

Data:	28-08-2016	Hora:	10h00	Local:	Lamego				
Natação	1.900 mt	Transição 1:	0 mt	Ciclismo:	86.120 mt	Transição 2:	0 mt	Corrida:	20.450 mt
Ranking:	CN Grupos Idade		Hora de Partida:	10h07					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
1	3016	1007	Bruno Pais	-	35-39	Grupo Desportivo Estoril Praia	2	00:25:51	2	00:00:44	1	02:21:43	43	00:01:18	4	01:28:16	04:17:53	
2	3342	1014	Rodrigo Baltazar	-	35-39	Grupo Desportivo Estoril Praia	4	00:28:00	13	00:01:13	4	02:28:01	21	00:01:06	5	01:28:30	04:26:53	00:08:59
3	3053	1003	Sergio Marques	-	35-39	Atlético CP Triatlo	5	00:28:07	4	00:01:03	14	02:35:37	35	00:01:15	1	01:24:03	04:30:07	00:12:13
4	3022	1019	João Oliveira	-	30-34	DNMG	13	00:29:22	18	00:01:18	11	02:31:08	14	00:01:04	3	01:27:47	04:30:41	00:12:47
5	3105	1013	Joao Fragoso	-	35-39	Teleperformance - Os Belenenses	30	00:31:56	15	00:01:15	5	02:28:40	71	00:01:46	8	01:31:16	04:34:56	00:17:02
6	4786	1025	Rui Galinha	-	40-44	Núcleo do Sporting da Golegã	23	00:31:01	7	00:01:07	7	02:28:55	4	00:00:47	11	01:33:14	04:35:06	00:17:13
7	3162	1019	Carlos Duarte	-	35-39	CCD / INTERMARCHÉ LAGOS	19	00:30:41	8	00:01:09	12	02:32:35	2	00:00:44	6	01:30:11	04:35:21	00:17:28
8	3558	1025	Nuno Silva	-	35-39	Clube Olímpico de Oeiras	42	00:33:41	29	00:01:30	2	02:25:33	8	00:00:57	13	01:34:09	04:35:52	00:17:59
9	4656	1012	Carlos da Cruz	-	40-44	Individual	3	00:26:28	11	00:01:13	8	02:30:07	17	00:01:06	17	01:37:16	04:36:11	00:18:17
10	3735	1003	Ricardo Costa	-	30-34	Associação Humanitária de Bombeiros	6	00:28:08	32	00:01:35	10	02:31:04	12	00:01:01	15	01:35:10	04:37:00	00:19:07
11	3127	1015	Tiago Lobo	-	35-39	Mc Donald´s/Tribraga	12	00:29:17	40	00:01:39	13	02:32:37	40	00:01:17	12	01:33:28	04:38:20	00:20:26
12	4631	1018	João Correia	-	40-44	SFRAA TRIATLO	39	00:33:09	36	00:01:37	17	02:37:03	26	00:01:10	2	01:25:40	04:38:41	00:20:48
13	3027	1008	Fábio Azinheirinha	-	20-24	Clube Olímpico de Oeiras	1	00:24:33	9	00:01:12	6	02:28:55	42	00:01:18	35	01:46:33	04:42:34	00:24:40
14	4896	1009	Paulo Fernandes	-	40-44	Veteranos do Porto	87	00:39:28	85	00:02:23	9	02:30:11	41	00:01:18	10	01:33:07	04:46:28	00:28:35
15	3440	1035	Jeroen Meijers	-	35-39	Clube Millenniumbcp	17	00:30:13	33	00:01:36	3	02:27:40	60	00:01:33	43	01:48:46	04:49:49	00:31:56
16	3138	1012	João Matos	-	30-34	Individual	71	00:36:33	79	00:02:18	21	02:38:25	28	00:01:11	9	01:32:08	04:50:38	00:32:44
17	4806	1032	Jorge Augusto	-	40-44	Varzim Sport Club	16	00:30:03	5	00:01:04	18	02:37:31	6	00:00:55	33	01:45:14	04:54:50	00:36:56
18	4347	1001	Miguel Miranda	-	45-49	Individual	50	00:34:16	38	00:01:38	16	02:36:56	18	00:01:06	22	01:41:02	04:55:00	00:37:06
19	5541	1003	Vanessa Pereira	-	25-29	Atlético CP Triatlo	26	00:31:41	16	00:01:16	24	02:40:02	39	00:01:17	24	01:41:54	04:56:13	00:38:19
20	4130	1005	Pedro Quaresma	-	50-54	Clube Millenniumbcp	15	00:29:28	48	00:01:47	26	02:40:22	30	00:01:13	28	01:43:39	04:56:31	00:38:37
21	4202	1005	Paulo Quintino	-	45-49	Clube Millenniumbcp	38	00:33:00	21	00:01:23	33	02:42:10	24	00:01:07	19	01:39:14	04:56:56	00:39:03
22	4844	1032	Nuno Prazeres	-	50-54	Clube Millenniumbcp	32	00:32:35	19	00:01:19	38	02:44:04	23	00:01:07	18	01:38:57	04:58:04	00:40:11
23	3159	1015	André Jesus	-	30-34	Clube Oriental de Lisboa	44	00:33:50	52	00:01:50	48	02:47:08	53	00:01:27	14	01:34:21	04:58:37	00:40:43
24	3750	1001	Luís Coelho da Silva	-	35-39	REPSOL TRIATLO	67	00:35:33	50	00:01:48	25	02:40:09	19	00:01:06	20	01:40:16	04:58:54	00:41:01
25	4284	1004	Emanuel Matos	-	40-44	Varzim Sport Club	72	00:36:35	53	00:01:51	22	02:39:12	54	00:01:27	21	01:40:28	04:59:34	00:41:40
26	4591	1017	Jorge Figueiredo	-	45-49	C F Vilacondense	9	00:28:38	24	00:01:25	20	02:38:14	51	00:01:26	52	01:52:10	05:01:56	00:44:02
27	4151	1018	António Calafate	-	45-49	Núcleo do Sporting da Golegã	8	00:28:34	17	00:01:16	27	02:40:49	37	00:01:16	45	01:50:03	05:02:00	00:44:06
28	3057	1005	Henrique Matias	-	35-39	Atlético CP Triatlo	28	00:31:42	35	00:01:36	42	02:45:17	105	00:02:43	27	01:43:22	05:04:41	00:46:48
29	5547		José Luis Nespereira	-	50-54	Individual	58	00:34:50	26	00:01:26	30	02:41:55	63	00:01:35	30	01:45:02	05:04:50	00:46:56

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Natação	1.900 mt	Transição 1:	0 mt	Ciclismo:	86.120 mt	Transição 2:	0 mt	Corrida:	20.450 mt
Ranking:	CN Grupos Idade		Hora de Partida:	10h07					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
30	3684	1037	William Goulart	-	30-34	Associação Humanitária de Bombeiros	91	00:41:14	3	00:00:52	43	02:45:21	1	00:00:42	16	01:37:09	05:05:20	00:47:26
31	4613	1030	Marco Carmo	-	40-44	CCD / INTERMARCHÉ LAGOS	46	00:33:53	96	00:02:42	39	02:44:05	16	00:01:05	29	01:43:49	05:05:36	00:47:42
32	3168	1013	Cristiano Pisco	-	30-34	Teleperformance - Os Belenenses	20	00:30:43	46	00:01:47	59	02:51:11	11	00:01:00	26	01:43:10	05:07:52	00:49:59
33	3581	1035	Vítor Fernandes	-	30-34	Grupo Desportivo Estoril Praia	99	00:43:02	75	00:02:15	23	02:39:30	69	00:01:45	25	01:42:33	05:09:08	00:51:14
34	3218	1007	Pedro M. Machado	-	30-34	Sport Algés e Dafundo	10	00:28:57	44	00:01:44	60	02:51:52	10	00:00:59	38	01:46:56	05:10:31	00:52:38
35	3702	1038	José Maestre	-	25-29	Individual	80	00:37:51	99	00:02:44	34	02:43:10	72	00:01:46	31	01:45:06	05:10:39	00:52:46
36	3202	1028	Valter Nogueira	-	35-39	Associação Académica de São Mamede	75	00:36:52	23	00:01:24	40	02:44:27	65	00:01:38	34	01:46:20	05:10:43	00:52:49
37	3715	1010	Pedro Reis	-	35-39	Associação Académica de São Mamede	74	00:36:40	6	00:01:07	41	02:44:59	47	00:01:22	36	01:46:37	05:10:45	00:52:52
38	4555	1037	Rúben Estima	-	40-44	DAR-Recardães	56	00:34:44	62	00:01:55	61	02:52:14	31	00:01:13	23	01:41:15	05:11:23	00:53:30
39	3477	1030	Rui Silva	-	35-39	CCD / INTERMARCHÉ LAGOS	62	00:35:15	39	00:01:38	31	02:42:00	36	00:01:15	48	01:51:28	05:11:38	00:53:44
40	4003	1006	João Miguel Nunes	-	50-54	Alhandra Sporting Club	53	00:34:31	10	00:01:13	49	02:47:54	9	00:00:59	40	01:47:28	05:12:07	00:54:14
41	4218	1002	Paulo Pereira	-	40-44	Clube Zupper	79	00:37:43	56	00:01:53	32	02:42:03	102	00:02:37	41	01:47:51	05:12:08	00:54:14
42	5338		Víctor Folgueira	-	30-34	Individual	86	00:38:11	58	00:01:53	79	03:01:27	29	00:01:11	7	01:30:49	05:13:33	00:55:39
43	5544	1014	Paulo Codinha	-	50-54	Triatlo Clube Tap	21	00:30:54	97	00:02:42	47	02:46:53	74	00:01:51	53	01:52:52	05:15:14	00:57:20
44	4700	1002	Rui Pereira da Silva	-	40-44	Clube Oriental de Lisboa	33	00:32:38	43	00:01:43	28	02:41:19	15	00:01:05	66	01:58:48	05:15:34	00:57:41
45	4443	1005	Pedro Pinheiro	-	40-44	SFRAA TRIATLO	36	00:32:48	27	00:01:28	52	02:48:52	66	00:01:39	49	01:51:53	05:16:42	00:58:49
46	4047	1005	José Morgado	-	45-49	SFRAA TRIATLO	82	00:38:04	42	00:01:43	37	02:43:52	34	00:01:14	51	01:52:00	05:16:55	00:59:02
47	4394	1013	Pedro Mega Jorge	-	45-49	Teleperformance - Os Belenenses	34	00:32:39	72	00:02:11	57	02:50:32	27	00:01:10	47	01:50:44	05:17:19	00:59:25
48	3491	1005	João Martins	-	30-34	SFRAA TRIATLO	43	00:33:45	20	00:01:20	67	02:54:10	46	00:01:19	37	01:46:52	05:17:27	00:59:33
49	2063	1006	Jorge Canuto	-	20-24	Tri-Oeste	11	00:29:15	14	00:01:15	45	02:45:42	7	00:00:56	74	02:01:59	05:19:09	01:01:16
50	4442	1037	faber bastos	-	45-49	Associação Académica de São Mamede	65	00:35:32	93	00:02:38	63	02:53:27	97	00:02:20	32	01:45:12	05:19:11	01:01:17
51	2126	1004	Rita Maria Lopes	-	20-24	Mc Donald´s/Tribraga	14	00:29:27	34	00:01:36	70	02:57:03	5	00:00:53	46	01:50:39	05:19:40	01:01:46
52	3613	1002	Rui Pina	-	25-29	Byke Mania - Frankfurt - CPA	61	00:35:10	94	00:02:39	53	02:49:27	57	00:01:32	54	01:52:59	05:21:48	01:03:55
53	4603	1037	Carlos Inocêncio	-	40-44	Individual	102	00:44:28	69	00:02:09	15	02:36:36	82	00:01:59	65	01:58:21	05:23:35	01:05:41
54	4539	1005	Pedro E Caeiro	-	50-54	Clube Millenniumbcp	27	00:31:41	25	00:01:25	36	02:43:51	75	00:01:54	82	02:05:26	05:24:20	01:06:26
55	3368	1010	Pedro Magalhães	-	25-29	Associação Académica de São Mamede	29	00:31:51	59	00:01:54	66	02:53:56	62	00:01:35	56	01:55:29	05:24:46	01:06:53
56	3339	1034	Helder Carvalho	-	30-34	Varzim Sport Club	97	00:42:54	106	00:03:23	19	02:37:49	99	00:02:22	67	01:59:31	05:26:02	01:08:08
57	3578	1001	João Prehaz	-	35-39	Individual	52	00:34:31	95	00:02:41	58	02:51:10	89	00:02:05	63	01:57:28	05:27:56	01:10:03
58	4129	1006	João Hipólito	-	50-54	Alhandra Sporting Club	84	00:38:07	74	00:02:13	56	02:50:30	56	00:01:31	60	01:56:35	05:28:59	01:11:05

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Natação	1.900 mt	Transição 1:	0 mt	Ciclismo:	86.120 mt	Transição 2:	0 mt	Corrida:	20.450 mt
Ranking:	CN Grupos Idade		Hora de Partida:	10h07					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
59	3662	1037	Pedro Miguel Monteiro	-	35-39	Individual	37	00:32:54	86	00:02:26	51	02:48:35	55	00:01:29	78	02:03:47	05:29:12	01:11:19
60	4236	1010	Rui Pena	-	40-44	Associação Académica de São Mamede	64	00:35:28	57	00:01:53	65	02:53:50	22	00:01:07	62	01:57:22	05:29:40	01:11:47
61	3061	1007	Pedro Monteiro	-	35-39	Sport Algés e Dafundo	103	00:44:32	45	00:01:47	29	02:41:38	76	00:01:55	68	01:59:57	05:29:50	01:11:56
62	3530	1018	José Rodrigues	-	35-39	Ateneu Artístico Cartaxense	83	00:38:06	49	00:01:48	75	02:58:57	20	00:01:06	44	01:49:56	05:29:55	01:12:01
63	2056	1005	André Duarte	-	20-24	Tri-Oeste	22	00:30:55	28	00:01:28	87	03:10:13	3	00:00:45	39	01:46:59	05:30:22	01:12:28
64	3435	1022	Bruno Godinho	-	35-39	Clube de Natação da Amadora	57	00:34:46	87	00:02:26	44	02:45:32	45	00:01:19	88	02:07:53	05:31:59	01:14:05
65	4193	1010	Luís Ferreira	-	45-49	Associação Académica de São Mamede	55	00:34:37	105	00:03:15	50	02:47:58	90	00:02:11	79	02:04:09	05:32:11	01:14:17
66	4118	1035	Rui Silva	-	40-44	Individual	69	00:35:58	63	00:01:57	55	02:49:57	85	00:02:01	75	02:02:37	05:32:32	01:14:39
67	4470	1037	João Paulo Ferreira	-	50-54	Paredes Aventura	85	00:38:08	60	00:01:55	77	02:59:49	52	00:01:26	50	01:51:58	05:33:18	01:15:24
68	4448	1002	Sérgio Batalha	-	45-49	3B - Clube Triatlo de Benavente	76	00:36:53	30	00:01:33	46	02:46:08	33	00:01:14	89	02:08:42	05:34:30	01:16:37
69	3806	1019	Liliana Verissimo	-	30-34	Louletano	45	00:33:51	41	00:01:42	89	03:11:05	25	00:01:08	42	01:48:04	05:35:53	01:17:59
70	3082	1007	João Seródio	-	35-39	Sport Algés e Dafundo	49	00:34:07	102	00:03:02	76	02:59:49	109	00:03:08	57	01:56:03	05:36:11	01:18:17
71	4563	1025	Hugo Brito	-	40-44	Associação Académica de São Mamede	54	00:34:31	91	00:02:31	82	03:02:31	38	00:01:16	61	01:57:14	05:38:05	01:20:12
72	4617	1002	Marco Cruz	-	45-49	Individual	60	00:34:56	54	00:01:51	35	02:43:44	44	00:01:19	99	02:18:33	05:40:25	01:22:31
73	4225	1026	José Amora	-	45-49	Núcleo do Sporting da Golegã	41	00:33:27	64	00:01:58	71	02:57:11	98	00:02:20	84	02:05:53	05:40:52	01:22:59
74	3748	1036	Tuxa Negri	-	25-29	Atlético CP Triatlo	24	00:31:01	12	00:01:13	95	03:14:25	13	00:01:04	55	01:53:58	05:41:43	01:23:49
75	4157	1020	Eduardo Coelho	-	40-44	Triatlo SUColareense	25	00:31:37	61	00:01:55	62	02:52:18	88	00:02:04	94	02:14:53	05:42:49	01:24:55
76	4717	1023	LUIS FARIA	-	40-44	Clube Millenniumbcp	31	00:32:30	70	00:02:09	54	02:49:53	95	00:02:19	97	02:17:54	05:44:47	01:26:53
77	4421	1031	Gil Braz de Oliveira	-	45-49	Atlético CP Triatlo	40	00:33:23	67	00:02:05	64	02:53:44	94	00:02:14	92	02:13:28	05:44:55	01:27:02
78	3691	1038	Tiago Amaral	-	30-34	Paredes Aventura	48	00:34:07	84	00:02:23	83	03:05:22	50	00:01:25	76	02:02:52	05:46:11	01:28:17
79	3251	1023	Mário Pires	-	30-34	MOTRINDE - Clube dos Galitos	77	00:36:56	92	00:02:34	81	03:01:50	80	00:01:58	77	02:03:43	05:47:03	01:29:09
80	4039	1014	José Varela	-	55-59	Louletano	101	00:43:43	81	00:02:19	68	02:56:06	32	00:01:13	81	02:04:45	05:48:09	01:30:16
81	4014	1003	João Santos	-	55-59	Associação Humanitária de Bombeiros	51	00:34:27	77	00:02:16	86	03:09:16	58	00:01:32	69	02:00:37	05:48:12	01:30:18
82	3465	1028	Marcos Ratola	-	35-39	Individual	7	00:28:24	100	00:02:47	80	03:01:30	91	00:02:11	93	02:13:41	05:48:36	01:30:42
83	4335	1008	Filomena Gomes	-	45-49	Clube Olímpico de Oeiras	94	00:41:41	80	00:02:18	74	02:57:54	61	00:01:33	83	02:05:42	05:49:11	01:31:17
84	3419	1017	Jorge Leal	-	35-39	MOTRINDE - Clube dos Galitos	88	00:41:04	90	00:02:30	73	02:57:48	67	00:01:40	85	02:07:00	05:50:03	01:32:09
85	3787	1036	Fernanda Cardones	-	30-34	ASSOCIAÇÃO LINCE TRIATHLON	35	00:32:45	76	00:02:16	97	03:16:54	93	00:02:12	59	01:56:35	05:50:44	01:32:50
86	4475	1037	Luís Miguel	-	40-44	DAR-Recardães	96	00:42:49	101	00:02:48	72	02:57:15	84	00:02:01	90	02:08:47	05:53:41	01:35:47
87	4629	1015	Antonio Jorge Martinho	-	50-54	Clube Oriental de Lisboa	59	00:34:53	83	00:02:23	88	03:10:44	64	00:01:36	80	02:04:11	05:53:50	01:35:56

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Ranking:	CN Grupos Idade		Hora de Partida:	10h07					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
88	3590	1010	João Moita	-	30-34	Clube Zupper	66	00:35:33	31	00:01:35	85	03:09:10	70	00:01:45	86	02:07:11	05:55:16	01:37:22
89	4586	1002	Miguel Teixeira Duarte	-	50-54	Individual	18	00:30:24	47	00:01:47	78	03:00:08	108	00:03:04	104	02:21:48	05:57:13	01:39:20
90	3496	1035	Mário Simões	-	35-39	Individual	68	00:35:43	78	00:02:17	100	03:21:42	79	00:01:57	64	01:57:33	05:59:13	01:41:20
91	3024	1014	Alexandra Vicente	-	35-39	Triatlo Clube Tap	47	00:33:59	22	00:01:24	101	03:23:24	68	00:01:40	70	02:00:50	06:01:19	01:43:25
92	4874	1026	Marisa João	-	40-44	MOZINHO AVENTURA	70	00:36:06	37	00:01:38	103	03:24:06	48	00:01:23	72	02:01:30	06:04:45	01:46:52
93	4090	1019	Joaquim Freitas	-	40-44	Clube Zupper	107	00:48:42	103	00:03:07	99	03:19:20	106	00:02:45	58	01:56:17	06:10:11	01:52:18
94	3758	1014	Celso Moreira	-	35-39	DAR-Recardães	73	00:36:39	51	00:01:49	84	03:09:08	73	00:01:50	103	02:20:51	06:10:19	01:52:25
95	4718	1029	Rui Magalhães	-	45-49	Clube Millenniumbcp	95	00:42:18	66	00:02:05	102	03:23:24	59	00:01:33	73	02:01:36	06:10:57	01:53:03
96	4086	1024	Miguel Rocha	-	45-49	Teleperformance - Os Belenenses	63	00:35:16	68	00:02:07	96	03:14:59	96	00:02:19	101	02:19:12	06:13:54	01:56:01
97	3678	1037	Bruno Pereira	-	30-34	Individual	90	00:41:11	98	00:02:43	91	03:12:44	78	00:01:57	95	02:16:24	06:15:01	01:57:07
98	3120	1018	Mário Couto	-	35-39	AMCR Fonte Grada	93	00:41:36	73	00:02:13	92	03:12:55	77	00:01:56	102	02:19:36	06:18:16	02:00:23
99	3054	1019	Nuno Ribeiro	-	30-34	Clube Zupper	78	00:37:06	88	00:02:27	106	03:31:44	100	00:02:32	87	02:07:20	06:21:11	02:03:17
100	4845	1032	Joao Carlos Gonçalves	-	45-49	Clube Millenniumbcp	100	00:43:07	107	00:03:26	105	03:31:04	110	00:03:25	71	02:00:58	06:22:01	02:04:07
101	4609	1038	Bruno Cortes	-	40-44	Individual	92	00:41:21	104	00:03:11	90	03:11:37	107	00:02:46	105	02:23:23	06:22:20	02:04:26
102	4430	1005	Hélder Gonçalves Ribeiro	-	40-44	OEIRAS SPORT CLUBE	108	00:49:05	1	00:00:42	93	03:13:11	86	00:02:04	96	02:17:19	06:22:22	02:04:28
103	4346	1015	Jorge Carreiras	-	50-54	Clube Oriental de Lisboa	106	00:47:58	55	00:01:52	98	03:17:33	92	00:02:12	91	02:13:19	06:22:56	02:05:02
104	3660	1037	pedro mendes	-	30-34	Individual	105	00:47:09	71	00:02:10	69	02:56:18	49	00:01:24	110	02:41:38	06:28:41	02:10:47
105	4694	1002	Gonçalo Sousa	-	45-49	Associação Humanitária de Bombeiros	89	00:41:07	89	00:02:29	104	03:26:00	83	00:01:59	100	02:18:59	06:30:36	02:12:42
106	4729	1023	Augusto Almeida	-	50-54	Individual	111	00:50:47	111	00:05:18	94	03:13:58	81	00:01:58	107	02:25:47	06:37:50	02:19:57
107	3800	1026	Rui Neves	-	35-39	Clube Zupper	104	00:44:58	110	00:04:13	107	03:35:06	103	00:02:38	98	02:18:17	06:45:13	02:27:19
108	3673	1037	Pedro Jorge Santos	-	35-39	Individual	98	00:43:00	109	00:03:47	109	03:39:05	87	00:02:04	108	02:30:07	06:58:04	02:40:10
109	3683	1038	Tiago Cunha	-	25-29	Individual	109	00:50:37	82	00:02:22	110	03:42:03	104	00:02:41	106	02:25:40	07:03:25	02:45:32
110	3112	1022	João Martins	-	35-39	MOTRINDE - Clube dos Galitos	81	00:38:02	108	00:03:29	112	03:55:50	101	00:02:35	111	02:45:32	07:25:30	03:07:37
111	4396	1037	Rui Pedras	-	55-59	Individual	112	00:51:53	112	00:06:29	111	03:49:32	111	00:05:41	109	02:38:48	07:32:24	03:14:31
112	4503	1018	Paulo Calixto	-	40-44	Ateneu Artístico Cartaxense	110	00:50:37	65	00:01:58	108	03:38:41	112	00:06:53	112	03:06:21	07:44:32	03:26:39
	3548	1002	Paulo Soares	DNF	35-39	AJAB Tabuaço		00:42:41		00:02:35								-
	4614	1018	Luís Miguel Santos	DNF	45-49	Alhandra Sporting Club		00:36:00		00:01:57		03:03:37		00:01:59				-
	4618	1013	João Duarte	DNF	40-44	AMICICLO GRANDOLA		00:35:36		00:01:44		02:53:19		00:01:41				-
	4894	1018	Rui Costa	DNF	40-44	Ateneu Artístico Cartaxense		00:34:39		00:01:40								-

Data:	28-08-2016	Hora:	10h00	Local:	Lamego				
Natação	1.900 mt	Transição 1:	0 mt	Ciclismo:	86.120 mt	Transição 2:	0 mt	Corrida:	20.450 mt
Ranking:	CN Grupos Idade		Hora de Partida:	10h07					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
	3708	1008	Octávio Vicente	DNF	30-34	Byke Mania - Frankfurt - CPA		00:32:22		00:01:06		02:32:48		00:00:57				-
	4520	1015	Vítor Delgado Pereira	DNF	45-49	Clube de Triatlo do Fundão		00:35:04		00:01:57		02:58:46		00:01:26				-
	4538	1005	Rogério Araújo	DNF	50-54	Clube Millenniumbcp		00:34:58		00:02:20		02:55:14		00:01:48				-
	2043	1037	Fábio Cruz	DNF	20-24	Individual		00:37:55		00:03:20		02:57:40		00:02:11				-
	3682	1037	João Gonçalves	DNF	30-34	Individual		00:32:10		00:01:37		02:38:15		00:01:53				-
	4419	1028	Nuno Ricardo Santos	DNF	45-49	Individual		00:41:49		00:03:44		03:15:48		00:03:11				-
	3655	1037	Ricardo Faria	DNF	35-39	Individual		00:35:44		00:02:32		03:13:11		00:02:23				-
	3023	1015	Paulo Fernandes	DNF	35-39	Mc Donald´s/Tribraga		00:34:43		00:01:52								-
	3221	1012	Diogo Rosa	DNF	20-24	Núcleo do Sporting da Golegã		00:30:19		00:00:51								-
	4495	1010	Paulo Sequeira	DNF	40-44	Peniche A. C.		00:30:59		00:00:52		02:43:30		00:01:24				-
	3390	1029	Edgar Sousa	DNF	30-34	SFRAA TRIATLO		00:46:56		00:02:37								-
	4138	1035	Luis Romão	DNF	40-44	Sport Algés e Dafundo		00:35:22		00:04:08		03:11:28		00:02:54				-
	4035	1007	Paulo Lamego	DNF	45-49	Sport Algés e Dafundo		00:33:03		00:02:41		03:25:18		00:02:42				-
	4393	1013	Julio Nunes	DNF	45-49	Teleperformance - Os Belenenses		00:33:15		00:02:47		03:06:52		00:03:53				-
	4096	1013	Luis Tavares	DNF	45-49	Teleperformance - Os Belenenses		00:36:04		00:03:41								-
	4517	1009	Paulo Rua	DNF	40-44	Veteranos do Porto		00:34:33		00:03:35		03:42:48		00:02:34				-
	4751	1010	David Ferreira	DNS	40-44	Associação Académica de São Mamede												-
	4112	1010	Maria João Lima	DNS	50-54	Associação Académica de São Mamede												-
	4064	1035	Francisco Salgado	DNS	60-64	Associação Humanitária de Bombeiros												-
	4602	1003	Phiippe Jacobs	DNS	45-49	Associação Humanitária de Bombeiros												-
	4770	1018	Paulo Marques	DNS	40-44	Atlético CP Triatlo												-
	4403	1017	Paulo Santos	DNS	50-54	Câmara Lisboa Clube												-
	4247	1002	Fernando Damas	DNS	60-64	CCD / INTERMARCHÉ LAGOS												-
	4714	1029	Carlos Abrunhosa	DNS	45-49	Clube Millenniumbcp												-
	4541	1005	Maria Ribeiro	DNS	45-49	Clube Millenniumbcp												-
	3136	1031	Ricardo Santos	DNS	35-39	Clube Oriental de Lisboa												-
	3076	1026	João Ramos	DNS	35-39	Clube Zupper												-
	4580	1037	Manuel Almeida	DNS	45-49	Individual												-
	4687	1002	Marco Machado Fernandes	DNS	40-44	Individual												-

Data:	28-08-2016	Hora:	10h00	Local:	Lamego				
Natação	1.900 mt	Transição 1:	0 mt	Ciclismo:	86.120 mt	Transição 2:	0 mt	Corrida:	20.450 mt
Ranking:	CN Grupos Idade		Hora de Partida:	10h07					

Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	P	Nataçã	P	Transiç	P	Ciclism	P	Transiç	P	Corrida	Total	Diff
	4302	1031	Nelson Alegre	DNS	40-44	Individual												-
	5337		Veronique Bastos	DNS	35-39	Individual												-
	4690	1014	João Valente	DNS	40-44	Louletano												-
	3318	1015	Leandro Pinto	DNS	35-39	Mc Donald´s/Tribraga												-
	4060	1010	António Moura	DNS	55-59	Peniche A. C.												-
	3569	1035	João Lopes	DNS	35-39	Teleperformance - Os Belenenses												-
	4400	1013	Paulo Canário	DNS	45-49	Teleperformance - Os Belenenses												-
	4449	1014	Nuno Santos	DNS	45-49	Triatlo Clube Tap												-