

Data:	10-06-2012	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	3291	4	Duarte Marques	-	SEN	C. D. "Os Águias" de Alpiarça	43	00:08:53	47	00:30:44	6	00:16:05	00:55:43	
2	2015	30	João Serrano	-	S23	Garmin Olímpico de Oeiras	44	00:08:53	50	00:30:51	8	00:16:23	00:56:07	00:00:24
3	3190	2106	Rafael Fonseca	-	SEN	Individual	20		21		2		00:56:18	00:00:35
4	2002	32	Gil Maia	-	S23	Clube dos Galitos	50	00:09:02	45	00:30:41	11	00:16:37	00:56:20	00:00:37
5	1543	52	Filipe Azevedo	-	JUN	Garmin Olímpico de Oeiras	47	00:08:56	48	00:30:47	13	00:16:41	00:56:25	00:00:41
6	1508	53	Rafael Ribeiro	-	JUN	Alhandra Sporting Club	49	00:09:00	49	00:30:49	14	00:16:47	00:56:37	00:00:53
7	1592	51	Pedro Afonso Gaspar	-	JUN	Núcleo Sportinguista da Golegã	41	00:08:47	52	00:30:56	19	00:17:13	00:56:57	00:01:14
8	2051	24	João Curado	-	S23	Sporting CP	46	00:08:54	51	00:30:51	20	00:17:14	00:57:00	00:01:17
9	1024	921	Ricardo Jorge	-	CAD	C. D. "Os Águias" de Alpiarça	4		4		23	00:17:23	00:57:09	00:01:25
10	2006	28	João Amorim	-	S23	Alhandra Sporting Club	48	00:09:00	44	00:30:40	27	00:17:36	00:57:17	00:01:33
11	1584	50	Ricardo Calado	-	JUN	C. D. "Os Águias" de Alpiarça	56	00:09:20	65	00:31:59	7	00:16:07	00:57:26	00:01:42
12	3564	1150	Alberto González	-	SEN	Clube Triatlo de Perosinho	57	00:09:29	62	00:31:51	5	00:16:05	00:57:26	00:01:42
13	1602	1355	Francisco Machado	-	JUN	C. N. Colégio Vasco da Gama	59	00:09:32	61	00:31:47	10	00:16:33	00:57:53	00:02:10
14	2124	14	Vasco Pessoa	-	S23	C. D. "Os Águias" de Alpiarça	53	00:09:07	74	00:32:17	12	00:16:40	00:58:05	00:02:22
15	1554	195	Rui Tenrinho	-	JUN	C. D. "Os Águias" de Alpiarça	9		9		56	00:18:32	00:58:12	00:02:28
16	1067	1540	David Luis	-	CAD	Individual	51	00:09:02	46	00:30:42	51	00:18:27	00:58:12	00:02:29
17	3362	2536	Pedro Eloy Martin	-	SEN	Clube Triatlo de Perosinho	60	00:09:46	58	00:31:41	16	00:16:59	00:58:26	00:02:43
18	1520	415	João Francisco Ferreira	-	JUN	C. D. "Os Águias" de Alpiarça	66	00:09:52	54	00:31:24	18	00:17:12	00:58:29	00:02:46
19	3284	36	Pedro Gomes	-	SEN	Garmin Olímpico de Oeiras	61	00:09:47	55	00:31:33	21	00:17:17	00:58:38	00:02:54
20	1579	49	Alexandre Nobre	-	JUN	Sport Lisboa e Benfica	64	00:09:50	81	00:32:27	9	00:16:25	00:58:43	00:03:00
21	2160	16	Ruben Costa	-	S23	C. N. Colégio Vasco da Gama	54	00:09:10	71	00:32:14	24	00:17:26	00:58:51	00:03:08
22	2011	27	José Veiga	-	S23	Garmin Olímpico de Oeiras	14		15		25	00:17:28	00:58:57	00:03:14
23	1120	416	Rafael Domingos	-	CAD	Núcleo Sportinguista da Golegã	70	00:09:54	53	00:31:18	38	00:18:00	00:59:13	00:03:30
24	2162	490	Jorge Alves	-	S23	Sporting CP	89	00:10:39	59	00:31:42	17	00:17:07	00:59:28	00:03:45
25	1005	191	Rúben Tavares	-	CAD	Alhandra Sporting Club	52	00:09:05	78	00:32:21	54	00:18:31	00:59:57	00:04:14
26	3583	1379	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	79	00:10:12	83	00:32:32	22	00:17:20	01:00:04	00:04:21
27	3282	254	Márcio Neves	-	SEN	Peniche A. C.	108	00:10:59	57	00:31:39	29	00:17:40	01:00:19	00:04:35
28	2000	1411	Bruno Pereira	-	S23	Núcleo Sportinguista da Golegã	92	00:10:41	68	00:32:07	26	00:17:32	01:00:21	00:04:38
29	1092	411	João Pais	-	CAD	Alhandra Sporting Club	99	00:10:48	64	00:31:57	28	00:17:38	01:00:24	00:04:41
30	3342	337	Rodrigo Baltazar	-	SEN	Charity Multisport Racing	80	00:10:13	75	00:32:18	40	00:18:08	01:00:40	00:04:56
31	1578	756	Nuno Lima	-	JUN	CAPGE	81	00:10:17	73	00:32:16	42	00:18:11	01:00:45	00:05:01
32	1039	903	João Oliveira	-	CAD	Clube dos Galitos	62	00:09:47	102	00:32:51	49	00:18:21	01:01:00	00:05:17
33	1590	426	Nuno Nogueira	-	JUN	Núcleo Sportinguista da Golegã	67	00:09:52	14		1		01:01:00	00:05:17
34	1012	1479	Afonso Garcia	-	CAD	Garmin Olímpico de Oeiras	58	00:09:31	112	00:33:01	69	00:18:49	01:01:22	00:05:39
35	1138	2434	Leonardo Nunes	-	CAD	Sporting CP	69	00:09:54	104	00:32:51	62	00:18:43	01:01:30	00:05:46
36	2042	419	Diogo Rosa	-	S23	Núcleo Sportinguista da Golegã	88	00:10:38	60	00:31:44	88	00:19:11	01:01:33	00:05:50
37	1100	40	Luisa Condeço	-	CAD	C. D. "Os Águias" de Alpiarça	74	00:09:59	85	00:32:38	76	00:19:00	01:01:38	00:05:55
38	1052	660	Melanie Santos	-	CAD	Alhandra Sporting Club	71	00:09:55	90	00:32:43	79	00:19:04	01:01:43	00:05:59
39	4496	1719	José Miguel Pereira	-	V1	Peniche A. C.	73	00:09:57	87	00:32:40	81	00:19:06	01:01:44	00:06:00
40	2037	54	Miguel Fernandes	-	S23	Alhandra Sporting Club	78	00:10:09	72	00:32:16	99	00:19:23	01:01:48	00:06:05
41	1594	680	João Miguel Cristo	-	JUN	Associação Naval Amorense	93	00:10:43	67	00:32:06	74	00:18:59	01:01:49	00:06:06
42	3127	377	Tiago Lobo	-	SEN	McDonalds/TriBraga	111	00:11:09	113	00:33:01	31	00:17:44	01:01:55	00:06:11
43	3142	497	Pedro Figueira	-	SEN	Peniche A. C.	102	00:10:51	63	00:31:54	90	00:19:13	01:02:00	00:06:16
44	3275	2278	Jónatas Gaspar	-	SEN	DNMG	45	00:08:54	155	00:33:54	92	00:19:15	01:02:05	00:06:21
45	4451	1580	Mário Machado	-	V1	Individual	100	00:10:50	135	00:33:29	32	00:17:44	01:02:05	00:06:21
46	4013	500	Miguel Fragoso	-	V2	Garmin Olímpico de Oeiras	112	00:11:11	118	00:33:09	34	00:17:48	01:02:09	00:06:26
47	3259	1505	Nuno Piteira	-	SEN	Kainagua	76	00:10:00	111	00:33:01	82	00:19:07	01:02:10	00:06:26
48	1093	1796	Nuno Ribeiro	-	CAD	Alhandra Sporting Club	68	00:09:52	105	00:32:51	103	00:19:27	01:02:12	00:06:28
49	1141	1849	Manuel Roque	-	CAD	Sporting CP	117	00:11:21	86	00:32:39	45	00:18:18	01:02:20	00:06:36

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Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	1127	2367	Tomás Azevedo	-	CAD	Kainagua	7		7		123	00:19:51	01:02:27	00:06:43
51	5883	1676	Gonçalo Carmo	-	CAD	C. N. Colégio Vasco da Gama	55	00:09:16	128	00:33:24	115	00:19:46	01:02:27	00:06:43
52	4012	421	Rui Sousa	-	V1	Núcleo Sportinguista da Golegã	129	00:11:42	100	00:32:49	37	00:17:57	01:02:29	00:06:45
53	1577	216	João Sousa	-	JUN	Clube Oriental de Lisboa	10		10		116	00:19:46	01:02:30	00:06:47
54	1137	2433	João Sotero	-	CAD	Sporting CP	158	00:12:17	82	00:32:28	33	00:17:46	01:02:32	00:06:48
55	4180	1334	António Horta	-	V3	Clube de Praças da Armada	161	00:12:21	76	00:32:19	36	00:17:55	01:02:36	00:06:53
56	1096	481	Sávio Accioly	-	CAD	Individual	5		5		60	00:18:37	01:02:38	00:06:54
57	1022	508	Andreia Ferrum	-	CAD	C. D. "Os Águias" de Alpiarça	63	00:09:48	107	00:32:52	126	00:19:57	01:02:38	00:06:55
58	3760	1000	Pedro Pinheiro	-	SEN	Ateneu Artístico Cartaxense	181	00:12:46	56	00:31:38	43	00:18:17	01:02:42	00:06:59
59	4035	1516	Paulo Lamego	-	V1	C. N. Colégio Vasco da Gama	30		32		41	00:18:09	01:02:47	00:07:04
60	3218	1721	Pedro Miguel Machado	-	SEN	C. N. Colégio Vasco da Gama	21		22		46	00:18:19	01:02:58	00:07:14
61	1021	988	Vicente Albuquerque	-	CAD	Clube 4 Estilos	3		3		70	00:18:49	01:03:03	00:07:19
62	3392	380	Katarina Larsson	-	SEN	Sporting CP	96	00:10:48	69	00:32:09	133	00:20:08	01:03:05	00:07:21
63	1014	364	José Luis Virtuoso	-	CAD	Associação Naval Amorense	1		1		44	00:18:18	01:03:08	00:07:24
64	3394	645	Valdo Neves	-	SEN	Peniche A. C.	24		26		48	00:18:20	01:03:10	00:07:26
65	3837	1604	Nelson Mestre	-	SEN	Leões do Sul	138	00:11:52	106	00:32:52	50	00:18:26	01:03:11	00:07:28
66	1115	1045	Nuno Miguel André	-	CAD	Garmin Olímpico de Oeiras	106	00:10:56	134	00:33:29	64	00:18:46	01:03:12	00:07:28
67	1108	556	Luis Carlos Lopes	-	CAD	G. D. R. de Manique de Cima	83	00:10:24	80	00:32:25	147	00:20:24	01:03:14	00:07:30
68	1599	522	Miguel Ângelo Silva	-	JUN	Ext. Coop. da Benedita	126	00:11:33	121	00:33:14	53	00:18:28	01:03:17	00:07:33
69	3131	382	João Ferreira	-	SEN	McDonalds/TriBraga	127	00:11:36	125	00:33:22	47	00:18:20	01:03:19	00:07:35
70	3846	1650	Benek Moraes	-	SEN	Sporting CP	187	00:12:57	89	00:32:42	30	00:17:42	01:03:22	00:07:38
71	4148	379	Pedro Cordeiro	-	V2	Açoreana Clube Banif	103	00:10:53	66	00:32:04	157	00:20:38	01:03:36	00:07:53
72	3318	1518	Leandro Pinto	-	SEN	McDonalds/TriBraga	136	00:11:50	94	00:32:45	83	00:19:08	01:03:44	00:08:00
73	2027	2094	Liliana Alexandre	-	S23	Alhandra Sporting Club	15		16		87	00:19:10	01:03:46	00:08:03
74	1006	41	Sara Tenrinho	-	CAD	C. D. "Os Águias" de Alpiarça	72	00:09:56	96	00:32:47	188	00:21:09	01:03:52	00:08:09
75	3363	2538	Marco Sousa	-	SEN	Clube de Natação de Torres Novas	142	00:11:58	97	00:32:47	85	00:19:09	01:03:55	00:08:11
76	3022	1707	João Oliveira	-	SEN	DNMG	156	00:12:16	77	00:32:20	97	00:19:21	01:03:59	00:08:15
77	3113	503	Duarte Barreto	-	SEN	Ateneu Artístico Cartaxense	18		19		120	00:19:48	01:04:00	00:08:16
78	3373	2559	Ivo Nogueira	-	SEN	Escola de Ciclismo Triatlo Camara	132	00:11:46	132	00:33:27	68	00:18:48	01:04:01	00:08:18
79	1104	38	Erica Cardigo	-	CAD	C. D. "Os Águias" de Alpiarça	77	00:10:03	98	00:32:49	191	00:21:09	01:04:02	00:08:18
80	1151	2561	Ricardo Águeda	-	CAD	Clube dos Galitos	82	00:10:24	154	00:33:53	125	00:19:56	01:04:14	00:08:31
81	4032	252	Carlos Gomes	-	V3	Garmin Olímpico de Oeiras	214	00:13:26	110	00:32:57	35	00:17:53	01:04:18	00:08:34
82	4127	1165	Emanuel Marques	-	V2	Assoc. Académica S. Mamede	32		34		66	00:18:47	01:04:23	00:08:40
83	1102	915	João Peixinho	-	CAD	C. D. "Os Águias" de Alpiarça	118	00:11:23	120	00:33:14	117	00:19:47	01:04:24	00:08:40
84	3375	2553	Diogo Felisberto	-	SEN	Individual	137	00:11:52	88	00:32:41	124	00:19:51	01:04:24	00:08:41
85	2143	353	Ana Teresa Machado	-	S23	Garmin Olímpico de Oeiras	128	00:11:38	133	00:33:28	93	00:19:18	01:04:24	00:08:41
86	1582	2060	Filipe Batista	-	JUN	Clube Triatlo de Perosinho	90	00:10:39	70	00:32:12	206	00:21:35	01:04:27	00:08:43
87	3733	1048	Tiago Cochicho	-	SEN	Vitoria de Janes	169	00:12:29	157	00:33:55	39	00:18:02	01:04:27	00:08:44
88	1105	917	Maria Eduarda Vidigueira	-	CAD	C. D. "Os Águias" de Alpiarça	114	00:11:15	139	00:33:36	107	00:19:40	01:04:32	00:08:48
89	3421	2625	Nuno Laurentino	-	SEN	Individual	42	00:08:52	156	00:33:55	218	00:21:54	01:04:42	00:08:58
90	1124	853	Hugo Baluga	-	CAD	Amiciclo	154	00:12:14	101	00:32:49	111	00:19:41	01:04:46	00:09:03
91	3322	2425	Antonio Fortuna	-	SEN	Associação Naval Amorense	182	00:12:48	117	00:33:09	73	00:18:53	01:04:51	00:09:08
92	1032	1669	Pedro de Deus	-	CAD	Clube de Triatlo de Almada	119	00:11:24	123	00:33:17	136	00:20:11	01:04:53	00:09:09
93	4120	870	José Magalhães Dias	-	V1	A. M. C. R. Fonte Grada	31		33		130	00:20:03	01:04:56	00:09:13
94	3285	347	Hugo Ferreira	-	SEN	Garmin Olímpico de Oeiras	22		24		61	00:18:38	01:05:03	00:09:20
95	1043	1215	Sofia Hipólito	-	CAD	Alhandra Sporting Club	107	00:10:58	126	00:33:23	167	00:20:46	01:05:07	00:09:24
96	3480	2765	Cláudio Ribeiro	-	SEN	Clube Oriental de Lisboa	159	00:12:18	171	00:34:14	59	00:18:35	01:05:08	00:09:24
97	3431	726	Henrique Venâncio	-	SEN	Peniche A. C.	194	00:13:03	92	00:32:44	98	00:19:22	01:05:10	00:09:26
98	3057	650	Henrique Matias	-	SEN	Oeiras Sport Clube	179	00:12:45	145	00:33:44	71	00:18:50	01:05:20	00:09:36

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Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
99	4108	225	Paulo Leitão Santos	-	V2	Peniche A. C.	165	00:12:24	79	00:32:24	153	00:20:32	01:05:21	00:09:38
100	3586	977	Miguel Carneiro	-	SEN	Clube de Praças da Armada	124	00:11:32	116	00:33:08	166	00:20:45	01:05:26	00:09:43
101	4512	1958	Henrique Coelho	-	V1	A. H. Bombeiros Estoris / 3 IRON	174	00:12:38	163	00:34:02	65	00:18:47	01:05:28	00:09:44
102	3003	731	César Andrade	-	SEN	Alhandra Sporting Club	16		17		158	00:20:39	01:05:29	00:09:46
103	4530	1494	Luis Filipe Valente	-	V1	Clube Oriental de Lisboa	157	00:12:17	130	00:33:26	119	00:19:48	01:05:31	00:09:47
104	4129	132	João Hipólito	-	V2	Alhandra Sporting Club	33		35		109	00:19:41	01:05:33	00:09:49
105	3546	735	Nuno Felício	-	SEN	A. H. Bombeiros Estoris / 3 IRON	164	00:12:24	178	00:34:25	67	00:18:47	01:05:36	00:09:53
106	1034	1104	Pedro Nunes	-	CAD	Sporting CP	122	00:11:25	103	00:32:51	198	00:21:20	01:05:37	00:09:54
107	4185	1169	Nuno Barros	-	V1	Assoc. Académica S. Mamede	135	00:11:49	114	00:33:05	169	00:20:47	01:05:42	00:09:58
108	4131	348	Pedro Nogueira Silva	-	V2	Garmin Olímpico de Oeiras	198	00:13:10	119	00:33:12	96	00:19:20	01:05:44	00:10:01
109	4153	138	Miguel Palma	-	V2	TRIATLO CLUBE TAP	116	00:11:18	151	00:33:48	156	00:20:38	01:05:45	00:10:01
110	3007	1878	Bruno Canhão	-	SEN	Clube de Praças da Armada	141	00:11:55	195	00:34:49	75	00:19:00	01:05:46	00:10:02
111	1089	1726	Gabriel Ubaldo Teixeira	-	CAD	Triatlo "osBelenenses"	113	00:11:12	142	00:33:39	177	00:20:55	01:05:46	00:10:03
112	3163	2088	Gabriel Marriço	-	SEN	Louletano	160	00:12:19	91	00:32:43	163	00:20:43	01:05:46	00:10:03
113	1581	2253	David Carneiro	-	JUN	Triatlo "osBelenenses"	12		12		52	00:18:28	01:05:48	00:10:04
114	1228	46	Mitos Figueira	-	CAD	C. N. Colégio Vasco da Gama	65	00:09:52	93	00:32:44	277	00:23:13	01:05:50	00:10:06
115	4178	299	Joaquim Fernandes	-	V3	Grupo Desportivo Corticeiras	233	00:13:52	129	00:33:25	58	00:18:33	01:05:51	00:10:07
116	3783	1308	Pedro Batista Vieira	-	SEN	Peniche A. C.	29		31		95	00:19:20	01:05:51	00:10:08
117	3241	172	Nuno Tintim	-	SEN	Alhandra Sporting Club	268	00:14:27	108	00:32:53	55	00:18:31	01:05:52	00:10:09
118	1117	461	Fábio Araújo	-	CAD	Associação Naval Amorense	95	00:10:47	167	00:34:09	181	00:21:02	01:05:59	00:10:16
119	4022	730	Paulo Teles	-	V1	G.A.A. Vila Franca de Xira	152	00:12:13	84	00:32:34	199	00:21:20	01:06:09	00:10:25
120	1574	2174	João Renato Teixeira	-	JUN	McDonalds/TriBraga	140	00:11:55	182	00:34:35	112	00:19:42	01:06:12	00:10:29
121	3614	1562	Manuel Júlio	-	SEN	McDonalds/TriBraga	27		29		118	00:19:47	01:06:13	00:10:30
122	4534	2450	Rui Gameiro	-	V1	Núcleo Sportinguista da Golegã	200	00:13:12	170	00:34:13	72	00:18:50	01:06:17	00:10:33
123	4147	62	Fernando Carmo	-	V2	C. N. Colégio Vasco da Gama	248	00:14:06	115	00:33:06	86	00:19:09	01:06:23	00:10:39
124	3494	424	Rui Pedro Costa	-	SEN	C. N. Tejo	246	00:14:06	122	00:33:16	80	00:19:05	01:06:28	00:10:44
125	1103	39	Vitória Oliveira	-	CAD	C. D. "Os Águias" de Alpiarça	75	00:10:00	99	00:32:49	290	00:23:45	01:06:35	00:10:51
126	3433	2627	Igor Lopes Guerreiro	-	SEN	Louletano	151	00:12:12	176	00:34:21	127	00:20:01	01:06:35	00:10:52
127	3273	2276	Pedro Ortigoso Lopes	-	SEN	DNMG	110	00:11:07	138	00:33:35	216	00:21:53	01:06:36	00:10:53
128	3606	590	Paulo Silvestre	-	SEN	Ateneu Artístico Cartaxense	195	00:13:07	174	00:34:19	91	00:19:14	01:06:41	00:10:58
129	3005	321	Diogo Almeida	-	SEN	Clube de Triatlo de Almada	85	00:10:33	109	00:32:54	279	00:23:15	01:06:43	00:11:00
130	3321	790	Luis Lourenço	-	SEN	Vitoria de Janes	146	00:12:02	181	00:34:33	134	00:20:10	01:06:46	00:11:03
131	1154	2571	David Carvalho	-	CAD	Sporting CP	185	00:12:53	95	00:32:46	193	00:21:10	01:06:51	00:11:08
132	2043	1753	Carlos Carvalho	-	S23	Núcleo Sportinguista da Golegã	191	00:13:00	144	00:33:39	138	00:20:13	01:06:52	00:11:09
133	3740	1074	Francisco Gaspar	-	SEN	A. M. C. R. Fonte Grada	210	00:13:25	150	00:33:48	108	00:19:40	01:06:54	00:11:10
134	4060	994	António Moura	-	V3	Peniche A. C.	178	00:12:44	146	00:33:45	148	00:20:25	01:06:55	00:11:11
135	3502	771	Miguel Algarvio	-	SEN	Clube de Praças da Armada	155	00:12:15	136	00:33:31	189	00:21:09	01:06:56	00:11:13
136	4114	1148	Pedro Gaspar	-	V2	Núcleo Sportinguista da Golegã	139	00:11:52	192	00:34:45	142	00:20:20	01:06:59	00:11:16
137	1114	358	Gonçalo Marques	-	CAD	Garmin Olímpico de Oeiras	6		6		250	00:22:39	01:07:01	00:11:17
138	4293	1099	Miguel Velez	-	V2	Escola de Ciclismo Triatlo Camara	167	00:12:27	218	00:35:21	89	00:19:13	01:07:02	00:11:18
139	3080	1895	Paulo Duarte	-	SEN	Oeiras Sport Clube	190	00:12:59	143	00:33:39	146	00:20:24	01:07:02	00:11:18
140	3215	2167	Rui Silva	-	SEN	Açoreana Clube Banif	207	00:13:22	169	00:34:13	102	00:19:27	01:07:03	00:11:20
141	1060	1408	Pedro Serra	-	CAD	Clube de Natação de Torres Novas	97	00:10:48	160	00:34:00	233	00:22:14	01:07:04	00:11:20
142	1585	43	Andreia Lopes	-	JUN	Amiciclo	13		13		232	00:22:13	01:07:04	00:11:20
143	3489	1151	Cecilia Shinn	-	SEN	Garmin Olímpico de Oeiras	26		28		162	00:20:42	01:07:14	00:11:30
144	4583	2669	Vitor Tavares	-	V1	Individual	144	00:12:00	183	00:34:37	161	00:20:40	01:07:18	00:11:34
145	3379	2574	Rui Moura	-	SEN	Individual	153	00:12:14	175	00:34:20	165	00:20:45	01:07:20	00:11:36
146	1121	880	Nuno Sequeira	-	CAD	Associação Naval Amorense	121	00:11:25	131	00:33:26	241	00:22:28	01:07:20	00:11:37
147	3043	1768	Hugo Aguiar	-	SEN	C. D. "Os Águias" de Alpiarça	228	00:13:42	140	00:33:38	129	00:20:02	01:07:23	00:11:40

Data:	10-06-2012	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
148	3320	975	Sérgio Ribeiro	-	SEN	Clube de Praças da Armada	176	00:12:41	202	00:35:00	114	00:19:45	01:07:27	00:11:44
149	3004	873	Bruno Silva	-	SEN	G.A.A. Vila Franca de Xira	170	00:12:31	153	00:33:53	184	00:21:05	01:07:29	00:11:46
150	3288	7	Bárbara Clemente	-	SEN	Garmin Olímpico de Oeiras	109	00:11:01	201	00:35:00	205	00:21:34	01:07:35	00:11:51
151	3247	676	William Lemos	-	SEN	Triatlo "osBelenenses"	130	00:11:44	270	00:37:24	57	00:18:33	01:07:42	00:11:58
152	4015	1046	José Oliveira	-	V3	Vitoria de Janes	216	00:13:29	166	00:34:07	132	00:20:06	01:07:43	00:12:00
153	1075	2151	Artur Melo	-	CAD	Sporting CP	104	00:10:54	239	00:35:59	174	00:20:51	01:07:46	00:12:02
154	3082	1348	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	17		18		140	00:20:17	01:07:47	00:12:03
155	1062	1919	André Abreu	-	CAD	Kainagua	115	00:11:17	137	00:33:32	271	00:23:03	01:07:53	00:12:09
156	4463	1636	Paulo Henriques	-	V1	Ginásio Clube de Sines	133	00:11:47	124	00:33:21	259	00:22:54	01:08:02	00:12:19
157	3000	665	Vitor Santos	-	SEN	A. M. C. R. Fonte Grada	309	00:15:31	127	00:33:24	84	00:19:08	01:08:04	00:12:21
158	1094	188	Ana Machado	-	CAD	Alhandra Sporting Club	86	00:10:37	235	00:35:56	209	00:21:38	01:08:11	00:12:28
159	4034	262	João Pereira	-	V3	Oeiras Sport Clube	186	00:12:55	200	00:34:57	144	00:20:22	01:08:16	00:12:32
160	3079	1923	Rui Fernandes	-	SEN	Individual	204	00:13:19	237	00:35:57	77	00:19:02	01:08:19	00:12:36
161	3252	2244	Tony Anacleto	-	SEN	Peniche A. C.	206	00:13:21	162	00:34:01	179	00:20:59	01:08:23	00:12:39
162	3168	2092	Cristiano Pisco	-	SEN	Clube de Praças da Armada	19		20		183	00:21:04	01:08:24	00:12:40
163	3603	1571	Ricardo Cordeiro	-	SEN	Individual	188	00:12:58	185	00:34:38	173	00:20:51	01:08:28	00:12:44
164	3496	2774	Pedro Silva Santos	-	SEN	Individual	201	00:13:16	232	00:35:45	100	00:19:26	01:08:28	00:12:44
165	3088	1509	Luis Galrito	-	SEN	Kainagua	145	00:12:01	228	00:35:42	168	00:20:46	01:08:30	00:12:47
166	3094	1097	Pedro Fernandes	-	SEN	Escola de Ciclismo Triatlo Camara	189	00:12:58	179	00:34:30	182	00:21:03	01:08:32	00:12:49
167	4059	511	Fernando Feijão	-	V4	Clube Millennium BCP	286	00:15:00	158	00:33:56	105	00:19:37	01:08:34	00:12:50
168	3514	770	Hugo Matos	-	SEN	Clube de Praças da Armada	193	00:13:02	231	00:35:43	121	00:19:50	01:08:36	00:12:52
169	5790		Andre Milne	-	SEN	Individual	293	00:15:08	147	00:33:47	110	00:19:41	01:08:37	00:12:53
170	4135	652	Joaquim Figueiras	-	V1	Ateneu Artístico Cartaxense	238	00:13:55	214	00:35:15	101	00:19:26	01:08:37	00:12:54
171	2021	1664	Marília Aveiro	-	S23	Ludens Clube do Machico/J.Roxo	173	00:12:36	196	00:34:52	194	00:21:11	01:08:40	00:12:57
172	4562	2614	Luis Manuel Rosário	-	V2	Individual	39		41		187	00:21:08	01:08:50	00:13:07
173	4356	372	Sónia Quintela	-	V1	Núcleo Sportinguista da Golegã	98	00:10:48	260	00:37:02	190	00:21:09	01:09:00	00:13:16
174	3255	2245	Júlio Amândio	-	SEN	Lusitano	177	00:12:42	188	00:34:40	211	00:21:40	01:09:02	00:13:19
175	3110	2004	Carlos Branco	-	SEN	Clube de Praças da Armada	239	00:13:56	224	00:35:30	106	00:19:40	01:09:06	00:13:23
176	3784	1329	Paulo Gonçalves	-	SEN	Clube de Praças da Armada	252	00:14:12	180	00:34:33	143	00:20:21	01:09:07	00:13:23
177	1123	2331	Márcia Carvalho	-	CAD	Clube de Natação de Torres Novas	123	00:11:26	210	00:35:11	243	00:22:30	01:09:08	00:13:24
178	4052	1351	Manuel Gonçalves	-	V3	C. N. Colégio Vasco da Gama	215	00:13:27	230	00:35:43	128	00:20:02	01:09:13	00:13:29
179	4526	643	António Luz Gomes	-	V1	Oeiras Sport Clube	212	00:13:26	148	00:33:47	226	00:22:01	01:09:16	00:13:32
180	4014	742	João Santos	-	V3	A. H. Bombeiros Estoris / 3 IRON	172	00:12:35	165	00:34:04	248	00:22:36	01:09:16	00:13:33
181	4011	990	João Albuquerque	-	V2	Clube 4 Estilos	220	00:13:33	149	00:33:48	220	00:21:55	01:09:17	00:13:33
182	3674	386	Pedro Carreira	-	SEN	A. M. C. R. Fonte Grada	336	00:16:14	172	00:34:17	63	00:18:45	01:09:17	00:13:34
183	3520	429	Hugo Tomé Ferreira	-	SEN	Núcleo Sportinguista da Golegã	244	00:14:04	141	00:33:38	207	00:21:35	01:09:18	00:13:34
184	4259	806	Paulo Neves	-	V2	Veteranos do Porto	213	00:13:26	168	00:34:11	214	00:21:46	01:09:24	00:13:41
185	1040	587	André Pinheiro	-	CAD	Associação Naval Amorense	94	00:10:44	161	00:34:01	313	00:24:47	01:09:33	00:13:50
186	4240	2041	Paulo Oliveira	-	V1	Triatlo "osBelenenses"	218	00:13:30	227	00:35:37	150	00:20:26	01:09:33	00:13:50
187	4006	1699	Ricardo do Canto	-	V1	C. D. "Os Águias" de Alpiarça	243	00:14:01	211	00:35:12	149	00:20:25	01:09:39	00:13:56
188	3508	1055	João Duarte	-	SEN	Quintajense Futebol Clube	234	00:13:54	213	00:35:13	154	00:20:33	01:09:42	00:13:58
189	3017	1710	Daniel Delgado	-	SEN	A. H. Bombeiros Estoris / 3 IRON	134	00:11:49	189	00:34:40	278	00:23:14	01:09:43	00:14:00
190	3491	1534	João Belo Martins	-	SEN	Núcleo Sportinguista da Golegã	263	00:14:23	191	00:34:45	160	00:20:39	01:09:48	00:14:05
191	1600	1298	Bruno Oliveira	-	JUN	Clube dos Galitos	260	00:14:19	190	00:34:41	176	00:20:53	01:09:54	00:14:11
192	4286	332	Paulo Goulart	-	V1	Triatlo "osBelenenses"	203	00:13:19	164	00:34:02	247	00:22:36	01:09:57	00:14:14
193	1019	1748	Diogo Filipe Silva	-	CAD	Ext. Coop. da Benedita	2		2		175	00:20:51	01:10:04	00:14:21
194	5880	2532	Paulo Conde	-	V1	Louletano	147	00:12:03	223	00:35:29	244	00:22:32	01:10:05	00:14:22
195	4513	819	Ricardo Arraias	-	V1	A. H. Bombeiros Estoris / 3 IRON	184	00:12:51	152	00:33:49	281	00:23:25	01:10:06	00:14:22
196	4042	1361	João Rita	-	V3	Louletano	273	00:14:33	187	00:34:39	178	00:20:58	01:10:11	00:14:28

Data:	10-06-2012	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
197	4434	437	Luis Pereira	-	V1	Clube de Triatlo de Almada	331	00:16:06	206	00:35:06	78	00:19:02	01:10:15	00:14:31
198	3256	1367	João Pedro Antunes	-	SEN	Louletano	278	00:14:51	173	00:34:19	186	00:21:07	01:10:18	00:14:34
199	3100	871	Luis Cipriano	-	SEN	A. M. C. R. Fonte Grada	324	00:15:47	177	00:34:23	135	00:20:11	01:10:22	00:14:38
200	4393	877	Julio Nunes	-	V2	Associação Naval Amorense	265	00:14:24	208	00:35:07	172	00:20:50	01:10:22	00:14:38
201	1045	313	João Canas	-	CAD	Triatlo "osBelenenses"	197	00:13:10	203	00:35:02	231	00:22:10	01:10:23	00:14:39
202	3274	2277	Solange Sousa	-	SEN	DNMG	168	00:12:28	205	00:35:05	255	00:22:50	01:10:24	00:14:40
203	3643	1044	Luis Paixão	-	SEN	Vitoria de Janes	28		30		284	00:23:28	01:10:24	00:14:41
204	3205	2146	João Emanuel Costa	-	SEN	Individual	196	00:13:07	198	00:34:53	240	00:22:28	01:10:29	00:14:45
205	1536	1559	Tânia Henriques	-	JUN	Associação Naval Amorense	87	00:10:37	257	00:36:57	258	00:22:54	01:10:29	00:14:46
206	3120	504	Mário Couto	-	SEN	Individual	352	00:17:14	159	00:33:59	94	00:19:19	01:10:33	00:14:50
207	3030	2630	Nuno Raimundo	-	SEN	Clube de Praças da Armada	270	00:14:31	184	00:34:37	210	00:21:39	01:10:47	00:15:04
208	3334	1158	Rui Filipe Costa	-	SEN	Porto Runners	231	00:13:48	236	00:35:56	185	00:21:06	01:10:51	00:15:07
209	3385	1340	Pedro Guedes	-	SEN	Porto Runners	254	00:14:13	216	00:35:19	196	00:21:17	01:10:51	00:15:07
210	4130	938	Pedro Quaresma	-	V2	Clube Millennium BCP	34		36		204	00:21:32	01:10:58	00:15:15
211	4241	1464	André Cunha	-	V1	Açoreana Clube Banif	35		37		212	00:21:43	01:10:59	00:15:15
212	1118	1786	Miguel Pereira	-	CAD	Associação Naval Amorense	148	00:12:09	217	00:35:20	285	00:23:30	01:11:00	00:15:16
213	4595	423	António Costa	-	V1	Núcleo Sportinguista da Golegã	288	00:15:01	219	00:35:21	170	00:20:48	01:11:11	00:15:27
214	3243	2232	João Lourenço	-	SEN	C. N. Colégio Vasco da Gama	199	00:13:12	240	00:36:00	222	00:21:58	01:11:11	00:15:28
215	3517	454	Fábio Pratas	-	SEN	Clube de Praças da Armada	275	00:14:46	243	00:36:08	145	00:20:23	01:11:17	00:15:34
216	1580	661	Vanessa Valente	-	JUN	Alhandra Sporting Club	11		11		305	00:24:30	01:11:23	00:15:40
217	3356	2469	João Pedro Fulgêncio	-	SEN	Clube de Triatlo de Almada	327	00:15:53	222	00:35:28	131	00:20:03	01:11:26	00:15:42
218	4484	2223	Bruno Bastos da Silva	-	V1	Individual	171	00:12:34	197	00:34:53	297	00:24:03	01:11:31	00:15:47
219	3159	2076	André Jesus	-	SEN	Clube Oriental de Lisboa	307	00:15:26	233	00:35:50	141	00:20:17	01:11:33	00:15:50
220	4456	1595	Helder Moringa	-	V1	Ateneu Artístico Cartaxense	281	00:14:55	249	00:36:26	139	00:20:15	01:11:36	00:15:52
221	3165	2079	Bruno Pontes	-	SEN	McDonalds/TriBraga	317	00:15:36	234	00:35:52	137	00:20:11	01:11:40	00:15:57
222	4025	148	João Medeiro	-	V2	Serv. Soc. CGD	282	00:14:55	247	00:36:17	151	00:20:30	01:11:42	00:15:59
223	3513	2783	Pedro Pessoa	-	SEN	Individual	84	00:10:24	296	00:39:10	230	00:22:10	01:11:45	00:16:02
224	3231	2201	Luis Miguel Santos	-	SEN	C. N. Colégio Vasco da Gama	251	00:14:10	225	00:35:31	228	00:22:04	01:11:47	00:16:03
225	4406	992	Pedro Bastilio	-	V1	Clube Oriental de Lisboa	180	00:12:46	261	00:37:06	217	00:21:54	01:11:47	00:16:04
226	3338	1441	José Guerreiro	-	SEN	Clube de Praças da Armada	314	00:15:33	229	00:35:42	159	00:20:39	01:11:55	00:16:11
227	4138	350	Paulo Guedes	-	V3	Garmin Olímpico de Oeiras	202	00:13:19	245	00:36:13	239	00:22:26	01:11:59	00:16:16
228	4326	405	Carlos Ferreira	-	V4	Individual	289	00:15:01	212	00:35:13	215	00:21:47	01:12:03	00:16:19
229	3444	2642	Flávio Cordeiro	-	SEN	Individual	354	00:17:24	43		4		01:12:07	00:16:24
230	4360	558	Helder Lopes	-	V1	G. D. R. de Manique de Cima	340	00:16:41	186	00:34:39	171	00:20:48	01:12:08	00:16:25
231	4602	2787	Philippe Jacobs	-	V1	A. H. Bombeiros Estoris / 3 IRON	255	00:14:15	199	00:34:57	261	00:22:55	01:12:09	00:16:25
232	1107	2274	Alexandre Cruz	-	CAD	G. D. R. de Manique de Cima	232	00:13:51	262	00:37:07	195	00:21:12	01:12:10	00:16:27
233	3451	2662	Ricardo Sousa	-	SEN	DNMG	25		27		257	00:22:54	01:12:11	00:16:27
234	4075	242	José Peixoto	-	V3	Peniche A. C.	346	00:16:45	194	00:34:48	164	00:20:45	01:12:19	00:16:35
235	3404	824	Miguel Ramos	-	SEN	A. D. C. R. Painho	319	00:15:37	220	00:35:25	197	00:21:17	01:12:20	00:16:37
236	3319	2421	Filipe Mendes	-	SEN	Individual	303	00:15:24	226	00:35:31	203	00:21:27	01:12:22	00:16:39
237	4505	2268	Armando Lopes	-	V3	Individual	264	00:14:23	256	00:36:56	192	00:21:09	01:12:29	00:16:46
238	3711	666	Sara Reis	-	SEN	A. M. C. R. Fonte Grada	208	00:13:22	241	00:36:04	270	00:23:03	01:12:30	00:16:47
239	4499	2251	Fabio Tavares	-	V1	Louletano	166	00:12:26	204	00:35:05	321	00:25:01	01:12:33	00:16:49
240	4504	2185	Miguel Menezes	-	V1	Ateneu Artístico Cartaxense	299	00:15:15	209	00:35:10	237	00:22:19	01:12:45	00:17:01
241	3676	978	Filipe Vidal	-	SEN	Clube de Praças da Armada	226	00:13:40	269	00:37:21	213	00:21:43	01:12:45	00:17:01
242	3368	1176	Pedro Magalhães	-	SEN	Assoc. Académica S. Mamede	237	00:13:55	221	00:35:27	283	00:23:26	01:12:50	00:17:06
243	4394	878	Pedro Miguel Jorge	-	V1	Associação Naval Amorense	250	00:14:10	255	00:36:53	219	00:21:54	01:12:58	00:17:15
244	3126	2037	Bruno Dinis	-	SEN	Individual	205	00:13:21	265	00:37:08	242	00:22:29	01:12:58	00:17:15
245	3446	737	Bruno Brito	-	SEN	Individual	230	00:13:46	300	00:39:25	122	00:19:50	01:13:01	00:17:18

Data:	10-06-2012	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
246	4593	2753	Artur Parreira	-	V3	Individual	227	00:13:41	282	00:37:58	201	00:21:22	01:13:02	00:17:18
247	3271	2271	Nuno Romão	-	SEN	G. D. R. de Manique de Cima	330	00:16:02	23		3		01:13:04	00:17:21
248	3245	2236	Nuno Carvalhinho	-	SEN	TRITATLO CLUBE TAP	298	00:15:13	238	00:35:59	221	00:21:57	01:13:09	00:17:26
249	4576	2654	Karin Omberg	-	V1	Garmin Olimpico de Oeiras	241	00:13:58	272	00:37:30	223	00:21:58	01:13:27	00:17:43
250	4487	1318	Rodrigo Cordeiro	-	V1	Individual	269	00:14:30	253	00:36:43	235	00:22:17	01:13:31	00:17:47
251	4363	566	Joaquim Guedelha	-	V2	G. D. R. de Manique de Cima	162	00:12:22	266	00:37:11	298	00:24:06	01:13:41	00:17:58
252	1017	544	Joana Coelho	-	CAD	G. D. R. de Manique de Cima	125	00:11:33	276	00:37:38	304	00:24:30	01:13:42	00:17:58
253	3331	2431	Pedro Carvalho	-	SEN	Sporting CP	192	00:13:01	250	00:36:32	300	00:24:09	01:13:43	00:17:59
254	3072	1871	Sérgio Cipriano	-	SEN	A. M. C. R. Fonte Grada	344	00:16:43	193	00:34:48	236	00:22:18	01:13:50	00:18:07
255	3454	2690	Carlos Santos Silva	-	SEN	Individual	245	00:14:05	267	00:37:16	245	00:22:32	01:13:54	00:18:11
256	4189	492	Carlos Serra	-	V1	Alhandra Sporting Club	290	00:15:04	244	00:36:08	253	00:22:46	01:13:59	00:18:15
257	4068	936	Manuel Rodrigues	-	V2	Clube Millennium BCP	322	00:15:43	215	00:35:18	273	00:23:08	01:14:10	00:18:26
258	3233	2203	Nuno Fonseca	-	SEN	Individual	295	00:15:11	242	00:36:07	263	00:22:59	01:14:18	00:18:35
259	4077	872	João Côte Real	-	V2	A. M. C. R. Fonte Grada	267	00:14:27	252	00:36:38	276	00:23:13	01:14:19	00:18:35
260	3303	2325	José Mercês	-	SEN	Individual	339	00:16:37	207	00:35:07	246	00:22:34	01:14:20	00:18:36
261	3450	2658	David Garcia	-	SEN	Individual	296	00:15:12	273	00:37:34	208	00:21:36	01:14:23	00:18:39
262	4403	981	Paulo Jorge Santos	-	V2	A. M. C. R. Fonte Grada	283	00:14:56	251	00:36:38	256	00:22:51	01:14:25	00:18:42
263	1595	477	Andreia Ferreira	-	JUN	Clube de Triatlo de Almada	120	00:11:24	304	00:39:59	272	00:23:03	01:14:27	00:18:44
264	4480	2205	Pedro Goucha Jorge	-	V2	Individual	222	00:13:34	284	00:38:01	269	00:23:01	01:14:37	00:18:54
265	1084	2186	Mariana Pombo	-	CAD	Núcleo Sportinguista da Golegã	280	00:14:54	254	00:36:46	262	00:22:58	01:14:39	00:18:56
266	4586	2712	Miguel Duarte	-	V2	Individual	149	00:12:09	279	00:37:46	312	00:24:43	01:14:40	00:18:56
267	2055	927	Alexandra Monteiro	-	S23	Clube dos Galitos	101	00:10:51	311	00:40:24	287	00:23:37	01:14:52	00:19:09
268	3798	1429	Sérgio Ferreira	-	SEN	C. N. Alvito	224	00:13:35	315	00:40:55	152	00:20:30	01:15:02	00:19:18
269	3019	1744	Decio Andrade	-	SEN	G.A.A. Vila Franca de Xira	258	00:14:17	263	00:37:07	288	00:23:38	01:15:02	00:19:19
270	3728	793	Nuno Costa	-	SEN	Serv. Soc. CGD	240	00:13:57	268	00:37:19	292	00:23:49	01:15:06	00:19:22
271	4508	2270	Vasco Borges	-	V1	Cl. Ferroviário de Vendas Novas	219	00:13:31	259	00:37:00	310	00:24:40	01:15:12	00:19:28
272	1153	2562	Teresa Teixeira	-	CAD	Clube dos Galitos	91	00:10:39	324	00:41:36	264	00:22:59	01:15:14	00:19:31
273	4024	151	Carlos Albano Silva	-	V1	Serv. Soc. CGD	279	00:14:54	246	00:36:16	299	00:24:07	01:15:18	00:19:35
274	3250	2243	Pedro Mauricio Vieira	-	SEN	Peniche A. C.	262	00:14:23	275	00:37:35	282	00:23:26	01:15:24	00:19:41
275	4036	1722	Miguel Gomes	-	V1	C. N. Colégio Vasco da Gama	271	00:14:31	281	00:37:57	274	00:23:08	01:15:37	00:19:53
276	4574	2651	Miguel Madeira	-	V1	Individual	105	00:10:55	365	00:47:58	15	00:16:48	01:15:41	00:19:58
277	4246	127	Nuno Lourenço Dimas	-	V1	Individual	236	00:13:55	303	00:39:52	225	00:22:01	01:15:49	00:20:05
278	4361	559	Hipólito Ferreira	-	V2	G. D. R. de Manique de Cima	249	00:14:08	264	00:37:07	314	00:24:49	01:16:05	00:20:21
279	3486	2768	João Filipe Jacinto	-	SEN	Ateneu Artístico Cartaxense	143	00:11:59	298	00:39:12	331	00:25:22	01:16:34	00:20:50
280	4572	2648	Luis Viegas	-	V2	Leões do Sul	300	00:15:15	294	00:39:06	234	00:22:15	01:16:37	00:20:54
281	3679	561	Pedro Borges Coelho	-	SEN	G. D. R. de Manique de Cima	284	00:14:56	301	00:39:37	229	00:22:06	01:16:41	00:20:57
282	4072	827	Renato Fidalgo	-	V3	A. D. C. R. Painho	358	00:17:43	277	00:37:39	202	00:21:24	01:16:47	00:21:03
283	3452	2660	Ricardo Rodrigues	-	SEN	Individual	321	00:15:40	288	00:38:34	251	00:22:43	01:16:58	00:21:14
284	4021	1709	Jorge Silva	-	V2	A. H. Bombeiros Estoris / 3 IRON	305	00:15:24	248	00:36:20	328	00:25:15	01:17:00	00:21:16
285	4165	1466	Carlos Candeias	-	V2	Açoreana Clube Banif	337	00:16:16	289	00:38:44	224	00:21:58	01:17:00	00:21:16
286	4215	738	José Luis Correia	-	V3	A. H. Bombeiros Estoris / 3 IRON	150	00:12:11	299	00:39:15	333	00:25:32	01:17:00	00:21:16
287	3272	2275	Ricardo Oliveira	-	SEN	DNMG	333	00:16:09	283	00:37:58	275	00:23:13	01:17:20	00:21:37
288	4470	822	José Ferreira	-	V1	A. D. C. R. Painho	38		40		238	00:22:23	01:17:30	00:21:46
289	4023	432	Francisco Bexiga	-	V3	Clube de Praças da Armada	253	00:14:13	271	00:37:25	341	00:25:52	01:17:31	00:21:48
290	4295	1352	Luis Barbosa	-	V1	C. N. Colégio Vasco da Gama	353	00:17:18	297	00:39:10	200	00:21:22	01:17:51	00:22:07
291	4596	2763	Nuno Quadros	-	V1	DNMG	40		42		363	00:27:52	01:17:54	00:22:11
292	4579	2659	Euclides Coimbra	-	V3	Individual	223	00:13:35	325	00:41:38	260	00:22:55	01:18:10	00:22:26
293	4479	2202	José Pinto Gomes	-	V4	Individual	343	00:16:43	286	00:38:25	267	00:23:01	01:18:11	00:22:27
294	4453	1589	Carlos Barata Correia	-	V5	Clube de Triatlo de Almada	37		39		350	00:26:56	01:18:24	00:22:40

Data:	10-06-2012	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
295	4350	205	João Góis Gomes	-	V1	Individual	276	00:14:48	302	00:39:43	295	00:24:01	01:18:33	00:22:49
296	4263	260	Paulo Matias	-	V1	Oeiras Sport Clube	301	00:15:18	292	00:39:02	301	00:24:12	01:18:33	00:22:50
297	4154	162	Paulo Leote	-	V2	G.A.A. Vila Franca de Xira	306	00:15:25	308	00:40:10	268	00:23:01	01:18:37	00:22:54
298	4382	478	Paulo Fonseca	-	V1	Clube de Triatlo de Almada	304	00:15:24	339	00:42:36	180	00:21:00	01:19:01	00:23:17
299	4069	937	João Rodrigues Silva	-	V2	Clube Millennium BCP	131	00:11:45	346	00:43:10	302	00:24:12	01:19:08	00:23:25
300	1565	662	Rita Delgado	-	JUN	Associação Naval Amorense	163	00:12:23	293	00:39:04	359	00:27:45	01:19:14	00:23:30
301	3137	2040	Henrique Delgado	-	SEN	TRI CAP - Penafirme	175	00:12:39	305	00:40:01	348	00:26:36	01:19:18	00:23:34
302	4516	1876	António Madeira	-	V3	Clube de Praças da Armada	359	00:17:46	330	00:41:52	113	00:19:42	01:19:21	00:23:37
303	4294	1056	José Panóias	-	V4	Quintajense Futebol Clube	36		38		265	00:22:59	01:19:44	00:24:01
304	3724	1824	Pedro Raposo	-	SEN	Ateneu Artístico Cartaxense	332	00:16:08	287	00:38:29	326	00:25:10	01:19:47	00:24:04
305	4235	268	Ricardo Aguiar	-	V2	Cl. Ferroviário de Vendas Novas	292	00:15:07	309	00:40:14	307	00:24:32	01:19:54	00:24:10
306	3389	2592	Gonçalo Filipe Simões	-	SEN	DNMG	316	00:15:35	329	00:41:42	249	00:22:37	01:19:55	00:24:11
307	4096	664	Luis Tavares	-	V1	Associação Naval Amorense	341	00:16:41	285	00:38:13	323	00:25:05	01:20:00	00:24:17
308	4500	2252	Luis Trindade	-	V1	Louletano	261	00:14:20	319	00:41:14	306	00:24:31	01:20:06	00:24:23
309	4329	619	Rui Correia	-	V5	Individual	347	00:16:46	278	00:37:43	336	00:25:38	01:20:09	00:24:25
310	4603	2790	Paulo Fernandes	-	V1	Individual	235	00:13:54	323	00:41:29	317	00:24:54	01:20:18	00:24:35
311	3164	2089	Lénia Gamito	-	SEN	Louletano	287	00:15:01	321	00:41:25	296	00:24:02	01:20:29	00:24:45
312	1609	2005	Ana Sofia Carvalheira	-	JUN	Assoc. Académica S. Mamede	247	00:14:06	334	00:42:11	303	00:24:16	01:20:33	00:24:50
313	3339	2443	Salete Pombo	-	SEN	Núcleo Sportinguista da Golegã	242	00:13:59	327	00:41:41	318	00:24:57	01:20:38	00:24:55
314	4195	390	Sérgio Oliveira	-	V1	A. H. Bombeiros Estoris / 3 IRON	342	00:16:42	280	00:37:54	342	00:26:02	01:20:38	00:24:55
315	4346	133	Jorge Carreiras	-	V2	Clube Oriental de Lisboa	357	00:17:41	295	00:39:08	294	00:23:57	01:20:47	00:25:03
316	3220	2169	Isabel Ferreira	-	SEN	C. N. Colégio Vasco da Gama	302	00:15:22	291	00:39:02	345	00:26:29	01:20:54	00:25:11
317	1018	524	Catarina Marques	-	CAD	Ext. Coop. da Benedita	326	00:15:51	314	00:40:26	309	00:24:38	01:20:57	00:25:13
318	3432	2633	Hugo Sousa	-	SEN	Açoreana Clube Banif	360	00:17:55	274	00:37:34	335	00:25:36	01:21:07	00:25:23
319	4327	2127	Mário Ramos	-	V3	Individual	310	00:15:32	317	00:40:59	308	00:24:38	01:21:10	00:25:26
320	4305	1461	António João Santos	-	V1	Açoreana Clube Banif	313	00:15:33	328	00:41:42	293	00:23:56	01:21:12	00:25:29
321	4343	158	Miguel Pacheco	-	V3	TRIATLO CLUBE TAP	355	00:17:33	310	00:40:19	280	00:23:22	01:21:15	00:25:32
322	4053	560	Pedro Pereira	-	V1	G. D. R. de Manique de Cima	363	00:18:01	342	00:42:42	155	00:20:36	01:21:20	00:25:36
323	4538	2465	Rogério Araújo	-	V2	Clube Millennium BCP	308	00:15:29	335	00:42:11	289	00:23:39	01:21:20	00:25:37
324	1596	681	Maria Carvalho	-	JUN	Ext. Coop. da Benedita	256	00:14:16	336	00:42:13	319	00:25:00	01:21:30	00:25:46
325	3167	2091	João Boim	-	SEN	Núcleo Sportinguista da Golegã	362	00:18:00	290	00:38:46	316	00:24:53	01:21:40	00:25:57
326	4570	2643	Carlos Luis	-	V2	Individual	294	00:15:11	349	00:43:16	286	00:23:32	01:21:59	00:26:16
327	3808	1470	Diogo Ferreira	-	SEN	Açoreana Clube Banif	351	00:17:01	307	00:40:10	315	00:24:52	01:22:04	00:26:20
328	1593	2298	Margarida Beato	-	JUN	A. H. Bombeiros Estoris / 3 IRON	183	00:12:50	353	00:43:40	334	00:25:34	01:22:05	00:26:21
329	4493	2241	Amílcar Almeida	-	V2	A. H. Bombeiros Estoris / 3 IRON	272	00:14:33	331	00:42:03	332	00:25:28	01:22:05	00:26:22
330	3500	943	Fábio Ferreira	-	SEN	Núcleo Sportinguista da Golegã	318	00:15:36	320	00:41:22	329	00:25:19	01:22:18	00:26:34
331	3377	1167	Eurico Coelho	-	SEN	Assoc. Académica S. Mamede	225	00:13:36	316	00:40:57	358	00:27:45	01:22:19	00:26:36
332	4604	2791	Paulo Jorge Fernandes	-	V1	Individual	329	00:16:02	318	00:41:00	330	00:25:21	01:22:24	00:26:40
333	4524	2351	Joaquim Paiva	-	V1	Individual	277	00:14:49	337	00:42:13	337	00:25:39	01:22:42	00:26:59
334	4476	2179	Luis Valverde	-	V2	C. N. Alvito	364	00:20:17	347	00:43:10	104	00:19:28	01:22:56	00:27:12
335	4421	1319	Antonio Moreira	-	V4	Individual	335	00:16:10	312	00:40:26	343	00:26:22	01:22:58	00:27:15
336	4299	525	Luis Serrazina	-	V2	Ext. Coop. da Benedita	350	00:16:54	258	00:36:57	368	00:29:17	01:23:09	00:27:25
337	1597	2374	Carolina Serrazina	-	JUN	Ext. Coop. da Benedita	209	00:13:23	313	00:40:26	369	00:29:19	01:23:09	00:27:25
338	1106	569	Ana Catarina Silva	-	CAD	G. D. R. de Manique de Cima	221	00:13:34	333	00:42:09	362	00:27:50	01:23:34	00:27:50
339	3107	2002	Paulo Manuel Ferreira	-	SEN	Individual	361	00:18:00	322	00:41:27	311	00:24:41	01:24:08	00:28:24
340	4565	2619	Lionel Hunot	-	V2	Sporting CP	328	00:16:00	326	00:41:38	347	00:26:33	01:24:12	00:28:29
341	4046	266	Mário Melo	-	V5	Cl. Ferroviário de Vendas Novas	229	00:13:45	338	00:42:25	366	00:28:06	01:24:17	00:28:33
342	3467	2711	Hugo Nalha	-	SEN	Individual	365	00:21:11	306	00:40:07	266	00:23:01	01:24:20	00:28:36
343	3829	1585	Liliana Brás	-	SEN	TRIATLO CLUBE TAP	217	00:13:30	344	00:43:08	361	00:27:47	01:24:25	00:28:42

Data:	10-06-2012	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
344	5791		Marta Cerdà Lafont	-	SEN	Individual	211	00:13:25	356	00:44:22	349	00:26:46	01:24:34	00:28:50
345	3155	2061	Ricardo Santos	-	SEN	Individual	315	00:15:34	341	00:42:41	346	00:26:30	01:24:47	00:29:03
346	3371	2558	Sérgio Lopes	-	SEN	Escola de Ciclismo Triatlo Camara	23		25		340	00:25:47	01:24:48	00:29:04
347	3436	2628	Helena Miranda	-	SEN	Louletano	320	00:15:38	359	00:46:38	252	00:22:44	01:25:02	00:29:18
348	4438	1465	António Guedes	-	V1	Açoreana Clube Banif	349	00:16:51	352	00:43:30	324	00:25:08	01:25:30	00:29:47
349	2056	1651	Ana Rita Costa	-	S23	A. M. C. R. Fonte Grada	274	00:14:45	354	00:43:50	356	00:27:33	01:26:09	00:30:25
350	4491	2238	Joaquim Nuno	-	V2	Clube Oriental de Lisboa	266	00:14:24	358	00:46:11	344	00:26:29	01:27:04	00:31:21
351	3042	1761	Joana Fragata	-	SEN	Núcleo Sportinguista da Golegã	338	00:16:23	350	00:43:17	355	00:27:31	01:27:11	00:31:28
352	3730	734	Bruno Rainho	-	SEN	C. N. Colégio Vasco da Gama	291	00:15:06	355	00:43:52	370	00:29:46	01:28:45	00:33:01
353	3069	1845	Ana Rita Duarte	-	SEN	McDonalds/TriBraga	257	00:14:17	361	00:47:13	357	00:27:36	01:29:06	00:33:23
354	3238	1723	Marta Franco	-	SEN	C. N. Colégio Vasco da Gama	312	00:15:32	351	00:43:30	372	00:30:24	01:29:27	00:33:44
355	1133	684	Georgeta Munteanu	-	CAD	Ext. Coop. da Benedita	8		8		353	00:27:19	01:29:27	00:33:44
356	3826	1572	Helder Figueiredo	-	SEN	C. N. Colégio Vasco da Gama	372	00:23:40	343	00:43:01	254	00:22:49	01:29:31	00:33:48
357	4452	1588	Madalena Caninas	-	V2	Clube de Triatlo de Almada	285	00:14:57	364	00:47:26	354	00:27:27	01:29:51	00:34:08
358	3358	2513	Maria Vitória Lima	-	SEN	Lusitano	369	00:21:40	345	00:43:09	325	00:25:08	01:29:59	00:34:15
359	1109	549	Catarina Calado Ferreira	-	CAD	G. D. R. de Manique de Cima	259	00:14:18	332	00:42:05	374	00:33:45	01:30:09	00:34:26
360	4488	2237	Miguel Brandão	-	V2	TRITATLO CLUBE TAP	325	00:15:49	362	00:47:17	360	00:27:46	01:30:54	00:35:10
361	4563	2615	Paulo Videira	-	V1	Individual	345	00:16:45	363	00:47:18	352	00:27:14	01:31:17	00:35:34
362	3415	2618	Pedro Burguette	-	SEN	Açoreana Clube Banif	334	00:16:10	372	00:53:29	227	00:22:02	01:31:42	00:35:58
363	3187	2124	Leonor Calaim	-	SEN	C. N. Colégio Vasco da Gama	311	00:15:32	357	00:45:45	371	00:30:24	01:31:42	00:35:58
364	4342	140	Luis Filipe Silva	-	V4	TRITATLO CLUBE TAP	370	00:21:51	348	00:43:11	351	00:27:02	01:32:04	00:36:21
365	3519	2784	Diogo Simão	-	SEN	Clube Oriental de Lisboa	368	00:21:39	340	00:42:41	367	00:28:23	01:32:44	00:37:00
366	4328	813	Anette Kind	-	V3	Veteranos do Porto	348	00:16:50	368	00:48:22	364	00:27:56	01:33:09	00:37:26
367	4088	736	António Trabuco	-	V3	Individual	356	00:17:33	367	00:48:14	365	00:28:01	01:33:49	00:38:05
368	4573	2649	Lopo Faisca	-	V2	Leões do Sul	323	00:15:45	373	00:53:50	322	00:25:04	01:34:40	00:38:56
369	4543	1462	João Carlos Serra	-	V1	Açoreana Clube Banif	366	00:21:30	366	00:48:09	320	00:25:00	01:34:40	00:38:56
370	4306	2519	José Pereira	-	V2	Açoreana Clube Banif	371	00:23:13	360	00:46:49	339	00:25:44	01:35:47	00:40:04
371	4307	1463	Jorge Carlos Serra	-	V2	Açoreana Clube Banif	367	00:21:30	369	00:48:33	338	00:25:44	01:35:47	00:40:04
372	4605	2792	Fernanda Marques	-	V1	Individual	297	00:15:13	374	00:58:20	291	00:23:48	01:37:22	00:41:38
373	4571	2647	Amândio Norberto	-	V5	Leões do Sul	373	00:24:55	371	00:49:47	327	00:25:11	01:39:55	00:44:11
374	4519	2326	Carla Teixeira	-	V1	Garmin Olimpico de Oeiras	374	00:27:30	370	00:49:39	373	00:31:08	01:48:18	00:52:35
	4601	2781	Jose Alberto Domingos	DQ	V5	Individual	347	00:14:46	347	00:37:02	347	00:24:10	01:15:58	00:20:15
	1001	47	Luis Pedro Ferreira	DNF	CAD	Alhandra Sporting Club		00:09:45		00:32:53				-
	1026	1004	Guilherme Lopes	DNF	CAD	Sporting CP		00:10:50		00:31:55				-
	1110	552	João Ferreira Pereira	DNF	CAD	G. D. R. de Manique de Cima		00:11:31		00:33:02				-
	1140	1103	Ana Casteleiro	DNF	CAD	Sporting CP		00:12:08						-
	4400	759	Paulo Canário	DNF	V1	Cl. Ferroviário de Vendas Novas		00:10:57		00:33:20				-
	4506	1614	Filipe Varandas	DNF	V1	Clube Triatlo de Perosinho		00:12:29						-
	4575	2652	Diogo Madeira	DNF	V1	Individual		00:09:49						-
	1002	45	Luis Gabriel Monteiro	DNS	CAD	Alhandra Sporting Club								-
	1035	1771	João Carlos Costa	DNS	CAD	Sporting CP								-
	1038	906	Ana Ramos	DNS	CAD	CAPGE								-
	1074	2150	João Pedro	DNS	CAD	Sporting CP								-
	1090	1916	Inês Oliveira	DNS	CAD	Clube Oriental de Lisboa								-
	1095	177	Alexandru Statiuc	DNS	CAD	Alhandra Sporting Club								-
	1135	547	Mariana Matos	DNS	CAD	C. N. Colégio Vasco da Gama								-
	2030	2104	Paulo Junior	DNS	S23	Individual								-
	2059	2650	Manuel Barbosa	DNS	S23	Individual								-
	2127	579	Diogo Custódio	DNS	S23	Sporting CP								-

Data:	10-06-2012	Hora:	11h00	Local:	Oeiras			
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt			

Ranking:	Camp. Nac. Clubes, Cad e Jun	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
	3185	2122	Hugo Fonseca	DNS	SEN	Sporting CP								-
	3203	2145	João Carlos Correia	DNS	SEN	C. N. Tejo								-
	3242	2222	Marco Machado Fernandes	DNS	SEN	Individual								-
	3269	13	Miguel Arraiolos	DNS	SEN	C. D. "Os Águias" de Alpiarça								-
	3310	829	Miguel Caetano	DNS	SEN	A. D. C. R. Painho								-
	3383	336	Sofia Valente	DNS	SEN	A. M. C. R. Fonte Grada								-
	3408	2612	Nuno Martins	DNS	SEN	Individual								-
	3587	1034	Isa Parreira	DNS	SEN	Louletano								-
	3771	1311	Inácio José Faisca	DNS	SEN	Atlético Clube Montemorense								-
	4073	828	Amândio Caetano	DNS	V2	A. D. C. R. Painho								-
	4149	595	José Ribeiro	DNS	V2	Ext. Coop. da Benedita								-
	4268	979	Vasco Soares	DNS	V1	Clube de Praças da Armada								-
	4303	673	António Reis	DNS	V3	Cl. Ferroviário de Vendas Novas								-
	4540	2467	Vitor Miguel Gomes	DNS	V1	Clube Millennium BCP								-