

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
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	1100	40	Luisa Condeço	-	CAD	C. D. "Os Águias" de Alpiarça	27	00:09:49	40	00:35:17	47	00:18:58	01:04:05	
2	1615	2816	Luisa Duarte	-	JUN	Individual	19	00:09:28	63	00:37:10	63	00:19:37	01:06:16	00:02:10
3	1006	41	Sara Tenrinho	-	CAD	C. D. "Os Águias" de Alpiarça	37	00:10:21	42	00:35:25	116	00:21:16	01:07:03	00:02:57
4	3392	380	Katarina Larsson	-	SEN	Sporting CP	43	00:10:43	56	00:36:28	92	00:20:32	01:07:44	00:03:38
5	2032	2110	Estefanie Bender	-	S23	Individual	24	00:09:41	69	00:37:38	94	00:20:36	01:07:55	00:03:50
6	2027	2094	Liliana Alexandre	-	S23	Alhandra Sporting Club	38	00:10:23	81	00:38:09	57	00:19:26	01:07:59	00:03:53
7	1104	38	Erica Cardigo	-	CAD	C. D. "Os Águias" de Alpiarça	33	00:09:57	66	00:37:15	99	00:20:49	01:08:02	00:03:56
8	1022	508	Andreia Ferrum	-	CAD	C. D. "Os Águias" de Alpiarça	40	00:10:36	79	00:38:06	114	00:21:12	01:09:55	00:05:49
9	1105	917	Maria Eduarda Vidigueira	-	CAD	C. D. "Os Águias" de Alpiarça	60	00:11:21	83	00:38:21	96	00:20:41	01:10:24	00:06:18
10	1052	660	Melanie Santos	-	CAD	Alhandra Sporting Club	30	00:09:56	90	00:38:35	137	00:22:33	01:11:04	00:06:59
11	1094	188	Ana Machado	-	CAD	Alhandra Sporting Club	50	00:10:50	125	00:40:57	84	00:20:14	01:12:03	00:07:57
12	2122	8	Joana Marques	-	S23	Garmin Olímpico de Oeiras	51	00:10:54	114	00:39:56	123	00:21:41	01:12:31	00:08:26
13	1103	39	Vitória Oliveira	-	CAD	C. D. "Os Águias" de Alpiarça	48	00:10:48	94	00:38:49	152	00:23:36	01:13:14	00:09:08
14	3288	7	Bárbara Clemente	-	SEN	Garmin Olímpico de Oeiras	76	00:12:01	130	00:41:38	112	00:21:11	01:14:50	00:10:44
15	1591	417	Ana Alarico	-	JUN	Núcleo Sportinguista da Golegã	81	00:12:07	131	00:41:39	144	00:23:07	01:16:55	00:12:49
16	1084	2186	Mariana Pombo	-	CAD	Núcleo Sportinguista da Golegã	128	00:14:20	145	00:42:40	120	00:21:27	01:18:28	00:14:22
17	4576	2654	Karin Omberg	-	V1	Garmin Olímpico de Oeiras	156	00:15:38	148	00:42:57	130	00:22:03	01:20:39	00:16:33
18	3240	59	Carla Ribeiro	-	SEN	Ateneu Artístico Cartaxense	133	00:14:59	147	00:42:56	141	00:22:47	01:20:44	00:16:38
19	2055	927	Alexandra Monteiro	-	S23	Clube dos Galitos	47	00:10:48	170	00:46:45	160	00:24:02	01:21:36	00:17:31
20	1536	1559	Tânia Henriques	-	JUN	Associação Naval Amorense	56	00:11:07	177	00:47:21	148	00:23:20	01:21:49	00:17:43
21	3024	1711	Alexandra Vicente	-	SEN	TRIATLO CLUBE TAP	125	00:14:03	163	00:45:12	146	00:23:10	01:22:26	00:18:20
22	1585	43	Andreia Lopes	-	JUN	Amiciclo	72	00:11:51	168	00:46:24	170	00:24:35	01:22:51	00:18:45
23	3339	2443	Saete Pombo	-	SEN	Núcleo Sportinguista da Golegã	101	00:13:12	162	00:45:01	182	00:26:40	01:24:54	00:20:49
24	1090	1916	Inês Oliveira	-	CAD	Clube Oriental de Lisboa	74	00:11:54	179	00:48:19	181	00:26:27	01:26:41	00:22:35
25	1593	2298	Margarida Beato	-	JUN	A. H. Bombeiros Estoris / 3 IRON	96	00:12:54	183	00:49:09	178	00:26:03	01:28:07	00:24:02
26	1097	2248	Monica Martins	-	CAD	ETri G. D. Santo António Évora	115	00:13:44	180	00:48:24	180	00:26:23	01:28:32	00:24:27
27	1565	662	Rita Delgado	-	JUN	Associação Naval Amorense	89	00:12:45	181	00:48:51	188	00:28:41	01:30:18	00:26:13
28	3042	1761	Joana Fragata	-	SEN	Núcleo Sportinguista da Golegã	174	00:16:49	184	00:49:12	186	00:27:38	01:33:41	00:29:35
29	4605	2792	Fernanda Marques	-	V1	Individual	154	00:15:36	190	00:58:46	164	00:24:11	01:38:35	00:34:29
30	4452	1588	Madalena Caninas	-	V2	Clube de Triatlo de Almada	164	00:16:17	188	00:55:29	187	00:27:48	01:39:34	00:35:28
31	4519	2326	Carla Teixeira	-	V1	Garmin Olímpico de Oeiras	189	00:22:45	189	00:56:14	190	00:32:13	01:51:13	00:47:07
	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				-
	3180	2111	Pamella Oliveira	DNF	SEN	Individual		00:09:21						-
	2129	6	Anais Moniz	DNF	S23	Sport Lisboa e Benfica		00:09:50						-
	1122	516	Daniela Alves	DNS	CAD	C. T. Fundão								-
	1153	2562	Teresa Teixeira	DNS	CAD	Clube dos Galitos								-