

## Ranking Circuito Trail Valongo Senior Masc - 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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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

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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
68	37	RUI PEREIRA	M	Individual	MSenior	38	11-10-1978		0	02:49:22	714	04:06:30	724	0	0	1438
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
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
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
80	43	JOSE COSTA	M	Individual	MSenior	39	18-05-1977	02:39:56	701	02:58:15	678	0	0	0	0	1379
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
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
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
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
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
116	60	BRUNO VILACA	M	Vanila Vilessa	MSenior	34	16-01-1982	03:08:49	594		0	04:57:47	600	0	0	1194
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
120	62	EURICO MATEUS	M	Individual	MSenior	33	25-11-1983		0	03:24:29	591	0	0	02:31:35	583	1174
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
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
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

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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
146	76	HUGO VENTURA	M	Individual	MSenior	38	03-01-1978		0	04:05:43	492	0	0	02:42:11	545	1037
150	77	DIOGO FERNANDES	M	DrMerino/Nutrifit	MSenior	29	20-06-1987	01:52:15	1000		0	0	0	0	0	1000
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
161	85	AGOSTINHO REIS	M	Individual	MSenior	35	11-06-1981		0		0	03:17:07	906	0	0	906
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
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
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
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
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
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
185	99	MIGUEL CARVALHO	M	ozXtreme/GDCR	MSenior	32	14-06-1984		0		0	03:34:54	831	0	0	831
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
196	107	PEDRO SABUGUEIRO	M	MULTIPOWER   GAIA TRAIL	MSenior	19	20-02-1997		0	02:29:34	808	0	0	0	0	808
198	108	GABRIEL COUTINHO	M	Associação Desportiva da Efacec	MSenior	38	26-10-1978	02:20:53	796		0	0	0	0	0	796

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199	109	IVO PEREIRA	M	Individual	MSenior	34	07-09-1982	02:21:15	794		0	0	0	0	0	794
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 Efacec	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
216	124	SERGIO MATOS	M	EDV-VIANA TRAIL	MSenior	27	06-03-1989	02:25:16	772		0	0	0	0	0	772
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
221	126	PEDRO BARBOSA	M	Not Run Alone	MSenior	38	07-07-1978		0		0	03:53:00	766	0	0	766
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 Efacec	MSenior	38	06-11-1978	02:27:56	758		0	0	0	0	0	758
227	129	FILIFE PINTO	M	Os Lobos do Saibro	MSenior	38	10-01-1978	02:28:33	755		0	0	0	0	0	755
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
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
235	133	FILIFE FERNANDES	M	Individual	MSenior	29	21-03-1987		0	02:42:37	743	0	0	0	0	743
238	134	HUGO AZEVEDO	M	Beat Your Limit!	MSenior	36	26-06-1980	02:31:31	740		0	0	0	0	0	740
243	135	RICARDO FERREIRA	M	Individual	MSenior	37	17-04-1979	02:32:50	734		0	0	0	0	0	734
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
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	CELSE OLIVEIRA	M	LION RUNNERS - G. D. LEÕES DA GUARDA	MSenior	29	13-01-1987	02:33:46	730		0	0	0	0	0	730
250	139	HUGO PINTO	M	Adega Tia Micas	MSenior	28	20-04-1988		0	02:45:53	729	0	0	0	0	729
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
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
265	144	ANDRE TRIGAIS	M	GONDOMAR FUTSAL CLUBE	MSenior	35	22-08-1981	02:35:20	722		0	0	0	0	0	722

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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
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
273	149	EMANUEL COELHO	M	PORTO SENTIDO RUNNERS	MSenior	35	30-12-1981	02:36:37	716		0	0	0	0	0	716
277	150	CARLOS AZEVEDO	M	Individual	MSenior	39	17-01-1977		0	02:49:29	713	0	0	0	0	713
280	151	JOAO DINIS	M	Individual	MSenior	28	18-02-1988		0		0	04:10:52	712	0	0	712
287	152	SERGIO CARVALHO	M	Individual	MSenior	37	18-05-1979	02:38:49	706		0	0	0	0	0	706
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
295	156	EMANUEL COSTA	M	GTT - Armazém do Caffè	MSenior	37	19-01-1979	02:39:37	703		0	0	0	0	0	703
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	AfrikanRunners	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
307	160	VITOR FRANCISCO	M	Individual	MSenior	32	22-10-1984	02:40:11	700		0	0	0	0	0	700
308	161	MICHAEL 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
312	164	PEDRO ALVES	M	Individual	MSenior	39	12-07-1977	02:40:52	697		0	0	0	0	0	697
315	165	PEDRO JORGE	M	FITSPOT-Parque Nascente	MSenior	27	09-09-1989	02:41:27	695		0	0	0	0	0	695
322	166	BRUNO LEMOS	M	IAT Imobiliária Esposende	MSenior	36	31-05-1980		0	02:54:59	691	0	0	0	0	691
324	167	RUI MADUREIRA	M	Marco Runners	MSenior	34	09-08-1982	02:42:39	690		0	0	0	0	0	690
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
330	170	ANDRE ALMEIDA	M	Factor X / S4L / MedenseFC	MSenior	33	03-12-1983		0		0	04:19:16	689	0	0	689
333	171	JOAO PEREIRA	M	Individual	MSenior	37	25-09-1979		0	02:56:24	685	0	0	0	0	685
337	172	RICARDO FERNANDES	M	Individual	MSenior	32	18-11-1984		0	02:56:43	684	0	0	0	0	684
339	173	PAULO SILVA	M	Clube Zupper	MSenior	34	18-05-1982	02:44:10	683		0	0	0	0	0	683
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
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
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
358	180	NELSON NASCIMENTO	M	Amigo	MSenior	27	19-09-1989	02:47:50	668		0	0	0	0	0	668

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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
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	666
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
367	187	AURELIANO VALENTE	M	Clube Zupper	MSenior	36	23-06-1980		0	03:02:02	664	0	0	0	0	664
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
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
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
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
390	202	JOAQUIM FERNANDES	M	AMIGOS DO ATLETISMO MAGNA	MSenior	39	06-11-1977	02:53:13	648		0	0	0	0	0	648
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
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
397	207	HELDER CASTRO	M	KeMedo Team	MSenior	38	29-04-1978		0		0	04:36:36	645	0	0	645
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
406	210	HELDER FARIA	M	Associação Desportiva da Efaced	MSenior	32	30-05-1984	02:55:02	641		0	0	0	0	0	641
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	EI Team Trail	MSenior	36	06-05-1980		0	03:08:42	640	0	0	0	0	640
412	213	MIGUEL SANTOS	M	Individual	MSenior	38	10-12-1978	02:55:36	639		0	0	0	0	0	639
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
419	216	JOSE BRANCO	M	Individual	MSenior	34	10-05-1982		0	03:10:07	636	0	0	0	0	636

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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
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
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
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
432	224	JOSE PEREIRA	M	KeMedo Team	MSenior	37	30-01-1979		0	03:11:33	631	0	0	0	0	631
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
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
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
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	FILIPE 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
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
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
466	244	RUFUS	M	AfrikanRunners	MSenior	35	21-08-1981	03:02:22	615		0	0	0	0	0	615
467	245	FILIPE AMORIM	M	Individual	MSenior	25	05-02-1991		0		0	04:50:22	615	0	0	615
469	246	ANTONIO MATOS	M	HALP	MSenior	39	05-08-1977		0	03:16:41	614	0	0	0	0	614
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
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
480	252	GERALDO SANTOS	M	Individual	MSenior	37	29-03-1979		0		0	04:52:21	611	0	0	611

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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
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
486	256	MIGUEL ANDRADE	M	ARCORUN	MSenior	34	29-09-1982	03:04:25	608		0	0	0	0	0	608
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
492	260	HUMBERTO BARROS	M	Individual	MSenior	35	13-01-1981		0		0	04:55:15	605	0	0	605
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
499	264	ALEXANDRE XANGO	M	FREE TIBET	MSenior	39	08-06-1977		0		0	04:56:21	602	0	0	602
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
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
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
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
530	273	RUI MARQUES	M	Individual	MSenior	39	08-06-1977	03:10:11	590		0	0	0	0	0	590
533	274	FILIPE 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	MICHAEL DOMINGUES	M	Individual	MSenior	24	09-10-1992		0		0	05:04:53	586	0	0	586
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
547	284	CARLOS MAGALHAES	M	Ginasio Fit4Fun	MSenior	29	29-07-1987	03:12:11	584		0	0	0	0	0	584
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



## Ranking Circuito Trail Valongo Senior Masc - 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
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
560	293	PEDRO MARINHO	M	RDUT	MSenior	39	27-09-1977	03:13:39	579		0	0	0	0	0	579
563	294	JOAO BRITO	M	Individual	MSenior	39	17-08-1977	03:13:58	578		0	0	0	0	0	578
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
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
577	300	CESAR RIBEIRO	M	Individual	MSenior	35	05-03-1981	03:15:29	574		0	0	0	0	0	574
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
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
593	308	SILVIO SA	M	Individual	MSenior	26	12-06-1990	03:17:36	568		0	0	0	0	0	568
595	309	SERGE KIPTANUI	M	AfrikanRunners	MSenior	39	09-04-1977	03:17:42	567		0	0	0	0	0	567
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
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
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
615	320	SAMUEL TEIXEIRA	M	Amigo	MSenior	37	08-04-1979	03:20:09	560		0	0	0	0	0	560
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
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

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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
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 Efaced	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
637	330	RUI PINTO	M	Os Falta D'Ar	MSenior	39	20-09-1977	03:23:08	552		0	0	0	0	0	552
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
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	FILIFE NUNES	M	CFA Runners	MSenior	33	01-03-1983	03:24:33	548		0	0	0	0	0	548
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
663	346	PEDRO LOURENCO	M	Lourenços Adventures	MSenior	35	17-07-1981		0	03:41:40	545	0	0	0	0	545
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
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
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
693	358	RUI SOARES	M	Individual	MSenior	36	18-11-1980	03:31:07	531		0	0	0	0	0	531
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

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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
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
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
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
724	369	BRUNO VIEIRA	M	Individual	MSenior	36	04-07-1980	03:37:56	515		0	0	0	0	0	515
726	370	MARCO PEIXOTO	M	Individual	MSenior	29	11-12-1987	03:38:15	514		0	0	0	0	0	514
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
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
739	377	FILIPE BESSA	M	Individual	MSenior	28	19-11-1988	03:42:32	504		0	0	0	0	0	504
742	378	ELOI SOUSA	M	Salta Pocinhas	MSenior	35	05-07-1981		0	04:00:19	503	0	0	0	0	503
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
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
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
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
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
774	393	NUNO ALMEIDA	M	Individual	MSenior	35	15-06-1981	03:50:03	487		0	0	0	0	0	487
777	394	ANTONIO FERNANDES	M	Individual	MSenior	38	02-03-1978	03:51:42	484		0	0	0	0	0	484
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

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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
783	397	EDUARDO NEVES	M	Individual	MSenior	28	24-08-1988	03:54:08	479		0	0	0	0	0	479
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
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	ISAUQUE SILVA	M	A. D. Sebolido Trail Boneca D'Ouro	MSenior	33	07-03-1983	03:57:44	472		0	0	0	0	0	472
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
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
802	405	JOAO BERNARDES	M	Marco Runners	MSenior	34	19-05-1982	04:01:04	465		0	0	0	0	0	465
804	406	SERGIO SANTOS	M	LOCOMOTIVA DE PARANHOS	MSenior	33	21-02-1983		0		0	06:26:23	462	0	0	462
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
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
814	411	PEDRO RODRIGUES	M	Individual	MSenior	24	01-03-1992	04:06:58	454		0	0	0	0	0	454
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
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
828	420	PEDRO MARQUES	M	GTT - Armazém do Caffè	MSenior	38	21-04-1978	04:11:34	446		0	0	0	0	0	446
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
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
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
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

## Ranking Circuito Trail Valongo Senior Masc - 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
855	433	PT SOARES	M	Individual	MSenior	37	27-08-1979	04:23:45	425		0	0	0	0	0	425
857	434	TIAGO SOEIRO	M	Individual	MSenior	38	16-05-1978	04:24:21	424		0	0	0	0	0	424
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
866	439	ANTONIO MOTA	M	Individual	MSenior	39	13-04-1977	04:27:07	420		0	0	0	0	0	420
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
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
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
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
888	450	PEDRO GONCALVES	M	Individual	MSenior	36	30-04-1980		0	05:07:45	392	0	0	0	0	392
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
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
909	457	VASCO PATRICIO	M	Gangue das Maças	MSenior	27	04-07-1989	04:53:06	382		0	0	0	0	0	382
912	458	NUNO AMORIM	M	Marco Runners	MSenior	37	26-09-1979	05:14:36	356		0	0	0	0	0	356