

I Triatlo Longo de Aveiro - Camp. Nac. Triatlo Longo

Classificação Individual

Data:	30-05-2010	Hora:	08h00	Local:	Aveiro
Natação	1.900 mt	1ª Transição:		Ciclismo:	
				2ª Transição:	
					Corrida:

Ranking:	Camp. Nac. Triatlo Longo	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	1ª	Ciclism	2ª	Corrida	Total	Diff
1	3284	36	Pedro Gomes	-	SEN	Clube Olímpico de Oeiras	00:23:20	00:01:01	02:14:08	00:00:38	01:19:32	03:58:42	
2	3053	37	Sérgio Marques	-	SEN	C. D. "Os Águias" de Alpiarça	00:24:40	00:01:03	02:20:09	00:00:40	01:15:43	04:02:16	00:03:34
3	5544		David Rodriguez	-	SEN	Individual	00:26:08	00:01:23	02:18:17	00:00:31	01:21:02	04:07:23	00:08:41
4	3260	838	Rafael Gomes	-	SEN	Amiciclo	00:24:09	00:01:02	02:20:59	00:00:41	01:22:14	04:09:07	00:10:24
5	4116	368	Rui Rodrigues	-	V1	COMPEED - Tri-Oeste	00:25:01	00:01:16	02:23:55	00:00:52	01:23:10	04:14:16	00:15:34
6	3342	337	Rodrigo Baltazar	-	SEN	Sporting Clube de Portugal	00:24:32	00:01:04	02:27:16	00:00:40	01:22:59	04:16:33	00:17:50
7	3282	254	Márcio Neves	-	SEN	Oeiras Sport Clube	00:27:02	00:01:20	02:21:39	00:00:54	01:26:04	04:17:01	00:18:19
8	3039	346	Custódio António	-	SEN	Clube Olímpico de Oeiras	00:30:00	00:01:34	02:27:54	00:00:45	01:17:48	04:18:03	00:19:20
9	3690	328	José Camiña	-	SEN	C. F. "Os Belenenses"	00:24:24	00:00:59	02:28:07	00:00:51	01:24:03	04:18:26	00:19:44
10	3049	1152	Sérgio Dias	-	SEN	COMPEED - Tri-Oeste	00:29:14	00:01:06	02:27:03	00:00:42	01:22:20	04:20:27	00:21:44
11	3063	1035	Nuno Neves	-	SEN	Louletano/AlgarCycles/LouleJardimHot	00:24:41	00:01:14	02:30:11	00:00:56	01:24:59	04:22:03	00:23:20
12	3618	1289	Fernando Tuya Cortés	-	SEN	Porto Runners	00:24:06	00:01:24	02:28:59	00:00:59	01:26:55	04:22:25	00:23:42
13	3296	1102	Jorge Duarte	-	SEN	Clube de Praças da Armada	00:30:23	00:02:12	02:26:05	00:00:39	01:23:20	04:22:41	00:23:58
14	4366	301	Carlos Nóbrega	-	V1	Clube Futebol Andorinha	00:27:31	00:01:38	02:31:55	00:00:44	01:21:00	04:22:51	00:24:09
15	3367	238	Roberto Lúcio	-	SEN	Clube Naval da Calheta	00:26:00	00:01:10	02:24:37	00:00:56	01:31:07	04:23:52	00:25:10
16	3244	253	Carlos Fernandes	-	SEN	Oeiras Sport Clube	00:26:59	00:01:21	02:30:28	00:00:40	01:25:09	04:24:39	00:25:57
17	3261	499	David Caldeirão	-	SEN	Louletano/AlgarCycles/LouleJardimHot	00:24:04	00:01:05	02:29:40	00:00:52	01:30:13	04:25:57	00:27:15
18	3369	1036	Ricardo Paixão	-	SEN	Louletano/AlgarCycles/LouleJardimHot	00:27:06	00:01:20	02:27:43	00:00:43	01:29:42	04:26:35	00:27:53
19	4121	144	Paulo Codinha	-	V1	TRIATLO CLUBE TAP	00:25:45	00:01:34	02:24:03	00:01:08	01:34:24	04:26:55	00:28:13
20	3285	347	Hugo Ferreira	-	SEN	Clube Olímpico de Oeiras	00:29:53	00:01:23	02:32:06	00:00:52	01:23:16	04:27:32	00:28:50
21	3760	1000	Pedro Pinheiro	-	SEN	COMPEED - Tri-Oeste	00:30:20	00:01:21	02:27:25	00:00:48	01:28:58	04:28:52	00:30:10
22	4032	252	Carlos Gomes	-	V2	Oeiras Sport Clube	00:30:20	00:01:14	02:29:29	00:00:51	01:27:25	04:29:21	00:30:38
23	3239	210	Telmo Veloso	-	SEN	Porto Runners	00:29:04	00:01:36	02:37:04	00:01:14	01:23:00	04:31:59	00:33:17
24	3219	126	Ricardo Ferreira	-	SEN	TRIATLO CLUBE TAP	00:25:02	00:01:32	02:31:05	00:01:00	01:33:52	04:32:34	00:33:51
25	3026	832	Anibal Oliveira	-	SEN	Amiciclo	00:34:01	00:01:44	02:31:40	00:00:31	01:24:52	04:32:50	00:34:08
26	3542	123	Pedro Madeira	-	SEN	Molly Maid - Vitoria de Janes	00:27:11	00:01:42	02:29:53	00:00:34	01:34:08	04:33:29	00:34:47
27	4441	1437	Gary Blesson	-	V2	Assoc. Académica de Coimbra	00:31:42	00:01:14	02:24:32	00:00:52	01:38:40	04:37:01	00:38:19
28	3583	1379	Paulo Adão Coelho	-	SEN	Clube Triatlo de Perosinho	00:24:29	00:01:25	02:39:47	00:01:17	01:30:34	04:37:33	00:38:51
29	3052	366	Hélder Milheiras	-	SEN	COMPEED - Tri-Oeste	00:28:42	00:01:55	02:33:48	00:01:00	01:32:40	04:38:06	00:39:24
30	3057	650	Henrique Matias	-	SEN	Oeiras Sport Clube	00:30:52	00:02:02	02:34:15	00:00:51	01:30:47	04:38:49	00:40:06
31	4200	1482	Paulo Margarido	-	V1	Ludens Clube do Machico	00:29:46	00:01:40	02:38:29	00:00:40	01:30:08	04:40:44	00:42:02
32	4377	381	Faber Martins	-	V1	McDonalds/TriBraga	00:31:34	00:03:29	02:37:36	00:01:04	01:27:06	04:40:51	00:42:09
33	3334	1158	Rui Filipe Costa	-	SEN	Porto Runners	00:30:24	00:01:53	02:33:14	00:00:53	01:34:35	04:41:01	00:42:19
34	5567	1577	Sérgio Costa	-	LAZ	Individual	00:29:37	00:02:49	02:28:24	00:01:35	01:38:38	04:41:05	00:42:23
35	3321	790	Luis Lourenço	-	SEN	Molly Maid - Vitoria de Janes	00:28:08	00:01:54	02:33:22	00:00:45	01:37:23	04:41:34	00:42:52
36	3501	371	Tiago Neves	-	SEN	COMPEED - Tri-Oeste	00:24:11	00:01:02	02:38:58	00:00:51	01:37:51	04:42:54	00:44:12
37	3524	632	Paulo Sequeira	-	SEN	Peniche A. C.	00:28:53	00:01:56	02:38:34	00:00:55	01:33:55	04:44:15	00:45:33
38	3135	1161	Mário Guedes	-	SEN	Assoc. Académica S. Mamede	00:29:16	00:01:25	02:41:26	00:01:23	01:31:14	04:44:45	00:46:03
39	4181	159	João Durão	-	V2	TRIATLO CLUBE TAP	00:28:05	00:01:37	02:35:47	00:00:54	01:39:06	04:45:32	00:46:49
40	3464	1117	Duarte Martins	-	SEN	Clube Futebol Andorinha	00:28:40	00:01:51	02:39:29	00:00:39	01:36:29	04:47:09	00:48:27
41	5552		Ander Agirregomezkorta	-	SEN	Garaiko Triatloi Taldea	00:29:49	00:02:26	02:35:05	00:00:53	01:39:20	04:47:35	00:48:53
42	2161	580	João Graça	-	S23	Sporting Clube de Portugal	00:26:20	00:01:30	02:40:45	00:00:56	01:38:32	04:48:05	00:49:22
43	3616	1433	Abel Condesso	-	SEN	Assoc. Académica de Coimbra	00:29:57	00:02:06	02:37:13	00:01:01	01:38:31	04:48:50	00:50:08
44	3521	958	João Nicolau	-	SEN	C. N. Tejo	00:26:55	00:02:03	02:41:56	00:00:55	01:37:03	04:48:54	00:50:11
45	4127	1165	Emanuel Marques	-	V2	Assoc. Académica S. Mamede	00:28:09	00:01:16	02:46:08	00:00:43	01:33:00	04:49:18	00:50:35
46	3300	241	Nélson Santos	-	SEN	Peniche A. C.	00:34:48	00:01:59	02:36:29	00:00:59	01:35:20	04:49:37	00:50:54
47	3626	1460	Paulo Filipe Gonçalves	-	SEN	Lusavouga-Clube dos Galitos	00:25:43	00:01:17	02:40:09	00:01:05	01:42:18	04:50:35	00:51:52
48	4129	132	João Hipólito	-	V2	Alhandra Sporting Club	00:32:29	00:01:45	02:37:09	00:00:55	01:41:35	04:53:56	00:55:14
49	3264	335	Manuel Alves	-	SEN	Sporting Clube de Portugal	00:25:42	00:01:04	02:43:49	00:00:41	01:42:38	04:53:56	00:55:14

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Natação	1.900 mt	1ª Transição:		Ciclismo:		2ª Transição:		Corrida:	

Ranking:	Camp. Nac. Triatlo Longo	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	1ª	Ciclism	2ª	Corrida	Total	Diff
50	5554		Mikel Zabala Erdoiza	-	SEN	Garaiko Triatloi Taldea	00:30:20	00:03:21	02:49:25	00:01:34	01:30:15	04:54:56	00:56:14
51	3591	468	Paulo Janela	-	SEN	Clube de Triatlo de Almada	00:31:11	00:01:31	02:43:26	00:01:20	01:38:22	04:55:52	00:57:09
52	3559	1168	António Luis Barbosa	-	SEN	Assoc. Académica S. Mamede	00:30:14	00:02:31	02:49:21	00:01:05	01:33:31	04:56:45	00:58:03
53	4248	137	Jorge Paulo Pereira	-	V2	TRIATLO CLUBE TAP	00:25:47	00:01:55	02:44:51	00:01:18	01:43:31	04:57:23	00:58:41
54	4131	348	Pedro Nogueira Silva	-	V1	Clube Olímpico de Oeiras	00:33:48	00:01:31	02:48:36	00:00:42	01:33:15	04:57:55	00:59:12
55	3128	616	José Ferreira	-	SEN	McDonalds/TriBraga	00:29:22	00:01:30	02:41:49	00:00:41	01:45:04	04:58:28	00:59:46
56	4097	376	Carlos Suzana	-	V2	COMPEED - Tri-Oeste	00:34:27	00:02:31	02:37:36	00:01:16	01:42:56	04:58:47	01:00:04
57	3234	165	João Vaz Lima	-	SEN	CFV	00:29:14	00:02:04	02:42:06	00:01:28	01:44:54	04:59:47	01:01:05
58	3571	1295	Carlos Rocha	-	SEN	Lusavouga-Clube dos Galitos	00:32:02	00:01:36	02:39:36	00:00:59	01:45:36	04:59:52	01:01:09
59	3320	975	Sérgio Ribeiro	-	SEN	Clube de Praças da Armada	00:32:34	00:02:40	02:45:34	00:01:12	01:37:51	04:59:53	01:01:11
60	3050	387	Bruno Fernandes	-	SEN	Resistentes	00:36:05	00:01:39	02:37:55	00:01:33	01:43:09	05:00:22	01:01:40
61	3156	1075	Pedro Pereira	-	SEN	Assoc. Académica S. Mamede	00:31:46	00:02:15	02:51:36	00:00:49	01:34:28	05:00:56	01:02:14
62	2126	331	Miguel Andrade	-	S23	C. F. "Os Belenenses"	00:29:46	00:01:56	02:57:44	00:00:46	01:31:17	05:01:31	01:02:48
63	3086	394	Luis Guerreiro	-	SEN	Ginásio Clube de Sines	00:37:00	00:01:35	02:37:13	00:01:09	01:44:51	05:01:51	01:03:08
64	3081	288	Ricardo Vieira	-	SEN	Assoc. Académica de Coimbra	00:33:46	00:03:09	02:38:59	00:00:54	01:45:01	05:01:51	01:03:08
65	3698	656	José Afonso	-	SEN	McDonalds/TriBraga	00:33:57	00:02:09	02:48:31	00:01:03	01:36:15	05:01:57	01:03:14
66	3001	730	Paulo Teles	-	SEN	G. A. A. Vila Franca de Xira	00:30:17	00:01:39	02:43:24	00:00:58	01:45:39	05:02:00	01:03:18
67	3304	482	Ivan Pinto da Silva	-	SEN	Clube Triatlo de Perosinho	00:27:03	00:01:44	02:44:19	00:01:18	01:49:26	05:03:52	01:05:10
68	2135	1098	Rúben Reis	-	S23	Secção de Triatlo de Santa Iria	00:35:05	00:02:24	02:42:45	00:00:57	01:42:44	05:03:57	01:05:14
69	2085	374	Vanessa Pereira	-	S23	COMPEED - Tri-Oeste	00:30:29	00:01:39	02:43:48	00:00:50	01:47:16	05:04:04	01:05:22
70	3100	871	Luis Cipriano	-	SEN	A. M. C. R. Fonte Grada	00:36:08	00:01:48	02:48:17	00:01:38	01:36:15	05:04:08	01:05:26
71	3494	424	Rui Pedro Costa	-	SEN	C. N. Tejo	00:38:33	00:01:36	02:45:58	00:01:08	01:36:54	05:04:10	01:05:28
72	2109	198	David Ferreira	-	S23	Alhandra Sporting Club	00:28:55	00:01:55	02:44:19	00:00:49	01:48:14	05:04:13	01:05:31
73	3792	1374	Carlos Chan	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	00:26:10	00:01:33	02:46:53	00:01:19	01:49:17	05:05:13	01:06:31
74	3466	239	Cristina Perestrelo	-	SEN	Clube Naval da Calheta	00:31:01	00:01:23	02:54:24	00:00:48	01:37:49	05:05:28	01:06:45
75	3841	1630	Pedro Carvalho	-	SEN	Individual	00:30:02	00:03:01	02:55:26	00:00:50	01:36:52	05:06:14	01:07:31
76	3575	1292	Josué Oliveira	-	SEN	Lusavouga-Clube dos Galitos	00:34:06	00:01:12	02:36:54	00:01:10	01:53:15	05:06:38	01:07:56
77	3840	1608	Tiago Pinho	-	S23	CFV	00:37:58	00:01:28	02:51:22	00:01:53	01:36:09	05:08:50	01:10:08
78	4039	1371	José Varela	-	V3	Louletano/AlgarvCycles/LouleJardimHot	00:34:57	00:02:45	02:47:14	00:01:01	01:43:13	05:09:13	01:10:30
79	3449	341	José Manuel Nunes	-	SEN	C. C. D. M. Matosinhos	00:36:10	00:02:51	02:56:50	00:00:43	01:32:47	05:09:22	01:10:40
80	5549		José Monteagudo	-	SEN	Club Triatlón Arcade Inforhouse	00:28:42	00:01:43	02:54:55	00:00:46	01:43:16	05:09:23	01:10:41
81	3004	873	Bruno Silva	-	SEN	A. M. C. R. Fonte Grada	00:29:51	00:01:48	03:06:25	00:00:42	01:30:44	05:09:31	01:10:49
82	3131	382	João Ferreira	-	SEN	McDonalds/TriBraga	00:27:10	00:02:31	02:54:55	00:01:13	01:44:01	05:09:52	01:11:10
83	4187	1291	Rui Ferreira	-	V1	Lusavouga-Clube dos Galitos	00:25:48	00:01:10	02:37:14	00:00:59	02:04:51	05:10:04	01:11:21
84	4025	148	João Medeiro	-	V2	Serv. Soc. CGD	00:35:03	00:02:23	02:46:40	00:01:15	01:45:00	05:10:23	01:11:40
85	3772	1312	Ricardo Lanceiro	-	SEN	Açoreana Clube Banif	00:37:02	00:01:50	02:56:43	00:01:02	01:33:50	05:10:29	01:11:47
86	3459	1153	Gustavo Sousa	-	SEN	Grupo Desportivo Corticeiras	00:30:51	00:02:41	02:46:19	00:01:02	01:49:37	05:10:32	01:11:50
87	5560		Luis Ortega	-	SEN	TRIPI	00:30:23	00:01:56	02:50:49	00:01:04	01:46:22	05:10:36	01:11:53
88	3519	809	Nuno Sá	-	SEN	Clube de Veteranos do Porto	00:32:39	00:03:00	02:50:19	00:01:25	01:43:39	05:11:04	01:12:22
89	4266	149	João Maral	-	V1	Serv. Soc. CGD	00:27:09	00:02:32	02:49:54	00:02:08	01:50:37	05:12:21	01:13:38
90	3621	1381	Fábio Magalhães	-	SEN	Clube Triatlo de Perosinho	00:29:08	00:02:17	02:48:39	00:00:48	01:51:43	05:12:37	01:13:54
91	3784	1329	Paulo Gonçalves	-	SEN	Clube de Praças da Armada	00:35:54	00:01:42	02:40:26	00:00:50	01:54:53	05:13:46	01:15:03
92	5547		José Guzman Ares	-	SEN	Club Triatlón Arcade Inforhouse	00:30:21	00:03:10	02:38:31	00:01:32	02:00:24	05:14:00	01:15:18
93	3673	384	Henrique Avelar	-	SEN	Resistentes	00:35:03	00:03:04	02:41:16	00:01:00	01:53:47	05:14:11	01:15:29
94	3147	494	Pedro Bento	-	SEN	Assoc. 20 Km de Almeirim	00:33:55	00:01:49	02:45:13	00:01:55	01:51:53	05:14:47	01:16:05
95	3414	1641	Otelo Fontes	-	SEN	Individual	00:27:55	00:02:40	02:57:36	00:01:32	01:45:50	05:15:35	01:16:52
96	3181	1164	Luis Correia Ferreira	-	SEN	Assoc. Académica S. Mamede	00:29:21	00:01:38	02:49:31	00:02:06	01:53:18	05:15:56	01:17:13
97	3318	1518	Leandro Pinto	-	SEN	Individual	00:28:32	00:01:31	03:06:21	00:00:42	01:39:16	05:16:25	01:17:42
98	4197	498	Victor Rodrigues	-	V1	Assoc. 20 Km de Almeirim	00:32:31	00:02:27	02:45:59	00:02:00	01:53:34	05:16:33	01:17:51

I Triatlo Longo de Aveiro - Camp. Nac. Triatlo Longo

Classificação Individual

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Natação	1.900 mt	1ª Transição:		Ciclismo:	
				2ª Transição:	
				Corrida:	

Ranking:	Camp. Nac. Triatlo Longo	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	1ª	Ciclism	2ª	Corrida	Total	Diff
99	5570	1521	João Canhão	-	V1	Cl. Ferroviário de Vendas Novas	00:28:11	00:02:05	02:37:58	00:02:00	02:06:18	05:16:34	01:17:52
100	4356	372	Sónia Quintela	-	V1	COMPEED - Tri-Oeste	00:24:39	00:02:06	02:56:08	00:00:58	01:54:48	05:18:40	01:19:58
101	3674	386	Pedro Carreira	-	SEN	Resistentes	00:36:06	00:02:45	02:51:35	00:00:52	01:48:22	05:19:42	01:21:00
102	4042	1361	João Rita	-	V3	Louletano/AlgarvCycles/LouleJardimHot	00:32:42	00:01:45	02:43:45	00:01:11	02:01:20	05:20:45	01:22:02
103	3537	834	Dário Santos	-	SEN	Amiciclo	00:35:08	00:01:47	02:44:39	00:00:51	01:59:07	05:21:34	01:22:52
104	4199	1366	Filipe Conceição	-	V1	Louletano/AlgarvCycles/LouleJardimHot	00:33:56	00:01:46	03:07:13	00:02:18	01:36:29	05:21:44	01:23:02
105	4312	1356	Vitor Carapelho	-	V2	Individual	00:30:33	00:02:37	02:50:28	00:01:13	02:00:15	05:25:08	01:26:25
106	4241	1464	André Cunha	-	V1	Açoreana Clube Banif	00:36:00	00:02:11	02:56:06	00:00:55	01:50:42	05:25:55	01:27:13
107	3143	1162	Daniel Reis	-	SEN	Assoc. Académica S. Mamede	00:29:56	00:02:32	02:59:14	00:02:15	01:51:57	05:25:55	01:27:13
108	3204	211	Susana Simões	-	SEN	Porto Runners	00:37:51	00:01:46	03:05:55	00:01:04	01:39:27	05:26:05	01:27:23
109	3526	323	António Gouveia	-	SEN	C. F. "Os Belenenses"	00:37:57	00:01:19	02:44:50	00:00:41	02:01:48	05:26:38	01:27:55
110	3576	1447	Jorge Manuel Vieira	-	SEN	Sport Clube Beira Mar	00:36:51	00:02:09	02:40:25	00:01:02	02:06:11	05:26:38	01:27:56
111	3015	434	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	00:27:25	00:01:14	03:04:26	00:00:52	01:52:46	05:26:46	01:28:03
112	4189	492	Carlos Serra	-	V1	Alhandra Sporting Club	00:34:59	00:02:23	02:49:45	00:01:08	01:59:01	05:27:17	01:28:35
113	3315	136	Mário Figueiredo	-	SEN	Alhandra Sporting Club	00:40:19	00:02:01	03:00:27	00:01:07	01:45:06	05:29:01	01:30:19
114	3209	1286	Pedro Miguel Lopes	-	SEN	Porto Runners	00:35:57	00:01:48	03:00:56	00:00:40	01:49:54	05:29:18	01:30:36
115	4462	1632	Nuno Manuel Pinheiro	-	V1	Individual	00:55:12	00:04:35	02:51:44	00:01:28	01:36:46	05:29:47	01:31:05
116	4234	1639	José Gama	-	V1	Individual	00:31:22	00:02:46	02:49:51	00:01:36	02:05:15	05:30:52	01:32:10
117	3785	1341	Mark Macedo	-	SEN	Porto Runners	00:47:34	00:02:32	02:56:55	00:02:16	01:42:22	05:31:41	01:32:59
118	3611	1363	Pedro Bernardo	-	SEN	Louletano/AlgarvCycles/LouleJardimHot	00:34:15	00:01:35	02:47:52	00:01:11	02:07:01	05:31:56	01:33:13
119	5559		Fernando Fernandez	-	V2	TRIPI	00:38:38	00:02:52	02:54:10	00:00:46	01:57:04	05:33:31	01:34:49
120	5553		Edu Lakuntza Rodriguez	-	SEN	Garaiko Triatloi Taldea	00:30:09	00:05:50	03:14:27	00:01:05	01:42:49	05:34:22	01:35:40
121	4303	673	António Reis	-	V2	Cl. Ferroviário de Vendas Novas	00:34:51	00:02:12	02:49:29	00:01:35	02:06:51	05:35:00	01:36:17
122	3707	603	Ana Patricia Ferreira	-	SEN	C. N. Tejo	00:31:18	00:01:47	03:12:56	00:00:50	01:48:20	05:35:13	01:36:30
123	4259	806	Paulo Neves	-	V1	Clube de Veteranos do Porto	00:33:41	00:01:39	02:51:17	00:00:53	02:08:48	05:36:21	01:37:39
124	3386	999	Ana Pereira	-	SEN	COMPEED - Tri-Oeste	00:36:18	00:02:07	03:02:33	00:01:03	01:54:58	05:37:01	01:38:18
125	4176	119	Vitor Grilo	-	V1	TRIATLO CLUBE TAP	00:30:28	00:03:29	03:06:29	00:01:58	01:54:44	05:37:09	01:38:26
126	3628	1173	Rui Pena	-	SEN	Assoc. Académica S. Mamede	00:35:38	00:01:36	02:56:08	00:00:52	02:03:20	05:37:35	01:38:53
127	4330	1163	José Fernando Silva	-	V2	Assoc. Académica S. Mamede	00:40:13	00:02:22	02:59:02	00:01:22	01:54:35	05:37:35	01:38:53
128	4223	164	José Morgado	-	V2	Alhandra Sporting Club	00:43:50	00:02:48	03:01:16	00:01:00	01:51:00	05:39:55	01:41:13
129	5558		Barbara Teira	-	SEN	TRIPI	00:39:32	00:01:46	03:09:19	00:00:48	01:50:51	05:42:18	01:43:35
130	4235	268	Ricardo Aguiar	-	V2	Cl. Ferroviário de Vendas Novas	00:32:15	00:02:33	03:07:21	00:01:17	02:01:59	05:45:27	01:46:44
131	5569	1060	Urbino Santos	-	SEN	McDonalds/TriBraga	00:30:46	00:02:43	03:19:17	00:01:29	01:51:17	05:45:34	01:46:51
132	3702	495	Hugo Mendes	-	SEN	Assoc. 20 Km de Almeirim	00:34:50	00:03:09	03:03:48	00:01:31	02:04:00	05:47:20	01:48:37
133	3208	1440	Rui Trovão	-	SEN	Assoc. Académica de Coimbra	00:32:32	00:02:38	03:07:01	00:01:18	02:04:31	05:48:01	01:49:19
134	3624	334	José Camões	-	SEN	C. F. "Os Belenenses"	00:36:51	00:01:41	03:04:46	00:00:59	02:05:20	05:49:39	01:50:57
135	4228	744	Vitor Pinho	-	V2	Alhandra Sporting Club	00:40:42	00:04:08	03:05:50	00:01:23	01:57:52	05:49:57	01:51:15
136	3263	1174	Maria Joana Creissac	-	SEN	Assoc. Académica S. Mamede	00:33:50	00:02:33	03:00:00	00:01:50	02:12:12	05:50:27	01:51:45
137	3212	367	Maria Cecilia Franco	-	SEN	COMPEED - Tri-Oeste	00:34:02	00:02:09	03:07:17	00:02:35	02:04:35	05:50:40	01:51:58
138	3569	383	Serge Caetano	-	SEN	McDonalds/TriBraga	00:46:01	00:02:27	02:55:35	00:01:43	02:04:55	05:50:43	01:52:00
139	3390	155	Helder Valente	-	SEN	Serv. Soc. CGD	00:37:41	00:02:17	02:58:43	00:01:12	02:11:12	05:51:06	01:52:24
140	3525	326	Elisabete Sousa	-	SEN	C. F. "Os Belenenses"	00:37:16	00:01:40	02:58:37	00:01:16	02:12:52	05:51:43	01:53:01
141	4065	1488	José Silva	-	V2	A. C. R. Ribeira	00:36:36	00:09:26	03:08:45	00:01:18	01:57:08	05:53:14	01:54:32
142	2165	1176	Pedro Magalhães	-	S23	Assoc. Académica S. Mamede	00:37:34	00:04:16	03:01:49	00:03:06	02:10:01	05:56:47	01:58:04
143	4421	1319	Antonio Moreira	-	V3	Individual	00:37:13	00:02:54	03:20:28	00:01:36	01:58:48	06:01:00	02:02:18
144	4279	435	João Morgado	-	V1	Clube de Triatlo de Almada	00:37:35	00:02:11	03:04:12	00:01:01	02:19:45	06:04:45	02:06:03
145	5561		Pedro Benito	-	SEN	TRIPI	00:34:53	00:02:38	03:09:30	00:01:15	02:16:33	06:04:51	02:06:08
146	4406	992	Pedro Basilio	-	V1	SR Camarnal / Seguros	00:30:26	00:03:25	03:09:25	00:04:23	02:22:26	06:10:06	02:11:23
147	4195	390	Sérgio Oliveira	-	V1	A.B.V.Estoris / Nutrilogia	00:37:21	00:02:05	03:01:36	00:01:51	02:29:16	06:12:10	02:13:28

I Triatlo Longo de Aveiro - Camp. Nac. Triatlo Longo
Classificação Individual

Data:	30-05-2010	Hora:	08h00	Local:	Aveiro		
Natação	1.900 mt	1ª Transição:		Ciclismo:		2ª Transição:	Corrida:

Ranking:	Camp. Nac. Triatlo Longo	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	1ª	Ciclism	2ª	Corrida	Total	Diff
148	3623	1614	Filipe Varandas	-	SEN	Clube Triatlo de Perosinho	00:30:19	00:04:19	03:24:45	00:03:58	02:11:52	06:15:15	02:16:33
149	4102	1607	Luis Lima	-	V3	CFV	00:56:22	00:04:04	03:10:38	00:03:14	02:04:25	06:18:45	02:20:03
150	3391	151	Carlos Albano Silva	-	SEN	Serv. Soc. CGD	00:38:45	00:03:23	03:14:01	00:01:42	02:21:53	06:19:46	02:21:04
151	4342	140	Luis Filipe Silva	-	V3	TRIATLO CLUBE TAP	00:49:54	00:04:26	02:57:42	00:02:40	02:28:15	06:22:59	02:24:16
152	4046	266	Mário Melo	-	V4	Cl. Ferroviário de Vendas Novas	00:33:43	00:03:37	03:21:26	00:01:57	02:33:59	06:34:44	02:36:02
153	3653	217	José Gabriel Coelho	-	SEN	Alhandra Sporting Club	00:33:42	00:02:44	03:50:49	00:02:37	02:08:04	06:37:58	02:39:16
154	3821	1541	Nuno Bernardo	-	SEN	Molly Maid - Vitoria de Janes	00:49:01	00:03:44	03:24:10	00:01:19	02:32:02	06:50:17	02:51:35
	3489	1151	Cecília Shinn	DNF	SEN	COMPEED - Tri-Oeste	00:37:45	00:02:02	03:05:36	00:01:21			-
	2127	579	Diogo Custódio	DNF	S23	Sporting Clube de Portugal	00:22:19	00:01:00	02:22:21	00:00:54			-
	4239	802	Vasco Santos	DNF	V3	Clube de Veteranos do Porto	00:39:36	00:02:30	03:12:24	00:01:39			-
	5690	373	Hugo Ribeiro	DNF	V1	COMPEED - Tri-Oeste	00:27:33	00:01:55	02:33:18	00:01:22			-
	3207	870	José Magalhães Dias	DNF	SEN	A. M. C. R. Fonte Grada	00:29:09	00:01:45	02:37:17	00:00:47			-
	4400	759	Paulo Canário	DNF	V1	Cl. Ferroviário de Vendas Novas	00:28:25	00:02:09					-
	5546		Mateo Lage	DNF	SEN	Individual	00:25:38	00:01:10					-
	3427	269	Sérgio Moniz	DNS	SEN	U. D. Amigos da Roda de Quinchães							-
	3397	1170	Alexandra Reis	DNS	SEN	Assoc. Académica S. Mamede							-
	3446	737	Bruno Brito	DNS	SEN	A.B.V.Estoris / Nutrilogia							-
	3697	729	Patrick Silva	DNS	SEN	McDonalds/TriBraga							-
	3184	998	Maria Rita Neves	DNS	SEN	COMPEED - Tri-Oeste							-
	3206	1389	André Guimarães	DNS	SEN	Clube Triatlo de Perosinho							-
	3614	1562	Manuel Júlio	DNS	SEN	Individual							-
	4152	1533	Silvino Muchacho	DNS	V5	Peniche A. C.							-
	4014	742	João Santos	DNS	V2	A.B.V.Estoris / Nutrilogia							-
	4308	203	Paulo Beltrão Coelho	DNS	V1	Molly Maid - Vitoria de Janes							-
	4198	1362	Leonardo Lopes	DNS	V1	Louletano/AlgarvCycles/LouleJardimHot							-
	4413	106	Carlos Braz	DNS	V1	Individual							-
	4304	270	Joaquim Leitão	DNS	V1	U. D. Amigos da Roda de Quinchães							-
	3561	1166	Pedro Albino	DNS	SEN	Assoc. Académica S. Mamede							-
	3477	135	Álvaro Silva	DNS	SEN	TRIATLO CLUBE TAP							-
	3138	1640	João António Mascarenhas	DNS	SEN	C. N. Tejo							-
	5543		Abel Gómez	DNS	SEN	Individual							-
	5545		Manuel Raposo	DNS	SEN	Individual							-
	5550		Maria Belen Cabral	DNS	V1	Club Triatlón Cidade de Lugo Flivial							-
	5551		Noelia Simón	DNS	SEN	Club Triatlón Cidade de Lugo Flivial							-