

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
----------	---------------	------------------	-------

Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
	1	101	5001		Inácio Serralheiro	-	Individual	00:45:49	
	2	108	5246		Sérgio Rosário	-	Individual	00:47:39	00:01:49
	3	109	5163		Pedro Nunes	-	Individual	00:47:43	00:01:54
	4	133	5161		Luis Filipe	-	Individual	00:51:46	00:05:56
	5	155	5160		Luis Andrade	-	Individual	00:57:05	00:11:16
	6	161	5158		Carlos Melo	-	Individual	00:59:57	00:14:08
	7	170	5045		Mário Proença	-	Individual	01:06:22	00:20:33
	8	171	5159		Luis Reves	-	Individual	01:14:20	00:28:31

JUN	1	1	1203	3122	Rafael Ribeiro	-	Alhandra Sporting Clube	00:33:32	
JUN	2	2	1249	3646	João Curado	-	Sporting Clube de Portugal	00:33:34	00:00:01
JUN	3	4	1247	3616	Filipe Azevedo	-	Cl. Ferroviário de Vendas Novas	00:34:21	00:00:49
JUN	4	5	1216	221	Pedro Miguel Amaral	-	Sporting Clube de Portugal	00:34:31	00:00:59
JUN	5	6	1170	153	Gonçalo Barros	-	Ginásio Clube de Sines	00:34:37	00:01:04
JUN	6	7	1223	230	Rui Tenrinho	-	C.F. Os Belenenses	00:35:00	00:01:28
JUN	7	8	1233	3546	Diogo Rosa	-	C. N. Tejo	00:35:14	00:01:41
JUN	8	9	1202	2947	Ivo Cristeta	-	Alhandra Sporting Clube	00:35:33	00:02:00
JUN	9	10	1042	3876	João Francisco Ferreira	-	C. N. Tejo	00:35:47	00:02:14
JUN	10	11	1192	3353	Sérgio Filipe Monteiro	-	HALCON - SPIUK Olímpico de Oeiras	00:35:54	00:02:21
JUN	11	14	1204	3307	Filipe Miguel Lopes	-	Alhandra Sporting Clube	00:36:38	00:03:06
JUN	12	16	1231	3389	João Caeiro	-	C.N. Alvito	00:36:45	00:03:12
JUN	13	17	1164	3150	David Maia	-	HALCON - SPIUK Olímpico de Oeiras	00:36:47	00:03:14
JUN	14	22	1214	3246	Simão Sousa	-	HALCON - SPIUK Olímpico de Oeiras	00:37:36	00:04:03
JUN	15	23	5405		Saúl Morais	-	Individual	00:37:36	00:04:04
JUN	16	28	1209	147	Diogo Goulão Henriques	-	Ginásio Clube de Sines	00:37:59	00:04:26
JUN	17	32	1201	2627	André Estevam	-	Alhandra Sporting Clube	00:38:27	00:04:54
JUN	18	54	1229	3532	Luis Maia	-	Associação Naval Amorense	00:41:30	00:07:57
JUN	19	55	5306		Manuel Eliseu	-	Individual	00:41:30	00:07:58
JUN	20	56	5324		Nuno Afonso	-	Individual	00:41:35	00:08:03
JUN	21	136	5379		Tiago Silva	-	Individual	00:52:41	00:19:09
JUN	22	153	5014		André Gama	-	Individual	00:56:07	00:22:34

JUV	1	18	5225		David Luis	-	Individual	00:37:06	
JUV	2	29	5245		João Oliveira	-	Individual	00:38:08	00:01:01
JUV	3	34	5329		Nuno Nogueira	-	Individual	00:38:30	00:01:23
JUV	4	86	5302		Luis Gordinho	-	Individual	00:44:21	00:07:14
JUV	5	89	5322		Nuno Guedelha	-	Individual	00:44:44	00:07:37

Lazer	1	99	3638	3863	Paulo Oliveira	-	Individual	00:45:46	
Lazer	2	159	4334	3818	Jorge Fernando Nunes	-	Individual	00:57:54	00:12:07

S23	1	21	2114	215	João Inácio	-	Oeiras Sport Clube - TRANSINSULAR	00:37:25	
S23	2	26	2109	2631	David Ferreira	-	Alhandra Sporting Clube	00:37:54	00:00:28
S23	3	33	2135	3600	Rúben Reis	-	ABV Estoris	00:38:28	00:01:02
S23	4	42	2118	3343	Rúben Perdigoto	-	Molly Maid - Vitoria de Janes	00:39:53	00:02:28
S23	5	47	2094	126	Joaquim Guerreiro	-	Amiciclo	00:40:36	00:03:11
S23	6	73	5328		Nuno Piteira	-	Individual	00:43:04	00:05:38
S23	7	75	2126	3497	Miguel Andrade	-	HALCON - SPIUK Olímpico de Oeiras	00:43:16	00:05:50
S23	8	131	5365		Rúben Carvalho	-	Individual	00:51:30	00:14:04

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
----------	---------------	------------------	-------

Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
SEN	1	3	5320		Nelson Silva	-	Individual	00:33:39	
SEN	2	12	5400		Duarte Mourão	-	Individual	00:36:19	00:02:39
SEN	3	13	3102	662	Alexandre Feliz	-	COMPEED - Tri-Oeste	00:36:34	00:02:54
SEN	4	15	3586	3716	Miguel Carneiro	-	Clube de Praças da Armada	00:36:42	00:03:02
SEN	5	19	5368		Rui Pacheco	-	Individual	00:37:07	00:03:27
SEN	6	20	5330		Nuno Ventura	-	Individual	00:37:14	00:03:34
SEN	7	24	3054	739	António Luz Gomes	-	Oeiras Sport Clube - TRANSINSULAR	00:37:40	00:04:01
SEN	8	27	5364		Ricardo Silva	-	Individual	00:37:57	00:04:17
SEN	9	30	3529	3564	Paulo Roberto Pereira	-	Amiciclo	00:38:09	00:04:30
SEN	10	31	3057	734	Henrique Matias	-	Oeiras Sport Clube - TRANSINSULAR	00:38:19	00:04:40
SEN	11	36	5234		Henrique Avelar	-	Individual	00:38:54	00:05:14
SEN	12	37	3181	2581	Luis Correia Ferreira	-	Assoc. Académica de S. Mamede	00:38:57	00:05:17
SEN	13	38	3526	3557	António Gouveia	-	C.F. Os Belenenses	00:39:01	00:05:21
SEN	14	39	5350		Pedro Carreira	-	Individual	00:39:15	00:05:35
SEN	15	40	3521	710	João Nicolau	-	C. N. Tejo	00:39:17	00:05:38
SEN	16	43	5092		Bruno Dias	-	Individual	00:39:57	00:06:18
SEN	17	44	3518	3534	David Chéu Martins	-	Associação Naval Amorense	00:40:05	00:06:26
SEN	18	45	3003	854	César Andrade	-	G. A. A. Vila Franca de Xira	00:40:06	00:06:26
SEN	19	46	3515	3498	Jorge Borges	-	G. D. P. CIMPOR - Alhandra	00:40:09	00:06:30
SEN	20	48	3508	3477	João Duarte	-	Núcleo Ciclismo da Baixa da Banheira	00:40:46	00:07:06
SEN	21	49	5345		Pedro Alexandre Vieira	-	Individual	00:41:06	00:07:27
SEN	22	50	3546	3601	Nuno Felício	-	ABV Estoris	00:41:13	00:07:34
SEN	23	51	3094	708	Pedro Fernandes	-	ABV Estoris	00:41:17	00:07:37
SEN	24	52	3076	687	Rui Pereira	-	Cl. Ferroviário de Vendas Novas	00:41:18	00:07:38
SEN	25	57	5242		João Faria	-	Individual	00:41:43	00:08:04
SEN	26	59	3082	651	João Seródio	-	C. N. Colégio Vasco da Gama	00:41:55	00:08:15
SEN	27	60	3324	2987	Luis Pimenta	-	C. N. Colégio Vasco da Gama	00:42:06	00:08:26
SEN	28	63	5363		Ricardo Filipe Costa	-	Individual	00:42:34	00:08:55
SEN	29	65	3610	3797	Bernardo Ferrão	-	C.F. Os Belenenses	00:42:36	00:08:56
SEN	30	66	3446	3288	Bruno Brito	-	Individual	00:42:37	00:08:58
SEN	31	69	5381		Veselin Vasilev	-	Individual	00:42:44	00:09:05
SEN	32	72	5243		João Galhordas	-	Individual	00:42:58	00:09:18
SEN	33	76	5375		Sílvio Ramadas	-	Individual	00:43:24	00:09:44
SEN	34	77	3603	3781	Ricardo Cordeiro	-	Individual	00:43:33	00:09:53
SEN	35	81	5285		José Fernandes	-	Individual	00:44:01	00:10:21
SEN	36	82	5342		Paulo Oliveira	-	Individual	00:44:01	00:10:21
SEN	37	83	5404		Sandro Barão	-	Individual	00:44:05	00:10:26
SEN	38	84	3500	296	Fábio Ferreira	-	C.N. Cartaxo	00:44:12	00:10:32
SEN	39	87	5372		Sérgio Mourato	-	Individual	00:44:35	00:10:56
SEN	40	88	5346		Pedro Coelho	-	Individual	00:44:40	00:11:00
SEN	41	90	3605	3783	Rodrigo Cordeiro	-	Individual	00:44:47	00:11:08
SEN	42	91	5358		Pedro Rolha	-	Individual	00:44:50	00:11:11
SEN	43	93	5078		António Cumbre	-	Individual	00:44:58	00:11:18
SEN	44	94	5207		César Marques	-	Individual	00:44:59	00:11:20
SEN	45	98	3391	3159	Carlos Albano Silva	-	Serv. Soc. CGD	00:45:45	00:12:06
SEN	46	100	3390	3158	Hélder Valente	-	Serv. Soc. CGD	00:45:48	00:12:09
SEN	47	107	5354		Pedro Pedro	-	Individual	00:47:36	00:13:56
SEN	48	111	5331		Pablo Fortes	-	Individual	00:47:49	00:14:09

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
----------	---------------	------------------	-------

Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
SEN	49	112	5244		João Tavares	-	Individual	00:47:50	00:14:10
SEN	50	115	3281	2838	Hélder Gonçalves Ribeiro	-	Oeiras Sport Clube - TRANSINSULAR	00:48:14	00:14:34
SEN	51	116	5313		Miguel Nunes	-	Individual	00:48:26	00:14:46
SEN	52	117	3624	3837	José Camões	-	Núcleo Ciclismo da Baixa da Banheira	00:48:31	00:14:51
SEN	53	120	5351		Pedro Tavares	-	Individual	00:49:12	00:15:32
SEN	54	121	5304		Luis Tavares	-	Individual	00:49:15	00:15:35
SEN	55	124	5402		Flávio Serra	-	Individual	00:49:55	00:16:15
SEN	56	132	5233		Gonçalo Martins	-	Individual	00:51:32	00:17:53
SEN	57	134	5215		Daniel Delgado	-	Individual	00:52:03	00:18:24
SEN	58	135	5369		Rui Santos	-	Individual	00:52:24	00:18:44
SEN	59	138	5371		Sérgio Montes	-	Individual	00:53:01	00:19:21
SEN	60	139	5149		Carlos Matias	-	Individual	00:53:14	00:19:34
SEN	61	142	5290		Luis Cavaco	-	Individual	00:53:44	00:20:04
SEN	62	143	5135		Carlos Almeida	-	Individual	00:53:55	00:20:16
SEN	63	144	5307		Manuel Enes	-	Individual	00:54:07	00:20:28
SEN	64	145	5237		Hugo Santos	-	Individual	00:54:08	00:20:28
SEN	65	146	5282		Jorge Santos	-	Individual	00:54:17	00:20:37
SEN	66	148	5366		Rui Silva	-	Individual	00:54:49	00:21:09
SEN	67	149	5236		Hugo Menino	-	Individual	00:55:39	00:21:59
SEN	68	150	5110		Bruno Menino	-	Individual	00:55:39	00:21:59
SEN	69	151	5171		Carlos Oliveira	-	Individual	00:55:39	00:22:00
SEN	70	157	5303		Luis Santos	-	Individual	00:57:18	00:23:38
SEN	71	162	5373		Sérgio Silva	-	Individual	01:00:22	00:26:43
SEN	72	164	5325		Nuno Mota	-	Individual	01:00:40	00:27:00
SEN	73	165	5341		Paulo Nunes	-	Individual	01:00:46	00:27:06
SEN	74	166	5348		Pedro Campos	-	Individual	01:01:00	00:27:20
SEN	75	168	5043		André Lourenço	-	Individual	01:02:11	00:28:31
SEN	76	169	5179		Carlos Preciso	-	Individual	01:06:22	00:32:42

V1	1	25	4299	3640	Luis Serrazina	-	Externato Cooperativo da Benedita	00:37:49	
V1	2	35	4115	499	António Ervideira	-	COMPEED - Tri-Oeste	00:38:42	00:00:53
V1	3	41	5295		Luis Rosário	-	Individual	00:39:45	00:01:56
V1	4	53	4195	528	Sérgio Oliveira	-	ABV Estoris	00:41:19	00:03:29
V1	5	58	4286	3558	Paulo Goulart	-	C.F. Os Belenenses	00:41:46	00:03:57
V1	6	62	5403		João Garcia	-	Individual	00:42:22	00:04:32
V1	7	64	5333		Paulo Canário	-	Individual	00:42:35	00:04:46
V1	8	67	4268	3183	Vasco Soares	-	Alhandra Sporting Clube	00:42:38	00:04:48
V1	9	70	5286		José Sério	-	Individual	00:42:48	00:04:58
V1	10	102	5249		Joaquim Guedelha	-	Individual	00:47:11	00:09:21
V1	11	105	5239		Humberto Jorge	-	Individual	00:47:30	00:09:40
V1	12	106	5338		Paulo Gonçalves	-	Individual	00:47:30	00:09:41
V1	13	118	5250		Jörg Löhken	-	Individual	00:48:32	00:10:42
V1	14	122	5343		Paulo Renato Marques	-	Individual	00:49:20	00:11:31
V1	15	125	5247		João Rodrigo Silva	-	Individual	00:50:15	00:12:25
V1	16	127	5344		Paulo Viana	-	Individual	00:50:21	00:12:32
V1	17	128	5353		Pedro Jorge	-	Individual	00:50:23	00:12:33
V1	18	147	5118		Bruno Veiga	-	Individual	00:54:29	00:16:39
V1	19	156	5283		Jorge Silva	-	Individual	00:57:14	00:19:25

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
----------	---------------	------------------	-------

Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
V1	20	163	5288		Júlio Nunes	-	Individual	01:00:30	00:22:41
V1	21	167	5258		Jorge Dias	-	Individual	01:01:26	00:23:36

V2	1	61	4303	3645	António Joaquim Reis	-	Cl. Ferroviário de Vendas Novas	00:42:17	
V2	2	68	4015	774	José Oliveira	-	ABV Estoris	00:42:44	00:00:26
V2	3	74	5252		Jorge Castro	-	Individual	00:43:08	00:00:50
V2	4	79	5284		José Gordilho	-	Individual	00:43:42	00:01:24
V2	5	96	5317		Miguel Velez	-	Individual	00:45:23	00:03:05
V2	6	97	5361		Pedro Manuel Vieira	-	Individual	00:45:29	00:03:12
V2	7	103	4132	2745	António Moriés	-	Oeiras Sport Clube - TRANSINSULAR	00:47:15	00:04:57
V2	8	104	5289		Luis Garcia	-	Individual	00:47:19	00:05:02
V2	9	110	4236	3339	Manuel Ramos	-	Individual	00:47:45	00:05:27
V2	10	113	4088	882	António Trabuco	-	ABV Estoris	00:47:58	00:05:41
V2	11	114	5335		Paulo Barbeito	-	Individual	00:48:06	00:05:48
V2	12	119	5308		Manuel Gomes	-	Individual	00:48:38	00:06:20
V2	13	126	5253		Jorge Corte-Real	-	Individual	00:50:19	00:08:01
V2	14	130	5316		Miguel San-Payo	-	Individual	00:51:06	00:08:48
V2	15	137	5167		Carlos Pereira	-	Individual	00:52:49	00:10:31
V2	16	140	5349		Pedro Carlos	-	Individual	00:53:15	00:10:57
V2	17	141	5312		Miguel Correia	-	Individual	00:53:26	00:11:08
V2	18	158	5050		João Ferreira	-	Individual	00:57:48	00:15:31

V3	1	71	4294	3603	José Panóias	-	Núcleo Ciclismo da Baixa da Banheira	00:42:50	
V3	2	78	5293		Luis Boavida	-	Individual	00:43:37	00:00:47
V3	3	80	4326	3788	Carlos Ferreira	-	Individual	00:43:49	00:00:59
V3	4	92	5311		Mário Ramos	-	Individual	00:44:53	00:02:03
V3	5	95	4215	3232	José Luis Correia	-	ABV Estoris	00:45:23	00:02:33
V3	6	152	5336		Paulo Luz	-	Individual	00:55:48	00:12:58
V3	7	160	5080		Artur Dinis	-	Individual	00:58:44	00:15:54

V4	1	123	5141		Carlos Correia	-	Individual	00:49:54	
----	---	-----	------	--	----------------	---	------------	----------	--

V5	1	85	4038	780	Joaquim Patricio	-	C.N. Alvito	00:44:14	
V5	2	129	4001	821	Adelino Vicente	-	Individual	00:50:45	00:06:31
V5	3	154	5086		Aurélio Calado	-	Individual	00:56:18	00:12:03
V5	4	172	5383		Vitor Panela	-	Individual	01:14:20	00:30:05