

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa
Natação	1.900 mt	T1:		Ciclismo:	
				T2:	
				Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
1	1		Dennis Devriendt	-	PRO	Individual	00:23:28	00:01:28	02:11:00	00:01:14	01:09:51	03:47:04	
2	19		Bertrand Billard	-	PRO	Individual	00:23:28	00:01:34	02:08:48	00:01:10	01:13:38	03:48:40	00:01:36
3	2		Markus Fachbach	-	PRO	Individual	00:23:36	00:01:44	02:10:35	00:01:00	01:13:45	03:50:42	00:03:37
4	5		Fred Monteiro	-	PRO	Individual	00:23:22	00:01:33	02:11:03	00:01:01	01:14:28	03:51:29	00:04:25
5	3		Nicolas Fernandez	-	PRO	Individual	00:24:55	00:01:37	02:09:23	00:01:05	01:15:01	03:52:04	00:05:00
6	6		Pedro Gomes	-	PRO	Clube Olímpico de Oeiras	00:24:43	00:01:35	02:09:31	00:01:07	01:15:32	03:52:31	00:05:26
7	14		Rasmus Stubager	-	PRO	Individual	00:22:47	00:01:49	02:11:15	00:01:31	01:15:26	03:52:50	00:05:45
8	8		Martin Wagner	-	25-29	Individual	00:23:28	00:01:41	02:10:50	00:00:56	01:16:14	03:53:10	00:06:06
9	12		Banti Herve	-	PRO	Individual	00:23:29	00:01:41	02:12:06	00:01:20	01:16:07	03:54:45	00:07:41
10	9		Gregorio Caceres Morales	-	PRO	Individual	00:24:59	00:01:54	02:17:37	00:01:24	01:09:49	03:55:46	00:08:41
11	20		Marco quintavalle	-	PRO	Individual	00:23:31	00:01:40	02:10:47	00:01:27	01:18:58	03:56:25	00:09:20
12	119		Daniel Niederreiter	-	30-34	Individual	00:24:53	00:01:34	02:09:25	00:00:58	01:20:10	03:57:02	00:09:58
13	11		Damien Landon	-	PRO	Individual	00:24:06	00:01:43	02:17:39	00:01:13	01:17:14	04:01:56	00:14:52
14	26		Gabriele Mazzetta	-	PRO	Individual	00:24:50	00:01:59	02:16:36	00:01:20	01:17:53	04:02:39	00:15:34
15	29		Daniel Herlbauer	-	20-24	Individual	00:24:52	00:01:42	02:16:49	00:01:03	01:19:52	04:04:20	00:17:16
16	16		Michel Dewilde	-	PRO	Individual	00:26:04	00:01:59	02:16:25	00:01:33	01:18:49	04:04:52	00:17:47
17	173		Pablo Erat	-	35-39	Individual	00:25:57	00:01:57	02:16:39	00:01:20	01:20:52	04:06:46	00:19:42
18	67		Rafael Gomes	-	25-29	Amiciclo	00:26:28	00:01:46	02:19:09	00:01:29	01:19:41	04:08:34	00:21:30
19	205		Sebastien Sarda	-	35-39	Individual	00:28:39	00:02:04	02:17:08	00:01:27	01:20:26	04:09:46	00:22:42
20	334		Rui Rodrigues	-	40-44	COMPEED - Tri-Oeste	00:27:18	00:02:06	02:23:38	00:01:10	01:15:39	04:09:52	00:22:48
21	245		David Caldeirão	-	35-39	Louletano/AlgarvCycles/LouleJardimHot	00:25:47	00:01:41	02:20:13	00:01:18	01:21:09	04:10:09	00:23:05
22	125		Nuno Neves	-	30-34	Louletano/AlgarvCycles/LouleJardimHot	00:26:25	00:01:51	02:19:23	00:01:27	01:22:01	04:11:09	00:24:05
23	15		Pablo Israel Rodriguez	-	PRO	Individual	00:27:44	00:02:04	02:17:55	00:01:27	01:22:36	04:11:48	00:24:44
24	64		José Camiña	-	25-29	C. F. "Os Belenenses"	00:26:22	00:01:38	02:27:14	00:01:08	01:16:46	04:13:10	00:26:05
25	194		Alfonso Varela	-	35-39	Individual	00:27:45	00:02:37	02:16:46	00:01:47	01:24:19	04:13:16	00:26:12
26	333		Carlos Nobrega	-	40-44	Clube Futebol Andorinha	00:28:46	00:02:33	02:26:15	00:01:08	01:15:03	04:13:47	00:26:43
27	326		Eric Millard	-	40-44	Individual	00:28:35	00:02:25	02:16:46	00:01:26	01:25:12	04:14:26	00:27:22
28	22		Sophie Goos	-	PRO	Individual	00:26:32	00:01:43	02:23:21	00:01:31	01:21:29	04:14:38	00:27:34
29	392		Miguel Fragoso	-	45-49	Molly Maid - Vitoria de Janes	00:27:43	00:02:42	02:24:17	00:01:54	01:18:55	04:15:32	00:28:28
30	80		Bem Webeck	-	30-34	Individual	00:27:48	00:02:19	02:19:40	00:01:07	01:25:49	04:16:45	00:29:41
31	69		Jorge Duarte	-	25-29	Clube de Praças da Armada	00:34:06	00:03:13	02:23:30	00:01:26	01:15:41	04:17:58	00:30:54
32	28		Jens Roegiers	-	20-24	Individual	00:29:05	00:02:14	02:23:18	00:01:40	01:21:45	04:18:05	00:31:01
33	398		Carlos Gomes	-	45-49	Oeiras Sport Clube	00:32:15	00:01:59	02:23:13	00:01:14	01:19:51	04:18:34	00:31:29
34	344		Leonardo Lopes	-	40-44	Louletano/AlgarvCycles/LouleJardimHot	00:29:17	00:02:05	02:26:23	00:01:20	01:19:27	04:18:34	00:31:30
35	132		Ricardo Paixão	-	30-34	Louletano/AlgarvCycles/LouleJardimHot	00:29:26	00:02:09	02:23:00	00:01:34	01:22:37	04:18:48	00:31:44
36	374		Jon Astigarraga Arancibia	-	45-49	Individual	00:28:38	00:02:38	02:23:31	00:01:38	01:22:38	04:19:05	00:32:00
37	43		Kai Timmermann	-	25-29	Individual	00:26:30	00:02:10	02:22:03	00:01:26	01:27:04	04:19:15	00:32:11
38	286		Marcus Offenhuber	-	40-44	Individual	00:33:04	00:02:31	02:20:53	00:01:58	01:21:45	04:20:14	00:33:09
39	24		Alison Rowatt	-	PRO	Individual	00:28:51	00:02:24	02:28:36	00:01:20	01:20:41	04:21:53	00:34:49
40	226		Hugo Ferreira	-	35-39	Clube Olímpico de Oeiras	00:31:21	00:02:37	02:23:27	00:01:12	01:23:55	04:22:34	00:35:30
41	196		David Fernandez	-	35-39	Individual	00:32:51	00:03:49	02:22:38	00:01:46	01:23:22	04:24:28	00:37:24
42	248		José Lino	-	35-39	C. N. Tejo	00:32:12	00:02:16	02:23:04	00:01:30	01:25:39	04:24:42	00:37:38
43	379		Gary Blesson	-	45-49	Assoc. Académica de Coimbra	00:33:58	00:02:04	02:21:27	00:01:41	01:25:53	04:25:05	00:38:00
44	94		Huw Jones	-	30-34	Individual	00:32:57	00:02:41	02:23:13	00:01:30	01:24:42	04:25:06	00:38:02
45	322		Paulo Codinha	-	40-44	TRIATLO CLUBE TAP	00:28:06	00:02:08	02:22:59	00:01:53	01:30:22	04:25:29	00:38:25
46	230		Telmo Veloso	-	35-39	Porto Runners	00:33:00	00:02:23	02:30:32	00:01:49	01:18:11	04:25:57	00:38:53
47	137		Carlos Fernandes	-	30-34	Oeiras Sport Clube	00:29:10	00:02:07	02:26:07	00:01:40	01:27:52	04:26:58	00:39:53
48	237		Pedro Pinheiro	-	35-39	COMPEED - Tri-Oeste	00:33:54	00:02:34	02:26:25	00:01:12	01:22:54	04:27:01	00:39:56
49	330		Paulo Margarido	-	40-44	Ludens Clube do Machico	00:31:34	00:02:29	02:31:46	00:01:16	01:20:10	04:27:16	00:40:12

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa				
Natação	1.900 mt	T1:		Ciclismo:		T2:		Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
50	430		Manuel Alves	-	25-29	Sporting Clube de Portugal	00:27:45	00:02:01	02:28:54	00:01:09	01:27:39	04:27:30	00:40:25
51	317		Benoit Racadot	-	40-44	Individual	00:27:50	00:02:38	02:17:23	00:01:09	01:38:32	04:27:34	00:40:30
52	170		Jesus Goñi	-	35-39	Individual	00:30:12	00:02:42	02:27:52	00:01:14	01:25:47	04:27:49	00:40:45
53	373		Ignace Deckmyn	-	45-49	Individual	00:32:08	00:03:51	02:21:17	00:02:01	01:28:42	04:28:01	00:40:56
54	117		Jesús Palomo Manzano	-	30-34	Individual	00:27:13	00:01:45	02:33:17	00:01:28	01:25:10	04:28:56	00:41:51
55	82		Javier De La Cruz Martinez	-	30-34	Individual	00:29:50	00:02:49	02:24:56	00:01:32	01:29:52	04:29:01	00:41:56
56	25		Eva Janssen	-	PRO	Individual	00:27:40	00:01:51	02:34:19	00:01:09	01:24:05	04:29:05	00:42:01
57	58		Guillermo López	-	25-29	Individual	00:27:37	00:02:34	02:28:52	00:01:39	01:29:32	04:30:17	00:43:12
58	87		Denis Terrapon	-	30-34	Individual	00:30:45	00:03:02	02:23:17	00:01:13	01:32:13	04:30:33	00:43:29
59	124		Pedro Madeira	-	30-34	Molly Maid - Vitoria de Janes	00:28:41	00:02:20	02:27:34	00:01:02	01:30:56	04:30:35	00:43:30
60	122		Bruno Salvador	-	30-34	C. N. Colégio Vasco da Gama	00:28:32	00:02:03	02:33:05	00:01:46	01:25:12	04:30:40	00:43:35
61	186		Javier Terán Contreras	-	35-39	Individual	00:31:06	00:02:51	02:23:34	00:01:21	01:31:50	04:30:44	00:43:39
62	113		Eduardo Daporta	-	30-34	Individual	00:38:05	00:03:58	02:27:50	00:01:35	01:19:30	04:31:01	00:43:56
63	199		Filippo Neri	-	35-39	Individual	00:32:49	00:02:57	02:31:08	00:01:26	01:22:54	04:31:16	00:44:12
64	431		Rodrigo Baltazar	-	30-34	Sporting Clube de Portugal	00:26:37	00:01:59	02:43:21	00:01:35	01:18:18	04:31:51	00:44:47
65	211		Jose Maria Cagigas Talledo	-	35-39	Individual	00:35:00	00:03:07	02:29:20	00:01:30	01:23:13	04:32:11	00:45:07
66	269		Jorge Merino Alvaro	-	40-44	Individual	00:28:44	00:02:33	02:28:03	00:02:07	01:30:46	04:32:14	00:45:10
67	116		Alejandro Castañeda	-	30-34	Individual	00:27:54	00:03:20	02:32:06	00:01:48	01:27:56	04:33:07	00:46:02
68	23		Michaela Giger	-	PRO	Individual	00:32:11	00:02:08	02:29:23	00:01:41	01:27:51	04:33:17	00:46:13
69	135		Rui Filipe Costa	-	30-34	Porto Runners	00:35:04	00:02:59	02:27:33	00:01:24	01:26:25	04:33:27	00:46:23
70	346		Paulo Beltrão Coelho	-	40-44	Molly Maid - Vitoria de Janes	00:36:36	00:02:50	02:24:15	00:01:14	01:29:03	04:34:00	00:46:56
71	407		Paul Donnelly	-	50-54	Individual	00:28:42	00:02:17	02:28:39	00:01:47	01:32:49	04:34:16	00:47:12
72	61		Duarte Martins	-	25-29	Clube Futebol Andorinha	00:30:46	00:03:09	02:32:01	00:01:16	01:27:14	04:34:28	00:47:24
73	151		Carlos Belarra Arenas	-	35-39	Individual	00:26:24	00:02:57	02:32:43	00:01:43	01:30:51	04:34:40	00:47:35
74	118		Ricardo Ferreira	-	30-34	TRIATLO CLUBE TAP	00:27:46	00:02:14	02:32:00	00:01:50	01:30:49	04:34:40	00:47:36
75	298		Luis Amalio Fernandez	-	45-49	Individual	00:32:10	00:03:05	02:32:05	00:01:19	01:26:02	04:34:44	00:47:40
76	63		Paulo Janela	-	25-29	Clube de Triatlo de Almada	00:35:09	00:02:52	02:28:41	00:01:36	01:26:50	04:35:09	00:48:05
77	264		Ricardo Vazquez	-	40-44	Individual	00:32:01	00:02:41	02:31:52	00:01:30	01:27:07	04:35:13	00:48:08
78	377		Hugh Gibbs	-	45-49	Individual	00:31:02	00:02:48	02:27:08	00:01:59	01:32:45	04:35:44	00:48:39
79	129		Henrique Matias	-	30-34	Oeiras Sport Clube	00:32:56	00:02:40	02:30:03	00:01:21	01:29:07	04:36:08	00:49:04
80	383		João Durão	-	45-49	TRIATLO CLUBE TAP	00:29:58	00:02:07	02:27:49	00:01:30	01:34:50	04:36:15	00:49:10
81	99		Martin Vazquez Gonzalez	-	30-34	Individual	00:32:31	00:02:51	02:38:07	00:01:36	01:21:51	04:36:57	00:49:53
82	225		Roberto Lúcio	-	35-39	Clube Naval da Calheta	00:27:50	00:02:05	02:27:42	00:01:22	01:38:16	04:37:17	00:50:12
83	218		Fabio Fabbri	-	35-39	Individual	00:33:34	00:02:24	02:27:03	00:01:07	01:33:19	04:37:28	00:50:24
84	221		Joan Paredes	-	35-39	Individual	00:35:31	00:03:58	02:30:51	00:02:05	01:25:17	04:37:44	00:50:40
85	323		Miguel Palma	-	40-44	TRIATLO CLUBE TAP	00:28:42	00:02:17	02:33:54	00:01:15	01:32:10	04:38:20	00:51:16
86	389		Joaquim Fernandes	-	45-49	Clube Futebol Andorinha	00:35:35	00:02:51	02:31:31	00:01:16	01:27:59	04:39:15	00:52:11
87	212		Sergio Costa	-	35-39	Individual	00:31:58	00:03:59	02:28:59	00:02:53	01:31:42	04:39:31	00:52:27
88	49		Mario Almeida Santos	-	25-29	Estrelas SJB	00:30:43	00:02:32	02:26:25	00:01:47	01:38:21	04:39:49	00:52:45
89	242		Tiago Cochicho	-	35-39	Molly Maid - Vitoria de Janes	00:31:14	00:02:37	02:33:26	00:01:12	01:31:20	04:39:51	00:52:47
90	233		Abel Condesso	-	35-39	Assoc. Académica de Coimbra	00:33:57	00:02:47	02:28:57	00:01:21	01:32:52	04:39:55	00:52:51
91	103		Bart Vuylsteke	-	30-34	Individual	00:31:40	00:02:52	02:32:04	00:01:48	01:31:33	04:39:58	00:52:54
92	423		Pedro Castilla Plaza	-	55-59	Individual	00:30:50	00:02:40	02:33:06	00:01:37	01:31:46	04:40:01	00:52:57
93	209		Javier Muñoz Garcia	-	35-39	Individual	00:35:33	00:03:07	02:27:11	00:01:27	01:32:44	04:40:03	00:52:59
94	219		Hélder Milheiras	-	35-39	Individual	00:30:41	00:02:42	02:40:45	00:01:34	01:25:07	04:40:50	00:53:46
95	294		Luiz Lopes Junior	-	40-44	Individual	00:33:21	00:02:32	02:25:44	00:01:51	01:37:30	04:40:59	00:53:55
96	30		Aparicio Koldo	-	20-24	Individual	00:33:51	00:02:47	02:29:04	00:02:41	01:32:39	04:41:04	00:53:59
97	404		Jose Juan Carro Landeras	-	50-54	Individual	00:30:15	00:03:24	02:38:44	00:02:09	01:26:50	04:41:24	00:54:20
98	146		Carlos Cortes	-	35-39	Individual	00:37:36	00:03:01	02:41:12	00:01:12	01:18:57	04:41:59	00:54:55

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa				
Natação	1.900 mt	T1:		Ciclismo:		T2:		Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
99	335		Faber Martins	-	40-44	McDonalds/TriBraga	00:35:08	00:03:39	02:34:49	00:01:55	01:26:40	04:42:14	00:55:09
100	309		Alejandro Hernandez	-	40-44	Individual	00:25:55	00:02:54	02:30:01	00:02:31	01:41:11	04:42:34	00:55:30
101	254		Paulo Teles	-	35-39	G. A. A. Vila Franca de Xira	00:32:46	00:02:43	02:31:17	00:01:40	01:34:15	04:42:43	00:55:39
102	416		Paulo Guedes	-	50-54	Clube Olimpico de Oeiras	00:34:19	00:03:03	02:32:11	00:01:19	01:31:54	04:42:49	00:55:44
103	166		Jose Luis Aragunde	-	35-39	Individual	00:38:57	00:03:05	02:27:45	00:01:21	01:32:42	04:43:52	00:56:48
104	246		Paulo Sequeira	-	35-39	Peniche A. C.	00:30:20	00:03:12	02:37:34	00:01:33	01:31:19	04:44:00	00:56:55
105	200		Jesus Rodriguez Garcia	-	35-39	Individual	00:30:18	00:04:40	02:31:55	00:02:10	01:35:10	04:44:15	00:57:11
106	126		João Inocentes	-	30-34	Louletano/AlgarvCycles/LouleJardimHot	00:34:56	00:03:34	02:28:14	00:01:41	01:36:03	04:44:29	00:57:25
107	285		Thomas Behme	-	40-44	Individual	00:36:37	00:03:29	02:21:17	00:03:26	01:40:02	04:44:53	00:57:49
108	128		Pedro Figueira	-	30-34	Assoc. 20 Km de Almeirim	00:27:52	00:02:16	02:38:19	00:01:12	01:35:37	04:45:18	00:58:14
109	411		Antonio Seijas Rodriguez	-	50-54	Individual	00:34:02	00:02:57	02:25:57	00:01:53	01:41:01	04:45:54	00:58:49
110	48		Eusebio Febles Plasencia	-	25-29	Individual	00:34:28	00:02:40	02:31:58	00:01:39	01:35:31	04:46:17	00:59:13
111	436		Pedro Nogueira da Silva	-	40-44	Clube Olimpico de Oeiras	00:36:10	00:02:25	02:39:12	00:01:09	01:27:25	04:46:23	00:59:19
112	111		Alex Sans Vega	-	30-34	Individual	00:40:35	00:03:08	02:28:36	00:02:09	01:32:19	04:46:50	00:59:45
113	236		António Miguel Reis	-	35-39	Amiciclo	00:29:25	00:03:00	02:33:13	00:01:47	01:39:29	04:46:56	00:59:52
114	235		Sérgio Ribeiro	-	35-39	Clube de Praças da Armada	00:34:25	00:03:16	02:36:44	00:01:54	01:31:06	04:47:27	01:00:23
115	250		Luis Guerreiro	-	35-39	Ginásio Clube de Sines	00:38:53	00:02:10	02:32:20	00:01:35	01:32:28	04:47:28	01:00:24
116	207		Miguel Angel de Troya	-	35-39	Individual	00:34:46	00:03:31	02:39:51	00:01:56	01:27:35	04:47:39	01:00:34
117	366		Luis Miguel Gomez de	-	45-49	Individual	00:38:54	00:04:48	02:31:02	00:01:30	01:31:38	04:47:54	01:00:49
118	270		Ricardo Ruiz Baña	-	40-44	Individual	00:33:17	00:02:58	02:35:11	00:01:44	01:34:58	04:48:10	01:01:06
119	297		Francisco Javier Exposito	-	40-44	Individual	00:35:15	00:03:23	02:42:14	00:01:44	01:25:39	04:48:16	01:01:12
120	147		Alberto Cano Narro	-	35-39	Individual	00:32:26	00:02:42	02:34:57	00:01:23	01:37:04	04:48:34	01:01:29
121	56		Alberto Alvarez	-	25-29	Individual	00:39:50	00:02:48	02:31:10	00:01:42	01:33:15	04:48:47	01:01:43
122	231		Duarte Barreto	-	35-39	C. N. Cartaxo	00:28:22	00:02:19	02:39:00	00:02:21	01:36:52	04:48:57	01:01:52
123	365		Juan Carlos Merino Alvaro	-	45-49	Individual	00:31:49	00:03:18	02:36:06	00:03:27	01:34:15	04:48:58	01:01:53
124	134		João Nicolau	-	30-34	C. N. Tejo	00:28:27	00:02:58	02:41:46	00:01:45	01:34:16	04:49:14	01:02:09
125	193		Juan Abel Garcia Sanchez	-	35-39	Individual	00:33:44	00:05:22	02:36:27	00:02:20	01:31:58	04:49:53	01:02:49
126	108		César Álvarez Rodriguez	-	30-34	Individual	00:43:09	00:06:36	03:25:32	00:04:34	00:30:41	04:50:34	01:03:30
127	393		João Hipólito	-	45-49	Alhandra Sporting Club	00:36:12	00:02:36	02:29:20	00:01:47	01:40:47	04:50:45	01:03:41
128	400		Carlos Suzana	-	45-49	COMPEED - Tri-Oeste	00:36:22	00:03:21	02:33:01	00:02:09	01:35:57	04:50:52	01:03:48
129	215		Antonio Aceituno	-	35-39	Individual	00:36:51	00:05:26	02:44:18	00:01:47	01:22:36	04:51:01	01:03:56
130	131		Custódio António	-	30-34	Clube Olimpico de Oeiras	00:32:40	00:02:47	03:05:29	00:01:20	01:09:30	04:51:49	01:04:45
131	382		Jorge Paulo Pereira	-	45-49	TRIATLO CLUBE TAP	00:27:49	00:02:41	02:41:05	00:01:57	01:38:27	04:52:01	01:04:56
132	31		Gogarty Ruairi	-	20-24	Individual	00:30:13	00:02:01	02:30:03	00:02:26	01:47:29	04:52:14	01:05:10
133	228		Gustavo Sousa	-	35-39	Grupo Desportivo Corticeiras	00:33:18	00:03:40	02:34:35	00:01:58	01:38:41	04:52:15	01:05:11
134	100		Joaquin Pérez	-	30-34	Individual	00:32:32	00:04:14	02:37:52	00:02:22	01:35:16	04:52:17	01:05:13
135	35		Paulo Gonçalves	-	20-24	Clube de Praças da Armada	00:38:52	00:02:42	02:31:19	00:01:21	01:38:11	04:52:26	01:05:22
136	280		Paul Tetlow	-	40-44	Individual	00:36:45	00:03:27	02:39:53	00:02:00	01:30:27	04:52:34	01:05:30
137	51		Tomaz Kastelec	-	25-29	Individual	00:31:33	00:02:51	02:43:34	00:02:27	01:32:21	04:52:48	01:05:43
138	362		Pedro Maria Martinez	-	45-49	Individual	00:32:17	00:05:11	02:33:02	00:03:16	01:39:07	04:52:56	01:05:51
139	123		Bruno Brito	-	30-34	A.B.V.Estoris / Nutrilogia	00:34:23	00:03:47	02:33:01	00:02:33	01:39:22	04:53:08	01:06:04
140	149		Jose Barrientos	-	35-39	Individual	00:33:27	00:04:24	02:45:25	00:02:02	01:27:49	04:53:10	01:06:05
141	98		David Killen	-	30-34	Individual	00:34:07	00:02:45	02:43:03	00:02:34	01:30:44	04:53:15	01:06:11
142	210		David Vazquez Rodriguez	-	35-39	Individual	00:33:42	00:02:39	02:36:47	00:02:01	01:38:05	04:53:16	01:06:11
143	60		Ivan Lluell	-	25-29	Individual	00:38:19	00:03:32	02:30:48	00:02:20	01:38:20	04:53:22	01:06:17
144	320		Gerardo Perez Gimenez	-	40-44	Individual	00:32:22	00:03:52	02:34:13	00:01:51	01:41:09	04:53:29	01:06:24
145	240		Luis Cipriano	-	35-39	A. M. C. R. Fonte Grada	00:38:14	00:03:19	02:41:51	00:01:53	01:28:44	04:54:03	01:06:58
146	238		Luis Novo	-	35-39	Alhandra Sporting Club	00:33:22	00:03:20	02:32:59	00:02:50	01:41:33	04:54:05	01:07:01
147	32		Miguel Andrade	-	20-24	C. F. "Os Belenenses"	00:33:03	00:03:09	02:51:04	00:01:25	01:25:47	04:54:30	01:07:26

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa
Natação	1.900 mt	T1:		Ciclismo:	
				T2:	
				Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
148	381		Alexandre Bergamo	-	45-49	Individual	00:33:37	00:02:51	02:32:46	00:01:51	01:43:29	04:54:35	01:07:31
149	268		Jorge Ruiz Leon	-	40-44	Individual	00:31:32	00:02:38	02:45:33	00:01:37	01:33:22	04:54:45	01:07:41
150	68		Luis Miguel Goncalves	-	25-29	CAMADEIRA	00:32:49	00:03:18	02:38:43	00:01:41	01:38:17	04:54:50	01:07:46
151	152		Fernando Rodriguez Garcia	-	35-39	Individual	00:33:29	00:04:37	02:38:26	00:02:19	01:35:57	04:54:50	01:07:46
152	97		Johnny Devitt	-	30-34	Individual	00:37:23	00:04:40	02:30:22	00:02:19	01:40:09	04:54:55	01:07:51
153	437		Rui Ferreira	-	40-44	Lusavouga-Clube dos Galitos	00:28:15	00:02:09	02:44:27	00:01:46	01:38:34	04:55:13	01:08:09
154	197		Ivan Escassi	-	35-39	Individual	00:33:39	00:03:25	02:43:50	00:01:20	01:33:02	04:55:18	01:08:14
155	385		Oscar Pereira	-	50-54	CAMADEIRA	00:35:21	00:03:12	02:41:30	00:01:54	01:33:19	04:55:19	01:08:15
156	296		Emmanuel Botelho	-	40-44	Individual	00:34:18	00:03:15	02:42:22	00:02:10	01:33:16	04:55:22	01:08:18
157	287		Antonio Miranda	-	40-44	Individual	00:34:11	00:03:09	02:39:15	00:01:42	01:37:09	04:55:29	01:08:24
158	222		Bruno Silva	-	35-39	A. M. C. R. Fonte Grada	00:35:24	00:02:44	02:48:54	00:01:13	01:27:16	04:55:34	01:08:29
159	397		Paulo Leitão Santos	-	45-49	Peniche A. C.	00:33:29	00:02:37	02:40:28	00:01:27	01:37:37	04:55:39	01:08:34
160	181		David Borkowski	-	35-39	Individual	00:32:00	00:03:09	02:44:38	00:02:08	01:33:44	04:55:41	01:08:37
161	121		Ricardo Lanceiro	-	30-34	Açoreana Clube Banif	00:38:32	00:03:15	02:40:13	00:01:48	01:32:08	04:55:59	01:08:54
162	55		Pablo Martinez	-	25-29	Individual	00:32:49	00:02:43	02:40:42	00:01:47	01:38:17	04:56:20	01:09:15
163	40		Pedro Buendia Bastida	-	25-29	Individual	00:42:20	00:02:55	02:40:44	00:01:27	01:29:08	04:56:35	01:09:31
164	72		César Andrade	-	25-29	G. A. A. Vila Franca de Xira	00:32:12	00:03:09	02:35:46	00:01:57	01:43:40	04:56:46	01:09:41
165	256		Ana Estevez	-	35-39	Individual	00:34:50	00:03:14	02:46:12	00:01:43	01:30:47	04:56:48	01:09:44
166	142		Helen Jones	-	30-34	Individual	00:29:44	00:02:36	02:43:51	00:02:16	01:38:35	04:57:04	01:10:00
167	130		Carlos Chan	-	30-34	Louletano/AlgarvCycles/LouleJardimHot	00:27:41	00:02:23	02:43:53	00:01:39	01:41:41	04:57:19	01:10:15
168	176		Julian Arcas	-	35-39	Individual	00:34:38	00:04:53	02:43:47	00:02:09	01:32:00	04:57:30	01:10:26
169	33		David Ferreira	-	20-24	Alhandra Sporting Club	00:27:58	00:02:31	02:45:30	00:01:34	01:40:00	04:57:35	01:10:30
170	302		Jesus Martin Fernandez	-	40-44	Individual	00:34:48	00:03:31	02:35:08	00:02:12	01:41:57	04:57:38	01:10:34
171	281		Carlos Braz	-	40-44	Individual	00:32:26	00:02:52	02:35:27	00:01:15	01:45:40	04:57:41	01:10:37
172	148		Abel Alonso Gómez	-	35-39	Individual	00:33:15	00:03:21	02:43:27	00:02:09	01:35:38	04:57:52	01:10:47
173	312		Bjarke Thyrrstrup	-	40-44	Individual	00:37:09	00:03:44	02:33:42	00:02:22	01:41:01	04:57:59	01:10:54
174	187		Eduardo Hevia-	-	35-39	Individual	00:32:51	00:02:57	02:36:08	00:02:04	01:44:09	04:58:10	01:11:06
175	367		Juan Manuel Gonzalez	-	45-49	Individual	00:39:11	00:05:17	02:31:22	00:02:39	01:39:49	04:58:19	01:11:15
176	216		Antonio Sanchez del Pino	-	35-39	Individual	00:34:59	00:07:19	02:44:16	00:02:31	01:29:21	04:58:27	01:11:23
177	95		Javier Perez Delgado	-	30-34	Individual	00:34:20	00:03:25	02:38:59	00:02:21	01:39:35	04:58:42	01:11:38
178	239		Miguel Algarvio	-	35-39	Clube de Praças da Armada	00:33:05	00:02:58	02:41:40	00:01:29	01:39:32	04:58:45	01:11:41
179	168		Daniel Kavanagh	-	35-39	Individual	00:35:11	00:02:41	02:35:30	00:01:46	01:43:39	04:58:48	01:11:44
180	378		Nick Kane	-	45-49	Individual	00:31:21	00:04:38	02:50:44	00:02:35	01:29:49	04:59:09	01:12:05
181	184		karin Bumedi	-	35-39	Individual	00:33:43	00:04:06	02:42:56	00:02:33	01:35:56	04:59:14	01:12:10
182	345		Paulo Quintino	-	40-44	Clube Millennium BCP	00:34:21	00:03:09	02:44:23	00:01:58	01:35:32	04:59:24	01:12:20
183	435		Pedro Gaspar	-	40-44	C. D. "Os Águias" de Alpiarça	00:30:03	00:03:39	02:50:33	00:02:18	01:32:58	04:59:34	01:12:29
184	419		José Varela	-	50-54	Louletano/AlgarvCycles/LouleJardimHot	00:37:55	00:03:44	02:41:27	00:01:58	01:34:32	04:59:38	01:12:34
185	36		Vanessa Pereira	-	20-24	COMPEED - Tri-Oeste	00:32:14	00:02:47	02:36:10	00:01:45	01:46:46	04:59:44	01:12:40
186	38		Antonio Jesus Serrano Gil	-	25-29	Individual	00:33:12	00:02:58	02:48:44	00:01:24	01:33:36	04:59:55	01:12:51
187	105		Sergio Nuñez	-	30-34	Individual	00:34:43	00:04:19	02:44:15	00:01:48	01:34:49	04:59:57	01:12:52
188	220		José Manuel Nunes	-	35-39	C. C. D. M. Matosinhos	00:38:56	00:02:57	02:47:21	00:01:42	01:29:01	04:59:59	01:12:55
189	101		Mikel Zubigaray Ramos	-	30-34	Individual	00:27:41	00:03:25	02:43:24	00:02:39	01:42:52	05:00:03	01:12:58
190	201		Jaime Vaquerizo Ortiz	-	35-39	Individual	00:32:21	00:03:52	02:42:42	00:01:44	01:40:13	05:00:54	01:13:50
191	267		Enrique Garcia Castellon	-	40-44	Individual	00:38:46	00:03:34	02:39:15	00:03:13	01:36:13	05:01:02	01:13:58
192	253		Luis Correia Ferreira	-	35-39	Assoc. Académica S. Mamede	00:31:30	00:03:24	02:38:20	00:02:17	01:45:53	05:01:26	01:14:22
193	234		Rui Pedro Costa	-	35-39	C. N. Tejo	00:40:45	00:03:21	02:43:02	00:01:30	01:33:25	05:02:04	01:15:00
194	251		António Costa	-	35-39	C. N. Tejo	00:39:14	00:06:04	02:39:33	00:03:30	01:33:54	05:02:16	01:15:12
195	339		Vasco Soares	-	40-44	Clube de Praças da Armada	00:38:54	00:03:30	02:38:43	00:01:58	01:39:27	05:02:33	01:15:29
196	189		Juan Lopez Zapata	-	35-39	Individual	00:37:26	00:03:26	02:42:49	00:02:12	01:36:37	05:02:33	01:15:29

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa
Natação	1.900 mt	T1:		Ciclismo:	
				T2:	
				Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
197	433		Miguel Lopes	-	35-39	Lusavouga-Clube dos Galitos	00:36:48	00:04:44	02:50:14	00:01:24	01:29:26	05:02:37	01:15:33
198	188		Juan Jose Legarda	-	35-39	Individual	00:36:58	00:03:32	02:47:20	00:02:25	01:32:44	05:03:02	01:15:57
199	75		Grit Hagen	-	25-29	Individual	00:33:53	00:02:47	02:42:44	00:01:59	01:42:09	05:03:33	01:16:29
200	360		Sónia Quintela	-	40-44	COMPEED - Tri-Oeste	00:26:33	00:02:27	02:47:27	00:01:32	01:45:45	05:03:47	01:16:42
201	271		Jesus Garcia-Ortiz Saez	-	40-44	Individual	00:39:46	00:04:29	02:47:05	00:01:34	01:31:10	05:04:05	01:17:00
202	89		Christoph Söhnchen	-	30-34	Individual	00:35:48	00:02:55	02:29:36	00:01:56	01:54:14	05:04:30	01:17:26
203	260		Coralie Glaunes	-	35-39	Individual	00:33:36	00:03:41	02:39:20	00:02:12	01:46:01	05:04:51	01:17:47
204	203		Robert Smith	-	35-39	Individual	00:38:28	00:04:42	02:32:54	00:02:23	01:46:33	05:05:01	01:17:57
205	275		Jose Carlos Gudiel Machin	-	40-44	Individual	00:34:13	00:04:18	02:41:30	00:01:57	01:43:03	05:05:03	01:17:59
206	144		Maria João Madeira	-	30-34	Clube de Triatlo de Almada	00:29:21	00:01:57	02:49:47	00:01:25	01:42:42	05:05:14	01:18:09
207	424		Antonio Bordallo	-	55-59	Individual	00:33:22	00:03:10	02:35:43	00:02:13	01:50:58	05:05:27	01:18:23
208	229		João Vaz Lima	-	35-39	CFV	00:31:00	00:02:53	02:51:39	00:02:25	01:37:47	05:05:45	01:18:41
209	348		Filipe Conceição	-	40-44	Louletano/AlgarvCycles/LouleJardimHot	00:37:33	00:02:23	02:55:46	00:02:58	01:27:15	05:05:56	01:18:52
210	145		Ana Perestrelo	-	30-34	Clube Naval da Calheta	00:34:00	00:02:38	02:53:22	00:01:39	01:34:20	05:06:00	01:18:56
211	410		Javier de Lucas Bodas	-	50-54	Individual	00:39:00	00:03:44	02:41:03	00:01:59	01:40:20	05:06:08	01:19:03
212	314		José Miguel Barrachina	-	40-44	Individual	00:29:56	00:04:32	02:43:33	00:02:43	01:45:34	05:06:19	01:19:15
213	252		Ricardo Vieira	-	35-39	Assoc. Académica de Coimbra	00:34:37	00:04:11	02:37:22	00:01:46	01:48:27	05:06:24	01:19:20
214	307		Juan Ignacio Garcia Vallejo	-	40-44	Individual	00:35:01	00:02:55	02:53:06	00:01:44	01:33:47	05:06:36	01:19:31
215	316		Carlos Garcia-Mauriño	-	40-44	Individual	00:34:31	00:03:37	02:49:37	00:01:38	01:37:18	05:06:43	01:19:39
216	102		Antonio Miguel Berrio	-	30-34	Individual	00:30:17	00:03:28	02:40:04	00:02:46	01:50:23	05:07:00	01:19:55
217	255		Joaquim Figueiras	-	35-39	Oeiras Sport Clube	00:42:59	00:03:57	02:47:32	00:03:02	01:29:31	05:07:02	01:19:58
218	305		Egea Vicente	-	40-44	Individual	00:34:41	00:04:55	02:46:51	00:02:43	01:38:28	05:07:40	01:20:35
219	182		Pedro de Castro	-	35-39	Individual	00:33:52	00:03:46	02:46:58	00:02:19	01:40:52	05:07:48	01:20:44
220	192		Stephen Poole	-	35-39	Individual	00:30:57	00:04:28	02:54:21	00:02:50	01:35:18	05:07:56	01:20:52
221	150		Abraham Garcia Aliaga	-	35-39	Individual	00:30:07	00:04:06	02:37:00	00:02:39	01:54:05	05:07:59	01:20:55
222	204		Juan Miguel Vazquez Zayas	-	35-39	Individual	00:32:18	00:02:32	02:51:53	00:01:46	01:40:19	05:08:49	01:21:45
223	329		Jorge Carlos Serra	-	40-44	Açoreana Clube Banif	00:37:59	00:03:05	02:53:03	00:01:54	01:33:53	05:09:56	01:22:52
224	59		Ørum Ørum	-	25-29	Individual	00:39:06	00:05:18	02:38:45	00:03:13	01:43:45	05:10:09	01:23:05
225	227		Henrique Venâncio	-	35-39	Peniche A. C.	00:37:08	00:03:33	02:37:09	00:01:33	01:51:03	05:10:28	01:23:23
226	432		Josué Oliveira	-	35-39	Lusavouga-Clube dos Galitos	00:37:28	00:02:48	02:34:26	00:02:54	01:53:05	05:10:42	01:23:38
227	83		Pedro Fernandes	-	30-34	Secção de Triatlo de Santa Iria	00:36:03	00:02:17	02:44:08	00:01:52	01:46:46	05:11:09	01:24:05
228	47		David Baguet	-	25-29	Individual	00:37:59	00:03:46	02:40:32	00:02:58	01:45:54	05:11:11	01:24:07
229	90		Cédric Galichet	-	30-34	Individual	00:35:07	00:03:52	02:46:26	00:02:02	01:43:43	05:11:11	01:24:07
230	257		Ines Ynzenga Alvarez	-	35-39	Individual	00:30:58	00:04:59	02:48:54	00:02:25	01:44:09	05:11:27	01:24:22
231	354		Gina Gasson	-	40-44	Individual	00:35:17	00:03:04	02:48:24	00:01:40	01:44:25	05:12:52	01:25:48
232	390		Jose Yañez Gomez	-	45-49	Individual	00:36:00	00:02:44	02:38:01	00:02:06	01:54:16	05:13:09	01:26:04
233	299		Salvador Haering Gonzalez	-	40-44	Individual	00:38:09	00:05:38	02:51:22	00:03:15	01:35:43	05:14:07	01:27:03
234	342		Carlos Serra	-	40-44	Alhandra Sporting Club	00:37:14	00:02:56	02:46:48	00:02:14	01:44:56	05:14:10	01:27:06
235	243		Rui Pena	-	35-39	Assoc. Académica S. Mamede	00:38:50	00:03:31	02:44:35	00:01:38	01:45:58	05:14:34	01:27:30
236	110		Rafael Millaruelo	-	30-34	Individual	00:35:28	00:04:10	02:45:57	00:02:09	01:47:34	05:15:20	01:28:15
237	180		Fernando Silvarrey	-	35-39	Individual	00:40:49	00:03:34	02:51:57	00:02:20	01:36:41	05:15:23	01:28:19
238	112		José Ignacio Rodríguez	-	30-34	Individual	00:31:39			00:02:36	01:41:25	05:15:30	01:28:25
239	214		Martin Wiese	-	35-39	Individual	00:38:17	00:05:11	02:43:44	00:02:23	01:45:53	05:15:30	01:28:25
240	183		Javier Feliu	-	35-39	Individual	00:33:50	00:04:27	02:49:13	00:01:56	01:46:01	05:15:30	01:28:26
241	310		Jorge Garcia Eickelberg	-	40-44	Individual	00:35:25	00:05:14	02:48:26	00:03:24	01:43:03	05:15:34	01:28:30
242	358		Fiona Boxall	-	40-44	Individual	00:32:28	00:03:17	02:45:54	00:03:36	01:50:25	05:15:42	01:28:38
243	53		Juan Jose Quioñes Pina	-	25-29	Individual	00:35:55	00:03:40	02:40:10	00:02:08	01:54:32	05:16:26	01:29:22
244	332		Paulo Canário	-	40-44	Cl. Ferroviário de Vendas Novas	00:30:14	00:03:13	02:40:13	00:01:49	02:01:09	05:16:41	01:29:36
245	331		João Canhão	-	40-44	Cl. Ferroviário de Vendas Novas	00:30:55	00:02:46	02:39:53	00:02:51	02:00:21	05:16:48	01:29:43

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa				
Natação	1.900 mt	T1:		Ciclismo:		T2:		Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
246	161		Pablo Currás	-	35-39	Individual	00:38:07	00:04:05	02:44:26	00:02:19	01:48:31	05:17:29	01:30:25
247	321		Manue Fernandez Lopez	-	40-44	Individual	00:31:26	00:17:33	02:50:21	00:02:04	01:36:06	05:17:32	01:30:28
248	133		Rui Antunes	-	30-34	Peniche A. C.	00:35:11	00:02:16	02:35:16	00:01:37	02:03:30	05:17:52	01:30:47
249	341		Victor Rodrigues	-	40-44	Assoc. 20 Km de Almeirim	00:35:49	00:03:04	02:44:52	00:03:13	01:51:08	05:18:08	01:31:04
250	107		Jose Antonio Diaz	-	30-34	Individual	00:34:28	00:04:50	02:40:33	00:02:41	01:56:03	05:18:37	01:31:33
251	401		Treena Johnson	-	45-49	Individual	00:44:40	00:04:22	02:55:52	00:01:36	01:32:16	05:18:49	01:31:44
252	376		Marcos Sebares	-	45-49	Individual	00:34:27	00:06:52	02:47:38	00:03:48	01:46:09	05:18:56	01:31:52
253	109		Juan Andrade	-	30-34	Individual	00:38:36	00:02:40	02:41:59	00:01:58	01:53:50	05:19:05	01:32:01
254	66		Ana Patrícia Ferreira	-	25-29	C. N. Tejo	00:34:05	00:02:38	03:02:49	00:01:58	01:37:42	05:19:15	01:32:10
255	306		Alvaro del Castano	-	40-44	Individual	00:39:23	00:03:41	02:45:58	00:02:24	01:48:02	05:19:30	01:32:25
256	163		Rob Worton	-	35-39	Individual	00:34:02	00:03:20	02:52:56	00:02:04	01:47:32	05:19:56	01:32:52
257	262		Susana Simões	-	35-39	Porto Runners	00:38:51	00:02:40	02:58:38	00:01:50	01:38:35	05:20:36	01:33:31
258	160		Juan Paino	-	35-39	Individual	00:37:10	00:03:54	02:45:03	00:01:55	01:52:36	05:20:40	01:33:36
259	395		Paulo Vieira	-	45-49	Assoc. Académica de Coimbra	00:37:07	00:03:38	02:47:20	00:02:07	01:50:45	05:20:58	01:33:53
260	350		Lola Nolasco	-	40-44	Individual	00:42:56	00:03:43	02:53:20	00:02:25	01:38:55	05:21:21	01:34:17
261	426		Johann Michelon	-	60-64	Individual	00:45:12	00:03:28	02:42:44	00:01:58	01:48:15	05:21:39	01:34:35
262	185		Javier Hierro Moreno	-	35-39	Individual	00:35:37	00:05:14	02:49:17	00:02:30	01:49:41	05:22:20	01:35:16
263	85		Giovanni Revoltella	-	30-34	Individual	00:42:21	00:03:35	02:51:12	00:02:19	01:43:15	05:22:44	01:35:39
264	190		Juan Gregorio Sanchez	-	35-39	Individual	00:34:16	00:03:47	03:02:06	00:02:09	01:40:44	05:23:04	01:36:00
265	154		Carlos Garcia De Paredes	-	35-39	Individual	00:32:36	00:05:31	03:07:41	00:02:22	01:35:21	05:23:33	01:36:29
266	174		Jose Alberto Gonzalez	-	35-39	Individual	00:40:33	00:05:06	02:59:13	00:02:40	01:36:34	05:24:07	01:37:03
267	42		Gustavo Palacios	-	25-29	Individual	00:41:41	00:04:00	02:59:10	00:01:55	01:37:19	05:24:08	01:37:03
268	364		Luis Muñoz Rios	-	45-49	Individual	00:43:53	00:03:59	02:51:29	00:02:04	01:42:43	05:24:10	01:37:06
269	399		José Morgado	-	45-49	Alhandra Sporting Club	00:46:47	00:03:40	02:55:17	00:02:14	01:36:28	05:24:27	01:37:23
270	138		Hugo Velez	-	30-34	Quintajense Futebol Clube	00:35:45	00:03:35	02:50:39	00:02:07	01:52:30	05:24:39	01:37:34
271	434		João Maral	-	40-44	Serv. Soc. CGD	00:28:51	00:04:30	02:46:07	00:04:07	02:01:40	05:25:17	01:38:13
272	195		Guillaume Beurnaux	-	35-39	Individual	00:34:09	00:04:45	03:00:19	00:02:58	01:43:09	05:25:22	01:38:17
273	327		André Cunha	-	40-44	Açoreana Clube Banif	00:39:10	00:03:18	02:57:58	00:01:44	01:43:34	05:25:46	01:38:41
274	213		Fernando Llana	-	35-39	Individual	00:35:44	00:04:52	02:54:46	00:02:37	01:47:50	05:25:50	01:38:46
275	70		Mark Macedo	-	25-29	Porto Runners	00:49:18	00:04:27	03:00:33	00:02:04	01:29:42	05:26:06	01:39:01
276	384		João Santos	-	45-49	A.B.V.Estoris / Nutrilogia	00:32:08	00:03:26	02:44:40	00:03:40	02:03:38	05:27:33	01:40:29
277	387		António Reis	-	45-49	Cl. Ferroviário de Vendas Novas	00:38:48	00:03:27	02:46:55	00:01:50	01:56:35	05:27:37	01:40:33
278	343		Nuno Lourenço Dimas	-	40-44	Individual	00:36:14	00:03:26	02:53:32	00:02:20	01:52:13	05:27:48	01:40:43
279	414		Augusto Guerra Reyes	-	50-54	Individual	00:39:04	00:03:22	02:51:36	00:02:15	01:51:33	05:27:53	01:40:49
280	406		Ignacio de Rus Mendoza	-	50-54	Individual	00:38:25	00:05:04	02:56:04	00:02:01	01:46:31	05:28:06	01:41:02
281	266		Ignacio Lombo Moruno	-	40-44	Individual	00:32:54	00:05:19	02:50:12	00:03:58	01:56:44	05:29:08	01:42:03
282	308		Ari Vuorenmaa	-	40-44	Individual	00:39:05	00:02:59	02:51:17	00:01:46	01:54:10	05:29:19	01:42:14
283	352		Susana Roman Bermet	-	40-44	Individual	00:35:20	00:03:09	02:56:54	00:02:10	01:52:06	05:29:41	01:42:37
284	206		Christopher Duburcq	-	35-39	Individual	00:41:48	00:04:21	02:58:24	00:02:51	01:42:28	05:29:55	01:42:51
285	283		Antonio Fraga	-	40-44	Individual	00:37:10	00:04:20	02:48:44	00:02:51	01:57:16	05:30:22	01:43:18
286	88		Roberto Cid	-	30-34	Individual	00:39:16	00:05:06	02:56:47	00:02:35	01:47:01	05:30:47	01:43:43
287	247		Pedro Miguel Lopes	-	35-39	Porto Runners	00:39:07	00:02:37	03:01:08	00:01:29	01:46:47	05:31:10	01:44:05
288	106		Jose Luis Vegas Gonzalez	-	30-34	Individual	00:43:17	00:05:15	02:58:05	00:02:43	01:42:06	05:31:28	01:44:23
289	273		Cesar Iriarte Ruiz	-	40-44	Individual	00:39:41	00:07:13	02:54:16	00:03:16	01:47:17	05:31:45	01:44:40
290	324		Andrew Birkby	-	40-44	Individual	00:37:01	00:03:05	02:57:29	00:02:23	01:52:21	05:32:21	01:45:17
291	86		João Silveira	-	30-34	Individual	00:38:11	00:07:35	03:03:26	00:04:24	01:39:02	05:32:40	01:45:36
292	171		Thore Levetzow	-	35-39	Individual	00:39:32	00:03:00	02:37:03	00:02:14	02:11:11	05:33:01	01:45:57
293	409		Ernesto Rubio	-	50-54	Individual	00:41:33	00:04:26	02:58:42	00:02:04	01:46:23	05:33:10	01:46:06
294	380		Domingo Diaz Garcia	-	45-49	Individual	00:35:40	00:04:17	02:52:43	00:02:47	01:57:44	05:33:13	01:46:08

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa				
Natação	1.900 mt	T1:		Ciclismo:		T2:		Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
295	284		Jose Ignacio Silva Peña	-	40-44	Individual	00:34:35	00:03:19	02:56:20	00:02:37	01:56:39	05:33:32	01:46:28
296	57		Mario Cañizares Sánchez-	-	25-29	Individual	00:28:50	00:03:55	02:53:01	00:02:57	02:05:16	05:34:02	01:46:57
297	77		Maria Rita Neves	-	25-29	COMPEED - Tri-Oeste	00:32:24	00:03:07	03:03:13	00:01:42	01:54:24	05:34:52	01:47:48
298	272		Andrew Gasson	-	40-44	Individual	00:42:42	00:04:09	02:44:46	00:02:17	02:01:02	05:34:57	01:47:53
299	355		Sarah Coutts	-	40-44	Individual	00:30:27	00:04:28	03:03:03	00:02:58	01:54:08	05:35:05	01:48:01
300	325		Sérgio Oliveira	-	40-44	A.B.V.Estoris / Nutrilogia	00:41:42	00:02:54	02:44:43	00:02:40	02:03:08	05:35:08	01:48:04
301	300		Anthony Flynn	-	40-44	Individual	00:53:04	00:03:31	02:42:48	00:02:05	01:53:58	05:35:28	01:48:23
302	289		Jorge Barroso	-	40-44	Individual	00:42:36	00:08:40	02:52:09	00:03:40	01:49:29	05:36:37	01:49:32
303	277		Tom Kiely	-	40-44	Individual	00:42:00	00:03:14	02:54:22	00:02:01	01:55:03	05:36:42	01:49:38
304	391		Miguel Velez	-	45-49	Secção de Triatlo de Santa Iria	00:34:28	00:04:18	03:21:01	00:02:07	01:35:13	05:37:11	01:50:06
305	422		Gines de Rus Mendoza	-	55-59	Individual	00:38:03	00:04:07	03:07:04	00:02:51	01:45:25	05:37:32	01:50:28
306	54		Tomasz Toll	-	25-29	Individual	00:39:53	00:03:07	02:50:59	00:02:04	02:01:34	05:37:40	01:50:35
307	274		Rafael Paleo Cageao	-	40-44	Individual	00:39:19	00:06:05	03:07:53	00:02:40	01:42:41	05:38:40	01:51:36
308	175		Eduardo Pedreira	-	35-39	Individual	00:36:16	00:05:11	03:10:24	00:03:22	01:44:12	05:39:27	01:52:22
309	127		António Maria Cumbre	-	30-34	Alhandra Sporting Club	00:33:40	00:06:48	03:12:45	00:03:37	01:42:59	05:39:51	01:52:47
310	115		Arturo Romero Fernandez	-	30-34	Individual	00:35:24	00:04:46	02:55:18	00:02:51	02:01:53	05:40:13	01:53:08
311	359		Filomena Gomes	-	40-44	C. T. Fundão	00:40:15	00:03:27	02:53:44	00:02:12	02:01:48	05:41:28	01:54:24
312	141		Jacqui Wells	-	30-34	Individual	00:36:25	00:03:00	02:54:29	00:02:52	02:05:14	05:42:02	01:54:58
313	304		Miguel Jimeno Sola	-	40-44	Individual	00:33:31	00:04:01	02:57:41	00:01:59	02:05:25	05:42:38	01:55:34
314	413		Stephen Parry	-	50-54	Individual	00:34:42	00:03:36	02:56:26	00:02:34	02:06:30	05:43:50	01:56:45
315	388		Rogério Morais	-	45-49	Cl. Ferroviário de Vendas Novas	00:38:39	00:04:01	03:01:32	00:02:10	01:58:15	05:44:38	01:57:34
316	303		Luis Miguel González Sousa	-	40-44	Individual	00:38:58	00:05:15	03:04:42	00:03:32	01:53:42	05:46:11	01:59:07
317	78		Maria Cecilia Franco	-	25-29	COMPEED - Tri-Oeste	00:37:07	00:03:09	02:57:40	00:02:16	02:07:40	05:47:55	02:00:51
318	50		Jose Manuel Morales Chico	-	25-29	Individual	00:39:12	00:06:14	03:03:17	00:03:15	01:56:19	05:48:19	02:01:15
319	405		Eloy Redondo Hernandez	-	50-54	Individual	00:40:40	00:04:31	03:01:49	00:02:59	01:58:36	05:48:37	02:01:33
320	165		Michael McCarthy	-	35-39	Individual	00:37:08	00:02:15	02:52:20	00:02:28	02:14:38	05:48:50	02:01:46
321	241		Hélder Valente	-	35-39	Serv. Soc. CGD	00:42:22	00:03:26	02:59:02	00:01:49	02:03:53	05:50:34	02:03:29
322	438		Pedro Bastlio	-	40-44	SR Camarnal / Seguros	00:32:10	00:05:04	03:08:58	00:04:04	02:02:08	05:52:26	02:05:22
323	232		Rui Foles	-	35-39	Quintajense Futebol Clube	00:47:00	00:04:49	03:04:15	00:02:45	01:53:39	05:52:30	02:05:26
324	386		Ricardo Aguiar	-	45-49	Cl. Ferroviário de Vendas Novas	00:36:13	00:04:07	03:10:58	00:04:18	01:59:43	05:55:21	02:08:17
325	356		Nicole Groen	-	40-44	Individual	00:33:46	00:04:58	03:21:55	00:04:08	01:50:55	05:55:44	02:08:40
326	153		Alberto Alcalde Peñuelas	-	35-39	Individual	00:40:53	00:05:14	03:01:41	00:03:40	02:04:50	05:56:22	02:09:17
327	198		Fernando Jañez Moral	-	35-39	Individual	00:37:11	00:04:27	02:57:12	00:02:33	02:15:51	05:57:16	02:10:11
328	143		Janni Selmer	-	30-34	Individual	00:33:24	00:04:17	03:15:09	00:03:08	02:02:54	05:58:54	02:11:50
329	104		Brendan Byron	-	30-34	Individual	00:44:13	00:03:57	02:52:02	00:02:01	02:17:06	05:59:21	02:12:16
330	313		Jose Manuel Navarro	-	40-44	Individual	00:37:26	00:03:47	03:13:36	00:03:01	02:01:36	05:59:27	02:12:23
331	93		Emilio Gonzalez	-	30-34	Individual	00:35:10	00:03:51	03:07:03	00:04:51	02:08:55	05:59:52	02:12:48
332	52		Jure Primožic	-	25-29	Individual	00:38:44	00:03:05	03:01:16	00:02:24	02:14:23	05:59:54	02:12:50
333	328		António João Santos	-	40-44	Açoreana Clube Banif	00:41:54	00:07:25	03:14:42	00:04:51	01:52:25	06:01:18	02:14:13
334	420		Antonio Moreira	-	50-54	Individual	00:41:19	00:05:10	03:21:46	00:02:28	01:52:43	06:03:28	02:16:24
335	73		Loli Aguirre Gomez	-	25-29	Individual	00:42:32	00:05:15	03:25:58	00:02:30	01:48:13	06:04:30	02:17:26
336	292		Eric Sardier	-	40-44	Individual	00:37:19	00:03:52	03:00:03	00:03:00	02:20:54	06:05:10	02:18:06
337	114		Jesus Cortes	-	30-34	Individual	00:47:19	00:05:26	03:13:32	00:03:00	01:56:08	06:05:28	02:18:23
338	139		Ana Belen Martin Santiago	-	30-34	Individual	00:51:15	00:05:54	03:14:16	00:03:47	01:51:46	06:07:00	02:19:56
339	370		Philippe Marchand	-	45-49	Individual	00:42:29	00:04:08	03:05:44	00:02:43	02:11:59	06:07:05	02:20:01
340	425		Mário Melo	-	55-59	Cl. Ferroviário de Vendas Novas	00:34:18	00:04:05	03:07:38	00:02:07	02:19:39	06:07:48	02:20:44
341	39		Carlos Frontelo Perez	-	25-29	Individual	00:41:36	00:05:40	03:10:41	00:03:29	02:08:05	06:09:33	02:22:28
342	71		José Gabriel Coelho	-	25-29	Alhandra Sporting Club	00:37:26	00:04:30	03:23:20	00:04:03	02:00:46	06:10:07	02:23:03
343	120		Alcino Oliveira	-	30-34	Individual	00:37:20	00:06:37	03:23:02	00:03:58	02:02:35	06:13:34	02:26:30

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa				
Natação	1.900 mt	T1:		Ciclismo:		T2:		Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
344	311		Manuel Baena Garcia	-	40-44	Individual	00:46:41	00:06:39	03:07:43	00:03:52	02:10:20	06:15:16	02:28:12
345	372		Jean-Pierre Loctin	-	45-49	Individual	00:38:14	00:04:12	03:25:40	00:02:45	02:08:32	06:19:25	02:32:20
346	351		Beatriz Suarez Iglesias	-	40-44	Individual	00:38:59	00:05:40	03:19:07	00:02:59	02:16:11	06:22:57	02:35:52
347	402		Stephanie Fuller	-	45-49	Individual	00:45:05	00:05:01	03:12:57	00:02:01	02:19:40	06:24:46	02:37:42
348	261		Margherita Zavan	-	35-39	Individual	00:46:27	00:05:04	03:20:17	00:02:09	02:12:39	06:26:38	02:39:34
349	249		Carlos Albano Silva	-	35-39	Serv. Soc. CGD	00:43:21	00:05:20	03:12:56	00:02:18	02:24:16	06:28:14	02:41:10
350	179		Juan De Dios Sanjuan	-	35-39	Individual	00:49:03	00:07:24	03:17:15	00:04:17	02:10:37	06:28:40	02:41:35
351	76		Sarah Hughes	-	25-29	Individual	00:35:27	00:04:37	03:31:06	00:02:37	02:17:16	06:31:05	02:44:01
352	415		José Luis Correia	-	50-54	A.B.V. Estoris / Nutrilogia	00:30:57	00:03:36	03:22:44	00:02:50	02:32:23	06:32:32	02:45:28
353	223		Ricardo Cordeiro	-	35-39	Individual	00:41:32	00:06:30	03:18:54	00:03:46	02:29:16	06:40:00	02:52:55
354	259		Debbie Knott	-	35-39	Individual	00:54:45	00:04:40	03:09:02	00:03:31	02:28:57	06:40:58	02:53:53
355	427		George Hodgson	-	65-69	Individual	00:47:05	00:06:59	03:33:42	00:02:31	02:17:59	06:48:17	03:01:13
356	224		Rodrigo Cordeiro	-	35-39	Individual	00:51:00	00:06:47	03:22:39	00:03:30	02:26:26	06:50:23	03:03:19
357	338		Antonio Queiroga	-	40-44	Individual	00:44:22	00:06:04	03:28:45	00:06:38	02:25:35	06:51:26	03:04:22
358	136		Pedro Azevedo Rua	-	30-34	Individual	00:54:31	00:05:24	03:18:33	00:02:40	02:34:08	06:55:19	03:08:14
359	421		Jill Edwards	-	50-54	Individual	00:46:51	00:07:24	03:25:41	00:06:20	02:33:04	06:59:22	03:12:18
4			Sérgio Marques	DNF	PRO	C. D. "Os Águias" de Alpiarça	00:25:01	00:01:39					-
79			Iñigo Bilbao	DNF	30-34	Individual	00:33:28	00:04:31					-
84			John Burkhardt	DNF	30-34	Individual	00:31:16	00:02:55	02:45:42	00:03:01			-
92			Emilio Molina Gomez	DNF	30-34	Individual	00:29:38	00:03:03	02:28:33	00:02:05			-
191			Martin Pazó Pazó	DNF	35-39	Individual	00:34:53	00:03:50	02:31:36				-
263			Ana Pereira	DNF	35-39	COMPEED - Tri-Oeste	00:37:08	00:02:22					-
293			Ignacio Dominguez-Adame	DNF	40-44	Individual	00:33:10	00:06:34	02:56:54	00:10:25			-
318			Eric Michiels	DNF	40-44	Individual	00:34:08	00:02:40	02:30:11	00:02:39			-
353			Silvia Cubero Alia	DNF	40-44	Individual	00:32:50	00:03:41	02:39:43				-
361			Ferran Perez Alvarez	DNF	45-49	Individual	00:26:21						-
369			Paul Croft	DNF	45-49	Individual	00:36:06	00:03:22	02:47:36	00:02:15			-
418			João Rita	DNF	50-54	Louletano/AlgarvCycles/LouleJardimHot	00:36:02	00:02:49					-
429			João Graça	DNF	20-24	Sporting Clube de Portugal	00:27:20	00:01:58					-
7			Romain Guillaume	DNS	PRO	Individual							-
10			Santamaria Alejandro	DNS	PRO	Individual							-
13			Gergely Nagy	DNS	PRO	Individual							-
17			García Antonio Estaban	DNS	PRO	Individual							-
18			Riccardo Toselli	DNS	PRO	Individual							-
21			Christel Robin	DNS	PRO	Individual							-
27			Frederik Andersen	DNS	20-24	Individual							-
34			Rúben Miguel Rodrigues	DNS	20-24	CAMADEIRA							-
37			Mario Andres Rodriguez	DNS	25-29	Individual							-
41			Escriba de Romani Morales	DNS	25-29	Individual							-
44			Beto Capón Borrell	DNS	25-29	Individual							-
45			John Flannery	DNS	25-29	Individual							-
46			Mikhail Stukalo	DNS	25-29	Individual							-
62			Sérgio Marques	DNS	25-29	C. D. "Os Águias" de Alpiarça							-
65			Pedro Gomes	DNS	25-29	Clube Olimpico de Oeiras							-
74			Tamar Gonzalez Suarez	DNS	25-29	Individual							-
81			Cadiere Renaud	DNS	30-34	Individual							-
140			Gillian Ryan	DNS	30-34	Individual							-
155			Ignacio Gonzalez Martin	DNS	35-39	Individual							-
156			Colin Adam	DNS	35-39	Individual							-

Data:	24-04-2010	Hora:	08h00	Local:	Lisboa				
Natação	1.900 mt	T1:		Ciclismo:		T2:		Corrida:	

Ranking:	Ranking Geral	Hora de Partida:	00h00
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Lu	Dors	Lic	Nome	PEN	Escal	Nome de clube	Nataçã	T1	Ciclism	T2	Corrida	Total	Diff
	157		Ron van Laar	DNS	35-39	Individual							-
	158		Paul Convery	DNS	35-39	Individual							-
	159		Mattia Percudani	DNS	35-39	Individual							-
	162		Carlos Soave	DNS	35-39	Individual							-
	164		Pascal Jorritsma	DNS	35-39	Individual							-
	167		Frank Löffler	DNS	35-39	Individual							-
	177		Hugo Elliott	DNS	35-39	Individual							-
	178		Jose Luis Gómez	DNS	35-39	Individual							-
	202		Brian Hamilton	DNS	35-39	Individual							-
	208		Balthazar Seydoux	DNS	35-39	Individual							-
	217		Arnaud Adam	DNS	35-39	Individual							-
	244		Ricardo Queirós	DNS	35-39	CNTN							-
	258		Grainne O neill	DNS	35-39	Individual							-
	265		Jose Frederick	DNS	40-44	Individual							-
	278		Jesus Esteban Benito	DNS	40-44	Individual							-
	279		Douglas Sword	DNS	40-44	Individual							-
	282		Arturo Franco	DNS	40-44	Individual							-
	288		Peter Payton	DNS	40-44	Individual							-
	290		Christophe Duval-Kieffer	DNS	40-44	Individual							-
	291		Wolfram Trinius	DNS	40-44	Individual							-
	295		Giuseppe Baldelli	DNS	40-44	Individual							-
	301		Filippo Proietti	DNS	40-44	Individual			02:25:24	00:04:57			-
	315		Andrew Ballard	DNS	40-44	Individual							-
	319		Eligio Fernandez Blanco	DNS	40-44	Individual							-
	336		Nuno Moreira	DNS	40-44	Individual							-
	337		Carlos Braz	DNS	40-44	Individual							-
	347		João Bagulho	DNS	40-44	Louletano/AlgarvCycles/LouleJardimHot							-
	357		Amanda Mortimer	DNS	40-44	Individual							-
	363		Francisco Pereira Molina	DNS	45-49	Individual							-
	371		Andrew McGuigan	DNS	45-49	Individual							-
	375		Roberto Mondéjar Escolano	DNS	45-49	Individual							-
	396		José João Albano	DNS	45-49	Individual							-
	403		Maggie Watkins	DNS	45-49	Individual							-
	408		Rod Reynolds	DNS	50-54	Individual							-
	412		Malcolm Ball	DNS	50-54	Individual							-
	417		Stephen Parry	DNS	50-54	Individual							-
	428		Karl Oberwimmer	DNS	65-69	Individual							-