



ASSOCIAÇÃO DISTRIAL DE ATLETISMO DE COIMBRA
CIRCUITO DISTRIAL DE TRAIL RUNNING DE COIMBRA - LONGO
ÉPOCA 2023/2024
CLASSIFICAÇÃO GERAL MASCULINA

Class.	Nome		Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos	Corrigida
1	João Silva	5	ACDRSQ	99	96	100	0	0	100	100	0	495	495
2	Luís Couto	6	ASSSCC	91	95	98	100	100	97	0	0	581	490
3	Ricardo Moreira	7	ABCT	96	0	99	98	99	83	97	94	666	489
4	Tiago Silva	5	GATOES	0	92	96	99	0	95	0	100	482	482
5	Fábio Antunes	7	PENATURE	0	67	74	93	96	96	89	99	614	473
6	Jorge Simões	6	GATOES	88	91	97	97	0	92	0	93	558	470
7	Pedro Mendes	5	TOCER	94	0	95	95	0	91	95	0	470	470
8	Carlos Carvalho	6	TOCER	95	85	94	0	94	81	94	0	543	462
9	José Marques	5	ARCDVL	0	0	92	87	93	82	92	0	446	446
10	Pedro Cardoso	6	ASSSCC	85	90	91	0	92	84	0	86	528	444
11	Luis Fernandes	6	CUMIBROA	74	80	0	92	0	87	98	87	518	444
12	Hugo Monteiro	5	CUMIBROA	61	0	0	91	0	88	96	90	426	426
13	Carlos Reis	5	AMEAL	76	81	0	88	0	0	87	83	415	415
14	Bruno Estêvão	5	DOMUS	71	89	0	83	91	80	0	0	414	414
15	Romeu Vasconcelos	5	CCRA	0	73	85	86	0	78	86	0	408	408
16	Filipe Saltão	5	ARCDVL	0	75	0	84	90	72	0	77	398	398
17	Vasco Vasconcelos	6	CCRA	0	78	84	49	0	74	83	75	443	394
18	Telmo Santos	5	AMEAL	0	70	83	81	0	79	0	81	394	394
19	Nuno Almeida	6	ASSSCC	60	68	0	80	89	0	78	64	439	379
20	Elias Mateus	7	GATOES	53	62	78	67	0	71	82	71	484	369
21	Luciano Fonte	6	GMIRO	72	0	75	70	0	65	80	67	429	364
22	Nuno Costa	7	ABCT	69	0	69	73	84	65	66	60	486	361
23	Fábio Barroca	7	GRV	50	61	73	68	88	62	70	0	472	361
24	João Matos	5	GMIRO	75	63	0	77	0	64	0	78	357	357
25	Vítor Fonseca	7	ADCX	63	58	76	66	0	69	77	68	477	356
26	Filipe Vasconcelos	5	CCRA	0	59	82	79	0	67	68	0	355	355
27	Ricardo Lopes	5	IND	55	65	80	0	0	0	75	69	344	344
28	Marco Nobre	6	ABCT	52	56	70	0	85	0	67	61	391	339
29	Nelson Lopes	5	TOCER	66	66	0	61	0	0	73	72	338	338
30	José Santos	5	ASSSCC	0	53	61	60	80	0	0	63	317	317
31	João Cruz	6	GRV	47	54	67	59	0	0	65	66	358	311
32	Paulo Martins	6	ARSM	51	55	0	56	81	59	0	57	359	308
33	Américo Grou	5	GRV	46	52	64	55	82	0	0	0	299	299
34	Carlos Pereira	4	GMIRO	100	97	0	89	0	99	0	0	385	
35	Amílcar Ramos	4	TOCER	0	79	89	0	0	0	88	74	330	
36	João Rodrigues	4	TOCER	79	74	0	0	83	76	0	0	312	
37	Fernando Santos	3	CCRA	98	0	0	96	0	0	0	97	291	
38	Vítor Santo	3	ARCDVL	89	0	0	0	98	94	0	0	281	
39	Jorge Marques	3	TOCER	0	0	0	0	0	93	91	95	279	
40	Alfredo Gaspar	3	TOCER	0	87	0	0	95	0	0	96	278	
41	José Santos	3	ASSSCC	0	0	0	90	0	90	0	92	272	
42	Álvaro Mano	3	CFM	92	0	0	94	0	85	0	0	271	
43	Ruben Dias	3	CCRA	93	0	0	0	0	86	0	89	268	



CLASSIFICAÇÃO GERAL MASCULINA

Class.	Nome		Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos	Corrigida
44	Duarte Domingues	3	ACT	83	84	0	0	0	0	0	84	251	
45	João Travasso	3	ARCDVL	0	0	0	76	87	75	0	0	238	
46	Rúben Rodrigues	3	GMIRO	65	72	0	74	0	0	0	0	211	
47	Aurélio Saúde	2	ARSM	0	82	0	0	0	0	0	91	173	
48	Eduardo Joanes	2	TOCER	86	83	0	0	0	0	0	0	169	
49	João Loureiro	2	GRV	77	0	0	0	0	0	0	88	165	
50	José Jesus	2	FB&TR	78	86	0	0	0	0	0	0	164	
51	José Torres	2	DOMUS	0	76	0	0	0	0	0	82	158	
52	Pedro Simões	2	ARSM	0	69	0	85	0	0	0	0	154	
53	Cristiano Godinho	2	TBAGA	0	0	0	69	0	0	81	0	150	
54	Telmo Santos	2	ABCT	0	0	0	63	86	0	0	0	149	
55	Filipe Brás	2	ARCDVL	0	0	79	0	0	70	0	0	149	
56	Horácio Ferreira	2	GMIRO	70	0	0	75	0	0	0	0	145	
57	Paulo Dias	2	TBAGA	0	0	0	71	0	0	72	0	143	
58	João Roso	2	ARC-EAC	0	0	0	0	0	61	79	0	140	
59	Roberto Duarte	2	CCRA	62	0	77	0	0	0	0	0	139	
60	Fausto Carvalho	2	ARCDVL	57	0	0	0	0	0	74	0	131	
61	Pedro Ferreira	2	ARCDVL	59	0	0	0	0	63	0	0	122	
62	Nuno Reis	2	FKC	0	0	0	0	0	0	63	58	121	
63	Paulo Palhinha	1	ARC-EAC	0	100	0	0	0	0	0	0	100	
64	Jorge Acúrcio	2	CCRA	48	0	0	51	0	0	0	0	99	
65	David Carvalheiro	1	ARC-EAC	0	99	0	0	0	0	0	0	99	
66	Samuel Custódio	1	ARCDVL	0	0	0	0	0	0	99	0	99	
67	Vasco Pereira	1	ARC-EAC	0	98	0	0	0	0	0	0	98	
68	Diogo Teixeira	1	ARCDVL	0	0	0	0	0	98	0	0	98	
69	Filipe Pinhão	1	GRV	0	0	0	0	0	0	0	98	98	
70	Ricardo Garção	1	ARSM	97	0	0	0	0	0	0	0	97	
71	Paulo Nunes	1	CAOH	0	0	0	0	97	0	0	0	97	
72	Miguel Pires	1	ARC-EAC	0	94	0	0	0	0	0	0	94	
73	Paulo Amaral	1	ARC-EAC	0	93	0	0	0	0	0	0	93	
74	Joel Lopes	1	ADCRP	0	0	93	0	0	0	0	0	93	
75	Ricardo santos	1	ACT	0	0	0	0	0	0	93	0	93	
76	Daniel Simões	1	MC	90	0	0	0	0	0	0	0	90	
77	Ricardo Carvalho	1	ADCRP	0	0	90	0	0	0	0	0	90	
78	Luis Costa	1	GRV	0	0	0	0	0	0	90	0	90	
79	Tiago Figueiredo	1	ACDRSQ	0	0	0	0	0	89	0	0	89	
80	Paulo Almeida	1	CCRA	0	88	0	0	0	0	0	0	88	
81	Pedro Almeida	1	CCRA	0	0	88	0	0	0	0	0	88	
82	Rui Dias	1	CCRA	87	0	0	0	0	0	0	0	87	
83	Paulo Lopes	1	CFM	0	0	87	0	0	0	0	0	87	
84	Alexandre Moreira	1	SMOV	0	0	86	0	0	0	0	0	86	
85	Sebastião Görne	1	BVP	0	0	0	0	0	0	85	0	85	
86	Joel Dinis	1	TOCER	0	0	0	0	0	0	0	85	85	



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CLASSIFICAÇÃO GERAL MASCULINA

Class.	Nome		Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos	Corrigida
87	Vitor Gonçalves	1	CCRA	84	0	0	0	0	0	0	0	84	
88	Pedro Laranjo	1	ARC-EAC	0	0	0	0	0	0	84	0	84	
89	António Santos	1	ACDRSQ	82	0	0	0	0	0	0	0	82	
90	Marco Ferreira	1	RODADIAN	0	0	0	82	0	0	0	0	82	
91	Vitor Varandas	1	CFM	81	0	0	0	0	0	0	0	81	
92	João Carvalho	1	ADCRP	0	0	81	0	0	0	0	0	81	
93	Tiago Santos	1	ARCDVL	80	0	0	0	0	0	0	0	80	
94	Cláudio Matos	1	ABCT	0	0	0	0	0	0	0	80	80	
95	António Carvalho	1	SCP-C	0	0	0	0	79	0	0	0	79	
96	Diogo Alves	1	CCRA	0	0	0	0	0	0	0	79	79	
97	Ricardo Lopes	1	CUMIBROA	0	0	0	78	0	0	0	0	78	
98	Bruno Rodrigues	1	ACDRSQ	0	77	0	0	0	0	0	0	77	
99	Jorge Abrantes	1	IND	0	0	0	0	0	77	0	0	77	
100	Pedro Caetano	1	ABUTRES	0	0	0	0	0	0	76	0	76	
101	Eduardo Loureiro	1	TOCER	0	0	0	0	0	0	0	76	76	
102	Arnaldo Ferreira	1	ACT	73	0	0	0	0	0	0	0	73	
103	Bruno Mendes	1	ACDRSQ	0	0	0	0	0	73	0	0	73	
104	Rui Custódio	1	FKC	0	0	0	0	0	0	0	73	73	
105	Paulo Cavaleiro	1	ARC-EAC	0	0	72	0	0	0	0	0	72	
106	Eugénio Santos	1	GMIRO	0	0	0	72	0	0	0	0	72	
107	Tiago Simões	1	ACDRSQ	0	71	0	0	0	0	0	0	71	
108	Joni Oliveira	1	CCRA	0	0	71	0	0	0	0	0	71	
109	Carlos Palmeira	1	ARCDVL	0	0	0	0	0	0	71	0	71	
110	João Vaz	1	FKC	0	0	0	0	0	0	0	70	70	
111	Jorge Bandeira	1	ACDRSQ	0	0	0	0	0	0	69	0	69	
112	Bruno Antunes	1	CCRA	68	0	0	0	0	0	0	0	68	
113	Gui Rodrigues	1	GDF-C	0	0	68	0	0	0	0	0	68	
114	Bruno Costa	1	ADCX	0	0	0	0	0	68	0	0	68	
115	Sérgio Forte	1	ARSM	67	0	0	0	0	0	0	0	67	
116	Tiago Delgado	1	AGMTR	0	0	66	0	0	0	0	0	66	
117	Toni Santos	1	AGMTR	0	0	65	0	0	0	0	0	65	
118	Tiago Jegundo	1	CCRA	0	0	0	65	0	0	0	0	65	
119	Paulo Acúrcio	1	GDF-C	0	0	0	0	0	0	0	65	65	
120	Carlos Costa	1	ADCX	64	0	0	0	0	0	0	0	64	
121	Edgar Gomes	1	SMOV	0	64	0	0	0	0	0	0	64	
122	Xavier Gonçalves	1	GMIRO	0	0	0	64	0	0	0	0	64	
123	Pedro Silva	1	ARCDVL	0	0	0	0	0	0	64	0	64	
124	Pedro Carvalho	1	ARCDVL	0	0	63	0	0	0	0	0	63	
125	Fernando Braz	1	CCRA	0	0	62	0	0	0	0	0	62	
126	José Coelho	1	ABUTRES	0	0	0	62	0	0	0	0	62	
127	Joel Baptista	1	SMOV	0	0	0	0	0	0	0	62	62	
128	Joaquim Sousa	1	GRV	0	60	0	0	0	0	0	0	60	
129	Vítor Marques	1	ARCDVL	0	0	0	0	0	60	0	0	60	



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ÉPOCA 2023/2024
CLASSIFICAÇÃO SUB23 MASCULINA

Class.	Nome		Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos	Corrigida
	David Carvalho	1	ARC-EAC	0	100	0	0	0	0	0	0	100	
	Alexandre Moreira	1	CFM	0	0	100	0	0	0	0	0	100	
	Ricardo Lopes	1	CUMIBROA	0	0	0	100	0	0	0	0	100	
	Joaquim Sousa	1	GRV	0	99	0	0	0	0	0	0	99	



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CLASSIFICAÇÃO SÉNIOR MASCULINA

Class.	Nome	N.º Filiado		Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos	Corrigida
1	Fábio Antunes	181112	7	PENATURE	0	99	98	100	100	99	98	100	694	498
2	Hugo Monteiro	172433	5	CUMIBROA	98	0	0	99	0	98	100	99	494	494
3	Telmo Santos	152541	5	AMEAL	0	100	100	98	0	97	0	98	493	493
	Roberto Duarte	146815	2	CCRA	99	0	99	0	0	0	0	0	198	
	Telmo Santos	181156	2	ABCT	0	0	0	94	99	0	0	0	193	
	Cristiano Godinho	182535	2	TBAGA	0	0	0	97	0	0	96	0	193	
	Daniel Simões	173450	1	MC	100	0	0	0	0	0	0	0	100	
	Diogo Teixeira	165295	1	ARCDVL	0	0	0	0	0	100	0	0	100	
	Ricardo Santos	139592	1	ACT	0	0	0	0	0	0	99	0	99	
	Joni Oliveira	175760	1	CCRA	0	0	97	0	0	0	0	0	97	
	Sebastião Görne	169711	1	BVP	0	0	0	0	0	0	97	0	97	
	Diogo Alves	141117	1	CCRA	0	0	0	0	0	0	0	97	97	
	Gui Rodrigues	137796	1	GDF-C	0	0	96	0	0	0	0	0	96	
	Tiago Jegundo	133603	1	CCRA	0	0	0	96	0	0	0	0	96	
	Xavier Gonçalves	175916	1	GMIRO	0	0	0	95	0	0	0	0	95	
	João Simões	174658	1	TBAGA	0	0	0	93	0	0	0	0	93	
	Diogo Travassos	178738	1	AMEAL	0	0	0	92	0	0	0	0	92	



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CLASSIFICAÇÃO M35

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ASSOCIAÇÃO DISTRIAL DE ATLETISMO DE COIMBRA
CIRCUITO DISTRIAL DE TRAIL RUNNING DE COIMBRA - LONGO
ÉPOCA 2023/2024
CLASSIFICAÇÃO M45

Class.	Nome	Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos	Corrigida
1	João Silva	5 ACDRSQ	99	99	100	0	0	100	100	0	498	498
2	Ricardo Moreira	7 ABCT	98	0	99	100	100	96	99	100	692	498
3	Pedro Cardoso	6 ASSSCC	96	96	98	0	98	97	0	97	582	486
4	Luciano Fonte	6 GMIRO	92	0	94	95	0	94	97	93	565	473
5	Nuno Almeida	6 ASSSCC	91	91	0	97	97	0	96	92	564	473
6	Filipe Vasconcelos	5 CCRA	0	90	96	96	0	95	95	0	472	472
	Carlos Pereira	4 GMIRO	100	100	0	99	0	99	0	0	398	
	Amílcar Ramos	4 TOCER	0	94	97	0	0	0	98	95	384	
	Vitor Santo	3 ARCDVL	97	0	0	0	99	98	0	0	294	
	Aurêlio Saúde	2 ARSM	0	95	0	0	0	0	0	99	194	
	João Loureiro	2 GRV	94	0	0	0	0	0	0	98	192	
	José Torres	2 DOMUS	0	92	0	0	0	0	0	96	188	
	Nuno Reis	2 FKC	0	0	0	0	0	0	94	90	184	
	Pedro Ferreira	2 ARCDVL	90	0	0	0	0	93	0	0	183	
	Miguel Pires	1 ARC-EAC	0	98	0	0	0	0	0	0	98	
	Marco Ferreira	1 RODADIAN	0	0	0	98	0	0	0	0	98	
	Paulo Amaral	1 ARC-EAC	0	97	0	0	0	0	0	0	97	
	António Santos	1 ACDRSQ	95	0	0	0	0	0	0	0	95	
	José Coelho	1 ABUTRES	0	0	0	94	0	0	0	0	94	
	João Vaz	1 FKC	0	0	0	0	0	0	0	94	94	
	Arnaldo Ferreira	1 ACT	93	0	0	0	0	0	0	0	93	
	Joselito Marques	1 ASSSCC	0	0	0	93	0	0	0	0	93	
	Bruno Rodrigues	1 ACDRSQ	0	93	0	0	0	0	0	0	93	
	Toni Santos	1 AGMTR	0	0	93	0	0	0	0	0	93	
	João Pereira	1 GMIRO	0	0	0	92	0	0	0	0	92	
	Pedro Carvalho	1 ARCDVL	0	0	92	0	0	0	0	0	92	
	Joel Baptista	1 SMOV	0	0	0	0	0	0	0	91	91	
	Inácio Faisca	1 ACDRSQ	0	89	0	0	0	0	0	0	89	



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CLASSIFICAÇÃO M55

Class.	Nome		Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos	Corrigida
1	José Marques	5	ARCDVL	0	0	100	100	100	100	100	0	500	500
	José Jesus	2	FB&TR	100	100	0	0	0	0	0	0	200	
	Horácio Ferreira	2	GMIRO	99	0	0	99	0	0	0	0	198	
	Paulo Dias	2	TBAGA	0	0	0	98	0	0	98	0	196	
	Paulo Acúrcio	1	GDF-C	0	0	0	0	0	0	0	100	100	
	Jorge Abrantes	1	IND	0	0	0	0	0	99	0	0	99	
	Luis Costa	1	GRV	0	0	0	0	0	0	99	0	99	
	Renato Ramos	1	CTR	0	0	0	97	0	0	0	0	97	
	Carlos Palmeira	1	ARCDVL	0	0	0	0	0	0	97	0	97	
	Pedro Roxo Silva	1	ARCDVL	0	0	0	0	0	0	96	0	96	



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ÉPOCA 2023/2024
CLASSIFICAÇÃO M60

Class.	Nome		Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos
1	João Matos	5	GMIRO	99	100	0	100	0	100	0	100	499
	Vítor Gonçalves	1	CCRA	100	0	0	0	0	0	0		100
	Paulo Cavaleiro	1	ARC-EAC	0	0	100	0	0	0	0		100
	Fernando Santos	1	TOCER	0	0	0	99	0	0	0		99



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ÉPOCA 2023/2024
CLASSIFICAÇÃO M65

Class.	Nome		Clube	ESCARPIADA	S. TOMÉ	SICÓ	AZENHAS	PIODÃO	CASTELLUM	ROTA BROA	QUINHENDROS	Pontos
1	Américo Grou	5	GRV	99	100	100	100	100	0	0	0	499
	Fausto Carvalho	2	ARCDVL	100	0	0	0	0	0	100	0	200
	António Carvalho	1	SCP-C	0	0	0	0	99	0	0	0	99