

Data:	18-07-2009	Hora:	16h00	Local:	Aveiro				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.500 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
1	2088	179	Miguel Arraiolos	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:19:09	00:00:31	00:58:50			01:54:26	
2	1117	2896	Hugo Ventura	-	JUN	HALCON - SPIUK Olimpico de Oeiras	00:19:10	00:00:31	00:58:50			01:54:36	00:00:10
3	2087	102	José Estrangeiro	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:19:13	00:00:36	01:01:49			01:55:49	00:01:23
4	2123	2563	João Pedro Silva	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:19:07	00:00:32	01:01:54			01:56:52	00:02:25
5	2124	2570	Vasco Pessoa	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:19:10	00:00:33	01:01:58			01:57:54	00:03:28
6	3564	3676	Alberto González	-	SEN	COMPEED - Tri-Oeste	00:20:27	00:00:38	01:02:53			01:58:01	00:03:35
7	3412	417	Rui Dolores	-	SEN	Amiciclo	00:21:33	00:00:40	01:01:44			01:58:37	00:04:11
8	1063	52	Ruben Costa	-	JUN	Sporting Clube de Portugal	00:19:14	00:00:32	01:01:58			01:58:58	00:04:32
9	1106	37	Fabricio Tomás	-	JUN	Alhandra Sporting Clube	00:19:12	00:00:33	01:01:52			01:59:06	00:04:39
10	3127	468	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	00:21:39	00:00:38	01:01:43			02:00:27	00:06:01
11	1113	2456	Gil Maia	-	JUN	Clube Triatlo de Perosinho	00:21:21	00:00:46	01:01:54			02:00:38	00:06:11
12	2127	2513	Diogo Custódio	-	S23	Sporting Clube de Portugal	00:19:55	00:00:30	01:03:38			02:01:08	00:06:42
13	4116	592	Rui Rodrigues	-	V1	COMPEED - Tri-Oeste	00:22:15	00:00:40	01:01:59			02:01:17	00:06:50
14	3264	2799	Manuel Alves	-	SEN	Sporting Clube de Portugal	00:22:05	00:00:42	01:02:02			02:02:17	00:07:50
15	3260	360	Rafael Gomes	-	SEN	Amiciclo	00:22:31	00:00:41	01:01:30			02:02:18	00:07:51
16	3197	2640	Délio Ferreira	-	SEN	COMPEED - Tri-Oeste	00:26:19	00:00:46	01:00:59	00:00:41	00:34:26	02:03:13	00:08:46
17	1105	35	João Serrano	-	JUN	SR Camarnal / Seguros Contacto /	00:19:07	00:00:38	01:01:58			02:03:42	00:09:15
18	3049	475	Sérgio Dias	-	SEN	COMPEED - Tri-Oeste	00:25:00	00:00:43	01:02:20	00:00:42	00:35:21	02:04:08	00:09:41
19	4192	626	Rui Melo	-	V1	COMPEED - Tri-Oeste	00:23:23	00:00:47	01:03:16			02:04:26	00:10:00
20	1167	3143	José Veiga	-	JUN	HALCON - SPIUK Olimpico de Oeiras	00:19:56	00:00:34	01:06:48			02:04:35	00:10:09
21	3342	3044	Rodrigo Baltazar	-	SEN	Sporting Clube de Portugal	00:22:09	00:01:02	01:01:41	00:00:45	00:39:17	02:04:55	00:10:29
22	3107	621	Rui Sousa	-	SEN	C. N. Tejo	00:23:24	00:00:44				02:05:15	00:10:48
23	3618	3824	Fernando Cortés	-	SEN	Porto Runners - McDonalds Parque	00:21:34	00:00:49	01:01:46			02:06:34	00:12:08
24	3214	2684	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	00:24:01	00:00:45	01:02:39			02:07:10	00:12:43
25	3583	3708	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	00:21:31	00:00:43	01:05:18	00:00:50	00:39:00	02:07:23	00:12:56
26	3542	3358	Pedro Madeira	-	SEN	Molly Maid - Vitoria de Janes	00:23:55	00:00:40	01:02:53			02:07:35	00:13:09
27	1094	20	Bruno Pereira	-	JUN	Alhandra Sporting Clube	00:19:16	00:00:32	01:04:17			02:07:50	00:13:24
28	3485	3440	Nuno Patrício	-	SEN	C.N. Alvito	00:23:22	00:01:05	01:03:00	00:00:49	00:39:49	02:08:08	00:13:42
29	2129	51	Anais Moniz	-	S23	C.F. Os Belenenses	00:19:16	00:00:33	01:07:08			02:08:30	00:14:03
30	3244	2735	Carlos Fernandes	-	SEN	Oeiras Sport Clube - TRANSINSULAR	00:24:56	00:00:45	01:04:05	00:00:45	00:38:19	02:08:52	00:14:26
31	3206	338	André Guimarães	-	SEN	Maia Atlético Clube (MAC)	00:29:15	00:01:00	01:02:08	00:00:35	00:35:59	02:08:58	00:14:31
32	4032	769	Carlos Gomes	-	V2	Oeiras Sport Clube - TRANSINSULAR	00:27:35	00:00:49	01:04:02	00:00:39	00:36:07	02:09:14	00:14:47
33	2086	12	Bárbara Clemente	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:21:37	00:00:39	01:06:03	00:00:40	00:40:17	02:09:17	00:14:51
34	4121	585	Paulo Codinha	-	V1	ABV Estoris	00:22:27	00:00:50	01:04:06	00:00:48	00:41:53	02:10:06	00:15:39
35	4013	648	Miguel Fragoso	-	V1	HALCON - SPIUK Olimpico de Oeiras	00:23:17	00:00:46			00:42:02	02:10:20	00:15:53
36	3614	365	Manuel Júlio	-	SEN	Individual	00:23:43	00:00:34	01:06:26	00:00:35	00:39:04	02:10:24	00:15:58
37	3180	730	Paulo Jorge Barradas	-	SEN	Individual	00:23:25	00:00:40	01:05:42	00:00:44	00:39:56	02:10:28	00:16:02
38	3173	2564	José Lino	-	SEN	C. N. Tejo	00:26:05	00:00:36	01:05:35	00:00:41	00:37:32	02:10:32	00:16:05
39	1064	193	Ana Filipa Ferreira	-	JUN	Alhandra Sporting Clube	00:21:23	00:00:38	01:05:58	00:00:36	00:42:05	02:10:43	00:16:16
40	3321	2957	Luis Lourenço	-	SEN	Molly Maid - Vitoria de Janes	00:24:19	00:00:53	01:05:29	00:00:51	00:39:46	02:11:20	00:16:53
41	4147	629	Fernando Carmo	-	V1	C. N. Colégio Vasco da Gama	00:28:54	00:00:49	01:04:06	00:00:46	00:37:28	02:12:05	00:17:39
42	2092	3176	Pedro Miguel Gomes	-	S23	Alhandra Sporting Clube	00:20:24	00:00:49	01:03:53			02:12:08	00:17:41
43	3591	3730	Paulo Janela	-	SEN	Clube de Triatlo de Almada	00:27:22	00:00:41	01:05:46	00:00:41	00:37:39	02:12:10	00:17:44
44	4127	2732	Emanuel Marques	-	V2	Assoc. Académica de S. Mamede	00:26:53	00:00:47	01:04:44	00:00:42	00:39:04	02:12:12	00:17:46
45	3142	2526	Pedro Figueira	-	SEN	Ribabike / Assoc. 20 Km de Almeirim	00:23:22	00:00:43	01:05:43	00:00:37	00:42:07	02:12:35	00:18:08
46	3396	3140	Jorge Figueiredo	-	SEN	CARDES - C. A. D. de Barbeita	00:24:07	00:01:12	01:03:13	00:01:04	00:43:15	02:12:52	00:18:26
47	3599	3777	João França Alves	-	SEN	Individual	00:22:15	00:01:29	01:07:06	00:00:59	00:41:41	02:13:32	00:19:05
48	4187	2694	Rui Ferreira	-	V1	Individual	00:22:13	00:00:36	01:05:29	00:00:45	00:44:35	02:13:41	00:19:14
49	3285	2840	Hugo Ferreira	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:28:47	00:00:40	01:06:33	00:00:47	00:37:06	02:13:56	00:19:29

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Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.500 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
50	4198	742	Leonardo Lopes	-	V1	Casa Benfica Faro/GASCAN	00:24:52	00:00:54	01:09:19	00:00:42	00:38:49	02:14:38	00:20:11
51	3128	471	José Ferreira	-	SEN	COMPEED - Tri-Oeste	00:26:26	00:00:45	01:05:18	00:00:38	00:41:32	02:14:41	00:20:14
52	3219	2690	Ricardo Ferreira	-	SEN	ABV Estoris	00:23:04	00:01:32	01:09:23	00:00:55	00:39:59	02:14:55	00:20:28
53	4128	623	Luis Filipe Lopes	-	V1	Sporting Clube de Portugal	00:22:10	00:00:53	01:09:27	00:00:49	00:41:41	02:15:02	00:20:35
54	1217	62	Jorge Alves	-	JUN	HALCON - SPIUK Olimpico de Oeiras	00:23:28	00:00:40	01:09:49			02:15:07	00:20:40
55	3207	2662	José Magalhães Dias	-	SEN	A.D.C.R. Painho	00:27:05	00:00:47	01:04:35	00:00:46	00:41:54	02:15:09	00:20:42
56	3113	579	Duarte Barreto	-	SEN	C.N. Cartaxo	00:24:07	00:00:40	01:05:48	00:00:48	00:44:00	02:15:25	00:20:58
57	3524	3555	Paulo Sequeira	-	SEN	Peniche A. C.	00:26:57	00:00:47	01:04:50	00:00:47	00:42:25	02:15:48	00:21:22
58	3416	3193	Miguel Vigôco	-	SEN	Maia Atlético Clube (MAC)	00:26:45	00:00:51	01:07:25	00:00:47	00:40:07	02:15:56	00:21:30
59	5521	726	Faber Martins	-	SEN	Assoc. Académica de S. Mamede	00:27:51	00:01:26			00:38:31	02:15:57	00:21:30
60	3453	3305	Armandino Chaves	-	SEN	CARDES - C. A. D. de Barbeita	00:32:34	00:00:40			00:38:01	02:15:59	00:21:32
61	3239	2717	Telmo Veloso	-	SEN	Porto Runners - McDonalds Parque	00:30:22	00:00:44			00:37:49	02:16:10	00:21:43
62	3559	3663	António Luis Barbosa	-	SEN	Assoc. Académica de S. Mamede	00:29:15	00:00:56	01:07:37	00:00:43	00:37:40	02:16:13	00:21:47
63	4040	781	António Raposo	-	V3	Casa Benfica Faro/GASCAN	00:23:26	00:01:15	01:07:42	00:00:53	00:42:58	02:16:16	00:21:49
64	3325	2988	Emanuel Neves	-	SEN	C. C. D. M. Matosinhos	00:23:36	00:00:48	01:08:00	00:01:01	00:42:54	02:16:21	00:21:54
65	3318	2953	Leandro Pinto	-	SEN	Individual	00:24:27	00:00:50	01:07:08	00:00:42	00:43:21	02:16:29	00:22:03
66	2110	2638	Liliana Filipa Silva	-	S23	Alhandra Sporting Clube	00:21:37	00:00:45	01:08:30	00:00:50	00:45:05	02:16:49	00:22:22
67	2108	2454	Ana Filipa Sampaio	-	S23	Alhandra Sporting Clube	00:21:28	00:00:38	01:09:49	00:00:38	00:45:04	02:17:39	00:23:12
68	3183	2589	Ricardo Figueira Silva	-	SEN	C. N. Colégio Vasco da Gama	00:26:27	00:00:40	01:06:46	00:00:42	00:43:39	02:18:17	00:23:51
69	3571	3687	Carlos Rocha	-	SEN	Sport Clube Beira Mar	00:30:33	00:00:45			00:40:56	02:18:54	00:24:28
70	3092	746	Pedro Venâncio	-	SEN	CARDES - C. A. D. de Barbeita	00:25:51	00:00:47	01:08:31	00:00:42	00:43:10	02:19:02	00:24:36
71	4060	762	António Moura	-	V2	SR Camarnal / Seguros Contacto /	00:26:49	00:00:49	01:09:27	00:00:49	00:41:24	02:19:20	00:24:53
72	3334	3016	Rui Filipe Costa	-	SEN	Porto Runners - McDonalds Parque	00:29:23	00:00:45			00:39:02	02:19:51	00:25:24
73	3156	560	Pedro Pereira	-	SEN	Assoc. Académica de S. Mamede	00:27:39	00:00:49	01:08:55	00:00:47	00:41:54	02:20:06	00:25:40
74	3036	732	Nuno Campos	-	SEN	Clube de Praças da Armada	00:28:53	00:00:59			00:42:13	02:20:17	00:25:50
75	3570	3686	Jordão Alves	-	SEN	Sport Clube Beira Mar	00:30:55	00:00:54			00:42:27	02:20:27	00:26:00
76	3580	3697	Hugo Brito	-	SEN	C.F. Os Belenenses	00:25:18	00:00:43	01:07:54			02:20:28	00:26:01
77	3442	3280	Pedro Pinho	-	SEN	Clube Triatlo de Perosinho	00:32:20	00:00:44	01:08:25	00:00:43	00:38:48	02:21:02	00:26:35
78	3177	2577	António Miguel Reis	-	SEN	Amiciclo	00:24:11	00:00:57	01:07:52	00:00:59	00:47:05	02:21:06	00:26:39
79	3001	627	Paulo Teles	-	SEN	G. A. A. Vila Franca de Xira	00:27:43	00:00:48				02:21:12	00:26:45
80	1097	2327	Sofia Almeida	-	JUN	Alhandra Sporting Clube	00:20:24	00:00:37	01:09:44	00:00:44	00:49:50	02:21:21	00:26:54
81	3450	3293	Rui Zambujal	-	SEN	CARDES - C. A. D. de Barbeita	00:32:29	00:00:58			00:43:05	02:21:21	00:26:54
82	1071	2592	Andreia Ponte	-	JUN	Ginásio Clube de Sines	00:23:19	00:01:02	01:08:19	00:00:42	00:48:17	02:21:42	00:27:15
83	3195	2630	Ana Filipa Santos	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:24:20	00:00:42			00:42:46	02:22:04	00:27:38
84	3300	2871	Nélson Santos	-	SEN	A. R. S. C. Toledo	00:35:33	00:01:03			00:37:44	02:22:17	00:27:51
85	3241	2718	Nuno Tintim	-	SEN	Alhandra Sporting Clube	00:32:41	00:00:40	01:08:25	00:00:41	00:39:51	02:22:19	00:27:52
86	3320	2956	Sérgio Ribeiro	-	SEN	Individual	00:25:26	00:01:18			00:42:35	02:22:21	00:27:55
87	3004	485	Bruno Silva	-	SEN	G. A. A. Vila Franca de Xira	00:27:27	00:00:53	01:13:00	00:00:44	00:41:08	02:23:14	00:28:48
88	3561	3665	Pedro Albino	-	SEN	Assoc. Académica de S. Mamede	00:26:34	00:00:59			00:44:52	02:23:26	00:29:00
89	2112	3446	Ivan Costa	-	S23	Alhandra Sporting Clube	00:27:08	00:00:39			00:43:57	02:23:30	00:29:03
90	4052	770	Manuel Gonçalves	-	V2	C. N. Colégio Vasco da Gama	00:29:14	00:00:50			00:40:09	02:23:59	00:29:32
91	4155	584	Francisco Santos	-	V1	Individual	00:32:08	00:00:53			00:36:45	02:24:00	00:29:33
92	3473	3375	Luis Mendes	-	SEN	C. D. Escola Santana	00:23:25	00:00:46			00:39:49	02:24:07	00:29:41
93	3100	706	Luis Cipriano	-	SEN	A.D.C.R. Painho	00:32:38	00:01:59			00:42:03	02:24:33	00:30:06
94	3359	3071	Duarte Câmara	-	SEN	CAMADEIRA	00:27:03	00:00:47			00:44:58	02:24:34	00:30:07
95	3280	2837	Carlos Bráz	-	SEN	CARDES - C. A. D. de Barbeita	00:27:59	00:00:57	01:11:24	00:00:41	00:43:35	02:24:38	00:30:11
96	3005	620	Diogo Almeida	-	SEN	C.F. Os Belenenses	00:21:40	00:00:56	01:09:18	00:00:59	00:51:46	02:24:41	00:30:14
97	3003	854	César Andrade	-	SEN	G. A. A. Vila Franca de Xira	00:26:15	00:01:00			00:47:09	02:25:00	00:30:33
98	5401		Ignácio Benito	-	SEN	Individual	00:27:43	00:01:30	01:10:43	00:01:27	00:43:54	02:25:19	00:30:52

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Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
99	4197	603	Victor Rodrigues	-	V1	Ribabike / Assoc. 20 Km de Almeirim	00:29:28	00:00:59	01:09:28	00:01:03	00:45:09	02:26:09	00:31:43
100	3621	3830	Fábio Magalhães	-	SEN	Clube Triatlo de Perosinho	00:27:28	00:01:09	01:14:34	00:01:00	00:42:12	02:26:24	00:31:58
101	3376	3107	Nuno Mendes	-	SEN	C. C. D. M. Matosinhos	00:26:27	00:01:11	01:13:21	00:01:01	00:44:39	02:26:40	00:32:13
102	4136	2778	Paulo Calejo Rodrigues	-	V2	Individual	00:27:34	00:01:36	01:12:41	00:01:18	00:43:30	02:26:41	00:32:14
103	4199	890	Filipe Conceição	-	V1	Casa Benfica Faro/GASCAN	00:30:09	00:00:53	01:14:24	00:00:44	00:40:51	02:27:03	00:32:37
104	3576	3692	Jorge Manuel Vieira	-	SEN	Sport Clube Beira Mar	00:35:34	00:00:43	01:07:53	00:00:41	00:42:35	02:27:28	00:33:01
105	2135	3600	Rúben Reis	-	S23	ABV Estoris	00:32:16	00:01:39			00:44:10	02:27:41	00:33:14
106	4259	3426	Paulo Neves	-	V1	O Clube de Veteranos do Porto	00:29:28	00:00:52			00:47:32	02:27:49	00:33:22
107	3521	710	João Nicolau	-	SEN	C. N. Tejo	00:26:15	00:01:28	01:11:07	00:00:51	00:48:13	02:27:56	00:33:30
108	4097	790	Carlos Suzana	-	V2	COMPEED - Tri-Oeste	00:31:06	00:01:32	01:11:22	00:00:54	00:43:37	02:28:33	00:34:06
109	3449	3292	José Manuel Nunes	-	SEN	C. C. D. M. Matosinhos	00:32:39	00:01:01			00:41:08	02:29:00	00:34:34
110	3555	3654	Vitor Almeida	-	SEN	Clube Triatlo de Perosinho	00:37:42	00:00:36			00:40:49	02:29:02	00:34:36
111	3082	651	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	00:27:32	00:00:59	01:12:01	00:01:09	00:48:21	02:30:04	00:35:38
112	2143	3817	Ana Teresa Machado	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:27:12	00:01:11	01:16:09	00:00:55	00:44:37	02:30:07	00:35:40
113	3135	2515	Mário Guedes	-	SEN	Assoc. Académica de S. Mamede	00:24:39	00:00:53	01:09:36	00:00:53	00:54:05	02:30:09	00:35:42
114	3574	3690	Miguel Lopes	-	SEN	Individual	00:33:05	00:01:24	01:15:12	00:00:53	00:39:37	02:30:13	00:35:46
115	4286	3558	Paulo Goulart	-	V1	C.F. Os Belenenses	00:28:39	00:01:05	01:12:03	00:00:59	00:47:44	02:30:31	00:36:05
116	3315	2938	Mário Figueiredo	-	SEN	Núcleo Ciclismo da Baixa da Banheira	00:36:16	00:00:55	01:10:37	00:00:43	00:42:17	02:30:50	00:36:24
117	3446	3288	Bruno Brito	-	SEN	Individual	00:30:38	00:01:22			00:47:18	02:30:55	00:36:28
118	3015	538	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	00:27:08	00:00:47			00:48:55	02:31:03	00:36:37
119	3424	3220	Rui Antunes	-	SEN	Peniche A. C.	00:30:44	00:01:08			00:48:34	02:31:18	00:36:52
120	3586	3716	Miguel Carneiro	-	SEN	Clube de Praças da Armada	00:26:16	00:00:50	01:12:28	00:01:14	00:50:49	02:31:39	00:37:12
121	2085	2850	Vanessa Pereira	-	S23	COMPEED - Tri-Oeste	00:28:59	00:00:59	01:13:53	00:00:47	00:47:20	02:32:00	00:37:33
122	3481	3410	Nuno Gameiro	-	SEN	Ginásio Clube Figueirense	00:29:08	00:01:02	01:14:40	00:00:48	00:46:22	02:32:02	00:37:36
123	3526	3557	António Gouveia	-	SEN	C.F. Os Belenenses	00:35:41	00:00:48			00:44:35	02:32:51	00:38:24
124	4025	516	João Medeiro	-	V2	Serv. Soc. CGD	00:33:18	00:01:04			00:44:00	02:32:56	00:38:29
125	3326	2989	Nuno Barros	-	SEN	Assoc. Académica de S. Mamede	00:24:28	00:00:58	01:09:32	00:01:08	00:56:51	02:32:59	00:38:33
126	4189	2703	Carlos Serra	-	V1	Alhandra Sporting Clube	00:32:53	00:00:47			00:46:24	02:33:06	00:38:40
127	3208	2663	Rui Trovão	-	SEN	Ginásio Clube Figueirense	00:30:56	00:01:06			00:46:16	02:33:36	00:39:10
128	4307	3659	Jorge Carlos Serra	-	V1	Açoreana Clube Banif	00:33:52	00:00:53			00:43:03	02:34:25	00:39:59
129	4337	3833	Vitor Carvalho	-	V2	Individual	00:27:18	00:02:13			00:33:26	02:34:58	00:40:32
130	4015	774	José Oliveira	-	V2	ABV Estoris	00:30:16	00:00:47			00:52:46	02:35:37	00:41:10
131	3628	3842	Rui Pena	-	SEN	Individual	00:30:34	00:02:06			00:48:41	02:35:41	00:41:15
132	4082	862	José Maçarria	-	V2	Ginásio Clube Figueirense	00:32:05	00:01:21	01:13:41	00:00:59	00:47:43	02:35:50	00:41:23
133	4239	3351	Vasco Santos	-	V3	O Clube de Veteranos do Porto	00:32:52	00:01:47			00:47:51	02:36:44	00:42:18
134	3575	3691	Josué Oliveira	-	SEN	Sport Clube Beira Mar	00:35:18	00:01:38			00:47:55	02:36:47	00:42:21
135	5400		José Zamarreño	-	SEN	Individual	00:31:16	00:01:35			00:53:14	02:36:50	00:42:23
136	4023	765	Francisco Bexiga	-	V3	Clube de Praças da Armada	00:29:03	00:01:35	01:16:20	00:00:57	00:49:31	02:37:28	00:43:02
137	3174	2568	Valter Nogueira	-	SEN	Assoc. Académica de S. Mamede	00:35:34	00:00:58			00:48:58	02:37:31	00:43:04
138	3508	3477	João Duarte	-	SEN	Núcleo Ciclismo da Baixa da Banheira	00:37:31	00:01:01			00:46:34	02:37:39	00:43:12
139	3235	2711	Gonçalo Vicente	-	SEN	C. N. Colégio Vasco da Gama	00:29:24	00:01:07	01:17:16	00:00:52	00:49:35	02:38:16	00:43:50
140	3477	3393	Álvaro Silva	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:26:01	00:01:16			00:42:58	02:38:19	00:43:53
141	4330	3813	José Fernando Silva	-	V2	Assoc. Académica de S. Mamede	00:35:17	00:01:42			00:44:29	02:38:24	00:43:57
142	3425	3221	Rui Mendes	-	SEN	Peniche A. C.	00:32:14	00:01:35			00:47:50	02:38:29	00:44:03
143	3397	3141	Alexandra Reis	-	SEN	Assoc. Académica de S. Mamede	00:27:19	00:00:56			00:50:52	02:39:01	00:44:35
144	4333	3816	Artur Oliveira	-	V3	Externato Cooperativo da Benedita	00:32:47	00:01:40			00:49:14	02:42:02	00:47:35
145	4250	3405	Luis Sousa	-	V1	C.F. Os Belenenses	00:36:10	00:01:42	01:19:45	00:01:24	00:44:01	02:43:03	00:48:37
146	4257	3424	Stephen Parry	-	V3	Individual	00:26:20	00:01:40			00:56:00	02:43:09	00:48:42
147	3624	3837	José Camões	-	SEN	Núcleo Ciclismo da Baixa da Banheira	00:33:20	00:01:06	01:18:14	00:01:03	00:49:35	02:43:20	00:48:54

Data:	18-07-2009	Hora:	16h00	Local:	Aveiro				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.500 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
148	3335	3018	Pedro Basílio	-	SEN	SR Camarnal / Seguros Contacto /	00:26:35	00:02:33			00:49:39	02:43:31	00:49:05
149	4165	2930	Carlos Candeias	-	V1	Açoreana Clube Banif	00:35:25	00:01:04	01:20:31	00:01:02	00:46:52	02:44:55	00:50:29
150	3623	3834	Filipe Varandas	-	SEN	Individual	00:27:36	00:01:50			00:50:56	02:46:50	00:52:23
151	4152	2869	Silvino Muchacho	-	V4	Peniche A. C.	00:31:58	00:01:57			00:56:46	02:47:38	00:53:11
152	3204	2651	Susana Simões	-	SEN	Porto Runners - McDonalds Parque	00:40:44	00:00:52			00:46:34	02:48:03	00:53:36
153	4215	3232	José Luis Correia	-	V3	ABV Estoris	00:24:35	00:02:38			00:55:49	02:48:48	00:54:21
154	3390	3158	Hélder Valente	-	SEN	Serv. Soc. CGD	00:35:34	00:01:45	01:15:21	00:01:09	00:55:27	02:49:17	00:54:51
155	3625	3839	Ricardo Clemente	-	SEN	Individual	00:35:27	00:02:07			00:56:05	02:50:11	00:55:45
156	4305	3657	António João Santos	-	V1	Açoreana Clube Banif	00:37:06	00:02:04			00:49:38	02:50:12	00:55:45
157	3386	3139	Ana Nisa	-	SEN	COMPEED - Tri-Oeste	00:35:23	00:01:02	01:24:57	00:00:57	00:48:06	02:50:28	00:56:01
158	3525	3556	Elisabete Sousa	-	SEN	C.F. Os Belenenses	00:32:34	00:01:21			00:59:05	02:51:29	00:57:02
159	4294	3603	José Panóias	-	V3	Núcleo Ciclismo da Baixa da Banheira	00:36:18	00:02:05	01:19:16	00:01:33	00:53:23	02:52:37	00:58:11
160	2120	128	Tânia Boleta	-	S23	Ginásio Clube de Sines	00:33:11	00:00:48			00:49:48	02:52:37	00:58:11
161	4336	3828	José Calheiros Dias	-	V2	Individual	00:28:07	00:01:40			00:51:14	02:52:46	00:58:19
162	3578	3694	Carlos Vieira	-	SEN	Sport Clube Beira Mar	00:37:32	00:01:20			00:45:37	02:53:07	00:58:41
163	4016	827	John Graney	-	V5	ABV Estoris	00:30:32	00:03:27			00:58:23	02:54:24	00:59:58
164	3389	3157	Luis Barbosa	-	SEN	C. N. Colégio Vasco da Gama	00:44:18	00:01:04	01:21:17	00:01:21	00:46:37	02:54:40	01:00:14
165	4237	3341	António Mamede	-	V3	Peniche A. C.	00:37:23	00:02:26			00:47:09	02:54:58	01:00:31
166	4279	3518	João Morgado	-	V1	Clube de Triatlo de Almada	00:33:07	00:01:30			01:02:04	02:55:37	01:01:11
167	3377	3108	Eurico Coelho	-	SEN	Assoc. Académica de S. Mamede	00:31:03	00:01:24			01:04:57	02:55:51	01:01:24
168	3607	3789	Isabel Lima	-	SEN	Porto Runners - McDonalds Parque	00:33:21	00:02:16			00:52:31	02:57:13	01:02:46
169	3391	3159	Carlos Albano Silva	-	SEN	Serv. Soc. CGD	00:36:23	00:00:55			00:59:20	03:02:47	01:08:21
170	3627	3841	Carolina Pereira	-	SEN	Individual	00:25:58	00:02:52	01:37:29	00:01:27	00:57:50	03:05:38	01:11:12
171	3626	3840	Paulo Filipe Gonçalves	-	SEN	Individual			01:40:37	00:01:32	00:57:58	03:05:39	01:11:13
172	3557	3656	António Guedes	-	SEN	Açoreana Clube Banif	00:41:26	00:01:48			01:01:47	03:06:57	01:12:30
173	5522		Victor Sardina	-	V1	Individual	00:33:48	00:03:02			00:54:42	03:07:45	01:13:18
174	3619	3827	Antonio Queiroga	-	SEN	Individual	00:35:26	00:01:56			00:54:46	03:07:45	01:13:19
	3608	3795	Marcos Martinez	DNF	SEN	Sport Clube Beira Mar	00:24:25	00:01:13					-
	4325	3787	Fernando Machado	DNF	V2	Individual	00:29:34	00:02:41					-
	4243	2990	Alfredo Azevedo	DNF	V1	Individual	00:22:46	00:01:47					-
	3304	2892	Ivan Pinto da Silva	DNF	SEN	Clube Triatlo de Perosinho	00:23:19	00:00:42					-
	1192	3353	Sérgio Filipe Monteiro	DNF	JUN	HALCON - SPIUK Olimpico de Oeiras	00:22:17	00:00:41					-
	2122	143	Joana Marques	DNF	S23	HALCON - SPIUK Olimpico de Oeiras	00:23:32	00:00:38					-
	1093	27	Mariana Costa	DNF	JUN	HALCON - SPIUK Olimpico de Oeiras	00:21:26	00:00:37					-
	4142	492	Carlos Reis	DNF	V1	Núcleo Ciclismo da Baixa da Banheira	00:35:54	00:03:23					-
	4270	2787	Pedro Quintela	DNF	V1	COMPEED - Tri-Oeste	00:28:07	00:00:43					-
	2070	2695	João José Pereira	DNF	S23	Alhandra Sporting Clube	00:19:14	00:00:30					-
	1095	2522	João Amorim	DNF	JUN	Alhandra Sporting Clube	00:19:06	00:00:31					-
	1233	3546	Diogo Rosa	DNF	JUN	C. N. Tejo	00:24:17	00:00:58	01:02:35	00:00:59			-
	3616	3812	Abel Condesso	DNS	SEN	Ginásio Clube Figueirense							-
	3615	3810	Paulo Guerra	DNS	SEN	C.F. Os Belenenses							-
	3388	3154	Carlos Antunes	DNS	SEN	Individual							-
	4241	3356	André Cunha	DNS	V1	Açoreana Clube Banif							-
	3587	3717	Isa Parreira	DNS	SEN	COMPEED - Tri-Oeste							-
	3181	2581	Luis Correia Ferreira	DNS	SEN	Assoc. Académica de S. Mamede							-
	3463	3342	Edgar Ferreira	DNS	SEN	Individual							-
	4153	524	Miguel Palma	DNS	V1	ABV Estoris							-
	2136	254	Alexandre Alvarez	DNS	S23	ABV Estoris							-
	3543	3590	Manuel Raposo	DNS	SEN	Individual							-

Data:	18-07-2009	Hora:	16h00	Local:	Aveiro				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.500 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
	2131	2503	Miguel Medeiros	DNS	S23	Clube Triatlo de Perosinho							-
	3519	3537	Nuno Sá	DNS	SEN	O Clube de Veteranos do Porto							-
	3021	588	Marco Mello	DNS	SEN	HALCON - SPIUK Olimpico de Oeiras							-
	3403	381	Rita Ribeiro	DNS	SEN	Ginásio Clube de Sines							-
	3240	380	Carla Ribeiro	DNS	SEN	Ginásio Clube de Sines							-
	2118	3343	Rúben Perdigoto	DNS	S23	Molly Maid - Vitoria de Janes							-
	3458	3313	Sónia Quintela	DNS	SEN	COMPEED - Tri-Oeste							-
	3184	2596	Maria Rita Neves	DNS	SEN	COMPEED - Tri-Oeste							-
	3041	578	Luis Diogo Santos	DNS	SEN	COMPEED - Tri-Oeste							-
	4266	515	João Maral	DNS	V1	Serv. Soc. CGD							-