

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior							
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt			
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00								

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
1	3179	2109	Bruno Matheus	-	25-29	C. D. "Os Águias" de Alpiarça	7	00:15:57	12	00:01:03	11	00:29:50	16	00:00:35	2	00:08:03	00:55:30	
2	3038	14	Vasco Pessoa	-	25-29	C. D. "Os Águias" de Alpiarça	10	00:15:58	17	00:01:05	9	00:29:49	5	00:00:33	3	00:08:03	00:55:31	00:00:00
3	2146	49	Alexandre Nobre	-	20-24	Individual	9	00:15:57	10	00:01:02	12	00:29:52	14	00:00:35	6	00:08:08	00:55:36	00:00:05
4	2149	51	Pedro Afonso Gaspar	-	20-24	Individual	13	00:16:04	8	00:01:01	8	00:29:46	39	00:00:40	5	00:08:06	00:55:38	00:00:08
5	2025	53	Rafael Ribeiro	-	20-24	C. D. "Os Águias" de Alpiarça	11	00:15:58	11	00:01:03	15	00:29:52	10	00:00:34	8	00:08:10	00:55:40	00:00:09
6	3266	303	Ricardo Gouveia	-	30-34	Ludens de Machico/El Bom Bom Sport	12	00:16:04	9	00:01:02	6	00:29:45	13	00:00:35	13	00:08:17	00:55:44	00:00:13
7	1503	1540	David Luis	-	18-19	C. D. "Os Águias" de Alpiarça	8	00:15:57	14	00:01:04	16	00:29:52	17	00:00:36	40	00:08:51	00:56:22	00:00:52
8	2059	415	João Francisco Ferreira	-	20-24	Garmin Olimpico de Oeiras	17	00:16:07	18	00:01:06	94	00:30:49	26	00:00:38	7	00:08:08	00:56:50	00:01:19
9	2038	23	Pedro Araújo Mendes	-	20-24	Sport Lisboa e Benfica	2		2		92	00:30:47	11	00:00:34	10	00:08:16	00:56:53	00:01:22
10	1621	45	Luis Gabriel Monteiro	-	18-19	Alhandra Sporting Club	26	00:16:39	23	00:01:07	52	00:30:17	8	00:00:34	12	00:08:17	00:56:55	00:01:25
11	3400	284	Marco Costa	-	30-34	Garmin Olimpico de Oeiras	18	00:16:07	22	00:01:07	96	00:30:50	3	00:00:32	16	00:08:20	00:56:58	00:01:27
12	2060	52	Filipe Azevedo	-	20-24	C. D. "Os Águias" de Alpiarça	25	00:16:39	32	00:01:10	38	00:30:11	38	00:00:40	15	00:08:19	00:57:00	00:01:30
13	6378	3272	Alejandro Cañas	-	20-24	C. D. "Os Águias" de Alpiarça	6		6		89	00:30:45	30	00:00:39	14	00:08:19	00:57:04	00:01:33
14	1569	411	João Pais	-	18-19	Alhandra Sporting Club	15	00:16:05	27	00:01:08	95	00:30:50	4	00:00:33	23	00:08:29	00:57:07	00:01:36
15	3022	1707	João Oliveira	-	30-34	DNMG	20	00:16:28	31	00:01:10	66	00:30:27	74	00:00:44	11	00:08:16	00:57:07	00:01:37
16	2000	1411	Bruno Pereira	-	20-24	Sport Lisboa e Benfica	22	00:16:34	33	00:01:10	53	00:30:19	18	00:00:36	21	00:08:27	00:57:08	00:01:38
17	3092	3003	Daniel Martins	-	25-29	A. M. C. R. Fonte Grada	16	00:16:06	26	00:01:08	93	00:30:48	218	00:01:03	4	00:08:05	00:57:11	00:01:41
18	4515	344	Luis Manuel Almeida	-	40-44	Garmin Olimpico de Oeiras	19	00:16:27	7	00:00:59	99	00:30:52	2	00:00:31	20	00:08:26	00:57:17	00:01:47
19	2116	50	Ricardo Calado	-	20-24	C. D. "Os Águias" de Alpiarça	14	00:16:04	13	00:01:03	100	00:30:54	12	00:00:35	37	00:08:46	00:57:25	00:01:55
20	3043	2947	Cláudio Pica	-	30-34	Bike Clube S. Brás	3		3		10	00:29:49	83	00:00:44	9	00:08:15	00:57:29	00:01:58
21	3608	3248	Nuno Miguel Tinoco	-	30-34	Assoc. Académica de Coimbra	24	00:16:38	42	00:01:12	74	00:30:35	6	00:00:33	22	00:08:29	00:57:30	00:01:59
22	1536	1045	Nuno Miguel André	-	18-19	Garmin Olimpico de Oeiras	45	00:17:14	16	00:01:04	33	00:30:08	29	00:00:39	19	00:08:23	00:57:30	00:02:00
23	3674	386	Pedro Carreira	-	35-39	TRI-OESTE	38	00:17:05	20	00:01:06	37	00:30:10	27	00:00:38	25	00:08:30	00:57:32	00:02:01
24	1629	47	Luis Pedro Ferreira	-	18-19	Alhandra Sporting Club	33	00:17:00	29	00:01:08	40	00:30:12	41	00:00:40	26	00:08:31	00:57:33	00:02:03
25	3704	453	Nuno Rodrigues	-	25-29	Clube de Triatlo de Almada	23	00:16:38	21	00:01:07	87	00:30:45	7	00:00:34	24	00:08:29	00:57:34	00:02:03
26	3407	3188	Bernard Lehmann	-	25-29	Sporting CP	27	00:16:46	57	00:01:17	59	00:30:23	106	00:00:46	17	00:08:20	00:57:35	00:02:05
27	3206	1389	André Guimarães	-	30-34	CERVELO LINCE TRIATHLON	28	00:16:48	45	00:01:13	67	00:30:27	109	00:00:47	18	00:08:23	00:57:40	00:02:10
28	3049	1152	Sérgio Dias	-	35-39	TRI-OESTE	34	00:17:01	24	00:01:07	39	00:30:11	31	00:00:39	31	00:08:42	00:57:42	00:02:11
29	3322	2425	Antonio Fortuna	-	30-34	Associação Naval Amorense	30	00:16:56	40	00:01:12	47	00:30:14	48	00:00:41	30	00:08:41	00:57:45	00:02:15

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior							
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt			
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00								

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
30	3118	3030	António Mesquita	-	30-34	McDonalds/TriBraga	4		4		103	00:30:58	49	00:00:41	32	00:08:43	00:57:45	00:02:15
31	4402	849	Joaquim Carlos Lopes	-	45-49	AMICICLO GRÂNDOLA	36	00:17:04	19	00:01:06	48	00:30:15	57	00:00:42	29	00:08:40	00:57:48	00:02:18
32	3152	1775	Giovanni Diaz	-	30-34	DAR-FERMAQ	32	00:16:57	151	00:01:32	18	00:29:54	40	00:00:40	33	00:08:43	00:57:48	00:02:18
33	3195	517	Ana Filipa Santos	-	30-34	C. D. "Os Águias" de Alpiarça	49	00:17:18	46	00:01:14	14	00:29:52	15	00:00:35	39	00:08:51	00:57:52	00:02:21
34	4631	2145	João Carlos Correia	-	40-44	Ferrovário	35	00:17:04	90	00:01:23	17	00:29:54	98	00:00:46	34	00:08:44	00:57:53	00:02:22
35	3130	791	Rui Belo	-	35-39	Clube Oriental de Lisboa	37	00:17:04	34	00:01:10	50	00:30:16	25	00:00:38	35	00:08:45	00:57:55	00:02:25
36	1038	3105	José Felício	-	16-17	Garmin Olímpico de Oeiras	1		1		107	00:31:04	35	00:00:39	38	00:08:49	00:57:56	00:02:25
37	3296	1102	Jorge Duarte	-	30-34	Garmin Olímpico de Oeiras	31	00:16:56	36	00:01:11	63	00:30:25	116	00:00:47	28	00:08:38	00:57:59	00:02:28
38	3754	1015	Luis Filipe Santos	-	35-39	DAR-FERMAQ	39	00:17:05	28	00:01:08	35	00:30:09	47	00:00:40	44	00:08:55	00:58:00	00:02:30
39	4677	1899	Luis Cancela	-	40-44	Núcleo Sportinguista da Golegã	42	00:17:08	15	00:01:04	42	00:30:13	19	00:00:37	51	00:08:58	00:58:02	00:02:31
40	1509	1479	Afonso Garcia	-	18-19	Garmin Olímpico de Oeiras	57	00:17:26	43	00:01:13	7	00:29:46	51	00:00:41	42	00:08:55	00:58:02	00:02:31
41	2065	3785	Pedro Ribeiro	-	20-24	C. D. "Os Águias" de Alpiarça	40	00:17:06	37	00:01:11	29	00:30:05	23	00:00:38	56	00:09:04	00:58:05	00:02:35
42	3139	2028	Rui Narigueta	-	35-39	Ateneu Artístico Cartaxense	41	00:17:07	41	00:01:12	34	00:30:09	63	00:00:43	43	00:08:55	00:58:08	00:02:38
43	2066	195	Rui Tenrinho	-	20-24	C. D. "Os Águias" de Alpiarça	29	00:16:52	39	00:01:12	54	00:30:20	52	00:00:41	55	00:09:04	00:58:10	00:02:39
44	3105	2893	João Fragoso	-	30-34	Quintajense Futebol Clube	47	00:17:18	81	00:01:22	5	00:29:44	66	00:00:43	53	00:09:01	00:58:10	00:02:39
45	1099	308	Duarte Brás	-	16-17	Garmin Olímpico de Oeiras	21	00:16:34	25	00:01:07	86	00:30:44	36	00:00:39	58	00:09:07	00:58:13	00:02:42
46	4443	1000	Pedro Pinheiro	-	40-44	OEIRAS SPORT CLUBE	55	00:17:26	49	00:01:15	2	00:29:38	43	00:00:40	70	00:09:16	00:58:16	00:02:45
47	3180	2111	Pamella Oliveira	-	25-29	C. D. "Os Águias" de Alpiarça	58	00:17:27	48	00:01:14	3	00:29:40	21	00:00:37	86	00:09:26	00:58:27	00:02:56
48	1584	1772	André Dias	-	18-19	Sporting CP	68	00:17:46	30	00:01:09	41	00:30:13	9	00:00:34	36	00:08:46	00:58:29	00:02:59
49	3131	3040	Elisio Roque	-	30-34	A. M. C. R. Fonte Grada	48	00:17:18	44	00:01:13	13	00:29:52	163	00:00:53	67	00:09:14	00:58:32	00:03:01
50	3599	1294	João França Alves	-	30-34	OLI-Clube dos Galitos	46	00:17:15	50	00:01:15	20	00:29:56	225	00:01:07	47	00:08:57	00:58:32	00:03:02
51	1002	986	Simão Albuquerque	-	16-17	Clube 4 Estilos	43	00:17:09	69	00:01:19	72	00:30:33	33	00:00:39	41	00:08:52	00:58:34	00:03:03
52	1138	562	Miguel Guedelha	-	16-17	G. D. R. de Manique de Cima	51	00:17:19	47	00:01:14	69	00:30:30	22	00:00:37	46	00:08:56	00:58:39	00:03:09
53	1573	3085	José Cabeça	-	18-19	Kainagua	60	00:17:37	51	00:01:15	57	00:30:22	159	00:00:53	27	00:08:38	00:58:47	00:03:17
54	4001	499	David Caldeirão	-	40-44	Peniche A. C.	5		5		1		1		1		00:58:51	00:03:20
55	3144	2048	Cristiana Valente	-	25-29	OLI-Clube dos Galitos	69	00:17:46	75	00:01:21	36	00:30:10	34	00:00:39	50	00:08:58	00:58:56	00:03:26
56	1031	1801	Tiago Leão	-	16-17	Associação Naval Amorense	66	00:17:41	111	00:01:26	28	00:30:04	117	00:00:47	49	00:08:58	00:58:58	00:03:28
57	3772	1312	Ricardo Lanceiro	-	35-39	Sporting CP	53	00:17:21	52	00:01:16	80	00:30:41	81	00:00:44	48	00:08:57	00:59:01	00:03:30
58	4032	252	Carlos Gomes	-	50-54	Garmin Olímpico de Oeiras	70	00:17:47	38	00:01:12	55	00:30:21	42	00:00:40	54	00:09:01	00:59:03	00:03:32

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior							
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt			
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00								

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
59	3847	2372	Guilherme Lourenço	-	25-29	Ateneu Artístico Cartaxense	54	00:17:24	233	00:01:50	24	00:29:57	107	00:00:46	61	00:09:10	00:59:09	00:03:39
60	1037	2353	João Lopes	-	16-17	C. D. "Os Águias" de Alpiarça	50	00:17:18	67	00:01:19	62	00:30:24	101	00:00:46	82	00:09:21	00:59:11	00:03:41
61	3531	427	Pedro Miguel Matos	-	35-39	Peniche A. C.	75	00:17:52	92	00:01:23	19	00:29:55	97	00:00:46	77	00:09:18	00:59:17	00:03:46
62	1014	359	Afonso Feijão	-	16-17	Garmin Olimpico de Oeiras	85	00:18:05	35	00:01:11	25	00:30:01	24	00:00:38	85	00:09:24	00:59:20	00:03:49
63	3125	3762	Rui Gonçalves	-	35-39	AMICICLO GRÂNDOLA	65	00:17:39	147	00:01:31	27	00:30:02	181	00:00:56	62	00:09:11	00:59:21	00:03:50
64	4277	672	João Saúde	-	45-49	Ferrovário	52	00:17:20	85	00:01:22	75	00:30:35	134	00:00:49	66	00:09:13	00:59:21	00:03:51
65	3012	3705	Pedro Magalhães	-	30-34	McDonalds/TriBraga	74	00:17:52	120	00:01:27	23	00:29:57	216	00:01:02	76	00:09:17	00:59:37	00:04:07
66	3000	665	Vitor Santos	-	35-39	A. M. C. R. Fonte Grada	82	00:17:56	64	00:01:19	22	00:29:57	164	00:00:54	91	00:09:31	00:59:38	00:04:07
67	3534	2806	Paulo Martins	-	40-44	CERVELO LINCE TRIATHLON	64	00:17:38	97	00:01:24	44	00:30:13	166	00:00:54	88	00:09:28	00:59:40	00:04:09
68	2053	2174	João Renato Teixeira	-	20-24	McDonalds/TriBraga	61	00:17:37	71	00:01:20	51	00:30:17	138	00:00:49	121	00:09:46	00:59:51	00:04:20
69	3606	590	Paulo Silvestre	-	35-39	Ateneu Artístico Cartaxense	72	00:17:48	103	00:01:26	26	00:30:01	68	00:00:43	133	00:09:55	00:59:55	00:04:24
70	3708	430	Octávio Vicente	-	30-34	Garmin Olimpico de Oeiras	78	00:17:54	80	00:01:22	21	00:29:57	71	00:00:43	147	00:10:05	01:00:02	00:04:32
71	3575	1292	Josué Oliveira	-	35-39	OLI-Clube dos Galitos	62	00:17:38	63	00:01:19	83	00:30:41	72	00:00:44	115	00:09:44	01:00:07	00:04:36
72	4627	382	João Ferreira	-	40-44	McDonalds/TriBraga	56	00:17:26	100	00:01:25	132	00:31:35	121	00:00:48	45	00:08:55	01:00:11	00:04:40
73	4321	3410	Luis Duarte	-	40-44	TRI-OESTE	96	00:18:17	102	00:01:26	70	00:30:32	96	00:00:46	63	00:09:11	01:00:14	00:04:43
74	1548	2034	Rodrigo Inglês	-	18-19	TRI CAP - Penafirme	112	00:18:31	135	00:01:30	43	00:30:13	78	00:00:44	73	00:09:16	01:00:16	00:04:45
75	4151	1898	António Calafate	-	45-49	Núcleo Sportinguista da Golegã	88	00:18:12	82	00:01:22	85	00:30:42	64	00:00:43	68	00:09:15	01:00:16	00:04:45
76	4584	2695	Antonio Ferreira	-	45-49	OLI-Clube dos Galitos	76	00:17:53	143	00:01:31	97	00:30:50	162	00:00:53	60	00:09:07	01:00:17	00:04:46
77	4026	1038	Rui Medina	-	40-44	Bike Clube S. Brás	99	00:18:20	187	00:01:36	56	00:30:22	122	00:00:48	64	00:09:12	01:00:20	00:04:49
78	1625	921	Ricardo Jorge	-	18-19	C. D. "Os Águias" de Alpiarça	90	00:18:14	78	00:01:21	77	00:30:38	85	00:00:44	83	00:09:22	01:00:21	00:04:50
79	3159	2076	André Jesus	-	25-29	Clube Oriental de Lisboa	84	00:18:01	79	00:01:21	105	00:31:01	157	00:00:52	57	00:09:04	01:00:21	00:04:51
80	1540	556	Luis Carlos Lopes	-	18-19	G. D. R. de Manique de Cima	104	00:18:23	55	00:01:17	65	00:30:27	20	00:00:37	100	00:09:36	01:00:23	00:04:53
81	6380	2948	Gonçalo Resina	-	35-39	Núcleo Sportinguista da Golegã	83	00:17:57	213	00:01:43	88	00:30:45	60	00:00:42	74	00:09:17	01:00:26	00:04:55
82	1029	1731	João Luís Jacinto	-	16-17	Garmin Olimpico de Oeiras	95	00:18:17	54	00:01:17	91	00:30:47	100	00:00:46	80	00:09:20	01:00:28	00:04:57
83	2130	756	Nuno Lima	-	20-24	Individual	122	00:18:42	96	00:01:24	32	00:30:07	79	00:00:44	90	00:09:31	01:00:29	00:04:59
84	1501	988	Vicente Albuquerque	-	18-19	Clube 4 Estilos	89	00:18:13	98	00:01:24	76	00:30:36	28	00:00:38	105	00:09:39	01:00:32	00:05:02
85	2088	3297	Fábio João Azinheirinha	-	20-24	Garmin Olimpico de Oeiras	100	00:18:22	166	00:01:33	68	00:30:30	102	00:00:46	79	00:09:19	01:00:32	00:05:02
86	3096	601	Rúben Perdigoto	-	25-29	Teleperformance - "os Belenenses"	63	00:17:38	88	00:01:23	124	00:31:25	88	00:00:44	84	00:09:22	01:00:34	00:05:03
87	3363	2538	Marco Sousa	-	35-39	Clube de Nataçao de Torres Novas	103	00:18:23	177	00:01:35	90	00:30:46	93	00:00:45	59	00:09:07	01:00:37	00:05:07

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior						
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt		
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00							

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
88	3467	2711	Hugo Nalha	-	35-39	C. D. "Os Águias" de Alpiarça	130	00:18:50	56	00:01:17	49	00:30:15	108	00:00:47	87	00:09:27	01:00:39	00:05:08
89	1561	461	Fábio Araújo	-	18-19	Associação Naval Amorense	109	00:18:26	94	00:01:23	64	00:30:26	154	00:00:52	92	00:09:32	01:00:40	00:05:10
90	2045	356	David Maia	-	20-24	Garmin Olímpico de Oeiras	124	00:18:44	84	00:01:22	30	00:30:06	45	00:00:40	125	00:09:48	01:00:43	00:05:12
91	4397	794	Carlos Manuel Silva	-	50-54	Individual	102	00:18:23	104	00:01:26	71	00:30:33	215	00:01:02	78	00:09:19	01:00:44	00:05:13
92	1552	3104	Bernardo Portela	-	18-19	Garmin Olímpico de Oeiras	67	00:17:45	73	00:01:20	117	00:31:11	84	00:00:44	111	00:09:43	01:00:45	00:05:15
93	4249	871	Luis Cipriano	-	40-44	A. M. C. R. Fonte Grada	116	00:18:33	155	00:01:32	60	00:30:24	221	00:01:05	65	00:09:12	01:00:47	00:05:17
94	1559	3726	João Alexandre Silva	-	18-19	Peniche A. C.	91	00:18:14	167	00:01:33	73	00:30:35	105	00:00:46	104	00:09:38	01:00:49	00:05:18
95	3468	2722	António Moita	-	35-39	Clube Triatlo de Perosinho	77	00:17:54	229	00:01:46	110	00:31:06	104	00:00:46	69	00:09:15	01:00:49	00:05:18
96	3275	2278	Jónatas Gaspar	-	25-29	DNMG	120	00:18:35	161	00:01:32	45	00:30:13	179	00:00:56	94	00:09:32	01:00:50	00:05:20
97	1531	1748	Diogo Filipe Silva	-	18-19	OEIRAS SPORT CLUBE	129	00:18:50	59	00:01:18	46	00:30:14	50	00:00:41	122	00:09:46	01:00:51	00:05:20
98	3738	743	Nuno Ventura	-	30-34	TRITATLO CLUBE TAP	113	00:18:31	141	00:01:31	61	00:30:24	127	00:00:49	103	00:09:38	01:00:54	00:05:24
99	3815	3612	Ricardo Rosado	-	30-34	Clube Triatlo de Abrantes	79	00:17:55	128	00:01:29	102	00:30:58	113	00:00:47	124	00:09:47	01:00:58	00:05:27
100	1597	2561	Ricardo Águeda	-	18-19	Clube Triatlo de Perosinho	105	00:18:24	95	00:01:24	79	00:30:39	183	00:00:57	96	00:09:34	01:00:59	00:05:28
101	3081	3739	Orlando Marques	-	35-39	DNMG	107	00:18:25	174	00:01:34	58	00:30:23	160	00:00:53	117	00:09:44	01:01:00	00:05:30
102	1043	2750	José Barreto	-	16-17	Núcleo Sportinguista da Golegã	80	00:17:55	109	00:01:26	115	00:31:10	87	00:00:44	116	00:09:44	01:01:01	00:05:30
103	1116	639	Miguel Tiago Silva	-	16-17	Garmin Olímpico de Oeiras	108	00:18:25	53	00:01:16	113	00:31:06	75	00:00:44	89	00:09:30	01:01:04	00:05:34
104	4434	437	Luis Pereira	-	40-44	Clube de Triatlo de Almada	71	00:17:47	210	00:01:43	106	00:31:01	198	00:00:59	97	00:09:35	01:01:07	00:05:37
105	3261	3098	Nuno Preciado	-	30-34	OEIRAS SPORT CLUBE	73	00:17:48	132	00:01:29	104	00:31:00	258	00:01:35	72	00:09:16	01:01:10	00:05:40
106	1549	40	Luisa Condeço	-	18-19	C. D. "Os Águias" de Alpiarça	118	00:18:34	105	00:01:26	82	00:30:41	112	00:00:47	109	00:09:42	01:01:12	00:05:42
107	1015	767	Miguel Melo Almeida	-	16-17	Garmin Olímpico de Oeiras	97	00:18:19	58	00:01:18	81	00:30:41	165	00:00:54	139	00:09:58	01:01:13	00:05:42
108	2061	1747	Daniel Mateus	-	20-24	OEIRAS SPORT CLUBE	86	00:18:09	86	00:01:23	98	00:30:50	242	00:01:17	95	00:09:33	01:01:15	00:05:44
109	3174	3876	João Daniel Ferreira	-	25-29	Individual	81	00:17:55	127	00:01:28	116	00:31:10	86	00:00:44	135	00:09:55	01:01:15	00:05:44
110	4659	2319	Jorge Bola	-	40-44	DAR-FERMAQ	92	00:18:15	112	00:01:26	78	00:30:38	254	00:01:30	102	00:09:37	01:01:28	00:05:58
111	3530	2800	José Rodrigues	-	30-34	Ateneu Artístico Cartaxense	114	00:18:32	144	00:01:31	123	00:31:24	73	00:00:44	71	00:09:16	01:01:29	00:05:58
112	2042	419	Diogo Rosa	-	20-24	Sporting CP	144	00:19:11	60	00:01:18	4	00:29:42	207	00:01:01	164	00:10:18	01:01:31	00:06:01
113	6383	726	Henrique Venâncio	-	35-39	Peniche A. C.	106	00:18:24	179	00:01:35	114	00:31:07	95	00:00:46	123	00:09:47	01:01:41	00:06:10
114	3784	1329	Paulo Gonçalves	-	25-29	Clube de Praças da Armada	127	00:18:45	159	00:01:32	112	00:31:06	146	00:00:50	93	00:09:32	01:01:48	00:06:17
115	3355	3148	Pedro Fernandes	-	30-34	Lusitano	59	00:17:28	203	00:01:41	163	00:32:52	124	00:00:48	52	00:09:01	01:01:51	00:06:21
116	3028	2923	Marco Lopes	-	35-39	Ateneu Artístico Cartaxense	126	00:18:45	168	00:01:33	31	00:30:06	264	00:01:46	112	00:09:43	01:01:55	00:06:25

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior						
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt		
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00							

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
117	1555	915	João Peixinho	-	18-19	C. D. "Os Águias" de Alpiarça	117	00:18:34	115	00:01:27	84	00:30:41	69	00:00:43	184	00:10:35	01:02:02	00:06:32
118	1008	311	Hugo Pereira	-	16-17	Teleperformance - "os Belenenses"	44	00:17:09	61	00:01:18	161	00:32:35	90	00:00:45	162	00:10:16	01:02:05	00:06:35
119	4081	136	Mário Figueiredo	-	40-44	Alhandra Sporting Club	111	00:18:27	185	00:01:36	127	00:31:29	62	00:00:43	127	00:09:50	01:02:07	00:06:36
120	3586	977	Miguel Carneiro	-	30-34	Clube de Praças da Armada	93	00:18:15	207	00:01:42	128	00:31:30	196	00:00:59	107	00:09:41	01:02:08	00:06:37
121	1076	2240	Pedro Carlos	-	16-17	Teleperformance - "os Belenenses"	98	00:18:20	114	00:01:26	157	00:32:23	56	00:00:42	75	00:09:17	01:02:10	00:06:39
122	6388	3565	Tiago Mendes	-	25-29	OLI-Clube dos Galitos	115	00:18:33	165	00:01:33	148	00:32:02	65	00:00:43	81	00:09:20	01:02:13	00:06:42
123	3142	497	Pedro Figueira	-	35-39	Clube 4 Estilos	145	00:19:11	66	00:01:19	101	00:30:56	32	00:00:39	161	00:10:15	01:02:22	00:06:52
124	1165	3916	Samuel Agostinho	-	16-17	Clube Natação Rio Maior	128	00:18:50	83	00:01:22	118	00:31:16	186	00:00:57	140	00:09:59	01:02:26	00:06:56
125	3356	2469	João Pedro Fulgêncio	-	35-39	TRI-OESTE	133	00:18:54	196	00:01:38	130	00:31:34	70	00:00:43	101	00:09:36	01:02:28	00:06:57
126	4177	1369	Paulo Silva	-	45-49	Louletano	146	00:19:13	74	00:01:21	134	00:31:39	37	00:00:39	99	00:09:35	01:02:30	00:06:59
127	3404	824	Miguel Ramos	-	30-34	A. M. C. R. Fonte Grada	137	00:18:59	76	00:01:21	108	00:31:04	167	00:00:54	156	00:10:11	01:02:32	00:07:01
128	1036	922	Alexandra Santos	-	16-17	C. D. "Os Águias" de Alpiarça	143	00:19:07	89	00:01:23	129	00:31:33	59	00:00:42	126	00:09:49	01:02:35	00:07:05
129	1557	853	Hugo Baluga	-	18-19	AMICICLO GRÂNDOLA	141	00:19:06	93	00:01:23	133	00:31:38	80	00:00:44	113	00:09:43	01:02:36	00:07:05
130	3077	1778	António Brito Moreira	-	35-39	OLI-Clube dos Galitos	142	00:19:06	124	00:01:28	131	00:31:35	54	00:00:41	119	00:09:45	01:02:37	00:07:06
131	3215	2167	Rui Silva	-	35-39	Açoreana Clube Banif	139	00:19:03	194	00:01:37	126	00:31:29	111	00:00:47	106	00:09:39	01:02:37	00:07:06
132	3477	2954	Bruno Girão	-	35-39	Atlético CP Triatlo	135	00:18:56	101	00:01:25	136	00:31:44	55	00:00:42	129	00:09:53	01:02:41	00:07:10
133	3763	1902	José Silvestre	-	35-39	Individual	134	00:18:55	218	00:01:44	125	00:31:26	140	00:00:49	118	00:09:45	01:02:42	00:07:11
134	4497	375	Alexandre Feliz	-	40-44	TRI-OESTE	149	00:19:24	77	00:01:21	121	00:31:20	46	00:00:40	134	00:09:55	01:02:42	00:07:11
135	3023	3741	Paulo Fernandes	-	30-34	McDonalds/TriBraga	123	00:18:44	184	00:01:36	140	00:31:46	94	00:00:46	128	00:09:50	01:02:43	00:07:13
136	4148	379	Pedro Cordeiro	-	45-49	TRI-OESTE	151	00:19:24	72	00:01:20	120	00:31:20	137	00:00:49	130	00:09:53	01:02:48	00:07:18
137	1074	2770	Madalena Almeida	-	16-17	Teleperformance - "os Belenenses"	121	00:18:37	118	00:01:27	149	00:32:03	44	00:00:40	143	00:10:01	01:02:49	00:07:19
138	1593	358	Gonçalo Marques	-	18-19	Garmin Olimpico de Oeiras	110	00:18:26	62	00:01:18	159	00:32:26	170	00:00:55	114	00:09:44	01:02:51	00:07:20
139	4360	558	Helder Lopes	-	45-49	G. D. R. de Manique de Cima	148	00:19:15	107	00:01:26	122	00:31:23	153	00:00:52	136	00:09:56	01:02:53	00:07:22
140	1152	546	Rodrigo Pinho	-	16-17	G. D. R. de Manique de Cima	140	00:19:05	68	00:01:19	109	00:31:05	128	00:00:49	191	00:10:44	01:03:03	00:07:33
141	4003	3577	João Miguel Nunes	-	45-49	Alhandra Sporting Club	152	00:19:24	65	00:01:19	119	00:31:18	219	00:01:03	146	00:10:02	01:03:09	00:07:38
142	4530	1494	Luis Filipe Valente	-	40-44	Clube Oriental de Lisboa	136	00:18:58	262	00:02:16	138	00:31:45	130	00:00:49	108	00:09:41	01:03:31	00:08:01
143	4135	652	Joaquim Figueiras	-	40-44	OEIRAS SPORT CLUBE	160	00:19:28	134	00:01:30	151	00:32:04	136	00:00:49	110	00:09:43	01:03:36	00:08:05
144	4595	423	António Costa	-	40-44	Núcleo Sportinguista da Golegã	159	00:19:28	139	00:01:31	144	00:31:56	103	00:00:46	132	00:09:54	01:03:36	00:08:05
145	3491	1534	João Belo Martins	-	25-29	OEIRAS SPORT CLUBE	167	00:19:38	91	00:01:23	142	00:31:52	76	00:00:44	153	00:10:08	01:03:47	00:08:17

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior					
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt	
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00						

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
146	3168	2092	Cristiano Pisco	-	30-34	Associação Naval Amorense	138	00:19:00	122	00:01:28	158	00:32:24	168	00:00:55	142	00:10:00	01:03:48	00:08:18
147	4040	1373	António Raposo	-	55-59	O2 - Portimão	157	00:19:27	150	00:01:32	147	00:32:02	126	00:00:49	166	00:10:21	01:04:12	00:08:41
148	3395	2602	Nuno Fernandes	-	35-39	CERVELO LINCE TRIATHLON	101	00:18:22	265	00:02:30	153	00:32:07	249	00:01:27	120	00:09:45	01:04:13	00:08:42
149	4425	873	Bruno Silva	-	40-44	OEIRAS SPORT CLUBE	193	00:20:08	110	00:01:26	146	00:31:58	91	00:00:45	145	00:10:02	01:04:20	00:08:50
150	3329	2950	Luis Rosas	-	30-34	OLI-Clube dos Galitos	87	00:18:11	220	00:01:44	111	00:31:06	110	00:00:47	248	00:12:38	01:04:29	00:08:58
151	1044	1714	Diogo Lino	-	16-17	Núcleo Sportinguista da Golegã	162	00:19:29	70	00:01:19	152	00:32:07	119	00:00:48	196	00:10:46	01:04:30	00:09:00
152	4136	2421	Filipe Mendes	-	40-44	Ateneu Artístico Cartaxense	172	00:19:41	239	00:01:52	139	00:31:45	214	00:01:02	154	00:10:10	01:04:32	00:09:02
153	4247	2070	Fernando Damas	-	60-64	A. H. Bombeiros Estoris / 3 IRON	187	00:19:58	172	00:01:34	141	00:31:47	58	00:00:42	180	00:10:34	01:04:36	00:09:06
154	3758	1019	Celso Moreira	-	30-34	DAR-FERMAQ	175	00:19:43	153	00:01:32	154	00:32:19	222	00:01:06	138	00:09:57	01:04:38	00:09:08
155	3272	2275	Ricardo Oliveira	-	35-39	DNMG	171	00:19:40	142	00:01:31	155	00:32:19	182	00:00:57	155	00:10:10	01:04:39	00:09:09
156	1511	2975	Paulo Silva	-	18-19	FET- Fátima Escola de Triatlo	119	00:18:34	116	00:01:27	167	00:33:09	217	00:01:03	170	00:10:26	01:04:41	00:09:10
157	4618	1055	João Duarte	-	40-44	Quintajense Futebol Clube	165	00:19:35	171	00:01:33	160	00:32:27	156	00:00:52	171	00:10:27	01:04:57	00:09:27
158	3634	3276	João Marques	-	30-34	Peniche A. C.	155	00:19:26	215	00:01:44	162	00:32:37	230	00:01:07	150	00:10:07	01:05:02	00:09:32
159	3166	3864	João Azevedo	-	25-29	C. D. "Os Águias" de Alpiarça	190	00:20:04	190	00:01:36	145	00:31:56	187	00:00:58	176	00:10:32	01:05:08	00:09:38
160	1626	41	Sara Tenrinho	-	18-19	C. D. "Os Águias" de Alpiarça	201	00:20:20	87	00:01:23	143	00:31:53	175	00:00:55	192	00:10:44	01:05:17	00:09:46
161	2107	522	Miguel Ângelo Silva	-	20-24	OEIRAS SPORT CLUBE	163	00:19:30	202	00:01:41	195	00:33:53	135	00:00:49	98	00:09:35	01:05:29	00:09:59
162	4615	2656	Miguel Lourenço	-	40-44	Individual	132	00:18:52	219	00:01:44	187	00:33:44	199	00:01:00	152	00:10:08	01:05:30	00:10:00
163	3101	3013	Nuno Veríssimo	-	30-34	Associação Naval Amorense	158	00:19:27	117	00:01:27	150	00:32:03	223	00:01:06	223	00:11:30	01:05:35	00:10:05
164	2120	3692	Tiago Madureira	-	20-24	McDonalds/TriBraga	164	00:19:30	205	00:01:42	137	00:31:45	248	00:01:26	214	00:11:14	01:05:39	00:10:09
165	4166	3808	Martino Montez	-	40-44	Clube Natação Rio Maior	200	00:20:19	154	00:01:32	135	00:31:40	243	00:01:18	201	00:10:50	01:05:41	00:10:11
166	3722	626	Ana Sofia Henriques	-	35-39	Garmin Olimpico de Oeiras	174	00:19:42	123	00:01:28	175	00:33:25	197	00:00:59	149	00:10:06	01:05:42	00:10:12
167	4684	3713	Antonio Oliveira	-	45-49	A. M. C. R. Fonte Grada	156	00:19:26	236	00:01:50	177	00:33:27	195	00:00:59	144	00:10:02	01:05:46	00:10:16
168	4502	989	Luis Miguel Ladeira	-	40-44	Clube 4 Estilos	179	00:19:50	146	00:01:31	186	00:33:44	53	00:00:41	141	00:10:00	01:05:48	00:10:17
169	4120	870	José Magalhães Dias	-	40-44	A. M. C. R. Fonte Grada	177	00:19:46	131	00:01:29	174	00:33:25	176	00:00:55	159	00:10:13	01:05:51	00:10:20
170	3361	2522	José Miguel	-	25-29	DAR-FERMAQ	176	00:19:43	164	00:01:33	193	00:33:52	123	00:00:48	131	00:09:53	01:05:51	00:10:21
171	4209	2953	António Louro	-	40-44	Atlético CP Triatlo	170	00:19:40	243	00:01:54	180	00:33:29	172	00:00:55	137	00:09:57	01:05:57	00:10:26
172	1583	3749	Jorge Canuto	-	18-19	TRI-OESTE	168	00:19:39	204	00:01:41	189	00:33:46	82	00:00:44	148	00:10:06	01:05:59	00:10:28
173	4039	1371	José Varela	-	55-59	Louletano	188	00:19:58	145	00:01:31	164	00:32:59	131	00:00:49	190	00:10:42	01:06:01	00:10:31
174	3444	2642	Flávio Cordeiro	-	30-34	OEIRAS SPORT CLUBE	169	00:19:40	195	00:01:38	156	00:32:21	246	00:01:26	204	00:10:57	01:06:03	00:10:32

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior							
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt			
Ranking:	Camp. Nac. Grupos de Idade			Hora de Partida:	00h00							

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
175	1582	3748	André Duarte	-	18-19	TRI-OESTE	125	00:18:44	199	00:01:39	210	00:34:41	145	00:00:50	167	00:10:21	01:06:18	00:10:48
176	1538	1726	Gabriel Ubaldo Teixeira	-	18-19	Teleperformance - "os Belenenses"	178	00:19:49	170	00:01:33	185	00:33:43	120	00:00:48	172	00:10:29	01:06:25	00:10:54
177	3347	2448	Melissa Maia	-	25-29	Núcleo Sportinguista da Golegã	186	00:19:57	216	00:01:44	176	00:33:26	188	00:00:58	165	00:10:19	01:06:26	00:10:55
178	1077	316	Mafalda Costa	-	16-17	Teleperformance - "os Belenenses"	153	00:19:25	149	00:01:32	199	00:34:09	77	00:00:44	185	00:10:36	01:06:28	00:10:58
179	3655	3425	Carlos Pacheco	-	35-39	Sporting CP	184	00:19:56	175	00:01:34	181	00:33:32	202	00:01:00	175	00:10:31	01:06:36	00:11:05
180	3548	2812	Paulo Soares	-	35-39	Individual	166	00:19:37	191	00:01:37	204	00:34:13	204	00:01:00	160	00:10:14	01:06:43	00:11:13
181	1022	2965	Marco Careira	-	16-17	FET- Fátima Escola de Triatlo	131	00:18:51	183	00:01:36	217	00:35:21	67	00:00:43	157	00:10:12	01:06:45	00:11:15
182	1156	3166	Diogo Araújo	-	16-17	G. D. R. de Manique de Cima	94	00:18:16	113	00:01:26	212	00:34:55	125	00:00:48	217	00:11:22	01:06:50	00:11:19
183	3607	3247	Bruno Costa	-	35-39	Individual	217	00:20:59	136	00:01:30	166	00:33:03	147	00:00:50	177	00:10:32	01:06:58	00:11:27
184	4401	848	Joaquim Manuel Lopes	-	50-54	AMICICLO GRÂNDOLA	192	00:20:07	241	00:01:52	182	00:33:35	213	00:01:02	178	00:10:33	01:07:12	00:11:41
185	1158	1815	João Conchinha	-	16-17	REPSOL TRIATLO	209	00:20:35	169	00:01:33	178	00:33:27	114	00:00:47	202	00:10:51	01:07:16	00:11:45
186	3036	2924	Vitor Gomes	-	25-29	Ateneu Artístico Cartaxense	185	00:19:57	225	00:01:45	171	00:33:22	235	00:01:12	207	00:11:03	01:07:21	00:11:51
187	4394	878	Pedro Miguel Jorge	-	45-49	Associação Naval Amorense	161	00:19:29	244	00:01:57	203	00:34:13	255	00:01:31	158	00:10:12	01:07:23	00:11:53
188	3336	2441	Maria do Céu Nunes	-	35-39	Sport Lisboa e Benfica	173	00:19:41	238	00:01:51	209	00:34:37	139	00:00:49	168	00:10:24	01:07:25	00:11:54
189	4326	405	Carlos Ferreira	-	55-59	Individual	208	00:20:35	189	00:01:36	172	00:33:22	210	00:01:01	199	00:10:48	01:07:25	00:11:55
190	4221	1050	António Vitorino	-	45-49	Peniche A. C.	150	00:19:24	188	00:01:36	215	00:35:06	194	00:00:59	169	00:10:24	01:07:30	00:11:59
191	4108	225	Paulo Leitão Santos	-	50-54	Peniche A. C.	216	00:20:57	133	00:01:30	183	00:33:40	149	00:00:51	174	00:10:31	01:07:31	00:12:01
192	3677	263	Rui Manuel Pereira	-	30-34	A. M. C. R. Fonte Grada	203	00:20:23	182	00:01:35	192	00:33:47	144	00:00:50	203	00:10:54	01:07:32	00:12:02
193	4478	2187	Fernando Pombo	-	60-64	Teleperformance - "os Belenenses"	194	00:20:09	106	00:01:26	208	00:34:37	61	00:00:43	188	00:10:41	01:07:38	00:12:07
194	1551	917	Maria Eduarda Vidigueira	-	18-19	C. D. "Os Águias" de Alpiarça	212	00:20:37	186	00:01:36	196	00:33:56	118	00:00:47	195	00:10:45	01:07:44	00:12:13
195	4064	1768	Hugo Aguiar	-	40-44	C. D. "Os Águias" de Alpiarça	210	00:20:36	148	00:01:31	197	00:33:59	143	00:00:50	194	00:10:45	01:07:44	00:12:13
196	3514	770	Hugo Matos	-	25-29	Clube de Praças da Armada	191	00:20:06	214	00:01:43	190	00:33:47	236	00:01:13	206	00:11:01	01:07:52	00:12:21
197	3601	3172	Pedro Azenha	-	35-39	G. D. R. de Manique de Cima	206	00:20:29	206	00:01:42	194	00:33:52	133	00:00:49	205	00:10:59	01:07:53	00:12:22
198	3451	2662	Ricardo Sousa	-	35-39	DNMG	221	00:21:08	157	00:01:32	179	00:33:28	212	00:01:02	197	00:10:47	01:07:58	00:12:28
199	4290	3799	Peter Steinhausen	-	60-64	Individual	202	00:20:21	125	00:01:28	213	00:34:57	141	00:00:49	179	00:10:34	01:08:11	00:12:41
200	3739	3335	Gil Cunha	-	35-39	Assoc. Académica de Coimbra	147	00:19:15	269	00:03:23	202	00:34:12	220	00:01:04	163	00:10:17	01:08:12	00:12:42
201	4456	1595	Helder Moringa	-	40-44	Ateneu Artístico Cartaxense	204	00:20:26	208	00:01:42	207	00:34:35	151	00:00:51	186	00:10:37	01:08:13	00:12:42
202	1046	589	Marcelo Gonçalves	-	16-17	Associação Naval Amorense	182	00:19:55	173	00:01:34	169	00:33:10	150	00:00:51	250	00:12:48	01:08:19	00:12:49
203	1082	2336	Raul Santos	-	16-17	FET- Fátima Escola de Triatlo	180	00:19:51	178	00:01:35	198	00:34:08	193	00:00:59	228	00:11:46	01:08:20	00:12:50

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior							
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt			
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00								

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
204	4011	990	João Albuquerque	-	50-54	Clube 4 Estilos	215	00:20:56	211	00:01:43	173	00:33:25	161	00:00:53	220	00:11:24	01:08:22	00:12:52
205	3463	2708	Célio Anastácio	-	35-39	Peniche A. C.	195	00:20:12	228	00:01:45	201	00:34:11	180	00:00:56	218	00:11:22	01:08:28	00:12:58
206	1050	1204	Filipe Marques	-	16-17	Associação Naval Amorense	213	00:20:48	193	00:01:37	184	00:33:42	115	00:00:47	226	00:11:37	01:08:34	00:13:03
207	3737	3571	Carlo Alves	-	35-39	DNMG	227	00:21:32	249	00:01:59	168	00:33:09	233	00:01:09	200	00:10:49	01:08:40	00:13:10
208	4196	3697	Jorge Manuel Cochicho	-	40-44	Associação Naval Amorense	199	00:20:18	251	00:02:00	206	00:34:28	200	00:01:00	213	00:11:13	01:09:00	00:13:30
209	3382	2586	Paulo Barbosa	-	35-39	DNMG	218	00:21:00	248	00:01:59	188	00:33:44	234	00:01:12	210	00:11:06	01:09:04	00:13:33
210	3265	3800	Helder Batista	-	25-29	Lusitano	211	00:20:36	209	00:01:43	205	00:34:27	192	00:00:58	224	00:11:35	01:09:21	00:13:50
211	1085	2972	Francisco Orfão	-	16-17	FET- Fátima Escola de Triatlo	214	00:20:54	181	00:01:35	236	00:36:16	99	00:00:46	151	00:10:07	01:09:39	00:14:09
212	3533	2805	Paulo Carvalho	-	35-39	Individual	154	00:19:26	242	00:01:53	219	00:35:22	268	00:02:25	181	00:10:34	01:09:42	00:14:12
213	1521	587	André Pinheiro	-	18-19	Associação Naval Amorense	230	00:21:54	140	00:01:31	170	00:33:13	155	00:00:52	241	00:12:15	01:09:46	00:14:15
214	3745	3710	Tiago Gonçalves	-	30-34	DNMG	224	00:21:27	260	00:02:11	165	00:33:02	247	00:01:26	231	00:11:49	01:09:56	00:14:26
215	4470	822	José Ferreira	-	40-44	A. D. C. R. Painho	198	00:20:17	250	00:02:00	238	00:36:22	152	00:00:51	182	00:10:35	01:10:07	00:14:37
216	4368	3476	Hélio Patricio	-	40-44	G. D. R. de Manique de Cima	181	00:19:53	235	00:01:50	229	00:35:55	266	00:01:54	193	00:10:44	01:10:18	00:14:48
217	3167	2091	João Boim	-	35-39	Núcleo Sportinguista da Golegã	207	00:20:29	221	00:01:44	226	00:35:48	191	00:00:58	215	00:11:18	01:10:20	00:14:49
218	4075	242	José Peixoto	-	55-59	Peniche A. C.	222	00:21:09	234	00:01:50	223	00:35:44	206	00:01:01	198	00:10:47	01:10:32	00:15:02
219	4431	2539	José Manuel Sério	-	45-49	Clube de Natação de Torres Novas	225	00:21:28	108	00:01:26	224	00:35:44	132	00:00:49	211	00:11:10	01:10:39	00:15:08
220	3789	3585	Leandro Barros	-	25-29	OEIRAS SPORT CLUBE	220	00:21:06	222	00:01:45	228	00:35:49	178	00:00:56	208	00:11:06	01:10:43	00:15:13
221	4287	867	Luis Abade	-	45-49	Individual	219	00:21:04	226	00:01:45	225	00:35:46	209	00:01:01	212	00:11:10	01:10:48	00:15:18
222	1137	3533	Diogo Maia	-	16-17	G. D. R. de Manique de Cima	197	00:20:17	180	00:01:35	240	00:36:36	239	00:01:14	209	00:11:06	01:10:50	00:15:19
223	1570	3368	Eduardo Magrinho	-	18-19	Clube 4 Estilos	189	00:19:59	99	00:01:24	255	00:38:42	89	00:00:44	187	00:10:40	01:11:32	00:16:01
224	3643	3420	Ricardo Cunha	-	25-29	Assoc. Académica S. Mamede	205	00:20:26	247	00:01:59	245	00:37:21	232	00:01:09	189	00:10:42	01:11:38	00:16:08
225	3749	3541	Pedro Rodrigues	-	30-34	Individual	244	00:23:10	224	00:01:45	214	00:35:05	208	00:01:01	183	00:10:35	01:11:38	00:16:08
226	4061	1939	Helder Fernandes	-	55-59	C. D. "Os Águias" de Alpiarça	233	00:22:09	237	00:01:51	211	00:34:52	224	00:01:07	227	00:11:41	01:11:42	00:16:11
227	1045	3008	David Agostinho	-	16-17	Associação Naval Amorense	183	00:19:55	158	00:01:32	246	00:37:27	177	00:00:56	240	00:12:13	01:12:05	00:16:34
228	3679	561	Pedro Borges Coelho	-	35-39	G. D. R. de Manique de Cima	226	00:21:29	197	00:01:38	239	00:36:32	226	00:01:07	216	00:11:21	01:12:09	00:16:38
229	1084	3431	Catarina Dias	-	16-17	FET- Fátima Escola de Triatlo	240	00:22:54	163	00:01:33	216	00:35:10	171	00:00:55	225	00:11:35	01:12:09	00:16:39
230	3162	3901	Carlos Miguel Duarte	-	30-34	O2 - Portimão	235	00:22:19	246	00:01:58	227	00:35:48	173	00:00:55	221	00:11:26	01:12:27	00:16:57
231	4086	3635	Miguel Rocha	-	40-44	Individual	196	00:20:14	137	00:01:30	257	00:39:25	158	00:00:53	173	00:10:31	01:12:35	00:17:05
232	4057	1742	Natalia Mendes	-	40-44	Bike Clube S. Brás	241	00:22:56	217	00:01:44	218	00:35:21	142	00:00:50	234	00:11:53	01:12:47	00:17:16

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior							
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt			
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00								

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
233	1003	2587	Joana Domingues	-	16-17	DNMG	237	00:22:30	160	00:01:32	231	00:36:00	148	00:00:51	232	00:11:51	01:12:47	00:17:16
234	1027	2530	Natacha Cruz	-	16-17	Individual	228	00:21:41	232	00:01:50	237	00:36:21	203	00:01:00	235	00:11:59	01:12:52	00:17:22
235	3803	3638	Jorge Fonseca	-	35-39	G. D. R. de Manique de Cima	229	00:21:45	259	00:02:10	230	00:35:58	238	00:01:14	233	00:11:53	01:13:01	00:17:31
236	1550	39	Vitória Oliveira	-	18-19	C. D. "Os Águias" de Alpiarça	255	00:24:17	162	00:01:33	200	00:34:09	231	00:01:08	236	00:12:02	01:13:10	00:17:39
237	4430	259	Hélder Gonçalves Ribeiro	-	40-44	OEIRAS SPORT CLUBE	236	00:22:29	200	00:01:39	222	00:35:35	211	00:01:02	247	00:12:38	01:13:25	00:17:54
238	1068	317	Martim Figueira	-	16-17	Teleperformance - "os Belenenses"	223	00:21:20	156	00:01:32	191	00:33:47	253	00:01:28	267	00:15:24	01:13:33	00:18:02
239	2125	43	Andreia Lopes	-	20-24	AMICICLO GRÂNDOLA	254	00:23:54	192	00:01:37	221	00:35:31	190	00:00:58	242	00:12:25	01:14:27	00:18:56
240	4667	3244	Larissa Möller	-	45-49	O2 - Portimão	246	00:23:13	119	00:01:27	249	00:37:57	92	00:00:45	222	00:11:29	01:14:53	00:19:23
241	4588	2715	Paulo Sousa	-	40-44	O2 - Portimão	245	00:23:13	230	00:01:46	242	00:36:57	227	00:01:07	230	00:11:48	01:14:54	00:19:23
242	4294	1056	José Panóias	-	55-59	Quintajense Futebol Clube	238	00:22:45	261	00:02:12	232	00:36:04	252	00:01:28	244	00:12:33	01:15:04	00:19:33
243	3240	59	Carla Ribeiro	-	30-34	Ateneu Artístico Cartaxense	231	00:21:55	227	00:01:45	256	00:39:03	185	00:00:57	219	00:11:23	01:15:05	00:19:35
244	1020	631	Ana Alcaçarenho	-	16-17	Núcleo Sportinguista da Golegã	247	00:23:15	126	00:01:28	234	00:36:06	189	00:00:58	252	00:13:19	01:15:07	00:19:36
245	4346	133	Jorge Carreiras	-	45-49	Clube Oriental de Lisboa	250	00:23:23	252	00:02:03	243	00:37:07	240	00:01:14	238	00:12:08	01:15:57	00:20:27
246	6159		Cláudio Abreu	-	35-39	Individual	259	00:24:56	138	00:01:30	233	00:36:05	241	00:01:15	249	00:12:42	01:16:29	00:20:59
247	3250	2243	Pedro Mauricio Vieira	-	35-39	Peniche A. C.	251	00:23:30	223	00:01:45	252	00:38:18	129	00:00:49	245	00:12:36	01:17:00	00:21:29
248	1131	2262	Alexandre França	-	16-17	G. D. R. de Manique de Cima	234	00:22:18	121	00:01:27	247	00:37:28	205	00:01:01	265	00:14:46	01:17:03	00:21:32
249	4123	1921	Rui Ferreira	-	40-44	Núcleo Sportinguista da Golegã	249	00:23:23	255	00:02:07	220	00:35:29	260	00:01:37	263	00:14:38	01:17:16	00:21:45
250	4327	2127	Mário Ramos	-	55-59	Individual	248	00:23:22	256	00:02:07	251	00:38:10	261	00:01:39	237	00:12:07	01:17:27	00:21:57
251	4192	3837	Rodrigo Sérgio	-	40-44	Atlético CP Triatlo	239	00:22:50	201	00:01:40	260	00:40:12	229	00:01:07	229	00:11:46	01:17:37	00:22:06
252	3578	3398	João Prehaz	-	35-39	Individual	243	00:23:09	254	00:02:05	250	00:38:02	262	00:01:41	254	00:13:30	01:18:29	00:22:59
253	4342	140	Luis Filipe Silva	-	55-59	TRIAATLO CLUBE TAP	258	00:24:45	152	00:01:32	253	00:38:33	174	00:00:55	253	00:13:20	01:19:06	00:23:35
254	2049	662	Rita Delgado	-	20-24	Associação Naval Amorense	257	00:24:37	129	00:01:29	258	00:39:41	169	00:00:55	257	00:14:01	01:20:44	00:25:14
255	4362	564	José Colaço	-	60-64	G. D. R. de Manique de Cima	267	00:26:41	258	00:02:09	235	00:36:10	263	00:01:42	259	00:14:10	01:20:53	00:25:23
256	4363	566	Joaquim Guedelha	-	45-49	G. D. R. de Manique de Cima	266	00:26:38	198	00:01:39	241	00:36:40	259	00:01:36	260	00:14:19	01:20:55	00:25:24
257	3157	3880	Vasco Adrião	-	35-39	O2 - Portimão	253	00:23:45	267	00:02:37	259	00:40:06	265	00:01:52	251	00:12:56	01:21:17	00:25:47
258	1598	2562	Teresa Teixeira	-	18-19	Clube Triatlo de Perosinho	232	00:22:07	231	00:01:49	264	00:44:03	250	00:01:27	239	00:12:09	01:21:37	00:26:07
259	3820	3668	Pedro Ferreira da Silva	-	25-29	Bike Clube S. Brás	252	00:23:43	240	00:01:52	261	00:41:01	245	00:01:24	258	00:14:10	01:22:12	00:26:42
260	4267	3822	Mário Portela	-	45-49	Clube Natação Rio Maior	262	00:25:31	257	00:02:07	254	00:38:38	257	00:01:34	264	00:14:39	01:22:31	00:27:00
261	3042	1761	Joana Fragata	-	35-39	Núcleo Sportinguista da Golegã	260	00:25:20	176	00:01:34	262	00:41:16	184	00:00:57	255	00:13:36	01:22:44	00:27:13

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior					
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt	
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	00h00						

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
262	3079	3002	João Jota Fernandes	-	35-39	Açoreana Clube Banif	265	00:26:37	264	00:02:22	244	00:37:12	251	00:01:28	266	00:15:22	01:23:03	00:27:33
263	6396	3926	Luis Salvador	-	40-44	ADECT - Tunes	264	00:26:04	266	00:02:33	248	00:37:47	267	00:02:19	261	00:14:25	01:23:10	00:27:39
264	4332	505	João Gameiro	-	60-64	Ateneu Artístico Cartaxense	242	00:22:59	263	00:02:16	266	00:44:56	256	00:01:32	243	00:12:29	01:24:15	00:28:44
265	1053	3369	Joana Pinto	-	16-17	Associação Naval Amorense	261	00:25:30	130	00:01:29	263	00:42:10	269	00:03:12	256	00:13:42	01:26:05	00:30:34
266	3210	3925	Ana Roque	-	35-39	ADECT - Tunes	263	00:25:56	212	00:01:43	265	00:44:32	201	00:01:00	262	00:14:32	01:27:46	00:32:16
267	4657	3191	Ana Sanches	-	40-44	O2 - Portimão	256	00:24:36	268	00:02:40	269	00:47:04	228	00:01:07	246	00:12:37	01:28:06	00:32:36
268	4474	2154	Carlos Matias	-	70-74	Individual	268	00:28:13	253	00:02:05	267	00:45:36	244	00:01:19	268	00:15:43	01:32:57	00:37:26
269	4409	874	Francisco Cipriano	-	70-74	A. M. C. R. Fonte Grada	269	00:30:08	245	00:01:57	268	00:46:32	237	00:01:13	269	00:17:07	01:37:01	00:41:30
	1001	987	Rodrigo Ladeira	DNF	16-17	Clube 4 Estilos		00:16:28		00:01:06								-
	1571	2367	Tomás Azevedo	DNF	18-19	Kainagua		00:16:39		00:01:04								-
	2003	2925	João Nogueira	DNF	20-24	Ateneu Artístico Cartaxense		00:17:27		00:01:18								-
	2126	847	Rita Maria Lopes	DNF	20-24	AMICICLO GRÂNDOLA		00:19:57		00:01:22								-
	3299	2323	Ricardo Gomes	DNF	25-29	DAR-FERMAQ		00:16:28		00:01:12								-
	3055	1779	Mario Paulo Ferreira	DNF	35-39	OLI-Clube dos Galitos		00:19:39		00:01:52								-
	4230	267	Rui Baptista	DNF	40-44	Ferrovário		00:19:41		00:01:58								-
	4115	385	António Ervideira	DNF	45-49	TRI-OESTE		00:18:16		00:01:20								-
	4188	725	Luis Filipe Pereira	DNF	50-54	Peniche A. C.		00:20:30		00:01:49								-
	4023	432	Francisco Bexiga	DNF	55-59	Clube de Praças da Armada		00:24:22		00:02:24								-
	1627	508	Andreia Ferrum	DNS	18-19	C. D. "Os Águias" de Alpiarça												-
	1635	3358	Diogo Roma	DNS	18-19	Alhandra Sporting Club												-
	3710	3499	Danilo Pimentel	DNS	25-29	C. D. "Os Águias" de Alpiarça												-
	3290	34	Sérgio Manuel Silva	DNS	30-34	Garmin Olimpico de Oeiras												-
	3110	2004	Carlos Branco	DNS	35-39	C. D. "Os Águias" de Alpiarça												-
	3127	377	Tiago Lobo	DNS	35-39	McDonalds/TriBraga												-
	3440	117	Filipa Fernandes	DNS	35-39	Bike Clube S. Brás												-
	4614	2916	Luis Santos	DNS	40-44	Individual												-
	4355	3327	Hélio Girão	DNS	45-49	Atlético CP Triatlo												-
	4062	1041	Carlos Cabrita	DNS	60-64	Louletano												-
	6117	9999	Wesley Matos	DNS	25-29	C. D. "Os Águias" de Alpiarça												-

Data:	16-02-2014	Hora:	11h00	Local:	Rio Maior				
Corrida	5.000 mt	Transição:	0 mt	Ciclismo:	19.800 mt	Transição:	0 mt	Corrida:	2.500 mt

Ranking:	Camp. Nac. Grupos de Idade	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
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