

Data:	27-02-2009	Hora:	15h00	Local:	Arronches			
Corrida	5.000 mt	Ciclismo:	18.800 mt	Corrida:	2.300 mt			

Ranking:	Taça de Portugal	Hora de Partida:	00h00
----------	------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	Total	Diff
1	3290	34	Sérgio Manuel Silva	-	SEN	SR Camarnal/ Seguros Contacto/ HILZY	28		28		5	00:07:06	00:54:53	
2	2123	11	João Pedro Silva	-	S23	Clube Olímpico de Oeiras	98	00:14:53	100	00:33:00	4	00:07:01	00:54:56	00:00:02
3	3117	33	Lino Barruncho	-	SEN	Clube Olímpico de Oeiras	99	00:15:19	99	00:32:29	6	00:07:15	00:55:03	00:00:10
4	3016	3	Bruno Pais	-	SEN	Sport Lisboa e Benfica	95		96		7	00:07:20	00:55:17	00:00:23
5	2088	13	Miguel Arraiolos	-	S23	C.D. "Os Águias" de Alpiarça	47		47		8	00:07:21	00:57:00	00:02:06
6	2152	17	Pedro Laginha Palma	-	S23	CFV	101	00:15:39	103	00:33:50	9	00:07:34	00:57:05	00:02:11
7	3284	36	Pedro Gomes	-	SEN	Clube Olímpico de Oeiras	105	00:16:04	101	00:33:20	15	00:07:52	00:57:18	00:02:24
8	3196	954	Nélson Silva	-	SEN	C. N. Tejo	8		8		18	00:07:57	00:57:28	00:02:34
9	1105	30	João Serrano	-	JUN	SR Camarnal/ Seguros Contacto/ HILZY	63		64		22	00:08:01	00:57:35	00:02:41
10	2087	15	José Estrangeiro	-	S23	Associação Académica de Coimbra	23		23		13	00:07:47	00:58:12	00:03:18
11	1166	21	Hugo Alves	-	JUN	C. T. Fundão	37		37		12	00:07:46	00:58:18	00:03:25
12	3293	991	Henrique Santos	-	SEN	SR Camarnal/ Seguros Contacto/ HILZY	27		27		11	00:07:39	00:58:22	00:03:29
13	1113	32	Gil Maia	-	JUN	CFV	106	00:16:25	105	00:34:08	16	00:07:54	00:58:27	00:03:34
14	3291	4	Duarte Marques	-	SEN	C.D. "Os Águias" de Alpiarça	100	00:15:39	112	00:34:58	17	00:07:56	00:58:34	00:03:40
15	3049	1152	Sérgio Dias	-	SEN	COMPEED - Tri-Oeste	111	00:16:44	102	00:33:49	21	00:08:01	00:58:36	00:03:42
16	3400	284	Marco Costa	-	SEN	Alhandra Sporting Club	102	00:16:00	110	00:34:58	10	00:07:38	00:58:37	00:03:43
17	3039	346	Custódio António	-	SEN	Clube Olímpico de Oeiras	43		43		14	00:07:50	00:58:42	00:03:49
18	3127	377	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	109	00:16:43	104	00:34:01	20	00:07:59	00:58:44	00:03:51
19	3296	1102	Jorge Duarte	-	SEN	Clube de Praças da Armada	107	00:16:31	109	00:34:23	23	00:08:04	00:58:58	00:04:05
20	1167	27	José Veiga	-	JUN	Clube Olímpico de Oeiras	104	00:16:04	111	00:34:58	24	00:08:05	00:59:08	00:04:14
21	3197	378	Délio Ferreira	-	SEN	COMPEED - Tri-Oeste	110	00:16:44	106	00:34:16	30	00:08:19	00:59:19	00:04:26
22	2124	14	Vasco Pessoa	-	S23	C. T. Fundão	103	00:16:01	113	00:35:09	29	00:08:16	00:59:27	00:04:34
23	3282	254	Márcio Neves	-	SEN	Oeiras Sport Clube	25		25		19	00:07:58	00:59:35	00:04:41
24	3412	831	Rui Dolores	-	SEN	Amiciclo	4		4		40	00:08:31	01:00:06	00:05:12
25	4402	849	Joaquim Carlos Lopes	-	V1	Amiciclo	67		68		33	00:08:23	01:00:13	00:05:19
26	3026	832	Anibal Oliveira	-	SEN	Amiciclo	116	00:17:14	107	00:34:19	46	00:08:40	01:00:14	00:05:21
27	2151	226	Tiago Maia	-	S23	CFV	121	00:17:30	108	00:34:20	35	00:08:25	01:00:16	00:05:22
28	1247	52	Filipe Azevedo	-	JUN	C.D. "Os Águias" de Alpiarça	31		31		31	00:08:19	01:00:58	00:06:05
29	1149	26	Guilherme Marques	-	JUN	C.D. "Os Águias" de Alpiarça	30		30		36	00:08:26	01:01:03	00:06:09
30	3591	468	Paulo Janela	-	SEN	Clube de Triatlo de Almada	117	00:17:17	115	00:35:46	26	00:08:10	01:01:14	00:06:20
31	1106	31	Fabrizio Tomás	-	JUN	Alhandra Sporting Club	120	00:17:23	114	00:35:13	57	00:08:51	01:01:27	00:06:34
32	3239	210	Telmo Veloso	-	SEN	Porto Runners	112	00:16:58	119	00:36:16	28	00:08:15	01:01:30	00:06:36
33	3394	645	Valdo Neves	-	SEN	Oeiras Sport Clube	26		26		27	00:08:14	01:01:34	00:06:41
34	3214	443	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	60		61		42	00:08:33	01:01:38	00:06:45
35	3285	347	Hugo Ferreira	-	SEN	Clube Olímpico de Oeiras	115	00:17:12	116	00:36:04	41	00:08:33	01:01:50	00:06:56
36	3264	335	Manuel Alves	-	SEN	Sporting Clube de Portugal	114	00:17:12	58		2		01:01:57	00:07:03
37	4116	368	Rui Rodrigues	-	V1	COMPEED - Tri-Oeste	91		92		64	00:08:55	01:02:09	00:07:15
38	3453	515	Armandino Chaves	-	SEN	C. T. Fundão	39		39		37	00:08:26	01:02:33	00:07:39
39	4032	252	Carlos Gomes	-	V2	Oeiras Sport Clube	24		24		39	00:08:30	01:02:36	00:07:42
40	1233	419	Diogo Rosa	-	JUN	C. N. Tejo	126	00:17:50	117	00:36:11	53	00:08:48	01:02:49	00:07:56
41	3041	369	Luís Diogo Santos	-	SEN	COMPEED - Tri-Oeste	92		93		45	00:08:39	01:02:59	00:08:05
42	1004	49	Alexandre Nobre	-	JUN	Alhandra Sporting Club	123	00:17:38	120	00:36:29	62	00:08:53	01:03:01	00:08:08
43	3485	1111	Nuno Patrício	-	SEN	C.N. Alvito	76		77		50	00:08:47	01:03:11	00:08:17
44	3300	241	Nélson Santos	-	SEN	Peniche A. C.	32		32		32	00:08:21	01:03:12	00:08:18
45	3369	1036	Ricardo Paixão	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	5		5		52	00:08:47	01:03:31	00:08:38
46	3704	453	Nuno Rodrigues	-	SEN	Clube de Triatlo de Almada	119	00:17:19	125	00:37:30	49	00:08:46	01:03:35	00:08:42
47	1204	194	Filipe Miguel Lopes	-	JUN	Alhandra Sporting Club	113	00:17:09	127	00:37:55	47	00:08:41	01:03:45	00:08:52
48	3484	2	Maria Areosa	-	SEN	Clube Olímpico de Oeiras	132	00:18:16	123	00:36:49	54	00:08:49	01:03:55	00:09:01
49	3342	337	Rodrigo Baltazar	-	SEN	Sporting Clube de Portugal	131	00:18:16	122	00:36:48	60	00:08:52	01:03:58	00:09:04

Data:	27-02-2009	Hora:	15h00	Local:	Arronches			
Corrida	5.000 mt	Ciclismo:	18.800 mt	Corrida:	2.300 mt			

Ranking:	Taça de Portugal	Hora de Partida:	00h00
----------	------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	Total	Diff
50	1216	592	Pedro Miguel Amaral	-	JUN	C.D. "Os Águias" de Alpiarça	139	00:19:12	118	00:36:16	51	00:08:47	01:04:16	00:09:22
51	3224	996	Daniel Trindade	-	SEN	SR Camarnal/ Seguros Contacto/ HILZY	127	00:17:51	124	00:37:18	86	00:09:13	01:04:22	00:09:29
52	4359	727	Joel Marcelino	-	V1	Peniche A. C.	35		35		95	00:09:24	01:04:25	00:09:32
53	1042	415	João Francisco Ferreira	-	JUN	C. N. Tejo	7		7		68	00:08:58	01:04:33	00:09:40
54	1249	24	João Curado	-	JUN	Sporting Clube de Portugal	58		59		44	00:08:38	01:04:35	00:09:42
55	3142	497	Pedro Figueira	-	SEN	Assoc. 20 Km de Almeirim	137	00:19:07	121	00:36:34	76	00:09:05	01:04:47	00:09:53
56	1303	50	Ricardo Calado	-	JUN	C.D. "Os Águias" de Alpiarça	124	00:17:38	128	00:38:10	71	00:08:59	01:04:48	00:09:54
57	3618	1289	Fernando Tuya Cortés	-	SEN	Porto Runners	79		80		63	00:08:55	01:04:49	00:09:56
58	3537	834	Dário Santos	-	SEN	Amiciclo	61		62		70	00:08:59	01:04:52	00:09:59
59	3535	139	Pedro Francisco	-	SEN	TRIATLO CLUBE TAP	16		16		66	00:08:56	01:04:53	00:09:59
60	1231	1346	João Caeiro	-	JUN	Individual	125	00:17:38	129	00:38:14	75	00:09:04	01:04:57	00:10:04
61	3705	469	Ricardo Silva	-	SEN	Clube de Triatlo de Almada	133	00:18:21	126	00:37:39	72	00:09:00	01:05:00	00:10:07
62	4148	379	Pedro Cordeiro	-	V1	COMPEED - Tri-Oeste	94		95		78	00:09:07	01:05:03	00:10:09
63	4262	647	Paulo Queiros	-	V1	Oeiras Sport Clube	128	00:18:00	132	00:38:44	34	00:08:24	01:05:10	00:10:16
64	3524	632	Paulo Sequeira	-	SEN	Peniche A. C.	34		34		100	00:09:28	01:05:11	00:10:18
65	2083	1113	Carlos Papacinha	-	S23	C.N. Alvito	108	00:16:38	142	00:40:34	25	00:08:07	01:05:20	00:10:26
66	3531	427	Pedro Miguel Matos	-	SEN	C. N. Tejo	46		46		87	00:09:14	01:05:37	00:10:43
67	1222	333	José Maria Carvalho	-	JUN	C. F. "Os Belenenses"	130	00:18:14	131	00:38:33	82	00:09:08	01:05:55	00:11:02
68	1155	25	Miguel Marques	-	JUN	Alhandra Sporting Club	11		11		38	00:08:27	01:06:46	00:11:53
69	4357	769	Jorge Teixeira	-	V1	Clube de Praças da Armada	9		9		58	00:08:51	01:06:50	00:11:56
70	3784	1329	Paulo Gonçalves	-	SEN	Clube de Praças da Armada	81		82		67	00:08:57	01:06:53	00:11:59
71	1203	53	Rafael Ribeiro	-	JUN	Alhandra Sporting Club	12		12		61	00:08:53	01:06:58	00:12:05
72	3100	871	Luis Cipriano	-	SEN	A.M.C.R. Fonte Grada	44		44		65	00:08:56	01:07:05	00:12:11
73	1093	18	Mariana Costa	-	JUN	C. T. Fundão	36		36		83	00:09:09	01:07:09	00:12:15
74	3131	382	João Ferreira	-	SEN	McDonalds/TriBraga	40		40		88	00:09:14	01:07:16	00:12:22
75	2086	7	Bárbara Clemente	-	S23	Clube Olímpico de Oeiras	21		21		101	00:09:29	01:07:22	00:12:28
76	3763	1212	José João Silvestre	-	SEN	C. N. Tejo	140	00:19:16	134	00:39:27	79	00:09:07	01:07:51	00:12:58
77	3697	729	Patrick Silva	-	SEN	McDonalds/TriBraga	42		42		102	00:09:31	01:07:53	00:13:00
78	1164	356	David Maia	-	JUN	Clube Olímpico de Oeiras	154	00:19:43	130	00:38:16	122	00:09:59	01:07:59	00:13:06
79	4059	511	Fernando Feijão	-	V4	C. T. Fundão	138	00:19:08	133	00:39:24	103	00:09:32	01:08:05	00:13:11
80	3562	749	João Carlos Canas	-	SEN	A. R. S. C. Toledo	18		18		1		01:08:06	00:13:12
81	3241	172	Nuno Tintim	-	SEN	Alhandra Sporting Club	13		13		81	00:09:08	01:08:12	00:13:18
82	4204	243	Mário Sousa	-	V2	Peniche A. C.	50		50		84	00:09:12	01:08:23	00:13:30
83	3315	136	Mário Figueiredo	-	SEN	Alhandra Sporting Club	135	00:19:05	138	00:39:58	94	00:09:21	01:08:25	00:13:32
84	1295	522	Miguel Ângelo Silva	-	JUN	Externato Cooperativo da Benedita	144	00:19:20	136	00:39:50	93	00:09:19	01:08:31	00:13:37
85	4048	674	Jerónimo Manuel Cruz	-	V3	Cl. Ferroviário de Vendas Novas	147	00:19:32	139	00:40:07	74	00:09:03	01:08:44	00:13:50
86	1302	531	Ricardo Correia	-	JUN	Externato Cooperativo da Benedita	55		55		135	00:10:15	01:08:51	00:13:57
87	2149	199	Paulo Ricardo Monteiro	-	S23	Alhandra Sporting Club	14		14		108	00:09:38	01:08:51	00:13:58
88	5393		Nuno Carpinteiro	-	JUN	Individual	122	00:17:33	159	00:42:43	43	00:08:37	01:08:54	00:14:01
89	3455	983	Nuno Semedo	-	SEN	Clube de Praças da Armada	69		70		123	00:10:00	01:09:33	00:14:40
90	3207	870	José Magalhães Dias	-	SEN	A.M.C.R. Fonte Grada	145	00:19:28	147	00:41:10	91	00:09:19	01:09:57	00:15:04
91	1301	847	Rita Maria Lopes	-	JUN	Amiciclo	136	00:19:06	153	00:42:00	59	00:08:51	01:09:58	00:15:04
92	1048	215	Diogo Soares	-	JUN	Alhandra Sporting Club	129	00:18:06	161	00:42:53	69	00:08:59	01:09:58	00:15:05
93	3695	654	Emanuel Matos	-	SEN	McDonalds/TriBraga	148	00:19:34	145	00:41:02	104	00:09:33	01:10:10	00:15:16
94	2095	976	Ricardo Reis	-	S23	Clube de Praças da Armada	153	00:19:42	135	00:39:44	154	00:10:44	01:10:10	00:15:17
95	4287	867	Luis Abade	-	V1	Associação Académica de Coimbra	161	00:19:55	144	00:40:39	109	00:09:40	01:10:14	00:15:21
96	3128	616	José Ferreira	-	SEN	McDonalds/TriBraga	142	00:19:17	150	00:41:22	106	00:09:35	01:10:15	00:15:22
97	3742	846	Miguel Garcia	-	SEN	Amiciclo	162	00:20:05	141	00:40:20	116	00:09:51	01:10:17	00:15:23
98	3334	1158	Rui Filipe Costa	-	SEN	Porto Runners	78		79		55	00:08:49	01:10:28	00:15:35

Data:	27-02-2009	Hora:	15h00	Local:	Arronches			
Corrida	5.000 mt	Ciclismo:	18.800 mt	Corrida:	2.300 mt			

Ranking:	Taça de Portugal	Hora de Partida:	00h00
----------	------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	Total	Diff
99	4177	1369	Paulo Silva	-	V1	Louletano/AlgarvCycles/LouleJardimHot	118	00:17:17	137	00:39:57	197	00:13:19	01:10:34	00:15:41
100	4060	994	António Moura	-	V3	SR Camarnal/ Seguros Contacto/ HILZY	29		29		85	00:09:12	01:10:34	00:15:41
101	3402	1042	Luis Reis	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	71		72		80	00:09:08	01:10:41	00:15:47
102	2143	353	Ana Teresa Machado	-	S23	Clube Olímpico de Oeiras	143	00:19:17	156	00:42:20	77	00:09:05	01:10:43	00:15:49
103	1202	147	Ivo Cristeta	-	JUN	Alhandra Sporting Club	150	00:19:35	154	00:42:02	89	00:09:16	01:10:55	00:16:01
104	4278	1043	António Barbosa	-	V2	Louletano/AlgarvCycles/LouleJardimHot	72		73		56	00:08:50	01:10:56	00:16:02
105	5581	406	Diogo Mata Tristão	-	JUN	Alhandra Sporting Club	168	00:20:52	146	00:41:08	92	00:09:19	01:11:20	00:16:27
106	3431	726	Henrique Venâncio	-	SEN	Peniche A. C.	156	00:19:45	151	00:41:26	130	00:10:11	01:11:23	00:16:29
107	3703	436	Rui Firmino	-	SEN	Clube de Triatlo de Almada	141	00:19:16	157	00:42:34	107	00:09:36	01:11:28	00:16:34
108	3786	1337	Jorge Ramos	-	SEN	C. T. Fundão	175	00:21:23	140	00:40:15	118	00:09:52	01:11:31	00:16:38
109	3433	1038	Rui Medina	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	6		6		98	00:09:26	01:11:43	00:16:49
110	2035	839	Tiago Lança	-	S23	Amiciclo	146	00:19:30	152	00:41:59	136	00:10:15	01:11:45	00:16:51
111	5388		Júlio Moita	-	V3	Individual	96		97		96	00:09:24	01:11:50	00:16:56
112	5231		Helder Faria	-	SEN	Individual	151	00:19:40	158	00:42:36	105	00:09:34	01:11:52	00:16:58
113	5213		Emilio Paulino	-	V3	Individual	83		84		97	00:09:25	01:11:52	00:16:58
114	1196	175	Fábio Coutinho	-	JUN	Alhandra Sporting Club	169	00:20:52	143	00:40:36	152	00:10:33	01:12:02	00:17:09
115	5425	232	João Fernandes	-	SEN	CFV	158	00:19:48	160	00:42:45	121	00:09:59	01:12:33	00:17:39
116	3004	873	Bruno Silva	-	SEN	A.M.C.R. Fonte Grada	73		74		73	00:09:01	01:12:40	00:17:46
117	4011	990	João Albuquerque	-	V2	Clube 4 Estilos	75		76		115	00:09:50	01:12:46	00:17:52
118	3526	323	António Gouveia	-	SEN	C. F. "Os Belenenses"	152	00:19:41	166	00:43:32	112	00:09:43	01:12:56	00:18:03
119	4189	492	Carlos Serra	-	V1	Alhandra Sporting Club	181	00:21:40	148	00:41:12	144	00:10:20	01:13:12	00:18:19
120	4259	806	Paulo Neves	-	V1	Clube de Veteranos do Porto	1		1		139	00:10:17	01:13:17	00:18:24
121	3195	517	Ana Filipa Santos	-	SEN	C. T. Fundão	149	00:19:35	167	00:43:42	124	00:10:01	01:13:19	00:18:26
122	3508	1055	João Duarte	-	SEN	Quintajense Futebol Clube	52		52		132	00:10:12	01:13:22	00:18:28
123	4108	225	Paulo Leitão Santos	-	V2	Peniche A. C.	3		3		133	00:10:15	01:13:26	00:18:33
124	5343		Paulo Panaças	-	SEN	Individual	90		91		190	00:12:45	01:13:30	00:18:36
125	2092	104	Pedro Miguel Gomes	-	S23	Alhandra Sporting Club	166	00:20:50	164	00:43:22	99	00:09:26	01:13:40	00:18:47
126	3520	429	Hugo Tomé Ferreira	-	SEN	C. N. Tejo	56		56		165	00:10:57	01:13:42	00:18:48
127	4072	827	Renato Fidalgo	-	V2	A.D.C.R. Painho	172	00:21:15	155	00:42:17	131	00:10:11	01:13:45	00:18:51
128	3722	626	Ana Sofia Henriques	-	SEN	Associação Naval Amorense	57		57		110	00:09:40	01:13:58	00:19:05
129	3716	923	Raúl Jorge	-	SEN	C.D. "Os Águias" de Alpiarça	155	00:19:44	168	00:43:59	141	00:10:19	01:14:03	00:19:09
130	4268	979	Vasco Soares	-	V1	Clube de Praças da Armada	48		48		137	00:10:15	01:14:06	00:19:13
131	5119		Abel Flores	-	V2	Individual	82		83		119	00:09:56	01:14:07	00:19:14
132	2108	10	Ana Filipa Sampaio	-	S23	Alhandra Sporting Club	167	00:20:52	165	00:43:26	138	00:10:16	01:14:35	00:19:41
133	3748	869	Gonçalo Costa	-	SEN	Associação Académica de Coimbra	64		65		120	00:09:57	01:14:49	00:19:55
134	4398	823	Luis Gomes	-	V2	A.D.C.R. Painho	165	00:20:39	171	00:44:17	125	00:10:01	01:14:58	00:20:05
135	3092	514	Pedro Venâncio	-	SEN	C. T. Fundão	38		38		90	00:09:17	01:15:04	00:20:10
136	2110	9	Liliana Filipa Silva	-	S23	Alhandra Sporting Club	171	00:21:14	169	00:44:05	134	00:10:15	01:15:35	00:20:41
137	3745	989	Luis Miguel Ladeira	-	SEN	Clube 4 Estilos	164	00:20:34	172	00:44:45	143	00:10:19	01:15:40	00:20:47
138	4188	725	Luis Filipe Pereira	-	V2	Peniche A. C.	33		33		127	00:10:07	01:15:45	00:20:52
139	4267	868	Victor Garcez	-	V3	Associação Académica de Coimbra	49		49		113	00:09:48	01:15:45	00:20:52
140	5319		José Pires Rondão	-	SEN	Individual	88		89		48	00:08:45	01:15:49	00:20:55
141	3518	583	David Chéu Martins	-	SEN	Associação Naval Amorense	134	00:19:04	189	00:47:16	111	00:09:41	01:16:02	00:21:08
142	4389	911	Rui Sardinheiro	-	LAZ	C.D. "Os Águias" de Alpiarça	22		22		150	00:10:29	01:16:03	00:21:10
143	3392	380	Katarina Larsson	-	SEN	COMPEED - Tri-Oeste	179	00:21:36	170	00:44:08	142	00:10:19	01:16:04	00:21:10
144	3790	420	João Miguel Tavares	-	SEN	C. N. Tejo	157	00:19:47	175	00:45:36	155	00:10:45	01:16:10	00:21:16
145	3387	345	José António Jesus	-	SEN	Clube Olímpico de Oeiras	20		20		114	00:09:50	01:16:27	00:21:33
146	4399	826	Manuel Ferreira	-	V1	A.D.C.R. Painho	163	00:20:09	178	00:45:59	145	00:10:20	01:16:28	00:21:35
147	5258		João Borges	-	SEN	Individual	170	00:21:01	173	00:45:15	151	00:10:32	01:16:49	00:21:55

Data:	27-02-2009	Hora:	15h00	Local:	Arronches
Corrida	5.000 mt	Ciclismo:	18.800 mt	Corrida:	2.300 mt

Ranking:	Taça de Portugal	Hora de Partida:	00h00
----------	------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	Total	Diff
148	3740	1074	Francisco Gaspar	-	SEN	Individual	160	00:19:52	185	00:46:50	129	00:10:10	01:16:53	00:21:59
149	1201	180	André Estevam	-	JUN	Alhandra Sporting Club	10		10		169	00:11:14	01:16:55	00:22:02
150	4358	748	João Bento	-	V1	A. R. S. C. Toledo	159	00:19:50	163	00:43:13	200	00:14:18	01:17:23	00:22:29
151	3734	822	José Ferreira	-	SEN	A.D.C.R. Painho	80		81		171	00:11:18	01:17:54	00:23:00
152	3717	578	Tiago Avelãs	-	SEN	Serv. Soc. CGD	62		63		161	00:10:51	01:17:56	00:23:02
153	3204	211	Susana Simões	-	SEN	Porto Runners	176	00:21:26	186	00:46:53	117	00:09:51	01:18:12	00:23:18
154	3558	792	Sérgio Duarte	-	SEN	Serv. Soc. CGD	15		15		128	00:10:09	01:18:12	00:23:18
155	1311	43	Andreia Lopes	-	JUN	C. F. "Os Belenenses"	185	00:22:01	176	00:45:40	153	00:10:41	01:18:24	00:23:31
156	3569	383	Serge Caetano	-	SEN	McDonalds/TriBraga	54		54		146	00:10:23	01:18:29	00:23:35
157	1290	431	Diogo André Gomes	-	JUN	C. N. Tejo	177	00:21:31	149	00:41:13	204	00:15:45	01:18:30	00:23:36
158	5248		Hermenegildo Rodrigues	-	V2	Individual	84		85		148	00:10:27	01:18:37	00:23:43
159	5250		João Balsinha	-	V4	Individual	173	00:21:17	187	00:46:55	158	00:10:49	01:19:02	00:24:08
160	4410	201	Paulo Monteiro	-	V2	Alhandra Sporting Club	183	00:21:55	180	00:46:22	163	00:10:54	01:19:12	00:24:19
161	3015	434	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	182	00:21:43	181	00:46:24	167	00:11:09	01:19:18	00:24:24
162	5344		Paulo Toledo	-	V2	Individual	188	00:22:28	179	00:46:07	157	00:10:48	01:19:24	00:24:30
163	1227	588	Miguel Alexandre	-	JUN	Associação Naval Amorense	65		66		156	00:10:46	01:19:51	00:24:58
164	3386	999	Ana Pereira	-	SEN	COMPEED - Tri-Oeste	187	00:22:09	184	00:46:39	166	00:11:04	01:19:54	00:25:00
165	4342	140	Luis Filipe Silva	-	V3	TRIATLO CLUBE TAP	17		17		172	00:11:19	01:20:16	00:25:23
166	1307	1285	Samuel Silva	-	JUN	Externato Cooperativo da Benedita	190	00:22:34	162	00:43:03	202	00:14:57	01:20:35	00:25:42
167	2085	374	Vanessa Pereira	-	S23	COMPEED - Tri-Oeste	93		94		147	00:10:23	01:20:50	00:25:57
168	5276		João Laranjo	-	V1	Individual	174	00:21:20	192	00:48:11	176	00:11:32	01:21:05	00:26:11
169	4023	432	Francisco Bexiga	-	V3	Clube de Praças da Armada	196	00:23:58	174	00:45:25	179	00:11:45	01:21:09	00:26:15
170	4294	1056	José Panóias	-	V3	Quintajense Futebol Clube	53		53		160	00:10:51	01:21:09	00:26:16
171	3525	326	Elisabete Sousa	-	SEN	C. F. "Os Belenenses"	186	00:22:03	193	00:48:44	149	00:10:28	01:21:16	00:26:23
172	4237	1051	António Mamede	-	V3	Peniche A. C.	74		75		126	00:10:02	01:21:18	00:26:25
173	4335	518	Filomena Gomes	-	V1	C. T. Fundão	199	00:24:18	177	00:45:47	170	00:11:15	01:21:21	00:26:28
174	5352		Pedro Torres	-	SEN	Individual	178	00:21:35	194	00:48:55	164	00:10:55	01:21:26	00:26:32
175	5397		Jaime Brito	-	SEN	Individual	97		98		191	00:12:50	01:21:35	00:26:41
176	5326		Paulo Jorge Dias	-	V2	Individual	192	00:23:23	182	00:46:36	182	00:11:56	01:21:56	00:27:03
177	5186		Carlos Manuel Rodrigues	-	V1	Individual	193	00:23:24	183	00:46:37	183	00:11:59	01:22:01	00:27:07
178	5394		João Bronze	-	SEN	Individual	184	00:22:00	195	00:49:13	162	00:10:53	01:22:08	00:27:14
179	4279	435	João Morgado	-	V1	Clube de Triatlo de Almada	197	00:24:03	188	00:47:14	174	00:11:22	01:22:39	00:27:45
180	4190		Carlos Peso	-	V1	Individual	180	00:21:37	196	00:49:17	186	00:12:21	01:23:16	00:28:23
181	1286	417	Ana Alarico	-	JUN	C. N. Tejo	45		45		140	00:10:18	01:23:31	00:28:38
182	5320		José Saruga	-	SEN	Individual	89		90		173	00:11:20	01:24:19	00:29:25
183	3789	1335	Fábio Caniço	-	SEN	Clube de Praças da Armada	195	00:23:49	190	00:47:31	192	00:12:58	01:24:19	00:29:26
184	4403	981	Paulo Jorge Santos	-	V2	Clube de Praças da Armada	68		69		159	00:10:50	01:24:21	00:29:27
185	4424	1323	Sandra Isabelinha	-	V2	C.D. "Os Águias" de Alpiarça	191	00:22:35	199	00:50:36	168	00:11:09	01:24:21	00:29:28
186	4393	877	Julio Nunes	-	V1	Associação Naval Amorense	198	00:24:14	191	00:47:47	188	00:12:31	01:24:33	00:29:40
187	1283	477	Andreia Ferreira	-	JUN	Clube de Triatlo de Almada	194	00:23:45	197	00:49:39	177	00:11:42	01:25:08	00:30:14
188	4405	984	Mário Silva	-	V2	Clube de Praças da Armada	70		71		205	00:16:11	01:26:07	00:31:14
189	4328	813	Anette Kind	-	V2	Clube de Veteranos do Porto	2		2		189	00:12:39	01:26:22	00:31:29
190	4038	1112	Joaquim Patrício	-	V5	C.N. Alvito	200	00:24:20	198	00:50:31	178	00:11:44	01:26:36	00:31:42
191	4421	1319	Antonio Moreira	-	V4	Individual	77		78		185	00:12:14	01:26:47	00:31:53
192	4378	655	Jorge Costa	-	V1	McDonalds/TriBraga	41		41		206	00:17:13	01:26:53	00:31:59
193	4346	133	Jorge Carreiras	-	V1	Individual	19		19		181	00:11:51	01:27:23	00:32:29
194	1226	662	Rita Delgado	-	JUN	Associação Naval Amorense	201	00:25:28	200	00:50:36	180	00:11:47	01:27:52	00:32:58
195	1281	439	Caterina Sousa	-	JUN	Clube de Triatlo de Almada	59		60		175	00:11:23	01:28:03	00:33:10
196	4365	131	Paulo Viana	-	V1	Alhandra Sporting Club	51		51		187	00:12:28	01:29:50	00:34:56

Data:	27-02-2009	Hora:	15h00	Local:	Arronches
Corrida	5.000 mt	Ciclismo:	18.800 mt	Corrida:	2.300 mt

Ranking:	Taça de Portugal	Hora de Partida:	00h00
----------	------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	Total	Diff
197	5290		José Américo	-	V3	Individual	85		86		201	00:14:44	01:36:05	00:41:11
198	5378		Rodrigo Romão	-	SEN	Individual	204	00:26:05	201	00:56:25	198	00:13:36	01:36:08	00:41:14
199	5381		Stephanie Rodrigues	-	JUN	Individual	203	00:26:01	202	00:58:40	199	00:13:44	01:38:26	00:43:32
200	3723	663	Luis Cavaco	-	V1	Associação Naval Amorense	66		67		3		01:38:27	00:43:33
201	4409	874	Francisco Cipriano	-	V5	A.M.C.R. Fonte Grada	206	00:26:06	203	00:59:31	193	00:13:00	01:38:38	00:43:45
202	5314		José Luis Amoreira	-	V1	Individual	87		88		194	00:13:01	01:38:41	00:43:47
203	5294		José Carlos Ribeiro	-	V2	Individual	86		87		195	00:13:01	01:39:13	00:44:20
204	5218		Francisco Galego	-	SEN	Individual	189	00:22:29	206	01:07:09	184	00:12:04	01:41:42	00:46:49
205	4229	1339	Elisabete Gonçalves	-	V1	Porto Runners	202	00:25:48	204	01:04:16	203	00:15:06	01:45:12	00:50:18
206	5321		Luis Romaneiro	-	V3	Individual	205	00:26:06	205	01:07:01	196	00:13:17	01:46:25	00:51:31
	1223	195	Rui Tenrinho	DNF	JUN	Alhandra Sporting Club		00:18:12						-
	1162	54	Miguel Fernandes	DNF	JUN	Clube Olimpico de Oeiras		00:16:26						-
	3510	114	Silvio Moreira	DNS	SEN	Individual								-
	3440	117	Filipa Fernandes	DNS	SEN	Individual								-
	4142	145	Carlos Reis	DNS	V1	Individual								-
	1200	408	Laura Costa Bento	DNS	JUN	Alhandra Sporting Club								-
	1153	22	Luis Filipe Marafuz	DNS	JUN	Alhandra Sporting Club								-
	2148	5	Ana Filipa Ferreira	DNS	S23	Alhandra Sporting Club								-
	2112	153	Ivan Costa	DNS	S23	Alhandra Sporting Club								-
	3488	1100	Andreia Moço	DNS	SEN	Alhandra Sporting Club								-
	1056	216	João Sousa	DNS	JUN	Alhandra Sporting Club								-
	3499	752	Pedro Feliciano	DNS	SEN	A. R. S. C. Toledo								-
	3071	344	Luis Manuel Almeida	DNS	SEN	Clube Olimpico de Oeiras								-
	1117	29	Hugo Ventura	DNS	JUN	Clube Olimpico de Oeiras								-
	3752	1039	Vera Silva	DNS	SEN	Louletano/AlgarvCycles/LouleJardimHot								-
	3403	1040	Rita Ribeiro	DNS	SEN	Louletano/AlgarvCycles/LouleJardimHot								-
	3240	59	Carla Ribeiro	DNS	SEN	Louletano/AlgarvCycles/LouleJardimHot								-
	3050	387	Bruno Fernandes	DNS	SEN	Resistentes								-
	3665	652	Joaquim Figueiras	DNS	SEN	Oeiras Sport Clube								-
	4303	673	António Reis	DNS	V2	Cl. Ferroviário de Vendas Novas								-
	3053	37	Sérgio Marques	DNS	SEN	C.D. "Os Águias" de Alpiarça								-
	3388	1012	Carlos Antunes	DNS	SEN	C. T. Fundão								-
	3699	657	José Luis Menezes	DNS	SEN	McDonalds/TriBraga								-
	4138	350	Paulo Guedes	DNS	V3	Clube Olimpico de Oeiras								-
	2122	8	Joana Marques	DNS	S23	Clube Olimpico de Oeiras								-
	1128	351	Carolina Gregório	DNS	JUN	Clube Olimpico de Oeiras								-
	4388	617	Ruben António Costa	DNS	V2	Individual								-
	3690	328	José Camiña	DNS	SEN	C. F. "Os Belenenses"								-
	1192	357	Sérgio Filipe Monteiro	DNS	JUN	Clube Olimpico de Oeiras								-
	4385	418	Jorge Castro	DNS	V2	C. N. Tejo								-
	2127	579	Diogo Custódio	DNS	S23	Sporting Clube de Portugal								-
	3383	336	Sofia Valente	DNS	SEN	Sporting Clube de Portugal								-
	2160	16	Ruben Costa	DNS	S23	Sporting Clube de Portugal								-
	2139	836	Nuno Nogueira	DNS	S23	Amiciclo								-
	3478	845	Sofia Brites	DNS	SEN	Amiciclo								-
	4329	619	Rui Correia	DNS	V5	Individual								-
	3597	796	Rui Choças	DNS	SEN	Individual								-
	3714	1013	Esmeralda Câmara	DNS	SEN	C. T. Fundão								-
	4400	759	Paulo Canário	DNS	V1	Cl. Ferroviário de Vendas Novas								-

Data:	27-02-2009	Hora:	15h00	Local:	Arronches			
Corrida	5.000 mt	Ciclismo:	18.800 mt	Corrida:	2.300 mt			

Ranking:	Taça de Portugal	Hora de Partida:	00h00
----------	------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	Total	Diff
	2166	1331	Daniel Zeferino	DNS	S23	Clube de Praças da Armada								-
	4425	1338	António Almeida	DNS	V1	A.D.C.R. Painho								-
	5139		Ana Paula Gaspar	DNS	V2	Individual								-
	5149		António Calha Caldeira	DNS	V1	Individual								-
	5179		António Jourdan	DNS	SEN	Individual								-
	5193		Daniel Reia	DNS	SEN	Individual								-
	5206		David Raquel	DNS	S23	Individual								-
	5219		Gary Blesson	DNS	V2	Individual								-
	5224		Gonçalo Passareiro	DNS	SEN	Individual								-
	5226		Guilherme Branquinho	DNS	SEN	Individual								-
	5247		Herculano Marques	DNS	V3	Individual								-
	5268		João de Sousa	DNS	V2	Individual								-
	5281		João Marques	DNS	SEN	Individual								-
	5296		José Correia	DNS	V3	Individual								-
	5311		José João Albano	DNS	V2	Individual								-
	5317		José Candeias	DNS	V1	Individual								-
	5323		Paulo Costa	DNS	V2	Individual								-
	5374		Ricardo Próspero Figueira	DNS	SEN	Individual								-
	5387		Telmo Toledo	DNS	S23	Individual								-
	4356	372	Sónia Quintela	DNS	V1	COMPEED - Tri-Oeste								-
	4097	376	Carlos Suzana	DNS	V2	COMPEED - Tri-Oeste								-