

Data:	10-06-2013	Hora:	12h30	Local:	Coruche
Natação	750 mt	Corrida:	5.000 mt		

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Natação	P	Corrida	Total	Diff
1	3038	14	Vasco Pessoa	-	SEN	C. D. "Os Águias" de Alpiarça	6	00:09:33.	6	00:16:48.	00:26:22	
2	2059	415	João Francisco Ferreira	-	S23	Sporting CP	10	00:10:02.	7	00:17:04.	00:27:07.	00:00:45
3	2087	3272	Alejandro Cañas	-	S23	C. D. "Os Águias" de Alpiarça	7	00:09:41.	9	00:17:35.	00:27:17.	00:00:55
4	1628	416	Rafael Domingos	-	JUN	Sport Lisboa e Benfica	9	00:09:50.	8	00:17:32.	00:27:23.	00:01:01
5	1584	50	Ricardo Calado	-	JUN	C. D. "Os Águias" de Alpiarça	12	00:10:07.	10	00:17:38.	00:27:45.	00:01:23
6	1004	912	Miguel Cassiano	-	CAD	C. D. "Os Águias" de Alpiarça	15	00:10:18	11	00:17:38.	00:27:56.	00:01:34
7	1092	411	João Pais	-	CAD	Alhandra Sporting Club	2		2		00:28:08	00:01:46
8	3599	1294	João França Alves	-	SEN	Clube dos Galitos	23	00:10:36.	13	00:17:53.	00:28:29.	00:02:07
9	2011	27	José Veiga	-	S23	Garmin Olímpico de Oeiras	14	00:10:14.	16	00:18:32.	00:28:47	00:02:25
10	1572	903	João Oliveira	-	JUN	Clube dos Galitos	16	00:10:20.	19	00:18:41.	00:29:01.	00:02:39
11	1024	1132	Diogo Nóbrega	-	CAD	Ludens de Machico/Ourinvest Talento	20	00:10:24.	20	00:18:45.	00:29:09.	00:02:47
12	1035	1507	José Piteira	-	CAD	Kainagua	1		1		00:29:25	00:03:03
13	2068	2253	David Carneiro	-	S23	Teleperformance - "os Belenenses"	25	00:10:55.	15	00:18:31.	00:29:26.	00:03:04
14	4366	301	Carlos Nóbrega	-	V1	Ludens de Machico/Ourinvest Talento	42	00:11:46.	12	00:17:44.	00:29:31	00:03:09
15	1001	987	Rodrigo Ladeira	-	CAD	Clube 4 Estilos	33	00:11:15.	14	00:18:17.	00:29:33.	00:03:11
16	1093	1796	Nuno Ribeiro	-	CAD	Alhandra Sporting Club	8	00:09:48.	27	00:19:48.	00:29:37.	00:03:15
17	1008	311	Hugo Pereira	-	CAD	Teleperformance - "os Belenenses"	27	00:10:59.	22	00:19:17.	00:30:16.	00:03:54
18	1030	543	Miguel Tomé	-	CAD	G. D. R. de Manique de Cima	21	00:10:26.	36	00:20:11.	00:30:38.	00:04:16
19	3363	2538	Marco Sousa	-	SEN	Clube de Natação de Torres Novas	46	00:12:01.	21	00:18:46.	00:30:47.	00:04:25
20	3392	380	Katarina Larsson	-	SEN	Sporting CP	26	00:10:59	29	00:20:01	00:31:00	00:04:38
21	3733	1048	Tiago Cochicho	-	SEN	TRI BVColares	48	00:12:32.	17	00:18:38.	00:31:10.	00:04:48
22	3219	126	Ricardo Ferreira	-	SEN	TRIATLO CLUBE TAP	39	00:11:36.	24	00:19:34.	00:31:11.	00:04:49
23	1522	364	José Luis Virtuoso	-	JUN	Associação Naval Amorense	30	00:11:09.	30	00:20:02.	00:31:12	00:04:50
24	1114	358	Gonçalo Marques	-	CAD	Garmin Olímpico de Oeiras	24	00:10:41.	39	00:20:31.	00:31:13.	00:04:51
25	3142	497	Pedro Figueira	-	SEN	Clube 4 Estilos	40	00:11:38.	25	00:19:39.	00:31:17.	00:04:55
26	3195	517	Ana Filipa Santos	-	SEN	C. D. "Os Águias" de Alpiarça	38	00:11:33.	28	00:19:52.	00:31:26.	00:05:04
27	1105	917	Maria Eduarda Vidigueira	-	CAD	C. D. "Os Águias" de Alpiarça	35	00:11:19.	33	00:20:08.	00:31:27.	00:05:05
28	1558	3428	Helena Paula Carvalho	-	JUN	C. D. "Os Águias" de Alpiarça	3		3		00:31:34	00:05:12
29	1578	756	Nuno Lima	-	JUN	CAPGE	22	00:10:32.	47	00:21:01.	00:31:34.	00:05:12
30	1102	915	João Peixinho	-	CAD	C. D. "Os Águias" de Alpiarça	43	00:11:50.	31	00:20:03.	00:31:54.	00:05:32
31	1626	41	Sara Tenrinho	-	JUN	C. D. "Os Águias" de Alpiarça	17	00:10:22.	50	00:21:33.	00:31:56.	00:05:34
32	1124	853	Hugo Baluga	-	CAD	Amiciclo	41	00:11:38.	41	00:20:38.	00:32:16.	00:05:54
33	4128	338	Luis Filipe Lopes	-	V2	Sporting CP	45	00:11:59.	38	00:20:27.	00:32:27.	00:06:05
34	1052	3368	Eduardo Magrinho	-	CAD	Clube 4 Estilos	37	00:11:30.	46	00:20:58.	00:32:29.	00:06:07
35	1095	177	Alexandru Statiuc	-	CAD	Alhandra Sporting Club	11	00:10:07.	61	00:22:36.	00:32:43.	00:06:21
36	4193	1164	Luis Correia Ferreira	-	V1	Assoc. Académica S. Mamede	51	00:12:41.	35	00:20:11.	00:32:52.	00:06:30
37	1089	1726	Gabriel Ubaldo Teixeira	-	CAD	Teleperformance - "os Belenenses"	31	00:11:10.	53	00:21:44.	00:32:55.	00:06:33
38	4530	1494	Luis Filipe Valente	-	V1	Clube Oriental de Lisboa	58	00:13:10.	26	00:19:47.	00:32:57.	00:06:35
39	1520	2274	Alexandre Cruz	-	JUN	G. D. R. de Manique de Cima	54	00:12:48.	34	00:20:09.	00:32:58	00:06:36
40	1535	2162	Ana Ribau	-	JUN	CAPGE	28	00:11:06.	56	00:21:53.	00:32:59.	00:06:37
41	4384	471	Paulo Carvalho	-	V3	C. D. "Os Águias" de Alpiarça	34	00:11:16.	55	00:21:45.	00:33:02.	00:06:40
42	4121	144	Paulo Codinha	-	V2	TRIATLO CLUBE TAP	47	00:12:10.	44	00:20:54.	00:33:05.	00:06:43
43	3708	430	Octávio Vicente	-	SEN	Garmin Olímpico de Oeiras	72	00:14:26	18	00:18:40.	00:33:06.	00:06:44
44	1022	2965	Marco Careira	-	CAD	GAF-Escola de Triatlo de Fátima	50	00:12:36.	40	00:20:36.	00:33:12.	00:06:50
45	1170	407	Ana Vicente Amorim	-	CAD	Alhandra Sporting Club	18	00:10:23.	62	00:22:51.	00:33:14.	00:06:52
46	1617	1215	Sofia Hipólito	-	JUN	Alhandra Sporting Club	32	00:11:14.	60	00:22:08.	00:33:23.	00:07:01
47	4270	370	Pedro Quintela	-	V1	Núcleo Sportinguista da Golegã	59	00:13:13.	37	00:20:12.	00:33:26.	00:07:04
48	3795	3336	Luis Merca	-	SEN	Individual	5		5		00:33:37	00:07:15
49	1508	313	João Canas	-	JUN	Teleperformance - "os Belenenses"	53	00:12:46.	43	00:20:52.	00:33:38.	00:07:16

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Natação	P	Corrida	Total	Diff
50	3361	2522	José Miguel	-	SEN	DAR-FERMAQ	56	00:12:53	42	00:20:45	00:33:38	00:07:16
51	3511	2782	Nuno Silva	-	SEN	CAPGE	64	00:13:36	32	00:20:05	00:33:42	00:07:20
52	4656	3186	Carlos da Cruz	-	V1	Sporting CP	44	00:11:57	54	00:21:45	00:33:42	00:07:20
53	2088	3297	Fábio João Azinheirinha	-	S23	Clube Natação Rio Maior	13	00:10:11	69	00:23:53	00:34:05	00:07:43
54	4562	2614	Luis Manuel Rosário	-	V2	TRI BVColares	52	00:12:45	49	00:21:32	00:34:18	00:07:56
55	1104	38	Erica Cardigo	-	CAD	C. D. "Os Águias" de Alpiarça	19	00:10:23	72	00:24:02	00:34:26	00:08:04
56	1518	544	Joana Coelho	-	JUN	G. D. R. de Manique de Cima	36	00:11:20	66	00:23:25	00:34:45	00:08:23
57	4100	2804	Samuel Neves	-	V1	CAPGE	76	00:15:22	23	00:19:24	00:34:47	00:08:25
58	4463	1636	Paulo Henriques	-	V1	Individual	55	00:12:52	57	00:21:56	00:34:48	00:08:26
59	3004	873	Bruno Silva	-	SEN	G.A.A. Vila Franca de Xira	69	00:14:04	45	00:20:55	00:34:59	00:08:37
60	3487	3121	Tiago Sousa	-	SEN	A. H. Bombeiros Estoris / 3 IRON	62	00:13:22	52	00:21:44	00:35:07	00:08:45
61	3547	3371	João Jesus	-	SEN	Teleperformance - "os Belenenses"	4		4		00:35:18	00:08:56
62	4618	1055	João Duarte	-	V1	Quintajense Futebol Clube	71	00:14:20	48	00:21:03	00:35:23	00:09:01
63	4293	1099	Miguel Velez	-	V3	Escola de Ciclismo Triatlo Camara	66	00:13:43	58	00:21:57	00:35:41	00:09:19
64	4532	1161	Mário Guedes	-	V1	Sporting CP	68	00:13:50	59	00:21:58	00:35:49	00:09:27
65	4069	937	João Rodrigues Silva	-	V3	Clube Millennium BCP	49	00:12:33	67	00:23:36	00:36:09	00:09:47
66	1511	2975	Paulo Silva	-	JUN	GAF-Escola de Triatlo de Fátima	74	00:14:37	51	00:21:41	00:36:19	00:09:57
67	1502	2718	Inês Lopes	-	JUN	CAPGE	63	00:13:23	65	00:23:08	00:36:31	00:10:09
68	2091	3329	Guilherme Moreira Sá	-	S23	Clube Natação Rio Maior	65	00:13:40	63	00:22:56	00:36:37	00:10:15
69	1103	39	Vitória Oliveira	-	CAD	C. D. "Os Águias" de Alpiarça	29	00:11:06	77	00:25:59	00:37:05	00:10:43
70	1106	569	Ana Catarina Silva	-	CAD	G. D. R. de Manique de Cima	67	00:13:48	71	00:24:02	00:37:50	00:11:28
71	4630	3039	Fernando Ribeiro	-	V2	Clube Oriental de Lisboa	75	00:14:48	64	00:23:04	00:37:53	00:11:31
72	4361	559	Hipólito Ferreira	-	V2	G. D. R. de Manique de Cima	70	00:14:11	68	00:23:46	00:37:57	00:11:35
73	1514	2999	Tamára Branco	-	JUN	C. D. "Os Águias" de Alpiarça	57	00:12:59	76	00:25:35	00:38:34	00:12:12
74	4605	2792	Fernanda Marques Santinha	-	V1	Individual	77	00:15:24	74	00:24:39	00:40:03	00:13:41
75	4215	738	José Luis Correia	-	V3	A. H. Bombeiros Estoris / 3 IRON	61	00:13:21	79	00:26:49	00:40:10	00:13:48
76	4453	1589	Carlos Barata Correia	-	V5	Clube de Triatlo de Almada	60	00:13:20	80	00:27:14	00:40:34	00:14:12
77	3581	2847	Guilherme Correia	-	SEN	Sporting CP	73	00:14:36	78	00:26:10	00:40:46	00:14:24
78	3358	2513	Maria Vitória Lima	-	SEN	Lusitano	81	00:17:28	73	00:24:09	00:41:37	00:15:15
79	1132	2877	João Guerra	-	CAD	Atlético Clube Montemorense	79	00:16:48	75	00:25:20	00:42:08	00:15:46
80	4294	1056	José Panóias	-	V4	Quintajense Futebol Clube	83	00:21:25	70	00:23:57	00:45:23	00:19:01
81	3069	1845	Ana Rita Duarte	-	SEN	CFV	80	00:16:58	81	00:28:36	00:45:34	00:19:12
82	4452	1588	Madalena Caninas	-	V3	Clube de Triatlo de Almada	78	00:16:43	82	00:29:34	00:46:18	00:19:56
83	4310	842	Isabel Cansado	-	V2	Amiciclo	82	00:18:21	83	00:34:22	00:52:44	00:26:22
	1625	921	Ricardo Jorge	DNF	JUN	C. D. "Os Águias" de Alpiarça		00:09:55				-
	1020	631	Ana Alçaçarenho	DNS	CAD	Núcleo Sportinguista da Golegã						-
	1027	2530	Natacha Cruz	DNS	CAD	C. D. "Os Águias" de Alpiarça						-
	1047	777	Ana Encarnação	DNS	CAD	ETri G. D. Santo António Évora						-
	1108	556	Luis Carlos Lopes	DNS	CAD	G. D. R. de Manique de Cima						-
	1110	552	João Ferreira Pereira	DNS	CAD	G. D. R. de Manique de Cima						-
	1118	1786	Miguel Pereira	DNS	CAD	Associação Naval Amorense						-
	1153	2562	Teresa Teixeira	DNS	CAD	Clube dos Galitos						-
	1525	2434	Leonardo Nunes	DNS	JUN	Sporting CP						-
	3076	2996	Ana Miranda	DNS	SEN	C. D. "Os Águias" de Alpiarça						-
	3215	2167	Rui Silva	DNS	SEN	Açoreana Clube Banif						-
	3412	831	Rui Dolores	DNS	SEN	Amiciclo						-
	3526	3355	Jorge Matias	DNS	SEN	Individual						-
	3679	561	Pedro Borges Coelho	DNS	SEN	G. D. R. de Manique de Cima						-
	4036	1722	Miguel Gomes	DNS	V1	C. N. Colégio Vasco da Gama						-

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Natação	750 mt	Corrida:	5.000 mt					

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Natação	P	Corrida	Total	Diff
	4356	372	Sónia Quintela	DNS	V1	Núcleo Sportinguista da Golegã						-