

Data:	11-03-2017	Hora:	14h15	Local:	Vila Real de Santo António							
Natação	750 mt	PT1:	0 mt	Ciclismo:	21.950 mt	PT2:	0 mt	Corrida:	5.000 mt			

Ranking:	CN Clubes	Hora de Partida:	14h15
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
1	3947	1043	Melina Alonso	-	SEN	Alhandra Sporting Club	5	00:10:17	1	00:01:29	11	00:38:23	2	00:00:37	2	00:17:50	01:08:39	
2	2163	1003	Andreia Ferrum	-	S23	Outsystems Olímpico de Oeiras	6	00:10:21	8	00:01:41	8	00:38:08	9	00:00:39	3	00:18:27	01:09:18	00:00:38
3	3768	1012	Liliana Alexandre	-	SEN	Sporting Clube de Portugal	4	00:10:12	20	00:01:52	9	00:38:12	18	00:00:42	4	00:18:44	01:09:43	00:01:04
4	2173	1013	Ana Ramos	-	S23	Outsystems Olímpico de Oeiras	12	00:10:43	12	00:01:43	3	00:37:45	6	00:00:37	5	00:19:09	01:09:59	00:01:20
5	1069	1009	Mariana Vargem	-	CAD	Ludens Machico/Máxima Dinâmica	17	00:11:13	3	00:01:37	20	00:39:12	1	00:00:36	1	00:17:20	01:10:00	00:01:20
6	1179	1006	Gabriela Ribeiro	-	CAD	Alhandra Sporting Club	3	00:10:09	5	00:01:39	12	00:38:25	3	00:00:37	8	00:19:21	01:10:12	00:01:33
7	3475	1006	Ana Filipa Ferreira	-	SEN	Alhandra Sporting Club	13	00:10:45	11	00:01:43	4	00:37:46	26	00:00:45	7	00:19:18	01:10:18	00:01:39
8	1544	1015	Carolina Serra	-	JUN	Clube de Natação de Torres Novas	11	00:10:42	2	00:01:34	7	00:37:54	4	00:00:37	9	00:19:42	01:10:30	00:01:51
9	3967	1043	Raquel Rocha	-	SEN	CNATRIL Triatlo	10	00:10:40	16	00:01:46	2	00:37:44	8	00:00:38	12	00:20:26	01:11:17	00:02:38
10	2160	1003	Helena Paula Carvalho	-	S23	Sporting Clube de Portugal	1	00:09:41	7	00:01:41	13	00:38:28	29	00:00:47	18	00:20:46	01:11:24	00:02:45
11	1210	1016	Joana Miranda	-	CAD	Clube de Natação de Torres Novas	9	00:10:40	4	00:01:38	6	00:37:54	12	00:00:40	22	00:20:56	01:11:50	00:03:11
12	1512	1006	Inês Pereira	-	JUN	Alhandra Sporting Club	8	00:10:40	19	00:01:51	1	00:37:41	11	00:00:40	24	00:21:25	01:12:18	00:03:39
13	2077	1012	Ana Casteleiro	-	S23	Sporting Clube de Portugal	7	00:10:36	18	00:01:50	5	00:37:47	19	00:00:43	27	00:21:36	01:12:35	00:03:56
14	1550	1017	Rita Fardilha	-	JUN	Outsystems Olímpico de Oeiras	21	00:11:30	6	00:01:40	16	00:38:53	5	00:00:37	10	00:20:01	01:12:43	00:04:04
15	3392	1012	Katarina Larsson	-	SEN	Sporting Clube de Portugal	22	00:11:30	10	00:01:42	14	00:38:50	16	00:00:42	16	00:20:42	01:13:28	00:04:48
16	1058	1004	Lúcia Vera Cruz	-	CAD	Sporting Clube de Portugal	15	00:11:12	15	00:01:46	17	00:39:05	10	00:00:39	17	00:20:44	01:13:28	00:04:49
17	1539	1026	Pauline VIE	-	JUN	Alhandra Sporting Club	32	00:13:29	13	00:01:44	10	00:38:20	15	00:00:42	13	00:20:31	01:14:47	00:06:08
18	1509	1004	Sara Ganchas	-	JUN	Teleperformance - Os Belenenses	27	00:12:08	17	00:01:47	23	00:39:39	27	00:00:46	14	00:20:31	01:14:53	00:06:14
19	1101	1011	Margarida Lopes	-	CAD	CNCVG	25	00:11:56	14	00:01:46	24	00:39:53	20	00:00:43	19	00:20:49	01:15:09	00:06:30
20	1183	1011	Raquel Dias	-	CAD	CNCVG	28	00:12:14	26	00:01:58	21	00:39:26	14	00:00:41	21	00:20:56	01:15:17	00:06:38
21	1097	1003	Maria Tomé	-	CAD	LXTRIATHLON	23	00:11:45	9	00:01:42	27	00:40:10	17	00:00:42	25	00:21:27	01:15:49	00:07:09
22	1556	1004	Mónica Vera Cruz	-	JUN	Sporting Clube de Portugal	14	00:11:01	22	00:01:55	18	00:39:08	22	00:00:44	37	00:23:03	01:15:53	00:07:13
23	3033	1026	Joana Fortuna	-	SEN	Teleperformance - Os Belenenses	30	00:12:42	25	00:01:57	15	00:38:52	30	00:00:47	32	00:22:29	01:16:50	00:08:10
24	3539	1035	Marina Zaborskaya	-	SEN	Fc Ferreiras	26	00:12:06	43	00:02:23	19	00:39:11	46	00:00:56	31	00:22:15	01:16:53	00:08:14
25	3806	1019	Liliana Verissimo	-	SEN	Núcleo do Sporting da Golegã	33	00:13:30	24	00:01:56	32	00:41:22	38	00:00:51	6	00:19:13	01:16:53	00:08:14
26	4595	1042	Gail King	-	V3	CCD / INTERMARCHÉ LAGOS	24	00:11:53	32	00:02:08	22	00:39:36	32	00:00:47	35	00:22:38	01:17:03	00:08:24
27	3706	1010	Carolina Silva	-	SEN	Associação Académica de São Mamede	2	00:10:09	23	00:01:56	26	00:40:05	28	00:00:46	48	00:24:38	01:17:35	00:08:56
28	1052	1026	Maria Pedroso	-	CAD	Associação Académica de São Mamede	29	00:12:30	35	00:02:12	39	00:42:10	7	00:00:38	15	00:20:35	01:18:06	00:09:27
29	1077	1007	Sara Bonito	-	CAD	Alhandra Sporting Club	20	00:11:27	37	00:02:13	25	00:39:53	33	00:00:47	44	00:23:54	01:18:17	00:09:37

Data:	11-03-2017	Hora:	14h15	Local:	Vila Real de Santo António						
Natação	750 mt	PT1:	0 mt	Ciclismo:	21.950 mt	PT2:	0 mt	Corrida:	5.000 mt		

Ranking:	CN Clubes	Hora de Partida:	14h15
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
30	1525	1032	Mariana Talhinhos	-	JUN	Sporting Clube de Portugal	34	00:13:31	27	00:01:59	31	00:41:15	23	00:00:44	23	00:21:03	01:18:34	00:09:55
31	1211	1016	Mariana Correia	-	CAD	Clube de Natação de Torres Novas	18	00:11:20	21	00:01:54	28	00:40:25	21	00:00:44	46	00:24:26	01:18:50	00:10:11
32	3587	1020	Isa Parreira	-	SEN	PORTINADO	46	00:14:53	28	00:02:00	30	00:41:09	34	00:00:48	11	00:20:22	01:19:15	00:10:35
33	3584	1035	Rita Ribeiro	-	SEN	Clube Natação do Cartaxo	41	00:14:20	33	00:02:08	34	00:41:36	13	00:00:41	20	00:20:54	01:19:41	00:11:02
34	1554	1004	Teresa Raposo	-	JUN	Outsystems Olímpico de Oeiras	16	00:11:13	29	00:02:05	46	00:43:30	31	00:00:47	39	00:23:07	01:20:44	00:12:05
35	4110	1009	Filipa Oliveira	-	V2	Teleperformance - Os Belenenses	36	00:13:34	39	00:02:18	40	00:42:10	41	00:00:53	36	00:22:45	01:21:41	00:13:02
36	4593	1042	Sue Dawson	-	V2	CCD / INTERMARCHÉ LAGOS	43	00:14:41	52	00:02:41	29	00:40:47	55	00:01:14	34	00:22:34	01:21:59	00:13:20
37	2037	1031	Catarina Rodrigues	-	S23	Rio Maior Triatlo	39	00:13:54	47	00:02:32	33	00:41:36	37	00:00:50	40	00:23:10	01:22:05	00:13:25
38	1119	1021	Carolina Santos	-	CAD	FET-Fátima Escola de Triatlo	38	00:13:42	38	00:02:16	38	00:42:06	39	00:00:51	50	00:24:48	01:23:44	00:15:05
39	3443	1020	Kidi Gomez de Segura	-	SEN	GDR Manique de Cima	37	00:13:36	46	00:02:31	36	00:41:58	35	00:00:49	51	00:24:49	01:23:45	00:15:06
40	1620	1030	Rute Leonardo	-	JUN	Clube Triatlo de Abrantes	19	00:11:22	36	00:02:13	51	00:44:31	25	00:00:45	53	00:25:06	01:23:59	00:15:19
41	3486	1030	Margarida de Almeida	-	SEN	Associação Humanitária de Bombeiros	42	00:14:39	45	00:02:27	50	00:44:24	42	00:00:53	26	00:21:36	01:24:01	00:15:22
42	1005	1007	Bárbara Galinha	-	CAD	Núcleo do Sporting da Golegã	40	00:14:01	34	00:02:09	35	00:41:57	48	00:01:01	54	00:26:15	01:25:24	00:16:45
43	4934	1014	Lénia Gamito	-	V1	Louletano	44	00:14:47	40	00:02:19	53	00:45:04	50	00:01:02	38	00:23:03	01:26:18	00:17:38
44	4300	1019	Emma Yates	-	V2	CCD / INTERMARCHÉ LAGOS	52	00:17:18	53	00:02:42	48	00:43:42	43	00:00:53	30	00:22:07	01:26:45	00:18:06
45	4732	1023	Marta Andrade	-	V1	SFRAA TRIATLO	55	00:17:53	49	00:02:35	45	00:43:29	45	00:00:55	29	00:22:02	01:26:56	00:18:17
46	4932	1035	Vanda Munhoz	-	V1	Lusitano FC / Frusoal	56	00:18:17	44	00:02:24	41	00:43:05	40	00:00:52	33	00:22:32	01:27:11	00:18:32
47	3916	1041	Leonor Babo	-	SEN	Associação Académica de São Mamede	35	00:13:33	42	00:02:22	56	00:45:55	24	00:00:45	52	00:24:52	01:27:29	00:18:49
48	1131	1006	Catarina Calçada	-	CAD	Alhandra Sporting Club	31	00:12:43	30	00:02:07	37	00:42:00	61	00:01:39	58	00:29:28	01:27:59	00:19:20
49	3097	1032	Helia santos	-	SEN	SFRAA TRIATLO	60	00:19:25	41	00:02:22	44	00:43:26	52	00:01:06	28	00:21:42	01:28:03	00:19:24
50	3091	1004	Cristina Pereira	-	SEN	PORTINADO	50	00:16:41	48	00:02:34	49	00:44:04	54	00:01:10	41	00:23:37	01:28:08	00:19:29
51	4983	1039	Ana J Leal	-	V1	SFRAA TRIATLO	49	00:15:32	56	00:02:58	52	00:44:47	56	00:01:14	43	00:23:53	01:28:25	00:19:45
52	3007	1031	Ana Águeda	-	SEN	Lusitano FC / Frusoal	58	00:18:19	31	00:02:07	42	00:43:21	36	00:00:50	45	00:24:13	01:28:52	00:20:12
53	1008	1042	Marta Ferreira Santos	-	CAD	Lusitano FC / Frusoal	47	00:15:05	51	00:02:39	54	00:45:36	51	00:01:05	47	00:24:37	01:29:04	00:20:24
54	4809	1032	Cláudia Ferreira	-	V2	Lusitano FC / Frusoal	45	00:14:52	54	00:02:45	55	00:45:39	53	00:01:08	55	00:26:22	01:30:50	00:22:10
55	1572	1005	Rita Vaz	-	JUN	Clube de Natação da Amadora	51	00:16:53	59	00:03:37	43	00:43:23	47	00:00:57	56	00:27:26	01:32:17	00:23:37
56	3638	1037	Cinara Martins	-	SEN	PORTINADO	57	00:18:17	50	00:02:35	59	00:47:48	44	00:00:54	42	00:23:46	01:33:22	00:24:43
57	3424	1023	Andreia Valério	-	SEN	Associação Humanitária de Bombeiros	53	00:17:25	55	00:02:54	47	00:43:37	57	00:01:15	57	00:28:29	01:33:41	00:25:02
58	4621	1019	Larissa Moeller	-	V2	PORTINADO	61	00:19:27	57	00:03:08	57	00:46:03	49	00:01:01	49	00:24:43	01:34:23	00:25:44

Data:	11-03-2017	Hora:	14h15	Local:	Vila Real de Santo António				
Natação	750 mt	PT1:	0 mt	Ciclismo:	21.950 mt	PT2:	0 mt	Corrida:	5.000 mt

Ranking:	CN Clubes	Hora de Partida:	14h15
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
59	3734	1038	Raquel Victor	-	SEN	Clube do Pessoal EDP	48	00:15:24	62	00:03:50	58	00:47:38	60	00:01:38	60	00:31:14	01:39:46	00:31:06
60	4376	1002	Clara Nunes	-	V2	Associação Humanitária de Bombeiros	59	00:19:09	61	00:03:48	60	00:49:35	58	00:01:19	61	00:32:09	01:46:02	00:37:23
61	4834	1032	Wanda Giao	-	V4	PORTINADO	54	00:17:31	60	00:03:46	62	00:54:01	62	00:01:59	59	00:30:18	01:47:36	00:38:57
62	4720	1023	Claudia Pernencar	-	V1	Associação Humanitária de Bombeiros	62	00:19:31	58	00:03:34	61	00:53:06	59	00:01:27	62	00:32:54	01:50:33	00:41:54
	3721	1006	Ana Filipa Sampaio	DNF	SEN	Alhandra Sporting Club		00:10:50		00:01:49		00:39:27		00:00:49				-
	1582	1004	Vera Paiva Vilaça	DNS	JUN	Sport Lisboa e Benfica												-
	4758	1002	Stephanie Seddon-Brown	DNS	V1	Teleperformance - Os Belenenses												-