

TRAIL LONGO - STAGE 1

21 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:30	19.4°C	68%
End	19:56	17.9°C	77%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	57	paulo pinto	individual	Veterano M40	01:31:39		04:22
2	121	Marcelo Araújo	team trail 3pros15	Senior Masculino	01:31:59	+00:20	04:23
3	106	Tozé Amorim	serviços sociais câmara municipal santa maria feira	Veterano M45	01:34:03	+02:24	04:29
4	111	Bruno Silva	sporting clube de espinho / antónio leitão	Senior Masculino	01:34:03	+02:24	04:29
5	95	Andre Costa	running espinho	Senior Masculino	01:35:57	+04:18	04:34
6	114	Filipe Fontes	sporting clube de espinho / antónio leitão	Veterano M45	01:36:38	+04:59	04:36
7	116	Rui Santos	sporting clube de espinho / antónio leitão	Veterano M45	01:37:37	+05:58	04:39
8	15	ANDRÉ SILVA	fiaes running	Senior Masculino	01:41:07	+09:28	04:49
9	19	João Moreira	g.d.ronda	Veterano M40	01:41:21	+09:41	04:50
10	110	João Ribeiro	sporting clube de espinho - triatlo	Senior Masculino	01:41:59	+10:20	04:51
11	75	Ernesto Alves	juventude cortegacense	Veterano M45	01:42:24	+10:45	04:53
12	42	Ricardo Pereira	individual	Senior Masculino	01:43:18	+11:39	04:55
13	13	Lino Ferreira	clube desportivo feirense	Veterano M45	01:43:38	+11:59	04:56
14	21	Joaquim Pereira	gaia trail	Veterano M50	01:44:27	+12:48	04:58
15	122	Nuno Faria	team trail 3pros15	Senior Masculino	01:44:50	+13:11	05:00
16	90	Filipe couto	rachão trail team	Senior Masculino	01:44:53	+13:14	05:00
17	85	Fernando Santos	núcleo de montanha de espinho	Veterano M45	01:45:22	+13:43	05:01
18	48	Vitor Manuel Ferreira Dias	individual	Senior Masculino	01:46:41	+15:02	05:05
19	98	Miguel Pinto	running espinho	Senior Masculino	01:48:38	+16:59	05:10
20	8	Alcindo Dias	atletismo geração paramos	Veterano M40	01:48:42	+17:03	05:11
21	20	Carlos Fazendeiro	g.d.ronda	Veterano M55	01:48:43	+17:04	05:11
22	82	Rui André Martins	núcleo de montanha de espinho	Senior Masculino	01:48:53	+17:14	05:11
23	105	Alcino Gouveia	sentir escariz running	Veterano M45	01:48:55	+17:15	05:11
24	69	Jose Manuel Oliveira Gomes	individual	Veterano M50	01:49:19	+17:39	05:12
25	83	José Pedro Conde Pinto da Silva	núcleo de montanha de espinho	Veterano M40	01:50:11	+18:32	05:15
26	16	CLAÚDIO COSTA	fiaes running	Senior Masculino	01:50:56	+19:17	05:17
27	17	HELDER ROBALINHO	fiaes running	Senior Masculino	01:50:56	+19:17	05:17
28	73	Alexandre Brandão Andrade Leite	juventude cortegacense	Senior Masculino	01:51:13	+19:34	05:18
29	26	César Sousa	hora do lobo trail - cf perosinho atletismo	Veterano M40	01:51:32	+19:53	05:19
30	94	Gilberto Costa	rachão trail team	Veterano M40	01:51:34	+19:55	05:19
31	153	Camilo Guedes	clube pessoal aguas gaia	Veterano M45	01:52:12	+20:33	05:21
32	93	Vítor Maia	rachão trail team	Senior Masculino	01:52:48	+21:09	05:22
33	77	Celso Gomes	juventude cortegacense	Veterano M50	01:53:20	+21:41	05:24
34	37	Leandro Costa	individual	Senior Masculino	01:54:43	+23:04	05:28
35	84	Mika Magalhães	núcleo de montanha de espinho	Veterano M40	01:56:05	+24:26	05:32
36	124	Gil Ribeiro Barbosa	os guerreiros da luz	Veterano M45	01:56:40	+25:00	05:33
37	7	Carlos Couto	arcorun	Veterano M40	01:56:40	+25:01	05:33
38	104	Paulo Campos	salgueiros running	Veterano M45	01:56:40	+25:01	05:33
39	97	Damasio Pereira	running espinho	Senior Masculino	01:56:57	+25:18	05:34
40	49	Vitor Manuel Neves Pereira	individual	Senior Masculino	01:59:52	+28:13	05:42

TRAIL LONGO - STAGE 1

21 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	112	Marco Peixoto	sporting clube de espinho / antónio leitão	Senior Masculino	01:59:58	+28:19	05:43
42	65	Abelardo Ferreira Gomes	individual	Veterano M50	01:59:59	+28:20	05:43
43	155	Paulo Azevedo	individual	Veterano M50	02:00:25	+28:46	05:44
44	79	Rui Rosas	lusitanos	Senior Masculino	02:00:26	+28:46	05:44
45	14	Silvério Santos	clube pessoal aguas gaia	Veterano M45	02:00:40	+29:01	05:45
46	99	Cristina Passos	running espinho	Veterana F40	02:01:09	+29:30	05:46
47	81	Pedro Coelho	mrr / nice runners	Veterano M45	02:01:13	+29:34	05:46
48	118	Augusto Castro	sporting clube de espinho / antónio leitão	Veterano M55	02:01:50	+30:11	05:48
49	109	Carlos Ferreira	sportarc.running	Veterano M60	02:01:53	+30:14	05:48
50	39	Mário Costa	individual	Senior Masculino	02:02:44	+31:05	05:51
51	38	Manuel Henriques Castro	individual	Senior Masculino	02:04:15	+32:36	05:55
52	40	Paulo Borges	individual	Senior Masculino	02:04:19	+32:40	05:55
53	64	Leonel Silva	individual	Veterano M45	02:04:59	+33:20	05:57
54	72	Vitor Almeida	individual	Veterano M55	02:06:54	+35:15	06:03
55	88	Fernando costa	pernetas	Veterano M45	02:07:12	+35:33	06:03
56	786	Ricardo Pires	individual	Senior Masculino	02:07:20	+35:41	06:04
57	32	Daniel Moreira	individual	Senior Masculino	02:07:33	+35:54	06:04
58	92	Ricardo Sousa	rachão trail team	Senior Masculino	02:07:43	+36:04	06:05
59	71	Marco Pinho	individual	Veterano M50	02:07:51	+36:12	06:05
60	46	Sérgio Moreira	individual	Senior Masculino	02:07:52	+36:13	06:05
61	50	Olga gomes	individual	Veterana F45	02:07:54	+36:15	06:05
62	30	André Silva	individual	Senior Masculino	02:09:43	+38:04	06:11
63	60	Fernando Ferreira	individual	Veterano M45	02:09:43	+38:04	06:11
64	2	Julia Schiavon	a d rio largo c espinho	Senior Feminino	02:11:04	+39:25	06:14
65	117	Augusto Aluai	sporting clube de espinho / antónio leitão	Veterano M50	02:11:50	+40:11	06:17
66	103	Helder Marques	salgueiros running	Senior Masculino	02:11:59	+40:20	06:17
67	51	Paula Teixeira	individual	Veterana F45	02:12:34	+40:55	06:19
68	36	Joaquim Baptista	individual	Senior Masculino	02:12:57	+41:18	06:20
69	127	Vitor Coelho	running espinho	Senior Masculino	02:14:08	+42:29	06:23
70	58	Paulo Vaz	individual	Veterano M40	02:14:41	+43:02	06:25
71	67	Fernando Rodrigues	individual	Veterano M50	02:15:08	+43:29	06:26
72	76	Pedro Rola	juventude cortegacense	Veterano M45	02:15:29	+43:50	06:27
73	29	Marlene soares	individual	Senior Feminino	02:16:22	+44:43	06:30
74	62	jose augusto mendes ferreira	individual	Veterano M45	02:16:59	+45:20	06:31
75	113	Carmo Marinho	sporting clube de espinho / antónio leitão	Veterana F50	02:17:03	+45:24	06:32
76	24	Cristina Moura	hora do lobo trail - cf perosinho atletismo	Veterana F50	02:18:47	+47:08	06:37
77	108	Rui Pedro da Silva Gonçalves	sportarc.running	Veterano M45	02:20:00	+48:21	06:40
78	107	Paula Cristina Vieira Teixeira Gonçalves	sportarc.running	Veterana F40	02:20:00	+48:21	06:40
79	22	Liliana Costa	grupo fontes running team	Senior Feminino	02:20:26	+48:47	06:41
80	804	Telmo Pedroso	c.c.r.d.burinhosa	Veterano M40	02:20:33	+48:54	06:42
81	25	Margarida Neves	hora do lobo trail - cf perosinho atletismo	Veterana F50	02:22:43	+51:04	06:48
82	34	JOÃO ALEIXO	individual	Senior Masculino	02:22:48	+51:09	06:48
83	805	Carmen Almeida	ss montepio geral	Senior Feminino	02:23:50	+52:11	06:51
84	31	bruno miguel silva	individual	Senior Masculino	02:24:31	+52:52	06:53
85	80	Liseta Pinto	mrr / nice runners	Veterana F45	02:24:33	+52:54	06:53

TRAIL LONGO - STAGE 1

21 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	27	ana da costa pinho	individual	Senior Feminino	02:24:42	+53:03	06:53
87	12	SANDRA SANTOS	centro cultural e recreativo dos funcionarios da camara municipal de santa maria da feira	Senior Feminino	02:25:50	+54:11	06:57
88	91	RICARDO DUARTE	rachão trail team	Senior Masculino	02:28:36	+56:57	07:05
89	89	BRUNO DUARTE2	rachão trail team	Senior Masculino	02:28:37	+56:58	07:05
90	115	Jorge Vicente Sousa	sporting clube de espinho / antónio leitão	Veterano M45	02:32:33	+01:00:54	07:16
91	126	Germano Borges	running espinho	Senior Masculino	02:33:31	+01:01:52	07:19
92	125	Pedro Lobo	running espinho	Senior Masculino	02:33:31	+01:01:52	07:19
93	100	Manuela Sousa	running espinho	Veterana F50	02:33:59	+01:02:20	07:20
94	5	Carlos Maia	airão trail team	Senior Masculino	02:34:42	+01:03:03	07:22
95	53	Ivo Couto	individual	Veterano M40	02:34:50	+01:03:11	07:22
96	9	António Sá	atletismo geração paramos	Veterano M40	02:35:07	+01:03:28	07:23
97	3	Ricardo Pereira	a d rio largo c espinho	Senior Masculino	02:36:09	+01:04:29	07:26
98	4	José Falcão	a d rio largo c espinho	Veterano M60	02:37:39	+01:06:00	07:30
99	59	Carlos Taveira	individual	Veterano M45	02:41:22	+01:09:43	07:41
100	23	Nélson Moura	hora do lobo trail - cf perosinho atletismo	Veterano M40	02:41:23	+01:09:44	07:41
101	45	Sergio Filipe Maia de Sousa	individual	Senior Masculino	02:46:37	+01:14:58	07:56
102	63	mario pereira	individual	Veterano M45	02:48:31	+01:16:52	08:02
103	66	Américo Vicente Amorim Alves Pinto	individual	Veterano M50	02:50:12	+01:18:33	08:06
104	28	Cristina Costa	individual	Senior Feminino	02:55:37	+01:23:58	08:22
105	54	João António Leitão Cardoso	individual	Veterano M40	02:55:38	+01:23:59	08:22
106	6	Deibid Moreno	arcorun	Senior Masculino	03:14:23	+01:42:44	09:15
107	123	Nuno Gonçalves Nunes	trilho d'ataque	Veterano M45	03:25:35	+01:53:56	09:47
108	70	josé rodrigues costa	individual	Veterano M50	03:25:53	+01:54:14	09:48

21 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	16:30	19.4°C	68%
End	19:56	17.9°C	77%

Senior Feminino

1	2	Julia Schiavon	A D Rio Largo C Espinho	Senior Feminino	02:11:04	+39:25	06:14:29
2	29	Marlene soares	Individual	Senior Feminino	02:16:22	+44:43	06:30:11
3	22	Liliana Costa	Grupo Fontes Running Team	Senior Feminino	02:20:26	+48:47	06:41:03
4	805	Carmen Almeida	SS MONTEPIO GERAL	Senior Feminino	02:23:50	+52:11	06:51:03
5	27	ana da costa pinho	Individual	Senior Feminino	02:24:42	+53:03	06:53:03
6	12	SANDRA SANTOS	centro cultural e recreativo dos funcionarios da camara municipal de santa maria da feira	Senior Feminino	02:25:50	+54:11	06:57:03
7	28	Cristina Costa	Individual	Senior Feminino	02:55:37	+01:23:58	08:22:03

Senior Masculino

1	121	Marcelo Araújo	Team Trail 3pros15	Senior Masculino	01:31:59	+00:20	04:23
2	111	Bruno Silva	Sporting Clube de Espinho / António Leitão	Senior Masculino	01:34:03	+02:24	04:29
3	95	Andre Costa	RUNNING ESPINHO	Senior Masculino	01:35:57	+04:18	04:34
4	15	ANDRÉ SILVA	Fiaes running	Senior Masculino	01:41:07	+09:28	04:49
5	110	João Ribeiro	SPORTING CLUBE DE ESPINHO - TRIATLO	Senior Masculino	01:41:59	+10:20	04:51
6	42	Ricardo Pereira	Individual	Senior Masculino	01:43:18	+11:39	04:55
7	122	Nuno Faria	Team Trail 3pros15	Senior Masculino	01:44:50	+13:11	05:00
8	90	Filipe couto	Rachão Trail Team	Senior Masculino	01:44:53	+13:14	05:00
9	48	Vitor Manuel Ferreira Dias	Individual	Senior Masculino	01:46:41	+15:02	05:05
10	98	Miguel Pinto	RUNNING ESPINHO	Senior Masculino	01:48:38	+16:59	05:10
11	82	Rui André Martins	Núcleo de Montanha de Espinho	Senior Masculino	01:48:53	+17:14	05:11
12	16	CLAÚDIO COSTA	Fiaes running	Senior Masculino	01:50:56	+19:17	05:17
13	17	HELDER ROBALINHO	Fiaes running	Senior Masculino	01:50:56	+19:17	05:17
14	73	Alexandre Brandão Andrade Leite	Juventude Cortegacense	Senior Masculino	01:51:13	+19:34	05:18
15	93	Vitor Maia	Rachão Trail Team	Senior Masculino	01:52:48	+21:09	05:22
16	37	Leandro Costa	Individual	Senior Masculino	01:54:43	+23:04	05:28
17	97	Damasio Pereira	RUNNING ESPINHO	Senior Masculino	01:56:57	+25:18	05:34
18	49	Vitor Manuel Neves Pereira	Individual	Senior Masculino	01:59:52	+28:13	05:42
19	112	Marco Peixoto	Sporting Clube de Espinho / António Leitão	Senior Masculino	01:59:58	+28:19	05:43
20	79	Rui Rosas	Lusitanos	Senior Masculino	02:00:26	+28:46	05:44
21	39	Mário Costa	Individual	Senior Masculino	02:02:44	+31:05	05:51
22	38	Manuel Henriques Castro	Individual	Senior Masculino	02:04:15	+32:36	05:55
23	40	Paulo Borges	Individual	Senior Masculino	02:04:19	+32:40	05:55
24	786	Ricardo Pires	Individual	Senior Masculino	02:07:20	+35:41	06:04
25	32	Daniel Moreira	Individual	Senior Masculino	02:07:33	+35:54	06:04

Official Timekeeper: Lap2Go	1 / 4	generate 16-Jun-2018 19:58
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Trail Longo

21 KM

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OFFICIAL RESULT

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26	92	Ricardo Sousa	Rachão Trail Team	Senior Masculino	02:07:43	+36:04	06:05
27	46	Sérgio Moreira	Individual	Senior Masculino	02:07:52	+36:13	06:05
28	30	André Silva	Individual	Senior Masculino	02:09:43	+38:04	06:11
29	103	Helder Marques	Salgueiros Running	Senior Masculino	02:11:59	+40:20	06:17
30	36	Joaquim Baptista	Individual	Senior Masculino	02:12:57	+41:18	06:20
31	127	Vitor Coelho	RUNNING ESPINHO	Senior Masculino	02:14:08	+42:29	06:23
32	34	JOÃO ALEIXO	Individual	Senior Masculino	02:22:48	+51:09	06:48
33	31	bruno miguel silva	Individual	Senior Masculino	02:24:31	+52:52	06:53
34	91	RICARDO DUARTE	Rachão Trail Team	Senior Masculino	02:28:36	+56:57	07:05
35	89	BRUNO DUARTE2	Rachão Trail Team	Senior Masculino	02:28:37	+56:58	07:05
36	126	Germano Borges	RUNNING ESPINHO	Senior Masculino	02:33:31	+01:01:52	07:19
37	125	Pedro Lobo	RUNNING ESPINHO	Senior Masculino	02:33:31	+01:01:52	07:19
38	5	Carlos Maia	Airão trail Team	Senior Masculino	02:34:42	+01:03:03	07:22
39	3	Ricardo Pereira	A D Rio Largo C Espinho	Senior Masculino	02:36:09	+01:04:29	07:26
40	45	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	02:46:37	+01:14:58	07:56
41	6	Deibid Moreno	ARCORUN	Senior Masculino	03:14:23	+01:42:44	09:15

Veterana F40

1	99	Cristina Passos	RUNNING ESPINHO	Veterana F40	02:01:09	+29:30	05:46
2	107	Paula Cristina Vieira Teixeira Gonçalves	Sportarc.Running	Veterana F40	02:20:00	+48:21	06:40

Veterana F45

1	50	Olga gomes	Individual	Veterana F45	02:07:54	+36:15	06:05
2	51	Paula Teixeira	Individual	Veterana F45	02:12:34	+40:55	06:19
3	80	Liseta Pinto	MRR / Nice Runners	Veterana F45	02:24:33	+52:54	06:53

Veterana F50

1	113	Carmo Marinho	Sporting Clube de Espinho / António Leitão	Veterana F50	02:17:03	+45:24	06:32
2	24	Cristina Moura	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	02:18:47	+47:08	06:37
3	25	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	02:22:43	+51:04	06:48
4	100	Manuela Sousa	RUNNING ESPINHO	Veterana F50	02:33:59	+01:02:20	07:20

Veterano M40

1	57	paulo pinto	Individual	Veterano M40	01:31:39	04:22
2	19	João Moreira	G.D.Ronda	Veterano M40	01:41:21	+09:41 04:50
3	8	Alcindo Dias	Atletismo Geração Paramos	Veterano M40	01:48:42	+17:03 05:11
4	83	José Pedro Conde Pinto da Silva	Núcleo de Montanha de Espinho	Veterano M40	01:50:11	+18:32 05:15

Trail Longo

21 KM

[illegible]

OFFICIAL RESULT

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5	26	César Sousa	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	01:51:32	+19:53	05:19
6	94	Gilberto Costa	Rachão Trail Team	Veterano M40	01:51:34	+19:55	05:19
7	84	Mika Magalhães	Núcleo de Montanha de Espinho	Veterano M40	01:56:05	+24:26	05:32
8	7	Carlos Couto	ARCORUN	Veterano M40	01:56:40	+25:01	05:33
9	58	Paulo Vaz	Individual	Veterano M40	02:14:41	+43:02	06:25
10	804	Telmo Pedroso	C.C.R.D.BURINHOSA	Veterano M40	02:20:33	+48:54	06:42
11	53	Ivo Couto	Individual	Veterano M40	02:34:50	+01:03:11	07:22
12	9	António Sá	Atletismo Geração Paramos	Veterano M40	02:35:07	+01:03:28	07:23
13	23	Nélson Moura	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	02:41:23	+01:09:44	07:41
14	54	João António Leitão Cardoso Cardoso	Individual	Veterano M40	02:55:38	+01:23:59	08:22

Veterano M45

1	106	Tozé Amorim	Serviços Sociais Câmara Municipal Santa Maria Feira	Veterano M45	01:34:03	+02:24	04:29
2	114	Filipe Fontes	Sporting Clube de Espinho / António Leitão	Veterano M45	01:36:38	+04:59	04:36
3	116	Rui Santos	Sporting Clube de Espinho / António Leitão	Veterano M45	01:37:37	+05:58	04:39
4	75	Ernesto Alves	Juventude Cortegacense	Veterano M45	01:42:24	+10:45	04:53
5	13	Lino Ferreira	Clube Desportivo Feirense	Veterano M45	01:43:38	+11:59	04:56
6	85	Fernando Santos	Núcleo de Montanha de Espinho	Veterano M45	01:45:22	+13:43	05:01
7	105	Alcino Gouveia	Sentir Escariz running	Veterano M45	01:48:55	+17:15	05:11
8	153	Camilo Guedes	Clube Pessoal Aguas Gaia	Veterano M45	01:52:12	+20:33	05:21
9	124	Gil Ribeiro Barbosa	Os Guerreiros Da Luz	Veterano M45	01:56:40	+25:00	05:33
10	104	Paulo Campos	Salgueiros Running	Veterano M45	01:56:40	+25:01	05:33
11	14	Silvério Santos	Clube Pessoal Aguas Gaia	Veterano M45	02:00:40	+29:01	05:45
12	81	Pedro Coelho	MRR / Nice Runners	Veterano M45	02:01:13	+29:34	05:46
13	64	Leonel Silva	Individual	Veterano M45	02:04:59	+33:20	05:57
14	88	Fernando costa	Pernetas	Veterano M45	02:07:12	+35:33	06:03
15	60	Fernando Ferreira	Individual	Veterano M45	02:09:43	+38:04	06:11
16	76	Pedro Rola	Juventude Cortegacense	Veterano M45	02:15:29	+43:50	06:27
17	62	jose augusto mendes ferreira	Individual	Veterano M45	02:16:59	+45:20	06:31
18	108	Rui Pedro da Silva Gonçalves	Sportarc.Running	Veterano M45	02:20:00	+48:21	06:40
19	115	Jorge Vicente Sousa	Sporting Clube de Espinho / António Leitão	Veterano M45	02:32:33	+01:00:54	07:16
20	59	Carlos Taveira	Individual	Veterano M45	02:41:22	+01:09:43	07:41
21	63	mario pereira	Individual	Veterano M45	02:48:31	+01:16:52	08:02
22	123	Nuno Gonçalves Nunes	Trilho D'Ataque	Veterano M45	03:25:35	+01:53:56	09:47

Veterano M50

1	21	Joaquim Pereira	Gaia Trail	Veterano M50	01:44:27	+12:48	04:58
2	69	Jose Manuel Oliveira Gomes	Individual	Veterano M50	01:49:19	+17:39	05:12
3	77	Celso Gomes	Juventude Cortegacense	Veterano M50	01:53:20	+21:41	05:24

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OFFICIAL RESULT

4	65	Abelardo Ferreira Gomes	Individual	Veterano M50	01:59:59	+28:20	05:43
5	155	Paulo Azevedo	Individual	Veterano M50	02:00:25	+28:46	05:44
6	71	Marco Pinho	Individual	Veterano M50	02:07:51	+36:12	06:05
7	117	Augusto Aluai	Sporting Clube de Espinho / António Leitão	Veterano M50	02:11:50	+40:11	06:17
8	67	Fernando Rodrigues	Individual	Veterano M50	02:15:08	+43:29	06:26
9	66	Américo Vicente Amorim Alves Pinto	Individual	Veterano M50	02:50:12	+01:18:33	08:06
10	70	josé rodrigues costa	Individual	Veterano M50	03:25:53	+01:54:14	09:48

1	20	Carlos Fazendeiro	G.D.Ronda	Veterano M55	01:48:43	+17:04	05:11
2	118	Augusto Castro	Sporting Clube de Espinho / António Leitão	Veterano M55	02:01:50	+30:11	05:48
3	72	Vitor Almeida	Individual	Veterano M55	02:06:54	+35:15	06:03

1	109	Carlos Ferreira	Sportarc.Running	Veterano M60	02:01:53	+30:14	05:48
2	4	José Falcão	A D Rio Largo C Espinho	Veterano M60	02:37:39	+01:06:00	07:30

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	4 + 6 + 7 + 41	58
2	NÚCLEO DE MONTANHA DE ESPINHO	17 + 22 + 25 + 35	99
3	RUNNING ESPINHO	5 + 19 + 39 + 46	109
4	RACHÃO TRAIL TEAM	16 + 30 + 32 + 58	136
5	JUVENTUDE CORTEGACENSE	11 + 28 + 33 + 72	144
6	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	29 + 76 + 81 + 100	286