

Data:	18-03-2017	Hora:	15h15	Local:	Castro Marim			
Natação	750 mt	Ciclismo:	19.100 mt	Corrida:	5.000 mt			

Ranking:	Taça Portugal	Hora de Partida:	15h16
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
1	2012	1007	Melanie Santos	-	S23	Sport Lisboa e Benfica	3	00:11:51	2	00:32:28	1	00:17:49	01:02:09	
2	5218		Hannah Kitchen	-	SEN	Individual	2	00:11:46	3	00:32:34	3	00:18:14	01:02:35	00:00:26
3	1179	1006	Gabriela Ribeiro	-	CAD	Alhandra Sporting Club	4	00:11:51	1	00:32:28	5	00:19:08	01:03:28	00:01:19
4	2160	1003	Helena Paula Carvalho	-	S23	Sporting Clube de Portugal	1	00:11:43	4	00:32:36	7	00:19:23	01:03:42	00:01:33
5	5259		Magdalena Mielnik	-	SEN	Individual	6	00:12:10	6	00:33:22	4	00:18:55	01:04:28	00:02:19
6	1069	1009	Mariana Vargem	-	CAD	Ludens Machico/Máxima Dinâmica	17	00:12:56	9	00:33:57	2	00:17:58	01:04:52	00:02:43
7	2173	1013	Ana Ramos	-	S23	Outsystems Olímpico de Oeiras	7	00:12:18	5	00:33:18	9	00:19:32	01:05:08	00:02:59
8	3768	1012	Liliana Alexandre	-	SEN	Sporting Clube de Portugal	5	00:11:53	8	00:33:50	12	00:19:48	01:05:32	00:03:23
9	3959	1034	Kim Mangrobang	-	SEN	Rio Maior Triatlo	12	00:12:51	12	00:34:12	6	00:19:18	01:06:22	00:04:13
10	3475	1006	Ana Filipa Ferreira	-	SEN	Alhandra Sporting Club	11	00:12:47	14	00:34:21	11	00:19:47	01:06:55	00:04:46
11	1210	1016	Joana Miranda	-	CAD	Clube de Nataçã de Torres Novas	8	00:12:20	7	00:33:23	24	00:21:19	01:07:03	00:04:54
12	1512	1006	Inês Pereira	-	JUN	Alhandra Sporting Club	10	00:12:44	13	00:34:14	15	00:20:44	01:07:44	00:05:35
13	3392	1012	Katarina Larsson	-	SEN	Sporting Clube de Portugal	20	00:13:17	15	00:34:39	13	00:19:51	01:07:48	00:05:39
14	1058	1004	Lúcia Vera Cruz	-	CAD	Sporting Clube de Portugal	13	00:12:52	11	00:34:10	17	00:20:50	01:07:53	00:05:44
15	3967	1043	Raquel Rocha	-	SEN	CNATRIL Triatlo	9	00:12:24	16	00:34:50	20	00:20:55	01:08:11	00:06:01
16	1550	1017	Rita Fardilha	-	JUN	Outsystems Olímpico de Oeiras	18	00:12:57	10	00:34:04	32	00:22:06	01:09:08	00:06:59
17	3721	1006	Ana Filipa Sampaio	-	SEN	Alhandra Sporting Club	15	00:12:54	21	00:35:44	23	00:21:09	01:09:48	00:07:39
18	2077	1012	Ana Casteleiro	-	S23	Sporting Clube de Portugal	16	00:12:56	19	00:35:41	29	00:21:44	01:10:21	00:08:12
19	1556	1004	Mónica Vera Cruz	-	JUN	Sporting Clube de Portugal	14	00:12:53	20	00:35:42	31	00:22:00	01:10:35	00:08:26
20	3033	1026	Joana Fortuna	-	SEN	Teleperformance - Os Belenenses	29	00:14:59	17	00:35:21	18	00:20:51	01:11:11	00:09:02
21	1101	1011	Margarida Lopes	-	CAD	CNCVG	24	00:13:51	30	00:36:31	25	00:21:24	01:11:46	00:09:37
22	3806	1019	Liliana Verissimo	-	SEN	Núcleo do Sporting da Golegã	35	00:15:52	32	00:36:34	8	00:19:29	01:11:55	00:09:46
23	1183	1011	Raquel Dias	-	CAD	CNCVG	27	00:14:23	26	00:36:05	26	00:21:31	01:11:59	00:09:50
24	1509	1004	Sara Ganchas	-	JUN	Teleperformance - Os Belenenses	32	00:15:17	37	00:37:07	10	00:19:46	01:12:11	00:10:02
25	1097	1003	Maria Tomé	-	CAD	LXTRIATHLON	25	00:13:56	33	00:36:34	28	00:21:43	01:12:13	00:10:04
26	1539	1026	Pauline VIE	-	JUN	Alhandra Sporting Club	34	00:15:47	25	00:36:00	16	00:20:50	01:12:37	00:10:28
27	2062	1012	Tamára Branco	-	S23	Sporting Clube de Portugal	30	00:15:00	18	00:35:35	33	00:22:11	01:12:48	00:10:39
28	3539	1035	Marina Zaborskaya	-	SEN	Fc Ferreiras	26	00:13:57	35	00:36:47	34	00:22:17	01:13:02	00:10:53
29	3486	1030	Margarida de Almeida	-	SEN	Associação Humanitária de Bombeiros	37	00:16:23	24	00:35:55	21	00:20:55	01:13:14	00:11:05
30	3748	1036	Tuxa Negri	-	SEN	CNATRIL Triatlo	31	00:15:03	39	00:37:24	19	00:20:54	01:13:22	00:11:13
31	3536	1035	Sara Gomes da Silva	-	SEN	Grupo Desportivo Estoril Praia	40	00:16:29	28	00:36:14	14	00:20:39	01:13:22	00:11:13
32	3584	1035	Rita Ribeiro	-	SEN	Clube Nataçã do Cartaxo	43	00:16:37	22	00:35:45	27	00:21:34	01:13:57	00:11:48
33	1525	1032	Mariana Talhinhos	-	JUN	Sporting Clube de Portugal	33	00:15:43	34	00:36:36	30	00:21:50	01:14:10	00:12:01
34	1554	1004	Teresa Raposo	-	JUN	Outsystems Olímpico de Oeiras	19	00:13:11	38	00:37:21	39	00:23:52	01:14:25	00:12:16
35	1211	1016	Mariana Correia	-	CAD	Clube de Nataçã de Torres Novas	23	00:13:50	29	00:36:31	46	00:24:17	01:14:39	00:12:30
36	1077	1007	Sara Bonito	-	CAD	Alhandra Sporting Club	21	00:13:37	36	00:36:48	47	00:24:39	01:15:04	00:12:55
37	4110	1009	Filipa Oliveira	-	V2	Teleperformance - Os Belenenses	36	00:15:55	31	00:36:32	35	00:23:08	01:15:36	00:13:27
38	2037	1031	Catarina Rodrigues	-	S23	Rio Maior Triatlo	42	00:16:36	23	00:35:53	43	00:24:04	01:16:34	00:14:25
39	4362	1012	Ana Lopes	-	V1	Sporting Clube de Portugal	41	00:16:30	27	00:36:13	44	00:24:04	01:16:48	00:14:39
40	1620	1030	Rute Leonardo	-	JUN	Clube Triatlo de Abrantes	22	00:13:47	41	00:38:30	51	00:25:15	01:17:34	00:15:25
41	5272		blanca rodriguez leon	-	CAD	X Não Federado	28	00:14:32	47	00:39:54	42	00:24:02	01:18:28	00:16:19
42	4399	1027	Maria Fernanda Fernández	-	V1	Núcleo do Sporting da Golegã	49	00:20:08	43	00:38:59	22	00:21:04	01:20:12	00:18:02
43	1119	1021	Carolina Santos	-	CAD	FET-Fátima Escola de Triatlo	39	00:16:25	45	00:39:28	50	00:25:07	01:21:00	00:18:51
44	3091	1004	Cristina Pereira	-	SEN	PORTINADO	48	00:18:31	44	00:39:06	36	00:23:33	01:21:12	00:19:03
45	4383	1003	Helena Moura	-	V3	Sporting Clube de Portugal	45	00:16:58	46	00:39:29	48	00:24:48	01:21:16	00:19:07
46	1005	1007	Bárbara Galinha	-	CAD	Núcleo do Sporting da Golegã	38	00:16:24	48	00:39:57	54	00:26:17	01:22:39	00:20:30
47	3982	1023	Margarida Beato	-	SEN	CNCVG	46	00:17:00	53	00:42:07	40	00:23:56	01:23:04	00:20:55
48	4932	1035	Vanda Munhoz	-	V1	Lusitano FC / Frusool	53	00:21:21	40	00:37:50	45	00:24:08	01:23:20	00:21:11
49	4809	1032	Cláudia Ferreira	-	V2	Lusitano FC / Frusool	44	00:16:57	49	00:40:41	53	00:26:07	01:23:46	00:21:37

Data:	18-03-2017	Hora:	15h15	Local:	Castro Marim			
Natação	750 mt	Ciclismo:	19.100 mt	Corrida:	5.000 mt			

Ranking:	Taça Portugal	Hora de Partida:	15h16
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Ciclism	P	Corrida	Total	Diff
50	3007	1031	Ana Águeda	-	SEN	Lusitano FC / Frusoal	51	00:20:24	42	00:38:48	49	00:24:49	01:24:03	00:21:54
51	1008	1042	Marta Ferreira Santos	-	CAD	Lusitano FC / Frusoal	47	00:17:01	55	00:42:25	52	00:25:39	01:25:06	00:22:57
52	3638	1037	Cinara Martins	-	SEN	PORTINADO	54	00:21:22	51	00:41:48	37	00:23:39	01:26:49	00:24:40
53	4933	1039	Carla Mourão	-	V2	Lusitano FC / Frusoal	57	00:22:15	50	00:41:15	41	00:23:59	01:27:30	00:25:21
54	4558	1015	Maria João Rico	-	V2	Clube de Triatlo do Fundão	58	00:22:24	56	00:42:30	38	00:23:45	01:28:40	00:26:31
55	3973	1043	Daniela Silva	-	SEN	PORTINADO	52	00:21:10	54	00:42:16	56	00:27:13	01:30:39	00:28:30
56	3834	1003	Sofia Gregorio Lopes	-	SEN	Associação Humanitária de Bombeiros	56	00:21:45	52	00:41:49	57	00:27:30	01:31:05	00:28:56
57	3567	1023	Rita Amaro	-	SEN	Clube de Nataçã de Torres Novas	59	00:24:28	57	00:44:58	55	00:26:25	01:35:52	00:33:43
58	4834	1032	Wanda Giao	-	V4	PORTINADO	50	00:20:09	59	00:49:52	58	00:30:26	01:40:28	00:38:19
59	4720	1023	Claudia Pernencar	-	V1	Associação Humanitária de Bombeiros	55	00:21:23	58	00:48:49	59	00:33:14	01:43:27	00:41:18
	1544	1015	Carolina Serra	DNF	JUN	Clube de Nataçã de Torres Novas		00:12:20		00:33:25				-
	1582	1004	Vera Paiva Vilaça	DNF	JUN	Sport Lisboa e Benfica		00:12:19						-
	5776	1043	Daniela Pinto	DNF	SEN	Sporting Clube de Portugal		00:13:22						-
	3452	1030	Abigail Santana	DNF	SEN	Individual		00:14:08						-
	2163	1003	Andreia Ferrum	DNS	S23	Outsystems Olímpico de Oeiras								-
	3195	1003	Ana Filipa Santos	DNS	SEN	Rio Maior Triatlo								-
	4758	1002	Stephanie Seddon-Brown	DNS	V1	Teleperformance - Os Belenenses								-