

Data:	18-01-2009	Hora:	10h30	Local:	Estoril			
Natação	1.500 mt	Ciclismo:	40.000 mt	Corrida:	10.000 mt			

Ranking:	Camp. Nac. Individual	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	Ciclism	Corrida			Total	Diff
1	1093	27	Mariana Costa	-	JUN	HALCON - SPIUK Olimpico de Oeiras	00:20:50	00:01:08	01:15:33	00:00:37	00:43:19	02:21:30	
2	2122	143	Joana Marques	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:22:57	00:00:57	01:16:30	00:00:31	00:41:49	02:22:47	00:01:16
3	2086	12	Bárbara Clemente	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:22:29	00:01:13	01:16:41	00:00:40	00:43:14	02:24:19	00:02:49
4	2108	2454	Ana Filipa Sampaio	-	S23	Alhandra Sporting Clube	00:21:02	00:01:09	01:15:26	00:00:40	00:46:36	02:24:55	00:03:25
5	2110	2638	Liliana Filipa Silva	-	S23	Alhandra Sporting Clube	00:22:29	00:01:10	01:16:54	00:00:56	00:45:23	02:26:53	00:05:23
6	1097	2327	Sofia Almeida	-	JUN	Alhandra Sporting Clube	00:20:50	00:01:14	01:15:32	00:00:35	00:50:02	02:28:13	00:06:43
7	1071	2592	Andreia Ponte	-	JUN	Ginásio Clube de Sines	00:23:56	00:01:37	01:15:03	00:00:44	00:49:51	02:31:11	00:09:41
8	3015	538	Maria João Madeira	-	SEN	Clube de Triatlo de Almada	00:26:08	00:01:25	01:20:09	00:00:43	00:47:24	02:35:51	00:14:21
9	2085	2850	Vanessa Pereira	-	S23	COMPEED - Tri-Oeste	00:28:34	00:01:41	01:20:35	00:01:06	00:47:42	02:39:39	00:18:09
10	3195	2630	Ana Filipa Santos	-	SEN	HALCON - SPIUK Olimpico de Oeiras	00:25:19	00:01:08	01:28:26	00:00:39	00:44:39	02:40:14	00:18:44
11	2143	3817	Ana Teresa Machado	-	S23	HALCON - SPIUK Olimpico de Oeiras	00:26:09	00:01:43	01:27:00	00:00:52	00:46:50	02:42:35	00:21:05
12	3525	3556	Elisabete Sousa	-	SEN	C.F. Os Belenenses	00:32:08	00:01:42	01:22:39	00:00:57	00:49:14	02:46:41	00:25:11
13	3386	3139	Ana Nisa	-	SEN	COMPEED - Tri-Oeste	00:32:04	00:01:46	01:24:13	00:00:59	00:49:53	02:48:56	00:27:26
14	3466	3347	Ana Perestrelo	-	SEN	Clube Naval da Calheta	00:30:04	00:01:42	01:31:16	00:00:51	00:51:29	02:55:24	00:33:54
15	2120	128	Tânia Boleta	-	S23	Ginásio Clube de Sines	00:32:02	00:01:20	01:35:42	00:00:48	01:00:39	03:10:32	00:49:02
	1064	193	Ana Filipa Ferreira	DNF	JUN	Alhandra Sporting Clube	00:21:06	00:01:11	01:18:14	00:00:40			-
	3484	379	Maria Areosa	DNS	SEN	HALCON - SPIUK Olimpico de Oeiras							-
	3383	3120	Sofia Valente	DNS	SEN	Núcleo Ciclismo da Baixa da Banheira							-