

Ranking Circuito Trail Valongo Geral Masculino - 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
4	1	BRUNO SANTIAGO	M	MULTIPOWER GAIA TRAIL	MSenior	33	29-12-1983		0	02:25:01	833	03:19:22	896	01:38:37	896	2625
5	2	IVO PEKO	M	MULTIPOWER GAIA TRAIL	MSenior	31	25-11-1985	02:19:07	806		0	03:28:07	858	01:35:50	922	2586
6	1	JOSE MOTA	M	CICLISTAS CÔSMICOS - GISLÓTICA	M50	54	06-10-1962	02:18:48	808	02:21:52	852	03:20:38	890	0	0	2550
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
8	3	NUNO MAIA	M	MULTIPOWER GAIA TRAIL	MSenior	38	02-08-1978	02:14:57	831	02:28:35	813	03:41:14	807	01:51:46	791	2451
9	4	LUIS LEMOS	M	Individual	MSenior	37	02-02-1979	02:23:25	782	02:34:15	783	03:38:21	818	01:49:11	809	2410
10	5	HENRIQUE BARBOSA	M	Individual	MSenior	38	06-10-1978	02:44:21	682	02:37:59	765	03:45:29	792	01:45:51	835	2392
11	6	FRANCISCO FIGUEIREDO	M	Ginasio Fit4Fun	MSenior	35	15-08-1981	02:23:12	783	02:45:10	732	03:45:20	792	01:57:34	752	2327
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
13	7	PAULO PINHO	M	MULTIPOWER GAIA TRAIL	MSenior	34	10-05-1982	02:29:53	748		0	04:35:28	648	01:49:10	810	2206
14	8	MICHAEL CUNHA	M	MULTIPOWER GAIA TRAIL	MSenior	22	28-06-1994	02:26:11	767	02:50:20	709	04:21:01	684	0	0	2160
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
16	9	JOSUE MOREIRA	M	Leões de Tardariz Trail	MSenior	27	21-10-1989	02:22:28	787	02:46:47	725	04:51:36	612	0	0	2124
17	2	VITOR MOREIRA	M	Individual	M50	51	24-05-1965	02:51:36	654	02:50:46	708	04:18:15	691	02:04:59	707	2106
18	10	JORGE RIBEIRO	M	Individual	MSenior	28	24-05-1988	02:45:51	676	02:56:02	686	04:15:12	700	0	0	2062
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
20	11	BRUNO RAMIRO	M	Casadotear.pt	MSenior	32	06-08-1984	02:38:15	709	02:45:33	730	0	0	02:25:06	609	2048
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
24	12	RICARDO CARVALHO	M	CTAD - Trilhos de Cinfães	MSenior	32	14-05-1984	02:46:29	674	03:08:42	640	04:21:23	683	0	0	1997
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
26	13	FERNANDO LEMOS	M	MULTIPOWER GAIA TRAIL	MSenior	33	03-11-1983		0	02:00:56	1000	03:06:27	958	0	0	1958
27	14	BRUNO MOREIRA	M	AMIGOS DO PEDAL TRAILAGARES	MSenior	33	27-01-1983		0		0	02:59:21	996	01:33:04	950	1946
28	15	PAULO COSTA	M	A.D.Amarante trail running	MSenior	37	06-05-1979	01:57:19	956		0	03:00:50	988	0	0	1944
29	16	SERGIO SOUSA	M	Individual	MSenior	37	19-05-1979	02:53:36	646	03:36:36	558	05:05:50	584	02:11:11	674	1904
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
31	17	NUNO SA	M	Individual	MSenior	34	23-02-1982	03:11:15	586		0	04:37:39	643	02:12:05	669	1898
32	18	MARCOS SILVA	M	Individual	MSenior	35	11-04-1981	03:54:54	477	03:22:29	597	04:55:48	604	02:11:39	671	1872
33	19	JORGE BORGES	M	Individual	MSenior	38	14-05-1978	03:09:58	590	04:12:11	479	04:03:22	734	0	0	1803
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
35	1	LINO MOREIRA	M	Os TurboMula	M60	62	18-04-1954	03:23:21	551		0	04:40:28	637	02:25:03	609	1797
36	20	FERNANDO AZEVEDO	M	KeMedo Team	MSenior	39	08-03-1977	03:27:04	542	03:20:08	604	04:34:04	651	0	0	1797

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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
37	21	RICARDO PIRES	M	Da-lhe Gas	MSenior	38	20-09-1978	03:37:44	515		0	05:15:06	567	02:03:41	714	1796
38	14	JOAQUIM FREITAS	M	GDR RETORTA	M40	41	26-07-1975		0		0	03:16:05	911	01:44:14	848	1759
39	22	DANIEL SILVA	M	Individual	MSenior	29	19-01-1987	03:26:14	544	03:34:13	564	05:05:01	585	02:28:35	595	1744
40	23	HELDER SILVA	M	LAZINCO	MSenior	33	26-01-1983	03:14:38	576	03:41:14	546	04:56:50	601	0	0	1723
41	15	ANTONIO AMADOR	M	Individual	M40	48	29-02-1968	02:16:14	823	02:30:24	804	0	0	0	0	1627
42	3	AMERICO PINTO	M	CCDTC.M.GONDOMAR	M50	54	24-03-1962		0	02:28:16	815	03:41:27	806	0	0	1621
43	24	JOAO LEAL	M	Individual	MSenior	33	05-01-1983	02:22:56	785		0	0	0	01:45:57	834	1619
44	25	FILIPE LIMA	M	GRUPO DESPORTIVO SANTANDER TOTTA	MSenior	39	05-02-1977		0	02:32:28	793	03:37:24	821	0	0	1614
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
46	26	LUIS SILVA	M	CTAD - Trilhos de Cinfães	MSenior	26	21-05-1990	02:19:05	807		0	03:43:42	798	0	0	1605
47	27	JOSE PINTO	M	team Rede Ambiente	MSenior	35	20-08-1981	02:20:13	800		0	03:43:35	799	0	0	1599
48	28	NUNO SILVA	M	Individual	MSenior	37	17-05-1979	02:21:56	790	02:30:09	805	0	0	0	0	1595
49	29	CARLOS ALVES	M	MULTIPOWER GAIA TRAIL	MSenior	35	28-03-1981	02:09:23	867	02:49:26	713	0	0	0	0	1580
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
51	30	HUGO ARAUJO	M	GTT - Armazém do Caffè	MSenior	30	08-10-1986		0	02:28:32	814	03:56:16	756	0	0	1570
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
54	31	CARLOS LEAL	M	fb.com/familiapatanisca	MSenior	35	05-05-1981	03:43:51	501		0	06:00:16	495	02:37:51	560	1556
55	4	CARLOS GANDRA	M	GTT - Armazém do Caffè	M50	51	06-10-1965		0	02:36:59	770	03:48:22	782	0	0	1552
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
58	32	LUIS PINTO	M	Fridão Sem Limites	MSenior	32	10-06-1984	02:32:23	736		0	03:45:48	791	0	0	1527
59	33	SERGIO MONTEIRO	M	Sardonisca Runners	MSenior	32	17-06-1984	02:25:26	771		0	0	0	01:57:09	754	1525
60	5	ANGELO PEREIRA	M	CENTRO CICLISTA DE GONDOMAR	M50	54	09-07-1962	02:31:56	738		0	03:53:18	765	0	0	1503
61	6	HENRIQUE SANTOS	M	Individual	M50	50	28-09-1966		0	02:40:08	755	04:02:55	735	0	0	1490
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
64	34	RICARDO SILVA	M	OFRunning	MSenior	31	29-03-1985		0		0	04:03:54	732	02:02:51	719	1451
65	35	PAULO PINHEIRO	M	os lebres btt sai da frente	MSenior	38	06-12-1978	02:32:38	735	02:49:05	715	0	0	0	0	1450
66	24	VITOR COELHO	M	Individual	M40	49	21-04-1967	02:33:35	730	02:48:09	719	0	0	0	0	1449
67	36	PAULO MADEIRA	M	MULTIPOWER GAIA TRAIL	MSenior	35	06-05-1981	02:32:25	736	02:50:26	709	0	0	0	0	1445
68	37	RUI PEREIRA	M	Individual	MSenior	38	11-10-1978		0	02:49:22	714	04:06:30	724	0	0	1438
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
70	7	ANTONIO AZEVEDO	M	Nascidos para Correr	M50	53	23-04-1963	02:31:42	739	02:55:02	690	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
72	38	PAULO JORGE	M	GONDOMAR FUTSAL CLUBE	MSenior	39	22-12-1977	02:35:53	720		0	04:12:14	708	0	0	1428

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73	2	JOSE MAGALHAES	M	PORTOCARGO	M60	62	30-10-1954	02:37:19	713	02:49:32	713	0	0	0	0	1426
74	39	NUNO SOBRAL	M	Team DUAS FACES	MSenior	39	26-08-1977	02:39:22	704		0	04:09:03	717	0	0	1421
75	27	VITOR BARROSO	M	Fontainhas runners	M40	41	30-10-1975		0	02:56:54	683	04:03:38	733	0	0	1416
76	40	RICARDO COSTA	M	Unidade Especial de Corrida	MSenior	36	21-11-1980	02:42:01	692		0	04:07:17	722	0	0	1414
77	41	RICARDO DUARTE	M	Individual	MSenior	35	17-11-1981	02:38:33	707	02:51:40	704	0	0	0	0	1411
78	42	JOAO PEREIRA	M	Individual	MSenior	31	13-11-1985		0	02:59:28	673	04:02:50	735	0	0	1408
79	28	DANIEL MOTA	M	Individual	M40	45	06-05-1971	02:39:48	702		0	04:18:44	690	0	0	1392
80	43	JOSE COSTA	M	Individual	MSenior	39	18-05-1977	02:39:56	701	02:58:15	678	0	0	0	0	1379
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
82	44	ANTONIO GONCALVES	M	Individual	MSenior	36	07-08-1980	02:27:07	762		0	0	0	02:26:43	602	1364
83	45	MIGUEL ALVES	M	Leões de Tardariz Trail	MSenior	33	31-01-1983		0	02:53:42	696	04:27:53	666	0	0	1362
84	46	RAFAEL ALMEIDA	M	FITSPOT-Parque Nascente	MSenior	34	05-08-1982	02:45:49	676		0	04:20:28	685	0	0	1361
85	47	HUGO TEIXEIRA	M	Individual	MSenior	37	30-09-1979		0	03:05:33	651	0	0	02:05:37	703	1354
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
93	48	MARIO GALHANO	M	Individual	MSenior	34	04-08-1982	03:00:10	622	02:52:17	701	0	0	0	0	1323
94	49	MIGUEL SECA	M	Individual	MSenior	36	01-04-1980	02:48:05	667		0	04:33:09	654	0	0	1321
95	50	HUGO SILVA	M	Individual	MSenior	30	02-09-1986		0	03:05:15	652	04:31:02	659	0	0	1311
96	51	HELDER PARRACHO	M	Individual	MSenior	36	17-02-1980	02:59:15	626		0	04:22:34	680	0	0	1306
97	37	JOSE MARTINS	M	Individual	M40	40	07-02-1976		0	03:11:27	631	0	0	02:14:47	656	1287
98	52	HUGO PALMEIRA	M	GTT - Armazém do Caffè	MSenior	38	03-09-1978	02:55:16	640	03:07:28	645	0	0	0	0	1285
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
104	53	JOAQUIM SANTOS	M	Individual	MSenior	32	23-03-1984	03:07:25	598		0	0	0	02:17:47	641	1239
105	54	GIL SILVA	M	Eu+ Ginásio LMA	MSenior	33	17-10-1983	03:05:48	604		0	04:44:17	628	0	0	1232
106	8	ALCINO VIEIRA	M	FITSPOT-Parque Nascente	M50	52	06-07-1964	03:24:02	550	02:59:10	674	0	0	0	0	1224
107	9	ANTONIO PAIS	M	Individual	M50	51	22-12-1965	02:58:01	630	03:24:29	591	0	0	0	0	1221
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

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109	44	LUIS PEREIRA	M	Individual	M40	41	29-12-1975		0	03:15:27	618	04:58:35	598	0	0	1216
110	55	NELSON SILVA	M	Individual	MSenior	39	22-12-1977	03:00:40	621		0	05:03:29	588	0	0	1209
111	56	HUGO DUARTE	M	A.D.Amarante trail running	MSenior	34	16-09-1982	02:56:22	636		0	05:12:42	571	0	0	1207
112	57	ANTONIO PAIVA	M	Individual	MSenior	37	10-06-1979		0	03:16:16	616	05:04:51	586	0	0	1202
113	58	RICARDO PEREIRA	M	PORTOCARGO	MSenior	32	24-07-1984	03:12:19	583	03:15:40	618	0	0	0	0	1201
114	59	JOSE PEREIRA	M	KeMedo Team	MSenior	39	30-01-1977	03:11:48	585		0	04:50:21	615	0	0	1200
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
116	60	BRUNO VILACA	M	Vanila Vilessa	MSenior	34	16-01-1982	03:08:49	594		0	04:57:47	600	0	0	1194
117	10	FERNANDO CONCEICAO	M	Invicta Runners Team	M50	52	01-01-1964	03:29:39	535		0	04:31:27	658	0	0	1193
118	61	MIGUEL CRUZ	M	Associação Desportiva da Efacec	MSenior	39	19-11-1977	03:23:12	552	03:09:44	637	0	0	0	0	1189
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
120	62	EURICO MATEUS	M	Individual	MSenior	33	25-11-1983		0	03:24:29	591	0	0	02:31:35	583	1174
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
124	63	FERNANDO NOGUEIRA	M	AMIGOS DO PEDAL TRAILAGARES	MSenior	34	06-11-1982		0	03:36:01	559	05:01:16	593	0	0	1152
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
126	11	FERNANDO OLIVEIRA	M	Individual	M50	55	04-02-1961	03:14:41	576	03:31:37	571	0	0	0	0	1147
127	12	JOAQUIM LEITE	M	Leões de Tardariz Trail	M50	54	01-09-1962		0	03:42:53	542	04:55:15	605	0	0	1147
128	64	PAULO FERREIRA	M	Individual	MSenior	32	24-06-1984		0	03:50:20	525	0	0	02:24:29	612	1137
129	65	TIAGO BORGES	M	TEAM LANTEMIL	MSenior	30	14-03-1986	03:09:06	593	03:42:31	543	0	0	0	0	1136
130	66	PEDRO MADUREIRA	M	Individual	MSenior	30	20-12-1986	03:20:35	559	03:31:15	572	0	0	0	0	1131
131	67	RICARDO SOARES	M	Clube Zupper	MSenior	39	18-08-1977	03:11:13	586		0	0	0	02:42:07	545	1131
132	68	MIGUEL GUIMARAES	M	FITSPOT-Parque Nascente	MSenior	26	02-03-1990	03:24:01	550	03:30:55	573	0	0	0	0	1123
133	69	FABIO RODRIGUES	M	Individual	MSenior	27	22-09-1989	03:12:57	581	03:44:04	539	0	0	0	0	1120
134	70	JOSE SANTOS	M	Leões de Tardariz Trail	MSenior	39	01-07-1977		0	03:37:09	556	05:16:44	564	0	0	1120
135	13	HENRIQUE PEREIRA	M	Individual	M50	51	04-03-1965		0		0	05:41:49	522	02:29:45	590	1112
136	71	PEDRO LOPES	M	Clube Zupper	MSenior	38	22-07-1978	03:18:57	564		0	0	0	02:42:02	545	1109
137	72	JOAO POCAS	M	Individual	MSenior	38	20-04-1978	03:30:18	533		0	05:13:32	569	0	0	1102
138	51	LUIS TERCENIO	M	Individual	M40	41	20-01-1975	03:39:53	510	03:30:35	574	0	0	0	0	1084
139	3	ANTONIO PEREIRA	M	Moinhos Run - ADRM	M60	60	25-03-1956	03:22:24	554	03:51:43	521	0	0	0	0	1075
140	73	PEDRO RODRIGUES	M	Clube Zupper	MSenior	37	11-07-1979	03:35:18	521		0	0	0	02:42:05	545	1066
141	74	JOAO MONTEIRO	M	BUDEGUITA RUNNERS	MSenior	33	20-10-1983	03:26:02	544	03:52:36	519	0	0	0	0	1063
142	75	VALERIO SALEIRO	M	Individual	MSenior	38	09-01-1978	03:28:35	538	03:51:41	521	0	0	0	0	1059
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

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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	54	ALVARO NUNES	M	All About	M40	43	12-09-1973	04:07:58	452		0	05:01:06	593	0	0	1045
146	76	HUGO VENTURA	M	Individual	MSenior	38	03-01-1978		0	04:05:43	492	0	0	02:42:11	545	1037
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
149	14	JOAO ROCHA	M	CÃES D'AVENIDA	M50	52	24-05-1964	04:07:59	452	03:37:02	557	0	0	0	0	1009
150	77	DIOGO FERNANDES	M	DrMerino/Nutrifit	MSenior	29	20-06-1987	01:52:15	1000		0	0	0	0	0	1000
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
153	78	RAFAEL CRUZ	M	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	MSenior	28	08-03-1988	02:00:08	934		0	0	0	0	0	934
154	79	CESAR BARROS	M	Sport Club Beira-Mar	MSenior	26	03-06-1990		0	02:09:39	932	0	0	0	0	932
155	80	PEDRO SOUSA	M	Satecnosol Outdoor - LaSportiva	MSenior	31	30-06-1985	02:00:28	931		0	0	0	0	0	931
156	81	LEONEL CUNHA	M	Satecnosol Outdoor - LaSportiva	MSenior	32	20-01-1984	02:01:30	923		0	0	0	0	0	923
157	82	TIAGO ARAGAO	M	CTAD - Trilhos de Cinfães	MSenior	38	15-01-1978	02:02:24	916		0	0	0	0	0	916
158	83	JOAO OLIVEIRA	M	Individual	MSenior	39	01-11-1977		0	02:12:04	915	0	0	0	0	915
159	84	JOEL PEREIRA	M	KER SPORTS PONTE DE LIMA	MSenior	30	24-08-1986		0	02:12:04	915	0	0	0	0	915
160	59	PAULO CESAR	M	CTAD - Trilhos de Cinfães	M40	40	28-09-1976	02:03:05	911		0	0	0	0	0	911
161	85	AGOSTINHO REIS	M	Individual	MSenior	35	11-06-1981		0		0	03:17:07	906	0	0	906
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
163	86	CESAR DUARTE	M	A.D.Amarante trail running	MSenior	29	05-11-1987	02:05:21	895		0	0	0	0	0	895
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
166	87	CARLOS FERREIRA	M	NAST	MSenior	29	17-05-1987		0		0	03:21:07	888	0	0	888
167	88	RICARDO REGO	M	Clube Zupper	MSenior	32	14-06-1984	02:06:47	885		0	0	0	0	0	885
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
169	89	FABIO COELHO	M	Individual	MSenior	30	28-07-1986		0	02:16:41	884	0	0	0	0	884
170	90	JOAO TRIGUEIROS	M	MULTIPOWER GAIA TRAIL	MSenior	20	10-01-1996		0		0	03:22:02	884	0	0	884
171	15	HUMBERTO VARA	M	Individual	M50	52	24-02-1964		0		0	03:22:21	882	0	0	882
172	64	JOSE NEVES	M	ALIANÇA DE GANDRA	M40	44	04-10-1972	02:07:34	879		0	0	0	0	0	879
173	16	FRANCISCO LEMOS	M	AMIGOS DO PEDAL TRAILAGARES	M50	54	27-12-1962		0		0	03:23:27	878	0	0	878
174	91	TIAGO PINTO	M	Grupo Dramático e Recreativo de Retorta	MSenior	23	31-12-1993	02:07:58	877		0	0	0	0	0	877
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
176	92	JOSE PEREIRA	M	A.D.Amarante trail running	MSenior	38	02-03-1978	02:09:45	865		0	0	0	0	0	865
177	93	LUIS MARTINS	M	GTT - Armazém do Caffè	MSenior	37	13-01-1979	02:10:22	861		0	0	0	0	0	861
178	94	JOAO NUNES	M	MULTIPOWER GAIA TRAIL	MSenior	39	11-04-1977		0	02:20:48	858	0	0	0	0	858
179	95	JOSE PEREIRA	M	Individual	MSenior	34	10-09-1982		0	02:22:15	850	0	0	0	0	850
180	96	RICARDO NUNES	M	Fridão Sem Limites	MSenior	29	06-04-1987	02:12:29	847		0	0	0	0	0	847

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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	97	ANTONIO PINTO	M	Oralklass-Amigos do Trail	MSenior	25	23-08-1991		0	02:24:18	838	0	0	0	0	838
182	98	FLAVIO PASTOR	M	KeMedo Team	MSenior	30	02-02-1986		0		0	03:33:17	837	0	0	837
183	17	JOSE CABRAL	M	NOMEIODONADA	M50	57	03-04-1959		0	02:24:49	835	0	0	0	0	835
184	66	MANUEL BARBOSA	M	Amigo	M40	43	06-10-1973	02:14:52	832		0	0	0	0	0	832
185	99	MIGUEL CARVALHO	M	ozXtreme/GDCR	MSenior	32	14-06-1984		0		0	03:34:54	831	0	0	831
186	18	AMADEU TEIXEIRA	M	AMIGOS DO PEDAL TRAILAGARES	M50	57	05-12-1959		0		0	03:35:43	828	0	0	828
187	100	MARCO MARQUES	M	KeMedo Team	MSenior	35	08-03-1981		0		0	03:35:38	828	0	0	828
188	101	GONCALO TORRES	M	CAES D AVENIDA	MSenior	39	18-04-1977		0	02:26:04	827	0	0	0	0	827
189	102	HUGO FERREIRA	M	WHITE RUNNING TEAM	MSenior	37	14-04-1979		0		0	03:37:43	820	0	0	820
190	103	HELDER ROCHA	M	DOUROCONTA TRAIL TEAM	MSenior	39	10-11-1977	02:17:40	815		0	0	0	0	0	815
191	104	NELSON MARQUES	M	MULTIPOWER GAIA TRAIL	MSenior	35	19-04-1981		0		0	03:39:02	815	0	0	815
192	105	ZE SOARES	M	MULTIPOWER GAIA TRAIL	MSenior	37	28-01-1979		0	02:28:49	812	0	0	0	0	812
193	106	BRUNO CORGA	M	Individual	MSenior	30	02-10-1986		0	02:29:04	811	0	0	0	0	811
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
196	107	PEDRO SABUGUEIRO	M	MULTIPOWER GAIA TRAIL	MSenior	19	20-02-1997		0	02:29:34	808	0	0	0	0	808
197	19	NUNO PAIO	M	GONDOMAR FUTSAL CLUBE	M50	50	29-05-1966	02:19:13	806		0	0	0	0	0	806
198	108	GABRIEL COUTINHO	M	Associação Desportiva da Efaced	MSenior	38	26-10-1978	02:20:53	796		0	0	0	0	0	796
199	109	IVO PEREIRA	M	Individual	MSenior	34	07-09-1982	02:21:15	794		0	0	0	0	0	794
200	69	FERNANDO PACHECO	M	ALIANÇA DE GANDRA	M40	44	08-12-1972		0		0	03:45:04	793	0	0	793
201	110	EMANUEL COSTA	M	GTT - Armazém do Caffè	MSenior	38	11-08-1978		0	02:32:28	793	0	0	0	0	793
202	111	JOAO LEAL	M	OFRunning	MSenior	35	05-01-1981		0		0	03:46:00	790	0	0	790
203	112	BRUNO MACHADO	M	Individual	MSenior	37	09-04-1979	02:22:34	787		0	0	0	0	0	787
204	113	NUNO CASTEL-BRANCO	M	Olimpico Vianense Trail/ND Sport	MSenior	25	23-09-1991	02:22:27	787		0	0	0	0	0	787
205	114	BRUNO COSTA	M	Individual	MSenior	35	26-10-1981	02:22:41	786		0	0	0	0	0	786
206	115	RICARDO MIRANDA	M	Individual	MSenior	27	20-05-1989	02:22:40	786		0	0	0	0	0	786
207	116	LINO PINTO	M	Individual	MSenior	39	29-03-1977	02:23:14	783		0	0	0	0	0	783
208	117	SERGIO QUINTELAS	M	Individual	MSenior	24	16-04-1992	02:23:15	783		0	0	0	0	0	783
209	118	ANDRE PINTO	M	Individual	MSenior	32	19-12-1984	02:24:15	778		0	0	0	0	0	778
210	119	IVO SILVA	M	Associação Desportiva da Efaced	MSenior	34	06-12-1982	02:24:13	778		0	0	0	0	0	778
211	120	JOAO CASTEL-BRANCO	M	Olimpico Vianense Trail/ND Sport	MSenior	23	04-06-1993	02:24:20	777		0	0	0	0	0	777
212	121	HELDER CAMILO	M	PAREDES AVENTURA	MSenior	34	20-09-1982	02:24:42	775		0	0	0	0	0	775
213	122	MARCO BROCHADO	M	Os Lobos do Saibro	MSenior	38	03-06-1978	02:24:42	775		0	0	0	0	0	775
214	123	PEDRO TRINDADE	M	Estrela Grande Trail	MSenior	27	03-03-1989	02:24:42	775		0	0	0	0	0	775
215	70	JOSE RIBEIRO	M	GONDOMAR FUTSAL CLUBE	M40	41	19-06-1975		0	02:36:18	773	0	0	0	0	773
216	124	SERGIO MATOS	M	EDV-VIANA TRAIL	MSenior	27	06-03-1989	02:25:16	772		0	0	0	0	0	772

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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
217	71	PAULO COSTA	M	Individual	M40	44	21-04-1972	02:25:30	771		0	0	0	0	0	771
218	125	FLAVIO OLIVEIRA	M	Grupo Dramático e Recreativo de Retorta	MSenior	30	02-02-1986	02:26:12	767		0	0	0	0	0	767
219	72	EZEQUIEL FERNANDES	M	Individual	M40	42	06-01-1974	02:26:29	766		0	0	0	0	0	766
220	73	FERNANDO GOMES	M	KeMedo Team	M40	45	10-05-1971		0		0	03:52:58	766	0	0	766
221	126	PEDRO BARBOSA	M	Not Run Alone	MSenior	38	07-07-1978		0		0	03:53:00	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
224	127	ANDRE FRAGA	M	LOCOMOTIVA DE PARANHOS	MSenior	33	15-04-1983		0		0	03:54:44	761	0	0	761
225	128	DOMINGOS NOGUEIRA	M	Associação Desportiva da Efaced	MSenior	38	06-11-1978	02:27:56	758		0	0	0	0	0	758
226	76	AGOSTINHO SOUSA	M	ALIANÇA DE GANDRA	M40	40	20-09-1976	02:28:39	755		0	0	0	0	0	755
227	129	FILIPE PINTO	M	Os Lobos do Saibro	MSenior	38	10-01-1978	02:28:33	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
230	130	ANTONIO MENDES	M	A.D.Amarante trail running	MSenior	31	22-07-1985	02:29:34	750		0	0	0	0	0	750
231	4	ANTONIO ROCHA	M	GONDOMAR FUTSAL CLUBE	M60	60	15-09-1956	02:29:54	748		0	0	0	0	0	748
232	131	JOAO CARDOSO	M	CTAD - Trilhos de Cinfães	MSenior	30	24-11-1986	02:29:53	748		0	0	0	0	0	748
233	132	RAFAEL VALENTE	M	Gangue das Maças	MSenior	23	01-03-1993		0	02:42:00	746	0	0	0	0	746
234	79	MADUREIRA RODRIGUES	M	Clube Zupper	M40	41	01-10-1975		0	02:42:45	743	0	0	0	0	743
235	133	FILIPE FERNANDES	M	Individual	MSenior	29	21-03-1987		0	02:42:37	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
238	134	HUGO AZEVEDO	M	Beat Your Limit!	MSenior	36	26-06-1980	02:31:31	740		0	0	0	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
243	135	RICARDO FERREIRA	M	Individual	MSenior	37	17-04-1979	02:32:50	734		0	0	0	0	0	734
244	86	LUIS MONTEIRO	M	Individual	M40	42	20-04-1974		0	02:45:10	732	0	0	0	0	732
245	136	RUI FARIA	M	Olimpico Vianense Trail/ND Sport	MSenior	30	09-08-1986	02:33:17	732		0	0	0	0	0	732
246	20	MAXIMIANO BORGES	M	AMIGOS DO ATLETISMO MAGNA	M50	54	12-12-1962	02:33:31	731		0	0	0	0	0	731
247	137	BRUNO PINTO	M	FITSPOT-Parque Nascente	MSenior	37	19-07-1979	02:33:26	731		0	0	0	0	0	731
248	138	CELSO OLIVEIRA	M	LION RUNNERS - G. D. LEÕES DA GUARDA	MSenior	29	13-01-1987	02:33:46	730		0	0	0	0	0	730
249	87	LAURINDO OSORIO	M	KeMedo Team	M40	46	16-10-1970	02:33:54	729		0	0	0	0	0	729
250	139	HUGO PINTO	M	Adega Tia Micas	MSenior	28	20-04-1988		0	02:45:53	729	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

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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
253	90	JOSE RODRIGUES	M	Trocopasso Runners	M40	43	31-08-1973	0		02:46:13	727	0	0	0	0	727
254	21	JOSE GOMES	M	Ligeirinhos	M50	56	09-04-1960	02:34:21	727		0	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
257	140	IVO MARTINS	M	Leões de Tardariz Trail	MSenior	27	21-02-1989	02:34:31	726		0	0	0	0	0	726
258	141	MANUEL COSTA	M	KeMedo Team	MSenior	38	18-03-1978		0		0	04:05:59	726	0	0	726
259	22	DIONISIO SOUSA	M	Individual	M50	51	24-06-1965	02:34:43	725		0	0	0	0	0	725
260	93	ANTONIO BORGES	M	PORTO SENTIDO RUNNERS	M40	43	21-02-1973		0	02:46:52	724	0	0	0	0	724
261	5	MANUEL SEGUNDO	M	ARCORUN	M60	62	03-11-1954	02:34:53	724		0	0	0	0	0	724
262	142	VITOR CALDEIRA	M	Individual	MSenior	36	01-02-1980		0	02:46:49	724	0	0	0	0	724
263	143	RUI OLIVEIRA	M	Individual	MSenior	31	23-05-1985		0		0	04:06:45	724	0	0	724
264	94	JEROME SCHONFELD	M	Individual	M40	42	26-03-1974		0		0	04:06:54	723	0	0	723
265	144	ANDRE TRIGAIS	M	GONDOMAR FUTSAL CLUBE	MSenior	35	22-08-1981	02:35:20	722		0	0	0	0	0	722
266	95	RICARDO ROCHA	M	FAST AO KM	M40	40	01-10-1976	02:35:45	720		0	0	0	0	0	720
267	23	VASCO FIGUEIREDO	M	Individual	M50	51	15-06-1965		0	02:47:54	720	0	0	0	0	720
268	145	HUGO ANDRADE	M	Grupo Dramático e Recreativo de Retorta	MSenior	34	03-02-1982	02:35:43	720		0	0	0	0	0	720
269	146	CESAR GONCALVES	M	Bolts	MSenior	36	08-10-1980	02:35:46	720		0	0	0	0	0	720
270	147	MIGUEL TORRES	M	Individual	MSenior	35	29-07-1981		0	02:47:52	720	0	0	0	0	720
271	148	PAULO SAMPAIO	M	Individual	MSenior	39	09-04-1977		0		0	04:08:15	719	0	0	719
272	24	JOSE LOUREIRO	M	Autistic Runners	M50	55	02-02-1961		0	02:48:48	716	0	0	0	0	716
273	149	EMANUEL COELHO	M	PORTO SENTIDO RUNNERS	MSenior	35	30-12-1981	02:36:37	716		0	0	0	0	0	716
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
277	150	CARLOS AZEVEDO	M	Individual	MSenior	39	17-01-1977		0	02:49:29	713	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
280	151	JOAO DINIS	M	Individual	MSenior	28	18-02-1988		0		0	04:10:52	712	0	0	712
281	25	ANTONIO TEIXEIRA	M	Clube Zupper	M50	57	20-10-1959	02:37:52	710		0	0	0	0	0	710
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
287	152	SERGIO CARVALHO	M	Individual	MSenior	37	18-05-1979	02:38:49	706		0	0	0	0	0	706
288	106	PAULO ALVES	M	GONDOMAR FUTSAL CLUBE	M40	42	08-06-1974	02:39:06	705		0	0	0	0	0	705

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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
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
291	153	JOSE MADUREIRA	M	Amigo	MSenior	35	13-08-1981	02:39:07	705		0	0	0	0	0	705
292	154	RICARDO FERREIRA	M	Individual	MSenior	35	25-09-1981		0		0	04:13:15	705	0	0	705
293	155	HELDER CAMPOS	M	Individual	MSenior	35	19-11-1981		0		0	04:13:17	705	0	0	705
294	109	ANGELO CABRAL	M	Individual	M40	40	04-10-1976	02:39:15	704		0	0	0	0	0	704
295	156	EMANUEL COSTA	M	GTT - Armazém do Caffè	MSenior	37	19-01-1979	02:39:37	703		0	0	0	0	0	703
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
302	157	RICARDO NOGUEIRA	M	Individual	MSenior	36	14-06-1980	02:39:54	701		0	0	0	0	0	701
303	158	FILIFE GONCALVES	M	AfricanRunners	MSenior	35	26-03-1981	02:39:54	701		0	0	0	0	0	701
304	159	FILIFE BARBOSA	M	Individual	MSenior	26	17-10-1990		0		0	04:14:33	701	0	0	701
305	116	FILIFE LAGES	M	vimarunners	M40	46	01-04-1970	02:40:09	700		0	0	0	0	0	700
306	26	JOAO ALMADA	M	ADTravassô	M50	57	21-09-1959	02:40:10	700		0	0	0	0	0	700
307	160	VITOR FRANCISCO	M	Individual	MSenior	32	22-10-1984	02:40:11	700		0	0	0	0	0	700
308	161	MICAEL MORAIS	M	FITSPOT-Parque Nascente	MSenior	28	03-10-1988	02:40:12	700		0	0	0	0	0	700
309	162	BRUNO BARGE	M	C.D.C SÃO MARTINHO DA GÂNDARA	MSenior	35	02-10-1981		0		0	04:15:05	700	0	0	700
310	163	INUO MELO	M	Quintas Feiras Bravas	MSenior	36	12-07-1980		0		0	04:15:58	698	0	0	698
311	117	PAULO MELO	M	Soldado Desconhecido	M40	49	28-03-1967	02:41:01	697		0	0	0	0	0	697
312	164	PEDRO ALVES	M	Individual	MSenior	39	12-07-1977	02:40:52	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
315	165	PEDRO JORGE	M	FITSPOT-Parque Nascente	MSenior	27	09-09-1989	02:41:27	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
317	27	MANUEL OLIVEIRA	M	Os Falta D'Ar	M50	50	05-04-1966	02:41:53	693		0	0	0	0	0	693
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
321	6	JOSE MAGALHAES	M	Individual	M60	62	29-10-1954		0		0	04:18:14	691	0	0	691
322	166	BRUNO LEMOS	M	IAT Imobiliária Esposende	MSenior	36	31-05-1980		0	02:54:59	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
324	167	RUI MADUREIRA	M	Marco Runners	MSenior	34	09-08-1982	02:42:39	690		0	0	0	0	0	690

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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
325	168	TIAGO SOUSA	M	A. D. Sebolido Trail Boneca D'Ouro	MSenior	25	17-05-1991	02:42:38	690		0	0	0	0	0	690
326	169	NUNO RIBEIRO	M	Nascidos para Correr	MSenior	36	28-12-1980		0	02:55:02	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
330	170	ANDRE ALMEIDA	M	Factor X / S4L / MedenseFC	MSenior	33	03-12-1983		0		0	04:19:16	689	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
333	171	JOAO PEREIRA	M	Individual	MSenior	37	25-09-1979		0	02:56:24	685	0	0	0	0	685
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
337	172	RICARDO FERNANDES	M	Individual	MSenior	32	18-11-1984		0	02:56:43	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
339	173	PAULO SILVA	M	Clube Zupper	MSenior	34	18-05-1982	02:44:10	683		0	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
341	174	BRUNO PEREIRA	M	Eu+ Ginásio LMA	MSenior	34	25-09-1982	02:44:56	680		0	0	0	0	0	680
342	175	LUIS MAGALHAES	M	Individual	MSenior	27	07-07-1989		0		0	04:23:03	679	0	0	679
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
347	176	BERNARDO TAVARES	M	Individual	MSenior	34	25-06-1982	02:46:08	675		0	0	0	0	0	675
348	177	PEDRO NOGUEIRA	M	Marco Runners	MSenior	26	29-10-1990	02:46:04	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
350	28	BENTO MORAIS	M	AMIGOS DO ATLETISMO MAGNA	M50	53	05-05-1963	02:46:46	673		0	0	0	0	0	673
351	29	ALEXANDRE SILVA	M	AMIGOS DO ATLETISMO MAGNA	M50	57	09-08-1959	02:46:47	672		0	0	0	0	0	672
352	178	RODRIGO OLIVEIRA	M	Individual	MSenior	39	05-10-1977		0	02:59:54	672	0	0	0	0	672
353	179	PEDRO NOGUEIRA	M	VODAFONE	MSenior	36	10-09-1980		0	02:59:54	672	0	0	0	0	672
354	7	ARSENIO FERNANDES	M	Associação Recreativa de São Miguel	M60	61	17-07-1955	02:47:09	671		0	0	0	0	0	671
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
358	180	NELSON NASCIMENTO	M	Amigo	MSenior	27	19-09-1989	02:47:50	668		0	0	0	0	0	668
359	181	CARLOS SILVA	M	Individual	MSenior	33	02-12-1983		0	03:00:49	668	0	0	0	0	668
360	182	CARLOS MARTINS	M	Ginasio Fit4Fun	MSenior	36	25-01-1980	02:48:25	666		0	0	0	0	0	666

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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
361	183	JOSE SOUSA	M	Individual	MSenior	34	21-09-1982		0	03:01:19	666	0	0	0	0	666
362	184	PEDRO CRUZ	M	Individual	MSenior	36	09-03-1980		0	03:01:49	665	0	0	0	0	665
363	185	JORGE BASTOS	M	Pernetas	MSenior	39	07-07-1977		0	03:01:36	665	0	0	0	0	665
364	186	LEANDRO SIMOES	M	Adega Tia Micas	MSenior	36	16-03-1980		0	03:01:50	665	0	0	0	0	665
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
367	187	AURELIANO VALENTE	M	Clube Zupper	MSenior	36	23-06-1980		0	03:02:02	664	0	0	0	0	664
368	145	LAURINDO GOMES	M	PORTO SENTIDO RUNNERS	M40	44	03-05-1972	02:49:31	662		0	0	0	0	0	662
369	8	AGOSTINHO SOUSA	M	Kunalama runners	M60	62	25-03-1954		0	03:02:31	662	0	0	0	0	662
370	30	CARLOS FAZENDEIRO	M	Os Falta D'Ar	M50	55	21-10-1961	02:50:04	660		0	0	0	0	0	660
371	188	JOSE SA	M	LION RUNNERS - G. D. LEÕES DA GUARDA	MSenior	37	25-07-1979	02:49:57	660		0	0	0	0	0	660
372	189	RUI REIS	M	RUNRIVER - Escola de Atletismo de Rio Tinto	MSenior	37	16-11-1979		0	03:03:10	660	0	0	0	0	660
373	190	MARIO GONCALVES	M	Individual	MSenior	34	02-08-1982		0		0	04:30:38	660	0	0	660
374	191	ANDRE COSTA	M	Individual	MSenior	35	28-10-1981		0	03:03:27	659	0	0	0	0	659
375	192	MIGUEL BAIA	M	Eu+ Ginásio LMA	MSenior	39	24-07-1977	02:50:32	658		0	0	0	0	0	658
376	193	VASCO FERNANDES	M	Individual	MSenior	39	09-10-1977		0	03:03:33	658	0	0	0	0	658
377	146	JOSE FERREIRA	M	Individual	M40	44	01-10-1972		0		0	04:31:36	657	0	0	657
378	194	CLAUDIO GOMES	M	CCD Siemens	MSenior	29	14-03-1987		0		0	04:32:05	656	0	0	656
379	195	MARCO SOUSA	M	Individual	MSenior	39	04-11-1977	02:51:18	655		0	0	0	0	0	655
380	196	JOAO SILVA	M	Individual	MSenior	35	05-04-1981		0		0	04:32:44	655	0	0	655
381	197	PEDRO MAGALHAES	M	Tartarugas do Asfalto	MSenior	38	28-03-1978		0		0	04:32:24	655	0	0	655
382	147	BRUNO GRACA	M	Bando dos Trilhos e Trailhos, 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
384	198	ANTONIO FERREIRA	M	Individual	MSenior	31	30-08-1985	02:51:39	653		0	0	0	0	0	653
385	199	BRUNO NEVES	M	Individual	MSenior	31	21-11-1985	02:51:51	653		0	0	0	0	0	653
386	31	ANTONIO LOUREIRO	M	Autistic Runners	M50	50	03-04-1966		0	03:05:15	652	0	0	0	0	652
387	200	NUNO MARTINS	M	Individual	MSenior	39	20-04-1977		0	03:05:33	651	0	0	0	0	651
388	201	JOSE LIMA	M	Individual	MSenior	35	07-05-1981	02:52:49	649		0	0	0	0	0	649
389	32	HELDER BAPTISTA	M	Clube Millennium BCP	M50	50	08-10-1966	02:52:58	648		0	0	0	0	0	648
390	202	JOAQUIM FERNANDES	M	AMIGOS DO ATLETISMO MAGNA	MSenior	39	06-11-1977	02:53:13	648		0	0	0	0	0	648
391	149	MIGUEL DIAS	M	Individual	M40	41	06-08-1975		0	03:06:41	647	0	0	0	0	647
392	203	PEDRO SOUSA	M	AMIGOS DO ATLETISMO MAGNA	MSenior	31	29-03-1985	02:53:13	647		0	0	0	0	0	647
393	204	ANTONIO ALVES	M	Fridão Sem Limites	MSenior	22	10-08-1994	02:53:16	647		0	0	0	0	0	647
394	33	ANTONIO PEREIRA	M	AMIGOS QUINTA DAS FREIRAS	M50	58	08-12-1958		0	03:06:58	646	0	0	0	0	646
395	205	MIGUEL SOARES	M	Individual	MSenior	37	23-07-1979	02:53:43	646		0	0	0	0	0	646
396	206	FRANCISCO FERNANDES	M	AZTrail	MSenior	30	08-11-1986	02:53:42	646		0	0	0	0	0	646

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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
397	207	HELDER CASTRO	M	KeMedo Team	MSenior	38	29-04-1978		0		0	04:36:36	645	0	0	645
398	150	CARLOS PEREIRA	M	Eu+ Ginásio LMA	M40	41	29-10-1975	02:54:10	644		0	0	0	0	0	644
399	208	CELSO SANTOS	M	Engomadoria L&A Team	MSenior	38	08-08-1978	02:54:17	644		0	0	0	0	0	644
400	209	FRANCISCO ARAGAO	M	EU+LMA	MSenior	34	24-11-1982	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
402	34	LUIS MOTA	M	Individual	M50	51	30-06-1965	02:54:22	643		0	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
406	210	HELDER FARIA	M	Associação Desportiva da Efacec	MSenior	32	30-05-1984	02:55:02	641		0	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
408	211	CARLOS CARREIRA	M	ACADEMIA FERNANDA RIBEIRO	MSenior	37	05-09-1979		0	03:08:40	640	0	0	0	0	640
409	212	VASCO ESCOBAR	M	El Team Trail	MSenior	36	06-05-1980		0	03:08:42	640	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
411	35	JOSE PINTO	M	CICLISTAS CÔSMICOS - GISLÓTICA	M50	51	24-03-1965		0		0	04:39:17	639	0	0	639
412	213	MIGUEL SANTOS	M	Individual	MSenior	38	10-12-1978	02:55:36	639		0	0	0	0	0	639
413	36	ARNALDO MARINHO	M	grupo desportivo leoes de veneza	M50	57	15-09-1959		0	03:09:22	638	0	0	0	0	638
414	157	AUGUSTO RODRIGUES	M	Individual	M40	45	30-04-1971	02:56:01	637		0	0	0	0	0	637
415	214	RUI LIMA	M	Individual	MSenior	37	17-10-1979	02:55:57	637		0	0	0	0	0	637
416	215	NUNO SANTOS	M	Individual	MSenior	39	12-07-1977	02:56:02	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
419	216	JOSE BRANCO	M	Individual	MSenior	34	10-05-1982		0	03:10:07	636	0	0	0	0	636
420	160	MIGUEL MENDES	M	Individual	M40	41	08-06-1975	02:56:43	635		0	0	0	0	0	635
421	37	ALCINDO PEREIRA	M	PORTOCARGO	M50	56	07-07-1960	02:56:38	635		0	0	0	0	0	635
422	217	DANIEL PEREIRA	M	Individual	MSenior	23	15-03-1993	02:56:38	635		0	0	0	0	0	635
423	218	HELDER SILVA	M	Os Atletas	MSenior	37	25-11-1979	02:56:40	635		0	0	0	0	0	635
424	219	DANIEL RIBEIRO	M	BitRunners	MSenior	32	13-09-1984	02:56:37	635		0	0	0	0	0	635
425	38	CARLOS FERREIRA	M	GD BPI	M50	54	25-09-1962	02:57:01	634		0	0	0	0	0	634
426	220	RUI TEIXEIRA	M	A. D. Sebolido Trail Boneca D'Ouro	MSenior	30	16-04-1986	02:56:49	634		0	0	0	0	0	634
427	161	ANTONIO SANTOS	M	Clube Millennium BCP	M40	44	01-05-1972	02:57:09	633		0	0	0	0	0	633
428	221	RAFAEL ESCRIVAES	M	GTT - Armazém do Caffè	MSenior	28	07-02-1988	02:57:04	633		0	0	0	0	0	633
429	222	NUNO FIGUEIREDO	M	GTT - Armazém do Caffè	MSenior	31	03-01-1985	02:57:05	633		0	0	0	0	0	633
430	223	RUI MATOS	M	Individual	MSenior	39	04-09-1977	02:57:29	632		0	0	0	0	0	632
431	162	DOMINGOS ROCHA	M	EDV-VIANA TRAIL	M40	48	18-05-1968	02:57:47	631		0	0	0	0	0	631
432	224	JOSE PEREIRA	M	KeMedo Team	MSenior	37	30-01-1979		0	03:11:33	631	0	0	0	0	631

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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
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
436	39	ANTONIO TEIXEIRA	M	Fridão Sem Limites	M50	56	01-08-1960		0		0	04:43:59	629	0	0	629
437	225	FERNANDO FERNANDES	M	Individual	MSenior	32	30-07-1984	02:58:14	629		0	0	0	0	0	629
438	226	MIGUEL CRACEL	M	Individual	MSenior	28	02-02-1988	02:58:18	629		0	0	0	0	0	629
439	227	NUNO MOREIRA	M	Associação Desportiva da Efacec	MSenior	38	15-11-1978	02:58:12	629		0	0	0	0	0	629
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
443	228	SERGIO SILVA	M	ALUNOS DE MEIRIM F.C.	MSenior	34	05-08-1982	02:59:06	626		0	0	0	0	0	626
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
446	229	RUI MARTINS	M	Individual	MSenior	36	21-01-1980	02:59:28	625		0	0	0	0	0	625
447	230	BRUNO NEIVA	M	Bolts	MSenior	29	20-04-1987	02:59:30	625		0	0	0	0	0	625
448	231	PEDRO SILVA	M	Mira Q Corredores	MSenior	30	05-09-1986	02:59:32	625		0	0	0	0	0	625
449	232	BRUNO MACIEIRA	M	GONDOMAR FUTSAL CLUBE	MSenior	34	17-06-1982		0		0	04:45:30	625	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
451	233	HELDER VIEIRA	M	Clube Zupper	MSenior	36	06-05-1980	03:00:10	623		0	0	0	0	0	623
452	234	TIAGO BARROS	M	Associação Desportiva de Cabroelo	MSenior	23	09-04-1993	03:00:07	623		0	0	0	0	0	623
453	235	LUIS FERREIRA	M	Associação Desportiva de Cabroelo	MSenior	22	04-10-1994	03:00:08	623		0	0	0	0	0	623
454	236	FILIFE MENDES	M	Clube Zupper	MSenior	35	12-09-1981	03:00:11	622		0	0	0	0	0	622
455	237	JOSE JESUS	M	Individual	MSenior	35	26-12-1981		0		0	04:46:48	622	0	0	622
456	172	JOSE PINTO	M	Individual	M40	40	04-06-1976	03:00:39	621		0	0	0	0	0	621
457	238	PAULO BORGES	M	Associação Desportiva da Efacec	MSenior	35	19-07-1981	03:00:39	621		0	0	0	0	0	621
458	239	MANUEL SILVA	M	TrepaTrilhos Trail Team	MSenior	32	30-01-1984	03:00:28	621		0	0	0	0	0	621
459	240	TIAGO ROCHA	M	Individual	MSenior	20	24-02-1996		0	03:14:34	621	0	0	0	0	621
460	241	ANDRE SILVA	M	AD QUINTA ATLETISMO	MSenior	35	30-01-1981		0		0	04:47:38	621	0	0	621
461	173	VITOR FOLGADO	M	ARCORUN	M40	44	13-10-1972	03:01:08	619		0	0	0	0	0	619
462	242	PEDRO SILVA	M	Individual	MSenior	39	27-05-1977	03:01:05	619		0	0	0	0	0	619
463	243	HELDER PACHECO	M	Individual	MSenior	39	11-12-1977	03:01:09	619		0	0	0	0	0	619
464	9	JOSE GOMES	M	Individual	M60	67	14-12-1949		0	03:15:25	618	0	0	0	0	618
465	174	LUIS RIBEIRO	M	Individual	M40	41	24-01-1975		0		0	04:50:20	615	0	0	615
466	244	RUFUS	M	AfrikanRunners	MSenior	35	21-08-1981	03:02:22	615		0	0	0	0	0	615
467	245	FILIFE AMORIM	M	Individual	MSenior	25	05-02-1991		0		0	04:50:22	615	0	0	615
468	175	JORGE SILVA	M	Individual	M40	42	28-10-1974		0		0	04:50:48	614	0	0	614

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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
469	246	ANTONIO MATOS	M	HALP	MSenior	39	05-08-1977		0	03:16:41	614	0	0	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
472	247	JOAO VALENTE	M	Individual	MSenior	38	06-03-1978	03:02:50	613		0	0	0	0	0	613
473	248	JOAQUIM ALVES	M	Individual	MSenior	28	03-01-1988	03:02:52	613		0	0	0	0	0	613
474	249	MARCO FERNANDES	M	SMIP	MSenior	37	13-06-1979		0		0	04:51:26	613	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
477	250	RUI MIRANDA	M	Rumo à Aventura	MSenior	36	12-01-1980		0	03:17:33	612	0	0	0	0	612
478	251	HUGO SOUSA	M	Individual	MSenior	30	04-04-1986		0		0	04:51:37	612	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
480	252	GERALDO SANTOS	M	Individual	MSenior	37	29-03-1979		0		0	04:52:21	611	0	0	611
481	181	MIGUEL FURTADO	M	MULTIPOWER GAIA TRAIL	M40	42	25-04-1974		0	03:17:58	610	0	0	0	0	610
482	253	FERNANDO VIEIRA	M	Amigo	MSenior	38	02-06-1978	03:03:47	610		0	0	0	0	0	610
483	254	JAVIER MOLINA	M	Individual	MSenior	35	09-10-1981		0	03:18:08	610	0	0	0	0	610
484	255	JOSE ROCHA	M	Individual	MSenior	32	19-01-1984		0	03:17:58	610	0	0	0	0	610
485	10	VIRGILIO PALMEIRO	M	NO PAIN NO GAIN POVIA TEAM	M60	62	10-10-1954		0		0	04:53:49	608	0	0	608
486	256	MIGUEL ANDRADE	M	ARCORUN	MSenior	34	29-09-1982	03:04:25	608		0	0	0	0	0	608
487	182	ANTONIO JESUS	M	team Rede Ambiente	M40	44	19-02-1972	03:04:45	607		0	0	0	0	0	607
488	257	LEVI ARREPIA	M	Individual	MSenior	37	29-01-1979	03:05:05	606		0	0	0	0	0	606
489	258	JORGE COSTA	M	Ginasio Fit4Fun	MSenior	32	08-12-1984	03:05:06	606		0	0	0	0	0	606
490	259	NUNO SANTOS	M	Grupo Desportivo do bairro dos pescadores de Matosinhos	MSenior	39	01-02-1977		0		0	04:54:37	606	0	0	606
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
492	260	HUMBERTO BARROS	M	Individual	MSenior	35	13-01-1981		0		0	04:55:15	605	0	0	605
493	184	SERGIO RICARDO	M	Individual	M40	41	01-11-1975	03:05:42	604		0	0	0	0	0	604
494	261	DANIEL FERNANDES	M	vimarunners	MSenior	26	26-07-1990	03:05:56	603		0	0	0	0	0	603
495	262	JOSE PINTO	M	KeMedo Team	MSenior	39	03-06-1977	03:06:01	603		0	0	0	0	0	603
496	263	DEMETRIO MATOS	M	GTT - Armazém do Caffè	MSenior	39	10-07-1977		0	03:20:24	603	0	0	0	0	603
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
499	264	ALEXANDRE XANGO	M	FREE TIBET	MSenior	39	08-06-1977		0		0	04:56:21	602	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
503	265	JOAO LIMA	M	Individual	MSenior	31	02-07-1985	03:06:32	601		0	0	0	0	0	601
504	266	CARLOS FONSECA	M	All About	MSenior	34	08-03-1982	03:06:33	601		0	0	0	0	0	601

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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
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
508	40	HENRIQUE MARTINS	M	Individual	M50	55	11-04-1961	03:06:53	600		0	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
512	267	RUI DIAS	M	Clube Galp Energia Norte	MSenior	37	20-01-1979		0	03:21:59	598	0	0	0	0	598
513	268	RICARDO FERREIRA	M	FITSPOT-Parque Nascente	MSenior	32	09-03-1984	03:07:53	597		0	0	0	0	0	597
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
516	41	JOSE VIEIRA	M	OS ROTOS	M50	51	04-05-1965	03:08:04	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
518	42	JOSE NEVES	M	Voleibol Runners	M50	50	29-09-1966	03:08:48	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
521	269	PEDRO ROCHA	M	EDV-VIANA TRAIL	MSenior	38	10-02-1978	03:09:05	593		0	0	0	0	0	593
522	270	MANUEL OLIVEIRA	M	HANDRUNNERS	MSenior	38	19-09-1978		0		0	05:00:50	593	0	0	593
523	201	RUI FREITAS	M	Nice Runners	M40	44	21-07-1972		0		0	05:01:37	592	0	0	592
524	271	HELDER PINTO	M	Individual	MSenior	38	22-11-1978	03:09:45	591		0	0	0	0	0	591
525	272	MAUNUEL BARBOSA	M	Paredes Running	MSenior	39	05-08-1977	03:09:38	591		0	0	0	0	0	591
526	202	FILIFE 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
530	273	RUI MARQUES	M	Individual	MSenior	39	08-06-1977	03:10:11	590		0	0	0	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
533	274	FILIFE MACHADO	M	Nascidos para Correr	MSenior	30	22-03-1986	03:10:25	589		0	0	0	0	0	589
534	275	ANDRE PEIXOTO	M	MULTIPOWER GAIA TRAIL	MSenior	39	11-06-1977		0	03:25:13	589	0	0	0	0	589
535	276	PEDRO TEIXEIRA	M	Doidos do Mato	MSenior	22	28-04-1994	03:10:43	588		0	0	0	0	0	588
536	277	CARLOS COSTA	M	EQUIPA JOAO FERREIRA	MSenior	33	24-01-1983	03:11:03	587		0	0	0	0	0	587
537	278	ANDRE CUNHA	M	Individual	MSenior	39	09-04-1977	03:11:26	586		0	0	0	0	0	586
538	279	JORGE ROCHA	M	Nascidos para Correr	MSenior	38	16-06-1978		0		0	05:04:45	586	0	0	586
539	280	MICAEL DOMINGUES	M	Individual	MSenior	24	09-10-1992		0		0	05:04:53	586	0	0	586
540	208	PEDRO BASTOS	M	Via Verde Team	M40	45	04-06-1971		0		0	05:04:59	585	0	0	585

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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
541	281	TIAGO MENDES	M	Individual	MSenior	27	27-09-1989	03:11:33	585		0	0	0	0	0	585
542	282	PAULO ROCHA	M	A.D.Amarante trail running	MSenior	31	17-05-1985	03:11:36	585		0	0	0	0	0	585
543	283	DIOGO OLIVEIRA	M	KeMedo Team	MSenior	28	27-02-1988		0		0	05:04:57	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
547	284	CARLOS MAGALHAES	M	Ginasio Fit4Fun	MSenior	29	29-07-1987	03:12:11	584		0	0	0	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
551	285	RUI ALMEIDA	M	vimarunners	MSenior	37	09-01-1979	03:12:27	583		0	0	0	0	0	583
552	286	MIGUEL PINTO	M	Monte dos Amigos	MSenior	31	04-02-1985	03:12:20	583		0	0	0	0	0	583
553	287	JOAO DUARTE	M	LOCOMOTIVA DE PARANHOS	MSenior	34	01-01-1982		0		0	05:06:09	583	0	0	583
554	288	JORGE CARNEIRO	M	Individual	MSenior	35	14-09-1981	03:12:41	582		0	0	0	0	0	582
555	289	NUNO MARQUES	M	Os TurboMula	MSenior	39	06-05-1977	03:12:39	582		0	0	0	0	0	582
556	290	ANTONIO BATISTA	M	ARCORUN	MSenior	34	09-06-1982	03:13:08	581		0	0	0	0	0	581
557	291	SILVIO PINTO	M	Moure Trail Running	MSenior	36	01-12-1980	03:13:07	581		0	0	0	0	0	581
558	292	HUGO COUTO	M	Individual	MSenior	35	21-10-1981	03:13:13	580		0	0	0	0	0	580
559	43	VITOR RIBEIRO	M	GONDOMAR FUTSAL CLUBE	M50	54	29-07-1962	03:13:32	579		0	0	0	0	0	579
560	293	PEDRO MARINHO	M	RDUT	MSenior	39	27-09-1977	03:13:39	579		0	0	0	0	0	579
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
563	294	JOAO BRITO	M	Individual	MSenior	39	17-08-1977	03:13:58	578		0	0	0	0	0	578
564	217	PEDRO SEIXAS	M	Oralklass-Amigos do Trail	M40	42	17-12-1974		0	03:29:17	577	0	0	0	0	577
565	11	EDUARDO MEDEIROS	M	Individual	M60	61	15-11-1955		0	03:29:20	577	0	0	0	0	577
566	295	FILIFE CUNHA	M	Faurecia runners	MSenior	38	03-02-1978		0	03:29:20	577	0	0	0	0	577
567	296	PEDRO POLICIANO	M	Atletico Clube Alfenense	MSenior	39	23-11-1977		0	03:29:26	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
569	297	RICARDO VIGARIO	M	FITSPOT-Parque Nascente	MSenior	36	21-12-1980	03:14:36	576		0	0	0	0	0	576
570	298	BRUNO SOUSA	M	FITSPOT-Parque Nascente	MSenior	29	02-07-1987	03:14:40	576		0	0	0	0	0	576
571	299	HENRIQUE MATOS	M	HALP	MSenior	33	31-01-1983		0	03:29:45	576	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

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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
577	300	CESAR RIBEIRO	M	Individual	MSenior	35	05-03-1981	03:15:29	574		0	0	0	0	0	574
578	44	PAULO RODRIGUES	M	grupo desportivo leoes de veneza	M50	54	23-06-1962		0	03:30:55	573	0	0	0	0	573
579	45	Gil	M	Individual	M50	50	15-08-1966		0		0	05:11:21	573	0	0	573
580	301	VITOR QUEIROS	M	Marco Trail	MSenior	29	01-01-1987		0	03:30:46	573	0	0	0	0	573
581	302	JOAO ARAUJO	M	Individual	MSenior	34	24-06-1982	03:16:00	572		0	0	0	0	0	572
582	303	NUNO PEREIRA	M	Individual	MSenior	39	23-08-1977	03:16:10	572		0	0	0	0	0	572
583	304	FABIO CAMPOS	M	Individual	MSenior	25	26-01-1991	03:16:13	572		0	0	0	0	0	572
584	305	BRUNO ANDRADE	M	Trailgloditas	MSenior	33	01-02-1983	03:16:00	572		0	0	0	0	0	572
585	46	PEDRO SOUSA	M	GONDOMAR FUTSAL CLUBE	M50	50	14-11-1966	03:16:34	571		0	0	0	0	0	571
586	224	JORGE MONTEIRO	M	FITSPOT-Parque Nascente	M40	42	13-11-1974	03:16:38	570		0	0	0	0	0	570
587	47	ARNALDO PEREIRA	M	Individual	M50	50	18-09-1966	03:16:43	570		0	0	0	0	0	570
588	306	ANDRE GONCALVES	M	Individual	MSenior	25	25-06-1991	03:16:53	570		0	0	0	0	0	570
589	307	TIAGO MOREIRA	M	Gangue das Maças	MSenior	29	10-04-1987	03:16:35	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
592	48	ANTONIO SOUTO	M	KeMedo Team	M50	56	22-08-1960		0		0	05:13:34	569	0	0	569
593	308	SILVIO SA	M	Individual	MSenior	26	12-06-1990	03:17:36	568		0	0	0	0	0	568
594	227	PAULO PROSPERO	M	Individual	M40	46	14-08-1970	03:17:57	567		0	0	0	0	0	567
595	309	SERGE KIPTANUI	M	AfrikanRunners	MSenior	39	09-04-1977	03:17:42	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
599	310	CESAR VIDAL	M	Individual	MSenior	31	03-05-1985		0		0	05:15:21	566	0	0	566
600	311	PAULO ASSIS	M	Individual	MSenior	30	09-07-1986	03:18:59	564		0	0	0	0	0	564
601	312	PEDRO FIGUEIREDO	M	Os TurboMula	MSenior	38	31-12-1978	03:18:44	564		0	0	0	0	0	564
602	313	HUGO PEREIRA	M	TEAM LANTEMIL	MSenior	36	24-05-1980	03:18:58	564		0	0	0	0	0	564
603	314	MARCO GONCALVES	M	SOFTEAM	MSenior	38	13-04-1978	03:19:01	564		0	0	0	0	0	564
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
607	315	BRUNO MONTEIRO	M	All About	MSenior	30	30-06-1986	03:19:12	563		0	0	0	0	0	563
608	316	HUGO FERNANDES	M	Individual	MSenior	31	30-07-1985		0	03:34:39	563	0	0	0	0	563
609	234	JOSE MENDES	M	Individual	M40	46	12-06-1970		0	03:35:09	562	0	0	0	0	562
610	317	JOAO FERREIRA	M	EQUIPA JOAO FERREIRA	MSenior	32	28-02-1984	03:19:55	561		0	0	0	0	0	561
611	318	PEDRO MEIRELES	M	EQUIPA JOAO FERREIRA	MSenior	39	01-02-1977	03:19:56	561		0	0	0	0	0	561
612	319	VITOR MATOS	M	Adega Tia Micas	MSenior	39	26-04-1977		0	03:35:11	561	0	0	0	0	561

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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
613	235	JORGE SILVA	M	GD BPI	M40	45	30-05-1971	03:20:22	560		0	0	0	0	0	560
614	49	JORGE CALMEIRO	M	Clube Millennium BCP	M50	53	27-06-1963	03:20:11	560		0	0	0	0	0	560
615	320	SAMUEL TEIXEIRA	M	Amigo	MSenior	37	08-04-1979	03:20:09	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
618	321	RICARDO FONSECA	M	Os Atletas	MSenior	33	17-06-1983	03:20:46	559		0	0	0	0	0	559
619	322	JOSE PINTO	M	CICLISTAS CÔSMICOS - GISLÓTICA	MSenior	31	24-03-1985	03:20:39	559		0	0	0	0	0	559
620	50	MANUEL RODRIGUES	M	Individual	M50	51	23-09-1965	03:21:05	558		0	0	0	0	0	558
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
624	12	ARLINDO PEREIRA	M	PORTOCARGO	M60	62	21-08-1954		0	03:36:46	557	0	0	0	0	557
625	323	RUI PINTO	M	Individual	MSenior	38	31-12-1978	03:21:20	557		0	0	0	0	0	557
626	324	NUNO FRANCA	M	FITSPOT-Parque Nascente	MSenior	30	03-01-1986	03:21:48	556		0	0	0	0	0	556
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
630	325	GUSTAVO BENTO	M	Fridão Sem Limites	MSenior	35	16-06-1981	03:22:00	555		0	0	0	0	0	555
631	326	RICARDO TAVARES	M	As Belas e Eles	MSenior	30	29-03-1986	03:21:59	555		0	0	0	0	0	555
632	327	RAUL VIANA	M	Individual	MSenior	35	11-03-1981	03:22:30	554		0	0	0	0	0	554
633	328	FRANCISCO BATISTA	M	Associação Desportiva da Efacec	MSenior	35	02-06-1981	03:22:26	554		0	0	0	0	0	554
634	329	NUNO OLIVEIRA	M	MediLixa	MSenior	31	28-05-1985	03:22:54	553		0	0	0	0	0	553
635	244	MANUEL MOURA	M	Associação Desportiva da Efacec	M40	40	11-10-1976	03:23:13	552		0	0	0	0	0	552
636	51	ERNESTO MARTINS	M	LION RUNNERS - G. D. LEÕES DA GUARDA	M50	54	23-03-1962	03:23:10	552		0	0	0	0	0	552
637	330	RUI PINTO	M	Os Falta D'Ar	MSenior	39	20-09-1977	03:23:08	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
639	331	SERGIO CHACIM	M	Individual	MSenior	26	10-10-1990	03:23:24	551		0	0	0	0	0	551
640	332	EMANUEL GOMES	M	Individual	MSenior	38	05-07-1978	03:23:41	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
643	333	RUI SANTOS	M	Os contrabandistas	MSenior	36	25-05-1980	03:23:44	550		0	0	0	0	0	550
644	334	LUIS PEDROSA	M	Team 2	MSenior	35	31-07-1981		0	03:39:50	550	0	0	0	0	550
645	335	BRUNO FONTAO	M	Individual	MSenior	34	30-04-1982		0	03:39:49	550	0	0	0	0	550
646	336	MANUEL SILVA	M	GONDOMAR FUTSAL CLUBE	MSenior	32	30-07-1984	03:24:07	549		0	0	0	0	0	549
647	337	BRUNO MOURA	M	Nascidos para Correr	MSenior	34	27-05-1982	03:24:22	549		0	0	0	0	0	549
648	338	FILIPE NUNES	M	CFA Runners	MSenior	33	01-03-1983	03:24:33	548		0	0	0	0	0	548

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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
649	248	NUNO HENRIQUE	M	Nascidos para Correr	M40	43	29-04-1973	03:25:09	547		0	0	0	0	0	547
650	52	JOAO COSTA	M	Ligeirinhos	M50	57	14-11-1959	03:25:03	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
654	339	NUNO MOURA	M	A.D.Amarante trail running	MSenior	38	04-10-1978	03:25:13	546		0	0	0	0	0	546
655	340	RENATO ALMEIDA	M	KeMedo Team	MSenior	36	27-04-1980	03:25:24	546		0	0	0	0	0	546
656	341	FILIFE PINTO	M	Metralhas Runners	MSenior	39	17-04-1977	03:25:18	546		0	0	0	0	0	546
657	342	OSCAR MAGALHAES	M	AZULAICO	MSenior	27	04-10-1989	03:25:30	546		0	0	0	0	0	546
658	343	JOAQUIM TEIXEIRA	M	AZULAICO	MSenior	38	29-07-1978	03:25:31	546		0	0	0	0	0	546
659	344	NUNO OLIVEIRA	M	LA Zinco	MSenior	31	14-04-1985		0	03:41:15	546	0	0	0	0	546
660	345	ANDRE CAVADAS	M	Clube Zupper	MSenior	36	12-06-1980		0	03:41:16	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
662	53	AUGUSTO TAVARES	M	ALIVE	M50	53	14-10-1963	03:25:42	545		0	0	0	0	0	545
663	346	PEDRO LOURENCO	M	Lourenços Adventures	MSenior	35	17-07-1981		0	03:41:40	545	0	0	0	0	545
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
666	54	JOAO SOARES	M	Individual	M50	50	25-09-1966	03:26:25	543		0	0	0	0	0	543
667	55	LUIS ALMEIDA	M	LION RUNNERS - G. D. LEÕES DA GUARDA	M50	54	08-09-1962	03:26:20	543		0	0	0	0	0	543
668	347	MANUEL PEREIRA	M	Moinhos Run - ADRM	MSenior	32	31-10-1984	03:26:22	543		0	0	0	0	0	543
669	348	FILIFE SILVA	M	Individual	MSenior	39	10-09-1977		0	03:42:32	543	0	0	0	0	543
670	349	FERNANDO LEITE	M	Clube Zupper	MSenior	35	06-01-1981		0	03:42:34	543	0	0	0	0	543
671	350	SIMAO RIBEIRO	M	Individual	MSenior	25	27-04-1991		0		0	05:28:54	543	0	0	543
672	351	LUIS MELO	M	Individual	MSenior	39	08-03-1977	03:27:00	542		0	0	0	0	0	542
673	352	MARIO ALMEIDA	M	ALIANÇA DE GANDRA	MSenior	32	20-12-1984	03:27:01	542		0	0	0	0	0	542
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
678	353	PEDRO OLIVEIRA	M	Individual	MSenior	37	05-12-1979	03:28:01	539		0	0	0	0	0	539
679	354	NELSON FERREIRA	M	Os Falta D'Ar	MSenior	36	04-10-1980	03:27:57	539		0	0	0	0	0	539
680	355	PEDRO NUNES	M	Individual	MSenior	25	15-09-1991		0	03:44:04	539	0	0	0	0	539
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
683	13	MANUEL EMIDIO	M	Individual	M60	65	15-02-1951		0	03:44:35	538	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

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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
685	56	ADRIANO MOREIRA	M	Gangue das Maças	M50	57	26-11-1959	03:29:03	536		0	0	0	0	0	536
686	356	FABIO MIRANDA	M	Amigo	MSenior	28	31-01-1988	03:29:40	535		0	0	0	0	0	535
687	357	ALEXANDRE TIBET	M	Free Tibete/ Vira Lata/ Husse	MSenior	39	08-06-1977		0	03:45:38	535	0	0	0	0	535
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
691	57	FERNANDO CARVALHO	M	SS MONTEPIO	M50	51	05-03-1965		0	03:46:13	534	0	0	0	0	534
692	265	RUI FERNANDES	M	Individual	M40	45	10-04-1971	03:31:04	531		0	0	0	0	0	531
693	358	RUI SOARES	M	Individual	MSenior	36	18-11-1980	03:31:07	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
696	359	TIAGO CAMBOA	M	Os Falta D'Ar	MSenior	34	21-01-1982	03:32:13	528		0	0	0	0	0	528
697	360	ANDRE SANTOS	M	Freeletics Porto	MSenior	26	08-12-1990		0		0	05:37:58	528	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
706	361	JOSE MARTINS	M	Individual	MSenior	39	06-09-1977	03:32:36	527		0	0	0	0	0	527
707	362	JOSE COELHO	M	Individual	MSenior	38	09-12-1978	03:32:38	527		0	0	0	0	0	527
708	363	ALEXANDRE LOURENCO	M	Individual	MSenior	38	21-02-1978		0	03:49:49	526	0	0	0	0	526
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
712	364	NUNO TEIXEIRA	M	Individual	MSenior	37	31-03-1979		0	03:51:43	521	0	0	0	0	521
713	365	PAULO FESTA	M	Invicta Runners Team	MSenior	36	13-07-1980		0	03:51:44	521	0	0	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
715	58	MARIO SOARES	M	LION RUNNERS - G. D. LEÕES DA GUARDA	M50	57	25-06-1959	03:35:58	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
718	366	RICARDO CAMPOS	M	Toyota 4Runner	MSenior	37	18-06-1979	03:36:23	518		0	0	0	0	0	518
719	367	MARIO MOREIRA	M	urbanfit runners	MSenior	37	06-12-1979		0	03:53:45	517	0	0	0	0	517
720	368	MARCIA CARDOSO	M	urbanfit runners	MSenior	38	18-12-1978		0	03:53:44	517	0	0	0	0	517

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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
721	59	PEDRO SA	M	Moinhos Run - ADRM	M50	50	11-10-1966	03:37:31	516		0	0	0	0	0	516
722	282	HENRIQUE SILVA	M	Individual	M40	46	04-12-1970	03:37:42	515		0	0	0	0	0	515
723	60	MANUEL LIMA	M	experenciariar	M50	57	19-04-1959		0	03:54:22	515	0	0	0	0	515
724	369	BRUNO VIEIRA	M	Individual	MSenior	36	04-07-1980	03:37:56	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
726	370	MARCO PEIXOTO	M	Individual	MSenior	29	11-12-1987	03:38:15	514		0	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
730	371	LUIS MENDES	M	A.D.Amarante trail running	MSenior	28	04-01-1988	03:40:03	510		0	0	0	0	0	510
731	372	FILIPE BARROS	M	Moure Trail Running	MSenior	33	22-07-1983	03:40:02	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
734	373	JOSE SOUSA	M	Individual	MSenior	33	24-02-1983	03:41:41	506		0	0	0	0	0	506
735	374	RICARDO MENDONCA	M	Clube do Pessoal EDP - Delegação de Gaia	MSenior	33	10-02-1983	03:41:35	506		0	0	0	0	0	506
736	375	HELDER HEITOR	M	Clube do Pessoal EDP - Delegação de Gaia	MSenior	32	04-04-1984	03:41:36	506		0	0	0	0	0	506
737	376	PAULO PINTO	M	os escaca pedra	MSenior	35	24-12-1981	03:42:00	505		0	0	0	0	0	505
738	61	ANTONIO CELESTE	M	Individual	M50	53	13-09-1963	03:42:41	504		0	0	0	0	0	504
739	377	FILIPE BESSA	M	Individual	MSenior	28	19-11-1988	03:42:32	504		0	0	0	0	0	504
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
742	378	ELOI SOUSA	M	Salta Pocinhas	MSenior	35	05-07-1981		0	04:00:19	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
748	379	RICARDO MELO	M	Os Atletas	MSenior	33	17-04-1983	03:43:24	502		0	0	0	0	0	502
749	380	HUGO PEGAS	M	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	MSenior	33	03-09-1983	03:43:47	501		0	0	0	0	0	501
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
752	381	OSVALDO FERREIRA	M	Individual	MSenior	38	22-04-1978		0	04:01:35	500	0	0	0	0	500
753	382	TIAGO SILVA	M	SMIP	MSenior	31	21-03-1985		0		0	05:57:13	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

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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
757	383	PAULO OSORIO	M	os caga tacos running team	MSenior	36	12-01-1980	03:44:47	499		0	0	0	0	0	499
758	384	ANDRE SANTOS	M	Individual	MSenior	30	04-05-1986	03:45:11	498		0	0	0	0	0	498
759	301	CARLOS SANTOS	M	100Fôlego	M40	44	11-12-1972	03:45:43	497		0	0	0	0	0	497
760	385	JOSE GAMA	M	Bicafé	MSenior	30	29-09-1986	03:47:31	493		0	0	0	0	0	493
761	386	PEDRO MARQUES	M	HALP	MSenior	28	20-12-1988		0	04:05:09	493	0	0	0	0	493
762	387	PEDRO MIRANDA	M	Marco Runners	MSenior	32	01-06-1984	03:47:42	492		0	0	0	0	0	492
763	388	HUGO MENDES	M	Individual	MSenior	36	13-08-1980		0	04:05:25	492	0	0	0	0	492
764	389	PEDRO RIBEIRO	M	Individual	MSenior	20	21-08-1996		0	04:05:25	492	0	0	0	0	492
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
767	62	JOAO GIL	M	Soulmates Trail Team	M50	59	10-04-1957	03:49:01	490		0	0	0	0	0	490
768	390	RUI DUARTE	M	Individual	MSenior	34	04-08-1982	03:48:43	490		0	0	0	0	0	490
769	391	RICARDO CONCEICAO	M	Individual	MSenior	39	19-05-1977		0		0	06:04:10	490	0	0	490
770	392	NUNO FERREIRA	M	Nascidos para Correr	MSenior	38	10-06-1978		0	04:07:23	488	0	0	0	0	488
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
773	63	JUSTINO GONCALVES	M	Individual	M50	58	13-06-1958	03:50:22	487		0	0	0	0	0	487
774	393	NUNO ALMEIDA	M	Individual	MSenior	35	15-06-1981	03:50:03	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
777	394	ANTONIO FERNANDES	M	Individual	MSenior	38	02-03-1978	03:51:42	484		0	0	0	0	0	484
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
781	395	PAULO MAGANO	M	GONDOMAR FUTSAL CLUBE	MSenior	39	11-03-1977	03:52:53	481		0	0	0	0	0	481
782	396	PAULO CAMPOS	M	Individual	MSenior	39	17-01-1977	03:53:41	480		0	0	0	0	0	480
783	397	EDUARDO NEVES	M	Individual	MSenior	28	24-08-1988	03:54:08	479		0	0	0	0	0	479
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
786	398	HUGO PINTO	M	CCPAD - CLUBE DE CAÇA E PESCA DO ALTO DOURO	MSenior	36	22-04-1980	03:55:19	477		0	0	0	0	0	477
787	313	OSVALDO OLIVEIRA	M	Individual	M40	46	23-10-1970	03:55:34	476		0	0	0	0	0	476
788	64	RUI QUINTA	M	Moinhos Run - ADRM	M50	56	06-06-1960	03:55:29	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
790	399	MANUEL ALMEIDA	M	Shots International Runners	MSenior	35	18-01-1981	03:56:20	474		0	0	0	0	0	474
791	400	PEDRO SOARES	M	A. D. Sebolido Trail Boneca D'Ouro	MSenior	36	25-10-1980	03:57:43	472		0	0	0	0	0	472
792	401	ISAQUE SILVA	M	A. D. Sebolido Trail Boneca D'Ouro	MSenior	33	07-03-1983	03:57:44	472		0	0	0	0	0	472

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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
793	402	NUNO FONSECA	M	Individual	MSenior	37	18-09-1979	03:58:01	471		0	0	0	0	0	471
794	403	IVONIO MARTINS	M	INtrilhos/Pascoalitos	MSenior	36	10-02-1980	03:58:07	471		0	0	0	0	0	471
795	315	RUI VICENTE	M	MULTIPOWER GAIA TRAIL	M40	44	07-10-1972	03:58:40	470		0	0	0	0	0	470
796	404	LEONARDO BRANDAO	M	os caga tacos running team	MSenior	23	20-11-1993	03:58:46	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
801	65	JOAQUIM MATOS	M	GONDOMAR FUTSAL CLUBE	M50	56	27-09-1960	04:01:21	465		0	0	0	0	0	465
802	405	JOAO BERNARDES	M	Marco Runners	MSenior	34	19-05-1982	04:01:04	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
804	406	SERGIO SANTOS	M	LOCOMOTIVA DE PARANHOS	MSenior	33	21-02-1983		0		0	06:26:23	462	0	0	462
805	66	JOAO SILVA	M	Individual	M50	56	24-07-1960	04:03:06	461		0	0	0	0	0	461
806	407	FERNANDO LEITE	M	TNT - Trilhos Natura Team	MSenior	35	14-05-1981	04:03:06	461		0	0	0	0	0	461
807	408	FILIFE PINHEIRO	M	Fridão Sem Limites	MSenior	39	20-03-1977	04:03:48	460		0	0	0	0	0	460
808	67	JOAQUIM TRINDADE	M	Individual	M50	57	08-10-1959	04:05:13	457		0	0	0	0	0	457
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
811	409	FILIFE LEITAO	M	GONDOMAR FUTSAL CLUBE	MSenior	37	01-10-1979		0		0	06:31:10	456	0	0	456
812	410	RUI SANTOS	M	GONDOMAR FUTSAL CLUBE	MSenior	19	28-02-1997	04:06:27	455		0	0	0	0	0	455
813	68	LUIZ BLANQUET	M	Individual	M50	55	15-03-1961	04:07:14	454		0	0	0	0	0	454
814	411	PEDRO RODRIGUES	M	Individual	MSenior	24	01-03-1992	04:06:58	454		0	0	0	0	0	454
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
817	325	ANTONIO ANGELINO	M	Nascidos para Correr	M40	42	29-05-1974		0	04:27:42	451	0	0	0	0	451
818	412	PEDRO ANJOS	M	Individual	MSenior	28	22-07-1988	04:08:59	450		0	0	0	0	0	450
819	413	DIOGO MOREIRA	M	Associação Desportiva da Efacec	MSenior	28	05-04-1988	04:09:29	449		0	0	0	0	0	449
820	414	NELSON MARTINS	M	Nascidos para Correr	MSenior	39	30-05-1977	04:09:41	449		0	0	0	0	0	449
821	415	HENRIQUE TEIXEIRA	M	Individual	MSenior	39	03-03-1977		0		0	06:37:36	449	0	0	449
822	416	SERGIO VALENTE	M	Individual	MSenior	38	04-07-1978	04:10:15	448		0	0	0	0	0	448
823	417	BRUNO LIMA	M	Nascidos para Correr	MSenior	37	04-11-1979	04:10:31	448		0	0	0	0	0	448
824	326	PEDRO ALVES	M	Nice Runners	M40	40	08-04-1976		0		0	06:38:58	447	0	0	447
825	418	DIOGO SOUSA	M	Individual	MSenior	35	21-12-1981	04:10:33	447		0	0	0	0	0	447
826	419	RICARDO CARVALHO	M	Individual	MSenior	39	17-09-1977	04:10:54	447		0	0	0	0	0	447
827	327	FERNANDO PEREIRA	M	Individual	M40	44	29-03-1972		0	04:30:52	446	0	0	0	0	446
828	420	PEDRO MARQUES	M	GTT - Armazém do Caffè	MSenior	38	21-04-1978	04:11:34	446		0	0	0	0	0	446

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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
829	421	CESAR PAIS	M	GONDOMAR FUTSAL CLUBE	MSenior	33	08-09-1983	04:12:12	445		0	0	0	0	0	445
830	422	GABRIEL MOREIRA	M	Clube Zupper	MSenior	38	12-08-1978	04:11:41	445		0	0	0	0	0	445
831	328	CARLOS GUEDES	M	alltitudes trail team	M40	40	07-03-1976	04:13:15	443		0	0	0	0	0	443
832	69	ARTUR SARAIVA	M	Metralhas Runners	M50	52	21-01-1964	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
835	70	ARMANDO MOREIRA	M	Individual	M50	50	10-07-1966	04:14:13	441		0	0	0	0	0	441
836	423	ARNALDO COSTA	M	Individual	MSenior	38	05-09-1978	04:14:57	440		0	0	0	0	0	440
837	424	JORGE SILVA	M	Individual	MSenior	32	22-09-1984	04:15:11	439		0	0	0	0	0	439
838	425	JOAO RODRIGUES	M	Clube Zupper	MSenior	35	23-06-1981	04:15:57	438		0	0	0	0	0	438
839	426	RUI SILVA	M	BitRunners	MSenior	34	27-04-1982	04:16:03	438		0	0	0	0	0	438
840	427	HERNANI DIAS	M	GTT - Armazém do Caffè	MSenior	30	05-03-1986	04:16:39	437		0	0	0	0	0	437
841	428	ANDRE BARROS	M	Os Atletas	MSenior	35	09-05-1981	04:17:27	435		0	0	0	0	0	435
842	331	PAULO FERREIRA	M	PORTOCARGO	M40	44	08-10-1972	04:21:19	429		0	0	0	0	0	429
843	14	JOSE CASTELI	M	Fardetas	M60	63	23-03-1953	04:21:20	429		0	0	0	0	0	429
844	429	ANDRE MARTINEZ	M	A.D.Amarante trail running	MSenior	25	14-12-1991	04:21:22	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
847	71	JOAO MARAFONA	M	DUROS VL	M50	50	16-06-1966	04:22:51	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
849	430	NUNO MORAIS	M	Individual	MSenior	26	11-04-1990		0	04:43:42	426	0	0	0	0	426
850	431	JOSE FERREIRA	M	Individual	MSenior	28	21-03-1988		0	04:43:41	426	0	0	0	0	426
851	432	HUGO MAGALHAES	M	Individual	MSenior	30	19-09-1986		0		0	06:59:04	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
855	433	PT SOARES	M	Individual	MSenior	37	27-08-1979	04:23:45	425		0	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
857	434	TIAGO SOEIRO	M	Individual	MSenior	38	16-05-1978	04:24:21	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
859	15	MANUEL MOURA	M	OS BARRIGUITAS	M60	61	27-04-1955	04:25:14	423		0	0	0	0	0	423
860	16	AURELIO CARVALHO	M	KeMedo Team	M60	61	30-07-1955	04:25:58	422		0	0	0	0	0	422
861	435	RICARDO PINTO	M	Individual	MSenior	34	23-10-1982		0	04:45:57	422	0	0	0	0	422
862	436	Diogo	M	PORTO SENTIDO RUNNERS	MSenior	22	23-03-1994		0	04:45:57	422	0	0	0	0	422
863	437	FREDERICO ROCHA	M	Individual	MSenior	35	16-11-1981	04:26:15	421		0	0	0	0	0	421
864	438	PEDRO DUARTE	M	KeMedo Team	MSenior	33	04-02-1983	04:26:34	421		0	0	0	0	0	421

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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
865	340	MIGUEL RESENDE	M	Individual	M40	46	29-04-1970	04:26:38	420		0	0	0	0	0	420
866	439	ANTONIO MOTA	M	Individual	MSenior	39	13-04-1977	04:27:07	420		0	0	0	0	0	420
867	72	ANTONIO MAGALHAES	M	autistic.runners	M50	56	10-03-1960	04:28:06	418		0	0	0	0	0	418
868	341	CLAUDIO SANTOS	M	Clube Vodafone	M40	40	22-01-1976	04:29:24	416		0	0	0	0	0	416
869	440	VICENTE RUA	M	Individual	MSenior	34	01-01-1982	04:29:27	416		0	0	0	0	0	416
870	441	CLAUDIO SILVA	M	Individual	MSenior	37	18-08-1979	04:29:28	416		0	0	0	0	0	416
871	442	FILIFE BRANCO	M	Clube Vodafone	MSenior	39	12-11-1977	04:29:26	416		0	0	0	0	0	416
872	443	HELDER MARTINS	M	Individual	MSenior	38	06-09-1978	04:29:55	415		0	0	0	0	0	415
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
875	444	RICARDO FARIA	M	Clube Vodafone	MSenior	38	23-03-1978	04:32:03	412		0	0	0	0	0	412
876	445	SERGIO BROCHADO	M	Funtastic Duo	MSenior	37	17-12-1979	04:33:02	411		0	0	0	0	0	411
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
879	446	DIOGO SANTOS	M	RunRun	MSenior	31	20-01-1985	04:39:41	401		0	0	0	0	0	401
880	447	LUIS PEREIRA	M	Individual	MSenior	31	14-09-1985	04:40:28	400		0	0	0	0	0	400
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
883	448	PEDRO GONCALVES	M	Toyota 4Runner	MSenior	39	26-12-1977	04:42:50	396		0	0	0	0	0	396
884	449	FILIFE NOGUEIRA	M	Os TurboMula	MSenior	38	10-03-1978	04:43:13	396		0	0	0	0	0	396
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
888	450	PEDRO GONCALVES	M	Individual	MSenior	36	30-04-1980		0	05:07:45	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
895	73	FERNANDO DIAS	M	EM'Força – Corremos com a Esclerose Múltipla	M50	59	25-04-1957	04:47:48	390		0	0	0	0	0	390
896	451	BRUNO VIGARIO	M	GONDOMAR FUTSAL CLUBE	MSenior	33	07-07-1983	04:47:31	390		0	0	0	0	0	390
897	452	ANDRE CARDOSO	M	EM'Força – Corremos com a Esclerose Múltipla	MSenior	34	23-09-1982	04:47:47	390		0	0	0	0	0	390
898	17	JOSE CARDOSO	M	EM'Força – Corremos com a Esclerose Múltipla	M60	61	09-08-1955	04:47:49	389		0	0	0	0	0	389
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

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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
901	453	RICARDO LOPES	M	Individual	MSenior	26	14-08-1990	04:49:44	387		0	0	0	0	0	387
902	454	LUIS TEIXEIRA	M	Individual	MSenior	28	26-01-1988	04:49:45	387		0	0	0	0	0	387
903	455	CARLOS SANTOS	M	Individual	MSenior	31	24-11-1985	04:51:21	385		0	0	0	0	0	385
904	456	SERGIO SOUSA	M	Individual	MSenior	37	07-03-1979	04:51:21	385		0	0	0	0	0	385
905	359	JOSE MARTINS	M	Individual	M40	44	10-09-1972	04:53:03	383		0	0	0	0	0	383
906	74	VALTER BARBOSA	M	Individual	M50	51	19-01-1965	04:53:00	383		0	0	0	0	0	383
907	75	FERNANDO MAUTEMPO	M	Individual	M50	59	17-02-1957	04:53:00	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
909	457	VASCO PATRICIO	M	Gangue das Maças	MSenior	27	04-07-1989	04:53:06	382		0	0	0	0	0	382
910	361	ELISABETE LOUREIRO	M	Bolts	M40	48	02-12-1968	04:58:09	376		0	0	0	0	0	376
911	76	LUIS ALVES	M	Bolts	M50	50	05-06-1966	04:58:12	376		0	0	0	0	0	376
912	458	NUNO AMORIM	M	Marco Runners	MSenior	37	26-09-1979	05:14:36	356		0	0	0	0	0	356