

Data:	03-10-2009	Hora:	16h30	Local:	Coimbra			
Natação	300 mt	Ciclismo:	7.000 mt	Corrida:	2.000 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lug	Dorsal	Lic	Nome	PEN	Escal	Nome de clube	Total	Diff
1	5208		Bruno Pereira	-	JUN	Individual	00:25:35	
2	5213		João Piteira	-	JUN	Individual	00:25:56	00:00:20
3	3586	3716	Miguel Carneiro	-	SEN	Clube de Praças da Armada	00:26:34	00:00:59
4	5222		Paulo Ribeiro	-	V2	Individual	00:27:23	00:01:47
5	5224		Rafael Lourenço	-	SEN	Individual	00:27:35	00:01:59
6	3526	3557	António Gouveia	-	SEN	C.F. Os Belenenses	00:28:33	00:02:57
7	5274		Paulo Espírito Santo	-	SEN	Individual	00:28:38	00:03:02
8	5211		Francisco Miguel	-	SEN	Individual	00:29:15	00:03:40
9	3624	3837	José Camões	-	SEN	Núcleo Ciclismo da Baixa da Banheira	00:29:45	00:04:09
10	5226		Ricardo Martins	-	SEN	Individual	00:29:48	00:04:12
11	5223		Pedro Vieira	-	SEN	Individual	00:30:06	00:04:30
12	5220		Nuno Piteira	-	S23	Individual	00:30:29	00:04:53
13	5269		João Albuquerque	-	V2	Individual	00:30:39	00:05:03
14	5228		Vitor Penetra	-	SEN	Individual	00:31:16	00:05:41
15	3638	3863	Paulo Oliveira	-	SEN	Individual	00:31:20	00:05:44
16	5270		Sérgio Figueiredo	-	SEN	Individual	00:34:24	00:08:49
17	5209		Carlos Pedroso	-	SEN	Individual	00:37:05	00:11:29
18	5229		Vitor Fernandes	-	V4	Individual	00:37:30	00:11:55
19	5218		Marco Anjos	-	JUN	Individual	00:39:30	00:13:54
	4115	499	António Ervideira	DNS	V1	COMPEED - Tri-Oeste		-
	3633	3847	Cláudio Costa	DNS	SEN	Individual		-
	5212		João Luis	DNS	SEN	Individual		-
	5214		Luis Santos	DNS	SEN	Individual		-
	5215		Luis Isidoro	DNS	SEN	Individual		-
	5217		Luis Paixão	DNS	SEN	Individual		-
	5225		Renato Cardoso	DNS	SEN	Individual		-