

Data:	28-01-2012	Hora:	16h30	Local:	Jamor			
Corrida	2.000 mt	Ciclismo:	8.000 mt	Corrida:	1.000 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
----------	---------------	------------------	-------

Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
-------	-----	--------	--------	-----	------	-----	---------------	-------	------

CAD	1	2	1139	1772	André Dias	-	Sporting CP	00:30:33	
CAD	2	3	1141	1849	Manuel Roque	-	Sporting CP	00:30:48	00:00:15
CAD	3	5	5677		David Carvalho	-	Individual	00:31:25	00:00:52
CAD	4	6	76		André Panoias	-	Individual	00:31:26	00:00:53
CAD	5	10	5669		David Luís	-	Individual	00:32:19	00:01:46
CAD	6	13	1137	2433	João Sotero	-	Sporting CP	00:32:44	00:02:11
CAD	7	18	1089	1726	Gabriel Ubaldo Teixeira	-	Triatlo "osBelenenses"	00:33:38	00:03:05
CAD	8	19	5697		João Pessanho	-	Individual	00:33:48	00:03:15
CAD	9	20	181		Fernando Martins	-	Individual	00:33:48	00:03:15
CAD	10	22	1019	1748	Diogo Filipe Silva	-	Ext. Coop. da Benedita	00:34:13	00:03:40
CAD	11	24	1138	2434	Leonardo Nunes	-	Sporting CP	00:34:21	00:03:48
CAD	12	26	1075	2151	Artur Melo	-	Sporting CP	00:34:27	00:03:54
CAD	13	28	1127	2367	Tomás Azevedo	-	Kainagua	00:34:40	00:04:07
CAD	14	44	5681		Francisco Didelet	-	Individual	00:36:34	00:06:01
CAD	15	45	1045	313	João Canas	-	Triatlo "osBelenenses"	00:36:34	00:06:01
CAD	16	54	58		André Abreu	-	Individual	00:39:51	00:09:18
CAD	17	66	202		João Barreto	-	Individual	00:41:31	00:10:58
CAD	18	96	5109		Ricardo Patrício	-	Individual	00:51:08	00:20:35

INI	1	50	5655		Carlos Viegas	-	Individual	00:37:17	
-----	---	----	------	--	---------------	---	------------	----------	--

JUN	1	16	5117		Rui Pedro	-	Individual	00:33:03	
JUN	2	17	1581	2253	David Carneiro	-	Triatlo "osBelenenses"	00:33:19	00:00:16
JUN	3	23	5696		Júlio Vicente	-	Individual	00:34:18	00:01:15
JUN	4	27	5103		Ricardinho Correia	-	Individual	00:34:33	00:01:29

S23	1	1	5126		Tiago Pires	-	Individual	00:30:20	
S23	2	12	5105		Ricardo Correia	-	Individual	00:32:40	00:02:20
S23	3	31	188		Flávio Pires	-	Individual	00:34:55	00:04:34
S23	4	93	205		João Carneiro	-	Individual	00:50:51	00:20:31
S23	5	94	79		André Vieira	-	Individual	00:50:52	00:20:32

SEN	1	4	204		João Carlos Massena	-	Individual	00:31:16	
SEN	2	7	651		Nuno Valadas	-	Individual	00:31:31	00:00:15
SEN	3	8	665		Pedro Amaro	-	Individual	00:31:34	00:00:18
SEN	4	9	151		Bruno Dias	-	Individual	00:31:55	00:00:39
SEN	5	11	185		Filipe Rosas	-	Individual	00:32:32	00:01:16
SEN	6	14	580		Luís Carvalho	-	Individual	00:32:52	00:01:36
SEN	7	15	5699		Nelson Brás	-	Individual	00:32:56	00:01:40
SEN	8	21	622		Miguel Carneiro	-	Individual	00:34:03	00:02:47
SEN	9	25	175		Eduardo Dias	-	Individual	00:34:27	00:03:11
SEN	10	30	592		Luis Melato	-	Individual	00:34:49	00:03:33
SEN	11	33	209		João Faria	-	Individual	00:35:09	00:03:52
SEN	12	35	5129		Vitor Bugalho	-	Individual	00:35:19	00:04:03
SEN	13	37	5668		Bruno Dinis	-	Individual	00:35:41	00:04:25
SEN	14	38	3297	2366	João Festas	-	Individual	00:36:01	00:04:45
SEN	15	39	187		Flávio Cordeiro	-	Individual	00:36:03	00:04:46
SEN	16	41	3289	2310	João Pedro Santos	-	Associação Naval Amorense	00:36:25	00:05:08

Data:	28-01-2012	Hora:	16h30	Local:	Jamor			
Corrida	2.000 mt	Ciclismo:	8.000 mt	Corrida:	1.000 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
----------	---------------	------------------	-------

Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
-------	-----	--------	--------	-----	------	-----	---------------	-------	------

SEN	17	42	603		Mário Fernandes	-	Individual	00:36:28	00:05:12
SEN	18	46	658		Paulo Rodrigues	-	Individual	00:36:40	00:05:24
SEN	19	47	196		Hélder Monteiro	-	Individual	00:36:48	00:05:32
SEN	20	48	186		Filipe Vidal	-	Individual	00:37:09	00:05:52
SEN	21	51	5106		Ricardo Dias	-	Individual	00:38:46	00:07:30
SEN	22	56	667		Pedro Marques Vidal	-	Individual	00:40:17	00:09:00
SEN	23	58	5667		João Neto	-	Individual	00:40:42	00:09:26
SEN	24	60	596		Marco Meireles	-	Individual	00:40:47	00:09:31
SEN	25	61	578		Luis Bernardo Miranda	-	Individual	00:40:49	00:09:33
SEN	26	62	458		João Peixoto	-	Individual	00:40:54	00:09:37
SEN	27	63	3265	2301	Ambrósio Raposo	-	C. D. "Os Águias" de Alpiarça	00:41:24	00:10:08
SEN	28	64	150		Bruno Lopes	-	Individual	00:41:26	00:10:09
SEN	29	67	48		Alexandre Lopes	-	Individual	00:41:37	00:10:21
SEN	30	68	138		António Fernandes	-	Individual	00:42:01	00:10:45
SEN	31	69	452		João Jota Fernandes	-	Individual	00:42:20	00:11:03
SEN	32	71	5121		Sergio Damião	-	Individual	00:42:46	00:11:30
SEN	33	72	5120		Rui Silva	-	Individual	00:42:50	00:11:34
SEN	34	74	5107		Ricardo Martins	-	Individual	00:43:00	00:11:44
SEN	35	76	645		Nuno Carneiro	-	Individual	00:43:01	00:11:45
SEN	36	77	656		Paulo Pedrosa	-	Individual	00:43:08	00:11:52
SEN	37	84	5122		Sérgio Silva	-	Individual	00:46:26	00:15:10
SEN	38	86	179		Fausto Oliveira	-	Individual	00:48:15	00:16:59
SEN	39	87	577		Luis Belo	-	Individual	00:48:50	00:17:34
SEN	40	91	663		Paulo Ximenes	-	Individual	00:49:37	00:18:21
SEN	41	92	5108		Ricardo Nogueira	-	Individual	00:50:26	00:19:09
SEN	42	99	5128		Vasco Sousa	-	Individual	00:52:04	00:20:48
SEN	43	100	153		Bruno Ribeiro	-	Individual	00:52:07	00:20:51
SEN	44	102	5719		Hugo Silva	-	Individual	00:52:24	00:21:08
SEN	45	103	463		João Ribeiro	-	Individual	00:53:37	00:22:21

V1	1	32	538		José Manuel Costa	-	Individual	00:35:06	
V1	2	40	4286	332	Paulo Goulart	-	Triatlo "osBelenenses"	00:36:23	00:01:17
V1	3	49	5665		Sérgio Neves	-	Individual	00:37:17	00:02:10
V1	4	52	652		Óscar Viola	-	Individual	00:38:59	00:03:53
V1	5	55	5698		António Teixeira	-	Individual	00:40:12	00:05:06
V1	6	59	180		Fernando Fernandes	-	Individual	00:40:46	00:05:40
V1	7	70	613		Miguel Azevedo	-	Individual	00:42:39	00:07:33
V1	8	75	195		Gustavo Mangorrinha	-	Individual	00:43:00	00:07:54
V1	9	79	5721		João Teixeira	-	Individual	00:43:54	00:08:48
V1	10	80	5118		Rui Rijo	-	Individual	00:44:48	00:09:42
V1	11	83	119		António Emilio Paquete	-	Individual	00:46:22	00:11:16
V1	12	85	469		Joaquim Rocha	-	Individual	00:48:15	00:13:09
V1	13	97	476		Jorge Almeida	-	Individual	00:51:29	00:16:22
V1	14	101	178		Eduardo Pereira	-	Individual	00:52:23	00:17:17

V2	1	34	201		João Baptista	-	Individual	00:35:12	
V2	2	43	579		Luis Carvalhinho	-	Individual	00:36:31	00:01:19
V2	3	53	51		Alfredo Correia	-	Individual	00:39:36	00:04:24

Data:	28-01-2012	Hora:	16h30	Local:	Jamor			
Corrida	2.000 mt	Ciclismo:	8.000 mt	Corrida:	1.000 mt			

Ranking:	Ranking Geral	Hora de Partida:	00h00
----------	---------------	------------------	-------

Escal	Lug	Lg Ind	Dorsal	Lic	Nome	PEN	Nome de clube	Total	Diff
-------	-----	--------	--------	-----	------	-----	---------------	-------	------

V2	4	73	466		João Rodrigo Silva	-	Individual	00:42:57	00:07:45
V2	5	82	149		Arsénio Gonçalves	-	Individual	00:45:45	00:10:33
V2	6	89	210		João Gaivão	-	Individual	00:49:37	00:14:25
V2	7	90	453		João Mártires	-	Individual	00:49:37	00:14:25
V2	8	98	661		Paulo Vidigal	-	Individual	00:51:50	00:16:38

V3	1	29	5666		Pedro Dias	-	Individual	00:34:43	
V3	2	36	591		Luis Manuel Silva	-	Individual	00:35:20	00:00:36
V3	3	57	609		Mario Ramos	-	Individual	00:40:23	00:05:40
V3	4	88	544		José Pires	-	Individual	00:48:50	00:14:06
V3	5	95	5720		Paulo Peixoto	-	Individual	00:50:57	00:16:14

V4	1	65	154		Carlos Gonçalves	-	Individual	00:41:28	
V4	2	78	635		Nuno Álvares Pereira	-	Individual	00:43:46	00:02:18
V4	3	81	4213	1536	Domingos Martins	-	Individual	00:45:09	00:03:40