

Ranking Circuito Trail Valongo Geral Feminino - 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
1	1	DANIELA RUSSO	F	ESTAMOS JUNTOS	FSenior	31	04-06-1985		0	02:45:08	1000	03:45:19	1000	01:57:21	1000	3000
2	2	JULIANA RODRIGUES	F	FITSPOT-Parque Nascente	FSenior	30	03-09-1986	02:40:10	868	03:01:36	909	04:30:05	834	0	0	2611
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
7	3	ANA CAMPANHA	F	Individual	FSenior	31	19-02-1985	03:30:18	661		0	0	0	02:30:08	781	1442
8	4	LILIANA ARAUJO	F	GTT - Armazém do Caffè	FSenior	36	13-03-1980	03:25:20	677	03:38:25	755	0	0	0	0	1432
9	1	FATIMA VIEIRA	F	Somos Nós Team	F50	50	06-12-1966	03:13:24	719	03:55:14	701	0	0	0	0	1420
10	5	ANA SILVA	F	All About Spirit Team	FSenior	35	19-07-1981		0	03:56:05	699	05:22:45	698	0	0	1397
11	6	NATALIA SILVA	F	Olha Eu trail Dunning team	FSenior	36	24-12-1980	03:43:22	622	03:39:19	752	0	0	0	0	1374
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
16	7	ROSA OLIVEIRA	F	Nascidos para Correr	FSenior	37	26-03-1979		0	02:55:27	941	0	0	0	0	941
17	9	PAULA LAGE	F	Quintas Feiras Bravas	F40	40	25-12-1976		0		0	04:02:05	930	0	0	930
18	8	ELISABETE CARVALHO	F	Trocopasso Runners	FSenior	37	31-05-1979		0	02:59:44	918	0	0	0	0	918
19	10	ALEXANDRA FERNANDES	F	Nascidos para Correr	F40	49	22-09-1967		0		0	04:14:12	886	0	0	886
20	9	LILIANA GOMES	F	Quintas Feiras Bravas	FSenior	30	23-10-1986		0		0	04:15:14	882	0	0	882
21	10	CRISTIANA ESTEVES	F	Individual	FSenior	27	31-03-1989		0		0	04:19:29	868	0	0	868
22	11	CRISTINA COUTIMHO	F	Individual	FSenior	35	16-12-1981		0	03:10:59	864	0	0	0	0	864
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
25	12	TANIA BATEIRA	F	PORTOCARGO	FSenior	37	18-09-1979		0	03:16:54	838	0	0	0	0	838
26	13	JOANA CARDOSO	F	GONDOMAR FUTSAL CLUBE	FSenior	34	13-06-1982	02:46:49	833		0	0	0	0	0	833
27	14	ANABELA FREITAS	F	MULTIPOWER GAIA TRAIL	FSenior	32	02-11-1984		0	03:18:27	832	0	0	0	0	832
28	15	ESTELA MARTINS	F	Nascidos para Correr	FSenior	38	17-09-1978		0		0	04:33:18	824	0	0	824
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
31	16	MAFALDA LUIS	F	Individual	FSenior	30	30-12-1986		0		0	04:45:29	789	0	0	789
32	15	PAULA SILVA	F	Individual	F40	47	09-11-1969		0	03:30:00	786	0	0	0	0	786
33	17	SARINA GUIMARAES	F	Individual	FSenior	30	18-10-1986	02:57:30	783		0	0	0	0	0	783
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
36	18	MARIA FERNANDEZ	F	EQUIPA JOAO FERREIRA	FSenior	29	27-01-1987	03:00:50	769		0	0	0	0	0	769

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37	19	GABRIELA MADEIRA	F	#MIRRAS	FSenior	28	22-02-1988		0	03:35:57	764	0	0	0	0	764
38	18	GORETI CORREIA	F	Amigo	F40	41	31-12-1975	03:02:24	762		0	0	0	0	0	762
39	20	DANIELA FERREIRA	F	NOCTURNOS DE PAREDES	FSenior	28	20-01-1988	03:05:03	751		0	0	0	0	0	751
40	19	M. RICARDO	F	Trocopasso Runners	F40	41	06-12-1975		0	03:41:31	745	0	0	0	0	745
41	2	CARMO MARINHO	F	Ligeirinhos	F50	51	10-06-1965	03:06:25	745		0	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
43	21	ANDREIA MOTA	F	Individual	FSenior	28	20-09-1988		0		0	05:04:38	739	0	0	739
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
46	22	OLGA ALMEIDA	F	FITSPOT-Parque Nascente	FSenior	36	20-11-1980		0		0	05:11:05	724	0	0	724
47	23	CARLA SOUSA	F	Individual	FSenior	39	19-10-1977	03:12:21	722		0	0	0	0	0	722
48	24	ANABELA CORDEIRO	F	Individual	FSenior	38	04-05-1978	03:13:06	720		0	0	0	0	0	720
49	23	MARIA COSTA	F	Individual	F40	49	26-05-1967	03:13:10	719		0	0	0	0	0	719
50	25	FILIPA PINHEIRO	F	Individual	FSenior	25	04-06-1991		0	03:49:49	718	0	0	0	0	718
51	26	ISABEL SANTOS	F	FITSPOT-Parque Nascente	FSenior	38	30-04-1978		0		0	05:13:30	718	0	0	718
52	27	MARIA VIANA	F	MARATONISTAS DO MINHO	FSenior	38	03-05-1978	03:13:53	717		0	0	0	0	0	717
53	24	SARA SILVA	F	Individual	F40	43	31-03-1973	03:14:00	716		0	0	0	0	0	716
54	28	SOFIA FERNANDES	F	Individual	FSenior	29	04-04-1987		0	03:50:54	715	0	0	0	0	715
55	29	ANDREIA BARBOSA	F	Individual	FSenior	23	01-11-1993	03:16:02	709		0	0	0	0	0	709
56	30	PATRICIA FERREIRA	F	Gangue das Maças	FSenior	29	28-05-1987	03:16:07	709		0	0	0	0	0	709
57	25	CARMO LOUREIRO	F	BUDEGUITA RUNNERS	F40	45	06-08-1971	03:18:11	701		0	0	0	0	0	701
58	31	ANDREIA COSTA	F	Individual	FSenior	39	01-10-1977		0	03:55:37	700	0	0	0	0	700
59	32	ANDREIA MORAIS	F	Somos Nós Team	FSenior	21	28-06-1995	03:19:27	697		0	0	0	0	0	697
60	33	NATALIA CUNHA	F	Moinhos Run - ADRM	FSenior	36	31-12-1980	03:19:58	695		0	0	0	0	0	695
61	26	MARGARIDA SOUSA	F	BitRunners	F40	41	14-03-1975	03:21:38	689		0	0	0	0	0	689
62	34	GISELA SOUSA	F	BitRunners	FSenior	37	05-02-1979	03:21:38	689		0	0	0	0	0	689
63	35	SARA PINTO	F	Individual	FSenior	28	06-09-1988	03:22:53	685		0	0	0	0	0	685
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
65	36	JOANA ABREU	F	Individual	FSenior	24	24-06-1992	03:23:24	683		0	0	0	0	0	683
66	37	RAQUEL ANDRADE	F	Nascidos para Correr	FSenior	35	26-07-1981	03:24:20	680		0	0	0	0	0	680
67	3	LUIZA ALMEIDA	F	FITSPOT-Parque Nascente	F50	51	20-01-1965	03:25:16	677		0	0	0	0	0	677
68	28	PAULA OLIVEIRA	F	NOMEIODONADA	F40	45	01-02-1971		0	04:04:21	675	0	0	0	0	675
69	38	LILIANA NETO	F	HALP	FSenior	34	08-04-1982		0	04:05:08	673	0	0	0	0	673
70	39	ANA DOLORES	F	All About	FSenior	35	19-07-1981	03:26:51	672		0	0	0	0	0	672
71	29	CATARINA PEREIRA	F	El Team Trail	F40	41	20-07-1975	03:27:08	671		0	0	0	0	0	671
72	40	ANA BORGES	F	Amigos da Onça	FSenior	31	27-03-1985	03:27:02	671		0	0	0	0	0	671

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73	30	DANIELA SANCHES	F	Individual	F40	43	07-08-1973	03:29:06	665		0	0	0	0	0	665
74	41	MARCIA LOPES	F	LION RUNNERS - G. D. LEÕES DA GUARDA	FSenior	31	09-09-1985	03:28:55	665		0	0	0	0	0	665
75	42	SANDRA GONCALVES	F	As Belas e Eles	FSenior	34	15-01-1982	03:30:18	661		0	0	0	0	0	661
76	43	MONICA BORGES	F	Individual	FSenior	38	28-03-1978		0	04:12:12	654	0	0	0	0	654
77	44	ANA VIEIRA	F	MULTIPOWER GAIA TRAIL	FSenior	37	16-12-1979	03:32:49	653		0	0	0	0	0	653
78	31	ANABELA SILVA	F	EDV-VIANA TRAIL	F40	40	23-02-1976	03:33:45	650		0	0	0	0	0	650
79	45	SONIA PARENTE	F	EDV-VIANA TRAIL	FSenior	39	28-10-1977	03:33:46	650		0	0	0	0	0	650
80	46	IVA SILVA	F	EDV-VIANA TRAIL	FSenior	36	22-10-1980	03:33:46	650		0	0	0	0	0	650
81	4	AMELIA MOREIRA	F	os selvagens	F50	52	03-11-1964	03:34:19	648		0	0	0	0	0	648
82	5	MARIA RICARDO	F	LION RUNNERS - G. D. LEÕES DA GUARDA	F50	52	28-10-1964	03:35:57	643		0	0	0	0	0	643
83	47	DANIELA SOARES	F	UNIDOS À FRESCA	FSenior	36	16-03-1980	03:36:08	643		0	0	0	0	0	643
84	32	PATRICIA SAMPAIO	F	Moinhos Run - ADRM	F40	42	05-02-1974	03:37:30	639		0	0	0	0	0	639
85	48	DIANA VIEIRA	F	SOFTEAM	FSenior	33	08-09-1983	03:37:38	638		0	0	0	0	0	638
86	49	SANDRA FERNANDES	F	Fridão Sem Limites	FSenior	39	25-02-1977	03:40:29	630		0	0	0	0	0	630
87	50	LUCIA LOURENCO	F	AVF auto	FSenior	31	18-02-1985		0	04:23:53	625	0	0	0	0	625
88	51	RUTE SILVA	F	Individual	FSenior	36	30-12-1980		0	04:23:52	625	0	0	0	0	625
89	52	JOANA MAGALHAES	F	Individual	FSenior	23	01-10-1993		0	04:23:53	625	0	0	0	0	625
90	53	CRISTINA ROCHA	F	Individual	FSenior	37	31-08-1979	03:43:53	621		0	0	0	0	0	621
91	54	RAQUEL VASCONCELOS	F	NO TOMORROW RUNNING TEAM	FSenior	38	15-03-1978	03:44:12	620		0	0	0	0	0	620
92	55	ANA XAVIER	F	Individual	FSenior	35	11-02-1981		0	04:27:15	617	0	0	0	0	617
93	56	PATRICIA CAVALERO	F	Nascidos para Correr	FSenior	37	19-01-1979		0	04:27:42	616	0	0	0	0	616
94	57	SUSANA MACHADO	F	PimPamPum	FSenior	29	15-11-1987	03:46:30	613		0	0	0	0	0	613
95	33	FATIMA MIRANTE	F	Individual	F40	40	27-02-1976	03:47:13	612		0	0	0	0	0	612
96	58	DORA DIAS	F	Individual	FSenior	34	20-06-1982	03:46:54	612		0	0	0	0	0	612
97	59	BRUNA GONCALVES	F	Bicafé	FSenior	30	22-10-1986	03:47:33	611		0	0	0	0	0	611
98	34	CACILDA RAMOS	F	Individual	F40	49	04-01-1967	03:47:53	610		0	0	0	0	0	610
99	60	VANIA MOURA	F	Soulmates Trail Team	FSenior	26	06-09-1990	03:49:00	607		0	0	0	0	0	607
100	35	CANDIDA VILAS-BOAS	F	Clube Zupper	F40	43	14-04-1973	03:49:11	606		0	0	0	0	0	606
101	61	LUISA MOTA	F	Individual	FSenior	35	01-11-1981	03:50:03	604		0	0	0	0	0	604
102	36	ROSA SILVA	F	Ligeirinhos	F40	48	11-07-1968	03:50:27	603		0	0	0	0	0	603
103	62	DIANA OLIVEIRA	F	Soulmates Trail Team	FSenior	25	09-11-1991	03:50:26	603		0	0	0	0	0	603
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
106	63	LILIANA FERREIRA	F	Individual	FSenior	25	15-09-1991	03:52:52	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
108	64	MARIANA GUERRA	F	Individual	FSenior	25	31-03-1991	03:53:46	594		0	0	0	0	0	594

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109	40	CARMEN LIMA	F	Confraria Trotamontes	F40	40	28-01-1976	03:54:17	593		0	0	0	0	0	593
110	6	ADELAIDE VIGARIO	F	GONDOMAR FUTSAL CLUBE	F50	52	16-02-1964	03:54:28	593		0	0	0	0	0	593
111	65	PATRICIA MOREIRA	F	Moinhos Run - ADRM	FSenior	33	06-07-1983	03:55:29	590		0	0	0	0	0	590
112	66	INES CARLOS	F	Individual	FSenior	20	05-04-1996	03:56:04	589		0	0	0	0	0	589
113	67	SUSANA DANTAS	F	NO TOMORROW RUNNING TEAM	FSenior	30	18-08-1986	03:56:06	588		0	0	0	0	0	588
114	68	SOFIA CARVALHO	F	A. D. Sebolido Trail Boneca D'Ouro	FSenior	33	10-02-1983	03:57:42	585		0	0	0	0	0	585
115	69	ANA RODRIGUES	F	A. D. Sebolido Trail Boneca D'Ouro	FSenior	35	04-09-1981	03:57:42	585		0	0	0	0	0	585
116	41	ELZA CORDEIRO	F	Individual	F40	43	05-05-1973	03:57:58	584		0	0	0	0	0	584
117	7	PAULA SANTOS	F	LOCOMOTIVA DE PARANHOS	F50	50	20-10-1966		0		0	06:26:17	583	0	0	583
118	70	NELIA ANTUNES	F	INtrilhos/Pascoalitos	FSenior	36	08-04-1980	03:58:07	583		0	0	0	0	0	583
119	71	ANA SILVA	F	Individual	FSenior	25	24-07-1991		0	04:43:43	582	0	0	0	0	582
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
122	72	VESA VELENTINOVIC	F	BUDEGUITA RUNNERS	FSenior	30	09-11-1986	03:59:38	580		0	0	0	0	0	580
123	8	CONCEICAO FERREIRA	F	Ginasio Fit4Fun	F50	50	10-09-1966	04:00:08	579		0	0	0	0	0	579
124	73	SARA SOARES	F	Individual	FSenior	26	22-11-1990	04:00:07	579		0	0	0	0	0	579
125	74	SILVIA VILAR	F	Ginasio Fit4Fun	FSenior	39	12-05-1977	04:00:06	579		0	0	0	0	0	579
126	75	CARLA PINHO	F	Ginasio Fit4Fun	FSenior	30	26-05-1986	04:00:07	579		0	0	0	0	0	579
127	76	CAROLINA COUTINHO	F	Ginasio Fit4Fun	FSenior	34	19-01-1982	04:00:09	579		0	0	0	0	0	579
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
131	77	JOANA BABO	F	Marco Runners	FSenior	34	11-02-1982	04:00:53	577		0	0	0	0	0	577
132	78	CARLA LOPES	F	Individual	FSenior	35	06-11-1981		0	04:45:55	577	0	0	0	0	577
133	79	SARA MAGALHAES	F	PORTO SENTIDO RUNNERS	FSenior	39	19-12-1977		0	04:45:58	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
135	80	ANA MELO	F	ADTravassô	FSenior	33	19-10-1983	04:01:46	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
138	81	LILIANA RIBEIRO	F	CFA Runners	FSenior	30	10-01-1986	04:07:52	561		0	0	0	0	0	561
139	82	SOFIA MENDES	F	Nascidos para Correr	FSenior	34	13-11-1982	04:09:40	556		0	0	0	0	0	556
140	50	PAULA NASCIMENTO	F	Clube Zupper	F40	43	18-01-1973	04:11:41	552		0	0	0	0	0	552
141	83	NEUZA CARIDADE	F	EDV - Viana Trail	FSenior	34	14-12-1982	04:11:35	552		0	0	0	0	0	552
142	84	SILVIA ROCHA	F	Individual	FSenior	35	07-03-1981	04:12:05	551		0	0	0	0	0	551
143	85	RITA MACEDO	F	GONDOMAR FUTSAL CLUBE	FSenior	21	11-02-1995	04:12:12	551		0	0	0	0	0	551
144	86	SANDRA COSTA	F	Amigos Vale Silêncio	FSenior	39	09-12-1977	04:12:19	551		0	0	0	0	0	551

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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
145	87	CRISTINA LOPES	F	Individual	FSenior	38	28-01-1978	04:13:20	548		0	0	0	0	0	548
146	88	ANA MENDONCA	F	A.D.Amarante trail running	FSenior	31	10-08-1985	04:13:56	547		0	0	0	0	0	547
147	89	CARLA PEREIRA	F	EDV-VIANA TRAIL	FSenior	38	12-06-1978	04:14:55	545		0	0	0	0	0	545
148	90	CATIA FERNANDES	F	Os Falta D'Ar	FSenior	34	30-06-1982	04:16:47	541		0	0	0	0	0	541
149	51	IVETE ALVES	F	Individual	F40	45	28-10-1971	04:22:06	530		0	0	0	0	0	530
150	9	HELENA MAIA	F	DUROS VL	F50	52	30-10-1964	04:22:51	529		0	0	0	0	0	529
151	91	SONIA MOREIRA	F	Individual	FSenior	29	12-11-1987	04:22:53	528		0	0	0	0	0	528
152	52	MARIA OLIVENCA	F	TROCÓPASSO	F40	49	28-08-1967	04:23:46	527		0	0	0	0	0	527
153	92	ANA RIBEIRO	F	Mov'et	FSenior	32	18-08-1984	04:23:52	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
155	93	MARILENE FREITAS	F	Individual	FSenior	37	12-06-1979		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
159	94	VERA MARTINS	F	Individual	FSenior	39	24-10-1977	04:24:31	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
163	95	MONICA BARBOSA	F	Tartarugas do Asfalto	FSenior	39	17-09-1977	04:26:38	521		0	0	0	0	0	521
164	96	SARA VIGARIO	F	Metralhas Runners	FSenior	36	27-02-1980	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
167	97	SOFIA FERREIRA	F	Shots International Runners	FSenior	37	16-06-1979	04:28:00	518		0	0	0	0	0	518
168	98	MARIA SILVA	F	Individual	FSenior	30	20-12-1986	04:29:25	516		0	0	0	0	0	516
169	99	PATRICIA SILVA	F	Individual	FSenior	39	04-08-1977	04:29:56	515		0	0	0	0	0	515
170	100	SUSANA FARIA	F	All About	FSenior	31	29-10-1985	04:30:03	514		0	0	0	0	0	514
171	62	MANUELA DIAS	F	Individual	F40	45	18-10-1971	04:30:43	513		0	0	0	0	0	513
172	101	TULIA AIRES	F	Funtastic Duo	FSenior	33	27-06-1983	04:33:02	509		0	0	0	0	0	509
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
179	102	CECILIA SOUSA	F	Individual	FSenior	39	15-11-1977	04:36:20	503		0	0	0	0	0	503
180	103	ANA CARVALHO	F	Individual	FSenior	39	23-11-1977	04:38:33	499		0	0	0	0	0	499

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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
181	104	SONIA ALVES	F	Individual	FSenior	39	28-05-1977	04:38:35	499		0	0	0	0	0	499
182	105	PATRICIA PEREIRA	F	GONDOMAR FUTSAL CLUBE	FSenior	36	21-02-1980	04:39:45	497		0	0	0	0	0	497
183	106	LUCIA SANTOS	F	Metralhas Runners	FSenior	25	04-01-1991	04:39:45	497		0	0	0	0	0	497
184	107	SILVIA COUTO	F	RunRun	FSenior	29	30-08-1987	04:39:41	497		0	0	0	0	0	497
185	108	DANIELA LOPES	F	Individual	FSenior	39	25-03-1977	04:39:51	496		0	0	0	0	0	496
186	69	RITA MARTINS	F	Toyota 4Runner	F40	41	24-05-1975	04:42:50	491		0	0	0	0	0	491
187	109	PATRICIA OLIVEIRA	F	Toyota 4Runner	FSenior	32	28-03-1984	04:42:50	491		0	0	0	0	0	491
188	110	SARA MOREIRA	F	Os TurboMula	FSenior	34	10-02-1982	04:43:14	490		0	0	0	0	0	490
189	70	SANDRA MATIAS	F	Figueira Kayak Clube	F40	40	13-09-1976	04:47:14	484		0	0	0	0	0	484
190	111	CARLA DIAS	F	EM'Força – Corremos com a Esclerose Múltipla	FSenior	32	28-08-1984	04:47:47	483		0	0	0	0	0	483
191	112	ELISABETE FERREIRA	F	Individual	FSenior	36	08-03-1980	04:47:55	482		0	0	0	0	0	482
192	71	DULCE MOREDA	F	Clube Zupper	F40	47	25-05-1969	04:49:08	480		0	0	0	0	0	480
193	113	NATACHA LOURENCO	F	Individual	FSenior	27	02-10-1989	04:49:44	479		0	0	0	0	0	479
194	114	ELISABETE MONTEIRO	F	Individual	FSenior	33	24-09-1983	04:49:47	479		0	0	0	0	0	479
195	10	ROSA COSTA	F	Moreira Relax Runners	F50	52	22-02-1964	04:51:16	477		0	0	0	0	0	477
196	115	DIANA MARTINS	F	Individual	FSenior	24	16-08-1992	04:51:18	477		0	0	0	0	0	477
197	116	ALEXANDRA OLIVEIRA	F	RUNNING TEAM MAIA	FSenior	36	29-11-1980	04:51:15	477		0	0	0	0	0	477
198	117	CARLA BRINCO	F	Individual	FSenior	36	21-03-1980	04:57:27	467		0	0	0	0	0	467
199	118	CARLA LEAL	F	Uh Lá Lá	FSenior	29	18-02-1987	04:57:26	467		0	0	0	0	0	467
200	119	GEORGINA SANTOS	F	Pupis	FSenior	33	22-07-1983	05:06:38	453		0	0	0	0	0	453
201	120	ORIANA MOREIRA	F	Pupis	FSenior	29	27-07-1987	05:06:39	453		0	0	0	0	0	453
202	121	ANA ARRISCADO	F	Individual	FSenior	37	08-06-1979	05:09:55	448		0	0	0	0	0	448
203	72	MINNA SILLANKORVA	F	BUDEGUITA RUNNERS	F40	40	28-09-1976	05:11:30	446		0	0	0	0	0	446
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
207	122	ANA OLIVEIRA	F	SOFTEAM	FSenior	33	01-05-1983	05:23:53	429		0	0	0	0	0	429
208	123	FATIMA GODINHO	F	SOFTEAM	FSenior	39	18-06-1977	05:23:56	429		0	0	0	0	0	429