

Data:	25-07-2009	Hora:	16h30	Local:	Avis			
Natação	750 mt	Ciclismo:	18.000 mt	Corrida:	4.500 mt			

Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	3412	417	Rui Dolores	-	SEN	Amiciclo	1	00:11:24	1	00:47:30	4	00:14:26	01:13:21	
2	3485	3440	Nuno Patrício	-	SEN	C.N. Alvito	2	00:11:56	2	00:52:12	3	00:14:16	01:18:25	00:05:03
3	3282	2839	Márcio Neves	-	SEN	Oeiras Sport Clube - TRANSINSULAR	3	00:13:33	3	00:53:21	2	00:14:11	01:21:07	00:07:45
4	3026	461	Anibal Oliveira	-	SEN	Amiciclo	9	00:16:47	4	00:54:59	1	00:14:10	01:25:57	00:12:36
5	4129	2740	João Hipólito	-	V1	Alhandra Sporting Clube	10	00:16:53	5	00:58:36	5	00:15:41	01:31:11	00:17:49
6	1231	3389	João Caeiro	-	JUN	C.N. Alvito	4	00:13:59	6	01:01:11	7	00:16:58	01:32:10	00:18:48
7	5259		João Albuquerque	-	V2	Individual	11	00:17:11	7	01:02:59	6	00:16:22	01:36:33	00:23:12
8	3625	3839	Ricardo Clemente	-	SEN	Individual	14	00:17:35	8	01:05:12	11	00:19:05	01:41:52	00:28:31
9	5258		Hugo Mendes	-	SEN	Individual	8	00:16:26	9	01:08:08	13	00:21:21	01:45:56	00:32:34
10	4082	862	José Maçarria	-	V2	Ginásio Clube Figueirense	12	00:17:21	14	01:13:12	8	00:17:27	01:48:01	00:34:39
11	4038	780	Joaquim Patrício	-	V5	C.N. Alvito	5	00:15:22	11	01:11:50	14	00:21:30	01:48:44	00:35:23
12	4317	3718	Pedro Vilaça da Silva	-	V1	C.F. Os Belenenses	18	00:21:40	10	01:09:12	10	00:18:25	01:49:17	00:35:56
13	5268		Pedro Vieira	-	V2	Individual	16	00:18:44	13	01:12:48	9	00:17:49	01:49:22	00:36:00
14	5266		João Brandão	-	SEN	Individual	13	00:17:24	12	01:12:17	18	00:26:16	01:55:57	00:42:36
15	5238		César Marques	-	SEN	Individual	15	00:17:43	16	01:18:07	12	00:20:18	01:56:09	00:42:48
16	5256		Carlos Pereira	-	V2	Individual	17	00:20:51	15	01:15:55	19	00:27:50	02:04:37	00:51:16
17	5267		José Correia	-	V3	Individual	7	00:16:25	17	01:22:56	17	00:25:16	02:04:38	00:51:16
18	4235	3338	Ricardo Aguiar	-	V2	Cl. Ferroviário de Vendas Novas	6	00:15:58	18	01:32:21	15	00:21:51	02:10:12	00:56:50
19	5264		João Passarinho	-	V1	Individual	19	00:23:42	19	01:34:51	16	00:24:54	02:23:27	01:10:06
	5257		Gonçalo Lopes	DNF	SEN	Individual		00:17:45						-
	5270		Sandro Matos	DNF	SEN	Individual		00:23:09						-
	4325	3787	Fernando Machado	DNS	V2	Individual								-
	3574	3690	Miguel Lopes	DNS	SEN	Individual								-
	5263		João Jacinto	DNS	SEN	Individual								-