



RANKING 2026 MASCULINO

DORSAL	AGE GROUP	RANKING 2026			PONTOS 2026	URBAN OBSTACLES LISBOA	FLAVIUS CHAVES	URBAN OBSTACLES LOURES	VIEIRFIT VIEIRA DO MINHO	FPOCR SOBARL	CN 12KM	CN 3KM	CN 100M	LYNXRACE MOURA	URBANFIT MONTALEGRE	PONTOS 2025
		NOME	POSICAO	PONTOS												
9	M 25	DUARTE ALVES	1	981	585	0	0	0	0	0	0	0	285	300	396	
683	M 30	ANTONIO VILHENA	2	909	525	0	0	0	0	0	0	0	255	270	384	
319	M 18	FILIFE SERRA	3	854	518	0	0	0	0	0	0	0	270	248	336	
343	M 20	HENRIQUE ANTUNES	4	842	518	0	0	0	0	0	0	0	263	255	324	
948	M 40	PAULO SILVA	5	738	421	0	0	0	0	0	0	0	218	203	317	
625	M 35	RUI SILVA	6	721	458	0	0	0	0	0	0	0	233	225	263	
911	M 25	JOAO PEDROSO	7	688	409	0	0	0	0	0	0	0	212	197	279	
473	M 35	CLAUDIO BAGULHO	8	634	465	0	0	0	0	0	0	0	225	240	169	
999	M 30	JOAO SANTOS	9	612	458	0	0	0	0	0	0	0	240	218	154	
119	M 45	MARCO LOPES	10	611	394	0	0	0	0	0	0	0	188	206	217	
303	M 45	MARCO MOURA	11	598	403	0	0	0	0	0	0	0	203	200	195	
828	M 40	FILIFE ROSA	12	589	394	0	0	0	0	0	0	0	206	188	195	
315	M 18	ALEXANDRE FLORINDO	13	583	344	0	0	0	0	0	0	0	162	182	239	
840	M 20	FRANCISCO VARELA	14	582	379	0	0	0	0	0	0	0	185	194	203	
162	M 45	NELSON LOUREIRO	15	518	285	0	0	0	0	0	0	0	0	285	233	
644	M 35	TIAGO ANTUNES	16	511	511	0	0	0	0	0	0	0	248	263	0	
221	M 25	JOAO ALMEIDA	17	500	377	0	0	0	0	0	0	0	209	168	123	
218	M 40	BRUNO TORRES	18	496	194	0	0	0	0	0	0	0	194	0	302	
951	M 20	RUBEN VIEIRA	19	478	382	0	0	0	0	0	0	0	191	191	96	
128	M 30	GONCALO PRUDENCIO	20	472	300	0	0	0	0	0	0	0	300	0	172	
957	M 30	IVO MADUREIRA	21	471	433	0	0	0	0	0	0	0	200	233	38	
836	M 25	GONCALO SOUSA	22	469	340	0	0	0	0	0	0	0	161	179	129	
966	M 45	RICARDO LANEIRO	22	469	346	0	0	0	0	0	0	0	173	173	123	
25	M 50	BRUNO SOUSA	24	465	330	0	0	0	0	0	0	0	159	171	135	
34	M 35	RUBEN CARVALHO	25	461	212	0	0	0	0	0	0	0	0	212	249	
86	M 50	SERGIO RAMOS	26	431	165	0	0	0	0	0	0	0	165	0	266	
110	M 50	CARLOS MIRANDA	27	428	314	0	0	0	0	0	0	0	144	170	114	
41	M 35	CRISTOVAO PEDROSA	28	424	296	0	0	0	0	0	0	0	152	144	128	
936	M 30	BRUNO PEREIRA	29	411	306	0	0	0	0	0	0	0	141	165	105	
105	M 45	HELDER RODRIGUES	30	405	215	0	0	0	0	0	0	0	0	215	190	
396	M 40	RICARDO SALGUEIRO	31	396	176	0	0	0	0	0	0	0	176	0	220	
668	M 50	DANIEL ESTRELA	32	391	281	0	0	0	0	0	0	0	135	146	110	
898	M 18	ANTONIO GUERRA	33	383	322	0	0	0	0	0	0	0	155	167	61	
118	M 35	PEDRO MARQUES	34	372	312	0	0	0	0	0	0	0	150	162	60	
757	M 60+	LUIS CASIMIRO	35	363	269	0	0	0	0	0	0	0	126	143	94	
851	M 45	PAULO VIEIRA	36	360	306	0	0	0	0	0	0	0	153	153	54	
389	M 35	CARLOS PINTO	37	353	0	0	0	0	0	0	0	0	0	0	353	
933	M 35	MIGUEL MACHADO	38	350	292	0	0	0	0	0	0	0	140	152	58	
329	M 25	PEDRO LOPES	39	343	182	0	0	0	0	0	0	0	182	0	161	
503	M 35	TITO BATISTA	40	337	209	0	0	0	0	0	0	0	0	209	128	
902	M 20	RAFAEL ANTUNES	41	336	263	0	0	0	0	0	0	0	123	140	73	
35	M 35	PEDRO FERREIRA	42	334	174	0	0	0	0	0	0	0	0	174	160	
713	M 45	TIAGO FAQUINEU	43	328	171	0	0	0	0	0	0	0	171	0	157	
13	M 55	CARLOS MILHANO	44	308	174	0	0	0	0	0	0	0	174	0	134	
979	M 45	NELSON JESUS	45	299	299	0	0	0	0	0	0	0	149	150	0	
1054	M 55	ANTONIO ALMEIDA	46	293	293	0	0	0	0	0	0	0	138	155	0	

