

Data:	20-05-2017	Hora:	16h00	Local:	Sines							
Natação	1.500 mt	PT1:	0 mt	Ciclismo:	40.000 mt	PT2:	0 mt	Corrida:	10.000 mt			
Ranking:	CN Individual			Hora de Partida:	16h00							

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
1	2161	1003	David Luís	-	S23	Portugal Talentus	3	00:17:09	2	00:00:59	2	01:00:21	63	00:00:54	63	00:34:55	01:54:20	
2	2149	1002	Pedro Afonso Gaspar	-	S23	Portugal Talentus	2	00:17:08	7	00:01:02	1	01:00:21	65	00:00:57	64	00:35:36	01:55:06	00:00:46
3	2146	1001	Alexandre Nobre	-	S23	Portugal Talentus	6	00:17:40	11	00:01:02	8	01:02:12	64	00:00:54	62	00:33:50	01:55:40	00:01:20
4	3873	1008	João Francisco Ferreira	-	SEN	Estoril Praia Fisiogaspar	16	00:18:03	12	00:01:03	3	01:01:49	27		27		01:56:16	00:01:56
5	2078	1012	André Dias	-	S23	Sporting Clube de Portugal	4	00:17:09	8	00:01:02	10	01:02:45	55		55		01:57:42	00:03:22
6	2026	1007	Bernardo Portela	-	S23	Outsystems Olímpico de Oeiras	7	00:17:41	5	00:01:01	9	01:02:14	70	00:00:59	65	00:36:11	01:58:08	00:03:48
7	2157	1007	Rafael Domingos	-	S23	Outsystems Olímpico de Oeiras	13	00:17:45	16	00:01:05	5	01:02:04	39		39		01:58:58	00:04:38
8	2074	1007	Nuno Ribeiro	-	S23	Alhandra Sporting Club	9	00:17:42	9	00:01:02	7	01:02:11	4		4		01:59:04	00:04:44
9	2105	1007	Afonso Feijão	-	S23	Outsystems Olímpico de Oeiras	14	00:17:48	21	00:01:11	4	01:01:58	37		37		02:00:16	00:05:56
10	2028	1008	Diogo Nóbrega	-	S23	ACD Jardim da Serra	12	00:17:44	14	00:01:04	6	01:02:09	69	00:00:59	67	00:38:51	02:00:49	00:06:29
11	2003	1029	Diogo Silva	-	S23	Portugal Talentus	11	00:17:43	13	00:01:04	31	01:05:25	44		44		02:01:26	00:07:06
12	2124	1013	João Mansos	-	S23	Associação Naval Amorense	15	00:18:02	10	00:01:02	25	01:05:06	11		11		02:02:11	00:07:51
13	3282	1010	Márcio das Neves	-	SEN	Peniche A. C.	23	00:19:38	24	00:01:14	16	01:04:04	41		41		02:02:23	00:08:03
14	1549	1003	Bernardo Aguiar	-	JUN	Sport Lisboa e Benfica	8	00:17:41	6	00:01:01	27	01:05:08	54		54		02:02:33	00:08:13
15	2050	1007	Miguel Fortunato	-	S23	Alhandra Sporting Club	18	00:18:11	15	00:01:05	21	01:04:53	3		3		02:03:10	00:08:50
16	1562	1015	Guilherme Pires	-	JUN	Clube de Triatlo do Fundão	5	00:17:38	4	00:01:00	37	01:05:35	18		18		02:03:45	00:09:25
17	3394	1010	Valdo das Neves	-	SEN	Peniche A. C.	32	00:20:53	57	00:01:34	18	01:04:40	42		42		02:04:08	00:09:48
18	2075	1017	José Cabeça	-	S23	Outsystems Olímpico de Oeiras	19	00:18:45	19	00:01:10	23	01:05:02	38		38		02:06:02	00:11:42
19	3553	1020	Ricardo Jorge Correia	-	SEN	PORTINADO	21	00:19:06	32	00:01:18	22	01:04:56	43		43		02:06:47	00:12:27
20	3127	1015	Tiago Lobo	-	SEN	Mc Donald's/Tribraga	36	00:21:09	28	00:01:17	20	01:04:52	75	00:01:06	66	00:38:47	02:07:14	00:12:54
21	3342	1014	Rodrigo Baltazar	-	SEN	Estoril Praia Fisiogaspar	29	00:20:33	30	00:01:18	19	01:04:45	29		29		02:08:07	00:13:47
22	4786	1025	Rui Galinha	-	V2	Núcleo do Sporting da Golegã	48	00:22:51	43	00:01:26	12	01:02:56	35		35		02:08:19	00:13:59
23	3115	1027	Rafael Batista	-	SEN	Louletano	26	00:20:19	69	00:01:38	28	01:05:19	71	00:01:01	71	00:40:11	02:08:30	00:14:10
24	4321	1006	Luís Duarte	-	V2	Tri-Oeste	43	00:22:11	33	00:01:19	15	01:03:48	60		60		02:08:54	00:14:34
25	4149	1010	José Mário Ribeiro	-	V3	Peniche A. C.	52	00:22:56	41	00:01:26	11	01:02:56	40		40		02:09:01	00:14:41
26	3858	1039	João Rodrigues	-	SEN	A. R. Casaense	35	00:21:01	59	00:01:35	17	01:04:39	72	00:01:02	72	00:40:51	02:09:10	00:14:50
27	3022	1019	João Oliveira	-	SEN	DNMG	40	00:22:03	51	00:01:30	43	01:06:05	26		26		02:09:28	00:15:08
28	3704	1010	Nuno Rodrigues	-	SEN	CNCVG	25	00:20:17	22	00:01:11	39	01:05:40	66	00:00:58	75	00:41:30	02:09:39	00:15:19
29	2015	1011	Luis Lopes	-	S23	CNCVG	10	00:17:42	3	00:00:59	35	01:05:30	24		24		02:09:39	00:15:19

Data:	20-05-2017	Hora:	16h00	Local:	Sines					
Natação	1.500 mt	PT1:	0 mt	Ciclismo:	40.000 mt	PT2:	0 mt	Corrida:	10.000 mt	
Ranking:	CN Individual		Hora de Partida:		16h00					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
30	2088	1002	Miguel Tomé	-	S23	SFRAA TRIATLO	17	00:18:06	34	00:01:19	56	01:07:20	52		52		02:10:16	00:15:56
31	4711	1016	Marco Sousa	-	V1	Clube de Nataçã de Torres Novas	41	00:22:05	25	00:01:15	45	01:06:22	17		17		02:10:23	00:16:03
32	3162	1019	Carlos Duarte	-	SEN	CCD / INTERMARCHÉ LAGOS	66	00:23:36	27	00:01:16	32	01:05:26	68	00:00:59	68	00:39:36	02:10:54	00:16:34
33	4429	1005	Pedro Silva Santos	-	V1	SFRAA TRIATLO	46	00:22:44	64	00:01:36	13	01:02:57	53		53		02:11:04	00:16:44
34	3795	1006	Luís Merca	-	SEN	CPA	28	00:20:29	26	00:01:15	34	01:05:28	25		25		02:11:22	00:17:02
35	3422	1030	Sacha Matias	-	SEN	SFRAA TRIATLO	37	00:21:53	23	00:01:12	47	01:06:35	73	00:01:03	78	00:42:02	02:12:47	00:18:27
36	3494	1038	Filipe Marques	-	SEN	Associação Humanitária de Bombeiros	44	00:22:17	76	00:01:41	41	01:05:46	7		7		02:12:55	00:18:35
37	2082	1004	Hugo Baluga	-	S23	AMICICLO GRÂNDOLA	34	00:21:00	20	00:01:11	24	01:05:04	67	00:00:59	98	00:45:02	02:13:16	00:18:56
38	4012	1018	Rui Sousa	-	V2	Núcleo do Sporting da Golegã	38	00:21:58	36	00:01:20	54	01:07:02	36		36		02:13:28	00:19:08
39	2128	1008	José Felício	-	S23	Sporting Clube de Portugal	20	00:19:03	18	00:01:07	55	01:07:03	62	00:00:53	103	00:45:24	02:13:32	00:19:12
40	4157	1020	Eduardo Coelho	-	V1	Triatlo SUColareense	58	00:23:19	44	00:01:26	36	01:05:34	112	00:01:28	79	00:42:13	02:14:02	00:19:42
41	4530	1015	Luís Filipe Valente	-	V2	Clube Oriental de Lisboa	64	00:23:27	48	00:01:29	33	01:05:26	99	00:01:21	82	00:42:34	02:14:20	00:20:00
42	3815	1022	Ricardo Rosado	-	SEN	Núcleo do Sporting da Golegã	39	00:21:58	29	00:01:17	46	01:06:27	34		34		02:14:25	00:20:05
43	3905	1040	Pedro Trindade	-	SEN	AMICICLO GRÂNDOLA	100	00:26:58	79	00:01:48	14	01:03:36	77	00:01:08	73	00:41:11	02:14:42	00:20:22
44	4032	1007	Carlos Gomes	-	V4	Outsystems Olímpico de Oeiras	98	00:26:54	65	00:01:37	38	01:05:39	82	00:01:12	70	00:40:09	02:15:34	00:21:14
45	3003	1006	Cesar Andrade	-	SEN	Alhandra Sporting Club	50	00:22:52	46	00:01:28	42	01:06:00	2		2		02:15:43	00:21:23
46	4017	1006	J.P. Fulgêncio	-	V1	Teleperformance - Os Belenenses	73	00:24:11	61	00:01:36	48	01:06:37	107	00:01:24	85	00:42:44	02:16:33	00:22:13
47	3840	1014	Tiago Pinho	-	SEN	C F Vilacondense	113	00:29:00	60	00:01:35	49	01:06:42	16		16		02:16:53	00:22:33
48	3824	1030	João Rebelo	-	SEN	Lusitano	59	00:23:22	62	00:01:36	57	01:07:22	95	00:01:19	87	00:43:30	02:17:11	00:22:51
49	4753	1044	Vítor Piçarra	-	V1	Individual	84	00:25:45	71	00:01:38	68	01:08:54	86	00:01:17	69	00:39:39	02:17:15	00:22:55
50	4022	1005	Paulo Teles	-	V2	3B - Clube Triatlo de Benavente	63	00:23:26	56	00:01:34	29	01:05:21	106	00:01:24	104	00:45:39	02:17:26	00:23:06
51	3940	1042	Décio Andrade	-	SEN	3B - Clube Triatlo de Benavente	51	00:22:55	58	00:01:34	78	01:09:37	76	00:01:06	80	00:42:23	02:17:37	00:23:17
52	3733	1020	Tiago Cochicho	-	SEN	Triatlo SUColareense	57	00:23:19	42	00:01:26	86	01:10:27	89	00:01:17	74	00:41:21	02:17:52	00:23:32
53	3009	1026	João Martinho	-	SEN	CNATRIL Triatlo	53	00:23:00	40	00:01:26	77	01:09:37	110	00:01:26	81	00:42:30	02:18:00	00:23:40
54	4514	1030	Luís Silva	-	V1	Individual	42	00:22:09	49	00:01:29	50	01:06:47	100	00:01:21	108	00:46:29	02:18:19	00:23:59
55	4035	1007	Paulo Lamego	-	V2	Sport Algés e Dafundo	62	00:23:25	66	00:01:37	58	01:07:22	117	00:01:31	94	00:44:32	02:18:29	00:24:09
56	4838	1001	Rodrigo Costa	-	V1	REPSOL TRIATLO	22	00:19:24	35	00:01:20	64	01:08:31	46		46		02:19:02	00:24:42
57	4196	1013	Jorge Cochicho	-	V1	AMICICLO GRÂNDOLA	56	00:23:16	54	00:01:33	75	01:09:25	83	00:01:13	89	00:43:39	02:19:07	00:24:47
58	1633	1003	João Teodoro Lopes	-	JUN	Clube Triatlo de Abrantes	24	00:20:16	17	00:01:06	61	01:08:18	74	00:01:06	119	00:48:20	02:19:07	00:24:47

Data:	20-05-2017	Hora:	16h00	Local:	Sines					
Natação	1.500 mt	PT1:	0 mt	Ciclismo:	40.000 mt	PT2:	0 mt	Corrida:	10.000 mt	
Ranking:	CN Individual			Hora de Partida:	16h00					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
59	4613	1030	Marco Carmo	-	V1	CCD / INTERMARCHÉ LAGOS	71	00:23:58	90	00:01:55	60	01:07:56	94	00:01:19	91	00:44:03	02:19:13	00:24:53
60	4015	1004	Miguel Garcia	-	V1	AMICICLO GRÂNDOLA	129	00:30:18	80	00:01:49	26	01:05:08	5		5		02:19:47	00:25:27
61	4816	1032	Samuel Eugénio	-	V1	Núcleo do Sporting da Golegã	115	00:29:15	114	00:02:20	40	01:05:44	79	00:01:10	77	00:41:39	02:20:10	00:25:50
62	3910	1041	Dino Ablum	-	SEN	REPSOL TRIATLO	76	00:24:32	85	00:01:52	62	01:08:20	87	00:01:17	93	00:44:18	02:20:21	00:26:01
63	4151	1018	António Calafate	-	V3	Núcleo do Sporting da Golegã	33	00:20:54	50	00:01:30	91	01:11:26	97	00:01:21	100	00:45:17	02:20:30	00:26:10
64	4374	1001	JORGE CALDEIRA	-	V2	Sport Algés e Dafundo	45	00:22:31	94	00:02:00	79	01:09:40	142	00:02:04	95	00:44:40	02:20:58	00:26:38
65	4153	1035	Pedro Mestre	-	V2	Rio Maior Triatlo	99	00:26:57	119	00:02:22	81	01:09:45	48		48		02:21:01	00:26:41
66	4448	1002	Sérgio Batalha	-	V2	3B - Clube Triatlo de Benavente	110	00:28:31	96	00:02:03	51	01:06:49	92	00:01:18	84	00:42:40	02:21:24	00:27:04
67	3801	1001	Bruno Toscano	-	SEN	Clube Oriental de Lisboa	97	00:26:53	100	00:02:06	63	01:08:20	20		20		02:21:48	00:27:28
68	4414	1001	Luís Coelho da Silva	-	V1	REPSOL TRIATLO	82	00:25:37	39	00:01:25	83	01:10:20	104	00:01:24	86	00:43:16	02:22:03	00:27:43
69	4163	1035	Steve Hyett	-	V4	CCD / INTERMARCHÉ LAGOS	31	00:20:39	72	00:01:39	92	01:11:30	113	00:01:28	111	00:46:53	02:22:10	00:27:50
70	4108	1010	Paulo Renato Santos	-	V3	Peniche A. C.	80	00:25:07	68	00:01:38	53	01:07:01	111	00:01:27	113	00:47:03	02:22:18	00:27:58
71	4394	1013	Pedro Mega Jorge	-	V2	Teleperformance - Os Belenenses	70	00:23:57	103	00:02:12	71	01:08:59	108	00:01:24	105	00:46:07	02:22:41	00:28:21
72	4463	1002	Paulo Henriques	-	V2	Individual	60	00:23:24	92	00:01:59	67	01:08:50	114	00:01:29	114	00:47:07	02:22:51	00:28:31
73	4814	1018	Gonçalo Resina	-	V1	Núcleo do Sporting da Golegã	140	00:32:31	67	00:01:37	44	01:06:17	85	00:01:16	76	00:41:35	02:23:18	00:28:58
74	3279	1025	Ivo Pona	-	SEN	CNCVG	92	00:26:29	45	00:01:28	76	01:09:26	23		23		02:23:48	00:29:28
75	1578	1030	Rafael Travassos	-	JUN	Clube de Nataçã da Amadora	47	00:22:47	73	00:01:40	110	01:14:15	98	00:01:21	92	00:44:09	02:24:13	00:29:53
76	4225	1026	José Amora	-	V2	Núcleo do Sporting da Golegã	77	00:24:46	99	00:02:06	66	01:08:46	33		33		02:24:43	00:30:23
77	4798	1025	Jorge Vieira	-	V2	Triatlo SUColarese	93	00:26:31	89	00:01:55	99	01:12:34	91	00:01:18	83	00:42:40	02:24:59	00:30:39
78	4756	1001	João Prehaz	-	V1	SERUL	75	00:24:24	84	00:01:50	84	01:10:22	138	00:01:55	109	00:46:37	02:25:10	00:30:50
79	4461	1001	Carlos Dias	-	V4	AMICICLO GRÂNDOLA	68	00:23:49	53	00:01:33	82	01:09:50	105	00:01:24	120	00:48:41	02:25:18	00:30:58
80	3637	1024	Filipe Dias	-	SEN	AMICICLO GRÂNDOLA	27	00:20:23	47	00:01:28	80	01:09:43	135	00:01:51	129	00:51:53	02:25:19	00:30:59
81	3055	1032	Gabriel Carvalho	-	SEN	Núcleo do Sporting da Golegã	90	00:26:20	93	00:02:00	72	01:09:06	93	00:01:19	110	00:46:41	02:25:28	00:31:08
82	3130	1032	Daniel Castro	-	SEN	C F Vilacondense	106	00:28:26	37	00:01:22	59	01:07:33	14		14		02:25:28	00:31:08
83	4059	1001	Fernando Feijão	-	V5	Clube Millenniumbcp	107	00:28:26	55	00:01:33	89	01:11:00	90	00:01:18	88	00:43:34	02:25:53	00:31:33
84	3002	1031	Nuno Seabra	-	SEN	Estoril Praia Fisiogaspar	81	00:25:25	38	00:01:25	85	01:10:23	28		28		02:25:57	00:31:37
85	3773	1038	Adriano Luz Domingos	-	SEN	REPSOL TRIATLO	111	00:28:47	77	00:01:45	52	01:06:52	45		45		02:26:52	00:32:32
86	4923	1038	António Martins	-	V2	REPSOL TRIATLO	144	00:33:08	95	00:02:01	30	01:05:22	129	00:01:45	99	00:45:12	02:27:30	00:33:10
87	4705	1043	Joao Jesus	-	V1	CNATRIL Triatlo	88	00:26:10	125	00:02:29	98	01:12:24	144	00:02:08	96	00:44:42	02:27:55	00:33:35

Data:	20-05-2017	Hora:	16h00	Local:	Sines					
Natação	1.500 mt	PT1:	0 mt	Ciclismo:	40.000 mt	PT2:	0 mt	Corrida:	10.000 mt	

Ranking:	CN Individual	Hora de Partida:	16h00
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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
88	4281	1027	Ricardo Diogo	-	V2	Louletano	72	00:24:02	83	00:01:50	102	01:13:13	120	00:01:34	116	00:47:24	02:28:05	00:33:45
89	3467	1030	Joao Jesus	-	SEN	CCD / INTERMARCHÉ LAGOS	95	00:26:46	75	00:01:40	69	01:08:55	84	00:01:14	121	00:50:10	02:28:47	00:34:27
90	4535	1002	Miguel Gaivão	-	V4	Estoril Praia Fisiogaspar	78	00:24:47	63	00:01:36	111	01:14:27	81	00:01:12	112	00:46:56	02:29:00	00:34:40
91	4350	1013	João Góis Gomes	-	V2	Sporting Clube de Portugal	69	00:23:52	70	00:01:38	94	01:11:54	88	00:01:17	125	00:50:45	02:29:29	00:35:09
92	3375	1015	Diogo Felisberto	-	SEN	Mc Donald´s/Tribraga	65	00:23:35	31	00:01:18	100	01:12:35	78	00:01:10	127	00:51:25	02:30:04	00:35:44
93	4109	1036	Miguel Silva	-	V1	AMICICLO GRÁNDOLA	86	00:25:55	144	00:03:07	96	01:12:14	125	00:01:38	115	00:47:21	02:30:16	00:35:56
94	4614	1018	Luís Miguel Santos	-	V2	Alhandra Sporting Club	85	00:25:48	104	00:02:12	101	01:12:39	121	00:01:34	118	00:48:07	02:30:21	00:36:01
95	4692	1003	João Diogo Cruz	-	V1	Associação Humanitária de Bombeiros	55	00:23:16	52	00:01:32	95	01:12:04	9		9		02:30:49	00:36:29
96	4508	1022	Vasco Borges	-	V2	A. R. Casaense	91	00:26:27	98	00:02:05	70	01:08:57	1		1		02:30:55	00:36:35
97	4500	1020	Luis Trindade	-	V2	Louletano	96	00:26:50	120	00:02:22	115	01:15:29	119	00:01:32	97	00:44:42	02:30:57	00:36:37
98	4039	1014	José Varela	-	V5	Louletano	136	00:31:00	141	00:03:04	87	01:10:35	102	00:01:23	101	00:45:17	02:31:21	00:37:01
99	3039	1044	Francisco Ferreira	-	SEN	Individual	89	00:26:17	133	00:02:47	103	01:13:15	101	00:01:22	117	00:47:48	02:31:31	00:37:11
100	3208	1013	Rui Trovão	-	SEN	REPSOL TRIATLO	101	00:27:01	74	00:01:40	65	01:08:46	47		47		02:31:42	00:37:22
101	3110	1003	Carlos Branco	-	SEN	Águias de Alpiarça	121	00:29:44	82	00:01:50	105	01:13:30	96	00:01:21	107	00:46:24	02:32:51	00:38:31
102	4961	1039	Ricardo Santos	-	V2	CNCVG	128	00:30:17	86	00:01:53	73	01:09:12	131	00:01:45	122	00:50:22	02:33:31	00:39:11
103	4204	1013	Pedro Gil Morais	-	V1	Teleperformance - Os Belenenses	104	00:27:40	140	00:03:03	104	01:13:23	58		58		02:33:32	00:39:12
104	5802	1037	Ricardo Faria	-	SEN	Individual	102	00:27:22	109	00:02:17	93	01:11:33	32		32		02:33:45	00:39:25
105	4794	1025	Filipe Ramos	-	V1	Triatlo SUColarese	74	00:24:23	78	00:01:47	113	01:15:19	123	00:01:36	126	00:50:48	02:33:54	00:39:34
106	3327	1029	Bruno Fonseca	-	SEN	3B - Clube Triatlo de Benavente	146	00:35:10	122	00:02:25	88	01:10:59	103	00:01:23	90	00:43:58	02:33:59	00:39:39
107	3986	1044	João Vinagre	-	SEN	SERUL	117	00:29:17	81	00:01:49	108	01:14:00	49		49		02:34:31	00:40:11
108	4052	1007	Manuel Gonçalves	-	V4	GDR Manique de Cima	103	00:27:32	116	00:02:20	131	01:18:49	116	00:01:30	102	00:45:18	02:35:31	00:41:11
109	4688	1029	Sérgio Viegas	-	V1	Bike Clube S. Brás	135	00:30:59	138	00:03:01	107	01:13:38	13		13		02:36:00	00:41:40
110	4629	1015	Antonio Jorge Martinho	-	V3	Clube Oriental de Lisboa	61	00:23:24	113	00:02:19	123	01:17:21	19		19		02:36:08	00:41:48
111	4249	1015	Luís Cipriano	-	V1	AMCR Fonte Grada	116	00:29:16	87	00:01:54	74	01:09:19	128	00:01:45	136	00:54:46	02:37:01	00:42:41
112	3659	1036	Gonçalo Mexia	-	SEN	Clube Oriental de Lisboa	54	00:23:13	134	00:02:50	138	01:20:10	21		21		02:38:14	00:43:54
113	3414	1035	Pedro Farinha	-	SEN	SERUL	79	00:25:06	130	00:02:36	124	01:17:28	51		51		02:38:38	00:44:18
114	3448	1037	João Cordeiro	-	SEN	GCEAMADORA	134	00:30:49	102	00:02:10	130	01:18:39	80	00:01:11	106	00:46:07	02:38:58	00:44:38
115	4403	1017	Paulo Santos	-	V3	Clube Oriental de Lisboa	109	00:28:27	143	00:03:06	116	01:16:04	22		22		02:39:08	00:44:48
116	4498	1029	João Galhordas	-	V2	Associação Humanitária de Bombeiros	83	00:25:37	135	00:02:51	126	01:17:43	10		10		02:39:23	00:45:03

Data:	20-05-2017	Hora:	16h00	Local:	Sines							
Natação	1.500 mt	PT1:	0 mt	Ciclismo:	40.000 mt	PT2:	0 mt	Corrida:	10.000 mt			
Ranking:	CN Individual			Hora de Partida:	16h00							

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
117	4546	1038	Jorge Barroso	-	V1	Individual	67	00:23:42	107	00:02:16	132	01:18:51	139	00:02:00	133	00:52:43	02:39:33	00:45:13
118	3035	1031	Luis Santos	-	SEN	Individual	151	00:36:12	117	00:02:21	106	01:13:36	30		30		02:40:16	00:45:56
119	4560	1042	Paulo Gomes	-	V2	Grupo Recreativo Janz e Associados	137	00:31:13	131	00:02:43	97	01:12:20	134	00:01:48	131	00:52:14	02:40:22	00:46:02
120	4860	1033	Renato Araújo	-	V2	Individual	125	00:30:02	106	00:02:14	114	01:15:20	31		31		02:40:26	00:46:06
121	3908	1041	Joao Subtil	-	SEN	Triatlo SUColareense	94	00:26:40	151	00:03:44	112	01:14:44	143	00:02:04	135	00:54:16	02:41:30	00:47:10
122	4854	1033	Paulo Renato Marques	-	V3	Associação Humanitária de Bombeiros	120	00:29:42	137	00:02:56	120	01:17:13	122	00:01:34	124	00:50:36	02:42:03	00:47:43
123	4303	1001	Antonio Reis	-	V4	Individual	118	00:29:31	88	00:01:55	118	01:16:10	137	00:01:53	134	00:53:00	02:42:32	00:48:12
124	3874	1040	Hugo Guerra	-	SEN	C F Vilacondense	108	00:28:27	129	00:02:34	109	01:14:13	15		15		02:42:40	00:48:20
125	4915	1037	João Pedro Viegas	-	V3	Associação Naval Amorense	131	00:30:33	118	00:02:21	119	01:17:08	12		12		02:42:42	00:48:22
126	4228	1003	Ricardo Rodrigues	-	V2	Associação Humanitária de Bombeiros	126	00:30:09	128	00:02:33	127	01:18:03	126	00:01:40	123	00:50:24	02:42:51	00:48:31
127	4796	1044	Paulo Vasconcelos	-	V3	SERUL	142	00:32:40	142	00:03:05	90	01:11:16	50		50		02:43:12	00:48:52
128	4189	1006	Carlos Serra	-	V2	Clube Oriental de Lisboa	1		1		122	01:17:17	127	00:01:43	132	00:52:26	02:44:05	00:49:45
129	4624	1013	Jorge Bernardo	-	V2	Teleperformance - Os Belenenses	130	00:30:27	149	00:03:24	125	01:17:34	133	00:01:48	130	00:51:57	02:45:13	00:50:53
130	4830	1032	Carlos Gomes	-	V3	PORTINADO	114	00:29:10	112	00:02:19	117	01:16:09	136	00:01:53	139	00:56:53	02:46:25	00:52:05
131	3271	1029	Bruno Raimundo	-	SEN	Clube de Natação da Amadora	49	00:22:52	127	00:02:32	129	01:18:32	61		61		02:46:44	00:52:24
132	4917	1037	Jorge Freitas	-	V2	Clube Oriental de Lisboa	119	00:29:34	123	00:02:27	128	01:18:14	140	00:02:03	137	00:55:15	02:47:35	00:53:15
133	4493	1002	Amilcar Almeida	-	V3	Associação Humanitária de Bombeiros	87	00:26:00	121	00:02:23	141	01:21:37	6		6		02:47:51	00:53:31
134	4086	1024	Miguel Rocha	-	V2	Teleperformance - Os Belenenses	112	00:28:53	126	00:02:30	140	01:21:35	57		57		02:48:44	00:54:24
135	4694	1002	Gonçalo Sousa	-	V2	Associação Humanitária de Bombeiros	123	00:30:00	132	00:02:44	121	01:17:16	8		8		02:49:32	00:55:12
136	4369	1006	Jorge Andrade	-	V4	Alhandra Sporting Club	138	00:31:56	139	00:03:01	148	01:24:19	132	00:01:46	128	00:51:51	02:52:56	00:58:36
137	4445	1037	João Cunha Rêgo	-	V1	Triatlo Clube Tap	122	00:29:44	146	00:03:11	137	01:20:01	146	00:02:22	140	00:57:42	02:53:02	00:58:42
138	4051	1006	Luis Quental	-	V3	SS CGD	132	00:30:44	105	00:02:13	136	01:19:48	115	00:01:29	144	00:59:14	02:53:31	00:59:11
139	4713	1006	Tiago Avelãs	-	V1	SS CGD	149	00:35:27	115	00:02:20	135	01:19:43	56		56		02:54:07	00:59:47
140	4263	1025	Pedro Ribeiro	-	V2	Triatlo SUColareense	145	00:33:46	124	00:02:29	133	01:18:54	59		59		02:54:47	01:00:27
141	3350	1034	João Cravo	-	SEN	Individual	105	00:28:07	101	00:02:06	149	01:24:58	118	00:01:32	141	00:58:16	02:55:01	01:00:41
142	6006	1043	Fábio Jesus	-	SEN	REPSOL TRIATLO	143	00:33:00	111	00:02:18	145	01:22:26	130	00:01:45	138	00:56:27	02:55:58	01:01:38
143	4866	1033	Hélder Palma	-	V2	Individual	127	00:30:12	145	00:03:08	143	01:21:51	147	00:02:24	143	00:58:43	02:56:20	01:02:00
144	5119	1044	Fernando Saramago	-	V2	3B - Clube Triatlo de Benavente	139	00:32:08	148	00:03:22	134	01:19:37	149	00:02:39	146	00:59:57	02:57:44	01:03:24
145	4734	1043	Ernesto Xavier	-	V1	SERUL	133	00:30:48	147	00:03:14	139	01:20:38	152	00:03:34	145	00:59:29	02:57:44	01:03:24

Data:	20-05-2017	Hora:	16h00	Local:	Sines					
Natação	1.500 mt	PT1:	0 mt	Ciclismo:	40.000 mt	PT2:	0 mt	Corrida:	10.000 mt	

Ranking:	CN Individual	Hora de Partida:	16h00
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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
146	4554	1031	Joao Cunha Ferreira	-	V3	Individual	147	00:35:24	110	00:02:18	144	01:21:51	150	00:02:53	148	01:02:59	03:05:27	01:11:07
147	4513	1029	Carlos Pereira	-	V3	Individual	141	00:32:31	91	00:01:58	151	01:30:43	124	00:01:38	147	01:00:50	03:07:42	01:13:22
148	3100	1045	Gonçalo Garcia	-	SEN	CNCVG	30	00:20:38	108	00:02:16	152	01:45:37	109	00:01:25	142	00:58:18	03:08:16	01:13:56
149	4467	1042	Carlos Morgado	-	V3	Clube do Pessoal EDP	148	00:35:24	152	00:05:00	142	01:21:42	151	00:03:26	149	01:03:47	03:09:21	01:15:01
150	4370	1014	Ulisses Lopes	-	V1	C F Vilacondense	124	00:30:01	97	00:02:05	150	01:28:20	145	00:02:09	150	01:08:11	03:10:48	01:16:28
151	4890	1033	Augusto Pires	-	V3	Clube Oriental de Lisboa	152	00:41:10	136	00:02:56	146	01:22:49	141	00:02:03	151	01:13:25	03:22:24	01:28:04
152	4852	1033	Francisco Sanches-Osório	-	V3	Associação Humanitária de Bombeiros	150	00:35:36	150	00:03:37	147	01:23:25	148	00:02:35	152	01:20:10	03:25:24	01:31:04
2016	1006		Luís Ferreira	DNF	S23	Alhandra Sporting Club		00:18:04		00:01:01								-
2080	1013		José Luís Virtuoso	DNF	S23	Associação Naval Amorense		00:20:32		00:01:08		01:19:00		00:01:23				-
4042	1005		João Rita	DNF	V4	Bike Clube S. Brás		00:27:59		00:01:54		01:14:51		00:01:58				-
4296	1015		Gonçalo Neves	DNF	V2	Clube de Nataçao de Torres Novas		00:20:39		00:01:13		01:05:25		00:01:08				-
5803	1005		Henrique Matias	DNF	V1	CNATRIL Triatlo		00:24:34		00:02:13								-
3320	1002		Nuno Teixeira	DNF	SEN	CNATRIL Triatlo		00:22:11		00:02:33		01:09:20		00:01:39				-
3482	1030		Tiago Dias	DNF	SEN	CNCVG		00:20:57		00:01:39		01:11:01		00:01:20				-
4991	1040		Duarte Almeida	DNF	V3	Estoril Praia Fisiogaspar		00:33:05		00:02:30								-
4186	1031		José Rui Galvão	DNF	V2	Estoril Praia Fisiogaspar		00:23:05		00:01:38		01:05:36		00:01:45				-
4400	1013		Paulo Canário	DNF	V2	Teleperformance - Os Belenenses		00:21:56		00:01:29		01:06:17						-
4497	1005		Alexandre Feliz	DNF	V2	Tri-Oeste		00:21:12		00:01:19		01:07:13						-
4133	1035		Inácio Faisca	DNS	V1	A. R. Casaense												-
3412	1004		Rui Dolores	DNS	SEN	AMICICLO GRÂNDOLA												-
4064	1035		Francisco Salgado	DNS	V5	Associação Humanitária de Bombeiros												-
3040	1044		Jorge Ferreira	DNS	SEN	Associação Humanitária de Bombeiros												-
3447	1030		Hélio Branco	DNS	SEN	Ateneu Artístico Cartaxense												-
3778	1007		Gil Maia	DNS	SEN	BH Porto Triatlo												-
3140	1007		Tiago Maia	DNS	SEN	BH Porto Triatlo												-
4612	1030		Jorge Cardoso	DNS	V1	CCD / INTERMARCHÉ LAGOS												-
5112	1009		Diogo Almeida	DNS	V1	Clube de Triatlo de Almada												-
3744	1025		José Bica	DNS	SEN	CNCVG												-
3016	1007		Bruno Pais	DNS	SEN	Estoril Praia Fisiogaspar												-

Data:	20-05-2017	Hora:	16h00	Local:	Sines						
Natação	1.500 mt	PT1:	0 mt	Ciclismo:	40.000 mt	PT2:	0 mt	Corrida:	10.000 mt		
Ranking:	CN Individual		Hora de Partida:	16h00							

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	PT1	P	Ciclism	P	PT2	P	Corrida	Total	Diff
	3461	1034	Filipe Mendonça	DNS	SEN	Estoril Praia Fisiogaspar												-
	4181	1035	Miguel Guerreiro	DNS	V2	Estoril Praia Fisiogaspar												-
	4050	1031	Paulo Leite	DNS	V2	Estoril Praia Fisiogaspar												-
	3552	1023	João Nuno Martins	DNS	SEN	Individual												-
	4730	1023	Júlio Martins	DNS	V5	Individual												-
	3393	1023	Tiago Amado	DNS	SEN	Individual												-
	4062	1014	Carlos Cabrita	DNS	V5	Louletano												-
	4180	1026	Jorge Gaspar	DNS	V2	Louletano												-
	4670	1029	António Sousa	DNS	V1	Lusitano												-
	4341	1036	Luis Carvalho	DNS	V2	Lusitano												-
	3442	1020	Bruno Caetano	DNS	SEN	Outsystems Olímpico de Oeiras												-
	4391	1002	Marco Cerruti	DNS	V1	REPSOL TRIATLO												-
	2150	1004	João Canas	DNS	S23	Teleperformance - Os Belenenses												-
	4851	1032	José Albano	DNS	V3	Teleperformance - Os Belenenses												-
	4171	1020	Eduardo Costa	DNS	V1	Triatlo SUColareense												-