

## Ranking Circuito Trail Valongo Senior Fem - 2016



Rk	RkCat	Nome	Sexo	Clube	Cat	Idade	DN	Tempo Paleozoico	Pontos Paleozoico	Tempo 4caminhos	Pontos 4caminhos	Tempo Stalusta	Pontos Stalusta	Tempos Trail Not. Valongo	Pontos Trail Not. Valongo	TOTAL
1	1	DANIELA RUSSO	F	ESTAMOS JUNTOS	FSenior	31	04-06-1985		0	02:45:08	1000	03:45:19	1000	01:57:21	1000	3000
2	2	JULIANA RODRIGUES	F	FITSPOT-Parque Nascente	FSenior	30	03-09-1986	02:40:10	868	03:01:36	909	04:30:05	834	0	0	2611
7	3	ANA CAMPANHA	F	Individual	FSenior	31	19-02-1985	03:30:18	661		0	0	0	02:30:08	781	1442
8	4	LILIANA ARAUJO	F	GTT - Armazém do Caffè	FSenior	36	13-03-1980	03:25:20	677	03:38:25	755	0	0	0	0	1432
10	5	ANA SILVA	F	All About Spirit Team	FSenior	35	19-07-1981		0	03:56:05	699	05:22:45	698	0	0	1397
11	6	NATALIA SILVA	F	Olha Eu trail Dunning team	FSenior	36	24-12-1980	03:43:22	622	03:39:19	752	0	0	0	0	1374
16	7	ROSA OLIVEIRA	F	Nascidos para Correr	FSenior	37	26-03-1979		0	02:55:27	941	0	0	0	0	941
18	8	ELISABETE CARVALHO	F	Trocopasso Runners	FSenior	37	31-05-1979		0	02:59:44	918	0	0	0	0	918
20	9	LILIANA GOMES	F	Quintas Feiras Bravas	FSenior	30	23-10-1986		0		0	04:15:14	882	0	0	882
21	10	CRISTIANA ESTEVES	F	Individual	FSenior	27	31-03-1989		0		0	04:19:29	868	0	0	868
22	11	CRISTINA COUTIMHO	F	Individual	FSenior	35	16-12-1981		0	03:10:59	864	0	0	0	0	864
25	12	TANIA BATEIRA	F	PORTOCARGO	FSenior	37	18-09-1979		0	03:16:54	838	0	0	0	0	838
26	13	JOANA CARDOSO	F	GONDOMAR FUTSAL CLUBE	FSenior	34	13-06-1982	02:46:49	833		0	0	0	0	0	833
27	14	ANABELA FREITAS	F	MULTIPOWER   GAIA TRAIL	FSenior	32	02-11-1984		0	03:18:27	832	0	0	0	0	832
28	15	ESTELA MARTINS	F	Nascidos para Correr	FSenior	38	17-09-1978		0		0	04:33:18	824	0	0	824
31	16	MAFALDA LUIS	F	Individual	FSenior	30	30-12-1986		0		0	04:45:29	789	0	0	789
33	17	SARINA GUIMARAES	F	Individual	FSenior	30	18-10-1986	02:57:30	783		0	0	0	0	0	783
36	18	MARIA FERNANDEZ	F	EQUIPA JOAO FERREIRA	FSenior	29	27-01-1987	03:00:50	769		0	0	0	0	0	769
37	19	GABRIELA MADEIRA	F	#MIRRAS	FSenior	28	22-02-1988		0	03:35:57	764	0	0	0	0	764
39	20	DANIELA FERREIRA	F	NOCTURNOS DE PAREDES	FSenior	28	20-01-1988	03:05:03	751		0	0	0	0	0	751
43	21	ANDREIA MOTA	F	Individual	FSenior	28	20-09-1988		0		0	05:04:38	739	0	0	739
46	22	OLGA ALMEIDA	F	FITSPOT-Parque Nascente	FSenior	36	20-11-1980		0		0	05:11:05	724	0	0	724
47	23	CARLA SOUSA	F	Individual	FSenior	39	19-10-1977	03:12:21	722		0	0	0	0	0	722
48	24	ANABELA CORDEIRO	F	Individual	FSenior	38	04-05-1978	03:13:06	720		0	0	0	0	0	720
50	25	FILIPA PINHEIRO	F	Individual	FSenior	25	04-06-1991		0	03:49:49	718	0	0	0	0	718
51	26	ISABEL SANTOS	F	FITSPOT-Parque Nascente	FSenior	38	30-04-1978		0		0	05:13:30	718	0	0	718
52	27	MARIA VIANA	F	MARATONISTAS DO MINHO	FSenior	38	03-05-1978	03:13:53	717		0	0	0	0	0	717
54	28	SOFIA FERNANDES	F	Individual	FSenior	29	04-04-1987		0	03:50:54	715	0	0	0	0	715
55	29	ANDREIA BARBOSA	F	Individual	FSenior	23	01-11-1993	03:16:02	709		0	0	0	0	0	709
56	30	PATRICIA FERREIRA	F	Gangue das Maças	FSenior	29	28-05-1987	03:16:07	709		0	0	0	0	0	709
58	31	ANDREIA COSTA	F	Individual	FSenior	39	01-10-1977		0	03:55:37	700	0	0	0	0	700
59	32	ANDREIA MORAIS	F	Somos Nós Team	FSenior	21	28-06-1995	03:19:27	697		0	0	0	0	0	697
60	33	NATALIA CUNHA	F	Moinhos Run - ADRM	FSenior	36	31-12-1980	03:19:58	695		0	0	0	0	0	695
62	34	GISELA SOUSA	F	BitRunners	FSenior	37	05-02-1979	03:21:38	689		0	0	0	0	0	689
63	35	SARA PINTO	F	Individual	FSenior	28	06-09-1988	03:22:53	685		0	0	0	0	0	685
65	36	JOANA ABREU	F	Individual	FSenior	24	24-06-1992	03:23:24	683		0	0	0	0	0	683

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66	37	RAQUEL ANDRADE	F	Nascidos para Correr	FSenior	35	26-07-1981	03:24:20	680		0	0	0	0	0	680
69	38	LILIANA NETO	F	HALP	FSenior	34	08-04-1982		0	04:05:08	673	0	0	0	0	673
70	39	ANA DOLORES	F	All About	FSenior	35	19-07-1981	03:26:51	672		0	0	0	0	0	672
72	40	ANA BORGES	F	Amigos da Onça	FSenior	31	27-03-1985	03:27:02	671		0	0	0	0	0	671
74	41	MARCIA LOPES	F	LION RUNNERS - G. D. LEÕES DA GUARDA	FSenior	31	09-09-1985	03:28:55	665		0	0	0	0	0	665
75	42	SANDRA GONCALVES	F	As Belas e Eles	FSenior	34	15-01-1982	03:30:18	661		0	0	0	0	0	661
76	43	MONICA BORGES	F	Individual	FSenior	38	28-03-1978		0	04:12:12	654	0	0	0	0	654
77	44	ANA VIEIRA	F	MULTIPOWER   GAIA TRAIL	FSenior	37	16-12-1979	03:32:49	653		0	0	0	0	0	653
79	45	SONIA PARENTE	F	EDV-VIANA TRAIL	FSenior	39	28-10-1977	03:33:46	650		0	0	0	0	0	650
80	46	IVA SILVA	F	EDV-VIANA TRAIL	FSenior	36	22-10-1980	03:33:46	650		0	0	0	0	0	650
83	47	DANIELA SOARES	F	UNIDOS À FRESCA	FSenior	36	16-03-1980	03:36:08	643		0	0	0	0	0	643
85	48	DIANA VIEIRA	F	SOFTEAM	FSenior	33	08-09-1983	03:37:38	638		0	0	0	0	0	638
86	49	SANDRA FERNANDES	F	Fridão Sem Limites	FSenior	39	25-02-1977	03:40:29	630		0	0	0	0	0	630
87	50	LUCIA LOURENCO	F	AVF auto	FSenior	31	18-02-1985		0	04:23:53	625	0	0	0	0	625
88	51	RUTE SILVA	F	Individual	FSenior	36	30-12-1980		0	04:23:52	625	0	0	0	0	625
89	52	JOANA MAGALHAES	F	Individual	FSenior	23	01-10-1993		0	04:23:53	625	0	0	0	0	625
90	53	CRISTINA ROCHA	F	Individual	FSenior	37	31-08-1979	03:43:53	621		0	0	0	0	0	621
91	54	RAQUEL VASCONCELOS	F	NO TOMORROW RUNNING TEAM	FSenior	38	15-03-1978	03:44:12	620		0	0	0	0	0	620
92	55	ANA XAVIER	F	Individual	FSenior	35	11-02-1981		0	04:27:15	617	0	0	0	0	617
93	56	PATRICIA CAVALERO	F	Nascidos para Correr	FSenior	37	19-01-1979		0	04:27:42	616	0	0	0	0	616
94	57	SUSANA MACHADO	F	PimPamPum	FSenior	29	15-11-1987	03:46:30	613		0	0	0	0	0	613
96	58	DORA DIAS	F	Individual	FSenior	34	20-06-1982	03:46:54	612		0	0	0	0	0	612
97	59	BRUNA GONCALVES	F	Bicafé	FSenior	30	22-10-1986	03:47:33	611		0	0	0	0	0	611
99	60	VANIA MOURA	F	Soulmates Trail Team	FSenior	26	06-09-1990	03:49:00	607		0	0	0	0	0	607
101	61	LUISA MOTA	F	Individual	FSenior	35	01-11-1981	03:50:03	604		0	0	0	0	0	604
103	62	DIANA OLIVEIRA	F	Soulmates Trail Team	FSenior	25	09-11-1991	03:50:26	603		0	0	0	0	0	603
106	63	LILIANA FERREIRA	F	Individual	FSenior	25	15-09-1991	03:52:52	597		0	0	0	0	0	597
108	64	MARIANA GUERRA	F	Individual	FSenior	25	31-03-1991	03:53:46	594		0	0	0	0	0	594
111	65	PATRICIA MOREIRA	F	Moinhos Run - ADRM	FSenior	33	06-07-1983	03:55:29	590		0	0	0	0	0	590
112	66	INES CARLOS	F	Individual	FSenior	20	05-04-1996	03:56:04	589		0	0	0	0	0	589
113	67	SUSANA DANTAS	F	NO TOMORROW RUNNING TEAM	FSenior	30	18-08-1986	03:56:06	588		0	0	0	0	0	588
114	68	SOFIA CARVALHO	F	A. D. Sebolido Trail Boneca D'Ouro	FSenior	33	10-02-1983	03:57:42	585		0	0	0	0	0	585
115	69	ANA RODRIGUES	F	A. D. Sebolido Trail Boneca D'Ouro	FSenior	35	04-09-1981	03:57:42	585		0	0	0	0	0	585
118	70	NELIA ANTUNES	F	INtrilhos/Pascoalitos	FSenior	36	08-04-1980	03:58:07	583		0	0	0	0	0	583
119	71	ANA SILVA	F	Individual	FSenior	25	24-07-1991		0	04:43:43	582	0	0	0	0	582
122	72	VESA VELENTINOVIC	F	BUDEGUITA RUNNERS	FSenior	30	09-11-1986	03:59:38	580		0	0	0	0	0	580

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124	73	SARA SOARES	F	Individual	FSenior	26	22-11-1990	04:00:07	579		0	0	0	0	0	579
125	74	SILVIA VILAR	F	Ginasio Fit4Fun	FSenior	39	12-05-1977	04:00:06	579		0	0	0	0	0	579
126	75	CARLA PINHO	F	Ginasio Fit4Fun	FSenior	30	26-05-1986	04:00:07	579		0	0	0	0	0	579
127	76	CAROLINA COUTINHO	F	Ginasio Fit4Fun	FSenior	34	19-01-1982	04:00:09	579		0	0	0	0	0	579
131	77	JOANA BABO	F	Marco Runners	FSenior	34	11-02-1982	04:00:53	577		0	0	0	0	0	577
132	78	CARLA LOPES	F	Individual	FSenior	35	06-11-1981		0	04:45:55	577	0	0	0	0	577
133	79	SARA MAGALHAES	F	PORTO SENTIDO RUNNERS	FSenior	39	19-12-1977		0	04:45:58	577	0	0	0	0	577
135	80	ANA MELO	F	ADTravassô	FSenior	33	19-10-1983	04:01:46	575		0	0	0	0	0	575
138	81	LILIANA RIBEIRO	F	CFA Runners	FSenior	30	10-01-1986	04:07:52	561		0	0	0	0	0	561
139	82	SOFIA MENDES	F	Nascidos para Correr	FSenior	34	13-11-1982	04:09:40	556		0	0	0	0	0	556
141	83	NEUZA CARIDADE	F	EDV - Viana Trail	FSenior	34	14-12-1982	04:11:35	552		0	0	0	0	0	552
142	84	SILVIA ROCHA	F	Individual	FSenior	35	07-03-1981	04:12:05	551		0	0	0	0	0	551
143	85	RITA MACEDO	F	GONDOMAR FUTSAL CLUBE	FSenior	21	11-02-1995	04:12:12	551		0	0	0	0	0	551
144	86	SANDRA COSTA	F	Amigos Vale Silêncio	FSenior	39	09-12-1977	04:12:19	551		0	0	0	0	0	551
145	87	CRISTINA LOPES	F	Individual	FSenior	38	28-01-1978	04:13:20	548		0	0	0	0	0	548
146	88	ANA MENDONCA	F	A.D.Amarante trail running	FSenior	31	10-08-1985	04:13:56	547		0	0	0	0	0	547
147	89	CARLA PEREIRA	F	EDV-VIANA TRAIL	FSenior	38	12-06-1978	04:14:55	545		0	0	0	0	0	545
148	90	CATIA FERNANDES	F	Os Falta D'Ar	FSenior	34	30-06-1982	04:16:47	541		0	0	0	0	0	541
151	91	SONIA MOREIRA	F	Individual	FSenior	29	12-11-1987	04:22:53	528		0	0	0	0	0	528
153	92	ANA RIBEIRO	F	Mov'et	FSenior	32	18-08-1984	04:23:52	527		0	0	0	0	0	527
155	93	MARILENE FREITAS	F	Individual	FSenior	37	12-06-1979		0	05:13:30	526	0	0	0	0	526
159	94	VERA MARTINS	F	Individual	FSenior	39	24-10-1977	04:24:31	525		0	0	0	0	0	525
163	95	MONICA BARBOSA	F	Tartarugas do Asfalto	FSenior	39	17-09-1977	04:26:38	521		0	0	0	0	0	521
164	96	SARA VIGARIO	F	Metralhas Runners	FSenior	36	27-02-1980	04:26:53	521		0	0	0	0	0	521
167	97	SOFIA FERREIRA	F	Shots International Runners	FSenior	37	16-06-1979	04:28:00	518		0	0	0	0	0	518
168	98	MARIA SILVA	F	Individual	FSenior	30	20-12-1986	04:29:25	516		0	0	0	0	0	516
169	99	PATRICIA SILVA	F	Individual	FSenior	39	04-08-1977	04:29:56	515		0	0	0	0	0	515
170	100	SUSANA FARIA	F	All About	FSenior	31	29-10-1985	04:30:03	514		0	0	0	0	0	514
172	101	TULIA AIRES	F	Funtastic Duo	FSenior	33	27-06-1983	04:33:02	509		0	0	0	0	0	509
179	102	CECILIA SOUSA	F	Individual	FSenior	39	15-11-1977	04:36:20	503		0	0	0	0	0	503
180	103	ANA CARVALHO	F	Individual	FSenior	39	23-11-1977	04:38:33	499		0	0	0	0	0	499
181	104	SONIA ALVES	F	Individual	FSenior	39	28-05-1977	04:38:35	499		0	0	0	0	0	499
182	105	PATRICIA PEREIRA	F	GONDOMAR FUTSAL CLUBE	FSenior	36	21-02-1980	04:39:45	497		0	0	0	0	0	497
183	106	LUCIA SANTOS	F	Metralhas Runners	FSenior	25	04-01-1991	04:39:45	497		0	0	0	0	0	497
184	107	SILVIA COUTO	F	RunRun	FSenior	29	30-08-1987	04:39:41	497		0	0	0	0	0	497
185	108	DANIELA LOPES	F	Individual	FSenior	39	25-03-1977	04:39:51	496		0	0	0	0	0	496

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187	109	PATRICIA OLIVEIRA	F	Toyota 4Runner	FSenior	32	28-03-1984	04:42:50	491		0	0	0	0	0	491
188	110	SARA MOREIRA	F	Os TurboMula	FSenior	34	10-02-1982	04:43:14	490		0	0	0	0	0	490
190	111	CARLA DIAS	F	EM'Força – Corremos com a Esclerose Múltipla	FSenior	32	28-08-1984	04:47:47	483		0	0	0	0	0	483
191	112	ELISABETE FERREIRA	F	Individual	FSenior	36	08-03-1980	04:47:55	482		0	0	0	0	0	482
193	113	NATACHA LOURENCO	F	Individual	FSenior	27	02-10-1989	04:49:44	479		0	0	0	0	0	479
194	114	ELISABETE MONTEIRO	F	Individual	FSenior	33	24-09-1983	04:49:47	479		0	0	0	0	0	479
196	115	DIANA MARTINS	F	Individual	FSenior	24	16-08-1992	04:51:18	477		0	0	0	0	0	477
197	116	ALEXANDRA OLIVEIRA	F	RUNNING TEAM MAIA	FSenior	36	29-11-1980	04:51:15	477		0	0	0	0	0	477
198	117	CARLA BRINCO	F	Individual	FSenior	36	21-03-1980	04:57:27	467		0	0	0	0	0	467
199	118	CARLA LEAL	F	Uh Lá Lá	FSenior	29	18-02-1987	04:57:26	467		0	0	0	0	0	467
200	119	GEORGINA SANTOS	F	Pupis	FSenior	33	22-07-1983	05:06:38	453		0	0	0	0	0	453
201	120	ORIANA MOREIRA	F	Pupis	FSenior	29	27-07-1987	05:06:39	453		0	0	0	0	0	453
202	121	ANA ARRISCADO	F	Individual	FSenior	37	08-06-1979	05:09:55	448		0	0	0	0	0	448
207	122	ANA OLIVEIRA	F	SOFTEAM	FSenior	33	01-05-1983	05:23:53	429		0	0	0	0	0	429
208	123	FATIMA GODINHO	F	SOFTEAM	FSenior	39	18-06-1977	05:23:56	429		0	0	0	0	0	429