



## Triatlo Técnico Jovem do Norte

### Triatlo - Infantis

### Fem

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	Lançamento Peso-2Kg	60 M Barr.Inf.M/F- 76	Salto em Comprimento
1 <sup>a</sup>	<b>Marlene Chaves</b> 200 PALME	INF 1994	<b>1.271</b>	<b>428</b> 8,45 + 2,0	<b>512</b> 1 1,15 + 2,0	<b>331</b> 4,10 + 2,0
2 <sup>a</sup>	<b>Ana Martins</b> 109 SCB	INF 1994	<b>1.054</b>	<b>376</b> 7,64 + 2,0	<b>363</b> 1 2,15 + 2,0	<b>315</b> 4,03 + 2,0
3 <sup>a</sup>	<b>Daniela Santos</b> 110 SCB	INF 1994	<b>908</b>	<b>350</b> 7,24 + 2,0	<b>275</b> 1 2,83 + 2,0	<b>283</b> 3,89 + 2,0
4 <sup>a</sup>	<b>Ana Filipa Silva</b> 111 SCB	INF 1994	<b>882</b>	<b>344</b> 7,14 + 2,0	<b>288</b> 1 2,72 + 2,0	<b>250</b> 3,74 + 2,0
5 <sup>a</sup>	<b>Magda Ferreira</b> 226 GCB	INF 1994	<b>852</b>	<b>376</b> 7,64 + 2,0	<b>228</b> 1 3,23 + 2,0	<b>248</b> 3,73 + 2,0
6 <sup>a</sup>	<b>Rita Silva</b> 218 CCDR	INF 1995	<b>851</b>	<b>193</b> 4,75 + 2,0	<b>352</b> 1 2,23 + 2,0	<b>306</b> 3,99 + 2,0
7 <sup>a</sup>	<b>Alexandra Meira</b> 164 CAM-VC	INF 1994	<b>816</b>	<b>245</b> 5,59 + 2,0	<b>295</b> 1 2,67 + 2,0	<b>276</b> 3,86 + 2,0
8 <sup>a</sup>	<b>Sara Pacheco</b> 270 LAVRA	INF 1994	<b>809</b>	<b>367</b> 7,50 + 2,0	<b>248</b> 1 3,06 + 2,0	<b>194</b> 3,47 + 2,0
9 <sup>a</sup>	<b>Margarida Ferreira</b> 199 PALME	INF 1994	<b>716</b>	<b>471</b> 9,10 + 2,0	<b>75</b> 1 4,94 + 2,0	<b>170</b> 3,35 + 2,0
10 <sup>a</sup>	<b>Helena Oliveira</b> 121 PALME	INF 1994	<b>707</b>	<b>308</b> 6,57 + 2,0	<b>145</b> 1 4,05 + 2,0	<b>254</b> 3,76 + 2,0
11 <sup>a</sup>	<b>Jessica Serra</b> 174 CDP	INF 1995	<b>676</b>	<b>241</b> 5,52 + 2,0	<b>223</b> 1 3,28 + 2,0	<b>212</b> 3,56 + 2,0
12 <sup>a</sup>	<b>Filipa Vinhas</b> 197 PALME	INF 1994	<b>641</b>	<b>261</b> 5,83 + 2,0	<b>145</b> 1 4,06 + 2,0	<b>235</b> 3,67 + 2,0
13 <sup>a</sup>	<b>Adriana Baixo</b> 209 PRADO	INF 1994	<b>633</b>	<b>277</b> 6,09 + 2,0	<b>136</b> 1 4,16 + 2,0	<b>220</b> 3,60 + 2,0
14 <sup>a</sup>	<b>Sara Silva</b> 277 LAVRA	INF 1994	<b>610</b>	<b>178</b> 4,52 + 2,0	<b>201</b> 1 3,48 + 2,0	<b>231</b> 3,65 + 2,0
15 <sup>a</sup>	<b>Rafaela Santos</b> 151 CSGAIA	INF 1995	<b>605</b>	<b>306</b> 6,55 + 2,0	<b>160</b> 1 3,89 + 2,0	<b>139</b> 3,18 + 2,0
16 <sup>a</sup>	<b>Ana Rita Queirós</b> 279 EB23L	INF 1995	<b>580</b>	<b>238</b> 5,47 + 2,0	<b>245</b> 1 3,08 + 2,0	<b>97</b> 2,94 + 2,0
17 <sup>a</sup>	<b>Celeste Silva</b> 196 PALME	INF 1995	<b>558</b>	<b>250</b> 5,67 + 2,0	<b>114</b> 1 4,42 + 2,0	<b>194</b> 3,47 + 2,0
18 <sup>a</sup>	<b>Bárbara Mendes</b> 120 FCP	INF 1994	<b>529</b>	<b>284</b> 6,20 + 2,0	<b>148</b> 1 4,02 + 2,0	<b>97</b> 2,94 + 2,0
19 <sup>a</sup>	<b>Juliana Ferreira</b> 173 CDP	INF 1995	<b>524</b>	<b>274</b> 6,05 + 2,0	<b>119</b> 1 4,36 + 2,0	<b>131</b> 3,14 + 2,0
20 <sup>a</sup>	<b>Jéssica Canto</b> 243 ADF	INF 1994	<b>477</b>	<b>297</b> 6,40 + 2,0	<b>54</b> 1 5,28 + 2,0	<b>126</b> 3,11 + 2,0
21 <sup>a</sup>	<b>Ana Torres</b> 216 CCDR	INF 1995	<b>431</b>	<b>263</b> 5,87 + 2,0	<b>35</b> 1 5,64 + 2,0	<b>133</b> 3,15 + 2,0
22 <sup>a</sup>	<b>Sandra Ferreira</b> 219 CCDR	INF 1995	<b>394</b>	<b>181</b> 4,57 + 2,0	<b>82</b> 1 4,84 + 2,0	<b>131</b> 3,14 + 2,0
23 <sup>a</sup>	<b>Elsa Cruz</b> 217 CCDR	INF 1994	<b>389</b>	<b>273</b> 6,03 + 2,0	<b>7</b> 1 6,43 + 2,0	<b>109</b> 3,01 + 2,0
24 <sup>a</sup>	<b>Tatiana Santos</b> 281 EB23L	INF 1995	<b>379</b>	<b>334</b> 6,99 + 2,0	<b>0</b>	<b>45</b> 2,59 + 2,0
25 <sup>a</sup>	<b>Daniela Martins</b> 249 CCDA	INF 1995	<b>367</b>	<b>169</b> 4,37 + 2,0	<b>76</b> 1 4,93 + 2,0	<b>122</b> 3,09 + 2,0
26 <sup>a</sup>	<b>Irene Vale</b> 280 EB23L	INF 1995	<b>345</b>	<b>222</b> 5,22 + 2,0	<b>18</b> 1 6,04 + 2,0	<b>105</b> 2,99 + 2,0



**GASÓLEO**  
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**AQUECIMENTO**  
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**RODOVIÁRIO**

**Silva Domingues, L.<sup>da</sup>**  
**TELEF. 253 696 000**  
**BRAGA**





## Triatlo Técnico Jovem do Norte

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Triatlo - Infantis

Masc

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	60 M Barr.Inf.M/F- 76	Lançamento Peso-3Kg	Salto em Comprimento
1º	<b>Vitor Faria</b> 210 PRADO	INF 1994	<b>984</b>	<b>393</b> 1 0,84 + 2,0	<b>308</b> 7,01 + 2,0	<b>283</b> 4,46 + 2,0
2º	<b>João Ferreira</b> 193 CYCLO	INF 1994	<b>796</b>	<b>146</b> 1 2,72 + 2,0	<b>425</b> 8,99 + 2,0	<b>225</b> 4,12 + 2,0
3º	<b>André Morais</b> 194 CYCLO	INF 1994	<b>674</b>	<b>226</b> 1 2,01 + 2,0	<b>261</b> 6,21 + 2,0	<b>187</b> 3,88 + 2,0
4º	<b>João Gomes</b> 215 EDMII	INF 1994	<b>671</b>	<b>221</b> 1 2,05 + 2,0	<b>294</b> 6,77 + 2,0	<b>156</b> 3,68 + 2,0
5º	<b>Carlos Cândido</b> 287 EB23L	INF 1994	<b>597</b>	<b>141</b> 1 2,77 + 2,0	<b>370</b> 8,06 + 2,0	<b>86</b> 3,17 + 2,0
6º	<b>Hugo Santos</b> 155 ARES	INF 1995	<b>595</b>	<b>172</b> 1 2,47 + 2,0	<b>284</b> 6,61 + 2,0	<b>139</b> 3,56 + 2,0
7º	<b>Marcelo Oliveira</b> 152 CSGAIA	INF 1994	<b>583</b>	<b>168</b> 1 2,51 + 2,0	<b>272</b> 6,39 + 2,0	<b>143</b> 3,59 + 2,0
8º	<b>João Palha</b> 198 PALME	INF 1994	<b>539</b>	<b>116</b> 1 3,03 + 2,0	<b>228</b> 5,64 + 2,0	<b>195</b> 3,93 + 2,0
9º	<b>Tiago Moura</b> 271 LAVRA	INF 1995	<b>421</b>	<b>83</b> 1 3,42 + 2,0	<b>196</b> 5,09 + 2,0	<b>142</b> 3,58 + 2,0
10º	<b>Tomás Nunes</b> 294 OGADD	INF 1995	<b>387</b>	<b>45</b> 1 3,99 + 2,0	<b>220</b> 5,50 + 2,0	<b>122</b> 3,44 + 2,0
11º	<b>Francisco Ferreira</b> 204 PALME	INF 1995	<b>380</b>	<b>69</b> 1 3,61 + 2,0	<b>196</b> 5,08 + 2,0	<b>115</b> 3,39 + 2,0
12º	<b>Bruno Batista</b> 227 GCB	INF 1994	<b>361</b>	<b>55</b> 1 3,82 + 2,0	<b>190</b> 4,99 + 2,0	<b>116</b> 3,40 + 2,0
13º	<b>João Pereira</b> 135 FCP	INF 1994	<b>360</b>	<b>90</b> 1 3,34 + 2,0	<b>190</b> 4,98 + 2,0	<b>80</b> 3,12 + 2,0
14º	<b>Daniel Rodrigues</b> 284 EB23L	INF 1995	<b>356</b>	<b>13</b> 1 4,71 + 2,0	<b>289</b> 6,69 + 2,0	<b>54</b> 2,90 + 2,0
15º	<b>Fabio Araújo</b> 250 CCDA	INF 1994	<b>342</b>	<b>12</b> 1 4,72 + 2,0	<b>239</b> 5,83 + 2,0	<b>91</b> 3,21 + 2,0
16º	<b>Pedro Pereira</b> 251 CCDA	INF 1994	<b>325</b>	<b>45</b> 1 3,99 + 2,0	<b>185</b> 4,90 + 2,0	<b>95</b> 3,24 + 2,0
17º	<b>Bruno Silva</b> 133 FCP	INF 1995	<b>322</b>	<b>48</b> 1 3,94 + 2,0	<b>191</b> 5,00 + 2,0	<b>83</b> 3,14 + 2,0
18º	<b>Luis Monteiro</b> 228 GCB	INF 1995	<b>296</b>	<b>45</b> 1 3,98 + 2,0	<b>178</b> 4,77 + 2,0	<b>73</b> 3,06 + 2,0
19º	<b>Tiago Miranda</b> 286 EB23L	INF 1995	<b>254</b>	<b>0</b> 1 6,45 + 2,0	<b>187</b> 4,93 + 2,0	<b>67</b> 3,01 + 2,0
20º	<b>Joaquim Viana</b> 178 CDP	INF 1995	<b>249</b>	<b>0</b> 1 5,63 + 2,0	<b>169</b> 4,62 + 2,0	<b>80</b> 3,12 + 2,0
21º	<b>Fabio Sousa</b> 285 EB23L	INF 1995	<b>227</b>	<b>22</b> 1 4,45 + 2,0	<b>188</b> 4,95 + 2,0	<b>17</b> 2,51 + 2,0
22º	<b>Fernando Teixeira</b> 134 FCP	INF 1995	<b>224</b>	<b>0</b> 1 5,76 + 2,0	<b>182</b> 4,84 + 2,0	<b>42</b> 2,78 + 2,0
23º	<b>Nuno Loureiro</b> 290 EB23L	INF 1994	<b>208</b>	<b>0</b>	<b>196</b> 5,08 + 2,0	<b>12</b> 2,44 + 2,0
Desc1º	<b>Renato Reguengo</b> 283 EB23L	INF 1995	<b>384</b>	<b>249</b> 1 1,83 + 2,0	<b>135</b> 4,01 + 2,0	



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## Triatlo - Iniciados

## Fem

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	Salto em Comprimento	60 M Barr. Ini. Fem- 76	Lançamento Peso-3Kg
1 <sup>a</sup>	<b>Sara Esteves</b> 163 CAM-VC	INI 1992	<b>1.545</b>	<b>522</b> 4,86 + 2,0	<b>614</b> 1 0,54 + 2,0	<b>409</b> 8,15 + 2,0
2 <sup>a</sup>	<b>Isabel Vieira</b> 124 FCP	INI 1993	<b>1.418</b>	<b>477</b> 4,69 + 2,0	<b>514</b> 1 1,14 + 2,0	<b>427</b> 8,43 + 2,0
3 <sup>a</sup>	<b>Ana Oliveira</b> 201 PALME	INI 1992	<b>1.265</b>	<b>274</b> 3,85 + 2,0	<b>606</b> 1 0,59 + 2,0	<b>385</b> 7,77 + 2,0
4 <sup>a</sup>	<b>Liliana Correia</b> 183 GDP	INI 1992	<b>1.253</b>	<b>303</b> 3,98 + 2,0	<b>555</b> 1 0,89 + 2,0	<b>395</b> 7,93 + 2,0
5 <sup>a</sup>	<b>Bruna Monteiro</b> 229 GCB	INI 1992	<b>1.231</b>	<b>345</b> 4,16 + 2,0	<b>570</b> 1 0,80 + 2,0	<b>316</b> 6,71 + 2,0
6 <sup>a</sup>	<b>Cátia Rodrigues</b> 221 CCDR	INI 1992	<b>1.188</b>	<b>357</b> 4,21 + 2,0	<b>523</b> 1 1,08 + 2,0	<b>308</b> 6,58 + 2,0
7 <sup>a</sup>	<b>Camila Carneiro</b> 127 FCP	INI 1992	<b>1.176</b>	<b>401</b> 4,39 + 2,0	<b>417</b> 1 1,77 + 2,0	<b>358</b> 7,36 + 2,0
8 <sup>a</sup>	<b>Silvia Flório</b> 150 MAC	INI 1993	<b>1.138</b>	<b>329</b> 4,09 + 2,0	<b>451</b> 1 1,54 + 2,0	<b>358</b> 7,36 + 2,0
9 <sup>a</sup>	<b>Ana Monjane</b> 104 SCB	INI 1993	<b>1.092</b>	<b>396</b> 4,37 + 2,0	<b>432</b> 1 1,67 + 2,0	<b>264</b> 5,88 + 2,0
10 <sup>a</sup>	<b>Vera Castro</b> 207 EPGS	INI 1992	<b>1.060</b>	<b>324</b> 4,07 + 2,0	<b>426</b> 1 1,71 + 2,0	<b>310</b> 6,61 + 2,0
11 <sup>a</sup>	<b>Vanda Pinto</b> 114 SCB	INI 1993	<b>1.024</b>	<b>308</b> 4,00 + 2,0	<b>438</b> 1 1,63 + 2,0	<b>278</b> 6,11 + 2,0
12 <sup>a</sup>	<b>Sandra Monteiro</b> 187 CAA	INI 1992	<b>1.008</b>	<b>340</b> 4,14 + 2,0	<b>306</b> 1 2,58 + 2,0	<b>362</b> 7,42 + 2,0
13 <sup>a</sup>	<b>Rita Lêdo</b> 258 LAVRA	INI 1992	<b>992</b>	<b>367</b> 4,25 + 2,0	<b>310</b> 1 2,55 + 2,0	<b>315</b> 6,68 + 2,0
14 <sup>a</sup>	<b>Débora Gonçalves</b> 195 CYCLO	INI 1992	<b>963</b>	<b>303</b> 3,98 + 2,0	<b>297</b> 1 2,65 + 2,0	<b>363</b> 7,43 + 2,0
15 <sup>a</sup>	<b>Adriana Silva</b> 245 ADF	INI 1992	<b>928</b>	<b>223</b> 3,61 + 2,0	<b>339</b> 1 2,33 + 2,0	<b>366</b> 7,48 + 2,0
16 <sup>a</sup>	<b>Andreia Vieira</b> 202 PALME	INI 1992	<b>872</b>	<b>310</b> 4,01 + 2,0	<b>233</b> 1 3,19 + 2,0	<b>329</b> 6,91 + 2,0
17 <sup>a</sup>	<b>Marisa Barros</b> 230 GCB	INI 1993	<b>872</b>	<b>308</b> 4,00 + 2,0	<b>279</b> 1 2,80 + 2,0	<b>285</b> 6,22 + 2,0
18 <sup>a</sup>	<b>Andreia Liquito</b> 162 CAM-VC	INI 1992	<b>859</b>	<b>254</b> 3,76 + 2,0	<b>302</b> 1 2,61 + 2,0	<b>303</b> 6,50 + 2,0
19 <sup>a</sup>	<b>Silvy Canto</b> 244 ADF	INI 1992	<b>827</b>	<b>267</b> 3,82 + 2,0	<b>305</b> 1 2,59 + 2,0	<b>255</b> 5,75 + 2,0
20 <sup>a</sup>	<b>Susana Gonçalves</b> 188 CAA	INI 1992	<b>792</b>	<b>279</b> 3,87 + 2,0	<b>275</b> 1 2,83 + 2,0	<b>238</b> 5,48 + 2,0
21 <sup>a</sup>	<b>Daniela Leite</b> 206 AMEG	INI 1993	<b>755</b>	<b>208</b> 3,54 + 2,0	<b>269</b> 1 2,88 + 2,0	<b>278</b> 6,10 + 2,0
22 <sup>a</sup>	<b>Vera Mendes</b> 205 AMEG	INI 1993	<b>736</b>	<b>317</b> 4,04 + 2,0	<b>171</b> 1 3,78 + 2,0	<b>248</b> 5,63 + 2,0
23 <sup>a</sup>	<b>Sofia Gonçalves</b> 126 FCP	INI 1993	<b>730</b>	<b>202</b> 3,51 + 2,0	<b>204</b> 1 3,45 + 2,0	<b>324</b> 6,82 + 2,0
24 <sup>a</sup>	<b>Graça Silva</b> 182 CDP	INI 1992	<b>578</b>	<b>102</b> 2,97 + 2,0	<b>124</b> 1 4,29 + 2,0	<b>352</b> 7,27 + 2,0
25 <sup>a</sup>	<b>Ana Barqueiro</b> 272 LAVRA	INI 1993	<b>481</b>	<b>135</b> 3,16 + 2,0	<b>110</b> 1 4,46 + 2,0	<b>236</b> 5,44 + 2,0
26 <sup>a</sup>	<b>Vera Moreira</b> 292 EB23L	INI 1993	<b>184</b>	<b>34</b> 2,50 + 2,0	<b>0</b>	<b>150</b> 4,07 + 2,0



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# Associação de Atletismo de Braga

## Triatlo Técnico Jovem do Norte

20-01-2007

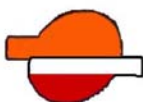
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Triatlo - Iniciados

Fem

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	Salto em Comprimento	60 M Barr. Ini. Fem- 76	Lançamento Peso-3Kg
27 <sup>a</sup>	<b>Ana Portugal</b> 273 LAVRA	INI 1993	<b>177</b>	<b>25</b> 2,42 + 2,0	<b>0</b>	<b>152</b> 4,09 + 2,0

REPSOL



GASÓLEO  
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## Triatlo - Iniciados

## Masc

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	60 M Barr. Ini. Mas- 84	Salto em Comprimento	Lançamento Peso-4Kg
1°	<b>Luis Vinhas</b> 105 SCB	INI 1992	<b>1.563</b>	<b>493</b> 1 0,26 + 2,0	<b>502</b> 5,60 + 2,0	<b>568</b> 11,37 + 2,0
2°	<b>Miguel Angelo</b> 158 ESCMOV	INI 1992	<b>1.382</b>	<b>581</b> 9,79 + 2,0	<b>354</b> 4,85 + 2,0	<b>447</b> 9,36 + 2,0
3°	<b>Claudio Ferreira</b> 140 FCP	INI 1992	<b>1.242</b>	<b>533</b> 1 0,04 + 2,0	<b>390</b> 5,04 + 2,0	<b>319</b> 7,20 + 2,0
4°	<b>Bruno Costa</b> 184 GDP	INI 1992	<b>1.149</b>	<b>477</b> 1 0,35 + 2,0	<b>341</b> 4,78 + 2,0	<b>331</b> 7,40 + 2,0
5°	<b>Bruno Giesteira</b> 211 PRADO	INI 1993	<b>1.122</b>	<b>366</b> 1 1,01 + 2,0	<b>392</b> 5,05 + 2,0	<b>364</b> 7,96 + 2,0
6°	<b>Alexandre Alneida</b> 153 CSGAIA	INI 1993	<b>1.050</b>	<b>392</b> 1 0,85 + 2,0	<b>234</b> 4,17 + 2,0	<b>424</b> 8,97 + 2,0
7°	<b>Fabio Verde</b> 159 ADA	INI 1993	<b>1.038</b>	<b>392</b> 1 0,85 + 2,0	<b>290</b> 4,50 + 2,0	<b>356</b> 7,82 + 2,0
8°	<b>Oscar Vilaça</b> 154 CSGAIA	INI 1992	<b>1.033</b>	<b>382</b> 1 0,91 + 2,0	<b>339</b> 4,77 + 2,0	<b>312</b> 7,08 + 2,0
9°	<b>André Araújo</b> 113 SCB	INI 1993	<b>1.013</b>	<b>346</b> 1 1,14 + 2,0	<b>378</b> 4,98 + 2,0	<b>289</b> 6,68 + 2,0
10°	<b>Iuri Costa</b> 208 EPGS	INI 1993	<b>909</b>	<b>299</b> 1 1,46 + 2,0	<b>255</b> 4,30 + 2,0	<b>355</b> 7,81 + 2,0
11°	<b>Diogo Miranda</b> 224 CCDR	INI 1992	<b>906</b>	<b>277</b> 1 1,62 + 2,0	<b>312</b> 4,62 + 2,0	<b>317</b> 7,16 + 2,0
12°	<b>Joaquim Moreira</b> 185 GDP	INI 1993	<b>885</b>	<b>313</b> 1 1,36 + 2,0	<b>254</b> 4,29 + 2,0	<b>318</b> 7,19 + 2,0
13°	<b>Marco Campos</b> 212 EDMII	INI 1993	<b>862</b>	<b>186</b> 1 2,34 + 2,0	<b>193</b> 3,92 + 2,0	<b>483</b> 9,95 + 2,0
14°	<b>Marcelo Moreira</b> 231 GCB	INI 1992	<b>624</b>	<b>236</b> 1 1,93 + 2,0	<b>130</b> 3,50 + 2,0	<b>258</b> 6,16 + 2,0
15°	<b>Carlos F. Costa</b> 291 EB23L	INI 1993	<b>618</b>	<b>213</b> 1 2,11 + 2,0	<b>156</b> 3,68 + 2,0	<b>249</b> 6,01 + 2,0
16°	<b>Gonçalo Santos</b> 257 LAVRA	INI 1993	<b>598</b>	<b>255</b> 1 1,78 + 2,0	<b>127</b> 3,48 + 2,0	<b>216</b> 5,44 + 2,0
17°	<b>Joel Fernandes</b> 268 LAVRA	INI 1993	<b>571</b>	<b>237</b> 1 1,92 + 2,0	<b>111</b> 3,36 + 2,0	<b>223</b> 5,56 + 2,0
18°	<b>Luis Miguel Dinis</b> 274 LAVRA	INI 1993	<b>522</b>	<b>204</b> 1 2,19 + 2,0	<b>91</b> 3,21 + 2,0	<b>227</b> 5,63 + 2,0
19°	<b>André Santos</b> 225 CCDR	INI 1992	<b>520</b>	<b>0</b>	<b>159</b> 3,70 + 2,0	<b>361</b> 7,91 + 2,0
20°	<b>José Henrique</b> 138 FCP	INI 1993	<b>484</b>	<b>47</b> 1 3,96 + 2,0	<b>139</b> 3,56 + 2,0	<b>298</b> 6,84 + 2,0
21°	<b>Diogo Marques</b> 267 LAVRA	INI 1993	<b>456</b>	<b>132</b> 1 2,86 + 2,0	<b>116</b> 3,40 + 2,0	<b>208</b> 5,30 + 2,0
22°	<b>Renato Carvalho</b> 252 CCDA	INI 1993	<b>418</b>	<b>97</b> 1 3,25 + 2,0	<b>56</b> 2,91 + 2,0	<b>265</b> 6,27 + 2,0
23°	<b>Tiago Fonseca</b> 276 LAVRA	INI 1993	<b>410</b>	<b>153</b> 1 2,65 + 2,0	<b>122</b> 3,44 + 2,0	<b>135</b> 4,01 + 2,0
Desc1°	<b>Mário Alonso</b> 265 LAVRA	INI 1993	<b>622</b>	<b>493</b> 1 0,26 + 2,0	<b>129</b> 3,49 + 2,0	
Desc1°	<b>Diogo Machado</b> 266 LAVRA	INI 1993	<b>215</b>	<b>215</b> 1 2,10 + 2,0		



**GASÓLEO**  
**AO**  
**DOMICÍLIO**

**AQUECIMENTO**  
**AGRÍCOLA**  
**RODOVIÁRIO**

**Silva Domingues, L.<sup>MA</sup>**  
**TELEF. 253 696 000**  
**BRAGA**



## Triatlo - Juvenis

## Fem

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	Salto em Altura	60 M Barr. Juv. Fem -76	Lançamento Peso-3Kg
1 <sup>a</sup>	<b>Patricia Loureiro</b> 260 LAVRA	JUV 1990	<b>1.759</b>	<b>481</b> 1,37 + 2,0	<b>718</b> 9,97 + 2,0	<b>560</b> 10,46 + 2,0
2 <sup>a</sup>	<b>Marcia Vieira</b> 261 LAVRA	JUV 1991	<b>1.705</b>	<b>523</b> 1,41 + 2,0	<b>763</b> 9,73 + 2,0	<b>419</b> 8,30 + 2,0
3 <sup>a</sup>	<b>Joana Araujo</b> 107 SCB	JUV 1990	<b>1.556</b>	<b>439</b> 1,33 + 2,0	<b>641</b> 10,39 + 2,0	<b>476</b> 9,18 + 2,0
4 <sup>a</sup>	<b>Cristiana Cruz</b> 222 CCDR	JUV 1990	<b>1.517</b>	<b>481</b> 1,37 + 2,0	<b>519</b> 11,11 + 2,0	<b>517</b> 9,81 + 2,0
5 <sup>a</sup>	<b>Carla Raquel</b> 189 CAA	JUV 1990	<b>1.464</b>	<b>523</b> 1,41 + 2,0	<b>463</b> 11,46 + 2,0	<b>478</b> 9,21 + 2,0
6 <sup>a</sup>	<b>Mariana Silva</b> 239 CDVF	JUV 1990	<b>1.385</b>	<b>523</b> 1,41 + 2,0	<b>503</b> 11,21 + 2,0	<b>359</b> 7,38 + 2,0
7 <sup>a</sup>	<b>Mariana Marques</b> 240 CDVF	JUV 1990	<b>1.338</b>	<b>481</b> 1,37 + 2,0	<b>493</b> 11,27 + 2,0	<b>364</b> 7,45 + 2,0
8 <sup>a</sup>	<b>Marta Monteiro</b> 190 CAA	JUV 1990	<b>1.332</b>	<b>359</b> 1,25 + 2,0	<b>402</b> 11,87 + 2,0	<b>571</b> 10,64 + 2,0
9 <sup>a</sup>	<b>Claudia Ramoa</b> 108 SCB	JUV 1990	<b>1.327</b>	<b>359</b> 1,25 + 2,0	<b>423</b> 11,73 + 2,0	<b>545</b> 10,23 + 2,0
10 <sup>a</sup>	<b>Alexandra Meireles</b> 246 ADF	JUV 1991	<b>1.314</b>	<b>399</b> 1,29 + 2,0	<b>561</b> 10,85 + 2,0	<b>354</b> 7,29 + 2,0
11 <sup>a</sup>	<b>Verginia Meira</b> 165 CAM-VC	JUV 1991	<b>1.259</b>	<b>359</b> 1,25 + 2,0	<b>488</b> 11,30 + 2,0	<b>412</b> 8,20 + 2,0
12 <sup>a</sup>	<b>Cátia Nascimento</b> 233 GCB	JUV 1991	<b>1.190</b>	<b>359</b> 1,25 + 2,0	<b>410</b> 11,82 + 2,0	<b>421</b> 8,33 + 2,0
13 <sup>a</sup>	<b>Fabia Fernandes</b> 160 ADA	JUV 1990	<b>1.179</b>	<b>399</b> 1,29 + 2,0	<b>474</b> 11,39 + 2,0	<b>306</b> 6,55 + 2,0
14 <sup>a</sup>	<b>Raquel Sousa</b> 166 CAM-VC	JUV 1990	<b>1.145</b>	<b>439</b> 1,33 + 2,0	<b>347</b> 12,27 + 2,0	<b>359</b> 7,37 + 2,0
15 <sup>a</sup>	<b>Ana Braga</b> 259 LAVRA	JUV 1991	<b>1.060</b>	<b>321</b> 1,21 + 2,0	<b>423</b> 11,73 + 2,0	<b>316</b> 6,70 + 2,0
16 <sup>a</sup>	<b>Sara Martins</b> 130 FCP	JUV 1991	<b>954</b>	<b>284</b> 1,17 + 2,0	<b>381</b> 12,02 + 2,0	<b>289</b> 6,28 + 2,0







## Triatlo - Juvenis

## Masc

Classf.	Nome / Dorsal / Clube	Categ/ Ano Nasc.	Total de Pontos	60 M Barr.Juv.Mas -91	Lançamento Peso-5Kg	Salto em Altura
1º	<b>Emanuel Neves</b> 148 FCP	JUV 1990	<b>2.080</b>	<b>811</b> 8,71 + 2,0	<b>642</b> 12,59 + 2,0	<b>627</b> 1,80 + 2,0
2º	<b>Marcio Quintela</b> 263 LAVRA	JUV 1990	<b>1.868</b>	<b>690</b> 9,26 + 2,0	<b>551</b> 11,09 + 2,0	<b>627</b> 1,80 + 2,0
3º	<b>Sérgio Pereira</b> 170 ADCL	JUV 1990	<b>1.753</b>	<b>784</b> 8,83 + 2,0	<b>565</b> 11,31 + 2,0	<b>404</b> 1,52 + 2,0
4º	<b>Adriano Lopes</b> 106 SCB	JUV 1991	<b>1.635</b>	<b>566</b> 9,87 + 2,0	<b>635</b> 12,47 + 2,0	<b>434</b> 1,56 + 2,0
5º	<b>Sérgio Araújo</b> 157 GT	JUV 1991	<b>1.603</b>	<b>578</b> 9,81 + 2,0	<b>497</b> 10,19 + 2,0	<b>528</b> 1,68 + 2,0
6º	<b>Pedro Pires</b> 262 LAVRA	JUV 1991	<b>1.557</b>	<b>675</b> 9,33 + 2,0	<b>478</b> 9,87 + 2,0	<b>404</b> 1,52 + 2,0
7º	<b>Miguel Montês</b> 103 SCB	JUV 1991	<b>1.548</b>	<b>486</b> 1 0,30 + 2,0	<b>502</b> 10,27 + 2,0	<b>560</b> 1,72 + 2,0
8º	<b>Johny Machado</b> 161 ADA	JUV 1990	<b>1.537</b>	<b>552</b> 9,94 + 2,0	<b>489</b> 10,06 + 2,0	<b>496</b> 1,64 + 2,0
9º	<b>Luis Monteiro</b> 248 ADF	JUV 1990	<b>1.394</b>	<b>515</b> 1 0,14 + 2,0	<b>475</b> 9,83 + 2,0	<b>404</b> 1,52 + 2,0
10º	<b>Goncalo Rodrigues</b> 100 SCB	JUV 1991	<b>1.375</b>	<b>473</b> 1 0,37 + 2,0	<b>406</b> 8,67 + 2,0	<b>496</b> 1,64 + 2,0
11º	<b>Vasco Fernandes</b> 241 CAMIR	JUV 1990	<b>1.364</b>	<b>369</b> 1 0,99 + 2,0	<b>561</b> 11,25 + 2,0	<b>434</b> 1,56 + 2,0
12º	<b>Renato Vieira</b> 102 SCB	JUV 1991	<b>1.325</b>	<b>574</b> 9,83 + 2,0	<b>347</b> 7,67 + 2,0	<b>404</b> 1,52 + 2,0
13º	<b>Pedro Carmo</b> 101 SCB	JUV 1991	<b>1.180</b>	<b>392</b> 1 0,85 + 2,0	<b>354</b> 7,80 + 2,0	<b>434</b> 1,56 + 2,0
14º	<b>Tiago Pereira</b> 171 ADCL	JUV 1990	<b>1.170</b>	<b>435</b> 1 0,59 + 2,0	<b>445</b> 9,32 + 2,0	<b>290</b> 1,36 + 2,0
15º	<b>Filipe Ramos</b> 235 GCB	JUV 1991	<b>1.031</b>	<b>373</b> 1 0,97 + 2,0	<b>341</b> 7,58 + 2,0	<b>317</b> 1,40 + 2,0
16º	<b>Carlos Veiga</b> 186 CDP	JUV 1991	<b>1.003</b>	<b>468</b> 1 0,40 + 2,0	<b>272</b> 6,39 + 2,0	<b>263</b> 1,32 + 2,0
17º	<b>Ruben Baldaia</b> 247 ADF	JUV 1991	<b>979</b>	<b>339</b> 1 1,19 + 2,0	<b>350</b> 7,73 + 2,0	<b>290</b> 1,36 + 2,0
18º	<b>Paulo Gomes</b> 238 GCB	JUV 1991	<b>929</b>	<b>243</b> 1 1,87 + 2,0	<b>369</b> 8,05 + 2,0	<b>317</b> 1,40 + 2,0
19º	<b>Ricardo Sernadela</b> 236 GCB	JUV 1990	<b>820</b>	<b>212</b> 1 2,12 + 2,0	<b>345</b> 7,64 + 2,0	<b>263</b> 1,32 + 2,0
20º	<b>Jorge Pinto</b> 144 FCP	JUV 1991	<b>576</b>	<b>285</b> 1 1,56 + 2,0	<b>291</b> 6,73 + 2,0	<b>0</b>



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