

Ranking Circuito Trail Valongo M40 - 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	ARMANDINO TABORDA	M	Satecnosol Outdoor / LaSportiva	M40	45	13-02-1971		0	02:03:17	980	02:58:40	1000	01:28:26	1000	2980
2	2	LUIS GIL	M	MULTIPOWER GAIA TRAIL	M40	41	06-04-1975	01:56:19	964	02:15:05	895	03:15:30	913	01:38:29	897	2774
3	3	DINIS GONCALVES	M	MULTIPOWER GAIA TRAIL	M40	41	09-02-1975	02:06:17	888	02:19:23	867	03:19:27	895	0	0	2650
7	4	JOAQUIM PEREIRA	M	MULTIPOWER GAIA TRAIL	M40	48	02-04-1968	02:20:28	799	02:26:23	826	03:27:29	861	0	0	2486
12	5	CARLOS SILVA	M	ALIANÇA DE GANDRA	M40	49	12-06-1967	02:29:27	751	02:41:57	746	03:48:05	783	02:03:02	718	2280
15	6	HELDER GOMES	M	KeMedo Team	M40	40	15-04-1976	02:26:08	768	02:47:57	720	04:35:27	648	0	0	2136
19	7	PAULO NETA	M	Clube Zupper	M40	44	06-11-1972		0	03:07:01	646	04:10:37	712	02:05:38	703	2061
21	8	MIGUEL MOURA	M	Individual	M40	43	19-06-1973	03:14:10	578	02:52:01	703	04:42:17	632	02:07:37	692	2027
22	9	JOSE MESQUITA	M	Individual	M40	49	20-01-1967	02:41:47	693	03:00:11	671	0	0	02:17:58	640	2004
23	10	PEDRO Mouro	M	Individual	M40	42	17-08-1974	02:53:29	646	03:06:57	646	04:12:43	707	0	0	1999
25	11	PAULO BARBOSA	M	Individual	M40	42	27-10-1974	02:52:02	652	03:09:12	639	04:26:06	671	0	0	1962
30	12	ARMANDO PINHO	M	WTF	M40	41	29-08-1975	03:15:01	575	03:17:38	611	04:39:52	638	02:15:40	651	1900
34	13	PAULO GAMA	M	GONDOMAR FUTSAL CLUBE	M40	48	10-01-1968	03:15:41	573	03:16:01	616	04:51:19	613	0	0	1802
38	14	JOAQUIM FREITAS	M	GDR RETORTA	M40	41	26-07-1975		0		0	03:16:05	911	01:44:14	848	1759
41	15	ANTONIO AMADOR	M	Individual	M40	48	29-02-1968	02:16:14	823	02:30:24	804	0	0	0	0	1627
45	16	RICARDO TEIXEIRA	M	All About	M40	41	21-11-1975	03:26:51	542	03:56:05	512	05:22:44	553	0	0	1607
50	17	JORGE MOREIRA	M	AMIGOS DO PEDAL TRAILAGARES	M40	49	15-03-1967		0	02:33:59	785	03:45:07	793	0	0	1578
52	18	LEANDRO PACHECO	M	Monte dos Amigos	M40	40	01-06-1976	02:21:15	794		0	03:53:11	766	0	0	1560
53	19	MARCO VIEIRA	M	Clube Zupper	M40	42	13-05-1974		0	02:37:03	770	03:45:54	790	0	0	1560
56	20	PEDRO BARROS	M	HappyRun	M40	41	08-04-1975	03:42:43	503	04:12:10	479	05:22:53	553	0	0	1535
57	21	FRANCISCO PINHEIRO	M	Individual	M40	44	29-11-1972	02:28:13	757		0	03:51:34	771	0	0	1528
62	22	LAURINDO OSORIO	M	KeMedo Team	M40	46	16-12-1970		0	02:47:51	720	03:52:58	766	0	0	1486
63	23	LEONEL NEVES	M	ALIANÇA DE GANDRA	M40	41	20-08-1975	02:31:18	741	02:48:22	718	0	0	0	0	1459
66	24	VITOR COELHO	M	Individual	M40	49	21-04-1967	02:33:35	730	02:48:09	719	0	0	0	0	1449
69	25	PAULO AMADEU	M	MULTIPOWER GAIA TRAIL	M40	40	16-08-1976	02:32:42	735	02:54:06	694	0	0	0	0	1429
71	26	MIGUEL PEREIRA	M	CCDTC.M.GONDOMAR	M40	46	08-12-1970		0	02:38:10	764	04:28:59	664	0	0	1428
75	27	VITOR BARROSO	M	Fontainhas runners	M40	41	30-10-1975		0	02:56:54	683	04:03:38	733	0	0	1416
79	28	DANIEL MOTA	M	Individual	M40	45	06-05-1971	02:39:48	702		0	04:18:44	690	0	0	1392
81	29	ADELINO PINHEIRO	M	os lebres btt sai da frente	M40	40	04-12-1976	02:43:39	685	02:56:08	686	0	0	0	0	1371
86	30	MANUEL TEIXEIRA	M	Individual	M40	47	22-11-1969	02:48:48	664	02:57:29	681	0	0	0	0	1345
87	31	LICINIO RIBEIRO	M	Individual	M40	43	24-06-1973		0	03:03:10	660	04:20:44	685	0	0	1345
88	32	JOSE COSTA	M	SS MONTEPIO	M40	48	15-04-1968		0	03:07:37	644	04:17:56	692	0	0	1336
89	33	RUI SILVA	M	FITSPOT-Parque Nascente	M40	43	14-04-1973	02:51:20	655	02:59:27	673	0	0	0	0	1328
90	34	ALBINO DIAS	M	BUDEGUITA RUNNERS	M40	42	11-06-1974	02:51:52	653	02:59:11	674	0	0	0	0	1327
91	35	NUNO RODRIGUES	M	OFRunning	M40	41	20-11-1975		0		0	04:38:03	642	02:09:08	684	1326
92	36	MARIO FERREIRA	M	Individual	M40	44	13-11-1972		0	03:09:44	637	04:19:31	688	0	0	1325

Ranking Circuito Trail Valongo M40 - 2016



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97	37	JOSE MARTINS	M	Individual	M40	40	07-02-1976		0	03:11:27	631	0	0	02:14:47	656	1287
99	38	LUIS ALMEIDA	M	Individual	M40	45	01-12-1971	03:04:12	609	02:59:46	672	0	0	0	0	1281
100	39	ADRIANO ROCHA	M	Individual	M40	46	27-01-1970		0	03:14:34	621	04:30:58	659	0	0	1280
101	40	NELSON DUARTE	M	THE OUTSIDERS RUNNING TRAIL TEAM	M40	41	21-09-1975	03:03:16	612		0	04:32:38	655	0	0	1267
102	41	PAULO PINTO	M	Individual	M40	45	18-04-1971	03:14:56	575	02:59:54	672	0	0	0	0	1247
103	42	ANTONIO FONSECA	M	Individual	M40	40	20-11-1976	03:05:13	606		0	04:40:28	637	0	0	1243
108	43	JOAO CARDOSO	M	SS MONTEPIO	M40	43	12-07-1973	02:54:18	643	03:29:58	575	0	0	0	0	1218
109	44	LUIS PEREIRA	M	Individual	M40	41	29-12-1975		0	03:15:27	618	04:58:35	598	0	0	1216
115	45	PAULO SOARES	M	CICLISTAS CÔSMICOS - GISLÓTICA	M40	44	06-08-1972	03:20:38	559		0	04:39:09	640	0	0	1199
119	46	EDUARDO PINTO	M	All About Spirit Team	M40	44	26-11-1972		0		0	05:11:31	573	02:24:53	610	1183
121	47	EDUARDO NASCIMENTO	M	Individual	M40	45	19-08-1971		0	03:28:50	579	0	0	02:30:57	585	1164
122	48	MIKE DIAS	M	Individual	M40	41	05-03-1975	03:02:41	614	03:42:53	542	0	0	0	0	1156
123	49	PEDRO VIDAL	M	100Fôlego	M40	42	18-10-1974	03:23:18	552	03:20:27	603	0	0	0	0	1155
125	50	PAULO ALVES	M	A.D.Amarante trail running	M40	42	24-04-1974	03:14:00	578		0	05:12:42	571	0	0	1149
138	51	LUIS TERCICIO	M	Individual	M40	41	20-01-1975	03:39:53	510	03:30:35	574	0	0	0	0	1084
143	52	JOSE COSTA	M	Individual	M40	49	14-02-1967		0	03:55:29	513	0	0	02:42:10	545	1058
144	53	FERNANDO SOARES	M	Individual	M40	49	18-08-1967		0	04:05:42	492	0	0	02:38:54	556	1048
145	54	ALVARO NUNES	M	All About	M40	43	12-09-1973	04:07:58	452		0	05:01:06	593	0	0	1045
147	55	RICARDO NEVES	M	Individual	M40	48	12-09-1968	03:49:38	488	03:41:34	545	0	0	0	0	1033
148	56	RICARDO BEIRAO	M	Individual	M40	49	14-12-1967		0		0	06:16:25	474	02:43:20	541	1015
151	57	ANTONIO MARTINS	M	Individual	M40	47	26-01-1969		0		0	02:59:48	993	0	0	993
152	58	ARMANDO TEIXEIRA	M	Salomon	M40	41	11-10-1975	01:54:48	977		0	0	0	0	0	977
160	59	PAULO CESAR	M	CTAD - Trilhos de Cinfães	M40	40	28-09-1976	02:03:05	911		0	0	0	0	0	911
162	60	ANTONIO SILVA	M	Clube Zupper	M40	41	15-03-1975	04:15:58	438	04:18:51	467	0	0	0	0	905
164	61	PEDRO FERREIRA	M	MULTIPOWER GAIA TRAIL	M40	40	14-10-1976		0		0	03:20:01	893	0	0	893
165	62	FERNANDO GARCIA	M	Individual	M40	45	05-09-1971		0		0	03:20:32	890	0	0	890
168	63	JOSE FERREIRA	M	Inimigos do Podium	M40	47	23-06-1969		0	04:15:47	472	07:13:04	412	0	0	884
172	64	JOSE NEVES	M	ALIANÇA DE GANDRA	M40	44	04-10-1972	02:07:34	879		0	0	0	0	0	879
175	65	ADELINO SILVA	M	Grupo Dramático e Recreativo de Retorta	M40	44	23-12-1972	02:09:00	870		0	0	0	0	0	870
184	66	MANUEL BARBOSA	M	Amigo	M40	43	06-10-1973	02:14:52	832		0	0	0	0	0	832
194	67	LUIS SA	M	Individual	M40	42	10-12-1974		0		0	03:40:30	810	0	0	810
195	68	PAULO MARTINS	M	Individual	M40	49	02-07-1967		0		0	03:40:27	810	0	0	810
200	69	FERNANDO PACHECO	M	ALIANÇA DE GANDRA	M40	44	08-12-1972		0		0	03:45:04	793	0	0	793
215	70	JOSE RIBEIRO	M	GONDOMAR FUTSAL CLUBE	M40	41	19-06-1975		0	02:36:18	773	0	0	0	0	773
217	71	PAULO COSTA	M	Individual	M40	44	21-04-1972	02:25:30	771		0	0	0	0	0	771
219	72	EZEQUIEL FERNANDES	M	Individual	M40	42	06-01-1974	02:26:29	766		0	0	0	0	0	766

Ranking Circuito Trail Valongo M40 - 2016



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220	73	FERNANDO GOMES	M	KeMedo Team	M40	45	10-05-1971		0		0	03:52:58	766	0	0	766
222	74	JOAO MOREIRA	M	Individual	M40	40	03-05-1976	02:26:49	764		0	0	0	0	0	764
223	75	FERNANDO MOREIRA	M	Individual	M40	44	09-10-1972		0		0	03:54:06	763	0	0	763
226	76	AGOSTINHO SOUSA	M	ALIANÇA DE GANDRA	M40	40	20-09-1976	02:28:39	755		0	0	0	0	0	755
228	77	PAULO MACHADO	M	Dr. Merino Nutrifit	M40	41	21-11-1975		0	02:41:00	751	0	0	0	0	751
229	78	MANUEL PINHEIRO	M	Fridão Sem Limites	M40	48	02-11-1968	02:29:34	750		0	0	0	0	0	750
234	79	MADUREIRA RODRIGUES	M	Clube Zupper	M40	41	01-10-1975		0	02:42:45	743	0	0	0	0	743
236	80	JORGE PINHEIRO	M	Monte dos Amigos	M40	40	04-01-1976	02:31:37	740		0	0	0	0	0	740
237	81	PEDRO MENESES	M	Individual	M40	41	05-08-1975		0		0	04:01:26	740	0	0	740
239	82	PAULO FERREIRA	M	Individual	M40	46	10-09-1970	02:32:27	736		0	0	0	0	0	736
240	83	PAULO SOUSA	M	Fridão Sem Limites	M40	44	02-10-1972	02:32:35	735		0	0	0	0	0	735
241	84	ROGERIO COELHO	M	Grupo Dramático e Recreativo de Retorta	M40	41	21-09-1975	02:32:31	735		0	0	0	0	0	735
242	85	NELSON SANTOS	M	Individual	M40	45	30-08-1971		0	02:44:21	735	0	0	0	0	735
244	86	LUIS MONTEIRO	M	Individual	M40	42	20-04-1974		0	02:45:10	732	0	0	0	0	732
249	87	LAURINDO OSORIO	M	KeMedo Team	M40	46	16-10-1970	02:33:54	729		0	0	0	0	0	729
251	88	ALCINO GOMES	M	Individual	M40	46	10-05-1970	02:34:22	727		0	0	0	0	0	727
252	89	LUIS LECA	M	Trocopasso Runners	M40	47	05-03-1969		0	02:46:13	727	0	0	0	0	727
253	90	JOSE RODRIGUES	M	Trocopasso Runners	M40	43	31-08-1973		0	02:46:13	727	0	0	0	0	727
255	91	JOSE DIAS	M	CTAD - Trilhos de Cinfães	M40	48	13-09-1968	02:34:25	726		0	0	0	0	0	726
256	92	MARTINHO COSTA	M	Individual	M40	49	30-05-1967		0	02:46:24	726	0	0	0	0	726
260	93	ANTONIO BORGES	M	PORTO SENTIDO RUNNERS	M40	43	21-02-1973		0	02:46:52	724	0	0	0	0	724
264	94	JEROME SCHONFELD	M	Individual	M40	42	26-03-1974		0		0	04:06:54	723	0	0	723
266	95	RICARDO ROCHA	M	FAST AO KM	M40	40	01-10-1976	02:35:45	720		0	0	0	0	0	720
274	96	PEDRO PINTO	M	Associação Desportiva da Efacec	M40	41	22-02-1975	02:36:50	715		0	0	0	0	0	715
275	97	PAULO FERREIRA	M	Individual	M40	46	03-09-1970	02:37:15	713		0	0	0	0	0	713
276	98	PEDRO TEIXEIRA	M	Nascidos para Correr	M40	43	04-08-1973	02:37:23	713		0	0	0	0	0	713
278	99	CARLOS COUTO	M	ARCORUN	M40	43	16-12-1973	02:37:36	712		0	0	0	0	0	712
279	100	PAULO MORAIS	M	Somos Nós Team	M40	48	07-01-1968	02:37:28	712		0	0	0	0	0	712
282	101	MANUEL OLIVEIRA	M	Leões de Tardariz Trail	M40	44	06-03-1972		0	02:50:20	709	0	0	0	0	709
283	102	FERNANDO VIEIRA	M	Individual	M40	49	15-02-1967		0	02:50:33	709	0	0	0	0	709
284	103	RUI LOPES	M	AMIGOS DO PEDAL TRAILAGARES	M40	42	20-09-1974		0		0	04:11:57	709	0	0	709
285	104	SERGIO PINTO	M	Individual	M40	41	23-07-1975	02:38:25	708		0	0	0	0	0	708
286	105	FERNANDO MARTINS	M	Individual	M40	49	09-02-1967		0	02:50:57	707	0	0	0	0	707
288	106	PAULO ALVES	M	GONDOMAR FUTSAL CLUBE	M40	42	08-06-1974	02:39:06	705		0	0	0	0	0	705
289	107	RUI AZEVEDO	M	Individual	M40	44	10-09-1972		0	02:51:18	705	0	0	0	0	705
290	108	EUGENIO CUNHA	M	Individual	M40	43	06-11-1973		0		0	04:13:22	705	0	0	705

Ranking Circuito Trail Valongo M40 - 2016



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294	109	ANGELO CABRAL	M	Individual	M40	40	04-10-1976	02:39:15	704		0	0	0	0	0	704
296	110	LUIS GONCALVES	M	Individual	M40	46	10-03-1970	02:40:06	701		0	0	0	0	0	701
297	111	ROLANDO SANTOS	M	Olha eu trail running team	M40	45	03-05-1971		0	02:52:18	701	0	0	0	0	701
298	112	ANTONIO GOMES	M	Individual	M40	46	14-02-1970		0	02:52:28	701	0	0	0	0	701
299	113	ANGELO NETO	M	Satecnosol Outdoor / La Sportiva	M40	48	28-06-1968		0		0	04:14:32	701	0	0	701
300	114	PAULO LOUREIRO	M	Individual	M40	49	02-12-1967		0		0	04:14:31	701	0	0	701
301	115	ANTONIO COELHO	M	Nice Runners	M40	47	12-07-1969		0		0	04:14:35	701	0	0	701
305	116	FILIPE LAGES	M	vimarunners	M40	46	01-04-1970	02:40:09	700		0	0	0	0	0	700
311	117	PAULO MELO	M	Soldado Desconhecido	M40	49	28-03-1967	02:41:01	697		0	0	0	0	0	697
313	118	HELDER COSTA	M	NO TOMORROW RUNNING TEAM	M40	41	23-06-1975		0		0	04:16:24	696	0	0	696
314	119	PEDRO PEREIRA	M	Olimpico Vianense Trail/ND Sport	M40	42	11-10-1974	02:41:24	695		0	0	0	0	0	695
316	120	DIOGO JOAO	M	MULTIPOWER GAIA TRAIL	M40	40	20-05-1976		0	02:54:04	694	0	0	0	0	694
318	121	CARLOS FERREIRA	M	Nascidos para Correr	M40	48	01-12-1968	02:41:59	692		0	0	0	0	0	692
319	122	RICARDO MOREIRA	M	Individual	M40	40	09-05-1976		0	02:54:58	691	0	0	0	0	691
320	123	IVO ALMEIDA	M	STEP BY STEP	M40	43	04-09-1973		0	02:54:54	691	0	0	0	0	691
323	124	ANTONIO OLIVEIRA	M	ALIANÇA DE GANDRA	M40	44	08-12-1972		0	02:55:01	690	0	0	0	0	690
327	125	LUIS GUISE	M	vimarunners	M40	48	19-07-1968	02:42:44	689		0	0	0	0	0	689
328	126	PEDRO SOUSA	M	SPINECLINIC	M40	42	28-05-1974	02:42:54	689		0	0	0	0	0	689
329	127	ANTONIO MORAIS	M	Ela corre com eles	M40	44	31-03-1972		0	02:55:23	689	0	0	0	0	689
331	128	CARLOS PEREIR	M	Individual	M40	48	12-02-1968		0		0	04:19:22	688	0	0	688
332	129	MARIO GONCALVES	M	Olimpico Vianense Trail/ND Sport	M40	47	17-02-1969	02:43:16	687		0	0	0	0	0	687
334	130	LUIS LOPES	M	Fardetas	M40	46	15-11-1970	02:43:55	684		0	0	0	0	0	684
335	131	ARSENIO BARROS	M	Individual	M40	45	19-08-1971		0	02:56:39	684	0	0	0	0	684
336	132	MIGUEL PEREIRA	M	velozes e furiosos	M40	42	14-12-1974		0	02:56:32	684	0	0	0	0	684
338	133	CLAUDIO TAVEIRA	M	Fontainhas runners	M40	40	24-09-1976		0	02:56:54	683	0	0	0	0	683
340	134	FERNANDO LOPES	M	C.D.C SÃO MARTINHO DA GÂNDARA	M40	41	17-03-1975		0		0	04:22:13	681	0	0	681
343	135	MANUEL BRANDAO	M	Individual	M40	45	07-02-1971	02:46:01	676		0	0	0	0	0	676
344	136	VITOR COELHO	M	GDC	M40	46	11-12-1970		0	02:58:49	676	0	0	0	0	676
345	137	FRANCISCO TEOTONIO	M	Individual	M40	45	04-07-1971	02:46:13	675		0	0	0	0	0	675
346	138	JOSE BARBOSA	M	Associação Desportiva da Efacec	M40	41	02-11-1975	02:46:11	675		0	0	0	0	0	675
349	139	JOSE LEAL	M	Individual	M40	43	02-02-1973		0	02:59:41	673	0	0	0	0	673
355	140	CARLOS PINTO	M	Fridão Sem Limites	M40	40	30-06-1976	02:47:29	670		0	0	0	0	0	670
356	141	FAUSTO TEIXEIRA	M	velozes e furiosos	M40	45	07-03-1971		0	03:00:15	670	0	0	0	0	670
357	142	JOSE SILVA	M	Individual	M40	41	06-08-1975		0		0	04:26:49	669	0	0	669
365	143	RUI PINTO	M	Individual	M40	43	26-09-1973		0	03:01:59	664	0	0	0	0	664
366	144	JULIAC	M	Individual	M40	40	07-05-1976		0		0	04:28:44	664	0	0	664

Ranking Circuito Trail Valongo M40 - 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
368	145	LAURINDO GOMES	M	PORTO SENTIDO RUNNERS	M40	44	03-05-1972	02:49:31	662		0	0	0	0	0	662
377	146	JOSE FERREIRA	M	Individual	M40	44	01-10-1972		0		0	04:31:36	657	0	0	657
382	147	BRUNO GRACA	M	Bando dos Trilhos e Tralhos, Associação Betetista	M40	41	25-10-1975		0	03:04:48	654	0	0	0	0	654
383	148	DUARTE BARBOSA	M	FITSPOT-Parque Nascente	M40	44	15-01-1972		0		0	04:33:18	653	0	0	653
391	149	MIGUEL DIAS	M	Individual	M40	41	06-08-1975		0	03:06:41	647	0	0	0	0	647
398	150	CARLOS PEREIRA	M	Eu+ Ginásio LMA	M40	41	29-10-1975	02:54:10	644		0	0	0	0	0	644
401	151	NUNO MARQUES	M	KeMedo Team	M40	40	15-10-1976		0	03:07:54	643	0	0	0	0	643
403	152	FRANCISCO FONSECA	M	Equipa João Ferreira	M40	46	29-05-1970		0	03:08:07	642	0	0	0	0	642
404	153	FERNANDO AREZES	M	GTT - Armazém do Caffè	M40	49	03-05-1967	02:54:51	641		0	0	0	0	0	641
405	154	DELFIN NUNES	M	Individual	M40	43	06-10-1973		0	03:08:39	641	0	0	0	0	641
407	155	ARMANDO RIBEIRO	M	Amigo	M40	44	17-01-1972	02:55:10	640		0	0	0	0	0	640
410	156	HELDER AGOSTINHO	M	Individual	M40	40	07-03-1976		0		0	04:39:22	639	0	0	639
414	157	AUGUSTO RODRIGUES	M	Individual	M40	45	30-04-1971	02:56:01	637		0	0	0	0	0	637
417	158	PEDRO MOREIRA	M	NO TOMORROW RUNNING TEAM	M40	42	10-02-1974		0		0	04:40:36	636	0	0	636
418	159	PAULO GOMES	M	NO TOMORROW RUNNING TEAM	M40	44	12-04-1972		0		0	04:40:36	636	0	0	636
420	160	MIGUEL MENDES	M	Individual	M40	41	08-06-1975	02:56:43	635		0	0	0	0	0	635
427	161	ANTONIO SANTOS	M	Clube Millennium BCP	M40	44	01-05-1972	02:57:09	633		0	0	0	0	0	633
431	162	DOMINGOS ROCHA	M	EDV-VIANA TRAIL	M40	48	18-05-1968	02:57:47	631		0	0	0	0	0	631
433	163	MIGUEL TEIXEIRA	M	OUTDOURO	M40	42	30-05-1974	02:58:04	630		0	0	0	0	0	630
434	164	PAULO NUNES	M	Grupo Dramático e Recreativo de Retorta	M40	45	31-05-1971	02:58:06	630		0	0	0	0	0	630
435	165	NUNO FREITAS	M	Individual	M40	41	03-05-1975		0	03:11:40	630	0	0	0	0	630
440	166	RUI MENDES	M	MULTIPOWER GAIA TRAIL	M40	44	01-10-1972		0	03:12:25	628	0	0	0	0	628
441	167	CARLOS SILVA	M	SS MONTEPIO	M40	43	26-05-1973		0	03:12:45	627	0	0	0	0	627
442	168	CARLOS SILVA	M	AVENTURA	M40	40	16-05-1976		0		0	04:44:40	627	0	0	627
444	169	LUIS SILVA	M	Ginasio Fit4Fun	M40	42	21-12-1974	02:59:31	625		0	0	0	0	0	625
445	170	PEDRO CARVALHO	M	ARRASTASSOLAS	M40	44	19-10-1972	02:59:31	625		0	0	0	0	0	625
450	171	RUI ALVES	M	RUNRIVER - Escola de Atletismo de Rio Tinto	M40	43	23-07-1973	03:00:01	623		0	0	0	0	0	623
456	172	JOSE PINTO	M	Individual	M40	40	04-06-1976	03:00:39	621		0	0	0	0	0	621
461	173	VITOR FOLGADO	M	ARCORUN	M40	44	13-10-1972	03:01:08	619		0	0	0	0	0	619
465	174	LUIS RIBEIRO	M	Individual	M40	41	24-01-1975		0		0	04:50:20	615	0	0	615
468	175	JORGE SILVA	M	Individual	M40	42	28-10-1974		0		0	04:50:48	614	0	0	614
470	176	MANUDJO	M	AfrikanRunners	M40	42	27-04-1974	03:02:51	613		0	0	0	0	0	613
471	177	TWENTY JOKAS	M	AfrikanRunners	M40	42	25-02-1974	03:02:51	613		0	0	0	0	0	613
475	178	PAULO SOUSA	M	Individual	M40	44	24-07-1972	03:03:24	612		0	0	0	0	0	612
476	179	GABRIEL MIRANDA	M	Rumo à Aventura	M40	46	07-10-1970		0	03:17:33	612	0	0	0	0	612
479	180	NUNO CASTRO	M	Aventura Marão Clube - Amarante	M40	47	29-05-1969		0	03:17:52	611	0	0	0	0	611

Ranking Circuito Trail Valongo M40 - 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
481	181	MIGUEL FURTADO	M	MULTIPOWER GAIA TRAIL	M40	42	25-04-1974		0	03:17:58	610	0	0	0	0	610
487	182	ANTONIO JESUS	M	team Rede Ambiente	M40	44	19-02-1972	03:04:45	607		0	0	0	0	0	607
491	183	MARCO MAGALHAES	M	A.D.Amarante trail running	M40	41	09-02-1975	03:05:16	605		0	0	0	0	0	605
493	184	SERGIO RICARDO	M	Individual	M40	41	01-11-1975	03:05:42	604		0	0	0	0	0	604
497	185	LUIS SANTOS	M	Individual	M40	43	13-10-1973	03:06:19	602		0	0	0	0	0	602
498	186	PAULO SEABRA	M	Individual	M40	43	07-05-1973		0	03:20:39	602	0	0	0	0	602
500	187	AVELINO RODRIGUES	M	PORTO SENTIDO RUNNERS	M40	43	21-05-1973	03:06:36	601		0	0	0	0	0	601
501	188	BERNARDINO ANDRADE	M	GD4C	M40	43	09-11-1973		0	03:20:59	601	0	0	0	0	601
502	189	AMERICO AREIAS	M	Individual	M40	41	29-03-1975		0	03:21:02	601	0	0	0	0	601
505	190	PEDRO BORGES	M	El Team Trail	M40	43	07-09-1973	03:06:49	600		0	0	0	0	0	600
506	191	MIGUEL PEREIRA	M	PORTO SENTIDO RUNNERS	M40	40	25-08-1976	03:06:47	600		0	0	0	0	0	600
507	192	MARCO PINTO	M	Individual	M40	44	25-12-1972		0	03:21:21	600	0	0	0	0	600
509	193	EDUARDO NASCIMENRO	M	Individual	M40	45	19-08-1971	03:07:21	599		0	0	0	0	0	599
510	194	JOAO DOMINGUES	M	Individual	M40	41	18-10-1975	03:07:37	598		0	0	0	0	0	598
511	195	DIAMANTINO CATARINO	M	Individual	M40	45	28-09-1971		0		0	04:58:29	598	0	0	598
514	196	ANTONIO MARTINS	M	Individual	M40	44	29-06-1972	03:08:13	596		0	0	0	0	0	596
515	197	JOSE PEREIRA	M	OS ROTOS	M40	48	01-10-1968	03:08:05	596		0	0	0	0	0	596
517	198	SAMUEL SOARES	M	Individual	M40	41	02-04-1975	03:08:39	594		0	0	0	0	0	594
519	199	PAULO FERREIRA	M	EDV-VIANA TRAIL	M40	43	13-08-1973	03:09:15	593		0	0	0	0	0	593
520	200	MINGUS	M	AfrikanRunners	M40	43	01-02-1973	03:09:16	593		0	0	0	0	0	593
523	201	RUI FREITAS	M	Nice Runners	M40	44	21-07-1972		0		0	05:01:37	592	0	0	592
526	202	FILIPE LEMOS	M	Individual	M40	48	18-10-1968	03:10:10	590		0	0	0	0	0	590
527	203	ADERITO SILVA	M	ADTravassô	M40	46	13-05-1970	03:10:05	590		0	0	0	0	0	590
528	204	PAULO PIRES	M	ADTravassô	M40	40	20-05-1976	03:10:07	590		0	0	0	0	0	590
529	205	PEDRO SANTOS	M	All About Spirit Team	M40	42	01-11-1974		0		0	05:02:45	590	0	0	590
531	206	LUIS OLIVEIRA	M	GD santander totta	M40	41	10-01-1975		0	03:25:14	589	0	0	0	0	589
532	207	LUIS TEIXEIRA	M	Individual	M40	40	15-11-1976		0		0	05:03:12	589	0	0	589
540	208	PEDRO BASTOS	M	Via Verde Team	M40	45	04-06-1971		0		0	05:04:59	585	0	0	585
544	209	PAULO LEITE	M	Individual	M40	44	16-05-1972	03:11:53	584		0	0	0	0	0	584
545	210	JORGE RODRIGUES	M	Individual	M40	44	20-10-1972	03:11:57	584		0	0	0	0	0	584
546	211	CARLOS NAVEGA	M	Individual	M40	49	20-09-1967		0		0	05:05:27	584	0	0	584
548	212	SERGIO ESTEVES	M	Individual	M40	42	27-05-1974	03:12:17	583		0	0	0	0	0	583
549	213	VITOR COSTA	M	Individual	M40	49	06-09-1967	03:12:31	583		0	0	0	0	0	583
550	214	HUGO SANTOS	M	Piratas das Montanhas	M40	42	24-07-1974	03:12:30	583		0	0	0	0	0	583
561	215	JOSE JESUS	M	Ginasio Fit4Fun	M40	40	19-02-1976	03:14:08	578		0	0	0	0	0	578
562	216	CANDIDO SILVA	M	Individual	M40	44	04-11-1972		0	03:29:09	578	0	0	0	0	578

Ranking Circuito Trail Valongo M40 - 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
564	217	PEDRO SEIXAS	M	Oralklass-Amigos do Trail	M40	42	17-12-1974		0	03:29:17	577	0	0	0	0	577
568	218	CARLINDO MARTINS	M	FITSPOT-Parque Nascente	M40	41	07-03-1975	03:14:43	576		0	0	0	0	0	576
572	219	PAULO CAVACO	M	Individual	M40	47	30-12-1969	03:14:57	575		0	0	0	0	0	575
573	220	NUNO SAMPAIO	M	vimarunners	M40	44	20-11-1972	03:15:03	575		0	0	0	0	0	575
574	221	WILSON FONSECA	M	Individual	M40	41	21-05-1975		0	03:30:06	575	0	0	0	0	575
575	222	RUI CONDE	M	GTT - Armazém do Caffè	M40	42	05-08-1974	03:15:23	574		0	0	0	0	0	574
576	223	NUNO FONTELONGA	M	FITSPOT-Parque Nascente	M40	41	21-04-1975	03:15:22	574		0	0	0	0	0	574
586	224	JORGE MONTEIRO	M	FITSPOT-Parque Nascente	M40	42	13-11-1974	03:16:38	570		0	0	0	0	0	570
590	225	FERNANDO OLIVEIRA	M	Engomadoria L&A Team	M40	44	05-10-1972	03:17:14	569		0	0	0	0	0	569
591	226	MANUEL CARDOSO	M	Clube Zupper	M40	42	23-06-1974	03:17:08	569		0	0	0	0	0	569
594	227	PAULO PROSPERO	M	Individual	M40	46	14-08-1970	03:17:57	567		0	0	0	0	0	567
596	228	DANIEL LACERDA	M	Individual	M40	41	03-10-1975	03:18:10	566		0	0	0	0	0	566
597	229	HILARIO COSTA	M	Individual	M40	49	23-03-1967	03:18:12	566		0	0	0	0	0	566
598	230	PAULO SILVA	M	Individual	M40	45	08-07-1971		0		0	05:15:13	566	0	0	566
604	231	DAVID SOUSA	M	Individual	M40	42	09-03-1974	03:19:08	563		0	0	0	0	0	563
605	232	PEDRO GAIO	M	LION RUNNERS - G. D. LEÕES DA GUARDA	M40	40	22-12-1976	03:19:09	563		0	0	0	0	0	563
606	233	DOMINGOS MORAIS	M	MULTIPOWER GAIA TRAIL	M40	42	11-12-1974		0		0	05:16:58	563	0	0	563
609	234	JOSE MENDES	M	Individual	M40	46	12-06-1970		0	03:35:09	562	0	0	0	0	562
613	235	JORGE SILVA	M	GD BPI	M40	45	30-05-1971	03:20:22	560		0	0	0	0	0	560
616	236	BALTAZAR FERREIRA	M	Individual	M40	49	24-07-1967	03:20:36	559		0	0	0	0	0	559
617	237	BENIGNO AZEVEDO	M	Individual	M40	42	14-08-1974	03:20:38	559		0	0	0	0	0	559
621	238	FRANCISCO GONCALVES	M	CAES D AVENIDA	M40	42	12-12-1974		0	03:37:02	557	0	0	0	0	557
622	239	MIGUEL MOREIRA	M	CAES D AVENIDA	M40	40	13-11-1976		0	03:37:01	557	0	0	0	0	557
623	240	LUIS ROCHA	M	CAES D AVENIDA	M40	44	06-09-1972		0	03:37:01	557	0	0	0	0	557
627	241	PAULO QUEIROS	M	Individual	M40	46	21-06-1970	03:22:08	555		0	0	0	0	0	555
628	242	NUNO CARNEIRO	M	Individual	M40	40	06-02-1976	03:22:15	555		0	0	0	0	0	555
629	243	RICARDO RIBEIRO	M	Individual	M40	46	15-10-1970		0	03:37:39	555	0	0	0	0	555
635	244	MANUEL MOURA	M	Associação Desportiva da Efaced	M40	40	11-10-1976	03:23:13	552		0	0	0	0	0	552
638	245	GABRIEL SANTOS	M	Individual	M40	41	30-09-1975	03:23:22	551		0	0	0	0	0	551
641	246	JOSE SILVA	M	Individual	M40	46	26-05-1970	03:23:47	550		0	0	0	0	0	550
642	247	FILIPE CASTRO	M	Individual	M40	42	14-04-1974		0	03:39:48	550	0	0	0	0	550
649	248	NUNO HENRIQUE	M	Nascidos para Correr	M40	43	29-04-1973	03:25:09	547		0	0	0	0	0	547
651	249	AMARO RODRIGUES	M	GINÁSIO EXTREME FIT (Oliveira do Hospital)	M40	47	20-10-1969	03:25:15	546		0	0	0	0	0	546
652	250	NUNO ALMEIDA	M	Individual	M40	40	06-03-1976		0	03:41:16	546	0	0	0	0	546
653	251	ANTERO CUNHA	M	Individual	M40	49	25-12-1967		0	03:41:11	546	0	0	0	0	546
661	252	HELDER GOMES	M	Individual	M40	46	02-11-1970	03:25:36	545		0	0	0	0	0	545

Ranking Circuito Trail Valongo M40 - 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
664	253	LUIS SILVA	M	KeMedo Team	M40	40	22-09-1976	03:25:59	544		0	0	0	0	0	544
665	254	FERNANDO SOARES	M	Individual	M40	41	27-11-1975	03:26:31	543		0	0	0	0	0	543
674	255	ARTUR FERREIRA	M	Individual	M40	40	17-04-1976	03:27:11	541		0	0	0	0	0	541
675	256	PEDRO PINTO	M	HANDRUNNERS	M40	41	22-01-1975		0		0	05:29:44	541	0	0	541
676	257	JOAQUIM VAZ	M	Individual	M40	43	11-09-1973	03:27:43	540		0	0	0	0	0	540
677	258	PAULO FREITAS	M	JOANA RODRIGUES SOUSA	M40	41	09-03-1975	03:27:36	540		0	0	0	0	0	540
681	259	CARLOS ARAUJO	M	Clube Millennium BCP	M40	48	18-05-1968	03:28:29	538		0	0	0	0	0	538
682	260	HELDER SILVA	M	CLUBE ATLETISMO DE LAMAS	M40	41	09-01-1975	03:28:32	538		0	0	0	0	0	538
684	261	NELSON MACHADO	M	Individual	M40	40	03-07-1976	03:29:06	536		0	0	0	0	0	536
688	262	RENATO OLIVEIRA	M	PORTOCARGO	M40	44	18-12-1972	03:30:08	534		0	0	0	0	0	534
689	263	JOSE COSTA	M	Individual	M40	49	05-04-1967		0	03:46:19	534	0	0	0	0	534
690	264	NUNO CUNHA	M	Individual	M40	46	07-11-1970		0		0	05:34:14	534	0	0	534
692	265	RUI FERNANDES	M	Individual	M40	45	10-04-1971	03:31:04	531		0	0	0	0	0	531
694	266	JOAO RAMOS	M	Individual	M40	43	18-04-1973	03:32:14	528		0	0	0	0	0	528
695	267	RUI TEIXEIRA	M	Os Falta D'Ar	M40	43	27-04-1973	03:32:28	528		0	0	0	0	0	528
698	268	TIAGO ALMEIDA	M	BUDEGUITA RUNNERS	M40	40	15-12-1976	03:32:55	527		0	0	0	0	0	527
699	269	VITOR DUARTE	M	BUDEGUITA RUNNERS	M40	42	30-11-1974	03:32:56	527		0	0	0	0	0	527
700	270	TIAGO AMORIM	M	BUDEGUITA RUNNERS	M40	45	23-10-1971	03:32:58	527		0	0	0	0	0	527
701	271	ANTONIO CARVALHO	M	NOCTURNOS DE PAREDES	M40	44	30-07-1972	03:32:46	527		0	0	0	0	0	527
702	272	PAULO VILARINHO	M	Gaia Running	M40	44	01-03-1972	03:32:39	527		0	0	0	0	0	527
703	273	RUI FREITAS	M	Individual	M40	43	17-05-1973		0	03:49:10	527	0	0	0	0	527
704	274	FLAVIO MONTEIRO	M	Individual	M40	43	15-01-1973		0		0	05:38:47	527	0	0	527
705	275	JORGE PAULINO	M	Individual	M40	40	31-07-1976		0		0	05:38:45	527	0	0	527
709	276	LUIS SOUSA	M	Individual	M40	42	28-02-1974		0	03:50:15	525	0	0	0	0	525
710	277	FERNANDO JORGE	M	Invicta Runners Team	M40	42	30-05-1974		0	03:51:43	521	0	0	0	0	521
711	278	ALBERTO CESAR	M	Individual	M40	46	24-12-1970		0		0	05:42:39	521	0	0	521
714	279	DAVID PINTO	M	UNIDOS À FRESCA	M40	49	31-03-1967	03:36:08	519		0	0	0	0	0	519
716	280	OSCAR FIGUEIREDO	M	Individual	M40	40	01-11-1976	03:36:30	518		0	0	0	0	0	518
717	281	RUI CAMPOS	M	ANONYMOUS Pro Sports Challenger	M40	43	06-07-1973	03:36:24	518		0	0	0	0	0	518
722	282	HENRIQUE SILVA	M	Individual	M40	46	04-12-1970	03:37:42	515		0	0	0	0	0	515
725	283	ARMANDO LIMA	M	Individual	M40	47	02-01-1969		0	03:54:57	514	0	0	0	0	514
727	284	FRANCISCO CERQUEIRA	M	MARATONISTAS DO MINHO	M40	45	26-08-1971	03:38:42	513		0	0	0	0	0	513
728	285	PEDRO GAVINA	M	All About	M40	44	24-06-1972	03:38:40	513		0	0	0	0	0	513
729	286	JOSE RODRIGUES	M	Individual	M40	42	24-07-1974	03:39:43	510		0	0	0	0	0	510
732	287	JOAO LEITE	M	NOCTURNOS DE PAREDES	M40	45	24-06-1971	03:40:30	509		0	0	0	0	0	509
733	288	PEDRO OLIVEIRA	M	Clube Galp Energia Norte	M40	43	20-10-1973		0	03:57:39	508	0	0	0	0	508

Ranking Circuito Trail Valongo M40 - 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
740	289	MIGUEL FONSECA	M	LION RUNNERS - G. D. LEÕES DA GUARDA	M40	44	28-07-1972	03:42:46	503		0	0	0	0	0	503
741	290	JOAO BRITO	M	Individual	M40	40	23-11-1976		0	04:00:18	503	0	0	0	0	503
743	291	JOAO AUGUSTO	M	Individual	M40	45	08-10-1971	03:43:32	502		0	0	0	0	0	502
744	292	CARLOS LOPES	M	Individual	M40	42	02-08-1974	03:43:33	502		0	0	0	0	0	502
745	293	OSVALDO FERREIRA	M	team Rede Ambiente	M40	40	17-06-1976	03:43:29	502		0	0	0	0	0	502
746	294	RUI SCHUMACHER	M	Individual	M40	43	20-05-1973		0	04:00:30	502	0	0	0	0	502
747	295	JOSE MARQUES	M	Individual	M40	46	06-04-1970		0	04:00:30	502	0	0	0	0	502
750	296	JOAO GRACA	M	Individual	M40	41	30-06-1975		0	04:01:35	500	0	0	0	0	500
751	297	LUCIO RIBEIRO	M	SMIP	M40	41	20-07-1975		0		0	05:57:07	500	0	0	500
754	298	LUIS GOMES	M	Individual	M40	48	26-09-1968	03:44:46	499		0	0	0	0	0	499
755	299	RUI ASSUNCAO	M	os caga tacos running team	M40	40	31-12-1976	03:44:47	499		0	0	0	0	0	499
756	300	PEDRO COSTELHA	M	Individual	M40	43	12-11-1973		0	04:01:56	499	0	0	0	0	499
759	301	CARLOS SANTOS	M	100Fôlego	M40	44	11-12-1972	03:45:43	497		0	0	0	0	0	497
765	302	JOAO CARDOSO	M	Individual	M40	40	17-06-1976		0		0	06:03:11	491	0	0	491
766	303	NUNO PACHECO	M	Individual	M40	41	24-07-1975	03:48:58	490		0	0	0	0	0	490
771	304	RUI TRINDADE	M	Individual	M40	43	26-09-1973	03:50:23	487		0	0	0	0	0	487
772	305	MARIO RODRIGUES	M	Metralhas Runners	M40	41	08-10-1975	03:50:19	487		0	0	0	0	0	487
775	306	JOSE PINTO	M	Clube Zupper	M40	49	15-04-1967		0	04:08:43	486	0	0	0	0	486
776	307	JORGE GONCALVES	M	Clube Zupper	M40	40	04-07-1976		0	04:08:43	486	0	0	0	0	486
778	308	ESTEFANIO PINTO	M	Individual	M40	43	06-09-1973		0	04:09:56	483	0	0	0	0	483
779	309	ALVARO SARAIVA	M	Individual	M40	40	03-11-1976		0	04:10:29	482	0	0	0	0	482
780	310	ANGELO SENRA	M	Individual	M40	41	21-12-1975		0	04:11:10	481	0	0	0	0	481
784	311	PAULO FERNANDES	M	Individual	M40	48	23-03-1968	03:54:29	478		0	0	0	0	0	478
785	312	LUIS LOBO	M	alltitudes trail team	M40	44	07-02-1972	03:54:23	478		0	0	0	0	0	478
787	313	OSVALDO OLIVEIRA	M	Individual	M40	46	23-10-1970	03:55:34	476		0	0	0	0	0	476
789	314	CARLOS FERREIRA	M	autistic.runners	M40	47	06-03-1969	03:56:16	475		0	0	0	0	0	475
795	315	RUI VICENTE	M	MULTIPOWER GAIA TRAIL	M40	44	07-10-1972	03:58:40	470		0	0	0	0	0	470
797	316	LUIS PEDROSO	M	Individual	M40	45	04-11-1971	03:59:18	469		0	0	0	0	0	469
798	317	JOAO MORAIS	M	Individual	M40	45	14-08-1971	03:59:29	468		0	0	0	0	0	468
799	318	SILVIO BARBOSA	M	Clube Zupper	M40	40	23-02-1976		0	04:18:50	467	0	0	0	0	467
800	319	CELIO SOARES	M	Marco Runners	M40	40	21-04-1976	04:01:05	465		0	0	0	0	0	465
803	320	JOSE LASCASAS	M	GONDOMAR FUTSAL CLUBE	M40	48	29-12-1968	04:01:58	463		0	0	0	0	0	463
809	321	JOSE FARIA	M	NO TOMORROW RUNNING TEAM	M40	42	03-03-1974	04:05:39	456		0	0	0	0	0	456
810	322	PAULA FIGUEIREDO	M	Os TurboMula	M40	41	12-10-1975	04:06:03	456		0	0	0	0	0	456
815	323	PAULO SOARES	M	Individual	M40	44	04-11-1972		0	04:27:15	452	0	0	0	0	452
816	324	MIGUEL CATARINO	M	Individual	M40	44	20-07-1972		0	04:27:36	451	0	0	0	0	451

Ranking Circuito Trail Valongo M40 - 2016



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817	325	ANTONIO ANGELINO	M	Nascidos para Correr	M40	42	29-05-1974	0	0	04:27:42	451	0	0	0	0	451
824	326	PEDRO ALVES	M	Nice Runners	M40	40	08-04-1976	0	0		0	06:38:58	447	0	0	447
827	327	FERNANDO PEREIRA	M	Individual	M40	44	29-03-1972	0	0	04:30:52	446	0	0	0	0	446
831	328	CARLOS GUEDES	M	alltitudes trail team	M40	40	07-03-1976	04:13:15	443		0	0	0	0	0	443
833	329	ALVARO PINTO	M	Clube Zupper	M40	46	24-03-1970	04:14:12	441		0	0	0	0	0	441
834	330	ORLANDO COSTA	M	EQUIPA JOAO FERREIRA	M40	47	06-02-1969	04:14:27	441		0	0	0	0	0	441
842	331	PAULO FERREIRA	M	PORTOCARGO	M40	44	08-10-1972	04:21:19	429		0	0	0	0	0	429
845	332	PAULO RIBEIRO	M	Individual	M40	44	01-04-1972	04:22:10	428		0	0	0	0	0	428
846	333	RUI CARVALHO	M	DUROS VL	M40	44	01-10-1972	04:22:50	427		0	0	0	0	0	427
848	334	PEDRO PEREIRA	M	RoadRunners	M40	40	10-03-1976		0		0	06:59:16	426	0	0	426
852	335	RUI OLIVEIRA	M	Individual	M40	43	05-03-1973	04:23:47	425		0	0	0	0	0	425
853	336	ALVARO CUNHA	M	ALIANÇA DE GANDRA	M40	43	10-05-1973		0	04:43:52	425	0	0	0	0	425
854	337	JUVENAL CARDOSO	M	ALIANÇA DE GANDRA	M40	44	27-01-1972		0	04:43:53	425	0	0	0	0	425
856	338	MARIO RIBEIRO	M	GONDOMAR FUTSAL CLUBE	M40	47	14-02-1969	04:24:30	424		0	0	0	0	0	424
858	339	ANTONIO MARTINS	M	PORTOCARGO	M40	44	17-02-1972	04:25:03	423		0	0	0	0	0	423
865	340	MIGUEL RESENDE	M	Individual	M40	46	29-04-1970	04:26:38	420		0	0	0	0	0	420
868	341	CLAUDIO SANTOS	M	Clube Vodafone	M40	40	22-01-1976	04:29:24	416		0	0	0	0	0	416
873	342	VITOR MOUTINHO	M	Clube Vodafone	M40	42	31-08-1974	04:32:05	412		0	0	0	0	0	412
874	343	EDUARDO FERREIRA	M	Inimigos do Podium	M40	44	16-04-1972		0		0	07:12:58	412	0	0	412
877	344	FERNANDO SOUSA	M	Os TurboMula	M40	43	18-05-1973	04:33:44	410		0	0	0	0	0	410
878	345	FERNANDO MONTEIRO	M	Moreira Relax Runners	M40	46	02-06-1970	04:36:19	406		0	0	0	0	0	406
881	346	CARLOS VILACA	M	100Fôlego	M40	43	06-02-1973	04:40:59	399		0	0	0	0	0	399
882	347	ALEX PIRES	M	Os contrabandistas	M40	42	18-08-1974	04:42:27	397		0	0	0	0	0	397
885	348	LUIS SCHUMACHER	M	Individual	M40	45	01-04-1971		0	05:07:42	393	0	0	0	0	393
886	349	JOSE FERREIRA	M	Ou vai ou racha	M40	44	18-06-1972		0	05:07:58	392	0	0	0	0	392
887	350	PAULO MAGALHAES	M	Ou vai ou racha	M40	44	07-03-1972		0	05:07:57	392	0	0	0	0	392
889	351	RUI BRANCO	M	Individual	M40	44	24-02-1972	04:46:39	391		0	0	0	0	0	391
890	352	PEDRO GONCALVES	M	Trailgloditas	M40	43	12-01-1973	04:46:38	391		0	0	0	0	0	391
891	353	FERNANDO RODRIGUES	M	Individual	M40	45	29-10-1971		0	05:09:12	391	0	0	0	0	391
892	354	JOAO QUINTAS	M	Figueira Kayak Clube	M40	42	01-06-1974	04:47:13	390		0	0	0	0	0	390
893	355	JORGE PINHEIRO	M	WILD Sultans	M40	41	12-06-1975		0	05:09:48	390	0	0	0	0	390
894	356	NUNO MORGADO	M	WILD Sultans	M40	40	15-03-1976		0	05:09:49	390	0	0	0	0	390
899	357	NELSON MONTALVAO	M	Os TurboMula	M40	41	03-08-1975	04:49:17	388		0	0	0	0	0	388
900	358	ALCIDES FREIRE	M	JN Running	M40	45	09-12-1971	04:49:18	387		0	0	0	0	0	387
905	359	JOSE MARTINS	M	Individual	M40	44	10-09-1972	04:53:03	383		0	0	0	0	0	383
908	360	SERGIO BRITES	M	Gangue das Maças	M40	41	25-06-1975	04:53:05	382		0	0	0	0	0	382

Ranking Circuito Trail Valongo M40 - 2016



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910	361	ELISABETE LOUREIRO	M	Bolts	M40	48	02-12-1968	04:58:09	376		0	0	0	0	0	376