

Data:	18-10-2009	Hora:	11h00	Local:	Estoril				
Natação	1.500 mt	Transição 1	150 mt	Ciclismo:	40.000 mt	Transição 2	100 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h30
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	Transiç	Ciclism	Transiç	Corrida	Total	Diff
1	3016	575	Bruno Pais	-	SEN	Sport Lisboa e Benfica	00:18:17			00:00:30	00:34:18	01:56:31	
2	3284	352	Pedro Gomes	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:18:27	00:00:57	01:02:18	00:00:36	00:36:52	01:59:13	00:02:41
3	2070	2695	João José Pereira	-	S23	Alhandra Sporting Clube	00:18:18	00:00:47	01:07:36			02:00:27	00:03:55
4	2088	179	Miguel Arraiolos	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:18:24	00:00:57	01:07:21	00:00:32	00:33:57	02:01:13	00:04:42
5	3291	364	Duarte Marques	-	SEN	SR Camarnal / Seguros Contacto /	00:18:28	00:00:50	01:07:28	00:00:31	00:34:06	02:01:26	00:04:54
6	2124	2570	Vasco Pessoa	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:18:21	00:01:01	01:07:22	00:00:33	00:35:17	02:02:35	00:06:04
7	2087	102	José Estrangeiro	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:19:58	00:00:58	01:08:20	00:00:29	00:34:26	02:04:13	00:07:42
8	1063	52	Ruben Costa	-	JUN	Sporting Clube de Portugal	00:18:35	00:01:00	01:09:42	00:00:32	00:34:36	02:04:27	00:07:55
9	1095	2522	João Amorim	-	JUN	Alhandra Sporting Clube	00:18:22	00:00:55	01:07:24	00:00:33	00:38:04	02:05:19	00:08:48
10	1156	3009	Pedro Araújo Mendes	-	JUN	C.N. Cartaxo	00:18:18	00:01:02	01:10:07	00:00:34	00:35:21	02:05:23	00:08:51
11	1167	3143	José Veiga	-	JUN	HALCON - SPIUK Olimpico de Oeiras	00:20:20	00:01:04	01:08:07	00:00:39	00:35:22	02:05:35	00:09:03
12	3127	468	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	00:21:56	00:01:03	01:06:35	00:00:38	00:35:58	02:06:12	00:09:41
13	3412	417	Rui Dolores	-	SEN	Amiciclo	00:21:02	00:01:05	01:07:20	00:00:35	00:36:27	02:06:32	00:10:00
14	1105	35	João Serrano	-	JUN	SR Camarnal / Seguros Contacto /	00:18:18	00:01:03	01:07:18	00:00:30	00:39:34	02:06:45	00:10:14
15	1199	3433	André Cortezão Ferreira	-	JUN	Clube Futebol Andorinha	00:20:23	00:01:08	01:07:49	00:00:35	00:38:02	02:08:00	00:11:28
16	3260	360	Rafael Gomes	-	SEN	Amiciclo	00:21:54	00:01:11	01:06:46	00:00:43	00:37:38	02:08:13	00:11:42
17	3583	3708	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	00:20:48	00:01:06	01:07:41	00:00:46	00:37:55	02:08:18	00:11:46
18	3261	462	David Caldeirão	-	SEN	COMPEED - Tri-Oeste	00:20:51	00:01:05	01:07:35	00:00:36	00:39:12	02:09:21	00:12:49
19	1154	2636	Diogo Mata Tristão	-	JUN	Alhandra Sporting Clube	00:19:56	00:01:07	01:08:20	00:00:31	00:39:41	02:09:37	00:13:06
20	3342	3044	Rodrigo Baltazar	-	SEN	Sporting Clube de Portugal	00:21:51	00:01:07	01:06:32	00:00:32	00:39:40	02:09:44	00:13:12
21	4192	626	Rui Melo	-	V1	COMPEED - Tri-Oeste	00:23:24	00:01:14	01:08:36	00:00:33	00:36:01	02:09:50	00:13:18
22	3214	2684	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	00:23:25	00:01:14	01:08:26	00:00:37	00:36:26	02:10:10	00:13:38
23	3264	2799	Manuel Alves	-	SEN	Sporting Clube de Portugal	00:22:27	00:01:08	01:08:02	00:00:39	00:38:17	02:10:36	00:14:04
24	3618	3824	Fernando Cortés	-	SEN	Porto Runners - McDonalds Parque	00:20:58	00:01:15	01:07:20			02:11:00	00:14:29
25	3542	3358	Pedro Madeira	-	SEN	Molly Maid - Vitoria de Janes	00:23:01	00:01:16	01:08:52	00:00:34	00:38:37	02:12:22	00:15:50
26	1155	3078	Miguel Marques	-	JUN	Alhandra Sporting Clube	00:20:09	00:01:06			00:42:54	02:13:07	00:16:36
27	3367	3088	Roberto Lúcio	-	SEN	CAMADEIRA	00:22:22	00:01:15	01:06:00	00:01:15	00:42:33	02:13:28	00:16:56
28	3485	3440	Nuno Patrício	-	SEN	C.N. Alvito	00:23:30	00:01:15	01:08:27	00:00:46	00:39:56	02:13:56	00:17:25
29	2127	2513	Diogo Custódio	-	S23	Sporting Clube de Portugal	00:19:54	00:01:08	01:08:19	00:00:32	00:44:18	02:14:13	00:17:42
30	4013	648	Miguel Fragoso	-	V1	HALCON - SPIUK Olimpico de Oeiras	00:23:27	00:01:11	01:08:36	00:00:42	00:40:17	02:14:15	00:17:43
31	4032	769	Carlos Gomes	-	V2	Oeiras Sport Clube - TRANSINSULAR	00:27:22	00:01:06	01:09:14	00:00:41	00:36:03	02:14:27	00:17:56
32	1217	62	Jorge Alves	-	JUN	HALCON - SPIUK Olimpico de Oeiras	00:25:12	00:01:05	01:09:23	00:00:32	00:38:19	02:14:33	00:18:01
33	3285	2840	Hugo Ferreira	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:25:54	00:01:21	01:08:33	00:00:44	00:38:10	02:14:43	00:18:12
34	3173	2564	José Lino	-	SEN	C. N. Tejo	00:25:47	00:01:06	01:08:48	00:00:41	00:38:28	02:14:53	00:18:22
35	3206	338	André Guimarães	-	SEN	Maia Atlético Clube (MAC)	00:29:53	00:01:31	01:06:15	00:00:36	00:36:59	02:15:16	00:18:44
36	3559	3663	António Luis Barbosa	-	SEN	Assoc. Académica de S. Mamede	00:26:42	00:01:26	01:09:33	00:00:42	00:36:53	02:15:18	00:18:46
37	3453	3305	Armandino Chaves	-	SEN	CARDES - C. A. D. de Barbeita	00:26:27	00:01:13			00:39:34	02:15:55	00:19:23
38	4274	3467	Carlos Brito	-	V3	Molly Maid - Vitoria de Janes	00:22:28	00:01:00	01:09:44	00:00:38	00:42:10	02:16:02	00:19:30
39	3591	3730	Paulo Janela	-	SEN	Clube de Triatlo de Almada	00:29:23	00:01:19	01:06:56	00:00:40	00:37:51	02:16:10	00:19:39
40	3142	2526	Pedro Figueira	-	SEN	Ribabike / Assoc. 20 Km de Almeirim	00:23:17	00:01:17	01:08:39	00:00:41	00:42:24	02:16:19	00:19:48
41	3113	579	Duarte Barreto	-	SEN	C.N. Cartaxo	00:23:20	00:01:03	01:08:45	00:00:43	00:43:02	02:16:54	00:20:23
42	4147	629	Fernando Carmo	-	V1	C. N. Colégio Vasco da Gama	00:28:42	00:01:28	01:07:30	00:00:45	00:39:00	02:17:26	00:20:55
43	3321	2957	Luis Lourenço	-	SEN	Molly Maid - Vitoria de Janes	00:23:56	00:01:22	01:10:31	00:00:41	00:40:55	02:17:27	00:20:55
44	4128	623	Luis Filipe Lopes	-	V1	Sporting Clube de Portugal	00:21:57	00:01:17	01:12:38	00:01:10	00:40:52	02:17:56	00:21:24
45	3304	2892	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	00:22:36	00:01:33	01:09:07	00:00:54	00:44:12	02:18:25	00:21:53
46	3416	3193	Miguel Vigôço	-	SEN	Maia Atlético Clube (MAC)	00:25:07	00:01:29	01:11:13	00:00:43	00:40:22	02:18:57	00:22:25
47	3318	2953	Leandro Pinto	-	SEN	Individual	00:25:21	00:01:21	01:09:04	00:00:40	00:43:13	02:19:41	00:23:09
48	3524	3555	Paulo Sequeira	-	SEN	Peniche A. C.	00:25:48	00:01:25	01:10:39	00:00:44	00:41:09	02:19:47	00:23:15
49	3570	3686	Jordão Alves	-	SEN	Sport Clube Beira Mar	00:27:35	00:01:35	01:08:34	00:00:40	00:41:55	02:20:21	00:23:49

Data:	18-10-2009	Hora:	11h00	Local:	Estoril				
Natação	1.500 mt	Transição 1	150 mt	Ciclismo:	40.000 mt	Transição 2	100 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h30
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	Transiç	Ciclism	Transiç	Corrida	Total	Diff
50	3571	3687	Carlos Rocha	-	SEN	Sport Clube Beira Mar	00:28:30	00:01:28	01:07:50	00:00:42	00:41:56	02:20:27	00:23:55
51	3207	2662	José Magalhães Dias	-	SEN	A.D.C.R. Painho	00:25:55	00:01:32	01:10:19	00:00:55	00:42:10	02:20:53	00:24:21
52	3580	3697	Hugo Brito	-	SEN	C.F. Os Belenenses	00:25:00	00:01:16	01:11:32	00:00:41	00:42:51	02:21:20	00:24:49
53	3241	2718	Nuno Tintim	-	SEN	Alhandra Sporting Clube	00:30:37	00:01:23	01:10:49	00:00:38	00:38:55	02:22:24	00:25:53
54	3001	627	Paulo Teles	-	SEN	G. A. A. Vila Franca de Xira	00:26:26	00:01:36	01:09:45	00:01:04	00:43:49	02:22:41	00:26:10
55	3576	3692	Jorge Manuel Vieira	-	SEN	Sport Clube Beira Mar	00:30:51	00:01:17	01:09:45	00:00:48	00:40:59	02:23:41	00:27:10
56	3177	2577	António Miguel Reis	-	SEN	Amiciclo	00:24:36	00:01:33	01:11:36	00:01:03	00:45:15	02:24:05	00:27:33
57	3359	3071	Duarte Câmara	-	SEN	CAMADEIRA	00:25:53	00:01:32	01:10:27	00:00:48	00:45:35	02:24:16	00:27:45
58	4178	3039	Joaquim Fernandes	-	V2	Clube Futebol Andorinha	00:29:09	00:01:27	01:11:34	00:00:44	00:42:06	02:25:02	00:28:30
59	1196	3456	Fábio Coutinho	-	JUN	Alhandra Sporting Clube	00:21:58	00:01:10	01:10:07	00:00:43	00:51:45	02:25:45	00:29:14
60	3004	485	Bruno Silva	-	SEN	G. A. A. Vila Franca de Xira	00:25:57	00:01:35	01:14:40	00:00:45	00:42:58	02:25:56	00:29:25
61	2112	3446	Ivan Costa	-	S23	Alhandra Sporting Clube	00:25:41	00:01:20	01:15:13	00:00:46	00:44:55	02:27:57	00:31:25
62	3100	706	Luis Cipriano	-	SEN	A.D.C.R. Painho	00:31:14	00:01:58	01:12:13	00:00:58	00:42:40	02:29:05	00:32:34
63	2092	3176	Pedro Miguel Gomes	-	S23	Alhandra Sporting Clube	00:21:49	00:01:14	01:18:40	00:00:45	00:48:42	02:31:14	00:34:42
64	3522	3550	Nuno Pereira	-	SEN	Quintajense Futebol Clube	00:26:28	00:01:33	01:14:57	00:00:48	00:49:25	02:33:12	00:36:41
65	4052	770	Manuel Gonçalves	-	V2	C. N. Colégio Vasco da Gama	00:28:40	00:01:38	01:19:52	00:00:45	00:43:05	02:34:03	00:37:31
66	5523	2835	Paulo Margarido	-	V1	Ludens Clube do Machico	00:25:29	00:01:51	01:25:16	00:00:50	00:41:14	02:34:42	00:38:10
67	3315	2938	Mário Figueiredo	-	SEN	Núcleo Ciclismo da Baixa da Banheira	00:37:39	00:01:29	01:17:51	00:00:39	00:42:46	02:40:26	00:43:54
68	4234	3337	José Gama	-	V1	Individual	00:27:40	00:03:26	01:15:42	00:01:26	00:54:18	02:42:34	00:46:02
	3244	2735	Carlos Fernandes	DQ	SEN	Oeiras Sport Clube - TRANSINSULAR	00:23:41	00:01:11	01:10:51	00:00:42	00:37:53	02:14:19	00:17:48
	3219	2690	Ricardo Ferreira	DNF	SEN	ABV Estoris	00:22:26						-
	3394	3136	Valdo Neves	DNF	SEN	Clube de Triatlo de Almada	00:25:37	00:01:16					-
	1185	3312	Celso Nóbrega	DNF	JUN	Clube Futebol Andorinha	00:23:08	00:01:08					-
	1106	37	Fabrió Tomás	DNF	JUN	Alhandra Sporting Clube	00:18:31	00:00:57					-
	1094	20	Bruno Pereira	DNF	JUN	Alhandra Sporting Clube	00:19:58	00:00:59					-
	3473	3375	Luis Mendes	DNF	SEN	C. D. Escola Santana	00:23:36	00:01:19					-
	4187	2694	Rui Ferreira	DNS	V1	Individual							-
	3180	730	Paulo Jorge Barradas	DNS	SEN	Individual							-
	1117	2896	Hugo Ventura	DNS	JUN	HALCON - SPIUK Olímpico de Oeiras							-
	3053	474	Sérgio Marques	DNS	SEN	COMPEED - Tri-Oeste							-
	3599	3777	João França Alves	DNS	SEN	Individual							-
	3396	3140	Jorge Figueiredo	DNS	SEN	CARDES - C. A. D. de Barbeita							-