

Data:	18-10-2009	Hora:	09h18	Local:	Estoril			
Natação	300 mt	Ciclismo:	10.000 mt	Corrida:	2.400 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h03
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	1203	3122	Rafael Ribeiro	-	JUN	Alhandra Sporting Clube	7	00:04:08	14		14		00:33:32	
2	1249	3646	João Curado	-	JUN	Sporting Clube de Portugal	4	00:04:06	1		1		00:33:34	00:00:01
3	5320		Nelson Silva	-	SEN	Individual	47	00:05:41	26	00:20:18	25	00:07:40	00:33:39	00:00:06
4	1247	3616	Filipe Azevedo	-	JUN	Cl. Ferroviário de Vendas Novas	8	00:04:09	29	00:20:55	30	00:09:16	00:34:21	00:00:49
5	1216	221	Pedro Miguel Amaral	-	JUN	Sporting Clube de Portugal	6	00:04:08	9		9		00:34:31	00:00:59
6	1170	153	Gonçalo Barros	-	JUN	Ginásio Clube de Sines	16	00:04:44	27	00:20:28	37	00:09:25	00:34:37	00:01:04
7	1235	3549	Raquel Rocha	-	JUN	Alhandra Sporting Clube	10	00:04:19	28	00:20:48	41	00:09:40	00:34:49	00:01:16
8	1223	230	Rui Tenrinho	-	JUN	C.F. Os Belenenses	9	00:04:11	8		8		00:35:00	00:01:28
9	1233	3546	Diogo Rosa	-	JUN	C. N. Tejo	38	00:05:21	5		5		00:35:14	00:01:41
10	1202	2947	Ivo Cristeta	-	JUN	Alhandra Sporting Clube	11	00:04:25	15		15		00:35:33	00:02:00
11	1042	3876	João Francisco Ferreira	-	JUN	C. N. Tejo	22	00:04:53	16		16		00:35:47	00:02:14
12	1192	3353	Sérgio Filipe Monteiro	-	JUN	HALCON - SPIUK Olimpico de Oeiras	20	00:04:51	10		10		00:35:54	00:02:21
13	5400		Duarte Mourão	-	SEN	Individual	3	00:04:05	24		23		00:36:19	00:02:46
14	3102	662	Alexandre Feliz	-	SEN	COMPEED - Tri-Oeste	28	00:05:02	30	00:21:19	58	00:10:12	00:36:34	00:03:01
15	1204	3307	Filipe Miguel Lopes	-	JUN	Alhandra Sporting Clube	31	00:05:14	46	00:22:40	27	00:08:44	00:36:38	00:03:06
16	3586	3716	Miguel Carneiro	-	SEN	Clube de Praças da Armada	21	00:04:51	34	00:22:05	43	00:09:45	00:36:42	00:03:09
17	1231	3389	João Caeiro	-	JUN	C.N. Alvito	48	00:05:42	31	00:21:45	32	00:09:17	00:36:45	00:03:12
18	1164	3150	David Maia	-	JUN	HALCON - SPIUK Olimpico de Oeiras	12	00:04:30	33	00:21:52	68	00:10:24	00:36:47	00:03:14
19	5225		David Luis	-	JUV	Individual	13	00:04:33	35	00:22:15	62	00:10:18	00:37:06	00:03:34
20	5368		Rui Pacheco	-	SEN	Individual	74	00:06:14	37	00:22:20	26	00:08:31	00:37:07	00:03:34
21	5330		Nuno Ventura	-	SEN	Individual	59	00:05:58	32	00:21:47	39	00:09:27	00:37:14	00:03:41
22	2114	215	João Inácio	-	S23	Oeiras Sport Clube - TRANSINSULAR	26	00:04:56	42	00:22:33	47	00:09:56	00:37:25	00:03:52
23	1214	3246	Simão Sousa	-	JUN	HALCON - SPIUK Olimpico de Oeiras	15	00:04:41	45	00:22:39	60	00:10:16	00:37:36	00:04:03
24	5405		Saúl Morais	-	JUN	Individual	5	00:04:06	47	00:22:43	76	00:10:46	00:37:36	00:04:04
25	3054	739	António Luz Gomes	-	SEN	Oeiras Sport Clube - TRANSINSULAR	35	00:05:19	36	00:22:16	54	00:10:04	00:37:40	00:04:08
26	4299	3640	Luis Serrazina	-	V1	Externato Cooperativo da Benedita	116	00:07:01	2		2		00:37:49	00:04:16
27	2109	2631	David Ferreira	-	S23	Alhandra Sporting Clube	34	00:05:18	38	00:22:21	59	00:10:14	00:37:54	00:04:21
28	5364		Ricardo Silva	-	SEN	Individual	60	00:05:58	41	00:22:31	38	00:09:27	00:37:57	00:04:24
29	1209	147	Diogo Goulão Henriques	-	JUN	Ginásio Clube de Sines	43	00:05:25	12		12		00:37:59	00:04:26
30	5245		João Oliveira	-	JUV	Individual	32	00:05:15	54	00:23:31	35	00:09:22	00:38:08	00:04:36
31	3529	3564	Paulo Roberto Pereira	-	SEN	Amiciclo	23	00:04:54	51	00:22:55	63	00:10:19	00:38:09	00:04:36
32	3057	734	Henrique Matias	-	SEN	Oeiras Sport Clube - TRANSINSULAR	63	00:06:01	43	00:22:36	42	00:09:42	00:38:19	00:04:47
33	1201	2627	André Estevam	-	JUN	Alhandra Sporting Clube	19	00:04:49	49	00:22:48	81	00:10:48	00:38:27	00:04:54
34	2135	3600	Rúben Reis	-	S23	ABV Estoris	85	00:06:25	50	00:22:51	29	00:09:12	00:38:28	00:04:55
35	5329		Nuno Nogueira	-	JUV	Individual	14	00:04:40	58	00:23:53	48	00:09:56	00:38:30	00:04:57
36	4115	499	António Ervideira	-	V1	COMPEED - Tri-Oeste	115	00:06:58	40	00:22:26	33	00:09:17	00:38:42	00:05:09
37	5234		Henrique Avelar	-	SEN	Individual	98	00:06:34	39	00:22:22	50	00:09:56	00:38:54	00:05:21
38	3181	2581	Luis Correia Ferreira	-	SEN	Assoc. Académica de S. Mamede	30	00:05:06	70	00:24:32	34	00:09:18	00:38:57	00:05:24
39	3526	3557	António Gouveia	-	SEN	C.F. Os Belenenses	93	00:06:30	44	00:22:38	45	00:09:51	00:39:01	00:05:28
40	5350		Pedro Carreira	-	SEN	Individual	110	00:06:50	48	00:22:47	40	00:09:37	00:39:15	00:05:42
41	3521	710	João Nicolau	-	SEN	C. N. Tejo	27	00:05:01	56	00:23:48	69	00:10:28	00:39:17	00:05:45
42	5295		Luis Rosário	-	V1	Individual	66	00:06:04	55	00:23:44	49	00:09:56	00:39:45	00:06:12
43	2118	3343	Rúben Perdigoto	-	S23	Molly Maid - Vitoria de Janes	37	00:05:20	13		13		00:39:53	00:06:20
44	5092		Bruno Dias	-	SEN	Individual	72	00:06:13	67	00:24:27	31	00:09:16	00:39:57	00:06:25
45	3518	3534	David Chéu Martins	-	SEN	Associação Naval Amorense	40	00:05:23	7		7		00:40:05	00:06:33
46	3003	854	César Andrade	-	SEN	G. A. A. Vila Franca de Xira	49	00:05:42	61	00:24:03	64	00:10:20	00:40:06	00:06:33
47	3515	3498	Jorge Borges	-	SEN	G. D. P. CIMPOR - Alhandra	97	00:06:34	52	00:23:01	71	00:10:33	00:40:09	00:06:36
48	2094	126	Joaquim Guerreiro	-	S23	Amiciclo	69	00:06:06	68	00:24:30	52	00:10:00	00:40:36	00:07:04
49	3508	3477	João Duarte	-	SEN	Núcleo Ciclismo da Baixa da Banheira	122	00:07:09	11		11		00:40:46	00:07:13

Data:	18-10-2009	Hora:	09h18	Local:	Estoril			
Natação	300 mt	Ciclismo:	10.000 mt	Corrida:	2.400 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h03
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	5345		Pedro Alexandre Vieira	-	SEN	Individual	108	00:06:49	59	00:23:54	67	00:10:22	00:41:06	00:07:34
51	1260	2293	Inês Jorge	-	JUN	Sporting Clube de Portugal	18	00:04:45	82	00:25:38	80	00:10:47	00:41:11	00:07:39
52	3546	3601	Nuno Felício	-	SEN	ABV Estoris	46	00:05:40	74	00:24:46	79	00:10:46	00:41:13	00:07:40
53	3094	708	Pedro Fernandes	-	SEN	ABV Estoris	58	00:05:58	62	00:24:24	83	00:10:55	00:41:17	00:07:44
54	3076	687	Rui Pereira	-	SEN	Cl. Ferroviário de Vendas Novas	87	00:06:26	57	00:23:53	85	00:10:58	00:41:18	00:07:45
55	4195	528	Sérgio Oliveira	-	V1	ABV Estoris	111	00:06:51	53	00:23:11	95	00:11:16	00:41:19	00:07:46
56	1229	3532	Luis Maia	-	JUN	Associação Naval Amorense	42	00:05:24	94	00:26:11	46	00:09:54	00:41:30	00:07:57
57	5306		Manuel Eliseu	-	JUN	Individual	25	00:04:55	20		20		00:41:30	00:07:58
58	5324		Nuno Afonso	-	JUN	Individual	24	00:04:55	75	00:24:52	112	00:11:47	00:41:35	00:08:03
59	5242		João Faria	-	SEN	Individual	70	00:06:07	79	00:25:31	53	00:10:04	00:41:43	00:08:11
60	4286	3558	Paulo Goulart	-	V1	C.F. Os Belenenses	91	00:06:29	4		4		00:41:46	00:08:14
61	3082	651	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	61	00:05:59	69	00:24:31	101	00:11:24	00:41:55	00:08:22
62	3324	2987	Luis Pimenta	-	SEN	C. N. Colégio Vasco da Gama	90	00:06:28	6		6		00:42:06	00:08:33
63	5013		Ana Ferreira	-	SEN	Individual	124	00:07:12	76	00:24:59	51	00:09:57	00:42:08	00:08:35
64	4303	3645	António Joaquim Reis	-	V2	Cl. Ferroviário de Vendas Novas	130	00:07:18	73	00:24:41	61	00:10:17	00:42:17	00:08:45
65	5403		João Garcia	-	V1	Individual	126	00:07:15	60	00:24:00	89	00:11:06	00:42:22	00:08:49
66	1200	2626	Laura Costa Bento	-	JUN	Alhandra Sporting Clube	17	00:04:45	92	00:26:03	111	00:11:44	00:42:32	00:08:59
67	5363		Ricardo Filipe Costa	-	SEN	Individual	107	00:06:48	72	00:24:41	88	00:11:05	00:42:34	00:09:01
68	5333		Paulo Canário	-	V1	Individual	86	00:06:25	71	00:24:36	107	00:11:33	00:42:35	00:09:02
69	3610	3797	Bernardo Ferrão	-	SEN	C.F. Os Belenenses	73	00:06:14	81	00:25:37	75	00:10:44	00:42:36	00:09:03
70	3446	3288	Bruno Brito	-	SEN	Individual	99	00:06:35	25		24		00:42:37	00:09:05
71	4268	3183	Vasco Soares	-	V1	Alhandra Sporting Clube	95	00:06:34	89	00:25:53	57	00:10:11	00:42:38	00:09:05
72	4015	774	José Oliveira	-	V2	ABV Estoris	45	00:05:36	112	00:27:22	44	00:09:46	00:42:44	00:09:11
73	5381		Veselin Vasilev	-	SEN	Individual	55	00:05:52	101	00:26:31	65	00:10:20	00:42:44	00:09:12
74	5286		José Sérgio	-	V1	Individual	118	00:07:05	17		17		00:42:48	00:09:15
75	4294	3603	José Panóias	-	V3	Núcleo Ciclismo da Baixa da Banheira	142	00:07:48	63	00:24:24	73	00:10:37	00:42:50	00:09:17
76	5243		João Galhordas	-	SEN	Individual	112	00:06:53	78	00:25:25	74	00:10:39	00:42:58	00:09:25
77	5328		Nuno Piteira	-	S23	Individual	36	00:05:20	93	00:26:03	109	00:11:40	00:43:04	00:09:31
78	5252		Jorge Castro	-	V2	Individual	54	00:05:50	88	00:25:52	102	00:11:25	00:43:08	00:09:35
79	5370		Sara Reis	-	SEN	Individual	113	00:06:56	77	00:25:14	84	00:10:58	00:43:09	00:09:36
80	2126	3497	Miguel Andrade	-	S23	HALCON - SPIUK Olimpico de Oeiras	52	00:05:48	117	00:28:03	36	00:09:24	00:43:16	00:09:43
81	5375		Sílvio Ramadas	-	SEN	Individual	68	00:06:05	23		22		00:43:24	00:09:51
82	3603	3781	Ricardo Cordeiro	-	SEN	Individual	64	00:06:02	97	00:26:15	94	00:11:15	00:43:33	00:10:00
83	5293		Luis Boavida	-	V3	Individual	109	00:06:50	85	00:25:42	87	00:11:04	00:43:37	00:10:04
84	5284		José Gordilho	-	V2	Individual	102	00:06:39	106	00:26:41	66	00:10:20	00:43:42	00:10:09
85	4326	3788	Carlos Ferreira	-	V3	Individual	117	00:07:02	83	00:25:39	90	00:11:07	00:43:49	00:10:16
86	1262	3791	Joana Pico	-	JUN	Molly Maid - Vitoria de Janes	41	00:05:24	104	00:26:33	119	00:11:56	00:43:54	00:10:21
87	5285		José Fernandes	-	SEN	Individual	148	00:07:54	80	00:25:37	70	00:10:29	00:44:01	00:10:28
88	5342		Paulo Oliveira	-	SEN	Individual	159	00:08:09	86	00:25:43	56	00:10:08	00:44:01	00:10:28
89	1103	146	Andreia Simões Lopes	-	JUN	Ginásio Clube de Sines	77	00:06:15	65	00:24:26	160	00:13:22	00:44:04	00:10:32
90	5404		Sandro Barão	-	SEN	Individual	44	00:05:31	110	00:27:10	100	00:11:23	00:44:05	00:10:32
91	3500	296	Fábio Ferreira	-	SEN	C.N. Cartaxo	83	00:06:19	99	00:26:24	104	00:11:28	00:44:12	00:10:39
92	4038	780	Joaquim Patrício	-	V5	C.N. Alvito	84	00:06:21	102	00:26:31	98	00:11:21	00:44:14	00:10:41
93	5302		Luis Gordinho	-	JUV	Individual	56	00:05:53	96	00:26:15	136	00:12:12	00:44:21	00:10:48
94	5372		Sérgio Mourato	-	SEN	Individual	151	00:07:56	87	00:25:48	82	00:10:50	00:44:35	00:11:03
95	5346		Pedro Coelho	-	SEN	Individual	152	00:07:57	90	00:25:55	77	00:10:46	00:44:40	00:11:07
96	5322		Nuno Guedelha	-	JUV	Individual	2		21		167	00:13:32	00:44:44	00:11:12
97	3605	3783	Rodrigo Cordeiro	-	SEN	Individual	128	00:07:17	100	00:26:30	86	00:11:00	00:44:47	00:11:15
98	5358		Pedro Rolha	-	SEN	Individual	82	00:06:18	108	00:26:59	106	00:11:32	00:44:50	00:11:18

Data:	18-10-2009	Hora:	09h18	Local:	Estoril			
Natação	300 mt	Ciclismo:	10.000 mt	Corrida:	2.400 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h03
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
99	5311		Mário Ramos	-	V3	Individual	121	00:07:08	84	00:25:42	122	00:12:02	00:44:53	00:11:20
100	5078		António Cumbre	-	SEN	Individual	106	00:06:44	113	00:27:26	78	00:10:46	00:44:58	00:11:25
101	5207		César Marques	-	SEN	Individual	80	00:06:17	111	00:27:20	97	00:11:21	00:44:59	00:11:26
102	4215	3232	José Luis Correia	-	V3	ABV Estoris	33	00:05:18	121	00:28:15	114	00:11:49	00:45:23	00:11:50
103	5317		Miguel Velez	-	V2	Individual	104	00:06:43	118	00:28:04	72	00:10:36	00:45:23	00:11:50
104	5361		Pedro Manuel Vieira	-	V2	Individual	120	00:07:06	103	00:26:31	116	00:11:51	00:45:29	00:11:57
105	1226	3529	Rita Delgado	-	JUN	Associação Naval Amorense	53	00:05:49	107	00:26:50	146	00:12:54	00:45:34	00:12:02
106	3391	3159	Carlos Albano Silva	-	SEN	Serv. Soc. CGD	145	00:07:49	95	00:26:14	110	00:11:42	00:45:45	00:12:13
107	3638	3863	Paulo Oliveira	-	Lazer	Individual	71	00:06:12	119	00:28:08	103	00:11:25	00:45:46	00:12:14
108	4194	587	Helena Medeiro	-	V1	Serv. Soc. CGD	123	00:07:12	105	00:26:40	117	00:11:55	00:45:48	00:12:15
109	3390	3158	Hélder Valente	-	SEN	Serv. Soc. CGD	147	00:07:54	91	00:25:58	118	00:11:56	00:45:48	00:12:15
110	5001		Inácio Serralheiro	-		Individual	170	00:08:32	66	00:24:26	144	00:12:49	00:45:49	00:12:16
111	5249		Joaquim Guedelha	-	V1	Individual	101	00:06:39	123	00:28:24	127	00:12:06	00:47:11	00:13:38
112	4132	2745	António Moriés	-	V2	Oeiras Sport Clube - TRANSINSULAR	133	00:07:20	98	00:26:22	166	00:13:32	00:47:15	00:13:43
113	5289		Luis Garcia	-	V2	Individual	146	00:07:50	114	00:27:30	120	00:11:59	00:47:19	00:13:47
114	5239		Humberto Jorge	-	V1	Individual	175	00:09:04	109	00:27:06	96	00:11:19	00:47:30	00:13:57
115	5338		Paulo Gonçalves	-	V1	Individual	143	00:07:48	22		21		00:47:30	00:13:57
116	5354		Pedro Pedro	-	SEN	Individual	51	00:05:46	126	00:28:52	147	00:12:57	00:47:36	00:14:03
117	5246		Sérgio Rosário	-		Individual	114	00:06:57	116	00:27:35	152	00:13:05	00:47:39	00:14:06
118	5163		Pedro Nunes	-		Individual	81	00:06:18	129	00:29:13	133	00:12:11	00:47:43	00:14:11
119	4236	3339	Manuel Ramos	-	V2	Individual	100	00:06:36	128	00:29:01	128	00:12:08	00:47:45	00:14:12
120	5331		Pablo Fortes	-	SEN	Individual	89	00:06:28	131	00:29:33	113	00:11:48	00:47:49	00:14:16
121	5244		João Tavares	-	SEN	Individual	76	00:06:15	120	00:28:09	162	00:13:24	00:47:50	00:14:17
122	4088	882	António Trabuco	-	V2	ABV Estoris	135	00:07:21	124	00:28:26	131	00:12:10	00:47:58	00:14:26
123	5335		Paulo Barbeito	-	V2	Individual	105	00:06:43	130	00:29:16	126	00:12:06	00:48:06	00:14:33
124	3281	2838	Hélder Gonçalves Ribeiro	-	SEN	Oeiras Sport Clube - TRANSINSULAR	154	00:07:59	115	00:27:32	143	00:12:42	00:48:14	00:14:41
125	5313		Miguel Nunes	-	SEN	Individual	50	00:05:44	146	00:31:18	99	00:11:23	00:48:26	00:14:53
126	1129	71	Neuza Reis	-	JUN	Amiciclo	1		3		3		00:48:29	00:14:56
127	3624	3837	José Camões	-	SEN	Núcleo Ciclismo da Baixa da Banheira	92	00:06:30	64	00:24:26	187	00:17:34	00:48:31	00:14:58
128	5250		Jörg Löhken	-	V1	Individual	39	00:05:22	142	00:30:55	138	00:12:14	00:48:32	00:14:59
129	5308		Manuel Gomes	-	V2	Individual	164	00:08:19	122	00:28:15	123	00:12:02	00:48:38	00:15:05
130	5351		Pedro Tavares	-	SEN	Individual	79	00:06:16	145	00:31:16	108	00:11:39	00:49:12	00:15:39
131	5304		Luis Tavares	-	SEN	Individual	161	00:08:12	19		19		00:49:15	00:15:42
132	5343		Paulo Renato Marques	-	V1	Individual	141	00:07:45	135	00:30:03	105	00:11:31	00:49:20	00:15:47
133	5141		Carlos Correia	-	V4	Individual	65	00:06:04	140	00:30:32	157	00:13:18	00:49:54	00:16:21
134	5402		Flávio Serra	-	SEN	Individual	158	00:08:08	132	00:29:36	132	00:12:10	00:49:55	00:16:22
135	5247		João Rodrigo Silva	-	V1	Individual	163	00:08:16	125	00:28:38	158	00:13:20	00:50:15	00:16:42
136	5253		Jorge Corte-Real	-	V2	Individual	171	00:08:37	139	00:30:30	92	00:11:11	00:50:19	00:16:46
137	5344		Paulo Viana	-	V1	Individual	149	00:07:55	133	00:29:36	145	00:12:50	00:50:21	00:16:49
138	5353		Pedro Jorge	-	V1	Individual	167	00:08:26	134	00:29:47	129	00:12:09	00:50:23	00:16:50
139	4001	821	Adelino Vicente	-	V5	Individual	153	00:07:57	137	00:30:15	140	00:12:32	00:50:45	00:17:13
140	5291		Andrea Ferreira	-	SEN	Individual	29	00:05:02	164	00:33:50	135	00:12:12	00:51:05	00:17:33
141	5316		Miguel San-Payo	-	V2	Individual	162	00:08:16	150	00:31:38	91	00:11:11	00:51:06	00:17:33
142	5365		Rúben Carvalho	-	S23	Individual	96	00:06:34	127	00:28:58	183	00:15:58	00:51:30	00:17:57
143	5233		Gonçalo Martins	-	SEN	Individual	144	00:07:49	138	00:30:21	161	00:13:22	00:51:32	00:18:00
144	5161		Luis Filipe	-		Individual	78	00:06:16	160	00:33:17	134	00:12:12	00:51:46	00:18:13
145	5214		Cristina Rego	-	SEN	Individual	57	00:05:54	169	00:34:42	93	00:11:13	00:51:51	00:18:18
146	5215		Daniel Delgado	-	SEN	Individual	103	00:06:41	152	00:31:51	164	00:13:30	00:52:03	00:18:31
147	5369		Rui Santos	-	SEN	Individual	62	00:06:00	154	00:32:14	173	00:14:09	00:52:24	00:18:51

Data:	18-10-2009	Hora:	09h18	Local:	Estoril		
Natação	300 mt	Ciclismo:	10.000 mt	Corrida:	2.400 mt		

Ranking:	Ranking Geral	Hora de Partida:	00h03
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
148	5379		Tiago Silva	-	JUN	Individual	134	00:07:20	148	00:31:26	171	00:13:55	00:52:41	00:19:09
149	5167		Carlos Pereira	-	V2	Individual	160	00:08:09	141	00:30:49	170	00:13:50	00:52:49	00:19:16
150	5371		Sérgio Montes	-	SEN	Individual	178	00:09:33	147	00:31:21	125	00:12:06	00:53:01	00:19:28
151	5149		Carlos Matias	-	SEN	Individual	136	00:07:24	157	00:32:31	156	00:13:17	00:53:14	00:19:41
152	5349		Pedro Carlos	-	V2	Individual	185	00:10:19	143	00:31:06	115	00:11:49	00:53:15	00:19:42
153	5312		Miguel Correia	-	V2	Individual	165	00:08:22	149	00:31:32	165	00:13:31	00:53:26	00:19:53
154	5290		Luis Cavaco	-	SEN	Individual	155	00:08:03	144	00:31:09	176	00:14:31	00:53:44	00:20:11
155	5135		Carlos Almeida	-	SEN	Individual	166	00:08:23	161	00:33:28	124	00:12:04	00:53:55	00:20:23
156	5307		Manuel Enes	-	SEN	Individual	168	00:08:29	162	00:33:39	121	00:11:59	00:54:07	00:20:35
157	5237		Hugo Santos	-	SEN	Individual	67	00:06:05	182	00:39:09	28	00:08:54	00:54:08	00:20:35
158	5282		Jorge Santos	-	SEN	Individual	182	00:09:48	156	00:32:18	130	00:12:10	00:54:17	00:20:44
159	3568	3681	Sónia Marinho	-	SEN	Maia Atlético Clube (MAC)	157	00:08:08	158	00:32:46	168	00:13:33	00:54:28	00:20:56
160	5118		Bruno Veiga	-	V1	Individual	119	00:07:06	153	00:32:04	181	00:15:18	00:54:29	00:20:56
161	5366		Rui Silva	-	SEN	Individual	131	00:07:19	167	00:34:18	154	00:13:10	00:54:49	00:21:16
162	5332		Patricia Sanches	-	SEN	Individual	140	00:07:40	170	00:34:59	141	00:12:36	00:55:15	00:21:42
163	5378		Susana Santos	-	SEN	Individual	88	00:06:27	172	00:35:10	172	00:14:00	00:55:38	00:22:05
164	5236		Hugo Menino	-	SEN	Individual	174	00:08:51	163	00:33:46	148	00:13:00	00:55:39	00:22:06
165	5110		Bruno Menino	-	SEN	Individual	169	00:08:30	166	00:34:07	149	00:13:01	00:55:39	00:22:06
166	5171		Carlos Oliveira	-	SEN	Individual	94	00:06:33	176	00:36:04	150	00:13:02	00:55:39	00:22:07
167	5336		Paulo Luz	-	V3	Individual	139	00:07:31	171	00:35:08	153	00:13:08	00:55:48	00:22:15
168	5014		André Gama	-	JUN	Individual	75	00:06:15	165	00:34:06	182	00:15:45	00:56:07	00:22:34
169	5086		Aurélio Calado	-	V5	Individual	183	00:09:53	151	00:31:47	177	00:14:37	00:56:18	00:22:45
170	5160		Luis Andrade	-		Individual	137	00:07:26	179	00:36:34	151	00:13:04	00:57:05	00:23:33
171	5283		Jorge Silva	-	V1	Individual	150	00:07:55	175	00:36:04	155	00:13:15	00:57:14	00:23:42
172	5303		Luis Santos	-	SEN	Individual	129	00:07:18	185	00:39:53	55	00:10:06	00:57:18	00:23:45
173	5050		João Ferreira	-	V2	Individual	173	00:08:41	174	00:35:45	159	00:13:21	00:57:48	00:24:16
174	4334	3818	Jorge Fernando Nunes	-	Lazer	Individual	179	00:09:33	177	00:36:06	137	00:12:14	00:57:54	00:24:21
175	5217		Érica Bessa	-	JUN	Individual	184	00:10:10	155	00:32:15	184	00:16:11	00:58:36	00:25:04
176	5376		Sofia Brites	-	SEN	Individual	132	00:07:20	136	00:30:09	188	00:21:07	00:58:37	00:25:04
177	5080		Artur Dinis	-	V3	Individual	188	00:11:09	159	00:33:12	175	00:14:22	00:58:44	00:25:11
178	5158		Carlos Melo	-		Individual	180	00:09:38	178	00:36:07	174	00:14:11	00:59:57	00:26:24
179	5373		Sérgio Silva	-	SEN	Individual	156	00:08:06	184	00:39:35	142	00:12:40	01:00:22	00:26:50
180	5288		Júlio Nunes	-	V1	Individual	186	00:10:24	18		18		01:00:30	00:26:57
181	5325		Nuno Mota	-	SEN	Individual	127	00:07:16	186	00:39:59	163	00:13:25	01:00:40	00:27:07
182	5341		Paulo Nunes	-	SEN	Individual	190	00:12:34	173	00:35:43	139	00:12:28	01:00:46	00:27:13
183	5348		Pedro Campos	-	SEN	Individual	176	00:09:12	168	00:34:21	186	00:17:26	01:01:00	00:27:27
184	5258		Jorge Dias	-	V1	Individual	187	00:10:45	180	00:36:59	169	00:13:41	01:01:26	00:27:53
185	5305		Madalena Caninas	-	V2	Individual	125	00:07:14	183	00:39:34	180	00:15:08	01:01:57	00:28:24
186	5043		André Lourenço	-	SEN	Individual	138	00:07:30	181	00:37:42	185	00:16:58	01:02:11	00:28:38
187	5179		Carlos Preciso	-	SEN	Individual	181	00:09:39	188	00:41:41	179	00:15:01	01:06:22	00:32:49
188	5045		Mário Proença	-		Individual	177	00:09:20	189	00:42:01	178	00:15:01	01:06:22	00:32:49
189	5159		Luis Reves	-		Individual	172	00:08:38	190	00:43:26	189	00:22:14	01:14:20	00:40:47
190	5383		Vitor Panela	-	V5	Individual	189	00:11:51	187	00:40:04	190	00:22:24	01:14:20	00:40:47
	5380		Vânia Dias	DQ	V2	Individual	175	00:09:19	26	00:19:28	154	00:13:16	00:42:04	00:08:31
	1173	195	Ruben Rosa	DNF	JUN	Individual		00:04:33						-
	2142	3806	William Lemos	DNF	S23	C.F. Os Belenenses		00:05:45		00:24:19				-
	3597	3753	Rui Choças	DNS	SEN	Individual								-
	4191	889	Domingos Martins	DNS	V4	Individual								-
	3574	3690	Miguel Lopes	DNS	SEN	Individual								-

Data:	18-10-2009	Hora:	09h18	Local:	Estoril			
Natação	300 mt	Ciclismo:	10.000 mt	Corrida:	2.400 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h03
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
	3180	730	Paulo Jorge Barradas	DNS	SEN	Individual								-
	1232	3545	Mário Nunes	DNS	JUN	C. N. Tejo								-
	2130	72	Angela Silvério	DNS	S23	C.N. Alvito								-
	4097	790	Carlos Suzana	DNS	V2	COMPEED - Tri-Oeste								-
	1205	2621	Mariana Sousa Faria	DNS	JUN	Alhandra Sporting Clube								-
	3633	3847	Cláudio Costa	DNS	SEN	Individual								-
	5047		André Madeira	DNS	JUV	Individual								-
	5091		Bruno Alexandre	DNS	SEN	Individual								-
	5097		Bruno Fernandes	DNS	SEN	Individual								-
	5241		João Albuquerque	DNS	V2	Individual								-
	5248		João Valente Silva	DNS	V1	Individual								-
	5287		José Vivas	DNS	S23	Individual								-
	5299		Luis Ferreira	DNS	V1	Individual								-
	5300		Luis Paixão	DNS	SEN	Individual								-
	5310		Marcos Oliveira	DNS	SEN	Individual								-
	5315		Miguel Branco	DNS	S23	Individual								-
	5319		Nelson Lopes	DNS	SEN	Individual								-
	5321		Nuno Valente	DNS	SEN	Individual								-
	5323		Nuno Bernardo	DNS	SEN	Individual								-
	5334		Paulo Alexandre Marques	DNS	V1	Individual								-
	5337		Paulo Espirito Santo	DNS	SEN	Individual								-
	5339		Paulo Jorge	DNS	SEN	Individual								-
	5340		Paulo Ribeiro	DNS	SEN	Individual								-
	5352		Pedro Dias	DNS	SEN	Individual								-
	5355		Pedro Petróneo	DNS	SEN	Individual								-
	5360		Pedro Saragoça	DNS	SEN	Individual								-
	5362		Ricardo Alexandre Costa	DNS	SEN	Individual								-
	5367		Rui Martins	DNS	SEN	Individual								-
	5374		Sérgio Santos	DNS	SEN	Individual								-
	5377		Sofia Hibon	DNS	V1	Individual								-
	5382		Vicente Albuquerque	DNS	JUV	Individual								-
	5401		Filipe Alves	DNS	INI	Individual								-
	5407		Tânia Barão	DNS	SEN	Individual								-
	5010		Alexandre da Silva	DNS		Individual								-