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|---------|------------|-------|-------|-----------|-----------|-----|------|----------|-----------|
| 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 |
|----------|--|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | Nataçã | PT | Ciclism | PT | Corrida | Total | Diff |
|----|------|------|----------------------|-----|-------|-----------------------------------|----------|----------|----------|----------|----------|----------|----------|
| 1 | 2129 | 51 | Anais Moniz | - | S23 | C.F. Os Belenenses | 00:19:16 | 00:00:33 | 01:07:08 | | | 02:08:30 | |
| 2 | 2086 | 12 | Bárbara Clemente | - | S23 | HALCON - SPIUK Olímpico de Oeiras | 00:21:37 | 00:00:39 | 01:06:03 | 00:00:40 | 00:40:17 | 02:09:17 | 00:00:47 |
| 3 | 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 | 00:02:12 |
| 4 | 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 | 00:08:19 |
| 5 | 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 | 00:09:08 |
| 6 | 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 | 00:12:51 |
| 7 | 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 | 00:13:11 |
| 8 | 3195 | 2630 | Ana Filipa Santos | - | SEN | HALCON - SPIUK Olímpico de Oeiras | 00:24:20 | 00:00:42 | | | 00:42:46 | 02:22:04 | 00:13:34 |
| 9 | 2143 | 3817 | Ana Teresa Machado | - | S23 | HALCON - SPIUK Olímpico de Oeiras | 00:27:12 | 00:01:11 | 01:16:09 | 00:00:55 | 00:44:37 | 02:30:07 | 00:21:36 |
| 10 | 3015 | 538 | Maria João Madeira | - | SEN | Clube de Triatlo de Almada | 00:27:08 | 00:00:47 | | | 00:48:55 | 02:31:03 | 00:22:33 |
| 11 | 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 | 00:23:30 |
| 12 | 3397 | 3141 | Alexandra Reis | - | SEN | Assoc. Académica de S. Mamede | 00:27:19 | 00:00:56 | | | 00:50:52 | 02:39:01 | 00:30:31 |
| 13 | 3204 | 2651 | Susana Simões | - | SEN | Porto Runners - McDonalds Parque | 00:40:44 | 00:00:52 | | | 00:46:34 | 02:48:03 | 00:39:32 |
| 14 | 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 | 00:41:58 |
| 15 | 3525 | 3556 | Elisabete Sousa | - | SEN | C.F. Os Belenenses | 00:32:34 | 00:01:21 | | | 00:59:05 | 02:51:29 | 00:42:59 |
| 16 | 2120 | 128 | Tânia Boleta | - | S23 | Ginásio Clube de Sines | 00:33:11 | 00:00:48 | | | 00:49:48 | 02:52:37 | 00:44:07 |
| 17 | 3607 | 3789 | Isabel Lima | - | SEN | Porto Runners - McDonalds Parque | 00:33:21 | 00:02:16 | | | 00:52:31 | 02:57:13 | 00:48:43 |
| 18 | 3627 | 3841 | Carolina Pereira | - | SEN | Individual | 00:25:58 | 00:02:52 | 01:37:29 | 00:01:27 | 00:57:50 | 03:05:38 | 00:57:08 |
| | 2122 | 143 | Joana Marques | DNF | S23 | HALCON - SPIUK Olímpico de Oeiras | 00:23:32 | 00:00:38 | | | | | - |
| | 1093 | 27 | Mariana Costa | DNF | JUN | HALCON - SPIUK Olímpico de Oeiras | 00:21:26 | 00:00:37 | | | | | - |
| | 3587 | 3717 | Isa Parreira | DNS | SEN | COMPEED - Tri-Oeste | | | | | | | - |
| | 3403 | 381 | Rita Ribeiro | DNS | SEN | Ginásio Clube de Sines | | | | | | | - |
| | 3240 | 380 | Carla Ribeiro | DNS | SEN | Ginásio Clube de Sines | | | | | | | - |
| | 3458 | 3313 | Sónia Quintela | DNS | SEN | COMPEED - Tri-Oeste | | | | | | | - |
| | 3184 | 2596 | Maria Rita Neves | DNS | SEN | COMPEED - Tri-Oeste | | | | | | | - |