

Data:	19-07-2009	Hora:	09h30	Local:	Aveiro			
Natação	300 mt	Ciclismo:	7.900 mt	Corrida:	2.100 mt			

Ranking:		Hora de Partida:	00h00
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Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
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JUN	1	14	1213	3482	Marina Silva	-	A. C. R. Ribeira	00:36:26	
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JUV	1	1	91	184	Ana Rita Reis	-	Núcleo Ciclismo da Baixa da Banheira	00:28:37	
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JUV	2	2	92	185	Ana Paula Reis	-	Núcleo Ciclismo da Baixa da Banheira	00:29:22	00:00:44
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JUV	3	3	116	2282	Andreia Ferrum	-	C.N. Cartaxo	00:29:46	00:01:09
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JUV	4	4	646	3544	Ana Alarico	-	C. N. Tejo	00:29:49	00:01:11
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JUV	5	5	532	3249	Susana Calhau	-	C.N. Alvito	00:31:21	00:02:43
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JUV	6	10	5526		Joana Barros	-	Individual	00:34:26	00:05:48
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SEN	1	6	3525	3556	Elisabete Sousa	-	C.F. Os Belenenses	00:33:35	
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SEN	2	7	3383	3120	Sofia Valente	-	Núcleo Ciclismo da Baixa da Banheira	00:33:52	00:00:16
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SEN	3	9	5440		Maria Oliveira	-	Individual	00:34:26	00:00:50
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SEN	4	12	5524		Marisa Costa	-	Individual	00:35:30	00:01:54
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SEN	5	15	3568	3681	Sónia Marinho	-	Maia Atlético Clube (MAC)	00:39:03	00:05:28
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SEN	6	16	3474	3391	Sílvia Pedroso	-	Assoc. Académica de S. Mamede	00:39:04	00:05:28
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V1	1	8	5539	587	Helena Medeiro	-	Serv. Soc. CGD	00:33:57	
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V2	1	11	4328	3794	Anette Kind	-	O Clube de Veteranos do Porto	00:34:57	
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V2	2	13	4139	2789	Olívia Carmo	-	Individual	00:36:26	00:01:28
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V3	1	17	4249	3400	Maria Deolinda Silva	-	O Clube de Veteranos do Porto	00:43:53	
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