

Ranking Circuito Trail Valongo F40 - 2016



Rk	RkCat	Nome	Sexo	Clube	Cat	Idade	DN	Tempo Paleozoico	Pontos Paleozoico	Tempo 4caminhos	Pontos 4caminhos	Tempo Stalusta	Pontos Stalusta	Tempos Trail Not. Valongo	Pontos Trail Not. Valongo	TOTAL
3	1	MARIA LOUREIRO	F	Associação Desportiva de Cabroelo	F40	45	02-11-1971		0	02:48:14	981	03:58:30	944	0	0	1925
4	2	KETA BATISTA	F	GTT - Armazém do Caffè	F40	41	24-11-1975	03:21:18	690	03:22:10	816	0	0	0	0	1506
5	3	MARTA SILVA	F	PORTOCARGO	F40	42	28-03-1974	03:12:57	720	03:36:47	761	0	0	0	0	1481
6	4	MARIA RIBEIRO	F	Individual	F40	49	05-01-1967		0	03:46:38	728	0	0	02:38:40	739	1467
12	5	SONIA PEREIRA	F	All About	F40	41	26-07-1975	03:55:32	590	03:57:39	694	0	0	0	0	1284
13	6	ALBERTINA MACHADO	F	BilaRunners	F40	49	08-11-1967	03:50:26	603		0	0	0	03:04:32	635	1238
14	7	MARIA PORTUGAL	F	Dental Doctors	F40	44	31-05-1972	04:26:16	522		0	06:59:14	537	0	0	1059
15	8	LUCINDA SOUSA	F	GONDOMAR FUTSAL CLUBE	F40	45	11-01-1971	02:19:04	1000		0	0	0	0	0	1000
17	9	PAULA LAGE	F	Quintas Feiras Bravas	F40	40	25-12-1976		0		0	04:02:05	930	0	0	930
19	10	ALEXANDRA FERNANDES	F	Nascidos para Correr	F40	49	22-09-1967		0		0	04:14:12	886	0	0	886
23	11	MIRA MATIAS	F	NO PAIN NO GAIN POVIA TEAM	F40	49	08-12-1967		0		0	04:23:05	856	0	0	856
24	12	MANUELA FARIA	F	PORTOCARGO	F40	46	16-07-1970		0	03:16:54	838	0	0	0	0	838
29	13	SONIA MOTA	F	Oralklass-Amigos do Trail	F40	43	10-12-1973		0	03:22:10	816	0	0	0	0	816
30	14	MARIA MARTINS	F	CENTRO CICLISTA DE GONDOMAR	F40	48	01-09-1968	02:54:16	797		0	0	0	0	0	797
32	15	PAULA SILVA	F	Individual	F40	47	09-11-1969		0	03:30:00	786	0	0	0	0	786
34	16	ANA AMARAL	F	Individual	F40	42	14-03-1974	02:59:29	774		0	0	0	0	0	774
35	17	ISABEL GONCALVES	F	Individual	F40	44	14-08-1972		0	03:34:21	770	0	0	0	0	770
38	18	GORETI CORREIA	F	Amigo	F40	41	31-12-1975	03:02:24	762		0	0	0	0	0	762
40	19	M. RICARDO	F	Trocopasso Runners	F40	41	06-12-1975		0	03:41:31	745	0	0	0	0	745
42	20	HELENA BARBOSA	F	Clube Zupper	F40	41	08-05-1975		0	03:42:32	742	0	0	0	0	742
44	21	LIGIA COELHO	F	ARSM - Associação Recreativa de São Miguel	F40	46	31-01-1970	03:08:16	738		0	0	0	0	0	738
45	22	HELENA GOMES	F	Helena Gomes	F40	43	28-06-1973		0		0	05:04:57	738	0	0	738
49	23	MARIA COSTA	F	Individual	F40	49	26-05-1967	03:13:10	719		0	0	0	0	0	719
53	24	SARA SILVA	F	Individual	F40	43	31-03-1973	03:14:00	716		0	0	0	0	0	716
57	25	CARMO LOUREIRO	F	BUDEGUITA RUNNERS	F40	45	06-08-1971	03:18:11	701		0	0	0	0	0	701
61	26	MARGARIDA SOUSA	F	BitRunners	F40	41	14-03-1975	03:21:38	689		0	0	0	0	0	689
64	27	CRISTINA FREITAS	F	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	F40	41	13-12-1975	03:23:16	684		0	0	0	0	0	684
68	28	PAULA OLIVEIRA	F	NOMEIODONADA	F40	45	01-02-1971		0	04:04:21	675	0	0	0	0	675
71	29	CATARINA PEREIRA	F	El Team Trail	F40	41	20-07-1975	03:27:08	671		0	0	0	0	0	671
73	30	DANIELA SANCHES	F	Individual	F40	43	07-08-1973	03:29:06	665		0	0	0	0	0	665
78	31	ANABELA SILVA	F	EDV-VIANA TRAIL	F40	40	23-02-1976	03:33:45	650		0	0	0	0	0	650
84	32	PATRICIA SAMPAIO	F	Moinhos Run - ADRM	F40	42	05-02-1974	03:37:30	639		0	0	0	0	0	639
95	33	FATIMA MIRANTE	F	Individual	F40	40	27-02-1976	03:47:13	612		0	0	0	0	0	612
98	34	CACILDA RAMOS	F	Individual	F40	49	04-01-1967	03:47:53	610		0	0	0	0	0	610
100	35	CANDIDA VILAS-BOAS	F	Clube Zupper	F40	43	14-04-1973	03:49:11	606		0	0	0	0	0	606
102	36	ROSA SILVA	F	Ligeirinhos	F40	48	11-07-1968	03:50:27	603		0	0	0	0	0	603

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104	37	MARIA LOPES	F	Individual	F40	44	21-10-1972		0		0	06:13:40	602	0	0	602
105	38	MONICA CARVALHAIS	F	GONDOMAR FUTSAL CLUBE	F40	40	19-04-1976	03:52:54	597		0	0	0	0	0	597
107	39	CARLA OLIVEIRA	F	Individual	F40	44	04-10-1972	03:53:41	595		0	0	0	0	0	595
109	40	CARMEN LIMA	F	Confraria Trotamontes	F40	40	28-01-1976	03:54:17	593		0	0	0	0	0	593
116	41	ELZA CORDEIRO	F	Individual	F40	43	05-05-1973	03:57:58	584		0	0	0	0	0	584
120	42	GLORIA MONTEIRO	F	Dental Doctors	F40	42	07-07-1974	03:59:18	581		0	0	0	0	0	581
121	43	AURORA GODINHO	F	SOFTEAM	F40	40	11-10-1976	03:59:22	580		0	0	0	0	0	580
128	44	ISABEL FERREIRA	F	BUDEGUITA RUNNERS	F40	40	30-11-1976	04:00:12	578		0	0	0	0	0	578
129	45	HELENA ALVES	F	Individual	F40	41	30-06-1975	04:00:39	577		0	0	0	0	0	577
130	46	EUGENIA MONTEIRO	F	Individual	F40	42	25-04-1974		0	04:45:57	577	0	0	0	0	577
134	47	ANA COSTA	F	Individual	F40	49	02-09-1967	04:01:27	575		0	0	0	0	0	575
136	48	HELENA CUNHA	F	ARRASTASSOLAS	F40	41	22-05-1975	04:04:50	567		0	0	0	0	0	567
137	49	FERNANDA CARVALHO	F	Metralhas Runners	F40	47	11-04-1969	04:06:29	564		0	0	0	0	0	564
140	50	PAULA NASCIMENTO	F	Clube Zupper	F40	43	18-01-1973	04:11:41	552		0	0	0	0	0	552
149	51	IVETE ALVES	F	Individual	F40	45	28-10-1971	04:22:06	530		0	0	0	0	0	530
152	52	MARIA OLIVENCA	F	TROCÓPASSO	F40	49	28-08-1967	04:23:46	527		0	0	0	0	0	527
154	53	NATACHA FREITAS	F	Individual	F40	41	03-06-1975		0	05:13:30	526	0	0	0	0	526
156	54	CIDALIA PEIXOTO	F	GONDOMAR FUTSAL CLUBE	F40	44	08-03-1972	04:24:29	525		0	0	0	0	0	525
157	55	ELSA LEITE	F	Metralhas Runners	F40	44	06-12-1972	04:24:36	525		0	0	0	0	0	525
158	56	GRACA FARELO	F	Metralhas Runners	F40	47	20-03-1969	04:24:38	525		0	0	0	0	0	525
160	57	LILIANA BRANDAO	F	WTF	F40	41	15-11-1975	04:25:03	524		0	0	0	0	0	524
161	58	JOANA MARTINS	F	Individual	F40	40	11-07-1976	04:26:38	521		0	0	0	0	0	521
162	59	MARCIA PINTO	F	Individual	F40	40	27-05-1976	04:26:53	521		0	0	0	0	0	521
165	60	CELIA AROSO	F	EQUIPA JOAO FERREIRA	F40	43	13-08-1973	04:27:41	519		0	0	0	0	0	519
166	61	GORETI VARELA	F	EQUIPA JOAO FERREIRA	F40	41	13-07-1975	04:27:41	519		0	0	0	0	0	519
171	62	MANUELA DIAS	F	Individual	F40	45	18-10-1971	04:30:43	513		0	0	0	0	0	513
173	63	SANDRA PEREIRA	F	LION RUNNERS - G. D. LEÕES DA GUARDA	F40	44	05-05-1972	04:33:23	508		0	0	0	0	0	508
174	64	CLAUDIA PINTO	F	Individual	F40	43	04-07-1973	04:34:07	507		0	0	0	0	0	507
175	65	ANA BARROSO	F	NO TOMORROW RUNNING TEAM	F40	42	28-07-1974	04:34:08	507		0	0	0	0	0	507
176	66	SUSANA TAVARES	F	All About	F40	44	05-07-1972	04:34:17	507		0	0	0	0	0	507
177	67	ANA LOPES	F	Clube Millennium BCP	F40	48	18-03-1968	04:34:19	506		0	0	0	0	0	506
178	68	CARLA CARIA	F	Individual	F40	44	04-09-1972	04:36:20	503		0	0	0	0	0	503
186	69	RITA MARTINS	F	Toyota 4Runner	F40	41	24-05-1975	04:42:50	491		0	0	0	0	0	491
189	70	SANDRA MATIAS	F	Figueira Kayak Clube	F40	40	13-09-1976	04:47:14	484		0	0	0	0	0	484
192	71	DULCE MOREDA	F	Clube Zupper	F40	47	25-05-1969	04:49:08	480		0	0	0	0	0	480
203	72	MINNA SILLANKORVA	F	BUDEGUITA RUNNERS	F40	40	28-09-1976	05:11:30	446		0	0	0	0	0	446

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204	73	ISABEL LIMA	F	BUDEGUITA RUNNERS	F40	41	18-07-1975	05:11:30	446		0	0	0	0	0	446
205	74	MARIA VILELA	F	Clube Millennium BCP	F40	46	02-10-1970	05:19:49	434		0	0	0	0	0	434
206	75	CARLA LOURENCO	F	Clube Millennium BCP	F40	41	09-06-1975	05:19:50	434		0	0	0	0	0	434