

## Jogador



**Name:** Carlos Ponck  
**Date of birth:** 1995-01-13  
**Hight:** 1.85  
**Weight:** 81.00  
**Postion:** Centre back/defensive midfielder  
**Actual Team:** CD Aves

### Past Teams:

| Época   | Clube        | Pais       | Jogos | Golos |
|---------|--------------|------------|-------|-------|
| 2012    | FC Derby     | Cape Verde |       |       |
| 2013    | Mindelense   | Cape Verde |       |       |
| 2014    | Quarteirense | Portugal   | 11    |       |
| 2014/15 | Farense      | Portugal   | 40    |       |
| 2015/16 | P. Ferreira  | Portugal   | 10    |       |
| 2015/16 | Benfica      | Portugal   |       |       |
| 2015/16 | Farense      | Portugal   | 25    |       |
| 2016/17 | Benfica B    | Portugal   | 4     |       |
| 2016/17 | GD Chaves    | Portugal   | 34    | 1     |
| 2017/18 | CD Aves      | Portugal   | 36    | 1     |
| 2018/19 | CD Aves      | Portugal   | 41    | 2     |

