	115	00:13:44	86	00:34:19	172	00:22:16	01:10:21	00:10:55
97	1173	195	Ruben Rosa	-	JUN	Individual	54	00:11:45	179	00:37:48	120	00:20:49	01:10:23	00:10:58
98	1196	3456	Fábio Coutinho	-	JUN	Alhandra Sporting Clube	67	00:12:27	83	00:34:17	215	00:23:49	01:10:33	00:11:07

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

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

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
99	4248	3394	Jorge Paulo Pereira	-	V2	HALCON - SPIUK Olímpico de Oeiras	94	00:13:17	138	00:36:14	133	00:21:06	01:10:37	00:11:11
100	2142	3806	William Lemos	-	S23	C.F. Os Belenenses	165	00:15:22	129	00:36:01	71	00:19:15	01:10:39	00:11:13
101	3586	3716	Miguel Carneiro	-	SEN	Clube de Praças da Armada	83	00:13:03	143	00:36:26	146	00:21:26	01:10:57	00:11:31
102	3004	485	Bruno Silva	-	SEN	G. A. A. Vila Franca de Xira	164	00:15:21	134	00:36:11	76	00:19:25	01:10:58	00:11:32
103	1225	3109	Duarte Marcelino	-	JUN	C.F. Os Belenenses	102	00:13:23	136	00:36:12	147	00:21:27	01:11:03	00:11:37
104	1169	141	David Morgado	-	JUN	Ginásio Clube de Sines	108	00:13:33	87	00:34:20	197	00:23:11	01:11:05	00:11:39
105	3216	2686	Ricardo Francisco	-	SEN	Oeiras Sport Clube - TRANSINSULAR	185	00:16:09	119	00:35:31	81	00:19:31	01:11:12	00:11:46
106	3591	3730	Paulo Janela	-	SEN	Clube de Triatlo de Almada	197	00:16:25	144	00:36:27	55	00:18:28	01:11:21	00:11:55
107	4108	879	Paulo Leitão Santos	-	V2	Peniche A. C.	136	00:14:17	114	00:35:10	161	00:21:56	01:11:25	00:11:59
108	3234	2708	João Vaz Lima	-	SEN	Clube Triatlo de Perosinho	96	00:13:18	149	00:36:35	154	00:21:33	01:11:27	00:12:01
109	4129	2740	João Hipólito	-	V1	Alhandra Sporting Clube	179	00:15:48	112	00:35:05	114	00:20:39	01:11:32	00:12:07
110	1177	3247	Pedro Lourenço	-	JUN	HALCON - SPIUK Olímpico de Oeiras	2		2		214	00:23:48	01:11:51	00:12:25
111	3181	2581	Luis Correia Ferreira	-	SEN	Assoc. Académica de S. Mamede	133	00:14:09	167	00:37:29	101	00:20:20	01:12:00	00:12:34
112	3424	3220	Rui Antunes	-	SEN	Peniche A. C.	151	00:14:46	103	00:34:45	178	00:22:29	01:12:00	00:12:34
113	2135	3600	Rúben Reis	-	S23	ABV Estoris	182	00:15:55	127	00:35:44	102	00:20:21	01:12:02	00:12:36
114	3094	708	Pedro Fernandes	-	SEN	ABV Estoris	154	00:14:48	154	00:36:55	110	00:20:34	01:12:18	00:12:52
115	5180		Carlos Chan	-	SEN	Individual	85	00:13:04	196	00:38:39	115	00:20:40	01:12:24	00:12:58
116	3326	2989	Nuno Barros	-	SEN	Assoc. Académica de S. Mamede	97	00:13:19	106	00:34:49	225	00:24:15	01:12:25	00:12:59
117	1161	3153	Miguel Marinho Silva	-	JUN	Individual	106	00:13:26	105	00:34:48	224	00:24:12	01:12:26	00:13:01
118	5158		Vasco Lobato Rijo	-	S23	Individual	24		24		132	00:21:05	01:12:30	00:13:04
119	3235	2711	Gonçalo Vicente	-	SEN	C. N. Colégio Vasco da Gama	5		5		1		01:12:40	00:13:14
120	5245		Pedro Santos	-	V1	Individual	16		16		7		01:12:41	00:13:15
121	3502	3463	Miguel Algarvio	-	SEN	Clube de Praças da Armada	125	00:13:56	183	00:37:57	126	00:20:57	01:12:51	00:13:25
122	3100	706	Luis Cipriano	-	SEN	A.D.C.R. Painho	227	00:17:40	131	00:36:06	68	00:19:11	01:12:57	00:13:31
123	4015	774	José Oliveira	-	V2	ABV Estoris	163	00:15:19	142	00:36:25	140	00:21:18	01:13:02	00:13:36
124	4259	3426	Paulo Neves	-	V1	O Clube de Veteranos do Porto	183	00:15:58	125	00:35:41	148	00:21:28	01:13:08	00:13:42
125	4307	3659	Jorge Carlos Serra	-	V1	Açoreana Clube Banif	199	00:16:29	151	00:36:41	96	00:20:11	01:13:23	00:13:57
126	3561	3665	Pedro Albino	-	SEN	Assoc. Académica de S. Mamede	123	00:13:54	120	00:35:32	219	00:24:00	01:13:27	00:14:01
127	3036	732	Nuno Campos	-	SEN	Clube de Praças da Armada	180	00:15:52	111	00:35:03	179	00:22:33	01:13:29	00:14:03
128	3431	3258	Henrique Venâncio	-	SEN	Peniche A. C.	201	00:16:33	139	00:36:20	113	00:20:38	01:13:33	00:14:07
129	1222	3525	José Maria Carvalho	-	JUN	C.F. Os Belenenses	112	00:13:37	128	00:35:58	221	00:24:01	01:13:36	00:14:11
130	1217	62	Jorge Alves	-	JUN	HALCON - SPIUK Olímpico de Oeiras	89	00:13:11	243	00:42:42	33	00:17:43	01:13:37	00:14:11
131	4073	456	Amândio Caetano	-	V2	A.D.C.R. Painho	204	00:16:36	132	00:36:06	127	00:20:57	01:13:40	00:14:14
132	5252		Rui Moura	-	SEN	Individual	22		22		13		01:13:46	00:14:20
133	3517	3517	Fábio Pratas	-	SEN	Clube de Triatlo de Almada	190	00:16:13	150	00:36:39	129	00:21:00	01:13:52	00:14:26
134	3082	651	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	162	00:15:19	141	00:36:24	170	00:22:15	01:13:58	00:14:32
135	2118	3343	Rúben Perdigoto	-	S23	Molly Maid - Vitoria de Janes	168	00:15:30	163	00:37:24	135	00:21:09	01:14:03	00:14:37
136	3494	3451	Rui Pedro Costa	-	SEN	C. N. Tejo	220	00:17:29	118	00:35:24	137	00:21:14	01:14:08	00:14:42
137	3446	3288	Bruno Brito	-	SEN	Individual	161	00:15:04	177	00:37:46	142	00:21:19	01:14:11	00:14:45
138	4059	800	Fernando Feijão	-	V3	HALCON - SPIUK Olímpico de Oeiras	225	00:17:36	137	00:36:13	103	00:20:23	01:14:13	00:14:47
139	3526	3557	António Gouveia	-	SEN	C.F. Os Belenenses	7		7		151	00:21:31	01:14:25	00:14:59
140	5153	3721	Igor Santos	-	SEN	C. N. Tejo	142	00:14:31	161	00:37:22	183	00:22:36	01:14:29	00:15:03
141	4141	880	Miguel Ayala Botto	-	V1	Individual	148	00:14:43	158	00:37:09	187	00:22:40	01:14:33	00:15:07
142	2112	3446	Ivan Costa	-	S23	Alhandra Sporting Clube	155	00:14:49	152	00:36:44	196	00:23:04	01:14:37	00:15:11
143	3535	3574	Pedro Francisco	-	SEN	TRI CAP - Penafirme	203	00:16:34	180	00:37:50	97	00:20:14	01:14:39	00:15:13
144	3537	3576	Dário Santos	-	SEN	TRI CAP - Penafirme	234	00:18:07	123	00:35:37	131	00:21:04	01:14:48	00:15:22
145	5201		João Albuquerque	-	V2	Individual	207	00:16:46	130	00:36:01	166	00:22:04	01:14:52	00:15:26
146	1206	3445	Paulo Ricardo Monteiro	-	JUN	Alhandra Sporting Clube	192	00:16:16	208	00:39:17	79	00:19:30	01:15:04	00:15:38
147	3522	3550	Nuno Pereira	-	SEN	Quintajense Futebol Clube	135	00:14:15	174	00:37:40	203	00:23:25	01:15:21	00:15:55

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

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

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
148	4189	2703	Carlos Serra	-	V1	Alhandra Sporting Clube	209	00:16:48	133	00:36:09	176	00:22:24	01:15:21	00:15:55
149	4025	516	João Medeiro	-	V2	Serv. Soc. CGD	216	00:17:14	190	00:38:18	89	00:19:59	01:15:33	00:16:07
150	5229		Mark Peachey	-	SEN	Individual	158	00:14:57	186	00:38:02	181	00:22:35	01:15:35	00:16:09
151	3523	3551	Nuno Pinto	-	SEN	Quintajense Futebol Clube	178	00:15:46	159	00:37:19	184	00:22:36	01:15:43	00:16:17
152	4097	790	Carlos Suzana	-	V2	COMPEED - Tri-Oeste	206	00:16:40	193	00:38:31	109	00:20:33	01:15:45	00:16:19
153	4197	603	Victor Rodrigues	-	V1	Ribabike / Assoc. 20 Km de Almeirim	212	00:16:59	156	00:37:04	155	00:21:42	01:15:45	00:16:20
154	3385	3138	Pedro Guedes	-	SEN	Porto Runners - McDonalds Parque	175	00:15:42	173	00:37:37	177	00:22:27	01:15:46	00:16:21
155	4142	492	Carlos Reis	-	V1	Núcleo Ciclismo da Baixa da Banheira	214	00:17:08	175	00:37:42	138	00:21:14	01:16:06	00:16:40
156	4241	3356	André Cunha	-	V1	Açoreana Clube Banif	217	00:17:16	172	00:37:36	141	00:21:18	01:16:10	00:16:44
157	3602	3780	André Cordeiro	-	SEN	Individual	141	00:14:29	218	00:40:04	156	00:21:47	01:16:21	00:16:55
158	3546	3601	Nuno Felício	-	SEN	ABV Estoris	128	00:14:02	206	00:39:07	199	00:23:12	01:16:22	00:16:57
159	4075	751	José Peixoto	-	V3	Peniche A. C.	242	00:18:27	168	00:37:29	104	00:20:27	01:16:23	00:16:58
160	1201	2627	André Estevam	-	JUN	Alhandra Sporting Clube	74	00:12:46	165	00:37:26	256	00:26:23	01:16:35	00:17:09
161	3597	3753	Rui Choças	-	SEN	Individual	188	00:16:10	182	00:37:52	189	00:22:44	01:16:47	00:17:21
162	4250	3405	Luis Sousa	-	V1	C.F. Os Belenenses	228	00:17:42	195	00:38:37	117	00:20:45	01:17:04	00:17:39
163	3315	2938	Mário Figueiredo	-	SEN	Núcleo Ciclismo da Baixa da Banheira	248	00:19:02	169	00:37:33	112	00:20:35	01:17:11	00:17:45
164	1254	3719	João André	-	JUN	Portinado	152	00:14:47	223	00:40:40	157	00:21:47	01:17:15	00:17:49
165	5213		Joaquim Figueiras	-	SEN	Individual	244	00:18:45	187	00:38:06	111	00:20:35	01:17:26	00:18:00
166	3611	3798	Pedro Bernardo	-	SEN	Individual	166	00:15:27	171	00:37:34	227	00:24:30	01:17:32	00:18:06
167	4286	3558	Paulo Goulart	-	V1	C.F. Os Belenenses	173	00:15:39	160	00:37:20	230	00:24:32	01:17:32	00:18:06
168	3500	296	Fábio Ferreira	-	SEN	C.N. Cartaxo	176	00:15:43	191	00:38:22	206	00:23:29	01:17:35	00:18:09
169	3514	3486	Hugo Matos	-	SEN	Clube de Praças da Armada	134	00:14:09	228	00:41:15	171	00:22:15	01:17:40	00:18:15
170	5238		Pedro Carreira	-	SEN	Individual	14		14		5		01:18:00	00:18:34
171	4268	3183	Vasco Soares	-	V1	Alhandra Sporting Clube	229	00:17:45	170	00:37:33	193	00:22:54	01:18:14	00:18:48
172	1171	2865	Luis Rodrigues	-	JUN	Ginásio Clube de Sines	186	00:16:09	157	00:37:04	233	00:24:59	01:18:14	00:18:48
173	4077	856	João Corte Real	-	V2	A.D.C.R. Painho	169	00:15:32	198	00:38:44	223	00:24:03	01:18:20	00:18:54
174	3209	2677	Pedro Miguel Lopes	-	SEN	Porto Runners - McDonalds Parque	230	00:17:48	184	00:37:58	180	00:22:34	01:18:21	00:18:55
175	3610	3797	Bernardo Ferrão	-	SEN	C.F. Os Belenenses	181	00:15:53	203	00:39:02	204	00:23:26	01:18:22	00:18:56
176	4154	484	Paulo Leote	-	V1	G. A. A. Vila Franca de Xira	184	00:16:03	207	00:39:10	198	00:23:11	01:18:25	00:18:59
177	4239	3351	Vasco Santos	-	V3	O Clube de Veteranos do Porto	233	00:18:03	188	00:38:12	182	00:22:35	01:18:51	00:19:25
178	5203		João Coelho	-	SEN	Individual	226	00:17:38	162	00:37:24	220	00:24:01	01:19:03	00:19:37
179	4195	528	Sérgio Oliveira	-	V1	ABV Estoris	238	00:18:13	166	00:37:29	208	00:23:31	01:19:13	00:19:47
180	4303	3645	António Joaquim Reis	-	V2	Cl. Ferroviário de Vendas Novas	231	00:18:00	178	00:37:47	207	00:23:31	01:19:19	00:19:53
181	4023	765	Francisco Bexiga	-	V3	Clube de Praças da Armada	167	00:15:29	210	00:39:26	229	00:24:30	01:19:27	00:20:01
182	4311	3680	João Manuel Lopes	-	V3	Quintajense Futebol Clube	251	00:19:12	213	00:39:38	125	00:20:55	01:19:46	00:20:20
183	3324	2987	Luis Pimenta	-	SEN	C. N. Colégio Vasco da Gama	222	00:17:30	194	00:38:31	216	00:23:50	01:19:53	00:20:27
184	4038	780	Joaquim Patrício	-	V5	C.N. Alvito	198	00:16:27	192	00:38:28	234	00:25:00	01:19:56	00:20:30
185	5228		Mário Ramos	-	V3	Individual	191	00:16:14	215	00:39:47	226	00:24:24	01:20:26	00:21:00
186	4235	3338	Ricardo Aguiar	-	V2	Cl. Ferroviário de Vendas Novas	171	00:15:36	214	00:39:43	241	00:25:22	01:20:41	00:21:16
187	4215	3232	José Luis Correia	-	V3	ABV Estoris	129	00:14:02	236	00:41:32	238	00:25:13	01:20:48	00:21:22
188	3604	3782	Alberto Xavier	-	SEN	Individual	189	00:16:12	238	00:41:45	195	00:23:04	01:21:01	00:21:35
189	4100	871	Jaime Carmo	-	V4	Individual	202	00:16:34	200	00:38:49	248	00:25:55	01:21:20	00:21:54
190	3390	3158	Hélder Valente	-	SEN	Serv. Soc. CGD	213	00:17:08	199	00:38:46	244	00:25:26	01:21:20	00:21:55
191	4305	3657	António João Santos	-	V1	Açoreana Clube Banif	221	00:17:29	229	00:41:19	186	00:22:37	01:21:26	00:22:00
192	5207		João Faria	-	SEN	Individual	259	00:20:21	224	00:40:49	118	00:20:49	01:22:00	00:22:34
193	4072	752	Renato Fidalgo	-	V2	A.D.C.R. Painho	271	00:22:11	201	00:39:01	122	00:20:54	01:22:06	00:22:40
194	4279	3518	João Morgado	-	V1	Clube de Triatlo de Almada	8		8		255	00:26:22	01:22:24	00:22:58
195	4165	2930	Carlos Candeias	-	V1	Açoreana Clube Banif	249	00:19:07	222	00:40:33	190	00:22:49	01:22:30	00:23:05
196	3335	3018	Pedro Basílio	-	SEN	SR Camarnal / Seguros Contacto /	144	00:14:33	253	00:44:18	217	00:23:53	01:22:46	00:23:20

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

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

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
197	5176		Alexander Borsch	-	V1	Individual	252	00:19:22	233	00:41:28	162	00:21:57	01:22:48	00:23:22
198	5204		Joao Cruz	-	SEN	Individual	145	00:14:34	239	00:41:49	258	00:26:34	01:22:58	00:23:32
199	5212		Joaquim Caratão	-	V1	Individual	149	00:14:43	259	00:45:03	210	00:23:36	01:23:22	00:23:56
200	3508	3477	João Duarte	-	SEN	Núcleo Ciclismo da Baixa da Banheira	266	00:21:13	209	00:39:24	201	00:23:13	01:23:52	00:24:26
201	2140	3715	Filipe Vidal	-	S23	Clube de Praças da Armada	245	00:18:47	221	00:40:33	232	00:24:37	01:23:58	00:24:32
202	5250		Rui Foles	-	SEN	Individual	20		20		11		01:24:00	00:24:34
203	5254		Steve Parry	-	V3	Individual	23		23		14		01:24:20	00:24:54
204	4329	3802	Rui Correia	-	V4	Individual	250	00:19:08	220	00:40:30	235	00:25:01	01:24:41	00:25:15
205	3527	3559	Rui Manuel Ferreira	-	SEN	Portinado	247	00:18:58	244	00:42:51	192	00:22:52	01:24:42	00:25:16
206	4132	2745	António Moriés	-	V2	Oeiras Sport Clube - TRANSINSULAR	10		10		274	00:29:02	01:25:15	00:25:49
207	4152	2869	Silvino Muchacho	-	V4	Peniche A. C.	236	00:18:12	230	00:41:21	246	00:25:52	01:25:26	00:26:00
208	3425	3221	Rui Mendes	-	SEN	Peniche A. C.	235	00:18:09	232	00:41:23	247	00:25:55	01:25:28	00:26:02
209	3377	3108	Eurico Coelho	-	SEN	Assoc. Académica de S. Mamede	205	00:16:38	185	00:38:02	281	00:30:49	01:25:29	00:26:03
210	4163	2913	Manuel Dias	-	V4	O Clube de Veteranos do Porto	265	00:20:56	235	00:41:30	231	00:24:34	01:27:01	00:27:35
211	5235		Paulo José Gonçalves	-	V1	Individual	12		12		3		01:27:10	00:27:44
212	3589	3724	Pedro Lopes Pereira	-	SEN	HALCON - SPIUK Olimpico de Oeiras	279	00:23:07	234	00:41:28	188	00:22:42	01:27:18	00:27:52
213	3590	3726	Nuno Miguel Moreira	-	SEN	Individual	170	00:15:33	274	00:48:30	202	00:23:18	01:27:22	00:27:56
214	5234		Paulo Costa	-	V2	Individual	11		11		2		01:28:00	00:28:34
215	4238	3350	António Manuel Vieira	-	V2	O Clube de Veteranos do Porto	262	00:20:35	237	00:41:35	253	00:26:14	01:28:25	00:28:59
216	4028	766	Alfredo Teixeira	-	V2	Oeiras Sport Clube - TRANSINSULAR	200	00:16:30	246	00:42:55	275	00:29:03	01:28:29	00:29:04
217	4088	882	António Trabuco	-	V2	ABV Estoris	237	00:18:13	254	00:44:21	250	00:25:58	01:28:33	00:29:07
218	5182		César Marques	-	SEN	Individual	246	00:18:52	264	00:46:12	211	00:23:41	01:28:46	00:29:20
219	4237	3341	António Mamede	-	V3	Peniche A. C.	269	00:21:53	257	00:44:49	169	00:22:10	01:28:53	00:29:27
220	5247		Ricardo Clemente	-	SEN	Individual	17		17		8		01:28:59	00:29:33
221	5205		João Delicado	-	SEN	Individual	150	00:14:44	279	00:50:35	212	00:23:46	01:29:06	00:29:40
222	5196		Filipe Jorge Varandas	-	SEN	Individual	172	00:15:36	273	00:48:14	242	00:25:23	01:29:14	00:29:48
223	5242		Pedro Manuel Vieira	-	V2	Individual	15		15		6		01:29:29	00:30:03
224	5011		Artur Cunha	-	JUN	Individual	257	00:19:52	247	00:43:01	259	00:26:37	01:29:31	00:30:05
225	5179		Artur João Miranda	-	SEN	Individual	276	00:22:38	256	00:44:49	167	00:22:06	01:29:33	00:30:07
226	5427		João Góis	-	V1	Individual	223	00:17:31	270	00:47:12	237	00:25:07	01:29:51	00:30:25
227	4326	3788	Carlos Ferreira	-	V3	Individual	281	00:23:16	231	00:41:22	243	00:25:25	01:30:04	00:30:38
228	5214		Joaquim Paulo	-	SEN	Individual	263	00:20:37	245	00:42:51	260	00:26:47	01:30:16	00:30:50
229	5178		Antonio Moreira	-	V3	Individual	243	00:18:28	258	00:44:57	262	00:26:50	01:30:16	00:30:50
230	3603	3781	Ricardo Cordeiro	-	SEN	Individual	195	00:16:23	272	00:48:00	251	00:26:08	01:30:32	00:31:06
231	5218		José Correia	-	V3	Individual	241	00:18:22	248	00:43:30	273	00:28:49	01:30:42	00:31:16
232	4016	827	John Graney	-	V5	ABV Estoris	255	00:19:42	249	00:43:33	268	00:27:45	01:31:01	00:31:35
233	5430		António Queiroga	-	SEN	Individual	215	00:17:13	271	00:47:47	252	00:26:13	01:31:14	00:31:48
234	4162	2912	Albino Gonçalves	-	V4	O Clube de Veteranos do Porto	267	00:21:37	240	00:41:53	270	00:27:51	01:31:22	00:31:56
235	5249		Rui Barbara Teixeira	-	V2	Individual	19		19		10		01:32:45	00:33:19
236	5197		Gonçalo Campos Lopes	-	SEN	Individual	260	00:20:22	255	00:44:30	271	00:27:53	01:32:47	00:33:21
237	5248		Ruben Carvalho	-	S23	Individual	18		18		9		01:32:55	00:33:29
238	3281	2838	Helder Gonçalves Ribeiro	-	SEN	Oeiras Sport Clube - TRANSINSULAR	282	00:23:50	251	00:43:55	239	00:25:14	01:33:00	00:33:34
239	4174	3013	José Jesús Martins	-	V5	C.F. Os Belenenses	258	00:20:12	262	00:45:21	267	00:27:31	01:33:05	00:33:39
240	4046	816	Mário Melo	-	V4	Cl. Ferroviário de Vendas Novas	177	00:15:45	265	00:46:13	285	00:32:23	01:34:22	00:34:56
241	5181		Carlos Morgado Pereira	-	V2	Individual	264	00:20:43	267	00:46:34	264	00:27:07	01:34:25	00:34:59
242	5226		Mário Bairrada	-	V4	Individual	224	00:17:32	281	00:51:33	263	00:27:03	01:36:09	00:36:43
243	5220		José Silveira	-	SEN	Individual	277	00:22:39	268	00:46:44	265	00:27:11	01:36:35	00:37:09
244	3378	3112	Nuno Carmo	-	SEN	Individual	253	00:19:36	261	00:45:08	283	00:32:07	01:36:52	00:37:26
245	3391	3159	Carlos Albano Silva	-	SEN	Serv. Soc. CGD	254	00:19:37	260	00:45:07	284	00:32:07	01:36:52	00:37:27

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

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

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
246	5237		Nuno Bernardo	-	SEN	Individual	13		13		4		01:37:44	00:38:18
247	5251		Rui Firmino	-	SEN	Individual	21		21		12		01:38:34	00:39:08
248	5184		Diogo Ferreira	-	SEN	Individual	283	00:24:55	282	00:52:27	194	00:22:57	01:40:21	00:40:55
249	5189		Fernando Moreira	-	V5	Individual	280	00:23:10	280	00:51:05	257	00:26:23	01:40:39	00:41:13
250	3389	3157	Luis Barbosa	-	SEN	C. N. Colégio Vasco da Gama	273	00:22:24	276	00:48:36	286	00:34:14	01:45:15	00:45:49
251	5217		Jorge Santos	-	SEN	Individual	284	00:26:26	283	00:52:38	272	00:28:14	01:47:19	00:47:53
252	5183		David Afonso	-	V1	Individual	268	00:21:49	284	00:57:07	279	00:30:15	01:49:12	00:49:46
	5225		Luis Paixão Rodrigues	DQ	SEN	Individual	135	00:14:11	248	00:43:29	15	00:14:08	01:11:48	00:12:22
	2094	126	Joaquim Guerreiro	DNF	S23	Amiciclo		00:17:06						-
	1157	2309	Luis Morié	DNF	JUN	Oeiras Sport Clube - TRANSINSULAR		00:17:20						-
	2114	215	João Inácio	DNF	S23	Oeiras Sport Clube - TRANSINSULAR		00:12:41		00:35:24				-
	3173	2564	José Lino	DNF	SEN	C. N. Tejo		00:14:10						-
	4288	3568	João Manuel Correia	DNF	V2	Individual		00:15:02		00:38:18				-
	4018	709	Mário Magalhães	DNF	V3	Clube Triatlo de Perosinho		00:19:58		00:43:15				-
	2083	2885	Carlos Papacnza	DNS	S23	C.N. Alvito								-
	2126	3497	Miguel Andrade	DNS	S23	HALCON - SPIUK Olimpico de Oeiras								-
	1105	35	João Serrano	DNS	JUN	SR Camarnal / Seguros Contacto /								-
	3243	2730	Nuno Coelho Silva	DNS	SEN	Assoc. Académica de S. Mamede								-
	3123	726	Faber Martins	DNS	SEN	Assoc. Académica de S. Mamede								-
	3280	2837	Carlos Bráz	DNS	SEN	CARDES - C. A. D. de Barbeita								-
	3000	717	Vitor Santos	DNS	SEN	TRI CAP - Penafirme								-
	3348	3054	Hélder Marinho Costa	DNS	SEN	ARCOV - A. R. C. D. de Covas								-
	3347	3053	Desidério Sousa	DNS	SEN	ARCOV - A. R. C. D. de Covas								-
	3477	3393	Álvaro Silva	DNS	SEN	HALCON - SPIUK Olimpico de Oeiras								-
	3285	2840	Hugo Ferreira	DNS	SEN	HALCON - SPIUK Olimpico de Oeiras								-
	3409	3181	Luis Bicudo	DNS	SEN	G. A. A. Vila Franca de Xira								-
	3052	479	Hélder Milheiras	DNS	SEN	COMPEED - Tri-Oeste								-
	3411	3184	Luis Novo	DNS	SEN	Alhandra Sporting Clube								-
	3489	3398	Vitor Penedo	DNS	SEN	Alhandra Sporting Clube								-
	3588	3721	Igor Santos	DNS	SEN	C. N. Tejo								-
	4310	3675	Isabel Cansado	DNS	V1	Amiciclo								-
	4306	3658	José Pereira	DNS	V1	Açoreana Clube Banif								-
	3556	3655	João Carlos Serra	DNS	SEN	Açoreana Clube Banif								-
	4294	3603	José Panóias	DNS	V3	Núcleo Ciclismo da Baixa da Banheira								-
	4255	3422	Paulo Castro Rocha	DNS	V3	O Clube de Veteranos do Porto								-
	4160	2910	António Dias	DNS	V2	O Clube de Veteranos do Porto								-
	4218	3248	Pedro Belchior	DNS	V1	HALCON - SPIUK Olimpico de Oeiras								-
	4034	756	João Pereira	DNS	V2	Oeiras Sport Clube - TRANSINSULAR								-
	3608	3795	Marcos Martinez	DNS	SEN	Sport Clube Beira Mar								-
	5192		Fernando Tuya Cortés	DNS	SEN	Individual								-
	5202		João Anselmo	DNS	V5	Individual								-
	5208		João Lopes	DNS	V1	Individual								-
	5209		João Mesquita Cruz	DNS	SEN	Individual								-
	5215		Jörg Löhken	DNS	V1	Individual								-
	5224		Luis Manuel Martins	DNS	V1	Individual								-
	5230		Miguel Freire	DNS	V1	Individual								-
	5233		Nelson Lopes	DNS	SEN	Individual								-
	5236		Paulo Ribeiro	DNS	V2	Individual								-
	5241		Pedro Castro Tavares	DNS	SEN	Individual								-

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

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

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
	5243		Pedro Pinha	DNS	SEN	Individual								-
	5244		Pedro Rolha	DNS	SEN	Individual								-
	5246		Pedro Serras	DNS	V1	Individual								-