

Data:	10-06-2009	Hora:	09h30	Local:	Oeiras
Natação	300 mt	Ciclismo:	10.000 mt	Corrida:	2.000 mt

Ranking:		Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Total	Diff
1	25	194	Pedro Afonso Gaspar	-	JUV	Individual	00:31:27	
2	455	3062	Pedro Bica	-	JUV	G. D. R. de Manique de Cima	00:33:09	00:01:42
3	3054	739	António Luz Gomes	-	SEN	Oeiras Sport Clube - TRANSINSULAR	00:33:30	00:02:03
4	465	3104	João Sousa	-	JUV	C.F. Os Belenenses	00:33:51	00:02:23
5	10	108	Mitos Figueira	-	JUV	C.F. Os Belenenses	00:33:54	00:02:26
6	490	3132	Guilherme Lopes	-	JUV	Clube de Triatlo de Almada	00:34:01	00:02:33
7	35	130	Andreia Lopes	-	JUV	C.F. Os Belenenses	00:34:10	00:02:43
8	402	2946	Alexandre Nobre	-	JUV	Alhandra Sporting Clube	00:34:23	00:02:56
9	537	3274	André Mateus Silva	-	JUV	G. D. R. de Manique de Cima	00:34:27	00:03:00
10	146	2480	José Luis Virtuoso	-	JUV	Núcleo Ciclismo da Baixa da Banheira	00:34:34	00:03:07
11	659	3605	João Miguel Cristo	-	JUV	Clube de Triatlo de Almada	00:34:51	00:03:23
12	2109	2631	David Ferreira	-	S23	Alhandra Sporting Clube	00:34:58	00:03:31
13	21	4179	Sara Tenrinho	-	JUV	C.F. Os Belenenses	00:35:05	00:03:37
14	5151		Rui Pacheco	-	SEN	Individual	00:35:20	00:03:53
15	621	3493	João Melo	-	JUV	HALCON - SPIUK Olimpico de Oeiras	00:35:34	00:04:06
16	541	3286	Beatriz Botas	-	JUV	Alhandra Sporting Clube	00:35:37	00:04:10
17	539	3276	Pedro Morgado	-	JUV	Clube de Triatlo de Almada	00:35:50	00:04:23
18	141	2475	Gonçalo Pitarma	-	JUV	Núcleo Ciclismo da Baixa da Banheira	00:36:09	00:04:42
19	355	2864	Luis Miguel Silva	-	JUV	G. D. R. de Manique de Cima	00:36:13	00:04:45
20	5145		Ricardo Correia	-	JUN	Individual	00:36:20	00:04:53
21	5014		Artur Parreira	-	V2	Individual	00:36:21	00:04:54
22	91	184	Ana Rita Reis	-	JUV	Núcleo Ciclismo da Baixa da Banheira	00:36:29	00:05:02
23	689	3667	Eddy Fachadas	-	JUV	A. R. S. C. Toledo	00:36:33	00:05:06
24	5137		Pedro Miguel Silva	-	S23	Individual	00:36:35	00:05:08
25	604	3444	Luis Gabriel Monteiro	-	JUV	Alhandra Sporting Clube	00:36:50	00:05:23
26	636	3512	Rúben Rodrigues	-	JUV	Clube de Triatlo de Almada	00:36:54	00:05:27
27	5106		Miguel Ribeiro	-	S23	Individual	00:37:14	00:05:47
28	492	3134	Caterina Sousa	-	JUV	Clube de Triatlo de Almada	00:37:19	00:05:51
29	5103		Miguel Alves Basch	-	JUN	Individual	00:37:33	00:06:05
30	5092		Manuel Rodrigues	-	V1	Individual	00:37:33	00:06:06
31	3515	3498	Jorge Borges	-	SEN	G. D. P. CIMPOR - Alhandra	00:37:36	00:06:08
32	4317	3718	Pedro Vilaça da Silva	-	V1	C.F. Os Belenenses	00:37:45	00:06:17
33	5258		Nuno Miguel Faria	-	JUN	Individual	00:37:45	00:06:17
34	1065	2328	Pedro Antão	-	JUN	Alhandra Sporting Clube	00:37:45	00:06:18
35	5009		António Pedro Gil	-	S23	Individual	00:37:51	00:06:23
36	92	185	Ana Paula Reis	-	JUV	Núcleo Ciclismo da Baixa da Banheira	00:37:58	00:06:31
37	5159		Vicente Albuquerque	-	JUV	Individual	00:38:03	00:06:35
38	5256		Veselin Vasilev	-	SEN	Individual	00:38:06	00:06:38
39	5048		João António Freitas	-	SEN	Individual	00:38:08	00:06:41
40	4020	866	Paulo Alves	-	V2	Amiciclo	00:38:39	00:07:12
41	475	3119	André Nunes	-	JUV	Núcleo Ciclismo da Baixa da Banheira	00:38:58	00:07:30
42	5004		André Árias Novais	-	S23	Individual	00:39:02	00:07:35
43	5077		Joy Bettencourt Santos	-	SEN	Individual	00:39:04	00:07:36
44	5093		Márcio José Fernandes	-	S23	Individual	00:39:05	00:07:38
45	5042		Ivo Rafael Pona	-	S23	Individual	00:39:12	00:07:45
46	5070		José Custódio Marques	-	SEN	Individual	00:39:14	00:07:47
47	46	132	Joana Coelho	-	JUV	G. D. R. de Manique de Cima	00:39:18	00:07:51
48	1241	3591	Diana Rodrigues	-	JUN	TRI CAP - Penafirme	00:39:21	00:07:53
49	5041		Isabela Silva	-	S23	Individual	00:39:38	00:08:11

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Total	Diff
50	590	3417	Tiago André Pereira	-	JUV	Clube de Triatlo de Almada	00:39:45	00:08:17
51	5069		José Carlos Gordilho	-	V2	Individual	00:39:46	00:08:18
52	532	3249	Susana Calhau	-	JUV	C.N. Alvito	00:39:48	00:08:20
53	638	3522	Bruna Alvão	-	JUV	C.F. Os Belenenses	00:39:50	00:08:22
54	646	3544	Ana Alarico	-	JUV	C. N. Tejo	00:39:52	00:08:25
55	5211		André Piteira	-	JUN	Individual	00:39:58	00:08:30
56	5029		David Gonçalves	-	S23	Individual	00:40:06	00:08:38
57	5052		João Filipe Correia	-	S23	Individual	00:40:14	00:08:47
58	5054		João Galhordas	-	SEN	Individual	00:40:19	00:08:51
59	5046		João André Marques	-	JUN	Individual	00:40:22	00:08:54
60	5105		Miguel Gameiro	-	S23	Individual	00:40:25	00:08:58
61	5036		Gabriel Oliveira	-	S23	Individual	00:40:27	00:09:00
62	43	2320	Ana Teresa Sátyro	-	JUV	Amiciclo	00:40:36	00:09:09
63	365	2879	Paul Roothans	-	JUV	C.N. Alvito	00:41:04	00:09:36
64	5024		Daniel Conceição	-	JUN	Individual	00:41:09	00:09:41
65	1262	3791	Joana Pico	-	JUN	Molly Maid - Vitoria de Janes	00:41:20	00:09:53
66	5088		Luis Miguel Canhoto	-	S23	Individual	00:41:23	00:09:55
67	4263	2525	Paulo Matias	-	V1	Oeiras Sport Clube - TRANSINSULAR	00:41:28	00:10:01
68	4001	821	Adelino Vicente	-	V5	Individual	00:41:30	00:10:02
69	4030	820	José Gomes	-	V5	Oeiras Sport Clube - TRANSINSULAR	00:41:30	00:10:03
70	5130		Paulo Jorge Sousa	-	S23	Individual	00:41:39	00:10:12
71	5055		João Ganchas	-	SEN	Individual	00:41:42	00:10:15
72	5053		João Filipe Rodrigues	-	S23	Individual	00:41:46	00:10:19
73	5	94	João Canas	-	JUV	C.F. Os Belenenses	00:41:56	00:10:29
74	116	2282	Andreia Ferrum	-	JUV	C.N. Cartaxo	00:42:00	00:10:32
75	4028	766	Alfredo Teixeira	-	V2	Oeiras Sport Clube - TRANSINSULAR	00:42:09	00:10:41
76	5107		Nelson Lopes	-	SEN	Individual	00:42:09	00:10:42
77	5146		Ricardo Marçal	-	JUN	Individual	00:42:13	00:10:45
78	5131		Paulo Oliveira	-	SEN	Individual	00:42:14	00:10:47
79	5135		Pedro Castro Tavares	-	SEN	Individual	00:42:17	00:10:50
80	535	3256	Ana Bárbara Correia	-	JUV	Peniche A. C.	00:42:18	00:10:51
81	489	3131	Tatiana Dias	-	JUV	Clube de Triatlo de Almada	00:42:29	00:11:02
82	4280	3519	Paulo Lopes	-	V1	Clube de Triatlo de Almada	00:42:32	00:11:05
83	5027		Daniela Salvador	-	S23	Individual	00:42:41	00:11:13
84	5030		David Luis Santos	-	S23	Individual	00:42:41	00:11:14
85	5025		Daniel Pinto	-	SEN	Individual	00:42:49	00:11:22
86	5255		Ángelo Sousa	-	V2	Individual	00:42:50	00:11:22
87	5040		Inácio Serralheiro	-	V3	Individual	00:42:55	00:11:28
88	5086		Luis Carlos Garcia	-	V2	Individual	00:42:59	00:11:32
89	4091	869	Vicente Graça	-	V3	Alhandra Sporting Clube	00:43:03	00:11:36
90	5370		Luis Rita	-	S23	Individual	00:43:05	00:11:38
91	5260		Joaquim Basso	-	SEN	Individual	00:43:11	00:11:43
92	48	136	André Morgado	-	JUV	Ginásio Clube de Sines	00:43:14	00:11:47
93	5115		Paulo Barbeito	-	V2	Individual	00:43:15	00:11:47
94	5154		Susana Almeida	-	SEN	Individual	00:43:20	00:11:53
95	5149		Rui Marques	-	SEN	Individual	00:43:22	00:11:55
96	5096		Marco António Domingues	-	S23	Individual	00:43:31	00:12:03
97	3557	3656	António Guedes	-	SEN	Açoreana Clube Banif	00:43:33	00:12:05
98	5113		Pablo Fortes	-	SEN	Individual	00:43:33	00:12:06

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Total	Diff
99	5008		António Lisboa	-	V2	Individual	00:43:40	00:12:12
100	5259		Diogo França	-	V1	Individual	00:43:41	00:12:13
101	5143		Pedro Serras	-	V1	Individual	00:43:43	00:12:16
102	5068		Jorge Nuno Silva	-	S23	Individual	00:44:14	00:12:47
103	4325	3787	Fernando Machado	-	V2	Individual	00:44:44	00:13:17
104	5003		Amílcar Ribeiral	-	V5	Individual	00:44:53	00:13:25
105	5018		Carlos Correia	-	V4	Individual	00:44:54	00:13:26
106	5384	2882	Hugo Palhais	-	JUV	C.N. Alvito	00:45:00	00:13:32
107	5156		Tomás Damião	-	S23	Individual	00:45:14	00:13:47
108	5019		Carlos Gonçalves	-	V3	Individual	00:45:20	00:13:53
109	5005		André Riscado	-	SEN	Individual	00:45:35	00:14:07
110	5134		Paulo Viana	-	V1	Individual	00:45:36	00:14:08
111	5037		Gonçalo Serrão	-	SEN	Individual	00:45:52	00:14:25
112	5385		Bruno Pontes	-	SEN	Individual	00:45:55	00:14:27
113	5122		Paulo Eduardo Santos	-	SEN	Individual	00:46:01	00:14:33
114	5381		Carlos Vicente	-	SEN	Individual	00:46:07	00:14:39
115	5111		Nuno Piteira	-	S23	Individual	00:46:09	00:14:42
116	5133		Paulo Renato Marques	-	V1	Individual	00:46:15	00:14:48
117	4253	3411	Sofia Hibon	-	V1	Individual	00:46:21	00:14:54
118	5368		Filipe caldeira	-	SEN	Individual	00:46:51	00:15:24
119	5020		Carlos Preciso	-	SEN	Individual	00:46:56	00:15:29
120	5383		André Marquet	-	SEN	Individual	00:47:08	00:15:40
121	5155		Tiago Silva	-	JUN	Individual	00:47:29	00:16:01
122	5057		João Silva	-	V1	Individual	00:47:41	00:16:14
123	5032		Fábio Marmelo	-	S23	Individual	00:47:46	00:16:19
124	5148		Rui Alexandre Santos	-	SEN	Individual	00:47:48	00:16:20
125	5098		Mário Jorge Carrasco	-	S23	Individual	00:47:52	00:16:25
126	5124		Paulo Jacinto	-	SEN	Individual	00:47:55	00:16:28
127	5001		Álvaro Manuel Furtado	-	V3	Individual	00:48:00	00:16:33
128	5380		Diogo Pereira	-	SEN	Individual	00:48:14	00:16:46
129	610	3462	Maria Correia	-	JUV	C.N. Cartaxo	00:48:39	00:17:11
130	5017		Bruno Veiga	-	V1	Individual	00:49:34	00:18:06
131	5257		Pedro Miguel Coelho	-	SEN	Individual	00:49:41	00:18:13
132	5071		Jose Lima	-	V1	Individual	00:50:02	00:18:34
133	5144		Ricardo Amaro	-	S23	Individual	00:50:15	00:18:48
134	5102		Marta Cunha	-	JUN	Individual	00:50:44	00:19:17
135	5033		Fernando Jesus Moreira	-	V3	Individual	00:51:44	00:20:17
136	4003	830	João Branco	-	V5	C.F. Os Belenenses	00:52:14	00:20:46
137	5039		Hugo Cardoso	-	SEN	Individual	00:52:14	00:20:47
138	5150		Rui Miguel Rocha	-	SEN	Individual	00:52:15	00:20:47
139	5034		Filipe Gomes	-	SEN	Individual	00:52:15	00:20:48
140	5056		João Pedro Machado	-	S23	Individual	00:52:38	00:21:11
141	5045		Joana Aguiar	-	JUV	Individual	00:52:41	00:21:14
142	5120		Paulo Brito Luz	-	V3	Individual	00:52:45	00:21:17
143	5006		Annie Berat Marques	-	V3	Individual	00:53:06	00:21:38
144	5091		Madalena Caninas	-	V2	Individual	00:54:47	00:23:19
145	5097		Margarida Correia	-	S23	Individual	00:56:06	00:24:39
146	4249	3400	Maria Deolinda Silva	-	V3	O Clube de Veteranos do Porto	00:57:13	00:25:45
147	5016		Aurélio Calado	-	V5	Individual	00:58:10	00:26:43

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Total	Diff
148	1220	3523	Raquel Sousa	-	JUN	C.F. Os Belenenses	00:59:12	00:27:44
149	5160		Victor Real	-	V5	Individual	00:59:48	00:28:20
150	5066		Jorge Almeida	-	V5	Individual	01:00:35	00:29:07
151	5157		Vânia Maria Dias	-	V2	Individual	01:01:31	00:30:03
152	5012		Artur Dinis	-	V3	Individual	01:03:42	00:32:15
153	5051		João Fadista	-	SEN	Individual	01:05:56	00:34:28
154	5161		Vitor Panela	-	V5	Individual	01:25:20	00:53:52
	705	3720	Rafael Domingos	DNS	JUV	C. N. Tejo		-
	4299	3640	Luis Serrazina	DNS	V1	Externato Cooperativo da Benedita		-
	3094	708	Pedro Fernandes	DNS	SEN	ABV Estoris		-
	3369	581	Ricardo Paixão	DNS	SEN	Portinado		-
	4089	768	Jorge Duarte	DNS	V2	Oeiras Sport Clube - TRANSINSULAR		-
	491	3133	Daniela Melo	DNS	JUV	Clube de Triatlo de Almada		-
	482	3149	Filipe Branco	DNS	JUV	HALCON - SPIUK Olimpico de Oeiras		-
	292	2716	Afonso Claudino	DNS	JUV	C.N. Cartaxo		-
	484	3156	Mariana Matos	DNS	JUV	G. D. R. de Manique de Cima		-
	24	2289	Joana Perdigoto	DNS	JUV	Alhandra Sporting Clube		-
	3208	2663	Rui Trovão	DNS	SEN	Ginásio Clube Figueirense		-
	3611	3798	Pedro Bernardo	DNS	SEN	Individual		-
	5022		Carlos Vasques	DNS	V1	Individual		-
	5023		Celeste Cunha	DNS	SEN	Individual		-
	5035		Filipe Varandas	DNS	SEN	Individual		-
	5038		Guilherme Pinto	DNS	S23	Individual		-
	5043		Jaime Severino	DNS	V1	Individual		-
	5047		João Anselmo	DNS	V5	Individual		-
	5049		Joao Cruz	DNS	SEN	Individual		-
	5061		Joaquim Basso	DNS	SEN	Individual		-
	5064		Joaquim Figueiras	DNS	SEN	Individual		-
	5074		José Manuel Laranjo	DNS	V3	Individual		-
	5075		José Neves	DNS	V1	Individual		-
	5079		Katja Clara	DNS	V2	Individual		-
	5082		Lénia Gamito	DNS	SEN	Individual		-
	5087		Luis Manuel Martins	DNS	V1	Individual		-
	5089		Luis Paixão Rodrigues	DNS	SEN	Individual		-
	5109		Nuno Miguel Lobato	DNS	SEN	Individual		-
	5114		Patrick Ebrero da Silva	DNS	SEN	Individual		-
	5132		Paulo Reixa	DNS	V2	Individual		-
	5136		Pedro Daniel Menezes	DNS	S23	Individual		-
	5139		Pedro Pinha	DNS	SEN	Individual		-
	5140		Pedro Rolha	DNS	SEN	Individual		-
	5141		Pedro Santos	DNS	V1	Individual		-
	5147		Ruben Carvalho	DNS	S23	Individual		-
	5152		Sérgio Manuel Moniz	DNS	SEN	Individual		-
	5153		Steve Parry	DNS	V3	Individual		-