

Data:	26-09-2009	Hora:	15h30	Local:	Setúbal				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	41.000 mt	T2:	0 mt	Corrida:	10.500 mt

Ranking:	Camp. Nac. Indiv.	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
1	3016	575	Bruno Pais	-	SEN	Sport Lisboa e Benfica	00:18:30	00:00:34	01:00:28	00:00:30	00:34:11	01:54:16	
2	2088	179	Miguel Arraiolos	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:18:34	00:00:43	01:01:32	00:00:37	00:35:35	01:57:02	00:02:46
3	3284	352	Pedro Gomes	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:18:34	00:00:43	01:01:32	00:00:40	00:35:48	01:57:18	00:03:02
4	2124	2570	Vasco Pessoa	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:18:33	00:00:46	01:01:29	00:00:37	00:36:56	01:58:23	00:04:07
5	3291	364	Duarte Marques	-	SEN	SR Camarnal / Seguros Contacto /	00:18:29	00:00:36	01:00:29	00:00:33	00:39:28	01:59:38	00:05:21
6	1095	2522	João Amorim	-	JUN	Alhandra Sporting Clube	00:18:24	00:00:42	01:01:39	00:00:36	00:38:49	02:00:13	00:05:56
7	2070	2695	João José Pereira	-	S23	Alhandra Sporting Clube	00:19:15	00:00:33	01:05:36	00:00:38	00:34:41	02:00:44	00:06:28
8	1106	37	Fabricio Tomás	-	JUN	Alhandra Sporting Clube	00:18:36	00:00:39	01:01:37	00:00:42	00:40:24	02:02:00	00:07:43
9	1063	52	Ruben Costa	-	JUN	Sporting Clube de Portugal	00:19:16	00:00:44	01:05:25	00:00:35	00:36:43	02:02:46	00:08:29
10	1167	3143	José Veiga	-	JUN	HALCON - SPIUK Olimpico de Oeiras	00:21:01	00:00:47	01:03:43	00:00:44	00:36:43	02:03:00	00:08:44
11	3412	417	Rui Dolores	-	SEN	Amiciclo	00:21:23	00:00:46	01:03:16	00:00:38	00:37:00	02:03:05	00:08:48
12	2087	102	José Estrangeiro	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:20:59	00:00:46	01:03:40	00:00:35	00:37:39	02:03:41	00:09:25
13	3127	468	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	00:21:12	00:00:46	01:03:38	00:00:37	00:38:09	02:04:25	00:10:08
14	3260	360	Rafael Gomes	-	SEN	Amiciclo	00:21:10	00:00:51	01:03:28	00:00:44	00:38:14	02:04:30	00:10:13
15	5521	474	Sérgio Marques	-	SEN	COMPEED - Tri-Oeste	00:21:46	00:00:46	01:04:08	00:00:43	00:37:21	02:04:46	00:10:30
16	1105	35	João Serrano	-	JUN	SR Camarnal / Seguros Contacto /	00:18:27	00:00:40	01:06:08	00:00:33	00:41:24	02:07:14	00:12:58
17	3264	2799	Manuel Alves	-	SEN	Sporting Clube de Portugal	00:22:04	00:00:59	01:06:24	00:00:38	00:37:41	02:07:47	00:13:31
18	4192	626	Rui Melo	-	V1	COMPEED - Tri-Oeste	00:23:17	00:00:59	01:05:15	00:00:40	00:37:46	02:07:59	00:13:43
19	1199	3433	André Cortezão Ferreira	-	JUN	Clube Futebol Andorinha	00:21:03	00:00:49	01:03:43	00:00:43	00:42:35	02:08:56	00:14:40
20	3618	3824	Fernando Cortés	-	SEN	Porto Runners - McDonalds Parque	00:21:20	00:00:58	01:04:30	00:00:42	00:41:30	02:09:02	00:14:45
21	3206	338	André Guimarães	-	SEN	Maia Atlético Clube (MAC)	00:29:01	00:01:18	01:02:51	00:00:36	00:35:43	02:09:31	00:15:14
22	3583	3708	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	00:21:17	00:00:54	01:07:27	00:00:42	00:39:12	02:09:33	00:15:17
23	3342	3044	Rodrigo Baltazar	-	SEN	Sporting Clube de Portugal	00:22:02	00:00:47	01:06:37	00:00:38	00:39:58	02:10:03	00:15:47
24	3197	2640	Délio Ferreira	-	SEN	COMPEED - Tri-Oeste	00:26:45	00:00:50	01:05:14	00:00:40	00:37:12	02:10:43	00:16:27
25	3485	3440	Nuno Patrício	-	SEN	C.N. Alvito	00:23:06	00:01:00	01:05:24	00:00:51	00:40:21	02:10:44	00:16:28
26	5198		Jesus Palomo Manzano	-	SEN	Individual	00:22:35	00:00:47	01:06:10	00:00:39	00:40:55	02:11:09	00:16:52
27	1094	20	Bruno Pereira	-	JUN	Alhandra Sporting Clube	00:19:30	00:00:36	01:05:26	00:00:44	00:44:57	02:11:15	00:16:58
28	3244	2735	Carlos Fernandes	-	SEN	Oeiras Sport Clube - TRANSINSULAR	00:24:37	00:00:51	01:06:24	00:00:46	00:38:38	02:11:18	00:17:02
29	3266	2822	Ricardo Gouveia	-	SEN	Clube Naval da Calheta	00:29:23	00:00:48	01:02:57	00:00:48	00:37:58	02:11:56	00:17:40
30	3542	3358	Pedro Madeira	-	SEN	Molly Maid - Vitoria de Janes	00:24:38	00:00:54	01:06:17	00:00:41	00:40:18	02:12:51	00:18:35
31	3394	3136	Valdo Neves	-	SEN	Clube de Triatlo de Almada	00:25:54	00:01:09	01:05:48	00:00:40	00:39:38	02:13:10	00:18:54
32	3113	579	Duarte Barreto	-	SEN	C.N. Cartaxo	00:23:19	00:00:53	01:05:19	00:00:52	00:43:32	02:13:56	00:19:40
33	3173	2564	José Lino	-	SEN	C. N. Tejo	00:27:31	00:00:53	01:04:53	00:00:45	00:40:51	02:14:54	00:20:38
34	4032	769	Carlos Gomes	-	V2	Oeiras Sport Clube - TRANSINSULAR	00:28:03	00:00:51	01:08:01	00:00:45	00:37:18	02:15:00	00:20:44
35	3304	2892	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	00:23:13	00:00:59	01:05:24	00:00:54	00:44:37	02:15:09	00:20:53
36	4274	3467	Carlos Brito	-	V3	Molly Maid - Vitoria de Janes	00:24:34	00:00:54	01:06:23	00:00:39	00:42:45	02:15:17	00:21:00
37	3367	3088	Roberto Lúcio	-	SEN	CAMADEIRA	00:22:59	00:00:56	01:05:37	00:00:56	00:45:01	02:15:29	00:21:13
38	4147	629	Fernando Carmo	-	V1	C. N. Colégio Vasco da Gama	00:28:41	00:01:17	01:03:15	00:00:47	00:41:32	02:15:34	00:21:17
39	3559	3663	António Luis Barbosa	-	SEN	Assoc. Académica de S. Mamede	00:28:12	00:01:16	01:07:24	00:00:46	00:38:17	02:15:57	00:21:41
40	3180	730	Paulo Jorge Barradas	-	SEN	Individual	00:23:15	00:00:59	01:07:38	00:00:53	00:43:23	02:16:11	00:21:55
41	3219	2690	Ricardo Ferreira	-	SEN	ABV Estoris	00:23:31	00:01:00	01:07:34	00:00:47	00:43:26	02:16:20	00:22:04
42	4127	2732	Emanuel Marques	-	V2	Assoc. Académica de S. Mamede	00:25:52	00:01:07	01:06:19	00:00:45	00:42:38	02:16:43	00:22:27
43	5202	2835	Paulo Margarido	-	V1	Ludens Clube do Machico	00:25:27	00:01:15	01:08:05	00:00:49	00:41:25	02:17:02	00:22:46
44	4013	648	Miguel Fragoso	-	V1	HALCON - SPIUK Olimpico de Oeiras	00:24:30	00:00:57	01:06:25	00:00:47	00:44:31	02:17:12	00:22:55
45	3142	2526	Pedro Figueira	-	SEN	Ribabike / Assoc. 20 Km de Almeirim	00:23:04	00:01:05	01:07:45	00:00:44	00:44:39	02:17:18	00:23:02
46	3453	3305	Armandino Chaves	-	SEN	CARDES - C. A. D. de Barbeita	00:27:28	00:01:02	01:06:42	00:00:45	00:41:39	02:17:37	00:23:21
47	4128	623	Luis Filipe Lopes	-	V1	Sporting Clube de Portugal	00:22:39	00:01:01	01:10:39	00:01:05	00:42:42	02:18:07	00:23:51
48	3285	2840	Hugo Ferreira	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:28:37	00:01:09	01:07:08	00:00:45	00:40:32	02:18:13	00:23:56
49	3396	3140	Jorge Figueiredo	-	SEN	CARDES - C. A. D. de Barbeita	00:25:07	00:01:06	01:06:38	00:00:56	00:44:31	02:18:20	00:24:04

Data:	26-09-2009	Hora:	15h30	Local:	Setúbal				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	41.000 mt	T2:	0 mt	Corrida:	10.500 mt

Ranking:	Camp. Nac. Indiv.	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
50	3214	2684	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	00:25:38	00:01:05	01:07:12	00:00:48	00:44:25	02:19:10	00:24:53
51	1064	193	Ana Filipa Ferreira	-	JUN	Alhandra Sporting Clube	00:21:48	00:00:50	01:09:30	00:00:43	00:46:26	02:19:19	00:25:03
52	1185	3312	Celso Nóbrega	-	JUN	Clube Futebol Andorinha	00:23:00	00:00:56	01:05:45	00:00:56	00:48:50	02:19:29	00:25:13
53	3054	739	António Luz Gomes	-	SEN	Oeiras Sport Clube - TRANSINSULAR	00:27:21	00:00:56	01:08:34	00:00:44	00:43:09	02:20:45	00:26:29
54	2108	2454	Ana Filipa Sampaio	-	S23	Alhandra Sporting Clube	00:21:49	00:00:50	01:12:11	00:00:41	00:45:25	02:20:58	00:26:42
55	2122	143	Joana Marques	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:23:09	00:00:46	01:13:45	00:00:35	00:43:30	02:21:47	00:27:31
56	3207	2662	José Magalhães Dias	-	SEN	A.D.C.R. Painho	00:27:14	00:01:07	01:08:38	00:00:54	00:44:07	02:22:01	00:27:45
57	4040	781	António Raposo	-	V3	Casa Benfica Faro/GASCAN	00:25:10	00:01:12	01:08:29	00:01:02	00:46:33	02:22:27	00:28:11
58	3626	3840	Paulo Filipe Gonçalves	-	SEN	Individual	00:22:52	00:01:07	01:10:49	00:01:02	00:47:08	02:23:01	00:28:45
59	4178	3039	Joaquim Fernandes	-	V2	Clube Futebol Andorinha	00:31:00	00:01:00	01:08:25	00:00:50	00:41:58	02:23:16	00:28:59
60	1097	2327	Sofia Almeida	-	JUN	Alhandra Sporting Clube	00:21:20	00:00:53	01:12:33	00:00:41	00:47:57	02:23:26	00:29:09
61	3580	3697	Hugo Brito	-	SEN	C.F. Os Belenenses	00:27:26	00:01:04	01:08:26	00:01:02	00:45:40	02:23:39	00:29:23
62	3241	2718	Nuno Tintim	-	SEN	Alhandra Sporting Clube	00:31:14	00:00:52	01:09:17	00:00:43	00:41:38	02:23:45	00:29:29
63	3177	2577	António Miguel Reis	-	SEN	Amiciclo	00:25:51	00:01:00	01:07:57	00:01:03	00:47:55	02:23:48	00:29:32
64	3524	3555	Paulo Sequeira	-	SEN	Peniche A. C.	00:26:29	00:01:01	01:11:22	00:00:55	00:44:09	02:23:57	00:29:41
65	3570	3686	Jordão Alves	-	SEN	Sport Clube Beira Mar	00:29:35	00:01:24	01:07:50	00:00:48	00:44:39	02:24:18	00:30:02
66	3571	3687	Carlos Rocha	-	SEN	Sport Clube Beira Mar	00:28:47	00:00:57	01:09:07	00:00:45	00:44:59	02:24:37	00:30:20
67	2142	3806	William Lemos	-	S23	C.F. Os Belenenses	00:29:39	00:01:42	01:09:10	00:00:50	00:43:18	02:24:42	00:30:25
68	3004	485	Bruno Silva	-	SEN	G. A. A. Vila Franca de Xira	00:28:58	00:01:06	01:10:29	00:00:49	00:43:18	02:24:42	00:30:26
69	3416	3193	Miguel Vigôço	-	SEN	Maia Atlético Clube (MAC)	00:25:45	00:01:31	01:13:17	00:01:05	00:43:14	02:24:54	00:30:38
70	4177	465	Paulo Silva	-	V1	Casa Benfica Faro/GASCAN	00:30:05	00:01:00	01:10:21	00:00:59	00:42:45	02:25:13	00:30:56
71	1071	2592	Andreia Ponte	-	JUN	Ginásio Clube de Sines	00:23:13	00:01:12	01:09:56	00:00:42	00:50:10	02:25:14	00:30:58
72	3195	2630	Ana Filipa Santos	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:25:39	00:00:50	01:12:39	00:00:47	00:46:58	02:26:54	00:32:38
73	5522	3154	Carlos Antunes	-	SEN	Individual	00:27:24	00:01:36	01:10:57	00:00:57	00:45:59	02:26:55	00:32:39
74	4108	879	Paulo Leitão Santos	-	V2	Peniche A. C.	00:27:35	00:01:06	01:08:17	00:00:50	00:49:24	02:27:14	00:32:57
75	3442	3280	Pedro Pinho	-	SEN	Clube Triatlo de Perosinho	00:32:27	00:01:49	01:11:33	00:01:02	00:40:34	02:27:27	00:33:11
76	3300	2871	Nélson Santos	-	SEN	A. R. S. C. Toledo	00:33:47	00:01:13	01:09:39	00:00:55	00:41:52	02:27:27	00:33:11
77	3576	3692	Jorge Manuel Vieira	-	SEN	Sport Clube Beira Mar	00:31:47	00:01:05	01:09:43	00:00:49	00:44:13	02:27:39	00:33:23
78	3189	3877	Tiago Teixeira	-	SEN	Individual	00:28:28	00:01:31	01:08:49	00:01:00	00:48:06	02:27:56	00:33:40
79	4129	2740	João Hipólito	-	V1	Alhandra Sporting Clube	00:29:26	00:01:03	01:08:26	00:00:55	00:48:16	02:28:07	00:33:51
80	3359	3071	Duarte Câmara	-	SEN	CAMADEIRA	00:26:25	00:01:06	01:13:13	00:00:54	00:46:46	02:28:25	00:34:09
81	1093	27	Mariana Costa	-	JUN	HALCON - SPIUK Olimpico de Oeiras	00:21:22	00:00:48	01:15:33	00:00:41	00:50:32	02:28:57	00:34:41
82	3488	262	Andreia Moço	-	SEN	Alhandra Sporting Clube	00:29:18	00:01:03	01:13:43	00:01:12	00:44:39	02:29:58	00:35:41
83	4052	770	Manuel Gonçalves	-	V2	C. N. Colégio Vasco da Gama	00:30:21	00:01:17	01:14:11	00:00:52	00:43:31	02:30:14	00:35:58
84	3494	3451	Rui Pedro Costa	-	SEN	C. N. Tejo	00:33:20	00:01:02	01:11:26	00:00:53	00:43:40	02:30:23	00:36:07
85	4199	890	Filipe Conceição	-	V1	Casa Benfica Faro/GASCAN	00:30:05	00:01:25	01:14:55	00:00:38	00:43:30	02:30:35	00:36:19
86	2110	2638	Liliana Filipa Silva	-	S23	Alhandra Sporting Clube	00:21:22	00:00:47	01:13:45	00:00:55	00:53:55	02:30:45	00:36:29
87	1196	3456	Fábio Coutinho	-	JUN	Alhandra Sporting Clube	00:23:08	00:00:55	01:10:46	00:00:51	00:55:16	02:30:56	00:36:40
88	3522	3550	Nuno Pereira	-	SEN	Quintajense Futebol Clube	00:27:04	00:01:09	01:10:51	00:01:24	00:50:39	02:31:09	00:36:53
89	3100	706	Luis Cipriano	-	SEN	A.D.C.R. Painho	00:34:17	00:01:51	01:11:48	00:01:03	00:42:19	02:31:19	00:37:03
90	3535	3574	Pedro Francisco	-	SEN	TRI CAP - Penafirme	00:31:37	00:01:49	01:12:10	00:00:39	00:45:25	02:31:43	00:37:26
91	4307	3659	Jorge Carlos Serra	-	V1	Açoreana Clube Banif	00:31:27	00:01:36	01:12:35	00:01:14	00:45:02	02:31:56	00:37:40
92	3182	580	Alexandre Ventura	-	SEN	C.N. Cartaxo	00:26:13	00:01:00	01:13:34	00:00:55	00:50:25	02:32:09	00:37:53
93	3320	2956	Sérgio Ribeiro	-	SEN	Individual	00:27:50	00:01:24	01:16:17	00:01:14	00:45:24	02:32:11	00:37:54
94	3537	3576	Dário Santos	-	SEN	TRI CAP - Penafirme	00:34:18	00:00:56	01:07:59	00:00:50	00:48:13	02:32:19	00:38:03
95	3502	3463	Miguel Algarvio	-	SEN	Clube de Praças da Armada	00:27:44	00:01:29	01:14:55	00:00:54	00:47:22	02:32:27	00:38:11
96	3203	2648	Pedro Soares Alves	-	SEN	Individual	00:28:35	00:01:36	01:15:29	00:01:01	00:45:55	02:32:38	00:38:22
97	4314	748	José Gonçalves	-	V1	Sport Clube Beira Mar	00:28:49	00:01:23	01:17:50	00:01:02	00:43:32	02:32:38	00:38:22
98	3555	3654	Vitor Almeida	-	SEN	Clube Triatlo de Perosinho	00:35:18	00:00:52	01:11:46	00:00:44	00:45:00	02:33:43	00:39:27

Data:	26-09-2009	Hora:	15h30	Local:	Setúbal				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	41.000 mt	T2:	0 mt	Corrida:	10.500 mt

Ranking:	Camp. Nac. Indiv.	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
99	2126	3497	Miguel Andrade	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:27:43	00:01:29	01:20:03	00:00:54	00:44:03	02:34:14	00:39:58
100	3591	3730	Paulo Janela	-	SEN	Clube de Triatlo de Almada	00:30:10	00:01:06	01:14:28	00:00:55	00:47:48	02:34:30	00:40:14
101	2092	3176	Pedro Miguel Gomes	-	S23	Alhandra Sporting Clube	00:21:43	00:00:51	01:20:11	00:00:58	00:51:13	02:34:58	00:40:42
102	3094	708	Pedro Fernandes	-	SEN	ABV Estoris	00:30:37	00:00:56	01:14:16	00:00:56	00:49:42	02:36:29	00:42:13
103	3295	2856	João Sousa Ferreira	-	SEN	Clube de Praças da Armada	00:37:26	00:02:04	01:12:55	00:01:06	00:43:00	02:36:34	00:42:17
104	2143	3817	Ana Teresa Machado	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:28:45	00:01:11	01:18:38	00:01:06	00:47:21	02:37:03	00:42:47
105	2085	2850	Vanessa Pereira	-	S23	COMPEED - Tri-Oeste	00:31:08	00:01:32	01:14:50	00:00:56	00:48:42	02:37:11	00:42:55
106	4259	3426	Paulo Neves	-	V1	O Clube de Veteranos do Porto	00:32:13	00:01:12	01:12:17	00:01:03	00:50:45	02:37:32	00:43:16
107	4268	3183	Vasco Soares	-	V1	Alhandra Sporting Clube	00:32:34	00:01:19	01:12:29	00:01:03	00:50:40	02:38:06	00:43:50
108	3431	3258	Henrique Venâncio	-	SEN	Peniche A. C.	00:35:12	00:01:32	01:09:40	00:01:05	00:50:47	02:38:18	00:44:02
109	4286	3558	Paulo Goulart	-	V1	C.F. Os Belenenses	00:31:02	00:01:12	01:13:34	00:01:10	00:51:45	02:38:44	00:44:28
110	3523	3551	Nuno Pinto	-	SEN	Quintajense Futebol Clube	00:30:13	00:02:01	01:13:34	00:01:10	00:52:41	02:39:41	00:45:24
111	4025	516	João Medeiro	-	V2	Serv. Soc. CGD	00:35:53	00:01:35	01:16:44	00:00:49	00:44:42	02:39:45	00:45:29
112	3376	3107	Nuno Mendes	-	SEN	C. C. D. M. Matosinhos	00:28:16	00:01:40	01:18:10	00:01:32	00:50:08	02:39:49	00:45:33
113	3514	3486	Hugo Matos	-	SEN	Clube de Praças da Armada	00:29:29	00:01:47	01:20:35	00:00:51	00:47:18	02:40:02	00:45:45
114	3326	2989	Nuno Barros	-	SEN	Assoc. Académica de S. Mamede	00:25:57	00:01:16	01:14:16	00:01:07	00:57:44	02:40:22	00:46:05
115	3015	538	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	00:26:31	00:01:12	01:18:18	00:00:57	00:53:37	02:40:36	00:46:20
116	3082	651	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	00:30:55	00:01:32	01:16:08	00:01:05	00:51:25	02:41:07	00:46:50
117	4241	3356	André Cunha	-	V1	Açoreana Clube Banif	00:32:44	00:01:18	01:16:24	00:00:50	00:50:07	02:41:26	00:47:09
118	3628	3842	Rui Pena	-	SEN	Individual	00:31:45	00:01:27	01:17:23	00:00:47	00:50:24	02:41:47	00:47:30
119	3508	3477	João Duarte	-	SEN	Núcleo Ciclismo da Baixa da Banheira	00:36:41	00:01:11	01:14:12	00:00:55	00:48:55	02:41:56	00:47:40
120	3397	3141	Alexandra Reis	-	SEN	Assoc. Académica de S. Mamede	00:28:09	00:01:18	01:20:53	00:00:55	00:50:50	02:42:06	00:47:50
121	3315	2938	Mário Figueiredo	-	SEN	Núcleo Ciclismo da Baixa da Banheira	00:40:48	00:01:29	01:13:25	00:00:45	00:45:56	02:42:25	00:48:09
122	4271	4615	Jorge Vieira	-	V1	G. A. A. Vila Franca de Xira	00:32:52	00:01:26	01:19:45	00:00:45	00:48:30	02:43:19	00:49:03
123	3526	3557	António Gouveia	-	SEN	C.F. Os Belenenses	00:37:57	00:01:09	01:15:04	00:00:50	00:48:55	02:43:55	00:49:39
124	3385	3138	Pedro Guedes	-	SEN	Porto Runners - McDonalds Parque	00:31:05	00:01:35	01:19:00	00:01:11	00:51:19	02:44:12	00:49:56
125	4303	3645	António Joaquim Reis	-	V2	Cl. Ferroviário de Vendas Novas	00:32:37	00:01:36	01:13:46	00:01:23	00:55:15	02:44:40	00:50:23
126	3575	3691	Josué Oliveira	-	SEN	Sport Clube Beira Mar	00:32:41	00:01:12	01:13:27	00:01:11	00:56:26	02:44:58	00:50:42
127	3209	2677	Pedro Miguel Lopes	-	SEN	Porto Runners - McDonalds Parque	00:35:29	00:01:05	01:17:29	00:00:49	00:50:15	02:45:09	00:50:53
128	4235	3338	Ricardo Aguiar	-	V2	Cl. Ferroviário de Vendas Novas	00:28:24	00:01:39	01:19:59	00:01:23	00:54:04	02:45:30	00:51:13
129	2128	3515	Nuno Rodrigues	-	S23	Clube de Triatlo de Almada	00:25:47	00:01:08	01:26:28	00:00:51	00:52:41	02:46:56	00:52:40
130	3466	3347	Ana Perestrelo	-	SEN	Clube Naval da Calheta	00:30:00	00:01:23	01:24:25	00:01:02	00:50:44	02:47:38	00:53:21
131	3324	2987	Luis Pimenta	-	SEN	C. N. Colégio Vasco da Gama	00:33:59	00:01:36	01:18:23	00:00:58	00:52:52	02:47:51	00:53:35
132	4045	757	Rogério Morais	-	V2	Cl. Ferroviário de Vendas Novas	00:31:24	00:01:43	01:19:57	00:01:21	00:53:44	02:48:11	00:53:55
133	4023	765	Francisco Bexiga	-	V3	Clube de Praças da Armada	00:29:36	00:02:04	01:20:11	00:00:51	00:55:50	02:48:34	00:54:18
134	3631	3845	Hugo Velez	-	Lazer	Individual	00:31:12	00:03:21	01:19:30	00:01:40	00:53:20	02:49:04	00:54:48
135	3525	3556	Elisabete Sousa	-	SEN	C.F. Os Belenenses	00:32:23	00:01:12	01:20:35	00:00:54	00:54:30	02:49:36	00:55:20
136	4189	2703	Carlos Serra	-	V1	Alhandra Sporting Clube	00:31:52	00:01:18	01:19:16	00:01:36	00:55:54	02:49:58	00:55:42
137	4305	3657	António João Santos	-	V1	Açoreana Clube Banif	00:32:51	00:02:35	01:19:13	00:01:57	00:53:36	02:50:14	00:55:58
138	3386	3139	Ana Nisa	-	SEN	COMPEED - Tri-Oeste	00:34:09	00:01:35	01:21:55	00:01:06	00:53:21	02:52:08	00:57:52
139	4165	2930	Carlos Candeias	-	V1	Açoreana Clube Banif	00:38:49	00:01:29	01:19:28	00:01:03	00:51:36	02:52:26	00:58:09
140	4336	3828	José Calheiros Dias	-	V2	Individual	00:27:54	00:02:01	01:25:35	00:01:53	00:55:46	02:53:11	00:58:55
141	3623	3834	Filipe Varandas	-	SEN	Individual	00:27:39	00:02:25	01:27:05	00:01:18	00:55:11	02:53:40	00:59:24
142	3590	3726	Nuno Miguel Moreira	-	SEN	Individual	00:28:44	00:02:14	01:25:06	00:02:20	00:55:52	02:54:18	01:00:02
143	4329	3802	Rui Correia	-	V4	Individual	00:35:09	00:01:56	01:17:57	00:01:31	00:58:37	02:55:12	01:00:56
144	4215	3232	José Luis Correia	-	V3	ABV Estoris	00:25:37	00:02:22	01:25:31	00:01:47	01:00:59	02:56:19	01:02:02
145	4335	3825	Filomena Gomes	-	V1	HALCON - SPIUK Olimpico de Oeiras	00:38:24	00:02:06	01:16:35	00:01:28	00:57:59	02:56:35	01:02:19
146	3383	3120	Sofia Valente	-	SEN	Núcleo Ciclismo da Baixa da Banheira	00:34:13	00:01:21	01:24:51	00:00:56	00:55:39	02:57:02	01:02:46
147	5520	3678	Rui Lemos	-	SEN	Porto Runners - McDonalds Parque	00:35:59	00:01:17	01:19:38	00:01:14	00:59:44	02:57:55	01:03:39

Data:	26-09-2009	Hora:	15h30	Local:	Setúbal				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	41.000 mt	T2:	0 mt	Corrida:	10.500 mt

Ranking:	Camp. Nac. Indiv.	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
148	3390	3158	Hélder Valente	-	SEN	Serv. Soc. CGD	00:36:19	00:01:37	01:19:35	00:01:19	00:59:28	02:58:20	01:04:04
149	3377	3108	Eurico Coelho	-	SEN	Assoc. Académica de S. Mamede	00:32:07	00:01:33	01:15:05	00:01:34	01:09:04	02:59:26	01:05:09
150	4337	3833	Vitor Carvalho	-	V2	Individual	00:27:22	00:02:47	01:25:35	00:01:40	01:04:15	03:01:40	01:07:24
	3474	3391	Silvia Pedroso	DQ	SEN	Assoc. Académica de S. Mamede	00:38:19	00:02:19					-
	3557	3656	António Guedes	DQ	SEN	Açoreana Clube Banif	00:41:22	00:02:13					-
	4294	3603	José Panóias	DQ	V3	Núcleo Ciclismo da Baixa da Banheira	00:41:26	00:02:02					-
	3256	2773	João Pedro Antunes	DQ	SEN	Casa Benfica Faro/GASCAN	00:42:38	00:01:30					-
	4046	816	Mário Melo	DQ	V4	Cl. Ferroviário de Vendas Novas	00:29:21	00:01:59					-
	3391	3159	Carlos Albano Silva	DQ	SEN	Serv. Soc. CGD	00:42:30	00:01:19					-
	3624	3837	José Camões	DQ	SEN	Núcleo Ciclismo da Baixa da Banheira	00:36:11	00:01:07					-
	3143	3872	Daniel Reis	DQ	SEN	Assoc. Académica de S. Mamede	00:39:18	00:01:51					-
	3574	3690	Miguel Lopes	DNF	SEN	Individual	00:35:43	00:01:58					-
	1249	3646	João Curado	DNF	JUN	Sporting Clube de Portugal	00:19:20	00:00:53	01:18:54	00:01:58			-
	4279	3518	João Morgado	DNF	V1	Clube de Triatlo de Almada	00:35:51	00:02:07	01:22:32	00:01:36			-
	1149	34	Guilherme Marques	DNF	JUN	Sporting Clube de Portugal	00:21:02	00:00:44	01:03:51				-
	4042	753	João Rita	DNF	V3	Casa Benfica Faro/GASCAN	00:28:56	00:01:36	01:08:31	00:01:07			-
	1192	3353	Sérgio Filipe Monteiro	DNF	JUN	HALCON - SPIUK Olimpico de Oeiras	00:23:43	00:00:58	01:07:04	00:00:45			-
	2086	12	Bárbara Clemente	DNF	S23	HALCON - SPIUK Olimpico de Oeiras	00:22:32	00:00:55					-
	3331	3005	Carlos Nóbrega	DNF	SEN	Clube Futebol Andorinha	00:25:43	00:01:13	01:07:28				-
	4060	762	António Moura	DNF	V2	SR Camarnal / Seguros Contacto /	00:26:11	00:00:55					-
	3599	3777	João França Alves	DNF	SEN	Individual	00:24:37	00:01:42					-
	3625	3839	Ricardo Clemente	DNF	SEN	C.F. Os Belenenses	00:33:35	00:01:31	01:17:05	00:01:18			-
	3632	3846	Rui Marques	DNF	Lazer	Individual	00:34:04	00:02:19	01:09:11	00:02:08			-
	2112	3446	Ivan Costa	DNF	S23	Alhandra Sporting Clube	00:27:46	00:00:59					-
	3597	3753	Rui Choças	DNS	SEN	Individual							-
	3561	3665	Pedro Albino	DNS	SEN	Assoc. Académica de S. Mamede							-
	3181	2581	Luis Correia Ferreira	DNS	SEN	Assoc. Académica de S. Mamede							-
	3135	2515	Mário Guedes	DNS	SEN	Assoc. Académica de S. Mamede							-
	4082	862	José Maçarria	DNS	V2	Ginásio Clube Figueirense							-
	3543	3590	Manuel Raposo	DNS	SEN	Individual							-
	2127	2513	Diogo Custódio	DNS	S23	Sporting Clube de Portugal							-
	1117	2896	Hugo Ventura	DNS	JUN	HALCON - SPIUK Olimpico de Oeiras							-
	4216	3240	Maria João Azevedo	DNS	V2	Individual							-
	2120	128	Tânia Boleta	DNS	S23	Ginásio Clube de Sines							-
	3440	3277	Filipa Fernandes	DNS	SEN	Individual							-
	3321	2957	Luis Lourenço	DNS	SEN	Molly Maid - Vitoria de Janes							-
	3036	732	Nuno Campos	DNS	SEN	Clube de Praças da Armada							-
	3001	627	Paulo Teles	DNS	SEN	G. A. A. Vila Franca de Xira							-
	4204	3194	Mário Sousa	DNS	V2	Peniche A. C.							-
	3170	2562	Rui Simões	DNS	SEN	Alhandra Sporting Clube							-
	4243	2990	Alfredo Azevedo	DNS	V1	Individual							-
	4070	624	Humberto Lomba	DNS	V1	Clube Millennium BCP							-
	1260	2293	Inês Jorge	DNS	JUN	Sporting Clube de Portugal							-
	3183	2589	Ricardo Figueira Silva	DNS	SEN	C. N. Colégio Vasco da Gama							-
	4257	3424	Stephen Parry	DNS	V3	Individual							-
	3318	2953	Leandro Pinto	DNS	SEN	Individual							-
	3621	3830	Fábio Magalhães	DNS	SEN	Clube Triatlo de Perosinho							-
	3414	3191	Otelo Fontes	DNS	SEN	Individual							-