

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre			
Corrida	5.000 mt	Ciclismo:	20.000 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	Ciclism	P	Corrida	P		P		Total	Diff
1	3757	1017	Pedro Laginha Palma	-	25-29	MOTRINDE - Clube dos Galitos	5	00:15:47	5	00:00:29	32	00:31:14	10	00:00:30	1	00:07:51	00:55:52	
2	3549		Wesley Matos	-	25-29	Individual	6	00:15:49	8	00:00:30	23	00:31:04	18	00:00:31	3	00:08:07	00:56:03	00:00:11
3	2066	1004	Rui Tenrinho	-	20-24	C. D. "Os Águias" de Alpiarça	8	00:16:12	10	00:00:31	15	00:30:44	4	00:00:28	4	00:08:25	00:56:21	00:00:29
4	3710		Danilo Pimentel	-	25-29	Individual	7	00:15:49	11	00:00:31	26	00:31:07	167	00:00:53	2	00:08:00	00:56:22	00:00:30
5	4366	1008	Carlos Nóbrega	-	45-49	Ludens de Machico/El Bom Bom Sport	13	00:16:24	81	00:00:41	10	00:30:24	11	00:00:30	5	00:08:31	00:56:32	00:00:40
6	1536	1008	Nuno Miguel André	-	18-19	Garmin Olimpico de Oeiras	10	00:16:23	6	00:00:29	14	00:30:33	5	00:00:29	8	00:08:45	00:56:40	00:00:47
7	2022	1012	Leonardo Nunes	-	20-24	Alhandra Sporting Club	14	00:16:35	9	00:00:30	11	00:30:25	29	00:00:32	7	00:08:38	00:56:42	00:00:50
8	4402	1004	Joaquim Carlos Lopes	-	45-49	McDonalds/TriBraga	17	00:16:40	14	00:00:32	8	00:30:20	23	00:00:32	11	00:08:47	00:56:52	00:01:00
9	3810	1004	Pedro Ribeiro	-	20-24	C. D. "Os Águias" de Alpiarça	9	00:16:23	20	00:00:33	13	00:30:29	39	00:00:33	18	00:08:56	00:56:56	00:01:03
10	3837	1019	Nelson Mestre	-	35-39	Leões do Sul	12	00:16:24	21	00:00:33	12	00:30:27	31	00:00:32	20	00:08:58	00:56:56	00:01:04
11	3139	1018	Rui Narigueta	-	35-39	Garmin Olimpico de Oeiras	18	00:16:46	24	00:00:34	6	00:30:09	62	00:00:37	14	00:08:52	00:57:00	00:01:08
12	3412	1004	Rui Dolores	-	30-34	AMICICLO GRÂNDOLA	15	00:16:36	15	00:00:32	9	00:30:23	43	00:00:35	21	00:09:00	00:57:08	00:01:15
13	5606		Natan Santos	-	16-17	Individual	27	00:17:01	30	00:00:35	1	00:29:54	53	00:00:37	25	00:09:04	00:57:11	00:01:19
14	3488	1024	Cláudio Paulinho	-	30-34	SFRAA TRIATLO	25	00:16:48	103	00:00:44	2	00:29:57	56	00:00:37	32	00:09:11	00:57:19	00:01:27
15	3344	1018	Nuno Carvalho	-	25-29	Ateneu Artístico Cartaxense	23	00:16:48	44	00:00:37	4	00:30:05	47	00:00:36	39	00:09:18	00:57:26	00:01:34
16	3708	1008	Octávio Vicente	-	30-34	CASA DO BENFICA EM ABRANTES	22	00:16:47	25	00:00:34	5	00:30:07	9	00:00:30	54	00:09:37	00:57:36	00:01:44
17	1603	1008	José Felício	-	18-19	Garmin Olimpico de Oeiras	19	00:16:47	13	00:00:32	7	00:30:15	20	00:00:31	52	00:09:33	00:57:40	00:01:47
18	1043	1018	José Barreto	-	16-17	Núcleo Sportinguista da Golegã	21	00:16:47	39	00:00:36	3	00:30:05	34	00:00:33	64	00:09:43	00:57:46	00:01:54
19	1663	1017	Rodrigo Ladeira	-	18-19	Clube 4 Estilos	11	00:16:24	7	00:00:30	31	00:31:12	1	00:00:26	42	00:09:22	00:57:56	00:02:04
20	2086	1010	Miguel Furtado	-	20-24	SFRAA TRIATLO	28	00:17:01	26	00:00:34	29	00:31:12	35	00:00:33	6	00:08:38	00:57:59	00:02:07
21	1552	1007	Bernardo Portela	-	18-19	Garmin Olimpico de Oeiras	38	00:17:10	60	00:00:39	17	00:30:54	28	00:00:32	9	00:08:45	00:58:02	00:02:09
22	3322	1013	Antonio Fortuna	-	30-34	Nutrimania Sports Nutrition/Amorensense	24	00:16:48	64	00:00:40	35	00:31:16	7	00:00:29	13	00:08:50	00:58:04	00:02:12
23	3130	1015	Rui Belo	-	35-39	Teleperformance - "Os Belenenses"	31	00:17:02	32	00:00:35	27	00:31:10	3	00:00:28	12	00:08:48	00:58:05	00:02:12
24	3674	1006	Pedro Carreira	-	35-39	TRI-OESTE	37	00:17:09	12	00:00:32	20	00:31:01	2	00:00:27	17	00:08:56	00:58:07	00:02:14
25	5727		Wendel Cruz	-	18-19	Individual	16	00:16:37	46	00:00:38	46	00:31:31	79	00:00:40	10	00:08:47	00:58:14	00:02:22
26	2088	1008	Fábio João Azinheirinha	-	20-24	Garmin Olimpico de Oeiras	39	00:17:11	70	00:00:40	16	00:30:53	26	00:00:32	19	00:08:57	00:58:15	00:02:22
27	4149	1010	José Ribeiro	-	45-49	Peniche A. C.	35	00:17:09	52	00:00:38	18	00:30:58	6	00:00:29	22	00:09:01	00:58:18	00:02:25
28	1540	1011	Luis Carlos Lopes	-	18-19	G. D. R. de Manique de Cima	34	00:17:09	22	00:00:33	19	00:30:59	8	00:00:30	37	00:09:16	00:58:29	00:02:36
29	3306	1018	Gonçalo Resina	-	35-39	Núcleo Sportinguista da Golegã	32	00:17:05	65	00:00:40	22	00:31:04	41	00:00:34	29	00:09:08	00:58:32	00:02:40

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre												
Corrida	5.000 mt	Ciclismo:	20.000 mt	Corrida:	2.500 mt												
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	11h29													

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	P		P		Total	Diff
30	4677	1018	Luis Cancela	-	40-44	Núcleo Sportinguista da Golegã	33	00:17:05	54	00:00:38	21	00:31:03	32	00:00:32	38	00:09:17	00:58:38	00:02:45
31	1037	1003	João Lopes	-	16-17	C. D. "Os Águias" de Alpiarça	26	00:17:01	18	00:00:33	28	00:31:12	17	00:00:31	50	00:09:31	00:58:50	00:02:57
32	4012	1018	Rui Sousa	-	40-44	Núcleo Sportinguista da Golegã	45	00:17:32	50	00:00:38	44	00:31:27	52	00:00:36	15	00:08:53	00:59:08	00:03:15
33	1138	1011	Miguel Guedelha	-	16-17	G. D. R. de Manique de Cima	20	00:16:47	19	00:00:33	66	00:32:20	22	00:00:32	16	00:08:56	00:59:09	00:03:17
34	4443	1005	Pedro Pinheiro	-	40-44	SFRAA TRIATLO	57	00:17:51	38	00:00:36	24	00:31:06	27	00:00:32	27	00:09:06	00:59:12	00:03:20
35	1019	1018	João Vale	-	16-17	Núcleo Sportinguista da Golegã	55	00:17:48	40	00:00:37	30	00:31:12	16	00:00:31	28	00:09:07	00:59:17	00:03:24
36	2044	1007	Andre Fernandes	-	20-24	Garmin Olímpico de Oeiras	36	00:17:09	73	00:00:41	56	00:31:51	19	00:00:31	24	00:09:04	00:59:18	00:03:26
37	2043	1018	Carlos Carvalho	-	20-24	Ateneu Artístico Cartaxense	44	00:17:32	42	00:00:37	45	00:31:31	46	00:00:36	26	00:09:05	00:59:22	00:03:29
38	4711	1016	Marco Sousa	-	40-44	Clube de Natação de Torres Novas	50	00:17:34	76	00:00:41	42	00:31:26	66	00:00:38	23	00:09:03	00:59:24	00:03:32
39	1649	1005	Tiago Morgado	-	18-19	Clube de Natação de Torres Novas	43	00:17:28	33	00:00:36	48	00:31:33	24	00:00:32	35	00:09:15	00:59:25	00:03:33
40	1102	1003	Leonardo Aniceto	-	16-17	Sport Lisboa e Benfica	29	00:17:02	17	00:00:33	58	00:31:58	15	00:00:31	40	00:09:20	00:59:26	00:03:33
41	4773	1004	Rui Gonçalves	-	40-44	AMICICLO GRÂNDOLA	42	00:17:28	128	00:00:48	40	00:31:24	51	00:00:36	30	00:09:10	00:59:28	00:03:36
42	4471	1010	Rui Firmino	-	40-44	Clube de Triatlo de Almada	41	00:17:27	31	00:00:35	50	00:31:36	45	00:00:35	33	00:09:14	00:59:30	00:03:37
43	1116	1008	Miguel Tiago Silva	-	16-17	Garmin Olímpico de Oeiras	49	00:17:33	61	00:00:39	38	00:31:21	37	00:00:33	44	00:09:23	00:59:31	00:03:39
44	4037	1025	Gary Blesson	-	50-54	Clube de Condeixa	46	00:17:32	84	00:00:42	39	00:31:22	80	00:00:40	34	00:09:14	00:59:32	00:03:39
45	3000	1015	Vitor Santos	-	35-39	TRI-OESTE	56	00:17:49	27	00:00:34	33	00:31:15	30	00:00:32	43	00:09:22	00:59:34	00:03:42
46	3105	1013	João Fragoso	-	30-34	Nutrimania Sports Nutrition/Amorense	30	00:17:02	78	00:00:41	57	00:31:56	73	00:00:39	36	00:09:15	00:59:35	00:03:43
47	5796		Yure Lacerda	-	18-19	Individual	40	00:17:24	37	00:00:36	49	00:31:35	44	00:00:35	47	00:09:26	00:59:38	00:03:46
48	4151	1018	António Calafate	-	45-49	Núcleo Sportinguista da Golegã	53	00:17:36	69	00:00:40	36	00:31:20	50	00:00:36	46	00:09:26	00:59:40	00:03:48
49	3159	1015	André Jesus	-	25-29	Clube Oriental de Lisboa	54	00:17:37	113	00:00:46	34	00:31:15	77	00:00:40	41	00:09:22	00:59:41	00:03:49
50	1044	1018	Diogo Lino	-	16-17	Núcleo Sportinguista da Golegã	52	00:17:36	45	00:00:37	41	00:31:24	33	00:00:32	61	00:09:41	00:59:52	00:04:00
51	2130	1004	Nuno Lima	-	20-24	C. D. "Os Águias" de Alpiarça	48	00:17:32	35	00:00:36	43	00:31:27	60	00:00:37	78	00:09:54	01:00:07	00:04:15
52	3602	1026	Diogo Silva	-	25-29	Individual	73	00:18:19	141	00:00:51	25	00:31:06	97	00:00:43	55	00:09:37	01:00:37	00:04:45
53	4786	1025	Rui Galinha	-	40-44	Núcleo Sportinguista da Golegã	58	00:17:51	108	00:00:45	52	00:31:43	63	00:00:38	63	00:09:41	01:00:39	00:04:47
54	4793	1018	Paulo Silvestre	-	40-44	Ateneu Artístico Cartaxense	61	00:17:52	41	00:00:37	55	00:31:50	78	00:00:40	66	00:09:44	01:00:44	00:04:51
55	2042	1012	Diogo Rosa	-	20-24	Núcleo Sportinguista da Golegã	88	00:18:50	23	00:00:33	37	00:31:21	12	00:00:30	49	00:09:31	01:00:47	00:04:54
56	4754	1014	Ruben Estima	-	40-44	DAR-FERMAQ	76	00:18:24	154	00:00:53	47	00:31:32	81	00:00:40	45	00:09:24	01:00:55	00:05:03
57	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	00:05:08
58	3719	1014	João Miguel Ferreira	-	25-29	OEIRAS SPORT CLUBE	63	00:18:00	36	00:00:36	62	00:32:12	38	00:00:33	60	00:09:40	01:01:04	00:05:11

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre				
Corrida	5.000 mt	Ciclismo:	20.000 mt	Corrida:	2.500 mt				
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	11h29					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	P		P		Total	Diff
59	3166	1003	João Azevedo	-	25-29	C. D. "Os Águias" de Alpiarça	69	00:18:08	53	00:00:38	59	00:32:01	91	00:00:43	53	00:09:35	01:01:07	00:05:15
60	1665	1026	Bernardo Quintela	-	18-19	Núcleo Sportinguista da Golegã	78	00:18:24	48	00:00:38	51	00:31:41	36	00:00:33	73	00:09:50	01:01:08	00:05:16
61	4584	1017	Antonio Ferreira	-	45-49	Clube de Condeixa	51	00:17:36	164	00:00:57	63	00:32:15	127	00:00:47	67	00:09:44	01:01:20	00:05:28
62	4721	1008	Hugo Ferreira	-	40-44	Garmin Olimpico de Oeiras	65	00:18:02	96	00:00:44	61	00:32:03	64	00:00:38	82	00:09:55	01:01:23	00:05:31
63	4033	1018	José Lino	-	40-44	Núcleo Sportinguista da Golegã	66	00:18:03	77	00:00:41	60	00:32:02	48	00:00:36	91	00:10:03	01:01:27	00:05:35
64	3815	1022	Ricardo Rosado	-	30-34	Clube Triatlo de Abrantes	59	00:17:51	71	00:00:40	54	00:31:47	125	00:00:47	121	00:10:32	01:01:38	00:05:45
65	4032	1007	Carlos Gomes	-	50-54	Garmin Olimpico de Oeiras	67	00:18:03	56	00:00:38	103	00:33:24	13	00:00:31	58	00:09:39	01:02:17	00:06:25
66	4627	1015	João Ferreira	-	40-44	McDonalds/TriBraga	74	00:18:20	172	00:00:58	90	00:33:11	95	00:00:43	31	00:09:10	01:02:24	00:06:31
67	3530	1018	José Rodrigues	-	30-34	Ateneu Artístico Cartaxense	62	00:17:53	124	00:00:47	106	00:33:26	69	00:00:39	56	00:09:37	01:02:25	00:06:32
68	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	00:06:49
69	3067	1026	Nuno Neves	-	35-39	Louletano	68	00:18:08	28	00:00:35	105	00:33:25	21	00:00:31	90	00:10:03	01:02:44	00:06:52
70	4615	1002	Miguel Lourenço	-	40-44	Individual	75	00:18:24	107	00:00:45	96	00:33:15	88	00:00:42	57	00:09:38	01:02:47	00:06:54
71	4249	1015	Luis Cipriano	-	40-44	A. M. C. R. Fonte Grada	82	00:18:38	134	00:00:51	86	00:33:00	120	00:00:46	51	00:09:32	01:02:48	00:06:55
72	1131	1011	Alexandre França	-	16-17	G. D. R. de Manique de Cima	91	00:18:56	133	00:00:50	78	00:32:45	124	00:00:46	48	00:09:28	01:02:49	00:06:57
73	4357	1008	Jorge Teixeira	-	45-49	Clube de Praças da Armada	60	00:17:52	126	00:00:48	107	00:33:26	108	00:00:44	86	00:10:00	01:02:52	00:07:00
74	3823	1012	Pedro Videira	-	25-29	Sporting CP	80	00:18:26	105	00:00:45	102	00:33:21	94	00:00:43	59	00:09:40	01:02:57	00:07:05
75	4497	1005	Alexandre Feliz	-	40-44	TRI-OESTE	111	00:19:23	47	00:00:38	67	00:32:23	42	00:00:34	87	00:10:01	01:03:00	00:07:08
76	3168	1013	Cristiano Pisco	-	30-34	Nutrimania Sports Nutrition/Amorense	100	00:19:09	157	00:00:54	70	00:32:25	70	00:00:39	77	00:09:54	01:03:03	00:07:11
77	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	00:07:15
78	4047	1005	José Morgado	-	45-49	SFRAA TRIATLO	105	00:19:14	112	00:00:46	72	00:32:31	96	00:00:43	76	00:09:52	01:03:09	00:07:16
79	3162	1019	Carlos Miguel Duarte	-	30-34	O2 - Triatlo	115	00:19:26	72	00:00:41	68	00:32:23	54	00:00:37	89	00:10:03	01:03:11	00:07:19
80	3613	1002	Rui Pina	-	25-29	Individual	72	00:18:18	161	00:00:56	101	00:33:17	189	00:00:57	65	00:09:43	01:03:13	00:07:20
81	4026	1011	Rui Medina	-	40-44	Bike Clube S. Brás	84	00:18:38	93	00:00:44	87	00:33:06	187	00:00:57	71	00:09:47	01:03:13	00:07:21
82	3304	1005	Ivan Pinto da Silva	-	35-39	Clube Triatlo de Perosinho	108	00:19:16	49	00:00:38	75	00:32:36	104	00:00:44	85	00:10:00	01:03:15	00:07:23
83	4010	1001	Carlos Santos Silva	-	40-44	Atlético CP Triatlo	98	00:19:08	176	00:00:59	69	00:32:24	87	00:00:42	88	00:10:03	01:03:18	00:07:25
84	4148	1006	Pedro Cordeiro	-	45-49	TRI-OESTE	113	00:19:24	97	00:00:44	65	00:32:18	83	00:00:41	101	00:10:11	01:03:20	00:07:28
85	1605	1021	Marco Carreira	-	18-19	FET- Fátima Escola de Triatlo	77	00:18:24	82	00:00:42	109	00:33:27	138	00:00:48	99	00:10:09	01:03:31	00:07:39
86	3473	1012	Luis Mendes	-	35-39	C. D. Escola Santana	79	00:18:26	85	00:00:42	97	00:33:16	75	00:00:39	116	00:10:26	01:03:32	00:07:39
87	3215	1002	Rui Silva	-	35-39	Clube Oriental de Lisboa	104	00:19:14	92	00:00:44	74	00:32:36	149	00:00:50	97	00:10:08	01:03:34	00:07:41

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre												
Corrida	5.000 mt	Ciclismo:	20.000 mt	Corrida:	2.500 mt												
Ranking:	Camp. Nac. Grupos de Idade		Idade	Hora de Partida:	11h29												

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	P		P		Total	Diff
88	1674	1019	Filipe Maia	-	18-19	McDonalds/TriBraga	81	00:18:37	88	00:00:43	95	00:33:15	58	00:00:37	110	00:10:24	01:03:38	00:07:46
89	4707	1023	Bruno Maia	-	40-44	Clube de Praças da Armada	86	00:18:46	195	00:01:05	73	00:32:36	162	00:00:52	104	00:10:19	01:03:40	00:07:48
90	1035	1003	Bernardo Aguiar	-	16-17	Sport Lisboa e Benfica	47	00:17:32	29	00:00:35	136	00:34:18	55	00:00:37	132	00:10:43	01:03:47	00:07:54
91	1583	1006	Jorge Canuto	-	18-19	TRI-OESTE	114	00:19:25	59	00:00:39	71	00:32:26	86	00:00:42	126	00:10:36	01:03:50	00:07:58
92	2056	1005	André Duarte	-	20-24	TRI-OESTE	87	00:18:49	99	00:00:44	82	00:32:52	140	00:00:48	140	00:10:50	01:04:06	00:08:13
93	1134	1021	Duarte Santos	-	16-17	FET- Fátima Escola de Triatlo	96	00:19:06	89	00:00:43	124	00:33:52	98	00:00:43	68	00:09:45	01:04:12	00:08:19
94	1166	1002	João Maria Inácio	-	16-17	TRI-OESTE	112	00:19:23	189	00:01:03	88	00:33:07	117	00:00:46	74	00:09:52	01:04:13	00:08:20
95	4040	1019	António Raposo	-	55-59	Portinado	118	00:19:27	116	00:00:46	64	00:32:18	199	00:01:00	129	00:10:42	01:04:14	00:08:22
96	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	00:08:29
97	4209	1018	António Louro	-	40-44	Atlético CP Triatlo	93	00:19:02	188	00:01:03	118	00:33:43	84	00:00:41	75	00:09:52	01:04:22	00:08:30
98	1106	1011	António Anastácio	-	16-17	C. D. Escola Santana	85	00:18:39	143	00:00:51	134	00:34:14	82	00:00:40	96	00:10:07	01:04:34	00:08:41
99	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	00:08:45
100	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	00:08:49
101	4434	1010	Luis Pereira	-	45-49	Clube de Triatlo de Almada	71	00:18:16	197	00:01:05	142	00:34:28	170	00:00:53	83	00:09:59	01:04:43	00:08:50
102	4039	1014	José Varela	-	55-59	Louletano	134	00:19:56	114	00:00:46	85	00:32:58	65	00:00:38	114	00:10:25	01:04:46	00:08:53
103	4154	1015	Antonio Oliveira	-	45-49	A. M. C. R. Fonte Grada	106	00:19:15	216	00:01:11	92	00:33:12	204	00:01:01	95	00:10:07	01:04:47	00:08:54
104	4022	1005	Paulo Teles	-	40-44	G.A.A. Vila Franca de Xira	142	00:20:12	66	00:00:40	81	00:32:49	105	00:00:44	113	00:10:25	01:04:52	00:08:59
105	3634	1010	João Marques	-	30-34	Peniche A. C.	116	00:19:26	152	00:00:53	110	00:33:27	182	00:00:55	102	00:10:11	01:04:53	00:09:01
106	4216	1021	Luis Pinho	-	45-49	FET- Fátima Escola de Triatlo	90	00:18:55	177	00:00:59	126	00:33:56	209	00:01:04	84	00:09:59	01:04:55	00:09:03
107	3537	1024	Pedro Ricardo Freitas	-	30-34	Clube de Natação de Torres Novas	94	00:19:04	95	00:00:44	122	00:33:49	110	00:00:44	122	00:10:33	01:04:56	00:09:04
108	3368	1010	Pedro Magalhães	-	25-29	Assoc. Académica S. Mamede	131	00:19:46	94	00:00:44	100	00:33:17	99	00:00:43	117	00:10:27	01:05:00	00:09:07
109	4003	1006	João Miguel Nunes	-	45-49	Alhandra Sporting Club	125	00:19:43	80	00:00:41	93	00:33:14	133	00:00:47	124	00:10:34	01:05:00	00:09:08
110	4217	1001	Luis Miguel Oliveira	-	40-44	Individual	121	00:19:28	159	00:00:55	99	00:33:17	126	00:00:47	120	00:10:32	01:05:00	00:09:08
111	4727	1023	Carlos Alberto Custodio	-	40-44	Câmara Lisboa Clube	101	00:19:09	151	00:00:53	121	00:33:48	114	00:00:45	119	00:10:30	01:05:07	00:09:15
112	4136	1018	Filipe Mendes	-	40-44	Ateneu Artístico Cartaxense	137	00:19:57	187	00:01:03	76	00:32:36	192	00:00:57	125	00:10:34	01:05:10	00:09:17
113	4247	1002	Fernando Damas	-	60-64	Individual	119	00:19:27	117	00:00:46	114	00:33:28	183	00:00:55	123	00:10:33	01:05:12	00:09:20
114	4386	1017	Mario Paulo Ferreira	-	40-44	MOTRINDE - Clube dos Galitos	95	00:19:06	179	00:00:59	116	00:33:38	154	00:00:51	127	00:10:37	01:05:13	00:09:20
115	3696	1024	Pedro Henriques	-	25-29	A. D. C. R. Painho	127	00:19:43	185	00:01:02	84	00:32:56	76	00:00:40	139	00:10:50	01:05:13	00:09:20
116	4439	1023	Luis Prego	-	55-59	G. D. R. de Manique de Cima	117	00:19:27	110	00:00:45	115	00:33:32	151	00:00:50	131	00:10:43	01:05:19	00:09:26

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre				
Corrida	5.000 mt	Ciclismo:	20.000 mt	Corrida:	2.500 mt				
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	11h29					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	P		P		Total	Diff
117	4401	1004	Joaquim Manuel Lopes	-	50-54	AMICICLO GRÂNDOLA	4		4		83	00:32:54	141	00:00:48	138	00:10:49	01:05:27	00:09:35
118	4143	1015	Carlos Pedro	-	40-44	Clube Oriental de Lisboa	139	00:20:08	100	00:00:44	80	00:32:48	153	00:00:50	143	00:10:58	01:05:30	00:09:38
119	2120	1015	Tiago Madureira	-	20-24	McDonalds/TriBraga	140	00:20:09	115	00:00:46	79	00:32:47	121	00:00:46	145	00:11:01	01:05:31	00:09:39
120	3057	1005	Henrique Matias	-	35-39	Atlético CP Triatlo	97	00:19:08	168	00:00:58	150	00:34:56	90	00:00:43	80	00:09:54	01:05:40	00:09:48
121	4131	1008	Pedro Nogueira Silva	-	45-49	Garmin Olimpico de Oeiras	122	00:19:36	75	00:00:41	113	00:33:28	142	00:00:48	156	00:11:07	01:05:43	00:09:50
122	4516	1008	António Madeira	-	55-59	Clube de Praças da Armada	102	00:19:11	221	00:01:14	144	00:34:40	179	00:00:54	69	00:09:46	01:05:46	00:09:54
123	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	00:09:55
124	4456	1018	Helder Moringa	-	45-49	Ateneu Artístico Cartaxense	136	00:19:57	137	00:00:51	131	00:34:09	166	00:00:53	92	00:10:05	01:05:56	00:10:03
125	1085	1021	Francisco Orfão	-	16-17	FET- Fátima Escola de Triatlo	92	00:19:01	146	00:00:52	155	00:35:11	85	00:00:42	103	00:10:11	01:05:58	00:10:06
126	4065	1002	José Silva	-	50-54	A. C. R. Ribeira	138	00:19:59	111	00:00:45	135	00:34:18	57	00:00:37	108	00:10:21	01:06:02	00:10:10
127	3758	1014	Celso Moreira	-	35-39	DAR-FERMAQ	144	00:20:13	79	00:00:41	130	00:34:08	118	00:00:46	106	00:10:20	01:06:09	00:10:17
128	2057	1012	Bernardo Guerra	-	20-24	Sporting CP	109	00:19:18	106	00:00:45	153	00:35:02	109	00:00:44	105	00:10:20	01:06:12	00:10:20
129	4120	1015	José Magalhães Dias	-	40-44	A. M. C. R. Fonte Grada	145	00:20:19	145	00:00:52	125	00:33:54	101	00:00:43	109	00:10:22	01:06:12	00:10:20
130	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	00:10:20
131	4060	1010	António Moura	-	55-59	Peniche A. C.	150	00:20:29	62	00:00:39	120	00:33:48	14	00:00:31	133	00:10:44	01:06:13	00:10:21
132	4156	1002	José Augusto Ribeiro	-	50-54	A. C. R. Ribeira	3		3		127	00:34:01	203	00:01:00	98	00:10:08	01:06:13	00:10:21
133	2123	1018	João Pascoal	-	20-24	Atlético CP Triatlo	89	00:18:50	158	00:00:55	162	00:35:45	136	00:00:48	81	00:09:55	01:06:14	00:10:21
134	1082	1021	Raul Santos	-	16-17	FET- Fátima Escola de Triatlo	70	00:18:09	43	00:00:37	151	00:34:57	92	00:00:43	184	00:11:54	01:06:22	00:10:30
135	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	00:10:33
136	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	00:10:35
137	3023	1015	Paulo Fernandes	-	30-34	McDonalds/TriBraga	128	00:19:45	91	00:00:43	94	00:33:14	135	00:00:47	198	00:12:22	01:06:54	00:11:01
138	4570	1025	Pedro Marques	-	50-54	A. M. C. R. Fonte Grada	159	00:20:45	138	00:00:51	140	00:34:25	134	00:00:47	100	00:10:10	01:07:00	00:11:07
139	3638	1024	Ricardo Magalhães	-	35-39	Bike Clube S. Brás	148	00:20:21	217	00:01:11	112	00:33:28	186	00:00:56	154	00:11:07	01:07:05	00:11:12
140	4455	1013	António Gouveia	-	40-44	TRI CAP - Penafirme	158	00:20:44	147	00:00:52	108	00:33:26	150	00:00:50	172	00:11:35	01:07:29	00:11:37
141	4059	1001	Fernando Feijão	-	60-64	Individual	132	00:19:47	67	00:00:40	143	00:34:38	210	00:01:05	165	00:11:18	01:07:30	00:11:38
142	1538	1004	Gabriel Ubaldo Teixeira	-	18-19	Teleperformance - "Os Belenenses"	168	00:21:07	98	00:00:44	128	00:34:06	72	00:00:39	148	00:11:02	01:07:40	00:11:47
143	3835	1025	Cláudio Canavilhas	-	30-34	Individual	126	00:19:43	102	00:00:44	168	00:36:08	61	00:00:37	115	00:10:26	01:07:41	00:11:49
144	4225	1026	José Amora	-	45-49	Núcleo Sportinguista da Golegã	153	00:20:35	200	00:01:06	98	00:33:16	214	00:01:07	185	00:11:54	01:08:01	00:12:08
145	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	00:12:27

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre												
Corrida	5.000 mt	Ciclismo:	20.000 mt	Corrida:	2.500 mt												
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	11h29													

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	P		P		Total	Diff
146	4221	1010	António Vitorino	-	45-49	Peniche A. C.	149	00:20:26	144	00:00:51	158	00:35:26	185	00:00:56	130	00:10:43	01:08:24	00:12:32
147	2150	1004	João Canas	-	20-24	Teleperformance - "Os Belenenses"	103	00:19:12	58	00:00:39	194	00:38:15	25	00:00:32	70	00:09:46	01:08:25	00:12:33
148	4781	1024	Eduardo Teles	-	40-44	A. M. C. R. Fonte Grada	176	00:21:41	191	00:01:03	123	00:33:51	152	00:00:50	146	00:11:02	01:08:29	00:12:37
149	4196	1013	Jorge Manuel Cochicho	-	40-44	AMICICLO GRÂNDOLA	2		2		159	00:35:33	119	00:00:46	147	00:11:02	01:08:30	00:12:38
150	4398	1024	Luis Gomes	-	50-54	A. D. C. R. Painho	152	00:20:35	208	00:01:09	152	00:35:02	146	00:00:50	141	00:10:55	01:08:31	00:12:39
151	3677	1015	Rui Manuel Pereira	-	35-39	A. M. C. R. Fonte Grada	157	00:20:44	74	00:00:41	148	00:34:51	68	00:00:39	175	00:11:40	01:08:37	00:12:45
152	4188	1010	Luis Filipe Pereira	-	50-54	Peniche A. C.	154	00:20:36	199	00:01:06	149	00:34:53	197	00:00:59	150	00:11:03	01:08:39	00:12:47
153	4719	1005	Eduardo Ferreira	-	40-44	Clube Millennium BCP	173	00:21:32	181	00:01:00	132	00:34:11	200	00:01:00	142	00:10:55	01:08:40	00:12:47
154	4478	1004	Fernando Pombo	-	60-64	Teleperformance - "Os Belenenses"	160	00:20:47	87	00:00:43	156	00:35:13	129	00:00:47	158	00:11:09	01:08:42	00:12:49
155	4072	1002	Renato Fidalgo	-	50-54	A. D. C. R. Painho	166	00:21:00	231	00:01:28	129	00:34:07	212	00:01:06	151	00:11:04	01:08:46	00:12:53
156	4075	1010	José Peixoto	-	55-59	Peniche A. C.	165	00:20:59	162	00:00:56	147	00:34:51	171	00:00:53	157	00:11:09	01:08:50	00:12:58
157	3803	1011	Jorge Fonseca	-	35-39	G. D. R. de Manique de Cima	1		1		146	00:34:48	169	00:00:53	168	00:11:26	01:08:58	00:13:05
158	4204	1013	Pedro Morais	-	40-44	Nutrimania Sports Nutrition/Amorense	164	00:20:54	211	00:01:09	145	00:34:40	194	00:00:57	166	00:11:20	01:09:02	00:13:10
159	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	00:13:20
160	3643	1010	Ricardo Cunha	-	25-29	Assoc. Académica S. Mamede	135	00:19:57	204	00:01:07	188	00:37:39	112	00:00:45	107	00:10:21	01:09:51	00:13:59
161	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	00:14:04
162	4505	1001	Armando Lopes	-	50-54	SFRAA TRIATLO	155	00:20:39	153	00:00:53	182	00:36:55	107	00:00:44	159	00:11:11	01:10:23	00:14:31
163	4448	1002	Sérgio Batalha	-	45-49	Individual	171	00:21:23	101	00:00:44	141	00:34:25	100	00:00:43	210	00:13:08	01:10:26	00:14:33
164	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	00:14:47
165	3093	1026	Sandro Amado	-	30-34	O2 - Triatlo	156	00:20:41	166	00:00:57	183	00:37:04	157	00:00:51	155	00:11:07	01:10:42	00:14:50
166	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	00:14:57
167	4690	1014	João Valente	-	40-44	Louletano	147	00:20:21	139	00:00:51	187	00:37:38	175	00:00:53	153	00:11:06	01:10:52	00:14:59
168	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	00:15:11
169	4159	1018	Alexandre Ventura	-	40-44	Ateneu Artístico Cartaxense	174	00:21:33	90	00:00:43	139	00:34:22	228	00:01:20	220	00:13:26	01:11:25	00:15:33
170	4351	1021	Joao Carlos	-	55-59	ADECT - Tunes	185	00:22:06	170	00:00:58	160	00:35:38	208	00:01:04	177	00:11:42	01:11:28	00:15:36
171	4224	1026	João Manuel Lopes	-	55-59	Individual	175	00:21:34	196	00:01:05	165	00:36:01	230	00:01:22	169	00:11:29	01:11:33	00:15:40
172	4717	1023	Luis Faria	-	40-44	Clube Millennium BCP	182	00:22:02	227	00:01:17	157	00:35:20	219	00:01:09	179	00:11:45	01:11:36	00:15:43
173	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	00:15:49
174	3137	1013	Henrique Delgado	-	30-34	TRI CAP - Penafirme	180	00:21:50	129	00:00:49	167	00:36:07	161	00:00:52	194	00:12:08	01:11:46	00:15:54

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre					
Corrida	5.000 mt	Ciclismo:	20.000 mt	Corrida:	2.500 mt					
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	11h29						

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	P		P		Total	Diff
175	4067	1002	Carlos Leite	-	70-74	A. C. R. Ribeira	189	00:22:17	182	00:01:00	176	00:36:36	89	00:00:42	162	00:11:15	01:11:53	00:16:00
176	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	00:16:06
177	4019	1025	Joaquim Figueiredo	-	55-59	C.D.R.R Baixa da Banheira	141	00:20:10	131	00:00:49	200	00:39:03	178	00:00:54	149	00:11:02	01:12:00	00:16:08
178	3749	1002	Pedro Rodrigues	-	30-34	Individual	191	00:22:19	156	00:00:54	177	00:36:38	177	00:00:54	164	00:11:15	01:12:03	00:16:10
179	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	00:16:16
180	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	00:16:27
181	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	00:16:36
182	4485	1022	Luis Fernandes	-	45-49	MOTRINDE - Clube dos Galitos	198	00:22:33	175	00:00:59	170	00:36:15	115	00:00:45	189	00:11:56	01:12:30	00:16:38
183	3090	1026	Nelson Lagos	-	30-34	O2 - Triatlo	167	00:21:00	118	00:00:46	161	00:35:43	144	00:00:49	226	00:14:12	01:12:32	00:16:40
184	4624	1013	Jorge Bernardo	-	40-44	Nutrimania Sports Nutrition/Amorense	184	00:22:05	203	00:01:07	178	00:36:44	206	00:01:03	183	00:11:54	01:12:55	00:17:02
185	4430	1005	Hélder Gonçalves Ribeiro	-	40-44	OEIRAS SPORT CLUBE	183	00:22:02	192	00:01:04	180	00:36:48	190	00:00:57	193	00:12:07	01:13:00	00:17:08
186	4770	1018	Paulo Marques	-	40-44	Atlético CP Triatlo	188	00:22:14	194	00:01:04	174	00:36:31	173	00:00:53	199	00:12:22	01:13:07	00:17:15
187	3320	1002	Nuno Teixeira	-	30-34	Atlético CP Triatlo	123	00:19:37	165	00:00:57	211	00:39:46	226	00:01:17	173	00:11:35	01:13:14	00:17:22
188	3025	1022	Jorge Barroso	-	35-39	Individual	190	00:22:18	171	00:00:58	175	00:36:35	205	00:01:02	204	00:12:36	01:13:30	00:17:38
189	4743	1023	Luciano Dantas	-	45-49	Garmin Olímpico de Oeiras	162	00:20:51	225	00:01:17	210	00:39:45	163	00:00:53	137	00:10:48	01:13:36	00:17:44
190	4304	1013	Leonel Lucas	-	40-44	TRI CAP - Penafirme	179	00:21:46	140	00:00:51	198	00:38:49	116	00:00:45	174	00:11:38	01:13:52	00:17:59
191	4726	1026	João Valhelhas	-	40-44	Câmara Lisboa Clube	107	00:19:16	190	00:01:03	216	00:40:55	227	00:01:18	167	00:11:21	01:13:55	00:18:03
192	4170	1026	Luis Carvalhinho	-	45-49	TRI-OESTE	169	00:21:11	186	00:01:02	208	00:39:32	180	00:00:54	163	00:11:15	01:13:57	00:18:04
193	4744	1023	Pedro Silva	-	40-44	Clube de Natação de Torres Novas	193	00:22:23	226	00:01:17	185	00:37:27	165	00:00:53	190	00:12:02	01:14:04	00:18:12
194	1673	1026	André Rosa	-	18-19	O2 - Triatlo	192	00:22:23	206	00:01:08	186	00:37:36	196	00:00:59	191	00:12:02	01:14:10	00:18:18
195	3072	1015	Sérgio Cipriano	-	35-39	A. M. C. R. Fonte Grada	194	00:22:23	220	00:01:13	189	00:37:44	172	00:00:53	196	00:12:14	01:14:29	00:18:37
196	4363	1011	Joaquim Guedelha	-	50-54	G. D. R. de Manique de Cima	201	00:22:48	119	00:00:47	171	00:36:19	231	00:01:22	218	00:13:24	01:14:42	00:18:49
197	4364	1022	Rui Salgueiro	-	40-44	Clube Triatlo de Abrantes	210	00:23:32	209	00:01:09	163	00:35:50	160	00:00:52	222	00:13:45	01:15:10	00:19:17
198	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	00:19:26
199	4000	1005	Olimpio Guedelha	-	60-64	G.A.A. Vila Franca de Xira	204	00:23:05	219	00:01:12	192	00:38:09	225	00:01:14	186	00:11:54	01:15:36	00:19:44
200	4123	1018	Rui Ferreira	-	40-44	SFRAA TRIATLO	203	00:22:58	173	00:00:58	184	00:37:15	222	00:01:12	215	00:13:15	01:15:40	00:19:48
201	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	00:20:02
202	4411	1015	Victor Campos	-	60-64	DAR-FERMAQ	208	00:23:20	202	00:01:07	190	00:37:54	229	00:01:21	202	00:12:31	01:16:15	00:20:23
203	3601	1026	Hugo Durao	-	35-39	Clube Triatlo de Perosinho	163	00:20:53	215	00:01:11	222	00:42:02	221	00:01:12	152	00:11:04	01:16:24	00:20:32

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre												
Corrida	5.000 mt	Ciclismo:	20.000 mt	Corrida:	2.500 mt												
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	11h29													

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	P		P		Total	Diff
204	1010	1004	Hugo Cecílio	-	16-17	Teleperformance - "Os Belenenses"	187	00:22:13	218	00:01:12	202	00:39:18	213	00:01:06	205	00:12:49	01:16:40	00:20:48
205	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	00:20:53
206	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	00:21:33
207	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	00:21:48
208	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	00:21:54
209	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	00:22:18
210	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	00:23:01
211	4014	1003	João Santos	-	50-54	AHBE - Bombeiros Estoris	228	00:25:05	160	00:00:56	191	00:37:58	224	00:01:14	223	00:14:01	01:19:15	00:23:23
212	4589	1011	Jorge Matias	-	40-44	G. D. R. de Manique de Cima	199	00:22:35	201	00:01:06	219	00:41:37	211	00:01:06	211	00:13:10	01:19:36	00:23:44
213	4346	1015	Jorge Carreiras	-	45-49	Clube Oriental de Lisboa	222	00:24:25	224	00:01:17	209	00:39:44	223	00:01:13	206	00:12:56	01:19:37	00:23:44
214	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	00:24:09
215	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	00:24:22
216	4342	1014	Luis Filipe Silva	-	55-59	TRITATLO CLUBE TAP	232	00:25:30	136	00:00:51	197	00:38:40	201	00:01:00	228	00:14:22	01:20:25	00:24:32
217	4493	1002	Amilcar Almeida	-	50-54	AHBE - Bombeiros Estoris	221	00:24:23	207	00:01:08	218	00:41:29	193	00:00:57	200	00:12:30	01:20:29	00:24:37
218	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	00:25:02
219	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	00:25:02
220	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	00:25:03
221	4748	1022	Nuno Miguel Fernandes	-	40-44	Clube Triatlo de Abrantes	218	00:24:03	223	00:01:15	201	00:39:15	232	00:01:30	233	00:15:07	01:21:12	00:25:20
222	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	00:25:44
223	4403	1017	Paulo Jorge Santos	-	50-54	Câmara Lisboa Clube	226	00:24:56	235	00:01:46	213	00:40:31	215	00:01:07	214	00:13:14	01:21:36	00:25:44
224	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	00:26:10
225	4257	1002	Pedro Telmo Gil	-	40-44	Peniche A. C.	231	00:25:19	233	00:01:38	203	00:39:18	234	00:01:50	230	00:14:32	01:22:39	00:26:47
226	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	00:27:34
227	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	00:27:46
228	4023	1008	Francisco Bexiga	-	55-59	Clube de Praças da Armada	229	00:25:06	232	00:01:30	221	00:41:44	233	00:01:45	227	00:14:21	01:24:27	00:28:35
229	3194	1021	Frederico José Santos	-	35-39	Clube Triatlo de Abrantes	224	00:24:43	229	00:01:26	227	00:43:25	191	00:00:57	224	00:14:03	01:24:35	00:28:43
230	4788	1025	Paulo Matias	-	45-49	Individual	219	00:24:06	213	00:01:10	228	00:43:41	218	00:01:08	232	00:15:05	01:25:12	00:29:20
231	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	00:29:53
232	4301	1017	Pedro Fardilha	-	40-44	MOTRINDE - Clube dos Galitos	216	00:23:59	193	00:01:04	234	00:47:28	198	00:01:00	221	00:13:40	01:27:12	00:31:20

Data:	08-02-2015	Hora:	11h30	Local:	Alcoentre					
Corrida	5.000 mt	Ciclismo:	20.000 mt	Corrida:	2.500 mt					
Ranking:	Camp. Nac. Grupos de Idade		Hora de Partida:	11h29						

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	Ciclism	P	Corrida	P		P		Total	Diff
233	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	00:33:55
234	4474	1001	Carlos Matias	-	70-74	Individual	234	00:27:29	212	00:01:10	232	00:46:43	235	00:02:07	231	00:15:01	01:32:32	00:36:40
235	4409	1015	Francisco Cipriano	-	70-74	A. M. C. R. Fonte Grada	235	00:31:32	210	00:01:09	235	00:51:08	207	00:01:03	235	00:18:09	01:43:03	00:47:11
	1595	1012	Inês Oliveira	DNF	18-19	Sporting CP		00:20:13		00:00:51								-
	1024	1005	Joana Amado	DNS	16-17	C. D. "Os Águias" de Alpiarça												-
	1076	1004	Pedro Carlos	DNS	16-17	Teleperformance - "Os Belenenses"												-
	1096	1012	Miguel Melo	DNS	16-17	Sporting CP												-
	1641	1012	Vanessa Andrade	DNS	18-19	C. D. Escola Santana												-
	1548	1013	Rodrigo Inglês	DNS	18-19	TRI CAP - Penafirme												-
	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												-
	3036	1018	Vitor Gomes	DNS	25-29	Ateneu Artístico Cartaxense												-
	3407	1012	Bernard Lehmann	DNS	25-29	Garmin Olímpico de Oeiras												-
	3195	1003	Ana Filipa Santos	DNS	30-34	C. D. "Os Águias" de Alpiarça												-
	3081	1019	Orlando Marques	DNS	35-39	DNMG												-
	4001	1010	David Caldeirão	DNS	40-44	Louletano												-
	4614	1018	Luís Santos	DNS	45-49	Individual												-
	4394	1013	Pedro Miguel Jorge	DNS	45-49	Nutrimania Sports Nutrition/Amorense												-
	4198	1014	Leonardo Lopes	DNS	45-49	Louletano												-
	4013	1008	Miguel Fragoso	DNS	50-54	Garmin Olímpico de Oeiras												-
	5798		Vittoria Lopes	DNS	18-19	Individual												-