

Data:	11-02-2017	Hora:	15h30	Local:	Arronches							
Corrida1	5.000 mt	PT1:	0 mt	Ciclismo:	20.500 mt	PT2:	0 mt	Corrida2:	2.500 mt			

Ranking:	CN Clubes	Hora de Partida:	15h29
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
1	1532	1007	Tiago Pinto	-	JUN	Alhandra Sporting Club	6	00:16:26	7	00:00:35	13	00:32:09	5	00:00:32	5	00:07:58	00:57:42	
2	1205	1021	João Reis	-	CAD	FET-Fátima Escola de Triatlo	8	00:16:27	4	00:00:33	15	00:32:14	12	00:00:34	4	00:07:57	00:57:46	00:00:04
3	2114	1004	Hugo Silva Pereira	-	S23	Teleperformance - Os Belenenses	9	00:16:27	41	00:00:41	6	00:32:05	21	00:00:36	6	00:08:08	00:57:59	00:00:17
4	1541	1008	Francisco Luís	-	JUN	Ludens Machico/Máxima Dinâmica	2		2		2		2		2		00:58:01	00:00:19
5	1562	1015	Guilherme Pires	-	JUN	Clube de Triatlo do Fundão	13	00:16:28	21	00:00:38	9	00:32:08	23	00:00:36	8	00:08:15	00:58:07	00:00:25
6	2015	1011	Luis Lopes	-	S23	CNCVG	5	00:16:25	5	00:00:33	18	00:32:17	15	00:00:34	9	00:08:21	00:58:12	00:00:29
7	3400	1008	Marco Costa	-	SEN	Outsystems Olímpico de Oeiras	15	00:16:29	13	00:00:37	7	00:32:07	4	00:00:29	15	00:08:31	00:58:15	00:00:32
8	2050	1007	Miguel Fortunato	-	S23	Alhandra Sporting Club	14	00:16:29	8	00:00:35	10	00:32:08	9	00:00:33	18	00:08:33	00:58:19	00:00:37
9	2074	1007	Nuno Ribeiro	-	S23	Alhandra Sporting Club	7	00:16:27	38	00:00:41	11	00:32:08	43	00:00:39	16	00:08:31	00:58:28	00:00:46
10	1088	1016	José Pedro Vieira	-	CAD	Clube de Natação de Torres Novas	11	00:16:28	16	00:00:37	8	00:32:07	8	00:00:33	32	00:08:51	00:58:38	00:00:56
11	1549	1003	Bernardo Aguiar	-	JUN	Sport Lisboa e Benfica	10	00:16:28	27	00:00:39	5	00:32:03	51	00:00:40	36	00:08:52	00:58:45	00:01:02
12	1558	1003	Leonardo Aniceto	-	JUN	Sport Lisboa e Benfica	16	00:16:29	25	00:00:39	4	00:32:03	61	00:00:41	40	00:08:59	00:58:54	00:01:11
13	1165	1020	Alexandre Ribeiro	-	CAD	Rio Maior Triatlo	18	00:16:43	15	00:00:37	31	00:32:45	28	00:00:37	7	00:08:15	00:58:59	00:01:17
14	1086	1003	Afonso do Canto	-	CAD	Clube de Natação de Torres Novas	20	00:16:44	14	00:00:37	30	00:32:44	16	00:00:35	10	00:08:25	00:59:06	00:01:24
15	1178	1006	Diogo Gonçalves	-	CAD	Alhandra Sporting Club	21	00:16:49	22	00:00:38	25	00:32:38	13	00:00:34	11	00:08:28	00:59:09	00:01:27
16	2016	1006	Luís Ferreira	-	S23	Alhandra Sporting Club	28	00:17:07	10	00:00:35	19	00:32:22	14	00:00:34	22	00:08:41	00:59:21	00:01:38
17	3473	1029	Marco Miguel	-	SEN	CPA	4	00:16:23	6	00:00:34	32	00:33:10	77	00:00:44	12	00:08:30	00:59:22	00:01:40
18	3841	1039	João Bragadeste	-	SEN	CPA	24	00:16:50	95	00:00:48	22	00:32:32	88	00:00:45	13	00:08:30	00:59:27	00:01:45
19	3362	1008	Pedro Eloy	-	SEN	Outsystems Olímpico de Oeiras	25	00:16:51	28	00:00:39	26	00:32:39	49	00:00:40	23	00:08:41	00:59:32	00:01:49
20	3261	1005	Nuno Preciado	-	SEN	SFRAA TRIATLO	17	00:16:42	43	00:00:41	29	00:32:41	64	00:00:42	26	00:08:44	00:59:33	00:01:50
21	1155	1006	André Bôto	-	CAD	Alhandra Sporting Club	19	00:16:43	47	00:00:42	27	00:32:40	27	00:00:37	34	00:08:51	00:59:35	00:01:53
22	3344	1018	Nuno Carvalho	-	SEN	Outsystems Olímpico de Oeiras	26	00:16:52	75	00:00:45	21	00:32:31	125	00:00:53	19	00:08:33	00:59:35	00:01:53
23	3412	1004	Rui Dolores	-	SEN	AMICICLO GRÂNDOLA	29	00:17:07	12	00:00:37	20	00:32:22	38	00:00:39	33	00:08:51	00:59:38	00:01:55
24	3286	1031	João Fonte-Boa	-	SEN	Kainágua	27	00:16:54	39	00:00:41	23	00:32:33	130	00:00:56	17	00:08:32	00:59:39	00:01:56
25	3305	1015	Roger Vicente	-	SEN	GCA Donas - TRIATLO	23	00:16:50	20	00:00:38	28	00:32:40	80	00:00:44	28	00:08:47	00:59:40	00:01:58
26	4324	1018	Rui Narigueta	-	V1	Outsystems Olímpico de Oeiras	32	00:17:15	62	00:00:43	14	00:32:13	127	00:00:54	20	00:08:36	00:59:44	00:02:01
27	2040	1007	Afonso Garcia	-	S23	Outsystems Olímpico de Oeiras	31	00:17:15	71	00:00:44	12	00:32:08	92	00:00:45	35	00:08:52	00:59:46	00:02:04
28	3021	1031	Nelson Graça	-	SEN	Outsystems Olímpico de Oeiras	22	00:16:50	33	00:00:40	24	00:32:37	117	00:00:51	38	00:08:54	00:59:54	00:02:12
29	3761	1008	Bruno Freitas	-	SEN	Ludens Machico/Máxima Dinâmica	1		1		1		1		1		00:59:56	00:02:14

Data:	11-02-2017	Hora:	15h30	Local:	Arronches					
Corrida1	5.000 mt	PT1:	0 mt	Ciclismo:	20.500 mt	PT2:	0 mt	Corrida2:	2.500 mt	

Ranking:	CN Clubes	Hora de Partida:	15h29
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
30	4677	1018	Luís Cancela	-	V1	Núcleo do Sporting da Golegã	33	00:17:16	11	00:00:35	17	00:32:15	84	00:00:45	50	00:09:06	00:59:59	00:02:17
31	3407	1012	Bernard Lehmann	-	SEN	Outsystems Olímpico de Oeiras	34	00:17:16	31	00:00:40	16	00:32:14	97	00:00:46	49	00:09:06	01:00:03	00:02:21
32	3608	1013	Nuno Tinoco	-	SEN	A. R. Casaense	12	00:16:28	46	00:00:42	64	00:34:08	33	00:00:38	14	00:08:31	01:00:29	00:02:46
33	1581	1024	Antonio Barata	-	JUN	GCA Donas - TRIATLO	41	00:17:40	19	00:00:38	46	00:33:40	25	00:00:36	25	00:08:42	01:01:18	00:03:35
34	3482	1030	Tiago Dias	-	SEN	CNCVG	37	00:17:23	89	00:00:47	58	00:33:55	50	00:00:40	21	00:08:36	01:01:23	00:03:41
35	4773	1004	Rui Gonçalves	-	V1	AMICICLO GRÂNDOLA	39	00:17:36	96	00:00:48	43	00:33:38	60	00:00:41	24	00:08:42	01:01:28	00:03:46
36	1129	1013	Miguel Silva	-	CAD	CAPGE	48	00:17:48	85	00:00:46	33	00:33:27	19	00:00:35	30	00:08:50	01:01:28	00:03:46
37	3322	1013	António Fortuna	-	SEN	Teleperformance - Os Belenenses	35	00:17:19	40	00:00:41	60	00:33:58	17	00:00:35	44	00:09:01	01:01:37	00:03:54
38	3824	1030	João Rebelo	-	SEN	Lusitano	45	00:17:44	101	00:00:49	37	00:33:32	32	00:00:38	39	00:08:55	01:01:40	00:03:57
39	3905	1040	Pedro Trindade	-	SEN	AMICICLO GRÂNDOLA	40	00:17:37	109	00:00:51	35	00:33:31	62	00:00:42	42	00:09:00	01:01:42	00:04:00
40	3028	1018	Carlos Carvalho	-	SEN	Outsystems Olímpico de Oeiras	43	00:17:43	78	00:00:45	44	00:33:39	81	00:00:44	31	00:08:51	01:01:44	00:04:01
41	3105	1013	Joao Fragoso	-	SEN	Teleperformance - Os Belenenses	42	00:17:40	36	00:00:40	45	00:33:39	74	00:00:43	45	00:09:02	01:01:46	00:04:04
42	4471	1010	Rui Firmino	-	V1	SFRAA TRIATLO	44	00:17:44	86	00:00:46	38	00:33:33	68	00:00:42	43	00:09:00	01:01:47	00:04:05
43	1557	1008	Gonçalo Luís	-	JUN	Ludens Machico/Máxima Dinâmica	3		3		3		3		3		01:01:48	00:04:06
44	2099	1039	Pedro Urbano	-	S23	CNCVG	36	00:17:23	67	00:00:44	61	00:34:00	66	00:00:42	41	00:09:00	01:01:50	00:04:08
45	1204	1013	Diogo Ramos	-	CAD	Associação Naval Amorense	56	00:18:04	42	00:00:41	51	00:33:47	7	00:00:33	27	00:08:45	01:01:53	00:04:10
46	1184	1006	João Guerra	-	CAD	Alhandra Sporting Club	68	00:18:15	45	00:00:42	42	00:33:37	18	00:00:35	37	00:08:53	01:02:04	00:04:22
47	1099	1009	Pedro Sousa	-	CAD	Andorinha	65	00:18:14	59	00:00:43	49	00:33:41	48	00:00:40	29	00:08:48	01:02:08	00:04:25
48	1579	1008	Rodrigo Amoreira	-	JUN	GCA Donas - TRIATLO	49	00:17:53	17	00:00:38	34	00:33:28	44	00:00:40	68	00:09:31	01:02:12	00:04:30
49	1169	1004	Gonçalo Oliveira	-	CAD	Rio Maior Triatlo	72	00:18:21	35	00:00:40	36	00:33:32	20	00:00:35	47	00:09:05	01:02:16	00:04:33
50	1076	1006	Afonso Nunes	-	CAD	Alhandra Sporting Club	75	00:18:25	18	00:00:38	39	00:33:33	11	00:00:34	52	00:09:08	01:02:20	00:04:37
51	1510	1017	Miguel Baltazar	-	JUN	Kainágua	30	00:17:14	52	00:00:42	63	00:34:08	63	00:00:42	69	00:09:37	01:02:25	00:04:43
52	1506	1013	Filipe Santos	-	JUN	Associação Naval Amorense	57	00:18:04	24	00:00:39	55	00:33:53	31	00:00:38	54	00:09:11	01:02:27	00:04:45
53	3858	1039	João Rodrigues	-	SEN	A. R. Casaense	38	00:17:31	92	00:00:47	65	00:34:20	94	00:00:46	48	00:09:05	01:02:31	00:04:49
54	3230	1033	João Jesus	-	SEN	AMICICLO GRÂNDOLA	58	00:18:04	91	00:00:47	47	00:33:41	79	00:00:44	62	00:09:21	01:02:39	00:04:57
55	3346	1025	Roberto Parra Fernández	-	SEN	Núcleo do Sporting da Golegã	55	00:18:03	48	00:00:42	54	00:33:51	56	00:00:41	61	00:09:21	01:02:40	00:04:58
56	4786	1025	Rui Galinha	-	V2	Núcleo do Sporting da Golegã	64	00:18:12	87	00:00:46	41	00:33:36	78	00:00:44	65	00:09:27	01:02:48	00:05:05
57	4584	1017	António Ferreira	-	V3	Clube de Condeixa	53	00:18:01	108	00:00:51	50	00:33:45	65	00:00:42	64	00:09:27	01:02:48	00:05:06
58	4774	1004	Anibal Oliveira	-	V1	AMICICLO GRÂNDOLA	71	00:18:21	49	00:00:42	40	00:33:34	95	00:00:46	71	00:09:38	01:03:03	00:05:21

Data:	11-02-2017	Hora:	15h30	Local:	Arronches					
Corrida1	5.000 mt	PT1:	0 mt	Ciclismo:	20.500 mt	PT2:	0 mt	Corrida2:	2.500 mt	

Ranking:	CN Clubes	Hora de Partida:	15h29
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
59	1164	1024	Xavier Adrião	-	CAD	Rio Maior Triatlo	79	00:18:37	80	00:00:46	57	00:33:55	26	00:00:37	55	00:09:13	01:03:08	00:05:26
60	3884	1040	Rui Fonte-Boa	-	SEN	Kaináguas	59	00:18:09	29	00:00:40	52	00:33:49	99	00:00:46	87	00:09:54	01:03:20	00:05:38
61	3856	1039	Igor Castro	-	SEN	A. R. Casaense	47	00:17:47	30	00:00:40	68	00:34:54	71	00:00:43	59	00:09:19	01:03:24	00:05:42
62	3904	1040	Ruben Fonseca	-	SEN	AMICICLO GRÂNDOLA	66	00:18:14	32	00:00:40	48	00:33:41	113	00:00:50	89	00:09:58	01:03:25	00:05:43
63	3928	1042	Fernando Santos	-	SEN	Clube de Condeixa	51	00:18:00	122	00:00:59	66	00:34:21	124	00:00:53	60	00:09:21	01:03:35	00:05:53
64	1136	1004	Rodrigo Pereira	-	CAD	Teleperformance - Os Belenenses	46	00:17:45	26	00:00:39	72	00:35:05	58	00:00:41	70	00:09:38	01:03:50	00:06:08
65	4482	1021	Arlindo Brás	-	V2	Clube Triatlo de Abrantes	67	00:18:15	123	00:00:59	69	00:34:57	82	00:00:45	53	00:09:11	01:04:08	00:06:26
66	1190	1025	João Campos	-	CAD	Rio Maior Triatlo	83	00:18:44	34	00:00:40	53	00:33:51	47	00:00:40	109	00:10:19	01:04:16	00:06:34
67	3815	1022	Ricardo Rosado	-	SEN	Núcleo do Sporting da Golegã	50	00:17:54	51	00:00:42	67	00:34:50	85	00:00:45	96	00:10:05	01:04:19	00:06:36
68	1217	1021	Alexandre Coimbra	-	CAD	Núcleo do Sporting da Golegã	84	00:18:45	54	00:00:42	59	00:33:56	69	00:00:43	104	00:10:13	01:04:20	00:06:38
69	4105	1010	Mario Pires	-	V1	Teleperformance - Os Belenenses	77	00:18:30	104	00:00:49	62	00:34:04	86	00:00:45	107	00:10:14	01:04:25	00:06:43
70	3161	1010	Miguel Furtado	-	SEN	SFRAA TRIATLO	80	00:18:37	64	00:00:43	76	00:35:31	76	00:00:43	56	00:09:13	01:04:50	00:07:07
71	1631	1020	Samuel Agostinho	-	JUN	Outsystems Olímpico de Oeiras	82	00:18:40	44	00:00:41	56	00:33:53	112	00:00:50	127	00:10:56	01:05:02	00:07:20
72	1585	1012	Francisco Henriques	-	JUN	Sporting Clube de Portugal	91	00:18:59	23	00:00:39	70	00:35:00	37	00:00:39	78	00:09:46	01:05:04	00:07:22
73	4151	1018	António Calafate	-	V3	Núcleo do Sporting da Golegã	87	00:18:54	53	00:00:42	71	00:35:00	119	00:00:52	75	00:09:42	01:05:11	00:07:29
74	3122	1032	Pedro Fernandes	-	SEN	Lusitano	63	00:18:11	72	00:00:44	96	00:36:30	52	00:00:41	51	00:09:07	01:05:16	00:07:34
75	5928		Deogracias Núñez	-	SEN	A.D. Triathlon Pacense	69	00:18:19	112	00:00:52	88	00:36:06	121	00:00:52	57	00:09:16	01:05:27	00:07:44
76	1594	1021	Dinis Andrade	-	JUN	ASSOCIAÇÃO LINCE TRIATHLON	73	00:18:24	107	00:00:50	83	00:35:48	102	00:00:48	72	00:09:39	01:05:31	00:07:48
77	1007	1037	João Chagas	-	CAD	Lusitano FC / Frusol	76	00:18:25	57	00:00:42	81	00:35:45	59	00:00:41	94	00:10:04	01:05:41	00:07:58
78	1138	1024	Guilherme Henriques	-	CAD	Clube Triatlo de Abrantes	70	00:18:20	125	00:00:59	95	00:36:30	22	00:00:36	63	00:09:26	01:05:53	00:08:10
79	2102	1024	Ricardo Sousa	-	S23	GCA Donas - TRIATLO	60	00:18:09	74	00:00:45	105	00:37:19	35	00:00:38	46	00:09:04	01:05:58	00:08:16
80	3029	1022	Sérgio Fajardo	-	SEN	Lusitano	86	00:18:54	93	00:00:48	85	00:36:01	29	00:00:38	73	00:09:39	01:06:01	00:08:19
81	1519	1013	Filipe Marques	-	JUN	Associação Naval Amorense	102	00:19:26	106	00:00:50	75	00:35:31	36	00:00:39	84	00:09:49	01:06:17	00:08:34
82	1212	1016	Miguel Moreira	-	CAD	Clube de Natação de Torres Novas	101	00:19:25	99	00:00:49	86	00:36:02	57	00:00:41	66	00:09:28	01:06:27	00:08:45
83	4515	1008	Luis Almeida	-	V2	Outsystems Olímpico de Oeiras	85	00:18:53	9	00:00:35	99	00:36:43	6	00:00:33	82	00:09:48	01:06:34	00:08:52
84	1137	1017	Leonardo Magrinho	-	CAD	Clube 4 Estilos	52	00:18:01	60	00:00:43	114	00:37:58	24	00:00:36	58	00:09:17	01:06:37	00:08:55
85	5803		Álvaro Labrador	-	S23	A.D. Triathlon Pacense	78	00:18:36	94	00:00:48	102	00:37:03	54	00:00:41	67	00:09:31	01:06:40	00:08:58
86	1627	1004	Pedro Carlos	-	JUN	SFRAA TRIATLO	88	00:18:55	81	00:00:46	98	00:36:34	40	00:00:39	81	00:09:47	01:06:43	00:09:01
87	4015	1004	Miguel Garcia	-	V1	AMICICLO GRÂNDOLA	97	00:19:19	115	00:00:52	74	00:35:31	111	00:00:50	103	00:10:12	01:06:46	00:09:03

Data:	11-02-2017	Hora:	15h30	Local:	Arronches						
Corrida1	5.000 mt	PT1:	0 mt	Ciclismo:	20.500 mt	PT2:	0 mt	Corrida2:	2.500 mt		
Ranking:	CN Clubes			Hora de Partida:	15h29						

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
88	2129	1017	Rodrigo Ladeira	-	S23	Clube 4 Estilos	74	00:18:24	116	00:00:52	94	00:36:27	45	00:00:40	115	00:10:26	01:06:51	00:09:09
89	1051	1006	Daniel Borda d Água	-	CAD	Alhandra Sporting Club	94	00:19:11	70	00:00:44	91	00:36:21	42	00:00:39	95	00:10:05	01:07:02	00:09:20
90	3845	1039	Alcides Canivete	-	SEN	CPA	95	00:19:12	135	00:01:09	84	00:35:57	100	00:00:47	93	00:10:04	01:07:10	00:09:28
91	4017	1006	J.P. Fulgêncio	-	V1	Teleperformance - Os Belenenses	107	00:19:38	119	00:00:55	80	00:35:40	83	00:00:45	101	00:10:12	01:07:11	00:09:29
92	1187	1010	Pedro Matos	-	CAD	Sporting Clube de Portugal	105	00:19:29	77	00:00:45	87	00:36:03	53	00:00:41	105	00:10:13	01:07:13	00:09:31
93	3231	1028	João Pires	-	SEN	Clube Triatlo de Abrantes	100	00:19:24	126	00:00:59	82	00:35:48	108	00:00:49	102	00:10:12	01:07:14	00:09:32
94	5940		Jaime Paulino Asensio	-	JUN	A.D. Triatlon Pacense	104	00:19:28	127	00:01:00	73	00:35:16	91	00:00:45	123	00:10:48	01:07:20	00:09:37
95	3932	1042	Rui Pires	-	SEN	FET-Fátima Escola de Triatlo	96	00:19:14	124	00:00:59	89	00:36:11	134	00:01:00	88	00:09:55	01:07:20	00:09:38
96	1098	1040	Diogo Pereira	-	CAD	Clube Triatlo de Abrantes	126	00:20:39	88	00:00:46	77	00:35:32	41	00:00:39	83	00:09:48	01:07:27	00:09:45
97	3872	1040	Luís Mealha Martins	-	SEN	SFRAA TRIATLO	81	00:18:37	69	00:00:44	108	00:37:30	106	00:00:48	91	00:09:59	01:07:40	00:09:58
98	1152	1033	Luís Gomes	-	CAD	Clube de Natação da Amadora	54	00:18:03	73	00:00:44	117	00:38:19	123	00:00:52	74	00:09:41	01:07:40	00:09:58
99	1578	1030	Rafael Travassos	-	JUN	Clube de Natação da Amadora	61	00:18:09	90	00:00:47	115	00:38:06	128	00:00:55	76	00:09:42	01:07:40	00:09:58
100	1002	1031	Miguel Santos	-	CAD	Sporting Clube de Portugal	93	00:19:09	50	00:00:42	100	00:36:57	109	00:00:49	113	00:10:26	01:08:05	00:10:22
101	1182	1022	Rafael Mendes	-	CAD	CNCVG	92	00:19:00	82	00:00:46	107	00:37:28	131	00:00:56	90	00:09:58	01:08:11	00:10:28
102	1633	1003	João Teodoro Lopes	-	JUN	Clube Triatlo de Abrantes	89	00:18:57	58	00:00:43	104	00:37:16	55	00:00:41	119	00:10:40	01:08:17	00:10:35
103	4230	1018	Rui Baptista	-	V1	Clube de Condeixa	103	00:19:28	140	00:01:14	97	00:36:31	105	00:00:48	110	00:10:22	01:08:25	00:10:42
104	4458	1042	Joaquim Almeida	-	V1	Clube 4 Estilos	99	00:19:23	37	00:00:41	112	00:37:47	75	00:00:43	85	00:09:50	01:08:26	00:10:44
105	5945		Oscar Minguez	-	SEN	A.D. Triatlon Pacense	106	00:19:37	121	00:00:58	93	00:36:22	132	00:00:57	124	00:10:51	01:08:46	00:11:04
106	3264	1031	Manuel Eliseu	-	SEN	Kainágua	98	00:19:20	110	00:00:51	110	00:37:43	116	00:00:51	92	00:10:01	01:08:49	00:11:06
107	4225	1026	José Amora	-	V2	Núcleo do Sporting da Golegã	115	00:20:04	141	00:01:15	78	00:35:38	140	00:01:08	122	00:10:47	01:08:54	00:11:12
108	4776	1024	Angelo Quelhas	-	V2	Clube de Triatlo do Fundão	121	00:20:23	105	00:00:50	79	00:35:40	110	00:00:49	132	00:11:11	01:08:55	00:11:12
109	1156	1033	Gonçalo Pagou	-	CAD	Clube de Natação da Amadora	112	00:19:59	56	00:00:42	103	00:37:11	39	00:00:39	112	00:10:26	01:08:59	00:11:17
110	1133	1041	Gonçalo Pedro	-	CAD	Clube Triatlo de Abrantes	90	00:18:58	103	00:00:49	119	00:38:49	118	00:00:52	79	00:09:46	01:09:15	00:11:33
111	4850	1032	Pedro Mota	-	V1	CAPGE	117	00:20:09	117	00:00:53	111	00:37:47	87	00:00:45	97	00:10:10	01:09:46	00:12:03
112	5322	1006	João Bonito	-	V1	Alhandra Sporting Club	131	00:21:21	132	00:01:05	92	00:36:22	115	00:00:51	114	00:10:26	01:10:07	00:12:25
113	3740	1015	Francisco Gaspar	-	SEN	AMCR Fonte Grada	134	00:21:36	102	00:00:49	90	00:36:18	103	00:00:48	121	00:10:44	01:10:16	00:12:34
114	4662	1031	José Pernas	-	V3	Kainágua	111	00:19:58	139	00:01:13	109	00:37:35	139	00:01:05	111	00:10:25	01:10:18	00:12:36
115	1079	1012	André Lopes	-	CAD	Associação Naval Amorense	122	00:20:25	63	00:00:43	113	00:37:57	34	00:00:38	118	00:10:36	01:10:21	00:12:38
116	5323	1021	Duarte Santos	-	JUN	FET-Fátima Escola de Triatlo	110	00:19:48	98	00:00:49	116	00:38:09	89	00:00:45	126	00:10:54	01:10:27	00:12:44

Data:	11-02-2017	Hora:	15h30	Local:	Arronches					
Corrida1	5.000 mt	PT1:	0 mt	Ciclismo:	20.500 mt	PT2:	0 mt	Corrida2:	2.500 mt	

Ranking:	CN Clubes	Hora de Partida:	15h29
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
117	1189	1031	Joao Silva	-	CAD	Rio Maior Triatlo	120	00:20:21	83	00:00:46	118	00:38:33	10	00:00:34	99	00:10:11	01:10:27	00:12:44
118	4521	1015	Rogério Pires	-	V2	Clube de Triatlo do Fundão	123	00:20:36	65	00:00:43	106	00:37:22	98	00:00:46	133	00:11:11	01:10:41	00:12:59
119	4577	1030	Rui Pedro Costa	-	V1	Kainágua	128	00:20:39	133	00:01:08	101	00:37:00	137	00:01:04	130	00:11:00	01:10:54	00:13:11
120	3476	1001	Gonçalo Vieira	-	SEN	CAPGE	109	00:19:48	111	00:00:52	124	00:39:38	104	00:00:48	86	00:09:51	01:10:59	00:13:17
121	1085	1037	Filipe Marques	-	CAD	Alhandra Sporting Club	62	00:18:10	61	00:00:43	133	00:42:23	114	00:00:51	106	00:10:14	01:12:22	00:14:40
122	4898	1034	Abel Flores	-	V4	Individual	118	00:20:11	68	00:00:44	129	00:40:59	96	00:00:46	100	00:10:12	01:12:53	00:15:11
123	3936	1042	Ruben Matos	-	SEN	Clube Triatlo de Abrantes	116	00:20:05	128	00:01:00	128	00:40:28	70	00:00:43	129	00:10:59	01:13:17	00:15:35
124	1081	1013	Cristiano José	-	CAD	Associação Naval Amorense	130	00:20:58	55	00:00:42	125	00:39:55	90	00:00:45	135	00:11:16	01:13:38	00:15:56
125	4360	1011	Helder Lopes	-	V2	CNCVG	135	00:21:37	76	00:00:45	123	00:39:35	126	00:00:54	125	00:10:53	01:13:45	00:16:03
126	2032	1026	João Marques	-	S23	Clube de Natação da Amadora	127	00:20:39	66	00:00:44	130	00:41:01	46	00:00:40	120	00:10:40	01:13:46	00:16:04
127	4678	1020	José Massaça	-	V2	Clube Oriental de Lisboa	132	00:21:30	145	00:01:21	121	00:39:14	148	00:01:38	116	00:10:34	01:14:19	00:16:37
128	4403	1017	Paulo Santos	-	V3	Clube Oriental de Lisboa	133	00:21:30	146	00:01:24	120	00:39:13	147	00:01:36	117	00:10:34	01:14:19	00:16:37
129	1116	1021	Antonio Frazão	-	CAD	FET-Fátima Escola de Triatlo	119	00:20:15	113	00:00:52	136	00:43:03	73	00:00:43	77	00:09:45	01:14:40	00:16:58
130	3780	1038	Joao Fernandes	-	SEN	Clube de Triatlo do Fundão	124	00:20:37	144	00:01:20	131	00:41:32	145	00:01:25	80	00:09:47	01:14:42	00:17:00
131	1564	1025	Dinis Pedrosa	-	JUN	Rio Maior Triatlo	137	00:21:45	79	00:00:45	122	00:39:30	72	00:00:43	144	00:12:02	01:14:47	00:17:04
132	4501	1025	João Laranjo	-	V2	Clube 4 Estilos	113	00:20:02	129	00:01:03	134	00:42:24	133	00:01:00	134	00:11:15	01:15:46	00:18:04
133	4999	1040	Rui Félix	-	V1	Kainágua	141	00:22:06	143	00:01:17	126	00:40:02	107	00:00:49	142	00:11:54	01:16:10	00:18:28
134	4972	1039	João Albuquerque	-	V3	Clube 4 Estilos	142	00:22:18	130	00:01:04	127	00:40:04	135	00:01:01	143	00:11:56	01:16:26	00:18:44
135	5938		Francisco Javier Moro	-	SEN	A.D. Triathlon Pacense	125	00:20:37	137	00:01:10	138	00:44:02	141	00:01:12	98	00:10:11	01:17:14	00:19:32
136	1583	1033	Ruben Venancio	-	JUN	GCA Donas - TRIATLO	139	00:21:50	131	00:01:05	137	00:43:05	67	00:00:42	128	00:10:56	01:17:40	00:19:58
137	1537	1037	Paulo Rebelo	-	JUN	Lusitano	136	00:21:38	118	00:00:54	135	00:42:41	93	00:00:46	141	00:11:53	01:17:53	00:20:11
138	1044	1021	Francisco Machado	-	CAD	FET-Fátima Escola de Triatlo	138	00:21:50	114	00:00:52	132	00:41:32	146	00:01:28	145	00:12:58	01:18:41	00:20:59
139	3795	1006	Luis Merca	-	SEN	CPA	108	00:19:39	97	00:00:48	147	00:48:02	143	00:01:19	108	00:10:19	01:20:09	00:22:26
140	1094	1030	Rodrigo Cunha	-	CAD	Lusitano	140	00:21:51	120	00:00:58	141	00:44:59	122	00:00:52	138	00:11:39	01:20:20	00:22:38
141	4957	1039	Luis Trigo	-	V3	Lusitano	129	00:20:47	147	00:01:29	140	00:44:41	149	00:01:41	140	00:11:41	01:20:20	00:22:38
142	1082	1031	Gonçalo Rodrigues Sargo	-	CAD	Associação Naval Amorense	114	00:20:03	100	00:00:49	144	00:47:34	120	00:00:52	137	00:11:24	01:20:43	00:23:01
143	1143	1021	André Matos	-	CAD	Clube Triatlo de Abrantes	146	00:23:50	134	00:01:08	139	00:44:30	101	00:00:47	139	00:11:40	01:21:57	00:24:15
144	1057	1036	Pedro Batista Rosa	-	CAD	Clube Triatlo de Abrantes	144	00:22:45	136	00:01:09	143	00:46:19	138	00:01:05	131	00:11:10	01:22:30	00:24:47
145	1150	1041	Filipe Matos	-	CAD	Clube Triatlo de Abrantes	143	00:22:45	149	00:01:37	142	00:45:12	129	00:00:55	146	00:13:37	01:24:08	00:26:25

Data:	11-02-2017	Hora:	15h30	Local:	Arronches					
Corrida1	5.000 mt	PT1:	0 mt	Ciclismo:	20.500 mt	PT2:	0 mt	Corrida2:	2.500 mt	

Ranking:	CN Clubes	Hora de Partida:	15h29
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
146	5839		Isidoro Gamero	-	CAD	A.D. Triatlon Pacense	145	00:23:25	84	00:00:46	148	00:50:55	30	00:00:38	136	00:11:19	01:27:05	00:29:23
147	4890	1033	Augusto Pires	-	V3	Clube Oriental de Lisboa	147	00:25:32	142	00:01:16	145	00:47:35	142	00:01:15	148	00:13:58	01:29:38	00:31:56
148	4088	1035	Mário Santana	-	V5	AMICICLO GRÂNDOLA	148	00:27:10	148	00:01:35	146	00:47:40	144	00:01:20	147	00:13:42	01:31:30	00:33:47
149	3483	1030	Ricardo Cabouco	-	SEN	Clube de Natação da Amadora	149	00:28:48	138	00:01:12	149	00:53:09	136	00:01:01	149	00:15:24	01:39:36	00:41:54
	1170	1025	João Pedro Almeida	DNF	CAD	GCA Donas - TRIATLO		00:19:36		00:00:54								-
	1166	1025	Diogo Serralheiro	DNF	CAD	Rio Maior Triatlo		00:19:46		00:00:43								-
	1001	1007	João Protásio	DNF	CAD	Sport Lisboa e Benfica		00:17:05		00:00:38		00:37:22		00:00:40				-
	5931		Enrique Rufo Rodriguez	DNS	JUN	A.D. Triatlon Pacense												-
	5941		José Luís Alcantara	DNS	V1	A.D. Triatlon Pacense												-
	5942		Juan Fernando Rueda	DNS	SEN	A.D. Triatlon Pacense												-
	5946		Pablo Mateos	DNS	SEN	A.D. Triatlon Pacense												-
	1586	1029	Joaquim Cerqueira	DNS	JUN	Alhandra Sporting Club												-
	1084	1013	Tiago Henriques	DNS	CAD	Associação Naval Amorense												-
	3926	1042	Valter Realista	DNS	SEN	C. D. R. R. Baixa da Banheira												-
	5947		Álvaro Gañán	DNS	SEN	Club Natacion Badajoz												-
	5949		Francisco Javier Gañán	DNS	V1	Club Triatlón Pacense												-
	4901	1017	José Mercês	DNS	V1	Clube 4 Estilos												-
	3474	1017	Pedro Nascimento	DNS	SEN	Clube 4 Estilos												-
	1215	1016	Ricardo Batista	DNS	CAD	Clube de Natação de Torres Novas												-
	4260	1031	Ricardo Santos	DNS	V1	Clube Oriental de Lisboa												-
	4406	1022	Pedro Basílio	DNS	V2	Clube Triatlo de Abrantes												-
	1194	1024	André Lagarto	DNS	CAD	Escola Triatlo Santo António Évora												-
	1193	1030	Marco Calado	DNS	CAD	Escola Triatlo Santo António Évora												-
	1161	1034	Daniel Serodio	DNS	CAD	GCA Donas - TRIATLO												-
	3882	1036	Nuno Pereira	DNS	SEN	GCA Donas - TRIATLO												-
	3773	1038	Adriano Luz Domingos	DNS	SEN	REPSOL TRIATLO												-
	4166	1020	Martino Montez	DNS	V2	Rio Maior Triatlo												-
	3893	1002	Sidney Rodriguez	DNS	SEN	Teleperformance - Os Belenenses												-
	1157	1031	Hugo Figueiredo	DNS	CAD	Triatlo SUColarese												-

Data:	11-02-2017	Hora:	15h30	Local:	Arronches					
Corrida1	5.000 mt	PT1:	0 mt	Ciclismo:	20.500 mt	PT2:	0 mt	Corrida2:	2.500 mt	

Ranking:	CN Clubes	Hora de Partida:	15h29
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Corrida	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
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