In the correct configuration, a 16 CTB-16D board can run a maximum of 40amp. Dan Baldwin posted the following in the PlanetChristmas.com Chatroom.

"... I will say however that the LOR products have been tested at 100% rated capacity. The 30 Amp LOR1602W can be run continuously at 30 amps (15 amps on circuits 1-8 and 15 amps on circuits 9-16)....

The circuit board traces are sized to handle over 50 amps...

The triacs used are high quality 16 amp triacs. You can run the circuits at 8 amps continuously as there is already a 50% margin built in.

If you run the LOR1602W at 100% capacity you should use two 20 amp circuits to power it.

[...] Running the equipment at a slightly lower load will help improve the life prevent tripped circuits and blown fuses which is certainly a nuisance. "