

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre					
Corrida	5.000 mt	PT1:	0 mt	Ciclismo:	20.000 mt	PT2:	0 mt	Corrida:	2.500 mt	

Ranking:	Camp. Nac. Grupos de Idade	Hora de Partida:	11h29
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
1	3180		Pamella Oliveira	-	25-29	Individual	64	00:18:01	16	00:00:33	53	00:31:46	156	00:00:51	72	00:09:47	01:01:00	
2	1036	1003	Alexandra Santos	-	16-17	C. D. "Os Águias" de Alpiarça	83	00:18:38	57	00:00:39	89	00:33:08	40	00:00:34	62	00:09:41	01:02:41	00:01:40
3	5618		Bárbara Santos	-	16-17	Individual	99	00:19:09	55	00:00:38	77	00:32:38	122	00:00:46	79	00:09:54	01:03:08	00:02:07
4	2126	1004	Rita Maria Lopes	-	20-24	McDonalds/TriBraga	130	00:19:46	83	00:00:42	91	00:33:11	49	00:00:36	93	00:10:05	01:04:22	00:03:21
5	3392	1012	Katarina Larsson	-	30-34	Sporting CP	129	00:19:46	34	00:00:36	104	00:33:24	93	00:00:43	94	00:10:07	01:04:37	00:03:37
6	1025	1017	Rita Fardilha	-	16-17	C. D. "Os Águias" de Alpiarça	110	00:19:19	68	00:00:40	117	00:33:39	59	00:00:37	111	00:10:24	01:04:41	00:03:40
7	3768	1012	Liliana Alexandre	-	25-29	Sporting CP	124	00:19:41	63	00:00:39	111	00:33:27	113	00:00:45	161	00:11:13	01:05:48	00:04:47
8	1084	1021	Catarina Dias	-	16-17	FET- Fátima Escola de Triatlo	143	00:20:12	51	00:00:38	133	00:34:12	106	00:00:44	112	00:10:25	01:06:13	00:05:12
9	2159	1007	Mariana Pombo	-	20-24	Sport Lisboa e Benfica	151	00:20:30	86	00:00:43	119	00:33:48	67	00:00:38	134	00:10:45	01:06:25	00:05:25
10	5708		Beatriz Dumet	-	18-19	Individual	133	00:19:51	125	00:00:48	138	00:34:20	111	00:00:45	128	00:10:42	01:06:27	00:05:27
11	1551	1003	Maria Eduarda Vidigueira	-	18-19	C. D. "Os Águias" de Alpiarça	161	00:20:47	123	00:00:47	154	00:35:10	123	00:00:46	136	00:10:46	01:08:19	00:07:18
12	3033	1026	Joana Fortuna	-	25-29	Individual	172	00:21:24	135	00:00:51	137	00:34:19	158	00:00:51	181	00:11:46	01:09:12	00:08:12
13	3336	1007	Maria do Céu Nunes	-	35-39	Garmin Olímpico de Oeiras	120	00:19:27	149	00:00:52	193	00:38:14	164	00:00:53	118	00:10:28	01:09:56	00:08:55
14	4440	1013	Elisabete Sousa	-	40-44	TRI CAP - Penafirme	178	00:21:43	174	00:00:59	164	00:36:01	184	00:00:56	144	00:11:00	01:10:40	00:09:39
15	3478	1004	Sofia Brites	-	30-34	AMICICLO GRÂNDOLA	181	00:21:53	122	00:00:47	166	00:36:01	176	00:00:53	160	00:11:13	01:10:49	00:09:48
16	1648	1019	Joana Domingues	-	18-19	DNMG	170	00:21:11	109	00:00:45	181	00:36:49	103	00:00:44	171	00:11:32	01:11:03	00:10:03
17	4633	1012	Ana Pereira	-	40-44	Sporting CP	177	00:21:42	121	00:00:47	169	00:36:12	128	00:00:47	195	00:12:12	01:11:41	00:10:41
18	3806	1019	Liliana Verissimo	-	25-29	O2 - Triatlo	146	00:20:21	130	00:00:49	206	00:39:23	74	00:00:39	135	00:10:45	01:11:58	00:10:58
19	6316	1023	Rita Caetano	-	18-19	FET- Fátima Escola de Triatlo	196	00:22:26	150	00:00:53	173	00:36:30	137	00:00:48	170	00:11:30	01:12:08	00:11:08
20	3648	1024	Irina Coelho	-	30-34	Bike Clube S. Brás	186	00:22:09	155	00:00:54	179	00:36:44	143	00:00:49	176	00:11:41	01:12:19	00:11:18
21	4728	1017	Teresa Cardoso	-	40-44	MOTRINDE - Clube dos Galitos	197	00:22:31	163	00:00:57	172	00:36:20	139	00:00:48	182	00:11:50	01:12:28	00:11:27
22	1656	1011	Natacha Cruz	-	18-19	Bike Clube S. Brás	205	00:23:05	184	00:01:01	195	00:38:17	148	00:00:50	192	00:12:03	01:15:18	00:14:18
23	3630	1026	Marisa Costa	-	35-39	AMA Média/GRUPO VALCO/Progold	202	00:22:51	167	00:00:57	204	00:39:21	188	00:00:57	180	00:11:46	01:15:54	00:14:53
24	4667	1019	Larissa Möller	-	45-49	O2 - Triatlo	209	00:23:27	198	00:01:05	207	00:39:24	168	00:00:53	187	00:11:55	01:16:45	00:15:45
25	4150	1008	Susana Pontes	-	40-44	Garmin Olímpico de Oeiras	220	00:24:07	222	00:01:14	199	00:38:55	131	00:00:47	197	00:12:21	01:17:25	00:16:25
26	4057	1011	Natalia Mendes	-	45-49	Bike Clube S. Brás	223	00:24:26	169	00:00:58	196	00:38:29	132	00:00:47	208	00:12:59	01:17:40	00:16:39
27	2125	1004	Andreia Lopes	-	20-24	AMICICLO GRÂNDOLA	215	00:23:49	120	00:00:47	205	00:39:22	155	00:00:51	207	00:12:57	01:17:47	00:16:46
28	3671	1012	Ana Lopes	-	35-39	Sporting CP	212	00:23:35	142	00:00:51	212	00:39:51	130	00:00:47	209	00:13:04	01:18:11	00:17:10
29	3413	1010	Joana Cunha	-	25-29	Assoc. Académica S. Mamede	195	00:22:24	205	00:01:08	224	00:42:45	147	00:00:50	178	00:11:45	01:18:53	00:17:53

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Corrida	5.000 mt	PT1:	0 mt	Ciclismo:	20.000 mt	PT2:	0 mt	Corrida:	2.500 mt	

Ranking:	Camp. Nac. Grupos de Idade	Hora de Partida:	11h29
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
30	1073	1004	Sara Ganchas	-	16-17	Teleperformance - "Os Belenenses"	200	00:22:40	127	00:00:48	229	00:43:56	71	00:00:39	188	00:11:56	01:20:01	00:19:00
31	3471	1001	Malvina Gomes	-	35-39	AMICICLO GRÂNDOLA	217	00:24:00	178	00:00:59	215	00:40:46	220	00:01:10	217	00:13:18	01:20:15	00:19:14
32	1132	1017	Vanessa Fonseca	-	16-17	MOTRINDE - Clube dos Galitos	207	00:23:11	180	00:00:59	226	00:43:13	174	00:00:53	203	00:12:35	01:20:54	00:19:53
33	1120	1012	Suzana Rosa	-	16-17	C. D. Escola Santana	211	00:23:33	104	00:00:45	223	00:42:39	102	00:00:44	212	00:13:12	01:20:54	00:19:54
34	3672	1024	Sofia Almeida	-	20-24	FET- Fátima Escola de Triatlo	213	00:23:40	132	00:00:50	217	00:41:25	159	00:00:52	225	00:14:06	01:20:55	00:19:54
35	4256	1017	Helena Gonçalves	-	45-49	Câmara Lisboa Clube	227	00:24:57	234	00:01:46	214	00:40:31	216	00:01:07	213	00:13:13	01:21:36	00:20:36
36	3091	1004	Cristina Pereira	-	30-34	O2 - Triatlo	206	00:23:06	228	00:01:20	230	00:44:03	202	00:01:00	201	00:12:31	01:22:02	00:21:02
37	4745	1025	Raquel Espinoza	-	45-49	Clube de Natação de Torres Novas	225	00:24:47	230	00:01:27	220	00:41:39	217	00:01:08	229	00:14:23	01:23:26	00:22:26
38	3210	1021	Ana Roque	-	35-39	ADECT - Tunes	230	00:25:06	214	00:01:11	225	00:43:00	181	00:00:54	219	00:13:25	01:23:38	00:22:37
39	3567	1023	Ana Rita Amaro	-	35-39	Clube de Natação de Torres Novas	214	00:23:47	148	00:00:52	233	00:46:59	145	00:00:49	216	00:13:16	01:25:45	00:24:45
40	3706	1010	Carolina Silva	-	25-29	Assoc. Académica S. Mamede	233	00:26:58	183	00:01:00	231	00:45:04	195	00:00:58	234	00:15:45	01:29:47	00:28:46
	1595	1012	Inês Oliveira	DNF	18-19	Sporting CP		00:20:13		00:00:51								-
	5798		Vittoria Lopes	DNF	18-19	Individual												-
	1024	1005	Joana Amado	DNS	16-17	C. D. "Os Águias" de Alpiarça												-
	1641	1012	Vanessa Andrade	DNS	18-19	C. D. Escola Santana												-
	1537	1012	Ana Casteleiro	DNS	18-19	Sporting CP												-
	1549	1003	Luisa Condeço	DNS	18-19	C. D. "Os Águias" de Alpiarça												-
	2163	1003	Andreia Ferrum	DNS	20-24	C. D. "Os Águias" de Alpiarça												-
	3195	1003	Ana Filipa Santos	DNS	30-34	C. D. "Os Águias" de Alpiarça												-