

Data:	12-07-2015	Hora:	16h00	Local:	Coruche			
Natação	750 mt	PT:	0 mt	Corrida:	5.000 mt			

Ranking:	Camp. Nac. Individual	Hora de Partida:	16h03
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT	P	Corrida	Total	Diff
1	2163	1003	Andreia Ferrum	-	S23	Tecnel - CD Águias	7	00:11:12	40	00:00:44	76	00:19:43	00:31:39	
2	3475	1006	Ana Filipa Ferreira	-	SEN	Alhandra Sporting Club	10	00:12:11	83	00:00:51	66	00:18:58	00:32:02	00:00:22
3	1025	1017	Rita Fardilha	-	CAD	Tecnel - CD Águias	15	00:12:17	37	00:00:44	73	00:19:27	00:32:29	00:00:49
4	3706	1010	Carolina Silva	-	SEN	Assoc. Académica S. Mamede	6	00:11:08	90	00:00:53	97	00:20:33	00:32:36	00:00:56
5	1122	1015	Carolina Serra	-	CAD	Clube de Nataçã de Torres Novas	14	00:12:13	45	00:00:44	102	00:20:53	00:33:52	00:02:12
6	1595	1012	Inês Oliveira	-	JUN	Sporting CP	8	00:12:10	79	00:00:50	105	00:20:59	00:34:00	00:02:20
7	2009	1007	Sofia Hipólito	-	S23	Alhandra Sporting Club	11	00:12:12	60	00:00:47	110	00:21:39	00:34:39	00:02:59
8	1551	1003	Maria Eduarda Vidigueira	-	JUN	Tecnel - CD Águias	16	00:12:19	75	00:00:49	111	00:21:43	00:34:52	00:03:12
9	4356	1008	Sónia Quintela	-	V2	Núcleo Sportinguista da Golegã	9	00:12:11	91	00:00:53	115	00:21:53	00:34:58	00:03:18
10	1024	1005	Joana Amado	-	CAD	Tecnel - CD Águias	13	00:12:13	70	00:00:49	119	00:22:23	00:35:25	00:03:45
11	2035	1029	Inês Melo	-	S23	Garmin Olímpico de Oeiras	34	00:15:17	84	00:00:52	96	00:20:32	00:36:42	00:05:02
12	1072	1004	Mónica Vera Cruz	-	CAD	Sporting CP	2		2		2		00:37:06	00:05:26
13	1648	1019	Joana Domingues	-	JUN	DNMG	12	00:12:12	102	00:00:55	134	00:24:09	00:37:17	00:05:37
14	1111	1023	Érica Melim	-	CAD	Clube Futebol Andorinha	18	00:12:32	61	00:00:47	138	00:24:31	00:37:52	00:06:12
15	1084	1021	Catarina Dias	-	CAD	FET - Fátima Escola de Triatlo	20	00:14:09	62	00:00:47	126	00:23:18	00:38:14	00:06:34
16	1132	1017	Vanessa Fonseca	-	CAD	MOTRINDE - Clube dos Galitos	21	00:14:36	38	00:00:44	123	00:22:58	00:38:19	00:06:39
17	3671	1012	Ana Lopes	-	SEN	Sporting CP	32	00:15:14	104	00:00:55	118	00:22:20	00:38:31	00:06:51
18	1675	1023	Rita Caetano	-	JUN	FET - Fátima Escola de Triatlo	60	00:15:58	77	00:00:50	116	00:22:15	00:39:03	00:07:24
19	1654	1013	Joana Pinto	-	JUN	Nutrimania Sports Nutrition/Amorensense	17	00:12:26	94	00:00:53	144	00:25:48	00:39:08	00:07:28
20	1609	1008	Maria Medeiro	-	JUN	Garmin Olímpico de Oeiras	19	00:13:46	100	00:00:55	140	00:25:00	00:39:42	00:08:02
21	1034	1026	Pauline Valentine Juliette	-	CAD	Alhandra Sporting Club	90	00:17:11	98	00:00:53	120	00:22:32	00:40:38	00:08:58
22	4732	1023	Marta Andrade	-	V1	Individual	107	00:18:53	135	00:01:08	113	00:21:50	00:41:51	00:10:11
23	1539	1011	Ana Catarina Silva	-	JUN	G. D. R. de Manique de Cima	54	00:15:45	126	00:01:02	141	00:25:22	00:42:09	00:10:29
24	3276	1023	Filipa Mendes Coutinho	-	SEN	AHBE - Bombeiros Estoris	62	00:16:00	112	00:00:57	142	00:25:26	00:42:24	00:10:44
25	1163	1024	Catarina Cascalheira	-	CAD	Lusitano	47	00:15:33	115	00:00:58	145	00:26:07	00:42:39	00:10:59
26	4558	1015	Maria João Rico	-	V2	Clube Triatlo Fundão	117	00:19:58	121	00:01:00	117	00:22:18	00:43:16	00:11:36
27	4194	1008	Helena Medeiro	-	V2	Garmin Olímpico de Oeiras	102	00:18:19	131	00:01:03	133	00:24:04	00:43:27	00:11:47
28	4256	1017	Helena Gonçalves	-	V2	Câmara Lisboa Clube	99	00:18:05	142	00:01:17	137	00:24:27	00:43:50	00:12:10
29	2024	1023	Margarida Beato	-	S23	AHBE - Bombeiros Estoris	22	00:14:42	111	00:00:57	147	00:28:23	00:44:04	00:12:24
30	3424	1023	Andreia Valério	-	SEN	AHBE - Bombeiros Estoris	64	00:16:06	144	00:01:22	148	00:28:28	00:45:56	00:14:16
31	4720	1023	Cláudia Pernencar	-	V1	AHBE - Bombeiros Estoris	101	00:18:11	146	00:01:25	146	00:27:34	00:47:11	00:15:31
32	1042	1027	Joana Romão	-	CAD	Lusitano	115	00:19:30	130	00:01:03	149	00:29:42	00:50:16	00:18:36
33	1081	1029	Inês Cardoso	-	CAD	Condeixa AC	30	00:15:07	103	00:00:55	150	00:34:33	00:50:36	00:18:56
	3768	1012	Liliana Alexandre	DNF	SEN	Sporting CP		00:11:33		00:00:50				-
	1077	1004	Mafalda Costa	DNS	CAD	Garmin Olímpico de Oeiras								-
	2160	1003	Helena Paula Carvalho	DNS	S23	Tecnel - CD Águias								-
	3834	1003	Sofia Lopes	DNS	SEN	AHBE - Bombeiros Estoris								-
	4383	1003	Helena Moura	DNS	V3	Tecnel - CD Águias								-
	4292	1009	Iolanda Henriques	DNS	V2	Clube Futebol Andorinha								-