

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
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	3554	3653	Júlia Santos	-	SEN	Clube Triatlo de Perosinho	20	00:14:09	38	00:46:53	43	00:18:48	01:19:51	
2	3352	3058	Carla Mendes	-	SEN	Porto Runners - McDonalds Parque	50	00:17:53	36	00:46:12	32	00:18:04	01:22:09	00:02:17
3	3386	3139	Ana Nisa	-	SEN	COMPEED - Tri-Oeste	66	00:19:51	52	00:50:48	55	00:20:14	01:30:54	00:11:02
4	5450		Maria Creissac	-	SEN	Individual	58	00:18:43	69	00:56:35	75	00:23:16	01:38:35	00:18:43
5	3474	3391	Sílvia Pedroso	-	SEN	Assoc. Académica de S. Mamede	64	00:19:32	81	01:01:52	70	00:22:40	01:44:06	00:24:14
6	4139	2789	Olivia Carmo	-	V2	Individual	78	00:24:20	80	01:00:58	81	00:25:28	01:50:48	00:30:56
	3195	2630	Ana Filipa Santos	DNS	SEN	HALCON - SPIUK Olímpico de Oeiras	6		21		21			-
	5437		Luisa Mesquita	DNS	SEN	Individual	5		9		2			-