

Data:	15-05-2011	Hora:	11h30	Local:	Montemor-o-Velho				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	39.600 mt	T2:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
1	3178	2108	Marcus Fernandes	-	SEN	Individual	00:19:03	00:00:33	00:59:23	00:00:42	00:34:52	01:54:36	
2	2152	17	Pedro Laginha Palma	-	S23	DUNIK.PT-Clube dos Galitos	00:19:13	00:00:33	00:59:59	00:00:40	00:34:09	01:54:36	00:00:00
3	3190	2130	Adriano Sacchetto	-	SEN	Individual	00:19:20	00:00:35	00:59:51	00:00:41	00:34:28	01:54:56	00:00:20
4	2004	29	Hugo Ventura	-	S23	DUNIK.PT-Clube dos Galitos	00:19:11	00:00:23	00:59:25	00:00:40	00:35:45	01:55:27	00:00:51
5	3291	4	Duarte Marques	-	SEN	C. D. "Os Águias" de Alpiarça	00:19:06	00:00:29			00:36:52	01:56:38	00:02:02
6	2030	2104	Paulo Junior	-	S23	Individual	00:19:09	00:00:31	01:00:06	00:00:41	00:36:55	01:57:25	00:02:48
7	2160	16	Ruben Costa	-	S23	Sporting CP - St.Peters School	00:19:11	00:00:33	01:03:11	00:00:44	00:34:22	01:58:03	00:03:27
8	2088	13	Miguel Arraiolos	-	S23	C. D. "Os Águias" de Alpiarça	00:20:21	00:00:33			00:34:28	01:59:03	00:04:27
9	2011	27	José Veiga	-	S23	Garmin Olímpico de Oeiras	00:19:50	00:00:32	01:02:41	00:00:54	00:35:42	01:59:41	00:05:05
10	3175	2106	Rafael Fonseca	-	SEN	Individual	00:19:18	00:00:33	01:03:57	00:00:41	00:35:19	01:59:50	00:05:14
11	2002	32	Gil Maia	-	S23	DUNIK.PT-Clube dos Galitos	00:20:33	00:00:27	01:02:48	00:00:41	00:35:29	02:00:00	00:05:23
12	2031	2105	Matheus Diniz	-	S23	Individual	00:19:17	00:00:31	01:04:02	00:00:43	00:35:33	02:00:07	00:05:31
13	2087	15	José Estrangeiro	-	S23	Assoc. Académica de Coimbra	00:19:53	00:00:28			00:36:12	02:00:41	00:06:05
14	2124	14	Vasco Pessoa	-	S23	C. D. "Os Águias" de Alpiarça	00:19:24	00:00:38	01:03:49	00:00:45	00:36:55	02:01:33	00:06:57
15	1512	54	Miguel Fernandes	-	JUN	Alhandra Sporting Club	00:19:19	00:00:30	01:03:58	00:00:38	00:38:02	02:02:29	00:07:53
16	2127	579	Diogo Custódio	-	S23	Sporting CP - St.Peters School	00:21:35	00:00:26	01:05:57	00:00:48	00:36:37	02:05:24	00:10:48
17	3260	838	Rafael Gomes	-	SEN	Amiciclo	00:24:25	00:00:39	01:03:11	00:00:51	00:36:17	02:05:26	00:10:50
18	2129	6	Anais Moniz	-	S23	Sport Lisboa e Benfica	00:19:56	00:00:25	01:03:31	00:00:46	00:41:37	02:06:17	00:11:41
19	3412	831	Rui Dolores	-	SEN	Amiciclo	00:24:22	00:00:43	01:03:12	00:00:51	00:37:17	02:06:26	00:11:50
20	3342	337	Rodrigo Baltazar	-	SEN	Sporting CP - St.Peters School	00:24:21	00:00:34			00:37:48	02:06:57	00:12:21
21	3501	371	Tiago Neves	-	SEN	COMPEED - Tri-Oeste	00:21:36	00:00:38	01:05:46	00:00:48	00:38:31	02:07:21	00:12:45
22	3261	499	David Caldeirão	-	SEN	Louletano	00:23:18	00:00:40	01:03:58	00:00:52	00:39:40	02:08:30	00:13:54
23	2010	357	Sérgio Filipe Monteiro	-	S23	Garmin Olímpico de Oeiras	00:23:36	00:00:29	01:04:50	00:00:49	00:40:01	02:09:47	00:15:11
24	3583	1379	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	00:23:48	00:00:35	01:04:42	00:00:51	00:39:50	02:09:48	00:15:12
25	3180	2111	Pamella Oliveira	-	SEN	Individual	00:19:22	00:00:32	01:08:27	00:00:53	00:41:17	02:10:33	00:15:57
26	3127	377	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	00:24:20	00:00:47	01:06:34	00:00:48	00:38:45	02:11:16	00:16:40
27	3304	482	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	00:24:17	00:00:35			00:42:18	02:11:32	00:16:56
28	3296	1102	Jorge Duarte	-	SEN	Garmin Olímpico de Oeiras	00:28:42	00:00:46	01:03:57	00:00:54	00:37:57	02:12:17	00:17:41
29	4013	500	Miguel Fragoso	-	V2	Vitoria de Janes	00:25:54	00:00:51	01:06:21	00:00:59	00:38:13	02:12:19	00:17:43
30	3214	443	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	00:27:20	00:00:36	01:06:17	00:00:55	00:38:09	02:13:17	00:18:41
31	3102	375	Alexandre Feliz	-	SEN	COMPEED - Tri-Oeste	00:24:18	00:00:32	01:03:28	00:00:54	00:44:47	02:14:02	00:19:25
32	3189	1305	Tiago Teixeira	-	SEN	DUNIK.PT-Clube dos Galitos	00:28:38	00:00:31	01:05:06	00:00:47	00:39:19	02:14:22	00:19:46
33	3733	1048	Tiago Cochicho	-	SEN	Vitoria de Janes	00:27:44	00:00:47	01:08:00	00:00:54	00:37:50	02:15:18	00:20:42
34	4352	340	Emanuel Neves	-	V1	Clube Triatlo de Perosinho	00:25:55	00:00:44	01:09:41	00:00:55	00:39:05	02:16:22	00:21:45
35	4127	1165	Emanuel Marques	-	V2	Assoc. Académica S. Mamede	00:29:11	00:00:47	01:06:09	00:00:47	00:39:35	02:16:32	00:21:56
36	3318	1518	Leandro Pinto	-	SEN	McDonalds/TriBraga	00:27:35	00:00:43	01:06:01	00:00:47	00:41:53	02:17:01	00:22:25
37	3772	1312	Ricardo Lanceiro	-	SEN	Sporting CP - St.Peters School	00:29:58	00:00:42	01:08:39	00:01:06	00:37:18	02:17:47	00:23:11
38	3156	1075	Pedro Pereira	-	SEN	Assoc. Académica S. Mamede	00:30:13	00:00:46	01:07:03	00:00:51	00:38:54	02:17:50	00:23:13
39	3841	1630	Pedro Carvalho	-	SEN	C. C. D. M. Matosinhos	00:27:23	00:00:53	01:10:09	00:00:53	00:38:29	02:17:50	00:23:14
40	3195	517	Ana Filipa Santos	-	SEN	C. T. Fundação	00:27:10	00:00:30	01:06:41	00:00:50	00:42:40	02:17:53	00:23:17
41	3704	453	Nuno Rodrigues	-	SEN	Clube de Triatlo de Almada	00:24:24	00:00:32	01:06:45	00:00:49	00:45:23	02:17:54	00:23:18
42	3113	503	Duarte Barreto	-	SEN	Ateneu Artístico Cartaxense	00:25:58	00:00:36	01:06:31	00:01:02	00:43:52	02:18:00	00:23:24
43	3599	1294	João França Alves	-	SEN	DUNIK.PT-Clube dos Galitos	00:25:21	00:00:41	01:08:20	00:01:00	00:42:45	02:18:10	00:23:33
44	4180	1334	António Horta	-	V2	Clube de Praças da Armada	00:30:10	00:00:56	01:06:38	00:00:50	00:39:48	02:18:23	00:23:47
45	4147	62	Fernando Carmo	-	V1	C. N. Colégio Vasco da Gama	00:31:19	00:00:40			00:39:48	02:18:40	00:24:04
46	2086	7	Bárbara Clemente	-	S23	Garmin Olímpico de Oeiras	00:23:47	00:00:30	01:10:01	00:00:47	00:43:51	02:18:58	00:24:22
47	3239	210	Telmo Veloso	-	SEN	Porto Runners	00:31:42	00:00:54	01:07:53	00:01:04	00:37:38	02:19:13	00:24:37
48	4441	1437	Gary Blesson	-	V2	Assoc. Académica de Coimbra	00:30:45	00:00:45	01:06:15	00:00:59	00:40:53	02:19:38	00:25:02
49	1501	215	Diogo Soares	-	JUN	Alhandra Sporting Club	00:23:57	00:00:32	01:10:39	00:00:54	00:43:41	02:19:44	00:25:07

Data:	15-05-2011	Hora:	11h30	Local:	Montemor-o-Velho				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	39.600 mt	T2:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
50	3131	382	João Ferreira	-	SEN	McDonalds/TriBraga	00:25:43	00:00:56	01:11:09	00:00:57	00:41:13	02:19:58	00:25:22
51	3705	469	Ricardo Silva	-	SEN	Clube de Triatlo de Almada	00:29:14	00:00:45	01:07:47	00:01:01	00:41:22	02:20:12	00:25:36
52	4151	1898	António Calafate	-	V1	Núcleo Sportinguista da Golegã	00:28:57	00:00:36	01:05:38	00:01:04	00:44:15	02:20:31	00:25:55
53	2032	2110	Estefanie Bender	-	S23	Individual	00:20:33	00:00:38	01:11:56	00:01:00	00:46:29	02:20:39	00:26:03
54	3143	1162	Daniel Reis	-	SEN	Assoc. Académica S. Mamede	00:27:30	00:00:42	01:06:13	00:01:08	00:45:36	02:21:10	00:26:34
55	2143	353	Ana Teresa Machado	-	S23	Garmin Olímpico de Oeiras	00:26:20	00:00:39	01:12:12	00:00:55	00:41:06	02:21:14	00:26:38
56	4015	1046	José Oliveira	-	V3	Vitoria de Janes	00:28:00	00:01:07	01:08:41	00:01:14	00:42:18	02:21:22	00:26:46
57	4035	1516	Paulo Lamego	-	V1	C. N. Colégio Vasco da Gama	00:30:08	00:00:55	01:08:40	00:01:09	00:40:42	02:21:36	00:27:00
58	4400	759	Paulo Canário	-	V1	Cl. Ferroviário de Vendas Novas	00:27:12	00:00:59	01:06:12	00:01:07	00:46:50	02:22:21	00:27:44
59	3570	152	Jordão Alves	-	SEN	DUNIK.PT-Clube dos Galitos	00:31:55	00:00:36	01:06:31	00:00:52	00:42:30	02:22:26	00:27:50
60	3846	1650	Benek Morais	-	SEN	Sporting CP - St.Peters School	00:34:47	00:00:56	01:07:02	00:00:54	00:38:50	02:22:31	00:27:54
61	3321	790	Luis Lourenço	-	SEN	Vitoria de Janes	00:28:28	00:00:54	01:08:26	00:01:05	00:43:36	02:22:32	00:27:56
62	3124	1708	Gustavo Caraca	-	SEN	Alhandra Sporting Club	00:23:46	00:00:32	01:10:39	00:00:54	00:47:01	02:22:55	00:28:19
63	3004	873	Bruno Silva	-	SEN	A. M. C. R. Fonte Grada	00:28:04	00:00:31	01:10:17	00:00:51	00:43:17	02:23:01	00:28:25
64	3128	616	José Ferreira	-	SEN	McDonalds/TriBraga	00:28:40	00:00:40			00:45:21	02:24:03	00:29:27
65	3431	726	Henrique Venâncio	-	SEN	Peniche A. C.	00:32:08	00:00:50	01:06:08	00:00:58	00:44:14	02:24:20	00:29:44
66	3392	380	Katarina Larsson	-	SEN	Sporting CP - St.Peters School	00:25:27	00:00:39	01:11:44	00:00:54	00:45:43	02:24:30	00:29:54
67	3057	650	Henrique Matias	-	SEN	Oeiras Sport Clube	00:30:32	00:00:50	01:08:19	00:00:50	00:44:03	02:24:35	00:29:59
68	4120	870	José Magalhães Dias	-	V1	A. M. C. R. Fonte Grada	00:31:48	00:00:39	01:09:12	00:01:09	00:42:44	02:25:34	00:30:58
69	3674	386	Pedro Carreira	-	SEN	A. M. C. R. Fonte Grada	00:35:58	00:00:44	01:07:57	00:00:53	00:40:37	02:26:11	00:31:35
70	3735	740	Ricardo Filipe Costa	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	00:28:32	00:00:53	01:10:52	00:01:22	00:44:38	02:26:19	00:31:42
71	3703	436	Rui Firmino	-	SEN	Clube de Triatlo de Almada	00:28:46	00:01:22	01:09:37	00:00:57	00:45:53	02:26:37	00:32:01
72	3840	1608	Tiago Pinho	-	SEN	CFV	00:38:33	00:00:42	01:07:03	00:00:52	00:39:32	02:26:43	00:32:07
73	3003	731	César Andrade	-	SEN	Alhandra Sporting Club	00:27:40	00:00:39	01:10:30	00:00:58	00:46:59	02:26:49	00:32:13
74	4059	511	Fernando Feijão	-	V4	C. T. Fundão	00:32:29	00:01:10	01:08:35	00:01:12	00:43:28	02:26:55	00:32:19
75	3616	1433	Abel Condesso	-	SEN	Assoc. Académica de Coimbra	00:32:17	00:01:07	01:08:48	00:01:04	00:43:42	02:27:00	00:32:24
76	3535	139	Pedro Francisco	-	SEN	TRIATLO CLUBE TAP	00:32:57	00:00:47	01:11:41	00:00:55	00:40:46	02:27:08	00:32:32
77	4193	1164	Luis Correia Ferreira	-	V1	Assoc. Académica S. Mamede	00:27:12	00:01:04	01:11:45	00:01:24	00:45:56	02:27:24	00:32:48
78	3096	1958	Henrique Coelho	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	00:30:27	00:01:17	01:12:30	00:01:03	00:42:41	02:28:00	00:33:24
79	3537	834	Dário Santos	-	SEN	TRI CAP - Penafirme	00:33:41	00:00:39	01:06:30	00:01:01	00:46:13	02:28:06	00:33:30
80	3576	1447	Jorge Manuel Vieira	-	SEN	Sport Clube Beira Mar	00:32:54	00:00:38	01:09:51	00:00:59	00:43:46	02:28:10	00:33:33
81	3077	1778	António Brito Moreira	-	SEN	DUNIK.PT-Clube dos Galitos	00:34:00	00:01:00	01:10:02	00:00:53	00:42:14	02:28:10	00:33:34
82	3738	743	Nuno Ventura	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	00:28:30	00:00:51	01:11:23	00:01:01	00:46:27	02:28:14	00:33:38
83	3103	1980	Carlos Almeida	-	SEN	DAR - SlowDown	00:35:19	00:00:41	01:08:43	00:01:18	00:42:21	02:28:24	00:33:48
84	3262	1538	Nuno Barbosa	-	SEN	Individual	00:28:50	00:00:48	01:14:42	00:01:00	00:44:46	02:30:09	00:35:32
85	4014	742	João Santos	-	V3	A. H. Bombeiros Estoris / Nutrilogia	00:28:48	00:01:00	01:10:55	00:01:01	00:48:51	02:30:36	00:36:00
86	3494	424	Rui Pedro Costa	-	SEN	C. N. Tejo	00:34:21	00:00:50	01:09:33	00:01:10	00:44:53	02:30:49	00:36:13
87	1507	19	Nadine Almeida	-	JUN	Alhandra Sporting Club	00:24:28	00:00:32	01:19:49	00:00:59	00:45:09	02:30:59	00:36:22
88	4022	730	Paulo Teles	-	V1	G. A. A. Vila Franca de Xira	00:28:53	00:00:43	01:12:05	00:01:01	00:48:28	02:31:12	00:36:36
89	4460	1629	João Pereira Martins	-	V2	G. A. A. Vila Franca de Xira	00:30:25	00:00:52	01:17:39	00:01:17	00:41:14	02:31:30	00:36:53
90	3811	1494	Luis Filipe Valente	-	SEN	Clube Oriental de Lisboa	00:29:52	00:01:10	01:13:22	00:01:06	00:46:11	02:31:44	00:37:08
91	3146	2053	Álvaro Tojinha	-	SEN	Amiciclo	00:26:04	00:00:58	01:11:58	00:01:19	00:51:38	02:32:00	00:37:23
92	3334	1158	Rui Filipe Costa	-	SEN	Porto Runners	00:32:33	00:00:45	01:08:56	00:00:54	00:48:52	02:32:01	00:37:25
93	3241	172	Nuno Tintim	-	SEN	Alhandra Sporting Club	00:36:30	00:00:32	01:11:22	00:00:51	00:42:54	02:32:11	00:37:35
94	4115	385	António Ervideira	-	V2	A. M. C. R. Fonte Grada	00:36:41	00:00:40	01:11:30	00:01:01	00:42:25	02:32:20	00:37:43
95	3082	1348	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	00:28:33	00:00:52	01:13:29	00:01:11	00:48:33	02:32:41	00:38:04
96	3681	659	António Maria Cumbre	-	SEN	Alhandra Sporting Club	00:28:39	00:01:24	01:13:02	00:01:12	00:48:40	02:32:59	00:38:22
97	4052	1351	Manuel Gonçalves	-	V3	C. N. Colégio Vasco da Gama	00:32:45	00:00:47	01:16:34	00:01:04	00:41:58	02:33:11	00:38:34
98	3643	1044	Luis Paixão	-	SEN	Vitoria de Janes	00:25:18	00:00:51	01:15:35	00:01:40	00:49:58	02:33:24	00:38:47

Data:	15-05-2011	Hora:	11h30	Local:	Montemor-o-Velho				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	39.600 mt	T2:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
99	3755	1016	Marco Ferreira	-	SEN	DAR - SlowDown	00:32:44	00:01:26	01:17:49	00:01:36	00:40:06	02:33:42	00:39:06
100	3065	1828	Joel Gouveia	-	SEN	DAR - SlowDown	00:34:26	00:00:49	01:10:38	00:00:56	00:46:51	02:33:42	00:39:06
101	4259	806	Paulo Neves	-	V2	Veteranos do Porto	00:33:11	00:00:53	01:11:26	00:01:11	00:47:16	02:33:58	00:39:22
102	4093	288	Ricardo Vieira	-	V1	Assoc. Académica de Coimbra	00:30:03	00:01:25	01:14:58	00:01:21	00:46:12	02:34:00	00:39:24
103	3168	2092	Cristiano Pisco	-	SEN	Clube de Praças da Armada	00:29:46	00:00:49	01:14:06	00:01:18	00:48:03	02:34:04	00:39:28
104	3132	2035	Tiago Santos	-	SEN	DAR - SlowDown	00:30:50	00:00:43	01:10:05	00:01:06	00:51:43	02:34:29	00:39:53
105	3508	1055	João Duarte	-	SEN	Quintajense Futebol Clube	00:35:16	00:00:45	01:10:47	00:01:08	00:46:49	02:34:47	00:40:11
106	4205	2006	João Paulo Ferreira	-	V2	Assoc. Académica S. Mamede	00:33:16	00:01:24	01:13:48	00:01:16	00:45:07	02:34:54	00:40:18
107	3100	871	Luis Cipriano	-	SEN	A. M. C. R. Fonte Grada	00:37:57	00:00:39	01:11:16	00:01:19	00:43:43	02:34:57	00:40:21
108	3555	484	Vitor Almeida	-	SEN	Clube Triatlo de Perosinho	00:40:34	00:00:47	01:08:26	00:01:21	00:44:05	02:35:14	00:40:38
109	3699	657	José Luís Menezes	-	SEN	McDonalds/TriBraga	00:37:23	00:01:20	01:07:12	00:01:17	00:48:10	02:35:24	00:40:48
110	1503	194	Filipe Miguel Lopes	-	JUN	Alhandra Sporting Club	00:24:20	00:00:42	01:12:50	00:01:20	00:56:36	02:35:51	00:41:14
111	3320	975	Sérgio Ribeiro	-	SEN	Clube de Praças da Armada	00:32:25	00:01:21	01:17:30	00:01:10	00:43:54	02:36:22	00:41:46
112	3080	1895	Paulo Duarte	-	SEN	Oeiras Sport Clube	00:29:02	00:01:27	01:17:58	00:01:36	00:46:30	02:36:34	00:41:58
113	3805	1455	Nuno Ribeiro	-	SEN	Porto Runners	00:30:56	00:00:42	01:16:50	00:01:03	00:47:02	02:36:35	00:41:59
114	4199	1366	Filipe Conceição	-	V2	Louletano	00:36:12	00:00:40	01:16:21	00:01:10	00:42:14	02:36:38	00:42:02
115	3018	1879	João Sousa Ferreira	-	SEN	Clube de Praças da Armada	00:43:32	00:01:15			00:39:54	02:36:59	00:42:23
116	2165	1176	Pedro Magalhães	-	S23	Assoc. Académica S. Mamede	00:31:57	00:01:33	01:14:51	00:01:07	00:47:43	02:37:14	00:42:38
117	4406	992	Pedro Basílio	-	V1	Clube Oriental de Lisboa	00:28:19	00:01:59	01:18:10	00:03:06	00:45:42	02:37:17	00:42:41
118	3587	1034	Isa Parreira	-	SEN	Louletano	00:33:04	00:01:00	01:14:50	00:01:35	00:46:50	02:37:21	00:42:45
119	3186	2123	Nélson Sousa	-	SEN	Porto Runners	00:30:05	00:01:04	01:19:47	00:01:03	00:45:39	02:37:41	00:43:05
120	4201	1175	Carla Mendes	-	V1	Assoc. Académica S. Mamede	00:33:32	00:00:50	01:19:04	00:01:05	00:43:14	02:37:46	00:43:10
121	4407	907	Vitor Varela	-	V1	CAPGE	00:33:17	00:00:40	01:14:29	00:00:54	00:48:37	02:37:58	00:43:22
122	4251	2074	Camilo Queiroz Oliveira	-	V1	Assoc. Académica de Coimbra	00:33:37	00:01:21	01:10:37	00:01:03	00:51:29	02:38:09	00:43:33
123	1547	1480	Raul Bicho	-	JUN	Ginásio Clube Figueirense	00:30:59	00:00:54	01:19:01	00:00:47	00:46:28	02:38:11	00:43:35
124	4413	106	Carlos Morgado Braz	-	V1	Individual	00:36:47	00:00:49	01:13:58	00:01:10	00:45:29	02:38:15	00:43:39
125	3796	1432	Hugo Gomes	-	SEN	Porto Runners	00:41:24	00:01:07	01:11:58	00:01:11	00:42:40	02:38:22	00:43:46
126	3514	770	Hugo Matos	-	SEN	Clube de Praças da Armada	00:30:03	00:00:45	01:20:08	00:01:03	00:46:52	02:38:53	00:44:16
127	4005	1696	José Maçarria	-	V3	Individual	00:30:30	00:01:30	01:18:37	00:01:21	00:46:54	02:38:55	00:44:19
128	3780	1214	Carlos Miranda	-	SEN	CFV	00:37:35	00:01:03	01:14:51	00:01:02	00:44:30	02:39:03	00:44:27
129	3235	1350	Gonçalo Vicente	-	SEN	C. N. Colégio Vasco da Gama	00:31:10	00:00:55	01:16:30	00:01:16	00:49:17	02:39:09	00:44:33
130	3376	339	Nuno Mendes	-	SEN	C. C. D. M. Matosinhos	00:28:48	00:01:12	01:18:20	00:01:08	00:49:47	02:39:18	00:44:41
131	4463	1636	Paulo Henriques	-	V1	Ginásio Clube de Sines	00:30:06	00:01:03	01:13:13	00:01:22	00:53:36	02:39:22	00:44:45
132	3208	1440	Rui Trovão	-	SEN	Assoc. Académica de Coimbra	00:35:20	00:01:09	01:11:59	00:01:13	00:49:46	02:39:28	00:44:52
133	3628	1173	Rui Pena	-	SEN	Assoc. Académica S. Mamede	00:32:40	00:01:10	01:15:06	00:01:05	00:49:52	02:39:54	00:45:18
134	4083	1765	Antonio Ribeiro	-	V1	Porto Runners	00:36:38	00:01:06	01:15:17	00:01:07	00:46:01	02:40:10	00:45:34
135	3623	1614	Filipe Varandas	-	SEN	Clube Triatlo de Perosinho	00:28:45	00:01:46			00:49:50	02:40:44	00:46:08
136	3015	434	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	00:28:48	00:00:34	01:16:57	00:01:02	00:54:00	02:41:24	00:46:48
137	3737	819	Ricardo Arrais	-	SEN	A. H. Bombeiros Estoris / Nutrologia	00:29:58	00:00:56	01:13:53	00:01:41	00:54:55	02:41:25	00:46:48
138	4330	1163	José Fernando Silva	-	V2	Assoc. Académica S. Mamede	00:37:03	00:01:34	01:14:55	00:01:31	00:46:26	02:41:30	00:46:54
139	4185	1169	Nuno Barros	-	V1	Assoc. Académica S. Mamede	00:27:40	00:00:45	01:13:15	00:01:19	00:59:10	02:42:11	00:47:35
140	4044	1713	Bruno Pinho	-	V1	TRIATLO CLUBE TAP	00:32:12	00:01:21	01:18:36	00:01:27	00:49:12	02:42:50	00:48:14
141	3578	1446	Carlos Vieira	-	SEN	Sport Clube Beira Mar	00:38:25	00:01:12	01:11:57	00:01:23	00:50:07	02:43:07	00:48:30
142	4075	242	José Peixoto	-	V3	Peniche A. C.	00:39:31	00:01:07			00:47:34	02:43:10	00:48:34
143	4049	1495	Paulo Vieira	-	V2	Assoc. Académica de Coimbra	00:36:49	00:01:34	01:13:23	00:01:23	00:50:06	02:43:17	00:48:41
144	4239	802	Vasco Santos	-	V3	Assoc. Académica S. Mamede	00:30:30	00:01:33	01:22:28	00:01:18	00:47:44	02:43:34	00:48:58
145	3044	1767	João Pinheiro	-	SEN	Porto Runners	00:39:38	00:01:21	01:16:08	00:01:29	00:45:07	02:43:44	00:49:08
146	4241	1464	André Cunha	-	V1	Açoreana Clube Banif	00:38:51	00:01:07	01:15:50	00:02:03	00:45:55	02:43:47	00:49:11
147	3682	745	João Pedro Silveira	-	SEN	Alhandra Sporting Club	00:36:32	00:01:57	01:16:04	00:01:32	00:47:42	02:43:49	00:49:13

Data:	15-05-2011	Hora:	11h30	Local:	Montemor-o-Velho				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	39.600 mt	T2:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
148	3393	449	Rita Correia	-	SEN	Clube de Triatlo de Almada	00:28:08	00:00:43	01:23:17	00:01:20	00:50:41	02:44:11	00:49:35
149	3707	603	Ana Patricia Ferreira	-	SEN	Núcleo Sportinguista da Golegã	00:33:08	00:00:55	01:25:47	00:01:12	00:44:09	02:45:13	00:50:37
150	4189	492	Carlos Serra	-	V1	Alhandra Sporting Club	00:36:27	00:01:01	01:16:59	00:01:14	00:50:25	02:46:07	00:51:31
151	3184	998	Maria Rita Neves	-	SEN	COMPEED - Tri-Oeste	00:29:35	00:00:51	01:24:26	00:01:09	00:50:24	02:46:27	00:51:51
152	3639	116	Pedro Teixeira Brandão	-	SEN	Porto Runners	00:36:40	00:01:37	01:07:40	00:01:15	01:00:23	02:47:37	00:53:01
153	4336	235	José Calheiros Dias	-	V2	Individual	00:32:03	00:01:51	01:22:34	00:01:46	00:52:06	02:50:22	00:55:45
154	4365	131	Paulo Viana	-	V1	Alhandra Sporting Club	00:35:20	00:01:03	01:18:58	00:01:17	00:54:13	02:50:54	00:56:18
155	3126	2037	Bruno Dinis	-	SEN	Individual	00:31:47	00:01:19	01:19:04	00:01:38	00:57:27	02:51:17	00:56:41
156	3204	211	Susana Simões	-	SEN	Porto Runners	00:37:48	00:01:15	01:23:06	00:01:15	00:47:59	02:51:23	00:56:47
157	4456	1595	Helder Moringa	-	V1	Ateneu Artístico Cartaxense	00:34:19	00:01:17	01:23:14	00:01:35	00:51:19	02:51:46	00:57:10
158	3752	1039	Vera Silva	-	SEN	Louletano	00:33:28	00:00:56	01:20:55	00:01:05	00:55:29	02:51:54	00:57:18
159	3544	1671	Miguel Oliveira	-	SEN	DAR - SlowDown	00:43:38	00:00:46	01:14:18	00:01:11	00:53:25	02:53:19	00:58:43
160	3642	1674	Jorge Carneiro	-	SEN	Porto Runners	00:37:37	00:01:12	01:18:59	00:01:17	00:54:57	02:54:03	00:59:27
161	4195	390	Sérgio Oliveira	-	V1	A. H. Bombeiros Estoris / Nutrilogia	00:35:55	00:00:56	01:17:37	00:01:43	00:58:26	02:54:39	01:00:03
162	4021	1709	Jorge Silva	-	V1	A. H. Bombeiros Estoris / Nutrilogia	00:37:28	00:01:10	01:17:15	00:01:58	00:59:08	02:57:01	01:02:25
163	4160	800	António Dias	-	V2	Veteranos do Porto	00:35:56	00:02:03	01:30:23	00:02:03	00:46:49	02:57:16	01:02:40
164	4294	1056	José Panóias	-	V4	Quintajense Futebol Clube	00:41:38	00:02:05	01:18:21	00:01:35	00:53:53	02:57:34	01:02:58
165	4226	2033	Joaquim Jesus Silva	-	V4	Individual	00:32:53	00:01:44	01:30:15	00:01:25	00:51:49	02:58:07	01:03:31
166	3645	107	Miguel Torres	-	SEN	CFV	00:35:07	00:01:04	01:22:27	00:01:47	00:57:55	02:58:21	01:03:45
167	3188	2126	Paulo Rua	-	SEN	Individual	00:39:50	00:03:00	01:21:56	00:01:32	00:52:44	02:59:05	01:04:29
168	4403	981	Paulo Jorge Santos	-	V2	A. M. C. R. Fonte Grada	00:58:33	00:01:50	01:17:45	00:02:03	00:38:59	02:59:11	01:04:35
169	4184	2001	Carlos T. Costa	-	V1	C. C. D. M. Matosinhos	00:39:36	00:01:51	01:16:18	00:03:58	00:57:34	02:59:18	01:04:42
170	4459	1613	Jorg Lohken	-	V1	Individual	00:26:50	00:03:05	01:28:50	00:02:21	01:01:35	03:02:43	01:08:07
171	4411	1020	Victor Campos	-	V5	DAR - SlowDown	00:50:29	00:01:43	01:18:04	00:02:23	00:52:32	03:05:13	01:10:37
172	4221	1050	António Vitorino	-	V1	Peniche A. C.	00:48:12	00:01:22	01:23:15	00:01:22	00:51:34	03:05:47	01:11:11
173	4295	1352	Luis Barbosa	-	V1	C. N. Colégio Vasco da Gama	00:53:21	00:01:54	01:22:08	00:01:29	00:49:23	03:08:17	01:13:41
174	4100	815	Jaime Carmo	-	V5	Clube Triatlo de Perosinho	00:33:24	00:01:51	01:34:08	00:03:20	00:55:37	03:08:21	01:13:45
175	3174	2100	Adriano Garcez	-	SEN	Individual	00:35:38	00:00:41	01:37:00	00:01:49	00:53:55	03:09:06	01:14:30
176	4152	1533	Silvino Muchacho	-	V5	Peniche A. C.	00:37:46	00:01:55	01:29:27	00:01:36	01:02:42	03:13:28	01:18:52
177	4108	225	Paulo Leitão Santos	-	V2	Peniche A. C.	00:32:14	00:00:40	01:36:27	00:04:51	00:59:16	03:13:29	01:18:53
178	4238	801	António Manuel Vieira	-	V3	Veteranos do Porto	00:35:48	00:01:44	01:30:56	00:02:33	01:05:50	03:16:54	01:22:18
179	4346	133	Jorge Carreiras	-	V2	Clube Oriental de Lisboa	00:53:35	00:01:29			00:57:17	03:23:06	01:28:30
180	4342	140	Luis Filipe Silva	-	V3	TRIATLO CLUBE TAP	00:52:10	00:02:42	01:22:21	00:02:53	01:05:59	03:26:06	01:31:30
	1516	356	David Maia	DQ	JUN	Garmin Olímpico de Oeiras	00:22:18	00:00:34	01:08:41	00:00:54	00:47:41	02:20:09	00:25:33
	2005	175	Fábio Coutinho	DNF	S23	Alhandra Sporting Club	00:23:16	00:00:48					-
	2009	31	Fabricao Tomás	DNF	S23	COMPEED - Tri-Oeste	00:19:23	00:00:39					-
	2015	30	João Serrano	DNF	S23	C. D. "Os Águias" de Alpiarça	00:19:05	00:00:26					-
	2108	10	Ana Filipa Sampaio	DNF	S23	Alhandra Sporting Club	00:22:44	00:00:31	01:18:02	00:01:04			-
	2162	490	Jorge Alves	DNF	S23	Garmin Olímpico de Oeiras	00:23:33	00:00:28					-
	3171	2099	Nuno Cochicho	DNF	SEN	Individual	00:40:05	00:01:51	01:19:10				-
	3179	2109	Bruno Matheus	DNF	SEN	Individual	00:19:19	00:00:29					-
	3234	165	João Vaz Lima	DNF	SEN	CFV	00:29:22	00:01:11	01:42:00				-
	3263	1174	Maria Joana Creissac	DNF	SEN	Assoc. Académica S. Mamede	00:35:23	00:01:14	01:18:50	00:01:02			-
	3386	999	Ana Pereira	DNF	SEN	Sporting CP - St.Peters School	00:32:20	00:00:38					-
	3449	341	José Manuel Nunes	DNF	SEN	C. C. D. M. Matosinhos	00:33:28	00:01:14					-
	3478	845	Sofia Brites	DNF	SEN	Amiciclo	00:29:56	00:00:58	01:31:17	00:01:11			-
	3489	1151	Cecília Shinn	DNF	SEN	Sporting CP - St.Peters School	00:32:02	00:00:36					-
	3524	632	Paulo Sequeira	DNF	SEN	Peniche A. C.	00:28:05	00:00:49					-
	3525	326	Elisabete Sousa	DNF	SEN	Louletano	00:36:26	00:00:39					-

Data:	15-05-2011	Hora:	11h30	Local:	Montemor-o-Velho				
Natação	1.500 mt	T1:	0 mt	Ciclismo:	39.600 mt	T2:	0 mt	Corrida:	10.000 mt

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
	3526	323	António Gouveia	DNF	SEN	Louletano	00:33:48	00:00:42	01:11:25	00:01:04			-
	3651	154	Dulce Almeida	DNF	SEN	DUNIK.PT-Clube dos Galitos	00:34:02	00:00:35	01:18:09				-
	3698	656	José Afonso	DNF	SEN	McDonalds/TriBraga	00:31:08	00:00:48					-
	3728	793	Nuno Costa	DNF	SEN	Serv. Soc. CGD	00:33:49	00:01:17					-
	3778	1288	Renato Cardoso	DNF	SEN	Porto Runners	00:38:28	00:00:51					-
	4023	432	Francisco Bexiga	DNF	V3	Clube de Praças da Armada	00:31:32	00:02:20					-
	4242	2050	Analberto Santos	DNF	V1	CFV	00:32:42	00:00:46	01:38:47	00:05:27			-
	4345	627	Paulo Batista	DNF	V2	TRIATLO CLUBE TAP	00:48:06	00:03:31	01:07:21	00:03:21			-
	3000	665	Vitor Santos	DNS	SEN	A. M. C. R. Fonte Grada							-
	3058	1797	Maria Sousa	DNS	SEN	Alhandra Sporting Club							-
	3094	1097	Pedro Fernandes	DNS	SEN	Escola de Ciclismo Triatlo Camara							-
	3176	2107	Igor Amorelli	DNS	SEN	Individual							-
	3397	1170	Alexandra Reis	DNS	SEN	Assoc. Académica S. Mamede							-
	3453	515	Armandino Chaves	DNS	SEN	C. T. Fundão							-
	3474	1171	Silvia Pedroso	DNS	SEN	Assoc. Académica S. Mamede							-
	3484	2	Maria Areosa	DNS	SEN	Garmin Olimpico de Oeiras							-
	3522	1053	Nuno Pereira	DNS	SEN	Quintajense Futebol Clube							-
	3591	468	Paulo Janela	DNS	SEN	Clube de Triatlo de Almada							-
	3650	142	Filipa Elvas	DNS	SEN	TRIATLO CLUBE TAP							-
	3653	217	José Pinto Coelho	DNS	SEN	Alhandra Sporting Club							-
	3740	1074	Francisco Gaspar	DNS	SEN	A. M. C. R. Fonte Grada							-
	3760	1000	Pedro Pinheiro	DNS	SEN	S.U.Colarense							-
	3793	1394	André Sousa	DNS	SEN	Clube de Nataçao de Torres Novas							-
	4102	1607	Luis Lima	DNS	V3	CFV							-
	4165	1466	Carlos Candeias	DNS	V1	Açoreana Clube Banif							-
	4293	1099	Miguel Velez	DNS	V2	Escola de Ciclismo Triatlo Camara							-
	4335	518	Filomena Gomes	DNS	V1	C. T. Fundão							-
	4438	1465	António Guedes	DNS	V1	Açoreana Clube Banif							-