

Data:	06-09-2009	Hora:	15h30	Local:	Sesimbra
Natação	750 mt	Corrida:	4.600 mt		

Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Natação	P	Corrida	Total	Diff
1	1162	190	Miguel Fernandes	-	JUN	HALCON - SPIUK Olímpico de Oeiras	2	00:09:43.	1	00:16:26.	00:26:10.	
2	2124	2570	Vasco Pessoa	-	S23	HALCON - SPIUK Olímpico de Oeiras	1	00:09:42.	2	00:16:40.	00:26:22.	00:00:12
3	1156	3009	Pedro Araújo Mendes	-	JUN	C.N. Cartaxo	6	00:09:48.	5	00:17:23.	00:27:12.	00:01:02
4	1106	37	Fabrcio Tomás	-	JUN	Alhandra Sporting Clube	4	00:09:48.	8	00:17:47.	00:27:35.	00:01:25
5	1203	3122	Rafael Ribeiro	-	JUN	Alhandra Sporting Clube	10	00:10:23.	4	00:17:15.	00:27:38.	00:01:28
6	1167	3143	José Veiga	-	JUN	HALCON - SPIUK Olímpico de Oeiras	12	00:10:32.	3	00:17:13.	00:27:46.	00:01:36
7	1105	35	João Serrano	-	JUN	SR Camarnal / Seguros Contacto /	3	00:09:45.	13	00:18:32.	00:28:18.	00:02:08
8	1153	2629	Luis Filipe Marafuz	-	JUN	Alhandra Sporting Clube	7	00:10:19.	11	00:18:05.	00:28:24.	00:02:14
9	2127	2513	Diogo Custódio	-	S23	Sporting Clube de Portugal	8	00:10:22.	12	00:18:16.	00:28:38.	00:02:28
10	3127	468	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	19	00:11:15.	7	00:17:43.	00:28:59	00:02:48
11	1094	20	Bruno Pereira	-	JUN	Alhandra Sporting Clube	5	00:09:48.	19	00:19:23.	00:29:11.	00:03:01
12	1199	3433	André Cortezão Ferreira	-	JUN	Clube Futebol Andorinha	20	00:11:23.	10	00:17:55.	00:29:18.	00:03:08
13	3331	3005	Carlos Nóbrega	-	SEN	Clube Futebol Andorinha	32	00:12:21.	6	00:17:25.	00:29:46.	00:03:36
14	3214	2684	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	31	00:12:19.	9	00:17:55.	00:30:15.	00:04:05
15	1093	27	Mariana Costa	-	JUN	HALCON - SPIUK Olímpico de Oeiras	13	00:10:34.	23	00:19:52.	00:30:26.	00:04:16
16	4128	623	Luis Filipe Lopes	-	V1	Sporting Clube de Portugal	26	00:11:31.	16	00:18:58.	00:30:30.	00:04:20
17	1249	3646	João Curado	-	JUN	Sporting Clube de Portugal	9	00:10:23.	24	00:20:08.	00:30:31.	00:04:21
18	4274	3467	Carlos Brito	-	V3	Molly Maid - Vitoria de Janes	33	00:12:23.	15	00:18:42.	00:31:06.	00:04:56
19	1155	3078	Miguel Marques	-	JUN	Alhandra Sporting Clube	14	00:10:36.	32	00:21:00.	00:31:36.	00:05:26
20	1097	2327	Sofia Almeida	-	JUN	Alhandra Sporting Clube	17	00:11:05.	26	00:20:41.	00:31:47.	00:05:37
21	2108	2454	Ana Filipa Sampaio	-	S23	Alhandra Sporting Clube	16	00:11:01.	30	00:20:54.	00:31:55.	00:05:45
22	1235	3549	Raquel Rocha	-	JUN	Alhandra Sporting Clube	15	00:10:37.	39	00:21:33.	00:32:11.	00:06:01
23	1192	3353	Sérgio Filipe Monteiro	-	JUN	HALCON - SPIUK Olímpico de Oeiras	39	00:12:54.	18	00:19:18.	00:32:13.	00:06:03
24	4114	540	Pedro Gaspar	-	V1	Individual	37	00:12:32.	21	00:19:40.	00:32:13.	00:06:03
25	4040	781	António Raposo	-	V3	Casa Benfica Faro/GASCAN	38	00:12:36.	22	00:19:50.	00:32:26.	00:06:16
26	2122	143	Joana Marques	-	S23	HALCON - SPIUK Olímpico de Oeiras	23	00:11:30.	31	00:20:58.	00:32:29.	00:06:19
27	1202	2947	Ivo Cristeta	-	JUN	Alhandra Sporting Clube	18	00:11:13.	38	00:21:28.	00:32:42.	00:06:32
28	3113	579	Duarte Barreto	-	SEN	C.N. Cartaxo	35	00:12:27.	25	00:20:19.	00:32:46.	00:06:36
29	1216	221	Pedro Miguel Amaral	-	JUN	Sporting Clube de Portugal	11	00:10:27.	48	00:22:22.	00:32:50.	00:06:40
30	2086	12	Bárbara Clemente	-	S23	HALCON - SPIUK Olímpico de Oeiras	21	00:11:27.	40	00:21:35.	00:33:03	00:06:52
31	1170	153	Gonçalo Barros	-	JUN	Ginásio Clube de Sines	34	00:12:25.	29	00:20:50.	00:33:15.	00:07:05
32	1096	2314	Nadine Almeida	-	JUN	Alhandra Sporting Clube	29	00:12:08.	41	00:21:43.	00:33:52.	00:07:42
33	1164	3150	David Maia	-	JUN	HALCON - SPIUK Olímpico de Oeiras	22	00:11:29.	49	00:22:35.	00:34:04.	00:07:54
34	2110	2638	Liliana Filipa Silva	-	S23	Alhandra Sporting Clube	25	00:11:30.	50	00:22:41.	00:34:12.	00:08:02
35	1112	157	Rui Cordeiro	-	JUN	Ginásio Clube de Sines	40	00:13:06	42	00:21:44	00:34:50	00:08:39
36	3241	2718	Nuno Tintim	-	SEN	Alhandra Sporting Clube	49	00:16:10.	14	00:18:42.	00:34:52.	00:08:42
37	4069	855	João Rodrigues Silva	-	V2	Clube Millennium BCP	36	00:12:28.	54	00:22:56.	00:35:25.	00:09:15
38	4060	762	António Moura	-	V2	SR Camarnal / Seguros Contacto /	43	00:14:15.	33	00:21:13.	00:35:29.	00:09:19
39	3003	854	César Andrade	-	SEN	G. A. A. Vila Franca de Xira	42	00:14:11.	36	00:21:21.	00:35:32.	00:09:22
40	2092	3176	Pedro Miguel Gomes	-	S23	Alhandra Sporting Clube	28	00:12:05.	56	00:23:33.	00:35:38.	00:09:28
41	3183	2589	Ricardo Figueira Silva	-	SEN	C. N. Colégio Vasco da Gama	41	00:13:49.	44	00:22:00.	00:35:50.	00:09:40
42	4052	770	Manuel Gonçalves	-	V2	C. N. Colégio Vasco da Gama	50	00:16:18.	20	00:19:40.	00:35:58.	00:09:48
43	3004	485	Bruno Silva	-	SEN	G. A. A. Vila Franca de Xira	46	00:14:48.	34	00:21:14.	00:36:03.	00:09:53
44	1260	2293	Inês Jorge	-	JUN	Sporting Clube de Portugal	30	00:12:15.	62	00:24:08.	00:36:24.	00:10:14
45	4177	465	Paulo Silva	-	V1	Casa Benfica Faro/GASCAN	61	00:17:20.	17	00:19:14.	00:36:35.	00:10:25
46	2118	3343	Rúben Perdigoto	-	S23	Molly Maid - Vitoria de Janes	44	00:14:30.	47	00:22:22.	00:36:52.	00:10:42
47	1200	2626	Laura Costa Bento	-	JUN	Alhandra Sporting Clube	24	00:11:30.	67	00:25:53.	00:37:24.	00:11:14
48	1196	3456	Fábio Coutinho	-	JUN	Alhandra Sporting Clube	27	00:11:52.	66	00:25:32.	00:37:25.	00:11:15
49	4142	492	Carlos Reis	-	V1	Núcleo Ciclismo da Baixa da Banheira	60	00:17:08.	28	00:20:48.	00:37:57.	00:11:47

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Natação	750 mt	Corrida:	4.600 mt					

Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Natação	P	Corrida	Total	Diff
50	4271	4615	Jorge Vieira	-	V1	G. A. A. Vila Franca de Xira	58	00:16:57.	35	00:21:18.	00:38:16.	00:12:06
51	4268	3183	Vasco Soares	-	V1	Alhandra Sporting Clube	53	00:16:30.	43	00:21:49.	00:38:19.	00:12:09
52	3610	3797	Bernardo Ferrão	-	SEN	C.F. Os Belenenses	52	00:16:30.	46	00:22:04.	00:38:34.	00:12:24
53	4025	516	João Medeiro	-	V2	Serv. Soc. CGD	62	00:17:31.	37	00:21:24.	00:38:56.	00:12:46
54	3082	651	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	51	00:16:26.	53	00:22:51.	00:39:17.	00:13:07
55	3590	3726	Nuno Miguel Moreira	-	SEN	Individual	47	00:15:26.	61	00:24:04.	00:39:30.	00:13:20
56	4286	3558	Paulo Goulart	-	V1	C.F. Os Belenenses	48	00:15:47.	60	00:24:00.	00:39:48.	00:13:38
57	4154	484	Paulo Leote	-	V1	G. A. A. Vila Franca de Xira	56	00:16:47.	55	00:23:00.	00:39:48.	00:13:38
58	4189	2703	Carlos Serra	-	V1	Alhandra Sporting Clube	55	00:16:34.	57	00:23:42.	00:40:17.	00:14:07
59	2035	3867	Tiago Lança	-	S23	Amiciclo	64	00:17:49.	52	00:22:50.	00:40:39.	00:14:29
60	3315	2938	Mário Figueiredo	-	SEN	Núcleo Ciclismo da Baixa da Banheira	68	00:19:58.	27	00:20:44.	00:40:42.	00:14:32
61	3076	687	Rui Pereira	-	SEN	Cl. Ferroviário de Vendas Novas	57	00:16:55.	59	00:23:49.	00:40:44.	00:14:34
62	3508	3477	João Duarte	-	SEN	Núcleo Ciclismo da Baixa da Banheira	66	00:19:09.	45	00:22:03.	00:41:12.	00:15:02
63	3625	3839	Ricardo Clemente	-	SEN	Individual	63	00:17:48.	58	00:23:48.	00:41:37.	00:15:27
64	3597	3753	Rui Choças	-	SEN	Individual	59	00:17:03.	65	00:25:18.	00:42:22.	00:16:12
65	3015	538	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	45	00:14:41.	70	00:27:59.	00:42:40.	00:16:30
66	5013	3017	Domingos Pinto Coelho	-	V4	Alhandra Sporting Clube	54	00:16:34.	68	00:26:07.	00:42:42.	00:16:32
67	4329	3802	Rui Correia	-	V4	Individual	67	00:19:50.	63	00:24:56.	00:44:46.	00:18:36
68	4194	587	Helena Medeiro	-	V1	Serv. Soc. CGD	65	00:18:47.	69	00:26:27.	00:45:14.	00:19:04
69	4294	3603	José Panóias	-	V3	Núcleo Ciclismo da Baixa da Banheira	69	00:20:51.	64	00:25:17.	00:46:09.	00:19:59
70	3389	3157	Luis Barbosa	-	SEN	C. N. Colégio Vasco da Gama	70	00:26:03.	51	00:22:48.	00:48:52.	00:22:42
	1154	2636	Diogo Mata Tristão	DNF	JUN	Alhandra Sporting Clube		00:10:17.				-
	1201	2627	André Estevam	DNF	JUN	Alhandra Sporting Clube		00:12:52.				-
	4335	3825	Filomena Gomes	DNS	V1	HALCON - SPIUK Olímpico de Oeiras						-
	2143	3817	Ana Teresa Machado	DNS	S23	HALCON - SPIUK Olímpico de Oeiras						-
	1262	3791	Joana Pico	DNS	JUN	Molly Maid - Vitoria de Janes						-
	3591	3730	Paulo Janela	DNS	SEN	Clube de Triatlo de Almada						-
	4303	3645	António Joaquim Reis	DNS	V2	Cl. Ferroviário de Vendas Novas						-
	1247	3616	Filipe Azevedo	DNS	JUN	Cl. Ferroviário de Vendas Novas						-
	2129	51	Anais Moniz	DNS	S23	C.F. Os Belenenses						-
	3195	2630	Ana Filipa Santos	DNS	SEN	HALCON - SPIUK Olímpico de Oeiras						-
	1128	231	Carolina Gregório	DNS	JUN	HALCON - SPIUK Olímpico de Oeiras						-
	3383	3120	Sofia Valente	DNS	SEN	Núcleo Ciclismo da Baixa da Banheira						-
	1071	2592	Andreia Ponte	DNS	JUN	Ginásio Clube de Sines						-
	1064	193	Ana Filipa Ferreira	DNS	JUN	Alhandra Sporting Clube						-