

Data:	18-10-2009	Hora:	09h15	Local:	Estoril			
Natação	300 mt	Ciclismo:	10.000 mt	Corrida:	2.400 mt			

Ranking:	Camp. Nac. Juvenis	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	402	2946	Alexandre Nobre	-	JUV	Alhandra Sporting Clube	2	00:04:10	1	00:20:22	1	00:08:50	00:33:23	
2	25	194	Pedro Afonso Gaspar	-	JUV	Individual	1	00:03:52	3	00:20:46	3	00:09:07	00:33:46	00:00:22
3	26	192	Luis Pedro Ferreira	-	JUV	Alhandra Sporting Clube	3	00:04:12	2	00:20:39	10	00:09:39	00:34:31	00:01:08
4	71	236	Ricardo Jorge	-	JUV	BENEBIKE-Águias de Alpiarça-KTM	4	00:04:12	6	00:21:16	7	00:09:28	00:34:57	00:01:34
5	10	108	Mitos Figueira	-	JUV	C.F. Os Belenenses	7	00:04:22	4	00:21:05	12	00:09:43	00:35:11	00:01:48
6	604	3444	Luis Gabriel Monteiro	-	JUV	Alhandra Sporting Clube	11	00:04:47	9	00:21:45	2	00:08:59	00:35:32	00:02:08
7	648	177	Ricardo Calado	-	JUV	BENEBIKE-Águias de Alpiarça-KTM	6	00:04:22	13	00:22:09	5	00:09:18	00:35:49	00:02:26
8	698	3702	Nuno Lima	-	JUV	Sport Clube Beira Mar	25	00:05:15	5	00:21:07	9	00:09:37	00:35:59	00:02:36
9	292	2716	Afonso Claudino	-	JUV	C.N. Cartaxo	5	00:04:18	14	00:22:12	15	00:10:06	00:36:37	00:03:14
10	705	3720	Rafael Domingos	-	JUV	C. N. Tejo	18	00:05:02	8	00:21:37	21	00:10:14	00:36:53	00:03:30
11	621	3493	João Melo	-	JUV	HALCON - SPIUK Olimpico de Oeiras	21	00:05:07	16	00:22:22	6	00:09:24	00:36:54	00:03:30
12	418	2972	João Calaña Martins	-	JUV	Ludens Clube do Machico	24	00:05:10	12	00:21:58	13	00:09:55	00:37:04	00:03:40
13	659	3605	João Miguel Cristo	-	JUV	Clube de Triatlo de Almada	32	00:05:31	20	00:22:41	4	00:09:12	00:37:25	00:04:02
14	465	3104	João Sousa	-	JUV	C.F. Os Belenenses	10	00:04:47	11	00:21:52	33	00:10:55	00:37:35	00:04:11
15	294	2720	Daniel Contente	-	JUV	Ginásio Clube de Sines	26	00:05:15	15	00:22:14	19	00:10:12	00:37:41	00:04:18
16	636	3512	Rúben Rodrigues	-	JUV	Clube de Triatlo de Almada	41	00:05:57	7	00:21:28	22	00:10:19	00:37:45	00:04:22
17	146	2480	José Luis Virtuoso	-	JUV	Núcleo Ciclismo da Baixa da Banheira	22	00:05:08	26	00:23:10	11	00:09:41	00:38:00	00:04:36
18	455	3062	Pedro Bica	-	JUV	G. D. R. de Manique de Cima	19	00:05:03	22	00:22:48	16	00:10:09	00:38:01	00:04:38
19	141	2475	Gonçalo Pitarma	-	JUV	Núcleo Ciclismo da Baixa da Banheira	15	00:04:54	30	00:23:21	27	00:10:43	00:38:59	00:05:35
20	462	3099	Daniel Vilhena	-	JUV	Ginásio Clube de Sines	33	00:05:34	19	00:22:38	30	00:10:49	00:39:02	00:05:39
21	693	3673	Tiago Saraiva	-	JUV	Alhandra Sporting Clube	42	00:05:58	18	00:22:35	29	00:10:48	00:39:22	00:05:59
22	355	2864	Luis Miguel Silva	-	JUV	G. D. R. de Manique de Cima	27	00:05:24	27	00:23:11	37	00:11:10	00:39:45	00:06:22
23	475	3119	André Nunes	-	JUV	Núcleo Ciclismo da Baixa da Banheira	37	00:05:37	23	00:22:49	43	00:12:22	00:40:49	00:07:25
24	296	2726	Miguel Lacerda	-	JUV	Ginásio Clube de Sines	46	00:06:07	37	00:24:57	14	00:09:57	00:41:02	00:07:39
25	590	3417	Tiago André Pereira	-	JUV	Clube de Triatlo de Almada	43	00:05:58	38	00:25:16	23	00:10:25	00:41:40	00:08:16
26	365	2879	Paul Roothans	-	JUV	C.N. Alvito	51	00:06:40	32	00:24:26	39	00:11:34	00:42:41	00:09:18
27	641	3528	Ricardo Alves	-	JUV	Associação Naval Amorense	38	00:05:45	44	00:26:34	28	00:10:45	00:43:04	00:09:41
28	537	3274	André Mateus Silva	-	JUV	G. D. R. de Manique de Cima	34	00:05:34	39	00:25:27	47	00:13:02	00:44:04	00:10:40
29	5	94	João Canas	-	JUV	C.F. Os Belenenses	45	00:06:06	45	00:26:56	44	00:12:22	00:45:26	00:12:03
30	368	2882	Hugo Palhais	-	JUV	C.N. Alvito	53	00:07:19	46	00:27:13	45	00:12:40	00:47:13	00:13:50
31	686	3660	André Pinheiro	-	JUV	Associação Naval Amorense	30	00:05:30	49	00:28:29	49	00:13:28	00:47:27	00:14:04
32	48	136	André Morgado	-	JUV	Ginásio Clube de Sines	49	00:06:30	52	00:28:58	52	00:15:44	00:51:12	00:17:49
	678	3634	Luis Filipe Ferreira	DNS	JUV	Externato Cooperativo da Benedita								-
	673	3629	Miguel Ângelo Silva	DNS	JUV	Externato Cooperativo da Benedita								-
	669	3625	Ricardo Lourenço	DNS	JUV	Externato Cooperativo da Benedita								-