

|         |            |           |           |          |           |  |  |
|---------|------------|-----------|-----------|----------|-----------|--|--|
| Data:   | 18-10-2009 | Hora:     | 11h00     | Local:   | Estoril   |  |  |
| Natação | 1.500 mt   | Ciclismo: | 40.000 mt | Corrida: | 10.000 mt |  |  |

|          |                       |                  |       |
|----------|-----------------------|------------------|-------|
| Ranking: | Camp. Nac. Individual | Hora de Partida: | 00h30 |
|----------|-----------------------|------------------|-------|

| Lu | Dors | Lic  | Nome                    | PEN | Escal | Nome de clube                       | Nataçã   | Ciclism  | Corrida  |          | Total    | Diff     |          |
|----|------|------|-------------------------|-----|-------|-------------------------------------|----------|----------|----------|----------|----------|----------|----------|
| 1  | 3016 | 575  | Bruno Pais              | -   | SEN   | Sport Lisboa e Benfica              | 00:18:17 |          |          | 00:00:30 | 00:34:18 | 01:56:31 |          |
| 2  | 3284 | 352  | Pedro Gomes             | -   | SEN   | HALCON - SPIUK Olimpico de Oeiras   | 00:18:27 | 00:00:57 | 01:02:18 | 00:00:36 | 00:36:52 | 01:59:13 | 00:02:41 |
| 3  | 2070 | 2695 | João José Pereira       | -   | S23   | Alhandra Sporting Clube             | 00:18:18 | 00:00:47 | 01:07:36 |          |          | 02:00:27 | 00:03:55 |
| 4  | 2088 | 179  | Miguel Arraiolos        | -   | S23   | HALCON - SPIUK Olimpico de Oeiras   | 00:18:24 | 00:00:57 | 01:07:21 | 00:00:32 | 00:33:57 | 02:01:13 | 00:04:42 |
| 5  | 3291 | 364  | Duarte Marques          | -   | SEN   | SR Camarnal / Seguros Contacto /    | 00:18:28 | 00:00:50 | 01:07:28 | 00:00:31 | 00:34:06 | 02:01:26 | 00:04:54 |
| 6  | 2124 | 2570 | Vasco Pessoa            | -   | S23   | HALCON - SPIUK Olimpico de Oeiras   | 00:18:21 | 00:01:01 | 01:07:22 | 00:00:33 | 00:35:17 | 02:02:35 | 00:06:04 |
| 7  | 2087 | 102  | José Estrangeiro        | -   | S23   | HALCON - SPIUK Olimpico de Oeiras   | 00:19:58 | 00:00:58 | 01:08:20 | 00:00:29 | 00:34:26 | 02:04:13 | 00:07:42 |
| 8  | 1063 | 52   | Ruben Costa             | -   | JUN   | Sporting Clube de Portugal          | 00:18:35 | 00:01:00 | 01:09:42 | 00:00:32 | 00:34:36 | 02:04:27 | 00:07:55 |
| 9  | 1095 | 2522 | João Amorim             | -   | JUN   | Alhandra Sporting Clube             | 00:18:22 | 00:00:55 | 01:07:24 | 00:00:33 | 00:38:04 | 02:05:19 | 00:08:48 |
| 10 | 1156 | 3009 | Pedro Araújo Mendes     | -   | JUN   | C.N. Cartaxo                        | 00:18:18 | 00:01:02 | 01:10:07 | 00:00:34 | 00:35:21 | 02:05:23 | 00:08:51 |
| 11 | 1167 | 3143 | José Veiga              | -   | JUN   | HALCON - SPIUK Olimpico de Oeiras   | 00:20:20 | 00:01:04 | 01:08:07 | 00:00:39 | 00:35:22 | 02:05:35 | 00:09:03 |
| 12 | 3127 | 468  | Tiago Lobo              | -   | SEN   | COMPEED - Tri-Oeste                 | 00:21:56 | 00:01:03 | 01:06:35 | 00:00:38 | 00:35:58 | 02:06:12 | 00:09:41 |
| 13 | 3412 | 417  | Rui Dolores             | -   | SEN   | Amiciclo                            | 00:21:02 | 00:01:05 | 01:07:20 | 00:00:35 | 00:36:27 | 02:06:32 | 00:10:00 |
| 14 | 1105 | 35   | João Serrano            | -   | JUN   | SR Camarnal / Seguros Contacto /    | 00:18:18 | 00:01:03 | 01:07:18 | 00:00:30 | 00:39:34 | 02:06:45 | 00:10:14 |
| 15 | 1199 | 3433 | André Cortezão Ferreira | -   | JUN   | Clube Futebol Andorinha             | 00:20:23 | 00:01:08 | 01:07:49 | 00:00:35 | 00:38:02 | 02:08:00 | 00:11:28 |
| 16 | 3260 | 360  | Rafael Gomes            | -   | SEN   | Amiciclo                            | 00:21:54 | 00:01:11 | 01:06:46 | 00:00:43 | 00:37:38 | 02:08:13 | 00:11:42 |
| 17 | 3583 | 3708 | Paulo Adão Coelho       | -   | SEN   | Clube Triatlo de Perosinho          | 00:20:48 | 00:01:06 | 01:07:41 | 00:00:46 | 00:37:55 | 02:08:18 | 00:11:46 |
| 18 | 3261 | 462  | David Caldeirão         | -   | SEN   | COMPEED - Tri-Oeste                 | 00:20:51 | 00:01:05 | 01:07:35 | 00:00:36 | 00:39:12 | 02:09:21 | 00:12:49 |
| 19 | 1154 | 2636 | Diogo Mata Tristão      | -   | JUN   | Alhandra Sporting Clube             | 00:19:56 | 00:01:07 | 01:08:20 | 00:00:31 | 00:39:41 | 02:09:37 | 00:13:06 |
| 20 | 3342 | 3044 | Rodrigo Baltazar        | -   | SEN   | Sporting Clube de Portugal          | 00:21:51 | 00:01:07 | 01:06:32 | 00:00:32 | 00:39:40 | 02:09:44 | 00:13:12 |
| 21 | 4192 | 626  | Rui Melo                | -   | V1    | COMPEED - Tri-Oeste                 | 00:23:24 | 00:01:14 | 01:08:36 | 00:00:33 | 00:36:01 | 02:09:50 | 00:13:18 |
| 22 | 3214 | 2684 | Miguel Ganchinho        | -   | SEN   | Clube de Triatlo de Almada          | 00:23:25 | 00:01:14 | 01:08:26 | 00:00:37 | 00:36:26 | 02:10:10 | 00:13:38 |
| 23 | 3264 | 2799 | Manuel Alves            | -   | SEN   | Sporting Clube de Portugal          | 00:22:27 | 00:01:08 | 01:08:02 | 00:00:39 | 00:38:17 | 02:10:36 | 00:14:04 |
| 24 | 3618 | 3824 | Fernando Cortés         | -   | SEN   | Porto Runners - McDonalds Parque    | 00:20:58 | 00:01:15 | 01:07:20 |          |          | 02:11:00 | 00:14:29 |
| 25 | 3542 | 3358 | Pedro Madeira           | -   | SEN   | Molly Maid - Vitoria de Janes       | 00:23:01 | 00:01:16 | 01:08:52 | 00:00:34 | 00:38:37 | 02:12:22 | 00:15:50 |
| 26 | 1155 | 3078 | Miguel Marques          | -   | JUN   | Alhandra Sporting Clube             | 00:20:09 | 00:01:06 |          |          | 00:42:54 | 02:13:07 | 00:16:36 |
| 27 | 3367 | 3088 | Roberto Lúcio           | -   | SEN   | CAMADEIRA                           | 00:22:22 | 00:01:15 | 01:06:00 | 00:01:15 | 00:42:33 | 02:13:28 | 00:16:56 |
| 28 | 3485 | 3440 | Nuno Patrício           | -   | SEN   | C.N. Alvito                         | 00:23:30 | 00:01:15 | 01:08:27 | 00:00:46 | 00:39:56 | 02:13:56 | 00:17:25 |
| 29 | 2127 | 2513 | Diogo Custódio          | -   | S23   | Sporting Clube de Portugal          | 00:19:54 | 00:01:08 | 01:08:19 | 00:00:32 | 00:44:18 | 02:14:13 | 00:17:42 |
| 30 | 4013 | 648  | Miguel Fragoso          | -   | V1    | HALCON - SPIUK Olimpico de Oeiras   | 00:23:27 | 00:01:11 | 01:08:36 | 00:00:42 | 00:40:17 | 02:14:15 | 00:17:43 |
| 31 | 4032 | 769  | Carlos Gomes            | -   | V2    | Oeiras Sport Clube - TRANSINSULAR   | 00:27:22 | 00:01:06 | 01:09:14 | 00:00:41 | 00:36:03 | 02:14:27 | 00:17:56 |
| 32 | 1217 | 62   | Jorge Alves             | -   | JUN   | HALCON - SPIUK Olimpico de Oeiras   | 00:25:12 | 00:01:05 | 01:09:23 | 00:00:32 | 00:38:19 | 02:14:33 | 00:18:01 |
| 33 | 3285 | 2840 | Hugo Ferreira           | -   | SEN   | HALCON - SPIUK Olimpico de Oeiras   | 00:25:54 | 00:01:21 | 01:08:33 | 00:00:44 | 00:38:10 | 02:14:43 | 00:18:12 |
| 34 | 3173 | 2564 | José Lino               | -   | SEN   | C. N. Tejo                          | 00:25:47 | 00:01:06 | 01:08:48 | 00:00:41 | 00:38:28 | 02:14:53 | 00:18:22 |
| 35 | 3206 | 338  | André Guimarães         | -   | SEN   | Maia Atlético Clube (MAC)           | 00:29:53 | 00:01:31 | 01:06:15 | 00:00:36 | 00:36:59 | 02:15:16 | 00:18:44 |
| 36 | 3559 | 3663 | António Luis Barbosa    | -   | SEN   | Assoc. Académica de S. Mamede       | 00:26:42 | 00:01:26 | 01:09:33 | 00:00:42 | 00:36:53 | 02:15:18 | 00:18:46 |
| 37 | 3453 | 3305 | Armandino Chaves        | -   | SEN   | CARDES - C. A. D. de Barbeita       | 00:26:27 | 00:01:13 |          |          | 00:39:34 | 02:15:55 | 00:19:23 |
| 38 | 4274 | 3467 | Carlos Brito            | -   | V3    | Molly Maid - Vitoria de Janes       | 00:22:28 | 00:01:00 | 01:09:44 | 00:00:38 | 00:42:10 | 02:16:02 | 00:19:30 |
| 39 | 3591 | 3730 | Paulo Janela            | -   | SEN   | Clube de Triatlo de Almada          | 00:29:23 | 00:01:19 | 01:06:56 | 00:00:40 | 00:37:51 | 02:16:10 | 00:19:39 |
| 40 | 3142 | 2526 | Pedro Figueira          | -   | SEN   | Ribabike / Assoc. 20 Km de Almeirim | 00:23:17 | 00:01:17 | 01:08:39 | 00:00:41 | 00:42:24 | 02:16:19 | 00:19:48 |
| 41 | 3113 | 579  | Duarte Barreto          | -   | SEN   | C.N. Cartaxo                        | 00:23:20 | 00:01:03 | 01:08:45 | 00:00:43 | 00:43:02 | 02:16:54 | 00:20:23 |
| 42 | 4147 | 629  | Fernando Carmo          | -   | V1    | C. N. Colégio Vasco da Gama         | 00:28:42 | 00:01:28 | 01:07:30 | 00:00:45 | 00:39:00 | 02:17:26 | 00:20:55 |
| 43 | 3321 | 2957 | Luis Lourenço           | -   | SEN   | Molly Maid - Vitoria de Janes       | 00:23:56 | 00:01:22 | 01:10:31 | 00:00:41 | 00:40:55 | 02:17:27 | 00:20:55 |
| 44 | 4128 | 623  | Luis Filipe Lopes       | -   | V1    | Sporting Clube de Portugal          | 00:21:57 | 00:01:17 | 01:12:38 | 00:01:10 | 00:40:52 | 02:17:56 | 00:21:24 |
| 45 | 3304 | 2892 | Ivan Pinto da Silva     | -   | SEN   | Clube Triatlo de Perosinho          | 00:22:36 | 00:01:33 | 01:09:07 | 00:00:54 | 00:44:12 | 02:18:25 | 00:21:53 |
| 46 | 3416 | 3193 | Miguel Vigôço           | -   | SEN   | Maia Atlético Clube (MAC)           | 00:25:07 | 00:01:29 | 01:11:13 | 00:00:43 | 00:40:22 | 02:18:57 | 00:22:25 |
| 47 | 3318 | 2953 | Leandro Pinto           | -   | SEN   | Individual                          | 00:25:21 | 00:01:21 | 01:09:04 | 00:00:40 | 00:43:13 | 02:19:41 | 00:23:09 |
| 48 | 3524 | 3555 | Paulo Sequeira          | -   | SEN   | Peniche A. C.                       | 00:25:48 | 00:01:25 | 01:10:39 | 00:00:44 | 00:41:09 | 02:19:47 | 00:23:15 |
| 49 | 3570 | 3686 | Jordão Alves            | -   | SEN   | Sport Clube Beira Mar               | 00:27:35 | 00:01:35 | 01:08:34 | 00:00:40 | 00:41:55 | 02:20:21 | 00:23:49 |

|         |            |           |           |          |           |
|---------|------------|-----------|-----------|----------|-----------|
| Data:   | 18-10-2009 | Hora:     | 11h00     | Local:   | Estoril   |
| Natação | 1.500 mt   | Ciclismo: | 40.000 mt | Corrida: | 10.000 mt |

|          |                       |                  |       |
|----------|-----------------------|------------------|-------|
| Ranking: | Camp. Nac. Individual | Hora de Partida: | 00h30 |
|----------|-----------------------|------------------|-------|

| Lu | Dors | Lic  | Nome                 | PEN | Escal | Nome de clube                        | Nataçã   | Ciclism  | Corrida  |          |          | Total    | Diff     |
|----|------|------|----------------------|-----|-------|--------------------------------------|----------|----------|----------|----------|----------|----------|----------|
| 50 | 3571 | 3687 | Carlos Rocha         | -   | SEN   | Sport Clube Beira Mar                | 00:28:30 | 00:01:28 | 01:07:50 | 00:00:42 | 00:41:56 | 02:20:27 | 00:23:55 |
| 51 | 3207 | 2662 | José Magalhães Dias  | -   | SEN   | A.D.C.R. Painho                      | 00:25:55 | 00:01:32 | 01:10:19 | 00:00:55 | 00:42:10 | 02:20:53 | 00:24:21 |
| 52 | 3580 | 3697 | Hugo Brito           | -   | SEN   | C.F. Os Belenenses                   | 00:25:00 | 00:01:16 | 01:11:32 | 00:00:41 | 00:42:51 | 02:21:20 | 00:24:49 |
| 53 | 3241 | 2718 | Nuno Tintim          | -   | SEN   | Alhandra Sporting Clube              | 00:30:37 | 00:01:23 | 01:10:49 | 00:00:38 | 00:38:55 | 02:22:24 | 00:25:53 |
| 54 | 3001 | 627  | Paulo Teles          | -   | SEN   | G. A. A. Vila Franca de Xira         | 00:26:26 | 00:01:36 | 01:09:45 | 00:01:04 | 00:43:49 | 02:22:41 | 00:26:10 |
| 55 | 3576 | 3692 | Jorge Manuel Vieira  | -   | SEN   | Sport Clube Beira Mar                | 00:30:51 | 00:01:17 | 01:09:45 | 00:00:48 | 00:40:59 | 02:23:41 | 00:27:10 |
| 56 | 3177 | 2577 | António Miguel Reis  | -   | SEN   | Amiciclo                             | 00:24:36 | 00:01:33 | 01:11:36 | 00:01:03 | 00:45:15 | 02:24:05 | 00:27:33 |
| 57 | 3359 | 3071 | Duarte Câmara        | -   | SEN   | CAMADEIRA                            | 00:25:53 | 00:01:32 | 01:10:27 | 00:00:48 | 00:45:35 | 02:24:16 | 00:27:45 |
| 58 | 4178 | 3039 | Joaquim Fernandes    | -   | V2    | Clube Futebol Andorinha              | 00:29:09 | 00:01:27 | 01:11:34 | 00:00:44 | 00:42:06 | 02:25:02 | 00:28:30 |
| 59 | 1196 | 3456 | Fábio Coutinho       | -   | JUN   | Alhandra Sporting Clube              | 00:21:58 | 00:01:10 | 01:10:07 | 00:00:43 | 00:51:45 | 02:25:45 | 00:29:14 |
| 60 | 3004 | 485  | Bruno Silva          | -   | SEN   | G. A. A. Vila Franca de Xira         | 00:25:57 | 00:01:35 | 01:14:40 | 00:00:45 | 00:42:58 | 02:25:56 | 00:29:25 |
| 61 | 2112 | 3446 | Ivan Costa           | -   | S23   | Alhandra Sporting Clube              | 00:25:41 | 00:01:20 | 01:15:13 | 00:00:46 | 00:44:55 | 02:27:57 | 00:31:25 |
| 62 | 3100 | 706  | Luis Cipriano        | -   | SEN   | A.D.C.R. Painho                      | 00:31:14 | 00:01:58 | 01:12:13 | 00:00:58 | 00:42:40 | 02:29:05 | 00:32:34 |
| 63 | 2092 | 3176 | Pedro Miguel Gomes   | -   | S23   | Alhandra Sporting Clube              | 00:21:49 | 00:01:14 | 01:18:40 | 00:00:45 | 00:48:42 | 02:31:14 | 00:34:42 |
| 64 | 3522 | 3550 | Nuno Pereira         | -   | SEN   | Quintajense Futebol Clube            | 00:26:28 | 00:01:33 | 01:14:57 | 00:00:48 | 00:49:25 | 02:33:12 | 00:36:41 |
| 65 | 4052 | 770  | Manuel Gonçalves     | -   | V2    | C. N. Colégio Vasco da Gama          | 00:28:40 | 00:01:38 | 01:19:52 | 00:00:45 | 00:43:05 | 02:34:03 | 00:37:31 |
| 66 | 5523 | 2835 | Paulo Margarido      | -   | V1    | Ludens Clube do Machico              | 00:25:29 | 00:01:51 | 01:25:16 | 00:00:50 | 00:41:14 | 02:34:42 | 00:38:10 |
| 67 | 3315 | 2938 | Mário Figueiredo     | -   | SEN   | Núcleo Ciclismo da Baixa da Banheira | 00:37:39 | 00:01:29 | 01:17:51 | 00:00:39 | 00:42:46 | 02:40:26 | 00:43:54 |
| 68 | 4234 | 3337 | José Gama            | -   | V1    | Individual                           | 00:27:40 | 00:03:26 | 01:15:42 | 00:01:26 | 00:54:18 | 02:42:34 | 00:46:02 |
|    | 3219 | 2690 | Ricardo Ferreira     | DNF | SEN   | ABV Estoris                          | 00:22:26 |          |          |          |          |          | -        |
|    | 3394 | 3136 | Valdo Neves          | DNF | SEN   | Clube de Triatlo de Almada           | 00:25:37 | 00:01:16 |          |          |          |          | -        |
|    | 1185 | 3312 | Celso Nóbrega        | DNF | JUN   | Clube Futebol Andorinha              | 00:23:08 | 00:01:08 |          |          |          |          | -        |
|    | 3244 | 2735 | Carlos Fernandes     | DNF | SEN   | Oeiras Sport Clube - TRANSINSULAR    | 00:23:41 | 00:01:11 | 01:10:51 | 00:00:42 |          |          | -        |
|    | 1106 | 37   | Fabrcio Tomás        | DNF | JUN   | Alhandra Sporting Clube              | 00:18:31 | 00:00:57 |          |          |          |          | -        |
|    | 1094 | 20   | Bruno Pereira        | DNF | JUN   | Alhandra Sporting Clube              | 00:19:58 | 00:00:59 |          |          |          |          | -        |
|    | 3473 | 3375 | Luis Mendes          | DNF | SEN   | C. D. Escola Santana                 | 00:23:36 | 00:01:19 |          |          |          |          | -        |
|    | 4187 | 2694 | Rui Ferreira         | DNS | V1    | Individual                           |          |          |          |          |          |          | -        |
|    | 3180 | 730  | Paulo Jorge Barradas | DNS | SEN   | Individual                           |          |          |          |          |          |          | -        |
|    | 1117 | 2896 | Hugo Ventura         | DNS | JUN   | HALCON - SPIUK Olímpico de Oeiras    |          |          |          |          |          |          | -        |
|    | 3053 | 474  | Sérgio Marques       | DNS | SEN   | COMPEED - Tri-Oeste                  |          |          |          |          |          |          | -        |
|    | 3599 | 3777 | João França Alves    | DNS | SEN   | Individual                           |          |          |          |          |          |          | -        |
|    | 3396 | 3140 | Jorge Figueiredo     | DNS | SEN   | CARDES - C. A. D. de Barbeita        |          |          |          |          |          |          | -        |