

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	1235	3549	Raquel Rocha	-	JUN	Alhandra Sporting Clube	10	00:04:19	28	00:20:48	42	00:09:40	00:34:49	
2	1260	2293	Inês Jorge	-	JUN	Sporting Clube de Portugal	18	00:04:45	81	00:25:38	81	00:10:47	00:41:11	00:06:22
3	5013		Ana Ferreira	-	SEN	Individual	123	00:07:12	75	00:24:59	52	00:09:57	00:42:08	00:07:19
4	1200	2626	Laura Costa Bento	-	JUN	Alhandra Sporting Clube	17	00:04:45	91	00:26:03	111	00:11:44	00:42:32	00:07:43
5	5370		Sara Reis	-	SEN	Individual	112	00:06:56	76	00:25:14	85	00:10:58	00:43:09	00:08:20
6	1262	3791	Joana Pico	-	JUN	Molly Maid - Vitoria de Janes	41	00:05:24	103	00:26:33	119	00:11:56	00:43:54	00:09:04
7	1103	146	Andreia Simões Lopes	-	JUN	Ginásio Clube de Sines	77	00:06:15	65	00:24:26	158	00:13:22	00:44:04	00:09:15
8	1226	3529	Rita Delgado	-	JUN	Associação Naval Amorense	53	00:05:49	106	00:26:50	144	00:12:54	00:45:34	00:10:45
9	4194	587	Helena Medeiro	-	V1	Serv. Soc. CGD	122	00:07:12	104	00:26:40	117	00:11:55	00:45:48	00:10:58
10	1129	71	Neuza Reis	-	JUN	Amiciclo	1		3		3		00:48:29	00:13:39
11	5291		Andrea Ferreira	-	SEN	Individual	29	00:05:02	162	00:33:50	134	00:12:12	00:51:05	00:16:16
12	5214		Cristina Rego	-	SEN	Individual	57	00:05:54	167	00:34:42	93	00:11:13	00:51:51	00:17:02
13	3568	3681	Sónia Marinho	-	SEN	Maia Atlético Clube (MAC)	156	00:08:08	157	00:32:46	166	00:13:33	00:54:28	00:19:39
14	5332		Patricia Sanches	-	SEN	Individual	139	00:07:40	168	00:34:59	140	00:12:36	00:55:15	00:20:26
15	5378		Susana Santos	-	SEN	Individual	87	00:06:27	170	00:35:10	170	00:14:00	00:55:38	00:20:49
16	5217		Érica Bessa	-	JUN	Individual	182	00:10:10	154	00:32:15	182	00:16:11	00:58:36	00:23:47
17	5376		Sofia Brites	-	SEN	Individual	131	00:07:20	135	00:30:09	186	00:21:07	00:58:37	00:23:47
18	5305		Madalena Caninas	-	V2	Individual	124	00:07:14	181	00:39:34	178	00:15:08	01:01:57	00:27:08
	5380		Vânia Dias	DQ	V2	Individual	175	00:09:19	26	00:19:28	154	00:13:16	00:42:04	00:07:14
	2130	72	Angela Silvério	DNS	S23	C.N. Alvito								-
	1205	2621	Mariana Sousa Faria	DNS	JUN	Alhandra Sporting Clube								-
	5377		Sofia Hibon	DNS	V1	Individual								-
	5407		Tânia Barão	DNS	SEN	Individual								-