



Valsir Mountain Running World Cup 2022

RESULTS after four races



		Country:	IRL	POR	POR	AUT	FRA	ITA	ITA	CZE	SUI	PER	ITA	ITA	ESP	ESP	SLO	ESP	ITA						
		label:	silver	gold	silver	gold	gold	gold	gold	silver	gold	silver	gold	gold	gold	gold	silver	gold	gold						
		discipline:	long	clasic	long	clasic	clasic	short	long	clasic	long	long	short	long	long	short	clasic	long	short	Total	Total	Total	TOTAL		
	Name	gen.	YOB	nat.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	short	clasic	long	all
1	Joyce Muthoni NJERU	F	1997	KEN		50		50														0	100	0	100
2	Susanna SAAPUNKI	F	1992	FIN		40																0	40	0	40
3	Lucy Wambui MURIGI	F	1985	KEN				40														0	40	0	40
4	Camilla MAGLIANO	F	1985	ITA		30																0	30	0	30
5	Adéla STRÁNSKÁ	F	1991	CZE				30														0	30	0	30
6	Rosa MADUREIRA	F	1977	POR		25																0	25	0	25
7	Worke AMENA	F	1994	ETH				25														0	25	0	25
8	Olivia AMBER	F	1995	USA	20																	0	0	20	20
9	Lorenza BECCARIA	F	1997	ITA		20																0	20	0	20
10	Sandra FERREIRA	F		POR			20															0	0	20	20
11	Magliano CAMILLA	F	1985	ITA				20														0	20	0	20
12	Charlotte COTTON	F	1981	BEL		12		6														0	18	0	18
13	Joana SOARES	F	1993	POR		18																0	18	0	18
14	Mojca KOLIGAR	F	1982	SLO				18														0	18	0	18
15	Kathryn O'REGAN	F	1985	USA	17																	0	0	17	17
16	Andreia CORREIA	F		POR			17															0	0	17	17
17	Maria ORDONEZ MARINA	F	1992	ESP		16																0	16	0	16
18	Annika SEEFELD	F	1996	GER				16														0	16	0	16
19	Sarah BRADY	F	1989	IRL	14																	0	0	14	14
20	Vivien BONZI	F	2001	ITA		14																0	14	0	14
21	Patrícia RIBEIRO	F		POR			14															0	0	14	14
22	Tina FISCHL	F	1974	GER				14														0	14	0	14
23	Rebecca HORMANN	F	1996	GBR	12																	0	0	12	12
24	Marlene FERREIRA	F		POR			12															0	0	12	12
25	Scarlet DALE	F	1999	GBR				12														0	12	0	12
26	Maeve MAHER-MCW.	F	1986	IRL	10																	0	0	10	10
20	Marry VIEIRA	F	1982	POR		10																0	10	0	10
19	Carol PEREIRA	F		POR			10															0	0	10	10

27	Bernadette SCHUSTER	F	1981	AUT			10												0	10	0	10
21	Anabela AGUIAR	F	1998	POR		8													0	8	0	8
28	Sabrina PRAGER	F	1987	GER			8												0	8	0	8
22	Lean NI CHIOBHAIN	F	1984	IRL	7														0	0	7	7
23	Sandra ARRIBANÇA	F		POR		7													0	0	7	7
24	Julia CONCEIÇÃO	F	1968	POR		6													0	6	0	6
25	Karen WILTON	F	1972	GBR	5														0	0	5	5
26	Ana PASCOAL	F		POR		5													0	0	5	5
27	RuthCANDON	F	1987	IRL	4														0	0	4	4
29	Bruchez PERRINE	F	1984	SUI		4													0	4	0	4
28	Clara CHAVES	F		POR		4													0	0	4	4
29	Laura HAMPEL	F	1999	GER			4												0	4	0	4
30	Fiona HOGG	F	1981	IRL	3														0	0	3	3
31	Ana RANGEL	F		POR		3													0	0	3	3
32	Eimear O'BRIEN	F	1983	IRL	2														0	0	2	2
34	Rosa SILVA	F	1972	POR		2													0	2	0	2
33	Alice FRANÇA	F		POR		2													0	0	2	2
30	Natalie THOMPSON	F	1984	CAN			2												0	2	0	2
35	Deolinda OLIVEIRA	F	1968	POR		1													0	1	0	1
31	Judith HELMBERGER	F	1997	AUT			1												0	1	0	1
1	Patrick KIPNGENO	M	1993	KEN		50		50											0	100	0	100
2	Zak HANNA	M	1995	IRL		40		4											0	44	0	44
3	Philemon Ombogo KIRIAGO	M	2002	KEN				40											0	40	0	40
4	Andrea ROSTAN	M	1998	ITA		30													0	30	0	30
5	Petro MAMU	M	1985	ERI				30											0	30	0	30
6	Geoffrey Gikuni NDUNGU	M	1984	KEN		20		6											0	26	0	26
7	Marek CHRASCINA	M	1997	CZE		25													0	25	0	25
8	Cesare MAESTRI	M	1993	ITA				25											0	25	0	25
9	Germano FIGUEIRA	M		POR			20												0	0	20	20
10	Ruairi LONG	M	1999	IRL	20														0	0	20	20
11	Manuel INNERHOFER	M	1995	AUT				20											0	20	0	20
12	Paulo GOMES	M	1973	POR		18													0	18	0	18
13	Timotej BEČAN	M	1996	SLO				18											0	18	0	18
14	Paddy O'LEARY	M	1987	USA	17														0	0	17	17
15	Ricardo RODRIGUES	M		POR			17												0	0	17	17
16	Jose CARVALHO	M	1977	POR		16													0	16	0	16
17	Christof HOCHENWARTER	M	1997	AUT				16											0	16	0	16

18	Shaun STEWART	M	1984	IRL	14														0	0	14	14
19	Rui MUGA	M	1984	POR		14													0	14	0	14
20	Alexandre BLASQUES	M		POR			14												0	0	14	14
21	Hans-Peter INNERHOFER	M	1995	AUT				14											0	14	0	14
22	Conall WHELAN	M	1998	IRL	12														0	0	12	12
23	Cesar COSTA	M	1976	POR		12													0	12	0	12
24	João RODRIGUES	M		POR			12												0	0	12	12
25	Lengen LOLKURRARU	M	1990	KEN				12											0	12	0	12
26	Matthew MCCONNELL	M	1998	IRL	10														0	0	10	10
27	Paulo MACEDO	M	1993	POR		10													0	10	0	10
28	Antonio AMORIM	M		POR			10												0	0	10	10
29	Eric Muthomi RIUNGU	M	1990	KEN				10											0	10	0	10
30	Carlos LOPES	M	1981	POR		8													0	8	0	8
31	Josef BODNER	M	1998	AUT				8											0	8	0	8
32	Aidan MCMORELAND	M	1980	IRL	7														0	0	7	7
33	Igor LYSYI	M		POR			7												0	0	7	7
34	Tiago PEREIRA	M	1984	POR		6													0	6	0	6
35	Conor GREENAN	M	1989	IRL	5														0	0	5	5
36	Fred KALAHARI	M		POR			5												0	0	5	5
37	Mamraz NAGI	M	1978	IRL	4														0	0	4	4
38	Marcelo GONÇALVES	M	1998	POR		4													0	4	0	4
39	Frank FRITSCHÉ	M		POR			4												0	0	4	4
40	Fabio BALTIERI	M	1984	IRL	3														0	0	3	3
41	Alfredo PENICHE	M		POR			3												0	0	3	3
42	Peter PURCELL	M	1991	IRL	2														0	0	2	2
43	Jose SILVA	M	1973	POR		2													0	2	0	2
44	Nuno PAIVA	M		POR			2												0	0	2	2
45	Isaac Toroitich KOSGEL	M	1981	KEN				2											0	2	0	2
46	Jose MADEIRA	M	1991	POR		1													0	1	0	1
47	Ondrej FEJFAR	M	1989	CZE				1											0	1	0	1

	date	race name	venue	country	disc.	label
1	21. May	Seven Sisters Skyline	Dunlewey, Donegal	IRL	Long	Silver
2	19. June	2. Montemuro Vertical Run	Castro Daire	POR	Classic	Gold
3	3. July	One Hundred Douro-Paiva	Cinfaes	POR	Long	Silver
4	10. July	22. Grossglockner Berglauf TBC	Heiligenblut	AUT	Classic	Gold
5	16. July	La Montée du Nid d'Aigle	St Gervais	FRA	Classic	Gold
6	30. July	Giir di Mont Uphill	Premana	ITA	Classic	Silver
7	31. July	Giir di Mont	Premana	ITA	Short Up	Gold
8	07. Aug.	Krkonosky half marathon	Jasnke Lazne	CZE	Long	Gold
9	13. Aug.	Sierre-Zinal	Zinal	SUI	Long	Gold
10	25. Aug.	Andes Race	Cusco	PER	Long	Silver
11	3. Sept.	7. Vertical Nasego	Nasego	ITA	Short Up	Gold
12	4. Sept.	21. Trofeo Nasego	Nasego	ITA	Classic	Gold
13	9. Sept.	Canfranc - Canfranc	Canfranc-Estacion	ESP	Short Up	Gold
14	11. Sept.	Canfranc - Canfranc	Canfranc-Estacion	ESP	Classic	Gold
15	1. Oct.	43. Smarna Gora Race	Ljubljana	SLO	Classic	Silver
16	2. Oct.	12. Zumaia flysch trail mendi maratoina	Zumaia-Gipuzkoa	ESP	Long	Gold
17	8. Oct.	23. Kilometro Verticale Chiavenna-Lagunc	Chiavenna	ITA	Short Up	Gold

Extract from the World Cup 2022 Regulations (items 5.4, 5.5 and 5.7)

- The overall WORLD CUP results will be calculated from athletes' **best 6 race results**.
- The category WORLD CUP results will be calculated from athletes' **best 3 race results in that single category**
- Scoring:

World Cup races / Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
Gold label points:	50	40	30	25	20	18	16	14	12	10	8	6	4	2	1
Silver label points	20	17	14	12	10	7	5	4	3	2	-	-	-	-	-