

Data:	02-05-2010	Hora:	10h00	Local:	Abrantes			
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt			

Ranking:	Taça de Portugal de triatlo	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	2123	11	João Pedro Silva	-	S23	Clube Olímpico de Oeiras	2	00:08:08	7	00:36:12	1	00:15:22	00:59:43	
2	5685	12	João José Pereira	-	S23	Alhandra Sporting Club	3	00:08:19	6	00:36:01	2	00:15:31	00:59:52	00:00:09
3	3016	3	Bruno Pais	-	SEN	Sport Lisboa e Benfica	5	00:08:22	3	00:35:58	3	00:15:43	01:00:04	00:00:21
4	3291	4	Duarte Marques	-	SEN	C. D. "Os Águias" de Alpiarça	4	00:08:20	5	00:36:01	4	00:15:55	01:00:16	00:00:33
5	1162	54	Miguel Fernandes	-	JUN	Clube Olímpico de Oeiras	7	00:08:24	2	00:35:56	6	00:17:10	01:01:31	00:01:48
6	1117	29	Hugo Ventura	-	JUN	Clube Olímpico de Oeiras	8	00:08:27	4	00:36:00	23	00:18:13	01:02:41	00:02:58
7	3284	36	Pedro Gomes	-	SEN	Clube Olímpico de Oeiras	15	00:08:59	12	00:36:40	8	00:17:14	01:02:54	00:03:10
8	3127	377	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	29	00:09:31	9	00:36:26	5	00:17:00	01:02:58	00:03:15
9	1153	22	Luis Filipe Marafuz	-	JUN	Alhandra Sporting Club	11	00:08:37	19	00:37:17	7	00:17:14	01:03:09	00:03:26
10	3342	337	Rodrigo Baltazar	-	SEN	Sporting Clube de Portugal	30	00:09:33	8	00:36:17	16	00:18:00	01:03:51	00:04:07
11	1149	26	Guilherme Marques	-	JUN	C. D. "Os Águias" de Alpiarça	19	00:09:16	10	00:36:29	22	00:18:13	01:03:59	00:04:16
12	1203	53	Rafael Ribeiro	-	JUN	Alhandra Sporting Club	16	00:09:02	16	00:37:06	14	00:17:52	01:04:01	00:04:17
13	2127	579	Diogo Custódio	-	S23	Sporting Clube de Portugal	14	00:08:58	15	00:37:00	18	00:18:02	01:04:01	00:04:18
14	1247	52	Filipe Azevedo	-	JUN	C. D. "Os Águias" de Alpiarça	9	00:08:32	21	00:37:23	20	00:18:09	01:04:05	00:04:22
15	1293	51	Pedro Afonso Gaspar	-	JUN	C. D. "Os Águias" de Alpiarça	6	00:08:22	23	00:37:26	27	00:18:20	01:04:10	00:04:27
16	1249	24	João Curado	-	JUN	Sporting Clube de Portugal	10	00:08:37	27	00:37:42	28	00:18:21	01:04:40	00:04:57
17	2151	226	Tiago Maia	-	S23	CFV	12	00:08:37	18	00:37:17	38	00:18:53	01:04:48	00:05:05
18	5332		Jose Manuel	-	SEN	Individual	40	00:09:54	24	00:37:28	9	00:17:33	01:04:56	00:05:13
19	3412	831	Rui Dolores	-	SEN	Amiciclo	42	00:09:55	14	00:36:51	26	00:18:19	01:05:06	00:05:22
20	5294		António Corral	-	SEN	Club Triatlón Almendralejo	26	00:09:27	13	00:36:44	48	00:19:18	01:05:30	00:05:47
21	1216	592	Pedro Miguel Amaral	-	JUN	C. D. "Os Águias" de Alpiarça	13	00:08:54	17	00:37:15	61	00:19:49	01:05:59	00:06:16
22	2162	490	Jorge Alves	-	S23	Clube Olímpico de Oeiras	45	00:10:02	33	00:38:19	10	00:17:39	01:06:01	00:06:18
23	3282	254	Márcio Neves	-	SEN	Oeiras Sport Clube	62	00:10:42	22	00:37:25	15	00:17:55	01:06:04	00:06:20
24	3583	1379	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	24	00:09:25	40	00:38:49	13	00:17:50	01:06:05	00:06:22
25	1233	419	Diogo Rosa	-	JUN	C. N. Tejo	49	00:10:15	11	00:36:38	53	00:19:33	01:06:27	00:06:43
26	3214	443	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	70	00:11:08	20	00:37:22	24	00:18:17	01:06:48	00:07:05
27	3049	1152	Sérgio Dias	-	SEN	COMPEED - Tri-Oeste	73	00:11:12	30	00:38:04	12	00:17:49	01:07:06	00:07:23
28	3107	421	Rui Sousa	-	SEN	C. N. Tejo	58	00:10:29	31	00:38:11	31	00:18:37	01:07:18	00:07:34
29	3485	1111	Nuno Patrício	-	SEN	C. N. Alvito	47	00:10:12	32	00:38:15	39	00:18:57	01:07:25	00:07:41
30	1042	415	João Francisco Ferreira	-	JUN	C. N. Tejo	37	00:09:48	34	00:38:19	56	00:19:41	01:07:49	00:08:05
31	4192	582	Rui Melo	-	V1	COMPEED - Tri-Oeste	59	00:10:34	47	00:39:09	19	00:18:07	01:07:51	00:08:07
32	3453	515	Armandino Chaves	-	SEN	C. T. Fundão	92	00:11:54	26	00:37:37	30	00:18:27	01:08:00	00:08:16
33	4032	252	Carlos Gomes	-	V2	Oeiras Sport Clube	114	00:12:27	28	00:37:56	17	00:18:01	01:08:25	00:08:42
34	1204	194	Filipe Miguel Lopes	-	JUN	Alhandra Sporting Club	67	00:10:58	42	00:38:57	34	00:18:47	01:08:44	00:09:00
35	3733	1048	Tiago Cochicho	-	SEN	Molly Maid - Vitoria de Janes	79	00:11:25	43	00:39:00	25	00:18:18	01:08:44	00:09:01
36	4148	379	Pedro Cordeiro	-	V1	COMPEED - Tri-Oeste	43	00:09:57	46	00:39:08	66	00:19:52	01:08:57	00:09:13
37	3760	1000	Pedro Pinheiro	-	SEN	COMPEED - Tri-Oeste	121	00:12:37	25	00:37:33	35	00:18:49	01:09:00	00:09:16
38	5295		Eduardo Salas	-	SEN	Club Triatlón Almendralejo	21	00:09:20	59	00:40:18	50	00:19:22	01:09:02	00:09:19
39	3704	453	Nuno Rodrigues	-	SEN	Clube de Triatlo de Almada	54	00:10:25	61	00:40:28	29	00:18:22	01:09:16	00:09:33
40	3394	645	Valdo Neves	-	SEN	Oeiras Sport Clube	97	00:12:03	36	00:38:27	40	00:18:58	01:09:29	00:09:45
41	1192	357	Sérgio Filipe Monteiro	-	JUN	Clube Olímpico de Oeiras	57	00:10:28	29	00:37:59	107	00:21:03	01:09:31	00:09:48
42	1303	50	Ricardo Calado	-	JUN	C. D. "Os Águias" de Alpiarça	22	00:09:21	50	00:39:22	97	00:20:47	01:09:32	00:09:48
43	1164	356	David Maia	-	JUN	Clube Olímpico de Oeiras	27	00:09:29	44	00:39:03	109	00:21:03	01:09:36	00:09:53
44	4127	1165	Emanuel Marques	-	V2	Assoc. Académica S. Mamede	104	00:12:15	35	00:38:21	44	00:19:12	01:09:48	00:10:05
45	3797	1390	Alexandre Alvarez	-	SEN	Molly Maid - Vitoria de Janes	60	00:10:35	78	00:41:30	11	00:17:47	01:09:53	00:10:10
46	2086	7	Bárbara Clemente	-	S23	Clube Olímpico de Oeiras	41	00:09:55	52	00:39:38	83	00:20:24	01:09:58	00:10:15
47	3591	468	Paulo Janela	-	SEN	Clube de Triatlo de Almada	115	00:12:29	51	00:39:24	21	00:18:12	01:10:06	00:10:23
48	1202	147	Ivo Cristeta	-	JUN	Alhandra Sporting Club	32	00:09:40	41	00:38:50	133	00:21:39	01:10:11	00:10:28
49	1269	756	Nuno Lima	-	JUN	CAPGE	46	00:10:06	48	00:39:20	103	00:20:56	01:10:23	00:10:40

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	4040	1373	António Raposo	-	V3	Louletano/AlgarvCycles/LouleJardimHot	61	00:10:40	57	00:40:11	64	00:19:52	01:10:43	00:11:00
51	1077	229	Tiago Rola	-	JUN	CFV	17	00:09:02	69	00:40:49	102	00:20:56	01:10:48	00:11:05
52	3131	382	João Ferreira	-	SEN	McDonalds/TriBraga	69	00:11:00	66	00:40:47	47	00:19:18	01:11:05	00:11:22
53	2092	104	Pedro Miguel Gomes	-	S23	Alhandra Sporting Club	25	00:09:26	65	00:40:43	110	00:21:04	01:11:14	00:11:31
54	3304	482	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	85	00:11:41	49	00:39:20	81	00:20:19	01:11:21	00:11:38
55	3207	870	José Magalhães Dias	-	SEN	A. M. C. R. Fonte Grada	101	00:12:12	39	00:38:44	91	00:20:36	01:11:32	00:11:49
56	3791	1365	João Inocentes	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	89	00:11:46	45	00:39:04	93	00:20:41	01:11:33	00:11:50
57	2153	227	Luis Bompastor	-	S23	CFV	138	00:13:05	38	00:38:39	62	00:19:51	01:11:36	00:11:53
58	5432		Antonio Velasco	-	JUN	Club Triatlón Almendralejo	39	00:09:53	81	00:41:36	76	00:20:13	01:11:44	00:12:01
59	3128	616	José Ferreira	-	SEN	McDonalds/TriBraga	84	00:11:40	54	00:39:53	74	00:20:10	01:11:45	00:12:02
60	3145	493	Luis Moura Lopes	-	SEN	Assoc. 20 Km de Almeirim	90	00:11:47	37	00:38:38	126	00:21:27	01:11:53	00:12:10
61	1198	1355	Francisco Machado	-	JUN	C. N. Colégio Vasco da Gama	18	00:09:12	107	00:42:59	59	00:19:47	01:11:59	00:12:15
62	1314	680	João Miguel Cristo	-	JUN	Clube de Triatlo de Almada	72	00:11:09	64	00:40:43	79	00:20:16	01:12:09	00:12:26
63	4384	471	Paulo Carvalho	-	V2	Clube de Triatlo de Almada	23	00:09:23	95	00:42:20	86	00:20:28	01:12:12	00:12:29
64	2148	5	Ana Filipa Ferreira	-	S23	Alhandra Sporting Club	28	00:09:30	75	00:41:11	129	00:21:31	01:12:13	00:12:30
65	2118	601	Rúben Perdigoto	-	S23	Molly Maid - Vitoria de Janes	65	00:10:45	100	00:42:40	36	00:18:49	01:12:16	00:12:33
66	4015	1046	José Oliveira	-	V3	Molly Maid - Vitoria de Janes	108	00:12:18	55	00:39:54	72	00:20:08	01:12:21	00:12:37
67	1048	215	Diogo Soares	-	JUN	Alhandra Sporting Club	52	00:10:21	97	00:42:22	55	00:19:38	01:12:22	00:12:39
68	1170	720	Gonçalo Barros	-	JUN	Ginásio Clube de Sines	56	00:10:28	53	00:39:43	150	00:22:19	01:12:30	00:12:47
69	4377	381	Faber Martins	-	V1	McDonalds/TriBraga	131	00:12:52	74	00:41:04	32	00:18:43	01:12:40	00:12:57
70	3501	371	Tiago Neves	-	SEN	COMPEED - Tri-Oeste	35	00:09:44	91	00:42:08	117	00:21:12	01:13:05	00:13:21
71	3100	871	Luis Cipriano	-	SEN	A. M. C. R. Fonte Grada	148	00:13:30	60	00:40:22	45	00:19:13	01:13:06	00:13:23
72	3521	958	João Nicolau	-	SEN	C. N. Tejo	51	00:10:17	99	00:42:35	77	00:20:14	01:13:07	00:13:24
73	3135	1161	Mário Guedes	-	SEN	Assoc. Académica S. Mamede	105	00:12:15	79	00:41:30	49	00:19:22	01:13:08	00:13:25
74	2143	353	Ana Teresa Machado	-	S23	Clube Olímpico de Oeiras	68	00:10:59	102	00:42:48	51	00:19:31	01:13:19	00:13:36
75	3743	950	Miguel Vicente	-	S23	C. N. Cartaxo	139	00:13:17	71	00:40:51	52	00:19:32	01:13:40	00:13:57
76	4060	994	António Moura	-	V3	SR Camarnal / Seguros	93	00:11:56	86	00:41:56	67	00:19:53	01:13:46	00:14:03
77	3241	172	Nuno Tintim	-	SEN	Alhandra Sporting Club	168	00:13:58	70	00:40:51	41	00:19:01	01:13:51	00:14:07
78	3300	241	Nélson Santos	-	SEN	Peniche A. C.	165	00:13:55	73	00:41:01	43	00:19:07	01:14:03	00:14:20
79	3416	1500	Miguel Vigôço	-	SEN	Clube Triatlo de Perosinho	53	00:10:23	109	00:43:01	94	00:20:42	01:14:07	00:14:24
80	3181	1164	Luis Correia Ferreira	-	SEN	Assoc. Académica S. Mamede	100	00:12:10	83	00:41:51	73	00:20:09	01:14:11	00:14:28
81	3462	236	Rafael Lourenço	-	SEN	Alhandra Sporting Club	113	00:12:26	90	00:42:08	54	00:19:37	01:14:12	00:14:29
82	3535	139	Pedro Francisco	-	SEN	TRIATLO CLUBE TAP	156	00:13:45	67	00:40:48	58	00:19:43	01:14:17	00:14:34
83	3004	873	Bruno Silva	-	SEN	A. M. C. R. Fonte Grada	127	00:12:43	82	00:41:50	60	00:19:47	01:14:20	00:14:37
84	4129	132	João Hipólito	-	V2	Alhandra Sporting Club	160	00:13:52	58	00:40:15	82	00:20:21	01:14:29	00:14:45
85	3392	380	Katarina Larsson	-	SEN	COMPEED - Tri-Oeste	48	00:10:13	115	00:43:24	104	00:20:59	01:14:38	00:14:55
86	2135	1098	Rúben Reis	-	S23	Secção de Triatlo de Santa Iria	177	00:14:20	77	00:41:24	42	00:19:07	01:14:52	00:15:09
87	3003	731	César Andrade	-	SEN	G. A. A. Vila Franca de Xira	86	00:11:42	89	00:42:05	112	00:21:06	01:14:53	00:15:10
88	5309		João Pereira	-	V2	Individual	125	00:12:41	117	00:43:30	33	00:18:44	01:14:56	00:15:13
89	1173	134	Rúben Rosa	-	JUN	Individual	38	00:09:51	119	00:43:36	131	00:21:37	01:15:05	00:15:21
90	3036	433	Nuno Campos	-	SEN	Clube de Praças da Armada	140	00:13:18	68	00:40:48	120	00:21:14	01:15:21	00:15:38
91	4014	742	João Santos	-	V2	A.B.V.Estoriz / Nutrilogia	83	00:11:39	63	00:40:42	165	00:23:00	01:15:22	00:15:39
92	4108	225	Paulo Leitão Santos	-	V2	Peniche A. C.	96	00:12:02	80	00:41:32	137	00:21:49	01:15:23	00:15:40
93	1288	426	Nuno Nogueira	-	JUN	C. N. Tejo	20	00:09:18	144	00:45:47	80	00:20:19	01:15:24	00:15:41
94	2112	153	Ivan Costa	-	S23	Alhandra Sporting Club	98	00:12:06	76	00:41:19	143	00:22:00	01:15:26	00:15:43
95	3147	494	Pedro Bento	-	SEN	Assoc. 20 Km de Almeirim	143	00:13:19	62	00:40:29	134	00:21:45	01:15:35	00:15:52
96	5296		José Luis Pérez	-	SEN	Club Triatlón Almendralejo	76	00:11:17	123	00:43:52	87	00:20:28	01:15:39	00:15:55
97	3697	729	Patrick Silva	-	SEN	McDonalds/TriBraga	180	00:14:29	56	00:40:09	105	00:21:01	01:15:40	00:15:57
98	3183	1353	Ricardo Figueira Silva	-	SEN	C. N. Colégio Vasco da Gama	128	00:12:46	96	00:42:21	90	00:20:35	01:15:44	00:16:00

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
99	3054	643	António Luz Gomes	-	SEN	Oeiras Sport Clube	116	00:12:29	87	00:41:56	127	00:21:27	01:15:54	00:16:10
100	3703	436	Rui Firmino	-	SEN	Clube de Triatlo de Almada	134	00:13:00	92	00:42:14	92	00:20:41	01:15:57	00:16:13
101	1209	393	Diogo Goulão Henriques	-	JUN	Ginásio Clube de Sines	78	00:11:19	131	00:44:27	78	00:20:16	01:16:02	00:16:19
102	4197	498	Victor Rodrigues	-	V1	Assoc. 20 Km de Almeirim	122	00:12:38	94	00:42:18	115	00:21:08	01:16:05	00:16:21
103	1311	43	Andreia Lopes	-	JUN	C. F. "Os Belenenses"	55	00:10:27	103	00:42:49	161	00:22:54	01:16:11	00:16:28
104	3015	434	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	77	00:11:18	111	00:43:08	138	00:21:51	01:16:18	00:16:34
105	3610	324	Bernardo Ferrão	-	SEN	C. F. "Os Belenenses"	112	00:12:22	112	00:43:10	100	00:20:52	01:16:25	00:16:42
106	3108	423	António Costa	-	SEN	C. N. Tejo	162	00:13:52	85	00:41:54	95	00:20:42	01:16:30	00:16:47
107	3143	1162	Daniel Reis	-	SEN	Assoc. Académica S. Mamede	117	00:12:30	105	00:42:52	118	00:21:12	01:16:35	00:16:52
108	1295	522	Miguel Ângelo Silva	-	JUN	Ext. Coop. da Benedita	141	00:13:19	84	00:41:52	124	00:21:24	01:16:36	00:16:53
109	1315	1473	Daniel Gonçalves	-	JUN	Triathlon Lamego Club	123	00:12:38	121	00:43:46	75	00:20:12	01:16:38	00:16:54
110	4299	525	Luis Serrazina	-	V2	Ext. Coop. da Benedita	1		1		46	00:19:14	01:16:44	00:17:00
111	2108	10	Ana Filipa Sampaio	-	S23	Alhandra Sporting Club	33	00:09:42	116	00:43:28	182	00:23:53	01:17:03	00:17:20
112	4052	1351	Manuel Gonçalves	-	V2	C. N. Colégio Vasco da Gama	109	00:12:18	127	00:44:20	85	00:20:27	01:17:06	00:17:23
113	4400	759	Paulo Canário	-	V1	Cl. Ferroviário de Vendas Novas	71	00:11:08	104	00:42:51	170	00:23:13	01:17:13	00:17:30
114	3783	1308	Pedro Vieira	-	LAZ	Individual	147	00:13:30	106	00:42:54	106	00:21:02	01:17:27	00:17:43
115	2142	676	William Lemos	-	S23	C. F. "Os Belenenses"	132	00:12:57	133	00:44:31	71	00:20:06	01:17:34	00:17:51
116	3326	1169	Nuno Barros	-	SEN	Assoc. Académica S. Mamede	75	00:11:16	88	00:41:58	196	00:24:28	01:17:43	00:18:00
117	1097	20	Sofia Almeida	-	JUN	Alhandra Sporting Club	34	00:09:42	141	00:45:35	154	00:22:28	01:17:47	00:18:04
118	2097	1380	João Gestosa	-	S23	Clube Triatlo de Perosinho	220	00:17:01	72	00:40:58	65	00:19:52	01:17:51	00:18:08
119	3526	323	António Gouveia	-	SEN	C. F. "Os Belenenses"	178	00:14:27	93	00:42:17	125	00:21:25	01:18:10	00:18:26
120	3494	424	Rui Pedro Costa	-	SEN	C. N. Tejo	175	00:14:13	126	00:44:07	70	00:20:05	01:18:26	00:18:43
121	3508	1055	João Duarte	-	SEN	Quintajense Futebol Clube	157	00:13:48	98	00:42:34	144	00:22:03	01:18:26	00:18:43
122	3790	420	João Miguel Tavares	-	SEN	C. N. Tejo	111	00:12:21	137	00:45:08	111	00:21:04	01:18:34	00:18:51
123	3235	1350	Gonçalo Vicente	-	SEN	C. N. Colégio Vasco da Gama	120	00:12:36	134	00:44:41	121	00:21:19	01:18:37	00:18:54
124	4356	372	Sónia Quintela	-	V1	COMPEED - Tri-Oeste	36	00:09:47	152	00:46:08	158	00:22:45	01:18:42	00:18:59
125	4268	979	Vasco Soares	-	V1	Clube de Praças da Armada	154	00:13:40	114	00:43:13	140	00:21:53	01:18:47	00:19:03
126	4025	148	João Medeiro	-	V2	Serv. Soc. CGD	179	00:14:28	130	00:44:27	63	00:19:51	01:18:47	00:19:04
127	3030	985	Nuno Raimundo	-	SEN	Clube de Praças da Armada	144	00:13:22	129	00:44:26	108	00:21:03	01:18:52	00:19:09
128	3695	654	Emanuel Matos	-	SEN	McDonalds/TriBraga	195	00:15:20	101	00:42:41	101	00:20:55	01:18:57	00:19:14
129	2085	374	Vanessa Pereira	-	S23	COMPEED - Tri-Oeste	137	00:13:05	120	00:43:40	156	00:22:30	01:19:16	00:19:32
130	3611	1363	Pedro Bernardo	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	136	00:13:02	118	00:43:35	159	00:22:50	01:19:28	00:19:44
131	3517	454	Fábio Pratas	-	SEN	Clube de Triatlo de Almada	151	00:13:32	136	00:45:08	99	00:20:52	01:19:32	00:19:49
132	1270	545	André Mateus Silva	-	JUN	G. D. R. de Manique de Cima	102	00:12:13	138	00:45:09	148	00:22:19	01:19:41	00:19:58
133	4286	332	Paulo Goulart	-	V1	C. F. "Os Belenenses"	124	00:12:39	108	00:43:00	190	00:24:04	01:19:45	00:20:01
134	4241	1464	André Cunha	-	V1	Açoreana Clube Banif	161	00:13:52	124	00:44:00	141	00:21:56	01:19:48	00:20:05
135	3665	652	Joaquim Figueiras	-	SEN	Oeiras Sport Clube	214	00:16:24	125	00:44:01	57	00:19:41	01:20:07	00:20:24
136	3702	495	Hugo Mendes	-	SEN	Assoc. 20 Km de Almeirim	169	00:13:59	110	00:43:01	167	00:23:07	01:20:07	00:20:24
137	4293	1099	Miguel Velez	-	V2	Secção de Triatlo de Santa Iria	106	00:12:16	170	00:47:24	89	00:20:35	01:20:15	00:20:32
138	3315	136	Mário Figueiredo	-	SEN	Alhandra Sporting Club	221	00:17:11	113	00:43:12	69	00:20:02	01:20:26	00:20:42
139	1286	417	Ana Alarico	-	JUN	C. N. Tejo	74	00:11:15	143	00:45:44	177	00:23:39	01:20:38	00:20:55
140	1271	551	Pedro Bica	-	JUN	G. D. R. de Manique de Cima	88	00:11:44	187	00:48:30	84	00:20:26	01:20:41	00:20:58
141	3546	735	Nuno Felicio	-	SEN	A.B.V.Estoriz / Nutrilogia	94	00:11:57	168	00:47:16	128	00:21:31	01:20:45	00:21:02
142	1229	586	Luis Maia	-	JUN	Associação Naval Amorense	44	00:09:57	186	00:48:26	151	00:22:22	01:20:47	00:21:04
143	4303	673	António Reis	-	V2	Cl. Ferroviário de Vendas Novas	170	00:14:00	122	00:43:51	169	00:23:11	01:21:03	00:21:20
144	3119	510	Paulo Calixto	-	SEN	C. N. Cartaxo	206	00:15:54	135	00:44:44	88	00:20:30	01:21:09	00:21:26
145	1200	408	Laura Costa Bento	-	JUN	Alhandra Sporting Club	50	00:10:16	164	00:46:54	192	00:24:06	01:21:16	00:21:33
146	3120	504	Mário Couto	-	SEN	C. N. Cartaxo	188	00:15:00	139	00:45:10	113	00:21:07	01:21:19	00:21:35
147	3489	1151	Cecília Shinn	-	SEN	COMPEED - Tri-Oeste	186	00:14:45	140	00:45:29	119	00:21:14	01:21:29	00:21:46

Data:	02-05-2010	Hora:	10h00	Local:	Abrantes			
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt			

Ranking:	Taça de Portugal de Triatlo	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
148	3777	1317	João Galhordas	-	SEN	Individual	126	00:12:41	161	00:46:45	145	00:22:03	01:21:31	00:21:48
149	4075	242	José Peixoto	-	V3	Peniche A. C.	216	00:16:32	128	00:44:21	96	00:20:43	01:21:37	00:21:54
150	4307	1463	Jorge Carlos Serra	-	V1	Açoreana Clube Banif	166	00:13:56	160	00:46:35	116	00:21:12	01:21:44	00:22:01
151	3478	845	Sofia Brites	-	SEN	Amiciclo	107	00:12:17	150	00:46:04	178	00:23:42	01:22:04	00:22:20
152	1251	1386	João Campos Cunha	-	JUN	Clube Triatlo de Perosinho	66	00:10:55	165	00:47:06	193	00:24:08	01:22:09	00:22:26
153	3643	1044	Luis Paixão	-	SEN	Molly Maid - Vitoria de Janes	150	00:13:31	154	00:46:13	157	00:22:34	01:22:19	00:22:35
154	2117	1532	João Pedro Martins	-	S23	Peniche A. C.	167	00:13:57	147	00:45:53	153	00:22:28	01:22:19	00:22:36
155	4189	492	Carlos Serra	-	V1	Alhandra Sporting Club	171	00:14:04	158	00:46:26	146	00:22:08	01:22:39	00:22:56
156	4434	437	Luis Pereira	-	V1	Clube de Triatlo de Almada	227	00:17:42	151	00:46:06	37	00:18:52	01:22:41	00:22:58
157	3352	1175	Carla Mendes	-	SEN	Assoc. Académica S. Mamede	174	00:14:07	176	00:47:46	98	00:20:48	01:22:42	00:22:59
158	3613	554	Nuno Rijo	-	SEN	G. D. R. de Manique de Cima	196	00:15:20	169	00:47:23	68	00:19:59	01:22:43	00:23:00
159	1283	477	Andreia Ferreira	-	JUN	Clube de Triatlo de Almada	63	00:10:43	189	00:48:39	173	00:23:26	01:22:49	00:23:06
160	3645	107	Miguel Torres	-	SEN	Individual	184	00:14:38	149	00:46:02	147	00:22:13	01:22:54	00:23:11
161	3525	326	Elisabete Sousa	-	SEN	C. F. "Os Belenenses"	190	00:15:07	153	00:46:12	135	00:21:47	01:23:07	00:23:23
162	5355		Paulo Henriques	-	V1	Individual	91	00:11:52	145	00:45:48	212	00:25:28	01:23:08	00:23:25
163	4330	1163	José Fernando Silva	-	V2	Assoc. Académica S. Mamede	183	00:14:38	166	00:47:10	122	00:21:21	01:23:10	00:23:27
164	3523	1054	Nuno Pinto	-	SEN	Quintajense Futebol Clube	145	00:13:24	142	00:45:42	194	00:24:09	01:23:16	00:23:33
165	3385	1340	Pedro Guedes	-	SEN	Porto Runners	142	00:13:19	181	00:48:14	142	00:21:59	01:23:33	00:23:50
166	2165	1176	Pedro Magalhães	-	S23	Assoc. Académica S. Mamede	176	00:14:19	172	00:47:27	136	00:21:47	01:23:34	00:23:51
167	1316	1474	Daniel Conceição	-	JUN	Triathlon Lamego Club	64	00:10:43	182	00:48:14	207	00:25:06	01:24:05	00:24:22
168	3397	1170	Alexandra Reis	-	SEN	Assoc. Académica S. Mamede	103	00:12:14	180	00:48:08	183	00:23:54	01:24:17	00:24:33
169	1319	1499	Filipe Romero	-	JUN	Secção de Triatlo de Santa Iria	172	00:14:05	190	00:48:44	132	00:21:39	01:24:29	00:24:45
170	3082	1348	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	119	00:12:35	175	00:47:34	195	00:24:18	01:24:29	00:24:46
171	3707	603	Ana Patrícia Ferreira	-	SEN	C. N. Tejo	118	00:12:32	197	00:49:25	168	00:23:07	01:25:05	00:25:22
172	4406	992	Pedro Basílio	-	V1	SR Camarnal / Seguros	87	00:11:44	209	00:50:32	164	00:22:59	01:25:16	00:25:33
173	3263	1174	Maria Joana Creissac	-	SEN	Assoc. Académica S. Mamede	163	00:13:53	159	00:46:33	201	00:24:54	01:25:20	00:25:37
174	4154	162	Paulo Leote	-	V1	G. A. A. Vila Franca de Xira	155	00:13:44	202	00:49:38	152	00:22:22	01:25:45	00:26:02
175	4329	619	Rui Correia	-	V4	Individual	192	00:15:14	146	00:45:51	200	00:24:44	01:25:50	00:26:07
176	5440	418	Jorge Castro	-	V2	C. N. Tejo	149	00:13:30	184	00:48:21	185	00:24:00	01:25:53	00:26:10
177	1312	1387	Vasco Moreira	-	JUN	Clube Triatlo de Perosinho	203	00:15:37	132	00:44:29	221	00:26:03	01:26:09	00:26:26
178	3338	1441	José Guerreiro	-	SEN	Clube de Praças da Armada	185	00:14:43	198	00:49:35	139	00:21:52	01:26:11	00:26:27
179	3737	819	Ricardo Arraias	-	SEN	A.B.V.Estoriz / Nutrilogia	153	00:13:38	155	00:46:15	227	00:26:23	01:26:17	00:26:34
180	4294	1056	José Panóias	-	V3	Quintajense Futebol Clube	202	00:15:33	171	00:47:24	172	00:23:25	01:26:23	00:26:39
181	4431	1397	José Manuel Sério	-	V2	CNTN	189	00:15:04	192	00:48:53	160	00:22:53	01:26:50	00:27:07
182	2157	567	Miguel Branco	-	S23	G. D. R. de Manique de Cima	219	00:16:50	188	00:48:31	130	00:21:32	01:26:54	00:27:10
183	2167	1332	Romer Júnior	-	S23	Clube de Praças da Armada	234	00:18:29	148	00:45:57	155	00:22:28	01:26:55	00:27:12
184	2175	1509	Luis Galrito	-	S23	Kainagua	135	00:13:02	211	00:50:56	162	00:22:57	01:26:57	00:27:13
185	4038	1112	Joaquim Patrício	-	V5	C. N. Alvito	158	00:13:49	179	00:48:06	204	00:25:01	01:26:57	00:27:14
186	4394	878	Pedro Miguel Jorge	-	V1	Associação Naval Amorense	181	00:14:33	185	00:48:25	198	00:24:32	01:27:30	00:27:47
187	5356		Paulo Oliveira	-	SEN	Individual	237	00:19:14	174	00:47:33	114	00:21:07	01:27:54	00:28:11
188	4421	1319	Antonio Moreira	-	V3	Individual	187	00:14:56	195	00:49:09	188	00:24:02	01:28:08	00:28:25
189	4342	140	Luis Filipe Silva	-	V3	TRIATLO CLUBE TAP	226	00:17:34	162	00:46:45	181	00:23:48	01:28:08	00:28:25
190	1281	439	Caterina Sousa	-	JUN	Clube de Triatlo de Almada	80	00:11:26	213	00:51:19	213	00:25:28	01:28:14	00:28:31
191	3624	334	José Camões	-	SEN	C. F. "Os Belenenses"	191	00:15:11	183	00:48:17	202	00:24:54	01:28:23	00:28:39
192	4295	1352	Luis Barbosa	-	V1	C. N. Colégio Vasco da Gama	224	00:17:26	201	00:49:35	123	00:21:24	01:28:26	00:28:43
193	3527	1037	Rui Manuel Ferreira	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	222	00:17:15	191	00:48:52	149	00:22:19	01:28:27	00:28:43
194	2174	1505	Nuno Piteira	-	S23	Kainagua	82	00:11:31	212	00:51:06	222	00:26:03	01:28:41	00:28:58
195	3184	998	Maria Rita Neves	-	SEN	COMPEED - Tri-Oeste	99	00:12:07	219	00:52:35	187	00:24:00	01:28:44	00:29:00
196	4162	797	Henrique Gonçalves	-	V4	Clube de Veteranos do Porto	209	00:16:03	163	00:46:51	224	00:26:06	01:29:02	00:29:18

Data:	02-05-2010	Hora:	10h00	Local:	Abrantes			
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt			

Ranking:	Taça de Portugal de triatlo	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
197	1322	1559	Tânia Henriques	-	JUN	Associação Naval Amorense	31	00:09:40	227	00:53:25	220	00:25:57	01:29:03	00:29:20
198	4215	738	José Luis Correia	-	V3	A.B.V.Estoris / Nutrilogia	81	00:11:29	224	00:53:14	199	00:24:42	01:29:26	00:29:43
199	3679	561	Pedro Borges Coelho	-	SEN	G. D. R. de Manique de Cima	213	00:16:20	205	00:50:07	166	00:23:00	01:29:28	00:29:45
200	4364	297	Humberto Jorge	-	V1	G. D. R. de Manique de Cima	240	00:19:50	156	00:46:16	171	00:23:23	01:29:29	00:29:46
201	4422	1322	José Morais	-	V1	Individual	239	00:19:46	157	00:46:19	174	00:23:30	01:29:36	00:29:53
202	4333	1284	Artur Oliveira	-	V3	Ext. Coop. da Benedita	182	00:14:35	204	00:50:06	203	00:24:54	01:29:37	00:29:54
203	3377	1167	Eurico Coelho	-	SEN	Assoc. Académica S. Mamede	146	00:13:27	167	00:47:14	242	00:28:57	01:29:40	00:29:57
204	5306		Filipe Varandas	-	SEN	Individual	95	00:12:00	230	00:54:03	186	00:24:00	01:30:05	00:30:22
205	3625	932	Ricardo Clemente	-	SEN	C. F. "Os Belenenses"	231	00:18:10	178	00:48:00	191	00:24:04	01:30:15	00:30:31
206	4023	432	Francisco Bexiga	-	V3	Clube de Praças da Armada	164	00:13:54	210	00:50:34	218	00:25:53	01:30:22	00:30:39
207	5307		Hugo Vieira	-	SEN	Individual	205	00:15:41	194	00:49:08	215	00:25:37	01:30:27	00:30:43
208	3728	793	Nuno Costa	-	SEN	Serv. Soc. CGD	159	00:13:49	203	00:49:50	231	00:26:50	01:30:29	00:30:46
209	3390	155	Helder Valente	-	SEN	Serv. Soc. CGD	199	00:15:26	193	00:48:58	223	00:26:05	01:30:30	00:30:47
210	4383	1008	Helena Moura	-	V2	Clube de Triatlo de Almada	129	00:12:47	220	00:52:46	209	00:25:26	01:30:59	00:31:16
211	4393	877	Julio Nunes	-	V1	Associação Naval Amorense	232	00:18:13	173	00:47:31	211	00:25:28	01:31:12	00:31:29
212	1261	718	Sara Ferreira	-	JUN	Ginásio Clube de Sines	130	00:12:51	216	00:52:21	225	00:26:09	01:31:23	00:31:40
213	2170	1468	Artur Cunha	-	S23	Açoreana Clube Banif	152	00:13:33	218	00:52:31	214	00:25:28	01:31:34	00:31:50
214	3588	428	Igor Santos	-	SEN	C. N. Tejo	198	00:15:26	222	00:53:11	163	00:22:59	01:31:37	00:31:54
215	3808	1470	Diogo Ferreira	-	SEN	Açoreana Clube Banif	223	00:17:19	208	00:50:25	189	00:24:03	01:31:48	00:32:05
216	4165	1466	Carlos Candeias	-	V1	Açoreana Clube Banif	229	00:17:57	206	00:50:16	179	00:23:45	01:31:59	00:32:16
217	5325		José Correia	-	V3	Individual	194	00:15:17	200	00:49:35	236	00:27:19	01:32:12	00:32:28
218	4255	804	Paulo Castro Rocha	-	V3	Clube de Veteranos do Porto	193	00:15:14	207	00:50:24	230	00:26:41	01:32:20	00:32:36
219	3811	1494	Luis Filipe Valente	-	SEN	Secção de Triatlo de Santa Iria	204	00:15:37	225	00:53:22	175	00:23:30	01:32:30	00:32:47
220	3723	663	Luis Cavaco	-	V1	Associação Naval Amorense	207	00:15:54	177	00:47:54	241	00:28:53	01:32:42	00:32:59
221	3821	1541	Nuno Bernardo	-	SEN	Molly Maid - Vitoria de Janes	230	00:18:07	196	00:49:16	216	00:25:46	01:33:10	00:33:26
222	4280	463	Paulo Lopes	-	V1	Clube de Triatlo de Almada	210	00:16:05	199	00:49:35	238	00:27:35	01:33:16	00:33:33
223	1296	681	Maria Carvalho	-	JUN	Ext. Coop. da Benedita	173	00:14:07	226	00:53:22	229	00:26:33	01:34:03	00:34:19
224	2164	1096	Ruben Carvalho	-	S23	Secção de Triatlo de Santa Iria	133	00:12:59	229	00:53:53	235	00:27:17	01:34:09	00:34:26
225	5338		Karin Omberg	-	V1	Individual	211	00:16:06	228	00:53:42	197	00:24:29	01:34:18	00:34:35
226	3383	336	Sofia Valente	-	SEN	Sporting Clube de Portugal	201	00:15:33	217	00:52:30	228	00:26:25	01:34:29	00:34:45
227	5304		David Pinto	-	JUN	Individual	110	00:12:19	238	00:57:49	208	00:25:11	01:35:20	00:35:37
228	4438	1465	António Guedes	-	V1	Açoreana Clube Banif	225	00:17:27	215	00:52:16	237	00:27:32	01:37:16	00:37:33
229	3169	327	Gonçalo Campos Lopes	-	SEN	C. F. "Os Belenenses"	217	00:16:36	214	00:52:04	240	00:28:49	01:37:30	00:37:47
230	4361	559	Hipólito Ferreira	-	V2	G. D. R. de Manique de Cima	235	00:18:36	221	00:53:06	217	00:25:51	01:37:34	00:37:51
231	4403	981	Paulo Jorge Santos	-	V2	Clube de Praças da Armada	228	00:17:54	234	00:55:16	206	00:25:06	01:38:16	00:38:33
232	4365	131	Paulo Viana	-	V1	Alhandra Sporting Club	215	00:16:25	233	00:55:06	232	00:26:55	01:38:27	00:38:44
233	5341		Nelson Lopes	-	SEN	Individual	212	00:16:14	236	00:57:27	205	00:25:02	01:38:44	00:39:00
234	5399		Sérgio Jesus	-	SEN	Individual	241	00:21:53	223	00:53:13	176	00:23:37	01:38:44	00:39:01
235	4432	1430	João Matos	-	LAZ	Individual	218	00:16:36	231	00:54:14	239	00:28:04	01:38:56	00:39:13
236	5373		Pedro Castro Tavares	-	SEN	Individual	197	00:15:21	239	00:58:20	210	00:25:27	01:39:09	00:39:26
237	4345	627	Paulo Batista	-	V2	TRIATLO CLUBE TAP	233	00:18:27	235	00:55:18	219	00:25:54	01:39:40	00:39:57
238	5409		Pedro Oliveira	-	V1	Individual	200	00:15:33	237	00:57:49	233	00:27:01	01:40:24	00:40:40
239	4454	1586	José Luis Amoreira	-	V1	C. T. Fundação	238	00:19:37	232	00:55:04	234	00:27:03	01:41:44	00:42:01
240	3474	1171	Silvia Pedroso	-	SEN	Assoc. Académica S. Mamede	208	00:16:01	241	01:00:48	226	00:26:19	01:43:09	00:43:26
241	4455	1578	Paulo Moradas	-	V2	Açoreana Clube Banif	243	00:23:20	240	00:59:22	180	00:23:46	01:46:30	00:46:47
242	4387	599	Fábia Silva	-	V1	Clube Olímpico de Oeiras	242	00:22:27	242	01:01:37	184	00:24:00	01:48:04	00:48:21
243	1324	1584	Mariana Cardoso	-	JUN	Peniche A. C.	236	00:18:49	243	01:03:34	243	00:30:34	01:52:58	00:53:15
	1302	531	Ricardo Correia	DQ	JUN	Ext. Coop. da Benedita	59	00:10:31	78	00:41:25	1	00:14:11	01:06:08	00:06:25
	4237	1051	António Mamede	DQ	V3	Peniche A. C.	240	00:19:42	229	00:53:25	2	00:15:10	01:28:19	00:28:36

Data:	02-05-2010	Hora:	10h00	Local:	Abrantes			
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt			

Ranking:	Taça de Portugal de triatlo	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
	1106	31	Fabricao Tomás	DNF	JUN	Alhandra Sporting Club		00:08:27						-
	1155	25	Miguel Marques	DNF	JUN	Alhandra Sporting Club		00:09:25		00:40:29				-
	1323	1561	Raquel Dourado	DNF	JUN	Louletano/AlgarvCycles/LouleJardimHot		00:10:13						-
	1004	49	Alexandre Nobre	DNF	JUN	Alhandra Sporting Club		00:09:16						-
	1201	180	André Estevam	DNF	JUN	Alhandra Sporting Club		00:10:47		00:43:23				-
	1300	661	Vanessa Valente	DNF	JUN	Alhandra Sporting Club		00:09:35		00:48:18				-
	3173	422	José Lino	DNF	SEN	C. N. Tejo		00:12:28						-
	3261	499	David Caldeirão	DNS	SEN	Louletano/AlgarvCycles/LouleJardimHot								-
	3411	163	Luis Novo	DNS	SEN	Alhandra Sporting Club								-
	3729	974	Artur Miranda	DNS	SEN	Clube Olímpico de Oeiras								-
	3446	737	Bruno Brito	DNS	SEN	A.B.V.Estoris / Nutrilogia								-
	3244	253	Carlos Fernandes	DNS	SEN	Oeiras Sport Clube								-
	3597	796	Rui Choças	DNS	SEN	Individual								-
	3197	378	Délio Ferreira	DNS	SEN	COMPEED - Tri-Oeste								-
	3742	846	Miguel Garcia	DNS	SEN	Amiciclo								-
	3393	449	Rita Correia	DNS	SEN	Clube de Triatlo de Almada								-
	3780	1214	Carlos Miranda	DNS	SEN	CFV								-
	3529	840	Paulo Pereira	DNS	SEN	Amiciclo								-
	3063	1035	Nuno Neves	DNS	SEN	Louletano/AlgarvCycles/LouleJardimHot								-
	3805	1455	Nuno Ribeiro	DNS	SEN	Porto Runners								-
	3264	335	Manuel Alves	DNS	SEN	Sporting Clube de Portugal								-
	3587	1034	Isa Parreira	DNS	SEN	Louletano/AlgarvCycles/LouleJardimHot								-
	3240	59	Carla Ribeiro	DNS	SEN	Louletano/AlgarvCycles/LouleJardimHot								-
	3740	1074	Francisco Gaspar	DNS	SEN	Individual								-
	3500	943	Fábio Ferreira	DNS	SEN	C. N. Cartaxo								-
	1103	573	Andreia Simões Lopes	DNS	JUN	Ginásio Clube de Sines								-
	1128	351	Carolina Gregório	DNS	JUN	Clube Olímpico de Oeiras								-
	1129	844	Neuza Reis	DNS	JUN	Amiciclo								-
	1235	44	Raquel Rocha	DNS	JUN	Alhandra Sporting Club								-
	1294	916	Stephanie Rodrigues	DNS	JUN	C. D. "Os Águias" de Alpiarça								-
	1226	662	Rita Delgado	DNS	JUN	Associação Naval Amorense								-
	1298	527	Carolina Serrazina	DNS	JUN	Ext. Coop. da Benedita								-
	4018	202	Mário Magalhães	DNS	V3	CFV								-
	4239	802	Vasco Santos	DNS	V3	Clube de Veteranos do Porto								-
	4302	528	Maria Serrazina	DNS	V3	Ext. Coop. da Benedita								-
	4152	1533	Silvino Muchacho	DNS	V5	Peniche A. C.								-
	4336	235	José Calheiros Dias	DNS	V2	Individual								-
	4147	62	Fernando Carmo	DNS	V1	C. N. Colégio Vasco da Gama								-
	4149	595	José Ribeiro	DNS	V1	C. D. "Os Águias" de Alpiarça								-
	4194	156	Helena Medeiro	DNS	V1	Serv. Soc. CGD								-
	4335	518	Filomena Gomes	DNS	V1	C. T. Fundão								-
	3561	1166	Pedro Albino	DNS	SEN	Assoc. Académica S. Mamede								-
	3632	1310	Rui Marques	DNS	SEN	Individual								-
	3567	1159	Adriano Gouveia	DNS	SEN	Porto Runners								-
	3661	204	César Marques	DNS	SEN	Individual								-
	3832	1591	Ana Rita Pereira	DNS	SEN	CFV								-
	5297		Benek Morais	DNS	SEN	Individual								-
	5298		Bruno Pontes	DNS	SEN	Individual								-
	5303		Daniel Silva	DNS	SEN	Individual								-

Data:	02-05-2010	Hora:	10h00	Local:	Abrantes			
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt			

Ranking:	Taça de Portugal de triatlo	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
	5318		Jorge Freitas	DNS	V1	Individual								-
	5339		Miguel Reis	DNS	SEN	Individual								-
	5347		Nuno Manuel Romão	DNS	V1	Individual								-
	5361		Paulo Ribeiro	DNS	V2	Individual								-
	5378		Pedro Miguel Machado	DNS	SEN	Individual								-
	5385		Rui Ferreira	DNS	SEN	Individual								-
	5395		Paulo Costa	DNS	V2	Individual								-