

Data:	17-07-2010	Hora:	16h00	Local:	Aveiro				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	40.800 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Triatlo Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
1	2152	17	Pedro Laginha Palma	-	S23	CFV	00:19:32	00:00:38	01:03:11	00:00:32	00:35:23	01:59:18	
2	3284	36	Pedro Gomes	-	SEN	Clube Olímpico de Oeiras	00:19:31	00:00:32	01:03:20	00:00:33	00:36:23	02:00:20	00:01:02
3	2088	13	Miguel Arraiolos	-	S23	C. D. "Os Águias" de Alpiarça	00:19:33	00:00:30	01:06:25	00:00:34	00:35:00	02:02:03	00:02:45
4	1105	30	João Serrano	-	JUN	SR Camarnal / Seguros	00:18:45	00:00:30	01:04:09	00:00:28	00:38:53	02:02:46	00:03:28
5	1117	29	Hugo Ventura	-	JUN	Clube Olímpico de Oeiras	00:19:24	00:00:29	01:03:29	00:00:32	00:38:59	02:02:54	00:03:36
6	2160	16	Ruben Costa	-	S23	Sporting Clube de Portugal - St. Peters	00:19:29	00:00:30	01:06:33	00:00:35	00:37:08	02:04:17	00:04:59
7	1095	28	João Amorim	-	JUN	Alhandra Sporting Club	00:19:25	00:00:28	01:06:37	00:00:28	00:37:22	02:04:22	00:05:04
8	1167	27	José Veiga	-	JUN	Clube Olímpico de Oeiras	00:19:34	00:00:38	01:08:38	00:00:34	00:36:42	02:06:08	00:06:50
9	5666	1150	Alberto González	-	SEN	COMPEED - Tri-Oeste	00:20:36	00:00:43	01:08:32	00:00:30	00:36:21	02:06:44	00:07:26
10	2124	14	Vasco Pessoa	-	S23	C. T. Fundão	00:19:30	00:00:31	01:07:51	00:00:33	00:38:54	02:07:21	00:08:03
11	3666	35	Tiago Abreu Silva	-	SEN	Ludens Clube do Machico	00:24:33	00:00:36	01:07:33	00:00:46	00:34:14	02:07:43	00:08:25
12	3260	838	Rafael Gomes	-	SEN	Amiciclo	00:23:08	00:00:39	01:06:07	00:00:41	00:37:20	02:07:56	00:08:38
13	3501	371	Tiago Neves	-	SEN	COMPEED - Tri-Oeste	00:21:57	00:00:37	01:07:20	00:00:35	00:37:43	02:08:14	00:08:56
14	3127	377	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	00:22:40	00:00:40	01:06:36	00:00:38	00:37:57	02:08:32	00:09:14
15	1106	31	Fabrizio Tomás	-	JUN	Alhandra Sporting Club	00:19:36	00:00:28	01:07:49	00:00:30	00:40:22	02:08:47	00:09:29
16	2087	15	José Estrangeiro	-	S23	Assoc. Académica de Coimbra	00:19:48	00:00:36	01:09:24	00:00:37	00:38:52	02:09:20	00:10:02
17	3342	337	Rodrigo Baltazar	-	SEN	Sporting Clube de Portugal - St. Peters	00:22:27	00:00:37	01:06:50	00:00:30	00:38:55	02:09:21	00:10:03
18	3063	1035	Nuno Neves	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	00:22:31	00:00:40	01:06:42	00:00:33	00:39:24	02:09:52	00:10:34
19	2127	579	Diogo Custódio	-	S23	Sporting Clube de Portugal - St. Peters	00:20:34	00:00:34	01:08:44	00:00:34	00:40:55	02:11:23	00:12:05
20	3583	1379	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	00:22:30	00:00:37	01:06:53	00:00:39	00:40:54	02:11:34	00:12:16
21	3282	254	Márcio Neves	-	SEN	Oeiras Sport Clube	00:24:06	00:00:39	01:07:54	00:00:37	00:38:24	02:11:42	00:12:24
22	3049	1152	Sérgio Dias	-	SEN	COMPEED - Tri-Oeste	00:25:52	00:00:40	01:09:01	00:00:33	00:36:50	02:12:59	00:13:41
23	3261	499	David Caldeirão	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	00:22:03	00:00:48	01:07:04	00:00:47	00:42:28	02:13:12	00:13:54
24	3485	1111	Nuno Patrício	-	SEN	C. N. Alvito	00:24:24	00:00:48	01:07:28	00:00:40	00:40:28	02:13:50	00:14:32
25	3542	123	Pedro Madeira	-	SEN	Molly Maid - Vitoria de Janes	00:22:57	00:00:40	01:09:06	00:00:32	00:41:18	02:14:35	00:15:17
26	4366	301	Carlos Nóbrega	-	V1	Clube Futebol Andorinha	00:25:55	00:00:51	01:10:52	00:00:41	00:36:33	02:14:55	00:15:37
27	3214	443	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	00:25:52	00:00:41	01:09:01	00:00:35	00:39:50	02:16:01	00:16:43
28	4013	500	Miguel Fragoso	-	V2	Molly Maid - Vitoria de Janes	00:24:08	00:01:01	01:10:24	00:00:44	00:39:43	02:16:02	00:16:44
29	3264	335	Manuel Alves	-	SEN	Sporting Clube de Portugal - St. Peters	00:22:46	00:00:38	01:09:18	00:00:40	00:43:08	02:16:31	00:17:13
30	4032	252	Carlos Gomes	-	V2	Oeiras Sport Clube	00:27:18	00:00:40	01:09:33	00:00:48	00:38:17	02:16:38	00:17:20
31	4192	582	Rui Melo	-	V1	COMPEED - Tri-Oeste	00:24:18	00:00:37	01:10:41	00:00:42	00:40:28	02:16:48	00:17:30
32	3394	645	Valdo Neves	-	SEN	Oeiras Sport Clube	00:27:13	00:00:44	01:09:32	00:00:48	00:38:33	02:16:52	00:17:34
33	4127	1165	Emanuel Marques	-	V2	Assoc. Académica S. Mamede	00:26:26	00:00:44	01:10:22	00:00:33	00:39:47	02:17:53	00:18:35
34	4200	1482	Paulo Margarido	-	V1	Ludens Clube do Machico	00:24:48	00:01:01	01:11:44	00:00:47	00:40:45	02:19:07	00:19:49
35	2086	7	Bárbara Clemente	-	S23	Clube Olímpico de Oeiras	00:22:52	00:00:32	01:11:22	00:00:39	00:43:40	02:19:07	00:19:49
36	3102	375	Alexandre Feliz	-	SEN	COMPEED - Tri-Oeste	00:23:37	00:00:42	01:08:25	00:00:50	00:45:58	02:19:35	00:20:17
37	3396	1598	Jorge Figueiredo	-	SEN	Lusavouga-Clube dos Galitos	00:23:53	00:00:43	01:08:38	00:00:45	00:45:40	02:19:40	00:20:22
38	4148	379	Pedro Cordeiro	-	V1	COMPEED - Tri-Oeste	00:23:24	00:00:31	01:08:49	00:00:45	00:46:16	02:19:47	00:20:29
39	3704	453	Nuno Rodrigues	-	SEN	Clube de Triatlo de Almada	00:24:05	00:00:42	01:12:54	00:00:41	00:41:45	02:20:09	00:20:51
40	3559	1168	António Luis Barbosa	-	SEN	Assoc. Académica S. Mamede	00:30:29	00:00:47	01:10:13	00:00:40	00:38:06	02:20:16	00:20:58
41	1164	356	David Maia	-	JUN	Clube Olímpico de Oeiras	00:20:52	00:00:40	01:13:16	00:00:39	00:45:00	02:20:29	00:21:11
42	3464	1117	Duarte Martins	-	SEN	Clube Futebol Andorinha	00:25:34	00:00:44	01:11:22	00:00:41	00:42:17	02:20:39	00:21:21
43	3626	1460	Paulo Filipe Gonçalves	-	SEN	Lusavouga-Clube dos Galitos	00:21:58	00:00:44	01:12:54	00:00:33	00:44:44	02:20:55	00:21:37
44	4147	62	Fernando Carmo	-	V1	C. N. Colégio Vasco da Gama	00:28:18	00:00:50	01:09:36	00:00:47	00:41:36	02:21:09	00:21:51
45	3304	482	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	00:24:07	00:00:37	01:10:53	00:00:37	00:45:17	02:21:34	00:22:16
46	2162	490	Jorge Alves	-	S23	Clube Olímpico de Oeiras	00:23:59	00:00:37	01:12:59	00:00:32	00:43:32	02:21:40	00:22:22
47	3239	210	Telmo Veloso	-	SEN	Porto Runners	00:29:11	00:00:57	01:11:25	00:00:42	00:39:46	02:22:02	00:22:44
48	3318	1518	Leandro Pinto	-	SEN	Individual	00:25:54	00:00:58	01:10:44	00:00:39	00:44:37	02:22:53	00:23:35
49	4441	1437	Gary Blesson	-	V2	Assoc. Académica de Coimbra	00:29:54	00:00:54	01:10:27	00:00:45	00:41:20	02:23:22	00:24:04

Data:	17-07-2010	Hora:	16h00	Local:	Aveiro				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	40.800 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Triatlo Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
50	3300	241	Nelson Santos	-	SEN	Peniche A. C.	00:31:38	00:00:40	01:10:46	00:01:03	00:39:16	02:23:25	00:24:07
51	3131	382	João Ferreira	-	SEN	McDonalds/TriBraga	00:24:58	00:01:15	01:14:30	00:00:50	00:42:04	02:23:39	00:24:21
52	3057	650	Henrique Matias	-	SEN	Oeiras Sport Clube	00:28:13	00:01:10	01:11:39	00:00:40	00:41:56	02:23:39	00:24:21
53	3599	1294	João França Alves	-	SEN	Lusavouga-Clube dos Galitos	00:23:34	00:00:42	01:14:23	00:00:42	00:44:20	02:23:43	00:24:25
54	3128	616	José Ferreira	-	SEN	McDonalds/TriBraga	00:25:46	00:00:47	01:11:00	00:00:38	00:45:35	02:23:47	00:24:29
55	3529	840	Paulo Pereira	-	SEN	Amiciclo	00:23:37	00:01:00	01:13:03	00:00:47	00:45:25	02:23:54	00:24:36
56	3113	503	Duarte Barreto	-	SEN	C. N. Cartaxo	00:24:11	00:00:38	01:10:51	00:00:48	00:47:41	02:24:11	00:24:53
57	5397	1158	Rui Filipe Costa	-	SEN	Porto Runners	00:29:16	00:00:46	01:11:26	00:00:43	00:42:04	02:24:17	00:24:59
58	3142	497	Pedro Figueira	-	SEN	Assoc. 20 Km de Almeirim	00:23:59	00:00:40	01:12:57	00:00:35	00:46:08	02:24:22	00:25:04
59	1155	25	Miguel Marques	-	JUN	Alhandra Sporting Club	00:21:03	00:00:37	01:15:49	00:00:31	00:46:53	02:24:54	00:25:36
60	4144	373	Hugo Ribeiro	-	V1	COMPEED - Tri-Oeste	00:25:49	00:00:56	01:10:49	00:00:36	00:46:47	02:25:00	00:25:42
61	3207	870	José Magalhães Dias	-	SEN	A. M. C. R. Fonte Grada	00:28:46	00:00:43	01:12:02	00:00:41	00:42:49	02:25:03	00:25:45
62	3792	1374	Carlos Chan	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	00:22:55	00:00:42	01:14:05	00:00:54	00:46:38	02:25:16	00:25:58
63	4014	742	João Santos	-	V2	A.B.V.Estoris / Nutrilogia	00:26:55	00:00:56	01:09:45	00:01:01	00:46:41	02:25:21	00:26:03
64	3100	871	Luis Cipriano	-	SEN	A. M. C. R. Fonte Grada	00:31:18	00:00:43	01:10:10	00:02:12	00:41:58	02:26:22	00:27:04
65	3698	656	José Afonso	-	SEN	McDonalds/TriBraga	00:29:06	00:01:21	01:12:05	00:00:47	00:43:02	02:26:22	00:27:04
66	3571	1295	Carlos Rocha	-	SEN	Lusavouga-Clube dos Galitos	00:30:19	00:00:48	01:10:58	00:00:47	00:43:45	02:26:38	00:27:20
67	3521	958	João Nicolau	-	SEN	C. N. Tejo	00:25:12	00:01:12	01:13:33	00:00:48	00:46:03	02:26:52	00:27:34
68	4178	299	Joaquim Fernandes	-	V2	Clube Futebol Andorinha	00:29:37	00:00:38	01:12:47	00:00:38	00:43:33	02:27:16	00:27:58
69	2135	1098	Rúben Reis	-	S23	Secção de Triatlo de Santa Iria	00:31:19	00:01:04	01:10:41	00:01:02	00:43:55	02:28:02	00:28:44
70	4413	106	Carlos Braz	-	V1	Individual	00:28:00	00:00:47	01:12:47	00:00:51	00:45:37	02:28:04	00:28:46
71	3576	1447	Jorge Manuel Vieira	-	SEN	Sport Clube Beira Mar	00:31:49	00:00:47	01:10:29	00:00:50	00:44:09	02:28:05	00:28:47
72	3054	643	António Luz Gomes	-	SEN	Oeiras Sport Clube	00:26:28	00:00:41	01:15:36	00:00:44	00:44:42	02:28:12	00:28:54
73	3195	517	Ana Filipa Santos	-	SEN	C. T. Fundão	00:24:14	00:00:38	01:15:42	00:00:37	00:47:12	02:28:25	00:29:07
74	3705	469	Ricardo Silva	-	SEN	Clube de Triatlo de Almada	00:29:47	00:00:47	01:13:09	00:00:54	00:43:53	02:28:32	00:29:14
75	1040	1081	António Freitas	-	JUN	Ludens Clube do Machico	00:28:12	00:00:44	01:12:05	00:00:40	00:46:50	02:28:33	00:29:15
76	4460	1629	João Pereira Martins	-	V2	G. A. A. Vila Franca de Xira	00:28:20	00:01:30	01:16:36	00:01:03	00:41:07	02:28:38	00:29:20
77	3147	494	Pedro Bento	-	SEN	Assoc. 20 Km de Almeirim	00:31:25	00:01:00	01:09:39	00:00:44	00:45:54	02:28:44	00:29:26
78	3510	114	Silvio Moreira	-	SEN	Individual	00:32:17	00:00:50	01:11:44	00:00:46	00:43:25	02:29:04	00:29:46
79	3841	1630	Pedro Carvalho	-	SEN	Individual	00:25:46	00:01:37	01:18:22	00:00:46	00:42:54	02:29:26	00:30:08
80	3524	632	Paulo Sequeira	-	SEN	Peniche A. C.	00:24:57	00:00:46	01:19:13	00:00:50	00:43:43	02:29:31	00:30:13
81	3572	1301	Nuno Monteiro	-	SEN	Lusavouga-Clube dos Galitos	00:27:46	00:01:14	01:12:02	00:00:50	00:48:05	02:29:59	00:30:41
82	4108	225	Paulo Leitão Santos	-	V2	Peniche A. C.	00:28:19	00:00:48	01:12:31	00:00:51	00:47:41	02:30:12	00:30:54
83	3431	726	Henrique Venâncio	-	SEN	Peniche A. C.	00:29:55	00:01:13	01:10:27	00:00:55	00:47:41	02:30:12	00:30:54
84	3181	1164	Luis Correia Ferreira	-	SEN	Assoc. Académica S. Mamede	00:25:39	00:01:10	01:17:28	00:01:02	00:45:00	02:30:20	00:31:02
85	4243	1522	Alfredo Azevedo	-	V1	Individual	00:23:16	00:01:43	01:15:10	00:01:22	00:48:50	02:30:23	00:31:05
86	2143	353	Ana Teresa Machado	-	S23	Clube Olímpico de Oeiras	00:24:51	00:00:35	01:22:09	00:00:40	00:42:11	02:30:29	00:31:11
87	4177	1369	Paulo Silva	-	V1	Louletano/AlgarvCycles/LouleJardimHot	00:30:16	00:01:06	01:14:58	00:00:34	00:43:36	02:30:32	00:31:14
88	3494	424	Rui Pedro Costa	-	SEN	C. N. Tejo	00:31:23	00:00:42	01:14:20	00:00:47	00:43:36	02:30:49	00:31:31
89	3522	1053	Nuno Pereira	-	SEN	Quintajense Futebol Clube	00:27:46	00:00:47	01:13:09	00:00:51	00:49:09	02:31:43	00:32:25
90	3143	1162	Daniel Reis	-	SEN	Assoc. Académica S. Mamede	00:27:56	00:00:49	01:12:55	00:00:45	00:49:26	02:31:53	00:32:35
91	3537	834	Dário Santos	-	SEN	Amiciclo	00:31:01	00:00:44	01:13:12	00:00:43	00:46:31	02:32:13	00:32:55
92	3216	257	Ricardo Francisco	-	SEN	Oeiras Sport Clube	00:31:04	00:00:55	01:16:26	00:00:50	00:42:59	02:32:16	00:32:58
93	3241	172	Nuno Tintim	-	SEN	Alhandra Sporting Club	00:32:39	00:00:38	01:16:15	00:00:41	00:42:14	02:32:29	00:33:11
94	2108	10	Ana Filipa Sampaio	-	S23	Alhandra Sporting Club	00:22:24	00:00:38	01:17:52	00:00:46	00:51:04	02:32:47	00:33:29
95	3446	737	Bruno Brito	-	SEN	A.B.V.Estoris / Nutrilogia	00:28:12	00:01:15	01:15:35	00:01:00	00:47:00	02:33:03	00:33:45
96	3575	1292	Josué Oliveira	-	SEN	Lusavouga-Clube dos Galitos	00:31:13	00:00:48	01:12:54	00:00:39	00:47:41	02:33:18	00:34:00
97	2179	1597	Diogo Moreira	-	S23	Assoc. Académica S. Mamede	00:23:35	00:01:03	01:22:21	00:01:14	00:45:12	02:33:26	00:34:08
98	4034	262	João Pereira	-	V2	Oeiras Sport Clube	00:25:51	00:00:53	01:14:22	00:00:53	00:51:34	02:33:34	00:34:16

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Natação	1.500 mt	PT:	0 mt	Ciclismo:	40.800 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Triatlo Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
99	4314	501	José Gonçalves	-	V1	CAPGE	00:30:31	00:01:02	01:18:47	00:00:46	00:42:36	02:33:44	00:34:26
100	3735	740	Ricardo Filipe Costa	-	SEN	A.B.V.Estoris / Nutrilogia	00:28:05	00:01:15	01:15:38	00:00:50	00:48:09	02:33:59	00:34:41
101	4197	498	Victor Rodrigues	-	V1	Assoc. 20 Km de Almeirim	00:31:08	00:01:17	01:13:56	00:00:55	00:46:53	02:34:12	00:34:54
102	4136	212	Paulo Calejo Rodrigues	-	V2	Individual	00:27:08	00:01:14	01:19:15	00:01:17	00:45:19	02:34:16	00:34:58
103	4400	759	Paulo Canário	-	V1	Cl. Ferroviário de Vendas Novas	00:24:04	00:00:58	01:14:58	00:00:47	00:53:39	02:34:28	00:35:10
104	3772	1312	Ricardo Lanceiro	-	SEN	Açoreana Clube Banif	00:32:33	00:00:43	01:17:53	00:00:42	00:42:50	02:34:43	00:35:25
105	4199	1366	Filipe Conceição	-	V1	Louletano/AlgarvCycles/LouleJardimHot	00:32:11	00:00:45	01:18:51	00:00:40	00:42:24	02:34:53	00:35:35
106	2092	104	Pedro Miguel Gomes	-	S23	Alhandra Sporting Club	00:22:20	00:00:44	01:17:48	00:00:51	00:53:15	02:35:00	00:35:42
107	3695	654	Emanuel Matos	-	SEN	McDonalds/TriBraga	00:35:13	00:00:52	01:14:09	00:00:50	00:45:04	02:36:09	00:36:51
108	3094	1097	Pedro Fernandes	-	SEN	Secção de Triatlo de Santa Iria	00:28:58	00:00:43	01:18:01	00:00:53	00:47:39	02:36:16	00:36:58
109	3015	434	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	00:25:49	00:00:48	01:20:57	00:00:44	00:48:18	02:36:38	00:37:20
110	3703	436	Rui Firmino	-	SEN	Clube de Triatlo de Almada	00:28:17	00:01:09	01:18:08	00:00:42	00:48:21	02:36:39	00:37:21
111	3574	1293	Miguel Lopes	-	SEN	Lusavouga-Clube dos Galitos	00:30:24	00:01:13	01:20:30	00:01:04	00:43:41	02:36:53	00:37:35
112	3036	433	Nuno Campos	-	SEN	Clube de Praças da Armada	00:30:26	00:01:14	01:16:56	00:00:42	00:47:37	02:36:58	00:37:40
113	3135	1161	Mário Guedes	-	SEN	Assoc. Académica S. Mamede	00:28:01	00:00:41	01:18:56	00:00:49	00:49:41	02:38:09	00:38:51
114	3740	1074	Francisco Gaspar	-	SEN	Individual	00:31:23	00:01:05	01:18:00	00:00:46	00:46:59	02:38:15	00:38:57
115	2168	1368	Andreia Ponte	-	S23	Louletano/AlgarvCycles/LouleJardimHot	00:24:04	00:00:59	01:18:08	00:00:41	00:54:24	02:38:17	00:38:59
116	2126	331	Miguel Andrade	-	S23	C. F. "Os Belenenses"	00:28:14	00:00:44	01:24:45	00:00:49	00:43:47	02:38:20	00:39:02
117	2165	1176	Pedro Magalhães	-	S23	Assoc. Académica S. Mamede	00:32:14	00:01:53	01:18:22	00:00:52	00:45:45	02:39:08	00:39:50
118	3643	1044	Luis Paixão	-	SEN	Molly Maid - Vitoria de Janes	00:24:14	00:01:05	01:20:54	00:01:06	00:51:49	02:39:10	00:39:52
119	3754	1015	Luis Filipe Santos	-	SEN	DAR - Recardães	00:39:56	00:00:41	01:11:42	00:00:41	00:46:30	02:39:31	00:40:13
120	3082	1348	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	00:28:03	00:00:49	01:19:50	00:01:05	00:50:01	02:39:49	00:40:31
121	3397	1170	Alexandra Reis	-	SEN	Assoc. Académica S. Mamede	00:25:41	00:00:45	01:21:15	00:00:37	00:51:48	02:40:07	00:40:49
122	3208	1440	Rui Trovão	-	SEN	Assoc. Académica de Coimbra	00:31:13	00:01:13	01:18:02	00:00:49	00:49:00	02:40:19	00:41:01
123	3840	1608	Tiago Pinho	-	S23	CFV	00:37:31	00:00:51	01:17:38	00:00:51	00:43:35	02:40:29	00:41:11
124	3810	1485	José Nuno Marques	-	SEN	Assoc. Académica S. Mamede	00:26:59	00:01:26	01:19:05	00:01:01	00:52:15	02:40:47	00:41:29
125	3376	339	Nuno Mendes	-	SEN	C. C. D. M. Matosinhos	00:26:22	00:01:11	01:24:30	00:00:56	00:48:34	02:41:35	00:42:17
126	3699	657	José Luis Menezes	-	SEN	McDonalds/TriBraga	00:36:38	00:01:16	01:12:18	00:00:51	00:50:51	02:41:56	00:42:38
127	3780	1214	Carlos Miranda	-	SEN	CFV	00:35:58	00:01:16	01:18:52	00:00:54	00:44:58	02:41:59	00:42:41
128	3315	136	Mário Figueiredo	-	SEN	Alhandra Sporting Club	00:36:26	00:01:07	01:17:43	00:00:43	00:47:19	02:43:19	00:44:01
129	4241	1464	André Cunha	-	V1	Açoreana Clube Banif	00:32:29	00:00:53	01:18:20	00:01:50	00:49:58	02:43:33	00:44:15
130	2035	839	Tiago Lança	-	S23	Amiciclo	00:32:42	00:00:44	01:18:24	00:00:39	00:51:03	02:43:33	00:44:15
131	3204	211	Susana Simões	-	SEN	Porto Runners	00:32:20	00:00:51	01:20:41	00:00:51	00:48:51	02:43:37	00:44:19
132	3681	659	António Maria Cumbre	-	SEN	Alhandra Sporting Club	00:29:04	00:01:42	01:21:21	00:01:24	00:50:30	02:44:04	00:44:46
133	3803	1412	Jorge Pereira	-	SEN	Lusavouga-Clube dos Galitos	00:35:54	00:01:40	01:15:55	00:01:22	00:49:17	02:44:10	00:44:52
134	3449	341	José Manuel Nunes	-	SEN	C. C. D. M. Matosinhos	00:31:37	00:02:02	01:21:48	00:00:48	00:48:03	02:44:20	00:45:02
135	4189	492	Carlos Serra	-	V1	Alhandra Sporting Club	00:33:38	00:00:53	01:19:25	00:00:49	00:49:43	02:44:29	00:45:11
136	3489	1151	Cecília Shinn	-	SEN	COMPEED - Tri-Oeste	00:32:17	00:00:48	01:24:54	00:00:38	00:46:54	02:45:32	00:46:14
137	3183	1353	Ricardo Figueira Silva	-	SEN	C. N. Colégio Vasco da Gama	00:28:16	00:00:41	01:21:09	00:01:11	00:55:29	02:46:47	00:47:29
138	4407	907	Vitor Varela	-	V1	CAPGE	00:30:25	00:00:48	01:20:53	00:00:41	00:55:21	02:48:09	00:48:51
139	3525	326	Elisabete Sousa	-	SEN	C. F. "Os Belenenses"	00:36:36	00:01:17	01:21:06	00:00:55	00:48:35	02:48:30	00:49:12
140	3578	1446	Carlos Vieira	-	SEN	Sport Clube Beira Mar	00:41:24	00:01:06	01:18:32	00:00:55	00:46:55	02:48:54	00:49:36
141	4052	1351	Manuel Gonçalves	-	V2	C. N. Colégio Vasco da Gama	00:31:24	00:00:48	01:30:43	00:00:52	00:45:13	02:49:01	00:49:43
142	3393	449	Rita Correia	-	SEN	Clube de Triatlo de Almada	00:25:41	00:01:00	01:32:50	00:00:49	00:48:47	02:49:10	00:49:52
143	3377	1167	Eurico Coelho	-	SEN	Assoc. Académica S. Mamede	00:28:17	00:00:59	01:19:38	00:01:14	00:59:06	02:49:16	00:49:58
144	3628	1173	Rui Pena	-	SEN	Assoc. Académica S. Mamede	00:31:47	00:00:52	01:19:48	00:00:54	00:55:55	02:49:17	00:49:59
145	3570	152	Jordão Alves	-	SEN	Individual	00:35:16	00:01:27	01:17:09	00:00:47	00:54:45	02:49:26	00:50:08
146	3651	154	Dulce Almeida	-	SEN	Individual	00:35:12	00:00:57	01:17:43	00:00:47	00:54:45	02:49:27	00:50:09
147	3338	1441	José Guerreiro	-	SEN	Clube de Praças da Armada	00:32:35	00:01:05	01:27:21	00:01:19	00:47:43	02:50:06	00:50:48

Data:	17-07-2010	Hora:	16h00	Local:	Aveiro				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	40.800 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Triatlo Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
148	3639	116	Pedro Teixeira Brandão	-	SEN	Porto Runners	00:34:57	00:01:22	01:15:35	00:00:39	00:58:23	02:50:59	00:51:41
149	4257	396	Stephen Parry	-	V3	Individual	00:25:58	00:01:24	01:20:31	00:01:10	01:02:10	02:51:15	00:51:57
150	3263	1174	Maria Joana Creissac	-	SEN	Assoc. Académica S. Mamede	00:31:00	00:01:24	01:23:00	00:01:01	00:55:26	02:51:52	00:52:34
151	4239	802	Vasco Santos	-	V3	Clube de Veteranos do Porto	00:31:57	00:01:29	01:25:03	00:01:08	00:52:30	02:52:08	00:52:50
152	3623	1614	Filipe Varandas	-	SEN	Clube Triatlo de Perosinho	00:28:06	00:01:57	01:29:21	00:01:22	00:52:58	02:53:45	00:54:27
153	3653	217	José Gabriel Coelho	-	SEN	Alhandra Sporting Club	00:30:18	00:00:54	01:30:58	00:01:17	00:50:57	02:54:25	00:55:07
154	3645	107	Miguel Torres	-	SEN	CFV	00:32:46	00:01:25	01:26:27	00:01:35	00:52:54	02:55:09	00:55:51
155	4365	131	Paulo Viana	-	V1	Alhandra Sporting Club	00:33:58	00:01:19	01:31:02	00:01:05	00:47:49	02:55:16	00:55:58
156	4165	1466	Carlos Candeias	-	V1	Açoreana Clube Banif	00:36:13	00:01:29	01:25:22	00:01:01	00:51:12	02:55:18	00:56:00
157	4336	235	José Calheiros Dias	-	V2	Individual	00:28:22	00:01:36	01:31:43	00:01:38	00:53:20	02:56:41	00:57:23
158	4295	1352	Luis Barbosa	-	V1	C. N. Colégio Vasco da Gama	00:40:13	00:01:19	01:27:59	00:01:15	00:46:34	02:57:22	00:58:04
159	3766	1296	João Catalão	-	SEN	Lusavouga-Clube dos Galitos	00:36:57	00:01:10	01:25:59	00:00:56	00:52:20	02:57:24	00:58:06
160	3768	1299	Alexandre Cavadas	-	SEN	Lusavouga-Clube dos Galitos	00:28:07	00:02:00	01:30:19	00:01:34	00:55:24	02:57:25	00:58:07
161	3546	735	Nuno Felicio	-	SEN	A.B.V.Estoris / Nutrilogia	00:28:01	00:00:58	01:28:38	00:01:06	00:59:25	02:58:11	00:58:53
162	4215	738	José Luis Correia	-	V3	A.B.V.Estoris / Nutrilogia	00:23:58	00:02:15	01:31:24	00:01:26	00:59:06	02:58:11	00:58:53
163	4411	1020	Victor Campos	-	V4	DAR - Recardães	00:40:10	00:01:55	01:20:59	00:01:36	00:54:38	02:59:19	01:00:01
164	4333	1284	Artur Oliveira	-	V3	Ext. Coop. da Benedita	00:37:03	00:01:44	01:25:18	00:01:24	00:56:57	03:02:29	01:03:11
165	2164	1096	Ruben Carvalho	-	S23	Secção de Triatlo de Santa Iria	00:30:52	00:01:03	01:29:05	00:01:07	01:00:43	03:02:52	01:03:34
166	4458	1602	André Leão	-	V1	Assoc. Académica de Coimbra	00:23:04	00:01:21	01:38:05	00:01:20	01:00:04	03:03:57	01:04:39
167	4162	797	Henrique Gonçalves	-	V4	Clube de Veteranos do Porto	00:31:22	00:01:34	01:20:55	00:01:26	01:10:42	03:06:01	01:06:43
168	4255	804	Paulo Castro Rocha	-	V3	Clube de Veteranos do Porto	00:32:33	00:02:15	01:26:57	00:01:37	01:05:18	03:08:41	01:09:23
169	3383	336	Sofia Valente	-	SEN	Sporting Clube de Portugal - St. Peters	00:32:00	00:00:45	01:36:31	00:00:48	01:01:51	03:11:57	01:12:39
170	4100	815	Jaime Carmo	-	V5	Clube de Veteranos do Porto	00:31:48	00:01:56	01:32:53	00:01:49	01:03:39	03:12:06	01:12:48
171	4163	798	Manuel Dias	-	V4	Clube de Veteranos do Porto	00:36:19	00:02:20	01:28:59	00:01:26	01:03:14	03:12:20	01:13:02
172	4328	813	Anette Kind	-	V2	Clube de Veteranos do Porto	00:35:24	00:01:29	01:35:11	00:00:58	01:02:20	03:15:24	01:16:06
173	4259	806	Paulo Neves	-	V1	Clube de Veteranos do Porto	00:30:10	00:06:46	01:35:04	00:01:16	01:02:07	03:15:25	01:16:07
174	4438	1465	António Guedes	-	V1	Açoreana Clube Banif	00:39:39	00:03:29	01:26:24	00:01:03	01:04:53	03:15:30	01:16:12
175	4337	1537	Vitor Carvalho	-	V2	Individual	00:28:05	00:02:31	01:39:14	00:01:36	01:05:33	03:17:02	01:17:44
	4152	1533	Silvino Muchacho	DQ	V5	Peniche A. C.	00:32:41	00:01:57	01:12:00	00:01:15	00:59:45	02:47:39	00:48:21
	3526	323	António Gouveia	DNF	SEN	C. F. "Os Belenenses"	00:36:56	00:00:55	01:21:09	00:01:07			-
	3235	1350	Gonçalo Vicente	DNF	SEN	C. N. Colégio Vasco da Gama	00:28:04	00:01:03					-
	3697	729	Patrick Silva	DNF	SEN	McDonalds/TriBraga	00:30:36	00:01:07	01:18:29	00:00:51			-
	3555	484	Vitor Almeida	DNF	SEN	Clube Triatlo de Perosinho	00:36:32	00:00:41					-
	3733	1048	Tiago Cochicho	DNF	SEN	Molly Maid - Vitoria de Janes	00:26:42	00:00:47					-
	3707	603	Ana Patricia Ferreira	DNF	SEN	C. N. Tejo	00:29:39	00:01:03					-
	1093	18	Mariana Costa	DNF	JUN	C. T. Fundão	00:22:05	00:00:33					-
	2110	9	Liliana Filipa Silva	DNF	S23	Alhandra Sporting Club	00:22:25	00:00:39					-
	1096	19	Nadine Almeida	DNF	JUN	Alhandra Sporting Club	00:22:54	00:00:38					-
	1154	406	Diogo Mata Tristão	DNF	JUN	Alhandra Sporting Club	00:22:01	00:00:59					-
	4238	801	António Manuel Vieira	DNF	V2	Clube de Veteranos do Porto	00:36:15	00:02:23	01:28:57	00:01:39			-
	4187	1291	Rui Ferreira	DNF	V1	Lusavouga-Clube dos Galitos	00:22:02	00:00:42	01:15:36	00:00:42			-
	3001	730	Paulo Teles	DNF	SEN	G. A. A. Vila Franca de Xira	00:28:11	00:00:48					-
	3180	1300	Paulo Jorge Barradas	DNF	SEN	Lusavouga-Clube dos Galitos	00:24:21	00:00:39					-
	3729	974	Artur Miranda	DNS	SEN	Clube Olimpico de Oeiras							-
	3414	1641	Otelo Fontes	DNS	SEN	Individual							-
	3544	1671	Miguel Oliveira	DNS	SEN	DAR - Recardães							-
	3831	1590	Ramiro Correia	DNS	SEN	CFV							-
	3492	1535	João Miguel Coelho	DNS	SEN	C. N. Tejo							-
	2148	5	Ana Filipa Ferreira	DNS	S23	Alhandra Sporting Club							-

Data:	17-07-2010	Hora:	16h00	Local:	Aveiro				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	40.800 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Triatlo Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
	1233	419	Diogo Rosa	DNS	JUN	C. N. Tejo							-
	4015	1046	José Oliveira	DNS	V3	Molly Maid - Vitoria de Janes							-
	4431	1397	José Manuel Sério	DNS	V2	CNTN							-
	4149	595	José Ribeiro	DNS	V1	C. D. "Os Águias" de Alpiarça							-
	4446	1521	João Canhão	DNS	V1	Cl. Ferroviário de Vendas Novas							-
	3321	790	Luis Lourenço	DNS	SEN	Molly Maid - Vitoria de Janes							-
	4465	1642	Pedro Santos	DNS	V1	G. A. A. Vila Franca de Xira							-
	4356	372	Sónia Quintela	DNS	V1	COMPEED - Tri-Oeste							-
	4462	1632	Nuno Manuel Pinheiro	DNS	V1	Individual							-
	3352	1175	Carla Mendes	DNS	SEN	Assoc. Académica S. Mamede							-
	3821	1541	Nuno Bernardo	DNS	SEN	Molly Maid - Vitoria de Janes							-