

Data:	25-09-2016	Hora:	08h00	Local:	Cascais		
Natação	1.900 mt	Ciclismo:	90.000 mt	Corrida:	21.100 mt		

Ranking:	Camp. Nac. Clubes	Hora de Partida:	08h18
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	1	1007	Bruno Pais	-	35-39	Grupo Desportivo Estoril Praia	3	00:22:18	1	02:26:48	3	01:19:11	04:08:18	
2	2	1003	Sergio Marques	-	35-39	Atlético CP Triatlo	11	00:24:28	2	02:28:55	4	01:20:48	04:14:12	00:05:54
3	268	1008	Jorge Duarte	-	35-39	Clube Olímpico de Oeiras	51	00:27:26	5	02:34:17	2	01:18:50	04:20:34	00:12:16
4	191	1001	Hugo Ventura	-	25-29	Atlético CP Triatlo	10	00:24:17	3	02:31:22	19	01:25:54	04:21:34	00:13:16
5	78	1020	Mário Machado	-	45-49	Triatlo SUColareense	17	00:24:37	7	02:35:36	9	01:23:07	04:23:21	00:15:03
6	7	1004	Rui Dolores	-	30-34	AMICICLO GRÁNDOLA	21	00:25:02	6	02:35:33	14	01:23:42	04:24:18	00:16:00
7	5	1014	Rodrigo Baltazar	-	35-39	Grupo Desportivo Estoril Praia	15	00:24:36	8	02:36:51	13	01:23:36	04:25:04	00:16:46
8	108	1010	Miguel Furtado	-	20-24	SFRAA TRIATLO	4	00:23:14	12	02:40:23	5	01:21:44	04:25:21	00:17:03
9	193	1025	Nuno Silva	-	35-39	Clube Olímpico de Oeiras	99	00:29:10	4	02:33:31	12	01:23:34	04:26:16	00:17:58
10	3		Victor Gómez	-	30-34	X Não Federado	1	00:20:29	9	02:38:14	24	01:27:52	04:26:36	00:18:18
11	172	1033	Miguel Duarte	-	25-29	Grupo Desportivo Estoril Praia	20	00:25:01	13	02:40:31	6	01:22:03	04:27:35	00:19:17
12	309		Javier García	-	40-44	X Não Federado	22	00:25:03	16	02:41:30	7	01:22:21	04:28:55	00:20:37
13	143	1013	João Mansos	-	20-24	Associação Naval Amorense	2	00:20:50	21	02:44:56	10	01:23:20	04:29:06	00:20:48
14	327	1015	Tiago Lobo	-	35-39	Mc Donald´s/Tribraga	18	00:24:38	18	02:42:14	18	01:25:49	04:32:42	00:24:24
15	188		Luis Santos	-	40-44	X Não Federado	8	00:23:37	10	02:39:19	30	01:29:58	04:32:55	00:24:37
16	250	1013	João Fragoso	-	35-39	Teleperformance - Os Belenenses	68	00:28:03	15	02:41:15	15	01:24:30	04:33:49	00:25:31
17	163	1003	Mário Santos	-	30-34	Atlético CP Triatlo	30	00:26:31	17	02:42:06	17	01:25:40	04:34:19	00:26:01
18	167	1008	Bruno Freitas	-	20-24	Ludens Machico/Máxima Dinâmica	6	00:23:21	23	02:45:12	20	01:26:00	04:34:34	00:26:16
19	4	1010	David Caldeirao	-	40-44	Louletano	7	00:23:34	11	02:40:09	42	01:33:00	04:36:44	00:28:26
20	28	1032	Jorge Augusto	-	40-44	Varzim Sport Club	33	00:26:36	20	02:44:42	26	01:28:26	04:39:44	00:31:26
21	192	1005	Paulo Figueiredo	-	40-44	SFRAA TRIATLO	23	00:25:03	14	02:41:09	51	01:34:18	04:40:31	00:32:13
22	69	1019	Carlos Duarte	-	35-39	CCD / INTERMARCHÉ LAGOS	67	00:28:00	19	02:43:53	29	01:29:49	04:41:43	00:33:25
23	49	1025	Manuel Plantier	-	35-39	Ateneu Artístico Cartaxense	31	00:26:33	24	02:45:41	38	01:31:35	04:43:50	00:35:32
24	178	1020	Tiago Cochicho	-	30-34	Triatlo SUColareense	66	00:27:59	27	02:46:09	32	01:30:48	04:44:57	00:36:39
25	129	1015	André Jesus	-	30-34	Clube Oriental de Lisboa	104	00:29:38	38	02:50:53	16	01:24:34	04:45:06	00:36:48
26	123	1006	Luís Duarte	-	45-49	Tri-Oeste	34	00:26:44	34	02:49:46	27	01:28:38	04:45:09	00:36:51
27	282	1030	João Gonçalves	-	30-34	Alhandra Sporting Club	58	00:27:41	29	02:47:04	36	01:31:06	04:45:52	00:37:34
28	25	1023	Marco Vieira	-	40-44	Clube Olímpico de Oeiras	43	00:27:04	31	02:48:52	31	01:30:06	04:46:03	00:37:44
29	190	1016	Marco Sousa	-	40-44	Clube de Nataçãõ de Torres Novas	53	00:27:33	58	02:54:26	22	01:26:35	04:48:34	00:40:16
30	332	1012	Katarina Larsson	-	30-34	Sporting Clube de Portugal	13	00:24:31	43	02:51:20	40	01:32:51	04:48:43	00:40:25
31	140	1018	José Lino	-	45-49	Núcleo do Sporting da Golegã	46	00:27:19	26	02:46:05	54	01:35:29	04:48:54	00:40:36
32	30	1030	Pedro Barreira	-	30-34	Varzim Sport Club	148	00:32:20	36	02:50:16	21	01:26:17	04:48:54	00:40:36
33	200	1008	Luis Fernandes	-	35-39	Byke Mania - Frankfurt - CPA	180	00:33:30	50	02:53:15	11	01:23:28	04:50:14	00:41:56
34	210		João Faria	-	40-44	X Não Federado	19	00:24:57	52	02:53:54	37	01:31:25	04:50:16	00:41:58
35	160	1019	Nelson Mestre	-	35-39	Lusitano FC / Frusoad	9	00:24:09	39	02:51:05	56	01:35:35	04:50:50	00:42:31
36	121	1005	André Duarte	-	20-24	Tri-Oeste	77	00:28:13	85	03:00:14	8	01:22:43	04:51:10	00:42:52
37	98	1001	Luis Miranda	-	45-49	Individual	95	00:29:02	28	02:46:24	63	01:37:18	04:52:45	00:44:27
38	94		Rui Silva	-	40-44	X Não Federado	94	00:29:01	66	02:55:54	25	01:28:05	04:53:01	00:44:43
39	195	1006	João Fulgêncio	-	35-39	Teleperformance - Os Belenenses	65	00:27:54	49	02:53:09	39	01:32:40	04:53:44	00:45:26
40	10	1003	Vanessa Pereira	-	25-29	Atlético CP Triatlo	36	00:26:51	37	02:50:48	58	01:36:26	04:54:07	00:45:49
41	150	1032	Nuno Prazeres	-	50-54	Clube Millenniumbcp	100	00:29:13	57	02:54:21	33	01:30:55	04:54:30	00:46:12
42	126	1010	Nuno Vieira	-	35-39	Associação Académica de São Mamede	55	00:27:35	53	02:54:01	44	01:33:14	04:54:51	00:46:33
43	265		Francisco López	-	30-34	X Não Federado	76	00:28:12	51	02:53:32	46	01:33:26	04:55:11	00:46:53
44	196	1013	Paulo Canario	-	45-49	Teleperformance - Os Belenenses	14	00:24:35	55	02:54:12	61	01:36:50	04:55:38	00:47:20
45	328	1015	José Afonso	-	40-44	Mc Donald´s/Tribraga	125	00:31:02	64	02:55:36	28	01:29:35	04:56:13	00:47:55
46	148	1019	Tiago Cristo	-	30-34	Lusitano FC / Frusoad	87	00:28:38	70	02:57:31	34	01:30:57	04:57:06	00:48:48
47	333		João Filipe Gonçalves	-	30-34	X Não Federado	50	00:27:26	22	02:45:08	92	01:44:43	04:57:18	00:48:59
48	165	1015	Gonçalo Neves	-	45-49	Clube de Nataçãõ de Torres Novas	16	00:24:37	56	02:54:17	65	01:38:34	04:57:29	00:49:10
49	11	1003	Ana Filipa Santos	-	35-39	Rio Maior Triatlo	12	00:24:30	68	02:57:07	59	01:36:33	04:58:12	00:49:54

Data:	25-09-2016	Hora:	08h00	Local:	Cascais			
Natação	1.900 mt	Ciclismo:	90.000 mt	Corrida:	21.100 mt			

Ranking:	Camp. Nac. Clubes	Hora de Partida:	08h18
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	194	1020	Eduardo Coelho	-	40-44	Triatlo SUColareense	64	00:27:49	65	02:55:51	52	01:34:34	04:58:16	00:49:58
51	164	1007	Pedro Monteiro	-	35-39	Sport Algés e Dafundo	225	00:35:35	63	02:55:29	23	01:27:36	04:58:41	00:50:23
52	106	1005	Bruno Silva	-	40-44	Individual	28	00:26:22	40	02:51:05	79	01:41:23	04:58:52	00:50:34
53	62	1024	Mário Cruz	-	30-34	SFRAA TRIATLO	120	00:30:50	32	02:49:18	69	01:38:55	04:59:04	00:50:45
54	224		Sartorius David	-	45-49	X Não Federado	163	00:33:01	203	03:28:09	1	00:58:01	04:59:12	00:50:54
55	171	1006	Jorge Canuto	-	20-24	Tri-Oeste	24	00:25:17	35	02:49:59	91	01:44:23	04:59:40	00:51:21
56	329	1015	Leandro Pinto	-	35-39	Mc Donald´s/Tribraga	69	00:28:04	48	02:53:03	68	01:38:46	04:59:54	00:51:36
57	271		João Martins	-	35-39	X Não Federado	83	00:28:29	47	02:52:43	75	01:40:23	05:01:36	00:53:18
58	100	1010	Paulo Sequeira	-	40-44	Peniche A. C.	45	00:27:18	78	02:58:57	55	01:35:31	05:01:47	00:53:29
59	109	1008	David Maia	-	20-24	Clube Olímpico de Oeiras	29	00:26:28	96	03:03:19	41	01:32:55	05:02:44	00:54:26
60	169	1026	João Martinho	-	35-39	Atlético CP Triatlo	40	00:26:55	44	02:51:37	93	01:44:56	05:03:30	00:55:12
61	124	1005	José Morgado	-	45-49	SFRAA TRIATLO	145	00:31:51	73	02:58:13	47	01:33:31	05:03:36	00:55:18
62	63	1013	Jorge Cochicho	-	40-44	AMICICLO GRÂNDOLA	48	00:27:25	54	02:54:03	83	01:42:15	05:03:43	00:55:25
63	92	1013	Nuno Veríssimo	-	30-34	Associação Naval Amorense	71	00:28:05	76	02:58:51	60	01:36:49	05:03:46	00:55:28
64	334	1003	Andreia Ferrum	-	20-24	Rio Maior Triatlo	5	00:23:16	89	03:00:53	72	01:39:40	05:03:50	00:55:32
65	118	1014	Nuno Ventura	-	30-34	Triatlo Clube Tap	44	00:27:08	41	02:51:08	99	01:45:40	05:03:57	00:55:39
66	42	1025	Jorge Vieira	-	45-49	Triatlo SUColareense	167	00:33:04	75	02:58:23	45	01:33:26	05:04:53	00:56:35
67	296		Pedro Fortunato	-	40-44	X Não Federado	173	00:33:24	59	02:54:44	64	01:37:25	05:05:34	00:57:15
68	231	1036	Analberto Santos	-	45-49	Individual	189	00:33:45	42	02:51:17	76	01:40:39	05:05:41	00:57:23
69	198	1034	helder Carvalho	-	30-34	Varzim Sport Club	224	00:35:34	30	02:47:22	86	01:42:50	05:05:46	00:57:28
70	157	1024	João Canhão	-	45-49	Sporting Clube de Portugal	42	00:26:59	33	02:49:31	136	01:50:52	05:07:24	00:59:05
71	186	1024	Eduardo Teles	-	45-49	AMCR Fonte Grada	179	00:33:30	45	02:51:55	82	01:42:14	05:07:40	00:59:22
72	47	1001	Carlos Silva	-	50-54	Individual	265	00:39:20	72	02:57:34	35	01:30:57	05:07:52	00:59:34
73	29	1002	Marco Fernandes	-	40-44	Individual	119	00:30:47	62	02:55:23	85	01:42:35	05:08:45	01:00:27
74	87	1007	Nuno Tintim	-	40-44	AMCR Fonte Grada	146	00:32:06	101	03:04:19	50	01:34:08	05:10:34	01:02:16
75	147	1014	joao Valente	-	40-44	Louletano	72	00:28:08	79	02:58:58	90	01:44:13	05:11:20	01:03:02
76	142	1026	Jorge Gaspar	-	40-44	Louletano	91	00:28:52	46	02:52:42	129	01:49:45	05:11:20	01:03:02
77	161	1002	Ricardo Rodrigues	-	40-44	Grupo Desportivo Estoril Praia	109	00:30:04	83	02:59:58	80	01:41:36	05:11:38	01:03:20
78	177	1010	Pedro Reis	-	35-39	Associação Académica de São Mamede	187	00:33:36	81	02:59:20	71	01:39:38	05:12:34	01:04:16
79	44	1012	Luis Mendes	-	40-44	Clube Desportivo Escola Santana	62	00:27:45	71	02:57:32	120	01:47:55	05:13:13	01:04:55
80	68	1002	Ricardo Cordeiro	-	40-44	Grupo Recreativo Janz e Associados	85	00:28:32	80	02:58:59	104	01:46:17	05:13:49	01:05:31
81	6	1014	Paulo Codinha	-	50-54	Triatlo Clube Tap	52	00:27:29	82	02:59:24	114	01:47:12	05:14:07	01:05:48
82	81	1002	MARCO Cruz	-	45-49	Individual	128	00:31:09	25	02:45:46	173	01:57:25	05:14:21	01:06:03
83	253		João Pinheiro	-	35-39	X Não Federado	138	00:31:38	67	02:57:06	100	01:45:43	05:14:29	01:06:11
84	117	1018	José Rodrigues	-	35-39	Ateneu Artístico Cartaxense	175	00:33:26	93	03:02:35	66	01:38:35	05:14:36	01:06:18
85	197	1023	Bruno Maia	-	40-44	Byke Mania - Frankfurt - CPA	78	00:28:13	94	03:03:00	88	01:43:32	05:14:46	01:06:28
86	225		Schartz Aloyse	-	50-54	X Não Federado	184	00:33:34	60	02:55:07	106	01:46:23	05:15:05	01:06:47
87	26	1023	Tiago Amado	-	30-34	Individual	236	00:35:59	84	03:00:04	73	01:39:54	05:15:58	01:07:40
88	204		Jesus Fresneda	-	40-44	X Não Federado	116	00:30:35	61	02:55:14	134	01:50:34	05:16:23	01:08:05
89	248	1030	Luis Silva	-	40-44	Individual	27	00:26:20	86	03:00:20	135	01:50:38	05:17:19	01:09:01
90	71	1031	Rui Rebocho	-	35-39	Kainágua	216	00:35:17	123	03:08:56	43	01:33:07	05:17:21	01:09:03
91	61	1013	Samuel Neves	-	40-44	CAPGE	59	00:27:42	77	02:58:55	138	01:51:14	05:17:52	01:09:34
92	207	1034	Joao Guerra	-	40-44	Núcleo do Sporting da Golegã	181	00:33:30	95	03:03:13	78	01:41:20	05:18:04	01:09:46
93	239		Nuno Azevedo	-	35-39	X Não Federado	86	00:28:35	141	03:12:14	67	01:38:44	05:19:34	01:11:16
94	85	1013	João Duarte	-	40-44	AMICICLO GRÂNDOLA	126	00:31:02	92	03:02:32	103	01:46:14	05:19:50	01:11:31
95	247	1037	Nuno Lemos	-	40-44	Individual	160	00:32:54	108	03:05:29	81	01:41:36	05:20:01	01:11:42
96	324	1037	Pedro Monteiro	-	35-39	Individual	82	00:28:27	104	03:04:42	119	01:47:47	05:20:57	01:12:39
97	304		Gil Cunha	-	40-44	X Não Federado	246	00:36:25	134	03:10:49	49	01:33:55	05:21:10	01:12:52
98	136	1004	Pedro Ribeiro	-	25-29	Rio Maior Triatlo	25	00:25:29	74	02:58:16	172	01:57:24	05:21:11	01:12:52

Data:	25-09-2016	Hora:	08h00	Local:	Cascais			
Natação	1.900 mt	Ciclismo:	90.000 mt	Corrida:	21.100 mt			

Ranking:	Camp. Nac. Clubes	Hora de Partida:	08h18
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
99	12	1030	Abigail Santana	-	25-29	Atlético CP Triatlo	32	00:26:34	173	03:19:41	53	01:35:08	05:21:24	01:13:06
100	306		Ricardo Cabral	-	30-34	X Não Federado	110	00:30:06	90	03:01:16	132	01:50:19	05:21:42	01:13:24
101	335	1013	Pedro Mega Jorge	-	45-49	Teleperformance - Os Belenenses	81	00:28:26	122	03:08:18	94	01:45:00	05:21:46	01:13:28
102	96	1010	Rui Pena	-	40-44	Associação Académica de São Mamede	153	00:32:41	99	03:03:47	96	01:45:31	05:22:00	01:13:42
103	173	1031	Gil Oliveira	-	45-49	Atlético CP Triatlo	75	00:28:11	106	03:05:21	131	01:49:55	05:23:28	01:15:10
104	86	1010	Mario Pires	-	40-44	Clube de Triatlo de Almada	121	00:30:50	110	03:06:07	108	01:46:47	05:23:45	01:15:27
105	311		Frederique Rol	-	20-24	X Não Federado	102	00:29:17	152	03:14:31	74	01:40:02	05:23:51	01:15:33
106	312		Ivo Carvalho	-	40-44	X Não Federado	35	00:26:49	103	03:04:34	146	01:52:31	05:23:55	01:15:37
107	151	1013	Pedro Morais	-	40-44	Teleperformance - Os Belenenses	155	00:32:45	102	03:04:32	115	01:47:21	05:24:39	01:16:20
108	294		Ismael Campanon	-	35-39	X Não Federado	132	00:31:23	165	03:17:34	57	01:36:02	05:25:01	01:16:43
109	64	1037	Ivo Rebocho	-	30-34	Kainágua	210	00:34:46	128	03:09:48	77	01:41:15	05:25:50	01:17:32
110	139	1035	Steve Hyett	-	55-59	CCD / INTERMARCHÉ LAGOS	26	00:26:19	105	03:04:44	159	01:55:14	05:26:17	01:17:59
111	54	1031	José Hernández	-	45-49	Atlético CP Triatlo	198	00:34:07	121	03:08:14	89	01:44:06	05:26:27	01:18:09
112	95	1013	João Gomes	-	45-49	Sporting Clube de Portugal	80	00:28:26	129	03:09:54	125	01:49:04	05:27:25	01:19:07
113	134	1023	Nuno Mariz	-	40-44	Associação Académica de São Mamede	234	00:35:53	118	03:07:18	95	01:45:12	05:28:23	01:20:05
114	105	1012	Ana Lopes	-	35-39	Sporting Clube de Portugal	97	00:29:04	139	03:11:47	118	01:47:42	05:28:34	01:20:16
115	326	1015	João Ferreira	-	40-44	Mc Donald´s/Tribraga	41	00:26:56	133	03:10:21	140	01:51:28	05:28:46	01:20:28
116	72	1001	Bruno Toscano	-	35-39	Câmara Lisboa Clube	169	00:33:11	124	03:08:58	110	01:46:50	05:28:59	01:20:41
117	89	1001	Carlos Dias	-	55-59	AMICICLO GRÁNDOLA	63	00:27:48	98	03:03:47	174	01:57:37	05:29:13	01:20:55
118	130	1032	Paulo Rodrigues	-	35-39	Teleperformance - Os Belenenses	231	00:35:49	176	03:19:53	48	01:33:31	05:29:14	01:20:56
119	270		Pedro Castro	-	40-44	X Não Federado	136	00:31:34	140	03:11:57	101	01:45:55	05:29:27	01:21:09
120	317	1035	Luis Grilo	-	45-49	Individual	238	00:36:05	112	03:06:17	113	01:47:05	05:29:28	01:21:10
121	184	1025	Fernando Salvador	-	40-44	Paredes Aventura	243	00:36:14	88	03:00:37	147	01:52:36	05:29:28	01:21:10
122	90	1022	Bruno Godinho	-	35-39	Clube de Nataçã da Amadora	144	00:31:49	87	03:00:23	178	01:57:50	05:30:03	01:21:45
123	112	1002	Miguel Beja	-	35-39	Individual	254	00:37:15	111	03:06:10	109	01:46:49	05:30:16	01:21:58
124	257		Eládio Manuel	-	40-44	X Não Federado	227	00:35:38	116	03:06:59	122	01:48:12	05:30:50	01:22:32
125	43		Ricardo Rosa	-	25-29	X Não Federado	79	00:28:20	125	03:09:07	152	01:53:35	05:31:04	01:22:46
126	236		Frederico Almendra	-	25-29	X Não Federado	60	00:27:43	138	03:11:18	149	01:52:52	05:31:54	01:23:36
127	235	1002	Rodrigo Cordeiro	-	40-44	Grupo Recreativo Janz e Associados	170	00:33:12	97	03:03:44	160	01:55:32	05:32:29	01:24:11
128	262		Francisco Soto	-	45-49	X Não Federado	142	00:31:44	137	03:11:09	128	01:49:42	05:32:36	01:24:18
129	205	1034	Nuno Calha	-	30-34	Individual	244	00:36:18	69	02:57:16	188	01:59:13	05:32:47	01:24:29
130	300	1025	Ivo Pona	-	25-29	Academia Militar	124	00:31:00	107	03:05:24	171	01:57:21	05:33:46	01:25:28
131	154	1005	Manuel Rodrigues	-	50-54	Clube Millenniumbcp	139	00:31:39	91	03:01:50	194	02:00:59	05:34:29	01:26:10
132	233		Tiago Brazio	-	30-34	X Não Federado	199	00:34:08	187	03:23:44	62	01:36:54	05:34:47	01:26:29
133	93	1018	Luís Santos	-	45-49	Alhandra Sporting Club	114	00:30:30	113	03:06:32	180	01:58:07	05:35:11	01:26:53
134	283		Fernando Solanas	-	30-34	X Não Federado	172	00:33:22	100	03:04:14	177	01:57:50	05:35:26	01:27:08
135	272		Cesar Barros	-	35-39	X Não Federado	107	00:29:51	146	03:13:20	145	01:52:25	05:35:37	01:27:19
136	127	1001	Alexandre Ferreira	-	35-39	Associação Académica de São Mamede	171	00:33:14	182	03:23:04	70	01:39:36	05:35:56	01:27:38
137	301		Juan Diego	-	30-34	X Não Federado	73	00:28:09	144	03:12:45	162	01:55:37	05:36:31	01:28:13
138	38	1033	pedro Martins	-	25-29	Clube Desportivo Escola Santana	103	00:29:36	115	03:06:54	191	02:00:07	05:36:39	01:28:21
139	111	1035	Pedro Farinha	-	35-39	Triatlo SUColareense	90	00:28:42	153	03:14:42	153	01:53:36	05:37:01	01:28:43
140	115	1015	Luis Cipriano	-	40-44	AMCR Fonte Grada	158	00:32:51	155	03:15:34	124	01:48:39	05:37:06	01:28:48
141	40	1014	Nuno Santos	-	45-49	Triatlo Clube Tap	129	00:31:13	151	03:14:20	141	01:51:37	05:37:11	01:28:53
142	77	1033	Gonçalo Martins	-	30-34	Clube de Nataçã de Torres Novas	217	00:35:22	109	03:05:47	165	01:56:07	05:37:17	01:28:59
143	133	1011	Pedro Azenha	-	40-44	CNCVG	39	00:26:55	158	03:15:57	155	01:54:37	05:37:30	01:29:11
144	182	1011	Jorge Ferreira	-	35-39	CCD Matosinhos	235	00:35:55	150	03:14:19	121	01:48:01	05:38:16	01:29:58
145	41	1018	António Louro	-	40-44	Atlético CP Triatlo	161	00:32:57	147	03:13:45	144	01:52:03	05:38:46	01:30:28
146	185	1018	Mário Couto	-	35-39	AMCR Fonte Grada	232	00:35:50	126	03:09:12	157	01:54:45	05:39:48	01:31:29
147	33	1028	Nuno Santos	-	45-49	Individual	178	00:33:29	157	03:15:54	133	01:50:32	05:39:56	01:31:38

Data:	25-09-2016	Hora:	08h00	Local:	Cascais
Natação	1.900 mt	Ciclismo:	90.000 mt	Corrida:	21.100 mt

Ranking:	Camp. Nac. Clubes	Hora de Partida:	08h18
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
148	244		Paulo Nascimento	-	40-44	X Não Federado	38	00:26:55	220	03:30:17	87	01:43:01	05:40:14	01:31:56
149	264		Nuno Balula	-	40-44	X Não Federado	211	00:34:52	130	03:09:56	167	01:56:37	05:41:26	01:33:08
150	273	1010	Nuno Pinto	-	35-39	Individual	162	00:32:59	127	03:09:35	189	01:59:18	05:41:53	01:33:35
151	34	1036	Fátima Negri	-	25-29	Atlético CP Triatlo	47	00:27:24	208	03:28:52	105	01:46:21	05:42:38	01:34:19
152	27	1023	José Freitas	-	40-44	Individual	286	00:48:22	120	03:07:55	112	01:47:00	05:43:18	01:35:00
153	276		Filipe Martins	-	30-34	X Não Federado	98	00:29:10	136	03:11:00	206	02:03:29	05:43:40	01:35:22
154	51	1028	Pedro Cunha	-	35-39	Grupo Recreativo Janz e Associados	226	00:35:35	156	03:15:44	150	01:53:06	05:44:26	01:36:08
155	14	1010	José Silva	-	50-54	Associação Académica de São Mamede	228	00:35:39	159	03:16:18	148	01:52:42	05:44:40	01:36:22
156	277		Pedro Mendonça	-	40-44	X Não Federado	222	00:35:27	135	03:10:59	184	01:58:42	05:45:08	01:36:50
157	314		Antonio Diaz	-	45-49	X Não Federado	88	00:28:39	174	03:19:49	168	01:56:55	05:45:24	01:37:06
158	310		Tiago Camilo	-	35-39	X Não Federado	182	00:33:33	167	03:18:01	156	01:54:42	05:46:17	01:37:59
159	331		Sara Silva	-	30-34	X Não Federado	135	00:31:31	205	03:28:16	111	01:46:54	05:46:43	01:38:25
160	110	1025	Filipe Ramos	-	40-44	Triatlo SUColareense	122	00:30:53	175	03:19:51	166	01:56:19	05:47:03	01:38:45
161	145	1002	Nuno Fonseca	-	40-44	Individual	150	00:32:27	161	03:16:29	182	01:58:33	05:47:30	01:39:12
162	84	1001	Jose Manta	-	45-49	Clube Oriental de Lisboa	229	00:35:46	114	03:06:38	218	02:05:20	05:47:46	01:39:28
163	246		Alfonso Mora	-	45-49	X Não Federado	57	00:27:38	234	03:33:01	117	01:47:40	05:48:21	01:40:03
164	208		António Santos	-	45-49	X Não Federado	204	00:34:12	211	03:29:12	97	01:45:37	05:49:03	01:40:45
165	45	1003	João Cruz	-	40-44	Associação Humanitária de Bombeiros	74	00:28:10	164	03:17:23	207	02:03:34	05:49:08	01:40:50
166	122	1027	João Figueiredo	-	20-24	Tri-Oeste	156	00:32:47	178	03:21:47	154	01:54:36	05:49:11	01:40:53
167	125	1015	António Martinho	-	50-54	Clube Oriental de Lisboa	84	00:28:32	192	03:24:57	163	01:55:48	05:49:18	01:41:00
168	56	1019	Emma Yates	-	45-49	CCD / INTERMARCHÉ LAGOS	213	00:34:57	183	03:23:27	137	01:50:58	05:49:23	01:41:05
169	252		Filipe Neves	-	40-44	X Não Federado	237	00:36:04	202	03:27:33	102	01:45:59	05:49:37	01:41:19
170	9	1002	Miguel Gaivão	-	55-59	Grupo Desportivo Estoril Praia	141	00:31:42	224	03:30:36	116	01:47:21	05:49:39	01:41:21
171	232		Vasco Nunes	-	40-44	X Não Federado	70	00:28:04	142	03:12:24	229	02:09:26	05:49:55	01:41:37
172	37	1018	Paulo Marques	-	40-44	Atlético CP Triatlo	275	00:42:30	168	03:18:04	127	01:49:35	05:50:10	01:41:52
173	221		João Pacheco	-	30-34	X Não Federado	115	00:30:33	181	03:23:04	170	01:57:01	05:50:39	01:42:21
174	102	1023	Mario Santana	-	35-39	Individual	143	00:31:47	163	03:17:14	200	02:01:45	05:50:47	01:42:29
175	218	1036	João Melo	-	35-39	Sport Algés e Dafundo	37	00:26:51	196	03:25:32	183	01:58:40	05:51:04	01:42:46
176	230	1037	Gonçalo Mota	-	40-44	Individual	284	00:46:14	170	03:18:33	107	01:46:28	05:51:16	01:42:58
177	237		Rainer Hoffmann	-	50-54	X Não Federado	247	00:36:25	131	03:09:59	220	02:05:52	05:52:16	01:43:58
178	275		Alejandro Cadenas	-	30-34	X Não Federado	196	00:34:01	162	03:16:44	201	02:02:32	05:53:18	01:45:00
179	203		Alexandre Cameira	-	45-49	X Não Federado	130	00:31:22	186	03:23:37	181	01:58:20	05:53:21	01:45:02
180	120	1036	Miguel Silva	-	35-39	Individual	108	00:29:55	180	03:22:25	198	02:01:32	05:53:52	01:45:34
181	65	1008	João Medeiro	-	50-54	Clube Olímpico de Oeiras	259	00:37:37	238	03:33:50	84	01:42:32	05:54:01	01:45:42
182	298		Luis Paixão	-	40-44	X Não Federado	152	00:32:34	154	03:15:08	225	02:06:32	05:54:15	01:45:57
183	58	1001	Luis Boavida	-	55-59	Individual	111	00:30:16	149	03:14:07	230	02:10:01	05:54:25	01:46:07
184	330		Nuno Alves	-	35-39	X Não Federado	101	00:29:15	172	03:19:15	222	02:06:19	05:54:50	01:46:32
185	321		Ricardo Dinis	-	40-44	X Não Federado	279	00:43:22	148	03:13:53	175	01:57:40	05:54:57	01:46:38
186	181	1032	Tiago Mendes	-	40-44	Clube Millenniumbcp	267	00:39:33	166	03:17:54	176	01:57:44	05:55:12	01:46:53
187	201	1002	Paulo Henriques	-	45-49	Individual	54	00:27:34	229	03:32:08	161	01:55:34	05:55:17	01:46:59
188	23	1003	João Santos	-	55-59	Associação Humanitária de Bombeiros	118	00:30:45	177	03:20:11	211	02:04:24	05:55:21	01:47:03
189	176	1013	Jorge Bernardo	-	40-44	Teleperformance - Os Belenenses	206	00:34:14	231	03:32:50	123	01:48:31	05:55:37	01:47:19
190	305		Pedro Brandão	-	35-39	X Não Federado	96	00:29:02	119	03:07:53	257	02:18:44	05:55:40	01:47:22
191	17	1010	Maria Lima	-	50-54	Associação Académica de São Mamede	174	00:33:24	184	03:23:28	185	01:58:49	05:55:43	01:47:25
192	36	1020	Ana Mata	-	45-49	Triatlo SUColareense	154	00:32:43	199	03:27:13	164	01:55:53	05:55:49	01:47:31
193	162	1018	Pedro Raposo	-	35-39	Ateneu Artístico Cartaxense	271	00:40:30	143	03:12:44	202	02:02:46	05:56:01	01:47:43
194	99	1001	Armando Lopes	-	55-59	SFRAA TRIATLO	249	00:36:34	218	03:29:56	130	01:49:49	05:56:20	01:48:02
195	149	1029	Rui Magalhães	-	45-49	Clube Millenniumbcp	193	00:33:51	226	03:31:34	139	01:51:20	05:56:46	01:48:28
196	249		Victor Antunes	-	50-54	X Não Federado	218	00:35:22	132	03:10:18	234	02:11:14	05:56:55	01:48:37

Data:	25-09-2016	Hora:	08h00	Local:	Cascais			
Natação	1.900 mt	Ciclismo:	90.000 mt	Corrida:	21.100 mt			

Ranking:	Camp. Nac. Clubes	Hora de Partida:	08h18
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
197	15	1009	Filipa Oliveira	-	45-49	Clube de Triatlo de Almada	117	00:30:41	179	03:22:14	214	02:04:38	05:57:33	01:49:15
198	202	1035	Miguel Pisco	-	50-54	Associação Humanitária de Bombeiros	287	00:49:49	171	03:19:01	126	01:49:29	05:58:20	01:50:02
199	135	1012	Ana Pereira	-	40-44	Sporting Clube de Portugal	200	00:34:09	214	03:29:33	158	01:55:14	05:58:56	01:50:38
200	217		Pedro Guedes	-	40-44	X Não Federado	202	00:34:11	233	03:32:57	143	01:51:54	05:59:03	01:50:45
201	137	1022	Vasco Borges	-	45-49	Clube de Condeixa	127	00:31:06	117	03:07:04	263	02:22:01	06:00:12	01:51:54
202	132	1024	Tomé Vardasca	-	25-29	Teleperformance - Os Belenenses	188	00:33:40	145	03:13:19	243	02:13:34	06:00:34	01:52:16
203	88	1035	Joao Lopes	-	35-39	Teleperformance - Os Belenenses	113	00:30:21	160	03:16:25	251	02:16:19	06:03:05	01:54:47
204	284	1022	Jorge Barroso	-	35-39	Individual	105	00:29:46	217	03:29:46	213	02:04:37	06:04:10	01:55:52
205	206		Carlos Fachada	-	45-49	X Não Federado	93	00:28:59	207	03:28:50	223	02:06:20	06:04:11	01:55:52
206	55	1008	Karin Omberg	-	45-49	Atlético CP Triatlo	157	00:32:48	239	03:34:25	169	01:57:01	06:04:15	01:55:57
207	290		Ilkka Koivisto	-	60-64	X Não Federado	140	00:31:40	228	03:31:56	197	02:01:23	06:05:00	01:56:42
208	187	1029	Bruno Marcelino	-	35-39	Individual	209	00:34:42	201	03:27:28	204	02:02:53	06:05:04	01:56:46
209	113	1029	Luis Duque	-	50-54	GDR Manique de Cima	208	00:34:35	194	03:25:20	217	02:05:12	06:05:08	01:56:49
210	189	1033	Paulo Marques	-	50-54	Associação Humanitária de Bombeiros	214	00:35:01	209	03:28:54	199	02:01:43	06:05:39	01:57:20
211	240		Pedro Maia	-	35-39	X Não Federado	251	00:36:41	212	03:29:28	192	02:00:25	06:06:34	01:58:16
212	82	1015	Jorge Carreiras	-	50-54	Clube Oriental de Lisboa	253	00:37:10	221	03:30:18	187	01:59:09	06:06:37	01:58:19
213	213		Pedro Paulino	-	40-44	X Não Federado	240	00:36:06	216	03:29:40	193	02:00:54	06:06:41	01:58:23
214	241		José Correia	-	50-54	X Não Federado	201	00:34:10	232	03:32:52	190	01:59:43	06:06:45	01:58:27
215	175	1006	José Maçarria	-	55-59	Ginásio	245	00:36:23	230	03:32:48	179	01:57:50	06:07:03	01:58:45
216	39	1023	Pedro Silva	-	40-44	Clube de Nataçã de Torres Novas	131	00:31:23	219	03:30:16	219	02:05:50	06:07:29	01:59:11
217	320		João Correia	-	25-29	X Não Federado	281	00:43:32	169	03:18:24	221	02:06:17	06:08:14	01:59:56
218	299		Jorge Fernandes	-	50-54	X Não Federado	220	00:35:25	227	03:31:35	196	02:01:14	06:08:15	01:59:57
219	131	1006	Carlos Serra	-	45-49	AMCR Fonte Grada	197	00:34:06	223	03:30:23	209	02:03:59	06:08:29	02:00:11
220	158	1034	Miguel Brandão	-	25-29	Clube Millenniumbcp	137	00:31:38	258	03:44:28	151	01:53:35	06:09:41	02:01:23
221	170	1037	João Rego	-	40-44	Triatlo Clube Tap	191	00:33:48	195	03:25:21	233	02:11:03	06:10:12	02:01:54
222	101	1010	António Vitorino	-	45-49	Peniche A. C.	269	00:39:48	252	03:38:51	142	01:51:42	06:10:23	02:02:04
223	91	1031	Ricardo Santos	-	35-39	Clube Oriental de Lisboa	255	00:37:17	225	03:30:45	203	02:02:50	06:10:53	02:02:35
224	52	1001	Fernanda Santinha	-	40-44	Individual	134	00:31:31	269	03:54:04	98	01:45:38	06:11:15	02:02:57
225	35	1025	Mário Jesus	-	40-44	Triatlo SUColareense	195	00:34:00	191	03:24:55	239	02:12:36	06:11:31	02:03:13
226	183	1036	Marco Gomes	-	40-44	CCD Matosinhos	106	00:29:47	237	03:33:48	228	02:08:18	06:11:53	02:03:35
227	269		Luís Graça	-	40-44	X Não Federado	277	00:42:36	185	03:23:30	224	02:06:26	06:12:33	02:04:15
228	180	1006	Luis Costa	-	50-54	SS CGD	257	00:37:32	188	03:23:48	235	02:11:20	06:12:40	02:04:22
229	119	1010	Joana Creissac	-	35-39	Associação Académica de São Mamede	112	00:30:20	236	03:33:39	237	02:11:35	06:15:35	02:07:17
230	319		Alfonso Garcia	-	40-44	X Não Federado	133	00:31:27	197	03:25:47	255	02:18:27	06:15:42	02:07:24
231	222		Lino Martins	-	40-44	X Não Federado	215	00:35:10	193	03:25:11	247	02:15:40	06:16:01	02:07:43
232	292		enrique Guerrero	-	35-39	X Não Federado	151	00:32:32	253	03:39:06	212	02:04:36	06:16:14	02:07:56
233	255	1037	Paulo Rola	-	35-39	Sporting Clube de Espinho	263	00:38:54	250	03:37:32	195	02:01:07	06:17:33	02:09:15
234	261		Mariano Tonello	-	45-49	X Não Federado	185	00:33:34	189	03:24:41	266	02:22:35	06:20:51	02:12:33
235	229		Bernardo Maia	-	40-44	X Não Federado	89	00:28:39	245	03:36:52	248	02:15:41	06:21:13	02:12:55
236	293		David Mendes	-	50-54	X Não Federado	276	00:42:35	200	03:27:21	242	02:13:28	06:23:25	02:15:07
237	336	1035	Inácio Faisca	-	40-44	Clube Triatlo de Abrantes	177	00:33:28	198	03:26:35	271	02:23:33	06:23:38	02:15:20
238	295		Luís Costa	-	45-49	X Não Federado	272	00:41:30	248	03:37:11	216	02:05:11	06:23:53	02:15:35
239	302		d'Ortoli Emmanuelle	-	30-34	X Não Federado	212	00:34:55	246	03:36:56	238	02:12:26	06:24:18	02:16:00
240	303		d'Ortoli Julien	-	30-34	X Não Federado	164	00:33:01	243	03:36:12	246	02:15:04	06:24:18	02:16:00
241	223		David Maman	-	45-49	X Não Federado	176	00:33:28	254	03:39:38	241	02:13:23	06:26:31	02:18:13
242	179	1006	Tiago Avelãs	-	40-44	SS CGD	256	00:37:25	213	03:29:33	261	02:19:32	06:26:31	02:18:13
243	21	1034	Pedro Neto	-	30-34	Individual	262	00:38:52	256	03:40:36	226	02:07:10	06:26:38	02:18:20
244	318		paulo Correia	-	40-44	X Não Federado	203	00:34:11	235	03:33:32	260	02:19:11	06:26:55	02:18:37
245	146	1031	Teresa Sepúlveda	-	35-39	Triatlo Clube Tap	192	00:33:48	271	03:54:42	186	01:59:02	06:27:33	02:19:15

Data:	25-09-2016	Hora:	08h00	Local:	Cascais			
Natação	1.900 mt	Ciclismo:	90.000 mt	Corrida:	21.100 mt			

Ranking:	Camp. Nac. Clubes	Hora de Partida:	08h18
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
246	279		Victor Rodrigues	-	45-49	X Não Federado	241	00:36:12	204	03:28:14	273	02:23:57	06:28:24	02:20:06
247	156	1029	Filipe Horta	-	50-54	Clube Millenniumbcp	49	00:27:25	247	03:37:10	274	02:24:14	06:28:50	02:20:32
248	280		Eduardo Anes	-	50-54	X Não Federado	252	00:37:04	215	03:29:36	265	02:22:14	06:28:55	02:20:37
249	159	1031	Manuel Gomes	-	50-54	Individual	223	00:35:32	264	03:49:27	210	02:04:06	06:29:06	02:20:47
250	258		Pedro Nunes	-	40-44	X Não Federado	147	00:32:19	244	03:36:36	262	02:20:24	06:29:20	02:21:01
251	307		Manuel Narvaez	-	30-34	X Não Federado	273	00:42:04	206	03:28:39	256	02:18:39	06:29:23	02:21:05
252	138	1006	Miguel Reis	-	40-44	SS CGD	250	00:36:39	249	03:37:16	249	02:16:02	06:29:58	02:21:40
253	103	1028	Nuno Simões	-	35-39	Individual	92	00:28:52	222	03:30:22	281	02:30:56	06:30:11	02:21:53
254	228		Ana Lopes	-	45-49	X Não Federado	230	00:35:47	265	03:49:37	215	02:05:03	06:30:27	02:22:09
255	297		Juan Paino	-	45-49	X Não Federado	166	00:33:03	240	03:34:57	268	02:22:40	06:30:41	02:22:22
256	315		Pablo Currás	-	40-44	X Não Federado	165	00:33:02	241	03:34:58	267	02:22:40	06:30:41	02:22:23
257	152	1005	Miguel Cruz	-	45-49	Clube Millenniumbcp	205	00:34:13	255	03:40:05	259	02:18:59	06:33:18	02:25:00
258	80	1010	Miguel Vieira	-	40-44	Associação Académica de São Mamede	149	00:32:21	261	03:45:15	252	02:17:08	06:34:45	02:26:27
259	155	1005	António Mories	-	50-54	Clube Millenniumbcp	266	00:39:27	190	03:24:48	282	02:32:02	06:36:17	02:27:59
260	18	1010	Silvia Pedroso	-	40-44	Associação Académica de São Mamede	233	00:35:50	266	03:49:41	236	02:11:31	06:37:03	02:28:45
261	24	1034	Alexandre Dias	-	30-34	Individual	289	00:56:01	210	03:29:05	240	02:12:45	06:37:52	02:29:34
262	251		João Domingues	-	40-44	X Não Federado	183	00:33:33	267	03:50:39	244	02:13:52	06:38:04	02:29:46
263	266		Svetlana Ryazanova	-	40-44	X Não Federado	268	00:39:35	273	03:56:03	205	02:03:14	06:38:53	02:30:35
264	8		Joaquim Silva	-	60-64	X Não Federado	123	00:30:55	281	04:00:05	232	02:11:00	06:42:01	02:33:43
265	46	1004	Ricardo Canto	-	45-49	Clube de Nataçã de Torres Novas	190	00:33:47	242	03:36:07	284	02:32:51	06:42:46	02:34:28
266	291	1011	Pedro Coelho	-	40-44	CNCVG	270	00:39:52	257	03:42:49	264	02:22:13	06:44:55	02:36:37
267	325		Pedro Marques	-	30-34	X Não Federado	264	00:38:54	274	03:56:36	231	02:10:04	06:45:36	02:37:18
268	308		Antonio Fernandez	-	45-49	X Não Federado	242	00:36:12	260	03:45:00	275	02:24:38	06:45:51	02:37:33
269	199	1008	Fábio Pratas	-	30-34	Byke Mania - Frankfurt - CPA	207	00:34:32	251	03:37:47	286	02:34:28	06:46:48	02:38:30
270	16	1023	Andreia Valério	-	35-39	Associação Humanitária de Bombeiros	168	00:33:06	276	03:57:13	253	02:17:22	06:47:41	02:39:23
271	31	1028	Bruno Faria	-	40-44	Individual	261	00:38:46	270	03:54:32	245	02:14:59	06:48:18	02:40:00
272	59	1035	Paulo Nogueira	-	45-49	Clube de Nataçã de Torres Novas	260	00:38:12	259	03:44:56	276	02:25:11	06:48:20	02:40:02
273	227	1035	Francisco Salgado	-	60-64	Associação Humanitária de Bombeiros	186	00:33:36	268	03:51:20	272	02:23:40	06:48:36	02:40:18
274	216		Nuno Sousa	-	35-39	X Não Federado	194	00:33:53	288	04:11:44	227	02:07:25	06:53:03	02:44:45
275	153	1032	António Seixas	-	50-54	Clube Millenniumbcp	219	00:35:25	289	04:15:05	208	02:03:47	06:54:18	02:46:00
276	288		Graham Moore	-	50-54	X Não Federado	248	00:36:26	282	04:01:33	254	02:17:41	06:55:41	02:47:23
277	285		Silvia Bernal	-	45-49	X Não Federado	258	00:37:32	283	04:02:29	250	02:16:16	06:56:18	02:48:00
278	20	1034	Margarida Cunha Reis	-	45-49	Associação Académica de São Mamede	159	00:32:53	278	03:58:48	277	02:26:06	06:57:49	02:49:31
279	287	1004	Rui Gonçalves	-	40-44	AMICICLO GRÁNDOLA	61	00:27:43	279	03:58:49	287	02:37:10	07:03:43	02:55:25
280	13	1023	Marta Andrade	-	40-44	Portugal Talentus	221	00:35:26	272	03:55:11	285	02:33:58	07:04:37	02:56:18
281	107	1002	Stephanie Seddon-Brown	-	40-44	Sporting Clube de Portugal	239	00:36:05	287	04:05:08	269	02:23:23	07:04:37	02:56:18
282	22	1003	José Correia	-	55-59	Associação Humanitária de Bombeiros	56	00:27:36	263	03:48:32	289	02:50:47	07:06:56	02:58:38
283	278		Miguel Nunes	-	40-44	X Não Federado	288	00:51:11	262	03:46:34	279	02:29:23	07:07:09	02:58:51
284	313		Nuno Varela	-	40-44	X Não Federado	283	00:46:08	285	04:04:25	258	02:18:50	07:09:24	03:01:06
285	260	1037	Rui Pedras	-	55-59	Individual	274	00:42:05	284	04:03:58	270	02:23:28	07:09:32	03:01:14
286	322		Etienne Iefort	-	45-49	X Não Federado	282	00:45:08	277	03:58:21	278	02:28:32	07:12:02	03:03:44
287	212		Tony Paulos	-	40-44	X Não Federado	285	00:46:24	275	03:57:11	280	02:30:05	07:13:41	03:05:23
288	48	1003	Sofia Lopes	-	35-39	Associação Humanitária de Bombeiros	278	00:43:21	286	04:05:00	283	02:32:11	07:20:33	03:12:14
289	53	1033	Francisco Sanches-Osório	-	50-54	Associação Humanitária de Bombeiros	280	00:43:23	280	03:59:02	288	02:38:19	07:20:45	03:12:26
	75	1031	Hugo Tomas	DQ	40-44	Clube Oriental de Lisboa	190	00:33:37	201	03:25:52	1	01:12:58	05:12:29	01:04:11
	66	1006	João Nunes	DNF	50-54	Alhandra Sporting Club		00:30:26						-
	67	1037	William Goulart	DNF	30-34	Associação Humanitária de Bombeiros		00:35:24		03:00:56				-
	128	1005	Henrique Matias	DNF	35-39	Atético CP Triatlo		00:27:20						-
	104	1010	Paulo Fonseca	DNF	45-49	Clube Oriental de Lisboa		00:33:52						-

Data:	25-09-2016	Hora:	08h00	Local:	Cascais			
Natação	1.900 mt	Ciclismo:	90.000 mt	Corrida:	21.100 mt			

Ranking:	Camp. Nac. Clubes	Hora de Partida:	08h18
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
	144	1001	Antonio Reis	DNF	50-54	Individual		00:34:57		03:19:24				-
	32	1031	Gil Santo	DNF	45-49	Individual		00:28:44						-
	141	1016	Joaquim Rosado	DNF	45-49	Individual		00:41:28						-
	263	1037	Vitor Cunha	DNF	45-49	Lusitano	276	00:42:29	188	03:23:36	222			-
	97	1019	Luis Viegas	DNF	50-54	Lusitano FC / Frusoal		00:29:12		03:15:22				-
	74	1013	António Fortuna	DNF	30-34	Teleperformance - Os Belenenses		00:28:31						-
	211	1031	José Rosa	DNF	40-44	TRIATLO - Santo André Sport Clube		00:33:37		03:45:18				-
	70	1014	Luis Martins	DNF	50-54	Triatlo Clube Tap		00:45:18						-
	238		Colm Quirke	DNF	40-44	X Não Federado	30	00:26:22	135	03:10:42	146			-
	286		Rui Duarte	DNF	45-49	X Não Federado		00:35:29						-
	234		Stephan Toivonen	DNF	60-64	X Não Federado		00:43:34						-
	73	1006	José Pinto-coelho	DNS	35-39	Alhandra Sporting Club								-
	57	1003	Vitor Silva	DNS	55-59	Associação Humanitária de Bombeiros								-
	83	1017	Paulo Santos	DNS	50-54	Câmara Lisboa Clube								-
	174	1018	Rui Narigueta	DNS	40-44	Clube Olímpico de Oeiras								-
	19	1029	Carla Matos	DNS	30-34	Clube Oriental de Lisboa								-
	76	1017	Ricardo Carvalho	DNS	35-39	Individual								-
	254	1029	Rizerio Salgado	DNS	55-59	Individual								-
	114	1002	Rui Malaquias	DNS	35-39	Individual								-
	226	1038	Salvador Oliveira	DNS	30-34	Individual								-
	168	1018	João Nogueira	DNS	25-29	Ludens Machico/Máxima Dinâmica								-
	116	1022	Luís Fernandes	DNS	45-49	MOTRINDE - Clube dos Galitos								-
	166	1007	Gonçalo Vicente	DNS	35-39	Sport Algés e Dafundo								-
	79	1020	Ana Guimarães	DNS	35-39	Triatlo Clube Tap								-
	50	1014	Ángelo Felgueiras	DNS	50-54	Triatlo Clube Tap								-
	60	1014	Sérgio Oliveira	DNS	45-49	Triatlo Clube Tap	1		1		240			-
	209		Ana Albert	DNS	35-39	X Não Federado								-
	281		Bob Fisher	DNS	60-64	X Não Federado								-
	242		Carlo Almeida	DNS	35-39	X Não Federado								-
	323		Carlos Lenine	DNS	40-44	X Não Federado								-
	259		Diogo Pedras	DNS	25-29	X Não Federado								-
	316		Eutiquiano Martinez	DNS	35-39	X Não Federado								-
	274		Jaime Robles	DNS	40-44	X Não Federado								-
	256		Jorge Santos	DNS	50-54	X Não Federado								-
	214		Mário Sá	DNS	35-39	X Não Federado								-
	243		Martim Velez	DNS	30-34	X Não Federado								-
	245		Miguel Ribeiro	DNS	40-44	X Não Federado								-
	215		Ricardo Vieira	DNS	45-49	X Não Federado								-
	289		Rodolfo Martins	DNS	35-39	X Não Federado								-
	219		Roland Blom	DNS	50-54	X Não Federado								-