

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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Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
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JUN	1	1	1235	3549	Raquel Rocha	-	Alhandra Sporting Clube	00:34:49	
JUN	2	2	1260	2293	Inês Jorge	-	Sporting Clube de Portugal	00:41:11	00:06:22
JUN	3	4	1200	2626	Laura Costa Bento	-	Alhandra Sporting Clube	00:42:32	00:07:43
JUN	4	6	1262	3791	Joana Pico	-	Molly Maid - Vitoria de Janes	00:43:54	00:09:04
JUN	5	7	1103	146	Andreia Simões Lopes	-	Ginásio Clube de Sines	00:44:04	00:09:15
JUN	6	8	1226	3529	Rita Delgado	-	Associação Naval Amorense	00:45:34	00:10:45
JUN	7	10	1129	71	Neuza Reis	-	Amiciclo	00:48:29	00:13:39
JUN	8	16	5217		Érica Bessa	-	Individual	00:58:36	00:23:47

SEN	1	3	5013		Ana Ferreira	-	Individual	00:42:08	
SEN	2	5	5370		Sara Reis	-	Individual	00:43:09	00:01:01
SEN	3	11	5291		Andrea Ferreira	-	Individual	00:51:05	00:08:57
SEN	4	12	5214		Cristina Rego	-	Individual	00:51:51	00:09:42
SEN	5	13	3568	3681	Sónia Marinho	-	Maia Atlético Clube (MAC)	00:54:28	00:12:20
SEN	6	14	5332		Patricia Sanches	-	Individual	00:55:15	00:13:07
SEN	7	15	5378		Susana Santos	-	Individual	00:55:38	00:13:29
SEN	8	17	5376		Sofia Brites	-	Individual	00:58:37	00:16:28

V1	1	9	4194	587	Helena Medeiro	-	Serv. Soc. CGD	00:45:48	
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V2	1	18	5305		Madalena Caninas	-	Individual	01:01:57	
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