

Data:	09-06-2013	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Ranking Geral	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	2002	32	Gil Maia	-	S23	Clube dos Galitos	8	00:10:25	1	00:30:09	1	00:15:58	00:56:32	
2	3038	14	Vasco Pessoa	-	SEN	C. D. "Os Águias" de Alpiarça	2	00:10:14	4	00:30:23	2	00:15:59	00:56:37	00:00:05
3	1584	50	Ricardo Calado	-	JUN	C. D. "Os Águias" de Alpiarça	5	00:10:20	2	00:30:15	3	00:16:09	00:56:45	00:00:13
4	2093	3365	Diego Paz	-	S23	C. D. "Os Águias" de Alpiarça	3	00:10:17	5	00:30:27	4	00:16:12	00:56:57	00:00:24
5	3179	2109	Bruno Matheus	-	SEN	C. D. "Os Águias" de Alpiarça	1	00:10:13	6	00:30:31	9	00:16:57	00:57:42	00:01:10
6	2006	28	João Amorim	-	S23	Sporting CP	6	00:10:20	3	00:30:16	25	00:17:57	00:58:34	00:02:01
7	2160	16	Ruben Costa	-	S23	C. N. Colégio Vasco da Gama	11	00:10:25	18	00:31:59	5	00:16:19	00:58:43	00:02:11
8	2059	415	João Francisco Ferreira	-	S23	Sporting CP	18	00:10:54	8	00:31:19	6	00:16:33	00:58:48	00:02:15
9	1628	416	Rafael Domingos	-	JUN	Sport Lisboa e Benfica	19	00:10:55	7	00:31:16	11	00:17:02	00:59:13	00:02:40
10	2087	3272	Alejandro Cañas	-	S23	C. D. "Os Águias" de Alpiarça	12	00:10:29	13	00:31:48	8	00:16:55	00:59:14	00:02:41
11	1629	47	Luis Pedro Ferreira	-	JUN	Sport Lisboa e Benfica	16	00:10:45	9	00:31:30	12	00:17:02	00:59:18	00:02:46
12	2051	24	João Curado	-	S23	Sporting CP	7	00:10:22	20	00:32:09	13	00:17:11	00:59:43	00:03:11
13	1621	45	Luis Gabriel Monteiro	-	JUN	Alhandra Sporting Club	10	00:10:25	15	00:31:51	29	00:18:08	01:00:25	00:03:52
14	1620	191	Rúben Tavares	-	JUN	Alhandra Sporting Club	9	00:10:25	17	00:31:56	34	00:18:15	01:00:37	00:04:04
15	1625	921	Ricardo Jorge	-	JUN	C. D. "Os Águias" de Alpiarça	13	00:10:36	11	00:31:44	76	00:19:19	01:01:40	00:05:08
16	3421	2625	Nuno Laurentino	-	SEN	Sport Lisboa e Benfica	4	00:10:17	27	00:32:20	62	00:19:03	01:01:42	00:05:09
17	2162	490	Jorge Alves	-	S23	Sporting CP	34	00:12:20	46	00:32:39	7	00:16:55	01:01:55	00:05:22
18	3704	453	Nuno Rodrigues	-	SEN	Clube de Triatlo de Almada	24	00:11:34	63	00:33:11	14	00:17:16	01:02:03	00:05:30
19	4366	301	Carlos Nóbrega	-	V1	Ludens de Machico/Ourinvest Talento	54	00:12:45	24	00:32:18	10	00:17:01	01:02:04	00:05:32
20	2068	2253	David Carneiro	-	S23	Teleperformance - "os Belenenses"	39	00:12:24	45	00:32:38	15	00:17:24	01:02:27	00:05:54
21	1590	426	Nuno Nogueira	-	JUN	Sport Lisboa e Benfica	14	00:10:40	87	00:33:41	27	00:18:06	01:02:27	00:05:54
22	3034	102	Pedro Leitão	-	SEN	Alhandra Sporting Club	26	00:11:38	67	00:33:12	19	00:17:47	01:02:39	00:06:06
23	3188	579	Diogo Custódio	-	SEN	Sporting CP	25	00:11:38	62	00:33:10	24	00:17:54	01:02:43	00:06:10
24	4451	1580	Mário Machado	-	V1	TRI BVColares	42	00:12:31	32	00:32:27	20	00:17:47	01:02:46	00:06:14
25	3127	377	Tiago Lobo	-	SEN	McDonalds/TriBraga	36	00:12:21	51	00:32:48	18	00:17:45	01:02:55	00:06:22
26	2011	27	José Veiga	-	S23	Garmin Olímpico de Oeiras	23	00:11:30	73	00:33:20	31	00:18:10	01:03:01	00:06:28
27	4013	500	Miguel Fragoso	-	V2	Garmin Olímpico de Oeiras	49	00:12:42	41	00:32:35	26	00:18:00	01:03:18	00:06:45
28	4012	421	Rui Sousa	-	V1	Núcleo Sportinguista da Golegã	69	00:13:13	16	00:31:56	30	00:18:08	01:03:18	00:06:45
29	6384	2111	Pamella Oliveira	-	SEN	C. D. "Os Águias" de Alpiarça	15	00:10:42	94	00:33:47	57	00:18:54	01:03:24	00:06:51
30	3195	517	Ana Filipa Santos	-	SEN	C. D. "Os Águias" de Alpiarça	61	00:12:51	23	00:32:15	39	00:18:21	01:03:28	00:06:55
31	1522	364	José Luis Virtuoso	-	JUN	Associação Naval Amorense	33	00:12:19	50	00:32:48	36	00:18:20	01:03:28	00:06:55
32	3772	1312	Ricardo Lanceiro	-	SEN	Clube de Triatlo de Almada	108	00:14:18	14	00:31:48	17	00:17:37	01:03:44	00:07:12
33	3412	831	Rui Dolores	-	SEN	Amiciclo	60	00:12:49	28	00:32:21	46	00:18:40	01:03:52	00:07:19
34	3539	3362	Nuno Calvário	-	SEN	C. D. "Os Águias" de Alpiarça	47	00:12:41	31	00:32:26	55	00:18:52	01:04:01	00:07:28
35	3433	2627	Igor Lopes Guerreiro	-	SEN	Louletano	37	00:12:22	54	00:32:53	50	00:18:46	01:04:02	00:07:29
36	3219	126	Ricardo Ferreira	-	SEN	TRIATLO CLUBE TAP	52	00:12:45	35	00:32:29	54	00:18:49	01:04:03	00:07:31
37	4032	252	Carlos Gomes	-	V3	Garmin Olímpico de Oeiras	124	00:14:35	10	00:31:43	22	00:17:49	01:04:09	00:07:36
38	3142	497	Pedro Figueira	-	SEN	Clube 4 Estilos	56	00:12:46	21	00:32:10	72	00:19:16	01:04:13	00:07:40
39	2003	2925	João Nogueira	-	S23	Ateneu Artístico Cartaxense	48	00:12:42	89	00:33:41	21	00:17:49	01:04:13	00:07:40
40	4151	1898	António Calafate	-	V2	Núcleo Sportinguista da Golegã	44	00:12:37	48	00:32:47	58	00:18:56	01:04:20	00:07:48
41	3738	743	Nuno Ventura	-	SEN	TRIATLO CLUBE TAP	78	00:13:37	43	00:32:37	28	00:18:06	01:04:21	00:07:48
42	5233	1562	Manuel Júlio	-	SEN	McDonalds/TriBraga	58	00:12:48	26	00:32:19	73	00:19:17	01:04:25	00:07:52
43	2088	3297	Fábio João Azinheirinha	-	S23	Clube Natação Rio Maior	21	00:11:16	86	00:33:40	81	00:19:27	01:04:25	00:07:52
44	4148	379	Pedro Cordeiro	-	V2	Açoreana Clube Banif	35	00:12:20	53	00:32:52	67	00:19:11	01:04:25	00:07:53
45	3760	1000	Pedro Pinheiro	-	SEN	OSC / IPA	105	00:14:15	19	00:31:59	32	00:18:11	01:04:26	00:07:53
46	1124	853	Hugo Baluga	-	CAD	Amiciclo	64	00:13:02	22	00:32:12	68	00:19:12	01:04:26	00:07:54
47	1036	3104	Bernardo Portela	-	CAD	Clube Natação Rio Maior	46	00:12:39	25	00:32:18	84	00:19:30	01:04:28	00:07:56
48	3392	380	Katarina Larsson	-	SEN	Sporting CP	40	00:12:27	44	00:32:37	82	00:19:28	01:04:33	00:08:00
49	3244	253	Carlos Fernandes	-	SEN	OSC / IPA	84	00:13:48	37	00:32:33	43	00:18:34	01:04:57	00:08:24

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	3020	1880	António Marques	-	SEN	Clube de Praças da Armada	91	00:13:56	47	00:32:42	38	00:18:21	01:04:59	00:08:27
51	1599	522	Miguel Ângelo Silva	-	JUN	Ext. Coop. da Benedita	71	00:13:17	71	00:33:18	40	00:18:24	01:05:00	00:08:27
52	4074	790	Luis Lourenço	-	V1	Vitoria de Janes	95	00:13:59	33	00:32:27	44	00:18:35	01:05:02	00:08:30
53	3480	2765	Cláudio Ribeiro	-	SEN	OSC / IPA	85	00:13:49	40	00:32:34	48	00:18:43	01:05:07	00:08:34
54	2086	3220	Miguel Furtado	-	S23	Individual	31	00:12:11	135	00:34:44	33	00:18:12	01:05:08	00:08:35
55	1021	2257	Bernardo Quintela	-	CAD	Núcleo Sportinguista da Golegã	32	00:12:13	58	00:33:00	104	00:20:13	01:05:27	00:08:54
56	1527	1004	Guilherme Lopes	-	JUN	Sporting CP	20	00:11:16	78	00:33:26	130	00:20:50	01:05:33	00:09:00
57	1510	46	Mitos Figueira	-	JUN	C. N. Colégio Vasco da Gama	17	00:10:49	12	00:31:46	209	00:22:58	01:05:33	00:09:01
58	4180	1334	António Horta	-	V3	Clube de Praças da Armada	117	00:14:26	69	00:33:15	23	00:17:54	01:05:35	00:09:03
59	4185	1169	Nuno Barros	-	V1	Assoc. Académica S. Mamede	65	00:13:02	68	00:33:14	74	00:19:18	01:05:36	00:09:03
60	3218	1721	Pedro Miguel Machado	-	SEN	C. N. Colégio Vasco da Gama	70	00:13:16	76	00:33:23	59	00:18:56	01:05:36	00:09:04
61	1626	41	Sara Tenrinho	-	JUN	C. D. "Os Águias" de Alpiarça	30	00:12:09	61	00:33:05	118	00:20:30	01:05:44	00:09:12
62	4530	1494	Luis Filipe Valente	-	V1	Clube Oriental de Lisboa	89	00:13:52	29	00:32:21	87	00:19:33	01:05:47	00:09:14
63	3522	1053	Nuno Pereira	-	SEN	Quintajense Futebol Clube	79	00:13:39	55	00:32:53	75	00:19:19	01:05:52	00:09:19
64	1118	1786	Miguel Pereira	-	CAD	Associação Naval Amorense	50	00:12:44	96	00:33:49	77	00:19:23	01:05:57	00:09:24
65	3470	1576	Mário Almeida Santos	-	SEN	A. H. Bombeiros Estoris / 3 IRON	81	00:13:43	42	00:32:35	91	00:19:38	01:05:57	00:09:24
66	4254	63	Fernando Correia	-	V3	Peniche A. C.	98	00:14:05	34	00:32:29	79	00:19:27	01:06:01	00:09:29
67	3733	1048	Tiago Cochicho	-	SEN	TRI BVColares	125	00:14:36	66	00:33:12	37	00:18:20	01:06:09	00:09:36
68	3379	2574	Rui Moura	-	SEN	Clube 4 Estilos	88	00:13:52	49	00:32:47	86	00:19:32	01:06:12	00:09:39
69	4153	138	Miguel Palma	-	V2	TRIATLO CLUBE TAP	62	00:12:57	74	00:33:21	96	00:19:55	01:06:13	00:09:41
70	1121	880	Nuno Sequeira	-	CAD	Associação Naval Amorense	53	00:12:45	92	00:33:46	94	00:19:43	01:06:15	00:09:42
71	3285	347	Hugo Ferreira	-	SEN	Garmin Olímpico de Oeiras	116	00:14:26	81	00:33:32	35	00:18:18	01:06:17	00:09:44
72	3606	590	Paulo Silvestre	-	SEN	Ateneu Artístico Cartaxense	135	00:14:52	56	00:32:54	42	00:18:31	01:06:18	00:09:45
73	3113	503	Duarte Barreto	-	SEN	Ateneu Artístico Cartaxense	59	00:12:49	30	00:32:24	138	00:21:04	01:06:18	00:09:46
74	3553	2821	Ricardo Jorge Correia	-	SEN	Clube Xelb	27	00:11:53	91	00:33:45	129	00:20:50	01:06:28	00:09:56
75	3431	726	Henrique Venâncio	-	SEN	Peniche A. C.	130	00:14:43	59	00:33:00	51	00:18:46	01:06:29	00:09:57
76	2045	356	David Maia	-	S23	Garmin Olímpico de Oeiras	41	00:12:30	97	00:33:50	102	00:20:11	01:06:32	00:10:00
77	3586	977	Miguel Carneiro	-	SEN	Clube de Praças da Armada	51	00:12:44	84	00:33:36	105	00:20:13	01:06:35	00:10:02
78	3088	1509	Luis Galrito	-	SEN	Kainagua	68	00:13:12	72	00:33:18	100	00:20:07	01:06:38	00:10:05
79	3735	740	Ricardo Filipe Costa	-	SEN	A. H. Bombeiros Estoris / 3 IRON	74	00:13:29	52	00:32:49	112	00:20:21	01:06:41	00:10:08
80	3255	2245	Júlio Amândio	-	SEN	Lusitano	90	00:13:53	36	00:32:31	108	00:20:19	01:06:43	00:10:11
81	4121	144	Paulo Codinha	-	V2	TRIATLO CLUBE TAP	67	00:13:08	70	00:33:17	114	00:20:22	01:06:48	00:10:16
82	3712	3298	Eduardo Manuel Costa	-	SEN	TRI BVColares	22	00:11:17	106	00:34:02	167	00:21:34	01:06:54	00:10:22
83	3375	2553	Diogo Felisberto	-	SEN	McDonalds/TriBraga	73	00:13:28	57	00:32:58	119	00:20:32	01:06:59	00:10:26
84	1600	1298	Bruno Oliveira	-	JUN	Individual	122	00:14:34	104	00:33:58	41	00:18:30	01:07:04	00:10:31
85	3541	3366	Ricardo Patricio	-	SEN	Clube Triatlo Fundão	82	00:13:44	128	00:34:33	53	00:18:47	01:07:05	00:10:33
86	3407	3188	Bernard Lehmann	-	SEN	Sporting CP	157	00:15:37	102	00:33:54	16	00:17:35	01:07:07	00:10:34
87	4534	2450	Rui Gameiro	-	V1	Núcleo Sportinguista da Golegã	134	00:14:50	99	00:33:51	49	00:18:43	01:07:25	00:10:53
88	4147	62	Fernando Carmo	-	V2	C. N. Colégio Vasco da Gama	150	00:15:16	82	00:33:33	45	00:18:40	01:07:30	00:10:57
89	4142	2904	Paulo Figueiredo	-	V1	Individual	94	00:13:57	38	00:32:34	134	00:20:59	01:07:31	00:10:58
90	2061	1747	Daniel Mateus	-	S23	Ext. Coop. da Benedita	126	00:14:36	108	00:34:07	52	00:18:47	01:07:31	00:10:58
91	1528	3071	Mateus Esteves	-	JUN	Sporting CP	76	00:13:34	60	00:33:02	133	00:20:54	01:07:31	00:10:58
92	3215	2167	Rui Silva	-	SEN	Açoreana Clube Banif	136	00:14:53	95	00:33:49	60	00:18:57	01:07:40	00:11:07
93	4562	2614	Luis Manuel Rosário	-	V2	TRI BVColares	86	00:13:50	39	00:32:34	150	00:21:16	01:07:41	00:11:08
94	4120	870	José Magalhães Dias	-	V1	A. M. C. R. Fonte Grada	113	00:14:23	80	00:33:30	95	00:19:51	01:07:45	00:11:12
95	3273	2276	Pedro Ortigoso Lopes	-	SEN	DNMG	45	00:12:37	98	00:33:51	162	00:21:29	01:07:59	00:11:26
96	4308	1571	Ricardo Cordeiro	-	V1	Individual	128	00:14:41	115	00:34:14	66	00:19:10	01:08:06	00:11:33
97	4022	730	Paulo Teles	-	V1	G.A.A. Vila Franca de Xira	107	00:14:16	85	00:33:39	107	00:20:17	01:08:12	00:11:39
98	1520	2274	Alexandre Cruz	-	JUN	G. D. R. de Manique de Cima	96	00:14:00	90	00:33:42	123	00:20:35	01:08:18	00:11:45

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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
99	3491	1534	João Belo Martins	-	SEN	Núcleo Sportinguista da Golegã	119	00:14:30	111	00:34:11	89	00:19:36	01:08:18	00:11:45
100	3361	2522	José Miguel	-	SEN	DAR-FERMAQ	97	00:14:00	139	00:34:53	78	00:19:24	01:08:19	00:11:46
101	1521	587	André Pinheiro	-	JUN	Associação Naval Amorense	28	00:12:01	65	00:33:12	214	00:23:08	01:08:21	00:11:49
102	4060	994	António Moura	-	V3	Peniche A. C.	120	00:14:33	121	00:34:21	80	00:19:27	01:08:22	00:11:49
103	1617	1215	Sofia Hipólito	-	JUN	Alhandra Sporting Club	55	00:12:46	83	00:33:34	181	00:22:04	01:08:25	00:11:52
104	3795	3336	Luis Merca	-	SEN	Individual	101	00:14:08	142	00:35:03	88	00:19:35	01:08:47	00:12:14
105	3149	2054	Manuel Fialho Silva	-	SEN	Clube de Triatlo de Almada	66	00:13:06	88	00:33:41	182	00:22:05	01:08:52	00:12:20
106	3368	1176	Pedro Magalhães	-	SEN	Assoc. Académica S. Mamede	104	00:14:11	129	00:34:36	101	00:20:10	01:08:58	00:12:25
107	4249	871	Luis Cipriano	-	V1	A. M. C. R. Fonte Grada	182	00:16:28	75	00:33:22	70	00:19:13	01:09:03	00:12:31
108	3105	2893	João Fragoso	-	SEN	Individual	195	00:16:44	64	00:33:12	64	00:19:07	01:09:03	00:12:31
109	3082	1348	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	127	00:14:36	118	00:34:17	103	00:20:12	01:09:07	00:12:34
110	3159	2076	André Jesus	-	SEN	Clube Oriental de Lisboa	164	00:15:49	107	00:34:06	85	00:19:30	01:09:26	00:12:53
111	3107	1519	Bruno Dias	-	SEN	G. D. R. de Manique de Cima	143	00:15:01	130	00:34:40	97	00:19:58	01:09:41	00:13:08
112	4463	1636	Paulo Henriques	-	V1	Individual	92	00:13:56	116	00:34:14	166	00:21:33	01:09:45	00:13:12
113	3723	3301	Tiago Corvo	-	SEN	TRI BVColares	112	00:14:21	188	00:36:34	65	00:19:09	01:10:05	00:13:33
114	3652	3423	João Miguel Galiano	-	SEN	Individual	114	00:14:23	147	00:35:07	126	00:20:47	01:10:18	00:13:45
115	4602	2787	Philippe Jacobs	-	V1	A. H. Bombeiros Estoris / 3 IRON	144	00:15:04	124	00:34:31	127	00:20:47	01:10:22	00:13:50
116	4034	262	João Pereira	-	V3	OSC / IPA	132	00:14:44	112	00:34:12	157	00:21:26	01:10:23	00:13:50
117	4520	2330	Vitor Pereira	-	V2	Clube Triatlo Fundão	193	00:16:40	79	00:33:28	115	00:20:23	01:10:32	00:13:59
118	3288	7	Bárbara Clemente	-	SEN	Garmin Olímpico de Oeiras	83	00:13:45	145	00:35:07	172	00:21:45	01:10:38	00:14:05
119	4015	1046	José Oliveira	-	V3	A. H. Bombeiros Estoris / 3 IRON	156	00:15:35	114	00:34:13	128	00:20:50	01:10:39	00:14:06
120	4532	1161	Mário Guedes	-	V1	Sporting CP	133	00:14:48	119	00:34:19	164	00:21:31	01:10:39	00:14:06
121	3638	3283	José Guimarães	-	SEN	H2H CLUB BETTER LIVING	141	00:15:00	196	00:36:55	47	00:18:43	01:10:39	00:14:06
122	1020	631	Ana Alcaçarenho	-	CAD	Núcleo Sportinguista da Golegã	63	00:12:59	77	00:33:23	246	00:24:24	01:10:47	00:14:14
123	3483	2769	Pedro Miguel Bilro	-	SEN	Kainagua	159	00:15:40	126	00:34:32	122	00:20:35	01:10:47	00:14:15
124	2021	1664	Marília Aveiro	-	S23	Garmin Olímpico de Oeiras	110	00:14:20	141	00:35:02	155	00:21:25	01:10:47	00:14:15
125	4129	132	João Hipólito	-	V2	Alhandra Sporting Club	162	00:15:44	103	00:33:58	147	00:21:09	01:10:52	00:14:19
126	3356	2469	João Pedro Fulgêncio	-	SEN	Clube de Triatlo de Almada	214	00:17:26	117	00:34:15	69	00:19:13	01:10:54	00:14:22
127	3110	2004	Carlos Branco	-	SEN	C. D. "Os Águias" de Alpiarça	194	00:16:41	150	00:35:13	61	00:19:01	01:10:57	00:14:24
128	4545	2532	Paulo Conde	-	V1	C. N. Colégio Vasco da Gama	99	00:14:05	137	00:34:50	180	00:22:04	01:11:01	00:14:28
129	4487	1318	Rodrigo Cordeiro	-	V1	Individual	146	00:15:05	125	00:34:32	163	00:21:30	01:11:08	00:14:35
130	3303	2325	José Mercês	-	SEN	Clube 4 Estilos	171	00:15:57	113	00:34:12	135	00:20:59	01:11:09	00:14:36
131	4465	1642	Pedro Nunes Santos	-	V1	Individual	147	00:15:07	127	00:34:33	169	00:21:37	01:11:18	00:14:45
132	1140	1103	Ana Casteleiro	-	CAD	Sporting CP	57	00:12:47	100	00:33:52	255	00:24:41	01:11:20	00:14:48
133	3601	3172	Pedro Azenha	-	SEN	G. D. R. de Manique de Cima	93	00:13:56	176	00:36:04	153	00:21:19	01:11:21	00:14:48
134	3771	1311	Inácio José Faisca	-	SEN	Atlético Clube Montemorense	175	00:16:08	105	00:34:01	148	00:21:14	01:11:24	00:14:51
135	4431	2539	José Manuel Sérgio	-	V2	Clube de Natação de Torres Novas	151	00:15:18	131	00:34:41	156	00:21:25	01:11:24	00:14:52
136	4064	1768	Hugo Aguiar	-	V1	C. D. "Os Águias" de Alpiarça	158	00:15:38	109	00:34:07	173	00:21:45	01:11:32	00:14:59
137	4135	652	Joaquim Figueiras	-	V1	OSC / IPA	188	00:16:33	151	00:35:16	93	00:19:42	01:11:32	00:15:00
138	3213	2155	Bruno Feio	-	SEN	TRI CAP - Penafirme	121	00:14:34	122	00:34:24	194	00:22:34	01:11:33	00:15:00
139	4059	511	Fernando Feijão	-	V4	Individual	215	00:17:27	110	00:34:08	98	00:19:59	01:11:35	00:15:03
140	4014	742	João Santos	-	V3	A. H. Bombeiros Estoris / 3 IRON	142	00:15:00	101	00:33:53	202	00:22:43	01:11:37	00:15:04
141	3274	2277	Solange Sousa	-	SEN	DNMG	109	00:14:19	133	00:34:41	198	00:22:38	01:11:39	00:15:06
142	4042	1361	João Rita	-	V4	Louletano	163	00:15:45	136	00:34:48	140	00:21:05	01:11:39	00:15:06
143	3676	978	Filipe Vidal	-	SEN	Clube de Praças da Armada	153	00:15:26	148	00:35:08	141	00:21:05	01:11:40	00:15:07
144	4027	2885	Miguel Teixeira	-	V1	C. D. "Os Águias" de Alpiarça	177	00:16:24	177	00:36:09	71	00:19:13	01:11:47	00:15:14
145	1518	544	Joana Coelho	-	JUN	G. D. R. de Manique de Cima	43	00:12:34	93	00:33:47	265	00:25:33	01:11:55	00:15:23
146	3004	873	Bruno Silva	-	SEN	G.A.A. Vila Franca de Xira	169	00:15:56	166	00:35:39	109	00:20:20	01:11:56	00:15:24
147	4052	1351	Manuel Gonçalves	-	V3	C. N. Colégio Vasco da Gama	167	00:15:53	172	00:36:00	99	00:20:04	01:11:57	00:15:24

Data:	09-06-2013	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Ranking Geral	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	4595	423	António Costa	-	V1	Núcleo Sportinguista da Golegã	204	00:17:05	134	00:34:43	106	00:20:16	01:12:05	00:15:32
149	1633	444	Tiago André Pereira	-	JUN	Clube de Triatlo de Almada	77	00:13:35	170	00:35:56	200	00:22:40	01:12:13	00:15:40
150	4456	1595	Helder Moringa	-	V1	Ateneu Artístico Cartaxense	183	00:16:28	156	00:35:22	116	00:20:23	01:12:14	00:15:41
151	4241	1464	André Cunha	-	V2	Açoreana Clube Banif	176	00:16:16	163	00:35:28	120	00:20:33	01:12:18	00:15:45
152	3451	2662	Ricardo Sousa	-	SEN	DNMG	152	00:15:25	143	00:35:04	175	00:21:50	01:12:20	00:15:47
153	3706	3296	Carolina Silva	-	SEN	Assoc. Académica S. Mamede	29	00:12:01	192	00:36:47	223	00:23:33	01:12:22	00:15:49
154	3256	1367	João Pedro Antunes	-	SEN	Leões de Olhão	178	00:16:24	164	00:35:31	117	00:20:29	01:12:25	00:15:53
155	4350	205	João Góis Gomes	-	V2	Associação Naval Amorense	148	00:15:09	144	00:35:06	186	00:22:13	01:12:28	00:15:55
156	3530	2800	José Rodrigues	-	SEN	Individual	228	00:17:45	174	00:36:03	56	00:18:54	01:12:43	00:16:10
157	3235	1350	Gonçalo Vicente	-	SEN	C. N. Colégio Vasco da Gama	179	00:16:25	155	00:35:22	137	00:21:02	01:12:50	00:16:18
158	1514	2999	Tamára Branco	-	JUN	C. D. "Os Águias" de Alpiarça	102	00:14:09	138	00:34:51	233	00:23:56	01:12:57	00:16:24
159	3245	2236	Nuno Carvalhinho	-	SEN	TRIATLO CLUBE TAP	189	00:16:36	149	00:35:13	146	00:21:08	01:12:58	00:16:25
160	3319	2421	Filipe Mendes	-	SEN	Individual	223	00:17:33	157	00:35:23	110	00:20:20	01:13:17	00:16:45
161	3547	3371	João Jesus	-	SEN	Teleperformance - "os Belenenses"	168	00:15:55	181	00:36:14	158	00:21:26	01:13:36	00:17:03
162	3713	628	Diogo Barbosa	-	SEN	TRI CAP - Penafirme	224	00:17:34	140	00:35:01	143	00:21:05	01:13:41	00:17:09
163	3000	665	Vitor Santos	-	SEN	A. M. C. R. Fonte Grada	260	00:19:23	132	00:34:41	90	00:19:37	01:13:42	00:17:09
164	4539	2466	Pedro Caeiro	-	V2	Clube Millennium BCP	123	00:14:35	167	00:35:50	218	00:23:27	01:13:53	00:17:21
165	3377	1167	Eurico Coelho	-	SEN	Assoc. Académica S. Mamede	139	00:14:55	153	00:35:18	228	00:23:46	01:14:00	00:17:27
166	3242	2222	Marco Machado Fernandes	-	SEN	Individual	192	00:16:39	154	00:35:19	179	00:22:03	01:14:01	00:17:29
167	3323	3111	Francisco Trocado	-	SEN	Individual	137	00:14:54	204	00:37:16	184	00:22:10	01:14:20	00:17:48
168	4221	1050	António Vitorino	-	V2	Peniche A. C.	265	00:19:48	162	00:35:28	63	00:19:04	01:14:21	00:17:48
169	4504	2185	Miguel Menezes	-	V1	OSC / IPA	219	00:17:30	120	00:34:19	206	00:22:51	01:14:42	00:18:09
170	3126	2037	Bruno Dinis	-	SEN	Individual	149	00:15:12	195	00:36:54	201	00:22:42	01:14:49	00:18:16
171	4363	566	Joaquim Guedelha	-	V2	G. D. R. de Manique de Cima	138	00:14:54	159	00:35:27	249	00:24:28	01:14:51	00:18:18
172	3477	2954	Bruno Girão	-	SEN	Individual	229	00:17:47	175	00:36:04	136	00:20:59	01:14:51	00:18:18
173	3444	2642	Flávio Cordeiro	-	SEN	OSC / IPA	225	00:17:36	179	00:36:11	145	00:21:07	01:14:55	00:18:22
174	4036	1722	Miguel Gomes	-	V1	C. N. Colégio Vasco da Gama	187	00:16:33	152	00:35:17	211	00:23:04	01:14:55	00:18:23
175	4633	999	Ana Pereira	-	V1	Sporting CP	207	00:17:17	123	00:34:26	215	00:23:19	01:15:02	00:18:29
176	3463	2708	Célio Anastácio	-	SEN	Peniche A. C.	184	00:16:29	189	00:36:34	178	00:22:01	01:15:05	00:18:32
177	4406	992	Pedro Basílio	-	V1	Individual	131	00:14:44	211	00:37:56	193	00:22:27	01:15:08	00:18:35
178	4209	2953	António Louro	-	V1	Individual	190	00:16:38	208	00:37:43	131	00:20:52	01:15:13	00:18:40
179	3307	2328	Ricardo Marques	-	SEN	Clube Triatlo Fundação	180	00:16:25	160	00:35:28	222	00:23:30	01:15:24	00:18:51
180	3711	666	Sara Reis	-	SEN	A. M. C. R. Fonte Grada	173	00:15:59	171	00:35:58	221	00:23:29	01:15:27	00:18:54
181	3072	1871	Sérgio Cipriano	-	SEN	A. M. C. R. Fonte Grada	230	00:17:51	173	00:36:03	165	00:21:33	01:15:28	00:18:55
182	4081	136	Mário Figueiredo	-	V1	Alhandra Sporting Club	266	00:19:52	180	00:36:13	83	00:19:28	01:15:34	00:19:01
183	3241	172	Nuno Tintim	-	SEN	Alhandra Sporting Club	267	00:19:54	146	00:35:07	121	00:20:33	01:15:35	00:19:02
184	4500	2252	Luis Trindade	-	V2	Leões de Olhão	174	00:16:05	182	00:36:14	216	00:23:22	01:15:42	00:19:09
185	3816	3340	Hugo Vieira	-	SEN	A. H. Bombeiros Estoris / 3 IRON	208	00:17:17	168	00:35:52	196	00:22:37	01:15:47	00:19:15
186	3165	2079	Bruno Pontes	-	SEN	McDonalds/TriBraga	218	00:17:30	212	00:37:58	113	00:20:22	01:15:50	00:19:18
187	2039	1559	Tânia Henriques	-	S23	Associação Naval Amorense	38	00:12:22	223	00:38:59	254	00:24:34	01:15:56	00:19:23
188	4313	3374	João Carreiro	-	V2	C. N. Colégio Vasco da Gama	185	00:16:31	222	00:38:47	124	00:20:45	01:16:03	00:19:31
189	3024	1711	Alexandra Vicente	-	SEN	TRIATLO CLUBE TAP	129	00:14:43	224	00:39:05	189	00:22:17	01:16:06	00:19:33
190	4505	2268	Armando Lopes	-	V3	Individual	242	00:18:29	194	00:36:53	125	00:20:46	01:16:09	00:19:36
191	3030	2630	Nuno Raimundo	-	SEN	Clube de Praças da Armada	206	00:17:10	209	00:37:44	152	00:21:19	01:16:14	00:19:41
192	3620	3409	Ricardo Simões	-	SEN	Individual	202	00:17:03	193	00:36:50	191	00:22:21	01:16:15	00:19:43
193	3338	1441	José Guerreiro	-	SEN	Lusitano	248	00:18:47	191	00:36:37	132	00:20:52	01:16:18	00:19:46
194	4268	979	Vasco Soares	-	V1	Clube de Praças da Armada	155	00:15:35	187	00:36:33	240	00:24:10	01:16:19	00:19:47
195	4403	981	Paulo Jorge Santos	-	V2	A. M. C. R. Fonte Grada	212	00:17:25	198	00:37:01	177	00:21:55	01:16:21	00:19:48
196	3272	2275	Ricardo Oliveira	-	SEN	DNMG	262	00:19:27	158	00:35:27	168	00:21:35	01:16:31	00:19:58

Data:	09-06-2013	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Ranking Geral	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	4272	2002	Paulo Manuel Ferreira	-	V1	H2H CLUB BETTER LIVING	245	00:18:38	183	00:36:25	161	00:21:29	01:16:32	00:19:59
198	4025	148	João Medeiro	-	V3	SS CGD	231	00:17:52	200	00:37:11	171	00:21:38	01:16:42	00:20:10
199	4361	559	Hipólito Ferreira	-	V2	G. D. R. de Manique de Cima	186	00:16:32	161	00:35:28	257	00:24:48	01:16:49	00:20:17
200	4385	418	Jorge Castro	-	V3	Núcleo Sportinguista da Golegã	172	00:15:58	214	00:38:11	205	00:22:50	01:17:00	00:20:27
201	3642	1674	Jorge Carneiro	-	SEN	Teleperformance - "os Belenenses"	217	00:17:28	217	00:38:24	151	00:21:19	01:17:12	00:20:39
202	3076	2996	Ana Miranda	-	SEN	C. D. "Os Águias" de Alpiarça	72	00:13:18	216	00:38:21	266	00:25:39	01:17:18	00:20:45
203	3452	2660	Ricardo Rodrigues	-	SEN	Individual	226	00:17:41	186	00:36:33	213	00:23:06	01:17:20	00:20:47
204	3724	1824	Pedro Raposo	-	SEN	Ateneu Artístico Cartaxense	233	00:18:11	169	00:35:54	220	00:23:29	01:17:34	00:21:01
205	4075	242	José Peixoto	-	V4	Peniche A. C.	261	00:19:26	203	00:37:14	144	00:21:06	01:17:46	00:21:14
206	2049	662	Rita Delgado	-	S23	Associação Naval Amorense	80	00:13:41	207	00:37:41	274	00:26:26	01:17:49	00:21:16
207	4576	2654	Karin Omberg	-	V1	Garmin Olímpico de Oeiras	203	00:17:04	197	00:36:59	231	00:23:53	01:17:57	00:21:24
208	4538	2465	Rogério Araújo	-	V2	Clube Millennium BCP	209	00:17:18	221	00:38:44	176	00:21:55	01:17:57	00:21:25
209	4069	937	João Rodrigues Silva	-	V3	Clube Millennium BCP	75	00:13:31	257	00:42:02	199	00:22:39	01:18:13	00:21:41
210	3589	519	Pedro Lopes Pereira	-	SEN	C. N. Colégio Vasco da Gama	236	00:18:18	201	00:37:14	203	00:22:43	01:18:16	00:21:43
211	4453	1589	Carlos Barata Correia	-	V5	Clube de Triatlo de Almada	115	00:14:24	210	00:37:54	269	00:26:03	01:18:22	00:21:50
212	4593	2753	Artur Parreira	-	V3	Individual	210	00:17:23	226	00:39:16	183	00:22:05	01:18:46	00:22:13
213	4011	990	João Albuquerque	-	V2	Clube 4 Estilos	270	00:20:15	165	00:35:39	207	00:22:52	01:18:47	00:22:14
214	3250	2243	Pedro Mauricio Vieira	-	SEN	Peniche A. C.	181	00:16:27	215	00:38:19	237	00:24:06	01:18:52	00:22:20
215	4653	1470	Diogo Ferreira	-	V1	Açoreana Clube Banif	259	00:19:20	206	00:37:19	190	00:22:18	01:18:58	00:22:25
216	3389	2592	Gonçalo Filipe Simões	-	SEN	DNMG	200	00:16:58	225	00:39:10	204	00:22:49	01:18:58	00:22:26
217	1090	1916	Inês Oliveira	-	CAD	Sporting CP	87	00:13:52	247	00:40:59	242	00:24:14	01:19:06	00:22:33
218	3432	2633	Hugo Sousa	-	SEN	Açoreana Clube Banif	253	00:19:10	178	00:36:11	232	00:23:54	01:19:16	00:22:43
219	4195	390	Sérgio Oliveira	-	V2	TRIATLO CLUBE TAP	258	00:19:17	184	00:36:27	225	00:23:40	01:19:25	00:22:53
220	4335	518	Filomena Gomes	-	V1	Garmin Olímpico de Oeiras	241	00:18:29	199	00:37:03	236	00:24:01	01:19:34	00:23:02
221	3137	2040	Henrique Delgado	-	SEN	TRI CAP - Penafirme	140	00:14:58	240	00:40:28	241	00:24:12	01:19:39	00:23:06
222	3061	2880	Pedro Monteiro	-	SEN	Individual	273	00:20:33	232	00:39:44	92	00:19:40	01:19:58	00:23:25
223	4215	738	José Luis Correia	-	V3	A. H. Bombeiros Estoris / 3 IRON	111	00:14:21	244	00:40:41	258	00:24:56	01:19:59	00:23:26
224	4021	1709	Jorge Silva	-	V2	A. H. Bombeiros Estoris / 3 IRON	238	00:18:25	190	00:36:37	259	00:24:57	01:20:00	00:23:28
225	4072	827	Renato Fidalgo	-	V3	A. D. C. R. Painho	279	00:21:41	202	00:37:14	159	00:21:26	01:20:22	00:23:49
226	4480	2205	Pedro Goucha Jorge	-	V3	Individual	160	00:15:43	236	00:40:08	252	00:24:32	01:20:23	00:23:51
227	3036	2924	Vitor Gomes	-	SEN	Ateneu Artístico Cartaxense	284	00:22:19	185	00:36:32	170	00:21:38	01:20:30	00:23:57
228	3653	217	José Pinto Coelho	-	SEN	Alhandra Sporting Club	161	00:15:43	268	00:43:34	154	00:21:22	01:20:40	00:24:07
229	3042	1761	Joana Fragata	-	SEN	Núcleo Sportinguista da Golegã	222	00:17:33	219	00:38:43	248	00:24:26	01:20:44	00:24:11
230	4189	492	Carlos Serra	-	V2	Alhandra Sporting Club	244	00:18:36	220	00:38:44	219	00:23:28	01:20:49	00:24:17
231	4585	2710	Fernando Fernandes	-	V1	Individual	239	00:18:28	227	00:39:20	210	00:23:04	01:20:53	00:24:20
232	3625	3412	João Miguel Moreira	-	SEN	Individual	243	00:18:31	243	00:40:36	174	00:21:47	01:20:54	00:24:22
233	4542	2505	João Carlos Oliveira	-	V2	Clube Oriental de Lisboa	197	00:16:47	228	00:39:22	256	00:24:47	01:20:57	00:24:24
234	4469	3333	Luis Vidinha	-	V1	Individual	213	00:17:25	264	00:42:47	139	00:21:04	01:21:17	00:24:45
235	3679	561	Pedro Borges Coelho	-	SEN	G. D. R. de Manique de Cima	237	00:18:21	238	00:40:14	208	00:22:55	01:21:30	00:24:58
236	4623	3023	Paulo Silva	-	V1	Clube Millennium BCP	165	00:15:49	274	00:44:20	160	00:21:27	01:21:37	00:25:05
237	3655	3425	Carlos Pacheco	-	SEN	Clube Oriental de Lisboa	191	00:16:38	245	00:40:50	238	00:24:09	01:21:38	00:25:05
238	4345	627	Paulo Batista	-	V3	TRIATLO CLUBE TAP	254	00:19:12	233	00:39:55	197	00:22:37	01:21:44	00:25:12
239	4630	3039	Fernando Ribeiro	-	V2	Clube Oriental de Lisboa	154	00:15:30	260	00:42:12	245	00:24:18	01:22:01	00:25:28
240	4294	1056	José Panóias	-	V4	Quintajense Futebol Clube	274	00:21:09	213	00:38:01	212	00:23:04	01:22:15	00:25:43
241	4601	2781	Jose Alberto Domingos	-	V5	Individual	211	00:17:24	229	00:39:33	263	00:25:25	01:22:23	00:25:50
242	4228	2958	Ricardo Rodrigues	-	V1	A. H. Bombeiros Estoris / 3 IRON	256	00:19:13	231	00:39:39	227	00:23:42	01:22:35	00:26:03
243	4262	2995	Duarte Almeida	-	V2	Individual	281	00:21:52	205	00:37:18	224	00:23:35	01:22:47	00:26:14
244	4493	2241	Amílcar Almeida	-	V3	A. H. Bombeiros Estoris / 3 IRON	221	00:17:33	248	00:41:03	243	00:24:15	01:22:52	00:26:20
245	1053	3369	Joana Pinto	-	CAD	Associação Naval Amorense	106	00:14:16	250	00:41:24	283	00:27:25	01:23:05	00:26:32

Data:	09-06-2013	Hora:	11h00	Local:	Oeiras
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt

Ranking:	Ranking Geral	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	2143	408	Laura Costa Bento	-	S23	Alhandra Sporting Club	118	00:14:27	249	00:41:21	281	00:27:19	01:23:08	00:26:36
247	4632	3055	Maria Jose Marques	-	V2	Veteranos do Porto	103	00:14:10	270	00:43:38	264	00:25:32	01:23:21	00:26:48
248	3187	2124	Leonor Calaim	-	SEN	C. N. Colégio Vasco da Gama	196	00:16:46	218	00:38:34	289	00:28:13	01:23:33	00:27:00
249	3643	3420	Ricardo Cunha	-	SEN	Assoc. Académica S. Mamede	255	00:19:12	266	00:43:16	142	00:21:05	01:23:34	00:27:01
250	3138	3053	João Matos	-	SEN	Individual	287	00:22:57	239	00:40:16	111	00:20:20	01:23:34	00:27:02
251	4626	3029	Eduardo Miguel Pereira	-	V1	Associação Naval Amorense	201	00:17:00	237	00:40:08	276	00:26:33	01:23:42	00:27:10
252	4023	432	Francisco Bexiga	-	V4	Clube de Praças da Armada	216	00:17:27	234	00:39:59	275	00:26:30	01:23:57	00:27:25
253	4470	822	José Ferreira	-	V1	A. D. C. R. Painho	285	00:22:31	241	00:40:32	149	00:21:15	01:24:19	00:27:46
254	3578	3398	João Prehaz	-	SEN	Individual	251	00:18:56	235	00:40:01	262	00:25:24	01:24:22	00:27:49
255	3716	3299	Rui Oliveira	-	SEN	TRI BVColares	100	00:14:06	251	00:41:24	291	00:29:06	01:24:37	00:28:05
256	3164	2089	Lénia Gamito	-	SEN	Louletano	227	00:17:44	261	00:42:31	250	00:24:28	01:24:44	00:28:12
257	4365	131	Paulo Viana	-	V1	Alhandra Sporting Club	264	00:19:38	242	00:40:34	260	00:25:00	01:25:13	00:28:40
258	4046	266	Mário Melo	-	V5	Ferrovário	170	00:15:57	263	00:42:46	277	00:26:38	01:25:22	00:28:49
259	4263	260	Paulo Matias	-	V1	OSC / IPA	249	00:18:50	246	00:40:51	267	00:25:44	01:25:27	00:28:54
260	4609	2813	Tiago Matos	-	V2	TRIATLO CLUBE TAP	145	00:15:05	275	00:44:25	272	00:26:12	01:25:44	00:29:11
261	4646	3306	Vitor Silva	-	V3	Individual	166	00:15:50	269	00:43:37	278	00:26:39	01:26:06	00:29:34
262	4614	2916	Luis Santos	-	V1	Individual	234	00:18:12	258	00:42:04	268	00:25:53	01:26:10	00:29:37
263	4132	258	António Moriés	-	V3	OSC / IPA	263	00:19:36	230	00:39:37	280	00:27:09	01:26:22	00:29:50
264	4642	3099	Rui Cabral	-	V1	Individual	271	00:20:26	273	00:43:53	185	00:22:12	01:26:32	00:29:59
265	4346	133	Jorge Carreiras	-	V2	Clube Oriental de Lisboa	272	00:20:30	254	00:41:50	247	00:24:24	01:26:45	00:30:13
266	4611	2843	Susana Almeida	-	V1	Garmin Olímpico de Oeiras	247	00:18:45	278	00:45:56	195	00:22:35	01:27:17	00:30:44
267	3717	578	Tiago Avelãs	-	SEN	SS CGD	282	00:22:02	253	00:41:38	226	00:23:41	01:27:21	00:30:49
268	3577	3395	Miguel Beja	-	SEN	Individual	280	00:21:42	255	00:41:55	229	00:23:47	01:27:25	00:30:53
269	5257		Michael Fuchs	-	V2	Individual	199	00:16:56	265	00:42:50	288	00:28:00	01:27:46	00:31:14
270	3654	3424	Pedro Santos	-	SEN	C. N. Colégio Vasco da Gama	276	00:21:23	256	00:41:56	253	00:24:33	01:27:53	00:31:21
271	3358	2513	Maria Vitória Lima	-	SEN	Lusitano	250	00:18:53	276	00:44:56	239	00:24:09	01:27:59	00:31:26
272	3525	3353	Pedro Xavier	-	SEN	Individual	205	00:17:07	277	00:45:19	271	00:26:09	01:28:36	00:32:03
273	3090	3280	Mel Newton	-	SEN	Garmin Olímpico de Oeiras	257	00:19:15	271	00:43:40	270	00:26:08	01:29:03	00:32:31
274	3371	2558	Sérgio Lopes	-	SEN	Escola de Ciclismo Triatlo Camara	286	00:22:43	259	00:42:11	244	00:24:16	01:29:11	00:32:38
275	4306	2519	José Pereira	-	V2	Açoreana Clube Banif	289	00:23:23	262	00:42:31	217	00:23:27	01:29:23	00:32:50
276	4605	2792	Fernanda Marques	-	V1	Individual	220	00:17:32	287	00:50:18	192	00:22:23	01:30:14	00:33:41
277	4332	505	João Gameiro	-	V5	Ateneu Artístico Cartaxense	269	00:20:10	279	00:46:44	235	00:24:01	01:30:55	00:34:22
278	3661	3443	Marta Quina	-	SEN	Individual	198	00:16:54	281	00:47:26	279	00:26:39	01:31:00	00:34:28
279	3526	3355	Jorge Matias	-	SEN	Individual	290	00:23:31	267	00:43:30	251	00:24:32	01:31:34	00:35:01
280	4543	1462	João Carlos Serra	-	V1	Açoreana Clube Banif	291	00:23:50	272	00:43:53	234	00:23:56	01:31:40	00:35:07
281	4342	140	Luis Filipe Silva	-	V4	TRIATLO CLUBE TAP	292	00:23:56	252	00:41:34	273	00:26:16	01:31:48	00:35:15
282	4652	3181	Fausto Isaac	-	V1	Açoreana Clube Banif	278	00:21:38	282	00:48:17	187	00:22:15	01:32:10	00:35:37
283	3415	2618	Pedro Burquette	-	SEN	Açoreana Clube Banif	277	00:21:37	283	00:48:18	188	00:22:16	01:32:13	00:35:40
284	4475	2181	Luis Manuel Conceição	-	V3	Individual	283	00:22:14	280	00:47:12	230	00:23:53	01:33:20	00:36:48
285	3665	3286	Ana Guimaraes	-	SEN	H2H CLUB BETTER LIVING	232	00:18:06	284	00:48:39	284	00:27:32	01:34:17	00:37:45
286	3604	3243	Bernardo Pinto-Coelho	-	SEN	Alhandra Sporting Club	252	00:19:06	289	00:50:49	261	00:25:16	01:35:12	00:38:39
287	3399	3180	Nuno Gameiro	-	SEN	Açoreana Clube Banif	240	00:18:29	288	00:50:45	287	00:27:55	01:37:10	00:40:37
288	3069	1845	Ana Rita Duarte	-	SEN	CFV	235	00:18:16	286	00:50:07	290	00:28:50	01:37:13	00:40:41
289	4452	1588	Madalena Caninas	-	V3	Clube de Triatlo de Almada	246	00:18:40	291	00:51:22	286	00:27:45	01:37:47	00:41:15
290	3688	3288	Joana Queiroz	-	SEN	H2H CLUB BETTER LIVING	275	00:21:16	285	00:49:32	282	00:27:20	01:38:08	00:41:36
291	3014	1705	Miguel Reis	-	SEN	SS CGD	268	00:19:56	290	00:50:53	285	00:27:43	01:38:33	00:42:00
292	4250	2882	Mário Ribeiro	-	V2	Individual	288	00:23:19	292	00:53:28	292	00:33:40	01:50:28	00:53:55
	1525	2434	Leonardo Nunes	DQ	JUN	Sporting CP	15	00:10:30	18	00:31:46	18	00:18:19	01:00:36	00:04:04
	3324	1349	Luis Pimenta	DQ	SEN	C. N. Colégio Vasco da Gama	266	00:19:50	277	00:45:07	45	00:18:38	01:23:35	00:27:03

Data:	09-06-2013	Hora:	11h00	Local:	Oeiras			
Natação	750 mt	Ciclismo:	19.300 mt	Corrida:	5.000 mt			

Ranking:	Ranking Geral	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
	4519	2326	Carla Teixeira	DQ	V1	Garmin Olimpico de Oeiras	203		255		255	00:17:35	01:37:49	00:41:17
	1115	1045	Nuno Miguel André	DNF	CAD	Garmin Olimpico de Oeiras		00:12:01						-
	2064	194	Filipe Miguel Lopes	DNF	S23	Alhandra Sporting Club		00:13:55						-
	4356	372	Sónia Quintela	DNF	V1	Núcleo Sportinguista da Golegã		00:12:29						-
	4369	322	Jorge Corte-Real	DNF	V3	Alhandra Sporting Club		00:23:01						-
	4579	2659	Euclides Coimbra	DNF	V3	Individual		00:16:22						-
	4587	2713	Alberto Xavier	DNF	V1	Individual		00:18:10						-
	1038	3105	José Felício	DNS	CAD	Clube Natação Rio Maior								-
	1509	1479	Afonso Garcia	DNS	JUN	Garmin Olimpico de Oeiras								-
	1529	524	Catarina Marques	DNS	JUN	Ext. Coop. da Benedita								-
	1594	680	João Miguel Cristo	DNS	JUN	Sporting CP								-
	2038	23	Pedro Araújo Mendes	DNS	S23	Sport Lisboa e Benfica								-
	3007	1878	Bruno Canhão	DNS	SEN	Clube de Praças da Armada								-
	3017	1710	Daniel Delgado	DNS	SEN	A. H. Bombeiros Estoris / 3 IRON								-
	3167	2091	João Boim	DNS	SEN	Núcleo Sportinguista da Golegã								-
	3170	1114	João Sousa Baptista	DNS	SEN	OSC / IPA								-
	3233	2203	Nuno Fonseca	DNS	SEN	Individual								-
	3243	2232	João Lourenço	DNS	SEN	C. N. Colégio Vasco da Gama								-
	3278	2294	João Diogo Cruz	DNS	SEN	A. H. Bombeiros Estoris / 3 IRON								-
	3347	2448	Melissa Maia	DNS	SEN	Núcleo Sportinguista da Golegã								-
	3406	3184	Luis Miguel Graça	DNS	SEN	A. H. Bombeiros Estoris / 3 IRON								-
	3579	2846	Ana Soraia Gomes	DNS	SEN	Sporting CP								-
	3615	3255	Pedro Sanguino	DNS	SEN	Individual								-
	3720	3300	Miguel André Dábrio	DNS	SEN	TRI BVColares								-
	3736	741	Miguel Arrobas	DNS	SEN	A. H. Bombeiros Estoris / 3 IRON								-
	3774	2964	Gonçalo Carvalho	DNS	SEN	Individual								-
	4035	1516	Paulo Lamego	DNS	V1	C. N. Colégio Vasco da Gama								-
	4088	736	António Trabuco	DNS	V3	Individual								-
	4117	2900	Duarte Cordeiro	DNS	V1	TRIATLO CLUBE TAP								-
	4165	1466	Carlos Candeias	DNS	V2	Açoreana Clube Banif								-
	4193	1164	Luis Correia Ferreira	DNS	V1	Assoc. Académica S. Mamede								-
	4293	1099	Miguel Velez	DNS	V3	Escola de Ciclismo Triatlo Camara								-
	4327	2127	Mário Ramos	DNS	V3	Individual								-
	4426	1364	José Alberto Marcos	DNS	V2	Louletano								-
	4506	1614	Filipe Varandas	DNS	V1	Clube Triatlo de Perosinho								-
	3417	2621	Pedro Amaral	DNS	SEN	Kainagua								-
	3264	335	Manuel Alves	DNS	SEN	C. N. Colégio Vasco da Gama								-