

Data:	08-08-2009	Hora:	16h00	Local:	Raiva			
Natação	750 mt	Ciclismo:	19.000 mt	Corrida:	4.200 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
----------	---------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	3583	3708	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	1	00:10:55	10	00:41:12	5	00:15:59	01:08:07	
2	3618	3824	Fernando Cortés	-	SEN	Porto Runners - McDonalds Parque	2	00:10:58	9	00:41:12	10	00:16:39	01:08:50	00:00:43
3	5550		Otelo Fontes	-	SEN	Individual	12	00:12:48	3	00:40:22	17	00:16:57	01:10:08	00:02:00
4	3599	3777	João França Alves	-	SEN	Individual	4	00:11:40	12	00:41:45	19	00:17:03	01:10:29	00:02:22
5	1233	3546	Diogo Rosa	-	JUN	C. N. Tejo	7	00:12:02	1	00:40:06	39	00:18:35	01:10:43	00:02:36
6	3304	2892	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	8	00:12:02	14	00:41:59	16	00:16:53	01:10:56	00:02:48
7	3396	3140	Jorge Figueiredo	-	SEN	CARDES - C. A. D. de Barbeita	11	00:12:47	11	00:41:22	20	00:17:07	01:11:17	00:03:10
8	3318	2953	Leandro Pinto	-	SEN	Individual	13	00:12:53	8	00:41:05	29	00:17:41	01:11:40	00:03:33
9	5293		Gérard Corso	-	V2	Individual	21	00:14:15	13	00:41:57	3	00:15:31	01:11:44	00:03:37
10	3559	3663	António Luis Barbosa	-	SEN	Assoc. Académica de S. Mamede	31	00:15:23	7	00:40:58	2	00:15:26	01:11:48	00:03:40
11	4127	2732	Emanuel Marques	-	V2	Assoc. Académica de S. Mamede	18	00:13:37	17	00:42:37	6	00:16:00	01:12:14	00:04:07
12	3079	728	Eduardo Alçada	-	SEN	Ginásio Clube Figueirense	17	00:13:35	4	00:40:45	35	00:18:16	01:12:38	00:04:30
13	3576	3692	Jorge Manuel Vieira	-	SEN	Sport Clube Beira Mar	36	00:15:38	6	00:40:51	7	00:16:11	01:12:42	00:04:34
14	3180	730	Paulo Jorge Barradas	-	SEN	Individual	10	00:12:44	22	00:43:32	9	00:16:30	01:12:46	00:04:39
15	5615	726	Faber Martins	-	SEN	Assoc. Académica de S. Mamede	29	00:15:18	16	00:42:19	1	00:15:10	01:12:48	00:04:41
16	4187	2694	Rui Ferreira	-	V1	Individual	5	00:11:45	19	00:42:54	36	00:18:19	01:12:59	00:04:51
17	3135	2515	Mário Guedes	-	SEN	Assoc. Académica de S. Mamede	15	00:13:26	18	00:42:49	13	00:16:45	01:13:01	00:04:54
18	3614	365	Manuel Júlio	-	SEN	Individual	14	00:13:01	20	00:43:05	21	00:17:09	01:13:17	00:05:09
19	3570	3686	Jordão Alves	-	SEN	Sport Clube Beira Mar	44	00:16:14	2	00:40:17	18	00:16:59	01:13:31	00:05:24
20	3571	3687	Carlos Rocha	-	SEN	Sport Clube Beira Mar	35	00:15:35	5	00:40:47	23	00:17:20	01:13:43	00:05:36
21	3582	3707	Filipe Pinheiro Pires	-	SEN	U. D. Amigos da Roda de Quinchães	6	00:12:01	24	00:44:16	30	00:17:48	01:14:06	00:05:58
22	4064	785	José Reis	-	V2	A. C. R. Ribeira	46	00:16:23	15	00:42:12	4	00:15:42	01:14:17	00:06:10
23	3626	3840	Paulo Filipe Gonçalves	-	SEN	Individual	3	00:11:22	30	00:45:20	34	00:18:11	01:14:53	00:06:46
24	5555		Pedro Carvalho	-	SEN	Individual	19	00:13:37	27	00:45:10	15	00:16:52	01:15:40	00:07:33
25	5251		Buno Pereira	-	JUN	Individual	25	00:14:50	23	00:44:00	26	00:17:26	01:16:17	00:08:09
26	3334	3016	Rui Filipe Costa	-	SEN	Porto Runners - McDonalds Parque	30	00:15:19	32	00:45:29	11	00:16:41	01:17:29	00:09:22
27	3181	2581	Luis Correia Ferreira	-	SEN	Assoc. Académica de S. Mamede	16	00:13:29	43	00:47:25	25	00:17:24	01:18:18	00:10:11
28	5209		Barry Carter	-	SEN	Individual	45	00:16:16	25	00:44:42	24	00:17:21	01:18:19	00:10:12
29	5295		João Ferreira	-	JUN	Individual	9	00:12:23	38	00:46:48	46	00:19:35	01:18:47	00:10:40
30	4097	790	Carlos Suzana	-	V2	COMPEED - Tri-Oeste	41	00:16:02	29	00:45:15	28	00:17:39	01:18:57	00:10:50
31	3555	3654	Vitor Almeida	-	SEN	Clube Triatlo de Perosinho	66	00:19:46	21	00:43:11	8	00:16:28	01:19:26	00:11:19
32	4314	748	José Gonçalves	-	V1	Sport Clube Beira Mar	37	00:15:43	41	00:47:06	14	00:16:48	01:19:38	00:11:31
33	3554	3653	Júlia Santos	-	SEN	Clube Triatlo de Perosinho	20	00:14:09	39	00:46:53	43	00:18:48	01:19:51	00:11:44
34	4136	2778	Paulo Calejo Rodrigues	-	V2	Individual	24	00:14:46	40	00:46:55	38	00:18:35	01:20:17	00:12:10
35	3081	745	Ricardo Vieira	-	SEN	Ginásio Clube Figueirense	22	00:14:17	44	00:47:40	37	00:18:34	01:20:33	00:12:26
36	3156	560	Pedro Pereira	-	SEN	Assoc. Académica de S. Mamede	28	00:15:14	35	00:46:10	45	00:19:13	01:20:38	00:12:31
37	5439		Manuel Castro	-	SEN	Individual	32	00:15:31	28	00:45:15	50	00:19:54	01:20:41	00:12:34
38	3519	3537	Nuno Sá	-	SEN	O Clube de Veteranos do Porto	34	00:15:34	37	00:46:42	44	00:18:58	01:21:16	00:13:08
39	5559		Tiago Pinho	-	S23	Individual	68	00:19:52	26	00:44:53	22	00:17:10	01:21:56	00:13:49
40	3352	3058	Carla Mendes	-	SEN	Porto Runners - McDonalds Parque	51	00:17:53	36	00:46:12	32	00:18:04	01:22:09	00:14:02
41	3574	3690	Miguel Lopes	-	SEN	Individual	42	00:16:05	52	00:49:46	12	00:16:43	01:22:34	00:14:27
42	3575	3691	Josué Oliveira	-	SEN	Sport Clube Beira Mar	54	00:18:06	31	00:45:20	49	00:19:47	01:23:14	00:15:07
43	5283		Carlos Polónio	-	V1	Individual	43	00:16:07	48	00:48:42	58	00:20:21	01:25:11	00:17:04
44	4049	562	Paulo Vieira	-	V2	Ginásio Clube Figueirense	33	00:15:32	51	00:49:36	51	00:20:04	01:25:13	00:17:05
45	5422		Luis Santos	-	SEN	Individual	74	00:20:57	34	00:46:05	42	00:18:46	01:25:49	00:17:42
46	3174	2568	Valter Nogueira	-	SEN	Assoc. Académica de S. Mamede	57	00:18:26	42	00:47:16	54	00:20:09	01:25:52	00:17:44
47	5562		Victor Oliveira	-	SEN	Individual	38	00:15:47	47	00:48:31	64	00:21:33	01:25:52	00:17:44
48	4239	3351	Vasco Santos	-	V3	O Clube de Veteranos do Porto	49	00:16:41	50	00:49:31	59	00:20:23	01:26:36	00:18:29
49	4330	3813	José Fernando Silva	-	V2	Assoc. Académica de S. Mamede	63	00:19:07	49	00:49:14	41	00:18:40	01:27:02	00:18:55

Data:	08-08-2009	Hora:	16h00	Local:	Raiva			
Natação	750 mt	Ciclismo:	19.000 mt	Corrida:	4.200 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
----------	---------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	4288	3568	João Manuel Correia	-	V2	Individual	69	00:19:54	45	00:47:47	48	00:19:46	01:27:28	00:19:21
51	4162	2912	Albino Gonçalves	-	V4	O Clube de Veteranos do Porto	50	00:17:21	46	00:48:24	73	00:23:07	01:28:52	00:20:45
52	3209	2677	Pedro Miguel Lopes	-	SEN	Porto Runners - McDonalds Parque	52	00:17:55	54	00:51:23	57	00:20:17	01:29:36	00:21:29
53	5300		Joaquim Nogueira	-	V2	Individual	64	00:19:26	59	00:52:30	31	00:17:58	01:29:54	00:21:47
54	3386	3139	Ana Nisa	-	SEN	COMPEED - Tri-Oeste	67	00:19:51	53	00:50:48	56	00:20:14	01:30:54	00:22:47
55	4018	709	Mário Magalhães	-	V3	Clube Triatlo de Perosinho	39	00:15:50	62	00:54:05	61	00:21:03	01:30:59	00:22:51
56	4067	822	Carlos Leite	-	V5	A. C. R. Ribeira	83	00:27:32	33	00:45:45	33	00:18:04	01:31:22	00:23:15
57	5472		Mark Macedo	-	SEN	Individual	56	00:18:21	67	00:55:57	27	00:17:34	01:31:53	00:23:46
58	4336	3828	José Calheiros Dias	-	V2	Individual	26	00:14:54	69	00:56:31	60	00:20:45	01:32:11	00:24:03
59	3623	3834	Filipe Varandas	-	SEN	Individual	23	00:14:21	72	00:57:11	62	00:21:07	01:32:40	00:24:33
60	4100	871	Jaime Carmo	-	V4	Individual	61	00:18:52	55	00:51:48	69	00:22:15	01:32:56	00:24:48
61	4238	3350	António Manuel Vieira	-	V2	O Clube de Veteranos do Porto	55	00:18:21	61	00:52:56	72	00:22:50	01:34:08	00:26:01
62	5290		Daniel Bettencourt	-	SEN	Individual	47	00:16:27	65	00:55:26	70	00:22:24	01:34:19	00:26:11
63	3578	3694	Carlos Vieira	-	SEN	Sport Clube Beira Mar	72	00:20:01	66	00:55:50	40	00:18:35	01:34:27	00:26:20
64	5545		Miguel Torres	-	SEN	Individual	75	00:21:28	56	00:52:03	63	00:21:28	01:35:00	00:26:53
65	4255	3422	Paulo Castro Rocha	-	V3	O Clube de Veteranos do Porto	40	00:15:58	63	00:54:40	81	00:24:33	01:35:11	00:27:04
66	3390	3158	Hélder Valente	-	SEN	Serv. Soc. CGD	70	00:19:59	58	00:52:22	77	00:23:31	01:35:53	00:27:46
67	5414		Jorge Ferreira	-	SEN	Individual	60	00:18:48	64	00:55:00	75	00:23:15	01:37:03	00:28:56
68	5263		Bruno Pontes	-	SEN	Individual	71	00:19:59	73	00:57:14	55	00:20:11	01:37:25	00:29:18
69	4163	2913	Manuel Dias	-	V4	O Clube de Veteranos do Porto	58	00:18:30	68	00:56:25	74	00:23:13	01:38:10	00:30:02
70	5558		Rui Oliveira	-	V1	Individual	62	00:19:07	75	00:57:48	65	00:21:34	01:38:29	00:30:22
71	5450		Maria Creissac	-	SEN	Individual	59	00:18:43	70	00:56:35	76	00:23:16	01:38:35	00:30:27
72	4160	2910	António Dias	-	V2	O Clube de Veteranos do Porto	77	00:22:09	71	00:57:07	47	00:19:37	01:38:54	00:30:47
73	4337	3833	Vitor Carvalho	-	V2	Individual	27	00:14:55	78	00:59:37	79	00:24:29	01:39:02	00:30:55
74	4102	786	Luis Lima	-	V3	CARDES - C. A. D. de Barbeita	80	00:24:53	60	00:52:51	68	00:22:09	01:39:54	00:31:47
75	5557		Renato Cardoso	-	SEN	Individual	78	00:22:33	74	00:57:45	67	00:22:01	01:42:20	00:34:13
76	5556		Pedro Poças	-	SEN	Individual	76	00:21:42	77	00:59:14	66	00:21:37	01:42:34	00:34:27
77	3566	3678	Rui Lemos	-	SEN	Porto Runners - McDonalds Parque	53	00:17:58	79	00:59:54	83	00:25:34	01:43:26	00:35:19
78	3474	3391	Silvia Pedroso	-	SEN	Assoc. Académica de S. Mamede	65	00:19:32	83	01:01:52	71	00:22:40	01:44:06	00:35:58
79	5551		Paulo Ferreira	-	SEN	Individual	84	00:32:04	57	00:52:09	52	00:20:06	01:44:21	00:36:14
80	3391	3159	Carlos Albano Silva	-	SEN	Serv. Soc. CGD	73	00:20:44	81	01:00:18	78	00:23:43	01:44:47	00:36:39
81	5410		Joaquim Ferreira	-	V1	Individual	82	00:26:43	76	00:58:32	53	00:20:07	01:45:24	00:37:16
82	5291		Fernando Barbedo	-	SEN	Individual	48	00:16:34	84	01:06:39	80	00:24:30	01:47:43	00:39:36
83	4139	2789	Olivia Carmo	-	V2	Individual	79	00:24:20	82	01:00:58	82	00:25:28	01:50:48	00:42:40
84	4285	3541	Augusto Pinto	-	V3	O Clube de Veteranos do Porto	81	00:26:37	80	00:59:56	84	00:27:58	01:54:33	00:46:25
	3567	3679	Adriano Gouveia	DNF	SEN	Porto Runners - McDonalds Parque	26	00:18:32	3		3			-
	5567		João Brandão	DNF	SEN	Individual		00:18:22						-
	3590	3726	Nuno Miguel Moreira	DNS	SEN	Individual	1		6		9			-
	3564	3676	Alberto González	DNS	SEN	COMPEED - Tri-Oeste								-
	3561	3665	Pedro Albino	DNS	SEN	Assoc. Académica de S. Mamede	10		5		5			-
	3234	2708	João Vaz Lima	DNS	SEN	Clube Triatlo de Perosinho								-
	3442	3280	Pedro Pinho	DNS	SEN	Clube Triatlo de Perosinho	19		14		14			-
	4283	3539	Joaquim Gonçalves	DNS	V2	O Clube de Veteranos do Porto								-
	3195	2630	Ana Filipa Santos	DNS	SEN	HALCON - SPIUK Olimpico de Oeiras	6		21		21			-
	2087	102	José Estrangeiro	DNS	S23	HALCON - SPIUK Olimpico de Oeiras								-
	4203	3185	Orlando Valente	DNS	V1	A. C. R. Ribeira								-
	3039	507	Custódio António	DNS	SEN	SR Camarnal / Seguros Contacto /	11		23		23			-
	5203		Alberto Tadeia	DNS	V1	Individual	4		5		4			-
	5292		Francisco Miguel	DNS	SEN	Individual								-

Data:	08-08-2009	Hora:	16h00	Local:	Raiva			
Natação	750 mt	Ciclismo:	19.000 mt	Corrida:	4.200 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
----------	---------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
	5296		João Garcia	DNS	V1	Individual								-
	5437		Luisa Mesquita	DNS	SEN	Individual	5		9		2			-
	5547		Orlando Valente	DNS	S23	Individual								-
	5552		Paulo Gonçalves	DNS	SEN	Individual								-
	5553		Paulo Viana	DNS	V1	Individual								-
	5554		Pedro Brandão	DNS	SEN	Individual	7		1		3			-
	5563		Vitor Varela	DNS	V1	Individual								-