



RANKING 2026

MASCULINO

DORSAL	AGE GROUP	RANKING 2026			PONTOS 2026		FPOCR SOBARL	FLAVIUS CHAVES	URBAN OBSTACLES LOURES	VIEIRFIT VIEIRA DO MINHO	CN 14KM	CN 3KM	LYNXRACE MOURA	URBANFIT MONTALEGRE	PONTOS 2025
		NOME	POSICAO	PONTOS											
9	M 25	DUARTE ALVES	1	1786	1390	0	0	0	0	220	285	300	285	300	396
683	M 30	ANTONIO VILHENA	2	1583	1199	0	0	0	0	171	248	255	255	270	384
343	M 20	HENRIQUE ANTUNES	3	1476	1152	0	0	0	0	176	218	240	263	255	324
319	M 18	FILIFE SERRA	4	1387	1051	0	0	0	0	0	270	263	270	248	336
948	M 40	PAULO SILVA	5	1319	1002	0	0	0	0	157	212	212	218	203	317
473	M 35	CLAUDIO BAGULHO	6	1237	1068	0	0	0	0	187	225	191	225	240	169
644	M 35	TIAGO ANTUNES	7	1226	1226	0	0	0	0	182	263	270	248	263	0
625	M 35	RUI SILVA	8	1170	907	0	0	0	0	0	255	194	233	225	263
303	M 45	MARCO MOURA	9	1115	920	0	0	0	0	144	191	182	203	200	195
911	M 25	JOAO PEDROSO	10	1098	819	0	0	0	0	0	185	225	212	197	279
957	M 30	IVO MADUREIRA	11	1060	1022	0	0	0	0	198	176	215	200	233	38
128	M 30	GONCALO PRUDENCIO	12	1057	885	0	0	0	0	0	300	285	300	0	172
951	M 20	RUBEN VIEIRA	13	1032	936	0	0	0	0	151	197	206	191	191	96
35	M 35	PEDRO FERREIRA	14	1008	848	0	0	0	0	193	233	248	0	174	160
315	M 18	ALEXANDRE FLORINDO	15	989	750	0	0	0	0	127	123	156	162	182	239
34	M 35	RUBEN CARVALHO	16	985	736	0	0	0	0	118	188	218	0	212	249
840	M 20	FRANCISCO VARELA	17	973	770	0	0	0	0	0	182	209	185	194	203
828	M 40	FILIFE ROSA	18	964	769	0	0	0	0	160	215	0	206	188	195
119	M 45	MARCO LOPES	19	960	743	0	0	0	0	149	200	0	188	206	217
105	M 45	HELDER RODRIGUES	20	949	759	0	0	0	0	165	194	185	0	215	190
836	M 25	GONCALO SOUSA	21	926	797	0	0	0	0	128	153	176	161	179	129
936	M 30	BRUNO PEREIRA	22	873	768	0	0	0	0	133	170	159	141	165	105
396	M 40	RICARDO SALGUEIRO	23	859	639	0	0	0	0	146	156	161	176	0	220
221	M 25	JOAO ALMEIDA	24	837	714	0	0	0	0	131	206	0	209	168	123
118	M 35	PEDRO MARQUES	25	834	774	0	0	0	0	129	162	171	150	162	60
966	M 45	RICARDO LANEIRO	26	778	655	0	0	0	0	138	171	0	173	173	123
86	M 50	SERGIO RAMOS	27	775	509	0	0	0	0	0	165	179	165	0	266
851	M 45	PAULO VIEIRA	28	758	704	0	0	0	0	123	134	141	153	153	54
898	M 18	ANTONIO GUERRA	29	744	683	0	0	0	0	0	164	197	155	167	61
757	M 60+	LUIS CASIMIRO	30	741	647	0	0	0	0	112	131	135	126	143	94
110	M 50	CARLOS MIRANDA	31	736	622	0	0	0	0	135	173	0	144	170	114
162	M 45	NELSON LOUREIRO	32	727	494	0	0	0	0	209	0	0	0	285	233
1054	M 55	ANTONIO ALMEIDA	33	717	717	0	0	0	0	125	135	164	138	155	0
41	M 35	CRISTOVAO PEDROSA	34	716	588	0	0	0	0	0	119	173	152	144	128
952	M 20	JOSE SAAVEDRA	35	696	696	0	0	0	0	119	141	149	129	158	0
685	M 30	JOSE MACHADO	36	670	377	0	0	0	0	0	203	174	0	0	293
1024	M 20	SHAI WALKER	37	656	620	0	0	0	0	0	240	165	215	0	36
13	M 55	CARLOS MILHANO	38	625	491	0	0	0	0	0	150	167	174	0	134
999	M 30	JOAO SANTOS	39	612	458	0	0	0	0	0	0	0	240	218	154
933	M 35	MIGUEL MACHADO	40	606	548	0	0	0	0	116	140	0	140	152	58
129	M 30	TIAGO DUARTE	41	574	574	0	0	0	0	0	174	203	197	0	0
979	M 45	NELSON JESUS	42	568	568	0	0	0	0	117	152	0	149	150	0
82	M 50	RUI CUNHA	43	557	422	0	0	0	0	124	0	140	158	0	135
845	M 16	ALEXANDRE GONÇALVES	44	548	548	0	0	0	0	114	0	150	137	147	0
743	M 30	DANIEL SOARES	45	501	312	0	0	0	0	153	159	0	0	0	189
503	M 35	TITO BATISTA	46	498	370	0	0	0	0	0	161	0	0	209	128

218	M 40	BRUNO TORRES	47	496	194	0	0	0	0	0	0	0	194	0	302
389	M 35	CARLOS PINTO	48	495	142	0	0	0	0	142	0	0	0	0	353
25	M 50	BRUNO SOUSA	49	465	330	0	0	0	0	0	0	0	159	171	135
910	M 25	PEDRO MIRANDA	50	450	328	0	0	0	0	0	158	170	0	0	122
902	M 20	RAFAEL ANTUNES	51	446	373	0	0	0	0	110	0	0	123	140	73
130	M 50	MIGUEL FERNANDES	52	431	296	0	0	0	0	0	0	153	143	0	135
991	M 25	VASCO ALVES	53	424	374	0	0	0	0	111	0	132	131	0	50
849	M 35	JORGE CALADO	54	423	254	0	0	0	0	0	120	134	0	0	169
163	M 40	HENRIQUE LOUREIRO	55	412	325	0	0	0	0	140	0	0	0	185	87
671	M 18	JOAO SILVA	56	405	405	0	0	0	0	0	128	0	128	149	0
668	M 50	DANIEL ESTRELA	57	391	281	0	0	0	0	0	0	0	135	146	110
213	M 25	GONCALO MARTINS	58	387	209	0	0	0	0	0	209	0	0	0	178
681	M 45	FABIO GONCALVES	59	379	305	0	0	0	0	0	147	158	0	0	74
329	M 25	PEDRO LOPES	60	343	182	0	0	0	0	0	0	0	182	0	161
790	M 40	PEDRO CERQUEIRA	61	339	308	0	0	0	0	0	144	0	0	164	31
779	M 25	FERNANDO NARCISO	62	337	121	0	0	0	0	121	0	0	0	0	216
534	M 25	DANIEL DIEGUES	63	336	305	0	0	0	0	0	149	0	156	0	31
713	M 45	TIAGO FAQUINEU	64	328	171	0	0	0	0	0	0	0	171	0	157
1021	M 30	EDUARDO MARQUES	65	323	323	0	0	0	0	0	168	155	0	0	0
698	M 40	JOAO ALVES	66	318	179	0	0	0	0	0	179	0	0	0	139
8	M 35	JOAO BRANCO	67	300	300	0	0	0	0	0	132	168	0	0	0
904	M 40	NUNO GARCIA	68	283	257	0	0	0	0	120	137	0	0	0	26
256	M 50	JOAO MARQUES	69	282	155	0	0	0	0	0	155	0	0	0	127
1033	M 25	JORGE FERREIRA	70	276	276	0	0	0	0	0	138	138	0	0	0
643	M 50	RUI OLIVEIRA	70	276	231	0	0	0	0	109	0	0	122	0	45
215	M 35	HUGO MARTINS	72	273	143	0	0	0	0	0	143	0	0	0	130
771	M 45	MIGUEL GRACA	72	273	273	0	0	0	0	0	129	144	0	0	0
1070	M 45	RAFAEL SANESTEBAN	74	272	272	0	0	0	0	113	0	0	0	159	0
1057	M 50	PAULO RODRIGUES	75	269	269	0	0	0	0	0	126	143	0	0	0
796	M 20	GONCALO SPINOLA	76	261	0	0	0	0	0	0	0	0	0	0	261
228	M 45	NUNO CAFE	77	255	146	0	0	0	0	0	146	0	0	0	109
983	M 25	VASCO CACOILA	78	245	179	0	0	0	0	0	0	0	179	0	66
881	M 40	TIAGO ALMEIDA	79	244	122	0	0	0	0	122	0	0	0	0	122
804	M 16	LUIS SILVA	80	233	233	0	0	0	0	0	0	233	0	0	0
807	M 16	RAFAEL ESTRELA	81	219	141	0	0	0	0	0	0	0	0	141	78
693	M 40	VICENTE PAIXAO	82	214	0	0	0	0	0	0	0	0	0	0	214
972	M 45	PAULO MONTEIRO	83	210	176	0	0	0	0	0	0	0	0	176	34
825	M 40	GONCALO BORDONHOS	84	205	147	0	0	0	0	0	0	0	147	0	58
332	M 45	VASCO MOREIRA	84	205	170	0	0	0	0	0	0	0	170	0	35
236	M 35	DAVID PANTANA	86	202	168	0	0	0	0	0	0	0	168	0	34
53	M 30	HUGO JORGE	87	200	200	0	0	0	0	0	0	200	0	0	0
976	M 20	JOAO ARRAIS	87	200	0	0	0	0	0	0	0	0	0	0	200
1038	M 25	JOAO AMARAL	89	188	188	0	0	0	0	0	0	188	0	0	0
736	M 30	RICARDO BARGADO	90	174	146	0	0	0	0	0	0	0	146	0	28
342	M 40	RICARDO REBELO	91	168	146	0	0	0	0	0	0	146	0	0	22
208	M 40	PEDRO SILVA	92	167	167	0	0	0	0	0	167	0	0	0	0
1086	M 30	RODRIGO SANTOS	92	167	167	0	0	0	0	0	0	0	167	0	0
914	M 16	TOMAS SILVA	94	164	164	0	0	0	0	0	0	0	164	0	0
800	M 16	PEDRO BICA	95	162	162	0	0	0	0	0	0	162	0	0	0
905	M 40	ANTONIO NAVARRO	96	161	134	0	0	0	0	0	0	0	134	0	27
1077	M 40	DIEGO VIEITES	96	161	161	0	0	0	0	0	0	0	0	161	0
1081	M 25	PEDRO COELHO	98	156	156	0	0	0	0	0	0	0	0	156	0
1091	M 30	PAULO PALMEIRIM	99	155	155	0	0	0	0	155	0	0	0	0	0
1061	M 25	NUNO COSTA	100	152	152	0	0	0	0	0	0	152	0	0	0
833	M 40	FABIO NUNES	101	149	122	0	0	0	0	0	122	0	0	0	27

1083	M 25	GUSTAVO ANDRADE	102	147	147	0	0	0	0	0	0	147	0	0	0
829	M 35	MARCO DUARTE	103	142	0	0	0	0	0	0	0	0	0	0	142
291	M 25	TIAGO GARCIA	104	139	0	0	0	0	0	0	0	0	0	0	139
1025	M 50	ALEXANDRE GUERRA	105	137	137	0	0	0	0	0	0	137	0	0	0
963	M 60+	JOAO CACOILA	106	132	132	0	0	0	0	0	0	0	132	0	0
815	M 50	ARMINDO SANTOS	107	128	0	0	0	0	0	0	0	0	0	0	128
1068	M 16	MIGUEL CRUZ	108	125	125	0	0	0	0	0	0	0	125	0	0
1052	M 35	SERGIO MARTINS	108	125	125	0	0	0	0	0	125	0	0	0	0
669	M 18	FRANCISCO ESTRELA	110	122	0	0	0	0	0	0	0	0	0	0	122
813	M 30	JOSE MENDES	111	121	0	0	0	0	0	0	0	0	0	0	121
144	M 35	SAMUEL CASTELA	112	111	0	0	0	0	0	0	0	0	0	0	111
116	M 40	JOSE CARVALHO	113	103	0	0	0	0	0	0	0	0	0	0	103
241	M 45	VASYL PALIY	114	97	0	0	0	0	0	0	0	0	0	0	97
814	M 40	JOAO FILIPE BAPTISTA	115	95	0	0	0	0	0	0	0	0	0	0	95
379	M 40	FLAVIO COELHO	116	91	0	0	0	0	0	0	0	0	0	0	91
789	M 30	ROMEL AGREDA	117	85	0	0	0	0	0	0	0	0	0	0	85
949	M 20	CARLOS CASTRO	118	81	0	0	0	0	0	0	0	0	0	0	81
94	M 35	HUGO MAGALHAES	119	78	0	0	0	0	0	0	0	0	0	0	78
476	M 35	FILIPE SILVA	120	75	0	0	0	0	0	0	0	0	0	0	75
32	M 30	PEDRO ALEIXO	121	74	0	0	0	0	0	0	0	0	0	0	74
71	M 45	LUIS MARQUES	122	71	0	0	0	0	0	0	0	0	0	0	71
909	M 35	MANUEL NUNEZ	123	70	0	0	0	0	0	0	0	0	0	0	70
827	M 35	DIOGO SILVA	124	65	0	0	0	0	0	0	0	0	0	0	65
934	M 20	YANN FOCK	124	65	0	0	0	0	0	0	0	0	0	0	65
142	M 30	FILIPE COUTO	126	62	0	0	0	0	0	0	0	0	0	0	62
687	M 40	JOAO PREGUIÇA	127	61	0	0	0	0	0	0	0	0	0	0	61
85	M 50	TONI BENTO	127	61	0	0	0	0	0	0	0	0	0	0	61
288	M 40	HELDER SILVA	129	58	0	0	0	0	0	0	0	0	0	0	58
856	M 30	FRANCISCO RODAL	130	50	0	0	0	0	0	0	0	0	0	0	50
136	M 40	RICARDO CANDEIAS	130	50	0	0	0	0	0	0	0	0	0	0	50
756	M 18	FRANCISCO RIBEIRO	132	40	0	0	0	0	0	0	0	0	0	0	40
864	M 25	JOAO SOARES	133	37	0	0	0	0	0	0	0	0	0	0	37
883	M 25	LUIS FELIX	134	36	0	0	0	0	0	0	0	0	0	0	36
971	M 30	JOSE MARTINS	135	35	0	0	0	0	0	0	0	0	0	0	35
327	M 40	MAURO FONSECA	135	35	0	0	0	0	0	0	0	0	0	0	35
871	M 30	OLIVER SOUTO	137	34	0	0	0	0	0	0	0	0	0	0	34
318	M 18	BRUNO SOUSA	138	33	0	0	0	0	0	0	0	0	0	0	33
161	M 45	MARCO LOPES	138	33	0	0	0	0	0	0	0	0	0	0	33
169	M 40	LUCIANO PEREIRA	140	32	0	0	0	0	0	0	0	0	0	0	32
369	M 25	DIOGO ALVES	141	31	0	0	0	0	0	0	0	0	0	0	31
530	M 25	PEDRO GAUDENCIO	141	31	0	0	0	0	0	0	0	0	0	0	31
937	M 25	BRUNO ESTEVES	143	30	0	0	0	0	0	0	0	0	0	0	30
740	M 18	LUCAS SILVEIRA	143	30	0	0	0	0	0	0	0	0	0	0	30
340	M 35	DIOGO AZEVEDO	145	28	0	0	0	0	0	0	0	0	0	0	28
723	M 30	ANDRE SILVA	146	26	0	0	0	0	0	0	0	0	0	0	26
767	M 40	JORGE SILVA	146	26	0	0	0	0	0	0	0	0	0	0	26
989	M 16	RODRIGO SANTOS	146	26	0	0	0	0	0	0	0	0	0	0	26
90	M 45	NUNO BOIA	149	25	0	0	0	0	0	0	0	0	0	0	25
857	M 25	ANTON PRADO	150	22	0	0	0	0	0	0	0	0	0	0	22