

III Triatlo Cidade de Setúbal - Camp. Nac. Individual

Classificação Individual

Data:	25-09-2010	Hora:	16h00	Local:	Setúbal				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.000 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
----------	-----------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
1	2070	12	João José Pereira	-	S23	Alhandra Sporting Club	00:21:23	00:00:31	00:58:09	00:00:38	00:32:15	01:52:58	
2	3016	3	Bruno Pais	-	SEN	Sport Lisboa e Benfica	00:21:29	00:00:32	01:00:28	00:00:30	00:31:41	01:54:41	00:01:43
3	3291	4	Duarte Marques	-	SEN	C. D. "Os Águias" de Alpiarça	00:20:49	00:00:40	01:00:56	00:00:34	00:33:01	01:56:03	00:03:04
4	2124	14	Vasco Pessoa	-	S23	C. T. Fundão	00:20:53	00:00:37	01:00:59	00:00:36	00:34:29	01:57:37	00:04:39
5	1117	29	Hugo Ventura	-	JUN	Clube Olímpico de Oeiras	00:21:26	00:00:44	01:00:18	00:00:38	00:35:36	01:58:44	00:05:45
6	2160	16	Ruben Costa	-	S23	Sporting CP - St.Peters School	00:21:31	00:00:49	01:02:49	00:00:41	00:32:52	01:58:44	00:05:46
7	1167	27	José Veiga	-	JUN	Clube Olímpico de Oeiras	00:21:32	00:00:42	01:03:54	00:00:38	00:33:24	02:00:11	00:07:13
8	1095	28	João Amorim	-	JUN	Alhandra Sporting Club	00:21:55	00:00:34	01:02:40	00:00:41	00:34:46	02:00:38	00:07:39
9	1105	30	João Serrano	-	JUN	SR Camarnal / Seguros	00:20:48	00:00:43	01:00:57	00:00:42	00:38:29	02:01:40	00:08:42
10	3564	1150	Alberto González	-	SEN	COMPEED - Tri-Oeste	00:24:42	00:00:48	01:01:45	00:00:38	00:35:13	02:03:07	00:10:09
11	3260	838	Rafael Gomes	-	SEN	Amiciclo	00:25:20	00:00:45	01:01:11	00:00:45	00:35:17	02:03:19	00:10:21
12	3501	371	Tiago Neves	-	SEN	COMPEED - Tri-Oeste	00:23:58	00:00:42	01:02:33	00:00:41	00:35:25	02:03:20	00:10:22
13	2127	579	Diogo Custódio	-	S23	Sporting CP - St.Peters School	00:22:41	00:00:45	01:02:55	00:00:39	00:36:33	02:03:35	00:10:36
14	3666	35	Tiago Abreu Silva	-	SEN	Ludens Clube do Machico	00:27:07	00:00:45	01:03:07	00:00:40	00:31:56	02:03:37	00:10:39
15	3342	337	Rodrigo Baltazar	-	SEN	Sporting CP - St.Peters School	00:25:14	00:00:48	01:01:09	00:00:37	00:35:50	02:03:41	00:10:42
16	1203	53	Rafael Ribeiro	-	JUN	Alhandra Sporting Club	00:22:58	00:00:44	01:03:33	00:00:42	00:35:45	02:03:44	00:10:46
17	1113	32	Gil Maia	-	JUN	CFV	00:24:17	00:00:36	01:02:21	00:00:38	00:36:22	02:04:16	00:11:18
18	1249	24	João Curado	-	JUN	Sporting CP - St.Peters School	00:21:34	00:00:40	01:04:06	00:00:37	00:37:25	02:04:24	00:11:25
19	3583	1379	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	00:25:09	00:00:53	01:01:15	00:00:43	00:36:41	02:04:43	00:11:45
20	2151	226	Tiago Maia	-	S23	CFV	00:22:28	00:00:44	01:03:05	00:00:37	00:38:15	02:05:11	00:12:13
21	4116	368	Rui Rodrigues	-	V1	COMPEED - Tri-Oeste	00:26:07	00:00:52	01:04:04	00:00:51	00:36:14	02:08:10	00:15:12
22	1093	18	Mariana Costa	-	JUN	C. T. Fundão	00:23:31	00:00:45	01:03:33	00:00:43	00:39:38	02:08:12	00:15:14
23	1164	356	David Maia	-	JUN	Clube Olímpico de Oeiras	00:23:51	00:00:48	01:02:36	00:00:44	00:40:26	02:08:26	00:15:28
24	4013	500	Miguel Fragoso	-	V2	Molly Maid - Vitoria de Janes	00:27:11	00:00:52	01:02:58	00:00:55	00:37:49	02:09:47	00:16:49
25	2162	490	Jorge Alves	-	S23	Clube Olímpico de Oeiras	00:27:32	00:00:41	01:02:44	00:00:34	00:38:24	02:09:57	00:16:59
26	3704	453	Nuno Rodrigues	-	SEN	Clube de Triatlo de Almada	00:27:29	00:00:58	01:04:27	00:00:37	00:37:17	02:10:50	00:17:52
27	4352	340	Emanuel Neves	-	V1	C. C. D. M. Matosinhos	00:27:32	00:00:53	01:04:32	00:00:53	00:37:34	02:11:26	00:18:28
28	2086	7	Bárbara Clemente	-	S23	Clube Olímpico de Oeiras	00:25:59	00:00:47	01:04:21	00:00:49	00:39:47	02:11:44	00:18:46
29	3396	1598	Jorge Figueiredo	-	SEN	Lusavouga-Clube dos Galitos	00:26:11	00:01:02	01:03:48	00:00:49	00:40:42	02:12:33	00:19:35
30	3304	482	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	00:27:08	00:00:52	01:03:04	00:00:49	00:40:52	02:12:48	00:19:50
31	3142	497	Pedro Figueira	-	SEN	Assoc. 20 Km de Almeirim	00:27:14	00:00:50	01:02:59	00:00:45	00:41:08	02:12:57	00:19:59
32	5659	379	Pedro Cordeiro	-	V1	COMPEED - Tri-Oeste	00:26:03	00:00:54	01:04:07	00:00:48	00:41:13	02:13:07	00:20:09
33	3485	1111	Nuno Patrício	-	SEN	C. N. Alvito	00:28:28	00:00:51	01:03:30	00:00:53	00:39:41	02:13:24	00:20:26
34	3453	515	Armandino Chaves	-	SEN	C. T. Fundão	00:30:44	00:01:00	01:03:14	00:00:46	00:38:15	02:14:01	00:21:03
35	3214	443	Miguel Ganquinho	-	SEN	Clube de Triatlo de Almada	00:29:28	00:01:04	01:04:24	00:00:47	00:38:17	02:14:02	00:21:04
36	4127	1165	Emanuel Marques	-	V2	Assoc. Académica S. Mamede	00:30:14	00:01:13	01:03:30	00:00:47	00:38:29	02:14:15	00:21:17
37	1154	406	Diogo Mata Tristão	-	JUN	Alhandra Sporting Club	00:24:03	00:00:47	01:02:27	00:00:59	00:46:45	02:15:03	00:22:05
38	3367	238	Roberto Lúcio	-	SEN	Clube Naval da Calheta	00:28:11	00:00:49	01:03:46	00:00:49	00:41:26	02:15:05	00:22:06
39	3626	1460	Paulo Filipe Gonçalves	-	SEN	Lusavouga-Clube dos Galitos	00:27:10	00:00:49	01:03:01	00:01:15	00:43:02	02:15:19	00:22:20
40	3321	790	Luis Lourenço	-	SEN	Molly Maid - Vitoria de Janes	00:28:57	00:01:08	01:04:56	00:00:53	00:40:23	02:16:19	00:23:21
41	4400	759	Paulo Canário	-	V1	Cl. Ferroviário de Vendas Novas	00:27:36	00:01:18	01:03:55	00:00:58	00:44:16	02:18:04	00:25:06
42	3177	833	António Miguel Reis	-	SEN	Amiciclo	00:30:01	00:01:14	01:03:50	00:01:11	00:42:23	02:18:41	00:25:43
43	5660	375	Alexandre Feliz	-	SEN	COMPEED - Tri-Oeste	00:27:23	00:00:45	01:02:57	00:01:00	00:46:38	02:18:45	00:25:46
44	3524	632	Paulo Sequeira	-	SEN	Peniche A. C.	00:30:06	00:01:02	01:03:55	00:00:57	00:42:52	02:18:54	00:25:56
45	4060	994	António Moura	-	V3	SR Camarnal / Seguros	00:32:15	00:00:49	01:05:51	00:00:51	00:39:11	02:18:58	00:26:00
46	4384	471	Paulo Carvalho	-	V2	Clube de Triatlo de Almada	00:24:01	00:01:18	01:06:16	00:01:17	00:46:11	02:19:05	00:26:06
47	3113	503	Duarte Barreto	-	SEN	C. N. Cartaxo	00:28:23	00:00:51	01:03:35	00:00:58	00:45:54	02:19:43	00:26:45
48	3559	1168	António Luis Barbosa	-	SEN	Assoc. Académica S. Mamede	00:34:57	00:01:05	01:06:22	00:00:51	00:37:04	02:20:21	00:27:22
49	3206	1389	André Guimarães	-	SEN	Clube Triatlo de Perosinho	00:32:59	00:01:11	01:04:47	00:00:47	00:41:19	02:21:03	00:28:05

Data:	25-09-2010	Hora:	16h00	Local:	Setúbal				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.000 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
----------	-----------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
50	3207	870	José Magalhães Dias	-	SEN	A. M. C. R. Fonte Grada	00:30:43	00:01:07	01:06:25	00:00:53	00:42:03	02:21:14	00:28:16
51	4147	62	Fernando Carmo	-	V1	C. N. Colégio Vasco da Gama	00:35:00	00:01:28	01:03:16	00:00:57	00:40:55	02:21:39	00:28:40
52	3571	1295	Carlos Rocha	-	SEN	Lusavouga-Clube dos Galitos	00:36:19	00:01:05	01:02:30	00:00:44	00:41:12	02:21:51	00:28:53
53	4460	1629	João Pereira Martins	-	V2	G. A. A. Vila Franca de Xira	00:34:45	00:01:43	01:03:36	00:01:10	00:40:38	02:21:55	00:28:57
54	3599	1294	João França Alves	-	SEN	Lusavouga-Clube dos Galitos	00:28:23	00:01:21	01:08:35	00:00:59	00:42:57	02:22:16	00:29:18
55	4129	132	João Hipólito	-	V2	Alhandra Sporting Club	00:34:53	00:01:14	01:03:49	00:00:58	00:41:29	02:22:25	00:29:27
56	3170	176	Rui Simões	-	SEN	Alhandra Sporting Club	00:36:16	00:01:01	01:02:36	00:00:52	00:41:54	02:22:41	00:29:43
57	3241	172	Nuno Tintim	-	SEN	Alhandra Sporting Club	00:37:04	00:01:06	01:06:08	00:00:42	00:37:41	02:22:42	00:29:44
58	3005	321	Diogo Almeida	-	SEN	C. F. "Os Belenenses"	00:25:12	00:01:03	01:04:59	00:00:58	00:50:43	02:22:57	00:29:58
59	3392	380	Katarina Larsson	-	SEN	COMPEED - Tri-Oeste	00:27:09	00:00:57	01:09:17	00:01:03	00:44:31	02:22:58	00:30:00
60	3004	873	Bruno Silva	-	SEN	A. M. C. R. Fonte Grada	00:32:20	00:01:22	01:07:37	00:00:51	00:41:24	02:23:35	00:30:36
61	4015	1046	José Oliveira	-	V3	Molly Maid - Vitoria de Janes	00:32:56	00:01:18	01:05:47	00:01:23	00:42:32	02:23:58	00:31:00
62	2143	353	Ana Teresa Machado	-	S23	Clube Olimpico de Oeiras	00:29:58	00:00:56	01:11:36	00:00:51	00:40:45	02:24:08	00:31:10
63	3001	730	Paulo Teles	-	SEN	G. A. A. Vila Franca de Xira	00:31:18	00:01:10	01:05:44	00:00:58	00:44:58	02:24:10	00:31:12
64	4014	742	João Santos	-	V2	A.B.V.Estoris / Nutrilogia	00:31:05	00:01:22	01:05:46	00:01:07	00:45:42	02:25:05	00:32:06
65	3841	1630	Pedro Carvalho	-	SEN	Individual	00:31:54	00:01:56	01:11:25	00:00:51	00:39:30	02:25:37	00:32:39
66	3522	1053	Nuno Pereira	-	SEN	Quintajense Futebol Clube	00:30:15	00:01:12	01:06:49	00:00:47	00:46:38	02:25:43	00:32:45
67	4465	1642	Pedro Santos	-	V1	G. A. A. Vila Franca de Xira	00:32:49	00:01:26	01:05:36	00:01:00	00:44:57	02:25:50	00:32:51
68	2168	1368	Andreia Ponte	-	S23	Louletano/AlgarvCycles/LouleJardimHot	00:28:35	00:01:10	01:08:19	00:00:53	00:47:09	02:26:08	00:33:10
69	4108	225	Paulo Leitão Santos	-	V2	Peniche A. C.	00:33:14	00:01:15	01:05:30	00:00:59	00:45:11	02:26:11	00:33:12
70	3735	740	Ricardo Filipe Costa	-	SEN	A.B.V.Estoris / Nutrilogia	00:31:30	00:01:49	01:06:34	00:01:04	00:45:34	02:26:33	00:33:35
71	1096	19	Nadine Almeida	-	JUN	Alhandra Sporting Club	00:27:20	00:00:54	01:11:46	00:00:54	00:45:45	02:26:40	00:33:42
72	4259	806	Paulo Neves	-	V1	Clube de Veteranos do Porto	00:34:39	00:01:13	01:04:03	00:00:58	00:45:59	02:26:54	00:33:56
73	3502	771	Miguel Algarvio	-	SEN	Clube de Praças da Armada	00:31:33	00:01:14	01:09:40	00:00:50	00:43:53	02:27:12	00:34:13
74	3143	1162	Daniel Reis	-	SEN	Assoc. Académica S. Mamede	00:37:03	00:01:07	01:06:06	00:00:46	00:42:39	02:27:43	00:34:45
75	3300	241	Nélson Santos	-	SEN	Peniche A. C.	00:39:52	00:01:55	01:06:32	00:00:57	00:38:26	02:27:44	00:34:45
76	3015	434	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	00:30:00	00:00:52	01:10:31	00:01:00	00:45:29	02:27:54	00:34:56
77	3616	1433	Abel Condesso	-	SEN	Assoc. Académica de Coimbra	00:36:25	00:01:59	01:05:51	00:00:55	00:42:45	02:27:56	00:34:58
78	3100	871	Luis Cipriano	-	SEN	A. M. C. R. Fonte Grada	00:39:33	00:01:16	01:05:18	00:01:12	00:40:53	02:28:14	00:35:15
79	3537	834	Dário Santos	-	SEN	Amiciclo	00:38:31	00:01:17	01:04:34	00:01:29	00:42:30	02:28:22	00:35:24
80	3182	509	Alexandre Ventura	-	SEN	C. N. Cartaxo	00:31:08	00:00:56	01:08:01	00:01:18	00:47:08	02:28:33	00:35:35
81	3705	469	Ricardo Silva	-	SEN	Clube de Triatlo de Almada	00:39:54	00:01:11	01:04:42	00:00:57	00:41:51	02:28:38	00:35:39
82	3477	135	Álvaro Silva	-	SEN	TRIATLO CLUBE TAP	00:34:13	00:02:01	01:07:56	00:01:11	00:43:34	02:28:57	00:35:59
83	2135	1098	Rúben Reis	-	S23	Secção de Triatlo de Santa Iria	00:38:38	00:01:34	01:05:45	00:00:59	00:42:16	02:29:14	00:36:15
84	3575	1292	Josué Oliveira	-	SEN	Lusavouga-Clube dos Galitos	00:37:00	00:01:03	01:06:20	00:00:53	00:44:12	02:29:30	00:36:31
85	3665	652	Joaquim Figueiras	-	SEN	Oeiras Sport Clube	00:38:41	00:01:34	01:05:45	00:00:59	00:42:33	02:29:34	00:36:36
86	3094	1097	Pedro Fernandes	-	SEN	Secção de Triatlo de Santa Iria	00:35:14	00:01:03	01:08:08	00:00:58	00:44:45	02:30:09	00:37:11
87	3156	1075	Pedro Pereira	-	SEN	Assoc. Académica S. Mamede	00:32:13	00:01:39	01:05:59	00:00:53	00:49:40	02:30:25	00:37:27
88	3510	114	Silvio Moreira	-	SEN	Individual	00:40:27	00:01:15	01:06:38	00:00:59	00:41:21	02:30:42	00:37:44
89	4202	935	Paulo Quintino	-	V1	Clube Millennium BCP	00:37:12	00:01:51	01:09:15	00:01:06	00:41:17	02:30:43	00:37:45
90	3397	1170	Alexandra Reis	-	SEN	Assoc. Académica S. Mamede	00:33:32	00:01:13	01:09:41	00:00:57	00:46:00	02:31:25	00:38:26
91	4314	501	José Gonçalves	-	V1	CAPGE	00:35:09	00:01:10	01:12:58	00:00:54	00:41:19	02:31:33	00:38:35
92	3836	1603	António Cortesão	-	SEN	Assoc. Académica de Coimbra	00:26:30	00:01:25	01:10:58	00:01:01	00:51:54	02:31:49	00:38:51
93	3181	1164	Luis Correia Ferreira	-	SEN	Assoc. Académica S. Mamede	00:31:12	00:01:29	01:13:26	00:01:24	00:44:32	02:32:05	00:39:07
94	4189	492	Carlos Serra	-	V1	Alhandra Sporting Club	00:38:51	00:01:17	01:05:46	00:01:00	00:45:20	02:32:15	00:39:17
95	4446	1521	João Canhão	-	V1	Cl. Ferroviário de Vendas Novas	00:30:18	00:01:45	01:08:09	00:01:26	00:50:50	02:32:30	00:39:32
96	3840	1608	Tiago Pinho	-	S23	CFV	00:44:48	00:01:18	01:07:31	00:00:48	00:39:50	02:34:18	00:41:20
97	3183	1353	Ricardo Figueira Silva	-	SEN	C. N. Colégio Vasco da Gama	00:35:43	00:02:19	01:11:12	00:01:04	00:44:05	02:34:23	00:41:25
98	2142	676	William Lemos	-	S23	C. F. "Os Belenenses"	00:30:50	00:01:12	01:07:59	00:01:01	00:53:45	02:34:49	00:41:51

III Triatlo Cidade de Setúbal - Camp. Nac. Individual

Classificação Individual

Data:	25-09-2010	Hora:	16h00	Local:	Setúbal				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.000 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
----------	-----------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
99	3431	726	Henrique Venâncio	-	SEN	Peniche A. C.	00:40:22	00:01:23	01:06:37	00:01:02	00:45:32	02:34:57	00:41:59
100	4468	939	João Coelho	-	V1	Clube Millennium BCP	00:36:25	00:01:39	01:06:24	00:01:23	00:49:34	02:35:26	00:42:28
101	3628	1173	Rui Pena	-	SEN	Assoc. Académica S. Mamede	00:38:30	00:01:22	01:08:29	00:00:56	00:46:10	02:35:29	00:42:31
102	4288	1101	João Manuel Correia	-	V2	Individual	00:37:01	00:01:52	01:10:18	00:01:27	00:44:56	02:35:35	00:42:36
103	4341	174	José João Albano	-	V2	Individual	00:42:09	00:01:27	01:09:59	00:02:03	00:39:56	02:35:36	00:42:38
104	2165	1176	Pedro Magalhães	-	S23	Assoc. Académica S. Mamede	00:40:02	00:02:02	01:10:32	00:01:02	00:42:14	02:35:53	00:42:55
105	3235	1350	Gonçalo Vicente	-	SEN	C. N. Colégio Vasco da Gama	00:36:53	00:01:47	01:10:37	00:01:00	00:46:06	02:36:26	00:43:28
106	3707	603	Ana Patricia Ferreira	-	SEN	C. N. Tejo	00:36:14	00:01:25	01:15:36	00:01:00	00:42:15	02:36:31	00:43:33
107	3535	139	Pedro Francisco	-	SEN	TRIATLO CLUBE TAP	00:36:52	00:01:06	01:06:14	00:00:50	00:51:47	02:36:52	00:43:53
108	3546	735	Nuno Felício	-	SEN	A.B.V.Estoris / Nutrilogia	00:32:42	00:01:19	01:17:26	00:01:07	00:44:19	02:36:55	00:43:57
109	3393	449	Rita Correia	-	SEN	Clube de Triatlo de Almada	00:29:38	00:01:19	01:17:22	00:01:09	00:47:28	02:36:59	00:44:00
110	2175	1509	Luis Galrito	-	S23	Kainagua	00:29:41	00:02:10	01:17:17	00:01:11	00:46:51	02:37:12	00:44:14
111	3082	1348	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	00:35:57	00:01:36	01:11:38	00:01:08	00:46:52	02:37:13	00:44:15
112	4303	673	António Reis	-	V2	Cl. Ferroviário de Vendas Novas	00:39:59	00:01:48	01:06:36	00:01:20	00:47:45	02:37:30	00:44:32
113	4052	1351	Manuel Gonçalves	-	V2	C. N. Colégio Vasco da Gama	00:36:38	00:01:23	01:15:16	00:01:02	00:43:19	02:37:39	00:44:41
114	3578	1446	Carlos Vieira	-	SEN	Sport Clube Beira Mar	00:42:55	00:01:59	01:08:51	00:00:59	00:43:11	02:37:57	00:44:59
115	3466	239	Cristina Perestrelo	-	SEN	Clube Naval da Calheta	00:36:06	00:01:14	01:15:50	00:01:04	00:43:46	02:38:03	00:45:05
116	3508	1055	João Duarte	-	SEN	Quintajense Futebol Clube	00:40:11	00:01:09	01:10:56	00:00:50	00:45:05	02:38:13	00:45:15
117	3777	1317	João Galhordas	-	SEN	Individual	00:34:36	00:02:42	01:14:51	00:01:01	00:45:49	02:39:01	00:46:03
118	4293	1099	Miguel Velez	-	V2	Secção de Triatlo de Santa Iria	00:37:00	00:02:25	01:15:47	00:01:17	00:43:16	02:39:48	00:46:50
119	4413	106	Carlos Braz	-	V1	Individual	00:33:26	00:01:30	01:18:12	00:01:00	00:46:47	02:40:56	00:47:58
120	3494	424	Rui Pedro Costa	-	SEN	C. N. Tejo	00:41:08	00:01:05	01:11:55	00:01:05	00:45:44	02:40:59	00:48:00
121	1196	175	Fábio Coutinho	-	JUN	Alhandra Sporting Club	00:26:06	00:00:55	01:10:12	00:00:57	01:02:51	02:41:03	00:48:05
122	3740	1074	Francisco Gaspar	-	SEN	Individual	00:39:49	00:01:22	01:14:04	00:01:05	00:44:44	02:41:06	00:48:08
123	3526	323	António Gouveia	-	SEN	C. F. "Os Belenenses"	00:44:49	00:01:14	01:09:09	00:00:57	00:45:05	02:41:16	00:48:18
124	3525	326	Elisabete Sousa	-	SEN	C. F. "Os Belenenses"	00:41:54	00:01:28	01:11:51	00:01:08	00:44:54	02:41:17	00:48:18
125	3386	999	Ana Pereira	-	SEN	COMPEED - Tri-Oeste	00:40:12	00:01:22	01:11:30	00:01:05	00:47:23	02:41:34	00:48:36
126	4458	1602	André Leão	-	V1	Assoc. Académica de Coimbra	00:28:19	00:02:09	01:14:26	00:02:14	00:54:28	02:41:37	00:48:39
127	1327	1645	David Pinto	-	JUN	Peniche A. C.	00:36:48	00:02:02	01:14:31	00:01:32	00:47:10	02:42:06	00:49:08
128	4459	1613	Jorg Lohken	-	V1	Individual	00:29:02	00:02:34	01:16:30	00:01:35	00:52:41	02:42:23	00:49:25
129	3623	1614	Filipe Varandas	-	SEN	Clube Triatlo de Perosinho	00:30:52	00:02:02	01:19:11	00:01:23	00:49:00	02:42:30	00:49:32
130	4069	937	João Rodrigues Silva	-	V2	Clube Millennium BCP	00:28:07	00:01:55	01:21:19	00:00:51	00:51:58	02:44:12	00:51:14
132	3711	666	Sara Reis	-	SEN	TRI CAP - Penafirme	00:36:31	00:02:22	01:16:23	00:00:53	00:48:08	02:44:19	00:51:20
133	4394	878	Pedro Miguel Jorge	-	V1	Associação Naval Amorense	00:37:09	00:02:00	01:12:54	00:01:20	00:51:09	02:44:34	00:51:36
134	3514	770	Hugo Matos	-	SEN	Clube de Praças da Armada	00:35:21	00:01:26	01:17:32	00:01:09	00:50:31	02:46:00	00:53:02
135	4271	193	Jorge Vieira	-	V1	G. A. A. Vila Franca de Xira	00:42:32	00:01:13	01:15:28	00:00:46	00:46:14	02:46:15	00:53:16
136	4449	581	Nuno Santos	-	V1	TRIATLO CLUBE TAP	00:40:36	00:01:07	01:13:25	00:01:35	00:51:13	02:47:57	00:54:59
137	4045	264	Rogério Morais	-	V2	Cl. Ferroviário de Vendas Novas	00:39:24	00:02:45	01:13:10	00:01:26	00:51:42	02:48:30	00:55:31
138	4215	738	José Luis Correia	-	V3	A.B.V.Estoris / Nutrilogia	00:30:51	00:02:14	01:19:04	00:01:55	00:55:36	02:49:42	00:56:43
139	4383	1008	Helena Moura	-	V2	Clube de Triatlo de Almada	00:37:26	00:01:39	01:16:14	00:01:17	00:53:28	02:50:06	00:57:08
140	3383	336	Sofia Valente	-	SEN	Sporting CP - St.Peters School	00:40:53	00:01:12	01:13:09	00:01:02	00:53:48	02:50:06	00:57:08
141	3645	107	Miguel Torres	-	SEN	CFV	00:44:09	00:02:23	01:12:42	00:01:15	00:50:22	02:50:52	00:57:54
142	3377	1167	Eurico Coelho	-	SEN	Assoc. Académica S. Mamede	00:35:30	00:01:36	01:12:14	00:01:21	01:00:11	02:50:54	00:57:55
143	4235	268	Ricardo Aguiar	-	V2	Cl. Ferroviário de Vendas Novas	00:35:05	00:01:57	01:19:28	00:01:40	00:52:47	02:51:00	00:58:01
144	3517	454	Fábio Pratas	-	SEN	Clube de Triatlo de Almada	00:41:33	00:01:20	01:16:41	00:00:53	00:50:37	02:51:07	00:58:09
145	3702	495	Hugo Mendes	-	SEN	Assoc. 20 Km de Almeirim	00:43:56	00:02:13	01:09:09	00:01:59	00:53:58	02:51:17	00:58:18
146	3576	1447	Jorge Manuel Vieira	-	SEN	Sport Clube Beira Mar	00:42:33	00:02:01	01:08:22	00:00:58	00:57:40	02:51:37	00:58:39
147	4100	815	Jaime Carmo	-	V5	Clube de Veteranos do Porto	00:40:33	00:01:55	01:16:42	00:01:08	00:52:52	02:53:11	01:00:13
148	4023	432	Francisco Bexiga	-	V3	Clube de Praças da Armada	00:37:30	00:02:02	01:19:35	00:00:53	00:54:29	02:54:32	01:01:33

III Triatlo Cidade de Setúbal - Camp. Nac. Individual

Classificação Individual

Data:	25-09-2010	Hora:	16h00	Local:	Setúbal				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.000 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
----------	-----------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
149	3642	1674	Jorge Carneiro	-	SEN	Porto Runners	00:41:38	00:01:33	01:16:05	00:01:17	00:54:46	02:55:20	01:02:22
150	3723	663	Luis Cavaco	-	V1	Associação Naval Amorense	00:37:29	00:01:37	01:12:53	00:01:18	01:03:49	02:57:07	01:04:09
	3474	1171	Sílvia Pedroso	DQ	SEN	Assoc. Académica S. Mamede	00:43:51	00:02:28	01:02:50	00:02:15	00:52:52	02:44:18	00:51:20
	1166	21	Hugo Alves	DNF	JUN	C. T. Fundão	00:23:33	00:00:36					-
	2108	10	Ana Filipa Sampaio	DNF	S23	Alhandra Sporting Club	00:26:06	00:00:49					-
	2133	1662	Frederico Sousa	DNF	S23	C. T. Fundão	00:30:22	00:00:54	01:10:15	00:00:56			-
	3120	504	Mário Couto	DNF	SEN	C. N. Cartaxo	00:44:51	00:01:33					-
	3285	347	Hugo Ferreira	DNF	SEN	Clube Olímpico de Oeiras	00:36:56	00:01:40	01:05:47	00:01:08			-
	3315	136	Mário Figueiredo	DNF	SEN	Alhandra Sporting Club							-
	3326	1169	Nuno Barros	DNF	SEN	Assoc. Académica S. Mamede	00:30:57	00:01:43	01:16:25	00:02:23			-
	3409	192	Luis Bicudo	DNF	SEN	G. A. A. Vila Franca de Xira							-
	3434	200	Luis Boletto Pinto	DNF	SEN	Alhandra Sporting Club							-
	3631	577	Hugo Velez	DNF	SEN	Quintajense Futebol Clube	00:43:53	00:02:29					-
	3632	1310	Rui Marques	DNF	SEN	Individual	00:44:40	00:02:24					-
	3650	142	Filipa Elvas	DNF	SEN	TRIATLO CLUBE TAP	00:42:19	00:02:16					-
	3811	1494	Luis Filipe Valente	DNF	SEN	Secção de Triatlo de Santa Iria	00:35:37	00:02:09					-
	4152	1533	Silvino Muchacho	DNF	V5	Peniche A. C.	00:44:27	00:01:37					-
	4162	797	Henrique Gonçalves	DNF	V4	Clube de Veteranos do Porto							-
	4239	802	Vasco Santos	DNF	V3	Clube de Veteranos do Porto	00:43:45	00:02:04					-
	4268	979	Vasco Soares	DNF	V1	Clube de Praças da Armada	00:37:05	00:01:25					-
	4294	1056	José Panóias	DNF	V3	Quintajense Futebol Clube							-
	4330	1163	José Fernando Silva	DNF	V2	Assoc. Académica S. Mamede							-
	4335	518	Filomena Gomes	DNF	V1	C. T. Fundão	00:44:59	00:01:36					-
	4393	877	Julio Nunes	DNF	V1	Associação Naval Amorense							-
	5501		José Almeida Pimentel	DNF	V4	Individual							-
	4241	1464	André Cunha	DNF	V1	Açoreana Clube Banif	00:39:54	00:01:39					-
	1106	31	Fabricao Tomás	DNS	JUN	Alhandra Sporting Club							-
	1128	351	Carolina Gregório	DNS	JUN	Clube Olímpico de Oeiras							-
	1149	26	Guilherme Marques	DNS	JUN	C. D. "Os Águias" de Alpiarça							-
	1155	25	Miguel Marques	DNS	JUN	Alhandra Sporting Club							-
	2122	8	Joana Marques	DNS	S23	Clube Olímpico de Oeiras							-
	2179	1597	Diogo Moreira	DNS	S23	Assoc. Académica S. Mamede							-
	3195	517	Ana Filipa Santos	DNS	SEN	C. T. Fundão							-
	3263	1174	Maria Joana Creissac	DNS	SEN	Assoc. Académica S. Mamede							-
	3264	335	Manuel Alves	DNS	SEN	Sporting CP - St.Peters School							-
	3352	1175	Carla Mendes	DNS	SEN	Assoc. Académica S. Mamede							-
	3388	1012	Carlos Antunes	DNS	SEN	C. T. Fundão							-
	3440	117	Filipa Fernandes	DNS	SEN	Individual							-
	3446	737	Bruno Brito	DNS	SEN	A.B.V.Estoris / Nutrilogia							-
	3529	840	Paulo Pereira	DNS	SEN	Amiciclo							-
	3589	519	Pedro Lopes Pereira	DNS	SEN	C. T. Fundão							-
	3643	1044	Luis Paixão	DNS	SEN	Molly Maid - Vitoria de Janes							-
	3729	974	Artur Miranda	DNS	SEN	Clube Olímpico de Oeiras							-
	3733	1048	Tiago Cochicho	DNS	SEN	Molly Maid - Vitoria de Janes							-
	3738	743	Nuno Ventura	DNS	SEN	A.B.V.Estoris / Nutrilogia							-
	3846	1650	Benek Morais	DNS	SEN	Sporting CP - St.Peters School							-
	4144	373	Hugo Ribeiro	DNS	V1	COMPEED - Tri-Oeste							-
	4186	513	João Garcia	DNS	V1	C. T. Fundão							-
	4204	243	Mário Sousa	DNS	V2	Peniche A. C.							-

III Triatlo Cidade de Setúbal - Camp. Nac. Individual
Classificação Individual

Data:	25-09-2010	Hora:	16h00	Local:	Setúbal				
Natação	1.500 mt	PT:	0 mt	Ciclismo:	39.000 mt	PT:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
----------	-----------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	PT	Ciclism	PT	Corrida	Total	Diff
	4299	525	Luis Serrazina	DNS	V2	Ext. Coop. da Benedita							-
	4342	140	Luis Filipe Silva	DNS	V3	TRIATLO CLUBE TAP							-
	4421	1319	Antonio Moreira	DNS	V3	Individual							-
	4456	1595	Helder Moringa	DNS	V1	Individual							-