

Data:	31-07-2016	Hora:	16h30	Local:	Coruche			
Natação	750 mt	Transição:	0 mt	Corrida:	5.000 mt			

Ranking:	CN Individual	Hora de Partida:	16h44
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Transiç	P	Corrida	Total	Diff
1	2161	1003	David Luís	-	S23	Portugal Talentus	3	00:09:18	12	00:00:46	1	00:15:12	00:25:17	
2	2149	1002	Pedro Afonso Gaspar	-	S23	Portugal Talentus	2	00:09:16	16	00:00:47	4	00:15:33	00:25:37	00:00:19
3	1215	1016	Ricardo Batista	-	CAD	Clube de Nataçã de Torres Novas	4	00:09:21	6	00:00:46	7	00:15:43	00:25:51	00:00:33
4	1532	1007	Tiago Pinto	-	JUN	Alhandra Sporting Club	15	00:09:57	5	00:00:46	2	00:15:14	00:25:58	00:00:40
5	1655	1013	Tiago Leão	-	JUN	Associaçã Naval Amorense	20	00:10:11	11	00:00:46	3	00:15:23	00:26:21	00:01:04
6	1510	1017	MÍguel Baltazar	-	JUN	Kainágua	8	00:09:31	15	00:00:47	8	00:16:06	00:26:25	00:01:07
7	1650	1004	Hugo Silva Pereira	-	JUN	Teleperformance - Os Belenenses	16	00:10:04	24	00:00:49	6	00:15:34	00:26:28	00:01:10
8	2157	1007	Rafael Domingos	-	S23	Sport Lisboa e Benfica	17	00:10:07	27	00:00:50	5	00:15:34	00:26:31	00:01:14
9	1644	1007	Miguel Fortunato	-	JUN	Alhandra Sporting Club	11	00:09:41	19	00:00:49	9	00:16:08	00:26:38	00:01:20
10	2015	1011	Luis Lopes	-	S23	CNCVG	13	00:09:49	7	00:00:46	12	00:16:21	00:26:57	00:01:39
11	1204	1013	Diogo Ramos	-	CAD	Associaçã Naval Amorense	12	00:09:42	13	00:00:47	14	00:16:30	00:26:59	00:01:42
12	2040	1007	Afonso Garcia	-	S23	Clube Olímpico de Oeiras	10	00:09:40	20	00:00:49	16	00:16:37	00:27:06	00:01:48
13	1112	1009	Pedro Velosa	-	CAD	Andorinha	18	00:10:08	31	00:00:51	10	00:16:14	00:27:14	00:01:56
14	1155	1006	André Bôto	-	CAD	Alhandra Sporting Club	21	00:10:12	4	00:00:46	11	00:16:21	00:27:20	00:02:02
15	2074	1007	Nuno Ribeiro	-	S23	Alhandra Sporting Club	6	00:09:25	26	00:00:50	23	00:17:16	00:27:32	00:02:14
16	1612	1007	Afonso Feijão	-	JUN	Clube Olímpico de Oeiras	22	00:10:13	1	00:00:41	17	00:16:44	00:27:39	00:02:21
17	2003	1029	Diogo Silva	-	S23	Rio Maior Triatlo	1	00:09:14	25	00:00:49	28	00:17:46	00:27:51	00:02:33
18	1184	1006	João Guerra	-	CAD	Alhandra Sporting Club	25	00:10:16	18	00:00:48	20	00:16:56	00:28:01	00:02:44
19	1167	1013	Filipe Santos	-	CAD	Associaçã Naval Amorense	27	00:10:21	2	00:00:45	21	00:17:00	00:28:07	00:02:49
20	1603	1008	José Felício	-	JUN	Sporting Clube de Portugal	9	00:09:37	23	00:00:49	27	00:17:43	00:28:11	00:02:53
21	1178	1006	Diogo Gonçalves	-	CAD	Alhandra Sporting Club	24	00:10:16	9	00:00:46	22	00:17:09	00:28:12	00:02:55
22	2027	1023	Gonçalo Santos	-	S23	Clube Olímpico de Oeiras	5	00:09:25	37	00:00:54	31	00:17:54	00:28:14	00:02:56
23	2075	1017	José Cabeça	-	S23	Clube Olímpico de Oeiras	14	00:09:54	30	00:00:51	25	00:17:33	00:28:19	00:03:01
24	1558	1003	Leonardo Aniceto	-	JUN	Sport Lisboa e Benfica	29	00:10:44	14	00:00:47	18	00:16:49	00:28:21	00:03:03
25	3823	1012	Pedro Videira	-	SEN	Sporting Clube de Portugal	7	00:09:29	34	00:00:52	32	00:18:05	00:28:28	00:03:10
26	1104	1029	Joaquim Cerqueira	-	CAD	Alhandra Sporting Club	38	00:11:23	10	00:00:46	13	00:16:28	00:28:38	00:03:20
27	1045	1013	João Martins	-	CAD	CAPGE	28	00:10:29	33	00:00:52	24	00:17:30	00:28:52	00:03:34
28	1038	1026	João Viana	-	CAD	CCD / INTERMARCHÉ LAGOS	26	00:10:19	46	00:01:02	29	00:17:51	00:29:12	00:03:54
29	1208	1021	Diogo Frazão	-	CAD	FET-Fátima Escola de Triatlo	41	00:11:46	3	00:00:45	19	00:16:51	00:29:22	00:04:04
30	4711	1016	Marco Sousa	-	V1	Clube de Nataçã de Torres Novas	40	00:11:45	51	00:01:05	15	00:16:33	00:29:24	00:04:06
31	1035	1003	Bernardo Aguiar	-	CAD	Sport Lisboa e Benfica	23	00:10:14	17	00:00:48	37	00:18:46	00:29:49	00:04:31
32	2057	1012	Bernardo Guerra	-	S23	Sporting Clube de Portugal	30	00:10:59	28	00:00:50	34	00:18:17	00:30:07	00:04:50
33	4151	1018	António Calafate	-	V2	Núcleo do Sporting da Golegã	32	00:11:12	55	00:01:06	30	00:17:52	00:30:11	00:04:53
34	1016	1013	Diogo Peixinho	-	CAD	CAPGE	39	00:11:25	29	00:00:50	33	00:18:13	00:30:29	00:05:11
35	1519	1013	Filipe Marques	-	JUN	Associaçã Naval Amorense	19	00:10:11	21	00:00:49	50	00:19:58	00:30:58	00:05:41
36	2150	1004	João Canas	-	S23	Teleperformance - Os Belenenses	37	00:11:22	43	00:00:58	42	00:19:12	00:31:33	00:06:15
37	4786	1025	Rui Galinha	-	V1	Núcleo do Sporting da Golegã	59	00:13:04	44	00:00:59	26	00:17:38	00:31:42	00:06:25
38	1194	1024	André Lagarto	-	CAD	Escola Triatlo Santo António Évora	48	00:12:23	40	00:00:56	35	00:18:33	00:31:53	00:06:35
39	2033	1008	Gonçalo Marques	-	S23	Clube Olímpico de Oeiras	33	00:11:12	36	00:00:54	48	00:19:49	00:31:57	00:06:39
40	4844	1032	Nuno Prazeres	-	V3	Clube Millenniumbcp	45	00:12:14	63	00:01:15	36	00:18:36	00:32:06	00:06:48
41	1212	1016	Miguel Moreira	-	CAD	Clube de Nataçã de Torres Novas	43	00:11:53	32	00:00:51	46	00:19:29	00:32:13	00:06:56
42	1197	1020	Gonçalo Leite	-	CAD	Olivais e Moscavide	36	00:11:17	38	00:00:54	51	00:20:02	00:32:14	00:06:57
43	3428	1010	Diogo Moreira	-	SEN	Associaçã Académica de São Mamede	34	00:11:15	58	00:01:07	49	00:19:55	00:32:18	00:07:00
44	1624	1016	Pedro Pencas	-	JUN	Escola Triatlo Santo António Évora	55	00:12:51	8	00:00:46	40	00:19:05	00:32:42	00:07:24
45	3368	1010	Pedro Magalhães	-	SEN	Associaçã Académica de São Mamede	58	00:12:58	61	00:01:10	39	00:18:52	00:33:01	00:07:43
46	4562	1020	Luís Rosário	-	V2	Triatlo SUColareense	54	00:12:46	56	00:01:06	41	00:19:10	00:33:03	00:07:45
47	4644	1015	Luís Gonçalves	-	V1	Clube de Triatlo do Fundão	57	00:12:53	53	00:01:05	44	00:19:19	00:33:18	00:08:00
48	1528	1024	Rodrigo Esteves	-	JUN	Sporting Clube de Portugal	31	00:11:05	54	00:01:05	60	00:21:10	00:33:21	00:08:03
49	4317	1031	Pedro Gaspar	-	V3	Portugal Talentus	49	00:12:25	69	00:01:33	45	00:19:24	00:33:23	00:08:05

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Natação	750 mt	Transição:	0 mt	Corrida:	5.000 mt			

Ranking:	CN Individual	Hora de Partida:	16h44
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Transiç	P	Corrida	Total	Diff
50	1140	1023	Carlos Reis	-	CAD	FET-Fátima Escola de Triatlo	42	00:11:48	39	00:00:55	59	00:20:58	00:33:42	00:08:24
51	1188	1013	João Rebouta	-	CAD	Associação Naval Amorense	51	00:12:28	35	00:00:53	55	00:20:28	00:33:50	00:08:33
52	4121	1014	Paulo Codinha	-	V3	Triatlo Clube Tap	44	00:12:11	71	00:01:34	52	00:20:16	00:34:02	00:08:44
53	3221	1012	Diogo Rosa	-	SEN	Núcleo do Sporting da Golegã	52	00:12:30	50	00:01:05	56	00:20:33	00:34:09	00:08:52
54	4427	1031	Miguel David	-	V2	Individual	63	00:13:48	59	00:01:09	43	00:19:14	00:34:12	00:08:54
55	4060	1010	António Moura	-	V4	Peniche A. C.	47	00:12:23	64	00:01:15	57	00:20:40	00:34:18	00:09:01
56	4456	1018	Helder Moringa	-	V2	Ateneu Artístico Cartaxense	60	00:13:30	57	00:01:07	54	00:20:23	00:35:00	00:09:42
57	1209	1033	Ruben Venancio	-	CAD	GCA Donas - TRIATLO	35	00:11:16	42	00:00:57	67	00:22:58	00:35:12	00:09:54
58	3292	1033	Dário Palma	-	SEN	Individual	71	00:15:29	52	00:01:05	38	00:18:49	00:35:24	00:10:07
59	1175	1030	Rafael Travassos	-	CAD	Clube de Nataçã da Amadora	56	00:12:51	45	00:01:00	64	00:22:03	00:35:55	00:10:38
60	5335	1020	Rui de Oliveira	-	SEN	Triatlo SUColareense	46	00:12:17	60	00:01:09	65	00:22:39	00:36:06	00:10:49
61	1023	1025	Dinis Pedrosa	-	CAD	Clube de Nataçã de Rio Maior	50	00:12:26	41	00:00:56	66	00:22:48	00:36:11	00:10:53
62	4293	1017	miguel veler	-	V3	Câmara Lisboa Clube	68	00:15:04	66	00:01:23	47	00:19:48	00:36:16	00:10:58
63	4247	1002	Fernando Damas	-	V5	CCD / INTERMARCHÉ LAGOS	62	00:13:47	72	00:01:38	58	00:20:54	00:36:20	00:11:03
64	4470	1037	João Paulo Ferreira	-	V3	Paredes Aventura	67	00:14:28	70	00:01:33	62	00:21:12	00:37:13	00:11:56
65	4039	1014	José Varela	-	V4	Louletano	70	00:15:27	74	00:01:50	53	00:20:20	00:37:37	00:12:20
66	1189	1031	Joao Silva	-	CAD	Clube de Nataçã de Rio Maior	69	00:15:21	22	00:00:49	63	00:21:38	00:37:49	00:12:31
67	1199	1021	Tomás Cabral	-	CAD	FET-Fátima Escola de Triatlo	53	00:12:37	48	00:01:04	70	00:24:28	00:38:11	00:12:53
68	3436	1022	Nuno Domingos	-	SEN	Clube de Nataçã da Amadora	65	00:14:05	62	00:01:11	68	00:23:12	00:38:29	00:13:12
69	4453	1009	Carlos Barata Correia	-	V5	Clube de Triatlo de Almada	61	00:13:42	68	00:01:27	73	00:25:00	00:40:10	00:14:52
70	4215	1003	jose luis correia	-	V4	Associação Humanitária de Bombeiros	64	00:13:57	73	00:01:44	72	00:24:44	00:40:26	00:15:08
71	1520	1029	João Carinhas	-	JUN	Associação Naval Amorense	66	00:14:10	65	00:01:17	74	00:25:34	00:41:02	00:15:45
72	4341	1036	Luis Carvalho	-	V1	Lusitano	72	00:16:54	47	00:01:02	71	00:24:32	00:42:29	00:17:11
73	1145	1025	Abílio Dias	-	CAD	GCA Donas - TRIATLO	73	00:20:35	49	00:01:05	61	00:21:11	00:42:51	00:17:34
74	4977	1030	José Shirley Dias	-	V1	Individual	74	00:21:30	67	00:01:25	69	00:24:04	00:47:00	00:21:42
	1127	1015	Afonso Silva	DNF	CAD	Clube de Nataçã de Torres Novas		00:12:15		00:00:57				-
	1118	1015	Guilherme Pires	DNF	CAD	Clube de Triatlo do Fundão		00:09:33		00:00:55				-
	1142	1010	Tiago Fonseca	DNF	CAD	Clube Olímpico de Oeiras		00:10:16		00:00:45				-
	3327	1029	Bruno Fonseca	DNS	SEN	3B - Clube Triatlo de Benavente								-
	4193	1010	Luís Ferreira	DNS	V2	Associação Académica de São Mamede								-
	1508	1035	João Jorge	DNS	JUN	Associação Humanitária de Bombeiros								-
	1063	1037	Salvador Lopes	DNS	CAD	Associação Humanitária de Bombeiros								-
	4136	1018	Filipe Mendes	DNS	V1	Ateneu Artístico Cartaxense								-
	4793	1018	Paulo Silvestre	DNS	V1	Ateneu Artístico Cartaxense								-
	3043	1031	David Amaral	DNS	SEN	Clube de Nataçã da Amadora								-
	4296	1015	Gonçalo Neves	DNS	V2	Clube de Nataçã de Torres Novas								-
	3027	1008	Fábio Azinheirinha	DNS	SEN	Clube Olímpico de Oeiras								-
	1141	1008	Frederico Marques	DNS	CAD	Clube Olímpico de Oeiras								-
	4608	1029	Luis Duque	DNS	V3	GDR Manique de Cima								-
	4425	1005	Bruno Silva	DNS	V1	Individual								-
	4514	1030	Luís Silva	DNS	V1	Individual								-
	2079	1004	Gabriel Teixeira	DNS	S23	Teleperformance - Os Belenenses								-
	4086	1024	Miguel Rocha	DNS	V2	Teleperformance - Os Belenenses								-
	3663	1024	Tomé Vardasca	DNS	SEN	Teleperformance - Os Belenenses								-
	4197	1025	Carlos Iglésias	DNS	V2	Triatlo SUColareense								-
	4263	1025	Pedro Ribeiro	DNS	V2	Triatlo SUColareense								-