

RANKING 2026
MASCULINO

DORSAL	AGE GROUP	RANKING 2026			PONTOS 2026			FPOCR SOBARL	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	2086	1690	0	0	0	300	220	285	300	285	300	396
683	M 30	ANTONIO VILHENA	2	1853	1469	0	0	0	270	171	248	255	255	270	384
343	M 20	HENRIQUE ANTUNES	3	1716	1392	0	0	0	240	176	218	240	263	255	324
948	M 40	PAULO SILVA	4	1537	1220	0	0	0	218	157	212	212	218	203	317
473	M 35	CLAUDIO BAGULHO	5	1522	1353	0	0	0	285	187	225	191	225	240	169
644	M 35	TIAGO ANTUNES	6	1481	1481	0	0	0	255	182	263	270	248	263	0
319	M 18	FILIPE SERRA	7	1387	1051	0	0	0	0	0	270	263	270	248	336
303	M 45	MARCO MOURA	8	1321	1126	0	0	0	206	144	191	182	203	200	195
957	M 30	IVO MADUREIRA	9	1308	1270	0	0	0	248	198	176	215	200	233	38
911	M 25	JOAO PEDROSO	10	1283	1004	0	0	0	185	0	185	225	212	197	279
951	M 20	RUBEN VIEIRA	11	1265	1169	0	0	0	233	151	197	206	191	191	96
840	M 20	FRANCISCO VARELA	12	1236	1033	0	0	0	263	0	182	209	185	194	203
315	M 18	ALEXANDRE FLORINDO	13	1186	947	0	0	0	197	127	123	156	162	182	239
828	M 40	FILIPE ROSA	14	1179	984	0	0	0	215	160	215	0	206	188	195
625	M 35	RUI SILVA	15	1170	907	0	0	0	0	0	255	194	233	225	263
119	M 45	MARCO LOPES	16	1163	946	0	0	0	203	149	200	0	188	206	217
105	M 45	HELDER RODRIGUES	17	1161	971	0	0	0	212	165	194	185	0	215	190
34	M 35	RUBEN CARVALHO	18	1150	901	0	0	0	165	118	188	218	0	212	249
836	M 25	GONCALO SOUSA	19	1085	956	0	0	0	159	128	153	176	161	179	129
936	M 30	BRUNO PEREIRA	20	1061	956	0	0	0	188	133	170	159	141	165	105
128	M 30	GONCALO PRUDENCIO	21	1057	885	0	0	0	0	0	300	285	300	0	172
396	M 40	RICARDO SALGUEIRO	22	1026	806	0	0	0	167	146	156	161	176	0	220
35	M 35	PEDRO FERREIRA	23	1008	848	0	0	0	0	193	233	248	0	174	160
966	M 45	RICARDO LANEIRO	24	987	864	0	0	0	209	138	171	0	173	173	123
162	M 45	NELSON LOUREIRO	25	952	719	0	0	0	225	209	0	0	0	285	233
86	M 50	SERGIO RAMOS	26	943	677	0	0	0	168	0	165	179	165	0	266
110	M 50	CARLOS MIRANDA	27	927	813	0	0	0	191	135	173	0	144	170	114
851	M 45	PAULO VIEIRA	28	914	860	0	0	0	156	123	134	141	153	153	54
1054	M 55	ANTONIO ALMEIDA	29	888	888	0	0	0	171	125	135	164	138	155	0
952	M 20	JOSE SAAVEDRA	30	866	866	0	0	0	170	119	141	149	129	158	0
221	M 25	JOAO ALMEIDA	31	837	714	0	0	0	0	131	206	0	209	168	123
118	M 35	PEDRO MARQUES	32	834	774	0	0	0	0	129	162	171	150	162	60
13	M 55	CARLOS MILHANO	33	804	670	0	0	0	179	0	150	167	174	0	134
933	M 35	MIGUEL MACHADO	34	752	694	0	0	0	146	116	140	0	140	152	58
898	M 18	ANTONIO GUERRA	35	744	683	0	0	0	0	0	164	197	155	167	61
757	M 60+	LUIS CASIMIRO	36	741	647	0	0	0	0	112	131	135	126	143	94
82	M 50	RUI CUNHA	37	730	595	0	0	0	173	124	0	140	158	0	135
979	M 45	NELSON JESUS	38	721	721	0	0	0	153	117	152	0	149	150	0
41	M 35	CRISTOVAO PEDROSA	39	716	588	0	0	0	0	0	119	173	152	144	128
845	M 16	ALEXANDRE GONÇALVES	40	697	697	0	0	0	149	114	0	150	137	147	0
389	M 35	CARLOS PINTO	41	695	342	0	0	0	200	142	0	0	0	0	353
685	M 30	JOSE MACHADO	42	670	377	0	0	0	0	0	203	174	0	0	293
1024	M 20	SHAI WALKER	43	656	620	0	0	0	0	0	240	165	215	0	36
999	M 30	JOAO SANTOS	44	612	458	0	0	0	0	0	0	0	240	218	154
163	M 40	HENRIQUE LOUREIRO	45	594	507	0	0	0	182	140	0	0	0	185	87
129	M 30	TIAGO DUARTE	46	574	574	0	0	0	0	0	174	203	197	0	0

849	M 35	**JORGE CALADO**	**47**	**566**	**397**	0	0	0	143	0	120	134	0	0	169
668	M 50	**DANIEL ESTRELA**	**48**	**543**	**433**	0	0	0	152	0	0	0	135	146	110
534	M 25	**DANIEL DIEGUES**	**49**	**510**	**479**	0	0	0	174	0	149	0	156	0	31
743	M 30	**DANIEL SOARES**	**50**	**501**	**312**	0	0	0	0	153	159	0	0	0	189
503	M 35	**TITO BATISTA**	**51**	**498**	**370**	0	0	0	0	0	161	0	0	209	128
218	M 40	**BRUNO TORRES**	**52**	**496**	**194**	0	0	0	0	0	0	0	194	0	302
713	M 45	**TIAGO FAQUINEU**	**53**	**489**	**332**	0	0	0	161	0	0	0	171	0	157
25	M 50	**BRUNO SOUSA**	**54**	**465**	**330**	0	0	0	0	0	0	0	159	171	135
904	M 40	**NUNO GARCIA**	**55**	**459**	**433**	0	0	0	176	120	137	0	0	0	26
910	M 25	**PEDRO MIRANDA**	**56**	**450**	**328**	0	0	0	0	0	158	170	0	0	122
902	M 20	**RAFAEL ANTUNES**	**57**	**446**	**373**	0	0	0	0	110	0	0	123	140	73
130	M 50	**MIGUEL FERNANDES**	**58**	**431**	**296**	0	0	0	0	0	0	153	143	0	135
215	M 35	**HUGO MARTINS**	**59**	**428**	**298**	0	0	0	155	0	143	0	0	0	130
991	M 25	**VASCO ALVES**	**60**	**424**	**374**	0	0	0	0	111	0	132	131	0	50
643	M 50	**RUI OLIVEIRA**	**61**	**417**	**372**	0	0	0	141	109	0	0	122	0	45
881	M 40	**TIAGO ALMEIDA**	**62**	**408**	**286**	0	0	0	164	122	0	0	0	0	122
671	M 18	**JOAO SILVA**	**63**	**405**	**405**	0	0	0	0	0	128	0	128	149	0
213	M 25	**GONCALO MARTINS**	**64**	**387**	**209**	0	0	0	0	0	209	0	0	0	178
681	M 45	**FABIO GONCALVES**	**65**	**379**	**305**	0	0	0	0	0	147	158	0	0	74
807	M 16	**RAFAEL ESTRELA**	**66**	**363**	**285**	0	0	0	144	0	0	0	0	141	78
1091	M 30	**PAULO PALMEIRIM**	**67**	**349**	**349**	0	0	0	194	155	0	0	0	0	0
329	M 25	**PEDRO LOPES**	**68**	**343**	**182**	0	0	0	0	0	0	0	182	0	161
790	M 40	**PEDRO CERQUEIRA**	**69**	**339**	**308**	0	0	0	0	0	144	0	0	164	31
779	M 25	**FERNANDO NARCISO**	**70**	**337**	**121**	0	0	0	0	121	0	0	0	0	216
1021	M 30	**EDUARDO MARQUES**	**71**	**323**	**323**	0	0	0	0	0	168	155	0	0	0
698	M 40	**JOAO ALVES**	**72**	**318**	**179**	0	0	0	0	0	179	0	0	0	139
8	M 35	**JOAO BRANCO**	**73**	**300**	**300**	0	0	0	0	0	132	168	0	0	0
815	M 50	**ARMINDO SANTOS**	**74**	**286**	**158**	0	0	0	158	0	0	0	0	0	128
963	M 60+	**JOAO CACOILA**	**75**	**282**	**282**	0	0	0	150	0	0	0	132	0	0
256	M 50	**JOAO MARQUES**	**75**	**282**	**155**	0	0	0	0	0	155	0	0	0	127
1033	M 25	**JORGE FERREIRA**	**77**	**276**	**276**	0	0	0	0	0	138	138	0	0	0
771	M 45	**MIGUEL GRACA**	**78**	**273**	**273**	0	0	0	0	0	129	144	0	0	0
1070	M 45	**RAFAEL SANESTEBAN**	**79**	**272**	**272**	0	0	0	0	113	0	0	0	159	0
669	M 18	**FRANCISCO ESTRELA**	**80**	**269**	**147**	0	0	0	147	0	0	0	0	0	122
1057	M 50	**PAULO RODRIGUES**	**80**	**269**	**269**	0	0	0	0	0	126	143	0	0	0
796	M 20	**GONCALO SPINOLA**	**82**	**261**	**0**	0	0	0	0	0	0	0	0	0	261
228	M 45	**NUNO CAFE**	**83**	**255**	**146**	0	0	0	0	0	146	0	0	0	109
983	M 25	**VASCO CACOILA**	**84**	**245**	**179**	0	0	0	0	0	0	0	179	0	66
804	M 16	**LUIS SILVA**	**85**	**233**	**233**	0	0	0	0	0	0	233	0	0	0
693	M 40	**VICENTE PAIXAO**	**86**	**214**	**0**	0	0	0	0	0	0	0	0	0	214
972	M 45	**PAULO MONTEIRO**	**87**	**210**	**176**	0	0	0	0	0	0	0	0	176	34
825	M 40	**GONCALO BORDONHOS**	**88**	**205**	**147**	0	0	0	0	0	0	0	147	0	58
332	M 45	**VASCO MOREIRA**	**88**	**205**	**170**	0	0	0	0	0	0	0	170	0	35
236	M 35	**DAVID PANTANA**	**90**	**202**	**168**	0	0	0	0	0	0	0	168	0	34
53	M 30	**HUGO JORGE**	**91**	**200**	**200**	0	0	0	0	0	0	200	0	0	0
976	M 20	**JOAO ARRAIS**	**91**	**200**	**0**	0	0	0	0	0	0	0	0	0	200
1038	M 25	**JOAO AMARAL**	**93**	**188**	**188**	0	0	0	0	0	0	188	0	0	0
736	M 30	**RICARDO BARGADO**	**94**	**174**	**146**	0	0	0	0	0	0	0	146	0	28
342	M 40	**RICARDO REBELO**	**95**	**168**	**146**	0	0	0	0	0	0	146	0	0	22
208	M 40	**PEDRO SILVA**	**96**	**167**	**167**	0	0	0	0	0	167	0	0	0	0
1086	M 30	**RODRIGO SANTOS**	**96**	**167**	**167**	0	0	0	0	0	0	0	167	0	0
914	M 16	**TOMAS SILVA**	**98**	**164**	**164**	0	0	0	0	0	0	0	164	0	0
1069	M 35	**GONCALO AMARO**	**99**	**162**	**162**	0	0	0	162	0	0	0	0	0	0
800	M 16	**PEDRO BICA**	**99**	**162**	**162**	0	0	0	0	0	0	162	0	0	0
905	M 40	**ANTONIO NAVARRO**	**101**	**161**	**134**	0	0	0	0	0	0	0	134	0	27

1077	M 40	**DIEGO VIEITES**	**101**	**161**	**161**	0	0	0	0	0	0	0	0	161	0
1081	M 25	**PEDRO COELHO**	**103**	**156**	**156**	0	0	0	0	0	0	0	0	156	0
1061	M 25	**NUNO COSTA**	**104**	**152**	**152**	0	0	0	0	0	0	152	0	0	0
833	M 40	**FABIO NUNES**	**105**	**149**	**122**	0	0	0	0	0	122	0	0	0	27
1083	M 25	**GUSTAVO ANDRADE**	**106**	**147**	**147**	0	0	0	0	0	0	147	0	0	0
829	M 35	**MARCO DUARTE**	**107**	**142**	**0**	0	0	0	0	0	0	0	0	0	142
291	M 25	**TIAGO GARCIA**	**108**	**139**	**0**	0	0	0	0	0	0	0	0	0	139
1025	M 50	**ALEXANDRE GUERRA**	**109**	**137**	**137**	0	0	0	0	0	0	137	0	0	0
1068	M 16	**MIGUEL CRUZ**	**110**	**125**	**125**	0	0	0	0	0	0	0	125	0	0
1052	M 35	**SERGIO MARTINS**	**110**	**125**	**125**	0	0	0	0	0	125	0	0	0	0
813	M 30	**JOSE MENDES**	**112**	**121**	**0**	0	0	0	0	0	0	0	0	0	121
144	M 35	**SAMUEL CASTELA**	**113**	**111**	**0**	0	0	0	0	0	0	0	0	0	111
116	M 40	**JOSE CARVALHO**	**114**	**103**	**0**	0	0	0	0	0	0	0	0	0	103
241	M 45	**VASYL PALIY**	**115**	**97**	**0**	0	0	0	0	0	0	0	0	0	97
814	M 40	**JOAO FILIPE BAPTISTA**	**116**	**95**	**0**	0	0	0	0	0	0	0	0	0	95
379	M 40	**FLAVIO COELHO**	**117**	**91**	**0**	0	0	0	0	0	0	0	0	0	91
789	M 30	**ROMEL AGREDA**	**118**	**85**	**0**	0	0	0	0	0	0	0	0	0	85
949	M 20	**CARLOS CASTRO**	**119**	**81**	**0**	0	0	0	0	0	0	0	0	0	81
94	M 35	**HUGO MAGALHAES**	**120**	**78**	**0**	0	0	0	0	0	0	0	0	0	78
476	M 35	**FILIPE SILVA**	**121**	**75**	**0**	0	0	0	0	0	0	0	0	0	75
32	M 30	**PEDRO ALEIXO**	**122**	**74**	**0**	0	0	0	0	0	0	0	0	0	74
71	M 45	**LUIS MARQUES**	**123**	**71**	**0**	0	0	0	0	0	0	0	0	0	71
909	M 35	**MANUEL NUNEZ**	**124**	**70**	**0**	0	0	0	0	0	0	0	0	0	70
827	M 35	**DIOGO SILVA**	**125**	**65**	**0**	0	0	0	0	0	0	0	0	0	65
934	M 20	**YANN FOCK**	**125**	**65**	**0**	0	0	0	0	0	0	0	0	0	65
142	M 30	**FILIPE COUTO**	**127**	**62**	**0**	0	0	0	0	0	0	0	0	0	62
687	M 40	**JOAO PREGUIÇA**	**128**	**61**	**0**	0	0	0	0	0	0	0	0	0	61
85	M 50	**TONI BENTO**	**128**	**61**	**0**	0	0	0	0	0	0	0	0	0	61
288	M 40	**HELDER SILVA**	**130**	**58**	**0**	0	0	0	0	0	0	0	0	0	58
856	M 30	**FRANCISCO RODAL**	**131**	**50**	**0**	0	0	0	0	0	0	0	0	0	50
136	M 40	**RICARDO CANDEIAS**	**131**	**50**	**0**	0	0	0	0	0	0	0	0	0	50
756	M 18	**FRANCISCO RIBEIRO**	**133**	**40**	**0**	0	0	0	0	0	0	0	0	0	40
864	M 25	**JOAO SOARES**	**134**	**37**	**0**	0	0	0	0	0	0	0	0	0	37
883	M 25	**LUIS FELIX**	**135**	**36**	**0**	0	0	0	0	0	0	0	0	0	36
971	M 30	**JOSE MARTINS**	**136**	**35**	**0**	0	0	0	0	0	0	0	0	0	35
327	M 40	**MAURO FONSECA**	**136**	**35**	**0**	0	0	0	0	0	0	0	0	0	35
871	M 30	**OLIVER SOUTO**	**138**	**34**	**0**	0	0	0	0	0	0	0	0	0	34
318	M 18	**BRUNO SOUSA**	**139**	**33**	**0**	0	0	0	0	0	0	0	0	0	33
161	M 45	**MARCO LOPES**	**139**	**33**	**0**	0	0	0	0	0	0	0	0	0	33
169	M 40	**LUCIANO PEREIRA**	**141**	**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**	**144**	**30**	**0**	0	0	0	0	0	0	0	0	0	30
740	M 18	**LUCAS SILVEIRA**	**144**	**30**	**0**	0	0	0	0	0	0	0	0	0	30
340	M 35	**DIOGO AZEVEDO**	**146**	**28**	**0**	0	0	0	0	0	0	0	0	0	28
723	M 30	**ANDRE SILVA**	**147**	**26**	**0**	0	0	0	0	0	0	0	0	0	26
767	M 40	**JORGE SILVA**	**147**	**26**	**0**	0	0	0	0	0	0	0	0	0	26
989	M 16	**RODRIGO SANTOS**	**147**	**26**	**0**	0	0	0	0	0	0	0	0	0	26
90	M 45	**NUNO BOIA**	**150**	**25**	**0**	0	0	0	0	0	0	0	0	0	25
857	M 25	**ANTON PRADO**	**151**	**22**	**0**	0	0	0	0	0	0	0	0	0	22