

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	1	1156	3009	Pedro Araújo Mendes	-	C.N. Cartaxo	00:24:04	
JUN	2	2	1208	3464	Tiago Maia	-	Molly Maid - Vitoria de Janes	00:24:16	00:00:11
JUN	3	3	1223	230	Rui Tenrinho	-	C.F. Os Belenenses	00:25:02	00:00:57
JUN	4	4	1216	221	Pedro Miguel Amaral	-	Sporting Clube de Portugal	00:25:40	00:01:35
JUN	5	7	1236	3553	Alexandre Amorim	-	Clube Triatlo de Perosinho	00:27:58	00:03:53
JUN	6	9	1251	3064	João Campos Cunha	-	Clube Triatlo de Perosinho	00:28:33	00:04:29
JUN	7	11	5411		Bruno Pereira	-	Individual	00:28:58	00:04:53
JUN	8	33	5525		Ruben Almeida Silva	-	Individual	00:32:29	00:08:25
JUN	9	44	5438		Luis Vazquez	-	Individual	00:34:06	00:10:02
JUN	10	61	5404		André Barroca	-	Individual	00:38:06	00:14:01

JUV	1	21	365	2879	Paul Roothans	-	C.N. Alvito	00:30:30	
JUV	2	24	5419		Daniel Gonçalves	-	Individual	00:31:17	00:00:47
JUV	3	41	368	2882	Hugo Palhais	-	C.N. Alvito	00:33:48	00:03:18
JUV	4	66	5428		João Miguel Silva	-	Individual	00:46:19	00:15:49

S23	1	15	5444		Orlando Valente	-	Individual	00:29:25	
S23	2	37	2144	3822	João Filipe Correia	-	C.N. Alvito	00:32:52	00:03:27

SEN	1	6	5445		Oscar Oliveira	-	Individual	00:27:33	
SEN	2	8	5474		Ricardo Silva	-	Individual	00:28:28	00:00:55
SEN	3	10	3526	3557	António Gouveia	-	C.F. Os Belenenses	00:28:39	00:01:06
SEN	4	12	3500	296	Fábio Ferreira	-	C.N. Cartaxo	00:28:59	00:01:26
SEN	5	13	3574	3690	Miguel Lopes	-	Individual	00:29:01	00:01:27
SEN	6	16	54525		João Freitas	-	Individual	00:29:48	00:02:14
SEN	7	17	3508	3477	João Duarte	-	Núcleo Ciclismo da Baixa da Banheira	00:30:04	00:02:30
SEN	8	18	5420		Gabriel Oliveira	-	Individual	00:30:04	00:02:31
SEN	9	19	5435		Luis Filipe Santos	-	Individual	00:30:11	00:02:38
SEN	10	25	5418		Daniel Bettencourt	-	Individual	00:31:19	00:03:45
SEN	11	26	5468		Renato Monteiro	-	Individual	00:31:23	00:03:50
SEN	12	27	5431		Jorge Bola	-	Individual	00:31:26	00:03:53
SEN	13	29	3624	3837	José Camões	-	Núcleo Ciclismo da Baixa da Banheira	00:31:50	00:04:16
SEN	14	30	5479		Rui Gomes	-	Individual	00:32:12	00:04:39
SEN	15	32	5405		André Teixeira	-	Individual	00:32:28	00:04:55
SEN	16	35	5430		Jorge Ferreira	-	Individual	00:32:33	00:05:00
SEN	17	38	5412		Bruno Pontes	-	Individual	00:33:21	00:05:48
SEN	18	39	5417		César Oliveira	-	Individual	00:33:25	00:05:52
SEN	19	40	3578	3694	Carlos Vieira	-	Sport Clube Beira Mar	00:33:36	00:06:03
SEN	20	42	5542		Miguel Reis	-	Individual	00:33:55	00:06:21
SEN	21	46	5427		João Luis	-	Individual	00:34:15	00:06:42
SEN	22	48	3573	3689	João Manuel Miguel	-	Sport Clube Beira Mar	00:34:24	00:06:51
SEN	23	52	5470		Renato Cardoso	-	Individual	00:35:17	00:07:44
SEN	24	54	5467		Pedro Silva	-	Individual	00:35:22	00:07:49
SEN	25	55	5416		Carlos Pedroso	-	Individual	00:35:34	00:08:00
SEN	26	56	5434		José Ventura	-	Individual	00:35:35	00:08:02
SEN	27	57	5421		Gonçalo Lestro	-	Individual	00:35:55	00:08:21
SEN	28	58	5502		Sérgio Figueiredo	-	Individual	00:37:11	00:09:37
SEN	29	60	5448		Paulo Ferreira	-	Individual	00:37:42	00:10:08

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Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
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SEN	30	63	5436		Luis Carvalho	-	Individual	00:38:46	00:11:12
SEN	31	64	5433		José Gonçalves	-	Individual	00:39:01	00:11:27
SEN	32	65	5447		Paulo Peixoto	-	Individual	00:39:51	00:12:17

V1	1	5	4187	2694	Rui Ferreira	-	Individual	00:26:00	
V1	2	22	5507		Vasco Borges	-	Individual	00:30:45	00:04:44
V1	3	23	5514		Vitor Varela	-	Individual	00:31:09	00:05:08
V1	4	31	5523		Pedro Manzano Simon	-	Individual	00:32:21	00:06:20
V1	5	45	4203	3185	Orlando Valente	-	A. C. R. Ribeira	00:34:10	00:08:09
V1	6	47	5441		Mário Marinheiro	-	Individual	00:34:23	00:08:22
V1	7	59	5429		Joaquim Ferreira	-	Individual	00:37:27	00:11:26

V2	1	14	4065	557	José Silva	-	A. C. R. Ribeira	00:29:10	
V2	2	28	5413		Carlos Castro Santos	-	Individual	00:31:29	00:02:18
V2	3	36	4238	3350	António Manuel Vieira	-	O Clube de Veteranos do Porto	00:32:45	00:03:34
V2	4	43	4160	2910	António Dias	-	O Clube de Veteranos do Porto	00:34:03	00:04:52
V2	5	50	4325	3787	Fernando Machado	-	Individual	00:34:34	00:05:24

V3	1	34	4294	3603	José Panóias	-	Núcleo Ciclismo da Baixa da Banheira	00:32:30	
V3	2	53	4255	3422	Paulo Castro Rocha	-	O Clube de Veteranos do Porto	00:35:21	00:02:50
V3	3	68	5409		Artur Dinis	-	Individual	00:49:35	00:17:04

V4	1	49	5407		António Piedade Santos	-	Individual	00:34:33	
V4	2	51	4163	2913	Manuel Dias	-	O Clube de Veteranos do Porto	00:34:55	00:00:22
V4	3	62	5512		Vitor Fernandes	-	Individual	00:38:17	00:03:44

V5	1	20	4067	822	Carlos Leite	-	A. C. R. Ribeira	00:30:26	
V5	2	67	5508		Vitor Panela	-	Individual	00:49:34	00:19:07