

Data:	29-07-2012	Hora:	10h30	Local:	Abrantes
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes	Hora de Partida:	00h00
----------	-------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	3013	12	João José Pereira	-	SEN	Alhandra Sporting Club	3	00:09:13	9	00:31:51	3	00:15:05	00:56:10	
2	3269	13	Miguel Arraiolos	-	SEN	C. D. "Os Águias" de Alpiarça	10	00:09:18	7	00:31:43	4	00:15:30	00:56:32	00:00:21
3	3016	3	Bruno Pais	-	SEN	Sport Lisboa e Benfica	15	00:09:24	5	00:31:40	5	00:16:01	00:57:06	00:00:55
4	2152	17	Pedro Laginha Palma	-	S23	Clube dos Galitos	4	00:09:13	12	00:32:05	6	00:16:25	00:57:44	00:01:34
5	1579	49	Alexandre Nobre	-	JUN	Sport Lisboa e Benfica	17	00:09:25	6	00:31:42	9	00:16:40	00:57:48	00:01:38
6	2002	32	Gil Maia	-	S23	Clube dos Galitos	20	00:09:29	4	00:31:39	13	00:16:57	00:58:05	00:01:55
7	1543	52	Filipe Azevedo	-	JUN	Garmin Olímpico de Oeiras	12	00:09:18	10	00:31:52	18	00:17:33	00:58:45	00:02:34
8	2006	28	João Amorim	-	S23	Alhandra Sporting Club	14	00:09:23	8	00:31:49	21	00:17:37	00:58:49	00:02:39
9	2004	29	Hugo Ventura	-	S23	Clube dos Galitos	26	00:09:46	3	00:31:28	26	00:17:51	00:59:06	00:02:56
10	2030	2104	Paulo Junior	-	S23	Individual	6	00:09:14	11	00:32:01	32	00:18:12	00:59:28	00:03:17
11	3175	2106	Rafael Fonseca	-	SEN	Individual	1	00:09:12	20	00:33:56	7	00:16:29	00:59:37	00:03:27
12	2015	30	João Serrano	-	S23	Garmin Olímpico de Oeiras	8	00:09:17	13	00:33:05	22	00:17:39	01:00:03	00:03:52
13	2124	14	Vasco Pessoa	-	S23	C. D. "Os Águias" de Alpiarça	9	00:09:18	16	00:33:45	16	00:17:18	01:00:22	00:04:11
14	2151	226	Tiago Maia	-	S23	Clube dos Galitos	7	00:09:16	14	00:33:10	29	00:18:06	01:00:33	00:04:23
15	1584	50	Ricardo Calado	-	JUN	C. D. "Os Águias" de Alpiarça	11	00:09:18	34	00:34:44	10	00:16:43	01:00:46	00:04:36
16	3284	36	Pedro Gomes	-	SEN	Garmin Olímpico de Oeiras	28	00:09:52	26	00:34:15	11	00:16:47	01:00:55	00:04:45
17	3362	2536	Pedro Eloy Martin	-	SEN	Clube Triatlo de Perosinho	23	00:09:39	29	00:34:32	12	00:16:55	01:01:07	00:04:57
18	1602	1355	Francisco Machado	-	JUN	C. N. Colégio Vasco da Gama	21	00:09:29	32	00:34:43	15	00:17:08	01:01:21	00:05:11
19	2011	27	José Veiga	-	S23	Garmin Olímpico de Oeiras	31	00:09:56	21	00:34:04	20	00:17:34	01:01:35	00:05:25
20	2127	579	Diogo Custódio	-	S23	Sporting CP	29	00:09:54	23	00:34:06	24	00:17:47	01:01:48	00:05:38
21	1120	416	Rafael Domingos	-	CAD	Núcleo Sportinguista da Golegã	35	00:09:59	18	00:33:52	31	00:18:10	01:02:02	00:05:52
22	3282	254	Márcio Neves	-	SEN	Peniche A. C.	55	00:11:04	15	00:33:43	19	00:17:34	01:02:22	00:06:11
23	1508	53	Rafael Ribeiro	-	JUN	Alhandra Sporting Club	18	00:09:26	31	00:34:39	33	00:18:21	01:02:27	00:06:16
24	1024	921	Ricardo Jorge	-	CAD	C. D. "Os Águias" de Alpiarça	5	00:09:14	17	00:33:51	62	00:19:39	01:02:44	00:06:34
25	3704	453	Nuno Rodrigues	-	SEN	Clube de Triatlo de Almada	52	00:10:58	24	00:34:09	23	00:17:47	01:02:54	00:06:44
26	1166	2818	Gabriel Ramos	-	CAD	Individual	34	00:09:58	35	00:35:06	27	00:17:52	01:02:56	00:06:46
27	2160	16	Ruben Costa	-	S23	C. N. Colégio Vasco da Gama	13	00:09:21	57	00:36:33	14	00:17:04	01:02:59	00:06:48
28	2000	1411	Bruno Pereira	-	S23	Núcleo Sportinguista da Golegã	45	00:10:46	25	00:34:11	34	00:18:23	01:03:20	00:07:10
29	2162	490	Jorge Alves	-	S23	Sporting CP	42	00:10:41	22	00:34:05	43	00:18:52	01:03:39	00:07:29
30	1554	195	Rui Tenrinho	-	JUN	C. D. "Os Águias" de Alpiarça	2	00:09:12	50	00:35:58	36	00:18:34	01:03:46	00:07:35
31	1127	2367	Tomás Azevedo	-	CAD	Kainagua	22	00:09:36	46	00:35:39	38	00:18:40	01:03:55	00:07:45
32	1100	40	Luisa Condeço	-	CAD	C. D. "Os Águias" de Alpiarça	27	00:09:49	40	00:35:17	45	00:18:58	01:04:05	00:07:55
33	1108	556	Luis Carlos Lopes	-	CAD	G. D. R. de Manique de Cima	41	00:10:37	28	00:34:22	70	00:19:59	01:04:59	00:08:49
34	1594	680	João Miguel Cristo	-	JUN	Associação Naval Amorense	49	00:10:49	27	00:34:18	69	00:19:59	01:05:07	00:08:56
35	5212		António Vicente Corral	-	SEN	Club Triatlón Almendralejo	39	00:10:31	30	00:34:34	78	00:20:07	01:05:13	00:09:02
36	3127	377	Tiago Lobo	-	SEN	McDonalds/TriBraga	69	00:11:44	41	00:35:22	30	00:18:07	01:05:15	00:09:04
37	1014	364	José Luis Virtuoso	-	CAD	Associação Naval Amorense	62	00:11:28	45	00:35:35	37	00:18:38	01:05:42	00:09:32
38	3394	645	Valdo Neves	-	SEN	Peniche A. C.	94	00:12:53	38	00:35:16	25	00:17:49	01:05:58	00:09:48
39	1582	2060	Filipe Batista	-	JUN	Clube Triatlo de Perosinho	32	00:09:57	36	00:35:12	101	00:20:52	01:06:01	00:09:51
40	3142	497	Pedro Figueira	-	SEN	Peniche A. C.	64	00:11:39	39	00:35:16	53	00:19:18	01:06:14	00:10:04
41	1615	2816	Luisa Duarte	-	JUN	Individual	19	00:09:28	63	00:37:10	61	00:19:37	01:06:16	00:10:05
42	1590	426	Nuno Nogueira	-	JUN	Núcleo Sportinguista da Golegã	25	00:09:44	60	00:36:47	68	00:19:55	01:06:28	00:10:17
43	1102	915	João Peixinho	-	CAD	C. D. "Os Águias" de Alpiarça	57	00:11:12	47	00:35:54	59	00:19:34	01:06:41	00:10:30
44	3197	378	Délio Ferreira	-	SEN	Peniche A. C.	126	00:14:09	33	00:34:43	28	00:17:57	01:06:50	00:10:39
45	1006	41	Sara Tenrinho	-	CAD	C. D. "Os Águias" de Alpiarça	37	00:10:21	42	00:35:25	114	00:21:16	01:07:03	00:10:52
46	3703	436	Rui Firmino	-	SEN	Clube de Triatlo de Almada	75	00:11:59	49	00:35:56	50	00:19:10	01:07:06	00:10:56
47	3614	1562	Manuel Júlio	-	SEN	McDonalds/TriBraga	70	00:11:49	37	00:35:15	76	00:20:04	01:07:09	00:10:59
48	4151	1898	António Calafate	-	V2	Núcleo Sportinguista da Golegã	73	00:11:53	51	00:36:02	57	00:19:32	01:07:28	00:11:18
49	3304	482	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	54	00:11:03	52	00:36:05	86	00:20:22	01:07:31	00:11:20

Data:	29-07-2012	Hora:	10h30	Local:	Abrantes
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes	Hora de Partida:	00h00
----------	-------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	3760	1000	Pedro Pinheiro	-	SEN	Ateneu Artístico Cartaxense	141	00:15:18	19	00:33:54	35	00:18:29	01:07:42	00:11:31
51	3392	380	Katarina Larsson	-	SEN	Sporting CP	43	00:10:43	56	00:36:28	90	00:20:32	01:07:44	00:11:34
52	3698	656	José Afonso	-	SEN	McDonalds/TriBraga	111	00:13:33	43	00:35:27	42	00:18:46	01:07:48	00:11:38
53	1062	1919	André Abreu	-	CAD	Kainagua	58	00:11:13	115	00:40:01	8	00:16:39	01:07:54	00:11:43
54	2032	2110	Estefanie Bender	-	S23	Individual	24	00:09:41	69	00:37:38	92	00:20:36	01:07:55	00:11:45
55	2027	2094	Liliana Alexandre	-	S23	Alhandra Sporting Club	38	00:10:23	81	00:38:09	55	00:19:26	01:07:59	00:11:49
56	1104	38	Erica Cardigo	-	CAD	C. D. "Os Águias" de Alpiarça	33	00:09:57	66	00:37:15	97	00:20:49	01:08:02	00:11:52
57	4441	1437	Gary Blesson	-	V2	Assoc. Académica de Coimbra	122	00:13:55	44	00:35:33	39	00:18:43	01:08:12	00:12:02
58	1008	365	Gonçalo Pitarma	-	CAD	Alhandra Sporting Club	66	00:11:42	59	00:36:37	84	00:20:20	01:08:40	00:12:29
59	3131	382	João Ferreira	-	SEN	McDonalds/TriBraga	71	00:11:49	80	00:38:09	40	00:18:44	01:08:43	00:12:32
60	5216		José Luis Mexía Alcántara	-	SEN	Record Triatlón Pacense	53	00:10:59	73	00:37:46	91	00:20:34	01:09:19	00:13:09
61	3322	2425	Antonio Fortuna	-	SEN	Associação Naval Amorense	119	00:13:51	53	00:36:08	58	00:19:33	01:09:33	00:13:23
62	3375	2553	Diogo Felisberto	-	SEN	Individual	93	00:12:52	72	00:37:44	46	00:19:01	01:09:38	00:13:27
63	1514	1386	João Campos Cunha	-	JUN	Clube Triatlo de Perosinho	68	00:11:42	65	00:37:13	95	00:20:41	01:09:38	00:13:27
64	1022	508	Andreia Ferrum	-	CAD	C. D. "Os Águias" de Alpiarça	40	00:10:36	79	00:38:06	112	00:21:12	01:09:55	00:13:44
65	3708	430	Octávio Vicente	-	SEN	Núcleo Sportinguista da Golegã	121	00:13:55	58	00:36:35	56	00:19:28	01:09:59	00:13:48
66	3244	253	Carlos Fernandes	-	SEN	Clube de Triatlo de Almada	95	00:12:53	67	00:37:35	63	00:19:43	01:10:13	00:14:02
67	2045	356	David Maia	-	S23	Garmin Olímpico de Oeiras	44	00:10:45	54	00:36:18	143	00:23:10	01:10:14	00:14:04
68	3363	2538	Marco Sousa	-	SEN	Clube de Natação de Torres Novas	79	00:12:03	97	00:38:51	54	00:19:20	01:10:15	00:14:05
69	3421	2625	Nuno Laurentino	-	SEN	Individual	16	00:09:25	113	00:39:45	111	00:21:11	01:10:21	00:14:11
70	1105	917	Maria Eduarda Vídigueira	-	CAD	C. D. "Os Águias" de Alpiarça	60	00:11:21	83	00:38:21	94	00:20:41	01:10:24	00:14:13
71	2063	2829	Nuno Ricardo	-	S23	Individual	46	00:10:48	110	00:39:40	80	00:20:10	01:10:39	00:14:29
72	3305	2327	Roger Vicente	-	SEN	C. T. Fundão	150	00:15:33	48	00:35:56	52	00:19:15	01:10:45	00:14:34
73	1032	1669	Pedro de Deus	-	CAD	Clube de Triatlo de Almada	63	00:11:34	77	00:38:04	115	00:21:18	01:10:58	00:14:47
74	1052	660	Melanie Santos	-	CAD	Alhandra Sporting Club	30	00:09:56	90	00:38:35	135	00:22:33	01:11:04	00:14:54
75	4120	870	José Magalhães Dias	-	V1	A. M. C. R. Fonte Grada	88	00:12:45	70	00:37:40	96	00:20:42	01:11:09	00:14:58
76	1577	216	João Sousa	-	JUN	Clube Oriental de Lisboa	36	00:10:00	1		1		01:11:15	00:15:05
77	3007	1878	Bruno Canhão	-	SEN	Clube de Praças da Armada	85	00:12:32	102	00:39:12	60	00:19:36	01:11:21	00:15:10
78	3079	1923	Rui Fernandes	-	SEN	Individual	123	00:13:58	87	00:38:27	44	00:18:58	01:11:25	00:15:14
79	5213		José Holguín Perez	-	SEN	Club Triatlón Almendralejo	65	00:11:41	101	00:39:08	93	00:20:38	01:11:28	00:15:17
80	3496	2774	Pedro Silva Santos	-	SEN	Individual	106	00:13:26	76	00:37:56	81	00:20:11	01:11:33	00:15:23
81	3168	2092	Cristiano Pisco	-	SEN	Clube de Praças da Armada	91	00:12:50	82	00:38:18	88	00:20:29	01:11:37	00:15:27
82	3546	735	Nuno Felício	-	SEN	A. H. Bombeiros Estoris / 3 IRON	107	00:13:26	108	00:39:31	41	00:18:46	01:11:44	00:15:34
83	3740	1074	Francisco Gaspar	-	SEN	A. M. C. R. Fonte Grada	120	00:13:54	74	00:37:47	77	00:20:06	01:11:48	00:15:38
84	4595	423	António Costa	-	V1	Núcleo Sportinguista da Golegã	138	00:15:10	61	00:37:00	64	00:19:43	01:11:55	00:15:44
85	3082	1348	João Seródio	-	SEN	C. N. Colégio Vasco da Gama	83	00:12:10	95	00:38:50	104	00:20:57	01:11:58	00:15:48
86	3373	2559	Ivo Nogueira	-	SEN	Escola de Ciclismo Triatlo Camara	84	00:12:30	106	00:39:21	79	00:20:10	01:12:02	00:15:51
87	1094	188	Ana Machado	-	CAD	Alhandra Sporting Club	50	00:10:50	125	00:40:57	82	00:20:14	01:12:03	00:15:52
88	3080	1895	Paulo Duarte	-	SEN	Oeiras Sport Clube	112	00:13:37	86	00:38:25	73	00:20:03	01:12:05	00:15:55
89	3606	590	Paulo Silvestre	-	SEN	Ateneu Artístico Cartaxense	128	00:14:29	84	00:38:22	51	00:19:15	01:12:07	00:15:56
90	3100	871	Luis Cipriano	-	SEN	A. M. C. R. Fonte Grada	146	00:15:30	55	00:36:19	89	00:20:32	01:12:22	00:16:11
91	4534	2450	Rui Gameiro	-	V1	Núcleo Sportinguista da Golegã	143	00:15:27	75	00:37:51	47	00:19:05	01:12:24	00:16:13
92	4293	1099	Miguel Velez	-	V2	Escola de Ciclismo Triatlo Camara	118	00:13:48	92	00:38:46	67	00:19:50	01:12:26	00:16:16
93	1009	1385	Francisco Cunha	-	CAD	Clube Triatlo de Perosinho	67	00:11:42	89	00:38:33	130	00:22:15	01:12:31	00:16:20
94	2122	8	Joana Marques	-	S23	Garmin Olímpico de Oeiras	51	00:10:54	114	00:39:56	121	00:21:41	01:12:31	00:16:21
95	3215	2167	Rui Silva	-	SEN	Açoreana Clube Banif	154	00:15:38	64	00:37:12	66	00:19:47	01:12:38	00:16:28
96	3330	2430	Hugo Miguel Fonseca	-	SEN	Sporting CP	113	00:13:38	93	00:38:48	83	00:20:19	01:12:46	00:16:36
97	4397	794	Carlos Manuel Silva	-	V2	Individual	170	00:16:39	62	00:37:07	48	00:19:06	01:12:53	00:16:43
98	3088	1509	Luis Galrito	-	SEN	Kainagua	87	00:12:38	105	00:39:15	107	00:21:02	01:12:56	00:16:45

Data:	29-07-2012	Hora:	10h30	Local:	Abrantes
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes	Hora de Partida:	00h00
----------	-------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
99	4135	652	Joaquim Figueiras	-	V1	Ateneu Artístico Cartaxense	130	00:14:51	78	00:38:05	74	00:20:03	01:13:00	00:16:49
100	4034	262	João Pereira	-	V3	Oeiras Sport Clube	80	00:12:06	112	00:39:44	116	00:21:19	01:13:10	00:17:00
101	1103	39	Vitória Oliveira	-	CAD	C. D. "Os Águias" de Alpiarça	48	00:10:48	94	00:38:49	150	00:23:36	01:13:14	00:17:04
102	4532	1161	Mário Guedes	-	V1	Sporting CP	105	00:13:19	98	00:38:52	108	00:21:03	01:13:15	00:17:05
103	4456	1595	Helder Moringa	-	V1	Ateneu Artístico Cartaxense	117	00:13:47	103	00:39:12	87	00:20:25	01:13:25	00:17:14
104	1019	1748	Diogo Filipe Silva	-	CAD	Ext. Coop. da Benedita	92	00:12:51	99	00:38:55	124	00:21:46	01:13:32	00:17:22
105	3271	2271	Nuno Romão	-	SEN	G. D. R. de Manique de Cima	152	00:15:34	121	00:40:43	17	00:17:32	01:13:51	00:17:40
106	4015	1046	José Oliveira	-	V3	Vitória de Janes	108	00:13:28	109	00:39:32	102	00:20:56	01:13:57	00:17:46
107	3319	2421	Filipe Mendes	-	SEN	Individual	142	00:15:25	68	00:37:35	106	00:20:59	01:14:01	00:17:50
108	3288	7	Bárbara Clemente	-	SEN	Garmin Olímpico de Oeiras	76	00:12:01	130	00:41:38	110	00:21:11	01:14:50	00:18:39
109	4047	1715	José Morgado	-	V1	Núcleo Sportinguista da Golegã	148	00:15:32	100	00:38:57	85	00:20:20	01:14:50	00:18:40
110	3020	1880	António Marques	-	SEN	Clube de Praças da Armada	103	00:13:17	123	00:40:48	99	00:20:49	01:14:56	00:18:45
111	3245	2236	Nuno Carvalhinho	-	SEN	TRIATLO CLUBE TAP	140	00:15:18	96	00:38:50	100	00:20:50	01:14:59	00:18:48
112	1165	2789	João Paulo Baptista	-	CAD	Ext. Coop. da Benedita	59	00:11:15	104	00:39:14	166	00:24:31	01:15:01	00:18:50
113	3182	509	Alexandre Ventura	-	SEN	Ateneu Artístico Cartaxense	90	00:12:49	85	00:38:24	156	00:23:47	01:15:01	00:18:51
114	3744	951	Nuno Nobre	-	SEN	Ateneu Artístico Cartaxense	151	00:15:34	91	00:38:44	105	00:20:58	01:15:17	00:19:07
115	3356	2469	João Pedro Fulgêncio	-	SEN	Clube de Triatlo de Almada	160	00:15:58	2		2		01:15:19	00:19:09
116	3315	136	Mário Figueiredo	-	SEN	Alhandra Sporting Club	179	00:17:51	71	00:37:42	65	00:19:46	01:15:20	00:19:09
117	5217		José Maria Araujo Morillo	-	S23	Record Triatlón Pacense	109	00:13:31	107	00:39:25	136	00:22:35	01:15:31	00:19:20
118	4567	2626	Rui Rocha	-	V1	DNMG	77	00:12:01	122	00:40:48	138	00:22:47	01:15:36	00:19:26
119	3783	1308	Pedro Batista Vieira	-	SEN	Peniche A. C.	137	00:15:07	124	00:40:56	72	00:20:02	01:16:06	00:19:55
120	3243	2232	João Lourenço	-	SEN	C. N. Colégio Vasco da Gama	104	00:13:18	127	00:41:10	122	00:21:41	01:16:10	00:20:00
121	4520	2330	Vitor Pereira	-	V2	C. T. Fundão	157	00:15:45	88	00:38:32	127	00:21:53	01:16:11	00:20:01
122	3120	504	Mário Couto	-	SEN	Individual	164	00:16:19	116	00:40:02	75	00:20:03	01:16:25	00:20:14
123	3676	978	Filipe Vidal	-	SEN	Clube de Praças da Armada	129	00:14:46	119	00:40:07	125	00:21:49	01:16:43	00:20:33
124	4097	376	Carlos Suzana	-	V3	Sporting CP	110	00:13:32	111	00:39:43	152	00:23:37	01:16:53	00:20:43
125	1591	417	Ana Alarico	-	JUN	Núcleo Sportinguista da Golegã	81	00:12:07	131	00:41:39	142	00:23:07	01:16:55	00:20:44
126	4562	2614	Luís Manuel Rosário	-	V2	Individual	86	00:12:36	142	00:42:36	126	00:21:50	01:17:02	00:20:52
127	4197	498	Victor Rodrigues	-	V1	Ribabike/Assoc. 20 Km de Almeirim	131	00:14:52	118	00:40:07	131	00:22:19	01:17:19	00:21:08
128	3320	975	Sérgio Ribeiro	-	SEN	Clube de Praças da Armada	98	00:12:57	138	00:42:20	129	00:22:05	01:17:22	00:21:12
129	4460	1629	João Pereira Martins	-	V3	G.A.A. Vila Franca de Xira	102	00:13:15	145	00:42:49	119	00:21:31	01:17:37	00:21:26
130	4530	1494	Luís Filipe Valente	-	V1	Clube Oriental de Lisboa	99	00:12:57	128	00:41:20	147	00:23:26	01:17:44	00:21:34
131	1600	1298	Bruno Oliveira	-	JUN	Clube dos Galitos	100	00:13:00	151	00:43:08	123	00:21:43	01:17:52	00:21:41
132	1084	2186	Mariana Pombo	-	CAD	Núcleo Sportinguista da Golegã	127	00:14:20	144	00:42:40	118	00:21:27	01:18:28	00:22:17
133	3303	2325	José Mercês	-	SEN	Individual	136	00:15:06	120	00:40:23	140	00:23:02	01:18:32	00:22:22
134	2062	2810	Luís Sapatinha	-	S23	Individual	114	00:13:40	156	00:44:10	98	00:20:49	01:18:40	00:22:30
135	5215		Francisco José Sánchez	-	V1	Escuela Triatlón Plasencia	169	00:16:38	129	00:41:24	113	00:21:14	01:19:17	00:23:07
136	3235	1350	Gonçalo Vicente	-	SEN	C. N. Colégio Vasco da Gama	125	00:14:07	143	00:42:39	153	00:23:37	01:20:24	00:24:13
137	4307	1463	Jorge Carlos Serra	-	V2	Açoreana Clube Banif	166	00:16:23	140	00:42:27	120	00:21:34	01:20:25	00:24:15
138	3233	2203	Nuno Fonseca	-	SEN	Individual	158	00:15:51	132	00:41:40	141	00:23:03	01:20:36	00:24:25
139	4576	2654	Karin Omberg	-	V1	Garmin Olímpico de Oeiras	155	00:15:38	147	00:42:57	128	00:22:03	01:20:39	00:24:29
140	3240	59	Carla Ribeiro	-	SEN	Ateneu Artístico Cartaxense	132	00:14:59	146	00:42:56	139	00:22:47	01:20:44	00:24:33
141	4036	1722	Miguel Gomes	-	V1	C. N. Colégio Vasco da Gama	139	00:15:17	137	00:42:12	151	00:23:36	01:21:06	00:24:56
142	1607	2010	Pedro Saraiva	-	JUN	Ginásio Clube Figueirense	156	00:15:40	133	00:41:53	148	00:23:32	01:21:06	00:24:56
143	4005	1696	José Maçarria	-	V3	Ginásio Clube Figueirense	134	00:15:01	158	00:44:40	117	00:21:26	01:21:08	00:24:57
144	4480	2205	Pedro Goucha Jorge	-	V2	Individual	149	00:15:32	141	00:42:35	145	00:23:12	01:21:21	00:25:10
145	3307	2328	Ricardo Marques	-	SEN	C. T. Fundão	144	00:15:28	135	00:41:59	159	00:24:03	01:21:32	00:25:21
146	2055	927	Alexandra Monteiro	-	S23	Clube dos Galitos	47	00:10:48	168	00:46:45	158	00:24:02	01:21:36	00:25:26
147	1536	1559	Tânia Henriques	-	JUN	Associação Naval Amorense	56	00:11:07	175	00:47:21	146	00:23:20	01:21:49	00:25:38

Data:	29-07-2012	Hora:	10h30	Local:	Abrantes
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt

Ranking:	Camp. Nac. Clubes	Hora de Partida:	00h00
----------	-------------------	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
148	4075	242	José Peixoto	-	V3	Peniche A. C.	174	00:17:11	139	00:42:20	133	00:22:20	01:21:53	00:25:43
149	4505	2268	Armando Lopes	-	V3	Individual	145	00:15:29	157	00:44:10	134	00:22:23	01:22:03	00:25:53
150	4403	981	Paulo Jorge Santos	-	V2	A. M. C. R. Fonte Grada	178	00:17:49	134	00:41:55	137	00:22:41	01:22:26	00:26:16
151	3024	1711	Alexandra Vicente	-	SEN	TRIATLO CLUBE TAP	124	00:14:03	162	00:45:12	144	00:23:10	01:22:26	00:26:16
152	4504	2185	Miguel Menezes	-	V1	Ateneu Artístico Cartaxense	168	00:16:33	126	00:41:02	173	00:24:56	01:22:32	00:26:22
153	3278	2294	João Diogo Cruz	-	SEN	A. H. Bombeiros Estoris / 3 IRON	97	00:12:56	160	00:44:57	170	00:24:39	01:22:33	00:26:23
154	4361	559	Hipólito Ferreira	-	V2	G. D. R. de Manique de Cima	159	00:15:52	148	00:42:58	155	00:23:46	01:22:36	00:26:26
155	4431	2539	José Manuel Sérgio	-	V2	Clube de Natação de Torres Novas	133	00:15:01	152	00:43:11	167	00:24:34	01:22:47	00:26:36
156	1585	43	Andreia Lopes	-	JUN	Amiciclo	72	00:11:51	166	00:46:24	168	00:24:35	01:22:51	00:26:40
157	4363	566	Joaquim Guedelha	-	V2	G. D. R. de Manique de Cima	135	00:15:03	155	00:43:44	161	00:24:10	01:22:57	00:26:47
158	3798	1429	Sérgio Ferreira	-	SEN	C. N. Alvito	161	00:16:01	163	00:46:09	103	00:20:57	01:23:07	00:26:57
159	3724	1824	Pedro Raposo	-	SEN	Ateneu Artístico Cartaxense	172	00:16:48	136	00:42:06	165	00:24:30	01:23:25	00:27:14
160	4360	558	Helder Lopes	-	V1	G. D. R. de Manique de Cima	186	00:22:18	117	00:40:04	109	00:21:05	01:23:28	00:27:18
161	4385	418	Jorge Castro	-	V2	Núcleo Sportinguista da Golegã	147	00:15:30	153	00:43:24	169	00:24:38	01:23:33	00:27:23
162	3072	1871	Sérgio Cipriano	-	SEN	A. M. C. R. Fonte Grada	177	00:17:48	149	00:43:01	154	00:23:38	01:24:27	00:28:17
163	3339	2443	Saete Pombo	-	SEN	Núcleo Sportinguista da Golegã	101	00:13:12	161	00:45:01	180	00:26:40	01:24:54	00:28:44
164	4215	738	José Luis Correia	-	V3	A. H. Bombeiros Estoris / 3 IRON	61	00:11:26	173	00:47:12	177	00:26:15	01:24:54	00:28:44
165	3280	2296	Rui Manuel Rodrigues	-	SEN	A. H. Bombeiros Estoris / 3 IRON	182	00:19:11	169	00:46:48	49	00:19:08	01:25:09	00:28:58
166	3389	2592	Gonçalo Filipe Simões	-	SEN	DNMG	162	00:16:12	167	00:46:37	132	00:22:20	01:25:11	00:29:00
167	3486	2768	João Filipe Jacinto	-	SEN	Ateneu Artístico Cartaxense	82	00:12:09	171	00:46:50	181	00:27:03	01:26:02	00:29:51
168	4476	2179	Luís Valverde	-	V2	C. N. Alvito	188	00:23:13	150	00:43:02	71	00:20:01	01:26:17	00:30:06
169	1090	1916	Inês Oliveira	-	CAD	Clube Oriental de Lisboa	74	00:11:54	177	00:48:19	179	00:26:27	01:26:41	00:30:31
170	4023	432	Francisco Bexiga	-	V3	Clube de Praças da Armada	116	00:13:46	176	00:48:06	171	00:24:50	01:26:43	00:30:32
171	4345	627	Paulo Batista	-	V2	TRIATLO CLUBE TAP	176	00:17:46	159	00:44:48	163	00:24:19	01:26:54	00:30:44
172	4493	2241	Amílcar Almeida	-	V2	A. H. Bombeiros Estoris / 3 IRON	165	00:16:21	165	00:46:18	174	00:25:00	01:27:39	00:31:29
173	4585	2710	Fernando Fernandes	-	V1	Individual	175	00:17:27	164	00:46:15	160	00:24:07	01:27:50	00:31:39
174	1593	2298	Margarida Beato	-	JUN	A. H. Bombeiros Estoris / 3 IRON	96	00:12:54	181	00:49:09	176	00:26:03	01:28:07	00:31:57
175	3467	2711	Hugo Nalha	-	SEN	Individual	183	00:20:46	154	00:43:36	157	00:23:48	01:28:10	00:32:00
176	4453	1589	Carlos Barata Correia	-	V5	Clube de Triatlo de Almada	78	00:12:03	180	00:48:51	183	00:27:20	01:28:15	00:32:04
177	1097	2248	Monica Martins	-	CAD	ETri G. D. Santo António Évora	115	00:13:44	178	00:48:24	178	00:26:23	01:28:32	00:32:22
178	4333	1284	Artur Oliveira	-	V4	Individual	167	00:16:29	174	00:47:13	172	00:24:55	01:28:39	00:32:29
179	4343	158	Miguel Pacheco	-	V3	TRIATLO CLUBE TAP	180	00:17:54	170	00:46:49	164	00:24:28	01:29:12	00:33:02
180	1565	662	Rita Delgado	-	JUN	Associação Naval Amorense	89	00:12:45	179	00:48:51	186	00:28:41	01:30:18	00:34:08
181	3415	2618	Pedro Burquette	-	SEN	Açoreana Clube Banif	171	00:16:40	185	00:51:59	149	00:23:34	01:32:14	00:36:04
182	3042	1761	Joana Fragata	-	SEN	Núcleo Sportinguista da Golegã	173	00:16:49	182	00:49:12	184	00:27:38	01:33:41	00:37:30
183	4346	133	Jorge Carreiras	-	V2	Clube Oriental de Lisboa	184	00:20:50	172	00:47:07	175	00:25:45	01:33:44	00:37:34
184	4605	2792	Fernanda Marques	-	V1	Individual	153	00:15:36	188	00:58:46	162	00:24:11	01:38:35	00:42:24
185	3808	1470	Diogo Ferreira	-	SEN	Açoreana Clube Banif	181	00:18:55	183	00:50:05	187	00:29:42	01:38:43	00:42:33
186	3167	2091	João Boim	-	SEN	Núcleo Sportinguista da Golegã	185	00:21:22	184	00:50:10	182	00:27:12	01:38:46	00:42:36
187	4452	1588	Madalena Caninas	-	V2	Clube de Triatlo de Almada	163	00:16:17	186	00:55:29	185	00:27:48	01:39:34	00:43:23
188	4519	2326	Carla Teixeira	-	V1	Garmin Olímpico de Oeiras	187	00:22:45	187	00:56:14	188	00:32:13	01:51:13	00:55:03
	3179	2109	Bruno Matheus	DQ	SEN	Individual	18	00:09:26	8	00:31:44	8	00:16:19	00:57:31	00:01:21
	4579	2659	Euclides Coimbra	DQ	V3	Individual	124	00:14:02	140	00:42:27	5	00:15:18	01:11:48	00:15:37
	4582	398	Luis Lopes	DQ	V1	Individual	186	00:20:56	164	00:45:26	3	00:15:00	01:21:23	00:25:12
	1106	569	Ana Catarina Silva	DNF	CAD	G. D. R. de Manique de Cima		00:15:09		00:54:47				-
	1109	549	Catarina Calado Ferreira	DNF	CAD	G. D. R. de Manique de Cima		00:15:14		00:54:06				-
	1578	756	Nuno Lima	DNF	JUN	CAPGE		00:10:46						-
	1592	51	Pedro Afonso Gaspar	DNF	JUN	Núcleo Sportinguista da Golegã		00:09:09						-
	2038	23	Pedro Araújo Mendes	DNF	S23	Alhandra Sporting Club		00:09:11						-

Data:	29-07-2012	Hora:	10h30	Local:	Abrantes			
Natação	750 mt	Ciclismo:	20.000 mt	Corrida:	5.000 mt			

Ranking:	Camp. Nac. Clubes		Hora de Partida:	00h00
----------	-------------------	--	------------------	-------

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
	3180	2111	Pamella Oliveira	DNF	SEN	Individual		00:09:21						-
	3549	2817	Wesley Matos	DNF	SEN	Individual		00:09:09						-
	3563	2832	Tiago Marques	DNF	SEN	Clube Oriental de Lisboa		00:14:32						-
	4038	1112	Joaquim Patrício	DNF	V5	C. N. Alvito		00:15:34						-
	2129	6	Anais Moniz	DNF	S23	Sport Lisboa e Benfica		00:09:50						-
	1107	2274	Alexandre Cruz	DNS	CAD	G. D. R. de Manique de Cima								-
	1110	552	João Ferreira Pereira	DNS	CAD	G. D. R. de Manique de Cima								-
	1122	516	Daniela Alves	DNS	CAD	C. T. Fundão								-
	1151	2561	Ricardo Águeda	DNS	CAD	Clube dos Galitos								-
	1153	2562	Teresa Teixeira	DNS	CAD	Clube dos Galitos								-
	1520	415	João Francisco Ferreira	DNS	JUN	C. D. "Os Águias" de Alpiarça								-
	2051	24	João Curado	DNS	S23	Sporting CP								-
	2123	11	João Pedro Silva	DNS	S23	Sporting CP								-
	3242	2222	Marco Machado Fernandes	DNS	SEN	Individual								-
	3332	2432	Filipe Brás	DNS	SEN	Sporting CP								-
	3371	2558	Sérgio Lopes	DNS	SEN	Escola de Ciclismo Triatlo Camara								-
	3454	2690	Carlos Santos Silva	DNS	SEN	Individual								-
	3480	2765	Cláudio Ribeiro	DNS	SEN	Clube Oriental de Lisboa								-
	3519	2784	Diogo Simão	DNS	SEN	Clube Oriental de Lisboa								-
	4060	994	António Moura	DNS	V3	Peniche A. C.								-
	4148	379	Pedro Cordeiro	DNS	V2	Açoreana Clube Banif								-
	4521	1637	Rogério Pires	DNS	V1	C. T. Fundão								-
	4596	2763	Nuno Quadros	DNS	V1	DNMG								-
	1574	2174	João Renato Teixeira	DNS	JUN	McDonalds/TriBraga								-