

Data:	02-07-2011	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. Individual			Hora de Partida:	00h00							

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Ciclism	P	PT	P	Corrida	Total	Diff
1	2152	17	Pedro Laginha Palma	-	S23	DUNIK.PT-Clube dos Galitos	8	00:18:46	18	00:00:33	13	01:01:39	19	00:00:34	1	00:32:15	01:53:49	
2	2088	13	Miguel Arraiolos	-	S23	C. D. "Os Águias" de Alpiarça	9	00:18:54	19	00:00:33	12	01:01:31	17	00:00:34	2	00:33:01	01:54:35	00:00:45
3	2160	16	Ruben Costa	-	S23	Sporting CP - St.Peters School	17	00:20:02	23	00:00:34	18	01:02:06	26	00:00:36	3	00:33:35	01:56:55	00:03:05
4	2004	29	Hugo Ventura	-	S23	DUNIK.PT-Clube dos Galitos	10	00:18:55	16	00:00:32	11	01:01:30	10	00:00:31	12	00:36:05	01:57:35	00:03:45
5	2002	32	Gil Maia	-	S23	DUNIK.PT-Clube dos Galitos	19	00:20:04	12	00:00:30	17	01:02:01	20	00:00:34	5	00:34:41	01:57:52	00:04:02
6	2015	30	João Serrano	-	S23	C. D. "Os Águias" de Alpiarça	7	00:18:44	20	00:00:34	14	01:01:42	8	00:00:30	13	00:36:30	01:58:01	00:04:12
7	2087	15	José Estrangeiro	-	S23	Assoc. Académica de Coimbra	18	00:20:02	27	00:00:35	15	01:01:57	15	00:00:33	6	00:34:58	01:58:06	00:04:17
8	2151	226	Tiago Maia	-	S23	DUNIK.PT-Clube dos Galitos	11	00:18:55	21	00:00:34	10	01:01:30	6	00:00:28	14	00:36:41	01:58:11	00:04:21
9	1543	52	Filipe Azevedo	-	JUN	Garmin Olímpico de Oeiras	13	00:19:01	35	00:00:38	21	01:02:55	21	00:00:34	7	00:35:30	01:58:39	00:04:50
10	1508	53	Rafael Ribeiro	-	JUN	Alhandra Sporting Club	12	00:18:58	13	00:00:31	23	01:03:12	13	00:00:32	9	00:35:46	01:59:00	00:05:10
11	1531	23	Pedro Araújo Mendes	-	JUN	Alhandra Sporting Club	6	00:18:43	26	00:00:35	24	01:03:22	7	00:00:29	11	00:35:53	01:59:04	00:05:14
12	2006	28	João Amorim	-	S23	Alhandra Sporting Club	16	00:20:00	28	00:00:35	19	01:02:09	11	00:00:31	16	00:37:07	02:00:24	00:06:34
13	1520	415	João Francisco Ferreira	-	JUN	Nucleo Sportinguista da Golegã	21	00:20:07	15	00:00:32	16	01:01:59	30	00:00:37	20	00:37:42	02:00:59	00:07:09
14	2011	27	José Veiga	-	S23	Garmin Olímpico de Oeiras	20	00:20:06	38	00:00:40	47	01:05:36	71	00:00:44	4	00:34:37	02:01:44	00:07:54
15	2009	31	Fabricao Tomás	-	S23	COMPEED - Tri-Oeste	15	00:19:36	29	00:00:35	20	01:02:26	18	00:00:34	40	00:39:55	02:03:08	00:09:18
16	1533	24	João Curado	-	JUN	Sporting CP - St.Peters School	23	00:20:08	14	00:00:32	55	01:06:18	22	00:00:34	8	00:35:39	02:03:13	00:09:23
17	5238	21	Hugo Alves	-	JUN	C. T. Fundão	26	00:21:51	37	00:00:39	37	01:04:26	12	00:00:31	10	00:35:52	02:03:21	00:09:32
18	3127	377	Tiago Lobo	-	SEN	COMPEED - Tri-Oeste	35	00:23:14	57	00:00:44	28	01:03:55	86	00:00:46	15	00:36:50	02:05:30	00:11:41
19	1554	195	Rui Tenrinho	-	JUN	C. D. "Os Águias" de Alpiarça	14	00:19:04	22	00:00:34	22	01:03:07	9	00:00:30	71	00:42:43	02:05:58	00:12:09
20	2000	1411	Bruno Pereira	-	S23	DUNIK.PT-Clube dos Galitos	28	00:21:54	36	00:00:39	46	01:05:23	34	00:00:38	18	00:37:22	02:05:59	00:12:09
21	3583	1379	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	29	00:22:09	48	00:00:43	42	01:05:05	61	00:00:43	23	00:37:57	02:06:39	00:12:49
22	3704	453	Nuno Rodrigues	-	SEN	Clube de Triatlo de Almada	4		5		31	01:04:07	25	00:00:36	30	00:39:11	02:07:47	00:13:57
23	3261	499	David Caldeirão	-	SEN	Louletano	5		10		26	01:03:50	24	00:00:35	37	00:39:38	02:08:05	00:14:15
24	3485	1111	Nuno Patricio	-	SEN	C. N. Alvito	49	00:24:26	79	00:00:49	39	01:04:46	46	00:00:41	25	00:38:21	02:09:03	00:15:14
25	1541	1654	Bruno Freitas	-	JUN	Ludens Clube do Machico	27	00:21:53	33	00:00:37	41	01:05:03	59	00:00:42	49	00:41:07	02:09:25	00:15:35
26	3626	1460	Paulo Filipe Gonçalves	-	SEN	DUNIK.PT-Clube dos Galitos	33	00:23:04	25	00:00:35	34	01:04:13	14	00:00:32	51	00:41:11	02:09:37	00:15:48
27	3214	443	Miguel Ganchinho	-	SEN	Clube de Triatlo de Almada	67	00:26:28	49	00:00:43	44	01:05:20	39	00:00:39	19	00:37:31	02:10:42	00:16:53
28	3189	1305	Tiago Teixeira	-	SEN	DUNIK.PT-Clube dos Galitos	73	00:26:47	24	00:00:34	43	01:05:11	5	00:00:28	24	00:37:59	02:11:01	00:17:11
29	3102	375	Alexandre Feliz	-	SEN	COMPEED - Tri-Oeste	36	00:23:14	43	00:00:41	29	01:04:01	115	00:00:51	66	00:42:13	02:11:03	00:17:13

Data:	02-07-2011	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. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Ciclism	P	PT	P	Corrida	Total	Diff
30	2129	6	Anais Moniz	-	S23	Sport Lisboa e Benfica	22	00:20:08	17	00:00:33	63	01:07:19	37	00:00:39	72	00:42:45	02:11:24	00:17:35
31	4002	1598	Jorge Figueiredo	-	V1	DUNIK.PT-Clube dos Galitos	39	00:23:16	40	00:00:40	27	01:03:54	36	00:00:39	75	00:43:02	02:11:33	00:17:43
32	1516	356	David Maia	-	JUN	Garmin Olimpico de Oeiras	25	00:21:15	53	00:00:43	51	01:05:58	41	00:00:40	80	00:43:21	02:11:59	00:18:09
33	3769	1303	João Pereira	-	SEN	DUNIK.PT-Clube dos Galitos	115	00:28:41	75	00:00:48	36	01:04:14	90	00:00:47	21	00:37:48	02:12:20	00:18:30
34	4032	252	Carlos Gomes	-	V2	Oeiras Sport Clube	111	00:28:35	8		7		60	00:00:43	17	00:37:17	02:12:42	00:18:52
35	5236		Diego Vaquero	-	V1	Individual	117	00:28:46	89	00:00:51	32	01:04:08	80	00:00:45	28	00:38:47	02:13:19	00:19:30
36	3738	743	Nuno Ventura	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	64	00:26:26	83	00:00:50	48	01:05:39	112	00:00:50	34	00:39:34	02:13:20	00:19:31
37	4035	1516	Paulo Lamego	-	V1	C. N. Colégio Vasco da Gama	93	00:27:47	9		8		76	00:00:44	26	00:38:21	02:13:46	00:19:57
38	3453	515	Armandino Chaves	-	SEN	C. T. Fundão	123	00:29:26	55	00:00:44	25	01:03:38	77	00:00:45	33	00:39:29	02:14:04	00:20:14
39	3318	1518	Leandro Pinto	-	SEN	McDonalds/TriBraga	69	00:26:29	52	00:00:43	45	01:05:21	98	00:00:48	47	00:40:46	02:14:09	00:20:19
40	3599	1294	João França Alves	-	SEN	DUNIK.PT-Clube dos Galitos	38	00:23:16	42	00:00:41	70	01:08:05	33	00:00:38	54	00:41:28	02:14:10	00:20:20
41	3001	1775	Giovanni Diaz	-	SEN	DUNIK.PT-Clube dos Galitos	107	00:28:28	1		1		28	00:00:36	39	00:39:50	02:14:12	00:20:23
42	4148	379	Pedro Cordeiro	-	V1	COMPEED - Tri-Oeste	34	00:23:09	51	00:00:43	30	01:04:02	128	00:00:54	113	00:45:24	02:14:15	00:20:25
43	3760	1000	Pedro Pinheiro	-	SEN	S.U.Colareense	122	00:29:24	108	00:00:55	35	01:04:14	48	00:00:41	31	00:39:28	02:14:44	00:20:54
44	3412	831	Rui Dolores	-	SEN	Amiciclo	46	00:24:19	50	00:00:43	66	01:07:32	23	00:00:35	55	00:41:37	02:14:48	00:20:59
45	3529	840	Paulo Pereira	-	SEN	Amiciclo	3		4		69	01:07:54	38	00:00:39	63	00:42:08	02:14:49	00:20:59
46	3735	740	Ricardo Filipe Costa	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	62	00:26:22	74	00:00:48	49	01:05:44	156	00:01:06	48	00:40:52	02:14:53	00:21:04
47	3124	1708	Gustavo Caraça	-	SEN	Alhandra Sporting Club	1		2		77	01:09:13	31	00:00:37	67	00:42:25	02:15:02	00:21:13
48	4441	1437	Gary Blesson	-	V2	Assoc. Académica de Coimbra	125	00:29:32	110	00:00:56	33	01:04:09	95	00:00:47	38	00:39:44	02:15:10	00:21:21
49	1540	1081	António Freitas	-	JUN	Ludens Clube do Machico	80	00:27:03	59	00:00:45	52	01:06:00	68	00:00:43	46	00:40:45	02:15:18	00:21:29
50	3571	1295	Carlos Rocha	-	SEN	DUNIK.PT-Clube dos Galitos	77	00:27:00	96	00:00:52	61	01:06:49	50	00:00:42	44	00:40:22	02:15:47	00:21:58
51	3524	632	Paulo Sequeira	-	SEN	Peniche A. C.	92	00:27:11	101	00:00:54	67	01:07:46	93	00:00:47	32	00:39:29	02:16:08	00:22:19
52	3142	497	Pedro Figueira	-	SEN	Ribabike/Assoc. 20 Km de Almeirim	56	00:26:09	46	00:00:42	53	01:06:00	27	00:00:36	73	00:42:46	02:16:16	00:22:26
53	3698	656	José Afonso	-	SEN	McDonalds/TriBraga	114	00:28:41	85	00:00:51	56	01:06:37	16	00:00:33	35	00:39:35	02:16:19	00:22:29
54	4151	1898	António Calafate	-	V1	Núcleo Sportinguista da Golegã	58	00:26:11	56	00:00:44	60	01:06:47	132	00:00:56	56	00:41:41	02:16:21	00:22:31
55	3705	469	Ricardo Silva	-	SEN	Clube de Triatlo de Almada	75	00:26:52	80	00:00:49	54	01:06:04	87	00:00:46	58	00:41:49	02:16:23	00:22:33
56	2143	353	Ana Teresa Machado	-	S23	Garmin Olimpico de Oeiras	50	00:24:31	34	00:00:37	91	01:10:49	55	00:00:42	41	00:40:02	02:16:43	00:22:53
57	2162	490	Jorge Alves	-	S23	Garmin Olimpico de Oeiras	42	00:23:43	132	00:01:06	93	01:10:57	29	00:00:37	43	00:40:19	02:16:43	00:22:54
58	3755	1016	Marco Ferreira	-	SEN	DAR - SlowDown	100	00:28:10	109	00:00:56	38	01:04:43	78	00:00:45	64	00:42:08	02:16:44	00:22:55

Data:	02-07-2011	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. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Ciclism	P	PT	P	Corrida	Total	Diff
59	4121	144	Paulo Codinha	-	V2	TRIATLO CLUBE TAP	53	00:25:20	112	00:00:57	57	01:06:41	110	00:00:50	74	00:43:00	02:16:49	00:22:59
60	3572	1301	Nuno Monteiro	-	SEN	DUNIK.PT-Clube dos Galitos	90	00:27:10	120	00:01:01	3		2		78	00:43:12	02:17:33	00:23:43
61	3113	503	Duarte Barreto	-	SEN	Ateneu Artístico Cartaxense	52	00:25:05	67	00:00:47	58	01:06:45	111	00:00:50	115	00:45:27	02:18:57	00:25:07
62	2086	7	Bárbara Clemente	-	S23	Garmin Olimpico de Oeiras	37	00:23:15	30	00:00:35	86	01:09:57	62	00:00:43	95	00:44:28	02:19:01	00:25:11
63	3431	726	Henrique Venâncio	-	SEN	Peniche A. C.	119	00:28:58	70	00:00:47	40	01:04:57	47	00:00:41	83	00:43:38	02:19:02	00:25:13
64	3004	873	Bruno Silva	-	SEN	A. M. C. R. Fonte Grada	72	00:26:44	60	00:00:45	74	01:08:43	66	00:00:43	69	00:42:38	02:19:34	00:25:45
65	3219	126	Ricardo Ferreira	-	SEN	TRIATLO CLUBE TAP	40	00:23:18	81	00:00:50	85	01:09:39	92	00:00:47	104	00:45:06	02:19:41	00:25:51
66	4137	1481	Eduardo Alçada	-	V1	Ginásio Clube Figueirense	74	00:26:52	107	00:00:55	62	01:06:56	89	00:00:47	111	00:45:18	02:20:48	00:26:59
67	3703	436	Rui Firmino	-	SEN	Clube de Triatlo de Almada	86	00:27:07	99	00:00:53	80	01:09:22	56	00:00:42	79	00:43:15	02:21:21	00:27:31
68	3143	1162	Daniel Reis	-	SEN	Assoc. Académica S. Mamede	63	00:26:25	84	00:00:51	65	01:07:29	69	00:00:43	122	00:46:11	02:21:40	00:27:50
69	3697	729	Patrick Silva	-	SEN	McDonalds/TriBraga	106	00:28:26	87	00:00:51	59	01:06:47	58	00:00:42	103	00:44:56	02:21:43	00:27:53
70	3545	280	José Franco	-	SEN	Ludens Clube do Machico	71	00:26:40	98	00:00:52	84	01:09:36	82	00:00:45	89	00:43:59	02:21:54	00:28:05
71	3003	731	César Andrade	-	SEN	Alhandra Sporting Club	66	00:26:28	97	00:00:52	89	01:10:24	84	00:00:46	88	00:43:59	02:22:30	00:28:41
72	4108	225	Paulo Leitão Santos	-	V2	Peniche A. C.	120	00:28:58	94	00:00:52	75	01:08:49	64	00:00:43	77	00:43:11	02:22:35	00:28:45
73	3840	1608	Tiago Pinho	-	SEN	CFV	158	00:34:04	92	00:00:51	81	01:09:24	75	00:00:44	22	00:37:57	02:23:03	00:29:13
74	1514	1386	João Campos Cunha	-	JUN	Clube Triatlo de Perosinho	47	00:24:22	63	00:00:45	101	01:11:38	143	00:00:59	118	00:45:46	02:23:32	00:29:42
75	4114	1148	Pedro Gaspar	-	V2	Núcleo Sportinguista da Golegã	59	00:26:16	142	00:01:10	98	01:11:19	126	00:00:54	87	00:43:53	02:23:34	00:29:45
76	3100	871	Luis Cipriano	-	SEN	A. M. C. R. Fonte Grada	139	00:31:52	54	00:00:44	64	01:07:28	97	00:00:48	70	00:42:41	02:23:36	00:29:46
77	3477	135	Álvaro Silva	-	SEN	TRIATLO CLUBE TAP	104	00:28:23	163	00:01:26	76	01:08:52	148	00:01:01	90	00:44:04	02:23:49	00:29:59
78	3489	1151	Cecília Shinn	-	SEN	Sporting CP - St.Peters School	85	00:27:07	72	00:00:47	103	01:11:48	49	00:00:42	81	00:43:23	02:23:49	00:30:00
79	3241	172	Nuno Tintim	-	SEN	Alhandra Sporting Club	145	00:32:31	32	00:00:37	96	01:11:09	35	00:00:38	29	00:38:52	02:23:50	00:30:00
80	3132	2035	Tiago Santos	-	SEN	DAR - SlowDown	97	00:28:00	68	00:00:47	50	01:05:55	108	00:00:49	141	00:48:19	02:23:52	00:30:03
81	3796	1432	Hugo Gomes	-	SEN	Porto Runners	160	00:34:17	114	00:00:58	78	01:09:13	117	00:00:51	27	00:38:34	02:23:56	00:30:06
82	4059	511	Fernando Feijão	-	V4	C. T. Fundão	118	00:28:49	145	00:01:11	99	01:11:29	103	00:00:49	59	00:41:56	02:24:16	00:30:26
83	3522	1053	Nuno Pereira	-	SEN	Quintajense Futebol Clube	76	00:26:57	78	00:00:48	95	01:11:00	81	00:00:45	100	00:44:47	02:24:20	00:30:30
84	3805	1455	Nuno Ribeiro	-	SEN	Porto Runners	95	00:27:55	91	00:00:51	113	01:12:41	94	00:00:47	62	00:42:07	02:24:23	00:30:34
85	2027	2094	Liliana Alexandre	-	S23	A. M. C. R. Fonte Grada	43	00:23:46	146	00:01:12	151	01:18:37	167	00:01:16	36	00:39:36	02:24:29	00:30:39
86	4128	338	Luis Filipe Lopes	-	V2	Sporting CP - St.Peters School	60	00:26:18	141	00:01:10	123	01:13:55	57	00:00:42	68	00:42:25	02:24:33	00:30:43
87	3576	1447	Jorge Pato Vieira	-	SEN	Sport Clube Beira Mar	144	00:32:30	45	00:00:42	82	01:09:24	51	00:00:42	52	00:41:14	02:24:34	00:30:45

Data:	02-07-2011	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. Individual			Hora de Partida:	00h00							

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Ciclism	P	PT	P	Corrida	Total	Diff
88	3575	1292	Josué Oliveira	-	SEN	DUNIK.PT-Clube dos Galitos	132	00:30:50	69	00:00:47	68	01:07:47	53	00:00:42	96	00:44:32	02:24:39	00:30:49
89	4014	742	João Santos	-	V3	A. H. Bombeiros Estoris / Nutrilogia	44	00:24:07	147	00:01:12	73	01:08:19	118	00:00:51	152	00:50:13	02:24:45	00:30:55
90	4193	1164	Luis Correia Ferreira	-	V1	Assoc. Académica S. Mamede	88	00:27:09	144	00:01:11	92	01:10:49	141	00:00:57	101	00:44:54	02:25:02	00:31:12
91	3096	1958	Henrique Coelho	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	112	00:28:38	137	00:01:09	114	01:12:54	91	00:00:47	65	00:42:13	02:25:43	00:31:54
92	4288	1101	João Manuel Correia	-	V3	A. M. C. R. Fonte Grada	87	00:27:09	134	00:01:08	88	01:10:23	116	00:00:51	124	00:46:17	02:25:50	00:32:00
93	4462	1632	Nuno Manuel Pinheiro	-	V1	Individual	165	00:35:11	131	00:01:06	71	01:08:11	125	00:00:53	45	00:40:28	02:25:51	00:32:02
94	3520	429	Hugo Tomé Ferreira	-	SEN	Núcleo Sportinguista da Golegã	127	00:29:34	95	00:00:52	72	01:08:18	121	00:00:52	125	00:46:19	02:25:57	00:32:07
95	3037	1756	João Martinho	-	SEN	Núcleo Sportinguista da Golegã	54	00:25:44	44	00:00:42	104	01:12:09	105	00:00:49	128	00:46:43	02:26:09	00:32:19
96	3077	1778	António Brito Moreira	-	SEN	DUNIK.PT-Clube dos Galitos	136	00:31:37	76	00:00:48	105	01:12:14	42	00:00:40	50	00:41:11	02:26:32	00:32:43
97	1509	44	Raquel Rocha	-	JUN	Alhandra Sporting Club	30	00:22:24	31	00:00:36	111	01:12:36	54	00:00:42	153	00:50:15	02:26:35	00:32:45
98	5235	1100	Andreia Moço	-	SEN	DUNIK.PT-Clube dos Galitos	98	00:28:02	127	00:01:04	107	01:12:21	139	00:00:57	92	00:44:14	02:26:40	00:32:50
99	3320	975	Sérgio Ribeiro	-	SEN	Clube de Praças da Armada	82	00:27:05	158	00:01:23	129	01:15:15	133	00:00:56	61	00:42:00	02:26:41	00:32:52
100	4052	1351	Manuel Gonçalves	-	V3	C. N. Colégio Vasco da Gama	109	00:28:34	159	00:01:23	134	01:15:38	100	00:00:48	42	00:40:19	02:26:43	00:32:54
101	4384	471	Paulo Carvalho	-	V3	Clube de Triatlo de Almada	24	00:21:05	152	00:01:15	97	01:11:18	63	00:00:43	164	00:52:32	02:26:55	00:33:06
102	3546	735	Nuno Felício	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	102	00:28:13	136	00:01:08	127	01:14:52	101	00:00:49	60	00:41:59	02:27:03	00:33:13
103	2165	1176	Pedro Magalhães	-	S23	Assoc. Académica S. Mamede	129	00:29:55	130	00:01:06	102	01:11:44	32	00:00:38	86	00:43:53	02:27:17	00:33:27
104	3006	1777	Ricardo França	-	SEN	DUNIK.PT-Clube dos Galitos	91	00:27:11	121	00:01:01	119	01:13:16	83	00:00:45	114	00:45:27	02:27:43	00:33:53
105	4259	806	Paulo Neves	-	V2	Veteranos do Porto	133	00:31:26	71	00:00:47	79	01:09:14	124	00:00:53	116	00:45:38	02:28:00	00:34:10
106	4135	652	Joaquim Figueiras	-	V1	Oeiras Sport Clube	141	00:32:00	123	00:01:02	109	01:12:31	106	00:00:49	57	00:41:48	02:28:11	00:34:22
107	4187	1291	Rui Ferreira	-	V1	DUNIK.PT-Clube dos Galitos	45	00:24:13	104	00:00:54	128	01:15:03	72	00:00:44	132	00:47:21	02:28:16	00:34:26
108	3508	1055	João Duarte	-	SEN	Quintajense Futebol Clube	137	00:31:46	65	00:00:46	87	01:10:08	73	00:00:44	102	00:44:54	02:28:20	00:34:31
109	4293	1099	Miguel Velez	-	V2	Escola de Ciclismo Triatlo Camara	124	00:29:29	171	00:01:52	110	01:12:32	168	00:01:19	76	00:43:09	02:28:24	00:34:34
110	3082	1348	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	103	00:28:14	149	00:01:14	118	01:13:10	99	00:00:48	110	00:45:17	02:28:45	00:34:55
111	2108	10	Ana Filipa Sampaio	-	S23	Alhandra Sporting Club	32	00:23:02	39	00:00:40	139	01:16:44	104	00:00:49	138	00:48:12	02:29:29	00:35:40
112	3811	1494	Luis Filipe Valente	-	SEN	Clube Oriental de Lisboa	99	00:28:07	7		5		74	00:00:44	97	00:44:36	02:29:38	00:35:48
113	2179	1597	Diogo Moreira	-	S23	Assoc. Académica S. Mamede	48	00:24:22	116	00:00:59	149	01:18:16	44	00:00:40	120	00:45:50	02:30:09	00:36:19
114	3186	2123	Nélson Sousa	-	SEN	Porto Runners	78	00:27:03	102	00:00:54	148	01:17:49	65	00:00:43	84	00:43:41	02:30:11	00:36:22
115	4131	348	Pedro Nogueira Silva	-	V2	Garmin Olimpico de Oeiras	126	00:29:33	119	00:01:01	122	01:13:38	88	00:00:46	106	00:45:13	02:30:13	00:36:24
116	2003	1693	Ricardo Gaspar	-	S23	GAF-Fatibike-korpo sano	162	00:34:33	100	00:00:54	116	01:12:58	45	00:00:40	53	00:41:24	02:30:30	00:36:41

Data:	02-07-2011	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. Individual		Hora de Partida:		00h00						

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Ciclism	P	PT	P	Corrida	Total	Diff
117	4008	1700	Mário Luis Santos	-	V1	A. H. Bombeiros Estoris / Nutrilogia	65	00:26:28	157	00:01:22	6		3		130	00:47:05	02:30:33	00:36:43
118	3065	1828	Joel Gouveia	-	SEN	DAR - SlowDown	150	00:32:43	125	00:01:04	94	01:10:58	122	00:00:52	109	00:45:15	02:30:54	00:37:05
119	4044	1713	Bruno Pinho	-	V1	TRITATLO CLUBE TAP	135	00:31:34	169	00:01:39	108	01:12:29	146	00:01:00	93	00:44:16	02:31:00	00:37:10
120	3724	1824	Pedro Raposo	-	SEN	Ateneu Artístico Cartaxense	152	00:33:01	118	00:01:00	90	01:10:25	123	00:00:52	126	00:46:20	02:31:40	00:37:51
121	3080	1895	Paulo Duarte	-	SEN	Oeiras Sport Clube	113	00:28:40	156	00:01:21	131	01:15:24	173	00:01:24	105	00:45:09	02:32:00	00:38:11
122	3015	434	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	84	00:27:07	58	00:00:44	2		1		134	00:47:44	02:32:12	00:38:22
123	3235	1350	Gonçalo Vicente	-	SEN	C. N. Colégio Vasco da Gama	108	00:28:31	135	00:01:08	124	01:13:56	113	00:00:51	135	00:47:45	02:32:13	00:38:24
124	3182	509	Alexandre Ventura	-	SEN	Ateneu Artístico Cartaxense	94	00:27:54	62	00:00:45	125	01:14:24	137	00:00:57	142	00:48:25	02:32:27	00:38:38
125	4136	212	Paulo Calejo Rodrigues	-	V2	Individual	110	00:28:35	167	00:01:38	130	01:15:20	144	00:00:59	121	00:45:59	02:32:33	00:38:43
126	1547	1480	Raul Bicho	-	JUN	Ginásio Clube Figueirense	130	00:30:20	106	00:00:54	145	01:17:21	40	00:00:40	82	00:43:27	02:32:44	00:38:54
127	3623	1614	Filipe Varandas	-	SEN	Clube Triatlo de Perosinho	89	00:27:09	66	00:00:46	135	01:15:41	158	00:01:10	136	00:47:56	02:32:45	00:38:55
128	3525	326	Elisabete Sousa	-	SEN	Louletano	149	00:32:41	138	00:01:09	106	01:12:19	107	00:00:49	119	00:45:47	02:32:48	00:38:58
129	3165	2079	Bruno Pontes	-	SEN	McDonalds/TriBraga	134	00:31:31	124	00:01:04	132	01:15:29	96	00:00:48	91	00:44:05	02:32:58	00:39:08
130	4241	1464	André Cunha	-	V1	Açoreana Clube Banif	142	00:32:13	126	00:01:04	115	01:12:55	159	00:01:11	117	00:45:44	02:33:08	00:39:19
131	4185	1169	Nuno Barros	-	V1	Assoc. Académica S. Mamede	81	00:27:04	82	00:00:50	121	01:13:33	138	00:00:57	159	00:51:21	02:33:46	00:39:56
132	3555	484	Vitor Almeida	-	SEN	Clube Triatlo de Perosinho	174	00:37:50	47	00:00:42	83	01:09:24	85	00:00:46	108	00:45:14	02:33:59	00:40:09
133	3737	819	Ricardo Arraias	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	101	00:28:11	6		4		152	00:01:03	157	00:50:47	02:34:05	00:40:15
134	4205	2006	João Paulo Ferreira	-	V2	Assoc. Académica S. Mamede	140	00:31:58	11	00:00:25	9		4		107	00:45:14	02:34:13	00:40:23
135	3640	1660	Tiago Costa	-	SEN	Individual	70	00:26:31	115	00:00:59	163	01:21:02	140	00:00:57	99	00:44:44	02:34:16	00:40:27
136	3017	1710	Daniel Delgado	-	SEN	A. H. Bombeiros Estoris / Nutrilogia	61	00:26:22	90	00:00:51	133	01:15:32	166	00:01:15	154	00:50:21	02:34:23	00:40:34
137	3526	323	António Gouveia	-	SEN	Louletano	2		3		120	01:13:17	67	00:00:43	137	00:48:09	02:35:05	00:41:15
138	3315	136	Mário Figueiredo	-	SEN	Alhandra Sporting Club	171	00:36:38	77	00:00:48	100	01:11:35	52	00:00:42	112	00:45:23	02:35:08	00:41:18
139	4201	1175	Carla Mendes	-	V1	Assoc. Académica S. Mamede	148	00:32:40	160	00:01:23	146	01:17:26	145	00:00:59	94	00:44:25	02:36:55	00:43:05
140	3643	1044	Luis Paixão	-	SEN	Vitoria de Janes	55	00:26:07	117	00:01:00	138	01:16:27	127	00:00:54	169	00:53:30	02:38:00	00:44:10
141	4449	581	Nuno Santos	-	V1	TRITATLO CLUBE TAP	156	00:33:34	64	00:00:46	136	01:15:52	136	00:00:56	131	00:47:08	02:38:18	00:44:29
142	4336	235	José Calheiros Dias	-	V2	Individual	105	00:28:25	153	00:01:16	154	01:18:51	169	00:01:21	150	00:50:04	02:39:58	00:46:08
143	4165	1466	Carlos Candeias	-	V1	Açoreana Clube Banif	147	00:32:37	154	00:01:18	157	01:19:12	114	00:00:51	123	00:46:11	02:40:11	00:46:22
144	3578	1446	Carlos Vieira	-	SEN	Sport Clube Beira Mar	175	00:37:54	129	00:01:05	117	01:13:02	171	00:01:21	129	00:47:04	02:40:28	00:46:38
145	1536	1559	Tânia Henriques	-	JUN	Associação Naval Amorense	31	00:23:02	93	00:00:52	170	01:24:16	142	00:00:58	160	00:51:22	02:40:32	00:46:42

Data:	02-07-2011	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. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Ciclism	P	PT	P	Corrida	Total	Diff
146	3642	1674	Jorge Carneiro	-	SEN	Porto Runners	167	00:35:14	155	00:01:19	155	01:18:59	70	00:00:43	98	00:44:39	02:40:55	00:47:06
147	4239	802	Vasco Santos	-	V3	Assoc. Académica S. Mamede	131	00:30:37	168	00:01:39	156	01:19:09	153	00:01:03	147	00:49:10	02:41:40	00:47:50
148	4189	492	Carlos Serra	-	V1	Alhandra Sporting Club	154	00:33:09	122	00:01:01	143	01:17:11	151	00:01:03	149	00:49:39	02:42:05	00:48:15
149	3544	1671	Miguel Oliveira	-	SEN	DAR - SlowDown	161	00:34:32	73	00:00:47	112	01:12:40	120	00:00:51	167	00:53:17	02:42:10	00:48:20
150	3376	339	Nuno Mendes	-	SEN	C. C. D. M. Matosinhos	79	00:27:03	143	00:01:11	169	01:24:05	164	00:01:15	144	00:48:53	02:42:29	00:48:39
151	3126	2037	Bruno Dinis	-	SEN	Individual	121	00:29:18	150	00:01:15	150	01:18:30	150	00:01:02	163	00:52:22	02:42:29	00:48:39
152	3393	449	Rita Correia	-	SEN	Clube de Triatlo de Almada	68	00:26:29	86	00:00:51	171	01:24:19	135	00:00:56	151	00:50:09	02:42:46	00:48:57
153	3766	1296	João Catalão	-	SEN	DUNIK.PT-Clube dos Galitos	168	00:35:42	61	00:00:45	140	01:16:45	43	00:00:40	145	00:49:01	02:42:56	00:49:06
154	3605	1318	Rodrigo Cordeiro	-	SEN	Individual	157	00:33:45	105	00:00:54	144	01:17:18	154	00:01:05	155	00:50:25	02:43:29	00:49:40
155	4456	1595	Helder Moringa	-	V1	Ateneu Artístico Cartaxense	143	00:32:14	140	00:01:10	159	01:20:39	157	00:01:06	143	00:48:30	02:43:42	00:49:53
156	3645	107	Miguel Torres	-	SEN	CFV	153	00:33:09	111	00:00:57	141	01:17:03	165	00:01:15	161	00:51:23	02:43:49	00:50:00
157	4407	907	Vitor Varela	-	V1	CAPGE	138	00:31:52	103	00:00:54	142	01:17:08	102	00:00:49	166	00:53:11	02:43:56	00:50:06
158	4294	1056	José Panóias	-	V4	Quintajense Futebol Clube	166	00:35:12	175	00:02:02	126	01:14:41	161	00:01:11	158	00:51:01	02:44:09	00:50:19
159	3184	998	Maria Rita Neves	-	SEN	COMPEED - Tri-Oeste	96	00:27:56	113	00:00:58	174	01:25:31	109	00:00:50	148	00:49:31	02:44:47	00:50:57
160	4295	1352	Luis Barbosa	-	V1	C. N. Colégio Vasco da Gama	173	00:37:25	176	00:02:05	152	01:18:46	172	00:01:23	127	00:46:26	02:46:08	00:52:19
161	4023	432	Francisco Bexiga	-	V3	Clube de Praças da Armada	116	00:28:43	179	00:02:36	161	01:20:54	162	00:01:13	165	00:52:50	02:46:18	00:52:29
162	4403	981	Paulo Jorge Santos	-	V2	A. M. C. R. Fonte Grada	176	00:38:37	166	00:01:35	147	01:17:45	177	00:01:38	140	00:48:17	02:47:55	00:54:05
163	4215	738	José Luis Correia	-	V3	A. H. Bombeiros Estoris / Nutrilogia	51	00:24:42	177	00:02:06	167	01:23:30	175	00:01:29	174	00:56:20	02:48:10	00:54:20
164	4459	1613	Jorg Lohken	-	V1	Individual	41	00:23:27	181	00:03:42	173	01:25:04	180	00:01:57	172	00:54:54	02:49:05	00:55:15
165	4160	800	António Dias	-	V2	Veteranos do Porto	177	00:39:02	161	00:01:25	172	01:24:25	129	00:00:56	85	00:43:44	02:49:33	00:55:43
166	4365	131	Paulo Viana	-	V1	Alhandra Sporting Club	163	00:34:40	128	00:01:05	153	01:18:49	134	00:00:56	171	00:54:22	02:49:54	00:56:04
167	4411	1020	Victor Campos	-	V5	DAR - SlowDown	179	00:41:25	164	00:01:29	137	01:16:18	163	00:01:13	156	00:50:47	02:51:14	00:57:24
168	3085	1890	Teresa Cardoso	-	SEN	DUNIK.PT-Clube dos Galitos	172	00:36:47	133	00:01:06	158	01:20:29	149	00:01:02	162	00:51:57	02:51:23	00:57:33
169	1565	662	Rita Delgado	-	JUN	Associação Naval Amorense	57	00:26:10	41	00:00:41	176	01:27:29	131	00:00:56	176	00:57:59	02:53:17	00:59:27
170	4152	1533	Silvino Muchacho	-	V5	Peniche A. C.	83	00:27:06	178	00:02:19	175	01:25:34	160	00:01:11	178	00:58:40	02:54:53	01:01:03
171	3188	2126	Paulo Rua	-	SEN	Individual	151	00:32:57	174	00:02:01	179	01:31:38	170	00:01:21	139	00:48:16	02:56:15	01:02:26
172	3653	217	José Pinto Coelho	-	SEN	Alhandra Sporting Club	146	00:32:35	139	00:01:09	180	01:32:53	155	00:01:06	146	00:49:05	02:56:50	01:03:00
173	4438	1465	António Guedes	-	V1	Açoreana Clube Banif	178	00:39:48	173	00:02:00	160	01:20:43	130	00:00:56	170	00:53:41	02:57:10	01:03:20
174	3263	1174	Maria Joana Creissac	-	SEN	Assoc. Académica S. Mamede	159	00:34:11	148	00:01:14	166	01:22:43	119	00:00:51	177	00:58:19	02:57:20	01:03:31

Data:	02-07-2011	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. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Ciclism	P	PT	P	Corrida	Total	Diff
175	3715	618	Pedro Reis	-	SEN	Individual	164	00:35:09	88	00:00:51	168	01:23:33	79	00:00:45	175	00:57:31	02:57:50	01:04:01
176	4346	133	Jorge Carreiras	-	V2	Clube Oriental de Lisboa	181	00:42:28	151	00:01:15	165	01:22:29	147	00:01:01	168	00:53:27	03:00:43	01:06:53
177	3650	142	Filipa Elvas	-	SEN	TRITATLO CLUBE TAP	180	00:41:49	180	00:02:39	177	01:28:58	178	00:01:43	133	00:47:38	03:02:50	01:09:00
178	3213	2155	Bruno Feio	-	SEN	Individual	128	00:29:43	170	00:01:43	164	01:21:38	176	00:01:37	180	01:09:57	03:04:41	01:10:51
179	3474	1171	Silvia Pedroso	-	SEN	Assoc. Académica S. Mamede	170	00:36:20	165	00:01:30	181	01:33:04	174	00:01:29	173	00:56:01	03:08:27	01:14:37
180	4328	813	Anette Kind	-	V3	Veteranos do Porto	169	00:36:07	172	00:01:59	178	01:29:27	179	00:01:56	179	01:03:24	03:12:55	01:19:05
181	4162	797	Henrique Gonçalves	-	V4	Veteranos do Porto	155	00:33:09	162	00:01:25	162	01:21:02	181	00:02:03	181	01:24:01	03:21:42	01:27:52
	3628	1173	Rui Pena	DQ	SEN	Assoc. Académica S. Mamede	118	00:28:47	154	00:01:16	164	01:21:05	176	00:01:35	121	00:45:56	02:38:40	00:44:51
	1522	419	Diogo Rosa	DNF	JUN	Núcleo Sportinguista da Golegã		00:22:25		00:00:30		01:04:38		00:00:32				-
	3094	1097	Pedro Fernandes	DNF	SEN	Escola de Ciclismo Triatlo Camara		00:31:50		00:01:00		01:14:38		00:00:54				-
	3171	2099	Nuno Cochicho	DNF	SEN	Individual												-
	3194	2137	Pedro Seixas	DNF	SEN	Individual		00:33:02		00:01:50								-
	3195	517	Ana Filipa Santos	DNF	SEN	C. T. Fundão		00:26:24		00:00:37								-
	3699	657	José Luís Menezes	DNF	SEN	McDonalds/TriBraga		00:37:00		00:01:21		01:07:46		00:00:59				-
	3707	603	Ana Patricia Ferreira	DNF	SEN	Núcleo Sportinguista da Golegã		00:32:25		00:01:09								-
	3740	1074	Francisco Gaspar	DNF	SEN	A. M. C. R. Fonte Grada		00:27:13		00:00:52		01:09:19		00:00:49				-
	4238	801	António Manuel Vieira	DNF	V3	Veteranos do Porto		00:31:42		00:01:59		01:26:08		00:01:33				-
	4400	759	Paulo Canário	DNF	V1	Cl. Ferroviário de Vendas Novas		00:24:18		00:00:45		01:08:38		00:00:59				-
	1512	54	Miguel Fernandes	DNS	JUN	Alhandra Sporting Club												-
	2124	14	Vasco Pessoa	DNS	S23	C. D. "Os Águias" de Alpiarça												-
	2167	1332	Romer Júnior	DNS	S23	Clube de Praças da Armada												-
	3058	1797	Maria Sousa	DNS	SEN	Alhandra Sporting Club												-
	3156	1075	Pedro Pereira	DNS	SEN	Assoc. Académica S. Mamede												-
	3174	2100	Adriano Garcez	DNS	SEN	Individual												-
	3217	2168	Marcos Martinez	DNS	SEN	Sport Clube Beira Mar												-
	3291	4	Duarte Marques	DNS	SEN	C. D. "Os Águias" de Alpiarça												-
	3296	1102	Jorge Duarte	DNS	SEN	Garmin Olímpico de Oeiras												-
	3383	336	Sofia Valente	DNS	SEN	Sporting CP - St.Peters School												-
	3494	424	Rui Pedro Costa	DNS	SEN	C. N. Tejo												-

Data:	02-07-2011	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. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Ciclism	P	PT	P	Corrida	Total	Diff
	3600	1685	Ricardo Nuno Carvalho	DNS	SEN	DUNIK.PT-Clube dos Galitos												-
	3793	1394	André Sousa	DNS	SEN	Clube de Natação de Torres Novas												-
	4115	385	António Ervideira	DNS	V2	A. M. C. R. Fonte Grada												-
	4219	2026	Orlando Paulo Ramos	DNS	V1	Individual												-
	4303	673	António Reis	DNS	V2	Cl. Ferroviário de Vendas Novas												-