

Data:	17-04-2010	Hora:	10h30	Local:	Matosinhos				
Corrida	4.800 mt	PT:	0 mt	Ciclismo:	22.400 mt	PT:	0 mt	Corrida:	2.400 mt

Ranking:	Camp. Nac. Júniores	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Corrida	PT	Ciclism	PT	Corrida	Total	Diff
1	1167	27	José Veiga	-	JUN	Clube Olímpico de Oeiras	00:16:10	00:00:28	00:34:55	00:00:23	00:07:56	00:59:54	
2	1166	21	Hugo Alves	-	JUN	C. T. Fundão	00:16:11	00:00:28	00:34:55	00:00:22	00:08:06	01:00:04	00:00:09
3	1095	28	João Amorim	-	JUN	Alhandra Sporting Club	00:16:09	00:00:27	00:34:54	00:00:23	00:08:18	01:00:14	00:00:19
4	1113	32	Gil Maia	-	JUN	CFV	00:16:09	00:00:28	00:34:57	00:00:29	00:08:13	01:00:18	00:00:24
5	1105	30	João Serrano	-	JUN	SR Camarnal / Seguros	00:16:13	00:00:32	00:34:46	00:00:27	00:08:32	01:00:32	00:00:38
6	1156	23	Pedro Araújo Mendes	-	JUN	C. D. "Os Águias" de Alpiarça	00:16:12	00:00:34	00:34:51	00:00:28	00:08:43	01:00:49	00:00:54
7	1247	52	Filipe Azevedo	-	JUN	C. D. "Os Águias" de Alpiarça	00:17:04	00:00:31	00:35:45	00:00:41	00:08:55	01:02:57	00:03:02
8	1313	1411	Bruno Pereira	-	JUN	Lusavouga-Clube dos Galitos	00:17:12	00:00:40	00:35:29	00:00:34	00:09:07	01:03:03	00:03:08
9	1117	29	Hugo Ventura	-	JUN	Clube Olímpico de Oeiras	00:17:07	00:00:34	00:35:39	00:00:27	00:09:36	01:03:25	00:03:30
10	1233	419	Diogo Rosa	-	JUN	C. N. Tejo	00:17:53	00:00:33	00:34:55	00:00:32	00:09:43	01:03:39	00:03:44
11	1163	487	Paulo Alexandre Antunes	-	JUN	Clube Olímpico de Oeiras	00:17:32	00:00:33	00:35:17	00:00:36	00:10:46	01:04:46	00:04:51
12	1248	1079	Henrique Gouveia	-	JUN	Ludens Clube do Machico	00:17:45	00:00:39	00:36:29	00:00:34	00:09:56	01:05:26	00:05:31
13	1093	18	Mariana Costa	-	JUN	C. T. Fundão	00:18:12	00:00:33	00:37:31	00:00:33	00:09:54	01:06:45	00:06:51
14	1269	756	Nuno Lima	-	JUN	CAPGE	00:18:31	00:00:42	00:36:54	00:00:50	00:10:02	01:07:00	00:07:06
15	1222	333	José Maria Carvalho	-	JUN	C. F. "Os Belenenses"	00:18:26	00:00:36	00:37:11	00:00:45	00:10:14	01:07:14	00:07:19
16	1302	531	Ricardo Correia	-	JUN	Ext. Coop. da Benedita	00:18:27	00:00:48	00:38:02	00:00:40	00:10:27	01:08:26	00:08:31
17	1295	522	Miguel Ângelo Silva	-	JUN	Ext. Coop. da Benedita	00:17:54	00:00:41	00:40:08	00:00:34	00:09:52	01:09:11	00:09:16
18	1130	1082	João Calça Martins	-	JUN	Ludens Clube do Machico	00:19:33	00:00:43	00:37:54	00:00:34	00:10:39	01:09:24	00:09:30
19	1270	545	André Mateus Silva	-	JUN	G. D. R. de Manique de Cima	00:19:08	00:00:32	00:39:19	00:00:25	00:10:31	01:09:57	00:10:03
20	1077	229	Tiago Rola	-	JUN	CFV	00:19:32	00:00:51	00:38:33	00:00:36	00:10:26	01:10:00	00:10:05
21	1301	847	Rita Maria Lopes	-	JUN	Amiciclo	00:19:46	00:00:30	00:41:08	00:00:31	00:09:58	01:11:56	00:12:01
22	1315	1473	Daniel Gonçalves	-	JUN	Triathlon Lamego Club	00:18:31	00:00:44	00:42:32	00:00:33	00:10:24	01:12:46	00:12:51
23	1271	551	Pedro Bica	-	JUN	G. D. R. de Manique de Cima	00:19:08	00:00:30	00:42:21	00:00:35	00:10:27	01:13:03	00:13:08
24	1316	1474	Daniel Conceição	-	JUN	Triathlon Lamego Club	00:20:55	00:00:34	00:40:17	00:00:27	00:11:56	01:14:11	00:14:16
25	1286	417	Ana Alarico	-	JUN	C. N. Tejo	00:20:34	00:00:41	00:45:37	00:00:31	00:11:15	01:18:40	00:18:46
26	1310	1298	Bruno Oliveira	-	JUN	Lusavouga-Clube dos Galitos	00:21:25	00:00:40	00:44:49	00:00:39	00:11:15	01:18:50	00:18:55
27	1161	1358	Miguel Marinho Silva	-	JUN	Individual	00:23:26	00:01:07	00:42:02	00:00:48	00:14:01	01:21:25	00:21:30
	1128	351	Carolina Gregório	DNS	JUN	Clube Olímpico de Oeiras							-
	1213	1302	Marina Silva	DNS	JUN	Lusavouga-Clube dos Galitos							-
	1209	393	Diogo Goulão Henriques	DNS	JUN	Ginásio Clube de Sines							-
	1279	717	Daniel Contente	DNS	JUN	Ginásio Clube de Sines							-
	1170	720	Gonçalo Barros	DNS	JUN	Ginásio Clube de Sines							-
	1311	43	Andreia Lopes	DNS	JUN	C. F. "Os Belenenses"							-
	1261	718	Sara Ferreira	DNS	JUN	Ginásio Clube de Sines							-
	1319	1499	Filipe Romero	DNS	JUN	Secção de Triatlo de Santa Iria							-