

|         |            |           |          |          |          |  |  |  |
|---------|------------|-----------|----------|----------|----------|--|--|--|
| 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 |
|----------|---------------|------------------|-------|

| Escal | Lug | Lg Ind | Dorsal | Lic | Nome | PEN | Nome de clube | Total | Diff |
|-------|-----|--------|--------|-----|------|-----|---------------|-------|------|
|-------|-----|--------|--------|-----|------|-----|---------------|-------|------|

|     |   |    |      |  |               |   |            |          |          |
|-----|---|----|------|--|---------------|---|------------|----------|----------|
| JUN | 1 | 1  | 5208 |  | Bruno Pereira | - | Individual | 00:25:35 |          |
| JUN | 2 | 2  | 5213 |  | João Piteira  | - | Individual | 00:25:56 | 00:00:20 |
| JUN | 3 | 19 | 5218 |  | Marco Anjos   | - | Individual | 00:39:30 | 00:13:54 |

|     |   |    |      |  |              |   |            |          |  |
|-----|---|----|------|--|--------------|---|------------|----------|--|
| S23 | 1 | 12 | 5220 |  | Nuno Piteira | - | Individual | 00:30:29 |  |
|-----|---|----|------|--|--------------|---|------------|----------|--|

|     |    |    |      |      |                      |   |                                      |          |          |
|-----|----|----|------|------|----------------------|---|--------------------------------------|----------|----------|
| SEN | 1  | 3  | 3586 | 3716 | Miguel Carneiro      | - | Clube de Praças da Armada            | 00:26:34 |          |
| SEN | 2  | 5  | 5224 |      | Rafael Lourenço      | - | Individual                           | 00:27:35 | 00:01:00 |
| SEN | 3  | 6  | 3526 | 3557 | António Gouveia      | - | C.F. Os Belenenses                   | 00:28:33 | 00:01:58 |
| SEN | 4  | 7  | 5274 |      | Paulo Espírito Santo | - | Individual                           | 00:28:38 | 00:02:03 |
| SEN | 5  | 8  | 5211 |      | Francisco Miguel     | - | Individual                           | 00:29:15 | 00:02:41 |
| SEN | 6  | 9  | 3624 | 3837 | José Camões          | - | Núcleo Ciclismo da Baixa da Banheira | 00:29:45 | 00:03:10 |
| SEN | 7  | 10 | 5226 |      | Ricardo Martins      | - | Individual                           | 00:29:48 | 00:03:13 |
| SEN | 8  | 11 | 5223 |      | Pedro Vieira         | - | Individual                           | 00:30:06 | 00:03:31 |
| SEN | 9  | 14 | 5228 |      | Vitor Penetra        | - | Individual                           | 00:31:16 | 00:04:42 |
| SEN | 10 | 15 | 3638 | 3863 | Paulo Oliveira       | - | Individual                           | 00:31:20 | 00:04:45 |
| SEN | 11 | 16 | 5270 |      | Sérgio Figueiredo    | - | Individual                           | 00:34:24 | 00:07:50 |
| SEN | 12 | 17 | 5209 |      | Carlos Pedrosa       | - | Individual                           | 00:37:05 | 00:10:30 |

|    |   |    |      |  |                  |   |            |          |          |
|----|---|----|------|--|------------------|---|------------|----------|----------|
| V2 | 1 | 4  | 5222 |  | Paulo Ribeiro    | - | Individual | 00:27:23 |          |
| V2 | 2 | 13 | 5269 |  | João Albuquerque | - | Individual | 00:30:39 | 00:03:15 |

|    |   |    |      |  |                 |   |            |          |  |
|----|---|----|------|--|-----------------|---|------------|----------|--|
| V4 | 1 | 18 | 5229 |  | Vitor Fernandes | - | Individual | 00:37:30 |  |
|----|---|----|------|--|-----------------|---|------------|----------|--|